

Development of estimates of dietary nitrates, nitrites, and nitrosamines for use with the Short Willet Food Frequency Questionnaire

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The authors declare no conflicts of interest.

Word count:

Title page: 257

Abstract: 255

Text and references: 4,697

Number of Figures: 0

Number of Tables: 5

Running Title: Nitrates, nitrites, & nitrosamines in foods

Abstract

Background: Studies have suggested that nitrates, nitrites, and nitrosamines have an etiologic role in adverse pregnancy outcomes and chronic diseases such as cancer. Although an extensive body of literature exists on estimates of these compounds in foods, the extant data varies in quality, quantified estimates, and relevance. **Methods:** We developed estimates of nitrates, nitrites, and nitrosamines for food items listed in the Short Willet Food Frequency Questionnaire (WFFQ) as adapted for use in the National Birth Defects Prevention Study. Multiple reference databases were searched for published literature reflecting nitrate, nitrite, and nitrosamine values in foods. Relevant published literature was reviewed; only publications reporting results for items listed on the WFFQ were selected for inclusion. The references selected were prioritized according to relevance to the U.S. population. **Results:** Based on our estimates, vegetable products contain the highest levels of nitrate, contributing as much as 189 mg/serving. Meat and bean products contain the highest levels of nitrites with values up to 1.84 mg/serving. Alcohol, meat and dairy products contain the highest values of nitrosamines with a maximum value of 0.531 µg/serving. The estimates of dietary nitrates, nitrites, and nitrosamines generated in this study are based on the published values currently available. **Conclusions:** To our knowledge, these are the only estimates specifically designed for use with the adapted WFFQ and generated to represent food items available to the U.S. population. The estimates provided may be useful in other research studies, specifically in those exploring the relation between exposure to these compounds in foods and adverse health outcomes.

Introduction

Studies have suggested that nitrates, nitrites, and nitrosamines have an etiologic role in adverse pregnancy outcomes and other health conditions [1-5]. Nitrates and nitrites are precursors in the formation of *N*-nitroso compounds, a class of genotoxic compounds consisting of nitrosamines and nitrosamides [2]. *N*-nitroso compounds are known to cause congenital malformations in animal models, and the role of these compounds in adverse pregnancy outcomes warrants further exploration [6-8]. Humans are exposed to nitrates primarily through diet and drinking water, with vegetables contributing the largest amount of dietary nitrates per serving [2, 9, 10]. Nitrates are inherently present in all plant materials, especially vegetables and forage crops, and accumulate when the plant matures in a nitrate rich environment [11]. Nitrates in drinking water are often the result of contamination of ground water by fertilizer and animal or human waste [2]. The interest in nitrate consumption is due to the subsequent conversion of nitrates to nitrites, which are of greater concern in the formation of *N*-nitroso compounds. The endogenous conversion of nitrate to nitrite is a significant source of exposure to nitrites; approximately 5% of ingested nitrates in food and water are converted to nitrite in the saliva [12]. Cured meats, baked goods and cereals are other notable sources of nitrite [13]. Nitrite salts are added to meats, poultry, and fish in minute quantities as a means of preservation; this has been a common practice for many centuries [14]. Humans are exposed to *N*-nitroso compounds from exogenous sources and through endogenous formation. Dietary sources of nitrosamines include cured meats, beer, and smoked fish; these foods may contain preformed nitrosamines as the result of cooking and/or preservation methods [14-16]. Non-dietary sources include tobacco products, cosmetics, and occupational exposures in rubber or rocket fuel factories and leather tanneries [17-21].

As part of an ongoing study of the relation between prenatal exposure to these compounds and selected congenital malformations in offspring, we developed estimates of nitrates, nitrites, and

nitrosamines for food items in the Short Willet Food Frequency Questionnaire (WFFQ) [22, 23] as adapted for the National Birth Defects Prevention Study (NBDPS) [24]. Although an extensive body of literature exists on estimates of these compounds in foods, the extant data varies in quality, quantified estimates, country of origin and relevance to the U.S. population. Much of the literature was published before 1970 and may not accurately reflect current technological advances in laboratory methods and food preservation techniques. Furthermore, published estimates of nitrates, nitrites, and nitrosamines are not available for the WFFQ, a food frequency questionnaire that is commonly used in research studies.

Methods

The NBDPS study collects dietary information using the adapted WFFQ [22, 23]. This adaptation was designed to make the questionnaire more suitable to the ethnic and racially diverse NBDPS study population and includes additional food items such as avocados, raw chili peppers, salsa, tortillas, cantaloupe, and refried beans.

Four steps were required to generate estimates of nitrates, nitrites, and nitrosamines for food items in the WFFQ: data collection, creation of a food database, selecting relevant values from that food database for our study population, and finally generating a summary estimate for each food item. To generate estimates, it was necessary to first develop a food database containing all relevant information associated with each published value (mean, range, cooking method, country, author, year, etc.) obtained from our literature search. This food database was consulted to identify appropriate values for our population based on our ranking system which accounted for the year(s) of sample collection and country of origin. Finally, for each food item we calculated a summary estimate based on the relevant values selected from the food database.

Step 1: Data Collection

A thorough literature review was conducted to identify and categorize relevant reported values of nitrate, nitrite, and nitrosamine in foods. Multiple reference databases were searched for published literature reflecting nitrate, nitrite, and nitrosamine values in foods and alcoholic beverages. Reference databases queried included Medline, ISI Web of Science, Agricola, and Google Scholar. Each reference database was searched using the following terms: “nitrates,” “nitrites,” “nitrosamines,” “food content,” “dietary sources,” and combinations of the listed terms. Relevant published literature was reviewed but only sources reporting results for the food items listed on the WFFQ as adapted for the NBDPS were selected for inclusion [22-24]. For alcoholic beverages (beer, wine, liquor, and malt beverages) and for food items that returned no values for nitrates, nitrites, or nitrosamines an additional literature review was conducted. Food item estimates that were not available in the literature were substituted with similar food items with reported values. For example, a nitrosamine value for “orange juice” was not located using the search criteria previously mentioned; therefore, the value for “oranges” was used as a comparable substitution. There were also situations where some of the missing food items required recipes to generate an appropriate estimate. For example, a nitrate value for “salsa” was calculated using values for “onions”, “peppers”, and “tomatoes” in the proportions designated in a commonly available cookbook [25].

Step 2: Database Creation

The food database was created as part of the process to generate summary estimates that are used to determine dietary intake of these compounds for U.S. women participants (giving birth during 1997 – 2005) in the NBDPS. Although the study period encompasses the years 1997-2005; we were not able to limit our estimates to values published during this time period. Because of the lack of current values in the literature, it was necessary to expand our search criteria to include values from other countries and published during other time periods. The identified values were prioritized within each food item

according to country of origin and the year of sample collection. The year of sample collection was used in order to select the time period that most accurately reflected the values of these compounds in foods consumed by the NBDPS study population. However, the sample year was not always available; in those situations the year the article was received by the journal was used. When the above information was unavailable, we defaulted to the year of publication. Studies have shown that nitrate, nitrite, and nitrosamine content in food products likely varies over time and by region [26, 27]. To develop the most accurate and relevant values in terms of time and place for the NBDPS study population, priority was given to estimates from Western countries from 1980 to present. The ranks ranged from one (highest) to five (lowest) and are as follows: 1) U.S. and Canada 1980 to present; 2) countries with predominantly Western diets 1980 to present; 3) U.S. and Canada 1970-1979; 4) countries with predominantly Western diets 1970-1979; and 5) countries with predominantly non-Western diets. Thirty-four articles and four government reports were selected for inclusion in the food database and are listed in Table 1. As available, information was abstracted regarding cooking or preservation methods, methods of laboratory analysis, number of observations in each sample, ranges of values, means, and standard deviations. Although not specifically published in this article, the food database is available upon request.

Step 3: Value Selection

Values compiled in the food database from the United States and Canada (rank 1) and other countries with traditionally Western diets (rank 2) from 1980 to present were automatically used to calculate the estimates for nitrates, nitrites, and nitrosamines in each food item. When there were fewer than five values reported for a food item ranked 1 or 2, values from the United States and Canada from 1970-1979 were used. Less relevant values with respect to country and year were used when no other estimates were available.

Step 4: Estimate Generation

Table 1 lists the 30 references that met the value selection criteria for generating summary estimates of nitrates, nitrites, and nitrosamines in food items. A summary estimate for each food item was generated through a multi-step process using the mean or midpoint and the sample sizes from each study that met our selection criteria. A systematic approach to calculate these estimates was developed using STATA 10 [28]. A summary estimate for each food item was calculated as the weighted mean of the published values for that food item identified from the food database. The weights were calculated as the square root of the reported sample size for each value used to formulate the summary estimate. We would have preferred to use the inverse of the variance to weight the values but many of the reported values did not include a variance estimate. This process was implemented to create weighted total estimates that were representative of the reported values. The estimates are based on reported values selected to represent the U.S. food supply and potentially represent the exposure of the U.S. population to these compounds. This procedure was repeated for each food item.

The WFFQ as adapted for the NBDPS asks about dietary intake of 64 food items, some of which are categories of foods; however, we developed a single summary estimate per compound (nitrate, nitrite, and nitrosamines) for each food item. The process was straightforward in the case of individual food items, but required an additional procedure for category items. For example, the “processed meats” item contains component estimates for sausage, salami, lunchmeat, pâté, and preserved meat. To generate a single estimate for “processed meats”, weighted estimates for each individual component of that group were calculated. The summary estimate for “processed meats” was calculated by weighting the component estimates equally. The summary estimates were reported in mg/100g for nitrates and nitrites and $\mu\text{g}/100\text{g}$ for nitrosamines.

For each food item, nitrates, nitrites, and nitrosamines were calculated for a typical serving using the summary estimates and the standard serving size in grams as defined by the NBDPS Nutrient Calculator when available [29]. For cereal, biscuits, fruit drinks, soy milk and tofu, the standard serving sizes were obtained using nutrition information provided on the label of commonly available products from a local grocery store.

The NBDPS Mother Questionnaire collects information regarding intake of alcoholic beverages by frequency and type of alcohol consumed. The questionnaire divides alcoholic beverages into five broad categories identified as beer, wine, mixed drinks, shot liquor, and other alcohol. We used standard serving sizes of alcohol in the United States as reported by the Centers for Disease Control: 12 ounces of beer, 8 ounces of malt liquor, 5 ounces of wine, or 1.5 ounces of liquor [30]. Based on the standard measures of alcohol, the serving size in grams for each of the categories was measured using commonly available samples of each type of beverage. Because estimates of nitrates and nitrites in alcoholic beverages were rarely reported in the literature, these compounds were not estimated for standard servings of these beverages. However, nitrosamine values were available and were used to calculate the estimated amount per serving using the same procedures used in the food calculations.

Results

Table 2 displays the calculated amount per serving for food items grouped into dairy products; fruit; grains; meat and beans; vegetables; fats, oils, nuts, and sweets; and alcoholic beverages. The estimates in Table 2 are based on standard serving sizes for adults. Nitrate values ranged from 0 – 188.999 mg/serving with the highest concentrations occurring in vegetable products. Spinach and squash contain the highest amounts of nitrate per serving with values of 188.999 and 43.608 mg respectively. Sweets, nuts, fats and oils contain very little nitrates per serving.

Nitrite values range from 0 - 1.840 mg/serving with the highest concentrations occurring in meat and bean products. Beef, pork, lamb, or *cabrito* (goat meat) as a main dish and liver contain the highest amounts of dietary nitrite per serving with 1.840 and 1.608 mg respectively. Negligible sources of dietary nitrite are found in cottage cheese, fats such as butter or margarine, and various fruit juices.

Nitrosamine values from food items ranged from 0 - 0.453 $\mu\text{g/serving}$ with the highest concentrations occurring in meat and dairy products. Beef, pork, lamb, or *cabrito* as a sandwich or main dish contains 0.324 and 0.453 $\mu\text{g/serving}$. Cottage or ricotta cheese, fish and bacon contain high levels of nitrosamines with 0.266, 0.222 and 0.219 $\mu\text{g/serving}$ respectively. Alcoholic beverages also contain high levels of nitrosamines, with beer and malt beverages containing the highest amount of nitrosamines per serving at 0.531 μg and 0.301 μg respectively. Wine and liquor contain relatively little nitrosamines per serving with values of 0.019 and 0.027 μg respectively. Fruits, vegetables, sweets, and fats do not contain significant amounts of nitrosamines per serving.

Tables 3-5 list the reported nitrate, nitrite, and nitrosamine values of the food items from the literature, and those items for which substitutions or calculations were necessary based on the available data. These values were used to calculate the summary estimates of nitrate, nitrite, and nitrosamine content per food item. The food items are grouped into categories consisting of dairy products; fruit; grains; meat and beans; vegetables; fats, oils, nuts, and sweets; and alcoholic beverages.

Discussion

Based on our estimates, total dietary nitrate intake per serving is most heavily influenced by vegetable consumption, specifically the green leafy varieties. However, nitrate intake in conjunction with vitamin C and possibly vitamin E may inhibit endogenous nitrosamine formation [31]. Fruits and vegetables are sources of vitamins, minerals, and dietary fiber, including pectin. Wawrzyniak found that pectin rich diets increase the total number of *Enterobacteriaceae* in the stomach of rats, which is

associated with the reduction of nitrates to nitrites, but also noted that pectin was responsible for decreasing the amount of sodium nitrite present under normal gastric conditions *in vitro* [32] [33]. The benefits of fruit and vegetable consumption with their vitamin content most likely negate the potential harmful effects of nitrate intake from these sources. Our estimates indicate that nitrites and nitrosamines are most commonly associated with the consumption of meats, processed meats and fish. Based on our results, beer had the largest estimated amount of nitrosamine per serving.

Potential limitations in our study include sources of error associated with food item substitutions; different methodologies for measuring nitrates, nitrites, and nitrosamines in food; estimate calculations; and changes in concentration of these compounds in foods over time. The variability of nitrates, nitrites, and nitrosamines in food items may also be a source of error. The scarcity of reported nitrate and nitrite values for alcoholic beverages makes it difficult to create relevant estimates. Potentially, the nitrate/nitrite content of water used to produce non-distilled beverages could be used to estimate these compounds; however, this information was not available. Additionally, potential error stems from our substitutions and recipes used when the exact value for a food item was not available in the literature, although we expect the impact of these substitutions to be negligible. It is possible that nitrate, nitrite, and nitrosamine content in food items may vary by period measured, preparation, and analytical techniques used. To generate the most accurate estimate possible, we weighted individual values by their sample size. In most cases, weighting the values by the sample size more accurately reflects the available data. However, in a few cases, the estimate generated may be less accurate because of the over representation of values with extremely large samples sizes. Our study was also limited based on the relatively small number of references that were relevant to the current U.S. population based on year of publication and country of origin. Of the 30 references used to calculate estimates, only 11 were published since 1990 and none of those were based on U.S. or Canadian values. Therefore, estimates of

nitrate, nitrite, and nitrosamine should be updated with the appropriate analyses of food products currently available in the United States. Consideration should also be given to regional and ethnic differences in food availability and dietary intake.

Despite these limitations, our study also has several strengths. The estimates we generated are unique in that they were created to be used with the WFFQ, a commonly used research tool to assess dietary intake in research studies. Intake of nitrate, nitrite, and nitrosamine has likely changed over time because of procedural changes in food preservation and dietary behavioral changes [34]. Articles in the literature, such as those authored by Jakszyn *et al.* and Cornee *et al.*, provide values of nitrate, nitrite and nitrosamine in foods from the global literature; however, we were unable to locate summary estimates for the U.S. population that systematically accounted for time and country of origin [10, 35]. In the present study, we compiled, ranked, selected, and weighted the reported values to generate an estimate for each food item. Our estimates are not intended to be comprehensive in terms of all published literature regarding nitrate, nitrite, and nitrosamine in foods. Rather, the estimates were generated to reflect relevant information in the published literature that was representative of the U.S. population with respect to time and country of origin.

Conclusions

Laboratory analysis of nitrate, nitrite, and nitrosamine content in food items commonly available in the United States should be conducted to determine current exposures to the U.S. population. In the absence of current data based on laboratory analysis, our estimates can be used to assess dietary exposures to these compounds. To the best of our knowledge, our estimates are the only ones published to date that are developed specifically for use with the WFFQ and intended for use with the U.S. population. The estimates provided may also be useful in other research studies, specifically in

exploring the relation between intake of *N*-nitroso compounds and their precursors with health conditions such as cancer and adverse pregnancy outcomes.

Declaration of Competing Interests

The authors declare that they have no competing interests.

Acknowledgements

This research was supported by Award Number R01ES015634 from the National Institute of Environmental Health Sciences. The content is solely the responsibility of the authors and does not necessarily represent the official views of the National Institute of Environmental Health Sciences or the National Institutes of Health. We thank Dr. Thomas McDonald for his review of the manuscript.

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Table 1. References used in food database and estimate generation

Citation	Year(s) Values Collected ^a	Country ^b	Rank ^c	Included in Estimate ^d
Canas, et al., 1986 [36]	1985	US	1	√
Chung, et al., 2003 [37]	1998	KR	5	√
Cornee, et al., 1992 [35]	1992	FR	2	√
Dennis, et al., 1984 [38]	1983	IS	5	-
Food Standards Agency, 1998 [39]	1997	UK	2	√
French National Inventory, 1982 [40]	1982	FR	2	√
Fudge and Truman, 1973 [41]	1973	UK	4	-
Havery, et al., 1982 [42]	1981	US	1	√
Howe, et al., 1986 [43]	1985	CA	1	√
Huang, et al., 1981 [44]	1980	HK	5	-
Key, et al., 1982 [45]	1982	UK	2	√
Klein, et al., 1980 [46]	1980	FR	2	√
Knight, et al., 1987 [47]	1973-1978	UK	4	-
Kyriakidis, et al., 1997 [48]	1995	GR	5	-
Lakritz and Pensabene, 1981 [49]	1980	US	1	√
Libbey, et al., 1980 [50]	1979	US	3	√
Mahieu, et al., 1980 [51]	1980	FR	2	√
Maki, et al., 1980 [52]	1976-1980	JP	5	√
Matsui, et al., 1980 [53]	1979	JP	5	-
Merino, et al., 2006 [54]	1995-2005	SE	2	√
National Academy of Sciences, 1981a [13]	1975-1979	US	3	√

Osterdahl, 1988 [55]	1980-1986	SE	2	√
Pedersen and Meyland, 1981 [56]	1981	DE	2	√
Petersen and Stoltze, 1999 [57]	1993-1997	DK	2	√
Pobel, et al., 1995 [58]	1994	FR	2	√
Saccani and Tanzi, 2006 [59]	2005	IT	2	√
Scanlan, et al., 1980 [60]	1979	US	3	-
Sen, et al., 1980 [61]	1979	CA	3	√
Sen, et al., 1988 [62]	1988	CA	1	√
Siciliano, et al., 1975 [63]	1973-1974	US	3	√
Siddiqi, et al., 1988 [64]	1988	IN	5	-
Spiegelhalder, et al., 1980 [65]	1980	DE	2	√
Tamme, et al., 2006 [66]	2003-2004	EE	5	√
Thomson and Swallow, 2004 [67]	2003	NZ	2	√
Tricker, et al., 1991 [68]	1989-1990	DE	2	√
Vecchio, et al., 1986 [69]	1984	US	1	√
VonCollett, 1983 [70]	1983	DE	2	√
Yamamoto, et al., 1984 [71]	1982	JP	5	√

^aYear(s) sample collected is reported, when not available year received by journal is used and year of publication is used as when all other dates are unavailable

^bCA = Canada, DE = Germany, DK = Denmark, EE = Estonia, FR = France, GR = Greece, HK = Hong Kong, IN = India, IS = Iceland, IT = Italy, JP = Japan, KR = South Korea, NZ = New Zealand, SE = Sweden, UK = United Kingdom, US = United States

^cRank 1= U.S. and Canada 1980 to present; Rank 2= countries with predominantly Western diets 1980 to present; Rank 3= U.S. and Canada 1970-1979; Rank 4= countries with predominantly Western diets 1970-1979; and Rank 5= countries with predominantly non-Western diets

^d(√) = included in estimate; (-) = excluded from estimate

Table 2. Estimates of nitrates, nitrites and nitrosamines in food items and alcoholic beverages by the National Birth Defects Prevention Study calculated serving size

Food Item	Serving Size g	Nitrates mg/serving	Nitrites mg/serving	Nitrosamines µg/serving
<i>Dairy Products</i>				
Cheese (1 slice or 1 oz)	28	0.400	0.023	0.066
Cottage or ricotta cheese (1/2 cup)	113	0.260	0.000	0.266
Ice cream (1/2 cup)	72	0.209	0.038	0.031
Skim or low fat milk (8 oz glass)	244	0.862	0.011	0.209
Whole milk (8 oz glass)	244	0.212	0.001	0.065
Yogurt (1 cup)	245	0.333	0.071	0.002
<i>Fruit Products</i>				
Avocado (1) or guacamole (1 cup)	201	5.278	0.042	0.010
Bananas (1)	114	2.280	0.043	0.006
Cantaloupe (1/4 melon)	134	12.730	0.051	0.006
Fresh apples or pears (1)	138	1.436	0.014	0.007
Hawaiian punch, lemonade, or other fruit drinks (1 glass)	244	2.367	0.000	0.000
Orange juice (small glass)	186	3.720	0.000	0.000
Oranges (1)	184	3.680	0.000	0.000
Other fruits fresh, frozen, or canned (1/2 cup)	142	3.728	0.030	0.007
Peaches, apricots, plums, or nectarines (1	87	0.564	0.014	0.004

or 1/2 cup)

Raw chile peppers, jalapeño (1)	14	0.742	0.009	0.000
Salsa (1 cup) (fruit or tomato)	259	9.094	0.140	0.000
Tomatoes (1) or tomato juice (small glass)	123	3.953	0.054	0.000

Grain Products

Biscuit, scone, croissant and muffin (1)	80	0.328	0.032	0.012
Cereal	30	0.138	0.039	0.012
Dark bread (slice) including wheat pita bread	25	0.213	0.030	0.000
Rice or pasta (1 cup)	140	2.305	0.303	0.000
Tortilla (1)	19	0.304	0.031	0.002
White bread (slice), pita bread, bagels and crackers	25	0.410	0.042	0.002

Meat and Bean Products

Bacon (2 slices)	16	1.449	0.467	0.219
Beans or lentils, baked or dried (1/2 cup)	131	1.179	0.341	0.000
Beans, refried (1 cup)	252	2.268	0.655	0.000
Beef, pork, lamb or cabrito as a main dish (4-6 oz)	140	8.188	1.840	0.453
Beef, pork, lamb or cabrito sandwich or mixed dish	100	5.849	1.314	0.324
Chicken livers (1 oz)	28	0.958	0.571	0.007
Chicken or turkey (4-6 oz)	88	0.583	0.478	0.086

Eggs (1)	58	0.311	0.095	0.000
Fish (3-6 oz)	112	1.027	0.349	0.222
Hamburger (1 patty)	77	6.102	0.193	0.071
Hot dogs (1)	45	11.565	1.220	0.128
Liver, non specific (3-4 oz)	82	10.325	1.608	0.022
Organ meats and tongue (3-4 oz)	85	0.882	0.480	0.062
Peas or lima beans (1/2 cup frozen, canned)	80	2.634	0.070	0.000
Processed meats - sausage, salami, lunchmeat, pâté, and preserved meats (piece or slice)	28	1.700	0.314	0.124
<i>Vegetable Products</i>				
Broccoli (1/2 cup)	78	26.607	0.251	0.000
Cabbage, cauliflower, brussel sprouts (1/2 cup)	75	12.976	0.143	0.000
Carrots, cooked (1/2 cup)	78	13.013	0.115	0.000
Carrots, raw (1/2 cup or 2-4 sticks)	36	6.006	0.053	0.000
Corn (1 ear or 1/2 cup frozen, canned)	82	3.690	0.164	0.000
Potatoes baked, boiled (1) or mashed (1 cup)	156	22.673	0.164	0.000
Soy milk or soy yogurt (8 oz)	244	13.333	0.220	0.000
Spinach or collard greens, cooked (1/2 cup)	90	188.999	0.177	0.000

Squash (1/2 cup)	103	43.608	0.082	0.000
String beans (1/2 cup)	68	11.767	0.128	0.000
Tofu, tempeh or soy burgers (4oz)	113	6.174	0.102	0.000
Yams or sweet potatoes (1/2 cup)	68	3.128	0.048	0.000

Fats, Oils, Nuts, and Sweets

Butter (pat), added to food or bread	5	0.000	0.000	0.000
Cake (slice) or donut (1)	64	1.600	0.083	0.000
Candy without chocolate (1 oz)	28	0.000	0.000	0.010
Chocolate (1 oz)	21	0.000	0.000	0.010
Cookies (1)	25	0.092	0.011	0.002
French fried potatoes (4 oz)	112	4.144	0.078	0.000
Margarine (pat), added to food or bread	5	0.002	0.000	0.000
Nuts (small packet or 1 oz)	18	0.104	0.006	0.000
Oil and vinegar dressing (1 tbs)	15	0.000	0.000	0.000
Peanut butter (1 tbs)	16	0.093	0.006	0.000
Pie (slice)	125	2.338	0.138	0.000
Potato or corn chips (small bag or 1oz)	28	1.049	0.020	0.000

Alcoholic Beverages

Beer (12 fl. oz/354.9 ml)	357	-	-	0.531
Wine (5fl. oz/147.9 ml)	136	-	-	0.019
Liquor and mixed drinks (1.5 fl. oz/44.4 ml)	41	-	-	0.027
Malt beverages (8 fl. oz/236.6 ml)	245	-	-	0.301

Table 3. Reported nitrate content of food items listed in the food database and reference information used to generate the summary estimates by category.

NBDPS Food Item	Food Name	Mean ^a (mg/100g)	Value Type ^b	Range ^c	Sample Size ^c	Author	Rank
Dairy Products							
Cheese	Cheese	1.610	mn	0.12-5.6	130	French National Inventory	2
	Cheese (Camembert)	1.600	mn	0.24-4.05	30	French National Inventory	2
	Cheese (Holland)	2.400	mn	0.74-5.6	10	French National Inventory	2
	Cheese (Pyrenees)	0.400	mn	0.12-1.2	10	French National Inventory	2
	Cheese (Sant-Nectaire)	1.800	mn	0.12-5.50	30	French National Inventory	2
	Cheese (spread)	1.700	mn	0.43-4.3	30	French National Inventory	2
	Cheese	0.050	w			Howe et al.	1
	Cream cheese	0.050	mn			Pobel et al.	2
	Hard cheese	1.700	mn			Pobel et al.	2
	Soft cheese	1.600	mn			Pobel et al.	2
	Creamed cheese	0.025	mn	<0.50	4	Thomson and Swallow	2
	Cheese	0.150	mn	<0.3	31	Von Collet	2
	Cottage or ricotta cheese	Cottage Cheese	0.230	mn	<0.5-0.9	4	Thomson and Swallow
Ice cream ^d	Milk, sugar, eggs	0.29	mn				
Skim or low fat milk	Milk	0.460	mp	0.39-0.53	20	Food Standards Agency	2
	Milk (skim milk)	0.050	mn			Pobel et al.	2
	Milk	0.150	mp	<0.3	9	Von Collet	2
Whole milk	Milk	0.460	mp	0.39-0.53	20	Food Standards Agency	2
	Milk (whole)	0.050	w	tr-0.34	217	Mahieu et al.	2
	Milk	0.150	mp	<0.3	9	Von Collet	2
Yogurt	Yogurt	0.050	mn			Pobel et al.	2
	Yogurt	0.150	mp	<0.3	6	Von Collet	2
Fruit Products							
Avocado or guacamole	Fruit	2.700	mn	1.2-4.6	20	Food Standards Agency	2
	Fruit	2.000	w			Natl. Academy of Sciences	3
	Fresh fruit	2.000	mn			Pobel et al.	2
Bananas	Bananas	2.000	w			Cornee	2
Cantaloupe	Watermelon	9.500	mn		1	Tamme	5
Fresh apples or pears	Pear	0.390	mn	<0.3-1.08	24	Von Collet	2
	Apple	1.750	mn	<0.3-10.8	22	Von Collet	2
Fruit drinks	Fruit juices	0.970	w			Howe et al.	1
Orange juice	Oranges	2.000	w			Howe et al.	1
Oranges	Oranges	2.000	w			Howe et al.	1
Other fruits	Fruit	2.700	mn	1.2-4.6	20	Food Standards Agency	2
	Fruit	2.000	w			Natl. Academy of Sciences	3
	Fresh fruit	2.000	mn			Pobel et al.	2
	Grapes	0.810	mn	<0.3-3.40	23	Von Collet	2
	Strawberry	7.170	mn	2.43-15.34	9	Von Collet	2
Peaches, apricots, plums, or nectarines	Peach	0.780	mn	<0.3-3.13	13	Von Collet	2

	Apricot	0.600	mn	<0.3-0.95	3	Von Collet	2
	Nectarine	0.150	mn	<0.3-0.89	5	Von Collet	2
	Plum	0.880	mn	<0.3-2.03	4	Von Collet	2
Raw chile peppers	Pepper (sweet)	12.000	w			Natl. Academy of Sciences	3
	Pepper (sweet green)	6.200	mn			Siciliano et al.	3
	Peppers (sweet)	5.000	mn		3	Siciliano et al.	3
Salsa (fruit or tomato) ^d	Tomato, peppers, onion	3.51	mn				
Onion ^e	Onion	4.800	mn		8	Food Standards Agency	2
	Onion	2.300	mn		63	French National Inventory	2
	Onion, chopped	3.300	mn		1	Siciliano et al.	3
	Onion, whole	12.800	mn		1	Siciliano et al.	3
	Onion	5.500	mn		21	Tamme	5
	Onion	8.000	mn			Thomson and Swallow	2
	Onion	4.800	mn			Thomson and Swallow	2
	Onion	2.300	mn			Thomson and Swallow	2
	Onion	5.110	mn		4	Von Collet	2
Tomatoes or tomato juice	Tomato	1.700	mn	0.4-4.2	4	Food Standards Agency	2
	Tomato	3.300	mn	0.14-58.9	62	French National Inventory	2
	Tomatoes	5.800	w			Howe et al.	1
	Tomato	5.800	w			Natl. Academy of Sciences	3
	Tomato	3.080	mn			Pobel et al.	2
	Tomato	3.020	mn	<0.3-8.94	9	Von Collet	2
Grain Products							
Biscuits, scones, croissants and muffins ^d	Four, butter, milk	0.41	mn				
Cereal	Cereal	2.500	w			Cornee	2
	Cereals	0.105	mp	0.10-0.11	20	Food Standards Agency	2
	Cereal, cooked	1.200	w			Howe et al.	1
	Cereal	0.940	mn	0.68-1.16	9	Von Collet	2
Dark bread	Wheat flour	0.850	mn			Pobel et al.	2
Rice or pasta	Rice, non specific	1.200	w			Howe et al.	1
	Pasta	1.240	w			Howe et al.	1
	Pasta, rice	2.500	mn			Pobel et al.	2
Tortilla	Bread (non specific)	0.760	mp	0.72-0.8	20	Food Standards Agency	2
	Bread	2.500	w	0.64-6.14	20	French National Inventory	2
	Bread (non specific)	1.200	w			Howe et al.	1
	White bread	2.500	mn			Pobel et al.	2
White bread	Bread (non specific)	0.760	mp	0.72-0.8	20	Food Standards Agency	2
	Bread	2.500	w	0.64-6.14	20	French National Inventory	2
	Bread (non specific)	1.200	w			Howe et al.	1
	White bread	2.500	mn			Pobel et al.	2
Meat and Bean Products							
Bacon	Bacon	10.110	mn	0.14-44.47	57	Food Standards Agency	2
	Bacon	3.200	w			Howe et al.	1
	Bacon	3.650	mn	<0.5-8.1	10	Thomson and Swallow	2
Beans or lentils	Black-eyed peas	0.900	mn		2	Siciliano et al.	3

Beans, refried	Black-eyed peas	0.900	mn		2	Siciliano et al.	3
Beef, pork, lamb ⁸							
	<i>Pork sub group</i>						
	Ham	15.700	w	0.30-92.1	37	Cornee	2
	Pork (shoulder)	10.170	mn	0.83-27.99	3	Food Standards Agency	2
	Ham	7.170	mn	0.03-44.59	57	Food Standards Agency	2
	Ham (chopped)	3.910	mn	0.33-14.22	8	Food Standards Agency	2
	Ham (mountain)	16.300	mn	0.37-81.15	17	French National Inventory	2
	Pork	4.950	w			Howe et al.	1
	Ham	15.660	mn			Pobel et al.	2
	Pork	0.740	mn			Saccani and Tanzi	2
	Pork shoulder	0.510	mn	0.36-1.02	15	Saccani and Tanzi	2
	Pork loin	0.390	mn	0.36-1.02	11	Saccani and Tanzi	2
	Dry cured ham	4.830	mn	0.17-10.4	13	Saccani and Tanzi	2
	Ham	1.660	mn	<0.5-3.2	10	Thomson and Swallow	2
	<i>Beef sub group</i>						
	Beef (corned)	2.160	mn	0.44-7.0	11	Food Standards Agency	2
	Beef	5.180	mn	2.1-8.25	2	Food Standards Agency	2
	Corned beef	14.160	w			Howe et al.	1
	Beef	0.380	mn			Saccani and Tanzi	2
	Beef filet	0.460	mn	0.24-0.92	12	Saccani and Tanzi	2
	Beef mince	0.370	mn	<0.5-1.5	4	Thomson and Swallow	2
	Corned silverside	1.810	mn	0.7-3.6	10	Thomson and Swallow	2
	<i>Meat sub group</i>						
	Meat	1.000	w			Natl. Academy of Sciences	3
	Red meat	1.000	mn			Pobel et al.	2
	Smoked Meat	13.930	mn			Pobel et al.	2
Chicken livers	Pâté (chicken liver)	3.420	mn	0.45-5.36	4	Food Standards Agency	2
Chicken or Turkey							
	<i>Chicken sub group</i>						
	Chicken	0.820	mn	0.59-1.25	3	Food Standards Agency	2
	Chicken	0.510	mn	0.26-0.89	10	Saccani and Tanzi	2
	<i>Turkey sub group</i>						
	Turkey	0.750	mn	0.05-1.39	6	Food Standards Agency	2
	<i>Poultry sub group</i>						
	Poultry	0.830	mp	0.81-0.85	20	Food Standards Agency	2
	Poultry	1.000	mn			Pobel et al.	2
Eggs	Egg	0.490	mp	0.44-0.54	20	Food Standards Agency	2
	Egg	1.000	w			Howe et al.	1
	Egg	1.000	mn			Pobel et al.	2
Fish	Fish, smoked	1.000	mn	0.88-5.76	5	Cornee	2
	Fish	1.200	w	0.1-4.1		Cornee	2
	Fish	0.100	w	0.88-5.76	5	Cornee	2
	Fish	1.100	mn	0.5-1.9	20	Food Standards Agency	2
	Fish, other	1.000	w			Howe et al.	1
	Fish, smoked	0.190	w			Howe et al.	1
	Fresh fish	1.180	mn			Pobel et al.	2
	Smoked Fish	1.030	mn			Pobel et al.	2
Hamburger	Hamburger	7.900	mn	0.6-21.1	4	Thomson and Swallow	2
Hot dogs	Frankfurt	25.700	mn	6.14-186.2	10	French National Inventory	2
Liver, non-specific	Sausage (liver)	9.370	mn	2.68-19.02	5	Food Standards Agency	2

	Pâté (liver)	18.300	mn	0.55-42.3	5	French National Inventory	2
	Liver, beef	1.000	w			Howe et al.	1
Organ meats and tongue							
<i>Tongue sub group</i>	Tongue	1.590	mn	<0.002-5.5	20	Food Standards Agency	2
<i>Offals sub group</i>	Offals	0.460	mp	0.39-0.53	20	Food Standards Agency	2
	Offals	1.000	mn			Pobel et al.	2
Peas or lima beans	Peas	1.100	mn	0.12-3.1	18	French National Inventory	2
	Peas	2.800	w			Natl. Academy of Sciences	3
	Lima beans	5.400	w			Natl. Academy of Sciences	3
	Peas	1.010	mn			Pobel et al.	2
	Pea pods (Chinese)	1.300	mn		2	Siciliano et al.	3
	Green peas	2.000	mn		4	Siciliano et al.	3
	Peas	0.600	mn		3	Siciliano et al.	3
Processed meats							
<i>Sausage sub group</i>	Sausage (liver)	9.370	mn	2.68-19.02	5	Food Standards Agency	2
	Sausage	17.600	mn	0.72-115.8	10	French National Inventory	2
	Sausage (garlic)	24.800	mn	1.78-56.2	10	French National Inventory	2
	Sausage	18.100	mn	0.18-154.5	20	French National Inventory	2
	Saucisson	3.300	mn	0.15-18.4	24	French National Inventory	2
	Sausage (beef & pork)	9.790	w			Howe et al.	1
	Cured meat (sausage)	13.600	mn			Pobel et al.	2
	Dry cured sausage	1.550	mn	0.14-7.69	24	Saccani and Tanzi	2
	Saveloys (red sausage)	2.850	mn	0.8-6.3	10	Thomson and Swallow	2
	Beef sausages	0.180	mn	<0.5-1.8	10	Thomson and Swallow	2
<i>Salami sub group</i>	Salami	2.480	mn	<0.5-5.6	10	Thomson and Swallow	2
<i>Lunchmeat sub group</i>	Luncheon meat	2.070	mn	0.64-4.88	19	Food Standards Agency	2
	Luncheon	3.090	mn	2.2-5.3	10	Thomson and Swallow	2
<i>Pâté sub group</i>	Pâté (chicken liver)	3.420	mn	0.45-5.36	4	Food Standards Agency	2
	Pâté (liver)	18.300	mn	55-42.3	5	French National Inventory	2
	Pâté	2.100	mn	1.35-2.64	5	French National Inventory	2
<i>Preserved meat sub group</i>	Preserved meat	8.100	mn			Pobel et al.	2
Vegetable Products							
Broccoli	Broccoli	74.000	w			Natl. Academy of Sciences	3
	Broccoli (spears)	46.400	mn		6	Siciliano et al.	3
	Broccoli (chopped)	57.300	mn		4	Siciliano et al.	3
	Broccoli	13.300	mn	5.1-28	8	Thomson and Swallow	2
Cabbage, cauliflower, or Brussels sprouts							
<i>Cabbage sub group</i>	Cabbage	33.800	mn		16	Food Standards Agency	2
	Cabbage	16.000	mn	0.25-79.2	94	French National Inventory	2
	Kale	33.000	mn	7.7-58.4	30	French National Inventory	2
	Cabbage	52.000	w			Howe et al.	1
	Kale	80.000	w			Natl. Academy of Sciences	3
	White cabbage	39.500	mn		40	Petersen and Stoltze	2
	Chinese cabbage	100.000	mn		30	Petersen and Stoltze	2
	Cabbage	15.210	mn			Pobel et al.	2

	Cabbage	78.400	mn			Siciliano et al.	3
	Kale	277.000	mn		3	Siciliano et al.	3
	Kale	160.000	mn		3	Siciliano et al.	3
	Sauerkraut	6.800	mn		1	Siciliano et al.	3
	Silverbeet	74.000	mn	19.0-169.0	8	Thomson and Swallow	2
	Cabbage	33.100	mn	12.0-69.0	8	Thomson and Swallow	2
	Cabbage	26.390	mn	2.90-63.62	16	Von Collet	2
<i>Cauliflower sub group</i>	Cauliflower	8.600	mn		8	Food Standards Agency	2
	Cauliflower	10.700	mn	0.3-77.1	53	French National Inventory	2
	Cauliflower	48.000	w			Natl. Academy of Sciences	3
	Cauliflower	25.400	mn		5	Siciliano et al.	3
<i>Brussels sprouts sub group</i>	Brussels sprouts	5.900	mn		4	Food Standards Agency	2
	Brussels sprouts	2.200	mn	0.15-9.7	30	French National Inventory	2
	Brussels sprouts	12.000	w			Natl. Academy of Sciences	3
	Brussels sprouts	8.400	mn		7	Siciliano et al.	3
Carrots (cooked, raw) ^h	Carrot	9.700	w	1.5-11.5	20	Food Standards Agency	2
	Carrot	18.400	mn	0.12-137.2	80	French National Inventory	2
	Carrots	20.000	w			Howe et al.	1
	Carrot	20.000	w			Natl. Academy of Sciences	3
	Carrot	17.620	mn			Pobel et al.	2
	Carrot	7.200	mn		8	Siciliano et al.	3
	Carrot	9.700	mn		5	Siciliano et al.	3
	Carrot	20.500	mn		18	Siciliano et al.	3
	Carrot	5.830	mn	<0.5-29.0	8	Thomson and Swallow	2
	Carrot	28.810	mn	3.51-84.16	7	Von Collet	2
Corn	Corn	4.500	w			Natl. Academy of Sciences	3
	Corn	4.500	mn		3	Siciliano et al.	3
Potatoes	Potatoes	15.500	mn	0.3-107.7	180	Food Standards Agency	2
	Potatoes (white)	14.400	mn	0.12-119.1	116	French National Inventory	2
	Potatoes, non specific	11.000	w			Howe et al.	1
	Potato	11.000	mn	0.7-30.4	40	Petersen and Stoltze	2
	Potatoes	14.220	mn			Pobel et al.	2
	Potatoes (whole, small)	15.000	mn		1	Siciliano et al.	3
	Potatoes (whole)	6.300	mn		2	Siciliano et al.	3
	Potatoes (sliced)	6.900	mn		1	Siciliano et al.	3
	Potatoes	12.900	mn	4.8-24.0	8	Thomson and Swallow	2
Soy milk or soy yogurt	Soybean sprouts	5.600	mn		40	Chung et al.	5
	Miso and Shoyu	0.030	mn			Maki et al. 35	5
Spinach or collard greens							
<i>Spinach sub group</i>	Lettuce	105.100	mn		22	Food Standards Agency	2
	Spinach	163.100	mn		13	Food Standards Agency	2
	Spinach	44.300	mn	3.6-114.9	41	French National Inventory	2
	Lettuce	268.400	mp	5.8-540.6	159	Merino et al.	2
	Lettuce	93.100	mp	9.4-229.8	71	Merino et al.	2
	Spinach	174.700	mp	4.7-597.5	63	Merino et al.	2
	Spinach	55.100	mp	21.3-186.2	70	Merino et al.	2

	Lettuce	82.600	mp	44.2-203.8	14	Merino et al.	2
	Lettuce	170.000	w			Natl. Academy of Sciences	3
	Spinach	180.000	w			Natl. Academy of Sciences	3
	Lettuce	170.000	w			Natl. Academy of Sciences	3
	Lettuce	107.400	mn			Petersen and Stoltze	2
	Spinach	68.000	mn	9.0-151.0	20	Petersen and Stoltze	2
	Spinach	178.300	mn	4.8-563.0	36	Petersen and Stoltze	2
	Lettuce	244.000	mn		122	Petersen and Stoltze	2
	Lettuce	136.280	mn			Pobel et al.	2
	Spinach	44.260	mn			Pobel et al.	2
	Spinach	222.000	mn		7	Siciliano et al.	3
	Lettuce	110.000	mn			Siciliano et al.	3
	Spinach	214.000	mn		4	Siciliano et al.	3
	Spinach	57.300	mn		1	Siciliano et al.	3
	Lettuce	159.000	mn	8.3-342.0	18	Thomson and Swallow	2
	Spinach	99.000	mn	10.0-156.0	8	Thomson and Swallow	2
	Spinach	154.970	mn	53.3-203.9	6	Von Collet	2
	Lettuce	186.810	mn	6.5-501.95	28	Von Collet	2
<i>Collard Greens sub group</i>	Collard greens	245.000	mn		4	Siciliano et al.	3
	Mustard greens	239.000	mn		4	Siciliano et al.	3
	Turnip greens	346.000	mn		3	Siciliano et al.	3
	Collard greens	264.000	mn		2	Siciliano et al.	3
	Turnip greens	223.000	mn		2	Siciliano et al.	3
	Mustard greens	136.000	mn		2	Siciliano et al.	3
Squash	Squash (acorn)	3.400	mn			Siciliano et al.	3
	Squash (butternut)	67.800	mn			Siciliano et al.	3
	Squash (zucchini)	66.500	mn			Siciliano et al.	3
	Squash	16.000	mn		2	Siciliano et al.	3
	Zucchini	53.300	mn		4	Siciliano et al.	3
String Beans	Green beans	15.040	mn			Pobel et al.	2
	Green beans	27.000	mn		4	Siciliano et al.	3
	Green beans	10.000	mn		5	Siciliano et al.	3
Tofu, tempeh or soy burgers	Soybean sprouts	5.600	mn		40	Chung et al.	5
	Miso and Shoyu	0.030	mn			Maki et al.	5
Yams or sweet potatoes	Sweet potatoes	4.600	w			Natl. Academy of Sciences	3
Fats, Oils, Nuts, and Sweets							
Butter	Butter and cream	0.000	mn			Pobel et al.	2
Cake or donut	Cake	2.500	mn			Pobel et al.	2
Candy without chocolate	Sugar, sweets	0.000	mn			Pobel et al.	2
Chocolate	Sugar, chocolate, sweets	0.000	mn			Pobel et al.	2
Cookies ^d	Sugar, butter, milk, eggs, flour	0.370	mn				
French fried potatoes	Potatoes (hash brown)	3.700	mn		2	Siciliano et al.	3
Margarine	Margarine	0.050	w			Howe et al.	1
Nuts	Nuts	0.580	mp	0.55-0.61	20	Food Standards Agency	2
Oil and Vinegar dressing	Salad Dressing	0.000	mn			Howe et al.	2

	Oil	0.000	mn			Pobel et al.	2
Peanut butter	Nuts	0.580	mp	0.55-0.61	20	Food Standards Agency	2
Pie	Pie	1.870	mn			Howe et al.	1
Potato chips or corn chips	Potatoes (hash brown)	3.700	mn		2	Siciliano et al.	3

^a Mean is either the average, weighted mean, midpoint, or half the detection limit when reported as less than the detection limit as listed under nitrate value type.

^b mn=mean, mp=mid point, w = weighted mean

^c Information provided when reported in the literature; tr = trace amount

^d recipe calculation

^e item used in recipe calculation for salsa

^f Beef, pork, lamb as a sandwich or mixed dish and beef, pork, lamb as a main dish are made up of the same values, only the serving size is different.

^g Carrots raw or cooked are made up of the same values, only the serving size is different.

Table 4. Reported nitrite content of food items listed in the food database and reference information used to generate the summary estimates by category.

NBDPS Food Item	Food Name	Mean ^a (mg/100g)	Value Type ^b	Range ^c	Sample Size ^c	Author	Rank
Dairy Products							
Cheese	Cheese	0.079	mn	0.01-0.36	130	French National Inventory	2
	Cheese (Camembert)	0.170	mn	0.07-0.60	30	French National Inventory	2
	Cheese (Holland)	0.060	mn	0.03-0.13	10	French National Inventory	2
	Cheese (Pyrenees)	0.040	mn	0.02-0.07	10	French National Inventory	2
	Cheese (Sant-Nectaire)	0.107	mn	0.01-0.29	30	French National Inventory	2
	Cheese (spread)	0.100	mn	0.03-0.27	30	French National Inventory	2
	Cheese	0.000	w			Howe et al.	1
	Cream cheese	0.000	mn			Pobel et al.	2
	Hard cheese	0.100	mn			Pobel et al.	2
	Soft cheese	0.070	mn			Pobel et al.	2
	Creamed cheese	0.025	mn	<1.0	4	Thomson and Swallow	2
	Cheese	0.010	mn	<0.02	31	Von Collet	2
Cottage or ricotta cheese	Cottage cheese	0.000	mn	<1.5	4	Thomson and Swallow	2
Ice cream ^d	Milk, sugar, eggs	0.053	mn				
Skim or low fat milk	Milk	0.002	mp	0-0.004	20	Food Standards Agency	2
	Milk	0.000	mn			Pobel et al.	2
	Milk	0.010	mn	<0.02	9	Von Collet	2
Whole milk	Milk	0.002	mp	0-0.004	20	Food Standards Agency	2
	Milk	0.000	w	tr-0.01	450	Mahieu et al.	2
	Milk	0.010	mn	<0.02	9	Von Collet	2
Yogurt	Yogurt	0.000	mn			Pobel et al.	2
	Yogurt	0.034	mp	0.01-0.05	6	Von Collet	2
Fruit Products							
Avocado or guacamole	Fruit	0.040	mn	<0.04-0.05	20	Food Standards Agency	2
	Fruit	0.000	w			Natl. Academy of Sciences	3
	Fresh fruit	0.000	mn			Pobel et al.	2
Bananas	Fruit	0.040	mn	<0.04-0.05	20	Food Standards Agency	2
	Fruit	0.000	w			Natl. Academy of Sciences	3
	Fresh fruit	0.000	mn			Pobel et al.	2
Cantaloupe	Fruit	0.040	mn	<0.04-0.05	20	Food Standards Agency	2
	Fruit	0.000	w			Natl. Academy of Sciences	3
	Fresh fruit	0.000	mn			Pobel et al.	2
Fresh apples or pears	Pear	0.010	mp	<0.02	24	Von Collet	2
	Apple	0.010	mp	<0.02	22	Von Collet	2
Fruit drinks	Fruit juices	0.000	w			Howe et al.	1
Orange juice	Oranges	0.000	w			Howe et al.	1
Oranges	Oranges	0.000	w			Howe et al.	1
Other fruits	Fruit	0.040	mn	<0.04-0.05	20	Food Standards Agency	2
	Fruit	0.000	w			Natl. Academy of Sciences	3

	Fresh fruit	0.000	mn			Pobel et al.	2
	Grapes	0.010	mp	<0.02	23	Von Collet	2
	Strawberry	0.010	mp	<0.02	9	Von Collet	2
Peaches, apricots, plums, or nectarines	Peach	0.010	mp	<0.02	13	Von Collet	2
	Apricot	0.010	mp	<0.02	13	Von Collet	2
	Nectarine	0.010	mp	<0.02	5	Von Collet	2
	Plum	0.065	mn	<0.02	4	Von Collet	2
Raw chile peppers	Pepper	0.040	w			Natl. Academy of Sciences	3
	Pepper	0.040	mn			Siciliano et al.	3
	Peppers	0.070	mn		3	Siciliano et al.	3
Salsa (fruit or tomato) ^d	Tomato, peppers, onions	0.054	mn			Food Standards Agency	2
Onion ^e	Onion	0.070	mn		63	French National Inventory	2
	Onion, chopped	0.100	mn		1	Siciliano et al.	3
	Onion, whole	0.040	mn		1	Siciliano et al.	3
	Onion	0.020	mn		4	Von Collet	2
Tomatoes or tomato juice	Tomato	0.050	mn	0.01-0.21	62	French National Inventory	2
	Tomatoes	0.000	w			Howe et al.	1
	Tomato	0.030	mn			Pobel et al.	2
	Tomato	0.010	mp	<0.02	9	Von Collet	2
Grain Products							
Biscuits, scones, croissants and muffins ^d	Flour, butter, milk	0.040	mn				
Cereal	Cereal	0.130	w			Cornee	2
	Cereals	0.180	mn	<0.04-0.08	20	Food Standards Agency	2
	Cereal, cooked	0.260	w			Howe et al.	1
	Cereal	0.010	mp	<0.02	9	Von Collet	2
Dark bread	Wheat flour	0.120	mn			Pobel et al.	2
Rice or pasta	Rice, non specific	0.260	w			Howe et al.	1
	Pasta	0.260	w			Howe et al.	1
	Pasta, rice	0.130	mn			Pobel et al.	2
Tortilla	Bread	0.200	mp	<0.02-0.4	20	Food Standards Agency	2
	Bread	0.130	w	0.01-0.67	20	French National Inventory	2
	Bread	0.260	w			Howe et al.	1
	White bread	0.130	mn			Pobel et al.	2
White bread	Bread	0.200	mp	<0.02-0.4	20	Food Standards Agency	2
	Bread	0.130	w	0.01-0.67	20	French National Inventory	2
	Bread	0.260	w			Howe et al.	1
	White bread	0.130	mn			Pobel et al.	2
Meat and Bean Products							
Bacon	Bacon	3.190	mn	<0.02-12.3	57	Food Standards Agency	2
	Bacon	0.700	w			Howe et al.	1
	Bacon	1.590	mn	<0.5-6.3	10	Thomson and Swallow	2
Beans or lentils	Black-eyed peas	0.260	mn		2	Siciliano et al.	3
Refried Beans	Black-eyed peas	0.260	mn		2	Siciliano et al.	3

Beef, pork, lamb^g

<i>Pork sub group</i>	Ham	1.580	w	0.07-184.0	37	Cornee	2
	Pork (shoulder)	5.350	mn	1.96-10.37	3	Food Standards Agency	2
	Ham	2.910	mn	0.22-16.97	57	Food Standards Agency	2
	Ham (chopped)	0.920	mn	0.06-2.69	8	Food Standards Agency	2
	Ham (mountain)	3.400	mn	0.07-18.40	17	French National Inventory	2
	Pork	0.720	w			Howe et al.	1
	Ham	1.580	mn			Pobel et al.	2
	Pork	0.070	mn			Saccani and Tanzi	2
	Dry cured ham	1.130	mn	0.18-1.94	13	Saccani and Tanzi	2
	Ham	1.990	mn	<0.5-11.9	10	Thomson and Swallow	2
<i>Beef sub group</i>	Beef (corned)	1.260	mn	<0.02-7.15	11	Food Standards Agency	2
	Beef	1.240	mn	0.42-2.06	2	Food Standards Agency	2
	Corned beef	1.940	w			Howe et al.	1
	Beef	0.080	mn			Saccani and Tanzi	2
	Beef mince	0.250	mp	<0.5	4	Thomson and Swallow	2
	Corned silverside	0.900	mn	<0.5-1.5	10	Thomson and Swallow	2
<i>Meat sub group</i>	Meat	0.100	w			Natl. Academy of Sciences	3
	Red meat	0.100	mn			Pobel et al.	2
	Smoked meat	1.200	mn			Pobel et al.	2
Chicken Livers	Pâté (chicken liver)	2.040	mn	0.5-5.55	4	Food Standards Agency	2
Chicken or Turkey							
<i>Chicken sub group</i>	Chicken	0.730	mn	0.11-1.90	3	Food Standards Agency	2
	Chicken	0.060	mn			Saccani and Tanzi	2
<i>Turkey sub group</i>	Turkey	0.530	mn	<0.02-2.0	6	Food Standards Agency	2
<i>Poultry sub group</i>	Poultry	0.045	mp	0.04-0.05	20	Food Standards Agency	2
	Poultry	0.100	mn			Pobel et al.	2
Eggs	Egg	0.170	mn		20	Food Standards Agency	2
	Egg	0.100	w			Howe et al.	1
	Egg	0.100	mn			Pobel et al.	2
Fish	Fish, smoked	0.900	mn	0.1-1.6	5	Cornee	2
	Fish	0.190	w	0-1.69		Cornee	2
	Fish	0.900	w	0.1-1.6	5	Cornee	2
	Fish	0.030	mp	nd-0.06	20	Food Standards Agency	2
	Fish, other	0.100	w			Howe et al.	1
	Fish, smoked	0.020	w			Howe et al.	1
	Fresh fish	0.100	mn			Pobel et al.	2
	Fish, smoked	0.900	mn			Pobel et al.	2
Hamburger	Hamburger	0.250	mp	<0.5	4	Thomson and Swallow	2
Hot dogs	Frankfurt	2.710	mn	0.27-13.6	10	French National Inventory	2
Liver	Sausage (liver)	3.430	mn	0.79-9.01	5	Food Standards Agency	2
	Pâté (liver)	0.890	mn	0.35-1.75	5	French National Inventory	2
	Liver, beef	0.100	w			Howe et al.	1
Organ meats and tongue							
<i>Tongue sub group</i>	Tongue	1.040	mn	0.2-3.13	20	Food Standards Agency	2
<i>Offals sub group</i>	Offals	0.090	mn	0.02-0.17	20	Food Standards Agency	2

	Offals	0.100	mn			Pobel et al.	2
Peas or lima beans	Peas	0.070	mn	0.007-.28	18	French National Inventory	2
	Peas	0.060	w			Natl. Academy of Sciences	3
	Lima beans	0.110	w			Natl. Academy of Sciences	3
	Peas	0.070	mn			Pobel et al.	2
	Pea pods	0.060	mn		2	Siciliano et al.	3
	Green peas	0.070	mn		4	Siciliano et al.	3
	Peas	0.040	mn		3	Siciliano et al.	3
Processed meats							
<i>Sausage sub group</i>	Sausage (liver)	3.430	mn	0.79-9.01	5	Food Standards Agency	2
	Sausage	0.940	mn	0.61-1.15	10	French National Inventory	2
	Sausage (garlic)	1.800	mn	0.23-3.53	10	French National Inventory	2
	Sausage	2.600	mn	0.07-15.2	20	French National Inventory	2
	Saucisson	0.920	mn	0.05-3.33	24	French National Inventory	2
	Sausage (beef and pork)	1.070	w			Howe et al.	1
	Cured meat (sausage)	1.260	mn			Pobel et al.	2
	Dry cured sausage	0.450	mn	0.21-1.60	24	Saccani and Tanzi	2
	Saveloys (red sausage)	3.560	mn	0.9-5.3	10	Thomson and Swallow	2
	Beef sausages	0.250	mp	<0.5		Thomson and Swallow	2
<i>Salami sub group</i>	Salami	0.740	mn	<0.5-3.6	10	Thomson and Swallow	2
<i>Lunchmeat sub group</i>	Luncheon meat	1.430	mn	0.13-5.56	19	Food Standards Agency	2
	Luncheon	2.460	mn	<0.5-7.1	10	Thomson and Swallow	2
<i>Pâté sub group</i>	Pâté (chicken liver)	2.040	mn	0.5-5.55	4	Food Standards Agency	2
	Pâté (liver)	0.890	mn	0.35-1.75	5	French National Inventory	2
	Pâté	0.400	mn	0.33-0.53	5	French National Inventory	2
<i>Preserved meat sub group</i>	Preserved meat	0.380	mn			Pobel et al.	2
Vegetable Products							
Broccoli	Broccoli	0.100	w			Natl. Academy of Sciences	3
	Broccoli (spears)	0.100	mn		6	Siciliano et al.	3
	Broccoli (chopped)	0.100	mn		4	Siciliano et al.	3
	Broccoli	0.600	mn	<0.5-2.7	8	Thomson and Swallow	2
Cabbage, cauliflower, or Brussels sprouts							
<i>Cabbage sub group</i>	Cabbage	0.110	mn	0.01-1.01	94	French National Inventory	2
	Kale	0.230	mn	0.05-0.93	30	French National Inventory	2
	Cabbage	0.050	w			Howe et al.	1
	Kale	0.100	w			Natl. Academy of Sciences	3
	White cabbage	0.016	mn		118	Petersen and Stoltze	2
	Chinese cabbage	0.034	mn		114	Petersen and Stoltze	2
	Cabbage	0.200	mn			Pobel et al.	2
	Cabbage	0.050	mn			Siciliano et al.	3
	Kale	0.180	mn		3	Siciliano et al.	3
	Kale	0.020	mn		3	Siciliano et al.	3
	Sauerkraut	0.040	mn		1	Siciliano et al.	3
	Silverbeet	0.250	mn	<0.5	8	Thomson and Swallow	2
	Cabbage	0.250	mn	<0.5	8	Thomson and Swallow	2

	Cabbage	0.120	mn	<.02-0.95	16	Von Collet	2
<i>Cauliflower sub group</i>	Cauliflower	0.440	mn	0.01-9.6	53	French National Inventory	2
	Cauliflower	0.110	w			Natl. Academy of Sciences	3
	Cauliflower	0.110	mn		5	Siciliano et al.	3
<i>Brussels sprouts sub group</i>	Brussels sprouts	0.080	mn	0.01-.27	30	French National Inventory	2
	Brussels sprouts	0.100	w			Natl. Academy of Sciences	3
	Brussels sprouts	0.100	mn		7	Siciliano et al.	3
Carrots (cooked, raw) ^h	Carrot	0.150	mn	0.007-2.80	80	French National Inventory	2
	Carrots	0.080	w			Howe et al.	1
	Carrot	0.080	w			Natl. Academy of Sciences	3
	Carrot	0.120	mn			Pobel et al.	2
	Carrot	0.060	mn		8	Siciliano et al.	3
	Carrot	0.100	mn		5	Siciliano et al.	3
	Carrot	0.110	mn		18	Siciliano et al.	3
	Carrot	0.250	mn	<0.5	8	Thomson and Swallow	2
	Carrot	0.010	mn	<0.02	7	Von Collet	2
Corn	Corn	0.200	w			Natl. Academy of Sciences	3
	Corn	0.200	mn		3	Siciliano et al.	3
Potatoes	Potatoes	0.015	mp	0.02-0.05	20	Food Standards Agency	2
	Potatoes (white)	0.160	mn	0.01-1.2	116	French National Inventory	2
	Potatoes, non specific	0.060	w			Howe et al.	1
	Potato	0.060	mn	0-.26	127	Petersen and Stoltze	2
	Potatoes	0.110	mn			Pobel et al.	2
	Potatoes (whole, small)	0.080	mn		1	Siciliano et al.	3
	Potatoes (whole)	0.050	mn		2	Siciliano et al.	3
	Potatoes (sliced)	0.040	mn		1	Siciliano et al.	3
	Potatoes	0.250	mn	<0.5	8	Thomson and Swallow	2
Soy milk or soy yogurt	Soybean sprouts	0.090	mn		40	Chung et al.	5
Spinach or collard greens							
<i>Spinach sub group</i>	Spinach	1.000	mn	0.03-22.0	41	French National Inventory	2
	Lettuce	0.040	w			Natl. Academy of Sciences	3
	Spinach	0.250	w			Natl. Academy of Sciences	3
	Lettuce	0.040	w			Natl. Academy of Sciences	3
	Lettuce	0.013	mn			Petersen and Stoltze	2
	Spinach	0.450	mn		20	Petersen and Stoltze	2
	Spinach	1.100	mn		36	Petersen and Stoltze	2
	Lettuce	0.020	mn		304	Petersen and Stoltze	2
	Lettuce	0.680	mn			Pobel et al.	2
	Spinach	0.770	mn			Pobel et al.	2
	Spinach	0.070	mn		7	Siciliano et al.	3
	Lettuce	0.040	mn			Siciliano et al.	3
	Spinach	0.610	mn		4	Siciliano et al.	3
	Spinach	0.070	mn		1	Siciliano et al.	3
	Lettuce	0.250	mp	<0.5	18	Thomson and Swallow	2
	Spinach	0.250	mp	<0.5	8	Thomson and Swallow	2
	Spinach	0.380	mn	<0.02-1.96	6	Von Collet	2

	Lettuce	0.010	mn	<0.02	28	Von Collet	2
<i>Collard greens sub group</i>	Collard greens	0.170	mn		4	Siciliano et al.	3
	Mustard greens	0.160	mn		4	Siciliano et al.	3
	Turnip greens	0.440	mn		3	Siciliano et al.	3
	Collard greens	0.020	mn		2	Siciliano et al.	3
	Turnip greens	0.020	mn		2	Siciliano et al.	3
	Mustard greens	0.030	mn		2	Siciliano et al.	3
Squash	Squash (acorn)	0.040	mn			Siciliano et al.	3
	Squash (butternut)	0.040	mn			Siciliano et al.	3
	Squash (zucchini)	0.060	mn			Siciliano et al.	3
	Squash	0.090	mn		2	Siciliano et al.	3
	Zucchini	0.100	mn		4	Siciliano et al.	3
String Beans	Green beans	1.260	mn			Pobel et al.	2
	Green beans	0.090	mn		4	Siciliano et al.	3
	Green beans	0.020	mn		4	Siciliano et al.	3
Tofu, tempeh or soy burgers	Soybean sprouts	0.090	mn		40	Chung et al.	5
Yams or sweet potatoes	Sweet potatoes	0.070	w			Natl. Academy of Sciences	3
Fats, Oils, Nuts, and Sweets							
Butter	Butter and cream	0.000	mn			Pobel et al.	2
Cake or donut	Cake	0.130	mn			Pobel et al.	2
Candy without chocolate	Sugar, sweets	0.000	mn			Pobel et al.	2
Chocolate	Sugar, chocolate, sweets	0.000	mn			Pobel et al.	2
Cookies ^d	Sugar, butter, milk, eggs, flour	0.043	mn				
French fried potatoes	Potatoes (hash brown)	0.070	mn		2	Siciliano et al.	3
Margarine	Margarine	0.000	w			Howe et al.	1
Nuts	Nuts	0.035	mp	<0.04-0.05	20	Food Standards Agency	2
Oil and Vinegar dressing	Salad dressing	0.000	mn			Howe et al.	2
	Oil	0.000	mn			Pobel et al.	2
Peanut butter	Nuts	0.035	mp	<0.04-0.05	20	Food Standards Agency	2
Pie	Pie	0.110	mn			Howe et al.	1
Potato chips or corn chips	Potatoes (hash brown)	0.070	mn		2	Siciliano et al.	3

^a Mean is either the average, weighted mean, midpoint, or half the detection limit when reported as less than the detection limit as listed under nitrite value type.

^b mn=mean, mp=mid point, w = weighted mean

^c Information provided when reported in the literature; nd=not detected; tr = trace amount

^d recipe calculation

^e item used in recipe calculation for salsa

^f Beef, pork, lamb as a sandwich or mixed dish and beef, pork, lamb as a main dish are made up of the same values, only the serving size is different.

^g Carrots raw or cooked are made up of the same values, only the serving size is different.

Table 5. Reported nitrosamine content of items listed in the food database and reference information used to generate the summary estimates by category

NBDPS Food Item	Food Name	Mean^a (µg/100g)	Total Sample Size^b	Author	Rank
Dairy Products					
Cheese	Cheese	0.200		Howe et al.	1
	Cheese (blue)	0.050	14	Klein et al.	2
	Cheese (soft)	0.020		Klein et al.	2
	Cheese	0.050	12	Osterdahl	2
	Cream cheese	0.001		Pobel et al.	2
	Hard cheese	0.045		Pobel et al.	2
	Soft cheese	0.045		Pobel et al.	2
	Cheese	0.270	209	Spiegelhalder	2
	Cheese	0.034	8	Tricker et al.	2
Cottage or ricotta cheese	Cheese	0.200		Howe et al.	1
	Cheese (blue)	0.050	14	Klein et al.	2
	Cheese (soft)	0.020		Klein et al.	2
	Cheese	0.050	12	Osterdahl	2
	Cream cheese	0.001		Pobel et al.	2
	Hard cheese	0.045		Pobel et al.	2
	Soft cheese	0.045		Pobel et al.	2
	Cheese	0.270	209	Spiegelhalder	2
	Cheese	0.034	8	Tricker et al.	2
Ice cream ^c	Milk, sugar, eggs	0.043			
Skim or low fat milk	Milk	0.080	57	Havery et al.	1
	Milk	0.051		Pobel et al.	2
	Milk	0.045	9	Tricker et al.	2
	Milk	0.190	7	Libbey et al.	3
Whole milk	Milk	0.010	10	Lakritz and Pensabene	1
	Milk	0.045	9	Tricker et al.	2
Yogurt	Yogurt	0.001		Pobel et al.	2
Fruit Products					
Avocado or guacamole	Fresh fruit	0.000		Pobel et al.	2
	Fruit, fresh	0.005	24	Tricker et al.	2
	Fruit, products	0.005	8	Tricker et al.	2
Bananas	Fresh fruit	0.000		Pobel et al.	2
	Fruit, fresh	0.005	24	Tricker et al.	2
	Fruit, products	0.005	8	Tricker et al.	2
Cantaloupe	Fresh fruit	0.000		Pobel et al.	2
	Fruit, fresh	0.005	24	Tricker et al.	2
	Fruit, products	0.005	8	Tricker et al.	2
Fresh apples or pears	Fresh fruit	0.000		Pobel et al.	2
	Fruit, fresh	0.005	24	Tricker et al.	2
	Fruit, products	0.005	8	Tricker et al.	2

Fruit drinks	Fruit juices	0.000		Howe et al.	1
Orange juice	Oranges	0.000		Howe et al.	1
Oranges	Oranges	0.000		Howe et al.	1
Other fruits	Fresh fruit	0.000		Pobel et al.	2
	Fruit, fresh	0.005	24	Tricker et al.	2
	Fruit, products	0.005	8	Tricker et al.	2
Peaches, apricots, plums, or nectarines	Fresh fruit	0.000		Pobel et al.	2
	Fruit, fresh	0.005	24	Tricker et al.	2
	Fruit, products	0.005	8	Tricker et al.	2
Raw chile peppers	Green beans	0.000		Pobel et al.	2
Salsa (fruit or tomato) ^c	Tomato, peppers, onions	0.000			
Onion ^d	Green beans	0.000		Pobel et al.	2
Tomatoes or tomato juice	Tomatoes	0.000		Howe et al.	1
	Tomato	0.000		Pobel et al.	2
Grain Products					
Biscuits, scones, croissants, muffins	Biscuits	0.015	3	Tricker et al.	2
Cereal	Cereal, cooked	0.000		Howe et al.	1
	Cereal products	0.050	11	Osterdahl	2
	Cereal products	0.018	10	Tricker et al.	2
Dark bread	Wheat flour	0.000		Pobel et al.	2
Rice or pasta	Pasta	0.000		Howe et al.	1
	Rice, non specific	0.000		Howe et al.	1
	Pasta, rice	0.000		Pobel et al.	2
Tortilla	Bread (non specific)	0.000		Howe et al.	1
	White bread	0.000		Pobel et al.	2
	Bread (non specific)	0.015	3	Tricker et al.	2
White bread	Bread (non specific)	0.000		Howe et al.	1
	White bread	0.000		Pobel et al.	2
	Bread (non specific)	0.015	3	Tricker et al.	2
Meat and Bean Products					
Bacon	Bacon	2.100	18	Canas et al.	1
	Bacon	0.500		Howe et al.	1
	Bacon	2.107	39	Vecchio et al.	1
	Bacon	0.140	5	Klein et al.	2
	Bacon	0.930	68	Osterdahl	2
	Bacon	0.111	4	Tricker et al.	2
Beans or lentils	Peas	0.000		Pobel et al.	2
Beans, refried	Peas	0.000		Pobel et al.	2
Beef, pork, lamb ^e					
<i>Pork sub group</i>	Pork	0.000		Howe et al.	1
	Pork	2.825	17	Sen et al. 1988	1
	Ham	0.020	4	Klein et al.	2
	Ham	0.010	4	Klein et al.	2
	Ham (non smoked)	0.100	9	Klein et al.	2
	Pork	0.500	21	Osterdahl	2

	Pork	0.350	18	Osterdahl	2
	Ham	0.040		Pobel et al.	2
<i>Beef sub group</i>	Corned beef	0.000		Howe et al.	1
<i>Meat sub group</i>	Meat products	0.100	23	Osterdahl	2
	Meat products	0.090	14	Osterdahl	2
	Red meat	0.000		Pobel et al.	2
	Smoked meat	0.035		Pobel et al.	2
Chicken livers	Liver, beef	0.000		Howe et al.	1
	Pâté (campagne)	0.040	2	Klein et al.	2
Chicken or turkey	Poultry	0.011		Pobel et al.	2
	Poultry	0.128	3	Tricker et al.	2
Eggs	Egg	0.000		Howe et al.	1
	Egg	0.000		Pobel et al.	2
Fish	Fish, other	0.000		Howe et al.	1
	Fish, pickled	3.200		Howe et al.	1
	Fish, salted	3.200		Howe et al.	1
	Fish, smoked	2.590		Howe et al.	1
	Fish	0.020	53	Cornee	2
	Fish	2.590		Cornee	2
	Fish	0.105		Key et al.	2
	Baltic herring	0.250	5	Osterdahl	2
	Baltic herring (fermented)	0.030	1	Osterdahl	2
	Fish	0.150	61	Osterdahl	2
	Salmon (pickled)	0.080	8	Osterdahl	2
	Fish (pickled)	0.110		Pedersen and Meyland	2
	Fresh fish	0.022		Pobel et al.	2
	Smoked fish	2.590		Pobel et al.	2
	Fish, fresh	0.300	8	Tricker et al.	2
	Fish, smoked	0.143	4	Tricker et al.	2
	Fish, tinned	0.210	5	Tricker et al.	2
Hamburger	Meat products	0.100	23	Osterdahl	2
	Meat products	0.090	14	Osterdahl	2
	Red meat	0.000		Pobel et al.	2
	Smoked meat	0.035		Pobel et al.	2
Hot dogs	Sausage (beef and pork)	0.060		Howe et al.	1
	Saucisson	0.660	8	Klein et al.	2
	Cured meat (sausage)	0.215		Pobel et al.	2
	Sausage	0.092	14	Tricker et al.	2
Liver	Liver, beef	0.000		Howe et al.	1
	Pâté (campagne)	0.040	2	Klein et al.	2
Organ meats and tongue	Offals	0.000		Pobel et al.	2
	Offals	0.097	3	Tricker et al.	2
Peas or lima beans	Peas	0.000		Pobel et al.	2
Processed meats					
<i>Sausage sub group</i>	Sausage (beef and pork)	0.060		Howe et al.	1
	Saucisson	0.660	8	Klein et al.	2

	Cured meat (sausage)	0.215		Pobel et al.	2
	Sausage	0.092	14	Tricker et al.	2
<i>Salami sub group</i>	Salami	0.660	8	Klein et al.	2
	Salami	1.985	10	Yamamoto et al.	5
<i>Pâté sub group</i>	Pâté (campagne)	0.040	2	Klein et al.	2
<i>Preserved meat sub group</i>	Preserved meat	0.035		Pobel et al.	2
Vegetable Products					
Broccoli	Green beans	0.000		Pobel et al.	2
Cabbage, cauliflower, or Brussels sprouts	Cabbage	0.000		Howe et al.	1
	Cabbage	0.000		Pobel et al.	2
	Cabbage	0.000		Siciliano et al.	3
	Kale	0.000		Siciliano et al.	3
	Kale	0.000		Siciliano et al.	3
	Sauerkraut	0.000		Siciliano et al.	3
Carrots (cooked, raw) ^f	Carrots	0.000		Howe et al.	1
	Carrot	0.000		Pobel et al.	2
Corn	Green beans	0.000		Pobel et al.	2
Potatoes	Potatoes, non specific	0.000		Howe et al.	1
	Potatoes	0.000		Pobel et al.	2
Soy milk or soy yogurt	Soya sauce	0.000	4	Osterdahl	2
Spinach or collard greens	Lettuce	0.000		Pobel et al.	2
	Spinach	0.000		Pobel et al.	2
Squash	Green beans	0.000		Pobel et al.	2
String beans	Green beans	0.000		Pobel et al.	2
Tofu, tempeh or soy burgers	Soya sauce	0.000	4	Osterdahl	2
Yams or sweet potatoes	Potatoes, non specific	0.000		Howe et al.	1
	Potatoes	0.000		Pobel et al.	2
Fats, Oils, Nuts, and Sweets					
Butter	Butter and cream	0.000		Pobel et al.	2
Cake or donut	Cake	0.000		Pobel et al.	2
Candy without chocolate	Sugar, sweets	0.034		Pobel et al.	2
Chocolate	Chocolate bar	0.030	15	Osterdahl	2
	Chocolate beverage powders	0.030	2	Osterdahl	2
	Cocoa	0.070	12	Osterdahl	2
	Sugar, chocolate, sweets	0.034		Pobel et al.	2
Cookies ^c	Sugar, butter, milk, eggs, flour	0.007			
French fried potatoes	Potatoes, non specific	0.000		Howe et al.	1
	Potatoes	0.000		Pobel et al.	2
	Potatoes (hash brown)	0.000		Siciliano et al.	3
Margarine	Margarine	0.000		Howe et al.	1
Nuts	Salad dressing	0.000		Howe et al.	2
	Oil	0.000		Pobel et al.	2
Oil and vinegar dressing	Salad dressing	0.000		Howe et al.	2
	Oil	0.000		Pobel et al.	2

Peanut butter	Salad dressing	0.000		Howe et al.	2
	Oil	0.000		Pobel et al.	2
Pie	Pie	0.000		Howe et al.	1
Potato chips or corn chips	Potatoes, non specific	0.000		Howe et al.	1
	Potatoes	0.000		Pobel et al.	2
Alcoholic Beverages					
Beer	Beer	0.280		Howe et al.	1
	Beer	0.044		Cornee	2
	Beer	0.030	258	Osterdahl	2
	Beer	0.028		Pobel et al.	2
	Beer	0.310	190	Spiegelhalder	2
	Beer	0.165	99	Spiegelhalder	2
	Beer	0.024	39	Tricker et al.	2
	Beer	0.248	15	Sen et al. 1980	3
Wine	Wine	0.015	180	Osterdahl	2
	Wine	0.015	27	Tricker et al.	2
	Wine	0.005	8	Sen et al. 1980	3
Liquor and mixed drinks	Liquor	0.100		Howe et al.	1
	Whisky	0.130	45	Osterdahl	2
	Spirits	0.020	39	Osterdahl	2
	Spirits	0.180		Pobel et al.	2
	Spirits	0.015	48	Tricker et al.	2
Malt beverages	Imported malt	0.355	30	Osterdahl	2
	Domestic malt	0.065	48	Osterdahl	2
	Malt beverages	0.030	39	Osterdahl	2
	Malt beverages	0.073	12	Tricker et al.	2
	Whiskey	0.040	1	Sen et al. 1980	3

^a Displayed is the sum of all types of nitrosamines reported. Most estimates reported in literature did not permit range for total nitrosamines.

^b Information provided when reported in the literature

^c Recipe calculation

^d Item used in recipe calculation for salsa

^e Beef, pork, lamb as a sandwich or mixed dish and beef, pork, lamb as a main dish are made up of the same values, only the serving size is different.

^f Carrots raw or cooked are made up of the same values, only the serving size is different.