

5.7 Comments on total mercury in specific food groups

All specific results are shown in tables 5.7 – 5.26 The comments are intended to highlight particular/unusual findings.

Table 5.7. Mercury in Dairy products, excluding products of category 2: Milk (Cat. 1.1-1.5)

No data for AU, FI, FR, DE, HE, IR, IT, NL, NO, PT, SP, SE.

BE: Total dairy products. FR: dairy products The mean mercury intake was in the range 0.11 µg/day (UK) – 0.35 µg/day (DK). DK presented the only high level intake value: 0.36 µg/day.

Table 5.8. Mercury in Dairy products, excluding products of category 2: Cheese (Cat. 1.6)

No data for AU, BE, FI, FR, HE, IR, IT, NL, NO, PT, SP, SE. The mean mercury intake was in the range 0.03 µg/day (DK) – 0.165 µg/day (DE). DE presented the only high level intake value: 0.446 µg/day

Table 5.9. Mercury in Fats and oils (Cat. 2)

No data for AU, BE, FI, FR, HE, IR, IT, NL, NO, PT, SP, SE. The mean mercury intake was in the range 0.02 µg/day (DK) – 0.123 µg/day (DE). DE presented the only high level intake value: 0.304 µg/day

Table 5.10. Mercury in Fruit (Cat. 4.1)

No data for AU, BE, FI, HE, IR, IT, SP, SE. FR and NL presented intake value referred to total Vegetables +total Fruits, (respectively 2.22+ 1.27 for mushrooms, and 1.05 µg/day. The mean mercury intake was in the range 0.05 µg/day (NO) – 3.49 µg/day (FR). FR and DE presented high level intake (respectively 4.43+ 8.34 for only mushrooms, and 0.585 µg/day). FR and NL: fruits and vegetables.

Table 5.11. Mercury in vegetables incl. mushrooms & fungi, roots, tubers, pulses, legumes, nuts and seeds: (Cat. 4.2).

No data for AU, BE, FI, FR, HE, IR, IT, NL, NO, PT, SP, SE. The mean mercury intake was in the range 0.21 µg/day (UK) – 3.27µg/day (DE).

Table 5.12. Mercury in Confectionary (Cat. 5)

No intake data for all countries.

Table 5.13. Mercury in Cereals and cereal products, incl. flours & starches from roots & tubers, pulses & legumes, excluding bakery (Cat. 6)

No data for AU, BE, FI, HE, IR, IT, NO, PT, SP, SE. DK and DE presented intake value referred to Cereals & Bakery Wares. The mean intake was in the range 0.12 µg/day (NL) – 1.32 µg/day (DE). FR and DE presented high level intake (respectively 3.04, and 2.40 µg/day. DK: cereals+bread, total. DE: cereals+bakery wares.

Table 5.14 Mercury in Bakery Wares (Cat 7)

Data only for NL, UK. The mean intake was, 0.30 µg/day for NL and 0.22 µg/day for UK.

Table 5.15. Mercury in Meat and meat products, including poultry and game (Cat. 8).

No data for AU, BE, FI, FR, HE, IT, NL, NO, PT, SP, SE. The mean mercury intake was in the range 0.20 µg/day (DK) – 1.62 µg/day (DE). IR: meat + offals.

Table 5.16 Mercury in Offals (Cat. 8).

No data for AU, BE, DK, FI, FR, HE, IT, NL, NO, SP, SE. The mean mercury intake was in the range 0.087 µg/day (PT) – 0.01 µg/day (UK, DE). DE presented the only high level intake value: 0.09 µg/day

Table 5.17. Mercury in Fish and fish products, including molluscs, crustaceans and echinoderms (MCE) (Cat. 9)

No data for AU, SP, DK and DE presented intake value referred to Fish incl. 3.3.1.1 Reg. 466/2001. The mean intake was in the range 0.19 µg/day (NL) – 13.1 µg/day (PT). BE, FR DE, IR, NO presented high level intake (respectively 9.02, 13.12, 10.695, 3.5, 16.08 and µg/day). FR: included 3.3.1.1 reg. 466/2001 (8.16µg/day). HE: included reg. 466/2001 (2.58µg/day). IT: included reg. 466/2001 (5µg/day).

Table 5.18. Mercury in Bivalve molluscs

No data for AU, BE, DK, FI, NL, NO, SP, SE. FR, HE, IT presented intake value referred to Bivalve Molluscs & Cephalopodes. DE presented intake value referred to Bivalve Molluscs & Crustaceans. The mean intake was in the range 0.023µg/day (DE) – 0.60 µg/day (UK). FR, DE, HE, NL, and PT presented high level intake in the range 0µg/day (IT) –0.803 µg/day(PT). FR and IT: bivalves molluscs + cephalopodes. DE: bivalve molluscs + crustaceans. HE: fresh bivalve molluscs + fresh cephalopodes

Table 5.19 Mercury in Crustaceans

No data for AU, DK, FI, DE, NL, PT, SP, SE, UK. The mean mercury intake was in the range 0.09µg/day (FR) – 0.724 µg/day (NO). BE, FR, HE, IR, NO presented high level intake in the range 0.29 µg/day (IR) –4.17 µg/day(HE).

Table 5.20. Mercury in Egg and egg products (Cat.10)

No data for AU, BE, FI, FR, HE, IR, IT, NL, NO, PT, SP, SE. The mean intake was in the range 0.03µg/day (UK) – 0.167 µg/day (DE). DE presented the only high level intake value: 0.405 µg/day

Table 5.21. Mercury in Sweeteners incl. honey (Cat 11)

Data only for DE, UK. The mean mercury intake was 0.051 µg/day for DE and 0.19 µg/day for UK..

Table 5.22. Mercury in salt, spices, soups, sauces, salads, protein products, etc (Cat 12)

No data for AU, BE, DK, FI, HE, IR, IT, NO, PT, SP, SE, UK. The mean mercury intake was in the range 0.09µg/day (NL) – 0.49 µg/day (FR). FR and DE presented high level intake (respectively 1.23 and 0.05 µg/day. FR: excluding soups

Table 5.23. Mercury in Non-alcoholic ("soft") beverages (Cat. 14.1)

No data for AU, BE, FI, HE, IR, IT, NL, NO, PT, SP, SE. The mean intake was in the range 0.18µg/day (FR) – 0.73 µg/day (DK). FR and DE presented the only high level intake value: 0.46 µg/day (FR), 0.84 µg/day (DE). FR and DE presented values for water, respectively 0.042 and n.d?.

SCOOP 3.2.11 – Intake of As, Cd, Pb and Hg

DK and UK: total beverages. FR and DE: excluded water. FR: 556g/day – 0.042 µg/day. DE: 260g/day – 0.049 µg/day including mineral water.

Table 5.24. Mercury in Alcoholic beverages, incl. alcohol-free and low-alcoholic counter (Cat. 14.2)

FR and DE presented the mean mercury intake values (0.23 µg/day, FR - 0.117 µg/day, DE).

Table 5.25. Mercury in Ready to eat (Cat 15)

UK presented the only mean mercury intake value: 0.01 µg/day.

Table 5.26. Mercury in composite foods (Cat 16)

Only NL and NO presented mean mercury intake, respectively 0.04 and 4.06µg/day. NO presented the only high level mercury intake value: 18.47 µg/day.

Table 5.7. Mercury in Dairy products, excluding products of category 2: Milk (Cat. 1.1-1.5)

Member State	Consumption (g/day)		Mean level in food (µg/g)	Intake (µg/day)		% of total dietary intake
	Mean level	High level		Mean l.	High l.	
BELGIUM	238.36	674.73	0.00053	0.127	0.360	5
DENMARK	357		0.0010	0.35		10.0
U. K.	281		0.0004	0.11		4

Table 5.8. Mercury in Dairy products, excluding products of category 2: Cheese (Cat. 1.6)

Member State	Consumption (g/day)		Mean level in food (µg/g)	Intake (µg/day)		% of total dietary intake
	Mean level	High level		Mean l.	High l.	
DENMARK	33		0.0009	0.03		0.9
GERMANY	41.35	111.7	0.003-0.004	0.165	0.446	2.3
U. K.	60	175.50	0.002	0.12		4

Table 5.9. Mercury in Fats and Oils (Cat. 2)

Member State	Consumption (g/day)		Mean level in food (µg/g)	Intake (µg/day)		% of total dietary intake
	Mean level	High level		Mean l.	High l.	
DENMARK	48		0.0004	0.02		0.6
GERMANY	20.53	50.7	0.006	0.123	0.304	1.1
U. K.	27		0.003	0.08		3

Table 5.10. Mercury in Fruit (Cat. 4.1)

Member State	Consumption (g/day)		Mean level in food (µg/g)	Intake (µg/day)		% of total dietary intake
	Mean level	High level		Mean l.	High l.	
DENMARK	180		0.0017	0.31		8.8%
FRANCE*	349.2	695.7	0.006	2.22	4.43	26.2
FRANCE**	3.8	25.0	0.334	1.27	8.34	15
GERMANY	102.5	292.7	0.002	0.205	0.585	5.7
the NETHERLANDS	360		0.003	1.05		58
NORWAY	83.70	279.30	0.001	0.05		
PORTUGAL	78.10	287.50	0.001	0.06		
U. K.	113		0.001	0.08		2

* excluding mushrooms. ** mushrooms only

Table 5.11. Mercury in Vegetables incl. mushrooms & fungi, roots , tubers, pulses, legumes, nuts and seeds (Cat. 4.2)

Member State	Consumption (g/day)		Mean level in food (µg/g)	Intake (µg/day)		% of total dietary intake
	Mean level	High level		Mean l.	High l.	
DENMARK	241		0.0012	0.30		8.5%
GERMANY	249.62	507.65	0.002-0.103	3.27	8.03	13.9
U. K.	266		0.00085	0.21		<8

Table 5.12. Mercury in Confectionary (Cat. 5)

Member State	Consumption (g/day)		Mean level in food (µg/g)	Intake (µg/day)		% of total dietary intake
	Mean level	High level		Mean l.	High l.	
DENMARK	30		0	0		0
GERMANY	5.86	28.6				0.3

Table 5.13 Mercury in Cereals and cereal products, incl. flours & starches from roots & tubers, pulses & legumes, excluding bakery (Cat. 6)

Member State	Consumption (g/day)		Mean level in food (µg/g)	Intake (µg/day)		% of total dietary intake
	Mean level	High level		Mean l.	High l.	
DENMARK	217		0.0027	0.58		16.5%
FRANCE	62.9	164.3	0.019	1.16	3.04	13.7
GERMANY	187.93	343.15	0.007	1.316	2.402	10.5
the NETHERLANDS	42		0.003	0.12		7
U. K.	101		0.004	0.4		13

Table 5.14. Mercury in Bakery Wares (Cat 7)

Member State	Consumption (g/day)		Mean level in food (µg/g)	Intake (µg/day)		% of total dietary intake
	Mean level	High level		Mean l.	High l.	
the NETHERLANDS	178		0.002	0.30		17
U. K.	108	261.30	0.002	0.22		7

Table 5.15. Mercury in Meat and meat products, including poultry and game (Cat. 8).

Member State	Consumption (g/day)		Mean level in food (µg/g)	Intake (µg/day)		% of total dietary intake
	Mean level	High level		Mean l.	High l.	
DENMARK	136		0.0015	0.20		5.7%
FRANCE	153.7	291.4				
GERMANY	174.96	389.4	0.004-0.012	1.615	3.64	9.7%
IRELAND	87	193	0.006	0.41	0.94	
U. K.	88		0.002	0.2		<7

Table 5.16. Mercury in Offals (Cat. 8)

Member State	Consumption (g/day)		Mean level in food (µg/g)	Intake (µg/day)		% of total dietary intake
	Mean level	High level		Mean l.	High l.	
GERMANY	1.95	17.9	0.005	0.010	0.090	0.11
IRELAND	0.88		0.01	0.009		
PORTUGAL	2.185		0.04	0.0874		
U. K.	1		0.005	0.01		<1

Table 5.17. Mercury in Fish and fish products, including molluscs, crustaceans and echinoderms (MCE) (Cat. 9)

Member State	Consumption (g/day)		Mean level in food (µg/g)	Intake (µg/day)		% of total dietary intake
	Mean level	High level		Mean l.	High l.	
BELGIUM	13.37	47.79	0.189	2.523	9.019	91
DENMARK	23		0.0417	0.96		27.4
FINLAND	53		0.035-0.380	6.2		100
FRANCE*	29.8	82.9 – 21.4	0.06-0.381	2.73	4.96 – 8.16	32.2
GERMANY	16.9	63.4	0.029-0.173	2.819	10.695	0.94
GREECE	18	71	0.108-0.143	4.513		87.18
IRELAND	23.31	74.86	0.07	0.96	3.5	
ITALY			0.10-0.33	8.6		100
the NETHERLANDS	10		0.019	0.19		11
NORWAY*	70.4	237.6	0.005-1.082	3.3374	18.48	82.1
PORTUGAL	40.5		0.32	13.10		
SWEDEN	30.1		0.02—0.23	2.7		100
U. K.	14		0.043	1.00		33

* excluding molluscs, crustaceans and echinoderms (MCE)

Table 5.18. Mercury in Bivalves molluscs

Member State	Consumption (g/day)		Mean level in food (µg/g)	Intake (µg/day)		% of total dietary intake
	Mean level	High level		Mean l.	High l.	
FRANCE*	2.4	16.4	0.024	0.06	0.40	0.7
GERMANY	0.78	1.9	0.029	0.023	0.055	0.04
GREECE	2.6	18	0.0234	0.06084	0.4212	1.18
IRELAND	0.084		0.02	0.002		
PORTUGAL	10.1		0.0795	0.0795	0.803	
U. K.	14.00	55.20	0.043	0.60		

* molluscs and cephalopods

Table 5.19. Mercury in Crustaceans

Member State	Consumption (g/day)		Mean level in food (µg/g)	Intake (µg/day)		% of total dietary intake
	Mean level	High level		Mean l.	High l.	
BELGIUM	1.83	12.75	0.065	0.119	0.829	4
FRANCE	2.3	14.3	0.041	0.09	0.58	1.1
GREECE	2.6	18	0.2318	0.60268	4.1724	11.64
IRELAND	0.57	2.59	0.09	0.05	0.29	
NORWAY	10	37	0.02-.185	0.724	2.396	17.9

Table 5.20. Mercury in Eggs and eggs products (Cat.10)

SCOOP 3.2.11 – Intake of As, Cd, Pb and Hg

Member State	Consumption (g/day)		Mean level in food (µg/g)	Intake (µg/day)		% of total dietary intake
	Mean level	High level		Mean l.	High l.	
DENMARK	21		0.0014	0.03		0.9
FRANCE	20.0	62.9				
GERMANY	33.42	81	0.005	0.167	0.405	1.9
U. K.	14		0.001	0.02		<1

Table 5.21. Mercury in Sweeteners incl. honey (Cat 11)

Member State	Consumption (g/day)		Mean level in food (µg/g)	Intake (µg/day)		% of total dietary intake
	Mean level	High level		Mean l.	High l.	
FRANCE	15.9	49.7				
GERMANY	13.020	54.050	<0.002-0.004	0,051	0.208	0.72
PORTUGAL	31.3		0.00125	0.391		
U. K.*	63		0.003	0.19		6

* Sugar and preserves

Table 5.22. Mercury in Salt, spices, soups, sauces, salads, protein products, etc (Cat 12)

Member State	Consumption (g/day)		Mean level in food (µg/g)	Intake (µg/day)		% of total dietary intake
	Mean level	High level		Mean l.	High l.	
FRANCE*	9.3	23.3	0.053	0.49	1.23	5.8
GERMANY	2.26	6.0	0.003-0.011	0.020	0.048	0.13
the NETHERLANDS	79		0.001	0.09		5

* Excluding soups

Table 5.23. Mercury in Non-alcoholic ("soft") beverages (Cat. 14.1)

Member State	Consumption (g/day)		Mean level in food (µg/g)	Intake (µg/day)		% of total dietary intake
	Mean level	High level		Mean l.	High l.	
DENMARK	2003		0.0004	0.73		20.8
FRANCE*	373.8	962.9	0.00048	0.18	0.46	2.1
GERMANY	68.89	290	n.d.	0.193	0.841	3.8
GERMANY*	329	1051	n.d.	0.193	0.841	3.8
				0.242	0.605	18.2
U. K.	937		0.0004	0.37		12

* including water