

Total Diet Study Statistics on Element Results

U.S. Food and Drug Administration
Center for Food Safety and Applied Nutrition
College Park, MD

Na	Mg											P							
K	Ca					Mn	Fe		Ni	Cu	Zn		As	Se					
					Mo						Cd				I				
											Hg		Pb						

Revision 4.1, Market Baskets 1991-3 through 2005-4
December 11, 2007

Summaries of element analytical results in food and nominal element analytical limits are provided for samples analyzed under the Food and Drug Administration's Total Diet Study program. The information pertains to Total Diet Study market baskets 1991-3 through 2005-4. Go to the FDA Total Diet Study website for more information. <<http://www.cfsan.fda.gov/~comm/tds-toc.html>>

Notes

- Trace: Analytical result is greater than or equal to the limit of detection but less than the limit of quantification.
- Statistics were calculated using value of 0 for results below the limit of detection.
- Some values have been rounded.

Document Name: Total Diet Study Statistics on Element Results

Revision 4.1, 1991-2005, December 11, 2007

Revision 4, 1991-2004, August 21, 2006

Revision 3, 1991-2003, August 21, 2005

Revision 2, 1991-2002, July 6, 2004

Revision 1, 1991-1998, April 25, 2000

Revision 0, 1991-1996, June 15, 1999

This document is available on the Internet at
<<http://www.cfsan.fda.gov/~comm/tds-res.html>>.

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US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Arsenic - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
Overall:		13,231	11,663	969	0.024	0.250	0	10.4	0
whole milk, fluid	1	51	51	0	0	0	0	0	0
lowfat (2% fat) milk, fluid	2	51	51	0	0	0	0	0	0
chocolate milk, fluid	3	51	51	0	0	0	0	0	0
skim milk, fluid	4	51	49	2	0.001	0.003	0	0.020	0
plain yogurt, lowfat	6	39	39	0	0	0	0	0	0
chocolate milk shake, fast-food	7	51	51	0	0	0	0	0	0
evaporated milk, canned	8	39	38	1	0	0.002	0	0.012	0
American, processed cheese	10	51	51	0	0	0	0	0	0
cottage cheese, 4% milkfat	11	39	39	0	0	0	0	0	0
cheddar cheese	12	51	51	0	0	0	0	0	0
ground beef, pan-cooked	13	51	48	3	0.001	0.003	0	0.017	0
beef chuck roast, baked	14	51	48	3	0.001	0.003	0	0.012	0
beef steak, loin, pan-cooked	16	39	34	5	0.002	0.005	0	0.018	0
ham, baked	17	51	50	1	0	0.002	0	0.011	0
pork chop, pan-cooked	18	51	51	0	0	0	0	0	0
pork sausage, pan-cooked	19	51	50	0	0.001	0.008	0	0.055	0
pork bacon, pan-cooked	20	51	51	0	0	0	0	0	0
pork roast, baked	21	51	51	0	0	0	0	0	0
lamb chop, pan-cooked	22	51	51	0	0	0	0	0	0
chicken, fried (breast, leg, and thigh) homemade	24	39	12	21	0.020	0.021	0	0.086	0.017
turkey breast, roasted	26	51	26	22	0.011	0.016	0	0.078	0
liver, beef, fried	27	51	37	13	0.005	0.011	0	0.055	0
frankfurters, beef, boiled	28	51	51	0	0	0	0	0	0
bologna, sliced	29	51	51	0	0	0	0	0	0
salami, sliced	30	51	51	0	0	0	0	0	0
tuna, canned in oil	32	39	1	0	0.929	0.326	0	1.71	0.910
fish sticks, frozen, heated	34	51	0	0	0.736	0.475	0.130	2.79	0.674

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Arsenic - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
eggs, scrambled	35	51	50	1	0.001	0.004	0	0.030	0
eggs, fried	36	39	37	2	0.001	0.003	0	0.013	0
eggs, boiled	37	51	50	1	0	0.003	0	0.022	0
pinto beans, dry, boiled	38	51	50	1	0	0.003	0	0.021	0
pork and beans, canned	39	51	49	2	0.001	0.003	0	0.020	0
lima beans, immature, frozen, boiled	42	51	49	2	0.001	0.003	0	0.015	0
green peas, fresh/frozen, boiled	46	51	51	0	0	0	0	0	0
peanut butter, smooth	47	51	32	13	0.014	0.021	0	0.086	0
peanuts, dry roasted	48	51	35	13	0.009	0.017	0	0.081	0
white rice, cooked	50	51	3	5	0.071	0.027	0	0.128	0.068
oatmeal, quick (1-3 min), cooked	51	51	50	1	0	0.002	0	0.011	0
wheat cereal, farina, quick (1-3min),	52	51	51	0	0	0	0	0	0
corngrits, regular, cooked	53	51	51	0	0	0	0	0	0
corn, fresh/frozen, boiled	54	51	51	0	0	0	0	0	0
corn, canned	55	12	11	0	0.024	0.083	0	0.286	0
cream style corn, canned	56	39	39	0	0	0	0	0	0
popcorn, popped in oil	57	39	39	0	0	0	0	0	0
white bread	58	51	51	0	0	0	0	0	0
white roll	59	39	38	1	0.001	0.003	0	0.021	0
cornbread, homemade	60	51	50	1	0	0.002	0	0.011	0
biscuit, from refrigerated dough, baked	61	51	51	0	0	0	0	0	0
whole wheat bread	62	51	33	18	0.006	0.009	0	0.034	0
tortilla, flour	63	51	50	1	0	0.003	0	0.021	0
rye bread	64	51	42	9	0.002	0.005	0	0.017	0
blueberry muffin, commercial	65	51	51	0	0	0	0	0	0
saltine crackers	66	51	48	3	0.001	0.005	0	0.023	0
corn chips	67	51	50	1	0	0.002	0	0.012	0
pancake from mix	68	39	35	4	0.001	0.003	0	0.012	0
egg noodles, boiled	69	51	51	0	0	0	0	0	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Arsenic - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
macaroni, boiled	70	39	39	0	0	0	0	0	0
corn flakes	71	51	51	0	0	0	0	0	0
fruit-flavored, sweetened cereal	72	51	37	12	0.006	0.011	0	0.047	0
shredded wheat cereal	73	51	38	13	0.004	0.006	0	0.021	0
raisin bran cereal	74	51	20	30	0.011	0.011	0	0.037	0.013
crisped rice cereal	75	51	2	1	0.139	0.063	0	0.320	0.140
granola cereal	76	51	6	42	0.022	0.012	0	0.054	0.022
oat ring cereal	77	51	11	35	0.020	0.013	0	0.045	0.021
apple, red, raw	78	51	46	4	0.002	0.007	0	0.044	0
orange, raw	79	51	51	0	0	0	0	0	0
banana, raw	80	51	51	0	0	0	0	0	0
watermelon, raw	81	51	51	0	0	0	0	0	0
peach, raw	83	51	47	4	0.001	0.004	0	0.024	0
applesauce, bottled	84	51	51	0	0	0	0	0	0
pear, raw	85	51	48	3	0	0.002	0	0.008	0
strawberries, raw	86	51	48	3	0.001	0.002	0	0.011	0
fruit cocktail, canned in heavy syrup	87	51	49	2	0.001	0.004	0	0.024	0
grapes, red/green, seedless, raw	88	51	48	3	0.001	0.002	0	0.010	0
cantaloupe, raw	89	51	41	10	0.003	0.007	0	0.025	0
plums, raw	91	39	39	0	0	0	0	0	0
grapefruit, raw	92	51	51	0	0	0	0	0	0
pineapple, canned in juice	93	51	50	1	0	0.003	0	0.018	0
sweet cherries, raw	94	33	27	6	0.003	0.006	0	0.019	0
raisins, dried	95	51	33	18	0.008	0.012	0	0.042	0
prunes, dried	96	39	37	2	0.002	0.007	0	0.040	0
avocado, raw	97	51	45	6	0.003	0.008	0	0.037	0
orange juice, from frozen concentrate	98	51	49	2	0.001	0.003	0	0.019	0
apple juice, bottled	99	51	37	13	0.004	0.008	0	0.040	0
grapefruit juice, from frozen	100	51	50	1	0	0.002	0	0.011	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Arsenic - Summary of Results

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prune juice, bottled	103	51	48	3	0.001	0.003	0	0.014	0
lemonade, from frozen concentrate	105	51	51	0	0	0	0	0	0
spinach, fresh/frozen, boiled	107	51	41	9	0.003	0.008	0	0.043	0
collards, fresh/frozen, boiled	108	51	46	5	0.001	0.003	0	0.014	0
iceberg lettuce, raw	109	51	50	1	0	0.002	0	0.014	0
cabbage, fresh, boiled	110	51	50	1	0	0.002	0	0.011	0
coleslaw with dressing, homemade	111	39	39	0	0	0	0	0	0
sauerkraut, canned	112	39	39	0	0	0	0	0	0
broccoli, fresh/frozen, boiled	113	51	51	0	0	0	0	0	0
celery, raw	114	51	51	0	0	0	0	0	0
asparagus, fresh/frozen, boiled	115	51	51	0	0	0	0	0	0
cauliflower, fresh/frozen, boiled	116	51	51	0	0	0	0	0	0
tomato, red, raw	117	51	51	0	0	0	0	0	0
tomato sauce, plain, bottled	119	51	50	1	0	0.002	0	0.016	0
green beans, fresh/frozen, boiled	121	51	51	0	0	0	0	0	0
beans, snap green, canned	122	12	12	0	0	0	0	0	0
cucumber, raw	123	51	29	22	0.007	0.009	0	0.025	0
summer squash, fresh/frozen, boiled	124	51	50	1	0	0.002	0	0.011	0
green pepper, raw	125	51	50	1	0	0.003	0	0.018	0
winter squash, fresh/frozen, baked, mashed	126	51	51	0	0	0	0	0	0
onion, mature, raw	128	51	49	2	0	0.003	0	0.015	0
beets, canned	131	12	12	0	0	0	0	0	0
radish, raw	132	39	31	8	0.003	0.006	0	0.020	0
French fries, frozen, heated	134	39	39	0	0	0	0	0	0
mashed potatoes, from flakes	135	39	39	0	0	0	0	0	0
white potato, boiled without skin	136	51	51	0	0	0	0	0	0
white potato, baked with skin	137	51	43	6	0.003	0.009	0	0.042	0
potato chips	138	51	50	1	0	0.003	0	0.022	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Arsenic - Summary of Results

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scalloped potatoes, homemade	139	39	39	0	0	0	0	0	0
sweet potato, fresh, baked	140	39	27	12	0.004	0.008	0	0.026	0
spaghetti with tomato sauce and meatballs, homemade	142	51	51	0	0	0	0	0	0
beef stew with potatoes, carrots, and onion, homemade	143	39	39	0	0	0	0	0	0
chili con carne, beef and beans, canned	145	12	12	0	0	0	0	0	0
macaroni and cheese, from box mix	146	51	51	0	0	0	0	0	0
quarter-pound hamburger on bun, fast-food	147	51	51	0	0	0	0	0	0
meatloaf, homemade	148	51	50	1	0	0.002	0	0.015	0
spaghetti with tomato sauce, canned	149	39	38	1	0	0.002	0	0.012	0
lasagna with meat, homemade	151	39	39	0	0	0	0	0	0
chicken potpie, frozen, heated	152	51	50	1	0.001	0.004	0	0.028	0
chicken noodle soup, canned, condensed, prepared with water	155	51	51	0	0	0	0	0	0
tomato soup, canned, condensed, prepared with water	156	51	51	0	0	0	0	0	0
vegetable beef soup, canned, condensed, prepared with water	157	51	51	0	0	0	0	0	0
white sauce, homemade	160	39	39	0	0	0	0	0	0
dill cucumber pickles	161	51	47	4	0.001	0.005	0	0.026	0
margarine, stick, regular (salted)	162	51	51	0	0	0	0	0	0
butter, regular (salted)	164	51	50	1	0.001	0.004	0	0.026	0
mayonnaise, regular, bottled	166	51	51	0	0	0	0	0	0
half & half cream	167	51	51	0	0	0	0	0	0
cream substitute, frozen	168	51	51	0	0	0	0	0	0
white sugar, granulated	169	51	51	0	0	0	0	0	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Arsenic - Summary of Results

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pancake syrup	170	51	51	0	0	0	0	0	0
honey	172	51	51	0	0	0	0	0	0
tomato catsup	173	51	51	0	0	0	0	0	0
chocolate pudding, from instant mix	175	39	39	0	0	0	0	0	0
vanilla flavored light ice cream	177	49	49	0	0	0	0	0	0
chocolate cake with chocolate icing, commercial	178	51	51	0	0	0	0	0	0
yellow cake with white icing, prepared from cake and icing mixes	179	39	39	0	0	0	0	0	0
sweet roll/Danish, commercial	182	51	49	2	0.001	0.006	0	0.039	0
chocolate chip cookies, commercial	183	51	51	0	0	0	0	0	0
sandwich cookies with creme filling, commercial	184	51	49	2	0.001	0.005	0	0.024	0
apple pie, fresh/frozen, commercial	185	51	50	1	0.001	0.004	0	0.032	0
pumpkin pie, fresh/frozen, commercial	186	51	51	0	0	0	0	0	0
milk chocolate candy bar, plain	187	51	51	0	0	0	0	0	0
caramel candy	188	39	39	0	0	0	0	0	0
gelatin dessert, any flavor	190	51	50	1	0	0.003	0	0.018	0
cola carbonated beverage	191	51	51	0	0	0	0	0	0
fruit drink, from powder	193	51	51	0	0	0	0	0	0
low-calorie cola carbonated beverage	194	51	51	0	0	0	0	0	0
coffee, decaffeinated, from instant	196	39	39	0	0	0	0	0	0
tea, from tea bag	197	51	51	0	0	0	0	0	0
beer	198	51	49	2	0	0.002	0	0.014	0
dry table wine	199	51	20	28	0.007	0.008	0	0.038	0.008
whiskey	200	39	39	0	0	0	0	0	0
tap water	201	33	31	2	0	0.001	0	0.003	0
milk-based infant formula, high iron, ready-to-feed	202	51	50	1	0	0.002	0	0.015	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

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milk-based infant formula, low iron, ready-to-feed	203	51	51	0	0	0	0	0	0
beef, strained/junior	205	51	51	0	0	0	0	0	0
chicken, strained/junior, with/without broth or gravy	207	51	50	1	0	0.002	0	0.012	0
chicken/turkey with vegetables, high/lean meat, strained/junior	208	2	2	0	0	0	0	0	0
beef with vegetables, high/lean meat, strained/junior	209	2	2	0	0	0	0	0	0
ham with vegetables, high/lean meat, strained/junior	210	2	2	0	0	0	0	0	0
vegetables and beef, strained/junior	211	51	43	8	0.002	0.007	0	0.034	0
vegetables and chicken, strained/junior	212	51	41	10	0.003	0.006	0	0.022	0
vegetables and ham, strained/junior	213	50	44	6	0.001	0.004	0	0.014	0
chicken noodle dinner, strained/junior	214	51	43	8	0.003	0.006	0	0.025	0
macaroni, tomatoes, and beef, strained/junior	215	51	43	8	0.003	0.006	0	0.025	0
turkey and rice, strained/junior	216	51	40	10	0.003	0.008	0	0.047	0
carrots, strained/junior	218	51	49	0	0.012	0.064	0	0.400	0
green beans, strained/junior	219	51	51	0	0	0	0	0	0
mixed vegetables, strained/junior	220	51	48	2	0.003	0.014	0	0.095	0
sweet potatoes, strained/junior	221	51	50	1	0	0.002	0	0.013	0
creamed corn, strained/junior	222	33	25	8	0.004	0.007	0	0.027	0
peas, strained/junior	223	51	50	1	0.001	0.004	0	0.026	0
creamed spinach, strained/junior	224	39	33	6	0.002	0.004	0	0.014	0
applesauce, strained/junior	225	51	50	1	0	0.003	0	0.024	0
peaches, strained/junior	226	51	51	0	0	0	0	0	0
pears, strained/junior	227	51	49	2	0	0.002	0	0.011	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Arsenic - Summary of Results

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apple juice, strained	230	51	43	8	0.003	0.006	0	0.024	0
orange juice, strained	231	50	50	0	0	0	0	0	0
custard pudding, strained/junior	232	51	50	1	0	0.002	0	0.012	0
fruit dessert/pudding, strained/junior	233	51	48	3	0.001	0.003	0	0.018	0
fruit-flavored yogurt, lowfat (fruit	235	51	49	1	0.001	0.007	0	0.043	0
Swiss cheese	236	51	50	1	0.001	0.004	0	0.029	0
cream cheese	237	51	50	1	0	0.003	0	0.021	0
veal cutlet, pan-cooked	238	39	38	1	0	0.003	0	0.018	0
ham luncheon meat, sliced	239	51	50	1	0	0.002	0	0.017	0
chicken breast, roasted	240	51	27	20	0.012	0.019	0	0.081	0
chicken nuggets, fast-food	241	51	39	12	0.004	0.007	0	0.029	0
chicken, fried (breast, leg, and thigh), fast-food	242	39	7	27	0.024	0.017	0	0.083	0.023
haddock, pan-cooked	243	19	0	0	5.54	2.34	1.36	10.4	5.64
shrimp, boiled	244	50	0	0	0.678	0.505	0.171	2.68	0.514
kidney beans, dry, boiled	245	39	37	2	0.001	0.004	0	0.022	0
peas, mature, dry, boiled	246	39	37	2	0.001	0.005	0	0.031	0
mixed nuts, no peanuts, dry roasted	247	39	33	6	0.004	0.010	0	0.038	0
cracked wheat bread	248	51	37	13	0.004	0.009	0	0.052	0
bagel, plain	249	51	51	0	0	0	0	0	0
English muffin, plain, toasted	250	51	49	2	0.001	0.006	0	0.031	0
graham crackers	251	51	43	7	0.003	0.008	0	0.041	0
butter-type crackers	252	51	50	1	0	0.002	0	0.013	0
apricot, raw	253	34	33	1	0	0.002	0	0.014	0
peach, canned in light/medium syrup	254	51	47	2	0.002	0.008	0	0.040	0
pear, canned in light syrup	255	51	51	0	0	0	0	0	0
pineapple juice, from frozen	256	51	50	1	0	0.004	0	0.025	0
grape juice, from frozen concentrate	257	51	35	16	0.004	0.006	0	0.023	0
French fries, fast-food	258	51	50	1	0.001	0.004	0	0.027	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Arsenic - Summary of Results

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carrot, fresh, boiled	259	51	49	1	0.001	0.006	0	0.043	0
tomato, stewed, canned	260	39	39	0	0	0	0	0	0
tomato juice, bottled	261	51	51	0	0	0	0	0	0
beets, fresh/frozen, boiled	262	39	38	1	0	0.002	0	0.015	0
Brussels sprouts, fresh/frozen, boiled	263	51	49	2	0.001	0.003	0	0.016	0
mushrooms, raw	264	51	2	12	0.081	0.050	0	0.203	0.070
eggplant, fresh, boiled	265	51	48	3	0.001	0.004	0	0.022	0
turnip, fresh/frozen, boiled	266	51	50	1	0	0.001	0	0.010	0
okra, fresh/frozen, boiled	267	51	41	9	0.003	0.008	0	0.043	0
mixed vegetables, frozen, boiled	268	51	49	2	0.001	0.004	0	0.025	0
beef stroganoff, homemade	269	51	21	27	0.012	0.013	0	0.042	0.011
green peppers stuffed with beef and rice, homemade	270	39	7	30	0.017	0.012	0	0.060	0.017
chili con carne with beans, homemade	271	39	37	2	0.001	0.006	0	0.030	0
tuna noodle casserole, homemade	272	51	3	4	0.112	0.058	0	0.244	0.111
Salisbury steak with gravy, potatoes, and vegetable, frozen meal, heated	273	39	37	1	0.003	0.015	0	0.090	0
turkey with gravy, dressing, potatoes, and vegetable, frozen meal, heated	274	39	38	1	0	0.002	0	0.011	0
quarter-pound cheeseburger on bun,	275	51	49	2	0.001	0.004	0	0.026	0
fish sandwich on bun, fast-food	276	51	0	0	0.501	0.273	0.133	1.60	0.453
frankfurter on bun, fast-food	277	39	39	0	0	0	0	0	0
egg, cheese, and ham on English muffin, fast-food	278	51	50	1	0	0.002	0	0.011	0
taco/tostada, from Mexican carry-out	279	51	45	5	0.002	0.009	0	0.063	0
cheese pizza, regular crust, from pizza carry-out	280	39	39	0	0	0	0	0	0
cheese and pepperoni pizza, regular crust, from pizza carry-out	281	51	50	1	0.001	0.004	0	0.032	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Arsenic - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
beef chow mein, from Chinese carry-bean with bacon/pork soup, canned, condensed, prepared with water	282	39	19	20	0.010	0.012	0	0.039	0.010
mushroom soup, canned, condensed, prepared with whole milk	283	51	51	0	0	0	0	0	0
clam chowder, New England, canned, condensed, prepared with whole milk	284	39	31	7	0.004	0.010	0	0.047	0
vanilla ice cream	285	51	1	5	0.141	0.046	0	0.279	0.137
fruit flavor sherbet	286	51	51	0	0	0	0	0	0
popsicle, any flavor	287	51	51	0	0	0	0	0	0
chocolate snack cake with chocolate cake doughnuts with icing, any flavor, from doughnut store	288	51	51	0	0	0	0	0	0
brownies, commercial	289	39	38	1	0.001	0.003	0	0.021	0
sugar cookies, commercial	290	51	51	0	0	0	0	0	0
suckers, any flavor	291	51	50	1	0.001	0.004	0	0.027	0
pretzels, hard, salted, any shape	292	51	51	0	0	0	0	0	0
chocolate syrup dessert topping	293	51	49	1	0.002	0.015	0	0.107	0
jelly, any flavor	294	51	49	2	0.001	0.005	0	0.029	0
sweet cucumber pickles	295	51	51	0	0	0	0	0	0
yellow mustard	296	51	49	2	0.001	0.005	0	0.033	0
black olives	297	39	35	3	0.003	0.011	0	0.056	0
sour cream	298	51	50	0	0.002	0.016	0	0.115	0
brown gravy, homemade	299	51	50	1	0.001	0.004	0	0.030	0
French salad dressing, regular	300	51	51	0	0	0	0	0	0
Italian salad dressing, low-calorie	301	39	38	1	0	0.002	0	0.013	0
olive/safflower oil	302	39	36	2	0.003	0.015	0	0.086	0
coffee, from ground	303	39	38	1	0.001	0.004	0	0.026	0
fruit-flavored carbonated beverage	304	39	38	1	0.002	0.015	0	0.092	0
	305	51	51	0	0	0	0	0	0
	306	51	51	0	0	0	0	0	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Arsenic - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
fruit drink, canned	307	51	50	1	0	0.002	0	0.013	0
martini	308	30	30	0	0	0	0	0	0
soy-based infant formula, ready-to-feed	309	51	48	2	0.001	0.004	0	0.023	0
egg yolk, strained/junior	310	12	12	0	0	0	0	0	0
rice infant cereal, instant, prepared with whole milk	311	39	7	4	0.042	0.024	0	0.087	0.047
rice cereal, strained/junior	312	20	9	11	0.010	0.010	0	0.030	0.010
bananas with tapioca, strained/junior	313	51	50	1	0	0.002	0	0.016	0
beets, strained/junior	314	15	15	0	0	0	0	0	0
split peas with vegetables and ham/bacon, strained/junior	316	27	20	7	0.004	0.007	0	0.020	0
teething biscuits	317	51	38	12	0.004	0.009	0	0.040	0
salmon, steaks or filets, fresh or frozen,	318	31	1	1	0.469	0.248	0	1.19	0.418
rice cereal with apple, strained/junior	319	17	4	13	0.010	0.007	0	0.020	0.011
squash, strained/junior	320	29	29	0	0	0	0	0	0
BF, cereal, oatmeal, dry, prep w/ water	323	12	12	0	0	0	0	0	0
BF, cereal, rice, dry, prep w/ water	324	12	0	1	0.046	0.007	0.031	0.054	0.048
BF, cereal, rice w/apples, dry, prep w/ water	325	12	0	10	0.033	0.006	0.026	0.044	0.033
BF, veal and broth/gravy	326	12	12	0	0	0	0	0	0
BF, lamb and broth/gravy	327	12	12	0	0	0	0	0	0
BF, turkey and broth/gravy	328	12	11	1	0.002	0.007	0	0.024	0
Meal replacement, liquid RTD, any	331	12	11	1	0.001	0.004	0	0.015	0
Cottage cheese, creamed, lowfat (2% milk fat)	332	12	12	0	0	0	0	0	0
Sour cream dip, any flavor	333	12	12	0	0	0	0	0	0
Beef steak, loin/sirloin, broiled	334	12	12	0	0	0	0	0	0
Luncheon meat (chicken/turkey)	335	12	11	1	0.001	0.003	0	0.011	0
Chicken breast, fried, fast-food (w/	336	12	0	12	0.021	0.008	0.011	0.037	0.020

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Arsenic - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
Chicken thigh, oven-roasted (skin removed)	337	12	7	5	0.007	0.009	0	0.021	0
Chicken leg, fried, fast-food (w/ skin)	338	12	0	10	0.023	0.011	0.01	0.04	0.020
Catfish, pan-cooked w/ oil	339	12	9	3	0.005	0.01	0	0.028	0
Tuna, canned in water, drained	340	12	0	0	0.878	0.346	0.322	1.443	0.921
Refried beans, canned	341	12	12	0	0	0	0	0	0
White beans, dry, boiled	342	12	12	0	0	0	0	0	0
Sunflower seeds (shelled), roasted,	343	12	12	0	0	0	0	0	0
Pancakes, frozen, heated	344	12	11	1	0.002	0.005	0	0.019	0
Breakfast tart/toaster pastry	345	12	12	0	0	0	0	0	0
Macaroni salad, from grocery/deli	346	12	12	0	0	0	0	0	0
Spaghetti, enriched, boiled	347	12	11	1	0.001	0.004	0	0.015	0
Apricots, canned in heavy/light syrup	348	12	12	0	0	0	0	0	0
Fruit juice blend (100% juice), canned/bottled	350	12	3	8	0.013	0.013	0	0.044	0.008
Cranberry juice cocktail,	351	12	11	1	0.001	0.003	0	0.009	0
Orange juice, bottled/carton	352	12	12	0	0	0	0	0	0
Potato salad, mayonnaise-type, from grocery/deli	353	12	12	0	0	0	0	0	0
Potato, mashed, prepared from fresh	354	12	12	0	0	0	0	0	0
Coleslaw, mayonnaise-type, from grocery/deli	355	12	12	0	0	0	0	0	0
Carrot, baby, raw	356	12	11	1	0.001	0.005	0	0.016	0
Lettuce, leaf, raw	357	12	7	5	0.004	0.005	0	0.013	0
Sweet potatoes, canned	358	12	10	2	0.002	0.004	0	0.011	0
Tomato salsa, bottled	359	12	12	0	0	0	0	0	0
Beef and vegetable stew, canned	360	12	12	0	0	0	0	0	0
Lasagna w/ meat, frozen, heated	361	12	12	0	0	0	0	0	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Arsenic - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
Beef w/ vegetables in sauce, from Chinese carry-out	362	12	10	2	0.002	0.005	0	0.015	0
Chicken w/ vegetables in sauce, from Chinese carry-out	363	12	7	5	0.006	0.009	0	0.026	0
Fried rice, meatless, from Chinese carry-out	364	12	0	0	0.072	0.018	0.044	0.106	0.071
Burrito w/ beef, beans and cheese, from Mexican carry-out	365	12	12	0	0	0	0	0	0
Chicken filet (broiled) sandwich on bun, fast-food	366	12	11	1	0.001	0.003	0	0.011	0
Soup, Oriental noodles (ramen noodles), prep w/ water	367	12	12	0	0	0	0	0	0
Pudding, ready-to-eat, flavor other than chocolate	368	12	12	0	0	0	0	0	0
Cake, yellow w/ icing	369	12	11	1	0.002	0.008	0	0.028	0
Granola bar, w/ raisins	370	12	1	9	0.027	0.012	0	0.043	0.028
Candy bar, chocolate, nougat, and nuts	371	12	12	0	0	0	0	0	0
Popcorn, microwave, butter-flavored	372	12	12	0	0	0	0	0	0
Sweet & sour sauce	373	12	12	0	0	0	0	0	0
Brown gravy, canned or bottled	374	12	12	0	0	0	0	0	0
Salad dressing, creamy/buttermilk type, regular	375	12	12	0	0	0	0	0	0
Salad dressing, creamy/buttermilk type, low-calorie	376	12	12	0	0	0	0	0	0
Salad dressing, Italian, regular	377	12	12	0	0	0	0	0	0
Olive oil	378	12	12	0	0	0	0	0	0
Vegetable oil	379	12	12	0	0	0	0	0	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Arsenic - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
Bottled drinking water (mineral/spring), not carbonated or flavored	380	12	12	0	0	0	0	0	0
Decaffeinated coffee, from ground	381	12	12	0	0	0	0	0	0
Decaffeinated tea, from tea bag	382	12	12	0	0	0	0	0	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Cadmium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
Overall:		13,504	4917	2529	0.010	0.023	0	0.657	0.004
whole milk, fluid	1	52	51	1	0	0	0	0.003	0
lowfat (2% fat) milk, fluid	2	52	51	1	0	0	0	0.002	0
chocolate milk, fluid	3	52	21	31	0.002	0.001	0	0.004	0.002
skim milk, fluid	4	52	51	0	0	0.001	0	0.004	0
plain yogurt, lowfat	6	40	38	1	0	0.001	0	0.006	0
chocolate milk shake, fast-food	7	52	30	21	0.001	0.001	0	0.005	0
evaporated milk, canned	8	40	39	1	0	0	0	0.003	0
American, processed cheese	10	51	37	14	0.001	0.002	0	0.009	0
cottage cheese, 4% milkfat	11	40	37	3	0	0.001	0	0.004	0
cheddar cheese	12	52	51	1	0	0.001	0	0.006	0
ground beef, pan-cooked	13	52	47	5	0	0.001	0	0.005	0
beef chuck roast, baked	14	52	49	3	0	0.001	0	0.005	0
beef steak, loin, pan-cooked	16	40	37	2	0	0.002	0	0.008	0
ham, baked	17	52	28	21	0.003	0.003	0	0.013	0
pork chop, pan-cooked	18	52	50	2	0	0.001	0	0.005	0
pork sausage, pan-cooked	19	52	37	12	0.002	0.003	0	0.016	0
pork bacon, pan-cooked	20	52	33	14	0.002	0.004	0	0.021	0
pork roast, baked	21	52	49	3	0	0.001	0	0.006	0
lamb chop, pan-cooked	22	52	49	3	0	0.001	0	0.003	0
chicken, fried (breast, leg, and thigh) homemade	24	40	30	10	0.001	0.001	0	0.004	0
turkey breast, roasted	26	52	39	12	0.001	0.001	0	0.006	0
liver, beef, fried	27	52	0	0	0.058	0.033	0.015	0.176	0.044
frankfurters, beef, boiled	28	52	7	44	0.004	0.002	0	0.010	0.005
bologna, sliced	29	52	11	41	0.004	0.003	0	0.009	0.004
salami, sliced	30	52	23	27	0.003	0.003	0	0.011	0.003
tuna, canned in oil	32	40	0	0	0.021	0.006	0.011	0.038	0.021
fish sticks, frozen, heated	34	52	0	1	0.010	0.005	0.003	0.040	0.010

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Cadmium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
eggs, scrambled	35	52	50	2	0	0.001	0	0.004	0
eggs, fried	36	40	38	2	0	0	0	0.002	0
eggs, boiled	37	52	50	2	0	0	0	0.002	0
pinto beans, dry, boiled	38	52	2	34	0.004	0.001	0	0.006	0.004
pork and beans, canned	39	52	9	38	0.003	0.002	0	0.013	0.003
lima beans, immature, frozen, boiled	42	52	38	13	0.001	0.001	0	0.006	0
green peas, fresh/frozen, boiled	46	52	13	32	0.003	0.002	0	0.012	0.003
peanut butter, smooth	47	52	0	0	0.053	0.019	0.022	0.106	0.048
peanuts, dry roasted	48	52	0	0	0.056	0.022	0.020	0.117	0.057
white rice, cooked	50	52	1	11	0.007	0.003	0	0.016	0.006
oatmeal, quick (1-3 min), cooked	51	52	8	40	0.003	0.002	0	0.007	0.003
wheat cereal, farina, quick (1-3min),	52	52	0	9	0.006	0.002	0.003	0.013	0.006
corngrits, regular, cooked	53	52	47	4	0	0.001	0	0.005	0
corn, fresh/frozen, boiled	54	52	10	35	0.003	0.002	0	0.008	0.003
corn, canned	55	12	5	6	0.002	0.002	0	0.005	0.002
cream style corn, canned	56	40	27	13	0.001	0.001	0	0.003	0
popcorn, popped in oil	57	40	0	25	0.008	0.003	0.003	0.018	0.008
white bread	58	52	0	2	0.019	0.005	0.004	0.032	0.018
white roll	59	40	1	0	0.018	0.006	0	0.037	0.017
cornbread, homemade	60	52	0	18	0.008	0.002	0.004	0.014	0.007
biscuit, from refrigerated dough, baked	61	52	0	0	0.020	0.005	0.011	0.031	0.020
whole wheat bread	62	52	0	0	0.025	0.004	0.016	0.035	0.024
tortilla, flour	63	52	0	0	0.019	0.004	0.011	0.030	0.019
rye bread	64	52	0	1	0.016	0.004	0.006	0.028	0.016
blueberry muffin, commercial	65	52	1	15	0.008	0.002	0	0.012	0.007
saltine crackers	66	52	1	0	0.025	0.008	0	0.049	0.025
corn chips	67	52	19	33	0.003	0.002	0	0.007	0.003
pancake from mix	68	40	0	4	0.010	0.003	0.005	0.016	0.010
egg noodles, boiled	69	52	0	0	0.032	0.008	0.020	0.061	0.030

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Cadmium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
macaroni, boiled	70	40	0	0	0.031	0.006	0.018	0.046	0.031
corn flakes	71	52	29	23	0.001	0.002	0	0.006	0
fruit-flavored, sweetened cereal	72	52	0	13	0.008	0.003	0.003	0.018	0.008
shredded wheat cereal	73	52	0	0	0.052	0.017	0.017	0.126	0.051
raisin bran cereal	74	52	0	0	0.043	0.009	0.029	0.072	0.041
crisped rice cereal	75	52	0	18	0.008	0.004	0.003	0.020	0.007
granola cereal	76	52	0	0	0.017	0.006	0.010	0.045	0.015
oat ring cereal	77	52	0	0	0.013	0.004	0.007	0.022	0.013
apple, red, raw	78	52	42	10	0.001	0.001	0	0.003	0
orange, raw	79	52	44	8	0	0.001	0	0.003	0
banana, raw	80	52	43	8	0	0.001	0	0.005	0
watermelon, raw	81	52	25	23	0.001	0.001	0	0.004	0.001
peach, raw	83	52	16	34	0.002	0.002	0	0.010	0.002
applesauce, bottled	84	52	49	3	0	0.001	0	0.003	0
pear, raw	85	52	32	18	0.001	0.002	0	0.006	0
strawberries, raw	86	52	0	2	0.015	0.012	0.003	0.065	0.013
fruit cocktail, canned in heavy syrup	87	52	38	11	0.001	0.002	0	0.008	0
grapes, red/green, seedless, raw	88	52	37	14	0.000	0.001	0	0.004	0
cantaloupe, raw	89	52	1	2	0.009	0.005	0	0.029	0.008
plums, raw	91	39	26	11	0.001	0.001	0	0.006	0
grapefruit, raw	92	52	42	10	0	0.001	0	0.003	0
pineapple, canned in juice	93	52	23	19	0.004	0.009	0	0.052	0.001
sweet cherries, raw	94	34	31	3	0	0	0	0.002	0
raisins, dried	95	52	44	7	0.001	0.002	0	0.009	0
prunes, dried	96	40	29	10	0.001	0.002	0	0.007	0
avocado, raw	97	52	0	5	0.022	0.016	0.005	0.106	0.018
orange juice, from frozen concentrate	98	52	41	8	0	0.001	0	0.007	0
apple juice, bottled	99	52	44	8	0	0	0	0.002	0
grapefruit juice, from frozen	100	52	48	3	0	0	0	0.003	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Cadmium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
prune juice, bottled	103	52	44	8	0	0.001	0	0.003	0
lemonade, from frozen concentrate	105	52	48	4	0	0	0	0.001	0
spinach, fresh/frozen, boiled	107	52	0	0	0.144	0.102	0.045	0.524	0.104
collards, fresh/frozen, boiled	108	52	0	0	0.042	0.025	0.011	0.122	0.036
iceberg lettuce, raw	109	52	0	0	0.048	0.046	0.015	0.323	0.036
cabbage, fresh, boiled	110	52	0	18	0.005	0.002	0.002	0.012	0.004
coleslaw with dressing, homemade	111	40	5	27	0.004	0.003	0	0.013	0.004
sauerkraut, canned	112	40	1	26	0.004	0.001	0	0.007	0.004
broccoli, fresh/frozen, boiled	113	52	1	0	0.012	0.006	0	0.030	0.010
celery, raw	114	52	1	0	0.042	0.019	0	0.094	0.040
asparagus, fresh/frozen, boiled	115	52	3	12	0.016	0.021	0	0.139	0.011
cauliflower, fresh/frozen, boiled	116	52	0	1	0.009	0.003	0.004	0.015	0.009
tomato, red, raw	117	52	1	4	0.009	0.007	0	0.032	0.008
tomato sauce, plain, bottled	119	52	0	0	0.021	0.007	0.013	0.051	0.019
green beans, fresh/frozen, boiled	121	52	36	14	0.001	0.002	0	0.007	0
beans, snap green, canned	122	12	5	7	0.001	0.001	0	0.003	0.002
cucumber, raw	123	52	12	34	0.002	0.002	0	0.007	0.002
summer squash, fresh/frozen, boiled	124	52	13	30	0.003	0.002	0	0.014	0.003
green pepper, raw	125	52	1	1	0.014	0.011	0	0.053	0.010
winter squash, fresh/frozen, baked, mashed	126	52	5	15	0.006	0.006	0	0.038	0.006
onion, mature, raw	128	52	0	4	0.012	0.008	0.002	0.034	0.010
beets, canned	131	12	0	0	0.021	0.007	0.013	0.032	0.018
radish, raw	132	40	1	9	0.008	0.006	0	0.027	0.006
French fries, frozen, heated	134	40	1	0	0.031	0.013	0	0.066	0.030
mashed potatoes, from flakes	135	40	1	0	0.022	0.006	0	0.033	0.022
white potato, boiled without skin	136	52	1	0	0.025	0.011	0	0.062	0.024
white potato, baked with skin	137	52	0	0	0.042	0.016	0.016	0.112	0.037
potato chips	138	52	1	0	0.056	0.027	0	0.127	0.052

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Cadmium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
scalloped potatoes, homemade	139	40	0	1	0.021	0.011	0.003	0.057	0.019
sweet potato, fresh, baked	140	40	0	2	0.008	0.003	0.004	0.018	0.007
spaghetti with tomato sauce and meatballs, homemade	142	52	0	0	0.020	0.005	0.006	0.028	0.019
beef stew with potatoes, carrots, and onion, homemade	143	40	0	0	0.015	0.006	0.008	0.037	0.014
chili con carne, beef and beans, canned	145	12	0	3	0.008	0.003	0.006	0.014	0.008
macaroni and cheese, from box mix	146	52	1	0	0.015	0.004	0	0.023	0.015
quarter-pound hamburger on bun, fast-food	147	52	0	0	0.012	0.003	0.007	0.024	0.011
meatloaf, homemade	148	52	27	23	0.002	0.003	0	0.015	0
spaghetti with tomato sauce, canned	149	40	1	0	0.013	0.004	0	0.022	0.013
lasagna with meat, homemade	151	40	0	0	0.018	0.003	0.013	0.030	0.018
chicken potpie, frozen, heated	152	52	0	1	0.010	0.002	0.006	0.016	0.010
chicken noodle soup, canned, condensed, prepared with water	155	52	3	32	0.004	0.002	0	0.008	0.004
tomato soup, canned, condensed, prepared with water	156	52	2	0	0.008	0.003	0	0.015	0.008
vegetable beef soup, canned, condensed, prepared with water	157	52	1	6	0.008	0.005	0	0.037	0.007
white sauce, homemade	160	40	16	24	0.002	0.002	0	0.006	0.002
dill cucumber pickles	161	52	16	33	0.003	0.002	0	0.008	0.003
margarine, stick, regular (salted)	162	52	44	8	0.001	0.003	0	0.017	0
butter, regular (salted)	164	52	47	5	0.001	0.002	0	0.008	0
mayonnaise, regular, bottled	166	52	44	8	0.001	0.002	0	0.012	0
half & half cream	167	52	47	4	0.001	0.002	0	0.013	0
cream substitute, frozen	168	52	47	5	0	0.001	0	0.004	0
white sugar, granulated	169	52	49	3	0	0.002	0	0.010	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Cadmium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
pancake syrup	170	52	42	9	0.001	0.002	0	0.016	0
honey	172	52	43	9	0	0.001	0	0.003	0
tomato catsup	173	52	2	0	0.019	0.008	0	0.041	0.018
chocolate pudding, from instant mix	175	40	1	8	0.006	0.004	0	0.024	0.006
vanilla flavored light ice cream	177	52	50	2	0	0.001	0	0.003	0
chocolate cake with chocolate icing, commercial	178	52	2	0	0.013	0.006	0	0.030	0.012
yellow cake with white icing, prepared from cake and icing mixes	179	40	0	20	0.005	0.002	0.003	0.016	0.005
sweet roll/Danish, commercial	182	52	0	0	0.011	0.002	0.005	0.017	0.011
chocolate chip cookies, commercial	183	52	1	0	0.027	0.010	0	0.050	0.025
sandwich cookies with creme filling, commercial	184	52	1	0	0.018	0.007	0	0.035	0.017
apple pie, fresh/frozen, commercial	185	52	0	43	0.005	0.001	0.003	0.008	0.005
pumpkin pie, fresh/frozen, commercial	186	52	1	30	0.006	0.002	0	0.010	0.006
milk chocolate candy bar, plain	187	52	0	1	0.029	0.016	0.003	0.123	0.026
caramel candy	188	40	34	6	0	0.001	0	0.006	0
gelatin dessert, any flavor	190	52	48	4	0	0.001	0	0.004	0
cola carbonated beverage	191	52	49	3	0	0	0	0.001	0
fruit drink, from powder	193	52	50	2	0	0	0	0.002	0
low-calorie cola carbonated beverage	194	52	48	4	0	0	0	0.001	0
coffee, decaffeinated, from instant	196	40	35	5	0	0.001	0	0.002	0
tea, from tea bag	197	52	41	9	0	0.001	0	0.004	0
beer	198	52	48	4	0	0	0	0.002	0
dry table wine	199	52	39	12	0	0.001	0	0.006	0
whiskey	200	40	38	2	0	0	0	0.001	0
tap water	201	34	34	0	0	0	0	0	0
milk-based infant formula, high iron, ready-to-feed	202	52	50	2	0	0	0	0.002	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Cadmium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
milk-based infant formula, low iron, ready-to-feed	203	52	47	5	0	0.001	0	0.003	0
beef, strained/junior	205	52	45	6	0.001	0.002	0	0.011	0
chicken, strained/junior, with/without broth or gravy	207	52	39	13	0.001	0.001	0	0.004	0
chicken/turkey with vegetables, high/lean meat, strained/junior	208	2	0	0	0.005	0.001	0.005	0.006	0.005
beef with vegetables, high/lean meat, strained/junior	209	2	0	0	0.005	0.001	0.005	0.006	0.005
ham with vegetables, high/lean meat, strained/junior	210	2	0	1	0.005	0.001	0.004	0.005	0.005
vegetables and beef, strained/junior	211	52	2	2	0.014	0.011	0	0.060	0.011
vegetables and chicken, strained/junior	212	52	0	0	0.015	0.009	0.005	0.049	0.013
vegetables and ham, strained/junior	213	51	0	0	0.016	0.010	0.005	0.046	0.014
chicken noodle dinner, strained/junior	214	52	0	0	0.015	0.009	0.006	0.057	0.013
macaroni, tomatoes, and beef, strained/junior	215	52	0	0	0.014	0.005	0.008	0.041	0.013
turkey and rice, strained/junior	216	52	0	0	0.011	0.008	0.005	0.058	0.009
carrots, strained/junior	218	52	0	0	0.029	0.032	0.005	0.168	0.019
green beans, strained/junior	219	52	32	19	0.001	0.002	0	0.012	0
mixed vegetables, strained/junior	220	52	1	1	0.021	0.013	0	0.061	0.018
sweet potatoes, strained/junior	221	52	2	19	0.005	0.003	0	0.015	0.005
creamed corn, strained/junior	222	34	24	8	0.001	0.002	0	0.005	0
peas, strained/junior	223	52	21	26	0.002	0.002	0	0.005	0.002
creamed spinach, strained/junior	224	40	0	0	0.081	0.034	0.019	0.148	0.077
applesauce, strained/junior	225	52	47	5	0	0.001	0	0.003	0
peaches, strained/junior	226	52	13	33	0.003	0.002	0	0.007	0.003
pears, strained/junior	227	52	18	32	0.002	0.002	0	0.006	0.002
apple juice, strained	230	52	43	9	0	0.001	0	0.002	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Cadmium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
orange juice, strained	231	51	47	4	0	0.001	0	0.002	0
custard pudding, strained/junior	232	52	47	5	0	0.001	0	0.004	0
fruit dessert/pudding, strained/junior	233	52	34	16	0.001	0.002	0	0.008	0
fruit-flavored yogurt, lowfat (fruit	235	52	47	5	0	0.001	0	0.004	0
Swiss cheese	236	52	47	3	0.001	0.002	0	0.012	0
cream cheese	237	52	45	5	0.001	0.002	0	0.010	0
veal cutlet, pan-cooked	238	40	35	4	0.001	0.002	0	0.009	0
ham luncheon meat, sliced	239	52	28	24	0.002	0.002	0	0.008	0
chicken breast, roasted	240	52	47	5	0	0.001	0	0.003	0
chicken nuggets, fast-food	241	52	0	28	0.007	0.002	0.003	0.015	0.006
chicken, fried (breast, leg, and thigh), fast-food	242	40	4	32	0.005	0.004	0	0.023	0.004
haddock, pan-cooked	243	20	17	1	0.002	0.005	0	0.018	0
shrimp, boiled	244	52	5	13	0.017	0.032	0	0.226	0.009
kidney beans, dry, boiled	245	40	9	20	0.003	0.003	0	0.011	0.003
peas, mature, dry, boiled	246	40	12	23	0.002	0.002	0	0.009	0.003
mixed nuts, no peanuts, dry roasted	247	40	2	30	0.008	0.004	0	0.021	0.008
cracked wheat bread	248	52	0	0	0.022	0.004	0.016	0.034	0.021
bagel, plain	249	52	1	1	0.017	0.006	0	0.043	0.016
English muffin, plain, toasted	250	52	0	0	0.022	0.006	0.010	0.044	0.021
graham crackers	251	52	0	1	0.027	0.009	0.004	0.053	0.025
butter-type crackers	252	52	1	0	0.026	0.009	0	0.050	0.027
apricot, raw	253	34	13	19	0.002	0.003	0	0.017	0.002
peach, canned in light/medium syrup	254	52	24	25	0.002	0.002	0	0.014	0.002
pear, canned in light syrup	255	52	38	9	0.001	0.002	0	0.012	0
pineapple juice, from frozen	256	52	25	13	0.003	0.006	0	0.035	0.001
grape juice, from frozen concentrate	257	52	26	23	0.001	0.001	0	0.003	0.001
French fries, fast-food	258	52	1	0	0.047	0.019	0	0.100	0.046
carrot, fresh, boiled	259	52	1	3	0.017	0.013	0	0.068	0.014

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Cadmium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
tomato, stewed, canned	260	40	1	0	0.015	0.005	0	0.029	0.014
tomato juice, bottled	261	52	1	0	0.013	0.004	0	0.027	0.012
beets, fresh/frozen, boiled	262	40	0	0	0.023	0.011	0.007	0.059	0.020
Brussels sprouts, fresh/frozen, boiled	263	52	0	4	0.008	0.003	0.003	0.016	0.007
mushrooms, raw	264	52	2	22	0.006	0.003	0	0.016	0.005
eggplant, fresh, boiled	265	52	1	3	0.014	0.008	0	0.033	0.013
turnip, fresh/frozen, boiled	266	52	0	1	0.015	0.006	0.004	0.031	0.015
okra, fresh/frozen, boiled	267	52	1	0	0.018	0.010	0	0.053	0.015
mixed vegetables, frozen, boiled	268	52	2	9	0.007	0.003	0	0.013	0.007
beef stroganoff, homemade	269	52	0	0	0.015	0.004	0.009	0.023	0.015
green peppers stuffed with beef and rice, homemade	270	40	0	2	0.011	0.008	0.004	0.043	0.008
chili con carne with beans, homemade	271	40	0	18	0.007	0.003	0.004	0.016	0.007
tuna noodle casserole, homemade	272	53	1	0	0.015	0.004	0	0.024	0.015
Salisbury steak with gravy, potatoes, and vegetable, frozen meal, heated	273	40	0	0	0.009	0.002	0.007	0.016	0.009
turkey with gravy, dressing, potatoes, and vegetable, frozen meal, heated	274	40	0	0	0.010	0.002	0.007	0.017	0.009
quarter-pound cheeseburger on bun, fast-food	275	52	1	2	0.010	0.003	0	0.025	0.009
fish sandwich on bun, fast-food	276	52	0	2	0.011	0.004	0.005	0.024	0.011
frankfurter on bun, fast-food	277	40	0	0	0.012	0.003	0.007	0.024	0.011
egg, cheese, and ham on English muffin, fast-food	278	52	0	3	0.010	0.002	0.004	0.016	0.009
taco/tostada, from Mexican carry-out	279	52	0	3	0.015	0.010	0.006	0.054	0.013
cheese pizza, regular crust, from pizza carry-out	280	40	0	0	0.017	0.002	0.013	0.024	0.016

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Cadmium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
cheese and pepperoni pizza, regular crust, from pizza carry-out	281	52	0	0	0.016	0.003	0.011	0.024	0.016
beef chow mein, from Chinese carry-	282	40	0	1	0.012	0.006	0.004	0.036	0.010
bean with bacon/pork soup, canned, condensed, prepared with water	283	52	11	35	0.003	0.002	0	0.012	0.003
mushroom soup, canned, condensed, prepared with whole milk	284	40	18	22	0.001	0.001	0	0.003	0.002
clam chowder, New England, canned, condensed, prepared with whole milk	285	52	1	1	0.015	0.006	0	0.031	0.015
vanilla ice cream	286	52	50	2	0	0.001	0	0.004	0
fruit flavor sherbet	287	52	43	9	0	0.001	0	0.003	0
popsicle, any flavor	288	52	49	3	0	0.001	0	0.003	0
chocolate snack cake with chocolate	289	40	0	0	0.019	0.007	0.007	0.042	0.018
cake doughnuts with icing, any flavor, from doughnut store	290	52	0	1	0.012	0.003	0.002	0.021	0.011
brownies, commercial	291	52	0	0	0.019	0.007	0.005	0.034	0.019
sugar cookies, commercial	292	52	1	0	0.013	0.004	0	0.024	0.013
suckers, any flavor	293	52	49	3	0	0.002	0	0.009	0
pretzels, hard, salted, any shape	294	52	2	0	0.022	0.013	0	0.089	0.020
chocolate syrup dessert topping	295	52	0	0	0.032	0.012	0.005	0.064	0.032
jelly, any flavor	296	52	31	20	0.001	0.002	0	0.007	0
sweet cucumber pickles	297	40	22	18	0.001	0.001	0	0.004	0
yellow mustard	298	52	0	0	0.029	0.006	0.016	0.042	0.028
black olives	299	52	39	12	0.001	0.002	0	0.010	0
sour cream	300	52	47	5	0	0.001	0	0.005	0
brown gravy, homemade	301	40	23	16	0.001	0.002	0	0.007	0
French salad dressing, regular	302	40	11	25	0.007	0.006	0	0.020	0.007
Italian salad dressing, low-calorie	303	40	13	24	0.003	0.003	0	0.011	0.004
olive/safflower oil	304	40	40	0	0	0	0	0	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Cadmium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
coffee, from ground	305	51	43	7	0	0.001	0	0.004	0
fruit-flavored carbonated beverage	306	52	50	2	0	0	0	0.001	0
fruit drink, canned	307	52	33	14	0.001	0.001	0	0.005	0
martini	308	30	30	0	0	0	0	0	0
soy-based infant formula, ready-to-feed	309	52	21	30	0.001	0.001	0	0.003	0.001
egg yolk, strained/junior	310	12	11	0	0.001	0.002	0	0.007	0
rice infant cereal, instant, prepared with whole milk	311	39	0	30	0.005	0.002	0.002	0.010	0.005
rice cereal, strained/junior	312	20	17	3	0	0.001	0	0.003	0
bananas with tapioca, strained/junior	313	52	41	11	0.001	0.001	0	0.004	0
beets, strained/junior	314	15	0	0	0.026	0.005	0.014	0.035	0.027
split peas with vegetables and ham/bacon, strained/junior	316	27	0	3	0.011	0.008	0.003	0.039	0.009
teething biscuits	317	52	0	0	0.014	0.005	0.009	0.027	0.013
salmon, steaks or filets, fresh or frozen,	318	32	29	3	0	0.001	0	0.005	0
rice cereal with apple, strained/junior	319	18	7	11	0.002	0.001	0	0.004	0.002
squash, strained/junior	320	45	6	28	0.003	0.003	0	0.011	0.003
BF, cereal, oatmeal, dry, prep w/ water	323	12	2	10	0.003	0.002	0	0.006	0.004
BF, cereal, rice, dry, prep w/ water	324	12	0	8	0.008	0.009	0.003	0.035	0.005
BF, cereal, rice w/apples, dry, prep w/ water	325	12	2	10	0.003	0.002	0	0.006	0.003
BF, veal and broth/gravy	326	12	9	3	0.001	0.001	0	0.002	0
BF, lamb and broth/gravy	327	12	9	3	0.001	0.001	0	0.003	0
BF, turkey and broth/gravy	328	12	8	3	0.002	0.007	0	0.023	0
Meal replacement, liquid RTD, any	331	12	2	10	0.001	0.001	0	0.002	0.001
Cottage cheese, creamed, lowfat (2% milk fat)	332	12	12	0	0	0	0	0	0
Sour cream dip, any flavor	333	12	4	5	0.003	0.003	0	0.009	0.003
Beef steak, loin/sirloin, broiled	334	12	11	0	0.001	0.002	0	0.007	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Cadmium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
Luncheon meat (chicken/turkey)	335	12	6	5	0.002	0.002	0	0.005	0.001
Chicken breast, fried, fast-food (w/	336	12	0	12	0.004	0.001	0.003	0.006	0.004
Chicken thigh, oven-roasted (skin removed)	337	12	11	1	0	0.001	0	0.002	0
Chicken leg, fried, fast-food (w/ skin)	338	12	0	11	0.005	0.003	0.003	0.013	0.005
Catfish, pan-cooked w/ oil	339	12	10	2	0.001	0.002	0	0.005	0
Tuna, canned in water, drained	340	12	0	0	0.017	0.006	0.010	0.029	0.017
Refried beans, canned	341	12	0	9	0.006	0.004	0.002	0.017	0.005
White beans, dry, boiled	342	12	1	8	0.004	0.002	0	0.009	0.004
Sunflower seeds (shelled), roasted,	343	12	0	0	0.478	0.118	0.281	0.657	0.482
Pancakes, frozen, heated	344	12	0	0	0.014	0.003	0.010	0.019	0.014
Breakfast tart/toaster pastry	345	12	0	0	0.013	0.004	0.007	0.019	0.013
Macaroni salad, from grocery/deli	346	12	0	0	0.017	0.005	0.007	0.025	0.015
Spaghetti, enriched, boiled	347	12	0	0	0.036	0.005	0.026	0.045	0.036
Apricots, canned in heavy/light syrup	348	12	6	5	0.006	0.016	0	0.056	0.001
Fruit juice blend (100% juice), canned/bottled	350	12	3	7	0.002	0.003	0	0.010	0.001
Cranberry juice cocktail,	351	12	1	7	0.002	0.001	0	0.004	0.002
Orange juice, bottled/carton	352	12	11	1	0	0	0	0.001	0
Potato salad, mayonnaise-type, from grocery/deli	353	12	0	0	0.016	0.006	0.009	0.027	0.013
Potato, mashed, prepared from fresh	354	12	0	0	0.016	0.005	0.010	0.026	0.015
Coleslaw, mayonnaise-type, from grocery/deli	355	12	0	9	0.005	0.003	0.002	0.011	0.005
Carrot, baby, raw	356	12	0	0	0.022	0.020	0.007	0.081	0.017
Lettuce, leaf, raw	357	12	0	0	0.091	0.073	0.004	0.269	0.074
Sweet potatoes, canned	358	12	0	4	0.007	0.006	0.002	0.026	0.005
Tomato salsa, bottled	359	12	0	0	0.021	0.008	0.006	0.038	0.021
Beef and vegetable stew, canned	360	12	0	1	0.009	0.003	0.004	0.014	0.009

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Cadmium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
Lasagna w/ meat, frozen, heated	361	12	0	0	0.018	0.004	0.009	0.023	0.019
Beef w/ vegetables in sauce, from Chinese carry-out	362	12	0	2	0.007	0.003	0.002	0.012	0.007
Chicken w/ vegetables in sauce, from Chinese carry-out	363	12	0	4	0.005	0.002	0.002	0.009	0.005
Fried rice, meatless, from Chinese carry-out	364	12	0	3	0.009	0.004	0.004	0.016	0.009
Burrito w/ beef, beans and cheese, from Mexican carry-out	365	12	0	0	0.011	0.002	0.008	0.015	0.011
Chicken filet (broiled) sandwich on bun, fast-food	366	12	0	0	0.016	0.004	0.011	0.022	0.015
Soup, Oriental noodles (ramen noodles), prep w/ water	367	12	0	6	0.005	0.002	0.002	0.007	0.005
Pudding, ready-to-eat, flavor other than chocolate	368	12	9	3	0.001	0.001	0	0.002	0
Cake, yellow w/ icing	369	12	0	3	0.006	0.002	0.003	0.008	0.006
Granola bar, w/ raisins	370	12	1	0	0.011	0.005	0	0.018	0.010
Candy bar, chocolate, nougat, and nuts	371	12	0	0	0.028	0.005	0.020	0.036	0.027
Popcorn, microwave, butter-flavored	372	12	0	9	0.008	0.003	0.003	0.014	0.008
Sweet & sour sauce	373	12	5	4	0.003	0.003	0	0.008	0.003
Brown gravy, canned or bottled	374	12	4	6	0.003	0.003	0	0.010	0.003
Salad dressing, creamy/buttermilk type, regular	375	12	9	3	0.001	0.002	0	0.007	0
Salad dressing, creamy/buttermilk type, low-calorie	376	12	2	8	0.005	0.003	0	0.012	0.004
Salad dressing, Italian, regular	377	12	6	6	0.003	0.004	0	0.011	0.002
Olive oil	378	12	12	1	0	0	0	0	0
Vegetable oil	379	12	12	0	0	0	0	0	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Cadmium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
Bottled drinking water (mineral/spring), not carbonated or flavored	380	12	11	1	0	0	0	0.001	0
Decaffeinated coffee, from ground	381	12	10	2	0	0.001	0	0.002	0
Decaffeinated tea, from tea bag	382	12	8	4	0	0.001	0	0.002	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Calcium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
Overall:		13,222	101	166	498	918	0	10700	212
whole milk, fluid	1	51	0	0	1011	159	261	1160	1050
lowfat (2% fat) milk, fluid	2	51	0	0	1085	142	366	1290	1110
chocolate milk, fluid	3	51	0	0	1079	196	456	1670	1050
skim milk, fluid	4	51	0	0	1139	182	482	1750	1150
plain yogurt, lowfat	6	39	0	0	1586	205	640	1930	1620
chocolate milk shake, fast-food	7	51	0	0	1152	172	348	1450	1180
evaporated milk, canned	8	39	0	0	2080	283	920	3070	2060
American, processed cheese	10	51	0	0	6220	1474	4420	10700	5680
cottage cheese, 4% milkfat	11	39	0	0	724	68	580	891	724
cheddar cheese	12	50	0	0	7144	597	4280	8130	7275
ground beef, pan-cooked	13	51	0	0	139	37	87	266	137
beef chuck roast, baked	14	51	0	0	94	90	44	669	69.7
beef steak, loin, pan-cooked	16	39	0	0	114	63	50	320	98.8
ham, baked	17	51	0	0	65	27	35	172	57.9
pork chop, pan-cooked	18	51	0	0	501	280	129	1660	452
pork sausage, pan-cooked	19	51	0	0	167	53	89	305	158
pork bacon, pan-cooked	20	51	0	0	97	17	74	148	93.7
pork roast, baked	21	51	0	0	95	67	42	419	74.9
lamb chop, pan-cooked	22	51	0	0	376	113	140	704	358
chicken, fried (breast, leg, and thigh) homemade	24	39	0	0	262	341	90	1620	127
turkey breast, roasted	26	51	0	0	70	22	38	163	67.4
liver, beef, fried	27	51	0	0	49	6	41	66	47.2
frankfurters, beef, boiled	28	51	0	0	211	156	90	845	152
bologna, sliced	29	51	0	0	726	341	109	1500	699
salami, sliced	30	51	0	0	492	304	99	1430	459
tuna, canned in oil	32	39	0	0	146	58	70	363	135
fish sticks, frozen, heated	34	51	0	0	227	57	142	394	210

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Calcium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
eggs, scrambled	35	51	0	0	643	76	407	877	645
eggs, fried	36	39	0	0	547	62	354	719	530
eggs, boiled	37	51	0	0	603	156	410	1240	567
pinto beans, dry, boiled	38	51	0	0	442	49	335	568	434
pork and beans, canned	39	51	0	0	403	63	298	610	400
lima beans, immature, frozen, boiled	42	51	0	0	251	34	181	326	243
green peas, fresh/frozen, boiled	46	51	0	0	256	59	172	498	244
peanut butter, smooth	47	51	0	0	459	58	357	594	454
peanuts, dry roasted	48	51	0	0	490	68	370	646	485
white rice, cooked	50	51	0	0	48	31	11	138	39.7
oatmeal, quick (1-3 min), cooked	51	51	0	0	126	97	70	524	91.8
wheat cereal, farina, quick (1-3min),	52	51	0	0	556	466	21	1840	395
corngrits, regular, cooked	53	51	7	35	35	148	0	807	4.5
corn, fresh/frozen, boiled	54	51	0	0	28	11	12	64	26.1
corn, canned	55	12	0	0	29	12	15	61	28.0
cream style corn, canned	56	39	0	0	30	10	13	57	30.2
popcorn, popped in oil	57	39	0	0	41	9	26	63	40.1
white bread	58	51	0	0	1218	671	578	3820	1030
white roll	59	39	0	0	862	477	296	2470	748
cornbread, homemade	60	51	0	0	1008	229	613	1700	953
biscuit, from refrigerated dough, baked	61	51	0	0	392	166	206	1280	365
whole wheat bread	62	51	0	0	995	301	357	1790	899
tortilla, flour	63	51	0	0	1322	610	381	3880	1220
rye bread	64	51	0	0	832	207	446	1350	810
blueberry muffin, commercial	65	51	0	0	433	110	270	788	408
saltine crackers	66	51	0	0	675	498	162	1920	703
corn chips	67	51	0	0	1169	283	22	1580	1180
pancake from mix	68	39	0	0	1310	442	653	2340	1240
egg noodles, boiled	69	51	0	0	124	21	87	175	120

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Calcium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
macaroni, boiled	70	39	0	0	72	13	56	109	67.0
corn flakes	71	51	0	0	27	10	17	68	25.7
fruit-flavored, sweetened cereal	72	51	0	0	930	1210	66	4340	161
shredded wheat cereal	73	51	0	0	417	101	296	987	390
raisin bran cereal	74	51	0	0	621	1102	340	8330	465
crisped rice cereal	75	51	0	0	78	39	48	254	60.3
granola cereal	76	51	0	0	632	184	365	1440	600
oat ring cereal	77	51	0	0	2590	1186	756	4420	1860
apple, red, raw	78	51	0	0	48	7	32	62	48.3
orange, raw	79	51	0	0	332	60	204	463	335
banana, raw	80	51	0	0	50	7	38	69	47.8
watermelon, raw	81	51	0	0	78	21	47	124	73.4
peach, raw	83	51	0	0	48	11	32	84	46.8
applesauce, bottled	84	51	0	0	39	55	24	380	28.3
pear, raw	85	51	0	0	84	17	48	121	81.1
strawberries, raw	86	51	0	0	149	18	111	186	149
fruit cocktail, canned in heavy syrup	87	51	0	0	62	12	48	118	60.0
grapes, red/green, seedless, raw	88	50	0	0	99	25	63	165	93.7
cantaloupe, raw	89	51	0	0	89	27	51	153	84.5
plums, raw	91	39	0	0	50	9	34	76	47.9
grapefruit, raw	92	51	0	0	226	54	109	369	224
pineapple, canned in juice	93	51	0	0	114	28	65	208	108
sweet cherries, raw	94	33	0	0	141	26	94	209	138
raisins, dried	95	51	0	0	516	65	338	675	521
prunes, dried	96	39	0	0	419	42	307	527	417
avocado, raw	97	51	0	0	129	36	68	218	116
orange juice, from frozen concentrate	98	51	0	0	252	289	55	1340	106
apple juice, bottled	99	51	0	0	95	94	42	613	67.0
grapefruit juice, from frozen	100	51	0	0	151	103	79	616	117

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Calcium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
prune juice, bottled	103	51	0	0	129	53	81	480	117
lemonade, from frozen concentrate	105	51	0	0	22	7	10	38	21.8
spinach, fresh/frozen, boiled	107	51	0	0	1028	273	482	1730	1000
collards, fresh/frozen, boiled	108	51	0	0	1595	390	520	2620	1530
iceberg lettuce, raw	109	51	0	0	172	42	92	275	168
cabbage, fresh, boiled	110	51	0	0	321	53	223	452	317
coleslaw with dressing, homemade	111	39	0	0	321	50	232	443	323
sauerkraut, canned	112	39	0	0	372	47	280	465	368
broccoli, fresh/frozen, boiled	113	51	0	0	310	47	235	399	311
celery, raw	114	51	0	0	329	110	162	581	323
asparagus, fresh/frozen, boiled	115	51	0	0	177	32	122	264	174
cauliflower, fresh/frozen, boiled	116	51	0	0	156	20	94	197	154
tomato, red, raw	117	51	0	0	77	23	41	150	72.3
tomato sauce, plain, bottled	119	51	0	0	150	35	94	272	151
green beans, fresh/frozen, boiled	121	51	0	0	432	71	248	571	439
beans, snap green, canned	122	12	0	0	352	45	270	414	361
cucumber, raw	123	51	0	0	122	22	76	169	118
summer squash, fresh/frozen, boiled	124	51	0	0	193	42	92	279	195
green pepper, raw	125	51	0	0	81	26	43	158	75.9
winter squash, fresh/frozen, baked, mashed	126	51	1	0	204	56	0	371	204
onion, mature, raw	128	51	0	0	200	62	76	371	203
beets, canned	131	12	0	0	190	26	130	228	187
radish, raw	132	39	0	0	192	45	116	301	194
French fries, frozen, heated	134	39	0	0	96	25	58	167	93.0
mashed potatoes, from flakes	135	39	0	0	340	68	97	531	332
white potato, boiled without skin	136	51	0	0	51	13	28	87	49.2
white potato, baked with skin	137	51	0	0	120	34	33	205	116
potato chips	138	51	0	0	209	70	112	532	191

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Calcium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
scalloped potatoes, homemade	139	39	0	0	498	82	311	724	484
sweet potato, fresh, baked	140	39	0	0	247	62	136	442	235
spaghetti with tomato sauce and meatballs, homemade	142	51	0	0	263	76	138	418	283
beef stew with potatoes, carrots, and onion, homemade	143	39	0	0	129	22	97	185	124
chili con carne, beef and beans, canned	145	12	0	0	319	44	245	389	327
macaroni and cheese, from box mix	146	51	0	0	638	169	293	1220	609
quarter-pound hamburger on bun, fast-food	147	51	0	0	793	205	286	1480	800
meatloaf, homemade	148	51	0	0	253	64	135	430	236
spaghetti with tomato sauce, canned	149	39	0	0	140	20	97	187	141
lasagna with meat, homemade	151	39	0	0	1145	373	490	2440	1140
chicken potpie, frozen, heated	152	51	0	0	213	51	121	339	196
chicken noodle soup, canned, condensed, prepared with water	155	51	0	0	50	15	31	111	47.8
tomato soup, canned, condensed, prepared with water	156	51	0	0	66	13	39	111	65.2
vegetable beef soup, canned, condensed, prepared with water	157	51	0	0	79	16	47	110	75.6
white sauce, homemade	160	39	0	0	906	92	617	1020	916
dill cucumber pickles	161	51	0	0	542	177	86	1020	534
margarine, stick, regular (salted)	162	51	0	1	51	22	11	129	47.0
butter, regular (salted)	164	51	0	0	229	36	91	299	233
mayonnaise, regular, bottled	166	51	0	0	81	13	57	110	81.0
half & half cream	167	51	0	0	911	106	550	1130	925
cream substitute, frozen	168	51	0	0	38	9	20	65	38.3
white sugar, granulated	169	51	10	29	12	12	0	56	8.1

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Calcium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
pancake syrup	170	51	1	11	30	14	0	66	29.5
honey	172	51	0	0	50	11	30	82	47.2
tomato catsup	173	51	0	0	155	18	117	204	152
chocolate pudding, from instant mix	175	39	0	0	918	101	472	1080	930
vanilla flavored light ice cream	177	50	0	0	1362	278	740	2310	1375
chocolate cake with chocolate icing, commercial	178	51	0	0	402	133	254	845	358
yellow cake with white icing, prepared from cake and icing mixes	179	39	0	0	695	142	425	1110	679
sweet roll/Danish, commercial	182	51	0	0	712	381	227	1800	566
chocolate chip cookies, commercial	183	51	0	0	304	200	172	1570	262
sandwich cookies with creme filling, commercial	184	51	0	0	201	66	109	400	179
apple pie, fresh/frozen, commercial	185	51	0	0	112	22	83	169	110
pumpkin pie, fresh/frozen, commercial	186	51	0	0	585	113	420	875	561
milk chocolate candy bar, plain	187	51	0	0	2018	225	1260	2320	2040
caramel candy	188	39	0	0	1565	596	493	2810	1460
gelatin dessert, any flavor	190	51	0	21	12	6	3	31	10.4
cola carbonated beverage	191	51	0	1	26	13	8	70	24.8
fruit drink, from powder	193	51	0	0	135	66	10	355	139
low-calorie cola carbonated beverage	194	51	0	1	29	13	5	70	26.9
coffee, decaffeinated, from instant	196	39	0	0	26	11	10	57	25.3
tea, from tea bag	197	51	0	21	7	6	1	29	4.0
beer	198	51	0	0	41	9	27	62	40.9
dry table wine	199	51	1	0	80	16	0	117	82.6
whiskey	200	39	32	4	0	1	0	3	0
tap water	201	33	0	0	32	19	6	92	25.2
milk-based infant formula, high iron, ready-to-feed	202	51	0	0	530	75	365	853	533

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Calcium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
milk-based infant formula, low iron, ready-to-feed	203	51	0	0	533	84	204	770	528
beef, strained/junior	205	51	0	0	53	19	32	171	50.2
chicken, strained/junior, with/without broth or gravy	207	51	0	0	888	268	426	1550	857
chicken/turkey with vegetables, high/lean meat, strained/junior	208	2	0	0	210	20	196	224	210
beef with vegetables, high/lean meat, strained/junior	209	2	0	0	72	4	69	75	72.0
ham with vegetables, high/lean meat, strained/junior	210	2	0	0	79	1	78	80	79.0
vegetables and beef, strained/junior	211	51	0	0	140	39	57	224	147
vegetables and chicken, strained/junior	212	51	0	0	260	55	157	431	263
vegetables and ham, strained/junior	213	50	0	0	139	38	65	193	145
chicken noodle dinner, strained/junior	214	51	0	0	280	53	184	400	280
macaroni, tomatoes, and beef, strained/junior	215	51	0	0	177	33	97	230	182
turkey and rice, strained/junior	216	51	0	0	202	44	118	308	201
carrots, strained/junior	218	51	0	0	238	27	163	316	240
green beans, strained/junior	219	51	0	0	391	75	231	569	391
mixed vegetables, strained/junior	220	51	0	0	176	49	95	302	167
sweet potatoes, strained/junior	221	51	0	0	166	22	107	207	168
creamed corn, strained/junior	222	33	0	0	174	23	120	208	174
peas, strained/junior	223	51	0	0	173	26	132	237	167
creamed spinach, strained/junior	224	39	0	0	1003	205	611	1410	1020
applesauce, strained/junior	225	51	0	0	42	5	30	53	42.1
peaches, strained/junior	226	51	0	0	57	16	28	95	57.2
pears, strained/junior	227	50	0	0	96	14	68	136	95.1
apple juice, strained	230	51	0	0	71	59	20	307	56.0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Calcium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
orange juice, strained	231	50	0	0	141	28	96	189	137
custard pudding, strained/junior	232	51	0	0	522	77	280	660	536
fruit dessert/pudding, strained/junior	233	51	0	0	89	47	49	256	70.5
fruit-flavored yogurt, lowfat (fruit	235	51	0	0	1175	196	292	1460	1210
Swiss cheese	236	50	0	0	8710	1388	4660	10400	9140
cream cheese	237	51	0	0	907	252	430	1870	905
veal cutlet, pan-cooked	238	39	0	0	103	69	51	323	73.3
ham luncheon meat, sliced	239	50	0	0	53	13	25	97	51.5
chicken breast, roasted	240	51	0	0	134	88	45	373	113
chicken nuggets, fast-food	241	51	0	0	156	42	103	281	145
chicken, fried (breast, leg, and thigh), fast-food	242	38	0	0	456	356	155	1770	360
haddock, pan-cooked	243	20	0	0	221	134	83	537	148
shrimp, boiled	244	51	0	0	1126	463	291	2190	1020
kidney beans, dry, boiled	245	39	0	0	343	56	263	575	327
peas, mature, dry, boiled	246	39	0	0	187	51	117	342	176
mixed nuts, no peanuts, dry roasted	247	39	0	0	1152	211	632	1600	1120
cracked wheat bread	248	51	0	0	958	347	403	1740	902
bagel, plain	249	51	0	0	896	459	161	2410	910
English muffin, plain, toasted	250	51	0	0	1845	674	865	5420	1800
graham crackers	251	51	0	0	845	680	227	3240	578
butter-type crackers	252	51	0	0	1212	281	655	1700	1280
apricot, raw	253	34	0	0	139	44	86	275	126
peach, canned in light/medium syrup	254	51	0	0	35	10	23	69	32.4
pear, canned in light syrup	255	51	0	0	55	15	32	125	50.8
pineapple juice, from frozen	256	51	0	0	130	24	89	202	133
grape juice, from frozen concentrate	257	51	0	0	73	28	13	125	74.0
French fries, fast-food	258	51	0	0	164	32	90	237	160
carrot, fresh, boiled	259	51	0	0	277	33	195	355	274

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Calcium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
tomato, stewed, canned	260	39	0	0	392	155	199	857	367
tomato juice, bottled	261	51	0	0	107	18	72	165	106
beets, fresh/frozen, boiled	262	39	0	0	130	29	84	218	132
Brussels sprouts, fresh/frozen, boiled	263	51	0	0	268	38	202	353	265
mushrooms, raw	264	51	0	0	28	9	11	47	27.9
eggplant, fresh, boiled	265	51	0	0	64	11	46	93	62.1
turnip, fresh/frozen, boiled	266	51	0	0	346	56	236	482	335
okra, fresh/frozen, boiled	267	51	0	0	850	143	444	1240	863
mixed vegetables, frozen, boiled	268	51	0	0	238	34	156	308	239
beef stroganoff, homemade	269	51	0	0	193	26	132	262	192
green peppers stuffed with beef and rice, homemade	270	39	0	0	133	24	66	191	134
chili con carne with beans, homemade	271	39	0	0	379	58	268	498	372
tuna noodle casserole, homemade	272	50	0	0	852	306	506	1850	753
Salisbury steak with gravy, potatoes, and vegetable, frozen meal, heated	273	38	0	0	219	35	149	296	209
turkey with gravy, dressing, potatoes, and vegetable, frozen meal, heated	274	37	0	0	211	54	128	366	195
quarter-pound cheeseburger on bun, fast-food	275	50	0	0	1336	264	502	1730	1370
fish sandwich on bun, fast-food	276	51	0	0	925	221	383	1440	956
frankfurter on bun, fast-food	277	39	0	0	636	171	332	908	618
egg, cheese, and ham on English muffin, fast-food	278	51	0	0	1955	263	1150	2740	1980
taco/tostada, from Mexican carry-out	279	51	0	0	976	294	534	2040	923
cheese pizza, regular crust, from pizza carry-out	280	39	0	0	2171	368	1520	3370	2160

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Calcium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
cheese and pepperoni pizza, regular crust, from pizza carry-out	281	51	0	0	1847	352	1150	2670	1810
beef chow mein, from Chinese carry-	282	39	0	0	189	38	106	297	182
bean with bacon/pork soup, canned, condensed, prepared with water	283	51	0	0	271	53	108	352	279
mushroom soup, canned, condensed, prepared with whole milk	284	39	0	0	590	123	246	817	600
clam chowder, New England, canned, condensed, prepared with whole milk	285	51	0	0	604	89	416	820	618
vanilla ice cream	286	51	0	0	1090	259	630	2300	1080
fruit flavor sherbet	287	51	0	0	384	74	222	549	373
popsicle, any flavor	288	51	0	0	87	137	25	758	46.6
chocolate snack cake with chocolate	289	39	0	0	369	201	191	1000	284
cake doughnuts with icing, any flavor, from doughnut store	290	51	0	0	362	187	150	1140	324
brownies, commercial	291	51	0	0	253	37	164	345	253
sugar cookies, commercial	292	51	0	0	248	119	95	733	230
suckers, any flavor	293	51	0	6	77	50	6	203	66.0
pretzels, hard, salted, any shape	294	51	0	0	270	62	182	464	259
chocolate syrup dessert topping	295	51	0	0	221	155	120	840	167
jelly, any flavor	296	51	0	0	65	15	31	97	64.5
sweet cucumber pickles	297	39	0	0	382	140	135	665	384
yellow mustard	298	51	0	0	590	45	500	689	587
black olives	299	51	0	0	694	218	261	1200	726
sour cream	300	51	0	0	1072	145	481	1380	1060
brown gravy, homemade	301	39	0	0	57	27	19	152	49.6
French salad dressing, regular	302	39	0	0	113	51	56	251	93.6
Italian salad dressing, low-calorie	303	39	0	0	119	64	41	319	90.8
olive/safflower oil	304	38	29	9	1	2	0	7	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Calcium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
coffee, from ground	305	51	0	8	15	7	5	33	13.0
fruit-flavored carbonated beverage	306	51	0	0	28	16	9	100	26.0
fruit drink, canned	307	51	0	0	81	90	15	391	48.0
martini	308	30	0	10	5	2	2	11	4.3
soy-based infant formula, ready-to-feed	309	51	0	0	708	130	340	999	723
egg yolk, strained/junior	310	12	0	0	778	115	469	870	818
rice infant cereal, instant, prepared with whole milk	311	39	0	0	2394	587	1030	3610	2390
rice cereal, strained/junior	312	20	0	0	156	91	62	398	126
bananas with tapioca, strained/junior	313	51	0	0	57	42	30	248	46.4
beets, strained/junior	314	15	0	0	139	19	108	175	143
split peas with vegetables and ham/bacon, strained/junior	316	27	0	0	130	29	67	179	129
teething biscuits	317	51	0	0	1153	1359	260	10100	913
salmon, steaks or filets, fresh or frozen,	318	31	0	0	170	121	55.3	606	120
rice cereal with apple, strained/junior	319	17	0	0	296	100	69.9	451	330
squash, strained/junior	320	29	0	0	183	27	133	227	177
BF, cereal, oatmeal, dry, prep w/ water	323	12	0	0	1742	392	1020	2140	1850
BF, cereal, rice, dry, prep w/ water	324	12	0	0	1825	577	1140	3120	1790
BF, cereal, rice w/apples, dry, prep w/ water	325	12	0	0	1638	319	1130	2400	1645
BF, veal and broth/gravy	326	12	0	0	71	13	57	96	64.7
BF, lamb and broth/gravy	327	12	0	0	93	34	70	187	80
BF, turkey and broth/gravy	328	12	0	0	576	151	152	697	618
Meal replacement, liquid RTD, any	331	12	0	0	1339	146	1150	1550	1360
Cottage cheese, creamed, lowfat (2% milk fat)	332	12	0	0	1048	613	638	2510	802
Sour cream dip, any flavor	333	12	0	0	995	210	732	1350	986
Beef steak, loin/sirloin, broiled	334	12	0	0	66	21	45	118	61.2

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Calcium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
Luncheon meat (chicken/turkey)	335	12	0	0	103	41	40	187	95
Chicken breast, fried, fast-food (w/	336	12	0	0	367	197	178	837	283
Chicken thigh, oven-roasted (skin removed)	337	12	0	0	593	843	66	2320	104.3
Chicken leg, fried, fast-food (w/ skin)	338	12	0	0	478	465	177	1590	287.5
Catfish, pan-cooked w/ oil	339	12	0	0	86	19	68	139	80.75
Tuna, canned in water, drained	340	12	0	0	117	34	69.4	162	125
Refried beans, canned	341	12	0	0	323	64	231	443	318
White beans, dry, boiled	342	12	0	0	707	102	514	899	727
Sunflower seeds (shelled), roasted,	343	12	0	0	943	121	710	1150	952
Pancakes, frozen, heated	344	12	0	0	753	188	502	1050	771
Breakfast tart/toaster pastry	345	12	0	0	155	36	103	242	155
Macaroni salad, from grocery/deli	346	12	0	0	255	171	117	580	148
Spaghetti, enriched, boiled	347	12	0	0	88	15	69	113	83.9
Apricots, canned in heavy/light syrup	348	12	0	0	80	9	66	94	81.6
Fruit juice blend (100% juice), canned/bottled	350	12	0	0	121	71	56	247	99.3
Cranberry juice cocktail,	351	12	0	0	35	7	23	48.2	36.15
Orange juice, bottled/carton	352	12	0	0	278	220	99	652	123
Potato salad, mayonnaise-type, from grocery/deli	353	12	0	0	118	27	78	178	110
Potato, mashed, prepared from fresh	354	12	0	0	252	28	212	304	251.5
Coleslaw, mayonnaise-type, from grocery/deli	355	12	0	0	348	68	274	536	334
Carrot, baby, raw	356	12	0	0	324	51	225	424	330
Lettuce, leaf, raw	357	12	0	0	459	74	374	632	439
Sweet potatoes, canned	358	12	0	0	172	23	146	227	168
Tomato salsa, bottled	359	12	0	0	427	109	218	572	467
Beef and vegetable stew, canned	360	12	0	0	110	19	86	149	106.6

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Calcium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
Lasagna w/ meat, frozen, heated	361	12	0	0	821	154	500	1030	821
Beef w/ vegetables in sauce, from Chinese carry-out	362	12	0	0	217	32	177	282	216
Chicken w/ vegetables in sauce, from Chinese carry-out	363	12	0	0	202	38	156	272	192
Fried rice, meatless, from Chinese carry-out	364	12	0	0	146	25	111	196	141
Burrito w/ beef, beans and cheese, from Mexican carry-out	365	12	0	0	1221	177	1020	1670	1175
Chicken filet (broiled) sandwich on bun, fast-food	366	12	0	0	547	122	438	900	521
Soup, Oriental noodles (ramen noodles), prep w/ water	367	12	0	0	45	8	28	59	45.1
Pudding, ready-to-eat, flavor other than chocolate	368	12	0	0	479	108	327	699	471
Cake, yellow w/ icing	369	12	0	0	338	136	202	739	299.5
Granola bar, w/ raisins	370	12	0	0	541	337	288	1420	424
Candy bar, chocolate, nougat, and nuts	371	12	0	0	918	64	837	1070	905
Popcorn, microwave, butter-flavored	372	12	0	0	190	27	133	244	189.5
Sweet & sour sauce	373	12	0	0	63	19	21	95	61.2
Brown gravy, canned or bottled	374	12	0	0	77	17	49	97	75.4
Salad dressing, creamy/buttermilk type, regular	375	12	0	0	323	112	230	592	262.5
Salad dressing, creamy/buttermilk type, low-calorie	376	12	0	0	371	103	216	536	386.0
Salad dressing, Italian, regular	377	12	0	0	116	32	60	168	105
Olive oil	378	12	9	3	2	3	0	7.54	0
Vegetable oil	379	12	9	3	1	3	0	7.31	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Calcium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
Bottled drinking water (mineral/spring), not carbonated or flavored	380	12	1	0	18	11	0	33	17.6
Decaffeinated coffee, from ground	381	12	0	0	13	7	4	27	11.6
Decaffeinated tea, from tea bag	382	12	1	3	6	7	0	29	4.4

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Copper - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
Overall:		13,218	3348	6403	1.3	8.6	0	335	0.5
whole milk, fluid	1	51	51	0	0	0	0	0	0
lowfat (2% fat) milk, fluid	2	51	51	0	0	0	0	0	0
chocolate milk, fluid	3	51	12	39	0.3	0.2	0	0.7	0.3
skim milk, fluid	4	51	51	0	0	0	0	0	0
plain yogurt, lowfat	6	39	37	2	0	0.1	0	0.4	0
chocolate milk shake, fast-food	7	51	7	43	0.4	0.2	0	1.1	0.4
evaporated milk, canned	8	39	37	2	0	0.1	0	0.4	0
American, processed cheese	10	51	38	13	0.2	0.3	0	1.1	0
cottage cheese, 4% milkfat	11	39	38	1	0	0.1	0	0.4	0
cheddar cheese	12	51	26	25	0.2	0.3	0	0.8	0
ground beef, pan-cooked	13	51	0	48	0.8	0.1	0.5	1.0	0.8
beef chuck roast, baked	14	51	0	23	0.9	0.1	0.6	1.3	0.9
beef steak, loin, pan-cooked	16	39	0	11	1.0	0.2	0.7	1.6	1.0
ham, baked	17	51	1	49	0.6	0.1	0	1.0	0.6
pork chop, pan-cooked	18	51	0	45	0.8	0.2	0.4	1.2	0.7
pork sausage, pan-cooked	19	51	0	50	0.8	0.1	0.6	1.2	0.8
pork bacon, pan-cooked	20	51	0	44	1.1	0.4	0.7	2.8	1.0
pork roast, baked	21	51	2	49	0.7	0.2	0.0	1.1	0.7
lamb chop, pan-cooked	22	51	0	29	1.4	0.2	0.7	2.0	1.4
chicken, fried (breast, leg, and thigh) homemade	24	39	0	39	0.7	0.1	0.4	0.9	0.7
turkey breast, roasted	26	51	3	48	0.4	0.1	0	0.7	0.4
liver, beef, fried	27	51	0	0	125	59	48	335	111
frankfurters, beef, boiled	28	51	11	40	0.4	0.2	0	0.7	0.4
bologna, sliced	29	51	14	37	0.3	0.2	0	0.8	0.4
salami, sliced	30	51	0	50	1.0	0.2	0.4	1.4	1.0
tuna, canned in oil	32	39	3	36	0.4	0.2	0	0.7	0.5
fish sticks, frozen, heated	34	51	0	49	0.6	0.2	0.4	1.2	0.6

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Copper - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
eggs, scrambled	35	51	2	49	0.5	0.1	0	0.7	0.5
eggs, fried	36	39	0	39	0.6	0.1	0.4	0.8	0.6
eggs, boiled	37	51	0	51	0.6	0.1	0.4	0.8	0.6
pinto beans, dry, boiled	38	51	0	0	2.5	0.3	1.9	3.2	2.5
pork and beans, canned	39	51	0	0	1.8	0.2	1.4	2.3	1.8
lima beans, immature, frozen, boiled	42	51	0	0	1.6	0.3	1.1	2.2	1.6
green peas, fresh/frozen, boiled	46	51	0	13	1.0	0.2	0.7	1.4	1.0
peanut butter, smooth	47	51	0	0	5.1	0.7	4.2	8.6	5.0
peanuts, dry roasted	48	51	0	0	5.3	0.7	4.1	8.1	5.2
white rice, cooked	50	51	0	47	0.7	0.1	0.5	1.1	0.7
oatmeal, quick (1-3 min), cooked	51	51	0	43	0.8	0.2	0.4	1.2	0.7
wheat cereal, farina, quick (1-3min),	52	51	16	34	0.3	0.3	0	1.4	0.3
corngrits, regular, cooked	53	51	48	3	0	0.1	0	0.4	0
corn, fresh/frozen, boiled	54	51	11	40	0.3	0.2	0	0.9	0.3
corn, canned	55	12	5	7	0.2	0.2	0	0.4	0.3
cream style corn, canned	56	39	34	5	0.1	0.2	0	0.8	0
popcorn, popped in oil	57	39	0	12	1.7	0.4	1.0	2.7	1.7
white bread	58	51	0	45	1.1	0.1	0.7	1.5	1.1
white roll	59	39	0	20	1.3	0.2	0.9	1.5	1.3
cornbread, homemade	60	51	0	51	0.6	0.1	0.4	0.9	0.6
biscuit, from refrigerated dough, baked	61	51	0	40	0.8	0.1	0.4	1.1	0.8
whole wheat bread	62	51	0	0	2.4	0.3	1.7	2.9	2.4
tortilla, flour	63	51	0	10	1.1	0.1	0.9	1.7	1.1
rye bread	64	51	0	0	1.6	0.2	1.0	2.0	1.6
blueberry muffin, commercial	65	51	0	49	0.6	0.1	0.4	1.1	0.6
saltine crackers	66	51	0	0	1.4	0.1	1.1	1.7	1.4
corn chips	67	51	0	8	1.0	0.1	0.8	1.4	1.0
pancake from mix	68	39	0	37	0.6	0.1	0.3	1.2	0.6
egg noodles, boiled	69	51	0	47	1.1	0.2	0.7	1.6	1.0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Copper - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
macaroni, boiled	70	39	0	11	1.0	0.2	0.7	1.5	1.0
corn flakes	71	51	0	51	0.5	0.1	0.4	0.8	0.5
fruit-flavored, sweetened cereal	72	51	0	9	1.0	0.2	0.7	1.6	1.0
shredded wheat cereal	73	51	0	0	3.7	0.5	2.5	5.3	3.7
raisin bran cereal	74	51	0	0	4.3	0.5	3.4	5.7	4.3
crisped rice cereal	75	51	0	0	1.9	0.2	1.5	2.4	1.9
granola cereal	76	51	0	0	3.1	0.4	2.4	3.9	3.0
oat ring cereal	77	51	0	0	3.4	0.4	2.7	4.3	3.4
apple, red, raw	78	51	16	35	0.2	0.2	0	0.6	0.3
orange, raw	79	51	0	51	0.4	0.1	0.3	0.6	0.4
banana, raw	80	51	0	0	1.1	0.2	0.8	1.5	1.1
watermelon, raw	81	51	3	46	0.4	0.2	0	0.7	0.4
peach, raw	83	51	0	36	0.6	0.2	0.4	1.1	0.6
applesauce, bottled	84	51	4	47	0.3	0.1	0	0.6	0.3
pear, raw	85	51	0	13	0.8	0.1	0.6	1.0	0.8
strawberries, raw	86	51	1	46	0.4	0.2	0	1.6	0.4
fruit cocktail, canned in heavy syrup	87	51	1	49	0.5	0.2	0	1.9	0.5
grapes, red/green, seedless, raw	88	50	0	10	1.1	0.5	0.4	2.4	1.0
cantaloupe, raw	89	51	5	46	0.3	0.1	0	0.5	0.3
plums, raw	91	39	0	35	0.5	0.1	0.3	0.8	0.5
grapefruit, raw	92	51	1	50	0.4	0.1	0	0.7	0.4
pineapple, canned in juice	93	51	1	50	0.5	0.1	0	0.9	0.5
sweet cherries, raw	94	33	0	20	0.9	0.4	0.5	2.7	0.8
raisins, dried	95	51	0	0	3.4	0.4	2.5	4.3	3.3
prunes, dried	96	39	0	1	2.8	0.3	1.9	3.7	2.9
avocado, raw	97	51	0	13	2.2	0.6	0.7	3.5	2.2
orange juice, from frozen concentrate	98	51	1	50	0.3	0.1	0	0.5	0.4
apple juice, bottled	99	51	49	2	0	0.04	0	0.2	0
grapefruit juice, from frozen	100	51	2	49	0.3	0.1	0	0.5	0.3

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Copper - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
prune juice, bottled	103	51	22	29	0.1	0.1	0	0.4	0.2
lemonade, from frozen concentrate	105	51	51	0	0	0	0	0	0
spinach, fresh/frozen, boiled	107	51	0	19	0.8	0.3	0.4	1.6	0.7
collards, fresh/frozen, boiled	108	51	1	43	0.6	0.8	0	5.1	0.4
iceberg lettuce, raw	109	51	20	31	0.2	0.2	0	0.6	0.2
cabbage, fresh, boiled	110	51	50	1	0	0.03	0	0.2	0
coleslaw with dressing, homemade	111	39	36	3	0	0.1	0	0.5	0
sauerkraut, canned	112	39	31	8	0.1	0.2	0	0.8	0
broccoli, fresh/frozen, boiled	113	51	17	34	0.2	0.2	0	0.5	0.3
celery, raw	114	51	46	5	0	0.1	0	0.3	0
asparagus, fresh/frozen, boiled	115	51	0	16	1.0	0.2	0.6	2.1	1.0
cauliflower, fresh/frozen, boiled	116	51	49	2	0	0.1	0	0.3	0
tomato, red, raw	117	51	3	48	0.5	0.2	0	0.8	0.5
tomato sauce, plain, bottled	119	51	0	12	1.1	0.3	0.7	2.6	1.1
green beans, fresh/frozen, boiled	121	51	1	47	0.5	0.2	0	1.6	0.5
beans, snap green, canned	122	12	3	9	0.3	0.2	0	0.6	0.3
cucumber, raw	123	51	24	27	0.2	0.2	0	0.4	0.3
summer squash, fresh/frozen, boiled	124	51	0	50	0.5	0.1	0.3	0.9	0.5
green pepper, raw	125	51	0	40	0.7	0.2	0.3	1.4	0.7
winter squash, fresh/frozen, baked, mashed	126	51	1	43	0.6	0.2	0	1.1	0.6
onion, mature, raw	128	51	2	49	0.4	0.1	0	0.6	0.4
beets, canned	131	12	0	12	0.5	0.03	0.4	0.6	0.5
radish, raw	132	39	38	1	0	0.05	0	0.3	0
French fries, frozen, heated	134	39	0	10	1.2	0.3	0.8	2.1	1.1
mashed potatoes, from flakes	135	39	5	34	0.4	0.2	0	0.7	0.4
white potato, boiled without skin	136	51	2	38	0.6	0.3	0	1.4	0.6
white potato, baked with skin	137	51	0	14	1.0	0.3	0.4	1.8	1.0
potato chips	138	51	0	0	2.8	0.6	1.2	4.8	2.7

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Copper - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
scalloped potatoes, homemade	139	39	2	36	0.5	0.2	0	1.0	0.5
sweet potato, fresh, baked	140	39	0	3	1.4	0.4	0.6	2.3	1.5
spaghetti with tomato sauce and meatballs, homemade	142	51	0	13	1.0	0.1	0.6	1.3	1.0
beef stew with potatoes, carrots, and onion, homemade	143	39	0	36	0.7	0.1	0.5	1.1	0.7
chili con carne, beef and beans, canned	145	12	0	0	1.4	0.2	1.2	1.6	1.4
macaroni and cheese, from box mix	146	51	0	50	0.7	0.1	0.3	1.1	0.7
quarter-pound hamburger on bun, fast-food	147	51	0	19	0.9	0.1	0.6	1.1	0.9
meatloaf, homemade	148	51	0	48	0.7	0.1	0.4	1.0	0.7
spaghetti with tomato sauce, canned	149	39	0	38	0.6	0.1	0.4	1.2	0.6
lasagna with meat, homemade	151	39	0	10	1.0	0.1	0.8	1.5	1.0
chicken potpie, frozen, heated	152	51	0	50	0.5	0.1	0.3	0.9	0.5
chicken noodle soup, canned, condensed, prepared with water	155	51	42	9	0.1	0.2	0	0.7	0
tomato soup, canned, condensed, prepared with water	156	51	3	48	0.4	0.1	0	0.6	0.4
vegetable beef soup, canned, condensed, prepared with water	157	51	22	29	0.2	0.2	0	0.6	0.3
white sauce, homemade	160	39	33	6	0	0.1	0	0.3	0
dill cucumber pickles	161	51	8	42	0.3	0.2	0	0.9	0.4
margarine, stick, regular (salted)	162	51	51	0	0	0	0	0	0
butter, regular (salted)	164	51	51	0	0	0	0	0	0
mayonnaise, regular, bottled	166	51	51	0	0	0	0	0	0
half & half cream	167	51	51	0	0	0	0	0	0
cream substitute, frozen	168	51	51	0	0	0	0	0	0
white sugar, granulated	169	51	51	0	0	0	0	0	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Copper - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
pancake syrup	170	51	51	0	0	0	0	0	0
honey	172	51	51	0	0	0	0	0	0.0
tomato catsup	173	51	0	0	1.4	0.3	0.9	2.5	1.3
chocolate pudding, from instant mix	175	39	0	34	0.8	0.1	0.3	1.1	0.8
vanilla flavored light ice cream	177	50	48	2	0	0.1	0	0.4	0
chocolate cake with chocolate icing, commercial	178	51	0	5	2.3	0.5	1.5	4.0	2.1
yellow cake with white icing, prepared from cake and icing mixes	179	39	23	16	0.2	0.2	0	0.6	0
sweet roll/Danish, commercial	182	51	0	50	0.9	0.1	0.6	1.3	0.8
chocolate chip cookies, commercial	183	51	0	0	2.7	0.5	1.6	4.0	2.7
sandwich cookies with creme filling, commercial	184	51	0	9	1.9	0.8	0.5	3.6	1.9
apple pie, fresh/frozen, commercial	185	51	2	49	0.4	0.1	0	0.6	0.5
pumpkin pie, fresh/frozen, commercial	186	51	0	51	0.5	0.1	0.4	0.6	0.5
milk chocolate candy bar, plain	187	51	0	0	4.1	0.7	3.2	7.8	4.0
caramel candy	188	39	32	7	0.1	0.1	0	0.5	0
gelatin dessert, any flavor	190	51	51	0	0	0	0	0	0
cola carbonated beverage	191	51	51	0	0	0	0	0	0
fruit drink, from powder	193	51	51	0	0	0	0	0	0
low-calorie cola carbonated beverage	194	51	51	0	0	0	0	0	0
coffee, decaffeinated, from instant	196	39	38	1	0	0.04	0	0.2	0
tea, from tea bag	197	51	49	2	0	0.04	0	0.3	0
beer	198	51	51	0	0	0	0	0	0
dry table wine	199	51	44	7	0	0.1	0	0.4	0
whiskey	200	39	33	5	0	0.1	0	0.5	0
tap water	201	33	13	13	0.1	0.2	0	1.1	0.1
milk-based infant formula, high iron, ready-to-feed	202	51	0	50	0.6	0.1	0.4	1.0	0.6

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Copper - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
milk-based infant formula, low iron, ready-to-feed	203	51	0	49	0.6	0.1	0.3	1.0	0.6
beef, strained/junior	205	51	2	49	0.4	0.1	0	0.6	0.4
chicken, strained/junior, with/without broth or gravy	207	51	2	49	0.4	0.1	0	0.5	0.4
chicken/turkey with vegetables, high/lean meat, strained/junior	208	2	0	2	0.5	0.1	0.4	0.5	0.5
beef with vegetables, high/lean meat, strained/junior	209	2	0	2	0.5	0.1	0.4	0.5	0.5
ham with vegetables, high/lean meat, strained/junior	210	2	0	2	0.6	0.05	0.6	0.7	0.6
vegetables and beef, strained/junior	211	51	3	47	0.5	0.2	0	0.9	0.6
vegetables and chicken, strained/junior	212	51	2	49	0.5	0.2	0	0.9	0.5
vegetables and ham, strained/junior	213	50	3	47	0.4	0.2	0	0.8	0.5
chicken noodle dinner, strained/junior	214	51	3	48	0.5	0.2	0	0.8	0.5
macaroni, tomatoes, and beef, strained/junior	215	51	0	50	0.6	0.1	0.3	0.9	0.6
turkey and rice, strained/junior	216	51	4	47	0.4	0.2	0	0.8	0.4
carrots, strained/junior	218	51	6	45	0.4	0.2	0	0.9	0.4
green beans, strained/junior	219	51	2	49	0.5	0.1	0	0.7	0.5
mixed vegetables, strained/junior	220	51	2	49	0.5	0.1	0	0.7	0.5
sweet potatoes, strained/junior	221	51	0	19	1.0	0.2	0.6	1.4	0.9
creamed corn, strained/junior	222	33	26	7	0.1	0.1	0	0.3	0
peas, strained/junior	223	51	0	26	0.9	0.1	0.6	1.2	0.9
creamed spinach, strained/junior	224	39	1	36	0.6	0.2	0	1.3	0.6
applesauce, strained/junior	225	51	8	43	0.3	0.2	0	0.8	0.3
peaches, strained/junior	226	51	0	49	0.6	0.1	0.3	1.0	0.6
pears, strained/junior	227	50	0	49	0.8	0.1	0.6	0.9	0.8
apple juice, strained	230	51	50	1	0	0.1	0	0.7	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Copper - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
orange juice, strained	231	50	1	49	0.4	0.1	0	0.6	0.4
custard pudding, strained/junior	232	51	48	3	0	0.1	0	0.3	0
fruit dessert/pudding, strained/junior	233	51	11	40	0.3	0.2	0	0.8	0.3
fruit-flavored yogurt, lowfat (fruit	235	51	50	1	0	0.04	0	0.3	0
Swiss cheese	236	51	21	27	0.3	0.4	0	1.8	0.4
cream cheese	237	51	49	2	0	0.1	0	0.8	0
veal cutlet, pan-cooked	238	39	1	6	1.0	0.2	0	1.5	1.0
ham luncheon meat, sliced	239	51	1	50	0.5	0.1	0	0.7	0.5
chicken breast, roasted	240	51	7	44	0.3	0.1	0	0.7	0.3
chicken nuggets, fast-food	241	51	1	49	0.5	0.1	0	0.9	0.5
chicken, fried (breast, leg, and thigh), fast-food	242	39	1	38	0.6	0.1	0	0.8	0.6
haddock, pan-cooked	243	20	16	4	0.1	0.1	0	0.3	0
shrimp, boiled	244	51	0	1	2.2	0.6	0.9	3.7	2.2
kidney beans, dry, boiled	245	39	0	0	2.6	0.4	1.9	4.1	2.6
peas, mature, dry, boiled	246	39	0	0	2.4	0.3	1.7	3.3	2.3
mixed nuts, no peanuts, dry roasted	247	39	0	0	15.2	2.2	9.0	24.7	15.2
cracked wheat bread	248	50	0	0	1.8	0.3	1.4	2.6	1.8
bagel, plain	249	50	0	31	1.3	0.2	0.9	1.6	1.3
English muffin, plain, toasted	250	50	0	1	1.3	0.1	0.9	1.5	1.3
graham crackers	251	50	0	0	1.5	0.3	1.0	2.4	1.5
butter-type crackers	252	50	0	2	1.1	0.1	0.9	1.4	1.1
apricot, raw	253	34	0	25	0.8	0.3	0.5	1.7	0.8
peach, canned in light/medium syrup	254	51	6	45	0.3	0.1	0	0.7	0.3
pear, canned in light syrup	255	51	1	50	0.4	0.1	0	0.6	0.4
pineapple juice, from frozen	256	51	1	49	0.4	0.1	0	0.7	0.4
grape juice, from frozen concentrate	257	51	42	9	0.1	0.1	0	0.5	0
French fries, fast-food	258	50	0	0	1.5	0.3	1.1	2.2	1.5
carrot, fresh, boiled	259	51	9	42	0.3	0.2	0	0.6	0.4

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Copper - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
tomato, stewed, canned	260	39	1	35	0.7	0.2	0	1.2	0.7
tomato juice, bottled	261	51	1	50	0.6	0.1	0	0.8	0.6
beets, fresh/frozen, boiled	262	39	1	31	0.7	0.2	0	1.0	0.7
Brussels sprouts, fresh/frozen, boiled	263	51	1	50	0.4	0.1	0	0.6	0.4
mushrooms, raw	264	51	0	0	2.6	0.6	1.4	3.9	2.5
eggplant, fresh, boiled	265	51	3	48	0.5	0.2	0	0.8	0.5
turnip, fresh/frozen, boiled	266	51	42	9	0.1	0.1	0	0.4	0
okra, fresh/frozen, boiled	267	51	0	41	0.8	0.2	0.4	2.1	0.8
mixed vegetables, frozen, boiled	268	51	1	49	0.6	0.1	0	1.0	0.6
beef stroganoff, homemade	269	50	0	0	1.3	0.2	1.0	1.8	1.3
green peppers stuffed with beef and rice, homemade	270	39	1	35	0.7	0.2	0	1.0	0.7
chili con carne with beans, homemade	271	38	0	0	1.3	0.2	1.0	1.6	1.3
tuna noodle casserole, homemade	272	50	0	50	0.5	0.1	0.3	0.8	0.5
Salisbury steak with gravy, potatoes, and vegetable, frozen meal, heated	273	38	0	35	0.7	0.1	0.4	1.1	0.7
turkey with gravy, dressing, potatoes, and vegetable, frozen meal, heated	274	38	0	38	0.5	0.1	0.3	0.8	0.5
quarter-pound cheeseburger on bun, fast-food	275	50	0	38	0.8	0.1	0.7	1.2	0.8
fish sandwich on bun, fast-food	276	51	0	51	0.7	0.1	0.4	0.9	0.7
frankfurter on bun, fast-food	277	39	0	39	0.8	0.1	0.6	1.1	0.8
egg, cheese, and ham on English muffin, fast-food	278	51	0	38	0.8	0.1	0.7	1.1	0.9
taco/tostada, from Mexican carry-out	279	51	0	28	1.0	0.7	0.6	4.3	0.9
cheese pizza, regular crust, from pizza carry-out	280	39	0	11	1.1	0.1	0.9	1.4	1.1

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Copper - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
cheese and pepperoni pizza, regular crust, from pizza carry-out	281	51	0	8	1.1	0.1	0.9	1.4	1.1
beef chow mein, from Chinese carry-	282	38	2	36	0.5	0.2	0	0.9	0.5
bean with bacon/pork soup, canned, condensed, prepared with water	283	51	0	6	1.2	0.3	0.4	1.7	1.2
mushroom soup, canned, condensed, prepared with whole milk	284	39	27	12	0.1	0.2	0	0.6	0
clam chowder, New England, canned, condensed, prepared with whole milk	285	51	38	13	0.1	0.2	0	0.9	0
vanilla ice cream	286	51	49	1	0	0.2	0	1.2	0
fruit flavor sherbet	287	51	50	1	0	0.04	0	0.3	0
popsicle, any flavor	288	51	50	1	0	0.1	0	0.6	0
chocolate snack cake with chocolate	289	39	0	0	2.6	0.6	1.2	3.7	2.6
cake doughnuts with icing, any flavor, from doughnut store	290	51	0	27	1.1	0.3	0.6	1.7	1.0
brownies, commercial	291	51	0	0	2.8	0.5	2.0	4.2	2.8
sugar cookies, commercial	292	51	0	49	0.7	0.1	0.5	1.2	0.7
suckers, any flavor	293	51	22	27	0.3	0.4	0	1.9	0.3
pretzels, hard, salted, any shape	294	51	0	0	1.7	0.2	1.1	2.3	1.6
chocolate syrup dessert topping	295	51	0	0	3.6	0.3	2.9	4.3	3.6
jelly, any flavor	296	51	49	2	0	0.1	0	0.5	0
sweet cucumber pickles	297	39	4	35	0.3	0.1	0	0.6	0.4
yellow mustard	298	51	0	36	0.9	0.1	0.7	1.2	0.8
black olives	299	51	0	7	1.6	0.5	0.6	2.7	1.6
sour cream	300	51	51	0	0	0	0	0	0
brown gravy, homemade	301	39	12	27	0.3	0.2	0	0.6	0.3
French salad dressing, regular	302	39	32	7	0.1	0.1	0	0.4	0
Italian salad dressing, low-calorie	303	39	36	3	0	0.1	0	0.4	0
olive/safflower oil	304	38	38	0	0	0	0	0	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Copper - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
coffee, from ground	305	51	51	0	0	0	0	0	0
fruit-flavored carbonated beverage	306	51	51	0	0	0	0	0	0
fruit drink, canned	307	51	51	0	0	0	0	0	0
martini	308	30	24	5	0.1	0.2	0	0.7	0
soy-based infant formula, ready-to-feed	309	51	0	26	0.9	0.1	0.6	1.3	0.9
egg yolk, strained/junior	310	12	0	11	0.8	0.1	0.7	1.0	0.8
rice infant cereal, instant, prepared with whole milk	311	39	0	39	0.5	0.1	0.3	0.8	0.5
rice cereal, strained/junior	312	20	8	12	0.2	0.2	0	0.4	0.3
bananas with tapioca, strained/junior	313	51	1	46	0.6	0.2	0	1.1	0.5
beets, strained/junior	314	15	0	15	0.6	0.1	0.4	0.7	0.6
split peas with vegetables and ham/bacon, strained/junior	316	27	1	26	0.4	0.1	0	0.7	0.4
teething biscuits	317	51	0	0	1.4	0.6	0.9	3.9	1.2
salmon, steaks or filets, fresh or frozen,	318	31	1	30	0.4	0.1	0	0.6	0.4
rice cereal with apple, strained/junior	319	17	1	16	0.4	0.1	0	0.4	0.4
squash, strained/junior	320	29	1	28	0.6	0.2	0	0.9	0.6
BF, cereal, oatmeal, dry, prep w/ water	323	12	0	7	0.9	0.2	0.5	1.2	0.9
BF, cereal, rice, dry, prep w/ water	324	12	1	11	0.4	0.2	0	0.6	0.4
BF, cereal, rice w/apples, dry, prep w/ water	325	12	1	10	0.5	0.3	0	1.1	0.5
BF, veal and broth/gravy	326	12	1	11	0.4	0.1	0	0.5	0.4
BF, lamb and broth/gravy	327	12	0	12	0.6	0.07	0.4	0.7	0.6
BF, turkey and broth/gravy	328	12	0	12	0.4	0.1	0.3	0.5	0.4
Meal replacement, liquid RTD, any	331	12	0	0	2.3	0.4	1.1	2.6	2.3
Cottage cheese, creamed, lowfat (2% milk fat)	332	12	11	1	0	0.1	0	0.4	0
Sour cream dip, any flavor	333	12	12	0	0	0	0	0	0
Beef steak, loin/sirloin, broiled	334	12	0	2	1.0	0.1	0.8	1.3	1.0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Copper - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
Luncheon meat (chicken/turkey)	335	12	10	2	0.1	0.1	0	0.3	0
Chicken breast, fried, fast-food (w/	336	12	0	12	0.5	0.1	0.4	0.6	0.5
Chicken thigh, oven-roasted (skin removed)	337	12	0	11	0.7	0.1	0.5	0.9	0.7
Chicken leg, fried, fast-food (w/ skin)	338	12	0	12	0.8	0.1	0.7	0.9	0.8
Catfish, pan-cooked w/ oil	339	12	10	2	0.1	0.1	0	0.3	0
Tuna, canned in water, drained	340	12	1	11	0.3	0.1	0	0.5	0.4
Refried beans, canned	341	12	0	0	1.8	0.1	1.7	2.0	1.8
White beans, dry, boiled	342	12	0	0	2.9	0.4	2.2	3.6	2.9
Sunflower seeds (shelled), roasted,	343	12	0	0	18.0	4.5	4.2	21.5	19.1
Pancakes, frozen, heated	344	12	0	4	0.9	0.2	0.7	1.2	1.0
Breakfast tart/toaster pastry	345	12	0	10	0.8	0.2	0.6	1.2	0.7
Macaroni salad, from grocery/deli	346	12	0	12	0.7	0.1	0.6	0.8	0.7
Spaghetti, enriched, boiled	347	12	0	0	1.2	0.1	1.1	1.5	1.2
Apricots, canned in heavy/light syrup	348	12	0	12	0.3	0.05	0.2	0.4	0.3
Fruit juice blend (100% juice), canned/bottled	350	12	11	1	0	0.06	0	0.2	0
Cranberry juice cocktail,	351	12	12	0	0	0	0	0	0
Orange juice, bottled/carton	352	12	0	12	0.4	0.0	0.3	0.4	0.4
Potato salad, mayonnaise-type, from grocery/deli	353	12	0	12	0.6	0.1	0.5	0.9	0.6
Potato, mashed, prepared from fresh	354	12	2	9	0.4	0.2	0	0.9	0.4
Coleslaw, mayonnaise-type, from grocery/deli	355	12	12	0	0	0	0	0.0	0
Carrot, baby, raw	356	12	2	10	0.3	0.2	0	0.6	0.4
Lettuce, leaf, raw	357	12	0	11	0.4	0.2	0.3	0.7	0.4
Sweet potatoes, canned	358	12	0	7	0.8	0.1	0.7	1.1	0.8
Tomato salsa, bottled	359	12	0	1	2.8	6.5	0.7	23.5	0.9
Beef and vegetable stew, canned	360	12	0	12	0.4	0.05	0.3	0.5	0.4

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Copper - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
Lasagna w/ meat, frozen, heated	361	12	0	6	0.9	0.1	0.8	1.0	0.9
Beef w/ vegetables in sauce, from Chinese carry-out	362	12	0	12	0.5	0.1	0.4	0.7	0.5
Chicken w/ vegetables in sauce, from Chinese carry-out	363	12	0	11	0.5	0.2	0.3	1.1	0.5
Fried rice, meatless, from Chinese carry-out	364	12	0	3	1.0	0.1	0.8	1.2	1.0
Burrito w/ beef, beans and cheese, from Mexican carry-out	365	12	0	0	1.3	0.3	1.1	2.0	1.2
Chicken filet (broiled) sandwich on bun, fast-food	366	12	0	12	0.7	0.1	0.6	0.8	0.8
Soup, Oriental noodles (ramen noodles), prep w/ water	367	12	8	4	0.1	0.2	0	0.4	0
Pudding, ready-to-eat, flavor other than chocolate	368	12	12	0	0	0	0	0	0
Cake, yellow w/ icing	369	12	5	6	0.3	0.4	0	1.2	0.3
Granola bar, w/ raisins	370	12	0	0	2.4	0.8	1.8	4.7	2.1
Candy bar, chocolate, nougat, and nuts	371	12	0	0	2.2	0.1	2.0	2.5	2.2
Popcorn, microwave, butter-flavored	372	12	0	2	1.9	0.5	1.1	2.7	1.9
Sweet & sour sauce	373	12	9	3	0.1	0.2	0	0.4	0
Brown gravy, canned or bottled	374	12	12	0	0	0	0	0	0
Salad dressing, creamy/buttermilk type, regular	375	12	12	0	0	0	0	0	0
Salad dressing, creamy/buttermilk type, low-calorie	376	12	12	0	0	0	0	0	0
Salad dressing, Italian, regular	377	12	12	0	0	0	0	0	0
Olive oil	378	12	12	0	0	0	0	0	0
Vegetable oil	379	12	12	0	0	0	0	0	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Copper - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
Bottled drinking water (mineral/spring), not carbonated or flavored	380	12	12	0	0	0	0	0	0
Decaffeinated coffee, from ground	381	12	12	0	0	0	0	0	0
Decaffeinated tea, from tea bag	382	12	12	0	0	0	0	0	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Iodine - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
Overall:		2,347	1455	649	0.106	0.355	0	6.88	0
whole milk, fluid	1	9	0	0	0.452	0.078	0.339	0.604	0.437
lowfat (2% fat) milk, fluid	2	9	0	0	0.452	0.045	0.349	0.486	0.476
chocolate milk, fluid	3	9	0	0	0.453	0.071	0.350	0.584	0.448
skim milk, fluid	4	9	0	2	0.426	0.144	0.161	0.634	0.477
chocolate milk shake, fast-food	7	9	0	0	0.514	0.074	0.415	0.639	0.527
American, processed cheese	10	9	0	0	0.531	0.060	0.444	0.657	0.537
cheddar cheese	12	9	0	0	0.566	0.140	0.408	0.832	0.565
ground beef, pan-cooked	13	9	5	4	0.020	0.026	0	0.064	0
beef chuck roast, baked	14	9	7	2	0.012	0.025	0	0.073	0
ham, baked	17	9	9	0	0	0	0	0	0
pork chop, pan-cooked	18	9	9	0	0	0	0	0	0
pork sausage, pan-cooked	19	9	8	1	0.005	0.015	0	0.045	0
pork bacon, pan-cooked	20	9	9	0	0	0	0	0	0
pork roast, baked	21	9	9	0	0	0	0	0	0
lamb chop, pan-cooked	22	9	9	0	0	0	0	0	0
turkey breast, roasted	26	9	8	1	0.004	0.011	0	0.032	0
liver, beef, fried	27	9	1	8	0.088	0.049	0	0.177	0.101
frankfurters, beef, boiled	28	9	1	8	0.073	0.052	0	0.180	0.058
bologna, sliced	29	9	0	7	0.243	0.072	0.139	0.346	0.247
salami, sliced	30	9	0	8	0.221	0.197	0.068	0.716	0.203
fish sticks, frozen, heated	34	9	0	0	0.605	0.120	0.482	0.851	0.589
eggs, scrambled	35	9	0	0	0.526	0.145	0.352	0.795	0.475
eggs, boiled	37	9	0	0	0.399	0.095	0.307	0.561	0.348
pinto beans, dry, boiled	38	9	8	1	0.004	0.013	0	0.038	0
pork and beans, canned	39	9	9	0	0	0	0	0	0
lima beans, immature, frozen, boiled	42	9	8	1	0.004	0.011	0	0.032	0
green peas, fresh/frozen, boiled	46	9	9	0	0	0	0	0	0
peanut butter, smooth	47	9	2	7	0.036	0.028	0	0.096	0.041

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Iodine - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
peanuts, dry roasted	48	9	3	6	0.044	0.035	0	0.089	0.053
white rice, cooked	50	9	9	0	0	0	0	0	0
oatmeal, quick (1-3 min), cooked	51	9	5	4	0.014	0.017	0	0.036	0
wheat cereal, farina, quick (1-3min), cooked	52	9	9	0	0	0	0	0	0
corngrits, regular, cooked	53	9	8	1	0.005	0.014	0	0.041	0
corn, fresh/frozen, boiled	54	9	8	1	0.004	0.011	0	0.032	0
corn, canned	55	9	8	1	0.003	0.010	0	0.030	0
white bread	58	9	4	1	0.831	1.28	0	3.86	0.031
cornbread, homemade	60	9	0	4	0.283	0.073	0.157	0.349	0.318
biscuit, from refrigerated dough, baked	61	9	0	9	0.070	0.030	0.031	0.121	0.070
whole wheat bread	62	9	0	8	0.163	0.294	0.044	0.947	0.068
tortilla, flour	63	9	7	2	0.013	0.029	0	0.085	0
rye bread	64	9	6	3	0.026	0.045	0	0.127	0.000
blueberry muffin, commercial	65	9	0	9	0.123	0.029	0.087	0.179	0.113
saltine crackers	66	9	9	0	0	0	0	0	0
corn chips	67	9	6	3	0.015	0.023	0	0.060	0
egg noodles, boiled	69	9	4	5	0.024	0.023	0	0.053	0.039
corn flakes	71	9	9	0	0	0	0	0	0
fruit-flavored, sweetened cereal	72	9	7	2	0.009	0.018	0	0.046	0
shredded wheat cereal	73	9	0	9	0.068	0.020	0.031	0.089	0.074
raisin bran cereal	74	9	0	9	0.077	0.028	0.033	0.126	0.087
crisped rice cereal	75	9	4	5	0.020	0.019	0	0.043	0.030
granola cereal	76	9	0	9	0.123	0.062	0.044	0.213	0.103
oat ring cereal	77	9	0	9	0.085	0.012	0.070	0.101	0.082
apple, red, raw	78	9	9	0	0	0	0	0	0
orange, raw	79	9	8	1	0.004	0.012	0	0.037	0
banana, raw	80	9	9	0	0	0	0	0	0
watermelon, raw	81	9	9	0	0	0	0	0	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Iodine - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
peach, raw	83	9	9	0	0	0	0	0	0
applesauce, bottled	84	9	9	0	0	0	0	0	0
pear, raw	85	9	9	0	0	0	0	0	0
strawberries, raw	86	9	9	0	0	0	0	0	0
fruit cocktail, canned in heavy syrup	87	9	0	8	0.108	0.115	0.053	0.402	0.060
grapes, red/green, seedless, raw	88	9	9	0	0	0	0	0	0
cantaloupe, raw	89	9	9	0	0	0	0	0	0
grapefruit, raw	92	9	9	0	0	0	0	0	0
pineapple, canned in juice	93	9	4	5	0.032	0.034	0	0.091	0.034
raisins, dried	95	9	9	0	0	0	0	0	0
avocado, raw	97	9	9	0	0	0	0	0	0
orange juice, from frozen concentrate	98	9	6	3	0.017	0.028	0	0.077	0
apple juice, bottled	99	9	8	1	0.027	0.080	0	0.241	0
grapefruit juice, from frozen	100	9	9	0	0	0	0	0	0
prune juice, bottled	103	9	5	4	0.039	0.065	0	0.184	0
lemonade, from frozen concentrate	105	9	9	0	0	0	0	0	0
spinach, fresh/frozen, boiled	107	9	3	6	0.030	0.024	0	0.058	0.041
collards, fresh/frozen, boiled	108	9	7	2	0.007	0.014	0	0.031	0
iceberg lettuce, raw	109	9	9	0	0	0	0	0	0
cabbage, fresh, boiled	110	9	9	0	0	0	0	0	0
broccoli, fresh/frozen, boiled	113	9	9	0	0	0	0	0	0
celery, raw	114	9	8	1	0.003	0.010	0	0.030	0
asparagus, fresh/frozen, boiled	115	9	8	1	0.003	0.010	0	0.030	0
cauliflower, fresh/frozen, boiled	116	9	9	0	0	0	0	0	0
tomato, red, raw	117	9	9	0	0	0	0	0	0
tomato sauce, plain, bottled	119	9	8	1	0.004	0.011	0	0.034	0
green beans, fresh/frozen, boiled	121	9	9	0	0	0	0	0	0
beans, snap green, canned	122	9	7	2	0.007	0.015	0	0.037	0
cucumber, raw	123	9	9	0	0	0	0	0	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Iodine - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
summer squash, fresh/frozen, boiled	124	9	9	0	0	0	0	0	0
green pepper, raw	125	9	8	1	0.004	0.012	0	0.035	0
winter squash, fresh/frozen, baked, mashed	126	9	8	1	0.006	0.019	0	0.058	0
onion, mature, raw	128	9	9	0	0	0	0	0	0
beets, canned	131	9	5	4	0.017	0.021	0	0.050	0
white potato, boiled without skin	136	9	9	0	0	0	0	0	0
white potato, baked with skin	137	9	8	1	0.008	0.025	0	0.076	0
potato chips	138	9	7	2	0.010	0.020	0	0.054	0
spaghetti with tomato sauce and meatballs, homemade	142	9	6	3	0.012	0.017	0	0.037	0
chili con carne, beef and beans, canned	145	9	7	2	0.013	0.029	0	0.083	0
macaroni and cheese, from box mix	146	9	0	9	0.162	0.024	0.134	0.207	0
quarter-pound hamburger on bun, fast-food	147	9	5	4	0.023	0.031	0	0.084	0
meatloaf, homemade	148	9	0	7	0.231	0.143	0.065	0.553	0
chicken potpie, frozen, heated	152	9	3	6	0.037	0.032	0	0.085	0.039
chicken noodle soup, canned, condensed, prepared with water	155	9	7	2	0.008	0.017	0	0.042	0.000
tomato soup, canned, condensed, prepared with water	156	9	6	3	0.012	0.018	0	0.043	0
vegetable beef soup, canned, condensed, prepared with water	157	9	9	0	0	0	0	0	0
dill cucumber pickles	161	9	9	0	0	0	0	0	0
margarine, stick, regular (salted)	162	9	8	1	0.010	0.030	0	0.091	0
butter, regular (salted)	164	9	3	6	0.073	0.057	0	0.137	0
mayonnaise, regular, bottled	166	9	6	3	0.020	0.030	0	0.069	0.000
half & half cream	167	9	0	2	0.411	0.087	0.261	0.516	0.414

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Iodine - Summary of Results

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cream substitute, frozen	168	9	7	2	0.007	0.014	0	0.034	0
white sugar, granulated	169	9	9	0	0	0	0	0	0
pancake syrup	170	9	9	0	0	0	0	0	0
honey	172	9	7	2	0.014	0.030	0	0.084	0
tomato catsup	173	9	8	1	0.006	0.017	0	0.051	0
vanilla flavored light ice cream	177	9	0	0	0.723	0.149	0.563	0.989	0.665
chocolate cake with chocolate icing, commercial	178	9	0	7	0.448	0.548	0.065	1.68	0.212
sweet roll/Danish, commercial	182	9	2	5	0.599	1.24	0	3.66	0.057
chocolate chip cookies, commercial	183	9	3	6	0.023	0.018	0	0.05	0.030
sandwich cookies with creme filling, commercial	184	9	9	0	0	0	0	0	0
apple pie, fresh/frozen, commercial	185	9	9	0	0	0	0	0	0
pumpkin pie, fresh/frozen, commercial	186	9	1	8	0.190	0.085	0	0.291	0.193
milk chocolate candy bar, plain	187	9	0	0	0.715	0.121	0.563	0.916	0.723
gelatin dessert, any flavor	190	9	9	0	0	0	0	0	0
cola carbonated beverage	191	9	9	0	0	0	0	0	0
fruit drink, from powder	193	9	9	0	0	0	0	0	0
low-calorie cola carbonated beverage	194	9	8	1	0.004	0.012	0	0.037	0
tea, from tea bag	197	9	9	0	0	0	0	0	0
beer	198	9	8	1	0.004	0.013	0	0.039	0
dry table wine	199	9	9	0	0	0	0	0	0
milk-based infant formula, high iron, ready-to-feed	202	9	0	9	0.137	0.022	0.094	0.156	0.148
milk-based infant formula, low iron, ready-to-feed	203	9	0	9	0.149	0.026	0.099	0.193	0.151
beef, strained/junior	205	9	9	0	0	0	0	0	0
chicken, strained/junior, with/without broth or gravy	207	9	5	4	0.047	0.075	0	0.227	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Iodine - Summary of Results

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vegetables and beef, strained/junior	211	9	9	0	0	0	0	0	0
vegetables and chicken, strained/junior	212	9	9	0	0	0	0	0	0
vegetables and ham, strained/junior	213	8	7	1	0.004	0.011	0	0.031	0
chicken noodle dinner, strained/junior	214	9	9	0	0	0	0	0	0
macaroni, tomatoes, and beef, strained/junior	215	9	7	2	0.012	0.026	0	0.074	0
turkey and rice, strained/junior	216	9	8	1	0.005	0.014	0	0.042	0
carrots, strained/junior	218	9	9	0	0	0	0	0	0
green beans, strained/junior	219	9	9	0	0	0	0	0	0
mixed vegetables, strained/junior	220	9	9	0	0	0	0	0	0
sweet potatoes, strained/junior	221	9	7	2	0.007	0.015	0	0.037	0
peas, strained/junior	223	9	8	1	0.003	0.010	0	0.031	0
applesauce, strained/junior	225	9	8	1	0.015	0.045	0	0.135	0
peaches, strained/junior	226	9	9	0	0	0	0	0	0
pears, strained/junior	227	9	9	0	0	0	0	0	0
apple juice, strained	230	9	6	3	0.019	0.029	0	0.065	0
orange juice, strained	231	8	8	0	0	0	0	0	0
custard pudding, strained/junior	232	9	0	9	0.182	0.029	0.140	0.222	0.181
fruit dessert/pudding, strained/junior	233	9	6	3	0.018	0.029	0	0.071	0
fruit-flavored yogurt, lowfat (fruit	235	9	0	1	0.396	0.086	0.284	0.502	0.369
Swiss cheese	236	9	0	0	1.15	0.742	0.403	2.61	0.787
cream cheese	237	9	0	0	0.456	0.096	0.318	0.593	0.419
ham luncheon meat, sliced	239	9	9	0	0	0	0	0	0
chicken breast, roasted	240	9	8	1	0.005	0.014	0	0.042	0
chicken nuggets, fast-food	241	9	9	0	0	0	0	0	0
shrimp, boiled	244	9	0	8	0.142	0.141	0.042	0.511	0.105
cracked wheat bread	248	9	5	3	0.512	1.48	0	4.47	0
bagel, plain	249	9	6	0	0.462	0.990	0	3.00	0
English muffin, plain, toasted	250	9	6	3	0.012	0.019	0	0.047	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

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graham crackers	251	9	4	5	0.023	0.022	0	0.050	0.033
butter-type crackers	252	9	7	2	0.036	0.096	0	0.291	0
peach, canned in light/medium syrup	254	9	8	1	0.007	0.020	0	0.061	0
pear, canned in light syrup	255	9	8	1	0.005	0.014	0	0.043	0
pineapple juice, from frozen	256	9	3	6	0.031	0.029	0	0.086	0
grape juice, from frozen concentrate	257	9	9	0	0	0	0	0	0
French fries, fast-food	258	9	9	0	0	0	0	0	0
carrot, fresh, boiled	259	9	8	1	0.005	0.015	0	0.044	0
tomato juice, bottled	261	9	5	4	0.029	0.043	0	0.127	0
Brussels sprouts, fresh/frozen, boiled	263	9	9	0	0	0	0	0	0
mushrooms, raw	264	9	8	1	0.003	0.010	0	0.030	0
eggplant, fresh, boiled	265	9	9	0	0	0	0	0	0
turnip, fresh/frozen, boiled	266	9	8	1	0.004	0.011	0	0.034	0
okra, fresh/frozen, boiled	267	9	8	1	0.005	0.015	0	0.046	0
mixed vegetables, frozen, boiled	268	9	8	1	0.006	0.017	0	0.052	0
beef stroganoff, homemade	269	9	0	9	0.113	0.040	0.058	0.167	0.133
tuna noodle casserole, homemade	272	9	0	9	0.146	0.044	0.094	0.235	0.137
quarter-pound cheeseburger on bun, fast-food	275	9	0	9	0.086	0.020	0.058	0.117	0.081
fish sandwich on bun, fast-food	276	9	0	5	0.299	0.060	0.190	0.396	0.287
egg, cheese, and ham on English muffin, fast-food	278	9	0	7	0.254	0.090	0.080	0.419	0.239
taco/tostada, from Mexican carry-out	279	9	0	9	0.086	0.059	0.036	0.231	0.066
cheese and pepperoni pizza, regular crust, from pizza carry-out	281	9	0	6	0.217	0.088	0.095	0.327	0.179
bean with bacon/pork soup, canned, condensed, prepared with water	283	9	8	1	0.004	0.011	0	0.033	0
clam chowder, New England, canned,	285	9	0	5	0.305	0.043	0.253	0.371	0.291
vanilla ice cream	286	9	0	0	0.577	0.148	0.398	0.844	0.545

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Iodine - Summary of Results

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fruit flavor sherbet	287	9	0	5	1.47	2.06	0.117	5.06	0.283
popsicle, any flavor	288	9	7	0	0.457	1.01	0	2.93	0
cake doughnuts with icing, any flavor, from doughnut store	290	9	0	6	0.318	0.367	0.039	1.09	0.113
brownies, commercial	291	9	3	5	0.216	0.403	0	1.25	0.086
sugar cookies, commercial	292	9	2	7	0.042	0.028	0	0.08	0.043
suckers, any flavor	293	9	7	1	0.424	1.08	0	3.25	0
pretzels, hard, salted, any shape	294	9	8	1	0.004	0.013	0	0.039	0
chocolate syrup dessert topping	295	9	9	0	0	0	0	0	0
jelly, any flavor	296	9	7	2	0.029	0.066	0	0.195	0
yellow mustard	298	9	8	1	0.005	0.016	0	0.049	0
black olives	299	9	9	0	0	0	0	0	0
sour cream	300	9	0	1	0.439	0.094	0.256	0.534	0.488
coffee, from ground	305	9	9	0	0	0	0	0	0
fruit-flavored carbonated beverage	306	9	9	0	0	0	0	0	0
fruit drink, canned	307	9	8	1	0.009	0.027	0	0.082	0
soy-based infant formula, ready-to-feed	309	9	0	9	0.113	0.029	0.078	0.173	0.113
bananas with tapioca, strained/junior	313	9	9	0	0	0	0	0	0
teething biscuits	317	9	0	2	0.485	0.216	0.037	0.680	0.565
salmon, steaks or filets, fresh or frozen, baked	318	9	0	7	0.215	0.111	0.112	0.449	0.179
squash, strained/junior	320	9	7	2	0.008	0.017	0	0.045	0
BF, cereal, oatmeal, dry, prep w/ water	323	9	9	0	0	0	0	0	0
BF, cereal, rice, dry, prep w/ water	324	9	9	0	0	0	0	0	0
BF, cereal, rice w/apples, dry, prep w/ water	325	9	5	3	0.064	0.116	0	0.348	0
BF, veal and broth/gravy	326	9	7	2	0.007	0.014	0	0.034	0
BF, lamb and broth/gravy	327	9	7	2	0.011	0.023	0	0.062	0
BF, turkey and broth/gravy	328	9	9	0	0	0	0	0	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Iodine - Summary of Results

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Meal replacement, liquid RTD, any	331	9	0	5	1.52	2.20	0.175	6.88	0.211
Cottage cheese, creamed, lowfat (2% milk fat)	332	9	0	1	0.400	0.104	0.254	0.621	0.383
Sour cream dip, any flavor	333	9	0	2	0.408	0.152	0.261	0.765	0.390
Beef steak, loin/sirloin, broiled	334	9	7	2	0.007	0.014	0	0.035	0
Luncheon meat (chicken/turkey)	335	9	6	3	0.019	0.029	0	0.072	0
Chicken breast, fried, fast-food (w/ skin removed)	336	9	4	5	0.023	0.024	0	0.062	0
Chicken thigh, oven-roasted (skin removed)	337	9	9	0	0	0	0	0	0
Chicken leg, fried, fast-food (w/ skin)	338	9	8	1	0.003	0.010	0	0.030	0
Catfish, pan-cooked w/ oil	339	9	7	2	0.007	0.013	0	0.031	0
Tuna, canned in water, drained	340	9	2	7	0.052	0.033	0	0.101	0
Refried beans, canned	341	9	8	1	0.010	0.030	0	0.091	0
White beans, dry, boiled	342	9	9	0	0	0	0	0	0
Sunflower seeds (shelled), roasted,	343	9	3	6	0.051	0.043	0	0.120	0.063
Pancakes, frozen, heated	344	9	0	8	0.171	0.091	0.065	0.371	0.170
Breakfast tart/toaster pastry	345	9	4	3	0.523	1.11	0	3.28	0.030
Macaroni salad, from grocery/deli	346	9	4	5	0.036	0.048	0	0.148	0.033
Spaghetti, enriched, boiled	347	9	7	2	0.012	0.028	0	0.081	0.000
Apricots, canned in heavy/light syrup	348	9	5	4	0.016	0.019	0	0.045	0
Fruit juice blend (100% juice), canned/bottled	350	9	8	1	0.007	0.020	0	0.059	0
Cranberry juice cocktail,	351	9	9	0	0	0	0	0	0
Orange juice, bottled/carton	352	9	1	8	0.094	0.076	0	0.250	0.076
Potato salad, mayonnaise-type, from grocery/deli	353	9	7	2	0.020	0.040	0	0.100	0.000
Potato, mashed, prepared from fresh	354	9	0	9	0.108	0.042	0.051	0.178	0.103
Coleslaw, mayonnaise-type, from grocery/deli	355	9	7	2	0.009	0.018	0	0.048	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Iodine - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
Carrot, baby, raw	356	9	9	0	0	0	0	0	0
Lettuce, leaf, raw	357	9	8	1	0.004	0.013	0	0.038	0
Sweet potatoes, canned	358	9	7	2	0.008	0.015	0	0.039	0
Tomato salsa, bottled	359	9	6	3	0.037	0.065	0	0.188	0
Beef and vegetable stew, canned	360	9	8	1	0.003	0.010	0	0.031	0
Lasagna w/ meat, frozen, heated	361	9	0	9	0.127	0.034	0.047	0.154	0.143
Beef w/ vegetables in sauce, from Chinese carry-out	362	9	8	1	0.003	0.010	0	0.030	0
Chicken w/ vegetables in sauce, from Chinese carry-out	363	9	7	2	0.011	0.024	0	0.068	0
Fried rice, meatless, from Chinese carry-out	364	9	4	5	0.036	0.050	0	0.154	0.030
Burrito w/ beef, beans and cheese, from Mexican carry-out	365	9	0	9	0.061	0.030	0.033	0.133	0.060
Chicken filet (broiled) sandwich on bun, fast-food	366	9	7	0	0.268	0.565	0	1.59	0
Soup, Oriental noodles (ramen noodles), prep w/ water	367	9	8	1	0.005	0.015	0	0.046	0
Pudding, ready-to-eat, flavor other than chocolate	368	9	0	8	0.170	0.098	0.067	0.380	0.140
Cake, yellow w/ icing	369	9	0	6	0.878	1.38	0.060	3.75	0.130
Granola bar, w/ raisins	370	9	0	9	0.060	0.027	0.030	0.120	0.056
Candy bar, chocolate, nougat, and nuts	371	9	0	9	0.228	0.041	0.153	0.287	0.225
Popcorn, microwave, butter-flavored	372	9	7	2	0.011	0.022	0	0.056	0
Sweet & sour sauce	373	9	8	1	0.005	0.014	0	0.041	0
Brown gravy, canned or bottled	374	9	6	3	0.013	0.020	0	0.050	0
Salad dressing, creamy/buttermilk type, regular	375	9	2	7	0.077	0.057	0	0.158	0.064

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Iodine - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
Salad dressing, creamy/buttermilk type, low-calorie	376	9	0	9	0.128	0.047	0.065	0.211	0.123
Salad dressing, Italian, regular	377	9	8	1	0.005	0.014	0	0.042	0
Olive oil	378	9	9	0	0	0	0	0	0
Vegetable oil	379	9	7	2	0.020	0.039	0	0.092	0
Bottled drinking water (mineral/spring), not carbonated or flavored	380	9	9	0	0	0	0	0	0
Decaffeinated coffee, from ground	381	9	9	0	0	0	0	0	0
Decaffeinated tea, from tea bag	382	9	7	2	0.008	0.015	0	0.039	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Iron - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
Overall:		13,227	1416	3322	15.2	37.5	0	560	5.1
whole milk, fluid	1	51	50	1	0	0.1	0	0.7	0
lowfat (2% fat) milk, fluid	2	51	50	1	0	0.1	0	0.7	0
chocolate milk, fluid	3	51	0	39	2.4	1.0	0.7	5.3	2.3
skim milk, fluid	4	51	49	2	0.1	0.3	0	2.0	0
plain yogurt, lowfat	6	39	29	10	0.2	0.4	0	1.2	0
chocolate milk shake, fast-food	7	51	0	20	3.9	2.4	1.4	14.6	3.4
evaporated milk, canned	8	39	2	36	1.1	0.6	0	4.1	1.0
American, processed cheese	10	51	0	37	3.0	2.1	1.0	9.8	2.1
cottage cheese, 4% milkfat	11	39	23	16	0.6	0.8	0	2.9	0
cheddar cheese	12	51	2	47	1.9	0.7	0	3.6	1.8
ground beef, pan-cooked	13	51	0	0	25.4	2.9	18.7	32.5	25.5
beef chuck roast, baked	14	51	0	0	27.1	3.8	20.1	37.3	26.7
beef steak, loin, pan-cooked	16	39	0	0	26.1	4.2	17.9	35.4	25.6
ham, baked	17	51	0	1	8.0	1.4	2.8	11.7	7.9
pork chop, pan-cooked	18	51	0	0	9.3	1.6	4.9	13.4	9.3
pork sausage, pan-cooked	19	51	0	0	14.6	2.1	8.3	21.1	14.4
pork bacon, pan-cooked	20	51	0	1	10.0	1.8	1.9	13.2	10.0
pork roast, baked	21	51	0	0	9.0	2.1	5.7	13.6	8.8
lamb chop, pan-cooked	22	51	0	0	23.7	3.1	15.0	31.0	23.6
chicken, fried (breast, leg, and thigh) homemade	24	39	0	0	12.2	2.3	5.1	16.8	12.6
turkey breast, roasted	26	51	0	0	4.6	0.5	3.4	6.3	4.6
liver, beef, fried	27	51	0	0	61.7	11.2	42.9	96.6	61.0
frankfurters, beef, boiled	28	51	0	0	13.1	1.3	10.1	16.4	13.0
bologna, sliced	29	51	0	0	11.7	1.8	5.3	15.6	11.7
salami, sliced	30	51	0	0	18.1	2.8	9.2	23.7	18.5
tuna, canned in oil	32	39	0	0	8.9	1.6	4.9	12.1	9.1
fish sticks, frozen, heated	34	51	0	0	9.4	2.6	4.2	18.0	9.2

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Iron - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
eggs, scrambled	35	51	0	0	14.8	2.1	10.0	21.6	14.2
eggs, fried	36	39	0	0	18.0	1.4	15.7	21.3	17.9
eggs, boiled	37	51	0	0	18.4	1.7	14.6	23.1	18.2
pinto beans, dry, boiled	38	51	0	0	19.8	2.4	15.5	24.8	19.4
pork and beans, canned	39	51	0	0	13.9	2.3	10.6	22.4	13.5
lima beans, immature, frozen, boiled	42	51	0	0	16.6	2.3	11.0	23.0	16.1
green peas, fresh/frozen, boiled	46	51	0	0	14.2	2.7	7.5	19.6	14.4
peanut butter, smooth	47	51	0	0	19.0	5.8	15.5	57.5	17.8
peanuts, dry roasted	48	51	0	0	17.0	1.9	14.8	26.8	17.0
white rice, cooked	50	51	0	2	10.5	4.4	2.1	19.3	10.7
oatmeal, quick (1-3 min), cooked	51	51	0	0	9.7	5.1	4.6	31.9	8.0
wheat cereal, farina, quick (1-3min),	52	51	0	0	49.3	19.8	15.7	105	45.1
corngrits, regular, cooked	53	51	0	0	12.4	18.2	3.1	99.1	6.8
corn, fresh/frozen, boiled	54	51	0	21	3.6	2.9	2.0	23.5	3.1
corn, canned	55	12	0	8	2.8	0.4	2.2	3.4	2.7
cream style corn, canned	56	39	0	30	2.7	0.4	2.0	3.7	2.6
popcorn, popped in oil	57	39	0	0	21.5	3.5	14.4	29.9	21.7
white bread	58	51	0	0	32.0	4.8	12.8	39.8	32.5
white roll	59	39	0	0	32.0	5.4	20.4	45.2	32.7
cornbread, homemade	60	51	0	5	18.3	11.1	1.2	56.6	18.4
biscuit, from refrigerated dough, baked	61	51	0	0	23.1	7.2	3.3	34.1	25.2
whole wheat bread	62	51	0	0	28.3	3.5	22.3	36.9	27.8
tortilla, flour	63	51	0	0	26.8	9.9	4.2	49.7	29.5
rye bread	64	51	0	0	29.2	5.8	17.9	48.1	29.1
blueberry muffin, commercial	65	51	0	3	12.8	5.5	1.2	27.9	13.9
saltine crackers	66	51	0	0	54.3	7.2	33.3	66.9	55.2
corn chips	67	51	0	0	13.5	2.0	9.2	18.7	13.4
pancake from mix	68	39	0	3	15.0	7.2	1.3	30.3	13.6
egg noodles, boiled	69	51	0	0	15.4	3.2	8.1	26.0	15.0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Iron - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
macaroni, boiled	70	39	0	0	12.1	2.3	8.8	19.6	11.6
corn flakes	71	51	0	0	272	87	94.9	388	296
fruit-flavored, sweetened cereal	72	51	0	0	190	29	80.0	241	195
shredded wheat cereal	73	51	0	0	51.5	46.8	23.2	226	32.1
raisin bran cereal	74	51	0	0	251	120	109	560	209
crisped rice cereal	75	51	0	0	124	52.7	54.4	250	129
granola cereal	76	51	0	0	76.3	46.8	27.0	224	62.3
oat ring cereal	77	51	0	0	334	44.8	229	489	333
apple, red, raw	78	51	2	49	1.0	0.3	0	1.7	1.0
orange, raw	79	51	0	47	1.4	0.6	0.7	4.1	1.2
banana, raw	80	51	0	1	2.8	0.4	1.9	3.7	2.9
watermelon, raw	81	51	0	15	2.3	0.5	1.0	3.8	2.2
peach, raw	83	51	0	26	2.0	0.7	1.1	4.3	1.9
applesauce, bottled	84	51	0	51	0.9	0.2	0.5	1.6	0.9
pear, raw	85	51	0	51	1.2	0.2	0.6	1.8	1.2
strawberries, raw	86	51	0	1	3.9	1.4	2.0	8.0	3.5
fruit cocktail, canned in heavy syrup	87	51	0	48	2.1	1.3	1.3	10.2	1.8
grapes, red/green, seedless, raw	88	50	1	8	3.4	1.9	0	11.3	2.9
cantaloupe, raw	89	51	0	35	1.8	0.5	1.1	3.4	1.8
plums, raw	91	39	0	38	1.4	0.3	0.7	2.0	1.4
grapefruit, raw	92	51	1	47	1.9	5.9	0	43.1	0.9
pineapple, canned in juice	93	51	0	45	2.5	0.9	1.6	7.8	2.4
sweet cherries, raw	94	33	0	23	2.6	0.5	1.8	3.8	2.5
raisins, dried	95	51	0	0	18.1	2.8	13.3	28.4	17.7
prunes, dried	96	39	0	0	8.3	1.4	6.6	14.2	8.1
avocado, raw	97	51	0	3	4.9	1.2	1.9	7.9	5.0
orange juice, from frozen concentrate	98	51	1	50	1.0	0.3	0	1.7	1.0
apple juice, bottled	99	51	6	40	1.1	0.8	0	5.3	1.0
grapefruit juice, from frozen	100	51	2	49	0.9	0.3	0	1.7	0.9

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Iron - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
prune juice, bottled	103	51	0	1	4.6	2.8	1.8	18.5	3.8
lemonade, from frozen concentrate	105	51	48	3	0.1	0.3	0	1.8	0
spinach, fresh/frozen, boiled	107	51	0	0	24.6	23.7	7.6	166	16.7
collards, fresh/frozen, boiled	108	51	0	0	8.1	2.6	4.6	18.7	7.8
iceberg lettuce, raw	109	51	0	7	3.1	1.2	1.3	6.9	2.8
cabbage, fresh, boiled	110	51	0	39	1.9	0.7	1.0	5.9	1.7
coleslaw with dressing, homemade	111	39	0	20	3.2	0.6	2.4	5.0	3.0
sauerkraut, canned	112	39	0	3	4.6	1.6	2.5	9.0	4.0
broccoli, fresh/frozen, boiled	113	51	0	1	4.2	0.9	3.0	6.3	3.9
celery, raw	114	51	7	44	1.0	0.6	0	2.8	1.0
asparagus, fresh/frozen, boiled	115	51	0	3	4.8	1.5	2.0	9.9	4.7
cauliflower, fresh/frozen, boiled	116	51	0	39	2.6	0.4	1.4	3.5	2.6
tomato, red, raw	117	51	0	44	2.2	0.6	0.8	3.8	2.0
tomato sauce, plain, bottled	119	51	0	0	8.1	4.2	3.7	26.0	6.7
green beans, fresh/frozen, boiled	121	51	0	0	5.8	1.2	3.4	9.6	5.9
beans, snap green, canned	122	12	0	0	7.6	3.2	4.2	16.8	7.3
cucumber, raw	123	51	0	50	1.5	0.6	1.0	4.9	1.4
summer squash, fresh/frozen, boiled	124	51	0	36	2.7	0.7	1.4	5.8	2.7
green pepper, raw	125	51	0	30	2.8	0.6	1.8	4.2	2.6
winter squash, fresh/frozen, baked, mashed	126	51	1	18	3.5	1.6	0	10.5	3.2
onion, mature, raw	128	51	4	46	1.6	0.7	0	3.1	1.7
beets, canned	131	12	0	0	5.0	1.1	3.6	7.9	4.9
radish, raw	132	39	0	29	2.6	1.1	1.2	5.7	2.4
French fries, frozen, heated	134	39	0	0	6.1	1.1	4.2	9.2	6.2
mashed potatoes, from flakes	135	39	0	30	2.5	0.5	1.6	3.7	2.5
white potato, boiled without skin	136	51	0	0	2.9	0.5	2.1	4.2	2.9
white potato, baked with skin	137	51	0	0	9.5	4.3	2.9	26.0	8.1
potato chips	138	51	0	0	13.8	2.4	10.0	22.4	13.5

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Iron - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
scalloped potatoes, homemade	139	39	0	12	3.5	0.9	2.3	7.1	3.2
sweet potato, fresh, baked	140	39	0	0	4.3	0.8	2.7	6.2	4.2
spaghetti with tomato sauce and meatballs, homemade	142	51	0	0	14.4	2.7	7.4	21.2	14.5
beef stew with potatoes, carrots, and onion, homemade	143	39	0	0	9.8	1.9	6.6	14.0	9.6
chili con carne, beef and beans, canned	145	12	0	0	16.1	1.9	13.7	20.6	15.8
macaroni and cheese, from box mix	146	51	0	0	9.9	2.1	4.7	15.1	9.8
quarter-pound hamburger on bun, fast-food	147	51	0	0	25.1	3.4	13.2	32.4	25.3
meatloaf, homemade	148	51	0	0	23.8	3.9	12.6	34.3	23.6
spaghetti with tomato sauce, canned	149	39	0	0	8.9	2.1	6.0	17.1	8.3
lasagna with meat, homemade	151	39	0	0	13.6	2.2	7.8	19.9	13.4
chicken potpie, frozen, heated	152	51	0	0	11.6	6.2	5.7	38.1	9.6
chicken noodle soup, canned, condensed, prepared with water	155	51	0	15	2.5	0.9	0.8	5.4	2.4
tomato soup, canned, condensed, prepared with water	156	51	0	0	3.5	1.0	2.2	6.3	3.4
vegetable beef soup, canned, condensed, prepared with water	157	51	0	6	3.6	1.1	1.2	6.7	3.3
white sauce, homemade	160	39	0	2	4.6	1.2	2.4	7.2	4.3
dill cucumber pickles	161	51	1	23	3.2	1.0	0	6.3	3.1
margarine, stick, regular (salted)	162	51	41	10	0.2	0.5	0	2.1	0
butter, regular (salted)	164	51	41	10	0.3	0.6	0	2.9	0
mayonnaise, regular, bottled	166	51	0	39	2.6	0.5	1.2	4.2	2.6
half & half cream	167	51	49	2	0	0.2	0	1.1	0
cream substitute, frozen	168	51	26	25	0.5	0.5	0	1.8	0
white sugar, granulated	169	51	48	3	0.1	0.2	0	1.2	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Iron - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
pancake syrup	170	51	40	11	0.2	0.4	0	1.2	0
honey	172	51	0	31	3.1	1.7	1.2	8.3	2.6
tomato catsup	173	51	0	0	4.3	0.8	3.1	6.8	4.2
chocolate pudding, from instant mix	175	39	0	1	6.9	2.2	1.6	12.1	6.9
vanilla flavored light ice cream	177	50	16	33	0.8	0.9	0	5.7	0.8
chocolate cake with chocolate icing, commercial	178	51	0	0	23.9	7.9	7.0	43.9	23.0
yellow cake with white icing, prepared from cake and icing mixes	179	39	0	4	7.9	3.4	0.9	15.8	8.3
sweet roll/Danish, commercial	182	51	0	0	20.1	3.3	12.5	30.1	19.5
chocolate chip cookies, commercial	183	51	0	0	34.2	7.3	18.7	55.8	32.9
sandwich cookies with creme filling, commercial	184	51	0	0	48.9	23.7	12.9	104	46.2
apple pie, fresh/frozen, commercial	185	51	0	1	6.7	2.3	2.9	12.7	6.6
pumpkin pie, fresh/frozen, commercial	186	51	0	0	10.0	2.4	5.6	15.4	9.5
milk chocolate candy bar, plain	187	51	0	0	15.5	6.7	7.7	57.5	14.3
caramel candy	188	39	5	33	1.5	0.8	0	3.2	1.5
gelatin dessert, any flavor	190	51	38	13	0.2	0.3	0	1.0	0
cola carbonated beverage	191	51	50	1	0	0.1	0	0.7	0
fruit drink, from powder	193	51	49	1	0.1	0.6	0	4.4	0
low-calorie cola carbonated beverage	194	51	51	0	0	0	0	0	0
coffee, decaffeinated, from instant	196	39	7	24	0.6	0.5	0	2.4	0.6
tea, from tea bag	197	51	51	0	0	0	0	0	0
beer	198	51	51	0	0	0	0	0	0
dry table wine	199	51	1	9	2.8	1.1	0	7.0	2.7
whiskey	200	39	38	1	0	0.1	0	0.4	0
tap water	201	33	29	4	0	0.1	0	0.4	0
milk-based infant formula, high iron, ready-to-feed	202	51	0	0	13.0	1.6	10.4	18.7	12.8

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Iron - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
milk-based infant formula, low iron, ready-to-feed	203	51	0	16	3.9	1.3	1.3	6.3	3.9
beef, strained/junior	205	51	0	0	12.7	2.0	8.2	16.5	12.4
chicken, strained/junior, with/without broth or gravy	207	51	0	0	10.7	1.6	5.7	14.5	11.0
chicken/turkey with vegetables, high/lean meat, strained/junior	208	2	0	0	7.0	0	7.0	7.0	7.0
beef with vegetables, high/lean meat, strained/junior	209	2	0	0	7.2	1.4	6	8.2	7.2
ham with vegetables, high/lean meat, strained/junior	210	2	0	0	6.0	1.6	4.8	7.1	6.0
vegetables and beef, strained/junior	211	51	0	6	4.2	0.9	2.1	5.6	4.4
vegetables and chicken, strained/junior	212	51	0	7	4.0	0.9	2.1	7.2	4.0
vegetables and ham, strained/junior	213	50	1	30	2.8	0.7	0	4.2	2.8
chicken noodle dinner, strained/junior	214	51	0	2	4.6	0.9	2.0	7.0	4.6
macaroni, tomatoes, and beef, strained/junior	215	51	0	2	4.4	0.8	2.0	6.9	4.2
turkey and rice, strained/junior	216	51	0	23	3.0	0.5	2.0	4.0	3.0
carrots, strained/junior	218	51	1	44	2.3	0.6	0	3.4	2.3
green beans, strained/junior	219	51	0	0	6.0	1.1	3.8	8.4	6.1
mixed vegetables, strained/junior	220	51	0	11	3.7	1.1	1.0	6.1	3.6
sweet potatoes, strained/junior	221	51	0	36	2.8	0.4	2.0	3.8	2.8
creamed corn, strained/junior	222	33	1	32	1.5	0.5	0	2.8	1.4
peas, strained/junior	223	51	0	0	10.0	1.1	7.2	12.6	10.0
creamed spinach, strained/junior	224	39	0	0	9.1	2.6	4.5	18.6	9
applesauce, strained/junior	225	51	2	49	1.1	0.3	0	1.8	1.0
peaches, strained/junior	226	51	0	50	2.0	0.5	0.9	3.4	2.0
pears, strained/junior	227	50	0	50	1.5	0.5	0.8	2.9	1.4
apple juice, strained	230	51	25	26	0.6	0.6	0	1.9	0.6

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Iron - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
orange juice, strained	231	50	0	50	1.2	0.2	0.8	1.6	1.2
custard pudding, strained/junior	232	51	1	44	2.3	0.8	0	4.3	2.5
fruit dessert/pudding, strained/junior	233	51	0	48	1.9	2.5	0.9	19.2	1.4
fruit-flavored yogurt, lowfat (fruit	235	51	23	28	0.6	0.6	0	2.2	0.7
Swiss cheese	236	51	0	44	2.1	0.6	1.3	3.3	2.0
cream cheese	237	51	21	28	0.8	0.9	0	4.3	1.0
veal cutlet, pan-cooked	238	39	0	0	9.7	2.0	4.3	14.1	9.4
ham luncheon meat, sliced	239	51	0	0	7.2	1.2	3.7	10.2	7.1
chicken breast, roasted	240	51	0	0	5.0	1.2	3.7	10.0	4.8
chicken nuggets, fast-food	241	51	0	0	7.8	1.5	4.0	11.9	8.0
chicken, fried (breast, leg, and thigh), fast-food	242	39	0	0	9.4	2.5	5.8	19.0	9.2
haddock, pan-cooked	243	20	0	20	1.7	0.4	1.0	2.5	1.7
shrimp, boiled	244	51	0	13	10.6	11.2	1.5	51.9	6.6
kidney beans, dry, boiled	245	39	0	0	19.6	3.3	13.1	30.6	19.4
peas, mature, dry, boiled	246	39	0	0	17.0	2.6	12.9	28.2	16.6
mixed nuts, no peanuts, dry roasted	247	39	0	0	40.9	5.3	25.5	63.0	41.6
cracked wheat bread	248	51	0	0	31.7	3.6	24.4	38.6	32.3
bagel, plain	249	51	0	0	33.1	5.7	16.9	42.4	33.3
English muffin, plain, toasted	250	51	0	0	32.5	5.4	14.3	43.4	31.8
graham crackers	251	51	0	0	40.1	7.2	23.1	57.0	40.5
butter-type crackers	252	51	0	0	41.0	4.9	30.8	49.9	41.6
apricot, raw	253	34	0	5	3.7	0.8	1.6	6.2	3.8
peach, canned in light/medium syrup	254	51	0	46	3.1	7.0	1.1	51.5	2.1
pear, canned in light syrup	255	51	0	44	2.7	4.7	0.9	34.9	1.8
pineapple juice, from frozen	256	51	0	45	1.6	0.4	1.1	3.5	1.5
grape juice, from frozen concentrate	257	51	8	36	1.1	0.9	0	4.1	0.9
French fries, fast-food	258	51	0	0	9.1	1.4	6.1	13.6	9.0
carrot, fresh, boiled	259	51	0	45	2.2	0.6	1.2	4.0	2.1

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Iron - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
tomato, stewed, canned	260	39	0	0	14.5	7.5	4.2	39.9	12.3
tomato juice, bottled	261	51	0	29	3.3	1.4	1.9	11.8	2.9
beets, fresh/frozen, boiled	262	39	0	2	4.5	3.4	2.8	24.2	3.7
Brussels sprouts, fresh/frozen, boiled	263	51	0	0	5.1	0.8	3.3	7.2	5.1
mushrooms, raw	264	51	1	47	1.9	0.7	0	3.9	1.9
eggplant, fresh, boiled	265	51	0	47	2.2	0.5	1.4	3.6	2.1
turnip, fresh/frozen, boiled	266	51	0	51	2.0	0.4	1.3	2.8	1.9
okra, fresh/frozen, boiled	267	51	0	38	2.7	0.5	1.2	4.0	2.7
mixed vegetables, frozen, boiled	268	51	0	0	7.7	1.4	3.8	11.0	7.7
beef stroganoff, homemade	269	51	0	0	15.4	2.1	10.9	19.2	15.6
green peppers stuffed with beef and rice, homemade	270	39	0	0	9.6	2.3	6.5	18.0	9.2
chili con carne with beans, homemade	271	39	0	0	17.8	3.1	12.2	25.3	17.5
tuna noodle casserole, homemade	272	50	0	0	7.0	1.6	3.8	10.9	6.9
Salisbury steak with gravy, potatoes, and vegetable, frozen meal, heated	273	38	0	0	8.9	1.7	6.3	12.8	8.7
turkey with gravy, dressing, potatoes, and vegetable, frozen meal, heated	274	38	0	0	7.5	1.2	5.6	11.0	7.4
quarter-pound cheeseburger on bun, fast-food	275	50	0	0	22.0	2.9	14.6	31.8	21.3
fish sandwich on bun, fast-food	276	51	0	0	14.5	2.0	10.6	19.2	14.8
frankfurter on bun, fast-food	277	39	0	0	21.3	3.2	12.8	29.5	21.0
egg, cheese, and ham on English muffin, fast-food	278	51	0	0	22.7	2.0	18.7	30.0	22.7
taco/tostada, from Mexican carry-out	279	51	0	0	15.8	2.5	10.8	22.1	15.4
cheese pizza, regular crust, from pizza carry-out	280	39	0	0	22.2	3.9	10.6	30.1	22.1

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Iron - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
cheese and pepperoni pizza, regular crust, from pizza carry-out	281	51	0	0	23.0	3.8	13.3	34.9	23.1
beef chow mein, from Chinese carry-	282	39	0	0	10.8	4.5	4.4	25.6	9.6
bean with bacon/pork soup, canned, condensed, prepared with water	283	51	0	0	9.1	1.5	5.8	15.5	8.9
mushroom soup, canned, condensed, prepared with whole milk	284	39	1	37	1.4	0.7	0	5.2	1.3
clam chowder, New England, canned, condensed, prepared with whole milk	285	51	0	13	4.1	2.3	1.8	17.8	3.7
vanilla ice cream	286	51	26	25	0.5	0.7	0	2.6	0
fruit flavor sherbet	287	51	40	11	0.2	0.4	0	1.4	0
popsicle, any flavor	288	51	40	10	0.4	1.2	0	8.2	0
chocolate snack cake with chocolate	289	39	0	0	25.5	6.6	15.1	38.4	24.3
cake doughnuts with icing, any flavor, from doughnut store	290	51	0	0	19.0	3.7	12.4	28.7	18.7
brownies, commercial	291	51	0	0	27.8	5.2	18.8	40.9	26.8
sugar cookies, commercial	292	51	0	0	22.0	5.4	11.9	40.5	21.9
suckers, any flavor	293	51	10	34	1.7	1.5	0	6.6	1.5
pretzels, hard, salted, any shape	294	51	0	0	35.4	12.4	11.3	61.0	36.5
chocolate syrup dessert topping	295	51	0	0	24.2	9.2	10.7	52.3	24.1
jelly, any flavor	296	51	5	43	1.4	0.9	0	5.2	1.4
sweet cucumber pickles	297	39	0	13	3.4	1.0	1.6	5.3	3.5
yellow mustard	298	51	0	0	15.1	1.6	12.3	20.8	15.3
black olives	299	51	0	0	47.9	19.1	12.0	106	49.2
sour cream	300	51	36	15	0.3	0.4	0	1.8	0
brown gravy, homemade	301	39	0	0	11.5	5.3	3.6	25.6	10.6
French salad dressing, regular	302	39	0	37	1.9	0.5	0.8	3.1	1.9
Italian salad dressing, low-calorie	303	39	8	31	1.1	0.7	0	2.7	1.2
olive/safflower oil	304	38	23	15	0.5	0.7	0	2.1	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Iron - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
coffee, from ground	305	51	51	0	0	0	0	0	0
fruit-flavored carbonated beverage	306	51	51	0	0	0	0	0	0
fruit drink, canned	307	51	28	20	0.6	0.8	0	3.1	0
martini	308	30	28	2	0	0.1	0	0.4	0
soy-based infant formula, ready-to-feed	309	51	0	0	13.2	2.2	5.8	19.7	13.2
egg yolk, strained/junior	310	12	0	0	29.7	3.4	19.9	32.9	30.6
rice infant cereal, instant, prepared with whole milk	311	39	0	0	114	27.9	54.0	191	113
rice cereal, strained/junior	312	20	0	0	60.1	10.7	36.1	74.0	60.1
bananas with tapioca, strained/junior	313	51	0	51	1.7	0.5	0.8	2.9	1.6
beets, strained/junior	314	15	0	6	3.1	0.5	2.2	3.7	3.2
split peas with vegetables and ham/bacon, strained/junior	316	27	0	12	3.1	0.9	1.7	4.8	3.1
teething biscuits	317	51	0	0	28.5	13.2	18.6	116	25.9
salmon, steaks or filets, fresh or frozen, baked	318	31	0	8	3.5	0.6	2.3	4.7	3.4
rice cereal with apple, strained/junior	319	17	0	0	57.0	4.7	50.1	65.6	56.1
squash, strained/junior	320	29	0	20	2.9	0.7	1.6	5.0	2.8
BF, cereal, oatmeal, dry, prep w/ water	323	12	0	0	123	22.9	74.6	155	124
BF, cereal, rice, dry, prep w/ water	324	12	0	0	126	24.7	87.8	169	132
BF, cereal, rice w/apples, dry, prep w/ water	325	12	0	0	126	23.5	88.0	167	127
BF, veal and broth/gravy	326	12	0	0	6.8	1.5	4.4	9.0	6.9
BF, lamb and broth/gravy	327	12	0	0	10.2	0.9	8.7	11.7	10.1
BF, turkey and broth/gravy	328	12	0	0	7.8	0.6	6.8	8.7	7.8
Meal replacement, liquid RTD, any	331	12	0	0	21.3	2.3	16.5	24.0	22.3
Cottage cheese, creamed, lowfat (2% milk fat)	332	12	7	5	0.5	0.6	0	1.4	0.0
Sour cream dip, any flavor	333	12	0	10	1.9	1.1	0.7	4.2	1.5

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Iron - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
Beef steak, loin/sirloin, broiled	334	12	0	0	28.1	3.3	24.6	34.6	26.8
Luncheon meat (chicken/turkey)	335	12	0	0	3.9	0.6	3.1	4.8	3.8
Chicken breast, fried, fast-food (w/	336	12	0	0	6.1	0.8	5.2	7.7	5.9
Chicken thigh, oven-roasted (skin removed)	337	12	0	0	11.1	1.9	8.6	15.3	10.8
Chicken leg, fried, fast-food (w/ skin)	338	12	0	0	9.9	0.6	8.9	10.8	9.8
Catfish, pan-cooked w/ oil	339	12	0	12	2.2	0.3	1.8	2.7	2.3
Tuna, canned in water, drained	340	12	0	0	9.6	2.9	5.0	15.0	9.2
Refried beans, canned	341	12	0	0	16.3	1.2	14.4	18.3	16.2
White beans, dry, boiled	342	12	0	0	21.7	2.8	18.4	28.7	21.3
Sunflower seeds (shelled), roasted,	343	12	0	0	44.6	5.4	30.5	49.9	46.5
Pancakes, frozen, heated	344	12	0	0	28.7	13.4	10.0	52.2	23.7
Breakfast tart/toaster pastry	345	12	0	0	41.7	7.3	27.8	55.7	41.1
Macaroni salad, from grocery/deli	346	12	0	0	7.7	1.2	5.6	9.4	7.9
Spaghetti, enriched, boiled	347	12	0	0	14.0	1.9	10.3	16.7	14.3
Apricots, canned in heavy/light syrup	348	12	0	11	1.8	0.1	1.7	2.1	1.8
Fruit juice blend (100% juice), canned/bottled	350	12	0	11	1.4	1.3	0.7	5.5	1.0
Cranberry juice cocktail,	351	12	2	10	0.7	0.4	0	1.1	0.7
Orange juice, bottled/carton	352	12	0	10	1.2	0.7	0.7	3.0	0.9
Potato salad, mayonnaise-type, from grocery/deli	353	12	0	0	4.0	0.4	3.3	4.6	3.9
Potato, mashed, prepared from fresh	354	12	0	4	2.1	0.4	1.6	2.7	2.2
Coleslaw, mayonnaise-type, from grocery/deli	355	12	0	11	2.5	0.4	2.0	3.6	2.5
Carrot, baby, raw	356	12	0	12	1.7	0.4	1.2	2.4	1.5
Lettuce, leaf, raw	357	12	0	0	14.6	5.1	6.7	23.7	13.6
Sweet potatoes, canned	358	12	0	0	6.7	1.6	3.6	9.2	6.2
Tomato salsa, bottled	359	12	0	0	4.5	0.9	3.3	6.4	4.3

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Iron - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
Beef and vegetable stew, canned	360	12	0	0	6.6	1.2	5.2	9.9	6.2
Lasagna w/ meat, frozen, heated	361	12	0	0	9.1	1.5	7.6	12.2	8.6
Beef w/ vegetables in sauce, from Chinese carry-out	362	12	0	0	10.7	2.5	7.3	15.1	9.7
Chicken w/ vegetables in sauce, from Chinese carry-out	363	12	0	0	7.1	2.3	4.4	10.9	6.4
Fried rice, meatless, from Chinese carry-out	364	12	0	0	7.9	2.9	3.6	14.9	7.2
Burrito w/ beef, beans and cheese, from Mexican carry-out	365	12	0	0	21.6	2.7	19.4	28.7	20.4
Chicken filet (broiled) sandwich on bun, fast-food	366	12	0	0	16.0	2.0	13.3	19.4	16.0
Soup, Oriental noodles (ramen noodles), prep w/ water	367	12	0	0	6.7	1.8	3.9	9.6	6.2
Pudding, ready-to-eat, flavor other than chocolate	368	12	10	2	0.1	0.3	0	0.8	0
Cake, yellow w/ icing	369	12	0	0	9.3	3.4	5.9	18.4	8.5
Granola bar, w/ raisins	370	12	0	0	22.3	8.5	13.9	37.6	18.1
Candy bar, chocolate, nougat, and nuts	371	12	0	0	10.5	0.6	9.5	11.8	10.5
Popcorn, microwave, butter-flavored	372	12	0	0	20.1	3.1	13.7	24.9	20.5
Sweet & sour sauce	373	12	1	10	1.7	1.1	0	4.3	1.4
Brown gravy, canned or bottled	374	12	0	12	1.4	0.5	0.8	2.4	1.4
Salad dressing, creamy/buttermilk type, regular	375	12	0	11	2.5	0.4	1.8	3.3	2.6
Salad dressing, creamy/buttermilk type, low-calorie	376	12	0	12	1.7	0.5	0.8	2.6	1.7
Salad dressing, Italian, regular	377	12	1	10	1.7	0.8	0	3.1	1.8
Olive oil	378	12	9	3	0.4	0.7	0	1.7	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Iron - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
Vegetable oil	379	12	9	2	0.8	2.2	0	7.7	0
Bottled drinking water (mineral/spring), not carbonated or flavored	380	12	12	0	0	0	0	0	0
Decaffeinated coffee, from ground	381	12	12	0	0	0	0	0	0
Decaffeinated tea, from tea bag	382	12	12	0	0	0	0	0	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Lead - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
Overall:		13,508	10,603	2687	0.003	0.008	0	0.210	0
whole milk, fluid	1	52	47	5	0.001	0.003	0	0.011	0
lowfat (2% fat) milk, fluid	2	52	47	5	0.001	0.003	0	0.012	0
chocolate milk, fluid	3	52	46	6	0.001	0.003	0	0.013	0
skim milk, fluid	4	52	46	5	0.001	0.004	0	0.023	0
plain yogurt, lowfat	6	40	36	4	0.001	0.002	0	0.008	0
chocolate milk shake, fast-food	7	52	35	16	0.005	0.008	0	0.023	0
evaporated milk, canned	8	40	38	2	0.001	0.004	0	0.019	0
American, processed cheese	10	52	47	5	0.002	0.006	0	0.024	0
cottage cheese, 4% milkfat	11	40	33	6	0.002	0.006	0	0.030	0
cheddar cheese	12	52	49	3	0.001	0.004	0	0.021	0
ground beef, pan-cooked	13	52	49	2	0.001	0.007	0	0.040	0
beef chuck roast, baked	14	52	47	5	0.001	0.004	0	0.020	0
beef steak, loin, pan-cooked	16	40	36	4	0.002	0.005	0	0.020	0
ham, baked	17	52	48	3	0.002	0.008	0	0.054	0
pork chop, pan-cooked	18	52	48	4	0.001	0.003	0	0.014	0
pork sausage, pan-cooked	19	52	47	5	0.002	0.006	0	0.026	0
pork bacon, pan-cooked	20	52	48	4	0.002	0.005	0	0.027	0
pork roast, baked	21	52	50	2	0.001	0.005	0	0.030	0
lamb chop, pan-cooked	22	52	47	5	0.001	0.004	0	0.020	0
chicken, fried (breast, leg, and thigh) homemade	24	40	38	2	0.001	0.005	0	0.030	0
turkey breast, roasted	26	52	51	1	0	0.002	0	0.014	0
liver, beef, fried	27	52	8	40	0.024	0.017	0	0.080	0.022
frankfurters, beef, boiled	28	52	44	8	0.004	0.011	0	0.043	0
bologna, sliced	29	52	48	4	0.001	0.005	0	0.021	0
salami, sliced	30	52	50	2	0.001	0.003	0	0.016	0
tuna, canned in oil	32	40	36	4	0.001	0.004	0	0.013	0
fish sticks, frozen, heated	34	51	47	4	0.001	0.004	0	0.020	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Lead - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
eggs, scrambled	35	52	51	1	0	0.001	0	0.009	0
eggs, fried	36	40	39	1	0	0.001	0	0.009	0
eggs, boiled	37	52	50	2	0	0.002	0	0.013	0
pinto beans, dry, boiled	38	52	46	6	0.001	0.003	0	0.014	0
pork and beans, canned	39	52	44	8	0.002	0.004	0	0.018	0
lima beans, immature, frozen, boiled	42	52	45	7	0.001	0.004	0	0.020	0
green peas, fresh/frozen, boiled	46	52	44	8	0.002	0.004	0	0.020	0
peanut butter, smooth	47	52	47	5	0.002	0.006	0	0.033	0
peanuts, dry roasted	48	52	51	1	0	0.002	0	0.017	0
white rice, cooked	50	52	47	4	0.001	0.005	0	0.030	0
oatmeal, quick (1-3 min), cooked	51	52	49	3	0.001	0.003	0	0.014	0
wheat cereal, farina, quick (1-3min),	52	52	44	8	0.002	0.005	0	0.022	0
corngrits, regular, cooked	53	52	48	4	0.001	0.004	0	0.024	0
corn, fresh/frozen, boiled	54	52	49	3	0.001	0.003	0	0.014	0
corn, canned	55	12	10	1	0.005	0.016	0	0.055	0
cream style corn, canned	56	40	33	7	0.002	0.005	0	0.020	0
popcorn, popped in oil	57	40	33	7	0.004	0.008	0	0.030	0
white bread	58	52	41	11	0.003	0.006	0	0.024	0
white roll	59	40	27	13	0.006	0.009	0	0.025	0
cornbread, homemade	60	52	39	13	0.004	0.007	0	0.029	0
biscuit, from refrigerated dough, baked	61	52	37	15	0.004	0.006	0	0.018	0
whole wheat bread	62	52	34	18	0.005	0.007	0	0.025	0
tortilla, flour	63	52	45	7	0.002	0.006	0	0.024	0
rye bread	64	52	36	16	0.005	0.008	0	0.030	0
blueberry muffin, commercial	65	52	45	7	0.002	0.005	0	0.018	0
saltine crackers	66	52	45	7	0.003	0.008	0	0.028	0
corn chips	67	52	51	1	0	0.002	0	0.014	0
pancake from mix	68	40	30	10	0.003	0.006	0	0.020	0
egg noodles, boiled	69	52	31	21	0.004	0.005	0	0.014	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Lead - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
macaroni, boiled	70	40	34	6	0.001	0.003	0	0.009	0
corn flakes	71	52	46	6	0.002	0.005	0	0.019	0
fruit-flavored, sweetened cereal	72	52	42	9	0.003	0.009	0	0.050	0
shredded wheat cereal	73	52	47	5	0.001	0.005	0	0.026	0
raisin bran cereal	74	52	36	16	0.005	0.009	0	0.036	0
crisped rice cereal	75	52	45	7	0.002	0.006	0	0.030	0
granola cereal	76	52	36	16	0.005	0.007	0	0.026	0
oat ring cereal	77	52	33	19	0.005	0.007	0	0.027	0
apple, red, raw	78	52	41	11	0.002	0.005	0	0.023	0
orange, raw	79	52	47	5	0.001	0.003	0	0.012	0
banana, raw	80	52	47	5	0.001	0.002	0	0.008	0
watermelon, raw	81	52	44	7	0.002	0.006	0	0.040	0
peach, raw	83	52	43	8	0.002	0.006	0	0.030	0
applesauce, bottled	84	52	48	4	0.001	0.002	0	0.009	0
pear, raw	85	52	49	3	0.000	0.002	0	0.008	0
strawberries, raw	86	52	45	7	0.001	0.003	0	0.017	0
fruit cocktail, canned in heavy syrup	87	52	6	38	0.018	0.015	0	0.064	0.013
grapes, red/green, seedless, raw	88	52	35	17	0.003	0.005	0	0.019	0
cantaloupe, raw	89	52	46	6	0.001	0.003	0	0.014	0
plums, raw	91	39	32	7	0.001	0.003	0	0.011	0
grapefruit, raw	92	52	46	6	0.001	0.003	0	0.013	0
pineapple, canned in juice	93	52	9	33	0.010	0.007	0	0.030	0.009
sweet cherries, raw	94	34	28	6	0.002	0.004	0	0.018	0
raisins, dried	95	52	27	25	0.008	0.010	0	0.031	0
prunes, dried	96	40	29	10	0.005	0.010	0	0.040	0
avocado, raw	97	52	50	2	0.001	0.006	0	0.040	0
orange juice, from frozen concentrate	98	52	49	2	0.001	0.003	0	0.020	0
apple juice, bottled	99	52	21	31	0.004	0.004	0	0.018	0.004
grapefruit juice, from frozen	100	52	52	0	0	0	0	0	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Lead - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
prune juice, bottled	103	52	32	19	0.003	0.008	0	0.054	0
lemonade, from frozen concentrate	105	52	49	3	0	0.001	0	0.007	0
spinach, fresh/frozen, boiled	107	52	11	37	0.013	0.012	0	0.062	0.010
collards, fresh/frozen, boiled	108	52	17	33	0.011	0.019	0	0.136	0.008
iceberg lettuce, raw	109	52	49	3	0	0.001	0	0.006	0
cabbage, fresh, boiled	110	52	48	4	0	0.002	0	0.008	0
coleslaw with dressing, homemade	111	40	33	7	0.002	0.005	0	0.018	0
sauerkraut, canned	112	40	24	13	0.008	0.014	0	0.069	0
broccoli, fresh/frozen, boiled	113	52	49	3	0.001	0.003	0	0.014	0
celery, raw	114	52	48	4	0.001	0.002	0	0.012	0
asparagus, fresh/frozen, boiled	115	52	44	8	0.002	0.004	0	0.014	0
cauliflower, fresh/frozen, boiled	116	52	48	4	0.001	0.003	0	0.011	0
tomato, red, raw	117	52	49	3	0	0.002	0	0.009	0
tomato sauce, plain, bottled	119	52	38	14	0.004	0.007	0	0.025	0
green beans, fresh/frozen, boiled	121	52	47	4	0.001	0.004	0	0.020	0
beans, snap green, canned	122	12	11	1	0.001	0.003	0	0.012	0
cucumber, raw	123	52	48	3	0.001	0.005	0	0.030	0
summer squash, fresh/frozen, boiled	124	52	46	6	0.001	0.004	0	0.020	0
green pepper, raw	125	52	48	4	0.001	0.003	0	0.014	0
winter squash, fresh/frozen, baked, mashed	126	52	46	6	0.001	0.004	0	0.017	0
onion, mature, raw	128	52	47	5	0.001	0.005	0	0.024	0
beets, canned	131	12	9	3	0.002	0.004	0	0.010	0
radish, raw	132	40	38	2	0.001	0.003	0	0.015	0
French fries, frozen, heated	134	40	39	1	0.001	0.003	0	0.020	0
mashed potatoes, from flakes	135	40	40	0	0	0	0	0	0
white potato, boiled without skin	136	52	50	2	0	0.002	0	0.010	0
white potato, baked with skin	137	52	38	14	0.003	0.006	0	0.020	0
potato chips	138	52	46	6	0.003	0.008	0	0.032	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Lead - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
scalloped potatoes, homemade	139	40	37	3	0.002	0.008	0	0.034	0
sweet potato, fresh, baked	140	40	10	26	0.014	0.013	0	0.064	0.011
spaghetti with tomato sauce and meatballs, homemade	142	52	47	2	0.001	0.006	0	0.039	0
beef stew with potatoes, carrots, and onion, homemade	143	40	36	4	0.001	0.004	0	0.017	0
chili con carne, beef and beans, canned	145	12	8	4	0.005	0.008	0	0.024	0
macaroni and cheese, from box mix	146	52	48	4	0.001	0.003	0	0.012	0
quarter-pound hamburger on bun, fast-food	147	52	43	8	0.005	0.023	0	0.160	0
meatloaf, homemade	148	52	47	5	0.001	0.004	0	0.016	0
spaghetti with tomato sauce, canned	149	40	33	7	0.002	0.004	0	0.018	0
lasagna with meat, homemade	151	40	34	6	0.002	0.005	0	0.020	0
chicken potpie, frozen, heated	152	52	41	11	0.004	0.009	0	0.031	0
chicken noodle soup, canned, condensed, prepared with water	155	52	39	11	0.004	0.009	0	0.041	0
tomato soup, canned, condensed, prepared with water	156	52	45	7	0.001	0.003	0	0.012	0
vegetable beef soup, canned, condensed, prepared with water	157	52	45	7	0.002	0.005	0	0.021	0
white sauce, homemade	160	40	38	1	0.002	0.008	0	0.050	0
dill cucumber pickles	161	52	12	36	0.018	0.016	0	0.064	0.015
margarine, stick, regular (salted)	162	52	49	3	0.002	0.009	0	0.044	0
butter, regular (salted)	164	52	52	0	0	0	0	0	0
mayonnaise, regular, bottled	166	52	49	2	0.003	0.011	0	0.067	0
half & half cream	167	52	51	1	0	0.003	0	0.022	0
cream substitute, frozen	168	52	42	10	0.003	0.007	0	0.030	0
white sugar, granulated	169	52	51	1	0	0.002	0	0.018	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Lead - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
pancake syrup	170	52	38	14	0.004	0.006	0	0.019	0
honey	172	52	9	38	0.017	0.011	0	0.040	0.017
tomato catsup	173	52	42	9	0.004	0.008	0	0.040	0
chocolate pudding, from instant mix	175	40	21	19	0.005	0.005	0	0.015	0
vanilla flavored light ice cream	177	52	48	4	0.001	0.003	0	0.011	0
chocolate cake with chocolate icing, commercial	178	52	9	43	0.010	0.006	0	0.026	0.010
yellow cake with white icing, prepared from cake and icing mixes	179	40	29	11	0.003	0.004	0	0.013	0
sweet roll/Danish, commercial	182	52	30	22	0.005	0.007	0	0.024	0
chocolate chip cookies, commercial	183	52	9	43	0.011	0.007	0	0.024	0.012
sandwich cookies with creme filling, commercial	184	52	16	33	0.010	0.009	0	0.040	0.011
apple pie, fresh/frozen, commercial	185	52	35	16	0.005	0.010	0	0.060	0
pumpkin pie, fresh/frozen, commercial	186	52	29	23	0.006	0.008	0	0.027	0
milk chocolate candy bar, plain	187	52	4	43	0.024	0.016	0	0.110	0.021
caramel candy	188	40	36	4	0.002	0.006	0	0.030	0
gelatin dessert, any flavor	190	52	46	5	0.001	0.004	0	0.020	0
cola carbonated beverage	191	52	50	2	0	0.002	0	0.016	0
fruit drink, from powder	193	52	50	2	0	0.001	0	0.005	0
low-calorie cola carbonated beverage	194	52	51	1	0	0.001	0	0.005	0
coffee, decaffeinated, from instant	196	40	36	4	0.001	0.002	0	0.010	0
tea, from tea bag	197	52	46	6	0.001	0.002	0	0.007	0
beer	198	52	52	0	0	0	0	0	0
dry table wine	199	52	2	28	0.017	0.011	0	0.060	0.013
whiskey	200	40	35	4	0.002	0.008	0	0.049	0
tap water	201	34	32	2	0	0.001	0	0.004	0
milk-based infant formula, high iron, ready-to-feed	202	52	51	1	0	0.001	0	0.007	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Lead - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
milk-based infant formula, low iron, ready-to-feed	203	52	51	1	0	0.001	0	0.005	0
beef, strained/junior	205	52	47	4	0.003	0.013	0	0.090	0
chicken, strained/junior, with/without broth or gravy	207	52	42	10	0.002	0.005	0	0.020	0
chicken/turkey with vegetables, high/lean meat, strained/junior	208	2	1	1	0.006	0.009	0	0.013	0.006
beef with vegetables, high/lean meat, strained/junior	209	2	1	1	0.006	0.008	0	0.012	0
ham with vegetables, high/lean meat, strained/junior	210	2	2	0	0	0	0	0	0
vegetables and beef, strained/junior	211	52	45	7	0.001	0.003	0	0.014	0
vegetables and chicken, strained/junior	212	52	40	11	0.004	0.013	0	0.088	0
vegetables and ham, strained/junior	213	51	43	8	0.002	0.004	0	0.013	0
chicken noodle dinner, strained/junior	214	51	35	16	0.003	0.005	0	0.013	0
macaroni, tomatoes, and beef, strained/junior	215	52	43	9	0.002	0.004	0	0.014	0
turkey and rice, strained/junior	216	52	40	12	0.003	0.006	0	0.020	0
carrots, strained/junior	218	52	26	26	0.006	0.006	0	0.018	0.004
green beans, strained/junior	219	52	43	9	0.002	0.004	0	0.012	0
mixed vegetables, strained/junior	220	52	43	9	0.002	0.004	0	0.014	0
sweet potatoes, strained/junior	221	52	5	35	0.019	0.009	0	0.039	0.020
creamed corn, strained/junior	222	34	31	3	0.001	0.004	0	0.019	0
peas, strained/junior	223	52	50	2	0	0.002	0	0.011	0
creamed spinach, strained/junior	224	40	19	21	0.005	0.006	0	0.020	0.007
applesauce, strained/junior	225	52	44	8	0.002	0.004	0	0.012	0
peaches, strained/junior	226	52	46	6	0.001	0.003	0	0.015	0
pears, strained/junior	227	52	40	12	0.003	0.005	0	0.020	0
apple juice, strained	230	52	36	16	0.002	0.003	0	0.013	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Lead - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
orange juice, strained	231	51	48	3	0	0.001	0	0.006	0
custard pudding, strained/junior	232	52	50	2	0	0.002	0	0.015	0
fruit dessert/pudding, strained/junior	233	52	46	6	0.001	0.003	0	0.010	0
fruit-flavored yogurt, lowfat (fruit	235	52	40	11	0.003	0.006	0	0.030	0
Swiss cheese	236	52	45	7	0.002	0.005	0	0.028	0
cream cheese	237	52	46	6	0.002	0.005	0	0.024	0
veal cutlet, pan-cooked	238	40	33	7	0.003	0.006	0	0.025	0
ham luncheon meat, sliced	239	52	48	4	0.002	0.006	0	0.038	0
chicken breast, roasted	240	52	48	4	0.001	0.003	0	0.015	0
chicken nuggets, fast-food	241	52	46	6	0.001	0.004	0	0.016	0
chicken, fried (breast, leg, and thigh), fast-food	242	40	34	6	0.003	0.008	0	0.030	0
haddock, pan-cooked	243	20	16	4	0.003	0.007	0	0.022	0
shrimp, boiled	244	52	23	21	0.019	0.037	0	0.210	0.011
kidney beans, dry, boiled	245	40	36	3	0.001	0.005	0	0.030	0
peas, mature, dry, boiled	246	40	33	7	0.002	0.004	0	0.015	0
mixed nuts, no peanuts, dry roasted	247	40	33	6	0.006	0.017	0	0.090	0
cracked wheat bread	248	52	38	14	0.004	0.006	0	0.024	0
bagel, plain	249	52	44	8	0.002	0.006	0	0.030	0
English muffin, plain, toasted	250	52	34	18	0.005	0.008	0	0.032	0
graham crackers	251	52	20	32	0.010	0.009	0	0.026	0.011
butter-type crackers	252	52	41	11	0.003	0.006	0	0.023	0
apricot, raw	253	34	26	8	0.002	0.004	0	0.014	0
peach, canned in light/medium syrup	254	52	6	36	0.019	0.015	0	0.057	0.017
pear, canned in light syrup	255	52	9	37	0.015	0.013	0	0.067	0.012
pineapple juice, from frozen	256	52	41	11	0.001	0.003	0	0.010	0
grape juice, from frozen concentrate	257	52	17	33	0.007	0.006	0	0.030	0.006
French fries, fast-food	258	52	44	8	0.002	0.006	0	0.028	0
carrot, fresh, boiled	259	52	39	13	0.003	0.005	0	0.017	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Lead - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
tomato, stewed, canned	260	40	27	12	0.004	0.007	0	0.028	0
tomato juice, bottled	261	51	40	11	0.002	0.004	0	0.014	0
beets, fresh/frozen, boiled	262	40	30	8	0.004	0.008	0	0.031	0
Brussels sprouts, fresh/frozen, boiled	263	52	44	7	0.003	0.011	0	0.070	0
mushrooms, raw	264	52	47	5	0.001	0.004	0	0.016	0
eggplant, fresh, boiled	265	52	46	4	0.002	0.007	0	0.040	0
turnip, fresh/frozen, boiled	266	52	47	5	0.001	0.003	0	0.012	0
okra, fresh/frozen, boiled	267	52	46	6	0.001	0.003	0	0.018	0
mixed vegetables, frozen, boiled	268	52	45	6	0.003	0.011	0	0.070	0
beef stroganoff, homemade	269	52	38	11	0.004	0.010	0	0.050	0
green peppers stuffed with beef and rice, homemade	270	40	35	4	0.002	0.006	0	0.030	0
chili con carne with beans, homemade	271	40	31	9	0.003	0.006	0	0.019	0
tuna noodle casserole, homemade	272	52	41	11	0.002	0.005	0	0.019	0
Salisbury steak with gravy, potatoes, and vegetable, frozen meal, heated	273	40	33	7	0.002	0.004	0	0.012	0
turkey with gravy, dressing, potatoes, and vegetable, frozen meal, heated	274	40	32	7	0.003	0.006	0	0.030	0
quarter-pound cheeseburger on bun, fast-food	275	52	47	4	0.003	0.015	0	0.106	0
fish sandwich on bun, fast-food	276	51	43	8	0.003	0.007	0	0.030	0
frankfurter on bun, fast-food	277	40	26	13	0.006	0.009	0	0.040	0
egg, cheese, and ham on English muffin, fast-food	278	52	47	4	0.002	0.008	0	0.050	0
taco/tostada, from Mexican carry-out	279	52	43	9	0.002	0.005	0	0.020	0
cheese pizza, regular crust, from pizza carry-out	280	40	33	7	0.002	0.005	0	0.020	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Lead - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
cheese and pepperoni pizza, regular crust, from pizza carry-out	281	52	45	7	0.002	0.004	0	0.015	0
beef chow mein, from Chinese carry-	282	40	30	10	0.003	0.005	0	0.018	0
bean with bacon/pork soup, canned, condensed, prepared with water	283	52	45	7	0.001	0.003	0	0.011	0
mushroom soup, canned, condensed, prepared with whole milk	284	40	34	6	0.002	0.004	0	0.016	0
clam chowder, New England, canned, condensed, prepared with whole milk	285	52	19	33	0.008	0.007	0	0.026	0.009
vanilla ice cream	286	52	50	2	0	0.002	0	0.010	0
fruit flavor sherbet	287	52	40	10	0.002	0.005	0	0.023	0
popsicle, any flavor	288	52	43	8	0.003	0.012	0	0.082	0
chocolate snack cake with chocolate	289	40	1	38	0.015	0.005	0	0.025	0.015
cake doughnuts with icing, any flavor, from doughnut store	290	52	33	19	0.004	0.005	0	0.017	0
brownies, commercial	291	52	12	37	0.011	0.008	0	0.032	0.011
sugar cookies, commercial	292	52	40	12	0.002	0.004	0	0.017	0
suckers, any flavor	293	52	45	6	0.003	0.008	0	0.038	0
pretzels, hard, salted, any shape	294	52	43	9	0.004	0.010	0	0.030	0
chocolate syrup dessert topping	295	52	5	39	0.018	0.009	0	0.041	0.018
jelly, any flavor	296	52	34	17	0.004	0.006	0	0.026	0
sweet cucumber pickles	297	40	2	18	0.033	0.027	0	0.131	0.023
yellow mustard	298	52	29	19	0.006	0.009	0	0.030	0
black olives	299	52	29	23	0.005	0.007	0	0.029	0
sour cream	300	52	50	1	0.001	0.006	0	0.040	0
brown gravy, homemade	301	40	35	5	0.002	0.005	0	0.020	0
French salad dressing, regular	302	40	37	3	0.003	0.011	0	0.057	0
Italian salad dressing, low-calorie	303	40	32	6	0.007	0.020	0	0.108	0
olive/safflower oil	304	40	40	0	0	0	0	0	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Lead - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
coffee, from ground	305	52	46	6	0.001	0.002	0	0.010	0
fruit-flavored carbonated beverage	306	52	50	1	0	0.002	0	0.010	0
fruit drink, canned	307	52	47	5	0.001	0.002	0	0.012	0
martini	308	30	28	2	0.001	0.004	0	0.017	0
soy-based infant formula, ready-to-feed	309	52	49	3	0	0.001	0	0.008	0
egg yolk, strained/junior	310	12	10	2	0.002	0.006	0	0.018	0
rice infant cereal, instant, prepared with whole milk	311	39	34	5	0.002	0.005	0	0.021	0
rice cereal, strained/junior	312	20	15	5	0.003	0.005	0	0.016	0
bananas with tapioca, strained/junior	313	52	51	1	0	0.002	0	0.011	0
beets, strained/junior	314	15	11	4	0.002	0.004	0	0.009	0
split peas with vegetables and ham/bacon, strained/junior	316	27	24	2	0.003	0.010	0	0.050	0
teething biscuits	317	52	12	40	0.013	0.008	0	0.030	0.014
salmon, steaks or filets, fresh or frozen, baked	318	32	31	1	0	0.002	0	0.012	0
rice cereal with apple, strained/junior	319	18	11	7	0.004	0.005	0	0.015	0
squash, strained/junior	320	52	46	6	0.001	0.004	0	0.020	0
BF, cereal, oatmeal, dry, prep w/ water	323	12	11	1	0.001	0.003	0	0.012	0
BF, cereal, rice, dry, prep w/ water	324	12	9	2	0.006	0.013	0	0.040	0
BF, cereal, rice w/apples, dry, prep w/ water	325	12	11	1	0.001	0.005	0	0.016	0
BF, veal and broth/gravy	326	12	12	0	0	0	0	0	0
BF, lamb and broth/gravy	327	12	11	1	0.001	0.002	0	0.008	0
BF, turkey and broth/gravy	328	12	12	0	0	0	0	0	0
Meal replacement, liquid RTD, any	331	12	10	2	0.001	0.002	0	0.006	0
Cottage cheese, creamed, lowfat (2% milk fat)	332	12	10	2	0.001	0.004	0	0.011	0
Sour cream dip, any flavor	333	12	10	1	0.007	0.020	0	0.071	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Lead - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
Beef steak, loin/sirloin, broiled	334	12	11	1	0.001	0.003	0	0.011	0
Luncheon meat (chicken/turkey)	335	12	12	0	0	0	0	0	0
Chicken breast, fried, fast-food (w/	336	12	12	0	0	0	0	0	0
Chicken thigh, oven-roasted (skin removed)	337	12	12	0	0	0	0	0	0
Chicken leg, fried, fast-food (w/ skin)	338	12	12	0	0	0	0	0	0
Catfish, pan-cooked w/ oil	339	12	10	2	0.002	0.004	0	0.012	0
Tuna, canned in water, drained	340	12	11	1	0.001	0.004	0	0.013	0
Refried beans, canned	341	12	11	1	0.001	0.004	0	0.013	0
White beans, dry, boiled	342	12	11	1	0.001	0.003	0	0.009	0
Sunflower seeds (shelled), roasted,	343	12	11	1	0.001	0.005	0	0.016	0
Pancakes, frozen, heated	344	12	11	1	0.001	0.004	0	0.014	0
Breakfast tart/toaster pastry	345	12	9	1	0.007	0.014	0	0.037	0
Macaroni salad, from grocery/deli	346	12	11	1	0.001	0.004	0	0.015	0
Spaghetti, enriched, boiled	347	12	11	1	0.001	0.004	0	0.013	0
Apricots, canned in heavy/light syrup	348	12	1	10	0.014	0.007	0	0.031	0.014
Fruit juice blend (100% juice), canned/bottled	350	12	4	8	0.006	0.005	0	0.014	0.007
Cranberry juice cocktail,	351	12	10	2	0.001	0.002	0	0.005	0
Orange juice, bottled/carton	352	12	11	1	0	0.001	0	0.005	0
Potato salad, mayonnaise-type, from grocery/deli	353	12	12	0	0	0	0	0	0
Potato, mashed, prepared from fresh	354	12	11	1	0.001	0.002	0	0.008	0
Coleslaw, mayonnaise-type, from grocery/deli	355	12	10	1	0.005	0.014	0	0.048	0
Carrot, baby, raw	356	12	9	2	0.005	0.011	0	0.033	0
Lettuce, leaf, raw	357	12	3	9	0.008	0.006	0	0.018	0.009
Sweet potatoes, canned	358	12	3	7	0.015	0.011	0	0.032	0.017
Tomato salsa, bottled	359	12	9	3	0.002	0.004	0	0.011	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Lead - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
Beef and vegetable stew, canned	360	12	12	0	0	0	0	0	0
Lasagna w/ meat, frozen, heated	361	12	11	1	0.001	0.003	0	0.012	0
Beef w/ vegetables in sauce, from Chinese carry-out	362	12	10	2	0.002	0.004	0	0.012	0
Chicken w/ vegetables in sauce, from Chinese carry-out	363	12	11	1	0.001	0.003	0	0.010	0
Fried rice, meatless, from Chinese carry-out	364	12	11	1	0.001	0.003	0	0.012	0
Burrito w/ beef, beans and cheese, from Mexican carry-out	365	12	10	2	0.003	0.007	0	0.019	0
Chicken filet (broiled) sandwich on bun, fast-food	366	12	10	1	0.008	0.026	0	0.090	0
Soup, Oriental noodles (ramen noodles), prep w/ water	367	12	10	2	0.002	0.006	0	0.020	0
Pudding, ready-to-eat, flavor other than chocolate	368	12	11	1	0.001	0.002	0	0.007	0
Cake, yellow w/ icing	369	12	7	4	0.009	0.013	0	0.044	0
Granola bar, w/ raisins	370	12	8	4	0.004	0.006	0	0.014	0
Candy bar, chocolate, nougat, and nuts	371	12	8	4	0.007	0.011	0	0.031	0
Popcorn, microwave, butter-flavored	372	12	10	2	0.003	0.007	0	0.018	0
Sweet & sour sauce	373	12	10	2	0.003	0.006	0	0.021	0
Brown gravy, canned or bottled	374	12	10	2	0.003	0.006	0	0.017	0
Salad dressing, creamy/buttermilk type, regular	375	12	10	1	0.008	0.023	0	0.077	0
Salad dressing, creamy/buttermilk type, low-calorie	376	12	4	7	0.013	0.012	0	0.040	0.015
Salad dressing, Italian, regular	377	12	9	3	0.006	0.012	0	0.032	0
Olive oil	378	12	12	0	0	0	0	0	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Lead - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
Vegetable oil	379	12	11	1	0.002	0.006	0	0.021	0
Bottled drinking water (mineral/spring), not carbonated or flavored	380	12	11	1	0	0.001	0	0.005	0
Decaffeinated coffee, from ground	381	12	10	2	0.001	0.004	0	0.013	0
Decaffeinated tea, from tea bag	382	12	12	0	0	0	0	0	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Magnesium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
Overall:		13,229	268	313	211	286	0	4310	139
whole milk, fluid	1	51	0	0	103	12	57	118	106
lowfat (2% fat) milk, fluid	2	51	0	0	110	9	78	132	111
chocolate milk, fluid	3	51	0	0	142	14	78	173	143
skim milk, fluid	4	51	0	0	113	11	92	164	113
plain yogurt, lowfat	6	39	0	0	158	10	136	188	156
chocolate milk shake, fast-food	7	51	0	0	159	18	114	203	159
evaporated milk, canned	8	39	0	0	209	10	194	238	207
American, processed cheese	10	51	0	0	287	39	208	391	285
cottage cheese, 4% milkfat	11	39	0	0	83	10	60	105	81
cheddar cheese	12	51	0	0	290	26	165	359	293
ground beef, pan-cooked	13	51	0	0	220	21	149	268	223
beef chuck roast, baked	14	51	0	0	230	27	160	305	233
beef steak, loin, pan-cooked	16	39	0	0	266	24	218	318	263
ham, baked	17	51	0	0	193	19	119	243	195
pork chop, pan-cooked	18	51	0	0	300	27	244	382	297
pork sausage, pan-cooked	19	51	0	0	199	17	165	241	198
pork bacon, pan-cooked	20	51	0	0	251	35	181	321	246
pork roast, baked	21	51	0	0	230	22	183	279	229
lamb chop, pan-cooked	22	51	0	0	272	25	225	344	272
chicken, fried (breast, leg, and thigh) homemade	24	39	0	0	267	27	224	364	268
turkey breast, roasted	26	51	0	0	294	33	221	378	291
liver, beef, fried	27	51	0	0	221	17	189	266	219
frankfurters, beef, boiled	28	51	0	0	130	13	107	156	130
bologna, sliced	29	51	0	0	155	13	128	183	156
salami, sliced	30	51	0	0	187	20	149	236	184
tuna, canned in oil	32	39	0	0	282	24	216	326	284
fish sticks, frozen, heated	34	51	0	0	302	40	208	410	307

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Magnesium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
eggs, scrambled	35	51	0	0	120	7	100	132	119
eggs, fried	36	39	0	0	124	7	113	138	123
eggs, boiled	37	51	0	0	121	7	105	139	121
pinto beans, dry, boiled	38	51	0	0	519	60	372	669	515
pork and beans, canned	39	51	0	0	299	29	227	364	299
lima beans, immature, frozen, boiled	42	51	0	0	394	51	296	541	391
green peas, fresh/frozen, boiled	46	51	0	0	219	28	161	274	220
peanut butter, smooth	47	51	0	0	1755	145	1510	2190	1730
peanuts, dry roasted	48	51	0	0	1899	112	1710	2090	1890
white rice, cooked	50	51	0	0	86	19	48	145	84
oatmeal, quick (1-3 min), cooked	51	51	0	0	272	52	206	463	260
wheat cereal, farina, quick (1-3min),	52	51	0	0	77	42	28	246	65
corngrits, regular, cooked	53	51	0	0	71	25	29	165	68
corn, fresh/frozen, boiled	54	51	0	0	198	37	130	334	195
corn, canned	55	12	0	0	133	15	110	167	135
cream style corn, canned	56	39	0	0	126	16	96	168	125
popcorn, popped in oil	57	39	0	0	1051	209	699	1450	1060
white bread	58	51	0	0	228	23	157	290	229
white roll	59	39	0	0	256	27	192	323	256
cornbread, homemade	60	51	0	0	189	41	84	310	188
biscuit, from refrigerated dough, baked	61	51	0	0	168	24	137	303	166
whole wheat bread	62	51	0	0	755	88	555	961	757
tortilla, flour	63	51	0	0	214	40	167	377	203
rye bread	64	51	0	0	356	43	222	459	359
blueberry muffin, commercial	65	51	0	0	110	21	71	155	105
saltine crackers	66	51	0	0	236	19	204	281	236
corn chips	67	51	0	0	783	72	629	965	777
pancake from mix	68	39	0	0	174	49	106	352	165
egg noodles, boiled	69	51	0	0	220	47	110	350	216

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Magnesium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
macaroni, boiled	70	39	0	0	181	31	142	265	172
corn flakes	71	51	0	0	89	17	60	140	87
fruit-flavored, sweetened cereal	72	51	0	0	295	50	230	469	283
shredded wheat cereal	73	51	0	0	1231	130	1040	1980	1230
raisin bran cereal	74	51	0	0	1385	171	1040	1770	1390
crisped rice cereal	75	51	0	0	278	37	219	354	277
granola cereal	76	51	0	0	901	106	726	1250	891
oat ring cereal	77	51	0	0	1187	89	952	1370	1190
apple, red, raw	78	51	0	0	50	4	40	60	50
orange, raw	79	51	0	0	112	13	72	153	109
banana, raw	80	51	0	0	292	21	250	341	288
watermelon, raw	81	51	0	0	108	18	56	151	108
peach, raw	83	51	0	0	84	9	65	101	83
applesauce, bottled	84	51	0	0	29	3	25	38	29
pear, raw	85	51	0	0	67	5	55	77	66
strawberries, raw	86	51	0	0	126	12	100	164	126
fruit cocktail, canned in heavy syrup	87	51	0	0	54	5	45	71	53
grapes, red/green, seedless, raw	88	50	0	0	72	9	48	96	72
cantaloupe, raw	89	51	0	0	116	18	75	160	117
plums, raw	91	39	0	0	70	5	62	81	69
grapefruit, raw	92	51	0	0	91	11	67	112	91
pineapple, canned in juice	93	51	0	0	140	20	100	199	136
sweet cherries, raw	94	33	0	0	128	15	94	168	129
raisins, dried	95	51	0	0	325	24	267	381	325
prunes, dried	96	39	0	0	416	30	320	472	420
avocado, raw	97	51	0	0	294	39	167	363	295
orange juice, from frozen concentrate	98	51	0	0	109	13	67	137	111
apple juice, bottled	99	51	0	0	48	6	37	66	47
grapefruit juice, from frozen	100	51	0	0	99	14	67	142	99

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Magnesium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
prune juice, bottled	103	51	0	0	141	13	110	169	139
lemonade, from frozen concentrate	105	51	0	0	15	3	8	26	15
spinach, fresh/frozen, boiled	107	51	0	0	514	166	219	981	483
collards, fresh/frozen, boiled	108	51	0	0	227	69	118	493	219
iceberg lettuce, raw	109	51	0	0	76	12	51	113	75
cabbage, fresh, boiled	110	51	0	0	85	13	56	113	86
coleslaw with dressing, homemade	111	39	0	0	106	15	66	138	106
sauerkraut, canned	112	39	0	0	107	15	71	138	106
broccoli, fresh/frozen, boiled	113	51	0	0	117	18	75	173	117
celery, raw	114	51	0	0	95	17	62	147	95
asparagus, fresh/frozen, boiled	115	51	0	0	99	13	70	124	99
cauliflower, fresh/frozen, boiled	116	51	0	0	96	14	68	128	97
tomato, red, raw	117	51	0	0	100	14	69	128	99
tomato sauce, plain, bottled	119	51	0	0	157	23	107	232	156
green beans, fresh/frozen, boiled	121	51	0	0	190	34	95	254	189
beans, snap green, canned	122	12	0	0	128	12	106	145	130
cucumber, raw	123	51	0	0	104	16	55	149	102
summer squash, fresh/frozen, boiled	124	51	0	0	138	26	85	193	138
green pepper, raw	125	51	0	0	94	14	68	136	95
winter squash, fresh/frozen, baked, mashed	126	51	1	0	173	42	0	269	167
onion, mature, raw	128	51	0	0	94	19	53	120	100
beets, canned	131	12	0	0	186	24	127	211	195
radish, raw	132	39	0	0	83	17	60	131	80
French fries, frozen, heated	134	39	0	0	234	26	192	299	228
mashed potatoes, from flakes	135	39	0	0	150	22	118	235	147
white potato, boiled without skin	136	51	0	0	152	23	102	247	154
white potato, baked with skin	137	51	0	0	243	31	136	317	242
potato chips	138	51	0	0	628	75	511	799	617

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Magnesium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
scalloped potatoes, homemade	139	39	0	0	183	24	136	226	180
sweet potato, fresh, baked	140	39	0	0	227	42	149	337	220
spaghetti with tomato sauce and meatballs, homemade	142	51	0	0	173	21	126	232	172
beef stew with potatoes, carrots, and onion, homemade	143	39	0	0	164	20	113	206	163
chili con carne, beef and beans, canned	145	12	0	0	273	28	211	304	281
macaroni and cheese, from box mix	146	51	0	0	188	36	93	263	186
quarter-pound hamburger on bun, fast-food	147	51	0	0	219	20	152	247	222
meatloaf, homemade	148	51	0	0	199	22	123	265	194
spaghetti with tomato sauce, canned	149	39	0	0	121	19	70	156	122
lasagna with meat, homemade	151	39	0	0	211	20	177	266	211
chicken potpie, frozen, heated	152	51	0	0	129	13	92	178	127
chicken noodle soup, canned, condensed, prepared with water	155	51	0	0	46	9	29	75	44
tomato soup, canned, condensed, prepared with water	156	51	0	0	73	10	50	100	73
vegetable beef soup, canned, condensed, prepared with water	157	51	0	0	64	11	37	93	64
white sauce, homemade	160	39	0	0	112	10	84	133	112
dill cucumber pickles	161	51	0	0	67	21	15	107	67
margarine, stick, regular (salted)	162	51	0	40	12	4	5	20	11
butter, regular (salted)	164	51	0	22	17	2	11	20	17
mayonnaise, regular, bottled	166	51	0	45	12	3	7	25	12
half & half cream	167	51	0	0	96	7	70	111	97
cream substitute, frozen	168	51	0	9	13	4	4	25	13
white sugar, granulated	169	51	49	2	0	1	0	5	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Magnesium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
pancake syrup	170	51	7	23	14	9	0	29	16
honey	172	51	0	28	15	4	9	24	15
tomato catsup	173	51	0	0	160	19	131	207	158
chocolate pudding, from instant mix	175	39	0	0	178	16	128	217	177
vanilla flavored light ice cream	177	50	0	0	151	14	119	186	152
chocolate cake with chocolate icing, commercial	178	51	0	0	304	53	206	484	289
yellow cake with white icing, prepared from cake and icing mixes	179	39	0	0	50	10	27	72	49
sweet roll/Danish, commercial	182	51	0	0	175	21	135	222	173
chocolate chip cookies, commercial	183	51	0	0	381	64	262	534	387
sandwich cookies with creme filling, commercial	184	51	0	0	274	92	119	495	272
apple pie, fresh/frozen, commercial	185	51	0	0	74	8	58	93	72
pumpkin pie, fresh/frozen, commercial	186	51	0	0	154	14	135	198	150
milk chocolate candy bar, plain	187	51	0	0	673	68	570	1050	667
caramel candy	188	39	0	0	161	39	74	241	164
gelatin dessert, any flavor	190	51	46	5	1	2	0	9	0
cola carbonated beverage	191	51	15	27	5	5	0	23	5
fruit drink, from powder	193	51	30	7	17	30	0	112	0
low-calorie cola carbonated beverage	194	51	6	30	6	4	0	14	6
coffee, decaffeinated, from instant	196	39	0	0	49	21	21	120	46
tea, from tea bag	197	51	0	0	11	3	7	22	11
beer	198	51	0	0	59	14	31	99	59
dry table wine	199	51	0	0	91	19	54	128	88
whiskey	200	39	38	1	0	0.3	0	2	0
tap water	201	33	0	3	9	7	1	26	6
milk-based infant formula, high iron, ready-to-feed	202	51	0	0	62	9	49	94	61

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Magnesium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
milk-based infant formula, low iron, ready-to-feed	203	51	0	0	62	10	43	98	59
beef, strained/junior	205	51	0	0	121	13	94	144	120
chicken, strained/junior, with/without broth or gravy	207	51	0	0	139	14	113	182	138
chicken/turkey with vegetables, high/lean meat, strained/junior	208	2	0	0	88	1	87	89	88
beef with vegetables, high/lean meat, strained/junior	209	2	0	0	90	4	87	93	90
ham with vegetables, high/lean meat, strained/junior	210	2	0	0	117	11	109	125	117
vegetables and beef, strained/junior	211	51	0	0	109	25	40	146	114
vegetables and chicken, strained/junior	212	51	0	0	105	24	46	148	111
vegetables and ham, strained/junior	213	50	0	0	93	21	46	125	99
chicken noodle dinner, strained/junior	214	51	0	0	110	23	59	144	118
macaroni, tomatoes, and beef, strained/junior	215	51	0	0	111	22	74	166	107
turkey and rice, strained/junior	216	51	0	0	89	18	43	129	87
carrots, strained/junior	218	51	0	0	105	19	71	147	102
green beans, strained/junior	219	51	0	0	196	38	101	266	197
mixed vegetables, strained/junior	220	51	0	0	124	26	61	184	122
sweet potatoes, strained/junior	221	51	0	0	147	12	120	178	147
creamed corn, strained/junior	222	33	0	0	93	13	62	120	91
peas, strained/junior	223	51	0	0	195	15	153	223	195
creamed spinach, strained/junior	224	39	0	0	405	88	223	582	396
applesauce, strained/junior	225	51	0	0	41	4	36	56	41
peaches, strained/junior	226	51	0	0	89	19	61	148	86
pears, strained/junior	227	50	0	0	78	11	63	110	75
apple juice, strained	230	51	0	0	49	11	31	82	50

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Magnesium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
orange juice, strained	231	50	0	0	119	10	102	138	118
custard pudding, strained/junior	232	51	0	0	61	11	40	110	60
fruit dessert/pudding, strained/junior	233	51	0	0	72	25	37	153	66
fruit-flavored yogurt, lowfat (fruit	235	51	0	0	126	14	95	155	127
Swiss cheese	236	51	0	0	371	26	318	423	367
cream cheese	237	51	0	0	91	20	45	133	92
veal cutlet, pan-cooked	238	39	0	0	333	42	187	401	333
ham luncheon meat, sliced	239	51	0	0	184	21	114	235	187
chicken breast, roasted	240	51	0	0	299	28	233	386	300
chicken nuggets, fast-food	241	51	0	0	242	27	184	358	245
chicken, fried (breast, leg, and thigh), fast-food	242	39	0	0	238	25	142	306	236
haddock, pan-cooked	243	20	0	0	328	52	249	403	330
shrimp, boiled	244	51	0	0	345	137	135	880	344
kidney beans, dry, boiled	245	39	0	0	432	61	338	676	422
peas, mature, dry, boiled	246	39	0	0	418	53	284	509	406
mixed nuts, no peanuts, dry roasted	247	39	0	0	2413	251	1380	2940	2430
cracked wheat bread	248	51	0	0	487	99	347	768	467
bagel, plain	249	51	0	0	269	26	178	337	264
English muffin, plain, toasted	250	51	0	0	255	29	176	320	256
graham crackers	251	51	0	0	323	63	203	449	319
butter-type crackers	252	51	0	0	192	16	160	223	190
apricot, raw	253	34	0	0	103	11	86	137	100
peach, canned in light/medium syrup	254	51	0	0	54	8	41	80	52
pear, canned in light syrup	255	51	0	0	47	9	34	68	46
pineapple juice, from frozen	256	51	0	0	137	16	106	177	135
grape juice, from frozen concentrate	257	51	0	0	59	23	13	126	61
French fries, fast-food	258	51	0	0	344	36	250	420	349
carrot, fresh, boiled	259	51	0	0	85	18	56	134	83

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Magnesium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
tomato, stewed, canned	260	39	0	0	115	11	84	145	114
tomato juice, bottled	261	51	0	0	115	23	75	221	109
beets, fresh/frozen, boiled	262	39	0	0	234	53	155	425	237
Brussels sprouts, fresh/frozen, boiled	263	51	0	0	184	28	107	248	187
mushrooms, raw	264	51	0	0	85	15	51	120	86
eggplant, fresh, boiled	265	51	0	0	100	10	75	135	99
turnip, fresh/frozen, boiled	266	51	0	0	89	16	52	139	87
okra, fresh/frozen, boiled	267	51	0	0	353	59	184	489	347
mixed vegetables, frozen, boiled	268	51	0	0	190	24	131	255	191
beef stroganoff, homemade	269	51	0	0	191	22	134	240	193
green peppers stuffed with beef and rice, homemade	270	39	0	0	120	16	79	165	118
chili con carne with beans, homemade	271	39	0	0	242	27	173	298	244
tuna noodle casserole, homemade	272	50	0	0	155	19	103	220	156
Salisbury steak with gravy, potatoes, and vegetable, frozen meal, heated	273	39	0	0	188	18	156	223	185
turkey with gravy, dressing, potatoes, and vegetable, frozen meal, heated	274	38	0	0	162	11	140	192	161
quarter-pound cheeseburger on bun, fast-food	275	51	0	0	223	19	179	292	223
fish sandwich on bun, fast-food	276	51	0	0	251	22	198	293	253
frankfurter on bun, fast-food	277	39	0	0	193	16	154	230	191
egg, cheese, and ham on English muffin, fast-food	278	51	0	0	209	13	185	245	208
taco/tostada, from Mexican carry-out	279	51	0	0	330	44	211	442	334
cheese pizza, regular crust, from pizza carry-out	280	39	0	0	274	24	225	321	273

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Magnesium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
cheese and pepperoni pizza, regular crust, from pizza carry-out	281	51	0	0	270	21	223	318	270
beef chow mein, from Chinese carry-	282	39	0	0	125	29	55	181	125
bean with bacon/pork soup, canned, condensed, prepared with water	283	51	0	0	204	21	153	262	204
mushroom soup, canned, condensed, prepared with whole milk	284	39	0	0	75	12	42	108	75
clam chowder, New England, canned, condensed, prepared with whole milk	285	51	0	0	117	12	96	153	116
vanilla ice cream	286	51	0	0	126	13	105	159	124
fruit flavor sherbet	287	51	0	0	56	8	37	79	56
popsicle, any flavor	288	51	0	7	18	9	5	38	16
chocolate snack cake with chocolate	289	39	0	0	370	83	190	533	383
cake doughnuts with icing, any flavor, from doughnut store	290	51	0	0	184	32	112	270	181
brownies, commercial	291	51	0	0	389	51	293	527	382
sugar cookies, commercial	292	51	0	0	123	15	80	154	122
suckers, any flavor	293	51	8	14	16	10	0	34	19
pretzels, hard, salted, any shape	294	51	0	0	284	38	194	385	274
chocolate syrup dessert topping	295	51	0	0	500	46	381	624	507
jelly, any flavor	296	51	0	0	58	12	33	96	57
sweet cucumber pickles	297	39	0	0	56	23	10	153	56
yellow mustard	298	51	0	0	500	31	407	566	500
black olives	299	51	0	0	50	11	31	70	49
sour cream	300	51	0	0	110	13	77	146	107
brown gravy, homemade	301	39	0	0	184	76	49	337	176
French salad dressing, regular	302	39	0	0	56	10	36	78	56
Italian salad dressing, low-calorie	303	39	0	1	37	10	9	55	35
olive/safflower oil	304	38	37	1	0	1	0	7	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Magnesium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
coffee, from ground	305	51	0	0	25	10	11	46	22
fruit-flavored carbonated beverage	306	51	6	31	6	4	0	14	5
fruit drink, canned	307	51	0	2	25	15	7	71	20
martini	308	30	1	14	4	2	0	7	4
soy-based infant formula, ready-to-feed	309	51	0	0	75	11	53	100	77
egg yolk, strained/junior	310	12	0	0	76	5	71	90	75
rice infant cereal, instant, prepared with whole milk	311	39	0	0	183	31	74	258	184
rice cereal, strained/junior	312	20	0	0	53	13	26	77	54
bananas with tapioca, strained/junior	313	51	0	0	155	53	65	273	138
beets, strained/junior	314	15	0	0	216	27	170	257	212
split peas with vegetables and ham/bacon, strained/junior	316	27	0	0	93	22	62	148	91
teething biscuits	317	51	0	0	388	134	231	837	356
salmon, steaks or filets, fresh or frozen, baked	318	31	0	0	296	27	229	361	296
rice cereal with apple, strained/junior	319	17	0	0	69	10	54	90	71
squash, strained/junior	320	29	0	0	158	19	112	206	158
BF, cereal, oatmeal, dry, prep w/ water	323	12	0	0	266	50	198	333	252
BF, cereal, rice, dry, prep w/ water	324	12	0	0	101	20	72	128	102
BF, cereal, rice w/apples, dry, prep w/ water	325	12	0	0	105	33	69	193	95
BF, veal and broth/gravy	326	12	0	0	103	16	80	122	104
BF, lamb and broth/gravy	327	12	0	0	116	17	87	140	121
BF, turkey and broth/gravy	328	12	0	0	118	3	112	123	119
Meal replacement, liquid RTD, any	331	12	0	0	462	24	424	504	458
Cottage cheese, creamed, lowfat (2% milk fat)	332	12	0	0	84	10	69	99	82
Sour cream dip, any flavor	333	12	0	0	123	15	100	160	121

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Magnesium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
Beef steak, loin/sirloin, broiled	334	12	0	0	241	11	227	265	240
Luncheon meat (chicken/turkey)	335	12	0	0	177	28	140	229	184
Chicken breast, fried, fast-food (w/	336	12	0	0	278	14	252	291	284
Chicken thigh, oven-roasted (skin removed)	337	12	0	0	256	25	214	303	258
Chicken leg, fried, fast-food (w/ skin)	338	12	0	0	234	20	197	268	233
Catfish, pan-cooked w/ oil	339	12	0	0	249	23	208	295	247
Tuna, canned in water, drained	340	12	0	0	246	15	217	268	248
Refried beans, canned	341	12	0	0	390	35	357	488	386
White beans, dry, boiled	342	12	0	0	530	54	394	591	541
Sunflower seeds (shelled), roasted,	343	12	0	0	3418	897	740	4310	3600
Pancakes, frozen, heated	344	12	0	0	205	41	116	275	205
Breakfast tart/toaster pastry	345	12	0	0	131	25	103	204	125
Macaroni salad, from grocery/deli	346	12	0	0	135	11	117	155	136
Spaghetti, enriched, boiled	347	12	0	0	213	22	176	251	216
Apricots, canned in heavy/light syrup	348	12	0	0	61	4	56	70	62
Fruit juice blend (100% juice), canned/bottled	350	12	0	0	55	12	40	82	54
Cranberry juice cocktail,	351	12	0	0	15	2	11	18	15
Orange juice, bottled/carton	352	12	0	0	113	11	90	131	112
Potato salad, mayonnaise-type, from grocery/deli	353	12	0	0	142	14	123	172	142
Potato, mashed, prepared from fresh	354	12	0	0	141	8	130	157	143
Coleslaw, mayonnaise-type, from grocery/deli	355	12	0	0	100	12	77	118	101
Carrot, baby, raw	356	12	0	0	88	12	69	117	86
Lettuce, leaf, raw	357	12	0	0	148	41	109	260	138
Sweet potatoes, canned	358	12	0	0	117	18	93	148	114
Tomato salsa, bottled	359	12	0	0	154	12	134	181	154

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Magnesium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
Beef and vegetable stew, canned	360	12	0	0	97	4	89	104	96
Lasagna w/ meat, frozen, heated	361	12	0	0	188	12	171	212	186
Beef w/ vegetables in sauce, from Chinese carry-out	362	12	0	0	151	16	129	176	154
Chicken w/ vegetables in sauce, from Chinese carry-out	363	12	0	0	149	17	122	178	149
Fried rice, meatless, from Chinese carry-out	364	12	0	0	112	17	83	150	112
Burrito w/ beef, beans and cheese, from Mexican carry-out	365	12	0	0	303	46	254	422	295
Chicken filet (broiled) sandwich on bun, fast-food	366	12	0	0	246	18	225	282	241
Soup, Oriental noodles (ramen noodles), prep w/ water	367	12	0	0	42	9	26	60	43
Pudding, ready-to-eat, flavor other than chocolate	368	12	0	0	49	8	36	64	48
Cake, yellow w/ icing	369	12	0	0	73	33	44	166	64
Granola bar, w/ raisins	370	12	0	0	576	137	455	904	527
Candy bar, chocolate, nougat, and nuts	371	12	0	0	628	25	587	656	628
Popcorn, microwave, butter-flavored	372	12	0	0	942	248	539	1370	964
Sweet & sour sauce	373	12	0	0	58	22	14	91	58
Brown gravy, canned or bottled	374	12	0	0	34	7	25	44	36
Salad dressing, creamy/buttermilk type, regular	375	12	0	0	53	11	34	68	52
Salad dressing, creamy/buttermilk type, low-calorie	376	12	0	0	54	10	39	72	54
Salad dressing, Italian, regular	377	12	0	0	37	9	22	54	35
Olive oil	378	12	12	0	0	0	0	0	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Magnesium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
Vegetable oil	379	12	12	0	0	0	0	0	0
Bottled drinking water (mineral/spring), not carbonated or flavored	380	12	0	1	5	3	2	12	4
Decaffeinated coffee, from ground	381	12	0	0	24	11	14	45	22
Decaffeinated tea, from tea bag	382	12	0	0	12	4	9	19	11

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Manganese - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
Overall:		13,227	3307	2897	2.5	4.6	0	44.4	1.1
whole milk, fluid	1	50	50	0	0	0	0	0	0
lowfat (2% fat) milk, fluid	2	51	51	0	0	0	0	0	0
chocolate milk, fluid	3	51	10	41	0.3	0.2	0	0.7	0.3
skim milk, fluid	4	51	51	0	0	0	0	0	0
plain yogurt, lowfat	6	39	39	0	0	0	0	0	0
chocolate milk shake, fast-food	7	51	14	37	0.3	0.2	0	0.8	0.4
evaporated milk, canned	8	39	39	0	0	0	0	0	0
American, processed cheese	10	51	41	10	0.1	0.2	0	0.8	0
cottage cheese, 4% milkfat	11	39	39	0	0	0	0	0	0
cheddar cheese	12	51	46	5	0	0.1	0	0.6	0
ground beef, pan-cooked	13	51	49	2	0	0.1	0	0.8	0
beef chuck roast, baked	14	51	49	2	0	0.1	0	0.6	0
beef steak, loin, pan-cooked	16	39	38	1	0	0.05	0	0.3	0
ham, baked	17	51	51	0	0	0	0	0	0
pork chop, pan-cooked	18	51	50	1	0	0.05	0	0.3	0
pork sausage, pan-cooked	19	51	16	35	0.4	0.3	0	1.1	0.4
pork bacon, pan-cooked	20	51	50	1	0	0.05	0	0.4	0
pork roast, baked	21	51	51	0	0	0	0	0	0
lamb chop, pan-cooked	22	51	51	0	0	0	0	0	0
chicken, fried (breast, leg, and thigh) homemade	24	39	5	34	0.4	0.2	0	0.7	0.4
turkey breast, roasted	26	51	50	1	0	0.06	0	0.4	0
liver, beef, fried	27	51	0	0	3.4	0.4	2.4	4.3	3.5
frankfurters, beef, boiled	28	51	26	25	0.2	0.3	0	0.8	0
bologna, sliced	29	51	27	24	0.2	0.2	0	0.6	0
salami, sliced	30	51	0	38	2.2	2.7	0.4	11.8	1.0
tuna, canned in oil	32	39	17	22	0.3	0.3	0	0.9	0.3
fish sticks, frozen, heated	34	51	0	0	2.2	0.7	1.4	4.8	1.9

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Manganese - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
eggs, scrambled	35	51	38	13	0.1	0.2	0	0.4	0
eggs, fried	36	39	23	16	0.1	0.2	0	0.4	0
eggs, boiled	37	51	30	21	0.1	0.2	0	0.4	0
pinto beans, dry, boiled	38	51	0	0	5.2	0.5	3.9	6.4	5.2
pork and beans, canned	39	51	0	0	3.3	0.4	2.4	4.4	3.4
lima beans, immature, frozen, boiled	42	51	0	0	6.2	0.8	4.6	7.8	6.2
green peas, fresh/frozen, boiled	46	51	0	0	2.9	0.5	1.8	3.9	2.9
peanut butter, smooth	47	51	0	0	16.3	1.8	13.0	20.2	16.4
peanuts, dry roasted	48	51	0	0	18.9	2.2	12.9	23.1	18.7
white rice, cooked	50	51	0	0	4.5	0.9	2.9	7.1	4.5
oatmeal, quick (1-3 min), cooked	51	51	0	0	7.4	1.4	5.3	11.5	7.2
wheat cereal, farina, quick (1-3min),	52	51	0	4	2.1	1.2	0.7	6.7	1.8
corngrits, regular, cooked	53	51	26	23	0.2	0.4	0	2.0	0
corn, fresh/frozen, boiled	54	51	0	21	1.1	0.3	0.7	2.0	1.1
corn, canned	55	12	0	11	0.7	0.1	0.5	0.9	0.7
cream style corn, canned	56	39	0	39	0.6	0.1	0.4	0.8	0.6
popcorn, popped in oil	57	39	0	0	8.2	1.5	4.7	11.1	8.3
white bread	58	51	0	0	4.6	0.7	2.6	6.1	4.7
white roll	59	39	0	0	4.6	0.6	3.4	6.1	4.6
cornbread, homemade	60	51	0	0	2.0	0.3	1.5	2.7	2.1
biscuit, from refrigerated dough, baked	61	51	0	0	4.1	0.8	2.2	7.5	3.9
whole wheat bread	62	51	0	0	19.4	2.8	13.1	24.0	19.4
tortilla, flour	63	51	0	0	4.7	0.9	3.6	9.4	4.5
rye bread	64	51	0	0	7.1	1.1	4.1	9.3	7.2
blueberry muffin, commercial	65	51	0	0	4.2	1.1	1.9	6.8	4.2
saltine crackers	66	51	0	0	7.2	0.7	5.9	9.1	7.2
corn chips	67	51	0	0	3.5	0.6	2.6	5.8	3.5
pancake from mix	68	39	0	0	2.8	0.8	1.4	6.6	2.7
egg noodles, boiled	69	51	0	0	3.3	0.8	2.2	5.4	3.2

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Manganese - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
macaroni, boiled	70	39	0	0	3.1	0.6	2.1	4.9	2.9
corn flakes	71	51	0	17	1.3	0.4	0.4	2.0	1.2
fruit-flavored, sweetened cereal	72	51	0	0	7.0	1.3	4.5	11.2	6.9
shredded wheat cereal	73	51	0	0	27.3	5.3	16.7	44.4	27.0
raisin bran cereal	74	51	0	0	29.7	4.7	19.8	39.2	29.5
crisped rice cereal	75	51	0	0	13.1	1.6	9.2	16.9	13.0
granola cereal	76	51	0	0	19.6	3.5	11.0	27.7	18.9
oat ring cereal	77	51	0	0	33.0	2.5	28.5	38.3	32.8
apple, red, raw	78	51	26	25	0.2	0.2	0	0.5	0
orange, raw	79	51	7	44	0.2	0.1	0	0.4	0.3
banana, raw	80	51	0	0	3.2	1.5	1.3	8.3	3.0
watermelon, raw	81	51	4	43	0.4	0.2	0	0.9	0.4
peach, raw	83	51	0	50	0.5	0.1	0.2	0.8	0.5
applesauce, bottled	84	51	24	27	0.1	0.1	0	0.3	0.2
pear, raw	85	51	0	50	0.5	0.1	0.3	0.7	0.4
strawberries, raw	86	51	0	0	3.8	1.4	2.0	8.1	3.4
fruit cocktail, canned in heavy syrup	87	51	0	33	0.9	0.4	0.4	2.5	0.8
grapes, red/green, seedless, raw	88	50	0	32	0.7	0.2	0.3	1.2	0.7
cantaloupe, raw	89	51	1	48	0.4	0.1	0	0.8	0.4
plums, raw	91	39	0	36	0.5	0.1	0.2	0.8	0.5
grapefruit, raw	92	51	26	25	0.1	0.1	0	0.6	0
pineapple, canned in juice	93	51	0	0	10.0	4.1	1.4	21.2	10.3
sweet cherries, raw	94	33	0	20	0.8	0.2	0.5	1.4	0.8
raisins, dried	95	51	0	0	3.0	0.2	2.4	3.5	3.0
prunes, dried	96	39	0	0	3.1	0.5	2.4	5.9	3.1
avocado, raw	97	51	0	33	1.7	0.4	0.6	2.9	1.6
orange juice, from frozen concentrate	98	51	9	42	0.2	0.1	0	0.6	0.2
apple juice, bottled	99	51	0	37	0.7	0.5	0.2	2.1	0.4
grapefruit juice, from frozen	100	51	40	10	0.1	0.7	0	5.1	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Manganese - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
prune juice, bottled	103	51	0	3	1.2	0.3	0.8	2.5	1.1
lemonade, from frozen concentrate	105	51	51	0	0	0	0	0	0
spinach, fresh/frozen, boiled	107	51	0	0	5.2	2.8	2.2	18.8	4.4
collards, fresh/frozen, boiled	108	51	0	0	5.4	2.8	1.7	16.1	4.8
iceberg lettuce, raw	109	51	0	4	1.2	0.3	0.7	2.1	1.2
cabbage, fresh, boiled	110	51	0	7	1.1	0.4	0.7	2.8	1.1
coleslaw with dressing, homemade	111	39	0	34	1.3	0.3	0.7	2.1	1.3
sauerkraut, canned	112	39	0	11	1.1	0.2	0.6	1.7	1.1
broccoli, fresh/frozen, boiled	113	51	0	0	1.6	0.3	1.1	2.7	1.5
celery, raw	114	51	1	36	0.8	0.3	0	1.4	0.7
asparagus, fresh/frozen, boiled	115	51	0	8	1.2	0.3	0.8	2.0	1.3
cauliflower, fresh/frozen, boiled	116	51	0	4	1.2	0.2	0.8	2.3	1.2
tomato, red, raw	117	51	0	26	1.0	0.2	0.5	1.8	0.9
tomato sauce, plain, bottled	119	51	0	12	1.0	0.2	0.7	1.4	1.0
green beans, fresh/frozen, boiled	121	51	0	0	2.6	0.8	1.3	5.6	2.6
beans, snap green, canned	122	12	0	0	2.3	0.5	1.5	3.2	2.1
cucumber, raw	123	51	0	42	0.7	0.2	0.4	1.3	0.7
summer squash, fresh/frozen, boiled	124	51	0	4	1.4	0.5	0.8	3.0	1.3
green pepper, raw	125	51	0	20	1.0	0.3	0.5	2.0	1.0
winter squash, fresh/frozen, baked, mashed	126	51	1	15	1.1	0.4	0	2.4	1.1
onion, mature, raw	128	51	0	19	1.1	0.4	0.4	2.5	1.1
beets, canned	131	12	0	0	3.8	1.1	2.0	5.4	3.9
radish, raw	132	39	4	34	0.4	0.2	0	1.2	0.4
French fries, frozen, heated	134	39	0	0	1.9	0.3	1.4	2.8	1.8
mashed potatoes, from flakes	135	39	0	38	0.7	0.1	0.5	1.1	0.7
white potato, boiled without skin	136	51	0	2	1.2	0.2	0.8	1.6	1.2
white potato, baked with skin	137	51	0	0	2.0	0.4	1.2	3.3	1.9
potato chips	138	51	0	0	4.3	0.9	3.0	8.3	4.0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Manganese - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
scalloped potatoes, homemade	139	39	0	10	1.1	0.2	0.8	1.7	1.1
sweet potato, fresh, baked	140	39	0	0	4.7	2.4	1.4	14.1	4.3
spaghetti with tomato sauce and meatballs, homemade	142	51	0	0	1.8	0.4	1.2	3.6	1.8
beef stew with potatoes, carrots, and onion, homemade	143	39	0	19	0.9	0.2	0.5	1.3	0.9
chili con carne, beef and beans, canned	145	12	0	0	2.6	0.5	1.6	3.6	2.7
macaroni and cheese, from box mix	146	51	0	0	2.2	0.4	1.1	3.2	2.2
quarter-pound hamburger on bun, fast-food	147	51	0	0	1.9	0.3	1.4	2.6	2.0
meatloaf, homemade	148	51	3	38	0.7	0.4	0.0	1.8	0.6
spaghetti with tomato sauce, canned	149	39	0	2	1.4	0.3	0.9	2.0	1.5
lasagna with meat, homemade	151	39	0	0	1.6	0.2	1.1	2.1	1.6
chicken potpie, frozen, heated	152	51	0	0	2.0	0.4	1.4	3.4	1.9
chicken noodle soup, canned, condensed, prepared with water	155	51	1	46	0.5	0.2	0	1.3	0.5
tomato soup, canned, condensed, prepared with water	156	51	0	39	0.8	0.1	0.6	1.0	0.8
vegetable beef soup, canned, condensed, prepared with water	157	51	0	47	0.6	0.1	0.3	0.9	0.6
white sauce, homemade	160	39	0	35	0.6	0.2	0.3	1.3	0.5
dill cucumber pickles	161	51	13	38	0.4	0.2	0	0.8	0.4
margarine, stick, regular (salted)	162	51	51	0	0	0	0	0	0
butter, regular (salted)	164	51	51	0	0	0	0	0	0
mayonnaise, regular, bottled	166	51	51	0	0	0	0	0	0
half & half cream	167	51	51	0	0	0	0	0	0
cream substitute, frozen	168	51	51	0	0	0	0	0	0
white sugar, granulated	169	51	51	0	0	0	0	0	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Manganese - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
pancake syrup	170	51	9	23	0.8	0.6	0	2.6	0.7
honey	172	51	8	42	0.4	0.3	0	1.7	0.4
tomato catsup	173	51	0	2	1.0	0.1	0.8	1.4	1.1
chocolate pudding, from instant mix	175	39	0	29	0.8	0.2	0.4	1.7	0.8
vanilla flavored light ice cream	177	50	48	2	0	0.06	0	0.3	0
chocolate cake with chocolate icing, commercial	178	51	0	0	2.9	0.5	2.0	4.4	2.9
yellow cake with white icing, prepared from cake and icing mixes	179	39	0	27	0.9	0.2	0.6	1.3	0.9
sweet roll/Danish, commercial	182	51	0	0	3.6	0.7	2.2	5.0	3.6
chocolate chip cookies, commercial	183	51	0	0	5.0	0.6	3.6	6.2	5.1
sandwich cookies with creme filling, commercial	184	51	0	0	4.6	1.0	2.7	6.7	4.6
apple pie, fresh/frozen, commercial	185	51	0	0	2.1	0.4	1.5	3.2	2.1
pumpkin pie, fresh/frozen, commercial	186	51	0	0	2.5	0.4	1.8	3.3	2.5
milk chocolate candy bar, plain	187	51	0	0	3.9	0.7	2.5	7.4	3.8
caramel candy	188	39	39	0	0	0	0	0	0
gelatin dessert, any flavor	190	51	51	0	0	0	0	0	0
cola carbonated beverage	191	51	51	0	0	0	0	0	0
fruit drink, from powder	193	51	51	0	0	0	0	0	0
low-calorie cola carbonated beverage	194	51	51	0	0	0	0	0	0
coffee, decaffeinated, from instant	196	39	0	30	0.3	0.2	0.1	1.1	0.3
tea, from tea bag	197	51	0	0	3.3	1.0	0.8	7.4	3.1
beer	198	51	48	3	0	0.05	0	0.3	0
dry table wine	199	51	0	0	1.2	0.4	0.5	2.6	1.1
whiskey	200	39	39	0	0	0	0	0	0
tap water	201	33	32	1	0	0	0	0.05	0
milk-based infant formula, high iron, ready-to-feed	202	51	51	0	0	0	0	0	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Manganese - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
milk-based infant formula, low iron, ready-to-feed	203	51	51	0	0	0	0	0	0
beef, strained/junior	205	51	50	1	0	0.09	0	0.6	0
chicken, strained/junior, with/without broth or gravy	207	51	51	0	0	0	0	0	0
chicken/turkey with vegetables, high/lean meat, strained/junior	208	2	0	2	0.9	0.1	0.9	1.0	0.9
beef with vegetables, high/lean meat, strained/junior	209	2	0	2	0.8	0.05	0.8	0.8	0.8
ham with vegetables, high/lean meat, strained/junior	210	2	0	2	0.9	0.06	0.9	1.0	0.9
vegetables and beef, strained/junior	211	51	0	5	1.3	0.4	0.5	2.5	1.3
vegetables and chicken, strained/junior	212	51	0	6	1.2	0.3	0.7	1.8	1.2
vegetables and ham, strained/junior	213	50	0	5	1.2	0.2	0.8	2.0	1.2
chicken noodle dinner, strained/junior	214	51	0	1	1.4	0.3	1.0	2.2	1.5
macaroni, tomatoes, and beef, strained/junior	215	51	0	2	1.4	0.3	0.9	2.0	1.4
turkey and rice, strained/junior	216	51	0	2	1.3	0.3	0.8	2.2	1.3
carrots, strained/junior	218	51	0	9	1.3	0.7	0.6	5.0	1.2
green beans, strained/junior	219	51	0	0	3.3	0.9	1.5	5.2	3.2
mixed vegetables, strained/junior	220	51	0	1	1.6	0.4	0.9	2.8	1.6
sweet potatoes, strained/junior	221	51	0	0	3.0	1.1	1.4	5.9	2.9
creamed corn, strained/junior	222	33	0	6	1.1	0.2	0.4	1.7	1.1
peas, strained/junior	223	51	0	0	2.3	0.4	1.6	3.4	2.3
creamed spinach, strained/junior	224	39	0	0	7.4	2.3	3.4	10.9	7.0
applesauce, strained/junior	225	51	15	36	0.3	0.2	0	0.6	0.3
peaches, strained/junior	226	51	0	50	0.6	0.1	0.4	1.0	0.6
pears, strained/junior	227	50	0	49	0.5	0.1	0.3	1.1	0.5
apple juice, strained	230	51	13	16	0.8	0.7	0	2.7	0.7

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Manganese - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
orange juice, strained	231	50	37	12	0.1	0.2	0	1.2	0
custard pudding, strained/junior	232	51	32	18	0.2	0.3	0	1.0	0
fruit dessert/pudding, strained/junior	233	51	1	21	1.3	0.7	0.0	3.2	1.1
fruit-flavored yogurt, lowfat (fruit	235	51	33	18	0.1	0.2	0	0.5	0
Swiss cheese	236	51	45	6	0.1	0.1	0	0.5	0
cream cheese	237	51	51	0	0	0	0	0	0
veal cutlet, pan-cooked	238	39	39	0	0	0	0	0	0
ham luncheon meat, sliced	239	51	50	1	0	0.06	0	0.4	0
chicken breast, roasted	240	51	50	1	0	0.05	0	0.4	0
chicken nuggets, fast-food	241	51	0	1	1.4	0.3	0.8	2.3	1.4
chicken, fried (breast, leg, and thigh), fast-food	242	39	0	9	1.1	0.2	0.7	1.9	1.1
haddock, pan-cooked	243	20	16	4	0.1	0.2	0	0.5	0
shrimp, boiled	244	51	8	36	0.5	0.4	0	1.7	0.4
kidney beans, dry, boiled	245	39	0	0	5.3	0.9	3.5	7.7	5.3
peas, mature, dry, boiled	246	39	0	0	4.2	0.5	3.3	5.7	4.1
mixed nuts, no peanuts, dry roasted	247	39	0	0	23.5	3.1	14.6	32.5	23.4
cracked wheat bread	248	51	0	0	11.2	2.4	7.3	18.4	10.6
bagel, plain	249	51	0	0	4.6	0.7	3.2	6.7	4.6
English muffin, plain, toasted	250	51	0	0	4.8	0.8	3.1	7.6	4.6
graham crackers	251	51	0	0	8.8	1.3	5.6	12.1	9.0
butter-type crackers	252	51	0	0	5.2	0.6	4.1	6.8	5.3
apricot, raw	253	34	0	31	0.8	0.1	0.4	1.0	0.7
peach, canned in light/medium syrup	254	51	25	24	0.2	0.3	0	1.3	0.3
pear, canned in light syrup	255	51	28	19	0.3	0.3	0	1.1	0
pineapple juice, from frozen	256	51	0	0	10.7	3.9	4.1	17.3	11.2
grape juice, from frozen concentrate	257	51	0	8	1.4	0.8	0.4	3.8	1.2
French fries, fast-food	258	51	0	0	2.5	0.5	1.9	4.1	2.4
carrot, fresh, boiled	259	51	0	17	1.2	0.8	0.7	6.1	1.1

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Manganese - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
tomato, stewed, canned	260	39	0	36	0.8	0.1	0.5	1.1	0.8
tomato juice, bottled	261	51	0	47	0.7	0.1	0.5	1.0	0.7
beets, fresh/frozen, boiled	262	39	0	1	3.4	1.7	0.6	11.1	3.1
Brussels sprouts, fresh/frozen, boiled	263	51	0	0	2.0	0.4	1.4	3.2	2.0
mushrooms, raw	264	51	5	46	0.4	0.1	0	0.7	0.4
eggplant, fresh, boiled	265	51	0	13	1.0	0.2	0.7	1.7	1.0
turnip, fresh/frozen, boiled	266	51	0	48	0.7	0.2	0.4	1.4	0.7
okra, fresh/frozen, boiled	267	51	0	0	2.9	0.6	1.1	4.2	2.9
mixed vegetables, frozen, boiled	268	51	0	0	2.2	0.3	1.3	2.9	2.2
beef stroganoff, homemade	269	51	0	3	1.6	0.3	0.8	2.5	1.7
green peppers stuffed with beef and rice, homemade	270	39	0	2	1.6	0.4	0.8	2.5	1.6
chili con carne with beans, homemade	271	39	0	0	2.1	0.4	1.3	3.3	2.1
tuna noodle casserole, homemade	272	51	0	7	1.2	0.2	0.8	1.8	1.2
Salisbury steak with gravy, potatoes, and vegetable, frozen meal, heated	273	38	0	0	1.7	0.3	1.0	2.3	1.6
turkey with gravy, dressing, potatoes, and vegetable, frozen meal, heated	274	38	0	4	1.2	0.2	0.9	1.6	1.2
quarter-pound cheeseburger on bun, fast-food	275	50	0	0	1.7	0.2	1.2	2.2	1.8
fish sandwich on bun, fast-food	276	51	0	0	2.2	0.3	1.6	3.1	2.1
frankfurter on bun, fast-food	277	39	0	6	2.3	0.4	1.6	3.0	2.4
egg, cheese, and ham on English muffin, fast-food	278	51	0	0	2.1	0.3	1.6	2.9	2.1
taco/tostada, from Mexican carry-out	279	51	0	0	2.5	0.4	1.4	4.0	2.4
cheese pizza, regular crust, from pizza carry-out	280	39	0	0	3.1	0.4	2.6	3.9	3.1

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Manganese - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
cheese and pepperoni pizza, regular crust, from pizza carry-out	281	51	0	0	3.5	0.4	2.4	4.7	3.5
beef chow mein, from Chinese carry-	282	39	0	8	1.6	0.6	0.3	2.7	1.5
bean with bacon/pork soup, canned, condensed, prepared with water	283	51	0	0	2.3	0.5	1.2	3.2	2.3
mushroom soup, canned, condensed, prepared with whole milk	284	39	16	23	0.2	0.2	0	0.5	0.3
clam chowder, New England, canned, condensed, prepared with whole milk	285	51	2	49	0.4	0.1	0	0.8	0.4
vanilla ice cream	286	51	50	1	0	0.04	0	0.3	0
fruit flavor sherbet	287	51	34	17	0.2	0.2	0	0.7	0
popsicle, any flavor	288	51	40	10	0.1	0.2	0	1.0	0
chocolate snack cake with chocolate	289	39	0	0	3.8	0.8	2.1	5.9	3.9
cake doughnuts with icing, any flavor, from doughnut store	290	51	0	0	2.9	0.4	2.0	3.7	2.9
brownies, commercial	291	51	0	0	4.3	0.6	2.7	6.0	4.2
sugar cookies, commercial	292	51	0	0	3.3	0.5	2.1	4.5	3.3
suckers, any flavor	293	51	50	1	0	0.04	0	0.3	0
pretzels, hard, salted, any shape	294	51	0	0	9.1	1.7	5.3	13.8	9.0
chocolate syrup dessert topping	295	51	0	0	4.2	0.6	3.0	5.9	4.1
jelly, any flavor	296	51	0	19	1.4	0.6	0.4	2.6	1.3
sweet cucumber pickles	297	39	21	18	0.2	0.2	0	0.6	0
yellow mustard	298	51	0	0	4.2	0.5	3.4	5.6	4.1
black olives	299	51	3	43	0.6	0.3	0	2.4	0.6
sour cream	300	51	51	0	0	0	0	0	0
brown gravy, homemade	301	39	0	34	0.6	0.2	0.3	1.0	0.6
French salad dressing, regular	302	39	7	32	0.3	0.2	0	0.6	0.4
Italian salad dressing, low-calorie	303	39	20	19	0.2	0.3	0	0.8	0
olive/safflower oil	304	38	38	0	0	0	0	0	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Manganese - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
coffee, from ground	305	51	32	19	0.1	0.1	0	0.4	0
fruit-flavored carbonated beverage	306	51	49	0	0	0.14	0	0.8	0
fruit drink, canned	307	51	16	18	0.7	0.9	0	4.4	0.3
martini	308	30	28	2	0	0.03	0	0.1	0
soy-based infant formula, ready-to-feed	309	51	24	27	0.2	0.2	0	0.7	0.3
egg yolk, strained/junior	310	12	0	12	0.5	0.04	0.4	0.5	0.5
rice infant cereal, instant, prepared with whole milk	311	39	0	0	4.0	1.1	2.7	7.6	3.8
rice cereal, strained/junior	312	20	0	3	1.4	0.3	0.8	2.3	1.4
bananas with tapioca, strained/junior	313	51	0	2	1.8	0.6	0.7	3.5	1.7
beets, strained/junior	314	15	0	0	3.6	0.7	2.4	5.1	3.6
split peas with vegetables and ham/bacon, strained/junior	316	27	0	6	1.4	0.5	0.7	2.7	1.5
teething biscuits	317	51	0	0	5.1	3.4	2.4	15.7	3.5
salmon, steaks or filets, fresh or frozen, baked	318	31	30	1	0	0.06	0	0.3	0
rice cereal with apple, strained/junior	319	17	0	0	1.4	0.1	1.2	1.6	1.4
squash, strained/junior	320	29	0	17	0.9	0.3	0.3	1.7	0.8
BF, cereal, oatmeal, dry, prep w/ water	323	12	0	0	7.5	1.5	5.0	9.1	7.9
BF, cereal, rice, dry, prep w/ water	324	12	0	0	3.9	0.6	2.6	4.7	3.9
BF, cereal, rice w/apples, dry, prep w/ water	325	12	0	0	3.3	0.5	2.6	4.6	3.2
BF, veal and broth/gravy	326	12	12	0	0	0	0	0	0
BF, lamb and broth/gravy	327	12	12	0	0	0	0	0	0
BF, turkey and broth/gravy	328	12	12	0	0	0	0	0	0
Meal replacement, liquid RTD, any	331	12	0	0	5.3	0.7	4.1	6.0	5.7
Cottage cheese, creamed, lowfat (2% milk fat)	332	12	11	1	0	0.2	0	0.5	0
Sour cream dip, any flavor	333	12	6	5	0.3	0.4	0	1.3	0.2

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Manganese - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
Beef steak, loin/sirloin, broiled	334	12	12	0	0	0	0	0	0
Luncheon meat (chicken/turkey)	335	12	12	0	0	0	0	0	0
Chicken breast, fried, fast-food (w/ skin removed)	336	12	0	0	1.2	0.14	0.9	1.5	1.1
Chicken thigh, oven-roasted (skin removed)	337	12	12	0	0	0	0	0	0
Chicken leg, fried, fast-food (w/ skin)	338	12	0	0	1.3	0.2	1.0	1.6	1.4
Catfish, pan-cooked w/ oil	339	12	12	0	0	0	0	0	0
Tuna, canned in water, drained	340	12	8	4	0.1	0.2	0	0.5	0
Refried beans, canned	341	12	0	0	3.4	0.5	3.0	4.7	3.3
White beans, dry, boiled	342	12	0	0	6.8	0.5	6.2	7.9	6.6
Sunflower seeds (shelled), roasted,	343	12	0	0	22.4	4.2	10.7	27.7	23.6
Pancakes, frozen, heated	344	12	0	0	3.9	0.5	3.1	4.8	4.0
Breakfast tart/toaster pastry	345	12	0	0	3.5	0.2	3.2	3.8	3.4
Macaroni salad, from grocery/deli	346	12	0	0	1.9	0.3	1.4	2.2	1.9
Spaghetti, enriched, boiled	347	12	0	0	3.7	0.8	2.8	5.8	3.5
Apricots, canned in heavy/light syrup	348	12	0	12	0.4	0.05	0.3	0.5	0.4
Fruit juice blend (100% juice), canned/bottled	350	12	0	7	0.6	0.2	0.3	1.0	0.7
Cranberry juice cocktail,	351	12	0	8	0.7	0.3	0.3	1.2	0.6
Orange juice, bottled/carton	352	12	2	10	0.2	0.1	0	0.3	0.2
Potato salad, mayonnaise-type, from grocery/deli	353	12	0	1	1.3	0.1	1.0	1.6	1.3
Potato, mashed, prepared from fresh	354	12	0	1	1.0	0.2	0.7	1.2	0.9
Coleslaw, mayonnaise-type, from grocery/deli	355	12	0	7	1.2	0.3	0.7	1.8	1.1
Carrot, baby, raw	356	12	0	3	1.0	0.4	0.5	2.0	1.0
Lettuce, leaf, raw	357	12	0	0	3.0	0.9	1.8	4.6	2.8
Sweet potatoes, canned	358	12	0	0	3.2	1.2	1.8	5.8	3.1
Tomato salsa, bottled	359	12	0	0	1.2	0.10	1.1	1.3	1.2

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Manganese - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
Beef and vegetable stew, canned	360	12	0	12	0.5	0.07	0.4	0.7	0.5
Lasagna w/ meat, frozen, heated	361	12	0	0	1.8	0.2	1.6	2.3	1.7
Beef w/ vegetables in sauce, from Chinese carry-out	362	12	0	1	1.4	0.4	0.9	2.1	1.2
Chicken w/ vegetables in sauce, from Chinese carry-out	363	12	0	1	1.3	0.4	0.8	1.9	1.1
Fried rice, meatless, from Chinese carry-out	364	12	0	0	4.6	0.8	3.4	6.0	4.6
Burrito w/ beef, beans and cheese, from Mexican carry-out	365	12	0	0	3.7	0.4	3.0	4.6	3.7
Chicken filet (broiled) sandwich on bun, fast-food	366	12	0	0	2.4	0.3	1.9	3.0	2.3
Soup, Oriental noodles (ramen noodles), prep w/ water	367	12	0	4	1.0	0.2	0.6	1.2	1.0
Pudding, ready-to-eat, flavor other than chocolate	368	12	11	1	0	0.09	0	0.3	0
Cake, yellow w/ icing	369	12	0	7	1.0	0.4	0.6	2.1	1.0
Granola bar, w/ raisins	370	12	0	0	12.3	0.9	10.8	13.4	12.6
Candy bar, chocolate, nougat, and nuts	371	12	0	0	4.3	0.3	3.6	4.8	4.3
Popcorn, microwave, butter-flavored	372	12	0	0	7.7	1.5	5.6	9.5	7.9
Sweet & sour sauce	373	12	1	2	2.7	2.3	0	6.4	2.0
Brown gravy, canned or bottled	374	12	2	10	0.3	0.1	0	0.5	0.3
Salad dressing, creamy/buttermilk type, regular	375	12	2	10	0.3	0.2	0	0.6	0.4
Salad dressing, creamy/buttermilk type, low-calorie	376	12	5	7	0.2	0.2	0	0.5	0.3
Salad dressing, Italian, regular	377	12	4	7	0.4	0.4	0	1.4	0.5
Olive oil	378	12	12	0	0	0	0	0	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Manganese - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
Vegetable oil	379	12	12	0	0	0	0	0	0
Bottled drinking water (mineral/spring), not carbonated or flavored	380	12	12	0	0	0	0	0	0
Decaffeinated coffee, from ground	381	12	2	10	0.1	0.1	0	0.3	0.1
Decaffeinated tea, from tea bag	382	12	0	0	4.5	1.3	3.1	6.8	3.9

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Mercury - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
Overall:		2445	2225	112	0.005	0.026	0	0.322	0
whole milk, fluid	1	52	52	0	0	0	0	0	0
lowfat (2% fat) milk, fluid	2	52	52	0	0	0	0	0	0
chicken, fried (breast, leg, and thigh) homemade	24	40	40	0	0	0	0	0	0
turkey breast, roasted	26	52	52	0	0	0	0	0	0
liver, beef, fried	27	52	51	1	0.001	0.004	0	0.030	0
tuna, canned in oil	32	40	0	0	0.163	0.068	0.060	0.322	0.150
fish sticks, frozen, heated	34	52	40	11	0.003	0.007	0	0.030	0
eggs, scrambled	35	51	51	0	0	0	0	0	0
eggs, fried	36	40	40	0	0	0	0	0	0
eggs, boiled	37	52	52	0	0	0	0	0	0
peanut butter, smooth	47	3	3	0	0	0	0	0	0
white rice, cooked	50	52	52	0	0	0	0	0	0
oatmeal, quick (1-3 min), cooked	51	52	51	1	0	0.002	0	0.012	0
white bread	58	52	52	0	0	0	0	0	0
fruit-flavored, sweetened cereal	72	52	52	0	0	0	0	0	0
crisped rice cereal	75	52	52	0	0	0	0	0	0
raisins, dried	95	52	52	0	0	0	0	0	0
prunes, dried	96	40	40	0	0	0	0	0	0
avocado, raw	97	52	52	0	0	0	0	0	0
orange juice, from frozen concentrate	98	52	52	0	0	0	0	0	0
apple juice, bottled	99	51	51	0	0	0	0	0	0
prune juice, bottled	103	12	12	0	0	0	0	0	0
spinach, fresh/frozen, boiled	107	52	51	1	0	0.002	0	0.018	0
collards, fresh/frozen, boiled	108	52	52	0	0	0	0	0	0
cauliflower, fresh/frozen, boiled	116	51	51	0	0	0	0	0	0
tomato, red, raw	117	52	52	0	0	0	0	0	0
vanilla flavored light ice cream	177	51	51	0	0	0	0	0	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Mercury - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
fruit drink, from powder	193	3	3	0	0	0	0	0	0
milk-based infant formula, high iron, ready-to-feed	202	52	52	0	0	0	0	0	0
milk-based infant formula, low iron, ready-to-feed	203	52	52	0	0	0	0	0	0
chicken, strained/junior, with/without broth or gravy	207	52	51	1	0.001	0.005	0	0.037	0
vegetables and beef, strained/junior	211	52	52	0	0	0	0	0	0
mixed vegetables, strained/junior	220	52	52	0	0	0	0	0	0
creamed spinach, strained/junior	224	40	40	0	0	0	0	0	0
pears, strained/junior	227	52	52	0	0	0	0	0	0
apple juice, strained	230	52	52	0	0	0	0	0	0
fruit-flavored yogurt, lowfat (fruit	235	3	3	0	0	0	0	0	0
chicken breast, roasted	240	52	52	0	0	0	0	0	0
chicken nuggets, fast-food	241	52	52	0	0	0	0	0	0
chicken, fried (breast, leg, and thigh), fast-food	242	40	39	1	0	0.003	0	0.018	0
haddock, pan-cooked	243	20	0	0	0.070	0.028	0.033	0.156	0.068
shrimp, boiled	244	52	1	37	0.025	0.012	0	0.071	0.025
mushrooms, raw	264	52	51	1	0	0.003	0	0.020	0
tuna noodle casserole, homemade	272	52	13	29	0.019	0.018	0	0.087	0.016
fish sandwich on bun, fast-food	276	52	42	9	0.003	0.007	0	0.025	0
beef chow mein, from Chinese carry-	282	40	40	0	0	0	0	0	0
mushroom soup, canned, condensed, prepared with whole milk	284	40	40	0	0	0	0	0	0
clam chowder, New England, canned, condensed, prepared with whole milk	285	52	52	0	0	0	0	0	0
chocolate syrup dessert topping	295	3	3	0	0	0	0	0	0
jelly, any flavor	296	3	3	0	0	0	0	0	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Mercury - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
fruit-flavored carbonated beverage	306	3	3	0	0	0	0	0	0
soy-based infant formula, ready-to-feed	309	52	52	0	0	0	0	0	0
egg yolk, strained/junior	310	13	13	0	0	0	0	0	0
bananas with tapioca, strained/junior	313	51	51	0	0	0	0	0	0
salmon, steaks or filets, fresh or frozen, baked	318	32	3	18	0.030	0.013	0	0.060	0.030
BF, cereal, rice, dry, prep w/ water	324	12	12	0	0.000	0	0	0	0
BF, cereal, rice w/apples, dry, prep w/ water	325	12	12	0	0	0	0	0	0
Chicken breast, fried, fast-food (w/	336	12	12	0	0	0	0	0	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Nickel - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
Overall:		9589	2128	2911	0.133	0.306	0	4.69	0.057
whole milk, fluid	1	37	33	4	0.003	0.011	0	0.048	0
lowfat (2% fat) milk, fluid	2	37	34	3	0.002	0.007	0	0.028	0
chocolate milk, fluid	3	37	0	2	0.084	0.016	0.054	0.138	0.084
skim milk, fluid	4	37	36	1	0	0.002	0	0.013	0
plain yogurt, lowfat	6	25	25	0	0	0	0	0	0
chocolate milk shake, fast-food	7	37	0	0	0.155	0.212	0.054	1.23	0.108
evaporated milk, canned	8	25	24	1	0.001	0.007	0	0.033	0
American, processed cheese	10	37	25	11	0.021	0.035	0	0.136	0
cottage cheese, 4% milkfat	11	24	21	3	0.004	0.010	0	0.033	0
cheddar cheese	12	37	34	3	0.003	0.010	0	0.037	0
ground beef, pan-cooked	13	37	22	10	0.051	0.131	0	0.719	0
beef chuck roast, baked	14	37	29	8	0.009	0.018	0	0.052	0
beef steak, loin, pan-cooked	16	25	17	8	0.013	0.019	0	0.048	0
ham, baked	17	37	21	15	0.021	0.029	0	0.112	0
pork chop, pan-cooked	18	37	25	6	0.022	0.036	0	0.110	0
pork sausage, pan-cooked	19	37	10	19	0.110	0.186	0	0.894	0.046
pork bacon, pan-cooked	20	37	5	20	0.106	0.117	0	0.643	0.068
pork roast, baked	21	37	31	6	0.006	0.016	0	0.057	0
lamb chop, pan-cooked	22	37	17	17	0.038	0.051	0	0.255	0.036
chicken, fried (breast, leg, and thigh) homemade	24	25	19	4	0.016	0.030	0	0.084	0
turkey breast, roasted	26	37	21	13	0.017	0.025	0	0.109	0
liver, beef, fried	27	37	32	5	0.008	0.022	0	0.093	0
frankfurters, beef, boiled	28	37	14	23	0.028	0.025	0	0.085	0.035
bologna, sliced	29	37	15	21	0.032	0.035	0	0.156	0.034
salami, sliced	30	37	10	25	0.042	0.037	0	0.170	0.040
tuna, canned in oil	32	25	15	9	0.021	0.028	0	0.076	0
fish sticks, frozen, heated	34	37	0	13	0.096	0.036	0.047	0.197	0.088

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Nickel - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
eggs, scrambled	35	37	26	4	0.062	0.155	0	0.633	0
eggs, fried	36	25	20	4	0.009	0.023	0	0.101	0
eggs, boiled	37	37	34	3	0.003	0.009	0	0.040	0
pinto beans, dry, boiled	38	37	0	0	0.662	0.180	0.279	1.11	0.654
pork and beans, canned	39	37	0	0	0.407	0.156	0.187	0.801	0.381
lima beans, immature, frozen, boiled	42	37	0	0	0.660	0.311	0.236	1.40	0.570
green peas, fresh/frozen, boiled	46	37	0	0	0.279	0.164	0.069	0.826	0.252
peanut butter, smooth	47	37	0	0	0.618	0.213	0.311	1.54	0.575
peanuts, dry roasted	48	37	0	0	0.612	0.187	0.368	1.25	0.614
white rice, cooked	50	37	1	24	0.047	0.021	0	0.107	0.041
oatmeal, quick (1-3 min), cooked	51	37	0	0	0.507	0.143	0.281	0.977	0.496
wheat cereal, farina, quick (1-3min),	52	37	7	27	0.026	0.016	0	0.060	0.026
corngrits, regular, cooked	53	37	2	26	0.040	0.020	0	0.103	0.036
corn, fresh/frozen, boiled	54	37	3	23	0.049	0.069	0	0.447	0.036
corn, canned	55	12	0	11	0.038	0.008	0.026	0.057	0.036
cream style corn, canned	56	25	1	22	0.032	0.012	0	0.056	0.030
popcorn, popped in oil	57	25	0	2	0.243	0.067	0.082	0.380	0.242
white bread	58	37	0	13	0.097	0.036	0.056	0.234	0.087
white roll	59	25	0	8	0.095	0.021	0.052	0.142	0.096
cornbread, homemade	60	37	0	21	0.092	0.061	0.055	0.428	0.075
biscuit, from refrigerated dough, baked	61	37	0	6	0.117	0.032	0.060	0.192	0.111
whole wheat bread	62	37	0	1	0.191	0.040	0.053	0.259	0.190
tortilla, flour	63	37	0	5	0.102	0.021	0.067	0.151	0.099
rye bread	64	37	0	3	0.120	0.024	0.088	0.170	0.113
blueberry muffin, commercial	65	37	0	32	0.062	0.014	0.038	0.098	0.062
saltine crackers	66	37	0	31	0.082	0.022	0.040	0.147	0.080
corn chips	67	37	0	3	0.187	0.056	0.095	0.293	0.185
pancake from mix	68	25	0	12	0.086	0.039	0.046	0.200	0.073
egg noodles, boiled	69	37	6	29	0.026	0.016	0	0.075	0.026

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Nickel - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
macaroni, boiled	70	25	4	21	0.023	0.013	0	0.048	0.026
corn flakes	71	37	0	8	0.111	0.035	0.043	0.189	0.105
fruit-flavored, sweetened cereal	72	37	0	0	0.484	0.123	0.228	1.03	0.467
shredded wheat cereal	73	37	0	4	0.146	0.060	0.050	0.371	0.137
raisin bran cereal	74	37	0	0	0.292	0.082	0.171	0.473	0.271
crisped rice cereal	75	37	0	0	0.242	0.065	0.128	0.391	0.249
granola cereal	76	37	0	0	0.892	0.238	0.529	1.58	0.861
oat ring cereal	77	37	0	0	2.42	0.477	1.59	3.65	2.48
apple, red, raw	78	37	24	12	0.012	0.024	0	0.131	0
orange, raw	79	37	4	20	0.046	0.032	0	0.128	0.038
banana, raw	80	37	1	19	0.061	0.046	0	0.244	0.048
watermelon, raw	81	37	2	14	0.060	0.042	0	0.193	0.042
peach, raw	83	37	0	6	0.076	0.026	0.038	0.145	0.074
applesauce, bottled	84	37	11	21	0.025	0.021	0	0.078	0.028
pear, raw	85	37	0	10	0.081	0.037	0.024	0.158	0.075
strawberries, raw	86	37	1	13	0.053	0.032	0	0.150	0.048
fruit cocktail, canned in heavy syrup	87	37	0	3	0.091	0.061	0.057	0.441	0.082
grapes, red/green, seedless, raw	88	37	14	16	0.042	0.141	0	0.864	0.015
cantaloupe, raw	89	37	0	7	0.075	0.049	0.021	0.227	0.067
plums, raw	91	24	5	12	0.037	0.063	0	0.324	0.027
grapefruit, raw	92	37	2	25	0.065	0.213	0	1.32	0.026
pineapple, canned in juice	93	37	0	4	0.149	0.269	0.032	1.67	0.092
sweet cherries, raw	94	25	5	14	0.037	0.090	0	0.467	0.019
raisins, dried	95	37	1	21	0.078	0.064	0	0.345	0.055
prunes, dried	96	25	0	1	0.400	0.099	0.073	0.538	0.405
avocado, raw	97	37	1	7	0.382	0.329	0	1.17	0.266
orange juice, from frozen concentrate	98	37	3	32	0.019	0.008	0	0.035	0.018
apple juice, bottled	99	37	3	29	0.024	0.030	0	0.159	0.016
grapefruit juice, from frozen	100	37	3	29	0.024	0.022	0	0.131	0.020

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Nickel - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
prune juice, bottled	103	37	0	0	0.145	0.029	0.078	0.202	0.145
lemonade, from frozen concentrate	105	37	25	12	0.004	0.007	0	0.026	0
spinach, fresh/frozen, boiled	107	37	1	11	0.072	0.034	0	0.166	0.067
collards, fresh/frozen, boiled	108	37	1	17	0.057	0.044	0	0.285	0.052
iceberg lettuce, raw	109	37	0	5	0.112	0.065	0.028	0.312	0.113
cabbage, fresh, boiled	110	37	6	21	0.030	0.038	0	0.228	0.021
coleslaw with dressing, homemade	111	25	4	16	0.067	0.084	0	0.433	0.049
sauerkraut, canned	112	25	1	14	0.084	0.138	0	0.713	0.046
broccoli, fresh/frozen, boiled	113	37	0	13	0.060	0.024	0.018	0.112	0.060
celery, raw	114	37	5	22	0.029	0.017	0	0.061	0.027
asparagus, fresh/frozen, boiled	115	37	0	5	0.155	0.108	0.025	0.577	0.125
cauliflower, fresh/frozen, boiled	116	37	2	11	0.070	0.037	0	0.132	0.075
tomato, red, raw	117	37	12	19	0.029	0.063	0	0.384	0.015
tomato sauce, plain, bottled	119	37	0	4	0.124	0.043	0.060	0.255	0.113
green beans, fresh/frozen, boiled	121	37	1	9	0.114	0.072	0	0.317	0.087
beans, snap green, canned	122	12	0	0	0.103	0.031	0.061	0.175	0.102
cucumber, raw	123	37	3	23	0.036	0.051	0	0.319	0.025
summer squash, fresh/frozen, boiled	124	37	2	17	0.056	0.034	0	0.161	0.049
green pepper, raw	125	37	7	7	0.109	0.133	0	0.592	0.072
winter squash, fresh/frozen, baked, mashed	126	37	0	5	0.151	0.114	0.032	0.667	0.126
onion, mature, raw	128	37	1	27	0.044	0.018	0	0.085	0.041
beets, canned	131	12	1	6	0.045	0.025	0	0.100	0.044
radish, raw	132	25	19	6	0.007	0.013	0	0.041	0
French fries, frozen, heated	134	25	0	7	0.104	0.031	0.063	0.183	0.098
mashed potatoes, from flakes	135	25	2	18	0.045	0.032	0	0.165	0.039
white potato, boiled without skin	136	37	2	21	0.048	0.026	0	0.108	0.041
white potato, baked with skin	137	37	0	11	0.088	0.050	0.029	0.233	0.073
potato chips	138	37	0	5	0.192	0.084	0.070	0.406	0.184

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Nickel - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
scalloped potatoes, homemade	139	25	2	16	0.062	0.030	0	0.123	0.062
sweet potato, fresh, baked	140	25	0	3	0.182	0.114	0.045	0.429	0.149
spaghetti with tomato sauce and meatballs, homemade	142	37	0	5	0.127	0.073	0.048	0.326	0.091
beef stew with potatoes, carrots, and onion, homemade	143	25	0	10	0.060	0.019	0.034	0.122	0.060
chili con carne, beef and beans, canned	145	12	0	0	0.302	0.088	0.200	0.467	0.285
macaroni and cheese, from box mix	146	37	14	23	0.024	0.020	0	0.068	0.030
quarter-pound hamburger on bun, fast-food	147	37	0	25	0.082	0.051	0.033	0.293	0.068
meatloaf, homemade	148	37	10	23	0.042	0.040	0	0.216	0.040
spaghetti with tomato sauce, canned	149	25	1	6	0.154	0.171	0	0.764	0.062
lasagna with meat, homemade	151	25	0	5	0.144	0.076	0.051	0.293	0.114
chicken potpie, frozen, heated	152	37	0	31	0.064	0.016	0.030	0.100	0.062
chicken noodle soup, canned, condensed, prepared with water	155	37	5	10	0.083	0.071	0	0.258	0.067
tomato soup, canned, condensed, prepared with water	156	37	1	2	0.112	0.06	0	0.264	0.098
vegetable beef soup, canned, condensed, prepared with water	157	37	0	8	0.109	0.092	0.020	0.515	0.081
white sauce, homemade	160	25	9	16	0.026	0.022	0	0.064	0.032
dill cucumber pickles	161	37	3	27	0.057	0.041	0	0.225	0.049
margarine, stick, regular (salted)	162	37	11	24	0.075	0.070	0	0.275	0.069
butter, regular (salted)	164	37	35	2	0.004	0.017	0	0.077	0
mayonnaise, regular, bottled	166	37	34	3	0.004	0.015	0	0.064	0
half & half cream	167	37	32	4	0.008	0.025	0	0.137	0
cream substitute, frozen	168	37	23	13	0.019	0.029	0	0.129	0
white sugar, granulated	169	37	35	2	0.003	0.012	0	0.058	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Nickel - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
pancake syrup	170	37	27	10	0.008	0.014	0	0.041	0
honey	172	37	21	16	0.017	0.021	0	0.062	0
tomato catsup	173	37	0	7	0.112	0.030	0.065	0.183	0.110
chocolate pudding, from instant mix	175	25	0	0	0.193	0.030	0.137	0.242	0.194
vanilla flavored light ice cream	177	37	25	11	0.009	0.015	0	0.062	0
chocolate cake with chocolate icing, commercial	178	37	0	0	0.557	0.154	0.257	1.21	0.520
yellow cake with white icing, prepared from cake and icing mixes	179	25	0	15	0.052	0.022	0.028	0.120	0.048
sweet roll/Danish, commercial	182	37	0	1	0.113	0.032	0.063	0.196	0.108
chocolate chip cookies, commercial	183	37	0	0	0.625	0.151	0.404	1.02	0.581
sandwich cookies with creme filling, commercial	184	37	1	0	0.402	0.186	0	0.729	0.392
apple pie, fresh/frozen, commercial	185	37	2	30	0.054	0.029	0	0.156	0.050
pumpkin pie, fresh/frozen, commercial	186	37	0	1	0.108	0.020	0.081	0.164	0.106
milk chocolate candy bar, plain	187	37	0	0	0.975	0.135	0.701	1.41	0.965
caramel candy	188	25	1	18	0.060	0.036	0	0.149	0.053
gelatin dessert, any flavor	190	37	29	8	0.007	0.014	0	0.055	0
cola carbonated beverage	191	37	33	4	0.001	0.005	0	0.020	0
fruit drink, from powder	193	37	35	2	0.000	0.002	0	0.009	0
low-calorie cola carbonated beverage	194	37	35	2	0.001	0.003	0	0.012	0
coffee, decaffeinated, from instant	196	25	2	12	0.033	0.023	0	0.079	0.033
tea, from tea bag	197	37	0	8	0.041	0.010	0.026	0.066	0.041
beer	198	37	33	4	0.002	0.006	0	0.023	0
dry table wine	199	37	3	17	0.029	0.013	0	0.059	0.029
whiskey	200	25	20	5	0.002	0.005	0	0.015	0
tap water	201	19	17	2	0.002	0.006	0	0.025	0
milk-based infant formula, high iron, ready-to-feed	202	37	26	11	0.004	0.008	0	0.033	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Nickel - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
milk-based infant formula, low iron, ready-to-feed	203	37	26	11	0.004	0.008	0	0.029	0
beef, strained/junior	205	37	8	18	0.041	0.063	0	0.387	0.027
chicken, strained/junior, with/without broth or gravy	207	37	3	11	0.087	0.085	0	0.502	0.076
vegetables and beef, strained/junior	211	37	0	2	0.126	0.029	0.058	0.183	0.128
vegetables and chicken, strained/junior	212	37	0	1	0.147	0.214	0.051	1.39	0.109
vegetables and ham, strained/junior	213	36	0	4	0.110	0.072	0.048	0.395	0.083
chicken noodle dinner, strained/junior	214	37	0	2	0.124	0.036	0.040	0.212	0.127
macaroni, tomatoes, and beef, strained/junior	215	37	0	4	0.121	0.181	0.046	1.13	0.076
turkey and rice, strained/junior	216	37	0	15	0.067	0.029	0.025	0.141	0.059
carrots, strained/junior	218	37	0	16	0.078	0.059	0.025	0.240	0.053
green beans, strained/junior	219	37	1	0	0.132	0.056	0	0.280	0.125
mixed vegetables, strained/junior	220	37	0	3	0.093	0.043	0.047	0.241	0.079
sweet potatoes, strained/junior	221	37	0	8	0.153	0.130	0.034	0.768	0.134
creamed corn, strained/junior	222	19	1	17	0.032	0.013	0	0.063	0.031
peas, strained/junior	223	37	0	0	0.154	0.044	0.091	0.303	0.148
creamed spinach, strained/junior	224	25	0	0	0.177	0.044	0.111	0.255	0.177
applesauce, strained/junior	225	37	11	18	0.030	0.028	0	0.101	0.023
peaches, strained/junior	226	37	0	1	0.177	0.062	0.068	0.353	0.167
pears, strained/junior	227	37	0	1	0.143	0.043	0.073	0.312	0.140
apple juice, strained	230	37	11	26	0.011	0.008	0	0.029	0.012
orange juice, strained	231	36	3	30	0.018	0.008	0	0.035	0.018
custard pudding, strained/junior	232	37	22	15	0.011	0.014	0	0.041	0.000
fruit dessert/pudding, strained/junior	233	37	1	16	0.056	0.021	0	0.100	0.054
fruit-flavored yogurt, lowfat (fruit	235	37	7	19	0.043	0.043	0	0.240	0.038
Swiss cheese	236	37	30	7	0.007	0.016	0	0.057	0
cream cheese	237	37	29	7	0.011	0.029	0	0.158	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Nickel - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
veal cutlet, pan-cooked	238	25	15	4	0.038	0.059	0	0.200	0
ham luncheon meat, sliced	239	37	27	10	0.014	0.025	0	0.083	0
chicken breast, roasted	240	37	29	8	0.010	0.020	0	0.068	0
chicken nuggets, fast-food	241	37	0	2	0.148	0.050	0.043	0.320	0.142
chicken, fried (breast, leg, and thigh), fast-food	242	25	6	15	0.055	0.053	0	0.222	0.048
haddock, pan-cooked	243	5	5	0	0	0	0	0	0
shrimp, boiled	244	37	27	8	0.012	0.023	0	0.080	0
kidney beans, dry, boiled	245	25	0	0	0.467	0.320	0.126	1.48	0.374
peas, mature, dry, boiled	246	25	0	0	0.698	0.212	0.342	1.12	0.689
mixed nuts, no peanuts, dry roasted	247	25	0	0	3.03	0.898	0.216	4.54	3.25
cracked wheat bread	248	37	0	0	0.173	0.054	0.083	0.311	0.167
bagel, plain	249	37	0	26	0.076	0.020	0.050	0.146	0.072
English muffin, plain, toasted	250	37	0	4	0.104	0.023	0.051	0.138	0.102
graham crackers	251	37	1	1	0.117	0.032	0	0.176	0.109
butter-type crackers	252	37	0	6	0.107	0.025	0.069	0.170	0.107
apricot, raw	253	24	0	0	0.125	0.044	0.068	0.237	0.111
peach, canned in light/medium syrup	254	37	0	5	0.113	0.160	0.043	1.05	0.086
pear, canned in light syrup	255	37	1	21	0.049	0.019	0	0.087	0.049
pineapple juice, from frozen	256	37	0	0	0.104	0.046	0.033	0.190	0.104
grape juice, from frozen concentrate	257	37	6	26	0.019	0.015	0	0.088	0.017
French fries, fast-food	258	37	0	0	0.228	0.090	0.108	0.468	0.201
carrot, fresh, boiled	259	37	1	24	0.045	0.024	0	0.101	0.037
tomato, stewed, canned	260	25	0	3	0.106	0.078	0.048	0.406	0.078
tomato juice, bottled	261	37	0	2	0.121	0.140	0.014	0.881	0.090
beets, fresh/frozen, boiled	262	25	2	15	0.070	0.111	0	0.578	0.039
Brussels sprouts, fresh/frozen, boiled	263	37	5	17	0.044	0.031	0	0.128	0.042
mushrooms, raw	264	37	30	7	0.004	0.009	0	0.027	0
eggplant, fresh, boiled	265	37	19	17	0.013	0.015	0	0.050	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Nickel - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
turnip, fresh/frozen, boiled	266	37	15	19	0.020	0.020	0	0.075	0.020
okra, fresh/frozen, boiled	267	37	2	21	0.047	0.021	0	0.093	0.044
mixed vegetables, frozen, boiled	268	37	0	0	0.156	0.061	0.074	0.335	0.145
beef stroganoff, homemade	269	37	10	25	0.024	0.025	0	0.129	0.022
green peppers stuffed with beef and rice, homemade	270	25	0	9	0.099	0.088	0.025	0.319	0.067
chili con carne with beans, homemade	271	25	0	0	0.213	0.064	0.117	0.366	0.200
tuna noodle casserole, homemade	272	37	1	15	0.065	0.038	0	0.179	0.064
Salisbury steak with gravy, potatoes, and vegetable, frozen meal, heated	273	25	0	0	0.153	0.068	0.068	0.382	0.136
turkey with gravy, dressing, potatoes, quarter-pound cheeseburger on bun, fast-food	274	25	0	2	0.106	0.032	0.050	0.226	0.108
fish sandwich on bun, fast-food	275	37	1	23	0.076	0.044	0	0.225	0.067
frankfurter on bun, fast-food	276	37	0	17	0.094	0.036	0.051	0.194	0.085
egg, cheese, and ham on English muffin, fast-food	277	25	0	15	0.076	0.023	0.044	0.143	0.072
taco/tostada, from Mexican carry-out	278	37	0	32	0.057	0.014	0.037	0.089	0.055
cheese pizza, regular crust, from pizza carry-out	279	37	0	1	0.204	0.106	0.080	0.595	0.179
cheese and pepperoni pizza, regular crust, from pizza carry-out	280	25	0	7	0.089	0.011	0.064	0.109	0.090
beef chow mein, from Chinese carry-out	281	37	0	12	0.087	0.018	0.058	0.153	0.090
bean with bacon/pork soup, canned, condensed, prepared with water	282	25	0	8	0.069	0.023	0.027	0.124	0.067
mushroom soup, canned, condensed, prepared with whole milk	283	37	0	0	0.288	0.155	0.083	0.875	0.263
	284	25	2	7	0.100	0.101	0	0.491	0.061

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Nickel - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
clam chowder, New England, canned, condensed, prepared with whole milk	285	37	0	3	0.150	0.198	0.046	1.186	0.088
vanilla ice cream	286	37	30	7	0.005	0.012	0	0.045	0
fruit flavor sherbet	287	37	12	20	0.019	0.018	0	0.064	0.015
popsicle, any flavor	288	37	24	9	0.054	0.145	0	0.698	0
chocolate snack cake with chocolate	289	25	0	0	0.697	0.192	0.265	1.07	0.699
cake doughnuts with icing, any flavor, from doughnut store	290	37	0	1	0.242	0.082	0.045	0.469	0.244
brownies, commercial	291	37	0	0	0.707	0.183	0.438	1.23	0.696
sugar cookies, commercial	292	37	1	9	0.071	0.028	0	0.159	0.070
suckers, any flavor	293	37	20	17	0.026	0.034	0	0.146	0
pretzels, hard, salted, any shape	294	37	1	28	0.088	0.043	0	0.271	0.085
chocolate syrup dessert topping	295	37	0	1	0.992	0.237	0.028	1.32	1.047
jelly, any flavor	296	37	1	26	0.045	0.022	0	0.099	0.043
sweet cucumber pickles	297	25	1	18	0.042	0.017	0	0.075	0.039
yellow mustard	298	37	0	3	0.096	0.032	0.059	0.212	0.089
black olives	299	37	0	3	0.095	0.040	0.041	0.228	0.089
sour cream	300	37	31	6	0.005	0.012	0	0.038	0
brown gravy, homemade	301	25	10	14	0.026	0.026	0	0.096	0.032
French salad dressing, regular	302	25	18	7	0.021	0.036	0	0.096	0
Italian salad dressing, low-calorie	303	25	11	14	0.029	0.029	0	0.080	0.031
olive/safflower oil	304	25	24	1	0.002	0.008	0	0.040	0
coffee, from ground	305	37	24	12	0.005	0.008	0	0.032	0
fruit-flavored carbonated beverage	306	37	32	5	0.001	0.004	0	0.014	0
fruit drink, canned	307	37	18	19	0.007	0.008	0	0.029	0.009
martini	308	15	14	1	0.001	0.004	0	0.016	0
soy-based infant formula, ready-to-feed	309	37	3	19	0.025	0.009	0	0.036	0.025
rice infant cereal, instant, prepared with whole milk	311	24	1	21	0.054	0.028	0	0.144	0.047

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Nickel - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
rice cereal, strained/junior	312	5	0	3	0.059	0.006	0.053	0.069	0.058
bananas with tapioca, strained/junior	313	37	1	27	0.041	0.017	0	0.085	0.036
split peas with vegetables and ham/bacon, strained/junior	316	12	0	1	0.097	0.037	0.053	0.191	0.096
teething biscuits	317	37	1	6	0.141	0.153	0	0.984	0.101
salmon, steaks or filets, fresh or frozen, baked	318	32	27	4	0.008	0.020	0	0.080	0
rice cereal with apple, strained/junior	319	18	0	3	0.065	0.026	0.025	0.136	0.06
squash, strained/junior	320	37	0	1	0.167	0.075	0.045	0.338	0.159
BF, cereal, oatmeal, dry, prep w/ water	323	12	0	0	0.523	0.129	0.306	0.754	0.528
BF, cereal, rice, dry, prep w/ water	324	12	0	11	0.071	0.092	0.033	0.361	0.046
BF, cereal, rice w/apples, dry, prep w/ water	325	12	0	7	0.086	0.033	0.057	0.155	0.074
BF, veal and broth/gravy	326	12	2	8	0.033	0.027	0	0.090	0.027
BF, lamb and broth/gravy	327	12	0	7	0.052	0.029	0.020	0.101	0.042
BF, turkey and broth/gravy	328	12	3	8	0.028	0.024	0	0.088	0.026
Meal replacement, liquid RTD, any	331	12	0	2	0.056	0.028	0.023	0.115	0.054
Cottage cheese, creamed, lowfat (2% milk fat)	332	12	6	6	0.011	0.012	0	0.026	0.010
Sour cream dip, any flavor	333	12	1	7	0.064	0.045	0	0.180	0.059
Beef steak, loin/sirloin, broiled	334	12	10	2	0.006	0.015	0	0.045	0
Luncheon meat (chicken/turkey)	335	12	6	6	0.012	0.013	0	0.032	0.010
Chicken breast, fried, fast-food (w/	336	12	3	7	0.048	0.045	0	0.159	0.043
Chicken thigh, oven-roasted (skin removed)	337	12	7	4	0.015	0.021	0	0.056	0.000
Chicken leg, fried, fast-food (w/ skin)	338	12	3	5	0.072	0.065	0	0.225	0.066
Catfish, pan-cooked w/ oil	339	12	6	0	0.231	0.320	0	0.803	0.078
Tuna, canned in water, drained	340	12	11	1	0.004	0.013	0	0.044	0
Refried beans, canned	341	12	0	0	0.668	0.199	0.370	1.22	0.642

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Nickel - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
White beans, dry, boiled	342	12	0	0	0.298	0.092	0.189	0.516	0.279
Sunflower seeds (shelled), roasted,	343	12	0	0	3.56	0.551	2.80	4.69	3.41
Pancakes, frozen, heated	344	12	0	4	0.164	0.113	0.065	0.466	0.146
Breakfast tart/toaster pastry	345	12	0	0	0.095	0.035	0.055	0.18	0.081
Macaroni salad, from grocery/deli	346	12	3	9	0.030	0.021	0	0.067	0.032
Spaghetti, enriched, boiled	347	12	2	6	0.038	0.034	0	0.130	0.031
Apricots, canned in heavy/light syrup	348	12	0	0	0.267	0.421	0.074	1.52	0.102
Fruit juice blend (100% juice), canned/bottled	350	12	1	4	0.059	0.102	0	0.376	0.030
Cranberry juice cocktail,	351	12	0	10	0.024	0.020	0.012	0.085	0.017
Orange juice, bottled/carton	352	12	1	11	0.014	0.006	0	0.022	0.014
Potato salad, mayonnaise-type, from grocery/deli	353	12	1	5	0.072	0.040	0	0.159	0.073
Potato, mashed, prepared from fresh	354	12	1	8	0.041	0.030	0	0.119	0.033
Coleslaw, mayonnaise-type, from grocery/deli	355	12	1	8	0.052	0.036	0	0.134	0.037
Carrot, baby, raw	356	12	0	8	0.044	0.013	0.025	0.066	0.043
Lettuce, leaf, raw	357	12	0	5	0.075	0.048	0.028	0.154	0.044
Sweet potatoes, canned	358	12	0	4	0.089	0.053	0.035	0.208	0.080
Tomato salsa, bottled	359	12	0	0	0.160	0.084	0.087	0.386	0.133
Beef and vegetable stew, canned	360	12	0	6	0.060	0.035	0.031	0.159	0.049
Lasagna w/ meat, frozen, heated	361	12	0	1	0.127	0.036	0.065	0.192	0.115
Beef w/ vegetables in sauce, from Chinese carry-out	362	12	0	2	0.116	0.098	0.048	0.341	0.081
Chicken w/ vegetables in sauce, from Chinese carry-out	363	12	0	3	0.071	0.031	0.035	0.144	0.059
Fried rice, meatless, from Chinese carry-out	364	12	0	6	0.086	0.019	0.065	0.120	0.079

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Nickel - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
Burrito w/ beef, beans and cheese, from Mexican carry-out	365	12	0	0	0.341	0.117	0.213	0.641	0.312
Chicken filet (broiled) sandwich on bun, fast-food	366	12	1	3	0.185	0.294	0	1.08	0.093
Soup, Oriental noodles (ramen noodles), prep w/ water	367	12	0	7	0.041	0.017	0.020	0.065	0.041
Pudding, ready-to-eat, flavor other than chocolate	368	12	0	7	0.052	0.023	0.022	0.104	0.045
Cake, yellow w/ icing	369	12	0	5	0.080	0.049	0.029	0.197	0.069
Granola bar, w/ raisins	370	12	0	0	0.767	0.101	0.626	0.999	0.738
Candy bar, chocolate, nougat, and nuts	371	12	0	0	0.383	0.034	0.336	0.433	0.381
Popcorn, microwave, butter-flavored	372	12	0	0	0.279	0.107	0.176	0.564	0.239
Sweet & sour sauce	373	12	2	0	0.077	0.044	0	0.129	0.082
Brown gravy, canned or bottled	374	12	0	1	0.272	0.140	0.033	0.506	0.289
Salad dressing, creamy/buttermilk type, regular	375	12	6	6	0.032	0.038	0	0.099	0.020
Salad dressing, creamy/buttermilk type, low-calorie	376	12	2	10	0.033	0.019	0	0.072	0.033
Salad dressing, Italian, regular	377	12	6	6	0.029	0.032	0	0.084	0.020
Olive oil	378	12	12	0	0	0	0	0	0
Vegetable oil	379	12	12	0	0	0	0	0	0
Bottled drinking water (mineral/spring), not carbonated or flavored	380	12	11	1	0.002	0.007	0	0.024	0
Decaffeinated coffee, from ground	381	12	6	6	0.007	0.007	0	0.019	0.005
Decaffeinated tea, from tea bag	382	12	0	1	0.057	0.021	0.028	0.098	0.052

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Phosphorus - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
Overall:		13,228	281	333	1007	1096	0	9510	640
whole milk, fluid	1	51	0	0	846	106	483	1030	878
lowfat (2% fat) milk, fluid	2	51	0	0	906	81	643	1070	928
chocolate milk, fluid	3	51	0	0	893	83	650	1050	900
skim milk, fluid	4	51	0	0	928	129	550	1380	935
plain yogurt, lowfat	6	39	0	0	1263	100	980	1430	1270
chocolate milk shake, fast-food	7	51	0	0	1050	115	734	1240	1070
evaporated milk, canned	8	39	0	0	1788	119	1420	2070	1790
American, processed cheese	10	51	0	0	5514	1348	3670	9510	5330
cottage cheese, 4% milkfat	11	39	0	0	1427	116	1190	1810	1420
cheddar cheese	12	51	0	0	4759	522	2050	6380	4830
ground beef, pan-cooked	13	51	0	0	1967	208	1450	2370	1980
beef chuck roast, baked	14	51	0	0	2062	240	1600	2690	2060
beef steak, loin, pan-cooked	16	39	0	0	2306	227	1870	2840	2310
ham, baked	17	51	0	0	2618	313	1710	3480	2590
pork chop, pan-cooked	18	51	0	0	2943	415	2230	4070	2870
pork sausage, pan-cooked	19	51	0	0	1740	168	1440	2120	1730
pork bacon, pan-cooked	20	51	0	0	3703	564	2550	4990	3640
pork roast, baked	21	51	0	0	2352	410	1500	3370	2290
lamb chop, pan-cooked	22	51	0	0	2300	215	1950	2990	2300
chicken, fried (breast, leg, and thigh) homemade	24	39	0	0	2163	288	1440	2990	2140
turkey breast, roasted	26	51	0	0	2591	256	1980	3460	2590
liver, beef, fried	27	51	0	0	4501	366	3530	5480	4460
frankfurters, beef, boiled	28	51	0	0	1390	227	800	1960	1370
bologna, sliced	29	51	0	0	1913	303	1030	2450	1970
salami, sliced	30	51	0	0	2092	319	1410	2700	2140
tuna, canned in oil	32	39	0	0	1783	259	1270	2550	1740
fish sticks, frozen, heated	34	51	0	0	1866	244	1490	2520	1820

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Phosphorus - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
eggs, scrambled	35	51	0	0	1792	162	1190	2100	1820
eggs, fried	36	39	0	0	2013	160	1510	2360	2010
eggs, boiled	37	51	0	0	2051	172	1590	2460	2070
pinto beans, dry, boiled	38	51	0	0	1539	161	1210	1830	1520
pork and beans, canned	39	51	0	0	897	83	633	1090	898
lima beans, immature, frozen, boiled	42	51	0	0	1000	119	690	1260	972
green peas, fresh/frozen, boiled	46	51	0	0	812	121	422	1020	831
peanut butter, smooth	47	51	0	0	3558	227	3040	4090	3530
peanuts, dry roasted	48	51	0	0	3809	248	3210	4530	3790
white rice, cooked	50	51	0	0	361	60	220	482	358
oatmeal, quick (1-3 min), cooked	51	51	0	0	808	162	553	1440	781
wheat cereal, farina, quick (1-3min),	52	51	0	0	412	176	130	922	399
corngrits, regular, cooked	53	51	0	0	211	82	51	491	199
corn, fresh/frozen, boiled	54	51	0	0	646	82	508	898	634
corn, canned	55	12	0	0	474	32	390	503	483.5
cream style corn, canned	56	39	0	0	371	51	260	510	366
popcorn, popped in oil	57	39	0	0	2459	485	1500	3320	2440
white bread	58	51	0	0	957	139	620	1270	930
white roll	59	39	0	0	1108	135	882	1390	1070
cornbread, homemade	60	51	0	0	1679	312	920	2710	1660
biscuit, from refrigerated dough, baked	61	51	0	0	4723	484	3150	5780	4720
whole wheat bread	62	51	0	0	2073	258	1590	2570	2100
tortilla, flour	63	51	0	0	1844	517	880	2870	1940
rye bread	64	51	0	0	1229	154	768	1570	1220
blueberry muffin, commercial	65	51	0	0	1736	330	1070	2720	1690
saltine crackers	66	51	0	0	1079	105	907	1350	1060
corn chips	67	51	0	0	2030	245	1560	2700	2010
pancake from mix	68	39	0	0	3234	428	2110	3830	3270
egg noodles, boiled	69	51	0	0	798	150	520	1140	798

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Phosphorus - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
macaroni, boiled	70	39	0	0	579	106	369	866	551
corn flakes	71	51	0	0	433	100	304	746	400
fruit-flavored, sweetened cereal	72	51	0	0	1077	267	700	1850	985
shredded wheat cereal	73	51	0	0	3591	427	2710	5740	3550
raisin bran cereal	74	51	0	0	3763	351	2710	4550	3810
crisped rice cereal	75	51	0	0	1109	87	915	1330	1110
granola cereal	76	51	0	0	2646	366	2090	3860	2560
oat ring cereal	77	51	0	0	4303	433	3380	5180	4270
apple, red, raw	78	51	0	0	102	17	63	143	101
orange, raw	79	51	0	0	209	30	105	286	213
banana, raw	80	51	0	0	238	23	174	292	236
watermelon, raw	81	51	0	0	141	47	39	255	135
peach, raw	83	51	0	0	203	18	157	256	205
applesauce, bottled	84	51	0	0	66	9	41	87	65.8
pear, raw	85	51	0	0	116	16	75	152	115
strawberries, raw	86	51	0	0	254	47	178	388	250
fruit cocktail, canned in heavy syrup	87	51	0	0	105	13	47	131	107
grapes, red/green, seedless, raw	88	50	0	0	210	36	140	273	208.5
cantaloupe, raw	89	51	0	0	156	37	87	244	153
plums, raw	91	39	0	0	170	32	104	251	168
grapefruit, raw	92	51	0	0	176	24	111	219	176
pineapple, canned in juice	93	51	0	3	60	11	19	85	61.1
sweet cherries, raw	94	33	0	0	240	29	174	309	243
raisins, dried	95	51	0	0	1032	69	842	1160	1030
prunes, dried	96	39	0	0	728	71	531	832	736
avocado, raw	97	51	0	0	533	109	274	751	528
orange juice, from frozen concentrate	98	51	0	0	230	98	92	513	194
apple juice, bottled	99	51	0	0	71	12	52	102	70.0
grapefruit juice, from frozen	100	51	0	0	166	25	112	227	164

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Phosphorus - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
prune juice, bottled	103	51	0	0	214	30	156	343	210
lemonade, from frozen concentrate	105	51	0	49	21	6	10	46	20.5
spinach, fresh/frozen, boiled	107	51	0	0	322	52	224	448	312
collards, fresh/frozen, boiled	108	51	0	0	353	76	130	544	346
iceberg lettuce, raw	109	51	0	0	218	36	131	306	217
cabbage, fresh, boiled	110	51	0	0	180	29	99	243	181
coleslaw with dressing, homemade	111	39	0	0	260	31	190	344	260
sauerkraut, canned	112	39	0	0	178	30	126	247	179
broccoli, fresh/frozen, boiled	113	51	0	0	439	60	306	596	442
celery, raw	114	51	0	0	238	44	149	360	238
asparagus, fresh/frozen, boiled	115	51	0	0	463	78	311	671	476
cauliflower, fresh/frozen, boiled	116	51	0	0	342	46	220	416	343
tomato, red, raw	117	51	0	0	258	41	158	335	260
tomato sauce, plain, bottled	119	51	0	0	278	42	200	390	276
green beans, fresh/frozen, boiled	121	51	0	0	290	53	177	433	289
beans, snap green, canned	122	12	0	0	207	22	167	241	203.5
cucumber, raw	123	51	0	0	213	35	127	343	211
summer squash, fresh/frozen, boiled	124	51	0	0	273	53	153	365	282
green pepper, raw	125	51	0	0	193	31	96	270	194
winter squash, fresh/frozen, baked, mashed	126	51	1	0	281	86	0	450	279
onion, mature, raw	128	51	0	0	306	46	213	409	305
beets, canned	131	12	0	0	175	40	118	244	168.5
radish, raw	132	39	0	0	173	33	78	268	177
French fries, frozen, heated	134	39	0	0	963	174	630	1340	980
mashed potatoes, from flakes	135	39	0	0	554	77	394	768	557
white potato, boiled without skin	136	51	0	0	433	77	201	688	446
white potato, baked with skin	137	51	0	0	630	97	318	831	611
potato chips	138	51	0	0	1585	219	1170	2220	1570

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Phosphorus - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
scalloped potatoes, homemade	139	39	0	0	739	81	588	957	722
sweet potato, fresh, baked	140	39	0	0	433	108	262	735	421
spaghetti with tomato sauce and meatballs, homemade	142	51	0	0	694	110	390	938	687
beef stew with potatoes, carrots, and onion, homemade	143	39	0	0	871	134	609	1360	876
chili con carne, beef and beans, canned	145	12	0	0	986	154	797	1300	958
macaroni and cheese, from box mix	146	51	0	0	1582	385	633	2480	1550
quarter-pound hamburger on bun, fast-food	147	51	0	0	1259	155	819	1760	1280
meatloaf, homemade	148	51	0	0	1766	213	994	2340	1760
spaghetti with tomato sauce, canned	149	39	0	0	363	49	250	479	358
lasagna with meat, homemade	151	39	0	0	1513	217	1100	2210	1480
chicken potpie, frozen, heated	152	51	0	0	818	94	580	1050	818
chicken noodle soup, canned, condensed, prepared with water	155	51	0	0	188	52	90	355	191
tomato soup, canned, condensed, prepared with water	156	51	0	0	153	21	110	204	153
vegetable beef soup, canned, condensed, prepared with water	157	51	0	0	243	57	107	394	232
white sauce, homemade	160	39	0	0	820	79	580	966	812
dill cucumber pickles	161	51	0	1	126	43	22	238	123
margarine, stick, regular (salted)	162	51	0	0	89	30	52	193	86.6
butter, regular (salted)	164	51	0	0	234	30	122	270	238
mayonnaise, regular, bottled	166	51	0	0	256	48	153	379	251
half & half cream	167	51	0	0	863	110	581	1220	855
cream substitute, frozen	168	51	0	0	538	115	165	770	513
white sugar, granulated	169	51	51	0	0	0	0	0	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Phosphorus - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
pancake syrup	170	51	5	10	98	74	0	288	79.6
honey	172	51	0	21	41	9	16	62	41
tomato catsup	173	51	0	0	298	32	227	380	300
chocolate pudding, from instant mix	175	39	0	0	2396	379	1010	2990	2510
vanilla flavored light ice cream	177	50	0	0	1137	144	825	1440	1150
chocolate cake with chocolate icing, commercial	178	51	0	0	1297	197	882	1960	1290
yellow cake with white icing, prepared from cake and icing mixes	179	39	0	0	1522	278	1040	2640	1510
sweet roll/Danish, commercial	182	51	0	0	1023	326	590	2840	980
chocolate chip cookies, commercial	183	51	0	0	1071	156	806	1540	1040
sandwich cookies with creme filling, commercial	184	51	0	0	795	127	520	1050	814
apple pie, fresh/frozen, commercial	185	51	0	0	297	50	203	446	292
pumpkin pie, fresh/frozen, commercial	186	51	0	0	822	104	630	1150	818
milk chocolate candy bar, plain	187	51	0	0	2239	183	1680	2550	2250
caramel candy	188	39	0	0	1142	293	451	1680	1230
gelatin dessert, any flavor	190	51	0	0	243	93	91	555	237
cola carbonated beverage	191	51	0	0	156	37	69	330	154
fruit drink, from powder	193	51	1	6	66	45	0	261	63.6
low-calorie cola carbonated beverage	194	51	0	0	111	36	50	257	104
coffee, decaffeinated, from instant	196	39	0	0	44	20	20	105	41.2
tea, from tea bag	197	51	0	46	13	4	8	26	12.3
beer	198	51	0	0	137	38	58	269	135
dry table wine	199	51	0	1	146	50	12	289	146
whiskey	200	39	38	1	0	1	0	5	0
tap water	201	33	31	2	0	1	0	4	0
milk-based infant formula, high iron, ready-to-feed	202	51	0	0	358	67	253	572	335

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Phosphorus - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
milk-based infant formula, low iron, ready-to-feed	203	51	0	0	360	67	241	542	335
beef, strained/junior	205	51	0	0	1021	103	754	1210	1040
chicken, strained/junior, with/without broth or gravy	207	51	0	0	1424	154	1180	1790	1410
chicken/turkey with vegetables, high/lean meat, strained/junior	208	2	0	0	545	21	530	560	545
beef with vegetables, high/lean meat, strained/junior	209	2	0	0	520	14	510	530	520
ham with vegetables, high/lean meat, strained/junior	210	2	0	0	665	49	630	700	665
vegetables and beef, strained/junior	211	51	0	0	357	70	209	496	367
vegetables and chicken, strained/junior	212	51	0	0	402	69	200	533	410
vegetables and ham, strained/junior	213	50	0	0	327	64	168	430	327
chicken noodle dinner, strained/junior	214	51	0	0	433	66	213	553	446
macaroni, tomatoes, and beef, strained/junior	215	51	0	0	364	52	230	545	360
turkey and rice, strained/junior	216	51	0	0	368	43	216	449	369
carrots, strained/junior	218	51	0	0	245	37	178	354	243
green beans, strained/junior	219	51	0	0	276	42	180	392	272
mixed vegetables, strained/junior	220	51	0	0	298	51	161	422	299
sweet potatoes, strained/junior	221	51	0	0	248	24	174	313	245
creamed corn, strained/junior	222	33	0	0	376	55	219	439	395
peas, strained/junior	223	51	0	0	583	70	369	706	580
creamed spinach, strained/junior	224	39	0	0	589	78	415	698	610
applesauce, strained/junior	225	51	0	1	78	14	38	115	78.5
peaches, strained/junior	226	51	0	0	202	52	72	312	203
pears, strained/junior	227	51	0	0	121	23	62	174	119
apple juice, strained	230	51	0	0	69	13	46	104	68.5

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Phosphorus - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
orange juice, strained	231	50	0	0	188	19	147	229	185
custard pudding, strained/junior	232	51	0	0	593	95	286	757	591
fruit dessert/pudding, strained/junior	233	51	0	1	134	89	38	511	97.8
fruit-flavored yogurt, lowfat (fruit	235	51	0	0	970	113	720	1340	980
Swiss cheese	236	51	0	0	5752	369	4560	6440	5800
cream cheese	237	51	0	0	1131	415	502	2680	1050
veal cutlet, pan-cooked	238	39	0	0	3034	438	1680	3730	3040
ham luncheon meat, sliced	239	50	0	0	2508	354	1410	3120	2545
chicken breast, roasted	240	51	0	0	2390	295	1790	3170	2350
chicken nuggets, fast-food	241	51	0	0	2682	456	1510	3520	2650
chicken, fried (breast, leg, and thigh), fast-food	242	38	0	0	2118	367	1150	2940	2220
haddock, pan-cooked	243	20	0	0	2179	412	1620	3460	2190
shrimp, boiled	244	51	0	0	1968	338	1070	2870	1980
kidney beans, dry, boiled	245	39	0	0	1492	217	1180	2240	1460
peas, mature, dry, boiled	246	39	0	0	1376	227	978	2320	1330
mixed nuts, no peanuts, dry roasted	247	39	0	0	4545	467	2710	5290	4580
cracked wheat bread	248	51	0	0	1509	201	1180	2130	1480
bagel, plain	249	51	0	0	982	123	702	1470	963
English muffin, plain, toasted	250	51	0	0	1277	519	770	3310	1130
graham crackers	251	51	0	0	1582	463	900	2980	1530
butter-type crackers	252	51	0	0	2517	329	1680	3160	2580
apricot, raw	253	34	0	0	234	29	134	282	230
peach, canned in light/medium syrup	254	51	0	0	114	21	50	151	117
pear, canned in light syrup	255	51	0	2	71	14	34	107	70.1
pineapple juice, from frozen	256	51	0	0	88	14	52	137	88.5
grape juice, from frozen concentrate	257	51	0	4	88	39	17	171	88.8
French fries, fast-food	258	51	0	0	1358	191	945	1830	1350
carrot, fresh, boiled	259	51	0	0	284	51	188	400	276

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Phosphorus - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
tomato, stewed, canned	260	39	0	0	193	20	152	235	192
tomato juice, bottled	261	51	0	0	189	26	118	251	181
beets, fresh/frozen, boiled	262	39	0	0	339	71	132	484	336
Brussels sprouts, fresh/frozen, boiled	263	51	0	0	589	76	373	837	586
mushrooms, raw	264	51	0	0	801	175	286	1280	814
eggplant, fresh, boiled	265	51	0	0	166	29	104	230	165
turnip, fresh/frozen, boiled	266	51	0	0	287	57	105	408	279
okra, fresh/frozen, boiled	267	51	0	0	336	52	171	451	329
mixed vegetables, frozen, boiled	268	51	0	0	530	61	370	700	531
beef stroganoff, homemade	269	51	0	0	1200	138	870	1480	1210
green peppers stuffed with beef and rice, homemade	270	39	0	0	688	117	449	1060	660
chili con carne with beans, homemade	271	39	0	0	1056	165	680	1330	1040
tuna noodle casserole, homemade	272	50	0	0	1134	223	819	1880	1110
Salisbury steak with gravy, potatoes, and vegetable, frozen meal, heated	273	39	0	0	921	97	742	1200	902
turkey with gravy, dressing, potatoes, and vegetable, frozen meal, heated	274	39	0	0	965	73	810	1170	969
quarter-pound cheeseburger on bun, fast-food	275	50	0	0	1656	247	1130	2160	1640
fish sandwich on bun, fast-food	276	51	0	0	1343	148	1120	1740	1310
frankfurter on bun, fast-food	277	39	0	0	1252	197	810	1650	1300
egg, cheese, and ham on English muffin, fast-food	278	51	0	0	2188	206	1760	2760	2140
taco/tostada, from Mexican carry-out	279	51	0	0	1716	285	1220	2550	1650
cheese pizza, regular crust, from pizza carry-out	280	39	0	0	2188	216	1820	2750	2190

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Phosphorus - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
cheese and pepperoni pizza, regular crust, from pizza carry-out	281	51	0	0	2070	229	1420	2560	2070
beef chow mein, from Chinese carry-	282	39	0	0	521	102	311	707	543
bean with bacon/pork soup, canned, condensed, prepared with water	283	51	0	0	639	77	459	818	644
mushroom soup, canned, condensed, prepared with whole milk	284	39	0	0	567	92	278	731	567
clam chowder, New England, canned, condensed, prepared with whole milk	285	51	0	0	664	79	441	856	653
vanilla ice cream	286	51	0	0	954	130	673	1300	933
fruit flavor sherbet	287	51	0	0	319	69	150	492	316
popsicle, any flavor	288	51	21	20	28	61	0	401	12.6
chocolate snack cake with chocolate	289	39	0	0	1063	171	745	1380	1080
cake doughnuts with icing, any flavor, from doughnut store	290	51	0	0	2070	355	1110	2820	2150
brownies, commercial	291	51	0	0	1136	202	625	1590	1160
sugar cookies, commercial	292	51	0	0	993	355	581	2100	895
suckers, any flavor	293	51	15	31	22	17	0	74	24.1
pretzels, hard, salted, any shape	294	51	0	0	1233	161	910	1800	1240
chocolate syrup dessert topping	295	51	0	0	728	137	495	1170	690
jelly, any flavor	296	51	0	1	73	15	39	99	74.8
sweet cucumber pickles	297	39	0	0	106	31	48	183	106
yellow mustard	298	51	0	0	1103	113	878	1350	1090
black olives	299	51	0	17	51	17	19	96	51
sour cream	300	51	0	0	1053	239	530	1740	1020
brown gravy, homemade	301	39	0	0	1416	621	393	2750	1260
French salad dressing, regular	302	39	0	0	163	78	84	455	138
Italian salad dressing, low-calorie	303	39	0	1	225	272	33	1170	136
olive/safflower oil	304	38	33	2	6	20	0	109	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Phosphorus - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
coffee, from ground	305	51	1	37	22	10	0	44	19.3
fruit-flavored carbonated beverage	306	51	39	8	11	35	0	206	0
fruit drink, canned	307	51	1	20	194	201	0	686	89.3
martini	308	30	8	22	6	4	0	14	5.6
soy-based infant formula, ready-to-feed	309	51	0	0	508	89	308	699	519
egg yolk, strained/junior	310	12	0	0	2945	335	2110	3290	3025
rice infant cereal, instant, prepared with whole milk	311	39	0	0	1768	309	1080	2540	1770
rice cereal, strained/junior	312	20	0	0	184	28	136	236	184
bananas with tapioca, strained/junior	313	51	0	0	141	52	60	244	120
beets, strained/junior	314	15	0	0	200	38	156	279	189
split peas with vegetables and ham/bacon, strained/junior	316	27	0	0	326	51	256	443	319
teething biscuits	317	51	0	0	1447	255	1010	2250	1390
salmon, steaks or filets, fresh or frozen, baked	318	31	0	0	2600	237	2240	3230	2550
rice cereal with apple, strained/junior	319	17	0	0	178	82	120	485	163
squash, strained/junior	320	29	0	0	261	61	94	367	266
BF, cereal, oatmeal, dry, prep w/ water	323	12	0	0	1707	405	994	2260	1735
BF, cereal, rice, dry, prep w/ water	324	12	0	0	1321	362	764	1880	1295
BF, cereal, rice w/apples, dry, prep w/ water	325	12	0	0	1175	190	827	1450	1180
BF, veal and broth/gravy	326	12	0	0	932	162	688	1160	971.5
BF, lamb and broth/gravy	327	12	0	0	992	181	682	1240	1035
BF, turkey and broth/gravy	328	12	0	0	1243	80	1080	1390	1245
Meal replacement, liquid RTD, any	331	12	0	0	1169	152	992	1600	1135
Cottage cheese, creamed, lowfat (2% milk fat)	332	12	0	0	1620	201	1370	2020	1565
Sour cream dip, any flavor	333	12	0	0	1131	205	791	1450	1095

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Phosphorus - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
Beef steak, loin/sirloin, broiled	334	12	0	0	2263	147	2040	2610	2250
Luncheon meat (chicken/turkey)	335	12	0	0	2567	222	2200	3010	2540
Chicken breast, fried, fast-food (w/	336	12	0	0	2667	361	2200	3370	2580
Chicken thigh, oven-roasted (skin removed)	337	12	0	0	2378	374	2020	3030	2255
Chicken leg, fried, fast-food (w/ skin)	338	12	0	0	2374	307	1800	2830	2410
Catfish, pan-cooked w/ oil	339	12	0	0	2049	146	1870	2300	2035
Tuna, canned in water, drained	340	12	0	0	1745	201	1460	2020	1780
Refried beans, canned	341	12	0	0	1117	112	943	1350	1085
White beans, dry, boiled	342	12	0	0	1752	152	1430	1970	1790
Sunflower seeds (shelled), roasted,	343	12	0	0	7101	1560	2590	9110	7245
Pancakes, frozen, heated	344	12	0	0	2919	449	2110	3690	2860
Breakfast tart/toaster pastry	345	12	0	0	869	176	648	1120	877
Macaroni salad, from grocery/deli	346	12	0	0	569	109	435	774	553
Spaghetti, enriched, boiled	347	12	0	0	663	50	592	755	663.5
Apricots, canned in heavy/light syrup	348	12	0	0	117	12	99	136	118.5
Fruit juice blend (100% juice), canned/bottled	350	12	0	0	98	21	62	133	95
Cranberry juice cocktail,	351	12	0	11	14	15	8	62	9.8
Orange juice, bottled/carton	352	12	0	0	224	67	159	363	196
Potato salad, mayonnaise-type, from grocery/deli	353	12	0	0	498	39	427	541	507
Potato, mashed, prepared from fresh	354	12	0	0	519	59	429	619	524
Coleslaw, mayonnaise-type, from grocery/deli	355	12	0	0	259	52	210	384	236
Carrot, baby, raw	356	12	0	0	264	43	192	339	255.5
Lettuce, leaf, raw	357	12	0	0	327	37	272	390	322.5
Sweet potatoes, canned	358	12	0	0	212	39	167	295	201.5
Tomato salsa, bottled	359	12	0	0	332	24	304	394	328.5

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Phosphorus - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
Beef and vegetable stew, canned	360	12	0	0	450	34	393	514	454
Lasagna w/ meat, frozen, heated	361	12	0	0	1256	188	880	1530	1250
Beef w/ vegetables in sauce, from Chinese carry-out	362	12	0	0	781	267	612	1600	709.5
Chicken w/ vegetables in sauce, from Chinese carry-out	363	12	0	0	768	161	544	1160	729
Fried rice, meatless, from Chinese carry-out	364	12	0	0	572	107	459	791	532.5
Burrito w/ beef, beans and cheese, from Mexican carry-out	365	12	0	0	1755	220	1390	2200	1730
Chicken filet (broiled) sandwich on bun, fast-food	366	12	0	0	1823	165	1590	2040	1825
Soup, Oriental noodles (ramen noodles), prep w/ water	367	12	0	0	214	28	166	247	224
Pudding, ready-to-eat, flavor other than chocolate	368	12	0	0	480	82	357	621	478
Cake, yellow w/ icing	369	12	0	0	1361	145	1160	1570	1325
Granola bar, w/ raisins	370	12	0	0	1838	308	1560	2600	1750
Candy bar, chocolate, nougat, and nuts	371	12	0	0	1735	66	1640	1840	1740
Popcorn, microwave, butter-flavored	372	12	0	0	2480	540	1650	3450	2455
Sweet & sour sauce	373	12	0	1	116	58	30	236	103.8
Brown gravy, canned or bottled	374	12	0	0	191	53	117	257	198.5
Salad dressing, creamy/buttermilk type, regular	375	12	0	0	1873	575	1140	2750	1675
Salad dressing, creamy/buttermilk type, low-calorie	376	12	0	0	1808	576	898	2620	1895
Salad dressing, Italian, regular	377	12	0	0	337	291	84	859	152.5
Olive oil	378	12	12	0	0	0	0	0	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Phosphorus - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
Vegetable oil	379	12	12	0	0	0	0	0	0
Bottled drinking water (mineral/spring), not carbonated or flavored	380	12	12	0	0	0	0	0	0
Decaffeinated coffee, from ground	381	12	0	5	26	12	14	52	22.3
Decaffeinated tea, from tea bag	382	12	0	9	15	7	10	29	12

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Potassium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
Overall:		13,228	181	209	1893	1523	0	15400	1570
whole milk, fluid	1	51	0	0	1453	159	875	1730	1500
lowfat (2% fat) milk, fluid	2	51	0	0	1540	105	1150	1740	1550
chocolate milk, fluid	3	51	0	0	1639	98	1400	1830	1650
skim milk, fluid	4	51	0	0	1574	141	1210	2190	1560
plain yogurt, lowfat	6	39	0	0	2182	169	1750	2530	2200
chocolate milk shake, fast-food	7	51	0	0	1993	200	1530	2430	2010
evaporated milk, canned	8	39	0	0	3111	282	2360	4010	3080
American, processed cheese	10	51	0	0	2056	711	1070	4860	1950
cottage cheese, 4% milkfat	11	39	0	0	1009	141	730	1350	1010
cheddar cheese	12	51	0	0	840	177	570	1300	780
ground beef, pan-cooked	13	51	0	0	3297	360	2280	3880	3350
beef chuck roast, baked	14	51	0	0	3297	461	2450	4600	3250
beef steak, loin, pan-cooked	16	39	0	0	3779	466	2100	4580	3700
ham, baked	17	51	0	0	3375	1164	2530	7450	2900
pork chop, pan-cooked	18	51	0	0	4638	1089	3270	9230	4270
pork sausage, pan-cooked	19	51	0	0	3253	451	2520	5770	3210
pork bacon, pan-cooked	20	51	0	0	4373	707	2940	5570	4250
pork roast, baked	21	51	0	0	3773	974	2800	7560	3460
lamb chop, pan-cooked	22	51	0	0	3486	319	3070	4730	3460
chicken, fried (breast, leg, and thigh) homemade	24	39	0	0	3221	377	2660	4790	3200
turkey breast, roasted	26	51	0	0	3458	346	2790	4250	3430
liver, beef, fried	27	51	0	0	3406	248	2930	4120	3420
frankfurters, beef, boiled	28	51	0	0	1696	848	1030	4900	1300
bologna, sliced	29	51	0	0	2192	949	1280	6480	1780
salami, sliced	30	51	0	0	2879	885	1780	5470	2710
tuna, canned in oil	32	39	0	0	2371	280	1330	3030	2370
fish sticks, frozen, heated	34	51	0	0	2288	271	1710	3160	2280

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Potassium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
eggs, scrambled	35	51	0	0	1392	93	1190	1670	1400
eggs, fried	36	39	0	0	1328	75	1170	1540	1320
eggs, boiled	37	51	0	0	1238	59	1110	1370	1240
pinto beans, dry, boiled	38	51	0	0	4443	473	3290	5390	4450
pork and beans, canned	39	51	0	0	2426	266	1710	2940	2470
lima beans, immature, frozen, boiled	42	51	0	0	2929	512	2060	4440	2850
green peas, fresh/frozen, boiled	46	51	0	0	1091	197	708	1520	1070
peanut butter, smooth	47	51	0	0	6256	378	5480	7210	6160
peanuts, dry roasted	48	51	0	0	6765	350	6120	7740	6710
white rice, cooked	50	51	0	0	234	55	129	361	234
oatmeal, quick (1-3 min), cooked	51	51	0	0	667	114	507	1090	636
wheat cereal, farina, quick (1-3min),	52	51	0	0	250	115	131	701	217
corngrits, regular, cooked	53	51	0	0	271	81	122	514	255
corn, fresh/frozen, boiled	54	51	0	0	1786	288	1160	2710	1800
corn, canned	55	12	0	0	1388	82	1260	1520	1405
cream style corn, canned	56	39	0	0	1153	159	808	1610	1130
popcorn, popped in oil	57	39	0	0	2303	393	1560	3080	2330
white bread	58	51	0	0	1229	171	760	1710	1240
white roll	59	39	0	0	1283	175	994	1640	1250
cornbread, homemade	60	51	0	0	1407	132	1160	1790	1430
biscuit, from refrigerated dough, baked	61	51	0	0	2932	1557	964	6860	2630
whole wheat bread	62	51	0	0	2337	233	1770	2730	2330
tortilla, flour	63	51	0	0	1423	377	960	2590	1340
rye bread	64	51	0	0	1677	242	1030	2540	1640
blueberry muffin, commercial	65	51	0	0	1203	247	530	1700	1180
saltine crackers	66	51	0	0	1509	218	1200	2080	1440
corn chips	67	51	0	0	1637	286	1140	2480	1600
pancake from mix	68	39	0	0	1522	207	1210	2150	1470
egg noodles, boiled	69	51	0	0	399	108	178	701	370

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Potassium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
macaroni, boiled	70	39	0	0	471	150	244	833	416
corn flakes	71	51	0	0	946	123	791	1330	910
fruit-flavored, sweetened cereal	72	51	0	0	1169	151	919	1680	1130
shredded wheat cereal	73	51	0	0	3773	442	3120	6100	3720
raisin bran cereal	74	51	0	0	5838	492	4420	7370	5900
crisped rice cereal	75	51	0	0	1252	132	912	1580	1260
granola cereal	76	51	0	0	3695	532	2470	4690	3780
oat ring cereal	77	51	0	0	3610	1020	2560	6410	3180
apple, red, raw	78	51	0	0	1038	110	774	1250	1030
orange, raw	79	51	0	0	1670	170	1250	2140	1680
banana, raw	80	51	0	0	3543	287	3080	4260	3520
watermelon, raw	81	51	0	0	1183	235	576	2070	1180
peach, raw	83	51	0	0	1870	207	1460	2380	1850
applesauce, bottled	84	51	0	0	780	96	620	1010	752
pear, raw	85	51	0	0	1196	100	946	1440	1190
strawberries, raw	86	51	0	0	1552	173	952	1980	1580
fruit cocktail, canned in heavy syrup	87	51	0	0	983	81	829	1190	974
grapes, red/green, seedless, raw	88	50	0	0	1858	280	1340	2920	1810
cantaloupe, raw	89	51	0	0	2719	432	1920	4370	2660
plums, raw	91	39	0	0	1648	183	1300	2110	1610
grapefruit, raw	92	51	0	0	1410	160	1050	1810	1390
pineapple, canned in juice	93	51	0	0	1149	141	863	1430	1170
sweet cherries, raw	94	33	0	0	2349	277	1650	2920	2360
raisins, dried	95	51	0	0	7371	686	5840	9310	7340
prunes, dried	96	39	0	0	7603	523	6300	8620	7580
avocado, raw	97	51	0	0	4961	1011	2200	7200	4910
orange juice, from frozen concentrate	98	51	0	0	1809	199	1170	2250	1840
apple juice, bottled	99	51	0	0	1003	104	667	1160	1020
grapefruit juice, from frozen	100	51	0	0	1425	181	840	2020	1420

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Potassium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
prune juice, bottled	103	51	0	0	2396	251	1780	3020	2360
lemonade, from frozen concentrate	105	51	0	0	221	49	122	366	221
spinach, fresh/frozen, boiled	107	51	0	0	2007	570	1060	3200	1920
collards, fresh/frozen, boiled	108	51	0	0	1389	545	618	2810	1250
iceberg lettuce, raw	109	51	0	0	1598	289	811	2500	1570
cabbage, fresh, boiled	110	51	0	0	1141	207	710	1820	1100
coleslaw with dressing, homemade	111	39	0	0	1559	237	1050	2120	1580
sauerkraut, canned	112	39	0	0	1652	248	1200	2200	1680
broccoli, fresh/frozen, boiled	113	51	0	0	1530	236	1020	2160	1560
celery, raw	114	51	0	0	2667	491	1940	4260	2610
asparagus, fresh/frozen, boiled	115	51	0	0	1698	246	1080	2360	1670
cauliflower, fresh/frozen, boiled	116	51	0	0	1464	258	946	2020	1500
tomato, red, raw	117	51	0	0	2295	263	1410	2920	2310
tomato sauce, plain, bottled	119	51	0	0	3163	413	2240	4090	3160
green beans, fresh/frozen, boiled	121	51	0	0	1489	366	850	2530	1510
beans, snap green, canned	122	12	0	0	1047	75	903	1160	1075
cucumber, raw	123	51	0	0	1445	201	642	1930	1430
summer squash, fresh/frozen, boiled	124	51	0	0	1577	347	980	2430	1550
green pepper, raw	125	51	0	0	1622	245	850	2340	1680
winter squash, fresh/frozen, baked, mashed	126	51	1	0	2971	885	0	4830	2970
onion, mature, raw	128	51	0	0	1396	203	1050	1810	1340
beets, canned	131	12	0	0	1614	154	1300	1790	1625
radish, raw	132	39	0	0	2199	453	1340	3050	2210
French fries, frozen, heated	134	39	0	0	4253	611	3310	6300	4230
mashed potatoes, from flakes	135	39	0	0	2422	413	1870	4180	2360
white potato, boiled without skin	136	51	0	0	2695	464	1840	4950	2630
white potato, baked with skin	137	51	0	0	4727	604	2700	6640	4750
potato chips	138	51	0	0	12871	1088	9740	15400	12900

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Potassium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
scalloped potatoes, homemade	139	39	0	0	3174	379	2320	4080	3200
sweet potato, fresh, baked	140	39	0	0	4263	521	3060	5490	4210
spaghetti with tomato sauce and meatballs, homemade	142	51	0	0	2055	277	1430	2790	2030
beef stew with potatoes, carrots, and onion, homemade	143	39	0	0	2846	386	1840	3510	2860
chili con carne, beef and beans, canned	145	12	0	0	3042	255	2600	3430	3015
macaroni and cheese, from box mix	146	51	0	0	1142	274	485	1800	1140
quarter-pound hamburger on bun, fast-food	147	51	0	0	2222	188	1430	2620	2200
meatloaf, homemade	148	51	0	0	2945	304	1730	3730	2950
spaghetti with tomato sauce, canned	149	39	0	0	1052	218	510	1870	1030
lasagna with meat, homemade	151	39	0	0	2359	384	1390	3570	2450
chicken potpie, frozen, heated	152	51	0	0	1225	152	984	1530	1190
chicken noodle soup, canned, condensed, prepared with water	155	51	0	0	308	163	143	877	245
tomato soup, canned, condensed, prepared with water	156	51	0	0	1291	201	867	1780	1300
vegetable beef soup, canned, condensed, prepared with water	157	51	0	0	895	204	468	1330	840
white sauce, homemade	160	39	0	0	1416	150	885	1730	1410
dill cucumber pickles	161	51	0	0	897	300	326	1510	904
margarine, stick, regular (salted)	162	51	0	0	209	111	48	455	173
butter, regular (salted)	164	51	0	0	262	59	168	401	246
mayonnaise, regular, bottled	166	51	0	0	119	33	69	233	110
half & half cream	167	51	0	0	1429	144	1050	1940	1430
cream substitute, frozen	168	51	0	0	881	445	141	1680	810
white sugar, granulated	169	51	0	39	25	8	13	53	23.0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Potassium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
pancake syrup	170	51	0	1	156	62	27	281	159
honey	172	51	0	0	313	84	181	531	302
tomato catsup	173	51	0	0	3352	390	2650	4500	3320
chocolate pudding, from instant mix	175	39	0	0	1961	123	1750	2370	1940
vanilla flavored light ice cream	177	50	0	0	2187	168	1860	2690	2175
chocolate cake with chocolate icing, commercial	178	51	0	0	2266	356	1600	3130	2220
yellow cake with white icing, prepared from cake and icing mixes	179	39	0	0	547	65	369	680	556
sweet roll/Danish, commercial	182	51	0	0	1181	179	911	1900	1110
chocolate chip cookies, commercial	183	51	0	0	1718	252	1250	2300	1670
sandwich cookies with creme filling, commercial	184	51	0	0	1407	378	730	2310	1380
apple pie, fresh/frozen, commercial	185	51	0	0	791	131	605	1060	763
pumpkin pie, fresh/frozen, commercial	186	51	0	0	1880	241	1440	2700	1870
milk chocolate candy bar, plain	187	51	0	0	4153	275	3640	4960	4160
caramel candy	188	39	0	0	2292	568	1020	3360	2400
gelatin dessert, any flavor	190	51	26	25	5	6	0	21	0
cola carbonated beverage	191	51	19	27	12	14	0	73	11.5
fruit drink, from powder	193	51	33	13	15	41	0	210	0
low-calorie cola carbonated beverage	194	51	0	0	76	34	28	168	65.5
coffee, decaffeinated, from instant	196	38	0	0	469	204	185	1200	434
tea, from tea bag	197	51	0	0	164	53	100	405	156
beer	198	51	0	0	242	57	124	409	244
dry table wine	199	51	0	0	892	316	167	2220	849
whiskey	200	39	1	37	7	3	0	13	7.2
tap water	201	33	17	13	2	2	0	9	0
milk-based infant formula, high iron, ready-to-feed	202	51	0	0	865	123	720	1450	836

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Potassium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
milk-based infant formula, low iron, ready-to-feed	203	51	0	0	869	128	710	1260	839
beef, strained/junior	205	51	0	0	1927	184	1530	2450	1930
chicken, strained/junior, with/without broth or gravy	207	51	0	0	1609	162	1260	2010	1630
chicken/turkey with vegetables, high/lean meat, strained/junior	208	2	0	0	1195	120	1110	1280	1195
beef with vegetables, high/lean meat, strained/junior	209	2	0	0	1310	156	1200	1420	1310
ham with vegetables, high/lean meat, strained/junior	210	2	0	0	1550	156	1440	1660	1550
vegetables and beef, strained/junior	211	51	0	0	1564	356	530	2030	1650
vegetables and chicken, strained/junior	212	51	0	0	1379	402	485	2100	1490
vegetables and ham, strained/junior	213	50	0	0	1357	426	560	2200	1470
chicken noodle dinner, strained/junior	214	51	0	0	1289	389	487	1950	1340
macaroni, tomatoes, and beef, strained/junior	215	51	0	0	1555	409	970	2610	1490
turkey and rice, strained/junior	216	51	0	0	1151	354	468	2100	1110
carrots, strained/junior	218	51	0	0	2203	350	1360	3140	2180
green beans, strained/junior	219	51	0	0	1648	321	971	2330	1640
mixed vegetables, strained/junior	220	51	0	0	1717	360	773	2340	1730
sweet potatoes, strained/junior	221	51	0	0	2695	277	1970	3220	2740
creamed corn, strained/junior	222	33	0	0	864	97	652	1020	884
peas, strained/junior	223	51	0	0	1148	160	700	1460	1170
creamed spinach, strained/junior	224	39	0	0	2433	1243	1160	5900	1950
applesauce, strained/junior	225	51	0	0	903	68	804	1130	890
peaches, strained/junior	226	51	0	0	1958	323	1450	3020	1880
pears, strained/junior	227	50	0	0	1246	182	965	1740	1190
apple juice, strained	230	51	0	0	993	98	830	1320	996

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Potassium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
orange juice, strained	231	50	0	0	1847	147	1340	2280	1840
custard pudding, strained/junior	232	51	0	0	724	138	549	1400	698
fruit dessert/pudding, strained/junior	233	51	0	0	1024	304	563	1860	949
fruit-flavored yogurt, lowfat (fruit	235	51	0	0	1753	198	1270	2140	1750
Swiss cheese	236	51	0	0	865	168	690	1620	810
cream cheese	237	51	0	0	1300	309	688	1840	1320
veal cutlet, pan-cooked	238	39	0	0	4937	731	2450	6350	4900
ham luncheon meat, sliced	239	50	0	0	3312	979	1590	5670	3000
chicken breast, roasted	240	51	0	0	3309	389	2560	4490	3330
chicken nuggets, fast-food	241	51	0	0	2718	289	1680	3530	2720
chicken, fried (breast, leg, and thigh), fast-food	242	39	0	0	2572	234	1570	2940	2580
haddock, pan-cooked	243	20	0	0	3679	510	2660	4720	3810
shrimp, boiled	244	51	0	0	764	341	180	1760	684
kidney beans, dry, boiled	245	39	0	0	4301	662	3170	6910	4220
peas, mature, dry, boiled	246	39	0	0	3162	623	1760	5500	3130
mixed nuts, no peanuts, dry roasted	247	39	0	0	5957	556	3580	6610	6000
cracked wheat bread	248	51	0	0	1787	256	1220	2400	1750
bagel, plain	249	51	0	0	1080	183	688	1490	1060
English muffin, plain, toasted	250	51	0	0	1367	185	1030	1840	1340
graham crackers	251	51	0	0	1763	413	1000	2700	1680
butter-type crackers	252	51	0	0	1145	211	188	1540	1100
apricot, raw	253	34	0	0	2636	237	2140	3220	2610
peach, canned in light/medium syrup	254	51	0	0	1108	147	820	1410	1130
pear, canned in light syrup	255	51	0	0	736	124	538	1070	736
pineapple juice, from frozen	256	51	0	0	1325	213	816	1800	1280
grape juice, from frozen concentrate	257	51	0	0	360	121	119	609	371
French fries, fast-food	258	51	0	0	5879	686	3710	7300	5900
carrot, fresh, boiled	259	51	0	0	2156	455	1300	3780	2190

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Potassium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
tomato, stewed, canned	260	39	0	0	2179	183	1860	2570	2160
tomato juice, bottled	261	51	0	0	2203	328	1510	3410	2170
beets, fresh/frozen, boiled	262	39	0	0	3139	400	2260	4110	3090
Brussels sprouts, fresh/frozen, boiled	263	51	0	0	2953	380	1760	3830	2960
mushrooms, raw	264	51	0	0	3028	553	1180	4160	3030
eggplant, fresh, boiled	265	51	0	0	1275	221	901	1750	1250
turnip, fresh/frozen, boiled	266	51	0	0	1857	313	1070	2400	1900
okra, fresh/frozen, boiled	267	51	0	0	1310	273	605	1960	1230
mixed vegetables, frozen, boiled	268	51	0	0	1442	210	1080	2230	1430
beef stroganoff, homemade	269	51	0	0	1867	288	1310	2720	1840
green peppers stuffed with beef and rice, homemade	270	39	0	0	1620	253	916	2210	1620
chili con carne with beans, homemade	271	39	0	0	2895	259	2200	3420	2900
tuna noodle casserole, homemade	272	51	0	0	1314	190	877	1800	1300
Salisbury steak with gravy, potatoes, and vegetable, frozen meal, heated	273	39	0	0	2002	239	1620	2860	1960
turkey with gravy, dressing, potatoes, and vegetable, frozen meal, heated	274	39	0	0	1745	135	1500	2070	1760
quarter-pound cheeseburger on bun, fast-food	275	51	0	0	2181	198	1620	2730	2140
fish sandwich on bun, fast-food	276	51	0	0	1971	198	1320	2380	1950
frankfurter on bun, fast-food	277	39	0	0	1505	237	1170	2420	1460
egg, cheese, and ham on English muffin, fast-food	278	51	0	0	1677	157	1410	2070	1660
taco/tostada, from Mexican carry-out	279	51	0	0	2355	256	1940	3020	2360
cheese pizza, regular crust, from pizza carry-out	280	39	0	0	1750	177	1490	2290	1740

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Potassium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
cheese and pepperoni pizza, regular crust, from pizza carry-out	281	51	0	0	1968	210	1620	2480	1930
beef chow mein, from Chinese carry-	282	39	0	0	1290	232	839	1770	1300
bean with bacon/pork soup, canned, condensed, prepared with water	283	51	0	0	1700	202	1260	2140	1690
mushroom soup, canned, condensed, prepared with whole milk	284	39	0	0	1191	225	660	1880	1150
clam chowder, New England, canned, condensed, prepared with whole milk	285	51	0	0	1369	123	1060	1700	1360
vanilla ice cream	286	51	0	0	1878	180	1540	2500	1870
fruit flavor sherbet	287	51	0	0	693	124	373	1150	701
popsicle, any flavor	288	51	0	27	68	68	13	362	25
chocolate snack cake with chocolate	289	39	0	0	2380	731	953	4050	2320
cake doughnuts with icing, any flavor, from doughnut store	290	51	0	0	1224	245	800	1850	1190
brownies, commercial	291	51	0	0	2232	469	1310	3310	2230
sugar cookies, commercial	292	51	0	0	863	98	676	1130	837
suckers, any flavor	293	51	2	16	46	53	0	380	38.4
pretzels, hard, salted, any shape	294	51	0	0	1696	261	930	2170	1650
chocolate syrup dessert topping	295	51	0	0	2034	280	1540	2680	1950
jelly, any flavor	296	51	0	0	418	139	204	705	402
sweet cucumber pickles	297	39	0	0	454	251	119	1080	447
yellow mustard	298	51	0	0	1471	184	1160	2010	1410
black olives	299	50	0	3	50	25	25	199	49.2
sour cream	300	51	0	0	1565	178	1110	2070	1550
brown gravy, homemade	301	39	0	0	3409	1555	872	6610	3170
French salad dressing, regular	302	39	0	0	707	239	316	1310	712
Italian salad dressing, low-calorie	303	39	0	0	740	174	282	1220	725
olive/safflower oil	304	38	36	2	1	3	0	14	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Potassium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
coffee, from ground	305	51	0	0	357	151	134	730	328
fruit-flavored carbonated beverage	306	51	13	3	48	45	0	159	44.3
fruit drink, canned	307	51	0	0	242	177	70	865	177
martini	308	30	0	0	29	13	14	67	25.5
soy-based infant formula, ready-to-feed	309	51	0	0	895	75	770	1190	879
egg yolk, strained/junior	310	12	0	0	643	47	590	760	639.5
rice infant cereal, instant, prepared with whole milk	311	39	0	0	1398	300	209	1750	1440
rice cereal, strained/junior	312	20	0	0	569	245	253	1280	511.5
bananas with tapioca, strained/junior	313	51	0	0	1757	611	810	3130	1580
beets, strained/junior	314	15	0	0	2803	336	2220	3360	2760
split peas with vegetables and ham/bacon, strained/junior	316	27	0	0	1201	254	743	1900	1160
teething biscuits	317	51	0	0	3234	654	1520	5460	3160
salmon, steaks or filets, fresh or frozen, baked	318	31	0	0	3707	285	3200	4370	3680
rice cereal with apple, strained/junior	319	17	0	0	1178	240	829	1620	1220
squash, strained/junior	320	29	0	0	2406	370	1550	3190	2460
BF, cereal, oatmeal, dry, prep w/ water	323	12	0	0	725	136	478	900	725
BF, cereal, rice, dry, prep w/ water	324	12	0	0	299	56	205	377	284.5
BF, cereal, rice w/apples, dry, prep w/ water	325	12	0	0	706	350	457	1680	560.5
BF, veal and broth/gravy	326	12	0	0	1423	394	916	2040	1500
BF, lamb and broth/gravy	327	12	0	0	1520	405	902	2220	1630
BF, turkey and broth/gravy	328	12	0	0	1502	99	1300	1640	1525
Meal replacement, liquid RTD, any	331	12	0	0	1638	125	1440	1870	1650
Cottage cheese, creamed, lowfat (2% milk fat)	332	12	0	0	1184	163	919	1440	1165
Sour cream dip, any flavor	333	12	0	0	2065	163	1800	2310	2055

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Potassium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
Beef steak, loin/sirloin, broiled	334	12	0	0	3191	361	2880	3960	3030
Luncheon meat (chicken/turkey)	335	12	0	0	3407	1023	2170	5570	3000
Chicken breast, fried, fast-food (w/	336	12	0	0	3309	150	3020	3620	3290
Chicken thigh, oven-roasted (skin removed)	337	12	0	0	2963	331	2560	3710	2875
Chicken leg, fried, fast-food (w/ skin)	338	12	0	0	3005	201	2670	3440	3030
Catfish, pan-cooked w/ oil	339	12	0	0	3418	280	3110	4050	3360
Tuna, canned in water, drained	340	12	0	0	2303	185	1950	2610	2310
Refried beans, canned	341	12	0	0	3668	220	3440	4240	3625
White beans, dry, boiled	342	12	0	0	4430	507	3530	5520	4380
Sunflower seeds (shelled), roasted,	343	12	0	0	7069	371	6260	7740	6990
Pancakes, frozen, heated	344	12	0	0	1758	376	1160	2250	1750
Breakfast tart/toaster pastry	345	12	0	0	1026	157	834	1330	1013.5
Macaroni salad, from grocery/deli	346	12	0	0	767	158	562	1080	769.5
Spaghetti, enriched, boiled	347	12	0	0	474	102	303	680	463
Apricots, canned in heavy/light syrup	348	12	0	0	1315	92	1180	1490	1320
Fruit juice blend (100% juice), canned/bottled	350	12	0	0	732	161	495	1040	760.5
Cranberry juice cocktail,	351	12	0	0	165	14	143	183	166.5
Orange juice, bottled/carton	352	12	0	0	1759	154	1400	2000	1790
Potato salad, mayonnaise-type, from grocery/deli	353	12	0	0	2869	212	2450	3300	2860
Potato, mashed, prepared from fresh	354	12	0	0	2433	196	2200	2820	2390
Coleslaw, mayonnaise-type, from grocery/deli	355	12	0	0	1714	187	1480	2000	1645
Carrot, baby, raw	356	12	0	0	2142	309	1400	2610	2195
Lettuce, leaf, raw	357	12	0	0	2708	280	2420	3290	2660
Sweet potatoes, canned	358	12	0	0	2037	379	1450	2530	2070
Tomato salsa, bottled	359	12	0	0	3126	234	2740	3520	3095

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Potassium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
Beef and vegetable stew, canned	360	12	0	0	1828	121	1710	2090	1795
Lasagna w/ meat, frozen, heated	361	12	0	0	2043	98	1860	2180	2025
Beef w/ vegetables in sauce, from Chinese carry-out	362	12	0	0	2058	285	1660	2540	1985
Chicken w/ vegetables in sauce, from Chinese carry-out	363	12	0	0	1898	294	1520	2640	1855
Fried rice, meatless, from Chinese carry-out	364	12	0	0	982	293	578	1610	949
Burrito w/ beef, beans and cheese, from Mexican carry-out	365	12	0	0	2885	274	2680	3670	2830
Chicken filet (broiled) sandwich on bun, fast-food	366	12	0	0	2534	195	2200	2900	2520
Soup, Oriental noodles (ramen noodles), prep w/ water	367	12	0	0	419	68	275	506	430.5
Pudding, ready-to-eat, flavor other than chocolate	368	12	0	0	732	107	486	877	719
Cake, yellow w/ icing	369	12	0	0	883	205	657	1380	868
Granola bar, w/ raisins	370	12	0	0	2698	259	2400	3240	2565
Candy bar, chocolate, nougat, and nuts	371	12	0	0	2934	91	2800	3090	2945
Popcorn, microwave, butter-flavored	372	12	0	0	2589	505	1750	3310	2645
Sweet & sour sauce	373	12	0	0	1002	335	209	1560	1070
Brown gravy, canned or bottled	374	12	0	0	485	122	294	736	493
Salad dressing, creamy/buttermilk type, regular	375	12	0	0	1075	117	873	1260	1110
Salad dressing, creamy/buttermilk type, low-calorie	376	12	0	0	1273	188	1090	1730	1245
Salad dressing, Italian, regular	377	12	0	0	862	153	612	1110	839.5
Olive oil	378	12	12	0	0	0	0	0	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Potassium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
Vegetable oil	379	12	12	0	0	0	0	0	0
Bottled drinking water (mineral/spring), not carbonated or flavored	380	12	9	3	0.5	1.0	0	2.3	0
Decaffeinated coffee, from ground	381	12	0	0	345	166	196	747	295.5
Decaffeinated tea, from tea bag	382	12	0	0	185	64	122	338	158

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Selenium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
Overall:		13,156	5713	2365	0.076	0.123	0	1.80	0.020
whole milk, fluid	1	50	5	43	0.022	0.010	0	0.044	0.022
lowfat (2% fat) milk, fluid	2	50	6	37	0.024	0.012	0	0.056	0.026
chocolate milk, fluid	3	50	5	39	0.024	0.011	0	0.054	0.025
skim milk, fluid	4	50	5	38	0.025	0.012	0	0.058	0.026
plain yogurt, lowfat	6	38	5	16	0.034	0.017	0	0.071	0.035
chocolate milk shake, fast-food	7	50	6	39	0.026	0.012	0	0.051	0.028
evaporated milk, canned	8	38	4	6	0.046	0.021	0	0.102	0.050
American, processed cheese	10	50	0	3	0.179	0.026	0.097	0.231	0.176
cottage cheese, 4% milkfat	11	38	2	4	0.088	0.037	0	0.178	0.081
cheddar cheese	12	50	0	4	0.221	0.052	0.100	0.369	0.214
ground beef, pan-cooked	13	50	0	1	0.201	0.051	0.077	0.333	0.201
beef chuck roast, baked	14	50	0	0	0.260	0.061	0.150	0.420	0.242
beef steak, loin, pan-cooked	16	38	0	1	0.255	0.057	0.130	0.439	0.242
ham, baked	17	50	0	1	0.296	0.086	0.120	0.546	0.287
pork chop, pan-cooked	18	50	0	0	0.460	0.146	0.216	0.808	0.449
pork sausage, pan-cooked	19	50	0	4	0.231	0.077	0.066	0.556	0.224
pork bacon, pan-cooked	20	50	0	0	0.400	0.137	0.186	0.836	0.380
pork roast, baked	21	50	0	1	0.371	0.123	0.130	0.692	0.360
lamb chop, pan-cooked	22	50	0	2	0.227	0.108	0.095	0.740	0.203
chicken, fried (breast, leg, and thigh) homemade	24	38	0	2	0.262	0.116	0.067	0.625	0.242
turkey breast, roasted	26	50	0	0	0.325	0.139	0.095	0.684	0.320
liver, beef, fried	27	50	0	0	0.559	0.300	0.047	1.220	0.607
frankfurters, beef, boiled	28	50	2	3	0.112	0.038	0	0.212	0.111
bologna, sliced	29	50	0	5	0.137	0.032	0.070	0.239	0.134
salami, sliced	30	50	0	3	0.207	0.048	0.079	0.316	0.200
tuna, canned in oil	32	39	0	0	0.711	0.136	0.498	1.04	0.700
fish sticks, frozen, heated	34	51	0	1	0.164	0.033	0.076	0.257	0.167

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Selenium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
eggs, scrambled	35	51	0	1	0.225	0.063	0.076	0.405	0.213
eggs, fried	36	38	0	0	0.279	0.073	0.149	0.454	0.272
eggs, boiled	37	50	0	2	0.283	0.092	0.023	0.513	0.279
pinto beans, dry, boiled	38	50	3	8	0.079	0.038	0	0.145	0.081
pork and beans, canned	39	50	5	24	0.036	0.019	0	0.081	0.038
lima beans, immature, frozen, boiled	42	50	29	21	0.007	0.010	0	0.037	0
green peas, fresh/frozen, boiled	46	50	38	9	0.006	0.013	0	0.057	0
peanut butter, smooth	47	50	2	14	0.109	0.092	0	0.464	0.073
peanuts, dry roasted	48	50	6	11	0.117	0.114	0	0.509	0.079
white rice, cooked	50	50	3	7	0.059	0.030	0	0.170	0.057
oatmeal, quick (1-3 min), cooked	51	50	2	8	0.060	0.029	0	0.180	0.057
wheat cereal, farina, quick (1-3min),	52	50	3	4	0.078	0.042	0	0.205	0.069
corngrits, regular, cooked	53	50	10	31	0.024	0.021	0	0.095	0.019
corn, fresh/frozen, boiled	54	50	37	11	0.006	0.011	0	0.037	0
corn, canned	55	12	5	5	0.016	0.018	0	0.055	0.013
cream style corn, canned	56	38	30	8	0.004	0.008	0	0.029	0
popcorn, popped in oil	57	39	5	11	0.079	0.062	0	0.267	0.064
white bread	58	50	0	4	0.209	0.070	0.021	0.363	0.198
white roll	59	38	0	0	0.254	0.067	0.144	0.410	0.244
cornbread, homemade	60	50	1	3	0.124	0.031	0	0.194	0.119
biscuit, from refrigerated dough, baked	61	49	0	3	0.132	0.036	0.073	0.225	0.128
whole wheat bread	62	50	0	0	0.313	0.088	0.156	0.511	0.309
tortilla, flour	63	50	0	1	0.225	0.097	0.032	0.564	0.203
rye bread	64	50	0	0	0.249	0.065	0.133	0.404	0.233
blueberry muffin, commercial	65	50	0	4	0.105	0.035	0.026	0.246	0.107
saltine crackers	66	51	1	6	0.083	0.034	0	0.197	0.078
corn chips	67	50	5	19	0.049	0.038	0	0.196	0.040
pancake from mix	68	38	0	5	0.129	0.061	0.050	0.390	0.119
egg noodles, boiled	69	50	0	1	0.246	0.088	0.052	0.438	0.248

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Selenium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
macaroni, boiled	70	39	0	1	0.264	0.098	0.034	0.515	0.258
corn flakes	71	51	5	18	0.050	0.040	0	0.195	0.046
fruit-flavored, sweetened cereal	72	50	1	8	0.070	0.026	0	0.140	0.070
shredded wheat cereal	73	51	7	8	0.061	0.038	0	0.136	0.067
raisin bran cereal	74	51	5	14	0.052	0.043	0	0.297	0.047
crisped rice cereal	75	50	1	13	0.108	0.076	0	0.304	0.104
granola cereal	76	51	0	2	0.149	0.056	0.066	0.356	0.138
oat ring cereal	77	51	1	0	0.243	0.071	0	0.419	0.240
apple, red, raw	78	51	50	1	0	0.002	0	0.011	0
orange, raw	79	51	49	2	0	0.002	0	0.012	0
banana, raw	80	51	35	14	0.006	0.011	0	0.054	0
watermelon, raw	81	51	49	2	0	0.002	0	0.013	0
peach, raw	83	51	50	1	0	0.002	0	0.012	0
applesauce, bottled	84	51	51	0	0	0	0	0	0
pear, raw	85	51	51	0	0	0	0	0	0
strawberries, raw	86	50	47	3	0.001	0.002	0	0.012	0
fruit cocktail, canned in heavy syrup	87	51	51	0	0	0	0	0	0
grapes, red/green, seedless, raw	88	51	51	0	0	0	0	0	0
cantaloupe, raw	89	51	34	17	0.005	0.008	0	0.025	0
plums, raw	91	39	38	1	0	0.002	0	0.012	0
grapefruit, raw	92	51	49	2	0	0.002	0	0.011	0
pineapple, canned in juice	93	51	50	1	0	0.002	0	0.017	0
sweet cherries, raw	94	33	33	0	0	0	0	0	0
raisins, dried	95	50	49	1	0	0.002	0	0.014	0
prunes, dried	96	38	38	0	0	0	0	0	0
avocado, raw	97	50	49	1	0.001	0.004	0	0.028	0
orange juice, from frozen concentrate	98	50	48	2	0.001	0.003	0	0.015	0
apple juice, bottled	99	50	49	1	0.001	0.006	0	0.040	0
grapefruit juice, from frozen	100	51	51	0	0	0	0	0	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Selenium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
prune juice, bottled	103	51	50	1	0	0.002	0	0.011	0
lemonade, from frozen concentrate	105	51	49	1	0.001	0.007	0	0.047	0
spinach, fresh/frozen, boiled	107	50	40	9	0.003	0.006	0	0.036	0
collards, fresh/frozen, boiled	108	50	29	17	0.009	0.019	0	0.117	0
iceberg lettuce, raw	109	51	48	3	0.001	0.003	0	0.014	0
cabbage, fresh, boiled	110	51	41	9	0.003	0.007	0	0.030	0
coleslaw with dressing, homemade	111	39	26	12	0.010	0.016	0	0.047	0
sauerkraut, canned	112	39	19	19	0.009	0.014	0	0.071	0.010
broccoli, fresh/frozen, boiled	113	51	32	17	0.008	0.020	0	0.134	0
celery, raw	114	51	45	6	0.002	0.005	0	0.020	0
asparagus, fresh/frozen, boiled	115	51	5	18	0.051	0.040	0	0.217	0.048
cauliflower, fresh/frozen, boiled	116	51	36	13	0.006	0.016	0	0.103	0
tomato, red, raw	117	50	47	3	0.001	0.004	0	0.019	0
tomato sauce, plain, bottled	119	51	46	5	0.002	0.006	0	0.037	0
green beans, fresh/frozen, boiled	121	51	48	3	0.001	0.003	0	0.013	0
beans, snap green, canned	122	12	12	0	0	0	0	0	0
cucumber, raw	123	51	50	1	0	0.002	0	0.011	0
summer squash, fresh/frozen, boiled	124	51	47	4	0.001	0.004	0	0.019	0
green pepper, raw	125	51	51	0	0	0	0	0	0
winter squash, fresh/frozen, baked, mashed	126	51	49	2	0	0.002	0	0.012	0
onion, mature, raw	128	51	36	15	0.005	0.009	0	0.039	0
beets, canned	131	12	10	2	0.004	0.009	0	0.031	0
radish, raw	132	39	38	1	0	0.002	0	0.011	0
French fries, frozen, heated	134	39	38	1	0	0.003	0	0.016	0
mashed potatoes, from flakes	135	39	34	5	0.003	0.008	0	0.035	0
white potato, boiled without skin	136	51	48	3	0.001	0.005	0	0.028	0
white potato, baked with skin	137	51	42	9	0.003	0.007	0	0.026	0
potato chips	138	51	32	13	0.017	0.036	0	0.217	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Selenium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
scalloped potatoes, homemade	139	39	20	16	0.013	0.014	0	0.048	0
sweet potato, fresh, baked	140	39	34	4	0.003	0.008	0	0.033	0
spaghetti with tomato sauce and meatballs, homemade	142	51	0	4	0.138	0.047	0.048	0.242	0.140
beef stew with potatoes, carrots, and onion, homemade	143	39	1	5	0.080	0.029	0	0.137	0.075
chili con carne, beef and beans, canned	145	12	1	4	0.041	0.020	0	0.075	0.045
macaroni and cheese, from box mix	146	51	0	2	0.189	0.054	0.076	0.339	0.182
quarter-pound hamburger on bun, fast-food	147	51	0	2	0.185	0.047	0.091	0.302	0.176
meatloaf, homemade	148	51	0	2	0.208	0.056	0.074	0.354	0.200
spaghetti with tomato sauce, canned	149	39	0	6	0.107	0.030	0.060	0.187	0.102
lasagna with meat, homemade	151	39	0	4	0.157	0.036	0.093	0.236	0.158
chicken potpie, frozen, heated	152	51	3	3	0.075	0.026	0	0.128	0.074
chicken noodle soup, canned, condensed, prepared with water	155	51	5	17	0.033	0.017	0	0.067	0.034
tomato soup, canned, condensed, prepared with water	156	51	43	8	0.002	0.005	0	0.020	0
vegetable beef soup, canned, condensed, prepared with water	157	51	22	29	0.009	0.009	0	0.027	0.009
white sauce, homemade	160	39	6	10	0.036	0.019	0	0.076	0.039
dill cucumber pickles	161	51	49	2	0.001	0.003	0	0.017	0
margarine, stick, regular (salted)	162	51	50	1	0	0.002	0	0.012	0
butter, regular (salted)	164	51	46	5	0.002	0.005	0	0.021	0
mayonnaise, regular, bottled	166	51	16	32	0.023	0.018	0	0.078	0.025
half & half cream	167	51	7	41	0.022	0.011	0	0.047	0.022
cream substitute, frozen	168	51	51	0	0	0	0	0	0
white sugar, granulated	169	51	51	0	0	0	0	0	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Selenium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
pancake syrup	170	51	51	0	0	0	0	0	0
honey	172	51	51	0	0	0	0	0	0
tomato catsup	173	51	42	8	0.003	0.006	0	0.032	0
chocolate pudding, from instant mix	175	39	6	28	0.026	0.020	0	0.087	0.024
vanilla flavored light ice cream	177	48	6	25	0.032	0.015	0	0.063	0.034
chocolate cake with chocolate icing, commercial	178	51	6	26	0.042	0.020	0	0.081	0.044
yellow cake with white icing, prepared from cake and icing mixes	179	39	8	7	0.038	0.022	0	0.075	0.043
sweet roll/Danish, commercial	182	51	0	5	0.139	0.044	0.043	0.243	0.129
chocolate chip cookies, commercial	183	51	6	21	0.041	0.024	0	0.123	0.038
sandwich cookies with creme filling, commercial	184	51	7	31	0.031	0.019	0	0.081	0.027
apple pie, fresh/frozen, commercial	185	51	28	23	0.011	0.013	0	0.037	0
pumpkin pie, fresh/frozen, commercial	186	51	6	13	0.045	0.021	0	0.094	0.046
milk chocolate candy bar, plain	187	51	4	6	0.049	0.020	0	0.110	0.048
caramel candy	188	39	13	24	0.020	0.016	0	0.050	0.026
gelatin dessert, any flavor	190	51	50	1	0	0.002	0	0.017	0
cola carbonated beverage	191	51	50	1	0	0.002	0	0.014	0
fruit drink, from powder	193	51	49	1	0.001	0.005	0	0.032	0
low-calorie cola carbonated beverage	194	51	51	0	0	0	0	0.000	0
coffee, decaffeinated, from instant	196	39	36	3	0.001	0.005	0	0.032	0
tea, from tea bag	197	51	50	1	0.001	0.004	0	0.032	0
beer	198	51	41	10	0.002	0.004	0	0.015	0
dry table wine	199	51	49	2	0.001	0.006	0	0.040	0
whiskey	200	39	38	1	0	0.001	0	0.007	0
tap water	201	33	32	1	0	0	0	0.002	0
milk-based infant formula, high iron, ready-to-feed	202	50	7	41	0.021	0.010	0	0.047	0.022

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Selenium - Summary of Results

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milk-based infant formula, low iron, ready-to-feed	203	50	6	43	0.021	0.009	0	0.038	0.022
beef, strained/junior	205	51	6	34	0.028	0.016	0	0.075	0.026
chicken, strained/junior, with/without broth or gravy	207	50	0	2	0.116	0.029	0.018	0.181	0.117
chicken/turkey with vegetables, high/lean meat, strained/junior	208	2	0	2	0.064	0.004	0.061	0.066	0.064
beef with vegetables, high/lean meat, strained/junior	209	2	2	0	0	0	0	0	0
ham with vegetables, high/lean meat, strained/junior	210	2	0	2	0.102	0.033	0.079	0.125	0.102
vegetables and beef, strained/junior	211	50	31	18	0.008	0.014	0	0.087	0
vegetables and chicken, strained/junior	212	51	12	39	0.013	0.012	0	0.073	0.012
vegetables and ham, strained/junior	213	50	7	41	0.019	0.010	0	0.042	0.019
chicken noodle dinner, strained/junior	214	51	6	31	0.030	0.014	0	0.064	0.031
macaroni, tomatoes, and beef, strained/junior	215	51	5	23	0.033	0.016	0	0.065	0.034
turkey and rice, strained/junior	216	51	7	37	0.024	0.017	0	0.095	0.022
carrots, strained/junior	218	51	49	2	0.001	0.004	0	0.026	0
green beans, strained/junior	219	51	49	2	0.001	0.004	0	0.019	0
mixed vegetables, strained/junior	220	51	42	7	0.005	0.013	0	0.081	0
sweet potatoes, strained/junior	221	51	50	1	0	0.002	0	0.011	0
creamed corn, strained/junior	222	33	17	10	0.014	0.019	0	0.074	0
peas, strained/junior	223	51	46	5	0.001	0.004	0	0.016	0
creamed spinach, strained/junior	224	38	8	24	0.019	0.015	0	0.068	0.017
applesauce, strained/junior	225	51	48	3	0.001	0.003	0	0.012	0
peaches, strained/junior	226	51	51	0	0	0	0	0	0
pears, strained/junior	227	50	48	2	0	0.002	0	0.012	0
apple juice, strained	230	50	50	0	0	0	0	0	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Selenium - Summary of Results

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orange juice, strained	231	50	50	0	0	0	0	0	0
custard pudding, strained/junior	232	51	6	26	0.033	0.016	0	0.071	0.035
fruit dessert/pudding, strained/junior	233	51	44	6	0.003	0.008	0	0.040	0
fruit-flavored yogurt, lowfat (fruit	235	51	9	33	0.025	0.014	0	0.048	0.025
Swiss cheese	236	51	0	5	0.191	0.052	0.109	0.368	0.183
cream cheese	237	51	4	15	0.056	0.025	0	0.118	0.055
veal cutlet, pan-cooked	238	39	0	1	0.162	0.043	0.098	0.354	0.155
ham luncheon meat, sliced	239	51	0	0	0.254	0.083	0.096	0.439	0.236
chicken breast, roasted	240	50	0	2	0.271	0.131	0.013	0.623	0.241
chicken nuggets, fast-food	241	50	0	1	0.174	0.082	0.052	0.595	0.156
chicken, fried (breast, leg, and thigh), fast-food	242	38	0	1	0.214	0.066	0.103	0.353	0.206
haddock, pan-cooked	243	19	0	0	0.397	0.076	0.256	0.503	0.400
shrimp, boiled	244	50	0	0	0.373	0.110	0.088	0.574	0.369
kidney beans, dry, boiled	245	39	10	23	0.021	0.015	0	0.051	0.020
peas, mature, dry, boiled	246	39	14	7	0.044	0.075	0	0.457	0.034
mixed nuts, no peanuts, dry roasted	247	38	1	0	0.520	0.342	0	1.80	0.434
cracked wheat bread	248	51	0	0	0.284	0.070	0.168	0.448	0.271
bagel, plain	249	51	1	0	0.300	0.104	0	0.633	0.287
English muffin, plain, toasted	250	51	0	0	0.248	0.068	0.144	0.417	0.243
graham crackers	251	51	4	10	0.055	0.027	0	0.133	0.054
butter-type crackers	252	51	4	11	0.055	0.026	0	0.106	0.054
apricot, raw	253	34	32	2	0.001	0.003	0	0.015	0
peach, canned in light/medium syrup	254	51	51	0	0	0	0	0	0
pear, canned in light syrup	255	51	51	0	0	0	0	0	0
pineapple juice, from frozen	256	51	51	0	0	0	0	0	0
grape juice, from frozen concentrate	257	51	49	2	0.001	0.003	0	0.019	0
French fries, fast-food	258	51	46	5	0.002	0.006	0	0.025	0
carrot, fresh, boiled	259	51	45	6	0.002	0.005	0	0.027	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Selenium - Summary of Results

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tomato, stewed, canned	260	39	36	3	0.001	0.003	0	0.014	0
tomato juice, bottled	261	51	45	6	0.002	0.006	0	0.023	0
beets, fresh/frozen, boiled	262	38	35	3	0.001	0.005	0	0.023	0
Brussels sprouts, fresh/frozen, boiled	263	51	32	16	0.009	0.013	0	0.044	0
mushrooms, raw	264	51	2	3	0.117	0.049	0	0.240	0.112
eggplant, fresh, boiled	265	51	51	0	0	0	0	0	0
turnip, fresh/frozen, boiled	266	51	47	4	0.001	0.005	0	0.025	0
okra, fresh/frozen, boiled	267	51	41	9	0.003	0.007	0	0.030	0
mixed vegetables, frozen, boiled	268	51	45	6	0.002	0.006	0	0.032	0
beef stroganoff, homemade	269	51	0	0	0.203	0.051	0.114	0.335	0.191
green peppers stuffed with beef and rice, homemade	270	39	3	4	0.070	0.028	0	0.120	0.068
chili con carne with beans, homemade	271	39	3	6	0.052	0.021	0	0.090	0.054
tuna noodle casserole, homemade	272	51	0	1	0.184	0.063	0.107	0.507	0.170
Salisbury steak with gravy, potatoes, and vegetable, frozen meal, heated	273	39	7	4	0.037	0.020	0	0.062	0.044
turkey with gravy, dressing, potatoes, and vegetable, frozen meal, heated	274	39	0	5	0.093	0.022	0.051	0.170	0.090
quarter-pound cheeseburger on bun, fast-food	275	51	0	0	0.184	0.038	0.108	0.331	0.179
fish sandwich on bun, fast-food	276	51	0	0	0.187	0.042	0.101	0.307	0.188
frankfurter on bun, fast-food	277	39	0	3	0.199	0.048	0.096	0.315	0.205
egg, cheese, and ham on English muffin, fast-food	278	51	0	0	0.265	0.076	0.095	0.451	0.260
taco/tostada, from Mexican carry-out	279	51	2	3	0.106	0.033	0	0.161	0.105
cheese pizza, regular crust, from pizza carry-out	280	39	0	0	0.237	0.057	0.138	0.368	0.229

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cheese and pepperoni pizza, regular crust, from pizza carry-out	281	51	0	0	0.231	0.068	0.068	0.382	0.234
beef chow mein, from Chinese carry-	282	39	3	7	0.068	0.037	0	0.192	0.070
bean with bacon/pork soup, canned, condensed, prepared with water	283	51	10	39	0.017	0.013	0	0.052	0.017
mushroom soup, canned, condensed, prepared with whole milk	284	39	5	31	0.022	0.014	0	0.061	0.019
clam chowder, New England, canned, condensed, prepared with whole milk	285	51	4	28	0.034	0.015	0	0.060	0.036
vanilla ice cream	286	51	7	40	0.024	0.013	0	0.052	0.024
fruit flavor sherbet	287	51	39	11	0.004	0.010	0	0.059	0
popsicle, any flavor	288	51	50	1	0.001	0.004	0	0.030	0
chocolate snack cake with chocolate	289	39	10	27	0.023	0.015	0	0.056	0.025
cake doughnuts with icing, any flavor, from doughnut store	290	51	0	7	0.104	0.048	0.032	0.331	0.097
brownies, commercial	291	51	4	13	0.051	0.025	0	0.113	0.052
sugar cookies, commercial	292	51	5	25	0.040	0.021	0	0.091	0.035
suckers, any flavor	293	51	49	1	0.002	0.010	0	0.070	0
pretzels, hard, salted, any shape	294	51	5	13	0.044	0.020	0	0.094	0.046
chocolate syrup dessert topping	295	51	43	7	0.004	0.011	0	0.054	0
jelly, any flavor	296	51	50	1	0	0.004	0	0.025	0
sweet cucumber pickles	297	39	34	5	0.002	0.005	0	0.017	0
yellow mustard	298	51	0	0	0.358	0.121	0.103	0.724	0.341
black olives	299	51	50	0	0.001	0.005	0	0.038	0
sour cream	300	51	5	40	0.027	0.018	0	0.100	0.025
brown gravy, homemade	301	39	7	17	0.032	0.023	0	0.094	0.031
French salad dressing, regular	302	39	26	11	0.012	0.031	0	0.184	0
Italian salad dressing, low-calorie	303	39	36	3	0.002	0.006	0	0.023	0
olive/safflower oil	304	39	38	1	0	0.002	0	0.014	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Selenium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
coffee, from ground	305	51	51	0	0	0	0	0	0
fruit-flavored carbonated beverage	306	51	50	1	0	0.003	0	0.022	0
fruit drink, canned	307	51	49	2	0.001	0.004	0	0.022	0
martini	308	30	30	0	0	0	0	0	0
soy-based infant formula, ready-to-feed	309	51	10	39	0.018	0.010	0	0.042	0.020
egg yolk, strained/junior	310	12	0	0	0.293	0.026	0.253	0.330	0.292
rice infant cereal, instant, prepared with whole milk	311	39	5	3	0.057	0.027	0	0.100	0.065
rice cereal, strained/junior	312	20	9	11	0.011	0.011	0	0.032	0.016
bananas with tapioca, strained/junior	313	51	46	5	0.001	0.004	0	0.021	0
beets, strained/junior	314	15	15	0	0	0	0	0	0
split peas with vegetables and ham/bacon, strained/junior	316	27	9	18	0.014	0.011	0	0.038	0.017
teething biscuits	317	51	0	9	0.154	0.080	0.024	0.356	0.167
salmon, steaks or filets, fresh or frozen, baked	318	31	0	0	0.295	0.072	0.132	0.473	0.293
rice cereal with apple, strained/junior	319	17	15	2	0.001	0.004	0	0.015	0
squash, strained/junior	320	29	26	3	0.001	0.003	0	0.011	0
BF, cereal, oatmeal, dry, prep w/ water	323	12	0	0	0.065	0.018	0.041	0.100	0.062
BF, cereal, rice, dry, prep w/ water	324	12	0	3	0.050	0.017	0.020	0.076	0.048
BF, cereal, rice w/apples, dry, prep w/ water	325	12	0	6	0.040	0.014	0.016	0.062	0.040
BF, veal and broth/gravy	326	12	0	4	0.047	0.011	0.031	0.071	0.045
BF, lamb and broth/gravy	327	12	0	9	0.034	0.019	0.016	0.075	0.028
BF, turkey and broth/gravy	328	12	0	0	0.109	0.029	0.071	0.164	0.105
Meal replacement, liquid RTD, any	331	12	0	0	0.095	0.022	0.067	0.148	0.088
Cottage cheese, creamed, lowfat (2% milk fat)	332	12	1	0	0.099	0.053	0	0.220	0.090
Sour cream dip, any flavor	333	12	1	11	0.027	0.011	0	0.039	0.028

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Selenium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
Beef steak, loin/sirloin, broiled	334	12	0	0	0.296	0.066	0.183	0.412	0.278
Luncheon meat (chicken/turkey)	335	12	0	0	0.195	0.065	0.075	0.307	0.192
Chicken breast, fried, fast-food (w/	336	12	0	1	0.226	0.106	0.014	0.417	0.213
Chicken thigh, oven-roasted (skin removed)	337	12	0	0	0.303	0.116	0.163	0.530	0.287
Chicken leg, fried, fast-food (w/ skin)	338	12	0	0	0.242	0.102	0.111	0.430	0.225
Catfish, pan-cooked w/ oil	339	12	0	0	0.121	0.019	0.093	0.153	0.124
Tuna, canned in water, drained	340	12	0	0	0.622	0.146	0.356	0.902	0.610
Refried beans, canned	341	12	0	2	0.057	0.019	0.028	0.096	0.056
White beans, dry, boiled	342	12	0	1	0.054	0.014	0.038	0.086	0.051
Sunflower seeds (shelled), roasted,	343	12	0	0	0.579	0.165	0.306	0.874	0.625
Pancakes, frozen, heated	344	12	0	0	0.107	0.031	0.044	0.144	0.112
Breakfast tart/toaster pastry	345	12	0	4	0.049	0.015	0.025	0.077	0.048
Macaroni salad, from grocery/deli	346	12	0	0	0.190	0.050	0.088	0.278	0.194
Spaghetti, enriched, boiled	347	12	0	0	0.234	0.092	0.052	0.392	0.252
Apricots, canned in heavy/light syrup	348	12	12	0	0	0	0	0	0
Fruit juice blend (100% juice), canned/bottled	350	12	11	1	0.001	0.002	0	0.008	0
Cranberry juice cocktail,	351	12	11	1	0.001	0.002	0	0.008	0
Orange juice, bottled/carton	352	12	10	2	0.001	0.003	0	0.008	0
Potato salad, mayonnaise-type, from grocery/deli	353	12	6	6	0.013	0.015	0	0.039	0.007
Potato, mashed, prepared from fresh	354	12	10	2	0.003	0.006	0	0.019	0
Coleslaw, mayonnaise-type, from grocery/deli	355	12	6	6	0.011	0.013	0	0.037	0.007
Carrot, baby, raw	356	12	8	4	0.004	0.006	0	0.015	0
Lettuce, leaf, raw	357	12	10	2	0.002	0.004	0	0.011	0
Sweet potatoes, canned	358	12	11	1	0.001	0.003	0	0.011	0
Tomato salsa, bottled	359	12	8	3	0.006	0.011	0	0.035	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Selenium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
Beef and vegetable stew, canned	360	12	0	10	0.026	0.011	0.016	0.047	0.022
Lasagna w/ meat, frozen, heated	361	12	0	0	0.156	0.040	0.100	0.246	0.148
Beef w/ vegetables in sauce, from Chinese carry-out	362	12	0	1	0.072	0.022	0.036	0.120	0.069
Chicken w/ vegetables in sauce, from Chinese carry-out	363	12	0	0	0.065	0.024	0.041	0.117	0.054
Fried rice, meatless, from Chinese carry-out	364	12	0	0	0.083	0.027	0.045	0.128	0.084
Burrito w/ beef, beans and cheese, from Mexican carry-out	365	12	0	0	0.132	0.016	0.112	0.160	0.129
Chicken filet (broiled) sandwich on bun, fast-food	366	12	0	0	0.209	0.034	0.153	0.262	0.201
Soup, Oriental noodles (ramen noodles), prep w/ water	367	12	0	5	0.047	0.017	0.018	0.071	0.050
Pudding, ready-to-eat, flavor other than chocolate	368	12	2	10	0.011	0.006	0	0.017	0.013
Cake, yellow w/ icing	369	12	0	2	0.055	0.017	0.028	0.090	0.053
Granola bar, w/ raisins	370	12	0	0	0.114	0.025	0.082	0.175	0.105
Candy bar, chocolate, nougat, and nuts	371	12	0	0	0.120	0.034	0.081	0.183	0.106
Popcorn, microwave, butter-flavored	372	12	1	6	0.049	0.035	0	0.140	0.038
Sweet & sour sauce	373	12	11	1	0.001	0.003	0	0.011	0
Brown gravy, canned or bottled	374	12	11	1	0.001	0.004	0	0.014	0
Salad dressing, creamy/buttermilk type, regular	375	12	1	9	0.026	0.012	0	0.046	0.024
Salad dressing, creamy/buttermilk type, low-calorie	376	12	0	12	0.020	0.005	0.013	0.026	0.021
Salad dressing, Italian, regular	377	12	10	2	0.002	0.005	0	0.015	0
Olive oil	378	12	11	1	0.001	0.004	0	0.013	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Selenium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
Vegetable oil	379	12	12	0	0	0	0	0	0
Bottled drinking water (mineral/spring), not carbonated or flavored	380	12	12	0	0	0	0	0	0
Decaffeinated coffee, from ground	381	12	12	0	0	0	0	0	0
Decaffeinated tea, from tea bag	382	12	12	0	0	0	0	0	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Sodium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
Overall:		13,230	933	1782	2433	3377	0	29800	656
whole milk, fluid	1	51	0	0	389	47	220	476	395
lowfat (2% fat) milk, fluid	2	51	0	0	412	34	291	493	414
chocolate milk, fluid	3	51	0	0	677	113	430	914	679
skim milk, fluid	4	51	0	0	423	45	315	597	413
plain yogurt, lowfat	6	39	0	0	596	62	462	770	586
chocolate milk shake, fast-food	7	51	0	0	740	87	534	896	744
evaporated milk, canned	8	39	0	0	810	97	678	1050	776
American, processed cheese	10	51	0	0	15046	1494	9140	17400	15300
cottage cheese, 4% milkfat	11	39	0	0	3494	313	2760	4110	3460
cheddar cheese	12	51	0	0	6315	812	3490	8050	6320
ground beef, pan-cooked	13	51	0	0	766	298	518	2770	728
beef chuck roast, baked	14	51	0	0	671	188	491	1780	640
beef steak, loin, pan-cooked	16	39	0	0	598	64	511	810	577
ham, baked	17	51	0	0	11460	1686	5820	15100	11400
pork chop, pan-cooked	18	51	0	0	1281	892	542	3750	772
pork sausage, pan-cooked	19	51	0	0	8399	1340	4260	11000	8470
pork bacon, pan-cooked	20	51	0	0	17628	3612	8830	29800	17200
pork roast, baked	21	51	0	0	1300	1055	456	5300	952
lamb chop, pan-cooked	22	51	0	0	886	100	682	1110	885
chicken, fried (breast, leg, and thigh) homemade	24	39	0	0	984	239	653	2060	953
turkey breast, roasted	26	51	0	0	1933	1320	425	6630	1580
liver, beef, fried	27	51	0	0	727	64	622	926	722
frankfurters, beef, boiled	28	51	0	0	8114	843	5840	10700	8090
bologna, sliced	29	51	0	0	10630	881	8850	12800	10600
salami, sliced	30	51	0	0	13500	2580	9270	18500	13000
tuna, canned in oil	32	39	0	0	2944	652	1440	4200	2990
fish sticks, frozen, heated	34	51	0	0	4436	577	3290	5570	4440

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Sodium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
eggs, scrambled	35	51	0	0	2550	1191	1080	9280	2410
eggs, fried	36	39	0	0	1330	76	1140	1530	1330
eggs, boiled	37	51	0	0	1232	65	1060	1360	1250
pinto beans, dry, boiled	38	51	40	11	2	5	0	18	0
pork and beans, canned	39	51	0	0	3290	281	2490	4060	3290
lima beans, immature, frozen, boiled	42	51	0	0	398	265	47	1240	301
green peas, fresh/frozen, boiled	46	51	0	10	367	321	8	1590	307
peanut butter, smooth	47	51	0	0	4202	597	2890	5950	4200
peanuts, dry roasted	48	51	0	0	5133	1452	1430	8240	5280
white rice, cooked	50	51	33	15	13	47	0	308	0
oatmeal, quick (1-3 min), cooked	51	51	34	10	21	53	0	270	0
wheat cereal, farina, quick (1-3min),	52	51	8	3	224	211	0	1150	211
corngrits, regular, cooked	53	51	38	3	238	771	0	4470	0
corn, fresh/frozen, boiled	54	51	38	13	4	7	0	24	0
corn, canned	55	12	0	1	1861	752	30	2750	2120
cream style corn, canned	56	39	0	0	2721	460	1420	3420	2790
popcorn, popped in oil	57	39	35	2	3	9	0	40	0
white bread	58	51	0	0	5398	470	3950	6270	5430
white roll	59	39	0	0	5230	478	4360	6300	5200
cornbread, homemade	60	51	0	0	4904	1455	1690	10500	4800
biscuit, from refrigerated dough, baked	61	51	0	0	9769	998	6970	11400	9770
whole wheat bread	62	51	0	0	5105	505	3480	6920	5090
tortilla, flour	63	51	0	0	6755	1210	3040	8440	7080
rye bread	64	51	0	0	6349	796	3550	7640	6460
blueberry muffin, commercial	65	51	0	0	3772	587	2500	5180	3730
saltine crackers	66	51	0	0	10998	1239	8420	15100	10800
corn chips	67	51	1	0	4369	1252	0	7140	4590
pancake from mix	68	39	0	0	5750	730	4210	7570	5800
egg noodles, boiled	69	51	0	17	45	54	11	402	36

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Sodium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
macaroni, boiled	70	39	18	21	6	6	0	18	8
corn flakes	71	51	0	0	8887	1631	6470	12800	9380
fruit-flavored, sweetened cereal	72	51	0	0	4943	645	4110	6550	4750
shredded wheat cereal	73	51	0	33	64	173	11	1190	26
raisin bran cereal	74	51	0	0	5332	758	3120	6480	5360
crisped rice cereal	75	51	0	0	9539	932	7750	12550	9600
granola cereal	76	51	0	0	2153	895	317	4010	2140
oat ring cereal	77	51	0	0	8855	993	6590	10800	8990
apple, red, raw	78	51	13	37	11	10	0	51	9
orange, raw	79	51	11	39	7	5	0	23	6.4
banana, raw	80	51	44	7	1	3	0	14	0
watermelon, raw	81	51	0	42	15	11	5	64	11
peach, raw	83	51	34	12	5	10	0	49	0
applesauce, bottled	84	51	10	29	16	17	0	67	11
pear, raw	85	51	25	25	5	6	0	35	5
strawberries, raw	86	51	4	44	10	6	0	29	9
fruit cocktail, canned in heavy syrup	87	51	0	32	29	12	16	78	25
grapes, red/green, seedless, raw	88	50	2	31	23	22	0	93	15
cantaloupe, raw	89	51	0	0	178	102	44	428	145
plums, raw	91	39	38	1	0	1	0	5	0
grapefruit, raw	92	51	3	45	10	5	0	25	9
pineapple, canned in juice	93	51	17	32	11	11	0	51	10
sweet cherries, raw	94	33	31	2	1	2	0	13	0
raisins, dried	95	51	0	0	124	59	41	354	109
prunes, dried	96	39	6	32	14	11	0	69	14
avocado, raw	97	51	0	11	49	24	12	119	46
orange juice, from frozen concentrate	98	51	2	45	10	5	0	26	10
apple juice, bottled	99	51	0	6	35	16	10	79	31
grapefruit juice, from frozen	100	51	0	41	16	9	7	51	13

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Sodium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
prune juice, bottled	103	51	1	6	43	24	0	122	40
lemonade, from frozen concentrate	105	51	21	30	5	4	0	16	6
spinach, fresh/frozen, boiled	107	51	0	0	456	291	51	1370	412
collards, fresh/frozen, boiled	108	51	0	2	159	122	14	510	119
iceberg lettuce, raw	109	51	0	0	113	50	34	249	103
cabbage, fresh, boiled	110	51	0	4	91	58	10	265	82
coleslaw with dressing, homemade	111	39	0	0	3707	909	1730	5720	3570
sauerkraut, canned	112	39	0	0	6085	840	3240	7980	6110
broccoli, fresh/frozen, boiled	113	51	0	0	151	50	34	295	144
celery, raw	114	51	0	0	771	226	264	1330	768
asparagus, fresh/frozen, boiled	115	51	0	26	46	80	8	553	30
cauliflower, fresh/frozen, boiled	116	51	0	0	150	47	54	241	147
tomato, red, raw	117	51	0	33	27	12	9	69	25
tomato sauce, plain, bottled	119	51	0	0	5344	851	3570	6900	5370
green beans, fresh/frozen, boiled	121	51	33	18	4	6	0	28	0
beans, snap green, canned	122	12	0	0	2594	459	1640	3010	2765
cucumber, raw	123	51	2	44	18	9	0	38	18
summer squash, fresh/frozen, boiled	124	51	37	13	4	8	0	30	0
green pepper, raw	125	51	9	42	9	6	0	27	9
winter squash, fresh/frozen, baked, mashed	126	51	26	24	6	8	0	41	0
onion, mature, raw	128	51	0	17	40	21	9	101	35
beets, canned	131	12	0	0	2103	449	1420	2870	2120
radish, raw	132	39	0	1	265	223	28	777	202
French fries, frozen, heated	134	39	0	0	1134	1145	127	4710	670
mashed potatoes, from flakes	135	39	0	0	995	739	361	3590	656
white potato, boiled without skin	136	51	5	23	20	14	0	71	17
white potato, baked with skin	137	51	2	13	36	23	0	99	31
potato chips	138	51	0	0	4900	828	3280	7260	5040

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Sodium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
scalloped potatoes, homemade	139	39	0	0	1846	596	713	3380	1880
sweet potato, fresh, baked	140	39	0	1	259	233	19	1090	200
spaghetti with tomato sauce and meatballs, homemade	142	51	0	0	2064	498	892	3120	2020
beef stew with potatoes, carrots, and onion, homemade	143	39	0	0	1969	889	567	4680	2060
chili con carne, beef and beans, canned	145	12	0	0	4305	442	3390	4860	4440
macaroni and cheese, from box mix	146	51	0	0	3490	668	1330	5970	3430
quarter-pound hamburger on bun, fast-food	147	51	0	0	3667	502	2900	5460	3560
meatloaf, homemade	148	51	0	0	4796	1430	2050	8760	4670
spaghetti with tomato sauce, canned	149	39	0	0	3716	475	2450	4560	3780
lasagna with meat, homemade	151	39	0	0	3695	756	1880	5350	3690
chicken potpie, frozen, heated	152	51	0	0	4200	373	3660	5450	4150
chicken noodle soup, canned, condensed, prepared with water	155	51	0	0	4011	515	2700	5520	4060
tomato soup, canned, condensed, prepared with water	156	51	0	0	2972	442	1820	4320	3050
vegetable beef soup, canned, condensed, prepared with water	157	51	0	0	3467	528	2150	4470	3540
white sauce, homemade	160	39	0	0	3752	1142	1940	7930	3610
dill cucumber pickles	161	51	0	0	8786	2144	4340	13500	8850
margarine, stick, regular (salted)	162	51	0	0	7299	640	5850	8920	7330
butter, regular (salted)	164	51	0	0	5763	715	3750	7280	5710
mayonnaise, regular, bottled	166	51	0	0	5433	641	3540	6860	5500
half & half cream	167	51	0	0	593	165	361	1010	566
cream substitute, frozen	168	51	0	0	494	166	156	764	523
white sugar, granulated	169	51	34	17	3	5	0	17	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Sodium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
pancake syrup	170	51	0	0	827	386	104	1970	731
honey	172	51	0	44	25	14	10	91	22
tomato catsup	173	51	0	0	11523	965	8100	13000	11600
chocolate pudding, from instant mix	175	39	0	0	3090	492	1240	3900	3210
vanilla flavored light ice cream	177	50	0	0	743	78	609	940	742.5
chocolate cake with chocolate icing, commercial	178	51	0	0	3454	447	2540	4490	3490
yellow cake with white icing, prepared from cake and icing mixes	179	39	0	0	3163	426	2160	3890	3140
sweet roll/Danish, commercial	182	51	0	0	3455	671	2470	5440	3340
chocolate chip cookies, commercial	183	51	0	0	3407	500	2170	5760	3410
sandwich cookies with creme filling, commercial	184	51	0	0	3970	643	2620	5450	4020
apple pie, fresh/frozen, commercial	185	51	0	0	2549	384	1250	3410	2570
pumpkin pie, fresh/frozen, commercial	186	51	0	0	2770	256	2250	3330	2750
milk chocolate candy bar, plain	187	51	0	0	708	76	479	912	700
caramel candy	188	39	0	0	2361	629	900	3730	2360
gelatin dessert, any flavor	190	51	0	0	647	181	284	1300	665
cola carbonated beverage	191	51	0	19	30	19	7	109	25
fruit drink, from powder	193	51	2	27	28	39	0	252	12
low-calorie cola carbonated beverage	194	51	0	15	41	26	9	114	39
coffee, decaffeinated, from instant	196	39	2	12	18	20	0	116	14
tea, from tea bag	197	51	19	20	8	12	0	49	4
beer	198	51	0	11	30	15	10	92	27.5
dry table wine	199	51	1	1	72	230	0	1680	35.5
whiskey	200	39	10	27	4	3	0	13	4.5
tap water	201	33	0	1	29	26	4	125	19
milk-based infant formula, high iron, ready-to-feed	202	51	0	0	209	32	165	319	203

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Sodium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
milk-based infant formula, low iron, ready-to-feed	203	51	0	0	210	34	175	332	196
beef, strained/junior	205	51	0	0	428	38	349	547	425
chicken, strained/junior, with/without broth or gravy	207	51	0	0	482	52	372	575	486
chicken/turkey with vegetables, high/lean meat, strained/junior	208	2	0	0	266	39	238	293	265.5
beef with vegetables, high/lean meat, strained/junior	209	2	0	0	183	38	156	210	183
ham with vegetables, high/lean meat, strained/junior	210	2	0	0	176	14	166	186	176
vegetables and beef, strained/junior	211	51	0	0	262	214	62	877	160
vegetables and chicken, strained/junior	212	51	0	0	251	177	94	1020	183
vegetables and ham, strained/junior	213	50	0	0	204	158	58	838	161
chicken noodle dinner, strained/junior	214	51	0	0	254	184	104	988	188
macaroni, tomatoes, and beef, strained/junior	215	51	0	0	242	79	89	626	237
turkey and rice, strained/junior	216	51	0	0	223	200	99	1110	155
carrots, strained/junior	218	51	0	0	285	138	77	615	256
green beans, strained/junior	219	51	5	39	36	82	0	429	16
mixed vegetables, strained/junior	220	51	0	1	171	130	28	709	133
sweet potatoes, strained/junior	221	51	0	3	100	52	25	268	95
creamed corn, strained/junior	222	33	0	0	82	20	52	125	81.5
peas, strained/junior	223	51	0	22	51	89	20	512	32
creamed spinach, strained/junior	224	39	0	0	264	84	134	487	239
applesauce, strained/junior	225	51	31	20	4	5	0	21	0
peaches, strained/junior	226	51	5	37	20	12	0	63	18
pears, strained/junior	227	50	18	29	11	11	0	49	9
apple juice, strained	230	51	3	38	22	13	0	70	21

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Sodium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
orange juice, strained	231	50	0	41	22	10	10	57	19
custard pudding, strained/junior	232	51	0	0	248	39	171	347	237
fruit dessert/pudding, strained/junior	233	51	1	14	45	22	0	102	44
fruit-flavored yogurt, lowfat (fruit	235	51	0	0	514	57	376	658	511
Swiss cheese	236	51	0	0	2180	1083	1410	7080	1890
cream cheese	237	51	0	0	3139	528	1810	4660	3170
veal cutlet, pan-cooked	238	39	0	0	749	105	438	928	740
ham luncheon meat, sliced	239	51	0	0	11396	1747	5780	14600	11700
chicken breast, roasted	240	51	0	0	716	543	393	3490	560
chicken nuggets, fast-food	241	51	0	0	6606	1334	4100	9660	6240
chicken, fried (breast, leg, and thigh), fast-food	242	39	0	0	6096	1142	4140	8340	6070
haddock, pan-cooked	243	20	0	0	1367	418	669	2090	1255
shrimp, boiled	244	51	0	0	3208	1201	1150	7510	3180
kidney beans, dry, boiled	245	39	26	12	4	7	0	30	0
peas, mature, dry, boiled	246	39	5	31	12	12	0	63	9
mixed nuts, no peanuts, dry roasted	247	39	0	0	2991	560	1330	4240	3030
cracked wheat bread	248	51	0	0	5079	539	3930	6400	5060
bagel, plain	249	51	0	0	4897	429	3900	6000	4900
English muffin, plain, toasted	250	51	0	0	4892	871	3600	8380	4620
graham crackers	251	51	0	0	5444	600	3890	6830	5380
butter-type crackers	252	51	0	0	7989	922	5700	10500	7930
apricot, raw	253	34	29	4	4	16	0	96	0
peach, canned in light/medium syrup	254	51	0	25	36	23	11	144	31.2
pear, canned in light syrup	255	51	3	33	21	16	0	71	18
pineapple juice, from frozen	256	51	1	41	13	7	0	32	11
grape juice, from frozen concentrate	257	51	0	14	37	22	10	107	30
French fries, fast-food	258	51	0	0	2542	1537	669	7080	2120
carrot, fresh, boiled	259	51	0	0	513	208	109	995	459

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Sodium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
tomato, stewed, canned	260	39	0	0	2482	668	1010	4060	2490
tomato juice, bottled	261	51	0	0	2981	461	2100	4310	2980
beets, fresh/frozen, boiled	262	39	0	0	724	460	72	2050	668
Brussels sprouts, fresh/frozen, boiled	263	51	0	0	170	127	61	922	138
mushrooms, raw	264	51	0	9	55	38	17	177	44
eggplant, fresh, boiled	265	51	21	30	7	7	0	25	8
turnip, fresh/frozen, boiled	266	51	0	4	212	216	19	1040	144
okra, fresh/frozen, boiled	267	51	0	5	58	26	15	147	55
mixed vegetables, frozen, boiled	268	51	0	0	184	97	34	443	165
beef stroganoff, homemade	269	51	0	0	1151	437	212	2510	1060
green peppers stuffed with beef and rice, homemade	270	39	0	0	1167	432	517	2580	1050
chili con carne with beans, homemade	271	39	0	0	3046	812	2090	7010	2950
tuna noodle casserole, homemade	272	51	0	0	4092	795	2790	6170	3830
Salisbury steak with gravy, potatoes, and vegetable, frozen meal, heated	273	38	0	0	3511	532	2320	4500	3460
turkey with gravy, dressing, potatoes, and vegetable, frozen meal, heated	274	39	0	0	3842	449	3060	4930	3830
quarter-pound cheeseburger on bun, fast-food	275	51	0	0	5314	752	3240	7420	5500
fish sandwich on bun, fast-food	276	51	0	0	4711	462	3960	6600	4700
frankfurter on bun, fast-food	277	39	0	0	7451	770	5800	9000	7500
egg, cheese, and ham on English muffin, fast-food	278	51	0	0	6077	400	5200	7130	6030
taco/tostada, from Mexican carry-out	279	51	0	0	4356	913	2550	6240	4300
cheese pizza, regular crust, from pizza carry-out	280	39	0	0	5635	863	3920	7520	5580

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Sodium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
cheese and pepperoni pizza, regular crust, from pizza carry-out	281	51	0	0	6684	870	4650	8570	6650
beef chow mein, from Chinese carry-	282	39	0	0	3587	758	1680	5250	3600
bean with bacon/pork soup, canned, condensed, prepared with water	283	51	0	0	3569	359	2850	4560	3570
mushroom soup, canned, condensed, prepared with whole milk	284	39	0	0	3728	458	2510	4680	3800
clam chowder, New England, canned, condensed, prepared with whole milk	285	51	0	0	3619	565	1580	5010	3730
vanilla ice cream	286	51	0	0	649	103	470	990	640
fruit flavor sherbet	287	51	0	0	295	54	188	432	295
popsicle, any flavor	288	51	0	2	75	34	23	163	71
chocolate snack cake with chocolate	289	39	0	0	2996	418	2180	4050	2980
cake doughnuts with icing, any flavor, from doughnut store	290	51	0	0	4192	492	3070	5370	4200
brownies, commercial	291	51	0	0	2351	365	1440	3400	2410
sugar cookies, commercial	292	51	0	0	3457	636	2070	4940	3430
suckers, any flavor	293	51	0	0	497	677	74	3580	362
pretzels, hard, salted, any shape	294	51	0	0	16074	3888	7180	26100	16300
chocolate syrup dessert topping	295	51	0	0	578	240	345	1780	487
jelly, any flavor	296	51	0	0	318	99	100	547	327
sweet cucumber pickles	297	39	0	0	4843	672	2980	6150	4870
yellow mustard	298	51	0	0	11556	996	8910	13700	11500
black olives	299	51	0	0	7471	909	4880	9860	7440
sour cream	300	51	0	0	738	292	357	1410	697
brown gravy, homemade	301	39	0	0	1653	1607	207	6850	991
French salad dressing, regular	302	39	0	0	7503	1162	5000	10100	7480
Italian salad dressing, low-calorie	303	39	0	0	12904	2507	8600	18800	12500
olive/safflower oil	304	38	27	8	10	28	0	142	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Sodium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
coffee, from ground	305	51	13	20	16	15	0	55	11
fruit-flavored carbonated beverage	306	51	0	0	72	31	30	169	61
fruit drink, canned	307	51	0	4	169	156	11	519	65
martini	308	30	7	20	4	3	0	12	4
soy-based infant formula, ready-to-feed	309	51	0	0	302	37	233	406	300
egg yolk, strained/junior	310	12	0	0	380	47	344	520	370
rice infant cereal, instant, prepared with whole milk	311	39	0	2	314	78	14	410	326
rice cereal, strained/junior	312	20	0	0	77	30	27	142	77
bananas with tapioca, strained/junior	313	51	1	20	35	20	0	95	35
beets, strained/junior	314	15	0	0	292	264	132	1180	225
split peas with vegetables and ham/bacon, strained/junior	316	27	0	0	545	395	45	1390	375
teething biscuits	317	51	0	0	2314	453	820	3480	2490
salmon, steaks or filets, fresh or frozen, baked	318	31	0	0	620	222	364	1270	532
rice cereal with apple, strained/junior	319	17	0	12	27	17	8	86	27
squash, strained/junior	320	29	5	24	9	5	0	17	10
BF, cereal, oatmeal, dry, prep w/ water	323	12	0	8	27	13	11	57	25
BF, cereal, rice, dry, prep w/ water	324	12	0	9	21	12	7	49	20
BF, cereal, rice w/apples, dry, prep w/ water	325	12	0	7	57	76	11	268	25
BF, veal and broth/gravy	326	12	0	0	379	91	259	511	396
BF, lamb and broth/gravy	327	12	0	0	411	96	254	554	440
BF, turkey and broth/gravy	328	12	0	0	505	35	459	560	488
Meal replacement, liquid RTD, any	331	12	0	0	822	119	544	983	855.5
Cottage cheese, creamed, lowfat (2% milk fat)	332	12	0	0	3393	326	2660	3960	3420
Sour cream dip, any flavor	333	12	0	0	5946	471	5170	6770	5895

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Sodium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
Beef steak, loin/sirloin, broiled	334	12	0	0	696	213	486	1140	611
Luncheon meat (chicken/turkey)	335	12	0	0	9660	1321	7610	11800	9840
Chicken breast, fried, fast-food (w/	336	12	0	0	6303	536	5080	6910	6420
Chicken thigh, oven-roasted (skin removed)	337	12	0	0	1217	749	648	3010	885.5
Chicken leg, fried, fast-food (w/ skin)	338	12	0	0	6198	396	5250	6650	6260
Catfish, pan-cooked w/ oil	339	12	0	0	654	243	415	1170	546
Tuna, canned in water, drained	340	12	0	0	2657	487	1660	3330	2690
Refried beans, canned	341	12	0	0	4003	339	3410	4370	4080
White beans, dry, boiled	342	12	8	4	3	5	0	14	0
Sunflower seeds (shelled), roasted,	343	12	1	0	5785	2145	0	8760	6110
Pancakes, frozen, heated	344	12	0	0	5473	626	4290	6560	5340
Breakfast tart/toaster pastry	345	12	0	0	3473	418	3130	4650	3375
Macaroni salad, from grocery/deli	346	12	0	0	4677	814	3400	6290	4575
Spaghetti, enriched, boiled	347	12	4	8	7	6	0	15	8
Apricots, canned in heavy/light syrup	348	12	0	0	35	16	21	69	28
Fruit juice blend (100% juice), canned/bottled	350	12	0	0	61	16	37	88	64
Cranberry juice cocktail,	351	12	0	9	17	5	11	29	16
Orange juice, bottled/carton	352	12	0	5	34	28	8	110	29
Potato salad, mayonnaise-type, from grocery/deli	353	12	0	0	4021	378	3250	4570	3950
Potato, mashed, prepared from fresh	354	12	0	0	1381	590	747	2400	1088
Coleslaw, mayonnaise-type, from grocery/deli	355	12	0	0	2545	636	1560	3290	2440
Carrot, baby, raw	356	12	0	0	675	236	397	1130	627
Lettuce, leaf, raw	357	12	0	0	232	92	102	381	256
Sweet potatoes, canned	358	12	0	0	148	161	48	636	93
Tomato salsa, bottled	359	12	0	0	6121	575	5270	7130	6085

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Sodium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
Beef and vegetable stew, canned	360	12	0	0	3966	344	3470	4690	3910
Lasagna w/ meat, frozen, heated	361	12	0	0	3667	390	2770	4310	3665
Beef w/ vegetables in sauce, from Chinese carry-out	362	12	0	0	4258	743	3040	5340	4290
Chicken w/ vegetables in sauce, from Chinese carry-out	363	12	0	0	3898	769	3010	5940	3870
Fried rice, meatless, from Chinese carry-out	364	12	0	0	4078	815	2730	5460	3820
Burrito w/ beef, beans and cheese, from Mexican carry-out	365	12	0	0	6207	665	4950	7020	6110
Chicken filet (broiled) sandwich on bun, fast-food	366	12	0	0	5406	707	4350	6580	5395
Soup, Oriental noodles (ramen noodles), prep w/ water	367	12	0	0	3319	506	2170	3860	3390
Pudding, ready-to-eat, flavor other than chocolate	368	12	0	0	1463	123	1290	1690	1460
Cake, yellow w/ icing	369	12	0	0	3090	378	2440	3650	3040
Granola bar, w/ raisins	370	12	0	0	2388	379	1670	2950	2490
Candy bar, chocolate, nougat, and nuts	371	12	0	0	2100	131	1810	2300	2120
Popcorn, microwave, butter-flavored	372	12	0	0	8076	1096	6460	10300	7865
Sweet & sour sauce	373	12	0	0	4768	1546	1310	6970	4900
Brown gravy, canned or bottled	374	12	0	0	5684	250	5290	6000	5710
Salad dressing, creamy/buttermilk type, regular	375	12	0	0	9010	654	7800	9640	9240
Salad dressing, creamy/buttermilk type, low-calorie	376	12	0	0	9939	1068	8520	11900	9910
Salad dressing, Italian, regular	377	12	0	0	14783	2035	11100	17800	14800
Olive oil	378	12	11	1	1	3	0	10	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Sodium - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
Vegetable oil	379	12	12	0	0	0	0	0	0
Bottled drinking water (mineral/spring), not carbonated or flavored	380	12	1	11	5	3	0	10	5
Decaffeinated coffee, from ground	381	12	1	7	14	16	0	49	5
Decaffeinated tea, from tea bag	382	12	5	6	5	8	0	29	4

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Zinc - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
Overall:		13,230	1009	1609	9.4	18.6	0	261.0	4.0
whole milk, fluid	1	51	0	0	3.7	0.5	2.2	4.4	3.8
lowfat (2% fat) milk, fluid	2	51	0	0	4.0	0.4	2.9	5.0	4.0
chocolate milk, fluid	3	51	0	0	4.2	0.5	2.7	6.1	4.3
skim milk, fluid	4	51	0	0	4.0	0.7	1.6	6.1	4.1
plain yogurt, lowfat	6	39	0	0	5.7	0.5	4.6	6.9	5.7
chocolate milk shake, fast-food	7	51	0	0	4.6	0.6	2.5	5.8	4.7
evaporated milk, canned	8	39	0	0	7.5	0.7	5.3	8.9	7.6
American, processed cheese	10	51	0	0	27.6	2.4	23.4	33.2	27.4
cottage cheese, 4% milkfat	11	39	0	0	3.8	0.5	2.5	5.2	3.8
cheddar cheese	12	51	0	0	37.9	3.7	18.5	45.0	38.3
ground beef, pan-cooked	13	51	0	0	57.6	5.4	48.7	71.3	57.9
beef chuck roast, baked	14	51	0	0	81.5	10.3	56.7	103	82
beef steak, loin, pan-cooked	16	39	0	0	54.8	7.4	39.7	72.9	54.3
ham, baked	17	51	0	0	20.6	3.2	13.8	29.3	19.9
pork chop, pan-cooked	18	51	0	0	25.5	4.2	15.6	36.6	24.5
pork sausage, pan-cooked	19	51	0	0	28.5	3.2	21.3	36.6	28.3
pork bacon, pan-cooked	20	51	0	0	28.5	3.8	20.6	36.6	28.4
pork roast, baked	21	51	0	0	27.4	5.6	18.2	43.7	26.8
lamb chop, pan-cooked	22	51	0	0	52.0	11.9	30.7	86.0	51.4
chicken, fried (breast, leg, and thigh) homemade	24	39	0	0	19.3	2.8	11.0	24.4	19.5
turkey breast, roasted	26	51	0	0	13.5	1.8	9.5	18.1	13.3
liver, beef, fried	27	51	0	0	55.4	17.7	33.5	129	50.9
frankfurters, beef, boiled	28	51	0	0	22.4	3.1	13.1	29.3	22.6
bologna, sliced	29	51	0	0	14.1	2.9	9.9	23.1	13.6
salami, sliced	30	51	0	0	20.4	5.2	12.4	32.5	19.4
tuna, canned in oil	32	39	0	0	5.8	1.4	3.4	10.7	5.7
fish sticks, frozen, heated	34	51	0	0	6.4	4.9	2.0	25.0	4.6

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Zinc - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
eggs, scrambled	35	51	0	0	11.4	1.1	8.2	13.8	11.5
eggs, fried	36	39	0	0	13.3	1.0	11.3	15.6	13.2
eggs, boiled	37	51	0	0	13.6	1.4	11.3	16.8	13.4
pinto beans, dry, boiled	38	51	0	0	9.7	1.1	7.6	13.7	9.7
pork and beans, canned	39	51	0	0	6.7	2.1	3.8	13.6	5.8
lima beans, immature, frozen, boiled	42	51	0	0	6.7	0.7	5.4	8.3	6.5
green peas, fresh/frozen, boiled	46	51	0	0	6.1	1.1	2.8	7.8	6.2
peanut butter, smooth	47	51	0	0	28.0	4.9	22.6	59.9	27.2
peanuts, dry roasted	48	51	0	0	29.6	2.0	24.8	33.5	29.7
white rice, cooked	50	51	0	0	5.1	0.9	3.0	6.8	5.2
oatmeal, quick (1-3 min), cooked	51	51	0	0	5.2	1.1	3.3	8.3	5.1
wheat cereal, farina, quick (1-3min),	52	51	0	3	2.1	1.0	0.7	6.1	1.9
corngrits, regular, cooked	53	51	0	6	1.4	0.5	0.5	3.7	1.3
corn, fresh/frozen, boiled	54	51	0	0	4.1	0.8	2.5	6.3	4.0
corn, canned	55	12	0	0	3.2	0.2	2.9	3.6	3.3
cream style corn, canned	56	39	0	0	2.8	0.8	1.8	6.0	2.6
popcorn, popped in oil	57	39	0	0	21.0	4.1	13.9	28.4	21.8
white bread	58	51	0	0	6.6	0.9	3.5	8.1	6.5
white roll	59	39	0	0	8.4	0.9	5.8	10.0	8.4
cornbread, homemade	60	51	0	0	6.3	0.9	4.5	8.2	6.3
biscuit, from refrigerated dough, baked	61	51	0	0	4.3	0.8	2.2	7.0	4.2
whole wheat bread	62	51	0	0	17.5	2.5	12.1	22.8	17.6
tortilla, flour	63	51	0	0	5.3	1.0	3.7	10.9	5.1
rye bread	64	51	0	0	9.8	1.1	6.8	12.6	9.7
blueberry muffin, commercial	65	51	0	0	4.2	0.5	2.9	5.4	4.2
saltine crackers	66	51	0	0	7.3	0.9	5.6	9.8	7.1
corn chips	67	51	0	0	14.2	1.6	11.2	17.8	14.1
pancake from mix	68	39	0	0	6.2	1.0	3.6	8.9	6.4
egg noodles, boiled	69	51	0	0	6.7	1.3	4.3	9.9	6.7

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Zinc - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
macaroni, boiled	70	39	0	0	4.9	0.8	3.6	6.7	4.7
corn flakes	71	51	0	0	5	10.6	1.2	55	2
fruit-flavored, sweetened cereal	72	51	0	0	145	37.3	41.2	211	149
shredded wheat cereal	73	51	0	0	30.0	7.0	22.3	61	28
raisin bran cereal	74	51	0	0	91	37	33.3	261	91.6
crisped rice cereal	75	51	0	0	18.7	18.2	9.1	100	12.8
granola cereal	76	51	0	0	62	41	18	191	48
oat ring cereal	77	51	0	0	151	41.8	26	226	164
apple, red, raw	78	51	40	11	0.1	0.2	0	0.8	0
orange, raw	79	51	0	42	0.6	0.1	0.4	1.0	0.6
banana, raw	80	51	0	0	1.6	0.1	1.4	2.0	1.7
watermelon, raw	81	51	0	24	0.8	0.3	0.3	1.5	0.8
peach, raw	83	51	0	8	1.3	0.9	0.7	5.2	1.1
applesauce, bottled	84	51	29	22	0.1	0.2	0	0.6	0
pear, raw	85	51	0	13	1.0	0.2	0.5	1.5	1.0
strawberries, raw	86	51	0	8	1.0	0.2	0.7	1.7	1.0
fruit cocktail, canned in heavy syrup	87	51	1	48	0.6	0.2	0	1.0	0.6
grapes, red/green, seedless, raw	88	50	0	42	0.5	0.2	0.2	1.1	0.5
cantaloupe, raw	89	51	0	5	1.4	0.4	0.6	2.1	1.4
plums, raw	91	39	0	23	0.8	0.2	0.5	1.2	0.8
grapefruit, raw	92	51	0	48	0.5	0.1	0.3	0.9	0.5
pineapple, canned in juice	93	51	0	45	0.7	0.1	0.5	1.2	0.8
sweet cherries, raw	94	33	0	22	0.8	0.3	0.4	1.5	0.7
raisins, dried	95	51	0	25	2.0	0.4	1.1	3.1	1.9
prunes, dried	96	39	0	0	4.4	0.5	3.3	5.4	4.3
avocado, raw	97	51	0	0	6.3	1.6	2.8	9.2	6.2
orange juice, from frozen concentrate	98	51	2	47	0.4	0.3	0	2.7	0.4
apple juice, bottled	99	51	22	28	0.2	0.2	0	0.9	0.2
grapefruit juice, from frozen	100	51	0	48	0.4	0.1	0.2	0.8	0.4

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Zinc - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
prune juice, bottled	103	51	0	0	1.6	1.3	1.1	10.7	1.4
lemonade, from frozen concentrate	105	51	42	9	0	0.1	0	0.4	0
spinach, fresh/frozen, boiled	107	51	0	0	4.7	1.6	2.3	8.8	4.1
collards, fresh/frozen, boiled	108	51	0	1	2.5	0.8	1.0	4.5	2.4
iceberg lettuce, raw	109	51	0	4	1.3	0.3	0.6	2.2	1.3
cabbage, fresh, boiled	110	51	0	17	0.9	0.3	0.4	2.4	0.9
coleslaw with dressing, homemade	111	39	0	30	1.6	0.3	0.9	2.4	1.6
sauerkraut, canned	112	39	0	11	1.1	0.3	0.5	1.9	1.1
broccoli, fresh/frozen, boiled	113	51	0	0	2.0	0.4	1.2	3.3	2.0
celery, raw	114	51	0	36	0.8	0.2	0.3	1.3	0.8
asparagus, fresh/frozen, boiled	115	51	0	0	3.9	0.6	2.7	5.2	3.8
cauliflower, fresh/frozen, boiled	116	51	0	0	1.6	0.3	1.1	2.1	1.6
tomato, red, raw	117	51	0	14	1.1	0.3	0.6	1.9	1.1
tomato sauce, plain, bottled	119	51	0	0	1.7	0.3	1.1	2.6	1.7
green beans, fresh/frozen, boiled	121	51	0	0	2.1	0.4	1.2	2.8	2.1
beans, snap green, canned	122	12	0	0	4.3	8.5	1.3	31.3	1.9
cucumber, raw	123	51	0	10	1.1	0.2	0.6	1.6	1.1
summer squash, fresh/frozen, boiled	124	51	0	0	1.9	0.4	0.9	2.9	1.9
green pepper, raw	125	51	0	12	1.2	0.3	0.6	1.9	1.2
winter squash, fresh/frozen, baked, mashed	126	51	1	1	2.2	0.7	0	4.0	2.3
onion, mature, raw	128	51	0	8	1.5	0.5	0.6	3.2	1.5
beets, canned	131	12	0	0	2.8	0.4	2.3	3.5	2.8
radish, raw	132	39	0	10	1.3	0.4	0.6	2.7	1.2
French fries, frozen, heated	134	39	0	0	3.4	0.5	2.6	4.3	3.4
mashed potatoes, from flakes	135	39	0	0	2.3	0.3	1.7	3.2	2.3
white potato, boiled without skin	136	51	0	0	2.1	0.5	1.3	3.4	2.1
white potato, baked with skin	137	51	0	0	3.4	0.7	1.9	5.5	3.4
potato chips	138	51	0	0	10.0	1.7	6.5	14.6	9.9

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Zinc - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
scalloped potatoes, homemade	139	39	0	0	3.5	0.5	2.8	4.9	3.4
sweet potato, fresh, baked	140	39	0	0	2.7	0.5	1.8	4.2	2.7
spaghetti with tomato sauce and meatballs, homemade	142	51	0	0	9.7	2.6	5.6	16.1	9.4
beef stew with potatoes, carrots, and onion, homemade	143	39	0	0	22.9	6.3	10.1	38.2	22.5
chili con carne, beef and beans, canned	145	12	0	0	11.0	1.4	8.9	13.5	11.0
macaroni and cheese, from box mix	146	51	0	0	5.8	1.2	2.9	8.3	5.6
quarter-pound hamburger on bun, fast-food	147	51	0	0	27.3	3.5	20.5	34.5	27.3
meatloaf, homemade	148	51	0	0	46.1	5.8	30.4	60.3	46.6
spaghetti with tomato sauce, canned	149	39	0	0	3.1	1.2	2.0	9.9	2.9
lasagna with meat, homemade	151	39	0	0	14.7	2.0	10.8	18.7	14.6
chicken potpie, frozen, heated	152	51	0	0	4.3	0.8	3.2	7.1	4.1
chicken noodle soup, canned, condensed, prepared with water	155	51	0	7	1.5	0.6	0.4	3.7	1.3
tomato soup, canned, condensed, prepared with water	156	51	0	10	1.1	0.3	0.7	2.9	1.1
vegetable beef soup, canned, condensed, prepared with water	157	51	0	0	3.4	0.8	1.8	5.7	3.4
white sauce, homemade	160	39	0	0	3.8	0.5	2.8	4.7	3.9
dill cucumber pickles	161	51	1	25	0.9	0.3	0	1.9	0.9
margarine, stick, regular (salted)	162	51	24	27	0.3	0.3	0	1.0	0.3
butter, regular (salted)	164	51	0	38	1	0.4	0.4	2.6	0.7
mayonnaise, regular, bottled	166	51	0	26	2.0	0.4	1.3	3.0	1.9
half & half cream	167	51	0	0	3.2	0.4	2.2	4.1	3.3
cream substitute, frozen	168	51	31	20	0.2	0.2	0	0.6	0
white sugar, granulated	169	51	49	2	0	0.1	0	0.4	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Zinc - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
pancake syrup	170	51	10	20	1.0	1.1	0	6.0	0.8
honey	172	51	0	30	1.0	0.5	0.4	2.9	0.9
tomato catsup	173	51	0	0	1.8	0.3	1.4	3.0	1.7
chocolate pudding, from instant mix	175	39	0	0	4.4	0.5	2.5	5.2	4.4
vanilla flavored light ice cream	177	50	0	0	4.2	0.9	1.8	5.9	4.4
chocolate cake with chocolate icing, commercial	178	51	0	0	5.7	0.9	3.9	8.6	5.5
yellow cake with white icing, prepared from cake and icing mixes	179	39	0	0	2.2	0.5	1.1	3.5	2.2
sweet roll/Danish, commercial	182	51	0	0	6.1	0.8	4.5	8.2	5.9
chocolate chip cookies, commercial	183	51	0	0	7.1	1.0	5.3	10.0	7.0
sandwich cookies with creme filling, commercial	184	51	0	0	5.5	1.4	2.7	8.2	5.4
apple pie, fresh/frozen, commercial	185	51	0	0	1.9	0.3	1.2	2.8	1.9
pumpkin pie, fresh/frozen, commercial	186	51	0	0	4.6	0.7	3.6	6.7	4.5
milk chocolate candy bar, plain	187	51	0	0	13.8	1.2	11.6	19.2	13.8
caramel candy	188	39	0	0	4.4	1.3	2.0	6.9	4.4
gelatin dessert, any flavor	190	51	49	2	0	0.1	0	0.3	0
cola carbonated beverage	191	51	50	1	0	0	0	0.3	0
fruit drink, from powder	193	51	51	0	0	0	0	0	0
low-calorie cola carbonated beverage	194	51	48	3	0	0.1	0	0.3	0
coffee, decaffeinated, from instant	196	39	31	8	0	0.1	0	0.4	0
tea, from tea bag	197	51	14	36	0.1	0.1	0	0.4	0.1
beer	198	51	43	8	0	0.1	0	0.3	0
dry table wine	199	51	3	14	0.7	0.4	0	2.3	0.6
whiskey	200	39	38	1	0	0	0	0.1	0
tap water	201	33	21	9	0.1	0.1	0	0.6	0
milk-based infant formula, high iron, ready-to-feed	202	51	0	0	7.0	1.0	5.7	11.8	6.9

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Zinc - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
milk-based infant formula, low iron, ready-to-feed	203	51	0	0	6.9	1.2	3.8	10.1	6.8
beef, strained/junior	205	51	0	0	27.8	3.9	19.7	36.4	27.2
chicken, strained/junior, with/without broth or gravy	207	51	0	0	12.0	1.8	6.4	15.0	11.9
chicken/turkey with vegetables, high/lean meat, strained/junior	208	2	0	0	6.5	0.1	6.4	6.6	6.5
beef with vegetables, high/lean meat, strained/junior	209	2	0	0	13.3	1.0	12.6	14.0	13.3
ham with vegetables, high/lean meat, strained/junior	210	2	0	0	10.3	0.6	9.9	10.7	10.3
vegetables and beef, strained/junior	211	51	0	0	4.6	0.8	2.3	6.4	4.8
vegetables and chicken, strained/junior	212	51	0	0	4	0.6	1.9	5.0	3.5
vegetables and ham, strained/junior	213	50	0	0	2.9	0.5	1.5	3.9	2.9
chicken noodle dinner, strained/junior	214	51	0	0	3.8	0.5	2.7	4.7	3.8
macaroni, tomatoes, and beef, strained/junior	215	51	0	0	4.1	0.7	2.6	6.5	4.1
turkey and rice, strained/junior	216	51	0	0	4.4	0.7	3.0	6.3	4.3
carrots, strained/junior	218	51	0	1	1.9	0.5	0.7	3.1	1.9
green beans, strained/junior	219	51	0	0	2.3	0.4	1.4	3.0	2.3
mixed vegetables, strained/junior	220	51	0	0	2.4	0.5	1.3	3.7	2.5
sweet potatoes, strained/junior	221	51	0	1	1.9	0.3	0.7	2.9	1.9
creamed corn, strained/junior	222	33	0	0	2.5	0.3	1.6	3.1	2.6
peas, strained/junior	223	51	0	0	5.5	0.7	4.0	7.0	5.5
creamed spinach, strained/junior	224	39	0	0	5.2	1.1	3.0	8.0	5.3
applesauce, strained/junior	225	51	19	31	0.3	0.2	0	1.0	0.3
peaches, strained/junior	226	51	1	21	1.0	0.3	0	1.7	0.9
pears, strained/junior	227	50	0	22	1.0	0.2	0.5	1.5	1.0
apple juice, strained	230	51	39	12	0.1	0.2	0	0.6	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Zinc - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
orange juice, strained	231	50	1	49	0.4	0.1	0	0.7	0.4
custard pudding, strained/junior	232	51	0	0	3.5	1.1	2.4	8.7	3.2
fruit dessert/pudding, strained/junior	233	51	2	30	1.2	2.0	0	11.2	0.8
fruit-flavored yogurt, lowfat (fruit	235	51	0	0	4.3	0.5	3.0	5.6	4.3
Swiss cheese	236	51	0	0	44.4	3.0	35.6	50.1	44.8
cream cheese	237	51	0	0	5.6	1.2	2.7	10.9	5.4
veal cutlet, pan-cooked	238	39	0	0	39.1	8.2	16.7	62.9	39.1
ham luncheon meat, sliced	239	51	0	0	18.4	2.4	12.1	26.0	18.6
chicken breast, roasted	240	51	0	0	8.9	2.1	6.4	18.4	8.5
chicken nuggets, fast-food	241	51	0	0	8.0	1.6	5.4	13.1	8.2
chicken, fried (breast, leg, and thigh), fast-food	242	39	0	0	11.9	1.5	8.3	15.7	12.1
haddock, pan-cooked	243	20	0	0	4.7	0.9	3.7	8.1	4.5
shrimp, boiled	244	51	0	0	14.7	5.9	7.2	43.7	13.5
kidney beans, dry, boiled	245	39	0	0	10.2	1.3	7.7	14.4	10.2
peas, mature, dry, boiled	246	39	0	0	10.7	1.2	8.1	12.9	10.7
mixed nuts, no peanuts, dry roasted	247	39	0	0	39.9	5.2	23.2	62.6	39.8
cracked wheat bread	248	51	0	0	12.1	2.5	7.9	20.7	11.7
bagel, plain	249	51	0	0	7.9	1.1	5.0	12.9	7.9
English muffin, plain, toasted	250	51	0	0	7.8	1.1	5.7	10.7	7.6
graham crackers	251	51	0	0	7.8	1.2	5.3	10.3	7.9
butter-type crackers	252	51	0	0	5.6	0.6	4.4	7.0	5.6
apricot, raw	253	34	0	0	1.9	0.4	1.3	3.2	1.9
peach, canned in light/medium syrup	254	51	1	50	0.6	0.2	0	0.9	0.6
pear, canned in light syrup	255	51	1	47	0.6	0.2	0	1.1	0.6
pineapple juice, from frozen	256	51	0	20	0.8	0.1	0.5	1.1	0.8
grape juice, from frozen concentrate	257	51	5	46	0.4	0.2	0	0.7	0.5
French fries, fast-food	258	51	0	0	4.8	0.9	3.2	8.1	4.7
carrot, fresh, boiled	259	51	0	0	1.9	0.5	1.1	3.7	1.8

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Zinc - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
tomato, stewed, canned	260	39	0	1	1.3	0.2	1.0	1.7	1.3
tomato juice, bottled	261	51	0	5	1.2	0.2	0.8	1.7	1.1
beets, fresh/frozen, boiled	262	39	0	0	3.4	0.8	1.8	5.5	3.4
Brussels sprouts, fresh/frozen, boiled	263	51	0	0	2.6	0.5	1.7	3.7	2.5
mushrooms, raw	264	51	0	0	4.3	0.9	2.6	6.3	4.2
eggplant, fresh, boiled	265	51	0	24	1.0	0.2	0.6	1.9	0.9
turnip, fresh/frozen, boiled	266	51	0	3	1.4	0.4	0.6	2.5	1.3
okra, fresh/frozen, boiled	267	51	0	0	4.1	0.8	2.2	6.5	4.1
mixed vegetables, frozen, boiled	268	51	0	0	3.6	0.6	2.0	5.3	3.7
beef stroganoff, homemade	269	51	0	0	16.0	2.9	10.7	22.5	15.9
green peppers stuffed with beef and rice, homemade	270	39	0	0	12.7	4.1	6.8	30.1	11.8
chili con carne with beans, homemade	271	39	0	0	16.9	4.5	9.8	35.2	16.5
tuna noodle casserole, homemade	272	50	0	0	6.0	0.9	4.0	7.7	6.0
Salisbury steak with gravy, potatoes, and vegetable, frozen meal, heated	273	39	0	0	9.4	2.1	4.9	16.1	9.3
turkey with gravy, dressing, potatoes, and vegetable, frozen meal, heated	274	39	0	0	5.9	1.1	4.2	9.1	5.7
quarter-pound cheeseburger on bun, fast-food	275	51	0	0	27.1	3.1	20.7	33.5	27.0
fish sandwich on bun, fast-food	276	51	0	0	5.8	0.7	4.4	7.7	5.7
frankfurter on bun, fast-food	277	39	0	0	15.1	2.7	10.7	21.6	14.9
egg, cheese, and ham on English muffin, fast-food	278	51	0	0	13.4	1.2	11.4	17.2	13.2
taco/tostada, from Mexican carry-out	279	51	0	0	22.0	5.0	12.2	35.5	22.0
cheese pizza, regular crust, from pizza carry-out	280	39	0	0	16.5	2.1	13.3	21.2	16.4

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Zinc - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
cheese and pepperoni pizza, regular crust, from pizza carry-out	281	51	0	0	16.9	2.1	13.0	21.8	17.0
beef chow mein, from Chinese carry-	282	39	0	0	11.2	2.2	7.0	16.0	10.8
bean with bacon/pork soup, canned, condensed, prepared with water	283	51	0	0	3.9	0.7	2.0	5.5	4.0
mushroom soup, canned, condensed, prepared with whole milk	284	39	0	0	2.68	0.6	1.2	4.1	2.7
clam chowder, New England, canned, condensed, prepared with whole milk	285	51	0	0	3.8	0.7	2.2	7.5	3.7
vanilla ice cream	286	51	0	0	3.5	0.9	1.0	5.3	3.5
fruit flavor sherbet	287	51	0	12	1.2	0.4	0.4	2.6	1.2
popsicle, any flavor	288	51	45	6	0.1	0.2	0	0.6	0
chocolate snack cake with chocolate	289	39	0	0	5.8	1.2	3.8	8.4	5.9
cake doughnuts with icing, any flavor, from doughnut store	290	51	0	0	4.9	0.8	3.0	6.9	4.8
brownies, commercial	291	51	0	0	6.8	1.3	4.8	10.2	6.6
sugar cookies, commercial	292	51	0	0	4.1	0.6	3.1	6.1	4.2
suckers, any flavor	293	51	39	12	0.1	0.2	0	1.0	0
pretzels, hard, salted, any shape	294	51	0	0	9.6	1.4	5.7	12.8	9.5
chocolate syrup dessert topping	295	51	0	0	6.7	0.6	5.4	8.4	6.7
jelly, any flavor	296	51	15	36	0.3	0.2	0	1.0	0.4
sweet cucumber pickles	297	39	5	28	0.6	0.4	0	1.7	0.7
yellow mustard	298	51	0	0	6.7	0.7	5.1	8.2	6.7
black olives	299	51	0	8	1.4	0.4	0.5	2.2	1.5
sour cream	300	51	0	0	3.8	0.5	2.9	6.2	3.8
brown gravy, homemade	301	39	0	0	4.5	2.1	1.7	9.5	4.0
French salad dressing, regular	302	39	0	24	0.9	0.3	0.3	2.2	0.9
Italian salad dressing, low-calorie	303	39	2	26	0.9	0.7	0	3.9	0.7
olive/safflower oil	304	38	16	19	0.4	0.5	0	2.1	0.3

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Zinc - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
coffee, from ground	305	51	49	1	0.1	0.6	0	3.9	0
fruit-flavored carbonated beverage	306	51	47	3	0.1	0.4	0	2.5	0
fruit drink, canned	307	51	42	8	0.1	0.2	0	0.9	0
martini	308	30	20	10	0	0.1	0	0.3	0
soy-based infant formula, ready-to-feed	309	51	0	0	7.6	1.5	4.8	11.6	7.5
egg yolk, strained/junior	310	12	0	0	22.2	1.7	19.4	26.0	22.2
rice infant cereal, instant, prepared with whole milk	311	39	0	0	11.0	7.4	3.1	29.5	6.7
rice cereal, strained/junior	312	20	0	1	2.6	2.6	0.8	8.5	1.5
bananas with tapioca, strained/junior	313	51	0	25	1.0	0.4	0.3	1.8	0.9
beets, strained/junior	314	15	0	0	2.3	0.4	1.5	3.0	2.4
split peas with vegetables and ham/bacon, strained/junior	316	27	0	0	3.0	0.7	2.2	5.0	2.9
teething biscuits	317	51	0	0	8.6	10.6	4.5	80.9	6.5
salmon, steaks or filets, fresh or frozen, baked	318	31	0	0	4.4	0.4	3.7	5.3	4.3
rice cereal with apple, strained/junior	319	17	0	0	29.2	20.0	1.0	76.0	27.4
squash, strained/junior	320	29	1	0	1.8	0.5	0	2.6	1.9
BF, cereal, oatmeal, dry, prep w/ water	323	12	0	0	19.2	4.1	12.5	27.2	18.3
BF, cereal, rice, dry, prep w/ water	324	12	0	0	18.7	5.2	12.8	31.5	17.7
BF, cereal, rice w/apples, dry, prep w/ water	325	12	0	0	19.1	3.5	14.1	26.7	18.1
BF, veal and broth/gravy	326	12	0	0	20.8	4.0	14.1	26.4	21.0
BF, lamb and broth/gravy	327	12	0	0	23.3	1.5	21.1	26.4	23.7
BF, turkey and broth/gravy	328	12	0	0	20.4	1.8	17.6	23.6	20.6
Meal replacement, liquid RTD, any	331	12	0	0	19.1	2.5	12.3	21.3	19.2
Cottage cheese, creamed, lowfat (2% milk fat)	332	12	0	0	4.0	0.3	3.5	4.6	4.0
Sour cream dip, any flavor	333	12	0	0	4.0	0.7	2.9	4.9	4.1

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Zinc - Summary of Results

TDS Food Description	TDS Food No.	Number of Results	Number Not Detected	Number of Traces	Mean (mg/kg)	Std Dev (mg/kg)	Minimum (mg/kg)	Maximum (mg/kg)	Median (mg/kg)
Beef steak, loin/sirloin, broiled	334	12	0	0	61.9	7.8	46.6	75.2	61.4
Luncheon meat (chicken/turkey)	335	12	0	0	10.6	2.0	6.9	13.9	10.7
Chicken breast, fried, fast-food (w/	336	12	0	0	7.6	0.3	7.0	8.1	7.6
Chicken thigh, oven-roasted (skin removed)	337	12	0	0	20.1	2.3	17.1	24.2	20.2
Chicken leg, fried, fast-food (w/ skin)	338	12	0	0	19.1	1.4	15.9	21.4	19.2
Catfish, pan-cooked w/ oil	339	12	0	0	6.2	0.5	5.1	6.9	6.3
Tuna, canned in water, drained	340	12	0	0	4.6	0.6	3.8	5.6	4.5
Refried beans, canned	341	12	0	0	6.9	0.8	6.0	8.6	6.8
White beans, dry, boiled	342	12	0	0	10.5	0.8	9.3	11.6	10.5
Sunflower seeds (shelled), roasted,	343	12	0	0	53.3	12.3	15.1	61.7	56.2
Pancakes, frozen, heated	344	12	0	0	5.4	0.8	4.2	6.8	5.3
Breakfast tart/toaster pastry	345	12	0	0	3.8	0.4	3.1	4.8	3.7
Macaroni salad, from grocery/deli	346	12	0	0	4.5	0.9	2.9	6.6	4.6
Spaghetti, enriched, boiled	347	12	0	0	5.8	0.7	4.9	7.2	5.9
Apricots, canned in heavy/light syrup	348	12	0	2	0.9	0.1	0.7	1.1	0.8
Fruit juice blend (100% juice), canned/bottled	350	12	4	8	0.3	0.2	0	0.5	0.3
Cranberry juice cocktail,	351	12	10	2	0	0.1	0	0.2	0
Orange juice, bottled/carton	352	12	0	11	0.7	1.4	0.2	5.2	0.3
Potato salad, mayonnaise-type, from grocery/deli	353	12	0	0	3.0	0.5	2.3	3.6	3.1
Potato, mashed, prepared from fresh	354	12	0	0	2.5	0.4	2.0	3.1	2.5
Coleslaw, mayonnaise-type, from grocery/deli	355	12	0	2	1.4	0.4	1.0	2.4	1.3
Carrot, baby, raw	356	12	0	0	1.4	0.3	1.1	2.1	1.3
Lettuce, leaf, raw	357	12	0	0	2.2	0.5	1.5	3.2	2.3
Sweet potatoes, canned	358	12	0	0	1.5	0.2	1.2	1.8	1.6
Tomato salsa, bottled	359	12	0	0	3.1	4.0	1.7	15.8	1.9

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Zinc - Summary of Results

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Beef and vegetable stew, canned	360	12	0	0	9.5	1.4	7.1	11.4	9.7
Lasagna w/ meat, frozen, heated	361	12	0	0	11.0	1.8	6.1	12.8	11.3
Beef w/ vegetables in sauce, from Chinese carry-out	362	12	0	0	14.7	4.4	8.5	27.4	13.8
Chicken w/ vegetables in sauce, from Chinese carry-out	363	12	0	0	4.7	1.1	2.9	6.9	4.6
Fried rice, meatless, from Chinese carry-out	364	12	0	0	7.9	1.9	6.4	13.4	7.4
Burrito w/ beef, beans and cheese, from Mexican carry-out	365	12	0	0	14.5	2.4	11.3	18.3	15.1
Chicken filet (broiled) sandwich on bun, fast-food	366	12	0	0	6.2	0.5	5.2	7.0	6.3
Soup, Oriental noodles (ramen noodles), prep w/ water	367	12	0	0	1.1	0.2	0.9	1.4	1.1
Pudding, ready-to-eat, flavor other than chocolate	368	12	0	0	1.7	0.4	1.2	2.4	1.7
Cake, yellow w/ icing	369	12	0	0	2.8	0.9	2.0	5.4	2.5
Granola bar, w/ raisins	370	12	0	0	12.6	6.2	9.5	32.0	10.9
Candy bar, chocolate, nougat, and nuts	371	12	0	0	10.4	0.3	9.9	10.9	10.3
Popcorn, microwave, butter-flavored	372	12	0	0	20.1	4.0	13.0	25.4	21.0
Sweet & sour sauce	373	12	1	9	0.6	0.4	0	1.4	0.5
Brown gravy, canned or bottled	374	12	0	0	1.6	0.2	1.2	1.8	1.6
Salad dressing, creamy/buttermilk type, regular	375	12	0	0	2.0	0.5	1.3	3.1	2.0
Salad dressing, creamy/buttermilk type, low-calorie	376	12	0	0	1.8	0.3	1.1	2.3	1.8
Salad dressing, Italian, regular	377	12	0	9	0.9	0.3	0.5	1.4	0.8
Olive oil	378	12	7	5	0.2	0.2	0	0.5	0

US Food and Drug Administration — Total Diet Study — Market Baskets 1991-3 through 2005-4

Zinc - Summary of Results

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Vegetable oil	379	12	8	4	0.1	0.2	0	0.5	0
Bottled drinking water (mineral/spring), not carbonated or flavored	380	12	12	0	0	0	0	0	0
Decaffeinated coffee, from ground	381	12	12	0	0	0	0	0	0
Decaffeinated tea, from tea bag	382	12	5	7	0.1	0.1	0	0.2	0.1