S4 Table. Average amounts of naturally occurring propionate in selected foods 1

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| --- | --- | --- | --- | --- | --- | --- |
| **Food groups and items** | **Serving** | **Propionate** |  | **Food groups and items** | **Serving** | **Propionate** |
| Dairy products |  |  |  | Other products |  |  |
|  Milk / milk products | 100 g | 9.0 mg |  |  Berries | 100 g | 0.002 mg |
|  Yoghurt | 100 g | 2.2 mg |  |  Mushroom | 100 g | 0.44 mg |
|  Cheese, general | 100 g | 156.5 mg |  |  Fish | 100 g | 0.35 mg |
|  Cheese, blue | 100 g | 28.7 mg |  |  Fish sauce | 10 g | 0.23 mg |
|  Cheese, cheddar | 100 g | 162.0 mg |  |  Shellfish | 100 g | 9.7 mg |
|  Cheese,  | 100 g | 310.5 mg |  |  Lamb and mutton | 100 g | <0.01 mg |
|  Lamb and mutton | 100 g | <0.01 mg |  |  Wine  | 100 g | 1.0 mg |
|  |  |  |  |  Coffee, beans | 100 g | 8.77 mg |
|  |  |  |  |  Coffee, beverages | 100 g | 0.49 mg |
|  |  |  |  |  Wine and apple vinegar | 10 g | 0.70 mg |
|  |  |  |  |  Soy sauce | 10 g | 1.06 mg |

1 Adopted from European Food Safety Authority (EFSA), Scientific Opinion on the re-evaluation of propionic acid (E 280), sodium propionate (E 281), calcium propionate (E 282) and potassium propionate (E 283) as food additives, EFSA J, 2014;12(7):3779.