

Date of Receipt **19-Jun-2012**  
Testing Performed **19-Jun-2012** **2-Jul-2012**  
Sample Number **IS/127080/00231**  
Client Code **RIDGEWAY**  
Report Date **2-Jul-2012**



**FISH&CHIPS**  
**TEST**

### **Confidential Certificate of Analysis and Detailed Report**

#### **Notes**

The results provided herein relate only to the items tested.

The sugars are the sum of glucose, fructose and sucrose expressed as monosaccharides.  
A factor of 0.956 has been applied to the fatty acid results.

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<b>Business Name</b>	<b>RIDGEWAY</b>		
<b>Address</b>	<b>7 THE QUADRANT</b>		
	<b>ST ALBANS</b>		
<b>Post Code</b>	<b>AL4 9RA</b>		
<b>Date of Receipt</b>	<b>19 June 2012</b>		
<b>Testing Performed</b>	<b>19 June 2012</b>	<b>2 July 2012</b>	
<b>Sample Number</b>	<b>IS/127080/00231</b>		
<b>Client Code</b>	<b>RIDGEWAY</b>		
<b>Report Date</b>	<b>2 July 2012</b>		
<b>Product Description</b>	<b>FISH, CHIPS &amp; PEAS</b>		
<b>Product Weight</b>	<b>835.364 grams</b>		

<b>Test</b>	<b>Test Reference</b>	<b>Result Per 100g</b>	<b>Result per Sample</b>
<b>Energy (k joules)</b>	TES - AC - 335 UKAS	<b>618</b>	<b>5,163</b>
<b>Energy (k calories)</b>	TES - AC - 335 UKAS	<b>147</b>	<b>1,228</b>
<b>Protein (Kjeldahl)</b>	TES - AC - 087 UKAS	<b>7.5</b>	<b>62.7</b>
<b>Total Carbohydrate (by difference)</b>	TES - AC - 335 UKAS	<b>18.5</b>	<b>155</b>
<b>Carbohydrate (avail)</b>	TES - AC - 335 UKAS	<b>15</b>	<b>125</b>
<b>Total Sugars (Enzymic)</b>	TES - AC - 444 UKAS	<b>0.4</b>	<b>3</b>
<b>Fat (NMR)</b>	TES - AC - 536 UKAS	<b>5.6</b>	<b>47</b>
<b>Saturates</b>	TES - AC - 090 UKAS	<b>2.8</b>	<b>23</b>
<b>Monounsaturates (cis)</b>	TES - AC - 090 UKAS	<b>2.0</b>	<b>17</b>
<b>Polyunsaturates (cis)</b>	TES - AC - 090 UKAS	<b>0.60</b>	<b>5</b>
<b>Trans Fatty Acids</b>	TES - AC - 090 UKAS	<b>0.01</b>	<b>0.1</b>
<b>Fibre (AOAC) Total</b>	TES - AC - 203 UKAS	<b>3.5</b>	<b>29</b>
<b>Sodium (Na) (g)</b>	TES - AC - 099 UKAS	<b>0.68</b>	<b>5.7</b>
<b>Salt from Sodium</b>	-	<b>1.7272</b>	<b>14.4</b>
<b>Moisture (microwave)</b>	TES - AC - 628 UKAS	<b>67.2</b>	<b>-</b>
<b>Ash (@525°C)</b>	TES - AC - 086 UKAS	<b>1.21</b>	<b>-</b>
<b>Protein N Factor</b>	6.25	<b>-</b>	<b>-</b>
<b>Total Omega - 3 Content</b>	TES - AC - 090 UKAS	<b>0.07</b>	<b>0.58</b>
<b>Total Omega - 6 Content</b>	TES - AC - 090 UKAS	<b>0.54</b>	<b>4.51</b>
<b>Total Omega - 9 Content</b>	TES - AC - 090 UKAS	<b>1.97</b>	<b>16.46</b>

	<b>ADULT MALE RDA %</b>	<b>ADULT FEMALE RDA %</b>	<b>CHILD RDA %</b>
<b>Energy (k calories)</b>	<b>49%</b>	<b>61%</b>	<b>68%</b>
<b>Fat (NMR)</b>	<b>49%</b>	<b>67%</b>	<b>90%</b>
<b>Saturates</b>	<b>78%</b>	<b>117%</b>	<b>117%</b>
<b>Trans Fatty Acids</b>	<b>2%</b>	<b>2%</b>	<b>2%</b>
<b>Total Sugars (Enzymic)</b>	<b>3%</b>	<b>4%</b>	<b>4%</b>
<b>Fibre (AOAC) Total</b>	<b>91%</b>	<b>91%</b>	<b>67%</b>
<b>Salt</b>	<b>240%</b>	<b>240%</b>	<b>361%</b>
<b>Total Omega - 3 Content</b>	<b>58%</b>	<b>58%</b>	<b>58%</b>

TEST	RIDGEWAY	BEEF DRIPPING AVERAGE	PALM OIL AVERAGE	RAPESEED OIL AVERAGE	GROUNDNUT OIL AVERAGE
FAT %	5.6	7.9	7.1	7.9	8.2
SATURATED FAT %	2.8	4.4	4.4	0.7	1.4
MONOUNSATURATED FAT %	2	2.7	2.7	4.6	4.7
POLYUNSATURATED FAT %	0.6	0.4	0.4	2.3	1.8
TRANS FATTY ACIDS %	0.01	0.30	<0.001	<0.001	<0.001

PRODUCT/ BRAND	FAT [G]	SATURATED FAT [G]	SALT [G]	SUGAR [G]	FIBRE [G]	CALORIES
<b>FISH, CHIPS &amp; PEAS</b>	<b>47</b>	<b>23</b>	<b>14.4</b>	<b>3</b>	<b>29</b>	<b>1,228</b>
<b>KFC 3 PIECE Original Meal (Inc, Lg Fries)</b>	61	11	4.0	2	4	1095
<b>Mcdonalds</b>	88	31	5.2	80	N/A	1850
<b>BURGER KING Whopper w/ Cheese, Lg Fries, Large Chocolate Shake</b>	74	26	2.65	111	13	1807
<b>PIZZA HUT Regular Double Pepperoni (no sides)</b>	60.6	18	4.62	5.76	11	1200
<b>SUBWAY 12" Meatball Marinara (no cheese)</b>	32.2	12.8	4.6	26.6	12.2	888
<b>DOMINOES 'personal' Pepperoni Pizza (no sides)</b>	34	16.6	4.0	9.2	4.9	830