



Survey of New Potatoes 2014

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**Report Authors: Mark Roe, Hannah Pinchen.
IFR Extra, Norwich Research Park, Colney, Norwich NR4 7UA**



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1. SUMMARY

The Agriculture and Horticulture Development Board (AHDB) Potato Council commissioned IFR Extra to carry out nutrient analysis of a range of new potato samples grown in 2014. The aim of the survey was to provide nutrient composition data for new potato varieties grown in different areas of the UK.

Potato samples were delivered by collaborating pre-pack businesses to IFR between 7th and 9th July and 28th and 30th July 2014 and included potatoes grown in three different regions; south west and Wales, east and south east and Scotland. Potato varieties represented what was being packed for retail sale at the time and included Maris Peer, Charlotte, Lady Christl, Casablanca and Gemson.

All samples were analysed raw for content of moisture, protein, total fat, starch, sugars, fibre and vitamin C. Composite samples of boiled potatoes from the three regions were also analysed at each sampling period. Results provided information on the range of values found within each variety and growing region. They underpin the previous survey analysis and were broadly in line with data for new and salad potatoes published in McCance and Widdowson's *The Composition of Foods*, 7th Summary Edition (2014).

2. INTRODUCTION

AHDB Potato Council commissioned IFR Extra to carry out nutrient analysis of a range of new potato samples grown in the UK in 2014. The aim of the survey was to provide nutrient composition data for new potato varieties grown in different areas of the UK.

Nutrients analysed were protein (calculated from total nitrogen), total fat, starch, sugars (glucose, fructose, sucrose, maltose and lactose), dietary fibre (AOAC method) and vitamin C. Moisture content of samples was also analysed.

Potato samples were delivered by collaborating Fresh Potato Suppliers' Association (FPSA) pre-pack businesses to IFR between 7th and 9th July (period 1) and 28th and 30th July 2014 (period 2), according to Potato Council requirements.

Potato samples were stored in a dark cool store at 10°C until prepared for analysis.

Sample List

Sample Number	Variety, Region and Preparation	Location	Sample Period
1	Maris Peer , South West & Wales, raw	Cornwall	1
2	Charlotte , South West & Wales, raw	Cornwall	1
3	Lady Christl , South West & Wales, raw	Pembrokeshire	1
4	Maris Peer , East & South East, raw	Suffolk	1
5	Maris Peer , East & South East, raw	Suffolk	1
6	Maris Peer , East & South East, raw	Kent	1
7	Casablanca , Scotland, raw	Ayrshire	1
8	Maris Peer , Scotland, raw	Aberdeenshire	1
9	Maris Peer , Scotland, raw	Ayrshire	1
10	Composite South West & Wales, boiled	Composite of samples 1,2 and 3	
11	Composite East & South East, boiled	Composite of samples 4,5 and 6	
12	Composite Scotland, boiled	Composite of samples 7,8 and 9	

13	Charlotte , South West & Wales, raw	Cornwall	2
14	Maris Peer , South West & Wales, raw	Cornwall	2
15	Lady Christ , South West & Wales, raw	Pembrokeshire	2
16	Charlotte , East & South East, raw	Suffolk	2
17	Maris Peer , East & South East, raw	Suffolk	2
18	Gemson , East & South East, raw	Kent	2
19	Maris Peer , Scotland, raw	Ayrshire	2
20	Maris Peer , Scotland, raw	Aberdeenshire	2
21	Maris Peer , Scotland, raw	Ayrshire	2
22	Composite South West & Wales, boiled	Composite of samples 13,14 and 15	
23	Composite East & South East, boiled	Composite of samples 16,17 and 18	
24	Composite Scotland, boiled	Composite of samples 19, 20 and 21	

All samples were prepared for analysis within three days of delivery to IFR. Samples that were not provided pre-packed were washed with tap water to remove excess soil. For each sample a selection of potatoes, including skins, weighing a total of approximately 1kg were rinsed in tap water and dried on absorbent paper before being homogenised. Samples were split into 250g portions and were stored frozen in polypropylene containers at -20°C until required for analysis.

Equal weights of samples from each growing area were combined at each time point (early and late July samples) and were boiled in distilled water according to packaging instructions or usual consumer practice until 'done'. Boiled samples were homogenised and split into 4 x 250ml polypropylene containers and were stored frozen at -20°C until required for analysis.

Frozen samples were delivered, packed in dry ice, to Eurofins Food Testing laboratory, Wolverhampton and were analysed for content of moisture, protein (calculated from total nitrogen), total fat, starch, sugars (glucose, fructose, sucrose, maltose and lactose) and dietary fibre (AOAC method).

3. MATERIALS AND METHODS

Moisture:

A homogenised portion of the sample is mixed with sand and heated to 102°C. The moisture loss is determined gravimetrically.

Accredited to BS/EN ISO/IEC 17025:2005. UKAS 0680

Ref: BS 4401 pt3:1997

LOQ 0.1 g/100g

Protein:

The sample is analysed using Leco instrumentation following the Dumas procedure: The sample is combusted in an oxygen atmosphere, the gaseous product is cleaned and nitrogen compounds converted to nitrogen which is measured by a thermal conductivity cell. The crude protein is calculated by multiplying by the appropriate conversion factor.

Accredited to BS/EN ISO/IEC 17025:2005. UKAS 0680

LOQ 0.1 g/100g

Fat:

The sample is acid hydrolysed with hydrochloric acid, cooled, filtered and dried. The fat is extract from the residue with petroleum ether and the dried fat determined gravimetrically.

Accredited to BS/EN ISO/IEC 17025:2005. UKAS 0680

Ref: BS 4401 pt4:1970 (Weibull Stoldt)

LOQ 0.1 g/100g

Sugars:

The sugars are extracted with water, clarified and chromatographically separated on an amine column with an acetonitrile/water mobile phase. The sugars are detected using an evaporative light scattering detector and quantified with reference to calibration standards.

Accredited to BS/EN ISO/IEC 17025:2005. UKAS 0680

LOQ 0.1 g/100g

Starch:

The method consists of two separate determinations. The sample is treated with warm diluted hydrochloric acid, clarified and filtered; the optical rotation of the resulting solution is determined. In the second determination, the sample is extracted with 40% ethanol and filtered. The filtrate is acidified with hydrochloric acid, clarified and filtered again; the optical rotation of the resulting solution is determined at 20 ± 0.2°C.

Accredited to BS/EN ISO/IEC 17025:2005. UKAS 0680

Ref: The Feeding Stuffs (Sampling and Analysis) Regulations 1982 Method 30a.

LOQ 2 g/100g

Dietary Fibre:**AOAC:**

The sample is weighed and de-fatted if necessary. It is then gelatinised and treated with α -amylase and further digested enzymatically with protease and amyloglucosidase to remove the starch and protein. The dietary fibre is precipitated with IMS, filtered, washed, dried and weighed. Total dietary fibre is then determined gravimetrically and corrected for protein and ash.

Accredited to BS/EN ISO/IEC 17025:2005. UKAS 0680

Ref: AOAC 985.29/45.4.07 (2007)

LOQ 0.5 g/100g

Vitamin C

Vitamin C is determined by HPLC using fluorescence detection.

4. RESULTS

- **Notes Relating to Analysis**

- Total carbohydrate was reported as 'available carbohydrate' calculated from the sum of free sugars (glucose, fructose, sucrose, maltose, lactose, galactose and oligosaccharides) and starch
- Protein is calculated from total nitrogen using the nitrogen conversion factor 6.25
- The values given for fat refer to total fat and not just triglycerides
- Some values are reported as '<' meaning that the result was below the analytical limit of quantification (LOQ) or limit of detection (LOD). There is no distinction between '<' and 'not detected'
- Analysis was performed by Eurofins laboratories between August and November 2014

- **Results for individual samples are reported on pages 10 – 33**

- **Summary mean values for different sample types are reported on page 34**

- Sample 1: Maris Peer, South West & Wales, Cornwall, raw
- Average potato weight: 46.8g

Water	85.2	g/100g
Total Nitrogen	0.33	g/100g
Protein	2.1	g/100g
Fat	0.3	g/100g
Carbohydrate	8.2	g/100g
Starch	7.6	g/100g
Total sugars	0.6	g/100g
Glucose	0.2	g/100g
Fructose	0.1	g/100g
Sucrose	0.3	g/100g
Maltose	<0.1	g/100g
Lactose	<0.1	g/100g
Fibre (AOAC)	2.8	g/100g
Vitamin C	2.5	mg/100g

- Sample 2: Charlotte, South West & Wales, Cornwall, raw
- Average potato weight: 39.0g

Water	80.1	g/100g
Total Nitrogen	0.36	g/100g
Protein	2.2	g/100g
Fat	0.5	g/100g
Carbohydrate	15.8	g/100g
Starch	15.6	g/100g
Total sugars	0.2	g/100g
Glucose	<0.1	g/100g
Fructose	<0.1	g/100g
Sucrose	0.2	g/100g
Maltose	<0.1	g/100g
Lactose	<0.1	g/100g
Fibre (AOAC)	3.3	g/100g
Vitamin C	2.9	mg/100g

- Sample 3: Lady Christl, South West & Wales, Pembrokeshire, raw
- Average potato weight: 32.4g

Water	86.3	g/100g
Total Nitrogen	0.27	g/100g
Protein	1.7	g/100g
Fat	0.8	g/100g
Carbohydrate	9.9	g/100g
Starch	8.9	g/100g
Total sugars	1.0	g/100g
Glucose	0.7	g/100g
Fructose	0.3	g/100g
Sucrose	<0.1	g/100g
Maltose	<0.1	g/100g
Lactose	<0.1	g/100g
Fibre (AOAC)	1.9	g/100g
Vitamin C	1.0	mg/100g

- Sample 4: Maris Peer, East & South East, Suffolk, raw
- Average potato weight: 33.1g

Water	79.0	g/100g
Total Nitrogen	0.25	g/100g
Protein	1.6	g/100g
Fat	0.6	g/100g
Carbohydrate	15.2	g/100g
Starch	14.2	g/100g
Total sugars	1.0	g/100g
Glucose	<0.1	g/100g
Fructose	<0.1	g/100g
Sucrose	1.0	g/100g
Maltose	<0.1	g/100g
Lactose	<0.1	g/100g
Fibre (AOAC)	1.3	g/100g
Vitamin C	3.7	mg/100g

- Sample 5: Maris Peer, East & South East, Suffolk, raw
- Average potato weight: 51.3g

Water	82.7	g/100g
Total Nitrogen	0.21	g/100g
Protein	1.3	g/100g
Fat	0.3	g/100g
Carbohydrate	12.4	g/100g
Starch	11.9	g/100g
Total sugars	0.5	g/100g
Glucose	0.2	g/100g
Fructose	0.1	g/100g
Sucrose	0.2	g/100g
Maltose	<0.1	g/100g
Lactose	<0.1	g/100g
Fibre (AOAC)	3.7	g/100g
Vitamin C	1.1	mg/100g

- Sample 6: Maris Peer, East & South East, Kent, raw
- Average potato weight: 49.3g

Water	84.6	g/100g
Total Nitrogen	0.32	g/100g
Protein	2.0	g/100g
Fat	0.3	g/100g
Carbohydrate	12.0	g/100g
Starch	11.0	g/100g
Total sugars	1.0	g/100g
Glucose	0.6	g/100g
Fructose	0.4	g/100g
Sucrose	<0.1	g/100g
Maltose	<0.1	g/100g
Lactose	<0.1	g/100g
Fibre (AOAC)	3.3	g/100g
Vitamin C	2.1	mg/100g

- Sample 7: Casablanca, Scotland, Ayrshire, raw
- Average potato weight: 101.5g

Water	85.9	g/100g
Total Nitrogen	0.24	g/100g
Protein	1.5	g/100g
Fat	0.4	g/100g
Carbohydrate	10.4	g/100g
Starch	9.2	g/100g
Total sugars	1.2	g/100g
Glucose	0.3	g/100g
Fructose	0.3	g/100g
Sucrose	0.6	g/100g
Maltose	<0.1	g/100g
Lactose	<0.1	g/100g
Fibre (AOAC)	1.9	g/100g
Vitamin C	2.3	mg/100g

- Sample 8: Maris Peer, Scotland, Aberdeenshire, raw
- Average potato weight: 37.6g

Water	85.3	g/100g
Total Nitrogen	0.26	g/100g
Protein	1.6	g/100g
Fat	0.2	g/100g
Carbohydrate	10.8	g/100g
Starch	10.1	g/100g
Total sugars	0.7	g/100g
Glucose	0.3	g/100g
Fructose	0.4	g/100g
Sucrose	<0.1	g/100g
Maltose	<0.1	g/100g
Lactose	<0.1	g/100g
Fibre (AOAC)	2.4	g/100g
Vitamin C	2.5	mg/100g

- Sample 9: Maris Peer, Scotland, Ayrshire, raw
- Average potato weight: 52.7g

Water	82.1	g/100g
Total Nitrogen	0.21	g/100g
Protein	1.3	g/100g
Fat	0.9	g/100g
Carbohydrate	14.5	g/100g
Starch	11.9	g/100g
Total sugars	2.6	g/100g
Glucose	1.4	g/100g
Fructose	1.2	g/100g
Sucrose	<0.1	g/100g
Maltose	<0.1	g/100g
Lactose	<0.1	g/100g
Fibre (AOAC)	3.0	g/100g
Vitamin C	2.5	mg/100g

- Sample 10: South West & Wales, cooked
- Boiled composite of samples 1, 2 and 3

Water	82.0	g/100g
Total Nitrogen	0.32	g/100g
Protein	2.0	g/100g
Fat	0.2	g/100g
Carbohydrate	14.3	g/100g
Starch	13.4	g/100g
Total sugars	0.9	g/100g
Glucose	0.3	g/100g
Fructose	0.2	g/100g
Sucrose	0.4	g/100g
Maltose	<0.1	g/100g
Lactose	<0.1	g/100g
Fibre (AOAC)	2.0	g/100g
Vitamin C	1.5	mg/100g

- Sample 11: East & South East, cooked
- Boiled composite of samples 4, 5 and 6

Water	79.3	g/100g
Total Nitrogen	0.31	g/100g
Protein	2.0	g/100g
Fat	0.6	g/100g
Carbohydrate	15.9	g/100g
Starch	15.2	g/100g
Total sugars	0.7	g/100g
Glucose	0.2	g/100g
Fructose	0.1	g/100g
Sucrose	0.4	g/100g
Maltose	<0.1	g/100g
Lactose	<0.1	g/100g
Fibre (AOAC)	1.8	g/100g
Vitamin C	2.3	mg/100g

- Sample 12: Scotland, cooked
- Boiled composite of samples 7, 8 and 9

Water	81.9	g/100g
Total Nitrogen	0.25	g/100g
Protein	1.5	g/100g
Fat	<0.1	g/100g
Carbohydrate	13.9	g/100g
Starch	12.2	g/100g
Total sugars	1.7	g/100g
Glucose	0.7	g/100g
Fructose	0.5	g/100g
Sucrose	0.5	g/100g
Maltose	<0.1	g/100g
Lactose	<0.1	g/100g
Fibre (AOAC)	1.5	g/100g
Vitamin C	2.4	mg/100g

- Sample 13: Charlotte, South West & Wales, Cornwall, raw
- Average potato weight: 26.4g

Water	81.1	g/100g
Total Nitrogen	0.35	g/100g
Protein	2.2	g/100g
Fat	1.0	g/100g
Carbohydrate	10.9	g/100g
Starch	10.9	g/100g
Total sugars	<0.1	g/100g
Glucose	<0.1	g/100g
Fructose	<0.1	g/100g
Sucrose	<0.1	g/100g
Maltose	<0.1	g/100g
Lactose	<0.1	g/100g
Fibre (AOAC)	3.2	g/100g
Vitamin C	0.7	mg/100g

- Sample 14: Maris Peer, South West & Wales, Cornwall, raw
- Average potato weight: 21.0g

Water	78.6	g/100g
Total Nitrogen	0.31	g/100g
Protein	2.0	g/100g
Fat	0.4	g/100g
Carbohydrate	15.3	g/100g
Starch	14.8	g/100g
Total sugars	0.5	g/100g
Glucose	0.3	g/100g
Fructose	0.2	g/100g
Sucrose	<0.1	g/100g
Maltose	<0.1	g/100g
Lactose	<0.1	g/100g
Fibre (AOAC)	3.2	g/100g
Vitamin C	1.4	mg/100g

- Sample 15: Lady Christl, South West & Wales, Pembrokeshire, raw
- Average potato weight: 56.7g

Water	83.8	g/100g
Total Nitrogen	0.24	g/100g
Protein	1.5	g/100g
Fat	0.9	g/100g
Carbohydrate	8.5	g/100g
Starch	7.7	g/100g
Total sugars	0.8	g/100g
Glucose	0.5	g/100g
Fructose	0.3	g/100g
Sucrose	<0.1	g/100g
Maltose	<0.1	g/100g
Lactose	<0.1	g/100g
Fibre (AOAC)	3.0	g/100g
Vitamin C	2.3	mg/100g

- Sample 16: Charlotte, East & South East, Suffolk, raw
- Average potato weight: 27.8g

Water	79.9	g/100g
Total Nitrogen	0.32	g/100g
Protein	2.0	g/100g
Fat	1.2	g/100g
Carbohydrate	14.2	g/100g
Starch	14.2	g/100g
Total sugars	<0.1	g/100g
Glucose	<0.1	g/100g
Fructose	<0.1	g/100g
Sucrose	<0.1	g/100g
Maltose	<0.1	g/100g
Lactose	<0.1	g/100g
Fibre (AOAC)	4.1	g/100g
Vitamin C	1.0	mg/100g

- Sample 17: Maris Peer, East & South East, Suffolk, raw
- Average potato weight: 32.0g

Water	83.9	g/100g
Total Nitrogen	0.25	g/100g
Protein	1.6	g/100g
Fat	0.7	g/100g
Carbohydrate	11.4	g/100g
Starch	10.9	g/100g
Total sugars	0.5	g/100g
Glucose	0.3	g/100g
Fructose	0.2	g/100g
Sucrose	<0.1	g/100g
Maltose	<0.1	g/100g
Lactose	<0.1	g/100g
Fibre (AOAC)	3.5	g/100g
Vitamin C	2.4	mg/100g

- Sample 18: Gemson, East & South East, Kent, raw
- Average potato weight: 36.3g

Water	85.0	g/100g
Total Nitrogen	0.26	g/100g
Protein	1.7	g/100g
Fat	0.4	g/100g
Carbohydrate	9.7	g/100g
Starch	9.5	g/100g
Total sugars	0.2	g/100g
Glucose	0.2	g/100g
Fructose	<0.1	g/100g
Sucrose	<0.1	g/100g
Maltose	<0.1	g/100g
Lactose	<0.1	g/100g
Fibre (AOAC)	2.9	g/100g
Vitamin C	1.2	mg/100g

- Sample 19: Maris Peer, Scotland, Ayrshire, raw
- Average potato weight: 29.6g

Water	82.1	g/100g
Total Nitrogen	0.25	g/100g
Protein	1.6	g/100g
Fat	0.4	g/100g
Carbohydrate	12.3	g/100g
Starch	12.1	g/100g
Total sugars	0.2	g/100g
Glucose	0.2	g/100g
Fructose	<0.1	g/100g
Sucrose	<0.1	g/100g
Maltose	<0.1	g/100g
Lactose	<0.1	g/100g
Fibre (AOAC)	3.5	g/100g
Vitamin C	2.3	mg/100g

- Sample 20: Maris Peer, Scotland, Aberdeenshire, raw
- Average potato weight: 56.7g

Water	83.0	g/100g
Total Nitrogen	0.29	g/100g
Protein	1.8	g/100g
Fat	0.4	g/100g
Carbohydrate	10.1	g/100g
Starch	9.6	g/100g
Total sugars	0.5	g/100g
Glucose	0.3	g/100g
Fructose	<0.1	g/100g
Sucrose	<0.1	g/100g
Maltose	0.2	g/100g
Lactose	<0.1	g/100g
Fibre (AOAC)	2.9	g/100g
Vitamin C	1.3	mg/100g

- Sample 21: Maris Peer, Scotland, Ayrshire, raw
- Average potato weight: 38.3g

Water	83.8	g/100g
Total Nitrogen	0.20	g/100g
Protein	1.3	g/100g
Fat	0.1	g/100g
Carbohydrate	13.7	g/100g
Starch	13.3	g/100g
Total sugars	0.4	g/100g
Glucose	0.2	g/100g
Fructose	0.2	g/100g
Sucrose	<0.1	g/100g
Maltose	<0.1	g/100g
Lactose	<0.1	g/100g
Fibre (AOAC)	3.8	g/100g
Vitamin C	4.6	mg/100g

- Sample 22: South West & Wales, cooked
- Boiled composite of samples 13, 14 and 15

Water	80.9	g/100g
Total Nitrogen	0.31	g/100g
Protein	1.9	g/100g
Fat	1.2	g/100g
Carbohydrate	13.7	g/100g
Starch	13.4	g/100g
Total sugars	0.3	g/100g
Glucose	0.3	g/100g
Fructose	<0.1	g/100g
Sucrose	<0.1	g/100g
Maltose	<0.1	g/100g
Lactose	<0.1	g/100g
Fibre (AOAC)	1.4	g/100g
Vitamin C	1.9	mg/100g

- Sample 23: East & South East, cooked
- Boiled composite of samples 16, 17 and 18

Water	80.8	g/100g
Total Nitrogen	0.28	g/100g
Protein	1.7	g/100g
Fat	0.4	g/100g
Carbohydrate	14.3	g/100g
Starch	14.3	g/100g
Total sugars	<0.1	g/100g
Glucose	<0.1	g/100g
Fructose	<0.1	g/100g
Sucrose	<0.1	g/100g
Maltose	<0.1	g/100g
Lactose	<0.1	g/100g
Fibre (AOAC)	1.7	g/100g
Vitamin C	<0.5	mg/100g

- Sample 24: Scotland, cooked
- Boiled composite of samples 19, 20 and 21

Water	80.2	g/100g
Total Nitrogen	0.23	g/100g
Protein	1.4	g/100g
Fat	0.8	g/100g
Carbohydrate	15.0	g/100g
Starch	14.5	g/100g
Total sugars	0.5	g/100g
Glucose	<0.1	g/100g
Fructose	0.2	g/100g
Sucrose	0.3	g/100g
Maltose	<0.1	g/100g
Lactose	<0.1	g/100g
Fibre (AOAC)	1.8	g/100g
Vitamin C	2.9	mg/100g

Results Summary

Sample type	Moisture (g/100g)	Protein (g/100g)	Total Fat (g/100g)	Available CHO (g/100g)	Starch (g/100g)	Total sugars (g/100g)	Fibre (g/100g)	Vitamin C (mg/100g)
Raw, average (n=18)	82.9 (78.6-86.3)	1.7 (1.3-2.2)	0.5 (0.1-1.2)	12.0 (8.2-15.8)	11.3 (7.6-15.6)	0.7 (<0.1-2.6)	3.0 (1.3-4.1)	2.1 (0.7-4.6)
Maris Peer, raw (n=11)	82.5 (78.6-85.3)	1.6 (1.3-2.1)	0.4 (0.1-0.9)	12.8 (8.2-15.3)	12.0 (7.6-14.8)	0.8 (0.2-2.6)	3.1 (1.3-3.8)	2.4 (1.1-4.6)
Charlotte, raw (n=3)	80.4 (79.9-81.1)	2.1 (2.0-2.2)	0.9 (0.5-1.2)	13.6 (10.9-15.8)	13.6 (10.9-15.6)	0.1 (<0.1-0.2)	3.5 (3.2-4.1)	1.5 (0.7-2.9)
Lady Christl, raw (n=2)	85.1 (83.8-86.3)	1.6 (1.5-1.7)	0.8 (0.8-0.9)	9.2 (8.5-9.9)	8.3 (7.7-8.9)	0.9 (0.8-1.0)	2.5 (1.9-3.0)	1.6 (1.0-2.3)
East & South East, raw (n=6)	82.5 (79.0-85.0)	1.7 (1.3-2.0)	0.6 (0.3-1.2)	12.5 (9.7-15.2)	12.0 (9.5-14.2)	0.5 (<0.1-1.0)	3.1 (1.3-4.1)	1.9 (1.0-3.7)
South West & Wales, raw (n=6)	82.5 (78.6-86.3)	1.9 (1.5-2.2)	0.7 (0.3-1.0)	11.4 (8.2-15.8)	10.9 (7.6-15.6)	0.5 (<0.1-1.0)	2.9 (1.9-3.3)	1.8 (0.7-2.9)
Scotland, raw (n=6)	83.7 (82.1-85.9)	1.5 (1.3-1.8)	0.4 (0.1-0.9)	12.0 (10.1-14.5)	11.0 (9.2-13.3)	0.9 (0.2-2.6)	2.9 (1.9-3.8)	2.6 (1.3-4.6)
Boiled, average (n=6)	80.9 (79.3-82.0)	1.8 (1.4-2.0)	0.5 (<0.1-1.2)	14.5 (13.7-15.9)	13.8 (12.2-15.2)	0.7 (<0.1-1.7)	1.7 (1.4-2.0)	2.2 (<0.5-2.9)
New and salad potatoes, boiled McCance and Widdowson, 7th Edition	81.5	1.8	0.1	14.9 ^a	13.8 ^a	1.1 ^a	1.8	7

^aExpressed as monosaccharide equivalents

