Food	Description	Concentration
code	Description	(ppt)
A01	Milk, whole	69
A02	Milk, 2%	426
A03	Milk, 1%	23
A04	Milk, skim	0
A05	Evaporated milk, canned	389
A06	Cream, 10-12% BF	276
A07	lce cream	1069
A08	Yogurt	12
A09	Cheese	883
A10	Cheese, cottage	58
A11	Cheese, processed, cheddar	906
A12	Butter	1804
B01	Beef, steak	816
B02	Beef, roast and stewing	187
B03	Beef, ground	559
B04	Pork, fresh	359
B05	Pork, cured	568
B06	Veal	231
B07	Lamb	199
B08	Cold cuts and luncheon meats	936
B09	Luncheon meats, canned	525
B10	Organ meats, liver and kidney	290
B10 B11	Wieners	941
C01	Eggs	480
C02	Poultry, chicken and turkey	276
D01	Fish, marine, fresh or frozen	6458
D02	Fish, fresh water	4240
D02	Fish, canned	2696
D04	Shellfish, fresh or frozen	177
E01	Soups, meat, canned	16
E02	Soups, cream	4
101	Cooking fats and salad oils	549
102	Margarine	1030
L03	Dinners (cereal + vegetable + meat)	651
L00	Dinners (meat or poultry + vegetable)	80
L05	Formulae, milk base	189
L06	Formulae, soya base	100
L08	Meat, poultry or eggs	174
M02	Frozen entrees (microwave or boil)	534
M02	Frozen entrees (microwave or boil)	57
M04	Frozen entrees (microwave or oven)	957
M04	Frozen entrees (microwave or oven)	47
M06	Frozen dinner, beef + veg + or -dessert	389
N01	Pizza	460
N02	Frenchfries	204
N02	Hamburger	204 142
N04	Fish burger	457
N04	Chicken burger	457 255
N05	Hot dog	628
N07	Chicken (breaded, fried, nuggets)	628 504
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N08	Egg breakfast on a bun	588

Concentrations (pg/g wet wt.) of total PCBs in fatty foods from Total Diet Study in Winnipeg, 1994