		<u>A</u>	mount in 100	grams	of edib	le portio	<u>n</u>	Amount in	edible portion of	of common
			N	umber				<u>m</u>	easures of food	
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error P			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water		3.00				1		1.14		
Energy		353				1		134		
Energy		1477				1		561		
Protein		15.54		0	RA	4		5.90		
Total lipid (fat)		7.00		0	RA	4		2.66		
Ash		3.27		0	RA	4		1.24		
Carbohydrate, by difference		71.15		0	RA	4		27.04		
Fiber, total dietary		9.5				1		3.6		
Sugars, total		0.42		0	BFZN	4		0.16		
Starch	g									
Minerals:										
Calcium, Ca	-	17				1		6		
Iron, Fe		1.76				1		0.67		
Magnesium, Mg		25				1		10		
Phosphorus, P	•	331				1		126		
Potassium, K		353				1		134		
Sodium, Na		35				1		13		
Zinc, Zn		0.25				1		0.10		
Copper, Cu		0.214	<u> </u>			1		0.081		
Manganese, Mn				_		_				
Selenium, Se	mcg	70.7		0	BFZN	4		26.9		
/itamins:										
Vitamin C, total ascorbic acid		2.5				1		1.0		
Thiamin		0.070				1		0.027		
Riboflavin		0.110				1		0.042		
Niacin	-	2.610)			1		0.992		
Pantothenic acid						_				
Vitamin B-6		0.070)			1		0.027		
Folate, total	-	11 0		0	z	1 7		4 0		
Folic acid	-	11		U	Z	1		4		
Folate, food	med DEE	11		0	NC	4		4		
Folate, DFE		0.00		U	NC	1		0.00		
Vitamin B-12		0.00		0		4		0.00		
Vitamin A, IU Vitamin A, RAE	mca BAE	0		0	RA NC	4		0		
Retinol		0		0	RA	4		0		
Vitamin E (alpha-tocopherol)		1.31		0	BFZN	4		0.50		
Tocopherol, beta		1.31		U	DF ZN	-		0.30		
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		2.4		0	BFZN	4		0.9		
Lipids:										
Fatty acids, total saturated	g	1.232	2	0	NC	4		0.468		
4:0		0.000)			4		0.000		
6:0		0.000				4		0.000		
8:0		0.000				4		0.000		
10:0		0.000				4		0.000		
12:0	-	0.019				4		0.007		
13:0										
14:0	_	0.013	3			4		0.005		
15:0	_									
16:0	g	1.110)			4		0.422		
17:0										
18:0		0.090)			4		0.034		
20:0	g									
22:0	-									
24:0	a									

		<u>Ar</u>	nount in 10	00 grams	of edit	ole portio	<u>on</u>	Amount in edible portion of common		
				Number		0	0 5 - 1	<u>m</u>	easures of food	
Nutrients and Ui	nits	Mean	Std. Error			Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		2.147		0	NC	4		0.816		
14:1										
15:1	-									
16:1 undifferentiated		0.011				4		0.004		
17:1										
18:1 undifferentiated		2.135				4		0.811		
20:1	-	0.001				4		0.000		
22:1 undifferentiated		0.000				4		0.000		
24:1 c				_						
Fatty acids, total polyunsaturated.		2.711		0	NC	4		1.030		
18:2 undifferentiated	-	2.634				4		1.001		
18:3 undifferentiated		0.077				4		0.029		
18:4		0.000				4		0.000		
20:2 n-6 c,c										
20:3 undifferentiated	_									
20:4 undifferentiated		0.000				4		0.000		
20:5 n-3	_	0.000				4		0.000		
22:5 n-3	_	0.000				4		0.000		
22:6 n-3		0.000				4		0.000		
Fatty acids, total trans										
Cholesterol	• • • • • • • • • • • • • • • • • • • •	0			Z	7		0		
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0				7		0.0		
Caffeine	mg	0		0	BFZN	4		0		
Theobromine	mg	0		0	BFZN	4		0		
Carotenoids:										
Carotene, beta	mcg	0		0	Z	7		0.000		
Carotene, alpha	mcg	0		0	BFZN	4		0.000		
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0.000		
Lycopene	mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin		227		0	BFZN	4		86.284		

Common Measures:

Measure 1 = 38g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

		Ai	mount in 100	<u>u grams</u>	of edib	ie portio	<u>on</u>	Amount in edible portion of common			
			I	Number				<u>m</u>	easures of food		
						Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	-	3.00				4		0.96			
Energy		388				1 1		124 519			
Energy		1623 7.10				1		2.27			
Protein	_	3.50				1		1.12			
Total lipid (fat)		0.80		0	NC	4		0.26			
Carbohydrate, by difference		86.00		Ū	NC	4		27.52			
Fiber, total dietary		7.3			NC	1		2.3			
Sugars, total		9.10		0	BFZN	4		2.91			
Starch	-	3.10		ŭ	DIDI	•		2.31			
Minerals:											
Calcium, Ca	mg	28				1		9			
Iron, Fe	-	1.15				1		0.37			
Magnesium, Mg	mg	88				4		28			
Phosphorus, P		283				4		91			
Potassium, K		238				1		76			
Sodium, Na		12				1		4			
Zinc, Zn		1.50				4		0.48			
Copper, Cu		0.240	1			4		0.077			
Manganese, Mn		15.4		0	BFZN	4		4.9			
Selenium, Se	Tricg	15.4		U	BFZN	4		4.9			
Vitamins: Vitamin C, total ascorbic acid	ma	0.0				1		0.0			
Thiamin		0.090	1			1		0.029			
Riboflavin	-	0.040				1		0.013			
Niacin		2.050				1		0.656			
Pantothenic acid						-		0.000			
Vitamin B-6	-	0.080	1			4		0.026			
Folate, total	mcg	19				4		6			
Folic acid	mcg	0		0	Z	7		0			
Folate, food		19				4		6			
Folate, DFE		19		0	NC	4		6			
Vitamin B-12		0.00				7		0.00			
Vitamin A, IU	IU	0				1		0			
Vitamin A, RAE		0		0	NC	4		0			
Retinol		0		0	Z NR	7 4		0 0.03			
Vitamin E (alpha-tocopherol) Tocopherol, beta		0.10		U	NK	4		0.03			
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		0.0		0	BFZN	4		0.0			
Lipids:											
Fatty acids, total saturated	g	0.688				4		0.220			
4:0		0.000				4		0.000			
6:0		0.000				4		0.000			
8:0		0.000				4		0.000			
10:0	-	0.000				4		0.000			
12:0	-	0.002				4		0.001			
13:0		0.000						0 000			
14:0	-	0.008				4		0.003			
15:0		0.532				А		0.170			
16:0		0.532				4		0.170			
17:0 18:0		0.106	;			4		0.034			
20:0		0.100				-		0.034			
22:0	-										
24:0	-										

	<u>An</u>	nount in 10	00 grams	of edik	ole portio	<u>en</u>	Amount in	edible portion	of common
						Confidence	_	easures of food	
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	1.011				4		0.324		
14:1	1.011				-		0.524		
15:1									
16:1 undifferentiated	0.057				4		0.018		
17:1g					_		****		
18:1 undifferentiated	0.954				4		0.305		
20:1g	0.000				4		0.000		
22:1 undifferentiatedg	0.000				4		0.000		
24:1 cg									
Fatty acids, total polyunsaturatedg	1.473				4		0.471		
18:2 undifferentiated	1.433				4		0.459		
18:3 undifferentiatedg	0.040				4		0.013		
18:4g	0.000				4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000				4		0.000		
20:5 n-3g	0.000				4		0.000		
22:5 n-3g	0.000				4		0.000		
22:6 n-3g	0.000				4		0.000		
Fatty acids, total trans9									
Cholesterolmg	0				7		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0				7		0.0		
Caffeinemg	0		0	BFZN	4		0		
Theobrominemg	0		0	BFZN	4		0		
Carotenoids:									
Carotene, betamcg	0		0	BFZN	4		0.000		
Carotene, alphamcg	0		0	BFZN	4		0.000		
Cryptoxanthin, betamcg	0		0	BFZN	4		0.000		
Lycopenemcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin mcg	0		0	BFZN	4		0.000		

Common Measures:

Measure 1 = 32g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

		<u>Aı</u>	mount in 100	<u>0 grams</u>	of edil	ole portio	<u>n</u>	Amount in	edible portion	of common
				Number				<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
roximates: Water	a	1.90				4		2.32		
Energy	-	388				1		473		
Energy		1623				1		1981		
Protein		9.50				1		11.59		
Total lipid (fat)	-	6.30				1		7.69		
Ash		8.50		0	NC	4		10.37		
Carbohydrate, by difference		73.80			NC	4		90.04		
Fiber, total dietary		8.5				4		10.4		
Sugars, total		26.20		0	LC	8		31.96		
Starch										
<u>Minerals:</u>		, = = =								
Calcium, Ca	-	173				1		211		
Iron, Fe	-	2.78				4		3.39		
Magnesium, Mg		317				1		387		
Phosphorus, P	•	337				4		411		
Potassium, K		494				4		603 61		
Sodium, Na		50 1.92				4		2.34		
Zinc, Zn Copper, Cu		0.407	,			4		0.497		
Manganese, Mn		0.407				-		0.497		
Selenium, Se		17.3		0	BFZN	4		21.1		
Scientini, Sc	g	27.15		·		-				
<u>/itamins:</u>										
Vitamin C, total ascorbic acid		0.6				4		0.7		
Thiamin		0.320				4		0.390		
Riboflavin		0.550				4		0.671		
Niacin		1.800)			4		2.196		
Pantothenic acid										
Vitamin B-6		0.100)			4		0.122		
Folate, total		16		•	***	4		20		
Folic acid		0		0	NC	4		0		
Folate, food		16 16		0	NC	4		20		
Folate, DFE	IIICG_DFE	0.29		0	NC	4		20 0.35		
Vitamin B-12		6		•	FLM	4 4		0.35 8		
Vitamin A, IUVitamin A, RAE		1		0	FLM	4		1		
		0		0	FLM	4		0		
Retinol		1.16		0	FLM	4		1.41		
Vitamin E (alpha-tocopherol)		1.16		U	F LIM	*		1.41		
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		3.8		0	FLM	4		4.6		
				-	_					
<u> ipids:</u>		_				_				
Fatty acids, total saturated		0.711				4		0.867		
4:0		0.000				4		0.000		
6:0		0.000				4		0.000		
8:0	_	0.003				4		0.004		
10:0	-	0.000				4		0.000		
12:0		0.003	•			4		0.004		
13:0	-	0 01 4	•			4		0 017		
14:0	-	0.014	•			4		0.017		
15:0	-	0.567	,			4		0 600		
16:0		0.567	•			4		0.692		
17:0		0.095				4		0 116		
18:0		0.095	,			4		0.116		
20:0	_									
22:0 24:0	-									

	<u>Aı</u>	mount in 10	00 grams Number		ole portio	<u>n</u>		edible portion o	of common
Nutrients and Units	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	3.205				4		3.910		
14:1g	3.200				-		3.310		
15:1g									
16:1 undifferentiatedg	0.023				4		0.028		
17:1g									
18:1 undifferentiated	3.164				4		3.860		
20:1g	0.007				4		0.009		
22:1 undifferentiatedg	0.000				4		0.000		
24:1 cg									
Fatty acids, total polyunsaturatedg	1.656				4		2.020		
18:2 undifferentiatedg	1.548				4		1.889		
18:3 undifferentiatedg	0.092				4		0.112		
18:4g	0.000				4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.002				4		0.002		
20:5 n-3g	0.000				4		0.000		
22:5 n-3g	0.000				4		0.000		
22:6 n-3g	0.000				4		0.000		
Fatty acids, total transg									
Cholesterol mg	0				7		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0				7		0.0		
Caffeinemg	0		0	FLM	4		0		
Theobrominemg	0		0	FLM	4		0		
Carotenoids:									
Carotene, betamcg	3		0	FLM	4		4.057		
Carotene, alpha mcg	0		0	FLM	4		0.139		
Cryptoxanthin, betamcg	1		0	FLM	4		0.849		
Lycopene mcg	0		0	FLM	4		0.000		
Lutein + zeaxanthin mcg	130		0	FLM	4		158.563		

Common Measures:

Measure 1 = 122g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08345 Cereals ready-to-eat, GENERAL MILLS, Multi-Bran CHEX

		<u>Aı</u>	mount in 10	00 grams	of edil	ole portio	<u>n</u>		edible portion	
				Number				<u>m</u>	easures of food	<u>[</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	2.00		1	MA	12		0.98		
Energy	kcal	338		0	MC	9		166		
Energy	kj	1414		0	MC	9		693		
Protein (N x 6.25)	g	7.00		1	MA	12		3.43		
Total lipid (fat)	g	2.50		0	NR	4		1.23		
Ash	g	3.42		1	MA	12		1.68		
Carbohydrate, by difference	g	84.00		0	MC	9		41.16		
Fiber, total dietary	g	13.0		1	MA	12		6.4		
Sugars, total	g	22.00		1	MA	12		10.78		
Starch	g									
Minerals:	ma	100		^	340	•		0.0		
Calcium, Ca	-	182 29.50		0 0	MC MC	9 9		89 14.46		
Iron, Fe	-	29.50 109		0	MC MC	9		14.46 53		
Magnesium, Mg Phosphorus, P		364		0	MC	9		53 178		
Potassium, K		387		1	MA	9 12		190		
Sodium, Na	-	657		1	MA	12		322		
Zinc, Zn	-	6.80		0	MC	9		3.33		
Copper, Cu		0.145	3	0	MC	9		0.071		
Manganese, Mn		1.548		0	FLM	4		0.759		
Selenium, Se		7.9		0	FLM	4		3.9		
<u>/itamins:</u>										
Vitamin C, total ascorbic acid	-	11.0		0	MC	9		5.4		
Thiamin	-	0.680		0	MC	9		0.333		
Riboflavin		0.770		0	MC	9		0.377		
Niacin	-	9.100		0	MC	9		4.459		
Pantothenic acid	-	0.000		0	MC	9		0.000		
Vitamin B-6	-	0.910)	0	MC	9		0.446		
Folate, total		727		0	MC	9		356		
Folic acid		686		0	NC	4		336		
Folate, food		41		0	CAAN	4		20		
Folate, DFE		1207		0	NC	4		592		
Vitamin B-12		2.70		0	MC	9		1.32		
Vitamin A, IU		909		0	MC	9		445		
Vitamin A, RAE		238		0	NC	4		117		
Retinol		231		0	NC	4		113		
Vitamin E (alpha-tocopherol)		0.31		1	A	1		0.15		
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D		73.000	1	0	MC	9		35.770		
Vitamin K (phylloquinone)		0.4		0	FLA	4		0.2		
vitamini ix (phynoquinone)	9	· · ·		·		-		V		
<u> Lipids:</u>										
Fatty acids, total saturated	g	0.500)	1	MA	12		0.245		
4:0	g	0.000)	0	FLA	4		0.000		
6:0	g	0.000		0	FLA	4		0.000		
8:0	_	0.000)	0	FLA	4		0.000		
10:0		0.000		0	FLA	4		0.000		
12:0		0.001		0	FLA	4		0.001		
13:0	-									
14:0		0.006	5	0	FLA	4		0.003		
15:0	-									
16:0	-	0.428	1	0	FLA	4		0.210		
17:0	-									
18:0	-	0.048	1	0	FLA	4		0.023		
20:0	_									
22:0										

		<u>Ar</u>	mount in 10	00 grams Number		ole portio	<u>en</u>			Amount in edible portion of common measures of food		
Nutrients and U	Jnits	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3		
Fatty acids, total monounsaturate		0.611		0	FLM	4		0.299				
14:1	• • • • • • • • • • • • • • • • • • • •											
15:1	• • • • • • • • • • • • • • • • • • • •											
16:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.005		0	FLA	4		0.002				
17:1	-											
18:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.585		0	FLA	4		0.287				
20:1	-	0.000		0	FLA	4		0.000				
22:1 undifferentiated	•	0.000		0	FLA	4		0.000				
24:1 c												
Fatty acids, total polyunsaturated		1.095		0	FLM	4		0.537				
18:2 undifferentiated		0.965		0	FLA	4		0.473				
18:3 undifferentiated		0.040		0	FLA	4		0.020				
18:4	g	0.000		0	FLA	4		0.000				
20:2 n-6 c,c	g											
20:3 undifferentiated	• • • • • • • • • • • • • • • • • • • •											
20:4 undifferentiated	g	0.000		0	FLA	4		0.000				
20:5 n-3	g	0.000		0	FLA	4		0.000				
22:5 n-3	g	0.000		0	FLA	4		0.000				
22:6 n-3	g	0.000		0	FLA	4		0.000				
Fatty acids, total trans	g											
Cholesterol	mg	0		0	MC	9		0				
Phytosterols	mg											
Others:												
Alcohol, ethyl	g	0.0		0	Z	7		0.0				
Caffeine	mg	0		0	FLM	4		0				
Theobromine	mg	0		0	FLM	4		0				
Carotenoids:												
Carotene, beta	mcg	63		0	FLA	4		30.970				
Carotene, alpha	mcg	41		0	FLA	4		20.171				
Cryptoxanthin, beta	mcg	0		0	FLA	4		0.000				
Lycopene	mcg	0		0	FLA	4		0.000				
Lutein + zeaxanthin	mcg	960		0	FLA	4		470.353				

Common Measures:

Measure 1 = 49g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08263 Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS

		<u>A</u> 1	mount in 100			ole portio	<u>n</u>		edible portion o	f common
Nutrients and Unit	ts	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.00		1	MA	12		0.60		
Energy	kcal	392		0	MC	9		118		
Energy	kj	1640		0	MC	9		492		
Protein (N x 6.25)	9	6.00		1	MA	12		1.80		
Total lipid (fat)	-	5.10		0	NR	4		1.53		
Ash		2.44		1	MA	12		0.73		
Carbohydrate, by difference		84.00		0	MC	9		25.20		
Fiber, total dietary		4.3		1	MA	12		1.3		
Sugars, total		42.00		1	MA	12		12.60		
Starch	g									
Minerals:										
* Calcium, Ca	mg	333		0	MC	9		100		
* Iron, Fe		15.00		0	MC	9		4.50		
Magnesium, Mg		67		1	MA	12		20		
Phosphorus, P	-	217		1	MA	12		65		
Potassium, K		192		1	MA	12		58		
Sodium, Na		401 12.50		1 0	MA	12 9		120 3.75		
* Zinc, Zn		0.200	`	1	MC MA	9 12		3.75 0.060		
Copper, Cu		1.414		0	FLM	4		0.424		
Selenium, Se		37.5	-	0	BFZN	4		11.3		
	3									
Vitamins:				_		_				
* Vitamin C, total ascorbic acid	-	20.0		0	MC	9		6.0		
* Thiamin	-	1.250		0 0	MC	9		0.375		
* Riboflavin * Niacin	_	1.420 16.700		0	MC MC	9 9		0.426 5.010		
Pantothenic acid		0.515		0	FLM	4		0.155		
* Vitamin B-6		1.670		0	MC	9		0.501		
* Folate, total		667		0	MC	9		200		
Folic acid		648		0	NC	4		194		
Folate, food		19		0	CAAN	4		6		
Folate, DFE		1121		0	NC	4		336		
* Vitamin B-12	mcg	5.00		0	MC	9		1.50		
* Vitamin A, IU		1667		0	MC	9		500		
Vitamin A, RAE		501		0	NC	4		150		
Retinol		501		0	NC	4		150		
Vitamin E (alpha-tocopherol)		0.50		0	FLA	4		0.15		
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
* Vitamin D		133.000)	0	MC	9		39.900		
Vitamin K (phylloquinone)		1.8		0	FLA	4		0.6		
<u>Lipids:</u>				_						
Fatty acids, total saturated		0.990		1	MA	12		0.297		
4:0 6:0	-	0.000		0	FLA	4 4		0.000 0.000		
6:0 8:0		0.000		0	FLA FLA	4		0.000		
10:0	-	0.000		0	FLA	4		0.000		
12:0	_	0.007		0	FLA	4		0.002		
13:0	_	2.507		·		-		2.002		
14:0	-	0.007	7	0	FLA	4		0.002		
15:0										
16:0		0.730)	0	FLA	4		0.219		
17:0	g									
18:0	g	0.216	5	0	FLA	4		0.065		
20:0										

NDB No. 08263 Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS

	<u>Ar</u>	mount in 10	00 grams	of edik	Amount in edible portion of common				
			Number of Data		Source	Confidence	<u>m</u> .	easures of food	
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
24:0	2.375		0	FLA	4		0.710		
Fatty acids, total monounsaturatedg	2.375		U	F.LA	4		0.712		
14:1g									
15:1g	0.000		0	TIT 3			0.006		
16:1 undifferentiated	0.020		U	FLA	4		0.006		
17:1g 18:1 undifferentiatedg	2.355		0	FLA	4		0.707		
			0	FLA	4		0.707		
20:1g	0.000		0	FLA	4				
22:1 undifferentiated	0.000		U	FLA	4		0.000		
24:1 cg	1 200		0	TIT 3			0 204		
Fatty acids, total polyunsaturatedg	1.280		0	FLA	4 4		0.384		
18:2 undifferentiated	0.074		0	FLA FLA	4		0.362 0.022		
18:3 undifferentiatedg			0		4				
18:4g	0.000		U	FLA	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiated	0.000		0	FLA	4		0.000		
20:4 undifferentiatedg			0	FLA	4				
20:5 n-3g	0.000		•		-		0.000		
22:5 n-3g	0.000		0 0	FLA FLA	4 4		0.000		
22:6 n-3g	0.000		U	F.LA	4		0.000		
Fatty acids, total transg	0		0	MC	9		•		
Cholesterol mg	U		U	MC	9		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0		
Caffeine mg	0		0	FLA	4		0		
Theobrominemg	0		0	FLA	4		0		
Carotenoids:									
Carotene, betamcg	0		0	z	7		0.000		
Carotene, alphamcg	0		0	z	7		0.000		
Cryptoxanthin, betamcg	0		0	z	7		0.000		
Lycopenemcg	0		0	z	7		0.000		
Lutein + zeaxanthin mcg	0		0	z	7		0.000		

Common Measures:

Measure 1 = 30g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08262 Cereals ready-to-eat, GENERAL MILLS, BASIC 4

		<u>A</u>	mount in 10			ole portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Un	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	Measure 2	! Measure 3	
Proximates:											
Water	=	6.56		1	MA	12		3.61			
Energy		367		0	MC	9		202			
Energy		1536		0	MC	9		845			
Protein (N x 6.25)		8.00		0	MA	12		4.40			
Total lipid (fat)		5.10		0	NR	4		2.81			
Ash		3.44		1	MA	12		1.89			
Carbohydrate, by difference		77.00		0	MC	9		42.35			
Fiber, total dietary		5.8		1	MA	12		3.2			
Sugars, total		25.00		1	MA	12		13.75			
Starch	g										
Minerals:											
Calcium, Ca	mg	357		0	MC	9		196			
Iron, Fe	-	6.40		0	MC	9		3.52			
Magnesium, Mg	mg	73		1	MA	12		40			
Phosphorus, P	mg	421		1	MA	12		232			
Potassium, K	mg	281		1	MA	12		155			
Sodium, Na	-	574		1	MA	12		316			
Zinc, Zn	mg	5.40		0	MC	9		2.97			
Copper, Cu		0.300		1	MA	12		0.165			
Manganese, Mn		1.659	9	0	FLM	4		0.912			
Selenium, Se	mcg	17.0		0	RA	4		9.4			
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0			
Thiamin		0.540)	0	MC	9		0.297			
Riboflavin	mg	0.610)	0	MC	9		0.336			
Niacin	<u>mg</u>	7.100)	0	MC	9		3.905			
Pantothenic acid	mg	0.531	L	0	FLM	4		0.292			
Vitamin B-6	mg	0.710)	0	MC	9		0.391			
Folate, total	mcg	143		0	MC	9		79			
Folic acid	mcg	124		0	NC	4		68			
Folate, food		19		0	CAAN	4		10			
Folate, DFE		230		0	NC	4		126			
Vitamin B-12		2.10		0	MC	9		1.16			
Vitamin A, IU		714		0	MC	9		393			
Vitamin A, RAE		214		0	NC	4		118			
Retinol		214		0	NC	4		118			
Vitamin E (alpha-tocopherol)		1.08		0	FLA	4		0.59			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, deltaVitamin D		57.000	1	0	MC	9		31.350			
Vitamin K (phylloquinone)		2.7	,	0	FLA	4		1.5			
vitanini k (phynoquinone)	nog	2.7		Ū	гши	-		1.5			
Lipids:											
Fatty acids, total saturated	g	0.800)	1	MA	12		0.440			
4:0	g	0.000)	0	FLA	4		0.000			
6:0		0.000		0	FLA	4		0.000			
8:0	-	0.000)	0	FLA	4		0.000			
10:0		0.000		0	FLA	4		0.000			
12:0		0.004		0	FLA	4		0.002			
13:0		0.000		0	FLA	4		0.000			
14:0	-	0.007		0	FLA	4		0.004			
15:0	-	0.000		0	FLA	4		0.000			
16:0		0.611		0	FLA	4		0.336			
17:0		0.000		0	FLA	4		0.000			
18:0		0.154		0	FLA	4		0.085			
20:0		0.000		0	FLA	4		0.000			
22:0	g	0.000		0	FLA	4		0.000			
24:0	~	0.000	1	0	FLA	4		0.000			

	<u>Ar</u>	nount in 100 gra	ms of edi	ble portio	<u>on</u>		edible portion	
Nutrients and Units	Mean	Num of Do Std. Error Poin	ata Deriv		Confidence Code	<u>m</u> Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	1.800		1 MA	12		0.990		
14:1g	0.000		0 FLA	4		0.000		
15:1g	0.000		0 FLA	4		0.000		
16:1 undifferentiatedg	0.018		0 FLA	4		0.010		
17:1g	0.000		0 FLA	4		0.000		
18:1 undifferentiatedg	1.825		0 FLA	4		1.004		
20:1g	0.006		0 FLA	4		0.003		
22:1 undifferentiatedg	0.000		0 FLA	4		0.000		
24:1 cg	0.000		0 FLA	4		0.000		
Fatty acids, total polyunsaturated	2.000		1 MA	12		1.100		
18:2 undifferentiatedg	1.820		0 FLA	4		1.001		
18:3 undifferentiatedg	0.112		0 FLA	4		0.061		
18:4g	0.000		0 FLA	4		0.000		
20:2 n-6 c,cg	0.000		0 FLA	4		0.000		
20:3 undifferentiatedg	0.000		0 FLA	4		0.000		
20:4 undifferentiatedg	0.001		0 FLA	4		0.000		
20:5 n-3g	0.000		0 FLA	4		0.000		
22:5 n-3g	0.000		0 FLA	4		0.000		
22:6 n-3g	0.000		0 FLA	4		0.000		
Fatty acids, total trans								
Cholesterolmg	0		0 z	7		0		
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0		0 z	7		0.0		
Caffeine mg	0		0 FLA	4		0		
Theobromine mg	0		0 FLA	4		0		
<u>Carotenoids:</u>								
Carotene, betamcg	0		0 z	7		0.000		
Carotene, alphamcg	0		0 z	7		0.000		
Cryptoxanthin, betamcg	0		0 z	7		0.000		
Lycopenemcg	0		0 z	7		0.000		
Lutein + zeaxanthinmcg	0		0 z	7		0.000		

Common Measures:

Measure 1 = 55g: 1 cup (1 NLEA serving)

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08274 Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX

		<u>A</u> 1	mount in 10			ole portic	<u>on</u>		edible portion o	f common
Nutrients and Un	its	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.36		1	MA	12		0.71		
Energy	kcal	393		0	MC	9		118		
Energy	kj	1644		0	MC	9		493		
Protein (N x 6.25)	g	4.00		1	MA	12		1.20		
Total lipid (fat)	-	4.30		0	NR	4		1.29		
Ash		2.13		1	MA	12		0.64		
Carbohydrate, by difference		87.00		0	MC	9		26.10		
Fiber, total dietary		2.5		1	MA	12		0.8		
Sugars, total		31.00		1	MA	12		9.30		
Starch	g									
Minerals:										
* Calcium, Ca	mg	167		0	MC	9		50		
* Iron, Fe		15.00		0	MC	9		4.50		
Magnesium, Mg		19		1	MA	12		6		
Phosphorus, P	-	124		1	MA	12		37		
Potassium, K		82		1	MA	12		25		
Sodium, Na		593 12.50		1 0	MA	12 9		178 3.75		
* Zinc, Zn Copper, Cu		0.080	1	1	MC MA	9 12		0.024		
Manganese, Mn		0.520		0	FLM	4		0.156		
Selenium, Se		6.5		0	RA	4		2.0		
Vitamins:				_		_				
* Vitamin C, total ascorbic acid	-	20.0		0	MC	9		6.0		
* Thiamin	-	1.250		0	MC	9		0.375		
* Riboflavin * Niacin	_	1.420 16.700		0	MC MC	9 9		0.426 5.010		
Pantothenic acid		0.277		0	FLM	4		0.083		
* Vitamin B-6		1.670		0	MC	9		0.501		
* Folate, total		333		0	MC	9		100		
Folic acid		314		0	NC	4		94		
Folate, food		19		0	CAAN	4		6		
Folate, DFE		553		0	NC	4		166		
* Vitamin B-12	mcg	5.00		0	MC	9		1.50		
* Vitamin A, IU		1667		0	MC	9		500		
Vitamin A, RAE		501		0	NC	4		150		
Retinol		501		0	NC	4		150		
Vitamin E (alpha-tocopherol)		0.52		0	FLA	4		0.16		
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
* Vitamin D		133.000)	0	MC	9		39.900		
Vitamin K (phylloquinone)		1.2		0	FLA	4		0.4		
	•••••									
Lipids:	0	0 700	,	4	3/5	10		0.010		
Fatty acids, total saturated		0.700		1 0	MA ET A	12 4		0.210		
4:0 6:0	-	0.000		0	FLA FLA	4		0.000 0.000		
8:0		0.000		0	FLA	4		0.000		
10:0		0.000		0	FLA	4		0.000		
12:0	_	0.002		0	FLA	4		0.001		
13:0	_									
14:0	_	0.010)	0	FLA	4		0.003		
15:0	-									
16:0	g	0.554	l .	0	FLA	4		0.166		
17:0										
18:0		0.124	l .	0	FLA	4		0.037		
20:0	g									

Nutrients and Units Mean Std. Error Points Code Code Code Code Code Code Measure 1 Measure 2 Measure 3		<u>Ar</u>	nount in 10	00 grams Number		<u>on</u>	Amount in edible portion of common measures of food			
Fatty acids, total monounsaturated	Nutrients and Units	Mean	Std. Error	of Data	Deriv			Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated										
15-1										
15:1	Fatty acids, total monounsaturated	2.331		0	FLA	4		0.699		
16:1 undifferentiated. 9	14:1g									
17:1	15:1g									
18:1 undifferentiated	16:1 undifferentiatedg	0.016		0	FLA	4		0.005		
20:1										
22:1 undifferentiated	18:1 undifferentiatedg	2.314		0	FLA	4		0.694		
24:1 c 9 Fatty acids, total polyunsaturated 9 0.957 0 FLA 4 0.287 18:2 undifferentiated 9 0.906 0 FLA 4 0.272 18:3 undifferentiated 9 0.000 0 FLA 4 0.000 20:2 n-6 c,c 9 20:3 undifferentiated 9 0.000 0 FLA 4 0.000 20:5 n-3 9 0.000 0 FLA 4 0.000 20:5 n-3 9 0.000 0 FLA 4 0.000 22:5 n-3 9 0.000 0 FLA 4 0.000 22:6 n-3 9 0.000 0 FLA 4 0.000 Fatty acids, total trans. 9 0 0 MC 9 0 Cholesterol. mg 0 0 MC 9 0 0 Phytosterols. mg 0 0 Z 7 0.0 0 Carcian. mg 0	20:1g	0.000		0	FLA	4		0.000		
Fatty acids, total polyunsaturated	22:1 undifferentiatedg	0.000		0	FLA	4		0.000		
18:2 undifferentiated. 9	24:1 cg									
18:3 undifferentiated	Fatty acids, total polyunsaturated9	0.957		0	FLA	4		0.287		
18.4	18:2 undifferentiatedg	0.906		0	FLA	4		0.272		
20:2 n-6 c,c.	18:3 undifferentiatedg	0.051		0	FLA	4		0.015		
20:3 undifferentiated 9	18:4g	0.000		0	FLA	4		0.000		
20:4 undifferentiated	20:2 n-6 c,cg									
20:5 n-3 9 0.000 0 FLA 4 0.000 22:5 n-3 9 0.000 0 FLA 4 0.000 22:6 n-3 9 0.000 0 FLA 4 0.000 Fatty acids, total trans 9 0 0 MC 9 0 Cholesterol mg 0 0 MC 9 0 Phytosterols mg 0 0 MC 9 0 Others: Alcohol, ethyl 9 0 0 Z 7 0.0 Caffeine mg 0 0 FLA 4 0 Theobromine mg 0 0 FLA 4 0 Carotene, beta mg 0 0 FLA 4 0 Carotene, alpha mcg 0 0 Z 7 0.000 Carotene, alpha mcg 0 0 Z 7	20:3 undifferentiatedg									
22:5 n-3 g 0.000 0 FLA 4 0.000 22:6 n-3 g 0.000 0 FLA 4 0.000 Fatty acids, total trans g Cholesterol mg 0 MC 9 0 Others: Alcohol, ethyl g 0.0 0 Z 7 0.0 Caffeine mg 0 0 FLA 4 0 Theobromine mg 0 0 FLA 4 0 Carotenoids: Carotene, beta mcg 0 0 Z 7 0.000 Carotene, alpha mcg 0 0 Z 7 0.000 Cryptoxanthin, beta mcg 0 0 Z 7 0.000 Lycopene mcg 0 0 Z 7 0.000	20:4 undifferentiatedg	0.000		0	FLA	4		0.000		
22:6 n-3 g 0.000 0 FLA 4 0.000 Fatty acids, total trans. g Cholesterol mg 0 0 MC 9 0 Phytosterols mg 0 MC 9 0 Others: Alcohol, ethyl g 0.0 0 z 7 0.0 Caffeine mg 0 0 FLA 4 0 Theobromine mg 0 0 FLA 4 0 Carotene, beta mcg 0 0 z 7 0.000 Carotene, alpha mcg 0 0 z 7 0.000 Cryptoxanthin, beta mcg 0 0 z 7 0.000 Lycopene mcg 0 0 z 7 0.000	20:5 n-3g	0.000		0	FLA	4		0.000		
Fatty acids, total trans	22:5 n-3g	0.000		0	FLA	4		0.000		
Cholesterol mg 0 MC 9 0 Phytosterols mg 0 MC 9 0 Others: Alcohol, ethyl 9 0.0 0 z 7 0.0 Caffeine mg 0 0 FLA 4 0 Theobromine mg 0 0 FLA 4 0 Carotene, beta mcg 0 0 z 7 0.000 Carotene, alpha mcg 0 0 z 7 0.000 Cryptoxanthin, beta mcg 0 0 z 7 0.000 Lycopene mcg 0 0 z 7 0.000	22:6 n-3g	0.000		0	FLA	4		0.000		
Phytosterols	Fatty acids, total transg									
Others: Alcohol, ethyl	Cholesterolmg	0		0	MC	9		0		
Alcohol, ethyl. g 0.0 0 z 7 0.0 Caffeine	Phytosterolsmg									
Alcohol, ethyl. g 0.0 0 z 7 0.0 Caffeine	Others:									
Caffeine mg 0 0 FLA 4 0 Theobromine mg 0 0 FLA 4 0 Carotenoids: Carotene, beta mcg 0 0 z 7 0.000 Carotene, alpha mcg 0 0 z 7 0.000 Cryptoxanthin, beta mcg 0 0 z 7 0.000 Lycopene mcg 0 0 z 7 0.000		0.0		0	z	7		0.0		
Theobromine mg 0 0 FLA 4 0 Carotenoids: Carotene, beta mcg 0 0 z 7 0.000 Carotene, alpha mcg 0 0 z 7 0.000 Cryptoxanthin, beta mcg 0 0 z 7 0.000 Lycopene mcg 0 0 z 7 0.000	-	0		0	FLA	4		0		
Carotenoids: Carotene, beta		0		0	FLA	4		0		
Carotene, alpha										
Carotene, alpha mcg 0 0 z 7 0.000 Cryptoxanthin, beta mcg 0 0 z 7 0.000 Lycopene mcg 0 0 z 7 0.000	Carotene, betamcq	0		0	z	7		0.000		
Cryptoxanthin, beta		0		0		7		0.000		
Lycopene		0		0	Z	7		0.000		
		0		0	z	7				
Lucin \pm zeaxantinin mog 0 0 Δ I 0.000	Lutein + zeaxanthin mcg	0		0	z	7		0.000		

Common Measures:

Measure 1 = 30g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08273 Cereals ready-to-eat, GENERAL MILLS, BOO BERRY

		<u>A</u>	mount in 10	<u>u grams</u>	of edil	ole portio	<u>on</u>	Amount in	edible portion of	of common
				Number				<u>m</u>	easures of food	
						Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	2.48		1	MA	12		0.74		
Energy	-	393		0	MC	9		118		
Energy		1644		0	MC	9		493		
Protein (N x 6.25)	=	3.00		1	MA	12		0.90		
Total lipid (fat)		2.60		0	NR	4		0.78		
Ash	-	2.18		1	MA	12		0.65		
Carbohydrate, by difference		90.00		0	MC	9		27.00		
Fiber, total dietary		0.9		1	MA	12		0.3		
Sugars, total		47.00		1	MA	12		14.10		
Starch	-									
Minerals:										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	67		0	MC	9		20		
Firon, Fe	_	15.00		0	MC	9		4.50		
Magnesium, Mg		9		2	MA	12		3		
Phosphorus, P Potassium, K		67 46		0 1	MC MA	9 12		20 14		
Potassium, K Sodium, Na		704		1	MA MA	12		211		
* Zinc, Zn	_	12.50		0	MC	9		3.75		
Copper, Cu		0.040)	2	MA	12		0.012		
Manganese, Mn		0.050		0	FLM	4		0.015		
Selenium, Se		6.5		0	BFZN	4		2.0		
Vitamins:										
Vitamin C, total ascorbic acid		20.0		0	MC	9		6.0		
Thiamin		1.250		0	MC	9		0.375		
Riboflavin		1.420		0	MC	9		0.426		
'Niacin		16.700		0	MC	9		5.010		
Pantothenic acid		0.100		0	FLM	4		0.030		
Vitamin B-6	-	1.670)	0	MC	9		0.501		
Folate, total		333		0 0	MC	9 4		100 94		
Folic acid		314 19		0	NC CAAN	4		6		
Folate, foodFolate, DFE		553		0	CAAN NC	4		166		
* Vitamin B-12		5.00		0	MC	9		1.50		
Vitamin A, IU		0		0	Z	7		0		
Vitamin A, RAE		0		0	NC	4		0		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)		0.29		0	FLA	4		0.09		
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D	IU	0.000)	0	MC	9		0.000		
Vitamin K (phylloquinone)	mcg	0.8		0	FLA	4		0.2		
Lipids:				_						
Fatty acids, total saturated		0.400		1	MA	12		0.120		
4:0	-	0.000		0	FLA	4		0.000		
6:0		0.000		0	FLA	4 4		0.000		
8:0	-	0.000		0	FLA FLA	4		0.000 0.000		
10:0 12:0		0.000		0	FLA	4		0.000		
13:0	-	0.001	-	U	T. TIEV	-		0.000		
14:0		0.003	3	0	FLA	4		0.001		
15:0		0.00.	-	·	Z LIFE	-		3.001		
16:0	-	0.378	3	0	FLA	4		0.113		
17:0	-	0.570	-	•		-		3.223		
18:0	-	0.140)	0	FLA	4		0.042		
20:0	-									
22:0	-									
24:0	-									

	<u>Ar</u>	nount in 10	0 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common		
Nutrients and Units	Mean			Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.949		0	FLA	4		0.285		
14:19	0.515		·		-		0.203		
15:1									
16:1 undifferentiatedg	0.010		0	FLA	4		0.003		
17:1g									
18:1 undifferentiated	0.940		0	FLA	4		0.282		
20:1g	0.000		0	FLA	4		0.000		
22:1 undifferentiated	0.000		0	FLA	4		0.000		
24:1 cg									
Fatty acids, total polyunsaturatedg	1.211		0	FLA	4		0.363		
18:2 undifferentiatedg	1.145		0	FLA	4		0.344		
18:3 undifferentiated	0.065		0	FLA	4		0.020		
18:4g	0.000		0	FLA	4		0.000		
20:2 n-6 c.cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	FLA	4		0.000		
20:5 n-3g	0.000		0	FLA	4		0.000		
22:5 n-3g	0.000		0	FLA	4		0.000		
22:6 n-3g	0.000		0	FLA	4		0.000		
Fatty acids, total transg									
Cholesterolmg	0		0	MC	9		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0		
Caffeinemg	0		0	FLA	4		0		
Theobrominemg	0		0	FLA	4		0		
Carotenoids:									
Carotene, betamcg	0		0	z	7		0.000		
Carotene, alphamcg	0		0	Z	7		0.000		
Cryptoxanthin, beta mcg	0		0	FLA	4		0.000		
Lycopene mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin mcg	0		0	Z	7		0.000		

Common Measures:

Measure 1 = 30g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08013 Cereals ready-to-eat, GENERAL MILLS, CHEERIOS

		<u>A</u>	mount in 100	0 grams	of edil	ole portio	<u>n</u>	Amount in	edible portion	of common
			ı	Number				m	easures of food	<u></u>
						Source	Confidence		·	
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Nutrionts and on		Micun	Otal Error					Micasare 1	measure 2	Wicasarc
Proximates:										
Water	g	4.01		1	A	1		1.20		
Energy	kcal	369		0	MC	9		111		
Energy	kj	1544		0	MC	9		463		
Protein (N x 6.25)	g	11.84		1	A	1		3.55		
Total lipid (fat)	g	5.90		1	A	1		1.77		
Ash	g	4.51		1	A	1		1.35		
Carbohydrate, by difference	g	74.00		0	MC	9		22.20		
Fiber, total dietary	g	11.9		1	A	1		3.6		
Sugars, total		5.57		0	AS	1		1.67		
Sucrose	g	3.34		1	A	1		1.00		
Glucose (dextrose)	g	2.23		1	A	1		0.67		
Fructose	g	0.00		1	A	1		0.00		
Lactose	g	0.00		1	A	1		0.00		
Maltose		0.00		1	A	1		0.00		
Galactose	g	0.00		0	Z	7		0.00		
Starch		53.90		1	A	1		16.17		
Minerals:										
Calcium, Ca	ma	405		1	A	1		122		
Iron, Fe	-	34.40		1	A	1		10.32		
Magnesium, Mg		131		1	A	1		39		
Phosphorus, P		441		1	A	1		132		
Potassium, K		696		1	MA	12		209		
Sodium, Na		711		1	MA	12		213		
Zinc, Zn	=	15.40		1	A	1		4.62		
Copper, Cu		0.364	1	1	A	1		0.109		
Manganese, Mn		3.410)	1	A	1		1.023		
Selenium, Se	mcg	34.8	2.92	0 18	JA	6		10.4		
Vitamins:										
* Vitamin C, total ascorbic acid		20.0		0	MC	9		6.0		
Thiamin	_	1.810		1	A	1		0.543		
Riboflavin	-	1.680		1	A	1		0.504		
Niacin	• • • • • • • • • • • • • • • • • • • •	19.200		1	A	1		5.760		
Pantothenic acid	_	0.177		1	A	1 1		0.053 0.660		
Vitamin B-6		2.200 667	J	1 0	A MC	9		200		
* Folate, total		648		0	NC NC	4		194		
Folic acidFolate, food	mca	19		0	CAZN	4		194		
Folate, DFE		1121		0	NC	4		336		
Vitamin B-12		4.76		1	A	1		1.43		
* Vitamin A, IU	• • • • • • • • • • • • • • • • • • • •	1667		0	MC	9		500		
Vitamin A, RAE		501		0	NC	4		150		
Retinol		501		0	NC	4		150		
Vitamin E (alpha-tocopherol)	-	0.35		1	A	1		0.11		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
* Vitamin D		133.000)	0	MC	9		39.900		
Vitamin K (phylloquinone)	mcg	1.5		1	A	1		0.4		
Lipids:										
Fatty acids, total saturated	g	1.200)	1	MA	12		0.360		
4:0	g	0.000)	0	FLA	4		0.000		
6:0	g	0.000)	0	FLA	4		0.000		
8:0	g	0.000)	1	A	1		0.000		
10:0	g	0.000		1	A	1		0.000		
12:0	g	0.000	ס	1	A	1		0.000		
13:0	g									
14:0	g	0.020)	1	A	1		0.006		
15:0	_	0.000		1	A	1		0.000		

	<u>A</u> 1	mount in 10	0 grams	of edib	ole portio	<u>on</u>	Amount in	edible portion of	f common
			Number				<u>me</u>	easures of food	
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0g	1.110		1	A	1		0.333		
17:0g			1	A	1		0.000		
18:0g	0.100		1	A	1		0.030		
20:0g	0.010		1	A	1		0.003		
22:0g			1	A	1		0.003		
24:0g			1	A	1		0.003		
Fatty acids, total monounsaturated9			0 1	MA A	12 1		0.642 0.000		
14:1g 15:1g			1	A	1		0.000		
16:1 undifferentiated			1	A	1		0.003		
17:1g			1	A	1		0.000		
18:1 undifferentiatedg			1	A	1		0.621		
20:1g	0.050		1	A	1		0.015		
22:1 undifferentiatedg			1	A	1		0.012		
24:1 cg									
Fatty acids, total polyunsaturated9			0	MA	12		0.216		
18:2 undifferentiated			1 1	A A	1 1		0.633		
18:3 undifferentiated			1	A	1		0.024 0.000		
20:2 n-6 c,cg			1	A	1		0.000		
20:3 undifferentiated			1	A	1		0.000		
20:4 undifferentiated			1	A	1		0.000		
20:5 n-3g			1	A	1		0.006		
22:5 n-3g	0.000		1	A	1		0.000		
22:6 n-3g	0.000		1	A	1		0.000		
Fatty acids, total trans									
Cholesteroln			0	MC	9		0		
Phytosterolsn	ıg								
Amino Acids:									
Tryptophang			0	A	1		0.048		
Threonine			0	A	1		0.105		
Isoleucine			0	A	1		0.114		
Leucine			0 0	A A	1 1		0.231 0.105		
Methionine 9			0	A	1		0.105		
Cystine			0	A	1		0.075		
Phenylalanine			0	A	1		0.159		
Tyrosine			0	A	1		0.048		
Valine9	0.540		0	A	1		0.162		
Arginineg			0	A	1		0.171		
Histidine9			0	A	1		0.066		
Alanine			0	A	1		0.150		
Aspartic acid			0	A A	1 1		0.246 0.675		
Glutamic acid			0	A	1		0.675		
Proline			0	A	1		0.150		
Serine 9			0	A	1		0.153		
Hydroxyproline									
Others:									
Alcohol, ethylg	0.0		0	z	7		0.0		
Caffeine mg			0	FLA	4		0		
Theobromine mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, betamc	g 0		0	z	7		0.000		
Carotene, alpha mo			0	z	7		0.000		
Cryptoxanthin, betamc			0	Z	7		0.000		
Lycopene mo			0	z z	7		0.000		
Lutein + zeaxanthin mo	eg 0		0	z	7		0.000		

NDB No. 08013

Cereals ready-to-eat, GENERAL MILLS, CHEERIOS

Common Measures:

Measure 1 = 30g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08272 Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH General Mills Inc.

		A	mount in 10			ole portio	<u>n</u>		edible portion o	f common
Nutrients and Un	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		2.56		1	MA	12		0.77		
Energy		422		0	MC	9		127		
Energy		1766		0	MC	9		530		
Protein (N x 6.25)		5.00 11.00		1 0	MA NR	12 4		1.50 3.30		
Total lipid (fat) Ash		3.09		1	MA	4 12		0.93		
Carbohydrate, by difference		79.00		0	MC	9		23.70		
Fiber, total dietary	-	4.0		1	MA	12		1.2		
Sugars, total		34.00		1	MA	12		10.20		
Starch		51.00		_				20120		
Minerals:				_		_				
* Calcium, Ca	-	333 15.00		0	MC	9		100		
* Iron, Fe	_	15.00 27		0 1	MC MA	9 12		4.50 8		
Phosphorus, P		267		0	MC	9		80		
Potassium, K	•	142		1	MA	12		43		
Sodium, Na		687		1	MA	12		206		
* Zinc, Zn		12.50		0	MC	9		3.75		
Copper, Cu	mg	0.200)	5	MA	12		0.060		
Manganese, Mn	mg	2.737	1	0	FLM	4		0.821		
Selenium, Se	mcg	4.3		0	RA	4		1.3		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	20.0		0	MC	9		6.0		
* Thiamin	mg	1.250)	0	MC	9		0.375		
* Riboflavin	mg	1.420)	0	MC	9		0.426		
* Niacin		16.700)	0	MC	9		5.010		
Pantothenic acid		0.778		0	FLM	4		0.233		
* Vitamin B-6	_	1.670)	0	MC	9		0.501		
* Folate, total		333		0	MC	9		100		
Folic acid		314 19		0 0	NC	4 4		9 4 6		
Folate, food Folate, DFE		553		0	CAAN NC	4		166		
* Vitamin B-12		5.00		0	MC	9		1.50		
* Vitamin A, IU		1667		0	MC	9		500		
Vitamin A, RAE	mcg_RAE	501		0	NC	4		150		
Retinol		501		0	NR	4		150		
Vitamin E (alpha-tocopherol)	mg	1.14		0	FLA	4		0.34		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta		122 000		0	wa	0		20.000		
* Vitamin D Vitamin K (phylloquinone)		133.000 6.3	,	0 0	MC FLA	9 4		39.900 1.9		
Vitamin K (pnylloquinone)	nicg	6.3		U	FLA	4		1.9		
Lipids:										
Fatty acids, total saturated		1.800		1	MA	12		0.540		
4:0		0.000		0	FLA	4		0.000		
6:0	_	0.000		0	FLA	4		0.000		
8:0	_	0.005		0	FLA	4		0.002		
10:0 12:0	_	0.000		0 0	FLA FLA	4 4		0.000 0.000		
13:0	_	0.001	•	Ū	ETIM	-		0.000		
14:0		0.016	5	0	FLA	4		0.005		
15:0				-		•				
16:0		1.268	3	0	FLA	4		0.380		
17:0										
18:0	g	0.504	Į	0	FLA	4		0.151		
20:0	_									
22:0	_									
24:0	g									

	Amo	ount in 100	grams	of edib	le portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean S				Source Code	Confidence Code	<u>m</u> Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	5.129		0	FLA	4		1.539		
14:1g									
15:1g			_						
16:1 undifferentiatedg	0.060		0	FLA	4		0.018		
17:1g	- 0.00		•						
18:1 undifferentiated	5.069		0	FLA	4		1.521		
20:1g	0.000		0	FLA	4		0.000		
22:1 undifferentiatedg	0.000		0	FLA	4		0.000		
24:1 cg	2 202		0				1 015		
Fatty acids, total polyunsaturated9	3.382		0	FLA	4		1.015		
18:2 undifferentiated	3.11 4 0.267		0	FLA FLA	4		0.934 0.080		
18:3 undifferentiated			0	FLA	4				
18:4g	0.000		U	FLA	4		0.000		
20:2 n-6 c,cg 20:3 undifferentiatedg									
20:4 undifferentiated	0.000		0	FLA	4		0.000		
20:5 n-3	0.000		0	FLA	4		0.000		
20.5 n-3	0.000		0	FLA	4		0.000		
22:6 n-3g	0.000		0	FLA	4		0.000		
Fatty acids, total trans	0.000		·		•		0.000		
Cholesterolmg	0		0	MC	9		0		
Phytosterolsmg	·		·		_		·		
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0		
Caffeinemg	0		0	FLA	4		0		
Theobromine mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, betamcg	0		0	z	7		0.000		
Carotene, alphamcg	0		0	Z	7		0.000		
Cryptoxanthin, betamcg	0		0	Z	7		0.000		
Lycopene mcg	0		0	Z	7		0.000		
Lutein + zeaxanthinmcg	0		0	Z	7		0.000		

Common Measures:

Measure 1 = 30g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08271 Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS

		<u>A</u>	mount in 100	<u>grams</u>	ot edil	ole portio	<u>on</u>	Amount in	edible portion of	of common
			I	Number	,			<u>m</u>	easures of food	
						Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	_	2.56		1	MA	12		0.77		
Energy		390		0	MC	9		117		
Energy		1632		0	MC	9		490		
Protein (N x 6.25)		4.00		1 0	MA	12		1.20		
Total lipid (fat)	-	3.20 2.82		1	NR MA	4 12		0.96 0.85		
Ash		88.00		0	MC	9		26.40		
Carbohydrate, by difference		2.3		1	MA	9 12		0.7		
Fiber, total dietary		47.00		1	MA	12		14.10		
Sugars, total	_	47.00		1	MA	12		14.10		
Starch	g									
Minerals:										
* Calcium, Ca	••••••	333		0	MC	9		100		
* Iron, Fe	-	15.00		0	MC	9		4.50		
Magnesium, Mg		27		0	MC	9		8		
Phosphorus, P		67		0	MC	9		20		
Potassium, K		168		1	MA	12		50		
Sodium, Na	-	571		1	MA	12		171		
* Zinc, Zn		12.50		0	MC	9		3.75		
Copper, Cu		0.140		2	MA	12		0.042		
Manganese, Mn		0.109 6.5	,	0	FLM BFZN	4 4		0.033 2.0		
Selenium, Se	Tricg	6.5		U	DF ZN	4		2.0		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	<u>mg</u>	20.0		0	MC	9		6.0		
* Thiamin	mg	1.250)	0	MC	9		0.375		
Riboflavin	mg	1.420)	0	MC	9		0.426		
Niacin		16.700		0	MC	9		5.010		
Pantothenic acid		0.113		0	FLM	4		0.034		
Vitamin B-6	-	1.670)	0	MC	9		0.501		
Folate, total		333		0	MC	9		100		
Folic acid		314		0	NC	4		94		
Folate, food		19		0	CAAN	4		6		
Folate, DFE		553		0	NC	4		166		
* Vitamin B-12		5.00		0	MC	9		1.50		
Vitamin A, IU		0		0	AS	1		0		
Vitamin A, RAE		0 0		0 0	AS Z	1 7		0 0		
		0.21		0	FLM	4		0.06		
Vitamin E (alpha-tocopherol) Tocopherol, beta	 ma	0.21		U	E TWI	4		0.06		
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.6		0	FLM	4		0.2		
, rammi iz (ph) noquinone)										
<u>Lipids:</u>										
Fatty acids, total saturated		0.700		1	MA	12		0.210		
4:0		0.000		0	FLM	4		0.000		
6:0	-	0.000		0	FLM	4		0.000		
8:0		0.000		0	FLM	4		0.000		
10:0		0.000		0	FLM	4		0.000		
12:0		0.000)	0	FLM	4		0.000		
13:0		0.000		^						
14:0	-	0.003	5	0	FLM	4		0.001		
15:0			-	_						
16:0		0.396	•	0	FLM	4		0.119		
17:0	-			_						
18:0	-	0.292	2	0	FLM	4		0.088		
20:0	-									
22:0	g									

	<u>An</u>	ount in 10	00 grams Number		ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	1.669		0	FLM	4		0.501		
14:1g	1.009		U	FIM	-		0.501		
15:1g									
16:1 undifferentiated	0.013		0	FLM	4		0.004		
17:1g									
18:1 undifferentiated	1.656		0	FLM	4		0.497		
20:1g	0.000		0	FLM	4		0.000		
22:1 undifferentiatedg	0.000		0	FLM	4		0.000		
24:1 cg									
Fatty acids, total polyunsaturatedg	0.612		0	FLM	4		0.184		
18:2 undifferentiatedg	0.577		0	FLM	4		0.173		
18:3 undifferentiatedg	0.035		0	FLM	4		0.011		
18:4g	0.000		0	FLM	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	FLM	4		0.000		
20:5 n-3g	0.000		0	FLM	4		0.000		
22:5 n-3g	0.000		0	FLM	4		0.000		
22:6 n-3g	0.000		0	FLM	4		0.000		
Fatty acids, total transg									
Cholesterol mg	0		0	MC	9		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0		
Caffeinemg	2		0	FLM	4		1		
Theobrominemg	22		0	FLM	4		7		
Carotenoids:									
Carotene, betamcg	0		0	z	7		0.000		
Carotene, alpha mcg	0		0	z	7		0.000		
Cryptoxanthin, betamcg	0		0	z	7		0.000		
Lycopene mcg	0		0	Z	7		0.000		
Lutein + zeaxanthinmcg	0		0	Z	7		0.000		

Common Measures:

Measure 1 = 30g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08017 Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP

		<u>A</u> 1	mount in 10	00 grams	of edil	ole portio	<u>on</u>		edible portion	
Nutrients and Uni	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Proximates:										
Water	_	2.39		1	MA	12		0.72		
Energy		389		0	MC	9		117		
Energy		1628		0	MC	9		488		
Protein (N x 6.25)		4.00		1	MA	12		1.20		
Total lipid (fat)		3.00		0 1	NR	4 12		0.90		
Ash		2.61		0	MA	9		0.78 26.40		
Carbohydrate, by difference		88.00 1.5		1	MC MA	9 12		26.40 0.5		
Fiber, total dietary		42.00		0	MA	12		12.60		
Sugars, total		42.00		U	MA	12		12.60		
Starch	9									
Minerals:										
* Calcium, Ca	mg	333		0	MC	9		100		
* Iron, Fe		15.00		0	MC	9		4.50		
Magnesium, Mg		28		5		1		8		
Phosphorus, P		133		0	MC	9		40		
Potassium, K		90		1	MA	12		27		
Sodium, Na		594		1	MA	12		178		
* Zinc, Zn	_	12.50		0	MC	9		3.75		
Copper, Cu		0.300		10		1		0.090		
Manganese, Mn		0.786)	0 0	DEGN	4		0.236		
Selenium, Se	nicg	7.3		U	BFZN	4		2.2		
<u>Vitamins:</u>										
* Vitamin C, total ascorbic acid	mg	20.0		0	MC	9		6.0		
* Thiamin	mg	1.250)	0	MC	9		0.375		
* Riboflavin	mg	1.420)	0	MC	9		0.426		
* Niacin	mg	16.700)	0	MC	9		5.010		
Pantothenic acid	mg	0.212	?	15		1		0.064		
* Vitamin B-6	mg	1.670)	0	MC	9		0.501		
* Folate, total		333		0	MC	9		100		
Folic acid		314		0	NC	4		94		
Folate, food		19		0	CAAN	4		6		
Folate, DFE		553		0	NC	4		166		
* Vitamin B-12		5.00		0	MC	9		1.50		
* Vitamin A, IU		1667		0	MC	9		500		
Vitamin A, RAE		477		0	NC	4		143		
Retinol		472		0	NC	4		142		
Vitamin E (alpha-tocopherol)		0.26		0	FLA	4		0.08		
Tocopherol, beta										
Tocopherol, gamma										
* Vitamin D		133.000	1	0	MC	9		39.900		
Vitamin K (phylloquinone)		0.7	,	0	FLA	4		0.2		
vitamini k (phynodumone)	9	• • • • • • • • • • • • • • • • • • • •		•		-		V		
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.600)	1	MA	12		0.180		
4:0		0.000		0	FLA	4		0.000		
6:0		0.000		0	FLA	4		0.000		
8:0	-	0.000		0	FLA	4		0.000		
10:0	-	0.000		0	FLA	4		0.000		
12:0		0.001		0	FLA	4		0.000		
13:0				_						
14:0		0.004	ł	0	FLA	4		0.001		
15:0	-			_						
16:0	-	0.421	-	0	FLA	4		0.126		
17:0	-	0.10		^						
18:0	-	0.166)	0	FLA	4		0.050		
20:0	-									
22:0	y									

		<u>An</u>	nount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and U	Jnits	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate		1.471		0	FLA	4		0.441		
14:1										
15:1	-									
16:1 undifferentiated		0.014		0	FLA	4		0.004		
17:1										
18:1 undifferentiated		1.457		0	FLA	4		0.437		
20:1	-	0.000		0	FLA	4		0.000		
22:1 undifferentiated		0.000		0	FLA	4		0.000		
24:1 c										
Fatty acids, total polyunsaturated		0.684		0	FLA	4		0.205		
18:2 undifferentiated	-	0.646		0	FLA	4		0.194		
18:3 undifferentiated	g	0.039		0	FLA	4		0.012		
18:4	g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0	FLA	4		0.000		
20:5 n-3	g	0.000		0	FLA	4		0.000		
22:5 n-3	g	0.000		0	FLA	4		0.000		
22:6 n-3	g	0.000		0	FLA	4		0.000		
Fatty acids, total trans	g									
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	FLA	4		0.0		
Caffeine	mg	2		0	BFZN	4		1		
Theobromine	-	22		0	BFZN	4		7		
Carotenoids:	-									
Carotene, beta	mcg	45		0	RA	4		13.548		
Carotene, alpha	mcg	30		0	RA	4		8.868		
Cryptoxanthin, beta	mcg	0		0	RA	4		0.000		
Lycopene	mcg	0		0	RA	4		0.000		
Lutein + zeaxanthin		633		0	RA	4		189.836		

Common Measures:

Measure 1 = 30g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08270 Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA

		<u>A</u>	mount in 100	<u>u grams</u>	of edit	ole portic	<u>on</u>	Amount in edible portion of common			
			1	Number				<u>m</u>	easures of food	i	
						Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	_	1.71		1	MA	12		0.51			
Energy		395		0	MC	9		119			
Energy		1653		0	MC	9		496			
Protein (N x 6.25)		4.00		1 0	MA	12		1.20			
Total lipid (fat)	-	3.60 2.09		1	NR MA	4 12		1.08 0.63			
Ash		88.00		0	MA MA	12		26.40			
Carbohydrate, by difference		1.8		1	MA MA	12		0.5			
Fiber, total dietary		47.00		1	MA	12		14.10			
Sugars, total	_	47.00		-	MA	12		14.10			
Starcii	9										
<u>Minerals:</u>											
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	67		0	MC	9		20			
Iron, Fe	_	15.00		0	MC	9		4.50			
Magnesium, Mg		31		1	MA	12		9			
Phosphorus, P		67		0	MC	9		20			
Potassium, K		135		1	MA	12		41			
Sodium, Na	_	584		1 0	MA	12 9		175 3.75			
Zinc, Zn		12.50 0.133	,	0	MC MC	9		0.040			
Copper, Cu		0.133		0	FLM	4		0.040			
Selenium, Se		6.5	,	0	BFZN	4		2.0			
Scientini, Sc.	9	0.5		·	21 211	•		2.0			
<u> Vitamins:</u>											
Vitamin C, total ascorbic acid		20.0		0	MC	9		6.0			
Thiamin		1.250		0	MC	9		0.375			
Riboflavin		1.420		0	MC	9		0.426			
Niacin	_	16.700		0	MC	9		5.010			
Pantothenic acid		0.111		0	FLM	4		0.033			
Vitamin B-6	-	1.670)	0	MC	9		0.501			
Folate, total		333		0	MC	9		100			
Folic acid		314		0	NC	4		94			
Folate, food		19		0	CAAN	4		6			
Folate, DFE		553		0	NC	4		166			
Vitamin B-12		5.00 0		0	MC ML	9 5		1.50 0			
Vitamin A, IU Vitamin A, RAE		0		0	NC	4		0			
Retinol		0		0	NC Z	7		0			
Vitamin E (alpha-tocopherol)		0.30		0	FLA	4		0.09			
Tocopherol, beta	 ma	0.30		U	FLIA	-		0.09			
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		0.8		0	FLA	4		0.3			
	-										
<u>Lipids:</u>				_							
Fatty acids, total saturated		0.700		1	MA	12		0.210			
4:0	-	0.000		0	FLA	4		0.000			
6:0	_	0.000		0	FLA	4		0.000			
8:0	_	0.000		0	FLA	4		0.000			
10:0		0.000		0	FLA	4		0.000			
12:0		0.001	<u>.</u>	0	FLA	4		0.000			
13:0		0.004	i	0	FLA	4		0 001			
14:0		0.004	•	U	гLА	4		0.001			
15:0		0.458	1	0	FLA	4		0 137			
16:0		0.458	,	U	гLА	4		0.137			
17:0	_	0.230	1	0	FLA	4		0.069			
18:0 20:0	_	0.230	,	U	гLА	4		0.069			
22:0	_										
24:0	_										

		<u>Ar</u>	mount in 10	00 grams Number		ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and l	Jnits	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturate		1.965		0	FLA	4		0.590			
14:1	• • • • • • • • • • • • • • • • • • • •										
15:1	-										
16:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.018		0	FLA	4		0.006			
17:1	-										
18:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	1.947		0	FLA	4		0.584			
20:1	-	0.000		0	FLA	4		0.000			
22:1 undifferentiated	•	0.000		0	FLA	4		0.000			
24:1 c											
Fatty acids, total polyunsaturated		0.703		0	FLA	4		0.211			
18:2 undifferentiated		0.661		0	FLA	4		0.198			
18:3 undifferentiated		0.042		0	FLA	4		0.013			
18:4	g	0.000		0	FLA	4		0.000			
20:2 n-6 c,c	g										
20:3 undifferentiated	• • • • • • • • • • • • • • • • • • • •										
20:4 undifferentiated	g	0.000		0	FLA	4		0.000			
20:5 n-3	g	0.000		0	FLA	4		0.000			
22:5 n-3	g	0.000		0	FLA	4		0.000			
22:6 n-3	g	0.000		0	FLA	4		0.000			
Fatty acids, total trans	g										
Cholesterol	mg	0		0	MC	9		0			
Phytosterols	mg										
Others:											
Alcohol, ethyl	g	0.0		0	Z	7		0.0			
Caffeine	mg	3		0	FLM	4		1			
Theobromine	mg	95		0	FLM	4		29			
Carotenoids:											
Carotene, beta	mcg	0		0	z	7		0.000			
Carotene, alpha	mcg	0		0	Z	7		0.000			
Cryptoxanthin, beta	mcg	0		0	Z	7		0.000			
Lycopene	mcg	0		0	z	7		0.000			
Lutein + zeaxanthin		0		0	Z	7		0.000			

Common Measures:

Measure 1 = 30g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08139 Cereals ready-to-eat, GENERAL MILLS, Cinnamon Grahams

		<u>A</u>	mount in 100	grams	of ear	ole portio	<u>on</u>	Amount in edible portion of common			
			ı	Number				measures of food			
						Source	Confidence				
Nutrients and Unit	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
Proximates:		0.60		-		10		0.70			
Water	-	2.63 378		1 0	MA	12 9		0.79			
Energy		1582		0	MC MC	9		113 474			
Energy		5.00		1	MA	12		1.50			
Protein (N x 6.25) Total lipid (fat)		2.80		0	NR	4		0.84			
Ash	_	3.21		1	MA	12		0.96			
Carbohydrate, by difference		86.00		0	MC	9		25.80			
Fiber, total dietary		3.2		1	MA	12		1.0			
Sugars, total		38.00		1	MA	12		11.40			
Starch	-										
Minerals:											
Calcium, Ca	-	333		0	MC	9		100			
'Iron, Fe	-	15.00		0	MC	9		4.50			
Magnesium, Mg		27		0	MC	9		8			
Phosphorus, P		67		0	MC	9		20			
Potassium, K		147 789		1 1	MA MA	12 12		44 237			
Sodium, Na		12.50		0	MC	9		3.75			
Copper, Cu		0.087	,	0	MC	9		0.026			
Manganese, Mn.		0.000		0	MC	9		0.000			
Selenium, Se		4.4		0	FLC	4		1.3			
Vitamins:											
Vitamin C, total ascorbic acid	mg	20.0		0	MC	9		6.0			
Thiamin	-	1.250		0	MC	9		0.375			
Riboflavin		1.420		0	MC	9		0.426			
'Niacin	-	16.700		0	MC	9		5.010			
Pantothenic acid		0.000		0	MC	9		0.000			
Vitamin B-6	_	1.670	,	0 0	MC	9 9		0.501			
Folia acid		333 314		0	MC NC	4		100 94			
Folic acidFolate, food		19		0	CAAN	4		6			
Folate, DFE		553		0	NC	4		166			
Vitamin B-12		5.00		0	MC	9		1.50			
Vitamin A, IU		1667		0	MC	9		500			
Vitamin A, RAE		501		0	NC	4		150			
Retinol		501		0	NC	4		150			
Vitamin E (alpha-tocopherol)		0.31		0	FLA	4		0.09			
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D		133.000)	0	MC	9		39.900			
Vitamin K (phylloquinone)	mcg	0.8		0	FLA	4		0.2			
Lipids: Fatty acids, total saturated	a	0.500)	1	MA	12		0.150			
4:0		0.001		0	FLA	4		0.150			
6:0	_	0.001		0	FLA	4		0.000			
8:0	_	0.002		0	FLA	4		0.001			
10:0	_	0.000		0	FLA	4		0.000			
12:0		0.001		0	FLA	4		0.000			
13:0											
14:0		0.005	5	0	FLA	4		0.001			
15:0											
16:0	g	0.351	L	0	FLA	4		0.105			
17:0	_										
18:0	_	0.133	3	0	FLA	4		0.040			
20:0	_										
22:0	g										

	<u>An</u>	nount in 10	00 grams	of edik	ole portio	o <u>n</u>	Amount in edible portion of common		
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	1.012		0	FLA	4		0.303		
14:1g	1.012		U	FLIA	•		0.303		
15:1g									
16:1 undifferentiated9	0.011		0	FLA	4		0.003		
17:1g									
18:1 undifferentiated	1.000		0	FLA	4		0.300		
20:1g	0.000		0	FLA	4		0.000		
22:1 undifferentiatedg	0.000		0	FLA	4		0.000		
24:1 cg									
Fatty acids, total polyunsaturated	1.040		0	FLA	4		0.312		
18:2 undifferentiatedg	0.980		0	FLA	4		0.294		
18:3 undifferentiatedg	0.060		0	FLA	4		0.018		
18:4g	0.000		0	FLA	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	FLA	4		0.000		
20:5 n-3g	0.000		0	FLA	4		0.000		
22:5 n-3g	0.000		0	FLA	4		0.000		
22:6 n-3g	0.000		0	FLA	4		0.000		
Fatty acids, total transg									
Cholesterol mg	0		0	MC	9		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0		
Caffeine mg	0		0	FLA	4		0		
Theobromine mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, betamcg	0		0	z	7		0.000		
Carotene, alphamcg	0		0	Z	7		0.000		
Cryptoxanthin, betamcg	0		0	z	7		0.000		
Lycopenemcg	0		0	z	7		0.000		
Lutein + zeaxanthin mcg	0		0	Z	7		0.000		

Common Measures:

Measure 1 = 30g: .75 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08019 Cereals ready-to-eat, GENERAL MILLS, Corn CHEX

		<u>A</u>	mount in 10	Amount in edible portion of common							
				Number				measures of food			
						Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	2.20		1	MA	12		0.66			
Energy	kcal	373		0	MC	9		112			
Energy	kj	1561		0	MC	9		468			
Protein (N x 6.25)	g	7.00		1	MA	12		2.10			
Total lipid (fat)	g	0.90		0	NR	4		0.27			
Ash	g	3.26		1	MA	12		0.98			
Carbohydrate, by difference	g	86.00		0	MC	9		25.80			
Fiber, total dietary	g	2.0		1	MA	12		0.6			
Sugars, total	g	10.77		0	MC	9		3.23			
Starch	g										
Minerals:											
* Calcium, Ca	•	333		0	MC	9		100			
* Iron, Fe	-	30.00		0	MC	9		9.00			
Magnesium, Mg		28		0	MC	9		8			
Phosphorus, P		72		0	MC	9		22			
Potassium, K		83		1	MA	12		25			
Sodium, Na		959		1	MA	12		288			
* Zinc, Zn		12.50	_	0	MC	9		3.75 0.232			
Copper, Cu		0.773 0.637		0	FLM FLM	4 4		0.232			
Manganese, Mn		9.7	,	0	FLM	4		2.9			
Selenium, Se	Tricg	9.7		U	E TIM	4		2.9			
Vitamins: Vitamin C, total ascorbic acid	ma	20.0		0	мс	9		6.0			
* Thiamin		1.250)	0	MC	9		0.375			
Riboflavin	-	1.420		0	MC	9		0.426			
Niacin		16.700		0	MC	9		5.010			
Pantothenic acid	-	0.000		0	ML	5		0.000			
* Vitamin B-6		1.670		0	MC	9		0.501			
* Folate, total	-	667		0	MC	9		200			
Folic acid		648		0	NC	4		194			
Folate, food		19		0	CAZN	4		6			
Folate, DFE		1121		0	NC	4		336			
Vitamin B-12		5.00		0	MC	9		1.50			
Vitamin A, IU		1671		0	FLA	4		501			
Vitamin A, RAE	mcg_RAE	457		0	NC	4		137			
Retinol		448		0	FLA	4		134			
Vitamin E (alpha-tocopherol)	mg	0.18		0	FLA	4		0.05			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D		0.4		^	mr 3			0.1			
Vitamin K (phylloquinone)	nicg	0.4		0	FLA	4		0.1			
Lipids:	C	0.000	1	1	1/2	10		0.060			
Fatty acids, total saturated		0.200		1 0	MA FLA	12 4		0.060 0.000			
4:0		0.000		0		4					
6:0	-	0.000		0	FLA FLA	4		0.000 0.000			
8:0 10:0	-	0.000		0	FLA	4		0.000			
12:0		0.000		0	FLA	4		0.000			
13:0		0.000	•	U	ELIA	*		0.000			
14:0		0.001	1	0	FLA	4		0.000			
15:0		0.001	-	U	ELIA	*		0.000			
		0.145	5	0	FLA	4		0.043			
16:0		0.145	,	U	E TH	4		0.043			
17:0	-	0.050	n	0	FLA	4		0.015			
18:0	-	0.050	,	U	гLА	4		0.015			
20:0	-										
22:0 24:0	-										

		<u>Ar</u>	nount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and U	Inits	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturate		0.196		0	FLA	4		0.059			
14:1											
15:1	-					_					
16:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.002		0	FLA	4		0.001			
17:1				•							
18:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.194		0	FLA	4		0.058			
20:1		0.000		0	FLA	4		0.000			
22:1 undifferentiated		0.000		0	FLA	4		0.000			
24:1 c	-			•							
Fatty acids, total polyunsaturated		0.338		0	FLA	4		0.101			
18:2 undifferentiated		0.321		0	FLA	4		0.096			
18:3 undifferentiated	_	0.017		0	FLA	4		0.005			
18:4		0.000		0	FLA	4		0.000			
20:2 n-6 c,c	• • • • • • • • • • • • • • • • • • • •										
20:3 undifferentiated	-			_		_					
20:4 undifferentiated		0.000		0	FLA	4		0.000			
20:5 n-3		0.000		0	FLA	4		0.000			
22:5 n-3	_	0.000		0	FLA	4		0.000			
22:6 n-3		0.000		0	FLA	4		0.000			
Fatty acids, total trans											
Cholesterol	•••••••••••••••••••••••••••••••••••••••	0		0	MC	9		0			
Phytosterols	mg										
Others:											
Alcohol, ethyl	g	0.0		0	Z	7		0.0			
Caffeine	mg	0		0	FLM	4		0			
Theobromine	mg	0		0	FLM	4		0			
Carotenoids:											
Carotene, beta	mcg	80		0	FLA	4		24.082			
Carotene, alpha	mcg	53		0	FLA	4		15.764			
Cryptoxanthin, beta	mcg	0		0	FLA	4		0.000			
Lycopene	mcg	0		0	FLA	4		0.000			
Lutein + zeaxanthin	mcg	1125		0	FLA	4		337.444			

Common Measures:

Measure 1 = 30g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08269 Cereals ready-to-eat, GENERAL MILLS, Country Corn Flakes General Mills Inc.

		<u>A</u>	mount in 100 g	grams	of edik	ole portio	<u>on</u>	Amount in edible portion of common		
			Nı	umber					easures of food	
				f Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure
_										
Proximates: Water	a	1.80		1	MA	12		0.54		
Energy		371		0	MC	9		111		
Energy		1552		0	MC	9		466		
Protein (N x 6.25)	=	6.00		1	MA	12		1.80		
Total lipid (fat)	_	1.30		0	NR	4		0.39		
Ash		4.10		1	MA	12		1.23		
Carbohydrate, by difference		85.00		0	MC	9		25.50		
Fiber, total dietary		1.7		1	MA	12		0.5		
Sugars, total		8.00		1	MA	12		2.40		
Starch		0.00		-				2.10		
Starcii	9									
Minerals:										
Calcium, Ca		833		0	MC	9		250		
* Iron, Fe		27.00		0	MC	9		8.10		
Magnesium, Mg		24		3	MA	12		7		
Phosphorus, P	_	67		0	MC	9		20		
Potassium, K		105		1	MA	12		32		
Sodium, Na		877		1	MA	12		263		
* Zinc, Zn		12.50	,	0 3	MC	9 12		3.75 0.030		
Copper, Cu		0.100		0	MA FLM	4		0.030		
Manganese, Mn Selenium, Se		5.1	•	0	BFZN	4		1.5		
Seiemum, Se	1110g	3.1		U	DF ZN	-		1.5		
<u>Vitamins:</u>										
* Vitamin C, total ascorbic acid	mg	20.0		0	MC	9		6.0		
* Thiamin		1.250		0	MC	9		0.375		
* Riboflavin		1.420)	0	MC	9		0.426		
* Niacin	-	16.700		0	MC	9		5.010		
Pantothenic acid		0.245		0	FLM	4		0.074		
* Vitamin B-6	_	1.670)	0	MC	9		0.501		
* Folate, total		667		0	MC	9		200		
Folic acid		648		0	NC	4		194		
Folate, food		19		0	CAAN	4		6		
Folate, DFE		1121		0	NC	4		336		
* Vitamin B-12		5.00		0	MC	9		1.50		
* Vitamin A, IU	IU	1667		0	MC	9		500		
Vitamin A, RAE		501		0	NC	4 4		150		
Retinol		501		U	NC	4		150		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
* Vitamin D		133.000)	0	MC	9		39.900		
Vitamin K (phylloquinone)		155.000		ŭ		-		33.300		
Lipids:										
	a	0 400	`	1	MA	10		0 100		
Fatty acids, total saturated		0.400		1 0	MA FLA	12 4		0.120 0.000		
4:0 6:0		0.000		0	FLA	4		0.000		
8:0	-	0.000		0	FLA	4		0.000		
10:0	-	0.000		0	FLA	4		0.000		
12:0	-	0.002		0	FLA	4		0.001		
13:0	-	0.002	=	•		•		0.001		
14:0	-	0.002	2	0	FLA	4		0.001		
15:0				-		-				
16:0		0.331	Ĺ	0	FLA	4		0.099		
17:0		,		-		•				
18:0		0.044	1	0	FLA	4		0.013		
20:0										
22:0	-									
	g									

	<u>Ar</u>	mount in 100 gram	s of edi	ole portic	<u>on</u>	Amount in edible portion of common		
		Numbe	r			<u>m</u>	easures of food	•
Nutrients and Units	Mean	of Data Std. Error Points			Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.244	0	FLA	4		0.073		
14:1								
15:1g								
16:1 undifferentiatedg	0.003	0	FLA	4		0.001		
17:1g								
18:1 undifferentiated	0.241	0	FLA	4		0.072		
20:1g	0.000	0	FLA	4		0.000		
22:1 undifferentiatedg	0.000	0	FLA	4		0.000		
24:1 cg								
Fatty acids, total polyunsaturatedg	0.420	0	FLA	4		0.126		
18:2 undifferentiatedg	0.408		FLA	4		0.122		
18:3 undifferentiatedg	0.012	0	FLA	4		0.004		
18:4g	0.000	0	FLA	4		0.000		
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000		FLA	4		0.000		
20:5 n-3g	0.000		FLA	4		0.000		
22:5 n-3g	0.000		FLA	4		0.000		
22:6 n-3g	0.000	0	FLA	4		0.000		
Fatty acids, total transg								
Cholesterolmg	0	0	FLA	4		0		
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	Z	7		0.0		
Caffeine mg								
Theobromine mg								

Common Measures:

Measure 1 = 30g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08244 Cereals ready-to-eat, GENERAL MILLS, FIBER ONE

		<u>A</u>	mount in 100	<u>on</u>	Amount in edible portion of common					
			1	Number				<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:	0	3.64		1	MA	12		1.09		
Water	=	197		0		9		59		
Energy		824		0	MC MC	9		247		
Energy		8.00		1	MA	12		2.40		
Protein (N x 6.25) Total lipid (fat)		2.70		0	NR	4		0.81		
Ash	_	4.07		1	MA	12		1.22		
Carbohydrate, by difference		81.00		0	MC	9		24.30		
Fiber, total dietary		48.0		1	MA	12		14.4		
Sugars, total		0.00		1	MA	12		0.00		
Starch	=	0.00		-				0.00		
Minerals:										
Calcium, Ca	mg	333		0	MC	9		100		
'Iron, Fe	mg	15.00		0	MC	9		4.50		
Magnesium, Mg		200		0	MC	9		60		
Phosphorus, P		500		0	MC	9		150		
Potassium, K		774		1	MA	12		232		
Sodium, Na	-	429		1	MA	12		129		
Zinc, Zn		12.50		0	MC	9		3.75		
Copper, Cu		0.533		0	MC	9		0.160		
Manganese, Mn		5.576	•	0	FLC	4		1.673		
Selenium, Se	nicg	9.0		0	BFZN	4		2.7		
Vitamins: Vitamin C, total ascorbic acid	ma	20.0		0	MC	9		6.0		
Thiamin		1.250)	0	MC	9		0.375		
Riboflavin		1.420		0	MC	9		0.426		
Niacin		16.700		0	MC	9		5.010		
Pantothenic acid		1.111		0	FLC	4		0.333		
Vitamin B-6		1.670)	0	MC	9		0.501		
Folate, total	mcg	333		0	MC	9		100		
Folic acid		314		0	NC	4		94		
Folate, food		19		0	CAAN	4		6		
Folate, DFE	mcg_DFE	553		0	NC	4		166		
Vitamin B-12	mcg	5.00		0	MC	9		1.50		
Vitamin A, IU		0		0	ML	5		0		
Vitamin A, RAE		0		0	NC	4		0		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.71		0	FLM	4		0.21		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin K (phylloquinone)		0.8		0	FLM	4		0.3		
Lipids:										
Fatty acids, total saturated	g	0.400)	1	MA	12		0.120		
4:0		0.000)	0	FLM	4		0.000		
6:0	g	0.000)	0	FLM	4		0.000		
8:0	g	0.000)	0	FLM	4		0.000		
10:0		0.000		0	FLM	4		0.000		
12:0		0.001	L	0	FLM	4		0.000		
13:0										
14:0	-	0.004	1	0	FLM	4		0.001		
15:0			_							
16:0		0.349	•	0	FLM	4		0.105		
17:0	-		_	_		_				
18:0	-	0.025	•	0	FLM	4		0.008		
20:0	-									
22:0 24:0	-									

		<u>An</u>	nount in 10	00 grams	of edil	ole portic	<u>on</u>	Amount in edible portion of common		
					Deriv		Confidence	_	easures of food	
Nutrients and Ur	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
F		0.440		0	FLM	4		0.132		
Fatty acids, total monounsaturated		0.440		U	FLM	4		0.132		
15:1										
16:1 undifferentiated	-	0.010		0	FLM	4		0.003		
17:1	-	0.010		Ū	2 1101	-		0.003		
18:1 undifferentiated		0.429		0	FLM	4		0.129		
20:1		0.000		0	FLM	4		0.000		
22:1 undifferentiated	-	0.000		0	FLM	4		0.000		
24:1 c		0.000		•		-		0.000		
Fatty acids, total polyunsaturated		1.366		0	FLM	4		0.410		
18:2 undifferentiated		1.266		0	FLM	4		0.380		
18:3 undifferentiated	-	0.098		0	FLM	4		0.029		
18:4		0.000		0	FLM	4		0.000		
20:2 n-6 c.c.										
20:3 undifferentiated	• • • • • • • • • • • • • • • • • • • •									
20:4 undifferentiated		0.003		0	FLM	4		0.001		
20:5 n-3	g	0.000		0	FLM	4		0.000		
22:5 n-3	g	0.000		0	FLM	4		0.000		
22:6 n-3	g	0.000		0	FLM	4		0.000		
Fatty acids, total trans	g									
Cholesterol		0		0	MC	9		0		
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	Z	7		0.0		
Caffeine	mg	0		0	FLM	4		0		
Theobromine	mg	0		0	FLM	4		0		
Carotenoids:										
Carotene, beta	mcg	0		0	z	7		0.000		
Carotene, alpha	mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta	mcg	0		0	Z	7		0.000		
Lycopene	mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin		0		0	Z	7		0.000		

Common Measures:

Measure 1 = 30g: .5 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08268 Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY

		A	mount in 10			ole portio	o <u>n</u>		edible portion o	f common
Nutrients and Un	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.24		1	MA	12		0.67		
Energy		392		0	MC	9		118		
Energy		1640		0	MC	9		492		
Protein (N x 6.25)	g	3.00		1	MA	12		0.90		
Total lipid (fat)		2.60		0	NR	4		0.78		
Ash	g	2.13		1	MA	12		0.64		
Carbohydrate, by difference	g	90.00		0	MC	9		27.00		
Fiber, total dietary	g	0.9		1	MA	12		0.3		
Sugars, total	g	47.00		1	MA	12		14.10		
Starch	g									
Minorals										
Minerals: * Calcium, Ca	ma	67		0	MC	9		20		
* Iron, Fe		15.00		0	MC	9		4.50		
Magnesium, Mg		9		2	MA	12		3		
Phosphorus, P		67		1	MA	12		20		
Potassium, K	-	46		1	MA	12		14		
Sodium, Na	mg	711		1	MA	12		213		
* Zinc, Zn	mg	12.50		0	MC	9		3.75		
Copper, Cu	mg	0.080)	2	MA	12		0.024		
Manganese, Mn	mg	0.134	l	0	FLM	4		0.040		
Selenium, Se	mcg	19.8		0	BFZN	4		5.9		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	20.0		0	MC	9		6.0		
* Thiamin	-	1.250)	0	MC	9		0.375		
* Riboflavin	-	1.420)	0	MC	9		0.426		
* Niacin	mg	16.700)	0	MC	9		5.010		
Pantothenic acid	mg	0.118	3	0	FLM	4		0.035		
* Vitamin B-6	mg	1.670)	0	MC	9		0.501		
* Folate, total	mcg	333		0	MC	9		100		
Folic acid		314		0	NC	4		94		
Folate, food		19		0	CAAN	4		6		
Folate, DFE		553		0	NC	4		166		
* Vitamin B-12		5.00		0	MC	9		1.50		
Vitamin A, IU	IU	0		0	ML	5		0		
Vitamin A, RAE		0		0	NC	4		0		
Retinol		0		0 0	Z FLA	7 4		0		
Vitamin E (alpha-tocopherol)		0.22		U	FLA	4		0.07		
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.6		0	FLA	4		0.2		
Lipids:		0.400				10		0.100		
Fatty acids, total saturated		0.400		1 0	MA ET A	12 4		0.120		
4:0 6:0		0.000		0	FLA FLA	4		0.000		
8:0		0.000		0	FLA	4		0.000		
10:0	-	0.000		0	FLA	4		0.000		
12:0		0.000		0	FLA	4		0.000		
13:0	-			-	_					
14:0	_	0.003	3	0	FLA	4		0.001		
15:0	_									
16:0	g	0.277	,	0	FLA	4		0.083		
17:0	g									
18:0		0.117	,	0	FLA	4		0.035		
20:0										
22:0	g									

Nutrients and Units Nutrients and Units		<u>Ar</u>	mount in 10	0 grams	of edil	<u>on</u>	Amount in	edible portion of	of common	
Nutrients and Units Mean Std. Error Points Code Code Code Measure 1 Measure 2 Measure 3						Source	Confidence	<u>m</u>	easures of food	_
Fatty acids, total monounsaturated 9	Nutrients and Units	Mean						Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated 9										
14-1	=			_						
15:1		1.416		0	FLA	4		0.425		
16.1 undifferentiated. g 0.014 0 FLA 4 0.004 17.1 9 1.401 0 FLA 4 0.420 20.1 9 0.000 0 FLA 4 0.000 22.1 undifferentiated. g 0.000 0 FLA 4 0.000 22.1 undifferentiated. g 0.000 0 FLA 4 0.000 24.1 c.	· · · · · · · · · · · · · · · · · · ·									
17-1										
18.1 undifferentiated. 9		0.014		0	FLA	4		0.004		
20:1		1.401		0	FT.A	4		0 420		
22:1 undifferentiated g										
Patty acids, total polyunsaturated				-		_				
Fatty acids, total polyunsaturated	_	0.000		·		-		0.000		
18:2 undifferentiated. g		0.579		0	FLA	4		0.174		
18:3 undifferentiated										
18:4						4				
20:2 n-6 c,c				0	FLA	4				
20:3 undifferentiated 9										
20:5 n-3 9 0.000 0 FLA 4 0.000 22:5 n-3 9 0.000 0 FLA 4 0.000 22:6 n-3 9 0.000 0 FLA 4 0.000 Faty acids, total trans 9 0 0 MC 9 0 Cholesterol mg 0 0 MC 9 0 Phytosterols mg 0 0 MC 9 0 Others: Alcohol, ethyl 9 0 0 Z 7 0.0 Caffeine mg 0 0 FLA 4 0 Theobromine mg 0 0 FLA 4 0 Carotenoids: Carotene, beta mcg 0 0 Z 7 0.000 Carotene, alpha mcg 0 0 Z 7 0.000 Cyptoxanthin, beta	20:3 undifferentiatedg									
22:5 n-3	20:4 undifferentiatedg	0.000		0	FLA	4		0.000		
22:6 n-3 9 0.000 0 FLA 4 0.000 Fatty acids, total trans 9 0 0 MC 9 0 Cholesterol. mg 0 0 MC 9 0 Phytosterols mg 0 0 Z 7 0.0 Cholesterol. mg 0 0 Z 7 0.0 Alcohol, ethyl. 9 0 0 Z 7 0.0 Caffeine mg 0 0 FLA 4 0 Theobromine mg 0 0 FLA 4 0 Carotene, beta mcg 0 0 Z 7 0.000 Carotene, alpha mcg 0 0 Z 7 0.000 Cryptoxanthin, beta mcg 0 0 Z 7 0.000 Lycopene mcg 0 0 Z 7 0.000	20:5 n-3g	0.000		0	FLA	4		0.000		
Fatty acids, total trans	22:5 n-3g	0.000		0	FLA	4		0.000		
Cholesterol. mg 0 0 MC 9 0 Phytosterols MC 9 0 Cholesterol. Mg O MC 9 0 Alcohol, ethyl. g 0 0 Z 7 0.0 Caffeine mg 0 0 FLA 4 0 Caroteneids: Carotene, beta mcg 0 z 7 0.000 Carotene, alpha mcg 0 z 7 0.000 Cryptoxanthin, beta mcg 0 z 7 0.000 Lycopene mcg 0 z 7 0.000	22:6 n-3g	0.000		0	FLA	4		0.000		
Phytosterols. mg Others: Alcohol, ethyl. g 0.0 z 7 0.0 Caffeine. mg 0 FLA 4 0 Theobromine. mg 0 0 FLA 4 0 Carotenoids: Carotene, beta. mcg 0 z 7 0.000 Carotene, alpha. mcg 0 z 7 0.000 Cryptoxanthin, beta. mcg 0 z 7 0.000 Lycopene. mcg 0 z 7 0.000	Fatty acids, total transg									
Others: Alcohol, ethyl	Cholesterolmg	0		0	MC	9		0		
Alcohol, ethyl g 0.0 0 z 7 0.0 Caffeine	Phytosterolsmg									
Alcohol, ethyl g 0.0 0 z 7 0.0 Caffeine	Others:									
Caffeine mg 0 0 FLA 4 0 Theobromine mg 0 0 FLA 4 0 Carotenoids: Carotene, beta mcg 0 0 z 7 0.000 Carotene, alpha mcg 0 0 z 7 0.000 Cryptoxanthin, beta mcg 0 0 z 7 0.000 Lycopene mcg 0 0 z 7 0.000		0.0		0	z	7		0.0		
Theobromine mg 0 0 FLA 4 0 Carotenoids: Carotene, beta mcg 0 0 z 7 0.000 Carotene, alpha mcg 0 0 z 7 0.000 Cryptoxanthin, beta mcg 0 0 z 7 0.000 Lycopene mcg 0 0 z 7 0.000										
Carotenoids: Carotene, beta	-					4				
Carotene, beta. mcg 0 0 z 7 0.000 Carotene, alpha mcg 0 0 z 7 0.000 Cryptoxanthin, beta mcg 0 0 z 7 0.000 Lycopene mcg 0 0 z 7 0.000		-		-		-		-		
Carotene, alpha mcg 0 0 z 7 0.000 Cryptoxanthin, beta mcg 0 0 z 7 0.000 Lycopene mcg 0 0 z 7 0.000	·	0		0	z	7		0.000		
Cryptoxanthin, beta		-		-						
Lycopenemcg 0 0 z 7 0.000		-		-						
-) ·· [· · · · · · · · · · · · · · · · ·	**	0		0	z	7				
	Lutein + zeaxanthinmcg				z	7		0.000		

Common Measures:

Measure 1 = 30g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08267 Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS

		<u>A</u>	mount in 100) grams	<u>on</u>	Amount in	edible portion	of common		
			1	Number					easures of food	
						Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	2.51		1	MA	12		0.75		
Energy	kcal	382		0	MC	9		115		
Energy	kj	1598		0	MC	9		479		
Protein (N x 6.25)		5.00		1	MA	12		1.50		
Total lipid (fat)	g	2.90		0	NR	4		0.87		
Ash		3.34		1	MA	12		1.00		
Carbohydrate, by difference		86.00		0	MC	9		25.80		
Fiber, total dietary		3.0		1	MA	12		0.9		
Sugars, total	=	44.00		1	MA	12		13.20		
Starch	g									
Minerals:										
* Calcium, Ca	mg	333		0	MC	9		100		
* Iron, Fe	-	15.00		0	MC	9		4.50		
Magnesium, Mg		53		0	MC	9		16		
Phosphorus, P		133		0	MC	9		40		
Potassium, K	_	141		1	MA	12		42		
Sodium, Na	-	699		1	MA	12		210		
* Zinc, Zn	_	12.50 0.190		0 0	MC FLM	9 4		3.75 0.057		
Copper, Cu		1.384		0	FLM	4		0.057		
Selenium, Se		37.5	•	0	BFZN	4		11.3		
Scientini, Sc	g	37.3		·	D1 211	•		11.5		
<u>Vitamins:</u>										
* Vitamin C, total ascorbic acid	-	20.0		0	MC	9		6.0		
* Thiamin		1.250		0	MC	9		0.375		
* Riboflavin	_	1.420		0	MC	9		0.426		
* Niacin	-	16.700 0.502		0 0	MC FLM	9 4		5.010 0.151		
Pantothenic acid* Vitamin B-6		1.670		0	MC	9		0.131		
* Folate, total		667	,	0	MC	9		200		
Folic acid		648		0	NC	4		194		
Folate, food		19		0	CAAN	4		6		
Folate, DFE		1121		0	NC	4		336		
* Vitamin B-12		5.00		0	MC	9		1.50		
* Vitamin A, IU		1667		0	MC	9		500		
Vitamin A, RAE	mcg_RAE	501		0	NC	4		150		
Retinol		501		0	NC	4		150		
Vitamin E (alpha-tocopherol)		0.29		0	FLM	4		0.09		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta		122 000		0	wa	•		20.000		
* Vitamin D Vitamin K (phylloquinone)		133.000 1.0	,	0 0	MC FLM	9 4		39.900 0.3		
vitamin K (pnylloquinone)	nicg	1.0		U	FLM	4		0.3		
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.700)	1	MA	12		0.210		
4:0	-	0.000		0	FLM	4		0.000		
6:0	-	0.000		0	FLM	4		0.000		
8:0		0.000		0	FLM	4		0.000		
10:0		0.000		0	FLM	4		0.000		
12:0		0.006	•	0	FLM	4		0.002		
13:0		0.005		0	FLM	4		0 003		
14:0		0.005	,	U	r LM	4		0.002		
15:0 16:0	-	0.548	1	0	FLM	4		0.164		
17:0	-	0.546	•	U	2 List	-		0.104		
18:0	-	0.112	2	0	FLM	4		0.033		
20:0	-	3.222		-		-		0.000		
22:0	-									
24:0	-									

	<u>Ar</u>	nount in 10	00 grams	of edib	o <u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.933		0	FLM	4		0.280		
14:1g									
15:1g									
16:1 undifferentiatedg	0.007		0	FLM	4		0.002		
17:1g									
18:1 undifferentiatedg	0.926		0	FLM	4		0.278		
20:1g	0.000		0	FLM	4		0.000		
22:1 undifferentiatedg	0.000		0	FLM	4		0.000		
24:1 cg									
Fatty acids, total polyunsaturated	0.887		0	FLM	4		0.266		
18:2 undifferentiatedg	0.840		0	FLM	4		0.252		
18:3 undifferentiatedg	0.047		0	FLM	4		0.014		
18:4g	0.000		0	FLM	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	FLM	4		0.000		
20:5 n-3g	0.000		0	FLM	4		0.000		
22:5 n-3g	0.000		0	FLM	4		0.000		
22:6 n-3g	0.000		0	FLM	4		0.000		
Fatty acids, total transg									
Cholesterolmg	0		0	MC	9		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0		
Caffeine mg	0		0	FLM	4		0		
Theobrominemg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta mcg	0		0	z	7		0.000		
Carotene, alpha mcg	0		0	z	7		0.000		
Cryptoxanthin, betamcg	0		0	Z	7		0.000		
Lycopene mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin mcg	0		0	z	7		0.000		

Common Measures:

Measure 1 = 30g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08266 Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES

		A	mount in 10			ole portio	<u>on</u>		edible portion o	f common
Nutrients and Un	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Duraimatan										
Proximates: Water	а	2.68		1	MA	12		0.80		
Energy	-	373		0	MC	9		112		
Energy		1561		0	MC	9		468		
Protein (N x 6.25)		5.00		1	MA	12		1.50		
Total lipid (fat)		1.00		0	NR	4		0.30		
Ash	-	3.06		1	MA	12		0.92		
Carbohydrate, by difference		89.00		0	MC	9		26.70		
Fiber, total dietary		2.0		1	MA	12		0.6		
Sugars, total		39.00		1	MA	12		11.70		
Starch		33.00		_						
Starch	9									
Minerals:										
Calcium, Ca		333		0	MC	9		100		
* Iron, Fe		27.00		0	MC	9		8.10		
Magnesium, Mg		36		1	MA	12		11		
Phosphorus, P	-	67		0	MC	9		20		
Potassium, K		110		1	MA	12		33		
Sodium, Na		679		1	MA	12		204		
* Zinc, Zn		25.00		0	MC	9		7.50		
Copper, Cu		0.100		1	MA	12		0.030		
Manganese, Mn		1.016 4.7)	0 0	FLM BFZN	4 4		0.305		
Selenium, Se	Tilicg	4.7		U	BFZN	4		1.4		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	20.0		0	MC	9		6.0		
* Thiamin	mg	2.500)	0	MC	9		0.750		
* Riboflavin	mg	2.830)	0	MC	9		0.849		
* Niacin	mg	33.300)	0	MC	9		9.990		
Pantothenic acid	mg	0.354	l	0	FLM	4		0.106		
* Vitamin B-6	mg	3.330)	0	MC	9		0.999		
* Folate, total		1333		0	MC	9		400		
Folic acid		1314		0	NC	4		394		
Folate, food		19		0	CAAN	4		6		
Folate, DFE	mcg_DFE	2253		0	NC	4		676		
* Vitamin B-12		10.00		0	MC	9		3.00		
* Vitamin A, IU		1667		0	MC	9		500		
Vitamin A, RAE		501		0	NC	4		150		
Retinol		501		0	NC	4		150		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta		133.000	,	1	MC	9		39.900		
* Vitamin D Vitamin K (phylloquinone)		133.000	,	1	MC	9		39.900		
vitaliili K (phylloquillone)	Illog									
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.200)	1	MA	12		0.060		
4:0	g	0.000)	0	FLA	4		0.000		
6:0		0.000		0	FLA	4		0.000		
8:0	-	0.005		0	FLA	4		0.002		
10:0		0.000		0	FLA	4		0.000		
12:0	-	0.000)	0	FLA	4		0.000		
13:0	_			_	_	_				
14:0	_	0.001	L	0	FLA	4		0.000		
15:0	_	0 1		_						
16:0	_	0.167	,	0	FLA	4		0.050		
17:0	_	0.014	-	^	ET A	4		0 005		
18:0	-	0.016	•	0	FLA	4		0.005		
20:0										
22:0	y									

NDB No. 08266 Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES

		<u>Ar</u>	mount in 10	00 grams	of edil	ole portic	<u>on</u>	Amount in edible portion of commor measures of food		
					Deriv		Confidence			•
Nutrients and Unit	5	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
24:0	a									
Fatty acids, total monounsaturated		0.183		0	FLA	4		0.055		
14:1		0.103		Ū	LIM	-		0.055		
15:1										
16:1 undifferentiated		0.004		0	FLA	4		0.001		
17:1				-		_		****		
18:1 undifferentiated	_	0.179		0	FLA	4		0.054		
20:1		0.000		0	FLA	4		0.000		
22:1 undifferentiated	_	0.000		0	FLA	4		0.000		
24:1 c	g									
Fatty acids, total polyunsaturated	_	0.392		0	FLA	4		0.117		
18:2 undifferentiated	g	0.377		0	FLA	4		0.113		
18:3 undifferentiated	g	0.014		0	FLA	4		0.004		
18:4	g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated										
20:4 undifferentiated	g	0.000		0	FLA	4		0.000		
20:5 n-3	g	0.000		0	FLA	4		0.000		
22:5 n-3	g	0.000		0	FLA	4		0.000		
22:6 n-3	g	0.000		0	FLA	4		0.000		
Fatty acids, total trans										
Cholesterol	_	0		0	MC	9		0		
Phytosterols	<u>mg</u>									
Others:										
Alcohol, ethyl	-	0.0		0	Z	7		0.0		
Caffeine	_									
Theobromine	mg									

Common Measures:

Measure 1 = 30g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08086 Cereals ready-to-eat, GENERAL MILLS, French Toast Crunch

		<u>A</u>	mount in 10			ole portic	<u>on</u>		edible portion of easures of food	
Nutrients and Uni	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.24		1	MA	12				
Energy	kcal	390		0	MC	9				
Energy		1632		0	MC	9				
Protein (N x 6.25)	g	4.00		0	MA	12				
Total lipid (fat)	g	3.20		0	NR	4				
Ash	g	2.26		1	MA	12				
Carbohydrate, by difference	g	88.00		0	MC	9				
Fiber, total dietary	g	1.0		1	MA	12				
Sugars, total	g	40.00		0	MC	9				
Starch	g									
MC 1										
Minerals:	ma	267		•	wa	•				
* Calcium, Ca * Iron, Fe	-	267 15.00		0	MC MC	9 9				
* Iron, Fe Magnesium, Mg		10		8	MA	9 12				
Phosphorus, P		200		0	MA	12				
Potassium, K	-	73		1	MA	12				
Sodium, Na		593		1	MA	12				
* Zinc, Zn	-	12.50		0	MC	9				
Copper, Cu		0.000)	8	MA	12				
Manganese, Mn	-	0.065	5	0	FLA	4				
Selenium, Se		3.9		0	FLA	4				
¥7:4										
<u>Vitamins:</u>		00.0		•		•				
* Vitamin C, total ascorbic acid	-	20.0		0	MC	9				
* Thiamin	-	1.250		0 0	MC MC	9 9				
* Riboflavin	_	1.420 16.700		0	MC	9				
* Niacin Pantothenic acid		0.000		8	MA	12				
* Vitamin B-6		1.670		0	MC	9				
* Folate, total		333	,	0	MC	9				
Folic acid		314		0	NC	4				
Folate, food		19		0	CAAN	4				
Folate, DFE		553		0	NC	4				
* Vitamin B-12		5.00		0	MC	9				
* Vitamin A, IU		1667		0	MC	9				
Vitamin A, RAE		473		0	NC	4				
Retinol		467		0	NC	4				
Vitamin E (alpha-tocopherol)		1.04		0	NR	4				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
* Vitamin D		133.000)	0	MC	9				
Vitamin K (phylloquinone)	mcg	0.8		0	FLA	4				
Lipids:										
Fatty acids, total saturated	а	0.600)	1	MA	12				
4:0		0.000		0	FLA	4				
6:0		0.000		0	FLA	4				
8:0	_	0.000		0	FLA	4				
10:0		0.000)	0	FLA	4				
12:0	g	0.001	L	0	FLA	4				
13:0	g									
14:0	g	0.004	l	0	FLA	4				
15:0										
16:0	g	0.419	•	0	FLA	4				
17:0										
18:0		0.169	•	0	FLA	4				
20:0	α .									

Nutrients and Units	Mean				Amount in edible portion of common measures of food				
		Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
24:0g									
Fatty acids, total monounsaturated9	1.594		0	FLA	4				
14:1g									
15:1g									
16:1 undifferentiatedg	0.016		0	FLA	4				
17:1g									
18:1 undifferentiatedg	1.578		0	FLA	4				
20:1g	0.000		0	FLA	4				
22:1 undifferentiatedg	0.000		0	FLA	4				
24:1 cg									
Fatty acids, total polyunsaturated	0.498		0	FLA	4				
18:2 undifferentiatedg	0.469		0	FLA	4				
18:3 undifferentiatedg	0.029		0	FLA	4				
18:4g	0.000		0	FLA	4				
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	FLA	4				
20:5 n-3g	0.000		0	FLA	4				
22:5 n-3g	0.000		0	FLA	4				
22:6 n-3g	0.000		0	FLA	4				
Fatty acids, total trans									
Cholesterolmg	0		0	MC	9				
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7				
Caffeine mg	0		0	FLA	4				
Theobromine mg	0		0	FLA	4				
Carotenoids:									
Carotene, betamcg	50		0	FLA	4				
Carotene, alpha mcg	33		0	FLA	4				
Cryptoxanthin, betamcg	0		0	FLA	4				
Lycopenemcg	0		0	FLA	4				
Lutein + zeaxanthin mcg	705		0	FLA	4				

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08397 Cereals ready-to-eat, GENERAL MILLS, Frosted Corn Flakes

Refuse: 0%

		<u>Aı</u>	mount in 10	00 grams	of edit	ole portic	<u>on</u>		edible portion	
				Number	•			<u>m</u>	easures of food	_
				of Data	Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	1.84		1	MA	12				
Energy	kcal	392		0	MC	9				
Energy		1640		0	MC	9				
Protein (N x 6.25)	g	4.00		1	MA	12				
Total lipid (fat)	g	0.40		0	NR	4				
Ash	g	1.78		1	MA	12				
Carbohydrate, by difference		92.00		0	MC	9				
Fiber, total dietary		0.0		1	MA	12				
Sugars, total		44.00		0	MA	12				
Starch										
Minerals:										
Calcium, Ca		0		0	MC	9				
* Iron, Fe		12.90		0	MC	9				
Magnesium, Mg										
Phosphorus, P										
Potassium, K	-	55		1	MA	12				
Sodium, Na	-	631		1	MA	12				
* Zinc, Zn		0.00		0	MC	9				
Copper, Cu										
Manganese, Mn	_									
Selenium, Se	inog									
Vitamins:										
* Vitamin C, total ascorbic acid	mg	43.0		0	MC	9				
* Thiamin	<u>mg</u>	1.070		0	MC	9				
* Riboflavin	mg	1.210		0	MC	9				
* Niacin	mg	14.300		0	MC	9				
Pantothenic acid	<u>mg</u>									
* Vitamin B-6	-	1.430		0	MC	9				
* Folate, total	mcg	286		0	MC	9				
Folic acid	mcg	267		0	NC	4				
Folate, food		19		0	CAAN	4				
Folate, DFE		473		0	NC	4				
* Vitamin B-12	• • • • • • • • • • • • • • • • • • • •	4.30		0	MC	9				
* Vitamin A, IU		3571		0	MC	9				
Vitamin A, RAE		1072		0	NC	4				
Retinol		1072		0	NC	4				
Vitamin E (alpha-tocopherol)	-									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta		140 0		•		•				
* Vitamin D		143.000		0	MC	9				
Vitamin K (phylloquinone)	mcg									
Lipids:	_			_						
Fatty acids, total saturated		0.200		1	MA	12				
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans		•		•		•				
Cholesterol	mg	0		0	MC	9				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

^{*}Vitamin or mineral added for enrichment or fortification

NDB No. 08397

Cereals ready-to-eat, GENERAL MILLS, Frosted Corn Flakes

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08035 Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS

		<u>A</u>	mount in 10	u grams	of edil	ole portio	<u>on</u>	Amount in	edible portion of	of common
				Number				<u>m</u>	easures of food	
						Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:	_	0.50								
Water	=	2.52		1	MA	12		0.76		
Energy		372		0	MC	9		112		
Energy		1556		0	MC	9		467		
Protein (N x 6.25)		5.00 3.50		1 0	MA NR	12 4		1.50 1.05		
Total lipid (fat)	_	5.74		1	MA.	12		1.72		
Ash Carbohydrate, by difference		83.00		0	MC	9		24.90		
Fiber, total dietary		3.0		1	MA	12		0.9		
Sugars, total		35.00		1	MA	12		10.50		
Starch	=	33.00		_	MA	12		10.30		
	9									
Minerals: * Calcium. Ca	ma	1167		0	MC	9		350		
Calcium, Ca		15.00		0	MC MC	9		4.50		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	27		0	MC	9		4.50 8		
Phosphorus, P		667		0	MC	9		200		
Potassium, K		165		1	MA	12		50		
Sodium, Na		895		1	MA	12		269		
* Zinc, Zn	mg	12.50		0	MC	9		3.75		
Copper, Cu	mg	0.160)	3	MA	12		0.048		
Manganese, Mn	mg	0.711	L	0	FLM	4		0.213		
Selenium, Se	mcg	5.6		0	RA	4		1.7		
Vitamins:										
Vitamin C, total ascorbic acid		20.0		0	MC	9		6.0		
'Thiamin	-	1.250		0	MC	9		0.375		
'Riboflavin		1.420		0	MC	9		0.426		
Niacin	-	16.700		0	MC	9		5.010		
Pantothenic acid		0.294		0	FLM	4		0.088		
Vitamin B-6	_	1.670	,	0 0	MC	9 9		0.501		
Folic acid		333 314		0	MC NC	4		100 94		
Folate, food		19		0	CAAN	4		6		
Folate, DFE		553		0	NC	4		166		
Vitamin B-12		5.00		0	MC	9		1.50		
Vitamin A, IU		1667		0	MC	9		500		
Vitamin A, RAE		501		0	NC	4		150		
Retinol		501		0	NC	4		150		
Vitamin E (alpha-tocopherol)	mg	0.37		0	FLA	4		0.11		
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
* Vitamin D		133.000)	0	MC	9		39.900		
Vitamin K (phylloquinone)	mcg	1.0		0	FLA	4		0.3		
Lipids:										
Fatty acids, total saturated		0.600		1	MA	12		0.180		
4:0		0.001		0	FLA	4		0.000		
6:0	-	0.000		0	FLA	4		0.000		
8:0	_	0.002		0 0	FLA	4 4		0.001		
10:0 12:0		0.000		0	FLA FLA	4		0.000 0.000		
13:0		0.001	-	U	T. TIEV	-		0.000		
14:0		0.006	5	0	FLA	4		0.002		
15:0		0.000	-	·	1	•		3.002		
16:0	-	0.414	ı	0	FLA	4		0.124		
17:0	-			•		-		- · ·		
18:0	-	0.169	•	0	FLA	4		0.051		
20:0	-									
22:0	_									
24:0	_									

		<u>Ar</u>	nount in 10			<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and U	nits	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate		1.340		0	FLA	4		0.402		
14:1										
15:1	-									
16:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.014		0	FLA	4		0.004		
17:1										
18:1 undifferentiated		1.326		0	FLA	4		0.398		
20:1	-	0.000		0	FLA	4		0.000		
22:1 undifferentiated	•	0.000		0	FLA	4		0.000		
24:1 c				_						
Fatty acids, total polyunsaturated		1.301		0	FLA	4		0.390		
18:2 undifferentiated	• • • • • • • • • • • • • • • • • • • •	1.222		0	FLA	4		0.366		
18:3 undifferentiated		0.079		0	FLA	4		0.024		
18:4		0.000		0	FLA	4		0.000		
20:2 n-6 c,c										
20:3 undifferentiated	-			•						
20:4 undifferentiated		0.000		0	FLA	4		0.000		
20:5 n-3	-	0.000		0	FLA	4		0.000		
22:5 n-3	-	0.000		0	FLA	4		0.000		
22:6 n-3	-	0.000		0	FLA	4		0.000		
Fatty acids, total trans		•				•		•		
Cholesterol	• • • • • • • • • • • • • • • • • • • •	0		0	MC	9		0		
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	Z	7		0.0		
Caffeine		0		0	FLA	4		0		
Theobromine	mg	0		0	FLA	4		0		
Carotenoids:	-									
Carotene, beta	mca	0		0	z	7		0.000		
Carotene, alpha		0		0	z	7		0.000		
Cryptoxanthin, beta		0		0	z	7		0.000		
Lycopene		0		0	z	7		0.000		
Lutein + zeaxanthin		0		0	z	7		0.000		

Common Measures:

Measure 1 = 30g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

		<u>A</u>	mount in 10			ole portic	<u>on</u>		edible portion	
Nutrients and Un	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Proximates: Water	a	2.83		1	MA	12				
Energy	=	365		0	MC	9				
Energy		1527		0	MC	9				
Protein (N x 6.25)		11.00		1	MA	12				
Total lipid (fat)		2.20		0	MC	9				
Ash		4.64		1	MA	12				
Carbohydrate, by difference		79.00		0	MC	9				
Fiber, total dietary		4.0		1	MA	12				
Sugars, total		24.00		0	LC	8				
Starch				·	0	·				
Starch	9									
Minerals:										
* Calcium, Ca	_	1091		0	MC	9				
* Iron, Fe	-	16.40		0	MC	9				
Magnesium, Mg		44		0	MC	9				
Phosphorus, P		182		0	MC	9				
Potassium, K		166		1	MA	12				
Sodium, Na		645		1	MA	12				
* Zinc, Zn		13.60		0	MC	9 9				
Copper, Cu		0.145 1.359		0	MC FLM	4				
Manganese, Mn Selenium, Se		21.8	•	0	FLM	4				
Selemum, Se	nicg	21.0		U	FIM	•				
Vitamins:										
* Vitamin C, total ascorbic acid	mg	55.0		0	MC	9				
* Thiamin	mg	2.730)	0	MC	9				
* Riboflavin	mg	1.550)	0	MC	9				
* Niacin	mg	18.200)	0	MC	9				
Pantothenic acid	-									
* Vitamin B-6	-	1.820)	0	MC	9				
* Folate, total		727		0	MC	9				
Folic acid	-	708		0	NC	4				
Folate, food		19		0	NC	4				
Folate, DFE		1223		0	NC	4				
* Vitamin B-12		7.60		0	MC	9				
* Vitamin A, IU		909		0	MC	9				
Vitamin A, RAE		273		0	NC	4				
Retinol		273 24.54		0	NR MC	4 9				
* Vitamin E (alpha-tocopherol)		24.54		U	MC	9				
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
* Vitamin D		73.000)	0	MC	9				
Vitamin K (phylloquinone)		0.5	•	0	FLM	4				
vitamini ix (phylioquinone)	9	0.0		·		-				
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.500		1	MA	12				
4:0		0.001		0	FLM	4				
6:0		0.000		0	FLM	4				
8:0	-	0.007		0	FLM	4				
10:0	-	0.000		0	FLM	4				
12:0		0.001		0	FLM	4				
13:0		0.000		0	FLM	4				
14:0		0.007		0	FLM	4				
15:0	-	0.000		0	FLM	4				
16:0	-	0.414		0	FLM	4				
17:0		0.000		0	FLM	4				
18:0		0.057		0	FLM	4				
20:0		0.000		0	FLM	4				
22:0		0.000		0	FLM	4				
24:0	q	0.000)	0	FLM	4				

		<u>Ar</u>	nount in 10	0 grams		<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and U	nits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	ig	0.814		0	FLM	4				
14:1		0.000		0	FLM	4				
15:1										
16:1 undifferentiated		0.009		0	FLM	4				
17:1	_									
18:1 undifferentiated	_	0.805		0	FLM	4				
20:1	•	0.000		0	FLM	4				
22:1 undifferentiated	-	0.000		0	FLM	4				
24:1 c		0.000		0	FLM	4				
Fatty acids, total polyunsaturated.	g	0.601		0	FLM	4				
18:2 undifferentiated	g	0.574		0	FLM	4				
18:3 undifferentiated	g	0.028		0	FLM	4				
18:4	g	0.000		0	FLM	4				
20:2 n-6 c,c	g	0.000		0	FLM	4				
20:3 undifferentiated	g	0.000		0	FLM	4				
20:4 undifferentiated	g	0.000		0	FLM	4				
20:5 n-3	g	0.000		0	FLM	4				
22:5 n-3	g	0.000		0	FLM	4				
22:6 n-3	g	0.000		0	FLM	4				
Fatty acids, total trans	g									
Cholesterol	mg	0		0	MC	9				
Phytosterols	mg									
Others:										
Alcohol, ethyl	_	0.0		0	FLM	4				
Caffeine	mg	0		0	FLM	4				
Theobromine	mg	0		0	FLM	4				
Carotenoids:										
Carotene, beta		0		0	Z	7				
Carotene, alpha		0		0	Z	7				
Cryptoxanthin, beta		0		0	Z	7				
Lycopene		0		0	Z	7				
Lutein + zeaxanthin	mcg	0		0	Z	7				

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08045 Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS

		<u>Aı</u>	mount in 10	0 grams	of edil	ole portic	<u>on</u>	Amount in edible portion of common			
				Number	•			<u>m</u>	easures of food		
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates: Water	a	2.20		1	MA	12		0.66			
Energy	-	373		0	MC	9		112			
Energy		1561		0	MC	9		468			
Protein (N x 6.25)		9.00		1	MA	12		2.70			
Total lipid (fat)		4.00		0	NR	4		1.20			
Ash		4.21		1	MA	12		1.26			
Carbohydrate, by difference		80.00		0	MC	9		24.00			
Fiber, total dietary		6.0		1	MA	12		1.8			
Sugars, total		35.00		1	MA	12		10.50			
Starch	_	33.00		-	m	12		10.50			
	9										
Minerals:	m~	222		_		^		100			
* Calcium, Ca	-	333		0	MC	9		100			
* Iron, Fe	• • • • • • • • • • • • • • • • • • • •	15.00 107		0 0	MC MC	9 9		4.50 32			
Magnesium, Mg		333		0	MC MC	9		32 100			
Phosphorus, P Potassium, K		333 305		0	MC MC	9		92			
Sodium, Na		898		1	MA	12		269			
* Zinc, Zn		12.50		0	MC	9		3.75			
Copper, Cu	_	0.133	3	1	MC	9		0.040			
Manganese, Mn		2.510		0	FLM	4		0.753			
Selenium, Se		23.5	0.8	94 5	A	1		7.1			
•	_										
Vitamins:	ma	20.0		0	140	9		6.0			
* Vitamin C, total ascorbic acid		1.250		0	MC MC	9		0.375			
* Thiamin * Riboflavin	_	1.420		0	MC	9		0.426			
* Niacin		16.700		0	MC	9		5.010			
Pantothenic acid		0.497		0	FLM	4		0.149			
* Vitamin B-6		1.670		0	MC	9		0.501			
* Folate, total	-	667		0	MC	9		200			
Folic acid		648		0	NC	4		194			
Folate, food		19		0	CAAN	4		6			
Folate, DFE		1121		0	NC	4		336			
* Vitamin B-12		5.00		0	MC	9		1.50			
* Vitamin A, IU		1667		0	MC	9		500			
Vitamin A, RAE		501		0	NC	4		150			
Retinol		501		0	NC	4		150			
Vitamin E (alpha-tocopherol)	mg	1.79		0	FLA	4		0.54			
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta											
* Vitamin D		133.000)	0	MC	9		39.900			
Vitamin K (phylloquinone)	mcg	1.7		0	FLA	4		0.5			
Lipids:											
Fatty acids, total saturated	g	0.800)	1	MA	12		0.240			
4:0		0.000		0	FLA	4		0.000			
6:0		0.000)	0	FLA	4		0.000			
8:0		0.000)	0	FLA	4		0.000			
10:0		0.000)	0	FLA	4		0.000			
12:0	g	0.011	-	0	FLA	4		0.003			
13:0	g	0.000)	0	FLA	4		0.000			
14:0	g	0.006	5	0	FLA	4		0.002			
15:0	g	0.000)	0	FLA	4		0.000			
16:0	g	0.694	Į.	0	FLA	4		0.208			
17:0	g	0.000)	0	FLA	4		0.000			
18:0	g	0.047	,	0	FLA	4		0.014			
20:0		0.000)	0	FLA	4		0.000			
22:0	g	0.000)	0	FLA	4		0.000			
24:0	g	0.000)	0	FLA	4		0.000			

	<u>Ar</u>	nount in 100 gram Numbe		ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	1.230	0	FLA	4		0.369			
14:1g	0.000	0	FLA	4		0.000			
15:1	0.000	0	FLA	4		0.000			
16:1 undifferentiatedg	0.009	U	FLA	4		0.003			
17:1	1.221	0	FLA	4		0.366			
20:1g	0.000	0	FLA	4		0.366 0.000			
20:1g 22:1 undifferentiatedg	0.000	0	FLA	4		0.000			
24:1 cg	0.000	0	FLA	4		0.000			
Fatty acids, total polyunsaturated9	1.533	0	FLA	4		0.460			
18:2 undifferentiatedg	1.438	0	FLA	4		0.431			
18:3 undifferentiated	0.095	0	FLA	4		0.029			
18:4g	0.000	0	FLA	4		0.000			
20:2 n-6 c,cg	0.000	0	FLA	4		0.000			
20:3 undifferentiatedg	0.000	0	FLA	4		0.000			
20:4 undifferentiated	0.000	0	FLA	4		0.000			
20:5 n-3	0.000	0	FLA	4		0.000			
22:5 n-3	0.000	0	FLA	4		0.000			
22:6 n-3	0.000	0	FLA	4		0.000			
Fatty acids, total trans									
Cholesterol mg	0	0	MC	9		0			
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0	0	z	7		0.0			
Caffeine mg	0	0	FLA	4		0			
Theobromine mg	0	0	FLA	4		0			
Carotenoids:									
Carotene, beta mcg	0	0	z	7		0.000			
Carotene, alpha mcg	0	0	z	7		0.000			
Cryptoxanthin, betamcg	0	0	Z	7		0.000			
Lycopene mcg	0	0	Z	7		0.000			
Lutein + zeaxanthinmcg	0	0	Z	7		0.000			

Common Measures:

Measure 1 = 30g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08243 Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS

		<u>A</u>	mount in 10	<u>0 grams</u>	of edit	ole portio	<u>on</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food	•	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	2.48		1	MA	12		1.36			
Energy	=	389		0	MC	9		214			
Energy		1628		0	MC	9		895			
Protein		8.00		1	MA	12		4.40			
Total lipid (fat)	-	4.90		0	NR	4		2.70			
Ash		2.03		1	MA	12		1.11			
Carbohydrate, by difference		83.00		0	MC	9		45.65			
Fiber, total dietary		5.0		1	MA	12		2.8			
Sugars, total		30.90		0	LC	8		17.00			
Starch	=										
Minerals:											
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	36		0	MC	9		20			
* Iron, Fe	-	8.20		0	MC	9		4.51			
Magnesium, Mg		58		0	MC	9		32			
Phosphorus, P		182		0	MC	9		100			
Potassium, K		245		1	MA	12		135			
Sodium, Na		453		1	MA	12		249			
* Zinc, Zn		6.80		0	MC	9 9		3.74			
Copper, Cu		0.145 4.916		0	MC FLM	4		0.080 2.704			
Manganese, Mn Selenium, Se		10.7	•	0	RA	4		5.9			
	9					-		0.12			
Vitamins: Vitamin C, total ascorbic acid	ma	0.0		0	MC	9		0.0			
* Thiamin		0.680)	0	MC	9		0.374			
Riboflavin	-	0.770		0	MC	9		0.424			
Niacin		9.100		0	MC	9		5.005			
Pantothenic acid		1.147	7	0	FLM	4		0.631			
k Vitamin B-6		0.910)	0	MC	9		0.501			
Folate, total	mcg	182		0	MC	9		100			
Folic acid		163		0	NC	4		90			
Folate, food	mcg	19		0	CAAN	4		10			
Folate, DFE	mcg_DFE	296		0	NC	4		163			
* Vitamin B-12	mcg	2.70		0	MC	9		1.49			
Vitamin A, IU		0		0	MC	9		0			
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0			
Retinol		0		0	Z	7		0			
Vitamin E (alpha-tocopherol)	mg	2.38		0	FLM	4		1.31			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta		0.00	,	^		•		0 000			
Vitamin D Vitamin K (phylloquinone)		0.000)	0 0	MC FLM	9 4		0.000 0.4			
		0.7		U	2 Ind	-		J. 4			
Lipids: Fatty acids, total saturated	а	0.600)	1	MA	12		0.330			
4:0		0.000		0	FLM	4		0.000			
6:0		0.000		0	FLM	4		0.000			
8:0		0.009		0	FLM	4		0.005			
10:0		0.000		0	FLM	4		0.000			
12:0		0.000		0	FLM	4		0.000			
13:0		0.000		0	FLM	4		0.000			
14:0	-	0.002		0	FLM	4		0.001			
15:0	-	0.000		0	FLM	4		0.000			
16:0	-	0.498		0	FLM	4		0.274			
17:0	-	0.000		0	FLM	4		0.000			
18:0	-	0.083		0	FLM	4		0.046			
20:0		0.000		0	FLM	4		0.000			
22:0		0.000)	0	FLM	4		0.000			
24:0		0.000		0	FLM	4		0.000			

	<u>Ar</u>	nount in 100 gra		ble portic	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean		ta Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated9	2.612	(4		1.437			
14:19	0.000	() FLM	4		0.000			
15:1	0.024) FLM	4		0.010			
	0.024	') FIM	4		0.013			
17:1	2.588	,) FLM	4		1.423			
20:1g	0.000) FLM	4		0.000			
22:1 undifferentiatedg	0.000) FLM	4		0.000			
24:1 cg	0.000) FLM	4		0.000			
Fatty acids, total polyunsaturatedg	1.272) FLM	4		0.700			
18:2 undifferentiated	1.245) FLM	4		0.685			
18:3 undifferentiated	0.026) FLM	4		0.014			
18:4g	0.000) FLM	4		0.000			
20:2 n-6 c.cg	0.000	() FLM	4		0.000			
20:3 undifferentiatedg	0.000	() FLM	4		0.000			
20:4 undifferentiated	0.001	() FLM	4		0.000			
20:5 n-3g	0.000	() FLM	4		0.000			
22:5 n-3g	0.000	() FLM	4		0.000			
22:6 n-3	0.000	() FLM	4		0.000			
Fatty acids, total transg									
Cholesterol mg	0	() MC	9		0			
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0	() z	7		0.0			
Caffeine mg	0	() FLM	4		0			
Theobrominemg	0	() FLM	4		0			
<u>Carotenoids:</u>									
Carotene, beta mcg	0	() z	7		0.000			
Carotene, alphamcg	0	() FLM	4		0.000			
Cryptoxanthin, beta mcg	0	() FLM	4		0.000			
Lycopenemcg	0) FLM	4		0.000			
Lutein + zeaxanthinmcg	87	() FLM	4		47.614			

Common Measures:

Measure 1 = 55g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08057 Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX

		<u>A</u>	mount in 100	grams)	of edik	ole portio	<u>on</u>	Amount in edible portion of common			
			N	Number				m	easures of food		
						Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	-	1.92		1	MA	12		0.58			
Energy		381		0	MC	9		114			
Energy		1594		0	MC	9		478			
Protein (N x 6.25)		5.00		1	MC	9		1.50			
Total lipid (fat)	-	2.00		0	NR	4		0.60			
Ash		2.82		1 0	MA	12 9		0.85			
Carbohydrate, by difference		87.00 1.0		1	MC MA	9 12		26.10 0.3			
Fiber, total dietary Sugars, total		32.00		0	MA	12		9.60			
Starch	-	32.00		U	MA	12		9.00			
Starcii	9										
Minerals:											
* Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	333		0	MC	9		100			
* Iron, Fe	-	30.00		0	MC	9		9.00			
Magnesium, Mg		17		0	MC	9		5			
Phosphorus, P		65 99		0 1	MC	9 12		20 30			
Potassium, K Sodium. Na	-	99 7 4 5		1	MA MA	12		224			
* Zinc, Zn*	• • • • • • • • • • • • • • • • • • • •	0.60		0	MC	9		0.18			
Copper, Cu	-	0.120	1	0	MC	9		0.036			
Manganese, Mn	-	0.120	,	Ū	ис	,		0.030			
Selenium, Se		1.7		0	FLM	4		0.5			
· ·	·······										
<u>Vitamins:</u>											
* Vitamin C, total ascorbic acid	-	20.0		0	MC	9		6.0			
* Thiamin		1.250		0	MC	9		0.375			
Riboflavin	-	0.000		0	MC	9		0.000			
* Niacin	-	16.700	,	0	MC	9		5.010			
Pantothenic acid* Vitamin B-6		1.670	1	0	MC	9		0.501			
* Folate, total	-	333	,	0	MC	9		100			
Folic acid	-	314		0	NC	4		94			
Folate, food		19		0	CAAN	4		6			
Folate, DFE		553		0	NC	4		166			
* Vitamin B-12		5.00		0	MC	9		1.50			
Vitamin A, IU	IU	0		0	MC	9		0			
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0			
Retinol		0		0	Z	7		0			
Vitamin E (alpha-tocopherol)		0.86		0	FLA	4		0.26			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta						•					
Vitamin D		0.000)	0	MC	9 4		0.000			
Vitamin K (phylloquinone)	Incg	0.0		U	FLA	4		0.0			
<u>Lipids:</u>											
Fatty acids, total saturated	g	0.400)	1	MA	12		0.120			
4:0	g	0.000		0	FLA	4		0.000			
6:0	-	0.000		0	FLA	4		0.000			
8:0	-	0.000		0	FLA	4		0.000			
10:0	-	0.000		0	FLA	4		0.000			
12:0	-	0.000		0	FLA	4		0.000			
13:0		0.000		0	FLA	4		0.000			
14:0		0.004		0	FLA	4		0.001			
15:0		0.000		0	FLA	4		0.000			
16:0	-	0.342		0	FLA	4		0.103			
17:0	-	0.000		0 0	FLA FLA	4 4		0.000			
18:0 20:0	-	0.050		0	FLA	4		0.015 0.000			
20:0	-	0.000		0	FLA	4		0.000			
24:0		0.000		0	FLA	4		0.000			

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Number of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Mean Measure 2 Measure 3 Measure 1 0.835 0 Fatty acids, total monounsaturated..........g FLA 0.250 0.000 14:1.....g 0.000 0 FLA 4 15:1.....g 16:1 undifferentiated.....g 0.006 0 FLA 4 0.002 17:1.....g 0.829 0 18:1 undifferentiated.....g FLA 4 0.249 0.000 FLA 0.000 20:1.....g 22:1 undifferentiated.....g 0.000 0 FLA 4 0.000 0.000 0 FLA 4 0.000 24:1 c.....g 0.568 FLA 0 4 0.170 Fatty acids, total polyunsaturated............g 18:2 undifferentiated.....g 0.548 0 FLA 0.164 0.020 0 FLA 4 18:3 undifferentiated.....g 0.006 0.000 0 FLA 4 0.000 18:4.....g 0.000 0 FLA 4 0.000 20:2 n-6 c.c....g 20:3 undifferentiated.....g 0.000 0 FLA 0.000 20:4 undifferentiated.....g 0.000 0 4 0.000 FLA 20:5 n-3.....g 0.000 0 FLA 4 0.000 0.000 FLA 0.000 0 4 0.000 0 FLA 4 0.000 O Cholesterol...mg MC 9 0 Phytosterols....mg Others: 0.0 0 7 Alcohol, ethyl......g z 0.0 Caffeine mg 0 0 FLM 4 0 Theobromine ma 0 FLM Carotenoids: 0.000 Carotene, beta....mcg 0 0 7. 7 Carotene, alpha...mcg 0 0 z 7 0.000 0 0 z 7 0.000 Cryptoxanthin, beta.....mcg 0 0 z 7 0.000 Lycopene....mcg 7 0.000 Lutein + zeaxanthin mcg

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08278 Cereals ready-to-eat, GENERAL MILLS, KABOOM

		<u>A</u>	mount in 10	00 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
					Deriv	Source	Confidence	<u>m</u> .	easures of food	_	
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	2.44		1	MA	12		0.73			
Energy	kcal	383		0	MC	9		115			
Energy	kj	1602		0	MC	9		481			
Protein (N x 6.25)		9.00		1	MA	12		2.70			
Total lipid (fat)		3.70		0	NR	4		1.11			
Ash		3.86		1	MA	12		1.16			
Carbohydrate, by difference		81.00		0	MC	9		24.30			
Fiber, total dietary		6.0		1	MA	12		1.8			
Sugars, total		20.00		1	MA	12		6.00			
Starch	g										
Minerals:											
* Calcium, Ca	mg	333		0	MC	9		100			
Firon, Fe	-	27.00		0	MC	9		8.10			
Magnesium, Mg		53		0	MC	9		16			
Phosphorus, P		267		0	MC	9		80			
Potassium, K		210		1	MA	12		63			
Sodium, Na		950		1 0	MA	12 9		285			
K Zinc, Zn	-	12.50 0.190	,	1	MC MA	9 12		3.75 0.057			
Copper, Cu Manganese, Mn		1.634		0	FLM	4		0.490			
Selenium, Se		6.5	-	0	RA	4		2.0			
Vitamins:											
Vitamin C, total ascorbic acid		20.0		0	MC	9		6.0			
* Thiamin		1.250		0	MC	9		0.375			
Riboflavin	-	1.420		0 0	MC MC	9 9		0.426 5.010			
Niacin Pantothenic acid	_	16.700 0.597		0	FLM	4		0.179			
Vitamin B-6		1.670		0	MC	9		0.501			
Folate, total	-	667	,	0	MC	9		200			
Folic acid		648		0	NC	4		194			
Folate, food		19		0	CAAN	4		6			
Folate, DFE		1121		0	NC	4		336			
Vitamin B-12		5.00		0	MC	9		1.50			
Vitamin A, IU		1667		0	MC	9		500			
Vitamin A, RAE		501		0	NC	4		150			
Retinol		501		0	NC	4		150			
Vitamin E (alpha-tocopherol)		0.31		0	FLA	4		0.09			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta Vitamin D		133.000	1	0	MC	9		39.900			
Vitamin K (phylloquinone)		1.3	,	0	FLA	4		0.4			
vitanini k (phynoquinone)	9	2.0		•		-		· · ·			
<u>Lipids:</u>											
Fatty acids, total saturated		0.900		1	MA	12		0.270			
4:0		0.000		0	FLA	4		0.000			
6:0		0.000		0	FLA	4		0.000			
8:0		0.000		0 0	FLA FLA	4 4		0.000 0.000			
10:0 12:0		0.000		0	FLA	4		0.004			
13:0		0.010	•	Ü	2 1161	-		0.004			
14:0		0.008	3	0	FLA	4		0.002			
15:0				-		•					
16:0	_	0.759)	0	FLA	4		0.228			
17:0	_										
18:0	g	0.057	1	0	FLA	4		0.017			
20:0	g										
22:0	a										

		<u>Ar</u>	nount in 10	<u>0 grams</u> Number		ole portio	<u>on</u>		edible portion o	of common
Nutrients and U	nits	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		1.034		0	FLA	4		0.310		
14:1	-									
15:1				_		_				
16:1 undifferentiated		0.007		0	FLA	4		0.002		
17:1	-					_				
18:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	1.028		0	FLA	4		0.308		
20:1		0.000		0	FLA	4		0.000		
22:1 undifferentiated		0.000		0	FLA	4		0.000		
24:1 c										
Fatty acids, total polyunsaturated		1.225		0	FLA	4		0.368		
18:2 undifferentiated	-	1.175		0	FLA	4		0.353		
18:3 undifferentiated	_	0.050		0	FLA	4		0.015		
18:4	-	0.000		0	FLA	4		0.000		
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated	_	0.000		0	FLA	4		0.000		
20:5 n-3	-	0.000		0	FLA	4		0.000		
22:5 n-3	g	0.000		0	FLA	4		0.000		
22:6 n-3	g	0.000		0	FLA	4		0.000		
Fatty acids, total trans	g									
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	Z	7		0.0		
Caffeine	mg	0		0	FLA	4		0		
Theobromine	mg	0		0	FLA	4		0		
Carotenoids:										
Carotene, beta	mcg	0		0	z	7		0.000		
Carotene, alpha	mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta	mcg	0		0	Z	7		0.000		
Lycopene		0		0	Z	7		0.000		
Lutein + zeaxanthin		0		0	Z	7		0.000		

Common Measures:

Measure 1 = 30g: 1.25 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08048 Cereals ready-to-eat, GENERAL MILLS, KIX

		<u>A</u>	mount in 100	grams	of ear	ne portio	<u>on</u>	Amount in	edible portion of	of common
			N	Number				<u>m</u>	easures of food	
						Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:	•	2.16		1	1/2	10		0.65		
Water	-	2.16 377		1 0	MA MC	12 9		0.65 113		
Energy		1577		0	MC	9		473		
Energy		6.00		1	MA	12		1.80		
Protein (N x 6.25) Total lipid (fat)		2.00		0	NR	4		0.60		
Ash		3.81		1	MA	12		1.14		
Carbohydrate, by difference		86.00		0	MC	9		25.80		
Fiber, total dietary		3.0		1	MA	12		0.9		
Sugars, total		11.00		1	MA	12		3.30		
Starch	-			-				3.30		
Minerals:										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	500		0	MC	9		150		
Firon, Fe	-	27.00		0	MC	9		8.10		
Magnesium, Mg		27		0	MC	9		8		
Phosphorus, P		133		0	MC	9		40		
Potassium, K		117		1	MA	12		35		
Sodium, Na	-	891		1 0	MA	12 9		267 3.75		
^k Zinc, Zn Copper, Cu		12.50 0.100	`	5	MC MA	12		0.030		
Manganese, Mn	_	0.100		0	FLM	4		0.289		
Selenium, Se		6.5	=	0	BFZN	4		2.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	21.0		0	MC	9		6.3		
Thiamin	mg	1.250)	0	MC	9		0.375		
Riboflavin	mg	1.420)	0	MC	9		0.426		
Niacin	mg	16.700)	0	MC	9		5.010		
Pantothenic acid	<u>mg</u>	0.403		0	FLM	4		0.121		
Vitamin B-6	_	1.670)	0	MC	9		0.501		
Folate, total		667		0	MC	9		200		
Folic acid		648		0	NC	4		194		
Folate, food		19		0	CAAN	4		6		
Folate, DFE		1121		0	NC	4		336		
Vitamin B-12		5.00 1771		0	MC FLA	9 4		1.50 531		
Vitamin A, IU Vitamin A, RAE		508		0	NC	4		153		
Retinol		504		0	FLA	4		151		
Vitamin E (alpha-tocopherol)		0.22		0	FLA	4		0.07		
Tocopherol, beta	ma	0.22		·		-		0.0.		
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		141.000)	0	MC	9		42.300		
Vitamin K (phylloquinone)	mcg	0.8		0	FLA	4		0.3		
Lipids:	_			_						
Fatty acids, total saturated		0.500		1	MA	12		0.150		
4:0		0.000		0	FLA	4		0.000		
6:0	-	0.000		0	FLA FLA	4 4		0.000		
8:0 10:0	-	0.000		0	FLA	4		0.000 0.000		
12:0		0.000		0	FLA	4		0.002		
13:0	-	3.00		J	- 25	-		0.002		
14:0		0.004	1	0	FLA	4		0.001		
15:0		3.00		-		-		0.001		
16:0	-	0.421	L	0	FLA	4		0.126		
17:0	-									
18:0	-	0.036	5	0	FLA	4		0.011		
20:0	-									

	Ar	mount in 10	00 grams	of edil	ole portic	<u>on</u>	Amount in edible portion of common		
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.529		0	FLA	4		0.159		
14:1g									
15:1g									
16:1 undifferentiatedg	0.004		0	FLA	4		0.001		
17:1g									
18:1 undifferentiatedg	0.525		0	FLA	4		0.157		
20:1g	0.000		0	FLA	4		0.000		
22:1 undifferentiatedg	0.000		0	FLA	4		0.000		
24:1 cg									
Fatty acids, total polyunsaturated	0.668		0	FLA	4		0.200		
18:2 undifferentiatedg	0.643		0	FLA	4		0.193		
18:3 undifferentiatedg	0.025		0	FLA	4		0.007		
18:4g	0.000		0	FLA	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	FLA	4		0.000		
20:5 n-3g	0.000		0	FLA	4		0.000		
22:5 n-3g	0.000		0	FLA	4		0.000		
22:6 n-3g	0.000		0	FLA	4		0.000		
Fatty acids, total transg									
Cholesterol mg	0		0	MC	9		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0		
Caffeine mg	0		0	FLA	4		0		
Theobrominemg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta mcg	41		0	FLA	4		12.360		
Carotene, alphamcg	27		0	FLA	4		8.091		
Cryptoxanthin, betamcg	0		0	FLA	4		0.000		
Lycopenemcg	0		0	FLA	4		0.000		
Lutein + zeaxanthinmcg	612		0	FLA	4		183.671		

Common Measures:

Measure 1 = 30g: 1.333 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08050 Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS

		<u>Aı</u>	mount in 10	0 grams	of edil	ole portio	<u>on</u>		edible portion	
Nutrients and Uni	ite	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Nutrients and on	113	Wicaii	Ota. Error					Micasure 1	Wedsule 2	Wedsare
Proximates:										
Water	g	2.20		1	MA	12		0.66		
Energy	kcal	380		0	MC	9		114		
Energy		1590		0	MC	9		477		
Protein (N x 6.25)		7.00		1	MA	12		2.10		
Total lipid (fat)		3.80		0	NR	4		1.14		
Ash		3.47		1	MA	12		1.04		
Carbohydrate, by difference		83.00		0	MC	9		24.90		
Fiber, total dietary		5.0		1	MA	12		1.5		
Sugars, total		43.00		1	MA	12		12.90		
Starch	g									
Minerals:										
* Calcium, Ca	mg	333		0	MC	9		100		
* Iron, Fe	mg	15.00		0	MC	9		4.50		
Magnesium, Mg	mg	53		0	MC	9		16		
Phosphorus, P		200		0	MC	9		60		
Potassium, K		191		1	MA	12		57		
Sodium, Na		678		1	MA	12		203		
* Zinc, Zn	-	12.50		0	MC	9		3.75		
Copper, Cu		0.133 2.129		0 0	MC FLM	9 4		0.040 0.639		
Manganese, Mn		19.8	1.9		гым А	1		5.9		
Selenium, Se	nicg	19.6	1.9	00 4	A	1		5.9		
<u>Vitamins:</u>										
* Vitamin C, total ascorbic acid	mg	20.0		0	MC	9		6.0		
* Thiamin		1.250		0	MC	9		0.375		
* Riboflavin	-	1.420		0	MC	9		0.426		
* Niacin	_	16.700		0	MC	9		5.010		
Pantothenic acid		0.716		0	FLM	4		0.215		
* Vitamin B-6	-	1.670		0	MC	9		0.501		
* Folate, total		667		0	MC	9		200		
Folic acid		648		0 0	NC	4		194 6		
Folate, food		19 1121		0	CAAN NC	4 4		336		
Folate, DFE* Vitamin B-12		5.00		0	MC	9		1.50		
* Vitamin A, IU		1667		0	MC	9		500		
Vitamin A, RAE		501		0	NC	4		150		
Retinol		501		0	NC	4		150		
Vitamin E (alpha-tocopherol)		0.31		0	FLA	4		0.09		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
* Vitamin D		133.000		0	MC	9		39.900		
Vitamin K (phylloquinone)	mcg	1.4		0	FLA	4		0.4		
Lipids:										
Fatty acids, total saturated	a	0.800		1	MA	12		0.240		
4:0		0.000		0	FLA	4		0.000		
6:0		0.000		0	FLA	4		0.000		
8:0		0.000		ō	FLA	4		0.000		
10:0	-	0.000		0	FLA	4		0.000		
12:0	-	0.014		0	FLA	4		0.004		
13:0										
14:0		0.007		0	FLA	4		0.002		
15:0	g									
16:0	g	0.676		0	FLA	4		0.203		
17:0	-									
18:0	-	0.047		0	FLA	4		0.014		
20:0	-									
22:0	g									

		<u>Ar</u>	nount in 10		Amount in edible portion of common measures of food					
Nutrients and U	Inits	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate		0.840		0	FLA	4		0.252		
14:1										
15:1	-			_						
16:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.005		0	FLA	4		0.001		
17:1										
18:1 undifferentiated		0.836		0	FLA	4		0.251		
20:1	-	0.000		0	FLA	4		0.000		
22:1 undifferentiated	•	0.000		0	FLA	4		0.000		
24:1 c		0.000		•						
Fatty acids, total polyunsaturated		0.960		0	FLA	4		0.288		
18:2 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.918		0 0	FLA	4		0.276		
18:3 undifferentiated		0.042		-	FLA	4		0.012		
18:4		0.000		0	FLA	4		0.000		
20:2 n-6 c,c	• • • • • • • • • • • • • • • • • • • •									
20:3 undifferentiated	-	0.000		0	FLA	4		0.000		
	• • • • • • • • • • • • • • • • • • • •			0	FLA	4		0.000		
20:5 n-3	-	0.000		-		4		0.000		
22:5 n-3	-	0.000		0 0	FLA FLA	4		0.000		
22:6 n-3	-	0.000		U	F.LA	4		0.000		
Fatty acids, total trans		0		0	мс	9		0		
Cholesterol	• • • • • • • • • • • • • • • • • • • •	U		U	MC	9		U		
Phytosterols	IIIg									
Others:										
Alcohol, ethyl	g	0.0		0	Z	7		0.0		
Caffeine	mg	0		0	FLA	4		0		
Theobromine	mg	0		0	FLA	4		0		
Carotenoids:										
Carotene, beta	mcg	0		0	z	7		0.000		
Carotene, alpha		0		0	z	7		0.000		
Cryptoxanthin, beta		0		0	z	7		0.000		
Lycopene		0		0	z	7		0.000		
Lutein + zeaxanthin		0		0	z	7		0.000		

Common Measures:

Measure 1 = 30g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08087 Cereals ready-to-eat, GENERAL MILLS, Multi-Grain Cheerios

		<u>A</u> 1	mount in 100			ole portic	<u>on</u>		edible portion of easures of food	
Nutrients and Uni	its	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Duranianatan										
Proximates: Water	a	2.56		1	MA	12		0.77		
Energy	-	361		0	MC	9		108		
Energy		1510		0	MC	9		453		
Protein (N x 6.25)		8.00		1	MA	12		2.40		
Total lipid (fat)		4.00		0	NR	4		1.20		
Ash	-	3.72		1	MA	12		1.12		
Carbohydrate, by difference		81.00		0	MC	9		24.30		
Fiber, total dietary		9.0		1	MA	12		2.7		
Sugars, total		20.00		1	MA	12		6.00		
		20.00		_	MA	12		0.00		
Starch	9									
Minerals:										
* Calcium, Ca	-	316		0	MC	9		95		
* Iron, Fe	mg	56.80		0	MC	9		17.04		
Magnesium, Mg		93		0	MC	9		28		
Phosphorus, P	•	328		0	MC	9		98		
Potassium, K		293		1	MA	12		88		
Sodium, Na		669		1	MA	12		201		
* Zinc, Zn		47.40		0	MC	9		14.22		
Copper, Cu		0.174		0	MC	9		0.052		
Manganese, Mn		1.770)	0	FLC	4		0.531		
Selenium, Se	mcg	16.8		0	FLC	4		5.0		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	47.0		0	MC	9		14.1		
* Thiamin	-	4.740)	0	MC	9		1.422		
* Riboflavin	-	5.370)	0	MC	9		1.611		
* Niacin.	mg	63.200)	0	MC	9		18.960		
Pantothenic acid		31.600)	0	MC	9		9.480		
* Vitamin B-6	mg	6.320)	0	MC	9		1.896		
* Folate, total	mcg	1263		0	MC	9		379		
Folic acid	mcg	1244		0	NC	4		373		
Folate, food		19		0	CAAN	4		6		
Folate, DFE	mcg_DFE	2134		0	NC	4		640		
* Vitamin B-12		18.90		0	MC	9		5.67		
* Vitamin A, IU		1579		0	MC	9		474		
Vitamin A, RAE	mcg_RAE	474		0	NC	4		142		
Retinol	mcg	474		0	NC	4		142		
* Vitamin E (alpha-tocopherol)	mg	45.00		0	MC	9		13.50		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta				_		_				
* Vitamin D		126.000)	0	MC	9		37.800		
Vitamin K (phylloquinone)	mcg	1.7		0	FLA	4		0.5		
Lipids:										
Fatty acids, total saturated	g	0.900)	1	MA	12		0.270		
4:0		0.000)	0	FLA	4		0.000		
6:0	-	0.000)	0	FLA	4		0.000		
8:0	-	0.004	1	0	FLA	4		0.001		
10:0	g	0.000)	0	FLA	4		0.000		
12:0	g	0.006	5	0	FLA	4		0.002		
13:0	g									
14:0	g	0.008	3	0	FLA	4		0.002		
15:0										
16:0	g	0.639	9	0	FLA	4		0.192		
17:0	g									
18:0	g	0.140)	0	FLA	4		0.042		
	g									

	<u>Ar</u>	nount in 10	00 grams	of edik	ole portio	<u>n</u>	Amount in edible portion of common			
			Number		C	Confidence	me	easures of food		
Nutrients and Units	Mean	Std. Error			Code	Confidence	Measure 1	Measure 2	Measure 3	
24:0g	0.982		0							
Fatty acids, total monounsaturatedg	0.982		U	FLA	4		0.295			
14:1g										
15:1g	0.010		•				0.000			
16:1 undifferentiatedg	0.010		0	FLA	4		0.003			
17:1g 18:1 undifferentiatedg	0.972		0	FLA	4		0.292			
20:1	0.972		0	FLA	4		0.292			
20:1	0.000		0	FLA	4		0.000			
22:1 undifferentiated	0.000		U	FLIA	4		0.000			
Fatty acids, total polyunsaturatedg	0.499		0	FLA	4		0.150			
18:2 undifferentiated	0.469		0	FLA	4		0.130			
18:3 undifferentiated	0.469		0	FLA	4		0.141			
18:4g	0.000		0	FLA	4		0.009			
20:2 n-6 c,cg	0.000		U	FLIA	4		0.000			
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.000		0	FLA	4		0.000			
20:5 n-3g	0.000		0	FLA	4		0.000			
20.5 n-3	0.000		0	FLA	4		0.000			
22:6 n-3g	0.000		0	FLA	4		0.000			
Fatty acids, total trans	0.000		· ·	LIM	•		0.000			
Cholesterolg	0		0	MC	9		0			
Phytosterolsmg	v		· ·	мс	,		v			
Filytosterois										
Others:										
Alcohol, ethylg	0.0		0	Z	7		0.0			
Caffeine mg	0		0	FLA	4		0			
Theobrominemg	0		0	FLA	4		0			
Carotenoids:										
Carotene, beta mcg	0		0	z	7		0.000			
Carotene, alpha mcg	0		0	Z	7		0.000			
Cryptoxanthin, betamcg	0		0	Z	7		0.000			
Lycopenemcg	0		0	Z	7		0.000			
Lutein + zeaxanthin mcg	0		0	Z	7		0.000			

Common Measures:

Measure 1 = 30g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08277 Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA General Mills Inc.

		<u>A</u> 1	mount in 10	00 grams	of edib	le portic	<u>on</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food	<u>.</u>	
Nutrients and Uni	ts	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure	
Proximates:	_			_							
Water		6.72		1	MA	12		3.70			
Energy		386		0	MC	9		212			
Energy		1615		0	MC	9		888			
Protein (N x 6.25)		8.00		1	MA	12		4.40			
Total lipid (fat)		4.60		0	MC	9		2.53			
Ash		2.11		1	MA	12		1.16			
Carbohydrate, by difference		80.00		0	MC	9		44.00			
Fiber, total dietary		5.0		1	MA	12		2.8			
Sugars, total		33.41		0	BFZN	4		18.38			
Starch	g										
<u>Minerals:</u>											
* Calcium, Ca	mg	36		0	MC	9		20			
Firon, Fe		2.00		0	MC	9		1.10			
Magnesium, Mg	mg	44		0	MC	9		24			
Phosphorus, P		273		0	MC	9		150			
Potassium, K		279		1	MA	12		153			
Sodium, Na		376		1	MA	12		207			
* Zinc, Zn		1.10		0	MC	9		0.61			
Copper, Cu		0.218		0	MC	9		0.120			
Manganese, Mn		2.007	7	0	FLM	4		1.104			
Selenium, Se	mcg	17.3		0	BFZN	4		9.5			
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0			
* Thiamin	mg	0.160)	0	MC	9		0.088			
Riboflavin	mg	0.060)	0	MC	9		0.033			
Niacin	mg	1.720)	1	MA	12		0.946			
Pantothenic acid	mg										
Vitamin B-6	mg	0.111	L	0	FLM	4		0.061			
Folate, total	mcg	13		0	FLM	4		7			
Folic acid	mcg	0		0	Z	7		0			
Folate, food		13		0	FLM	4		7			
Folate, DFE	mcg_DFE	13		0	NC	4		7			
Vitamin B-12	mcg	0.00		0	Z	7		0.00			
Vitamin A, IU	IU	0		0	MC	9		0			
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0			
Retinol	mcg	0		0	Z	7		0			
Vitamin E (alpha-tocopherol)		1.50		0	NR	4		0.83			
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta	mg										
Vitamin D											
Vitamin K (phylloquinone)	mcg	2.9		0	BFZN	4		1.6			
Lipids:											
Fatty acids, total saturated	g	0.850)	1	MA	12		0.468			
4:0		0.000)	0	FLA	4		0.000			
6:0		0.000)	0	FLA	4		0.000			
8:0	-	0.000		0	FLA	4		0.000			
10:0		0.000		0	FLA	4		0.000			
12:0	-	0.013		0	FLA	4		0.007			
13:0	g										
14:0		0.007	7	0	FLA	4		0.004			
15:0	-	0.014		0	FLA	4		0.008			
16:0		0.636		0	FLA	4		0.350			
17:0											
18:0	-	0.114	l	0	FLA	4		0.063			
20:0	-										
22:0	-	0.018	3	0	FLA	4		0.010			
24:0	-			-		-		3.020			

Nutrients and Units Mean Std. Error Points Deriv Code Code Code Code Measure 1 Measure 2	Measure 3
Nutrients and Units Mean Std. Error Points Code Code Code Measure 1 Measure 2 Fatty acids, total monounsaturated	Measure 3
14:1	
14:1	
15:1	
16:1 undifferentiated	
10.1 41.41.10.10.10.10.10.10.10.10.10.10.10.10.10	
18:1 undifferentiated	
20:1	
22:1 undifferentiated	
24:1 cg	
Fatty acids, total polyunsaturated9 1.142 0 FLA 4 0.628	
18:2 undifferentiated	
18:3 undifferentiated	
18:4g 0.000 0 FLA 4 0.000	
20:2 n-6 c,cg	
20:3 undifferentiatedg	
20:4 undifferentiated	
20:5 n-3g 0.000 0 FLA 4 0.000	
22:5 n-3g 0.000 0 FLA 4 0.000	
22:6 n-3	
Fatty acids, total trans9	
Cholesterolmg 0 0 MC 9 0	
Phytosterolsmg	
Others:	
Alcohol, ethyl	
Caffeinemg	
Theobromine	
Carotenoids:	
Carotene, beta	
Carotene, alpha	
Cryptoxanthin, beta	
Lycopene mcg 0 0 BFZN 4 0.000	
Lutein + zeaxanthin	

Common Measures:

Measure 1 = 55g: .667 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08372 Cereals ready-to-eat, GENERAL MILLS, NESQUICK CHOCOLATE

Refuse: 0%

		<u>A</u> 1	mount in 10			ole portic	<u>on</u>	Amount in edible portion of common			
				Number	•			<u>m</u>	easures of food	<u>.</u>	
Nutrients and Uni	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	2.04		1	MA	12					
Energy	kcal	407		0	MC	9					
Energy	kj	1703		0	MC	9					
Protein (N x 6.25)	g	5.00		1	MA	12					
Total lipid (fat)		5.40		0	NR	4					
Ash	g	3.05		1	MA	12					
Carbohydrate, by difference		85.00		0	MC	9					
Fiber, total dietary		0.0		1	MA	12					
Sugars, total		41.00		1	MA	12					
Starch											
Minerals:											
* Calcium, Ca	-	333		0	MC	9					
* Iron, Fe		15.00		0	MC	9					
Magnesium, Mg		27		0	MC	9					
Phosphorus, P	_	133		0	MC	9					
Potassium, K	-	223		1	MA	12					
Sodium, Na		615		1	MA	12					
* Zinc, Zn	-	12.50		0	MC	9					
Copper, Cu	_	0.133	3	0	MC	9					
Manganese, Mn											
Selenium, Se	Ilicy										
Vitamins:											
* Vitamin C, total ascorbic acid	mg	20.0		0	MC	9					
* Thiamin	mg	1.250)	0	MC	9					
* Riboflavin	mg	1.420)	0	MC	9					
* Niacin	<u>mg</u>	16.700)	0	MC	9					
Pantothenic acid	mg										
* Vitamin B-6	mg	1.670)	0	MC	9					
* Folate, total	mcg	333		0	MC	9					
Folic acid	mcg	314		0	NC	4					
Folate, food		19		0	NR	4					
Folate, DFE	mcg_DFE	553		0	NC	4					
* Vitamin B-12		5.00		0	MC	9					
* Vitamin A, IU	IU	1667		0	MC	9					
Vitamin A, RAE	mcg_RAE	501		0	NC	4					
Retinol	mcg	501		0	NC	4					
Vitamin E (alpha-tocopherol)											
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta		465.5		_		_					
* Vitamin D		133.000)	0	MC	9					
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated		1.300)	1	MA	12					
Fatty acids, total monounsaturated											
Fatty acids, total polyunsaturated											
Fatty acids, total trans											
Cholesterol	-	0		0	MC	9					
Phytosterols	<u>mg</u>										

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

^{*}Vitamin or mineral added for enrichment or fortification

NDB No. 08372

Cereals ready-to-eat, GENERAL MILLS, NESQUICK CHOCOLATE

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08202 Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP WITH ALMONDS

		<u>A</u>	mount in 100) grams	of edil	ole portic	<u>on</u>	Amount in edible portion of common			
				Number				m	easures of food		
				of Data		Source	Confidence				
Nutrients and Un	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	2.32		1	MA	12		1.28			
Energy	kcal	397		0	MC	9		218			
Energy	kj	1661		0	MC	9		914			
Protein (N x 6.25)	g	10.00		1	MA	12		5.50			
Total lipid (fat)	g	8.40		0	NR	4		4.62			
Ash	g	2.45		1	MA	12		1.35			
Carbohydrate, by difference	g	76.00		0	MC	9		41.80			
Fiber, total dietary	g	8.0		1	MA	12		4.4			
Sugars, total	g	28.00		1	MA	12		15.40			
Starch	g										
<u>/linerals:</u>						_					
Calcium, Ca		36		0	MC	9		20			
Iron, Fe.		8.20		0	MC	9		4.51			
Magnesium, Mg		109		0	MC	9		60			
Phosphorus, P	•	273		0	MC	9		150			
Potassium, K		335		1	MA	12		184			
Sodium, Na		430		1	MA	12		237			
Zinc, Zn		6.80	_	0	MC	9		3.74			
Copper, Cu		0.218		1	MC	9		0.120			
Manganese, Mn		2.014	1	0	FLM	4		1.108			
Selenium, Se	mcg	17.3		0	BFZN	4		9.5			
/itamins:											
Vitamin C, total ascorbic acid		11.0		0	MC	9		6.1			
Thiamin		0.680		0	MC	9		0.374			
Riboflavin		0.770		0	MC	9		0.424			
Niacin	-	9.100		0	MC	9		5.005			
Pantothenic acid		0.635		0	FLM	4		0.349			
Vitamin B-6	-	0.910)	0	MC	9		0.501			
Folate, total		182		0	MC	9		100			
Folic acid		163		0	NC	4		90			
Folate, food	mcg	19		0	CAAN	4		10			
Folate, DFE		296		0	NC	4		163			
Vitamin B-12		2.70		0	MC	9		1.49			
Vitamin A, IU		0		0	MC	9		0			
Vitamin A, RAE		0		0	NC	4		0			
Retinol		0		0	Z	7		0			
Vitamin E (alpha-tocopherol)	mg	3.46		0	FLA	4		1.91			
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D		0.000)	0	MC	9		0.000			
Vitamin K (phylloquinone)	mcg	1.4		0	FLA	4		0.8			
<u> ipids:</u>											
Fatty acids, total saturated	g	1.100)	1	MA	12		0.605			
4:0		0.000)	0	FLA	4		0.000			
6:0		0.000		0	FLA	4		0.000			
8:0	g	0.004	1	0	FLA	4		0.002			
10:0	g	0.000)	0	FLA	4		0.000			
12:0	g	0.008	3	0	FLA	4		0.004			
13:0	g	0.000	ס	0	FLA	4		0.000			
14:0	g	0.005	5	0	FLA	4		0.003			
15:0	g	0.000)	0	FLA	4		0.000			
16:0	g	0.917	7	0	FLA	4		0.505			
17:0	g	0.000)	0	FLA	4		0.000			
18:0	g	0.131	L	0	FLA	4		0.072			
20:0	g	0.000)	0	FLA	4		0.000			
22:0		0.000)	0	FLA	4		0.000			
24:0		0.000)	0	FLA	4		0.000			

		<u>Ar</u>	nount in 100			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Ur	nits	Mean		lumber of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated		4.435		0	FLA	4		2.439			
14:1	• • • • • • • • • • • • • • • • • • • •	0.000		0	FLA	4		0.000			
15:1	-										
16:1 undifferentiated		0.034		0	FLA	4		0.019			
17:1	-										
18:1 undifferentiated	-	4.401		0	FLA	4		2.420			
20:1	•	0.000		0	FLA	4		0.000			
22:1 undifferentiated	-	0.000		0	FLA	4		0.000			
24:1 c		0.000		0	FLA	4		0.000			
Fatty acids, total polyunsaturated	g	2.137		0	FLA	4		1.175			
18:2 undifferentiated	g	2.101		0	FLA	4		1.156			
18:3 undifferentiated	g	0.035		0	FLA	4		0.019			
18:4	g	0.000		0	FLA	4		0.000			
20:2 n-6 c,c	g	0.000		0	FLA	4		0.000			
20:3 undifferentiated	g	0.000		0	FLA	4		0.000			
20:4 undifferentiated	g	0.000		0	FLA	4		0.000			
20:5 n-3	g	0.000		0	FLA	4		0.000			
22:5 n-3	g	0.000		0	FLA	4		0.000			
22:6 n-3	g	0.000		0	FLA	4		0.000			
Fatty acids, total trans	g										
Cholesterol	mg	0		0	MC	9		0			
Phytosterols	mg										
Others:											
Alcohol, ethyl	-	0.0		0	Z	7		0.0			
Caffeine	_	0		0	FLA	4		0			
Theobromine	mg	0		0	FLA	4		0			
Carotenoids:											
Carotene, beta		0		0	Z	7		0.000			
Carotene, alpha		0		0	Z	7		0.000			
Cryptoxanthin, beta		0		0	Z	7		0.000			
Lycopene		0		0	Z	7		0.000			
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000			

Common Measures:

Measure 1 = 55g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08190 Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP WITH APPLES

Refuse: 0%

General Mills Inc.

	<u> </u>	mount in 10	0 grams	of edil	ole portio	<u>on</u>	Amount in	edible portion	of common
			Number				<u>m</u>	easures of food	
Noteianta and Unita	Maan	Otal E				Code	Manager 4	Maaa 0	

				Number	•			<u>m</u>	easures of food	<u>i</u>
				of Data	Deriv	Source	Confidence			
Nutrients and U	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:				_						
Water		2.88		1	MA	12		1.58		
Energy		377		0	MC	9		207		
Energy		1577		0	MC	9		868		
Protein (N x 6.25)		9.00		1	MA	12		4.95		
Total lipid (fat)		3.90		0	NR	4		2.15		
Ash	9	2.33		1	MA	12		1.28		
Carbohydrate, by difference		82.00		0	MC	9		45.10		
Fiber, total dietary		7.0		1	MA	12		3.9		
Sugars, total	g	34.00		1	MA	12		18.70		
Starch	g									
Minerals:										
* Calcium, Ca		36		0	MC	9		20		
* Iron, Fe		8.20		0	MC	9		4.51		
Magnesium, Mg		73		0	MC	9		40		
Phosphorus, P	-	182		0	MC	9		100		
Potassium, K		310		1	MA	12		171		
Sodium, Na	-	460		1	MA	12		253		
* Zinc, Zn	-	6.82		0	MC	9		3.75		
Copper, Cu		0.145		1	MC	9		0.080		
Manganese, Mn		2.049)	0	FLM	4		1.127		
Selenium, Se	mcg	17.3		0	BFZN	4		9.5		
Vitamins:		44.0								
* Vitamin C, total ascorbic acid		11.0		0	MC	9		6.1		
* Thiamin		0.680		0	MC	9		0.374		
* Riboflavin		0.770		0	MC	9		0.424		
* Niacin		9.100		0	MC	9		5.005		
Pantothenic acid	-	0.772		0	FLM	4		0.425		
* Vitamin B-6	-	0.910)	0	MC	9		0.501		
* Folate, total		182		0	MC	9		100		
Folic acid		163		0	NC	4		90		
Folate, food		19		0	CAAN	4		10		
Folate, DFE		296		0	NC	4		163		
* Vitamin B-12		2.70 0		0	MC	9		1.49 0		
Vitamin A, IU				-	MC	9				
Vitamin A, RAE		0 0		0	NC Z	4 7		0 0		
Retinol		-		0		4				
Vitamin E (alpha-tocopherol)		0.47		U	FLA	4		0.26		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D		0.000	,	0	MC	9		0.000		
Vitamin K (phylloquinone)		2.2	•	0	FLA	4		1.2		
	g			ŭ		•				
Lipids:	0	0.800	,	1	MA	12		0.440		
Fatty acids, total saturated		0.000		0	FLA	4		0.000		
		0.000		0	FLA	4		0.000		
6:0 8:0	_	0.000		0	FLA	4		0.000		
10:0	_	0.001		0	FLA	4		0.000		
12:0		0.000		0	FLA	4		0.007		
13:0	-	0.013	•	U	- LIA	-		0.007		
14:0	-	0.007	,	0	FLA	4		0.004		
15:0		0.007		Ū	Z LIFA	-		0.004		
16:0		0.665	•	0	FLA	4		0.366		
17:0	-	0.000	•	Ū	Z LIFA	-		3.500		
18:0	_	0.062	2	0	FLA	4		0.034		
20:0	-	0.002		•		-		3.034		
22:0	-									
24:0	_									

	<u>Am</u>	ount in 100) grams	of edib	le portio	<u>n</u>	Amount in edible portion of common		
Nutrients and Units	Mean S				Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	1.429		0	FLA	4		0.786		
14:1g									
15:1g									
16:1 undifferentiatedg	0.009		0	FLA	4		0.005		
17:1g	1 400		•				0 504		
18:1 undifferentiatedg	1.420		0	FLA	4		0.781		
20:1g	0.000		0	FLA	4		0.000		
22:1 undifferentiatedg	0.000		0	FLA	4		0.000		
24:1 cg	1 012		0				0.667		
Fatty acids, total polyunsaturated9	1.213		0	FLA	4		0.667 0.636		
18:2 undifferentiated	1.156 0.057		0	FLA FLA	4		0.636		
18:3 undifferentiatedg			0		4		0.031		
18:4g	0.000		U	FLA	4		0.000		
20:2 n-6 c,cg 20:3 undifferentiatedg									
20:3 undifferentiated	0.000		0	FLA	4		0.000		
20:5 n-3g	0.000		0	FLA	4		0.000		
20.3 li-3g 22:5 n-3g	0.000		0	FLA	4		0.000		
22:6 n-3g	0.000		0	FLA	4		0.000		
Fatty acids, total trans	0.000		Ū	LIA	-		0.000		
Cholesterolg	0		0	мс	9		0		
Phytosterolsmg	Ü		ŭ	110	,		ŭ		
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0		
Caffeinemg	0		0	FLA	4		0		
Theobrominemg	0		0	FLA	4		0		
Carotenoids:									
Carotene, betamcg	0		0	Z	7		0.000		
Carotene, alphamcg	0		0	Z	7		0.000		
Cryptoxanthin, betamcg	0		0	z	7		0.000		
Lycopene mcg	0		0	z	7		0.000		
Lutein + zeaxanthin mcg	0		0	Z	7		0.000		

Common Measures:

Measure 1 = 55g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08245 Cereals ready-to-eat, GENERAL MILLS, Oatmeal Raisin Crisp General Mills Inc.

		<u>A</u>	mount in 10	00 grams	of edil	ole portic	<u>on</u>	Amount in edible portion of common		
					Deriv	Source	Confidence	<u>m</u> .	easures of food	_
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		5.83		1	MA	12		3.21		
Energy		370		0	MC	9		204		
Energy		1548		0	MC	9		851		
Protein (N x 6.25)		9.00		1	MA	12		4.95		
Total lipid (fat)		3.70 2.36		0 1	NR MA	4 12		2.04 1.30		
AshCarbohydrate, by difference		81.00		0	MC	9		44.55		
Fiber, total dietary		7.0		1	MA	12		3.9		
Sugars, total		32.00		1	MA	12		17.60		
Starch										
Minerals:										
* Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	36		0	MC	9		20		
* Iron, Fe		8.20		0	MC	9 9		4.51		
Magnesium, Mg		73 182		0 0	MC MC	9		40 100		
Phosphorus, P Potassium, K		363		1	MA	9 12		200		
Sodium, Na		392		1	MA	12		216		
* Zinc, Zn		6.82		0	MC	9		3.75		
Copper, Cu	-	0.145	5	0	MC	9		0.080		
Manganese, Mn	_									
Selenium, Se	mcg	17.3		0	BFZN	4		9.5		
Vitamins: * Vitamin C, total ascorbic acid	ma	11.0		0	MC	9		6.1		
* Thiamin		0.680)	0	MC	9		0.374		
* Riboflavin		0.770		0	MC	9		0.424		
* Niacin	mg	9.100)	0	MC	9		5.005		
Pantothenic acid	mg	0.619)	0	FLM	4		0.340		
* Vitamin B-6	_	0.910)	0	MC	9		0.501		
* Folate, total		182		0	MC	9		100		
Folic acid		163 19		0 0	NC CAAN	4 4		90 10		
Folate, food	mcg DFF	296		0	NC	4		163		
* Vitamin B-12		2.70		0	MC	9		1.49		
Vitamin A, IU	• • • • • • • • • • • • • • • • • • • •	0		0	MC	9		0		
Vitamin A, RAE		0		0	NC	4		0		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)		2.46		0	MC	9		1.36		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D		0.000)	0	MC	9		0.000		
Vitamin K (phylloquinone)		1.8		0	FLA	4		1.0		
Lipids:										
Fatty acids, total saturated	g	0.800		1	MA	12		0.440		
4:0		0.000		0	FLA	4		0.000		
6:0	•	0.000		0	FLA	4		0.000		
8:0 10:0	-	0.000		0	FLA FLA	4 4		0.000 0.000		
12:0		0.014		0	FLA	4		0.008		
13:0		0.000		0	FLA	4		0.000		
14:0		0.007		0	FLA	4		0.004		
15:0		0.000)	0	FLA	4		0.000		
16:0	-	0.676		0	FLA	4		0.372		
17:0	-	0.000		0	FLA	4		0.000		
18:0		0.046		0	FLA	4		0.025		
20:0		0.000		0	FLA	4		0.000		
22:0 24:0		0.000		0 0	FLA FLA	4 4		0.000 0.000		

		<u>Ar</u>	nount in 100 g	<u>ırams</u>	of edik	le portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and l	Units	Mean			Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturat	edg	1.267		0	FLA	4		0.697			
14:1	g	0.000		0	FLA	4		0.000			
15:1	g	0.000		0	FLA	4		0.000			
16:1 undifferentiated	g	0.007		0	FLA	4		0.004			
17:1	g	0.000		0	FLA	4		0.000			
18:1 undifferentiated	g	1.260		0	FLA	4		0.693			
20:1	g	0.000		0	FLA	4		0.000			
22:1 undifferentiated	g	0.000		0	FLA	4		0.000			
24:1 c	g	0.000		0	FLA	4		0.000			
Fatty acids, total polyunsaturate	dg	1.147		0	FLA	4		0.631			
18:2 undifferentiated	g	1.099		0	FLA	4		0.604			
18:3 undifferentiated	g	0.048		0	FLA	4		0.027			
18:4	g	0.000		0	FLA	4		0.000			
20:2 n-6 c.c	g	0.000		0	FLA	4		0.000			
20:3 undifferentiated	g	0.000		0	FLA	4		0.000			
20:4 undifferentiated	g	0.000		0	FLA	4		0.000			
20:5 n-3	g	0.000		0	FLA	4		0.000			
22:5 n-3		0.000		0	FLA	4		0.000			
22:6 n-3		0.000		0	FLA	4		0.000			
Fatty acids, total trans	g										
Cholesterol	mg	0		0	MC	9		0			
Phytosterols	mg										
Others:											
Alcohol, ethyl	g	0.0		0	Z	7		0.0			
Caffeine	mg	0		0	FLA	4		0			
Theobromine	mg	0		0	FLA	4		0			
Carotenoids:											
Carotene, beta	mcg	0		0	z	7		0.000			
Carotene, alpha	_	0		0	z	7		0.000			
Cryptoxanthin, beta		0		0	z	7		0.000			
Lycopene		0		0	z	7		0.000			
Lutein + zeaxanthin		0		0	Z	7		0.000			

Common Measures:

Measure 1 = 55g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08368 Cereals ready-to-eat, GENERAL MILLS, PARA SU FAMILIA Cinnamon Corn Stars General Mills Inc.

Refuse: 0%

		<u>A</u>	mount in 10			ole portic	<u>on</u>		edible portion o	f common
				Number	•			<u> </u>	easures or roou	
Nutrients and Uni	its	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:	a	2.16		1	MA	12				
Energy	-	386		0	MC	9				
Energy		1615		0	MC	9				
Protein (N x 6.25)		5.00		1	MA	12				
Total lipid (fat)		2.90		0	NR	4				
* ' '		3.20		1	MA	12				
AshCarbohydrate, by difference		87.00		0	MC	9				
3 7 3	-	1.0		1	MA	12				
Fiber, total dietary				1	MA	12				
Sugars, totalStarch		21.00		1	MA	12				
Minerals:										
* Calcium, Ca	mg	333		0	MC	9				
* Iron, Fe	mg	27.00		0	MC	9				
Magnesium, Mg	mg									
Phosphorus, P	mg	67		0	MC	9				
Potassium, K	mg	84		1	MA	12				
Sodium, Na	mg	792		1	MA	12				
* Zinc, Zn	mg	12.50		0	MC	9				
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
* Vitamin C, total ascorbic acid	-	20.0		0	MC	9				
* Thiamin		1.250		0	MC	9				
* Riboflavin	-	1.420		0	MC	9				
* Niacin		16.700)	0	MC	9				
Pantothenic acid		4 68		•						
* Vitamin B-6	-	1.670)	0	MC	9				
* Folate, total		667		0	MC	9				
Folate, DFE		5.00		0	MC	9				
* Vitamin B-12 * Vitamin A, IU		1667		0	MC	9				
Vitamin A, IOVitamin A, RAE		1007		U	MC	9				
Vitamin A, KAE Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
* Vitamin D		133.000)	0	MC	9				
Vitamin K (phylloquinone)										
<u>Lipids:</u>										
Fatty acids, total saturated	-	0.500)	1	MA	12				
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol		0		0	MC	9				
Phytosterols	mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08368

Cereals ready-to-eat, GENERAL MILLS, PARA SU FAMILIA Cinnamon Corn Stars

Food Group: 08 Breakfast Cereals

NDB No. 08371 Cereals ready-to-eat, GENERAL MILLS, PARA SU FAMILIA Raisin Bran General Mills Inc.

Refuse: 0%

		<u>Aı</u>	mount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in	edible portion	of common
				Number					easures of food	
Nutrients and Uni	its	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		8.08		1	MA	12				
Energy	kcal	309		0	MC	9				
Energy	kj	1293		0	MC	9				
Protein (N x 6.25)	g	9.00		1	MA	12				
Total lipid (fat)	g	2.30		0	NR	4				
Ash	g	6.72		1	MA	12				
Carbohydrate, by difference	g	74.00		0	MC	9				
Fiber, total dietary	g	12.0		1	MA	12				
Sugars, total	g	20.00		1	MA	12				
Starch	g									
M:										
Minerals: * Calcium, Ca	ma	1273		0	MC	9				
* Calcium, Ca * Iron, Fe		32.70		0	MC	9				
Magnesium, Mg		73		0	MC	9				
Phosphorus, P		273		0	MC	9				
Potassium, K	_	598		1	MA	12				
Sodium, Na	_	585		0	MC	9				
* Zinc. Zn	_	13.60		0	MC	9				
Copper, Cu	• • • • • • • • • • • • • • • • • • • •	0.364		0	MC	9				
Manganese, Mn	_									
Selenium, Se										
Vitamins										
Vitamins: Vitamin C, total ascorbic acid	ma	0.0		0	MC	9				
* Thiamin		0.680		0	MC	9				
* Riboflavin	-	1.550		0	MC	9				
* Niacin	-	18.200		0	MC	9				
Pantothenic acid		10.200		·	110	,				
* Vitamin B-6		1.820		0	MC	9				
* Folate, total		727		0	MC	9				
Folic acid		708		0	NC	4				
Folate, food		19		0	CAAN	4				
Folate, DFE		1223		0	NC	4				
* Vitamin B-12		2.70		0	MC	9				
* Vitamin A, IU	IU	909		0	MC	9				
Vitamin A, RAE										
Retinol										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
* Vitamin D		73.000		0	MC	9				
Vitamin K (phylloquinone)	mcg									
<u>Lipids:</u>										
Fatty acids, total saturated		0.500		1	MA	12				
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol		0		0	MC	9				
Phytosterols	mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

^{*}Vitamin or mineral added for enrichment or fortification

NDB No. 08371

Cereals ready-to-eat, GENERAL MILLS, PARA SU FAMILIA Raisin Bran

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08261 Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN

		<u>A</u>	mount in 10	0 grams	of edil	ole portic	<u>on</u>	Amount in	edible portion of	of common
				Number	•			<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	4.50		3	MA	12		2.48		
Energy	-	380		0	MC	9		209		
Energy		1590				9		874		
Protein (N x 6.25)		9.39		3	MA	12		5.16		
Total lipid (fat)		8.00		3	MA	12		4.40		
Ash	_	2.66		3	MA	12		1.46		
Carbohydrate, by difference		75.37		0	MC	9		41.45		
Fiber, total dietary	g	9.2		3	MA	12		5.1		
Sugars, total	g	29.00		1	MA	12		15.95		
Starch	g									
Minerals:										
* Calcium, Ca	-	36		0	MC	9		20		
* Iron, Fe	-	8.20		0	MC	9		4.51		
Magnesium, Mg		73		0	MC	9		40		
Phosphorus, P		273		0	MC	9		150		
Potassium, K		433 455		1 1	MA MA	12 12		238 250		
Sodium, Na* * Zinc, Zn		455 6.80		0	MC	9		3.74		
Copper, Cu		0.291	ı	0	MC	9		0.160		
Manganese, Mn		2.373		0	FLM	4		1.305		
Selenium, Se		7.0		0	BFZN	4		3.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
* Thiamin	-	0.680)	0	MC	9		0.374		
Riboflavin		0.770		0	MC	9		0.424		
Niacin		9.100		0	MC	9		5.005		
Pantothenic acid		0.613		0	FLM	4		0.337		
* Vitamin B-6	_	0.910)	0	MC	9		0.501		
* Folate, total		182 163		0 0	MC NC	9 4		100 90		
Folic acidFolate, food		19		0	CAAN	4		10		
Folate, DFE		296		0	NC	4		163		
* Vitamin B-12		2.70		0	MC	9		1.49		
Vitamin A, IU		0		0	MC	9		0		
Vitamin A, RAE		0		0	NC	4		0		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	3.70		0	FLM	4		2.03		
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D.		0.000)	0	MC FLA	9 4		0.000		
Vitamin K (phylloquinone)	incg	2.1		U	FLA	4		1.2		
Lipids:	a	1.400	1	1	MA	12		0.770		
Fatty acids, total saturated		0.000		0	FLA	4		0.770		
6:0		0.000		0	FLA	4		0.000		
8:0		0.001		0	FLA	4		0.001		
10:0		0.000		0	FLA	4		0.000		
12:0		0.001		0	FLA	4		0.001		
13:0		0.000)	0	FLA	4		0.000		
14:0	g	0.019	•	0	FLA	4		0.011		
15:0	g	0.000)	0	FLA	4		0.000		
16:0	g	1.134	1	0	FLA	4		0.624		
17:0	_	0.000)	0	FLA	4		0.000		
18:0		0.226		0	FLA	4		0.125		
20:0		0.000		0	FLA	4		0.000		
22:0	0	0.000)	0	FLA	4		0.000		

		<u>Ar</u>	nount in 100 gra	ams of ed	lible porti	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and l	Jnits	Mean	Num of D Std. Error Poi	ata Deri		Confidence Code	<u>m</u> Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturat	edg	4.291		0 FL	A 4		2.360			
14:1	g	0.000		0 FL	A 4		0.000			
15:1	g	0.000		0 FL	A 4		0.000			
16:1 undifferentiated	g	0.044		0 FL	A 4		0.024			
17:1	•	0.000		0 FL	A 4		0.000			
18:1 undifferentiated	g	4.247		0 FL	A 4		2.336			
20:1	g	0.000		0 FL	A 4		0.000			
22:1 undifferentiated	g	0.000		0 FL	A 4		0.000			
24:1 c	g	0.000		0 FL	A 4		0.000			
Fatty acids, total polyunsaturate	dg	1.598		0 FL	A 4		0.879			
18:2 undifferentiated	g	1.509		0 FL	A 4		0.830			
18:3 undifferentiated	g	0.089		0 FL	A 4		0.049			
18:4	g	0.000		0 FL	A 4		0.000			
20:2 n-6 c,c	g	0.000		0 FL	A 4		0.000			
20:3 undifferentiated	g	0.000		0 FL	A 4		0.000			
20:4 undifferentiated	g	0.001		0 FL	A 4		0.001			
20:5 n-3	g	0.000		0 FL	A 4		0.000			
22:5 n-3	g	0.000		0 FL	A 4		0.000			
22:6 n-3	g	0.000		0 FL	A 4		0.000			
Fatty acids, total trans	g									
Cholesterol	mg	0		0 MC	9		0			
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0 z	7		0.0			
Caffeine	<u>mg</u>	0		0 FL	A 4		0			
Theobromine	mg	0		0 FL	A 4		0			
Carotenoids:										
Carotene, beta	mcg	0		0 z	7		0.000			
Carotene, alpha	mcg	0		0 z	7		0.000			
Cryptoxanthin, beta		0		0 z	7		0.000			
Lycopene		0		0 z	7		0.000			
Lutein + zeaxanthin		0		0 z	7		0.000			

Common Measures:

Measure 1 = 55g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08194 Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS

		<u>A</u>	mount in 10	0 grams	of edil	ole portio	<u>on</u>	Amount in	edible portion of	of common
				Number	•			<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	2.99		1	MA	12		0.90		
Energy	_	425		0	MC	9		128		
Energy		1778		0	MC	9		533		
Protein (N x 6.25)		6.00		1	MA	12		1.80		
Total lipid (fat)		9.70		0	NR	4		2.91		
Ash		2.82		1	MA	12		0.85		
Carbohydrate, by difference		78.00		0	MC	9		23.40		
Fiber, total dietary		0.0		1	MA	12		0.0		
Sugars, total		38.70		1	MA	12		11.61		
Starch	_	301.70		_						
Minerals:										
* Calcium, Ca	mg	333		0	MC	9		100		
* Iron, Fe	• • • • • • • • • • • • • • • • • • • •	15.00		0	MC	9		4.50		
Magnesium, Mg	mg	53		1	MA	12		16		
Phosphorus, P		67		0	MC	9		20		
Potassium, K		139		1	MA	12		42		
Sodium, Na	-	555		1	MA	12		167		
* Zinc, Zn		12.50		0	MC	9		3.75		
Copper, Cu		0.210		1	MA	12		0.063		
Manganese, Mn		0.976	5	0	FLM	4		0.293		
Selenium, Se	mcg	6.5		0	BFZN	4		2.0		
Vitamins:						•				
* Vitamin C, total ascorbic acid		20.0		0	MC	9		6.0		
* Thiamin	-	1.250		0	MC	9 9		0.375		
Riboflavin		1.420		0 0	MC	9		0.426		
Niacin Pantothenic acid		16.700 0.463		0	MC FLM	4		5.010 0.139		
Vitamin B-6		1.670		0	MC	9		0.139		
Folate, total	-	333	,	0	MC	9		100		
Folic acid		314		0	NC	4		94		
Folate, food		19		0	CAAN	4		6		
Folate, DFE		553		0	NC	4		166		
Vitamin B-12		5.00		0	MC	9		1.50		
Vitamin A, IU		1668		0	FLM	4		501		
Vitamin A, RAE		479		0	NC	4		144		
Retinol		474		0	FLM	4		142		
Vitamin E (alpha-tocopherol)	mg	1.20		0	FLM	4		0.36		
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta										
* Vitamin D		133.000)	0	MC	9		39.900		
Vitamin K (phylloquinone)	mcg	1.0		0	FLM	4		0.3		
<u>Lipids:</u>										
Fatty acids, total saturated		1.900		1	MA	12		0.570		
4:0		0.000		0	FLM	4		0.000		
6:0		0.000		0	FLM	4		0.000		
8:0	-	0.000		0	FLM	4		0.000		
10:0		0.000		0	FLM	4		0.000		
12:0		0.015	•	0	FLM	4		0.004		
13:0		0.000		^						
14:0		0.028	5	0	FLM	4		0.008		
15:0	-	1 0-1		^				0.070		
16:0	-	1.259	,	0	FLM	4		0.378		
17:0	-	0 205	7	0	EL PA	4		0 000		
18:0	-	0.307		0	FLM	4		0.092		
20:0 22:0	-	0.072		0 0	FLM	4		0.022		
7.7.11	y	0.159	7	U	FLM	4		0.048		

		<u>An</u>	nount in 10	00 grams Number		<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and l	Units	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturat		4.143		0	FLM	4		1.243		
14:1										
15:1										
16:1 undifferentiated		0.014		0	FLM	4		0.004		
17:1										
18:1 undifferentiated		4.058		0	FLM	4		1.217		
20:1	-	0.072		0	FLM	4		0.022		
22:1 undifferentiated	•	0.000		0	FLM	4		0.000		
24:1 c										
Fatty acids, total polyunsaturate	dg	3.010		0	FLM	4		0.903		
18:2 undifferentiated		2.911		0	FLM	4		0.873		
18:3 undifferentiated	-	0.099		0	FLM	4		0.030		
18:4	g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated	-									
20:4 undifferentiated	g	0.000		0	FLM	4		0.000		
20:5 n-3	g	0.000		0	FLM	4		0.000		
22:5 n-3	g	0.000		0	FLM	4		0.000		
22:6 n-3	g	0.000		0	FLM	4		0.000		
Fatty acids, total trans	g									
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	Z	7		0.0		
Caffeine	mg	0		0	FLA	4		0		
Theobromine	mg	1		0	FLA	4		0		
Carotenoids:	•									
Carotene, beta	mcg	39		0	FLM	4		11.773		
Carotene, alpha	mcg	26		0	FLM	4		7.707		
Cryptoxanthin, beta	mcg	0		0	FLM	4		0.000		
Lycopene	mcg	0		0	FLM	4		0.000		
Lutein + zeaxanthin		550		0	FLM	4		164.970		

Common Measures:

Measure 1 = 30g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08370 Cereals ready-to-eat, GENERAL MILLS, RICE CRUNCHINS

Refuse: 0%

		<u>A</u>	mount in 10	0 grams	of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
				Number				<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		3.95		1	MA	12				
Energy	kcal	381		0	NC	4				
Energy	kj	1594		0	NC	4				
Protein (N x 6.25)	g	7.00		1	MA	12				
Total lipid (fat)	g	1.00		0	NR	4				
Ash	g	2.47		1	MA	12				
Carbohydrate, by difference	g	86.00		0	MC	9				
Fiber, total dietary	g	0.0		1	MA	12				
Sugars, total		9.00		1	MA	12				
Starch										
X										
Minerals:		0		•		•				
Calcium, Ca		6.00		0 0	MC MC	9 9				
* Iron, Fe		6.00		U	МС	9				
Phosphorus, P	-									
Potassium, K		106		1	MA	12				
Sodium, Na		903		1	MA	12				
Zine, Zn	-	303		-	nn.	12				
Copper, Cu										
Manganese, Mn										
Selenium, Se										
•										
<u>Vitamins:</u>										
* Vitamin C, total ascorbic acid		50.0		0	MC	9				
* Thiamin	_	1.500		0	MC	9				
* Riboflavin		1.700		0 0	MC MC	9 9				
* Niacin	-	20.000	,	U	МС	9				
Pantothenic acid		1.670	,	0	MC	9				
* Vitamin B-6	-	400	,	0	MC	9				
* Folate, total		400		U	MC	,				
Folate, food		4		0	CAAN	4				
Folate, DFE		-		U	CAAN	*				
* Vitamin B-12		6.00		0	MC	9				
* Vitamin A, IU		2500		0	MC	9				
Vitamin A, RAE	mca RAF	2300		·	110	•				
Retinol										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
* Vitamin D		133.000)	0	MC	9				
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	g	0.400)	1	MA	12				
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	MC	9				
Phytosterols	mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

^{*}Vitamin or mineral added for enrichment or fortification

NDB No. 08370

Cereals ready-to-eat, GENERAL MILLS, RICE CRUNCHINS

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08064 Cereals ready-to-eat, GENERAL MILLS, Rice CHEX

		<u>Aı</u>	mount in 100	<u>0 grams</u>	of edil	ole portio	<u>on</u>		edible portion	
			ı	Number	•			<u>m</u>	easures of food	<u>l</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	2.83		1	MA	12		0.88		
Energy	kcal	377		0	MC	9		117		
Energy	kj	1577		0	MC	9		489		
Protein (N x 6.25)	g	6.00		1	MC	9		1.86		
Total lipid (fat)	g	1.00		0	NR	4		0.31		
Ash	g	3.36		1	MA	12		1.04		
Carbohydrate, by difference	g	86.00		0	MC	9		26.66		
Fiber, total dietary	g	1.0		1	MA	12		0.3		
Sugars, total	g	8.00		1	MA	12		2.48		
Starch										
	_									
<u>Minerals:</u>										
Calcium, Ca	-	333		0	MC	9		103		
Iron, Fe	-	30.00		0	MC	9		9.30		
Magnesium, Mg		30		0	MC	9		9		
Phosphorus, P		114		0	MC	9		35		
Potassium, K	-	98		1	MA	12		30		
Sodium, Na	-	941		1	MA	12		292		
Zinc, Zn		12.50		0	MC	9		3.88		
Copper, Cu		0.000		0	MC	9		0.000		
Manganese, Mn		0.990		0	FLM	4		0.307		
Selenium, Se	mcg	3.9	0.80	5 5	A	1		1.2		
/itamins:										
Vitamin C, total ascorbic acid	ma	20.0		0	MC	9		6.2		
Thiamin	-	1.250)	0	MC	9		0.388		
Riboflavin	_	1.420		0	MC	9		0.440		
Niacin		16.700		0	MC	9		5.177		
Pantothenic acid	-			·		•		0.2		
Vitamin B-6	_	1.670)	0	MC	9		0.518		
Folate, total		667		0	MC	9		207		
Folic acid		663		0	NC	4		206		
Folate, food		4		0	CAAN	4		1		
Folate, DFE		1131		0	NC	4		351		
Vitamin B-12		5.00		0	MC	9		1.55		
Vitamin A, IU		1667		0	MC	9		517		
Vitamin A, RAE		501		0	NC	4		155		
Retinol		501		0	NC	4		155		
Vitamin E (alpha-tocopherol)		0.05		0	FLM	4		0.02		
Tocopherol, beta		0.00		·		-		0.02		
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		133.000)	0	MC	9		41.230		
Vitamin K (phylloquinone)		0.0		0	FLM	4		0.0		
				-		•		- · · ·		
<u> </u>										
Fatty acids, total saturated		0.400		1	MA	12		0.124		
4:0		0.000		0	FLM	4		0.000		
6:0	-	0.000		0	FLM	4		0.000		
8:0		0.000		0	FLM	4		0.000		
10:0	-	0.000		0	FLM	4		0.000		
12:0		0.000)	0	FLM	4		0.000		
13:0										
14:0		0.008	3	0	FLM	4		0.003		
15:0										
16:0	g	0.358	3	0	FLM	4		0.111		
17:0	g									
18:0	g	0.027	1	0	FLM	4		0.008		
20:0	g									
22:0	g									
24:0	g									

	<u>Ar</u>	nount in 10			ole portio	<u>on</u>		edible portion of	f common
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturated			0	FLM	4		0.067		
14:1									
15:1	_								
16:1 undifferentiated			0	FLM	4		0.001		
17:1			_		_				
18:1 undifferentiated			0	FLM	4		0.067		
20:1	_		0	FLM	4		0.000		
22:1 undifferentiated			0	FLM	4		0.000		
24:1 c									
Fatty acids, total polyunsaturated			0	FLM	4		0.069		
18:2 undifferentiated	_		0	FLM	4		0.057		
18:3 undifferentiated	-		0	FLM	4		0.012		
18:4			0	FLM	4		0.000		
20:2 n-6 c,c									
20:3 undifferentiated	_		•						
20:4 undifferentiated			0	FLM	4		0.000		
20:5 n-3			0	FLM	4		0.000		
22:5 n-3	_		0	FLM	4		0.000		
22:6 n-3	-		0	FLM	4		0.000		
Fatty acids, total trans							_		
Cholesterol	•		0	MC	9		0		
Phytosterols	mg								
Others:									
Alcohol, ethyl	g 0.0		0	Z	7		0.0		
Caffeine	mg 0		0	FLM	4		0		
Theobromine	mg 0		0	FLM	4		0		
Carotenoids:									
Carotene, beta	mcg 0		0	z	7		0.000		
Carotene, alpha	mcg 0		0	Z	7		0.000		
Cryptoxanthin, beta	mcg 0		0	Z	7		0.000		
Lycopene	mcg 0		0	Z	7		0.000		
Lutein + zeaxanthin	mcg 0		0	Z	7		0.000		

Common Measures:

Measure 1 = 31g: 1.25 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08367 Cereals ready-to-eat, GENERAL MILLS, SUNRISE

Refuse: 0%

		<u>A</u> 1	mount in 10			ole portic	<u>on</u>		edible portion	
				Number	•			<u>m</u>	easures of food	_
Nutrients and Uni	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.56		1	MA	12				
Energy	kcal	380		0	MC	9				
Energy	kj	1590		0	MC	9				
Protein (N x 6.25)	g	6.00		1	MA	12				
Total lipid (fat)	g	2.50		0	NR	4				
Ash	g	2.06		1	MA	12				
Carbohydrate, by difference		87.00		0	MC	9				
Fiber, total dietary		4.0		1	MA	12				
Sugars, total		33.00		1	MA	12				
Starch										
Minerals:		_								
Calcium, Ca		0		0	MC	9				
* Iron, Fe		15.00		0	MC	9				
Magnesium, Mg		27		0	MC	9				
Phosphorus, P	-	67		0	MC	9				
Potassium, K		150		1	MA	12				
Sodium, Na		610		1	MA	12				
* Zinc, Zn	-	12.50		0	MC	9				
Copper, Cu	-									
Manganese, Mn Selenium, Se	-									
Seienium, Se	nicg									
Vitamins:										
* Vitamin C, total ascorbic acid	mg	20.0		0	MC	9				
* Thiamin	mg	0.100)	0	MC	9				
* Riboflavin	mg	1.420)	0	MC	9				
* Niacin	mg	16.700)	0	MC	9				
Pantothenic acid	mg									
* Vitamin B-6	mg	1.670)	0	MC	9				
* Folate, total	mcg	333		0	MC	9				
Folic acid	mcg	314		0	NC	4				
Folate, food		19		0	CAAN	4				
Folate, DFE	mcg_DFE	553		0	NC	4				
Vitamin B-12										
* Vitamin A, IU	IU	0		0	MC	9				
Vitamin A, RAE		0		0	NC	4				
Retinol		0		0	Z	7				
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta				_		_				
Vitamin D		0.000)	0	MC	9				
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.400)	1	MA	12				
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol		0		0	MC	9				
Phytosterols	• • • • • • • • • • • • • • • • • • • •									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

^{*}Vitamin or mineral added for enrichment or fortification

NDB No. 08367

Cereals ready-to-eat, GENERAL MILLS, SUNRISE

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08399 Cereals ready-to-eat, GENERAL MILLS, TOTAL Brown Sugar and Oat

Refuse: 0%

		<u>A</u> 1	mount in 10			ole portic	<u>on</u>		edible portion of easures of food	
				Number				<u>1111</u>	easures or roou	
				of Data			Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		2.50		1	MA	12				
Energy	kcal	339		0	MC	9				
Energy	kj	1418		0	MC	9				
Protein (N x 6.25)	g	6.40		1	MA	12				
Total lipid (fat)	g	2.30		0	NR	4				
Ash	g	11.90		1	MA	12				
Carbohydrate, by difference	g	76.30		0	MC	9				
Fiber, total dietary	g	4.0		1	MA	12				
Sugars, total	g	31.00		1	MA	12				
Starch	g									
Minerals:										
* Calcium, Ca	mg	3333		0	MC	9				
* Iron, Fe	mg	60.00		0	MC	9				
Magnesium, Mg	mg	53		0	MC	9				
Phosphorus, P	mg	200		0	MC	9				
Potassium, K	mg	223		1	MA	12				
Sodium, Na	mg	636		1	MA	12				
* Zinc, Zn	mg	50.00		0	MC	9				
Copper, Cu		0.133	3	0	MC	9				
Manganese, Mn	<u>mg</u>									
Selenium, Se	mcg									
Vitamins:										
* Vitamin C, total ascorbic acid	mg	200.0		0	MC	9				
* Thiamin	_	5.000		0	MC	9				
* Riboflavin	-	5.670		0	MC	9				
* Niacin	-	66.700		0	MC	9				
Pantothenic acid	_	33.300		0	MC	9				
* Vitamin B-6		6.670)	0	MC	9				
* Folate, total		1333		0	MC	9				
Folate, DFE	mcg_DFE									
* Vitamin B-12	mcg	20.00		0	MC	9				
* Vitamin A, IU	IU	1667		0	MC	9				
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta		133.000		0	MC	9				
* Vitamin D		133.000	,	U	MC	9				
Vitamin K (phylloquinone)										
Lipids:	a	0 500		4	MA	10				
Fatty acids, total saturated		0.500	,	1	MA	12				
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans		0		0	MC	9				
Cholesterol		U		U	MC	9				
Phytosterols	<u>.</u> my									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08399

Cereals ready-to-eat, GENERAL MILLS, TOTAL Brown Sugar and Oat

Food Group: 08 Breakfast Cereals

NDB No. 08246 Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes

		<u>A</u>	mount in 10	<u>u grams</u>	or ean	ole portic	<u>on</u>	Amount in edible portion of common			
				Number	,			<u>m</u>	easures of food		
						Source	Confidence				
Nutrients and Unit	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:		0.56				4.0					
Water	=	2.56		2	MA	12		0.77			
Energy		373		0	MC	9 9		112			
Energy	=	1561 6.05		0 2	MC			468 1.82			
Protein (N x 6.25)		1.61		2	MA MA	12 12		0.48			
Total lipid (fat)		4.25		2	MA	12		1.28			
Carbohydrate, by difference		85.55		0	MC	9		25.67			
Fiber, total dietary		2.5		2	MA	12		0.8			
Sugars, total		11.00		1	MA	12		3.30			
Starch	=	11.00		-				3.30			
Minerals:											
* Calcium, Ca	mg	3333		0	MC	9		1000			
* Iron, Fe	_	60.00		0	MC	9		18.00			
Magnesium, Mg	mg	26		2	MA	12		8			
Phosphorus, P		366		2	MA	12		110			
Potassium, K		94		1	MA	12		28			
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	698		1	MA	12		209			
* Zinc, Zn		50.00		0	MC	9		15.00			
Copper, Cu		0.000		2 0	MA FLM	12 4		0.000 0.029			
Manganese, Mn Selenium, Se		5.1	•	0	BFZN	4		1.5			
Vitamins:											
Vitamin C, total ascorbic acid	ma	200.0		0	MC	9		60.0			
* Thiamin		5.000)	0	MC	9		1.500			
Riboflavin	-	5.670)	0	MC	9		1.701			
Niacin	mg	66.700)	0	MC	9		20.010			
Pantothenic acid	mg	33.000)	0	MC	9		9.900			
Vitamin B-6	mg	6.670)	0	MC	9		2.001			
Folate, total	mcg	1333		0	MC	9		400			
Folic acid		1314		0	NC	4		394			
Folate, food		19		0	CAAN	4		6			
Folate, DFE		2253		0	NC	4		676			
* Vitamin B-12		20.00		0	MC	9		6.00			
Vitamin A, IU Vitamin A, RAE		1426 389		0 0	FLA NC	4 4		428 117			
Retinol		381		0	FLA	4		114			
Vitamin E (alpha-tocopherol)		45.00		0	MC	9		13.50			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D	IU	114.000)	0	MC	9		34.200			
Vitamin K (phylloquinone)	mcg	0.2		0	FLA	4		0.1			
Lipids:		_									
Fatty acids, total saturated		0.400		1	MA	12		0.120			
4:0		0.000		0	FLA	4		0.000			
6:0	_	0.000		0 0	FLA	4 4		0.000			
8:0	-	0.000		0	FLA FLA	4		0.000 0.000			
10:0 12:0		0.000		0	FLA	4		0.000			
13:0		3.001	-	3	EAR	-		0.000			
14:0		0.001	L	0	FLA	4		0.000			
15:0		3.00		•		•		0.000			
16:0	_	0.335	5	0	FLA	4		0.101			
17:0	_										
18:0	_	0.045	5	0	FLA	4		0.013			
20:0	g										
22:0											

	<u>An</u>	nount in 10	00 grams	of edik	ole portio	<u>n</u>	Amount in	edible portion of	of common
			Number				<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	0.214		0	FLA	4		0.064		
14:1									
15:1g									
16:1 undifferentiatedg	0.002		0	FLA	4		0.001		
17:1g									
18:1 undifferentiatedg	0.212		0	FLA	4		0.064		
20:1g	0.000		0	FLA	4		0.000		
22:1 undifferentiatedg	0.000		0	FLA	4		0.000		
24:1 cg									
Fatty acids, total polyunsaturatedg	0.368		0	FLA	4		0.110		
18:2 undifferentiated	0.358		0	FLA	4		0.107		
18:3 undifferentiatedg	0.011		0	FLA	4		0.003		
18:4g	0.000		0	FLA	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	FLA	4		0.000		
20:5 n-3g	0.000		0	FLA	4		0.000		
22:5 n-3g	0.000		0	FLA	4		0.000		
22:6 n-3g	0.000		0	FLA	4		0.000		
Fatty acids, total transg									
Cholesterolmg	0		0	Z	7		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	z	7		0.0		
Caffeine mg	0		0	FLA	4		0		
Theobromine mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, betamcg	70		0	FLA	4		20.926		
Carotene, alphamcg	46		0	FLA	4		13.698		
Cryptoxanthin, beta mcg	0		0	FLA	4		0.000		
Lycopene mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin mcg	977		0	FLA	4		293.217		

Common Measures:

Measure 1 = 30g: 1.333 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08247 Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran

		<u>A</u>	mount in 10	00 grams	of edil	ole portic	<u>on</u>		edible portion	
				Number		Cauras	Confidence	<u>m</u>	easures of food	<u>.</u>
Nutrients and Un	its	Mean	Std. Error			Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	8.27		1	MA	12		4.55		
Energy		311		0	MC	9		171		
Energy		1301		0	MC	9		716		
Protein (N x 6.25)		7.00		1	MA	12		3.85		
Total lipid (fat)		2.00		0	NR	4		1.10		
Ash	g	5.96		1	MA	12		3.28		
Carbohydrate, by difference	g	75.00		0	MC	9		41.25		
Fiber, total dietary	g	9.0		1	MA	12		5.0		
Sugars, total		36.00		1	MA	12		19.80		
Starch	g									
Minerals:										
* Calcium, Ca	mg	1818		0	MC	9		1000		
* Iron, Fe		32.70		0	MC	9		17.99		
Magnesium, Mg		73		0	MC	9		40		
Phosphorus, P		182		0	MC	9		100		
Potassium, K		644 435		1 1	MA MA	12 12		354 239		
* Zinc, Zn		27.30		0	MC	9		15.02		
Copper, Cu		0.291	L	0	MC	9		0.160		
Manganese, Mn		4.637		0	FLC	4		2.550		
Selenium, Se	mcg	7.0		0	BFZN	4		3.9		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
* Thiamin	mg	2.730)	0	MC	9		1.502		
* Riboflavin	mg	3.090)	0	MC	9		1.700		
* Niacin	-	36.400		0	MC	9		20.020		
Pantothenic acid		18.000		0	MC	9		9.900		
* Vitamin B-6	_	3.640)	0	MC	9		2.002		
* Folate, total Folic acid		727 708		0	MC NC	9 4		400 389		
Folate, food	-	19		0	CAAN	4		10		
Folate, DFE		1223		0	NC	4		672		
* Vitamin B-12		10.90		0	MC	9		6.00		
* Vitamin A, IU		909		0	MC	9		500		
Vitamin A, RAE	mcg_RAE	273		0	NC	4		150		
Retinol	mcg	273		0	NC	4		150		
* Vitamin E (alpha-tocopherol)		24.54		0	MC	9		13.50		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta* Vitamin D		73.000)	0	MC	9		40.150		
Vitamin K (phylloquinone)		1.7	•	0	FLA	4		0.9		
Lipids:	_									
Fatty acids, total saturated	а	0.400)	1	MA	12		0.220		
4:0		0.000		0	FLA	4		0.000		
6:0		0.000		0	FLA	4		0.000		
8:0	g	0.000)	0	FLA	4		0.000		
10:0		0.000)	0	FLA	4		0.000		
12:0		0.001	L	0	FLA	4		0.001		
13:0	-									
14:0		0.004		0	FLA	4		0.002		
15:0	-	0.000		0	FLA	4		0.000		
16:0	-	0.342		0	FLA	4		0.188		
17:0	-	0.000		0	FLA FLA	4 4		0.000 0.020		
18:0 20:0	_	0.036		0	FLA	4		0.020		
22:0		0.000		0	FLA	4		0.000		
24:0		0.001	-	•	1	•		3.000		

	<u>Ar</u>	nount in 100 grams	of edil	ole portic	<u>on</u>		edible portion	
Nutrients and Units	Mean	Numbe of Data Std. Error Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturated	0.270	0	FLA	4		0.149		
14:19	0.000	0	FLA	4		0.000		
15:1g	0.000	0	FLA	4		0.000		
16:1 undifferentiatedg	0.014	0	FLA	4		0.008		
17:1g	0.000	0	FLA	4		0.000		
18:1 undifferentiatedg	0.257	0	FLA	4		0.141		
20:1g	0.000	0	FLA	4		0.000		
22:1 undifferentiatedg	0.000	0	FLA	4		0.000		
24:1 cg								
Fatty acids, total polyunsaturated	0.952	0	FLA	4		0.524		
18:2 undifferentiatedg	0.877	0	FLA	4		0.482		
18:3 undifferentiatedg	0.073	0	FLA	4		0.040		
18:4g	0.000	0	FLA	4		0.000		
20:2 n-6 c.cg	0.000	0	FLA	4		0.000		
20:3 undifferentiated	0.000	0	FLA	4		0.000		
20:4 undifferentiatedg	0.002	0	FLA	4		0.001		
20:5 n-3	0.000	0	FLA	4		0.000		
22:5 n-3	0.000	0	FLA	4		0.000		
22:6 n-3g	0.000	0	FLA	4		0.000		
Fatty acids, total transg								
Cholesterolmg	0	0	MC	9		0		
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	Z	7		0.0		
Caffeine mg	0	0	FLA	4		0		
Theobromineg	0	0	FLA	4		0		
Carotenoids:								
Carotene, beta mcg	0	0	z	7		0.000		
Carotene, alphamcg	0	0	Z	7		0.000		
Cryptoxanthin, betamcg	0	0	Z	7		0.000		
Lycopenemcg	0	0	Z	7		0.000		
Lutein + zeaxanthin mcg	0	0	Z	7		0.000		

Common Measures:

Measure 1 = 55g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08078 Cereals ready-to-eat, GENERAL MILLS, TRIX

		<u>A</u>	mount in 10	<u>u grams</u>	ot edil	ole portic	<u>on</u>	Amount in	edible portion of	of common
				Number				<u>m</u>	easures of food	
						Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:				_		4.0		0.56		
Water	=	1.88		1	MA	12		0.56		
Energy		391		0	MC	9 9		117		
Energy	=	1636		0	MC			491		
Protein (N x 6.25)		3.00		1 0	MA	12		0.90		
Total lipid (fat)	_	3.80		1	NR	4 12		1.14 0.77		
Ash		2.57		0	MA	9		26.70		
Carbohydrate, by difference		89.00 3.0		1	MC MA	9 12		0.9		
Fiber, total dietary		44.00		1	MA	12		13.20		
Sugars, total	=	44.00		1	MA	12		13.20		
Starch	g									
Minerals:										
* Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	333		0	MC	9		100		
* Iron, Fe	-	15.00		0	MC	9		4.50		
Magnesium, Mg		12		0	MC	9		4		
Phosphorus, P		67		0	MC	9		20		
Potassium, K		58		1	MA	12		17		
Sodium, Na	-	647		1	MA	12		194		
* Zinc, Zn		12.50		0	MC	9		3.75		
Copper, Cu	_	0.290		0	MC	9 9		0.087		
Manganese, Mn		0.059 6.5	,	0	MC BFZN	4		0.018 2.0		
Selenium, Se	Ilicg	6.5		U	DF ZN	4		2.0		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	20.0		0	MC	9		6.0		
* Thiamin	mg	1.250)	0	MC	9		0.375		
Riboflavin	mg	1.420)	0	MC	9		0.426		
Niacin	mg	16.700)	0	MC	9		5.010		
Pantothenic acid	-									
* Vitamin B-6	_	1.670)	0	MC	9		0.501		
Folate, total		333		0	MC	9		100		
Folic acid		314		0	NC	4		94		
Folate, food		19		0	CAAN	4		6		
Folate, DFE		553		0	NC	4		166		
Vitamin B-12		5.00		0	MC	9		1.50		
Vitamin A, IU		1667		0	MC	9 4		500		
Vitamin A, RAE		501 501		0	NC NC	4		150 150		
Retinol Vitamin E (alpha-tocopherol)		1.99		0	MC	9		0.60		
Tocopherol, beta		1.99		U	MC	9		0.80		
Tocopherol, gamma										
Tocopherol, delta										
* Vitamin D		133.000)	0	MC	9		39.900		
Vitamin K (phylloquinone)		0.9		0	FLA	4		0.3		
				-	_					
<u>Lipids:</u>										
Fatty acids, total saturated		0.600		1	MA	12		0.180		
4:0		0.000		0	FLA	4		0.000		
6:0	_	0.000		0	FLA	4		0.000		
8:0	_	0.000		0	FLA	4		0.000		
10:0		0.000		0	FLA	4		0.000		
12:0		0.000)	0	FLA	4		0.000		
13:0		2 22	,	^						
14:0	-	0.009	,	0	FLA	4		0.003		
15:0				_						
16:0		0.471	L	0	FLA	4		0.141		
17:0	_		-	_				•		
18:0	_	0.116	5	0	FLA	4		0.035		
20:0	_									
22:0	g									

	<u>An</u>	nount in 10	00 grams Number		ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	1.988		0	FLA	4		0.597		
14:1									
15:1g 16:1 undifferentiatedg	0.015		0	FLA	4		0.004		
16:1 undifferentiated	0.015		U	FLIA	4		0.004		
17:1	1.974		0	FLA	4		0.592		
20:1g	0.000		0	FLA	4		0.592		
22:1 undifferentiated	0.000		0	FLA	4		0.000		
24:1 c	0.000		U	FLIA	-		0.000		
Fatty acids, total polyunsaturated9	0.912		0	FLA	4		0.273		
18:2 undifferentiatedg	0.862		0	FLA	4		0.259		
18:3 undifferentiatedg	0.049		0	FLA	4		0.015		
18:4g	0.000		0	FLA	4		0.000		
20:2 n-6 c,cg	0.000		•		-		0.000		
20:3 undifferentiated									
20:4 undifferentiated	0.000		0	FLA	4		0.000		
20:5 n-3g	0.000		0	FLA	4		0.000		
22:5 n-3g	0.000		0	FLA	4		0.000		
22:6 n-3g	0.000		0	FLA	4		0.000		
Fatty acids, total trans									
Cholesterolmg	0		0	MC	9		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0		
Caffeinemg	0		0	FLA	4		0		
Theobrominemg	0		0	FLA	4		0		
Carotenoids:									
Carotene, betamcg	0		0	Z	7		0.000		
Carotene, alphamcg	0		0	z	7		0.000		
Cryptoxanthin, betamcg	0		0	Z	7		0.000		
Lycopenemcg	0		0	Z	7		0.000		
Lutein + zeaxanthin mcg	0		0	Z	7		0.000		

Common Measures:

Measure 1 = 30g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08089 Cereals ready-to-eat, GENERAL MILLS, WHEATIES

		<u>A</u> 1	mount in 100	grams	ot edik	ne portio	<u>on</u>	Amount in edible portion of common			
			N	Number				<u>m</u>	easures of food	_	
						Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:	_	0.46									
Water	=	3.16		1	MA	12		0.95			
Energy		355		0	MC MC	9 9		107			
Energy		1485 10.00		1		9 12		446 3.00			
Protein (N x 6.25)		3.20		0	MA NR	4		0.96			
Total lipid (fat)		3.18		1	MA	12		0.95			
Carbohydrate, by difference		81.00		0	MC	9		24.30			
Fiber, total dietary		10.0		1	MA	12		3.0			
Sugars, total		14.00		1	MA	12		4.20			
Starch	=	11.00		-				4.20			
Suren	9										
Minerals:											
* Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	0		0	MC	9		0			
Firon, Fe	-	27.00		0	MC	9		8.10			
Magnesium, Mg		107		0	MC	9		32			
Phosphorus, P		333		0 1	MC	9 12		100			
Potassium, K Sodium, Na		370 725		1	MA MA	12		111 218			
Zinc, Zn	-	25.00		0	MC	9		7.50			
Copper, Cu		0.267	7	0	MC	9		0.080			
Manganese, Mn		0.207		Ů	110	,		0.000			
Selenium, Se		4.7	0.88	9 10	A	1		1.4			
· ·											
Vitamins:											
* Vitamin C, total ascorbic acid		20.0		0	MC	9		6.0			
* Thiamin	-	2.500		0	MC	9 9		0.750			
Riboflavin		2.830		0	MC MC	9		0.849 9.990			
Niacin Pantothenic acid	-	33.300 0.796		0	FLM	4		0.239			
Vitamin B-6		3.330		0	MC	9		0.239			
Folate, total	-	667	,	0	MC	9		200			
Folic acid		648		0	NC	4		194			
Folate, food		19		0	CAAN	4		6			
Folate, DFE	mcg DFE	1121		0	NC	4		336			
Vitamin B-12		10.00		0	MC	9		3.00			
Vitamin A, IU	-	1667		0	MC	9		500			
Vitamin A, RAE	mcg_RAE	501		0	NC	4		150			
Retinol	mcg	501		0	NC	4		150			
Vitamin E (alpha-tocopherol)	mg	0.62		0	FLA	4		0.18			
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta				_		_					
* Vitamin D		133.000)	0	MC	9		39.900			
Vitamin K (phylloquinone)	mcg	1.6		0	FLA	4		0.5			
Lipids:											
Fatty acids, total saturated	g	0.600)	1	MA	12		0.180			
4:0	g	0.000)	0	FLA	4		0.000			
6:0	g	0.000)	0	FLA	4		0.000			
8:0	-	0.012		0	FLA	4		0.004			
10:0		0.000		0	FLA	4		0.000			
12:0	-	0.000)	0	FLA	4		0.000			
13:0			_	_		_					
14:0		0.004	1	0	FLA	4		0.001			
15:0				^				•			
16:0		0.450	,	0	FLA	4		0.135			
17:0	_	0 104		0	FLA	4		0 007			
18:0	_	0.124	•	U	ďЪА	4		0.037			
20:0 22:0	-										
24:0	-										

	<u>Ar</u>	mount in 100	grams	of edik	ole portio	<u>on</u>	Amount in edible portion of common		
Nutrients and Units	Mean			Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.952		0	FLA	4		0.286		
14:1					_		0.200		
15:1									
16:1 undifferentiatedg	0.015		0	FLA	4		0.004		
17:1g									
18:1 undifferentiatedg	0.938		0	FLA	4		0.281		
20:1g	0.000		0	FLA	4		0.000		
22:1 undifferentiated	0.000		0	FLA	4		0.000		
24:1 cg									
Fatty acids, total polyunsaturated	1.166		0	FLA	4		0.350		
18:2 undifferentiated	1.094		0	FLA	4		0.328		
18:3 undifferentiated	0.071		0	FLA	4		0.021		
18:4g	0.000		0	FLA	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.001		0	FLA	4		0.000		
20:5 n-3g	0.000		0	FLA	4		0.000		
22:5 n-3g	0.000		0	FLA	4		0.000		
22:6 n-3g	0.000		0	FLA	4		0.000		
Fatty acids, total transg									
Cholesterol mg	0		0	MC	9		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0		
Caffeine mg	0		0	FLA	4		0		
Theobromine mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, betamcg	0		0	z	7		0.000		
Carotene, alpha mcg	0		0	z	7		0.000		
Cryptoxanthin, beta mcg	0		0	z	7		0.000		
Lycopene mcg	0		0	z	7		0.000		
Lutein + zeaxanthin mcg	0		0	z	7		0.000		

Common Measures:

Measure 1 = 30g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08026 Cereals ready-to-eat, GENERAL MILLS, WHEATIES Raisin Bran General Mills Inc.

		<u>A</u>	mount in 10	0 grams	of edil	ole portio	<u>n</u>		edible portion	
					Deriv		Confidence	<u>m</u>	easures of food	<u> </u>
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water		7.00		1	MA	12		3.85		
Energy		333		0	MC	9		183		
Energy		1393		0	MC	9		766		
Protein (N x 6.25)		7.00		1	MA	12		3.85		
Total lipid (fat)		1.70		1	NR	4		0.94		
Ash		2.71		1	MA	12		1.49		
Carbohydrate, by difference		81.00		0	MC	9		44.55		
Fiber, total dietary		9.0		1	MA	12		5.0		
Sugars, total		33.00		1	MA	12		18.15		
Starch	g									
Minerals:										
* Calcium, Ca	mg	0		0	MC	9		0		
Firon, Fe		13.60		0	MC	9		7.48		
Magnesium, Mg	mg	77		1	MA	12		42		
Phosphorus, P		255		1	MA	12		140		
Potassium, K		413		1	MA	12		227		
Sodium, Na		457		1	MA	12		251		
* Zinc, Zn		13.60		0 1	MC	9 12		7.48		
Copper, Cu	-	0.320 2.624		0	MA FLM	4		0.176 1.443		
Manganese, Mn Selenium, Se	_	7.0		0	BFZN	4		3.9		
Selemum, Se	11109	7.0		Ū	DI ZIN	-		3.5		
<u>Vitamins:</u>										
* Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
* Thiamin		1.360)	0	MC	9		0.748		
* Riboflavin	-	1.550		0	MC	9		0.853		
* Niacin	-	18.200		0	MC	9		10.010		
Pantothenic acid		0.651		0	FLM	4		0.358		
* Vitamin B-6	_	1.820)	0	MC	9		1.001		
Folate, total		364		0	MC	9		200		
Folic acid	_	323 41		0 0	NC	4 4		178 23		
Folate, food		41 590		0	CAAN NC	4		23 325		
Folate, DFE* Vitamin B-12.		5.50		0	MC	9		3.03		
* Vitamin A, IU	• • • • • • • • • • • • • • • • • • • •	909		0	MC	9		500		
Vitamin A, RAE		273		0	NC	4		150		
Retinol		273		0	NC	4		150		
Vitamin E (alpha-tocopherol)		0.63		0	FLM	4		0.35		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
* Vitamin D		73.000)	0	MC	9		40.150		
Vitamin K (phylloquinone)	mcg	1.4		0	FLM	4		0.8		
Lipids:										
	a	0.400	1	1	MA	12		0.220		
Fatty acids, total saturated		0.000		0	FLM	4		0.000		
6:0	_	0.000		0	FLM	4		0.000		
8:0		0.004		ō	FLM	4		0.002		
10:0		0.000		0	FLM	4		0.000		
12:0		0.001		0	FLM	4		0.001		
13:0										
14:0		0.004	l	0	FLM	4		0.002		
15:0	g	0.000)	0	FLM	4		0.000		
16:0	g	0.348	3	0	FLM	4		0.191		
17:0	g	0.000		0	FLM	4		0.000		
18:0	g	0.025		0	FLM	4		0.014		
20:0	g	0.000		0	FLM	4		0.000		
22:0	~	0.000	`	0	FLM	4		0.000		

		<u>Ar</u>	nount in 100			ole portio	<u>on</u>	_	edible portion	
Nutrients and I	Units	Mean		Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturat	edg	0.169		0	FLM	4		0.093		
14:1	g	0.000		0	FLM	4		0.000		
15:1	g	0.000		0	FLM	4		0.000		
16:1 undifferentiated	g	0.008		0	FLM	4		0.005		
17:1	g	0.000		0	FLM	4		0.000		
18:1 undifferentiated	g	0.160		0	FLM	4		0.088		
20:1	g	0.000		0	FLM	4		0.000		
22:1 undifferentiated	g	0.000		0	FLM	4		0.000		
24:1 c	g									
Fatty acids, total polyunsaturate	dg	0.644		0	FLM	4		0.354		
18:2 undifferentiated	g	0.597		0	FLM	4		0.328		
18:3 undifferentiated	g	0.046		0	FLM	4		0.025		
18:4	g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c	g	0.000		0	FLM	4		0.000		
20:3 undifferentiated	g	0.000		0	FLM	4		0.000		
20:4 undifferentiated	g	0.001		0	FLM	4		0.001		
20:5 n-3	g	0.000		0	FLM	4		0.000		
22:5 n-3	g	0.000		0	FLM	4		0.000		
22:6 n-3		0.000		0	FLM	4		0.000		
Fatty acids, total trans	g									
Cholesterol		0		0	MC	9		0		
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	Z	7		0.0		
Caffeine	mg	0		0	FLM	4		0		
Theobromine	mg	0		0	FLM	4		0		
Carotenoids:										
Carotene, beta	mcg	0		0	z	7		0.000		
Carotene, alpha	mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta	mcg	0		0	Z	7		0.000		
Lycopene	mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000		

Common Measures:

Measure 1 = 55g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 08 Breakfast Cereals

NDB No. 08082 Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX

		<u>A</u>	mount in 100	grams	of edil	ole portio	<u>n</u>	Amount in	edible portion o	f common
			N	Number				m	easures of food	
			=			Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:	a	2.32		1	MA	12		0.70		
Water	=	345		0	MC	9		104		
Energy		345 1443		0	MC	9		433		
Protein (N x 6.25)		10.00		1	MA	12		3.00		
Total lipid (fat)	-	2.00		0	NR.	4		0.60		
Ash		3.71		1	MA	12		1.11		
Carbohydrate, by difference		81.00		0	MC	9		24.30		
Fiber, total dietary		11.0		1	MA	12		3.3		
Sugars, total		10.00		1	MA	12		3.00		
Starch		10.00		-				3.00		
Starch	9									
Minerals:										
* Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	200		0	MC	9		60		
* Iron, Fe	_	29.00		0	MC	9		8.70		
Magnesium, Mg		80		0	MC	9		24		
Phosphorus, P		300		0	MC	9		90		
Potassium, K		375		1	MA	12		113		
Sodium, Na	-	891		1 0	MA	12 9		267 2.40		
* Zinc, Zn		8.00 0.320	,	0	MC MC	9		0.096		
Copper, Cu		3.666		0	FLM	4		1.100		
Selenium, Se		5.00	,	0	RA	4		1.5		
Scientini, Sc	g	3.0		Ů		•		1.5		
Vitamins:										
* Vitamin C, total ascorbic acid		12.0		0	MC	9		3.6		
* Thiamin		0.750		0	MC	9		0.225		
* Riboflavin	_	0.850		0	MC	9		0.255		
* Niacin		10.000		0	MC	9		3.000		
Pantothenic acid		0.000		0	MC	9		0.000		
* Vitamin B-6		1.000)	0	MC	9		0.300		
* Folate, total		800		0	MC	9		240		
Folic acid		781		0	NC	4		234		
Folate, food		19		0	CAAN	4		6		
Folate, DFE		1347		0	NC	4		404		
* Vitamin B-12		3.00		0 0	MC	9		0.90		
* Vitamin A, IU Vitamin A, RAE		1000 300		0	MC NC	9 4		300 90		
Retinol		300		0	NC	4		90		
Vitamin E (alpha-tocopherol)		0.72		0	FLA	4		0.22		
Tocopherol, beta		0.72		U	FLIA	-		0.22		
Tocopherol, gamma										
Tocopherol, delta										
* Vitamin D		80.000)	0	MC	9		24.000		
Vitamin K (phylloquinone)		1.2		0	FLA	4		0.4		
<u>Lipids:</u>				_		,a =		_		
Fatty acids, total saturated		0.400		1	MA	12		0.120		
4:0	-	0.000		0	FLA	4		0.000		
6:0	-	0.000		0	FLA	4		0.000		
8:0	-	0.007		0	FLA	4		0.002		
10:0		0.000		0	FLA	4		0.000		
12:0		0.001	L	0	FLA	4		0.000		
13:0		0.00	,	•	E77 %	4		0 001		
14:0	-	0.004	ŧ	0	FLA	4		0.001		
15:0	-	0.050		•				0 106		
16:0	-	0.352	2	0	FLA	4		0.106		
17:0	-	0 001		0	ਦੂਸ ਨ	4		0.006		
18:0	-	0.021	-	U	FLA	4		0.006		
20:0	-									
22:0	g g									

		<u>Ar</u>	nount in 10			ole portio	<u>on</u>		edible portion o	
Nutrients and U	nits	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		0.263		0	FLA	4		0.079		
14:1										
15:1	-									
16:1 undifferentiated	-	0.008		0	FLA	4		0.002		
17:1				•						
18:1 undifferentiated		0.254		0	FLA	4		0.076		
20:1		0.000		0	FLA	4		0.000		
22:1 undifferentiated		0.000		0	FLA	4		0.000		
24:1 c				•						
Fatty acids, total polyunsaturated		0.807		0	FLA	4		0.242		
18:2 undifferentiated		0.752		0	FLA	4		0.226		
18:3 undifferentiated	_	0.054		0	FLA	4		0.016		
18:4		0.000		0	FLA	4		0.000		
20:2 n-6 c,c										
20:3 undifferentiated	-			_						
20:4 undifferentiated		0.002		0	FLA	4		0.000		
20:5 n-3		0.000		0	FLA	4		0.000		
22:5 n-3	_	0.000		0	FLA	4		0.000		
22:6 n-3		0.000		0	FLA	4		0.000		
Fatty acids, total trans										
Cholesterol	• • • • • • • • • • • • • • • • • • • •	0		0	MC	9		0		
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	Z	7		0.0		
Caffeine	mg	0		0	FLM	4		0		
Theobromine	mg	0		0	FLM	4		0		
Carotenoids:										
Carotene, beta	mcg	0		0	Z	7		0.000		
Carotene, alpha	mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta	mcg	0		0	Z	7		0.000		
Lycopene	mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000		

Common Measures:

Measure 1 = 30g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08077 Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL

		_	mount in 10	u grams	Amount in edible portion of common					
				Number				<u>m</u>	easures of food	_
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:					_	_				
Water		3.01		1	A	1		0.90		
Energy		324		0	MC	9		97		
Energy	·=	1356		0	MC	9		407		
Protein (N x 6.25)		8.88		1 1	A	1 1		2.66		
Total lipid (fat)		2.40 11.57		1	A A	1		0.72 3.47		
Ash		75.00		0	MC	9		22.50		
Carbohydrate, by difference		9.1		1	MC A	1		22.50		
Fiber, total dietary		15.75		0	AS	1		4.72		
Sugars, total		12.30		1	AS A	1		3.69		
Sucrose	9	2.83		1	A	1		0.85		
Glucose (dextrose)	9	0.62		1	A	1		0.85		
Fructose	9	0.62		1	A A	1		0.19		
Lactose		0.00		1	A A	1		0.00		
Maltose		0.00		0	A Z	7		0.00		
Galactose		43.60		1	A	1		13.08		
Stat CII	9	43.00		1	A	1		13.00		
Minerals:										
Calcium, Ca	mg	3680		1	A	1		1104		
Iron, Fe	mg	74.50		1	A	1		22.35		
Magnesium, Mg	mg	131		1	A	1		39		
Phosphorus, P		296		1	A	1		89		
Potassium, K		344		1	A	1		103		
Sodium, Na		639		1	MA	12		192		
Zinc, Zn		58.20	_	1	A	1		17.46		
Copper, Cu		0.426		1	A	1		0.128		
Manganese, Mn Selenium, Se		3.960 3.9	1.80	1 00 4	A JA	1 6		1.188 1.2		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	200.0		0	MC	9		60.0		
Thiamin		7.030)	1	MA	12		2.109		
Riboflavin	-	8.060)	1	MA	12		2.418		
Niacin	mg	88.100)	1	MA	12		26.430		
Pantothenic acid	mg	35.500	ס	1	MA	12		10.650		
Vitamin B-6	mg	9.410	ס	1	MA	12		2.823		
Folate, total	mcg	1590		1	MA	12		477		
Folic acid	mcg	1571		0	NC	4		471		
Folate, food	mcg	19		0	CAAN	4		6		
Folate, DFE	mcg_DFE	2690		0	NC	4		807		
Vitamin B-12		21.40		1	MA	12		6.42		
* Vitamin A, IU		1667		0	MC	9		500		
Vitamin A, RAE		501		0	NC	4		150		
Retinol	-	501		0	NC	4		150		
Vitamin E (alpha-tocopherol)		45.00		0	MC	9		13.50		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta		133.000	,	0	MC	9		39.900		
* Vitamin D Vitamin K (phylloquinone)		0.6	J	1	MC A	1		0.2		
Lipids:	_							•		
Fatty acids, total saturated	a	0.530)	0	NC	4		0.159		
4:0	_	0.000		0	FLA	4		0.159		
6:0		0.000		0	FLA	4		0.000		
8:0	-	0.000		1	А	1		0.000		
10:0		0.000		1	A	1		0.000		
12:0		0.000		1	A	1		0.000		
13:0		0.000	-	-		-		3.000		
14:0	-	0.000)	1	A	1		0.000		
15:0	-	0.000		1	A	1		0.000		

	<u>Ar</u>	nount in 10	00 grams	of edik	Amount in edible portion of common					
	Number						measures of food			
					Source	Confidence				
Nutrients and Units	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3	
16:0g	0.380		1	A	1		0.114			
17:0g	0.000		1	A	1		0.000			
18:0g	0.150		1	A	1		0.045			
20:0g	0.000		1	A	1		0.000			
22:0g	0.000		1	A	1		0.000			
24:0g	0.000		1	A	1		0.000			
Fatty acids, total monounsaturated9	0.410		0	NC	4		0.123			
14:1g	0.000		1 1	A A	1 1		0.000			
15:1g 16:1 undifferentiatedg	0.000		1	A	1		0.000			
17:1	0.000		1	A	1		0.000			
18:1 undifferentiatedg	0.400		1	A	1		0.120			
20:1	0.010		1	A	1		0.003			
22:1 undifferentiatedg	0.000		1	A	1		0.000			
24:1 cg										
Fatty acids, total polyunsaturated	0.910		0	NC	4		0.273			
18:2 undifferentiated	0.850		1	A	1		0.255			
18:3 undifferentiated	0.060		1	A	1		0.018			
18:4g	0.000		1	A	1		0.000			
20:2 n-6 c,cg	0.000		1	A	1		0.000			
20:3 undifferentiatedg	0.000		1	A	1		0.000			
20:4 undifferentiatedg	0.000		1	A	1		0.000			
20:5 n-3g	0.000		1	A	1		0.000			
22:5 n-3g	0.000		1 1	A	1 1		0.000			
22:6 n-3	0.000		1	A	1		0.000			
Cholesterolmg	0		0	MC	9		0			
Phytosterolsmg			·				Ü			
Amino Acids:										
Tryptophan	0.130		0	A	1		0.039			
Threonineg	0.230		0	A	1		0.069			
Isoleucine	0.260		0	A	1		0.078			
Leucineg	0.520		0	A	1		0.156			
Lysineg	0.140		0	A	1		0.042			
Methionineg	0.110		0	A	1		0.033			
Cystineg	0.150		0	A	1		0.045			
Phenylalanineg	0.350		0	A	1		0.105			
Tyrosineg	0.080		0	A	1		0.024			
Valineg	0.340		0	A	1		0.102			
Arginine	0.250		0	A	1		0.075			
Histidine	0.160		0	A	1 1		0.048			
Alanine	0.300 0.420		0	A A	1		0.090 0.126			
Aspartic acid	2.190		0	A A	1		0.126			
Glycineg	0.320		0	A	1		0.096			
Proline	0.700		0	A	1		0.210			
Serineg	0.360		0	A	1		0.108			
Hydroxyprolineg										
Others:										
Alcohol, ethylg	0.0		0	Z	7		0.0			
Caffeine mg	0		0	FLA	4		0			
Theobrominemg	0		0	FLA	4		0			
<u>Carotenoids:</u>										
Carotene, betamcg	0		0	Z	7		0.000			
Carotene, alphamcg	0		0	Z	7		0.000			
Cryptoxanthin, beta mcg	0		0	Z	7		0.000			
Lycopene mcg	0		0	z	7		0.000			
Lutein + zeaxanthinmcg	0		0	Z	7		0.000			

NDB No. 08077

Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL

Common Measures:

Measure 1 = 30g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

		<u>A</u> 1	mount in 10		Amount in edible portion of common					
Nutrients and Units		Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	easures of food Measure 2	<u>I</u> Measure 3
Proximates: Water	a	3.00			BFZN	4				
Energy	=	353			LC	8				
Energy		1477			ш	8				
Protein	=	14.44			FLC	4				
Total lipid (fat)	-	1.41			LC	8				
Ash		3.00			FLC	4				
Carbohydrate, by difference		78.15			NC	4				
Fiber, total dietary		14.1			LC	8				
Sugars, total		11.00		0	BFZN	4				
Starch		11.00		Ū	DEZN	-				
Starcii	9									
Minerals:										
Calcium, Ca	_	71			LC	8				
Iron, Fe		2.54			LC	8				
Magnesium, Mg		144			FLC	4				
Phosphorus, P		327			FLC	4				
Potassium, K		460			FLC	4				
Sodium, Na	_	53			FLC	4				
Zinc, Zn		2.89			FLC	4				
Copper, Cu		0.478			FLC	4 4				
Manganese, Mn		3.229 19.0	•	0	FLC RA	4				
Selenium, Se	Tileg	19.0		U	KA	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.2			LC	8				
Thiamin	mg	0.529)		LC	8				
Riboflavin	mg	0.600)		LC	8				
Niacin	mg	7.055	5		LC	8				
Pantothenic acid	mg	0.733	3		FLC	4				
Vitamin B-6	mg	0.705	5		ГC	8				
Folate, total		141			LC	8				
Folic acid		122		0	NC	4				
Folate, food		19		0	CAZN	4				
Folate, DFE		226		0	NC	4				
Vitamin B-12		2.12			rc	8				
Vitamin A, IU		353			LC	8				
Vitamin A, RAE		106		0	NC	4				
Retinol		106		0	NC	4				
Vitamin E (alpha-tocopherol)		0.99		0	FLM	4				
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)		2.2		0	FLM	4				
vitaliili K (phylloquillolic)	9			•		-				
Lipids:										
Fatty acids, total saturated	g	0.261			FLC	4				
4:0	g	0.000)	0	FLM	4				
6:0		0.000)	0	FLM	4				
8:0		0.002		0	FLM	4				
10:0	_	0.000		0	FLM	4				
12:0	-	0.003	3	0	FLM	4				
13:0	-			_	_	_				
14:0	-	0.003	3	0	FLM	4				
15:0										
16:0		0.224		0	FLM	4				
17:0	_	_				_				
18:0	_	0.014		0	FLM	4				
20:0	_									
22:0	-									
24:0	g									

	<u>Am</u>	ount in 10	0 grams	of edib	Amount in edible portion of common				
			Number of Data		Source	Confidence	<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated9	0.244			FLC	4				
14:1g									
15:1g									
16:1 undifferentiatedg	0.003		0	FLM	4				
17:1g			•						
18:1 undifferentiated	0.241		0	FLM	4				
20:1g	0.000		0	FLM	4				
22:1 undifferentiatedg	0.000		0	FLM	4				
24:1 c	0 610			FLC	4				
Fatty acids, total polyunsaturatedg	0.610 0.574		0	FLM	4				
18:2 undifferentiated	0.374		0	FLM	4				
18:3 undifferentiated			0	FLM	4				
18:4g 20:2 n-6 c.cg	0.000		U	FLM	4				
20:2 n-6 c,c									
20:4 undifferentiated	0.001		0	FLM	4				
20:5 n-3	0.000		0	FLM	4				
20:5 n-3	0.000		0	FLM	4				
22:6 n-3	0.000		0	FLM	4				
Fatty acids, total trans	0.000		v		•				
Cholesterolg	0			LC	8				
Phytosterolsmg	· ·			20	Ü				
Others:									
Alcohol, ethylg	0.0			Z	7				
Caffeine mg	0		0	FLM	4				
Theobrominemg	0		0	FLM	4				
Carotenoids:									
Carotene, beta mcg	0		0	z	7				
Carotene, alpha mcg	0		0	Z	7				
Cryptoxanthin, betamcg	0		0	Z	7				
Lycopenemcg	0		0	Z	7				
Lutein + zeaxanthin mcg	0		0	Z	7				

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08195 Cereals ready-to-eat, HEALTHY CHOICE, KELLOGG'S Almond Crunch with Raisins

Kellogg, Co.

		<u>A</u>	mount in 10	Amount in edible portion of common						
				measures of food						
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	а	5.84		0	MC	9		3.21		
Energy	_	360		0	MC	9		198		
Energy		1506		0	110	9		828		
Protein	-	8.70		0	MC	9		4.79		
Total lipid (fat)	-	4.66		0	MC	9		2.56		
Ash	_	2.20		0	MC	9		1.21		
Carbohydrate, by difference		78.60		0	MC	9		43.23		
Fiber, total dietary		8.4		0	MC	9		4.6		
Sugars, total		28.10		0	MC	9		15.46		
Starch	_	20.10		Ū	мс			13.40		
	9									
Minerals:	ma	40		•		^		27		
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	49 10.90		0	MC	9		27		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	10.90 89		0 0	MC MC	9 9		6.00 4 9		
Magnesium, Mg Phosphorus, P		236		0	MC	9		130		
Potassium, K		360		0	MC	9		198		
Sodium, Na		391		0	MC	9		215		
Zinc, Zn	-	2.60		0	MC	9		1.43		
Copper, Cu		0.300)	0	MC	9		0.165		
Manganese, Mn		2.191		0	FLC	4		1.205		
Selenium, Se		8.3		0	RA	4		4.6		
Vitamina										
Vitamins: Vitamin C, total ascorbic acid	ma	0.0		0		5		0.0		
Thiamin		0.900	,	0	мс	9		0.495		
Riboflavin	-	1.000		0	MC	9		0.550		
Niacin		12.100		0	MC	9		6.655		
Pantothenic acid		6.000		0	MC	9		3.300		
Vitamin B-6	-	1.200		0	MC	9		0.660		
Folate, total	_	200		0	MC	9		110		
Folic acid		180		0	NC	4		99		
Folate, food		20		0	NC	4		11		
Folate, DFE		326		0	NC	4		179		
Vitamin B-12		3.60		0	MC	9		1.98		
Vitamin A, IU	IU	862		0	MC	9		474		
Vitamin A, RAE	mcg_RAE	258		0	NC	4		142		
Retinol	mcg	258		0	NC	4		142		
* Vitamin E (alpha-tocopherol)		3.49		0	MC	9		1.92		
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta			_							
Vitamin D		137.900)	0	MC	9		75.845		
Vitamin K (phylloquinone)	mcg	1.5		0	FLM	4		0.8		
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.680)	0	MC	9		0.374		
4:0		0.000)	0	FLM	4		0.000		
6:0		0.000)	0	FLM	4		0.000		
8:0	g	0.007	7	0	FLM	4		0.004		
10:0	g	0.000)	0	FLM	4		0.000		
12:0		0.002	2	0	FLM	4		0.001		
13:0	g	0.000	ס	0	FLM	4		0.000		
14:0	g	0.003		0	FLM	4		0.002		
15:0	g	0.000	ס	0	FLM	4		0.000		
16:0	_	0.570		0	FLM	4		0.314		
17:0	_	0.000		0	FLM	4		0.000		
18:0	g	0.079	9	0	FLM	4		0.044		
20:0	g	0.000	ס	0	FLM	4		0.000		
22:0	g	0.000)	0	FLM	4		0.000		
24:0	g	0.000)	0	FLM	4		0.000		

	<u>Ar</u>	nount in 100 g	grams	Amount in edible portion of common					
Nutrients and Units	Mean			Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturated9	2.260		0	MC	9		1.243		
14:1g	0.000		0	FLM	4		0.000		
15:1g	0.000		0	FLM	4		0.000		
16:1 undifferentiatedg	0.025		0	FLM	4		0.014		
17:1g	0.000		0	FLM	4		0.000		
18:1 undifferentiatedg	2.235		0	FLM	4		1.229		
20:1g	0.000		0	FLM	4		0.000		
22:1 undifferentiatedg	0.000		0	FLM	4		0.000		
24:1 cg	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturated	1.420		0	MC	9		0.781		
18:2 undifferentiatedg	1.383		0	FLM	4		0.761		
18:3 undifferentiatedg	0.036		0	FLM	4		0.020		
18:4g	0.000		0	FLM	4		0.000		
20:2 n-6 c,cg	0.000		0	FLM	4		0.000		
20:3 undifferentiatedg	0.000		0	FLM	4		0.000		
20:4 undifferentiatedg	0.001		0	FLM	4		0.000		
20:5 n-3g	0.000		0	FLM	4		0.000		
22:5 n-3g	0.000		0	FLM	4		0.000		
22:6 n-3g	0.000		0	FLM	4		0.000		
Fatty acids, total trans									
Cholesterol mg	0		0		5		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0		
Caffeine mg	0		0	FLM	4		0		
Theobromine mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, betamcg	0		0	z	7		0.000		
Carotene, alphamcg	0		0	z	7		0.000		
Cryptoxanthin, betamcg	0		0	Z	7		0.000		
Lycopenemcg	0		0	Z	7		0.000		
Lutein + zeaxanthinmcg	0		0	z	7		0.000		

Common Measures:

Measure 1 = 55g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

		<u>A</u>	mount in 10	00 grams	of edil	ole portio	<u>on</u>		edible portion	
Nutrients and Un	its	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>me</u> Measure 1	easures of food Measure 2	Measure 3
Proximates:										
Water	g	3.00		0	MC	9		0.90		
Energy	kcal	379		1	MC	9		114		
Energy	kj	1585		0	MC	9		476		
Protein (N x 6.25)		10.00		0	MC	9		3.00		
Total lipid (fat)		3.30		0	MC	9		0.99		
Ash		1.20		0	0	4		0.36		
Carbohydrate, by difference		82.50		0	MC	9		24.75		
Fiber, total dietary	g	6.7		0	MC	9		2.0		
Sugars, total		23.00		0	MC	9		6.90		
Starch	g									
Minerals:										
Calcium, Ca	mg	29		0	FLM	4		9		
Iron, Fe.	mg	2.40		1	MC	9		0.72		
Magnesium, Mg	mg	114		0	FLM	4		34		
Phosphorus, P		264		0	MC	9		79		
Potassium, K	mg	264		0	MC	9		79		
Sodium, Na		20		0	MC	9		6		
Zinc, Zn		2.51		0	FLM	4		0.75		
Copper, Cu	_	0.374		0	FLM	4		0.112		
Manganese, Mn		3.151	L	0	FLM	4		0.945		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid		0.0		0	FLM	4		0.0		
Thiamin	-	0.200		1	MC	9		0.060		
Riboflavin		0.110		1	MC	9		0.033		
Niacin		2.600		0	MC	9		0.780		
Pantothenic acid		0.967		0	FLM	4		0.290		
Vitamin B-6	_	0.130)	1	MC	9		0.039		
Folate, total		27		1	MC	9		8		
Folic acid		0 27		0 0	NC NC	4 4		0 8		
Folate, food	meg DEE	27		0	NC	4		8		
Folate, DFEVitamin B-12		0.00		0	FLM	4		0.00		
Vitamin B-12		2		0	MC	9		1		
Vitamin A, RAE		0		0	NC	4		0		
Retinol		0		0	NC	4		0		
Vitamin E (alpha-tocopherol)		0.84		0	FLM	4		0.25		
Tocopherol, beta		J.04		J		~		0.23		
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	2.0		0	FLM	4		0.6		
Lipids:										
Fatty acids, total saturated	g	0.359)	0	FLM	4		0.108		
4:0		0.000		0	FLM	4		0.000		
6:0	_	0.000		0	FLM	4		0.000		
8:0	-	0.009		0	FLM	4		0.003		
10:0		0.000		0	FLM	4		0.000		
12:0	-	0.004	ı	0	FLM	4		0.001		
13:0	-									
14:0		0.004	l	0	FLM	4		0.001		
15:0										
16:0		0.320)	0	FLM	4		0.096		
17:0	g									
18:0	g	0.022	2	0	FLM	4		0.007		
20:0	g									
22:0	g									
24:0	q									

		<u>Ar</u>	nount in 10	00 grams Number		ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and l	Jnits	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturat		0.558		0	FLM	4		0.167		
14:1										
15:1	_									
16:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.011		0	FLM	4		0.003		
17:1	_									
18:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.544		0	FLM	4		0.163		
20:1	_	0.003		0	FLM	4		0.001		
22:1 undifferentiated	•	0.000		0	FLM	4		0.000		
24:1 c										
Fatty acids, total polyunsaturated		0.866		0	FLM	4		0.260		
18:2 undifferentiated		0.814		0	FLM	4		0.244		
18:3 undifferentiated		0.052		0	FLM	4		0.016		
18:4	g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated	• • • • • • • • • • • • • • • • • • • •									
20:4 undifferentiated	g	0.000		0	FLM	4		0.000		
20:5 n-3	g	0.000		0	FLM	4		0.000		
22:5 n-3	g	0.000		0	FLM	4		0.000		
22:6 n-3	g	0.000		0	FLM	4		0.000		
Fatty acids, total trans	g	0.000		0	MC	9		0.000		
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	FLM	4		0.0		
Caffeine		0		0	FLM	4		0		
Theobromine	mg	0		0	FLM	4		0		
Carotenoids:										
Carotene, beta	mcg	0		0	Z	7		0.000		
Carotene, alpha	mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta	mcg	0		0	Z	7		0.000		
Lycopene	mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

		<u>A</u> :	mount in 10	00 grams	of edil	ole portio	<u>n</u>		edible portion	
				Number	•			<u>m</u>	easures of food	<u>l</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	3.20		0	MC	9		1.76		
Energy	kcal	371		0	MC	9		204		
Energy	kj	1552		0		9		854		
Protein		7.70		0	MC	9		4.24		
Total lipid (fat)	g	2.70		0	MC	9		1.49		
Ash	g	2.60		0	MC	9		1.43		
Carbohydrate, by difference	g	83.70		0	MC	9		46.04		
Fiber, total dietary	g	5.1		0	MC	9		2.8		
Sugars, total	g	21.20		0	MC	9		11.66		
Starch										
Minerals:				•		_		4.4		
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	26		0	MC	9		14		
Iron, Fe	-	29.50		0	MC	9 9		16.23		
Magnesium, Mg		62			MC			34		
Phosphorus, P	_	193		0	MC	9		106		
Potassium, K	_	220		0	MC	9		121		
Sodium, Na	-	614		0	MC	9 9		338 0.88		
Zinc, Zn		1.60		0	MC MC	9				
Copper, Cu		0.100 2.089		0	FLC	4		0.055 1.149		
Manganese, Mn		5.1	•	0	RA	4		2.8		
Selenium, Se	nicg	5.1		U	KA	4		2.6		
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg	0.700)	0	MC	9		0.385		
Riboflavin	mg	0.800)	0	MC	9		0.440		
Niacin	mg	9.100)	0	MC	9		5.005		
Pantothenic acid	mg	0.000)	0	FLC	4		0.000		
Vitamin B-6	mg	0.900)	0	MC	9		0.495		
Folate, total	mcg	186		0	MC	9		102		
Folic acid	mcg	167		0	NC	4		92		
Folate, food		19		0	CAZN	4		10		
Folate, DFE	mcg_DFE	303		0	NC	4		167		
Vitamin B-12		2.70		0	MC	9		1.49		
Vitamin A, IU		2273		0	MC	9		1250		
Vitamin A, RAE	mcg_RAE	683		0	NC	4		376		
Retinol	mcg	683		0	NR	4		376		
Vitamin E (alpha-tocopherol)	mg	2.68		0	MC	9		1.48		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	2.9		0	0	4		1.6		
Lipids:										
Fatty acids, total saturated	q	0.200)	0	MC	9		0.110		
4:0		0.000		0	FLC	4		0.000		
6:0		0.000		0	FLC	4		0.000		
8:0		0.001		0	FLC	4		0.001		
10:0	_	0.000		0	FLC	4		0.000		
12:0	-	0.002		0	FLC	4		0.001		
13:0				-						
14:0	-	0.002	!	0	FLC	4		0.001		
15:0										
16:0		0.163	3	0	FLC	4		0.090		
17:0										
18:0	_	0.014	Į.	0	FLC	4		0.008		
20:0	_									
22:0	_									
24:0	_									

Nutrients and Units Mean Std. Error Points Code Fatty acids, total monounsaturatedg 0.500 0 MC 14:1g 0 MC 0 MC	Source Confidence Code Code		asures of food	
14:1g		Measure 1	Measure 2	Measure 3
14:1g				
	9	0.275		
15:1g				
16:1 undifferentiated	4	0.002		
17:1g				
18:1 undifferentiated	4	0.261		
20:1g 0.000 0 FLC	4	0.000		
22:1 undifferentiatedg 0.000 0 FLC	4	0.000		
24:1 cg	_			
Fatty acids, total polyunsaturated	9	1.045		
18:2 undifferentiated	4	0.962		
18:3 undifferentiated	4	0.040		
18:4g 0.000 0 FLC	4	0.000		
20:2 n-6 c,cg				
20:3 undifferentiated				
20:4 undifferentiated	4	0.000		
20:5 n-3	4	0.000		
22:5 n-3	4	0.000		
22:6 n-3g 0.000 0 FLC	4	0.000		
Fatty acids, total trans9		_		
Cholesterolmg 0 MC	9	0		
Phytosterolsmg				
Others:				
Alcohol, ethylg 0.0 Z	7	0.0		
Caffeine mg 0 z	7	0		
Theobromine	7	0		
<u>Carotenoids:</u>				
Carotene, beta	7	0.000		
Carotene, alpha mcg 0 z	7	0.000		
Cryptoxanthin, beta mcg 0 z	7	0.000		
Lycopene mcg 0 z	7	0.000		
Lutein + zeaxanthin mcg 0 z	7	0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 55g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08393 Cereals ready-to-eat, KASHI GoLEAN by Kellogg

Nutrionts and Units Nutrionts Nu			<u>A</u>	mount in 10	00 grams	of edil	ole portic	o <u>n</u>	Amount in	edible portion o	f common
Nutrients and Units					Numbo						
Nutrients and Units							_				
Previsitates:								Confidence			
Water	Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Water											
Water	Proximates:										
Frengry		q	2.20		0	MC	9				
Foregy			284		0	MC	9				
Protein N N of 25					0						
Total lipid (fag) 9 1.90 0 MC 9 Ash. 9 1.2.00 0 MC 9 Carbotydrine, by difference. 9 58.00 0 MC 9 Fiber, total dictary. 9 19.6 0 MC 9 Sugars, total 9 12.00 0 MC 9 Sugars, total 9 10.00 0 MC 9 Phosiphorus, P. mg 15.00 0 MC 9 Phosiphorus, P. mg 475 0 MC 9 Phosiphorus, P. mg 475 0 MC 9 Postasium, K. mg 926 0 MC 9 Sedium, Na mg 165 0 MC 9 Sedium, Na mg 165 0 MC 9 Sedium, Na mg 2.932 0 Fibel 4 Manganese, Mm mg 2.932 0 Fibel 4 Manganese, Mm mg 2.932 0 Fibel 4 Manganese, Mm mg 2.932 0 Fibel 4 Minaganese, Mm mg 2.253 0 Fibel 4 Minaganese, Mm mg 2.254 0 Fibel	63				-						
Ash 9 12.00 0 MC 9 Carbolydrate, by difference 9 58.00 0 MC 9 Sher, total dictary 9 19.6 0 MC 9 Sher, total dictary 9 12.00 Sher, 5 9 Sh	* *				•						
Carbolydrae by difference	* ' '				-		-				
Fibre 10nd dictary 9 12.00 12.00 12.00 12.00 12.00 12.00 12.00 12.00 13.00 14.00 15.00 1											
Sugars, total					-						
Storch											
Minerals: Calcium, Ca. mg	Sugars, total	g	12.00		0	MC	9				
Talcium, Ca.	Starch	g									
Talcium, Ca.	Minerals:										
Tuna F.		mg	140		0	MC	9				
Magnesium, Mg		-									
Phosphorus, P.											
Forassim, K. mg 926 0 MC 9 Zinc, Zn mg 0.70 0 MC 9 Copper, Cu mg 0.844 0 FIM 4 Mangance, Mn mg 0.2932 0 FIM 4 Witamins: Vitamins: Vitamins: Vitamins: Vitamins: Vitamins: Vitamins: No.340 0 FLM 4 Vitamins: mg 0.340 0 FLM 4 Niacin mg 0.158 0 FLM 4 Ribolavin mg 0.158 0 FLM 4 Patotenic acid mg 0.390 0 FLM 4 Patotenic acid mg 0.390 0 FLM 4 Polaci DE mg 0.390 0 FLM 4 Polaci DE mog 0 0 <td< td=""><td></td><td></td><td></td><td></td><td>-</td><td></td><td></td><td></td><td></td><td></td><td></td></td<>					-						
Sodium Na	• .	_			-		-				
Zinc, Zn. mg 0.70 MC 9 Copper, Cu. mg 0.844 0. FLM 4 Manganese, Mn. mg 2.932 0. FLM 4 Selenium, Sc. mg 0.0 0. FLM 4 Vitamin C, total ascorbic acid. mg 0.340 0. FLM 4 Thiamin. mg 0.340 0. FLM 4 Ribotlavin. mg 0.158 0. FLM 4 Niacin. mg 3.251 0. FLM 4 Niacin. mg 3.251 0. FLM 4 Palatothenic acid. mg 0.321 0. FLM 4 Vitamin B-6. mg 0.321 0. FLM 4 Folate, food. mGg 6 0. FLM 4 Folate, food. mGg 64 0. FLM 4 Folate, food. mg 0. 0.0 0. FLM 4 Vitamin A, IU. IU 97 0. MC 9 <td< td=""><td>· · · · · · · · · · · · · · · · · · ·</td><td>_</td><td></td><td></td><td>-</td><td></td><td>-</td><td></td><td></td><td></td><td></td></td<>	· · · · · · · · · · · · · · · · · · ·	_			-		-				
Copper, Cu. mg 0.844 0 FLM 4 Marganese, Mn mg 2.932 0 FLM 4 Viramiss: Vitamis: Vitamis (not ascorbic acid. mg 0.0 0 FLM 4 Ribofavin. mg 0.340 0 FLM 4 Ribofavin. mg 0.158 0 FLM 4 Niacin. mg 0.3251 0 FLM 4 Pattorbenic acid. mg 0.990 0 FLM 4 Vitamin B-6. mg 0.321 0 FLM 4 Folate, fotal. mcg 64 0 FLM 4 Folate, food. mcg 64 0 FLM 4 Folate, food. mcg 64 0 NC 4 Vitamin A, IU. IU 97 0 MC 9 Vitamin A, IU. IU 97 0		_			-		-				
Manganese, Mn. mg 2.932 0 FIM 4 Vitamins: Vitamins C, total ascorbic acid. mg 0.0 0 FLM 4 Ribollavin. mg 0.340 0 FLM 4 Niacin. mg 0.158 0 FLM 4 Niacin. mg 0.990 0 FLM 4 Panothenic acid. mg 0.990 0 FLM 4 Polate, food. mg 0.321 0 FLM 4 Polate, food. mcg 64 0 FLM 4 Polate, food. mcg 64 0 FLM 4 Polate, food. mcg 0 0 NC 4 Vitamin B-12. mcg 0 0 NC 4 Vitamin A, U. U 97 0 Mc 9 Vitamin B (alpha-tocopherol). mcg 0 0 NC 4 </td <td>· · · · · · · · · · · · · · · · · · ·</td> <td>_</td> <td></td> <td>ı</td> <td>-</td> <td></td> <td>-</td> <td></td> <td></td> <td></td> <td></td>	· · · · · · · · · · · · · · · · · · ·	_		ı	-		-				
Selenium, Se. mCg											
Vitamins: Vitamin C, total ascorbic acid. mg 0.0 0 FIM 4 Thiamin. mg 0.340 0 FIM 4 Riboflavin. mg 0.158 0 FIM 4 Niacin. mg 0.990 0 FIM 4 Pantothenic acid. mg 0.990 0 FIM 4 Vitamin B-6 mg 0.321 0 FIM 4 Folate, Cold. mc9 64 0 FIM 4 Folate, Dod. mc9 64 0 FIM 4 Folate, Dod. mc9 64 0 PIM 4 Folate, Dod. mc9 64 0 NC 4 Folate, Dod. mc9 64 0 NC 4 Folate, Defe. mc9 0 0 PIM 4 Vitamin B-12. mc9 0 0 NC 4 Vitamin A, RAE. mc9 </td <td>£ ,</td> <td>_</td> <td>2.932</td> <td>-</td> <td>U</td> <td>FIM</td> <td>-</td> <td></td> <td></td> <td></td> <td></td>	£ ,	_	2.932	-	U	FIM	-				
Vitamin C, total ascorbic acid. mg	Selemum, Se	nog									
Thiamin	<u>Vitamins:</u>										
Riboflavin	Vitamin C, total ascorbic acid	mg	0.0		0	FLM	4				
Niacin mg 3.251 0 FLM 4 Pantorhenic acid. mg 0.990 0 FILM 4 Vitamin B-6 mg 0.321 0 FLM 4 Folate, total mcg 6 0 FLM 4 Folate, food mcg 64 0 FLM 4 Folate, Food mcg 64 0 FLM 4 Folate, Food mcg 0.00 0 FLM 4 Vitamin B-12 mcg 0.00 0 FLM 4 Vitamin A, IU IU 97 0 Mc 9 Vitamin B, Call mcg 0 0 NC 4 Retinol mcg 0 0 NC 4 Vitamin E (alpha-tocopherol) mg 0 NC 4 Tocopherol, gamma mg 0 NC 9 Tocopherol, delta mg 0 NC 9 </td <td>Thiamin</td> <td>mg</td> <td>0.340</td> <td>)</td> <td>0</td> <td>FLM</td> <td>4</td> <td></td> <td></td> <td></td> <td></td>	Thiamin	mg	0.340)	0	FLM	4				
Pantothenic acid. mg 0 0.990 0 FLM 4 Vitamin B-6. mg 0 3.321 0 FLM 4 Folate, total meg 64 0 FLM 4 Folate, total meg 64 0 FLM 4 Folate, food meg 64 0 FLM 4 Vitamin B-12 meg 0.00 0 FLM 4 Vitamin B-12 meg 0.00 0 FLM 4 Vitamin A, IU IU 97 0 MC 9 Vitamin A, RAE meg_RAE 0 0 NC 4 Retinol. meg 0.60 0 FLM 4 Retinol. meg 0.60 0 FLM 4 Vitamin D. mg 0.60 0 FLM 4 Vitamin D. mg 0.60 0 FLM 4 Vitamin D. mg 0.60 0 FLM 4 Lipids: Fatty acids, total saturated. 9 0.400 0 MC 9 4.0. 9 0.000 0 FLM 4 8.0. 9 0.000 0 FLM 4 8.0. 9 0.000 0 FLM 4 8.0. 9 0.000 0 FLM 4 12.0. 9 0.000 0 FLM 4 13.0. 9 0.001 0 FLM 4 13.0. 9 0.001 0 FLM 4 13.0. 9 0.007 0 FLM 4 15.0. 9 1.000 9 0.007 0 FLM 4 15.0. 9 1.000 9 0.007 0 FLM 4 17.0. 9 1.000 9 0.007 0 FLM 4 17.0. 9 1.000 9 0.007 0 FLM 4	Riboflavin	mg	0.158	3	0	FLM	4				
Vitamin B-6. mg 0.321 0 FLM 4 Folate, total. mcg 64 0 FLM 4 Folate, food. mcg 64 0 FLM 4 Folate, DFE. mcgDFE 64 0 FLM 4 Vitamin B-12. mcg 0 0 FLM 4 Vitamin A, IU. IU 97 0 MC 9 Vitamin A, RAE. mcg 0 0 NC 4 Vitamin E (alpha-tocopherol) mg 0 0 NC 4 Vitamin E (alpha-tocopherol) mg 0 0 NC 4 Vitamin E (alpha-tocopherol) mg 0 0 NE 4 Tocopherol, delta. mg 0 FLM 4 Vitamin K (phylloquinore) mcg 2.2 0 FLM 4 Lipids: Faty acids, total saturated. 9 0 000 0 FLM 4	Niacin	mg	3.251	=	0	FLM	4				
Folate, total	Pantothenic acid	mg	0.990)	0	FLM	4				
Folate, total	Vitamin B-6	mg	0.321	_	0	FLM	4				
Folic acid. mcg 64 0 FLM 4 Folate, food. mcg 64 0 FLM 4 Folate, food. mcg 64 0 NC 4 Vitamin B-12. mcg 0,00 0 FLM 4 Vitamin A, IU. U 97 0 MC 9 Vitamin A, RAE mcg_RAE 0 NC 4 Retinol mcg 0 0.60 0 FLM 4 Vitamin E (alpha-tocopherol) mg 0.60 0 FLM 4 Tocopherol, beta. mg Tocopherol, beta. mg Vitamin K (phylloquinone) mcg 2.2 0 FLM 4 Lipids: Fatty acids, total saturated 9 0.400 0 FLM 4 Lipids: Fatty acids, total saturated 9 0.000 0 FLM 4 60 9 0.000 0 FLM 4 60 9 0.000 0 FLM 4 1000 9 0.000 0 FLM 4 1100 9 0.000 0 FLM 4 1110 9 0.000 0 FLM 4			64		0	FLM	4				
Folate, DFE	Folic acid	mcg	0		0	FLM	4				
Folate, DFE	Folate. food	mcg	64		0	FLM	4				
Vitamin B-12 mcg 0.00 0 FLM 4 Vitamin A, IU IU 97 0 MC 9 Vitamin A, RAE mcg 0 0 NC 4 Retinol mcg 0 0 NC 4 Vitamin E (alpha-tocopherol) mg 0.60 0 FLM 4 Tocopherol, gamma mg 0 FLM 4 Tocopherol, gamma mg 0 FLM 4 Vitamin K (phylloquinone) mcg 2.2 0 FLM 4 Vitamin K (phylloquinone) mcg 2.2 0 FLM 4 Lipids: Ety acids, total saturated 9 0.400 0 MC 9 4:0 9 0.000 0 FLM 4 8:0 9 0.000 0 FLM 4 10:0 9 0.001 0 FLM 4 12:0 9 0.001			64		0	NC	4				
Vitamin A, IU IU 97 0 MC 9 Vitamin A, RAE mcg_RAE 0 0 NC 4 Retinol mcg 0 0 PIM 4 Vitamin E (alpha-tocopherol) mg 0.60 9 FIM 4 Tocopherol, beta mg 0 FIM 4 Tocopherol, delta mg 0 FIM 4 Vitamin D IU Vitamin K (phylloquinone) mcg 2.2 0 FIM 4 Lipids: Efity acids, total saturated 9 0.400 0 MC 9 4:0 9 0.000 0 FIM 4 6:0 9 0.000 0 FIM 4 8:0 9 0.004 0 FIM 4 10:0 9 0.005 0 FIM 4 12:0 9 0.005 0 FIM 4 15:0 9	-		0.00		0	FLM	4				
Vitamin A, RAE mcg_RAE 0 0 NC 4 Retinol mcg 0 0 NC 4 Vitamin E (alpha-tocopherol) mg 0.60 9 FIM 4 Tocopherol, beta mg 7 7 7 Tocopherol, gamma mg 7 7 7 7 Tocopherol, delta mg 7			97		0		9				
Retinol. mcg 0 0 NC 4 Vitamin E (alpha-tocopherol) mg 0.60 0 FIM 4 Tocopherol, beta. mg Tocopherol, gamma. mg			0		0		4				
Vitamin E (alpha-tocopherol) mg 0.60 0 FIM 4 Tocopherol, gamma mg 70copherol, gamma mg Tocopherol, delta mg 70copherol, delta mg Vitamin D. IU IU Vitamin K (phylloquinone) mcg 2.2 0 FIM 4 Lipids: Fatty acids, total saturated g 0.400 0 MC 9 4:0. 9 4:0. 9 0.000 0 FIM 4 6:0. 9 0.000 0 FIM 4 4 10:0. g 0.000 0 FIM 4 4 10:0. g 0.001 0 FIM 4 4 12:0. g 0.005 0 FIM 4 13:0. 9 14:0. g 0.007 0 FIM 4 15:0. 9 0.396 0 FIM 4 17:0. 9 18:0. 9 0.057 0 FIM 4 10:0. 9 0.057 0 FIM 4 10:0. 10:0. <td< td=""><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></td<>											
Tocopherol, beta											
Tocopherol, gamma			0.00		v		•				
Tocopherol, delta	* '										
Vitamin D. IU Vitamin K (phylloquinone). mcg 2.2 0 FLM 4 Lipids: Fatty acids, total saturated. g 0.400 0 MC 9 4:0. g 0.000 0 FLM 4 6:0. g 0.000 0 FLM 4 8:0. g 0.004 0 FLM 4 10:0. g 0.001 0 FLM 4 12:0. g 0.005 0 FLM 4 13:0. g 14:0. g 0.007 0 FLM 4 15:0. g 16:0. g 0.396 0 FLM 4 17:0. g 18:0. g 0.057 0 FLM 4											
Vitamin K (phylloquinone) mcg 2.2 0 FLM 4 Lipids: Fatty acids, total saturated g 0.400 0 MC 9 4:0 g 0.000 0 FLM 4 6:0 g 0.000 0 FLM 4 8:0 g 0.004 0 FLM 4 10:0 g 0.001 0 FLM 4 12:0 g 0.005 0 FLM 4 13:0 g 14:0 g 0.007 0 FLM 4 15:0 g 16:0 g 0.396 0 FLM 4 17:0 g 18:0 g 0.057 0 FLM 4 20:0 g											
Lipids: Fatty acids, total saturated 9 0.400 0 MC 9 4:0			2.2		0	FLM	4				
Fatty acids, total saturated g 0.400 0 MC 9 4:0	, minim is (phynoquinone)	9			· ·	- 111-1	-4				
4:0 9 0.000 0 FLM 4 6:0 9 0.000 0 FLM 4 8:0 9 0.004 0 FLM 4 10:0 9 0.001 0 FLM 4 12:0 9 0.005 0 FLM 4 13:0 9 0.007 0 FLM 4 15:0 9 16:0 9 0.396 0 FLM 4 17:0 9 18:0 9 0.057 0 FLM 4 20:0 9	<u>Lipids:</u>										
6:0	* *										
8:0			0.000)	0	FLM	4				
10:0		-	0.000)	0	FLM	4				
12:0.	8:0	g	0.004	Į.	0	FLM	4				
13:0	10:0	g	0.001	-	0	FLM	4				
14:0 g 0.007 0 FLM 4 15:0 g 16:0 g 0.396 0 FLM 4 17:0 g 18:0 g 0.057 0 FLM 4 20:0 g	12:0	g	0.005	5	0	FLM	4				
15:0	13:0	g									
16:0 g 0.396 0 FLM 4 17:0 g 18:0 g 0.057 0 FLM 4 20:0 g	14:0	g	0.007	,	0	FLM	4				
16:0 g 0.396 0 FLM 4 17:0 g 18:0 g 0.057 0 FLM 4 20:0 g	15:0	g									
17:0		_	0.396	5	0	FLM	4				
18:0g 0.057 0 FLM 4 20:0g		_									
20:0g			0.057	,	0	FLM	4				
44.0	22:0										

		<u>Aı</u>	nount in 10	00 grams	of edib	<u>n</u>	Amount in	edible portion of	common	
				Number				me	asures of food	
Nutrients and Units	S	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
24:0		0 400		0	140	0				
Fatty acids, total monounsaturated		0.400		0	MC	9				
14:1										
15:1 16:1 undifferentiated		0.010		0	FLM	4				
17:1	-	0.010		U	FIM	-				
18:1 undifferentiated		0.811		0	FLM	4				
20:1	-	0.002		0	FLM	4				
22:1 undifferentiated	-	0.001		0	FLM	4				
24:1 c	-	0.002		·		-				
Fatty acids, total polyunsaturated	-	1.100		0	MC	9				
18:2 undifferentiated		1.232		0	FLM	4				
18:3 undifferentiated		0.079		0	FLM	4				
18:4	-	0.000		0	FLM	4				
20:2 n-6 c.c.										
20:3 undifferentiated	-									
20:4 undifferentiated		0.000		0	FLM	4				
20:5 n-3	g	0.000		0	FLM	4				
22:5 n-3	g	0.000		0	FLM	4				
22:6 n-3	g	0.000		0	FLM	4				
Fatty acids, total trans	g	0.000		0	MC	9				
Cholesterol	mg	0		0	MC	9				
Phytosterols	<u>mg</u>									
Others:										
Alcohol, ethyl	g	0.0		0	FLM	4				
Caffeine	mg	0		0	FLM	4				
Theobromine	mg	0		0	FLM	4				
Carotenoids:										
Carotene, beta	mcg	0		0	z	7				
Carotene, alpha		0		0	z	7				
Cryptoxanthin, beta		0		0	z	7				
Lycopene	mcg	0		0	Z	7				
Lutein + zeaxanthin	mcg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

		<u>A</u>	mount in 10	0 grams	of edit	ole portio	<u>n</u>		edible portion	
Nutrients and Un	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	<u>l</u> Measure 3
Proximates:										
Water	_	2.00		0	MC	9		0.60		
Energy		316 1322		0	MC MC	9 9		95 397		
Energy		9.40		0	MC	9		2.82		
Protein (N x 6.25) Total lipid (fat)		3.60		0	MC	9		1.08		
Ash		3.00		0	MC	9		0.96		
Carbohydrate, by difference		81.80		0	MC	9		24.54		
Fiber, total dietary		22.2		0	MC	9		6.7		
Sugars, total		17.00		0	MC	9		5.10		
Starch		17.00		·	110	,		3.10		
Starch	9									
Minerals:										
Calcium, Ca	-	34		0	MC	9		10		
Iron, Fe.		3.00		0	MC	9		0.90		
Magnesium, Mg		114 236		0	MC	9 9		34 71		
Phosphorus, P		236 495		0	MC MC	9		71 149		
Potassium, KSodium, Na	_	495 244		0	MC	9		73		
Zinc, Zn		2.76		0	FLM	4		0.83		
Copper, Cu		0.473	1	0	FLM	4		0.142		
Manganese, Mn		3.499		0	FLM	4		1.050		
Selenium, Se		33.6		0	FLM	4		10.1		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.2		0	FLM	4		0.1		
Thiamin		0.200		1	MC	9		0.060		
Riboflavin	-	0.110		1	MC	9		0.033		
Niacin		4.000		1 0	MC FLM	9 4		1.200		
Pantothenic acid		0.991 0.270		1	MC	9		0.297 0.081		
Vitamin B-6 Folate, total	-	26	,	0	FLM	4		8		
Folic acid		0		0	FLM	4		0		
Folate, food		26		0	FLM	4		8		
Folate, DFE		26		0	NC	4		8		
Vitamin B-12		0.00		0	FLM	4		0.00		
Vitamin A, IU		119		0	MC	9		36		
Vitamin A, RAE										
Retinol										
Vitamin E (alpha-tocopherol)	mg	0.86		0	FLM	4		0.26		
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	6.1		0	FLM	4		1.8		
Lipids:										
Fatty acids, total saturated	g	0.400)	0	MC	9		0.120		
4:0		0.000)	0	FLM	4		0.000		
6:0	g	0.000)	0	FLM	4		0.000		
8:0	g	0.003	3	0	FLM	4		0.001		
10:0	-	0.001		0	FLM	4		0.000		
12:0		0.002	2	0	FLM	4		0.001		
13:0		_	_			_				
14:0	-	0.007	1	0	FLM	4		0.002		
15:0	-			_		_				
16:0		0.471	L	0	FLM	4		0.141		
17:0		0 100	,	0	EFT 3-4	4		0.000		
18:0		0.100	,	U	FLM	4		0.030		
20:0 22:0										
24:0										

		<u>Ar</u>	nount in 10	0 grams Number		ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and U	Inits	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate	:dg	1.000		0	MC	9		0.300		
14:1	g									
15:1	-									
16:1 undifferentiated	-	0.011		0	FLM	4		0.003		
17:1										
18:1 undifferentiated	-	0.864		0	FLM	4		0.259		
20:1	_	0.005		0	FLM	4		0.002		
22:1 undifferentiated	•	0.001		0	FLM	4		0.000		
24:1 c										
Fatty acids, total polyunsaturated		1.700		0	MC	9		0.510		
18:2 undifferentiated		1.849		0	FLM	4		0.555		
18:3 undifferentiated		0.200		0	FLM	4		0.060		
18:4	_	0.000		0	FLM	4		0.000		
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated	_	0.001		0	FLM	4		0.000		
20:5 n-3		0.000		0	FLM	4		0.000		
22:5 n-3	-	0.000		0	FLM	4		0.000		
22:6 n-3		0.000		0	FLM	4		0.000		
Fatty acids, total trans		0.000		0	MC	9		0.000		
Cholesterol		0		0	MC	9		0		
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	FLM	4		0.0		
Caffeine	mg	0		0	FLM	4		0		
Theobromine	mg	0		0	FLM	4		0		
Carotenoids:										
Carotene, beta	mcg	0		0	z	7		0.000		
Carotene, alpha	mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta		0		0	Z	7		0.000		
Lycopene		0		0	Z	7		0.000		
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: .75 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08387 Cereals ready-to-eat, KASHI Heart to Heart by KELLOGG

		<u>A</u>	mount in 100	grams	of edil	ole portio	<u>on</u>	Amount in	edible portion	of common
			1	Number				<u>m</u>	easures of food	-
						Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:	α.	3.10		0	мс	9		1.02		
Water	-			0		9				
Energy		348 1456		0	MC MC	9		115 480		
Energy		12.60		0	MC	9		4.16		
Protein (N x 6.25) Total lipid (fat)		4.70		0	MC	9		1.55		
Ash		3.60		0	MC	9		1.19		
Carbohydrate, by difference		76.00		0	MC	9		25.08		
Fiber, total dietary		14.2		0	MC	9		4.7		
Sugars, total		20.00		0	MC	9		6.60		
Starch	-									
Minerals:										
Calcium, Ca		54		0	MC	9		18		
'Iron, Fe	• • • • • • • • • • • • • • • • • • • •	6.50		0	MC	9		2.15		
Magnesium, Mg		300		0	MC	9		99		
Phosphorus, P		88 300		0 0	MC MC	9 9		29 99		
Potassium, K Sodium, Na		300		0	MC	9		1		
Zinc, Zn		4.60		0	MC	9		1.52		
Copper, Cu		0.327	7	0	FLM	4		0.108		
Manganese, Mn		4.630		o	FLM	4		1.528		
Selenium, Se										
/itamins:										
Vitamin C, total ascorbic acid		91.0	_	0	MC	9		30.0		
Thiamin	-	0.515		0	FLM	4		0.170		
Riboflavin		0.188		0	FLM	4		0.062		
Niacin Pantothenic acid		1.839		0 0	FLM FLM	4 4		0.607 0.224		
Vitamin B-6		6.100		0	MC	9		2.013		
Folate, total		1212	,	0	MC	9		400		
Folic acid		1193		0	NC	4		394		
Folate, food		19		0	CAAN	4		6		
Folate, DFE		2047		0	NC	4		676		
Vitamin B-12		18.20		0	MC	9		6.01		
Vitamin A, IU		3788		0	MC	9		1250		
Vitamin A, RAE	mcg_RAE	1138		0	NC	4		375		
Retinol		1138		0	NC	4		375		
Vitamin E (alpha-tocopherol)	mg	40.95		0	MC	9		13.51		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)		2.1		0	FLM	4		0.7		
Lipids:										
Fatty acids, total saturated	g	0.900)	0	MC	9		0.297		
4:0		0.000)	0	FLM	4		0.000		
6:0	_	0.000		0	FLM	4		0.000		
8:0	_	0.001		0	FLM	4		0.000		
10:0		0.000		0	FLM	4		0.000		
12:0		0.011	L	0	FLM	4		0.004		
13:0		0.000	.	^	TIT 5.4			0.000		
14:0		0.008	•	0	FLM	4		0.003		
15:0		0.733	2	0	FLM	4		0.242		
16:0 17:0		0.733	,	U	E TW	*		0.242		
18:0		0.044	1	0	FLM	4		0.015		
20:0		0.04-	=	v		•		3.013		
22:0	_									
24:0	_									

	<u>Ar</u>	mount in 100 g	rams of	edibl	e portio	<u>n</u>	Amount in	edible portion o	f common
		Nu	mber				me	easures of food	
Nutrients and Units	Mean	of Std. Error Po			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	1.100		0	мс	9		0.363		
14:1	2.200		•				0.505		
15:1 9									
16:1 undifferentiated	0.012		0 :	FLM	4		0.004		
17:1g									
18:1 undifferentiatedg	1.260		0	FLM	4		0.416		
20:1g	0.000		0	FLM	4		0.000		
22:1 undifferentiatedg	0.000		0 :	FLM	4		0.000		
24:1 cg									
Fatty acids, total polyunsaturated	1.200		0	MC	9		0.396		
18:2 undifferentiatedg	1.993		0 :	FLM	4		0.658		
18:3 undifferentiatedg	0.155		0	FLM	4		0.051		
18:4g	0.000		0 :	FLM	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	FLM	4		0.000		
20:5 n-3g	0.000		0	FLM	4		0.000		
22:5 n-3g	0.000		0	FLM	4		0.000		
22:6 n-3g	0.000		0	FLM	4		0.000		
Fatty acids, total transg	0.000		0	MC	9		0.000		
Cholesterolmg	0		0	MC	9		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0 :	FLM	4		0.0		
Caffeine mg	0		0 :	FLM	4		0		
Theobromine mg	0		0 :	FLM	4		0		

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Common Measures:

Measure 1 = 33g: .75 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08392 Cereals ready-to-eat, KASHI Medley by Kellogg

Refuse: 0%

		<u>A</u>	mount in 10	00 grams	of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
				Number				<u>m</u>	easures of food	
				of Data		Source	Confidence			
Nutrients and Units		Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Nutrients and Offics		Weari	Sta. Elloi					Weasure 1	Weasure 2	Wiedsule 3
Proximates:										
Water	g	4.70		0	MC	9		1.50		
Energy		354		0	MC	9		113		
Energy		1481		0	MC	9		474		
Protein (N x 6.25)	-	9.00		0	MC	9		2.88		
Total lipid (fat)		2.50		0	MC	9		0.80		
Ash		2.80		0	MC	9		0.90		
Carbohydrate, by difference		81.00		0	MC	9		25.92		
Fiber, total dietary		9.4		0	MC	9		3.0		
Sugars, total		25.00		0	MC	9		8.00		
Starch		23.00		U	HC	,		8.00		
Starcii	9									
Minerals:										
Calcium, Ca	mg	28		0	MC	9		9		
Iron, Fe	mg	2.00		0	MC	9		0.64		
Magnesium, Mg	mg	18		0	MC	9		6		
Phosphorus, P	mg	81		0	MC	9		26		
Potassium, K	mg	326		0	MC	9		104		
Sodium, Na	mg	230		0	MC	9		74		
Zinc, Zn	mg	0.40		0	MC	9		0.13		
Copper, Cu										
Manganese, Mn										
Selenium, Se	mcg									
X7*4										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	_					_				
Thiamin	_	0.400		1	MC	9		0.128		
Riboflavin		0.230		1	MC	9		0.074		
Niacin		4.000)	1	MC	9		1.280		
Pantothenic acid						_				
Vitamin B-6		0.130)	1	MC	9		0.042		
Folate, total		27		1	MC	9		9		
Folic acid		0		0	NC	4		0		
Folate, food		27		0	NC	4		9		
Folate, DFE		27		0	NC	4		9		
Vitamin B-12						_		_		
Vitamin A, IU		21		0	MC	9		7		
Vitamin A, RAE		0		0	NC	4		0		
Retinol		0		0	NC	4		0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	-									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	Ilicy									
Lipids:										
Fatty acids, total saturated	g	0.400)	0	MC	9		0.128		
Fatty acids, total monounsaturated		0.900)	0	MC	9		0.288		
Fatty acids, total polyunsaturated		1.200)	0	MC	9		0.384		
Fatty acids, total trans		0.000)	0	MC	9		0.000		
Cholesterol		0		0	MC	9		0		
Phytosterols										
<u>Carotenoids:</u>										
Carotene, beta	_mcg	0		0	z	7		0.000		
Carotene, alpha		0		0	z	7		0.000		
Cryptoxanthin, beta		0		0	z	7		0.000		
Lycopene		0		0	z	7		0.000		
Lutein + zeaxanthin		0		0	z	7		0.000		

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Cereals ready-to-eat, KASHI Medley by Kellogg

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Nutrients and Units Mean Std. Error Points Code Code Code Measure 1 Measure 2 Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32g: .75 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08391 Cereals ready-to-eat, KASHI Pillows by Kellogg, assorted flavors

Refuse: 0%

Nutrients and Units Mean			Amount in 100 grams of edible portion Number					<u>on</u>		edible portion of	common
Nutrients and Units							_		<u></u>	casares or roou	
Water	Nutrients and Units	5	Mean	Std. Error					Measure 1	Measure 2	Measure 3
Energy	Proximates:										
Energy	Water	g	4.50		1	MC	9				
Energy	Energy	kcal	370		0	MC	9				
Protein (N N 6.25)			1548		0	MC	9				
Total Ipidi (fat)			5.90		1	MC	9				
Ash.			2.40		1	MC	9				
Carbohydrate, by difference					1		9				
Fiber, total dictary 9 3.6 1 MC 9 Sugars, total 9 34.50 1 MC 9 Minerals: Calcium, Ca. mg 36 1 MC 9 Magnesium, Mg mg 1.30 1 MC 9 Magnesium, Mg mg 182 0 MG 9 Phosphorus, P. mg 182 1 MG 9 Forestown, R. mg 50.9 1 MG 9 Zinc, Zn mg 50.9 1 MG 9 Zinc, Zn mg 9 Zinc, Zn mg 9 Zinc, Zn mg 9 Zinc, Zn mg 0 Zinc, Zn mg 0											
Signars, total											
Minerals:											
Calcium, Ca.	9		34.30		_	МС	9				
Iron, Fe	Minerals:										
Magnesium, Mg	Calcium, Ca	mg									
Phosphorus, P.	Iron, Fe	mg	1.30		1	MC	9				
Potassium, K	Magnesium, Mg	mg	182		0	MC	9				
Sodium, Na						MC					
Zinc, Zn						MC					
Copper, Cu	Sodium, Na	mg	91		1	MC	9				
Manganese, Mn. mg Selenium, Se. mcg Vitamins: Vitamin C, total ascorbic acid. mg Thiamin. mg 0.060 0 Mc 9 Riboflavin. mg 0.120 0 Mc 9 Niacin. mg 0.120 0 Mc 9 Pantothenic acid. mg 0.140 0 Mc 9 Polate, otal. mg 0.140 0 Mc 9 Folate, otal. mcg 15 1 Mc 9 Folate, DFE. mcg_DFE mcg_DFE Vitamin B-12. Mc 9 Vitamin B-12. mcg Vitamin B-12. Mc 9 Vitamin E (alpha-tocopherol). mg Tocopherol, beta. mg Tocopherol, detta. mg Vitamin D. U Vitamin D. U Vitamin A (phylloquinone). mcg Lipids: Patty acids, total saturated. 9 Fatty acids, total propunsaturated. 9 <td>Zinc, Zn</td> <td>mg</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>	Zinc, Zn	mg									
Selenium, Se. mcg	Copper, Cu	mg									
Vitamin C, total ascorbic acid	Manganese, Mn	mg									
Vitamin C, total ascorbic acid. mg Thiamin. mg 0.060 0 MC 9 Riboflavin. mg 0.120 0 MC 9 Niacin. mg 2.200 0 MC 9 Pantothenic acid. mg 0 MC 9 Folate, total. meg 15 1 MC 9 Folate, DFE. mcg_DFE mcg_DFE Vitamin B-12. mcg NC 9 Vitamin A, RAE. mcg_RAE Vitamin E (alpha-tocopherol). mg NG NG <t< td=""><td>Selenium, Se</td><td>mcg</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></t<>	Selenium, Se	mcg									
Thiamin mg 0.060 0 MC 9 Riboflavin mg 0.120 0 MC 9 Niacin mg 2.200 0 MC 9 Pantothenic acid mg Vitamin B-6 mg 0.140 0 MC 9 Folate, DFE mcg_DFE Vitamin B-12 mcg Vitamin A, RAE mcg_RAE Vitamin C (alpha-tocopherol) mg Tocopherol, beta mg Tocopherol, delta mg Vitamin D											
Riboflavin		-			•		•				
Niacin. mg 2.200 0 MC 9 Pantothenic acid. mg 0.140 0 MC 9 Folate, breauth mcg 15 1 MC 9 Folate, DFE mcg_DFE mcg_DFE Vitamin B-12 mcg Vitamin A, IU IU IU Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg mg Tocopherol, gamma mg Tocopherol, delta mg Witamin D IU Vitamin K (phylloquinone) Vitamin K (phylloquinone) mcg E E Fatty acids, total saturated 9 Fatty acids, total polyunsaturated 9 Fatty acids, total polyunsaturated 9 Fatty acids, total trans 9 Cholesterol mg 0 1 MC 9											
Pantothenic acid											
Vitamin B-6 mg 0.140 0 MC 9 Folate, total mcg 15 1 MC 9 Folate, total mcg_DFE Mc 9 Vitamin B-12 mcg Witamin A, IU IU Vitamin A, RAE mcg_RAE Witamin E (alpha-tocopherol) mg Tocopherol, beta mg Tocopherol, beta mg Tocopherol, delta mg Witamin D IU Vitamin K (phylloquinone) mcg Witamin K (phylloquinone) mcg Lipids: Fatty acids, total saturated 9 Fatty acids, total monounsaturated 9 Fatty acids, total polyunsaturated 9 Fatty acids, total polyunsaturated 9 Fatty acids, total trans 9 Cholesterol mg 0 1 Mc 9			2.200)	0	MC	9				
Folate, total			0.14		•		•				
Folate, DFE				,							
Vitamin B-12		_	15		1	MC	9				
Vitamin A, IU											
Vitamin A, RAE		•									
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta	- · · · · · · · · · · · · · · · · · · ·										
Vitamin D											
Vitamin K (phylloquinone)mcg Lipids: Fatty acids, total saturated	. ,	•									
Lipids: Fatty acids, total saturated											
Fatty acids, total saturated		mog									
Fatty acids, total monounsaturated		a									
Fatty acids, total polyunsaturatedg Fatty acids, total transg Cholesterolmg 0 1 MC 9											
Fatty acids, total trans											
Cholesterolmg 0 1 MC 9											
		-	0		1	MC	۵				
PHVIOSIPHOIS IIIU	Phytosterols		U		1	MC	9				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Cereals ready-to-eat, KASHI Pillows by Kellogg, assorted flavors

Food Group: 08 Breakfast Cereals

NDB No. 08461 Cereals ready-to-eat, KASHI, CINNA-RAISIN CRUNCH by KELLOGG

Refuse: 0%

		<u>A</u>	mount in 10	00 grams	of edik	ole portio	<u>on</u>	Amount in edible portion of common		
Nutrients and Unit	_	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Nutrients and Onit	.S	wean	Sta. Error	1 Onits	Ooue	Oode	Ooue	weasure 1	Measure 2	weasure 3
Duovimatos										
Proximates: Water	q	3.20		0	MC	9		1.60		
Energy		309		0	MC	9		155		
Energy		1293		0	MC	9		646		
Protein (N x 6.25)		8.60		0	MC	9		4.30		
Total lipid (fat)		2.20		0	MC	9		1.10		
Ash		2.00		0	MC	9		1.00		
Carbohydrate, by difference		84.00		0	MC	9		42.00		
Fiber, total dietary		22.0		0	MC	9		11.0		
Sugars, total		25.00		0	MC	9		12.50		
Starch										
Minerals:										
Calcium, Ca	ma	50		0	MC	9		25		
Iron, Fe	_	4.00		0	MC	9		2.00		
Magnesium, Mg	_	140		0	MC	9		70		
* Phosphorus, P		339		0	MC	9		170		
Potassium, K	mg	529		0	MC	9		265		
Sodium, Na	mg	191		0	MC	9		96		
Zinc, Zn	mg	2.40		0	MC	9		1.20		
Copper, Cu	mg									
Manganese, Mn										
Selenium, Se	mcg									
Lipids:										
Fatty acids, total saturated	g	0.300)	0	MC	9		0.150		
Fatty acids, total monounsaturated	g	0.600)	0	MC	9		0.300		
Fatty acids, total polyunsaturated	g	1.000	1	0	MC	9		0.500		
Fatty acids, total trans	g	0.000	1	0	MC	9		0.000		
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 50g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08462 Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat by KELLOGG

Refuse: 0%

		<u>A</u>	mount in 10	00 grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common		
					Deriv	Source	Confidence	<u>m</u>	easures of food	<u>[</u>
Nutrients and L	Jnits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.00		0	MC	9		2.70		
Energy		335		0	MC	9		181		
Energy		1402		0	MC	9		757		
Protein (N x 6.25)		9.00		0	MC	9		4.86		
Total lipid (fat)		2.20		0	MC	9		1.19		
Ash		1.30		0	MC	9		0.70		
Carbohydrate, by difference		81.00		0	MC	9		43.74		
Fiber, total dietary		13.9		0	MC	9		7.5		
Sugars, total		12.00		0	MC	9		6.48		
Starch										
Minerals:	-									
Calcium. Ca	ma	57		0	MC	9		31		
Iron, Fe	•	3.00		0	MC	9		1.62		
Magnesium, Mg		81		0	MC	9		44		
Phosphorus, P		225		0	MC	9		122		
Potassium, K	mg	338		0	MC	9		183		
Sodium, Na	mg	3		0	MC	9		2		
Zinc, Zn	mg	1.50		0	MC	9		0.81		
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Lipids:										
Fatty acids, total saturated	g	0.400)	0	MC	9		0.216		
Fatty acids, total monounsaturate	ed9	0.400		0	MC	9		0.216		
Fatty acids, total polyunsaturated	dg	1.200)	0	MC	9		0.648		
Fatty acids, total trans	-	0.000)	0	MC	9		0.000		
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 54g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08467 Cereals ready-to-eat, KASHI, ORGANIC PROMISE Cranberry Sunshine

Refuse: 0%

		<u>A</u>	mount in 10	00 grams	of edib	le portio	<u>n</u>	Amount in edible portion of common		
Nutrients and Uni	t o	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Nutrients and Uni	เร	wean	Sta. Error	ronnes	Code	Code	Coue	Measure 1	Measure 2	Measure 3
n										
Proximates: Water	а	3.00		0	мс	9		0.87		
Energy		317		0	MC	9		92		
Energy		1326		0	MC	9		385		
Protein (N x 6.25)		5.50		0	MC	9		1.60		
Total lipid (fat)		3.00		0	MC	9		0.87		
Ash		1.10		0	MC	9		0.32		
Carbohydrate, by difference		88.00		0	MC	9		25.52		
Fiber, total dietary		9.9		0	MC	9		2.9		
Sugars, total		25.00		0	MC	9		7.25		
Starch										
Mr. 1	_									
Minerals:	ma									
Calcium, CaIron, Fe	-	1.40		0	MC	9		0.41		
Magnesium, Mg	-	1.40		Ū	ис	,		0.41		
Phosphorus, P										
Potassium, K	-	286		0	MC	9		83		
Sodium, Na	-	71		0	MC	9		21		
Zinc, Zn	-									
Copper, Cu	-									
Manganese, Mn	mg									
Selenium, Se	mcg									
Lipids:										
Fatty acids, total saturated	g	0.500)	0	MC	9		0.145		
Fatty acids, total monounsaturated		0.800	1	0	MC	9		0.232		
Fatty acids, total polyunsaturated		1.700	1	0	MC	9		0.493		
Fatty acids, total trans		0.000)	0	MC	9		0.000		
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08463 Cereals ready-to-eat, KASHI, ORGANIC PROMISE Strawberry Fields by KELLOGG

Refuse: 0%

		<u>A</u>	mount in 10	00 grams	of edik	ole portio	<u>n</u>	Amount in edible portion of common		
					Deriv		Confidence		easures of food	•
Nutrients and Unit	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.00		0	MC	9		0.64		
Energy	kcal	348		0	MC	9		111		
Energy		1456		0	MC	9		466		
Protein (N x 6.25)		9.10		0	MC	9		2.91		
Total lipid (fat)		0.40		0	MC	9		0.13		
Ash		1.50		0	MC	9		0.48		
Carbohydrate, by difference	g	87.00		0	MC	9		27.84		
Fiber, total dietary		3.5		0	MC	9		1.1		
Sugars, total		29.40		0	MC	9		9.41		
Starch										
Minerals:										
Calcium, Ca	mg	17		0	MC	9		5		
Iron, Fe.		1.50		0	MC	9		0.48		
Magnesium, Mg	mg	70		0	MC	9		22		
Phosphorus, P	mg	35		0	MC	9		11		
Potassium, K	mg	122		0	MC	9		39		
Sodium, Na	mg	626		0	MC	9		200		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn										
Selenium, Se	mcg									
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.100	1	0	MC	9		0.032		
Fatty acids, total monounsaturated	g	0.100)	0	MC	9		0.032		
Fatty acids, total polyunsaturated	g	0.200		0	MC	9		0.064		
Fatty acids, total trans		0.000)	0	MC	9		0.000		
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08464 Cereals ready-to-eat, KASHI, SEVEN IN THE MORNING by KELLOGG

Refuse: 0%

		<u>A</u>	mount in 10	00 grams	of edib	le portio	<u>n</u>	Amount in edible portion of common		
					Deriv		Confidence		easures of food	
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.00		0	MC	9		1.74		
Energy	kcal	390		0	MC	9		226		
Energy		1632		0	MC	9		946		
Protein (N x 6.25)		12.00		0	MC	9		6.96		
Total lipid (fat)		2.80		0	MC	9		1.62		
Ash		1.20		0	MC	9		0.70		
Carbohydrate, by difference	g	81.00		0	MC	9		46.98		
Fiber, total dietary		11.7		0	MC	9		6.8		
Sugars, total		5.00		0	MC	9		2.90		
Starch										
Minerals:										
Calcium, Ca	mg	41		0	MC	9		24		
Iron, Fe		23.00		0	MC	9		13.34		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	448		0	MC	9		260		
Zinc, Zn	mg									
Copper, Cu	-									
Manganese, Mn										
Selenium, Se	mcg									
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.600)	0	MC	9		0.348		
Fatty acids, total monounsaturated	g	0.600	1	0	MC	9		0.348		
Fatty acids, total polyunsaturated	g	1.500		0	MC	9		0.870		
Fatty acids, total trans	_	0.000)	0	MC	9		0.000		
Cholesterol		0		0	MC	9		0		
Phytosterols	mg									

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Common Measures:

Measure 1 = 58g: .5 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08455 Cereals ready-to-eat, KELLOGG'S DISNEY MICKEY'S MAGIX

		<u>A</u>	mount in 10	υ grams	ot edil	ole portio	<u>on</u>	Amount in	edible portion of	of common
				Number				<u>m</u>	easures of food	
						Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	0	2.90		0	MC	9		0.84		
Energy	-	386		0	MC	9		112		
Energy		1615		0	MC	9		468		
Protein (N x 6.25)		6.80		0	MC	9		1.97		
Total lipid (fat)		2.50		0	MC	9		0.73		
Ash	-	2.50		0	MC	9		0.73		
Carbohydrate, by difference		86.00		0	MC	9		24.94		
Fiber, total dietary		5.0		0	MC	9		1.5		
Sugars, total		47.00		0	MC	9		13.63		
Starch	-	27.000		·		-		20.00		
Minerals:										
Calcium, Ca	mg	20		0	MC	9		6		
Iron, Fe	mg	6.20		0	MC	9		1.80		
Magnesium, Mg	mg	57		0	MC	9		17		
Phosphorus, P		160		0	MC	9		46		
Potassium, K		140		0	MC	9		41		
Sodium, Na		700		0	MC	9		203		
Zinc, Zn		5.10		0	MC	9		1.48		
Copper, Cu		0.120		0	MC	9		0.035		
Manganese, Mn		1.886	5	0	FLM	4		0.547		
Selenium, Se	mcg									
Vitamins: Vitamin C, total ascorbic acid	ma	52.0		0	мс	9		15.1		
Thiamin		1.300	`	0	MC	9		0.377		
Riboflavin	-	1.400		0	MC	9		0.406		
Niacin		17.000		0	MC	9		4.930		
Pantothenic acid	-	0.164		0	FLM	4		0.047		
Vitamin B-6		1.700		0	MC	9		0.493		
Folate, total		344		0	MC	9		100		
Folic acid		325		0	NC	4		94		
Folate, food		19		0	CAAN	4		6		
Folate, DFE	mcg_DFE	572		0	NC	4		166		
Vitamin B-12		5.10		0	MC	9		1.48		
Vitamin A, IU		1724		0	MC	9		500		
Vitamin A, RAE	mcg_RAE	518		0	NC	4		150		
Retinol		518		0	NC	4		150		
Vitamin E (alpha-tocopherol)	mg	0.34		0	FLM	4		0.10		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta		100 000						40.000		
Vitamin D		138.000)	0	MC	9		40.020		
Vitamin K (phylloquinone)	mcg	1.4		0	FLM	4		0.4		
Lipids: Fatty acids, total saturated	ď	0.500	1	0	мс	9		0.145		
4:0		0.000		0	FLM	4		0.145		
6:0	-	0.000		0	FLM	4		0.000		
8:0		0.000		0	FLM	4		0.000		
10:0	-	0.000		0	FLM	4		0.000		
12:0		0.008		0	FLM	4		0.002		
13:0				-	_			, .		
14:0		0.004	1	0	FLM	4		0.001		
15:0										
16:0		0.423	3	0	FLM	4		0.123		
17:0										
18:0	_	0.031	L	0	FLM	4		0.009		
	~									
20:0	9									

		<u>An</u>	nount in 10	00 grams Number	<u>n</u>	Amount in edible portion of common measures of food				
Nutrients and U	Jnits	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate		0.900		0	MC	9		0.261		
14:1										
15:1	_									
16:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.005		0	FLM	4		0.002		
17:1										
18:1 undifferentiated		0.895		0	FLM	4		0.259		
20:1	_	0.000		0	FLM	4		0.000		
22:1 undifferentiated	•	0.000		0	FLM	4		0.000		
24:1 c				_						
Fatty acids, total polyunsaturated		1.000		0	MC	9		0.290		
18:2 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.957		0	FLM	4		0.277		
18:3 undifferentiated		0.043		0	FLM	4		0.012		
18:4		0.000		0	FLM	4		0.000		
20:2 n-6 c,c										
20:3 undifferentiated		0.000		•		4				
20:4 undifferentiated		0.000		0	FLM	=		0.000		
20:5 n-3	_	0.000		0	FLM	4		0.000		
22:5 n-3		0.000		0	FLM	4		0.000		
22:6 n-3	_	0.000		0	FLM	4		0.000		
Fatty acids, total trans		0.000		0	MC	9		0.000		
Cholesterol	• • • • • • • • • • • • • • • • • • • •	0		0	MC	9		0		
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	FLM	4		0.0		
Caffeine	mg	0		0	FLM	4		0		
Theobromine	mg	0		0	FLM	4		0		
Carotenoids:										
Carotene, beta	mca	0		0	z	7		0.000		
Carotene, alpha	_	0		0	z	7		0.000		
Cryptoxanthin, beta		0		0	z	7		0.000		
Lycopene		0		0	z	7		0.000		
Lutein + zeaxanthin		0		0	z	7		0.000		

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Common Measures:

Measure 1 = 29g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08031 Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original

		<u>A</u> 1	mount in 100	grams	of ear	ole portio	<u>n</u>	Amount in	edible portion of	of common
			N	lumber				<u>m</u>	easures of food	-
						Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error F			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	6.00		0	MC	9		3.06		
Energy	kcal	340		0	MC	9		173		
Energy	kj	1423		0	MC	9		726		
Protein (N x 6.25)		9.80		0	MC	9		5.00		
Total lipid (fat)	_	1.60		0	MC	9		0.82		
Ash		2.20		0	MC	9		1.12		
Carbohydrate, by difference		80.40		0	MC	9		41.00		
Fiber, total dietary		10.0		0	MC	9		5.1		
Sugars, total	-	19.60		0	MC	9		10.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	32		0	MC	9		16		
* Iron, Fe	-	29.00		0	MC	9		14.79		
Magnesium, Mg		118		0	MC	9		60		
Phosphorus, P		294		0	MC	9		150		
Potassium, K		340		0	MC	9		173		
Sodium, Na		10		0	MC	9		5		
* Zinc, Zn		3.20		0	MC	9		1.63		
Copper, Cu		0.320		0	MC	9		0.163		
Manganese, Mn		2.788		0	FLC	4 1		1.422		
Selenium, Se	fileg	4.1	0.387	3	A	1		2.1		
Vitamins:		_		_		_		_		
Vitamin C, total ascorbic acid		0.0		0	MC	9		0.0		
* Thiamin	-	0.740		0	MC	9		0.377		
Riboflavin		0.830		0	MC	9		0.423		
Niacin		9.800		0	MC	9		4.998		
Pantothenic acid		0.739		0	FLC	4 9		0.377 0.500		
Vitamin B-6	_	196	,	0	MC MC	9		100		
* Folate, totalFolic acid		177		0	NC	4		90		
Folate, food		177		0	CAAN	4		10		
Folate, DFE		320		0	NC	4		163		
* Vitamin B-12		2.94		0	MC	9		1.50		
Vitamin A, IU		0		0	AS	1		0		
Vitamin A, RAE		0		0	AS	1		0		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)		0.68		o	FLM	4		0.34		
Tocopherol, beta	mg			-	-					
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	1.5		0	FLM	4		0.8		
Lipids:										
Fatty acids, total saturated	g	0.360)	0	MC	9		0.184		
4:0		0.000		0	FLM	4		0.000		
6:0		0.000		0	FLM	4		0.000		
8:0	_	0.020)	0	FLM	4		0.010		
10:0	_	0.000)	0	FLM	4		0.000		
12:0	g	0.000)	0	FLM	4		0.000		
13:0										
14:0	g	0.003	3	0	FLM	4		0.002		
15:0	g									
16:0	g	0.303	3	0	FLM	4		0.155		
17:0	g									
18:0	_	0.017	7	0	FLM	4		0.009		
20:0	_									
22:0										

	<u>Ar</u>	nount in 10	0 grams Number		ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
			•							
Fatty acids, total monounsaturatedg	0.240		0	MC	9		0.122			
14:1g										
15:1	0.013		0	FLM	4		0.007			
17:1g	0.013		U	E IIM	4		0.007			
18:1 undifferentiated	0.227		0	FLM	4		0.116			
20:1g	0.000		0	FLM	4		0.000			
22:1 undifferentiated	0.000		0	FLM	4		0.000			
24:1 cg	0.000		v		•		0.000			
Fatty acids, total polyunsaturatedg	1.000		0	MC	9		0.510			
18:2 undifferentiated	0.947		0	FLM	4		0.483			
18:3 undifferentiated	0.049		0	FLM	4		0.025			
18:4g	0.000		0	FLM	4		0.000			
20:2 n-6 c,cg										
20:3 undifferentiated										
20:4 undifferentiatedg	0.003		0	FLM	4		0.001			
20:5 n-3g	0.000		0	FLM	4		0.000			
22:5 n-3g	0.000		0	FLM	4		0.000			
22:6 n-3g	0.000		0	FLM	4		0.000			
Fatty acids, total transg	0.000		0	MC	9		0.000			
Cholesterolmg	0		0	MC	9		0			
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0		0	Z	7		0.0			
Caffeinemg	0		0	FLM	4		0			
Theobrominemg	0		0	FLM	4		0			
Carotenoids:										
Carotene, betamcg	0		0	Z	7		0.000			
Carotene, alphamcg	0		0	Z	7		0.000			
Cryptoxanthin, betamcg	0		0	Z	7		0.000			
Lycopenemcg	0		0	Z	7		0.000			
Lutein + zeaxanthin mcg	0		0	Z	7		0.000			

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Common Measures:

Measure 1 = 51g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08466 Cereals ready-to-eat, KELLOGG'S, CINNAMON MARSHMALLOW SCOOBY-DOO! cereal

Refuse: 0%

		<u>A</u>	mount in 10	0 grams	of edik	ole portio	<u>n</u>	Amount in	edible portion	of common
				Number	,			me	easures of food	
Nutrients and Unit	s	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure
_										
Proximates: Water	а	2.90		0	MC	9				
Energy		434		0	MC	9				
Energy		1816		0	MC	9				
Protein (N x 6.25)		4.20		0	MC	9				
Total lipid (fat)		12.00		0	MC	9				
Ash		1.90		0	MC	9				
		79.00		0	MC	9				
Carbohydrate, by difference		2.2		0	MC	9				
Fiber, total dietary										
Sugars, total		42.00		0	MC	9				
Starch	9									
<u>Minerals:</u>										
Calcium, Ca		26		0	MC	9				
Firon, Fe		14.00		0	MC	9				
Magnesium, Mg	mg	33		0	MC	9				
Phosphorus, P	-	71		0	MC	9				
Potassium, K		108		0	MC	9				
Sodium, Na	mg	497		0	MC	9				
Zine, Zn	_. mg	4.60		0	MC	9				
Copper, Cu	mg									
Manganese, Mn	_. mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	47.0		0	MC	9				
* Thiamin	mg	1.200)	0	MC	9				
Riboflavin	mg	1.300)	0	MC	9				
Niacin	mg	16.000)	0	MC	9				
Pantothenic acid	mg									
Vitamin B-6	mg	1.600)	0	MC	9				
Folate, total	mcg	330		0	MC	9				
Folate, DFE										
Vitamin B-12		4.70		0	MC	9				
Vitamin A, IU		1590		0	MC	9				
Vitamin A, RAE	mcg_RAE	477		0	NC	4				
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		159.000)	0	MC	9				
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	a	2.300)	0	MC	9				
Fatty acids, total monounsaturated		3.800		0	MC	9				
Fatty acids, total polyunsaturated		0.600		0	MC	9				
Fatty acids, total trans		5.300		0	MC	9				
Cholesterol		0	•	0	MC	9				
CHOICSICIOI		U		U	MC	9				

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Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Cereals ready-to-eat, KELLOGG'S, CINNAMON MARSHMALLOW SCOOBY-DOO! cereal

Food Group: 08 Breakfast Cereals

NDB No. 08465 Cereals ready-to-eat, KELLOGG'S, DISNEY MUD & BUGS

Refuse: 0%

Nutrients and Units				Number		Amount in edible portion of common measures of food				
										<u> </u>
Duovimatos		Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure :
Proximates:										
Water	g	3.20		0	MC	9		0.93		
Energy	kcal	385		0	MC	9		112		
Energy	kj	1611		0	MC	9		467		
Protein (N x 6.25)	g	4.70		0	MC	9		1.36		
Total lipid (fat)	g	3.00		0	MC	9		0.87		
Ash	g	2.90		0	MC	9		0.84		
Carbohydrate, by difference	g	86.00		0	MC	9		24.94		
Fiber, total dietary	g	2.0		0	MC	9		0.6		
Sugars, total	g	52.00		0	MC	9		15.08		
Starch	g									
Minerals:										
Calcium, Ca	ma	12		0	MC	9		3		
Iron, Fe		8.00		0	MC	9		2.32		
Magnesium, Mg		38		0	MC	9		11		
Phosphorus, P		86		0	MC	9		25		
Potassium. K	_	107		0	MC	9		31		
Sodium, Na	mg	399		0	MC	9		116		
Zinc, Zn		6.00		0	MC	9		1.74		
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	52.0		0	MC	9		15.1		
* Thiamin	-	1.400)	0	MC	9		0.406		
Riboflavin		1.600)	0	MC	9		0.464		
Niacin	-	19.000)	0	MC	9		5.510		
Pantothenic acid										
Vitamin B-6	mg	2.000)	0	MC	9		0.580		
Folate, total	mcg	384		0	MC	9		111		
Folic acid	mcg	365		0	NC	4		106		
Folate, food	mcg	19		0	CAAN	4		6		
Folate, DFE	mcg_DFE	640		0	NC	4		185		
Vitamin B-12	mcg	5.00		0	MC	9		1.45		
Vitamin A, IU		1724		0	MC	9		500		
Vitamin A, RAE	mcg_RAE	518		0	NC	4		150		
Retinol	mcg	518		0	NC	4		150		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		190.000)	0	MC	9		55.100		
Vitamin K (phylloquinone)	mcg									
<u>lipids:</u>										
Fatty acids, total saturated	g	0.800		0	MC	9		0.232		
Fatty acids, total monounsaturated	g	1.500		0	MC	9		0.435		
Fatty acids, total polyunsaturated		0.600		0	MC	9		0.174		
Fatty acids, total trans		0.500)	0	MC	9		0.145		
Cholesterol	mg	0		0	MC	9		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: 1 cup

Cereals ready-to-eat, KELLOGG'S, DISNEY MUD & BUGS

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08459 Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS, Maple & Brown Sugar, Bite Size

Refuse: 0%

		<u>Aı</u>	mount in 10			ole portic	<u>on</u>		edible portion easures of food	
				Number				<u> </u>	easures or root	<u>.</u>
Nutrients and Uni	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.00		0	MC	9		3.12		
Energy	kcal	346		0	MC	9		180		
Energy	kj	1448		0	MC	9		753		
Protein (N x 6.25)	g	8.30		0	MC	9		4.32		
Total lipid (fat)	g	1.60		0	MC	9		0.83		
Ash	g	1.10		0	MC	9		0.57		
Carbohydrate, by difference		83.00		0	MC	9		43.16		
Fiber, total dietary		9.7		0	MC	9		5.0		
Sugars, total		24.00		0	MC	9		12.48		
Starch										
	-									
Minerals:				•		•		1.5		
Calcium, Ca		33		0	MC	9		17		
* Iron, Fe		31.20		0	MC	9		16.22		
Magnesium, Mg		88		0	MC	9		46		
Phosphorus, P	-	285		0	MC	9		148 176		
Potassium, K		338 2		-	MC	9		1/6		
Sodium, Na		3.10		0	MC MC	9 9		1.61		
* Zinc, Zn		3.10		U	МС	9		1.61		
Copper, Cu	-									
Manganese, Mn Selenium, Se										
Seienium, Se	nicg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
* Thiamin	mg	0.700)	0	MC	9		0.364		
* Riboflavin	mg	0.800	1	0	MC	9		0.416		
* Niacin	mg	9.900)	0	MC	9		5.148		
Pantothenic acid	mg									
* Vitamin B-6	mg	1.000	1	0	MC	9		0.520		
* Folate, total		201		0	MC	9		105		
Folic acid	mcg	182		0	NC	4		95		
Folate, food		19		0	CAAN	4		10		
Folate, DFE	mcg_DFE	328		0	NC	4		171		
* Vitamin B-12		2.90		0	MC	9		1.51		
Vitamin A, IU	IU									
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	a	0.300	1	0	MC	9		0.156		
Fatty acids, total monounsaturated		0.300		0	MC	9		0.156		
Fatty acids, total polyunsaturated		1.000		0	MC	9		0.520		
Fatty acids, total trans		0.000		0	MC	9		0.000		
Cholesterol		0		0	MC	9		0		
Phytosterols		•		•		-		J		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 52g: 24 biscuit

Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS, Maple & Brown Sugar, Bite Size

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08456 Cereals ready-to-eat, KELLOGG'S, FRUIT HARVEST Apple Cinnamon

Refuse: 0%

		Amount in 100 grams of edible portion							Amount in edible portion of common			
				Number	•			measures of food				
Nutrients and Units		Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3		
Proximates:												
Water	g	3.00		0	MC	9		1.56				
Energy	kcal	387		0	MC	9		201				
Energy		1619		0	MC	9		842				
Protein (N x 6.25)		7.00		0	MC	9		3.64				
Total lipid (fat)		5.00		0	MC	9		2.60				
Ash		2.00		0	MC	9		1.04				
Carbohydrate, by difference		83.00		0	MC	9		43.16				
Fiber, total dietary		6.0		0	MC	9		3.1				
		37.00		0	MC	9		19.24				
Sugars, totalStarch		37.00		U	PIC	9		19.24				
StatCII	9											
Minerals:												
Calcium, Ca	mg											
* Iron, Fe	mg	7.00		0	MC	9		3.64				
Magnesium, Mg	mg											
Phosphorus, P	mg											
Potassium, K	mg	317		0	MC	9		165				
Sodium, Na	mg	490		0	MC	9		255				
* Zinc, Zn	mg	2.40		0	MC	9		1.25				
Copper, Cu	mg											
Manganese, Mn	mg											
Selenium, Se	mcg											
Vitamins:												
Vitamin C, total ascorbic acid	mg											
* Thiamin		0.600)	0	MC	9		0.312				
* Riboflavin	mg	0.700)	0	MC	9		0.364				
* Niacin	mg	8.000)	0	MC	9		4.160				
Pantothenic acid	mg											
* Vitamin B-6	mg	0.800)	0	MC	9		0.416				
* Folate, total	mcg	160		0	MC	9		83				
Folic acid		141		0	NC	4		73				
Folate, food	mcg	19		0	CAAN	4		10				
Folate, DFE		259		0	NC	4		135				
* Vitamin B-12		2.40		0	MC	9		1.25				
* Vitamin A, IU	IU	800		0	MC	9		416				
Vitamin A, RAE		240		0	NC	4		125				
Retinol		240		0	NC	4		125				
Vitamin E (alpha-tocopherol)												
Tocopherol, beta												
Tocopherol, gamma												
Tocopherol, delta												
* Vitamin D		64.000)	0	MC	9		33.280				
Vitamin K (phylloquinone)	mcg											
<u>Lipids:</u>												
Fatty acids, total saturated	g	0.500		0	MC	9		0.260				
Fatty acids, total monounsaturated	g	2.700)	0	MC	9		1.404				
Fatty acids, total polyunsaturated	g	2.000)	0	MC	9		1.040				
Fatty acids, total trans	g	0.000)	0	MC	9		0.000				
Cholesterol	mg	0		0	MC	9		0				
Phytosterols	ma											

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Common Measures:

Measure 1 = 52g: 1 cup

Cereals ready-to-eat, KELLOGG'S, FRUIT HARVEST Apple Cinnamon

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08457 Cereals ready-to-eat, KELLOGG'S, FRUIT HARVEST Peach/Strawberry

Refuse: 0%

		<u>Aı</u>	mount in 10		Amount in edible portion of common						
		Number						measures of food			
Nutrients and Units		Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	3.00		0	MC	9		0.90			
Energy		380		0	MC	9		114			
Energy		1590		0	MC	9		477			
Protein (N x 6.25)		7.00		0	MC	9		2.10			
Total lipid (fat)		1.20		0	MC	9		0.36			
Ash		1.80		0	MC	9		0.54			
		87.00		0	MC	9		26.10			
Carbohydrate, by difference		5.0		0	MC	9		1.5			
Fiber, total dietary				-							
Sugars, total		30.00		0	MC	9		9.00			
Starch	g										
Minerals:											
Calcium, Ca	mg	23		0	MC	9		7			
* Iron, Fe.		11.00		0	MC	9		3.30			
Magnesium, Mg		50		0	MC	9		15			
Phosphorus, P		170		0	MC	9		51			
Potassium, K		280		0	MC	9		84			
Sodium, Na		550		0	MC	9		165			
* Zinc, Zn		3.00		0	MC	9		0.90			
Copper, Cu											
Manganese, Mn											
Selenium, Se	mcg										
¥7:4											
<u>Vitamins:</u>				•							
Vitamin C, total ascorbic acid	-	3.0		0	MC	9		0.9			
* Thiamin		1.000		0	MC	9		0.300			
* Riboflavin	-	1.000		0	MC	9		0.300			
* Niacin		12.000		0	MC	9		3.600			
Pantothenic acid	-			•							
* Vitamin B-6	-	1.200		0	MC	9		0.360			
* Folate, total		265		0	MC	9		80			
Folic acid		246		0	NC	4		74			
Folate, food	mcg	19		0	CAAN	4		6			
Folate, DFE		437		0	NC	4		131			
* Vitamin B-12	-	3.80		0	MC	9		1.14			
* Vitamin A, IU		1330		0	MC	9		399			
Vitamin A, RAE		399		0	NC	4		120			
Retinol		399		0	NC	4		120			
Vitamin E (alpha-tocopherol)											
Tocopherol, beta	_										
Tocopherol, gamma											
Tocopherol, delta		136.000		0	MC	9		40.800			
* Vitamin D		136.000		U	МС	9		40.800			
Vitamin K (phylloquinone)	nicg										
Lipids:											
Fatty acids, total saturated	g	0.300		0	MC	9		0.090			
Fatty acids, total monounsaturated	g	0.300		0	MC	9		0.090			
Fatty acids, total polyunsaturated	g	1.000		0	MC	9		0.300			
Fatty acids, total trans		0.000		0	MC	9		0.000			
Cholesterol		0		0	MC	9		0			
Phytosterols											

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Common Measures:

Measure 1 = 30g: .75 cup

Cereals ready-to-eat, KELLOGG'S, FRUIT HARVEST Peach/Strawberry

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08458 Cereals ready-to-eat, KELLOGG'S, FRUIT HARVEST Strawberry/Blueberry

Refuse: 0%

		Amount in 100 grams of edible portion							Amount in edible portion of common			
				Number				measures of food				
						Source	Confidence					
Nutrients and Units		Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3		
Proximates:												
Water	g	3.00		0	MC	9		0.87				
Energy	kcal	405		0	MC	9		117				
Energy	kj	1695		0	MC	9		491				
Protein (N x 6.25)	g	8.00		0	MC	9		2.32				
Total lipid (fat)	g	5.00		0	MC	9		1.45				
Ash	g	2.00		0	MC	9		0.58				
Carbohydrate, by difference		82.00		0	MC	9		23.78				
Fiber, total dietary		5.6		0	MC	9		1.6				
Sugars, total		31.00		0	MC	9		8.99				
Starch												
	-											
Minerals:				_		_						
Calcium, Ca		48		0	MC	9		14				
* Iron, Fe		17.00		0	MC	9		4.93				
Magnesium, Mg		68		0	MC	9		20				
Phosphorus, P	_	205		0	MC	9		59				
Potassium, K	-	313		0	MC	9		91				
Sodium, Na		437		0	MC	9		127				
* Zinc, Zn	_	6.00		0	MC	9		1.74				
Copper, Cu												
Manganese, Mn Selenium, Se												
Seienium, Se	Tileg											
Vitamins:												
Vitamin C, total ascorbic acid	mg	4.0		0	MC	9		1.2				
* Thiamin	mg	1.300		0	MC	9		0.377				
* Riboflavin	mg	1.500		0	MC	9		0.435				
* Niacin	<u>.</u> mg	17.300		0	MC	9		5.017				
Pantothenic acid	mg											
* Vitamin B-6	mg	1.700		0	MC	9		0.493				
* Folate, total	mcg	348		0	MC	9		101				
Folic acid	mcg	329		0	NC	4		95				
Folate, food		19		0	CAAN	4		6				
Folate, DFE	mcg_DFE	578		0	NC	4		168				
* Vitamin B-12		5.20		0	MC	9		1.51				
* Vitamin A, IU		1723		0	MC	9		500				
Vitamin A, RAE		517		0	NC	4		150				
Retinol		517		0	NC	4		150				
Vitamin E (alpha-tocopherol)												
Tocopherol, beta												
Tocopherol, gamma												
Tocopherol, delta		100 0		•		•		F0 000				
* Vitamin D		180.000		0	MC	9		52.200				
Vitamin K (phylloquinone)	mcg											
Lipids:								_				
Fatty acids, total saturated		0.600		0	MC	9		0.174				
Fatty acids, total monounsaturated		3.800		0	MC	9		1.102				
Fatty acids, total polyunsaturated		1.000		0	MC	9		0.290				
Fatty acids, total trans	g	0.000		0 0	MC	9		0.000				
Cholesterol					MC	9		0				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: .75 cup

Cereals ready-to-eat, KELLOGG'S, FRUIT HARVEST Strawberry/Blueberry

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08385 Cereals ready-to-eat, KELLOGG'S, SMART START Soy Protein

		<u>A</u>	mount in 100	grams	Amount in edible portion of common					
			N	Number					easures of food	
						Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure :
Proximates:										
Water	_	4.00		0	MC	9		2.20		
Energy		367		0	MC	9		202		
Energy		1536		0	MC	9		845		
Protein (N x 6.25)	_	19.00		0	MC	9		10.45		
Total lipid (fat)		2.70		0	MC	9		1.49		
Ash		1.80		0	0	4		0.99		
Carbohydrate, by difference		73.00		0	MC	9		40.15		
Fiber, total dietary		7.7		0	MC	9		4.2		
Sugars, total		26.00		0	MC	9		14.30		
Starch	9									
Minerals:										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	109		0	MC	9		60		
* Iron, Fe	-	33.00		0	MC	9		18.15		
Magnesium, Mg		109		0	MC	9		60		
Phosphorus, P		272		0	MC	9		150		
Potassium, K		745 474		0	MC MC	9 9		410 261		
* Zinc, Zn	-	27.20		0	MC	9		14.96		
Copper, Cu		0.360	1	0	MC	9		0.198		
Manganese, Mn		1.810		0	MC	9		0.996		
Selenium, Se		2.020		·				0.550		
•										
Vitamins:		07.0		•		•		14.0		
* Vitamin C, total ascorbic acid		27.0		0	MC	9 9		14.9		
* Thiamin * Riboflavin		2.800 3.100		0	MC MC	9		1.540 1.705		
* Niacin	-	36.400		0	MC	9		20.020		
* Pantothenic acid	-	18.200		0	MC	9		10.010		
* Vitamin B-6	-	3.700		0	MC	9		2.035		
* Folate, total	-	730		0	MC	9		402		
Folic acid		711		0	NC	4		391		
Folate, food		19		0	CAAN	4		10		
Folate, DFE		1228		0	NC	4		675		
* Vitamin B-12		11.00		0	MC	9		6.05		
* Vitamin A, IU	IU -	1363		0	MC	9		750		
Vitamin A, RAE	mcg_RAE	409		0	NC	4		225		
Retinol		409		0	NC	4		225		
Vitamin E (alpha-tocopherol)		24.75		0	MC	9		13.61		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta		05.000				•		46 850		
* Vitamin D		85.000)	0	MC	9 4		46.750		
Vitamin K (phylloquinone)	nicg	1.8		U	FLM	4		1.0		
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.600)	0	MC	9		0.330		
4:0	g	0.000)	0	FLM	4		0.000		
6:0	•	0.000)	0	FLM	4		0.000		
8:0		0.004		0	FLM	4		0.002		
10:0		0.000		0	FLM	4		0.000		
12:0	-	0.005	5	0	FLM	4		0.003		
13:0				_		_				
14:0		0.009	,	0	FLM	4		0.005		
15:0		0.50	-	^						
16:0		0.506	•	0	FLM	4		0.278		
17:0	_	0.050	`	^	E7 34	4		0.000		
18:0	_	0.050	,	0	FLM	4		0.028		
20:0	_									
22:0 24:0	-									

	<u>Ar</u>	nount in 10	0 grams Number		ole portio	o <u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			•						
Fatty acids, total monounsaturatedg	0.500		0	MC	9		0.275		
14:1g									
15:1	0.008		0	FLM	4		0.004		
17:1g	0.008		U	E IIM	4		0.004		
18:1 undifferentiated	0.576		0	FLM	4		0.317		
20:1g	0.000		0	FLM	4		0.000		
22:1 undifferentiated	0.000		0	FLM	4		0.000		
24:1 cg	0.000		·		•		0.000		
Fatty acids, total polyunsaturatedg	1.600		0	MC	9		0.880		
18:2 undifferentiated	0.927		0	FLM	4		0.510		
18:3 undifferentiated	0.079		0	FLM	4		0.043		
18:4g	0.000		0	FLM	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiated									
20:4 undifferentiatedg	0.001		0	FLM	4		0.000		
20:5 n-3g	0.000		0	FLM	4		0.000		
22:5 n-3g	0.000		0	FLM	4		0.000		
22:6 n-3g	0.000		0	FLM	4		0.000		
Fatty acids, total transg	0.000		0	MC	9		0.000		
Cholesterolmg	0		0	MC	9		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	FLM	4		0.0		
Caffeine mg	0		0	FLM	4		0		
Theobromine mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, betamcg	0		0	Z	7		0.000		
Carotene, alphamcg	0		0	Z	7		0.000		
Cryptoxanthin, betamcg	0		0	Z	7		0.000		
Lycopenemcg	0		0	Z	7		0.000		
Lutein + zeaxanthin mcg	0		0	Z	7		0.000		

Common Measures:

Measure 1 = 55g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08460 Cereals ready-to-eat, KELLOGG'S, TONY'S CINNAMON KRUNCHERS

Refuse: 0%

		<u>Aı</u>	mount in 100	grams)	of edib	ole portic	<u>on</u>	Amount in edible portion of common			
			1	Number				<u>m</u>	easures of food	_	
				of Data	Deriv	Source	Confidence				
Nutrients and Units	S	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	3.00		0	MC	9		0.87			
Energy	kcal	448		0	MC	9		130			
Energy	kj	1874		0	MC	9		544			
Protein (N x 6.25)	g	4.00		0	MC	9		1.16			
Total lipid (fat)	g	12.00		0	MC	9		3.48			
Ash	g	1.00		0	MC	9		0.29			
Carbohydrate, by difference		79.00		0	MC	9		22.91			
Fiber, total dietary	g	1.0		0	MC	9		0.3			
Sugars, total	g	36.00		0	MC	9		10.44			
Starch	g										
M:											
Minerals: Calcium, Ca	ma	22		0	MC	9		6			
* Iron, Fe		16.00		0	MC	9		4.64			
Magnesium, Mg		23		0	MC	9		7			
Phosphorus, P		77		0	MC	9		22			
Potassium, K	-	78		0	MC	9		23			
Sodium, Na		531		0	MC	9		154			
Zinc, Zn		1.00		0	MC	9		0.29			
Copper, Cu	-			-		-					
Manganese, Mn											
Selenium, Se											
Vitaming											
Vitamins:	ma	21.0		0	MC	9		6.1			
* Vitamin C, total ascorbic acid* Thiamin		1.300	1	0	MC	9		0.377			
* Riboflavin		1.500		0	MC	9		0.435			
* Niacin	_	17.000		0	MC	9		4.930			
Pantothenic acid	-	17.000	•	·	110	,		4.550			
* Vitamin B-6		1.700)	0	MC	9		0.493			
* Folate, total	-	348		0	MC	9		101			
Folic acid		329		0	NC	4		95			
Folate, food		19		0	CAAN	4		6			
Folate, DFE		578		0	NC	4		168			
* Vitamin B-12		5.20		0	MC	9		1.51			
* Vitamin A, IU		1724		0	MC	9		500			
Vitamin A, RAE		518		0	NC	4		150			
Retinol		518		0	NC	4		150			
Vitamin E (alpha-tocopherol)											
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta	mg										
* Vitamin D		172.000)	0	MC	9		49.880			
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	g	2.000)	0	MC	9		0.580			
Fatty acids, total monounsaturated	g	4.000)	0	MC	9		1.160			
Fatty acids, total polyunsaturated	9	0.000)	0	MC	9		0.000			
	~	6.000	1	0	MC	9		1.740			
Fatty acids, total trans	9	0	,	0	MC	9		0			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: .75 cup

NDB No. 08460

Cereals ready-to-eat, KELLOGG'S, TONY'S CINNAMON KRUNCHERS

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08378 Cereals ready-to-eat, KELLOGG, KELLOGG'S Puffed Rice

Kellogg, Co.

Refuse: 0%

		<u>Aı</u>	mount in 10	00 grams	of edik	ole portio	<u>en</u>	Amount in edible portion of commo		
					Deriv	Source	Confidence	<u>m</u>	easures of food	
Nutrients and Unit	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		2.30		0	MC	9				
Energy	kcal	412		0	MC	9				
Energy	kj	1724		0	MC	9				
Protein (N x 6.25)	g	8.40		0	MC	9				
Total lipid (fat)	g	1.50		0	MC	9				
Ash	g	0.60		0	MC	9				
Carbohydrate, by difference	g	87.20		0	MC	9				
Fiber, total dietary	g	0.5		0	MC	9				
Sugars, total	g	0.00		0	MC	9				
Starch	g									
Minerals:										
Calcium, Ca	mg	11		0	MC	9				
Iron, Fe		0.90		0	MC	9				
Magnesium, Mg	mg	47		0	MC	9				
Phosphorus, P	mg	160		0	MC	9				
Potassium, K	mg	151		0	MC	9				
Sodium, Na	mg	0		0	MC	9				
Zine, Zn	mg	1.60		0	MC	9				
Copper, Cu		0.200	1	0	MC	9				
Manganese, Mn										
Selenium, Se	mcg									
Lipids:										
Fatty acids, total saturated	g	0.400	ı	0	MC	9				
Fatty acids, total monounsaturated	g	0.500	ı	0	MC	9				
Fatty acids, total polyunsaturated		0.600	1	0	MC	9				
Fatty acids, total trans		0.000	1	0	MC	9				
Cholesterol		0		0	MC	9				
Phytosterols	<u>mg</u>									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08454 Cereals ready-to-eat, KELLOGG, DISNEY HUNNY Bs

		<u>A</u>	mount in 100	<u>grams</u>	of edit	oie portio	<u>on</u>	Amount in edible portion of common			
			1	Number				<u>m</u>	easures of food		
						Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	1.90		0	MC	9		0.55			
Energy	_	333		0	MC	9		97			
Energy		1393		0	MC	9		404			
Protein (N x 6.25)		7.10		0	MC	9		2.06			
Total lipid (fat)		1.20		0	MC	9		0.35			
Ash	-	3.80		0	MC	9		1.10			
Carbohydrate, by difference		86.00		0	MC	9		24.94			
Fiber, total dietary		4.5		0	MC	9		1.3			
Sugars, total		21.00		0	MC	9		6.09			
Starch	_										
Minerals:											
Calcium, Ca	••••••	380		0	MC	9		110			
* Iron, Fe	-	28.00		0	MC	9		8.12			
Magnesium, Mg		58		0	MC	9		17			
Phosphorus, P		114 250		0 0	MC MC	9 9		33 73			
Potassium, K Sodium, Na		970		0	MC	9		73 281			
* Zinc, Zn	-	6.10		0	MC	9		1.77			
Copper, Cu		0.040)	0	MC	9		0.012			
Manganese, Mn		0.515		0	FLM	4		0.149			
Selenium, Se				-		_					
Vitamins:											
Vitamin C, total ascorbic acid		54.0		0	MC	9		15.7			
Thiamin	-	1.300		0	MC	9		0.377			
Riboflavin		1.500		0	MC	9		0.435			
Niacin	-	17.800		0	MC	9		5.162			
Pantothenic acid		0.392 1.800		0 0	FLM MC	4 9		0.114 0.522			
Vitamin B-6		357	,	0	MC	9		104			
Folic acid		338		0	NC	4		98			
Folate, food		19		0	CAAN	4		6			
Folate, DFE	mca DFE	594		0	NC	4		172			
Vitamin B-12		5.40		0	MC	9		1.57			
Vitamin A, IU		1787		0	MC	9		518			
Vitamin A, RAE		537		0	NC	4		156			
Retinol		537		0	NC	4		156			
Vitamin E (alpha-tocopherol)	mg	0.29		0	FLM	4		0.08			
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta				_							
Vitamin D		187.000)	0	MC	9		54.230			
Vitamin K (phylloquinone)	mcg	0.2		0	FLM	4		0.1			
Lipids: Fatty acids, total saturated	q	0.300)	0	мс	9		0.087			
4:0		0.000		0	FLM	4		0.007			
6:0	-	0.000		0	FLM	4		0.000			
8:0.		0.000		0	FLM	4		0.000			
10:0		0.000		0	FLM	4		0.000			
12:0		0.000		0	FLM	4		0.000			
13:0	-										
14:0		0.002	2	0	FLM	4		0.000			
15:0											
16:0	g	0.515	5	0	FLM	4		0.149			
17:0	-										
18:0	-	0.064	1	0	FLM	4		0.019			
20:0	-										
22:0	g										

		<u>Ar</u>	nount in 10		Amount in edible portion of common measures of food					
Nutrients and U	Inits	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate	edg	0.200		0	MC	9		0.058		
14:1	g									
15:1	_									
16:1 undifferentiated	_	0.003		0	FLM	4		0.001		
17:1										
18:1 undifferentiated	_	0.896		0	FLM	4		0.260		
20:1	-	0.000		0	FLM	4		0.000		
22:1 undifferentiated	•	0.000		0	FLM	4		0.000		
24:1 c										
Fatty acids, total polyunsaturated	lg	0.700		0	MC	9		0.203		
18:2 undifferentiated		1.060		0	FLM	4		0.308		
18:3 undifferentiated	g	0.040		0	FLM	4		0.011		
18:4	g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0	FLM	4		0.000		
20:5 n-3	g	0.000		0	FLM	4		0.000		
22:5 n-3	g	0.000		0	FLM	4		0.000		
22:6 n-3	g	0.000		0	FLM	4		0.000		
Fatty acids, total trans	g	0.000		0	MC	9		0.000		
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	FLM	4		0.0		
Caffeine		0		0	FLM	4		0		
Theobromine	mg	0		0	FLM	4		0		
Carotenoids:										
Carotene, beta	mcg	0		0	Z	7		0.000		
Carotene, alpha		0		0	Z	7		0.000		
Cryptoxanthin, beta	mcg	0		0	Z	7		0.000		
Lycopene		0		0	Z	7		0.000		
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000		

Common Measures:

Measure 1 = 29g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08005 Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS

		<u>A</u>	mount in 10	<u>u grams</u>	ot edik	oie portio	<u>on</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food		
						Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	-	3.00		0	MC	9		0.90			
Energy		250		0	MC	9		75			
Energy		1046		0	MC	9		314			
Protein (N x 6.25)		7.00		0	MC	9		2.10			
Total lipid (fat)	-	2.15		0	MC MC	9 9		0.65 2.36			
Ash		7.85 80.00		0	MC	9		2.36			
Carbohydrate, by difference		43.0		0	MC	9		12.9			
Fiber, total dietary		27.00		0	MC	9		8.10			
Starch	_	27.00		U	МС	9		8.10			
Starcii	9										
<u>Minerals:</u>											
Calcium, Ca	-	63		0	MC	9		19			
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	15.00		0	MC	9		4.50			
Magnesium, Mg		205		0	MC	9		62			
Phosphorus, P		500		0	MC	9		150			
Potassium, K		1000		0	MC	9		300			
Sodium, Na		676 5.00		0	MC MC	9 9		203 1.50			
Zinc, Zn Copper, Cu	_	0.480	`	0	MC	9		0.144			
Manganese, Mn		0.400	,	U	МС	9		0.144			
Selenium, Se		28.9		2	A	1		8.7			
·				_		_					
<u> Vitamins:</u>											
Vitamin C, total ascorbic acid		20.0		0	MC	9		6.0			
Thiamin	_	1.200		0	MC	9		0.360			
Riboflavin		1.400		0	MC	9		0.420			
Niacin	_	17.000		0	MC	9		5.100			
Pantothenic acid		1.488		0	FLC	4		0.446			
Vitamin B-6		6.700 13 4 5	,	0	MC MC	9 9		2.010			
Folia paid		1345		0	NC	4		404 391			
Folic acidFolate, food		41		0	NC	4		12			
Folate, DFE		2258		0	NC	4		677			
Vitamin B-12		20.00		0	MC	9		6.00			
Vitamin A, IU	-	1700		0	MC	9		510			
Vitamin A, RAE		511		0	NC	4		153			
Retinol		511		0	NC	4		153			
Vitamin E (alpha-tocopherol)		1.58		0	MC	9		0.47			
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta	mg										
Vitamin D		133.000)	0	MC	9		39.900			
Vitamin K (phylloquinone)	mcg	1.0		0	FLM	4		0.3			
Lipids:											
Fatty acids, total saturated	а	0.400)	0	MC	9		0.120			
4:0		0.000		0	FLM	4		0.000			
6:0		0.000		0	FLM	4		0.000			
8:0		0.000		0	FLM	4		0.000			
10:0	-	0.000)	0	FLM	4		0.000			
12:0		0.005	5	0	FLM	4		0.001			
13:0	g										
14:0		0.004	1	0	FLM	4		0.001			
15:0	g										
16:0		0.338	3	0	FLM	4		0.102			
17:0	-										
18:0	-	0.031	L	0	FLM	4		0.009			
20:0	-										
22:0	g g										

	<u>Ar</u>	nount in 100) grams Number		ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	-	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
	0.500		•		۰		0.450		
Fatty acids, total monounsaturatedg	0.500		0	MC	9		0.150		
14:1g 15:1									
16:1 undifferentiatedg	0.006		0	FLM	4		0.002		
17:1g	0.000		U	FIM	-		0.002		
18:1 undifferentiated	0.494		0	FLM	4		0.148		
20:1g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.	0.000		0	FLM	4		0.000		
24:1 c	0.000		·		-		0.000		
Fatty acids, total polyunsaturatedg	1.250		0	MC	9		0.375		
18:2 undifferentiatedg	1.174		0	FLM	4		0.352		
18:3 undifferentiatedg	0.074		0	FLM	4		0.022		
18:4g	0.000		0	FLM	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.002		0	FLM	4		0.000		
20:5 n-3g	0.000		0	FLM	4		0.000		
22:5 n-3g	0.000		0	FLM	4		0.000		
22:6 n-3g	0.000		0	FLM	4		0.000		
Fatty acids, total transg	0.000		0	MC	9		0.000		
Cholesterolmg	0		0	MC	9		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0		
Caffeine mg	0		0	FLM	4		0		
Theobrominemg	0		0	FLM	4		0		
Carotenoids:									
Carotene, betamcg	0		0	Z	7		0.000		
Carotene, alphamcg	0		0	Z	7		0.000		
Cryptoxanthin, beta mcg	0		0	Z	7		0.000		
Lycopenemcg	0		0	Z	7		0.000		
Lutein + zeaxanthin mcg	0		0	Z	7		0.000		

Common Measures:

Measure 1 = 30g: .333 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08001 Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original

		<u>A</u>	mount in 10	0 grams	of edil	ole portic	<u>on</u>	Amount in edible portion of common			
				Numbei				m	easures of food	<u> </u>	
						Source	Confidence				
Nutrients and Un	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3	
Proximates: Water	q	2.12		1	A	1		0.64			
Energy		260		0	MC	9		78			
Energy		1088		0	MC	9		326			
Protein (N x 6.25)		13.14		1	A	1		3.94			
Total lipid (fat)		4.90		1	A	1		1.47			
Ash		5.60		1	A	1		1.68			
Carbohydrate, by difference		74.24		0	NC	4		22.27			
Fiber, total dietary		29.3		1	A	1		8.8			
Sugars, total		15.69		0	AS	1		4.71			
		13.20		1	A	1		3.96			
Sucrose		1.07		1	A	1		0.32			
Glucose (dextrose)		0.36		1	A	1		0.32			
Fructose	9			1	A	1					
Lactose	9	0.00 1.06		1	A A	1		0.00 0.32			
Maltose	9					7					
Galactose		0.00		0	Z			0.00			
Starch	g	21.80		1	A	1		6.54			
Minerals:											
Calcium, Ca	mg	389		1	A	1		117			
Iron, Fe	mg	17.60		1	A	1		5.28			
Magnesium, Mg	mg	362		1	A	1		109			
Phosphorus, P	mg	1150		1	A	1		345			
Potassium, K	mg	1020		1	A	1		306			
Sodium, Na	_	242		1	A	1		73			
Zinc, Zn	mg	12.40		1	A	1		3.72			
Copper, Cu		1.040		1	A	1		0.312			
Manganese, Mn		7.410		1	A	1		2.223			
Selenium, Se	mcg	9.4	2.10	07 8	JA	6		2.8			
Vitamins:											
* Vitamin C, total ascorbic acid	mg	20.0		0	MC	9		6.0			
Thiamin	mg	2.270)	1	A	1		0.681			
Riboflavin	mg	2.710)	1	A	1		0.813			
Niacin	mg	14.800)	1	A	1		4.440			
Pantothenic acid	mg	1.060)	1	A	1		0.318			
Vitamin B-6	mg	12.000)	1	A	1		3.600			
* Folate, total	mcg	1310		0	MC	9		393			
Folic acid	mcg	1269		0	NC	4		381			
Folate, food	mcg	41		0	CAAN	4		12			
Folate, DFE	mcg_DFE	2198		0	NC	4		659			
Vitamin B-12		18.80		1	A	1		5.64			
* Vitamin A, IU	IU	1747		0	MC	9		524			
Vitamin A, RAE		525		0	NC	4		157			
Retinol	mcg	525		0	NC	4		158			
Vitamin E (alpha-tocopherol)	mg	1.26		0	FLM	4		0.38			
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta											
* Vitamin D		170.000)	0	MC	9		51.000			
Vitamin K (phylloquinone)	mcg	5.2		1	A	1		1.6			
Lipids:											
Fatty acids, total saturated	g	0.640		0	NC	4		0.192			
4:0	g	0.000)	0	Z	7		0.000			
6:0	g	0.000)	0	Z	7		0.000			
8:0	g	0.000)	1	A	1		0.000			
10:0	g	0.000)	1	A	1		0.000			
12:0	g	0.000)	1	A	1		0.000			
13:0	g										

	<u>Aı</u>	mount in 100 gra		ble portio	<u>on</u>		edible portion easures of food	
		Numb		_			easures or 1000	<u>.</u>
Nutrients and Units	Mean	Std. Error Point		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0g	0.000	1	A	1		0.000		
15:0g	0.000			1		0.000		
16:0g	0.590			1 1		0.177		
17:0g 18:0g	0.000 0.040			1		0.000 0.012		
20:0g	0.010			1		0.012		
22:0	0.000			1		0.000		
24:0g	0.000	1	A	1		0.000		
Fatty acids, total monounsaturatedg	0.670			4		0.201		
14:1g	0.000			1		0.000		
15:1g	0.000			1		0.000		
16:1 undifferentiated	0.000			1 1		0.000		
17:1	0.000 0.640			1		0.000 0.192		
20:1g	0.030			1		0.192		
22:1 undifferentiated	0.000			1		0.000		
24:1 c9								
Fatty acids, total polyunsaturated	2.110	C	NC	4		0.633		
18:2 undifferentiatedg	1.960			1		0.588		
18:3 undifferentiatedg	0.150			1		0.045		
18:4g	0.000			1 1		0.000		
20:2 n-6 c,c	0.000			1		0.000 0.000		
20:4 undifferentiated	0.000			1		0.000		
20:5 n-3g	0.000			1		0.000		
22:5 n-3g	0.000	1	A	1		0.000		
22:6 n-3g	0.000	1	A	1		0.000		
Fatty acids, total transg								
Cholesterol mg	0	C	MC	9		0		
Phytosterolsmg								
Amino Acids:	0.220	C	A	1		0.066		
Tryptophan	0.380			1		0.114		
Isoleucine	0.350			1		0.114		
Leucine	0.700	C		1		0.210		
Lysineg	0.350	C	A	1		0.105		
Methionineg	0.170	C	A	1		0.051		
Cystineg	0.240			1		0.072		
Phenylalanineg	0.480		A	1		0.144		
Tyrosine	0.150 0.520		A A	1 1		0.045		
Valine	0.520			1		0.156 0.183		
Histidine	0.280		A	1		0.084		
Alanineg	0.550			1		0.165		
Aspartic acidg	0.770			1		0.231		
Glutamic acidg	2.240	C	A	1		0.672		
Glycineg	0.580			1		0.174		
Proline	0.730			1		0.219		
Serine	0.500	C	A	1		0.150		
2								
Others: Alcohol, ethylg	0.0	C	z	7		0.0		
Caffeineg	0.0	(4		0.0		
Theobromine mg	0	(4		0		
Carotenoids:								
Carotene, betamcg	0	C	Z	7		0.000		
Carotene, alphamcg	0	Ċ		7		0.000		
Cryptoxanthin, betamcg	0	C	_	7		0.000		
Lycopene mcg	0	(7		0.000		
Lutein + zeaxanthin mcg	0	C	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

Amount in 100 grams of edible portion

Number

Amount in edible portion of common measures of food

meası

Nutrients and Units

of Data Deriv Source Confidence Mean Std. Error Points Code Code Code

Measure 1

Measure 2

Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: .5 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08253 Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN WITH EXTRA FIBER

		<u>A</u> 1	mount in 10	00 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	3.00		0	MC	9		0.90			
Energy	kcal	192		0	MC	9		58			
Energy	kj	803		0	MC	9		241			
Protein (N x 6.25)	g	11.30		0	MC	9		3.39			
Total lipid (fat)	g	3.50		0	MC	9		1.05			
Ash	g	5.20		0	MC	9		1.56			
Carbohydrate, by difference	g	77.00		0	MC	9		23.10			
Fiber, total dietary	g	50.0		0	MC	9		15.0			
Sugars, total	g	0.37		0	MC	9		0.11			
Starch											
	_										
Minerals:				_		_					
* Calcium, Ca	-	415		0	MC	9		125			
* Iron, Fe		18.00		0	MC	9		5.40			
Magnesium, Mg		340		0	MC	9		102			
Phosphorus, P		900		0	MC	9		270			
Potassium, K		1050		0	MC	9		315			
Sodium, Na	-	475		0	MC	9		143			
Zinc, Zn		6.00		0	MC	9		1.80			
Copper, Cu	-	0.600		0	MC	9		0.180			
Manganese, Mn		7.258	3	0	FLC	4		2.177			
Selenium, Se	mcg	9.4		0	BFZN	4		2.8			
Vitamins:											
* Vitamin C, total ascorbic acid	mg	25.0		0	MC	9		7.5			
* Thiamin	mg	1.500)	0	MC	9		0.450			
* Riboflavin	mg	1.700)	0	MC	9		0.510			
* Niacin	mg	20.000)	0	MC	9		6.000			
Pantothenic acid	mg	1.591	L	0	FLC	4		0.477			
Vitamin B-6	mg	8.000)	0	MC	9		2.400			
Folate, total	mcg	420		0	MC	9		126			
Folic acid	mcg	379		0	NC	4		114			
Folate, food	mcg	41		0	CAAN	4		12			
Folate, DFE	mcg_DFE	685		0	NC	4		206			
Vitamin B-12		24.00		0	MC	9		7.20			
* Vitamin A, IU	IU	2045		0	MC	9		614			
Vitamin A, RAE	mcg_RAE	614		0	NC	4		184			
Retinol		614		0	NC	4		184			
Vitamin E (alpha-tocopherol)	mg	2.14		0	MC	9		0.64			
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta	mg										
* Vitamin D	IU	210.000)	0	MC	9		63.000			
Vitamin K (phylloquinone)	mcg	1.9		0	FLM	4		0.6			
Lipids:											
Fatty acids, total saturated	а	0.600	1	0	MC	9		0.180			
4:0		0.000		0	FLM	4		0.000			
6:0		0.000		0	FLM	4		0.000			
8:0		0.004		0	FLM	4		0.001			
10:0		0.000		0	FLM	4		0.001			
12:0		0.007		0	FLM	4		0.002			
13:0		0.007		v	2 1101	-		0.002			
14:0		0.006	5	0	FLM	4		0.002			
15:0		0.006	•	U	2 1101	-		0.002			
16:0	_	0.518	1	0	FLM	4		0.155			
17:0	_	0.510	-	v	2 1101	-		3.133			
18:0	_	0.032	•	0	FLM	4		0.010			
20:0	_	0.032	-	v	2 1101	-		3.010			
22:0	_										
44.V	g g										

	<u>Ar</u>	nount in 100 g	rams (of edib	ole portio	<u>on</u>	Amount in edible portion of common			
Nutrients and Units	Mean		mber Data oints		Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.700		0	MC	9		0.210			
14:1g										
15:1g			_							
16:1 undifferentiatedg	0.009		0	FLM	4		0.003			
17:1g	2 521		•							
18:1 undifferentiatedg	0.691		0	FLM	4		0.207			
20:1g	0.000		0	FLM	4		0.000			
22:1 undifferentiatedg	0.000		0	FLM	4		0.000			
24:1 cg			_							
Fatty acids, total polyunsaturated	2.200		0	MC	9		0.660			
18:2 undifferentiatedg	2.073		0	FLM	4		0.622			
18:3 undifferentiatedg	0.124		0	FLM	4		0.037			
18:4g	0.000		0	FLM	4		0.000			
20:2 n-6 c,cg										
20:3 undifferentiatedg			_							
20:4 undifferentiatedg	0.003		0	FLM	4		0.001			
20:5 n-3g	0.000		0	FLM	4		0.000			
22:5 n-3g	0.000		0	FLM	4		0.000			
22:6 n-3g	0.000		0	FLM	4		0.000			
Fatty acids, total transg										
Cholesterol mg	0		0	MC	9		0			
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0		0	z	7		0.0			
Caffeine mg	0		0	FLM	4		0			
Theobromine mg	0		0	FLM	4		0			
Carotenoids:										
Carotene, beta mcg	0		0	z	7		0.000			
Carotene, alphamcg	0		0	z	7		0.000			
Cryptoxanthin, beta mcg	0		0	z	7		0.000			
Lycopene mcg	0		0	z	7		0.000			
Lutein + zeaxanthin mcg	0		0	z	7		0.000			

Common Measures:

Measure 1 = 30g: .5 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08254 Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE CINNAMON SQUARES MINI-WHEATS *Kellogg, Co.*

		<u>A</u>	mount in 100	<u>grams</u>	ot edik	oie portio	<u>n</u>	Amount in edible portion of common			
			ı	Number	,			<u>m</u>	easures of food		
						Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
Proximates:				•		•		5 00			
Water	=	9.50		0	MC	9		5.23			
Energy		331		0	MC	9		182			
Energy		1385				9		762			
Protein	-	7.20		0	MC	9 9		3.96			
Total lipid (fat)		1.80		0	MC MC	9		0.99 0.77			
Ash		1.40		0	MC	9		44.06			
Carbohydrate, by difference		80.10 8.6		0	MC	9		44.06			
Fiber, total dietary		21.20		0	MC	9		11.66			
Sugars, total	=	21.20		U	МС	9		11.66			
Starch	9										
Minerals:											
Calcium, Ca	mg	38		0	MC	9		21			
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	29.50		0	ML	5		16.23			
Magnesium, Mg		88		0	MC	9		48			
Phosphorus, P		280		0	MC	9		154			
Potassium, K		302		0	MC	9		166			
Sodium, Na	-	36		0	MC	9		20			
Zinc, Zn		2.70		0	MC	9		1.49			
Copper, Cu		0.200		0	MC	9 4		0.110			
Manganese, Mn		3.092 4.1	2	0	FLC BFZN	4		1.701 2.3			
Selenium, Se	Tricg	4.1		U	DF ZN	4		2.3			
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0			
Thiamin	mg	0.700)	0	ML	5		0.385			
Riboflavin	mg	0.800)	0	ML	5		0.440			
Niacin		9.100		0	ML	5		5.005			
Pantothenic acid		0.641		0	FLC	4		0.353			
Vitamin B-6	_	0.900)	0	ML	5		0.495			
Folate, total		200		0	ML	5		110			
Folic acid		181		0	NC	4		100			
Folate, food		19		0	CAZN	4		10			
Folate, DFE		327		0	NC	4		180			
Vitamin B-12		2.70		0	MC	9		1.49			
Vitamin A, IU		0		0	ML	5		0			
Vitamin A, RAE		0 0		0 0	NC NC	4 4		0 0			
		0.55		0	FLM	4		0.30			
Vitamin E (alpha-tocopherol)	mg	0.55		U	E TWI	4		0.30			
Tocopherol, gamma											
Tocopherol, gamma Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		1.5		0	FLM	4		0.8			
				-	_						
<u>Lipids:</u>											
Fatty acids, total saturated		0.400		0	MC	9		0.220			
4:0		0.000		0	FLM	4		0.000			
6:0	_	0.000		0	FLM	4		0.000			
8:0	_	0.012		0	FLM	4		0.006			
10:0		0.000		0	FLM	4		0.000			
12:0		0.000)	0	FLM	4		0.000			
13:0		2 22	-	^							
14:0	-	0.006	•	0	FLM	4		0.003			
15:0				_							
16:0		0.324	ł	0	FLM	4		0.178			
17:0	_			_							
18:0	_	0.048	3	0	FLM	4		0.026			
20:0	_										
22:0	a										

NDB No. 08254 Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE CINNAMON SQUARES MINI-WHEATS

	Ar	nount in 100) grams	of edil	ole portic	<u>on</u>		edible portion	
Nutrients and Units	Mean		Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
	0.500		0	MC	•				
Fatty acids, total monounsaturatedg 14:1g	0.500		U	MC	9		0.275		
15:1g 16:1 undifferentiated	0.012		0	FLM	4		0.007		
17:1g	0.012		U	FIM	-		0.007		
18:1 undifferentiated	0.488		0	FLM	4		0.268		
20:1g	0.000		0	FLM	4		0.268		
22:1 undifferentiated	0.000		0	FLM	4		0.000		
24:1 c	0.000		U	FIM	-		0.000		
Fatty acids, total polyunsaturatedg	0.900		0	MC	9		0.495		
18:2 undifferentiatedg	0.849		0	FLM	4		0.467		
18:3 undifferentiated	0.049		0	FLM	4		0.027		
18:4g	0.000		0	FLM	4		0.000		
20:2 n-6 c,cg	0.000		·		•		0.000		
20:3 undifferentiatedg									
20:4 undifferentiated	0.001		0	FLM	4		0.001		
20:5 n-3g	0.000		0	FLM	4		0.000		
22:5 n-3g	0.000		0	FLM	4		0.000		
22:6 n-3g	0.000		0	FLM	4		0.000		
Fatty acids, total trans					_		0.000		
Cholesterol mg	0		0	MC	9		0		
Phytosterolsmg	•		-		-		-		
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0		
Caffeine mg	0		0	FLM	4		0		
Theobrominemg	0		0	FLM	4		0		
<u>Carotenoids:</u>									
Carotene, beta mcg	0		0	Z	7		0.000		
Carotene, alpha mcg	0		0	Z	7		0.000		
Cryptoxanthin, betamcg	0		0	Z	7		0.000		
Lycopenemcg	0		0	Z	7		0.000		
Lutein + zeaxanthinmcg	0		0	Z	7		0.000		

Common Measures:

Measure 1 = 55g: .75 cup (1 NLEA serving)

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08003 Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS

		<u>A</u> 1	mount in 10	00 grams	of edik	ole portio	<u>n</u>		edible portion	
				Number	•			<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	3.00		0	MC	9		0.99		
Energy	kcal	390		0	MC	9		129		
Energy	kj	1632		0	MC	9		538		
Protein (N x 6.25)	g	3.00		0	MC	9		0.99		
Total lipid (fat)	g	2.00		0	MC	9		0.66		
Ash	g	1.00		0	MC	9		0.33		
Carbohydrate, by difference	g	91.00		0	MC	9		30.03		
Fiber, total dietary	g	3.2		0	MC	9		1.1		
Sugars, total	g	49.00		0	MC	9		16.17		
Starch	g									
Minerals:	ma	25		^		•		0		
Calcium, Ca	_	25 13.90		0	MC MC	9 9		8 4.59		
Iron, Fe	_	13.90 55		0	MC MC	9		4.59 18		
Magnesium, Mg Phosphorus, P		125		0	MC	9		18 41		
Potassium, K	_	120		0	MC	9		40		
Sodium, Na	_	475		0	MC	9		157		
Zinc, Zn	_	5.00		0	MC	9		1.65		
Copper, Cu		0.140)	0	MC	9		0.046		
Manganese, Mn		0.297		0	FLC	4		0.098		
Selenium, Se		7.3		0	BFZN	4		2.4		
Scientini, Sci				_		_		_,_		
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid	_	46.0		0	MC	9		15.2		
Thiamin	-	1.700		0	MC	9		0.561		
Riboflavin		1.300		0	MC	9		0.429		
Niacin	_	15.400		0	MC	9		5.082		
Pantothenic acid	_	0.272		0	FLC	4		0.090		
Vitamin B-6	_	1.500)	0	MC	9		0.495		
Folate, total		310		0	MC	9		102		
Folic acid		291		0	NC	4		96		
Folate, food		19		0	NC	4		6		
Folate, DFE		514		0	NC	4		170		
Vitamin B-12		4.60		0	MC	9		1.52		
Vitamin A, IU		520		0	MC	9		172		
Vitamin A, RAE		134		0	NC	4		44		
Retinol		129		0	NC	4		43		
Vitamin E (alpha-tocopherol)		0.16		0	NR	4		0.05		
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D		127.000	1	0	MC	9		41.910		
Vitamin K (phylloquinone)		0.9	,	0	FLM	4		0.3		
vitanini K (phynoquinone)	9	0.5		·		-		0.5		
<u> Lipids:</u>										
Fatty acids, total saturated	g	0.400)	0	MC	9		0.132		
4:0	g	0.000)	0	FLM	4		0.000		
6:0	-	0.000		0	FLM	4		0.000		
8:0		0.000		0	FLM	4		0.000		
10:0		0.000		0	FLM	4		0.000		
12:0		0.002	2	0	FLM	4		0.001		
13:0			_	_		_		_		
14:0		0.006	5	0	FLM	4		0.002		
15:0	-		_					_		
16:0	-	0.316	•	0	FLM	4		0.104		
17:0	-			_		_				
18:0	-	0.070)	0	FLM	4		0.023		
20:0	-									
22:0	g g									

		<u>Ar</u>	nount in 10	00 grams Number		<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and U	Inits	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate		0.600		0	MC	9		0.198		
14:1										
15:1	• • • • • • • • • • • • • • • • • • • •									
16:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.005		0	FLM	4		0.002		
17:1		0 -0-		•						
18:1 undifferentiated		0.597		0	FLM	4		0.197		
20:1	-	0.000		0	FLM	4		0.000		
22:1 undifferentiated	•	0.000		0	FLM	4		0.000		
24:1 c		1 000		•		•				
Fatty acids, total polyunsaturated		1.000		0	MC	9		0.330		
18:2 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.952 0.048		0 0	FLM FLM	4 4		0.314		
18:3 undifferentiated	-			-		_		0.016		
18:4		0.000		0	FLM	4		0.000		
20:2 n-6 c,c	• • • • • • • • • • • • • • • • • • • •									
20:3 undifferentiated 20:4 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.000		0	FLM	4		0 000		
				0	FLM	4		0.000		
20:5 n-3		0.000		-		_		0.000		
22:5 n-3		0.000		0 0	FLM	4 4		0.000		
22:6 n-3	-	0.000		0	FLM	_		0.000		
Fatty acids, total trans		0.000 0		0	MC MC	9 9		0.000		
Cholesterol		U		U	MC	9		0		
Phytosterols	IIIg									
Others:										
Alcohol, ethyl	g	0.0		0	Z	7		0.0		
Caffeine	mg	0		0	FLM	4		0		
Theobromine	mg	0		0	FLM	4		0		
Carotenoids:										
Carotene, beta	mca	41		0	FLM	4		13.678		
Carotene, alpha	-	27		0	FLM	4		8.856		
Cryptoxanthin, beta		3		0	FLM	4		0.998		
Lycopene		0		0	FLM	4		0.113		
Lutein + zeaxanthin		584		0	FLM	4		192.577		

Common Measures:

Measure 1 = 33g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08014 Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES

		<u>A</u>	mount in 100	granis	or ear	ne portio	<u> </u>	Amount in	edible portion of	of common
			N	lumber	,			<u>m</u>	easures of food	
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error F			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:				_						
Water	-	2.81		1	A	1		0.87		
Energy		381		0	MC	9		118		
Energy		1594		0	MC	9		494		
Protein (N x 6.25)		5.22		1	A	1		1.62		
Total lipid (fat)		2.90		1 1	A	1 1		0.90 0.94		
Ash		3.02		0	A NC	4		26.68		
Carbohydrate, by difference		86.05 1.9		1	A	1		0.6		
Fiber, total dietary		33.96		0	AS	1		10.53		
Sugars, total		33.96		1	AS A	1		9.83		
Sucrose	9	2.00		1	A	1		0.62		
Glucose (dextrose)	9			1	A	1				
Fructose	9	0.26 0.00		1	A A	1		0.08 0.00		
Lactose				1		1				
Maltose		0.00		0	A Z	7		0.00 0.00		
Galactose				1		1				
Starch	y	43.80		1	A	1		13.58		
Minerals:										
* Calcium, Ca	mg	128		0	MC	9		40		
* Iron, Fe	mg	22.20		1	A	1		6.88		
Magnesium, Mg	mg	38		1	A	1		12		
Phosphorus, P	mg	102		1	A	1		32		
Potassium, K		197		1	A	1		61		
Sodium, Na		635		1	A	1		197		
* Zinc, Zn		4.80	_	0	MC	9		1.49		
Copper, Cu		0.332		1	A	1		0.103		
Manganese, Mn Selenium, Se		1.100 16.1	U	1 1	A A	1 1		0.341 5.0		
Vitamins:										
* Vitamin C, total ascorbic acid	ma	48.4		0	MC	9		15.0		
* Thiamin		1.490	0	1	A	1		0.462		
* Riboflavin	-	2.270		1	A	1		0.704		
* Niacin	mg	16.000	0	0	MC	9		4.960		
Pantothenic acid	-	0.249	9	1	A	1		0.077		
* Vitamin B-6	mg	3.280	0	1	A	1		1.017		
* Folate, total	mcg	637		1	A	1		197		
Folic acid	mcg	633		0	NC	4		196		
Folate, food	mcg	4		0	CAAN	4		1		
Folate, DFE	mcg_DFE	1080		0	NC	4		335		
* Vitamin B-12		6.92		1	A	1		2.15		
* Vitamin A, IU		1640		0	MC	9		508		
Vitamin A, RAE		492		0	NC	4		153		
Retinol		492		0	NC	4		153		
Vitamin E (alpha-tocopherol)		0.25		0	FLM	4		0.08		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta		120 000	n	^		•		40 200		
* Vitamin D Vitamin K (phylloquinone)		130.000 0.1	U	0 1	MC A	9 1		40.300 0.0		
Lipids:										
Fatty acids, total saturated	a	1.990	n	0	NC	4		0.617		
4:0		0.000		0	NC Z	7		0.000		
6:0		0.000		0	Z	7		0.000		
8:0	-	0.110		1	A	1		0.034		
10:0		0.080		1	A	1		0.034		
12:0		0.590		1	A	1		0.183		
13:0		0.55	-	-		-		3.103		
14:0	-	0.250	0	1	A	1		0.078		
15:0	-	0.000		1	A	1		0.000		

	<u>Aı</u>	mount in 10			ole portic	<u>on</u>		edible portion o	f common
			Number				<u>me</u>	easures of food	
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0g	0.490		1	A	1		0.152		
17:0g	0.000		1	A	1		0.000		
18:0g	0.460		1	A	1		0.143		
20:0g	0.010		1	A	1		0.003		
22:0g	0.000		1	A	1		0.000		
24:0g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturatedg	0.400		0	NC	4		0.124		
14:1g	0.000		1	A	1		0.000		
15:1g	0.000		1	A	1		0.000		
16:1 undifferentiatedg	0.000		1	A	1		0.000		
17:1g	0.000		1	A	1		0.000		
18:1 undifferentiated	0.400		1 1	A A	1 1		0.124		
20:1	0.000		1	A A	1		0.000 0.000		
22:1 undifferentiated	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated9	0.230		0	NC	4		0.071		
18:2 undifferentiatedg	0.230		1	A	1		0.071		
18:3 undifferentiated	0.000		1	A	1		0.000		
18:4g	0.000		1	A	1		0.000		
20:2 n-6 c.cg	0.000		1	A	1		0.000		
20:3 undifferentiated	0.000		1	A	1		0.000		
20:4 undifferentiatedg	0.000		1	A	1		0.000		
20:5 n-3g	0.000		1	A	1		0.000		
22:5 n-3g	0.000		1	A	1		0.000		
22:6 n-3g	0.000		1	A	1		0.000		
Fatty acids, total transg									
Cholesterolmg	0		0	MC	9		0		
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.080		0	A	1		0.025		
Threonineg	0.160		0	A	1		0.050		
Isoleucineg	0.160		0	A	1		0.050		
Leucineg	0.340		0	A	1		0.105		
Lysineg	0.130		0	A	1		0.040		
Methionineg	0.090		0	A	1		0.028		
Cystineg	0.090		0	A	1		0.028		
Phenylalanineg	0.230		0	A	1		0.071		
Tyrosine	0.060		0	A A	1 1		0.019		
Valine	0.240 0.280		0	A A	1		0.07 4 0.087		
Arginine	0.280		0	A A	1		0.087		
Alanineg	0.030		0	A	1		0.028		
Aspartic acid	0.400		0	A	1		0.124		
Glutamic acid	0.800		0	A	1		0.248		
Glycine	0.190		0	A	1		0.059		
Proline	0.190		0	A	1		0.059		
Serine	0.220		0	A	1		0.068		
Hydroxyprolineg									
Others:									
Alcohol, ethylg	0.0		0	z	7		0.0		
Caffeine mg	5		0	FLM	4		1		
Theobrominemg	101		0	FLM	4		31		
Carotenoids:									
Carotene, betamcg	0		0	z	7		0.000		
Carotene, alphamcg	0		0	z	7		0.000		
Cryptoxanthin, betamcg	0		0	z	7		0.000		
Lycopenemcg	0		0	z	7		0.000		
Lutein + zeaxanthin mcg	0		0	Z	7		0.000		

NDB No. 08014

Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES

Common Measures:

Measure 1 = 31g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08068 Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS

		<u>Aı</u>	mount in 10	0 grams	of edit	ole portio	<u>n</u>		edible portion	
				Number	•			<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	3.00		0	MC	9		0.93		
Energy	kcal	380		0	MC	9		118		
Energy	kj	1590		0	MC	9		493		
Protein (N x 6.25)	g	3.70		0	MC	9		1.15		
Total lipid (fat)	g	0.73		0	MC	9		0.23		
Ash	g	2.57		0	MC	9		0.80		
Carbohydrate, by difference	g	90.00		0	MC	9		27.90		
Fiber, total dietary	g	0.8		0	MC	9		0.3		
Sugars, total	g	45.20		0	MC	9		14.01		
Starch	g									
Minerals:	ma	17		^	340	•		F		
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	17 6.20		0 0	MC MC	9 9		5 1.92		
Iron, Fe	-	6.20 7		0	MC MC	9		1.92		
Magnesium, Mg Phosphorus, P		31		0	MC MC	9		10		
Potassium, K		85		0	MC	9		26		
Sodium. Na	-	386		0	MC	9		120		
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	4.90		0	MC	9		1.52		
Copper, Cu		0.040)	0	MC	9		0.012		
Manganese, Mn		0.244		0	FLC	4		0.076		
Selenium, Se		6.5	0.7		A	1		2.0		
·						_				
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid	-	19.4		0	MC	9		6.0		
Thiamin	-	1.200		0	MC	9		0.372		
Riboflavin		1.400		0	MC	9		0.434		
Niacin	-	16.100		0	MC	9		4.991		
Pantothenic acid	-	0.293		0	FLC	4		0.091		
Vitamin B-6	_	1.600)	0	MC	9		0.496		
Folate, total		329		0	MC	9		102		
Folic acid		310		0	NC	4		96		
Folate, food		19		0	CAAN	4		6		
Folate, DFE		546		0	NC	4		169		
Vitamin B-12		4.90		0	MC	9		1.52		
Vitamin A, IU		1614		0	FLM	4		500		
Vitamin A, RAE		462		0	NC	4		143		
Retinol		458 0.07		0 0	FLM FLM	4 4		142 0.02		
Vitamin E (alpha-tocopherol)		0.07		U	FLM	4		0.02		
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		162.000)	0	MC	9		50.220		
Vitamin K (phylloquinone)		0.1		0	FLM	4		0.0		
<u> ipids:</u>		_				_				
Fatty acids, total saturated		0.230		0	MC	9		0.071		
4:0		0.000		0	FLM	4		0.000		
6:0	_	0.000		0	FLM	4		0.000		
8:0	-	0.000		0	FLM	4		0.000		
10:0		0.000		0	FLM	4		0.000		
12:0		0.001	•	0	FLM	4		0.000		
13:0		0 00-		^						
14:0		0.001	-	0	FLM	4		0.000		
15:0	_	0 100		^				0.050		
16:0	_	0.190	,	0	FLM	4		0.059		
17:0	_	0.000		0	PT 14	4		0 000		
18:0	_	0.026	•	U	FLM	4		0.008		
20:0	-									
22:0 24:0	-									

		<u>Ar</u>	nount in 10			ole portio	<u>on</u>		edible portion of easures of food	
Nutrients and U	Jnits	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate		0.270		0	MC	9		0.084		
14:1										
15:1	-									
16:1 undifferentiated		0.003		0	FLM	4		0.001		
17:1	-			_		_				
18:1 undifferentiated		0.267		0	FLM	4		0.083		
20:1	-	0.000		0	FLM	4		0.000		
22:1 undifferentiated	•	0.000		0	FLM	4		0.000		
24:1 c										
Fatty acids, total polyunsaturated		0.230		0	MC	9		0.071		
18:2 undifferentiated		0.224		0	FLM	4		0.069		
18:3 undifferentiated	-	0.006		0	FLM	4		0.002		
18:4	-	0.000		0	FLM	4		0.000		
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated		0.000		0	FLM	4		0.000		
20:5 n-3		0.000		0	FLM	4		0.000		
22:5 n-3	g	0.000		0	FLM	4		0.000		
22:6 n-3	g	0.000		0	FLM	4		0.000		
Fatty acids, total trans	g	0.200		0	MC	9		0.062		
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	Z	7		0.0		
Caffeine	mg	0		0	FLM	4		0		
Theobromine	mg	0		0	FLM	4		0		
Carotenoids:										
Carotene, beta	-	40		0	FLM	4		12.303		
Carotene, alpha	mcg	26		0	FLM	4		8.054		
Cryptoxanthin, beta	<u>m</u> cg	0		0	FLM	4		0.000		
Lycopene	<u>m</u> cg	0		0	FLM	4		0.000		
Lutein + zeaxanthin	mcg	556		0	FLM	4		172.400		

Common Measures:

Measure 1 = 31g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08023 Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN

		<u>A</u>	mount in 10	<u>u grams</u>	ot eat	oie portio	<u>on</u>	Amount in	edible portion of	of common
				Number				<u>m</u>	easures of food	
						Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	_	3.00		0	MC	9		1.65		
Energy		409		0	MC	9		225		
Energy		1711		0	MC	9		941		
Protein (N x 6.25)		8.30		0	MC	9 9		4.57		
Total lipid (fat)		14.60 2.70		0 0	MC MC	9		8.03 1.49		
AshCarbohydrate, by difference		71.40		0	MC	9		39.27		
Fiber, total dietary		11.7		0	MC	9		6.4		
Sugars, total		31.00		0	MC	9		17.05		
Starch	_	31.00		U	МС	9		17.03		
Starcii	9									
<u> Minerals:</u>										
Calcium, Ca		41		0	MC	9		23		
* Iron, Fe	• • • • • • • • • • • • • • • • • • • •	3.70		0	MC	9		2.04		
Magnesium, Mg		123		0	MC	9		68		
Phosphorus, P		325		0	MC	9 9		179		
Potassium, K		450 286		0 0	MC MC	9		248 157		
Sodium, Na		3.10		0	MC	9		1.71		
Copper, Cu		0.330	1	0	MC	9		0.182		
Manganese, Mn		3.013		0	FLC	4		1.657		
Selenium, Se		22.0		0	RA	4		12.1		
· ·										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		32.0		0	MC	9		17.6		
* Thiamin	-	0.770		0	MC	9		0.424		
Riboflavin		0.870		0	MC	9		0.479		
Niacin		10.300		0	MC	9		5.665		
Pantothenic acid		0.747 1.020		0 0	FLC MC	4 9		0.411 0.561		
Vitamin B-6	-	205	,	0	MC	9		113		
Folic acid		186		0	NC	4		102		
Folate, food		19		0	CAAN	4		10		
Folate, DFE		335		0	NC	4		184		
Vitamin B-12		3.10		0	MC	9		1.71		
Vitamin A, IU		1530		0	NC	4		842		
Vitamin A, RAE		459		0	NC	4		253		
Retinol		459		0	NC	4		252		
Vitamin E (alpha-tocopherol)	mg	1.43		0	FLM	4		0.78		
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
* Vitamin D		81.800)	0	MC	9		44.990		
Vitamin K (phylloquinone)	mcg	4.5		0	FLM	4		2.5		
Lipids:										
Fatty acids, total saturated	g	4.200)	0	MC	9		2.310		
4:0		0.000		0	FLM	4		0.000		
6:0	-	0.003		0	FLM	4		0.001		
8:0	-	0.032	2	0	FLM	4		0.018		
10:0	g	0.025	5	0	FLM	4		0.014		
12:0	g	0.218	3	0	FLM	4		0.120		
13:0										
14:0	g	0.111	L	0	FLM	4		0.061		
15:0	g									
16:0	-	2.710)	0	FLM	4		1.491		
17:0	-									
18:0	-	1.039	•	0	FLM	4		0.572		
20:0	-									
22:0 24:0	-									

		<u>Ar</u>	nount in 10	00 grams Number		ole portio	<u>n</u>		edible portion of easures of food	
Nutrients and	Units	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturat	-	8.300		0	MC	9		4.565		
14:1										
15:1	-									
16:1 undifferentiated	-	0.074		0	FLM	4		0.041		
17:1	-									
18:1 undifferentiated		8.209		0	FLM	4		4.515		
20:1		0.000		0	FLM	4		0.000		
22:1 undifferentiated	•	0.000		0	FLM	4		0.000		
24:1 c										
Fatty acids, total polyunsaturate		2.100		0	MC	9		1.155		
18:2 undifferentiated		1.959		0	FLM	4		1.078		
18:3 undifferentiated		0.136		0	FLM	4		0.075		
18:4	g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated	• • • • • • • • • • • • • • • • • • • •									
20:4 undifferentiated	g	0.000		0	FLM	4		0.000		
20:5 n-3	-	0.000		0	FLM	4		0.000		
22:5 n-3	g	0.000		0	FLM	4		0.000		
22:6 n-3	g	0.000		0	FLM	4		0.000		
Fatty acids, total trans	g	4.300		0	MC	9		2.365		
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									
Others:										
Alcohol, ethyl	-	0.0		0	Z	7		0.0		
Caffeine	-	0		0	FLM	4		0		
Theobromine	mg	0		0	FLM	4		0		
Carotenoids:										
Carotene, beta	mcg	0		0	Z	7		0.000		
Carotene, alpha		0		0	Z	7		0.000		
Cryptoxanthin, beta	mcg	0		0	Z	7		0.000		
Lycopene		0		0	Z	7		0.000		
Lutein + zeaxanthin		0		0	Z	7		0.000		

Common Measures:

Measure 1 = 55g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08259 Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX

		<u>A</u>	mount in 100	<u>u grams</u>	or ean	ne portio	<u>on</u>	Amount in	edible portion of	of common
			I	Number				<u>m</u>	easures of food	-
						Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:	a	3.00		0	MC	9		0.87		
Water	-	3.00		0	MC	9		109		
Energy		1577		0	MC	9		457		
Energy		6.80		0	MC	9		1.97		
Protein (N x 6.25) Total lipid (fat)		0.80		0	MC	9		0.23		
Ash		3.40		0	MC	9		0.23		
Carbohydrate, by difference		86.00		0	MC	9		24.94		
Fiber, total dietary		0.5		0	MC	9		0.1		
Sugars, total		10.30		0	MC	9		2.99		
Starch	-	10.50		ŭ	110			2.55		
Minerals:										
Vimerais: Calcium. Ca	ma	21		0	MC	9		6		
¹ Iron. Fe	• • • • • • • • • • • • • • • • • • • •	28.00		0	MC	9		8.12		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	25		0	MC	9		7		
Phosphorus, P		91		0	MC	9		26		
Potassium, K		130		0	MC	9		38		
Sodium, Na		724		0	MC	9		210		
* Zinc, Zn	mg	5.00		0	MC	9		1.45		
Copper, Cu	mg	0.120)	0	MC	9		0.035		
Manganese, Mn		1.819	9	0	FLC	4		0.528		
Selenium, Se	mcg	10.9		0	RA	4		3.2		
Vitamins:										
Vitamin C, total ascorbic acid		20.0		0	MC	9		5.8		
Thiamin	-	1.900		0	MC	9		0.551		
Riboflavin		2.100		0	MC	9		0.609		
'Niacin	-	24.100		0	MC	9		6.989		
Pantothenic acid		0.924		0	FLC	4		0.268		
Vitamin B-6	-	2.400	,	0 0	MC	9 9		0.696 280		
Folic acid		965 946		0	MC NC	4		280 274		
Folate, food		19		0	CAAN	4		6		
Folate, DFE		1627		0	NC	4		472		
* Vitamin B-12		7.20		0	MC	9		2.09		
Vitamin A, IU		1724		0	MC	9		500		
Vitamin A, RAE		493		0	NC	4		143		
Retinol		488		0	NC	4		142		
Vitamin E (alpha-tocopherol)		0.13		0	FLM	4		0.04		
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D		138.000)	0	MC	9		40.020		
Vitamin K (phylloquinone)	mcg	0.2		0	FLM	4		0.1		
Lipids:										
Fatty acids, total saturated		0.200		0	MC	9		0.058		
4:0		0.000		0	FLM	4		0.000		
6:0		0.000		0	FLM	4		0.000		
8:0	_	0.000		0	FLM	4		0.000		
10:0		0.000		0	FLM	4		0.000		
12:0	_	0.001	L	0	FLM	4		0.000		
13:0		0.000	,	^						
14:0		0.002	4	0	FLM	4		0.001		
15:0	-	0 151		^	DT M	4		0.050		
16:0	-	0.171	<u>.</u>	0	FLM	4		0.050		
17:0	-	0.019	3	0	FLM	4		0 005		
18:0 20:0	-	0.013	•	U	E TIM	4		0.005		
22:0	_									
24:0	_									

		<u>Ar</u>	nount in 10	00 grams	of edil	ole portio	<u>on</u>		edible portion o	of common
					Deriv		Confidence	_	easures of food	
Nutrients and Ur	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
B. C.	. ~	0.200		•		•				
Fatty acids, total monounsaturated		0.200		0	MC	9		0.058		
15:1										
16:1 undifferentiated	-	0.002		0	FLM	4		0.001		
17:1		0.002		v		•		0.001		
18:1 undifferentiated		0.197		0	FLM	4		0.057		
20:1		0.000		0	FLM	4		0.000		
22:1 undifferentiated	-	0.000		0	FLM	4		0.000		
24:1 c		0.000		•		-		0.000		
Fatty acids, total polyunsaturated		0.400		0	MC	9		0.116		
18:2 undifferentiated		0.378		0	FLM	4		0.110		
18:3 undifferentiated	-	0.022		0	FLM	4		0.006		
18:4		0.000		0	FLM	4		0.000		
20:2 n-6 c.c.										
20:3 undifferentiated										
20:4 undifferentiated		0.000		0	FLM	4		0.000		
20:5 n-3	g	0.000		0	FLM	4		0.000		
22:5 n-3	g	0.000		0	FLM	4		0.000		
22:6 n-3	_	0.000		0	FLM	4		0.000		
Fatty acids, total trans	g	0.000		0	MC	9		0.000		
Cholesterol		0		0	MC	9		0		
Phytosterols	mg									
Others:										
Alcohol, ethyl	-	0.0		0	Z	7		0.0		
Caffeine		0		0	FLM	4		0		
Theobromine	mg	0		0	FLM	4		0		
Carotenoids:										
Carotene, beta	mcg	46		0	FLM	4		13.340		
Carotene, alpha	mcg	30		0	FLM	4		8.700		
Cryptoxanthin, beta	mcg	0		0	FLM	4		0.000		
Lycopene		0		0	FLM	4		0.000		
Lutein + zeaxanthin	mcg	649		0	FLM	4		188.210		

Common Measures:

Measure 1 = 29g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08258 Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Oat Bran Flakes

Refuse: 0%

Kellogg, Co.

		<u>A</u> 1	mount in 10			ole portio	<u>n</u>		edible portion	
Nutrients and Uni	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	! Measure 3
Proximates:										
Water	g	3.00		0	MC	9		0.90		
Energy	kcal	350		0	MC	9		105		
Energy	kj	1464		0	MC	9		439		
Protein (N x 6.25)	g	11.00		0	MC	9		3.30		
Total lipid (fat)	g	3.50		0	MC	9		1.05		
Ash	g	5.50		0	MC	9		1.65		
Carbohydrate, by difference	g	77.00		0	MC	9		23.10		
Fiber, total dietary	g	13.0		0	MC	9		3.9		
Sugars, total	g	20.00		0	MC	9		6.00		
Starch										
<u>Minerals:</u>										
Calcium, Ca	_	54		0	MC	9		16		
* Iron, Fe		63.00		0	MC	9		18.90		
Magnesium, Mg		150		0	MC	9		45		
Phosphorus, P	-	350		0	MC	9		105		
Potassium, K		400		0	MC	9		120		
Sodium, Na		699		0	MC	9		210		
* Zinc, Zn	-	52.00		0	MC	9		15.60		
Copper, Cu	_	0.300		0	MC	9		0.090		
Manganese, Mn		3.983	3	0	FLC	4		1.195		
Selenium, Se	mcg	17.0		0	RA	4		5.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	210.0		0	MC	9		63.0		
* Thiamin	mg	5.500)	0	MC	9		1.650		
* Riboflavin		6.000)	0	MC	9		1.800		
* Niacin	mg	70.000)	0	MC	9		21.000		
Pantothenic acid		35.000)	0	MC	9		10.500		
* Vitamin B-6	mg	7.000)	0	MC	9		2.100		
* Folate, total	mcg	1345		0	MC	9		404		
Folic acid		1326		0	NC	4		398		
Folate, food		19		0	CAAN	4		6		
Folate, DFE		2273		0	NC	4		682		
* Vitamin B-12		20.10		0	MC	9		6.03		
* Vitamin A, IU		2603		0	MC	9		781		
Vitamin A, RAE		782		0	NC	4		235		
Retinol		782		0	NC	4		235		
Vitamin E (alpha-tocopherol)		42.28		0	MC	9		12.68		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
* Vitamin D		140.000)	0	MC	9		42.000		
Vitamin K (phylloquinone)		1.9		0	FLM	4		0.6		
I inide										
Lipids:	a	0.800)	0	MC	9		0.240		
Fatty acids, total saturated										
4:0 6:0		0.000		0 0	FLM FLM	4 4		0.000 0.000		
8:0		0.006		0	FLM	4		0.000		
10:0	-	0.000		0	FLM	4		0.002		
12:0		0.014		0	FLM	4		0.004		
13:0		0.014	•	U	2 114	-		0.004		
14:0	-	0.009	.	0	FLM	4		0.003		
		0.009	•	U	E LIM	*		0.003		
15:0 16:0	-	0.679	,	0	FLM	4		0.204		
17:0	-	0.073	•	U	2 114	-		0.204		
18:0	-	0.042)	0	FLM	4		0.013		
20:0	-	0.042	=	U	2 114	-		0.013		
	-									
22:0	9 g									

	<u>Amo</u>	unt in 100 grams	Amount in edible portion of common					
Nutrients and Units	Mean St	Number of Data td. Error Points	Deriv	Source Code	Confidence Code	m Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	1.700	0	MC	9		0.510		
14:1g								
15:1g								
16:1 undifferentiatedg	0.015	0	FLM	4		0.004		
17:1g								
18:1 undifferentiatedg	1.685	0	FLM	4		0.506		
20:1g	0.000	0	FLM	4		0.000		
22:1 undifferentiatedg	0.000	0	FLM	4		0.000		
24:1 cg								
Fatty acids, total polyunsaturated	1.000	0	MC	9		0.300		
18:2 undifferentiatedg	0.955	0	FLM	4		0.287		
18:3 undifferentiatedg	0.044	0	FLM	4		0.013		
18:4g	0.000	0	FLM	4		0.000		
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0	FLM	4		0.000		
20:5 n-3g	0.000	0	FLM	4		0.000		
22:5 n-3g	0.000	0	FLM	4		0.000		
22:6 n-3g	0.000	0	FLM	4		0.000		
Fatty acids, total transg	0.000	0	MC	9		0.000		
Cholesterolmg	0	0	MC	9		0		
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	Z	7		0.0		
Caffeine mg	0	0	FLM	4		0		
Theobrominemg	0	0	FLM	4		0		
Carotenoids:								
Carotene, betamcg	0	0	Z	7		0.000		
Carotene, alphamcg	0	0	Z	7		0.000		
Cryptoxanthin, betamcg	0	0	Z	7		0.000		
Lycopene mcg	0	0	Z	7		0.000		
Lutein + zeaxanthinmcg	0	0	Z	7		0.000		

Common Measures:

Measure 1 = 30g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08028 Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes *Kellogg, Co.*

		<u>Aı</u>	mount in 100			Amount in edible portion of common measures of food				
Nutrients and Ur	nits	Mean		Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.00		0	MC	9		0.87		
Energy	kcal	318		0	MC	9		92		
Energy	kj	1331		0	MC	9		386		
Protein (N x 6.25)	g	10.00		0	MC	9		2.90		
Total lipid (fat)		2.00		0	MC	9		0.58		
Ash	g	6.00		0	MC	9		1.74		
Carbohydrate, by difference	g	79.00		0	MC	9		22.91		
Fiber, total dietary	g	17.5		0	MC	9		5.1		
Sugars, total	g	17.00		0	MC	9		4.93		
Starch	g									
Minerals:										
Calcium. Ca	mq	53		0	MC	9		15		
* Iron, Fe		62.00		0	MC	9		17.98		
Magnesium, Mg	_	140		0	MC	9		41		
Phosphorus, P		540		0	MC	9		157		
Potassium, K	mg	590		0	MC	9		171		
Sodium, Na	mg	715		0	MC	9		207		
* Zinc, Zn	mg	52.50		0	MC	9		15.23		
Copper, Cu	mg	0.500		0	MC	9		0.145		
Manganese, Mn		4.219		0	FLC	4		1.224		
Selenium, Se	mcg	10.5	0.61	.5 16	A	1		3.0		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	207.0		0	MC	9		60.0		
* Thiamin	_	5.400)	0	MC	9		1.566		
* Riboflavin	mg	5.900)	0	MC	9		1.711		
* Niacin	mg	69.000)	0	MC	9		20.010		
Pantothenic acid	mg	34.900)	0	MC	9		10.121		
* Vitamin B-6	mg	7.000)	0	MC	9		2.030		
* Folate, total		1390		0	MC	9		403		
Folic acid		1371		0	NC	4		398		
Folate, food		19		0	CAAN	4		6		
Folate, DFE		2350		0	NC	4		681		
* Vitamin B-12		20.70		0	MC	9		6.00		
* Vitamin A, IU		4310		0	MC	9		1250		
Vitamin A, RAE		1294		0	NC	4		375		
Retinol		1294 11.93		0 0	NC MC	4 9		375 3.46		
Vitamin E (alpha-tocopherol)		11.93		U	MC	9		3.46		
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
* Vitamin D		137.500)	0	MC	9		39.875		
Vitamin K (phylloquinone)		1.6		0	FLM	4		0.5		
Lipids:	C	0.400		0	wa	9		0 110		
Fatty acids, total saturated		0.400			MC			0.116		
4:0		0.000		0	FLM FLM	4 4		0.000 0.000		
6:0 8:0.	-	0.000		0	FLM	4		0.000		
10:0		0.000		0	FLM	4		0.004		
12:0	-	0.000		0	FLM	4		0.000		
13:0	-	2.001		•		-		2.000		
14:0		0.004	ļ	0	FLM	4		0.001		
15:0	-			-	-					
16:0		0.344	Į.	0	FLM	4		0.100		
17:0										
18:0		0.021	-	0	FLM	4		0.006		
20:0	g									
22:0	g									
24:0	g									

	<u>Ar</u>	nount in 10	00 grams Number	Amount in edible portion of common measures of food					
Nutrients and Units	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.500		0	MC	9		0.145		
14:1g	0.000		•				0.145		
15:1									
16:1 undifferentiatedg	0.021		0	FLM	4		0.006		
17:1g									
18:1 undifferentiatedg	0.479		0	FLM	4		0.139		
20:1g	0.000		0	FLM	4		0.000		
22:1 undifferentiatedg	0.000		0	FLM	4		0.000		
24:1 cg									
Fatty acids, total polyunsaturated	1.100		0	MC	9		0.319		
18:2 undifferentiatedg	1.028		0	FLM	4		0.298		
18:3 undifferentiatedg	0.069		0	FLM	4		0.020		
18:4g	0.000		0	FLM	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.003		0	FLM	4		0.001		
20:5 n-3g	0.000		0	FLM	4		0.000		
22:5 n-3g	0.000		0	FLM	4		0.000		
22:6 n-3g	0.000		0	FLM	4		0.000		
Fatty acids, total transg	0.000		0	MC	9		0.000		
Cholesterolmg	0		0	MC	9		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0		
Caffeine mg	0		0	FLM	4		0		
Theobrominemg	0		0	FLM	4		0		
Carotenoids:									
Carotene, betamcg	0		0	z	7		0.000		
Carotene, alphamcg	0		0	Z	7		0.000		
Cryptoxanthin, betamcg	0		0	Z	7		0.000		
Lycopenemcg	0		0	Z	7		0.000		
Lutein + zeaxanthin mcg	0		0	Z	7		0.000		

Common Measures:

Measure 1 = 29g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08020 Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes

		<u>A</u>	mount in 10	<u>o grams</u>	Amount in	edible portion	of common			
				Number	measures of food					
						Source	Confidence			
Nutrients and Un	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.76		1	A	1		1.05		
Energy	kcal	361		0	MC	9		101		
Energy	kj	1510		0	MC	9		423		
Protein (N x 6.25)	g	6.61		1	A	1		1.85		
Total lipid (fat)	g	0.59		1	A	1		0.17		
Ash		1.93		1	A	1		0.54		
Carbohydrate, by difference		87.11		0	NC	4		24.39		
Fiber, total dietary	g	2.5		1	A	1		0.7		
Sugars, total		10.50		0	AS	1		2.94		
Sucrose	g	4.06		1	A	1		1.14		
Glucose (dextrose)	g	4.18		1	A	1		1.17		
Fructose	g	1.36		1	A	1		0.38		
Lactose		0.00		1	A	1		0.00		
Maltose	g	0.90		1	A	1		0.25		
Galactose		0.00		0	Z	7		0.00		
Starch	g	68.70		1	A	1		19.24		
Minerals:										
Calcium, Ca	mg	4		1	A	1		1		
Iron, Fe	-	29.00		1	A	1		8.12		
Magnesium, Mg		9		1	A	1		2		
Phosphorus, P	mg	37		1	A	1		10		
Potassium, K	mg	79		1	A	1		22		
Sodium, Na	mg	723		1	A	1		202		
Zinc, Zn		0.18		1	A	1		0.05		
Copper, Cu		0.108		1	A	1		0.030		
Manganese, Mn		0.164		1	A	1		0.046		
Selenium, Se	mcg	8.3	3.33	33 7	JA	6		2.3		
Vitamins:										
* Vitamin C, total ascorbic acid		22.0	_	0	MC	9		6.2		
Thiamin	-	2.130		1	A	1		0.596		
Riboflavin		2.640		1	A	1		0.739		
Niacin	• • • • • • • • • • • • • • • • • • • •	24.400 0.079		1 1	A A	1 1		6.832 0.022		
Pantothenic acid Vitamin B-6	_	3.440		1	A	1		0.963		
Folate, total		480	,	1	A	1		134		
Folic acid		446		0	NC	4		125		
Folate, food	mca	34		0	CAZN	4		10		
Folate, DFE		792		0	NC	4		222		
Vitamin B-12		9.47		1	A	1		2.65		
Vitamin A, IU	• • • • • • • • • • • • • • • • • • • •	1791		0	FLM	4		501		
Vitamin A, RAE		456		0	NC	4		128		
Retinol		440		0	NC	4		123		
Vitamin E (alpha-tocopherol)		0.14		0	FLM	4		0.04		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
* Vitamin D		152.000)	0	MC	9		42.560		
Vitamin K (phylloquinone)	mcg	0.0		1	A	1		0.0		
Lipids:										
Fatty acids, total saturated	g	0.190)	0	NC	4		0.053		
4:0		0.000)	0	z	7		0.000		
6:0		0.000)	0	z	7		0.000		
8:0	g	0.000)	1	A	1		0.000		
10:0	g	0.000)	1	A	1		0.000		
12:0	g	0.000)	1	A	1		0.000		
13:0	_									
14:0	_	0.000		1	A	1		0.000		
15:0	g	0.000)	1	A	1		0.000		

	<u>A</u>	Amount in 100 grams of edible portion				<u>n</u>	Amount in edible portion of common			
			Number				measures of food			
					Source	Confidence				
Nutrients and Units	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3	
16:0	g 0.170)	1	A	1		0.048			
17:0	-)	1	A	1		0.000			
18:0	g 0.020)	1	A	1		0.006			
20:0	g 0.00)	1	A	1		0.000			
22:0	-		1	A	1		0.000			
24:0			1	A	1		0.000			
Fatty acids, total monounsaturated	-		0	NC	4		0.031			
14:1	=		1 1	A	1 1		0.000			
15:1			1	A A	1		0.000 0.000			
17:1	=		1	A	1		0.000			
18:1 undifferentiated			1	A	1		0.031			
20:1	-		1	A	1		0.000			
22:1 undifferentiated			1	A	1		0.000			
24:1 c	-									
Fatty acids, total polyunsaturated	g 0.32)	0	NC	4		0.090			
18:2 undifferentiated	.g 0.30)	1	A	1		0.084			
18:3 undifferentiated)	1	A	1		0.006			
18:4			1	A	1		0.000			
20:2 n-6 c,c	=		1	A	1		0.000			
20:3 undifferentiated	=		1	A	1		0.000			
20:4 undifferentiated	-		1 1	A	1		0.000			
20:5 n-3	=		1	A A	1 1		0.000			
22:5 n-3			1	A A	1		0.000 0.000			
22:6 n-3Fatty acids, total trans		,	1	A	1		0.000			
Cholesterol			0	MC	9		0			
Phytosterols							-			
Amino Acids:										
Tryptophan	.g 0.040)	0	A	1		0.011			
Threonine)	0	A	1		0.056			
Isoleucine	g 0.22)	0	A	1		0.062			
Leucine	.g 0.920)	0	A	1		0.258			
Lysine	.g 0.070)	0	A	1		0.020			
Methionine			0	A	1		0.034			
Cystine			0	A	1		0.034			
Phenylalanine			0	A	1		0.092			
Tyrosine			0	A	1		0.020			
Valine			0	A A	1 1		0.076 0.028			
Arginine Histidine			0	A	1		0.028			
Alanine			0	A	1		0.143			
Aspartic acid			0	A	1		0.098			
Glutamic acid			0	A	1		0.384			
Glycine			0	A	1		0.048			
Proline)	0	A	1		0.176			
Serine)	0	A	1		0.084			
Hydroxyproline	g									
Others:	_		_	_	_					
Alcohol, ethyl			0	Z	7		0.0			
Caffeine	-		0	FLM FLM	4 4		0			
Theobromine	g U		U	E TIM	*		U			
·	mag 150		_	_	_		45.000			
Carotene, beta			1	A	1		45.360			
Cryptovanthin beta			1 1	A A	1 1		5.320 13.888			
Cryptoxanthin, beta	0		1	A	1		0.000			
Lutein + zeaxanthin	3		0	NR	4		94.920			
Zatem · Zouzummi							320			

NDB No. 08020

Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes

Common Measures:

Measure 1 = 28g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08030 Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS

		<u>A</u>	mount in 10	o grams	Amount in	edible portion	of common			
				Number	measures of food					
						Source	Confidence	_		
Nutrients and Uni	te	Moon	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Nutrients and Uni	15	Mean	olu. Error	i Jiilla	Joue	Joue		wedsure 1	weasure 2	weasure 3
Proximates:										
Water	g	2.80		1	A	1		0.84		
Energy	-	393		0	MC	9		118		
Energy		1644		0	MC	9		493		
Protein (N x 6.25)		5.04		1	A	1		1.51		
Total lipid (fat)		3.10		1	A	1		0.93		
Ash		1.58		1	A	1		0.47		
Carbohydrate, by difference		87.48		0	NC	4		26.24		
Fiber, total dietary	g	2.5		1	A	1		0.7		
Sugars, total	g	41.16		0	AS	1		12.35		
Sucrose		39.60		1	A	1		11.88		
Glucose (dextrose)		1.56		1	A	1		0.47		
Fructose	g	0.00		1	A	1		0.00		
Lactose	g	0.00		1	A	1		0.00		
Maltose		0.00		1	A	1		0.00		
Galactose		0.00		0	Z	7		0.00		
Starch		39.60		1	A	1		11.88		
	•									
Minerals:		1.4			_					
Calcium, Ca		14 20.40		1 1	A A	1 1		4 6.12		
Iron, Fe		33		1	A A	1		10		
Magnesium, Mg Phosphorus, P		112		1	A	1		34		
Potassium, K	_	120		1	A	1		36		
Sodium, Na		501		1	A	1		150		
Zinc, Zn	_	19.00		1	A	1		5.70		
Copper, Cu	_	0.149	9	1	A	1		0.045		
Manganese, Mn		0.684	1	1	A	1		0.205		
Selenium, Se		8.8	1.5	50 4	JA	6		2.7		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	47.0		0	MC	9		14.1		
Thiamin	mg	2.250)	1	A	1		0.675		
Riboflavin	-	1.940		1	A	1		0.582		
Niacin	-	24.200		1	A	1		7.260		
Pantothenic acid	-	0.195		1	A	1		0.058		
Vitamin B-6		3.680)	1	A	1		1.104		
Folate, total		352		1	A	1		106		
Folic acid		333		0	NC	4		100		
Folate, food		19		0	CAZN	4		6		
Folate, DFE		585		0	NC	4		176		
Vitamin B-12		7.07		1 0	A	1 9		2.12		
* Vitamin A, IU		1610 469		0	MC			483 141		
Vitamin A, RAE		469 465		0	FLM FLM	4 4		141 140		
Retinol Vitamin E (alpha-tocopherol)		0.29		0	FLM	4		0.09		
(1 1)	_	0.29		U	гым	4		0.09		
Tocopherol, gamma										
Tocopherol, delta										
* Vitamin D		125.000)	0	MC	9		37.500		
Vitamin K (phylloquinone)		0.2		1	A	1		0.1		
Lipids:										
Fatty acids, total saturated	g	1.520)	0	NC	4		0.456		
4:0		0.000)	0	z	7		0.000		
6:0		0.000)	0	z	7		0.000		
8:0	g	0.100)	1	A	1		0.030		
10:0		0.070)	1	A	1		0.021		
12:0	g	0.520)	1	A	1		0.156		
13:0	g									
14:0	g	0.220)	1	A	1		0.066		
15:0	a	0.000)	1	A	1		0.000		

	<u>A</u> 1	Amount in 100 grams of edible portion				on_	Amount in edible portion of c			
		Number						measures of food		
					Source	Confidence				
Nutrients and Units	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3	
16:0	g 0.410		1	A	1		0.123			
17:0	-		1	A	1		0.000			
18:0	g 0.200		1	A	1		0.060			
20:0	g 0.000		1	A	1		0.000			
22:0	-		1	A	1		0.000			
24:0			1	A	1		0.000			
Fatty acids, total monounsaturated	-		0	NC	4		0.129			
14:1	-		1 1	A A	1 1		0.000			
15:1			1	A	1		0.000			
17:1	-		1	A	1		0.000			
18:1 undifferentiated			1	A	1		0.129			
20:1	-		1	A	1		0.000			
22:1 undifferentiated	.g 0.000		1	A	1		0.000			
24:1 c	-									
Fatty acids, total polyunsaturated	g 0.680		0	NC	4		0.204			
18:2 undifferentiated			1	A	1		0.195			
18:3 undifferentiated			1	A	1		0.009			
18:4			1	A	1		0.000			
20:2 n-6 c,c	-		1	A	1		0.000			
20:3 undifferentiated	-		1	A	1		0.000			
20:4 undifferentiated 20:5 n-3	-		1 1	A A	1 1		0.000			
20.5 n-3	-		1	A	1		0.000			
22:6 n-3			1	A	1		0.000			
Fatty acids, total trans			-		•		0.000			
Cholesterol			0	MC	9		0			
Phytosterols										
Amino Acids:										
Tryptophan	.g 0.070		0	A	1		0.021			
Threonine	g 0.150		0	A	1		0.045			
Isoleucine	g 0.160		0	A	1		0.048			
Leucine			0	A	1		0.123			
Lysine			0	A	1		0.045			
Methionine			0 0	A A	1 1		0.024			
Cystine			0	A	1		0.039 0.066			
Phenylalanine Tyrosine			0	A	1		0.012			
Valine			0	A	1		0.012			
Arginine			0	A	1		0.054			
Histidine			0	A	1		0.030			
Alanine			0	A	1		0.072			
Aspartic acid	-		0	A	1		0.087			
Glutamic acid	.g 1.130		0	A	1		0.339			
Glycine			0	A	1		0.057			
Proline			0	A	1		0.114			
Serine	-		0	A	1		0.066			
Hydroxyproline	y									
Others:	,		_	_	-		2.2			
Alcohol, ethyl			0 0	Z	7 4		0.0 0			
Caffeine			0	FLM FLM	4		0			
Carotenoids:	ug U		U	E TW	4		U			
· <u></u>	mog 0.5		_							
Carotene, beta			0	FLM FLM	4 4		7.997 5.234			
Carotene, alpha	0		0	FLM	4		0.003			
Lycopene	3		0	FLM	4		0.003			
Lutein + zeaxanthin	3		0	FLM	4		117.452			
	5									

NDB No. 08030

Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS

Common Measures:

Measure 1 = 30g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08069 Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES

		<u>Aı</u>	mount in 10	<u>0 grams</u>	of edil	ole portio	<u>n</u>	Amount in edible portion of common		
Nutrients and Uni	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	! Measure 3
Proximates:										
Water	_	3.00		0	MC	9		0.93		
Energy	kcal	367		0	MC	9		114		
Energy	kj	1536		0	MC	9		476		
Protein (N x 6.25)	g	3.30		0	MC	9		1.02		
Total lipid (fat)	g	0.52		0	MC	9		0.16		
Ash	g	2.88		0	MC	9		0.89		
Carbohydrate, by difference	g	90.30		0	MC	9		27.99		
Fiber, total dietary	g	3.2		0	MC	9		1.0		
Sugars, total	g	38.00		0	MC	9		11.78		
Starch	g									
Minerals:	ma	-		^		^		-		
Calcium, Ca	-	5		0	MC	9		1		
Iron, Fe		14.50		0	MC	9		4.50		
Magnesium, Mg		8		0	MC	9		2		
Phosphorus, P		34		0	MC	9		10		
Potassium, K	-	73		0	MC	9		23		
Sodium, Na	-	479		0	MC	9		148		
Zinc, Zn		0.18		0	MC	9		0.06		
Copper, Cu	-	0.040		0	MC	9 4		0.012		
Manganese, Mn		0.245	1.29	0 90 9	FLC	4 1		0.076		
Selenium, Se	Ilicy	4.4	1.23	90 9	A	_		1.4		
<u>Vitamins:</u>										
* Vitamin C, total ascorbic acid	mg	20.0		0	MC	9		6.2		
* Thiamin	mg	1.200)	0	MC	9		0.372		
* Riboflavin	mg	1.500)	0	MC	9		0.465		
* Niacin	mg	16.200)	0	MC	9		5.022		
Pantothenic acid	mg	0.341	=	0	FLC	4		0.106		
* Vitamin B-6	mg	1.600)	0	MC	9		0.496		
* Folate, total	mcg	327		0	MC	9		101		
Folic acid	mcg	308		0	NC	4		95		
Folate, food	mcg	19		0	CAAN	4		6		
Folate, DFE	mcg_DFE	543		0	NC	4		168		
* Vitamin B-12		5.00		0	MC	9		1.55		
* Vitamin A, IU	IU	1720		0	MC	9		533		
Vitamin A, RAE	mcg_RAE	517		0	NC	4		160		
Retinol		517		0	NC	4		160		
Vitamin E (alpha-tocopherol)	mg	0.09		0	FLM	4		0.03		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
* Vitamin D		129.000)	0	MC	9		39.990		
Vitamin K (phylloquinone)	mcg	0.2		0	FLM	4		0.1		
I inide:										
Lipids:	σ.	0 170		^	240	•		0.053		
Fatty acids, total saturated		0.170		0	MC	9		0.053		
4:0		0.000		0	FLM	4		0.000		
6:0 8:0		0.000		0 0	FLM FLM	4 4		0.000		
				0	FLM	4		0.000 0.000		
10:0		0.000		0	FLM	4				
12:0		0.001	=	U	E TIM	4		0.000		
13:0		0 001		0	EL PA	4		0 000		
14:0		0.001	=	U	FLM	4		0.000		
15:0	_	0 100		^	EFT 3-2	4		0.043		
16:0	_	0.139	•	0	FLM	4		0.043		
17:0	_	0 005		^	EFT 3-2	4		0.000		
18:0	_	0.025	•	0	FLM	4		0.008		
20:0	_									
22:0	y									

	<u>Amo</u>	unt in 100 grams	Amount in edible portion of common					
			Deriv		Confidence	<u>m</u>	easures of food	
Nutrients and Units	Mean St	d. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg 14:1g	0.090	0	MC	9		0.028		
14:1								
16:1 undifferentiated	0.001	0	FLM	4		0.000		
17:19	0.001	v		-		0.000		
18:1 undifferentiated	0.090	0	FLM	4		0.028		
20:1g	0.000	0	FLM	4		0.000		
22:1 undifferentiatedg	0.000	0	FLM	4		0.000		
24:1 cg								
Fatty acids, total polyunsaturatedg	0.260	0	MC	9		0.081		
18:2 undifferentiated	0.252	0	FLM	4		0.078		
18:3 undifferentiated	0.008	0	FLM	4		0.003		
18:4g	0.000	0	FLM	4		0.000		
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0	FLM	4		0.000		
20:5 n-3g	0.000	0	FLM	4		0.000		
22:5 n-3g	0.000	0	FLM	4		0.000		
22:6 n-3g	0.000	0	FLM	4		0.000		
Fatty acids, total transg	0.000	0	MC	9		0.000		
Cholesterol mg	0	0	MC	9		0		
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	z	7		0.0		
Caffeine mg	0	0	FLM	4		0		
Theobrominemg	0	0	FLM	4		0		
Carotenoids:								
Carotene, beta mcg	0	0	z	7		0.000		
Carotene, alphamcg	0	0	z	7		0.000		
Cryptoxanthin, beta mcg	0	0	z	7		0.000		
Lycopene mcg	0	0	z	7		0.000		
Lutein + zeaxanthin mcg	0	0	Z	7		0.000		

Common Measures:

Measure 1 = 31g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08319 Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size *Kellogg, Co.*

		<u>A</u>	mount in 10	0 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common		
Nutrients and Uni	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	! Measure 3
Proximates:										
Water	_	6.00		0	MC	9		3.30		
Energy		344		0	MC	9		189		
Energy		1439		0	MC	9		792		
Protein (N x 6.25)		10.10		0	MC	9		5.56		
Total lipid (fat)		1.60		0	MC	9		0.88		
Ash		1.30		0	MC	9		0.72		
Carbohydrate, by difference		81.00		0	MC	9		44.55		
Fiber, total dietary		10.0		0	MC	9		5.5		
Sugars, total		20.10		0	MC	9		11.06		
Starch	g									
Minerals:										
Calcium, Ca	mg	32		0	MC	9		18		
* Iron, Fe	-	28.00		0	MC	9		15.40		
Magnesium, Mg	mg	118		0	MC	9		65		
Phosphorus, P	mg	294		0	MC	9		162		
Potassium, K	mg	345		0	MC	9		190		
Sodium, Na	mg	8		0	MC	9		5		
* Zinc, Zn		3.20		0	MC	9		1.76		
Copper, Cu	-	0.320		0	MC	9		0.176		
Manganese, Mn		2.788	3	0	MC	9		1.533		
Selenium, Se	mcg	4.1		0	BFZN	4		2.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
* Thiamin	mg	0.740)	0	MC	9		0.407		
* Riboflavin	mg	0.830)	0	MC	9		0.457		
* Niacin	<u>mg</u>	9.800)	0	MC	9		5.390		
Pantothenic acid	mg	0.000)	0	MC	9		0.000		
* Vitamin B-6	mg	0.980)	0	MC	9		0.539		
* Folate, total		196		0	MC	9		108		
Folic acid	-	177		0	NC	4		97		
Folate, food		19		0	CAAN	4		10		
Folate, DFE		320		0	NC	4		176		
* Vitamin B-12		2.94		0	MC	9		1.62		
Vitamin A, IU		0		0	MC	9		0		
Vitamin A, RAE		0		0	NC	4		0		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)		0.00		0	NR	4		0.00		
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		0.000)	0	MC	9		0.000		
Vitamin K (phylloquinone)		1.5		0	FLM	4		0.8		
ramm r (phynoqumone)				-		-				
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.360		0	MC	9		0.198		
4:0		0.000		0	FLM	4		0.000		
6:0		0.000		0	FLM	4		0.000		
8:0		0.020		0	FLM	4		0.011		
10:0		0.000		0	FLM	4		0.000		
12:0		0.000)	0	FLM	4		0.000		
13:0				_						
14:0	-	0.003	5	0	FLM	4		0.002		
15:0	_			_						
16:0	_	0.303	5	0	FLM	4		0.167		
17:0	_	0.01-		^						
18:0	_	0.017	,	0	FLM	4		0.009		
20:0	_									
22:0	g									

	<u>Ar</u>	nount in 10	0 grams	Amount in edible portion of common					
				Deriv		Confidence	_	easures of food	
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.240		0	MC	9		0.132		
14:1g							0.151		
15:1									
16:1 undifferentiated	0.013		0	FLM	4		0.007		
17:1g									
18:1 undifferentiated	0.227		0	FLM	4		0.125		
20:1g	0.000		0	FLM	4		0.000		
22:1 undifferentiatedg	0.000		0	FLM	4		0.000		
24:1 cg									
Fatty acids, total polyunsaturatedg	1.000		0	MC	9		0.550		
18:2 undifferentiatedg	0.947		0	FLM	4		0.521		
18:3 undifferentiatedg	0.049		0	FLM	4		0.027		
18:4g	0.000		0	FLM	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.003		0	FLM	4		0.001		
20:5 n-3g	0.000		0	FLM	4		0.000		
22:5 n-3g	0.000		0	FLM	4		0.000		
22:6 n-3g	0.000		0	FLM	4		0.000		
Fatty acids, total transg	0.000		0	MC	9		0.000		
Cholesterolmg	0		0	MC	9		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	FLM	4		0.0		
Caffeine mg	0		0	FLM	4		0		
Theobrominemg	0		0	FLM	4		0		
<u>Carotenoids:</u>									
Carotene, betamcg	0		0	Z	7		0.000		
Carotene, alphamcg	0		0	Z	7		0.000		
Cryptoxanthin, betamcg	0		0	Z	7		0.000		
Lycopene mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin mcg	0		0	Z	7		0.000		

Common Measures:

Measure 1 = 55g: 1 cup, bite size

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08032 Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES

		<u>A</u>	mount in 10	u grams	Amount in edible portion of common					
				Number		measures of food				
						Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:	a	3.00		0	MC	9		0.90		
Water	=	3.00		0	MC	9		114		
Energy		1586		0	MC	9		476		
Energy		3.40		0	MC	9		1.02		
Protein (N x 6.25) Total lipid (fat)		0.80		0	MC	9		0.24		
Ash		2.90		0	MC	9		0.87		
Carbohydrate, by difference		89.90		0	MC	9		26.97		
Fiber, total dietary		0.3		0	MC	9		0.1		
Sugars, total		40.00		0	MC	9		12.00		
Starch	=	40.00		ŭ	110			12.00		
Minerals:										
Calcium, Ca	mg	11		0	MC	9		3		
* Iron, Fe	• • • • • • • • • • • • • • • • • • • •	6.00		0	MC	9		1.80		
Magnesium, Mg	mg	27		0	MC	9		8		
Phosphorus, P	mg	92		0	MC	9		28		
Potassium, K	mg	93		0	MC	9		28		
Sodium, Na		726		0	MC	9		218		
Zine, Zn	mg	0.90		0	MC	9		0.27		
Copper, Cu		0.100		0	MC	9		0.030		
Manganese, Mn		0.749	9	0	FLC	4		0.225		
Selenium, Se	mcg	15.4		0	BFZN	4		4.6		
Vitamins:		01.0				•		6.0		
Vitamin C, total ascorbic acid		21.0		0 0	MC	9 9		6.3 0.390		
Thiamin	-	1.300		0	MC MC	9		0.390		
Riboflavin		17.000		0	MC	9		5.100		
Pantothenic acid	-	0.693		0	FLC	4		0.208		
Vitamin B-6		1.700		0	MC	9		0.510		
Folate, total	_	670	•	0	MC	9		201		
Folic acid		666		0	NC	4		200		
Folate, food		4		0	CAAN	4		1		
Folate, DFE		1136		0	NC	4		341		
Vitamin B-12		5.10		0	MC	9		1.53		
* Vitamin A, IU		1670		0	MC	9		501		
Vitamin A, RAE		502		0	NC	4		151		
Retinol		502		0	NC	4		151		
Vitamin E (alpha-tocopherol)	mg	0.06		0	FLM	4		0.02		
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		140.000)	0	MC	9		42.000		
Vitamin K (phylloquinone)	mcg	0.0		0	FLM	4		0.0		
Lipids:		0.000	,	^		^		2 222		
Fatty acids, total saturated		0.200		0 0	MC	9		0.060		
4:0		0.000			FLM	4		0.000		
6:0		0.000		0 0	FLM FLM	4 4		0.000		
8:0	-	0.000		0	FLM	4		0.000 0.000		
10:0 12:0		0.000		0	FLM	4		0.000		
13:0	-	0.000	•	U	2 List	-		0.000		
14:0		0.004	1	0	FLM	4		0.001		
15:0		0.004	-	J	2 114	-		3.001		
16:0	-	0.179	9	0	FLM	4		0.054		
17:0	-	· · - / ·		•		-		3.00.		
18:0	-	0.013	3	0	FLM	4		0.004		
20:0	-									
22:0	-									
24:0	-									

	<u>A</u> r	mount in 10	00 grams Number	Amount in edible portion of common measures of food					
Nutrients and Units	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.300		0	MC	9		0.090		
14:19									
15:1g									
16:1 undifferentiatedg	0.003		0	FLM	4		0.001		
17:1g									
18:1 undifferentiatedg	0.296		0	FLM	4		0.089		
20:1g	0.000		0	FLM	4		0.000		
22:1 undifferentiatedg	0.000		0	FLM	4		0.000		
24:1 cg									
Fatty acids, total polyunsaturated	0.300		0	MC	9		0.090		
18:2 undifferentiatedg	0.248		0	FLM	4		0.074		
18:3 undifferentiatedg	0.053		0	FLM	4		0.016		
18:4g	0.000		0	FLM	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	FLM	4		0.000		
20:5 n-3g	0.000		0	FLM	4		0.000		
22:5 n-3g	0.000		0	FLM	4		0.000		
22:6 n-3g	0.000		0	FLM	4		0.000		
Fatty acids, total trans9	0.000		0	MC	9		0.000		
Cholesterolmg	0		0	MC	9		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0		
Caffeine mg	0		0	FLM	4		0		
Theobromine mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta mcg	0		0	Z	7		0.000		
Carotene, alphamcg	0		0	Z	7		0.000		
Cryptoxanthin, beta mcg	0		0	Z	7		0.000		
Lycopenemcg	0		0	Z	7		0.000		
Lutein + zeaxanthin mcg	0		0	Z	7		0.000		

Common Measures:

Measure 1 = 30g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08309 Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES

		<u>A</u> 1	mount in 10		<u>on</u>	Amount in edible portion of common				
Nutrients and Uni	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	! Measure 3
Proximates:										
Water	g	2.50		0	MC	9		0.75		
Energy	kcal	390		0	MC	9		117		
Energy	kj	1632		0	MC	9		490		
Protein (N x 6.25)		6.80		0	MC	9		2.04		
Total lipid (fat)		3.20		0	MC	9		0.96		
Ash		0.90		0	0	4		0.27		
Carbohydrate, by difference	g	87.00		0	MC	9		26.10		
Fiber, total dietary	g	3.4		0	MC	9		1.0		
Sugars, total	g	33.00		0	MC	9		9.90		
Starch	g									
Minerals:										
Calcium, Ca	mg	22		0	MC	9		7		
* Iron, Fe	<u>mg</u>	6.20		0	MC	9		1.86		
Magnesium, Mg		22		0	MC	9		7		
Phosphorus, P	-	60		0	MC	9		18		
Potassium, K		102		0	MC	9		31		
Sodium, Na		700		0	MC	9		210		
Zinc, Zn		0.30		0	MC	9		0.09		
Copper, Cu		0.100		0	MC	9		0.030		
Manganese, Mn		0.150)	0	FLC	4		0.045		
Selenium, Se	Tricg	5.1		U	BFZN	4		1.5		
Vitamins:										
* Vitamin C, total ascorbic acid		20.0		0	MC	9		6.0		
* Thiamin		1.250		0	MC	9		0.375		
* Riboflavin	-	1.500		0	MC	9		0.450		
* Niacin	-	16.600		0	MC	9		4.980		
Pantothenic acid		0.217		0	FLC	4		0.065		
* Vitamin B-6	-	1.700)	0	MC	9		0.510		
* Folate, total		333		0	MC	9		100		
Folic acid		314		0	NC	4		94		
Folate, food		19		0	CAAN	4		6		
Folate, DFE		553		0	NC	4		166		
* Vitamin B-12		5.00 1668		0	MC NC	9 4		1.50 500		
Vitamin A, IU Vitamin A, RAE		471		0	FLM	4		141		
Retinol		465		0	FLM	4		139		
Vitamin E (alpha-tocopherol)		1.29		0	FLM	4		0.39		
Tocopherol, beta		1.29		U	FIM	•		0.39		
Tocopherol, gamma										
Tocopherol, delta										
* Vitamin D		140.000)	0	MC	9		42.000		
Vitamin K (phylloquinone)		0.2		0	FLM	4		0.1		
Linide:										
Lipids: Fatty acids, total saturated	a	0.550)	0	MC	9		0.165		
4:0		0.000		0	FLM	4		0.000		
6:0		0.000		0	FLM	4		0.000		
8:0.		0.000		0	FLM	4		0.000		
10:0		0.000		0	FLM	4		0.000		
12:0		0.001		0	FLM	4		0.000		
13:0		0.000		0	FLM	4		0.000		
14:0		0.001		0	FLM	4		0.000		
15:0	-	0.000		0	FLM	4		0.000		
16:0	-	0.454		0	FLM	4		0.136		
17:0	-	0.000		0	FLM	4		0.000		
18:0		0.081		0	FLM	4		0.024		
20:0		0.000		0	FLM	4		0.000		
22:0		0.000		0	FLM	4		0.000		
24:0		0.000		0	FLM	4		0.000		

Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES

	<u>Amou</u>	nt in 100 grams	Amount in edible portion of common measures of food					
Nutrients and Units	Mean Sto	Number of Data I. Error Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated9	1.800	0	MC	9		0.540		
14:1g	0.000	0	FLM	4		0.000		
15:1g								
16:1 undifferentiatedg	0.014	0	FLM	4		0.004		
17:1g								
18:1 undifferentiatedg	1.786	0	FLM	4		0.536		
20:1g	0.000	0	FLM	4		0.000		
22:1 undifferentiatedg	0.000	0	FLM	4		0.000		
24:1 cg	0.000	0	FLM	4		0.000		
Fatty acids, total polyunsaturated	0.850	0	MC	9		0.255		
18:2 undifferentiatedg	0.840	0	FLM	4		0.252		
18:3 undifferentiatedg	0.010	0	FLM	4		0.003		
18:4g	0.000	0	FLM	4		0.000		
20:2 n-6 c,cg	0.000	0	FLM	4		0.000		
20:3 undifferentiatedg	0.000	0	FLM	4		0.000		
20:4 undifferentiatedg	0.000	0	FLM	4		0.000		
20:5 n-3g	0.000	0	FLM	4		0.000		
22:5 n-3g	0.000	0	FLM	4		0.000		
22:6 n-39	0.000	0	FLM	4		0.000		
Fatty acids, total transg	0.000	0	MC	9		0.000		
Cholesterolmg	0	0	MC	9		0		
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	Z	7		0.0		
Caffeine mg	0	0	FLM	4		0		
Theobromine mg	0	0	FLM	4		0		
Carotenoids:								
Carotene, betamcg	54	0	FLM	4		16.121		
Carotene, alphamcg	35	0	FLM	4		10.528		
Cryptoxanthin, beta mcg	0	0	FLM	4		0.000		
Lycopene mcg	0	0	FLM	4		0.000		
Lutein + zeaxanthin mcg	751	0	FLM	4		225.387		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08283 Cereals ready-to-eat, KELLOGG, KELLOGG'S JUST RIGHT Fruit & Nut

		<u>A</u>	mount in 10			ole portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Un	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.90		0	MC	9		3.25		
Energy	-	366		0	MC	9		201		
Energy		1531		0	MC	9		842		
Protein (N x 6.25)		7.00		0	MC	9		3.85		
Total lipid (fat)		3.30		0	MC	9		1.82		
Ash	g	2.10		0	MC	9		1.16		
Carbohydrate, by difference	g	81.70		0	MC	9		44.94		
Fiber, total dietary	g	5.2		0	MC	9		2.9		
Sugars, total	g	25.00		0	MC	9		13.75		
Starch	g									
Minerals:										
Calcium, Ca	mg	35		0	MC	9		19		
* Iron, Fe	_	27.00		0	MC	9		14.85		
Magnesium, Mg		52		0	MC	9		29		
Phosphorus, P	mg	179		0	MC	9		98		
Potassium, K		283		0	MC	9		156		
Sodium, Na		467		0	MC	9		257		
Zinc, Zn		1.30		0	MC	9		0.72		
Copper, Cu		0.200		0	MC	9		0.110		
Manganese, Mn		1.266 5.1)	0 0	FLM RA	4 4		0.696 2.8		
Selenium, Se	iiicg	3.1		U	NA.	*		2.0		
Vitamins:										
Vitamin C, total ascorbic acid	_	0.0		0	MC	9		0.0		
* Thiamin	-	0.600		0	MC	9		0.330		
* Riboflavin	_	0.700		0	MC	9		0.385		
* Niacin		8.300		0 0	MC	9 9		4.565		
Pantothenic acid* Vitamin B-6		0.000 3.300		0	MC MC	9		0.000 1.815		
* Folate, total		668	,	0	MC	9		367		
Folic acid		649		0	NC	4		357		
Folate, food		19		0	CAAN	4		10		
Folate, DFE		1122		0	NC	4		617		
* Vitamin B-12		10.00		0	MC	9		5.50		
* Vitamin A, IU	IU	828		0	MC	9		455		
Vitamin A, RAE	mcg_RAE	249		0	NC	4		137		
Retinol	mcg	249		0	NC	4		137		
Vitamin E (alpha-tocopherol)		2.25		0	MC	9		1.24		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta* Vitamin D		83.000	1	0	MC	9		45.650		
Vitamin K (phylloquinone)		1.3	,	0	FLM	4		0.7		
				-		_				
<u>Lipids:</u>				_		_				
Fatty acids, total saturated		0.500		0	MC	9		0.275		
4:0 6:0	-	0.000		0 0	FLM	4 4		0.000		
		0.000		0	FLM FLM	4		0.000 0.002		
8:0 10:0		0.004		0	FLM	4		0.002		
12:0	_	0.002		0	FLM	4		0.001		
13:0	_	0.000		0	FLM	4		0.000		
14:0	-	0.003		0	FLM	4		0.001		
15:0		0.000		0	FLM	4		0.000		
16:0		0.417	1	0	FLM	4		0.229		
17:0	g	0.000)	0	FLM	4		0.000		
18:0	_	0.062		0	FLM	4		0.034		
20:0	_	0.000		0	FLM	4		0.000		
22:0	g	0.000)	0	FLM	4		0.000		

	<u>Ar</u>	mount in 10	00 grams	Amount in edible portion of common					
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>me</u> Measure 1	easures of food Measure 2	Measure 3
24:0g	0.000		0	FLM	4		0.000		
Fatty acids, total monounsaturatedg	1.500		0	MC	9		0.825		
14:1g	0.000		0	FLM	4		0.000		
15:1g	0.000		0	FLM	4		0.000		
16:1 undifferentiatedg	0.019		0	FLM	4		0.010		
17:1g	0.000		0	FLM	4		0.000		
18:1 undifferentiatedg	1.481		0	FLM	4		0.815		
20:1g	0.000		0	FLM	4		0.000		
22:1 undifferentiatedg	0.000		0	FLM	4		0.000		
24:1 cg	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturated	1.300		0	MC	9		0.715		
18:2 undifferentiatedg	1.270		0	FLM	4		0.698		
18:3 undifferentiatedg	0.029		0	FLM	4		0.016		
18:4g	0.000		0	FLM	4		0.000		
20:2 n-6 c,cg	0.000		0	FLM	4		0.000		
20:3 undifferentiatedg	0.000		0	FLM	4		0.000		
20:4 undifferentiated9	0.000		0	FLM	4		0.000		
20:5 n-3g	0.000		0	FLM	4		0.000		
22:5 n-3	0.000		0	FLM	4		0.000		
22:6 n-3g	0.000		0	FLM	4		0.000		
Fatty acids, total trans	0.000		0	MC	9		0.000		
Cholesterolmg	0		0	MC	9		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	z	7		0.0		
Caffeineg	0.0		0	FLM	4		0.0		
Theobromine mg	0		0	FLM	4		0		
Carotenoids:	U		Ū	2 114	*		J		
Carotene, betamcg	0		0	Z	7		0.000		
Carotene, alpha mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta mcg	0		0	Z	7		0.000		
Lycopenemcg	0		0	Z	7		0.000		
Lutein + zeaxanthin mcg	0		0	Z	, 7		0.000		
Lutem - Zeazantinii	<u> </u>						0.000		

Common Measures:

Measure 1 = 55g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08284 Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins *Kellogg, Co.*

Nutrients and Units	Amount in edible portion of common			
Nutrients and Units	measures of food			
Proximates:				
Water.	Measure			
Water.				
Energy				
Energy				
Protein (N x 6.25) .9 8.00 0 MC 9 4.40 Total lipid (fath) .9 3.50 0 MC 9 1.93 Ash .9 3.50 0 MC 9 44.00 Fiber, total dictary .9 9.50 0 MC 9 15.62 Sugars, total .9 28.40 0 MC 9 15.62 Sugars, total .9 28.40 0 MC 9 15.62 Starch .9 .8 .0 MC 9 15.62 Starch .9 Foliasian				
Total lipid (fat)				
Ash. 9 3.50 0 MC 9 1.93 Carbohydrate, by difference 9 80.00 0 MC 9 44.00 Fiber, total dictary. 9 5.0 0 MC 9 2.8 Sugars, total. 9 28.40 0 MC 9 15.62 Sugars, total. 9 28.40 0 MC 9 15.62 Sugars, total. 9 2 28.40 0 MC 9 15.62 Sugars, total. 9 2 28.40 0 MC 9 23 Fiber, total dictary. 9 5.00 MC 9 15.62 Winerals: Calcium, Ca. mg 42 0 MC 9 23 Fiber, Calcium, Ca. mg 3.00 0 MC 9 1.65 Magnesium, Mg mg 75 0 MC 9 129 Potassium, K mg 300 0 MC 9 129 Potassium, K mg 300 0 MC 9 165 Sodium, Na mg 246 0 MC 9 135 Zinc, Zin. mg 6.30 0 MC 9 0.110 Magnanes, Mn mg 2.072 0 Fiber 4 1.140 Selenium, Se. mcg 17.3 0 BFZN 4 9.5 Vitamin C, total ascorbic acid mg 6.0 0 MC 9 0.347 Thiamin mg 0.630 0 MC 9 0.347 Thiamin mg 0.630 0 MC 9 0.385 Niacin. mg 8.300 0 MC 9 0.385 Niacin. mg 8.300 0 MC 9 0.385 Niacin. mg 8.300 0 MC 9 0.385 Foliac, in mg 3.300 0 MC 9 0.385 Foliac, in mg 3.300 0 MC 9 0.000 Vitamin B-6 mg 3.300 0 MC 9 0.000 Vitamin B-6 mg 3.300 0 MC 9 0.385 Foliac, food. mg 3.300 0 MC 9 0.000 Vitamin B-1 mg 0.653 0 MC 9 0.000 Vitamin B-1 mg 0.500 0 MC 9 0.385 Foliac, food. mg 3.300 0 MC 9 0.385 Foliac, food. mg 3.300 0 MC 9 0.000 Vitamin B-1 mg 0.500 0 MC 9 0.000 Vitamin B-1 mg 0.000 0 MC 9 0.000 Vitamin R-1 mg 0.000 0 MC 9 0.0				
Carbohydrate, by difference				
Fiber, total detary. 9 5.0 0 MC 9 15.62 Sugars, total 9 28.40 0 MC 9 15.62 Sugars, total 9 28.40 0 MC 9 15.62 Wincreals: Calcium, Ca. mg 42 0 MC 9 1.65 Magnesium, Mg. mg 3.00 0 MC 9 41 Phosphorus, P. mg 234 0 MC 9 129 Potassium, K. mg 300 0 MC 9 155 Sodium, Na. mg 300 0 MC 9 135 * Zinc, Zn. mg 6.30 0 MC 9 3.47 Copper, Cu. mg 2.072 0 FLM 4 1.140 Sclenium, Se. mcg 17.3 0 BEZN 4 9.5 Vitaminis C., total ascorbic acid. <t< td=""><td></td></t<>				
Sugars, total				
Starch.				
Minerals: Calcium, Ca.				
Calcium, Ca.				
* Iron, Fe.				
Magnesium, Mg. mg 75 0 MC 9 41 Phosphorus, P. mg 234 0 MC 9 129 Potassium, K. mg 300 0 MC 9 165 Sodium, Na. mg 246 0 MC 9 3.47 Copper, Cu. mg 6.30 0 MC 9 0.110 Manganese, Mn. mg 0.200 0 MC 9 0.110 Manganese, Mn. mg 0.200 0 MC 9 0.110 Manganese, Mn. mg 0.2072 0 FEIM 4 1.140 Manganese, Mn. mg 0.200 D MC 9 0.55 Vitamins. mg 0.000 MC 9 0.347 *Nitamin C, Iotal ascorbic acid mg 0.030 MC 9 0.347 *Riboflavin. mg 0.630 0 MC 9 0.34				
Phosphorus, P.				
Potassium, K.				
Sodium, Na.				
*Zinc, Zn				
Copper, Cu. mg 0.200 0 MC 9 0.110 Manganese, Mn. mg 2.072 0 FIM 4 1.140 Selenium, Se. mcg 17.3 0 BFZN 4 9.5 Vitamines. * Vitamin C, total ascorbic acid. mg 6.0 0 MC 9 3.3 * Thiamin mg 0.630 0 MC 9 0.347 * Riboflavin. mg 0.700 0 MC 9 0.385 * Niacin. mg 8.300 0 MC 9 0.385 * Niacin. mg 0.000 MC 9 0.565 Pantothenic acid. mg 0.000 MC 9 0.000 * Vitamin B-6. mg 3.300 MC 9 3.70 * Folate, total. mcg 672 MC MC 9 5.50 * Vitamin B-12. mcg 19 0 NC<				
Manganese, Mn mg 2.072 0 FLM 4 1.140 Selenium, Se mcg 17.3 0 BFZN 4 9.5 Vitamins: *Vitamin C, total ascorbic acid mg 6.0 0 MC 9 3.3 *Thiamin mg 0.630 0 MC 9 0.347 *Riboflavin mg 0.700 0 MC 9 0.347 *Niacin mg 8.300 0 MC 9 0.385 *Niacin mg 0.000 0 MC 9 0.385 *Niacin mg 0.000 0 MC 9 0.385 *Niacin mg 0.000 0 MC 9 0.385 *Pantothenic acid mg 0.000 MC 9 0.000 *Vitamin B-6 mg 3.300 0 MC 9 370 Foliac total mcg 672				
Scientum, Sc. mog 17.3 0 BFZN 4 9.5				
Vitamin C, total ascorbic acid mg 6.0 0 MC 9 0.347 Thiamin mg 0.630 0 MC 9 0.347 Riboflavin mg 0.700 0 MC 9 0.385 Niacin mg 0.000 0 MC 9 0.585 Pantothenic acid mg 0.000 0 MC 9 0.000 Vitamin B-6 mg 3.300 0 MC 9 0.000 Vitamin B-6 mg 3.300 0 MC 9 1.815 Folate, total mcg 672 0 MC 9 370 Foliace, ind mcg 653 0 NC 4 359 Folae, food mcg 19 0 CANN 4 10 Folate, DFE mcg DFE 1129 0 NC 4 621 Vitamin B-12 mcg 10.00 0 MC 9 5.50 Vitamin A, IU IU 1250 0 MC 9 688 Vitamin A, RAE mcg RAE 375 0 NC 4 206 Retinol mcg 375 0 NC 4 206 Vitamin E (alpha-tocopherol) mg 5.63 0 MC 9 3.09 Tocopherol, beta mg Tocopherol, delta mg Vitamin D IU 67.000 0 MC 9 36.850 Vitamin K (phylloquinone) mcg 2.0 0 FIM 4 1.1 Lipids: Fatz Mc 9 0.825 4-0 9 0.000 0 FIM 4 0.000 6-0 9 0.000 0 FIM 4 0.000				
*Vitamin C, total ascorbic acid mg				
*Thiamin				
*Riboflavin				
*Niacin				
Pantothenic acid				
* Vitamin B-6				
*Folate, total				
Folic acid mcg 653 0 NC 4 359 Folate, food mcg 19 0 CAAN 4 10 Folate, DFE mcg_DFE 1129 0 NC 4 621 * Vitamin B-12 mcg 10.00 0 MC 9 5.50 * Vitamin A, RAE mcg_RAE 375 0 NC 4 206 Retinol. mcg 375 0 NC 4 206 Vitamin E (alpha-tocopherol) mg 5.63 0 NC 4 206 Vitamin D. UU 67.000 0 MC 9 30.850 Vitamin D. UU 67.000 0 MC 9 36.850 Vitamin K (phylloquinone) mcg 2.0 0 FLM 4 1.1 Lipids: Fatty acids, total saturated. 9 1.500 0 MC 9 0.825 4:0. 9 0.000 0 FLM 4 0.000				
Folate, food mcg 19 0 CAAN 4 10 Folate, DFE				
Folate, DFE				
* Vitamin B-12				
* Vitamin A, IU				
Vitamin A, RAE mcg_RAE 375 0 NC 4 206 Retinol mcg 375 0 NC 4 206 Vitamin E (alpha-tocopherol) mg 5.63 0 MC 9 3.09 Tocopherol, beta mg Tocopherol, gamma mg Tocopherol, delta mg * Vitamin D U 67.000 0 MC 9 36.850 Vitamin K (phylloquinone) mcg 2.0 0 FLM 4 1.1 Lipids: Fatty acids, total saturated 9 1.500 0 MC 9 0.825 4:0 9 0.000 0 FLM 4 0.000 6:0 9 0.000 0 FLM 4 0.000				
Retinol mcg 375 0 NC 4 206 Vitamin E (alpha-tocopherol) mg 5.63 0 MC 9 3.09 Tocopherol, beta mg Tocopherol, gamma mg Tocopherol, delta mg * Vitamin D IU 67.000 0 MC 9 36.850 Vitamin K (phylloquinone) mcg 2.0 0 FLM 4 1.1 Lipids: Fatty acids, total saturated 9 1.500 0 MC 9 0.825 4:0 9 0.000 0 FLM 4 0.000 6:0 9 0.000 0 FLM 4 0.000				
Vitamin E (alpha-tocopherol). mg 5.63 0 MC 9 3.09 Tocopherol, beta. mg Tocopherol, gamma. mg * Vitamin D. IU 67.000 0 MC 9 36.850 Vitamin K (phylloquinone). mcg 2.0 0 FLM 4 1.1 Lipids: Fatty acids, total saturated. 9 1.500 0 MC 9 0.825 4:0. 9 0.000 0 FLM 4 0.000 6:0. 9 0.000 0 FLM 4 0.000				
Tocopherol, beta				
Tocopherol, gamma				
* Vitamin D				
Vitamin K (phylloquinone) mcg 2.0 0 FLM 4 1.1 Lipids: Fatty acids, total saturated 9 0.825 4:0 9 0.825 4:0 9 0.000 6:0 9 0.000 6:0 9 0.000				
Lipids: Fatty acids, total saturated g 1.500 0 MC 9 0.825 4:0 g 0.000 0 FLM 4 0.000 6:0 g 0.000 0 FLM 4 0.000				
Fatty acids, total saturated 9 1.500 0 MC 9 0.825 4:0				
4:0				
6:0g 0.000 0 FLM 4 0.000				
8:0				
10:0g 0.000 0 FLM 4 0.000				
12:0				
13:0g 0.000 0 FLM 4 0.000				
14:0g 0.018 0 FLM 4 0.010				
15:0g 0.000 0 FLM 4 0.000				
16:0g 1.222 0 FLM 4 0.672				
17:0g 0.000 0 FLM 4 0.000				
18:0g 0.199 0 FLM 4 0.110				
20:0g 0.000 0 FLM 4 0.000				
22:0g 0.000 0 FLM 4 0.000				
24:0g 0.000 0 FLM 4 0.000				

		Ar	nount in 100	grams	Amount in edible portion of common						
			N	Number				measures of food			
Nutrients and Ur	nits	Mean		of Data		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	g	2.500		0	MC	9		1.375			
14:1		0.000		0	FLM	4		0.000			
15:1	-	0.000		0	FLM	4		0.000			
16:1 undifferentiated		0.023		0	FLM	4		0.013			
17:1		0.000		0	FLM	4		0.000			
18:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	2.477		0	FLM	4		1.362			
20:1		0.000		0	FLM	4		0.000			
22:1 undifferentiated	g	0.000		0	FLM	4		0.000			
24:1 c		0.000		0	FLM	4		0.000			
Fatty acids, total polyunsaturated	g	1.000		0	MC	9		0.550			
18:2 undifferentiated		0.952		0	FLM	4		0.524			
18:3 undifferentiated	g	0.047		0	FLM	4		0.026			
18:4	g	0.000		0	FLM	4		0.000			
20:2 n-6 c,c	g	0.000		0	FLM	4		0.000			
20:3 undifferentiated	g	0.000		0	FLM	4		0.000			
20:4 undifferentiated	g	0.000		0	FLM	4		0.000			
20:5 n-3	g	0.000		0	FLM	4		0.000			
22:5 n-3	g	0.000		0	FLM	4		0.000			
22:6 n-3	g	0.000		0	FLM	4		0.000			
Fatty acids, total trans	g	0.600		0	MC	9		0.330			
Cholesterol		0		0	MC	9		0			
Phytosterols											
Others:											
Alcohol, ethyl	g	0.0		0	z	7		0.0			
Caffeine	mg	0		0	FLM	4		0			
Theobromine	mg	0		0	FLM	4		0			
Carotenoids:	-										
Carotene, beta	mcg	0		0	Z	7		0.000			
Carotene, alpha	mcg	0		0	Z	7		0.000			
Cryptoxanthin, beta		0		0	z	7		0.000			
Lycopene	mcg	0		0	z	7		0.000			
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000			

Common Measures:

Measure 1 = 55g: .667 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08189 Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins

		<u>A</u>	mount in 10	<u>0 grams</u>	ot edil	ole portic	<u>on</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food		
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	3.50		0	MC	9		1.93			
Energy	_	380		0	MC	9		209			
Energy		1590		0	MC	9		874			
Protein (N x 6.25)		8.20		0	MC	9		4.51			
Total lipid (fat)		5.10		0	MC	9		2.81			
Ash		3.60		0	MC	9		1.98			
Carbohydrate, by difference		79.60		0	MC	9		43.78			
Fiber, total dietary		6.2		0	MC	9		3.4			
Sugars, total		28.60		0	MC	9		15.73			
Starch	g										
Minerals:											
Calcium, Ca	mg	41		0	MC	9		23			
Firon, Fe	• • • • • • • • • • • • • • • • • • • •	3.70		0	MC	9		2.04			
Magnesium, Mg		82		0	MC	9		45			
Phosphorus, P		239		0	MC	9		131			
Potassium, K		250		0	MC	9		138			
Sodium, Na		245 7.70		0 0	MC	9 9		135			
Zinc, Zn	-	0.200	`	0	MC MC	9		4.24 0.110			
Copper, Cu		2.756		0	FLC	4		1.516			
Selenium, Se		17.3	,	0	BFZN	4		9.5			
Vitamins:											
Vitamin C, total ascorbic acid	mg	5.0		0	MC	9		2.8			
* Thiamin		0.800)	0	MC	9		0.440			
Riboflavin	mg	0.870)	0	MC	9		0.479			
Niacin	<u>mg</u>	10.800)	0	MC	9		5.940			
Pantothenic acid	mg	0.000)	0	MC	9		0.000			
Vitamin B-6	-	4.200)	0	MC	9		2.310			
Folate, total	mcg	816		0	MC	9		449			
Folic acid		797		0	NC	4		438			
Folate, food		19		0	CAAN	4		10			
Folate, DFE		1374		0	NC	4		756			
Vitamin B-12		12.20		0	MC	9		6.71			
Vitamin A, IU Vitamin A, RAE		1590 477		0 0	NC NC	4 4		875 263			
Retinol		477		0	NC	4		262			
Vitamin E (alpha-tocopherol)		1.15		0	FLM	4		0.63			
Tocopherol, beta	ma	1.15		v		•		0.05			
Tocopherol, gamma											
Tocopherol, delta											
* Vitamin D		81.600)	0	MC	9		44.880			
Vitamin K (phylloquinone)	mcg	2.5		0	FLM	4		1.4			
Lipids:											
Fatty acids, total saturated		1.100		0	MC	9		0.605			
4:0		0.000		0	FLM	4		0.000			
6:0		0.000		0	FLM	4		0.000			
8:0		0.005		0	FLM	4		0.003			
10:0		0.000		0	FLM	4		0.000			
12:0		0.008		0 0	FLM	4		0.005			
13:0		0.000		0	FLM	4 4		0.000			
14:0	-	0.015		0	FLM FLM	4		0.008			
15:0 16:0	-	0.000		0	FLM	4		0.000 0.493			
17:0	-	0.000		0	FLM	4		0.493			
18:0	_	0.141		0	FLM	4		0.000			
20:0		0.000		0	FLM	4		0.000			
22:0		0.000		0	FLM	4		0.000			
24:0		0.000		0	FLM	4		0.000			

		<u>Ar</u>	nount in 10	0 grams Number		ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Un	its	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated.	g	2.600		0	MC	9		1.430			
14:1		0.000		0	FLM	4		0.000			
15:1	-										
16:1 undifferentiated		0.021		0	FLM	4		0.012			
17:1	-										
18:1 undifferentiated	-	2.579		0	FLM	4		1.418			
20:1	•	0.000		0	FLM	4		0.000			
22:1 undifferentiated	g	0.000		0	FLM	4		0.000			
24:1 c		0.000		0	FLM	4		0.000			
Fatty acids, total polyunsaturated	g	1.400		0	MC	9		0.770			
18:2 undifferentiated	g	1.334		0	FLM	4		0.734			
18:3 undifferentiated	g	0.066		0	FLM	4		0.036			
18:4	g	0.000		0	FLM	4		0.000			
20:2 n-6 c,c	g	0.000		0	FLM	4		0.000			
20:3 undifferentiated	g	0.000		0	FLM	4		0.000			
20:4 undifferentiated	g	0.000		0	FLM	4		0.000			
20:5 n-3	g	0.000		0	FLM	4		0.000			
22:5 n-3	g	0.000		0	FLM	4		0.000			
22:6 n-3	g	0.000		0	FLM	4		0.000			
Fatty acids, total trans	g	0.600		0	MC	9		0.330			
Cholesterol	mg	0		0	MC	9		0			
Phytosterols	mg										
Others:											
Alcohol, ethyl	g	0.0		0	Z	7		0.0			
Caffeine		0		0	FLM	4		0			
Theobromine	mg	0		0	FLM	4		0			
Carotenoids:											
Carotene, beta		0		0	z	7		0.000			
Carotene, alpha		0		0	Z	7		0.000			
Cryptoxanthin, beta		0		0	Z	7		0.000			
Lycopene	mcg	0		0	Z	7		0.000			
Lutein + zeaxanthin		0		0	Z	7		0.000			

Common Measures:

Measure 1 = 55g: .5 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08376 Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW BLASTED FROOT LOOPS Kellogg, Co.

		<u>A</u>	mount in 10			ole portio	<u>n</u>		edible portion	
Nutrients and Un	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Proximates:										
Water	g	2.50		0	MC	9		0.75		
Energy	kcal	394		0	MC	9		118		
Energy	kj	1648		0	MC	9		495		
Protein (N x 6.25)	g	4.10		0	MC	9		1.23		
Total lipid (fat)	g	2.40		0	MC	9		0.72		
Ash	g	1.20		0	MC	9		0.36		
Carbohydrate, by difference	g	89.90		0	MC	9		26.97		
Fiber, total dietary		1.5		0	MC	9		0.5		
Sugars, total		53.00		0	MC	9		15.90		
Starch										
Surviv										
<u>Minerals:</u>										
Calcium, Ca	mg	11		0	MC	9		3		
* Iron, Fe	mg	15.00		0	MC	9		4.50		
Magnesium, Mg	mg	15		0	FLM	4		4		
Phosphorus, P	mg	57		0	MC	9		17		
Potassium, K	mg	85		0	MC	9		26		
Sodium, Na	mg	359		0	MC	9		108		
Zinc, Zn	mg	5.00		0	MC	9		1.50		
Copper, Cu	mg	0.083	3	0	FLM	4		0.025		
Manganese, Mn	mg	0.287	1	0	FLM	4		0.086		
Selenium, Se	mcg									
Vitamins:										
* Vitamin C, total ascorbic acid	mg	50.0		0	MC	9		15.0		
* Thiamin	mg	1.250)	0	MC	9		0.375		
* Riboflavin	mg	1.420)	0	MC	9		0.426		
* Niacin	mg	17.000)	0	MC	9		5.100		
Pantothenic acid	mg	0.067	,	0	FLM	4		0.020		
* Vitamin B-6	mg	1.700)	0	MC	9		0.510		
* Folate, total	mcg	339		0	MC	9		102		
Folic acid	mcg	320		0	NC	4		96		
Folate, food	mcg	19		0	CAAN	4		6		
Folate, DFE	mcg_DFE	563		0	NC	4		169		
Vitamin B-12		5.00		0	MC	9		1.50		
* Vitamin A, IU	IU	1717		0	MC	9		515		
Vitamin A, RAE	mcg_RAE	516		0	NC	4		155		
Retinol		516		0	NC	4		155		
Vitamin E (alpha-tocopherol)	mg	0.19		0	FLM	4		0.06		
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
* Vitamin D		180.000)	0	MC	9		54.000		
Vitamin K (phylloquinone)		0.5		0	FLM	4		0.2		
Lipids:										
Fatty acids, total saturated	g	1.300)	0	MC	9		0.390		
4:0		0.000)	0	FLM	4		0.000		
6:0	g	0.000)	0	FLM	4		0.000		
8:0	g	0.000)	0	FLM	4		0.000		
10:0	g	0.000)	0	FLM	4		0.000		
12:0	g	0.006	5	0	FLM	4		0.002		
13:0										
14:0		0.012	2	0	FLM	4		0.004		
15:0										
16:0		0.810)	0	FLM	4		0.243		
17:0										
18:0	-	0.149)	0	FLM	4		0.045		
20:0	-									
22:0	-									
24:0	-									

NDB No. 08376 Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW BLASTED FROOT LOOPS

	<u>An</u>	ount in 10	0 grams	of edib	<u>on</u>	Amount in edible portion of common			
			Number of Data		Source	Confidence	<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
P	0.500		•		•		0.450		
Fatty acids, total monounsaturatedg	0.500		0	MC	9		0.150		
15:1									
16:1 undifferentiated	0.002		0	FLM	4		0.001		
17:1g									
18:1 undifferentiated	0.298		0	FLM	4		0.090		
20:1g	0.000		0	FLM	4		0.000		
22:1 undifferentiatedg	0.000		0	FLM	4		0.000		
24:1 cg									
Fatty acids, total polyunsaturated	0.600		0	MC	9		0.180		
18:2 undifferentiatedg	0.381		0	FLM	4		0.114		
18:3 undifferentiatedg	0.019		0	FLM	4		0.006		
18:4g	0.000		0	FLM	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	FLM	4		0.000		
20:5 n-3g	0.000		0	FLM	4		0.000		
22:5 n-3g	0.000		0	FLM	4		0.000		
22:6 n-3g	0.000		0	FLM	4		0.000		
Fatty acids, total transg	0.000		0	MC	9		0.000		
Cholesterol mg	0		0	MC	9		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	FLM	4		0.0		
Caffeine mg	0		0	FLM	4		0		
Theobrominemg	0		0	FLM	4		0		
Carotenoids:									
Carotene, betamcg	0		0	z	7		0.000		
Carotene, alpha mcg	0		0	z	7		0.000		
Cryptoxanthin, betamcg	0		0	z	7		0.000		
Lycopene mcg	0		0	z	7		0.000		
Lutein + zeaxanthin mcg	0		0	z	7		0.000		

Common Measures:

Measure 1 = 30g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08286 Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX

		<u>A</u> 1	mount in 10			ole portio	<u>n</u>		edible portion	
Nutrients and Uni	ts	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	! Measure 3
Proximates:										
Water	=	8.70		0	MC	9		4.79		
Energy		357		0	MC	9		196		
Energy		1494		0	MC	9		822		
Protein (N x 6.25)		9.10		0	MC	9		5.01		
Total lipid (fat)		5.50		0	MC	9		3.03		
Ash		3.70		0	MC	9		2.04		
Carbohydrate, by difference		73.00		0	MC	9		40.15		
Fiber, total dietary		7.3		0	MC	9		4.0		
Sugars, total		31.00		0	MC	9		17.05		
Starch	g									
Minerals:										
Calcium, Ca	mg	58		0	MC	9		32		
* Iron, Fe	mg	8.20		0	MC	9		4.51		
Magnesium, Mg	mg	89		0	MC	9		49		
Phosphorus, P	_	182		0	MC	9		100		
Potassium, K		436		0	MC	9		240		
Sodium, Na		309		0	MC	9		170		
Zinc, Zn		6.80		0	MC	9		3.74		
Copper, Cu	_	0.200		0	MC	9		0.110		
Manganese, Mn		2.177	1	0 0	BFZN	4		1.197		
Selenium, Se	fficg	17.3		U	BFZN	4		9.5		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.4		0	MC	9		0.2		
* Thiamin	mg	0.800)	0	MC	9		0.440		
* Riboflavin	mg	0.800)	0	MC	9		0.440		
* Niacin	mg	10.000)	0	MC	9		5.500		
* Pantothenic acid	mg	4.600)	0	MC	9		2.530		
* Vitamin B-6	mg	3.700)	0	MC	9		2.035		
* Folate, total		738		0	MC	9		406		
Folic acid		719		0	NC	4		395		
Folate, food		19		0	CAAN	4		10		
Folate, DFE		1241		0	NC	4		683		
* Vitamin B-12		11.00		0	MC	9		6.05		
* Vitamin A, IU		545		0	MC	9		300		
Vitamin A, RAE		164		0	NC	4		90		
Retinol		164		0	NC	4		90		
Vitamin E (alpha-tocopherol)		7.20		0	MC	9		3.96		
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
* Vitamin D		29.000)	0	MC	9		15.950		
Vitamin K (phylloquinone)		2.9	,	0	0	4		1.6		
vitamini K (phynoquinone)	9	,		·	•	-				
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.800		0	MC	9		0.440		
4:0	-	0.000		0	FLM	4		0.000		
6:0		0.000		0	FLM	4		0.000		
8:0		0.003		0	FLM	4		0.001		
10:0		0.000		0	FLM	4		0.000		
12:0		0.005		0	FLM	4		0.003		
13:0		0.000		0	FLM	4		0.000		
14:0	-	0.006		0	FLM	4		0.003		
15:0	-	0.000		0	FLM	4		0.000		
16:0	-	0.643		0 0	FLM	4 4		0.353		
17:0		0.000		0	FLM	4		0.000		
18:0		0.119		0	FLM FLM	4		0.066		
20:0								0.000		
22:0	α .	0.000		0	FLM	4		0.000		

	<u>Ar</u>	nount in 100 grams	of edil	ole portio	<u>on</u>	Amount in	edible portion	of common
		Numbe	r			<u>m</u>	easures of food	
Nutrients and Units	Mean	of Data Std. Error Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	2.900	0	MC	9		1.595		
14:1g	0.000	0	FLM	4		0.000		
15:1g	0.000	0	FLM	4		0.000		
16:1 undifferentiatedg	0.029	0	FLM	4		0.016		
17:1g	0.000	0	FLM	4		0.000		
18:1 undifferentiatedg	2.859	0	FLM	4		1.573		
20:1g	0.000	0	FLM	4		0.000		
22:1 undifferentiatedg	0.000	0	FLM	4		0.000		
24:1 cg	0.000	0	FLM	4		0.000		
Fatty acids, total polyunsaturated9	1.800	0	MC	9		0.990		
18:2 undifferentiatedg	1.731	0	FLM	4		0.952		
18:3 undifferentiatedg	0.068	0	FLM	4		0.037		
18:4g	0.000	0	FLM	4		0.000		
20:2 n-6 c,cg	0.000	0	FLM	4		0.000		
20:3 undifferentiatedg	0.000	0	FLM	4		0.000		
20:4 undifferentiatedg	0.000	0	FLM	4		0.000		
20:5 n-3g	0.000	0	FLM	4		0.000		
22:5 n-3g	0.000	0	FLM	4		0.000		
22:6 n-3g	0.000	0	FLM	4		0.000		
Fatty acids, total transg	0.000	0	MC	9		0.000		
Cholesterolmg	0	0	MC	9		0		
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	MC	9		0.0		
Caffeine mg	0	0	FLM	4		0		
Theobrominemg	0	0	FLM	4		0		
Carotenoids:								
Carotene, betamcg	0	0	z	7		0.000		
Carotene, alphamcg	0	0	Z	7		0.000		
Cryptoxanthin, betamcg	0	0	Z	7		0.000		
Lycopenemcg	0	0	Z	7		0.000		
Lutein + zeaxanthin mcg	0	0	Z	7		0.000		

Common Measures:

Measure 1 = 55g: .667 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08058 Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19

		Al	mount in 100	grams	of edit	oie portio	<u>on</u>	Amount in	edible portion	of common
			N	lumber				<u>m</u>	easures of food	_
						Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	3.00		0	MC	9		0.90		
Energy	=	333		0	MC	9		100		
Energy		1393		0	MC	9		418		
Protein (N x 6.25)		7.70		0	MC	9		2.31		
Total lipid (fat)		1.40		0	MC	9		0.42		
Ash		4.90		0	MC	9		1.47		
Carbohydrate, by difference		83.00		0	MC	9		24.90		
Fiber, total dietary		3.3		0	MC	9		1.0		
Sugars, total		13.30		0	MC	9		3.99		
Starch	=									
Minerals:										
Calcium, Ca	-	16		0	MC	9		5		
* Iron, Fe	• • • • • • • • • • • • • • • • • • • •	60.30		0	MC	9 9		18.09		
Magnesium, Mg		53			MC			16		
Phosphorus, P Potassium, K		133 167		0	MC MC	9 9		40 50		
Sodium, Na		690		0	MC	9		207		
Zinc, Zn		51.00		0	MC	9		15.30		
Copper, Cu	-	0.120)	0	MC	9		0.036		
Manganese, Mn		1.127		0	FLC	4		0.338		
Selenium, Se		12.0	1.512	2 7	A	1		3.6		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		204.0		0	MC	9		61.2		
* Thiamin	-	5.000		0	MC	9		1.500		
Riboflavin	-	5.700		0	MC	9		1.710		
Niacin	-	66.700		0	MC	9 9		20.010		
Pantothenic acid		33.600 6.900		0	MC	9		10.080 2.070		
Vitamin B-6	-	1333	,	0	MC MC	9		400		
Folic acid		1314		0	NC	4		394		
Folate, food		19		0	CAAN	4		6		
Folate, DFE		2253		0	NC	4		676		
Vitamin B-12		20.00		0	MC	9		6.00		
Vitamin A, IU		2500		0	MC	9		750		
Vitamin A, RAE		714		0	NC	4		214		
Retinol		707		0	NC	4		212		
Vitamin E (alpha-tocopherol)	mg	45.00		0	MC	9		13.50		
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		131.000)	0	MC	9		39.300		
Vitamin K (phylloquinone)	mcg	0.6		0	FLM	4		0.2		
Lipids:	a	0.300)	0	мс	9		0.090		
Fatty acids, total saturated		0.000		0	FLM	4		0.090		
6:0	-	0.000		0	FLM	4		0.000		
8:0		0.000		o	FLM	4		0.000		
10:0	-	0.000		0	FLM	4		0.000		
12:0		0.004		0	FLM	4		0.001		
13:0										
14:0		0.002	2	0	FLM	4		0.001		
15:0										
16:0	g	0.254	l .	0	FLM	4		0.076		
17:0	_									
18:0	_	0.020)	0	FLM	4		0.006		
20:0	-									
22:0	g									

		<u>An</u>	nount in 10	00 grams	of edil	ole portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and U	nits	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Nutrients and Or		Weari	Ota. Error					Wedsure 1	Micasure 2	incusure 5
Fatty acids, total monounsaturated	lg	0.400		0	MC	9		0.120		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.003		0	FLM	4		0.001		
17:1	g									
18:1 undifferentiated	g	0.397		0	FLM	4		0.119		
20:1	g	0.000		0	FLM	4		0.000		
22:1 undifferentiated	g	0.000		0	FLM	4		0.000		
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.700		0	MC	9		0.210		
18:2 undifferentiated	g	0.671		0	FLM	4		0.201		
18:3 undifferentiated	g	0.029		0	FLM	4		0.009		
18:4	g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0	FLM	4		0.000		
20:5 n-3	g	0.000		0	FLM	4		0.000		
22:5 n-3	g	0.000		0	FLM	4		0.000		
22:6 n-3	g	0.000		0	FLM	4		0.000		
Fatty acids, total trans	g	0.000		0	MC	9		0.000		
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									
Others:										
Alcohol, ethyl	-	0.0		0	Z	7		0.0		
Caffeine	mg	0		0	FLM	4		0		
Theobromine	mg	0		0	FLM	4		0		
Carotenoids:										
Carotene, beta	mcg	66		0	FLM	4		19.771		
Carotene, alpha	mcg	43		0	FLM	4		12.942		
Cryptoxanthin, beta	<u>m</u> cg	0		0	FLM	4		0.001		
Lycopene		0		0	FLM	4		0.000		
Lutein + zeaxanthin	mcg	942		0	FLM	4		282.464		

Common Measures:

Measure 1 = 30g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08379

Cereals ready-to-eat, KELLOGG, KELLOGG'S Puffed Wheat

Kellogg, Co.

Refuse: 0%

		Amount in 100 grams of edible portion							edible portion of	of common
				Number	•			<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and U	Inits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.00		0	MC	9				
Energy	kcal	332		0	MC	9				
Energy		1389		0	MC	9				
Protein (N x 6.25)	g	9.10		0	MC	9				
Total lipid (fat)	g	1.60		0	MC	9				
Ash	g	4.50		0	MC	9				
Carbohydrate, by difference	g	81.80		0	MC	9				
Fiber, total dietary	g	11.4		0	MC	9				
Sugars, total	g	0.76		0	MC	9				
Starch	g									
Minerals:										
Calcium, Ca	mg	40		0	MC	9				
Iron, Fe	mg									
Magnesium, Mg	-									
Phosphorus, P		421		0	MC	9				
Potassium, K		474		0	MC	9				
Sodium, Na	•	3		0	MC	9				
Zinc, Zn	_									
Copper, Cu										
Manganese, Mn										
Selenium, Se	mcg									
Lipids:										
Fatty acids, total saturated	g	0.300)	0	MC	9				
Fatty acids, total monounsaturate	edg	0.800)	0	MC	9				
Fatty acids, total polyunsaturated	lg	0.500)	0	MC	9				
Fatty acids, total trans	g	0.000	1	0	MC	9				
Cholesterol	mg	0		0	MC	9				
Phytosterols	mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08060 Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN

		<u>Aı</u>	mount in 10			ole portio	<u>n</u>		edible portion	
Nutrients and Un	ito	Moon	Std. Error		Deriv	Source Code	Confidence Code		easures of food Measure 2	<u>l</u> Measure :
Nutrients and On	its	Mean	Siu. Error	1 Ollits	Oode	Oode	Oode	Measure 1	weasure 2	weasure .
Proximates:										
Water	g	8.30		0	MC	9		5.06		
Energy	kcal	319		0	MC	9		195		
Energy		1335		0	MC	9		814		
Protein (N x 6.25)		8.50		0	MC	9		5.19		
Total lipid (fat)		2.50		0	MC	9		1.53		
Ash		4.40		0	MC	9		2.68		
Carbohydrate, by difference		76.30		0	MC	9		46.54		
Fiber, total dietary		11.9		0	MC	9		7.3		
Sugars, total		32.00		0	MC	9		19.52		
Starch	9									
Minerals:										
Calcium, Ca	mg	48		0	MC	9		29		
Firon, Fe	mg	7.60		0	MC	9		4.64		
Magnesium, Mg		136		0	MC	9		83		
Phosphorus, P	-	424		0	MC	9		259		
Potassium, K		610		0	MC	9		372		
Sodium, Na	-	593		0	MC	9		362		
* Zinc, Zn		2.54		0 0	MC	9 9		1.55		
Copper, Cu Manganese, Mn		0.340 3.089		0	MC FLC	4		0.207 1.884		
Selenium, Se	-	7.0	0.34		A A	1		4.3		
Selemum, Se	Ilog	7.0	0.3-	10 10	•	-		4.3		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.7		0	MC	9		0.4		
* Thiamin		0.640)	0	MC	9		0.390		
Riboflavin	mg	0.720		0	MC	9		0.439		
Niacin	-	8.500)	0	MC	9		5.185		
Pantothenic acid				_		_				
Vitamin B-6	-	0.850)	0	MC	9		0.519		
Folate, total		170		0 0	MC	9 4		104 92		
Folic acid	_	151 19		0	NC CAAN	4		92 12		
Folate, foodFolate, DFE		276		0	NC	4		168		
Vitamin B-12		2.54		0	MC	9		1.55		
Vitamin A, IU		847		0	MC	9		517		
Vitamin A, RAE		254		0	NC	4		155		
Retinol		254		0	NC	4		155		
Vitamin E (alpha-tocopherol)		0.68		0	FLM	4		0.42		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		68.000)	0	MC	9		41.480		
Vitamin K (phylloquinone)	mcg	1.7		0	FLM	4		1.1		
Lipids:										
Fatty acids, total saturated	а	0.550	1	0	MC	9		0.336		
4:0		0.000		0	FLM	4		0.000		
6:0		0.000		0	FLM	4		0.000		
8:0	-	0.007		0	FLM	4		0.005		
10:0		0.000		0	FLM	4		0.000		
12:0	-	0.001	<u>-</u>	0	FLM	4		0.001		
13:0										
14:0	g	0.006	5	0	FLM	4		0.004		
15:0	g	0.000)	0	FLM	4		0.000		
16:0	g	0.477	•	0	FLM	4		0.291		
17:0	-	0.000		0	FLM	4		0.000		
18:0	-	0.034		0	FLM	4		0.020		
20:0	_	0.000		0	FLM	4		0.000		
22:0	g	0.001	=	0	FLM	4		0.000		

		<u>Ar</u>	nount in 100	<u>grams</u>	of edib	le portio	<u>n</u>	Amount in	edible portion	of common
			N	umber				me	easures of food	
Nutrients and	Units	Mean	o Std. Error P		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura		0.500		0	MC	9		0.305		
14:1	-	0.000		0	FLM	4		0.000		
15:1	-	0.000		0	FLM	4		0.000		
16:1 undifferentiated	g	0.031		0	FLM	4		0.019		
17:1	g	0.000		0	FLM	4		0.000		
18:1 undifferentiated	g	0.468		0	FLM	4		0.286		
20:1	g	0.000		0	FLM	4		0.000		
22:1 undifferentiated	g	0.000		0	FLM	4		0.000		
24:1 c										
Fatty acids, total polyunsaturate	edg	1.450		0	MC	9		0.885		
18:2 undifferentiated	g	1.341		0	FLM	4		0.818		
18:3 undifferentiated	g	0.104		0	FLM	4		0.064		
18:4	g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c	g	0.000		0	FLM	4		0.000		
20:3 undifferentiated	g	0.000		0	FLM	4		0.000		
20:4 undifferentiated	g	0.003		0	FLM	4		0.002		
20:5 n-3	g	0.000		0	FLM	4		0.000		
22:5 n-3	g	0.000		0	FLM	4		0.000		
22:6 n-3	g	0.000		0	FLM	4		0.000		
Fatty acids, total trans	g	0.000		0	MC	9		0.000		
Cholesterol		0		0	MC	9		0		
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	Z	7		0.0		
Caffeine	<u>mg</u>	0		0	FLM	4		0		
Theobromine	mg	0		0	FLM	4		0		
Carotenoids:										
Carotene, beta	mcg	0		0	Z	7		0.000		
Carotene, alpha		0		0	Z	7		0.000		
Cryptoxanthin, beta		0		0	Z	7		0.000		
Lycopene		0		0	Z	7		0.000		
Lutein + zeaxanthin		0		0	Z	7		0.000		

Common Measures:

Measure 1 = 61g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08287 Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN MINI-WHEATS

		<u>A</u>	mount in 10			ole portio	<u>on</u>		edible portion	
Nutrients and Un	its	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	<u>l</u> Measure
Proximates:										
Water	_	8.70		0	MC	9		4.79		
Energy	kcal	338		0	MC	9		186		
Energy	kj	1414		0	MC	9		778		
Protein (N x 6.25)		8.40		0	MC	9		4.62		
Total lipid (fat)	g	1.60		0	MC	9		0.88		
Ash	g	1.60		0	MC	9		0.88		
Carbohydrate, by difference	g	79.70		0	MC	9		43.84		
Fiber, total dietary	g	9.4		0	MC	9		5.2		
Sugars, total	g	21.00		0	MC	9		11.55		
Starch	g									
Ainerals:										
Calcium, Ca	mg	39		0	MC	9		21		
Iron, Fe	-	28.00		0	MC	9		15.40		
Magnesium, Mg	_	79		0	MC	9		43		
Phosphorus, P		283		0	MC	9		156		
Potassium, K	mg	481		0	MC	9		265		
Sodium, Na	mg	6		0	MC	9		3		
Zinc, Zn	<u>mg</u>	2.80		0	MC	9		1.54		
Copper, Cu	mg	0.250)	0	MC	9		0.138		
Manganese, Mn	mg	2.315	5	0	BFZN	4		1.273		
Selenium, Se	mcg	4.1		0	BFZN	4		2.3		
itamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin		0.710)	0	MC	9		0.391		
Riboflavin		0.800)	0	MC	9		0.440		
Niacin	mg	9.400)	0	MC	9		5.170		
Pantothenic acid		0.000)	0	MC	9		0.000		
Vitamin B-6	mg	0.940)	0	MC	9		0.517		
Folate, total	mcg	189		0	MC	9		104		
Folic acid		170		0	NC	4		94		
Folate, food	mcg	19		0	CAAN	4		10		
Folate, DFE		308		0	NC	4		169		
Vitamin B-12		2.90		0	MC	9		1.60		
Vitamin A, IU	IU	0		0	MC	9		0		
Vitamin A, RAE	mcg_RAE	0		0	z	7		0		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.65		0	FLM	4		0.36		
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D	IU	0.000)	0	MC	9		0.000		
Vitamin K (phylloquinone)	mcg	1.8		0	FLM	4		1.0		
<u> ipids:</u>										
Fatty acids, total saturated	g	0.350)	0	MC	9		0.193		
4:0		0.000)	0	FLM	4		0.000		
6:0	g	0.000)	0	FLM	4		0.000		
8:0	g	0.019	•	0	FLM	4		0.010		
10:0	g	0.000)	0	FLM	4		0.000		
12:0	g	0.000)	0	FLM	4		0.000		
13:0	g									
14:0	g	0.003	3	0	FLM	4		0.002		
15:0	g	0.000)	0	FLM	4		0.000		
16:0	g	0.295	5	0	FLM	4		0.162		
17:0	g	0.000)	0	FLM	4		0.000		
18:0		0.018	3	0	FLM	4		0.010		
20:0	g	0.000)	0	FLM	4		0.000		
22:0		0.000)	0	FLM	4		0.000		
24:0										

		<u>Ar</u>	nount in 10	0 grams	of edil	le portio	<u>n</u>	Amount in	edible portion	of common
				Number					easures of food	
Nutrients and U	nits	Mean		of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	ig	0.350		0	MC	9		0.193		
14:1	g	0.000		0	FLM	4		0.000		
15:1	g	0.000		0	FLM	4		0.000		
16:1 undifferentiated	g	0.029		0	FLM	4		0.016		
17:1	g	0.000		0	FLM	4		0.000		
18:1 undifferentiated	g	0.321		0	FLM	4		0.177		
20:1	g	0.000		0	FLM	4		0.000		
22:1 undifferentiated	g	0.000		0	FLM	4		0.000		
24:1 c	g									
Fatty acids, total polyunsaturated.	g	0.900		0	MC	9		0.495		
18:2 undifferentiated	g	0.852		0	FLM	4		0.469		
18:3 undifferentiated	g	0.045		0	FLM	4		0.024		
18:4	g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated	g	0.000		0	FLM	4		0.000		
20:4 undifferentiated	g	0.002		0	FLM	4		0.001		
20:5 n-3	g	0.000		0	FLM	4		0.000		
22:5 n-3	g	0.000		0	FLM	4		0.000		
22:6 n-3	g	0.000		0	FLM	4		0.000		
Fatty acids, total trans	g	0.000		0	MC	9		0.000		
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	Z	7		0.0		
Caffeine	mg	0		0	FLM	4		0		
Theobromine	mg	0		0	FLM	4		0		
Carotenoids:										
Carotene, beta	mcg	0		0	Z	7		0.000		
Carotene, alpha	mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta	<u>m</u> cg	0		0	Z	7		0.000		
Lycopene		0		0	Z	7		0.000		
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000		

Common Measures:

Measure 1 = 55g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08065 Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES

		<u>A</u>	mount in 10	o grams	or ean	ole portio	<u>on</u>	Amount in edible portion of common			
				Number	•			<u>m</u>	easures of food	_	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	te	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure :	
Nutrients and on	เจ	Weali	Stu. Elloi					Wedsule I	Weasure 2	Weasure	
Proximates:											
Water	g	4.18		1	A	1		1.38			
Energy	kcal	360		0	MC	9		119			
Energy	kj	1506		0	MC	9		497			
Protein (N x 6.25)	g	6.93		1	A	1		2.29			
Total lipid (fat)	g	1.10		1	A	1		0.36			
Ash	g	2.84		1	A	1		0.94			
Carbohydrate, by difference	g	84.95		0	NC	4		28.03			
Fiber, total dietary	g	0.4		0	MC	9		0.1			
Sugars, total	g	11.09		0	AS	1		3.66			
Sucrose	g	7.18		1	A	1		2.37			
Glucose (dextrose)		3.47		1	A	1		1.15			
Fructose	g	0.44		1	A	1		0.15			
Lactose	g	0.00		1	A	1		0.00			
Maltose		0.00		1	A	1		0.00			
Galactose		0.00		0	Z	7		0.00			
Starch		71.50		1	A	1		23.60			
Minanala											
Minerals:		1.4						_			
Calcium, Ca		14		1	A	1 1		5			
Iron, Fe.		8.04 29		1 1	A A	1		2.65			
Magnesium, Mg		29 117		1	A	1		10 39			
Phosphorus, P Potassium, K		117		1	A	1		39			
Sodium, Na		966		0	MC	9		319			
Zinc, Zn	_	1.39		1	A	1		0.46			
Copper, Cu		0.249	9	1	A	1		0.082			
Manganese, Mn		1.370		1	A	1		0.452			
Selenium, Se		17.6	3.0	29 8	JA	6		5.8			
Vitamins:											
* Vitamin C, total ascorbic acid	mg	19.3		0	MC	9		6.4			
Thiamin	mg	2.640)	1	A	1		0.871			
Riboflavin	-	2.380)	1	A	1		0.785			
Niacin	_	21.500		1	A	1		7.095			
Pantothenic acid	-	0.335		1	A	1		0.111			
Vitamin B-6		2.800)	1	A	1		0.924			
Folate, total		458		1	A	1		151			
Folic acid		454		0	NC	4		150			
Folate, food		4		0	CAAN	4		1			
Folate, DFE		776		0	NC	4		256			
Vitamin B-12		6.10		1 0	A	1 9		2.01			
* Vitamin A, IU Vitamin A, RAE		1545 464		0	MC	4		510			
*		464 464		0	NC NC	4		153 153			
Retinol Vitamin E (alpha-tocopherol)		0.11		0	FLM	4		0.04			
		0.11		U	FIM	4		0.04			
Tocopherol, beta											
Tocopherol, gamma Tocopherol, delta											
* Vitamin D		124.000)	0	MC	9		40.920			
Vitamin K (phylloquinone)		0.1	-	1	A	1		0.0			
Lipids:											
Fatty acids, total saturated	g	0.380)	0	NC	4		0.125			
4:0		0.000		0	FLM	4		0.000			
6:0		0.000		0	FLM	4		0.000			
8:0	-	0.000		1	A	1		0.000			
10:0		0.000		1	A	1		0.000			
12:0		0.000		1	A	1		0.000			
13:0											
14:0	-	0.020)	1	A	1		0.007			
15:0	-	0.000		1	A	1		0.000			

		<u>Ar</u>	nount in 100			ole portio	<u>on</u>		edible portion o	f common
				Number		0	0 5 - 1	<u></u>	casares or room	
Nutrients and Unit	s	Mean	Std. Error	of Data Points		Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0	a	0.320		1	A	1		0.106		
17:0	-	0.000		1	A	1		0.100		
18:0	_	0.040		1	A	1		0.013		
20:0	-	0.000		1	A	1		0.000		
22:0		0.000		1	A	1		0.000		
24:0	_	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated	g	0.270		0	NC	4		0.089		
14:1	_	0.000		1	A	1		0.000		
15:1		0.000		1	A	1		0.000		
16:1 undifferentiated		0.000		1	A	1		0.000		
17:1		0.000		1 1	A A	1 1		0.000		
18:1 undifferentiated 20:1	_	0.270 0.000		1	A A	1		0.089 0.000		
22:1 undifferentiated		0.000		1	A	1		0.000		
24:1 c	-	0.000		-		-		0.000		
Fatty acids, total polyunsaturated		0.380		0	NC	4		0.125		
18:2 undifferentiated		0.370		1	A	1		0.122		
18:3 undifferentiated	g	0.010		1	A	1		0.003		
18:4	g	0.000		1	A	1		0.000		
20:2 n-6 c,c	g	0.000		1	A	1		0.000		
20:3 undifferentiated		0.000		1	A	1		0.000		
20:4 undifferentiated	_	0.000		1	A	1		0.000		
20:5 n-3	_	0.000		1 1	A A	1 1		0.000		
22:5 n-322:6 n-3		0.000		1	A	1		0.000 0.000		
Fatty acids, total trans		0.000		-	•	_		0.000		
Cholesterol		0		0	MC	9		0		
Phytosterols										
Amino Acids:										
Tryptophan	a	0.100		0	A	1		0.033		
Threonine		0.220		0	A	1		0.073		
Isoleucine	g	0.240		0	A	1		0.079		
Leucine	g	0.500		0	A	1		0.165		
Lysine	g	0.170		0	A	1		0.056		
Methionine		0.140		0	A	1		0.046		
Cystine		0.140		0	A	1		0.046		
Phenylalanine		0.320		0	A	1		0.106		
Tyrosine Valine		0.100 0.350		0	A A	1		0.033 0.115		
ValineArginine	9	0.330		0	A	1		0.115		
Histidine		0.140		0	A	1		0.046		
Alanine		0.340		0	A	1		0.112		
Aspartic acid		0.560		0	A	1		0.185		
Glutamic acid		1.150		0	A	1		0.379		
Glycine	g	0.270		0	A	1		0.089		
Proline	g	0.280		0	A	1		0.092		
Serine		0.320		0	A	1		0.106		
Hydroxyproline	g									
Others:										
Alcohol, ethyl		0.0		0	Z	7		0.0		
Caffeine		0		0	FLM	4		0		
Theobromine	mg	0		0	FLM	4		0		
Carotenoids:										
Carotene, beta		0		0	Z	7		0.000		
Carotene, alpha		0		0	Z Z	7 7		0.000		
Cryptoxanthin, beta Lycopene		0		0	z Z	7		0.000 0.000		
Lutein + zeaxanthin		0		0	Z	7		0.000		
Eutem / Zeazandilli		•		v		,		0.000		

NDB No. 08065

Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES

Common Measures:

Measure 1 = 33g: 1.25 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08288 Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal *Kellogg, Co.*

		<u>A</u> 1	mount in 10	00 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
			Std. Error		Deriv	Source Code	Confidence Code		easures of food	-"	
Nutrients and Uni	ts	Mean	Std. Error	Politis	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water		3.00		0	MC	9		0.90			
Energy	kcal	408		0	MC	9		122			
Energy	kj	1707		0	MC	9		512			
Protein (N x 6.25)		4.00		0	MC	9		1.20			
Total lipid (fat)	g	5.00		0	MC	9		1.50			
Ash		1.00		0	MC	9		0.30			
Carbohydrate, by difference		87.00		0	MC	9		26.10			
Fiber, total dietary		0.2		0	MC	9		0.1			
Sugars, total		30.10		0	MC	9		9.03			
Starch	g										
Minerals:											
Calcium, Ca	mg	10		0	MC	9		3			
Firon, Fe	-	6.20		0	MC	9		1.86			
Magnesium, Mg		23		0	MC	9		7			
Phosphorus, P		79		0	MC	9		24			
Potassium, K		79		0	MC	9		24			
Sodium, Na		630		0	MC	9		189			
Zinc, Zn		0.80		0 0	MC	9 9		0.24			
Copper, Cu		0.100 0.587		0	MC FLC	4		0.030 0.176			
Manganese, Mn Selenium, Se		12.1		0	RA.	4		3.6			
Selemum, Se	g	12.1		v	T.C.	-		3.0			
Vitamins:											
Vitamin C, total ascorbic acid	mg	20.0		0	MC	9		6.0			
* Thiamin		1.300		0	MC	9		0.390			
* Riboflavin	-	1.400		0	MC	9		0.420			
* Niacin	-	17.000		0	MC	9		5.100			
Pantothenic acid		0.000		0	MC	9		0.000			
* Vitamin B-6	-	1.700)	0	MC	9		0.510			
* Folate, total		680 676		0 0	MC NC	9 4		204 203			
Folic acid	-	4		0	CAAN	4		1			
Folate, foodFolate, DFE		1153		0	NC	4		346			
* Vitamin B-12		5.00		0	MC	9		1.50			
* Vitamin A, IU	• • • • • • • • • • • • • • • • • • • •	1680		0	MC	9		504			
Vitamin A, RAE		505		0	NC	4		152			
Retinol		505		0	NC	4		152			
Vitamin E (alpha-tocopherol)	-	0.43		0	FLM	4		0.13			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta	mg										
* Vitamin D		135.000)	0	MC	9		40.500			
Vitamin K (phylloquinone)	mcg	1.1		0	FLM	4		0.3			
Lipids:											
Fatty acids, total saturated	q	1.400)	0	MC	9		0.420			
4:0		0.000		0	FLM	4		0.000			
6:0		0.000		0	FLM	4		0.000			
8:0		0.000		0	FLM	4		0.000			
10:0	_	0.000		0	FLM	4		0.000			
12:0		0.000)	0	FLM	4		0.000			
13:0	g										
14:0	g	0.015	i	0	FLM	4		0.004			
15:0	g										
16:0	-	1.012	?	0	FLM	4		0.304			
17:0	_										
18:0	_	0.364	Į.	0	FLM	4		0.109			
20:0											
22:0	g										

	<u>Ar</u>	nount in 10	0 grams	of edil	ole portio	<u>on</u>		edible portion	
			Number				<u>m</u>	easures of food	•
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	2.900		0	MC	9		0.870		
14:1g									
15:1g			_		_				
16:1 undifferentiatedg	0.028		0	FLM	4		0.009		
17:1g	0.000								
18:1 undifferentiatedg	2.863		0	FLM	4		0.859		
20:1g	0.000		0	FLM	4		0.000		
22:1 undifferentiatedg	0.000		0	FLM	4		0.000		
24:1 cg									
Fatty acids, total polyunsaturatedg	0.700		0	MC	9		0.210		
18:2 undifferentiatedg	0.640		0	FLM	4		0.192		
18:3 undifferentiatedg	0.058		0	FLM	4		0.017		
18:4g	0.000		0	FLM	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg			_		_				
20:4 undifferentiatedg	0.000		0	FLM	4		0.000		
20:5 n-3g	0.000		0	FLM	4		0.000		
22:5 n-3g	0.000		0	FLM	4		0.000		
22:6 n-3g	0.000		0	FLM	4		0.000		
Fatty acids, total transg	1.300		0	MC	9		0.390		
Cholesterolmg	0		0	MC	9		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0		
Caffeine mg	0		0	FLM	4		0		
Theobrominemg	0		0	FLM	4		0		
Carotenoids:									
Carotene, betamcg	0		0	z	7		0.000		
Carotene, alpha mcg	0		0	z	7		0.000		
Cryptoxanthin, betamcg	0		0	z	7		0.000		
Lycopene mcg	0		0	z	7		0.000		
Lutein + zeaxanthin mcg	0		0	z	7		0.000		

Common Measures:

Measure 1 = 30g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08071 Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS

		<u>A</u>	mount in 10	00 grams	of edil	ole portio	<u>n</u>		edible portion	
Nutrients and Uni	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	! Measure 3
Proximates:										
Water	_	2.50		0	MC	9		0.68		
Energy		387		0	MC	9		104		
Energy		1619		0	MC	9		437		
Protein (N x 6.25)		6.40		0	MC	9		1.73		
Total lipid (fat)		1.85		0	MC	9		0.50		
Ash		0.50		0	0	4		0.14		
Carbohydrate, by difference		89.00		0	MC	9		24.03		
Fiber, total dietary		3.7		0	MC	9		1.0		
Sugars, total		56.00		0	MC	9		15.12		
Starch	g									
Minerals:										
Calcium, Ca	mg	24		0	MC	9		6		
Iron, Fe	-	1.30		0	MC	9		0.35		
Magnesium, Mg		59		0	MC	9		16		
Phosphorus, P	mg	171		0	MC	9		46		
Potassium, K	mg	151		0	MC	9		41		
Sodium, Na	mg	186		0	MC	9		50		
Zinc, Zn		1.30		0	MC	9		0.35		
Copper, Cu		0.200		0	MC	9		0.054		
Manganese, Mn		1.401	=	0	FLC	4		0.378		
Selenium, Se	mcg	48.6		0	BFZN	4		13.1		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	22.6		0	MC	9		6.1		
* Thiamin	mg	1.400)	0	MC	9		0.378		
* Riboflavin		1.600)	0	MC	9		0.432		
* Niacin	<u>mg</u>	18.500)	0	MC	9		4.995		
Pantothenic acid	mg	0.371	-	0	FLC	4		0.100		
* Vitamin B-6	mg	1.900)	0	MC	9		0.513		
* Folate, total	mcg	375		0	MC	9		101		
Folic acid	mcg	356		0	NC	4		96		
Folate, food		19		0	CAAN	4		5		
Folate, DFE		624		0	NC	4		169		
* Vitamin B-12		5.60		0	MC	9		1.51		
* Vitamin A, IU		1885		0	MC	9		509		
Vitamin A, RAE		566		0	NC	4		153		
Retinol		566		0	NC	4		153		
Vitamin E (alpha-tocopherol)		0.47		0	FLM	4		0.13		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta* Vitamin D		148.000	1	0	MC	9		39.960		
Vitamin K (phylloquinone)		1.2	•	0	FLM	4		0.3		
vitanini K (phynoquinone)				·		•		0.5		
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.300)	0	MC	9		0.081		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000)	0	FLM	4		0.000		
8:0	_	0.009		0	FLM	4		0.002		
10:0	-	0.000		0	FLM	4		0.000		
12:0		0.000)	0	FLM	4		0.000		
13:0										
14:0		0.002	?	0	FLM	4		0.001		
15:0	_	_	_			_		_		
16:0	_	0.226)	0	FLM	4		0.061		
17:0	_			_						
18:0	_	0.056)	0	FLM	4		0.015		
20:0	_									
22:0	g									

		<u>Ar</u>	nount in 10	00 grams Number		ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and U	Jnits	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate		0.650		0	MC	9		0.176		
14:1	• • • • • • • • • • • • • • • • • • • •									
15:1	-									
16:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.013		0	FLM	4		0.003		
17:1				_						
18:1 undifferentiated		0.636		0	FLM	4		0.172		
20:1	-	0.000		0	FLM	4		0.000		
22:1 undifferentiated	•	0.000		0	FLM	4		0.000		
24:1 c										
Fatty acids, total polyunsaturated		0.900		0	MC	9		0.243		
18:2 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.843		0	FLM	4		0.228		
18:3 undifferentiated		0.054		0	FLM	4		0.015		
18:4		0.000		0	FLM	4		0.000		
20:2 n-6 c,c										
20:3 undifferentiated	• • • • • • • • • • • • • • • • • • • •									
20:4 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.001		0	FLM	4		0.000		
20:5 n-3	g	0.000		0	FLM	4		0.000		
22:5 n-3	g	0.000		0	FLM	4		0.000		
22:6 n-3	g	0.000		0	FLM	4		0.000		
Fatty acids, total trans	g	1.000		0	MC	9		0.270		
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	Z	7		0.0		
Caffeine	mg	0		0	FLM	4		0		
Theobromine	mg	0		0	FLM	4		0		
Carotenoids:										
Carotene, beta	mcg	0		0	Z	7		0.000		
Carotene, alpha	mcg	0		0	z	7		0.000		
Cryptoxanthin, beta	mcg	0		0	Z	7		0.000		
Lycopene	mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000		

Common Measures:

Measure 1 = 27g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08318 Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Cereal

		<u>A</u>	mount in 100	u grams	of edit	ole portic	<u>on</u>	Amount in edible portion of common			
			1	Number				<u>m</u>	easures of food		
						Source	Confidence				
Nutrients and Unit	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	3.00		0	MC	9		1.50			
Energy	-	364		0	MC	9		182			
Energy		1523		0	MC	9		761			
Protein (N x 6.25)		7.00		0	MC	9		3.50			
Total lipid (fat)		1.40		0	MC	9		0.70			
Ash		3.60		0	MC	9		1.80			
Carbohydrate, by difference		86.00		0	MC	9		43.00			
Fiber, total dietary		5.4		0	MC	9		2.7			
Sugars, total		28.00		0	MC	9		14.00			
Starch	-	20.00		ŭ	110			14.00			
Minerals:											
Calcium, Ca	mg	34		0	MC	9		17			
'Iron, Fe	-	36.00		0	MC	9		18.00			
Magnesium, Mg	mg	48		0	MC	9		24			
Phosphorus, P		160		0	MC	9		80			
Potassium, K		180		0	MC	9		90			
Sodium, Na	-	550		0	MC	9		275			
* Zinc, Zn		30.20		0	MC	9		15.10			
Copper, Cu		0.180		0	MC	9		0.090			
Manganese, Mn		2.191	L	0	FLM	4		1.096			
Selenium, Se	mcg	21.4		0	FLM	4		10.7			
Vitamins: Vitamin C, total ascorbic acid	ma	30.0		0	мс	9		15.0			
Thiamin		3.100	,	0	MC	9		1.550			
Riboflavin	-	3.400		0	MC	9		1.700			
Niacin	_	40.000		0	MC	9		20.000			
Pantothenic acid	-	20.000		0	MC	9		10.000			
Vitamin B-6		4.000		0	MC	9		2.000			
Folate, total	_	805		0	MC	9		403			
Folic acid		786		0	NC	4		393			
Folate, food		19		0	CAAN	4		10			
Folate, DFE		1355		0	NC	4		678			
Vitamin B-12		12.00		0	MC	9		6.00			
Vitamin A, IU		2500		0	MC	9		1250			
Vitamin A, RAE	mcg_RAE	751		0	NC	4		375			
Retinol		751		0	NC	4		375			
Vitamin E (alpha-tocopherol)	mg	27.00		0	MC	9		13.50			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta			_					40.000			
Vitamin D		80.000)	0	MC	9		40.000			
Vitamin K (phylloquinone)	mcg	1.0		0	FLM	4		0.5			
Lipids:	a	0.300	n	0	мс	9		0.150			
Fatty acids, total saturated		0.000		0	FLM	4		0.150			
6:0		0.000		0	FLM	4		0.000			
8:0		0.007		0	FLM	4		0.003			
10:0	-	0.000		0	FLM	4		0.000			
12:0		0.001		0	FLM	4		0.001			
13:0				-	_			, .			
14:0		0.008	3	0	FLM	4		0.004			
15:0											
16:0	-	0.346	5	0	FLM	4		0.173			
17:0	-										
18:0	g	0.026	6	0	FLM	4		0.013			
20:0	g										

		<u>Ar</u>	nount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and U	nits	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated		0.200		0	MC	9		0.100			
14:1											
15:1	-										
16:1 undifferentiated	-	0.007		0	FLM	4		0.003			
17:1											
18:1 undifferentiated		0.293		0	FLM	4		0.147			
20:1	-	0.000		0	FLM	4		0.000			
22:1 undifferentiated		0.000		0	FLM	4		0.000			
24:1 c											
Fatty acids, total polyunsaturated.		0.900		0	MC	9		0.450			
18:2 undifferentiated		0.452		0	FLM	4		0.226			
18:3 undifferentiated	-	0.048		0	FLM	4		0.024			
18:4		0.000		0	FLM	4		0.000			
20:2 n-6 c,c											
20:3 undifferentiated	-										
20:4 undifferentiated		0.001		0	FLM	4		0.000			
20:5 n-3		0.000		0	FLM	4		0.000			
22:5 n-3	-	0.000		0	FLM	4		0.000			
22:6 n-3		0.000		0	FLM	4		0.000			
Fatty acids, total trans		0.000		0	MC	9		0.000			
Cholesterol	mg	0		0	MC	9		0			
Phytosterols	mg										
Others:											
Alcohol, ethyl	g	0.0		0	Z	7		0.0			
Caffeine	mg	0		0	FLM	4		0			
Theobromine	mg	0		0	FLM	4		0			
Carotenoids:											
Carotene, beta		0		0	z	7		0.000			
Carotene, alpha	mcg	0		0	Z	7		0.000			
Cryptoxanthin, beta		0		0	Z	7		0.000			
Lycopene		0		0	Z	7		0.000			
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000			

Common Measures:

Measure 1 = 50g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08067 Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K

		<u>A</u> 1	mount in 100 g	<u> rams </u>	of edik	ole portio	<u>n</u>		edible portion	
			Nu	mber				<u>me</u>	easures of food	•
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.00		0	MC	9		0.93		
Energy	kcal	379		0	MC	9		117		
Energy	kj	1586		0	MC	9		492		
Protein (N x 6.25)	g	22.50		0	MC	9		6.98		
Total lipid (fat)	g	1.55		0	MC	9		0.48		
Ash	g	1.95		0	MC	9		0.60		
Carbohydrate, by difference	g	71.00		0	MC	9		22.01		
Fiber, total dietary	g	2.4		0	MC	9		0.7		
Sugars, total	g	12.90		0	MC	9		4.00		
Starch	g									
M:										
Minerals:	ma	30		0	MC	9		9		
* Iron, Fe	_	27.00		0	MC	9		9 8.37		
* Iron, Fe	_	62		0	MC	9		8.37 19		
Phosphorus, P		219		0	MC	9		68		
Potassium, K	•	196		0	MC	9		61		
Sodium, Na		721		0	MC	9		224		
Zinc, Zn	_	2.90		0	MC	9		0.90		
Copper, Cu		0.200)	0	MC	9		0.062		
Manganese, Mn		2.772		0	FLM	4		0.859		
Selenium, Se	-	54.9	4.505	11	A	1		17.0		
	•									
Vitamins:										
* Vitamin C, total ascorbic acid	_	67.7		0	MC	9		21.0		
* Thiamin	-	1.700		0	MC	9		0.527		
* Riboflavin		1.900		0	MC	9		0.589		
* Niacin	_	23.000		0	MC	9		7.130		
Pantothenic acid	_	0.000		0	MC	9		0.000		
* Vitamin B-6	-	6.400)	0	MC	9		1.984		
* Folate, total		1290		0	MC	9		400		
Folic acid		1271		0	NC	4		394		
Folate, food		19		0	CAAN	4		6		
Folate, DFE		2180		0	NC	4		676		
* Vitamin B-12		19.50 2474		0	MC MC	9 9		6.05 767		
* Vitamin A, IU		743		0				230		
Vitamin A, RAE				0	NC	4				
Retinol		743 15.30		0	NC MC	4 9		230 4.74		
Vitamin E (alpha-tocopherol)		15.30		U	МС	9		4.74		
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		161.300)	0	MC	9		50.003		
Vitamin K (phylloquinone)		0.5	•	0	FLM	4		0.1		
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.350		0	MC	9		0.109		
4:0	-	0.001		0	FLM	4		0.000		
6:0	-	0.000		0	FLM	4		0.000		
8:0		0.000		0	FLM	4		0.000		
10:0		0.000		0	FLM	4		0.000		
12:0		0.000)	0	FLM	4		0.000		
13:0		_		_		_				
14:0		0.007	1	0	FLM	4		0.002		
15:0	-	_		_		_				
16:0	-	0.313	3	0	FLM	4		0.097		
17:0	-			-						
18:0	-	0.020)	0	FLM	4		0.006		
20:0	-									
22:0										

	<u>Amo</u>	unt in 100 grams		ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean St	Number of Data d. Error Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.400	0	MC	9		0.124			
14:19									
15:1g		•							
16:1 undifferentiatedg	0.007	0	FLM	4		0.002			
17:1g	0.200	•							
18:1 undifferentiated	0.392	0	FLM	4		0.122			
20:1g	0.000	0 0	FLM	4 4		0.000			
22:1 undifferentiatedg	0.000	U	FLM	4		0.000			
24:1 c	0.800	0	W C	9		0.040			
Fatty acids, total polyunsaturatedg		0	MC	4		0.248			
18:2 undifferentiated	0.705 0.096	0	FLM FLM	4		0.218 0.030			
18:3 undifferentiated	0.096	0	FLM	4		0.030			
18:4g 20:2 n-6 c.c	0.000	U	FLM	4		0.000			
20:2 n-o c,cg									
20:4 undifferentiated	0.000	0	FLM	4		0.000			
20:5 n-3	0.000	0	FLM	4		0.000			
20:5 n-3	0.000	0	FLM	4		0.000			
22:5 n-3	0.000	0	FLM	4		0.000			
_	0.000	0	MC	9		0.000			
Fatty acids, total trans	0.000	0	MC	9		0.000			
Phytosterols mg	U	O .	мс	9		U			
,									
Others:	0.0	•	_	-					
Alcohol, ethylg	0.0	0	Z	7		0.0			
Caffeine mg	0	0	FLM	4		0			
Theobromine mg	U	U	FLM	4		U			
Carotenoids:									
Carotene, betamcg	0	0	Z	7		0.000			
Carotene, alphamcg	0	0	Z	7		0.000			
Cryptoxanthin, betamcg	0	0	Z	7		0.000			
Lycopenemcg	0	0	Z	7		0.000			
Lutein + zeaxanthin mcg	0	0	Z	7		0.000			

Common Measures:

Measure 1 = 31g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08383 Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K RED BERRIES

Kellogg, Co.

Refuse: 0%

					of edik		Amount in edible portion of common measures of food			
Nutrients and Unit	:s	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	Measure 2	! Measure 3
Proximates:										
Water	_	3.00		0	MC	9		0.93		
Energy		369		0	MC	9		114		
Energy		1544		0	MC	9		479		
Protein (N x 6.25)		12.40		0	MC	9		3.84		
Total lipid (fat)		1.00		0	MC	9		0.31		
Ash		3.00		0	MC	9		0.93		
Carbohydrate, by difference		80.60		0	MC	9		24.99		
Fiber, total dietary		3.2		0	MC	9		1.0		
Sugars, total		32.20		0	MC	9		9.98		
Starch	9									
Minerals:										
Calcium, Ca	mg	60		0	MC	9		19		
' Iron, Fe	mg	26.20		0	MC	9		8.12		
Magnesium, Mg	mg	39		0	MC	9		12		
Phosphorus, P		162		0	MC	9		50		
Potassium, K	-	242		0	MC	9		75		
Sodium, Na	_	710		0	MC	9		220		
Zinc, Zn		1.60		0	MC	9		0.50		
Copper, Cu		0.170		0	MC	9		0.053		
Manganese, Mn		1.402	2	0 0	FLM	4 9		0.435		
Selenium, Se	fricg	13.0		U	MC	9		4.0		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	67.7		0	MC	9		21.0		
Thiamin		1.690)	0	MC	9		0.524		
Riboflavin		2.000)	0	MC	9		0.620		
Niacin	_	22.600		0	MC	9		7.006		
Pantothenic acid		0.474		0	FLM	4		0.147		
Vitamin B-6	-	2.260)	0	MC	9		0.701		
Folate, total		452		0	MC	9		140		
Folic acid		433		0	NC	4		134		
Folate, food		19 755		0	CAAN	4		6 234		
Folate, DFE		6.80		0	NC	4 9				
Vitamin B-12		2419		0	MC MC	9		2.11 750		
Vitamin A, RAE		726		0	NC	4		225		
Retinol		726		0	NC	4		225		
Vitamin E (alpha-tocopherol)		15.26		0	MC	9		4.73		
Tocopherol, beta		13.20		·	110			1.75		
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.6		0	FLM	4		0.2		
(inide:										
Lipids:		0.240	,	0	MC	9		0.074		
Fatty acids, total saturated		0.000		0	FLM	4		0.000		
4:0 6:0		0.000		0	FLM	4		0.000		
8:0	-	0.003		0	FLM	4		0.001		
10:0		0.000		0	FLM	4		0.001		
12:0	-	0.000		0	FLM	4		0.000		
13:0	-			-	_					
14:0		0.004	Į	0	FLM	4		0.001		
15:0	-									
16:0		0.212	2	0	FLM	4		0.066		
17:0	g									
18:0	g	0.014	Į	0	FLM	4		0.004		
20:0	a									
22:0	-									

	<u>Amour</u>	nt in 100 grams Number		ole portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean Std.	of Data Error Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.200	0	MC	9		0.062			
14:19									
15:1g		_							
16:1 undifferentiatedg	0.004	0	FLM	4		0.001			
17:1g	0.100	•				0.00-			
18:1 undifferentiated	0.196	0	FLM	4		0.061			
20:1g	0.000	0	FLM	4		0.000			
22:1 undifferentiatedg	0.000	0	FLM	4		0.000			
24:1 cg	0.500	•		•					
Fatty acids, total polyunsaturated9	0.560	0	MC	9		0.174			
18:2 undifferentiated	0.493	0	FLM	4		0.153			
18:3 undifferentiated	0.067	_	FLM	4		0.021			
18:4g	0.000	0	FLM	4		0.000			
20:2 n-6 c,c									
20:3 undifferentiated	0.000	0	FLM	4		0.000			
		0	FLM			0.000			
20:5 n-3g	0.000	_		4		0.000			
22:5 n-3g	0.000	0	FLM FLM	4 4		0.000			
22:6 n-3	0.000	0		4 9		0.000			
Fatty acids, total trans	0.000 0	0	MC MC	9		0.000			
Cholesterol mg	U	U	МС	9		0			
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0	0	FLM	4		0.0			
Caffeine mg	0	0	FLM	4		0			
Theobromine mg	0	0	FLM	4		0			
Carotenoids:									
Carotene, betamcg	0	0	z	7		0.000			
Carotene, alphamcg	0	0	z	7		0.000			
Cryptoxanthin, betamcg	0	0	z	7		0.000			
Lycopenemcg	0	0	z	7		0.000			
Lutein + zeaxanthin mcg	0	0	Z	7		0.000			

Common Measures:

Measure 1 = 31g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08289 Cereals ready-to-eat, KELLOGG, KELLOGG'S STRAWBERRY MINI-WHEATS

Kellogg, Co.

Refuse: 0%

	<u>A</u>	mount in 10	υ grams	ot edik	oie portio	<u>n</u>	Amount in edible portion of common			
			Number				<u>m</u>	easures of food		
					Source	Confidence				
s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
a	7 50		0	мс	۵		4 12			
-										
			-							
_			0							
			0							
			0		9					
			0	MC	9					
g										
mg	45		0	MC	9		25			
-			0	MC						
		1								
mcg	4.1	,	0	BFZN	4		2.3			
mg	0.0		0	MC	9		0.0			
mg			0	MC	9		0.413			
			0	MC			0.468			
			-		_					
			-		_					
-)								
			-							
	0						0			
	0.48		0	FLM	4		0.27			
mg										
mg										
mg										
IU	0.000)	0	MC	9		0.000			
mcg	1.3		0	FLM	4		0.7			
a	0.400	,	^		•		2 222			
_										
-										
	3.000	-	•		-		0.000			
	0.005	5	0	FLM	4		0.003			
g							,,,,,			
g	0.330)	0	FLM	4		0.182			
g										
g	0.052	2	0	FLM	4		0.028			
~										
g										
		S Mean S Mean S	S Mean Std. Error 9	S	S	Number Of Data Deriv Source	Std. Error Std	Number	Number	

	<u>Ar</u>	nount in 100 g	<u>ırams</u>	of edik	ole portio	<u>on</u>	Amount in edible portion of common			
Nutrients and Units	Mean			Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.300		0	MC	9		0.165			
14:1g										
15:19			_							
16:1 undifferentiatedg	0.005		0	FLM	4		0.003			
17:19	2 225		_							
18:1 undifferentiatedg	0.295		0	FLM	4		0.162			
20:1g	0.000		0	FLM	4		0.000			
22:1 undifferentiatedg	0.000		0	FLM	4		0.000			
24:1 cg										
Fatty acids, total polyunsaturated9	1.300		0	MC	9		0.715			
18:2 undifferentiatedg	1.220		0	FLM	4		0.671			
18:3 undifferentiatedg	0.079		0	FLM	4		0.043			
18:4g	0.000		0	FLM	4		0.000			
20:2 n-6 c,cg										
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.001		0	FLM	4		0.001			
20:5 n-3g	0.000		0	FLM	4		0.000			
22:5 n-3g	0.000		0	FLM	4		0.000			
22:6 n-3g	0.000		0	FLM	4		0.000			
Fatty acids, total transg	0.200		0	MC	9		0.110			
Cholesterol mg	0		0	MC	9		0			
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0		0	Z	7		0.0			
Caffeinemg	0		0	FLM	4		0			
Theobromine mg	0		0	FLM	4		0			
Carotenoids:	-		-				-			
Carotene, betamcg	0		0	z	7		0.000			
Carotene, alpha mcg	0		0	z	7		0.000			
Cryptoxanthin, betamcg	0		0	z	7		0.000			
Lycopene mcg	0		0	z	7		0.000			
Lutein + zeaxanthinmcg	0		0	z	7		0.000			

Common Measures:

Measure 1 = 55g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08384 Cereals ready-to-eat, KELLOGG, KELLOGG'S Shredded Wheat Miniatures

Kellogg, Co.

Refuse: 0%

		<u>A</u> 1	mount in 10	<u>0 grams</u>	of edik	ole portio	<u>on</u>	Amount in	edible portion	of common
				Number					easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water		3.00		0	MC	9		0.36		
Energy	kcal	332		0	MC	9		40		
Energy	kj	1389		0	MC	9		167		
Protein (N x 6.25)	g	11.20		0	MC	9		1.34		
Total lipid (fat)	g	1.52		0	MC	9		0.18		
Ash	g	4.28		0	MC	9		0.51		
Carbohydrate, by difference	g	80.00		0	MC	9		9.60		
Fiber, total dietary	g	13.0		0	MC	9		1.6		
Sugars, total	g	2.70		0	MC	9		0.32		
Starch	g									
Minerals:										
Calcium, Ca	mg	42		0	MC	9		5		
Iron, Fe	mg	26.00		0	MC	9		3.12		
Magnesium, Mg	mg	119		0	MC	9		14		
Phosphorus, P	mg	306		0	MC	9		37		
Potassium, K	mg	451		0	MC	9		54		
Sodium, Na	mg	14		0	MC	9		2		
* Zinc, Zn	<u>mg</u>	4.30		0	MC	9		0.52		
Copper, Cu	mg	0.300)	0	MC	9		0.036		
Manganese, Mn	mg									
Selenium, Se	mcg									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg									
* Thiamin	-	1.300)	0	MC	9		0.156		
Riboflavin		1.500)	0	MC	9		0.180		
Niacin	mg	17.300)	0	MC	9		2.076		
Pantothenic acid	mg									
Vitamin B-6	mg	1.700)	0	MC	9		0.204		
Folate, total		348		0	MC	9		42		
Folate, DFE										
Vitamin B-12	mcg	5.20		0	MC	9		0.62		
Vitamin A, IU	IU									
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	nicg									
Lipids:	_			_		_				
Fatty acids, total saturated		0.400		0	MC	9		0.048		
Fatty acids, total monounsaturated	-	0.200		0	MC	9		0.024		
Fatty acids, total polyunsaturated		0.900		0	MC	9		0.108		
Fatty acids, total trans		0.000)	0	MC	9		0.000		
Cholesterol	-	0		0	MC	9		0		
Phytosterols	mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 12.0g: 1 box (1 single serving box)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Cereals ready-to-eat, KELLOGG, KELLOGG'S Shredded Wheat Miniatures

Food Group: 08 Breakfast Cereals

NDB No. 08374 Cereals ready-to-eat, KELLOGG, KELLOGG'S, CRISPIX CINNAMON CRUNCH *Kellogg, Co.*

		<u>A</u>	mount in 100	grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common			
			1	Number				<u>m</u>	easures of food		
						Source	Confidence				
Nutrients and Unit	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:	0	3.00		0	мс	9		0.90			
Water	_	399		0		9		120			
Energy		1669		0	MC MC	9		501			
Energy		4.80		0	MC	9		1.44			
Protein (N x 6.25) Total lipid (fat)		3.70		0	MC	9		1.11			
Ash		1.50		0	MC	9		0.45			
Carbohydrate, by difference		87.00		0	MC	9		26.10			
Fiber, total dietary		0.5		0	MC	9		0.2			
Sugars, total		30.40		0	MC	9		9.12			
Starch	-	30.40		ŭ	110			3.12			
Minerals:											
Calcium, Ca	ma	31		0	MC	9		9			
¹ Iron. Fe.	_	19.60		0	MC	9		5.88			
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	18		0	MC	9		5			
Phosphorus, P		69		0	MC	9		21			
Potassium, K		123		0	MC	9		37			
Sodium, Na	mg	598		0	MC	9		179			
Zinc, Zn	mg	5.20		0	MC	9		1.56			
Copper, Cu		0.090		0	MC	9		0.027			
Manganese, Mn		0.309	9	0	FLM	4		0.093			
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid		21.0		0	MC	9		6.3			
Thiamin	-	1.300		0	MC	9 9		0.390			
Riboflavin		1.500		0 0	MC MC	9		0.450 5.100			
Niacin Pantothenic acid	-	17.000 0.305		0	FLM	4		0.092			
Vitamin B-6		1.700		0	MC	9		0.510			
Folate, total		677	,	0	MC	9		203			
Folic acid		658		0	NC	4		197			
Folate, food		19		0	CAAN	4		6			
Folate, DFE		1138		0	NC	4		341			
Vitamin B-12		5.10		0	MC	9		1.53			
Vitamin A, IU		1667		0	MC	9		500			
Vitamin A, RAE		501		0	NC	4		150			
Retinol		501		0	NC	4		150			
Vitamin E (alpha-tocopherol)	mg	0.32		0	FLM	4		0.10			
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta			_								
* Vitamin D		133.000)	0	MC	9		39.900			
Vitamin K (phylloquinone)	mcg	0.9		0	FLM	4		0.3			
Lipids:	9	0 500	,	0	wa	0		0.150			
Fatty acids, total saturated		0.500		0 0	MC FLM	9 4		0.150 0.000			
4:0 6:0.	-	0.000		0	FLM	4		0.000			
8:0		0.000		0	FLM	4		0.000			
10:0	-	0.000		0	FLM	4		0.000			
12:0		0.000		0	FLM	4		0.000			
13:0	-	3.000		-		-		2.000			
14:0		0.004	1	0	FLM	4		0.001			
15:0				-		•					
16:0		0.357	7	0	FLM	4		0.107			
17:0											
18:0	-	0.133	3	0	FLM	4		0.040			
20:0	g										

NDB No. 08374 Cereals ready-to-eat, KELLOGG, KELLOGG'S, CRISPIX CINNAMON CRUNCH

	<u>Ar</u>	nount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	2.100		0	МС	9		0.630		
14:1g	2.100		U	MC	9		0.630		
15:1g									
16:1 undifferentiatedg	0.021		0	FLM	4		0.006		
17:1g	****				-				
18:1 undifferentiatedg	2.075		0	FLM	4		0.623		
20:1g	0.000		0	FLM	4		0.000		
22:1 undifferentiatedg	0.000		0	FLM	4		0.000		
24:1 cg									
Fatty acids, total polyunsaturatedg	1.100		0	MC	9		0.330		
18:2 undifferentiatedg	1.027		0	FLM	4		0.308		
18:3 undifferentiatedg	0.071		0	FLM	4		0.021		
18:4g	0.000		0	FLM	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	FLM	4		0.000		
20:5 n-3g	0.000		0	FLM	4		0.000		
22:5 n-3g	0.000		0	FLM	4		0.000		
22:6 n-3g	0.000		0	FLM	4		0.000		
Fatty acids, total transg	0.800		0	MC	9		0.240		
Cholesterolmg	0		0	MC	9		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	FLM	4		0.0		
Caffeinemg	0		0	FLM	4		0		
Theobrominemg	0		0	FLM	4		0		
Carotenoids:									
Carotene, betamcg	0		0	z	7		0.000		
Carotene, alphamcg	0		0	Z	7		0.000		
Cryptoxanthin, betamcg	0		0	Z	7		0.000		
Lycopenemcg	0		0	Z	7		0.000		
Lutein + zeaxanthin mcg	0		0	Z	7		0.000		

Common Measures:

Measure 1 = 30g: .75 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08380 Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH

Kellogg, Co.

Refuse: 0%

						ole portio	_		edible portion o easures of food	f common
				Number of Data		Source	Confidence	<u>m</u> :	easures of 1000	
Nutrients and Units	3	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		5.30		0	MC	9		2.81		
Energy		354		0	MC	9		188		
Energy		1481		0	MC	9		785		
Protein (N x 6.25)		6.10 1.90		0 0	MC MC	9 9		3.23 1.01		
Total lipid (fat)Ash		1.80		0	MC	9		0.95		
Asn Carbohydrate, by difference		84.90		0	MC	9		45.00		
Fiber, total dietary		7.6		0	MC	9		4.0		
Sugars, total		37.70		0	MC	9		19.98		
Starch		37.70		·	110	,		13.30		
	9									
Minerals:				_		_				
Calcium, Ca		35		0	MC	9		19		
* Iron, Fe Magnesium, Mg	_	8.50 88		0	MC MC	9 9		4.51 47		
Phosphorus, P		259		0	MC	9		137		
Potassium, K	•	401		0	MC	9		213		
Sodium, Na		394		0	MC	9		209		
* Zinc, Zn		3.00		0	MC	9		1.59		
Copper, Cu	mg	0.300)	0	MC	9		0.159		
Manganese, Mn	mg	1.772		0	FLM	4		0.939		
Selenium, Se	mcg									
Vitamins:										
* Vitamin C, total ascorbic acid	mg	1.3		0	MC	9		0.7		
* Thiamin	mg	0.700)	0	MC	9		0.371		
* Riboflavin	mg	0.800)	0	MC	9		0.424		
* Niacin	mg	10.000	1	0	MC	9		5.300		
Pantothenic acid		0.574		0	FLM	4		0.304		
* Vitamin B-6		0.900	1	0	MC	9		0.477		
* Folate, total		190		0	MC	9		101		
Folic acid		171 19		0 0	NC CAAN	4 4		91 10		
Folate, foodFolate, DFE	mcg DEE	310		0	NC	4		164		
* Vitamin B-12		2.90		0	MC	9		1.54		
* Vitamin A, IU		1021		0	MC	9		541		
Vitamin A, RAE		307		0	NC	4		163		
Retinol		307		0	NC	4		163		
Vitamin E (alpha-tocopherol)	mg	0.41		0	FLM	4		0.22		
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta		== 000				•				
* Vitamin D		75.000	1	0	MC FLM	9 4		39.750 0.7		
Vitamin K (phylloquinone)	incg	1.3		U	FLM	4		0.7		
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.380		0	MC	9		0.201		
4:0		0.000		0	FLM	4		0.000		
6:0	•	0.000		0	FLM	4		0.000		
8:0	-	0.005		0	FLM	4		0.003		
10:0 12:0.	-	0.000		0 0	FLM FLM	4 4		0.000 0.000		
13:0		0.000	•	U	E LIM	4		0.000		
14:0	-	0.007		0	FLM	4		0.004		
15:0		0.000		0	FLM	4		0.000		
16:0		0.315		0	FLM	4		0.167		
17:0		0.000		0	FLM	4		0.000		
18:0	-	0.045	i	0	FLM	4		0.024		
				•	TIT 14	4		0.000		
20:0	g	0.000)	0	FLM	4		0.000		

		<u>Ar</u>	nount in 10	0 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
				Number					easures of food		
Nutrients and Units	5	Mean		of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	g	0.700		0	MC	9		0.371			
14:1	g	0.000		0	FLM	4		0.000			
15:1	g	0.000		0	FLM	4		0.000			
16:1 undifferentiated	g	0.014		0	FLM	4		0.007			
17:1	g	0.000		0	FLM	4		0.000			
18:1 undifferentiated	g	0.685		0	FLM	4		0.363			
20:1	g	0.000		0	FLM	4		0.000			
22:1 undifferentiated	g	0.000		0	FLM	4		0.000			
24:1 c	g										
Fatty acids, total polyunsaturated	g	0.820		0	MC	9		0.435			
18:2 undifferentiated	g	0.760		0	FLM	4		0.403			
18:3 undifferentiated	g	0.059		0	FLM	4		0.031			
18:4	g	0.000		0	FLM	4		0.000			
20:2 n-6 c,c	g	0.000		0	FLM	4		0.000			
20:3 undifferentiated	g	0.000		0	FLM	4		0.000			
20:4 undifferentiated	g	0.001		0	FLM	4		0.000			
20:5 n-3	g	0.000		0	FLM	4		0.000			
22:5 n-3	g	0.000		0	FLM	4		0.000			
22:6 n-3	g	0.000		0	FLM	4		0.000			
Fatty acids, total trans	g	0.000		0	MC	9		0.000			
Cholesterol	mg	0		0	MC	9		0			
Phytosterols	<u>mg</u>										
Others:											
Alcohol, ethyl	-	0.0		0	FLM	4		0.0			
Caffeine		0		0	FLM	4		0			
Theobromine	mg	0		0	FLM	4		0			
Carotenoids:											
Carotene, beta	mcg	0		0	Z	7		0.000			
Carotene, alpha		0		0	Z	7		0.000			
Cryptoxanthin, beta	mcg	0		0	Z	7		0.000			
Lycopene		0		0	Z	7		0.000			
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000			

Common Measures:

Measure 1 = 53g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08403 Cereals ready-to-eat, KELLOGG, POKEMON

Kellogg, Co.

Refuse: 0%

		<u>A</u> :	mount in 10	0 grams	of edib	ole portio	<u>n</u>		edible portion	of common
				Number				<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.90		0	MC	9		0.87		
Energy	kcal	386		0	MC	9		116		
Energy	kj	1615		0	MC	9		485		
Protein (N x 6.25)	g	6.80		0	MC	9		2.04		
Total lipid (fat)	g	2.50		0	MC	9		0.75		
Ash	g	2.50		0	MC	9		0.75		
Carbohydrate, by difference	g	86.10		0	MC	9		25.83		
Fiber, total dietary		5.0		0	MC	9		1.5		
Sugars, total		47.00		0	MC	9		14.10		
Starch	g									
Minerals:										
Calcium, Ca	ma	20		0	MC	9		6		
* Iron, Fe	-	6.20		0	MC	9		1.86		
Magnesium, Mg	-	57		0	MC	9		17		
Phosphorus, P		160		0	MC	9		48		
Potassium, K	-	140		0	MC	9		42		
Sodium, Na		700		0	MC	9		210		
* Zinc, Zn	mg	5.10		0	MC	9		1.53		
Copper, Cu	mg	0.120)	0	MC	9		0.036		
Manganese, Mn	-	1.853	3	0	FLM	4		0.556		
Selenium, Se	mcg	17.1		0	FLM	4		5.1		
Vitamins:										
* Vitamin C, total ascorbic acid	ma	52.0		0	MC	9		15.6		
* Thiamin	-	1.300)	0	MC	9		0.390		
* Riboflavin	-	1.400		0	MC	9		0.420		
* Niacin		17.000		0	MC	9		5.100		
Pantothenic acid	-	0.308		0	FLM	4		0.092		
* Vitamin B-6	-	1.700)	0	MC	9		0.510		
* Folate, total	-	344		0	MC	9		103		
Folic acid		325		0	NC	4		98		
Folate, food		19		0	CAAN	4		6		
Folate, DFE		572		0	NC	4		171		
* Vitamin B-12		5.10		0	MC	9		1.53		
Vitamin A, IU	IU	1723		0	NC	4		517		
Vitamin A, RAE	mcg_RAE	517		0	NC	4		155		
Retinol		517		0	BFZN	4		155		
Vitamin E (alpha-tocopherol)	mg	0.33		0	FLM	4		0.10		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta		100 000				•		44 400		
* Vitamin D		138.000)	0	MC	9		41.400		
Vitamin K (phylloquinone)	mcg	0.9		0	FLM	4		0.3		
Lipids:										
Fatty acids, total saturated	g	0.500)	0	MC	9		0.150		
4:0		0.000)	0	FLM	4		0.000		
6:0	g	0.000)	0	FLM	4		0.000		
8:0	g	0.000)	0	FLM	4		0.000		
10:0	g	0.000)	0	FLM	4		0.000		
12:0	g	0.007	7	0	FLM	4		0.002		
13:0	-									
14:0	g	0.004	l	0	FLM	4		0.001		
15:0	g									
16:0	_	0.422	2	0	FLM	4		0.127		
17:0	_									
18:0	-	0.036	5	0	FLM	4		0.011		
20:0	-									
22:0	~									

	<u>Ar</u>	nount in 10	0 grams	of edil	ole portic	<u>on</u>	Amount in edible portion of common			
Nutrients and Units	Mean	Std. Error	Number of Data	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3	
Nutrients and Onits	wean	Sia. Error	Tomics	Oode	Oode	Oode	Measure 1	Weasure 2	weasure 3	
Fatty acids, total monounsaturatedg	0.900		0	MC	9		0.270			
14:1g	0.500		·	110	,		0.270			
15:1										
16:1 undifferentiated	0.008		0	FLM	4		0.002			
17:1g			•		_					
18:1 undifferentiatedg	0.893		0	FLM	4		0.268			
20:1g	0.000		0	FLM	4		0.000			
22:1 undifferentiatedg	0.000		0	FLM	4		0.000			
24:1 cg										
Fatty acids, total polyunsaturatedg	1.000		0	MC	9		0.300			
18:2 undifferentiatedg	0.953		0	FLM	4		0.286			
18:3 undifferentiatedg	0.046		0	FLM	4		0.014			
18:4g	0.000		0	FLM	4		0.000			
20:2 n-6 c.cg										
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.001		0	FLM	4		0.000			
20:5 n-3g	0.000		0	FLM	4		0.000			
22:5 n-3g	0.000		0	FLM	4		0.000			
22:6 n-3g	0.000		0	FLM	4		0.000			
Fatty acids, total transg										
Cholesterol mg	0		0	MC	9		0			
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0		0	FLM	4		0.0			
Caffeine mg	0		0	FLM	4		0			
Theobromine mg	0		0	FLM	4		0			
Carotenoids:										
Carotene, beta mcg	0		0	BFZN	4		0.000			
Carotene, alpha mcg	0		0	BFZN	4		0.000			
Cryptoxanthin, betamcg	0		0	BFZN	4		0.000			
Lycopenemcg	0		0	BFZN	4		0.000			
Lutein + zeaxanthin mcg	0		0	BFZN	4		0.000			

Common Measures:

Measure 1 = 30g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

Refuse: 0%

		<u>A</u> 1	mount in 10	0 grams	of edil	ole portic	<u>on</u>	Amount in edible portion of common			
				Number	•			<u>m</u>	easures of food	<u> </u>	
						Source	Confidence				
Nutrients and Unit	s	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	2.80		0	MC	9		0.81			
Energy	kcal	287		0	MC	9		83			
Energy		1201				9		348			
Protein		12.70		0	MC	9		3.68			
Total lipid (fat)	g	2.10		0	NR	4		0.61			
Ash		4.40		0	MC	9		1.28			
Carbohydrate, by difference		78.20		0	MC	9		22.68			
Fiber, total dietary		28.6		0	MC	9		8.3			
Sugars, total		24.40		0	MC	9		7.08			
Starch		24.40		Ū	110	,		7.00			
Staten	9										
Minerals:											
Calcium, Ca	mg	76		0	MC	9		22			
Iron, Fe	_. mg	27.93		0	MC	9		8.10			
Magnesium, Mg	mg	278		0	MC	9		81			
Phosphorus, P	mg	813		0	MC	9		236			
Potassium, K	mg	947		0	MC	9		275			
Sodium, Na	mg	417		0	MC	9		121			
Zinc, Zn	<u>mg</u>	12.93		0	MC	9		3.75			
Copper, Cu	mg	0.918		0	MC	9		0.266			
Manganese, Mn	<u>.</u> mg										
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		0	MC	9		0.0			
Thiamin		1.290		0	MC	9		0.374			
Riboflavin	-	1.470		0	MC	9		0.426			
Niacin	-	17.240		0	MC	9		5.000			
Pantothenic acid	_			•		•		0.000			
Vitamin B-6		1.730		0	MC	9		0.502			
Folate, total	-	345		0	MC	9		100			
Folic acid		326		0	NC	4		95			
Folate, food		19		0	CAZN	4		6			
Folate, DFE		573		0	NC	4		166			
Vitamin B-12		0.00		0	MC	9		0.00			
Vitamin A, IU		2586		0	MC	9		750			
Vitamin A, RAE		2300		·	110			750			
Retinol											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D		0.000		0	MC	9		0.000			
Vitamin K (phylloquinone)				-	-	-					
	ū										
<u>Lipids:</u>				_		_					
Fatty acids, total saturated		0.300		0	MC	9		0.087			
Fatty acids, total monounsaturated											
Fatty acids, total polyunsaturated											
Fatty acids, total trans		_		_		_		_			
Cholesterol		0		0	MC	9		0			
Phytosterols	mg										

Common Measures:

Measure 1 = 29g: .333 cup (1 NLEA serving)

Cereals ready-to-eat, KRAFT, POST 100% BRAN Cereal

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

		<u>A</u> 1	mount in 10	00 grams	of edib	ole portic	<u>on</u>	Amount in edible portion of common		
				Number				<u>m</u>	easures of food	<u> </u>
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.50		0	MC	9		2.66		
Energy	kcal	422		0	MC	9		249		
Energy	kj	1766				9		1042		
Protein	g	8.50		0	MC	9		5.02		
Total lipid (fat)	g	10.30		0	NR	4		6.08		
Ash	g	2.50		0	MC	9		1.48		
Carbohydrate, by difference		74.00		0	MC	9		43.66		
Fiber, total dietary		6.8		0	MC	9		4.0		
Sugars, total	g	20.40		0	MC	9		12.04		
Starch										
Minerals:		0.6				•				
Calcium, Ca	-	36		0	MC	9		21		
Iron, Fe		27.46 82		0 0	MC MC	9 9		16.20		
Magnesium, Mg		310		0		9		48		
Phosphorus, P Potassium, K	-	290		0	MC MC	9		183 171		
Sodium, Na		428		0	MC	9		253		
Zinc, Zn		2.54		0	MC	9		1.50		
Copper, Cu	_	0.383	ı	0	MC	9		0.226		
Manganese, Mn	_	0.555	•	·				0.220		
Selenium, Se	-									
· ·										
<u>Vitamins:</u>		0.0		•		•		0.1		
Vitamin C, total ascorbic acid		0.2		0	MC	9		0.1		
Thiamin	-	0.640		0 0	MC	9		0.378		
Riboflavin	• • • • • • • • • • • • • • • • • • • •	0.720 8.470		0	MC MC	9 9		0.425 4.997		
Niacin Pantothenic acid	_	0.470	,	U	MC	9		4.997		
Vitamin B-6		0.850	,	0	MC	9		0.502		
Folate, total		169	•	0	MC	9		100		
Folic acid		150		0	NC	4		89		
Folate, food		19		0	CAZN	4		11		
Folate, DFE		274		0	NC	4		162		
Vitamin B-12		2.54		0	MC	9		1.50		
Vitamin A, IU		1271		0	MC	9		750		
Vitamin A, RAE	mca RAE							, 50		
Retinol										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		68.000)	0	MC	9		40.120		
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.400)	0	MC	9		0.826		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 59g: 1 cup (1 NLEA serving)

Cereals ready-to-eat, KRAFT, POST BANANA NUT CRUNCH Cereal

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

		<u>A</u> 1	mount in 10	00 grams	of edil	ole portic	<u>on</u>		edible portion	
				Number	•			<u>m</u>	easures of food	_
Nutrients and Uni	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	7.20		0	MC	9		3.96		
Energy	kcal	383		0	MC	9		211		
Energy		1602				9		881		
Protein		6.60		0	MC	9		3.63		
Total lipid (fat)		4.50		0	NR	4		2.48		
Ash		2.00		0	MC	9		1.10		
Carbohydrate, by difference		78.90		0	MC	9		43.40		
Fiber, total dietary		3.8		0	MC	9		2.1		
Sugars, total		20.80		0	MC	9		11.44		
Starch		20.80		U	PIC	9		11.44		
StatCII	9									
Minerals:										
Calcium, Ca	mg	27		0	MC	9		15		
Iron, Fe	mg	3.27		0	MC	9		1.80		
Magnesium, Mg	mg	43		0	MC	9		24		
Phosphorus, P	mg	128		0	MC	9		70		
Potassium, K	mg	166		0	MC	9		91		
Sodium, Na	mg	484		0	MC	9		266		
Zinc, Zn	mg	1.64		0	MC	9		0.90		
Copper, Cu	mg	0.135	5	0	MC	9		0.074		
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg	0.680)	0	MC	9		0.374		
Riboflavin	mg	0.770)	0	MC	9		0.424		
Niacin	mg	9.090)	0	MC	9		5.000		
Pantothenic acid	mg									
Vitamin B-6	mg	0.910)	0	MC	9		0.501		
Folate, total	mcg	182		0	MC	9		100		
Folic acid	mcg	163		0	NC	4		90		
Folate, food	mcg	19		0	CAZN	4		10		
Folate, DFE	mcg_DFE	296		0	NC	4		163		
Vitamin B-12	mcg	2.73		0	MC	9		1.50		
Vitamin A, IU	IU	1364		0	MC	9		750		
Vitamin A, RAE	mcg_RAE									
Retinol										
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D		73.000)	0	MC	9		40.150		
Vitamin K (phylloquinone)	mcg									
<u>Lipids:</u>										
Fatty acids, total saturated	-	0.600)	0	MC	9		0.330		
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 55g: 1.25 cup (1 NLEA serving)

Cereals ready-to-eat, KRAFT, POST BLUEBERRY MORNING Cereal

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

		<u>A</u> 1	mount in 10	00 grams	of edil	ole portic	<u>on</u>	Amount in edible portion of common		
				Number	•			<u>m</u>	easures of food	_
Nutrients and Uni	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.70		0	MC	9		1.11		
Energy	kcal	320		0	MC	9		96		
Energy		1339				9		402		
Protein	g	9.40		0	MC	9		2.82		
Total lipid (fat)		2.20		0	NR	4		0.66		
Ash		4.00		0	MC	9		1.20		
Carbohydrate, by difference		80.40		0	MC	9		24.12		
Fiber, total dietary		17.6		0	MC	9		5.3		
Sugars, total		18.90		0	MC	9		5.67		
Starch				-		-				
Minerals:										
Calcium, Ca	_	56		0	MC	9		17		
Iron, Fe		27.00		0	MC	9		8.10		
Magnesium, Mg		214		0	MC	9		64		
Phosphorus, P	_	508		0	MC	9		152		
Potassium, K		616		0	MC	9		185		
Sodium, Na		732		0	MC	9		220		
Zinc, Zn	-	5.00		0	MC	9		1.50		
Copper, Cu	-	0.642	<u>.</u>	0	MC	9		0.193		
Manganese, Mn	_									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg	1.250)	0	MC	9		0.375		
Riboflavin	mg	1.420)	0	MC	9		0.426		
Niacin	mg	16.670)	0	MC	9		5.001		
Pantothenic acid	mg									
Vitamin B-6	mg	1.670)	0	MC	9		0.501		
Folate, total	mcg	333		0	MC	9		100		
Folic acid	mcg	314		0	NC	4		94		
Folate, food		19		0	CAZN	4		6		
Folate, DFE	mcg_DFE	553		0	NC	4		166		
Vitamin B-12		5.00		0	MC	9		1.50		
Vitamin A, IU	IU	2500		0	MC	9		750		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta				_		_				
Vitamin D		133.000)	0	MC	9		39.900		
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated		0.400)	0	MC	9		0.120		
Fatty acids, total monounsaturated	-									
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol		0		0	MC	9		0		
Phytosterols	mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: .75 cup (1 NLEA serving)

Cereals ready-to-eat, KRAFT, POST Bran Flakes

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

		<u>A</u> :	mount in 10	00 grams	of edib	le portic	<u>on</u>	Amount in edible portion of common		
				Number					easures of food	
						Source	Confidence			-
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure :
Proximates:										
Water	g	2.90		0	MC	9		0.84		
Energy	kcal	398		0	MC	9		115		
Energy	kj	1665				9		483		
Protein	g	3.50		0	MC	9		1.02		
Total lipid (fat)	g	4.20		0	NR	4		1.22		
Ash	g	1.90		0	MC	9		0.55		
Carbohydrate, by difference	g	87.90		0	MC	9		25.49		
Fiber, total dietary	g	1.6		0	MC	9		0.5		
Sugars, total	g	44.00		0	MC	9		12.76		
Starch	g									
Minerals:										
Calcium, Ca	ma	12		0	MC	9		3		
Iron, Fe.		6.21		0	MC	9		1.80		
Magnesium, Mg.		37		0	MC	9		11		
Phosphorus, P		81		0	MC	9		23		
Potassium, K	-	146		0	MC	9		42		
Sodium, Na		541		0	MC	9		157		
Zinc, Zn		5.17		0	MC	9		1.50		
Copper, Cu	mg	0.215	i	0	MC	9		0.062		
Manganese, Mn	<u>mg</u>									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg	1.290)	0	MC	9		0.374		
Riboflavin	mg	1.470)	0	MC	9		0.426		
Niacin	mg	17.240)	0	MC	9		5.000		
Pantothenic acid										
Vitamin B-6		1.720)	0	MC	9		0.499		
Folate, total		345		0	MC	9		100		
Folic acid		326		0	NC	4		95		
Folate, food		19		0	CAZN	4		6		
Folate, DFE		573		0	NC	4		166		
Vitamin B-12		5.17		0	MC	9		1.50		
Vitamin A, IU	IU	2586		0	MC	9		750		
Vitamin A, RAE										
Retinol										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D		138.000	,	0	MC	9		40.020		
Vitamin K (phylloquinone)		138.000	,	U	МС	9		40.020		
Lipids:										
Fatty acids, total saturated	a	3.700)	0	MC	9		1.073		
Fatty acids, total monounsaturated		200		•		-				
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol		0		0	MC	9		0		
Phytosterols		-		-	-	-		-		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: .75 cup (1 NLEA serving)

Cereals ready-to-eat, KRAFT, POST Cocoa PEBBLES Cereal (1)

Footnotes

1 PEBBLES is a registered trademark of Hanna-Barbera Productions, Inc., used under license.

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08327 Cereals ready-to-eat, KRAFT, POST FRUIT & FIBRE Dates, Raisins & Walnuts Cereal

		<u>A</u> 1	mount in 10	00 grams	of edib	ole portic	<u>on</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food	<u>[</u>	
						Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	8.50		0	MC	9		4.68			
Energy	kcal	385		0	MC	9		212			
Energy		1611				9		886			
Protein		7.10		0	MC	9		3.91			
Total lipid (fat)		5.60		0	NR	4		3.08			
Ash		2.60		0	MC	9		1.43			
Carbohydrate, by difference		76.20		0	MC	9		41.91			
Fiber, total dietary		9.7		0	MC	9		5.3			
Sugars, total		29.80		0	MC	9		16.39			
Starch		29.00		U	PIC	9		10.33			
Stat CII	9										
Minerals:											
Calcium, Ca	mg	43		0	MC	9		24			
Iron, Fe	mg	9.82		0	MC	9		5.40			
Magnesium, Mg	mg	120		0	MC	9		66			
Phosphorus, P	mg	294		0	MC	9		162			
Potassium, K	mg	443		0	MC	9		244			
Sodium, Na	mg	509		0	MC	9		280			
Zinc, Zn	mg	2.73		0	MC	9		1.50			
Copper, Cu	mg	0.473	3	0	MC	9		0.260			
Manganese, Mn	mg										
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0			
Thiamin	mg	0.680)	0	MC	9		0.374			
Riboflavin	mg	0.770)	0	MC	9		0.424			
Niacin	mg	9.090)	0	MC	9		5.000			
Pantothenic acid	mg										
Vitamin B-6	mg	0.910)	0	MC	9		0.501			
Folate, total	mcg	182		0	MC	9		100			
Folic acid	mcg	163		0	NC	4		90			
Folate, food	mcg	19		0	CAZN	4		10			
Folate, DFE	mcg_DFE	296		0	NC	4		163			
Vitamin B-12	mcg	2.73		0	MC	9		1.50			
Vitamin A, IU	IU	1364		0	MC	9		750			
Vitamin A, RAE	mcg_RAE										
Retinol											
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta	mg										
Vitamin D	IU	73.000)	0	MC	9		40.150			
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated		0.800)	0	MC	9		0.440			
Fatty acids, total monounsaturated											
Fatty acids, total polyunsaturated											
Fatty acids, total trans											
Cholesterol		0		0	MC	9		0			
Phytosterols	mg										

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 55g: 1 cup (1 NLEA serving)

Cereals ready-to-eat, KRAFT, POST FRUIT & FIBRE Dates, Raisins & Walnuts Cereal

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

		<u>A</u> 1	mount in 10	00 grams	of edik	ole portic	<u>on</u>	Amount in edible portion of common		
				Number				<u>m</u>	easures of food	<u>l</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.30		0	MC	9		0.42		
Energy	kcal	405		0	MC	9		130		
Energy	kj	1695				9		542		
Protein	g	8.50		0	MC	9		2.72		
Total lipid (fat)	g	4.10		0	NR	4		1.31		
Ash	g	2.50		0	MC	9		0.80		
Carbohydrate, by difference	g	83.50		0	MC	9		26.72		
Fiber, total dietary	g	4.1		0	MC	9		1.3		
Sugars, total	g	39.00		0	MC	9		12.48		
Starch	g									
Minerals:										
Calcium, Ca	ma	30		0	MC	9		10		
Iron, Fe		8.44		0	MC	9		2.70		
Magnesium, Mg		78		0	MC	9		25		
Phosphorus, P		208		0	MC	9		67		
Potassium, K	_	194		0	MC	9		62		
Sodium, Na		661		0	MC	9		212		
Zinc, Zn		4.69		0	MC	9		1.50		
Copper, Cu	mg	0.310)	0	MC	9		0.099		
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg	1.170)	0	MC	9		0.374		
Riboflavin	mg	1.330)	0	MC	9		0.426		
Niacin	mg	15.630)	0	MC	9		5.002		
Pantothenic acid										
Vitamin B-6		1.560)	0	MC	9		0.499		
Folate, total		312		0	MC	9		100		
Folic acid		293		0	NC	4		94		
Folate, food		19		0	CAZN	4		6		
Folate, DFE		517		0	NC	4		165		
Vitamin B-12		4.69		0	MC	9		1.50		
Vitamin A, IU	IU	2344		0	MC	9		750		
Vitamin A, RAE										
Retinol										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D		125.000	1	0	MC	9		40.000		
Vitamin K (phylloquinone)		125.000		Ŭ	110			40.000		
Lipids:	<u>-</u>									
Fatty acids, total saturated	g	0.800)	0	MC	9		0.256		
Fatty acids, total monounsaturated				-	-	-				
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol		0		0	MC	9		0		
Phytosterols										

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32g: 1 cup (1 NLEA serving)

Cereals ready-to-eat, KRAFT, POST Frosted ALPHA-BITS Cereal

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08339 Cereals ready-to-eat, KRAFT, POST Frosted Shredded Wheat Bite Size Cereal

		<u>A</u> 1	mount in 10			ole portic	<u>on</u>	Amount in edible portion of common measures of food			
				Number	•			<u>m</u>	easures of 1000	_	
Nutrients and Uni	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	6.00		0	MC	9		3.12			
Energy	kcal	352		0	MC	9		183			
Energy	kj	1473				9		766			
Protein	g	7.80		0	MC	9		4.06			
Total lipid (fat)	g	1.90		0	NR	4		0.99			
Ash	g	1.10		0	MC	9		0.57			
Carbohydrate, by difference	g	83.80		0	MC	9		43.58			
Fiber, total dietary	g	9.6		0	MC	9		5.0			
Sugars, total	g	22.30		0	MC	9		11.60			
Starch	g										
Minerals:											
Calcium, Ca	ma	13		0	MC	9		7			
Iron, Fe		3.46		0	MC	9		1.80			
Magnesium, Mg		93		0	MC	9		48			
Phosphorus, P		276		0	MC	9		144			
Potassium. K	-	327		0	MC	9		170			
Sodium, Na	mg	19		0	MC	9		10			
Zinc, Zn		2.88		0	MC	9		1.50			
Copper, Cu	mg	0.173	3	0	MC	9		0.090			
Manganese, Mn	mg										
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0			
Thiamin		0.720)	0	MC	9		0.374			
Riboflavin	-	0.820)	0	MC	9		0.426			
Niacin	mg	9.620)	0	MC	9		5.002			
Pantothenic acid	mg										
Vitamin B-6	mg	0.960)	0	MC	9		0.499			
Folate, total	mcg	192		0	MC	9		100			
Folic acid	mcg	173		0	NC	4		90			
Folate, food		19		0	CAZN	4		10			
Folate, DFE	mcg_DFE	313		0	NC	4		163			
Vitamin B-12		2.88		0	MC	9		1.50			
Vitamin A, IU	IU	0		0	MC	9		0			
Vitamin A, RAE											
Retinol											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta		0.000		•		•		0.000			
Vitamin D Vitamin K (phylloquinone)		0.000)	0	MC	9		0.000			
	1110g										
Lipids:	0	0 200		^	240	•		0 156			
Fatty acids, total saturated		0.300	,	0	MC	9		0.156			
Fatty acids, total monounsaturated											
Fatty acids, total polyunsaturated											
Fatty acids, total trans		0		0	MC	9		0			
Phytosterols		U		U	MC	9		U			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 52g: 1 cup (1 NLEA serving)

Cereals ready-to-eat, KRAFT, POST Frosted Shredded Wheat Bite Size Cereal

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

		<u>A</u> 1	mount in 10	00 grams	of edib	ole portic	<u>on</u>		edible portion	
				Number	•			<u>m</u>	easures of food	<u>.</u>
Nutrients and Uni	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.00		0	MC	9		0.81		
Energy	kcal	401		0	MC	9		108		
Energy	kj	1678				9		453		
Protein	g	3.60		0	MC	9		0.97		
Total lipid (fat)	g	3.90		0	NR	4		1.05		
Ash	g	1.60		0	MC	9		0.43		
Carbohydrate, by difference	g	87.90		0	MC	9		23.73		
Fiber, total dietary		0.7		0	MC	9		0.2		
Sugars, total		44.00		0	MC	9		11.88		
Starch										
	_									
Minerals:		_		_		_		_		
Calcium, Ca		5		0	MC	9		1		
Iron, Fe		6.67		0	MC	9 9		1.80		
Magnesium, Mg		19		0	MC			5		
Phosphorus, P Potassium. K	-	58 110		0	MC MC	9 9		16 30		
,	• • • • • • • • • • • • • • • • • • • •	584		0	MC	9		158		
Sodium, NaZinc, Zn		5.56		0	MC	9		1.50		
Copper, Cu	-	0.120	1	0	MC	9		0.032		
Manganese, Mn	-	0.120	•	Ū	мс	,		0.032		
Selenium, Se										
Scientini, Sc	9									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	-	1.390		0	MC	9		0.375		
Riboflavin	-	1.570)	0	MC	9		0.424		
Niacin		18.520)	0	MC	9		5.000		
Pantothenic acid										
Vitamin B-6		1.850)	0	MC	9		0.500		
Folate, total		370		0	MC	9		100		
Folic acid		351		0	NC	4		95		
Folate, food		19		0	CAZN	4		5		
Folate, DFE		616		0	NC	4		166		
Vitamin B-12		5.56		0	MC	9		1.50		
Vitamin A, IU	IU	2778		0	MC	9		750		
Vitamin A, RAE										
Retinol										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D		148.000)	0	MC	9		39.960		
Vitamin K (phylloquinone)		140.000	,	·	110	,		33.300		
Lipids:										
Fatty acids, total saturated	a	0.900)	0	MC	9		0.243		
Fatty acids, total monounsaturated		0.500	•	·	H	,		J.24J		
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol		0		0	MC	9		0		
Phytosterols		•		•		-		•		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 27g: .75 cup (1 NLEA serving)

Cereals ready-to-eat, KRAFT, POST Fruity PEBBLES Cereal (1)

Footnotes

1 PEBBLES is a registered trademark of Hanna-Barbera Productions, Inc., used under license.

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

		<u>A</u>	mount in 10	00 grams	of edib	le portic	<u>on</u>	Amount in edible portion of common		
				Number					easures of food	
						Source	Confidence			-
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	2.90		0	MC	9		0.78		
Energy	kcal	398		0	MC	9		107		
Energy	kj	1665				9		450		
Protein	g	5.50		0	MC	9		1.49		
Total lipid (fat)	g	1.40		0	NR	4		0.38		
Ash	g	0.80		0	MC	9		0.22		
Carbohydrate, by difference		90.90		0	MC	9		24.54		
Fiber, total dietary		0.0		0	MC	9		0.0		
Sugars, total	g	53.90		0	MC	9		14.55		
Starch										
Minerals:										
Calcium, Ca	ma	15		0	MC	9		4		
Iron, Fe		6.67		0	MC	9		1.80		
Magnesium, Mg		61		0	MC	9		16		
Phosphorus, P		136		0	MC	9		37		
Potassium, K	-	125		0	MC	9		34		
Sodium, Na		150		0	MC	9		41		
Zinc. Zn		5.56		0	MC	9		1.50		
Copper, Cu	mg	0.220)	0	MC	9		0.059		
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg	1.390)	0	MC	9		0.375		
Riboflavin	mg	1.570)	0	MC	9		0.424		
Niacin	mg	18.520)	0	MC	9		5.000		
Pantothenic acid	mg									
Vitamin B-6	mg	1.850)	0	MC	9		0.500		
Folate, total		370		0	MC	9		100		
Folic acid		351		0	NC	4		95		
Folate, food		19		0	CAZN	4		5		
Folate, DFE		616		0	NC	4		166		
Vitamin B-12		5.56		0	MC	9		1.50		
Vitamin A, IU	IU	2778		0	MC	9		750		
Vitamin A, RAE										
Retinol										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta		140 000		•	W C	•		20.060		
Vitamin D Vitamin K (phylloquinone)		148.000	,	0	MC	9		39.960		
Lipids:										
Fatty acids, total saturated	а	0.200)	0	MC	9		0.054		
Fatty acids, total monounsaturated		0.200		·	220	-		0.004		
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol		0		0	MC	9		0		
Phytosterols		-		-		-		-		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 27g: .75 cup (1 NLEA serving)

Cereals ready-to-eat, KRAFT, POST GOLDEN CRISP Cereal

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

Refuse: 0%

		<u>A</u> 1	mount in 10			ole portic	<u>on</u>		edible portion easures of food	
				Number				<u>m</u>	easures of 1000	<u>.</u>
Nutrients and Uni	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.50		0	MC	9		2.03		
Energy	kcal	359		0	MC	9		208		
Energy	kj	1502				9		871		
Protein	g	10.80		0	MC	9		6.26		
Total lipid (fat)		1.90		0	NR	4		1.10		
Ash		2.50		0	MC	9		1.45		
Carbohydrate, by difference		81.30		0	MC	9		47.15		
Fiber, total dietary		8.7		0	MC	9		5.0		
		12.00		0	MC	9		6.96		
Sugars, total		12.00		U	PIC	9		0.90		
Starch	9									
Minerals:										
Calcium, Ca	mg	34		0	MC	9		20		
Iron, Fe		27.93		0	MC	9		16.20		
Magnesium, Mg		100		0	MC	9		58		
Phosphorus, P		239		0	MC	9		139		
Potassium, K	-	307		0	MC	9		178		
Sodium, Na		610		0	MC	9		354		
Zinc. Zn.		2.07		0	MC	9		1.20		
Copper, Cu		0.365	i	0	MC	9		0.212		
Manganese, Mn	-									
Selenium, Se	-									
· ·										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.0		0	MC	9		0.0		
Thiamin	-	0.650		0	MC	9		0.377		
Riboflavin	• • • • • • • • • • • • • • • • • • • •	0.730		0	MC	9		0.423		
Niacin		8.620		0	MC	9		5.000		
Pantothenic acid										
Vitamin B-6		0.860		0	MC	9		0.499		
Folate, total		172		0	MC	9		100		
Folic acid		153		0	NC	4		89		
Folate, food		19		0	CAZN	4		11		
Folate, DFE		279		0	NC	4		162		
Vitamin B-12		2.59		0	MC	9		1.50		
Vitamin A, IU	IU	1293		0	MC	9		750		
Vitamin A, RAE	mcg_RAE									
Retinol										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D	IU	69.000	1	0	MC	9		40.020		
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.400	ı	0	MC	9		0.232		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	ma									

Common Measures:

Measure 1 = 58g: .5 cup (1 NLEA serving)

Cereals ready-to-eat, KRAFT, POST GRAPE-NUTS Cereal

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

Refuse: 0%

		<u>Aı</u>	mount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common			
				Number					easures of food		
Nutrients and Uni	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water		3.20		0	MC	9		0.93			
Energy	kcal	365		0	MC	9		106			
Energy	kj	1527				9		443			
Protein	g	10.00		0	MC	9		2.90			
Total lipid (fat)	g	2.90		0	NR	4		0.84			
Ash	g	2.40		0	MC	9		0.70			
Carbohydrate, by difference		81.50		0	MC	9		23.64			
Fiber, total dietary		8.8		0	MC	9		2.6			
Sugars, total		17.60		0	MC	9		5.10			
Starch		17.00		Ü	HC	,		3.10			
Statell	9										
Minerals:											
Calcium, Ca	mg	39		0	MC	9		11			
Iron, Fe.	mg	27.93		0	MC	9		8.10			
Magnesium, Mg	mg	103		0	MC	9		30			
Phosphorus, P	mg	302		0	MC	9		88			
Potassium, K	mg	340		0	MC	9		99			
Sodium, Na	-	482		0	MC	9		140			
Zinc. Zn	_	4.14		0	MC	9		1.20			
Copper, Cu	mg	0.500)	0	MC	9		0.145			
Manganese, Mn											
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0			
Thiamin		1.290)	0	MC	9		0.374			
Riboflavin	-	1.470)	0	MC	9		0.426			
Niacin	_	17.240)	0	MC	9		5.000			
Pantothenic acid											
Vitamin B-6		1.730)	0	MC	9		0.502			
Folate, total		345		0	MC	9		100			
Folic acid		326		0	NC	4		95			
Folate, food		19		0	CAZN	4		6			
Folate, DFE		573		0	NC	4		166			
Vitamin B-12		5.17		0	MC	9		1.50			
		2586		0	MC	9		750			
Vitamin A, IU Vitamin A, RAE	IU	2566		U	MC	9		750			
Retinol											
Vitamin E (alpha-tocopherol)	Illy										
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta Vitamin D		138.000		0	MC	9		40.020			
		138.000	,	U	MC	9		40.020			
Vitamin K (phylloquinone)	nicy										
<u>Lipids:</u>				_		_					
Fatty acids, total saturated		0.600)	0	MC	9		0.174			
Fatty acids, total monounsaturated											
Fatty acids, total polyunsaturated											
Fatty acids, total trans		_		_		_		_			
Cholesterol		0		0	MC	9		0			
Phytosterols	mg										

Common Measures:

Measure 1 = 29g: .75 cup (1 NLEA serving)

Cereals ready-to-eat, KRAFT, POST GRAPE-NUTS Flakes

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08331 Cereals ready-to-eat, KRAFT, POST GREAT GRAINS Crunchy Pecan Cereal

		<u>A</u> 1	mount in 10	00 grams	of edit	ole portic	<u>on</u>		edible portion	
				Number	-			<u>m</u>	easures of food	<u>l</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.80		0	MC	9		3.07		
Energy	kcal	408		0	MC	9		216		
Energy	kj	1707				9		905		
Protein	g	9.30		0	MC	9		4.93		
Total lipid (fat)	g	11.80		0	NR	4		6.25		
Ash	g	2.00		0	MC	9		1.06		
Carbohydrate, by difference		71.40		0	MC	9		37.84		
Fiber, total dietary		7.0		0	MC	9		3.7		
Sugars, total	g	15.30		0	MC	9		8.11		
Starch										
Minerals:	ma	20		•		0		15		
Calcium, Ca		28 5.09		0	MC MC	9 9		15 2.70		
Iron, Fe.		5.09 87		0	MC	9				
Magnesium, Mg Phosphorus, P		223		0	MC	9		46 118		
Priospriorus, P Potassium. K	-	321		0	MC	9		170		
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	403		0	MC	9		214		
Zinc. Zn		2.26		0	MC	9		1.20		
Copper, Cu	• • • • • • • • • • • • • • • • • • • •	0.338	1	0	MC	9		0.179		
Manganese, Mn	-	0.550	•	·	110			0.175		
Selenium, Se	_									
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.2		0	MC	9		0.1		
Thiamin		0.710)	0	MC	9		0.376		
Riboflavin	_	0.850		0	MC	9		0.451		
Niacin	• • • • • • • • • • • • • • • • • • • •	9.430)	0	MC	9		4.998		
Pantothenic acid										
Vitamin B-6		0.940)	0	MC	9		0.498		
Folate, total		189		0	MC	9		100		
Folic acid		170		0	NC	4		90		
Folate, food		19		0	CAZN	4		10		
Folate, DFE		308		0	NC	4		163		
Vitamin B-12		2.83		0	MC	9		1.50		
Vitamin A, IU		1415		0	MC	9		750		
Vitamin A, RAE	mcg_RAE									
Retinol										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D		75.000)	0	MC	9		39.750		
Vitamin K (phylloquinone)	mcg									
Lipids:	_			_		_				
Fatty acids, total saturated	-	1.400)	0	MC	9		0.742		
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans		_		_		_		_		
Cholesterol		0		0	MC	9		0		
Phytosterols	mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 53g: .667 cup (1 NLEA serving)

Cereals ready-to-eat, KRAFT, POST GREAT GRAINS Crunchy Pecan Cereal

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08332 Cereals ready-to-eat, KRAFT, POST GREAT GRAINS Raisin, Date & Pecan Cereal

		<u>A</u>	mount in 10	00 grams	of edik	ole portic	<u>on</u>	Amount in	edible portion	of common
				Number				m	easures of food	<u> </u>
						Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	8.70		0	MC	9		4.70		
Energy	kcal	377		0	MC	9		204		
Energy	kj	1577				9		852		
Protein	g	8.00		0	MC	9		4.32		
Total lipid (fat)	g	8.40		0	NR	4		4.54		
Ash	g	1.90		0	MC	9		1.03		
Carbohydrate, by difference		73.20		0	MC	9		39.53		
Fiber, total dietary		7.4		0	MC	9		4.0		
Sugars, total	g	24.60		0	MC	9		13.28		
Starch										
Minerals:	ma	31		^	240	9		17		
Calcium, Ca		6.67		0	MC MC	9		3.60		
Iron, Fe		84		0	MC	9		45		
Phosphorus, P		197		0	MC	9		106		
Potassium, K	-	326		0	MC	9		176		
Sodium, Na		288		0	MC	9		156		
Zinc. Zn.		2.22		0	MC	9		1.20		
Copper, Cu	• • • • • • • • • • • • • • • • • • • •	0.308	3	0	MC	9		0.166		
Manganese, Mn	_									
Selenium, Se	-									
Vitamins:	-									
Vitamin C, total ascorbic acid	mg	0.1		0	MC	9		0.1		
Thiamin		0.700)	0	MC	9		0.378		
Riboflavin	mg	0.790)	0	MC	9		0.427		
Niacin	mg	9.260)	0	MC	9		5.000		
Pantothenic acid	mg									
Vitamin B-6	mg	0.930)	0	MC	9		0.502		
Folate, total	mcg	185		0	MC	9		100		
Folic acid	mcg	166		0	NC	4		90		
Folate, food		19		0	CAZN	4		10		
Folate, DFE	mcg_DFE	301		0	NC	4		163		
Vitamin B-12		2.78		0	MC	9		1.50		
Vitamin A, IU	IU	1389		0	MC	9		750		
Vitamin A, RAE										
Retinol										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta		=								
Vitamin D		74.000)	0	MC	9		39.960		
Vitamin K (phylloquinone)	Ilicy									
<u>Lipids:</u>	~			•		•				
Fatty acids, total saturated		1.100)	0	MC	9		0.594		
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans		^		^		^		•		
Cholesterol	riig	0		0	MC	9		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 54g: .667 cup (1 NLEA serving)

Cereals ready-to-eat, KRAFT, POST GREAT GRAINS Raisin, Date & Pecan Cereal

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08333 Cereals ready-to-eat, KRAFT, POST HONEY BUNCHES OF OATS Honey Roasted Cereal

Proximates: Water	al 3 16	3.00 94	Std. Error		Deriv	9 9 9 9 9 9 9 9	Confidence Code	0.90 118 494 2.13 1.65 0.69 24.57 1.5 6.45	easures of food Measure 2	Measure 3
Proximates: 9 Energy kca Energy kj Protein 9 Total lipid (fat) 9 Ash 9 Carbohydrate, by difference 9 Fiber, total dietary 9 Sugars, total 9 Starch 9 Minerals: Calcium, Ca mg Iron, Fe mg Magnesium, Mg mg Phosphorus, P mg Potassium, K mg Sodium, Na mg Zinc, Zn mg Manganese, Mn mg Selenium, Se mc Vitamins: vitamin C, total ascorbic acid mg Thiamin mg Riboflavin mg Niacin mg	al 3 16	3.00 94 47 7.10 5.50 2.30 81.90 4.9 21.50	Std. Error	Points 0 0 0 0 0 0 0 0 0 0 0 0 0	MC MC NR MC MC MC	9 9 9 9 4 9 9		0.90 118 494 2.13 1.65 0.69 24.57	Measure 2	Measure 3
Proximates: 9 Energy kca Energy kj Protein 9 Total lipid (fat) 9 Ash 9 Carbohydrate, by difference 9 Fiber, total dietary 9 Sugars, total 9 Starch 9 Minerals: Calcium, Ca mg Iron, Fe mg Magnesium, Mg mg Phosphorus, P mg Potassium, K mg Sodium, Na mg Zinc, Zn mg Copper, Cu mg Manganese, Mn mg Selenium, Se mc Vitamins: mg Vitamin mg Riboflavin mg Niacin mg	al 3 16	3.00 94 47 7.10 5.50 2.30 81.90 4.9 21.50	Std. Error	0 0 0 0 0	MC MC MC NR MC MC	9 9 9 9 4 9	Code	0.90 118 494 2.13 1.65 0.69 24.57	Measure 2	Measure 3
Water. 9 Energy. kca Energy. kj Protein. 9 Total lipid (fat). 9 Ash. 9 Carbohydrate, by difference. 9 Fiber, total dietary. 9 Sugars, total. 9 Starch. 9 Minerals: Calcium, Ca. mg Iron, Fe. mg Magnesium, Mg. mg Phosphorus, P. mg Potassium, K. mg Sodium, Na. mg Zinc, Zn. mg Manganese, Mn. mg Selenium, Se. mc Vitamins: vitamin C, total ascorbic acid. mg Riboflavin. mg Niacin. mg	16	94 47 7.10 5.50 2.30 81.90 4.9 21.50		0 0 0 0	MC NR MC MC MC	9 9 4 9 9		118 494 2.13 1.65 0.69 24.57 1.5		
Water. 9 Energy. kca Energy. kj Protein. 9 Total lipid (fat). 9 Ash. 9 Carbohydrate, by difference. 9 Fiber, total dietary. 9 Sugars, total. 9 Starch. 9 Minerals: Calcium, Ca. mg Iron, Fe. mg Magnesium, Mg. mg Phosphorus, P. mg Potassium, K. mg Sodium, Na. mg Zinc, Zn. mg Manganese, Mn. mg Selenium, Se. mc Vitamins: vitamin C, total ascorbic acid. mg Riboflavin. mg Niacin. mg	16	94 47 7.10 5.50 2.30 81.90 4.9 21.50		0 0 0 0	MC NR MC MC MC	9 9 4 9 9		118 494 2.13 1.65 0.69 24.57 1.5		
Energy	16	47 7.10 5.50 2.30 81.90 4.9 21.50		0 0 0 0	MC NR MC MC	9 9 4 9 9		2.13 1.65 0.69 24.57 1.5		
Energy	16	7.10 5.50 2.30 81.90 4.9 21.50		0 0 0	NR MC MC MC	9 4 9 9		2.13 1.65 0.69 24.57 1.5		
Protein	1 1	5.50 2.30 81.90 4.9 21.50		0 0 0	NR MC MC MC	4 9 9		1.65 0.69 24.57 1.5		
Total lipid (fat) 9 Ash 9 Carbohydrate, by difference 9 Fiber, total dietary 9 Sugars, total 9 Starch 9 Minerals: Calcium, Ca mg Iron, Fe mg Magnesium, Mg mg Phosphorus, P mg Potassium, K mg Sodium, Na mg Zinc, Zn mg Copper, Cu mg Manganese, Mn mg Selenium, Se mc Vitamins: vitamin C, total ascorbic acid mg Thiamin mg Riboflavin mg Niacin mg	1 1	2.30 81.90 4.9 21.50		0 0	MC MC MC	9 9 9		0.69 24.57 1.5		
Ash	1 1	81.90 4.9 21.50 21		0	MC MC	9		24.57 1.5		
Carbohydrate, by difference 9 Fiber, total dietary 9 Sugars, total 9 Starch 9 Minerals: Calcium, Ca mg Calcium, Fe mg Magnesium, Mg mg Phosphorus, P mg Potassium, K mg Sodium, Na mg Zinc, Zn mg Copper, Cu mg Manganese, Mn mg Selenium, Se mc Vitamins: Vitamin C, total ascorbic acid mg Thiamin mg Riboflavin mg Niacin mg	1 1	4.9 21.50 21 21 27.00		0	MC	9		24.57 1.5		
Fiber, total dietary. 9 Sugars, total. 9 Starch. 9 Minerals: Calcium, Ca. mg Calcium, Ca. mg Iron, Fe. mg Magnesium, Mg. mg Phosphorus, P. mg Potassium, K. mg Sodium, Na. mg Zinc, Zn. mg Copper, Cu. mg Manganese, Mn. mg Selenium, Se. mc Vitamins: vitamin C, total ascorbic acid. mg Thiamin. mg Riboflavin. mg Niacin. mg	1 1	4.9 21.50 21 21 27.00		0	MC	9		1.5		
Sugars, total 9 Starch 9 Minerals: Calcium, Ca mg Iron, Fe mg Magnesium, Mg mg Phosphorus, P mg Potassium, K mg Sodium, Na mg Zinc, Zn mg Copper, Cu mg Manganese, Mn mg Selenium, Se mc Vitamins: Vitamins Thiamin mg Riboflavin mg Niacin mg	1	21.50 21 27.00								
Minerals: Calcium, Ca. mg Iron, Fe. mg mg Iron, Fe. mg mg Magnesium, Mg. mg mg Phosphorus, P. mg mg Potassium, K. mg sodium, Na. mg Zinc, Zn. mg Copper, Cu. mg Manganese, Mn. mg selenium, Se. mc Vitamins: Vitamin C, total ascorbic acid. mg Thiamin. mg Riboflavin. mg Niacin. mg Niacin. mg	1	21 27.00		Ü	MC	9				
Minerals: Calcium, Ca. mg Iron, Fe. mg Magnesium, Mg. mg Magnesium, Mg. mg mg Phosphorus, P. mg potassium, K. mg Sodium, Na. mg Zinc, Zn. mg Copper, Cu. mg Manganese, Mn. mg Selenium, Se. mc Vitamins: Vitamin C, total ascorbic acid mg Thiamin mg Riboflavin mg Niacin mg	1	27.00						0.45		
Calcium, Ca	1	27.00								
Calcium, Ca	1	27.00								
Magnesium, Mg	1			0	MC	9		6		
Magnesium, Mg	1	55		0	MC	9		8.10		
Potassium, K. mg Sodium, Na mg Zinc, Zn mg Copper, Cu mg Manganese, Mn mg Selenium, Se mc Vitamins: vitamin C, total ascorbic acid mg Thiamin mg Riboflavin mg Niacin mg	1			0	MC	9		17		
Sodium, Na. mg Zinc, Zn. mg Copper, Cu. mg Manganese, Mn. mg Selenium, Se. mc Vitamins: Vitamin C, total ascorbic acid. mg Thiamin. mg Riboflavin. mg Niacin. mg		61		0	MC	9		48		
Sodium, Na. mg Zinc, Zn. mg Copper, Cu. mg Manganese, Mn. mg Selenium, Se. mc Vitamins: Vitamin C, total ascorbic acid. mg Thiamin. mg Riboflavin. mg Niacin. mg		72		0	MC	9		52		
Zinc, Zn		42		0	MC	9		193		
Manganese, Mn		1.00		0	MC	9		0.30		
Selenium, Se		0.270		0	MC	9		0.081		
Vitamins: Thiamin. mg Thiamin. mg Riboflavin. mg Niacin. mg										
Vitamin C, total ascorbic acid. mg Thiamin. mg Riboflavin. mg Niacin. mg	g									
Vitamin C, total ascorbic acid. mg Thiamin. mg Riboflavin. mg Niacin. mg										
Thiamin mg Riboflavin mg Niacin mg	ı	0.0		0	MC	9		0.0		
Riboflavinmg Niacinmg		1.250		0	MC	9		0.375		
Niacinmg		1.420		0	MC	9		0.426		
_		16.670		0	MC	9		5.001		
Vitamin B-6mg		1.670		0	MC	9		0.501		
Folate, totalmc		33		0	MC	9		100		
Folic acidmc		14		0	NC	4		94		
Folate, foodmc		19		0	CAZN	4		6		
Folate, DFEmc	J	53		0	NC	4		166		
Vitamin B-12mc		5.00		0	MC	9		1.50		
Vitamin A, IUIU	25			0	MC	9		750		
Vitamin A, RAEmc				_		-		, 50		
Retinolmc										
Vitamin E (alpha-tocopherol)mg										
Tocopherol, betamg										
Tocopherol, gamma mg										
Tocopherol, deltamg										
Vitamin DIU		33.000		0	MC	9		39.900		
Vitamin K (phylloquinone)mc										
Lipids:		0 800		0	MC	9		0.240		
Fatty acids, total saturated		0.800		U	MC	9		0.240		
Fatty acids, total monounsaturated9										
Fatty acids, total polyunsaturated9										
Fatty acids, total trans	1	0		0	MC	9		0		
Cholesterolmg Phytosterolsmg	1	U		U	MC	9		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: .75 cup (1 NLEA serving)

Cereals ready-to-eat, KRAFT, POST HONEY BUNCHES OF OATS Honey Roasted Cereal

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08334 Cereals ready-to-eat, KRAFT, POST HONEY BUNCHES OF OATS with Almonds Cereal

		<u>Aı</u>	mount in 100	0 grams	of edil	ole portio	<u>on</u>	Amount in	edible portion of	f common
			I	Number				<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Units	S	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.00		0	MC	9		0.93		
Energy	kcal	407		0	MC	9		126		
Energy	kj	1703				9		528		
Protein	g	7.80		0	MC	9		2.42		
Total lipid (fat)	g	8.50		0	NR	4		2.64		
Ash	g	2.30		0	MC	9		0.71		
Carbohydrate, by difference		78.00		0	MC	9		24.18		
Fiber, total dietary		4.5		0	MC	9		1.4		
Sugars, total	g	21.00		0	MC	9		6.51		
Starch										
Minerals:										
Calcium, Ca	ma	37		0	MC	9		11		
Iron, Fe	-	26.13		0	MC	9		8.10		
Magnesium, Mg		69		0	MC	9		21		
Phosphorus, P	-	192		0	MC	9		60		
Potassium, K	_	227		0	MC	9		70		
Sodium, Na		603		0	MC	9		187		
Zinc, Zn		0.97		0	MC	9		0.30		
Copper, Cu	-	0.224	ļ	0	MC	9		0.069		
Manganese, Mn	-									
Selenium, Se	-									
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.1		0	MC	9		0.0		
Thiamin	-	1.210)	0	MC	9		0.375		
Riboflavin	-	1.370		0	MC	9		0.425		
Niacin	-	16.130		0	MC	9		5.000		
Pantothenic acid										
Vitamin B-6	-	1.610)	0	MC	9		0.499		
Folate, total	-	323		0	MC	9		100		
Folic acid		304		0	NC	4		94		
Folate, food		19		0	CAZN	4		6		
Folate, DFE		536		0	NC	4		166		
Vitamin B-12		4.84		0	MC	9		1.50		
Vitamin A, IU		2419		0	MC	9		750		
Vitamin A, RAE										
Retinol										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	129.000)	0	MC	9		39.990		
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.100)	0	MC	9		0.341		
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol		0		0	MC	9		0		
Phytosterols	mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: .75 cup (1 NLEA serving)

Cereals ready-to-eat, KRAFT, POST HONEY BUNCHES OF OATS with Almonds Cereal

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

Refuse: 0%

		<u>A</u>	mount in 10	00 grams	of edit	ole portic	<u>on</u>	Amount in	edible portion	of common
				Number				m	easures of food	<u></u>
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.50		0	MC	9		0.44		
Energy	kcal	395		0	MC	9		115		
Energy	kj	1653				9		479		
Protein	g	5.20		0	MC	9		1.51		
Total lipid (fat)		2.10		0	NR	4		0.61		
Ash		2.20		0	MC	9		0.64		
Carbohydrate, by difference		88.90		0	MC	9		25.78		
Fiber, total dietary		2.5		0	MC	9		0.7		
Sugars, total		38.30		0	MC	9		11.11		
Starch										
	-									
Minerals:		4.5				•		_		
Calcium, Ca	-	17		0	MC	9 9		5 2.70		
Iron, Fe		9.31 37		0	MC MC	9				
Magnesium, Mg Phosphorus, P		93		0	MC	9		11 27		
Potassium, K	-	120		0	MC	9		35		
Sodium, Na		743		0	MC	9		215		
Zinc. Zn		5.17		0	MC	9		1.50		
Copper, Cu	• • • • • • • • • • • • • • • • • • • •	0.068	1	0	MC	9		0.020		
Manganese, Mn.	_	0.000	•	·				0.020		
Selenium, Se	-									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin		1.290)	0	MC	9		0.374		
Riboflavin	_	1.470)	0	MC	9		0.426		
Niacin	mg	17.240)	0	MC	9		5.000		
Pantothenic acid										
Vitamin B-6		1.730)	0	MC	9		0.502		
Folate, total	mcg	345		0	MC	9		100		
Folic acid	mcg	326		0	NC	4		95		
Folate, food	mcg	19		0	CAZN	4		6		
Folate, DFE	mcg_DFE	573		0	NC	4		166		
Vitamin B-12		5.17		0	MC	9		1.50		
Vitamin A, IU	IU	2586		0	MC	9		750		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		138.000)	0	MC	9		40.020		
Vitamin K (phylloquinone)	mcg									
<u>Lipids:</u>										
Fatty acids, total saturated		0.600)	0	MC	9		0.174		
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans		_		_		_		_		
Cholesterol		0		0	MC	9		0		
Phytosterols	mg									

Common Measures:

Measure 1 = 29g: 1.333 cup (1 NLEA serving)

Cereals ready-to-eat, KRAFT, POST HONEYCOMB Cereal

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

Refuse: 0%

		<u>A</u>	mount in 10	00 grams	of edib	le portic	<u>on</u>	Amount in	edible portion	of common
				Number					easures of food	
						Source	Confidence			-
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure :
Proximates:										
Water	g	1.50		0	MC	9		0.44		
Energy	kcal	398		0	MC	9		115		
Energy	kj	1665				9		483		
Protein	g	5.90		0	MC	9		1.71		
Total lipid (fat)	g	3.30		0	NR	4		0.96		
Ash	g	2.50		0	MC	9		0.73		
Carbohydrate, by difference		86.70		0	MC	9		25.14		
Fiber, total dietary		1.7		0	MC	9		0.5		
Sugars, total	g	43.50		0	MC	9		12.62		
Starch										
Minerals:										
Calcium, Ca	ma	14		0	MC	9		4		
Iron, Fe.	-	9.31		0	MC	9		2.70		
Magnesium, Mg		41		0	MC	9		12		
Phosphorus, P		132		0	MC	9		38		
Potassium, K	-	100		0	MC	9		29		
Sodium, Na		711		0	MC	9		206		
Zinc, Zn	mg	5.17		0	MC	9		1.50		
Copper, Cu	mg	0.100)	0	MC	9		0.029		
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg	1.290)	0	MC	9		0.374		
Riboflavin	mg	1.470)	0	MC	9		0.426		
Niacin	mg	17.240)	0	MC	9		5.000		
Pantothenic acid	mg									
Vitamin B-6	mg	1.730)	0	MC	9		0.502		
Folate, total		345		0	MC	9		100		
Folic acid		326		0	NC	4		95		
Folate, food		19		0	CAZN	4		6		
Folate, DFE		573		0	NC	4		166		
Vitamin B-12		5.17		0	MC	9		1.50		
Vitamin A, IU	IU	2586		0	MC	9		750		
Vitamin A, RAE										
Retinol										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta		130 000		•	140	9		40.000		
Vitamin D Vitamin K (phylloquinone)		138.000)	0	MC	9		40.020		
Lipids:	····· 3									
Fatty acids, total saturated	g	0.600)	0	MC	9		0.174		
Fatty acids, total monounsaturated				-		-				
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol		0		0	MC	9		0		
Phytosterols										

Common Measures:

Measure 1 = 29g: 1 cup (1 NLEA serving)

Cereals ready-to-eat, KRAFT, POST Marshmallow ALPHA-BITS Cereal

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

		<u>Aı</u>	mount in 10	00 grams	of edib	ole portio	<u>on</u>	Amount in	edible portion	of common
				Number					easures of food	
Nutrients and Uni	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.50		0	MC	9		0.68		
Energy	kcal	415		0	MC	9		112		
Energy		1736				9		469		
Protein	g	4.80		0	MC	9		1.30		
Total lipid (fat)		8.80		0	NR	4		2.38		
Ash	_	2.00		0	MC	9		0.54		
Carbohydrate, by difference (2)		79.70		0	MC	9		21.52		
Fiber, total dietary		5.5		0	MC	9		1.5		
		42.40		0	MC	9		11.45		
Sugars, total		42.40		U	MC	3		11.40		
Starch	y									
Minerals:										
Calcium, Ca	mg	19		0	MC	9		5		
Iron, Fe		6.67		0	MC	9		1.80		
Magnesium, Mg	_	55		0	MC	9		15		
Phosphorus, P		119		0	MC	9		32		
Potassium, K	•	183		0	MC	9		49		
Sodium, Na	-	475		0	MC	9		128		
Zinc, Zn	-	5.56		0	MC	9		1.50		
Copper, Cu	_	0.300		0	MC	9		0.081		
Manganese, Mn	-	0.500		•	110			0.001		
Selenium. Se										
Selemum, Se	Tilog									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg	1.390		0	MC	9		0.375		
Riboflavin	mg	1.570		0	MC	9		0.424		
Niacin	mg	18.520		0	MC	9		5.000		
Pantothenic acid	mg									
Vitamin B-6	mg	1.850		0	MC	9		0.500		
Folate, total	mcg	370		0	MC	9		100		
Folic acid		351		0	NC	4		95		
Folate, food		19		0	CAZN	4		5		
Folate, DFE		616		0	NC	4		166		
Vitamin B-12		5.56		0	MC	9		1.50		
Vitamin A, IU		2778		0	MC	9		750		
Vitamin A, RAE	mca RAF									
Retinol										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		148.000		0	MC	9		39.960		
Vitamin K (phylloquinone)		140.000		Ū	МС			33.300		
	9									
Lipids:				_		_				
Fatty acids, total saturated		1.600		0	MC	9		0.432		
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol		0		0	MC	9		0		
Phytosterols	mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 27g: .75 cup (1 NLEA serving)

Cereals ready-to-eat, KRAFT, POST OREO O'S Cereal (1)

Footnotes

- OREO O'S is a trademark of Nabisco Brands Company, used under license.
- 2 Contains other proximate components.

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

		<u>A</u>	mount in 10			ole portio	<u>n</u>		edible portion	
				Number	•			<u>m</u>	easures of food	<u>l</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	8.13		1	A	1		4.55	2.30	
Energy	kcal	317		0	MC	9		178	90	
Energy	kj	1326		0	MC	9		743	376	
Protein	-	9.33		1	A	1		5.22	2.64	
Total lipid (fat)		2.50		1	A	1		1.40	0.71	
Ash		3.20		1	A	1		1.79	0.91	
Carbohydrate, by difference	9	76.84		0	NC	4		43.03	21.78	
Fiber, total dietary		12.1		1	A	1		6.8	3.4	
Sugars, total		28.06		0	AS	1		15.71	7.95	
Sucrose		1.38		1	A	1		0.77	0.39	
Glucose (dextrose)	g	13.80		1	A	1		7.73	3.91	
Fructose	g	12.20		1	A	1		6.83	3.46	
Lactose	g	0.00		1	A	1		0.00	0.00	
Maltose		0.68		1	A	1		0.38	0.19	
Galactose		0.00		0	Z	7		0.00	0.00	
Starch	9	30.10		1	A	1		16.86	8.53	
Minerals:										
Calcium, Ca	mg	54		1	A	1		30	15	
Iron, Fe		24.00		1	A	1		13.44	6.80	
Magnesium, Mg	mg	157		1	A	1		88	45	
Phosphorus, P	mg	393		1	A	1		220	111	
Potassium, K		613		1	A	1		343	174	
Sodium, Na		489		1	A	1		274	139	
Zinc, Zn		7.81	_	1	A	1		4.37	2.21	
Copper, Cu		0.527		1	A	1		0.295	0.149	
Manganese, Mn Selenium, Se		3.210 5.9	0.23	1 39 32	A JA	1 6		1.798 3.3	0.910 1.7	
Vitamins:	9	0.0	0.2.			· ·		5.5		
Vitamin C, total ascorbic acid	ma	8.0		1	A	1		4.5	2.3	
Thiamin		1.640)	1	A	1		0.918	0.465	
Riboflavin	-	1.690		1	A	1		0.946	0.479	
Niacin		13.100		1	A	1		7.336	3.714	
Pantothenic acid	-	0.206	6	1	A	1		0.115	0.058	
Vitamin B-6		1.810)	1	A	1		1.014	0.513	
Folate, total		341		1	A	1		191	97	
Folic acid	mcg	322		0	NC	4		180	91	
Folate, food		19		0	CAZN	4		11	5	
Folate, DFE	mcg_DFE	566		0	NC	4		317	161	
Vitamin B-12		5.44		1	A	1		3.05	1.54	
Vitamin A, IU		1271		0	MC	9		712	360	
Vitamin A, RAE		382		0	NC	4		214	108	
Retinol		382		0	NC	4		214	108	
Vitamin E (alpha-tocopherol)		0.82		0	MC	9		0.46	0.23	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta		68.000	,	0	мс	9		30 000	10 070	
Vitamin D Vitamin K (phylloquinone)		1.9	J	1	MC A	1		38.080 1.0	19.278 0.5	
	9	1.5		-	Α.	-		1.0	0.5	
<u>Lipids:</u>										
Fatty acids, total saturated		0.390		0	NC	4		0.218	0.111	
4:0		0.000		0	FLM	4		0.000	0.000	
6:0		0.000		0	FLM	4		0.000	0.000	
8:0		0.000		1	A	1		0.000	0.000	
10:0		0.000		1	A	1		0.000	0.000	
12:0		0.000	,	1	A	1		0.000	0.000	
13:0 14:0	-	0.000	n	1	A	1		0.000	0.000	
	U	0.000	J	1	A	1		0.000	0.000	

		<u>Ar</u>	nount in 10			ole portic	o <u>n</u>		edible portion of	f common
				Number		_		1118	easures or roou	
Nutrients and Units	S	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0	g	0.360		1	A	1		0.202	0.102	
17:0		0.000		1	A	1		0.000	0.000	
18:0		0.030		1	A	1		0.017	0.008	
20:0		0.000		1	A	1		0.000	0.000	
22:0	-	0.000		1	A	1		0.000	0.000	
24:0	-	0.000 0.460		1 0	A NC	1 4		0.000 0.257	0.000 0.130	
Fatty acids, total monounsaturated 14:1		0.460		1	A.	1		0.257	0.130	
15:1	-	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated		0.000		1	A	1		0.000	0.000	
17:1	-	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated		0.450		1	A	1		0.252	0.128	
20:1	g	0.010		1	A	1		0.006	0.003	
22:1 undifferentiated	g	0.000		1	A	1		0.000	0.000	
24:1 c										
Fatty acids, total polyunsaturated		1.050		0	NC	4		0.588	0.298	
18:2 undifferentiated		0.970		1	A	1		0.543	0.275	
18:3 undifferentiated		0.080		1	A	1		0.045	0.023	
18:4		0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c	-	0.000		1 1	A A	1 1		0.000	0.000	
20:3 undifferentiated 20:4 undifferentiated	-	0.000		1	A	1		0.000 0.000	0.000 0.000	
20:5 n-3	-	0.000		1	A	1		0.000	0.000	
22:5 n-3	-	0.000		1	A	1		0.000	0.000	
22:6 n-3		0.000		1	A	1		0.000	0.000	
Fatty acids, total trans		0.000		-		_		0.000	0.000	
Cholesterol		0		0	MC	9		0	0	
Phytosterols										
Amino Acids:										
Tryptophan	g	0.140		0	A	1		0.078	0.040	
Threonine	g	0.250		0	A	1		0.140	0.071	
Isoleucine	-	0.250		0	A	1		0.140	0.071	
Leucine		0.500		0	A	1		0.280	0.142	
Lysine		0.190		0	A	1		0.106	0.054	
Methionine		0.100		0	A A	1 1		0.056	0.028	
Cystine	-	0.180 0.370		0	A	1		0.101 0.207	0.051	
Phenylalanine Tyrosine	-	0.100		0	A	1		0.207	0.105 0.028	
Valine		0.100		0	A	1		0.196	0.028	
Arginine		0.420		0	A	1		0.235	0.033	
Histidine		0.180		0	A	1		0.101	0.051	
Alanine		0.330		0	A	1		0.185	0.094	
Aspartic acid	_	0.470		0	A	1		0.263	0.133	
Glutamic acid		1.980		0	A	1		1.109	0.561	
Glycine	g	0.360		0	A	1		0.202	0.102	
Proline	g	0.680		0	A	1		0.381	0.193	
Serine		0.360		0	A	1		0.202	0.102	
Hydroxyproline	g									
Others:	~			•	_	_		0.0	0.0	
Alcohol, ethyl		0.0 0		0	Z	7 4		0.0	0.0	
Caffeine	-	0		0	FLC FLC	4		0	0 0	
Theobromine	ii	U		U	FTC	4		U	U	
Carotenoids:									_	
Carotene, beta	-	0		0	z	7		0.000	0.000	
Carotene, alpha		0		0	Z Z	7 7		0.000	0.000	
Cryptoxanthin, beta		0		0	z Z	7		0.000 0.000	0.000 0.000	
LycopeneLutein + zeaxanthin		0		0	Z	7		0.000	0.000	
Luiciii + Zeaxaiitiiiii	!ivg	<u> </u>				,		0.000	0.000	

Cereals ready-to-eat, KRAFT, POST Raisin Bran Cereal

Common Measures:

Measure 1 = 56g: 1 cup Measure 2 = 28.35g: 1 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08341 Cereals ready-to-eat, KRAFT, POST THE ORIGINAL SHREDDED WHEAT 'N BRAN Cereal *Kraft Foods, Inc.*

		<u>A</u>	mount in 10	00 grams	of edik	ole portic	<u>on</u>	Amount in	edible portion	of common
				Number				m	easures of food	<u> </u>
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.50		0	MC	9		2.66		
Energy	kcal	334		0	MC	9		197		
Energy	kj	1397				9		824		
Protein	g	12.50		0	MC	9		7.38		
Total lipid (fat)	g	1.40		0	NR	4		0.83		
Ash	g	1.70		0	MC	9		1.00		
Carbohydrate, by difference	g	79.90		0	MC	9		47.14		
Fiber, total dietary	g	13.4		0	MC	9		7.9		
Sugars, total	g	1.00		0	MC	9		0.59		
Starch										
Minouala										
Minerals:	ma	45		0	MC	9		27		
Calcium, CaIron, Fe		4.18		0	MC	9		2.47		
Magnesium, Mg		137		0	MC	9		81		
Phosphorus, P		398		0	MC	9		235		
Potassium. K.	-	420		0	MC	9		248		
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	5		0	MC	9		3		
Zinc. Zn.		3.27		0	MC	9		1.93		
Copper, Cu	• • • • • • • • • • • • • • • • • • • •	0.400)	0	MC	9		0.236		
Manganese, Mn	_									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin		0.260)	0	MC	9		0.153		
Riboflavin	-	0.120)	0	MC	9		0.071		
Niacin	mg	6.310)	0	MC	9		3.723		
Pantothenic acid	mg									
Vitamin B-6	mg	0.330)	0	MC	9		0.195		
Folate, total	mcg	46		0	MC	9		27		
Folic acid	mcg	0		0	NC	4		0		
Folate, food		46		0	NC	4		27		
Folate, DFE	mcg_DFE	46		0	NC	4		27		
Vitamin B-12		0.00		0	MC	9		0.00		
Vitamin A, IU	IU	0		0	MC	9		0		
Vitamin A, RAE										
Retinol										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta		0.000		0	MC	9		0.000		
Vitamin D Vitamin K (phylloquinone)		0.000	,	U	PIC	3		0.000		
Lipids:										
Fatty acids, total saturated	a	0.200)	0	MC	9		0.118		
Fatty acids, total monounsaturated		0.200	•	U	PIC	9		0.110		
Fatty acids, total monounsaturated										
Fatty acids, total trans										
Cholesterol		0		0	MC	9		0		
Phytosterols		-		-		-		_		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 59g: 1.25 cup (1 NLEA serving)

Cereals ready-to-eat, KRAFT, POST THE ORIGINAL SHREDDED WHEAT 'N BRAN Cereal

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08342 Cereals ready-to-eat, KRAFT, POST THE ORIGINAL SHREDDED WHEAT SPOON SIZE Cereal *Kraft Foods, Inc.*

		<u>A</u> 1	mount in 100	0 grams	of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
			I	Number				<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.10		0	MC	9		2.01		
Energy	kcal	340		0	MC	9		167		
Energy		1423				9		697		
Protein		10.30		0	MC	9		5.05		
Total lipid (fat)	g	1.10		0	NR	4		0.54		
Ash		1.60		0	MC	9		0.78		
Carbohydrate, by difference		83.00		0	MC	9		40.67		
Fiber, total dietary		11.4		0	MC	9		5.6		
Sugars, total		0.90		0	MC	9		0.44		
Starch		0.50		•		•		****		
Starch	9									
Minerals:										
Calcium, Ca	mg	43		0	MC	9		21		
Iron, Fe	mg	3.18		0	MC	9		1.56		
Magnesium, Mg	mg	116		0	MC	9		57		
Phosphorus, P	mg	357		0	MC	9		175		
Potassium, K	mg	415		0	MC	9		203		
Sodium, Na	mg	7		0	MC	9		3		
Zinc, Zn	mg	2.67		0	MC	9		1.31		
Copper, Cu	mg	0.330)	0	MC	9		0.162		
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	MC	9		0.0		
Thiamin		0.270)	0	MC	9		0.132		
Riboflavin	-	0.120		0	MC	9		0.059		
Niacin	_	5.570		0	MC	9		2.729		
Pantothenic acid	-			-						
Vitamin B-6		0.410)	0	MC	9		0.201		
Folate, total	-	42		0	MC	9		21		
Folic acid		0		0	NC	4		0		
Folate, food		42		0	NC	4		21		
Folate, DFE		42		0	NC	4		21		
Vitamin B-12		0.00		0	MC	9		0.00		
Vitamin A, IU		0		0	MC	9		0		
Vitamin A, RAE										
Retinol										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	-									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		0.000)	0	MC	9		0.000		
Vitamin K (phylloquinone)										
<u>Lipids:</u>	~			_		•				
Fatty acids, total saturated		0.200)	0	MC	9		0.098		
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans		•		^		^		•		
Cholesterol		0		0	MC	9		0		
Phytosterols	<u>ı</u> rııg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 49g: 1 cup (1 NLEA serving)

Cereals ready-to-eat, KRAFT, POST THE ORIGINAL SHREDDED WHEAT SPOON SIZE Cereal

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

		<u>A</u> 1	mount in 10	00 grams	of edik	ole portic	<u>on</u>	Amount in	edible portion	of common
				Number					easures of food	
						Source	Confidence			_
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure :
Proximates:										
Water	g	3.50		0	MC	9		0.98		
Energy	kcal	360		0	MC	9		101		
Energy	kj	1506				9		422		
Protein	g	6.70		0	MC	9		1.88		
Total lipid (fat)	g	0.10		0	NR	4		0.03		
Ash	g	2.80		0	MC	9		0.78		
Carbohydrate, by difference		86.70		0	MC	9		24.28		
Fiber, total dietary		4.5		0	MC	9		1.3		
Sugars, total	g	6.50		0	MC	9		1.82		
Starch										
Minerals:	ma	3		^	240	•		1		
Calcium, CaIron, Fe		3 19.29		0	MC MC	9 9		1 5.40		
Magnesium, Mg		16		0	MC	9		4		
Phosphorus, P		52		0	MC	9		15		
Potassium, K	_	117		0	MC	9		33		
Sodium, Na		949		0	MC	9		266		
Zinc, Zn		0.48		0	MC	9		0.13		
Copper, Cu	-	0.031	_	0	MC	9		0.009		
Manganese, Mn	-									
Selenium, Se	_									
Vitamins:	-									
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin		1.340)	0	MC	9		0.375		
Riboflavin	mg	1.520)	0	MC	9		0.426		
Niacin	mg	17.860)	0	MC	9		5.001		
Pantothenic acid	mg									
Vitamin B-6	mg	1.790)	0	MC	9		0.501		
Folate, total	mcg	357		0	MC	9		100		
Folic acid	mcg	338		0	NC	4		95		
Folate, food		19		0	CAZN	4		5		
Folate, DFE	mcg_DFE	594		0	NC	4		166		
Vitamin B-12		5.36		0	MC	9		1.50		
Vitamin A, IU	IU	2679		0	MC	9		750		
Vitamin A, RAE										
Retinol										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta		142 000		^	240	9		40.040		
Vitamin D		143.000	,	0	MC	9		40.040		
Vitamin K (phylloquinone)	Illog									
Lipids:	~	0.000		^		^		0.000		
Fatty acids, total saturated	-	0.000)	0	MC	9		0.000		
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans		0		0	MC	9		0		
CholesterolPhytosterols		U		0	MC	9		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 cup (1 NLEA serving)

Cereals ready-to-eat, KRAFT, POST TOASTIES Corn Flakes

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

		<u>A</u>	mount in 100 g	rams of ed	ible porti	<u>on</u>	Amount in	edible portion	of common
			Nu	mber			<u>m</u>	easures of food	<u> </u>
				Data Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error Po			Code	Measure 1	Measure 2	Measure
Proximates:		0.00		0 555	4		0.60		
Water	_	2.00		0 BF2			0.60	0.80	
Energy		400		1 MC			120	160	
Energy	kj	1674		0 MC			502	669	
Protein (N x 6.25)	g	6.67		1 MC			2.00	2.67	
Total lipid (fat)	g	5.00		1 MC	9		1.50	2.00	
Ash	g	2.44		0 BF2	N 4		0.73	0.98	
Carbohydrate, by difference	g	83.33		1 MC	9		25.00	33.33	
Fiber, total dietary	g	3.3		1 MC	9		1.0	1.3	
Sugars, total	g	43.33		1 MC	9		13.00	17.33	
Starch	g								
<u>Minerals:</u>							_		
Calcium, Ca	_	333		1 MC	9		100	133	
Iron, Fe		15.00		1 MC	9		4.50	6.00	
Magnesium, Mg	mg	53		1 MC	9		16	21	
Phosphorus, P	mg	200		1 MC	9		60	80	
Potassium, K	mg	183		1 MC	9		55	73	
Sodium, Na	mg	533		1 MC	9		160	213	
Zinc, Zn	mg	2.33		1 MC	9		0.70	0.93	
Copper, Cu	mg	0.200)	0 BFZ	N 4		0.060	0.080	
Manganese, Mn	mg								
Selenium, Se	mcg	37.5		0 BFZ	N 4		11.3	15.0	
Vitamins:									
Vitamin C, total ascorbic acid	mg	16.7		1 MC	9		5.0	6.7	
'Thiamin		1.233	3	1 MC	9		0.370	0.493	
Riboflavin		1.400)	1 MC	9		0.420	0.560	
Niacin	-	16.667	1	1 MC	9		5.000	6.667	
Pantothenic acid	-								
Vitamin B-6		1.667	,	1 MC	9		0.500	0.667	
Folate, total		667		0 BFZ	N 4		200	267	
Folic acid		648		0 BFZ			194	259	
Folate, food		19		0 BFZ			6	8	
Folate, DFE	mca DFF	1121		0 NC	4		336	448	
Vitamin B-12	mca =	5.00		1 MC	9		1.50	2.00	
Vitamin A, IU		1670		0 NC	4		501	668	
Vitamin A, RAE		501		0 BFZ			150	200	
Retinol		501		0 BFZ			150	200	
		0.50		0 BFZ			0.15	0.20	
Vitamin E (alpha-tocopherol)		0.50		U BFZ	N 4		0.15	0.20	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta		400 000					40.000	F0 000	
Vitamin D		133.333 1.8	,	1 MC 0 BFZ	9 N 4		40.000 0.6	53.333 0.7	
Vitamin K (phylloquinone)	Incg	1.0		U BFZ	N 4		0.6	0.7	
Lipids:	~							2 22 -	
Fatty acids, total saturated		0.990		0 BFZ			0.297	0.396	
4:0		0.000		0 BFZ			0.000	0.000	
6:0	_	0.000		0 BFZ			0.000	0.000	
8:0		0.000		0 BFZ			0.000	0.000	
10:0		0.000		0 BFZ			0.000	0.000	
12:0	-	0.007	•	0 BFZ	N 4		0.002	0.003	
13:0									
14:0	g	0.007	,	0 BFZ	N 4		0.002	0.003	
15:0	g								
16:0	g	0.730)	0 BFZ	N 4		0.219	0.292	
17:0	g								
18:0	g	0.216	5	0 BFZ	N 4		0.065	0.086	
20:0	g								
22:0	g								
24:0	g								

	<u>Ar</u>	mount in 100	0 grams	of edib	ole portic	<u>on</u>		edible portion	
Nutrients and Units	Mean		Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	2.375		0	BFZN	4		0.712	0.950	
14:19									
15:1g									
16:1 undifferentiatedg	0.020		0	BFZN	4		0.006	0.008	
17:1	2.355		0	BFZN	4		0.707	0.942	
20:1g	0.000		0	BFZN	4		0.707	0.942	
20:1g 22:1 undifferentiated	0.000		0	BFZN	4		0.000	0.000	
24:1 cg	0.000		U	DF ZN	-		0.000	0.000	
Fatty acids, total polyunsaturatedg	1.280		0	BFZN	4		0.384	0.512	
18:2 undifferentiatedg	1.206		0	BFZN	4		0.362	0.482	
18:3 undifferentiated	0.074		0	BFZN	4		0.022	0.030	
18:4g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3g	0.000		0	BFZN	4		0.000	0.000	
22:5 n-3g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total transg									
Cholesterol mg	0		1	MC	9		0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	BFZN	4		0.0	0.0	
Caffeine mg	0		0	BFZN	4		0	0	
Theobrominemg	0		0	BFZN	4		0	0	
Carotenoids:									
Carotene, beta mcg	0		0	BFZN	4		0.000	0.000	
Carotene, alphamcg	0		0	BFZN	4		0.000	0.000	
Cryptoxanthin, beta mcg	0		0	BFZN	4		0.000	0.000	
Lycopene mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthinmcg	0		0	BFZN	4		0.000	0.000	

Common Measures:

Measure 1 = 30g: .75 cup (1 NLEA serving)

Measure 2 = 40g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

		<u>A</u>	mount in 100	grams	ot edil	ole portic	<u>on</u>	Amount in	edible portion of	of common
			ı	Number				<u>m</u>	easures of food	
						Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	_	2.50		9	MA	12		0.75		
Energy		401		0	MC	9		120		
Energy		1678				9		503		
Protein	_	4.00		9 9	MA	12		1.20		
Total lipid (fat)		5.60 2.07		9	MA MA	12 12		1.68 0.62		
Ash				0	MC	9		25.72		
Carbohydrate, by difference		85.73 2.8		9	MA	9 12		0.8		
Fiber, total dietary		43.33		0	MC	9		13.00		
Sugars, total	-	43.33		U	МС	9		13.00		
Starch	9									
Minerals:										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	8		0	FLM	4		2		
Iron, Fe	-	15.00		0	MC	9		4.50		
Magnesium, Mg		19		0	FLM	4		6		
Phosphorus, P		57		0	FLM	4		17		
Potassium, K	_	133		0	MC	9		40		
Sodium, Na	-	733		0	MC	9		220		
Zinc, Zn		12.50	_	0	MC	9		3.75		
Copper, Cu		0.136		0	FLM	4		0.041		
Manganese, Mn		0.051 6.8	L	0	FLM FLM	4 4		0.015 2.0		
Selenium, Se	Ilicg	0.0		U	E LIM	4		2.0		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg	1.250)	0	MC	9		0.375		
Riboflavin	mg	1.420	ס	0	MC	9		0.426		
Niacin		16.670		0	MC	9		5.001		
Pantothenic acid		0.037		0	FLM	4		0.011		
Vitamin B-6	_	1.670)	0	MC	9		0.501		
Folate, total		333		0	MC	9		100		
Folic acid		314		0	NC	4		94		
Folate, food		19		0	CAZN	4		6		
Folate, DFE		553		0	NC	4		166		
Vitamin B-12		0.00		0	MC	9		0.00		
Vitamin A, IU		0		0	MC	9		0		
Vitamin A, RAERetinol.		0 0		0 0	NC Z	4 7		0 0		
Vitamin E (alpha-tocopherol)		U		U	Z	,		U		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		0.000)	0	MC	9		0.000		
Vitamin K (phylloquinone)		0.00		·				0.000		
<u>Lipids:</u>			_							
Fatty acids, total saturated		1.230		9	MA	12		0.369		
4:0		0.000		0	FLM	4		0.000		
6:0	_	0.000		0	FLM	4		0.000		
8:0	_	0.000		0	FLM	4		0.000		
10:0	_	0.000		0	FLM	4		0.000		
12:0		0.001	L	0	FLM	4		0.000		
13:0		2 2	-	^				0 005		
14:0		0.015	•	0	FLM	4		0.005		
15:0				_						
16:0		0.753	5	0	FLM	4		0.226		
17:0		^ 4	-	^				•		
18:0		0.185	•	0	FLM	4		0.056		
20:0	_									
22:0	g									

NDB No. 08347 Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH

	<u>Ar</u>	nount in 10	00 grams	Amount in edible portion of common					
			Number of Data		Source	Confidence	<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	1.870		9	MA	12		0.561		
14:1g 15:1									
16:1 undifferentiated	0.012		0	FLM	4		0.004		
18:1 undifferentiatedg	1.564		0	FLM	4		0.469		
20:1g	0.000		0	FLM	4		0.000		
22:1 undifferentiatedg	0.000		0	FLM	4		0.000		
24:1 cg									
Fatty acids, total polyunsaturated	0.300		9	MA	12		0.090		
18:2 undifferentiatedg	0.284		0	FLM	4		0.085		
18:3 undifferentiatedg	0.016		0	FLM	4		0.005		
18:4g	0.000		0	FLM	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	FLM	4		0.000		
20:5 n-3g	0.000		0	FLM	4		0.000		
22:5 n-3g	0.000		0	FLM	4		0.000		
22:6 n-3g	0.000		0	FLM	4		0.000		
Fatty acids, total trans									
Cholesterolmg	0		9	MA	12		0		
Phytosterolsmg									

Common Measures:

Measure 1 = 30g: .75 cup (1 NLEA serving)

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08206 Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS

Malt-O-Meal, Co.

		<u>A</u> 1	mount in 100	<u>grams</u>	ot edik	ole portio	<u>on</u>	Amount in	edible portion	of common
			ı	Number				<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	а	3.42			FLC	4		1.03		
Energy	=	405			LC	8		122		
Energy		1695				8		508		
Protein	-	3.34			LC	8		1.00		
Total lipid (fat)	-	3.50			LC	8		1.05		
Ash		2.25			LC	8		0.68		
Carbohydrate, by difference		87.20			LC	8		26.16		
Fiber, total dietary		3.8			FLC	4		1.1		
Sugars, total		46.66		0	LC	8		14.00		
Starch	=									
Minerals:										
Calcium, Ca	mg	70			ML	5		21		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	15.87			LC	8		4.76		
Magnesium, Mg	mg	36			FLC	4		11		
Phosphorus, P		141			LC	8		42		
Potassium, K		176			LC	8		53		
Sodium, Na	-	670			LC	8		201		
Zinc, Zn		0.56			FLC	4		0.17		
Copper, Cu		0.240			FLC	4		0.072		
Manganese, Mn		0.246		•	FLC	4		0.074		
Selenium, Se	mcg	6.5		0	BFZN	4		2.0		
Vitamins:		F0 0				5		15.0		
Vitamin C, total ascorbic acid		52.9 1.323	,		ML	5		15.9 0.397		
Thiamin	-	1.323			ML ML	5		0.397		
Riboflavin		17.637			ML	5 5		5.291		
Niacin Pantothenic acid	_	17.637			МГ	5		5.291		
Vitamin B-6	_	1.764	ı		ML	5		0.529		
Folate, total	=	353	_		ML	5		106		
Folic acid		334		0	NC	4		100		
Folate, food		19		0	CAAN	4		6		
Folate, DFE		587		0	NC	4		176		
Vitamin B-12		5.29			ML	5		1.59		
Vitamin A, IU		4409			ML	5		1323		
Vitamin A, RAE		1324		0	NC	4		397		
Retinol		1324		0	NC	4		397		
Vitamin E (alpha-tocopherol)		0.27		0	FLM	4		0.08		
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D				•				0.0		
Vitamin K (phylloquinone)	mcg	0.8		0	FLM	4		0.2		
Lipids:	a	0.061						2 222		
Fatty acids, total saturated		0.961		^	FLC	4 4		0.288		
4:0		0.000		0	FLM FLM	4		0.000		
6:0 8:0	-	0.000		0	FLM	4		0.000 0.000		
10:0	-	0.000		0	FLM	4		0.000		
12:0	-	0.000		0	FLM	4		0.000		
13:0	-	0.000	•	U	5 III	-		0.000		
14:0		0.005	5	0	FLM	4		0.001		
15:0		0.000	-	v	1	•		3.001		
16:0		0.593	3	0	FLM	4		0.178		
17:0		0.000		•		-		3.1.3		
18:0		0.353	3	0	FLM	4		0.106		
20:0		2.200		-		-		3.203		
22:0	-									
24:0	-									

	<u>Ar</u>	mount in 10			ole portio	<u>on</u>		edible portion o	of common
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated9	2.079			FLC	4		0.624		
14:1g									
15:1	0.018		0	FLM	4		0.005		
17:1g	0.010		Ū	11111	-		0.005		
18:1 undifferentiatedg	2.057		0	FLM	4		0.617		
20:1g	0.000		0	FLM	4		0.000		
22:1 undifferentiated	0.000		0	FLM	4		0.000		
24:1 cg									
Fatty acids, total polyunsaturated	0.231			FLC	4		0.069		
18:2 undifferentiatedg	0.217		0	FLM	4		0.065		
18:3 undifferentiatedg	0.014		0	FLM	4		0.004		
18:4g	0.000		0	FLM	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	FLM	4		0.000		
20:5 n-3g	0.000		0	FLM	4		0.000		
22:5 n-3g	0.000		0	FLM	4		0.000		
22:6 n-3g	0.000		0	FLM	4		0.000		
Fatty acids, total transg									
Cholesterol mg	0			LC	8		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0			Z	7		0.0		
Caffeine mg	4		0	FLM	4		1		
Theobrominemg	136		0	FLM	4		41		
Carotenoids:									
Carotene, betamcg	0		0	z	7		0.000		
Carotene, alphamcg	0		0	z	7		0.000		
Cryptoxanthin, beta mcg	0		0	Z	7		0.000		
Lycopene mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin mcg	0		0	Z	7		0.000		

Common Measures:

Measure 1 = 30g: .75 cup (1 NLEA serving)

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

		<u>A</u> 1	mount in 10	0 grams	of edil	ole portio	<u>on</u>		edible portion	
				Number	•			<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	2.59		5	MA	12		0.78		
Energy	kcal	401		0	MC	9		120		
Energy		1678				9		503		
Protein		3.73		5	MA	12		1.12		
Total lipid (fat)	g	5.80		5	MA	12		1.74		
Ash		2.13		5	MA	12		0.64		
Carbohydrate, by difference		85.63		0	MC	9		25.69		
Fiber, total dietary	g	2.7		5	MA	12		0.8		
Sugars, total		43.33		0	MC	9		13.00		
Starch										
<u>Minerals:</u>				_		_		_		
Calcium, Ca	_	10		0	FLM	4		3		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	15.00		0	MC	9		4.50		
Magnesium, Mg		50		0	FLM	4		15		
Phosphorus, P	_	144		0	FLM	4		43		
Potassium, K	_	133		0	MC	9		40		
Sodium, Na	-	766		0	MC	9		230		
Zinc, Zn		12.50	_	0	MC	9		3.75		
Copper, Cu		0.157		0	FLM	4		0.047		
Manganese, Mn		0.232	2	0	FLM	4		0.070		
Selenium, Se	mcg	8.9		0	FLM	4		2.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	-	1.250)	0	MC	9		0.375		
Riboflavin	-	1.420)	0	MC	9		0.426		
Niacin		16.670)	0	MC	9		5.001		
Pantothenic acid		0.310)	0	FLM	4		0.093		
Vitamin B-6	_	1.670)	0	MC	9		0.501		
Folate, total	_	333		0	MC	9		100		
Folic acid		314		0	NC	4		94		
Folate, food		19		0	CAZN	4		6		
Folate, DFE		553		0	NC	4		166		
Vitamin B-12		0.00		0	MC	9		0.00		
Vitamin A, IU		0		0	MC	9		0		
Vitamin A, RAE		0		0	NC	4		0		
Retinol		0		0	z	7		0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
11.1										
<u>Lipids:</u>	~	1 220		-	143	10		0.200		
Fatty acids, total saturated		1.330		5 0	MA	12 4		0.399		
4:0		0.000		0	FLM			0.000		
6:0		0.000			FLM	4		0.000		
8:0	_	0.000		0	FLM	4		0.000		
10:0	_	0.000		0	FLM	4		0.000		
12:0	_	0.001	<u>.</u>	0	FLM	4		0.000		
13:0	_	0.010	,	0	FLM	4		0.004		
14:0	_	0.012	-	U	r LM	4		0.004		
15:0		0 770	,	^	TOT 3.5	4		0.233		
16:0		0.778	,	0	FLM	4		0.233		
17:0		0 170	,	^	E17.34	A		0.050		
18:0		0.172	-	0	FLM	4		0.052		
20:0	_									
22:0	g g									

NDB No. 08346 Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH

	<u>An</u>	nount in 10	0 grams	of edik	<u>on</u>	Amount in edible portion of common			
			Number				<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated9	1.870		5	MA	12		0.561		
15:1	0.009		0	FLM	4		0.003		
18:1 undifferentiatedg	1.649		0	FLM	4		0.495		
20:1g	0.000		0	FLM	4		0.000		
22:1 undifferentiatedg	0.000		0	FLM	4		0.000		
24:1 cg									
Fatty acids, total polyunsaturated	0.400		5	MA	12		0.120		
18:2 undifferentiatedg	0.379		0	FLM	4		0.114		
18:3 undifferentiatedg	0.019		0	FLM	4		0.006		
18:4g	0.000		0	FLM	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	FLM	4		0.000		
20:5 n-3g	0.000		0	FLM	4		0.000		
22:5 n-3g	0.000		0	FLM	4		0.000		
22:6 n-3g	0.000		0	FLM	4		0.000		
Fatty acids, total transg									
Cholesterolmg	0		5	MA	12		0		
Phytosterolsmg									

Common Measures:

Measure 1 = 30g: .75 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

		<u>A</u>	mount in 10	00 grams	of edil	ole portio	<u>on</u>		edible portion	
Nutrients and Un	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	! Measure 3
Proximates:										
Water	g	2.16		2	MA	12		0.67		
Energy	kcal	382		0	MC	9		118		
Energy	kj	1598		0	MC	9		495		
Protein		3.37		2	MA	12		1.04		
Total lipid (fat)		0.45		2	MA	12		0.14		
Ash		1.20		2	MA	12		0.37		
Carbohydrate, by difference	g	92.47		0	MC	9		28.67		
Fiber, total dietary	g	1.4		2	MA	12		0.4		
Sugars, total		45.20		0	MC	9		14.01		
Starch	g									
Minerals:										
Calcium, Ca	-	36		0	FLC	4		11		
Iron, Fe		5.81		0	MC	9		1.80		
Magnesium, Mg		4		2	MA	12		1		
Phosphorus, P		19		2	MA	12		6		
Potassium, K		53		2	MA	12		16		
Sodium, Na	-	393		2	MA	12		122		
Zinc, Zn	-	4.84		0	MC	9		1.50		
Copper, Cu	-	0.090		2 0	MA	12 4		0.028		
Manganese, Mn		0.427 8.1	,	0	FLC FLC	4		0.132 2.5		
Selenium, Se	nicg	0.1		U	FLC	4		2.5		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		48.4		0	MC	9		15.0		
Thiamin	-	2.420		0	MC	9		0.750		
Riboflavin		2.740		0	MC	9		0.849		
Niacin		32.250		0	MC	9		9.998		
Pantothenic acid		0.268		0	FLC	4		0.083		
Vitamin B-6	-	3.220)	0	MC	9		0.998		
Folate, total		322		0	MC	9		100		
Folic acid	-	303 19		0 0	NC CAZN	4 4		94 6		
Folate, food		534		0	NC NC	4		166		
Folate, DFE		4.84		0	MC	9		1.50		
Vitamin B-12 Vitamin A, IU		2422		0	FLM	4		751		
Vitamin A, RAE		707		0	NC	4		219		
Retinol		707		0	FLM	4		218		
Vitamin E (alpha-tocopherol)		0.24		0	NC	4		0.07		
Tocopherol, beta		0.24		·	110	•		0.07		
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.1		0	FLM	4		0.0		
Lipids:										
Fatty acids, total saturated	а	0.200)	2	MA	12		0.062		
4:0		0.000		0	FLM	4		0.002		
6:0		0.000		0	FLM	4		0.000		
8:0		0.000		0	FLM	4		0.000		
10:0	-	0.000		0	FLM	4		0.000		
12:0	_	0.001		0	FLM	4		0.000		
13:0	-									
14:0		0.001	L	0	FLM	4		0.000		
15:0										
16:0		0.166	5	0	FLM	4		0.052		
17:0										
18:0	-	0.022	2	0	FLM	4		0.007		
20:0	_									
22:0	_									
24:0	-									

		<u>Ar</u>	nount in 10			ole portio	<u>on</u>		edible portion of easures of food	
Nutrients and U	Jnits	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate		0.060		2	MA	12		0.019		
14:1										
15:1	-									
16:1 undifferentiated		0.001		0	FLM	4		0.000		
17:1	-			_						
18:1 undifferentiated		0.059		0	FLM	4		0.018		
20:1	-	0.000		0	FLM	4		0.000		
22:1 undifferentiated	•	0.000		0	FLM	4		0.000		
24:1 c										
Fatty acids, total polyunsaturated		0.020		2	MA	12		0.006		
18:2 undifferentiated		0.019		0	FLM	4		0.006		
18:3 undifferentiated	-	0.001		0	FLM	4		0.000		
18:4	-	0.000		0	FLM	4		0.000		
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated		0.000		0	FLM	4		0.000		
20:5 n-3		0.000		0	FLM	4		0.000		
22:5 n-3		0.000		0	FLM	4		0.000		
22:6 n-3		0.000		0	FLM	4		0.000		
Fatty acids, total trans										
Cholesterol	•	0		2	MA	12		0		
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	Z	7		0.0		
Caffeine	mg	0		0	Z	7		0		
Theobromine	mg	0		0	Z	7		0		
Carotenoids:										
Carotene, beta	mcg	36		0	FLM	4		11.187		
Carotene, alpha		24		0	FLM	4		7.323		
Cryptoxanthin, beta		0		0	FLM	4		0.000		
Lycopene	mcg	0		0	FLM	4		0.000		
Lutein + zeaxanthin		506		0	FLM	4		156.752		

Common Measures:

Measure 1 = 31g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

		<u>A</u> :	mount in 10	00 grams	of edib	ole portio	<u>n</u>		edible portion	
				Number				<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	3.14		4	MA	12		1.04		
Energy	kcal	379		0	MC	9		125		
Energy	kj	1586				9		523		
Protein		6.20		4	MA	12		2.05		
Total lipid (fat)	g	1.17		4	MA	12		0.39		
Ash	g	2.60		4	MA	12		0.86		
Carbohydrate, by difference	g	86.89		0	MC	9		28.67		
Fiber, total dietary	g	0.7		4	MA	12		0.2		
Sugars, total	g	9.60		4	MA	12		3.17		
Starch	g									
W										
Minerals:	ma	0		^	240	•		0		
Calcium, Ca	-	0 5.45		0 0	MC MC	9 9		1.80		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	5.45 24		0	MC MC	9		1.80		
Magnesium, Mg Phosphorus, P		61		0	MC	9		8 20		
Potassium, K	-	138		4	MA	12		46		
Sodium, Na	-	969		0	MC	9		320		
Zinc, Zn	-	1.82		0	MC	9		0.60		
Copper, Cu		0.120)	0	MC	9		0.040		
Manganese, Mn		0.948		0	FLM	4		0.313		
Selenium, Se		13.2	•	0	FLM	4		4.4		
Scientini, Sci				_		_				
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid	-	45.4		0	MC	9		15.0		
Thiamin	-	1.360		0	MC	9		0.449		
Riboflavin		1.540		0	MC	9		0.508		
Niacin	mg	18.180		0	MC	9		5.999		
Pantothenic acid	-	0.882		0	FLM	4		0.291		
Vitamin B-6	-	1.510)	0	MC	9		0.498		
Folate, total		364		0	MC	9		120		
Folic acid		360		0	NC	4		119		
Folate, food		4		0	CAZN	4		1		
Folate, DFE		616		0	NC	4		203		
Vitamin B-12		5.45		0	MC	9		1.80		
Vitamin A, IU		2272		0	MC	9		750		
Vitamin A, RAE		682		0	NC	4		225		
Retinol		682		0	NC	4		225		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D		121.000	,	0	MC	9		39.930		
Vitamin K (phylloquinone)		121.000	,	U	мс	9		39.930		
vitamin K (phynoquinone)										
<u> ipids:</u>										
Fatty acids, total saturated	g	0.370)	4	MA	12		0.122		
4:0	g	0.000)	0	FLM	4		0.000		
6:0	g	0.000)	0	FLM	4		0.000		
8:0	g	0.000)	0	FLM	4		0.000		
10:0	_	0.000		0	FLM	4		0.000		
12:0	-	0.000)	0	FLM	4		0.000		
13:0								_		
14:0		0.003	3	0	FLM	4		0.001		
15:0										
16:0		0.140)	0	FLM	4		0.046		
17:0				_	_	_		_		
18:0	-	0.010)	0	FLM	4		0.003		
20:0	_									
22:0	~									

	<u>Ar</u>	mount in 100 g	rams	of edib	le portio	<u>n</u>	Amount in	edible portion o	f common
		Nu	ımber				me	easures of food	
Nutrients and Units	Mean	of Std. Error Po			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.300		4	MA	12		0.099		
14:1g									
15:1g									
16:1 undifferentiatedg	0.002		0	FLM	4		0.001		
17:1g									
18:1 undifferentiatedg	0.177		0	FLM	4		0.058		
20:1g	0.000		0	FLM	4		0.000		
22:1 undifferentiatedg	0.000		0	FLM	4		0.000		
24:1 cg									
Fatty acids, total polyunsaturatedg	0.400		4	MA	12		0.132		
18:2 undifferentiatedg	0.127		0	FLM	4		0.042		
18:3 undifferentiatedg	0.027		0	FLM	4		0.009		
18:4g	0.000		0	FLM	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	FLM	4		0.000		
20:5 n-3g	0.000		0	FLM	4		0.000		
22:5 n-3g	0.000		0	FLM	4		0.000		
22:6 n-3g	0.000		0	FLM	4		0.000		
Fatty acids, total transg									
Cholesterol mg	0		4	MA	12		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0		
Caffeine mg	0		0	FLM	4		0		
Theobrominemg	0		0	FLM	4		0		

Common Measures:

Measure 1 = 33g: 1 cup (1 NLEA serving)

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

		Amount in 100 grams of edible portion						Amount in edible portion of common		
				Number				<u>m</u>	easures of food	<u> </u>
Nutrients and Units		Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.00		0	BFZN	4		0.90	1.20	
Energy	kcal	387		1	MC	9		116	155	
Energy	kj	1620		0	MC	9		486	648	
Protein (N x 6.25)	g	3.23		1	MC	9		0.97	1.29	
Total lipid (fat)	g	0.52		0	BFZN	4		0.16	0.21	
Ash	g	2.88		0	BFZN	4		0.86	1.15	
Carbohydrate, by difference	g	90.37		0	NC	4		27.11	36.15	
Fiber, total dietary	g	3.2		1	MC	9		1.0	1.3	
Sugars, total	g	45.16		1	MC	9		13.55	18.06	
Starch	g									
M:										
Minerals: Calcium, Ca	ma	0		1	MC	9		0	0	
* Iron, Fe		14.52		1	MC	9		4.35	5.81	
Magnesium, Mg	_	8		0	BFZN	4		4.35	3	
Phosphorus, P		34		0	BFZN	4		10	13	
Potassium, K		65		1	MC	9		19	26	
Sodium, Na		645		1	MC	9		194	258	
Zinc, Zn		0.18		0	BFZN	4		0.05	0.07	
Copper, Cu		0.040)	0	BFZN	4		0.012	0.016	
Manganese, Mn										
Selenium, Se		4.4		0	BFZN	4		1.3	1.8	
	•									
Vitamins:										
* Vitamin C, total ascorbic acid	-	48.4		1	MC	9		14.5	19.4	
* Thiamin		2.419		1	MC	9		0.726	0.968	
* Riboflavin		2.742		1	MC	9		0.823	1.097	
* Niacin		32.258	3	1	MC	9		9.677	12.903	
Pantothenic acid	_	2.004	_			•		0.000		
* Vitamin B-6	-	3.226)	1	MC	9		0.968	1.290	
* Folate, total		323		1	MC	9		97	129	
Folic acid		304		0	NC	4		91	122	
Folate, food		19 526		0	BFZN	4		6	8	
Folate, DFE		536			NC	4 9		161 1.45	214	
Vitamin B-12		4.84		1	MC				1.94	
* Vitamin A, IU		2419		0	MC	9		726	968	
Vitamin A, RAE		726 726		0 0	NC	4		218	290 290	
Retinol		0.05		0	NC BFZN	4 4		218 0.02		
Vitamin E (alpha-tocopherol)	-	0.05		U	BFZN	4		0.02	0.02	
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
* Vitamin D		129.032	•	1	MC	9		38.710	51.613	
Vitamin K (phylloquinone)		0.1	=	0	BFZN	4		0.0	0.0	
4 , 1 ,										
Lipids:										
Fatty acids, total saturated	g	0.170		0	BFZN	4		0.051	0.068	
4:0		0.000		0	BFZN	4		0.000	0.000	
6:0	-	0.000		0	BFZN	4		0.000	0.000	
8:0	-	0.000		0	BFZN	4		0.000	0.000	
10:0	-	0.000		0	BFZN	4		0.000	0.000	
12:0	-	0.001	L	0	BFZN	4		0.000	0.000	
13:0	-			_		_				
14:0	-	0.001	L	0	BFZN	4		0.000	0.000	
15:0										
16:0		0.141	L	0	BFZN	4		0.042	0.057	
17:0				_		_				
18:0		0.019	,	0	BFZN	4		0.006	0.008	
20:0	g									
22:0	~									

	<u>Ar</u>	nount in 10			ole portic	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.090		0	BFZN	4		0.027	0.036		
14:19										
15:1g	0 001		0	DEEN			0.000	0.000		
16:1 undifferentiatedg 17:1g	0.001		U	BFZN	4		0.000	0.000		
18:1 undifferentiated	0.089		0	BFZN	4		0.027	0.036		
20:1g	0.009		0	BFZN	4		0.027	0.000		
22:1 undifferentiated	0.000		0	BFZN	4		0.000	0.000		
24:1 cg	0.000		U	DE ZN	-		0.000	0.000		
Fatty acids, total polyunsaturatedg	0.260		0	BFZN	4		0.078	0.104		
18:2 undifferentiated	0.253		0	BFZN	4		0.076	0.101		
18:3 undifferentiatedg	0.007		0	BFZN	4		0.002	0.003		
18:4g	0.000		0	BFZN	4		0.000	0.000		
20:2 n-6 c,cg	0.000		ŭ		-		0.000	0.000		
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.000		0	BFZN	4		0.000	0.000		
20:5 n-3g	0.000		0	BFZN	4		0.000	0.000		
22:5 n-3g	0.000		0	BFZN	4		0.000	0.000		
22:6 n-3g	0.000		0	BFZN	4		0.000	0.000		
Fatty acids, total trans										
Cholesterolmg	0		1	MC	9		0	0		
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0		0	BFZN	4		0.0	0.0		
Caffeinemg	0		0	BFZN	4		0	0		
Theobrominemg	0		0	BFZN	4		0	0		
<u>Carotenoids:</u>										
Carotene, betamcg	0		0	BFZN	4		0.000	0.000		
Carotene, alphamcg	0		0	BFZN	4		0.000	0.000		
Cryptoxanthin, betamcg	0		0	BFZN	4		0.000	0.000		
Lycopene mcg	0		0	BFZN	4		0.000	0.000		
Lutein + zeaxanthinmcg	0		0	BFZN	4		0.000	0.000		

Common Measures:

Measure 1 = 30g: .75 cup (1 NLEA serving)

Measure 2 = 40g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

		<u>A</u> :	mount in 10	00 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
				Number	•			<u>m</u>	easures of food	<u> </u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	2.58		2	MA	12		0.77			
Energy	kcal	384		0	MC	9		115			
Energy	kj	1607				9		482			
Protein		7.57		2	MA	12		2.27			
Total lipid (fat)	g	3.37		2	MA	12		1.01			
Ash	g	2.87		2	MA	12		0.86			
Carbohydrate, by difference	g	83.73		0	MC	9		25.12			
Fiber, total dietary	g	4.7		2	MA	12		1.4			
Sugars, total	g	42.80		2	MA	12		12.84			
Starch	g										
Minerals:	ma	222		•	143	10		100			
Calcium, Ca	_	333 19.02		2 2	MA MA	12 12		100 5.71			
Iron, Fe	_	60		2	MA MA	12		5.71 18			
Magnesium, Mg Phosphorus, P		251		2	MA	12		18 75			
Potassium, K	-	205		2	MA	12		62			
Sodium, Na	-	702		2	MA	12		211			
Zinc, Zn	_	14.06		2	MA	12		4.22			
Copper, Cu		0.250)	2	MA	12		0.075			
Manganese, Mn		0.009		0	FLM	4		0.003			
Selenium, Se		17.2		0	FLM	4		5.2			
·											
<u> Vitamins:</u>											
Vitamin C, total ascorbic acid	_	20.0		0	MC	9		6.0			
Thiamin	-	1.250		0	MC	9		0.375			
Riboflavin		1.420		0	MC	9		0.426			
Niacin	_	16.670		0	MC	9		5.001			
Pantothenic acid	-	0.003		0	FLM	4		0.001			
Vitamin B-6	-	1.670)	0	MC	9		0.501			
Folate, total		666		0	MC	9		200			
Folic acid		647		0	NC	4		194			
Folate, food		19		0	CAZN	4		6			
Folate, DFE		1119		0	NC	4		336			
Vitamin B-12		5.00		0	MC	9		1.50			
Vitamin A, IU		1666		0	MC	9		500			
Vitamin A, RAE		500		0	NC	4		150			
Retinol		500		0	NC	4		150			
Vitamin E (alpha-tocopherol)		0.38		0	FLM	4		0.11			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, deltaVitamin D		133.000	1	0	MC	9		39.900			
Vitamin K (phylloquinone)		1.4	•	0	FLM	4		0.4			
vitamin K (phynoquinone)				·		-		V. 4			
<u> Lipids:</u>											
Fatty acids, total saturated		0.680		2	MA	12		0.204			
4:0		0.000		0	FLM	4		0.000			
6:0	-	0.000		0	FLM	4		0.000			
8:0	-	0.000		0	FLM	4		0.000			
10:0		0.000		0	FLM	4		0.000			
12:0		0.012	2	0	FLM	4		0.004			
13:0		_	_			_					
14:0	_	0.007	1	0	FLM	4		0.002			
15:0	-		_					_			
16:0	-	0.575	5	0	FLM	4		0.173			
17:0	-										
18:0	_	0.039	•	0	FLM	4		0.012			
20:0	-										
22:0	g										

	<u>Ar</u>	nount in 10	0 grams	of edil	ole portic	<u>on</u>	Amount in edible portion of common			
			Number				<u>m</u>	easures of food	<u>.</u>	
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	1.220		2	MA	12		0.366			
14:1g										
15:1g										
16:1 undifferentiatedg	0.007		0	FLM	4		0.002			
17:1g	1 010		•							
18:1 undifferentiated	1.213		0	FLM	4 4		0.364			
20:1g	0.000		0	FLM	_		0.000			
22:1 undifferentiatedg	0.000		U	FLM	4		0.000			
24:1 cg	1 100		2	143	12		0 220			
Fatty acids, total polyunsaturatedg	1.100 1.052		0	MA FLM	4		0.330 0.316			
18:2 undifferentiated	0.048		0	FLM	4		0.316			
18:3 undifferentiated			0	FLM	4		0.014			
18:4g	0.000		U	F.TW	4		0.000			
20:2 n-6 c,cg										
20:3 undifferentiated	0.000		0	FLM	4		0.000			
	0.000		0	FLM	4		0.000			
20:5 n-3g	0.000		0	FLM	4		0.000			
22:5 n-3g	0.000		0	FLM	4					
22:6 n-3	0.000		U	E TIM	4		0.000			
Fatty acids, total transg Cholesterolgmg	0		2	MA	12		0			
Phytosterolsmg	U		2	MA	12		U			
Phytosterois										
Others:										
Alcohol, ethylg	0.0		0	FLM	4		0.0			
Caffeine mg	0		0	Z	7		0			
Theobrominemg	0		0	Z	7		0			
Carotenoids:										
Carotene, betamcg	0		0	z	7		0.000			
Carotene, alphamcg	0		0	z	7		0.000			
Cryptoxanthin, beta mcg	0		0	z	7		0.000			
Lycopene mcg	0		0	z	7		0.000			
Lutein + zeaxanthinmcg	0		0	Z	7		0.000			

Common Measures:

Measure 1 = 30g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08349 Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES

Malt-O-Meal, Co.

		<u>A</u>	mount in 100	grams	ot edik	oie portio	<u>on</u>	Amount in edible portion of common			
			N	Number				<u>m</u>	easures of food		
						Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	3.01		2	MA	12		0.96			
Energy		392		0	MC	9		125			
Energy	kj	1640		0	MC	9		525			
Protein	-	4.96		2	MA	12		1.59			
Total lipid (fat)		3.23		2	MA	12		1.03			
Ash		1.60		2	MA	12		0.51			
Carbohydrate, by difference		87.70		0	MC	9		28.06			
Fiber, total dietary		2.3		2	MA	12		0.7			
Sugars, total	_	43.75		0	MC	9		14.00			
Starch	g										
Minerals:											
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	312		0	FLM	4		100			
Iron, Fe.	• • • • • • • • • • • • • • • • • • • •	14.06		0	MC	9		4.50			
Magnesium, Mg		25 62		2 2	MA	12 12		8 20			
Phosphorus, P		62 122		2	MA MA	12		20 39			
Potassium, KSodium, Na		467		2	MA MA	12		149			
Zinc, Zn	_	11.72		0	MC	9		3.75			
Copper, Cu		0.100	1	2	MA	12		0.032			
Manganese, Mn		0.121		0	FLM	4		0.032			
Selenium, Se		10.0	-	0	FLM	4		3.2			
Vitamins:											
Vitamin C, total ascorbic acid	mg	46.8		0	MC	9		15.0			
Thiamin		1.170)	0	MC	9		0.374			
Riboflavin	mg	1.330)	0	MC	9		0.426			
Niacin	mg	15.620)	0	MC	9		4.998			
Pantothenic acid	mg	0.063	3	0	FLM	4		0.020			
Vitamin B-6	mg	1.560)	0	MC	9		0.499			
Folate, total	mcg	312		0	MC	9		100			
Folic acid		293		0	NC	4		94			
Folate, food		19		0	CAAN	4		6			
Folate, DFE		517		0	NC	4		165			
Vitamin B-12		4.68		0	FLM	4		1.50			
Vitamin A, IU		2343		0	MC	9		750			
Vitamin A, RAE		677		0	NC	4		217			
Retinol		672		0	NC	4		215			
Vitamin E (alpha-tocopherol) Tocopherol, beta		0.82		U	NR	4		0.26			
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D		125.000)	0	MC	9		40.000			
Vitamin K (phylloquinone)		0.2		0	BFZN	4		0.1			
Lipids:											
Fatty acids, total saturated	g	0.820)	2	MA	12		0.262			
4:0		0.000)	0	FLM	4		0.000			
6:0	g	0.000)	0	FLM	4		0.000			
8:0	g	0.000)	0	FLM	4		0.000			
10:0	g	0.000)	0	FLM	4		0.000			
12:0	-	0.002	2	0	FLM	4		0.001			
13:0											
14:0	g	0.008	3	0	FLM	4		0.003			
15:0	g										
16:0	-	0.433	3	0	FLM	4		0.139			
17:0	-										
18:0	-	0.094	1	0	FLM	4		0.030			
20:0	-										
22:0	g										

		<u>Ar</u>	nount in 10			le portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and U	Inits	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturate		0.900		2	MA	12		0.288			
14:1											
15:1	-										
16:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.007		0	FLM	4		0.002			
17:1											
18:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.878		0	FLM	4		0.281			
20:1		0.000		0	FLM	4		0.000			
22:1 undifferentiated		0.000		0	FLM	4		0.000			
24:1 c	-										
Fatty acids, total polyunsaturated		0.500		2	MA	12		0.160			
18:2 undifferentiated	-	0.474		0	FLM	4		0.152			
18:3 undifferentiated	_	0.024		0	FLM	4		0.008			
18:4	-	0.000		0	FLM	4		0.000			
20:2 n-6 c,c	• • • • • • • • • • • • • • • • • • • •										
20:3 undifferentiated	-										
20:4 undifferentiated		0.000		0	FLM	4		0.000			
20:5 n-3		0.000		0	FLM	4		0.000			
22:5 n-3	-	0.000		0	FLM	4		0.000			
22:6 n-3	g	0.000		0	FLM	4		0.000			
Fatty acids, total trans	g										
Cholesterol	mg	0		2	MA	12		0			
Phytosterols	mg										
Others:											
Alcohol, ethyl	g	0.0		0	BFZN	4		0.0			
Caffeine	mg	0		0	BFZN	4		0			
Theobromine	mg	0		0	BFZN	4		0			
Carotenoids:											
Carotene, beta	mcg	46		0	BFZN	4		14.776			
Carotene, alpha	mcg	30		0	BFZN	4		9.672			
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0.001			
Lycopene	mcg	0		0	BFZN	4		0.000			
Lutein + zeaxanthin	mcg	651		0	BFZN	4		208.397			

Common Measures:

Measure 1 = 32g: 1 cup (1 NLEA serving)

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

		<u>A</u>	mount in 10	0 grams	of edib	le portic	<u>on</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food	<u>l</u>	
						Source	Confidence				
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	5.80				4		4.93			
Energy		340				9		289			
Energy		1423				9		1209			
Protein		9.70				5		8.25			
Total lipid (fat)		4.90				5		4.17			
Ash		1.80		0	NC	4		1.53			
Carbohydrate, by difference		77.80				9		66.13			
Fiber, total dietary		7.3				5		6.2			
Sugars, total		31.00		0	BFZN	4		26.35			
Starch											
Staron											
Minerals:											
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	0				7		0			
Iron, Fe		8.75				8		7.44			
Magnesium, Mg		78				8		66			
Phosphorus, P	•	243				8		207			
Potassium, K	-	486				5		413			
Sodium, Na	-	231				5		196			
Zinc, Zn	-	3.65				8		3.10			
Copper, Cu		0.390		•		8		0.332			
Manganese, Mn		2.177	′	0	BFZN	4		1.850			
Selenium, Se	Ilicy	17.3		U	BFZN	4		14.7			
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0				7		0.0			
Thiamin	mg	0.910)			8		0.774			
Riboflavin	mg	1.030)			8		0.876			
Niacin	mg	12.150)			8		10.328			
Pantothenic acid	mg	4.600)	0	BFZN	4		3.910			
Vitamin B-6	mg	1.220)			8		1.037			
Folate, total		243				8		207			
Folic acid	mcg	224		0	NC	4		190			
Folate, food	mcg	19		0	BFZN	4		16			
Folate, DFE	mcg_DFE	400		0	NC	4		340			
Vitamin B-12	mcg	3.65				8		3.10			
* Vitamin A, IU	IU	546		0	NC	4		464			
Vitamin A, RAE		164		0	NC	4		139			
Retinol	mcg	164		0	BFZN	4		139			
Vitamin E (alpha-tocopherol)	mg	10.70		0	BFZN	4		9.10			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	2.9		0	BFZN	4		2.5			
<u>Lipids:</u>											
Fatty acids, total saturated		0.805				4		0.684			
4:0		0.000				4		0.000			
6:0	-	0.000				4		0.000			
8:0		0.001				4		0.001			
10:0		0.001				4		0.001			
12:0	-	0.008	3			4		0.007			
13:0	-					_		_			
14:0	-	0.025	5			4		0.021			
15:0	-	_				_					
16:0	-	0.539	•			4		0.458			
17:0											
18:0 20:0		0.210)			4		0.179			
	a										

	<u>Amor</u>						Amount in edible portion of common			
		N	Number				measures of food			
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
24:0g Fatty acids, total monounsaturatedg	2.380				4		2.023			
14:1g	2.360				4		2.023			
14:1										
16:1 undifferentiated	0.016				4		0.014			
16.1 undifferentiated	0.010				-		0.014			
18:1 undifferentiated	2.346				4		1.994			
20:1g	0.002				4		0.002			
22:1 undifferentiated	0.002				4		0.002			
24:1 c9	0.000				-		0.000			
Fatty acids, total polyunsaturated9	1.315				4		1.118			
18:2 undifferentiatedg	1.242				4		1.056			
18:3 undifferentiated	0.061				4		0.052			
18:4g	0.000				4		0.000			
20:2 n-6 c,cg										
20:3 undifferentiatedg										
20:4 undifferentiated	0.000				4		0.000			
20:5 n-3	0.000				4		0.000			
22:5 n-3g	0.000				4		0.000			
22:6 n-3g	0.000				4		0.000			
Fatty acids, total transg										
Cholesterolmg	0				5		0			
Phytosterolsmg										
Others:										
Alcohol, ethyl	0.0				7		0.0			
Caffeineg	0		0	BFZN	4		0.0			
Theobrominemg	0		0	BFZN	4		0			
Carotenoids:	v		Ü	DE AN	•		Ü			
	0		0	DEG			0.000			
Carotene, beta mcg	0		0 0	BFZN BFZN	4 4		0.000 0.000			
Carotene, alpha mcg	0		0	BFZN	4		0.000			
Cryptoxanthin, beta mcg Lycopene mcg	0		0	BFZN	4		0.000			
Lycopene IIIcg Lutein + zeaxanthin mcg	0		0	BFZN	4		0.000			
Luteni + Zeaxantiniiiicg	U		U	DE AN	*		0.000			

Common Measures:

Measure 1 = 85g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

Kellogg, Co.

		<u>A</u> 1	mount in 10			ole portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Proximates:	a	3.00		12		1					
Water	=	360		0	NC	4					
Energy		1506		U	NC	4					
Energy		8.70		12		1					
Protein (N x 5.83) Total lipid (fat)		1.00		12		1					
Ash		2.60		12		1					
Carbohydrate, by difference		84.60		0	NC	4					
Fiber, total dietary		6.3		0	NC	4					
Sugars, total		0.5		Ū		-					
Starch											
Starcii	9										
Minerals:											
Calcium, Ca	mg	28		12		1					
Iron, Fe		2.82		12		1					
Magnesium, Mg	mg	78		12		1					
Phosphorus, P		374		12		1					
Potassium, K		272		12		1					
Sodium, Na	_	680		12		1					
Zinc, Zn		13.20		0		5					
Copper, Cu		0.540)	12		1					
Manganese, Mn		0.6		•							
Selenium, Se	fficg	9.6		0	BFZN	4					
Vitamins:											
Vitamin C, total ascorbic acid	mg	53.0		0		5					
Thiamin	mg	1.300)	0		5					
Riboflavin	mg	1.500)	0		5					
Niacin	mg	17.600)	0		5					
Pantothenic acid	mg	1.100)	0		4					
Vitamin B-6	mg	1.800)	0		5					
Folate, total	mcg	353		0		5					
Folic acid		334		0	NC	4					
Folate, food	mcg	19		0	CAZN	4					
Folate, DFE		587		0	NC	4					
Vitamin B-12		5.30		0		5					
Vitamin A, IU		0		0		8					
Vitamin A, RAE											
Retinol											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, deltaVitamin D											
Vitamin K (phylloquinone)											
	······										
<u>Lipids:</u>											
Fatty acids, total saturated		0.185		0		4					
4:0		0.000		0		4					
6:0		0.000		0		4					
8:0		0.000		0		4					
10:0		0.000		0		4					
12:0		0.000)	0		4					
13:0	-			_							
14:0		0.001	L	0		4					
15:0	-	A 15		_							
16:0	-	0.174	ı	0		4					
17:0	-	0 000	.	^		4					
18:0	-	0.009	,	0		4					
20:0 22:0											

	<u>Ar</u>	mount in 100 grams	s of edible porti	Amount in edible portion of common			
Nutrients and Units	Mean	Numbe of Data Std. Error Points	Deriv Source		<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Nutrients and onits	Weari	Sta. Error : emite			Weasure 1	Weasure 2	Weasure 5
Fatty acids, total monounsaturatedg	0.114	0	4				
14:1g							
15:1g		_	_				
16:1 undifferentiatedg	0.005	0	4				
17:1g	0.100	•					
18:1 undifferentiated	0.109		4				
20:1g	0.000		4				
22:1 undifferentiatedg	0.000	0	4				
24:1 cg		•					
Fatty acids, total polyunsaturatedg	0.421		4				
18:2 undifferentiatedg	0.403		4				
18:3 undifferentiatedg	0.018		4				
18:4g	0.000	0	4				
20:2 n-6 c,cg							
20:3 undifferentiatedg		_					
20:4 undifferentiatedg	0.000		4				
20:5 n-3g	0.000		4				
22:5 n-3g	0.000		4				
22:6 n-3g	0.000	0	4				
Fatty acids, total transg							
Cholesterolmg	0	0	z 7				
Phytosterols mg							
Others:							
Alcohol, ethylg	0.0	0	7				
Caffeine mg							
Theobromine mg							

Common Measures:

Calories Factors: Protein 3.59 Fat 8.37 Carbohydrate 3.78

Food Group: 08 Breakfast Cereals

Nutrients and Units Proximates: Water	g kcal kj g	Mean 3.40 353	Std. Error		Deriv	Source Code	Confidence Code		easures of food	-
Proximates: Water	g kcal kj g	3.40 353	Std. Error					Manager 4	Mac 2	
Proximates: Water	g kcal kj g	3.40 353	Std. Error	Points	Code	Code	Code	Maaa: 4	Mac ^	
Water Energy Energy Protein Total lipid (fat) Ash Carbohydrate, by difference	kcal kj g	353					Joue	Measure 1	Measure 2	Measure 3
Energy Protein Total lipid (fat) Ash Carbohydrate, by difference	kcal kj g	353								
EnergyProtein	kj g					1		1.60		
Protein Total lipid (fat)Ash Carbohydrate, by difference	g	1 477				9		166		
Total lipid (fat)AshCarbohydrate, by difference	-	1477				9		694		
AshCarbohydrate, by difference		10.70				4		5.03		
Carbohydrate, by difference	g	1.40				5		0.66		
	g	5.50		0	NC	4		2.59		
777	g	78.60				4		36.94		
Fiber, total dietary	g	13.0				5		6.1		
Sugars, total		19.47		0	FLC	4		9.15		
Starch										
	_									
<u>Minerals:</u>		_				_				
Calcium, Ca	-	38				5		18		
Iron, Fe	-	5.00				4		2.35		
Magnesium, Mg		168				4		79		
Phosphorus, P	_	507				4		238		
Potassium, K	_	321				4		151		
Sodium, Na	_	36				4		17		
Zinc, Zn		2.54				4		1.19		
Copper, Cu	-	0.179)			4		0.084		
Manganese, Mn								45.6		
Selenium, Se	mcg	37.5		0	BFZN	4		17.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4				4		0.2		
Thiamin	-	0.530)			5		0.249		
Riboflavin	_	0.390)			5		0.183		
Niacin		6.710)			5		3.154		
Pantothenic acid	-									
Vitamin B-6	_	0.110)			4		0.052		
Folate, total		46				4		22		
Folic acid		0		0	Z	7		0		
Folate, food		46				4		22		
Folate, DFE	mcg_DFE	46		0	NC	4		22		
Vitamin B-12		0.00				7		0.00		
Vitamin A, IU		9		0	FLC	4		4		
Vitamin A, RAE		0		0	NC	4		0		
Retinol		0		0	FLC	4		0		
Vitamin E (alpha-tocopherol)		0.44		0	FLC	4		0.21		
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	2.2		0	FLC	4		1.0		
11.4										
Lipids:	0	0.055						0 110		
Fatty acids, total saturated		0.251				4		0.118		
4:0		0.000				4		0.000		
6:0						4		0.000		
8:0	-	0.000				4		0.000		
10:0		0.000				4		0.000		
12:0	-	0.004	•			4		0.002		
13:0		0.000	•					0 001		
14:0		0.003	•			4		0.001		
15:0		0.014						0 101		
16:0		0.214	ı			4		0.101		
17:0		0.01						0.00=		
18:0		0.014	ı			4		0.007		
20:0	_									
22:0 24:0	_									

	Ar	nount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common		
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.431				4		0.203		
14:1g									
15:1g									
16:1 undifferentiatedg	0.003				4		0.001		
17:1g									
18:1 undifferentiatedg	0.428				4		0.201		
20:1g	0.000				4		0.000		
22:1 undifferentiatedg	0.000				4		0.000		
24:1 cg									
Fatty acids, total polyunsaturatedg	0.529				4		0.249		
18:2 undifferentiatedg	0.501				4		0.235		
18:3 undifferentiatedg	0.018				4		0.008		
18:4g	0.000				4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000				4		0.000		
20:5 n-3g	0.000				4		0.000		
22:5 n-3g	0.000				4		0.000		
22:6 n-3g	0.000				4		0.000		
Fatty acids, total trans									
Cholesterolmg	0				7		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	FLC	4		0.0		
Caffeinemg	0		0	FLC	4		0		
Theobrominemg	0		0	FLC	4		0		
Carotenoids:									
Carotene, betamcg	4		0	FLC	4		2.114		
Carotene, alphamcg	2		0	FLC	4		0.877		
Cryptoxanthin, betamcg	0		0	FLC	4		0.001		
Lycopenemcg	0		0	FLC	4		0.000		
Lutein + zeaxanthin mcg	163		0	FLC	4		76.382		

Common Measures:

Measure 1 = 47g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

Kellogg, Co.

		<u>A</u>	mount in 100	grams	of edit	ne portio	<u>on</u>	Amount in edible portion of common			
			ı	Number	,			measures of food			
						Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
Proximates:	_			•		•					
Water	_	3.00		0	MC	9		0.57			
Energy		394		0	MC	9		75			
Energy		1648		0	MC	9		313			
Protein (N x 6.25)		12.00		0	MC	9 9		2.28			
Total lipid (fat)	-	2.90 2.10		0	MC MC	9		0.55 0.40			
AshCarbohydrate, by difference		80.00		0	MC	9		15.20			
Fiber, total dietary		6.8		0	MC	9		1.3			
Sugars, total		3.20		0	MC	9		0.61			
Starch	_	3.20		Ū	ис	,		0.01			
Starch	9										
Minerals:											
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	35		0	FLM	4		7			
Iron, Fe	_	2.80		0	MC	9		0.53			
Magnesium, Mg		137 240		0 1	FLM	4 9		26 46			
Phosphorus, P		333		0	MC MC	9		46 63			
Potassium, K Sodium, Na		333 10		0	MC	9		2			
Zinc, Zn		3.00		0	FLM	4		0.57			
Copper, Cu		0.448	3	0	FLM	4		0.085			
Manganese, Mn		3.782		0	FLM	4		0.719			
Selenium, Se		37.9	_	0	FLM	4		7.2			
•	-										
Vitamins:											
Vitamin C, total ascorbic acid		0.0		0	FLM	4		0.0			
Thiamin	_	0.120 0.140		1 0	MC MC	9 9		0.023 0.027			
Riboflavin		3.200		1	MC	9		0.027			
Pantothenic acid		1.160		0	FLM	4		0.808			
Vitamin B-6		0.282		0	FLM	4		0.054			
Folate, total	-	31	_	0	FLM	4		6			
Folic acid		0		0	FLM	4		0			
Folate, food		31		0	FLM	4		6			
Folate, DFE		31		0	NC	4		6			
Vitamin B-12		0.00		0	FLM	4		0.00			
Vitamin A, IU		7		0	FLM	4		1			
Vitamin A, RAE	mcg_RAE	0		0	FLM	4		0			
Retinol	mcg	0		0	FLM	4		0			
Vitamin E (alpha-tocopherol)	mg	1.01		0	FLM	4		0.19			
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D				•				٥			
Vitamin K (phylloquinone)	Incg	2.4		0	FLM	4		0.5			
Lipids:											
Fatty acids, total saturated	g	0.600)	0	MC	9		0.114			
4:0		0.000)	0	FLM	4		0.000			
6:0	g	0.000)	0	FLM	4		0.000			
8:0	g	0.008		0	FLM	4		0.001			
10:0		0.000		0	FLM	4		0.000			
12:0		0.003	3	0	FLM	4		0.001			
13:0			_	_	_	_		_			
14:0		0.004	1	0	FLM	4		0.001			
15:0				_							
16:0		0.281	L	0	FLM	4		0.053			
17:0	_	0 0		^	mr. * *	4		0.004			
18:0	_	0.019	,	0	FLM	4		0.004			
20:0	_										
22:0 24:0	_										

	An	nount in 10	00 grams	of edil	ole portic	<u>on</u>	Amount in edible portion of common		
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.800		0	MC	9		0.152		
14:1g									
15:1g									
16:1 undifferentiatedg	0.009		0	FLM	4		0.002		
17:1g									
18:1 undifferentiatedg	0.478		0	FLM	4		0.091		
20:1g	0.003		0	FLM	4		0.001		
22:1 undifferentiatedg	0.000		0	FLM	4		0.000		
24:1 cg									
Fatty acids, total polyunsaturated	1.300		0	MC	9		0.247		
18:2 undifferentiatedg	0.715		0	FLM	4		0.136		
18:3 undifferentiatedg	0.046		0	FLM	4		0.009		
18:4g	0.000		0	FLM	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	FLM	4		0.000		
20:5 n-3g	0.000		0	FLM	4		0.000		
22:5 n-3g	0.000		0	FLM	4		0.000		
22:6 n-3g	0.000		0	FLM	4		0.000		
Fatty acids, total trans	0.000		0	MC	9		0.000		
Cholesterolmg	0		0	MC	9		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	FLM	4		0.0		
Caffeine mg	0		0	FLM	4		0		
Theobrominemg	0		0	FLM	4		0		
Carotenoids:									
Carotene, betamcg	4		0	FLM	4		0.847		
Carotene, alphamcg	0		0	FLM	4		0.000		
Cryptoxanthin, betamcg	0		0	FLM	4		0.000		
Lycopene mcg	0		0	FLM	4		0.000		
Lutein + zeaxanthin mcg	162		0	FLM	4		30.830		

Common Measures:

Measure 1 = 19g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08054 Cereals ready-to-eat, QUAKER, 100% Natural Granola Oats and Honey

		<u>A</u>	mount in 100	grams	ot edik	ole portio	<u>on</u>	Amount in edible portion of common			
			N	lumber				<u>m</u> :	easures of food		
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	_	2.18		0	MC	9		1.11			
Energy		455		0	MC	9		232			
Energy		1905		0	MC	9		972			
Protein (N x 6.25)		10.60		0	MC	9		5.41			
Total lipid (fat)		18.83		0	MC	9		9.60			
Ash		1.93		0	MC	9		0.98			
Carbohydrate, by difference	g	66.43		0	MC	9		33.88			
Fiber, total dietary	g	7.3		0	MC	9		3.7			
Sugars, total	g	26.16		0	MC	9		13.34			
Starch	g										
Minerals:											
Vilnerals: Calcium. Ca	ma	119		0	MC	9		61			
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	2.58		0	MC	9		1.32			
Magnesium, Mg	-	111		0	MC	9		56			
Phosphorus, P	_	343		0	MC	9		175			
Potassium, K	-	495		0	MC	9		252			
Sodium, Na	_	48		0	MC	9		25			
Zinc, Zn	_	2.36		0	MC	9		1.20			
Copper, Cu		0.690)	0	MC	9		0.352			
Manganese, Mn		2.450		0	MC	9		1.250			
Selenium, Se		1.8		0	MC	9		0.9			
,											
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	_	0.5		0	MC	9		0.3			
Thiamin	-	0.320		0	MC	9		0.163			
Riboflavin	_	0.270		0	MC	9		0.138			
Niacin	_	2.010		0	MC	9		1.025			
Pantothenic acid		0.830		0	MC	9		0.423			
Vitamin B-6	-	0.180)	0	MC	9		0.092			
Folate, total		36		0	MC	9		18			
Folic acid		0		0	Z	7		0			
Folate, food		36		0	MC	9		18			
Folate, DFE		36		0	NC	4		18			
Vitamin B-12	mcg	0.25		0	MC	9		0.13			
Vitamin A, IU		11		0	MC	9		6			
Vitamin A, RAE		1		0	NC	4		0			
Retinol		0		0	Z	7		0			
* Vitamin E (alpha-tocopherol)		2.15		0	MC	9		1.10			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D		0.040)	0	MC	9		0.020			
Vitamin K (phylloquinone)	mcg	3.4		0	FLM	4		1.7			
<u>Lipids:</u>			_								
Fatty acids, total saturated		8.250		0	MC	9		4.208			
4:0		0.002		0	FLM	4		0.001			
6:0	-	0.037		0	FLM	4		0.019			
8:0	_	0.450		0	FLM	4		0.229			
10:0		0.358		0	FLM	4		0.183			
12:0		2.850		0	FLM	4		1.454			
13:0		0.000		0	FLM	4		0.000			
14:0	-	1.163		0	FLM	4		0.593			
15:0		0.000		0	FLM	4		0.000			
16:0	-	2.581		0	FLM	4		1.316			
17:0	-	0.000		0	FLM	4		0.000			
18:0	-	0.784		0	FLM	4		0.400			
20:0	g	0.000)	0	FLM	4		0.000			
22:0	q	0.000)	0	FLM	4		0.000			

	<u>Ar</u>	mount in 10	0 grams	of edib	<u>en</u>	Amount in edible portion of common			
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
24:0g	0.000		0	FLM	4		0.000		
Fatty acids, total monounsaturatedg	4.470		0	MC	9		2.280		
14:1	0.000		0	FLM	4		0.000		
15:1g									
16:1 undifferentiated	0.032		0	FLM	4		0.017		
17:1g									
18:1 undifferentiated	4.437		0	FLM	4		2.263		
20:1g	0.000		0	FLM	4		0.000		
22:1 undifferentiated	0.000		0	FLM	4		0.000		
24:1 cg	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturated	1.890		0	MC	9		0.964		
18:2 undifferentiatedg	1.801		0	FLM	4		0.918		
18:3 undifferentiatedg	0.089		0	FLM	4		0.045		
18:4g	0.000		0	FLM	4		0.000		
20:2 n-6 c,cg	0.000		0	FLM	4		0.000		
20:3 undifferentiatedg	0.000		0	FLM	4		0.000		
20:4 undifferentiated 9	0.000		0	FLM	4		0.000		
20:5 n-3	0.000		0	FLM	4		0.000		
22:5 n-3	0.000		0	FLM	4		0.000		
22:6 n-3g	0.000		0	FLM	4		0.000		
Fatty acids, total trans	0.000		•		-		0.000		
Cholesterol mg	2		0	MC	9		1		
Phytosterolsmg	_		•				-		
Others:									
Alcohol, ethylg	0.0		0	FLM	4		0.0		
Caffeinemg	0		0	FLM	4		0		
Theobrominemg	0		0	FLM	4		0		
Carotenoids:									
Carotene, betamcg	1		0	FLM	4		0.730		
Carotene, alphamcg	0		0	z	7		0.000		
Cryptoxanthin, betamcg	0		0	z	7		0.000		
Lycopene mcg	0		0	z	7		0.000		
Lutein + zeaxanthinmcg	0		0	z	7		0.000		

Common Measures:

Measure 1 = 51g: .5 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08010 Cereals ready-to-eat, QUAKER, CAP'N CRUNCH

		<u>A</u>	mount in 10	<u>u grams</u>	of edit	oie portio	<u>on</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food		
						Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
Proximates:	_	0.50		•		•					
Water	=	2.50		0	MC	9		0.68			
Energy		401		0	MC	9 9		108			
Energy		1679		0	MC	9		453			
Protein (N x 6.25)		4.35		0	MC	9		1.17			
Total lipid (fat)	-	5.81		0	MC MC	9		1.57			
Ash		2.50 84.82		0		9		0.68 22.90			
Carbohydrate, by difference		2.5		0	MC MC	9		0.7			
Fiber, total dietary		43.57		0	MC	9		11.76			
Sugars, total	=	43.57		U	MC	9		11.76			
Starch	9										
Minerals:											
Calcium, Ca	mg	15		0	MC	9		4			
Iron, Fe	-	19.11		0	MC	9		5.16			
Magnesium, Mg	mg	56		0	MC	9		15			
Phosphorus, P		167		0	MC	9		45			
Potassium, K		200		0	MC	9		54			
Sodium, Na		749		0	MC	9		202			
Zinc, Zn		15.87	_	0	MC	9		4.28			
Copper, Cu		0.160		0	MC	9		0.043			
Manganese, Mn		0.670)	0	MC	9		0.181			
Selenium, Se	mcg	6.5		0	NC	4		1.8			
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid		0.0	_	0	MC	9		0.0			
Thiamin		1.580		0	MC	9		0.427			
Riboflavin		1.780		0	MC	9		0.481			
Niacin		21.150		0	MC	9 9		5.711			
Pantothenic acid	-	0.350		0	MC	9		0.095 0.570			
Vitamin B-6.	_	2.110 1556	,	0	MC MC	9		420			
Folia gold		1537		0	NC NC	4		420 415			
Folic acidFolate, food		19		0	CAAN	4		5			
Folate, DFE		2632		0	NC	4		711			
Vitamin B-12		0.00		0	MC	9		0.00			
Vitamin A, IU		147		0	MC	9		40			
Vitamin A, RAE		7		0	NC	4		2			
Retinol		0		0	FLM	4		0			
Vitamin E (alpha-tocopherol)		0.92		0	NR	4		0.25			
Tocopherol, beta	mg			-							
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D	IU	0.000)	0	MC	9		0.000			
Vitamin K (phylloquinone)	mcg	1.4		0	FLM	4		0.4			
Lipids:											
Fatty acids, total saturated	q	1.500)	0	MC	9		0.405			
4:0		0.000		0	FLM	4		0.000			
6:0		0.000		0	FLM	4		0.000			
8:0		0.000		0	FLM	4		0.000			
10:0	-	0.000		0	FLM	4		0.000			
12:0		0.005		0	FLM	4		0.001			
13:0	-										
14:0		0.034	1	0	FLM	4		0.009			
15:0											
16:0	-	1.302	2	0	FLM	4		0.351			
17:0	-										
18:0	-	0.129	9	0	FLM	4		0.035			
20:0	-										
22:0	-										
24:0	-										

	<u>Ar</u>	nount in 10	0 grams		ole portio	o <u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
	1.070		0	MC	9				
Fatty acids, total monounsaturatedg 14:1g	1.070		U	MC	9		0.289		
15:1									
16:1 undifferentiated	0.024		0	FLM	4		0.006		
17:1g	0.024		Ū	2 1101	•		0.000		
18:1 undifferentiated	1.046		0	FLM	4		0.283		
20:1g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.	0.000		0	FLM	4		0.000		
24:1 c	0.000		·		-		0.000		
Fatty acids, total polyunsaturatedg	0.740		0	MC	9		0.200		
18:2 undifferentiatedg	0.726		0	FLM	4		0.196		
18:3 undifferentiatedg	0.012		0	FLM	4		0.003		
18:4g	0.000		0	FLM	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.001		0	FLM	4		0.000		
20:5 n-3g	0.000		0	FLM	4		0.000		
22:5 n-3g	0.000		0	FLM	4		0.000		
22:6 n-3g	0.000		0	FLM	4		0.000		
Fatty acids, total transg									
Cholesterol mg	0		0	MC	9		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	FLM	4		0.0		
Caffeine mg	0		0	FLM	4		0		
Theobrominemg	0		0	FLM	4		0		
Carotenoids:									
Carotene, betamcg	66		0	FLM	4		17.905		
Carotene, alphamcg	43		0	FLM	4		11.721		
Cryptoxanthin, betamcg	0		0	FLM	4		0.000		
Lycopene mcg	0		0	FLM	4		0.000		
Lutein + zeaxanthin mcg	986		0	FLM	4		266.164		

Common Measures:

Measure 1 = 27g: .75 cup (1 NLEA serving)

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08011 Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES

		<u>A</u>	mount in 10	0 grams	ot edit	ole portio	<u>n</u>	Amount in	edible portion	of common
				Number				m	easures of food	
				of Data		Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	2.50		0	MC	9		0.65		
Energy	kcal	401		0	MC	9		104		
Energy	kj	1680		0	MC	9		437		
Protein (N x 6.25)	g	4.45		0	MC	9		1.16		
Total lipid (fat)	g	5.65		0	MC	9		1.47		
Ash	g	2.31		0	MC	9		0.60		
Carbohydrate, by difference	g	85.07		0	MC	9		22.12		
Fiber, total dietary	g	2.5		0	MC	9		0.6		
Sugars, total	g	44.52		0	MC	9		11.58		
Starch	g									
<i>x</i> : 1										
Minerals:	ma.	01		^		•		-		
Calcium, Ca	-	21 18.99		0 0	MC MC	9 9		5 4.94		
Iron, Fe		18.99 56		0	MC MC	9		4.94 14		
Magnesium, Mg Phosphorus, P		169		0	MC MC	9		14 44		
. ,	•	206		0	MC	9		44 54		
Potassium, K		699		0	MC	9		182		
Sodium, NaZinc, Zn		15.82		0	MC	9		4.11		
· · · · · · · · · · · · · · · · · · ·	-	0.160	`	0	MC	9		0.042		
Copper, Cu		0.160		0	MC	9		0.169		
Selenium, Se		6.5	,	0	BFZN	4		1.7		
Selemum, Se	Ilog	0.5		Ū	DI ZIN	-		1.,		
<u>/itamins:</u>										
Vitamin C, total ascorbic acid	mg	0.1		0	MC	9		0.0		
Thiamin	mg	1.580)	0	MC	9		0.411		
Riboflavin	mg	1.790)	0	MC	9		0.465		
Niacin	mg	21.100)	0	MC	9		5.486		
Pantothenic acid	mg	0.370)	0	MC	9		0.096		
Vitamin B-6	mg	2.110)	0	MC	9		0.549		
Folate, total	mcg	1556		0	MC	9		404		
Folic acid		1537		0	NC	4		400		
Folate, food	mcg	19		0	CAZN	4		5		
Folate, DFE	mcg_DFE	2632		0	NC	4		684		
Vitamin B-12		0.02		0	MC	9		0.01		
Vitamin A, IU	IU	144		0	FLM	4		37		
Vitamin A, RAE	mcg_RAE	7		0	NC	4		2		
Retinol		0		0	FLM	4		0		
Vitamin E (alpha-tocopherol)	mg	0.64		0	FLM	4		0.17		
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.000)	0	MC	9		0.000		
Vitamin K (phylloquinone)	mcg	1.5		0	FLM	4		0.4		
ipids:										
	a	1.430	1	0	MC	9		0.372		
Fatty acids, total saturated		0.002		0	FLM	4				
4:0 6:0		0.002		0	FLM	4		0.001 0.000		
8:0		0.000		0	FLM	4		0.000		
10:0		0.000		0	FLM	4		0.000		
12:0	-	0.001		0	FLM	4		0.000		
		0.000	•	U	E LIM	-		0.002		
13:0		0.025		0	FLM	4		0 006		
14:0		0.025	,	U	4 TW	4		0.006		
15:0	_	1.126	•	0	FLM	4		0.293		
16:0	_	1.126	,	U	r LM	4		0.293		
17:0	_	0.044	•	0	E7 14	4		0.004		
18:0	_	0.246	•	U	FLM	4		0.064		
20:0	_									
22:0	g g									

	<u>Ar</u>	nount in 10	00 grams	of edit	ole portio	<u>on</u>	Amount in edible portion of common		
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturated9	1.110		0	MC	9		0.289		
14:1g									
15:1g									
16:1 undifferentiatedg	0.008		0	FLM	4		0.002		
17:1g									
18:1 undifferentiatedg	1.102		0	FLM	4		0.287		
20:1g	0.000		0	FLM	4		0.000		
22:1 undifferentiatedg	0.000		0	FLM	4		0.000		
24:1 cg									
Fatty acids, total polyunsaturated	0.800		0	MC	9		0.208		
18:2 undifferentiatedg	0.757		0	FLM	4		0.197		
18:3 undifferentiatedg	0.043		0	FLM	4		0.011		
18:4g	0.000		0	FLM	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	FLM	4		0.000		
20:5 n-3g	0.000		0	FLM	4		0.000		
22:5 n-3g	0.000		0	FLM	4		0.000		
22:6 n-3g	0.000		0	FLM	4		0.000		
Fatty acids, total transg									
Cholesterolmg	0		0	MC	9		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0		
Caffeine mg	0		0	FLM	4		0		
Theobromine mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta mcg	65		0	FLM	4		16.888		
Carotene, alphamcg	43		0	FLM	4		11.055		
Cryptoxanthin, betamcg	0		0	FLM	4		0.000		
Lycopenemcg	0		0	FLM	4		0.000		
Lutein + zeaxanthin mcg	969		0	FLM	4		252.007		

Common Measures:

Measure 1 = 26g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08012 Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH

		<u>A</u>	mount in 10			ole portic	<u>on</u>		edible portion o	
					Deriv		Confidence	<u>1111</u>	easures or roou	
Nutrients and Un	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		3.58		1	A	1		0.97		
Energy		416		0	MC	9		112		
Energy		1741		0	MC	9		470		
Protein (N x 6.25)		6.94		1	A	1		1.87		
Total lipid (fat)		9.40		1	A	1		2.54		
Ash		2.28		1	A	1		0.62		
Carbohydrate, by difference		77.80		0	NC	4		21.01		
Fiber, total dietary		5.0		1	A	1		1.3		
Sugars, total		31.62		0	AS	1		8.54		
Sucrose	g	29.60		1	A	1		7.99		
Glucose (dextrose)	g	1.36		1	A	1		0.37		
Fructose		0.66		1	A	1		0.18		
Lactose	g	0.00		1	A	1		0.00		
Maltose		0.00		1	A	1		0.00		
Galactose		0.00		0	Z	7		0.00		
Starch	g	39.70		1	A	1		10.72		
Minerals:										
Calcium. Ca	mg	13		1	A	1		3		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	19.80		1	A	1		5.35		
Magnesium, Mg		56		1	A	1		15		
Phosphorus, P		147		1	A	1		40		
Potassium, K		190		1	A	1		51		
Sodium, Na	mg	691		1	A	1		187		
Zinc, Zn	mg	16.60		1	A	1		4.48		
Copper, Cu	mg	0.250)	1	A	1		0.068		
Manganese, Mn	mg	0.667	7	1	A	1		0.180		
Selenium, Se	mcg	10.3		1	A	1		2.8		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	MC	9		0.0		
Thiamin		2.330)	1	A	1		0.629		
* Riboflavin		1.730		0	MC	9		0.467		
Niacin	-	21.500)	1	A	1		5.805		
Pantothenic acid		0.480)	0	MC	9		0.130		
Vitamin B-6		4.850)	1	A	1		1.309		
* Folate, total	mcg	1556		0	MC	9		420		
Folic acid	mcg	1537		0	NC	4		415		
Folate, food	mcg	19		0	CAZN	4		5		
Folate, DFE	mcg_DFE	2632		0	NC	4		711		
Vitamin B-12	mcg	0.00		1	A	1		0.00		
Vitamin A, IU	IU	151		0	MC	9		41		
Vitamin A, RAE		8		0	NC	4		2		
Retinol	-	0		0	FLM	4		0		
Vitamin E (alpha-tocopherol)		1.21		0	FLM	4		0.33		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta		0.00		^		^		0.000		
Vitamin D		0.000	J	0 1	MC A	9 1		0.000		
Vitamin K (phylloquinone)	nicg	1.0		1	A	1		0.3		
Lipids:										
Fatty acids, total saturated	g	2.030)	0	NC	4		0.548		
4:0		0.000)	0	Z	7		0.000		
6:0	g	0.000)	0	Z	7		0.000		
8:0	g	0.000)	1	A	1		0.000		
10:0	g	0.000		1	A	1		0.000		
12:0	g	0.000)	1	A	1		0.000		
13:0	g									

		<u>Ar</u>	mount in 10	00 grams Number		ole portio	<u>on</u>		edible portion o	of common
Nutrients and Uni	ts	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0	g	0.030		1	A	1		0.008		
15:0	_	0.000		1	A	1		0.000		
16:0	-	1.330		1	A	1		0.359		
17:0		0.000		1 1	A A	1 1		0.000		
18:0		0.330 0.080		1	A A	1		0.089		
20:0 22:0	-	0.180		1	A	1		0.022 0.049		
24:0	_	0.080		1	A	1		0.022		
Fatty acids, total monounsaturated		4.040		0	NC	4		1.091		
14:1		0.000		1	A	1		0.000		
15:1		0.000		1	A	1		0.000		
16:1 undifferentiated	-	0.030		1	A	1		0.008		
17:1	-	0.000		1	A	1		0.000		
18:1 undifferentiated	g	3.930		1	A	1		1.061		
20:1	g	0.080		1	A	1		0.022		
22:1 undifferentiated		0.000		1	A	1		0.000		
24:1 c										
Fatty acids, total polyunsaturated		2.280		0	NC	4		0.616		
18:2 undifferentiated		2.240		1	A	1		0.605		
18:3 undifferentiated	_	0.040		1	A	1		0.011		
18:4		0.000		1	A	1		0.000		
20:2 n-6 c,c		0.000		1 1	A A	1 1		0.000		
20:3 undifferentiated	-	0.000 0.000		1	A	1		0.000		
20:4 undifferentiated 20:5 n-3		0.000		1	A	1		0.000 0.000		
20:5 n-3		0.000		1	A	1		0.000		
22:6 n-3		0.000		1	A	1		0.000		
Fatty acids, total trans	-	0.000		_		_		0.000		
Cholesterol		0		0	MC	9		0		
Phytosterols										
Amino Acids:										
Tryptophan	а	0.070		0	A	1		0.019		
Threonine		0.200		0	A	1		0.054		
Isoleucine		0.210		0	A	1		0.057		
Leucine	g	0.570		0	A	1		0.154		
Lysine	g	0.200		0	A	1		0.054		
Methionine	g	0.090		0	A	1		0.024		
Cystine	g	0.130		0	A	1		0.035		
Phenylalanine		0.310		0	A	1		0.084		
Tyrosine		0.100		0	A	1		0.027		
Valine		0.290		0	A	1		0.078		
Arginine		0.400		0	A	1		0.108		
Histidine	-	0.150		0	A	1		0.041		
Alanine		0.370		0	A	1		0.100		
Aspartic acidGlutamic acid		0.540 1.210		0 0	A A	1 1		0.146		
	-	0.290		0	A A	1		0.327 0.078		
GlycineProline		0.290		0	A	1		0.108		
Serine		0.300		0	A	1		0.081		
Hydroxyproline		0.230		•		_				
Others:	a			^		7		0.0		
Alcohol, ethyl		0.0		0 0	Z FLM	7 4				
Caffeine Theobromine	•	0		0	FLM	4		0		
Carotenoids:	1119	U		U	E IIM	7		Ū		
	m .c			_						
Carotene, beta		68		0	FLM	4		18.444		
Carotene, alpha Cryptoxanthin, beta		4 5 0		0	FLM FLM	4 4		12.074 0.000		
	<u>iii</u> cg	U		U	F.TW	4				
Lycopene		0		0	FLM	4		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

Mean

Amount in 100 grams of edible portion

Number

Amount in edible portion of common measures of food

of Data Deriv Source Confidence Std. Error Points Code Code

Code

Measure 1 Measure 2 Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 27g: .75 cup (1 NLEA serving)

Nutrients and Units

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08358 Cereals ready-to-eat, QUAKER, CRISPY CORN PUFFS Cereal

Refuse: 0%

		<u>Aı</u>	mount in 10	00 grams	of edib	ole portic	<u>on</u>		edible portion	
				Number				<u>m</u>	easures of food	_
				of Data	Deriv	Source	Confidence			
Nutrients and Units	•	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.50		0	MC	9				
Energy	kcal	376		0	MC	9				
Energy	kj	1574		0	MC	9				
Protein (N x 6.25)		7.23		0	MC	9				
Total lipid (fat)	g	2.88		0	MC	9				
Ash	g	3.88		0	MC	9				
Carbohydrate, by difference		83.50		0	MC	9				
Fiber, total dietary	g	4.3		0	MC	9				
Sugars, total	g	20.35		0	MC	9				
Starch										
	=									
Minerals:						_				
* Calcium, Ca	-	376		0	MC	9				
* Iron, Fe		28.73		0	MC	9				
Magnesium, Mg		89		0	MC	9				
Phosphorus, P	_	331		0	MC	9				
Potassium, K	-	280		0	MC	9				
Sodium, Na		801		0	MC	9 9				
* Zinc, Zn Copper, Cu		13.75 0.210		0	MC MC	9				
Manganese, Mn	_	1.260		0	MC	9				
Selenium, Se		1.200		U	МС	,				
Selemum, Se	mog									
<u>Vitamins:</u>										
* Vitamin C, total ascorbic acid	mg	22.0		0	MC	9				
* Thiamin	mg	1.370		0	MC	9				
* Riboflavin	-	1.550		0	MC	9				
* Niacin		18.340		0	MC	9				
Pantothenic acid		0.560		0	MC	9				
* Vitamin B-6		1.830		0	MC	9				
* Folate, total		1400		0	MC	9				
Folic acid		1381		0	NC	4				
Folate, food		19		0	CAAN	4				
Folate, DFE		2367		0	NC	4				
Vitamin B-12		0.00		0	MC	9				
* Vitamin A, IU		1834		0	MC	9				
Vitamin A, RAE		551		0	NC	4				
Retinol		551		0	NC	4				
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta		0.000		0	MC	9				
Vitamin D Vitamin K (phylloquinone)		0.000		U	MC	9				
. ,	11109									
<u>Lipids:</u>										
Fatty acids, total saturated		0.520		0	MC	9				
Fatty acids, total monounsaturated		0.830		0	MC	9				
Fatty acids, total polyunsaturated		1.170		0	MC	9				
Fatty acids, total trans										
Cholesterol	ma	0		0	MC	9				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

^{*}Vitamin or mineral added for enrichment or fortification

NDB No. 08358

Cereals ready-to-eat, QUAKER, CRISPY CORN PUFFS Cereal

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08364 Cereals ready-to-eat, QUAKER, Cinnamon Crunch bagged cereal

Refuse: 0%

		<u>Aı</u>	mount in 10	00 grams	of edik	ole portic	<u>on</u>		edible portion	
				Number	•			<u>m</u>	easures of food	<u>[</u>
Nutrients and Unit	s	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.50		0	MC	9				
Energy	kcal	397		0	MC	9				
Energy	kj	1662		0	MC	9				
Protein (N x 6.25)	g	5.07		0	MC	9				
Total lipid (fat)	g	6.02		0	MC	9				
Ash	g	2.72		0	MC	9				
Carbohydrate, by difference	g	83.67		0	MC	9				
Fiber, total dietary	g	4.0		0	MC	9				
Sugars, total	g									
Starch	g									
Minerals:				•						
Calcium, Ca		32		0	MC	9				
* Iron, Fe		16.50		0	MC	9 9				
Magnesium, Mg		62		0	MC					
Phosphorus, P	_	192 202		0	MC MC	9 9				
Potassium, K	-	777		0	MC	9				
* Zinc, Zn		13.75		0	MC	9				
Copper, Cu	-	0.160		0	MC	9				
Manganese, Mn	_	0.980		0	MC	9				
Selenium, Se		0.500		·	110	,				
Scientini, Sc	9									
<u>Vitamins:</u>										
* Vitamin C, total ascorbic acid	mg	22.0		0	MC	9				
* Thiamin	-	1.370		0	MC	9				
* Riboflavin	-	1.550		0	MC	9				
* Niacin		18.330		0	MC	9				
Pantothenic acid		0.380		0	MC	9				
* Vitamin B-6		1.830		0	MC	9				
* Folate, total		1400		0	MC	9				
Folic acid		1381		0	NC	4				
Folate, food		19		0	CAAN	4				
Folate, DFE		2367		0	NC	4				
Vitamin B-12		0.00		0	MC	9				
* Vitamin A, IU		1833		0	MC	9				
Vitamin A, RAE		551		0	NC	4				
Retinol		551		0	NR	4				
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D		0.000		0	MC	9				
Vitamin K (phylloquinone)		0.000		U	PIC	9				
	9									
<u>Lipids:</u>										
Fatty acids, total saturated		1.520		0	MC	9				
Fatty acids, total monounsaturated		1.220		0	MC	9				
Fatty acids, total polyunsaturated		0.860		0	MC	9				
Fatty acids, total trans										
Cholesterol	ma	0		0	MC	9				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

^{*}Vitamin or mineral added for enrichment or fortification

NDB No. 08364

Cereals ready-to-eat, QUAKER, Cinnamon Crunch bagged cereal

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08400 Cereals ready-to-eat, QUAKER, Cranberry Macadamia Nut Cereal

Refuse: 0%

		<u>Aı</u>	nount in 10	00 grams	of edik	ole portio	<u>n</u>	Amount in	edible portion	of common
				Number					easures of food	
Nutrients and Unit	s	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	4.26		0	MC	9		2.56		
Energy	kcal	408		0	MC	9		245		
Energy		1706		0	MC	9		1023		
Protein (N x 6.25)	g	6.64		0	MC	9		3.98		
Total lipid (fat)		9.82		0	MC	9		5.89		
Ash		2.27		0	MC	9		1.36		
Carbohydrate, by difference		76.98		0	MC	9		46.19		
Fiber, total dietary		6.0		0	MC	9		3.6		
Sugars, total		28.73		0	MC	9		17.24		
Starch		_0.,5		v	110	-				
Starell	9									
Minerals:										
Calcium, Ca	mg	126		0	MC	9		76		
Iron, Fe	mg	17.15		0	MC	9		10.29		
Magnesium, Mg	mg	65		0	MC	9		39		
Phosphorus, P	mg	178		0	MC	9		107		
Potassium, K	mg	224		0	MC	9		134		
Sodium, Na	mg	418		0	MC	9		251		
Zinc, Zn	mg	4.98		0	MC	9		2.99		
Copper, Cu	mg	0.280		0	MC	9		0.168		
Manganese, Mn		1.670		0	MC	9		1.002		
Selenium, Se		1.3		0	MC	9		0.8		
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid	-	17.9		0	MC	9		10.7		
* Thiamin	-	0.770		0	MC	9		0.462		
Riboflavin	_	0.930		0	MC	9		0.558		
Niacin		10.820		0	MC	9		6.492		
Pantothenic acid	mg	0.420		0	MC	9		0.252		
Vitamin B-6	mg	1.110		0	MC	9		0.666		
Folate, total	mcg	531		0	MC	9		319		
Folic acid	mcg	512		0	CAAN	4		307		
Folate, food		19		0	NC	4		11		
Folate, DFE	mcg_DFE	889		0	NC	4		534		
Vitamin B-12	mcg	0.00		0	MC	9		0.00		
Vitamin A, IU	IU	1289		0	MC	9		773		
Vitamin A, RAE	mcg_RAE	387		0	NC	4		232		
Retinol		387		0	NC	4		232		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	42.580		0	MC	9		25.548		
Vitamin K (phylloquinone)										
ipids:										
Fatty acids, total saturated	g	1.650		0	MC	9		0.990		
Fatty acids, total monounsaturated		6.540		0	MC	9		3.924		
Fatty acids, total molounsaturated		0.840		0	MC	9		0.504		
Fatty acids, total trans		0.040		•		-		2.00.		
Cholesterol										
Phytosterols										

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 60g: 1 cup

NDB No. 08400

Cereals ready-to-eat, QUAKER, Cranberry Macadamia Nut Cereal

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08357 Cereals ready-to-eat, QUAKER, FRUITY BRONTOSAURUS BLASTS, bagged cereal

Refuse: 0%

		<u>A</u> 1	mount in 10	00 grams	Amount in edible portion of common							
		Number							measures of food			
				of Data	Deriv	Source	Confidence					
Nutrients and Units		Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3		
Proximates:												
Water	g	2.50		0	MC	9						
Energy	kcal	376		0	MC	9						
Energy	kj	1574		0	MC	9						
Protein (N x 6.25)	g	3.75		0	MC	9						
Total lipid (fat)	g	2.45		0	MC	9						
Ash	g	2.01		0	MC	9						
Carbohydrate, by difference	g	89.27		0	MC	9						
Fiber, total dietary	g	1.4		0	MC	9						
Sugars, total	g	43.95		0	MC	9						
Starch	g											
Minorals												
Minerals:	ma	5		0	MC	9						
* Iron, Fe		9.58		0	MC	9						
Magnesium, Mg		20		0	MC	9						
Phosphorus, P		63		0	MC	9						
Potassium. K	_	49		0	MC	9						
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	590		0	MC	9						
Zinc. Zn.		0.66		0	MC	9						
Copper, Cu	• • • • • • • • • • • • • • • • • • • •	0.070	ı	0	MC	9						
Manganese, Mn	_	0.620		0	MC	9						
Selenium, Se	-											
•												
<u>Vitamins:</u>												
* Vitamin C, total ascorbic acid		28.0		0	MC	9						
* Thiamin	_	0.710 1.690		0	MC MC	9 9						
* Riboflavin	_	19.680		0	MC	9						
* Niacin Pantothenic acid		0.680		0	MC	9						
* Vitamin B-6		2.000		0	MC	9						
* Folate, total		274		0	MC	9						
Folic acid		255		0	NC	4						
Folate, food		19		0	CAAN	4						
Folate, DFE		453		0	NC	4						
Vitamin B-12		0.00		0	MC	9						
* Vitamin A, IU		2680		0	MC	9						
Vitamin A, RAE		805		0	NC	4						
Retinol		805		0	NC	4						
Vitamin E (alpha-tocopherol)				-		=						
Tocopherol, beta												
Tocopherol, gamma												
Tocopherol, delta												
* Vitamin D		164.760	1	0	MC	9						
Vitamin K (phylloquinone)												
Lipids:												
Fatty acids, total saturated	g	0.230		0	MC	9						
Fatty acids, total monounsaturated		1.880		0	MC	9						
Fatty acids, total polyunsaturated		0.230		0	MC	9						
Fatty acids, total trans												
Cholesterol		0		0	MC	9						
Phytosterols	mg											

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

^{*}Vitamin or mineral added for enrichment or fortification

NDB No. 08357

Cereals ready-to-eat, QUAKER, FRUITY BRONTOSAURUS BLASTS, bagged cereal

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

Refuse: 0%

		<u>A</u> 1	mount in 10	Amount in edible portion of common							
		Number						measures of food			
				of Data	Deriv	Source	Confidence				
Nutrients and Units		Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	2.50		0	MC	9					
Energy	kcal	396		0	MC	9					
Energy	kj	1657		0	MC	9					
Protein (N x 6.25)	g	6.06		0	MC	9					
Total lipid (fat)	g	5.96		0	MC	9					
Ash	g	3.50		0	MC	9					
Carbohydrate, by difference	g	81.96		0	MC	9					
Fiber, total dietary	g	4.3		0	MC	9					
Sugars, total	g	37.49		0	MC	9					
Starch											
Minerals:	ma	25		^	240	•					
Calcium, Ca	-	25 19.01		0	MC MC	9 9					
* Iron, Fe		62		0	MC	9					
Magnesium, Mg		243		0	MC	9					
Phosphorus, P Potassium, K	-	184		0	MC	9					
Sodium, Na		864		0	MC	9					
* Zinc, Zn		15.84		0	MC	9					
Copper, Cu	_	0.150	1	0	MC	9					
Manganese, Mn	-	1.930		0	MC	9					
Selenium, Se		2.550		•							
•											
<u>Vitamins:</u>											
* Vitamin C, total ascorbic acid		25.3		0	MC	9					
* Thiamin	_	1.010		0	MC	9					
* Riboflavin	_	1.790		0	MC	9					
* Niacin		21.120		0	MC	9					
Pantothenic acid		0.310		0	MC	9					
* Vitamin B-6		2.110)	0	MC	9					
* Folate, total		1600		0	MC	9					
Folic acid		1581		0	NC	4					
Folate, food		19		0	CAAN	4					
Folate, DFE		2707		0	NC	4					
Vitamin B-12		0.00		0	MC	9 9					
* Vitamin A, IU		2112		0	MC	4					
Vitamin A, RAE		634 634		0 0	NC NC	4					
Retinol		634		U	NC	4					
Vitamin E (alpha-tocopherol) Tocopherol, beta											
Tocopherol, gamma Tocopherol, delta											
Vitamin D.		0.000	1	0	MC	9					
Vitamin K (phylloquinone)		0.000	,	·	110						
Lipids:	a	1 000		^	240	•					
Fatty acids, total saturated		1.290		0	MC	9					
Fatty acids, total monounsaturated		1.800		0 0	MC	9					
Fatty acids, total polyunsaturated		0.990	,	U	MC	9					
Fatty acids, total trans		0		0	MC	9					
CholesterolPhytosterols		U		U	MC	9					

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

^{*}Vitamin or mineral added for enrichment or fortification

NDB No. 08359

Cereals ready-to-eat, QUAKER, Frosted Oats

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08401 Cereals ready-to-eat, QUAKER, Fruity Ocean Adventure Bagged Cereal

Refuse: 0%

		<u>Aı</u>	nount in 10	Amount in edible portion of common							
		Number						measures of food			
Nutrients and Units		Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	2.50		0	MC	9					
Energy	kcal	394		0	MC	9					
Energy		1650		0	MC	9					
Protein (N x 6.25)	g	4.86		0	MC	9					
Total lipid (fat)	g	3.84		0	MC	9					
Ash	=	1.53		0	MC	9					
Carbohydrate, by difference		87.24		0	MC	9					
Fiber, total dietary		3.0		0	MC	9					
Sugars, total		43.11		0	MC	9					
Starch		10.11		•							
Starch	9										
<u>Minerals:</u>											
Calcium, Ca	mg	12		0	MC	9					
Iron, Fe	<u>.</u> mg	18.34		0	MC	9					
Magnesium, Mg	mg	61		0	MC	9					
Phosphorus, P	mg	188		0	MC	9					
Potassium, K	mg	195		0	MC	9					
Sodium, Na	mg	254		0	MC	9					
Zinc, Zn	<u>mg</u>	15.28		0	MC	9					
Copper, Cu	mg	0.160		0	MC	9					
Manganese, Mn	<u>mg</u>	0.860		0	MC	9					
Selenium, Se	mcg	0.0		0	MC	9					
Vitamina											
Vitamins:		04.5		•		•					
Vitamin C, total ascorbic acid		24.5		0	MC	9					
Thiamin	_	1.520		0 0	MC	9 9					
Riboflavin	-	1.730			MC	9					
Niacin		20.370		0	MC	9					
Pantothenic acid		0.000		0	MC						
Vitamin B-6		2.030		0	MC	9					
Folate, total		1556		0	MC	9					
Folic acid		1537		0	NC	4					
Folate, food		19		0	CAAN	4					
Folate, DFE		2631		0	NC	4					
Vitamin B-12		0.00		0	MC	9					
Vitamin A, IU		2038		0	MC	9					
Vitamin A, RAE		612		0	NC	4					
Retinol		612		0	NC	4					
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta	-					•					
Vitamin D		0.000		0	MC	9					
Vitamin K (phylloquinone)	nicg										
Lipids:											
Fatty acids, total saturated	q	0.900		0	MC	9					
Fatty acids, total monounsaturated		0.840		0	MC	9					
Fatty acids, total polyunsaturated		0.810		0	MC	9					
Fatty acids, total trans		0.010		·	110	-					
Cholesterol		0		0	MC	9					
Phytosterols	-	Ū		Ū	110	,					

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 08401

Cereals ready-to-eat, QUAKER, Fruity Ocean Adventure Bagged Cereal

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08211 Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S

		<u>A</u>	mount in 100	Amount in edible portion of common						
			I	measures of food						
						Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	-	2.75		0	MC	9		0.74		
Energy		411		0	MC	9		111		
Energy		1721		0	MC	9		465		
Protein (N x 6.25)		3.97		0	MC	9 9		1.07		
Total lipid (fat)	_	7.41 2.06		0 0	MC MC	9		2.00 0.56		
AshCarbohydrate, by difference		83.78		0	MC	9		22.62		
Fiber, total dietary		2.1		0	MC	9		0.6		
Sugars, total		45.07		0	MC	9		12.17		
Starch	-	43.07		Ū	мс	,		12.17		
	9									
Minerals:	ma	10		^		^		2		
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	12 19.65		0 0	MC MC	9 9		3 5.31		
Iron, Fe	-	19.65		0	MC MC	9		0		
Phosphorus, P		142		0	MC	9		38		
Potassium, K		157		0	MC	9		42		
Sodium, Na		600		0	MC	9		162		
Zine, Zn	-	16.38		0	MC	9		4.42		
Copper, Cu		0.120)	0	MC	9		0.032		
Manganese, Mn	mg	0.530)	0	MC	9		0.143		
Selenium, Se	mcg	4.7		0	FLM	4		1.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	26.2		0	MC	9		7.1		
Thiamin	mg	1.630)	0	MC	9		0.440		
Riboflavin	mg	1.850)	0	MC	9		0.500		
Niacin		21.840)	0	MC	9		5.897		
Pantothenic acid		0.310		0	MC	9		0.084		
Vitamin B-6	_	2.180)	0	MC	9		0.589		
Folate, total		1556		0	MC	9		420		
Folic acid		1537		0	NC	4		415		
Folate, food		19 2632		0 0	CAAN	4 4		5 711		
Folate, DFE		0.00		0	NC MC	9		0.00		
Vitamin B-12		2184		0	MC	9		590		
Vitamin A, RAE		656		0	NC	4		177		
Retinol		656		0	NC	4		177		
Vitamin E (alpha-tocopherol)		0.78		0	FLM	4		0.21		
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D		0.000)	0	MC	9		0.000		
Vitamin K (phylloquinone)	mcg	1.5		0	FLM	4		0.4		
<u>Lipids:</u>										
Fatty acids, total saturated	g	2.000)	0	MC	9		0.540		
4:0		0.000)	0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	-	0.000		0	FLM	4		0.000		
10:0		0.000		0	FLM	4		0.000		
12:0		0.002	2	0	FLM	4		0.001		
13:0				•						
14:0		0.027	′	0	FLM	4		0.007		
15:0	_	1 50		^	PT 3.5			0 414		
16:0 17:0	_	1.534	•	0	FLM	4		0.414		
18:0	_	0.417	7	0	FLM	4		0.112		
20:0	_	0.41	•	Ü	2 114	-		J.112		
22:0	-									
24:0	-									

				00 grams Number	Amount in edible portion of common measures of food					
Nutrients and U	Jnits	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate		1.340		0	MC	9		0.362		
14:1										
15:1	_									
16:1 undifferentiated		0.007		0	FLM	4		0.002		
17:1										
18:1 undifferentiated		1.333		0	FLM	4		0.360		
20:1	_	0.000		0	FLM	4		0.000		
22:1 undifferentiated	•	0.000		0	FLM	4		0.000		
24:1 c										
Fatty acids, total polyunsaturated		0.720		0	MC	9		0.194		
18:2 undifferentiated		0.682		0	FLM	4		0.184		
18:3 undifferentiated		0.038		0	FLM	4		0.010		
18:4		0.000		0	FLM	4		0.000		
20:2 n-6 c,c										
20:3 undifferentiated	_									
20:4 undifferentiated		0.000		0	FLM	4		0.000		
20:5 n-3	_	0.000		0	FLM	4		0.000		
22:5 n-3	-	0.000		0	FLM	4		0.000		
22:6 n-3	-	0.000		0	FLM	4		0.000		
Fatty acids, total trans										
Cholesterol	•	0		0	MC	9		0		
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	Z	7		0.0		
Caffeine	mg	0		0	FLM	4		0		
Theobromine	mg	0		0	FLM	4		0		
Carotenoids:										
Carotene, beta	mcg	0		0	Z	7		0.000		
Carotene, alpha	mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta	mcg	0		0	Z	7		0.000		
Lycopene	mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000		

Common Measures:

Measure 1 = 27g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

Refuse: 0%

		<u>Aı</u>	mount in 10	00 grams	of edik	ole portic	<u>on</u>	Amount in	edible portion	of common
				Number				m	easures of food	
Nutrients and Uni	ts	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
.										
Proximates: Water	a	2.50		0	MC	9				
Energy		374		0	MC	9				
Energy		1563		0	MC	9				
Protein (N x 6.25)		5.68		0	MC	9				
Total lipid (fat)		0.77		0	MC	9				
Ash		2.51		0	MC	9				
Carbohydrate, by difference		88.82		0	MC	9				
Fiber, total dietary		3.1		0	MC	9				
Sugars, total		5.2		·						
Starch										
Minerals:										
Calcium, Ca	mg	1		0	MC	9				
* Iron, Fe		15.00		0	MC	9				
Magnesium, Mg	mg	17		0	MC	9				
Phosphorus, P	mg	47		0	MC	9				
Potassium, K	mg	89		0	MC	9				
Sodium, Na	mg	869		0	MC	9				
* Zinc, Zn	mg	0.26		0	MC	9				
Copper, Cu	mg	0.050	ı	0	MC	9				
Manganese, Mn	mg	0.060	ı	0	MC	9				
Selenium, Se	mcg	0.0		0	MC	9				
Vitamins:										
* Vitamin C, total ascorbic acid		50.0		0	MC	9				
* Thiamin	_	1.250		0	MC	9				
* Riboflavin	_	1.410		0	MC	9				
* Niacin		16.660		0	MC	9				
Pantothenic acid		0.280		0	MC	9				
* Vitamin B-6		1.660		0	MC	9				
Folate, total		333		0	MC	9				
Folate, DFE										
Vitamin B-12		0.00		0	MC	9				
Vitamin A, IU	IU	2500		0	MC	9				
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D		133.330	ı	0	MC	9				
Vitamin K (phylloquinone)		133.330		Ū	ис	,				
Lipids:										
Fatty acids, total saturated	g	0.100	ı	0	MC	9				
Fatty acids, total monounsaturated		0.180	ı	0	MC	9				
Fatty acids, total polyunsaturated		0.320	ı	0	MC	9				
Fatty acids, total trans										
Cholesterol		0		0	MC	9				
Phytosterols	_									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Cereals ready-to-eat, QUAKER, Honey Crisp Corn Flakes

Food Group: 08 Breakfast Cereals

NDB No. 08361 Cereals ready-to-eat, QUAKER, Honey Graham bagged cereal

Refuse: 0%

		<u>Aı</u>	mount in 10	00 grams	of edik	le portic	<u>on</u>		edible portion	
				Number				<u>m</u>	easures of food	_
Nutrients and Uni	ts	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.50		0	MC	9				
Energy	kcal	395		0	MC	9				
Energy	kj	1651		0	MC	9				
Protein (N x 6.25)		5.60		0	MC	9				
Total lipid (fat)	g	5.24		0	MC	9				
Ash	g	3.00		0	MC	9				
Carbohydrate, by difference		83.64		0	MC	9				
Fiber, total dietary	g	2.8		0	MC	9				
Sugars, total	g	38.37		0	NC	4				
Starch										
	-									
Minerals:		0.5				•				
Calcium, Ca	_	35		0	MC	9				
Firon, Fe		17.68		0	MC	9 9				
Magnesium, Mg		60		0	MC					
Phosphorus, P	_	191 234		0	MC MC	9 9				
Potassium, K		825		0	MC	9				
Sodium, Na* * Zinc, Zn		14.73		0	MC	9				
Copper, Cu	-	0.180		0	MC	9				
Manganese, Mn	_	0.540		0	MC	9				
Selenium, Se		2.9		0	MC	9				
Scientini, Sc	9			·						
<u>Vitamins:</u>										
* Vitamin C, total ascorbic acid	mg	23.6		0	MC	9				
* Thiamin	-	1.470		0	MC	9				
* Riboflavin	-	1.670		0	MC	9				
* Niacin		19.640		0	MC	9				
Pantothenic acid		0.490		0	MC	9				
* Vitamin B-6		1.960		0	MC	9				
Folate, total		1500		0	MC	9				
Folic acid		1481		0	NC	4				
Folate, food		19		0	CAAN	4				
Folate, DFE		2537		0	NC	4				
Vitamin B-12		0.08		0	MC	9				
Vitamin A, IU		1965		0	MC	9				
Vitamin A, RAE		590		0	NC	4				
Retinol		590		0	NC	4				
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D.		0.020		0	MC	9				
Vitamin K (phylloquinone)		0.020		U	МС	9				
Lipids:	a	1.310		0	MC	9				
Fatty acids, total saturated		0.810		0		9				
Fatty acids, total monounsaturated				0	MC	9				
Fatty acids, total polyunsaturated Fatty acids, total trans		0.700		U	MC	9				
		0		0	MC	9				
CholesterolPhytosterols		U		U	MC	9				

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^{*}Vitamin or mineral added for enrichment or fortification

Cereals ready-to-eat, QUAKER, Honey Graham bagged cereal

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08219 Cereals ready-to-eat, QUAKER, Honey Nut Heaven

Refuse: 0%

		<u>A</u>	mount in 10	00 grams	of edil	ole portio	<u>n</u>		edible portion	
				Number		_		<u>m</u>	easures of food	L
							Confidence			
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.65		0	MC	9		1.30		
Energy		392		0	MC	9		192		
Energy	kj	1642		0	MC	9		804		
Protein (N x 6.25)	g	9.15		0	MC	9		4.48		
Total lipid (fat)	g	7.46		0	MC	9		3.66		
Ash	g	3.29		0	MC	9		1.61		
Carbohydrate, by difference	g	77.40		0	MC	9		37.93		
Fiber, total dietary		7.1		0	MC	9		3.5		
Sugars, total	g	26.61		0	MC	9		13.04		
Starch	g									
Minerals:										
* Calcium, Ca	mg	272		0	MC	9		133		
* Iron, Fe	-	13.89		0	MC	9		6.81		
Magnesium, Mg	mg	123		0	MC	9		60		
Phosphorus, P	mg	339		0	MC	9		166		
Potassium, K	-	369		0	MC	9		181		
Sodium, Na	-	440		0	MC	9		216		
* Zinc, Zn		11.00		0	MC	9		5.39		
Copper, Cu		0.390		0	MC	9		0.191		
Manganese, Mn		2.740)	0	MC MC	9 9		1.343 1.1		
Selenium, Se	Tileg	2.3		U	MC	9		1.1		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	3.0		0	MC	9		1.5		
* Thiamin	-	1.200		0	MC	9		0.588		
* Riboflavin		1.360		0	MC	9		0.666		
* Niacin		14.660		0	MC	9		7.183		
Pantothenic acid		0.610		0	MC	9		0.299		
* Vitamin B-6		1.460)	0	MC	9		0.715		
* Folate, total		891 872		0 0	MC NC	9 4		437 427		
Folic acidFolate, food		19		0	CAAN	4		9		
Folate, DFE		1501		0	NC	4		736		
Vitamin B-12		0.00		0	MC	9		0.00		
* Vitamin A, IU		1466		0	MC	9		718		
Vitamin A, RAE		440		0	NC	4		216		
Retinol		440		0	NC	4		216		
* Vitamin E (alpha-tocopherol)		3.67		0	MC	9		1.80		
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		0.000)	0	MC	9		0.000		
Vitamin K (phylloquinone)	mcg	1.2		0	FLM	4		0.6		
Lipids:		1 000		•		•				
Fatty acids, total saturated		1.090		0 0	MC	9 4		0.534		
4:0		0.000		0	FLM FLM	4		0.000 0.000		
6:0 8:0		0.000		0	FLM	4		0.003		
10:0		0.000		0	FLM	4		0.003		
12:0	_	0.007		0	FLM	4		0.003		
13:0	_	0.000		0	FLM	4		0.000		
14:0	_	0.004		0	FLM	4		0.002		
15:0	-	0.000)	0	FLM	4		0.000		
16:0		0.908	3	0	FLM	4		0.445		
17:0	g	0.000)	0	FLM	4		0.000		
18:0	_	0.134		0	FLM	4		0.066		
20:0	_	0.000		0	FLM	4		0.000		
22:0	g	0.000)	0	FLM	4		0.000		

	<u>An</u>	nount in 10	00 grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common		
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	_	easures of food Measure 2	Measure 3
Nutrients and Units	wean	Sta. Error	Folits	Coue	Code	Code	Measure 1	Measure 2	weasure 3
24:0g	0.000		0	FLM	4		0.000		
Fatty acids, total monounsaturatedg	3.490		0	MC	9		1.710		
14:1g	0.000		0	FLM	4		0.000		
15:1g									
16:1 undifferentiated	0.027		0	FLM	4		0.013		
17:1g									
18:1 undifferentiatedg	3.463		0	FLM	4		1.697		
20:1g	0.000		0	FLM	4		0.000		
22:1 undifferentiatedg	0.000		0	FLM	4		0.000		
24:1 cg	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturated	2.050		0	MC	9		1.005		
18:2 undifferentiatedg	2.017		0	FLM	4		0.988		
18:3 undifferentiatedg	0.032		0	FLM	4		0.016		
18:4g	0.000		0	FLM	4		0.000		
20:2 n-6 c,cg	0.000		0	FLM	4		0.000		
20:3 undifferentiatedg	0.000		0	FLM	4		0.000		
20:4 undifferentiatedg	0.000		0	FLM	4		0.000		
20:5 n-3g	0.000		0	FLM	4		0.000		
22:5 n-3g	0.000		0	FLM	4		0.000		
22:6 n-3g	0.000		0	FLM	4		0.000		
Fatty acids, total transg									
Cholesterolmg	0		0	MC	9		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	z	7		0.0		
Caffeine mg	0		0	FLM	4		0		
Theobromine mg	0		0	FLM	4		0		
Carotenoids:							•		
Carotene, betamcg	0		0	z	7		0.000		
Carotene, alphamcg	0		0	z	7		0.000		
Cryptoxanthin, beta mcg	0		0	z	7		0.000		
Lycopene mcg	0		0	z	7		0.000		
Lutein + zeaxanthinmcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 49g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

Refuse: 0%

		<u>A</u>	mount in 10	00 grams	of edik	ole portio	<u>on</u>	Amount in	edible portion	of common
				Number				<u>m</u>	easures of food	
Nutrients and Uni	ts	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates: Water	a	2.50		0	мс	9				
Energy		385		0	MC	9				
Energy		1612		0	MC	9				
Protein (N x 6.25)		6.04		0	MC	9				
Total lipid (fat)		3.65		0	MC	9				
Ash		3.03		0	MC	9				
		84.53		0	MC	9				
Carbohydrate, by difference		4.3		0	MC	9				
Fiber, total dietary										
Sugars, total		38.64		0	MC	9				
Starch	9									
Minerals:										
Calcium, Ca	mg	27		0	MC	9				
Iron, Fe.	mg	17.68		0	MC	9				
Magnesium, Mg	mg	63		0	MC	9				
Phosphorus, P	mg	252		0	MC	9				
Potassium, K	mg	191		0	MC	9				
Sodium, Na	mg	805		0	MC	9				
Zinc, Zn	mg	14.73		0	MC	9				
Copper, Cu	mg	0.150)	0	MC	9				
Manganese, Mn	mg	1.920)	0	MC	9				
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	23.6		0	MC	9				
Thiamin	mg	0.940)	0	MC	9				
Riboflavin	mg	1.670)	0	MC	9				
Niacin	mg	19.650)	0	MC	9				
Pantothenic acid	mg	0.310)	0	MC	9				
Vitamin B-6	mg	1.960)	0	MC	9				
Folate, total		1500		0	MC	9				
Folate, DFE	mcg_DFE									
Vitamin B-12		0.00		0	MC	9				
Vitamin A, IU	IU	1965		0	MC	9				
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D	IU	0.000)	0	MC	9				
Vitamin K (phylloquinone)	mcg									
<u> Lipids:</u>										
Fatty acids, total saturated		0.630		0	MC	9				
Fatty acids, total monounsaturated	g	1.440)	0	MC	9				
Fatty acids, total polyunsaturated		0.950)	0	MC	9				
Fatty acids, total trans										
Cholesterol	mg	0		0	MC	9				
Phytosterols	mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08395 Cereals ready-to-eat, QUAKER, Honey Nut Oats

Food Group: 08 Breakfast Cereals

NDB No. 08047 Cereals ready-to-eat, QUAKER, KING VITAMAN

The Quaker Oats, Co.

Refuse: 0%

		<u>A</u>	mount in 100	<u>grams</u>	ot edit	ole portic	<u>on</u>	Amount in	edible portion of	of common
			ı	Number				<u>m</u>	easures of food	
						Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	2.00		0	MC	9		0.62		
Energy	-	386		0	MC	9		120		
Energy		1613		0	MC	9		500		
Protein (N x 6.25)		6.45		0	MC	9		2.00		
Total lipid (fat)		3.56		0	MC	9		1.10		
Ash		3.07		0	MC	9		0.95		
Carbohydrate, by difference		84.90		0	MC	9		26.32		
Fiber, total dietary		3.8		0	MC	9		1.2		
Sugars, total		20.20		0	MC	9		6.26		
Starch	-			·				0.20		
Minerals:										
Calcium, Ca	mg	12		0	MC	9		4		
Iron, Fe.	• • • • • • • • • • • • • • • • • • • •	29.00		0	MC	9		8.99		
Magnesium, Mg	mg	84		0	MC	9		26		
Phosphorus, P		255		0	MC	9		79		
Potassium, K		276		0	MC	9		86		
Sodium, Na	-	838		0	MC	9		260		
Zinc, Zn		12.50	_	0	MC	9		3.88		
Copper, Cu		0.240		0	MC	9		0.074		
Manganese, Mn		0.910)	0	MC	9		0.282		
Selenium, Se	mcg	6.5		0	BFZN	4		2.0		
Vitamins: Vitamin C, total ascorbic acid	ma	40.0		0	MC	9		12.4		
Thiamin		1.250	า	0	MC	9		0.388		
Riboflavin	-	1.410		0	MC	9		0.437		
Niacin		16.660		0	MC	9		5.165		
Pantothenic acid		0.560		0	MC	9		0.174		
Vitamin B-6		1.660)	0	MC	9		0.515		
Folate, total	_	1333		0	MC	9		413		
Folic acid		1314		0	NC	4		407		
Folate, food		19		0	CAZN	4		6		
Folate, DFE		2253		0	NC	4		698		
Vitamin B-12		5.00		0	MC	9		1.55		
Vitamin A, IU		3334		0	FLM	4		1033		
Vitamin A, RAE	mcg_RAE	956		0	NC	4		296		
Retinol		947		0	FLM	4		294		
Vitamin E (alpha-tocopherol)		4.50		0	MC	9		1.39		
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta			_	_		_				
Vitamin D.		133.330	J	0 0	MC	9 4		41.332		
Vitamin K (phylloquinone)	Incg	0.4		U	FLM	4		0.1		
<u>_ipids:</u> Fatty acids, total saturated	a	0.790)	0	мс	9		0.245		
4:0		0.000		0	FLM	4		0.000		
6:0		0.000		0	FLM	4		0.000		
8:0	-	0.000		0	FLM	4		0.000		
10:0	-	0.000		0	FLM	4		0.000		
12:0		0.001		0	FLM	4		0.000		
13:0										
14:0		0.002	2	0	FLM	4		0.001		
15:0										
16:0	-	0.674	1	0	FLM	4		0.209		
17:0	-									
18:0	g	0.085	5	0	FLM	4		0.026		
20:0	g									
20.0										

	<u>Ar</u>	mount in 10	0 grams	of edil	ole portio	<u>on</u>		edible portion of	
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.800		0	MC	9		0.248		
14:1g									
15:1									
16:1 undifferentiated	0.003		0	FLM	4		0.001		
17:1g									
18:1 undifferentiatedg	0.797		0	FLM	4		0.247		
20:1g	0.000		0	FLM	4		0.000		
22:1 undifferentiatedg	0.000		0	FLM	4		0.000		
24:1 cg									
Fatty acids, total polyunsaturated	1.060		1	MC	9		0.329		
18:2 undifferentiatedg	1.028		0	FLM	4		0.319		
18:3 undifferentiatedg	0.032		0	FLM	4		0.010		
18:4g	0.000		0	FLM	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	FLM	4		0.000		
20:5 n-3g	0.000		0	FLM	4		0.000		
22:5 n-3g	0.000		0	FLM	4		0.000		
22:6 n-3g	0.000		0	FLM	4		0.000		
Fatty acids, total trans									
Cholesterol mg	0		0	FLM	4		0		
Phytosterolsmg									
Others:									
Alcohol, ethyl	0.0		0	FLM	4		0.0		
Caffeine mg	0		0	FLM	4		0		
Theobromine mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta mcg	80		0	FLM	4		24.801		
Carotene, alphamcg	52		0	FLM	4		16.234		
Cryptoxanthin, beta mcg	0		0	FLM	4		0.000		
Lycopene mcg	0		0	FLM	4		0.000		
Lutein + zeaxanthinmcg	1124		0	FLM	4		348.574		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: 1.5 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08085 Cereals ready-to-eat, QUAKER, KRETSCHMER Honey Crunch Wheat Germ

Refuse: 0%

		<u>A</u>	mount in 100	grams	ot ean	ne portio	<u>on</u>	Amount in	edible portion of	of common
			1	Number				<u>m</u>	easures of food	-
						Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	3.40		0	MC	9		0.48		
Energy	kcal	372		0	MC	9		52		
Energy	kj	1558		0	MC	9		218		
Protein (N x 6.25)		26.55		0	MC	9		3.72		
Total lipid (fat)	-	7.78		0	MC	9		1.09		
Ash		4.14		0	MC	9		0.58		
Carbohydrate, by difference		58.11		0	MC	9		8.14		
Fiber, total dietary		10.2		0	MC	9		1.4		
Sugars, total	_	24.85		0	MC	9		3.48		
Starch	g									
Minerals:										
Calcium, Ca	mg	50		0	MC	9		7		
Iron, Fe	mg	8.05		0	MC	9		1.13		
Magnesium, Mg	mg	272		0	MC	9		38		
Phosphorus, P		1011		0	MC	9		142		
Potassium, K		964		0	MC	9		135		
Sodium, Na		11		0	MC	9		2		
Zinc, Zn	_	13.88		0	MC	9		1.94		
Copper, Cu		0.720		0	MC	9		0.101		
Manganese, Mn		15.880)	0	MC	9		2.223		
Selenium, Se	mcg	58.0		0	FLC	4		8.1		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	<u>mg</u>	1.340)	0	MC	9		0.188		
Riboflavin	mg	0.690)	0	MC	9		0.097		
Niacin	mg	4.730)	0	MC	9		0.662		
Pantothenic acid	<u>mg</u>	1.100	ס	0	MC	9		0.154		
Vitamin B-6	-	0.500)	0	MC	9		0.070		
Folate, total		606		0	MC	9		85		
Folic acid		587		0	NC	4		82		
Folate, food		19		0	CAAN	4		3		
Folate, DFE		1016		0	NC	4		142		
Vitamin B-12		0.00		0	MC	9		0.00		
Vitamin A, IU		0		0	Z	7		0		
Vitamin A, RAE		0		0	NC	4		0		
Retinol		0		0 0	Z	7 9		0		
Vitamin E (alpha-tocopherol)		20.22		U	MC	9		2.83		
Tocopherol, beta										
Tocopherol, gamma										
Vitamin D		0.000)	0	MC	9		0.000		
Vitamin K (phylloquinone)		0.0		0	FLM	4		0.0		
				-	_					
<u>Lipids:</u>			_	_		_		_		
Fatty acids, total saturated		1.360		0	MC	9		0.190		
4:0		0.000		0	FLM	4		0.000		
6:0		0.000		0	FLM	4		0.000		
8:0	-	0.000		0	FLM	4		0.000		
10:0		0.000		0	FLM	4		0.000		
12:0	-	0.000	,	0	FLM	4		0.000		
13:0		0 010	n	•	177.34	4		0 001		
14:0		0.010	,	0	FLM	4		0.001		
15:0	-	1.264	4	0	FLM	4		0.177		
16:0	-	1.264	•	U	4 TW	4		0.1//		
17:0 18:0	-	0.038	2	0	FLM	4		0.005		
20:0	-	0.038	,	U	t mi	4		0.005		
22:0	-									
24:0	-									

	<u>Am</u>	ount in 10	0 grams	of edib	ole portio	<u>on</u>		edible portion o	f common
				Deriv		Confidence	<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	1.040		0	MC	9		0.146		
14:1g									
15:1	0.029		0	FLM	4		0.004		
17:1g	0.029		U	FLIM	4		0.004		
18:1 undifferentiated	1.083		0	FLM	4		0.152		
20:1g	0.002		0	FLM	4		0.000		
22:1 undifferentiatedg	0.002		0	FLM	4		0.000		
24:1 cg	0.000		·		-		0.000		
Fatty acids, total polyunsaturated	4.840		0	MC	9		0.678		
18:2 undifferentiated	4.104		0	FLM	4		0.575		
18:3 undifferentiated	0.523		0	FLM	4		0.073		
18:4g	0.000		0	FLM	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	FLM	4		0.000		
20:5 n-3g	0.000		0	FLM	4		0.000		
22:5 n-3g	0.000		0	FLM	4		0.000		
22:6 n-3g	0.000		0	FLM	4		0.000		
Fatty acids, total transg									
Cholesterolmg	0		0	MC	9		0		
Phytosterols mg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0		
Caffeinemg	0		0	FLM	4		0		
Theobrominemg	0		0	FLM	4		0		
Carotenoids:									
Carotene, betamcg	0		0	z	7		0.000		
Carotene, alphamcg	0		0	z	7		0.000		
Cryptoxanthin, betamcg	0		0	z	7		0.000		
Lycopene mcg	0		0	z	7		0.000		
Lutein + zeaxanthinmcg	0		0	z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.0g: 1.667 tbsp (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08363 Cereals ready-to-eat, QUAKER, KRETSCHMER Toasted Wheat Bran

Refuse: 0%

		<u>Ar</u>	nount in 10	0 grams	of edit	ole portic	<u>on</u>		edible portion	
				Number	•			<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	11.72		0	MC	9				
Energy	kcal	200		0	MC	9				
Energy		839		0	MC	9				
Protein (N x 6.25)		17.56		0	MC	9				
Total lipid (fat)		5.16		0	MC	9				
Ash		6.04		0	MC	9				
Carbohydrate, by difference		59.51		0	MC	9				
Fiber, total dietary		41.3		0	MC	9				
Sugars, total		2.26		0	MC	9				
Starch		2.20		Ū	м	,				
Starcii	9									
Minerals:										
Calcium, Ca	mg	66		0	MC	9				
Iron, Fe		13.88		0	MC	9				
Magnesium, Mg	mg	606		0	MC	9				
Phosphorus, P	mg	1314		0	MC	9				
Potassium, K	mg	1284		0	MC	9				
Sodium, Na		6		0	MC	9				
Zinc, Zn	mg	11.23		0	MC	9				
Copper, Cu	mg	1.090		0	MC	9				
Manganese, Mn	mg	17.380		0	MC	9				
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	MC	9				
Thiamin		1.100		0	MC	9				
Riboflavin	-	0.450		0	MC	9				
Niacin	-	20.620		0	MC	9				
Pantothenic acid	_	2.930		0	MC	9				
Vitamin B-6		0.680		0	MC	9				
Folate, total		193		0	MC	9				
Folic acid		152		0	NC	4				
Folate, food		41		0	CAAN	4				
Folate, DFE	mca DFF	300		0	NC	4				
Vitamin B-12		0.23		0	MC	9				
Vitamin A, IU		0		0	MC	9				
Vitamin A, RAE		0		0	NC	4				
Retinol		0		0	Z	7				
Vitamin E (alpha-tocopherol)		-		_	_	-				
Tocopherol. beta	_									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		0.000		0	MC	9				
Vitamin K (phylloquinone)										
	-									
Lipids:	a	0.770		0	MC	9				
Fatty acids, total saturated				0						
Fatty acids, total monounsaturated		0.800		0	MC	9				
Fatty acids, total polyunsaturated		2.720		U	MC	9				
F 4 . 11 . 4 14										
Fatty acids, total trans		0		0	MC	9				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Cereals ready-to-eat, QUAKER, KRETSCHMER Toasted Wheat Bran

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08366 Cereals ready-to-eat, QUAKER, KRETSCHMER Wheat Germ, Regular

Refuse: 0%

		<u>A</u> 1	mount in 10	00 grams	of edib	ole portic	<u>on</u>		edible portion	
				Number				<u>m</u>	easures of food	<u> </u>
Nutrients and Uni	ts	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.78		0	MC	9				
Energy	kcal	366		0	MC	9				
Energy	kj	1532		0	MC	9				
Protein (N x 6.25)		31.43		0	MC	9				
Total lipid (fat)		9.56		0	MC	9				
Ash		4.82		0	MC	9				
Carbohydrate, by difference		49.38		0	MC	9				
Fiber, total dietary		11.9		0	MC	9				
Sugars, total										
Starch										
<u>Minerals:</u>										
Calcium, Ca		50		0	MC	9				
Iron, Fe		8.34		0	MC	9				
Magnesium, Mg		313		0	MC	9				
Phosphorus, P	•	1130		0	MC	9				
Potassium, K	-	1097		0	MC	9				
Sodium, Na		6		0	MC	9				
Zinc, Zn	-	16.01		0	MC	9				
Copper, Cu	-	0.620		0	MC	9				
Manganese, Mn	-	19.080)	0	MC	9				
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	6.0		0	MC	9				
Thiamin		1.970)	0	MC	9				
Riboflavin	-	0.780)	0	MC	9				
Niacin	-	5.580)	0	MC	9				
Pantothenic acid		1.400)	0	MC	9				
Vitamin B-6		0.600)	0	MC	9				
Folate, total		669		0	MC	9				
Folic acid		317		0	NC	4				
Folate, food		352		0	CAAN	4				
Folate, DFE		892		0	NC	4				
Vitamin B-12		0.21		0	MC	9				
Vitamin A, IU		0		0	z	7				
Vitamin A, RAE		0		0	NC	4				
Retinol		0		0	z	7				
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		0.000)	0	MC	9				
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.660)	0	MC	9				
Fatty acids, total monounsaturated		1.250)	0	MC	9				
Fatty acids, total polyunsaturated		5.980)	0	MC	9				
Fatty acids, total trans										
Cholesterol		0		0	MC	9				
Phytosterols										

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

^{*}Vitamin or mineral added for enrichment or fortification

Cereals ready-to-eat, QUAKER, KRETSCHMER Wheat Germ, Regular

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08220 Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins

Refuse: 0%

The Quaker Oats, Co.

		<u>A</u>	mount in 100	<u>grams</u>	of edib	ole portio	<u>n</u>		edible portion	
			ı	Number				<u>m</u>	easures of food	<u> </u>
Nutrients and Un	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	3.50		0	MC	9		1.75		
Energy	_	390		0	MC	9		195		
Energy		1631		0	MC	9		816		
Protein (N x 6.25)		7.95		0	MC	9		3.98		
Total lipid (fat)		5.46		0	MC	9		2.73		
Ash		1.89		0	MC	9		0.95		
Carbohydrate, by difference		81.18		0	MC	9		40.59		
Fiber, total dietary		5.7		0	MC	9		2.8		
Sugars, total.		33.41		0	MC	9		16.71		
Starch										
	_									
Minerals:	m.e-			•	•	•		20		
Calcium, Ca	-	60		0	MC	9		30		
Iron, Fe.	-	2.63 85		0 0	MC MC	9 9		1.32		
Magnesium, Mg				0		9		42		
Phosphorus, P		267 407		0	MC MC	9		133 204		
Potassium, K	-	237		0	MC	9		204 119		
Sodium, Na		1.93		0	MC	9		0.97		
Zinc, Zn		0.300	`	0	MC	9		0.150		
Copper, Cu		2.060		0	MC	9		1.030		
Selenium, Se	-	2.5	,	0	MC	9		1.2		
Selemum, Se	nicg	2.5		U	МС	,		1.2		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.7		0	MC	9		0.3		
Thiamin		0.300)	0	MC	9		0.150		
Riboflavin	mg	0.170)	0	MC	9		0.085		
Niacin	mg	1.870)	0	MC	9		0.935		
Pantothenic acid	mg	0.590)	0	MC	9		0.295		
Vitamin B-6	-	0.160)	0	MC	9		0.080		
Folate, total		24		0	MC	9		12		
Folic acid		0		0	FLM	4		0		
Folate, food		24		0	MC	9		12		
Folate, DFE		24		0	NC	4		12		
Vitamin B-12	mcg	0.10		0	MC	9		0.05		
Vitamin A, IU		18		0	MC	9		9		
Vitamin A, RAE		1		0	NC	4		0		
Retinol		0		0	BNA	4		0		
* Vitamin E (alpha-tocopherol)		1.80		0	MC	9		0.90		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		0.000)	0	MC	9		0.000		
Vitamin K (phylloquinone)	rncg	2.9		0	FLM	4		1.5		
<u>Lipids:</u>										
Fatty acids, total saturated	g	1.390)	0	MC	9		0.695		
4:0		0.002	2	0	FLM	4		0.001		
6:0		0.002	2	0	FLM	4		0.001		
8:0	g	0.029	9	0	FLM	4		0.015		
10:0	g	0.021	L	0	FLM	4		0.010		
12:0		0.165	5	0	FLM	4		0.082		
13:0	g	0.000)	0	FLM	4		0.000		
14:0	g	0.081	L	0	FLM	4		0.040		
15:0	-	0.000)	0	FLM	4		0.000		
16:0	-	0.886	5	0	FLM	4		0.443		
17:0	-	0.000)	0	FLM	4		0.000		
18:0	g	0.180)	0	FLM	4		0.090		
20:0		0.000		0	FLM	4		0.000		
22:0		0.000		0	FLM	4		0.000		
24:0		0.000		0	FLM	4		0.000		

	<u>Ar</u>	mount in 100	grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common			
Nutrients and Units	Mean		lumber of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	1.540		0	MC	9		0.770			
14:1g	0.000		0	FLM	4		0.000			
15:1g	0.000		0	FLM	4		0.000			
16:1 undifferentiatedg	0.020		0	FLM	4		0.010			
17:1g										
18:1 undifferentiatedg	1.520		0	FLM	4		0.760			
20:1g	0.000		0	FLM	4		0.000			
22:1 undifferentiatedg	0.000		0	FLM	4		0.000			
24:1 cg	0.000		0	FLM	4		0.000			
Fatty acids, total polyunsaturated	1.030		0	MC	9		0.515			
18:2 undifferentiatedg	0.974		0	FLM	4		0.487			
18:3 undifferentiatedg	0.056		0	FLM	4		0.028			
18:4g	0.000		0	FLM	4		0.000			
20:2 n-6 c,cg	0.000		0	FLM	4		0.000			
20:3 undifferentiatedg	0.000		0	FLM	4		0.000			
20:4 undifferentiatedg	0.000		0	FLM	4		0.000			
20:5 n-3g	0.000		0	FLM	4		0.000			
22:5 n-3g	0.000		0	FLM	4		0.000			
22:6 n-3g	0.000		0	FLM	4		0.000			
Fatty acids, total transg										
Cholesterol mg	1		0	MC	9		1			
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0		0	z	7		0.0			
Caffeine mg	0		0	z	7		0			
Theobromine mg	0		0	z	7		0			
Carotenoids:	-		-				-			
Carotene, betamcg	8		0	BNA	4		4.147			
Carotene, alphamcg	5		0	BNA	4		2.414			
Cryptoxanthin, betamcg	0		0	BNA	4		0.000			
Lycopenemcg	0		0	FLM	4		0.000			
Lutein + zeaxanthin mcg	183		0	FLM	4		91.458			

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Common Measures:

Measure 1 = 50g: .5 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08353 Cereals ready-to-eat, QUAKER, MOTHER'S CINNAMON OAT CRUNCH

Refuse: 0%

		<u>A</u> 1	mount in 10	00 grams	of edik	ole portic	<u>on</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food	<u>[</u>	
						Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	2.50		0	MC	9					
Energy	kcal	380		0	MC	9					
Energy	kj	1591		0	MC	9					
Protein (N x 6.25)	g	10.49		0	MC	9					
Total lipid (fat)	g	4.64		0	MC	9					
Ash	g	3.14		0	MC	9					
Carbohydrate, by difference	g	79.21		0	MC	9					
Fiber, total dietary	g	8.3		0	MC	9					
Sugars, total	g	25.07		0	MC	9					
Starch	g										
Minerals:				_		_					
Calcium, Ca	_	74		0	MC	9					
Iron, Fe		3.60		0	MC	9					
Magnesium, Mg		106		0	MC	9					
Phosphorus, P	-	359		0	MC	9					
Potassium, K	_	537 419		0	MC	9 9					
Sodium, Na				0	MC	9					
Zinc, Zn	-	2.57 0.280		0	MC MC	9					
Copper, Cu	-	3.010		0	MC	9					
Manganese, Mn Selenium, Se	_	6.3		0	MC	9					
Selenium, Se	Illog	6.3		U	MC	9					
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.1		0	MC	9					
Thiamin	mg	0.300		0	MC	9					
Riboflavin	mg	0.270		0	MC	9					
Niacin	<u>mg</u>	2.300		0	MC	9					
Pantothenic acid	mg	0.610		0	MC	9					
Vitamin B-6	mg	0.120		0	MC	9					
Folate, total	mcg	36		0	MC	9					
Folic acid	mcg	0		0	Z	7					
Folate, food	mcg	36		0	MC	9					
Folate, DFE	mcg_DFE	36		0	NC	4					
Vitamin B-12	mcg	0.00		0	MC	9					
Vitamin A, IU	IU	9		0	MC	9					
Vitamin A, RAE	mcg_RAE	0		0	NC	4					
Retinol		0		0	Z	7					
Vitamin E (alpha-tocopherol)											
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta											
Vitamin D		0.000		0	MC	9					
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated		0.790		0	MC	9					
Fatty acids, total monounsaturated		1.450		0	MC	9					
Fatty acids, total polyunsaturated	g	1.410		0	MC	9					
Fatty acids, total trans	g										
Cholesterol		0		0	MC	9					
Phytosterols	mg										

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

^{*}Vitamin or mineral added for enrichment or fortification

Cereals ready-to-eat, QUAKER, MOTHER'S CINNAMON OAT CRUNCH

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08355 Cereals ready-to-eat, QUAKER, MOTHER'S COCOA BUMPERS

Refuse: 0%

		<u>Aı</u>	mount in 10	00 grams	of edib	ole portic	<u>on</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food	<u> </u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Unit	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	2.50		0	MC	9					
Energy	kcal	376		0	MC	9					
Energy	kj	1573		0	MC	9					
Protein (N x 6.25)	g	5.08		0	MC	9					
Total lipid (fat)	g	1.74		0	MC	9					
Ash	g	3.02		0	MC	9					
Carbohydrate, by difference	g	87.64		0	MC	9					
Fiber, total dietary	g	3.1		0	MC	9					
Sugars, total	g	41.84		0	MC	9					
Starch	g										
	-										
Minerals:		100				•					
Calcium, Ca	_	139		0	MC	9					
Iron, Fe		5.29		0	MC	9					
Magnesium, Mg		60		0	MC	9					
Phosphorus, P	-	167		0	MC MC	9 9					
Potassium, K	_	787 546		0	MC	9					
Sodium, Na		1.08		0	MC	9					
Zinc, Zn Copper, Cu	-	0.190	1	0	MC	9					
Manganese, Mn	-	0.370		0	MC	9					
Selenium, Se	_	0.570	,	v	110						
	9										
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid		0.0		0	MC	9					
Thiamin	_	0.150		0	MC	9					
Riboflavin	-	0.630		0	MC	9					
Niacin		1.310		0	MC	9					
Pantothenic acid		0.340		0	MC	9					
Vitamin B-6		0.030)	0	MC	9					
Folate, total		13		0	MC	9					
Folic acid		0		0	Z	7					
Folate, food		13		0	MC	9					
Folate, DFE		13		0	NC	4					
Vitamin B-12		0.00		0	MC	9					
Vitamin A, IU		164		0	MC	9					
Vitamin A, RAE		8		0	NC	4					
Retinol		0		0	Z	7					
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta Vitamin D		0.000	1	0	MC	9					
Vitamin K (phylloquinone)		0.000	•	U	м	9					
	9										
Lipids:				_		_					
Fatty acids, total saturated		0.310		0	MC	9					
Fatty acids, total monounsaturated		0.310		0	MC	9					
Fatty acids, total polyunsaturated		0.630)	0	MC	9					
Fatty acids, total trans		_		_		_					
Cholesterol	mg	0		0	MC	9					

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^{*}Vitamin or mineral added for enrichment or fortification

Cereals ready-to-eat, QUAKER, MOTHER'S COCOA BUMPERS

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08354 Cereals ready-to-eat, QUAKER, MOTHER'S GROOVY GRAHAMS

Refuse: 0%

		<u>A</u> :	mount in 10	00 grams	of edik	ole portic	<u>on</u>	Amount in edible portion of common			
				Number				m	easures of food	<u> </u>	
						Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	2.50		0	MC	9					
Energy		372		0	MC	9					
Energy		1558		0	MC	9					
Protein (N x 6.25)		5.44		0	MC	9					
Total lipid (fat)		1.63		0	MC	9					
Ash	_	4.03		0	MC	9					
Carbohydrate, by difference		86.38		0	MC	9					
Fiber, total dietary		3.0		0	MC	9					
Sugars, total		44.82		0	MC	9					
Starch											
Startin	9										
<u>Minerals:</u>											
Calcium, Ca	-	138		0	MC	9					
Iron, Fe		4.97		0	MC	9					
Magnesium, Mg		57		0	MC	9					
Phosphorus, P	•	162		0	MC	9					
Potassium, K	-	755		0	MC	9					
Sodium, Na		869		0	MC	9					
Zinc, Zn	-	1.02		0	MC	9					
Copper, Cu	-	0.120		0	MC	9					
Manganese, Mn	-	0.380)	0	MC	9					
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9					
Thiamin		0.120)	0	MC	9					
Riboflavin	mg	0.690)	0	MC	9					
Niacin	mg	1.550)	0	MC	9					
Pantothenic acid		0.390)	0	MC	9					
Vitamin B-6		0.060)	0	MC	9					
Folate, total		14		0	MC	9					
Folic acid		0		0	Z	7					
Folate, food		14		0	MC	9					
Folate, DFE		14		0	NC	4					
Vitamin B-12	mcg	0.00		0	MC	9					
Vitamin A, IU		145		0	MC	9					
Vitamin A, RAE		7		0	NC	4					
Retinol		0		0	Z	7					
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta											
Tocopherol, gamma	mg										
Tocopherol, delta	mg										
Vitamin D	IU	0.000)	0	MC	9					
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated		0.280		0	MC	9					
Fatty acids, total monounsaturated		0.320		0	MC	9					
Fatty acids, total polyunsaturated		0.690)	0	MC	9					
Fatty acids, total trans											
Cholesterol	mg	0		0	MC	9					
Phytosterols	ma										

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^{*}Vitamin or mineral added for enrichment or fortification

Cereals ready-to-eat, QUAKER, MOTHER'S GROOVY GRAHAMS

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08394 Cereals ready-to-eat, QUAKER, MOTHER'S HONEY ROUNDUP

Refuse: 0%

		<u>A</u> 1	mount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common			
				Number					easures of food		
Nutrients and Uni	its	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure	
Proximates:											
Water		2.50		0	MC	9					
Energy	kcal	382		0	MC	9					
Energy	kj	1597		0	MC	9					
Protein (N x 6.25)	g	5.44		0	MC	9					
Total lipid (fat)	g	2.00		0	MC	9					
Ash	g	2.27		0	MC	9					
Carbohydrate, by difference		87.77		0	MC	9					
Fiber, total dietary	g	3.1		0	MC	9					
Sugars, total		35.68		0	MC	9					
Starch											
	=										
Minerals:				_		_					
Calcium, Ca		23		0	MC	9					
Iron, Fe	_	1.77		0	MC	9					
Magnesium, Mg		64		0	MC	9					
Phosphorus, P	_	197		0	MC	9					
Potassium, K	_	237		0	MC	9					
Sodium, Na	_	587		0	MC	9 9					
Zinc, Zn	_	1.28		0	MC MC	9					
Copper, Cu		0.150		0	MC	9					
Manganese, Mn		0.920	,	U	MC	9					
Selenium, Se	Ilicy										
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9					
Thiamin	mg	0.180)	0	MC	9					
Riboflavin	mg	0.050)	0	MC	9					
Niacin	mg	1.040)	0	MC	9					
Pantothenic acid	mg	0.410)	0	MC	9					
Vitamin B-6	mg	0.060)	0	MC	9					
Folate, total	mcg	17		0	MC	9					
Folic acid											
Folate, food											
Folate, DFE	mcg_DFE										
Vitamin B-12	mcg	0.00		0	MC	9					
Vitamin A, IU	IU	138		0	MC	9					
Vitamin A, RAE	mcg_RAE										
Retinol											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D		0.000)	0	MC	9					
Vitamin K (phylloquinone)	mcg										
Lipids:				_		_					
Fatty acids, total saturated		0.380		0	MC	9					
Fatty acids, total monounsaturated		0.560		0	MC	9					
Fatty acids, total polyunsaturated		0.820)	0	MC	9					
Fatty acids, total trans											
Cholesterol		0		0	MC	9					
Phytosterols	<u>mg</u>										

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^{*}Vitamin or mineral added for enrichment or fortification

Cereals ready-to-eat, QUAKER, MOTHER'S HONEY ROUNDUP

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08351 Cereals ready-to-eat, QUAKER, MOTHER'S PEANUT BUTTER BUMPERS Cereal

Refuse: 0%

		<u>Aı</u>	mount in 10	00 grams	of edik	ole portic	<u>on</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food	<u>[</u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	2.50		0	MC	9					
Energy	kcal	403		0	MC	9					
Energy		1686		0	MC	9					
Protein (N x 6.25)		8.28		0	MC	9					
Total lipid (fat)		7.34		0	MC	9					
Ash		3.59		0	MC	9					
Carbohydrate, by difference		78.27		0	MC	9					
Fiber, total dietary		2.9		0	MC	9					
Sugars, total		29.51		0	MC	9					
Starch				-		-					
Minerals:											
Calcium, Ca	-	100		0	MC	9					
Iron, Fe		4.03		0	MC	9					
Magnesium, Mg		74		0	MC	9					
Phosphorus, P	_	214		0	MC	9					
Potassium, K	-	648		0	MC	9					
Sodium, Na		806		0	MC	9					
Zinc, Zn	_	1.42		0	MC	9					
Copper, Cu	_	0.150		0	MC	9					
Manganese, Mn	-	0.670)	0	MC	9					
Selenium, Se	mcg	0.8		0	MC	9					
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9					
Thiamin		0.130)	0	MC	9					
Riboflavin	-	0.500)	0	MC	9					
Niacin	_	2.910)	0	MC	9					
Pantothenic acid		0.510)	0	MC	9					
Vitamin B-6		0.110)	0	MC	9					
Folate, total		24		0	MC	9					
Folic acid		0		0	z	7					
Folate, food	-	24		0	MC	9					
Folate, DFE		24		0	NC	4					
Vitamin B-12		0.00		0	MC	9					
Vitamin A, IU		147		0	MC	9					
Vitamin A, RAE		7		0	NC	4					
Retinol		0		0	Z	7					
Vitamin E (alpha-tocopherol)		-		-	_	•					
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D		0.000)	0	MC	9					
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	g	1.440)	0	MC	9					
Fatty acids, total monounsaturated	g	3.080)	0	MC	9					
Fatty acids, total polyunsaturated		2.230)	0	MC	9					
Fatty acids, total trans											
Cholesterol		0		0	MC	9					
Phytosterols											

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^{*}Vitamin or mineral added for enrichment or fortification

Cereals ready-to-eat, QUAKER, MOTHER'S PEANUT BUTTER BUMPERS Cereal

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08352 Cereals ready-to-eat, QUAKER, MOTHER'S TOASTED OAT BRAN CEREAL, Brown Sugar Flavor

Refuse: 0%

		<u>Aı</u>	mount in 10	00 grams	of edik	ole portic	<u>on</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food	<u>I</u>	
						Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	4.00		0	MC	9					
Energy		373		0	MC	9					
Energy		1561		0	MC	9					
Protein (N x 6.25)		11.90		0	MC	9					
Total lipid (fat)		5.17		0	MC	9					
Ash		3.99		0	MC	9					
Carbohydrate, by difference		74.92		0	MC	9					
Fiber, total dietary		8.9		0	MC	9					
Sugars, total		15.50		0	MC	9					
Starch											
S											
Minerals:											
Calcium, Ca		66		0	MC	9					
Iron, Fe		4.11		0	MC	9					
Magnesium, Mg		143		0	MC	9					
Phosphorus, P	_	458		0	MC	9					
Potassium, K	-	490		0	MC	9					
Sodium, Na		632		0	MC	9					
Zinc, Zn	_	2.98		0	MC	9					
Copper, Cu	_	0.280		0	MC	9					
Manganese, Mn	-	3.410		0	MC	9					
Selenium, Se	mcg	4.3		0	MC	9					
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9					
Thiamin		0.400		0	MC	9					
Riboflavin	-	0.180		0	MC	9					
Niacin	_	1.920		0	MC	9					
Pantothenic acid		0.740		0	MC	9					
Vitamin B-6		0.130		0	MC	9					
Folate, total		40		0	MC	9					
Folic acid											
Folate, food	-										
Folate, DFE											
Vitamin B-12		0.00		0	MC	9					
Vitamin A, IU		71		0	MC	9					
Vitamin A, RAE	mcg RAE										
Retinol											
Vitamin E (alpha-tocopherol)	-										
Tocopherol, beta											
Tocopherol, gamma	mg										
Tocopherol, delta											
Vitamin D		0.000		0	MC	9					
Vitamin K (phylloquinone)											
Lipids:											
Fatty acids, total saturated	g	0.890		0	MC	9					
Fatty acids, total monounsaturated	g	1.630		0	MC	9					
Fatty acids, total polyunsaturated		1.820		0	MC	9					
Fatty acids, total trans											
Cholesterol											
Phytosterols	mg										

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

^{*}Vitamin or mineral added for enrichment or fortification

Cereals ready-to-eat, QUAKER, MOTHER'S TOASTED OAT BRAN CEREAL, Brown Sugar Flavor

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08360 Cereals ready-to-eat, QUAKER, Oatmeal Cereal, Brown Sugar Bliss

Refuse: 0%

		<u>Aı</u>	mount in 10	00 grams	of edib	ole portic	<u>on</u>	Amount in edible portion of common		
				Number	•			<u>m</u>	easures of food	<u>l</u>
Nutrients and Uni	ts	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.50		0	MC	9		1.23		
Energy	kcal	384		0	MC	9		188		
Energy	kj	1607		0	MC	9		787		
Protein (N x 6.25)	g	8.78		0	MC	9		4.30		
Total lipid (fat)	g	5.56		0	MC	9		2.72		
Ash	g	3.43		0	MC	9		1.68		
Carbohydrate, by difference	g	79.69		0	MC	9		39.05		
Fiber, total dietary	g	7.4		0	MC	9		3.6		
Sugars, total	g									
Starch										
Arr. 1										
Minerals:	ma	200		^	240	•		146		
Calcium, Ca	-	298 10.10		0	MC MC	9 9		146 4.95		
Firon, Fe		10.10		0	MC	9				
Magnesium, Mg		316		0	MC	9		51 155		
Phosphorus, P Potassium, K	_	327		0	MC	9		160		
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	509		0	MC	9		249		
Zinc, Zn		12.00		0	MC	9		5.88		
Copper, Cu	_	0.340		0	MC	9		0.167		
Manganese, Mn	_	2.830		0	MC	9		1.387		
Selenium, Se	-	2.3		0	MC	9		1.1		
•										
<u>Vitamins:</u>										
* Vitamin C, total ascorbic acid	_	3.2		0	MC	9		1.6		
* Thiamin	-	1.200		0	MC	9		0.588		
* Riboflavin	_	1.360		0	MC	9		0.666		
Niacin		16.000		0	MC	9		7.840		
Pantothenic acid		0.620		0	MC	9		0.304		
* Vitamin B-6		1.600		0	MC	9		0.784		
Folate, total		889		0	MC	9		436		
Folic acid	-	870		0	NC	4		426		
Folate, food		19		0	CAAN	4		9 734		
Folate, DFE		1498		0 0	NC	4 9		0.00		
Vitamin B-12		0.00 1600		0	MC MC	9		784		
Vitamin A, IU Vitamin A, RAE		480		0	NC NC	4		235		
Retinol		480		0	NC NC	4		235		
Vitamin E (alpha-tocopherol)		400		U	NC	-		233		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		0.000		0	MC	9		0.000		
Vitamin K (phylloquinone)		0.000		•				0.000		
Lipids:										
Fatty acids, total saturated	a	1.160		0	MC	9		0.568		
Fatty acids, total monounsaturated		1.690		0	MC	9		0.828		
Fatty acids, total polyunsaturated		1.360		0	MC	9		0.666		
Fatty acids, total trans		1.500		·	110	-		3.000		
Cholesterol		0		0	MC	9		0		
Phytosterols		•		•		-		-		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 49g: 1 cup

Cereals ready-to-eat, QUAKER, Oatmeal Cereal, Brown Sugar Bliss

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08218 Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins The Quaker Oats, Co.

Refuse: 0%

		<u>A</u>	mount in 10	<u>o grams</u>	of edil	Amount in edible portion of common				
				Numbei	r			me	easures of food	<u>l</u>
				of Data		Source	Confidence			_
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:				_		_		0.45		
Water	-	4.26		1	Α	1		2.17		
Energy		465		0	NC	4		237		
Energy		1947		0	NC	4		993		
Protein (N x 6.25)	-	10.32		1	A	1		5.26		
Total lipid (fat)		17.90 1.78		1 1	A	1 1		9.13		
Ash				0	A	4		0.91		
Carbohydrate, by difference		65.74 8.3		1	NC A	1		33.53 4.2		
Fiber, total dietary				0	AS	1				
Sugars, total		22.50 10.50		1	AS A	1		11.47 5.36		
Sucrose				1		1				
Glucose (dextrose)		4.96 4.74		1	A A	1		2.53 2.42		
Fructose				1	A A	1				
Lactose	9	2.30 0.00		1	A A	1		1.17 0.00		
Maltose		0.00		0	A Z	7		0.00		
Galactose				1		1				
Starch	9	28.90		1	A	1		14.74		
Minerals:										
Calcium, Ca	mg	110		1	A	1		56		
Iron, Fe	mg	2.50		1	A	1		1.28		
Magnesium, Mg	mg	108		1	A	1		55		
Phosphorus, P		306		1	A	1		156		
Potassium, K		504		1	A	1		257		
Sodium, Na		51		1	A	1		26		
Zinc, Zn		1.88	_	1	A	1		0.96		
Copper, Cu		0.40		1	A	1		0.204		
Manganese, Mn Selenium, Se		1.820 13.8	U	1 1	A A	1 1		0.928 7.0		
		13.0		-	А	-		7.0		
Vitamins:	ma	2.7		1	A	1		1.4		
Vitamin C, total ascorbic acid Thiamin		0.33	7	1	A	1		0.172		
Riboflavin	_	0.35		1	A	1		0.182		
Niacin	_	1.850		1	A	1		0.944		
Pantothenic acid	• • • • • • • • • • • • • • • • • • • •	0.674		1	A	1		0.344		
Vitamin B-6	_	2.840		1	A	1		1.448		
Folate, total		38		1	A	1		19		
Folic acid		0		0	z	7		0		
Folate, food	mcg	38		1	A	1		19		
Folate, DFE		38		0	NC	4		19		
Vitamin B-12		0.00		1	A	1		0.00		
Vitamin A, IU	IU	3		0	NC	4		2		
Vitamin A, RAE	mcg_RAE	1		0	NC	4		0		
Retinol	mcg	0		0	FLM	4		0		
Vitamin E (alpha-tocopherol)		3.03		0	NR	4		1.55		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta			•	_		_				
Vitamin D.		0.040	U	0 1	MC	9		0.020		
Vitamin K (phylloquinone)	Incg	4.2		1	A	1		2.1		
Lipids:										
Fatty acids, total saturated	g	6.97	1	0	NC	4		3.555		
4:0	g	0.002	2	0	FLM	4		0.001		
6:0	g	0.030	0	0	FLM	4		0.015		
8:0	g	0.410	0	1	A	1		0.209		
10:0	g	0.300	0	1	A	1		0.153		
12:0	g	2.310	0	1	A	1		1.178		
13:0	g									
14:0	g	0.990	0	1	A	1		0.505		
15:0	g	0.000	0	1	A	1		0.000		

		<u>Ar</u>	nount in 100			ole portio	<u>n</u>		edible portion of	f common
				lumber	Deriv	Course	Confidence	<u></u>	3404100 01 1004	
Nutrients and Unit	ts	Mean	Std. Error F			Code	Code	Measure 1	Measure 2	Measure 3
16:0	g	2.360		1	A	1		1.204		
17:0	_	0.010		1	A	1		0.005		
18:0	g	0.520		1	A	1		0.265		
20:0	g	0.030		1	A	1		0.015		
22:0	-	0.010		1	A	1		0.005		
24:0	-	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated		6.790		0	NC	4		3.463		
14:1	-	0.000		1 1	A	1 1		0.000		
15:1 16:1 undifferentiated		0.000 0.060		1	A A	1		0.000 0.031		
17:1		0.000		1	A	1		0.000		
18:1 undifferentiated		6.700		1	A	1		3.417		
20:1	-	0.030		1	A	1		0.015		
22:1 undifferentiated		0.000		1	A	1		0.000		
24:1 c	-									
Fatty acids, total polyunsaturated		2.300		0	NC	4		1.173		
18:2 undifferentiated		2.240		1	A	1		1.142		
18:3 undifferentiated		0.060		1	A	1		0.031		
18:4		0.000		1	A	1		0.000		
20:2 n-6 c,c		0.000		1 1	A A	1 1		0.000		
20:3 undifferentiated 20:4 undifferentiated		0.000		1	A	1		0.000		
20:4 undifferentiated	-	0.000		1	A	1		0.000		
22:5 n-3	-	0.000		1	A	1		0.000		
22:6 n-3		0.000		1	A	1		0.000		
Fatty acids, total trans										
Cholesterol	mg	2		0	MC	9		1		
Phytosterols	<u>mg</u>									
Amino Acids:										
Tryptophan	g	0.080		0	A	1		0.041		
Threonine	g	0.310		0	A	1		0.158		
Isoleucine	g	0.340		0	A	1		0.173		
Leucine	g	0.660		0	A	1		0.337		
Lysine		0.320		0	A	1		0.163		
Methionine		0.140		0	A	1		0.071		
Cystine		0.190		0	A	1		0.097		
Phenylalanine		0.480 0.120		0	A A	1 1		0.245		
Tyrosine Valine		0.120		0	A	1		0.061 0.229		
Arginine	9	0.570		0	A	1		0.291		
Histidine		0.200		0	A	1		0.102		
Alanine		0.400		0	A	1		0.204		
Aspartic acid		0.720		0	A	1		0.367		
Glutamic acid		2.160		0	A	1		1.102		
Glycine	g	0.400		0	A	1		0.204		
Proline	g	0.610		0	A	1		0.311		
Serine		0.430		0	A	1		0.219		
Hydroxyproline	g									
Others:										
Alcohol, ethyl		0.0		0	Z	7		0.0		
Caffeine		0		0	FLM	4		0		
Theobromine	mg	0		0	FLM	4		0		
Carotenoids:										
Carotene, beta		1		0	FLM	4		0.485		
Carotene, alpha		0		0	z	7		0.000		
Cryptoxanthin, beta		0		0	z z	7 7		0.000 0.000		
LycopeneLutein + zeaxanthin		0		0	Z	7		0.000		
LUICIII T ZCAXAIIIIIII		U		J	4	,		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins

Common Measures:

Measure 1 = 51g: .5 cup (1 NLEA serving)

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08293 Cereals ready-to-eat, QUAKER, QUAKER APPLE ZAPS

The Quaker Oats, Co.

Refuse: 0%

		<u>A</u>	mount in 100	grams	of edik	ne portio	<u>on</u>	Amount in edible portion of common			
			N	lumber				measures of food			
						Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error F			Code	Code	Measure 1	Measure 2	Measure	
Proximates:	a	2.50		0	мс	9		0.75			
Water	_	393		0		9					
Energy		393 1645		0	MC MC	9		118 493			
Energy Protein (N x 6.25)		3.68		0	MC	9		1.10			
Total lipid (fat)	-	3.45		0	MC	9		1.10			
Ash	-	1.62		0	MC	9		0.49			
Carbohydrate, by difference		88.74		0	MC	9		26.62			
Fiber, total dietary		2.3		0	MC	9		0.7			
Sugars, total		46.99		0	MC	9		14.10			
Starch	_	40.33		Ū	110	,		14.10			
Staren	9										
Minerals:											
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	9		0	MC	9		3			
Iron, Fe	_	16.49		0	MC	9		4.95			
Magnesium, Mg		50		0	MC	9		15			
Phosphorus, P		150 175		0	MC	9 9		45 53			
Potassium, K		175		0	MC	9		53 135			
Sodium, Na	_	449 13.74		0	MC MC	9		4.12			
Zinc, Zn Copper, Cu		0.140	1	0	MC	9		0.042			
Manganese, Mn	-	0.350		0	MC	9		0.105			
Selenium, Se		0.0	,	0	MC	9		0.0			
·						-					
<u> Vitamins:</u>											
Vitamin C, total ascorbic acid		22.0		0	MC	9		6.6			
'Thiamin		1.370		0	MC	9		0.411			
Riboflavin		1.550		0	MC	9		0.465			
'Niacin	_	18.330		0	MC	9		5.499			
Pantothenic acid		0.350		0	MC	9		0.105			
Vitamin B-6	-	1.830)	0	MC	9		0.549			
Folate, total		1400		0	MC	9		420			
Folic acid		1381		0	NC	4		414			
Folate, food		19		0	CAAN	4		6			
Folate, DFE		2367		0	NC	4 9		710 0.00			
Vitamin B-12 Vitamin A, IU		0.00 1833		0	MC MC	9		550			
Vitamin A, RAE		551		0	NC	4		165			
Retinol		551		0	NC	4		165			
Vitamin E (alpha-tocopherol)		331		Ū	NC	•		103			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D		0.000)	0	MC	9		0.000			
Vitamin K (phylloquinone)											
	-										
Lipids:	~	2 25	,	^		^					
Fatty acids, total saturated		0.870		0	MC	9		0.261			
4:0	-	0.000		0	FLM	4		0.000			
6:0	-	0.000		0	FLM	4 4		0.000			
8:0	-	0.000		0	FLM FLM	4		0.000			
10:0 12:0	-	0.000		0	FLM	4		0.000			
	-	0.004	•	J	E LIM	-		0.001			
13:0 14:0		0.012	•	0	FLM	4		0.004			
15:0		0.012	=	J	E LIM	-		0.004			
		0.599	9	0	FLM	4		0.180			
16:0 17:0		0.393	•	U	E TIM	-		0.100			
18:0		0.250)	0	FLM	4		0.075			
20:0		0.250	•	U	E TIM	-		0.075			
22:0	-										
24:0	-										

	<u>Ar</u>	mount in 100 gran	ns of edi	<u>on</u>	Amount in edible portion of common		of common	
		Numb		0	Cantidanaa	m	easures of food	
Nutrients and Units	Mean	Std. Error Point			Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.600	0	мс	9		0.180		
14:1								
15:1								
16:1 undifferentiatedg	0.001	0	FLM	4		0.000		
17:1g								
18:1 undifferentiatedg	0.599	0	FLM	4		0.180		
20:1g	0.000	0	FLM	4		0.000		
22:1 undifferentiatedg	0.000	0	FLM	4		0.000		
24:1 cg								
Fatty acids, total polyunsaturated	0.620	0	MC	9		0.186		
18:2 undifferentiated	0.587	0	FLM	4		0.176		
18:3 undifferentiatedg	0.035	0	FLM	4		0.011		
18:4g	0.000	0	FLM	4		0.000		
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000		FLM	4		0.000		
20:5 n-3g	0.000	0	FLM	4		0.000		
22:5 n-3g	0.000		FLM	4		0.000		
22:6 n-3g	0.000	0	FLM	4		0.000		
Fatty acids, total transg								
Cholesterolmg	0	0	MC	9		0		
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	FLM	4		0.0		
Caffeine mg	0	0	FLM	4		0		
Theobromine mg	0	0	FLM	4		0		

Common Measures:

Measure 1 = 30g: .75 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08215 Cereals ready-to-eat, QUAKER, QUAKER CINNAMON OATMEAL SQUARES

		<u>A</u>	mount in 10			ole portio	<u>on</u>		edible portion	
				Number	,			<u>m</u>	easures of food	<u>l</u>
						Source	Confidence			
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
D										
Proximates: Water	a	2.50		0	MC	9		1.50		
Energy		378		0	MC	9		227		
Energy		1583		0	MC	9		950		
Protein (N x 6.25)		10.11		0	MC	9		6.07		
Total lipid (fat)		4.28		0	MC	9		2.57		
Ash		3.26		0	MC	9		1.96		
Carbohydrate, by difference		79.83		0	MC	9		47.90		
Fiber, total dietary		7.6		0	MC	9		4.6		
Sugars, total		23.68		0	MC	9		14.21		
Starch		23.00		U	МС	,		14.21		
Starcii	9									
Minerals:										
Calcium, Ca	mg	194		0	MC	9		116		
Iron, Fe	<u>mg</u>	28.10		0	MC	9		16.86		
Magnesium, Mg	mg	108		0	MC	9		65		
Phosphorus, P	mg	336		0	MC	9		201		
Potassium, K		417		0	MC	9		250		
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	439		0	MC	9		263		
Zinc, Zn		6.88		0	MC	9		4.13		
Copper, Cu	_	0.300		0	MC	9		0.180		
Manganese, Mn		2.940)	0	MC	9		1.764		
Selenium, Se	mcg	6.3		0	MC	9		3.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	11.0		0	MC	9		6.6		
Thiamin	_	0.680)	0	MC	9		0.408		
Riboflavin	_	0.770)	0	MC	9		0.462		
Niacin	-	9.170)	0	MC	9		5.502		
Pantothenic acid		0.610)	0	MC	9		0.366		
Vitamin B-6		0.910)	0	MC	9		0.546		
Folate, total		700		0	MC	9		420		
Folic acid		681		0	NC	4		409		
Folate, food	mcg	19		0	CAAN	4		11		
Folate, DFE	mcg_DFE	1177		0	NC	4		706		
Vitamin B-12		0.00		0	MC	9		0.00		
* Vitamin A, IU	IU	917		0	MC	9		550		
Vitamin A, RAE		275		0	NC	4		165		
Retinol	mcg	275		0	NC	4		165		
* Vitamin E (alpha-tocopherol)		2.47		0	MC	9		1.48		
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D		0.000)	0	MC	9		0.000		
Vitamin K (phylloquinone)	mcg	1.9		0	FLM	4		1.1		
<u>Lipids:</u>										
Fatty acids, total saturated		0.840		0	MC	9		0.504		
4:0		0.000		0	FLM	4		0.000		
6:0		0.000		0	FLM	4		0.000		
8:0		0.002		0	FLM	4		0.001		
10:0		0.000		0	FLM	4		0.000		
12:0	-	0.015	5	0	FLM	4		0.009		
13:0	-									
14:0		0.010)	0	FLM	4		0.006		
15:0								_		
16:0		0.710)	0	FLM	4		0.426		
17:0				_		_		_		
18:0	-	0.045	•	0	FLM	4		0.027		
20:0	a									

NDB No. 08215 Cereals ready-to-eat, QUAKER, QUAKER CINNAMON OATMEAL SQUARES

Nutrients and Units Nutrients Nutrients and Units Nutrients Nutrients and Units Nutrients Nutrients			Amount in	100 grams	of edil	ole portio	o <u>n</u>	Amount in	edible portion o	f common
Nutrients and Units Mean Std. Error Points Code Code Code Measure 1 Measure 2 Measure 3				Number				<u>m</u> .	easures of food	
Fatty acids, total monounsaturated 9	Nutrients and Units	. Mean	Std. Erro					Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated 9	-1.									
15-1		=	40	0	мс	۵		0.964		
15:1			40	U	MC	9		0.864		
16-1 undifferentiated. 9										
17:1			10	0	ET M	4		0 006		
18:1 undifferentiated.			10	U	FLIM	4		0.006		
20:1			26	0	ET.M	4		0.956		
22:1 undifferentiated		=		-						
24:1 c 9 Fatty acids, total polyunsaturated 9 1.740 0 MC 9 1.044 18:2 undifferentiated 9 1.658 0 FIM 4 0.995 18:3 undifferentiated 9 0.076 0 FIM 4 0.006 18:4 9 0.000 0 FIM 4 0.000 20:2 n-6 c. 9 0.000 0 FIM 4 0.000 20:3 undifferentiated 9 0.000 0 FIM 4 0.000 20:5 n-3 9 0.000 0 FIM 4 0.000 22:5 n-3 9 0.000 0 FIM 4 0.000 Fatty acids, total trans. 9 0 0 MC 9 0 Phytosterols. mg 0 0 Z 7 0.0 Caffeine mg 0 0 FIM 4 0 Carotene, beta				-		-				
Fatty acids, total polyunsaturated		-	00	U	FIM	-		0.000		
18.2 undifferentiated. 9 1.658 0 FLM 4 0.995 18.3 undifferentiated. 9 0.076 0 FLM 4 0.006 18.4. 9 0.000 0 FLM 4 0.000 20.2 n-6 c,c. 9 0.000 0 FLM 4 0.000 20.3 undifferentiated. 9 0.000 0 FLM 4 0.000 20.5 n-3. 9 0.000 0 FLM 4 0.000 22.5 n-3. 9 0.000 0 FLM 4 0.000 22.6 n-3. 9 0.000 0 FLM 4 0.000 22.6 n-3. 9 0.000 0 FLM 4 0.000 Fatty acids, total trans. 9 0 MC 9 0 Cholesterol. mg 0 MC 9 0 Phytosterols. mg 0 0 FLM 4 0 Caffeine. mg 0 0 FLM 4 0 <td></td> <td></td> <td>40</td> <td>0</td> <td>мс</td> <td>۵</td> <td></td> <td>1 044</td> <td></td> <td></td>			40	0	мс	۵		1 044		
18:3 undifferentiated 9 0.076 0 FLM 4 0.046 18:4 .9 0.000 0 FLM 4 0.000 20:2 n-6 c,c .9 20:3 undifferentiated .9 0.000 0 FLM 4 0.000 20:5 n-3 .9 0.000 0 FLM 4 0.000 22:5 n-3 .9 0.000 0 FLM 4 0.000 22:6 n-3 .9 0.000 0 FLM 4 0.000 Fatty acids, total trans .9 0 .000 0 FLM 4 0.000 Fatty acids, total trans .9 0 .000 MC 9 0 0 Phytosterols .mg 0 0 MC 9 0 0 Others: Alcohol, ethyl .9 0 0 TLM 4 0 Theobromine .mg 0 0 FLM 4 0 Carotene, beta .mcg 0 0 Z				-						
18.4.		-		-		_				
20:2 n-6 c,c				-		_				
20:3 undifferentiated 9			00	U	FLIM	4		0.000		
20.4 undifferentiated 9 0.000 0 FLM 4 0.000 20:5 n-3 9 0.000 0 FLM 4 0.000 22:5 n-3 9 0.000 0 FLM 4 0.000 Fatty acids, total trans 9 0 0 MC 9 0 Cholesterol mg 0 0 MC 9 0 Phytosterols mg 0 0 Z 7 0.0 Caffeine mg 0 FLM 4 0 Caffeine mg 0 FLM 4 0 Carotenoids: Carotene, beta mcg 0 0 FLM 4 0 Carotene, beta mcg 0 0 Z 7 0.000 Carotene, beta mcg 0 0 Z 7 0.000 Cryptoxanthin, beta mcg 0 0 Z 7 0.000 Lycope	,	-								
20:5 n-3			00	0	ET M	4		0 000		
22:5 n-3.				-						
22:6 n-3 g 0.000 0 FIM 4 0.000 Fatty acids, total trans. g Cholesterol mg 0 0 MC 9 0 Phytosterols mg 0 0 MC 9 0 Others: Alcohol, ethyl g 0.0 0 Z 7 0.0 Caffeine mg 0 0 FLM 4 0 Theobromine mg 0 0 FLM 4 0 Carotene, beta mcg 0 0 Z 7 0.000 Carotene, alpha mcg 0 0 Z 7 0.000 Cryptoxanthin, beta mcg 0 0 Z 7 0.000 Lycopene mcg 0 0 Z 7 0.000				•		_				
Fatty acids, total trans		=		-		-				
Cholesterol		=	00	U	F.TW	4		0.000		
Phytosterols. mg Others: Alcohol, ethyl. g 0.0 z 7 0.0 Caffeine. mg 0 FIM 4 0 Theobromine. mg 0 FIM 4 0 Carotenoids: Carotene, beta. mcg 0 0 z 7 0.000 Carotene, alpha mcg 0 0 z 7 0.000 Cryptoxanthin, beta mcg 0 0 z 7 0.000 Lycopene mcg 0 0 z 7 0.000	2 ,	=		•		•		•		
Others: Alcohol, ethyl				U	MC	9		U		
Alcohol, ethyl. g 0.0 0 z 7 0.0 Caffeine	Phytosterois	<u>I</u> IIIg								
Caffeine. mg 0 0 FLM 4 0 Theobromine. mg 0 0 FLM 4 0 Carotenoids: Carotene, beta. mcg 0 0 z 7 0.000 Carotene, alpha mcg 0 0 z 7 0.000 Cryptoxanthin, beta. mcg 0 0 z 7 0.000 Lycopene. mcg 0 0 z 7 0.000	Others:									
Caffeine mg 0 0 FLM 4 0 Theobromine mg 0 0 FLM 4 0 Carotenoids: Carotene, beta mcg 0 0 z 7 0.000 Carotene, alpha mcg 0 0 z 7 0.000 Cryptoxanthin, beta mcg 0 0 z 7 0.000 Lycopene mcg 0 0 z 7 0.000	Alcohol. ethyl	_g 0.0		0	Z	7		0.0		
Theobromine mg 0 0 FLM 4 0 Carotenoids: Carotene, beta mcg 0 0 z 7 0.000 Carotene, alpha mcg 0 0 z 7 0.000 Cryptoxanthin, beta mcg 0 0 z 7 0.000 Lycopene mcg 0 0 z 7 0.000				0	FLM	4		0		
Carotenoids: Carotene, beta		=		0	FLM	4		0		
Carotene, alpha mcg 0 0 z 7 0.000 Cryptoxanthin, beta mcg 0 0 z 7 0.000 Lycopene mcg 0 0 z 7 0.000		9								
Carotene, alpha mcg 0 0 z 7 0.000 Cryptoxanthin, beta mcg 0 0 z 7 0.000 Lycopene mcg 0 0 z 7 0.000	Carotene, beta	_mcg 0		0	z	7		0.000		
Cryptoxanthin, beta. mcg 0 0 z 7 0.000 Lycopene. mcg 0 0 z 7 0.000	,	=		0	z	7		0.000		
Lycopene				0	Z	7		0.000		
J				0	z	7		0.000		
Lutein + zeaxantnin triog 0 0 Z / 0.000	Lutein + zeaxanthin			0	z	7		0.000		

Common Measures:

Measure 1 = 60g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08294 Cereals ready-to-eat, QUAKER, QUAKER COCOA BLASTS

		<u>A</u>	mount in 100) grams	of edil	ole portio	<u>on</u>	Amount in	edible portion	of common
				Number				m	easures of food	
				of Data		Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	2.50		0	MC	9		0.83		
Energy	kcal	394		0	MC	9		130		
Energy	kj	1647		0	MC	9		543		
Protein (N x 6.25)	g	3.67		0	MC	9		1.21		
Total lipid (fat)	g	3.54		0	MC	9		1.17		
Ash	g	1.57		0	MC	9		0.52		
Carbohydrate, by difference		88.70		0	MC	9		29.27		
Fiber, total dietary		2.5		0	MC	9		0.8		
Sugars, total		48.29		0	MC	9		15.94		
Starch										
Staron	9									
<u> Iinerals:</u>										
Calcium, Ca		7		0	MC	9		2		
Iron, Fe	mg	15.00		0	MC	9		4.95		
Magnesium, Mg	mg	53		0	MC	9		17		
Phosphorus, P	mg	150		0	MC	9		50		
Potassium, K	mg	189		0	MC	9		62		
Sodium, Na	mg	409		0	MC	9		135		
Zinc, Zn	mg	12.50		0	MC	9		4.13		
Copper, Cu	mg	0.180)	0	MC	9		0.059		
Manganese, Mn	mg	0.380)	0	MC	9		0.125		
Selenium, Se	mcg	6.5		0	BFZN	4		2.1		
itamins:										
Vitamin C, total ascorbic acid	mg	20.0		0	MC	9		6.6		
Thiamin		1.250)	0	MC	9		0.413		
Riboflavin		1.410)	0	MC	9		0.465		
Niacin		16.670		0	MC	9		5.501		
Pantothenic acid	_	0.290		0	MC	9		0.096		
Vitamin B-6		1.660		0	MC	9		0.548		
Folate, total	-	1273	•	0	MC	9		420		
Folic acid		1254		0	NC	4		414		
Folate, food.	_	19		0	CAAN	4		6		
Folate, DFE		2151		0	NC	4		710		
		0.00		0	MC	9		0.00		
Vitamin B-12				0	FLM	4				
Vitamin A, IU		1668		-				551		
Vitamin A, RAE		475		0	NC	4		157		
Retinol		470		0	FLM	4		155		
Vitamin E (alpha-tocopherol)		0.76		0	FLM	4		0.25		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta			_							
Vitamin D		0.000)	0	MC	9		0.000		
Vitamin K (phylloquinone)	mcg	0.5		0	FLM	4		0.2		
ipids:										
Fatty acids, total saturated	g	0.950)	0	MC	9		0.314		
4:0		0.000)	0	FLM	4		0.000		
6:0		0.000		0	FLM	4		0.000		
8:0		0.000		0	FLM	4		0.000		
10:0	-	0.000		0	FLM	4		0.000		
12:0	-	0.000		0	FLM	4		0.000		
13:0		2.200	-	•		-		3.000		
14:0		0.016	6	0	FLM	4		0.005		
		0.016		U	E TIM	4		0.005		
15:0	-	0 700		^	W7.54			0.050		
16:0	-	0.783	•	0	FLM	4		0.258		
17:0	-	0 101	•	^	W7.54			0.01-		
18:0	-	0.136	•	0	FLM	4		0.045		
	П									
20:0 22:0	-									

	<u>Ar</u>	nount in 10	0 grams	of edil	ole portio	<u>on</u>		edible portion of	of common
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.640		0	MC	9		0.211		
14:1g									
15:1g									
16:1 undifferentiatedg	0.010		0	FLM	4		0.003		
17:1g									
18:1 undifferentiatedg	0.630		0	FLM	4		0.208		
20:1g	0.000		0	FLM	4		0.000		
22:1 undifferentiatedg	0.000		0	FLM	4		0.000		
24:1 cg									
Fatty acids, total polyunsaturatedg	0.590		0	MC	9		0.195		
18:2 undifferentiatedg	0.578		0	FLM	4		0.191		
18:3 undifferentiatedg	0.011		0	FLM	4		0.004		
18:4g	0.000		0	FLM	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.001		0	FLM	4		0.000		
20:5 n-3g	0.000		0	FLM	4		0.000		
22:5 n-3g	0.000		0	FLM	4		0.000		
22:6 n-3g	0.000		0	FLM	4		0.000		
Fatty acids, total transg									
Cholesterolmg	0		0	MC	9		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0		
Caffeinemg	21		0	FLM	4		7		
Theobrominemg	188		0	FLM	4		62		
Carotenoids:									
Carotene, beta mcg	46		0	FLM	4		15.164		
Carotene, alpha mcg	30		0	FLM	4		9.927		
Cryptoxanthin, betamcg	0		0	FLM	4		0.000		
Lycopene mcg	0		0	FLM	4		0.000		
Lutein + zeaxanthin mcg	644		0	FLM	4		212.488		

Common Measures:

Measure 1 = 33g: 1 cup (1 NLEA serving)

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08018 Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN

		<u>A</u>	mount in 10	<u>υ grams</u>	of edit	oie portio	<u>on</u>	Amount in	edible portion of	of common
				Number	,			m	easures of food	
						Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	1.68		0	MC	9		0.45		
Energy	kcal	335		0	MC	9		90		
Energy	kj	1402		0	MC	9		379		
Protein (N x 6.25)		5.44		0	MC	9		1.47		
Total lipid (fat)	-	3.78		0	MC	9		1.02		
Ash		2.73		0	MC	9		0.74		
Carbohydrate, by difference		86.34		0	MC	9		23.31		
Fiber, total dietary	g	17.5		0	MC	9		4.7		
Sugars, total	g	20.52		0	MC	9		5.54		
Starch	g									
Minerals:										
Calcium, Ca		71		0	MC	9		19		
Iron, Fe	_	30.82		0	MC	9		8.32		
Magnesium, Mg		53		0	MC	9		14		
Phosphorus, P		132		0	MC	9		36		
Potassium, K		208		0	MC	9		56		
Sodium, Na	-	858		0 0	MC	9 9		232		
Zinc, Zn		15.28 0.150	,	0	MC MC	9		4.13 0.041		
Copper, Cu Manganese, Mn		0.130		0	MC	9		0.213		
Selenium, Se		12.0	,	0	BFZN	4		3.2		
· ·										
Vitamins: Vitamin C, total ascorbic acid	ma	0.0		0	MC	9		0.0		
Thiamin		0.510	`	0	MC	9		0.138		
Riboflavin	_	1.730		0	MC	9		0.138		
Niacin		20.380		0	MC	9		5.503		
Pantothenic acid		0.390		0	MC	9		0.105		
Vitamin B-6	-	2.030		0	MC	9		0.548		
Folate, total	-	1481		0	MC	9		400		
Folic acid		1462		0	NC	4		395		
Folate, food		19		0	CAAN	4		5		
Folate, DFE		2504		0	NC	4		676		
Vitamin B-12		0.00		0	MC	9		0.00		
Vitamin A, IU		155		0	MC	9		42		
Vitamin A, RAE	mcg_RAE	8		0	NC	4		2		
Retinol		0		0	FLM	4		0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta		0.000		•	wa	•		0.000		
Vitamin D Vitamin K (phylloquinone)		0.000	,	0	MC FLM	9 4		0.000		
Vitamin K (phytioquinone)	inog	0.8		O	FIM	-		0.2		
Lipids:								_		
Fatty acids, total saturated		0.760		0	MC	9		0.205		
4:0		0.000		0	FLM	4		0.000		
6:0	-	0.000		0	FLM	4		0.000		
8:0	-	0.000		0	FLM	4		0.000		
10:0		0.000		0	FLM	4		0.000		
12:0		0.001	<u>.</u>	0	FLM	4		0.000		
13:0		0.016	5	0	FLM	4		0.004		
14:0		0.016	,	U	E TW	4		0.004		
15:0		0.649	3	0	FLM	4		0 175		
16:0		0.645	7	U	E TW	4		0.175		
17:0	-	0.076	,	0	FLM	4		0.010		
18:0	-	0.070	,	U	r.TW	4		0.019		
20:0	-									
22:0 24:0	-									

		<u>Ar</u>	nount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and U	Inits	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate		0.850		0	MC	9		0.230		
14:1										
15:1	-									
16:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.019		0	FLM	4		0.005		
17:1										
18:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.832		0	FLM	4		0.225		
20:1	-	0.000		0	FLM	4		0.000		
22:1 undifferentiated		0.000		0	FLM	4		0.000		
24:1 c	-									
Fatty acids, total polyunsaturated		0.990		0	MC	9		0.267		
18:2 undifferentiated		0.973		0	FLM	4		0.263		
18:3 undifferentiated	_	0.015		0	FLM	4		0.004		
18:4		0.000		0	FLM	4		0.000		
20:2 n-6 c,c	• • • • • • • • • • • • • • • • • • • •									
20:3 undifferentiated	-									
20:4 undifferentiated		0.001		0	FLM	4		0.000		
20:5 n-3		0.000		0	FLM	4		0.000		
22:5 n-3	_	0.000		0	FLM	4		0.000		
22:6 n-3		0.000		0	FLM	4		0.000		
Fatty acids, total trans										
Cholesterol	•••••••••••••••••••••••••••••••••••••••	0		0	MC	9		0		
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	Z	7		0.0		
Caffeine	mg	0		0	FLM	4		0		
Theobromine	mg	0		0	FLM	4		0		
Carotenoids:										
Carotene, beta	mcg	70		0	FLM	4		18.896		
Carotene, alpha	mcg	46		0	FLM	4		12.369		
Cryptoxanthin, beta	mcg	0		0	FLM	4		0.000		
Lycopene	mcg	0		0	FLM	4		0.000		
Lutein + zeaxanthin	mcg	1355		0	FLM	4		365.850		

Common Measures:

Measure 1 = 27g: .75 cup (1 NLEA serving)

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08297 Cereals ready-to-eat, QUAKER, QUAKER FRUITANGY OHIS

		<u>A</u>	mount in 100	<u>u grams</u>	ot edit	ole portio	<u>on</u>	Amount in	edible portion of	of common
				Number	,			<u>m</u>	easures of food	
						Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	0	2.50		0	MC	9		0.78		
Energy	_	392		0	MC	9		122		
Energy		1640		U	мс	9		508		
Protein		4.87		0	MC	9		1.51		
Total lipid (fat)	_	3.50		0	MC	9		1.09		
Ash		1.92		0	MC	9		0.60		
Carbohydrate, by difference		87.21		0	MC	9		27.04		
Fiber, total dietary		2.6		0	MC	9		0.8		
Sugars, total		43.25		0	MC	9		13.41		
Starch	=									
Minerals:										
Calcium, Ca		9		0	MC	9		3		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	15.01		0	ML	5		4.65		
Magnesium, Mg		58		0	MC	9		18		
Phosphorus, P		176		0	MC	9		55		
Potassium, K		189		0	MC	9		59		
Sodium, Na	-	491 12.51		0	MC	9 5		152 3.88		
Zinc, Zn		0.150	,	0	ML MC	9		0.047		
Copper, Cu		0.150		0	MC	9		0.205		
Selenium, Se	-	6.5	,	0	RA	4		2.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	40.0		0	ML	5		12.4		
Thiamin	mg	1.250)	0	ML	5		0.388		
Riboflavin	mg	1.410)	0	ML	5		0.437		
Niacin	mg	16.680)	0	ML	5		5.171		
Pantothenic acid	mg	0.340)	0	MC	9		0.105		
Vitamin B-6	_	1.660)	0	ML	5		0.515		
Folate, total		334		0	ML	5		104		
Folic acid		315		0	NC	4		98		
Folate, food		19		0	CAZN	4		6		
Folate, DFE		555		0	NC	4		172		
Vitamin B-12		0.00 3336		0	MC ML	9 5		0.00 1034		
Vitamin A, IU Vitamin A, RAE		1002		0	NC	4		311		
Retinol		1002		0	NC	4		311		
Vitamin E (alpha-tocopherol)		0.89		0	NR.	4		0.28		
Tocopherol, beta	mg	0.03		v	****	•		3.20		
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	1.5		0	0	4		0.5		
Lipids:			_	_		_				
Fatty acids, total saturated		0.920		0	MC	9		0.285		
4:0		0.000		0	FLM	4		0.000		
6:0	-	0.000		0	FLM	4		0.000		
8:0	-	0.000		0 0	FLM FLM	4 4		0.000		
10:0 12:0		0.000		0	FLM	4		0.000 0.001		
13:0		0.003	•	U	E 1101	-		3.001		
14:0		0.006	5	0	FLM	4		0.002		
15:0	_	0.000	-	v		•		3.002		
16:0		0.636	6	0	FLM	4		0.197		
17:0				-		-		3.20.		
18:0	-	0.260)	0	FLM	4		0.081		
20:0	-									
22:0	-									
24:0	-									

	<u>Ar</u>	mount in 10	00 grams Number		ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	1.730		0	мс	9		0.536			
14:1g	21.00		•				0.550			
15:1 9										
16:1 undifferentiatedg	0.001		0	FLM	4		0.000			
17:1g										
18:1 undifferentiatedg	1.728		0	FLM	4		0.536			
20:1g	0.000		0	FLM	4		0.000			
22:1 undifferentiatedg	0.000		0	FLM	4		0.000			
24:1 cg										
Fatty acids, total polyunsaturated	0.850		0	MC	9		0.264			
18:2 undifferentiatedg	0.817		0	FLM	4		0.253			
18:3 undifferentiatedg	0.035		0	FLM	4		0.011			
18:4g	0.000		0	FLM	4		0.000			
20:2 n-6 c,cg										
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.000		0	FLM	4		0.000			
20:5 n-3g	0.000		0	FLM	4		0.000			
22:5 n-3g	0.000		0	FLM	4		0.000			
22:6 n-3g	0.000		0	FLM	4		0.000			
Fatty acids, total transg										
Cholesterolmg	0		0	MC	9		0			
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0		0	z	7		0.0			
Caffeine mg	0		0	z	7		0			
Theobrominemg	0		0	Z	7		0			
Carotenoids:										
Carotene, betamcg	0		0	z	7		0.000			
Carotene, alphamcg	0		0	z	7		0.000			
Cryptoxanthin, beta mcg	0		0	z	7		0.000			
Lycopenemcg	0		0	z	7		0.000			
Lutein + zeaxanthin mcg	0		0	z	7		0.000			

Common Measures:

Measure 1 = 31g: 1 cup (1 NLEA serving)

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08298 Cereals ready-to-eat, QUAKER, QUAKER MARSHMALLOW SAFARI

		<u>A</u>	mount in 10	υ grams	ot edil	ole portio	<u>n</u>	Amount in	edible portion of	of common
				Number	,			<u>m</u>	easures of food	_
						Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:	_	0.10				•				
Water	_	2.10		0	MC	9		0.63		
Energy		396		0	MC	9 9		119 497		
Energy	=	1657 5.79		0	140	9		1.74		
Protein	_	5.79		0	MC MC	9		1.74		
Total lipid (fat)		2.80		0	MC	9		0.84		
AshCarbohydrate, by difference		84.27		0	MC	9		25.28		
Fiber, total dietary		4.2		0	MC	9		1.3		
Sugars, total		47.27		0	MC	9		14.18		
Starch	-	47.27		U	мс	9		14.10		
Staten	9									
Minerals:										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	87		0	MC	9		26		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	15.00		0	ML	5		4.50		
Magnesium, Mg		56		0	MC	9		17		
Phosphorus, P		195		0	MC	9		59		
Potassium, K		139		0 0	MC	9 9		42 192		
Sodium, NaZinc, Zn	-	640 12.50		0	MC ML	5		3.75		
Copper, Cu		0.210	1	0	MC	9		0.063		
Manganese, Mn		1.930		0	MC	9		0.579		
Selenium, Se		19.8	•	0	MC	9		5.9		
· ·										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		40.0	_	0	ML	5		12.0		
Thiamin	-	1.250		0	ML	5		0.375		
Riboflavin		1.410		0	ML	5		0.423		
Niacin		16.670		0 0	ML	5 9		5.001		
Pantothenic acid		0.380		0	MC	9 5		0.114 0.498		
Vitamin B-6.	-	1.660 333	,	0	ML ML	5 5		100		
Foliate, total		314		0	NC	4		94		
Folate, food		19		0	CAZN	4		6		
Folate, DFE		553		0	NC	4		166		
Vitamin B-12		0.00		0	MC	9		0.00		
Vitamin A, IU		3334		0	ML	5		1000		
Vitamin A, RAE		1001		0	NC	4		300		
Retinol		1001		0	NR	4		300		
Vitamin E (alpha-tocopherol)	mg	0.47		0	FLM	4		0.14		
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	1.7		0	FLM	4		0.5		
Lipids:										
Fatty acids, total saturated	g	1.250)	0	MC	9		0.375		
4:0		0.000		0	FLM	4		0.000		
6:0		0.000		0	FLM	4		0.000		
8:0	-	0.000)	0	FLM	4		0.000		
10:0	-	0.000)	0	FLM	4		0.000		
12:0	g	0.010)	0	FLM	4		0.003		
13:0	g									
14:0		0.015	5	0	FLM	4		0.005		
15:0										
16:0		0.831	L	0	FLM	4		0.249		
17:0	-									
18:0	-	0.271	L	0	FLM	4		0.081		
20:0	-									
22:0	a									

		<u>Ar</u>	nount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and U	Inits	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturate		2.500		0	MC	9		0.750			
14:1											
15:1	_										
16:1 undifferentiated		0.003		0	FLM	4		0.001			
17:1	-			•							
18:1 undifferentiated		2.211		0	FLM	4		0.663			
20:1	_	0.000		0	FLM	4		0.000			
22:1 undifferentiated	•	0.000		0	FLM	4		0.000			
24:1 c				_							
Fatty acids, total polyunsaturated		1.250		0	MC	9		0.375			
18:2 undifferentiated		1.120		0	FLM	4		0.336			
18:3 undifferentiated	-	0.065		0	FLM	4		0.020			
18:4	-	0.000		0	FLM	4		0.000			
20:2 n-6 c,c											
20:3 undifferentiated											
20:4 undifferentiated		0.000		0	FLM	4		0.000			
20:5 n-3		0.000		0	FLM	4		0.000			
22:5 n-3		0.000		0	FLM	4		0.000			
22:6 n-3		0.000		0	FLM	4		0.000			
Fatty acids, total trans	g										
Cholesterol	• • • • • • • • • • • • • • • • • • • •	0		0	MC	9		0			
Phytosterols	mg										
Others:											
Alcohol, ethyl		0.0		0	Z	7		0.0			
Caffeine	mg	0		0	FLM	4		0			
Theobromine	mg	0		0	FLM	4		0			
Carotenoids:											
Carotene, beta		0		0	FLM	4		0.000			
Carotene, alpha	mcg	0		0	FLM	4		0.000			
Cryptoxanthin, beta	mcg	0		0	FLM	4		0.000			
Lycopene	mcg	0		0	FLM	4		0.000			
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000			

Common Measures:

Measure 1 = 30g: .75 cup (1 NLEA serving)

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08210 Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE

		<u>A</u>	mount in 100) grams	of edik	ole portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	ts	Mean			Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	Measure 2	Measure 3	
Proximates:											
Water	-	4.00		0	MC	9		1.28	1.68		
Energy		375		0	MC	9		120	158		
Energy		1570		0	MC	9		503	660		
Protein (N x 6.25)		8.91		0	MC	9		2.85	3.74		
Total lipid (fat)		4.00		0	MC	9		1.28	1.68		
Ash		3.43		0	MC	9		1.10	1.44		
Carbohydrate, by difference		79.64		0	MC	9		25.48	33.45		
Fiber, total dietary		6.2		0	MC	9		2.0	2.6		
Sugars, total		26.59		0	MC	9		8.51	11.17		
Starch	g										
Minerals:											
Calcium, Ca		329		0	MC	9		105	138		
Iron, Fe		20.65		0	MC	9		6.61	8.67		
Magnesium, Mg		86		0	MC	9		27	36		
Phosphorus, P		375		0	MC	9		120	157		
Potassium, K		257		0	MC	9		82	108		
Sodium, Na	-	478		0	MC	9 9		153	201		
Zinc, Zn		12.73 0.220	,	0 0	MC MC	9		4.07 0.070	5.35 0.092		
Copper, Cu	-	2.520		0	MC	9		0.806	1.058		
Manganese, Mn Selenium, Se		2.520	,	0	MC	9		0.800	1.1		
Selemum, Se	11109	2.0		Ū	ис	,		0.0	1.1		
Vitamins:											
Vitamin C, total ascorbic acid	-	0.1		0	MC	9		0.0	0.0		
Thiamin		1.270		0	MC	9		0.406	0.533		
Riboflavin	-	1.440		0	MC	9		0.461	0.605		
Niacin		16.960		0	MC	9		5.427	7.123		
Pantothenic acid		0.450		0	MC	9		0.144	0.189		
Vitamin B-6	-	1.690)	0	MC	9		0.541	0.710		
Folate, total		1300 1281		0 0	MC NC	9 4		416 410	546 538		
Folic acid		1281		0	CAAN	4		6	538 8		
Folate, foodFolate, DFE		2197		0	NC	4		703	923		
Vitamin B-12		0.00		0	MC	9		0.00	0.00		
Vitamin A, IU		31		0	MC	9		10	13		
Vitamin A, RAE		2		0	NC	4		0	1		
Retinol		0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta	mg										
Vitamin D		0.000)	0	MC	9		0.000	0.000		
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	g	0.730)	0	MC	9		0.234	0.307		
4:0		0.000)	0	FLM	4		0.000	0.000		
6:0	-	0.000)	0	FLM	4		0.000	0.000		
8:0	g	0.001	L	0	FLM	4		0.000	0.001		
10:0	g	0.000)	0	FLM	4		0.000	0.000		
12:0	g	0.012	2	0	FLM	4		0.004	0.005		
13:0	g										
14:0	g	0.006	5	0	FLM	4		0.002	0.003		
15:0	g										
16:0		0.620)	0	FLM	4		0.198	0.260		
17:0			_								
18:0		0.042	2	0	FLM	4		0.013	0.017		
20:0	g										
22:0	_										

	<u>Am</u>	ount in 100 grams	Amount in edible portion of common					
		Number of Data		Source	Confidence	<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error Points		Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	1.330	0	мс	9		0.426	0.559	
14:1	1.550	·				0.420	0.555	
15:1								
16:1 undifferentiated 9	0.008	0	FLM	4		0.002	0.003	
17:1		•		_				
18:1 undifferentiated	1.322	0	FLM	4		0.423	0.555	
20:1g	0.000	0	FLM	4		0.000	0.000	
22:1 undifferentiatedg	0.000	0	FLM	4		0.000	0.000	
24:1 c								
Fatty acids, total polyunsaturatedg	1.240	0	MC	9		0.397	0.521	
18:2 undifferentiated	1.184	0	FLM	4		0.379	0.497	
18:3 undifferentiated	0.056	0	FLM	4		0.018	0.023	
18:4g	0.000	0	FLM	4		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiated	0.000	0	FLM	4		0.000	0.000	
20:5 n-3g	0.000	0	FLM	4		0.000	0.000	
22:5 n-3g	0.000	0	FLM	4		0.000	0.000	
22:6 n-3g	0.000	0	FLM	4		0.000	0.000	
Fatty acids, total trans								
Cholesterolmg	0	0	MC	9		0	0	
Phytosterols mg								
Others:								
Alcohol, ethyl	0.0	0	Z	7		0.0	0.0	
Caffeine mg	0	0	FLM	4		0	0	
Theobromine mg	0	0	FLM	4		0	0	

Common Measures:

Measure 1 = 32g: .75 cup (1 NLEA serving)

Measure 2 = 42g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08049 Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain

		<u>Aı</u>	mount in 100	grams	of edit	oie portio	<u>on</u>	Amount in edible portion of common			
			N	lumber	,			<u>m</u>	easures of food		
						Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
Proximates:	_			•		•					
Water	_	4.00		0	MC	9		1.28			
Energy		375		0	MC	9 9		120			
Energy		1569		0	MC	9		502			
Protein (N x 6.25)		9.92		-	MC	9		3.17			
Total lipid (fat)	-	4.38		0	MC MC	9		1.40 1.15			
Ash		3.58		0	MC	9		24.99			
Carbohydrate, by difference		78.10 6.6		0	MC	9		24.99			
Fiber, total dietary		19.48		0	MC	9		6.23			
Sugars, total	_	19.48		U	МС	9		6.23			
Starch	y										
Minerals:											
Calcium, Ca	mg	350		0	MC	9		112			
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	27.98		0	MC	9		8.95			
Magnesium, Mg		96		0	MC	9		31			
Phosphorus, P		415		0	MC	9		133			
Potassium, K		285		0	MC	9		91			
Sodium, Na		513		0	MC	9		164			
Zinc, Zn		12.90		0	MC	9		4.13			
Copper, Cu		0.260		0	MC	9 9		0.083			
Manganese, Mn		2.730 23.6	1.788		MC A	9 1		0.874 7.6			
Selenium, Se	Tricg	23.6	1.700	5 6	A	1		7.6			
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	<u>mg</u>	0.0		0	MC	9		0.0			
Thiamin	mg	1.260)	0	MC	9		0.403			
Riboflavin	mg	1.460)	0	MC	9		0.467			
Niacin	mg	17.200		0	MC	9		5.504			
Pantothenic acid	_	0.560		0	MC	9		0.179			
Vitamin B-6	-	1.720)	0	MC	9		0.550			
Folate, total		1300		0	MC	9		416			
Folic acid		1281		0	NC	4		410			
Folate, food		19		0	CAAN	4		6			
Folate, DFE		2197		0	NC	4		703			
Vitamin B-12		0.00		0	MC	9		0.00			
Vitamin A, IU		40		0	MC	9		13			
Vitamin A, RAE		2 0		0 0	NC	4 4		1 0			
Retinol		0.55		0	FLM FLM	4		0.18			
Vitamin E (alpha-tocopherol) Tocopherol, beta	 ma	0.55		U	E TWI	4		0.18			
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D		0.000)	0	MC	9		0.000			
Vitamin K (phylloquinone)		1.7		0	FLM	4		0.5			
<u>Lipids:</u>											
Fatty acids, total saturated		0.810		0	MC	9		0.259			
4:0		0.000		0	FLM	4		0.000			
6:0	-	0.000		0	FLM	4		0.000			
8:0	-	0.002		0	FLM	4		0.001			
10:0		0.000		0	FLM	4		0.000			
12:0	-	0.012	2	0	FLM	4		0.004			
13:0				_							
14:0		0.008	5	0	FLM	4		0.002			
15:0	-			_		_					
16:0	-	0.689	•	0	FLM	4		0.220			
17:0	-			_							
18:0	-	0.050)	0	FLM	4		0.016			
20:0	-										
22:0	g										

	<u>Am</u>	ount in 100 gran	s of edil	Amount in edible portion of common				
			a Deriv		Confidence Code	_	easures of food	
Nutrients and Units	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	1.490	0	MC	9		0.477		
14:1g								
15:1	0.009	0	FLM	4		0.003		
16:1 undifferentiated	0.009	U	FLM	4		0.003		
18:1 undifferentiated	1.481	0	FLM	4		0.474		
20:1g	0.000	0	FLM	4		0.000		
22:1 undifferentiatedg	0.000	0	FLM	4		0.000		
24:1 cg	0.000	v	1111	-		0.000		
Fatty acids, total polyunsaturatedg	1.410	0	MC	9		0.451		
18:2 undifferentiatedg	1.348	0	FLM	4		0.431		
18:3 undifferentiated	0.062	0	FLM	4		0.020		
18:4g	0.000	0	FLM	4		0.000		
20:2 n-6 c,cg								
20:3 undifferentiated								
20:4 undifferentiatedg	0.000	0	FLM	4		0.000		
20:5 n-3g	0.000	0	FLM	4		0.000		
22:5 n-3g	0.000	0	FLM	4		0.000		
22:6 n-3g	0.000	0	FLM	4		0.000		
Fatty acids, total transg								
Cholesterolmg	0	0	MC	9		0		
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	Z	7		0.0		
Caffeine mg	0	0	FLM	4		0		
Theobrominemg	0	0	FLM	4		0		
Carotenoids:								
Carotene, betamcg	19	0	FLM	4		6.171		
Carotene, alphamcg	12	0	FLM	4		3.930		
Cryptoxanthin, betamcg	0	0	FLM	4		0.000		
Lycopenemcg	0	0	FLM	4		0.000		
Lutein + zeaxanthin mcg	363	0	FLM	4		116.101		

Common Measures:

Measure 1 = 32g: .75 cup (1 NLEA serving)

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08214 Cereals ready-to-eat, QUAKER, QUAKER OATMEAL SQUARES

		<u>A</u>	mount in 10			ole portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Un	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	a	2.75		0	MC	9		1.54		
Energy	_	378		0	MC	9		212		
Energy		1583		0	MC	9		887		
Protein (N x 6.25)		11.04		0	MC	9		6.18		
Total lipid (fat)		4.32		0	MC	9		2.42		
Ash	_	3.54		0	MC	9		1.98		
Carbohydrate, by difference		78.34		0	MC	9		43.87		
Fiber, total dietary		7.1		0	MC	9		4.0		
Sugars, total		16.10		0	LC	8		9.02		
Starch										
MC 1										
Minerals: * Calcium, Ca	ma	201		0	MC	9		113		
* Iron, Fe	-	30.48		0	MC MC	9		17.07		
Magnesium, Mg	-	117		0	MC	9		66		
Phosphorus, P		367		0	MC	9		206		
Potassium, K	•	366		0	MC	9		205		
Sodium, Na		480		0	MC	9		269		
* Zinc, Zn		7.57		0	MC	9		4.24		
Copper, Cu	mg	0.320)	0	MC	9		0.179		
Manganese, Mn	mg	3.240)	0	MC	9		1.814		
Selenium, Se	mcg	6.9		0	MC	9		3.9		
Vitamins:										
* Vitamin C, total ascorbic acid	mg	11.4		0	MC	9		6.4		
* Thiamin	_	0.690)	0	MC	9		0.386		
* Riboflavin	-	0.850)	0	MC	9		0.476		
* Niacin	-	10.050)	0	MC	9		5.628		
Pantothenic acid	mg	0.600)	0	MC	9		0.336		
* Vitamin B-6	mg	0.980)	0	MC	9		0.549		
* Folate, total		785		0	MC	9		440		
Folic acid		766		0	NC	4		429		
Folate, food		19		0	CAAN	4		11		
Folate, DFE		1321		0	NC	4		740		
Vitamin B-12		0.00		0	MC	9		0.00		
* Vitamin A, IU		991		0	MC	9		555		
Vitamin A, RAE		298 298		0 0	NC NC	4 4		167 167		
* Vitamin E (alpha-tocopherol)		1.78		0	MC	9		1.00		
Tocopherol, beta		1.70		Ū	мс			1.00		
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU	0.000)	0	MC	9		0.000		
Vitamin K (phylloquinone)	mcg	2.1		0	FLM	4		1.2		
Lipids:										
Fatty acids, total saturated	а	0.900	1	0	MC	9		0.504		
4:0		0.000		0	FLM	4		0.000		
6:0		0.000		0	FLM	4		0.000		
8:0	-	0.008		0	FLM	4		0.004		
10:0		0.000		0	FLM	4		0.000		
12:0	-	0.014		0	FLM	4		0.008		
13:0	g									
14:0	g	0.008	3	0	FLM	4		0.005		
15:0										
16:0		0.761	L	0	FLM	4		0.426		
17:0				_		_				
18:0		0.048	5	0	FLM	4		0.027		
20:0 22:0										

	<u>Ar</u>	nount in 10	0 grams	of edit	<u>on</u>	Amount in edible portion of common			
			Number				<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
24:0g Fatty acids, total monounsaturatedg	1.450		0	мс	9		0.812		
14:1g	1.450		U	MC	9		0.812		
15:1g 16:1 undifferentiated	0.012		0	FLM	4		0.007		
16:1 undifferentiated	0.012		U	E TWI	4		0.007		
18:1 undifferentiated	1.437		0	FLM	4		0.804		
20:1g	0.000		0	FLM	4		0.000		
22:1 undifferentiatedg	0.000		0	FLM	4		0.000		
24:1 c	0.000		Ū	2 1101	-		0.000		
Fatty acids, total polyunsaturatedg	1.760		0	MC	9		0.986		
18:2 undifferentiatedg	1.679		0	FLM	4		0.940		
18:3 undifferentiated	0.078		0	FLM	4		0.044		
18:4g	0.000		0	FLM	4		0.000		
20:2 n-6 c.cg	0.000		v		-		0.000		
20:3 undifferentiated 9									
20:4 undifferentiated	0.001		0	FLM	4		0.000		
20:5 n-3	0.000		0	FLM	4		0.000		
22:5 n-3	0.000		0	FLM	4		0.000		
22:6 n-3g	0.000		0	FLM	4		0.000		
Fatty acids, total trans							0.000		
Cholesterolmg	0		0	MC	9		0		
Phytosterols mg									
•									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0		
Caffeine mg	0		0	FLM	4		0		
Theobrominemg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta mcg	0		0	z	7		0.000		
Carotene, alpha mcg	0		0	z	7		0.000		
Cryptoxanthin, beta mcg	0		0	z	7		0.000		
Lycopenemcg	0		0	z	7		0.000		
Lutein + zeaxanthin mcg	0		0	Z	7		0.000		

Common Measures:

Measure 1 = 56g: 1 cup (1 NLEA serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08216 Cereals ready-to-eat, QUAKER, QUAKER Oat Bran Cereal

		<u>A</u>	mount in 100	grams	ot edik	ne portio	<u>n</u>	Amount in edible portion of common			
			N	Number				<u>m</u>	easures of food		
						Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	4.00		0	мс	9		2.28			
Energy	=	372		0	MC	9		212			
Energy		1555		0	MC	9		886			
Protein (N x 6.25)		12.38		0	MC	9		7.06			
Total lipid (fat)		5.11		0	MC	9		2.91			
Ash		3.60		0	MC	9		2.05			
Carbohydrate, by difference		74.89		0	MC	9		42.69			
Fiber, total dietary		9.9		0	MC	9		5.6			
Sugars, total		16.34		0	MC	9		9.31			
Starch	=			·				3.32			
Minerals:											
Calcium, Ca	mg	191		0	MC	9		109			
Iron, Fe	-	29.95		0	MC	9		17.07			
Magnesium, Mg	mg	168		0	MC	9		96			
Phosphorus, P		518		0	MC	9		295			
Potassium, K		438		0	MC	9		250			
Sodium, Na	_	364		0	MC	9		207			
Zinc, Zn	-	6.95		0	MC	9		3.96			
Copper, Cu		0.320		0	MC	9		0.182			
Manganese, Mn		3.850)	0	MC	9		2.195			
Selenium, Se	mcg	7.0		0	MC	9		4.0			
Vitamins: Vitamin C, total ascorbic acid	ma	11.6		0	MC	9		6.6			
Thiamin		0.720	1	0	MC	9		0.410			
Riboflavin	-	0.820		0	MC	9		0.467			
Niacin		9.640		0	MC	9		5.495			
Pantothenic acid	-	0.850		0	MC	9		0.485			
Vitamin B-6		0.960)	0	MC	9		0.547			
Folate, total	_	737		0	MC	9		420			
Folic acid		718		0	NC	4		409			
Folate, food		19		0	CAAN	4		11			
Folate, DFE		1240		0	NC	4		707			
Vitamin B-12		0.00		0	MC	9		0.00			
Vitamin A, IU		965		0	MC	9		550			
Vitamin A, RAE	mcg_RAE	290		0	NC	4		165			
Retinol		290		0	NC	4		165			
* Vitamin E (alpha-tocopherol)		2.47		0	MC	9		1.41			
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta						•					
Vitamin D.		0.000)	0	MC	9		0.000			
Vitamin K (phylloquinone)	nicg	2.1		0	FLM	4		1.2			
Lipids:	a	0.910	1	0	мс	9		0.519			
Fatty acids, total saturated		0.000		0	FLM	4		0.000			
6:0	-	0.000		0	FLM	4		0.000			
8:0		0.003		0	FLM	4		0.002			
10:0	-	0.000		0	FLM	4		0.002			
12:0		0.015		0	FLM	4		0.009			
13:0				-	-			2			
14:0		0.010)	0	FLM	4		0.006			
15:0											
16:0	-	0.773	3	0	FLM	4		0.441			
17:0	-										
18:0	-	0.054	1	0	FLM	4		0.031			
20:0	-										
22:0	-										
24:0	-										

		<u>Ar</u>	nount in 10	0 grams Number	Amount in edible portion of common measures of food					
Nutrients and U	nits	Mean		of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate	_	1.570		0	MC	9		0.895		
14:1	g									
15:1	-									
16:1 undifferentiated	-	0.011		0	FLM	4		0.006		
17:1										
18:1 undifferentiated	-	1.559		0	FLM	4		0.889		
20:1	-	0.000		0	FLM	4		0.000		
22:1 undifferentiated	•	0.000		0	FLM	4		0.000		
24:1 c										
Fatty acids, total polyunsaturated		2.040		0	MC	9		1.163		
18:2 undifferentiated		1.954		0	FLM	4		1.114		
18:3 undifferentiated		0.086		0	FLM	4		0.049		
18:4	-	0.000		0	FLM	4		0.000		
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated	_	0.000		0	FLM	4		0.000		
20:5 n-3		0.000		0	FLM	4		0.000		
22:5 n-3	-	0.000		0	FLM	4		0.000		
22:6 n-3		0.000		0	FLM	4		0.000		
Fatty acids, total trans										
Cholesterol	-	0		0	FLM	4		0		
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	FLM	4		0.0		
Caffeine	<u>mg</u>	0		0	FLM	4		0		
Theobromine	mg	0		0	FLM	4		0		
Carotenoids:										
Carotene, beta	mcg	0		0	z	7		0.000		
Carotene, alpha		0		0	Z	7		0.000		
Cryptoxanthin, beta		0		0	Z	7		0.000		
Lycopene		0		0	Z	7		0.000		
Lutein + zeaxanthin		0		0	Z	7		0.000		

Common Measures:

Measure 1 = 57g: 1.25 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08066 Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice

The Quaker Oats, Co.

		<u>A</u>	mount in 10			ole portio	<u>on</u>	Amount in edible portion of common		
					Deriv		Confidence	<u>m</u>	easures of food	
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		3.91		0	MC	9		0.55		
Energy		383		0	MC	9		54		
Energy		1604		0	MC	9		225		
Protein (N x 6.25)	_	7.00		0	MC	9		0.98		
Total lipid (fat)		0.90		0	MC	9		0.13		
Ash		0.40		0	MC	9		0.06		
Carbohydrate, by difference		87.77		0	MC	9		12.29		
Fiber, total dietary		1.4		0	MC	9		0.2		
Sugars, total		0.00		0	MC	9		0.00		
Starch	9									
Minerals:										
Calcium, Ca	mg	9		0	MC	9		1		
Iron, Fe	<u>mg</u>	2.86		0	MC	9		0.40		
Magnesium, Mg	-	30		0	MC	9		4		
Phosphorus, P	mg	118		0	MC	9		17		
Potassium, K	-	116		0	MC	9		16		
Sodium, Na		5		0	MC	9		1		
Zinc, Zn		1.10		0	MC	9		0.15		
Copper, Cu		0.940		0	MC	9		0.132		
Manganese, Mn	-	0.940		0	MC	9		0.132		
Selenium, Se	riicg	10.5	1.53	35 6	A	1		1.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.440)	0	MC	9		0.062		
Riboflavin	mg	0.260)	0	MC	9		0.036		
Niacin	mg	3.520)	0	MC	9		0.493		
Pantothenic acid	mg	0.340)	0	MC	9		0.048		
Vitamin B-6		0.000)	0	MC	9		0.000		
Folate, total		154		0	MC	9		22		
Folic acid		150		0	NC	4		21		
Folate, food		4		0	CAAN	4		1		
Folate, DFE		259		0	NC	4		36		
Vitamin B-12		0.00		0	MC	9		0.00		
Vitamin A, IU		0 0		0	MC	9		0 0		
Vitamin A, RAE		0		0 0	NC Z	4 7		0		
Vitamin E (alpha-tocopherol)		0.12		0	FLA	4		0.02		
Tocopherol, beta		0.12		U	FLIA	•		0.02		
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		0.000)	0	MC	9		0.000		
Vitamin K (phylloquinone)		0.1		0	FLA	4		0.0		
Lipids:										
Fatty acids, total saturated	a	0.320	1	0	MC	9		0.045		
4:0		0.000		0	FLA	4		0.000		
6:0		0.000		0	FLA	4		0.000		
8:0	-	0.000		0	FLA	4		0.000		
10:0	_	0.000		0	FLA	4		0.000		
12:0		0.000		0	FLA	4		0.000		
13:0	_									
14:0	-	0.007	,	0	FLA	4		0.001		
15:0	g									
16:0	g	0.286	5	0	FLA	4		0.040		
17:0										
18:0	_	0.021	L	0	FLA	4		0.003		
20:0										
22:0										

	<u>A</u> ı	nount in 10	00 grams	of edit	<u>n</u>	Amount in edible portion of common			
			Number				me	easures of food	
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
24:0g									
Fatty acids, total monounsaturatedg	0.180		0	MC	9		0.025		
14:1g									
15:1g									
16:1 undifferentiatedg	0.002		0	FLA	4		0.000		
17:1g									
18:1 undifferentiatedg	0.177		0	FLA	4		0.025		
20:1g	0.000		0	FLA	4		0.000		
22:1 undifferentiatedg	0.000		0	FLA	4		0.000		
24:1 cg									
Fatty acids, total polyunsaturatedg	0.340		0	MC	9		0.048		
18:2 undifferentiatedg	0.281		0	FLA	4		0.039		
18:3 undifferentiated	0.060		0	FLA	4		0.008		
18:4g	0.000		0	FLA	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	FLA	4		0.000		
20:5 n-3g	0.000		0	FLA	4		0.000		
22:5 n-3g	0.000		0	FLA	4		0.000		
22:6 n-3g	0.000		0	FLA	4		0.000		
Fatty acids, total transg									
Cholesterolmg	0		0	MC	9		0		
Phytosterolsmg									
Others:									
Alcohol, ethyl	0.0		0	z	7		0.0		
Caffeine mg	0		0	FLA	4		0		
Theobrominemg	0		0	FLA	4		0		
Carotenoids:									
Carotene, betamcg	0		0	z	7		0.000		
Carotene, alphamcg	0		0	z	7		0.000		
Cryptoxanthin, beta mcg	0		0	z	7		0.000		
Lycopenemcg	0		0	z	7		0.000		
Lutein + zeaxanthin mcg	0		0	z	7		0.000		

Common Measures:

Measure 1 = 14.0g: 1 cup (1 NLEA serving)

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08146 Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat

		<u>A</u>	mount in 100	grams	ot edit	ne portio	<u>on</u>	Amount in edible portion of common			
			N	lumber				<u>m</u>	easures of food	•	
						Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:	_	0.60				•					
Water	_	3.69		0	MC	9		0.55			
Energy		366		0	MC MC	9 9		55 229			
Energy		1530		0		9					
Protein (N x 6.25)		16.26		0	MC	9		2.44			
Total lipid (fat)	-	2.15		0	MC MC	9		0.32 0.23			
Ash		1.50 76.39		0	MC	9		11.46			
Carbohydrate, by difference		9.4		0	MC	9		1.46			
Fiber, total dietary		1.36		0	MC	9		0.20			
Sugars, total	_	1.36		U	МС	9		0.20			
Starch	9										
Minerals:											
Calcium, Ca	mg	24		0	MC	9		4			
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	4.40		0	MC	9		0.66			
Magnesium, Mg		133		0	MC	9		20			
Phosphorus, P		331		0	MC	9		50			
Potassium, K		364		0	MC	9		55			
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	5		0	MC	9		1			
Zinc, Zn	_	3.07		0	MC	9		0.46			
Copper, Cu		0.610		0	MC	9 9		0.092			
Manganese, Mn		2.000 123.1	5.634		MC A	9 1		0.300 18.5			
Selenium, Se	Tricg	123.1	5.634	4 14	A	1		18.5			
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0			
Thiamin	-	0.630		0	MC	9		0.095			
Riboflavin		0.390		0	MC	9		0.059			
Niacin		5.280		0	MC	9		0.792			
Pantothenic acid		0.480		0	MC	9		0.072			
Vitamin B-6	-	0.130)	0	MC	9		0.020			
Folate, total		154		0	MC	9		23			
Folic acid		150		0	NC	4		23			
Folate, food		4		0	CAAN	4		1			
Folate, DFE		259		0	NC	4		39			
Vitamin B-12		0.42		0	MC	9 7		0.06 0			
Vitamin A, IU Vitamin A, RAE		0		0	Z NC	4		0			
Retinol		0		0	NC Z	7		0			
Vitamin E (alpha-tocopherol)		0.00		0	MC	9		0.00			
Tocopherol, beta	 ma	0.00		U	МС	9		0.00			
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D		0.000)	0	MC	9		0.000			
Vitamin K (phylloquinone)		2.0		0	FLM	4		0.3			
<u>Lipids:</u>				_		_		_			
Fatty acids, total saturated		0.410		0	MC	9		0.062			
4:0		0.000		0	FLM	4		0.000			
6:0	-	0.000		0	FLM	4		0.000			
8:0	-	0.009		0	FLM	4		0.001			
10:0		0.000		0	FLM	4		0.000			
12:0	-	0.000	,	0	FLM	4		0.000			
13:0		0.005		•	E77.34	4		0 001			
14:0		0.005	,	0	FLM	4		0.001			
15:0	-	0.350	.	•	E77.34	4		0.054			
16:0	-	0.358	•	0	FLM	4		0.054			
17:0	-	0.000	1	0	FLM	4		0.003			
18:0	-	0.020	,	U	r.TW	4		0.003			
20:0	-										
22:0 24:0	-										

	<u>An</u>	nount in 10	00 grams	of edib	ole portio	<u>on</u>	Amount in edible portion of common		
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Nutrients and Onits	Weari	Slu. Elloi	1 011110	Jour	Jouc		Weasure i	Wedsure 2	weasure 3
	0.010		•		•				
Fatty acids, total monounsaturated9	0.310		0	MC	9		0.047		
14:1g									
15:1	0.037		0	FLM	4		0.006		
17:1g	0.037		U	FIM	7		0.000		
18:1 undifferentiated	0.272		0	FLM	4		0.041		
20:1g	0.000		0	FLM	4		0.000		
22:1 undifferentiatedg	0.000		0	FLM	4		0.000		
24:1 cg					_				
Fatty acids, total polyunsaturatedg	1.070		0	MC	9		0.161		
18:2 undifferentiatedg	1.008		0	FLM	4		0.151		
18:3 undifferentiatedg	0.059		0	FLM	4		0.009		
18:4g	0.000		0	FLM	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.003		0	FLM	4		0.000		
20:5 n-3g	0.000		0	FLM	4		0.000		
22:5 n-3g	0.000		0	FLM	4		0.000		
22:6 n-3g	0.000		0	FLM	4		0.000		
Fatty acids, total transg									
Cholesterol mg	0		0	Z	7		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0		
Caffeine mg	0		0	FLM	4		0		
Theobrominemg	0		0	FLM	4		0		
Carotenoids:									
Carotene, betamcg	0		0	Z	7		0.000		
Carotene, alphamcg	0		0	z	7		0.000		
Cryptoxanthin, betamcg	0		0	z	7		0.000		
Lycopene mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin mcg	0		0	Z	7		0.000		

Common Measures:

Measure 1 = 15.0g: 1.25 cup (1 NLEA serving)

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08299 Cereals ready-to-eat, QUAKER, QUAKER SWEET PUFFS

The Quaker Oats, Co.

		<u>A</u>	mount in 10			ole portio	<u>n</u>	Amount in edible portion of common		
Nutrients and Un	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Proximates: Water	a	2.22		0	MC	9		0.75		
Energy		391		0	MC	9		133		
Energy		1634		0	MC	9		556		
Protein (N x 6.25)		6.76		0	MC	9		2.30		
Total lipid (fat)		1.93		0	MC	9		0.66		
Ash		1.09		0	MC	9		0.37		
Carbohydrate, by difference		87.99		0	MC	9		29.92		
Fiber, total dietary		3.4		0	MC	9		1.1		
Sugars, total		47.47		0	MC	9		16.14		
Starch		27.27		•	110			10.14		
Starcii	9									
Minerals:										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	10		0	MC	9		3		
Iron, Fe	<u>mg</u>	1.90		0	MC	9		0.65		
Magnesium, Mg	mg	57		0	MC	9		19		
Phosphorus, P	mg	141		0	MC	9		48		
Potassium, K	_	148		0	MC	9		50		
Sodium, Na	mg	236		0	MC	9		80		
Zinc, Zn		1.24		0	MC	9		0.42		
Copper, Cu		0.230		0	MC	9		0.078		
Manganese, Mn	_	0.890)	0	MC	9		0.303		
Selenium, Se	mcg	6.5		0	BFZN	4		2.2		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	MC	9		0.0		
Thiamin	-	0.140)	0	MC	9		0.048		
Riboflavin	-	0.110		0	MC	9		0.037		
Niacin	_	4.300		0	MC	9		1.462		
Pantothenic acid		0.310		0	MC	9		0.105		
Vitamin B-6		0.050)	0	MC	9		0.017		
Folate, total		19		0	MC	9		6		
Folic acid		0		0	z	7		0		
Folate, food		19		0	MC	9		6		
Folate, DFE		19		0	NC	4		6		
Vitamin B-12		0.15		0	MC	9		0.05		
Vitamin A, IU	IU	4		0	MC	9		1		
Vitamin A, RAE		0		0	NC	4		0		
Retinol	mcg	0		0	z	7		0		
Vitamin E (alpha-tocopherol)		1.04		0	MC	9		0.35		
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.000)	0	MC	9		0.000		
Vitamin K (phylloquinone)	mcg	1.3		0	FLM	4		0.5		
Lipids:										
Fatty acids, total saturated	a	0.360)	0	MC	9		0.122		
4:0		0.000		0	FLM	4		0.000		
6:0		0.000		0	FLM	4		0.000		
8:0	-	0.010		0	FLM	4		0.003		
10:0	-	0.000		0	FLM	4		0.000		
12:0		0.000		0	FLM	4		0.000		
13:0	-			-		•				
14:0	-	0.003	3	0	FLM	4		0.001		
15:0	-	3.00		•		-		0.001		
16:0	-	0.271	L	0	FLM	4		0.092		
17:0		J.=/-		•		-				
18:0		0.068	3	0	FLM	4		0.023		
20:0	-			-		•				
	g g									

	<u>Aı</u>	nount in 10	00 grams	of edit	ole portio	<u>n</u>	Amount in edible portion of common			
			Number				measures of food			
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
24:0g										
Fatty acids, total monounsaturated9	0.430		0	MC	9		0.146			
14:1g										
15:1g										
16:1 undifferentiatedg	0.008		0	FLM	4		0.003			
17:1g										
18:1 undifferentiatedg	0.421		0	FLM	4		0.143			
20:1g	0.000		0	FLM	4		0.000			
22:1 undifferentiatedg	0.000		0	FLM	4		0.000			
24:1 cg										
Fatty acids, total polyunsaturated	0.930		0	MC	9		0.316			
18:2 undifferentiatedg	0.869		0	FLM	4		0.296			
18:3 undifferentiatedg	0.058		0	FLM	4		0.020			
18:4g	0.000		0	FLM	4		0.000			
20:2 n-6 c,cg										
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.001		0	FLM	4		0.000			
20:5 n-3g	0.000		0	FLM	4		0.000			
22:5 n-3g	0.000		0	FLM	4		0.000			
22:6 n-3g	0.000		0	FLM	4		0.000			
Fatty acids, total transg										
Cholesterol mg	0		0	MC	9		0			
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0		0	z	7		0.0			
Caffeine mg	0		0	FLM	4		0			
Theobromine mg	0		0	FLM	4		0			
Carotenoids:	-		-		_		-			
Carotene, betamcg	0		0	Z	7		0.000			
Carotene, alphamcg	0		0	Z	7		0.000			
Cryptoxanthin, beta mcg	0		0	z	7		0.000			
Lycopenemcg	0		0	Z	7		0.000			
Lutein + zeaxanthin mcg	0		0	z	7		0.000			
	-		-							

Common Measures:

Measure 1 = 34g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08212 Cereals ready-to-eat, QUAKER, SUN COUNTRY Granola with Almonds

		<u>A</u>	mount in 10	o grams	Amount in edible portion of common						
				Number	•			measures of food			
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	а	1.37		0	MC	9		0.78			
Energy	_	467		0	MC	9		266			
Energy		1954		0	MC	9		1114			
Protein (N x 6.25)		11.77		0	MC	9		6.71			
Total lipid (fat)		18.02		0	MC	9		10.27			
Ash	_	1.62		0	MC	9		0.92			
Carbohydrate, by difference		67.20		0	MC	9		38.30			
Fiber, total dietary		5.2		0	MC	9		3.0			
Sugars, total		20.42		0	MC	9		11.64			
Starch	g										
Minerals:											
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	86		0	MC	9		49			
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	4.35		0	MC	9		2.48			
Magnesium, Mg		91		0	MC	9		52			
Phosphorus, P		294		0	MC	9		168			
Potassium, K		388		0	MC	9		221			
Sodium, Na	_	33 2.00		0 0	MC MC	9 9		19 1.14			
Zinc, Zn Copper, Cu	-	0.290	,	0	MC	9		0.165			
Manganese, Mn		2.680		0	MC	9		1.528			
Selenium, Se		17.3	•	0	BFZN	4		9.9			
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.1		0	MC	9		0.0			
Thiamin	mg	0.310)	0	MC	9		0.177			
Riboflavin	mg	0.180)	0	MC	9		0.103			
Niacin	mg	0.950)	0	MC	9		0.542			
Pantothenic acid		0.570		0	MC	9		0.325			
Vitamin B-6	_	0.120)	0	MC	9		0.068			
Folate, total		34		0	MC	9		19			
Folic acid		0		0	Z	7		0			
Folate, food		34 34		0	MC	9		19 19			
Folate, DFE		0.07		0 0	NC MC	4 9		0.04			
Vitamin B-12 Vitamin A, IU		0.07		0	MC	9		0.04			
Vitamin A, RAE		0		0	NC	4		0			
Retinol		0		0	Z	7		0			
Vitamin E (alpha-tocopherol)		3.85		0	FLM	4		2.19			
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D	IU	0.000)	0	MC	9		0.000			
Vitamin K (phylloquinone)	mcg	4.4		0	FLM	4		2.5			
Lipids:											
Fatty acids, total saturated		2.220		0	MC	9		1.265			
4:0		0.001		0	FLM	4		0.001			
6:0		0.000		0	FLM	4		0.000			
8:0		0.000		0	FLM	4		0.000			
10:0		0.000		0 0	FLM FLM	4 4		0.000			
12:0 13:0		0.011		0	FLM	4		0.006			
	_	0.000		0	FLM	4		0.000 0.009			
14:0 15:0	_	0.016		0	FLM	4		0.009			
16:0	_	1.622		0	FLM	4		0.000			
17:0	_	0.000		0	FLM	4		0.000			
18:0	_	0.528		0	FLM	4		0.301			
20:0		0.000		0	FLM	4		0.000			
22:0		0.000		0	FLM	4		0.000			
24:0		0.000		0	FLM	4		0.000			

	<u>Ar</u>	nount in 100	grams	Amount in edible portion of common					
Nutrients and Units	Mean				Source Code	Confidence Code	<u>me</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	5.840		0	MC	9		3.329		
14:1g	0.000		0	FLM	4		0.000		
15:1g									
16:1 undifferentiatedg	0.047		0	FLM	4		0.027		
17:1g									
18:1 undifferentiatedg	5.786		0	FLM	4		3.298		
20:1g	0.000		0	FLM	4		0.000		
22:1 undifferentiatedg	0.000		0	FLM	4		0.000		
24:1 cg	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturated	3.180		0	MC	9		1.813		
18:2 undifferentiatedg	3.014		0	FLM	4		1.718		
18:3 undifferentiatedg	0.161		0	FLM	4		0.091		
18:4g	0.000		0	FLM	4		0.000		
20:2 n-6 c,cg	0.000		0	FLM	4		0.000		
20:3 undifferentiatedg	0.000		0	FLM	4		0.000		
20:4 undifferentiatedg	0.000		0	FLM	4		0.000		
20:5 n-3g	0.000		0	FLM	4		0.000		
22:5 n-3g	0.000		0	FLM	4		0.000		
22:6 n-39	0.000		0	FLM	4		0.000		
Fatty acids, total transg									
Cholesterolmg	0		0	MC	9		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0		
Caffeinemg	0		0	FLM	4		0		
Theobrominemg	0		0	FLM	4		0		
<u>Carotenoids:</u>									
Carotene, betamcg	0		0	Z	7		0.000		
Carotene, alphamcg	0		0	Z	7		0.000		
Cryptoxanthin, betamcg	0		0	Z	7		0.000		
Lycopene mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin mcg	0		0	Z	7		0.000		

Common Measures:

Measure 1 = 57g: .5 cup (1 NLEA serving)

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08059 Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP

The Quaker Oats, Co.

			Number				measures of food			
					Source	Confidence				
s	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
-										
			-							
_										
			-							
			-							
-	43.32		U	МС	,		11.70			
9										
	11		0	MC	9		3			
• • • • • • • • • • • • • • • • • • • •			0	MC	9		4.96			
-										
		,								
		,								
	0.5		·	D1 211	•		1.0			
				MC						
-				MC						
			-		-					
			-		-					
_)								
			-							
	0.00		·		•		0.10			
	0.000)	0	MC	9		0.000			
mcg	1.5		0	FLM	4		0.4			
a	1 500	١	0	wo	0		0.407			
-										
-										
			0	FLM	4					
-	3.00,		•		-		3.002			
	0.019	•	0	FLM	4		0.005			
			-		•					
-	1.274	l	0	FLM	4		0.344			
-										
-	0.245	5	0	FLM	4		0.066			
~										
g										
	g	g 2.00 kcal 405 kj 1693 g 4.44 g 6.09 g 2.45 g 85.00 g 2.6 g 43.32 g mg 11 mg 18.37 mg 55 mg 168 mg 189 mg 741 mg 15.31 mg 0.200 mg 0.660 mcg 6.5 mg 10.8 mg 1.530 mg 1.730 mg 20.410 mg 0.320 mg 2.040 mg 1556 mg 1537 mg 2.040 mg 1556 mg 1537 mg 0.320 mg 2.040 mg 0.320 mg 2.040 mg 0.320 mg 0.320 mg 0.320 mg 1.730 mg 0.320 mg 0.320 mg 1.556 mg 1537 mg 0.320 mg 0.320 mg 0.320 mg 1.556 mg 1.537 mg 0.320 mg 0.320 mg 1.556 mg 1.537 mg 0.320 mg 0.320 mg 1.556 mg 1.537 mg 1.556 mg 1.537 mg 0.320 mg 0.320 mg 1.556 mg 1.556 mg 1.557 mg 1.556 mg 1.556 mg 1.557 mg 1.556 mg 1.566 mg 1.576 mg 1		g 2.00 0 kcal 405 0 kj 1693 0 g 4.44 0 g 6.09 0 g 6.09 0 g 85.00 0 g 85.00 0 g 2.6 0 g 43.32 0 g 43.32 0 g 16.8 0 mg 168 0 mg 741 0 mg 15.31 0 mg 0.660 0 mcg 6.5 0 mg 1.530 0 mg 1.530 0 mg 1.530 0 mg 1.537 0 mg 0.320 0 mg 1.537 0 mcg 1537 0 mcg 19 0 mcg 0.	Mean Std. Error Points Code	Sample Std. Error Points Code Code Code	Std. Error Std	S	S Mean Std. Error Points Code Co	

	<u>Ar</u>	mount in 100	0 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common		
			Number				<u>m</u>	easures of food	•
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	1.120		0	MC	9		0.302		
14:1g									
15:1g			•						
16:1 undifferentiatedg	0.006		0	FLM	4		0.002		
17:1g			•						
18:1 undifferentiated	1.114		0	FLM	4		0.301		
20:1g	0.000		0	FLM	4		0.000		
22:1 undifferentiatedg	0.000		U	FLM	4		0.000		
24:1 cg	0.760		0	140	9		0.005		
Fatty acids, total polyunsaturatedg	0.760		0	MC FLM	4		0.205 0.195		
18:2 undifferentiated	0.722		0	FLM	4		0.195		
18:3 undifferentiated			0	FLM	4		0.010		
18:4g	0.000		U	F.TW	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiated	0.000		0	FLM	4		0.000		
	0.000		0	FLM	4		0.000		
20:5 n-3g	0.000		0	FLM	4		0.000		
22:5 n-3g	0.000		0	FLM	4				
22:6 n-3	0.000		U	E TIM	4		0.000		
Cholesterolg	0		0	MC	9		0		
Phytosterolsmg	U		U	MC	9		U		
rilytosterois									
Others:									
Alcohol, ethylg	0.0		0	FLM	4		0.0		
Caffeine mg	0		0	FLM	4		0		
Theobromine mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, betamcg	0		0	z	7		0.000		
Carotene, alphamcg	0		0	z	7		0.000		
Cryptoxanthin, beta mcg	0		0	z	7		0.000		
Lycopene mcg	0		0	z	7		0.000		
Lutein + zeaxanthinmcg	0		0	Z	7		0.000		

Common Measures:

Measure 1 = 27g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08362 Cereals ready-to-eat, QUAKER, Toasted Oats/OATMMM'S

Refuse: 0%

		<u>Aı</u>	mount in 10	00 grams	of edik	ole portio	<u>n</u>	Amount in edible portion of common			
				Number					easures of food		
Nutrients and Unit	s	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure	
Proximates:											
Water		3.50		0	MC	9					
Energy	kcal	380		0	MC	9					
Energy	kj	1588		0	MC	9					
Protein (N x 6.25)	g	9.23		0	MC	9					
Total lipid (fat)	g	5.10		0	MC	9					
Ash	g	4.23		0	MC	9					
Carbohydrate, by difference		77.91		0	MC	9					
Fiber, total dietary		6.6		0	MC	9					
Sugars, total		7.99		0	MC	9					
Starch				-		-					
Starcii	9										
Minerals:											
Calcium, Ca	mg	41		0	MC	9					
Firon, Fe	mg	29.53		0	MC	9					
Magnesium, Mg	mg	97		0	MC	9					
Phosphorus, P	mg	385		0	MC	9					
Potassium, K	mg	288		0	MC	9					
Sodium, Na	mg	953		0	MC	9					
* Zinc, Zn	mg	13.75		0	MC	9					
Copper, Cu	mg	0.210		0	MC	9					
Manganese, Mn	mg	2.940		0	MC	9					
Selenium, Se	mcg	0.1		0	MC	9					
Vitaming											
Vitamins:	ma	22.0		0	MC	9					
* Vitamin C, total ascorbic acid		0.680		0	MC	9					
* Thiamin * Riboflavin	-	1.590		0	MC	9					
	_	18.330		0	MC	9					
* Niacin		0.480		0	MC	9					
Pantothenic acid				0	MC	9					
* Vitamin B-6		1.830		0		9					
* Folate, total		1400		0	MC						
Folic acid		1381		-	NC	4					
Folate, food		19		0	CAAN	4					
Folate, DFE		2367		0	NC	4					
Vitamin B-12		0.00		0	MC	9 9					
* Vitamin A, IU		1834		1	MC						
Vitamin A, RAE		551		0	NC	4					
Retinol		551		0	NC	4					
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, deltaVitamin D		0.000		0	MC	9					
		0.000		U	MC	9					
Vitamin K (phylloquinone)	incg										
Lipids:											
Fatty acids, total saturated	g	0.910		0	MC	9					
Fatty acids, total monounsaturated		1.770		0	MC	9					
Fatty acids, total polyunsaturated		1.460		0	MC	9					
Fatty acids, total trans		2.100		•		-					
Cholesterol		0		0	MC	9					
Phytosterols	_	-		-		-					

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

^{*}Vitamin or mineral added for enrichment or fortification

NDB No. 08362

Cereals ready-to-eat, QUAKER, Toasted Oats/OATMMM'S

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

		<u>Aı</u>	mount in 100 grar	ns of edib	le portio	<u>on</u>	Amount in edible portion of common			
			Numb	er			<u>m</u>	easures of food	<u> </u>	
			of Da	a Deriv	Source	Confidence				
Nutrients and Un	its	Mean	Std. Error Point		Code	Code	Measure 1	Measure 2	Measure	
D : 4										
Proximates: Water	a	2.10	0.012 97	2	1		0.50	0.60	0.02	
Energy		393	0	NC	4		94	111	4	
Energy		1644	•		4		395	466	15	
Protein (N x 5.8)		12.80	5:	ł	1		3.07	3.63	0.12	
Total lipid (fat)		2.80	50		1		0.67	0.79	0.03	
Ash		3.20	1		1		0.77	0.75	0.03	
Carbohydrate, by difference		79.10	0	NC	4		18.98	22.42	0.71	
Fiber, total dietary		10.6	0	NC	4		2.5	3.0	0.1	
·		4.00	0	BFZN			0.96	1.13	0.04	
Sugars, total		4.00	O	DF ZI	-		0.90	1.13	0.04	
Starch	g									
Minerals:										
Calcium, Ca	mg	46	27		1		11	13	0	
Iron, Fe		28.60	0		5		6.86	8.11	0.26	
Magnesium, Mg	mg	109	43	1	1		26	31	1	
Phosphorus, P	mg	399	38	1	1		96	113	4	
Potassium, K	mg	296	32	!	1		71	84	3	
Sodium, Na	mg	762	43	1	1		183	216	7	
Zinc, Zn	mg	2.86	43	1	1		0.69	0.81	0.03	
Copper, Cu	mg	0.589	42	!	1		0.141	0.167	0.00	
Manganese, Mn	mg									
Selenium, Se	mcg	37.5	0	BFZN	4		9.0	10.6	0.3	
Vitamins:										
	ma	53.0	0		5		12.7	15.0	0.5	
Vitamin C, total ascorbic acid	_	1.300			5		0.312	0.369	0.5	
ThiaminRiboflavin	-	1.500			5		0.312	0.425	0.01	
Niacin		17.600			5		4.224	4.990	0.01	
Pantothenic acid	-	0.493			1		0.118	0.140	0.10	
Vitamin B-6		1.800			5		0.432	0.140	0.00	
Folate, total	_	353	0		5		85	100	3	
Folic acid		334	0	NC	4		80	95	3	
Folate, food		19	0	NC NC	4		5	5	0	
Folate, DFE	mcg DFF	587	0	NC	4		141	166	5	
Vitamin B-12		5.30	0	NC	5		1.27	1.50	0.05	
Vitamin A, IU		4409	0		5		1058	1250	40	
		1324	0	NC	4		318	375	12	
Vitamin A, RAE		1324	0	NC NC	4		318	375 375	12	
Retinol Vitamin E (alpha-tocopherol)		0.35	0	BFZN	4		0.08	0.10	0.00	
		0.35	U	DF AN	4		0.08	0.10	0.00	
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		1.5	0	BFZN	4		0.3	0.4	0.0	
vitanini k (phynoquinone)	9	2.0	ŭ		-		0.0	0.4	0.0	
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.959	0		4		0.230	0.272	0.00	
4:0	g	0.000	0		4		0.000	0.000	0.00	
6:0	g	0.004	0		4		0.001	0.001	0.00	
8:0	g	0.047	0		4		0.011	0.013	0.00	
10:0	g	0.037	0		4		0.009	0.010	0.00	
12:0	g	0.283	0		4		0.068	0.080	0.00	
13:0	g									
14:0	g	0.110	0		4		0.026	0.031	0.00	
15:0	g									
16:0	g	0.413	0		4		0.099	0.117	0.0	
17:0	g									
18:0	g	0.042	0		4		0.010	0.012	0.0	
20:0	g									
22:0	g									
24:0	g									

	<u>An</u>	nount in 100 gran Numb		Amount in edible portion of common measures of food				
Nutrients and Units	Mean	of Date	a Deriv s Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.719	0		4		0.173	0.204	0.006
14:1g						0.270	0.201	
15:1g								
16:1 undifferentiated	0.004	0		4		0.001	0.001	0.000
17:1g								
18:1 undifferentiatedg	0.715	0		4		0.172	0.203	0.006
20:1g	0.000	0		4		0.000	0.000	0.000
22:1 undifferentiatedg	0.000	0		4		0.000	0.000	0.000
24:1 cg								
Fatty acids, total polyunsaturated	0.768	0		4		0.184	0.218	0.007
18:2 undifferentiatedg	0.722	0		4		0.173	0.205	0.006
18:3 undifferentiatedg	0.021	0		4		0.005	0.006	0.000
18:4g	0.000	0		4		0.000	0.000	0.000
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0		4		0.000	0.000	0.000
20:5 n-3g	0.000	0		4		0.000	0.000	0.000
22:5 n-3g	0.000	0		4		0.000	0.000	0.000
22:6 n-3g	0.000	0		4		0.000	0.000	0.000
Fatty acids, total transg								
Cholesterolmg	0	0	Z	7		0	0	0
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	0.0
Caffeinemg	0	0	Z	7		0	0	0
Theobrominemg	0	0	Z	7		0	0	0
Carotenoids:								
Carotene beta mcg	0	0	BFZN	4		0.000	0.000	0.000
Carotene, alphamcg	0	0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta mcg	0	0	BFZN	4		0.000	0.000	0.000
Lycopene mcg	0	0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin mcg	0	0	BFZN	4		0.000	0.000	0.000

Common Measures:

Measure 1 = 24g: 1 cup Measure 2 = 28.35g: 1 oz Measure 3 = 0.9g: 10 pieces

Calories Factors: Protein 3.5 Fat 8.37 Carbohydrate 4.1

Food Group: 08 Breakfast Cereals

		<u>A</u>	mount in 100 gra	Amount in edible portion of common						
			Num	ber			measures of food			
					Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Poir			Code	Measure 1	Measure 2	Measure 3	
_										
Proximates: Water	a	4.43		1 A	1		2.44			
Energy		431		0 NC	4		237			
Energy		1805		0 NC	4		993			
Protein		15.98		1 A	1		8.79			
Total lipid (fat)		11.60		1 A	1		6.38			
Ash	-	2.21		1 A	1		1.22			
Carbohydrate, by difference		65.78		0 NC	4		36.18			
Fiber, total dietary		20.3		1 A	1		11.2			
Sugars, total		1.56		0 AS	1		0.86			
Sucrose		0.94		1 A	1		0.52			
		0.41		1 A	1		0.23			
Glucose (dextrose) Fructose		0.21		1 A	1		0.12			
Lastage Lastage	<u>.</u>	0.00		1 A	1		0.00			
Lactose Maltose	s	0.00		1 A	1		0.00			
Galactose	s	0.00		0 Z	7		0.00			
Starch		46.10		0 Z	1		25.35			
Staten	9	40.10			-		23.33			
Minerals:										
Calcium, Ca	-	95		1 A	1		52			
Iron, Fe	-	4.03		1 A	1		2.22			
Magnesium, Mg		206		1 A	1		113			
Phosphorus, P		374		1 A	1		206			
Potassium, K		446		1 A	1		245			
Sodium, Na	-	206		1 A	1		113			
Zinc, Zn		3.87		1 A	1		2.13			
Copper, Cu		0.752		1 A	1		0.414			
Manganese, Mn		3.610		1 A 1 A	1 1		1.985			
Selenium, Se	Ilicg	88.3		1 A	_		48.6			
Vitamins:										
Vitamin C, total ascorbic acid	-	61.5		1 A	1		33.8			
* Thiamin	-	2.270		1 A	1		1.248			
* Riboflavin	-	2.640		1 A	1		1.452			
* Niacin		16.300		1 A	1		8.965			
Pantothenic acid		0.621		1 A	1		0.341			
Vitamin B-6	• • • • • • • • • • • • • • • • • • • •	0.956		1 A	1		0.526			
Folate, total	-	53		1 A	1		29			
Folic acid	• • • • • • • • • • • • • • • • • • • •	0		0 Z	7		0			
Folate, food		53		1 A	1		29			
Folate, DFE		53		0 NC	4		29			
Vitamin B-12		0.00		1 A	1		0.00			
Vitamin A, IU		0		0 z	7		0			
Vitamin A, RAE		0		0 z	7		0			
Retinol	-	0		0 z	7		0			
Vitamin E (alpha-tocopherol)		0.72		0 FLM	4		0.40			
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)		1.8		1 A	1		1.0			
v namin K (pnyiloquinone)	Illey	1.8		. А	1		1.0			
Lipids:	_			•	_					
Fatty acids, total saturated		1.320		0 NC	4		0.726			
4:0		0.000		0 z	7		0.000			
6:0		0.000		0 z	7		0.000			
8:0		0.000		1 A	1		0.000			
10:0	g	0.000)	1 A	1		0.000			
12:0		0.000		1 A	1		0.000			

		<u>Ar</u>	mount in 10	00 grams Number		ole portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Unit	s	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0	a	0.000		1	A	1		0.000		
15:0		0.000		1	A	1		0.000		
16:0		0.000		1	A	1		0.522		
17:0	_	0.000		1	A	1		0.000		
18:0	-	0.000		1	A	1		0.000		
		0.320		1	A	1				
20:0				1		1		0.011		
22:0		0.020		1	A	1		0.011		
24:0		0.010		_	A	_		0.005		
Fatty acids, total monounsaturated		1.980		0	NC	4		1.089		
14:1		0.000		1	A	1		0.000		
15:1		0.000		1	A	1		0.000		
16:1 undifferentiated		0.020		1	A	1		0.011		
17:1		0.000		1	A	1		0.000		
18:1 undifferentiated		1.940		1	A	1		1.067		
20:1		0.020		1	A	1		0.011		
22:1 undifferentiated		0.000		1	A	1		0.000		
24:1 c										
Fatty acids, total polyunsaturated	g	8.350		0	NC	4		4.592		
18:2 undifferentiated	g	2.350		1	A	1		1.292		
18:3 undifferentiated	g	6.000		1	A	1		3.300		
18:4	g	0.000		1	A	1		0.000		
20:2 n-6 c,c	g	0.000		1	A	1		0.000		
20:3 undifferentiated	g	0.000		1	A	1		0.000		
20:4 undifferentiated	g	0.000		1	A	1		0.000		
20:5 n-3	g	0.000		1	A	1		0.000		
22:5 n-3	g	0.000		1	A	1		0.000		
22:6 n-3	q	0.000		1	A	1		0.000		
Fatty acids, total trans	_									
Cholesterol		0		0	Z	7		0		
Phytosterols	_									
Others:										
Alcohol, ethyl	g	0.0		0	FLM	4		0.0		
Caffeine	-	0		0	FLM	4		0		
Theobromine		0		0	FLM	4		0		
Carotenoids:	. •									
Carotene, beta	mcq	0		0	z	7		0.000		
Carotene, alpha		0		0	FLM	4		0.000		
Cryptoxanthin, beta		0		0	FLM	4		0.000		
Lycopene		0		0	FLM	4		0.000		
Lutein + zeaxanthin		0		0	z	7		0.000		

Common Measures:

Measure 1 = 55g: 1 cup (1 serving)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08079 Cereals ready-to-eat, WAFFELOS

Kraft Foods, Inc.

Refuse: 0%

		<u>A</u> 1	mount in 10	0 grams	of edil	ole portic	<u>on</u>	Amount in edible portion of common		
				Number				<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Ur	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		2.50		1		1		0.75	0.71	
Energy	kcal	405		0	NC	4		122	115	
Energy	kj	1695				4		508	480	
Protein	g	5.60		12		1		1.68	1.59	
Total lipid (fat)	g	4.20		14		1		1.26	1.19	
Ash	g	1.40		1		1		0.42	0.40	
Carbohydrate, by difference	g	86.30		0	NC	4		25.89	24.47	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mα	28		13		1		8	8	
Iron, Fe		15.90		0		5		4.77	4.51	
Magnesium, Mg		21		13		1		6	6	
Phosphorus, P		815		12		1		245	231	
Potassium, K	-	88		7		1		26	25	
Sodium, Na		416		13		1		125	118	
Zinc, Zn	-	0.81		13		1		0.24	0.23	
Copper, Cu		0.113	3	10		1		0.034	0.032	
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	53.0		0		5		15.9	15.0	
Thiamin	-	1.300	1	0		5		0.390	0.369	
Riboflavin		1.500		0		5		0.450	0.425	
Niacin	• • • • • • • • • • • • • • • • • • • •	17.600		0		5		5.280	4.990	
Pantothenic acid	-	0.176		6		1		0.053	0.050	
Vitamin B-6	-	1.800		0		5		0.540	0.510	
Folate, total		11		6		1		3	3	
Folic acid		0		0	Z	7		0	0	
Folate, food		11		6		1		3	3	
Folate, DFE		11		0	NC	4		3	3	
Vitamin B-12		5.30		0		5		1.59	1.50	
Vitamin A, IU	IU	4409		0		5		1323	1250	
Vitamin A, RAE		1324		0	NC	4		397	375	
Retinol	mcg	1324		0	NC	4		397	375	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated	_									
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol		0		0	z	7		0	0	
Phytosterols	-									
Othors										
Others:	a									
Alcohol, ethyl		0		0	z	7		0	0	
Theobromine	=	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

NDB No. 08079

Cereals ready-to-eat, WAFFELOS

Nutrients and Units

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence Std. Error Points Code Code Code

Measure 1 Measure 2 Measure 3

food, or similar food.

Common Measures:

Measure 1 = 30g: 1 cup Measure 2 = 28.35g: 1 oz

Calories Factors: Protein Fat Carbohydrate

Mean

Food Group: 08 Breakfast Cereals

NDB No. 42237 Cereals ready-to-eat, WEETABIX WHOLE WHEAT CEREAL

		<u>A</u>	mount in 100 grams	of edil	ole portio	<u>n</u>	Amount in	edible portion of	of common
			Numbe	r			m	easures of food	
					Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	5.00	0		1		2.85	0.90	
Energy	kcal	373	0		8		213	67	
Energy		1561	0		8		890	281	
Protein		11.50	0		8		6.56	2.07	
Total lipid (fat)	g	2.80	0		8		1.60	0.50	
Ash	g	3.30	0	0	4		1.88	0.59	
Carbohydrate, by difference	g	77.40	0		8		44.12	13.93	
Fiber, total dietary	g	11.4	0		8		6.5	2.1	
Sugars, total	g	2.00	0	LC	8		1.14	0.36	
Starch	g								
MC 1									
Minerals:	ma	100	•		4		E 7	10	
Calcium, Ca	_	100 5.16	0		1 8		57 2.94	18 0.93	
Iron, Fe		92	0		8		2.94 52	0.93 17	
Phosphorus, P		172	0		8		98	31	
Potassium, K	•	545	0		8		311	98	
Sodium, Na		387	0		8		221	70	
Zinc, Zn		1.72	0		8		0.98	0.31	
Copper, Cu		0.229	0		8		0.131	0.041	
Manganese, Mn									
Selenium, Se		5.9	0	BFZN	4		3.4	1.1	
Vitamina									
<u>Vitamins:</u>			•		7		0.0		
Vitamin C, total ascorbic acid		0.0 1.080	0		8		0.0 0.616	0.0 0.194	
ThiaminRiboflavin		0.980			8		0.559	0.174	
Niacin		5.740			8		3.272	1.033	
Pantothenic acid	-	3.740	,		Ü		3.272	1.055	
Vitamin B-6		0.460	0		8		0.262	0.083	
Folate, total		46	0		8		26	8	
Folic acid		0	0	NC	4		0	0	
Folate, food	-	46	0	NC	4		26	8	
Folate, DFE	mcg_DFE	46	0	NC	4		26	8	
Vitamin B-12		0.00	0		8		0.00	0.00	
Vitamin A, IU		0	0		7		0	0	
Vitamin A, RAE	mcg_RAE	0	0	NC	4		0	0	
Retinol		0	0	NC	4		0	0	
Vitamin E (alpha-tocopherol)	mg	1.84	0	BFFN	4		1.05	0.33	
Tocopherol, beta	mg								
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D					_				
Vitamin K (phylloquinone)	mcg	2.0	0	BFNN	4		1.1	0.4	
Lipids:									
Fatty acids, total saturated	g	0.480	0		4		0.274	0.086	
4:0		0.000	0		4		0.000	0.000	
6:0	g	0.000	0		4		0.000	0.000	
8:0	g	0.000	0		4		0.000	0.000	
10:0	g	0.000	0		4		0.000	0.000	
12:0	g	0.000	0		4		0.000	0.000	
13:0	-								
14:0		0.004	0		4		0.002	0.001	
15:0	_								
16:0		0.406	0		4		0.231	0.073	
17:0		_			_				
18:0		0.022	2 0		4		0.013	0.004	
20:0	_								
22:0	-								
24:0	g								

	<u>Ar</u>	nount in 100 gra		ble portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Num of D Std. Error Poir	ata Deriv		Confidence Code	<u>m</u> Measure 1	Measure 2	Measure 3	
Em il del em	0.350		0	4		0.000	0.062		
Fatty acids, total monounsaturated9	0.350		U	4		0.200	0.063		
14:1g									
15:1g 16:1 undifferentiatedg	0.019		0	4		0.011	0.003		
17:1g	0.019		O	-		0.011	0.003		
18:1 undifferentiated	0.328		0	4		0.187	0.059		
20:1g	0.000		0	4		0.000	0.000		
22:1 undifferentiated	0.000		0	4		0.000	0.000		
24:1 c	0.000		•	-		0.000	0.000		
Fatty acids, total polyunsaturated9	1.170		0	4		0.667	0.211		
18:2 undifferentiatedg	1.107		0	4		0.631	0.199		
18:3 undifferentiated	0.057		0	4		0.032	0.010		
18:4g	0.000		0	4		0.000	0.000		
20:2 n-6 c.cg									
20:3 undifferentiated									
20:4 undifferentiated	0.003		0	4		0.002	0.001		
20:5 n-3g	0.000		0	4		0.000	0.000		
22:5 n-3g	0.000		0	4		0.000	0.000		
22:6 n-3g	0.000		0	4		0.000	0.000		
Fatty acids, total transg									
Cholesterolmg	0		0	8		0	0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	7		0.0	0.0		
Caffeinemg	0		0 z	7		0	0		
Theobromine mg	0		0 z	7		0	0		
Carotenoids:									
Carotene, betamcg	0		0 z	7		0.000	0.000		
Carotene, alphamcg	0		0 BFNN	1 4		0.000	0.000		
Cryptoxanthin, betamcg	0		0 BFNN	1 4		0.000	0.000		
Lycopenemcg	0		0 BFNN	1 4		0.000	0.000		
Lutein + zeaxanthin mcg	238		0 BFNN	1 4		135.448	42.773		

Common Measures:

Measure 1 = 57g: 1 cup Measure 2 = 18g: 1 biscuit

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

		<u>A</u> 1	mount in 10	00 grams	of edit	ole portio	<u>n</u>	Amount in edible portion of common		
				Number				<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	3.70		0	MC	9		1.11		
Energy	_	320		0	MC	9		96		
Energy		1339				9		402		
Protein.		9.40		0	MC	9		2.82		
Total lipid (fat)		2.20		0	NR	4		0.66		
Ash		4.00		0	MC	9		1.20		
Carbohydrate, by difference		80.40		0	MC	9		24.12		
		17.6		0	MC	9		5.3		
Fiber, total dietary		18.90		0	MC	9		5.67		
Sugars, total		10.90		U	MC	9		5.67		
Starch	9									
Minerals:										
Calcium, Ca	mg	56		0	MC	9		17		
Iron, Fe	_	27.00		0	MC	9		8.10		
Magnesium, Mg	_	214		0	MC	9		64		
Phosphorus, P		508		0	MC	9		152		
Potassium, K	-	616		0	MC	9		185		
Sodium, Na	-	732		0	MC	9		220		
Zinc, Zn	-	5.00		0	MC	9		1.50		
Copper, Cu	_	0.642	2	0	MC	9		0.193		
Manganese, Mn		3.568		0	FLC	4		1.070		
Selenium, Se		10.5		0	BFZN	4		3.2		
·										
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid	_	0.0		0	MC	9		0.0		
Thiamin	-	1.250		0	MC	9		0.375		
Riboflavin	mg	1.420)	0	MC	9		0.426		
Niacin	mg	16.670)	0	MC	9		5.001		
Pantothenic acid	-	0.868		0	FLC	4		0.260		
Vitamin B-6	mg	1.670)	0	MC	9		0.501		
Folate, total	mcg	333		0	MC	9		100		
Folic acid	mcg	314		0	NC	4		94		
Folate, food		19		0	CAZN	4		6		
Folate, DFE	mcg_DFE	553		0	NC	4		166		
Vitamin B-12		5.00		0	MC	9		1.50		
Vitamin A, IU	IU	2500		0	MC	9		750		
Vitamin A, RAE		751		0	NC	4		225		
Retinol	mcg	751		0	NC	4		225		
Vitamin E (alpha-tocopherol)	mg	0.85		0	FLM	4		0.26		
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	133.000)	0	MC	9		39.900		
Vitamin K (phylloquinone)	mcg	1.4		0	FLM	4		0.4		
<u> ipids:</u>				_		_				
Fatty acids, total saturated		0.400		0	MC	9		0.120		
4:0		0.000		0	FLM	4		0.000		
6:0	-	0.000		0	FLM	4		0.000		
8:0	-	0.007		0	FLM	4		0.002		
10:0		0.000		0	FLM	4		0.000		
12:0		0.001	L	0	FLM	4		0.000		
13:0				_	_	_		_		
14:0		0.004	l	0	FLM	4		0.001		
15:0	-							_		
16:0	-	0.348	3	0	FLM	4		0.104		
17:0	-									
18:0	_	0.022	2	0	FLM	4		0.006		
20:0	g									
22:0	-									

	<u>Ar</u>	nount in 100	grams	of edik	ole portio	<u>on</u>	Amount in edible portion of common			
Nutrients and Units	Mean			Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.295		0	FLM	4		0.089			
14:1g	0.233		·		-		0.005			
15:1										
16:1 undifferentiated	0.010		0	FLM	4		0.003			
17:1g					_					
18:1 undifferentiated	0.285		0	FLM	4		0.086			
20:1g	0.000		0	FLM	4		0.000			
22:1 undifferentiated q	0.000		0	FLM	4		0.000			
24:1 cg										
Fatty acids, total polyunsaturatedg	1.025		0	FLM	4		0.307			
18:2 undifferentiatedg	0.952		0	FLM	4		0.286			
18:3 undifferentiatedg	0.070		0	FLM	4		0.021			
18:4g	0.000		0	FLM	4		0.000			
20:2 n-6 c,cg										
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.002		0	FLM	4		0.001			
20:5 n-3g	0.000		0	FLM	4		0.000			
22:5 n-3g	0.000		0	FLM	4		0.000			
22:6 n-3g	0.000		0	FLM	4		0.000			
Fatty acids, total trans										
Cholesterol mg	0		0	MC	9		0			
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0		0	Z	7		0.0			
Caffeine mg	0		0	FLC	4		0			
Theobrominemg	0		0	FLC	4		0			
Carotenoids:										
Carotene, betamcg	0		0	z	7		0.000			
Carotene, alpha mcg	0		0	z	7		0.000			
Cryptoxanthin, beta mcg	0		0	z	7		0.000			
Lycopene mcg	0		0	z	7		0.000			
Lutein + zeaxanthin mcg	0		0	Z	7		0.000			

Common Measures:

Measure 1 = 30g: .75 cup (1 NLEA serving)

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

		<u>A</u> 1	mount in 10	00 grams	of edit	ole portio	<u>n</u>		edible portion	
				Number	•			<u>m</u>	easures of food	<u>l</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	2.80		0	MC	9		0.81		
Energy	kcal	287		0	MC	9		83		
Energy	kj	1201				9		348		
Protein	g	12.70		0	MC	9		3.68		
Total lipid (fat)	g	2.10		0	NR	4		0.61		
Ash	g	4.40		0	MC	9		1.28		
Carbohydrate, by difference	g	78.20		0	MC	9		22.68		
Fiber, total dietary	g	28.6		0	MC	9		8.3		
Sugars, total		24.40		0	MC	9		7.08		
Starch										
<u> Minerals:</u>										
Calcium, Ca	-	76		0	MC	9		22		
Iron, Fe	-	27.93		0	MC	9		8.10		
Magnesium, Mg		278		0	MC	9		81		
Phosphorus, P	_	813		0	MC	9		236		
Potassium, K	_	947		0	MC	9		275		
Sodium, Na	_	417		0	MC	9		121		
Zinc, Zn	-	12.93		0	MC	9		3.75		
Copper, Cu		0.918		0	MC	9		0.266		
Manganese, Mn		9.030)	0	FLC	4		2.619		
Selenium, Se	mcg	8.0		1	A	1		2.3		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	MC	9		0.0		
Thiamin	-	1.290	,	0	MC	9		0.374		
Riboflavin	-	1.470		0	MC	9		0.426		
		17.240		0	MC	9		5.000		
Niacin Pantothenic acid	-	1.930		-	A.	1		0.560		
Vitamin B-6	_	1.730		0	MC	9		0.502		
	_		,	0		9				
Folate, total		345 326		0	MC NC	4		100 95		
Folic acid		326 19		0				95 6		
Folate, food		573		0	CAZN	4 4		166		
Folate, DFE				0	NC					
Vitamin B-12		0.00		0	MC MC	9 9		0.00		
Vitamin A, IU		2586		-				750		
Vitamin A, RAE		776		0	NC	4		225		
Retinol		776		0	NC	4		225		
Vitamin E (alpha-tocopherol)		2.32		0	MC	9		0.67		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta		0.000		•		•		0.000		
Vitamin D	1U	0.000)	0	MC	9		0.000		
Vitamin K (phylloquinone)	mcg	1.6		0	FLM	4		0.5		
_ipids:										
Fatty acids, total saturated	q	0.300)	0	MC	9		0.087		
4:0		0.000		0	FLM	4		0.000		
6:0	_	0.000		0	FLM	4		0.000		
8:0	_	0.000		0	FLM	4		0.000		
10:0	_	0.000		0	FLM	4		0.000		
12:0	-	0.001		0	FLM	4		0.000		
13:0		0.001		•		-		3.000		
14:0	-	0.003	3	0	FLM	4		0.001		
15:0		0.002		·		•		3.001		
16:0	_	0.265	;	0	FLM	4		0.077		
17:0	_	0.203	•	U	E AIM	-		0.077		
18:0	_	0.018	1	0	FLM	4		0.005		
	_	0.016	•	U	2 1101	-		0.005		
20:0	-									
22:0 24:0	-									

		<u>An</u>	nount in 100 gra	ams of edi	ble portic	<u>on</u>	Amount in edible portion of common		
			Num of D		Source	Confidence	<u>m</u>	easures of food	
Nutrients and Units	5	Mean	Std. Error Poi	nts Code	Code	Code	Measure 1	Measure 2	Measure 3
	9	0.316		0 FLM	4		0.092		
Fatty acids, total monounsaturated 14:1		0.310		O FIM	-		0.092		
15:1	-								
16:1 undifferentiated		0.008		0 FLM	4		0.002		
17:1		0.000			•		0.002		
18:1 undifferentiated		0.308		0 FLM	4		0.089		
20:1	_	0.000		0 FLM	4		0.000		
22:1 undifferentiated		0.000		0 FLM	4		0.000		
24:1 c									
Fatty acids, total polyunsaturated	-	1.101		0 FLM	4		0.319		
18:2 undifferentiated		1.016		0 FLM	4		0.295		
18:3 undifferentiated	-	0.083		0 FLM	4		0.024		
18:4	g	0.000		0 FLM	4		0.000		
20:2 n-6 c,c									
20:3 undifferentiated									
20:4 undifferentiated	g	0.002		0 FLM	4		0.001		
20:5 n-3	g	0.000		0 FLM	4		0.000		
22:5 n-3	g	0.000		0 FLM	4		0.000		
22:6 n-3	g	0.000		0 FLM	4		0.000		
Fatty acids, total trans	g								
Cholesterol		0		0 MC	9		0		
Phytosterols	_. mg								
Others:									
Alcohol, ethyl	g	0.0		0 Z	7		0.0		
Caffeine	mg	0		0 FLM	4		0		
Theobromine	mg	0		0 FLM	4		0		
Carotenoids:									
Carotene, beta	mcg	0		0 z	7		0.000		
Carotene, alpha	_	0		0 z	7		0.000		
Cryptoxanthin, beta		0		0 z	7		0.000		
Lycopene		0		0 z	7		0.000		
Lutein + zeaxanthin	mcg	0		0 z	7		0.000		

Common Measures:

Measure 1 = 29g: .333 cup (1 NLEA serving)

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08140 Cereals ready-to-eat, chocolate flavored rings, presweetened, single brand

		<u>A</u>	mount in 100 g	rams of	edibl	le portio	<u>n</u>	Amount in edible portion of common		
			Nu	mber				<u>m</u> e	easures of food	<u> </u>
				Data De	eriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints Co	ode	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	2.50		0	MC	9		0.68		
Energy		415		0	MC	9		112		
Energy		1736				9		469		
Protein		4.80		0	MC	9		1.30		
Total lipid (fat)		8.80		0	MC	9		2.38		
Ash		2.00		0	MC	9		0.54		
Carbohydrate, by difference		81.90		0	MC	9		22.11		
Fiber, total dietary		5.5		0	MC	9		1.5		
Sugars, total		47.00		0 E	BFZN	4		12.69		
Starch										
Surci										
<u>Minerals:</u>										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	19			MC	9		5		
Iron, Fe		6.67			MC	9		1.80		
Magnesium, Mg		55			MC	9		15		
Phosphorus, P	-	119			MC	9		32		
Potassium, K		183			MC	9		49		
Sodium, Na		475			MC	9		128		
Zinc, Zn		5.56			MC	9		1.50		
Copper, Cu		0.300)	0	MC	9		0.081		
Manganese, Mn		15.0			TT 14			4 1		
Selenium, Se	nicg	15.2		0 I	FLM	4		4.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0 E	FLM	4		0.0		
Thiamin	mg	1.390)	0	MC	9		0.375		
Riboflavin		1.570)	0	MC	9		0.424		
Niacin		18.520)	0	MC	9		5.000		
Pantothenic acid	mg									
Vitamin B-6	mg	1.850)	0	MC	9		0.500		
Folate, total	mcg	370		0	MC	9		100		
Folic acid	mcg	351		0	NC	4		95		
Folate, food	mcg	19		0 в	FZN	4		5		
Folate, DFE	mcg_DFE	616		0	NC	4		166		
Vitamin B-12	mcg	5.56		0	MC	9		1.50		
Vitamin A, IU		2778		0	MC	9		750		
Vitamin A, RAE	mcg_RAE	834		0	NC	4		225		
Retinol		834		0	NC	4		225		
Vitamin E (alpha-tocopherol)	mg	1.57		0	NR	4		0.42		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.6		0 B	FZN	4		0.2		
Lipids:										
Fatty acids, total saturated	a	1.600)	0	MC	9		0.432		
4:0		0.000			MC FLM	4		0.432		
6:0	-	0.000			FLM	4		0.000		
8:0		0.005			FLM	4		0.000		
10:0	-	0.001		-	FLM	4		0.001		
12:0	• • • • • • • • • • • • • • • • • • • •	0.001			FLM	4		0.004		
13:0		0.01.	-			•		0.004		
14:0	-	0.013	1	0 I	FLM	4		0.004		
15:0	-	0.013	-			-		0.004		
16:0	-	0.974	Į.	0 I	FLM	4		0.263		
17:0		0.574	-			•		0.203		
18:0		0.402	•	0 I	FLM	4		0.109		
20:0		0.402	-			-		0.109		
	-									
22:0	9									

	<u>Ar</u>	nount in 100	grams	of edib	le portio	<u>n</u>		edible portion of	
Nutricets and Units	Maara			Deriv	Source Code	Confidence Code		easures of food	
Nutrients and Units	Mean	Std. Error	Ollits	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	3.346		0	FLM	4		0.903		
14:1g			-		=		0.505		
15:1g									
16:1 undifferentiated	0.030		0	FLM	4		0.008		
17:1g									
18:1 undifferentiated	3.316		0	FLM	4		0.895		
20:1g	0.000		0	FLM	4		0.000		
22:1 undifferentiatedg	0.000		0	FLM	4		0.000		
24:1 cg									
Fatty acids, total polyunsaturated	3.304		0	FLM	4		0.892		
18:2 undifferentiatedg	3.093		0	FLM	4		0.835		
18:3 undifferentiatedg	0.204		0	FLM	4		0.055		
18:4g	0.000		0	FLM	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	FLM	4		0.000		
20:5 n-3g	0.000		0	FLM	4		0.000		
22:5 n-3g	0.000		0	FLM	4		0.000		
22:6 n-3g	0.000		0	FLM	4		0.000		
Fatty acids, total transg									
Cholesterolmg	0		0	Z	7		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0		
Caffeinemg	3		0	FLM	4		1		
Theobrominemg	24		0	FLM	4		6		
Carotenoids:									
Carotene, beta mcg	0		0	BFZN	4		0.000		
Carotene, alpha mcg	0		0	BFZN	4		0.000		
Cryptoxanthin, betamcg	0		0	BFZN	4		0.000		
Lycopene mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin mcg	0		0	BFZN	4		0.000		

Common Measures:

Measure 1 = 27g: .75 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

		<u>A</u> :	mount in 10	0 grams	of edib	le portio	<u>n</u>		edible portion	
Nutrients and Uni	its	Mean	Std. Error			Source Code	Confidence Code	<u>m</u> Measure 1	Measure 2	Measure
Proximates:	0	3.42			FLC	4				
Water	_	405			LC	8				
Energy		1695			ЦC	8				
Energy										
Protein		3.34			LC	8				
Total lipid (fat)		3.50			LC	8				
Ash		2.25			LC	8				
Carbohydrate, by difference	g	87.20			LC	8				
Fiber, total dietary	g	3.8			FLC	4				
Sugars, total	g	47.00		0	BFZN	4				
Starch	g									
<u>Minerals:</u>						_				
Calcium, Ca		70			ML	5				
Iron, Fe		15.87			LC	8				
Magnesium, Mg		36			FLC	4				
Phosphorus, P		141			LC	8				
Potassium, K	mg	176			LC	8				
Sodium, Na		670			LC	8				
Zinc, Zn	-	0.56			FLC	4				
Copper, Cu	mg	0.240)		FLC	4				
Manganese, Mn	mg	0.246	5		FLC	4				
Selenium, Se	mcg	6.5		0	BFZN	4				
Vitamins:										
	ma	52.9			147	5				
Vitamin C, total ascorbic acid	-				ML	5 5				
Thiamin		1.323			ML					
Riboflavin		1.499			ML	5				
Niacin	_	17.637			ML	5				
Pantothenic acid	_	0.101			FLC	4				
Vitamin B-6	-	1.764	l .		ML	5				
Folate, total		353			ML	5				
Folic acid		334		0	NC	4				
Folate, food		19		0	CAAN	4				
Folate, DFE		587		0	NC	4				
Vitamin B-12	mcg	5.29			ML	5				
Vitamin A, IU	IU	4409			ML	5				
Vitamin A, RAE	mcg_RAE	1324		0	NC	4				
Retinol	mcg	1324		0	NC	4				
Vitamin E (alpha-tocopherol)	mg	0.11		0	NR	4				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.6		0	BFZN	4				
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.961			FLC	4				
4:0	g	0.000)		FLC	4				
6:0	g	0.000)		FLC	4				
8:0	g	0.000)		FLC	4				
10:0	g	0.000)		FLC	4				
12:0	g	0.000)		FLC	4				
13:0	g									
14:0		0.001	L		FLC	4				
15:0										
16:0		0.494	ı		FLC	4				
17:0										
18:0	-	0.458	3		FLC	4				
20:0	-	0.450	-		- 10	•				
22:0	-									
	g g									

	<u>Aı</u>	mount in 10	Number		Amount in edible portion of common measures of food				
Nutrients and Units	Mean	Std. Error	of Data Points		Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	2.079			FLC	4				
14:1g									
15:1g	0.001								
16:1 undifferentiatedg	0.001			FLC	4				
17:1g	2.079			FLC	4				
18:1 undifferentiated					4				
20:1	0.000			FLC	4				
22:1 undifferentiatedg	0.000			FLC	4				
24:1 c	0.231			FLC	4				
Fatty acids, total polyunsaturated9	0.231			FLC	4				
18:2 undifferentiated	0.225			FLC	4				
18:3 undifferentiated	0.008			FLC	4				
18:4g	0.000			FLC	4				
20:2 n-6 c,c									
20:3 undifferentiated	0.000			FLC	4				
20:5 n-3g	0.000			FLC	4				
	0.000			FLC	4				
22:5 n-3	0.000			FLC	4				
	0.000			FLC	4				
Fatty acids, total trans	0			LC	8				
Phytosterols mg	U			LC	0				
Others:									
Alcohol, ethylg	0.0			Z	7				
Caffeine mg	4		0	FLM	4				
Theobromine mg	136		0	FLM	4				
Carotenoids:									
Carotene, betamcg	0		0	BFZN	4				
Carotene, alphamcg	0		0	BFZN	4				
Cryptoxanthin, betamcg	0		0	BFZN	4				
Lycopene mcg	0		0	BFZN	4				
Lutein + zeaxanthin mcg	0		0	BFZN	4				

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08046 Cereals ready-to-eat, corn and oat flours, puffed presweetened, single brand

		<u>A</u>	mount in 100	<u>grams</u>	ot edit	oie portio	<u>on</u>	Amount in edible portion of common			
			ı	Number				<u>m</u>	easures of food	•	
						Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
Proximates:				•		•					
Water	-	1.50		0	MC	9		0.44			
Energy		395		0	MC	9 9		115			
Energy		1653		•	140			479			
Protein	-	5.20		0	MC	9		1.51			
Total lipid (fat)		2.10		0	NR MC	4 9		0.61 0.64			
Ash		2.20 88.90		0	MC	9		25.78			
Carbohydrate, by difference		2.5		0	MC	9		0.7			
Fiber, total dietary		38.30		0	MC	9		11.11			
Sugars, total	-	38.30		U	MC	9		11.11			
Starch	9										
Minerals:											
Calcium, Ca	mg	17		0	MC	9		5			
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	9.31		0	MC	9		2.70			
Magnesium, Mg		37		0	MC	9		11			
Phosphorus, P		93		0	MC	9		27			
Potassium, K		120		0	MC	9		35			
Sodium, Na	-	743		0	MC	9		215			
Zinc, Zn		5.17		0	MC	9		1.50			
Copper, Cu		0.068		0	MC	9 4		0.020			
Manganese, Mn		0.152 20.1	2	0	FLC RA	4		0.044 5.8			
Selenium, Se	Tricg	20.1		U	KA	4		5.6			
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0			
Thiamin	mg	1.290)	0	MC	9		0.374			
Riboflavin	mg	1.470)	0	MC	9		0.426			
Niacin		17.240		0	MC	9		5.000			
Pantothenic acid		0.198		0	FLC	4		0.057			
Vitamin B-6	-	1.730)	0	MC	9		0.502			
Folate, total		345		0	MC	9		100			
Folic acid		326		0	NC	4		95			
Folate, food		19		0	CAZN	4		6			
Folate, DFE		573		0	NC	4		166			
Vitamin B-12		5.17		0	MC	9		1.50			
Vitamin A, IU		2583		0	FLM	4		749			
Vitamin A, RAE		748 742		0 0	NC	4 4		217 215			
Retinol		0.19		0	FLM FLM	4		0.06			
Vitamin E (alpha-tocopherol) Tocopherol, beta	mg	0.19		U	E TIM	4		0.06			
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D		138.000)	0	MC	9		40.020			
Vitamin K (phylloquinone)		0.7		0	FLM	4		0.2			
viamini it (phynoquinone)											
<u>Lipids:</u>											
Fatty acids, total saturated		0.600		0	MC	9		0.174			
4:0		0.000		0	FLM	4		0.000			
6:0		0.000		0	FLM	4		0.000			
8:0	-	0.000		0	FLM	4		0.000			
10:0		0.000		0	FLM	4		0.000			
12:0		0.009	,	0	FLM	4		0.003			
13:0				_							
14:0		0.005	•	0	FLM	4		0.001			
15:0	-			_							
16:0	-	0.503	5	0	FLM	4		0.146			
17:0	-		,	^							
18:0	-	0.048	•	0	FLM	4		0.014			
20:0	-										
22:0 24:0	-										

	<u>Ar</u>	nount in 10	00 grams	of edik	ole portio	<u>en</u>	Amount in edible portion of common		
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.490		0	FLC	4		0.142		
14:1g									
15:1g									
16:1 undifferentiated	0.003		0	FLM	4		0.001		
17:1g									
18:1 undifferentiatedg	0.463		0	FLM	4		0.134		
20:1g	0.000		0	FLM	4		0.000		
22:1 undifferentiatedg	0.000		0	FLM	4		0.000		
24:1 cg									
Fatty acids, total polyunsaturated	0.690		0	FLC	4		0.200		
18:2 undifferentiatedg	0.678		0	FLM	4		0.197		
18:3 undifferentiatedg	0.027		0	FLM	4		0.008		
18:4g	0.000		0	FLM	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	FLM	4		0.000		
20:5 n-3g	0.000		0	FLM	4		0.000		
22:5 n-3g	0.000		0	FLM	4		0.000		
22:6 n-3g	0.000		0	FLM	4		0.000		
Fatty acids, total trans									
Cholesterolmg	0		0	MC	9		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0		
Caffeine mg	0			FLC	4		0		
Theobrominemg	0			FLC	4		0		
Carotenoids:									
Carotene, betamcg	50		0	FLM	4		14.397		
Carotene, alphamcg	32		0	FLM	4		9.424		
Cryptoxanthin, betamcg	0		0	FLM	4		0.000		
Lycopenemcg	0		0	FLM	4		0.000		
Lutein + zeaxanthinmcg	721		0	FLM	4		209.039		

Common Measures:

Measure 1 = 29g: 1.333 cup (1 NLEA serving)

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

Nutrients and Units Number of Data Deriv		Amount in edible portion of common		
Nutrients and Units Mean Std. Error Points Code Code Code		me	easures of food	
Proximates: Water. g 3.00 1 1 Energy. kcal 399 0 NC 4 Energy. kj 1669 4 Protein (N x 6.25). g 7.70 1 1 Total lipid (fat). g 0.30 1 1 Ash. g 0.20 1 1 Carbohydrate, by difference. g 88.80 0 NC 4 Fiber, total dietary. g 1.1 0 4 Sugars, total. g 6.11 0 FLM 4 Starch. g 6.11 0 FLM 4 Starch. g 1.1 0 FLM 4 Starch. g 1.1 0 FLM 4 Starch. g 1.3 0 1 Iron, Fe. mg 2.22 2 1 Magnesium, Mg. mg 13	onfidence			
Water g 3.00 1 1 Energy kcal 399 0 NC 4 Energy kj 1669 4 Protein (N x 6.25) g 7.70 1 1 Total lipid (fat) g 0.30 1 1 Ash g 0.20 1 1 Carbohydrate, by difference g 88.80 0 NC 4 Fiber, total dietary g 1.1 0 4 Sugars, total g 6.11 0 FLM 4 Starch g 6.11 0 FLM 4 Starch g 6.11 0 FLM 4 Starch g 1.1 0 FLM 4 Starch g 2.22 2 1 Minerals: Calcium, Ca mg 0 1 Vitam, Fe mg 9 2.22 2 1	Code	Measure 1	Measure 2	Measure 3
Water. g 3.00 1 1 Energy. kcal 399 0 NC 4 Energy. kj 1669 4 Protein (N x 6.25). g 7.70 1 1 Total lipid (fat). g 0.30 1 1 Ash. g 0.20 1 1 Carbohydrate, by difference. g 88.80 0 NC 4 Fiber, total dietary. g 1.1 0 4 Sugars, total. g 6.11 0 FLM 4 Starch. g 6.11 0 FLM 4 Starch. g 6.11 0 FLM 4 Starch. g 2.22 2 1 Iron, Fe. mg 2.22 2 1 Magnesium, Mg. mg 13 0 1 Phosphorus, P. mg 49 0 1 Postassium, K.<				
Energy		0.75	0.85	
Energy		100	113	
Total lipid (fat) 9 0.30 1 1 Ash 9 0.20 1 1 Carbohydrate, by difference 9 88.80 0 NC 4 Fiber, total dietary 9 1.1 0 4 Sugars, total 9 6.11 0 FLM 4 Starch 9 6.11 0 FLM 4 Minerals: Calcium, Ca mg 43 2 1 1 Iron, Fe mg 9 2.22 2 1 Magnesium, Mg mg 13 0 1 Potassium, K mg 73 1 1 Sodiu		417	473	
Ash		1.93	2.18	
Carbohydrate, by difference g 888.80 0 NC 4 Fiber, total dietary g 1.1 0 4 Sugars, total g 76.11 0 FLM 4 Starch g Minerals: Calcium, Ca. mg 43 2 1 Iron, Fe. mg 2.22 2 1 Magnesium, Mg mg 13 0 1 Phosphorus, P mg 49 0 1 Potassium, K mg 73 1 1 1 Sodium, Na. mg 10 1 1 Sodium, Na. mg 10 1 1 Zinc, Zn. mg 0.27 0 1 Copper, Cu. mg 0.088 0 1 Manganese, Mn mg 0.082 0 4 Selenium, Se mcg 5.1 0 BFZN 4 Vitamins: Vitamins. mg 0.00 0 4 Thiamin. mg 0.010 2 1		0.08	0.09	
Fiber, total dietary.		0.05	0.06	
Sugars, total. g 6.11 0 FLM 4 Starch. g Minerals: Calcium, Ca. mg 43 2 1 Iron, Fe. mg 2.22 2 1 Magnesium, Mg. mg 13 0 1 Phosphorus, P. mg 49 0 1 Potassium, K. mg 73 1 1 Sodium, Na. mg 10 1 1 Zinc, Zn. mg 0.27 0 1 Copper, Cu. mg 0.088 0 1 Manganese, Mn. mg 0.082 0 4 Selenium, Se. mcg 5.1 0 BFZN 4 Vitamins: Vitamin C, total ascorbic acid. mg 0.0 0 4 Thiamin. mg 0.0010 2 1		22.20	25.17	
Starch g Minerals: Calcium, Ca mg 43 2 1 Iron, Fe mg 2.22 2 1 Magnesium, Mg mg 13 0 1 Phosphorus, P mg 49 0 1 Potassium, K mg 73 1 1 Sodium, Na mg 10 1 1 Zinc, Zn mg 0.27 0 1 Copper, Cu mg 0.088 0 1 Manganese, Mn mg 0.082 0 4 Selenium, Se mcg 5.1 0 BFZN 4 Vitamins: Vitamin C, total ascorbic acid mg 0.0 0 4 Thiamin mg 0.0010 2 1		0.3	0.3	
Minerals: Calcium, Ca. mg 43 2 1 Iron, Fe. mg 2.22 2 1 Magnesium, Mg. mg 13 0 1 Phosphorus, P. mg 49 0 1 Potassium, K. mg 73 1 1 Sodium, Na. mg 10 1 1 Zinc, Zn. mg 0.27 0 1 Copper, Cu. mg 0.088 0 1 Manganese, Mn. mg 0.082 0 4 Selenium, Se. mcg 5.1 0 BFZN 4 Vitamin C, total ascorbic acid. mg 0.0 0 4 Thiamin. mg 0.010 2 1		1.53	1.73	
Calcium, Ca. mg 43 2 1 Iron, Fe. mg 2.22 2 1 Magnesium, Mg. mg 13 0 1 Phosphorus, P. mg 49 0 1 Potassium, K. mg 73 1 1 Sodium, Na. mg 10 1 1 Zinc, Zn. mg 0.27 0 1 Copper, Cu. mg 0.088 0 1 Manganese, Mn. mg 0.082 0 4 Selenium, Se. mcg 5.1 0 BFZN 4 Vitamins: Vitamin C, total ascorbic acid. mg 0.0 0 4 Thiamin. mg 0.010 2 1				
Calcium, Ca. mg 43 2 1 Iron, Fe. mg 2.22 2 1 Magnesium, Mg. mg 13 0 1 Phosphorus, P. mg 49 0 1 Potassium, K. mg 73 1 1 Sodium, Na. mg 10 1 1 Zinc, Zn. mg 0.27 0 1 Copper, Cu. mg 0.088 0 1 Manganese, Mn. mg 0.082 0 4 Selenium, Se. mcg 5.1 0 BFZN 4 Vitamins: Vitamin C, total ascorbic acid. mg 0.0 0 4 Thiamin. mg 0.010 2 1				
Iron, Fe. mg 2.22 2 1 Magnesium, Mg. mg 13 0 1 Phosphorus, P. mg 49 0 1 Potassium, K. mg 73 1 1 Sodium, Na. mg 10 1 1 Zinc, Zn. mg 0.27 0 1 Copper, Cu. mg 0.088 0 1 Manganese, Mn mg 0.082 0 4 Selenium, Se. mcg 5.1 0 BFZN 4 Vitamins: Vitamin C, total ascorbic acid. mg 0.0 0 4 Thiamin. mg 0.010 2 1		11	12	
Magnesium, Mg mg 13 0 1 Phosphorus, P mg 49 0 1 Potassium, K mg 73 1 1 Sodium, Na mg 10 1 1 Zinc, Zn mg 0.27 0 1 Copper, Cu mg 0.088 0 1 Manganese, Mn mg 0.082 0 4 Selenium, Se mcg 5.1 0 BFZN 4 Vitamins: Vitamin C, total ascorbic acid mg 0.0 0 4 Thiamin mg 0.010 2 1		0.56	0.63	
Phosphorus, P. mg 49 0 1 Potassium, K. mg 73 1 1 Sodium, Na. mg 10 1 1 Zinc, Zn. mg 0.27 0 1 Copper, Cu. mg 0.088 0 1 Manganese, Mn mg 0.082 0 4 Selenium, Se. mcg 5.1 0 BFZN 4 Vitamins: Vitamin C, total ascorbic acid. mg 0.0 0 4 Thiamin. mg 0.010 2 1		3	4	
Potassium, K. mg 73 1 1 Sodium, Na mg 10 1 1 Zinc, Zn mg 0.27 0 1 Copper, Cu mg 0.088 0 1 Manganese, Mn mg 0.082 0 4 Selenium, Se mcg 5.1 0 BFZN 4 Vitamins: Vitamin C, total ascorbic acid mg 0.0 0 4 Thiamin mg 0.010 2 1		12	14	
Sodium, Na. mg 10 1 1 Zinc, Zn. mg 0.27 0 1 Copper, Cu. mg 0.088 0 1 Manganese, Mn. mg 0.082 0 4 Selenium, Se. mcg 5.1 0 BFZN 4 Vitamins: Vitamin C, total ascorbic acid. mg 0.0 0 4 Thiamin. mg 0.010 2 1		18	21	
Zinc, Zn		3	3	
Copper, Cu		0.07	0.08	
Manganese, Mn mg 0.082 0 4 Selenium, Se mcg 5.1 0 BFZN 4 Vitamins: Vitamin C, total ascorbic acid mg 0.0 0 4 Thiamin mg 0.010 2 1		0.022	0.025	
Selenium, Se		0.021	0.023	
Vitamin C, total ascorbic acid		1.3	1.4	
Vitamin C, total ascorbic acid				
Thiaminmg 0.010 2 1		0.0		
· · · · · · · · · · · · · · · · · · ·		0.0 0.003	0.0 0.003	
Riboflavin mg 0.180 2 1		0.003	0.003	
Riboflavin mg 0.180 2 1 Niacin mg 0.420 2 1		0.105	0.119	
Pantothenic acidmg 0.123 0 4		0.031	0.035	
Vitamin B-6mg 0.063 0 4		0.016	0.033	
Folate, total		8	9	
Folic acid mcg 0 FLM 4		0	0	
Folate, food		8	9	
Folate, DFE 32 0 NC 4		8	9	
Vitamin B-12mcg 0.00 0 4		0.00	0.00	
Vitamin A, IU		51	58	
Vitamin A, RAEmcg_RAE 10 0 NC 4		3	3	
Retinol		0	0	
Vitamin E (alpha-tocopherol)mg 0.14 0 FLM 4		0.04	0.04	
Tocopherol, betamg				
Tocopherol, gammamg				
Tocopherol, deltamg				
Vitamin DIU				
Vitamin K (phylloquinone)mcg 0.3 0 FLM 4		0.1	0.1	
Lipids:				
Fatty acids, total saturated		0.010	0.012	
4:0		0.000	0.000	
6:0		0.000	0.000	
8:0g 0.000 0 FLM 4		0.000	0.000	
10:0g 0.000 0 FLM 4		0.000	0.000	
12:0g 0.000 0 FLM 4		0.000	0.000	
13:0g				
14:0g 0.000 0 FLM 4		0.000	0.000	
15:0g				
16:0				
17:0g		0.009	0.010	
18:0g 0.005 0 FLM 4			0.010	
20:0g			0.010	
22:0g		0.009		
24:0g		0.009		

	<u>Ar</u>	nount in 100			ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean		Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
The standard of the standard o	0.075		0						
Fatty acids, total monounsaturatedg	0.075		U	FLM	4		0.019	0.021	
14:1									
16:1 undifferentiated	0.001		0	FLM	4		0.000	0.000	
17:1g	0.001		U	FIM	-		0.000	0.000	
18:1 undifferentiated 9	0.074		0	FLM	4		0.019	0.021	
20:1g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiated	0.000		0	FLM	4		0.000	0.000	
24:1 c	0.000		·		-		0.000	0.000	
Fatty acids, total polyunsaturated	0.129		0	FLM	4		0.032	0.037	
18:2 undifferentiated	0.126		0	FLM	4		0.031	0.036	
18:3 undifferentiated 9	0.004		0	FLM	4		0.001	0.001	
18:4g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiated									
20:4 undifferentiatedg	0.000		0	FLM	4		0.000	0.000	
20:5 n-3g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total transg									
Cholesterolmg	0		0	Z	7		0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	FLM	4		0	0	
Theobrominemg	0		0	FLM	4		0	0	
Carotenoids:									
Carotene, betamcg	93		0	FLM	4		23.196	26.305	
Carotene, alphamcg	61		0	FLM	4		15.184	17.219	
Cryptoxanthin, beta mcg	0		0	FLM	4		0.000	0.000	
Lycopene mcg	0		0	FLM	4		0.000	0.000	
Lutein + zeaxanthin mcg	1300		0	FLM	4		325.038	368.594	

Common Measures:

Measure 1 = 25g: 1 cup Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3.46 Fat 8.37 Carbohydrate 4.16

Food Group: 08 Breakfast Cereals

		<u>A</u> :	mount in 10	0 grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food	•	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	3.50		0	MC	9		0.98	0.74		
Energy	kcal	360		0	MC	9		101	76		
Energy	kj	1506				9		422	316		
Protein	g	6.70		0	MC	9		1.88	1.41		
Total lipid (fat)	g	0.10		0	NR	4		0.03	0.02		
Ash	g	2.80		0	MC	9		0.78	0.59		
Carbohydrate, by difference	g	86.70		0	MC	9		24.28	18.21		
Fiber, total dietary		4.5		0	MC	9		1.3	0.9		
Sugars, total		6.50		0	MC	9		1.82	1.37		
Starch											
Minerals:		_		_		_		_	_		
Calcium, Ca	-	3		0	MC	9		1	1		
Iron, Fe	-	19.29		0	MC	9		5.40	4.05		
Magnesium, Mg		16		0	MC	9		4	3		
Phosphorus, P	-	52		0	MC	9		15	11		
Potassium, K		117		0	MC	9		33	25		
Sodium, Na	-	949		0	MC	9		266	199		
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.48		0	MC	9		0.13	0.10		
Copper, Cu		0.031		0	MC	9		0.009	0.007		
Manganese, Mn		0.082	!	0		4		0.023	0.017		
Selenium, Se	mcg	5.1		0	BFZN	4		1.4	1.1		
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0	0.0		
Thiamin	mg	1.340)	0	MC	9		0.375	0.281		
Riboflavin		1.520)	0	MC	9		0.426	0.319		
Niacin	mg	17.860)	0	MC	9		5.001	3.751		
Pantothenic acid	mg	0.123	3	0		4		0.034	0.026		
Vitamin B-6	mg	1.790)	0	MC	9		0.501	0.376		
Folate, total	mcg	357		0	MC	9		100	75		
Folic acid		338		0	NC	4		95	71		
Folate, food		19		0	CAZN	4		5	4		
Folate, DFE		594		0	NC	4		166	125		
Vitamin B-12		5.36		0	MC	9		1.50	1.13		
Vitamin A, IU	IU	2681		0	FLM	4		751	563		
Vitamin A, RAE		764		0	NC	4		214	160		
Retinol	mcg	756		0	FLM	4		212	159		
Vitamin E (alpha-tocopherol)	mg	0.25		0	NC	4		0.07	0.05		
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta	mg										
Vitamin D		143.000)	0	MC	9		40.040	30.030		
Vitamin K (phylloquinone)	mcg	0.3		0	FLM	4		0.1	0.1		
Lipids:											
Fatty acids, total saturated	а	0.000)	0	MC	9		0.000	0.000		
4:0		0.000		0	FLM	4		0.000	0.000		
6:0		0.000		0	FLM	4		0.000	0.000		
8:0	-	0.000		0	FLM	4		0.000	0.000		
10:0		0.000		0	FLM	4		0.000	0.000		
12:0		0.000		0	FLM	4		0.000	0.000		
13:0		2.000		•		-		2.000	3.000		
14:0		0.000)	0	FLM	4		0.000	0.000		
15:0		2.200		•		-		3.000	0.000		
16:0	-	0.000)	0	FLM	4		0.000	0.000		
17:0	-	2.200		-		=					
18:0	-	0.000)	0	FLM	4		0.000	0.000		
20:0	-	2.200		-		-		3.000	0.000		
22:0	-										
24:0											

	<u>Ar</u>	nount in 10	0 grams	<u>on</u>	Amount in edible portion of common				
Nutrients and Units	Mean		Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.030		0	FLM	4		0.008	0.006	
14:1g	0.030		Ū	2 1101	-		0.008	0.000	
15:1									
16:1 undifferentiated	0.000		0	FLM	4		0.000	0.000	
17:1g	0.000		·		-		0.000	0.000	
18:1 undifferentiated	0.029		0	FLM	4		0.008	0.006	
20:1g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiated	0.000		0	FLM	4		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturated9	0.051		0	FLM	4		0.014	0.011	
18:2 undifferentiatedg	0.050		0	FLM	4		0.014	0.010	
18:3 undifferentiated	0.001		0	FLM	4		0.000	0.000	
18:4g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c.cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	FLM	4		0.000	0.000	
20:5 n-3g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans9									
Cholesterolmg	0		0	MC	9		0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0	0.0	
Caffeinemg	0		0	FLM	4		0	0	
Theobromine mg	0		0	FLM	4		0	0	
Carotenoids:									
Carotene, betamcg	74		0	FLM	4		20.626	15.469	
Carotene, alphamcg	48		0	FLM	4		13.502	10.126	
Cryptoxanthin, beta mcg	0		0	FLM	4		0.000	0.000	
Lycopenemcg	0		0	FLM	4		0.000	0.000	
Lutein + zeaxanthin mcg	1032		0	FLM	4		289.016	216.762	

Common Measures:

Measure 1 = 28g: 1 cup (1 NLEA serving)
Measure 2 = 21g: 1 box, single serving (.75 oz)

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08192 Cereals ready-to-eat, corn, rice, wheat, oats, presweetened, with fruit and almonds, single brand

		<u>A</u>	mount in 10	0 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common			
				Number				m	easures of food		
						Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	-	7.20		0	MC	9		3.96			
Energy		383		0	MC	9		211			
Energy		1602				9		881			
Protein		6.60		0	MC	9		3.63			
Total lipid (fat)	-	4.50		0	NR	4 9		2.48 1.10			
Ash		2.00		0	MC MC	9		43.40			
Carbohydrate, by difference		78.90 3.8		0	MC	9		2.1			
Fiber, total dietary		20.80		0	MC	9		11.44			
Starch	-	20.80		U	МС	9		11.44			
Starcii	9										
<u> Minerals:</u>											
Calcium, Ca	_	27		0	MC	9		15			
Iron, Fe	-	3.27		0	MC	9		1.80			
Magnesium, Mg		43		0	MC	9		24			
Phosphorus, P	-	128		0	MC	9 9		70 91			
Potassium, K Sodium. Na	-	166 484		0 0	MC MC	9		91 266			
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	1.64		0	MC	9		0.90			
Copper, Cu		0.135	;	0	MC	9		0.074			
Manganese, Mn	-	0.832		0	FLM	4		0.458			
Selenium, Se		7.3		0	BFZN	4		4.0			
Vitamins:		0.0		0		9		0.0			
Vitamin C, total ascorbic acid Thiamin	_	0.0 0.680	,	0	MC MC	9		0.0 0.374			
Riboflavin	-	0.770		0	MC	9		0.424			
Niacin	_	9.090		0	MC	9		5.000			
Pantothenic acid	-	0.418		0	FLM	4		0.230			
Vitamin B-6		0.910)	0	MC	9		0.501			
Folate, total	-	182		0	MC	9		100			
Folic acid		163		0	NC	4		90			
Folate, food		19		0	CAZN	4		10			
Folate, DFE	mcg_DFE	296		0	NC	4		163			
Vitamin B-12		2.73		0	MC	9		1.50			
Vitamin A, IU	IU	1364		0	MC	9		750			
Vitamin A, RAE		410		0	NC	4		226			
Retinol	-	410		0	NC	4		226			
Vitamin E (alpha-tocopherol)		4.38		0	MC	9		2.41			
Tocopherol, beta Tocopherol, gamma											
Tocopherol, delta											
Vitamin D		73.000)	0	MC	9		40.150			
Vitamin K (phylloquinone)		8.6		0	FLM	4		4.7			
	<u>-</u>										
Lipids:	~	0.00		^		^					
Fatty acids, total saturated		0.600		0	MC FLM	9 4		0.330			
4:0		0.001		0	FLM	4		0.000 0.000			
6:0 8:0.	-	0.000		0	FLM	4		0.000			
10:0		0.000		0	FLM	4		0.000			
12:0		0.003		0	FLM	4		0.002			
13:0		0.000		0	FLM	4		0.000			
14:0		0.004		0	FLM	4		0.002			
15:0	-	0.000		0	FLM	4		0.000			
16:0	-	0.448		0	FLM	4		0.246			
17:0	-	0.000		0	FLM	4		0.000			
18:0	g	0.125	5	0	FLM	4		0.068			
20:0		0.000)	0	FLM	4		0.000			
22:0		0.000)	0	FLM	4		0.000			
24:0	g	0.000)	0	FLM	4		0.000			

NDB No. 08192 Cereals ready-to-eat, corn, rice, wheat, oats, presweetened, with fruit and almonds, single brand

	<u>Ar</u>	nount in 10		Amount in edible portion of common measures of food					
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	2.008		0	FLM	4		1.105		
14:1g	0.000		0	FLM	4		0.000		
15:1g	0.000		·		-		0.000		
16:1 undifferentiated	0.012		0	FLM	4		0.007		
17:1									
18:1 undifferentiatedg	1.996		0	FLM	4		1.098		
20:1g	0.000		0	FLM	4		0.000		
22:1 undifferentiatedg	0.000		0	FLM	4		0.000		
24:1 cg	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturated	1.466		0	FLM	4		0.806		
18:2 undifferentiatedg	1.405		0	FLM	4		0.773		
18:3 undifferentiatedg	0.060		0	FLM	4		0.033		
18:4g	0.000		0	FLM	4		0.000		
20:2 n-6 c,cg	0.000		0	FLM	4		0.000		
20:3 undifferentiatedg	0.000		0	FLM	4		0.000		
20:4 undifferentiatedg	0.000		0	FLM	4		0.000		
20:5 n-3g	0.000		0	FLM	4		0.000		
22:5 n-3g	0.000		0	FLM	4		0.000		
22:6 n-3g	0.000		0	FLM	4		0.000		
Fatty acids, total transg									
Cholesterolmg	0		0	MC	9		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0			Z	7		0.0		
Caffeine mg	0		0	FLM	4		0		
Theobromine mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, betamcg	0		0	z	7		0.000		
Carotene, alphamcg	0		0	z	7		0.000		
Cryptoxanthin, beta mcg	0		0	Z	7		0.000		
Lycopene mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin mcg	0		0	Z	7		0.000		

Common Measures:

Measure 1 = 55g: 1.25 cup (1 NLEA serving)

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 43570 Cereals ready-to-eat, corn, whole wheat, rolled oats, presweetened, single brand

		<u>A</u>	mount in 100	<u>u grams</u>	of edit	ole portio	<u>n</u>	Amount in edible portion of common			
			1	Number				<u>m</u>	easures of food	-	
						Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
Proximates:	_					•					
Water	-	3.00		0	MC	9		0.90			
Energy		394		0	MC	9		118			
Energy		1647		•	140	9		494			
Protein	-	7.10		0	MC	9 4		2.13			
Total lipid (fat)		5.50 2.30		0	NR MC	4 9		1.65 0.69			
Ash		81.90		0	MC	9		24.57			
Carbohydrate, by difference		4.9		0	MC	9		1.5			
Fiber, total dietary Sugars, total		21.50		0	MC	9		6.45			
Starch	_	21.50		U	МС	,		0.43			
Starcii	9										
Minerals:											
Calcium, Ca	-	21		0	MC	9		6			
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	27.00		0	MC	9		8.10			
Magnesium, Mg		55		0	MC	9		17			
Phosphorus, P		161		0	MC	9		48			
Potassium, K		172 642		0	MC MC	9 9		52 193			
Sodium, NaZinc, Zn		1.00		0	MC	9		0.30			
Copper, Cu		0.270	1	0	MC	9		0.081			
Manganese, Mn		0.444		0	FLC	4		0.133			
Selenium, Se		12.0	•	0	BFZN	4		3.6			
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid		0.0		0	MC	9		0.0			
Thiamin	-	1.250		0	MC	9		0.375			
Riboflavin		1.420		0	MC	9		0.426			
Niacin		16.670		0	MC	9 4		5.001			
Pantothenic acid		0.414 1.670		0	FLC MC	4 9		0.124 0.501			
Vitamin B-6 Folate, total	-	333	,	0	MC	9		100			
Folic acid		314		0	NC	4		94			
Folate, food		19		0	CAZN	4		6			
Folate, DFE		553		0	NC	4		166			
Vitamin B-12		5.00		0	MC	9		1.50			
Vitamin A, IU		2500		0	MC	9		750			
Vitamin A, RAE		751		0	NC	4		225			
Retinol		751		0	NC	4		225			
Vitamin E (alpha-tocopherol)	mg	0.32		0	MC	9		0.10			
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta											
Vitamin D		133.000)	0	MC	9		39.900			
Vitamin K (phylloquinone)	mcg	1.2		0	FLM	4		0.4			
<u>Lipids:</u>											
Fatty acids, total saturated	q	0.800)	0	MC	9		0.240			
4:0		0.000		0	FLM	4		0.000			
6:0		0.000		0	FLM	4		0.000			
8:0		0.000		0	FLM	4		0.000			
10:0	-	0.000)	0	FLM	4		0.000			
12:0		0.007	7	0	FLM	4		0.002			
13:0	g										
14:0	g	0.004	1	0	FLM	4		0.001			
15:0	g										
16:0	-	0.556	5	0	FLM	4		0.167			
17:0	-										
18:0	-	0.160)	0	FLM	4		0.048			
20:0	-										
22:0	g										

	<u>Am</u>	ount in 10	00 grams	of edik	ole portio	<u>on</u>	Amount in edible portion of common		
			Number		_		<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated9	2.091		0	FLM	4		0.627		
14:1g									
15:1	0.011		0	FLM	4		0.003		
17:1 undifferentiated	0.011		U	E TWI	4		0.003		
18:1 undifferentiated	2.080		0	FLM	4		0.624		
20:1g	0.000		0	FLM	4		0.000		
22:1 undifferentiatedg	0.000		0	FLM	4		0.000		
24:1 c	0.000		·		-		0.000		
Fatty acids, total polyunsaturated9	2.154		0	FLC	4		0.646		
18:2 undifferentiated	2.088		0	FLM	4		0.626		
18:3 undifferentiatedg	0.043		0	FLM	4		0.013		
18:4g	0.000		0	FLM	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	FLM	4		0.000		
20:5 n-3g	0.000		0	FLM	4		0.000		
22:5 n-3g	0.000		0	FLM	4		0.000		
22:6 n-3g	0.000		0	FLM	4		0.000		
Fatty acids, total transg									
Cholesterolmg	0		0	MC	9		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	z	7		0.0		
Caffeine mg	0		0	FLC	4		0		
Theobromine mg	0		0	FLC	4		0		
Carotenoids:									
Carotene, beta mcg	0		0	z	7		0.000		
Carotene, alpha mcg	0		0	z	7		0.000		
Cryptoxanthin, betamcg	0		0	z	7		0.000		
Lycopene mcg	0		0	z	7		0.000		
Lutein + zeaxanthin mcg	0		0	z	7		0.000		

Common Measures:

Measure 1 = 30g: .75 cup (1 NLEA serving)

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 42240 Cereals ready-to-eat, corn, whole wheat, rolled oats, presweetened, with almonds, single brand

		<u>A</u>	mount in 10	<u>0 grams</u>	of edik	ole portio	<u>n</u>	Amount in edible portion of common				
				Number				measures of food				
				of Data	Deriv	Source	Confidence					
Nutrients and Unit	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure		
Proximates: Water	a	3.00		0	MC	9		0.93				
Energy	-	407		0	MC	9		126				
Energy		1703		·		9		528				
Protein	=	7.80		0	MC	9		2.42				
Total lipid (fat)	-	8.50		0	NR	4		2.64				
Ash		2.30		0	MC	9		0.71				
Carbohydrate, by difference		78.00		0	MC	9		24.18				
Fiber, total dietary		4.5		0	MC	9		1.4				
Sugars, total		21.00		0	MC	9		6.51				
Starch	-	21.00		ŭ		,		0.31				
Minerals:												
Calcium. Ca	mg	37		0	MC	9		11				
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	26.13		0	MC	9		8.10				
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	69		0	MC	9		21				
Phosphorus, P		192		0	MC	9		60				
Potassium, K	mg	227		0	MC	9		70				
Sodium, Na		603		0	MC	9		187				
Zinc, Zn	mg	0.97		0	MC	9		0.30				
Copper, Cu	mg	0.224	l	0	MC	9		0.069				
Manganese, Mn		1.524	l		FLC	4		0.472				
Selenium, Se	mcg	12.0		0	BFZN	4		3.7				
<u>Vitamins:</u>												
Vitamin C, total ascorbic acid		0.1		0	MC	9		0.0				
Thiamin		1.210		0	MC	9		0.375				
Riboflavin		1.370		0	MC	9		0.425				
Niacin		16.130		0	MC	9		5.000				
Pantothenic acid		0.605		•	FLC	4		0.188				
Vitamin B-6	-	1.610)	0	MC	9		0.499				
Folate, total		323		0	MC	9		100				
Folic acid		304 19		0	NC CAZN	4 4		94 6				
Folate, food		536		0	NC	4		166				
Folate, DFEVitamin B-12		4.84		0	MC	9		1.50				
Vitamin A, IU		2419		0	MC	9		750				
Vitamin A, RAE		726		0	NC	4		225				
Retinol		726		Ö	NC	4		225				
Vitamin E (alpha-tocopherol)		1.49		0	MC	9		0.46				
Tocopherol, beta	mg											
Tocopherol, gamma												
Tocopherol, delta												
Vitamin D	IU	129.000)	0	MC	9		39.990				
Vitamin K (phylloquinone)	mcg	0.9		0	FLM	4		0.3				
Lipids:												
Fatty acids, total saturated	g	1.100)	0	MC	9		0.341				
4:0		0.000)	0	FLM	4		0.000				
6:0	g	0.000		0	FLM	4		0.000				
8:0		0.004		0	FLM	4		0.001				
10:0		0.000		0	FLM	4		0.000				
12:0		0.002		0	FLM	4		0.001				
13:0		0.000		0	FLM	4		0.000				
14:0	_	0.003		0	FLM	4		0.001				
15:0	_	0.000		0	FLM	4		0.000				
16:0	_	0.815		0	FLM	4		0.253				
17:0	_	0.000		0	FLM	4		0.000				
18:0	g	0.217		0	FLM	4		0.067				
20:0		0.000		0 0	FLM FLM	4 4		0.000 0.000				

NDB No. 42240 Cereals ready-to-eat, corn, whole wheat, rolled oats, presweetened, with almonds, single brand

		Ar	mount in 100	grams	Amount in edible portion of common					
Nutrients and	Units	Mean		lumber of Data Points		Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsatural	tedg	4.176			FLC	4		1.295		
14:1	g	0.000		0	FLM	4		0.000		
15:1	g									
16:1 undifferentiated	g	0.027		0	FLM	4		0.008		
17:1	g									
18:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	4.007		0	FLM	4		1.242		
20:1	g	0.000		0	FLM	4		0.000		
22:1 undifferentiated	g	0.000		0	FLM	4		0.000		
24:1 c	g	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturate	edg	2.737		0	FLM	4		0.848		
18:2 undifferentiated	g	2.699		0	FLM	4		0.837		
18:3 undifferentiated	g	0.038		0	FLM	4		0.012		
18:4	g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c	g	0.000		0	FLM	4		0.000		
20:3 undifferentiated	g	0.000		0	FLM	4		0.000		
20:4 undifferentiated	g	0.000		0	FLM	4		0.000		
20:5 n-3	g	0.000		0	FLM	4		0.000		
22:5 n-3	g	0.000		0	FLM	4		0.000		
22:6 n-3	g	0.000		0	FLM	4		0.000		
Fatty acids, total trans	g									
Cholesterol		0		0	MC	9		0		
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	Z	7		0.0		
Caffeine	mg	0		0	FLC	4		0		
Theobromine	mg	0		0	FLC	4		0		
Carotenoids:										
Carotene, beta	mcg	0		0	z	7		0.000		
Carotene, alpha		0		0	z	7		0.000		
Cryptoxanthin, beta		0		0	z	7		0.000		
Lycopene		0		0	Z	7		0.000		
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000		

Common Measures:

Measure 1 = 31g: .75 cup (1 NLEA serving)

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

		<u>A</u> :	mount in 100	grams	of edib	le portio	<u>n</u>	Amount in edible portion of common		
			N	umber				<u>m</u>	easures of food	<u> </u>
			c	f Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error F	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.50	0.067	20		1		0.70	0.71	
Energy	kcal	396		0	NC	4		111	112	
Energy	kj	1657				4		464	470	
Protein (N x 5.95)	g	6.40		76		1		1.79	1.81	
Total lipid (fat)	g	0.40		95		1		0.11	0.11	
Ash	g	2.20		1		1		0.62	0.62	
Carbohydrate, by difference	g	88.60		0	NC	4		24.81	25.12	
Fiber, total dietary	g	1.2		0		4		0.3	0.3	
Sugars, total		9.10		0	BFZN	4		2.55	2.58	
Starch										
Minerals:										
Calcium, Ca	-	18		29		1		5	5	
Iron, Fe	-	2.50		0		5		0.70	0.71	
Magnesium, Mg		42		5		1		12	12	
Phosphorus, P	-	109		79		1		31	31	
Potassium, K		95		26		1		27	27	
Sodium, Na	_	734		104		1		206	208	
Zinc, Zn		1.66		60		1		0.46	0.47	
Copper, Cu		0.219		56		1		0.061	0.062	
Manganese, Mn		1.297	7	0		4		0.363	0.368	
Selenium, Se	mcg	15.4		0	BFZN	4		4.3	4.4	
Vitamins:										
Vitamin C, total ascorbic acid	ma	52.9		0		8		14.8	15.0	
Thiamin	-	1.850)	0		8		0.518	0.524	
Riboflavin		2.100		0		8		0.588	0.595	
Niacin		24.710		0		8		6.919	7.005	
Pantothenic acid	-	0.387		25		1		0.108	0.110	
Vitamin B-6	-	2.470		0		8		0.692	0.700	
* Folate, total	-	315	•	0	BFZN	4		88	89	
Folic acid		311		0	BFZN	4		87	88	
Folate, food		4		0	BFZN	4		1	1	
Folate, DFE		533		0	NC	4		149	151	
Vitamin B-12		0.29		26	NC	1		0.08	0.08	
Vitamin A, IU		4416		0	NC	4		1237	1252	
Vitamin A, RAE		1326		0	NC	4		371	376	
Retinol		1325		0	NC	4		371	376	
Vitamin E (alpha-tocopherol)		0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta		0.00		U	FLC	-		0.00	0.00	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0		0	FLC	4		0.0	0.0	
vitanini K (pirynoquinone)	<u>.</u> 11109	0.0		·	120	•		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	0.074	l .	0	NC	4		0.021	0.021	
4:0	g	0.000)	0	FLC	4		0.000	0.000	
6:0	g	0.000)	0	FLC	4		0.000	0.000	
8:0	g	0.000)	0	FLC	4		0.000	0.000	
10:0	g	0.000)	0	FLC	4		0.000	0.000	
12:0	g	0.000)	0	FLC	4		0.000	0.000	
13:0	g									
14:0	g	0.002	2	0	FLC	4		0.000	0.000	
15:0	g									
16:0		0.067	,	0	FLC	4		0.019	0.019	
17:0	g									
18:0	_	0.005	5	0	FLC	4		0.001	0.001	
20:0	_									
22:0	_									
24:0	_									

		<u>Ar</u>	nount in 10	0 grams Number		ole portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and U	Jnits	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturate		0.070		0	NC	4		0.020	0.020		
14:1											
15:1	-										
16:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.001		0	FLC	4		0.000	0.000		
17:1	-										
18:1 undifferentiated		0.069		0	FLC	4		0.019	0.020		
20:1	-	0.000		0	FLC	4		0.000	0.000		
22:1 undifferentiated	•	0.000		0	FLC	4		0.000	0.000		
24:1 c											
Fatty acids, total polyunsaturated		0.110		0	NC	4		0.031	0.031		
18:2 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.091		0	FLC	4		0.025	0.026		
18:3 undifferentiated	-	0.019		0	FLC	4		0.005	0.005		
18:4	-	0.000		0	FLC	4		0.000	0.000		
20:2 n-6 c,c											
20:3 undifferentiated	• • • • • • • • • • • • • • • • • • • •										
20:4 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.000		0	FLC	4		0.000	0.000		
20:5 n-3		0.000		0	FLC	4		0.000	0.000		
22:5 n-3	g	0.000		0	FLC	4		0.000	0.000		
22:6 n-3	g	0.000		0	FLC	4		0.000	0.000		
Fatty acids, total trans	g										
Cholesterol	• • • • • • • • • • • • • • • • • • • •	0		0	Z	7		0	0		
Phytosterols	mg	0		0	FLC	4		0	0		
Others:											
Alcohol, ethyl	g	0.0		0		7		0.0	0.0		
Caffeine	mg	0		0	FLC	4		0	0		
Theobromine	mg	0		0	FLC	4		0	0		
Carotenoids:											
Carotene, beta	mcg	0		0	FLC	4		0.000	0.000		
Carotene, alpha	mcg	0		0	FLC	4		0.000	0.000		
Cryptoxanthin, beta	mcg	0		0	FLC	4		0.000	0.000		
Lycopene	mcg	0		0	FLC	4		0.000	0.000		
Lutein + zeaxanthin	mcg	0		0	FLC	4		0.000	0.000		

Common Measures:

Measure 1 = 28g: 1 cup Measure 2 = 28.35g: 1 oz

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 3.82 Fat 8.37 Carbohydrate 4.16

Food Group: 08 Breakfast Cereals

		<u>Aı</u>	mount in 10	0 grams	of edib	le portio	<u>n</u>		edible portion	
				Number				<u>m</u>	easures of food	_
Nutrients and Uni	ts	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:	a	2.80				4		0.78		
Water	-									
Energy		388				8		109 455		
Energy		1623				8				
Protein.		7.10				8		1.99		
Total lipid (fat)		3.50				8		0.98		
Ash		2.50		0	BFZN	4		0.70		
Carbohydrate, by difference		84.10		0	NC	4		23.55		
Fiber, total dietary		4.3				4		1.2		
Sugars, total		43.50		0	BFZN	4		12.18		
Starch	g									
Minerals:										
Calcium, Ca	mg	71				8		20		
Iron, Fe	-	15.87				8		4.44		
Magnesium, Mg	mg	28				8		8		
Phosphorus, P	mg	141				8		39		
Potassium, K	mg	207				4		58		
Sodium, Na	mg	564				8		158		
Zinc, Zn	mg	7.94				8		2.22		
Copper, Cu	mg	0.141	•			8		0.039		
Manganese, Mn										
Selenium, Se	mcg	34.5		0	RA	4		9.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	52.9				8		14.8		
Thiamin	mg	1.320	1			8		0.370		
Riboflavin		1.500)			8		0.420		
Niacin	<u>mg</u>	17.640)			8		4.939		
Pantothenic acid	mg									
Vitamin B-6	mg	1.760)			8		0.493		
Folate, total		353				8		99		
Folic acid		334		0	NC	4		94		
Folate, food		19		0	BFZN	4		5		
Folate, DFE		587		0	NC	4		164		
Vitamin B-12		5.29				8		1.48		
Vitamin A, IU		4409				8		1235		
Vitamin A, RAE		1324		0	NC	4		371		
Retinol		1324		0	NC	4		371		
Vitamin E (alpha-tocopherol)	_	0.57		0	BFZN	4		0.16		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)		1.2		0	BFZN	4		0.3		
vitamin K (phynoquinone)	9			·	21 211	-		0.5		
<u>Lipids:</u>										
Fatty acids, total saturated		0.620				4		0.174		
4:0		0.000				4		0.000		
6:0		0.000				4		0.000		
8:0	-	0.000				4		0.000		
10:0	-	0.000				4		0.000		
12:0		0.011	•			4		0.003		
13:0						_				
14:0		0.006	•			4		0.002		
15:0	-	0 ====								
16:0	-	0.522				4		0.146		
17:0		0 000						0.000		
18:0		0.033	•			4		0.009		
20:0 22:0	-									
7.7:11	(1									

		<u>Ar</u>	mount in 10			ole portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and l	Jnits	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure
Fatty acids, total monounsaturat		1.100				4		0.308		
14:1	<u>-</u>									
15:1										
16:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.006				4		0.002		
17:1	_									
18:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	1.094				4		0.306		
20:1	_	0.000				4		0.000		
22:1 undifferentiated	•	0.000				4		0.000		
24:1 c	_	4 000								
Fatty acids, total polyunsaturated		1.280				4		0.358		
18:2 undifferentiated	_	1.222				4		0.342		
18:3 undifferentiated	_	0.056				4		0.016		
18:4	_	0.000				4		0.000		
20:2 n-6 c,c										
20:3 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.000								
20:4 undifferentiated	_	0.000				4		0.000		
20:5 n-3	_	0.000				4		0.000		
22:5 n-3		0.000				4		0.000		
22:6 n-3	_	0.000				4		0.000		
Fatty acids, total trans		_						_		
Cholesterol	_	0				8		0		
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0				7		0.0		
Caffeine	mg	0		0	BFZN	4		0		
Theobromine	mg	0		0	BFZN	4		0		
Carotenoids:										
Carotene, beta	mcg	0		0	BFZN	4		0.000		
Carotene, alpha		0		0	BFZN	4		0.000		
Cryptoxanthin, beta		0		0	BFZN	4		0.000		
Lycopene		0		0	BFZN	4		0.000		
Lutein + zeaxanthin		0		0	BFZN	4		0.000		

Common Measures:

Measure 1 = 28g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

		<u>A</u>	mount in 10	0 grams	of edil	ole portio	<u>n</u>		edible portion of	of common
				Number	•			<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.41		0	RC	4		6.60	1.53	
Energy	kcal	490		0	RC	4		598	139	
Energy	kj	2052		0	RC	4		2504	582	
Protein (N x 5.8)	g	14.87		0	RC	4		18.14	4.21	
Total lipid (fat)	g	24.36		0	RC	4		29.72	6.91	
Ash	g	2.42		0	RC	4		2.95	0.69	
Carbohydrate, by difference	g	52.95		0	RC	4		64.60	15.01	
Fiber, total dietary	g	8.6		0	RC	4		10.5	2.4	
Sugars, total	g	20.10		0	RC	4		24.52	5.70	
Starch	g									
Minorals										
Minerals:	ma	78		0	RC	4		96	22	
Calcium, Ca Iron, Fe	-	78 4.25		0	RC	4		96 5.19	1.21	
Magnesium, Mg	-	175		0	RC	4		214	50	
Phosphorus, P		457		0	RC	4		557	129	
Potassium, K	-	537		0	RC	4		655	152	
Sodium, Na		22		0	RC	4		27	6	
Zinc, Zn	-	4.11		0	RC	4		5.01	1.16	
Copper, Cu		0.636	5	0	RC	4		0.775	0.180	
Manganese, Mn		4.155		0	RC	4		5.069	1.178	
Selenium, Se		27.8		0	RC	4		33.9	7.9	
·										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	1.2		0	RC	4		1.5	0.3	
Thiamin	-	0.736		0	RC	4		0.897	0.209	
Riboflavin	-	0.292		0	RC	4		0.357	0.083	
Niacin	-	2.115		0	RC	4		2.580	0.600	
Pantothenic acid	_	1.603		0	RC	4		1.956	0.454	
Vitamin B-6	_	0.311	_	0	RC	4		0.379	0.088	
Folate, total		83		0	RC	4		101	23	
Folic acid		0		0	RC	4		0	0	
Folate, food		83		0	RC	4		101	23	
Folate, DFE		83		0	NC	4		101	23	
Vitamin B-12		0.00		0	RC	4		0.00	0.00	
Vitamin A, IU		12		0	NC	4		15	3	
Vitamin A, RAE		1		0	NC	4		1	0	
Retinol		0		0	RC	4		0	0	
Vitamin E (alpha-tocopherol)		5.88		0	RC	4		7.17	1.67	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)		12.4		0	RC	4		15.1	3.5	
vitanini K (phynoquinone)	9			·	-1.0	-		2012	3.3	
<u>Lipids:</u>										
Fatty acids, total saturated	g	4.537		0	RC	4		5.535	1.286	
4:0		0.000		0	RC	4		0.000	0.000	
6:0	_	0.013		0	RC	4		0.016	0.004	
8:0		0.161		0	RC	4		0.197	0.046	
10:0		0.128		0	RC	4		0.156	0.036	
12:0		1.028		0	RC	4		1.254	0.291	
13:0		0.000		0	RC	4		0.000	0.000	
14:0		0.420		0	RC	4		0.512	0.119	
15:0	_	0.000		0	RC	4		0.000	0.000	
16:0	_	2.041		0	RC	4		2.490	0.579	
17:0	_	0.000		0	RC	4		0.000	0.000	
18:0	-	0.745		0	RC	4		0.909	0.211	
20:0	-	0.000		0	RC	4		0.000	0.000	
22:0		0.000		0	RC	4		0.000	0.000	
24:0	g	0.000)	0	RC	4		0.000	0.000	

		<u>A</u>	mount in 10			ole portio	<u>on</u>		edible portion o	f common
				Number		Caaa	Confidence			
Nutrients and Units		Mean	Std. Error	of Data Points		Code	Confidence	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	7.643	i	0	RC	4		9.325	2.167	
14:1		0.000		0	RC	4		0.000	0.000	
15:1		0.000		0	RC	4		0.000	0.000	
16:1 undifferentiated		0.061		0	RC	4		0.074	0.017	
17:1		0.000		0	RC	4		0.000	0.000	
18:1 undifferentiated	•	7.565		0	RC	4		9.229	2.145	
20:1	-	0.017		0	RC	4		0.021	0.005	
22:1 undifferentiated		0.000	ı	0	RC	4		0.000	0.000	
24:1 c	g	0.000	ı	0	RC	4		0.000	0.000	
Fatty acids, total polyunsaturated		10.710	ı	0	RC	4		13.066	3.036	
18:2 undifferentiated		10.221		0	RC	4		12.470	2.898	
18:3 undifferentiated	g	0.488		0	RC	4		0.596	0.138	
18:3 n-6 c,c,c	g	0.000	1	0	RC	4		0.000	0.000	
18:3i	g									
18:4	g	0.000	1	0	RC	4		0.000	0.000	
20:2 n-6 c,c	g	0.000	1	0	RC	4		0.000	0.000	
20:3 undifferentiated	g	0.000	1	0	RC	4		0.000	0.000	
20:3 n-3	g									
20:3 n-6	g									
20:4 undifferentiated	g	0.000	1	0	RC	4		0.000	0.000	
20:4 n-3	g									
20:4 n-6	-									
20:5 n-3		0.000		0	RC	4		0.000	0.000	
22:5 n-3	-	0.000		0	RC	4		0.000	0.000	
22:6 n-3	-	0.000		0	RC	4		0.000	0.000	
Fatty acids, total trans									_	
Cholesterol		0		0	RC	4		0	0	
Phytosterols	mg	104		0	RC	4		127	29	
Amino Acids:	_	0.105		•				0.040		
Tryptophan		0.197		0 0	RC	4 4		0.240	0.056	
Threonine		0.543		0	RC	4		0.662 0.721	0.154	
Isoleucine	_	0.591 1.054		0	RC RC	4		1.286	0.167	
LeucineLysine	-	0.643		0	RC	4		0.785	0.299 0.182	
Methionine	-	0.843		0	RC	4		0.783	0.182	
Cystine	_	0.292		0	RC	4		0.356	0.073	
Phenylalanine		0.740		0	RC	4		0.903	0.083	
Tyrosine		0.439		0	RC	4		0.536	0.125	
Valine		0.453		0	RC	4		0.926	0.125	
Arginine	•	1.367		0	RC	4		1.668	0.213	
Histidine		0.390		0	RC	4		0.476	0.388	
Alanine		0.780		0	RC	4		0.951	0.221	
Aspartic acid		1.456		0	RC	4		1.776	0.413	
Glutamic acid		3.189		0	RC	4		3.891	0.904	
Glycine		0.866		0	RC	4		1.056	0.245	
Proline		0.792		0	RC	4		0.966	0.225	
Serine		0.679		0	RC	4		0.829	0.193	
Hydroxyproline										
	_									
Others:	a	0 0		0	D.C.	4		0.0	0.0	
Alcohol, ethyl	-	0.0 0		0	RC RC	4		0.0	0.0	
Caffeine Theobromine.		0		0	RC	4		0	0	
Carotenoids:	mg	U		U	RC	*		U	U	
Carotene, beta	mca	7		0	RC	4		8.705	2.023	
Carotene, alpha		0		0	RC	4		0.000	0.000	
Cryptoxanthin, beta		0		0	RC	4		0.000	0.000	
Lycopene		0		0	RC	4		0.000	0.000	
Lutein + zeaxanthin		137		0	RC	4		167.599	38.946	

NDB No. 08037

Cereals ready-to-eat, granola, homemade

Common Measures:

Measure 1 = 122g: 1 cup Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3.5 Fat 8.6 Carbohydrate 3.9

Food Group: 08 Breakfast Cereals

NDB No. 08305 Cereals ready-to-eat, oat, corn and wheat squares, presweetened, maple flavored

		<u>A</u>	mount in 100 gra	ams of edi	ble portic	<u>on</u>	Amount in	edible portion	of common
			Num	ber			m	easures of food	<u>I</u>
				ata Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Poi			Code	Measure 1	Measure 2	Measure
Proximates:									
Water	g	2.50		0 MC	9		0.75		
Energy	kcal	430		0 MC	9		129		
Energy	kj	1799			9		540		
Protein	g	6.00		0 MC	9		1.80		
Total lipid (fat)	g	9.80		0 NR	4		2.94		
Ash	g	1.80		0 MC	9		0.54		
Carbohydrate, by difference	g	79.90		0 MC	9		23.97		
Fiber, total dietary	g	1.8		0 MC	9		0.5		
Sugars, total		35.45		0 FLM	1 4		10.64		
Starch									
Minerals:		6.0			_		_		
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	20		0 MC	9		6		
Iron, Fe.		6.00 39		0 MC 0 MC	9 9		1.80 12		
Magnesium, Mg					9		12 34		
Phosphorus, P	-	113 112		0 MC 0 MC	9		34 34		
Potassium, KSodium, Na		432		0 MC	9		130		
Zinc, Zn		1.36		0 FLM	4		0.41		
Copper, Cu		0.118	1	0 MC	9		0.035		
Manganese, Mn		1.278		0 FLM	4		0.383		
Selenium, Se		5.4	•	0 RA	4		1.6		
•									
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid	mg	0.0		0 FLM	4		0.0		
Thiamin	-	1.250		0 MC	9		0.375		
Riboflavin	mg	1.420		0 MC	9		0.426		
Niacin	-	16.670		0 MC	9		5.001		
Pantothenic acid	mg	0.070)	0 FLM	4		0.021		
Vitamin B-6	-	1.670)	0 MC	9		0.501		
Folate, total	mcg	333		0 MC	9		100		
Folic acid		314		0 NC	4		94		
Folate, food		19		0 CAAN			6		
Folate, DFE		553		0 NC	4		166		
Vitamin B-12		0.00		0 FLM	4		0.00		
Vitamin A, IU		2500		0 MC	9		750		
Vitamin A, RAE		737		0 NC	4		221		
Retinol		735		0 NC	4		220		
Vitamin E (alpha-tocopherol)	mg	0.75		0 FLM	4		0.22		
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta		400.00							
Vitamin D		133.000)	0 MC	9		39.900		
Vitamin K (phylloquinone)	incy	2.3		0 FLM	4		0.7		
<u>Lipids:</u>									
Fatty acids, total saturated	g	1.400)	0 MC	9		0.420		
4:0		0.000)	0 FLM	4		0.000		
6:0		0.000		0 FLM	4		0.000		
8:0		0.000		0 FLM	4		0.000		
10:0	g	0.000)	0 FLM	4		0.000		
12:0		0.007		0 FLM	4		0.002		
13:0									
14:0		0.009)	0 FLM	4		0.003		
15:0									
16:0	-	1.026	5	0 FLM	4		0.308		
17:0	-								
18:0	-	0.323	3	0 FLM	4		0.097		
20:0	-								
22:0	-								

	<u>Ar</u>	nount in 100 gram	s of edi	ble portic	<u>on</u>	Amount in edible portion of common		
Nutrients and Units	Mean	Number of Dat Std. Error Points	a Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	4.303	0	FLM	4		1.291		
14:1g								
15:1g								
16:1 undifferentiatedg	0.034	0	FLM	4		0.010		
17:1g								
18:1 undifferentiatedg	4.269	0	FLM	4		1.281		
20:1g	0.000	0	FLM	4		0.000		
22:1 undifferentiatedg	0.000	0	FLM	4		0.000		
24:1 cg								
Fatty acids, total polyunsaturatedg	4.082	0	FLM	4		1.225		
18:2 undifferentiated	3.846	0	FLM	4		1.154		
18:3 undifferentiatedg	0.236	0	FLM	4		0.071		
18:4g	0.000	0	FLM	4		0.000		
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0	FLM	4		0.000		
20:5 n-3g	0.000	0	FLM	4		0.000		
22:5 n-3g	0.000	0	FLM	4		0.000		
22:6 n-3g	0.000	0	FLM	4		0.000		
Fatty acids, total trans9								
Cholesterol mg	g 0	0	Z	7		0		
Phytosterolsmg	3 8	0	FLM	4		2		
Others:								
Alcohol, ethylg	0.0	0	Z	7		0.0		
Caffeine mg	0	0	FLM	4		0		
Theobromine mg	0	0	FLM	4		0		
<u>Carotenoids:</u>								
Carotene, betamcg	24	0	FLM	4		7.269		
Carotene, alpha mcc		0	FLM	4		4.758		
Cryptoxanthin, beta mcg		0	Z	7		0.000		
Lycopene mcc		0	FLM	4		0.000		
Lutein + zeaxanthin mcg		0	FLM	4		114.311		

Common Measures:

Measure 1 = 30g: 1 cup (1 NLEA serving)

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08002 Cereals ready-to-eat, oats, corn puffed mixture, presweetened, single brand

		<u>A</u> 1	mount in 100 grar	ns of edi	ble portic	<u>on</u>	Amount in edible portion of common		
			Numb	er			<u>m</u>	easures of food	<u>-</u>
			of Da	ta Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure 3
D									
Proximates: Water	q	1.30	C) MC	9		0.42	0.27	
Energy		405	C		9		130	85	
Energy		1695			9		542	356	
Protein		8.50	C) MC	9		2.72	1.79	
Total lipid (fat)	-	4.10	C) NR	4		1.31	0.86	
Ash		2.50	C) MC	9		0.80	0.53	
Carbohydrate, by difference		83.50	C) MC	9		26.72	17.54	
Fiber, total dietary		4.1	C) MC	9		1.3	0.9	
Sugars, total		39.00	C) MC	9		12.48	8.19	
Starch									
Minerals:			_		_		4.6	_	
Calcium, Ca	-	30	0		9		10	6	
Iron, Fe.	-	8.44 78	0		9 9		2.70 25	1.77	
Magnesium, Mg			-		9		25 67	16	
Phosphorus, P Potassium, K	-	208 194	0		9		67 62	44 41	
Sodium, Na		661	0		9		212	139	
Zinc, Zn		4.69	0		9		1.50	0.98	
Copper, Cu		0.310			9		0.099	0.065	
Manganese, Mn		1.880			4		0.602	0.395	
Selenium, Se		13.1	0	RA	4		4.2	2.8	
·									
<u>Vitamins:</u>			_						
Vitamin C, total ascorbic acid		0.0	0		9		0.0	0.0	
Thiamin		1.170			9		0.374	0.246	
Riboflavin		1.330			9		0.426	0.279	
Niacin	-	15.630			9		5.002	3.282	
Pantothenic acid		0.514			1 9		0.164	0.108	
Vitamin B-6	-	1.560 312	0		9		0.499 100	0.328 66	
Foliate, total		293	0		4		94	62	
Folic acid		293 19	0				6	4	
Folate, food	mcg DEE	517	0		4		165	109	
Vitamin B-12		4.69	0		9		1.50	0.98	
Vitamin A, IU		2344	0		9		750	492	
Vitamin A, RAE		704	0		4		225	148	
Retinol		704	0		4		225	148	
Vitamin E (alpha-tocopherol)		0.06	0		9		0.02	0.01	
Tocopherol, beta	-		_		-			***=	
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D		125.000	0	MC	9		40.000	26.250	
Vitamin K (phylloquinone)		1.4	0	FLM	4		0.4	0.3	
Tinia									
<u>Lipids:</u>	0	0 000) 0	MC	9		0.056	0.160	
Fatty acids, total saturated		0.800					0.256	0.168	
4:0	-	0.000			4 4		0.000 0.000	0.000 0.000	
6:0 8:0	-	0.000			4		0.000	0.000	
10:0		0.000			4		0.000	0.000	
12:0	-	0.000					0.004	0.000	
13:0	_	0.015	·		•		3.004	0.003	
14:0	-	0.007	, 0	FLM	4		0.002	0.001	
15:0	_	3.007	·		•		0.002	0.001	
16:0	-	0.667	, 0	FLM	4		0.213	0.140	
17:0	-		•		-				
18:0	-	0.060	0	FLM	4		0.019	0.013	
20:0	_							-	
22:0	-								
	g								

	<u>Ar</u>	mount in 10	0 grams Number		ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	1.175		0	FLC	4		0.376	0.247	
14:1g									
15:1g	0.006		0	FLM	4		0.002	0.001	
16:1 undifferentiated	0.006		U	FLM	4		0.002	0.001	
17:1	1.215		0	FLM	4		0.389	0.255	
20:1g	0.000		0	FLM	4		0.389	0.255	
22:1 undifferentiated	0.000		0	FLM	4		0.000	0.000	
24:1 cg	0.000		U	FIM	-		0.000	0.000	
Fatty acids, total polyunsaturatedg	1.487		0	FLC	4		0.476	0.312	
18:2 undifferentiatedg	1.431		0	FLM	4		0.458	0.300	
18:3 undifferentiatedg	0.061		0	FLM	4		0.020	0.013	
18:4g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,cg	0.000		v		•		0.000	0.000	
20:3 undifferentiated									
20:4 undifferentiated	0.000		0	FLM	4		0.000	0.000	
20:5 n-3g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans									
Cholesterolmg	0		0	MC	9		0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0	0.0	
Caffeinemg	0		0	FLM	4		0	0	
Theobromine mg	0		0	FLM	4		0	0	
Carotenoids:									
Carotene, betamcg	0		0	z	7		0.000	0.000	
Carotene, alphamcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, betamcg	0		0	z	7		0.000	0.000	
Lycopenemcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin mcg	0		0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 32g: 1 cup (1 NLEA serving) Measure 2 = 21g: 1 box, single serving (.75 oz)

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 42100 Cereals ready-to-eat, oats, corn puffed mixture, presweetened, with marshmallows, single brand

		<u>A</u>	mount in 10	00 grams	of edil	ole portio	<u>on</u>		edible portion	
Nutrients and Uni	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	! Measure 3
Proximates:										
Water	_	1.50		0	MC	9		0.44		
Energy		398		0	MC	9		115		
Energy	kj	1665				9		483		
Protein		5.90		0	MC	9		1.71		
Total lipid (fat)	g	3.30		0	NR	4		0.96		
Ash	g	2.50		0	MC	9		0.73		
Carbohydrate, by difference	g	86.70		0	MC	9		25.14		
Fiber, total dietary	g	1.7		0	MC	9		0.5		
Sugars, total	g	43.50		0	MC	9		12.62		
Starch	g									
Minerals:										
Calcium, Ca	mg	14		0	MC	9		4		
Iron, Fe	_	9.31		0	MC	9		2.70		
Magnesium, Mg		41		0	MC	9		12		
Phosphorus, P		132		0	MC	9		38		
Potassium, K	mg	100		0	MC	9		29		
Sodium, Na	mg	711		0	MC	9		206		
Zinc, Zn	<u>mg</u>	5.17		0	MC	9		1.50		
Copper, Cu	mg	0.100)	0	MC	9		0.029		
Manganese, Mn	mg	1.431	-	0	FLM	4		0.415		
Selenium, Se	mcg	11.8		0	RA	4		3.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg	1.290)	0	MC	9		0.374		
Riboflavin	mg	1.470)	0	MC	9		0.426		
Niacin	mg	17.240)	0	MC	9		5.000		
Pantothenic acid	mg	0.079)	0	FLM	4		0.023		
Vitamin B-6	mg	1.730)	0	MC	9		0.502		
Folate, total	mcg	345		0	MC	9		100		
Folic acid	mcg	326		0	NC	4		95		
Folate, food		19		0	CAZN	4		6		
Folate, DFE	mcg_DFE	573		0	NC	4		166		
Vitamin B-12	mcg	5.17		0	MC	9		1.50		
Vitamin A, IU		2586		0	MC	9		750		
Vitamin A, RAE		776		0	NC	4		225		
Retinol		776		0	NC	4		225		
Vitamin E (alpha-tocopherol)		0.57		0	MC	9		0.17		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta		100 000						40.000		
Vitamin D.		138.000)	0	MC	9		40.020		
Vitamin K (phylloquinone)	nicg	1.2		0	FLM	4		0.3		
<u>Lipids:</u>										
Fatty acids, total saturated		0.600		0	MC	9		0.174		
4:0		0.000		0	FLM	4		0.000		
6:0		0.000		0	FLM	4		0.000		
8:0		0.000		0	FLM	4		0.000		
10:0		0.000		0	FLM	4		0.000		
12:0		0.010)	0	FLM	4		0.003		
13:0	-	2 22		^						
14:0	-	0.005	•	0	FLM	4		0.002		
15:0	_	0.50		^				0 146		
16:0	_	0.504	ı	0	FLM	4		0.146		
17:0	_	0 000	•	^	WT 54			0.011		
18:0	_	0.038	•	0	FLM	4		0.011		
20:0	_									
22:0	g g									

NDB No. 42100 Cereals ready-to-eat, oats, corn puffed mixture, presweetened, with marshmallows, single brand

	An	nount in 10	00 grams	of edit	ole portio	<u>on</u>	Amount in edible portion of common		
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	1.015		0	FLM	4		0.294		
14:1g									
15:1g	0.000		•				0.000		
16:1 undifferentiatedg	0.006		0	FLM	4		0.002		
17:1g	1.009		0	TT 14			0.000		
18:1 undifferentiatedg			0	FLM	4 4		0.293		
20:1g	0.000		-	FLM	-		0.000		
22:1 undifferentiatedg	0.000		0	FLM	4		0.000		
24:1 cg	1.209		0	FLM	4		0.351		
Fatty acids, total polyunsaturatedg	1.209		0	FLM	4		0.351		
18:2 undifferentiated	0.051		0	FLM	4				
	0.031		0	FLM	4		0.015 0.000		
18:4g	0.000		U	FLM	4		0.000		
20:2 n-6 c,cg 20:3 undifferentiatedg									
20:4 undifferentiated	0.000		0	FLM	4		0.000		
20:5 n-3g	0.000		0	FLM	4		0.000		
20:5 n-3g 22:5 n-3g	0.000		0	FLM	4		0.000		
22:6 n-3	0.000		0	FLM	4		0.000		
•	0.000		U	FIM	-		0.000		
Fatty acids, total trans	0		0	MC	9		0		
Phytosterolsmg	V		Ū	мс	9		Ū		
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0		
Caffeine mg	0		0	FLM	4		0		
Theobrominemg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta mcg	0		0	Z	7		0.000		
Carotene, alphamcg	0		0	Z	7		0.000		
Cryptoxanthin, betamcg	0		0	z	7		0.000		
Lycopenemcg	0		0	Z	7		0.000		
Lutein + zeaxanthinmcg	0		0	z	7		0.000		

Common Measures:

Measure 1 = 29g: 1 cup (1 NLEA serving)

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

		<u>Ar</u>	nount in 100	grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
			N	umbe	r			<u>m</u> e	easures of food	<u> </u>	
			0	f Data	Deriv	Source	Confidence				
Nutrients and Units	3	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	_	3.00	0.139			1		0.42	0.43		
Energy	kcal	402		0	NC	4		56	57		
Energy	kj	1682				4		235	239		
Protein (N x 5.95)		6.30	0.065			1		0.88	0.89		
Total lipid (fat)	g	0.50	0.032			1		0.07	0.07		
Ash		0.40	0.011			1		0.06	0.06		
Carbohydrate, by difference	g	89.80		0	NC	4		12.57	12.75		
Fiber, total dietary	g	1.7		0		4		0.2	0.2		
Sugars, total	g										
Starch	g										
Minavalse											
Minerals: Calcium, Ca	ma	6		1		1		1	1		
Iron, Fe	-	31.70		0		5		4.44	4.50		
Magnesium, Mg	-	25		1		1		4.44	4.50		
Phosphorus, P		98		1		1		4 14	14		
Potassium, K	-	113	2.482			1		16	16		
Sodium, Na		3	0.277			1		0	0		
Zinc, Zn		1.03	0.021			1		0.14	0.15		
Copper, Cu	-	0.169				1		0.024	0.024		
Manganese, Mn		1.500		1		1		0.210	0.213		
Selenium, Se		10.5		0	BFZN	4		1.5	1.5		
Scientini, Sc	9	20.0		·		-		2.0			
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0		
Thiamin		2.600		0		5		0.364	0.369		
Riboflavin	mg	1.800		0		5		0.252	0.256		
Niacin	-	35.300		0		5		4.942	5.013		
Pantothenic acid		0.320				1		0.045	0.045		
Vitamin B-6	_	0.075		1		1		0.011	0.011		
Folate, total		19	3.354			1		3	3		
Folic acid		0		0	Z	7		0	0		
Folate, food		19	3.354			1		3	3		
Folate, DFE	mcg_DFE	19		0	NC	4		3	3		
Vitamin B-12		0.00		0		4		0.00	0.00		
Vitamin A, IU		0		0		4		0	0		
Vitamin A, RAE		0		0	NC	4		0	0		
Retinol		0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	g	0.130		0		4		0.018	0.018		
Fatty acids, total monounsaturated											
Fatty acids, total polyunsaturated											
Fatty acids, total trans											
Cholesterol		0		0	Z	7		0	0		
Phytosterols	_								-		
•	-										
Amino Acids:	~			^				0.010	2 22 -		
Tryptophan		0.094		0		1		0.013	0.013		
Threonine	_	0.318		0		1		0.045	0.045		
Isoleucine	-	0.336		0		1		0.047	0.048		
Leucine		0.526		0		1		0.074	0.075		
Lysine		0.268		0		1		0.038	0.038		
Methionine	g	0.189		0		1		0.026	0.027		
Cystine	g	0.108		0		1		0.015	0.015		

	Amount in	100 grams of ed	Amount in edible portion of common			
Nutrients and Units	Mean Std. Erı	Number of Data Deriv or Points Code	Source Confidence Code Code	<u>me</u> Measure 1	easures of food Measure 2	Measure 3
Phenylalanine 9 Tyrosine 9 Valine 9 Arginine 9 Histidine 9 Alanine 9 Aspartic acid 9 Glutamic acid 9 Glycine 9 Proline 9 Serine 9	0.270 0.355 0.411 0.519 0.191 0.261 0.583 1.015 0.366 0.266 0.287	0 0 0 0 0 0 0 0	1 1 1 1 1 1 1 1 1	0.038 0.050 0.058 0.073 0.027 0.037 0.082 0.142 0.051 0.037	0.038 0.050 0.058 0.074 0.027 0.037 0.083 0.144 0.052 0.038	

Common Measures:

Measure 1 = 14.0g: 1 cup Measure 2 = 14.2g: .5 oz

Calories Factors: Protein 3.82 Fat 8.37 Carbohydrate 4.16

Food Group: 08 Breakfast Cereals

NDB No. 08034 Cereals ready-to-eat, rice, puffed, presweetened, fruit flavored, single brand

		<u>A</u>	mount in 100 grai	ns of edi	ble portic	<u>on</u>	Amount in edible portion of common			
			Numb	er			m	easures of food		
			of Da	ta Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure 3	
D										
Proximates: Water	a	3.00	(MC	9		0.81	0.63		
Energy		401	(9		108	84		
Energy		1678			9		453	352		
Protein		3.60	(MC	9		0.97	0.76		
Total lipid (fat)	_	3.90	(NR	4		1.05	0.82		
Ash		1.60	(MC	9		0.43	0.34		
Carbohydrate, by difference		87.90	(MC	9		23.73	18.46		
Fiber, total dietary	g	0.7	(MC	9		0.2	0.1		
Sugars, total	g	44.00	(MC	9		11.88	9.24		
Starch	g									
3.61										
Minerals:	ma	-	•	140	^		1	1		
Calcium, Ca	-	5 6.67	0		9 9		1.80	1 1.40		
Iron, Fe		19	0		9		1.80	1.40		
Phosphorus, P		58	0		9		16	12		
Potassium, K	_	110	C		9		30	23		
Sodium, Na		584	C		9		158	123		
Zinc, Zn		5.56	C	MC	9		1.50	1.17		
Copper, Cu		0.120) 0	MC	9		0.032	0.025		
Manganese, Mn		0.609) (FLC	4		0.164	0.128		
Selenium, Se	mcg	15.4	C	BFZN	4		4.2	3.2		
Vitamins:										
	ma	0.0	C	MC	9		0.0	0.0		
Vitamin C, total ascorbic acid Thiamin		1.390			9		0.0	0.0		
Riboflavin		1.570			9		0.424	0.330		
Niacin		18.520			9		5.000	3.889		
Pantothenic acid	_	0.562			4		0.152	0.118		
Vitamin B-6		1.850			9		0.500	0.389		
Folate, total	-	370	C	MC	9		100	78		
Folic acid		351	C	NC	4		95	74		
Folate, food		19	C	CAZN	4		5	4		
Folate, DFE	mcg_DFE	616	C	NC	4		166	129		
Vitamin B-12		5.56	C	MC	9		1.50	1.17		
Vitamin A, IU	IU	2778	C	MC	9		750	583		
Vitamin A, RAE	mcg_RAE	834	C	NC	4		225	175		
Retinol	mcg	834	C	NC	4		225	175		
Vitamin E (alpha-tocopherol)	mg	1.38	C	FLM	4		0.37	0.29		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta					•					
Vitamin D		148.000			9		39.960	31.080		
Vitamin K (phylloquinone)	mcg	0.2	С	FLM	4		0.1	0.0		
Lipids:										
Fatty acids, total saturated	g	0.900) (MC	9		0.243	0.189		
4:0		0.000) 0	FLM	4		0.000	0.000		
6:0	g	0.000) 0	FLM	4		0.000	0.000		
8:0	g	0.000	0	FLM	4		0.000	0.000		
10:0	-	0.000			4		0.000	0.000		
12:0	-	0.000	0	FLM	4		0.000	0.000		
13:0		_								
14:0	_	0.007	ď	FLM	4		0.002	0.001		
15:0	-							2 122		
16:0	-	0.608	3 C	FLM	4		0.164	0.128		
17:0	-	0.000	2 0	THT 9.5	,		0 071	0.055		
18:0	_	0.262		FLM	4		0.071	0.055		
20:0 22:0	-									
	u									

	<u>Ar</u>	mount in 10	0 grams Number		ole portio	<u>on</u>		edible portion of easures of food	
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	1.632		0	FLC	4		0.441	0.343	
14:1g									
15:1g	0.003		0				0.001	0 001	
16:1 undifferentiated	0.003		U	FLM	4		0.001	0.001	
17:1	1.512		0	FLM	4		0.408	0.318	
20:1g	0.000		0	FLM	4		0.408	0.318	
20:1 g 22:1 undifferentiated g	0.000		0	FLM	4		0.000	0.000	
24:1 cg	0.000		U	E TWI	*		0.000	0.000	
Fatty acids, total polyunsaturatedg	1.294		0	FLC	4		0.349	0.272	
18:2 undifferentiatedg	1.148		0	FLM	4		0.310	0.241	
18:3 undifferentiated	0.062		0	FLM	4		0.310	0.013	
18:4g	0.002		0	FLM	4		0.000	0.000	
20:2 n-6 c,cg	0.000		U	FIM	-		0.000	0.000	
20:3 undifferentiated									
20:4 undifferentiated	0.000		0	FLM	4		0.000	0.000	
20:5 n-3g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans					_		0.000	0.000	
Cholesterolmg	0		0	MC	9		0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	FLC	4		0	0	
Theobrominemg	0		0	FLC	4		0	0	
Carotenoids:									
Carotene, betamcg	0		0	z	7		0.000	0.000	
Carotene, alphamcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, betamcg	0		0	Z	7		0.000	0.000	
Lycopenemcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin mcg	0		0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 27g: .75 cup (1 NLEA serving) Measure 2 = 21g: 1 box, single serving (.75 oz)

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08015 Cereals ready-to-eat, rice, puffed, presweetened, with cocoa, single brand

		<u>A</u>	mount in 100 gram	s of edil	ole portic	<u>on</u>	Amount in edible portion of common		
			Numbe	r			<u>m</u>	easures of food	
			of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
D									
Proximates: Water	q	2.90	0	MC	9		0.84	0.61	
Energy		398	0	MC	9		115	84	
Energy		1665			9		483	350	
Protein		3.50	0	MC	9		1.02	0.74	
Total lipid (fat)	g	4.20	0	NR	4		1.22	0.88	
Ash	g	1.90	0	MC	9		0.55	0.40	
Carbohydrate, by difference	g	87.90	0	MC	9		25.49	18.46	
Fiber, total dietary	g	1.6	0	MC	9		0.5	0.3	
Sugars, total	g	44.00	0	MC	9		12.76	9.24	
Starch	g								
Minorals									
Minerals: Calcium, Ca	ma	12	0	мс	9		3	3	
Iron, Fe	-	6.21	0	MC	9		1.80	1.30	
Magnesium, Mg	_	37	0	MC	9		11	8	
Phosphorus, P		81	0	MC	9		23	17	
Potassium, K	-	146	0	MC	9		42	31	
Sodium, Na		541	0	MC	9		157	114	
Zinc, Zn		5.17	0	MC	9		1.50	1.09	
Copper, Cu	mg	0.215	0	MC	9		0.062	0.045	
Manganese, Mn	mg	0.655		FLC	4		0.190	0.138	
Selenium, Se	mcg	14.0	0	BFZN	4		4.1	2.9	
Vitamins:									
Vitamin C, total ascorbic acid	ma	0.0	0	MC	9		0.0	0.0	
Thiamin		1.290		MC	9		0.374	0.271	
Riboflavin		1.470		MC	9		0.426	0.309	
Niacin		17.240		MC	9		5.000	3.620	
Pantothenic acid	-	0.514	. 0	FLC	4		0.149	0.108	
Vitamin B-6		1.720	0	MC	9		0.499	0.361	
Folate, total	mcg	345	0	MC	9		100	72	
Folic acid		326	0	NC	4		95	68	
Folate, food	mcg	19	0	CAZN	4		6	4	
Folate, DFE	mcg_DFE	573	0	NC	4		166	120	
Vitamin B-12		5.17	0	MC	9		1.50	1.09	
Vitamin A, IU		2586	0	MC	9		750	543	
Vitamin A, RAE		776	0	NC	4		225	163	
Retinol		776	0	NC	4		225	163	
Vitamin E (alpha-tocopherol)		0.12	0	MC	9		0.03	0.02	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, deltaVitamin D		138.000	0	MC	9		40.020	28.980	
Vitamin K (phylloquinone)		0.8	0	FLM	4		0.2	0.2	
<u>Lipids:</u>									
Fatty acids, total saturated		3.700		MC	9		1.073	0.777	
4:0	-	0.000		FLM	4		0.000	0.000	
6:0		0.000		FLM	4		0.000	0.000	
8:0		0.000		FLM	4 4		0.000	0.000 0.000	
10:0 12:0	_	0.000		FLM FLM	4		0.000	0.000	
13:0	-	0.000	. 0	E THA	-		0.000	0.000	
14:0		0.032	2 0	FLM	4		0.009	0.007	
15:0		0.032			-		0.003	0.007	
16:0	-	2.421	. 0	FLM	4		0.702	0.508	
17:0	-		· ·		-		JV=	0.000	
18:0	-	1.219	0	FLM	4		0.353	0.256	
20:0	-							- /	
22:0	-								
24:0	g								
24:0	9								

	<u>Ar</u>	mount in 10	<u>0 grams</u> Number		ole portio	<u>on</u>		edible portion of easures of food	
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			_						
Fatty acids, total monounsaturatedg	0.131		0	FLM	4		0.038	0.028	
14:1g									
15:1g			•						
16:1 undifferentiatedg	0.001		0	FLM	4		0.000	0.000	
17:1g	0.130		0				0.000	0.007	
18:1 undifferentiated			0	FLM	4 4		0.038	0.027	
20:1	0.000		0	FLM FLM	4		0.000	0.000	
22:1 undifferentiatedg 24:1 cg	0.000		U	FIM	4		0.000	0.000	
Fatty acids, total polyunsaturatedg	0.128		0	FLC	4		0.037	0.027	
18:2 undifferentiatedg	0.128		0	FLM	4		0.037	0.027	
18:3 undifferentiated	0.097		0	FLM	4		0.028	0.020	
18:4g	0.009		0	FLM	4		0.003	0.002	
20:2 n-6 c.cg	0.000		U	FLM	4		0.000	0.000	
20:3 undifferentiated									
20:4 undifferentiated	0.000		0	FLM	4		0.000	0.000	
20:5 n-3g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans	0.000		·		-		0.000	0.000	
Cholesterolmg	0		0	MC	9		0	0	
Phytosterolsmg	·		·				·	·	
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0	0.0	
Caffeinemg	4		0	FLC	4		1	1	
Theobromine mg	120		0	FLC	4		35	25	
Carotenoids:									
Carotene, betamcg	0		0	z	7		0.000	0.000	
Carotene, alphamcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, betamcg	0		0	z	7		0.000	0.000	
Lycopenemcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin mcg	0		0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 29g: .75 cup (1 NLEA serving) Measure 2 = 21g: 1 box, single serving (.75 oz)

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 43245 Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits

		<u>A</u> 1	mount in 10	00 grams	of edil	ole portic	<u>n</u>	Amount in edible portion of common			
Nutrients and Uni	te	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	<u>l</u> Measure	
Nutrients and Oni		Wear	Std. Elloi					ivicasure i	Weasure 2	Measure	
Proximates:											
Water	g	8.50		0	MC	9		4.68			
Energy	kcal	385		0	MC	9		212			
Energy		1611				9		886			
Protein	g	7.10		0	MC	9		3.91			
Total lipid (fat)	-	5.60		0	NR	4		3.08			
Ash	=	2.60		0	MC	9		1.43			
Carbohydrate, by difference		76.20		0	MC	9		41.91			
Fiber, total dietary		9.7		0	MC	9		5.3			
Sugars, total		29.80		0	MC	9		16.39			
Starch		23.00		·	110	,		10.55			
Starcii	9										
<u>Minerals:</u>											
Calcium, Ca	_	43		0	MC	9		24			
Iron, Fe	mg	9.82		0	MC	9		5.40			
Magnesium, Mg	mg	120		0	MC	9		66			
Phosphorus, P		294		0	MC	9		162			
Potassium, K	mg	443		0	MC	9		244			
Sodium, Na	mg	509		0	MC	9		280			
Zinc, Zn	mg	2.73		0	MC	9		1.50			
Copper, Cu	mg	0.473	3	0	MC	9		0.260			
Manganese, Mn	mg	2.474	l	0	FLM	4		1.361			
Selenium, Se	mcg	17.3		0	BFZN	4		9.5			
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		0	MC	9		0.0			
Thiamin		0.680)	0	MC	9		0.374			
Riboflavin	-	0.770		0	MC	9		0.424			
Niacin	_	9.090		0	MC	9		5.000			
Pantothenic acid		0.775		0	FLM	4		0.426			
Vitamin B-6		0.910		0	MC	9		0.501			
Folate, total	-	182	,	0	MC	9		100			
Folic acid		163		0	NC	4		90			
Folate, food	-	19		0	CAZN	4		10			
Folate, DFE		296		0	NC	4		163			
		2.73		0	MC	9		1.50			
Vitamin B-12		1364		0	MC	9		750			
Vitamin A, IU				0		4		226			
Vitamin A, RAE		410 410		0	NC						
Retinol	-				NC	4		226			
Vitamin E (alpha-tocopherol)		2.32		0	MC	9		1.28			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta		72 000		•	140	•		40 150			
Vitamin D Vitamin K (phylloquinone)		73.000 1.7	,	0	MC FLM	9 4		40.150 0.9			
vitamin K (pnylloquinone)	nicg	1.7		U	F LIM	4		0.9			
<u>lipids:</u>											
Fatty acids, total saturated	g	0.800)	0	MC	9		0.440			
4:0		0.001	L	0	FLM	4		0.000			
6:0	g	0.000)	0	FLM	4		0.000			
8:0	g	0.003	3	0	FLM	4		0.002			
10:0	-	0.000		0	FLM	4		0.000			
12:0	-	0.003		0	FLM	4		0.002			
13:0											
14:0		0.006	5	0	FLM	4		0.003			
15:0		0.000		0	FLM	4		0.000			
16:0	-	0.540		0	FLM	4		0.297			
17:0	-	0.000		0	FLM	4		0.000			
18:0	-	0.182		0	FLM	4		0.100			
20:0	-	0.000		0	FLM	4		0.000			
		0.000		0	FLM	4		0.000			
22:0 24:0		0.000	•	U	5 mil	*		0.000			

NDB No. 43245 Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits

		<u>Ar</u>	nount in 10	00 grams	of edib	ole portio	<u>on</u>		edible portion	
Nutrients and U	nits	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturate	dg	1.951		0	FLM	4		1.073		
14:1	g	0.000		0	FLM	4		0.000		
15:1	g	0.000		0	FLM	4		0.000		
16:1 undifferentiated	g	0.017		0	FLM	4		0.009		
17:1	g	0.000		0	FLM	4		0.000		
18:1 undifferentiated	g	1.929		0	FLM	4		1.061		
20:1	g	0.005		0	FLM	4		0.003		
22:1 undifferentiated		0.000		0	FLM	4		0.000		
24:1 c	g									
Fatty acids, total polyunsaturated	-	2.293		0	FLM	4		1.261		
18:2 undifferentiated		2.219		0	FLM	4		1.220		
18:3 undifferentiated	-	0.073		0	FLM	4		0.040		
18:4	-	0.000		0	FLM	4		0.000		
20:2 n-6 c.c		0.000		0	FLM	4		0.000		
20:3 undifferentiated	-	0.000		0	FLM	4		0.000		
20:4 undifferentiated	-	0.001		0	FLM	4		0.000		
20:5 n-3	g	0.000		0	FLM	4		0.000		
22:5 n-3	-	0.000		0	FLM	4		0.000		
22:6 n-3		0.000		0	FLM	4		0.000		
Fatty acids, total trans										
Cholesterol		0		0	MC	9		0		
Phytosterols	-									
Others:										
Alcohol, ethyl	g	0.0		0	Z	7		0.0		
Caffeine	mg	0		0	FLM	4		0		
Theobromine	mg	0		0	FLM	4		0		
Carotenoids:										
Carotene, beta	mcg	0		0	z	7		0.000		
Carotene, alpha	-	0		0	Z	7		0.000		
Cryptoxanthin, beta		0		0	Z	7		0.000		
Lycopene		0		0	Z	7		0.000		
Lutein + zeaxanthin		0		0	z	7		0.000		

Common Measures:

Measure 1 = 55g: 1 cup (1 NLEA serving)

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

		<u>A</u> 1	mount in 10	0 grams	of edib	ole portio	<u>on</u>	Amount in edible portion of common			
				Number	•			<u>m</u>	easures of food		
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	3.20		0	MC	9		0.93	0.67		
Energy	kcal	365		0	MC	9		106	77		
Energy	kj	1527				9		443	321		
Protein	g	10.00		0	MC	9		2.90	2.10		
Total lipid (fat)	g	2.90		0	NR	4		0.84	0.61		
Ash	g	2.40		0	MC	9		0.70	0.50		
Carbohydrate, by difference	g	81.50		0	MC	9		23.64	17.12		
Fiber, total dietary		8.8		0	MC	9		2.6	1.8		
Sugars, total		17.60		0	MC	9		5.10	3.70		
Starch											
Minerals:				_		_			_		
Calcium, Ca	_	39		0	MC	9		11	8		
Iron, Fe	_	27.93		0	MC	9		8.10	5.87		
Magnesium, Mg		103		0	MC	9		30	22		
Phosphorus, P	•	302		0	MC	9		88	63		
Potassium, K	-	340		0	MC	9		99	71		
Sodium, Na	-	482		0	MC	9		140	101		
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	4.14		0	MC	9		1.20	0.87		
Copper, Cu		0.500		0	MC	9		0.145	0.105		
Manganese, Mn		2.046	•	0	FLC	4		0.593	0.430		
Selenium, Se	mcg	9.6		0	BFZN	4		2.8	2.0		
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0	0.0		
Thiamin	mg	1.290)	0	MC	9		0.374	0.271		
Riboflavin		1.470)	0	MC	9		0.426	0.309		
Niacin	mg	17.240)	0	MC	9		5.000	3.620		
Pantothenic acid	mg	0.626	5	0	FLC	4		0.182	0.131		
Vitamin B-6	mg	1.730)	0	MC	9		0.502	0.363		
Folate, total	mcg	345		0	MC	9		100	72		
Folic acid		326		0	NC	4		95	68		
Folate, food		19		0	CAZN	4		6	4		
Folate, DFE		573		0	NC	4		166	120		
Vitamin B-12		5.17		0	MC	9		1.50	1.09		
Vitamin A, IU	IU	2586		0	MC	9		750	543		
Vitamin A, RAE		776		0	NC	4		225	163		
Retinol	mcg	776		0	NC	4		225	163		
Vitamin E (alpha-tocopherol)	mg	1.21		0	FLM	4		0.35	0.26		
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta	mg										
Vitamin D		138.000)	0	MC	9		40.020	28.980		
Vitamin K (phylloquinone)	mcg	1.5		0	FLM	4		0.4	0.3		
Lipids:											
Fatty acids, total saturated	a	0.600)	0	MC	9		0.174	0.126		
4:0		0.000		0	FLM	4		0.000	0.000		
6:0	-	0.000		0	FLM	4		0.000	0.000		
8:0	-	0.011		0	FLM	4		0.003	0.002		
10:0	-	0.000		0	FLM	4		0.000	0.002		
12:0		0.001		0	FLM	4		0.000	0.000		
13:0				•		-		0.000	3.000		
14:0		0.004	Į.	0	FLM	4		0.001	0.001		
15:0								0.002	0.002		
16:0	-	0.426	5	0	FLM	4		0.124	0.090		
17:0	-			-		=		2 · == -			
18:0	-	0.134	Į.	0	FLM	4		0.039	0.028		
20:0	-	• .		-		-		3.000	0.020		
22:0	-										
24:0	_										

	<u>Ar</u>	mount in 100			ole portio	<u>n</u>		edible portion	of common
Nutrients and Units	Mean		lumber of Data Points	Deriv	Source Code	Confidence Code	Measure 1	easures of food Measure 2	Measure 3
	0.016		•					0.454	
Fatty acids, total monounsaturatedg	0.816		0	FLM	4		0.237	0.171	
14:1g									
15:1g 16:1 undifferentiatedg	0.006		0	FLM	4		0.002	0.001	
17:1g	0.000		U	FIM	-		0.002	0.001	
18:1 undifferentiated	0.810		0	FLM	4		0.235	0.170	
20:1g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiated	0.000		0	FLM	4		0.000	0.000	
24:1 cg	0.000		·		-		0.000	0.000	
Fatty acids, total polyunsaturatedg	1.050		0	FLM	4		0.304	0.220	
18:2 undifferentiatedg	1.004		0	FLM	4		0.291	0.211	
18:3 undifferentiated	0.045		0	FLM	4		0.013	0.009	
18:4g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.001		0	FLM	4		0.000	0.000	
20:5 n-3g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans9									
Cholesterol mg	0		0	MC	9		0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	FLC	4		0	0	
Theobrominemg	0		0	FLC	4		0	0	
Carotenoids:									
Carotene, beta mcg	0		0	z	7		0.000	0.000	
Carotene, alphamcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta mcg	0		0	Z	7		0.000	0.000	
Lycopenemcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthinmcg	0		0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 29g: .75 cup (1 NLEA serving) Measure 2 = 21g: 1 box, single serving (.75 oz)

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08038 Cereals ready-to-eat, wheat and malt barley granules, plain, single brand

Proximates: Water. Energy. Energy. Protein Total lipid (fat) Ash Carbohydrate, by difference. Fiber, total dietary. Sugars, total. Starch. Minerals: Calcium, Ca Iron, Fe Magnesium, Mg Phosphorus, P Potassium, K. Sodium, Na Zinc, Zn Copper, Cu Manganese, Mn. Selenium, Se Vitamin C, total ascorbic acid. Thiamin. Riboflavin.	.kcal .kj .g .g .g .g .g .g .g .g	3.50 359 1502 10.80 1.90 2.50 81.30 8.7 12.00	Number of Da Std. Error Point	MC MC MC MC MC MC	9 9 9 9 4 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9	Confidence Code	2.03 208 871 6.26 1.10 1.45 47.15	1.33 136 571 4.10 0.72 0.95	Measure 3
Proximates: Water Energy Energy Protein Total lipid (fat) Ash Carbohydrate, by difference Fiber, total dietary Sugars, total Starch Minerals: Calcium, Ca Iron, Fe Magnesium, Mg Phosphorus, P Potassium, K Sodium, Na Zinc, Zn Copper, Cu Manganese, Mn Selenium, Se Vitamins: Vitamins: Vitamin C, total ascorbic acid Thiamin	.kcal .kj .g .g .g .g .g .g .g .g	3.50 359 1502 10.80 1.90 2.50 81.30 8.7 12.00	Std. Error Point	MC MC MC MC MC MC	9 9 9 9 9 4 9 9		2.03 208 871 6.26 1.10 1.45	1.33 136 571 4.10 0.72	Measure 3
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Water Energy Energy Protein Total lipid (fat) Ash Carbohydrate, by difference. Fiber, total dietary. Sugars, total. Starch Minerals: Calcium, Ca Iron, Fe Magnesium, Mg Phosphorus, P Potassium, K Sodium, Na Zinc, Zn Copper, Cu Manganese, Mn Selenium, Se Vitamins: Vitamin C, total ascorbic acid. Thiamin	.kcal .kj .g .g .g .g .g .g .g .g	359 1502 10.80 1.90 2.50 81.30 8.7 12.00	(MC NR MC MC MC	9 9 4 9 9		208 871 6.26 1.10 1.45	136 571 4.10 0.72	
Water Energy Energy Protein Total lipid (fat) Ash Carbohydrate, by difference. Fiber, total dietary Sugars, total Starch Minerals: Calcium, Ca Iron, Fe Magnesium, Mg Phosphorus, P Potassium, K Sodium, Na Zinc, Zn Copper, Cu Manganese, Mn Selenium, Se Vitamins: Vitamin C, total ascorbic acid. Thiamin	.kcal .kj .g .g .g .g .g .g .g .g	359 1502 10.80 1.90 2.50 81.30 8.7 12.00	(MC NR MC MC MC	9 9 4 9 9		208 871 6.26 1.10 1.45	136 571 4.10 0.72	
Energy	.kj .g .g .g .g .g .g .g .mg .mg	1502 10.80 1.90 2.50 81.30 8.7 12.00	(MC NR MC MC	9 9 4 9 9		871 6.26 1.10 1.45	571 4.10 0.72	
Energy	.kj .g .g .g .g .g .g .g .mg .mg	10.80 1.90 2.50 81.30 8.7 12.00	(NR MC MC MC	9 4 9 9		6.26 1.10 1.45	4.10 0.72	
Total lipid (fat)	.g .g .g .g .g .g .mg .mg	1.90 2.50 81.30 8.7 12.00	(NR MC MC MC	4 9 9		1.10 1.45	0.72	
Ash	9 9 9 9 9 mg mg	2.50 81.30 8.7 12.00	(MC MC MC	9 9 9		1.45		
Carbohydrate, by difference. Fiber, total dietary	.g .g .g g .mg .mg	81.30 8.7 12.00	(MC MC	9			0.95	
Fiber, total dietary Sugars, total Starch Minerals: Calcium, Ca Iron, Fe Magnesium, Mg Phosphorus, P Potassium, K Sodium, Na Zinc, Zn Copper, Cu Manganese, Mn. Selenium, Se Vitamins: Vitamin C, total ascorbic acid Thiamin	.g .g .g .mg .mg	8.7 12.00	(MC	9		47 15	0.55	
Sugars, total Starch	.g g mg mg mg	12.00						30.89	
Starch	g mg mg mg		(MC	0		5.0	3.3	
Minerals: Calcium, Ca	mg mg mg	34			9		6.96	4.56	
Calcium, Ca	mg mg	34							
Calcium, Ca	mg mg	34							
Iron, Fe	mg mg	34	C	MC	9		20	13	
Magnesium, Mg	mg	27.93	(MC MC	9		20 16.20	10.61	
Phosphorus, P		100	(MC	9		58	38	
Potassium, K	IIIU	239	Č	MC	9		139	91	
Sodium, Na	-	307		MC	9		178	117	
Zinc, Zn		610		MC	9		354	232	
Copper, Cu	-	2.07	C	MC	9		1.20	0.79	
Manganese, Mn Selenium, Se Vitamins: Vitamin C, total ascorbic acid Thiamin		0.365	,	MC	9		0.212	0.139	
Vitamins: Vitamin C, total ascorbic acid Thiamin		2.432		FLC	4		1.411	0.924	
Vitamin C, total ascorbic acid	mcg	9.6	0.751 1	. А	1		5.6	3.6	
Vitamin C, total ascorbic acid									
Thiamin	ma	0.0	C	MC	9		0.0	0.0	
		0.650		MC	9		0.0	0.0	
Nitotiaviii		0.730		MC	9		0.423	0.247	
Niacin		8.620		MC	9		5.000	3.276	
Pantothenic acid	-	0.751		FLC	4		0.436	0.285	
Vitamin B-6		0.860		MC	9		0.499	0.327	
Folate, total	-	172	(MC	9		100	65	
Folic acid		153	C	NC	4		89	58	
Folate, food		19	C	CAZN	4		11	7	
Folate, DFE	.mcg_DFE	279	C	NC	4		162	106	
Vitamin B-12		2.59	C	MC	9		1.50	0.98	
Vitamin A, IU	IU	1293	C	MC	9		750	491	
Vitamin A, RAE	.mcg_RAE	388	C	NC	4		225	147	
Retinol	_mcg	388	C	NC	4		225	147	
Vitamin E (alpha-tocopherol)	mg	0.63	C	FLM	4		0.37	0.24	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta							40.000		
Vitamin D		69.000		MC	9		40.020	26.220	
Vitamin K (phylloquinone)	mcg	1.8	C	FLM	4		1.1	0.7	
Lipids:									
Fatty acids, total saturated	g	0.400		MC	9		0.232	0.152	
4:0		0.000		FLM	4		0.000	0.000	
6:0	g	0.000		FLM	4		0.000	0.000	
8:0	9	0.011		FLM	4		0.006	0.004	
10:0	g	0.000		FLM	4		0.000	0.000	
12:0	g	0.003		FLM	4		0.002	0.001	
13:0									
14:0	g	0.007	'	FLM	4		0.004	0.002	
15:0	_								
16:0	_	0.338		FLM	4		0.196	0.129	
17:0	_				_				
18:0	-	0.018	C	FLM	4		0.010	0.007	
20:0	-								
22:0 24:0	_								

	<u>Ar</u>	mount in 10	0 grams Number		ole portio	<u>on</u>		edible portion of easures of food	
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			•						
Fatty acids, total monounsaturated9	0.220		0	FLC	4		0.128	0.084	
14:1g									
15:1g 16:1 undifferentiatedg	0.023		0	FLM	4		0.013	0.009	
17:1g	0.023		U	FLIM	4		0.013	0.009	
18:1 undifferentiated	0.210		0	FLM	4		0.122	0.080	
20:1g	0.000		0	FLM	4		0.122	0.000	
22:1 undifferentiatedg	0.000		0	FLM	4		0.000	0.000	
24:1 cg	0.000		Ū	2 1101	-		0.000	0.000	
Fatty acids, total polyunsaturatedg	0.817		0	FLC	4		0.474	0.310	
18:2 undifferentiatedg	0.732		0	FLM	4		0.425	0.278	
18:3 undifferentiatedg	0.059		0	FLM	4		0.034	0.022	
18:4g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,cg			-		_				
20:3 undifferentiated									
20:4 undifferentiated	0.001		0	FLM	4		0.001	0.000	
20:5 n-3g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total transg									
Cholesterolmg	0		0	MC	9		0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0	0.0	
Caffeinemg	0		0	FLC	4		0	0	
Theobromine mg	0		0	FLC	4		0	0	
Carotenoids:									
Carotene, betamcg	0		0	z	7		0.000	0.000	
Carotene, alphamcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, betamcg	0		0	Z	7		0.000	0.000	
Lycopenemcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin mcg	0		0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 58g: .5 cup (1 NLEA serving)

Measure 2 = 38g: 1 box (1-1/3 oz)

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

		<u>A</u> 1	Amount in 100 grams of edible portion						Amount in edible portion of common			
			Nı	ımber				m	easures of food			
			of	Data	Deriv	Source	Confidence					
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure		
Proximates: Water	a	5.60	0.251	14		1		6.33	1.59			
Energy	_	382	0.232	0	NC	4		432	108			
Energy		1598		Ū	110	4		1806	453			
Protein (N x 5.8)		29.10	0.516	14		1		32.88	8.25			
Total lipid (fat)		10.70	0.326	13		1		12.09	3.03			
Ash		5.00	0.094	7		1		5.65	1.42			
Carbohydrate, by difference		49.60		0	NC	4		56.05	14.06			
Fiber, total dietary		15.1	1.042	5	A	1		17.1	4.3			
Sugars, total		7.80		0	NR	4		8.81	2.21			
Sucrose		7.80	0.252	3	A	1		8.81	2.21			
Glucose (dextrose)	q											
Fructose												
Lactose												
Maltose	g											
Galactose												
Starch												
Minerals:												
Calcium, Ca		45		2		1		51	13			
Iron, Fe		9.09	0.437	12		1		10.27	2.58			
Magnesium, Mg		320 1146	16.369 28.137	5 10		1 1		362 1295	91 325			
Phosphorus, P Potassium, K		947	28.137	10		1		1070	268			
Sodium, Na		4	0.403	7		1		5	1			
Zinc, Zn		16.67	0.915	9		1		18.84	4.73			
Copper, Cu		0.620		9		1		0.701	0.176			
Manganese, Mn.		19.956		4		1		22.550	5.658			
Selenium, Se		65.0		2	A	1		73.5	18.4			
Vitamins:				_		_						
Vitamin C, total ascorbic acid		6.0	1.440	9		1		6.8	1.7			
Thiamin	-	1.670 0.820		10 10		1 1		1.887 0.927	0.473			
Riboflavin	=	5.590		12		1		6.317	0.232 1.585			
Niacin Pantothenic acid	-	1.387		9		1		1.567	0.393			
Vitamin B-6	_	0.978		12		1		1.105	0.393			
Folate, total		352	20.218	4		1		398	100			
Folic acid		0	20.210	0	z	7		0	0			
Folate, food	mca	352	20.218	4	_	1		398	100			
Folate, DFE		352		0	NC	4		398	100			
Vitamin B-12		0.00		0		4		0.00	0.00			
Vitamin A, IU	-	103		0	AS	1		117	29			
Vitamin A, RAE		5		0	AS	1		6	1			
Retinol		0		0	Z	7		0	0			
Vitamin E (alpha-tocopherol)	mg	15.99		0	BFFN	4		18.06	4.53			
Tocopherol, beta	mg											
Tocopherol, gamma	mg											
Tocopherol, delta												
Vitamin D												
Vitamin K (phylloquinone)	mcg	4.0		1	A	1		4.5	1.1			
Lipids:												
Fatty acids, total saturated	q	1.830)	0		1		2.068	0.519			
4:0		0.000		0		1		0.000	0.000			
6:0	-	0.000		0		1		0.000	0.000			
8:0	-	0.000		0		1		0.000	0.000			
10:0	_	0.000		0		1		0.000	0.000			
12:0	-	0.000		0		1		0.000	0.000			
13:0				-		•						
14:0		0.010)	0		1		0.011	0.003			
15:0									-			

	<u>A</u>	mount in 100 grams		ion		edible portion o	f common
		Number			<u></u>	easures or roou	
Nutrients and Units	Mean	of Data Std. Error Points		e Confidence e Code	Measure 1	Measure 2	Measure 3
16:0	g 1.750	0	1		1.978	0.496	
17:0	g						
18:0	g 0.060	0	1		0.068	0.017	
20:0							
22:0							
24:0	-						
Fatty acids, total monounsaturated		0	1		1.695	0.425	
14:1	-						
15:1							
16:1 undifferentiated	-	0	1		0.045	0.011	
17:1 18:1 undifferentiated	-	0	1		1.661	0.417	
20:1	-		1		0.000	0.417	
22:1 undifferentiated.			1		0.000	0.000	
24:1 c	. •	· ·	_		0.000	0.000	
Fatty acids, total polyunsaturated		0	1		7.481	1.877	
18:2 undifferentiated			1		6.577	1.650	
18:3 undifferentiated			1		0.904	0.227	
18:4			1		0.000	0.000	
20:2 n-6 c,c		•	_		0.000	0.000	
20:3 undifferentiated							
20:4 undifferentiated	. •	0	1		0.000	0.000	
20:5 n-3	. •	0	1		0.000	0.000	
22:5 n-3	-		1		0.000	0.000	
22:6 n-3	-		1		0.000	0.000	
Fatty acids, total trans	g						
Cholesterol		0	z 7		0	0	
Phytosterols	mg						
Amino Acids:							
Tryptophan			1		0.450	0.113	
Threonine			1		1.376	0.345	
Isoleucine	-		1		1.205	0.302	
Leucine			1		2.233	0.560	
Lysine			1		2.087	0.524	
Methionine			1		0.649	0.163	
Cystine			1		0.651	0.163	
Phenylalanine			1		1.320	0.331	
Tyrosine			1		1.000	0.251	
Valine	.g 1.507		1		1.703	0.427	
Arginine	-		1		2.653	0.666	
Histidine	=		1		0.915	0.230	
Alanine	-		1		2.100	0.527	
Aspartic acid	=		1 1		2.943	0.738	
Glutamic acid					5.679	1.425	
Glycine			1 1		2.024	0.508	
Proline			1		1.750 1.566	0.439 0.393	
Serine		0	1		1.566	0.393	
· · · · · · · · · · · · · · · · · · ·	5						
Others:	0.0	0	7		0.0	0.0	
Alcohol, ethyl		0	z 7		0.0	0.0	
Theobromine		0	z 7		0	0	
Carotenoids:	y	O	<u>.</u> /		v	3	
Carotene, beta	ncg 62	1	A 1		70.060	17.577	
Carotene, alpha		0	z 7		0.000	0.000	
Cryptoxanthin, betar		0	z 7		0.000	0.000	
Lycopener		0	z 7		0.000	0.000	
Lutein + zeaxanthin	ncg 790	1	A 1		892.700	223.965	

NDB No. 08084

Cereals ready-to-eat, wheat germ, toasted, plain

Common Measures:

Measure 1 = 113g: 1 cup Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3.59 Fat 8.37 Carbohydrate 3.78

Food Group: 08 Breakfast Cereals

NDB No. 43393 Cereals ready-to-eat, wheat, bran, shredded, plain, salt and sugar free, single brand

		<u>A</u> 1	mount in 10	0 grams	<u>n</u>			Amount in edible portion of common		
				Number	•			<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	4.50		0	MC	9		2.66		
Energy	kcal	334		0	MC	9		197		
Energy	kj	1397				9		824		
Protein	g	12.50		0	MC	9		7.38		
Total lipid (fat)	g	1.40		0	NR	4		0.83		
Ash	g	1.70		0	MC	9		1.00		
Carbohydrate, by difference	g	79.90		0	MC	9		47.14		
Fiber, total dietary	g	13.4		0	MC	9		7.9		
Sugars, total	g	1.00		0	MC	9		0.59		
Starch	g									
Minerals:	ma	AF		^		^		27		
Calcium, Ca	-	45 4.18		0 0	MC MC	9 9		27 2.47		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	137		0	MC MC	9		2.47 81		
Magnesium, Mg Phosphorus, P		398		0	MC	9		235		
Potassium, K	-	420		0	MC	9		248		
Sodium, Na	-	5		0	MC	9		3		
Zinc, Zn	_	3.27		0	MC	9		1.93		
Copper, Cu		0.400)	0	MC	9		0.236		
Manganese, Mn		3.237		0	FLM	4		1.910		
Selenium, Se		8.2		0	RA	4		4.8		
·						_				
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid	_	0.0		0	MC	9		0.0		
Thiamin	_	0.260		0	MC	9		0.153		
Riboflavin		0.120		0	MC	9		0.071		
Niacin		6.310		0	MC	9		3.723		
Pantothenic acid	-	0.913		0	FLM	4		0.539		
Vitamin B-6	-	0.330)	0	MC	9		0.195		
Folate, total		46		0	MC	9		27		
Folic acid		0		0	NC	4		0		
Foliate, food		46		0	CAZN	4		27		
Folate, DFE		46		0	NC	4		27		
Vitamin B-12		0.00		0 0	MC	9		0.00		
Vitamin A, IU		0		-	MC	9		0		
Vitamin A, RAE		0		0 0	NC	4 4		0		
Retinol		2.32		0	NC MC	4 9		1.37		
Vitamin E (alpha-tocopherol)		2.32		U	MC	9		1.37		
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		0.000)	0	MC	9		0.000		
Vitamin K (phylloquinone)		1.3		0	FLM	4		0.8		
<u> ipids:</u>		_				_				
Fatty acids, total saturated		0.200		0	MC	9		0.118		
4:0	-	0.000		0	FLM	4		0.000		
6:0	-	0.000		0	FLM	4		0.000		
8:0	-	0.006		0	FLM	4		0.004		
10:0		0.000		0	FLM	4		0.000		
12:0		0.000	,	0	FLM	4		0.000		
13:0		0 00=		^				0 001		
14:0	-	0.001	-	0	FLM	4		0.001		
15:0	-			_						
16:0	-	0.176	•	0	FLM	4		0.104		
17:0	-	0.010		0	DT M	4		0.000		
18:0	-	0.010	,	U	FLM	4		0.006		
20:0	-									
22:0 24:0	-									

NDB No. 43393 Cereals ready-to-eat, wheat, bran, shredded, plain, salt and sugar free, single brand

	<u>Am</u>	ount in 10	0 grams	of edib	<u>on</u>	Amount in edible portion of common			
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.173		0	FLM	4		0.102		
14:1g									
15:1g									
16:1 undifferentiatedg	0.007		0	FLM	4		0.004		
17:1g			_						
18:1 undifferentiatedg	0.166		0	FLM	4		0.098		
20:1g	0.000		0	FLM	4		0.000		
22:1 undifferentiatedg	0.000		0	FLM	4		0.000		
24:1 cg	0.624		•						
Fatty acids, total polyunsaturated	0.634		0	FLM	4		0.374		
18:2 undifferentiated	0.598		0 0	FLM	4 4		0.353		
18:3 undifferentiated	0.035		0	FLM	-		0.021		
18:4g	0.000		U	FLM	4		0.000		
20:2 n-6 c,c									
20:3 undifferentiated	0.001		0	FLM	4		0.001		
20:5 n-3	0.001		0	FLM	4		0.001		
20.5 li-5	0.000		0	FLM	4		0.000		
22:6 n-3	0.000		0	FLM	4		0.000		
Fatty acids, total trans	0.000		U	FIM	7		0.000		
Cholesterolg	0		0	MC	9		0		
Phytosterolsmg	Ü		Ū	мс	,		v		
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0		
Caffeine mg	0		0	FLM	4		0		
Theobromine mg	0		0	FLM	4		0		
Carotenoids:	-				_		•		
Carotene, beta mcg	0		0	z	7		0.000		
Carotene, alphamcg	0		0	z	7		0.000		
Cryptoxanthin, betamcg	0		0	z	7		0.000		
Lycopene mcg	0		0	z	7		0.000		
Lutein + zeaxanthin mcg	0		0	z	7		0.000		

Common Measures:

Measure 1 = 59g: 1.25 cup (1 NLEA serving)

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

		<u>Ar</u>	nount in 100	grams	of edik	le portio	<u>n</u>	Amount in edible portion of common			
			N	umber	-			<u>m</u>	easures of food	_	
Nutrients and Uni	its	Mean	o Std. Error P		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Proximates: Water	a	3.00		28		1		0.36	0.43		
Energy		364		0	NC	4		44	52		
Energy		1523		ŭ	110	4		183	216		
Protein (N x 5.83)		14.70	0.142	38		1		1.76	2.09		
Total lipid (fat)		1.20	0.048			1		0.14	0.17		
Ash		1.50		28		1		0.18	0.21		
Carbohydrate, by difference		79.60		0	NC	4		9.55	11.30		
Fiber, total dietary		4.4		0		4		0.5	0.6		
Sugars, total											
Starch											
Minerals:	ma	28	1 000	10		1		3	4		
Calcium, Ca		28 31.70	1.208	10 0		5		3 3.80	4 4.50		
Magnesium, Mg		145	4.802			1		3.80 17	4.50 21		
Phosphorus, P		355	17.240			1		43	50		
Potassium, K	-	348	12.369			1		42	49		
Sodium, Na		4	0.438			1		0	1		
Zinc, Zn		2.36	0.035	10		1		0.28	0.34		
Copper, Cu	mg	0.409	0.013	10		1		0.049	0.058		
Manganese, Mn	<u>.</u> mg	1.755		0		4		0.211	0.249		
Selenium, Se	mcg	123.1		0	BFZN	4		14.8	17.5		
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0	0.0		
Thiamin	_	2.600		0		5		0.312	0.369		
Riboflavin	-	1.800		0		5		0.216	0.256		
Niacin		35.300		0		5		4.236	5.013		
Pantothenic acid		0.518	0.022	4		1		0.062	0.074		
Vitamin B-6	mg	0.170		1		1		0.020	0.024		
Folate, total	mcg	32	4.821	10		1		4	5		
Folic acid	mcg	0		0	Z	7		0	0		
Folate, food		32		0	NC	4		4	5		
Folate, DFE		32		0	NC	4		4	5		
Vitamin B-12	mcg	0.00		0		4		0.00	0.00		
Vitamin A, IU		0		0		4		0	0		
Vitamin A, RAE		0		0	NC	4		0	0		
Retinol		0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
Lipids:	~	0.200		0		4		0.024	0.028		
Fatty acids, total saturated		0.200		U		4		0.024	0.028		
Fatty acids, total monounsaturated Fatty acids, total polyunsaturated											
Fatty acids, total trans											
Cholesterol		0		0	z	7		0	0		
Phytosterols		-		-				-	-		
•	-										
Amino Acids:	a	0.00-		_		-		0.000			
Tryptophan		0.226		0		1		0.027	0.032		
Threonine	-	0.450		0		1 1		0.054	0.064		
Isoleucine	_	0.626		0		1		0.075	0.089		
Leucine	-	1.064 0.405		0		1		0.128 0.049	0.151 0.058		
Lysine Methionine	-	0.405		0		1		0.049	0.058		
MICHIOHHIC	y	0.237		U		_		0.031	0.036		

		<u>Aı</u>	mount in 10	0 grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common		
Nutrients and Units	1	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>me</u> Measure 1	easures of food Measure 2	Measure 3
Phenylalanine Tyrosine Valine Arginine Histidine Alanine Aspartic acid. Glutamic acid. Glycine Proline Serine	g g g g g g	0.762 0.445 0.702 0.712 0.380 0.548 0.823 4.972 0.576 1.537		0 0 0 0 0 0 0		1 1 1 1 1 1 1 1 1		0.091 0.053 0.084 0.085 0.046 0.066 0.099 0.597 0.069 0.184 0.097	0.108 0.063 0.100 0.101 0.054 0.078 0.117 0.706 0.082 0.218 0.115	

Common Measures:

Measure 1 = 12.0g: 1 cup Measure 2 = 14.2g: .5 oz

Calories Factors: Protein 3.59 Fat 8.37 Carbohydrate 3.78

Food Group: 08 Breakfast Cereals

		<u>Aı</u>	mount in 10	00 grams	of edil	ole portio	<u>n</u>		Amount in edible portion of common		
				Number	•			<u>m</u>	easures of food	<u>!</u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	2.90		0	MC	9		0.78			
Energy	kcal	398		0	MC	9		107			
Energy	kj	1665				9		450			
Protein		5.50		0	MC	9		1.49			
Total lipid (fat)	g	1.40		0	NR	4		0.38			
Ash	g	0.80		0	MC	9		0.22			
Carbohydrate, by difference	g	90.90		0	MC	9		24.54			
Fiber, total dietary	g	0.0		0	MC	9		0.0			
Sugars, total		53.90		0	MC	9		14.55			
Starch											
Minerals:		1-		•		_					
Calcium, Ca	-	15		0	MC	9		4			
Iron, Fe.	-	6.67		0	MC	9		1.80			
Magnesium, Mg		61		-	MC	9		16			
Phosphorus, P	•	136		0	MC	9		37			
Potassium, K	_	125		0	MC MC	9 9		34 41			
Sodium, Na	_	150		0	MC MC	9					
Zinc, Zn	-	5.56		0	MC MC	9		1.50			
Copper, Cu		0.220 1.029		0	FLC	4		0.059 0.278			
Manganese, Mn		48.6	, 0.9		A A	1		13.1			
Selenium, Se	nicg	40.0	0.9	19 5	A	1		13.1			
<u> Vitamins:</u>											
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0			
Thiamin	mg	1.390)	0	MC	9		0.375			
Riboflavin	mg	1.570)	0	MC	9		0.424			
Niacin	mg	18.520)	0	MC	9		5.000			
Pantothenic acid	mg	0.256	5	0	FLC	4		0.069			
Vitamin B-6	mg	1.850)	0	MC	9		0.500			
Folate, total	mcg	370		0	MC	9		100			
Folic acid	mcg	351		0	NC	4		95			
Folate, food		19		0	CAZN	4		5			
Folate, DFE	mcg_DFE	616		0	NC	4		166			
Vitamin B-12		5.56		0	MC	9		1.50			
Vitamin A, IU	IU	2778		0	MC	9		750			
Vitamin A, RAE	mcg_RAE	834		0	NC	4		225			
Retinol	mcg	834		0	NC	4		225			
Vitamin E (alpha-tocopherol)	mg	0.33		0	MC	9		0.09			
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta											
Vitamin D		148.000)	0	MC	9		39.960			
Vitamin K (phylloquinone)	mcg	0.4		0	FLM	4		0.1			
Lipids:											
Fatty acids, total saturated	a	0.200)	0	MC	9		0.054			
4:0		0.000		0	FLM	4		0.000			
6:0		0.000		0	FLM	4		0.000			
8:0	_	0.000		0	FLM	4		0.000			
10:0	-	0.000		0	FLM	4		0.000			
12:0		0.000		0	FLM	4		0.000			
13:0				-	_			2			
14:0		0.001		0	FLM	4		0.000			
15:0				-	·	-		3.000			
16:0	_	0.152	2	0	FLM	4		0.041			
17:0	_			•		-					
18:0	_	0.047	,	0	FLM	4		0.013			
20:0	-	0.04,		•		-		3.013			
22:0	-										
24:0	-										

	<u>Ar</u>	nount in 10	00 grams Number		ole portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.450		0	FLM	4		0.121		
14:1g	0.100		•		-		0.121		
15:1g									
16:1 undifferentiated	0.004		0	FLM	4		0.001		
17:1g									
18:1 undifferentiatedg	0.446		0	FLM	4		0.120		
20:1g	0.000		0	FLM	4		0.000		
22:1 undifferentiatedg	0.000		0	FLM	4		0.000		
24:1 cg									
Fatty acids, total polyunsaturatedg	0.553		0	FLM	4		0.149		
18:2 undifferentiatedg	0.518		0	FLM	4		0.140		
18:3 undifferentiatedg	0.035		0	FLM	4		0.010		
18:4g	0.000		0	FLM	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	FLM	4		0.000		
20:5 n-3g	0.000		0	FLM	4		0.000		
22:5 n-3g	0.000		0	FLM	4		0.000		
22:6 n-3g	0.000		0	FLM	4		0.000		
Fatty acids, total transg									
Cholesterol mg	0		0	MC	9		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	FLC	4		0.0		
Caffeine mg	0		0	FLC	4		0		
Theobrominemg	0		0	FLC	4		0		
Carotenoids:									
Carotene, betamcg	0		0	z	7		0.000		
Carotene, alpha mcg	0		0	z	7		0.000		
Cryptoxanthin, betamcg	0		0	z	7		0.000		
Lycopene mcg	0		0	z	7		0.000		
Lutein + zeaxanthin mcg	0		0	z	7		0.000		

Common Measures:

Measure 1 = 27g: .75 cup (1 NLEA serving)

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08147 Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free

Kraft, POST Shredded Wheat

		<u>A</u>	mount in 100 gr	ams of ed	ible portion	<u>on</u>	Amount in	edible portion	of common
			Nun	nber			m	easures of food	<u>l</u>
					Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Poi			Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	-	6.10	0.000	6 JZ			2.81	2.81	1.52
Energy	kcal	337		0 MC			155	155	84
Energy	kj	1410		0 MC			649	649	353
Protein	g	11.37	0.007	6 JZ			5.23	5.23	2.84
Total lipid (fat)		2.21	0.193	6 J#			1.02	1.02	0.55
Ash		1.56	0.000	6 J#			0.72	0.72	0.39
Carbohydrate, by difference		78.76		0 NC			36.23	36.23	19.69
Fiber, total dietary	g	12.0	0.400	6 J#			5.5	5.5	3.0
Sugars, total		0.94		5 MZ			0.43	0.43	0.24
Sucrose		0.55		1 A	1		0.25	0.25	0.14
Glucose (dextrose)	g	0.00		1 A	1		0.00	0.00	0.00
Fructose	g	0.00		1 A	1		0.00	0.00	0.00
Lactose	g	0.00		1 A	1		0.00	0.00	0.00
Maltose	g	0.00		1 A	1		0.00	0.00	0.00
Galactose		0.00		0 Z	7		0.00	0.00	0.00
Starch	g	65.10		1 A	1		29.95	29.95	16.27
Minerals:									
Calcium. Ca	ma	50	6.200	6 JA	6		23	23	12
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	2.95	0.326	6 JA	6		1.36	1.36	0.74
Magnesium, Mg		133	3.000	5 JA	6		61	61	33
Phosphorus, P		370	5.750	9 JA	6		170	170	92
Potassium, K		376	5.000	6 JA	6		173	173	94
Sodium, Na		6		2 JA	6		3	3	1
Zinc, Zn	mg	3.00	0.103	6 JA	6		1.38	1.38	0.75
Copper, Cu	mg	0.362	0.022	6 JA	6		0.166	0.166	0.090
Manganese, Mn		2.520)	1 A	1		1.159	1.159	0.630
Selenium, Se	mcg	2.8		1 A	1		1.3	1.3	0.7
Vitamins:									
Vitamin C, total ascorbic acid	_	10.1	10.050	6 JA	6		4.6	4.6	2.5
Thiamin	_	0.255		1 JA	6		0.117	0.117	0.064
Riboflavin	_	0.128		1 JA	6		0.059	0.059	0.032
Niacin	_	5.246		1 JA	6		2.413	2.413	1.312
Pantothenic acid		0.308		6 JA	6		0.141	0.141	0.077
Vitamin B-6		1.155)	1 JA	6		0.531	0.531	0.289
Folate, total		43		1 JA 0 Z	6 7		20	20 0	11
Folic acid	filicg	0 43		0 Z 0 NC	4		0 20		0
Folate, food					4			20	11
Folate, DFEVitamin B-12		43 0.00	0.000	0 NC 6 JA	6		20 0.00	20 0.00	11 0.00
Vitamin A, IU		0.00	0.000	5 MA	12		0.00	0.00	0.00
Vitamin A, RAE		0		0 NC	4		0	0	0
Retinol		0		5 MA	12		0	0	0
Vitamin E (alpha-tocopherol)		0.00		5 MA	12		0.00	0.00	0.00
Tocopherol, beta		0.00		J 1111			0.00	0.00	0.00
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D		0.000)	5 MA	12		0.000	0.000	0.000
Vitamin K (phylloquinone)	mcg	1.4		1 A	1		0.6	0.6	0.3
Lipids:									
Fatty acids, total saturated	q	0.450)	0 NC	4		0.207	0.207	0.112
4:0	-	0.000		0 FLC			0.000	0.000	0.000
6:0	-	0.000		0 FLC			0.000	0.000	0.000
8:0	-	0.000		1 A	1		0.000	0.000	0.000
10:0		0.000		1 A	1		0.000	0.000	0.000
12:0		0.000		1 A	1		0.000	0.000	0.000
13:0					=		3.003	0.000	
14:0	-	0.000)	1 A	1		0.000	0.000	0.000
*v		0.000		1 A	-				2.000

		<u>Ar</u>	nount in 10	0 grams	of edit	ole portio	o <u>n</u>	Amount in	edible portion o	f common
				Number				<u>me</u>	easures of food	
Nutrients and Unit	s	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0	g	0.430		1	A	1		0.198	0.198	0.108
17:0	g	0.000		1	A	1		0.000	0.000	0.000
18:0	g	0.020		1	A	1		0.009	0.009	0.005
20:0		0.000		1	A	1		0.000	0.000	0.000
22:0	_	0.000		1	A	1		0.000	0.000	0.000
24:0		0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated		0.350		0 1	NC A	4 1		0.161	0.161	0.087
14:1 15:1	_	0.000 0.000		1	A	1		0.000 0.000	0.000 0.000	0.000
16:1 undifferentiated	_	0.000		1	A	1		0.000	0.000	0.000
17:1	_	0.000		1	A	1		0.000	0.000	0.000
18:1 undifferentiated		0.330		1	A	1		0.152	0.152	0.083
20:1	_	0.020		1	A	1		0.009	0.009	0.005
22:1 undifferentiated	g	0.000		1	A	1		0.000	0.000	0.000
24:1 c	g									
Fatty acids, total polyunsaturated		1.260		0	NC	4		0.580	0.580	0.315
18:2 undifferentiated	-	1.180		1	A	1		0.543	0.543	0.295
18:3 undifferentiated		0.080		1	A	1		0.037	0.037	0.020
18:4		0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c	_	0.000		1	A	1		0.000	0.000	0.000
20:3 undifferentiated	_	0.000 0.000		1 1	A A	1 1		0.000	0.000 0.000	0.000
20:4 undifferentiated 20:5 n-3	_	0.000		1	A	1		0.000 0.000	0.000	0.000
22:5 n-3	_	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3		0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans	_	0.000		5	MA	12		0.000	0.000	0.000
Cholesterol		0		5	MA	12		0	0	0
Phytosterols	-									
Amino Acids:										
Tryptophan	g	0.140		1	A	1		0.064	0.064	0.035
Threonine		0.310		1	A	1		0.143	0.143	0.078
Isoleucine		0.340		1	A	1		0.156	0.156	0.085
Leucine		0.680		1	A	1		0.313	0.313	0.170
Lysine		0.320		1 1	A	1 1		0.147	0.147	0.080
Methionine	-	0.170 0.240		1	A A	1		0.078 0.110	0.078	0.043
CystinePhenylalanine		0.240		1	A	1		0.110	0.110 0.212	0.060 0.115
Tyrosine		0.130		1	A	1		0.060	0.212	0.032
Valine		0.450		1	A	1		0.207	0.207	0.112
Arginine	-	0.450		1	A	1		0.207	0.207	0.112
Histidine		0.230		1	A	1		0.106	0.106	0.058
Alanine		0.390		1	A	1		0.179	0.179	0.097
Aspartic acid	g	0.530		1	A	1		0.244	0.244	0.132
Glutamic acid	g	2.990		1	A	1		1.375	1.375	0.748
Glycine		0.430		1	A	1		0.198	0.198	0.108
Proline		0.970		1	A	1		0.446	0.446	0.243
Serine		0.490		1	A	1		0.225	0.225	0.123
Hydroxyproline	g									
Others:						_				
Alcohol, ethyl		0.0		0	Z	7		0.0	0.0	0.0
Caffeine		0		5	MA	12		0	0	0
Theobromine	IIIY	0		0	FLC	4		0	0	0
Carotenoids:		_		_	e					
Carotene, beta		0		5 0	MA	12		0.000	0.000	0.000
Carotene, alpha		0		0	Z Z	7 7		0.000 0.000	0.000 0.000	0.000 0.000
Cryptoxanthin, beta Lycopene		0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin		0		0	Z	7		0.000	0.000	0.000
Zatom · Zousandini.		•				•				2.000

NDB No. 08147

Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free

Common Measures:

Measure 1 = 46g: 2 biscuits (1 NLEA serving)

Measure 2 = 46g: 1 serving

Measure 3 = 25g: 1 biscuit oblong

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08148 Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free, spoon size, single brand

of Data Deriv Source Confidence	1.03 85 356 2.58 0.28	Measure 3
Nutrients and Units	1.03 85 356 2.58	Measure :
Procimates:	1.03 85 356 2.58	Measure 3
Walter.	85 356 2.58	
Water	85 356 2.58	
Energy	356 2.58	
Energy	2.58	
Protein		
Ash .9 1.60 0 MC 9 0.78 Carbohydrate, by difference. .9 83.00 0 MC .9 5.6 Fiber, total dietary. .9 11.4 0 MC .9 0.44 Sugars, total. .9 0.90 0 MC .9 0.44 Starch. .9 0.90 0 MC .9 0.44 Starch. .9 0 .0 MC .9 0.44 Starch. .9 .0 .0 MC .9 .21 MC .9 .1 .5 .0 MC .9 .1 .5 Magnesium, Mg. .mg 116 .0 MC .9 .1 .75 Pbosphorus, P. .mg 357 .0 MC .9 .175 .75 .0 MC .9 .203 .0 .0 .0 .0 .0 .0 .0	0 00	
Carbohydrate, by difference. 9 83.00 0 MC 9 5.6 Fiber, total dictary. 9 11.4 0 MC 9 5.6 Sugars, total 9 0.90 0 MC 9 0.44 Starch. 9 Minerals: Calcium, Ca. mg 43 0 MC 9 1.56 Magnesium, Mg mg 116 0 MC 9 1.56 Magnesium, Mg mg 116 0 MC 9 1.75 Potassium, K. mg 357 0 MC 9 1.75 Potassium, K. mg 415 0 MC 9 1.75 Potassium, K. mg 415 0 MC 9 1.75 Potassium, K. mg 415 0 MC 9 1.75 Potassium, K. mg 2.667 0 MC 9 1.31 Copper, Cu. mg 3.393 0 MC 9 1.31 Copper, Cu. mg 3.393 0 MC 9 1.59 Selenium, Se. mCg 5.9 0.922 17 A 1 2.99 Vitaminis: Vitamin C, total ascorbic acid Mg 0.270 0 MC 9 0.132 Riboflavin Mg 0.270 0 MC 9 0.132 Riboflavin Mg 0.120 0 MC 9 0.132 Riboflavin Mg 0.120 0 MC 9 0.332 Riboflavin Mg 0.270 0 MC 9 0.322 Riboflavin Mg 0.270 0 MC 9 0.322 Pantothenic acid Mg 0.297 0 MC 9 0.059 Nilacin Mg 0.297 0 MC 9 0.059 Pational Mg 0.297 0 MC 9 0.272 Pational Mg 0.297 0 MC 9 0.201 Potate, total mg 0.410 0 MC 9 0.201 Potate, total mg 0.410 0 MC 9 0.201 Potate, total mg 0.42 0 MC 9 0.001 Potate, total mg 0.42 0 MC 9 0.001 Potate, total mg 0.42 0 MC 9 0.000 Potate, total mg 0.000 0 MC 9 0 0.000 Potate, total mg 0.000 0 MC 9 0.000 Potate, total mg 0.000 0 MC 9 0 0.000 Potate, total mg 0.000 Potate of 0.000 Po	0.28	
Fiber, total dietary	0.40	
Sigars, total	20.75	
Nincrals:	2.9	
Minerals:	0.23	
Calcium, Ca.		
Calcium, Ca		
Iron, Fe	11	
Magnesium, Mg. mg 116 0 MC 9 57 Phosphorus, P. mg 357 0 MC 9 175 Potassium, K. mg 415 0 MC 9 203 Sodium, Na. mg 7 0 MC 9 1.31 Zinc, Zn. mg 0.330 0 MC 9 0.162 Manganese, Mn. mg 3.993 0 FLC 4 1.957 Selenium, Se. mcg 5.9 0.922 17 A 1 2.9 Vitamins C, total ascorbic acid mg 0.0 0 MC 9 0.0 Thiamin. mg 0.270 0 MC 9 0.132 Riboflavin. mg 0.120 0 MC 9 0.059 Niacin. mg 5.570 0 MC 9 0.059 Pantothenic acid. mg 0.997 0 <td< td=""><td>0.80</td><td></td></td<>	0.80	
Phosphorus, P. mg 357 0 MC 9 175 Potassiun, K. mg 415 0 MC 9 203 Sodium, Na. mg 7 0 MC 9 1.31 Zinc, Zn. mg 0.330 0 MC 9 0.162 Manganese, Mn. mg 3.3993 0 FLC 4 1.957 Selenium, Se. mcg 5.9 0.922 17 A 1 2.9 Vitamins E. Witamin C, total ascorbic acid mg 0.0 0 MC 9 0.0 Vitamin C, total ascorbic acid mg 0.270 0 MC 9 0.0 Vitamin C, total ascorbic acid mg 0.270 0 MC 9 0.059 Niacin mg 0.120 0 MC 9 0.059 Niacin mg 0.997 0 FLC	29	
Potassium, K. mg 415 0 MC 9 203 Sodium, Na mg 7 0 MC 9 1.31 Zinc, Zn. mg 2.67 0 MC 9 0.162 Manganese, Mn. mg 3.993 0 FLC 4 1.957 Selenium, Se mcg 5.9 0.922 17 A 1 2.99 Vitamins, Se mcg 5.9 0.922 17 A 1 2.99 Vitamins, Se mcg 0.0 0 MC 9 0.0 0 Vitamins, Se mg 0.0 0 MC 9 0.0 0 Vitamin C, total ascorbic acid. mg 0.270 0 MC 9 0.132 0 0 0 0 0.0 0 0 0 0.0 0 0 0.0 0 0 0 0 0.0 0 0 <td>89</td> <td></td>	89	
Sodium, Na.	104	
Copper, Cu. mg 0.330 0 MC 9 0.162 Manganese, Mn mg 3.993 0 FLC 4 1.957 Selenium, Se. mcg 5.9 0.922 17 a 1 2.9 Vitamins: Vitamin C, total ascorbic acid. mg 0.0 0 MC 9 0.0 Thiamin. mg 0.270 0 MC 9 0.132 Riboflavin. mg 0.120 0 MC 9 0.059 Niacin. mg 0.120 0 MC 9 0.059 Niacin. mg 0.570 0 MC 9 0.059 Niacin. mg 0.997 0 FLC 4 0.489 Vitamin B-6. mg 0.997 0 FLC 4 0.489 Vitamin B-6. mg 0 0 MC 9 0.201 Folate, total. mcg	2	
Manganese, Mn. mg 3.993 0 FLC 4 1.957 Selenium, Se. mcg 5.9 0.922 17 A 1 2.9 Vitamins: Vitamin C, total ascorbic acid. mg 0.0 0 MC 9 0.0 Riboflavin. mg 0.1220 0 MC 9 0.059 Niacin. mg 0.997 0 FLC 4 0.489 Vitamin B-6. mg 0.997 0 FLC 4 0 Folate, food. mcg <t< td=""><td>0.67</td><td></td></t<>	0.67	
Selenium, Se. mcg 5.9 0.922 17 A 1 2.9	0.083	
Vitamin C, total ascorbic acid mg 0.0 0 MC 9 0.0 Thiamin mg 0.270 0 MC 9 0.132 Riboflavin mg 0.120 0 MC 9 0.059 Niacin mg 5.570 0 MC 9 2.729 Pantothenic acid mg 0.997 0 FLC 4 0.489 Vitamin B-6 mg 0.410 0 MC 9 0.201 Folate, total mcg 42 0 MC 9 21 Folic acid mcg 42 0 MC 9 21 Folic acid mcg 42 0 NC 4 0 Folate, DFE mcg 42 0 NC 4 21 Vitamin B-12 mcg 0.00 MC 9 0.00 Vitamin A, IU IU 0 MC 9 0.00 <t< td=""><td>0.998</td><td></td></t<>	0.998	
Vitamin C, total ascorbic acid. mg 0.0 MC 9 0.0 Thiamin. mg 0.270 0 MC 9 0.132 Riboflavin. mg 0.120 0 MC 9 0.059 Niacin. mg 5.570 0 MC 9 2.729 Pantothenic acid. mg 0.997 0 FLC 4 0.489 Vitamin B-6. mg 0.410 0 MC 9 0.201 Folate, total. mcg 42 0 MC 9 0.201 Folate, total. mcg 42 0 MC 9 21 Folate, food. mcg 42 0 NC 4 21 Folate, food. mcg 42 0 NC 4 21 Vitamin B-12. mcg 0.00 0 MC 9 0.00 Vitamin A, RAE mcg 0 0 NC 4 0	1.5	
Vitamin C, total ascorbic acid. mg 0.0 MC 9 0.0 Thiamin. mg 0.270 0 MC 9 0.132 Riboflavin. mg 0.120 0 MC 9 0.059 Niacin. mg 5.570 0 MC 9 2.729 Pantothenic acid. mg 0.997 0 FLC 4 0.489 Vitamin B-6. mg 0.410 0 MC 9 0.201 Folate, total. mcg 42 0 MC 9 0.201 Folate, total. mcg 42 0 MC 9 21 Folate, food. mcg 42 0 NC 4 21 Folate, food. mcg 42 0 NC 4 21 Vitamin B-12. mcg 0.00 0 MC 9 0.00 Vitamin A, RAE mcg 0 0 NC 4 0		
Thiamin	0.0	
Riboflavin mg 0.120 0 MC 9 0.059 Niacin mg 5.570 0 MC 9 2.729 Pantothenic acid mg 0.997 0 FLC 4 0.489 Vitamin B-6 mg 0.410 0 MC 9 0.201 Folate, total mcg 42 0 MC 9 21 Foliate, food mcg 0 0 NC 4 0 Folate, DFE mcg 42 0 NC 4 21 Folate, DFE mcg_DFE 42 0 NC 4 21 Vitamin B-12 mcg 0.00 0 MC 9 0.00 Vitamin A, RAE mcg_RAE 0 NC 4 0 Retinol mcg 0 0 NC 9 0.00 Vitamin E (alpha-tocopherol) mg 0.00 MC 9 0.00 Toco	0.068	
Niacin. mg 5.570 0 MC 9 2.729 Pantothenic acid. mg 0.997 0 FIC 4 0.489 Vitamin B-6. mg 0.410 0 MC 9 0.201 Folate, total. mcg 42 0 MC 9 21 Folic acid. mcg 0 0 NC 4 0 Folate, food. mcg 42 0 CAZN 4 21 Folate, DFE. mcg 42 0 NC 4 21 Vitamin B-12. mcg 0.00 0 MC 9 0.00 Vitamin A, IU. IU 0 0 MC 9 0 Vitamin A, RAE mcg_RAE 0 0 NC 4 0 Retinol. mcg 0 0 MC 9 0.00 Vitamin E (alpha-tocopherol), beta mg 0 MC 9 0.00	0.030	
Vitamin B-6. mg 0.410 0 MC 9 0.201 Folate, total. mcg 42 0 MC 9 21 Folic acid. mcg 0 0 NC 4 0 Folate, food. mcg 42 0 CAZN 4 21 Folate, DFE. mcg_DFE 42 0 NC 4 21 Vitamin B-12. mcg 0.00 0 MC 9 0.00 Vitamin A, IU. IU 0 0 MC 9 0 Vitamin A, RAE. mcg_RAE 0 NC 4 0 Retinol. mcg 0 NC 4 0 Vitamin E (alpha-tocopherol). mg 0.00 MC 9 0.00 Tocopherol, beta. mg 0 MC 9 0.00 Vitamin D. IU 0.000 MC 9 0.000 Vitamin K (phylloquinone). mcg	1.393	
Folate, total. mcg 42 0 MC 9 21 Folic acid. mcg 0 0 NC 4 0 Folate, food. mcg 42 0 CAZN 4 21 Folate, DFE. mcg_DFE 42 0 NC 4 21 Vitamin B-12. mcg 0.00 0 MC 9 0.00 Vitamin A, IU. U 0 0 MC 9 0.00 Vitamin A, RAE. mcg_RAE 0 NC 4 0 Retinol mcg 0 0.00 NC 4 0 Vitamin E (alpha-tocopherol) mg 0.00 NC 4 0 Vitamin E (alpha-tocopherol) mg 0.00 NC 4 0 Vitamin D. mcg NG NC 0 NC 9 0.00 Vitamin D. mcg NG NC 0 NC 0 NC 0 NC 0 Vitamin D. mcg NG NC 0 NC 0 NC 0 NC 0 NC 0 Vitamin D. Mc NG NC 0 N	0.249	
Folic acid. mcg 0 0 NC 4 0 Folate, food. mcg 42 0 CAZN 4 21 Folate, DFE. mcg_DFE 42 0 NC 4 21 Vitamin B-12. mcg 0.00 0 MC 9 0.00 Vitamin A, IU. IU 0 0 MC 9 0 Vitamin A, RAE. mcg_RAE 0 NC 4 0 Retinol. mcg 0 0 NC 4 0 Vitamin E (alpha-tocopherol). mg 0.00 NC 4 0 Vitamin E (alpha-tocopherol). mg 0.00 NC 4 0 Tocopherol, beta. mg Tocopherol, gamma mg Tocopherol, delta. mg Vitamin D. IU 0.000 0 MC 9 0.000 Vitamin K (phylloquinone) mcg 1.5 0 FLM 4 0.7	0.103	
Folate, food	11	
Folate, DFE	0	
Vitamin B-12	11	
Vitamin A, IU IU 0 0 MC 9 0 Vitamin A, RAE mcg_RAE 0 0 NC 4 0 Retinol mcg 0 0 NC 4 0 Vitamin E (alpha-tocopherol) mg 0.00 0 MC 9 0.00 Tocopherol, beta mg 0 0 MC 9 0.00 Tocopherol, gamma mg 0 0 MC 9 0.000 Vitamin D IU 0.000 0 MC 9 0.000 Vitamin K (phylloquinone) mcg 1.5 0 FLM 4 0.7	11	
Vitamin A, RAE mcg_RAE 0 0 NC 4 0 Retinol mcg 0 0 NC 4 0 Vitamin E (alpha-tocopherol) mg 0.00 0 MC 9 0.00 Tocopherol, beta mg 7 0 0 MC 9 0.00 Tocopherol, gamma mg 0 0 MC 9 0.000 Vitamin D U 0.000 0 MC 9 0.000 Vitamin K (phylloquinone) mcg 1.5 0 FLM 4 0.7 Lipids: 1 1 0	0.00	
Retinol mcg 0 NC 4 0 Vitamin E (alpha-tocopherol) mg 0.00 0 MC 9 0.00 Tocopherol, beta mg Tocopherol, gamma mg Tocopherol, delta mg Vitamin D U 0.000 0 MC 9 0.000 Vitamin K (phylloquinone) mcg 1.5 0 FLM 4 0.7	0	
Vitamin E (alpha-tocopherol) mg 0.00 MC 9 0.00 Tocopherol, beta mg Tocopherol, gamma mg Tocopherol, delta mg Vitamin D IU 0.000 0 MC 9 0.000 Vitamin K (phylloquinone) mcg 1.5 0 FLM 4 0.7	0	
Tocopherol, beta	0	
Tocopherol, gamma	0.00	
Tocopherol, delta		
Vitamin D		
Vitamin K (phylloquinone)mcg 1.5 0 FLM 4 0.7 <u>Lipids:</u>	0.000	
<u>Lipids:</u>	0.4	
Fatty acids, total saturated		
	0.050	
4:0	0.000	
6:0g 0.000 0 FLM 4 0.000 8:0g 0.011 0 FLM 4 0.005	0.000	
	0.003 0.000	
10:0g 0.000 0 FLM 4 0.000 12:0g 0.000 0 FLM 4 0.000	0.000	
13:0g	0.000	
14:0	0.000	
15:0	3.000	
16:0	0.042	
17:0		
18:0g 0.009 0 FLM 4 0.005	0.002	
20:0g		
22:0g		
24:0g		

NDB No. 08148 Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free, spoon size, single brand

	<u>Ar</u>	nount in 100 g			ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.119		0	FLC	4		0.058	0.030	
14:1g	0.119		U	FLC	-		0.056	0.030	
15:1									
16:1 undifferentiated	0.007		0	FLM	4		0.004	0.002	
17:1g	0.007		Ū		-		0.001	0.002	
18:1 undifferentiated	0.129		0	FLM	4		0.063	0.032	
20:1g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiatedg	0.000		0	FLM	4		0.000	0.000	
24:1 cg					_				
Fatty acids, total polyunsaturated9	0.439		0	FLC	4		0.215	0.110	
18:2 undifferentiatedg	0.428		0	FLM	4		0.210	0.107	
18:3 undifferentiated	0.022		0	FLM	4		0.011	0.005	
18:4g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.001		0	FLM	4		0.001	0.000	
20:5 n-3g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total transg									
Cholesterolmg	0		0	MC	9		0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0	0.0	
Caffeinemg	0		0	FLC	4		0	0	
Theobromine mg	0		0	FLC	4		0	0	
Carotenoids:									
Carotene, beta mcg	0		0	z	7		0.000	0.000	
Carotene, alpha mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta mcg	0		0	Z	7		0.000	0.000	
Lycopenemcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin mcg	0		0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 49g: 1 cup (1 NLEA serving)

Measure 2 = 25g: 1 box, single serving (.875 oz)

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08191 Cereals ready-to-eat, wheat, shredded, presweetened, single brand

Nutrients and Units	rtion of common			<u>n</u>	le portion	of edib	0 grams	nount in 10	<u>An</u>			
Nutrients and Units	f food	asures of food	me				Number					
Water				Confidence	Source	Deriv	of Data					
Water	re 2 Measure 3	Measure 2	Measure 1	Code	Code	Code	Points	Std. Error	Mean		nts and Units	Nutrients an
Water												Proximates:
Facegy			3.12		9	MC	0		6.00	g		Water
Potein			183		9	MC	0		352	kcal		Energy
Protein			766		9				1473	kj	l	Energy
Ash. 9 1.10 0 MC 9 4.3.58 Carbolydrate, by difference. 9 83.80 0 MC 9 43.58 Fiber, total dietary. 9 9.6 0 MC 9 5.0 Sugars, total. 9 22.30 0 MC 9 11.60 Sugars, total. 9 11.60 Sugars, t			4.06		9	MC	0		7.80			
Carbohydrae by difference 9			0.99		4	NR	0		1.90	g	(Total lipid (fat)
Fiber, total dietary			0.57		9	MC	0		1.10	g		Ash
Sugars, total			43.58		9	MC	0		83.80	g	fference	Carbohydrate, by difference
Starch S			5.0		9	MC	0		9.6	g	(Fiber, total dietary
Calcium, Ca.			11.60		9	MC	0		22.30	g	(Sugars, total
Calcium, Ca. mg										g	(Starch
Calcium, Ca. ng 1.3 0 MC 9 7 Ion, Fe ng 9.3 0 MC 9 1.80 Magnesium, Mg. ng 93 0 MC 9 144 Potassium, K. ng 327 0 MC 9 100 Sodium, Na. ng 1.9 0 MC 9 1.00 Sodium, Na. ng 1.9 0 MC 9 1.00 Socium, Na. ng 1.98 0 MC 9 1.50 Copper, Cu. ng 0.198 0 NC 9 1.50 Copper, Cu. ng 0.198 0 NC 9 0.090 Manganesc, Mn. ng 0.198 0 NC 9 0.073 Vitamin E. ng 0.0 NC 9 0.0 0 Vitamin C. total ascerbic acid ng 0.820 0 MC 9 0.426 <td></td>												
Ino. Fe. mg 3.46 0 MC 9 4.8 Magnesium, Mg. mg 93 0 MC 9 144 Plossphorus, F. mg 276 0 MC 9 170 Sodium, Na. mg 19 0 MC 9 1.0 Zinc, Zh. mg 2.88 0 MC 9 1.50 Copper, Cu. mg 0.173 0 MC 9 0.090 Magnese, Mn. mg 4.198 0 FTM 4 2.183 Sclenium, Sc. mg 0.173 0 DC 0 <td< td=""><td></td><td></td><td>7</td><td></td><td>^</td><td>140</td><td>^</td><td></td><td>13</td><td>ma</td><td>-</td><td></td></td<>			7		^	140	^		13	ma	-	
Magnesium, Mg. mg 93 0 MC 9 48 Phosphorus, P. mg 276 0 MC 9 170 Polassium, K. mg 327 0 MC 9 170 Sodium, Na. mg 19 0 MC 9 1.50 Copper, Cu. mg 0.173 0 MC 9 0.090 Magnases, Mn. mg 4.198 0 FLM 4 2.183 Sclenium, Sc. mcg 4.1 0 BEZN 4 2.183 Sclenium, Sc. mcg 4.1 0 BEZN 4 2.183 Sclenium, Sc. mcg 0.0 0 MC 9 0.0 Vitamin B. mg 0.0 0 MC 9 0.374 Witamin B. mg 0.020 MC 9 0.426 Niacin. mg 0.962 0 MC 9 0.499										-		,
Phosphorus P.										•		, , , , , , , , , , , , , , , , , , , ,
Potassium, K.												
Sodium, Na. mg 19 0 MC 9 10 Zinc, Zm. mg 2.88 0 MC 9 1.50 Copper, Cu. mg 0.173 0 MC 9 0.090 Manganese, Mn. mg 4.198 0 FIM 4 2.183 Sclenium, Se. mcg 4.1 0 BFZN 4 2.1 //Itamins: Vitamins C, total ascorbic acid. mg 0.0 0 MC 9 0.374 Riboflavin mg 0.720 0 MC 9 0.426 Nikacin mg 0.820 0 MC 9 0.426 Nikacinia mg 0.883 0 FIM 4 0.459 Vitamin B-6 mg 0.960 0 MC 9 0.499 Folate, food. mcg 192 0 MC 9 0.499 Folate, food. mcg <td< td=""><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td>-</td><td></td><td>• .</td></td<>										-		• .
Zinc, Zn. mg 2.88 0 MC 9 1.50 Copper, Cu. mg 0.173 0 MC 9 0.090 Manganese, Mn. mg 4.198 0 FIM 4 2.183 Selenium, Se. mcg 4.1 0 BFZN 4 2.1 Vitamin, S. mcg 0.0 0 MC 9 0.0 Vitamin C, total ascorbic acid. mg 0.0 MC 9 0.374 Riboflavin mg 0.820 0 MC 9 0.374 Riboflavin mg 0.820 0 MC 9 0.456 Niacin mg 0.820 0 MC 9 5.002 Pantothenic acid mg 0.862 0 MC 9 5.002 Pattorin mg 0.962 0 MC 9 1.0459 Vitamin C, total mg 0.962 0 MC 9 1.0										-		
Copper, Cu. mg 0.173 0 MC 9 0.090 Manganses, Mn. mg 4.198 0 FIM 4 2.183 Sclenium, Se. mg 4.1 0 BFEN 4 2.1 //Hamins: Vitamin C, total ascorbic acid. mg 0.720 0 MC 9 0.374 Riboflavin. mg 0.820 0 MC 9 0.374 Riboflavin. mg 0.820 0 MC 9 0.92 Paratothenic acid. mg 0.883 0 FLM 4 0.459 Vitamin B-6. mg 0.960 0 MC 9 0.499 Folate, food. mg 192 0 MC 9 1.09 Folate, food. mg 19 0 CAZN 4 163 Vitamin B-12. mg 2.88 0 MC 9 1.50 Vitamin A, Ch. <td< td=""><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td>•</td><td></td><td>,,</td></td<>										•		,,
Manganese, Mn. mg 4.198 0 FLM 4 2.183 Selenium, Sc. mg 4.1 0 BFZN 4 2.183 Yitamins C. mg 0.0 NC 9 0.0 Thiamin. mg 0.720 0 MC 9 0.374 Riboflavin mg 0.820 0 MC 9 0.426 Niacin. mg 9.620 0 MC 9 0.426 Niacin. mg 9.620 0 MC 9 0.459 Plantotheric acid. mg 0.960 0 MC 9 0.499 Folate, Cotal. mg 0.960 0 MC 9 0.499 Folate, Lotal. mg 1.73 0 NC 4 90 Folate, DFC mg 1.33 0 NC 4 10 Folate, DFC mg 1.33 0 NC 4 163 <tr< td=""><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr<>												
Selenium, Se. mog 4.1 0 BFZN 4 2.1												• • •
Vitamin C, total ascorbic acid mg 0.0 0 MC 9 0.0 Thiamin mg 0.720 0 MC 9 0.374 Ribolfavin mg 0.820 0 MC 9 0.426 Niacin mg 9.620 0 MC 9 5.002 Pantothenic acid mg 0.960 0 MC 9 0.459 Vitamin B-6 mg 0.960 0 MC 9 0.499 Folate, fotal mcg 192 0 MC 9 100 Folica ecid mcg 173 0 NC 4 90 Folate, food mcg 19 0 CAZN 4 10 Folate, food mcg 19 0 CAZN 4 163 Vitamin B-12 mcg 2.88 0 MC 9 1.50 Vitamin A, U IU 0 MC 9 0.16												•
Vitamin C, total ascorbic acid. mg 0.0 0 MC 9 0.0 Thiamin. mg 0.720 0 MC 9 0.374 Riboflavin. mg 0.820 0 MC 9 5.002 Panothenic acid. mg 9.833 0 FLM 4 0.459 Plate acid. mg 0.960 0 MC 9 0.459 Folate, fotal. mg 1.92 0 MC 9 1.00 Folate, fotal. mg 173 0 NC 4 10 Folate, food. mg 173 0 NC 4 10 Folate, food. mg 19 0 CAZN 4 10 Vitamin B-12 mg 2.88 0 MC 9 1.50 Vitamin A, IU. IU 0 MC 9 0.16 Vitamin A, Elemanologopherol. mg 0 NC 4 0.5 <					-							Scientini, Sc
Thiamin. mg 0.720 0 MC 9 0.374 Ribolavin. mg 0.820 0 MC 9 0.426 Niacin. mg 0.9620 0 MC 9 0.426 Vitamin B-0. mg 0.883 0 FLM 4 0.459 Folate, total. mcg 192 0 MC 9 100 Folate, food. mcg 173 0 NC 4 90 Folate, food. mcg 19 0 CAZN 4 10 Folate, food. mcg 19 0 NC 4 163 Vitamin B-12. mcg 2.88 0 MC 9 1.50 Vitamin B-12. mcg 0 0 MC 9 0.16 Vitamin A, RAE. mcg_RAE 0 MC 9 0.16 Tocopherol, beta. mg 0 MC 9 0.16 To												<u> Vitamins:</u>
Riboflavin. mg 0.820 0 MC 9 0.426 Niacin. mg 9.620 0 MC 9 5.002 Pantothenic acid. mg 0.883 0 FIM 4 0.459 Vitamin B-6. mg 0.960 0 MC 9 0.499 Folate, total. mcg 192 0 MC 9 100 Foliac, total. mcg 173 0 MC 4 90 Folate, food. mcg 19 0 CAZN 4 10 Folate, DFE. mcg DFE 313 0 MC 9 0 Vitamin B-12. mcg 2.88 0 MC 9 0 Vitamin A, RL mcg PAE 0 0 MC 9 0.16 Vitamin E (alpha-tocopherol). mg 0.32 0 MC 9 0.16 Tocopherol, detta. mg 1 0 MC <th< td=""><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td>-</td><td></td><td></td></th<>										-		
Niacin mg 9.620 0 MC 9 5.002 Pantothenic acid mg 0.883 0 FLM 4 0.459 Vitamin B-6 mg 0.960 0 MC 9 0.499 Folate, total mcg 173 0 MC 9 100 Folate, food mcg 19 0 CAZN 4 10 Folate, DFE mcg 2.88 0 MC 9 0 Vitamin B-12 lu 0 MC 9 0 0 Vitamin A, RAE mcg PAE 0 NC 4 0 0 Retinol mg 0.32 NC MC 9 0.16										-		
Pantothenic acid mg 0.883 0 FLM 4 0.459 Vitamin B-6 mg 0.960 0 MC 9 0.499 Folate, fotal. mcg 192 0 MC 9 100 Folic acid. mcg 173 0 NC 4 90 Folate, food. mcg 19 0 CAZN 4 106 Folate, FDE. mcg DFE 313 0 NC 4 163 Vitamin B-12 mcg 2.88 0 MC 9 0 Vitamin A, IU IU 0 MC 9 0 Vitamin A, RAE mcg 0 NC 4 0 Vitamin E (alpha-tocopherol) mg 0.32 0 MC 9 0.16 Tocopherol, garma mg 0 NC 9 0.06 0 MC 9 0.00 Vitamin E (alpha-tocopherol) mcg 1.0 MC										mg	r	Riboflavin
Vitamin B-6. mg 0.960 0 MC 9 0.499 Folate, total mcg 192 0 MC 9 100 Folate, total mcg 173 0 NC 4 90 Folate, food. mcg 19 0 CAZN 4 10 Folate, food. mcg 19 0 CAZN 4 10 Folate, food. mcg 2.88 0 MC 9 1.50 Vitamin B-12. mcg 2.88 0 MC 9 0 Vitamin A, IU IU 0 MC 9 0 0 Vitamin A, RAE mcg_RAE 0 NC 4 0 0 Retinol. mcg 0.32 NC 9 0.16 0 Tocopherol, gamma. mg 1.0 NC 9 0.000 0 MC 9 0.000 Vitamin K (phylloquinone). mcg 1.0							-			mg	r	Niacin
Folate, total							-			-		
Folic acid						MC				-		
Folate, food.												
Folate, DFE.												
Vitamin B-12 mcg 2.88 0 MC 9 1.50 Vitamin A, IU IU 0 0 MC 9 0 Vitamin A, RAE mcg 0 0 MC 4 0 Retinol mcg 0 NC 4 0 Vitamin E (alpha-tocopherol) mg 0.32 0 MC 9 0.16 Tocopherol, beta mg 0 NC MC 9 0.16 Tocopherol, delta mg 0 NC 9 0.000 Vitamin D IU 0.000 0 MC 9 0.000 Vitamin K (phylloquinone) mcg 1.0 0 MC 9 0.156 Lipids: ***********************************												
Vitamin A, IU IU 0 MC 9 0 Vitamin A, RAE mcg_RAE 0 0 NC 4 0 Retirol mcg 0 0 NC 4 0 Vitamin E (alpha-tocopherol) mg 0.32 0 MC 9 0.16 Tocopherol, beta mg 0 MC 9 0.16 Tocopherol, gamma mg 0 MC 9 0.000 Tocopherol, gamma mg 0 MC 9 0.000 Vitamin D IU 0.000 0 MC 9 0.000 Vitamin K (phylloquinone) mcg 1.0 0 MC 9 0.000 Diplds: Fatty acids, total saturated 9 0.300 MC 9 0.156 4:0 9 0.000 MC 9 0.156 0.000 8:0 9 0.000 0 FLM 4 0.000 8												
Vitamin A, RAE mcg_RAE 0 NC 4 0 Retinol mcg 0 0 NC 4 0 Vitamin E (alpha-tocopherol) mg 0.32 0 MC 9 0.16 Tocopherol, beta mg							-					
Retinol mcg 0 0 NC 4 0 Vitamin E (alpha-tocopherol) mg 0.32 0 MC 9 0.16 Tocopherol, beta mg Tocopherol, delta Tocopherol,							-					
Vitamin E (alpha-tocopherol). mg 0.32 0 MC 9 0.16 Tocopherol, beta												
Tocopherol, beta												
Tocopherol, gamma mg Tocopherol, delta mg Vitamin D IU 0.000 0 MC 9 0.000 Vitamin K (phylloquinone) mcg 1.0 0 FLM 4 0.5 Lipids: Fatty acids, total saturated 9 0.156 0.156 0.156 0.000 0 FLM 4 0.000			0.16		9	MC	0		0.32			
Tocopherol, delta mg Vitamin D IU 0.000 0 MC 9 0.000 Vitamin K (phylloquinone) mcg 1.0 0 FLM 4 0.5 Lipids: Fatty acids, total saturated. 9 0.300 0 MC 9 0.156 4:0 9 0.000 MC 9 0.156 4:0 9 0.000 FLM 4 0.000 6:0 9 0.000 FLM 4 0.000 8:0 9 0.006 0 FLM 4 0.003 10:0 9 0.001 0 FLM 4 0.000 13:0 9 0.003 0 FLM 4 0.002 15:0 9 0.261 0 FLM 4 0.136 17:0 9 0.261 0 FLM 4 0.136 18:0 9 0.017 0 FLM <td></td>												
Vitamin D. IU 0.000 0 MC 9 0.000 Vitamin K (phylloquinone) mcg 1.0 0 FIM 4 0.5 Lipids: Fatty acids, total saturated 9 0.156 9 0.156 4:0 9 0.000 0 FLM 4 0.000 6:0 9 0.000 0 FLM 4 0.000 8:0 9 0.006 0 FLM 4 0.003 10:0 9 0.001 0 FLM 4 0.000 13:0 9 0.001 0 FLM 4 0.000 15:0 9 0.003 0 FLM 4 0.002 15:0 9 0.261 0 FLM 4 0.136 17:0 9 0.017 0 FLM 4 0.009												
Vitamin K (phylloquinone) mcg 1.0 0 FLM 4 0.5 Lipids: Fatty acids, total saturated 9 0.300 0 MC 9 0.156 4:0 9 0.000 0 FLM 4 0.000 6:0 9 0.000 0 FLM 4 0.000 8:0 9 0.006 0 FLM 4 0.003 10:0 9 0.000 0 FLM 4 0.000 12:0 9 0.001 0 FLM 4 0.000 13:0 9 0.003 0 FLM 4 0.002 15:0 9 0.261 0 FLM 4 0.136 17:0 9 18:0 9 0.017 0 FLM 4 0.009					•							
Lipids: Fatty acids, total saturated. 9 0.300 0 MC 9 0.156 4:0. 9 0.000 0 FLM 4 0.000 6:0. 9 0.000 0 FLM 4 0.000 8:0. 9 0.006 0 FLM 4 0.003 10:0. 9 0.000 0 FLM 4 0.000 12:0. 9 0.001 0 FLM 4 0.000 13:0. 9 0.003 0 FLM 4 0.002 15:0. 9 0.261 0 FLM 4 0.136 17:0. 9 18:0. 9 0.017 0 FLM 4 0.009												
Fatty acids, total saturated. 9 0.300 0 MC 9 0.156 4:0 9 0.000 0 FLM 4 0.000 6:0 9 0.000 0 FLM 4 0.000 8:0 9 0.006 0 FLM 4 0.003 10:0 9 0.001 0 FLM 4 0.000 13:0 9 14:0 9 0.003 0 FLM 4 0.002 15:0 9 0.261 0 FLM 4 0.136 17:0 9 0.017 0 FLM 4 0.009			0.5		4	F.TW	U		1.0	inicg	ıınone)	Vitamin K (phylloquinone)
4:0 9 0.000 0 FLM 4 0.000 6:0 9 0.000 0 FLM 4 0.000 8:0 9 0.006 0 FLM 4 0.003 10:0 9 0.000 0 FLM 4 0.000 12:0 9 0.001 0 FLM 4 0.000 13:0 9 14:0 9 0.003 0 FLM 4 0.002 15:0 9 0.261 0 FLM 4 0.136 17:0 9 18:0 9 0.017 0 FLM 4 0.009												<u> ipids:</u>
4:0			0.156		9	MC	0		0.300	g	urated	Fatty acids, total saturated
8:0 9 0.006 0 FLM 4 0.003 10:0 9 0.000 0 FLM 4 0.000 12:0 9 0.001 0 FLM 4 0.000 13:0 9 14:0 9 0.003 0 FLM 4 0.002 15:0 9 16:0 9 0.261 0 FLM 4 0.136 17:0 9 18:0 9 0.017 0 FLM 4 0.009			0.000		4	FLM	0		0.000			-
10:0. g 0.000 0 FLM 4 0.000 12:0. g 0.001 0 FLM 4 0.000 13:0. g 0.003 0 FLM 4 0.002 15:0. g 0.261 0 FLM 4 0.136 17:0. g 18:0. g 0.017 0 FLM 4 0.009			0.000		4	FLM	0		0.000	g	(6:0
12:0			0.003		4	FLM	0		0.006	-	-	
12:0			0.000		4	FLM	0		0.000	g		10:0
14:0 g 0.003 0 FLM 4 0.002 15:0 g 16:0 g 0.261 0 FLM 4 0.136 17:0 g 18:0 g 0.017 0 FLM 4 0.009			0.000		4	FLM	0		0.001			
15:0										g		13:0
16:0			0.002		4	FLM	0		0.003			
16:0										g		15:0
18:0			0.136		4	FLM	0		0.261	-	-	
										g		17:0
20:0			0.009		4	FLM	0		0.017	-	-	
=v.v										g	9	20:0
22:0g										-		

		<u>Ar</u>	mount in 10	0 grams Number		ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and U	nits	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		0.271		0	FLM	4		0.141		
14:1	-									
15:1										
16:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.009		0	FLM	4		0.005		
17:1	-	0.000		•						
18:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.262		0	FLM	4		0.136		
20:1		0.000		0	FLM	4		0.000		
22:1 undifferentiated	•	0.000		0	FLM	4		0.000		
24:1 c										
Fatty acids, total polyunsaturated.		0.925		0	FLM	4		0.481		
18:2 undifferentiated	-	0.860		0	FLM	4		0.447		
18:3 undifferentiated		0.063		0	FLM	4		0.033		
18:4	-	0.000		0	FLM	4		0.000		
20:2 n-6 c,c	_									
20:3 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.000		•						
20:4 undifferentiated	-	0.002		0	FLM	4		0.001		
20:5 n-3	_	0.000		0	FLM	4		0.000		
22:5 n-3	_	0.000		0	FLM	4		0.000		
22:6 n-3	-	0.000		0	FLM	4		0.000		
Fatty acids, total trans								_		
Cholesterol	_	0		0	MC	9		0		
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	Z	7		0.0		
Caffeine	mg	0		0	FLM	4		0		
Theobromine	mg	0		0	FLM	4		0		
Carotenoids:										
Carotene, beta	mcg	0		0	z	7		0.000		
Carotene, alpha		0		0	Z	7		0.000		
Cryptoxanthin, beta		0		0	Z	7		0.000		
Lycopene		0		0	z	7		0.000		
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000		

Common Measures:

Measure 1 = 52g: 1 cup (1 NLEA serving)

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 42265 Cereals ready-to-eat, whole wheat, rolled oats, presweetened, with nuts and fruit, single brand

		<u>A</u> 1	mount in 10	00 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common measures of food			
			Std. Error		Deriv	Source Code	Confidence Code			•	
Nutrients and Uni	ts	Mean	Std. Error	Politis	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water		8.70		0	MC	9		4.70			
Energy		377		0	MC	9		204			
Energy	kj	1577				9		852			
Protein		8.00		0	MC	9		4.32			
Total lipid (fat)	g	8.40		0	NR	4		4.54			
Ash		1.90		0	MC	9		1.03			
Carbohydrate, by difference		73.20		0	MC	9		39.53			
Fiber, total dietary		7.4		0	MC	9		4.0			
Sugars, total		24.60		0	MC	9		13.28			
Starch	g										
Minerals:											
Calcium, Ca	_	31		0	MC	9		17			
Iron, Fe		6.67		0	MC	9		3.60			
Magnesium, Mg		84		0	MC	9		45			
Phosphorus, P		197		0	MC	9		106			
Potassium, K		326		0	MC	9 9		176			
Sodium, Na		288 2.22		0 0	MC MC	9		156 1.20			
Zinc, Zn		0.308	,	0	MC	9		0.166			
Copper, Cu Manganese, Mn		1.863		0	FLC	4		1.006			
Selenium, Se		14.1	,	0	RA	4		7.6			
Vitamins:	ma	0.1		0	MC	9		0.1			
Vitamin C, total ascorbic acid Thiamin		0.700		0	MC	9		0.1			
Riboflavin	-	0.700		0	MC	9		0.378			
Niacin	_	9.260		0	MC	9		5.000			
Pantothenic acid		0.623		0	FLC	4		0.336			
Vitamin B-6		0.930		0	MC	9		0.502			
Folate, total	-	185		0	MC	9		100			
Folic acid		166		0	NC	4		90			
Folate, food	-	19		0	CAZN	4		10			
Folate, DFE		301		0	NC	4		163			
Vitamin B-12		2.78		0	MC	9		1.50			
Vitamin A, IU	IU	1389		0	MC	9		750			
Vitamin A, RAE	mcg_RAE	417		0	NC	4		225			
Retinol	mcg	417		0	NC	4		225			
Vitamin E (alpha-tocopherol)		0.62		0	MC	9		0.33			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta		=		•		•					
Vitamin D		74.000 2.1)	0 0	MC FLM	9 4		39.960 1.1			
Vitamin K (phylloquinone)	nicg	2.1		U	E LIM	4		1.1			
Lipids:											
Fatty acids, total saturated	9	1.100		0	MC	9		0.594			
4:0		0.000		0	FLM	4		0.000			
6:0		0.000		0	FLM	4		0.000			
8:0		0.004		0	FLM	4		0.002			
10:0		0.000		0	FLM	4		0.000			
12:0		0.005		0	FLM	4		0.003			
13:0		0.000		0	FLM	4		0.000			
14:0	-	0.004		0	FLM FLM	4 4		0.002			
15:0	-	0.000		0	FLM	4		0.000 0.408			
16:0 17:0	-	0.755		0	FLM	4		0.408			
18:0	-	0.000		0	FLM	4		0.136			
20:0		0.231		0	FLM	4		0.136			
22:0		0.000		0	FLM	4		0.002			
24:0		0.000		0	FLM	4		0.000			

NDB No. 42265 Cereals ready-to-eat, whole wheat, rolled oats, presweetened, with nuts and fruit, single brand

		<u>Ar</u>		of edib	Amount in 100 grams of edible portion									
Nutrients and l	Units	Mean	 lumber of Data Points		Source Code	Confidence Code	Measure 1	easures of food Measure 2	Measure 3					
Fatty acids, total monounsaturat	edg	3.664	0	FLM	4		1.979							
14:1	g	0.000	0	FLM	4		0.000							
15:1	g	0.000	0	FLM	4		0.000							
16:1 undifferentiated	g	0.018	0	FLM	4		0.010							
17:1	•	0.000	0	FLM	4		0.000							
18:1 undifferentiated		3.638	0	FLM	4		1.965							
20:1	g	0.008	0	FLM	4		0.004							
22:1 undifferentiated	_	0.000	0	FLM	4		0.000							
24:1 c	g	0.000	0	FLM	4		0.000							
Fatty acids, total polyunsaturate	dg	2.953	0	FLM	4		1.595							
18:2 undifferentiated	g	2.874	0	FLM	4		1.552							
18:3 undifferentiated	g	0.079	0	FLM	4		0.043							
18:4	g	0.000	0	FLM	4		0.000							
20:2 n-6 c,c	g	0.000	0	FLM	4		0.000							
20:3 undifferentiated	g	0.000	0	FLM	4		0.000							
20:4 undifferentiated	g	0.000	0	FLM	4		0.000							
20:5 n-3	g	0.000	0	FLM	4		0.000							
22:5 n-3	g	0.000	0	FLM	4		0.000							
22:6 n-3	g	0.000	0	FLM	4		0.000							
Fatty acids, total trans	g													
Cholesterol	mg	0	0	MC	9		0							
Phytosterols	mg													
Others:														
Alcohol, ethyl	g	0.0	0	Z	7		0.0							
Caffeine	mg	0	0	FLC	4		0							
Theobromine	mg	0	0	FLC	4		0							
Carotenoids:														
Carotene, beta	mcg	0	0	z	7		0.000							
Carotene, alpha	mcg	0	0	Z	7		0.000							
Cryptoxanthin, beta		0	0	z	7		0.000							
Lycopene		0	0	Z	7		0.000							
Lutein + zeaxanthin		0	0	Z	7		0.000							

Common Measures:

Measure 1 = 54g: .667 cup (1 NLEA serving)

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 42261 Cereals ready-to-eat, whole wheat, rolled oats, presweetened, with pecans

Refuse: 0%

		<u>A</u>	mount in 10			ole portio	<u>on</u>		Amount in edible portion of common		
Nutrients and Unit	ts	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	<u>I</u> Measure (
Proximates:											
Water	g	5.80		0	MC	9		3.07			
Energy	kcal	408		0	MC	9		216			
Energy	kj	1707				9		905			
Protein	g	9.30		0	MC	9		4.93			
Total lipid (fat)	g	11.80		0	NR	4		6.25			
Ash	g	2.00		0	MC	9		1.06			
Carbohydrate, by difference	g	71.40		0	MC	9		37.84			
Fiber, total dietary	g	7.0		0	MC	9		3.7			
Sugars, total	g	15.30		0	MC	9		8.11			
Starch											
Minerals:				•		•		1.5			
Calcium, Ca	-	28		0	MC	9		15			
Iron, Fe		5.09 87		0 0	MC	9 9		2.70			
Magnesium, Mg	-				MC			46			
Phosphorus, P	-	223		0	MC	9		118			
Potassium, K	-	321		0	MC	9		170			
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	403		0	MC	9		214			
Zinc, Zn		2.26		0	MC	9		1.20			
Copper, Cu		0.338		0	MC	9		0.179			
Manganese, Mn		2.753	3	0	FLC	4		1.459			
Selenium, Se	mcg	14.1		0	RA	4		7.5			
/itamins:											
Vitamin C, total ascorbic acid	mg	0.2		0	MC	9		0.1			
Thiamin	-	0.710)	0	MC	9		0.376			
Riboflavin	-	0.850		0	MC	9		0.451			
Niacin	_	9.430		0	MC	9		4.998			
Pantothenic acid		0.851		0	FLC	4		0.451			
Vitamin B-6		0.940		0	MC	9		0.498			
Folate, total		189		0	MC	9		100			
Folic acid		170		0	NC	4		90			
Folate, food		19		0	CAZN	4		10			
Folate, DFE		308		0	NC	4		163			
Vitamin B-12		2.83		0	MC	9		1.50			
Vitamin A, IU		1415		0	MC	9		750			
Vitamin A, RAE		425		0	NC	4		225			
Retinol		425		0	NC	4		225			
Vitamin E (alpha-tocopherol)		0.80		0	MC	9		0.43			
Tocopherol, beta		0.00			110	,		0.43			
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D		75.000)	0	MC	9		39.750			
Vitamin K (phylloquinone)		1.9		0	FLM	4		1.0			
ipids:	····· •										
	а	1.400)	0	MC	9		0.742			
Fatty acids, total saturated		0.000		0	FLM	4					
4:0	-			0	FLM	4		0.000 0.000			
6:0		0.000		0	FLM	4					
8:0 10:0		0.003		0	FLM	4		0.003 0.000			
				0	FLM	4					
12:0	_	0.006				_		0.003			
13:0	_	0.000		0	FLM	4		0.000			
14:0	-	0.004		0	FLM	4		0.002			
15:0		0.000		0	FLM	4		0.000			
16:0		1.022		0	FLM	4		0.542			
	a	0.000)	0	FLM	4		0.000			
17:0			_					_			
17:0 18:0 20:0	g	0.305		0 0	FLM FLM	4 4		0.162 0.005			

NDB No. 42261 Cereals ready-to-eat, whole wheat, rolled oats, presweetened, with pecans

	Ar	nount in 10	0 grams	Amount in edible portion of common					
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
24:0g	0.000		0	FLM	4		0.000		
Fatty acids, total monounsaturated9	6.262		0	FLC	4		3.319		
14:1	0.000		0	FLM	4		0.000		
15:1g									
16:1 undifferentiated	0.009		0	FLM	4		0.005		
17:1g									
18:1 undifferentiated	5.733		0	FLM	4		3.038		
20:1g	0.023		0	FLM	4		0.012		
22:1 undifferentiated	0.000		0	FLM	4		0.000		
24:1 cg	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturated	3.797		0	FLM	4		2.012		
18:2 undifferentiatedg	3.646		0	FLM	4		1.932		
18:3 undifferentiatedg	0.150		0	FLM	4		0.079		
18:4g	0.000		0	FLM	4		0.000		
20:2 n-6 c,cg	0.000		0	FLM	4		0.000		
20:3 undifferentiatedg	0.000		0	FLM	4		0.000		
20:4 undifferentiated	0.001		0	FLM	4		0.000		
20:5 n-3	0.000		0	FLM	4		0.000		
22:5 n-3	0.000		0	FLM	4		0.000		
22:6 n-3g	0.000		0	FLM	4		0.000		
Fatty acids, total trans	0.000		·		-		0.000		
Cholesterol mg	0		0	MC	9		0		
Phytosterolsmg	v		Ū	мс			Ü		
1 hytosterois									
Others:									
Alcohol, ethyl	0.0		0	Z	7		0.0		
Caffeine mg	0		0	FLC	4		0		
Theobrominemg	0		0	FLC	4		0		
Carotenoids:									
Carotene, beta mcg	0		0	z	7		0.000		
Carotene, alpha mcg	0		0	z	7		0.000		
Cryptoxanthin, betamcg	0		0	Z	7		0.000		
Lycopenemcg	0		0	z	7		0.000		
Lutein + zeaxanthin mcg	0		0	z	7		0.000		

Common Measures:

Measure 1 = 53g: .667 cup (1 NLEA serving)

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 42297 Cereals ready-to-eat, whole wheat, rolled oats, presweetened, with walnuts and fruit, single brand

		<u>A</u>	mount in 10	00 grams	of edil	ole portic	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Un	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	Measure 2	<u>I</u> Measure	
ridinonio dila on			Otal 2.101					mododio i		mododio	
Proximates:											
Water	g	4.50		0	MC	9		2.66			
Energy	kcal	422		0	MC	9		249			
Energy	kj	1766				9		1042			
Protein	g	8.50		0	MC	9		5.02			
Total lipid (fat)	g	10.30		0	NR	4		6.08			
Ash		2.50		0	MC	9		1.48			
Carbohydrate, by difference		74.00		0	MC	9		43.66			
Fiber, total dietary		6.8		0	MC	9		4.0			
Sugars, total		20.40		0	MC	9		12.04			
Starch											
<u>Minerals:</u>											
Calcium, Ca		36		0	MC	9		21			
Iron, Fe		27.46		0	MC	9		16.20			
Magnesium, Mg		82		0	MC	9		48			
Phosphorus, P		310		0	MC	9		183			
Potassium, K		290		0	MC	9		171			
Sodium, Na		428		0	MC	9		253			
Zinc, Zn	<u>mg</u>	2.54		0	MC	9		1.50			
Copper, Cu		0.383		0	MC	9		0.226			
Manganese, Mn		2.200)	0	FLM	4		1.298			
Selenium, Se	mcg	18.0		0	RA	4		10.6			
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.2		0	MC	9		0.1			
Thiamin		0.640)	0	MC	9		0.378			
Riboflavin	-	0.720		0	MC	9		0.425			
Niacin	_	8.470		0	MC	9		4.997			
Pantothenic acid		0.746		0	FLM	4		0.440			
Vitamin B-6		0.850		0	MC	9		0.502			
Folate, total	-	169		0	MC	9		100			
Folic acid		150		0	NC	4		89			
Folate, food	-	19		0	CAZN	4		11			
Folate, DFE		274		0	NC	4		162			
Vitamin B-12		2.54		0	MC	9		1.50			
Vitamin A, IU	• • • • • • • • • • • • • • • • • • • •	1271		0	MC	9		750			
Vitamin A, RAE		382		0	NC	4		225			
Retinol		382		0	NC	4		225			
Vitamin E (alpha-tocopherol)	-	1.17		0	MC	9		0.69			
Tocopherol, beta				·		•		0.05			
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D		68.000)	0	MC	9		40.120			
Vitamin K (phylloquinone)		1.7		0	FLM	4		1.0			
<u> Lipids:</u>											
Fatty acids, total saturated	9	1.400		0	MC	9		0.826			
4:0		0.001		0	FLM	4		0.000			
6:0		0.000		0	FLM	4		0.000			
8:0	-	0.008		0	FLM	4		0.005			
10:0	-	0.001		0	FLM	4		0.000			
12:0	-	0.005	5	0	FLM	4		0.003			
13:0											
14:0	g	0.006		0	FLM	4		0.004			
15:0	g	0.000		0	FLM	4		0.000			
16:0	-	0.890		0	FLM	4		0.525			
17:0	-	0.000		0	FLM	4		0.000			
18:0	g	0.369	•	0	FLM	4		0.218			
20:0	g	0.000		0	FLM	4		0.000			
22:0	g	0.000)	0	FLM	4		0.000			
24:0	q										

NDB No. 42297 Cereals ready-to-eat, whole wheat, rolled oats, presweetened, with walnuts and fruit, single brand

	<u>An</u>	nount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	3.667		0	FLC	4		2.164		
14:1g	0.000		0	FLM	4		0.000		
15:1g	0.000		0	FLM	4		0.000		
16:1 undifferentiated	0.022		0	FLM	4		0.013		
17:1	0.000		0	FLM	4		0.000		
18:1 undifferentiated	3.465		0	FLM	4		2.045		
20:1	0.021		0	FLM	4		0.012		
22:1 undifferentiated	0.000		0	FLM	4		0.000		
24:1 cg									
Fatty acids, total polyunsaturated	4.485		0	FLM	4		2.646		
18:2 undifferentiated	4.334		0	FLM	4		2.557		
18:3 undifferentiated	0.151		0	FLM	4		0.089		
18:4g	0.000		0	FLM	4		0.000		
20:2 n-6 c,cg	0.000		0	FLM	4		0.000		
20:3 undifferentiatedg	0.000		0	FLM	4		0.000		
20:4 undifferentiated	0.001		0	FLM	4		0.000		
20:5 n-3g	0.000		0	FLM	4		0.000		
22:5 n-39	0.000		0	FLM	4		0.000		
22:6 n-3g	0.000		0	FLM	4		0.000		
Fatty acids, total trans9									
Cholesterolmg	0		0	MC	9		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0		
Caffeinemg	0		0	FLM	4		0		
Theobrominemg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta mcg	0		0	z	7		0.000		
Carotene, alpha mcg	0		0	z	7		0.000		
Cryptoxanthin, betamcg	0		0	z	7		0.000		
Lycopene mcg	0		0	z	7		0.000		
Lutein + zeaxanthin mcg	0		0	z	7		0.000		

Common Measures:

Measure 1 = 59g: 1 cup (1 NLEA serving)

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08081 Cereals ready-to-eat, whole wheat, shredded, presweetened, single brand

		<u>A</u> :	mount in 10	<u>0 grams</u>	of edib	ole portio	<u>n</u>		edible portion	
				Number	•			<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	3.82		0	FLC	4		1.99		
Energy	kcal	385		0	LC	8		200		
Energy	kj	1611				8		838		
Protein		9.82		0	LC	8		5.11		
Total lipid (fat)	g	3.77		0	LC	8		1.96		
Ash	g	1.37		0	FLC	4		0.71		
Carbohydrate, by difference	g	81.22		0	LC	8		42.23		
Fiber, total dietary	g	7.7		0	LC	8		4.0		
Sugars, total	g	23.08		0	LC	8		12.00		
Starch	g									
Minerals:	ma	27		^	ET 0	4		1 /		
Calcium, Ca	_	3.46		0 0	FLC LC	4 8		14 1.80		
Iron, Fe	_	3.46 89		0	FLC	8 4		1.80 46		
Magnesium, Mg Phosphorus, P		237		0	FLC	4		46 123		
	_	253		0	FLC	4		132		
Potassium, K		233		0	FLC	4		11		
Zinc, Zn	-	2.18		0	FLC	4		1.13		
Copper, Cu		0.311		0	FLC	4		0.162		
Manganese, Mn		2.851		0	FLC	4		1.483		
Selenium, Se		40.9	=	0	FLC	4		21.3		
·						=				
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid	_	0.0		0	FLC	4		0.0		
Thiamin	-	0.721		0	LC	8		0.375		
Riboflavin		0.817		0	LC	8		0.425		
Niacin		9.615		0	LC	8		5.000		
Pantothenic acid	_	0.615		0	FLC	4		0.320		
Vitamin B-6	_	0.962	2	0	LC	8		0.500		
Folate, total		192		0	LC	8		100		
* Folic acid		150		0	NC	4		78		
Folate, food		42		0	BFZN	4		22		
Folate, DFE		297		0	NC	4		154		
Vitamin B-12		2.88		0	LC	8		1.50		
Vitamin A, IU		0		0	FLC	4		0		
Vitamin A, RAE		0		0	NC	4		0		
Retinol		0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol)		1.80		0	NR	4		0.94		
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		1.5		0	BFZN	4		0.8		
viamin K (phynodumone)	9			·		-		0.0		
<u> ipids:</u>										
Fatty acids, total saturated	g	0.469		0	FLC	4		0.244		
4:0		0.000		0	FLC	4		0.000		
6:0		0.000		0	FLC	4		0.000		
8:0	-	0.000		0	FLC	4		0.000		
10:0	-	0.000		0	FLC	4		0.000		
12:0		0.000)	0	FLC	4		0.000		
13:0			_	.=		_				
14:0		0.016	5	0	FLC	4		0.008		
15:0				_	_	_		_		
16:0		0.380)	0	FLC	4		0.198		
17:0	-		_	_	_	_				
18:0	-	0.057	1	0	FLC	4		0.030		
20:0	-									
22:0	a									

	<u>Am</u>	ount in 100 grams	s of edil	ole portio	<u>on</u>	Amount in edible portion of common			
Nutrients and Units	Mean	Numbe of Data Std. Error Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	1.759	0	FLC	4		0.915			
14:1g									
15:1g									
16:1 undifferentiatedg	0.050	0	FLC	4		0.026			
17:1g									
18:1 undifferentiatedg	1.695	0	FLC	4		0.881			
20:1g	0.002	0	FLC	4		0.001			
22:1 undifferentiatedg	0.000	0	FLC	4		0.000			
24:1 cg									
Fatty acids, total polyunsaturated	1.196	0	FLC	4		0.622			
18:2 undifferentiatedg	1.121	0	FLC	4		0.583			
18:3 undifferentiatedg	0.070	0	FLC	4		0.036			
18:4g	0.000	0	FLC	4		0.000			
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.001	0	FLC	4		0.001			
20:5 n-3g	0.000	0	FLC	4		0.000			
22:5 n-3g	0.000	0	FLC	4		0.000			
22:6 n-3g	0.000	0	FLC	4		0.000			
Fatty acids, total transg									
Cholesterolmg	0	0	FLC	4		0			
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0	0	Z	7		0.0			
Caffeine mg	0	0	BFZN	4		0			
Theobromine mg	0	0	BFZN	4		0			
Carotenoids:									
Carotene, betamcg	0	0	BFZN	4		0.000			
Carotene, alphamcg	0	0	BFZN	4		0.000			
Cryptoxanthin, beta mcg	0	0	BFZN	4		0.000			
Lycopene mcg	0	0	BFZN	4		0.000			
Lutein + zeaxanthin mcg	0	0	BFZN	4		0.000			

Common Measures:

Measure 1 = 52g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08386 Cereals ready-to-eat,, KASHI GoLEAN CRUNCH by KELLOGG

Kellogg, Co.

		<u>A</u>	mount in 100	υ grams	of edil	ole portio	<u>on</u>	Amount in	edible portion	of common
			1	Number				<u>m</u>	easures of food	•
						Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	4.00		0	MC	9		2.12		
Energy	kcal	377		0	MC	9		200		
Energy	kj	1577		0	MC	9		836		
Protein (N x 6.25)	g	17.50		0	MC	9		9.28		
Total lipid (fat)	g	5.80		0	MC	9		3.07		
Ash	g	4.80		0	MC	9		2.54		
Carbohydrate, by difference		67.90		0	MC	9		35.99		
Fiber, total dietary	g	15.2		0	MC	9		8.1		
Sugars, total	_	24.60		0	MC	9		13.04		
Starch	g									
Minerals:										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	87		0	MC	9		46		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	3.50		0	MC	9		1.86		
Magnesium, Mg		83		0	MC	9		44		
Phosphorus, P		213		0	MC	9		113		
Potassium, K		566		0	MC	9		300		
Sodium, Na	_	385		0 0	MC MC	9 9		204 0.48		
Zinc, Zn		0.90 0.300	,	0	MC MC	9		0.48 0.159		
Copper, Cu Manganese, Mn		0.300		0	MC	9		0.159		
Selenium, Se		0.120	,	Ū	мс			0.004		
,										
Vitamins:				_						
Vitamin C, total ascorbic acid		0.0	_	0	MC	9		0.0		
Thiamin	_	0.060		0	MC	9 9		0.032		
Riboflavin		0.030		0	MC MC	9		0.016 0.159		
Niacin Pantothenic acid		0.300		0	FLM	4		0.159		
Vitamin B-6		0.030		0	MC	9		0.365		
Folate, total	-	2	,	0	MC	9		1		
Folic acid		0		0	NC	4		0		
Folate, food		2		0	NC	4		1		
Folate, DFE	mcg DFE	2		0	NC	4		1		
Vitamin B-12		0.00		0	FLM	4		0.00		
Vitamin A, IU		9		0	MC	9		5		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	NC	4		0		
Vitamin E (alpha-tocopherol)	mg	1.80		0	MC	9		0.95		
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		7.0		•				2.7		
Vitamin K (phylloquinone)	Ilicy	7.0		0	FLM	4		3.7		
Lipids:										
Fatty acids, total saturated	g	0.470)	0	MC	9		0.249		
4:0		0.000		0	FLM	4		0.000		
6:0	-	0.000		0	FLM	4		0.000		
8:0	-	0.003		0	FLM	4		0.002		
10:0		0.001		0	FLM	4		0.001		
12:0		0.003	3	0	FLM	4		0.001		
13:0		0.00		^						
14:0		0.004	1	0	FLM	4		0.002		
15:0		0.205	=	0	ET M	4		0.172		
16:0		0.325	,	U	FLM	4		0.1/2		
17:0 18:0		0.082	>	0	FLM	4		0.044		
20:0		0.082		0	FLM	4		0.014		
22:0	-	0.026		0	FLM	4		0.014		
24:0	-	0.013		0	FLM	4		0.004		

		<u>Ar</u>	nount in 10			ole portio	<u>on</u>		Amount in edible portion of common measures of food			
Nutrients and U	Jnits	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3		
Fatty acids, total monounsaturate		3.230		0	MC	9		1.712				
14:1												
15:1	_											
16:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.015		0	FLM	4		0.008				
17:1	-											
18:1 undifferentiated		3.088		0	FLM	4		1.637				
20:1	_	0.083		0	FLM	4		0.044				
22:1 undifferentiated	•	0.030		0	FLM	4		0.016				
24:1 c												
Fatty acids, total polyunsaturated		2.100		0	MC	9		1.113				
18:2 undifferentiated	• • • • • • • • • • • • • • • • • • • •	1.590		0	FLM	4		0.843				
18:3 undifferentiated		0.510		0	FLM	4		0.270				
18:4	-	0.000		0	FLM	4		0.000				
20:2 n-6 c,c												
20:3 undifferentiated	• • • • • • • • • • • • • • • • • • • •											
20:4 undifferentiated		0.000		0	FLM	4		0.000				
20:5 n-3		0.000		0	FLM	4		0.000				
22:5 n-3		0.000		0	FLM	4		0.000				
22:6 n-3		0.000		0	FLM	4		0.000				
Fatty acids, total trans		0.000		0	MC	9		0.000				
Cholesterol	• • • • • • • • • • • • • • • • • • • •	0		0	MC	9		0				
Phytosterols	mg											
Others:												
Alcohol, ethyl	g	0.0		0	FLM	4		0.0				
Caffeine	mg	0		0	FLM	4		0				
Theobromine	mg	0		0	FLM	4		0				
Carotenoids:												
Carotene, beta	mcg	0		0	Z	7		0.000				
Carotene, alpha	mcg	0		0	Z	7		0.000				
Cryptoxanthin, beta	mcg	0		0	Z	7		0.000				
Lycopene	mcg	0		0	Z	7		0.000				
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000				

Common Measures:

Measure 1 = 53g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08168 Cereals, CREAM OF RICE, cooked with water, with salt

Kraft Foods, Inc.

		<u>A</u> :	mount in 10	0 grams	of edib	le portio	<u>n</u>		edible portion	
				Number				<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	87.50		0		1		213.50	160.13	
Energy	kcal	52		0	NC	4		127	95	
Energy	kj	218				4		531	398	
Protein (N x 5.95)	g	0.90		0		1		2.20	1.65	
Total lipid (fat)	g	0.10		0		1		0.24	0.18	
Ash	g	0.30		0		1		0.73	0.55	
Carbohydrate, by difference	g	11.50		0	NC	4		28.06	21.05	
Fiber, total dietary	g	0.1		0		4		0.2	0.2	
Sugars, total	g	0.02		0	BFNN	4		0.04	0.03	
Starch	g									
Minovolse										
Minerals:	ma	3		0		1		7	5	
Calcium, Ca Iron, Fe	-	0.20		0		5		, 0.49	0.37	
Magnesium, Mg	-	3		0		1		0.49 7	5	
Phosphorus, P		17		0		1		, 41	31	
Potassium, K	-	20		0		1		49	37	
Sodium, Na		173		0		1		422	317	
Zinc, Zn	-	0.16		0		1		0.39	0.29	
Copper, Cu		0.034	L	0		1		0.083	0.062	
Manganese, Mn		0.144		0		1		0.351	0.264	
Selenium, Se		3.0		0	BFZN	4		7.3	5.5	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.0		0		4		0.0	0.0	
Thiamin	-	0.000		0		5		0.000	0.000	
Riboflavin	=	0.000		0		5		0.000	0.000	
Niacin	-	0.400		0		5		0.976	0.732	
Pantothenic acid	_	0.076		0		4		0.185	0.139	
Vitamin B-6	_	0.027	'	0		1		0.066	0.049	
Folate, total		3		0	_	1		7	5	
Folic acid		0		0	Z	7		0	0	
Folate, food		3		0	BFZN	4		7	5	
Folate, DFE		3		0	NC	4		7	5	
Vitamin B-12		0.00		0		4		0.00 0	0.00	
Vitamin A, IU		0		-		4		•	0 0	
Vitamin A, RAE		0		0 0	BFZN	4 7		0		
Retinol		0.02		0	Z BFNN	4		0.04	0 0.03	
Vitamin E (alpha-tocopherol)		0.02		U	BENN	4		0.04	0.03	
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0		0	BFNN	4		0.0	0.0	
<u>Lipids:</u>										
Fatty acids, total saturated		0.020		0		4		0.049	0.037	
4:0		0.000		0	BFZN	4		0.000	0.000	
6:0	_	0.000		0	BFZN	4		0.000	0.000	
8:0	_	0.000		0	BFZN	4		0.000	0.000	
10:0	-	0.000		0	BFZN	4		0.000	0.000	
12:0		0.000)	0	BFZN	4		0.000	0.000	
13:0		0 001		^	DE21-				2 222	
14:0		0.001	-	0	BFZN	4		0.002	0.002	
15:0		0 00=		^	DE21-					
16:0		0.025	•	0	BFZN	4		0.061	0.046	
17:0	_	0.000	•	^	DEGI			0 005	0.004	
18:0	_	0.002	1	0	BFZN	4		0.005	0.004	
20:0	_									
22:0	y									

		<u>A</u>	mount in 100			ole portic	<u>on</u>		edible portion o	of common
Nutrients and	Units	Mean		Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsature	atedg	0.031		0	BFZN	4		0.076	0.057	
14:1	_									
15:1 16:1 undifferentiated	_	0.000)	0	BFZN	4		0.000	0.000	
17:1	_									
18:1 undifferentiated	g	0.031		0	BFZN	4		0.076	0.057	
20:1	g	0.000)	0	BFZN	4		0.000	0.000	
22:1 undifferentiated	g	0.000	1	0	BFZN	4		0.000	0.000	
24:1 c										
Fatty acids, total polyunsatural		0.027		0	BFZN	4		0.066	0.049	
18:2 undifferentiated		0.022		0	BFZN	4		0.054	0.040	
18:3 undifferentiated	-	0.005		0	BFZN	4		0.012	0.009	
18:4	_	0.000	1	0	BFZN	4		0.000	0.000	
20:2 n-6 c,c	_									
20:3 undifferentiated 20:4 undifferentiated	_	0.000	1	0	BFZN	4		0.000	0.000	
20:5 n-3	_	0.000		0	BFZN	4		0.000	0.000	
22:5 n-3	_	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3	• • • • • • • • • • • • • • • • • • • •	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans		0.000		·	21 211	•		0.000	0.000	
Cholesterol		0		0	z	7		0	0	
Phytosterols	_	v		Ū	-	,		ŭ	v	
-										
Amino Acids:										
Tryptophan		0.013		0		1		0.032	0.024	
Threonine	=	0.044		0		1		0.107	0.081	
Isoleucine	-	0.015		0		1		0.037	0.027	
Leucine	-	0.073		0		1		0.178	0.134	
Lysine		0.037		0		1		0.090	0.068	
Methionine		0.026		0		1		0.063	0.048	
Cystine		0.015		0		1		0.037	0.027	
Phenylalanine		0.037 0.049		0 0		1 1		0.090 0.120	0.068	
Tyrosine	=	0.049		0		1		0.120	0.090 0.104	
Valine	-	0.037		0		1		0.139	0.104	
Histidine		0.026		0		1		0.176	0.132	
Alanine	-	0.026		0		1		0.088	0.048	
Aspartic acid		0.080		0		1		0.195	0.146	
Glutamic acid		0.140		0		1		0.342	0.140	
Glycine	-	0.050		0		1		0.122	0.092	
Proline	-	0.037		0		1		0.090	0.068	
Serine	-	0.040		0		1		0.098	0.073	
Hydroxyproline		0.040		Ū		-		0.050	0.075	
	J									
Others:										
Alcohol, ethyl		0.0		0	BFZN	4		0.0	0.0	
Caffeine		0		0	BFNN	4		0	0	
Theobromine	g	0		0	BFNN	4		0	0	
Carotenoids:										
Carotene, beta	mcg	0		0	BFNN	4		0.000	0.000	
Carotene, alpha	mcg	0		0	BFNN	4		0.000	0.000	
Cryptoxanthin, beta	mcg	0		0	BFNN	4		0.000	0.000	
Lycopene		0		0	BFNN	4		0.000	0.000	
Lutein + zeaxanthin	mcg	0		0	BFNN	4		0.000	0.000	

Common Measures:

Measure 1 = 244g: 1 cup Measure 2 = 183g: .75 cup NDB No. 08168

Cereals, CREAM OF RICE, cooked with water, with salt

Calories Factors: Protein 3.82 Fat 8.37 Carbohydrate 4.16

Food Group: 08 Breakfast Cereals

NDB No. 08101 Cereals, CREAM OF RICE, cooked with water, without salt

Kraft Foods, Inc.

		<u>A</u>	mount in 100	granis	or earn	ie portio	<u>'11</u>	Amount in edible portion of common			
			N	Number				<u>m</u>	easures of food		
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates: Water	a	87.50		0		1		213.50	13.13	160.13	
Energy	_	52		0	NC	4		127	8	95	
Energy		218		Ū	NC	4		531	33	398	
Protein (N x 5.95)		0.90		0		1		2.20	0.14	1.65	
Total lipid (fat)		0.10		0		1		0.24	0.02	0.18	
Ash		0.10		0		1		0.24	0.02	0.18	
Carbohydrate, by difference		11.40		0	NC	4		27.82	1.71	20.86	
Fiber, total dietary		0.1		0		4		0.2	0.0	0.2	
Sugars, total		0.02		0	BFNN	4		0.04	0.00	0.03	
Starch	=										
Minerals:											
Calcium, Ca	mg	3		0		1		7	0	5	
Iron, Fe	-	0.20		0		5		0.49	0.03	0.37	
Magnesium, Mg		3		0		1		7	0	5	
Phosphorus, P		17		0		1		41	3	31	
Potassium, K		20		0		1		49	3	37	
Sodium, Na		1		0		1		2	0	2	
Zinc, Zn		0.16	_	0		1		0.39	0.02	0.29	
Copper, Cu		0.034		0		1		0.083	0.005	0.06	
Manganese, Mn		0.144	ł	0		1		0.351	0.022	0.26	
Selenium, Se	mcg	3.0		0	BFSN	4		7.3	0.5	5.5	
Vitamins:											
Vitamin C, total ascorbic acid		0.0		0		4 5		0.0	0.0	0.0	
Thiamin		0.000		0		5 5		0.000 0.000	0.000		
Riboflavin		0.400		0		5 5		0.000	0.000 0.060	0.00 0.73	
Pantothenic acid		0.400		0		4		0.185	0.011	0.73	
Vitamin B-6		0.027		0		1		0.066	0.004	0.13	
Folate, total	_	3		0		1		7	0.004	5	
Folic acid		0		0	z	7		0	0	0	
Folate, food		3		0	_	1		7	0	5	
Folate, DFE		3		0	NC	4		7	0	5	
Vitamin B-12		0.00		0		4		0.00	0.00	0.00	
Vitamin A, IU		0		0	NC	4		0	0	0	
Vitamin A, RAE		0		0	NC	4		0	0	0	
Retinol		0		0	Z	7		0	0	0	
Vitamin E (alpha-tocopherol)	mg	0.02		0	BFNN	4		0.04	0.00	0.03	
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D				_							
Vitamin K (phylloquinone)	mcg	0.0		0	BFNN	4		0.0	0.0	0.0	
<u>Lipids:</u>	a	2 22	,	^				0.000	2 224		
Fatty acids, total saturated		0.027		0		4		0.066	0.004	0.04	
4:0		0.000		0		4		0.000	0.000	0.00	
6:0	_	0.000		0		4		0.000 0.000	0.000 0.000	0.00	
8:0 10:0	_	0.000		0		4		0.000	0.000	0.00	
12:0	-	0.000		0		4		0.000	0.000	0.00	
13:0		0.000	-	Ū		-		3.000	0.000	0.00	
14:0		0.001	L	0		4		0.002	0.000	0.00	
15:0				ū		-		3.002	0.000	0.00	
16:0		0.025	5	0		4		0.061	0.004	0.04	
17:0				-		-			0.001		
18:0	_	0.002	2	0		4		0.005	0.000	0.00	
20:0	_	•		-							
22:0	_										
24:0	_										

		<u>Ar</u>	nount in 10	00 grams	of edib	le portio	<u>n</u>	Amount in	edible portion of	of common
				Number					easures of food	
Nutrients and I	Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturat	tod (I	0.031		0		4		0.076	0.005	0.05
14:1		0.031		Ū		•		0.076	0.003	0.03
15:1	g									
16:1 undifferentiated	g	0.000		0		4		0.000	0.000	0.000
17:1	g									
18:1 undifferentiated	-	0.031		0		4		0.076	0.005	0.05
20:1	g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated	g	0.000		0		4		0.000	0.000	0.000
24:1 c	g									
Fatty acids, total polyunsaturate	:dg	0.027		0		4		0.066	0.004	0.049
18:2 undifferentiated		0.022		0		4		0.054	0.003	0.040
18:3 undifferentiated	g	0.005		0		4		0.012	0.001	0.009
18:4	-	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c	-									
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.000		0		4		0.000	0.000	0.000
20:5 n-3	-	0.000		0		4		0.000	0.000	0.000
22:5 n-3		0.000		0		4		0.000	0.000	0.000
22:6 n-3		0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans										
Cholesterol		0		0	Z	7		0	0	0
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.013		0		1		0.032	0.002	0.024
Threonine		0.044		0		1		0.107	0.007	0.081
Isoleucine	-	0.015		0		1		0.037	0.002	0.027
Leucine	-	0.073		0		1		0.178	0.011	0.134
Lysine		0.037		0		1		0.090	0.006	0.068
Methionine		0.026		0		1		0.063	0.004	0.048
Cystine		0.015		0		1		0.037	0.002	0.027
Phenylalanine		0.037		0		1		0.090	0.006	0.068
Tyrosine		0.049		0		1		0.120	0.007	0.090
Valine		0.057		0		1		0.139	0.009	0.104
Arginine	-	0.072		0		1		0.176	0.011	0.132
Histidine		0.026		0		1		0.063	0.004	0.048
Alanine	-	0.036		0		1		0.088	0.005	0.066
Aspartic acid		0.080		0		1		0.195	0.012	0.146
Glutamic acid	-	0.140		0		1		0.342	0.021	0.256
Glycine		0.050		0		1		0.122	0.008	0.092
Proline		0.037		0		1		0.090	0.006	0.068
Serine	=	0.040		0		1		0.098	0.006	0.073
Hydroxyproline										
3 31										
Others:										
Alcohol, ethyl	=	0.0		0		7		0.0	0.0	0.0
Caffeine		0		0	Z	7		0	0	0
Theobromine	mg	0		0	Z	7		0	0	0
Carotenoids:										
Carotene, beta	mcg	0		0	BFNN	4		0.000	0.000	0.000
Carotene, alpha		0		0	BFNN	4		0.000	0.000	0.000
Cryptoxanthin, beta	mcg	0		0	BFNN	4		0.000	0.000	0.000
Lycopene	mcg	0		0	BFNN	4		0.000	0.000	0.000
Lutein + zeaxanthin	mca	0		0	BFNN	4		0.000	0.000	0.000

Common Measures:

Measure 1 = 244g: 1 cup Measure 2 = 15g: 1 tbsp Measure 3 = 183g: .75 cup NDB No. 08101

Cereals, CREAM OF RICE, cooked with water, without salt

Calories Factors: Protein 3.82 Fat 8.37 Carbohydrate 4.16

Food Group: 08 Breakfast Cereals

Kraft Foods, Inc.

		<u>Aı</u>	mount in 100 g	rams	of edib	le portio	<u>n</u>	Amount in	edible portion	of common
			Nu	mber				m	easures of food	
					Deriv	Source	Confidence			
Nutrients and Un	iits	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure :
Proximates:										
Water	g	10.50	1.392	3		1		18.17	1.07	
Energy	kcal	370		0	NC	4		640	38	
Energy	kj	1548				4		2678	158	
Protein (N x 5.95)	g	6.30	0.496	3		1		10.90	0.64	
Total lipid (fat)	g	0.50		2		1		0.87	0.05	
Ash		0.40	0.130	3		1		0.69	0.04	
Carbohydrate, by difference	g	82.40		0	NC	4		142.55	8.40	
Fiber, total dietary		0.7		0		4		1.2	0.1	
Sugars, total		0.12		0	BFNN	4		0.20	0.01	
Starch	-									
Minerals:		0.4		•				40	•	
Calcium, Ca	-	24		0		1 5		42	2	
Iron, Fe		1.30 23		0		5 1		2.25 40	0.13 2	
Magnesium, Mg		23 124		0		1		40 215	13	
Phosphorus, P		143		0		1		215 247	13 15	
Potassium, K Sodium, Na		6		0		1		10	1	
	-	1.12		0		1		1.94	0.11	
Zinc, Zn Copper, Cu		0.244	i	0		1		0.422	0.11	
Manganese, Mn		1.033		0		1		1.787	0.105	
Selenium, Se		19.0	•	0	RA	4		32.9	1.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.200)	0		5		0.346	0.020	
Riboflavin	mg	0.100)	0		5		0.173	0.010	
Niacin	mg	3.000)	0		5		5.190	0.306	
Pantothenic acid	mg	0.550)	0		4		0.952	0.056	
Vitamin B-6	-	0.195	5	0		1		0.337	0.020	
Folate, total		29		0		1		50	3	
Folic acid		0		0	Z	7		0	0	
Folate, food	mcg	29		0		1		50	3	
Folate, DFE		29		0	NC	4		50	3	
Vitamin B-12		0.00		0		4		0.00	0.00	
Vitamin A, IU		0		0	NC	4		0	0	
Vitamin A, RAE		0		0	NC	4		0	0	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		0.11		0	BFNN	4		0.19	0.01	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)		0.1		0	BFNN	4		0.1	0.0	
ipids:										
Fatty acids, total saturated	g	0.136	5	0		4		0.235	0.014	
4:0		0.000)	0		4		0.000	0.000	
6:0	-	0.000		0		4		0.000	0.000	
8:0	g	0.000)	0		4		0.000	0.000	
10:0		0.000		0		4		0.000	0.000	
12:0	-	0.000)	0		4		0.000	0.000	
13:0	-									
14:0		0.003	3	0		4		0.005	0.000	
15:0	g									
16:0	-	0.122	2	0		4		0.211	0.012	
17:0										
18:0	-	0.009)	0		4		0.016	0.001	
20:0	g									
	•									

		<u>Aı</u>	mount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food		
				of Data	Deriv	Source	Confidence				
Nutrients and	I Units	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3	
22:0 24:0.	-										
Fatty acids, total monounsatur		0.156		0		4		0.270	0.016		
14:1		0.130		·		•		0.270	0.010		
15:1	• • • • • • • • • • • • • • • • • • • •										
16:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.002		0		4		0.003	0.000		
17:1	-					_			*****		
18:1 undifferentiated		0.154		0		4		0.266	0.016		
20:1	-	0.000		0		4		0.000	0.000		
22:1 undifferentiated		0.000		0		4		0.000	0.000		
24:1 c											
Fatty acids, total polyunsatura		0.134		0		4		0.232	0.014		
18:2 undifferentiated		0.111		0		4		0.192	0.011		
18:3 undifferentiated		0.024		0		4		0.042	0.002		
18:4	_	0.000		0		4		0.000	0.000		
20:2 n-6 c.c.	-										
20:3 undifferentiated	_										
20:4 undifferentiated		0.000		0		4		0.000	0.000		
20:5 n-3		0.000		0		4		0.000	0.000		
22:5 n-3		0.000		0		4		0.000	0.000		
22:6 n-3	-	0.000		0		4		0.000	0.000		
Fatty acids, total trans											
Cholesterol		0		0	z	7		0	0		
Phytosterols											
-											
Amino Acids:											
Tryptophan		0.092		0		1		0.159	0.009		
Threonine	_	0.314		0		1		0.543	0.032		
Isoleucine	-	0.332		0		1		0.574	0.034		
Leucine	g	0.520		0		1		0.900	0.053		
Lysine		0.265		0		1		0.458	0.027		
Methionine	g	0.187		0		1		0.324	0.019		
Cystine		0.107		0		1		0.185	0.011		
Phenylalanine	g	0.267		0		1		0.462	0.027		
Tyrosine	g	0.351		0		1		0.607	0.036		
Valine		0.407		0		1		0.704	0.042		
Arginine		0.513		0		1		0.887	0.052		
Histidine		0.189		0		1		0.327	0.019		
Alanine		0.259		0		1		0.448	0.026		
Aspartic acid		0.576		0		1		0.996	0.059		
Glutamic acid	g	1.004		0		1		1.737	0.102		
Glycine	g	0.362		0		1		0.626	0.037		
Proline	g	0.263		0		1		0.455	0.027		
Serine	g	0.284		0		1		0.491	0.029		
Hydroxyproline	g										
Others											
Others:	0	0.0		0		7		0.0	0.0		
Alcohol, ethyl		0.0			Dmr			0.0	0.0		
Caffeine		0		0	BFNN	4		0	0		
Theobromine	g	0		0	BFNN	4		0	0		
Carotenoids:											
Carotene, beta		0		0	BFNN	4		0.000	0.000		
Carotene, alpha		0		0	BFNN	4		0.000	0.000		
Cryptoxanthin, beta		0		0	BFNN	4		0.000	0.000		
Lycopene	mcg	0		0	BFNN	4		0.000	0.000		
Lutein + zeaxanthin	mca	0		0	BFNN	4		0.000	0.000		

Common Measures:

NDB No. 08100 Cereals, CREAM OF RICE, dry

Measure 1 = 173g: 1 cup Measure 2 = 10.2g: 1 tbsp

Calories Factors: Protein 3.82 Fat 8.37 Carbohydrate 4.16

Food Group: 08 Breakfast Cereals

NDB No. 08106 Cereals, CREAM OF WHEAT, instant, dry

Kraft Foods, Inc.

		<u>A</u>	mount in 100 g	rams	of edit	ole portio	<u>n</u>		edible portion	
			Nu	ımbeı	r			<u>m</u>	easures of food	<u>.</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	10.40	0.165	23		1		18.51	1.20	
Energy	kcal	366		0	NC	4		651	42	
Energy	kj	1531				4		2726	176	
Protein (N x 5.7)	g	10.60	0.083	23		1		18.87	1.22	
Total lipid (fat)	g	1.40	0.071	23		1		2.49	0.16	
Ash	g	2.10	0.033	23		1		3.74	0.24	
Carbohydrate, by difference	g	75.50		0	NC	4		134.39	8.68	
Fiber, total dietary	g	3.3		2		1		5.8	0.4	
Sugars, total	g	0.40		0	NR	4		0.71	0.05	
Sucrose	g	0.40		1		1		0.71	0.05	
Glucose (dextrose)	g									
Fructose	g									
Lactose	g									
Maltose	g									
Galactose										
Starch										
Minerals:										
* Calcium, Ca	mg	357		1	LC	8		636	41	
* Iron, Fe	mg	28.60		0		5		50.91	3.29	
Magnesium, Mg		34		1		1		61	4	
Phosphorus, P		103		1		1		183	12	
Potassium, K		115		1		1		205	13	
Sodium, Na		15		1		1		27	2	
Zinc, Zn		0.98	-	1		1		1.74	0.11	
Copper, Cu		0.216	•	1		1		0.384	0.025	
Manganese, Mn Selenium, Se		20.0		0	BFZN	4		35.6	2.3	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.0		0		4		0.0	0.0	
* Thiamin		1.339		1	LC	8		2.384	0.154	
* Riboflavin	-	1.214		1	LC	8		2.161	0.140	
* Niacin	•	17.857		1 0	LC	8 4		31.786	2.054	
Pantothenic acid		0.474 1.786		1	LC	8		0.844 3.179	0.055 0.205	
* Vitamin B-6 * Folate, total		357	•	0	LC	8		635	41	
Folic acid		323		0	NC	4		575	37	
Folate, food		34	4.850	4	NC	1		61	4	
Folate, DFE		583	1.050	0	NC	4		1038	67	
Vitamin B-12		0.00		0		4		0.00	0.00	
* Vitamin A, IU		4464		1	LC	8		7946	513	
Vitamin A, RAE		1341		0	NC	4		2387	154	
Retinol		1341		0	NC	4		2387	154	
Vitamin E (alpha-tocopherol)		0.11		0	NR	4		0.20	0.01	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		2 -		^				^ ^		
Vitamin K (phylloquinone)	mcg	0.5		0	FLM	4		0.9	0.1	
<u>Lipids:</u>	9	0.000		^				0 000	2 222	
Fatty acids, total saturated		0.222		0	FLM	4		0.396	0.026	
4:0	_	0.000		0	FLM	4		0.000	0.000	
6:0	_	0.000		0	FLM	4		0.000	0.000	
8:0		0.000		0	FLM	4		0.000	0.000	
10:0		0.000		0	FLM	4		0.000	0.000	
12:0		0.000	J	0	FLM	4		0.000	0.000	
13:0		0 003		^	PT 34	4		0.000	2 222	
14:0	-	0.001	L	0	FLM	4		0.002	0.000	
15:0	y									

	<u>A</u>	mount in 10	0 grams	of edik	ole portic	<u>on</u>	Amount in edible portion of common			
			Number					easures of food		
			of Data		Source	Confidence				
Nutrients and Units	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3	
16:0g	0.208	.	0	FLM	4		0.370	0.024		
17:0g										
18:0g	0.014	ŀ	0	FLM	4		0.024	0.002		
20:0g										
22:0g										
24:0g			•							
Fatty acids, total monounsaturatedg	0.192	1	0	FLM	4		0.342	0.022		
14:1g 15:1g										
16:1 undifferentiated	0.004	ı	0	FLM	4		0.008	0.001		
17:1g	0.00	•	·		-		0.000	0.001		
18:1 undifferentiatedg	0.188	1	0	FLM	4		0.334	0.022		
20:1g	0.000	1	0	FLM	4		0.000	0.000		
22:1 undifferentiatedg	0.000)	0	FLM	4		0.000	0.000		
24:1 cg										
Fatty acids, total polyunsaturatedg	0.774	ŀ	0	FLM	4		1.378	0.089		
18:2 undifferentiatedg	0.692		0	FLM	4		1.232	0.080		
18:3 undifferentiated	0.082		0	FLM	4		0.146	0.009		
18:4g	0.000	1	0	FLM	4		0.000	0.000		
20:2 n-6 c,cg										
20:3 undifferentiated	0.000		0				0.000	0.000		
20:4 undifferentiated	0.000		0 0	FLM FLM	4 4		0.000 0.000	0.000 0.000		
20.5 n-3g	0.000		0	FLM	4		0.000	0.000		
22:6 n-3g	0.000		0	FLM	4		0.000	0.000		
Fatty acids, total trans9	0.000		•		-		0.000	0.000		
Cholesterolmg	0		0	z	7		0	0		
Phytosterolsmg										
Amino Acids:										
Tryptophang	0.145	i	0		1		0.258	0.017		
Threonineg	0.332	!	0		1		0.591	0.038		
Isoleucineg	0.460)	0		1		0.819	0.053		
Leucineg	0.800	1	0		1		1.424	0.092		
Lysineg	0.272	!	0		1		0.484	0.031		
Methionine9	0.196		0		1		0.349	0.023		
Cystineg	0.238		0		1		0.424	0.027		
Phenylalanineg	0.571		0		1		1.016	0.066		
Tyrosineg	0.335		0		1		0.596	0.039		
Valineg	0.513		0 0		1 1		0.913	0.059		
Arginine	0.457 0.242		0		1		0.813 0.431	0.053 0.028		
Alanine	0.369		0		1		0.431	0.028		
Aspartic acid	0.498		0		1		0.886	0.057		
Glutamic acid	3.928		0		1		6.992	0.452		
Glycineg	0.408		0		1		0.726	0.047		
Proline	1.289		0		1		2.294	0.148		
Serineg	0.596	i	0		1		1.061	0.069		
Hydroxyprolineg										
Others:										
Alcohol, ethylg	0.0		0		7		0.0	0.0		
Caffeine mg	0		0	FLM	4		0	0		
Theobrominemg	0		0	FLM	4		0	0		
Carotenoids:										
Carotene, betamcg	0		0	FLM	4		0.000	0.000		
Carotene, alphamcg	0		0	FLM	4		0.000	0.000		
Cryptoxanthin, betamcg	0		0	FLM	4		0.000	0.000		
Lycopene mcg	0		0	FLM	4		0.000	0.000		
Lutein + zeaxanthinmcg	16		0	FLM	4		28.772	1.859		

NDB No. 08106

Cereals, CREAM OF WHEAT, instant, dry

Common Measures:

Measure 1 = 178g: 1 cup Measure 2 = 11.5g: 1 tbsp

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 4.05 Fat 8.37 Carbohydrate 4.12

Food Group: 08 Breakfast Cereals

NDB No. 08171 Cereals, CREAM OF WHEAT, instant, prepared with water, with salt, (wheat) *Kraft Foods, Inc.*

		<u>Aı</u>	mount in 100			le portic	<u>on</u>		edible portion o	
Nutrients and Un	its	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	84.40		0	BFZN	4		203.40	152.76	
Energy		62		0	BFZN	4		149	112	
Energy	kj	259		0	BFZN			623	468	
Protein (N x 5.7)		1.84		0	BFZN			4.42	3.32	
Total lipid (fat)		0.24		0	BFZN			0.58	0.44	
Ash		0.45		0	BFZN			1.08	0.81	
Carbohydrate, by difference		13.08		0	BFZN			31.51	23.67	
Fiber, total dietary		0.6		0	BFZN			1.4	1.0	
Sugars, total		0.07		0	BFZN			0.17	0.13	
Sucrose	g	0.07		0	BFZN	4		0.17	0.13	
Glucose (dextrose)	g									
Fructose										
Lactose	g									
Maltose										
Galactose										
Starch	g									
Minerals:										
Calcium, Ca	mg	64		0	BFZN	4		154	116	
Iron, Fe.	mg	4.96		0	BFZN	4		11.95	8.97	
Magnesium, Mg	mg	6		0	BFZN	4		15	12	
Phosphorus, P	mg	18		0	BFZN	4		43	32	
Potassium, K	mg	20		0	BFZN	4		48	36	
Sodium, Na	-	151		0		1		364	273	
Zinc, Zn		0.17		0	BFZN	4		0.42	0.31	
Copper, Cu		0.043		0	BFZN	4		0.104	0.078	
Manganese, Mn Selenium, Se		0.000 3.5)	0 0	BFZN BFZN	4 4		0.001 8.3	0.001 6.3	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	BFZN	4		0.0	0.0	
Thiamin	_	0.232	2	0	BFZN	4		0.559	0.420	
Riboflavin	-	0.210)	0	BFZN	4		0.507	0.381	
Niacin	mg	3.093	3	0	BFZN	4		7.453	5.597	
Pantothenic acid	mg	0.082	2	0	BFZN	4		0.198	0.149	
Vitamin B-6	mg	0.309	•	0	BFZN	4		0.745	0.560	
Folate, total	mcg	62		0	BFZN	4		149	112	
Folic acid		56		0	BFZN	4		135	101	
Folate, food	mcg	6		0	BFZN	4		14	11	
Folate, DFE	mcg_DFE	101		0	NC	4		243	183	
Vitamin B-12		0.00		0	BFZN	4		0.00	0.00	
Vitamin A, IU		773		0	BFZN	4		1863	1399	
Vitamin A, RAE		232		0	BFZN	4		560	420	
Retinol		232		0	BFZN	4		560	420	
Vitamin E (alpha-tocopherol)		0.02		0	BFZN	4		0.05	0.03	
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.1		0	BFZN	4		0.2	0.2	
Lipids:										
Fatty acids, total saturated	g	0.038	3	0	BFZN	4		0.093	0.070	
4:0		0.000)	0	BFZN	4		0.000	0.000	
6:0	g	0.000)	0	BFZN	4		0.000	0.000	
8:0	g	0.000)	0	BFZN	4		0.000	0.000	
10:0	g	0.000		0	BFZN	4		0.000	0.000	
12:0		0.000)	0	BFZN	4		0.000	0.000	
13:0										
14:0		0.000)	0	BFZN	4		0.000	0.000	
15:0	g									

				00 grams	of edib	le portio	o <u>n</u>		edible portion o	f common
				Number				<u>m</u> e	easures of food	
Nutrients and Uni	its	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0	g	0.036		0	BFZN	4		0.087	0.065	
17:0	g									
18:0	_	0.002		0	BFZN	4		0.006	0.004	
20:0										
22:0										
24:0 Fatty acids, total monounsaturated	_	0.033		0	BFZN	4		0.080	0.060	
14:1		0.033		U	DF ZN	*		0.080	0.060	
15:1										
16:1 undifferentiated	_	0.001		0	BFZN	4		0.002	0.001	
17:1	g									
18:1 undifferentiated	_	0.032		0	BFZN	4		0.078	0.059	
20:1		0.000		0	BFZN	4		0.000	0.000	
22:1 undifferentiated		0.000		0	BFZN	4		0.000	0.000	
24:1 c		0 124		•	DEGN			0 202	0.042	
Fatty acids, total polyunsaturated		0.134 0.120		0	BFZN BFZN	4 4		0.323 0.289	0.243 0.217	
18:2 undifferentiated		0.120		0	BFZN	4		0.289	0.217	
18:4		0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c.c.		0.000		·	22 220	-		0.000	0.000	
20:3 undifferentiated	_									
20:4 undifferentiated	g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3	g	0.000		0	BFZN	4		0.000	0.000	
22:5 n-3	g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3		0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans		•						•	•	
Cholesterol		0		0	BFZN	4		0	0	
Phytosterols										
Amino Acids:										
Tryptophan		0.025		0		1		0.060	0.045	
Threonine	_	0.058		0		1		0.140	0.105	
Isoleucine	_	0.080 0.139		0		1 1		0.193 0.335	0.145	
Leucine Lysine	_	0.139		0		1		0.333	0.252 0.085	
Methionine		0.034		0		1		0.082	0.063	
Cystine		0.041		0		1		0.099	0.074	
Phenylalanine		0.099		0		1		0.239	0.179	
Tyrosine		0.058		0		1		0.140	0.105	
Valine	g	0.089		0		1		0.214	0.161	
Arginine	g	0.079		0		1		0.190	0.143	
Histidine	_	0.042		0		1		0.101	0.076	
Alanine		0.064		0		1		0.154	0.116	
Aspartic acid		0.087		0		1		0.210	0.157	
Glutamic acid	_	0.683		0		1		1.646	1.236	
Glycine Proline		0.071 0.224		0		1 1		0.171 0.540	0.129	
Serine		0.104		0		1		0.251	0.405 0.188	
Hydroxyproline		0.104		Ū		-		0.231	0.100	
2 2.										
Others:	~	0.0		•						
Alcohol, ethyl	-	0.0		0	BFZN	4 4		0.0	0.0	
Caffeine Theobromine		0		0	BFZN BFZN	4		0	0 0	
Carotenoids:	ing	U		U	DE AN	*		U	U	
	me=	•		•				0.050	0.040	
Carotene, beta		0		0	BFZN	4		0.056	0.042	
Carotene, alpha		0 0		0	BFZN BFZN	4 4		0.026 0.037	0.020 0.028	
Cryptoxanthin, beta Lycopene		0		0	BFZN	4		0.037	0.028	
Lutein + zeaxanthin		3		0	BFZN	4		6.746	5.067	
Zatem · Zeazantinii		<u> </u>		•		-		0.740	5.507	

NDB No. 08171

Cereals, CREAM OF WHEAT, instant, prepared with water, with salt, (wheat)

Common Measures:

Measure 1 = 241g: 1 cup Measure 2 = 181g: .75 cup

Calories Factors: Protein 4.05 Fat 8.37 Carbohydrate 4.12

Food Group: 08 Breakfast Cereals

NDB No. 08107 Cereals, CREAM OF WHEAT, instant, prepared with water, without salt *Kraft Foods, Inc.*

		<u>A</u>	mount in 100 gr	ams of ec	Amount in edible portion of common				
			Nun	nber			<u>m</u>	easures of food	
					/ Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Poi			Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	-	84.40		0 FI	A 4		203.40	12.66	152.76
Energy	kcal	62		0 FI	A 4		149	9	112
Energy		259		0 FI			623	39	468
Protein (N x 5.7)	g	1.84		0 FI			4.42	0.28	3.32
Total lipid (fat)		0.24		0 FI			0.58	0.04	0.44
Ash		0.45		0 FI			1.08	0.07	0.81
Carbohydrate, by difference		13.08		0 FI			31.51	1.96	23.67
Fiber, total dietary		0.6		0 FI			1.4	0.1	1.0
Sugars, total		0.07		0 FI			0.17	0.01	0.13
Sucrose	g	0.07		0 FI	A 4		0.17	0.01	0.13
Glucose (dextrose)	g								
Fructose	g								
Lactose	g								
Maltose	g								
Galactose									
Starch	g								
Minerals:									
Calcium, Ca	ma	64		0 FL	A 4		154	10	116
Iron, Fe	_	4.96		0 FL			11.95	0.74	8.97
Magnesium, Mg		6		0 FL			15	1	12
Phosphorus, P		18		0 FL	4		43	3	32
Potassium, K		20		0 FL	4		48	3	36
Sodium, Na	mg	4		0 FL	A 4		11	1	8
Zinc, Zn	mg	0.17		0 FL	4		0.42	0.03	0.31
Copper, Cu	mg	0.043	3	0 FL	4		0.104	0.006	0.07
Manganese, Mn		0.000)	0 FL	4		0.001	0.000	0.00
Selenium, Se	mcg	3.5		0 FL	4		8.3	0.5	6.3
Vitamins:									
Vitamin C, total ascorbic acid		0.0		0 FL			0.0	0.0	0.0
Thiamin	-	0.232		0 FL			0.559	0.035	0.42
Riboflavin	-	0.210		0 FL			0.507	0.032	0.38
Niacin	_	3.093		0 FL			7.453	0.464	5.59
Pantothenic acid	-	0.082		0 FL			0.198	0.012	0.14
Vitamin B-6		0.309 62	,	0 FL			0.745 149	0.046 9	0.56
Folate, total		56		0 FL			135	8	112 101
Folic acidFolate, food	nicy	6		0 FL			135	1	101
Folate, DFE		101		0 NC			243	15	183
Vitamin B-12		0.00		0 FL			0.00	0.00	0.00
Vitamin A, IU		773		0 FL			1863	116	1399
Vitamin A, RAE		232		0 FL			560	35	420
Retinol		232		0 FL			560	35	420
Vitamin E (alpha-tocopherol)		0.02		0 FL			0.05	0.00	0.03
Tocopherol, beta	_								
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D	IU								
Vitamin K (phylloquinone)	mcg	0.1		0 FL	4		0.2	0.0	0.2
Lipids:									
Fatty acids, total saturated		0.038		0 FL			0.093	0.006	0.07
4:0		0.000		0 FL			0.000	0.000	0.00
6:0	g	0.000		0 FL			0.000	0.000	0.00
8:0		0.000)	0 FL	4		0.000	0.000	0.00
10:0		0.000		0 FL			0.000	0.000	0.00
12:0		0.000)	0 FL	4		0.000	0.000	0.00
13:0									
14:0		0.000		0 FL	4		0.000	0.000	0.00

		<u>Ar</u>	nount in 10	00 grams	of edit	ole portic	<u>on</u>	Amount in edible portion of common		
				Number				<u>m</u>	easures of food	
Nutrients and Ur	nits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0	g	0.036		0	FLA	4		0.087	0.005	0.065
17:0										
18:0 20:0	••••••	0.002		0	FLA	4		0.006	0.000	0.004
22:0	-									
24:0	_			_						
Fatty acids, total monounsaturated 14:1		0.033		0	FLA	4		0.080	0.005	0.060
15:1										
16:1 undifferentiated	_	0.001		0	FLA	4		0.002	0.000	0.001
17:1		2 222		0				0.070	0.005	0.050
18:1 undifferentiated 20:1	_	0.032 0.000		0	FLA FLA	4 4		0.078 0.000	0.005 0.000	0.059
22:1 undifferentiated		0.000		0	FLA	4		0.000	0.000	0.000
24:1 c										
Fatty acids, total polyunsaturated		0.134		0	FLA	4		0.323	0.020	0.243
18:2 undifferentiated 18:3 undifferentiated		0.120 0.014		0 0	FLA FLA	4 4		0.289 0.034	0.018 0.002	0.217 0.026
18:4	_	0.000		0	FLA	4		0.000	0.002	0.026
20:2 n-6 c.c.				-		_		0.000	0.000	
20:3 undifferentiated	-									
20:4 undifferentiated		0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3		0.000		0 0	FLA	4		0.000	0.000	0.000
22:5 n-3 22:6 n-3	-	0.000		0	FLA FLA	4 4		0.000 0.000	0.000 0.000	0.000
Fatty acids, total trans	-	0.000		·		-		0.000	0.000	0.000
Cholesterol		0		0	FLA	4		0	0	0
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.025		0		1		0.060	0.004	0.045
Threonine	-	0.058		0		1		0.140	0.009	0.105
Isoleucine	_	0.080 0.139		0 0		1 1		0.193 0.335	0.012 0.021	0.145 0.252
Lysine	-	0.139		0		1		0.113	0.021	0.252
Methionine	-	0.034		0		1		0.082	0.005	0.062
Cystine	g	0.041		0		1		0.099	0.006	0.074
Phenylalanine		0.099		0		1		0.239	0.015	0.179
Tyrosine		0.058		0		1		0.140	0.009	0.105
Valine Arginine	-	0.089 0.079		0 0		1 1		0.214 0.190	0.013 0.012	0.161 0.143
Histidine		0.042		0		1		0.101	0.006	0.076
Alanine	-	0.064		0		1		0.154	0.010	0.116
Aspartic acid	g	0.087		0		1		0.210	0.013	0.157
Glutamic acid		0.683		0		1		1.646	0.102	1.236
Glycine	_	0.071		0 0		1 1		0.171	0.011	0.129
Proline	-	0.224 0.104		0		1		0.540 0.251	0.034 0.016	0.405 0.188
Hydroxyproline	-	0.101		Ů		-		0.231	0.010	0.100
Others:										
Alcohol, ethyl	q	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine		0		0	FLA	4		0	0	0
Theobromine	mg	0		0	FLA	4		0	0	0
Carotenoids:										
Carotene, beta		0		0	FLA	4		0.056	0.003	0.042
Carotene, alpha		0		0	FLA	4		0.026	0.002	0.020
Cryptoxanthin, beta Lycopene		0 0		0 0	FLA FLA	4 4		0.037 0.000	0.002 0.000	0.028 0.000
гусорене	iiioA	U		U	ETIM	-		0.000	0.000	0.000

NDB No. 08107

Cereals, CREAM OF WHEAT, instant, prepared with water, without salt

Common Measures:

Measure 1 = 241g: 1 cup Measure 2 = 15g: 1 tbsp Measure 3 = 181g: .75 cup

Calories Factors: Protein 4.05 Fat 8.37 Carbohydrate 4.12

Food Group: 08 Breakfast Cereals

NDB No. 08110 Cereals, CREAM OF WHEAT, mix'n eat, apple, banana and maple flavored, dry *Kraft Foods, Inc.*

Nutrients and Units Proximates: Water	kcal	Mean	Std. Error		Deriv	Source	Confidence	<u>m</u> .	easures of food	<u>1</u>
Proximates: Water 9 Energy k Energy k Protein (N x 5.7) 9 Total lipid (fat) 9 Ash 9 Carbohydrate, by difference 9 Fiber, total dietary 9 Sugars, total 9 Starch 9 Minerals: Calcium, Ca m Iron, Fe m Magnesium, Mg m Phosphorus, P m Potassium, K m Sodium, Na m Zinc, Zn m Copper, Cu m Manganese, Mn m Selenium, Se m	kcal		Std. Error			Source	Confidence			
Proximates: 9 Energy	kcal		Std. Error	Points	0 - 1 -					
Water 9 Energy k Energy k Protein (N x 5.7) 9 Total lipid (fat) 9 Ash 9 Carbohydrate, by difference 9 Fiber, total dietary 9 Sugars, total 9 Starch 9 Minerals: Calcium, Ca. m Iron, Fe. m Magnesium, Mg. m Phosphorus, P m Potassium, K m Sodium, Na m Zinc, Zn m Copper, Cu m Manganese, Mn m Selenium, Se m	kcal				Code	Code	Code	Measure 1	Measure 2	Measure
Water 9 Energy k Energy k Protein (N x 5.7) 9 Total lipid (fat) 9 Ash 9 Carbohydrate, by difference 9 Fiber, total dietary 9 Sugars, total 9 Starch 9 Minerals: Calcium, Ca. m Iron, Fe. m Magnesium, Mg. m Phosphorus, P m Potassium, K m Sodium, Na m Zinc, Zn m Copper, Cu m Manganese, Mn m Selenium, Se m	kcal									
Energy. k Energy. k Energy. k Protein (N x 5.7) 9 Total lipid (fat) 9 Ash 9 Carbohydrate, by difference 9 Fiber, total dietary 9 Sugars, total 9 Starch 9 Minerals: Calcium, Ca m Iron, Fe m Magnesium, Mg m Phosphorus, P m Potassium, K m Zinc, Zn m Copper, Cu m Manganese, Mn m Selenium, Se m Vitamins:	kcal	8.00	0.0	61 65		1		2.80		
Energy		373	0.0	0	NC	4		131		
Protein (N x 5.7)	NJ	1561		U	NC	4		546		
Total lipid (fat)	a	6.90	0.0	48 67		1		2.42		
Ash		1.10	0.0			1		0.39		
Carbohydrate, by difference 9 Fiber, total dietary 9 Sugars, total 9 Starch 9 Minerals: Calcium, Ca. m Iron, Fe. m Magnesium, Mg. m Phosphorus, P. m Potassium, K. m Sodium, Na m Zinc, Zn m Copper, Cu m Manganese, Mn m Selenium, Se m Vitamins: m		2.40	0.0			1		0.39		
Fiber, total dietary 9 Sugars, total 9 Starch 9 Minerals: Calcium, Ca m Iron, Fe m Magnesium, Mg. m Phosphorus, P. m Potassium, K. m Sodium, Na m Zinc, Zn m Copper, Cu m Manganese, Mn m Selenium, Se m		81.60	0.0	0	NC	4		28.56		
Sugars, total. 9 Starch. 9 Minerals: Calcium, Ca. m Iron, Fe. m Magnesium, Mg. m Phosphorus, P. m Potassium, K. m Sodium, Na. m Zinc, Zn. m Copper, Cu. m Manganese, Mn. m Selenium, Se. m Vitamins: m		2.5		0	NC	4		0.9		
Starch		2.5		U		4		0.9		
Minerals: Calcium, Ca										
Calcium, Ca. mr Iron, Fe. m Magnesium, Mg. mr Phosphorus, P. mr Potassium, K. mr Sodium, Na. mr Zinc, Zn. mr Copper, Cu. mr Manganese, Mn. mr Selenium, Se. mr	g									
Iron, Fe										
Iron, Fe	mg	113		0		5		40		
Magnesium, Mg	-	22.90		0		5		8.02		
Phosphorus, P		26		1		1		9		
Sodium, Na		57		0		5		20		
Zinc, Zn. m Copper, Cu. m Manganese, Mn. m Selenium, Se. m Vitamins: m	mg	155		1		1		54		
Copper, Cu	mg	680		1		1		238		
Manganese, Mnn Selenium, Sen Vitamins:	mg	0.65		1		1		0.23		
Selenium, Sen <u>Vitamins:</u>	mg	0.159	ı	1		1		0.056		
Vitamins:										
	mcg	20.0		0	BFZN	4		7.0		
Vitamin C total aggorbia gold M	ma	0.0		0		4		0.0		
Vitamin C, total ascorbic acid		1.100	1	0		5		0.385		
Riboflavin	-	0.700		0		5		0.245		
		14.100		0		5		4.935		
Niacin	-	0.329		0		4		0.115		
Vitamin B-6		1.400		0		5		0.113		
Folate, total m		282		0		5		99		
Folic acid		255		0	0	4		89		
	-	255		0	NC	4		9		
Folate, food		461		0	NC	4		161		
Vitamin B-12m		0.00		0	NC	4		0.00		
	•	3531		0		5		1236		
Vitamin A, IU				0	NG.					
Vitamin A, RAE		1060		0	NC	4 4		371 371		
Retinol m		1060		U	NC	4		371		
Vitamin E (alpha-tocopherol)m										
Tocopherol, beta										
Tocopherol, gammam										
Tocopherol, deltan										
Vitamin D										
Vitamin K (phylloquinone)n	nog									
<u>Lipids:</u>										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturatedg	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans										
Cholesteroln	mg	0		0	Z	7		0		
Phytosterolsn	mg									
Amino Acids:										
Tryptophang	n	0.096	i	0		1		0.034		
		0.096		0		1		0.034		
Threonine		0.219		0		1		0.106		
Isoleucine	_	0.303		0		1		0.106		
Leucine	_			0		1				
Lysine										
Methionineg Cystineg		0.183 0.129		0		1		0.064 0.045		

	Amount in 100 grams of edible portion									
Nutrients and Units	Mean Std. Er	Number of Data Deriv or Points Code	Source Confidence Code Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3				
Phenylalanine 9 Tyrosine 9 Valine 9 Arginine 9 Histidine 9 Alanine 9 Aspartic acid 9 Glutamic acid 9 Glycine 9 Proline 9 Serine 9 Hydroxyproline 9	0.373 0.220 0.336 0.311 0.160 0.246 0.337 2.537 0.271 0.831 0.390	0 0 0 0 0 0 0 0	1 1 1 1 1 1 1 1 1	0.131 0.077 0.118 0.109 0.056 0.086 0.118 0.888 0.095 0.291						

Common Measures:

Measure 1 = 35g: 1 packet

Calories Factors: Protein 4.05 Fat 8.37 Carbohydrate 4.12

Food Group: 08 Breakfast Cereals

NDB No. 08111 Cereals, CREAM OF WHEAT, mix'n eat, apple, banana and maple flavored, prepared *Kraft Foods, Inc.*

		<u>A</u>	mount in 10	00 grams	<u>on</u>	Amount in edible portion of common				
				Number	•			m	easures of food	<u></u>
						Source	Confidence			
Nutrients and Units		Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Duovimotos										
Proximates: Water	g	78.30		0		1		117.45		
Energy	_	88		0	NC	4		132		
Energy		368				4		552		
Protein (N x 5.7)	g	1.60		0		1		2.40		
Total lipid (fat)		0.30		0		1		0.45		
Ash	g	0.60		0		1		0.90		
Carbohydrate, by difference	g	19.30		0	NC	4		28.95		
Fiber, total dietary	g	0.3		0		4		0.5		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	27		0		5		41		
Iron, Fe	_	5.40		0		5		8.10		
Magnesium, Mg	mg	6		0		1		9		
Phosphorus, P		13		0		5		20		
Potassium, K		37		0		1		56		
Sodium, Na	-	161		0		1		242		
Zinc, Zn		0.15		0		1		0.23		
Copper, Cu		0.038	1	0		1		0.057		
Manganese, Mn										
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	-	0.0		0		4		0.0		
Thiamin		0.300		0		5		0.450		
Riboflavin	-	0.200		0		5		0.300		
Niacin	_	3.300		0		5		4.950		
Pantothenic acid	_	0.078		0		4		0.117		
Vitamin B-6	_	0.300 67)	0		5 5		0.450		
Folic acid	-	61		0	0	5 4		101 92		
Folate, food		6		0	NC	4		9		
Folate, DFE		110		0	NC	4		165		
Vitamin B-12		0.00		0	NC	4		0.00		
Vitamin A, IU		834		0		5		1251		
Vitamin A, RAE		250		0	NC	4		376		
Retinol		250		0	NC	4		376		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
<u>Lipids:</u>										
Fatty acids, total saturated		0.044	Į.	0		4		0.066		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated										
Fatty acids, total trans		_		_	_	_		_		
Cholesterol		0		0	Z	7		0		
Phytosterols	_. mg									
Amino Acids:										
Tryptophan	g	0.023		0		1		0.035		
Threonine		0.052		0		1		0.078		
Isoleucine	_	0.071		0		1		0.107		
Leucine		0.124		0		1		0.186		
Lysine		0.043		0		1		0.065		
Methionine		0.031		0		1		0.047		
Cystine	g	0.037	•	0		1		0.056		

	Amount in 100 grams of edible portion									
Nutrients and Units	Mean Std. Er	Number of Data Deriv or Points Code	/ Source Confidence e Code Code		easures of food Measure 2	Measure 3				
Phenylalanine 9 Tyrosine 9 Valine 9 Arginine 9 Histidine 9 Alanine 9 Aspartic acid 9 Glutamic acid 9 Glycine 9 Proline 9 Serine 9	0.088 0.052 0.079 0.073 0.038 0.058 0.079 0.600 0.064 0.196 0.092	0 0 0 0 0 0 0	1 1 1 1 1 1 1 1 1	0.132 0.078 0.119 0.110 0.057 0.087 0.119 0.900 0.096 0.294 0.138						

Common Measures:

Measure 1 = 150g: 1 packet, prepared

Calories Factors: Protein 4.05 Fat 8.37 Carbohydrate 4.12

Food Group: 08 Breakfast Cereals

NDB No. 08108 Cereals, CREAM OF WHEAT, mix'n eat, plain, dry

Kraft Foods, Inc.

		<u>A</u> 1	mount in 100 g			ole portio	<u>on</u>	Amount in edible portion of common		
				mber				<u>m</u>	easures of food	<u> </u>
Nutrients and Uni	its	Mean	of Std. Error Po			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:	9	10.70	0.094	31		1		3.00		
Water	-	361	0.094	0	NC	4		101		
Energy.		1510		U	NC	4		423		
Energy		9.70	0.074	31		1		2.72		
Protein (N x 5.7) Total lipid (fat)		1.20	0.074	31		1		0.34		
Ash		2.80	0.036	31		1		0.34		
Carbohydrate, by difference		75.60	0.072	0	NC	4		21.17		
Fiber, total dietary		2.3		0	NC	4		0.6		
Sugars, total		2.5		·		•		0.0		
Starch										
Starch	9									
<u>Minerals:</u>										
Calcium, Ca	-	71		0		5		20		
Iron, Fe		28.60		0		5		8.01		
Magnesium, Mg		27		1		1		8		
Phosphorus, P		71		0		5		20		
Potassium, K		135		1		1		38		
Sodium, Na		850		1		1		238		
Zinc, Zn		0.85	•	1		1		0.24		
Copper, Cu		0.144	l .	1		1		0.040		
Manganese, Mn		20.0		0	BFZN	4		5.6		
Selenium, Se	nicg	20.0		U	DF 4N	4		5.6		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	1.300)	0		5		0.364		
Riboflavin	mg	0.900)	0		5		0.252		
Niacin	mg	17.600		0		5		4.928		
Pantothenic acid	_	0.462		4		1		0.129		
Vitamin B-6	_	1.800)	0		5		0.504		
Folate, total		353		0		5		99		
Folic acid	-	319		0	0	4		89		
Folate, food		34		0	NC	4		10		
Folate, DFE		576		0	NC	4		161		
Vitamin B-12		0.00		0		4		0.00		
Vitamin A, IU		4409		0		5		1235		
Vitamin A, RAE		1324		0	NC	4		371		
Retinol		1324		0	NC	4		371		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
vitamini ix (phynoquinone)	9									
<u>Lipids:</u>										
Fatty acids, total saturated		0.203		0		4		0.057		
4:0	g	0.000		0		4		0.000		
6:0		0.000		0		4		0.000		
8:0		0.000		0		4		0.000		
10:0	-	0.000		0		4		0.000		
12:0	-	0.000)	0		4		0.000		
13:0	-			_		_				
14:0	-	0.001	L	0		4		0.000		
15:0	-			_						
16:0		0.190)	0		4		0.053		
17:0				_						
18:0		0.012	2	0		4		0.003		
20:0										
22:0	g g									

		<u>Ar</u>	mount in 100 grams		portio	<u>n</u>	Amount in edible portion of common measures of food		
			Number of Data		Source	Confidence	<u> </u>	easures or lood	
Nutrients and Uni	ts	Mean	Std. Error Points		Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	q	0.166	0		4		0.046		
14:1	g								
15:1	g	0.003	0		4		0.001		
17:1	-	0.163	0		4		0.046		
20:1		0.000	0		4		0.000		
22:1 undifferentiated		0.000	0		4		0.000		
24:1 c	-	0.000	· ·		-		0.000		
Fatty acids, total polyunsaturated		0.666	0		4		0.186		
18:2 undifferentiated		0.596			4		0.167		
18:3 undifferentiated	-	0.071	0		4		0.020		
18:4	-	0.000	0		4		0.000		
20:2 n-6 c.c	-								
20:3 undifferentiated	-								
20:4 undifferentiated		0.000	0		4		0.000		
20:5 n-3	-	0.000	0		4		0.000		
22:5 n-3		0.000	0		4		0.000		
22:6 n-3	-	0.000	0		4		0.000		
Fatty acids, total trans									
Cholesterol		0	0	z	7		0		
Phytosterols									
Amino Acids:									
Tryptophan	а	0.134	0		1		0.038		
Threonine		0.306			1		0.086		
Isoleucine	-	0.425	0		1		0.119		
Leucine		0.735			1		0.206		
Lysine		0.254	0		1		0.071		
Methionine		0.180	0		1		0.050		
Cystine		0.218	0		1		0.061		
Phenylalanine		0.524	0		1		0.147		
Tyrosine		0.309	-		1		0.087		
Valine	-	0.471	0		1		0.132		
Arginine		0.431	0		1		0.121		
Histidine		0.223			1		0.062		
Alanine		0.341	0		1		0.095		
Aspartic acid	_	0.465	0		1		0.130		
Glutamic acid		3.575			1		1.001		
Glycine.		0.377	0		1		0.106		
Proline	-	1.177	0		1		0.330		
Serine		0.546			1		0.153		
Hydroxyproline	_	0.540	· ·		-		3.133		
Others:									
Alcohol, ethyl	а	0.0	0		7		0.0		
Caffeine			v		•		•		
Theobromine	-								

Common Measures:

Measure 1 = 28g: 1 packet

Calories Factors: Protein 4.05 Fat 8.37 Carbohydrate 4.12

Food Group: 08 Breakfast Cereals

NDB No. 08109 Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water Kraft Foods, Inc.

		<u>A</u>	mount in 10	00 grams	of edil	ole portio	<u>n</u>		edible portion	
Nutrients and Uni	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	<u>l</u> Measure
Proximates:										
Water	g	82.10		0		1		116.58		
Energy	kcal	72		0	NC	4		102		
Energy	kj	301				4		428		
Protein (N x 5.7)	g	1.90		0		1		2.70		
Total lipid (fat)		0.20		0		1		0.28		
Ash		0.60		0		1		0.85		
Carbohydrate, by difference		15.10		0	NC	4		21.44		
Fiber, total dietary		0.3		0		4		0.4		
Sugars, total		0.0		·		-		· · ·		
Starch										
Starcii	9									
Minerals:										
Calcium, Ca	mg	14		0		5		20		
Iron, Fe	mg	5.70		0		5		8.09		
Magnesium, Mg		5		0		1		7		
Phosphorus, P		14		0		5		20		
Potassium, K		27		0		1		38		
Sodium, Na		170		0		1		241		
Zinc, Zn		0.17		0		1		0.24		
Copper, Cu		0.029	•	0		1		0.041		
Manganese, Mn										
Selenium, Se										
7*4										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.0		0		4		0.0		
Thiamin	-	0.300		0		5		0.426		
Riboflavin		0.200		0		5		0.284		
Niacin		3.500		0		5		4.970		
Pantothenic acid		0.092		0		1		0.131		
Vitamin B-6	mg	0.400)	0		5		0.568		
Folate, total		71		0		5		101		
Folic acid	mcg	64		0	0	4		91		
Folate, food		7		0	NC	4		10		
Folate, DFE	mcg_DFE	116		0	NC	4		164		
Vitamin B-12	mcg	0.00		0		4		0.00		
Vitamin A, IU	IU	882		0		5		1252		
Vitamin A, RAE	mcg_RAE	265		0	NC	4		376		
Retinol		265		0	NC	4		376		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u> Lipids:</u>										
Fatty acids, total saturated		0.034		0		4		0.048		
4:0		0.000		0		4		0.000		
6:0	g	0.000		0		4		0.000		
8:0	g	0.000		0		4		0.000		
10:0	g	0.000)	0		4		0.000		
12:0	•	0.000)	0		4		0.000		
13:0	g									
14:0	g	0.000)	0		4		0.000		
15:0										
16:0	g	0.032	2	0		4		0.045		
17:0										
18:0		0.002	2	0		4		0.003		
20:0										
22:0										
24:0										

		Amo	ount in 100 grams Number		<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Unit	ts	Mean S	of Data Std. Error Points	Deriv Source Code Code	Confidence Code	Measure 1	Measure 2	Measure 3
F-44	a	0.028	0	4		0.040		
Fatty acids, total monounsaturated		0.028	U	4		0.040		
15:1								
16:1 undifferentiated		0.001	0	4		0.001		
17:1								
18:1 undifferentiated		0.027	0	4		0.038		
20:1		0.000	0	4		0.000		
22:1 undifferentiated	-	0.000	0	4		0.000		
24:1 c	•							
Fatty acids, total polyunsaturated		0.111	0	4		0.158		
18:2 undifferentiated		0.099	0	4		0.141		
18:3 undifferentiated		0.012	0	4		0.017		
18:4		0.000	0	4		0.000		
20:2 n-6 c.c								
20:3 undifferentiated	-							
20:4 undifferentiated		0.000	0	4		0.000		
20:5 n-3	g	0.000	0	4		0.000		
22:5 n-3	g	0.000	0	4		0.000		
22:6 n-3	g	0.000	0	4		0.000		
Fatty acids, total trans	g							
Cholesterol		0	0	z 7		0		
Phytosterols	<u>mg</u>							
Amino Acids:								
Tryptophan	a	0.027	0	1		0.038		
Threonine		0.061	0	1		0.087		
Isoleucine		0.085	0	1		0.121		
Leucine	-	0.083	0	1		0.209		
Lysine	_	0.051	0	1		0.072		
Methionine	-	0.031	0	1		0.051		
Cystine		0.044	0	1		0.062		
Phenylalanine		0.105	0	1		0.149		
Tyrosine		0.062	0	1		0.088		
Valine		0.002	0	1		0.135		
Arginine		0.086	0	1		0.122		
Histidine		0.044	0	1		0.062		
Alanine	_	0.044	0	1		0.097		
Aspartic acid		0.093	0	1		0.132		
Glutamic acid		0.715	0	1		1.015		
Glycine	_	0.075	0	1		0.107		
Proline		0.236	0	1		0.335		
Serine	-	0.109	0	1		0.155		
Hydroxyproline	-	0.103	J	-		3.133		
· · · · · · · · · · · · · · · · · · ·								
Others:								
Alcohol, ethyl		0.0	0	7		0.0		
Caffeine								
Theobromine	mg							

Common Measures:

Measure 1 = 142g: 1 packet, prepared

Calories Factors: Protein 4.05 Fat 8.37 Carbohydrate 4.12

Food Group: 08 Breakfast Cereals

NDB No. 08170 Cereals, CREAM OF WHEAT, quick, cooked with water, with salt Kraft Foods, Inc.

		<u>Aı</u>	mount in 10	00 grams	of edik	ole portic	<u>on</u>	Amount in edible portion of common		
				Number	•			<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	86.60		0		1		206.97	155.01	
Energy	kcal	54		0	NC	4		129	97	
Energy	kj	226				4		540	404	
Protein (N x 5.7)	g	1.50		0		1		3.59	2.69	
Total lipid (fat)	g	0.20		0		1		0.48	0.36	
Ash	g	0.50		0		1		1.20	0.90	
Carbohydrate, by difference	g	11.20		0	NC	4		26.77	20.05	
Fiber, total dietary	g	0.5		0		4		1.2	0.9	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	21		0		5		50	38	
Iron. Fe.	-	4.30		0		5		10.28	7.70	
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	5		0		1		12	9	
Phosphorus, P		42		0		5		100	75	
Potassium, K	-	19		0		1		45	34	
Sodium, Na		194		0		1		464	347	
Zinc, Zn	mg	0.14		0		1		0.33	0.25	
Copper, Cu	mg	0.028	3	0		1		0.067	0.050	
Manganese, Mn	<u>mg</u>									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0	0.0	
Thiamin	_	0.100	1	0		5		0.239	0.179	
Riboflavin		0.000		0		5		0.000	0.000	
Niacin		0.600		0		5		1.434	1.074	
Pantothenic acid		0.071		0		1		0.170	0.127	
Vitamin B-6		0.012		0		4		0.029	0.021	
Folate, total	-	45		0	BFSN	4		108	81	
Folic acid		41		0	NC	4		98	73	
Folate, food		4		0		1		10	7	
Folate, DFE	mcg_DFE	74		0	NC	4		176	132	
Vitamin B-12		0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	0		0		4		0	0	
Vitamin A, RAE		0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.031	_	0		4		0.074	0.055	
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol		0		0	Z	7		0	0	
Phytosterols	<u>mg</u>									
Amino Acids:										
Tryptophan	a	0.021		0		1		0.050	0.038	
Threonine		0.021		0		1		0.115	0.038	
Isoleucine		0.040		0		1		0.160	0.086	
Leucine	-	0.067		0		1		0.180	0.120	
Lysine		0.115		0		1		0.275	0.206	
		0.039		0		1		0.067	0.070	
Methionine	9	0.020	•	0		1		0.081	0.030	

	Amount	in 100 grams of e	dible portion	Amount in edible portion of common		
Nutrients and Units	Mean Std.	Number of Data Der Error Points Cod	iv Source Confidence de Code Code		easures of food Measure 2	Measure 3
Phenylalanineg	0.082	0	1	0.196	0.147	
Tyrosineg	0.048	0	1	0.115	0.086	
Valineg	0.074	0	1	0.177	0.132	
Arginineg	0.066	0	1	0.158	0.118	
Histidineg	0.035	0	1	0.084	0.063	
Alanineg	0.053	0	1	0.127	0.095	
Aspartic acidg	0.072	0	1	0.172	0.129	
Glutamic acid	0.566	0	1	1.353	1.013	
Glycineg	0.059	0	1	0.141	0.106	
Prolineg	0.186	0	1	0.445	0.333	
Serineg	0.086	0	1	0.206	0.154	
Hydroxyprolineg						

Common Measures:

Measure 1 = 239g: 1 cup Measure 2 = 179g: .75 cup

Calories Factors: Protein 4.05 Fat 8.37 Carbohydrate 4.12

Food Group: 08 Breakfast Cereals

NDB No. 08105 Cereals, CREAM OF WHEAT, quick, cooked with water, without salt *Kraft Foods, Inc.*

		<u>A</u>	mount in 10	Amount in edible portion of common						
Nutrients and Un	ite	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Traditionio and on		····ou···	Otal 2.101					mououro r		mododio (
Proximates:										
Water	g	86.60		0		1		206.97	12.90	155.01
Energy	kcal	54		0	NC	4		129	8	97
Energy	kj	226				4		540	34	404
Protein (N x 5.7)	g	1.50		0		1		3.59	0.22	2.69
Total lipid (fat)	g	0.20		0		1		0.48	0.03	0.36
Ash	g	0.50		0		1		1.20	0.07	0.90
Carbohydrate, by difference	g	11.20		0	NC	4		26.77	1.67	20.05
Fiber, total dietary	g	0.5		0		1		1.2	0.1	0.9
Sugars, total										
Starch										
Mr. 1										
Minerals:	ma	01		^		_		EO	3	30
Calcium, Ca	-	21		0		5		50	3	38
Iron, Fe.		4.30		0		5		10.28	0.64	7.70
Magnesium, Mg		5		0		1		12	1	9
Phosphorus, P		42 19		0 0		5 1		100 45	6 3	75 34
Potassium, K						_			3 9	
Sodium, Na		58		0		1 1		139		104
Zinc, Zn		0.14	,	0 0		1		0.33	0.02	0.25
Copper, Cu		0.028	3	U		1		0.067	0.004	0.05
Manganese, Mn		12.8		1	A	1		30.6	1.9	22.9
Selenium, Se	Ilicy	12.8		_	A	1		30.6	1.9	22.9
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.100)	0		5		0.239	0.015	0.17
Riboflavin	mg	0.000)	0		5		0.000	0.000	0.00
Niacin	mg	0.600)	0		5		1.434	0.089	1.07
Pantothenic acid	mg	0.071	L	0		1		0.170	0.011	0.12
Vitamin B-6	mg	0.012	2	0		4		0.029	0.002	0.02
Folate, total	mcg	45		0	BFSN	4		108	7	81
Folic acid	mcg	41		0	NC	4		98	6	73
Folate, food		4		0		1		10	1	7
Folate, DFE	mcg_DFE	74		0	NC	4		176	11	132
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, IU		0		0		4		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.034	1	0		4		0.081	0.005	0.06
4:0		0.000		0		4		0.000	0.000	0.00
6:0		0.000		0		4		0.000	0.000	0.00
8:0	-	0.000)	0		4		0.000	0.000	0.00
10:0		0.000)	0		4		0.000	0.000	0.00
12:0	-	0.000)	0		4		0.000	0.000	0.00
13:0	-									
14:0	-	0.000)	0		4		0.000	0.000	0.00
15:0	-									
16:0	-	0.032	2	0		4		0.076	0.005	0.05
17:0	-									
18:0		0.002	2	0		4		0.005	0.000	0.00
20:0	-									
22:0										
24:0										

		<u>An</u>	nount in 100 grams Numbe	Amount in edible portion of common measures of food				
Nutrients and Un	its	Mean	of Data Std. Error Points		Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids total managements and	a	0.027	0	4		0.065	0.004	0.048
Fatty acids, total monounsaturated		0.027	U	-		0.065	0.004	0.040
15:1	_							
16:1 undifferentiated		0.001	0	4		0.002	0.000	0.002
17:1								
18:1 undifferentiated	-	0.027	0	4		0.065	0.004	0.048
20:1		0.000	0	4		0.000	0.000	0.000
22:1 undifferentiated	_	0.000	0	4		0.000	0.000	0.000
24:1 c	g							
Fatty acids, total polyunsaturated		0.110	0	4		0.263	0.016	0.19
18:2 undifferentiated	g	0.099	0	4		0.237	0.015	0.17
18:3 undifferentiated	g	0.012	0	4		0.029	0.002	0.02
18:4	g	0.000	0	4		0.000	0.000	0.000
20:2 n-6 c,c	g							
20:3 undifferentiated	g							
20:4 undifferentiated	g	0.000	0	4		0.000	0.000	0.00
20:5 n-3	g	0.000	0	4		0.000	0.000	0.00
22:5 n-3	g	0.000	0	4		0.000	0.000	0.00
22:6 n-3	g	0.000	0	4		0.000	0.000	0.00
Fatty acids, total trans	g							
Cholesterol	mg	0	0	z 7		0	0	0
Phytosterols	mg							
amino Acids:								
Tryptophan	a	0.021	0	1		0.050	0.003	0.038
Threonine		0.048	0	1		0.115	0.003	0.08
Isoleucine		0.047	0	1		0.160	0.010	0.120
Leucine	_	0.115	0	1		0.275	0.017	0.20
Lysine	-	0.039	0	1		0.093	0.006	0.07
Methionine	_	0.028	0	1		0.067	0.004	0.05
Cystine		0.034	0	1		0.081	0.005	0.06
Phenylalanine		0.082	0	1		0.196	0.012	0.14
Tyrosine		0.048	0	1		0.115	0.007	0.08
Valine		0.074	0	1		0.177	0.011	0.13
Arginine		0.066	0	1		0.158	0.010	0.11
Histidine		0.035	0	1		0.084	0.005	0.06
Alanine	-	0.053	0	1		0.127	0.008	0.09
Aspartic acid		0.072	0	1		0.172	0.011	0.12
Glutamic acid		0.566	0	1		1.353	0.011	1.01
Glycine		0.059	0	1		0.141	0.009	0.10
Proline		0.186	0	1		0.445	0.028	0.33
Serine	-	0.086		1		0.206	0.013	0.15
Hydroxyproline	• • • • • • • • • • • • • • • • • • • •		·	_				
3 31	=							
Others:	~	2 2	_	_		0 0		
Alcohol, ethyl		0.0	0	7		0.0	0.0	0.0
Caffeine	mg							

Common Measures:

Measure 1 = 239g: 1 cup Measure 2 = 14.9g: 1 tbsp Measure 3 = 179g: .75 cup

Calories Factors: Protein 4.05 Fat 8.37 Carbohydrate 4.12

Food Group: 08 Breakfast Cereals

NDB No. 08104 Cereals, CREAM OF WHEAT, quick, dry

Kraft Foods, Inc.

		<u>Aı</u>	mount in 100	grams	Amount in	edible portion	of common			
			N	umbe		measures of food				
						Source	Confidence			-
Nutrients and Un	its	Mean	Std. Error P			Code	Code	Measure 1	Measure 2	Measure
Proximates:	a	10.40	0.212	26		1		18.30	1 14	
Water		361	0.212	26 0	NC	4		635	1.14 40	
Energy		1510		U	NC	4		2658	40 166	
Energy		10.20	0.142	26		1		2638 17.95		
Protein (N x 5.7)		1.30	0.142			1		2.29	1.12 0.14	
Total lipid (fat)		3.20	0.062			1		5.63	0.14	
Ash		75.00	0.130	0	NC	4		132.00	8.25	
Carbohydrate, by difference		2.8		2	NC	1		4.8	0.3	
Fiber, total dietary		0.40		0	NR	4		0.70	0.3	
Sugars, total		0.40		1	NK	1		0.70	0.04	
Sucrose		0.40		1		1		0.70	0.04	
Glucose (dextrose)										
Fructose										
Lactose	9									
Maltose										
Galactose										
Starch	y									
Minerals:										
* Calcium, Ca	mg	303		1	LC	8		533	33	
* Iron, Fe	mg	28.60		0		5		50.34	3.15	
Magnesium, Mg	mg	33		1		1		58	4	
Phosphorus, P		282		0		5		496	31	
Potassium, K		130		1		1		229	14	
Sodium, Na		391	75.593			1		688	43	
Zine, Zn		0.97		1		1		1.71	0.11	
Copper, Cu		0.185		1		1		0.326	0.020	
Manganese, Mn Selenium, Se		20.0		0	BFZN	4		35.2	2.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
* Thiamin	mg	0.500		0		5		0.880	0.055	
* Riboflavin	mg	0.200		0		5		0.352	0.022	
* Niacin	•	4.200		0		5		7.392	0.462	
Pantothenic acid	_	0.474				1		0.834	0.052	
Vitamin B-6		0.091		0		4		0.160	0.010	
* Folate, total		121		0	LC	8		213	13	
Folic acid	mcg	87		0	NC	4		153	10	
Folate, food		34	4.850			1		60	4	
Folate, DFE		182 0.00		0	NC	4		320	20	
Vitamin B-12		0.00		0	ETM	4		0.00 0	0.00 0	
Vitamin A, IU Vitamin A, RAE		0		0	FLM FLM	4		0	0	
Retinol		0		0	FLM	4		0	0	
Vitamin E (alpha-tocopherol)		0.11		0	NR	4		0.19	0.01	
Tocopherol, beta		0.11		Ū	1410	-		0.19	0.01	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.5		0	FLM	4		0.9	0.1	
Lipids:										
Fatty acids, total saturated	g	0.207		0	FLM	4		0.364	0.023	
4:0	g	0.000		0	FLM	4		0.000	0.000	
6:0		0.000		0	FLM	4		0.000	0.000	
8:0	-	0.000		0	FLM	4		0.000	0.000	
10:0	-	0.000		0	FLM	4		0.000	0.000	
12:0	_	0.000		0	FLM	4		0.000	0.000	
13:0										
14:0	g	0.001		0	FLM	4		0.001	0.000	
15:0	g									

	<u>A</u>	mount in 10	00 grams Number	Amount in edible portion of common measures of food					
Nutrients and Units	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0g	0.193		0	FLM	4		0.339	0.021	
17:0g	0.155		v	11111	-		0.339	0.021	
18:0g	0.013	1	0	FLM	4		0.023	0.001	
20:0g									
22:0g									
24:0g Fatty acids, total monounsaturatedg	0.178		0	FLM	4		0.313	0.020	
14:1g	0.2.0		·		-		0.313	0.020	
15:1g									
16:1 undifferentiatedg	0.004		0	FLM	4		0.007	0.000	
17:1g					_				
18:1 undifferentiatedg 20:1	0.174		0 0	FLM FLM	4 4		0.306 0.000	0.019 0.000	
22:1 undifferentiated	0.000		0	FLM	4		0.000	0.000	
24:1 cg	0.000		ŭ		-		0.000	0.000	
Fatty acids, total polyunsaturatedg	0.718		0	FLM	4		1.264	0.079	
18:2 undifferentiatedg	0.642		0	FLM	4		1.130	0.071	
18:3 undifferentiatedg	0.076		0	FLM	4		0.133	0.008	
18:4g	0.000	1	0	FLM	4		0.000	0.000	
20:2 n-6 c,c									
20:4 undifferentiated	0.000)	0	FLM	4		0.000	0.000	
20:5 n-3g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3g	0.000)	0	FLM	4		0.000	0.000	
22:6 n-3g	0.000)	0	FLM	4		0.000	0.000	
Fatty acids, total transg					_		_		
Cholesterol mg	0		0	Z	7		0	0	
Phytosterolsmg									
Amino Acids:									
Tryptophan9	0.140		0		1		0.246	0.015	
Threonine	0.323		0		1 1		0.568 0.788	0.036 0.049	
Leucine	0.446		0		1		1.362	0.049	
Lysine9	0.265		0		1		0.466	0.029	
Methionine	0.190)	0		1		0.334	0.021	
Cystineg	0.230)	0		1		0.405	0.025	
Phenylalanineg	0.552		0		1		0.972	0.061	
Tyrosine	0.324		0		1		0.570	0.036	
Valine	0.496		0 0		1 1		0.873 0.781	0.055 0.049	
Arginine	0.444		0		1		0.414	0.049	
Alanineg	0.359		0		1		0.632	0.039	
Aspartic acidg	0.485		0		1		0.854	0.053	
Glutamic acid	3.797		0		1		6.683	0.418	
Glycineg	0.396		0		1		0.697	0.044	
Proline	1.250		0		1		2.200	0.138	
Serine	0.576	1	0		1		1.014	0.063	
Hydroxyprolineg									
Others:			_		_				
Alcohol, ethyl	0.0 0		0	FLM	7 4		0.0	0.0	
Caffeine mg Theobromine mg	0		0	FLM	4		0	0	
Carotenoids:	v		U	E 1101	-		J	J	
	0		0	FLM	4		0.000	0.000	
Carotene, betamcg Carotene, alphamcg	0		0	FLM	4		0.000	0.000	
Cryptoxanthin, betamcg	0		0	FLM	4		0.000	0.000	
Lycopene mcg	0		0	FLM	4		0.000	0.000	
Lutein + zeaxanthinmcg	16		0	FLM	4		28.198	1.762	

NDB No. 08104

Cereals, CREAM OF WHEAT, quick, dry

Common Measures:

Measure 1 = 176g: 1 cup Measure 2 = 11.0g: 1 tbsp

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 4.05 Fat 8.37 Carbohydrate 4.12

Food Group: 08 Breakfast Cereals

NDB No. 08169 Cereals, CREAM OF WHEAT, regular, cooked with water, with salt, (wheat) *Kraft Foods, Inc.*

of Data Deriv Source Confidence Nutrients and Units Mean Std. Error Points Code Code Measure 1 Measure 2 Measure 3			<u>A</u> 1	mount in 100			Amount in edible portion of common measures of food				
Waster	Nutrients and Un	its	Mean	O	f Data	Deriv			_		Measure 3
Waster											
Exergy	Proximates:		07.10		^	DEGN			210 62	160 75	
Faregrow Si											
Protein (N. S. 7)	23										
Total lipid (far)	=-										
Ash. g 0.54 0 BPZN 4 1.36 1.02 Carbohydrain, by difference g 10.73 0 BPZN 4 26.92 20.17 Fiber, total distary g 0.06 0 BPZN 4 0.14 0.11 Sacrosc. 9 0.06 0 BPZN 4 0.14 0.11 Sacrosc. 9 0.06 0 BPZN 4 0.14 0.11 Sacrosc. 9 4 2 4 0.14 0.11 Mallosc. 9 4 1 1 8 1 Midrosc. 9 4 1 8 1 1 8 Midrosc. 9 4 1 1 8 9 1 8 1 1 8 1 1 8 1 1 8 1 1 8 1 1 3 3 1 1 1 3<											
Carbolydrine, by difference. 9											
Fiber food dictary											
Sugray (sold							_				
Survoice (dectrose)											
Shecker Chicago Chic	- .										
Freuebose 9 Salachose 9 Sa			0.06		U	BFZN	4		0.14	0.11	
Mallose	Glucose (dextrose)	9									
Malaione	Fructose	g									
Statch. 9	Lactose	g									
Minerals:											
Minorals: Calcium, Ca.											
Tablemin Ca	Starch	g									
Tablemin Ca	Minerals:										
Iron, Fe		ma	45		0	BFZN	4		114	85	
Magnesium, Mg. mg 5 0 BPZN 4 13 10 Phosphorus, P. mg 18 0 BFZN 4 96 72 Phosphorus, P. mg 18 0 BFZN 4 45 33 Sodum, Na. mg 134 0 BFZN 4 0.36 0.27 Zine, Zin. mg 0.01 0 BFZN 4 0.06 0.28 Manganese, M. mg 0.000 0 BFZN 4 0.001 0.001 Selenium, Sc. mg 0.000 0 BFZN 4 0.00 0.01 Vitamin C, total ascorbic acid mg 0.0 0 BFZN 4 0.14 0.108 Vitamin B. mg 0.057 0 BFZN 4 0.14 0.108 Riboflavia mg 0.057 0 BFZN 4 0.144 0.108 Niacin mg 0.057 <td< td=""><td>*</td><td>-</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></td<>	*	-									
Phosphonus P.		-									
Potassium, K. mg 18 0 BFZN 4 45 33 252 250											
Sodium Na					0		4				
	*		134		0		1		336	252	
Copper, Cu mg 0.031 0 BFEN 4 0.078 0.088 Manganese, Mn mg 0.000 0 BFEN 4 0.001 0.01 Scienium, Se. mcg 2.9 0 BFEN 4 0.001 0.05 Vitamins; Vitamin C, total ascorbic acid mg 0.057 0 BFEN 4 0.04 0.01 Riboflavin mg 0.026 0 BFEN 4 0.065 0.048 Niacin mg 0.0541 0 BFEN 4 0.170 0.127 Vitamin B-6 mg 0.068 0 BFEN 4 0.029 0.022 Foliat, joid mcg 12 0 BFEN 4 0.029 0.022 Foliat, joid mcg 12 0 BFEN 4 0.02 0.22 Foliat, joid mcg 3 0 BFEN 4 0 0	· · · · · · · · · · · · · · · · · · ·	-	0.14		0	BFZN	4		0.36	0.27	
Manganesc, Mn.	-				0		4				
Scienium, Sc. mcg 2.9 0 BFZN 4 7.2 5.4	• •										
Vitamin C, total ascorbic acid mg 0.0 0 BFZN 4 0.0 0.0			2.9		0	BFZN	4		7.2	5.4	
Thiamin	Vitamins:										
Riboflavin	Vitamin C, total ascorbic acid	mg	0.0		0	BFZN	4		0.0	0.0	
Niacin. mg 0.541 0 BFZN 4 1.357 1.016 Pantothenic acid. mg 0.068 0 BFZN 4 0.170 0.127 Vitamin B-6. mg 0.012 0 BFZN 4 0.029 0.022 Folate, total. mcg 12 0 BFZN 4 0.029 0.022 Folate, fod. mcg 3 0 BFZN 4 22 16 Folate, DFE. mcg 3 0 BFZN 4 22 16 Folate, DFE. mcg 0 0 BFZN 4 0 0 Vitamin B-12 mcg 0 0 BFZN 4 0 0 Vitamin A, U. IU 0 0 BFZN 4 0 0 Retinol mcg 0 0 BFZN 4 0 0 0 Vitamin Calpha-tocopherol, bata mg 0 0 </td <td>Thiamin</td> <td>mg</td> <td>0.057</td> <td>,</td> <td>0</td> <td>BFZN</td> <td>4</td> <td></td> <td>0.144</td> <td>0.108</td> <td></td>	Thiamin	mg	0.057	,	0	BFZN	4		0.144	0.108	
Pantothenic acid mg 0 0.068 0 BFZN 4 0.170 0.127 Vitamin B-6 mg 0.012 0 BFZN 4 0.029 0.022 Folate, total mcg 12 0 BFZN 4 30 23 Folice acid mcg 9 0 BFZN 4 22 16 Folate, food mcg 9 0 BFZN 4 22 16 Folate, food mcg DFE 18 0 NC 4 46 34 Vitamin B-12 mcg 0.00 0 BFZN 4 0.00 0.00 Vitamin A, IU U 0 0 BFZN 4 0.00 0.00 Vitamin A, RAE mcg_RAE 0 0 BFZN 4 0.00 0 0 Vitamin A, RAE mcg_RAE 0 0 BFZN 4 0.0 0 0 Vitamin E (alpha-tocopherol) mg 0.02 0 BFZN 4 0.04 0.03 Tocopherol, delta mg Tocopher	Riboflavin	mg	0.026	i	0	BFZN	4		0.065	0.048	
Vitamin B-6. mg 0.012 0 BFZN 4 0.029 0.022 Folate, total mcg 12 0 BFZN 4 22 16 Folate, food. mcg 3 0 BFZN 4 22 16 Folate, food. mcg 3 0 BFZN 4 9 6 Folate, food. mcg 3 0 BFZN 4 9 6 Folate, food. mcg 0 0 NC 4 46 34 Folate, food. mcg 0 0 0 BFZN 4 0 0 0 Vitamin B-12 mcg 0 0 BFZN 4 0	Niacin	mg	0.541		0	BFZN	4		1.357	1.016	
Folate, total			0.068	1	0	BFZN	4		0.170	0.127	
Folate, total	Vitamin B-6	mg	0.012	!	0	BFZN	4		0.029	0.022	
Folic acid			12		0	BFZN	4		30	23	
Folate, food	-		9		0	BFZN	4		22	16	
Folate, DFE.			3		0	BFZN	4		9	6	
Vitamin B-12 mcg 0.00 0 BFZN 4 0.00 0.00 Vitamin A, IU. IU 0 0 BFZN 4 0 0 Vitamin A, RAE mcg 0 0 BFZN 4 0 0 Retinol mcg 0 0 BFZN 4 0 0 Vitamin E (alpha-tocopherol) mg 0.02 0 BFZN 4 0.04 0.03 Tocopherol, beta mg 0 0 BFZN 4 0.04 0.03 Tocopherol, delta mg 0 0 BFZN 4 0.04 0.03 Vitamin D IU Vitamin K (phylloquinone) mcg 0.1 0 BFZN 4 0.2 0.1 Lipids: Fatty acids, total saturated g 0.000 0 BFZN 4 0.074 0.056 4:0 g 0.000 0 BFZN 4 0.000 0.000 <t< td=""><td></td><td></td><td>18</td><td></td><td>0</td><td>NC</td><td>4</td><td></td><td>46</td><td>34</td><td></td></t<>			18		0	NC	4		46	34	
Vitamin A, IU IU 0 BFZN 4 0 0 Vitamin A, RAE mcg_RAE 0 0 BFZN 4 0 0 Retinol mcg 0 0 BFZN 4 0 0 Vitamin E (alpha-tocopherol) mg 0.02 0 BFZN 4 0.04 0.03 Tocopherol, beta mg 1 0 BFZN 4 0.04 0.03 Tocopherol, gamma mg 1 0 BFZN 4 0.04 0.03 Vitamin D IU VI VI VI 4 0.2 0.1 Lipids: Estavidis, total saturated g 0.030 0 BFZN 4 0.074 0.056 4:0 g 0.000 0 BFZN 4 0.000 0.000 6:0 g 0.000 0 BFZN 4 0.000 0.000 8:0 g 0.000 0<			0.00		0	BFZN	4		0.00	0.00	
Vitamin A, RAE mcg_RAE 0 0 BFZN 4 0 0 Retinol mcg 0 0 BFZN 4 0 0 Vitamin E (alpha-tocopherol) mg 0.02 0 BFZN 4 0.04 0.03 Tocopherol, beta mg 7 0			0		0	BFZN	4				
Retinol mcg 0 0 BFZN 4 0 0 Vitamin E (alpha-tocopherol) mg 0.02 0 BFZN 4 0.04 0.03 Tocopherol, beta mg 0 0 BFZN 4 0.04 0.03 Tocopherol, gamma mg 0 0 BFZN 4 0.2 0.1 Vitamin D IU Vitamin K (phylloquinone) mcg 0.1 0 BFZN 4 0.2 0.1 Lipids: Fatty acids, total saturated 9 0.030 0 BFZN 4 0.074 0.056 4:0 9 0.000 0 BFZN 4 0.000 0.000 6:0 9 0.000 0 BFZN 4 0.000 0.000 8:0 9 0.000 0 BFZN 4 0.000 0.000 10:0 9 0.000 0 BFZN 4 0.000 0.000<			0		0		4		0		
Vitamin E (alpha-tocopherol) mg 0.02 0 BFZN 4 0.04 0.03 Tocopherol, beta mg 1000			0		0		4		0	0	
Tocopherol, beta mg Tocopherol, gamma mg Tocopherol, delta mg Vitamin D. IU Vitamin K (phylloquinone) mcg 0.1 0 BFZN 4 0.2 0.1 Lipids: Fatty acids, total saturated 9 0.000 0 BFZN 4 0.000 0.000 6:0. 9 0.000 0 BFZN 4 0.000 0.000 6:0. 9 0.000 0 BFZN 4 0.000 0.000 8:0. 9 0.000 0 BFZN 4 0.000 0.000 8:0. 9 0.000 0 BFZN 4 0.000 0.000 10:0. 9 0.000 0 BFZN 4 0.000 0.000 10:0. 9 0.000 0 BFZN 4 0.000 0.000 12:0. 9 0.000 0 BFZN 4 0.000 0.000 12:0. 9 0.000 0 BFZN 4 0.000 0.000 13:0. 9 0.000 0 BFZN 4 0.000 0.000 13:0. 9 0.000 0 BFZN 4 0.000 0.000			0.02		0	BFZN	4		0.04	0.03	
Tocopherol, gamma mg Tocopherol, delta mg Vitamin D. IU Vitamin K (phylloquinone) mcg 0.1 0 BFZN 4 0.2 0.1 Lipids: Fatty acids, total saturated 9 0.000 0 BFZN 4 0.000 0.000 6:0 9 0.000 0 BFZN 4 0.000 0.000 8:0 9 0.000 0 BFZN 4 0.000 0.000 8:0 9 0.000 0 BFZN 4 0.000 0.000 10:0 9 0.000 0 BFZN 4 0.000 0.000 11:0 9 0.000 0 BFZN 4 0.000 0.000											
Tocopherol, delta	-										
Vitamin D. IU Vitamin K (phylloquinone) mcg 0.1 0 BFZN 4 0.2 0.1 Lipids: Fatty acids, total saturated 9 0.030 0 BFZN 4 0.074 0.056 4:0 9 0.000 0 BFZN 4 0.000 0.000 6:0 9 0.000 0 BFZN 4 0.000 0.000 8:0 9 0.000 0 BFZN 4 0.000 0.000 10:0 9 0.000 0 BFZN 4 0.000 0.000 12:0 9 0.000 0 BFZN 4 0.000 0.000 13:0 9 0.000 0 BFZN 4 0.000 0.000 14:0 9 0.000 0 BFZN 4 0.000 0.000											
Vitamin K (phylloquinone) mcg 0.1 0 BFZN 4 0.2 0.1 Lipids: Eatty acids, total saturated 9 0.030 0 BFZN 4 0.074 0.056 4:0 9 0.000 0 BFZN 4 0.000 0.000 6:0 9 0.000 0 BFZN 4 0.000 0.000 8:0 9 0.000 0 BFZN 4 0.000 0.000 10:0 9 0.000 0 BFZN 4 0.000 0.000 12:0 9 0.000 0 BFZN 4 0.000 0.000 13:0 9 0.000 0 BFZN 4 0.000 0.000 14:0 9 0.000 0 BFZN 4 0.000 0.000											
Fatty acids, total saturated. g 0.030 0 BFZN 4 0.074 0.056 4:0. g 0.000 0 BFZN 4 0.000 0.000 6:0. g 0.000 0 BFZN 4 0.000 0.000 8:0. g 0.000 0 BFZN 4 0.000 0.000 10:0. g 0.000 0 BFZN 4 0.000 0.000 12:0. g 0.000 0 BFZN 4 0.000 0.000 13:0. g 0.000 0 BFZN 4 0.000 0.000			0.1		0	BFZN	4		0.2	0.1	
Fatty acids, total saturated. g 0.030 0 BFZN 4 0.074 0.056 4:0. g 0.000 0 BFZN 4 0.000 0.000 6:0. g 0.000 0 BFZN 4 0.000 0.000 8:0. g 0.000 0 BFZN 4 0.000 0.000 10:0. g 0.000 0 BFZN 4 0.000 0.000 12:0. g 0.000 0 BFZN 4 0.000 0.000 13:0. g 0.000 0 BFZN 4 0.000 0.000	Lipids:										
4:0. g 0.000 0 BFZN 4 0.000 0.000 6:0. g 0.000 0 BFZN 4 0.000 0.000 8:0. g 0.000 0 BFZN 4 0.000 0.000 10:0. g 0.000 0 BFZN 4 0.000 0.000 12:0. g 0.000 0 BFZN 4 0.000 0.000 13:0. g 0.000 0 BFZN 4 0.000 0.000		g	0.030	1	0	BFZN	4		0.074	0.056	
6:0. g 0.000 0 BFZN 4 0.000 0.000 8:0. g 0.000 0 BFZN 4 0.000 0.000 10:0. g 0.000 0 BFZN 4 0.000 0.000 12:0. g 0.000 0 BFZN 4 0.000 0.000 13:0. g 14:0. g 0.000 0 BFZN 4 0.000 0.000											
8:0. g 0.000 0 BFZN 4 0.000 0.000 10:0. g 0.000 0 BFZN 4 0.000 0.000 12:0. g 0.000 0 BFZN 4 0.000 0.000 13:0. g 14:0. g 0.000 0 BFZN 4 0.000 0.000											
10:0		-									
12:0		_									
13:0											
14:0g 0.000 0 BFZN 4 0.000 0.000			2.200		-	,	-		2.000	0.000	
-			0.000	1	0	BFZN	4		0.000	0.000	
			2.200		-		-		2.000	0.000	

		<u>A</u>	mount in 10			ole portic	<u>on</u>		edible portion o	f common
				Number of Data		Source	Confidence			
Nutrients and Units		Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
16:0	g	0.028		0	BFZN	4		0.069	0.052	
17:0	-									
18:0		0.002		0	BFZN	4		0.005	0.004	
20:0										
22:0 24:0										
Fatty acids, total monounsaturated		0.025		0	BFZN	4		0.064	0.048	
14:1									*****	
15:1	-									
16:1 undifferentiated	g	0.001		0	BFZN	4		0.001	0.001	
17:1	-									
18:1 undifferentiated	-	0.025		0	BFZN	4		0.062	0.047	
20:1	-	0.000		0	BFZN	4		0.000	0.000	
22:1 undifferentiated	-	0.000		0	BFZN	4		0.000	0.000	
24:1 cFatty acids, total polyunsaturated		0.103		0	BFZN	4		0.258	0.193	
18:2 undifferentiated		0.092		0	BFZN	4		0.231	0.193	
18:3 undifferentiated		0.011		0	BFZN	4		0.027	0.020	
18:4		0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c										
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3	-	0.000		0	BFZN	4		0.000	0.000	
22:5 n-3	-	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3	-	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans		0		0	BFZN	4		0	0	
Phytosterols		U		Ū	DF ZN	•		Ü	Ü	
Amino Acids:										
Tryptophan	g	0.020		0	BFZN	4		0.050	0.038	
Threonine	g	0.046		0	BFZN	4		0.116	0.087	
Isoleucine	-	0.064		0	BFZN	4		0.161	0.120	
Leucine		0.111		0	BFZN	4		0.278	0.208	
Lysine		0.038		0	BFZN	4		0.095	0.071	
Methionine		0.027		0 0	BFZN BFZN	4 4		0.068 0.083	0.051	
CystinePhenylalanine		0.033		0	BFZN	4		0.198	0.062 0.148	
Tyrosine		0.046		0	BFZN	4		0.138	0.148	
Valine		0.040		0	BFZN	4		0.178	0.087	
Arginine		0.064		0	BFZN	4		0.159	0.119	
Histidine		0.034		0	BFZN	4		0.084	0.063	
Alanine	g	0.051		0	BFZN	4		0.129	0.097	
Aspartic acid	g	0.069		0	BFZN	4		0.174	0.130	
Glutamic acid		0.543		0	BFZN	4		1.363	1.021	
Glycine	-	0.057		0	BFZN	4		0.142	0.106	
Proline		0.179		0	BFZN	4		0.449	0.336	
Serine		0.082		0	BFZN	4		0.207	0.155	
	9									
Others:	a	0.0		0	BFZN	4		0.0	0.0	
Alcohol, ethyl		0.0		0	BFZN BFZN	4 4		0.0 0	0.0 0	
Theobromine		0		0	BFZN	4		0	0	
<u>Carotenoids:</u>	.	J		Ū	DE AIN	7		v	ŭ	
Carotene, beta	.mcg	0		0	BFZN	4		0.000	0.000	
Carotene, alpha	mcg	0		0	BFZN	4		0.000	0.000	
Cryptoxanthin, beta		0		0	BFZN	4		0.000	0.000	
Lycopene		0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin	Tinca	2		0	BFZN	4		5.176	3.877	

NDB No. 08169

Cereals, CREAM OF WHEAT, regular, cooked with water, with salt, (wheat)

Common Measures:

Measure 1 = 251g: 1 cup Measure 2 = 188g: .75 cup

Calories Factors: Protein 4.05 Fat 8.37 Carbohydrate 4.12

Food Group: 08 Breakfast Cereals

NDB No. 08103 Cereals, CREAM OF WHEAT, regular, cooked with water, without salt Kraft Foods, Inc.

		<u>A</u>	mount in 10			le portic	<u>on</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food		
Nutrients and Uni	its	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Proximates:	a	87.10		0	FLA			218.62	12.04	163.75	
Water	_			0		4			13.94		
Energy		50		0	FLA	4		127 529	8	95 397	
Energy	-	211			FLA	4			34		
Protein (N x 5.7)		1.46		0	FLA	4		3.66	0.23	2.74	
Total lipid (fat)		0.19		0 0	FLA	4		0.47	0.03	0.35	
Ash		0.54			FLA	4		1.36	0.09	1.02	
Carbohydrate, by difference		10.73		0 0	FLA	4		26.92	1.72	20.17	
Fiber, total dietary		0.4			FLA	4		1.0	0.1	0.7	
Sugars, total		0.06		0	FLA	4		0.14	0.01	0.11	
Sucrose		0.06		0	FLA	4		0.14	0.01	0.11	
Glucose (dextrose)											
Fructose	g										
Lactose	g										
Maltose	g										
Galactose											
Starch	g										
Minerals:											
Calcium, Ca	ma	45		0	FLA	4		114	7	85	
Iron, Fe		3.89		0	FLA	4		9.76	0.62	7.31	
Magnesium, Mg		5		0	FLA	4		13	1	10	
Phosphorus, P		38		0	FLA	4		96	6	72	
Potassium, K		18		0	FLA	4		45	3	33	
Sodium, Na		58		0	FLA	4		145	9	109	
Zinc, Zn		0.14		0	FLA	4		0.36	0.02	0.27	
Copper, Cu		0.031	L	0	FLA	4		0.078	0.005	0.058	
Manganese, Mn		0.000)	0	FLA	4		0.001	0.000	0.001	
Selenium, Se		2.9		0	FLA	4		7.2	0.5	5.4	
Vitamins:											
Vitamin C, total ascorbic acid	-	0.0		0	FLA	4		0.0	0.0	0.0	
Thiamin		0.057		0	FLA	4		0.144	0.009	0.108	
Riboflavin	-	0.026		0	FLA	4		0.065	0.004	0.048	
Niacin	-	0.541		0	FLA	4		1.357	0.086	1.016	
Pantothenic acid	_	0.068		0	FLA	4		0.170	0.011	0.127	
Vitamin B-6		0.012	2	0	FLA	4		0.029	0.002	0.022	
Folate, total		12		0	FLA	4		30	2	23	
Folic acid	mcg	9		0	FLA	4		22	1	16	
Folate, food		3		0	FLA	4		9	1	6	
Folate, DFE		18		0	NC	4		46	3	34	
Vitamin B-12	-	0.00		0	FLA	4		0.00	0.00	0.00	
Vitamin A, IU		0		0	FLA	4		0	0	0	
Vitamin A, RAE		0		0	FLA	4		0	0	0	
Retinol		0		0	FLA	4		0	0	0	
Vitamin E (alpha-tocopherol)		0.02		0	FLA	4		0.04	0.00	0.03	
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D Vitamin K (phylloquinone)		0.1		0	FLA	4		0.2	0.0	0.1	
Lipids:				-							
Fatty acids, total saturated	a	0.030)	0	FLA	4		0.074	0.005	0.056	
4:0		0.000		0	FLA	4		0.000	0.003	0.000	
6:0		0.000		0	FLA	4		0.000	0.000	0.000	
8:0	_	0.000		0	FLA	4		0.000	0.000	0.000	
10:0		0.000		0	FLA	4		0.000	0.000	0.000	
12:0		0.000		0	FLA	4		0.000	0.000	0.000	
13:0		0.000	•	U	FIM	*		0.000	0.000	0.000	
	-	0.000	1	0	FLA	4		0.000	0.000	0.000	
14:0	g	0.000	,	U	ELLA	4		0.000	0.000	0.000	

	<u>Ar</u>	mount in 10	00 grams		ole portic	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
16:0g	0.028		0	FLA	4		0.069	0.004	0.052	
17:0g 18:0g	0.002		0	FLA	4		0.005	0.000	0.004	
20:0g	0.002		v	LIII	-		0.003	0.000	0.004	
22:0g										
24:0g	0.005		•						0.040	
Fatty acids, total monounsaturatedg	0.025		0	FLA	4		0.064	0.004	0.048	
15:1g										
16:1 undifferentiatedg	0.001		0	FLA	4		0.001	0.000	0.001	
17:1g	0.005		•				0.000	0.004	0.047	
18:1 undifferentiatedg 20:1g	0.025 0.000		0 0	FLA FLA	4 4		0.062 0.000	0.00 4 0.000	0.047 0.000	
22:1 undifferentiated	0.000		0	FLA	4		0.000	0.000	0.000	
24:1 cg										
Fatty acids, total polyunsaturatedg	0.103		0	FLA	4		0.258	0.016	0.193	
18:2 undifferentiated	0.092 0.011		0	FLA FLA	4 4		0.231 0.027	0.015 0.002	0.173 0.020	
18:4g	0.001		0	FLA	4		0.027	0.002	0.020	
20:2 n-6 c.cg							0.000	0.000		
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.000		0	FLA	4		0.000	0.000	0.000	
20:5 n-3	0.000		0	FLA FLA	4 4		0.000 0.000	0.000 0.000	0.000	
22:5 n-3	0.000		0	FLA	4		0.000	0.000	0.000	
Fatty acids, total trans	0.000		·		-		0.000	0.000	0.000	
Cholesterolmg	0		0	FLA	4		0	0	0	
Phytosterolsmg										
Amino Acids:										
Tryptophan9	0.020		0	FLA	4		0.050	0.003	0.038	
Threonine	0.046		0	FLA	4		0.116	0.007	0.087	
Isoleucine	0.064 0.111		0	FLA FLA	4 4		0.161 0.278	0.010 0.018	0.120 0.208	
Lysine	0.038		0	FLA	4		0.095	0.018	0.208	
Methionine9	0.027		0	FLA	4		0.068	0.004	0.051	
Cystineg	0.033		0	FLA	4		0.083	0.005	0.062	
Phenylalanineg	0.079		0	FLA	4		0.198	0.013	0.148	
Tyrosine9 Valine9	0.046 0.071		0	FLA FLA	4 4		0.116 0.178	0.007 0.011	0.087 0.133	
Arginine	0.064		0	FLA	4		0.159	0.011	0.119	
Histidine	0.034		0	FLA	4		0.084	0.005	0.063	
Alanineg	0.051		0	FLA	4		0.129	0.008	0.097	
Aspartic acidg	0.069		0	FLA	4		0.174	0.011	0.130	
Glutamic acid	0.543 0.057		0	FLA FLA	4 4		1.363 0.142	0.087 0.009	1.021 0.106	
Glycineg Prolineg	0.057		0	FLA	4		0.142	0.009	0.106	
Serine	0.082		0	FLA	4		0.207	0.013	0.155	
Hydroxyprolineg										
Others:										
Alcohol, ethylg	0.0		0	FLA	4		0.0	0.0	0.0	
Caffeinemg	0		0	FLA	4		0	0	0	
Theobromine mg	0		0	FLA	4		0	0	0	
<u>Carotenoids:</u>										
Carotene, beta mcg	0		0	FLA	4		0.000	0.000	0.000	
Carotene, alpha	0		0	FLA FLA	4 4		0.000 0.000	0.000 0.000	0.000 0.000	
Cryptoxanthin, betamcg Lycopenemcg	0		0	FLA	4		0.000	0.000	0.000	
_, -, -, -, -, -, -, -, -, -, -, -, -, -,	2		0	FLA	-			0.330	3.877	

NDB No. 08103

Cereals, CREAM OF WHEAT, regular, cooked with water, without salt

Common Measures:

Measure 1 = 251g: 1 cup Measure 2 = 16g: 1 tbsp Measure 3 = 188g: .75 cup

Calories Factors: Protein 4.05 Fat 8.37 Carbohydrate 4.12

Food Group: 08 Breakfast Cereals

NDB No. 08102 Cereals, CREAM OF WHEAT, regular, dry

Kraft Foods, Inc.

		<u>Aı</u>	mount in 100 g	rams	of edil	ole portic	<u>on</u>	Amount in edible portion of common			
			Nι	ımbeı	r				easures of food		
						Source	Confidence				
Nutrients and Un	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	g	10.90	0.183	23		1		18.86	1.16		
Energy	kcal	370		0	NC	4		640	39		
Energy		1548				4		2678	164		
Protein (N x 5.7)	g	10.50	0.075	23		1		18.17	1.11		
Total lipid (fat)	g	1.50	0.066	22		1		2.60	0.16		
Ash	g	0.60	0.019	23		1		1.04	0.06		
Carbohydrate, by difference	g	76.50		0	NC	4		132.35	8.11		
Fiber, total dietary	g	3.8		2		1		6.5	0.4		
Sugars, total	g	0.20		0	NR	4		0.35	0.02		
Sucrose	g	0.20		1		1		0.35	0.02		
Glucose (dextrose)	g										
Fructose											
Lactose											
Maltose	g										
Galactose											
Starch											
Minerals:											
* Calcium, Ca	ma	303		1	LC	8		524	32		
* Iron, Fe		28.60		0	пс	5		49.48	3.03		
Magnesium, Mg		27		1		1		47	3.03		
Phosphorus, P		115	2.887	3		1		199	12		
Potassium, K		120		1		1		208	13		
Sodium, Na		7		1		1		12	1		
Zinc, Zn		0.88		1		1		1.52	0.09		
Copper, Cu		0.206	5	1		1		0.356	0.022		
Manganese, Mn	mg										
Selenium, Se	mcg	20.0		3		1		34.6	2.1		
Vitamins:	ma	0.0		0		4		0.0	0.0		
Vitamin C, total ascorbic acid * Thiamin		0.500	1	0		5		0.865	0.053		
* Riboflavin		0.200		0		5		0.346	0.033		
* Niacin	-	4.200		0		5		7.266	0.445		
Pantothenic acid	•	0.518		4		1		0.896	0.055		
Vitamin B-6		0.108		0		4		0.187	0.011		
* Folate, total		121		0	LC	8		209	13		
Folic acid		87		0	NC	4		151	9		
Folate, food	mcg	34	4.850	4		1		59	4		
Folate, DFE		182		0	NC	4		315	19		
Vitamin B-12		0.00		0		4		0.00	0.00		
Vitamin A, IU	IU	0		0	FLA	4		0	0		
Vitamin A, RAE	mcg_RAE	0		0	FLA	4		0	0		
Retinol		0		0	FLA	4		0	0		
Vitamin E (alpha-tocopherol)	mg	0.11		0	NR	4		0.19	0.01		
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D Vitamin K (phylloquinone)		0.5		0	FLA	4		0.9	0.1		
4 3 1 ,				-		-		- · ·	···		
<u>Lipids:</u>		_		_				_	_		
Fatty acids, total saturated		0.238		0	FLA	4		0.411	0.025		
4:0		0.000		0	FLA	4		0.000	0.000		
6:0	_	0.000		0	FLA	4		0.000	0.000		
8:0	_	0.000		0	FLA	4		0.000	0.000		
10:0	-	0.000		0	FLA	4		0.000	0.000		
12:0		0.000	,	0	FLA	4		0.000	0.000		
13:0		0 001		^	PT 2			0.000	0.000		
14:0	y	0.001	•	0	FLA	4		0.002	0.000		

		<u>Aı</u>	mount in 10			ole portic	<u>on</u>		edible portion of	f common
Nutrients and Un	nits	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0	q	0.223		0	FLA	4		0.385	0.024	
17:0	-									
18:0	_	0.014		0	FLA	4		0.024	0.001	
20:0										
22:0 24:0										
Fatty acids, total monounsaturated	_	0.205		0	FLA	4		0.355	0.022	
14:1										
15:1	g									
16:1 undifferentiated	_	0.005		0	FLA	4		0.008	0.001	
17:1	-	0.000		•				0.246	0.001	
18:1 undifferentiated 20:1	-	0.200 0.000		0 0	FLA FLA	4 4		0.346 0.000	0.021 0.000	
22:1 undifferentiated	-	0.000		0	FLA	4		0.000	0.000	
24:1 c	• • • • • • • • • • • • • • • • • • • •	0.000		·		-		0.000	0.000	
Fatty acids, total polyunsaturated		0.829		0	FLA	4		1.434	0.088	
18:2 undifferentiated		0.741		0	FLA	4		1.282	0.079	
18:3 undifferentiated		0.088		0	FLA	4		0.153	0.009	
18:4	g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c	-									
20:3 undifferentiated	-			•						
20:4 undifferentiated	-	0.000		0 0	FLA FLA	4 4		0.000 0.000	0.000 0.000	
20:5 n-3 22:5 n-3	-	0.000		0	FLA	4		0.000	0.000	
22:6 n-3	-	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans		0.000		•		-		0.000	0.000	
Cholesterol		0		0	z	7		0	0	
Phytosterols	mg									
Amino Acids:										
Tryptophan	q	0.145		0		1		0.251	0.015	
Threonine		0.330		0		1		0.571	0.035	
Isoleucine	g	0.461		0		1		0.798	0.049	
Leucine	-	0.796		0		1		1.377	0.084	
Lysine		0.271		0		1		0.469	0.029	
Methionine		0.196		0		1		0.339	0.021	
Cystine		0.237 0.568		0 0		1 1		0.410 0.983	0.025 0.060	
Phenylalanine Tyrosine		0.334		0		1		0.983	0.080	
Valine	_	0.510		0		1		0.882	0.054	
Arginine	_	0.455		Ö		1		0.787	0.048	
Histidine		0.242		0		1		0.419	0.026	
Alanine	g	0.367		0		1		0.635	0.039	
Aspartic acid		0.495		0		1		0.856	0.052	
Glutamic acid		3.903		0		1		6.752	0.414	
Glycine		0.406		0		1		0.702	0.043	
Proline	_	1.285		0 0		1 1		2.223	0.136	
Serine Hydroxyproline		0.593		U		1		1.026	0.063	
2 21	9									
Others:				_		_				
Alcohol, ethyl	-	0.0		0		7		0.0	0.0	
Caffeine Theobromine		0		0 0	FLA FLA	4 4		0	0 0	
Carotenoids:	9	U		U	ELIM	*		U	U	
	mo~	•		•				0.000	0.000	
Carotene, beta Carotene, alpha		0		0 0	FLA FLA	4 4		0.000 0.000	0.000 0.000	
Cryptoxanthin, beta		0		0	FLA	4		0.000	0.000	
Lycopene		0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin		16		0	FLA	4		27.943	1.712	

NDB No. 08102

Cereals, CREAM OF WHEAT, regular, dry

Common Measures:

Measure 1 = 173g: 1 cup Measure 2 = 10.6g: 1 tbsp

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 4.05 Fat 8.37 Carbohydrate 4.12

Food Group: 08 Breakfast Cereals

Malt-O-Meal, Co.

Refuse: 0%

		<u>Aı</u>	mount in 100 g	grams	of edib	le portio	<u>on</u>	Amount in	edible portion	of common
			Nı	umber				<u>m</u> e	easures of food	[
						Source	Confidence			-
Nutrients and Un	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	10.30	0.472	10		1		17.00	1.06	
Energy	kcal	368		0	NC	4		607	38	
Energy	kj	1540				4		2541	159	
Protein (N x 5.7)	g	10.50	0.271	10		1		17.33	1.08	
Total lipid (fat)	g	0.90	0.045	10		1		1.49	0.09	
Ash	g	0.60	0.038	10		1		0.99	0.06	
Carbohydrate, by difference		77.70		0	NC	4		128.21	8.00	
Fiber, total dietary										
Sugars, total										
Starch										
Minerals:				_					_	
Calcium, Ca	-	14		0		1		23	1	
Iron, Fe	-	28.60		0		5		47.19	2.95	
Magnesium, Mg		13		0		4		21	1	
Phosphorus, P	-	71		0		5		117	7	
Potassium, K		94		0		4		155	10	
Sodium, Na	-	10		0		1		17	1	
Zinc, Zn		0.53		0		1		0.87	0.05	
Copper, Cu		0.079)	0		1		0.130	0.008	
Manganese, Mn										
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	1.300)	0		5		2.145	0.134	
Riboflavin		0.900)	0		5		1.485	0.093	
Niacin	mg	17.600)	0		5		29.040	1.813	
Pantothenic acid		0.416	5	0		1		0.686	0.043	
Vitamin B-6	mg	0.058	3	0		1		0.096	0.006	
Folate, total		24		0		1		40	2	
Folic acid		0		0	Z	7		0	0	
Folate, food	mcg	24		0		1		40	2	
Folate, DFE		24		0	NC	4		40	2	
Vitamin B-12		0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	0		0		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)										
Lipids:										
	a									
Fatty acids, total saturated Fatty acids, total monounsaturated.										
Fatty acids, total monounsaturated	-									
Fatty acids, total trans										
Cholesterol		0		0	z	7		0	0	
Phytosterols		Ü		J		,		·	J	
	B									
Others: Alcohol, ethyl	a									
Caffeine		3		0	CAZN	4		5	0	
Theobromine		97		0	CAZN	4		160	10	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 08177

Cereals, MALT-O-MEAL, chocolate, dry

Common Measures:

Measure 1 = 165g: 1 cup Measure 2 = 10.3g: 1 tbsp

Calories Factors: Protein 4 Fat 8.37 Carbohydrate 4.1

Food Group: 08 Breakfast Cereals

NDB No. 08178 Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, with salt *Malt-O-Meal, Co.*

		<u>A</u> 1	mount in 10	<u>0 grams</u>	of edib	le portio	<u>n</u>	Amount in	edible portion	of common
				Number				me	easures of food	
				of Data		Source	Confidence			
Nutrients and Un	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		87.60		0		1		210.24	157.68	
Energy	kcal	51		0	NC	4		122	92	
Energy	kj	213				4		512	384	
Protein (N x 5.7)	g	1.50		0		1		3.60	2.70	
Total lipid (fat)	g	0.10		0		1		0.24	0.18	
Ash	g	0.20		0		1		0.48	0.36	
Carbohydrate, by difference		10.80		0	NC	4		25.92	19.44	
Fiber, total dietary		0.4		0		4		1.0	0.7	
Sugars, total										
Starch										
Minerals:										
Calcium, Ca	mg	2		0		1		5	4	
Iron, Fe	-	4.00		0		5		9.60	7.20	
Magnesium, Mg	-	2		0		4		5	4	
Phosphorus, P		10		0		5		24	18	
Potassium, K	-	13		0		4		31	23	
Sodium, Na		135		0		1		324	243	
Zinc, Zn	mg	0.07		0		1		0.17	0.13	
Copper, Cu	mg	0.011	=	0		1		0.026	0.020	
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	-	0.200)	0		5		0.480	0.360	
Riboflavin		0.100)	0		5		0.240	0.180	
Niacin		2.400)	0		5		5.760	4.320	
Pantothenic acid		0.058	3	0		1		0.139	0.104	
Vitamin B-6		0.008	3	0		1		0.019	0.014	
Folate, total		2		0		1		5	4	
Folic acid		0		0	Z	7		0	0	
Folate, food	-	2		0		1		5	4	
Folate, DFE		2		0	NC	4		5	4	
Vitamin B-12		0.00		0		4		0.00	0.00	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE	mcg RAE	0		0	NC	4		0	0	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>										
Fatty acids, total saturated		0.020)	0		4		0.048	0.036	
Fatty acids, total monounsaturated.										
Fatty acids, total polyunsaturated	_									
Fatty acids, total trans		_		_		_				
Cholesterol	_	0		0	Z	7		0	0	
Phytosterols	mg									
Others:	9									
Alcohol, ethyl		1		0	BFSN	4		2	2	
Caffeine		1		0	DEPN	4		4	2	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 08178

Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, with salt

Common Measures:

Measure 1 = 240g: 1 cup Measure 2 = 180g: .75 cup

Calories Factors: Protein 4 Fat 8.37 Carbohydrate 4.1

Food Group: 08 Breakfast Cereals

NDB No. 08117 Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, without salt *Malt-O-Meal, Co.*

		<u>A</u>	mount in 100	grams	of edit	ole portio	<u>on</u>	Amount in edible portion of common			
			N	Number	•			<u>m</u>	easures of food		
				of Data		Source	Confidence				
Nutrients and Unit	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	87.60		0		1		210.24	13.14	157.68	
Energy	kcal	51		0	NC	4		122	8	92	
Energy	kj	213				4		512	32	384	
Protein (N x 5.7)	g	1.50		0		1		3.60	0.23	2.70	
Total lipid (fat)	g	0.10		0		1		0.24	0.02	0.18	
Ash		0.10		0		1		0.24	0.02	0.18	
Carbohydrate, by difference		10.70		0	NC	4		25.68	1.61	19.26	
Fiber, total dietary		0.4		0		4		1.0	0.1	0.7	
Sugars, total	-										
Starch	9										
Minerals:											
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	2		0		1		5	0	4	
Iron, Fe	-	4.00		0		5		9.60	0.60	7.2	
Magnesium, Mg		2		0		4		5	0	4	
Phosphorus, P		10		0		5		24	2	18	
Potassium, K		13 1		0 0		4 5		31 2	2 0	23 2	
Sodium, NaZinc, Zn		0.07		0		1		0.17	0.01	0.1	
Copper, Cu		0.01	ı	0		1		0.026	0.01	0.1	
Manganese, Mn		0.011	-	·		-		0.020	0.002	0.0	
Selenium, Se											
/itamins:											
Vitamin C, total ascorbic acid		0.0		0		4		0.0	0.0	0.0	
Thiamin		0.200		0		5		0.480	0.030	0.3	
Riboflavin	-	0.100		0		5		0.240	0.015	0.1	
Niacin		2.400		0		5 1		5.760	0.360	4.3	
Pantothenic acid Vitamin B-6		0.058		0		1		0.139 0.019	0.009 0.001	0.1	
Folate, total	-	2	,	0		1		5	0.001	4	
Folic acid		0		0	z	7		0	0	0	
Folate, food		2		0	NC	4		5	0	4	
Folate, DFE		2		0	NC	4		5	0	4	
Vitamin B-12		0.00		0		4		0.00	0.00	0.0	
Vitamin A, IU	IU	0		0		4		0	0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0	
Retinol		0		0	Z	7		0	0	0	
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta											
Tocopherol, gamma Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
Lipids:											
Fatty acids, total saturated		0.042		0		4		0.101	0.006	0.0	
4:0		0.000		0		4		0.000	0.000	0.0	
6:0	-	0.000		0		4		0.000	0.000	0.0	
8:0		0.000		0		4		0.000	0.000	0.0	
10:0	-	0.000		0		4		0.000	0.000	0.0	
12:0 13:0	•	0.000	,	U		4		0.000	0.000	0.0	
14:0	-	0.000)	0		4		0.000	0.000	0.0	
15:0	-	0.000	•	U		-		0.000	0.000	0.0	
16:0		0.021	L	0		4		0.050	0.003	0.0	
17:0		0.023	-	Ū		•		3.050	0.003	0.0	
18:0		0.020)	0		4		0.048	0.003	0.0	
20:0											
22:0											
24:0											

	<u>Amount</u>	in 100 grams of	<u>on</u>	Amount in edible portion of common			
		Number			<u>m</u>	easures of food	
Nutrients and Units	Mean Std. I	of Data De Error Points Co		Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.025	0	4		0.060	0.004	0.045
14:1g							
15:1	0.000	0	4		0.000	0.000	0.000
18:1 undifferentiated 9	0.025	0	4		0.060	0.004	0.045
20:1	0.000	0	4		0.000	0.000	0.000
22:1 undifferentiatedg	0.000	0	4		0.000	0.000	0.000
24:1 cg							
Fatty acids, total polyunsaturated	0.016	0	4		0.038	0.002	0.029
18:2 undifferentiated	0.015	0	4		0.036	0.002	0.027
18:3 undifferentiatedg	0.001	0	4		0.002	0.000	0.002
18:4g	0.000	0	4		0.000	0.000	0.000
20:2 n-6 c,cg 20:3 undifferentiatedg							
20:4 undifferentiatedg	0.000	0	4		0.000	0.000	0.000
20:5 n-3g	0.000	0	4		0.000	0.000	0.000
22:5 n-3g	0.000	0	4		0.000	0.000	0.000
22:6 n-3g	0.000	0	4		0.000	0.000	0.000
Fatty acids, total trans							
Cholesterolmg Phytosterolsmg	0	0	z 7		0	0	0
Others:							
Alcohol, ethylg	0.0	0	7		0.0	0.0	0.0
Caffeine mg	1	0 E	BFSN 4		2	0	2
Theobromine mg	7	0 E	BFSN 4		17	1	13

Common Measures:

Measure 1 = 240g: 1 cup Measure 2 = 15.0g: 1 tbsp Measure 3 = 180g: .75 cup

Calories Factors: Protein 3.6 Fat 8.37 Carbohydrate 4.1

Food Group: 08 Breakfast Cereals

NDB No. 08116 Cereals, MALT-O-MEAL, plain, dry

Malt-O-Meal, Co.

Refuse: 0%

		<u>Aı</u>	mount in 100	grams	of edil	ole portio	<u>on</u>	Amount in	edible portion	of common
			N	umber					easures of food	
						Source	Confidence			-
Nutrients and Uni	ts	Mean	Std. Error P			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	10.30	0.472	10		1		17.00	1.06	
Energy	kcal	368		0	NC	4		607	38	
Energy		1540				4		2541	159	
Protein (N x 5.7)	g	10.50	0.271	10		1		17.33	1.08	
Total lipid (fat)	g	0.90	0.045	10		1		1.49	0.09	
Ash	g	0.60	0.038	10		1		0.99	0.06	
Carbohydrate, by difference		77.70		0	NC	4		128.21	8.00	
Fiber, total dietary	g									
Sugars, total	g									
Starch										
Minerals:										
Viinerais: Calcium, Ca	ma	14		0		1		23	1	
Iron, Fe	-	28.60		0		5		47.19	2.95	
Magnesium, Mg		13		0		4		21	1	
Phosphorus, P		71		0		5		117	7	
Potassium. K.	•	94		0		4		155	10	
Sodium. Na.	• • • • • • • • • • • • • • • • • • • •	7		0		5		12	1	
Zinc. Zn	• • • • • • • • • • • • • • • • • • • •	0.53		0		1		0.87	0.05	
Copper, Cu	mg	0.079		0		1		0.130	0.008	
Manganese, Mn	_									
Selenium, Se		23.5		0	BFZN	4		38.8	2.4	
Vitamins:										
Vitamin C, total ascorbic acid	mα	0.0		0		4		0.0	0.0	
Thiamin	_	1.300		0		5		2.145	0.134	
Riboflavin	-	0.900		0		5		1.485	0.093	
Niacin	_	17.600		0		5		29.040	1.813	
Pantothenic acid		0.416		0		1		0.686	0.043	
Vitamin B-6		0.058		0		1		0.096	0.006	
Folate, total		24		0		1		40	2	
Folic acid		0		0	Z	7		0	0	
Folate, food		24		0	NC	4		40	2	
Folate, DFE		24		0	NC	4		40	2	
Vitamin B-12		0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	0		0		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
<u>Lipids:</u>										
Fatty acids, total saturated										
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans		•		•	_	_		•	•	
Cholesterol	mg mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 165g: 1 cup

NDB No. 08116 Cereals, MALT-O-MEAL, plain, dry

Measure 2 = 10.3g: 1 tbsp

Calories Factors: Protein 3.6 Fat 8.37 Carbohydrate 4.1

Food Group: 08 Breakfast Cereals

		<u>A</u>	mount in 100 gran	s of edil	ole portic	<u>on</u>	Amount in edible portion of common			
			Numb	er			<u>m</u>	easures of food		
			of Dat	a Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Point	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Durationatory										
Proximates: Water	a	81.00	0	FLM	4		201.69	151.47		
Energy		76	0	FLM			190	143		
Energy		319	0	FLM			795	597		
Protein (N x 5.83)		2.29	0	FLM			5.70	4.28		
Total lipid (fat)		0.43	0	FLM			1.07	0.80		
Ash		0.47	0	FLM			1.17	0.88		
Carbohydrate, by difference		15.81	0	FLM			39.37	29.57		
Fiber, total dietary		0.9	0	FLM			2.1	1.6		
Sugars, total		0.13	0	FLM			0.33	0.25		
Starch		0.13	· ·	LIM	-		0.55	0.23		
Starcii	9									
Minerals:										
Calcium, Ca	-	9	0	FLM	4		23	17		
Iron, Fe		0.72	0	FLM	4		1.79	1.35		
Magnesium, Mg		23	0	FLM	4		58	43		
Phosphorus, P	-	71	0	FLM	4		178	134		
Potassium, K		107	0	FLM	4		266	200		
Sodium, Na		76	0		1		189	142		
Zinc, Zn		0.75	0	FLM	4		1.86	1.40		
Copper, Cu		0.140		FLM	4		0.348	0.261		
Manganese, Mn		0.000		FLM	4		0.001	0.001		
Selenium, Se	mcg	14.5	0	FLM	4		36.0	27.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0	FLM	4		0.0	0.0		
Thiamin		0.106	5 0	FLM	4		0.265	0.199		
Riboflavin		0.041	. 0	FLM	4		0.102	0.077		
Niacin		0.953	3 0	FLM	4		2.373	1.782		
Pantothenic acid	-	0.140	0	FLM	4		0.348	0.261		
Vitamin B-6		0.031	. 0	FLM	4		0.076	0.057		
Folate, total	mcg	12	0	FLM	4		29	22		
Folic acid		0	0	FLM	4		0	0		
Folate, food	mcg	12	0	FLM	4		29	22		
Folate, DFE	mcg_DFE	12	0	NC	4		29	22		
Vitamin B-12		0.00	0	FLM	4		0.00	0.00		
Vitamin A, IU	IU	0	0	FLM	4		0	0		
Vitamin A, RAE	mcg_RAE	0	0	NC	4		0	0		
Retinol		0	0	FLM	4		0	0		
Vitamin E (alpha-tocopherol)	mg	0.45	0	FLM	4		1.12	0.84		
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.6	0	FLM	4		1.4	1.1		
Lipids:										
Fatty acids, total saturated	g	0.061	. 0	FLM	4		0.152	0.114		
4:0		0.000		FLM	4		0.000	0.000		
6:0		0.000		FLM	4		0.000	0.000		
8:0		0.001		FLM	4		0.003	0.002		
10:0		0.000		FLM	4		0.000	0.000		
12:0	_	0.000		FLM	4		0.000	0.000		
13:0	-									
14:0		0.000	0	FLM	4		0.001	0.001		
15:0	_									
16:0	_	0.057	0	FLM	4		0.142	0.107		
17:0										
18:0	_	0.002	2 0	FLM	4		0.006	0.004		
20:0	_									
22:0	_									
	g									

	Ar	nount in 10	0 grams	of edil	ole portio	<u>on</u>		edible portion of	
Nutrients and Units	Mean		Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.046		0	FLM	4		0.115	0.087	
14:19							0.120	0.00.	
15:1									
16:1 undifferentiated	0.002		0	FLM	4		0.004	0.003	
17:1g									
18:1 undifferentiated	0.044		0	FLM	4		0.111	0.083	
20:1g	0.000		0	FLM	4		0.001	0.000	
22:1 undifferentiatedg	0.000		0	FLM	4		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturatedg	0.155		0	FLM	4		0.386	0.290	
18:2 undifferentiatedg	0.140		0	FLM	4		0.348	0.261	
18:3 undifferentiatedg	0.015		0	FLM	4		0.038	0.028	
18:4g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	FLM	4		0.000	0.000	
20:5 n-3g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans9									
Cholesterolmg	0		0	FLM	4		0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	FLM	4		0.0	0.0	
Caffeine mg	0		0	FLM	4		0	0	
Theobrominemg	0		0	FLM	4		0	0	
Carotenoids:									
Carotene, betamcg	0		0	FLM	4		0.000	0.000	
Carotene, alphamcg	0		0	FLM	4		0.000	0.000	
Cryptoxanthin, beta mcg	0		0	FLM	4		0.000	0.000	
Lycopene mcg	0		0	FLM	4		0.000	0.000	
Lutein + zeaxanthin mcg	34		0	FLM	4		85.098	63.909	

Common Measures:

Measure 1 = 249g: 1 cup Measure 2 = 187g: .75 cup

Calories Factors: Protein 3.6 Fat 8.37 Carbohydrate 3.8

Food Group: 08 Breakfast Cereals

NDB No. 08115 Cereals, MALTEX, cooked with water, without salt

Homestat Farm Ltd.

		<u>A</u>	mount in 10	<u>0 grams</u>	of edib	le portio	<u>n</u>		edible portion of	of common
			ļ	Number	•			<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	81.00		0	FLC	4		201.69	12.96	151.47
Energy	kcal	76		0	FLC	4		190	12	143
Energy	kj	319		0	FLC	4		795	51	597
Protein (N x 5.83)	g	2.29		0	FLC	4		5.70	0.37	4.28
Total lipid (fat)	g	0.43		0	FLC	4		1.07	0.07	0.80
Ash	g	0.47		0	FLC	4		1.17	0.07	0.88
Carbohydrate, by difference	g	15.81		0	FLC	4		39.37	2.53	29.57
Fiber, total dietary	g	0.9		0	FLC	4		2.1	0.1	1.6
Sugars, total	g	0.13		0	FLC	4		0.33	0.02	0.25
Starch	g									
Minanda										
Minerals:	ma	9		0	FLC	4		23	1	17
Calcium, CaIron, Fe	-	0.72		0	FLC	4		23 1.79	0.12	1.35
Magnesium, Mg	-	23		0	FLC	4		58	4	43
Phosphorus, P		71		0	FLC	4		58 178	4 11	43 134
Potassium, K	•	107		0	FLC	4		266	17	200
Sodium, Na		5		0	FLC	4		13	1	10
Zinc, Zn	-	0.75		0	FLC	4		1.86	0.12	1.40
Copper, Cu		0.140)	0	FLC	4		0.348	0.022	0.261
Manganese, Mn		0.000		0	FLC	4		0.001	0.000	0.001
Selenium, Se		14.5		0	FLC	4		36.0	2.3	27.0
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.0		0	FLC	4		0.0	0.0	0.0
Thiamin	-	0.085		0	FLC	4		0.212	0.014	0.159
Riboflavin	=	0.037		0	FLC	4		0.092	0.006	0.069
Niacin	-	0.858		0	FLC	4		2.136	0.137	1.604
Pantothenic acid	=	0.140		0	FLC	4		0.348	0.022	0.261
Vitamin B-6	_	0.028	3	0	FLC	4		0.069	0.004	0.052
Folate, total		8		0	FLC	4		20	1	15
Folic acid		0		0	FLC	4		0	0	0
Folate, food		8		0	FLC	4		20	1	15
Folate, DFE		8		0	NC	4		20	1	15
Vitamin B-12		0.00		0	FLC	4		0.00	0.00	0.00
Vitamin A, IU		0		0	FLC	4		0	0	0
Vitamin A, RAE		0		0	FLC	4		0	0	0
Retinol		0		0	FLC	4		0	0	0
Vitamin E (alpha-tocopherol)		0.45		0	FLC	4		1.12	0.07	0.84
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin K (phylloquinone)		0.6		0	FLC	4		1.4	0.1	1.1
	9	0.0		·		-			0.1	
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.069		0	FLC	4		0.172	0.011	0.129
4:0		0.000		0	FLC	4		0.000	0.000	0.000
6:0		0.000		0	FLC	4		0.000	0.000	0.000
8:0	-	0.001		0	FLC	4		0.003	0.000	0.003
10:0		0.000		0	FLC	4		0.000	0.000	0.000
12:0		0.000)	0	FLC	4		0.000	0.000	0.000
13:0		<u>.</u> -		-				_	_	_
14:0		0.000)	0	FLC	4		0.001	0.000	0.001
15:0			_	-				<u>.</u>		
16:0	-	0.065	•	0	FLC	4		0.161	0.010	0.121
17:0	_			-				• • • •		
18:0	_	0.003	5	0	FLC	4		0.007	0.000	0.005
20:0	_									
22:0	_									
24:0	g									

	<u>Ar</u>	nount in 10	00 grams	Amount in edible portion of common					
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.050		0	FLC	4		0.125	0.008	0.094
14:1g									
15:1g									
16:1 undifferentiatedg	0.002		0	FLC	4		0.004	0.000	0.003
17:1	0.048		0	FLC	4		0.120	0.008	0.090
	0.048		0	FLC	4		0.120	0.008	0.001
20:1g 22:1 undifferentiatedg	0.000		0	FLC	4		0.001	0.000	0.001
22:1 undifferentiated	0.000		U	FLC	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated9	0.167		0	FLC	4		0.416	0.027	0.312
18:2 undifferentiatedg	0.151		0	FLC	4		0.375	0.027	0.282
18:3 undifferentiated	0.131		0	FLC	4		0.040	0.003	0.030
18:4g	0.000		0	FLC	4		0.000	0.000	0.000
20:2 n-6 c.cg	0.000		·	120	•		0.000	0.000	0.000
20:3 undifferentiatedg									
20:4 undifferentiated	0.000		0	FLC	4		0.000	0.000	0.000
20:5 n-3g	0.000		0	FLC	4		0.000	0.000	0.000
22:5 n-3g	0.000		0	FLC	4		0.000	0.000	0.000
22:6 n-3	0.000		0	FLC	4		0.000	0.000	0.000
Fatty acids, total trans									
Cholesterol mg	0		0	FLC	4		0	0	0
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	FLC	4		0.0	0.0	0.0
Caffeine mg	0		0	FLC	4		0	0	0
Theobrominemg	0		0	FLC	4		0	0	0
Carotenoids:									
Carotene, betamcg	0		0	z	7		0.000	0.000	0.000
Carotene, alphamcg	0		0	FLC	4		0.000	0.000	0.000
Cryptoxanthin, betamcg	0		0	FLC	4		0.000	0.000	0.000
Lycopenemcg	0		0	FLC	4		0.000	0.000	0.000
Lutein + zeaxanthin mcg	31		0	FLC	4		76.588	4.921	57.518

Common Measures:

Measure 1 = 249g: 1 cup Measure 2 = 16g: 1 tbsp Measure 3 = 187g: .75 cup

Calories Factors: Protein 3.6 Fat 8.37 Carbohydrate 3.8

Food Group: 08 Breakfast Cereals

Homestat Farm Ltd.

Water Energy Energy Protein (N x 5.83) Total lipid (fat) Ash Carbohydrate, by difference Fiber, total dietary Sugars, total Starch Minerals: Calcium, Ca Iron, Fe Magnesium, Mg Phosphorus, P Potassium, K Sodium, Na Zinc, Zn Copper, Cu Manganese, Mn Selenium, Se	kcal kj g g g g g g	7.50 352 1473 11.20 2.10 1.90 77.30 4.2 0.66	Std. Error		Deriv	Code	Confidence Code	Measure 1	easures of food Measure 2	Measure 3
Proximates: Water Energy Energy Protein (N x 5.83) Total lipid (fat) Ash Carbohydrate, by difference Fiber, total dietary Sugars, total Starch Minerals: Calcium, Ca Iron, Fe Magnesium, Mg Phosphorus, P Potassium, K Sodium, Na Zinc, Zn Copper, Cu Manganese, Mn Selenium, Se	kcal kj g g g g g g	7.50 352 1473 11.20 2.10 1.90 77.30 4.2	Std. Error	Points 6 0	Code	Code		Measure 1	Measure 2	Measure 3
Proximates: Water Energy Energy Protein (N x 5.83) Total lipid (fat) Ash Carbohydrate, by difference Fiber, total dietary Sugars, total Starch Minerals: Calcium, Ca Iron, Fe Magnesium, Mg Phosphorus, P Potassium, K Sodium, Na Zinc, Zn Copper, Cu Manganese, Mn Selenium, Se	kcal kj g g g g g g	7.50 352 1473 11.20 2.10 1.90 77.30 4.2	Std. Error	6 0			Code	Measure 1	Measure 2	Measure 3
Energy Energy Protein (N x 5.83) Total lipid (fat) Ash Carbohydrate, by difference. Fiber, total dietary. Sugars, total. Starch Minerals: Calcium, Ca Iron, Fe Magnesium, Mg Phosphorus, P Potassium, K Sodium, Na Zinc, Zn Copper, Cu Manganese, Mn	kcal kj g g g g g g	352 1473 11.20 2.10 1.90 77.30 4.2		0	NC	-				
Energy. Energy. Protein (N x 5.83) Total lipid (fat) Ash Carbohydrate, by difference. Fiber, total dietary Sugars, total. Starch Minerals: Calcium, Ca. Iron, Fe Magnesium, Mg Phosphorus, P Potassium, K Sodium, Na Zinc, Zn. Copper, Cu Manganese, Mn Selenium, Se	kcal kj g g g g g g	352 1473 11.20 2.10 1.90 77.30 4.2		0	NC	-				
Energy Protein (N x 5.83) Total lipid (fat) Ash Carbohydrate, by difference. Fiber, total dietary Sugars, total Starch Minerals: Calcium, Ca Iron, Fe Magnesium, Mg Phosphorus, P Potassium, K Sodium, Na Zinc, Zn Copper, Cu Manganese, Mn Selenium, Se	kj g g g g g g	1473 11.20 2.10 1.90 77.30 4.2			NC	1		11.33	2.85	
Protein (N x 5.83) Total lipid (fat) Ash Carbohydrate, by difference Fiber, total dietary Sugars, total Starch Minerals: Calcium, Ca Iron, Fe Magnesium, Mg Phosphorus, P Potassium, K Sodium, Na Zinc, Zn Copper, Cu Manganese, Mn Selenium, Se	g g g g g	11.20 2.10 1.90 77.30 4.2		6		4		532	134	
Total lipid (fat)	g g g g	2.10 1.90 77.30 4.2		6		4		2224	560	
Ash	g g g	1.90 77.30 4.2				1		16.91	4.26	
Carbohydrate, by difference Fiber, total dietary Sugars, total Starch Minerals: Calcium, Ca Iron, Fe Magnesium, Mg Phosphorus, P Potassium, K Sodium, Na Zinc, Zn. Copper, Cu Manganese, Mn Selenium, Se	g g g	77.30 4.2		6		1		3.17	0.80	
Fiber, total dietary Sugars, total Starch Minerals: Calcium, Ca Iron, Fe Magnesium, Mg Phosphorus, P Potassium, K Sodium, Na Zinc, Zn Copper, Cu Manganese, Mn Selenium, Se	g g	4.2		6		1		2.87	0.72	
Sugars, total Starch	g			0	NC	4		116.72	29.37	
Starch		0 66		0		4		6.3	1.6	
Minerals: Calcium, Ca	g	0.00		0	FLM	4		0.99	0.25	
Calcium, Ca Iron, Fe										
Calcium, Ca Iron, Fe										
Iron, Fe	ma	36		6		1		54	14	
Magnesium, Mg	_	3.50		6		1		5.29	1.33	
Phosphorus, P. Potassium, K. Sodium, Na. Zinc, Zn Copper, Cu. Manganese, Mn. Selenium, Se.	_	111		6		1		168	42	
Potassium, K		349		6		1		527	133	
Sodium, Na	•	521		6		1		787	198	
Zinc, Zn		17		6		1		26	6	
Copper, Cu		3.64		6		1		5.50	1.38	
Manganese, Mn		0.657	,	6		1		0.992	0.250	
Selenium, Se										
		70.7		0	BFZN	4		106.8	26.9	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	_	0.0		0		4		0.0	0.0	
Thiamin	-	0.520		6		1		0.785	0.198	
Riboflavin	-	0.200		6		1		0.302	0.076	
Niacin	_	4.660		6		1		7.037	1.771	
Pantothenic acid	-	0.683		6		1		1.031	0.260	
Vitamin B-6		0.150)	6		1		0.227	0.057	
Folate, total		57		6	_	1		86	22	
Folic acid		0		0	Z	7		0	0	
Folate, food	mcg	57		0	NC	4		86	22	
Folate, DFE		57		0	NC	4		86	22	
Vitamin B-12		0.00		0	_	4		0.00	0.00	
Vitamin A, IU		0		0	z	7		0	0	
Vitamin A, RAE		0		0	Z	7		0	0	
Retinol		-		0 0	FLM	4		-	0	
Vitamin E (alpha-tocopherol)		2.19		U	FLM	4		3.31	0.83	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)		2.8		0	FLM	4		4.3	1.1	
vitamini ix (phynoquinone)	9			•		-		1.0		
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.321		0	FLM	4		0.484	0.122	
4:0		0.000		0	FLM	4		0.000	0.000	
6:0	_	0.000		0	FLM	4		0.000	0.000	
8:0	_	0.006		0	FLM	4		0.010	0.002	
10:0	-	0.000		0	FLM	4		0.000	0.000	
12:0		0.000)	0	FLM	4		0.000	0.000	
13:0				_		_		_	_	
14:0		0.002	!	0	FLM	4		0.003	0.001	
15:0		_ = -		_		_				
16:0		0.300	1	0	FLM	4		0.453	0.114	
17:0		0 000		_						
18:0	1.1	0.012		0	FLM	4			n nne	
20:0						-		0.019	0.005	
22:0 24:0	g					-		0.019	0.005	

	<u>Ar</u>	nount in 10	Number	Amount in edible portion of common measures of food					
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	0.243		0	FLM	4		0.367	0.092	
14:1g	0.243		Ū	2 1101	-		0.307	0.032	
15:1g									
16:1 undifferentiated	0.008		0	FLM	4		0.013	0.003	
17:1g	0.000		·		-		0.025	0.000	
18:1 undifferentiated	0.234		0	FLM	4		0.353	0.089	
20:1g	0.001		0	FLM	4		0.002	0.000	
22:1 undifferentiated	0.000		0	FLM	4		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturated9	0.813		0	FLM	4		1.228	0.309	
18:2 undifferentiatedg	0.734		0	FLM	4		1.108	0.279	
18:3 undifferentiatedg	0.079		0	FLM	4		0.120	0.030	
18:4g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	FLM	4		0.000	0.000	
20:5 n-3g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans9									
Cholesterol mg	0		0	Z	7		0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0	0.0	
Caffeinemg	0		0	FLM	4		0	0	
Theobromine mg	0		0	FLM	4		0	0	
Carotenoids:									
Carotene, betamcg	0		0	z	7		0.000	0.000	
Carotene, alphamcg	0		0	FLM	4		0.000	0.000	
Cryptoxanthin, beta mcg	0		0	FLM	4		0.000	0.000	
Lycopenemcg	0		0	FLM	4		0.000	0.000	
Lutein + zeaxanthin mcg	167		0	FLM	4		252.289	63.490	

Common Measures:

Measure 1 = 151g: 1 cup Measure 2 = 38g: .25 cup

Calories Factors: Protein 3.6 Fat 8.37 Carbohydrate 3.8

Food Group: 08 Breakfast Cereals

		<u>A</u>	mount in 10	0 grams	of edib	le portio	<u>on</u>	Amount in edible portion of common			
				Number	•			<u>m</u>	easures of food	<u> </u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	82.70		0	FLM	4		198.48	148.86		
Energy	kcal	71		0	FLM	4		171	129		
Energy	kj	299		0	FLM	4		717	538		
Protein (N x 5.83)	g	2.43		0	FLM	4		5.82	4.37		
Total lipid (fat)	g	0.97		0	FLM	4		2.34	1.75		
Ash	g	0.67		0	FLM	4		1.61	1.21		
Carbohydrate, by difference	g	13.23		0	FLM	4		31.75	23.82		
Fiber, total dietary	g	2.0		0	FLM	4		4.8	3.6		
Sugars, total	g	6.26		0	FLM	4		15.02	11.26		
Starch											
π· 1											
Minerals:	ma	E 4		^	E7 34			120	0.7		
Calcium, Ca		54 3.49		0 0	FLM FLM	4 4		129 8.39	97 6.29		
Iron, Fe	_	3.49 22		0	FLM	4		8.39 52	6.29 39		
Magnesium, Mg Phosphorus, P		103		0	FLM	4		52 248	39 186		
Potassium, K	-	88		0	FLM	4		211	158		
Sodium. Na	_	108		0	FIM	1		259	194		
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.62		0	FLM	4		1.49	1.11		
Copper, Cu	_	0.02	•	0	FLM	4		0.172	0.129		
Manganese, Mn		0.000		0	FLM	4		0.001	0.001		
Selenium, Se		7.7	,	0	FLM	4		18.4	13.8		
•											
<u>'itamins:</u>											
Vitamin C, total ascorbic acid	_	11.8		0	FLM	4		28.2	21.2		
Thiamin	-	0.294		0	FLM	4		0.706	0.529		
Riboflavin	-	0.331		0	FLM	4		0.794	0.595		
Niacin		3.896		0	FLM	4		9.350	7.012		
Pantothenic acid	-	0.141		0	FLM	4		0.339	0.254		
Vitamin B-6	-	0.386	5	0	FLM	4		0.926	0.695		
Folate, total		5		0	FLM	4		12	9		
Folic acid		0		0	FLM	4		0	0		
Folate, food		5		0	FLM	4		12	9		
Folate, DFE		5		0	NC	4		12	9		
Vitamin B-12		1.16		0	FLM	4		2.78	2.08		
Vitamin A, IU		973		0	NC	4		2336	1752		
Vitamin A, RAE		292		0	NC	4		701	526		
Retinol		292		0	FLM	4		701	526		
Vitamin E (alpha-tocopherol)		0.07		0	FLM	4		0.17	0.12		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, deltaVitamin D											
Vitamin K (phylloquinone)		0.6		0	FLM	4		1.3	1.0		
<u> ipids:</u>											
Fatty acids, total saturated		0.185		0	FLM	4		0.444	0.333		
4:0		0.000		0	FLM	4		0.000	0.000		
6:0	-	0.000		0	FLM	4		0.000	0.000		
8:0	-	0.000		0	FLM	4		0.000	0.000		
10:0	-	0.000		0	FLM	4		0.000	0.000		
12:0		0.003	•	0	FLM	4		0.008	0.006		
13:0		0.000	,	^	E7 34			0.004	0 000		
14:0		0.002	5	0	FLM	4		0.004	0.003		
15:0		0 150		^	FF 1.0				2 22 -		
16:0		0.170	,	0	FLM	4		0.408	0.306		
17:0	-	0.017	,	^	E7 34			0 005	0.010		
18:0	-	0.010	,	0	FLM	4		0.025	0.018		
20:0	-										
22:0 24:0	-										

	<u>Ar</u>	nount in 10			ole portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	0.255		0	FLM	4		0.611	0.458	
14:1g	0.233		·		-		0.011	0.450	
15:1g									
16:1 undifferentiated	0.002		0	FLM	4		0.004	0.003	
17:19									
18:1 undifferentiated	0.252		0	FLM	4		0.605	0.454	
20:1g	0.001		0	FLM	4		0.002	0.001	
22:1 undifferentiatedg	0.000		0	FLM	4		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturated	0.212		0	FLM	4		0.510	0.382	
18:2 undifferentiatedg	0.199		0	FLM	4		0.478	0.358	
18:3 undifferentiatedg	0.013		0	FLM	4		0.032	0.024	
18:4g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	FLM	4		0.000	0.000	
20:5 n-3g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total transg									
Cholesterolmg	0		0	FLM	4		0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	FLM	4		0.0	0.0	
Caffeine mg	0		0	FLM	4		0	0	
Theobromine mg	0		0	FLM	4		0	0	
Carotenoids:									
Carotene, betamcg	0		0	FLM	4		0.000	0.000	
Carotene, alphamcg	0		0	FLM	4		0.000	0.000	
Cryptoxanthin, beta mcg	0		0	FLM	4		0.000	0.000	
Lycopenemcg	0		0	FLM	4		0.000	0.000	
Lutein + zeaxanthin mcg	23		0	FLM	4		54.559	40.919	

Common Measures:

Measure 1 = 240g: 1 cup Measure 2 = 180g: .75 cup

Calories Factors: Protein 3.46 Fat 8.37 Carbohydrate 4.1

Food Group: 08 Breakfast Cereals

NDB No. 08119 Cereals, MAYPO, cooked with water, without salt

Homestat Farm Ltd.

		<u>A</u>	mount in 10	<u>0 grams</u>	of edib	le portio	<u>n</u>	Amount in edible portion of common			
				Number	•			<u>m</u>	easures of food		
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	82.70		0		1		198.48	12.41	148.86	
Energy	kcal	71		0	NC	4		170	11	128	
Energy	kj	297				4		713	45	535	
Protein (N x 5.83)	g	2.40		0		1		5.76	0.36	4.32	
Total lipid (fat)	g	1.00		0		1		2.40	0.15	1.80	
Ash	g	0.60		0		1		1.44	0.09	1.08	
Carbohydrate, by difference	g	13.30		0	NC	4		31.92	2.00	23.94	
Fiber, total dietary		2.4		0		1		5.8	0.4	4.3	
Sugars, total		6.26		0	FLM	4		15.02	0.94	11.26	
Starch	g										
Minerals:											
Calcium, Ca	ma	52		0		5		125	8	94	
Iron. Fe.	-	3.50		0		5		8.40	0.53	6.30	
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	21		0		1		50	3	38	
Phosphorus, P		103		0		1		247	15	185	
Potassium, K	•	88		0		1		211	13	158	
Sodium, Na		4		0		1		10	1	7	
Zinc, Zn	-	0.62		0		1		1.49	0.09	1.12	
Copper, Cu		0.066	5	0		1		0.158	0.010	0.119	
Manganese, Mn											
Selenium, Se	mcg	7.7		0	BFSN	4		18.5	1.2	13.9	
Vitamins:											
	ma	12.0		0		5		28.8	1.8	21.6	
Vitamin C, total ascorbic acid Thiamin	-	0.300	,	0		5		0.720	0.045	0.540	
Riboflavin		0.300		0		5		0.720	0.045	0.540	
Niacin	=	3.900		0		5		9.360	0.585	7.020	
Pantothenic acid	_	0.141		0		1		0.338	0.021	0.254	
Vitamin B-6	=	0.400		0		5		0.960	0.060	0.720	
Folate, total		4	•	0		1		10	1	7	
Folic acid		0		0	z	7		0	0	0	
Folate, food		4		0	-	1		10	1	7	
Folate, DFE	mca DFE	4		0	NC	4		10	1	7	
Vitamin B-12		1.20		0		5		2.88	0.18	2.16	
Vitamin A, IU		974		0		5		2338	146	1753	
Vitamin A, RAE		292		0	NC	4		701	44	526	
Retinol		292		0	NC	4		701	44	526	
Vitamin E (alpha-tocopherol)		0.07		0	FLM	4		0.17	0.01	0.12	
Tocopherol, beta											
Tocopherol, gamma	mg										
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	0.6		0	FLM	4		1.3	0.1	1.0	
Lipids:											
Fatty acids, total saturated	a	0.175	:	0		4		0.420	0.026	0.315	
4:0		0.000		0		4		0.000	0.000	0.000	
6:0		0.000		0		4		0.000	0.000	0.000	
8:0		0.000		0		4		0.000	0.000	0.000	
10:0	-	0.000		0		4		0.000	0.000	0.000	
12:0	_	0.003		0		4		0.007	0.000	0.005	
13:0				-		-					
14:0		0.002	2	0		4		0.005	0.000	0.004	
15:0	-								- /		
16:0		0.148	3	0		4		0.355	0.022	0.266	
17:0	_										
18:0		0.009	•	0		4		0.022	0.001	0.016	
20:0											
22:0	-										
24:0	-										

	<u>Ar</u>	mount in 10	Number	•		_	Amount in edible portion of commo				
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3		
Em il del en el e	0.305		0		4		0.720	0.046	0.549		
Fatty acids, total monounsaturatedg	0.303		U		*		0.732	0.046	0.549		
14:19 15:1											
16:1 undifferentiated	0.002		0		4		0.005	0.000	0.004		
17:1g	0.002		v		-		0.005	0.000	0.004		
18:1 undifferentiatedg	0.303		0		4		0.727	0.045	0.545		
20:1g	0.000		0		4		0.000	0.000	0.000		
22:1 undifferentiatedg	0.000		0		4		0.000	0.000	0.000		
24:1 c											
Fatty acids, total polyunsaturatedg	0.368		0		4		0.883	0.055	0.662		
18:2 undifferentiatedg	0.351		0		4		0.842	0.053	0.632		
18:3 undifferentiatedg	0.003		0		4		0.007	0.000	0.005		
18:4g	0.000		0		4		0.000	0.000	0.000		
20:2 n-6 c,cg											
20:3 undifferentiatedg											
20:4 undifferentiatedg	0.000		0		4		0.000	0.000	0.000		
20:5 n-3g	0.000		0		4		0.000	0.000	0.000		
22:5 n-3g	0.000		0		4		0.000	0.000	0.000		
22:6 n-3g	0.000		0		4		0.000	0.000	0.000		
Fatty acids, total transg											
Cholesterol mg	0		0	Z	7		0	0	0		
Phytosterolsmg											
Others:											
Alcohol, ethylg	0.0		0		7		0.0	0.0	0.0		
Caffeine mg	0		0	Z	7		0	0	0		
Theobrominemg	0		0	Z	7		0	0	0		
Carotenoids:											
Carotene, betamcg	0		0	FLM	4		0.000	0.000	0.000		
Carotene, alphamcg	0		0	FLM	4		0.000	0.000	0.000		
Cryptoxanthin, betamcg	0		0	FLM	4		0.000	0.000	0.000		
Lycopenemcg	0		0	FLM	4		0.000	0.000	0.000		
Lutein + zeaxanthin mcg	20		0	FLM	4		49.103	3.069	36.827		

Common Measures:

Measure 1 = 240g: 1 cup Measure 2 = 15.0g: 1 tbsp Measure 3 = 180g: .75 cup

Calories Factors: Protein 3.46 Fat 8.37 Carbohydrate 4.1

Food Group: 08 Breakfast Cereals

		<u>A</u>	mount in 100 g	grams	of edit	le portio	<u>n</u>	Amount in edible portion of common			
			Nu	ımber				<u>m</u>	easures of food		
			of	Data	Deriv	Source	Confidence				
Nutrients and Un	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:	a	6.30		12		1		5.92	0.06		
Water	=	385		0	NC	1 4		362	2.96		
Energy				U	NC	4		362 1514	181		
Energy		1611		10					757		
Protein (N x 5.83)		13.20		12		1		12.41	6.20		
Total lipid (fat)		5.30		12		1		4.98	2.49		
Ash		3.20		12		1		3.01	1.50		
Carbohydrate, by difference		72.00		0	NC	4		67.68	33.84		
Fiber, total dietary		10.8		0		1		10.2	5.1		
Sugars, total	g	34.05		0	FLA	4		32.01	16.00		
Starch	g										
<u>Minerals:</u>											
Calcium, Ca	_	282		0		5		265	133		
Iron, Fe	-	19.00		0		5		17.86	8.93		
Magnesium, Mg		115		12		1		108	54		
Phosphorus, P	-	562		12		1		528	264		
Potassium, K		478		12		1		449	225		
Sodium, Na		19		12		1		18	9		
Zinc, Zn		3.35	_	12		1		3.15	1.57		
Copper, Cu		0.360)	12		1		0.338	0.169		
Manganese, Mn				_							
Selenium, Se	mcg	41.7		0	RA	4		39.2	19.6		
<u>'itamins:</u>		64.0		•		-		60.0			
Vitamin C, total ascorbic acid		64.0		0		5		60.2	30.1		
Thiamin		1.600		0		5 5		1.504	0.752		
Riboflavin		1.800		0				1.692	0.846		
Niacin	-	21.200		0		5		19.928	9.964		
Pantothenic acid		0.768		12		1		0.722	0.361		
Vitamin B-6	-	2.100	J	0 12		5 1		1.974	0.987		
Folate, total		27 0		0		4		25 0	13 0		
Folic acid		27		12	FLA	1					
Folate, food	IIICG							25	13		
Folate, DFE		27		0	NC	4		25	13		
Vitamin B-12		6.30		0		5		5.92	2.96		
Vitamin A, IU		5291		0		5		4974	2487		
Vitamin A, RAE		1589		0	NC	4		1494	747		
Retinol		1589		0	NC	4		1494	747		
Vitamin E (alpha-tocopherol)		0.38		0	FLA	4		0.35	0.18		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D Vitamin K (phylloquinone)	mca	3.0		0	FLA	4		2.9	1.4		
	9										
.ipids: Fatty acids, total saturated	g	0.686	6	0	FLA	4		0.645	0.322		
4:0		0.000		0	FLA	4		0.000	0.000		
6:0		0.000		0	FLA	4		0.000	0.000		
8:0	-	0.000		0	FLA	4		0.000	0.000		
10:0		0.000		0	FLA	4		0.000	0.000		
12:0	-	0.012		0	FLA	4		0.011	0.005		
13:0	-										
14:0	-	0.006	6	0	FLA	4		0.006	0.003		
15:0	-				·						
16:0	-	0.630)	0	FLA	4		0.592	0.296		
17:0				-					- /		
18:0		0.038	3	0	FLA	4		0.036	0.018		
20:0					·						
22:0	-										
24:0	-										

		<u>Ar</u>	nount in 10	00 grams Number	Amount in edible portion of common measures of food					
Nutrients and	Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura		1.510		0	FLA	4		1.419	0.710	
14:1										
15:1	• • • • • • • • • • • • • • • • • • • •									
16:1 undifferentiated		0.011		0	FLA	4		0.010	0.005	
17:1										
18:1 undifferentiated		1.495		0	FLA	4		1.405	0.703	
20:1	_	0.004		0	FLA	4		0.004	0.002	
22:1 undifferentiated	•	0.000		0	FLA	4		0.000	0.000	
24:1 c										
Fatty acids, total polyunsaturate		1.260		0	FLA	4		1.184	0.592	
18:2 undifferentiated		1.181		0	FLA	4		1.110	0.555	
18:3 undifferentiated	-	0.079		0	FLA	4		0.074	0.037	
18:4	g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	_									
20:4 undifferentiated	g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3	g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3	g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3	g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0	0	
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	FLA	4		0.0	0.0	
Caffeine	mg	0		0	FLA	4		0	0	
Theobromine	mg	0		0	FLA	4		0	0	
Carotenoids:										
Carotene, beta	mcg	0		0	FLA	4		0.000	0.000	
Carotene, alpha	mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta	mcg	0		0	FLA	4		0.000	0.000	
Lycopene	mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin	mcg	124		0	FLA	4		116.287	58.143	

Common Measures:

Measure 1 = 94g: 1 cup Measure 2 = 47g: .5 cup

Calories Factors: Protein 3.46 Fat 8.37 Carbohydrate 4.1

Food Group: 08 Breakfast Cereals

		<u>A</u> :	mount in 10	0 grams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
				Number	,			<u>m</u>	easures of food		
				of Data	Deriv	Source	Confidence				
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	81.50				4		199.68	12.23		
Energy	kcal	78				4		191	12		
Energy	kj	326				4		800	49		
Protein	-	2.60				4		6.37	0.39		
Total lipid (fat)	g	0.50				4		1.23	0.08		
Ash	g	2.00		0	NC	4		4.90	0.30		
Carbohydrate, by difference	g	13.90				4		34.06	2.09		
Fiber, total dietary	g	2.8				4		6.9	0.4		
Sugars, total	g	0.04		0	BFZN	4		0.09	0.01		
Starch	g										
Minerals:											
Calcium, Ca	ma	73				4		179	11		
Iron. Fe.	-	0.70				4		1.72	0.11		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	29				4		71	4		
Phosphorus, P		94				4		230	14		
Potassium, K	-	61				4		149	9		
Sodium, Na		4				4		10	1		
Zinc, Zn	-	0.56				4		1.37	0.08		
Copper, Cu		0.062	2			4		0.152	0.009		
Manganese, Mn			-			_					
Selenium, Se		9.7		0	RA	4		23.8	1.5		
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	-	8.0				4		19.6	1.2		
Thiamin	-	0.100				4		0.245	0.015		
Riboflavin	=	0.170				4		0.417	0.026		
Niacin	-	0.800)			4		1.960	0.120		
Pantothenic acid	-										
Vitamin B-6	-	0.170)			4		0.417	0.026		
Folate, total		7				4		17	1		
Folic acid		0		0	Z	7		0	0		
Folate, food	mcg	7				4		17	1		
Folate, DFE		7		0	NC	4		17	1		
Vitamin B-12		0.00				7		0.00	0.00		
Vitamin A, IU		0				4		0	0		
Vitamin A, RAE		0		0	AS	1		0	0		
Retinol		0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)		0.25		0	NR	4		0.61	0.04		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta Vitamin D											
Vitamin D Vitamin K (phylloquinone)		0.0		0	BFZN	4		0.1	0.0		
vitamin K (phynoquinone)	g	0.0		·	D1 D11	•		0.1	0.0		
<u>Lipids:</u>											
Fatty acids, total saturated	g	0.090)			4		0.221	0.014		
4:0		0.000)			4		0.000	0.000		
6:0	g	0.000				4		0.000	0.000		
8:0	g	0.001	L			4		0.002	0.000		
10:0		0.000				4		0.000	0.000		
12:0	-	0.001	L			4		0.002	0.000		
13:0											
14:0		0.001	L			4		0.002	0.000		
15:0											
16:0	g	0.076	5			4		0.186	0.011		
17:0											
18:0	g	0.006	5			4		0.015	0.001		
20:0	g										
22:0	g										
24:0	a										

	<u>Ar</u>	mount in 10		<u>on</u>	Amount in edible portion of common measures of food				
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.119				4		0.292	0.018	
14:1g	0.113				-		0.232	0.018	
15:1									
16:1 undifferentiated	0.002				4		0.005	0.000	
17:1g					_				
18:1 undifferentiated	0.115				4		0.282	0.017	
20:1g	0.000				4		0.000	0.000	
22:1 undifferentiatedg	0.000				4		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturated	0.197				4		0.483	0.030	
18:2 undifferentiatedg	0.186				4		0.456	0.028	
18:3 undifferentiatedg	0.007				4		0.017	0.001	
18:4g	0.000				4		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000				4		0.000	0.000	
20:5 n-3g	0.000				4		0.000	0.000	
22:5 n-3g	0.000				4		0.000	0.000	
22:6 n-3g	0.000				4		0.000	0.000	
Fatty acids, total transg									
Cholesterolmg	0				7		0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0				7		0.0	0.0	
Caffeinemg	0		0	BFZN	4		0	0	
Theobrominemg	0		0	BFZN	4		0	0	
<u>Carotenoids:</u>									
Carotene, beta mcg	0		0	z	7		0.000	0.000	
Carotene, alphamcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, betamcg	0		0	Z	7		0.000	0.000	
Lycopenemcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin mcg	0		0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 245g: 1 cup Measure 2 = 15g: 1 tbsp

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08240 Cereals, Oat Bran, QUAKER, QUAKER/MOTHER'S Oat Bran, prepared with water, salt

The Quaker Oats, Co.

		<u>A</u> 1	mount in 10	<u>n</u>	Amount in edible portion of common					
Nutrients and Uni	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:	a	88.98		0	RA	4				
Water	_	43		0		4				
Energy		180		U	RA	4				
		2.03		0	RA	4				
Protein		0.95		0	RA RA	4				
Total lipid (fat)		0.93		0	RA RA	4				
AshCarbohydrate, by difference		7.49		0	RA	4				
Fiber, total dietary		1.7		0	RA.	4				
Sugars, total		1.,		U	NA.	-				
Starch										
Starcii	9									
Minerals:										
Calcium, Ca	mg	11		0	RA	4				
Iron, Fe	mg	0.97		0	RA	4				
Magnesium, Mg	mg	30		0	RA	4				
Phosphorus, P		82		0	RA	4				
Potassium, K		69		0	RA	4				
Sodium, Na		46		0	RA	4				
Zinc, Zn		0.53		0	RA	4				
Copper, Cu		0.041		0	RA	4				
Manganese, Mn		0.678	\$	0	RA	4				
Selenium, Se	filicg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RA	4				
Thiamin	mg	0.115	i	0	RA	4				
Riboflavin	mg	0.036	5	0	RA	4				
Niacin	<u>mg</u>	0.095	i	0	RA	4				
Pantothenic acid	mg	0.101	-	0	RA	4				
Vitamin B-6	mg	0.013	3	0	RA	4				
Folate, total	mcg	5		0	RA	4				
Folic acid	mcg	0		0	Z	7				
Folate, food		5		0	RA	4				
Folate, DFE		5		0	NC	4				
Vitamin B-12		0.00		0	RA	4				
Vitamin A, IU		12		0	RA	4				
Vitamin A, RAE		1		0	NC	4				
Retinol		0		0	Z	7				
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	g									
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.170)	0	RA	4				
4:0	g	0.000)	0	RA	4				
6:0	g	0.000)	0	RA	4				
8:0		0.000		0	RA	4				
10:0	-	0.000		0	RA	4				
12:0	-	0.003	3	0	RA	4				
13:0	-									
14:0	-	0.001		0	RA	4				
15:0										
16:0		0.140)	0	RA	4				
17:0				_		_				
18:0		0.009	,	0	RA	4				
20:0										
22:0	g									

NDB No. 08240 Cereals, Oat Bran, QUAKER, QUAKER/MOTHER'S Oat Bran, prepared with water, salt

	Amount in 100 grams of edible portion								Amount in edible portion of common			
			Number				<u>m</u>	easures of food	<u></u>			
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3			
Fatty acids, total monounsaturatedg	0.310		0	RA	4							
14:1g												
15:1g												
16:1 undifferentiatedg	0.002		0	RA	4							
17:1g												
18:1 undifferentiatedg	0.299		0	RA	4							
20:1g	0.000		0	RA	4							
22:1 undifferentiatedg	0.000		0	RA	4							
24:1 cg												
Fatty acids, total polyunsaturated	0.360		0	RA	4							
18:2 undifferentiatedg	0.334		0	RA	4							
18:3 undifferentiatedg	0.015		0	RA	4							
18:4g	0.000		0	RA	4							
20:2 n-6 c,cg												
20:3 undifferentiatedg												
20:4 undifferentiatedg	0.000		0	RA	4							
20:5 n-3g	0.000		0	RA	4							
22:5 n-3g	0.000		0	RA	4							
22:6 n-3g	0.000		0	RA	4							
Fatty acids, total transg												
Cholesterolmg	0		0	RA	4							
Phytosterolsmg												

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08431 Cereals, QUAKER Instant Oatmeal, NUTRITION FOR WOMEN, Vanilla Cinnamon, prepared with boiling water The Quaker Oats, Co.

		Amount in 100 grams of edible portion								of common		
		Number							measures of food			
				of Data	Deriv	Source	Confidence					
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure		
Proximates:												
Water	-	74.19		0	RP	4						
Energy		104		0	RP	4						
Energy		434		0	RP	4						
Protein		3.22		0	RP	4						
Total lipid (fat)		1.28		0	RP	4						
Ash	-	1.48		0	RP	4						
Carbohydrate, by difference		19.82 1.7		0 0	RP RP	4 4						
Fiber, total dietary				0		4						
Sugars, total	_	8.10		U	RP	4						
Starch	9											
Minerals:												
* Calcium, Ca	-	240		0	RP	4						
Firon, Fe	-	4.25		0	RP	4						
Magnesium, Mg		25		0	RP	4						
Phosphorus, P		88		0	RP	4						
Potassium, K	_	73		0	RP	4						
Sodium, Na	_	177		0	RP	4						
Zinc, Zn		0.58 0.076		0 0	RP RP	4 4						
Copper, Cu	-	0.076		0	RP	4						
Selenium, Se	-	6.2	,	0	RP	4						
Scientini, Sc	9	0.2		v	112	•						
Vitamins:												
Vitamin C, total ascorbic acid	-	0.0		0	RP	4						
* Thiamin	_	0.181		0	RP	4						
* Riboflavin		0.217		0	RP	4						
* Niacin	-	2.557		0	RP	4 4						
Pantothenic acid		0.121		0	RP	4						
* Vitamin B-6		0.471 94	<u>.</u>	0	RP RP	4						
* Folate, totalFolic acid		88		0	RP	4						
Folate, food		6		0	RP	4						
Folate, DFE		156		0	NC	4						
Vitamin B-12		0.81		0	RP	4						
* Vitamin A, IU		673		0	RP	4						
Vitamin A, RAE		202		0	RP	4						
Retinol		202		0	RP	4						
* Vitamin E (alpha-tocopherol)	mg	3.18		0	MC	9						
Tocopherol, beta	mg											
Tocopherol, gamma	mg											
Tocopherol, delta												
Vitamin D				_		_						
Vitamin K (phylloquinone)	mcg	0.6		0	RP	4						
<u>Lipids:</u>												
Fatty acids, total saturated	g	0.220)	0	RP	4						
4:0		0.000)	0	RP	4						
6:0	g	0.000)	0	RP	4						
8:0	g	0.000)	0	RP	4						
10:0	-	0.000		0	RP	4						
12:0		0.004	l	0	RP	4						
13:0				_		_						
14:0		0.003	3	0	RP	4						
15:0				_								
16:0		0.200	J	0	RP	4						
17:0	_	0 01 1	•	^	-	4						
18:0	_	0.014	ı	0	RP	4						
20:0 22:0	_											
24:0	_											

	Amount in 100 grams of edible portion							Amount in edible portion of common measures of food			
	Number						measures of food				
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3		
Fatty acids, total monounsaturatedg	0.449		0	RP	4						
14:1g 15:1g											
16:1 undifferentiated	0.002		0	RP	4						
17:1g	0.002		·		•						
18:1 undifferentiated	0.446		0	RP	4						
20:1g	0.000		0	RP	4						
22:1 undifferentiatedg	0.000		0	RP	4						
24:1 cg											
Fatty acids, total polyunsaturated	0.388		0	RP	4						
18:2 undifferentiatedg	0.371		0	RP	4						
18:3 undifferentiatedg	0.017		0	RP	4						
18:4g	0.000		0	RP	4						
20:2 n-6 c,cg											
20:3 undifferentiatedg											
20:4 undifferentiatedg	0.000		0	RP	4						
20:5 n-3g	0.000		0	RP	4						
22:5 n-3g	0.000		0	RP	4						
22:6 n-3g	0.000		0	RP	4						
Fatty acids, total transg	0		0	D.D.	4						
Cholesterolmg Phytosterolsmg	U		U	RP	4						
Amino Acids: Tryptophang											
Threonineg											
Isoleucine											
Leucineg											
Lysineg											
Methionineg											
Cystineg											
Phenylalanineg											
Tyrosineg											
Valineg											
Arginineg											
Histidine											
Alanine											
Aspartic acid											
Glutamic acid											
Prolineg											
Serine											
Hydroxyprolineg											
Others:											
Alcohol, ethylg	0.0		0	RP	4						
Caffeinemg	0		0	RP	4						
Theobromine mg	0		0	RP	4						
Carotenoids:											
Carotene, betamcg	0		0	RP	4						
Carotene, alphamcg	0		0	RP	4						
Cryptoxanthin, betamcg	0		0	RP	4						
Lycopenemcg	0		0	RP	4						
Lutein + zeaxanthin mcg	0		0	RP	4						

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08431

Cereals, QUAKER Instant Oatmeal, NUTRITION FOR WOMEN, Vanilla Cinnamon, prepared with boiling water

Food Group: 08 Breakfast Cereals

The Quaker Oats, Co.

		<u>A</u>	mount in 100	Amount in edible portion of common							
			ı	Number	•			measures of food			
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	86.99		0	RA	4					
Energy	kcal	51		0	RA	4					
Energy	kj	213				4					
Protein	g	1.53		0	RA	4					
Total lipid (fat)	g	0.07		0	RA	4					
Ash	g	0.15		0	RA	4					
Carbohydrate, by difference	g	11.26		0	RA	4					
Fiber, total dietary	g	0.4		0	RA	4					
Sugars, total											
Starch											
Minerals:											
Calcium, Ca	mg	4		0	RA	4					
Iron, Fe	-	4.73		0	RA	4					
Magnesium, Mg	mg	3		0	RA	4					
Phosphorus, P		13		0	RA	4					
Potassium, K	mg	14		0	RA	4					
Sodium, Na	mg	3		0	RA	4					
Zinc, Zn	mg	0.10		0	RA	4					
Copper, Cu	mg	0.015	5	0	RA	4					
Manganese, Mn	mg	0.041	L	0	RA	4					
Selenium, Se	mcg										
/itamins:											
Vitamin C, total ascorbic acid	mg	0.0		0	RA	4					
Thiamin	mg	0.069	•	0	RA	4					
Riboflavin	mg	0.048	3	0	RA	4					
Niacin	mg	0.778	3	0	RA	4					
Pantothenic acid	mg	0.053	3	0	RA	4					
Vitamin B-6	mg	0.007	7	0	RA	4					
Folate, total	mcg	23		0	BFSN	4					
Folic acid		20		0	NC	4					
Folate, food	mcg	3		0		4					
Folate, DFE	mcg_DFE	37		0	NC	4					
Vitamin B-12	mcg	0.00		0	RA	4					
Vitamin A, IU		0		0	RA	4					
Vitamin A, RAE	mcg_RAE	0		0	NC	4					
Retinol		0		0	Z	7					
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta	mg										
Vitamin D	IU										
Vitamin K (phylloquinone)	mcg										
<u>.ipids:</u>											
Fatty acids, total saturated		0.010		0	RA	4					
4:0		0.000		0	RA	4					
6:0		0.000		0	RA	4					
8:0		0.000		0	RA	4					
10:0		0.000		0	RA	4					
12:0		0.000)	0	RA	4					
13:0											
14:0		0.000)	0	RA	4					
15:0											
16:0		0.009	9	0	RA	4					
17:0	g										
18:0	g	0.001	L	0	RA	4					
20:0	g										
22:0	g										
24:0	q										

	<u>Ar</u>	mount in 100 g	grams o	<u>on</u>	Amount in	edible portion o	f common		
			ımber	D !	0	0	me	easures of food	
Nutrients and Units	Mean	Std. Error Po			Code	Confidence Code	Measure 1	Measure 2	Measure 3
Estimated and a second and	0.040		0	RA	4				
Fatty acids, total monounsaturatedg	0.040		U	KA	4				
14:1									
16:1 undifferentiated	0.000		0	RA	4				
17:1	0.000		Ū	I	-				
18:1 undifferentiated	0.039		0	RA	4				
20:1g	0.000		0	RA	4				
22:1 undifferentiated	0.000		0	RA	4				
24:1 c									
Fatty acids, total polyunsaturated	0.022		0	RA	4				
18:2 undifferentiated	0.019		0	RA	4				
18:3 undifferentiatedg	0.002		0	RA	4				
18:4g	0.000		0	RA	4				
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	RA	4				
20:5 n-3g	0.000		0	RA	4				
22:5 n-3g	0.000		0	RA	4				
22:6 n-3g	0.000		0	RA	4				
Fatty acids, total transg									
Cholesterolmg	0		0	RA	4				
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	RA	4				
Caffeinemg									
Theobromine mg									

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08241 Cereals, QUAKER, Creamy Wheat, farina, enriched, prepared with water, salt The Quaker Oats, Co.

		<u>A</u>	mount in 100	grams	of edil	ole portio	<u>on</u>	Amount in	edible portion	of common
			ı	Number				<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	86.87		0	RA	4				
Energy	-	51		0	RA	4				
0.		213		U	KA	4				
Energy		1.53		0	RA	4				
Protein Total lipid (fat)		0.07		0	RA	4				
Ash		0.07		0	RA.	4				
Carbohydrate, by difference		11.24		0	RA	4				
Fiber, total dietary		0.4		0	RA.	4				
Sugars, total		0.4		U	NA.	-				
• .										
Starch	g									
<u>Minerals:</u>										
Calcium, Ca	mg	4		0	RA	4				
Iron, Fe		4.72		0	RA	4				
Magnesium, Mg	mg	3		0	RA	4				
Phosphorus, P	mg	13		0	RA	4				
Potassium, K	mg	14		0	RA	4				
Sodium, Na	mg	55		0	RA	4				
Zinc, Zn	mg	0.10		0	RA	4				
Copper, Cu	mg	0.015	5	0	RA	4				
Manganese, Mn	mg	0.041	L	0	RA	4				
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid		0.0		0	RA	4				
Thiamin		0.069		0	RA	4				
Riboflavin	_	0.048		0	RA	4				
Niacin		0.777		0	RA	4				
Pantothenic acid		0.053		0	RA	4				
Vitamin B-6	-	0.007	1	0	RA	4				
Folate, total		23		0	BFSN	4				
Folic acid		20		0	NC	4				
Folate, food	mcg	3		0		4				
Folate, DFE		37		0	NC	4				
Vitamin B-12		0.00		0	RA	4				
Vitamin A, IU		0		0	RA	4				
Vitamin A, RAE		0		0	NC	4				
Retinol		0		0	Z	7				
Vitamin E (alpha-tocopherol)	_									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
ipids:										
Fatty acids, total saturated	q	0.010)	0	RA	4				
4:0		0.000		0	RA	4				
6:0		0.000		0	RA	4				
8:0		0.000		0	RA	4				
10:0		0.000		0	RA	4				
12:0	-	0.000		0	RA	4				
13:0										
14:0	_	0.000)	0	RA	4				
15:0	_									
16:0	-	0.009)	0	RA	4				
17:0				-		•				
18:0		0.001	L	0	RA	4				
20:0				-						
22:0										
24:0										

	Aı	mount in 10	0 grams	Amount in	edible portion of	f common			
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	me Measure 1	easures of food Measure 2	Measure 3
- Transino ana omio	····ou··	Ota: 2:10:					mououro i	mododio 2	mododi o o
	0.040		•						
Fatty acids, total monounsaturated			0	RA	4				
14:1									
15:1	•		0	RA					
16:1 undifferentiated			U	KA	4				
17:1			0	RA	4				
-			0		4				
20:1			•	RA	-				
22:1 undifferentiated			0	RA	4				
24:1 c			•						
Fatty acids, total polyunsaturated			0	RA	4				
18:2 undifferentiated	•		0	RA	4				
18:3 undifferentiated			0	RA	4				
18:4			0	RA	4				
20:2 n-6 c,c									
20:3 undifferentiated	•								
20:4 undifferentiated	•		0	RA	4				
20:5 n-3			0	RA	4				
22:5 n-3	•		0	RA	4				
22:6 n-3			0	RA	4				
Fatty acids, total trans									
Cholesterolr	•		0	RA	4				
Phytosterolsr	ng								
Others:									
Alcohol, ethylg	0.0		0	RA	4				
Caffeineme	g								
Theobromine me	g								

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08449 Cereals, QUAKER, Instant Grits Product with American Cheese Flavor, Dry

Refuse: 0%

		<u>Aı</u>	mount in 10	00 grams	of edit	ole portio	<u>on</u>	Amount in	edible portion	of common
				Number					easures of food	
Nutrients and Unit	ts	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		6.80		0	MC	9		1.90		
Energy	kcal	364		0	MC	9		102		
Energy	kj	1522		0	MC	9		426		
Protein (N x 6.25)	g	8.90		0	MC	9		2.49		
Total lipid (fat)	g	4.67		0	MC	9		1.31		
Ash	g	4.46		0	MC	9		1.25		
Carbohydrate, by difference	g	75.15		0	MC	9		21.04		
Fiber, total dietary		4.4		0	MC	9		1.2		
Sugars, total		2.01		0	MC	9		0.56		
Starch										
Minerals:										
Calcium, Ca		12		0	MC	9		3		
* Iron, Fe		28.93		0	MC	9		8.10		
Magnesium, Mg	_	25		0	MC	9		7		
Phosphorus, P		77		0	MC	9		22		
Potassium, K		135		0	MC	9		38		
Sodium, Na		1518		0	MC	9		425		
Zinc, Zn	_	0.41		0	MC	9		0.11		
Copper, Cu		0.060		0	MC	9		0.017		
Manganese, Mn Selenium, Se		0.090)	0	MC MC	9 9		0.025 0.0		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	MC	9		0.0		
* Thiamin		0.610)	0	MC	9		0.171		
* Riboflavin	-	0.690		0	MC	9		0.193		
* Niacin	-	8.150		0	MC	9		2.282		
Pantothenic acid		0.410)	0	MC	9		0.115		
Vitamin B-6		0.140		0	MC	9		0.039		
* Folate, total		162		0	MC	9		45		
Folate, DFE										
Vitamin B-12		0.29		0	MC	9		0.08		
Vitamin A, IU		9		0	MC	9		3		
Vitamin A, RAE	mcg RAE	0		0	NC	4		0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU	0.090)	0	MC	9		0.025		
Vitamin K (phylloquinone)										
Lipids:				_		_				
Fatty acids, total saturated	-	1.080		0	MC	9		0.302		
Fatty acids, total monounsaturated		2.290		0	MC	9		0.641		
Fatty acids, total polyunsaturated		1.120)	0	MC	9		0.314		
Fatty acids, total trans	-									
Cholesterol		1		0	MC	9		0		
Phytosterols	<u>mg</u>									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 packet

Calories Factors: Protein Fat Carbohydrate

^{*}Vitamin or mineral added for enrichment or fortification

NDB No. 08449

Cereals, QUAKER, Instant Grits Product with American Cheese Flavor, Dry

Food Group: 08 Breakfast Cereals

NDB No. 08448 Cereals, QUAKER, Instant Grits Product with Imitation Bacon Bits and Cheddar Flavor, Dry

Refuse: 0%

		<u>Aı</u>	mount in 10	00 grams	of edik	ole portio	<u>n</u>	Amount in	edible portion	of common
				Number					easures of food	
Nutrients and Unit	ts	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	6.96		0	мс	9		1.95		
Energy		363		0	MC	9		102		
Energy		1520		0	MC	9		426		
		10.29		0		9		2.88		
Protein (N x 6.25)					MC	9				
Total lipid (fat)		5.35		0	MC			1.50		
Ash		4.88		0	MC	9		1.37		
Carbohydrate, by difference		72.49		0	MC	9		20.30		
Fiber, total dietary	g	4.7		0	MC	9		1.3		
Sugars, total		2.27		0	MC	9		0.64		
Starch	g									
Minerals:										
Calcium, Ca		24		0	MC	9		7		
* Iron, Fe		28.93		0	MC	9		8.10		
Magnesium, Mg	mg	24		0	MC	9		7		
Phosphorus, P		99		0	MC	9		28		
Potassium, K	mg	209		0	MC	9		59		
Sodium, Na	mg	1557		0	MC	9		436		
Zinc, Zn	mg	0.56		0	MC	9		0.16		
Copper, Cu	mg	0.110		0	MC	9		0.031		
Manganese, Mn	mg	0.090		0	MC	9		0.025		
Selenium, Se	mcg	0.0		0	MC	9		0.0		
Vitamins:										
Vitamin C, total ascorbic acid		0.0		0	MC	9		0.0		
* Thiamin	-	0.570		0	MC	9		0.160		
* Riboflavin	-	0.650		0	MC	9		0.182		
* Niacin	mg	7.640		0	MC	9		2.139		
Pantothenic acid		0.430		0	MC	9		0.120		
Vitamin B-6		0.160		0	MC	9		0.045		
* Folate, total		152		0	MC	9		43		
Folate, DFE	mcg_DFE									
Vitamin B-12		0.38		0	MC	9		0.11		
Vitamin A, IU	IU	12		0	MC	9		3		
Vitamin A, RAE	mcg_RAE	1		0	NC	4		0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.120		0	MC	9		0.034		
Vitamin K (phylloquinone)	mcg									
<u>Lipids:</u>										
Fatty acids, total saturated	g	1.200		0	MC	9		0.336		
Fatty acids, total monounsaturated	g	2.530		0	MC	9		0.708		
Fatty acids, total polyunsaturated		1.430		0	MC	9		0.400		
Fatty acids, total trans										
Cholesterol		0		0	MC	9		0		
Phytosterols										

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Common Measures:

Measure 1 = 28g: 1 packet

Calories Factors: Protein Fat Carbohydrate

^{*}Vitamin or mineral added for enrichment or fortification

NDB No. 08448

Cereals, QUAKER, Instant Grits Product with Imitation Bacon Bits and Cheddar Flavor, Dry

Food Group: 08 Breakfast Cereals

NDB No. 08444 Cereals, QUAKER, Instant Grits Product with Redeye Gravy and Imitation Ham Bits, Dry

Refuse: 0%

		<u>Aı</u>	mount in 10	00 grams	of edik	ole portio	<u>n</u>		edible portion	
				Number				<u>m</u>	easures of food	_
				of Data	Deriv	Source	Confidence			
Nutrients and Units	S	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	7.13		0	MC	9		2.00		
Energy	kcal	346		0	MC	9		97		
Energy		1450		0	MC	9		406		
Protein (N x 6.25)	g	9.93		0	MC	9		2.78		
Total lipid (fat)		1.75		0	MC	9		0.49		
Ash		4.55		0	MC	9		1.27		
Carbohydrate, by difference		76.62		0	MC	9		21.45		
Fiber, total dietary		4.6		0	MC	9		1.3		
Sugars, total										
Starch										
Ainerals:										
Calcium, Ca	mg	9		0	MC	9		3		
Iron, Fe		28.93		0	MC	9		8.10		
Magnesium, Mg		31		0	MC	9		9		
Phosphorus, P		80		0	MC	9		22		
Potassium, K		173		0	MC	9		49		
Sodium, Na		1764		0	MC	9		494		
Zine, Zn		0.48		0	MC	9		0.13		
Copper, Cu		0.090		0	MC	9		0.025		
Manganese, Mn		0.100		0	MC	9		0.028		
Selenium, Se		0.0		0	MC	9		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
* Thiamin	mg	0.620		0	MC	9		0.174		
Riboflavin	mg	0.710		0	MC	9		0.199		
'Niacin	mg	8.350		0	MC	9		2.338		
Pantothenic acid	mg	0.470		0	MC	9		0.132		
Vitamin B-6	mg	0.140		0	MC	9		0.039		
Folate, total	-	166		0	MC	9		47		
Folate, DFE										
Vitamin B-12		0.00		0	MC	9		0.00		
Vitamin A, IU		0		0	MC	9		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	-									
Tocopherol, gamma	-									
Tocopherol, delta										
Vitamin D		0.000		0	MC	9		0.000		
Vitamin K (phylloquinone)										
<u> ipids:</u>										
Fatty acids, total saturated	g	0.250		0	MC	9		0.070		
Fatty acids, total monounsaturated		0.520		0	MC	9		0.146		
Fatty acids, total polyunsaturated	g	0.730		0	MC	9		0.204		
Fatty acids, total trans	g									
Cholesterol		0		0	MC	9		0		
Phytosterols										

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 packet

Calories Factors: Protein Fat Carbohydrate

^{*}Vitamin or mineral added for enrichment or fortification

NDB No. 08444

Cereals, QUAKER, Instant Grits Product with Redeye Gravy and Imitation Ham Bits, Dry

Food Group: 08 Breakfast Cereals

NDB No. 08450 Cereals, QUAKER, Instant Grits Product--Ham 'n' Cheese

Refuse: 0%

		<u>Aı</u>	mount in 10	00 grams	of edil	ole portio	<u>n</u>	Amount in	edible portion	of common
				Number					easures of food	
						Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		6.82		0	MC	9		1.91		
Energy	kcal	359		0	MC	9		101		
Energy	kj	1504		0	MC	9		421		
Protein (N x 6.25)	g	10.83		0	MC	9		3.03		
Total lipid (fat)	g	4.69		0	MC	9		1.31		
Ash	g	5.66		0	MC	9		1.58		
Carbohydrate, by difference	g	71.98		0	MC	9		20.15		
Fiber, total dietary		4.2		0	MC	9		1.2		
Sugars, total										
Starch										
Minerals:										
Calcium, Ca		23		0	MC	9		6		
* Iron, Fe		28.93		0	MC	9		8.10		
Magnesium, Mg	-	34		0	MC	9		9		
Phosphorus, P		95		0	MC	9		27		
Potassium, K		212		0	MC	9		59		
Sodium, Na		1930		0	MC	9		541		
Zinc, Zn		0.58		0	MC	9		0.16		
Copper, Cu		0.110		0	MC	9		0.031		
Manganese, Mn		0.090		0	MC	9		0.025		
Selenium, Se	mcg	0.0		0	MC	9		0.0		
Vitamins: Vitamin C, total ascorbic acid	ma	0.0		0	MC	9		0.0		
* Thiamin		0.560		0	MC	9		0.157		
* Riboflavin		0.640		0	MC	9		0.179		
* Niacin	-	7.560		0	MC	9		2.117		
Pantothenic acid		0.460		0	MC	9		0.129		
Vitamin B-6		0.180		0	MC	9		0.050		
* Folate, total	_	150		0	MC	9		42		
Folate, DFE		130		•	110					
Vitamin B-12		0.42		0	MC	9		0.12		
Vitamin A, IU		13		0	MC	9		4		
Vitamin A, RAE	mca RAF	1		0	NC	4		0		
Vitamin E (alpha-tocopherol)		_		•	2.0	-		·		
Tocopherol, beta	-									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		0.140		0	MC	9		0.039		
Vitamin K (phylloquinone)		0.210		•				0.000		
Lipids:										
Fatty acids, total saturated	a	1.060		0	MC	9		0.297		
Fatty acids, total monounsaturated		2.260		0	MC	9		0.633		
Fatty acids, total monounsaturated		1.050		0	MC	9		0.633		
		1.050		U	MC	3		0.294		
Fatty acids, total trans		1		0	MC	9		0		
CholesterolPhytosterols		1		U	MC	7		U		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 packet

Calories Factors: Protein Fat Carbohydrate

^{*}Vitamin or mineral added for enrichment or fortification

NDB No. 08450 Cereals, QUAKER, Instant Grits Product--Ham 'n' Cheese

Food Group: 08 Breakfast Cereals

NDB No. 08419 Cereals, QUAKER, Instant Oatmeal EXPRESS Cinnamon Roll, Dry

		<u>A</u>	mount in 10	<u>u grams</u>	ot eath	ne portio	<u>on</u>		edible portion	
				Number				<u>m</u>	easures of food	[
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	6.77		0	MC	9				
Energy	=	371		0	MC	9				
Energy		1553		0	MC	9				
Protein	=	8.85		0	MC	9				
Total lipid (fat)	_	5.04		0	MC	9				
Ash		2.97		0	MC	9				
Carbohydrate, by difference		76.34		0	MC	9				
Fiber, total dietary		6.7		0	MC	9				
Sugars, total		30.99		0	MC	9				
Starch										
Minerals:										
* Calcium, Ca	mg	204		0	MC	9				
Firon, Fe	mg	7.33		0	MC	9				
Magnesium, Mg	mg	91		0	MC	9				
Phosphorus, P		315		0	MC	9				
Potassium, K	mg	261		0	MC	9				
Sodium, Na	-	456		0	MC	9				
Zinc, Zn		2.06		0	MC	9				
Copper, Cu		0.210		0	MC	9				
Manganese, Mn		2.850)	0	MC	9				
Selenium, Se	mcg	22.6		0	FLM	4				
Vitamins:										
Vitamin C, total ascorbic acid		0.2		0	MC	9				
Thiamin	-	0.610		0	MC	9				
Riboflavin		0.690		0	MC	9 9				
Niacin Pantothenic acid	-	8.150 0.470		0	MC MC	9				
Vitamin B-6		0.470		0	MC	9				
Folate, total	_	163	,	0	MC	9				
Folic acid		140		0	CAZN	4				
Folate, food		23		0	NC	4				
Folate, DFE		261		0	NC	4				
Vitamin B-12		0.00		0	MC	9				
Vitamin A, IU		2037		0	MC	9				
Vitamin A, RAE		612		0	NC	4				
Retinol		612		0	NC	4				
Vitamin E (alpha-tocopherol)	mg	0.44		0	NR	4				
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		0.000)	0	MC	9				
Vitamin K (phylloquinone)	mcg	2.1		0	FLM	4				
Lipids:										
Fatty acids, total saturated		0.920		0	MC	9				
4:0		0.000		0	FLM	4				
6:0		0.000		0	FLM	4				
8:0		0.000		0	FLM	4				
10:0		0.000		0 0	FLM	4 4				
12:0		0.017	,	U	FLM	4				
13:0		0.010	1	0	FLM	4				
14:0		0.010	,	U	E TW	*				
15:0 16:0	-	0.777	,	0	FLM	4				
17:0	-	0.77	•	U	E LIM	*				
18:0	-	0.051	L	0	FLM	4				
20:0	-	0.031	-	0	E 4101	-				
22:0	_									
24:0	_									

	<u>Ar</u>	mount in 10	00 grams Number		ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	1.730		0	MC	9					
14:1g										
15:1			•		_					
16:1 undifferentiatedg	0.009		0	FLM	4					
17:1g	1 701		•							
18:1 undifferentiated	1.721		0	FLM	4					
20:1g	0.000		0	FLM	4					
22:1 undifferentiatedg	0.000		0	FLM	4					
24:1 cg	1 500		•		•					
Fatty acids, total polyunsaturated9	1.500		0	MC	9 4					
18:2 undifferentiatedg	1.435		0	FLM	_					
18:3 undifferentiated	0.065		0	FLM	4 4					
18:4g	0.000		0	FLM	4					
20:2 n-6 c,cg 20:3 undifferentiated										
20:3 undifferentiatedg 20:4 undifferentiatedg	0.000		0	FLM	4					
_			0	FLM	4					
20:5 n-3g	0.000		-		4					
22:5 n-3g	0.000		0	FLM FLM	4					
22:6 n-3	0.000		U	F TW	4					
Fatty acids, total trans	0		0	MC	9					
Phytosterolsmg	U		U	MC	9					
Others:										
Alcohol, ethylg	0.0		0	FLM	4					
Caffeine mg	0		0	FLM	4					
Theobromine mg	0		0	FLM	4					
Carotenoids:										
Carotene, betamcg	0		0	MC	9					
Carotene, alphamcg	0		0	FLM	4					
Cryptoxanthin, betamcg	0		0	FLM	4					
Lycopene mcg	0		0	FLM	4					
Lutein + zeaxanthin mcg	118		0	FLM	4					

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08418 Cereals, QUAKER, Instant Oatmeal EXPRESS, Baked Apple, dry

		<u>A</u>	mount in 100	<u>u grams</u>	ot edik	oie portio	<u>n</u>	Amount in	edible portion of	of common
			1	Number				<u>m</u>	easures of food	
						Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:	_					•		0.40		
Water	=	6.35		0	MC	9		3.43		
Energy		367		0	MC	9 9		198		
Energy	-	1535		0	MC	9		829		
Protein	-	8.07		-	MC	9		4.36		
Total lipid (fat)		4.62		0	MC MC	9		2.49 1.90		
Ash		3.52		0		9		41.81		
Carbohydrate, by difference		77.43 7.3		0	MC MC	9		41.81		
Fiber, total dietary		7.3 34.57		0	MC	9		4.0 18.67		
Sugars, total	=	34.57		U	МС	9		18.67		
Starch	9									
Minerals:										
* Calcium, Ca	-	204		0	MC	9		110		
* Iron, Fe	-	7.33		0	MC	9		3.96		
Magnesium, Mg		82		0	MC	9		44		
Phosphorus, P		288		0	MC	9		155		
Potassium, K		303		0	MC	9		164		
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	590		0	MC	9		319		
Zinc, Zn	_	1.87		0	MC	9		1.01		
Copper, Cu		0.220		0	MC	9 9		0.119		
Manganese, Mn		2.550 17.7	,	0	MC FLM	4		1.377 9.6		
Selenium, Se	Illog	17.7		U	E LIM	4		9.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		0	MC	9		0.4		
* Thiamin	-	0.610		0	MC	9		0.329		
* Riboflavin		0.690		0	MC	9		0.373		
* Niacin		8.140		0	MC	9		4.396		
Pantothenic acid		0.450		0	MC	9		0.243		
Vitamin B-6	_	0.810)	0	MC	9		0.437		
Folate, total		163		0	MC	9		88		
Folic acid		140		0	NC	4		76		
Folate, food		23		0	CAZN	4		12		
Folate, DFE		261		0	NC	4		141		
Vitamin B-12		0.00		0	MC	9 9		0.00		
* Vitamin A, IU Vitamin A, RAE		2037 612		0	MC NC	4		1100 330		
Retinol		612		0	BNA	4		330		
Vitamin E (alpha-tocopherol)		0.40		0	NR	4		0.22		
Tocopherol, beta	mg	0.40		U	NK	-		0.22		
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		0.000)	0	MC	9		0.000		
Vitamin K (phylloquinone)		5.4		0	FLM	4		2.9		
<u>Lipids:</u>				_	_	_		_		
Fatty acids, total saturated		0.788		0	FLM	4		0.426		
4:0	-	0.000		0	FLM	4		0.000		
6:0	-	0.000		0	FLM	4		0.000		
8:0	-	0.000		0	FLM	4		0.000		
10:0		0.000		0	FLM	4		0.000		
12:0		0.011	<u>.</u>	0	FLM	4		0.006		
13:0		0.000	2	^	E77.34	4		0.005		
14:0		0.009	7	0	FLM	4		0.005		
15:0	-	0 600	2	^	E77.34	4		0.370		
16:0	-	0.689	7	0	FLM	4		0.372		
17:0	-	0.079	3	0	FLM	4		0 043		
18:0	-	0.075	7	U	E TW	4		0.043		
20:0	-									
22:0 24:0	-									

	<u>Ar</u>	nount in 10	00 grams Number		ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
	1 550		•						
Fatty acids, total monounsaturatedg	1.550		0	FLM	4		0.837		
14:1g 15:1g									
16:1 undifferentiated	0.015		0	FLM	4		0.008		
16:1 undifferentiated	0.015		U	E TWI	4		0.008		
18:1 undifferentiated	1.535		0	FLM	4		0.829		
20:1g	0.000		0	FLM	4		0.829		
22:1 undifferentiatedg	0.000		0	FLM	4		0.000		
24:1 c	0.000		Ū	2 1111	-		0.000		
Fatty acids, total polyunsaturatedg	1.370		0	FLM	4		0.740		
18:2 undifferentiatedg	1.275		0	FLM	4		0.688		
18:3 undifferentiatedg	0.095		0	FLM	4		0.051		
18:4g	0.000		0	FLM	4		0.000		
20:2 n-6 c,cg			_		_				
20:3 undifferentiated									
20:4 undifferentiatedg	0.000		0	FLM	4		0.000		
20:5 n-3g	0.000		0	FLM	4		0.000		
22:5 n-3g	0.000		0	FLM	4		0.000		
22:6 n-3g	0.000		0	FLM	4		0.000		
Fatty acids, total transg									
Cholesterolmg	0		0	MC	9		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	FLM	4		0.0		
Caffeine mg	0		0	FLM	4		0		
Theobromine mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, betamcg	0		0	BNA	4		0.000		
Carotene, alphamcg	0		0	BNA	4		0.000		
Cryptoxanthin, betamcg	0		0	BNA	4		0.000		
Lycopenemcg	0		0	BNA	4		0.000		
Lutein + zeaxanthin mcg	0		0	BNA	4		0.000		

Common Measures:

Measure 1 = 54g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08414 Cereals, QUAKER, Instant Oatmeal EXPRESS, Golden Brown Sugar, dry

Refuse: 0%

The Quaker Oats, Co.

		<u>A</u>	mount in 100	<u>grams</u>	of edil	ole portio	<u>on</u>	Amount in	edible portion of	of common
			1	Number				<u>m</u>	easures of food	
						Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:	a	6.60		0	MC	9		3.56		
Water	=	372		0	MC	9		201		
Energy		1555		0	MC	9		840		
03	=	8.50		0	MC	9		4.59		
Protein Total lipid (fat)	_	4.78		0	MC	9		2.58		
Ash		3.11		0	MC	9		1.68		
Carbohydrate, by difference		77.00		0	MC	9		41.58		
Fiber, total dietary		6.2		0	MC	9		3.4		
Sugars, total		32.45		0	MC	9		17.52		
Starch	=	32.43		·	110			17.52		
Minerals:										
Calcium, Ca	mg	204		0	MC	9		110		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	7.33		0	MC	9		3.96		
Magnesium, Mg		87		0	MC	9		47		
Phosphorus, P		303		0	MC	9		164		
Potassium, K		248		0	MC	9		134		
Sodium, Na		538		0	MC	9		291		
Zinc, Zn	-	1.97		0	MC	9 9		1.06		
Copper, Cu		0.210 2.740		0	MC MC	9		0.113 1.480		
Manganese, Mn Selenium, Se		21.0	,	0	FLM	4		11.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin		0.610)	0	MC	9		0.329		
Riboflavin	mg	0.690)	0	MC	9		0.373		
Niacin	mg	8.140)	0	MC	9		4.396		
Pantothenic acid	mg	0.450)	0	MC	9		0.243		
Vitamin B-6	_	0.810)	0	MC	9		0.437		
Folate, total		163		0	MC	9		88		
Folic acid		140		0	NC	4		76		
Folate, food		23		0	CAZN	4		12		
Folate, DFE		261		0	NC	4		141		
Vitamin B-12		0.00		0	MC	9		0.00		
Vitamin A, IU		2037 612		0	MC	9 4		1100		
Vitamin A, RAE		611		0	NC BNA	4		330 330		
Vitamin E (alpha-tocopherol)		0.43		0	NR	4		0.23		
Tocopherol, beta	ma	0.43		·	MIX	-		0.25		
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		0.000)	0	MC	9		0.000		
Vitamin K (phylloquinone)	mcg	3.7		0	FLM	4		2.0		
Lipids:			_	_						
Fatty acids, total saturated		0.827		0	FLM	4		0.446		
4:0		0.000		0	FLM	4		0.000		
6:0		0.000		0	FLM	4		0.000		
8:0	_	0.000		0	FLM	4 4		0.000		
10:0 12:0		0.000		0	FLM FLM	4		0.000 0.007		
13:0		0.013	•	U	2 1101	-		0.007		
14:0		0.008	3	0	FLM	4		0.004		
15:0		0.000	-	Ü	2 1101	-		0.004		
16:0	-	0.738	3	0	FLM	4		0.399		
17:0	-	330	-	•		-		3.333		
18:0	-	0.067	7	0	FLM	4		0.036		
20:0	-									
22:0	_									
24:0	_									

	<u>Ar</u>	mount in 10	00 grams Number		ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	1.660		0	FLM	4		0.896		
14:1g	1.000		Ū	2 1101	-		0.890		
15:1g									
16:1 undifferentiatedg	0.012		0	FLM	4		0.007		
17:1g	0.022		·		-		0.00.		
18:1 undifferentiated	1.648		0	FLM	4		0.890		
20:1g	0.000		0	FLM	4		0.000		
22:1 undifferentiated	0.000		0	FLM	4		0.000		
24:1 cg									
Fatty acids, total polyunsaturated9	1.440		0	FLM	4		0.778		
18:2 undifferentiatedg	1.355		0	FLM	4		0.732		
18:3 undifferentiatedg	0.085		0	FLM	4		0.046		
18:4g	0.000		0	FLM	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	FLM	4		0.000		
20:5 n-3g	0.000		0	FLM	4		0.000		
22:5 n-3g	0.000		0	FLM	4		0.000		
22:6 n-3g	0.000		0	FLM	4		0.000		
Fatty acids, total transg									
Cholesterolmg	0		0	MC	9		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	FLM	4		0.0		
Caffeine mg	0		0	FLM	4		0		
Theobromine mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, betamcg	0		0	BNA	4		0.000		
Carotene, alphamcg	0		0	BNA	4		0.000		
Cryptoxanthin, betamcg	0		0	BNA	4		0.000		
Lycopene mcg	0		0	BNA	4		0.000		
Lutein + zeaxanthin mcg	0		0	BNA	4		0.000		

Common Measures:

Measure 1 = 54g: 1 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08413 Cereals, QUAKER, Instant Oatmeal, Baked Apple, dry

		<u>A</u>	mount in 100	<u>0 grams</u>	of edit	ole portio	<u>n</u>	Amount in edible portion of common			
			I	Number				<u>m</u>	easures of food	<u>l</u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	6.28		0	MC	9		2.51			
Energy	kcal	363		0	MC	9		145			
Energy	kj	1520		0	MC	9		608			
Protein	-	7.99		0	MC	9		3.20			
Total lipid (fat)		4.39		0	MC	9		1.76			
Ash		4.23		0	MC	9		1.69			
Carbohydrate, by difference		77.09		0	MC	9		30.84			
Fiber, total dietary		7.3		0	MC	9		2.9			
Sugars, total	-	34.80		0	MC	9		13.92			
Starch	g										
Minerals:											
Calcium, Ca	-	550		0	MC	9		220			
* Iron, Fe	-	9.90		0 0	MC	9 9		3.96			
Magnesium, Mg		82 279		0	MC	9		33			
Phosphorus, P Potassium, K		300		0	MC MC	9		112 120			
Sodium. Na	-	565		0	MC	9		226			
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	1.85		0	MC	9		0.74			
Copper, Cu		0.220)	0	MC	9		0.088			
Manganese, Mn	_	2.520		0	MC	9		1.008			
Selenium, Se		17.5		0	FLM	4		7.0			
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.8		0	MC	9		0.3			
* Thiamin	mg	0.820)	0	MC	9		0.328			
* Riboflavin	mg	0.930)	0	MC	9		0.372			
* Niacin	mg	11.000)	0	MC	9		4.400			
Pantothenic acid	mg	0.450)	0	MC	9		0.180			
* Vitamin B-6		1.100)	0	MC	9		0.440			
* Folate, total		220		0	MC	9		88			
Folic acid		197		0	NC	4		79			
Folate, food		23		0	CAZN	4		9			
Folate, DFE		358		0	NC	4		143			
Vitamin B-12* Vitamin A, IU		0.00 2750		0 0	MC MC	9 9		0.00 1100			
Vitamin A, RAE		826		0	NC	4		330			
Retinol		825		0	BNA	4		330			
Vitamin E (alpha-tocopherol)		0.38		0	NR	4		0.15			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta	mg										
Vitamin D		0.000)	0	MC	9		0.000			
Vitamin K (phylloquinone)	mcg	2.3		0	FLM	4		0.9			
Lipids:											
Fatty acids, total saturated	g	0.754		0	FLM	4		0.301			
4:0		0.000		0	FLM	4		0.000			
6:0	-	0.000		0	FLM	4		0.000			
8:0		0.000		0	FLM	4		0.000			
10:0		0.000		0	FLM	4		0.000			
12:0	-	0.015	5	0	FLM	4		0.006			
13:0				•							
14:0		0.009	,	0	FLM	4		0.004			
15:0	-	0.606		^	DT M	4		0.073			
16:0 17:0	-	0.682	=	0	FLM	4		0.273			
18:0	-	0.047	7	0	FLM	4		0.019			
20:0	-	0.04	•	Ū	2 1101	-		0.019			
22:0	-										
24:0	-										

					Amount in edible portion of common measures of food				
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	1.520		0	FLM	4		0.608		
14:1g	1.520	•	Ū	11111	-		0.008		
15:1g									
16:1 undifferentiated	0.009)	0	FLM	4		0.003		
17:1g									
18:1 undifferentiatedg	1.512	!	0	FLM	4		0.605		
20:1g	0.000)	0	FLM	4		0.000		
22:1 undifferentiatedg	0.000)	0	FLM	4		0.000		
24:1 cg									
Fatty acids, total polyunsaturated	1.270)	0	FLM	4		0.508		
18:2 undifferentiatedg	1.213	3	0	FLM	4		0.485		
18:3 undifferentiatedg	0.057	•	0	FLM	4		0.023		
18:4g	0.000)	0	FLM	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	FLM	4		0.000		
20:5 n-3g	0.000)	0	FLM	4		0.000		
22:5 n-3g	0.000)	0	FLM	4		0.000		
22:6 n-3g	0.000)	0	FLM	4		0.000		
Fatty acids, total transg									
Cholesterolmg	0		0	MC	9		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	FLM	4		0.0		
Caffeine mg	0		0	FLM	4		0		
Theobrominemg	0		0	FLM	4		0		
Carotenoids:									
Carotene, betamcg	0		0	BNA	4		0.000		
Carotene, alphamcg	0		0	BNA	4		0.000		
Cryptoxanthin, betamcg	0		0	BNA	4		0.000		
Lycopene mcg	0		0	BNA	4		0.000		
Lutein + zeaxanthinmcg	0		0	BNA	4		0.000		

Common Measures:

Measure 1 = 40g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08426 Cereals, QUAKER, Instant Oatmeal, Baked Apple, prepared with boiling water

		<u>A</u>	mount in 10	u grams	ot edik	oie portio	<u>n</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food	i	
				of Data	Deriv	Source	Confidence				
Nutrients and Unit	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	76.27		0	RP	4					
Energy	-	96		0	RP	4					
Energy		401		0	RP	4					
Protein		2.02		0	RP	4					
Total lipid (fat)	-	1.11		0	RP	4					
Ash		1.14		0	RP	4					
Carbohydrate, by difference		19.45		0	RP	4					
Fiber, total dietary		1.8		0	RP	4					
Sugars, total		8.78		0	RP	4					
Starch		0		•		-					
Minarals											
Minerals: * Calcium. Ca	ma	141		0	RP	4					
F Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	2.50		0	RP	4					
Magnesium, Mg	-	21		0	RP	4					
Phosphorus, P		70		0	RP	4					
Potassium, K		76		0	RP	4					
Sodium, Na		144		0	RP	4					
Zinc, Zn	mg	0.47		0	RP	4					
Copper, Cu	mg	0.061	L	0	RP	4					
Manganese, Mn	mg	0.636	5	0	RP	4					
Selenium, Se	mcg	4.4		0	RP	4					
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.2		0	RP	4					
Thiamin	mg	0.186	5	0	RP	4					
Riboflavin		0.223	3	0	RP	4					
Niacin		2.637		0	RP	4					
Pantothenic acid		0.114		0	RP	4					
Vitamin B-6	_	0.278	3	0	RP	4					
Folate, total		56		0	RP	4					
Folic acid		50		0	RP	4					
Folate, food		6		0	RP	4					
Folate, DFE		90		0	NC	4					
Vitamin B-12		0.00		0 0	RP	4					
Vitamin A, IU Vitamin A, RAE		694 208		0	RP RP	4 4					
Retinol		208		0	RP	4					
Vitamin E (alpha-tocopherol)		0.10		0	RP	4					
Tocopherol, beta	ma	0.10		·		•					
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	0.6		0	RP	4					
Lipids:											
Fatty acids, total saturated	g	0.190)	0	RP	4					
4:0		0.000		0	RP	4					
6:0		0.000		0	RP	4					
8:0	_	0.000)	0	RP	4					
10:0	_	0.000)	0	RP	4					
12:0		0.004	1	0	RP	4					
13:0	g										
14:0		0.002	2	0	RP	4					
15:0	g										
16:0	g	0.172	2	0	RP	4					
17:0	_										
18:0	_	0.012	2	0	RP	4					
	a										
20:0 22:0	_										

	A	mount in 100 gram	s of edi		edible portion of	common		
		Numbe	er			<u>me</u>	easures of food	
Nutrients and Units	Mean	of Dat Std. Error Points	a Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g 0.384	0	RP	4				
14:1	=							
16:1 undifferentiated	g 0.002	0	RP	4				
17:1	•	. 0	RP	4				
18:1 undifferentiated	•		RP	4				
22:1 undifferentiated	-		RP	4				
24:1 c	•	· ·	KF	-				
Fatty acids, total polyunsaturated		. 0	RP	4				
18:2 undifferentiated			RP	4				
18:3 undifferentiated			RP	4				
18:4	•		RP	4				
20:2 n-6 c.c	=							
20:3 undifferentiated	g							
20:4 undifferentiated	g 0.000	0	RP	4				
20:5 n-3	g 0.000	0	RP	4				
22:5 n-3	g 0.000	0	RP	4				
22:6 n-3	-	0	RP	4				
Fatty acids, total trans	=							
Cholesterol		0	RP	4				
Phytosterols	mg							
Amino Acids:								
Tryptophan	.g							
Threonine	g							
Isoleucine	g							
Leucine	g							
Lysine	g							
Methionine	g							
Cystine								
Phenylalanine								
Tyrosine								
Valine								
Arginine								
Histidine	=							
Alanine Aspartic acid Aspartic								
Glutamic acid								
Glycine								
Proline	=							
Serine								
Hydroxyproline								
Others:		•						
Alcohol, ethyl		0	RP	4				
Caffeine m	•	0	RP	4				
Theobromine m	ng 0	0	RP	4				
Carotenoids:								
Carotene, betam	-	0	RP	4				
Carotene, alpham		0	RP	4				
Cryptoxanthin, beta		0	RP	4				
Lycopenem		0	RP	4				
Lutein + zeaxanthin m	ncg 0	0	RP	4				

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08426

Cereals, QUAKER, Instant Oatmeal, Baked Apple, prepared with boiling water

Food Group: 08 Breakfast Cereals

NDB No. 08417 Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry

		<u>A</u>	mount in 10	<u>u grams</u>	of edit	ole portio	<u>on</u>	Amount in edible portion of common			
				Number				m	easures of food		
						Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:	a	6.68		0	MC	9		2.74			
Water	_	368		0	MC	9		151			
Energy		1538		0	MC	9		630			
Protein	· -	8.85		0	MC	9		3.63			
Total lipid (fat)	-	4.75		0	MC	9		1.95			
Ash		3.83		0	MC	9		1.57			
Carbohydrate, by difference		75.86		0	MC	9		31.10			
Fiber, total dietary		6.4		0	MC	9		2.6			
Sugars, total		30.47		0	MC	9		12.49			
Starch	_										
Minerals:											
Calcium, Ca	-	268		0	MC	9		110			
k Iron, Fe	• • • • • • • • • • • • • • • • • • • •	9.95		0	MC	9		4.08			
Magnesium, Mg		93		0	MC	9		38			
Phosphorus, P		308 284		0 0	MC MC	9 9		126 116			
Potassium, K Sodium, Na		700		0	MC	9		287			
Zinc, Zn	_	2.05		0	MC	9		0.84			
Copper, Cu		0.210)	0	MC	9		0.086			
Manganese, Mn		2.830		0	MC	9		1.160			
Selenium, Se		17.9		0	FLM	4		7.3			
Vitamins:											
Vitamin C, total ascorbic acid		0.9		0	MC	9		0.4			
Thiamin	-	0.800		0	MC	9		0.328			
Riboflavin		0.910		0	MC	9		0.373			
Niacin		10.730		0	MC	9 9		4.399			
Pantothenic acid		0.460 1.070		0	MC MC	9		0.189 0.439			
' Vitamin B-6 ' Folate, total	-	215	,	0	MC	9		88			
Folic acid		192		0	NC	4		79			
Folate, food		23		0	CAZN	4		9			
Folate, DFE		349		0	NC	4		143			
Vitamin B-12		0.00		0	MC	9		0.00			
Vitamin A, IU		2683		0	MC	9		1100			
Vitamin A, RAE		806		0	NC	4		330			
Retinol		805		0	BNA	4		330			
Vitamin E (alpha-tocopherol)	mg	0.43		0	NR	4		0.18			
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta			_								
Vitamin D		0.000)	0	MC	9		0.000			
Vitamin K (phylloquinone)	mcg	1.6		0	FLM	4		0.7			
_ipids: Fatty acids, total saturated	а	0.785	5	0	FLM	4		0.322			
4:0		0.000		0	FLM	4		0.000			
6:0		0.000		0	FLM	4		0.000			
8:0	-	0.000		0	FLM	4		0.000			
10:0	-	0.001		0	FLM	4		0.001			
12:0		0.014	4	0	FLM	4		0.006			
13:0	g										
14:0		0.010)	0	FLM	4		0.004			
15:0	g										
16:0	-	0.716	6	0	FLM	4		0.294			
17:0	-										
18:0	-	0.044	1	0	FLM	4		0.018			
20:0	-										
22:0	g										

		<u>Ar</u>	nount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and U	nits	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated		1.708		0	FLM	4		0.700			
14:1											
15:1	-										
16:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.023		0	FLM	4		0.009			
17:1				•							
18:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	1.685		0	FLM	4		0.691			
20:1	-	0.000		0	FLM	4		0.000			
22:1 undifferentiated		0.000		0	FLM	4		0.000			
24:1 c	-			•							
Fatty acids, total polyunsaturated.		1.410		0	FLM	4		0.578			
18:2 undifferentiated		1.324		0	FLM	4		0.543			
18:3 undifferentiated	-	0.086		0	FLM	4		0.035			
18:4		0.000		0	FLM	4		0.000			
20:2 n-6 c,c	• • • • • • • • • • • • • • • • • • • •										
20:3 undifferentiated	-			_							
20:4 undifferentiated		0.000		0	FLM	4		0.000			
20:5 n-3		0.000		0	FLM	4		0.000			
22:5 n-3	-	0.000		0	FLM	4		0.000			
22:6 n-3		0.000		0	FLM	4		0.000			
Fatty acids, total trans											
Cholesterol	• • • • • • • • • • • • • • • • • • • •	0		0	MC	9		0			
Phytosterols	mg										
Others:											
Alcohol, ethyl	g	0.0		0	FLM	4		0.0			
Caffeine	mg	0		0	FLM	4		0			
Theobromine	mg	0		0	FLM	4		0			
Carotenoids:											
Carotene, beta	mcg	0		0	BNA	4		0.000			
Carotene, alpha	mcg	0		0	BNA	4		0.000			
Cryptoxanthin, beta	mcg	0		0	BNA	4		0.000			
Lycopene	mcg	0		0	BNA	4		0.000			
Lutein + zeaxanthin	mcg	0		0	BNA	4		0.000			

Common Measures:

Measure 1 = 41g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08423 Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, prepared with boiling water The Quaker Oats, Co.

		<u>A</u>	mount in 100	u grams	ot edit	oie portio	<u>on</u>	Amount in edible portion of common			
				Number	•			<u>m</u>	easures of food	<u> </u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	а	73.80		0	RP	4					
Energy	-	107		0	RP	4					
Energy		450		0	RP	4					
Protein	=	2.40		0	RP	4					
Total lipid (fat)	-	1.31		0	RP	4					
Ash		0.96		0	RP	4					
Carbohydrate, by difference		21.52		0	RP	4					
Fiber, total dietary		1.8		0	RP	4					
Sugars, total		9.42		0	RP	4					
Starch											
Minerals:											
Calcium, Ca	mg	69		0	RP	4					
' Iron, Fe	_	2.41		0	RP	4					
Magnesium, Mg	mg	25		0	RP	4					
Phosphorus, P		84		0	RP	4					
Potassium, K		70		0	RP	4					
Sodium, Na	-	151		0	RP	4					
Zinc, Zn	_	0.56	_	0	RP	4					
Copper, Cu		0.064		0	RP	4					
Manganese, Mn		0.775	•	0	RP	4					
Selenium, Se	mcg	0.0		0	RP	4					
Vitamins:		0.0		•							
Vitamin C, total ascorbic acid		0.0		0 0	RP	4					
Thiamin	_	0.179 0.215		0	RP RP	4 4					
Riboflavin		2.540		0	RP	4					
Pantothenic acid		0.126		0	RP	4					
Vitamin B-6		0.266		0	RP	4					
Folate, total	-	54	,	0	RP	4					
Folic acid		47		0	RP	4					
Folate, food		6		0	RP	4					
Folate, DFE		86		0	NC	4					
Vitamin B-12		0.00		0	RP	4					
Vitamin A, IU		669		0	NC	4					
Vitamin A, RAE		201		0	RP	4					
Retinol		201		0	RP	4					
Vitamin E (alpha-tocopherol)	mg	0.12		0	RP	4					
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D				•		_					
Vitamin K (phylloquinone)	mcg	0.5		0	RP	4					
<u>lipids:</u>		2 2 2	_	•							
Fatty acids, total saturated		0.226		0	RP	4					
4:0		0.000		0	RP	4					
6:0	-	0.000		0	RP	4					
8:0	-	0.000		0	RP RP	4 4					
10:0		0.000		0	RP RP	4					
12:0 13:0		0.004	•	U	RP	*					
14:0		0.003	1	0	RP	4					
15:0		0.003	•	U	A.P	*					
16:0		0.205	,	0	RP	4					
17:0		0.203	-	0	I.E	-					
18:0	-	0.014	Į.	0	RP	4					
20:0	-	0.014	-	•	112						
22:0	-										
24:0	-										

	<u>Aı</u>	nount in 10			Amount in edible portion of common measures of food				
			Number	•			me	asures of food	
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.467		0	RP	4				
14:1g 15:1g									
16:1 undifferentiated	0.002		0	RP	4				
17:1g									
18:1 undifferentiatedg	0.465		0	RP	4				
20:1g	0.000		0	RP	4				
22:1 undifferentiatedg	0.000		0	RP	4				
24:1 cg			_						
Fatty acids, total polyunsaturatedg	0.386		0	RP	4				
18:2 undifferentiated	0.369		0	RP	4				
18:3 undifferentiated	0.017		0	RP RP	4 4				
18:4g 20:2 n-6 c.cg	0.000		U	RP	4				
20:2 n-6 c,cg									
20:4 undifferentiated	0.000		0	RP	4				
20:5 n-3g	0.000		0	RP	4				
22:5 n-3g	0.000		0	RP	4				
22:6 n-3g	0.000		0	RP	4				
Fatty acids, total trans9									
Cholesterolmg	0		0	RP	4				
Phytosterolsmg									
Amino Acids: Tryptophang									
Threonineg									
Isoleucineg									
Leucineg									
Lysineg									
Methionineg									
Cystineg									
Phenylalanineg									
Tyrosine									
Valine									
Histidine									
Alanine									
Aspartic acidg									
Glutamic acidg									
Glycineg									
Prolineg									
Serineg									
Hydroxyprolineg									
Others:									
Alcohol, ethylg	0.0		0	RP	4				
Caffeinemg	0		0	RP	4				
Theobrominemg	0		0	RP	4				
Carotenoids:									
Carotene, betamcg	0		0	RP	4				
Carotene, alphamcg	0		0	RP	4				
Cryptoxanthin, betamcg	0		0	RP	4				
Lycopenemcg	0		0	RP	4				
Lutein + zeaxanthin mcg	0		0	RP	4				

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08423

Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, prepared with boiling water

Food Group: 08 Breakfast Cereals

NDB No. 08410 Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry

		<u>A</u>	mount in 100	<u>u grams</u>	of edit	ole portio	<u>n</u>	Amount in edible portion of common			
			I	Number				measures of food			
						Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	6.56		0	MC	9		3.02			
Energy	_	370		0	MC	9		170			
Energy		1548		0	MC	9		712			
Protein (N x 6.25)		8.59		0	MC	9		3.95			
Total lipid (fat)		4.67		0	MC	9		2.15			
Ash	-	3.19		0	MC	9		1.47			
Carbohydrate, by difference		76.97		0	MC	9		35.41			
Fiber, total dietary		6.6		0	MC	9		3.0			
Sugars, total		33.70		0	MC	9		15.50			
Starch	_	33.70		v	мс	,		13.30			
Minerals:											
Calcium, Ca	mg	239		0	MC	9		110			
k Iron, Fe	-	8.60		0	MC	9		3.96			
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	89		0	MC	9		41			
Phosphorus, P		300		0	MC	9		138			
Potassium, K		251		0	MC	9		115			
Sodium, Na		535		0	MC	9		246			
Zinc, Zn	mg	2.00		0	MC	9		0.92			
Copper, Cu	mg	0.210)	0	MC	9		0.097			
Manganese, Mn	mg	2.770)	0	MC	9		1.274			
Selenium, Se	mcg	0.0		0	MC	9		0.0			
Vitamins:											
Vitamin C, total ascorbic acid		0.1		0	MC	9		0.1			
Thiamin	-	0.710		0	MC	9		0.327			
Riboflavin		0.810		0	MC	9		0.373			
Niacin	-	9.560		0	MC	9 9		4.398			
Pantothenic acid		0.450		0	MC	-		0.207			
Vitamin B-6	-	0.950	,	0	MC	9 9		0.437			
Folia acid		191 168		0	MC BFZN	4		88 77			
Folic acid		23		0	BFZN	4		11			
Folate, foodFolate, DFE		309		0	NC NC	4		142			
Vitamin B-12		0.00		0	MC	9		0.00			
Vitamin A, IU		2391		0	MC	9		1100			
Vitamin A, RAE		718		0	NC	4		330			
Retinol		717		0	BFZN	4		330			
Vitamin E (alpha-tocopherol)		0.42		0	BFZN	4		0.19			
Tocopherol, beta	ma					_		***			
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D		0.000)	0	MC	9		0.000			
Vitamin K (phylloquinone)	mcg	2.0		0	BFZN	4		0.9			
Lipids:											
Fatty acids, total saturated		0.870		0	MC	9		0.400			
4:0		0.000		0	BFZN	4		0.000			
6:0	-	0.000		0	BFZN	4		0.000			
8:0	-	0.000		0	BFZN	4		0.000			
10:0		0.000		0	BFZN	4		0.000			
12:0		0.016	5	0	BFZN	4		0.007			
13:0				_		_		_			
14:0		0.009	•	0	BFZN	4		0.004			
15:0	-		_	_		_					
16:0	-	0.735	Ď	0	BFZN	4		0.338			
17:0	-			_							
18:0	-	0.048	3	0	BFZN	4		0.022			
20:0	-										
22:0	g										

	<u>Ar</u>	nount in 10	0 grams	of edib	Amount in edible portion of common				
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	1.670		0	MC	9		0.768		
14:1g									
15:1g									
16:1 undifferentiatedg	0.009		0	BFZN	4		0.004		
17:1g									
18:1 undifferentiated	1.661		0	BFZN	4		0.764		
20:1g	0.000		0	BFZN	4		0.000		
22:1 undifferentiatedg	0.000		0	BFZN	4		0.000		
24:1 cg									
Fatty acids, total polyunsaturated	1.380		0	MC	9		0.635		
18:2 undifferentiatedg	1.320		0	BFZN	4		0.607		
18:3 undifferentiatedg	0.060		0	BFZN	4		0.027		
18:4g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	BFZN	4		0.000		
20:5 n-3g	0.000		0	BFZN	4		0.000		
22:5 n-3g	0.000		0	BFZN	4		0.000		
22:6 n-3g	0.000		0	BFZN	4		0.000		
Fatty acids, total transg									
Cholesterolmg	0		0	MC	9		0		
Phytosterols mg									
Others:									
Alcohol, ethylg	0.0		0	BFZN	4		0.0		
Caffeinemg	0		0	BFZN	4		0		
Theobrominemg	0		0	BFZN	4		0		
Carotenoids:									
Carotene, beta mcg	0		0	MC	9		0.000		
Carotene, alpha mcg	0		0	BFZN	4		0.000		
Cryptoxanthin, betamcg	0		0	BFZN	4		0.000		
Lycopene mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthinmcg	0		0	BFZN	4		0.000		

Common Measures:

Measure 1 = 46g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08411 Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS with "DINOSAUR BONES", Brown Sugar Cinnamon, dry The Quaker Oats, Co.

		<u>A</u>	mount in 100	<u>grams</u>	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
				Number				measures of food			
						Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	6.04		0	MC	9		3.02			
Energy	kcal	389		0	MC	9		195			
Energy	kj	1629		0	MC	9		815			
Protein	_	7.67		0	MC	9		3.84			
Total lipid (fat)		7.47		0	MC	9		3.74			
Ash	-	2.94		0	MC	9		1.47			
Carbohydrate, by difference		75.85		0	MC	9		37.93			
Fiber, total dietary		5.6		0	MC	9		2.8			
Sugars, total	=	39.00		0	MC	9		19.50			
Starch	g										
Minerals:											
* Calcium, Ca	-	220		0	MC	9		110			
* Iron, Fe	-	7.92		0	MC	9		3.96			
Magnesium, Mg		78		0	MC	9		39			
Phosphorus, P		263		0	MC	9		131			
Potassium, K	-	218		0	MC	9		109			
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	502		0	MC	9		251			
Zinc, Zn		1.75 0.180		0	MC MC	9 9		0.88 0.090			
Copper, Cu Manganese, Mn	_	2.430		0	MC	9		1.215			
Selenium, Se		20.0	,	0	FLM	4		10.0			
,	g	20.0		·		-		10.0			
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	-	0.0	_	0	MC	9		0.0			
* Thiamin	_	0.660		0	MC	9		0.330			
* Riboflavin	_	0.740		0	MC	9		0.370			
* Niacin	-	8.800 0.400		0	MC MC	9 9		4.400 0.200			
Pantothenic acid* Vitamin B-6		0.880		0	MC	9		0.200			
* Folate, total		176	,	0	MC	9		88			
Folic acid		153		0	NC	4		77			
Folate, food		23		0	CAZN	4		12			
Folate, DFE		283		0	NC	4		142			
Vitamin B-12		0.00		0	MC	9		0.00			
* Vitamin A, IU		2200		0	MC	9		1100			
Vitamin A, RAE	mcg_RAE	661		0	NC	4		330			
Retinol	mcg	660		0	BNA	4		330			
Vitamin E (alpha-tocopherol)		0.37		0	NR	4		0.18			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta						•					
Vitamin D		0.000)	0	MC FLM	9 4		0.000			
Vitamin K (phylloquinone)	nicg	1.9		U	FLM	4		0.9			
<u>Lipids:</u>											
Fatty acids, total saturated	g	3.501		0	FLM	4		1.750			
4:0	-	0.000		0	FLM	4		0.000			
6:0	_	0.000		0	FLM	4		0.000			
8:0		0.000		0	FLM	4		0.000			
10:0		0.000		0	FLM	4		0.000			
12:0		0.067	,	0	FLM	4		0.034			
13:0		0.034	1	0	FLM	4		0.017			
14:0		0.034	•	U	r LM	4		0.017			
15:0 16:0	-	3.189	9	0	FLM	4		1.594			
17:0	-	3.103	•	U	2 1101	-		1.334			
18:0	-	0.211	L	0	FLM	4		0.105			
20:0	-	V		•		-		3.103			
22:0	_										
24:0	_										

NDB No. 08411
Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS with "DINOSAUR BONES", Brown Sugar Cinnamon, dry

			Number				Amount in edible portion of commo				
Nutrients and Units	Mean	Std. Erro		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3		
Fatty acids, total monounsaturatedg	1.520)	0	FLM	4		0.760				
14:1g											
15:1g											
16:1 undifferentiatedg	0.008		0	FLM	4		0.004				
17:1g											
18:1 undifferentiatedg	1.512		0	FLM	4		0.756				
20:1g	0.000)	0	FLM	4		0.000				
22:1 undifferentiatedg	0.000)	0	FLM	4		0.000				
24:1 cg											
Fatty acids, total polyunsaturatedg	1.210)	0	FLM	4		0.605				
18:2 undifferentiatedg	1.157		0	FLM	4		0.579				
18:3 undifferentiatedg	0.052		0	FLM	4		0.026				
18:4g	0.000)	0	FLM	4		0.000				
20:2 n-6 c,cg											
20:3 undifferentiatedg											
20:4 undifferentiatedg	0.000)	0	FLM	4		0.000				
20:5 n-3g	0.000)	0	FLM	4		0.000				
22:5 n-3g	0.000)	0	FLM	4		0.000				
22:6 n-3g	0.000)	0	FLM	4		0.000				
Fatty acids, total trans9											
Cholesterolmg	0		0	MC	9		0				
Phytosterolsmg											
Others:											
Alcohol, ethylg	0.0		0	FLM	4		0.0				
Caffeinemg	0		0	FLM	4		0				
Theobrominemg	0		0	FLM	4		0				
Carotenoids:											
Carotene, betamcg	0		0	BNA	4		0.000				
Carotene, alphamcg	0		0	BNA	4		0.000				
Cryptoxanthin, betamcg	0		0	BNA	4		0.000				
Lycopene mcg	0		0	BNA	4		0.000				
Lutein + zeaxanthin mcg	0		0	BNA	4		0.000				

Common Measures:

Measure 1 = 50g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08424 Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS with DINOSAUR BONES, Brown Sugar Cinnamon, prepared with boiling wa

		<u>A</u>	mount in 10		Amount in edible portion of common measures of food					
Nutrients and Un	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	72.05		0	RP	4				
Energy		119		0	RP	4				
Energy		498		0	RP	4				
Protein		2.28		0	RP	4				
Total lipid (fat)		2.22		0	RP	4				
Ash	-	0.94		0	RP	4				
Carbohydrate, by difference		22.51		0	RP	4				
Fiber, total dietary		1.7		0	RP	4				
Sugars, total		11.57		0	RP	4				
Starch										
Minerals:		c-		_		_				
* Calcium, Ca		67		0	RP	4				
* Iron, Fe		2.35 23		0	RP RP	4 4				
Magnesium, Mg Phosphorus, P		78		0	RP RP	4				
Potassium, K	•	65		0	RP	4				
Sodium, Na	_	150		0	RP	4				
Zine, Zn	_	0.52		0	RP	4				
Copper, Cu		0.058	3	0	RP	4				
Manganese, Mn		0.721	L	0	RP	4				
Selenium, Se	mcg	5.9		0	RP	4				
Vitamins										
Vitamins: Vitamin C, total ascorbic acid	ma	0.0		0	RP	4				
* Thiamin	_	0.176		0	RP	4				
* Riboflavin	_	0.209		0	RP	4				
* Niacin		2.481		0	RP	4				
Pantothenic acid		0.119		0	RP	4				
* Vitamin B-6		0.261		0	RP	4				
* Folate, total		52		0	RP	4				
Folic acid		45		0	RP	4				
Folate, food	mcg	7		0	RP	4				
Folate, DFE	mcg_DFE	84		0	NC	4				
Vitamin B-12		0.00		0	RP	4				
* Vitamin A, IU		653		0	RP	4				
Vitamin A, RAE		196		0	RP	4				
Retinol		196		0	RP	4				
Vitamin E (alpha-tocopherol)		0.11		0	RP	4				
Tocopherol, beta	• • • • • • • • • • • • • • • • • • • •									
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin K (phylloquinone)		0.6		0	RP	4				
				-		_				
<u>Lipids:</u>										
Fatty acids, total saturated		1.039		0	RP	4				
4:0		0.000		0	RP	4				
6:0	-	0.000		0	RP	4				
8:0	-	0.000		0	RP	4				
10:0		0.000		0	RP RP	4				
12:0	-	0.020	,	U	RP	4				
14:0	-	0.010)	0	RP	4				
15:0		J.010	•	•	I.E					
16:0	-	0.946	5	0	RP	4				
17:0	-			-						
18:0		0.062	2	0	RP	4				
20:0										
22:0										

	<u>Aı</u>	mount in 100	grams	Amount in edible portion of common						
	Number						measures of food			
		(of Data	Deriv	Source	Confidence				
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
24:0g										
Fatty acids, total monounsaturatedg	0.451		0	RP	4					
14:1g										
15:1g										
16:1 undifferentiatedg	0.002		0	RP	4					
17:1g										
18:1 undifferentiatedg	0.449		0	RP	4					
20:1g	0.000		0	RP	4					
22:1 undifferentiatedg	0.000		0	RP	4					
24:1 cg Fatty acids, total polyunsaturatedg	0.359		0	RP	4					
18:2 undifferentiatedg	0.343		0	RP	4					
18:3 undifferentiated	0.016		0	RP	4					
18:4g	0.000		0	RP	4					
20:2 n-6 c,cg	2.300		-		=					
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.000		0	RP	4					
20:5 n-3g	0.000		0	RP	4					
22:5 n-3g	0.000		0	RP	4					
22:6 n-3g	0.000		0	RP	4					
Fatty acids, total transg										
Cholesterolmg	0		0	RP	4					
Phytosterolsmg										
Amino Acids:										
Tryptophang										
Threonineg										
Isoleucineg										
Leucineg										
Lysineg										
Methionineg										
Cystineg										
Phenylalanineg										
Tyrosineg										
Valineg										
Arginine										
Histidineg Alanineg										
Aspartic acid										
Glutamic acid										
Glycine										
Proline										
Serine										
Hydroxyproline										
Others:			_		_					
Alcohol, ethyl	0.0		0	RP	4					
Caffeine mg	0		0	RP	4					
Theobrominemg	0		0	RP	4					
Carotenoids:										
Carotene, betamcg	0		0	RP	4					
Carotene, alphamcg	0		0	RP	4					
Cryptoxanthin, beta mcg	0		0	RP	4					
Lycopenemcg	0		0	RP	4					
Lutein + zeaxanthin mcg	0		0	RP	4					

Common Measures:

^{*}Vitamin or mineral added for enrichment or fortification

NDB No. 08424

Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS with DINOSAUR BONES, Brown Sugar Cinnamon, prepared with boiling wa

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08429 Cereals, QUAKER, Instant Oatmeal, EXPRESS Baked Apple, prepared with boiling water The Quaker Oats, Co.

		Al	mount in 10	Amount in edible portion of common						
				Number	measures of food					
				of Data	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	q	70.61		0	RP	4				
Energy	-	120		0	RP	4				
Energy		502		0	RP	4				
Protein		2.53		0	RP	4				
Total lipid (fat)		1.45		0	RP	4				
Ash		1.17		0	RP	4				
Carbohydrate, by difference	g	24.24		0	RP	4				
Fiber, total dietary	g	2.3		0	RP	4				
Sugars, total	g	10.82		0	RP	4				
Starch	g									
Minerals:										
* Calcium, Ca	_	65		0	RP	4				
* Iron, Fe	_	2.30		0	RP	4				
Magnesium, Mg		26		0	RP	4				
Phosphorus, P		90 95		0 0	RP RP	4 4				
Potassium, K Sodium, Na	-	95 186		0	RP RP	4				
Zinc, Zn	-	0.59		0	RP	4				
Copper, Cu		0.074	ı	0	RP	4				
Manganese, Mn		0.799		0	RP	4				
Selenium, Se		5.5		0	RP	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0	RP	4				
* Thiamin	mg	0.172	2	0	RP	4				
Riboflavin		0.205	5	0	RP	4				
* Niacin	_	2.421		0	RP	4				
Pantothenic acid		0.141		0	RP	4				
* Vitamin B-6		0.254	l	0	RP	4				
* Folate, total		51		0	RP	4				
Folic acid		44 7		0	RP	4				
Folate, foodFolate, DFE		82		0 0	RP NC	4 4				
Vitamin B-12		0.00		0	RP	4				
* Vitamin A, IU		638		0	RP	4				
Vitamin A, RAE		191		0	RP	4				
Retinol		191		0	RP	4				
Vitamin E (alpha-tocopherol)		0.13		0	RP	4				
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	1.7		0	RP	4				
Lipids:	a	0.247	,	0	RP	4				
Fatty acids, total saturated		0.247		0	RP RP	4				
6:0		0.000		0	RP	4				
8:0	-	0.000		0	RP	4				
10:0	-	0.000		0	RP	4				
12:0	-	0.003		0	RP	4				
13:0										
14:0		0.003	3	0	RP	4				
15:0										
16:0	g	0.216	5	0	RP	4				
17:0	g									
18:0	-	0.025	5	0	RP	4				
20:0	-									
22:0										

		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food			
			Number	r			me	asures of food			
Nutrients and Units	Mean	Std. Erro	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3		
Fatty acids, total monounsaturated	9	185	0	RP	4						
15:1	-										
16:1 undifferentiated	-	005	0	RP	4						
17:1											
18:1 undifferentiated		180	0	RP	4						
20:1	-	000	0	RP	4						
22:1 undifferentiated 24:1 c	•	000	0	RP	4						
Fatty acids, total polyunsaturated		129	0	RP	4						
18:2 undifferentiated		399	0	RP	4						
18:3 undifferentiated)30	0	RP	4						
18:4	g 0.0	000	0	RP	4						
20:2 n-6 c,c	g										
20:3 undifferentiated	-										
20:4 undifferentiated	-	000	0	RP	4						
20:5 n-3	-	000	0	RP	4						
22:5 n-3 22:6 n-3)00)00	0 0	RP RP	4 4						
Fatty acids, total trans	-	700	U	KP	4						
Cholesterol	-		0	RP	4						
Phytosterols	5										
Amino Acids: Tryptophan	g										
Threonine	g										
Isoleucine	-										
Leucine											
Lysine											
Methionine											
Phenylalanine											
Tyrosine											
Valine											
Arginine	-										
Histidine	-										
Alanine											
Aspartic acidGlutamic acid											
Glycine	-										
Proline											
Serine											
Hydroxyproline	g										
Others:											
Alcohol, ethyl)	0	RP	4						
Caffeine			0	RP	4						
Theobromine	<u>mg</u> 0		0	RP	4						
Carotenoids:											
Carotene, beta	-		0	RP	4						
Carotene, alpha			0	RP	4						
Cryptoxanthin, betaLycopene			0	RP RP	4 4						
Lutein + zeaxanthin			0	RP RP	4						
Luciii + Zeaxanuniii	9		U	KF	-						

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08429

Cereals, QUAKER, Instant Oatmeal, EXPRESS Baked Apple, prepared with boiling water

Food Group: 08 Breakfast Cereals

NDB No. 08430 Cereals, QUAKER, Instant Oatmeal, EXPRESS Cinnamon Roll, prepared with boiling water The Quaker Oats, Co.

		<u>A</u> 1	mount in 10	<u>υ grams</u>	ot edik	ole portio	<u>n</u>	Amount in	edible portion	of common
				Number	•			<u>m</u> :	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	=	70.75		0	RP	4				
Energy		121		0	RP	4				
Energy		506		0	RP	4				
Protein		2.77		0	RP	4				
Total lipid (fat)		1.58		0	RP	4				
Ash	-	1.00		0	RP	4				
Carbohydrate, by difference		23.90		0	RP	4				
Fiber, total dietary		2.1		0	RP	4				
Sugars, total	=	9.70		0	RP	4				
Starch	9									
Minerals:										
* Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	65		0	RP	4				
* Iron, Fe	_	2.30		0	RP	4				
Magnesium, Mg		29		0	RP	4				
Phosphorus, P		99		0	RP	4				
Potassium, K	-	82		0	RP	4				
Sodium, Na	-	144		0	RP	4				
Zinc, Zn		0.65		0 0	RP RP	4 4				
Copper, Cu Manganese, Mn		0.070		0	RP	4				
Selenium, Se	_	7.1	<u>.</u>	0	RP	4				
Selemum, Se		,		Ū	K	-				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RP	4				
* Thiamin	-	0.172		0	RP	4				
* Riboflavin		0.205		0	RP	4				
* Niacin	_	2.424		0	RP	4				
Pantothenic acid		0.147		0	RP	4				
* Vitamin B-6		0.254	ŀ	0	RP	4				
* Folate, total		51 44		0 0	RP	4 4				
Folic acid		7		0	RP RP	4				
Folate, foodFolate, DFE		82		0	NC	4				
Vitamin B-12		0.00		0	RP	4				
* Vitamin A, IU		638		0	RP	4				
Vitamin A, RAE		192		0	RP	4				
Retinol		192		0	RP	4				
Vitamin E (alpha-tocopherol)		0.14		0	RP	4				
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.7		0	RP	4				
Lipids:										
Fatty acids, total saturated	a	0.267	7	0	RP	4				
4:0		0.000		0	RP	4				
6:0		0.000		0	RP	4				
8:0	-	0.000		0	RP	4				
10:0	-	0.000		0	RP	4				
12:0	g	0.005	5	0	RP	4				
13:0										
14:0	g	0.003	3	0	RP	4				
15:0										
16:0	g	0.243	3	0	RP	4				
17:0	-									
18:0	-	0.016	5	0	RP	4				
20:0	-									
22:0	a									

	<u>Ar</u>	mount in 10	0 grams	of edil	ole portio	<u>on</u>		edible portion	
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.542		0	RP	4				
14:1g					_				
15:1g									
16:1 undifferentiated	0.003		0	RP	4				
17:1g									
18:1 undifferentiatedg	0.539		0	RP	4				
20:1g	0.000		0	RP	4				
22:1 undifferentiatedg	0.000		0	RP	4				
24:1 cg									
Fatty acids, total polyunsaturated	0.470		0	RP	4				
18:2 undifferentiatedg	0.449		0	RP	4				
18:3 undifferentiatedg	0.020		0	RP	4				
18:4g	0.000		0	RP	4				
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	RP	4				
20:5 n-3g	0.000		0	RP	4				
22:5 n-3g	0.000		0	RP	4				
22:6 n-3g	0.000		0	RP	4				
Fatty acids, total transg									
Cholesterolmg	0		0	RP	4				
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	RP	4				
Caffeine mg	0		0	RP	4				
Theobromine mg	0		0	RP	4				
Carotenoids:									
Carotene, beta mcg	0		0	RP	4				
Carotene, alphamcg	0		0	RP	4				
Cryptoxanthin, beta mcg	0		0	RP	4				
Lycopene mcg	0		0	RP	4				
Lutein + zeaxanthinmcg	37		0	RP	4				

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08434 Cereals, QUAKER, Instant Oatmeal, EXPRESS, Golden Brown Sugar, prepared with boiling water The Quaker Oats, Co.

		<u>A</u>	mount in 10	00 grams	of edil	ole portio	<u>on</u>		edible portion	
Nutrients and Uni	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	easures of food Measure 2	Measure 3
Proximates:	a	70.60		0	22					
Water		70.69 121		0	RP	4 4				
Energy		504		0	RP RP	4				
Protein		2.66		0	RP	4				
Total lipid (fat)		1.50		0	RP	4				
Ash		1.04		0	RP	4				
Carbohydrate, by difference		24.10		0	RP	4				
Fiber, total dietary		2.0		0	RP	4				
Sugars, total		10.16		0	RP	4				
Starch		20.20		·		-				
Minerals:	ma	C E		^	22	A				
* Calcium, Ca * Iron, Fe	-	65 2.30		0	RP RP	4 4				
Magnesium, Mg	_	2.30		0	RP	4				
Phosphorus, P		95		0	RP	4				
Potassium, K		78		0	RP	4				
Sodium, Na		170		0	RP	4				
Zinc, Zn		0.62		0	RP	4				
Copper, Cu	mg	0.070)	0	RP	4				
Manganese, Mn	mg	0.858	3	0	RP	4				
Selenium, Se	mcg	6.6		0	RP	4				
Vitamins:										
Vitamin C, total ascorbic acid	<u>mg</u>	0.0		0	RP	4				
* Thiamin		0.172	2	0	RP	4				
* Riboflavin	mg	0.205	5	0	RP	4				
* Niacin	<u>.</u> mg	2.421	L	0	RP	4				
Pantothenic acid	mg	0.141	L	0	RP	4				
* Vitamin B-6	_	0.254	l	0	RP	4				
* Folate, total		51		0	RP	4				
Folic acid		44		0	RP	4				
Folate, food		7		0	RP	4				
Folate, DFE		82 0.00		0	NC RP	4 4				
Vitamin B-12* * Vitamin A, IU		638		0	RP RP	4				
Vitamin A, IU Vitamin A, RAE		192		0	RP	4				
Retinol		191		0	RP	4				
Vitamin E (alpha-tocopherol)		0.13		0	RP	4				
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	1.2		0	RP	4				
Lipids:										
Fatty acids, total saturated	g	0.259	•	0	RP	4				
4:0		0.000)	0	RP	4				
6:0		0.000)	0	RP	4				
8:0	g	0.000)	0	RP	4				
10:0	g	0.000)	0	RP	4				
12:0		0.004	l	0	RP	4				
13:0										
14:0	_	0.002	2	0	RP	4				
15:0				_		_				
16:0		0.231	L	0	RP	4				
17:0	-	0.00		^	-					
18:0	-	0.021	L	0	RP	4				
20:0 22:0	-									
24:0	-									

	<u>A</u>	mount in 100 gra		ble portic	<u>on</u>		edible portion of easures of food	
		Num	ber			<u>m</u>	easures of 1000	•
Nutrients and Units	Mean	of D Std. Error Poir	ata Deriv ts Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg 14:1g	0.520) RP	4				
15:1	0.004) RP	4				
17:1g 18:1 undifferentiated	0.516	i) RP	4				
20:1g	0.000) RP	4				
22:1 undifferentiatedg	0.000) RP	4				
24:1 cg	0.000			•				
Fatty acids, total polyunsaturated9	0.451) RP	4				
18:2 undifferentiatedg	0.424) RP	4				
18:3 undifferentiated	0.026) RP	4				
18:4g	0.000) RP	4				
20:2 n-6 c.c	0.000			-				
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	ı) RP	4				
20:5 n-3g	0.000) RP	4				
22:5 n-3g	0.000) RP	4				
22:6 n-3	0.000) RP	4				
Fatty acids, total trans								
Cholesterol mg	0) RP	4				
Phytosterolsmg								
111,100.00.010								
Amino Acids:								
Tryptophang								
Threonineg								
Isoleucineg								
Leucineg								
Lysineg								
Methionineg								
Cystineg								
Phenylalanineg								
Tyrosineg								
Valineg								
Arginineg								
Histidineg								
Alanineg								
Aspartic acidg								
Glutamic acidg								
Glycine								
Proline								
Serine 9								
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0) RP	4				
Caffeine mg	0) RP	4				
Theobromine mg	0) RP	4				
Carotenoids:								
	0) RP	4				
Carotene, beta mcg	0			4				
Carotene, alpha mcg	0			4				
Cryptoxanthin, betamcg	0			_				
Lycopene mcg) RP	4				
Lutein + zeaxanthin mcg	0) RP	4				

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08434

Cereals, QUAKER, Instant Oatmeal, EXPRESS, Golden Brown Sugar, prepared with boiling water

Food Group: 08 Breakfast Cereals

NDB No. 08412 Cereals, QUAKER, Instant Oatmeal, French Vanilla Flavor, dry

The Quaker Oats, Co.

		<u>A</u>	mount in 100	<u>grams</u>	of edit	ole portio	<u>'n</u>	Amount in	edible portion of	of common
			ı	Number				m	easures of food	
						Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:	0	6.88		0	мс	9		2.96		
Water	-			0		9				
Energy		369 1543		0	MC MC	9		159 664		
Energy		9.05		0	MC	9		3.89		
Protein	-	4.93		0	MC	9		2.12		
Ash		3.39		0	MC	9		1.46		
Carbohydrate, by difference		75.73		0	MC	9		32.56		
Fiber, total dietary		6.8		0	MC	9		2.9		
Sugars, total		29.59		0	MC	9		12.72		
Starch	-	25.05		·		-				
Minerals:										
Calcium, Ca	-	256		0	MC	9		110		
Iron, Fe	-	9.20		0	MC	9		3.96		
Magnesium, Mg		93		0	MC	9		40		
Phosphorus, P		317		0	MC	9		136		
Potassium, K		263		0	MC	9		113		
Sodium, Na		572		0	MC	9		246		
Zinc, Zn	-	2.10		0 0	MC	9 9		0.90 0.095		
Copper, Cu		0.220 2.920		0	MC MC	9		1.256		
Manganese, Mn		20.9	,	0	FLM	4		9.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0	MC	9		0.0		
Thiamin	mg	0.760)	0	MC	9		0.327		
Riboflavin	mg	0.870)	0	MC	9		0.374		
Niacin	mg	10.230)	0	MC	9		4.399		
Pantothenic acid	mg	0.480		0	MC	9		0.206		
Vitamin B-6	-	1.020)	0	MC	9		0.439		
Folate, total		205		0	MC	9		88		
Folic acid		182		0	NC	4		78		
Folate, food		23		0	CAZN	4		10		
Folate, DFE		332		0	NC	4		143		
Vitamin B-12		0.00 2558		0 0	MC MC	9 9		0.00 1100		
Vitamin A, IU Vitamin A, RAE		2558 768		0	NC	4		330		
Retinol		767		0	BNA	4		330		
Vitamin E (alpha-tocopherol)		0.44		0	NR	4		0.19		
Tocopherol, beta	ma	0.11		·	2121	•		0.15		
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		0.000)	0	MC	9		0.000		
Vitamin K (phylloquinone)	mcg	2.0		0	FLM	4		0.8		
Lipids:	_			_						
Fatty acids, total saturated		0.890		0	FLM	4		0.383		
4:0		0.000		0	FLM	4		0.000		
6:0		0.000		0 0	FLM FLM	4 4		0.000		
8:0 10:0	-	0.021 0.023		0	FLM	4		0.009 0.010		
12:0		0.023		0	FLM	4		0.010		
13:0		0.22	-	ŭ		•		3.030		
14:0		0.100)	0	FLM	4		0.043		
15:0		3.200		-		-		0.045		
16:0	-	0.398	3	0	FLM	4		0.171		
17:0	-									
18:0	-	0.124	1	0	FLM	4		0.053		
20:0	g									
	g									

		<u>Ar</u>	nount in 10	0 grams Number		ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and	Units	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura		1.770		0	FLM	4		0.761		
14:1	g									
15:1	-									
16:1 undifferentiated	-	0.009		0	FLM	4		0.004		
17:1	-									
18:1 undifferentiated	-	1.761		0	FLM	4		0.757		
20:1		0.000		0	FLM	4		0.000		
22:1 undifferentiated	•	0.000		0	FLM	4		0.000		
24:1 c										
Fatty acids, total polyunsaturate	edg	1.470		0	FLM	4		0.632		
18:2 undifferentiated	g	1.406		0	FLM	4		0.605		
18:3 undifferentiated	g	0.064		0	FLM	4		0.027		
18:4	g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0	FLM	4		0.000		
20:5 n-3	g	0.000		0	FLM	4		0.000		
22:5 n-3	g	0.000		0	FLM	4		0.000		
22:6 n-3	g	0.000		0	FLM	4		0.000		
Fatty acids, total trans	g									
Cholesterol		0			MC	9		0		
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	FLM	4		0.0		
Caffeine	mg	0		0	FLM	4		0		
Theobromine	mg	0		0	FLM	4		0		
Carotenoids:										
Carotene, beta	mcg	0		0	BNA	4		0.000		
Carotene, alpha	-	0		0	BNA	4		0.000		
Cryptoxanthin, beta		0		0	BNA	4		0.000		
Lycopene		0		0	BNA	4		0.000		
Lutein + zeaxanthin		0		0	BNA	4		0.000		

Common Measures:

Measure 1 = 43g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08425 Cereals, QUAKER, Instant Oatmeal, French Vanilla, prepared with boiling water

The Quaker Oats, Co.

		<u>A</u>	mount in 100	<u>grams</u>	ot edit	oie portio	<u>n</u>		edible portion	
			ı	Number	,			<u>m</u>	easures of food	i
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
_										
Proximates: Water	n	75.13		0	RP	4				
Energy	-	102		0	RP	4				
Energy		427		0	RP	4				
Protein		2.41		0	RP	4				
Total lipid (fat)	-	1.31		0	RP	4				
Ash		0.98		0	RP	4				
Carbohydrate, by difference		20.16		0	RP	4				
Fiber, total dietary		1.8		0	RP	4				
Sugars, total		7.88		0	RP	4				
Starch		7.00		v	KE	-				
	9									
Minerals:		70		•						
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	70		0	RP	4				
Firon, Fe	_	2.45 25		0 0	RP RP	4 4				
Magnesium, Mg		25 84		0	RP	4				
Phosphorus, P Potassium, K		70		0	RP	4				
Sodium, Na		154		0	RP	4				
Zinc, Zn	-	0.56		0	RP	4				
Copper, Cu	_	0.064	1	0	RP	4				
Manganese, Mn		0.778		0	RP	4				
Selenium, Se		5.6		0	RP	4				
Vitamina										
Vitamins:	ma	0.0		0	RP	4				
Vitamin C, total ascorbic acid* Thiamin		0.0		0	RP	4				
Riboflavin	_	0.182		0	RP	4				
* Niacin		2.588		0	RP	4				
Pantothenic acid		0.128		0	RP	4				
* Vitamin B-6		0.272		0	RP	4				
Folate, total	-	55	_	0	RP	4				
Folic acid		48		0	RP	4				
Folate, food		6		0	RP	4				
Folate, DFE		88		0	NC	4				
Vitamin B-12		0.00		0	RP	4				
* Vitamin A, IU	IU	681		0	RP	4				
Vitamin A, RAE	mcg_RAE	205		0	RP	4				
Retinol	mcg	204		0	RP	4				
Vitamin E (alpha-tocopherol)	mg	0.12		0	RP	4				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D		0.000)	0	RP	4				
Vitamin K (phylloquinone)	mcg	0.5		0	RP	4				
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.237	7	0	RP	4				
4:0		0.000)	0	RP	4				
6:0	g	0.000)	0	RP	4				
8:0	g	0.006	5	0	RP	4				
10:0	g	0.006	5	0	RP	4				
12:0		0.060)	0	RP	4				
13:0	_									
14:0	g	0.027	7	0	RP	4				
15:0	g									
16:0	g	0.106	5	0	RP	4				
17:0	-									
18:0	-	0.033	3	0	RP	4				
20:0	_									
22:0	_									

		<u>Aı</u>	mount in 10			edible portion of	f common			
Nutrients and	Units	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
F. (1) (4)		0.471		0	RP	4				
Fatty acids, total monounsaturat		0.471		U	RP	4				
15:1 16:1 undifferentiated	-	0.002		0	RP	4				
17:1	-	0.002		Ū	KF	-				
18:1 undifferentiated	-	0.469		0	RP	4				
20:1	g	0.000		0	RP	4				
22:1 undifferentiated	•	0.000		0	RP	4				
24:1 c		0 201		•						
Fatty acids, total polyunsaturate		0.391 0.374		0 0	RP RP	4 4				
18:2 undifferentiated		0.017		0	RP RP	4				
18:4	=	0.000		0	RP	4				
20:2 n-6 c.c	-									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0	RP	4				
20:5 n-3	g	0.000		0	RP	4				
22:5 n-3		0.000		0	RP	4				
22:6 n-3	-	0.000		0	RP	4				
Fatty acids, total trans	-	0		•						
CholesterolPhytosterols		0		0	RP	4				
Tryptophan. Threonine. Isoleucine. Leucine. Lysine. Methionine. Cystine. Phenylalanine. Tyrosine. Valine. Arginine. Histidine. Alanine. Aspartic acid. Glutamic acid. Glycine. Proline. Serine.	g g g g g g g g g g g g g g g g g g g									
Hydroxyproline Others:	g									
Alcohol, ethyl	g	0.0		0	RP	4				
Caffeine	mg	0		0	RP	4				
Theobromine	mg	0		0	RP	4				
Carotenoids:										
Carotene, beta	mcg	0		0	RP	4				
Carotene, alpha		0		0	RP	4				
Cryptoxanthin, beta		0		0	RP	4				
Lycopene		0		0	RP	4				
Lutein + zeaxanthin	iicg	0		0	RP	4				

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08425

Cereals, QUAKER, Instant Oatmeal, French Vanilla, prepared with boiling water

Food Group: 08 Breakfast Cereals

NDB No. 08416 Cereals, QUAKER, Instant Oatmeal, Honey Nut, dry

The Quaker Oats, Co.

		<u>A</u> 1	mount in 10	00 grams	of edil	ole portio	<u>on</u>		edible portion	
Nutrients and Uni	te	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	<u>I</u> Measure
Nutrients and on		Wear	Std. Elloi					ivicasure i	Weasure 2	Wieasure
Proximates:										
Water		6.46		0	MC	9		2.78		
Energy	kcal	389		0	MC	9		167		
Energy	kj	1626		0	MC	9		699		
Protein	g	9.29		0	MC	9		3.99		
Total lipid (fat)	g	8.37		0	MC	9		3.60		
Ash	g	3.28		0	MC	9		1.41		
Carbohydrate, by difference	g	72.58		0	MC	9		31.21		
Fiber, total dietary	g	6.4		0	MC	9		2.8		
Sugars, total		29.92		0	MC	9		12.87		
Starch										
Minerals:										
Calcium, Ca	mg	244		0	MC	9		105		
'Iron, Fe	mg	8.80		0	MC	9		3.78		
Magnesium, Mg	mg	95		0	MC	9		41		
Phosphorus, P		311		0	MC	9		134		
Potassium, K	mg	267		0	MC	9		115		
Sodium, Na	mg	547		0	MC	9		235		
Zinc, Zn	mg	2.09		0	MC	9		0.90		
Copper, Cu	mg	0.280		0	MC	9		0.120		
Manganese, Mn	mg	2.850)	0	MC	9		1.226		
Selenium, Se	mcg	20.5		0	FLM	4		8.8		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.2		0	MC	9		0.1		
'Thiamin	-	0.730		0	MC	9		0.314		
Riboflavin	_	0.830		0	MC	9		0.357		
Niacin		9.770		0	MC	9		4.201		
Pantothenic acid		0.480		0	MC	9		0.206		
Vitamin B-6	-	0.970)	0	MC	9		0.417		
Folate, total		196		0	MC	9		84		
Folic acid	-	173		0	NC	4		74		
Folate, food		23		0	CAZN	4		10		
Folate, DFE		316		0	NC	4		136		
Vitamin B-12		0.00		0	MC	9		0.00		
Vitamin A, IU		2444		0	MC	9		1051		
Vitamin A, RAE		734		0	NC	4		316		
Retinol	-	733		0	BNA	4		315		
Vitamin E (alpha-tocopherol)		0.66		0	NR	4		0.29		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta						•				
Vitamin D Vitamin K (phylloquinone)		0.000 2.0)	0	MC FLM	9 4		0.000 0.9		
	Illog	2.0		Ū	FIM	•		0.9		
Lipids: Fatty acids, total saturated	a	1.150)	0	FLM	4		0.495		
4:0		0.000		0	FLM	4		0.000		
6:0		0.000		0	FLM	4		0.000		
8:0		0.000		0	FLM	4		0.000		
10:0	-	0.000		0	FLM	4		0.000		
12:0		0.015		0	FLM	4		0.006		
13:0		0.010		•		-		3.000		
14:0		0.007	,	0	FLM	4		0.003		
15:0		0.000		0	FLM	4		0.000		
16:0	-	0.920		0	FLM	4		0.396		
17:0	-	0.000		0	FLM	4		0.000		
18:0	-	0.207		0	FLM	4		0.089		
20:0	-	0.000		0	FLM	4		0.009		
22:0		0.000		0	FLM	4		0.000		
24:0		0.000	-	U	E ZIM	-		0.000		

	<u>An</u>	nount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	2.140		0	FLM	4		0.920		
14:1g	0.000		0	FLM	4		0.000		
15:1g	0.000		0	FLM	4		0.000		
16:1 undifferentiatedg	0.010		0	FLM	4		0.004		
17:1g	0.000		0	FLM	4		0.000		
18:1 undifferentiatedg	2.099		0	FLM	4		0.903		
20:1g	0.031		0	FLM	4		0.013		
22:1 undifferentiatedg	0.000		0	FLM	4		0.000		
24:1 cg									
Fatty acids, total polyunsaturatedg	4.200		0	FLM	4		1.806		
18:2 undifferentiatedg	3.977		0	FLM	4		1.710		
18:3 undifferentiatedg	0.223		0	FLM	4		0.096		
18:4g	0.000		0	FLM	4		0.000		
20:2 n-6 c,cg	0.000		0	FLM	4		0.000		
20:3 undifferentiatedg	0.000		0	FLM	4		0.000		
20:4 undifferentiatedg	0.000		0	FLM	4		0.000		
20:5 n-3g	0.000		0	FLM	4		0.000		
22:5 n-39	0.000		0	FLM	4		0.000		
22:6 n-3g	0.000		0	FLM	4		0.000		
Fatty acids, total transg									
Cholesterol mg	0		0	MC	9		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	FLM	4		0.0		
Caffeine mg	0		0	FLM	4		0		
Theobrominemg	0		0	FLM	4		0		
Carotenoids:									
Carotene, betamcg	0		0	BNA	4		0.000		
Carotene, alphamcg	0		0	BNA	4		0.000		
Cryptoxanthin, betamcg	0		0	BNA	4		0.000		
Lycopenemcg	0		0	BNA	4		0.000		
Lutein + zeaxanthin mcg	0		0	BNA	4		0.000		

Common Measures:

Measure 1 = 43g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08428 Cereals, QUAKER, Instant Oatmeal, Honey Nut, prepared with boiling water

The Quaker Oats, Co.

		<u>A</u> 1	mount in 10	00 grams	of edil	ole portio	<u>n</u>		edible portion	
Nutrients and Un	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:	a	75.02		0	RP	4				
Water Energy	_	107		0	RP	4				
Energy		449		0	RP	4				
Protein		2.47		0	RP	4				
Total lipid (fat)		2.23		0	RP	4				
Ash		0.95		0	RP	4				
Carbohydrate, by difference		19.32		0	RP	4				
Fiber, total dietary		1.7		0	RP	4				
Sugars, total		7.97		0	RP	4				
Starch										
X										
Minerals:	ma	67		0	חח	4				
* Calcium, Ca * Iron, Fe	_	2.35		0	RP RP	4				
Magnesium, Mg		26		0	RP	4				
Phosphorus, P		83		0	RP	4				
Potassium, K		71		0	RP	4				
Sodium, Na		147		0	RP	4				
Zinc, Zn		0.56		0	RP	4				
Copper, Cu	mg	0.079)	0	RP	4				
Manganese, Mn	mg	0.759)	0	RP	4				
Selenium, Se	mcg	5.4		0	RP	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RP	4				
* Thiamin		0.175	5	0	RP	4				
* Riboflavin	mg	0.210)	0	RP	4				
* Niacin	mg	2.471	-	0	RP	4				
Pantothenic acid	mg	0.128	3	0	RP	4				
* Vitamin B-6	-	0.258	3	0	RP	4				
* Folate, total		52		0	RP	4				
Folic acid		46		0	RP	4				
Folate, food		6		0	RP	4				
Folate, DFE		84		0	NC	4 4				
Vitamin B-12		0.00 651		0	RP RP	4				
* Vitamin A, IU Vitamin A, RAE		195		0	RP	4				
Retinol		195		0	RP	4				
Vitamin E (alpha-tocopherol)		0.18		0	RP	4				
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.5		0	RP	4				
Lipids:										
Fatty acids, total saturated	g	0.306	5	0	RP	4				
4:0		0.000		0	RP	4				
6:0		0.000)	0	RP	4				
8:0	g	0.000)	0	RP	4				
10:0	-	0.000		0	RP	4				
12:0		0.004	ļ	0	RP	4				
13:0										
14:0		0.002		0	RP	4				
15:0		0.000		0	RP	4				
16:0	-	0.245		0	RP	4				
17:0	-	0.000		0	RP	4 4				
18:0		0.055		0	RP RP	4				
20:0		0.000		0	RP	4				
22:0 24:0		0.000	•	U	KP	*				

		<u>Aı</u>	mount in 10	00 grams	of edil	ole portio	<u>on</u>		edible portion	
				Number	•			<u>m</u>	easures of food	_
				of Data	Deriv	Source	Confidence			
Nutrients and	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	tod 0	0.570		0	RP	4				
14:1		0.000		0	RP	4				
15:1		0.000		0	RP	4				
16:1 undifferentiated		0.003		0	RP	4				
17:1		0.000		0	RP	4				
18:1 undifferentiated	•	0.559		0	RP	4				
20:1		0.008		0	RP	4				
22:1 undifferentiated	_	0.000		0	RP	4				
24:1 c	_									
Fatty acids, total polyunsaturate		1.118		0	RP	4				
18:2 undifferentiated		1.059		0	RP	4				
18:3 undifferentiated	_	0.059		0	RP	4				
18:4		0.000		0	RP	4				
20:2 n-6 c,c		0.000		0	RP	4				
20:3 undifferentiated		0.000		0	RP	4				
20:4 undifferentiated	_	0.000		0	RP	4				
20:5 n-3	g	0.000		0	RP	4				
22:5 n-3	g	0.000		0	RP	4				
22:6 n-3	g	0.000		0	RP	4				
Fatty acids, total trans										
Cholesterol		0		0	RP	4				
Phytosterols	mg									
Tryptophan. Threonine. Isoleucine Leucine Lysine Methionine Cystine Phenylalanine. Tyrosine. Valine Arginine Histidine. Alanine.										
Aspartic acid	g g									
Hydroxyproline	g									
Others: Alcohol, ethyl	а	0.0		0	RP	4				
Caffeine		0.0		0	RP	4				
Theobromine	-	0		0	RP	4				
	a	v		·	IVE	-				
Carotenoids:										
Carotene, beta		0		0	RP	4				
Carotene, alpha		0		0	RP	4				
Cryptoxanthin, beta		0		0	RP	4				
Lycopene		0		0	RP	4				
Lutein + zeaxanthin	mcg	0		0	RP	4				

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08428

Cereals, QUAKER, Instant Oatmeal, Honey Nut, prepared with boiling water

Food Group: 08 Breakfast Cereals

NDB No. 08432 Cereals, QUAKER, Instant Oatmeal, NUTRION FOR WOMEN, Golden Brown Sugar, prepared with boiling water The Quaker Oats, Co.

		<u>A</u>	mount in 10	00 grams	of edil	ole portio	<u>n</u>		edible portion	
Nutrients and Uni	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Proximates:										
Water		73.79		0	RP	4				
Energy		105		0	RP	4				
Energy		439		0	RP	4				
Protein		3.24		0	RP	4				
Total lipid (fat)		1.32		0	RP	4				
Ash		1.61		0	RP	4				
Carbohydrate, by difference		20.04		0	RP	4 4				
Fiber, total dietary		1.7			RP					
Sugars, total		7.82		0	RP	4				
Starch	g									
Minerals:										
* Calcium, Ca	mg	239		0	RP	4				
Firon, Fe	mg	4.22		0	RP	4				
Magnesium, Mg	mg	28		0	RP	4				
Phosphorus, P		91		0	RP	4				
Potassium, K		88		0	RP	4				
Sodium, Na		199		0	RP	4				
Zinc, Zn		0.58		0	RP	4				
Copper, Cu		0.075		0	RP	4				
Manganese, Mn		0.761	L	0	RP	4				
Selenium, Se	mcg	6.4		0	RP	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RP	4				
* Thiamin	mg	0.179)	0	RP	4				
Riboflavin	mg	0.215	5	0	RP	4				
Niacin	<u>mg</u>	2.540)	0	RP	4				
Pantothenic acid	mg	0.123	3	0	RP	4				
Vitamin B-6	mg	0.467	7	0	RP	4				
Folate, total	mcg	94		0	RP	4				
Folic acid	mcg	87		0	RP	4				
Folate, food		6		0	RP	4				
Folate, DFE		155		0	NC	4				
Vitamin B-12		0.80		0	RP	4				
Vitamin A, IU		669		0	RP	4				
Vitamin A, RAE		201		0	RP	4				
Retinol		201		0	RP	4				
Vitamin E (alpha-tocopherol)		3.16		0	MC	9				
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.6		0	RP	4				
vitamini ix (phytioquinone)	9	0.0		•		-				
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.226		0	RP	4				
4:0		0.000		0	RP	4				
6:0	-	0.000		0	RP	4				
8:0	-	0.000		0	RP	4				
10:0	-	0.000		0	RP	4				
12:0		0.004	l	0	RP	4				
13:0				_		_				
14:0	_	0.002	2	0	RP	4				
15:0				_		_				
16:0		0.206)	0	RP	4				
17:0	-			_						
18:0	-	0.014	ł	0	RP	4				
20:0	-									
22:0	g									

	A	mount in 100 gram		ble portio	<u>on</u>		edible portion o	of common
Nutrients and Units	Mean		a Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.45	5 0	RP	4				
14:1g 15:1	0.43	, v		•				
16:1 undifferentiated	0.002	2 0	RP	4				
17:1	0.454		RP	4				
20:1g 22:1 undifferentiatedg	0.000		RP RP	4 4				
24:1 cg Fatty acids, total polyunsaturatedg	0.389	9 0	RP	4				
18:2 undifferentiatedg	0.37	. 0	RP	4				
18:3 undifferentiated	0.01		RP RP	4 4				
20:2 n-6 c,c								
20:4 undifferentiated	0.000		RP RP	4 4				
22:5 n-3g	0.000	0	RP	4				
22:6 n-3g Fatty acids, total transg	0.000	0	RP	4				
Cholesterolmg Phytosterolsmg	0	0	RP	4				
Amino Acids:								
Tryptophan								
Isoleucineg								
Leucine								
Methionine								
Phenylalanine								
Valineg								
Arginine								
Alanine								
Glutamic acid								
Prolineg								
Serine								
Others:								
Alcohol, ethylg Caffeinemg	0.0	0	RP RP	4 4				
Theobromine mg	0	0	RP	4				
Carotenoids: Carotene, betamcg	0	0	RP	4				
Carotene, alphamcg Cryptoxanthin, betamcg	0	0	RP RP	4				
Lycopenemcg	0	0	RP	4				
Lutein + zeaxanthinmcg	0	0	RP	4				

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08432

Cereals, QUAKER, Instant Oatmeal, NUTRION FOR WOMEN, Golden Brown Sugar, prepared with boiling water

Food Group: 08 Breakfast Cereals

NDB No. 08422 Cereals, QUAKER, Instant Oatmeal, NUTRITION FOR WOMEN, Apple Spice, dry The Quaker Oats, Co.

		<u>A</u>	mount in 10	u grams	or ean	ne portio	<u>on</u>	Amount in	edible portion of	of common
				Number				<u>m</u>	easures of food	<u> </u>
						Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:	_			•		•				
Water	_	5.99		0	MC	9		2.82		
Energy		360		0	MC	9 9		169		
Energy	·=	1508		0	MC			709		
Protein	-	10.57		0	MC	9 9		4.97		
Total lipid (fat)		4.18		0	MC MC	9		1.96 2.45		
Ash		5.22 74.01		0		9		2.45 34.78		
Carbohydrate, by difference		6.9		0	MC MC	9		34.78		
Fiber, total dietary				0	MC	9				
Sugars, total	_	34.00		U	MC	9		15.98		
Starch	g									
Minerals:										
* Calcium, Ca	mg	846		0	MC	9		398		
'Iron, Fe	• • • • • • • • • • • • • • • • • • • •	15.07		0	MC	9		7.08		
Magnesium, Mg	mg	77		0	MC	9		36		
Phosphorus, P		284		0	MC	9		134		
Potassium, K		292		0	MC	9		137		
Sodium, Na	_	672		0	MC	9		316		
Zinc, Zn		1.83		0	MC	9		0.86		
Copper, Cu		0.260		0 0	MC	9 9		0.122		
Manganese, Mn		2.330 20.2	J	0	MC FLM	4		1.095 9.5		
Selenium, Se	Tileg	20.2		U	E LIM	4		9.5		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	<u>mg</u>	0.8		0	MC	9		0.4		
* Thiamin	mg	0.710)	0	MC	9		0.334		
Riboflavin	mg	0.810	ס	0	MC	9		0.381		
Niacin	_	9.550		0	MC	9		4.489		
Pantothenic acid		0.410		0	MC	9		0.193		
Vitamin B-6	-	1.670)	0	MC	9		0.785		
Folate, total		334		0	MC	9		157		
Folic acid		311		0	NC	4		146		
Folate, food		23		0	CAZN	4		11		
Folate, DFE		552		0	NC	4		260		
Vitamin B-12		2.86		0	MC	9		1.34		
Vitamin A, IU		2388		0	MC	9		1122		
Vitamin A, RAE		717 716		0 0	NC BNA	4 4		337 337		
Retinol * Vitamin E (alpha-tocopherol)		11.29		0	MC	9		5.30		
Tocopherol, beta		11.29		U	MC	9		5.30		
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		334.300)	0	MC	9		157.121		
Vitamin K (phylloquinone)		2.4		0	FLM	4		1.1		
<u>Lipids:</u>			_	_	_	_		_		
Fatty acids, total saturated		0.698		0	FLM	4		0.328		
4:0		0.000		0	FLM	4		0.000		
6:0		0.000		0	FLM	4		0.000		
8:0	-	0.000		0	FLM	4		0.000		
10:0		0.000		0	FLM	4		0.000		
12:0	-	0.014	±	0	FLM	4		0.006		
13:0		0.000		^	DT M	4		0.004		
14:0		0.009	,	0	FLM	4		0.004		
15:0	-	0.635		^	DT M	4		0 207		
16:0	-	0.631	L	0	FLM	4		0.297		
17:0	-	0.045	=	0	FLM	4		0 001		
18:0	-	0.045	•	U	r.TW	4		0.021		
20:0	-									
22:0 24:0	-									

	<u>An</u>	nount in 10	00 grams	of edib	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Nutrients and Onits	Wieari	Stu. Elloi	-				Weasure 1	Wedsule 2	Measure 3
Fatty acids, total monounsaturatedg	1.410		0	FLM	4		0.663		
14:1g									
15:1g									
16:1 undifferentiatedg	0.008		0	FLM	4		0.004		
17:1g									
18:1 undifferentiatedg	1.402		0	FLM	4		0.659		
20:1g	0.000		0	FLM	4		0.000		
22:1 undifferentiatedg	0.000		0	FLM	4		0.000		
24:1 cg									
Fatty acids, total polyunsaturated	1.260		0	FLM	4		0.592		
18:2 undifferentiatedg	1.202		0	FLM	4		0.565		
18:3 undifferentiatedg	0.058		0	FLM	4		0.027		
18:4g	0.000		0	FLM	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	FLM	4		0.000		
20:5 n-3g	0.000		0	FLM	4		0.000		
22:5 n-3g	0.000		0	FLM	4		0.000		
22:6 n-3g	0.000		0	FLM	4		0.000		
Fatty acids, total transg									
Cholesterolmg	0		0	MC	9		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	FLM	4		0.0		
Caffeine mg	0		0	FLM	4		0		
Theobrominemg	0		0	FLM	4		0		
Carotenoids:									
Carotene beta mcg	0		0	BNA	4		0.000		
Carotene, alphamcg	Ō		0	BNA	4		0.000		
Cryptoxanthin, beta mcg	0		0	BNA	4		0.000		
Lycopenemcg	0		0	BNA	4		0.000		
Lutein + zeaxanthin mcg	Ō		0	BNA	4		0.000		

Common Measures:

Measure 1 = 47g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08433 Cereals, QUAKER, Instant Oatmeal, NUTRITION FOR WOMEN, Apple Spice, prepared with boiling water The Quaker Oats, Co.

		<u>A</u>	mount in 10	00 grams	of edil	ole portio	<u>on</u>		edible portion	
Nutrients and Un	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Proximates:	9	72 02		0	22					
Water		73.23		0	RP	4 4				
Energy		107 447		0	RP RP	4				
Protein		3.00		0	RP	4				
Total lipid (fat)		1.19		0	RP	4				
Ash		1.55		0	RP	4				
Carbohydrate, by difference		21.02		0	RP	4				
Fiber, total dietary		1.9		0	RP	4				
Sugars, total		9.66		0	RP	4				
Starch		3.00		· ·		-				
Minorala										
Minerals: * Calcium, Ca	ma	242		0	RP	4				
* Iron, Fe	-	4.28		0	RP	4				
Magnesium, Mg		22		0	RP	4				
Phosphorus, P		81		0	RP	4				
Potassium, K		83		0	RP	4				
Sodium, Na		192		0	RP	4				
Zinc, Zn	mg	0.52		0	RP	4				
Copper, Cu	mg	0.079	•	0	RP	4				
Manganese, Mn		0.662	2	0	RP	4				
Selenium, Se	mcg	5.7		0	RP	4				
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.2		0	RP	4				
* Thiamin	mg	0.181	L	0	RP	4				
* Riboflavin	-	0.219	•	0	RP	4				
* Niacin	-	2.576		0	RP	4				
Pantothenic acid		0.116		0	RP	4				
* Vitamin B-6	-	0.474	l	0	RP	4				
Folate, total		95		0	RP	4				
Folic acid		88 7		0 0	RP RP	4 4				
Folate, foodFolate, DFE		157		0	NC	4				
Vitamin B-12		0.81		0	RP	4				
* Vitamin A, IU		678		0	RP	4				
Vitamin A, RAE		204		0	RP	4				
Retinol		203		0	RP	4				
* Vitamin E (alpha-tocopherol)		3.21		0	MC	9				
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		0.7		•						
Vitamin K (phylloquinone)	mcg	0.7		0	RP	4				
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.198		0	RP	4				
4:0		0.000		0	RP	4				
6:0	-	0.000		0	RP	4				
8:0	-	0.000		0	RP	4				
10:0	-	0.000		0	RP	4				
12:0	-	0.004	ŀ	0	RP	4				
13:0 14:0		0.002)	0	RP	4				
15:0	=	0.002	=	U	A.P	*				
16:0		0.179)	0	RP	4				
17:0		J.=/.		•		-				
18:0	-	0.013	3	0	RP	4				
20:0	-									
22:0	-									
24:0	-									

	A	mount in 100 gram		ble portic	<u>on</u>		edible portion o	of common
Nutrients and Units	Mean		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fether with total management of the	0.400	0	RP	4				
Fatty acids, total monounsaturated9	0.400	, 0	KF	-				
15:1	0.002	2 0	RP	4				
17:1g 18:1 undifferentiatedg	0.398		RP	4				
20:1	0.000		RP RP	4 4				
24:1 cg Fatty acids, total polyunsaturatedg	0.358	0	RP	4				
18:2 undifferentiated	0.341		RP RP	4 4				
18:4g 20:2 n-6 c.cg	0.000	0	RP	4				
20:3 undifferentiated	0.000	0	RP	4				
20:5 n-3g	0.000	0	RP	4				
22:5 n-3	0.000		RP RP	4				
Fatty acids, total trans	0	0	RP	4				
Phytosterolsmg Amino Acids:								
Tryptophang Threonineg								
Isoleucine9								
Leucine								
Methionine								
Phenylalanine								
Valine								
Histidine								
Aspartic acid								
Glycine9								
Proline								
Hydroxyprolineg Others:								
Alcohol, ethylg Caffeineg	0.0	0	RP RP	4 4				
Theobrominemg	0	0	RP	4				
Carotene, beta mcg	0	0	RP	4				
Carotene, alphamcg Cryptoxanthin, betamcg	0	0	RP RP	4				
Lycopenemcg	0	0	RP	4				
Lutein + zeaxanthin mcg	0	0	RP	4				

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08433

Cereals, QUAKER, Instant Oatmeal, NUTRITION FOR WOMEN, Apple Spice, prepared with boiling water

Food Group: 08 Breakfast Cereals

NDB No. 08421 Cereals, QUAKER, Instant Oatmeal, NUTRITION FOR WOMEN, Golden Brown Sugar, dry The Quaker Oats, Co.

		<u>A</u> :	mount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common			
				Number	•			<u>m</u>	easures of food	<u> </u>	
						Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	6.52		0	MC	9		3.00			
Energy	kcal	363		0	MC	9		167			
Energy	kj	1517		0	MC	9		698			
Protein	g	11.60		0	MC	9		5.34			
Total lipid (fat)	g	4.72		0	MC	9		2.17			
Ash		5.49		0	MC	9		2.53			
Carbohydrate, by difference	g	71.65		0	MC	9		32.96			
Fiber, total dietary	g	6.1		0	MC	9		2.8			
Sugars, total		27.96		0	MC	9		12.86			
Starch	g										
Minerals:											
Calcium, Ca	mg	847		0	MC	9		390			
fron, Fe	-	15.09		0	MC	9		6.94			
Magnesium, Mg	-	97		0	MC	9		45			
Phosphorus, P	mg	324		0	MC	9		149			
Potassium, K	mg	314		0	MC	9		144			
Sodium, Na	-	706		0	MC	9		325			
Zinc, Zn		2.07		0	MC	9		0.95			
Copper, Cu		0.250		0	MC	9		0.115			
Manganese, Mn		2.720)	0	MC	9		1.251			
Selenium, Se	mcg	22.7		0	FLM	4		10.5			
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0			
* Thiamin	-	0.710)	0	MC	9		0.327			
Riboflavin	-	0.810)	0	MC	9		0.373			
Niacin		9.560)	0	MC	9		4.398			
Pantothenic acid	mg	0.440)	0	MC	9		0.202			
Vitamin B-6	mg	1.670)	0	MC	9		0.768			
Folate, total	mcg	335		0	MC	9		154			
Folic acid		312		0	NC	4		143			
Folate, food		23		0	CAZN	4		11			
Folate, DFE	mcg_DFE	553		0	NC	4		255			
Vitamin B-12		2.87		0	MC	9		1.32			
Vitamin A, IU		2391		0	MC	9		1100			
Vitamin A, RAE		718		0	NC	4		330			
Retinol		717		0	BNA	4		330			
Vitamin E (alpha-tocopherol)		11.30		0	MC	9		5.20			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta		334.780		0	MC	9		153.999			
Vitamin D			,	0	FLM	4					
Vitamin K (phylloquinone)	ncg	2.1		U	ETW	*		1.0			
<u>Lipids:</u>											
Fatty acids, total saturated	g	0.808	3	0	FLM	4		0.372			
4:0	g	0.000)	0	FLM	4		0.000			
6:0	-	0.000		0	FLM	4		0.000			
8:0		0.000		0	FLM	4		0.000			
10:0	-	0.000		0	FLM	4		0.000			
12:0		0.016	5	0	FLM	4		0.007			
13:0				_		_		_			
14:0		0.008	3	0	FLM	4		0.004			
15:0	_			_		_					
16:0	_	0.736)	0	FLM	4		0.339			
17:0	_	0 0	,	^	THE			0.000			
18:0	_	0.048	•	0	FLM	4		0.022			
20:0	-										
22:0 24:0	-										

NDB No. 08421 Cereals, QUAKER, Instant Oatmeal, NUTRITION FOR WOMEN, Golden Brown Sugar, dry

Nutrients and Units	<u>)n</u>	f commo	edible portion o	_	<u>on</u>	ole portio	of edib	0 grams	nount in 10	<u>Am</u>							
14:1	ıre 3	Measu		_			Deriv	of Data	Std. Error	Mean	M	Nutrients and Units	Nut				
14:1																	
15:1				0.750		4	FLM	0		1.630		otal monounsaturatedg	Fatty acids, total				
16:1 undifferentiated												g	14:1				
17:1												g	15:1				
18:1 undifferentiated 9 1.622 0 FLM 4 0.746 20:1 9 0.000 0 FLM 4 0.000 22:1 undifferentiated 9 0.000 0 FLM 4 0.639 Fatty acids, total polyunsaturated 9 1.390 0 FLM 4 0.639 18:2 undifferentiated 9 1.328 0 FLM 4 0.611 18:3 undifferentiated 9 0.062 0 FLM 4 0.029 18:4 9 0.000 0 FLM 4 0.000 20:2 n-6 c.c 9 20:3 undifferentiated 9 0.000 0 FLM 4 0.000 20:5 n-3 9 0.000 0 FLM 4 0.000 22:5 n-3 9 0.000 0 FLM 4 0.000 Fatty acids, total trans 9 0.000 0 FLM 4 0.000				0.004		4	FLM	0		0.008		fferentiatedg	16:1 undiffere				
20:1 9 0.000 0 FLM 4 0.000 22:1 undifferentiated 9 0.000 0 FLM 4 0.000 24:1 c 9 1.390 0 FLM 4 0.639 18:2 undifferentiated 9 1.328 0 FLM 4 0.611 18:3 undifferentiated 9 0.062 0 FLM 4 0.029 18:4 9 0.000 0 FLM 4 0.000 20:2 n-6 c,c 9 20:3 undifferentiated 9 0.000 0 FLM 4 0.000 20:5 n-3 9 0.000 0 FLM 4 0.000 22:5 n-3 9 0.000 0 FLM 4 0.000 22:6 n-3 9 0.000 0 FLM 4 0.000 Fatty acids, total trans 9 0.000 0 FLM 4 0.000												g	17:1				
22:1 undifferentiated 9 0.000 0 FLM 4 0.000 24:1 c 9 1.390 0 FLM 4 0.639 18:2 undifferentiated 9 1.328 0 FLM 4 0.611 18:3 undifferentiated 9 0.062 0 FLM 4 0.029 18:4 9 0.000 0 FLM 4 0.000 20:2 n-6 c,c 9 20:3 undifferentiated 9 0.000 0 FLM 4 0.000 20:5 n-3 9 0.000 0 FLM 4 0.000 22:5 n-3 9 0.000 0 FLM 4 0.000 22:6 n-3 9 0.000 0 FLM 4 0.000 Fatty acids, total trans 9 0.000 0 FLM 4 0.000				0.746		4	FLM	0		1.622		fferentiatedg	18:1 undiffere				
24:1 c				0.000		4	FLM	0		0.000		g	20:1				
Fatty acids, total polyunsaturated				0.000		4	FLM	0		0.000		fferentiatedg	22:1 undiffere				
18:2 undifferentiated g 1.328 0 FLM 4 0.611 18:3 undifferentiated g 0.062 0 FLM 4 0.029 18:4 g 0.000 0 FLM 4 0.000 20:2 n-6 c,c g 9 0.000 0 FLM 4 0.000 20:3 undifferentiated g 0.000 0 FLM 4 0.000 20:5 n-3 g 0.000 0 FLM 4 0.000 22:5 n-3 g 0.000 0 FLM 4 0.000 Fatty acids, total trans g 0.000 0 FLM 4 0.000												g	24:1 c				
18:3 undifferentiated				0.639		4	FLM	0		1.390		otal polyunsaturatedg	Fatty acids, total				
18:4				0.611		4	FLM	0		1.328		fferentiatedg	18:2 undiffere				
20:2 n-6 c,c				0.029		4	FLM	0		0.062		fferentiatedg	18:3 undiffere				
20:3 undifferentiated				0.000		4	FLM	0		0.000		g	18:4				
20:4 undifferentiated 9 0.000 0 FLM 4 0.000 20:5 n-3 9 0.000 0 FLM 4 0.000 22:5 n-3 9 0.000 0 FLM 4 0.000 22:6 n-3 9 0.000 0 FLM 4 0.000 Fatty acids, total trans 9												c,cg	20:2 n-6 c,c				
20:5 n-3												fferentiatedg	20:3 undiffere				
22:5 n-3				0.000		4	FLM	0		0.000		_					
22:6 n-3g 0.000 0 FLM 4 0.000 Fatty acids, total transg				0.000		4	FLM	0		0.000		<u>.g</u>	20:5 n-3				
Fatty acids, total trans				0.000		4	FLM	0		0.000		<u>.g</u>	22:5 n-3				
				0.000		4	FLM	0		0.000		g	22:6 n-3				
Cl. 1												otal transg	Fatty acids, total				
9				0		9	MC	0		0	-	_					
Phytosterolsmg											ıg	mg	Phytosterols				
Others:													Others:				
Alcohol, ethyl				0.0		4	FLM	0		0.0		ylg	Alcohol, ethyl				
Caffeinemg 0 0 FLM 4 0				0		4	FLM	0		0	ı	<u>mg</u>	Caffeine				
Theobrominemg 0 0 FLM 4 0				0		4	FLM	0		0	ı	emg	Theobromine				
Carotenoids:												<u>:</u>	Carotenoids:				
Carotene, beta				0.000		4	BNA	0		0	g	tamcg	Carotene, beta				
Carotene, alphamcg 0 0 BNA 4 0.000				0.000		4	BNA	0		0	g	ohamcg	Carotene, alpha				
Cryptoxanthin, beta				0.000		4	BNA	0		0	g	in, betamcg	Cryptoxanthin, b				
Lycopenemcg 0 0 BNA 4 0.000				0.000		4	BNA	0		0	g	mcg	Lycopene				
Lutein + zeaxanthin				0.000		4	BNA	0		0							

Common Measures:

Measure 1 = 46g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08420 Cereals, QUAKER, Instant Oatmeal, NUTRITION FOR WOMEN, Vanilla Cinnamon, dry The Quaker Oats, Co.

		<u>A</u>	mount in 100	grams	of edit	ole portio	<u>n</u>	Amount in	edible portion	of common
			N	Number					easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	6.47		0	MC	9		2.91		
Energy	kcal	363		0	MC	9		163		
Energy	kj	1520		0	MC	9		684		
Protein	g	11.71		0	MC	9		5.27		
Total lipid (fat)		4.65		0	MC	9		2.09		
Ash		5.12		0	MC	9		2.30		
Carbohydrate, by difference		72.03		0	MC	9		32.41		
Fiber, total dietary		6.3		0	MC	9		2.8		
Sugars, total		29.44		0	MC	9		13.25		
Starch	9									
Minerals:										
* Calcium, Ca	mg	866		0	MC	9		390		
* Iron, Fe	-	15.43		0	MC	9		6.94		
Magnesium, Mg		89		0	MC	9		40		
Phosphorus, P	-	321		0	MC	9		144		
Potassium, K		264		0	MC	9		119		
Sodium, Na	-	638		0	MC	9 9		287		
Zinc, Zn		2.08 0.260	,	0	MC MC	9		0.94 0.117		
Copper, Cu Manganese, Mn		2.700		0	MC	9		1.215		
Selenium, Se		22.5	,	0	FLM	4		10.1		
•						_				
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.1		0	MC	9		0.0		
* Thiamin	-	0.730		0	MC	9		0.329		
* Riboflavin		0.830		0	MC	9		0.374		
Niacin		9.780 0. 44 0		0	MC MC	9 9		4.401		
Pantothenic acid* Vitamin B-6		1.710		0	MC	9		0.198 0.770		
* Folate, total	-	342	,	0	MC	9		154		
Folic acid		319		0	NC	4		144		
Folate, food		23		0	CAZN	4		10		
Folate, DFE		566		0	NC	4		255		
Vitamin B-12		2.93		0	MC	9		1.32		
* Vitamin A, IU		2445		0	MC	9		1100		
Vitamin A, RAE		734		0	NC	4		330		
Retinol	mcg	733		0	BNA	4		330		
* Vitamin E (alpha-tocopherol)		11.55		0	MC	9		5.20		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta		342.230	,	0	MC	9		154.004		
* Vitamin D Vitamin K (phylloquinone)		2.1	,	0	FLM	4		1.0		
v namm K (phynoquinone)	g	2.1		U	T THE	-		1.0		
<u>Lipids:</u>										
Fatty acids, total saturated		0.799		0	FLM	4		0.360		
4:0		0.000		0	FLM	4		0.000		
6:0		0.000		0	FLM	4		0.000		
8:0	-	0.000		0	FLM	4		0.000		
10:0	-	0.000		0	FLM FLM	4 4		0.000		
12:0	_	0.016	,	U	E LIM	4		0.007		
13:0 14:0		0.009	9	0	FLM	4		0.004		
15:0		0.003	•	U	T THE	-		0.004		
16:0	-	0.725	5	0	FLM	4		0.326		
17:0	-	0.,20	-	v		•		3.320		
18:0	-	0.050)	0	FLM	4		0.022		
20:0	-									
	g									

	<u>Am</u>	ount in 10	0 grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	1.630		0	FLM	4		0.734		
14:1g									
15:1g									
16:1 undifferentiated	0.009		0	FLM	4		0.004		
17:1	1.621		0	FLM	4		0.730		
20:1g	0.000		0	FLM	4		0.730		
20:1	0.000		0	FLM	4		0.000		
24:1 cg	0.000		U	FIM	7		0.000		
Fatty acids, total polyunsaturatedg	1.410		0	FLM	4		0.634		
18:2 undifferentiatedg	1.347		0	FLM	4		0.606		
18:3 undifferentiatedg	0.063		0	FLM	4		0.028		
18:4g	0.000		0	FLM	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiated									
20:4 undifferentiatedg	0.000		0	FLM	4		0.000		
20:5 n-3g	0.000		0	FLM	4		0.000		
22:5 n-3g	0.000		0	FLM	4		0.000		
22:6 n-3g	0.000		0	FLM	4		0.000		
Fatty acids, total trans9									
Cholesterolmg	0		0	MC	9		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	FLM	4		0.0		
Caffeine mg	0		0	FLM	4		0		
Theobrominemg	0		0	FLM	4		0		
Carotenoids:									
Carotene, betamcg	0		0	BNA	4		0.000		
Carotene, alphamcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta mcg	0		0	BNA	4		0.000		
Lycopene mcg	0		0	BNA	4		0.000		
Lutein + zeaxanthin mcg	0		0	BNA	4		0.000		

Common Measures:

Measure 1 = 45g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

		<u>A</u> 1	mount in 10	00 grams	of edit	ole portio	<u>n</u>		edible portion	
				Number				<u>m</u>	easures of food	<u>l</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	8.23		0	MC	9				
Energy	kcal	360		0	MC	9				
Energy	kj	1507		0	MC	9				
Protein	g	7.76		0	MC	9				
Total lipid (fat)	g	4.27		0	MC	9				
Ash	g	3.42		0	MC	9				
Carbohydrate, by difference	g	76.31		0	MC	9				
Fiber, total dietary	g	6.2		0	MC	9				
Sugars, total	g	36.31		0	FLM	4				
Starch	g									
Minavals.										
Minerals:	ma	256		0	MC	9				
Calcium, Ca	-	256 9.20		0	MC	9				
Magnesium, Mg	-	80		0	MC	9				
Phosphorus, P		268		0	MC	9				
Potassium, K		361		0	MC	9				
Sodium, Na	_	562		0	MC	9				
Zinc, Zn	-	1.70		0	MC	9				
Copper, Cu		0.240)	0	MC	9				
Manganese, Mn		2.350		0	MC	9				
Selenium, Se		21.7		0	BFZN	4				
•										
<u>/itamins:</u>										
Vitamin C, total ascorbic acid	-	0.7		0	MC	9				
Thiamin	-	0.760		0	MC	9				
Riboflavin		0.860		0	MC	9				
Niacin	-	10.220		0	MC	9				
Pantothenic acid	-	0.380		0	MC	9				
Vitamin B-6	-	1.020)	0	MC	9				
Folate, total		205		0	MC	9				
Folic acid		176		0	NC	4				
Folate, food		29		0	CAAN	4				
Folate, DFE		327		0	NC	4				
Vitamin B-12		0.00		0	MC	9				
Vitamin A, IU		2556		0	MC	9				
Vitamin A, RAE		768		0	NC	4				
Retinol		768		0	NC	4				
Vitamin E (alpha-tocopherol)		0.42		0	BFZN	4				
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D		0.000	1	0	MC	9				
Vitamin K (phylloquinone)		2.4	•	0	FLM	4				
vitamin K (phynodumone)		2.4		v		•				
<u> ipids:</u>										
Fatty acids, total saturated	g	0.800)	0	MC	9				
4:0	g	0.000)	0	FLM	4				
6:0	g	0.000)	0	FLM	4				
8:0	g	0.000)	0	FLM	4				
10:0	-	0.000		0	FLM	4				
12:0		0.015	5	0	FLM	4				
13:0										
14:0		0.009		0	FLM	4				
15:0	_	0.000		0	FLM	4				
16:0	_	0.675		0	FLM	4				
17:0	_	0.000		0	FLM	4				
18:0	-	0.045		0	FLM	4				
20:0	g	0.000		0	FLM	4				
22:0	g	0.000)	0	FLM	4				

	<u>Ar</u>	mount in 10	Number	,		_	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	1.490		0	MC	9					
14:1g	0.000		0	FLM	4					
15:1g	0.000		0	FLM	4					
16:1 undifferentiatedg	0.009		0	FLM	4					
17:1g	0.000		0	FLM	4					
18:1 undifferentiatedg	1.481		0	FLM	4					
20:1g	0.000		0	FLM	4					
22:1 undifferentiatedg	0.000		0	FLM	4					
24:1 cg										
Fatty acids, total polyunsaturatedg	1.340		0	MC	9					
18:2 undifferentiatedg	1.282		0	FLM	4					
18:3 undifferentiatedg	0.058		0	FLM	4					
18:4g	0.000		0	FLM	4					
20:2 n-6 c,cg	0.000		0	FLM	4					
20:3 undifferentiatedg	0.000		0	FLM	4					
20:4 undifferentiatedg	0.000		0	FLM	4					
20:5 n-3g	0.000		0	FLM	4					
22:5 n-39	0.000		0	FLM	4					
22:6 n-3g	0.000		0	FLM	4					
Fatty acids, total transg										
Cholesterolmg	0		0	MC	9					
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0		0	FLM	4					
Caffeinemg	0		0	FLM	4					
Theobrominemg	0		0	FLM	4					
Carotenoids:	-		-	- -	-					
Carotene, betamcg	0		0	BFZN	4					
Carotene, alpha mcg	0		0	BFZN	4					
Cryptoxanthin, betamcg	0		0	BFZN	4					
Lycopene mcg	0		0	BFZN	4					
Lutein + zeaxanthinmcg	0		0	BFZN	4					

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

		<u>A</u> 1	mount in 10	00 grams	<u>n</u>			le portion of common res of food			
				Number				<u>m</u> e	easures of food	<u>.</u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Units		Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	75.49		0	RP	4					
Energy	kcal	100		0	RP	4					
Energy	kj	417		0	RP	4					
Protein	g	2.07		0	RP	4					
Total lipid (fat)	g	1.14		0	RP	4					
Ash	g	0.98		0	RP	4					
Carbohydrate, by difference	g	20.32		0	RP	4					
Fiber, total dietary	g	1.6		0	RP	4					
Sugars, total	g	9.67		0	RP	4					
Starch	g										
Minorals:											
<u>/Iinerals:</u> Calcium. Ca	ma	70		0	RP	4					
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	2.45		0	RP	4					
Magnesium, Mg	-	22		0	RP	4					
Phosphorus, P		71		0	RP	4					
Potassium, K		96		0	RP	4					
Sodium, Na	-	151		0	RP	4					
Zinc, Zn	-	0.46		0	RP	4					
Copper, Cu		0.069)	0	RP	4					
Manganese, Mn		0.626		0	RP	4					
Selenium, Se		5.8		0	RP	4					
<u>'itamins:</u>											
Vitamin C, total ascorbic acid	-	0.2		0	RP	4					
Thiamin	-	0.182		0	RP	4					
Riboflavin		0.218		0	RP	4					
Niacin	-	2.585		0	RP	4					
Pantothenic acid	-	0.101		0	RP	4					
Vitamin B-6	-	0.272	<u> </u>	0	RP	4					
Folate, total		54		0	RP	4					
Folic acid		47		0	RP	4					
Folate, food		8		0	RP	4					
Folate, DFE		87		0	NC	4					
Vitamin B-12		0.00		0	RP	4					
Vitamin A, IU		681		0	RP	4					
Vitamin A, RAE		204		0	RP	4					
Retinol		204		0	RP	4					
Vitamin E (alpha-tocopherol)		0.11		0	RP	4					
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta		0.000		^	D.D.						
Vitamin D Vitamin K (phylloquinone)	1U	0.000 0.6	,	0	RP RP	4					
Vitamin K (pnylloquinone)	Incg	0.6		U	RP	4					
<u> ipids:</u>											
Fatty acids, total saturated	g	0.198	3	0	RP	4					
4:0	g	0.000)	0	RP	4					
6:0	g	0.000)	0	RP	4					
8:0	g	0.000)	0	RP	4					
10:0	g	0.000)	0	RP	4					
12:0	g	0.004	ļ	0	RP	4					
13:0	g										
14:0	g	0.002	?	0	RP	4					
15:0		0.000)	0	RP	4					
16:0	-	0.180)	0	RP	4					
17:0	g	0.000)	0	RP	4					
18:0	-	0.012		0	RP	4					
	-	0.000		0	RP	4					
20:0	y	0.000	,	•		-					

	<u>Ar</u>	nount in 100			ole portio	<u>on</u>	Amount in edible portion of commo			
Nutrients and Units	Mean		Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.397		0	RP	4					
14:1g	0.000		0	RP	4					
15:1g	0.000		0	RP	4					
16:1 undifferentiatedg	0.002		0	RP	4					
17:1g	0.000		0	RP	4					
18:1 undifferentiatedg	0.394		0	RP	4					
20:1g	0.000		0	RP	4					
22:1 undifferentiatedg	0.000		0	RP	4					
24:1 cg										
Fatty acids, total polyunsaturatedg	0.357		0	RP	4					
18:2 undifferentiatedg	0.341		0	RP	4					
18:3 undifferentiatedg	0.015		0	RP	4					
18:4g	0.000		0	RP	4					
20:2 n-6 c,cg	0.000		0	RP	4					
20:3 undifferentiatedg	0.000		0	RP	4					
20:4 undifferentiatedg	0.000		0	RP	4					
20:5 n-3g	0.000		0	RP	4					
22:5 n-3g	0.000		0	RP	4					
22:6 n-3g	0.000		0	RP	4					
Fatty acids, total trans9										
Cholesterolmg	0		0	RP	4					
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0		0	RP	4					
Caffeine mg	0		0	RP	4					
Theobrominemg	0		0	RP	4					
Carotenoids:										
Carotene, beta mcg	0		0	RP	4					
Carotene, alphamcg	0		0	RP	4					
Cryptoxanthin, betamcg	0		0	RP	4					
Lycopenemcg	0		0	RP	4					
Lutein + zeaxanthin mcg	0		0	RP	4					

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08427 Cereals, QUAKER, Instant Oatmeal, TREASURE HUNT, prepared with boiling water The Quaker Oats, Co.

		<u>A</u>	mount in 100	Amount in edible portion of common							
			ı	Number				measures of food			
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	73.53		0	RP	4					
Energy	_	108		0	RP	4					
Energy		453		0	RP	4					
Protein		2.19		0	RP	4					
Total lipid (fat)	_	1.35		0	RP	4					
Ash		1.07		0	RP	4					
Carbohydrate, by difference		21.85		0	RP	4					
Fiber, total dietary		1.6		0	RP	4					
Sugars, total		10.27		0	RP	4					
Starch				·		-					
Minerals:											
vimerais: Calcium. Ca	ma	65		0	RP	4					
' Iron, Fe	•	2.29		0	RP	4					
Magnesium, Mg	-	26		0	RP	4					
Phosphorus, P		76		0	RP	4					
Potassium, K		63		0	RP	4					
Sodium, Na		155		0	RP	4					
Zinc, Zn	mg	0.51		0	RP	4					
Copper, Cu	mg	0.056	5	0	RP	4					
Manganese, Mn	<u>mg</u>	0.699	•	0	RP	4					
Selenium, Se	mcg	5.4		0	RP	4					
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	mg	0.0		0	RP	4					
Thiamin	-	0.171		0	RP	4					
'Riboflavin		0.216		0	RP	4					
'Niacin		2.541		0	RP	4					
Pantothenic acid		0.116		0	RP	4					
Vitamin B-6	_	0.267	7	0	RP	4					
Folate, total		54		0	RP	4					
Folic acid		47		0	RP	4					
Folate, food		7 86		0 0	RP	4					
Folate, DFE		0.00		0	NC	4 4					
Vitamin B-12		669		0	RP RP	4					
Vitamin A, RAE		201		0	RP	4					
Retinol		201		0	RP	4					
Vitamin E (alpha-tocopherol)		0.11		0	RP	4					
Tocopherol, beta	mg			•		-					
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	1.1		0	RP	4					
Lipids:											
Fatty acids, total saturated	g	0.327	,	0	RP	4					
4:0		0.000)	0	RP	4					
6:0	g	0.000)	0	RP	4					
8:0	_	0.000		0	RP	4					
10:0		0.000		0	RP	4					
12:0		0.005	5	0	RP	4					
13:0											
14:0		0.003	3	0	RP	4					
15:0				_		_					
16:0		0.289	•	0	RP	4					
17:0	_			_		_					
18:0	_	0.029	•	0	RP	4					
20:0	_										
22:0	g										

	<u>A</u>	mount in 100 gran		ble portic	<u>on</u>	Amount in edible portion of commo				
		Numb				<u></u>	easures or 1000			
Nutrients and Units	Mean	of Da Std. Error Point	a Deriv s Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3		
Esta eside dada managaran da G	0.446	. 0	RP	4						
Fatty acids, total monounsaturated9 14:1	0.440		KF	-						
13:1	0.004	0	RP	4						
18:1 undifferentiated	0.442	. 0	RP	4						
20:1g	0.000	0	RP	4						
22:1 undifferentiatedg	0.000	0	RP	4						
24:1 cg										
Fatty acids, total polyunsaturated	0.352		RP	4						
18:2 undifferentiatedg	0.330		RP	4						
18:3 undifferentiatedg	0.022		RP	4						
18:4g	0.000	0	RP	4						
20:2 n-6 c,cg										
20:3 undifferentiated	0.000	0	D.D.	4						
20:4 undifferentiated	0.000		RP RP	4						
20.5 n-3	0.000		RP	4						
22:6 n-3g	0.000		RP	4						
Fatty acids, total trans9	0.000	•		-						
Cholesterol mg	0	0	RP	4						
Phytosterols mg										
Tryptophan. 9 Threonine. 9 Isoleucine. 9 Leucine. 9 Lysine. 9 Methionine. 9 Cystine. 9 Phenylalanine. 9 Tyrosine. 9 Valine. 9 Arginine. 9 Histidine. 9 Alanine. 9 Glutamic acid. 9 Glycine. 9 Proline. 9 Serine. 9 Hydroxyproline. 9										
Others:										
Alcohol, ethyl	0.0	0	RP	4						
Caffeine mg	0	0	RP	4						
Theobromine mg	0	0	RP	4						
Carotenoids:										
Carotene, beta mcg	0	0	RP	4						
Carotene, alphamcg	0	0	RP	4						
Cryptoxanthin, betamcg	0	0	RP	4						
Lycopene mcg	0	0	RP	4						
Lutein + zeaxanthin mcg	0	0	RP	4						

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08427

Cereals, QUAKER, Instant Oatmeal, TREASURE HUNT, prepared with boiling water

Food Group: 08 Breakfast Cereals

NDB No. 08124 Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry

The Quaker Oats, Co.

		<u>A</u>	mount in 100	Amount in edible portion of common						
			I	Number				<u>m</u>	easures of food	
						Source	Confidence			
Nutrients and Unit	:s	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:	_					•		0.01		
Water	_	6.30		0	MC	9		2.21		
Energy		365		0	MC	9 9		128		
Energy		1526		0	MC	9		534		
Protein	-	8.00		0	MC	9		2.80		
Total lipid (fat)		4.39 3.36		0	MC MC	9		1.54 1.18		
Ash		77.92		0	MC	9		27.27		
Carbohydrate, by difference		77.92		0	MC	9		2.8		
Fiber, total dietary		35.53		0	MC	9		12.44		
Sugars, total	_	33.33		U	MC	9		12.44		
Minerals:										
* Calcium, Ca	ma	314		0	MC	9		110		
* Iron, Fe	_	11.31		0	MC	9		3.96		
Magnesium, Mg	_	81		0	MC	9		28		
Phosphorus, P		278		0	MC	9		97		
Potassium, K		318		0	MC	9		111		
Sodium, Na		480		0	MC	9		168		
Zinc, Zn	<u>mg</u>	1.86		0	MC	9		0.65		
Copper, Cu	mg	0.220	כ	0	MC	9		0.077		
Manganese, Mn		2.510)	0	MC	9		0.879		
Selenium, Se	mcg	22.5		0	FLM	4		7.9		
Vitamins:										
Vitamin C, total ascorbic acid		1.2	_	0	MC	9		0.4		
Thiamin	_	0.940		0	MC	9 9		0.329		
Riboflavin	-	1.070		0	MC MC	9		0.375 4.410		
Niacin Pantothenic acid		12.600 0.460		0	MC	9		4.410 0.161		
Vitamin B-6		1.260		0	MC	9		0.161		
Folate, total	-	252	•	0	MC	9		88		
Folic acid		229		0	NC	4		80		
Folate, food		23		0	CAZN	4		8		
Folate, DFE		412		0	NC	4		144		
Vitamin B-12		0.00		0	MC	9		0.00		
Vitamin A, IU		3150		0	MC	9		1103		
Vitamin A, RAE	mcg_RAE	946		0	NC	4		331		
Retinol	mcg	945		0	BNA	4		331		
Vitamin E (alpha-tocopherol)	mg	0.38		0	NR	4		0.13		
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta			_	_		_				
Vitamin D.		0.000	J	0	MC FLM	9 4		0.000		
Vitamin K (phylloquinone)	incg	2.2		U	L.TW	4		0.8		
Lipids:		0.737		0				0.057		
Fatty acids, total saturated		0.734		0	FLM	4		0.257 0.000		
4:0 6:0		0.000		0	FLM FLM	4 4		0.000		
6:0 8:0	-	0.000		0	FLM	4		0.000		
10:0	-	0.000		0	FLM	4		0.000		
12:0		0.014		0	FLM	4		0.005		
13:0				-		-		2.005		
14:0		0.008	3	0	FLM	4		0.003		
15:0				-		-		3.000		
16:0	-	0.667	7	0	FLM	4		0.233		
17:0	-									
18:0	-	0.044	4	0	FLM	4		0.015		
20:0	g									

	<u>Ar</u>	mount in 10	00 grams Number		ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	1.510		0	FLM	4		0.529		
14:1g	1.510		U	FIM	-		0.529		
15:1									
16:1 undifferentiatedg	0.008		0	FLM	4		0.003		
17:1g	0.000		·		•		0.003		
18:1 undifferentiated	1.502		0	FLM	4		0.526		
20:1g	0.000		0	FLM	4		0.000		
22:1 undifferentiatedg	0.000		0	FLM	4		0.000		
24:1 cg									
Fatty acids, total polyunsaturated9	1.260		0	FLM	4		0.441		
18:2 undifferentiatedg	1.205		0	FLM	4		0.422		
18:3 undifferentiatedg	0.055		0	FLM	4		0.019		
18:4g	0.000		0	FLM	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	FLM	4		0.000		
20:5 n-3g	0.000		0	FLM	4		0.000		
22:5 n-3g	0.000		0	FLM	4		0.000		
22:6 n-3g	0.000		0	FLM	4		0.000		
Fatty acids, total transg									
Cholesterol mg	0		0	MC	9		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	FLM	4		0.0		
Caffeine mg	0		0	FLM	4		0		
Theobromine mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, betamcg	0		0	BNA	4		0.000		
Carotene, alphamcg	0		0	BNA	4		0.000		
Cryptoxanthin, betamcg	0		0	BNA	4		0.000		
Lycopene mcg	0		0	BNA	4		0.000		
Lutein + zeaxanthin mcg	0		0	BNA	4		0.000		

Common Measures:

Measure 1 = 35g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08225 Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry

		<u>A</u>	mount in 100) grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
				Number	-			m	easures of food		
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	_	6.39		0	MC	9		2.24			
Energy		386		0	MC	9		135			
Energy	kj	1615		0	MC	9		565			
Protein	g	7.99		0	MC	9		2.80			
Total lipid (fat)	g	7.52		0	MC	9		2.63			
Ash	g	3.37		0	MC	9		1.18			
Carbohydrate, by difference	g	74.72		0	MC	9		26.15			
Fiber, total dietary	g	5.8		0	MC	9		2.0			
Sugars, total	g	31.20		0	MC	9		10.92			
Starch	g										
<u>Minerals:</u>		25.5		•		•		110			
Calcium, Ca	-	314		0	MC	9		110			
Iron, Fe		11.31		0	MC	9		3.96			
Magnesium, Mg		80		0	MC	9		28			
Phosphorus, P	-	298		0	MC	9		104			
Potassium, K		283		0	MC	9		99			
Sodium, Na		509		0	MC	9		178			
Zinc, Zn		1.73		0	MC	9		0.60			
Copper, Cu		0.187		0	MC	9		0.065			
Manganese, Mn		2.383	3	0	MC	9		0.834			
Selenium, Se	mcg	16.0		0	FLM	4		5.6			
<u>'itamins:</u>											
Vitamin C, total ascorbic acid		0.4	_	0	MC	9		0.1			
Thiamin		0.940		0	MC	9		0.329			
Riboflavin	_	1.060		0	MC	9		0.371			
Niacin	_	12.570		0	MC	9		4.400			
Pantothenic acid		0.400		0	MC	9		0.140			
Vitamin B-6	-	1.250)	0	MC	9		0.438			
Folate, total		251		0	MC	9		88			
Folic acid		228		0	NC	4		80			
Folate, food		23		0	CAZN	4		8			
Folate, DFE		411		0	NC	4		144			
Vitamin B-12		0.05		0	MC	9		0.02			
Vitamin A, IU		3142		0	MC	9		1100			
Vitamin A, RAE	mcg_RAE	944		0	NC	4		330			
Retinol	mcg	943		0	BNA	4		330			
Vitamin E (alpha-tocopherol)	mg	0.44		0	NR	4		0.15			
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta	mg										
Vitamin D	IU	0.143	3	0	MC	9		0.050			
Vitamin K (phylloquinone)	mcg	2.0		0	FLM	4		0.7			
ipids:											
Fatty acids, total saturated	g	1.588	3	0	FLM	4		0.556			
4:0		0.000		0	FLM	4		0.000			
6:0	_	0.000		0	FLM	4		0.000			
8:0	-	0.059		0	FLM	4		0.021			
10:0		0.064		0	FLM	4		0.022			
12:0		0.600		0	FLM	4		0.210			
13:0				-		•					
14:0		0.265	5	0	FLM	4		0.093			
15:0		3.200	-	•		-		0.033			
16:0	_	0.311	ı	0	FLM	4		0.109			
17:0	_	0.311	-	U	2 114	-		0.109			
18:0	_	0.288	2	0	FLM	4		0.101			
20:0	_	0.200	-	0	E THA	-		0.101			
	_										
22:0 24:0											

	<u>An</u>	nount in 10	00 grams	of edik	ole portio	<u>n</u>	Amount in edible portion of common		
			Number				<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	2.384		0	FLM	4		0.834		
14:1g									
15:1g									
16:1 undifferentiatedg	0.011		0	FLM	4		0.004		
17:1g									
18:1 undifferentiatedg	2.373		0	FLM	4		0.831		
20:1g	0.000		0	FLM	4		0.000		
22:1 undifferentiatedg	0.000		0	FLM	4		0.000		
24:1 cg									
Fatty acids, total polyunsaturated9	1.280		0	FLM	4		0.448		
18:2 undifferentiatedg	1.221		0	FLM	4		0.427		
18:3 undifferentiated	0.059		0	FLM	4		0.021		
18:4g	0.000		0	FLM	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	FLM	4		0.000		
20:5 n-3g	0.000		0	FLM	4		0.000		
22:5 n-3g	0.000		0	FLM	4		0.000		
22:6 n-3g	0.000		0	FLM	4		0.000		
Fatty acids, total trans									
Cholesterolmg	0		0	MC	9		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	FLM	4		0.0		
Caffeine mg	0		0	FLM	4		0		
Theobromine mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, betamcg	0		0	BNA	4		0.000		
Carotene, alphamcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta mcg	0		0	BNA	4		0.000		
Lycopenemcg	0		0	BNA	4		0.000		
Lutein + zeaxanthin mcg	0		0	BNA	4		0.000		
Eutom - Zeuxuntiniii - Mog							0.000		

Common Measures:

Measure 1 = 35g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08227 Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, prepared with boiling water The Quaker Oats, Co.

		<u>A</u>	mount in 10	<u>u grams</u>	of edit	ne portio	<u>on</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food	<u> </u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure :	
Proximates:											
Water	g	82.93		0	RP	4					
Energy	kcal	72		0	RP	4					
Energy	kj	303		0	RP	4					
Protein	g	1.45		0	RP	4					
Total lipid (fat)	g	1.36		0	RP	4					
Ash	g	0.69		0	RP	4					
Carbohydrate, by difference	g	13.56		0	RP	4					
Fiber, total dietary	g	1.1		0	RP	4					
Sugars, total	g	5.66		0	RP	4					
Starch	g										
Minerals:											
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	59		0	RP	4					
Iron, Fe	-	2.06		0	RP	4					
Magnesium, Mg		15		0	RP	4					
Phosphorus, P	_	54		0	RP	4					
Potassium, K	_	51		0	RP	4					
Sodium, Na	_	94		0	RP	4					
Zinc, Zn		0.32		0 0	RP	4					
Copper, Cu	-	0.039		0	RP RP	4 4					
Selenium, Se	_	2.9	•	0	RP	4					
	g	2.5		Ŭ	112	•					
Vitamins: Vitamin C, total ascorbic acid	ma	0.1		0	RP	4					
Thiamin		0.154	ı	0	RP	4					
Riboflavin	-	0.183		0	RP	4					
Niacin	-	2.167		0	RP	4					
Pantothenic acid	-	0.073		0	RP	4					
Vitamin B-6		0.227		0	RP	4					
Folate, total		46		0	RP	4					
Folic acid		41		0	RP	4					
Folate, food		4		0	RP	4					
Folate, DFE		75		0	NC	4					
Vitamin B-12		0.01		0	RP	4					
Vitamin A, IU	IU	570		0	RP	4					
Vitamin A, RAE	mcg_RAE	171		0	RP	4					
Retinol	mcg	171		0	RP	4					
Vitamin E (alpha-tocopherol)	mg	0.08		0	RP	4					
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta											
Vitamin D		0.4		0	RP	4					
Vitamin K (phylloquinone)	nicy	0.4		U	KP	4					
<u>Lipids:</u>	a	0.000	•	_							
Fatty acids, total saturated		0.288		0	RP	4					
4:0		0.000		0	RP	4					
6:0		0.000		0	RP	4					
8:0	-	0.011		0	RP	4 4					
10:0	-	0.012 0.109		0	RP RP	4					
12:0		0.105	•	U	KP	4					
13:0		0.048	ı	0	RP	4					
14:0		0.048	•	U	RP	4					
15:0		0.057	,	0	RP	4					
16:0		0.05		U	RP	4					
17:0 18:0	_	0.052	•	0	RP	4					
20:0	_	0.052	-	U	RP	4					
22:0	_										
24:0	_										

		Amount in 1	00 grams	of edil	ole portic	<u>on</u>	Amount in edible portion of common			
			Number of Data		Source	Confidence	<u>m</u>	easures of food		
Nutrients and Units	Mean	Std. Erro			Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	.g 0.4	33	0	RP	4					
14:1	g		·		-					
15:1	g 0.0	02	0	RP	4					
17:1 18:1 undifferentiated		31	0	RP	4					
20:1	-	00	0	RP	4					
22:1 undifferentiated	-		0	RP	4					
24:1 c	•				_					
Fatty acids, total polyunsaturated		32	0	RP	4					
18:2 undifferentiated			0	RP	4					
18:3 undifferentiated			0	RP	4					
18:4			0	RP	4					
20:2 n-6 c.c.	-		•		-					
20:3 undifferentiated	-									
20:4 undifferentiated		00	0	RP	4					
20:5 n-3	-		0	RP	4					
22:5 n-3			0	RP	4					
22:6 n-3			0	RP	4					
Fatty acids, total trans	-		•		•					
Cholesterol			0	RP	4					
Phytosterols	5		•		•					
1 Hytosterois	'''9									
Amino Acids:										
Tryptophan	g									
Threonine	g									
Isoleucine	g									
Leucine	g									
Lysine	g									
Methionine										
Cystine										
Phenylalanine										
Tyrosine										
Valine										
Arginine										
Histidine										
Alanine	-									
Aspartic acid	-									
Glutamic acid	-									
	q									
Glycine										
Proline	g									
<u> </u>										
Proline	g									
Proline	g									
Proline	g g		_							
Proline Serine Hydroxyproline Others: Alcohol, ethyl	g g g 0.0		0	RP	4					
Proline Serine Hydroxyproline Others: Alcohol, ethyl Caffeine	g g g 0.0 mg 0		0	RP	4					
Proline	g g g 0.0 mg 0									
Proline Serine Hydroxyproline Others: Alcohol, ethyl Caffeine	g g g 0.0 mg 0		0	RP	4					
Proline	g g g 00 mg 0 mg 0		0	RP	4					
Proline Serine Hydroxyproline Others: Alcohol, ethyl	g g 0.0 mg 0 mg 0		0	RP RP	4 4					
Proline Serine Hydroxyproline Others: Alcohol, ethyl	gg g 0.0 mg 0 mg 0 mcg 0 mcg 0		0	RP RP RP	4 4 4					
Proline Serine Hydroxyproline Others: Alcohol, ethyl Caffeine Theobromine Carotenoids: Carotene, beta Carotene, alpha	gg g o.co mg o mg o mcg o mcg o mcg o o		0 0	RP RP RP	4 4 4					

Common Measures:

Calories Factors: Protein Fat Carbohydrate

NDB No. 08227

Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, prepared with boiling water

Food Group: 08 Breakfast Cereals

NDB No. 08229 Cereals, QUAKER, Instant Oatmeal, low sodium, dry

		<u>A</u>	mount in 100	grams	of edik	oie portio	<u>n</u>	Amount in edible portion of common			
			N	Number				<u>m</u>	easures of food		
						Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
Proximates:						_					
Water	_	9.09		0	MC	9		2.55			
Energy		365		0	MC	9		102			
Energy	=	1525		0	MC	9		427			
Protein	_	13.00		0	MC	9 9		3.64			
Total lipid (fat)		7.09 3.50		0	MC MC	9		1.99 0.98			
AshCarbohydrate, by difference		67.29		0	MC	9		18.84			
Fiber, total dietary		9.8		0	MC	9		2.7			
Sugars, total		1.09		0	MC	9		0.31			
Starch	-	1.03		ŭ		,		0.31			
Minerals:											
* Calcium, Ca	mg	393		0	MC	9		110			
* Iron, Fe	-	29.40		0	MC	9		8.23			
Magnesium, Mg		134		0	MC	9		38			
Phosphorus, P		452		0	MC	9		127			
Potassium, K		375		0	MC	9		105			
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	278		0	MC	9		78			
Zinc, Zn	-	3.01		0	MC	9 9		0.84			
Copper, Cu		0.300 4.190		0	MC MC	9		0.084 1.173			
Manganese, Mn Selenium, Se		33.2	,	0	FLM	4		9.3			
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0			
* Thiamin		1.170)	0	MC	9		0.328			
Riboflavin	mg	1.330)	0	MC	9		0.372			
* Niacin	mg	15.720)	0	MC	9		4.402			
Pantothenic acid	mg	0.690)	0	MC	9		0.193			
k Vitamin B-6	-	1.570)	0	MC	9		0.440			
* Folate, total		315		0	MC	9		88			
Folic acid		281		0	NC	4		79			
Folate, food		34		0	CAZN	4		10			
Folate, DFE		511		0	NC	4		143			
Vitamin B-12		0.00 3929		0	MC MC	9 9		0.00 1100			
* Vitamin A, IU Vitamin A, RAE		1180		0	NC	4		330			
Retinol		1179		0	BNA	4		330			
Vitamin E (alpha-tocopherol)		0.64		0	NR	4		0.18			
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta	mg										
Vitamin D		0.000)	0	MC	9		0.000			
Vitamin K (phylloquinone)	mcg	3.2		0	FLM	4		0.9			
Lipids:				_							
Fatty acids, total saturated		1.253		0	FLM	4		0.351			
4:0		0.000		0	FLM	4		0.000			
6:0	-	0.000		0	FLM FLM	4 4		0.000			
8:0 10:0	_	0.000		0	FLM	4		0.000 0.000			
12:0		0.000		0	FLM	4		0.000			
13:0		3.02		,		-		0.007			
14:0		0.012	2	0	FLM	4		0.003			
15:0				-	-			2			
16:0	-	1.143	3	0	FLM	4		0.320			
17:0	-										
18:0	-	0.073	3	0	FLM	4		0.020			
20:0	g										
22:0											

	<u>Ar</u>	nount in 10	00 grams Number		ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Durilland and a	0.570		•						
Fatty acids, total monounsaturatedg	2.570		0	FLM	4		0.720		
14:1g 15:1g									
16:1 undifferentiated	0.013		0	FLM	4		0.004		
16:1 undifferentiated	0.013		U	E TWI	4		0.004		
18:1 undifferentiated	2.557		0	FLM	4		0.716		
20:1g	0.000		0	FLM	4		0.718		
22:1 undifferentiatedg	0.000		0	FLM	4		0.000		
24:1 c	0.000		Ū	2 1111	-		0.000		
Fatty acids, total polyunsaturatedg	2.830		0	FLM	4		0.792		
18:2 undifferentiatedg	2.707		0	FLM	4		0.758		
18:3 undifferentiatedg	0.123		0	FLM	4		0.034		
18:4g	0.000		0	FLM	4		0.000		
20:2 n-6 c,cg	0.000		·		-		0.000		
20:3 undifferentiated									
20:4 undifferentiatedg	0.000		0	FLM	4		0.000		
20:5 n-3g	0.000		0	FLM	4		0.000		
22:5 n-3g	0.000		0	FLM	4		0.000		
22:6 n-3g	0.000		0	FLM	4		0.000		
Fatty acids, total transg									
Cholesterolmg	0		0	MC	9		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	FLM	4		0.0		
Caffeinemg	0		0	FLM	4		0		
Theobromine mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, betamcg	0		0	BNA	4		0.000		
Carotene, alphamcg	0		0	BNA	4		0.000		
Cryptoxanthin, betamcg	0		0	BNA	4		0.000		
Lycopenemcg	0		0	BNA	4		0.000		
Lutein + zeaxanthin mcg	0		0	BNA	4		0.000		

Common Measures:

Measure 1 = 28g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08130 Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry

		<u>A</u>	mount in 100	<u>0 grams</u>	of edil	ole portio	<u>on</u>	Amount in edible portion of common			
				Number	-			m	easures of food		
				of Data		Source	Confidence				
Nutrients and Un	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	6.87		0	MC	9		2.95			
Energy	kcal	366		0	MC	9		157			
Energy	kj	1532		0	MC	9		659			
Protein	g	8.93		0	MC	9		3.84			
Total lipid (fat)	g	4.83		0	MC	9		2.08			
Ash	g	4.07		0	MC	9		1.75			
Carbohydrate, by difference	g	75.28		0	MC	9		32.37			
Fiber, total dietary	g	6.6		0	MC	9		2.8			
Sugars, total	g	30.43		0	MC	9		13.08			
Starch	g										
Ainavals:											
<u>Ainerals:</u> Calcium, Ca	ma	256		0	MC	9		110			
Iron, Fe	-	9.21		0	MC	9		3.96			
Magnesium, Mg		93		0	MC	9		40			
Phosphorus, P		312		0	MC	9		134			
Potassium, K	-	258		0	MC	9		111			
Sodium, Na		606		0	MC	9		261			
Zinc, Zn		2.08		0	MC	9		0.89			
Copper, Cu		0.220	1	0	MC	9		0.095			
Manganese, Mn		2.880		0	MC	9		1.238			
Selenium, Se		21.7	,	0	FLM	4		9.3			
Scientini, Sc	9			·		-		5.5			
<u>/itamins:</u>											
Vitamin C, total ascorbic acid		0.0		0	MC	9		0.0			
Thiamin		0.760)	0	MC	9		0.327			
Riboflavin	mg	0.870)	0	MC	9		0.374			
Niacin	mg	10.230)	0	MC	9		4.399			
Pantothenic acid	mg	0.470)	0	MC	9		0.202			
Vitamin B-6	mg	1.020)	0	MC	9		0.439			
Folate, total	mcg	205		0	MC	9		88			
Folic acid	mcg	182		0	NC	4		78			
Folate, food		23		0	CAZN	4		10			
Folate, DFE	mcg_DFE	332		0	NC	4		143			
Vitamin B-12	mcg	0.00		0	MC	9		0.00			
Vitamin A, IU		2558		0	MC	9		1100			
Vitamin A, RAE	mcg_RAE	768		0	NC	4		330			
Retinol		767		0	BNA	4		330			
Vitamin E (alpha-tocopherol)	mg	0.44		0	NR	4		0.19			
Tocopherol, beta											
Tocopherol, gamma	mg										
Tocopherol, delta	mg										
Vitamin D		0.000)	0	MC	9		0.000			
Vitamin K (phylloquinone)		2.0		0	FLM	4		0.9			
inide:											
ipids:	0	0.00		0	FTM	4		0.350			
Fatty acids, total saturated		0.835		0	FLM	4		0.359			
4:0		0.000		0	FLM	4		0.000			
6:0		0.000		0	FLM	4		0.000			
8:0	_	0.000		0	FLM	4		0.000			
10:0	-	0.000		0	FLM	4		0.000			
12:0		0.016	•	0	FLM	4		0.007			
13:0				_							
14:0		0.008	5	0	FLM	4		0.003			
15:0	_	_				_					
16:0	_	0.762	2	0	FLM	4		0.328			
17:0	_		_								
18:0	_	0.049	9	0	FLM	4		0.021			
20:0	_										
22:0	g										
24:0	g										

	Ar	nount in 10	0 grams	of edit	ole portio	<u>on</u>	Amount in edible portion of common		
			Number				<u>m</u>	easures of food	•
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	1.740		0	FLM	4		0.748		
14:1g									
15:1g			•						
16:1 undifferentiatedg	0.009		0	FLM	4		0.004		
17:1g	1 701		•						
18:1 undifferentiated	1.731		0	FLM	4		0.744		
20:1g	0.000		0	FLM	4		0.000		
22:1 undifferentiatedg	0.000		0	FLM	4		0.000		
24:1 cg			•						
Fatty acids, total polyunsaturatedg	1.440		0	FLM	4		0.619		
18:2 undifferentiatedg	1.377		0	FLM	4		0.592		
18:3 undifferentiatedg	0.063		0	FLM	4		0.027		
18:4g	0.000		0	FLM	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg			•						
20:4 undifferentiatedg	0.000		0	FLM	4		0.000		
20:5 n-3g	0.000		0	FLM	4		0.000		
22:5 n-3g	0.000		0	FLM	4		0.000		
22:6 n-3g	0.000		0	FLM	4		0.000		
Fatty acids, total transg	_		_				_		
Cholesterol mg	0		0	MC	9		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	FLM	4		0.0		
Caffeine mg	0		0	FLM	4		0		
Theobromine mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, betamcg	0		0	BNA	4		0.000		
Carotene, alphamcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta mcg	0		0	BNA	4		0.000		
Lycopene mcg	0		0	BNA	4		0.000		
Lutein + zeaxanthin mcg	0		0	BNA	4		0.000		

Common Measures:

Measure 1 = 43g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08131 Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water The Quaker Oats, Co.

		<u>A</u> 1	mount in 100	<u>grams</u>	of edil	ole portio	<u>on</u>	Amount in edible portion of common			
			ı	Number				m	easures of food	_	
						Source	Confidence				
Nutrients and Uni	ite	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
Nutrients and Uni	ito	IVICALI	Jiu. EIIUI	. 0		- 540		WIEGSUIE I	IVICASUI C Z	weasure	
Proximates:											
Water	g	75.13		0	RP	4		116.45			
Energy	kcal	101		0	RP	4		157			
Energy	kj	424		0	RP	4		657			
Protein	g	2.38		0	RP	4		3.69			
Total lipid (fat)	g	1.29		0	RP	4		1.99			
Ash	g	1.16		0	RP	4		1.79			
Carbohydrate, by difference	g	20.04		0	RP	4		31.07			
Fiber, total dietary	g	1.8		0	RP	4		2.7			
Sugars, total	g	8.10		0	RP	4		12.56			
Starch	g										
Minerals:											
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	70		0	RP	4		108			
Iron, Fe.	_	2.46		0	RP	4 4		3.81			
Magnesium, Mg		25			RP			39			
Phosphorus, P Potassium, K	-	83 69		0	RP RP	4 4		129 107			
Sodium, Na	-	163		0	RP RP	4		253			
Zinc, Zn	-	0.56		0	RP RP	4		0.86			
Copper, Cu		0.064	1	0	RP	4		0.098			
Manganese, Mn	-	0.767		0	RP	4		1.189			
Selenium, Se		5.8		0	RP	4		9.0			
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		0	RP	4		0.0			
Thiamin	mg	0.182	2	0	RP	4		0.282			
Riboflavin	mg	0.220)	0	RP	4		0.341			
Niacin	_	2.588		0	RP	4		4.011			
Pantothenic acid		0.125		0	RP	4		0.194			
Vitamin B-6	-	0.272	2	0	RP	4		0.421			
Folate, total		55		0	RP	4		84			
Folic acid		48		0	RP	4		75			
Folate, food		6		0	RP	4		9			
Folate, DFE		89		0	NC	4		137			
Vitamin B-12		0.00 681		0	RP	4 4		0.00 1056			
Vitamin A, IU Vitamin A, RAE	mea DAE	205		0	RP RP	4		317			
Retinol		205		0	RP	4		317			
Vitamin E (alpha-tocopherol)		0.12		0	RP	4		0.18			
Tocopherol, beta	ma ma	0.12		U	KF	-		0.18			
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		0.5		0	RP	4		0.8			
Lipids:											
Fatty acids, total saturated		0.222		0	RP	4		0.345			
4:0		0.000		0	RP	4		0.000			
6:0	-	0.000		0	RP	4		0.000			
8:0	-	0.000		0	RP	4		0.000			
10:0		0.000		0	RP	4		0.000			
12:0		0.004	ŀ	0	RP	4		0.007			
13:0	-	0 000		^							
14:0	_	0.002	1	0	RP	4		0.003			
15:0		0.000	,	0	22	4		0.015			
16:0		0.203	•	U	RP	4		0.315			
17:0	-	0.013	1	0	RP	4		0.020			
18:0 20:0	-	0.013	,	U	RP	4		0.020			
22:0	-										
24:0	-										

	<u>A</u>	mount in 100 gr		edible	e portio	<u>n</u>	Amount in edible portion of common measures of food		
			mber		_		<u></u>	sasares or roou	
Nutrients and Units	Mean	of Std. Error Po	Data De ints Co		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
F-44	g 0.463		0	RP	4		0.718		
Fatty acids, total monounsaturated	g	•	Ü	RF	•		0.718		
15:1	g 0.002	!	0	RP	4		0.004		
17:1 18:1 undifferentiated	-		0	RP	4		0.714		
20:1				RP	4		0.000		
22:1 undifferentiated	g 0.000			RP	4		0.000		
Fatty acids, total polyunsaturated		1	0	RP	4		0.594		
18:2 undifferentiated				RP	4		0.568		
18:3 undifferentiated	0			RP	4		0.026		
18:4				RP	4		0.020		
20:2 n-6 c.c		•	Ū	KE	-		0.000		
20:3 undifferentiated	-								
20:4 undifferentiated	_)	0	RP	4		0.000		
20:5 n-3				RP	4		0.000		
22:5 n-3	-			RP	4		0.000		
22:6 n-3				RP	4		0.000		
Fatty acids, total trans	-		·		-		0.000		
Cholesterol			0	RP	4		0		
Phytosterols	5		·		-		· ·		
Threonine Isoleucine Leucine Leucine Lysine Methionine Cystine Phenylalanine Tyrosine Valine Arginine Histidine Alanine Alanine Glutamic acid Glycine Proline Serine	9999999								
Hydroxyproline Others:	. 9								
Alcohol, ethyl	g. 0.0		0	RP	4		0.0		
Caffeine	mg 0		0	RP	4		0		
Theobromine	mg 0		0	RP	4		0		
Carotenoids:									
Carotene, beta				RP	4		0.000		
Carotene, alpha	=			RP	4		0.000		
Cryptoxanthin, beta				RP	4		0.000		
Lycopene				RP	4		0.000		
Lutein + zeaxanthin	ilioa n		0	RP	4		0.000		

Common Measures:

Measure 1 = 155g: 1 packet, prepared

NDB No. 08131

Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08228 Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry

		<u>A</u>	mount in 100	grams	ot edit	ole portio	<u>on</u>	Amount in edible portion of common			
			N	Number				<u>m</u>	easures of food		
						Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
Proximates:	a	8.12		0	MC	9		3.00			
Water	_			0		9					
Energy		365 1527		U	MC	9		135 565			
0,7		8.87		0	MC	9		3.28			
Protein Total lipid (fat)	-	5.50		0	MC	9		2.04			
Ash		3.82		0	MC	9		1.41			
Carbohydrate, by difference		73.69		0	MC	9		27.27			
Fiber, total dietary		6.6		0	MC	9		2.4			
Sugars, total		0.0		·	110	,		2			
Starch	_										
Ainerals:											
Calcium, Ca	ma	288		0	ML	5		107			
Iron, Fe	-	10.82		0	ML	5		4.00			
Magnesium, Mg	_	90		0	MC	9		33			
Phosphorus, P		295		0	MC	9		109			
Potassium, K		350		0	MC	9		130			
Sodium, Na		641		0	MC	9		237			
Zinc, Zn	mg	1.94		0	MC	9		0.72			
Copper, Cu	mg	0.260)	0	MC	9		0.096			
Manganese, Mn		2.660)	0	MC	9		0.984			
Selenium, Se	mcg	21.2		0	FLM	4		7.8			
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid		0.6		0	MC	9		0.2			
Thiamin	_	0.840		0	ML	5		0.311			
Riboflavin		0.960		0	ML	5		0.355			
Niacin		11.350		0	ML	5		4.200			
Pantothenic acid	-	0.440		0	MC	9		0.163			
Vitamin B-6	-	1.140 227	,	0	ML	5 5		0.422			
Folia acid		202		0	ML O	4		84 75			
Folic acidFolate, food		25		0	NC	4		9			
Folate, DFE		368		0	NC	4		136			
Vitamin B-12		0.00		0	MC	9		0.00			
Vitamin A, IU		2838		0	ML	5		1050			
Vitamin A, RAE		852		0	NC	4		315			
Retinol		852		0	NC	4		315			
Vitamin E (alpha-tocopherol)											
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta	mg										
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated		0.940		0	MC	9		0.348			
4:0	-	0.000		0	FLC	4		0.000			
6:0	-	0.000		0	FLC	4		0.000			
8:0	-	0.000		0	FLC	4		0.000			
10:0		0.000		0	FLC	4		0.000			
12:0	-	0.014	ŧ	0	FLC	4		0.005			
13:0		0.010)	0	FLC	4		0.004			
14:0	-	0.012	4	U	F.T.C.	4		0.004			
15:0		0.744	1	0	FLC	4		0.275			
16:0		0.744	•	U	FLC	4		0.275			
17:0		0.065	5	0	FLC	4		0.024			
18:0 20:0		0.003	•	U	FIIC	-		0.024			
22:0											
24:0											

	<u>Ar</u>	mount in 100 g	rams o	f edib	ole portio	<u>n</u>	Amount in	edible portion of	of common
		of			Source	Confidence	<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error Po	oints C	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	1.730		0	MC	9		0.640		
14:1							0.010		
15:1g									
16:1 undifferentiated	0.010		0	FLC	4		0.004		
17:1g									
18:1 undifferentiatedg	1.635		0	FLC	4		0.605		
20:1g	0.010		0	FLC	4		0.004		
22:1 undifferentiatedg	0.000		0	FLC	4		0.000		
24:1 cg									
Fatty acids, total polyunsaturated	2.110		0	MC	9		0.781		
18:2 undifferentiatedg	1.861		0	FLC	4		0.689		
18:3 undifferentiatedg	0.177		0	FLC	4		0.065		
18:4g	0.000		0	FLC	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	FLC	4		0.000		
20:5 n-3g	0.000		0	FLC	4		0.000		
22:5 n-3g	0.000		0	FLC	4		0.000		
22:6 n-3g	0.000		0	FLC	4		0.000		
Fatty acids, total transg									
Cholesterol mg	0		0	MC	9		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0		
Caffeinemg									
Theobromine mg									

Common Measures:

Measure 1 = 37g: 1 packet

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08415 Cereals, QUAKER, Instant Oatmeal,TREASURE HUNT, dry

		<u>A</u>	mount in 100	<u>grams</u>	of ear	ole portio	<u>n</u>	Amount in	edible portion of	of common
			I	Number				<u>m</u>	easures of food	-
						Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:		7.06		0	мс	9		3.32		
Water	_	369		0	MC	9		3.32 173		
Energy		1543		0	MC	9		725		
0,7	·=	7.72		0	MC	9		3.63		
Protein Total lipid (fat)	-	4.76		0	MC	9		2.24		
Ash		3.51		0	MC	9		1.65		
Carbohydrate, by difference		76.93		0	MC	9		36.16		
Fiber, total dietary		5.7		0	MC	9		2.7		
Sugars, total		36.17		0	MC	9		17.00		
Starch	_	30.17		v	мс	,		17.00		
Minerals:										
Calcium, Ca	mg	223		0	MC	9		105		
'Iron, Fe	-	8.04		0	MC	9		3.78		
Magnesium, Mg		90		0	MC	9		42		
Phosphorus, P		266		0	MC	9		125		
Potassium, K		223		0	MC	9		105		
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	541		0	MC	9		254		
Zinc, Zn	_	1.78	_	0	MC	9		0.84		
Copper, Cu		0.180		0	MC	9		0.085		
Manganese, Mn		2.460)	0	MC	9		1.156		
Selenium, Se	mcg	19.2		0	FLM	4		9.0		
Vitamins: Vitamin C, total ascorbic acid	ma	0.1		0	MC	9		0.0		
Thiamin		0.670)	0	MC	9		0.315		
Riboflavin	_	0.800		0	MC	9		0.376		
Niacin		9.420)	0	MC	9		4.427		
Pantothenic acid		0.410)	0	MC	9		0.193		
* Vitamin B-6		0.940)	0	MC	9		0.442		
Folate, total	mcg	189		0	MC	9		89		
Folic acid	mcg	166		0	NC	4		78		
Folate, food		23		0	CAZN	4		11		
Folate, DFE	mcg_DFE	305		0	NC	4		143		
Vitamin B-12	mcg	0.00		0	MC	9		0.00		
Vitamin A, IU		2357		0	MC	9		1108		
Vitamin A, RAE		708		0	NC	4		333		
Retinol		707		0	BNA	4		332		
Vitamin E (alpha-tocopherol)	mg	0.38		0	NR	4		0.18		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta		0.000	,	0	MC	9		0.000		
Vitamin D Vitamin K (phylloquinone)		4.0	,	0	FLM	4		1.9		
Lipids:										
Fatty acids, total saturated	g	1.151	L	0	FLM	4		0.541		
4:0		0.000)	0	FLM	4		0.000		
6:0		0.000)	0	FLM	4		0.000		
8:0	-	0.000)	0	FLM	4		0.000		
10:0	g	0.000)	0	FLM	4		0.000		
12:0	g	0.018	3	0	FLM	4		0.008		
13:0	g									
14:0	g	0.012	2	0	FLM	4		0.006		
15:0	g									
16:0	-	1.018	3	0	FLM	4		0.478		
17:0	-		_							
18:0	-	0.104	1	0	FLM	4		0.049		
20:0	-									
22:0 24:0	-									

		<u>An</u>	nount in 10	00 grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
					Deriv	Source	Confidence	<u>m</u> .	easures of food		
Nutrients and U	Jnits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturate		1.570		0	FLM	4		0.738			
14:1											
15:1 16:1 undifferentiated	_	0.013		0	FLM	4		0.006			
17:1		0.013		U	FLM	4		0.006			
18:1 undifferentiated		1.557		0	FLM	4		0.732			
20:1		1.557		U	E TWI	-		0.732			
22:1 undifferentiated											
24:1 c	_										
Fatty acids, total polyunsaturated	_	1.240		0	FLM	4		0.583			
18:2 undifferentiated		1.162		0	FLM	4		0.546			
18:3 undifferentiated	•	0.078		0	FLM	4		0.037			
18:4		0.000		0	FLM	4		0.000			
20:2 n-6 c.c.	_	0.000		·		-		0.000			
20:3 undifferentiated	_										
20:4 undifferentiated	_	0.000		0	FLM	4		0.000			
20:5 n-3		0.000		0	FLM	4		0.000			
22:5 n-3		0.000		0	FLM	4		0.000			
22:6 n-3		0.000		0	FLM	4		0.000			
Fatty acids, total trans	_										
Cholesterol		0		0	MC	9		0			
Phytosterols	•										
Others:											
Alcohol, ethyl	g	0.0		0	FLM	4		0.0			
Caffeine	mg	0		0	FLM	4		0			
Theobromine	mg	0		0	FLM	4		0			
Carotenoids:											
Carotene, beta	mcg	0		0	BNA	4		0.000			
Carotene, alpha	mcg	0		0	BNA	4		0.000			
Cryptoxanthin, beta	mcg	0		0	BNA	4		0.000			
Lycopene	mcg	0		0	BNA	4		0.000			
Lutein + zeaxanthin	mcg	0		0	BNA	4		0.000			

Common Measures:

Measure 1 = 47g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08446 Cereals, QUAKER, Mother's Instant Oatmeal (Non-Fortified), Dry

Refuse: 0%

		<u>A</u> 1	mount in 10	00 grams	of edik	ole portic	<u>on</u>		edible portion	
				Number				<u>m</u>	easures of food	<u>[</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	11.50		0	MC	9				
Energy		359		0	MC	9				
Energy		1502		0	MC	9				
Protein (N x 6.25)		13.70		0	MC	9				
Total lipid (fat)		7.10		0	MC	9				
Ash		1.89		0	MC	9				
Carbohydrate, by difference		65.81		0	MC	9				
Fiber, total dietary		9.5		0	MC	9				
Sugars, total		1.42		0	MC	9				
Starch										
Minerals:		_								
Calcium, Ca		52		0	MC	9				
Iron, Fe		3.81		0	MC	9				
Magnesium, Mg		136		0	MC	9				
Phosphorus, P	-	460		0	MC	9				
Potassium, K	-	384		0	MC	9				
Sodium, Na		3		0	MC	9 9				
Zinc, Zn		3.08 0.310		0	MC MC	9				
Copper, Cu	-	4.300		0	MC	9				
Selenium, Se	-	4.300	,	U	MC	9				
Selemuni, Se	1110g									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9				
Thiamin	mg	0.560)	0	MC	9				
Riboflavin	mg	0.130)	0	MC	9				
Niacin		0.870)	0	MC	9				
Pantothenic acid		0.710)	0	MC	9				
Vitamin B-6		0.100)	0	MC	9				
Folate, total		27		0	MC	9				
Folic acid		0		0	NC	4				
Folate, food		27		0	MC	9				
Folate, DFE		27		0	NC	4				
Vitamin B-12		0.00		0	MC	9				
Vitamin A, IU	IU	0		0	MC	9				
Vitamin A, RAE		0		0	NC	4				
Retinol		0		0	NC	4				
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta		0.000	,	0	MC	0				
Vitamin D		0.000	,	0	MC	9				
Vitamin K (phylloquinone)	Illey									
Lipids:										
Fatty acids, total saturated		1.340		0	MC	9				
Fatty acids, total monounsaturated		2.590		0	MC	9				
Fatty acids, total polyunsaturated		2.140)	0	MC	9				
Fatty acids, total trans										
Cholesterol		0		0	MC	9				
Phytosterols	mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 08446

Cereals, QUAKER, Mother's Instant Oatmeal (Non-Fortified), Dry

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08231 Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry

Refuse: 0%

Nutrients and Units Nutrients and Units Nutrients and Units Nutrients Nutrients			<u>A</u> 1	mount in 100	0 grams	of edib	ole portio	<u>on</u>	Amount in	edible portion	of common
Nutrients and Units					Number						
Nutrients and Units				-			Source	Confidence			
Nater.	Nutrients and Unit	ts	Mean						Measure 1	Measure 2	Measure 3
Exergy	Proximates:										
Faregy											
Protein.											
Total lipsh (sh)											
Ash		-			-						
Carbolydrax, by difference 9 25,18 Fiber, total dictary 9 1.43 0 MC 9 0.57 Sugars, total 9 1.43 0 MC 9 0.57 Surch 9 0.80 9 0.57 Minerals: Calcium, Ca. mg 79 0 MC 9 3.23 Lon, Fe. mg 8.07 0 MC 9 3.23 Magnetium, Mg. mg 241 0 MC 9 9.66 Ploussium, K. mg 579 0 MC 9 278 Potassium, K. mg 579 0 MC 9 222 Coloper, Ca. mg 6.20 0 MC 9 2.280 Manganese, Mn. mg 5.700 0 MC 9 0.120 Vitamin's 0 MC 9 0.0 0.0 Vitamin's 0 MC 9 0.30 0.0 0.0 0.0 0.0 0.0 0.0 <					-						
Fiber total dictary											
Sugars, total	2										
Shinch											
Minorals: Calcium, Ca. mg 79 0 MC 9 32 Iron, Fe. mg 8,07 0 MC 9 3,23 Magnesium, Mg. mg 241 0 MC 9 96 Phosphoras, P. mg 694 0 MC 9 278 Potassium, K. mg 579 0 MC 9 232 Sodium, Na mg 579 0 MC 9 1,68 Copper, Cu mg 4,20 0 MC 9 1,20 Jiac, Zn. mg 4,20 0 MC 9 0,120 Maganese, Mn. mg 5,700 0 MC 9 0,120 Magnese, Mn. mg 0 0 MC 9 0 0 Vitamins: mg 0 0 MC 9 0 0 0 0 0 0 10 120 Na <td></td> <td></td> <td>1.43</td> <td></td> <td>0</td> <td>MC</td> <td>9</td> <td></td> <td>0.57</td> <td></td> <td></td>			1.43		0	MC	9		0.57		
Calcium, Ca.	Starch	g									
Calcium, Ca.	Minerals:										
From, Fe		mg	79		0	MC	9		32		
Magnesium, Mg. mg 241 0 MC 9 96 Phosphorus, P. mg 694 0 MC 9 278 Phosphorus, R. mg 579 0 MC 9 232 Sodium, Na. mg 579 0 MC 9 2.28 Zine, Zn. mg 4.20 0 MC 9 0.120 Zine, Zn. mg 0.300 0 MC 9 0.120 Manganese, M. mg 0.0 0 MC 9 0.0 Vitamin C., total ascorbic acid. mg 0.0 0 MC 9 0.0 Vitamin M. mg 0.500 0 MC 9 0.388 Ribofavin. mg 0.500 0 MC 9 0.38 Ribofavin. mg 0.500 0 MC 9 0.34 Vitamin B-G mg 0.150 0 MC 9 0.3	,	• • • • • • • • • • • • • • • • • • • •									
Phosphorus P.		-	241		0	MC	9		96		
Sodium Na.			694		0	MC	9		278		
Zinc, Zin.	Potassium, K	mg	579		0	MC	9		232		
Copper, Cu	*		5		0	MC	9		2		
Manganese, Mn. mg 5.700 0 MC 9 2.280 Selenium, Se. mog 0.0 0 MC 9 0.0 Vitamins C. total ascorbic acid. mg 0.0 0 MC 9 0.388 Riboflavin. mg 0.300 0 MC 9 0.320 Niacin. mg 0.800 0 MC 9 0.340 Niacin. mg 0.850 0 MC 9 0.340 Pantotheric acid. mg 0.850 0 MC 9 0.340 Vitamin B-6. mg 0.110 0 MC 9 0.340 Foliac, Ed. mg 38 0 MC 9 1.5 Foliac, DFE mg 38 0 MC 9 1.5 Foliac, DFE meg_DFE 38 0 MC 9 0.00 Vitamin B-12 mg 0 MC 9	Zinc, Zn	mg	4.20		0	MC	9		1.68		
Selenium, Se	Copper, Cu	mg	0.300)	0	MC	9		0.120		
Vitamins: Vitamin C, total ascorbic acid	Manganese, Mn	mg	5.700)	0	MC	9		2.280		
Vitamin C, total ascorbic acid.	Selenium, Se	mcg	0.0		0	MC	9		0.0		
Vitamin C, total ascorbic acid.	Vitamins:										
Thiamin		ma	0.0		0	мс	۵		0.0		
Riboflavin	*	-		1							
Niacin											
Pantothenic acid											
Vitamin B-6.											
Folate, total											
Folic acid					0						
Folate, food	*										
Folate, DFE		-	38		0	MC			15		
Vitamin B-12 mcg 0.00 0 MC 9 0.00 Vitamin A, IU IU 100 0 MC 9 40 Vitamin A, RAE mcg_RAE Retinol mcg NC NC <td< td=""><td></td><td></td><td>38</td><td></td><td>0</td><td>NC</td><td>4</td><td></td><td>15</td><td></td><td></td></td<>			38		0	NC	4		15		
Vitamin A, IU. IU 100 MC 9 40 Vitamin A, RAE mcg Retinol			0.00		0	MC	9		0.00		
Vitamin A, RAE			100		0	MC	9		40		
Retinol	Vitamin A, RAE	mcg_RAE									
Tocopherol, beta											
Tocopherol, gamma	Vitamin E (alpha-tocopherol)	mg									
Tocopherol, delta	Tocopherol, beta	mg									
Vitamin D. IU 0.000 0 MC 9 0.000 Vitamin K (phylloquinone) mcg 9 0.000 Lipids: Fatty acids, total saturated 9 0.572 Fatty acids, total monounsaturated 9 0.572 Fatty acids, total polyunsaturated 9 1.044 Fatty acids, total polyunsaturated 9 1.212 Fatty acids, total trans 9 0 Cholesterol mg 0 Mc 9 0 Phytosterols mg 0 Mc 9 0 Others: Alcohol, ethyl 9 0 0 Caffeine mg 0.0 0 z 7 0.0	Tocopherol, gamma	mg									
Vitamin K (phylloquinone) Lipids: Fatty acids, total saturated 9 0.572 Fatty acids, total monounsaturated 9 1.044 Fatty acids, total polyunsaturated 9 1.212 Fatty acids, total trans 9 0 MC 9 1.212 Cholesterol mg 0 MC 9 0 Phytosterols mg 0 MC 9 0 Others: Alcohol, ethyl 9 0.0 2 7 0.0 Caffeine mg											
Lipids: Fatty acids, total saturated 9 1.430 0 MC 9 0.572 Fatty acids, total monounsaturated 9 1.044 Fatty acids, total polyunsaturated 9 1.212 Fatty acids, total trans 9 0 MC 9 0 Cholesterol mg 0 MC 9 0 Phytosterols mg 0 MC 9 0 Others: Alcohol, ethyl 9 0.0 2 7 0.0 Caffeine mg			0.000)	0	MC	9		0.000		
Fatty acids, total saturated	Vitamin K (phylloquinone)	mcg									
Fatty acids, total saturated	Lipids:										
Fatty acids, total monounsaturated		g	1.430)	0	MC	9		0.572		
Fatty acids, total polyunsaturated	2	-									
Fatty acids, total trans											
Cholesterol											
Phytosterolsmg Others: Alcohol, ethylg 0.0 0 z 7 0.0 Caffeinemg			0		0	MC	9		0		
Others: Alcohol, ethylg 0.0 0 z 7 0.0 Caffeinemg											
Alcohol, ethyl	-	-									
Caffeinemg		~	2 2		^	_	-		2.2		
			0.0		U	z	7		0.0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 08231

Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry

Common Measures:

Measure 1 = 40g: .5 cup (1 NLEA serving)

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08236 Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, prepared with water, no salt

		<u>A</u>	mount in 100	<u>u grams</u>	ot eath	ne portio	<u>on</u>		edible portion of	
				Number				<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	89.07		0	RA	4				
Energy	kcal	43		0	RA	4				
Energy	kj	180				4				
Protein	g	2.03		0	RA	4				
Total lipid (fat)	g	0.95		0	RA	4				
Ash	g	0.46		0	RA	4				
Carbohydrate, by difference	g	7.49		0	RA	4				
Fiber, total dietary	g	1.7		0	RA	4				
Sugars, total										
Starch										
Minerals:										
Calcium, Ca	mg	11		0	RA	4				
Iron, Fe	mg	0.97		0	RA	4				
Magnesium, Mg	mg	30		0	RA	4				
Phosphorus, P	mg	83		0	RA	4				
Potassium, K	mg	69		0	RA	4				
Sodium, Na	mg	3		0	RA	4				
Zinc, Zn	mg	0.53		0	RA	4				
Copper, Cu	mg	0.041	L	0	RA	4				
Manganese, Mn	mg	0.679	9	0	RA	4				
Selenium, Se	mcg									
itamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RA	4				
Thiamin	mg	0.115	5	0	RA	4				
Riboflavin	mg	0.036	5	0	RA	4				
Niacin	mg	0.096	5	0	RA	4				
Pantothenic acid	<u>mg</u>	0.101		0	RA	4				
Vitamin B-6	mg	0.013	3	0	RA	4				
Folate, total	mcg	5		0	RA	4				
Folic acid	mcg	0		0	Z	7				
Folate, food		5		0	RA	4				
Folate, DFE		5		0	NC	4				
Vitamin B-12		0.00		0	RA	4				
Vitamin A, IU		12		0	RA	4				
Vitamin A, RAE	mcg_RAE	1		0	NC	4				
Retinol		0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
<u>aipids:</u>	a	2 1 - 1	,	^						
Fatty acids, total saturated		0.170		0	RA	4				
4:0		0.000		0	RA	4				
6:0		0.000		0	RA.	4				
8:0		0.000		0	RA	4				
10:0		0.000		0	RA	4				
12:0		0.003	5	0	RA	4				
13:0				•						
14:0		0.001	L	0	RA	4				
15:0				_		_				
16:0		0.140)	0	RA	4				
17:0		_				_				
18:0		0.009	9	0	RA	4				
20:0										
22:0	g									
24:0	g									

	<u>Aı</u>	mount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in	edible portion of	of common
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	easures of food Measure 2	Measure 3
- Transino ana omio		Otal 21101					mododio i	mododi o z	mododi o o
			•						
Fatty acids, total monounsaturated		•	0	RA	4				
14:19									
15:1			0	RA					
16:1 undifferentiated		!	U	RA	4				
17:1			0	RA	4				
-			0		4				
20:1			•	RA	-				
22:1 undifferentiated		1	0	RA	4				
24:1 c			•						
Fatty acids, total polyunsaturated			0	RA	4				
18:2 undifferentiated			0	RA	4				
18:3 undifferentiated			0	RA	4				
18:4		1	0	RA	4				
20:2 n-6 c,c									
20:3 undifferentiated									
20:4 undifferentiated			0	RA	4				
20:5 n-3			0	RA	4				
22:5 n-3			0	RA	4				
22:6 n-3	0.000)	0	RA	4				
Fatty acids, total trans									
Cholesterolr	ng 0		0	RA	4				
Phytosterolsr	ng								
Others:									
Alcohol, ethylg	0.0		0	RA	4				
Caffeinemg	9								
Theobrominem									

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08200 Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry

		<u>A</u>	mount in 100	grams	ot edit	oie portio	<u>on</u>	Amount in	edible portion of	f common
			N	lumber				<u>m</u>	easures of food	
						Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:				•		•				
Water	-	11.07		0	MC	9		4.43		
Energy		333		0	MC	9		133		
Energy		1393 11.30		0	MC	9 9		557		
Protein	-			-	MC	9		4.52 1.03		
Total lipid (fat)		2.58 1.59		0	MC MC	9		0.64		
Ash		73.44		0	MC	9		29.38		
Carbohydrate, by difference		12.0		0	MC	9		4.8		
Fiber, total dietary		0.60		0	MC	9		0.24		
Sugars, total	=	0.60		U	МС	9		0.24		
Starch	9									
Minerals:										
Calcium, Ca	mg	34		0	MC	9		14		
Iron, Fe	-	2.98		0	MC	9		1.19		
Magnesium, Mg		115		0	MC	9		46		
Phosphorus, P		346		0	MC	9		138		
Potassium, K		411		0	MC	9		165		
Sodium, Na	-	3		0	MC	9		1		
Zinc, Zn		3.20		0	MC	9		1.28		
Copper, Cu		0.440		0	MC	9 9		0.176		
Manganese, Mn		2.620 44.4	,	0	MC RA	4		1.048 17.8		
Selenium, Se	Tricg	44.4		U	KA	4		17.8		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg	0.290)	0	MC	9		0.116		
Riboflavin	mg	0.130)	0	MC	9		0.052		
Niacin		3.570		0	MC	9		1.428		
Pantothenic acid		0.500		0	MC	9		0.200		
Vitamin B-6	_	0.240)	0	MC	9		0.096		
Folate, total		26		0	MC	9		10		
Folic acid		0		0	Z	7		0		
Folate, food		26		0	MC	9		10		
Folate, DFE		26		0	NC	4		10		
Vitamin B-12		0.00		0	MC	9		0.00		
Vitamin A, IU		10		0	RA	4		4		
Vitamin A, RAERetinol.		1 0		0 0	RA	4 4		0 0		
		0.75		0	RA RA	4		0.30		
Vitamin E (alpha-tocopherol) Tocopherol, beta	mg	0.75		U	KA	4		0.30		
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		0.000)	0	MC	9		0.000		
Vitamin K (phylloquinone)		3.3		0	RA	4		1.3		
v rammi ix (phynoquinone)										
<u>Lipids:</u>										
Fatty acids, total saturated		0.520		0	MC	9		0.208		
4:0	-	0.000		0	FLM	4		0.000		
6:0		0.000		0	FLM	4		0.000		
8:0	-	0.003		0	FLM	4		0.001		
10:0		0.000		0	FLM	4		0.000		
12:0	-	0.005	•	0	FLM	4		0.002		
13:0			_	_						
14:0		0.005		0	FLM	4		0.002		
15:0	_			_		_				
16:0	_	0.359	•	0	FLM	4		0.144		
17:0	_			_						
18:0	_	0.019	•	0	FLM	4		0.008		
20:0	-									
22:0	g									

		<u>Ar</u>	nount in 10	0 grams		ole portio	<u>on</u>		edible portion of easures of food	
Nutrients and U	nits	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate	dg	0.570		0	MC	9		0.228		
14:1	g									
15:1	-									
16:1 undifferentiated	-	0.008		0	FLM	4		0.003		
17:1										
18:1 undifferentiated	-	0.551		0	FLM	4		0.220		
20:1	-	0.004		0	FLM	4		0.002		
22:1 undifferentiated	•	0.000		0	FLM	4		0.000		
24:1 c										
Fatty acids, total polyunsaturated		1.280		0	MC	9		0.512		
18:2 undifferentiated		0.952		0	FLM	4		0.381		
18:3 undifferentiated	g	0.083		0	FLM	4		0.033		
18:4	g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated	• • • • • • • • • • • • • • • • • • • •									
20:4 undifferentiated	g	0.000		0	FLM	4		0.000		
20:5 n-3		0.000		0	FLM	4		0.000		
22:5 n-3	g	0.000		0	FLM	4		0.000		
22:6 n-3	g	0.000		0	FLM	4		0.000		
Fatty acids, total trans	g									
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	Z	7		0.0		
Caffeine	mg	0		0	RA	4		0		
Theobromine	mg	0		0	RA	4		0		
Carotenoids:										
Carotene, beta		6		0	RA	4		2.480		
Carotene, alpha	mcg	0		0	RA	4		0.000		
Cryptoxanthin, beta		0		0	RA	4		0.000		
Lycopene	mcg	0		0	RA	4		0.000		
Lutein + zeaxanthin		193		0	RA	4		77.000		

Common Measures:

Measure 1 = 40g: .5 cup (1 NLEA serving)

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08249 Cereals, QUAKER, QUAKER MultiGrain Oatmeal, prepared with water, no salt

		<u>A</u>	mount in 10	<u>u grams</u>	ot ear	ne portio	<u>)11</u>		edible portion	
				Number				<u>m</u>	easures of food	[
				of Data	Deriv	Source	Confidence			
Nutrients and Unit	te	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Nutrients and only		Mean	Ota. Error					Wedsure 1	Measure 2	Wedsare
Proximates:										
Water	g	83.58		0	RA	4				
Energy	kcal	61		0	RA	4				
Energy		255				4				
Protein		2.08		0	RA	4				
Total lipid (fat)	-	0.47		0	RA	4				
Ash		0.37		0	RA	4				
		13.49		0	RA	4				
Carbohydrate, by difference		2.2		0		4				
Fiber, total dietary		2.2		U	RA	4				
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	ma	8		0	RA	4				
Iron, Fe	-	0.56		0	RA.	4				
Magnesium, Mg	-	22		0	RA RA	4				
Phosphorus, P		64		0	RA	4				
Potassium, K		75		0	RA RA	4				
	-	3		0		4				
Sodium, Na	-	0.61		0	RA	4				
Zinc, Zn			-	0	RA	4				
Copper, Cu		0.086		0	RA	4				
Manganese, Mn		0.482	4	U	RA	4				
Selenium, Se	nicg									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0		0	RA	4				
Thiamin	mg	0.053	3	0	RA	4				
Riboflavin	mg	0.024	l	0	RA	4				
Niacin	mg	0.656	5	0	RA	4				
Pantothenic acid	mg	0.092	2	0	RA	4				
Vitamin B-6		0.044	Į	0	RA	4				
Folate, total	-	5		0	RA	4				
Folic acid		4		0	BFSN	4				
Folate, food		1		0	BFSN	4				
Folate, DFE	mca DFE	8		0	NC	4				
Vitamin B-12		0.00		0	RA	4				
Vitamin A, IU		1		0	RA	4				
Vitamin A, RAE		0		0	NC	4				
Retinol		Ö		0	Z	7				
Vitamin E (alpha-tocopherol)		ŭ		·	-	•				
Tocopherol, beta	ma									
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)										
vitamin K (phynodumone)	g									
<u> </u>										
Fatty acids, total saturated	g	0.096	5	0	RA	4				
4:0	g	0.000)	0	RA	4				
6:0	g	0.000)	0	RA	4				
8:0		0.001	L	0	RA	4				
10:0	g	0.000)	0	RA	4				
12:0		0.001		0	RA	4				
13:0										
14:0		0.001	L	0	RA	4				
15:0				-		-				
16:0		0.066	5	0	RA	4				
17:0		5.000	-		.vn	-				
		0.003	1	0	RA	4				
18:0		0.003	,	U	KA	4				
20:0										
22:0	g									

	<u>Ar</u>	nount in 100	grams	of edib	ole portio	<u>on</u>	Amount in	edible portion o	f common
Nutrients and Units	Mean			Deriv	Source Code	Confidence Code	me Measure 1	easures of food Measure 2	Measure 3
Nutrients and Onits	Weari	Stu. Elloi					Weasure 1	Weasure 2	Weasure 3
Fatty acids, total monounsaturatedg	0.105		0	RA	4				
14:1									
15:1g	0.001		•	RA					
16:1 undifferentiated	0.001		0	KA	4				
17:1	0.101		0	RA	4				
20:1g	0.101		0	RA RA	4				
20:1 g 22:1 undifferentiated g	0.001		0	RA RA	4				
<u> </u>	0.000		U	RA	4				
24:1 c	0.235		0	RA	4				
Fatty acids, total polyunsaturated	0.235		0	RA RA	4				
18:2 undifferentiated	0.175		0	RA RA	4				
18:4	0.013		0	RA RA	4				
20:2 n-6 c,cg	0.000		U	RA	4				
20:2 n-6 c,c									
20:3 undifferentiated	0.000		0	RA	1				
20:5 n-3	0.000		0	RA.	4				
20.5 n-3	0.000		0	RA.	4				
22:6 n-3	0.000		0	RA.	4				
Fatty acids, total trans	0.000		Ū	M	-				
Cholesterol mg	0		0	RA	4				
Phytosterols mg			v	IVA.	•				
Others:									
Alcohol, ethylg	0.0		0	RA	4				
Caffeinemg	0		0	Z	7				
Theobromine mg	0		0	Z	7				

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

		<u>A</u>	mount in 100	grams	ot eath	ne portic	<u>on</u>		edible portion	
			M	Number				<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	83.44		0	RA	4				
Energy	kcal	61		0	RA	4				
Energy	kj	255				4				
Protein		2.07		0	RA	4				
Total lipid (fat)	-	0.47		0	RA	4				
Ash		0.54		0	RA	4				
Carbohydrate, by difference		13.47		0	RA	4				
Fiber, total dietary		2.2		0	RA	4				
Sugars, total										
Starch										
Starch	9									
<u>Minerals:</u>										
Calcium, Ca	-	8		0	RA	4				
Iron, Fe	-	0.56		0	RA	4				
Magnesium, Mg	mg	22		0	RA	4				
Phosphorus, P	mg	63		0	RA	4				
Potassium, K	mg	75		0	RA	4				
Sodium, Na	mg	70		0	RA	4				
Zinc, Zn	<u>mg</u>	0.61		0	RA	4				
Copper, Cu	mg	0.086	5	0	RA	4				
Manganese, Mn	mg	0.481	L	0	RA	4				
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RA	4				
Thiamin	mg	0.053	3	0	RA	4				
Riboflavin	mg	0.024	1	0	RA	4				
Niacin		0.655	5	0	RA	4				
Pantothenic acid		0.092	2	0	RA	4				
Vitamin B-6	mg	0.044	1	0	RA	4				
Folate, total	mcg	5		0	RA	4				
Folic acid	mcg	4		0	BFSN	4				
Folate, food	mcg	1		0	BFSN	4				
Folate, DFE	mcg_DFE	8		0	NC	4				
Vitamin B-12		0.00		0	RA	4				
Vitamin A, IU		1		0	RA	4				
Vitamin A, RAE		0		0	NC	4				
Retinol		0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
<u>lipids:</u>										
Fatty acids, total saturated	g	0.095	5	0	RA	4				
4:0		0.000		0	RA	4				
6:0		0.000		0	RA	4				
8:0		0.001		0	RA	4				
10:0		0.000		0	RA	4				
12:0		0.001		0	RA	4				
13:0				-						
14:0		0.001	L	0	RA	4				
15:0				-		•				
16:0		0.066	5	0	RA	4				
17:0		2.200	-	•		-				
18:0		0.003	3	0	RA	4				
20:0		5.005	-	•		-				
22:0										
24:0										

	<u>Aı</u>	mount in 10	0 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common				
			Number of Data		Source	Confidence	measures of food				
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3		
Fatty acids, total monounsaturatedg	0.105		0	RA	4						
14:1g											
15:1g											
16:1 undifferentiatedg	0.001		0	RA	4						
17:1g											
18:1 undifferentiatedg	0.101		0	RA	4						
20:1g	0.001		0	RA	4						
22:1 undifferentiatedg	0.000		0	RA	4						
24:1 cg											
Fatty acids, total polyunsaturatedg	0.235		0	RA	4						
18:2 undifferentiatedg	0.175		0	RA	4						
18:3 undifferentiatedg	0.015		0	RA	4						
18:4g	0.000		0	RA	4						
20:2 n-6 c,cg											
20:3 undifferentiatedg											
20:4 undifferentiatedg	0.000		0	RA	4						
20:5 n-3g	0.000		0	RA	4						
22:5 n-3g	0.000		0	RA	4						
22:6 n-3g	0.000		0	RA	4						
Fatty acids, total trans											
Cholesterolmg	0		0	RA	4						
Phytosterolsmg											

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

		<u>A</u>	mount in 100) grams	Amount in	edible portion of	of common			
			ı	Number	<u>m</u> :	easures of food				
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	9.37		0	MC	9				
Energy	-	371		0	MC	9				
Energy		1552		0	MC	9				
Protein (N x 6.25)		13.70		0	MC	9				
Total lipid (fat)	-	6.87		0	MC	9				
Ash		1.87		0	MC	9				
Carbohydrate, by difference		68.18		0	MC	9				
Fiber, total dietary		9.4		0	MC	9				
Sugars, total		1.42		0	MC	9				
Starch	g									
Minerals:										
Calcium, Ca	mg	47		0	MC	9				
Iron, Fe	-	4.64		0	MC	9				
Magnesium, Mg	mg	270		0	MC	9				
Phosphorus, P	mg	458		0	MC	9				
Potassium, K		358		0	MC	9				
Sodium, Na		3		0	MC	9				
Zinc, Zn		3.20		0	MC	9				
Copper, Cu		0.370		0 0	MC	9 9				
Manganese, Mn Selenium, Se		4.300 34.0	,	0	MC BFZN	4				
•	g	34.0		Ū	DI ZIN	-				
<u>Vitamins:</u>		0.0		0		9				
Vitamin C, total ascorbic acid Thiamin		0.0 0.540	,	0	MC MC	9				
Riboflavin	-	0.120		0	MC	9				
Niacin		0.820		0	MC	9				
Pantothenic acid		0.710		0	MC	9				
Vitamin B-6		0.100)	0	MC	9				
Folate, total		32		0	BFZN	4				
Folic acid		0		0	BFZN	4				
Folate, food		32		0	BFZN	4				
Folate, DFE		32		0	NC	4				
Vitamin B-12		0.00		0	MC	9				
Vitamin A, IU	IU	0		0	MC	9				
Vitamin A, RAE		0		0	NC	4				
Retinol Vitamin E (alpha-tocopherol)		0 0.70		0 0	BFZN BFZN	4 4				
Tocopherol, beta		0.70		U	DF ZN	4				
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		0.000)	0	MC	9				
Vitamin K (phylloquinone)	mcg	3.2		0	BFZN	4				
Lipids:										
Fatty acids, total saturated	g	1.110)	0	BFZN	4				
4:0	g	0.000)	0	BFZN	4				
6:0		0.000		0	BFZN	4				
8:0	-	0.000		0	BFZN	4				
10:0		0.000		0	BFZN	4				
12:0	-	0.020	J	0	BFZN	4				
13:0		0.017	,	^	Dun	4				
14:0		0.010	,	0	BFZN	4				
15:0	_	0.940	1	0	BFZN	4				
16:0 17:0	_	0.940	,	U	DE ZN	4				
18:0	_	0.060)	0	BFZN	4				
20:0	_	0.000		v		-				
22:0	_									
24:0	-									

	<u>Am</u>	ount in 10	0 grams	of edib	le portio	<u>on</u>	Amount in edible portion of common					
			Number		Source Confidence		<u>m</u>					
Nutrients and Units	Mean \$	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3			
Fatty acids, total monounsaturatedg	1.980		0	BFZN	4							
14:1g												
15:1	0.010		0	BFZN	4							
17:1g	0.010		U	DF ZN	4							
18:1 undifferentiated	1.970		0	BFZN	4							
20:1g	0.000		0	BFZN	4							
22:1 undifferentiated q	0.000		0	BFZN	4							
24:1 cg	0.000		·	22 231	-							
Fatty acids, total polyunsaturatedg	2.300		0	BFZN	4							
18:2 undifferentiatedg	2.200		0	BFZN	4							
18:3 undifferentiatedg	0.100		0	BFZN	4							
18:4g	0.000		0	BFZN	4							
20:2 n-6 c,cg												
20:3 undifferentiatedg												
20:4 undifferentiatedg	0.000		0	BFZN	4							
20:5 n-3g	0.000		0	BFZN	4							
22:5 n-3g	0.000		0	BFZN	4							
22:6 n-3g	0.000		0	BFZN	4							
Fatty acids, total transg												
Cholesterol mg	0		0	MC	9							
Phytosterolsmg												
Others:												
Alcohol, ethylg	0.0		0	BFZN	4							
Caffeine mg	0		0	BFZN	4							
Theobrominemg	0		0	BFZN	4							
Carotenoids:												
Carotene, betamcg	0		0	BFZN	4							
Carotene, alphamcg	0		0	BFZN	4							
Cryptoxanthin, beta mcg	0		0	BFZN	4							
Lycopene mcg	0		0	BFZN	4							
Lutein + zeaxanthinmcg	180		0	BFZN	4							

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

Refuse: 0%

		<u>A</u>	mount in 100	0 grams	Amount in edible portion of common					
				Number	me	easures of food				
						Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		9.65		0	MC	9				
Energy		346		0	MC	9				
Energy		1446		0	MC	9				
Protein		10.74		0	MC	9				
Total lipid (fat)		2.24		0	MC	9				
Ash	g	0.97		0	MC	9				
Carbohydrate, by difference	g	76.38		0	MC	9				
Fiber, total dietary		10.4		0	MC	9				
Sugars, total	g	0.66		0	MC	9				
Starch	g									
Minerals:										
Calcium, Ca	mg	28		0	MC	9				
Iron. Fe.	-	1.99		0	MC	9				
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	60		0	MC	9				
Phosphorus, P		211		0	MC	9				
Potassium, K	mg	261		0	MC	9				
Sodium, Na	mg	7		0	MC	9				
Zinc, Zn	<u>mg</u>	1.46		0	MC	9				
Copper, Cu	mg	0.380)	0	MC	9				
Manganese, Mn		1.260)	0	MC	9				
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	MC	9				
Thiamin	-	0.250)	0	MC	9				
Riboflavin		0.090		0	MC	9				
Niacin		4.520		0	MC	9				
Pantothenic acid		0.280)	0	MC	9				
Vitamin B-6		0.260)	0	MC	9				
Folate, total		23		0	MC	9				
Folic acid	mcg	0		0	z	7				
Folate, food	mcg	23		0	MC	9				
Folate, DFE	mcg_DFE	23		0	NC	4				
Vitamin B-12	mcg	0.00		0	MC	9				
Vitamin A, IU	IU	22		0	MC	9				
Vitamin A, RAE	mcg_RAE	1		0	NC	4				
Retinol	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D		0.000)	0	MC	9				
Vitamin K (phylloquinone)	fricg									
Lipids:										
Fatty acids, total saturated	g	0.470)	0	MC	9				
Fatty acids, total monounsaturated		0.200)	0	MC	9				
Fatty acids, total polyunsaturated	g	1.030)	0	MC	9				
Fatty acids, total trans										
Cholesterol		0		0	MC	9				
Phytosterols	mg									
Others										
Others: Alcohol, ethyl	a	0.0		0	z	7				
Caffeine		0.0		U	4	,				
Theobromine	-									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 08232 Cereals, QUAKER, Scotch Barley, regular and quick, dry

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08221 Cereals, QUAKER, corn grits, instant, butter flavor, dry

		<u>A</u>	mount in 100 g	rams c	Amount in edible portion of common					
			Nu	mber	measures of food					
					Deriv	Source	Confidence			
Nutrients and Unit	s	Number of Data Deriv Source Code	Code	Measure 1	Measure 2	Measure 3				
Proximates:										
Water	g	6.73		0	MC	9		1.88		
Energy	kcal	366		0	MC	9		102		
Energy	kj	1531		0	MC	9		429		
Protein	g	8.09		0	MC	9		2.27		
Total lipid (fat)	g	5.51		0	MC	9		1.54		
Ash	g	4.62		0	MC	9		1.29		
Carbohydrate, by difference	g	75.04		0	MC	9		21.01		
Fiber, total dietary	g	4.8		0	MC	9		1.3		
Sugars, total	g	0.87		0	MC	9		0.24		
Starch	g									
Minauala										
Minerals: Calcium, Ca	ma	411		0	MC	Q.		115		
* Iron, Fe								8.10		
Magnesium, Mg	-							8		
Phosphorus, P								24		
Potassium, K	-			0		9		41		
Sodium, Na		1310		0	MC	9		367		
Zinc, Zn	mg	0.39		0	MC	9		0.11		
Copper, Cu	mg	0.070)	0	MC	9		0.020		
Manganese, Mn	mg	0.090)		MC			0.025		
Selenium, Se	mcg	0.0		0	MC	9		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	MC	9		0.0		
* Thiamin)					0.165		
* Riboflavin								0.185		
* Niacin		7.850)	0	MC	9		2.198		
Pantothenic acid	-	0.430)	0	MC	9		0.120		
Vitamin B-6	mg	0.130)	0	MC	9		0.036		
* Folate, total	mcg	156		0	MC	9		44		
Folate, DFE	mcg_DFE									
Vitamin B-12		0.00			MC			0.00		
Vitamin A, IU	IU							228		
Vitamin A, RAE		41		0	NC	4		11		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	-									
Tocopherol, gamma										
Tocopherol, delta		0 000	`	0	мс	۵		0.000		
Vitamin D Vitamin K (phylloquinone)		0.000	,	U	MC	9		0.000		
vitamin K (phynoquinone)	9									
<u>Lipids:</u>										
Fatty acids, total saturated	_							0.683		
Fatty acids, total monounsaturated	_							0.274		
Fatty acids, total polyunsaturated		0.510)	0	MC	9		0.143		
Fatty acids, total trans		4		0	wa	^		•		
Cholesterol	=	1		U	MC	9		0		
Phytosterols										
Others:										
Alcohol, ethyl		0.0		0	Z	7		0.0		
Caffeine										
Theobromine	mg									
Carotenoids:										
Carotene, beta	mcg	666		0	MC	9		186.407		
Carotene, alpha										
Cryptoxanthin, beta										
Lycopene	mcg									
Lutein + zeaxanthin	mcg									

NDB No. 08221 Cereals, QUAKER, corn grits, instant, butter flavor, dry

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Nutrients and Units Mean Std. Error Points Code Code Code Measure 1 Measure 2 Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08238 Cereals, QUAKER, corn grits, instant, butter flavor, prepared with water The Quaker Oats, Co.

		<u>A</u>	mount in 10	00 grams	Amount in edible portion of common					
				Number	me	easures of food	<u> </u>			
						Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:		00.40		•						
Water	=	82.49		0	FLM	4				
Energy		71		0	FLM	4				
Energy		299		0	FLM	4				
Protein		1.51		0	FLM	4				
Total lipid (fat)		1.03		0	FLM	4				
Ash		0.94		0	FLM	4				
Carbohydrate, by difference		14.02		0	FLM	4				
Fiber, total dietary		0.9		0	FLM	4				
Sugars, total	_	0.16		0	FLM	4				
Starch	g									
Minerals:										
Calcium, Ca	mg	79		0	FLM	4				
* Iron, Fe	-	5.41		0	FLM	4				
Magnesium, Mg	-	6		0	FLM	4				
Phosphorus, P		16		0	FLM	4				
Potassium, K		28		0	FLM	4				
Sodium, Na	mg	247		0	FLM	4				
Zinc, Zn	mg	0.08		0	FLM	4				
Copper, Cu	mg	0.019	•	0	FLM	4				
Manganese, Mn	mg	0.017	7	0	FLM	4				
Selenium, Se	mcg	0.0		0	FLM	4				
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	FLM	4				
* Thiamin		0.110)	0	FLM	4				
* Riboflavin	_	0.123		0	FLM	4				
* Niacin.		1.467		0	FLM	4				
Pantothenic acid	-	0.080)	0	FLM	4				
Vitamin B-6		0.024	l	0	FLM	4				
* Folate, total		29		0	FLM	4				
Folate, DFE										
Vitamin B-12		0.00		0	FLM	4				
Vitamin A, IU	IU	152		0	FLM	4				
Vitamin A, RAE	mcg_RAE	8		0	FLM	4				
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D		0.000)	0	FLM	4				
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	q	0.000)	0	FLM	4				
Fatty acids, total monounsaturated		0.000		0	FLM	4				
Fatty acids, total polyunsaturated		0.000		0	FLM	4				
Fatty acids, total trans										
Cholesterol		0		0	FLM	4				
Phytosterols										
-	-									
Others:	~			^	E					
Alcohol, ethyl		0.0		0	FLM	4				
Caffeine										
Theobromine	iiig									
Carotenoids:										
Carotene, beta		124		0	FLM	4				
Carotene, alpha										
Cryptoxanthin, beta	mcg									
Lycopene										
Lutein + zeaxanthin	mcg									

Cereals, QUAKER, corn grits, instant, butter flavor, prepared with water

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Nutrients and Units Mean Std. Error Points Code Code Code Measure 1 Measure 2 Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08094 Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry

Refuse: 0%

The Quaker Oats, Co.

		<u>A</u>	mount in 100	<u>u grams</u>	of edit	oie portio	<u>n</u>	Amount in edible portion of common			
			I	Number	,			<u>m</u>	easures of food		
						Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:						•		0.10			
Water	-	7.60		0	MC	9		2.13			
Energy		366		0	MC MC	9 9		102 428			
Energy		1529		0		9					
Protein	-	8.37		-	MC	9		2.34 1.67			
Total lipid (fat)		5.97		0	MC MC	9		1.67			
Ash		4.97 73.08		0		9		20.46			
Carbohydrate, by difference		4.2		0	MC MC	9		1.2			
Fiber, total dietary				0	MC	9					
Sugars, total	-	2.13		U	MC	9		0.60			
Starch	g										
<u> Minerals:</u>											
Calcium, Ca	mg	46		0	MC	9		13			
Iron, Fe	-	28.93		0	MC	9		8.10			
Magnesium, Mg	mg	37		0	MC	9		10			
Phosphorus, P		139		0	MC	9		39			
Potassium, K		170		0	MC	9		47			
Sodium, Na		1865		0	MC	9		522			
Zinc, Zn		0.75		0	MC	9		0.21			
Copper, Cu		0.110		0	MC	9		0.031			
Manganese, Mn		0.270)	0	MC	9		0.076			
Selenium, Se	mcg	15.7		0	FLM	4		4.4			
Vitamins: Vitamin C, total ascorbic acid	ma	0.0		0	MC	9		0.0			
Thiamin		0.580	1	0	MC	9		0.162			
Riboflavin	-	0.660		0	MC	9		0.185			
Niacin.		7.830		0	MC	9		2.192			
Pantothenic acid		0.400		0	MC	9		0.112			
Vitamin B-6		0.160		0	MC	9		0.045			
Folate, total	-	156		0	MC	9		44			
Folic acid		142		0	NC	4		40			
Folate, food		14		0	NC	4		4			
Folate, DFE		255		0	NC	4		72			
Vitamin B-12		0.20		0	MC	9		0.06			
Vitamin A, IU	IU	13		0	FLM	4		4			
Vitamin A, RAE	mcg_RAE	3		0	NC	4		1			
Retinol	mcg	3		0	FLM	4		1			
Vitamin E (alpha-tocopherol)	mg	0.40		0	FLM	4		0.11			
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D		0.150)	0	MC	9		0.042			
Vitamin K (phylloquinone)	mcg	1.2		0	FLM	4		0.3			
<u>Lipids:</u>											
Fatty acids, total saturated	g	1.760)	0	MC	9		0.493			
4:0		0.033	3	0	FLM	4		0.009			
6:0	g	0.017	7	0	FLM	4		0.005			
8:0	-	0.009	•	0	FLM	4		0.002			
10:0	g	0.022		0	FLM	4		0.006			
12:0		0.018	3	0	FLM	4		0.005			
13:0											
14:0		0.112	2	0	FLM	4		0.031			
15:0	-										
16:0	-	1.045	5	0	FLM	4		0.292			
17:0	-										
18:0	-	0.437	7	0	FLM	4		0.122			
20:0	-										
22:0	a										

Fatty acids, total monounsaturated	
Fatty acids, total monounsaturated	
14:1	sure 3
14:1	
15:1	
16:1 undifferentiated g 0.029 0 FLM 4 0.008 17:1 g 18:1 undifferentiated g 1.520 0 FLM 4 0.426 20:1 g 0.000 0 FLM 4 0.000 22:1 undifferentiated g 0.000 0 FLM 4 0.000 24:1 c g	
18:1 undifferentiated .g 1.520 0 FLM 4 0.426 20:1 .g 0.000 0 FLM 4 0.000 22:1 undifferentiated .g 0.000 0 FLM 4 0.000 24:1 c .g .g	
20:1 g 0.000 0 FLM 4 0.000 22:1 undifferentiated g 0.000 0 FLM 4 0.000 24:1 c g g 0.000 0 FLM 4 0.000	
22:1 undifferentiatedg 0.000 0 FLM 4 0.000 24:1 cg	
24:1 cg	
7	
Fatty acids, total polyunsaturated	
18:2 undifferentiated	
18:3 undifferentiated	
18:4g 0.000 0 FLM 4 0.000	
20:2 n-6 c,cg	
20:3 undifferentiated	
20:4 undifferentiated	
20:5 n-3g 0.000 0 FLM 4 0.000	
22:5 n-3	
22:6 n-3	
Fatty acids, total trans	
Cholesterolmg 2 0 MC 9 1	
Phytosterolsmg	
Others:	
Alcohol, ethylg 0.0 0 z 7 0.0	
Caffeinemg 0 0 FLM 4 0	
Theobromine	
Carotenoids:	
Carotene, beta	
Carotene, alpha	
Cryptoxanthin, beta	
Lycopenemcg 0 0 FLM 4 0.000	
Lutein + zeaxanthin	

Common Measures:

Measure 1 = 28g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08095 Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, prepared with water The Quaker Oats, Co.

		<u>A</u>	mount in 100	0 grams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			1	Number				<u>me</u>	easures of food	<u>.</u>	
Nutrients and Uni	ts	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	82.26		0	FLA	4		23.03	116.81		
Energy	kcal	72		0	FLA	4		20	103		
Energy	kj	302		0	FLA	4		85	430		
Protein	g	1.60		0	FLA	4		0.45	2.28		
Total lipid (fat)	g	1.10		0	FLA	4		0.31	1.56		
Ash	g	1.03		0	FLA	4		0.29	1.46		
Carbohydrate, by difference	g	14.01		0	FLA	4		3.92	19.89		
Fiber, total dietary	g	0.8		0	FLA	4		0.2	1.1		
Sugars, total	g	0.41		0	FLA	4		0.11	0.58		
Starch	g										
Aimorala.											
<u>Ainerals:</u> Calcium, Ca	ma	11		0	FLA	4		3	15		
Iron, Fe	-	5.53		0	FLA	4		1.55	7.86		
Magnesium, Mg	-	8		0	FLA	4		2	11		
Phosphorus, P		27		0	FLA	4		7	38		
Potassium, K		33		0	FLA	4		9	46		
Sodium, Na		358		0	FLA	4		100	509		
Zine, Zn		0.15		0	FLA	4		0.04	0.21		
Copper, Cu		0.026	5	0	FLA	4		0.007	0.038		
Manganese, Mn		0.052		0	FLA	4		0.015	0.074		
Selenium, Se		3.1		0	FLA	4		0.9	4.3		
·											
<u>/itamins:</u>											
Vitamin C, total ascorbic acid	-	0.0	_	0	FLA	4		0.0	0.0		
Thiamin		0.113		0	FLA	4		0.032	0.160		
Riboflavin		0.126		0	FLA	4		0.035	0.179		
Niacin		1.500		0	FLA	4		0.420	2.130		
Pantothenic acid	-	0.076		0	FLA	4		0.021	0.109		
Vitamin B-6	-	0.031	L	0	FLA	4		0.009	0.043		
Folate, total		30		0	FLA	4		8	42		
Folic acid		27		0	FLA	4		8	39		
Folate, food		3		0	FLA	4		1	4		
Folate, DFE		49		0	NC	4		14	69		
Vitamin B-12	mcg	0.04		0	FLA	4		0.01	0.05		
Vitamin A, IU		3		0	FLA	4		1	4		
Vitamin A, RAE		1		0 0	FLA	4		0 0	1		
Retinol		1		-	FLA	4		-	1		
Vitamin E (alpha-tocopherol)		0.08		0	FLA	4		0.02	0.11		
Tocopherol, beta											
Tocopherol, gamma Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		0.2		0	FLA	4		0.1	0.3		
· ····································		J.2		•		-		··-	0.5		
<u> Lipids:</u>											
Fatty acids, total saturated	g	0.308		0	FLA	4		0.086	0.437		
4:0		0.011		0	FLA	4		0.003	0.016		
6:0	_	0.006		0	FLA	4		0.002	0.008		
8:0	-	0.003		0	FLA	4		0.001	0.004		
10:0		0.007		0	FLA	4		0.002	0.011		
12:0	-	0.006	5	0	FLA	4		0.002	0.008		
13:0	-										
14:0	-	0.037	7	0	FLA	4		0.010	0.052		
15:0	g										
16:0	g	0.170)	0	FLA	4		0.047	0.241		
17:0	-										
18:0	_	0.068	3	0	FLA	4		0.019	0.097		
20:0	_										
22:0											

	<u>A</u>	mount in 100 grams		ble portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.284	. 0	FLA	4		0.080	0.404	
14:1								
13.1	0.011	. 0	FLA	4		0.003	0.015	
18:1 undifferentiated	0.273		FLA	4		0.077	0.388	
20:1g 22:1 undifferentiatedg	0.000		FLA FLA	4 4		0.000 0.000	0.000 0.000	
24:1 cg Fatty acids, total polyunsaturatedg	0.142	. 0	FLA	4		0.040	0.201	
18:2 undifferentiatedg	0.132 0.009	. 0	FLA FLA	4 4		0.037	0.188	
18:3 undifferentiated	0.000		FLA	4		0.003 0.000	0.013 0.000	
20:2 n-6 c,c								
20:4 undifferentiated	0.000		FLA FLA	4 4		0.000	0.000 0.000	
22:5 n-3	0.000	0	FLA FLA	4 4		0.000	0.000	
Fatty acids, total transg								
Cholesterolmg Phytosterolsmg	0	0	FLA	4		0	1	
Amino Acids:								
Tryptophang Threonineg								
Isoleucine								
Lysineg Methionineg								
Cystineg								
Phenylalanine 9 Tyrosine 9								
Valine								
Histidine								
Aspartic acidg								
Glutamic acidg Glycineg								
Proline								
Hydroxyprolineg								
Others: Alcohol, ethylg	0.0	0	FLA	4		0.0	0.0	
Caffeinemg	0	0	FLA	4		0	0	
Theobrominemg Carotenoids:	0	0	FLA	4		0	0	
Carotene, betamcg	0	0	FLA	4 4		0.103	0.521	
Carotene, alphamcg Cryptoxanthin, betamcg	0	0	FLA FLA	4		0.003 0.061	0.014 0.310	
Lycopenemcg Lutein + zeaxanthinmcg	0 1	0	FLA FLA	4 4		0.000 0.230	0.000 1.167	

Common Measures:

Measure 1 = 28g: 1 packet

Measure 2 = 142g: 1 packet, prepared

Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, prepared with water

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08097 Cereals, QUAKER, corn grits, instant, country bacon (imitation bacon bits), prepared with water The Quaker Oats, Co.

		<u>A</u>	mount in 100	<u>u grams</u>	of edib	ie portic	<u>on</u>	Amount in edible portion of common			
			1	Number				<u>m</u>	easures of food	_	
						Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	82.20		0	FLM	4		115.90			
Energy	kcal	69		0	FLM	4		97			
Energy	kj	289		0	FLM	4		408			
Protein	g	1.92		0	FLM	4		2.70			
Total lipid (fat)	g	0.33		0	FLM	4		0.47			
Ash	-	0.93		0	FLM	4		1.32			
Carbohydrate, by difference	g	14.61		0	FLM	4		20.61			
Fiber, total dietary	g	1.0		0	FLM	4		1.4			
Sugars, total	_	0.07		0	FLM	4		0.10			
Starch	g										
Minerals:								_			
Calcium, Ca	-	4		0	FLM	4		6			
* Iron, Fe	-	5.53		0 0	FLM	4 4		7.80			
Magnesium, Mg		5 18		0	FLM	4		8 25			
Phosphorus, P Potassium, K	-	40		0	FLM FLM	4		25 57			
Sodium. Na.	-	293		0	FLM	4		413			
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.11		0	FLM	4		0.15			
Copper, Cu		0.028	3	0	FLM	4		0.040			
Manganese, Mn		0.019		0	FLM	4		0.027			
Selenium, Se		0.0		0	FLM	4		0.0			
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		0	FLM	4		0.0			
* Thiamin	mg	0.120)	0	FLM	4		0.170			
* Riboflavin	mg	0.136	5	0	FLM	4		0.191			
* Niacin	mg	1.602	2	0	FLM	4		2.259			
Pantothenic acid	<u>mg</u>	0.086		0	FLM	4		0.121			
Vitamin B-6		0.027	7	0	FLM	4		0.038			
* Folate, total		32		0	FLM	4		45			
Folic acid		0		0	FLM	4		0			
Folate, food		32		0	FLM	4		45			
Folate, DFE		32		0	NC	4		45			
Vitamin B-12		0.00		0 0	FLM FLM	4 4		0.00			
Vitamin A, IU Vitamin A, RAE	mca PAF	0		0	NC	4		0			
Retinol		0		0	FLM	4		0			
Vitamin E (alpha-tocopherol)		0.00		0	FLM	4		0.00			
Tocopherol, beta	ma	0.00		·		-		0.00			
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D		0.000)	0	FLM	4		0.000			
Vitamin K (phylloquinone)	mcg	0.0		0	FLM	4		0.0			
Lipids:											
Fatty acids, total saturated	g	0.000		0	FLM	4		0.000			
4:0		0.000		0	FLM	4		0.000			
6:0	-	0.000		0	FLM	4		0.000			
8:0		0.000		0	FLM	4		0.000			
10:0		0.000		0	FLM	4		0.000			
12:0	-	0.000)	0	FLM	4		0.000			
13:0	-			•							
14:0		0.000)	0	FLM	4		0.000			
15:0	-	0.000	,	^	ET 14	4		0 000			
16:0	-	0.000	,	0	FLM	4		0.000			
17:0 18:0	-	0.000	1	0	FLM	4		0.000			
20:0	-	0.000	•	U	E IM	4		0.000			
22:0	-										
24:0	-										

NDB No. 08097 Cereals, QUAKER, corn grits, instant, country bacon (imitation bacon bits), prepared with water

	Ar	mount in 10	00 grams	of edit	ole portio	<u>on</u>	Amount in edible portion of common		
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.000		0	FLM	4		0.000		
14:1g									
15:1g									
16:1 undifferentiatedg	0.000		0	FLM	4		0.000		
17:1g									
18:1 undifferentiatedg	0.000		0	FLM	4		0.000		
20:1g	0.000		0	FLM	4		0.000		
22:1 undifferentiatedg	0.000		0	FLM	4		0.000		
24:1 cg									
Fatty acids, total polyunsaturatedg	0.000		0	FLM	4		0.000		
18:2 undifferentiatedg	0.000		0	FLM	4		0.000		
18:3 undifferentiatedg	0.000		0	FLM	4		0.000		
18:4g	0.000		0	FLM	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	FLM	4		0.000		
20:5 n-3g	0.000		0	FLM	4		0.000		
22:5 n-3g	0.000		0	FLM	4		0.000		
22:6 n-3g	0.000		0	FLM	4		0.000		
Fatty acids, total transg									
Cholesterolmg	0		0	FLM	4		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	FLM	4		0.0		
Caffeinemg	0		0	FLM	4		0		
Theobromine mg	0		0	FLM	4		0		
<u>Carotenoids:</u>									
Carotene, beta mcg	0		0	FLM	4		0.000		
Carotene, alphamcg	0		0	FLM	4		0.000		
Cryptoxanthin, betamcg	0		0	FLM	4		0.000		
Lycopenemcg	0		0	FLM	4		0.000		
Lutein + zeaxanthinmcg	0		0	FLM	4		0.000		

Common Measures:

Measure 1 = 141g: 1 packet, prepared

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08092 Cereals, QUAKER, corn grits, instant, plain, dry

		<u>A</u> :	mount in 10	0 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common		
				Number	•			<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	8.44		0	MC	9		2.36		
Energy	kcal	342		0	MC	9		96		
Energy	kj	1430		0	MC	9		400		
Protein	g	8.43		0	MC	9		2.36		
Total lipid (fat)	g	0.97		0	MC	9		0.27		
Ash	g	3.32		0	MC	9		0.93		
Carbohydrate, by difference	g	78.82		0	MC	9		22.07		
Fiber, total dietary	g	4.8		0	MC	9		1.3		
Sugars, total	g	0.29		0	MC	9		0.08		
Starch	g									
M:										
Minerals:	ma	21		0	MC	9		6		
* Iron, Fe	-	30.38		0	MC MC	9		8.51		
* Iron, Fe	-	36.38		0	MC	9		10		
Phosphorus, P		110		0	MC	9		31		
Potassium, K	-	146		0	MC	9		41		
Sodium, Na		1089		0	MC	9		305		
Zinc, Zn	-	0.67		0	MC	9		0.19		
Copper, Cu		0.100)	0	MC	9		0.028		
Manganese, Mn		0.310		0	MC	9		0.023		
Selenium, Se		17.0		2	A	1		4.8		
·										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.0		0	MC	9		0.0		
* Thiamin	-	0.660		0	MC	9		0.185		
* Riboflavin		0.750		0	MC	9		0.210		
* Niacin	-	8.900		0	MC	9		2.492		
Pantothenic acid	=	0.430		0	MC	9		0.120		
Vitamin B-6	-	0.210)	0	MC	9		0.059		
* Folate, total		177		0	MC	9		50		
Folic acid		171		0	NC	4		48		
Folate, food		6		0	NC	4		2		
Folate, DFE		297		0	NC	4		83		
Vitamin B-12		0.00		0	MC	9		0.00		
Vitamin A, IU		3		0	NC	4		1		
Vitamin A, RAE		0		0	NC	4		0		
Retinol		0		0	FLM	4		0		
Vitamin E (alpha-tocopherol)		0.12		0	FLM	4		0.03		
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D		0.000	,	0	MC	9		0.000		
Vitamin K (phylloquinone)		0.0	•	0	NR.	4		0.0		
vitanini K (phynodunione)	g	0.0		Ů	2120	-		0.0		
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.100)	0	MC	9		0.028		
4:0	g	0.000)	0	FLM	4		0.000		
6:0	g	0.000)	0	FLM	4		0.000		
8:0		0.000		0	FLM	4		0.000		
10:0		0.000		0	FLM	4		0.000		
12:0		0.000)	0	FLM	4		0.000		
13:0	-									
14:0		0.000)	0	FLM	4		0.000		
15:0	g									
16:0	_	0.087	•	0	FLM	4		0.024		
17:0	_									
18:0	-	0.012	2	0	FLM	4		0.003		
20:0	-									
22:0	-									
24:0	g									

	<u>Ar</u>	nount in 10	00 grams	of edik	ole portio	o <u>n</u>	Amount in edible portion of common		
			Number				<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.140		0	MC	9		0.039		
14:19			-		-		0.000		
15:1g									
16:1 undifferentiatedg	0.002		0	FLM	4		0.000		
17:1g									
18:1 undifferentiatedg	0.138		0	FLM	4		0.039		
20:1g	0.000		0	FLM	4		0.000		
22:1 undifferentiatedg	0.000		0	FLM	4		0.000		
24:1 cg									
Fatty acids, total polyunsaturated	0.300		0	MC	9		0.084		
18:2 undifferentiatedg	0.292		0	FLM	4		0.082		
18:3 undifferentiatedg	0.008		0	FLM	4		0.002		
18:4g	0.000		0	FLM	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	FLM	4		0.000		
20:5 n-3g	0.000		0	FLM	4		0.000		
22:5 n-3g	0.000		0	FLM	4		0.000		
22:6 n-3g	0.000		0	FLM	4		0.000		
Fatty acids, total transg									
Cholesterolmg	0		0	MC	9		0		
Phytosterols mg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0		
Caffeine mg	0		0	FLM	4		0		
Theobromine mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, betamcg	1		0	FLM	4		0.348		
Carotene, alphamcg	0		0	FLM	4		0.017		
Cryptoxanthin, betamcg	1		0	FLM	4		0.356		
Lycopene mcg	0		0	FLM	4		0.000		
Lutein + zeaxanthin mcg	5		0	FLM	4		1.339		

Common Measures:

Measure 1 = 28g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08093 Cereals, QUAKER, corn grits, instant, plain, prepared with water

		<u>A</u>	mount in 100	grams	ot edib	ie portio	<u>on</u>	Amount in edible portion of common			
			N	lumber				<u>m</u>	easures of food		
			c	of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error F	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	82.42		0	FLM	4		201.93	12.36	112.92	
Energy	_	68		0	FLM	4		168	10	94	
Energy		286		0	FLM	4		701	43	392	
Protein	=	1.61		0	FLM	4		3.95	0.24	2.21	
Total lipid (fat)	-	0.19		0	FLM	4		0.45	0.24	0.25	
Ash		0.13		0	FLM	4		1.75	0.03	0.23	
Carbohydrate, by difference		15.06		0	FLM	4		36.91	2.26	20.64	
Fiber, total dietary		0.9		0	FLM	4		2.2	0.1	1.2	
Sugars, total		0.06		0	FLM	4		0.14	0.01	0.08	
Starch	_	0.00		v	2 1101	-		0.14	0.01	0.00	
Minerals:											
Calcium, Ca	mg	6		0	FLM	4		15	1	8	
Iron, Fe	_	5.81		0	FLM	4		14.23	0.87	7.96	
Magnesium, Mg	mg	7		0	FLM	4		18	1	10	
Phosphorus, P		21		0	FLM	4		52	3	29	
Potassium, K		28		0	FLM	4		69	4	38	
Sodium, Na		210		0	FLM	4		514	31	288	
Zinc, Zn		0.13		0	FLM	4		0.32	0.02	0.18	
Copper, Cu		0.025		0	FLM	4		0.060	0.004	0.0	
Manganese, Mn		0.060)	0	FLM	4		0.146	0.009	0.0	
Selenium, Se	mcg	3.2		0	FLM	4		8.0	0.5	4.5	
Vitamins: Vitamin C, total ascorbic acid	ma	0.0		0	FLM	4		0.0	0.0	0.0	
Thiamin		0.0	4	0	FLM	4		0.0	0.017	0.0	
Riboflavin		0.114		0	FLM	4		0.334	0.020	0.1	
Niacin		1.616		0	FLM	4		3.959	0.020	2.2	
Pantothenic acid		0.082		0	FLM	4		0.201	0.012	0.1	
Vitamin B-6		0.040		0	FLM	4		0.098	0.006	0.0	
Folate, total	-	34		0	FLM	4		83	5	46	
Folic acid		33		0	FLM	4		80	5	45	
Folate, food		1		0	FLM	4		3	0	2	
Folate, DFE		57		0	NC	4		139	9	78	
Vitamin B-12		0.00		0	FLM	4		0.00	0.00	0.0	
Vitamin A, IU	IU	1		0	FLM	4		1	0	1	
Vitamin A, RAE	mcg_RAE	0		0	FLM	4		0	0	0	
Retinol	mcg	0		0	FLM	4		0	0	0	
Vitamin E (alpha-tocopherol)	mg	0.02		0	FLM	4		0.06	0.00	0.0	
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D Vitamin K (phylloquinone)											
	9										
Lipids: Fatty acids, total saturated	g	0.019	9	0	FLM	4		0.047	0.003	0.0	
4:0		0.000		0	FLM	4		0.000	0.000	0.0	
6:0		0.000		0	FLM	4		0.000	0.000	0.0	
8:0	-	0.000		0	FLM	4		0.000	0.000	0.0	
10:0	-	0.000		0	FLM	4		0.000	0.000	0.0	
12:0	-	0.000)	0	FLM	4		0.000	0.000	0.0	
13:0	g										
14:0		0.000)	0	FLM	4		0.000	0.000	0.0	
15:0	g										
16:0	g	0.017	7	0	FLM	4		0.041	0.002	0.0	
17:0	g										
18:0	g	0.002	2	0	FLM	4		0.005	0.000	0.0	
20:0	g										
22:0	g										
24:0	g										

	<u>Ar</u>	nount in 10			ole portic	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	0.027		0	FLM	4		0.066	0.004	0.037	
14:19								*****		
15:1										
16:1 undifferentiatedg	0.000		0	FLM	4		0.001	0.000	0.000	
17:1g										
18:1 undifferentiatedg	0.027		0	FLM	4		0.065	0.004	0.037	
20:1g	0.000		0	FLM	4		0.000	0.000	0.000	
22:1 undifferentiatedg	0.000		0	FLM	4		0.000	0.000	0.000	
24:1 cg										
Fatty acids, total polyunsaturated	0.057		0	FLM	4		0.140	0.009	0.078	
18:2 undifferentiatedg	0.055		0	FLM	4		0.136	0.008	0.076	
18:3 undifferentiatedg	0.002		0	FLM	4		0.004	0.000	0.002	
18:4g	0.000		0	FLM	4		0.000	0.000	0.000	
20:2 n-6 c,cg										
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.000		0	FLM	4		0.000	0.000	0.000	
20:5 n-3g	0.000		0	FLM	4		0.000	0.000	0.000	
22:5 n-3g	0.000		0	FLM	4		0.000	0.000	0.000	
22:6 n-3g	0.000		0	FLM	4		0.000	0.000	0.000	
Fatty acids, total transg										
Cholesterolmg	0		0	FLM	4		0	0	0	
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0		0	FLM	4		0.0	0.0	0.0	
Caffeine mg	0		0	FLM	4		0	0	0	
Theobromine mg	0		0	FLM	4		0	0	0	
Carotenoids:										
Carotene, betamcg	0		0	FLM	4		0.582	0.036	0.325	
Carotene, alphamcg	0		0	FLM	4		0.028	0.002	0.015	
Cryptoxanthin, betamcg	0		0	FLM	4		0.596	0.036	0.333	
Lycopenemcg	0		0	FLM	4		0.000	0.000	0.000	
Lutein + zeaxanthinmcg	1		0	FLM	4		2.240	0.137	1.252	

Common Measures:

Measure 1 = 245g: 1 cup Measure 2 = 15g: 1 tbsp

Measure 3 = 137g: 1 packet, prepared

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08096 Cereals, QUAKER, corn grits, instant, with imitation bacon bits, dry

		<u>A</u>	mount in 100	grams	ot edil	oie portio	<u>on</u>	Amount in edible portion of common			
			1	Number				<u>m</u>	easures of food		
						Source	Confidence				
Nutrients and Unit	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	ď	7.30		0	мс	9		2.04			
Energy	_	349		0	MC	9		98			
Energy		1460		U	мс	9		409			
Protein		9.85		0	MC	9		2.76			
Total lipid (fat)	-	1.65		0	MC	9		0.46			
Ash		3.84		0	MC	9		1.08			
Carbohydrate, by difference		77.35		0	MC	9		21.66			
Fiber, total dietary		5.3		0	MC	9		1.5			
Sugars, total		0.27		0	MC	9		0.08			
Starch	_										
Minerals:											
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	38		0	MC	9		11			
Iron, Fe	-	28.93		0	ML	5		8.10			
Magnesium, Mg		34		0	MC	9		10			
Phosphorus, P		141		0	MC	9		39			
Potassium, K		252 1219		0 0	MC MC	9 9		71 341			
Sodium, NaZinc, Zn	-	0.92		0	MC	9		0.26			
Copper, Cu		0.92	1	0	MC	9		0.020			
Manganese, Mn		0.100		0	MC	9		0.028			
Selenium, Se		16.0		0	FLM	4		4.5			
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0			
Thiamin	-	0.630		0	ML	5		0.176			
Riboflavin		0.710		0	ML	5		0.199			
Niacin		8.380		0	ML	5		2.346			
Pantothenic acid		0.410		0	MC	9		0.115			
Vitamin B-6	-	0.230)	0	MC	9		0.064			
Folate, total		167 161		0 0	MC NC	9 4		47 45			
Folic acidFolate, food		6		0	NC	9		2			
Folate, DFE		280		0	NC	4		78			
Vitamin B-12		0.00		0	MC	9		0.00			
Vitamin A, IU		0		0	MC	9		0			
Vitamin A, RAE		0		0	NC	4		0			
Retinol		0		0	Z	7		0			
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D Vitamin K (phylloquinone)											
	<u>Inio</u> g										
<u>_ipids:</u> Fatty acids, total saturated	a	0.240)	0	MC	9		0.067			
4:0		0.000		0	FLC	4		0.000			
6:0	-	0.000		0	FLC	4		0.000			
8:0	-	0.000		0	FLC	4		0.000			
10:0	-	0.000		0	FLC	4		0.000			
12:0	g	0.000)	0	FLC	4		0.000			
13:0	g										
14:0	g	0.000)	0	FLC	4		0.000			
15:0	g										
16:0		0.128	3	0	FLC	4		0.036			
17:0			_								
18:0		0.020)	0	FLC	4		0.006			
20:0											
22:0	a										

	<u>Aı</u>	mount in 100	grams	of edib	le portio	<u>n</u>	Amount in edible portion of common		
			umber		_		me	easures of food	_
Nutrients and Units	Mean	Std. Error P	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.420		0	FLC	4		0.118		
14:1g									
15:1g									
16:1 undifferentiatedg	0.000		0	FLC	4		0.000		
17:1g									
18:1 undifferentiatedg	0.290		0	FLC	4		0.081		
20:1g	0.000		0	FLC	4		0.000		
22:1 undifferentiatedg	0.000		0	FLC	4		0.000		
24:1 cg									
Fatty acids, total polyunsaturatedg	0.640		0	FLC	4		0.179		
18:2 undifferentiatedg	0.398		0	FLC	4		0.111		
18:3 undifferentiatedg	0.008		0	FLC	4		0.002		
18:4g	0.000		0	FLC	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	FLC	4		0.000		
20:5 n-3g	0.000		0	FLC	4		0.000		
22:5 n-3g	0.000		0	FLC	4		0.000		
22:6 n-3g	0.000		0	FLC	4		0.000		
Fatty acids, total trans9									
Cholesterolmg	0		0	MC	9		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	z	7		0.0		
Caffeine mg									
Theobromine mg									

Common Measures:

Measure 1 = 28g: 1 packet

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08230 Cereals, QUAKER, farina, Creamy Wheat, enriched, dry

Refuse: 0%

		<u>Aı</u>	mount in 10	0 grams	of edik	ole portio	<u>n</u>	Amount in	edible portion of	of common
				Number					easures of food	
						Source	Confidence			
Nutrients and Units	s	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		11.66		0	MC	9		5.13		
Energy		349		0	MC	9		154		
Energy		1460		_		9		642		
Protein	-	10.82		0	MC	9		4.76		
Total lipid (fat)		0.95		0	MC	9		0.42		
Ash		0.42		0	MC	9		0.18		
Carbohydrate, by difference		76.13		0	MC	9		33.50		
Fiber, total dietary		2.9		0	MC	9		1.3		
Sugars, total		0.30		0	MC	9		0.13		
Starch	9									
Minerals:										
Calcium, Ca	mg	12		0	MC	9		5		
Iron, Fe	<u>.</u> mg	30.00		0	ML	5		13.20		
Magnesium, Mg	mg	17		0	MC	9		7		
Phosphorus, P	mg	85		0	MC	9		37		
Potassium, K		98		0	MC	9		43		
Sodium, Na	-	2		0	MC	9		1		
Zinc, Zn		0.61		0	MC	9		0.27		
Copper, Cu		0.120		0	MC	9		0.053		
Manganese, Mn		0.280	1	0	MC	9		0.123		
Selenium, Se	filicg									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	<u>mg</u>	0.440)	0	ML	5		0.194		
Riboflavin	mg	0.260	1	0	ML	5		0.114		
Niacin		3.520	1	0	ML	5		1.549		
Pantothenic acid		0.430		0	MC	9		0.189		
Vitamin B-6		0.050)	0	MC	9		0.022		
Folate, total		154		0	MC	9		68		
Folic acid	_	132		0	NC	4		58		
Folate, food		22		0		9		10		
Folate, DFE		246		0	NC	4		108		
Vitamin B-12		0.00		0	MC	9		0.00		
Vitamin A, IU	IU	0		0	MC	9		0		
Vitamin A, RAE		0		0	NC Z	4 7		0 0		
Retinol		U		U	Z	,		U		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>	~	0.040		•		•		0.106		
Fatty acids, total saturated		0.240		0	MC MC	9 9		0.106 0.035		
Fatty acids, total monounsaturated		0.080		0	MC	9		0.035		
Fatty acids, total polyunsaturated		0.480	•	U	MC	9		0.211		
Fatty acids, total trans		0		0	MC	9		0		
Phytosterols		v		Ü	AC	,		J		
,										
Others:				_		_				
Alcohol, ethyl		0.0		0	Z	7		0.0		
Caffeine										
Theobromine	ing									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Cereals, QUAKER, farina, Creamy Wheat, enriched, dry

Common Measures:

Measure 1 = 44g: .25 cup (1 NLEA serving)

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08317 Cereals, QUAKER, farina, enriched cinnamon flavor, dry

The Quaker Oats, Co.

Refuse: 0%

		<u>A</u>	mount in 10	0 grams	of edit	ole portic	<u>on</u>	Amount in	edible portion	of common
				Number				<u>m</u> e	easures of food	[
				of Data		Source	Confidence			-
Nutrients and U	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	a	12.14		0	MC	9				
Energy		346		0	MC	9				
Energy		1450		0	MC	9				
		12.11		0	MC	9				
Protein	_			0		9				
Total lipid (fat)		0.79		-	MC					
Ash		0.40		0	MC	9				
Carbohydrate, by difference		74.54		0	MC	9				
Fiber, total dietary		3.7		0	MC	9				
Sugars, total		0.29		0	MC	9				
Starch	g									
Minerals:										
Calcium, Ca	ma	33		0	MC	9				
* Iron, Fe	=	30.00		0	MC	9				
Magnesium, Mg.	=	14		0	MC	9				
Phosphorus, P		88		0	MC	9				
Potassium, K	_	104		0	MC	9				
Sodium, Na	=	3		0	MC	9				
Zinc, Zn		0.55		0	MC	9				
Copper, Cu	=	0.070	1	0	MC	9				
Manganese, Mn		0.270		0	MC	9				
Selenium, Se	=	0.0	,	0	MC	9				
Scienium, Sc	9	0.0		·	110	,				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0	MC	9				
* Thiamin	mg	0.440)	0	MC	9				
* Riboflavin	mg	0.260)	0	MC	9				
* Niacin		3.520)	0	MC	9				
Pantothenic acid	mg	0.360)	0	MC	9				
Vitamin B-6	mg	0.050)	0	MC	9				
* Folate, total	mcg	154		0	MC	9				
Folic acid	mcg									
Folate, food										
Folate, DFE	mcg_DFE									
Vitamin B-12	• • • • • • • • • • • • • • • • • • • •	0.00		0	MC	9				
Vitamin A, IU	IU	4		0	MC	9				
Vitamin A, RAE		0		0	NC	4				
Retinol	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		0.000)	0	MC	9				
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	а	0.280	1	0	MC	9				
Fatty acids, total monounsaturated		0.200		·		•				
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol		0		0	MC	9				
Phytosterols	=	·		v		•				
Carotenoids:										
	maa									
Carotene, beta										
Carotene, alpha										
Cryptoxanthin, beta										
Lycopene										
Lutein + zeaxanthin	iicā									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

Cereals, QUAKER, farina, enriched cinnamon flavor, dry

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Nutrients and Units Mean Std. Error Points Code Code Code Measure 1 Measure 2 Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08314 Cereals, QUAKER, hominy grits, white, quick, dry

The Quaker Oats, Co.

Refuse: 0%

		<u>Aı</u>	mount in 10	00 grams	of edik	ole portic	<u>on</u>		edible portion	
				Number	•			<u>m</u>	easures of food	<u>.</u>
Nutrients and Unit	ts	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	10.48		0	MC	9				
Energy	kcal	347		0	MC	9				
Energy	kj	1452				9				
Protein	g	8.53		0	MC	9				
Total lipid (fat)	g	1.36		0	MC	9				
Ash	g	0.44		0	MC	9				
Carbohydrate, by difference		79.16		0	MC	9				
Fiber, total dietary		4.8		0	MC	9				
Sugars, total		1.00		0	MC	9				
Starch										
Minerals:	ma	4		^	240	•				
Calcium, Ca	-	4 3.52		0	MC MC	9 9				
Iron, Fe		3.52 49		0	MC MC	9				
Phosphorus, P		166		0	MC	9				
Potassium, K	_	146		0	MC	9				
Sodium, Na	-	2		0	MC	9				
Zinc, Zn		0.92		0	MC	9				
Copper, Cu	_	0.110		0	MC	9				
Manganese, Mn	-	0.220		0	MC	9				
Selenium, Se										
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9				
Thiamin		0.580		0	MC	9				
Riboflavin	-	0.330		0	MC	9				
Niacin	_	4.810		0	MC	9				
Pantothenic acid		0.310		0	MC	9				
Vitamin B-6		0.270		0	MC	9				
Folate, total	mcg	154		0	MC	9				
Folic acid	mcg	150		0	NC	4				
Folate, food	mcg	4		0	CAZN	4				
Folate, DFE	mcg_DFE	259		0	NC	4				
Vitamin B-12	mcg	0.00		0	MC	9				
Vitamin A, IU		0		0	MC	9				
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated		0.260		0	MC	9				
Fatty acids, total monounsaturated		0.200		0	MC	9				
Fatty acids, total polyunsaturated		0.680		0	MC	9				
Fatty acids, total trans		•		•		_				
Cholesterol	mg	0		0	MC	9				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Cereals, QUAKER, hominy grits, white, quick, dry

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

Refuse: 0%

		<u>Aı</u>	mount in 10	00 grams	of edik	ole portio	<u>n</u>	Amount in	edible portion	of common
				Number	,			<u>m</u>	easures of food	
						Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	10.48		0	MC	9				
Energy	kcal	347		0	MC	9				
Energy		1451		0	MC	9				
Protein	g	8.53		0	MC	9				
Total lipid (fat)	g	1.36		0	MC	9				
Ash		0.44		0	MC	9				
Carbohydrate, by difference	q	79.16		0	MC	9				
Fiber, total dietary		4.8		0	MC	9				
Sugars, total		1.00		0	MC	9				
Starch				·						
<u> Minerals:</u>										
Calcium, Ca		4		0	MC	9				
' Iron, Fe		3.52		0	MC	9				
Magnesium, Mg	mg	49		0	MC	9				
Phosphorus, P	mg	166		0	MC	9				
Potassium, K		146		0	MC	9				
Sodium, Na		2		0	MC	9				
Zinc, Zn	mg	0.92		0	MC	9				
Copper, Cu		0.110		0	MC	9				
Manganese, Mn	mg	0.220		0	MC	9				
Selenium, Se	mcg									
Vitamins:		0.0		•		•				
Vitamin C, total ascorbic acid		0.0		0	MC	9				
* Thiamin		0.580		0	MC	9				
* Riboflavin	-	0.330		0	MC	9				
Niacin		4.810		0	MC	9				
Pantothenic acid	-	0.310		0	MC	9				
Vitamin B-6		0.270		0	MC	9				
Folate, total		154		0	MC	9				
Folate, DFE				_		_				
Vitamin B-12		0.00		0	MC	9				
Vitamin A, IU	IU	0		0	MC	9				
Vitamin A, RAE		0		0	NC	4				
Vitamin E (alpha-tocopherol)	-									
Tocopherol, beta	-									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:				_		_				
Fatty acids, total saturated		0.260		0	MC	9				
Fatty acids, total monounsaturated		0.200		0	MC	9				
Fatty acids, total polyunsaturated		0.680		0	MC	9				
Fatty acids, total trans										
Cholesterol		0		0	MC	9				
Phytosterols	mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08316 Cereals, QUAKER, hominy grits, white, regular, dry

Food Group: 08 Breakfast Cereals

Cereals, QUAKER, hominy grits, yellow, quick, dry

The Quaker Oats, Co.

Refuse: 0%

		<u>A</u> 1	mount in 10	00 grams	of edib	le portio	<u>on</u>	Amount in	edible portion	of common
				Number				<u>m</u>	easures of food	
Nutrients and Uni	its	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
D										
Proximates: Water	g	11.74		0	MC	9				
Energy		337		0	MC	9				
Energy		1411		0	MC	9				
Protein		8.26		0	MC	9				
Total lipid (fat)	_	1.66		0	MC	9				
Ash		0.56		0	MC	9				
Carbohydrate, by difference		77.76		0	MC	9				
		5.6		0	MC	9				
Fiber, total dietary		1.08		0	MC	9				
Sugars, total		1.08		U	MC	9				
Minerals:										
Calcium, Ca	mg	4		0	MC	9				
* Iron, Fe		4.11		0	MC	9				
Magnesium, Mg		40		0	MC	9				
Phosphorus, P		124		0	MC	9				
Potassium, K		167		0	MC	9				
Sodium, Na		2		0	MC	9				
Zinc, Zn		0.72		0	MC	9				
Copper, Cu	_	0.070		0	MC	9				
Manganese, Mn	-	0.100		0	MC	9				
Selenium, Se										
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9				
* Thiamin	mg	0.510		0	MC	9				
* Riboflavin	mg	0.370		0	MC	9				
* Niacin	mg	4.310		0	MC	9				
Pantothenic acid	mg	0.310		0	MC	9				
Vitamin B-6	mg	0.250		0	MC	9				
* Folate, total		154		0	MC	9				
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg	0.00		0	MC	9				
Vitamin A, IU	IU	569		0	MC	9				
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
<u>Lipids:</u>										
Fatty acids, total saturated		0.450		0	MC	9				
Fatty acids, total monounsaturated		0.550		0	MC	9				
Fatty acids, total polyunsaturated	g	0.710		0	MC	9				
Fatty acids, total trans										
Cholesterol	mg	0		0	MC	9				
Phytosterols										

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

NDB No. 08315 Cereals, QUAKER, hominy grits, yellow, quick, dry

Food Group: 08 Breakfast Cereals

		<u>A</u> 1	mount in 10			ole portio	<u>n</u>		edible portion	
Nutrients and Un	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	76.98		0	RA	4				
Energy.	=	93		0	RA	4				
Energy		389		·		4				
Protein		3.59		0	RA	4				
Total lipid (fat)		1.79		0	RA	4				
Ash		0.96		0	RA	4				
Carbohydrate, by difference		16.67		0	RA	4				
Fiber, total dietary		2.3		0	RA	4				
Sugars, total										
Starch										
Minerals:				_		_				
Calcium, Ca	_	98		0	RA	4				
Iron, Fe.		7.43		0	RA DA	4 4				
Magnesium, Mg		35 114		0	RA RA	4				
Phosphorus, P		94		0	RA RA	4				
Potassium, K Sodium, Na		72		0	RA	4				
Zinc, Zn	-	0.78		0	RA	4				
Copper, Cu		0.080)	0	RA	4				
Manganese, Mn		1.056		0	RA	4				
Selenium, Se				•		_				
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.0		0	RA	4				
Thiamin		0.280		0	RA	4				
Riboflavin		0.321		0	RA	4				
Niacin	-	3.788		0 0	RA	4				
Pantothenic acid	-	0.156		-	RA	4				
Vitamin B-6.	-	0.379 76	•	0 0	RA RA	4				
Folic acid		67		0	0	4				
Folate, food	-	9		0	NC	4				
Folate, DFE		123		0	NC	4				
Vitamin B-12		0.00		0	RA	4				
Vitamin A, IU		946		0	RA	4				
Vitamin A, RAE		284		0	NC	4				
Retinol		284		0	NC	4				
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	a	0.341		0	RA	4				
4:0		0.000		0	RA	4				
6:0		0.000		0	RA	4				
8:0		0.000		0	RA	4				
10:0		0.000		0	RA	4				
12:0	_	0.005		0	RA	4				
13:0	_			-						
14:0	_	0.005	i	0	RA	4				
15:0	_									
16:0	-	0.279)	0	RA	4				
17:0										
18:0		0.019)	0	RA	4				
20:0	g									

	<u>Ar</u>	nount in 100) grams	of edil	ole portio	<u>on</u>	Amount in	edible portion of	of common
Nutrients and Units	Mean				Source Code	Confidence Code	Measure 1	easures of food Measure 2	Measure 3
			•						
Fatty acids, total monounsaturated9	0.649		0	RA	4				
14:19									
15:1	0.000		•						
16:1 undifferentiated	0.000		0	RA	4				
17:1	0.626		•						
18:1 undifferentiated			0	RA	4				
20:1	0.000		0	RA	4				
22:1 undifferentiatedg	0.000		0	RA	4				
24:1 cg	0.74		•						
Fatty acids, total polyunsaturated9	0.714		0	RA	4				
18:2 undifferentiatedg	0.660		0	RA	4				
18:3 undifferentiatedg	0.030		0	RA	4				
18:4g	0.000		0	RA	4				
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	RA	4				
20:5 n-3g	0.000		0	RA	4				
22:5 n-3g	0.000		0	RA	4				
22:6 n-3g	0.000		0	RA	4				
Fatty acids, total trans9									
Cholesterol mg	0		0	RA	4				
Phytosterolsmg	I								
Others:									
Alcohol, ethylg	0.0		0	RA	4				
Caffeinemg									
Theobromine mg									

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

		<u>A</u> 1	mount in 10			ole portio	<u>n</u>		edible portion	
Nutrients and Un	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:	_									
Water	=	70.63		0	RA	4				
Energy		116		0	RA	4				
Energy		485		•		4				
Protein		2.83		0	RA	4				
Total lipid (fat)		1.75 1.29		0	RA RA	4 4				
Ash				0		4				
Carbohydrate, by difference		23.50 2.1		0	RA	4				
Fiber, total dietary		2.1		U	RA	4				
Sugars, total										
Starch	9									
Minerals:										
Calcium, Ca	mg	93		0	RA	4				
Iron, Fe	-	3.46		0	RA	4				
Magnesium, Mg		29		0	RA	4				
Phosphorus, P		94		0	RA	4				
Potassium, K	mg	112		0	RA	4				
Sodium, Na	mg	207		0	RA	4				
Zinc, Zn		0.64		0	RA	4				
Copper, Cu		0.087		0	RA	4				
Manganese, Mn		0.849)	0	RA	4				
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0	RA	4				
Thiamin	mg	0.268	3	0	RA	4				
Riboflavin	mg	0.306	5	0	RA	4				
Niacin	mg	3.620)	0	RA	4				
Pantothenic acid	mg	0.140)	0	RA	4				
Vitamin B-6	mg	0.364	ļ	0	RA	4				
Folate, total		72		0	RA	4				
Folic acid	-	64		0	0	4				
Folate, food		8		0	NC	4				
Folate, DFE		117		0	NC	4				
Vitamin B-12		0.00		0	RA	4				
Vitamin A, IU		905		0	RA	4				
Vitamin A, RAE		272		0	NC	4				
Retinol		272		0	NC	4				
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>										
Fatty acids, total saturated		0.300		0	RA	4				
4:0		0.000		0	RA	4				
6:0		0.000		0	RA	4				
8:0		0.000		0	RA	4				
10:0	_	0.000		0	RA	4				
12:0	_	0.004	ŀ	0	RA	4				
13:0	_	0.00	i	^	-					
14:0	_	0.004	l	0	RA	4				
15:0		0.00=	,	^						
16:0		0.237	,	0	RA	4				
17:0		0 001		0	D.7	4				
18:0		0.021	•	U	RA	4				
20:0										
22:0	g g									

		<u>Ar</u>	nount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in	edible portion o	of common
				Number of Data		Source	Confidence	<u>m</u>	easures of food	
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	0.552		0	RA	4				
14:1		0.332		U	NA.	-				
15:1										
16:1 undifferentiated	-	0.003		0	RA	4				
17:1	-									
18:1 undifferentiated		0.522		0	RA	4				
20:1	g	0.003		0	RA	4				
22:1 undifferentiated	g	0.000		0	RA	4				
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.673		0	RA	4				
18:2 undifferentiated	g	0.594		0	RA	4				
18:3 undifferentiated	g	0.056		0	RA	4				
18:4	g	0.000		0	RA	4				
20:2 n-6 c,c	g									
20:3 undifferentiated										
20:4 undifferentiated	-	0.000		0	RA	4				
20:5 n-3	g	0.000		0	RA	4				
22:5 n-3	g	0.000		0	RA	4				
22:6 n-3	g	0.000		0	RA	4				
Fatty acids, total trans	g									
Cholesterol	mg	0		0	RA	4				
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	RA	4				
Caffeine	mg									
Theobromine	mg									

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08125 Cereals, QUAKER,Instant Oatmeal, apples and cinnamon, prepared with boiling water

		<u>A</u>	mount in 10			ole portio	<u>n</u>		edible portion o	of common
Nutrients and Un	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Proximates:	9	78.56		0	RP	4		117.05		
Water Energy		87		0	RP	4		130		
Energy		366		0	RP	4		545		
Protein	=	1.82		0	RP	4		2.72		
Total lipid (fat)		1.02		0	RP	4		1.49		
Ash		0.84		0	RP	4		1.26		
Carbohydrate, by difference		17.77		0	RP	4		26.47		
Fiber, total dietary		1.8		0	RP	4		2.7		
Sugars, total		8.10		0	RP	4		12.07		
Starch		0.10		U	KF	-		12.07		
Starch	9									
Minerals:										
Calcium, Ca	mg	74		0	RP	4		110		
Iron, Fe		2.58		0	RP	4		3.85		
Magnesium, Mg	mg	19		0	RP	4		28		
Phosphorus, P	mg	63		0	RP	4		94		
Potassium, K	mg	73		0	RP	4		108		
Sodium, Na		111		0	RP	4		165		
Zinc, Zn		0.43		0	RP	4		0.64		
Copper, Cu		0.055		0	RP	4		0.082		
Manganese, Mn	-	0.573	3	0	RP	4		0.853		
Selenium, Se	mcg	5.1		0	RP	4		7.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0	RP	4		0.4		
Thiamin	-	0.193	3	0	RP	4		0.287		
Riboflavin	-	0.232	2	0	RP	4		0.345		
Niacin	_	2.729)	0	RP	4		4.067		
Pantothenic acid		0.105	5	0	RP	4		0.156		
Vitamin B-6		0.287	7	0	RP	4		0.428		
Folate, total	mcg	57		0	RP	4		86		
Folic acid		52		0	RP	4		78		
Folate, food	mcg	5		0	RP	4		8		
Folate, DFE	mcg_DFE	94		0	NC	4		140		
Vitamin B-12		0.00		0	RP	4		0.00		
Vitamin A, IU	IU	718		0	RP	4		1070		
Vitamin A, RAE		216		0	RP	4		321		
Retinol	mcg	215		0	RP	4		321		
Vitamin E (alpha-tocopherol)	mg	0.09		0	RP	4		0.13		
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		0.000)	0	RP	4		0.000		
Vitamin K (phylloquinone)	mcg	0.5		0	RP	4		0.7		
Lipids:										
Fatty acids, total saturated	g	0.167	7	0	RP	4		0.249		
4:0		0.000)	0	RP	4		0.000		
6:0	g	0.000)	0	RP	4		0.000		
8:0	g	0.000)	0	RP	4		0.000		
10:0	g	0.000)	0	RP	4		0.000		
12:0	g	0.003	3	0	RP	4		0.005		
13:0	g									
14:0	g	0.002	2	0	RP	4		0.003		
15:0	g									
16:0	g	0.152	2	0	RP	4		0.227		
17:0										
18:0		0.010)	0	RP	4		0.015		
20:0										
22:0	g									

	<u>Aı</u>	mount in 100	grams	of edik	le portio	<u>n</u>	Amount in	edible portion of	of common
		N	lumber				me	easures of food	
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
24:0g									
Fatty acids, total monounsaturatedg 14:1g	0.344		0	RP	4		0.513		
15:1	0.002		0	RP	4		0.003		
18:1 undifferentiated	0.3 4 2 0.000		0 0	RP RP	4 4		0.510 0.000		
22:1 undifferentiated g 24:1 c g	0.000		0	RP	4		0.000		
Fatty acids, total polyunsaturated	0.287 0.275	i	0 0 0	RP RP	4 4 4		0.428 0.409		
18:3 undifferentiated	0.013 0.000		0	RP RP	4		0.019 0.000		
20:3 undifferentiated	0.000		0	RP	4		0.000		
20:5 n-3	0.000 0.000 0.000		0 0 0	RP RP RP	4 4 4		0.000 0.000 0.000		
Fatty acids, total trans	0		0	RP	4		0		
Phytosterolsmg Amino Acids:									
Tryptophang Threonineg									
Isoleucine									
Lysine									
Phenylalanine									
Valine									
Histidine									
Glutamic acid									
Proline									
Hydroxyprolineg Others:									
Alcohol, ethyl	0.0		0	RP RP	4		0.0		
Theobrominemg Carotenoids:	0		0	RP	4		0		
Carotene, beta	0 0 0		0 0 0	RP RP	4 4 4		0.000		
Cryptoxanthin, betamcg Lycopenemcg Lutein + zeaxanthinmcg	0		0	RP RP RP	4 4 4		0.000 0.000 0.000		

Common Measures:

Measure 1 = 149g: 1 packet, prepared

Cereals, QUAKER,Instant Oatmeal, apples and cinnamon, prepared with boiling water

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

Refuse: 0%

		<u>Aı</u>	mount in 10	00 grams	of edik	ole portio	<u>on</u>	Amount in	edible portion	of common
				Number					easures of food	
Nutrients and Unit	s	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		86.10		0		1		217.83	163.59	
Energy	kcal	53		0	NC	4		134	101	
Energy	kj	222				4		561	421	
Protein (N x 5.83)	g	2.20		0		1		5.57	4.18	
Total lipid (fat)	g	0.30		0		1		0.76	0.57	
Ash		0.30		0		1		0.76	0.57	
Carbohydrate, by difference		11.20		0	NC	4		28.34	21.28	
Fiber, total dietary		2.4		0		4		6.1	4.6	
Sugars, total										
Starch										
Minerals:		5		•				10	10	
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	0.65		0		1 1		13 1.64	10 1.24	
Iron, Fe		23		0		1				
Magnesium, Mg		23 58		0		1		58	44 110	
Phosphorus, P	-	58 61		0		1		147	110	
Potassium, K	-	188		0		1		154 476	357	
Sodium, Na	-	0.56		0		1		1.42	1.06	
Zinc, Zn		0.56		0		1		0.200	0.150	
Copper, Cu		0.079		U		_		0.200	0.150	
Manganese, Mn Selenium. Se										
Vitamins:	g									
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0	0.0	
Thiamin	-	0.080		0		1		0.202	0.152	
Riboflavin	_	0.000		0		1		0.177	0.133	
Niacin	-	0.810		0		1		2.049	1.539	
Pantothenic acid		0.130		0		1		0.329	0.247	
Vitamin B-6.		0.130		0		1		0.114	0.086	
Folate, total		7		0		1		18	13	
Folic acid		0		0	z	7		0	0	
Folate, food		7		0		1		18	13	
Folate, DFE		, 7		0	NC	4		18	13	
Vitamin B-12		0.04		0	NC	1		0.11	0.08	
Vitamin A, IU		0.04		0		4		0.11	0.08	
Vitamin A, RAE		0		0	NC	4		0	0	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		ŭ		v	_	•		ŭ	v	
m 1 1 1 1										
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	g	0.056		0		4		0.142	0.106	
Fatty acids, total monounsaturated				-						
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol		0		0	z	7		0	0	
Phytosterols	-									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 253g: 1 cup

Cereals, RALSTON, cooked with water, with salt

Measure 2 = 190g: .75 cup

Calories Factors: Protein 3.59 Fat 8.37 Carbohydrate 3.78

Food Group: 08 Breakfast Cereals

Refuse: 0%

		Amount in 100 grams of edible portion							Amount in edible portion of common		
		Number						measures of food			
						Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	86.10		0		1		217.83	13.78	163.59	
Energy	-	53		0	NC	4		134	8	101	
Energy		222				4		561	35	421	
Protein (N x 5.83)		2.20		0		1		5.57	0.35	4.18	
Total lipid (fat)		0.30		0		1		0.76	0.05	0.57	
Ash	g	0.30		0		1		0.76	0.05	0.57	
Carbohydrate, by difference		11.20		0	NC	4		28.34	1.79	21.28	
Fiber, total dietary	g	2.4		0		1		6.1	0.4	4.6	
Sugars, total											
Starch	g										
<u> Minerals:</u>											
Calcium, Ca	-	5		0		1		13	1	10	
Iron, Fe	-	0.65		0		1		1.64	0.10	1.2	
Magnesium, Mg		23		0		1		58	4	44	
Phosphorus, P	•	58		0		1		147	9	110	
Potassium, K		61		0		1		154	10	116	
Sodium, Na		2		0		1 1		5 1.42	0	4 1.0	
Zinc, Zn		0.56 0.079	,	0		1			0.09		
Copper, Cu		0.079	•	U		1		0.200	0.013	0.1	
Manganese, Mn											
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0	
Thiamin	-	0.080)	0		1		0.202	0.013	0.1	
Riboflavin	-	0.070		0		1		0.177	0.011	0.1	
Niacin		0.810		0		1		2.049	0.130	1.5	
Pantothenic acid		0.130		0		1		0.329	0.021	0.2	
Vitamin B-6	-	0.045	5	0		1		0.114	0.007	0.0	
Folate, total		7 0		0	_	1 7		18 0	1 0	13	
Folic acid		7		0	z NC	4		18	1	0 13	
Folate, DFE		7		0	NC	4		18	1	13	
Vitamin B-12		0.04		0	NC	4		0.11	0.01	0.0	
Vitamin A, IU		0.04		0		4		0.11	0.01	0.00	
Vitamin A, RAE	mca RAF	0		0	NC	4		0	0	0	
Retinol		Ö		0	Z	7		0	0	0	
Vitamin E (alpha-tocopherol)									-	-	
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta	mg										
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:	a	0.052)	0		4		0.132	0.008	0.0	
Fatty acids, total saturated		0.052		0		4		0.132	0.008	0.0	
6:0		0.000		0		4		0.000	0.000	0.0	
8:0	-	0.002		0		4		0.005	0.000	0.0	
10:0		0.000		0		4		0.000	0.000	0.0	
12:0	-	0.000		0		4		0.000	0.000	0.0	
13:0	•			-		•				•	
14:0	-	0.000)	0		4		0.000	0.000	0.0	
15:0	-										
16:0		0.046	6	0		4		0.116	0.007	0.0	
17:0											
18:0		0.002	2	0		4		0.005	0.000	0.0	
20:0											
22:0											
24:0	q										

		Amount in 100 grams of edible portion							Amount in edible portion of common		
		Number							easures of food		
Nutrients and Units	i.	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	а	0.040		0		4		0.101	0.006	0.076	
14:1								0.101	0.000		
15:1											
16:1 undifferentiated	g	0.002		0		4		0.005	0.000	0.004	
17:1	g										
18:1 undifferentiated	g	0.038		0		4		0.096	0.006	0.072	
20:1	g	0.000		0		4		0.000	0.000	0.000	
22:1 undifferentiated	g	0.000		0		4		0.000	0.000	0.000	
24:1 c	g										
Fatty acids, total polyunsaturated	g	0.146		0		4		0.369	0.023	0.277	
18:2 undifferentiated	g	0.135		0		4		0.342	0.022	0.257	
18:3 undifferentiated	g	0.012		0		4		0.030	0.002	0.023	
18:4	g	0.000		0		4		0.000	0.000	0.000	
20:2 n-6 c,c	g										
20:3 undifferentiated	g										
20:4 undifferentiated	g	0.000		0		4		0.000	0.000	0.000	
20:5 n-3	g	0.000		0		4		0.000	0.000	0.000	
22:5 n-3	g	0.000		0		4		0.000	0.000	0.000	
22:6 n-3	g	0.000		0		4		0.000	0.000	0.000	
Fatty acids, total trans	g										
Cholesterol	mg	0		0	Z	7		0	0	0	
Phytosterols	_. mg										
Others:											
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	0.0	
Caffeine	mg										
Theobromine	mg										

Common Measures:

Measure 1 = 253g: 1 cup Measure 2 = 16g: 1 tbsp Measure 3 = 190g: .75 cup

Calories Factors: Protein 3.59 Fat 8.37 Carbohydrate 3.78

Food Group: 08 Breakfast Cereals

Refuse: 0%

		Amount in 100 grams of edible portion							Amount in edible portion of common			
		Number						measures of food				
						Source	Confidence					
Nutrients and Units		Mean	Std. Error P			Code	Code	Measure 1	Measure 2	Measure 3		
Proximates:												
Water		9.90	0.191	36		1		11.68	2.97			
Energy		341		0	NC	4		402	102			
Energy	kj	1427				4		1684	428			
Protein (N x 5.83)	g	14.10		88		1		16.64	4.23			
Total lipid (fat)	g	2.10		76		1		2.48	0.63			
Ash	g	1.70	0.046	3		1		2.01	0.51			
Carbohydrate, by difference	g	72.10		0	NC	4		85.08	21.63			
Fiber, total dietary	g	13.4		0		1		15.8	4.0			
Sugars, total	g											
Starch	g											
Minerals:												
Vimerais: Calcium, Ca	ma	35		50		1		41	11			
Iron, Fe		4.20		118		1		4.96	1.26			
Magnesium, Mg		152		109		1		179	46			
Phosphorus, P		377		123		1		445	113			
Potassium, K	-	392		49		1		463	118			
Sodium, Na	-	11		109		1		13	3			
Zinc, Zn		3.60		93		1		4.25	1.08			
Copper, Cu	-	0.508		90		1		0.599	0.152			
Manganese, Mn												
Selenium, Se		70.7		0	BFZN	4		83.4	21.2			
£7*4 *												
Vitamins:												
Vitamin C, total ascorbic acid	-	0.0		0		4		0.0	0.0			
Thiamin	-	0.540		121		1		0.637	0.162			
Riboflavin	_	0.480		110		1		0.566	0.144			
Niacin		5.220		13		1		6.160	1.566			
Pantothenic acid		0.741		104		1		0.874	0.222			
Vitamin B-6	IIIg	0.289 60		95 104		1 1		0.341	0.087			
Folate, total		0		0	z	7		71 0	18 0			
Folic acid		60		U	NC	4		71	18			
Folate, food		60		0	NC NC	4		71 71	18			
Vitamin B-12		0.28		0	NC	4		0.33	0.08			
Vitamin A, IU		0.28		0		4		0.33	0.08			
Vitamin A, RAE	IU	0		0	NC	4		0	0			
Retinol	mcg_RAE	0		0	NC Z	7		0	0			
		U		U	2	,		O	U			
Vitamin E (alpha-tocopherol)												
Tocopherol, beta												
Tocopherol, gamma Tocopherol, delta												
Vitamin D												
Vitamin K (phylloquinone)												
Lipids:												
Fatty acids, total saturated	a											
Fatty acids, total monounsaturated												
Fatty acids, total polyunsaturated												
Fatty acids, total trans												
Cholesterol		0		0	z	7		0	0			
Phytosterols		•		·	_	•		·	·			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 118g: 1 cup

NDB No. 08134 Cereals, RALSTON, dry

Measure 2 = 30g: .25 cup

Calories Factors: Protein 3.59 Fat 8.37 Carbohydrate 3.78

Food Group: 08 Breakfast Cereals

		<u>A</u> 1	mount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in	edible portion	of common
				Number					easures of food	
Nutrients and Uni	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		81.50		0		1		195.60	146.70	
Energy	kcal	71		0	NC	4		170	128	
Energy	kj	297				4		713	535	
Protein (N x 5.9)	g	3.00		0		1		7.20	5.40	
Total lipid (fat)	g	0.80		0		1		1.92	1.44	
Ash	g	0.40		0		1		0.96	0.72	
Carbohydrate, by difference	g	14.20		0	NC	4		34.08	25.56	
Fiber, total dietary	g	3.4		0		4		8.2	6.1	
Sugars, total	g									
Starch										
Minerals:										
Calcium. Ca	mg	11		0		1		26	20	
Iron, Fe.	mg	0.58		0		1		1.39	1.04	
Magnesium, Mg		31		0		1		74	56	
Phosphorus, P		98		0		1		235	176	
Potassium, K	mg	107		0		4		257	193	
Sodium, Na	mg	225		0		1		540	405	
Zinc, Zn	mg	0.81		0		4		1.94	1.46	
Copper, Cu	mg	0.062	!	0		1		0.149	0.112	
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	-	0.0		0		4		0.0	0.0	
Thiamin	_	0.130		0		1		0.312	0.234	
Riboflavin	-	0.090		0		1		0.216	0.162	
Niacin		1.360		0		1		3.264	2.448	
Pantothenic acid		0.104		0		1		0.250	0.187	
Vitamin B-6		0.158	ł	0		1		0.379	0.284	
Folate, total		10		0		4		24	18	
Folic acid		0		0	Z	7		0	0	
Folate, food		10		0		4		24	18	
Folate, DFE		10		0	NC	4		24	18	
Vitamin B-12		0.00		0		4		0.00	0.00	
Vitamin A, IU		9		0		4		22	16	
Vitamin A, RAE		0		0	NC	4		1	1	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, demme										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	g	0.072	!	0		4		0.173	0.130	
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol		0		0	Z	7		0	0	
Phytosterols	ma									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 1 cup

Cereals, ROMAN MEAL WITH OATS, cooked with water, with salt

Measure 2 = 180g: .75 cup

Calories Factors: Protein 3.2 Fat 8.37 Carbohydrate 3.8

Food Group: 08 Breakfast Cereals

		<u>A</u> 1	mount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in	edible portion	of common
				Number					easures of food	
Nutrients and Uni	ts	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure :
Proximates:										
Water		81.50		0		1		195.60	146.70	
Energy	kcal	71		0	NC	4		170	128	
Energy	kj	297				4		713	535	
Protein (N x 5.83)	g	3.00		0		1		7.20	5.40	
Total lipid (fat)	g	0.80		0		1		1.92	1.44	
Ash	g	0.40		0		1		0.96	0.72	
Carbohydrate, by difference	g	14.20		0	NC	4		34.08	25.56	
Fiber, total dietary	g	2.9		0		4		7.0	5.2	
Sugars, total	g									
Starch										
Minerals:										
Calcium. Ca	mg	11		0		1		26	20	
Iron, Fe.	•	0.58		0		1		1.39	1.04	
Magnesium, Mg		31		0		1		74	56	
Phosphorus, P		98		0		1		235	176	
Potassium, K	mg	107		0		4		257	193	
Sodium, Na	mg	4		0		1		10	7	
Zinc, Zn	mg	0.81		0		4		1.94	1.46	
Copper, Cu	mg	0.062	?	0		1		0.149	0.112	
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.130)	0		1		0.312	0.234	
Riboflavin	mg	0.090)	0		1		0.216	0.162	
Niacin		1.360)	0		1		3.264	2.448	
Pantothenic acid		0.104	ļ	0		1		0.250	0.187	
Vitamin B-6		0.158	3	0		1		0.379	0.284	
Folate, total		10		0		4		24	18	
Folic acid		0		0	Z	7		0	0	
Folate, food		10		0	NC	4		24	18	
Folate, DFE		10		0	NC	4		24	18	
Vitamin B-12		0.00		0		4		0.00	0.00	
Vitamin A, IU		9		0		4		22	16	
Vitamin A, RAE		0		0	NC	4		1	1	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	a	0.072	2	0		4		0.173	0.130	
Fatty acids, total monounsaturated		0.072	-	Ū		-		3.1.3	0.150	
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol		0		0	z	7		0	0	
Phytosterols	=	-		-	_	•		<u> </u>	·	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 1 cup

Cereals, ROMAN MEAL WITH OATS, cooked with water, without salt

Measure 2 = 180g: .75 cup

Calories Factors: Protein 3.2 Fat 8.37 Carbohydrate 3.8

Food Group: 08 Breakfast Cereals

		<u>A</u>	mount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in	edible portion	of common
				Number					easures of food	
Nutrients and Uni	its	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure :
Proximates:										
Water		82.70		0		1		199.31	149.69	
Energy	kcal	61		0	NC	4		147	110	
Energy	kj	255				4		615	462	
Protein (N x 5.9)	g	2.70		0		1		6.51	4.89	
Total lipid (fat)	g	0.40		0		1		0.96	0.72	
Ash	g	0.50		0		1		1.21	0.91	
Carbohydrate, by difference	g	13.70		0	NC	4		33.02	24.80	
Fiber, total dietary	g	3.4		0		4		8.2	6.2	
Sugars, total	g									
Starch	g									
	•									
Minerals:	ma	10		^				20	22	
Calcium, Ca	_	12 0.88		0		1 1		29 2.12	22 1.59	
Iron, Fe		45		0		1		108	1.59 81	
0 , 0	_	45 89		0		1		214	161	
Phosphorus, P Potassium, K	_	125		0		1		301	226	
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	82		0		1		198	148	
Zinc, Zn		0.74		0		1		1.78	1.34	
Copper, Cu	_	0.133	ı	0		1		0.321	0.241	
Manganese, Mn		0.250	•	•		_		0.022	*****	
Selenium, Se										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.0		0		4		0.0	0.0	
Thiamin	• • • • • • • • • • • • • • • • • • • •	0.100		0		1		0.241	0.181	
Riboflavin	-	0.050		0		1		0.121	0.091	
Niacin		1.280		0		1		3.085	2.317	
Pantothenic acid		0.154		0		1		0.371	0.279	
Vitamin B-6		0.047	•	0		1 1		0.113 24	0.085	
Folate, total		10 0		0		7		0	18 0	
Folic acid		10		0	Z	1		24	18	
Folate, food		10		0	NC	4		24 24	18 18	
Vitamin B-12		0.00		0	NC	4		0.00	0.00	
Vitamin B-12 Vitamin A, IU		0.00		0		4		0.00	0.00	
Vitamin A, RAE	mca PAF	0		0	NC	4		0	0	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		Ū		Ū	_	,		Ü	O	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:	-									
Fatty acids, total saturated	g	0.053	3	0		4		0.128	0.096	
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol		0		0	z	7		0	0	
Phytosterols	-									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 241g: 1 cup

NDB No. 08181 Cereals, ROMAN MEAL, plain, cooked with water, with salt

Measure 2 = 181g: .75 cup

Calories Factors: Protein 3.1 Fat 8.37 Carbohydrate 3.6

Food Group: 08 Breakfast Cereals

Refuse: 0%

		<u>A</u> 1	mount in 10	00 grams	of edib	ole portic	<u>on</u>		edible portion	
				Number	•			<u>m</u>	easures of food	<u> </u>
Nutrients and Uni	ts	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	82.70		0		1		199.31	149.69	
Energy	kcal	61		0	NC	4		147	110	
Energy	kj	255				4		615	462	
Protein (N x 5.9)	g	2.70		0		1		6.51	4.89	
Total lipid (fat)	g	0.40		0		1		0.96	0.72	
Ash	g	0.50		0		1		1.21	0.91	
Carbohydrate, by difference	g	13.70		0	NC	4		33.02	24.80	
Fiber, total dietary	g	3.4		0		4		8.2	6.2	
Sugars, total	g									
Starch	g									
Inerals:										
Calcium, Ca	ma	12		0		1		29	22	
Iron, Fe		0.88		0		1		2.12	1.59	
Magnesium, Mg		45		0		1		108	81	
Phosphorus, P		89		0		1		214	161	
Potassium, K	-	125		0		1		301	226	
Sodium, Na		1		0		1		2	2	
Zinc, Zn		0.74		0		1		1.78	1.34	
Copper, Cu	mg	0.133	3	0		1		0.321	0.241	
Manganese, Mn	mg									
Selenium, Se	mcg									
'itamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.100)	0		1		0.241	0.181	
Riboflavin	mg	0.050)	0		1		0.121	0.091	
Niacin	mg	1.280)	0		1		3.085	2.317	
Pantothenic acid		0.154	ļ	0		1		0.371	0.279	
Vitamin B-6		0.047	,	0		1		0.113	0.085	
Folate, total		10		0		1		24	18	
Folic acid	-	0		0	Z	7		0	0	
Folate, food		10		0	NC	4		24	18	
Folate, DFE		10		0	NC	4		24	18	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE		0		0	NC	4		0	0	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)										
ipids:										
Fatty acids, total saturated	a	0.053	3	0		4		0.128	0.096	
Fatty acids, total monounsaturated		0.055	•	·		•		0.120	0.030	
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol		0		0	z	7		0	0	
Phytosterols	_							-	-	

Common Measures:

Measure 1 = 241g: 1 cup

Cereals, ROMAN MEAL, plain, cooked with water, without salt

Measure 2 = 181g: .75 cup

Calories Factors: Protein 3.1 Fat 8.37 Carbohydrate 3.6

Food Group: 08 Breakfast Cereals

		<u>Aı</u>	mount in 100 g	rams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber				<u>m</u> e	easures of food	_	
Nutrients and Un	its	Mean	of Std. Error Po			Source Code	Confidence Code	Measure 1	Measure 2	Measure	
Proximates:											
Water		9.10	0.677	3		1		8.46	0.53	2.82	
Energy		322		0	NC	4		299	19	100	
Energy		1347				4		1253	78	418	
Protein (N x 5.9)		14.40	0.376	3		1		13.39	0.84	4.46	
Total lipid (fat)	g	2.20	0.139	3		1		2.05	0.13	0.68	
Ash		2.40	0.029	3		1		2.23	0.14	0.74	
Carbohydrate, by difference		72.00		0	NC	4		66.96	4.18	22.32	
Fiber, total dietary	g	17.9		0		4		16.6	1.0	5.5	
Sugars, total	g										
Starch	g										
Minerals:	ma	65		1		1		60	4	20	
Calcium, Ca		4.64		1		1		4.32	0.27	1.44	
Iron, Fe		4.64 237		1		1		4.32 220	0.27 14	73	
Magnesium, Mg Phosphorus, P		470		1		1		437	14 27	73 146	
		660		1		1		614	38	205	
Potassium, K Sodium, Na		6		1		1		6	0	203	
Zinc, Zn	_	3.89		1		1		3.62	0.23	1.2	
*	_	0.700	1	1		1		0.651	0.23	0.2	
Copper, Cu		0.700	,	_		_		0.031	0.041	0.2.	
Manganese, Mn Selenium, Se		44.0		0	RA	4		40.9	2.6	13.6	
Selenium, Se	niog	44.0		U	NA.	-		40.9	2.0	13.0	
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0	
Thiamin	mg	0.500)	1		1		0.465	0.029	0.1	
Riboflavin	mg	0.250)	1		1		0.233	0.015	0.07	
Niacin	mg	6.720)	1		1		6.250	0.390	2.08	
Pantothenic acid	mg	0.810)	1		1		0.753	0.047	0.25	
Vitamin B-6	mg	0.250)	1		1		0.233	0.015	0.0	
Folate, total	mcg	70		1		1		65	4	22	
Folic acid	mcg	0		0	Z	7		0	0	0	
Folate, food	mcg	70		1		1		65	4	22	
Folate, DFE	mcg_DFE	70		0	NC	4		65	4	22	
Vitamin B-12		0.00		0		4		0.00	0.00	0.00	
Vitamin A, IU	IU	0		0		4		0	0	0	
Vitamin A, RAE		0		0	NC	4		0	0	0	
Retinol	mcg	0		0	Z	7		0	0	0	
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta	mg										
Vitamin D	IU										
Vitamin K (phylloquinone)	mcg										
[inide.											
Lipids:	~	0.000	_	•				0 202	0.019	0.1	
Fatty acids, total saturated		0.326		0		4		0.303		0.10	
4:0		0.000		0		4		0.000 0.000	0.000 0.000	0.00	
6:0	-	0.000		0		4				0.00	
8:0		0.009		0		4		0.008	0.001	0.00	
10:0	-	0.000				4		0.000	0.000	0.00	
12:0		0.000	,	0		4		0.000	0.000	0.0	
13:0		0 000	•	^				0.000	0 000		
14:0		0.003	•	0		4		0.003	0.000	0.0	
15:0	-		_	•				0.000	2 24 5		
16:0	-	0.286	•	0		4		0.266	0.017	0.0	
17:0	-	2 22 -		•							
18:0	-	0.015	•	0		4		0.014	0.001	0.0	
20:0	-										
22:0	g										

	<u> </u>	Amount in 100 g	rams of	f edible po	ortion		Amount in	edible portion of	of common
		Nu	ımber				me	easures of food	
Nutrients and Units	Mean	of Std. Error Po		eriv Sou ode Co		idence ode	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		8	0		4		0.268	0.017	0.089
15:1	g g 0.01	2	0		4		0.011	0.001	0.004
18:1 undifferentiated	g 0.27		0		4		0.255	0.016	0.085
20:1			0	•	4		0.003	0.000	0.001
22:1 undifferentiated 24:1 c		0	0	•	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated	=	5	0		4		0.935	0.058	0.312
18:2 undifferentiated		8	0		4		0.854	0.053	0.285
18:3 undifferentiated.	-	5	0		4		0.079	0.005	0.026
18:4	-	0	0		4		0.000	0.000	0.000
20:2 n-6 c,c 20:3 undifferentiated	=								
20:4 undifferentiated		2	0		1		0.002	0.000	0.001
20:5 n-3			0		1		0.002	0.000	0.001
22:5 n-3			0		- 1		0.000	0.000	0.000
22:6 n-3	=		0		- 4		0.000	0.000	0.000
Fatty acids, total trans									
Cholesterol			0	z ·	7		0	0	0
Phytosterols	•								
Others:									
Alcohol, ethyl	0.0		0		7		0.0	0.0	0.0
Caffeine	_								
Theobromine	mg								

Common Measures:

Measure 1 = 93g: 1 cup Measure 2 = 5.8g: 1 tbsp Measure 3 = 31g: .333 cup

Calories Factors: Protein 3.1 Fat 8.37 Carbohydrate 3.6

Food Group: 08 Breakfast Cereals

NDB No. 08143 Cereals, WHEATENA, cooked with water

Homestat Farm Ltd.

		<u>A</u>	mount in 100	grams	of edil	ole portio	<u>n</u>		edible portion	
			N	lumber	•			<u>m</u>	easures of food	•
			C	of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	85.40		0		1		207.52	155.43	
Energy	kcal	56		0	NC	4		136	102	
Energy	kj	234				4		569	426	
Protein (N x 5.83)	g	2.00		0		1		4.86	3.64	
Total lipid (fat)	g	0.50		0		1		1.22	0.91	
Ash	g	0.30		0		1		0.73	0.55	
Carbohydrate, by difference	g	11.80		0	NC	4		28.67	21.48	
Fiber, total dietary	g	2.7		0		1		6.6	4.9	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	4		0		1		10	7	
Iron, Fe	_	0.56		0		1		1.36	1.02	
Magnesium, Mg	_	20		0		1		49	36	
Phosphorus, P		60		0		1		146	109	
Potassium, K	-	77		o		1		187	140	
Sodium, Na		2		0		1		5	4	
Zinc, Zn	-	0.69		0		1		1.68	1.26	
Copper, Cu		0.052	2	0		1		0.126	0.095	
Manganese, Mn	mg	0.822	2	0		1		1.997	1.496	
Selenium, Se	mcg									
Vitamins:										
	ma	0.0		0		4		0.0	0.0	
Vitamin C, total ascorbic acid Thiamin	_	0.010	,	0		1		0.024	0.018	
Riboflavin	-	0.010		0		1		0.024	0.018	
Niacin	-	0.550		0		1		1.337	1.001	
Pantothenic acid	-	0.042		0		1		0.102	0.076	
Vitamin B-6		0.019		0		1		0.046	0.035	
Folate, total	-	7		0		1		17	13	
Folic acid		0		0	z	7		0	0	
Folate, food		7		0	NC	4		17	13	
Folate, DFE	mcg DFE	7		0	NC	4		17	13	
Vitamin B-12		0.00		0		4		0.00	0.00	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE		0		0	NC	4		0	0	
Retinol		0		0	z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	q	0.075	5	0		4		0.182	0.137	
4:0		0.000		0		4		0.000	0.000	
6:0		0.000)	0		4		0.000	0.000	
8:0		0.000)	0		4		0.000	0.000	
10:0		0.000)	0		4		0.000	0.000	
12:0	g	0.000)	0		4		0.000	0.000	
13:0	-									
14:0	g	0.000)	0		4		0.000	0.000	
15:0	g									
16:0	g	0.073	3	0		4		0.177	0.133	
17:0	g									
18:0	g	0.002	2	0		4		0.005	0.004	
20:0	g									
22:0	g									
24:0	q									

	Ar	nount in 100 gram	s of edible po	ortion	Amount in edible portion of common			
		Number of Data		rce Confidence	<u>m</u>	easures of food	<u>[</u>	
Nutrients and Units	Mean	Std. Error Points			Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.071	0		4	0.173	0.129		
14:1					0.2.0	0.225		
15:1								
16:1 undifferentiatedg	0.000	0		4	0.000	0.000		
17:1g								
18:1 undifferentiated	0.071	0		4	0.173	0.129		
20:1g	0.000	0		4	0.000	0.000		
22:1 undifferentiatedg	0.000	0		4	0.000	0.000		
24:1 cg								
Fatty acids, total polyunsaturated	0.252	0		4	0.612	0.459		
18:2 undifferentiatedg	0.234	0		4	0.569	0.426		
18:3 undifferentiatedg	0.019	0		4	0.046	0.035		
18:4g	0.000	0		4	0.000	0.000		
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0		4	0.000	0.000		
20:5 n-3g	0.000	0		4	0.000	0.000		
22:5 n-3g	0.000	0		4	0.000	0.000		
22:6 n-3g	0.000	0		4	0.000	0.000		
Fatty acids, total trans9								
Cholesterolmg	0	0	Z	7	0	0		
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0		7	0.0	0.0		
Caffeine mg								
Theobrominemg								

Common Measures:

Measure 1 = 243g: 1 cup Measure 2 = 182g: .75 cup

Calories Factors: Protein 3.59 Fat 8.37 Carbohydrate 3.78

Food Group: 08 Breakfast Cereals

		<u>A</u>	mount in 100) grams	of edib	le portio	<u>n</u>		edible portion of	of common
			ı	Number				<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	85.40		0	FLM	4		207.52	155.43	
Energy	kcal	59		0	FLM	4		144	108	
Energy	kj	247		0	FLM	4		601	450	
Protein (N x 5.83)	g	2.03		0	FLM	4		4.94	3.70	
Total lipid (fat)	g	0.45		0	FLM	4		1.09	0.82	
Ash	g	0.38		0	FLM	4		0.92	0.69	
Carbohydrate, by difference	g	11.74		0	FLM	4		28.52	21.36	
Fiber, total dietary	g	2.0		0	FLM	4		4.8	3.6	
Sugars, total	g	0.25		0	FLM	4		0.60	0.45	
Starch	g									
Minorals										
Minerals: Calcium. Ca	ma	6		0	FLM	4		16	12	
Iron. Fe.	• • • • • • • • • • • • • • • • • • • •	0.56		0	FLM	4		1.36	1.02	
Magnesium, Mg		21		0	FLM	4		50	38	
Phosphorus, P		60		0	FLM	4		145	109	
Potassium, K	•	77		0	FLM	4		186	139	
Sodium, Na	-	238		0		1		578	433	
Zinc, Zn	_	0.69		0	FLM	4		1.67	1.25	
Copper, Cu		0.057	7	0	FLM	4		0.138	0.104	
Manganese, Mn		0.817	7	0	FLM	4		1.986	1.487	
Selenium, Se	mcg	11.0		0	FLM	4		26.7	20.0	
¥7:4										
<u>Vitamins:</u>	ma a			•				0.0		
Vitamin C, total ascorbic acid	_	0.0		0	FLM	4		0.0	0.0	
Thiamin	_	0.011		0 0	FLM FLM	4 4		0.026	0.020	
Riboflavin	-	0.022		0				0.053	0.040	
Niacin	_	0.546		0	FLM FLM	4 4		1.328	0.995	
Pantothenic acid Vitamin B-6	-	0.042		0	FLM	4		0.102 0.045	0.077	
	-	9	,	0	FLM	4		22	0.03 4 17	
Folate, totalFolic acid		0		0	FLM	4		0	0	
Folate, food		9		0	FLM	4		22	17	
Folate, DFE		9		0	NC	4		22	17	
Vitamin B-12		0.00		0	FLM	4		0.00	0.00	
Vitamin A, IU		3		0	FLM	4		8	6	
Vitamin A, RAE		0		0	NC	4		0	0	
Retinol		0		0	FLM	4		0	0	
Vitamin E (alpha-tocopherol)		0.53		0	FLM	4		1.30	0.97	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.4		0	FLM	4		0.9	0.7	
Linida										
Lipids:	a	0.091		0	FLM	4		0.221	0.166	
Fatty acids, total saturated4:0		0.000		0	FLM	4		0.000	0.000	
6:0		0.000		0	FLM	4		0.000	0.000	
8:0	-	0.000		0	FLM	4		0.000	0.000	
10:0	-	0.000		0	FLM	4		0.000	0.000	
12:0	-	0.000		0	FLM	4		0.000	0.000	
13:0		0.000	-	3	- 1111	-		0.000	0.000	
14:0		0.000)	0	FLM	4		0.000	0.000	
15:0				•		-		3.000	0.000	
16:0		0.089	•	0	FLM	4		0.215	0.161	
17:0				•		-		3.213	0.101	
18:0	-	0.003	3	0	FLM	4		0.006	0.005	
20:0	-			•		-		3.000	0.000	
22:0	-									
24:0	-									

	<u>Ar</u>	nount in 10			ole portio	<u>on</u>		edible portion of easures of food	of common
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	0.067		0	FLM	4		0.164	0.123	
14:1g	0.007		U	FIM	-		0.164	0.123	
15:1g									
16:1 undifferentiated	0.000		0	FLM	4		0.000	0.000	
17:1g	0.000		•		-		0.000	0.000	
18:1 undifferentiated	0.067		0	FLM	4		0.164	0.123	
20:1g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiated	0.000		0	FLM	4		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturated	0.240		0	FLM	4		0.582	0.436	
18:2 undifferentiatedg	0.222		0	FLM	4		0.539	0.404	
18:3 undifferentiatedg	0.018		0	FLM	4		0.043	0.033	
18:4g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	FLM	4		0.000	0.000	
20:5 n-3g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total transg									
Cholesterolmg	0		0	FLM	4		0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	FLM	4		0.0	0.0	
Caffeine mg	0		0	FLM	4		0	0	
Theobromine mg	0		0	FLM	4		0	0	
Carotenoids:									
Carotene, betamcg	2		0	FLM	4		4.955	3.711	
Carotene, alphamcg	0		0	FLM	4		0.000	0.000	
Cryptoxanthin, betamcg	0		0	FLM	4		0.000	0.000	
Lycopenemcg	0		0	FLM	4		0.000	0.000	
Lutein + zeaxanthinmcg	45		0	FLM	4		110.033	82.411	

Common Measures:

Measure 1 = 243g: 1 cup Measure 2 = 182g: .75 cup

Calories Factors: Protein 3.59 Fat 8.37 Carbohydrate 3.78

Food Group: 08 Breakfast Cereals

		<u>A</u>	mount in 10	<u>0 grams</u>	of edib	ole portio	<u>n</u>		edible portion	_
			ļ	Number	•			<u>m</u>	easures of food	_
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.50		8		1		9.17	2.28	
Energy	kcal	357		0	NC	4		503	125	
Energy	kj	1494				4		2106	523	
Protein (N x 5.83)	g	13.10		7		1		18.47	4.59	
Total lipid (fat)	g	2.90		7		1		4.09	1.02	
Ash	g	1.90		9		1		2.68	0.67	
Carbohydrate, by difference	g	75.60		0	NC	4		106.60	26.46	
Fiber, total dietary		12.8		0		1		18.0	4.5	
Sugars, total	g	1.60		0	FLA	4		2.26	0.56	
Starch	g									
Minerals:										
Calcium, Ca	ma	28		8		1		39	10	
Iron, Fe	_	3.57		8		1		5.03	1.25	
Magnesium, Mg	_	130		8		1		183	46	
Phosphorus, P		384		8		1		541	134	
Potassium, K	_	492		8		1		694	172	
Sodium, Na		13		8		1		18	5	
Zinc, Zn	<u>mg</u>	4.41		8		1		6.22	1.54	
Copper, Cu	mg	0.330)	8		1		0.465	0.116	
Manganese, Mn		5.262	2	2		1		7.419	1.842	
Selenium, Se	mcg	70.7		0	BFZN	4		99.7	24.7	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0	0.0	
Thiamin	_	0.070)	8		1		0.099	0.025	
Riboflavin	-	0.140		6		1		0.197	0.049	
Niacin	-	3.520		6		1		4.963	1.232	
Pantothenic acid	_	0.271		6		1		0.382	0.095	
Vitamin B-6	-	0.120)	8		1		0.169	0.042	
Folate, total	-	59		6		1		83	21	
Folic acid		0		0	FLA	4		0	0	
Folate, food		59		6		1		83	21	
Folate, DFE		59		0	NC	4		83	21	
Vitamin B-12		0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	22		0	FLA	4		31	8	
Vitamin A, RAE	mcg_RAE	1		0	NC	4		2	0	
Retinol	mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)	mg	3.44		0	FLA	4		4.85	1.20	
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	riicg	2.3		0	FLA	4		3.3	0.8	
Lipids:										
Fatty acids, total saturated	g	0.430)	0		4		0.606	0.151	
4:0		0.000)	0		4		0.000	0.000	
6:0	g	0.000)	0		4		0.000	0.000	
8:0	g	0.000)	0		4		0.000	0.000	
10:0	-	0.000)	0		4		0.000	0.000	
12:0		0.000)	0		4		0.000	0.000	
13:0										
14:0	g	0.000)	0		4		0.000	0.000	
15:0										
16:0		0.423	3	0		4		0.596	0.148	
17:0	-									
18:0	-	0.012	2	0		4		0.017	0.004	
20:0	-									
22:0	-									
24:0	g									

		<u>An</u>	nount in 10	00 grams Number		ole portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and L	Jnits	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate		0.410		0		4		0.578	0.144	
14:1										
15:1										
16:1 undifferentiated		0.000		0		4		0.000	0.000	
17:1		0 411		•						
18:1 undifferentiated		0.411		0		4		0.580	0.144	
20:1		0.000		0 0		4		0.000	0.000	
22:1 undifferentiated	-	0.000		U		4		0.000	0.000	
24:1 c		1.460		0		4		0.050	0 511	
Fatty acids, total polyunsaturated				0		4		2.059	0.511	
18:2 undifferentiated		1.353 0.109		0		4		1.908 0.154	0. 474 0.038	
18:3 undifferentiated	-	0.109		0		4		0.154	0.038	
18:4 20:2 n-6 c.c	-	0.000		U		4		0.000	0.000	
20:2 n-6 c,c	• • • • • • • • • • • • • • • • • • • •									
20:4 undifferentiated	-	0.000		0		4		0.000	0.000	
20:4 undifferentiated		0.000		0		4		0.000	0.000	
20:5 n-3		0.000		0		4		0.000	0.000	
		0.000		0		4			0.000	
22:6 n-3		0.000		U		4		0.000	0.000	
Fatty acids, total trans Cholesterol		0		0	z	7		0	0	
Phytosterols	•	U		U	2	,		U	U	
Others:										
Alcohol, ethyl	a	0.0		0	FLA	4		0.0	0.0	
Caffeine	-	0.0		0	FLA	4		0.0	0.0	
Theobromine	-	0		0	FLA	4		0	0	
Carotenoids:	9	O .		Ū	ELIA	-		J	U	
Carotene, beta	mca	13		0	FLA	4		18.520	4.597	
Carotene, alpha	-	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta		0		0	FLA	4		0.000	0.000	
Lycopene		0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin		292		0	FLA	4		411.248	102.083	

Common Measures:

Measure 1 = 141g: 1 cup Measure 2 = 35g: .25 cup

Calories Factors: Protein 3.59 Fat 8.37 Carbohydrate 3.78

Food Group: 08 Breakfast Cereals

NDB No. 08091 Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt

		<u>A</u> :	mount in 100 g	rams o	of edib	ole portio	<u>n</u>	Amount in edible portion of common		
			Nu	mber				<u>m</u>	easures of food	<u>.</u>
			of	Data D	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints C	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	_	85.35		0	RP	4		206.54	12.80	155.33
Energy		59		0	RP	4		143	9	107
Energy		247		0	RP	4		597	37	449
Protein (N x 6.25)	_	1.42		0	RP	4		3.44	0.21	2.59
Total lipid (fat)		0.19		0	RP	4		0.47	0.03	0.35
Ash		0.16		0	RP	4		0.40	0.02	0.30
Carbohydrate, by difference		12.87		0	RP	4		31.15	1.93	23.43
Fiber, total dietary		0.3		0	RP	4		0.6	0.0	0.5
Sugars, total		0.10		0	RP	4		0.25	0.02	0.19
Starch	g									
Minerals:										
Calcium, Ca	mg	3		0	RP	4		7	0	5
Iron, Fe	_	0.60		0	RP	4		1.46	0.09	1.10
Magnesium, Mg	_	5		0	RP	4		12	1	9
Phosphorus, P		11		0	RP	4		27	2	20
Potassium, K	_	21		0	RP	4		51	3	39
Sodium, Na	mg	2		0	RP	4		6	0	4
Zinc, Zn	<u>.</u> mg	0.07		0	RP	4		0.17	0.01	0.13
Copper, Cu	mg	0.018	3	0	RP	4		0.044	0.003	0.03
Manganese, Mn		0.018		0	RP	4		0.042	0.003	0.03
Selenium, Se	mcg	3.1	0.443	22	A	1		7.5	0.5	5.6
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	RP	4		0.0	0.0	0.0
Thiamin	_	0.083	3	0	RP	4		0.200	0.012	0.15
Riboflavin	-	0.055		0	RP	4		0.134	0.008	0.10
Niacin		0.722		0	RP	4		1.747	0.108	1.31
Pantothenic acid	_	0.078		0	RP	4		0.190	0.012	0.14
Vitamin B-6	-	0.021	_	0	RP	4		0.052	0.003	0.03
Folate, total	-	33		0	BFSN	4		81	5	61
Folic acid		32		0	NC	4		78	5	59
Folate, food		1		0		1		2	0	2
Folate, DFE		56		0	NC	4		136	8	102
Vitamin B-12		0.00		0	RP	4		0.00	0.00	0.00
Vitamin A, IU		0		0	RP	4		1	0	1
Vitamin A, RAE		0		0	RP	4		0	0	0
Retinol		0		0	RP	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.02		0	RP	4		0.05	0.00	0.04
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.0		0	RP	4		0.1	0.0	0.1
Lipids:										
Fatty acids, total saturated	q	0.025	i	0	RP	4		0.061	0.004	0.04
4:0		0.000)	0	RP	4		0.000	0.000	0.00
6:0	g	0.000)	0	RP	4		0.000	0.000	0.00
8:0	-	0.000)	0	RP	4		0.000	0.000	0.00
10:0	-	0.000		0	RP	4		0.000	0.000	0.00
12:0	g	0.000)	0	RP	4		0.000	0.000	0.00
13:0										
14:0		0.000)	0	RP	4		0.000	0.000	0.00
15:0										
16:0		0.022	2	0	RP	4		0.053	0.003	0.04
17:0	g									
18:0	-	0.003	3	0	RP	4		0.007	0.000	0.00
20:0	g									
22:0	g									
24:0	-									

		<u>A</u> 1	mount in 100 grai	ns of edi	ble portic	<u>on</u>	Amount in edible portion of common measures of food		
			Numb	er ta Deriv	Source	Confidence	<u>m</u>	easures of 1000	
Nutrients and	Units	Mean	Std. Error Point			Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	ntedg	0.048	C	RP	4		0.117	0.007	0.088
14:1 15:1	g								
16:1 undifferentiated	g	0.001	C	RP	4		0.001	0.000	0.001
18:1 undifferentiated	g	0.048			4 4		0.116 0.000	0.007	0.087 0.000
22:1 undifferentiated	g	0.000			4		0.000	0.000	0.000
Fatty acids, total polyunsaturate	edg	0.083			4		0.202	0.013	0.152
18:2 undifferentiated	g	0.081 0.002	C	RP	4 4		0.196 0.006	0.012 0.000	0.148 0.004
18:4 20:2 n-6 c,c	g	0.000	C	RP	4		0.000	0.000	0.000
20:3 undifferentiated 20:4 undifferentiated	g	0.000			4		0.000	0.000	0.000
20:5 n-3 22:5 n-3		0.000 0.000			4 4		0.000 0.000	0.000 0.000	0.000
22:6 n-3Fatty acids, total trans		0.000	C	RP	4		0.000	0.000	0.000
CholesterolPhytosterols		0	C	RP	4		0	0	0
Amino Acids:									
TryptophanThreonine	g	0.010 0.053	C	RP	4 4		0.024 0.129	0.002 0.008	0.018 0.097
Isoleucine	g	0.051 0.174	C	RP	4 4		0.123 0.421	0.008 0.026	0.092 0.317
Lysine Methionine		0.040 0.030	C	RP	4 4		0.097 0.072	0.006 0.004	0.073 0.054
CystinePhenylalanine		0.026 0.070			4 4		0.062 0.169	0.004 0.010	0.046 0.127
TyrosineValine		0.058 0.072			4 4		0.140 0.174	0.009 0.011	0.105 0.131
Arginine		0.071 0.043			4 4		0.171 0.105	0.011 0.007	0.129 0.079
Alanine	g	0.106 0.099			4 4		0.257 0.239	0.016 0.015	0.193 0.180
Glutamic acidGlycine	g	0.266 0.058			4 4		0.645 0.141	0.040 0.009	0.485 0.106
Proline	g	0.124 0.067	C		4 4		0.299	0.019 0.010	0.225 0.123
Hydroxyproline					_				
Others: Alcohol, ethyl	g	0.0	C	RP	4		0.0	0.0	0.0
CaffeineTheobromine		0	0		4 4		0 0	0 0	0 0
Carotenoids:	maa	0	C	22	4		0.493	0.031	0.371
Carotene, beta	mcg	0	0	RP	4 4 4		0.023	0.001	0.018
Cryptoxanthin, betaLycopene	mcg	0	C	RP	4		0.505 0.000	0.031 0.000	0.380
Lutein + zeaxanthin	mcg	1	C	RP	4		1.898	0.118	1.427

Common Measures:

Measure 1 = 242g: 1 cup Measure 2 = 15g: 1 tbsp Measure 3 = 182g: .75 cup

Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt

Calories Factors: Protein 3.46 Fat 8.37 Carbohydrate 4.16

Food Group: 08 Breakfast Cereals

		<u>Aı</u>	mount in 100 gram	s of edil	ole portio	<u>on</u>	Amount in	edible portion	of common
			Numbe	r			m	easures of food	<u>.</u>
					Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	10.00	157		1		15.60	0.97	
Energy	kcal	371	0	NC	4		579	36	
Energy		1552			4		2422	151	
Protein (N x 6.25)	g	8.80	156		1		13.73	0.85	
Total lipid (fat)	g	1.20	156	;	1		1.87	0.12	
Ash	g	0.40	156		1		0.62	0.04	
Carbohydrate, by difference	g	79.60	0	NC	4		124.18	7.72	
Fiber, total dietary	g	1.6	0		4		2.5	0.2	
Sugars, total	g	0.64	0	FLA	4		1.00	0.06	
Starch	g								
Minerals:									
Calcium, Ca	ma	2	1		1		3	0	
Iron, Fe	_	3.91	0.076 176		1		6.10	0.38	
Magnesium, Mg		27	1		1		42	3	
Phosphorus, P		73	1		1		114	7	
Potassium, K	-	137	7.569 22		1		214	13	
Sodium, Na		1	0.076 154		1		2	0	
Zinc, Zn	mg	0.41	0.010 4		1		0.64	0.04	
Copper, Cu	mg	0.075	0.003 4		1		0.117	0.007	
Manganese, Mn		0.106			1		0.165	0.010	
Selenium, Se	mcg	17.0	2	A	1		26.5	1.6	
Vitamins:									
Vitamin C, total ascorbic acid	ma	0.0	0		4		0.0	0.0	
Thiamin		0.640			1		0.998	0.062	
Riboflavin		0.380			1		0.593	0.037	
Niacin		4.960			1		7.738	0.481	
Pantothenic acid	-	0.485			4		0.757	0.047	
Vitamin B-6		0.147			1		0.229	0.014	
Folate, total	_	205	53.249 15	A	1		320	20	
Folic acid		200	0	NC	4		312	19	
Folate, food		5	0.536 3		1		8	0	
Folate, DFE	mcg_DFE	345	0	NC	4		538	33	
Vitamin B-12		0.00	0		4		0.00	0.00	
Vitamin A, IU		3	0	NC	4		5	0	
Vitamin A, RAE	mcg_RAE	0	0	NC	4		0	0	
Retinol		0	0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.12	0		1		0.19	0.01	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D Vitamin K (phylloquinone)		0.3	0	FLA	4		0.5	0.0	
vitamin K (phynoquinone)	niog	0.3	· ·	FLA	•		0.5	0.0	
<u>Lipids:</u>									
Fatty acids, total saturated	g	0.155	0	FLA	4		0.242	0.015	
4:0	g	0.000	0	FLA	4		0.000	0.000	
6:0	g	0.000	0	FLA	4		0.000	0.000	
8:0		0.000		FLA	4		0.000	0.000	
10:0		0.000		FLA	4		0.000	0.000	
12:0	_	0.001	. 0	FLA	4		0.001	0.000	
13:0	-		_		_				
14:0	-	0.001	. 0	FLA	4		0.001	0.000	
15:0	-				_				
16:0		0.135	0	FLA	4		0.211	0.013	
17:0	-	2 2 -						2 225	
18:0	-	0.018	0	FLA	4		0.028	0.002	
20:0 22:0	-								

		<u>A</u> 1	nount in 10			ole portic	<u>on</u>		edible portion	
Nutrients and	Unito	Mean	Std. Error	Number of Data	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Nutrients and	Units	Mean	Stu. Entor	1 011110	Jour	- Couc	3000	Wedsure i	Measure 2	Wedsure 3
Fatty acids, total monounsatur	atedg	0.300		0	FLA	4		0.467	0.029	
14:1	g									
15:1	_									
16:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.004		0	FLA	4		0.006	0.000	
17:1 18:1 undifferentiated	_	0.296		0	FLA	4		0.462	0.029	
20:1	_	0.000		0	FLA	4		0.462	0.000	
22:1 undifferentiated	_	0.000		0	FLA	4		0.000	0.000	
24:1 c	•	0.000		Ū	LIM	•		0.000	0.000	
Fatty acids, total polyunsatura		0.516		0	FLA	4		0.806	0.050	
18:2 undifferentiated		0.502		0	FLA	4		0.783	0.049	
18:3 undifferentiated		0.015		0	FLA	4		0.023	0.001	
18:4		0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c	• • • • • • • • • • • • • • • • • • • •									
20:3 undifferentiated	_									
20:4 undifferentiated	g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3	g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3	g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3	g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0	0	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.062		0		1		0.097	0.006	
Threonine		0.330		0		1		0.515	0.032	
Isoleucine	g	0.314		0		1		0.490	0.030	
Leucine	g	1.076		0		1		1.679	0.104	
Lysine	g	0.247		0		1		0.385	0.024	
Methionine	g	0.184		0		1		0.287	0.018	
Cystine	g	0.158		0		1		0.246	0.015	
Phenylalanine	g	0.431		0		1		0.672	0.042	
Tyrosine	g	0.357		0		1		0.557	0.035	
Valine	g	0.444		0		1		0.693	0.043	
Arginine	g	0.437		0		1		0.682	0.042	
Histidine	g	0.268		0		1		0.418	0.026	
Alanine		0.656		0		1		1.023	0.064	
Aspartic acid		0.610		0		1		0.952	0.059	
Glutamic acid	_	1.647		0		1		2.569	0.160	
Glycine		0.360		0		1		0.562	0.035	
Proline	_	0.765		0		1		1.193	0.074	
Serine		0.417		0		1		0.651	0.040	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	
Caffeine		0		0	FLA	4		0	0	
Theobromine		0		0	FLA	4		0	0	
Carotenoids:										
Carotene, beta	mca	1		0	FLA	4		1.966	0.122	
Carotene, alpha	_	0		0	FLA	4		0.094	0.006	
Cryptoxanthin, beta		1		0	FLA	4		2.012	0.125	
Lycopene		0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin		5		0	FLA	4		7.566	0.470	

Common Measures:

Measure 1 = 156g: 1 cup Measure 2 = 9.7g: 1 tbsp

Cereals, corn grits, white, regular and quick, enriched, dry

Calories Factors: Protein 3.46 Fat 8.37 Carbohydrate 4.16

Food Group: 08 Breakfast Cereals

NDB No. 08162 Cereals, corn grits, white, regular and quick, unenriched, cooked with water, without salt

		<u>A</u>	mount in 100 gran	ns of edi	ble portic	<u>on</u>	Amount in edible portion of common			
			Numb	er			<u>m</u>	easures of food	<u>l</u>	
			of Dat	a Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:										
Water	g	85.35	0	RP	4		206.54	155.33		
Energy	=	59	0	RP	4		143	107		
Energy		247	0	RP	4		597	449		
Protein (N x 6.25)		1.42	0	RP	4		3.44	2.59		
Total lipid (fat)		0.19	0	RP	4		0.47	0.35		
Ash		0.16	0	RP	4		0.40	0.30		
Carbohydrate, by difference		12.87	0	RP	4		31.15	23.43		
Fiber, total dietary		0.3	0	RP	4		0.6	0.5		
Sugars, total		0.10	0	RP	4		0.25	0.19		
Starch		0.20	·		-		0.20	0.13		
Starch	9									
<u>Minerals:</u>										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	3	0	RP	4		7	5		
Iron, Fe	-	0.16	0	RP	4		0.38	0.29		
Magnesium, Mg		5	0	RP	4		12	9		
Phosphorus, P	-	11	0	RP	4		27	20		
Potassium, K		21	0	RP	4		51	39		
Sodium, Na		2	0	RP	4		6	4		
Zinc, Zn		0.07	0	RP	4		0.17	0.13		
Copper, Cu		0.018		RP	4		0.044	0.033		
Manganese, Mn		0.018		RP	4		0.042	0.032		
Selenium, Se	mcg	3.1	0	BFZN	4		7.5	5.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0	RP	4		0.0	0.0		
Thiamin		0.017	0	RP	4		0.041	0.031		
Riboflavin		0.006		RP	4		0.014	0.011		
Niacin		0.175	5 0	RP	4		0.423	0.318		
Pantothenic acid		0.078		RP	4		0.190	0.143		
Vitamin B-6		0.021	. 0	RP	4		0.052	0.039		
Folate, total	_	1	0		1		2	2		
Folic acid		0	0	RP	4		0	0		
Folate, food		1	0		1		2	2		
Folate, DFE	mcg DFE	1	0	NC	4		2	2		
Vitamin B-12		0.00	0	RP	4		0.00	0.00		
Vitamin A, IU		1	0	NC	4		1	1		
Vitamin A, RAE		0	0	NC	4		0	0		
Retinol		0	0	RP	4		0	0		
Vitamin E (alpha-tocopherol)		0.02	0	RP	4		0.05	0.04		
Tocopherol, beta			·		=					
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0	0	RP	4		0.1	0.1		
:_:a_										
<u>_ipids:</u>	a	0.005	. ^	22	4		0 061	0.046		
Fatty acids, total saturated		0.025		RP	4		0.061			
4:0	-	0.000		RP	4		0.000	0.000		
6:0	-	0.000		RP	4		0.000	0.000		
8:0		0.000		RP	4		0.000	0.000		
10:0	_	0.000		RP	4		0.000	0.000		
12:0	-	0.000	0	RP	4		0.000	0.000		
13:0		0.000								
14:0	_	0.000	0	RP	4		0.000	0.000		
15:0	_									
16:0		0.022	2 0	RP	4		0.053	0.040		
17:0	_				-					
18:0	_	0.003	0	RP	4		0.007	0.005		
20:0	_									
22:0	_									
24:0	g									

	<u>A</u> ı	mount in 100 gram	s of edi	ble portio	<u>n</u>	Amount in edible portion of common measures of food		
		Numbe	r			<u>m</u> e	easures of food	
Nutrients and Units	Mean	of Data Std. Error Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.048	0	RP	4		0.117	0.088	
14:1g								
15:1g								
16:1 undifferentiatedg	0.001	0	RP	4		0.001	0.001	
17:1g								
18:1 undifferentiatedg	0.048		RP	4		0.116	0.087	
20:1g	0.000		RP	4		0.000	0.000	
22:1 undifferentiatedg	0.000	0	RP	4		0.000	0.000	
24:1 cg								
Fatty acids, total polyunsaturated9	0.083		RP	4		0.202	0.152	
18:2 undifferentiated	0.081		RP	4		0.196	0.148	
18:3 undifferentiatedg	0.002		RP	4		0.006	0.004	
18:4g	0.000	0	RP	4		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiated	0.000		RP	4		0.000	0.000	
20:5 n-3g	0.000		RP	4		0.000	0.000	
22:5 n-3g	0.000		RP	4		0.000	0.000	
22:6 n-3g	0.000	0	RP	4		0.000	0.000	
Fatty acids, total trans9	0	0				0	0	
Cholesterolmg	U	U	RP	4		U	U	
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.010	0	RP	4		0.024	0.018	
Threonineg	0.053	0	RP	4		0.129	0.097	
Isoleucineg	0.051	0	RP	4		0.123	0.092	
Leucineg	0.174	0	RP	4		0.421	0.317	
Lysineg	0.040	0	RP	4		0.097	0.073	
Methionineg	0.030	0	RP	4		0.072	0.054	
Cystineg	0.026	0	RP	4		0.062	0.046	
Phenylalanineg	0.070	0	RP	4		0.169	0.127	
Tyrosineg	0.058	0	RP	4		0.140	0.105	
Valineg	0.072		RP	4		0.174	0.131	
Arginineg	0.071		RP	4		0.171	0.129	
Histidineg	0.043		RP	4		0.105	0.079	
Alanineg	0.106		RP	4		0.257	0.193	
Aspartic acidg	0.099		RP	4		0.239	0.180	
Glutamic acidg	0.266		RP	4		0.645	0.485	
Glycine9	0.058		RP	4		0.141	0.106	
Prolineg	0.124		RP	4		0.299	0.225	
Serineg	0.067	0	RP	4		0.163	0.123	
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0	RP	4		0.0	0.0	
Caffeine mg	0	0	RP	4		0	0	
Theobromine mg	0	0	RP	4		0	0	
Carotenoids:								
	•	•				0.400	0 271	
Caratana alaha mcg	0	0	RP	4		0.493 0.023	0.371 0.018	
Carotene, alpha	0	0	RP RP	4		0.023	0.018	
Cryptoxanthin, betamcg	0	0	RP	4		0.000	0.380	
Lycopene mcg	1	0	RP RP	4		1.898	1.427	
Lutein + zeaxanthinmcg	1	<u> </u>	RP	4		1.030	1.421	

Common Measures:

Measure 1 = 242g: 1 cup Measure 2 = 182g: .75 cup

Cereals, corn grits, white, regular and quick, unenriched, cooked with water, without salt

Calories Factors: Protein 3.46 Fat 8.37 Carbohydrate 4.16

Food Group: 08 Breakfast Cereals

		<u>Aı</u>	mount in 100 g	ırams	of edib	le portio	<u>n</u>		edible portion	
			Nu	ımber	•			<u>m</u>	easures of food	
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	10.00		157		1		15.60	0.97	
Energy	kcal	371		0	NC	4		579	36	
Energy	kj	1552				4		2422	151	
Protein (N x 6.25)	g	8.80		156		1		13.73	0.85	
Total lipid (fat)	g	1.20		156		1		1.87	0.12	
Ash	g	0.40		156		1		0.62	0.04	
Carbohydrate, by difference	g	79.60		0	NC	4		124.18	7.72	
Fiber, total dietary	g	1.6		0		4		2.5	0.2	
Sugars, total	g	0.64		0	FLA	4		1.00	0.06	
Starch	g									
Minopole										
Minerals:	ma	2		1		1		3	0	
Calcium, CaIron. Fe	-	1.00		1		1		1.56	0.10	
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	27		1		1		42	3	
Phosphorus, P		73		1		1		42 114	3 7	
Potassium, K	•	137	7.569	22		1		214	13	
Sodium, Na		1	0.076	154		1		2	0	
Zinc, Zn	-	0.41	0.010	4		1		0.64	0.04	
Copper, Cu		0.075		4		1		0.117	0.007	
Manganese, Mn		0.106		4		1		0.165	0.010	
Selenium, Se		17.0		0	BFSN	4		26.5	1.6	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	_	0.0		0	Z	7		0.0	0.0	
Thiamin	-	0.130		1		1		0.203	0.013	
Riboflavin	-	0.040		1		1		0.062	0.004	
Niacin	_	1.200		1		1		1.872	0.116	
Pantothenic acid	-	0.485		0		4		0.757	0.047	
Vitamin B-6	-	0.147		1		1		0.229	0.014	
Folate, total		5	0.536	3		1		8	0	
Folic acid		0		0	Z	7		0	0	
Folate, food		5	0.536	3		1		8	0	
Folate, DFE		5		0	NC	4		8	0	
Vitamin B-12		0.00		0		4		0.00	0.00	
Vitamin A, IU		3		0	NC	4		5	0	
Vitamin A, RAE		0		0	NC	4		0 0	0	
Retinol		U		U	Z	7		U	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.3		0	FLA	4		0.5	0.0	
vitamin k (phynodumone)	9	0.5		·		-		0.0	0.0	
<u>Lipids:</u>										
Fatty acids, total saturated		0.155		0	FLA	4		0.242	0.015	
4:0	-	0.000		0	FLA	4		0.000	0.000	
6:0		0.000		0	FLA	4		0.000	0.000	
8:0	-	0.000		0	FLA	4		0.000	0.000	
10:0	-	0.000		0	FLA	4		0.000	0.000	
12:0	-	0.001		0	FLA	4		0.001	0.000	
13:0				_						
14:0		0.001		0	FLA	4		0.001	0.000	
15:0		0 10-		^						
16:0		0.135		0	FLA	4		0.211	0.013	
17:0		0 05-		^						
18:0		0.018		0	FLA	4		0.028	0.002	
20:0	-									
22:0	-									
24:0	g									

		<u>A</u>	mount in 100			ole portic	<u>on</u>	Amount in edible portion of common measures of food		
			(Number of Data	Deriv		Confidence			
Nutrients and	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	ated Q	0.300	ı	0	FLA	4		0.467	0.029	
14:1	g									
15:1 16:1 undifferentiated	g	0.004	ŀ	0	FLA	4		0.006	0.000	
17:1 18:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.296		0	FLA	4		0.462	0.029	
20:1	_	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated	•	0.000)	0	FLA	4		0.000	0.000	
24:1 c		0.51				_				
Fatty acids, total polyunsaturat		0.516		0	FLA	4		0.806	0.050	
18:2 undifferentiated		0.502		0	FLA	4		0.783	0.049	
18:3 undifferentiated	=	0.015		0	FLA FLA	4 4		0.023	0.001	
18:4	_	0.000	1	U	F.LA	4		0.000	0.000	
20:2 n-6 c,c	• • • • • • • • • • • • • • • • • • • •									
20:3 undifferentiated	_	0 000		0	ET A	4		0.000	0.000	
20:4 undifferentiated	_	0.000			FLA	4		0.000	0.000	
20:5 n-3		0.000		0	FLA	4		0.000	0.000	
22:5 n-3	• • • • • • • • • • • • • • • • • • • •	0.000		0	FLA FLA	4 4		0.000	0.000	
22:6 n-3		0.000	1	U	F.LA	4		0.000	0.000	
Fatty acids, total trans		0		•	_	7		0	•	
Cholesterol	_	U		0	Z	,		U	0	
Phytosterols	Illy									
Amino Acids:										
Tryptophan	g	0.062	!	0		1		0.097	0.006	
Threonine		0.330	1	0		1		0.515	0.032	
Isoleucine	g	0.314		0		1		0.490	0.030	
Leucine	-	1.076	;	0		1		1.679	0.104	
Lysine	g	0.247	,	0		1		0.385	0.024	
Methionine		0.184	l	0		1		0.287	0.018	
Cystine		0.158		0		1		0.246	0.015	
Phenylalanine	g	0.431		0		1		0.672	0.042	
Tyrosine		0.357	,	0		1		0.557	0.035	
Valine	g	0.444		0		1		0.693	0.043	
Arginine	g	0.437	,	0		1		0.682	0.042	
Histidine		0.268		0		1		0.418	0.026	
Alanine	-	0.656	;	0		1		1.023	0.064	
Aspartic acid		0.610	1	0		1		0.952	0.059	
Glutamic acid		1.647	•	0		1		2.569	0.160	
Glycine	-	0.360	1	0		1		0.562	0.035	
Proline	-	0.765	i	0		1		1.193	0.074	
Serine	-	0.417		0		1		0.651	0.040	
Hydroxyproline										
Others:	,									
Alcohol, ethyl	a	0.0		0	z	7		0.0	0.0	
Caffeine		0.0		0	z	7		0.0	0.0	
Theobromine	_	0		0	Z	7		0	0	
	9	U		5	4	,		U	U	
Carotenoids:		-		_						
Carotene, beta		1		0	FLA	4		1.966	0.122	
Carotene, alpha		0		0	FLA	4		0.094	0.006	
Cryptoxanthin, beta		1		0	FLA	4		2.012	0.125	
Lycopene		0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin	mcg	5		0	FLA	4		7.566	0.470	

Common Measures:

Measure 1 = 156g: 1 cup Measure 2 = 9.7g: 1 tbsp

Cereals, corn grits, white, regular and quick, unenriched, dry

Calories Factors: Protein 3.46 Fat 8.37 Carbohydrate 4.16

Food Group: 08 Breakfast Cereals

NDB No. 08161 Cereals, corn grits, white, regular, quick, enriched, cooked with water, with salt

		<u>A</u>	mount in 100 gra	ams of ear	ne portic	<u>on</u>	Amount in	edible portion	of common
			Num	ber			<u>m</u>	easures of food	<u> </u>
				ata Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Poi		Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	85.35		0 BFZN	4		206.54	155.33	
		59 59		0 BFZN			143	107	
Energy		247		0 BFZN			597	449	
Energy									
Protein (N x 6.25)		1.42		0 BFZN			3.44	2.59	
Total lipid (fat)		0.19		0 BFZN			0.47	0.35	
Ash		0.16		0 BFZN			0.40	0.30	
Carbohydrate, by difference		12.87		0 BFZN			31.15	23.43	
Fiber, total dietary		0.3		0 BFZN			0.6	0.5	
Sugars, total		0.10		0 BFZN	4		0.25	0.19	
Starch	g								
Minerals:									
Calcium. Ca	mg	3		0 BFZN	4		7	5	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.60		0 BFZN	4		1.46	1.10	
Magnesium, Mg	-	5		0 BFZN	4		12	9	
Phosphorus, P		11		0 BFZN	4		27	20	
Potassium, K	-	21		0 BFZN	4		51	39	
Sodium, Na		223		0	1		540	406	
Zinc, Zn		0.07		0 BFZN	4		0.17	0.13	
Copper, Cu		0.018	3	0 BFZN	4		0.044	0.033	
Manganese, Mn		0.018		0 BFZN	4		0.042	0.032	
Selenium, Se		3.1		0 BFZN	4		7.5	5.6	
·									
<u> Vitamins:</u>				_					
Vitamin C, total ascorbic acid		0.0		0 BFZN	4		0.0	0.0	
Thiamin	-	0.083		0 BFZN	4		0.200	0.151	
Riboflavin		0.055		0 BFZN	4		0.134	0.101	
Niacin	-	0.722		0 BFZN	4		1.747	1.314	
Pantothenic acid		0.078		0 BFZN	4		0.190	0.143	
Vitamin B-6	-	0.021	_	0 BFZN	4		0.052	0.039	
Folate, total		33		0 BFZN	4		81	61	
Folic acid		32		0 BFZN	4		78	59	
Folate, food		1		0 BFZN	4		2	2	
Folate, DFE		56		0 NC	4		136	102	
Vitamin B-12		0.00		0 BFZN	4		0.00	0.00	
Vitamin A, IU		0		0 BFZN	4		1	1	
Vitamin A, RAE		0		0 BFZN	4		0	0	
Retinol		0		0 BFZN	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.02		0 BFZN	4		0.05	0.04	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)	mcg	0.0		0 BFZN	4		0.1	0.1	
Lipids:									
Fatty acids, total saturated	g	0.025	5	0 BFZN	4		0.061	0.046	
4:0		0.000		0 BFZN	4		0.000	0.000	
6:0		0.000		0 BFZN	4		0.000	0.000	
8:0	-	0.000		0 BFZN	4		0.000	0.000	
10:0		0.000		0 BFZN	4		0.000	0.000	
12:0		0.000		0 BFZN	4		0.000	0.000	
13:0	-				=		2		
14:0	-	0.000)	0 BFZN	4		0.000	0.000	
15:0	-				=		3.000	0.000	
16:0	-	0.022	2	0 BFZN	4		0.053	0.040	
17:0		0.021			-		3.055	0.040	
18:0	-	0.003	3	0 BFZN	4		0.007	0.005	
20:0	-	0.005		- 21 211	•		3.00,	0.005	
22:0	-								
	ອ								

						ole portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and	d Units	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatur		0.048		0	BFZN	4		0.117	0.088	
14:1	_									
15:1	_									
16:1 undifferentiated	_	0.001		0	BFZN	4		0.001	0.001	
17:1	_			•						
18:1 undifferentiated	_	0.048		0	BFZN	4		0.116	0.087	
20:1	_	0.000		0	BFZN	4		0.000	0.000	
22:1 undifferentiated	•	0.000		0	BFZN	4		0.000	0.000	
24:1 c										
Fatty acids, total polyunsatura		0.083		0	BFZN	4		0.202	0.152	
18:2 undifferentiated		0.081		0	BFZN	4		0.196	0.148	
18:3 undifferentiated	_	0.002		0	BFZN	4		0.006	0.004	
18:4		0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c	_									
20:3 undifferentiated										
20:4 undifferentiated	_	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3	_	0.000		0	BFZN	4		0.000	0.000	
22:5 n-3	g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3	g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans	g									
Cholesterol	mg	0		0	BFZN	4		0	0	
Phytosterols	mg									
Amino Acids:				_						
Tryptophan		0.010		0	BFZN	4		0.024	0.018	
Threonine	_	0.053		0	BFZN	4		0.129	0.097	
Isoleucine		0.051		0	BFZN	4		0.123	0.092	
Leucine	=	0.174		0	BFZN	4		0.421	0.317	
Lysine		0.040		0	BFZN	4		0.097	0.073	
Methionine	g	0.030		0	BFZN	4		0.072	0.054	
Cystine	g	0.026		0	BFZN	4		0.062	0.046	
Phenylalanine	g	0.070		0	BFZN	4		0.169	0.127	
Tyrosine	g	0.058		0	BFZN	4		0.140	0.105	
Valine	g	0.072		0	BFZN	4		0.174	0.131	
Arginine	g	0.071		0	BFZN	4		0.171	0.129	
Histidine	g	0.043		0	BFZN	4		0.105	0.079	
Alanine	g	0.106		0	BFZN	4		0.257	0.193	
Aspartic acid	g	0.099		0	BFZN	4		0.239	0.180	
Glutamic acid	g	0.266		0	BFZN	4		0.645	0.485	
Glycine	g	0.058		0	BFZN	4		0.141	0.106	
Proline		0.124		0	BFZN	4		0.299	0.225	
Serine	q	0.067		0	BFZN	4		0.163	0.123	
Hydroxyproline	• • • • • • • • • • • • • • • • • • • •									
11) ш олуртоппо										
Others:										
Alcohol, ethyl	g	0.0		0	BFZN	4		0.0	0.0	
Caffeine	mg	0		0	BFZN	4		0	0	
Theobromine	mg	0		0	BFZN	4		0	0	
Carotenoids:										
<u> </u>	mea	0		0	יוסמם	4		0.493	0.371	
Carotene, beta	-	0		0	BFZN BFZN	4		0.493	0.371	
Cryptoxenthin beta		0		0	BFZN	4		0.023	0.018	
Cryptoxanthin, beta				0						
Lycopene		0			BFZN	4		0.000	0.000	
Lutein + zeaxanthin	iijcg	1		0	BFZN	4		1.898	1.427	

Common Measures:

Measure 1 = 242g: 1 cup Measure 2 = 182g: .75 cup

Cereals, corn grits, white, regular, quick, enriched, cooked with water, with salt

Calories Factors: Protein 3.46 Fat 8.37 Carbohydrate 4.16

Food Group: 08 Breakfast Cereals

NDB No. 08163 Cereals, corn grits, white, regular, quick, unenriched, cooked with water, with salt

		<u>A</u> 1	mount in 100) grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common		
			ı	Number	•			<u>m</u>	easures of food	
						Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		85.30		0		1		206.43	155.25	
Energy		60		0	NC	4		145	109	
Energy	kj	251				4		608	457	
Protein (N x 6.25)		1.40		0		1		3.39	2.55	
Total lipid (fat)	=	0.20		0		1		0.48	0.36	
Ash		0.10		0		1		0.24	0.18	
Carbohydrate, by difference		13.00		0	NC	4		31.46	23.66	
Fiber, total dietary		0.2		0		4		0.5	0.4	
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		1		0	0	
Iron, Fe	mg	0.20		1		1		0.48	0.36	
Magnesium, Mg		4		0		1		10	7	
Phosphorus, P	_	12		0		1		29	22	
Potassium, K		22		0		1		53	40	
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	223		0		1		540	406	
Zinc, Zn		0.07		0		1 1		0.17	0.13 0.022	
Copper, Cu		0.012 0.017		0 0		1		0.029 0.041	0.022	
Selenium, Se		0.017	•	U		-		0.041	0.031	
Scientini, Sc	9									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	_	0.0		0		4		0.0	0.0	
Thiamin	_	0.020		1		1		0.048	0.036	
Riboflavin	=	0.010		1		1		0.024	0.018	
Niacin	_	0.200		1 0		1 4		0.484 0.155	0.364	
Pantothenic acid Vitamin B-6		0.004		0		1		0.155	0.116 0.044	
Folate, total		1	•	0		1		2	2	
Folic acid		0		0	z	7		0	0	
Folate, food		1		0	NC	4		2	2	
Folate, DFE	mcg_DFE	1		0	NC	4		2	2	
Vitamin B-12		0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	0		0		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		0.02		0		1		0.05	0.04	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>										
Fatty acids, total saturated		0.030)	0		1		0.073	0.055	
4:0										
6:0 8:0										
10:0		0.000)	0		1		0.000	0.000	
12:0		0.000		0		1		0.000	0.000	
13:0										
14:0	-	0.000)	0		1		0.000	0.000	
15:0	-									
16:0	g	0.020)	0		1		0.048	0.036	
17:0	g									
18:0	-	0.000)	0		1		0.000	0.000	
20:0	q									
22:0										

	<u>Ar</u>	nount in 100 gram	s of edib	ole portio	<u>n</u>	Amount in edible portion of common measures of food			
		Numbe				<u>m</u>	easures of food		
Nutrients and Units	Mean	of Data Std. Error Points	a Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	0.050	0		1		0.121	0.091		
14:1	j								
15:19	I								
16:1 undifferentiated	0.000	0		1		0.000	0.000		
17:19	I								
18:1 undifferentiatedQ	0.050	0		1		0.121	0.091		
20:1									
22:1 undifferentiated									
24:1 c									
Fatty acids, total polyunsaturated		0		1		0.194	0.146		
18:2 undifferentiated		0		1		0.194	0.146		
18:3 undifferentiated		0		1		0.000	0.000		
18:4									
20:2 n-6 c,c									
20:3 undifferentiated									
20:4 undifferentiated									
20:5 n-3									
22:5 n-3									
22:6 n-3									
Fatty acids, total trans		•	z	7		0	0		
Cholesterolr		0	Z	,		U	U		
Phytosterolsr	ng								
Amino Acids:									
Tryptophan	0.010	0		1		0.024	0.018		
Threonine	0.054	0		1		0.131	0.098		
Isoleucine	0.051	0		1		0.123	0.093		
Leucine	0.175	0		1		0.424	0.319		
Lysine	0.040	0		1		0.097	0.073		
Methionine	0.030	0		1		0.073	0.055		
Cystine	0.026	0		1		0.063	0.047		
Phenylalanine	0.070	0		1		0.169	0.127		
Tyrosine9	0.058	0		1		0.140	0.106		
Valine	0.072	0		1		0.174	0.131		
Arginine	0.071	0		1		0.172	0.129		
Histidine	0.044	0		1		0.106	0.080		
Alanine	0.107	0		1		0.259	0.195		
Aspartic acid	0.099	0		1		0.240	0.180		
Glutamic acid		0		1		0.649	0.488		
Glycine		0		1		0.143	0.107		
ProlineQ		0		1		0.303	0.228		
SerineQ		0		1		0.165	0.124		
HydroxyprolineQ									

Common Measures:

Measure 1 = 242g: 1 cup Measure 2 = 182g: .75 cup

Calories Factors: Protein 3.46 Fat 8.37 Carbohydrate 4.16

Food Group: 08 Breakfast Cereals

NDB No. 08164 Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt

	Amount in 100 grams of edible portion						Amount in edible portion of common		
			Num	ber			<u>m</u>	easures of food	
				ata Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Poin	ts Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:									
Water	g	85.35		0 RP	4		206.54	155.33	
Energy	-	59		0 RP	4		143	107	
Energy		247		0 RP	4		597	449	
Protein (N x 6.25)		1.42		0 RP	4		3.44	2.59	
Total lipid (fat)		0.19		0 RP	4		0.47	0.35	
Ash		0.16		0 RP	4		0.40	0.30	
Carbohydrate, by difference		12.87		0 RP	4		31.15	23.43	
Fiber, total dietary		0.3		0 RP	4		0.6	0.5	
Sugars, total		0.10		0 RP	4		0.25	0.19	
Starch								**	
<u>Minerals:</u>									
Calcium, Ca		3) RP	4		7	5	
Iron, Fe.	_	0.60) RP	4		1.46	1.10	
Magnesium, Mg		5) RP	4		12	9	
Phosphorus, P	_	11) RP	4		27	20	
Potassium, K		21) RP	4		51	39	
Sodium, Na		2) RP	4		6 0.17	4	
Zinc, Zn		0.07) RP	4			0.13	
Copper, Cu		0.018		RP RP	4		0.044	0.033	
Manganese, Mn		0.018 2.7		RP RP	4 4		0.042 6.7	0.032 5.0	
Selenium, Se	Illog	2.7		, RP	4		6.7	5.0	
<u> Vitamins:</u>									
Vitamin C, total ascorbic acid	mg	0.0) RP	4		0.0	0.0	
Thiamin	mg	0.083	3) RP	4		0.200	0.151	
Riboflavin	mg	0.055	;) RP	4		0.134	0.101	
Niacin	mg	0.722	<u> </u>) RP	4		1.747	1.314	
Pantothenic acid	<u>mg</u>	0.078	3) RP	4		0.190	0.143	
Vitamin B-6	mg	0.021) RP	4		0.052	0.039	
Folate, total	mcg	33) BFZN	4		81	61	
Folic acid	mcg	32) BFZN	4		78	59	
Folate, food	mcg	1) BFZN	4		2	2	
Folate, DFE	mcg_DFE	56) NC	4		136	102	
Vitamin B-12		0.00) RP	4		0.00	0.00	
Vitamin A, IU		31) RP	4		75	57	
Vitamin A, RAE	mcg_RAE	2) NC	4		4	3	
Retinol	mcg	0) RP	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.02) RP	4		0.05	0.04	
Tocopherol, beta	mg								
Tocopherol, gamma	mg								
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)	mcg	0.0) RP	4		0.1	0.1	
Lipids:									
Fatty acids, total saturated	q	0.025	i) RP	4		0.061	0.046	
4:0		0.000) RP	4		0.000	0.000	
6:0		0.000) RP	4		0.000	0.000	
8:0	-	0.000) RP	4		0.000	0.000	
10:0		0.000) RP	4		0.000	0.000	
12:0	-	0.000) RP	4		0.000	0.000	
13:0	-								
14:0		0.000)) RP	4		0.000	0.000	
15:0	-								
16:0	-	0.022	!) RP	4		0.053	0.040	
17:0									
18:0	-	0.003	3) RP	4		0.007	0.005	
20:0	-								
22:0	-								
22.0	9								

	Amount in 100 grams of edible portion						Amount in edible portion of common		
		Numbe	r			<u>m</u> e	easures of food		
			Deriv	Source	Confidence				
Nutrients and Units	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg 14:1	0.048	0	RP	4		0.117	0.088		
15:1	0.001	0	RP	4		0.001	0.001		
18:1 undifferentiatedg	0.048	0	RP	4		0.116	0.087		
20:1g	0.000	0	RP	4		0.000	0.000		
22:1 undifferentiatedg	0.000	0	RP	4		0.000	0.000		
24:1 cg									
Fatty acids, total polyunsaturatedg	0.083		RP	4		0.202	0.152		
18:2 undifferentiatedg	0.081		RP	4		0.196	0.148		
18:3 undifferentiatedg	0.002		RP	4		0.006	0.004		
18:4g	0.000	0	RP	4		0.000	0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg		•							
20:4 undifferentiated	0.000		RP	4		0.000	0.000		
20:5 n-3	0.000		RP	4		0.000	0.000		
22:5 n-3g	0.000		RP	4 4		0.000	0.000		
22:6 n-3g	0.000	U	RP	4		0.000	0.000		
Fatty acids, total trans	0	0	RP	4		0	0		
Cholesterolmg Phytosterolsmg	U	U	RP	4		U	U		
r llytosterois									
Amino Acids:									
Tryptophang	0.010	0	RP	4		0.024	0.018		
Threonineg	0.053		RP	4		0.129	0.097		
Isoleucineg	0.051		RP	4		0.123	0.092		
Leucineg	0.174		RP	4		0.421	0.317		
Lysineg	0.040		RP	4		0.097	0.073		
Methionineg	0.030		RP	4		0.072	0.054		
Cystineg	0.026		RP	4		0.062	0.046		
Phenylalanineg	0.070		RP	4		0.169	0.127		
Tyrosineg	0.058		RP	4		0.140	0.105		
Valine	0.072		RP	4		0.174	0.131		
Arginine	0.071		RP	4 4		0.171	0.129		
Histidine	0.043		RP			0.105	0.079		
Alanineg	0.106		RP RP	4 4		0.257 0.239	0.193 0.180		
Aspartic acid	0.099		RP	4		0.239	0.180		
Glutamic acid	0.266		RP RP	4		0.645	0.485		
Prolineg	0.124		RP	4		0.299	0.106		
Serineg	0.067		RP	4		0.163	0.123		
Hydroxyprolineg	0.007	· ·	KE	-		0.103	0.123		
ттусполургонис									
Others:									
Alcohol, ethylg	0.0	0	RP	4		0.0	0.0		
Caffeinemg	0	0	RP	4		0	0		
Theobrominemg	0	0	RP	4		0	0		
Carotenoids:									
Carotene, betamcg	14	0	RP	4		34.057	25.613		
Carotene, alphamcg	9	0	RP	4		22.294	16.766		
Cryptoxanthin, beta mcg	0	0	RP	4		0.000	0.000		
Lycopene mcg	0	0	RP	4		0.000	0.000		
Lutein + zeaxanthin mcg	197	0	RP	4		477.216	358.898		

Common Measures:

Measure 1 = 242g: 1 cup Measure 2 = 182g: .75 cup

Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt

Calories Factors: Protein 3.46 Fat 8.37 Carbohydrate 4.16

Food Group: 08 Breakfast Cereals

Refuse: 0%

		<u>Aı</u>	mount in 100 gram	s of edil	ole portio	<u>n</u>	Amount in	edible portion	of common
			Numbe	r			<u>m</u> .	easures of food	
					Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	10.00	157		1		15.60	0.97	
Energy	kcal	371	0	NC	4		579	36	
Energy		1552			4		2422	151	
Protein (N x 6.25)	g	8.80	156		1		13.73	0.85	
Total lipid (fat)	g	1.20	156		1		1.87	0.12	
Ash	g	0.40	156		1		0.62	0.04	
Carbohydrate, by difference	g	79.60	0	NC	4		124.18	7.72	
Fiber, total dietary	g	1.6	0		4		2.5	0.2	
Sugars, total	g	0.64	0	FLA	4		1.00	0.06	
Starch	g								
Minopole									
Minerals: Calcium, Ca	ma	2	1		1		3	0	
Iron, Fe	_	3.91	0.076 176		1		6.10	0.38	
Magnesium, Mg		27	1		1		42	3	
Phosphorus, P		73	1		1		114	7	
Potassium, K	-	137	7.569 22		1		214	13	
Sodium, Na		1	0.076 154		1		2	0	
Zinc, Zn		0.41	0.010 4		1		0.64	0.04	
Copper, Cu		0.075	0.003 4		1		0.117	0.007	
Manganese, Mn	mg	0.106	0.005 4		1		0.165	0.010	
Selenium, Se	mcg	17.0	0	BFSN	4		26.5	1.6	
Vitamins:									
Vitamin C, total ascorbic acid	ma	0.0	0		4		0.0	0.0	
Thiamin		0.640			1		0.998	0.062	
Riboflavin		0.380			1		0.593	0.037	
Niacin		4.960			1		7.738	0.481	
Pantothenic acid	-	0.485			4		0.757	0.047	
Vitamin B-6		0.147			1		0.229	0.014	
Folate, total	_	205	0	BFZN	4		320	20	
Folic acid		200	0	BFZN	4		312	19	
Folate, food		5	0	BFZN	4		8	0	
Folate, DFE	mcg_DFE	345	0	NC	4		538	33	
Vitamin B-12		0.00	0		4		0.00	0.00	
Vitamin A, IU		214	0	NC	4		334	21	
Vitamin A, RAE	mcg_RAE	11	0	NC	4		17	1	
Retinol	mcg	0	0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.12	0		1		0.19	0.01	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D		0.3	0		4		0 5	0.0	
Vitamin K (phylloquinone)	Ilicg	0.3	0	FLA	4		0.5	0.0	
Lipids:									
Fatty acids, total saturated	g	0.155	0	FLA	4		0.242	0.015	
4:0	g	0.000	0	FLA	4		0.000	0.000	
6:0	g	0.000	0	FLA	4		0.000	0.000	
8:0		0.000	0	FLA	4		0.000	0.000	
10:0		0.000		FLA	4		0.000	0.000	
12:0	-	0.001	. 0	FLA	4		0.001	0.000	
13:0	-								
14:0	-	0.001	. 0	FLA	4		0.001	0.000	
15:0	-								
16:0		0.135	0	FLA	4		0.211	0.013	
17:0	-								
18:0	-	0.018	0	FLA	4		0.028	0.002	
20:0	-								
22:0									

		<u>A</u> 1	mount in 10			ole portic	<u>on</u>		edible portion o	f common
				Number of Data	Deriv		Confidence			
Nutrients and l	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturat	edg	0.300	1	0	FLA	4		0.467	0.029	
14:1	-									
16:1 undifferentiated	g	0.004	ŀ	0	FLA	4		0.006	0.000	
17:1 18:1 undifferentiated		0.296	;	0	FLA	4		0.462	0.029	
20:1	-	0.000)	0	FLA	4		0.000	0.000	
22:1 undifferentiated	-	0.000		0	FLA	4		0.000	0.000	
24:1 c	•									
Fatty acids, total polyunsaturate		0.516	;	0	FLA	4		0.806	0.050	
18:2 undifferentiated		0.502	!	0	FLA	4		0.783	0.049	
18:3 undifferentiated		0.015		0	FLA	4		0.023	0.001	
18:4	-	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c.c.										
20:3 undifferentiated										
20:4 undifferentiated	-	0.000)	0	FLA	4		0.000	0.000	
20:5 n-3	-	0.000)	0	FLA	4		0.000	0.000	
22:5 n-3	-	0.000)	0	FLA	4		0.000	0.000	
22:6 n-3		0.000)	0	FLA	4		0.000	0.000	
Fatty acids, total trans										
Cholesterol		0		0	z	7		0	0	
Phytosterols	-									
•	•									
Amino Acids:										
Tryptophan		0.062		0		1		0.097	0.006	
Threonine	g	0.330		0		1		0.515	0.032	
Isoleucine	_	0.314		0		1		0.490	0.030	
Leucine	_	1.076		0		1		1.679	0.104	
Lysine		0.247		0		1		0.385	0.024	
Methionine		0.184		0		1		0.287	0.018	
Cystine	g	0.158		0		1		0.246	0.015	
Phenylalanine	g	0.431		0		1		0.672	0.042	
Tyrosine	g	0.357		0		1		0.557	0.035	
Valine	-	0.444		0		1		0.693	0.043	
Arginine		0.437	'	0		1		0.682	0.042	
Histidine	_	0.268		0		1		0.418	0.026	
Alanine	g	0.656		0		1		1.023	0.064	
Aspartic acid	g	0.610)	0		1		0.952	0.059	
Glutamic acid	_	1.647		0		1		2.569	0.160	
Glycine	g	0.360		0		1		0.562	0.035	
Proline	_	0.765		0		1		1.193	0.074	
Serine	g	0.417	1	0		1		0.651	0.040	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	a	0.0		0		7		0.0	0.0	
Caffeine		0.0		0	FLA	4		0.0	0.0	
Theobromine	-	0		0	FLA	4		0	0	
		· ·		Ü	z nu	-		Ū	3	
Carotenoids:										
Carotene, beta	mcg	97		0	FLA	4		150.852	9.380	
Carotene, alpha	mcg	63		0	FLA	4		98.748	6.140	
Cryptoxanthin, beta	mcg	0		0	FLA	4		0.000	0.000	
Lycopene	mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin	mcg	1355		0	FLA	4		2113.800	131.435	

Common Measures:

Measure 1 = 156g: 1 cup Measure 2 = 9.7g: 1 tbsp

Cereals, corn grits, yellow, regular and quick, enriched, dry

Calories Factors: Protein 3.46 Fat 8.37 Carbohydrate 4.16

Food Group: 08 Breakfast Cereals

NDB No. 08166 Cereals, corn grits, yellow, regular and quick, unenriched, cooked with water, without salt

		<u>A</u>	mount in 100 gram	s of edi	ble portic	<u>on</u>	Amount in	edible portion	of common
			Numbe	er			<u>m</u>	easures of food	<u> </u>
			of Dat	a Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:									
Water	q	85.35	0	RP	4		206.54	155.33	
Energy	_	59	0	RP	4		143	107	
Energy		247	0	RP	4		597	449	
Protein (N x 6.25)		1.42	0	RP	4		3.44	2.59	
Total lipid (fat)		0.19	0	RP	4		0.47	0.35	
Ash		0.16	0	RP	4		0.40	0.30	
Carbohydrate, by difference		12.87	0	RP	4		31.15	23.43	
Fiber, total dietary		0.3	0	RP	4		0.6	0.5	
Sugars, total		0.10	0	RP	4		0.25	0.19	
Starch		0.20	·		-		0.20	0.13	
Staren	9								
<u>Minerals:</u>									
Calcium, Ca		3	0	RP	4		7	5	
Iron, Fe	-	0.16	0	RP	4		0.38	0.29	
Magnesium, Mg		5	0	RP	4		12	9	
Phosphorus, P	-	11	0	RP	4		27	20	
Potassium, K		21	0	RP	4		51	39	
Sodium, Na		2	0	RP	4		6	4	
Zinc, Zn		0.07	0	RP	4		0.17	0.13	
Copper, Cu		0.018		RP	4		0.044	0.033	
Manganese, Mn		0.018		RP	4		0.042	0.032	
Selenium, Se	mcg	2.7	0	RP	4		6.7	5.0	
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.0	0	RP	4		0.0	0.0	
Thiamin		0.017	7 0	RP	4		0.041	0.031	
Riboflavin		0.006		RP	4		0.014	0.011	
Niacin		0.175		RP	4		0.423	0.318	
Pantothenic acid		0.078		RP	4		0.190	0.143	
Vitamin B-6		0.021		RP	4		0.052	0.039	
Folate, total	_	1	0	RP	4		1	1	
Folic acid		0	0	RP	4		0	0	
Folate, food		1	0	RP	4		1	1	
Folate, DFE	mca DFE	1	0	NC	4		1	1	
Vitamin B-12		0.00	0	RP	4		0.00	0.00	
Vitamin A, IU		31	0	RP	4		75	57	
Vitamin A, RAE		2	0	NC	4		4	3	
Retinol		0	0	RP	4		0	0	
Vitamin E (alpha-tocopherol)		0.02	0	RP	4		0.05	0.04	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)		0.0	0	RP	4		0.1	0.1	
<u>_ipids:</u>	a	0.005	. ^				0.061	0.046	
Fatty acids, total saturated		0.025		RP	4		0.061		
4:0		0.000		RP	4 4		0.000	0.000	
6:0	_	0.000		RP	=		0.000	0.000	
8:0		0.000		RP	4 4		0.000	0.000	
10:0	_	0.000		RP	4		0.000	0.000	
12:0	-	0.000	, 0	RP	4		0.000	0.000	
		0.000	0	חת	4		0.000	0 000	
14:0	_	0.000	, 0	RP	4		0.000	0.000	
15:0	_	0 000	2 0	22			0.050	0.040	
16:0		0.022	2 0	RP	4		0.053	0.040	
17:0	_	0.003	^	22			0 007	0 005	
10.0		0.003	3 0	RP	4		0.007	0.005	
18:0	_	0.000							
18:0 20:0 22:0.	g	0.000							

		<u>A</u> 1	mount in 10			ole portic	<u>on</u>		edible portion o	of common
				Number of Data		Source	Confidence	<u> </u>	easures or roou	
Nutrients and U	Inits	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate	edg	0.048		0	RP	4		0.117	0.088	
14:1	g									
15:1		0.001		0	RP	4		0.001	0.001	
16:1 undifferentiated	_	0.001		U	RP	4		0.001	0.001	
18:1 undifferentiated		0.048		0	RP	4		0.116	0.087	
20:1	_	0.000		0	RP	4		0.000	0.000	
22:1 undifferentiated	g	0.000		0	RP	4		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsaturated	lg	0.083		0	RP	4		0.202	0.152	
18:2 undifferentiated	g	0.081		0	RP	4		0.196	0.148	
18:3 undifferentiated	g	0.002		0	RP	4		0.006	0.004	
18:4		0.000		0	RP	4		0.000	0.000	
20:2 n-6 c,c										
20:3 undifferentiated	_			•						
20:4 undifferentiated	_	0.000		0	RP	4		0.000	0.000	
20:5 n-3		0.000		0	RP	4		0.000	0.000	
22:5 n-3 22:6 n-3		0.000		0	RP RP	4 4		0.000 0.000	0.000 0.000	
Fatty acids, total trans		0.000		U	KF	•		0.000	0.000	
Cholesterol		0		0	RP	4		0	0	
Phytosterols	-	Ü		·		•		Ü	Ü	
-										
Amino Acids:										
Tryptophan		0.010		0	RP	4		0.024	0.018	
Threonine		0.053		0	RP	4		0.129	0.097	
Isoleucine	_	0.051		0 0	RP	4 4		0.123	0.092	
Leucine	-	0.174 0.040		0	RP RP	4		0.421 0.097	0.317 0.073	
Lysine Methionine		0.040		0	RP RP	4		0.072	0.054	
Cystine		0.026		0	RP	4		0.062	0.046	
Phenylalanine		0.070		0	RP	4		0.169	0.127	
Tyrosine		0.058		0	RP	4		0.140	0.105	
Valine		0.072		0	RP	4		0.174	0.131	
Arginine	-	0.071		0	RP	4		0.171	0.129	
Histidine		0.043		0	RP	4		0.105	0.079	
Alanine	-	0.106		0	RP	4		0.257	0.193	
Aspartic acid		0.099		0	RP	4		0.239	0.180	
Glutamic acid	g	0.266		0	RP	4		0.645	0.485	
Glycine	g	0.058		0	RP	4		0.141	0.106	
Proline	g	0.124		0	RP	4		0.299	0.225	
Serine	g	0.067		0	RP	4		0.163	0.123	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0	RP	4		0.0	0.0	
Caffeine		0		0	RP	4		0	0	
Theobromine		0		0	RP	4		0	0	
Carotenoids:	······									
Carotene, beta	mca	14		0	RP	4		34.057	25.613	
Carotene, alpha	-	9		0	RP	4		22.294	16.766	
Cryptoxanthin, beta		0		0	RP	4		0.000	0.000	
Lycopene		0		0	RP	4		0.000	0.000	
Lutein + zeaxanthin		197		0	RP	4		477.216	358.898	

Common Measures:

Measure 1 = 242g: 1 cup Measure 2 = 182g: .75 cup

Cereals, corn grits, yellow, regular and quick, unenriched, cooked with water, without salt

Calories Factors: Protein 3.46 Fat 8.37 Carbohydrate 4.16

Food Group: 08 Breakfast Cereals

		<u>Aı</u>	mount in 100 g	rams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber				<u>m</u>	easures of food	•	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	10.00		157		1		15.60	0.97		
Energy	kcal	371		0	NC	4		579	36		
Energy	kj	1552				4		2422	151		
Protein (N x 6.25)	g	8.80		156		1		13.73	0.85		
Total lipid (fat)	g	1.20		156		1		1.87	0.12		
Ash	g	0.40		156		1		0.62	0.04		
Carbohydrate, by difference	g	79.60		0	NC	4		124.18	7.72		
Fiber, total dietary	g	1.6		0		4		2.5	0.2		
Sugars, total	g	0.64		0	FLA	4		1.00	0.06		
Starch	g										
Minerals:											
Calcium, Ca	ma	2		1		1		3	0		
Iron, Fe	-	1.00		1		1		1.56	0.10		
Magnesium, Mg	-	27		1		1		42	3		
Phosphorus, P		73		1		1		114	7		
Potassium, K	-	137	7.569	22		1		214	13		
Sodium, Na		1	0.076	154		1		2	0		
Zinc, Zn	-	0.41	0.010	4		1		0.64	0.04		
Copper, Cu		0.075		4		1		0.117	0.007		
Manganese, Mn		0.106		4		1		0.165	0.010		
Selenium, Se		17.0		0	BFSN	4		26.5	1.6		
	_										
<u>Vitamins:</u>				_							
Vitamin C, total ascorbic acid	_	0.0		0	BFZN	4		0.0	0.0		
Thiamin		0.130		1		1		0.203	0.013		
Riboflavin	=	0.040		1		1		0.062	0.004		
Niacin	-	1.200		1		1		1.872	0.116		
Pantothenic acid	=	0.485		0		4		0.757	0.047		
Vitamin B-6	_	0.147 5		1		1		0.229	0.01 4 0		
Foliate, total		0	0.536	3 0	z	1 7		8 0	0		
Folic acid		5	0.536	3	4	1		8	0		
Folate, foodFolate, DFE		5	0.536	0	NC	4		8	0		
Vitamin B-12		0.00		0	NC	4		0.00	0.00		
Vitamin A, IU		214		0	NC	4		334	21		
Vitamin A, RAE		11		0	NC	4		17	1		
Retinol		0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)		· ·		·	_	•		·	· ·		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	0.3		0	FLA	4		0.5	0.0		
Lipids:	0	0.155		0	FLA	4		0.040	0.015		
Fatty acids, total saturated				0	FLA	4		0.242	0.015		
4:0 6:0		0.000		0		4		0.000 0.000	0.000 0.000		
8:0		0.000		0	FLA FLA	4		0.000	0.000		
10:0	_	0.000		0	FLA	4		0.000	0.000		
12:0	_	0.000		0	FLA	4		0.000	0.000		
13:0	-	0.001		J		•		0.001	0.000		
14:0		0.001		0	FLA	4		0.001	0.000		
15:0		0.001		J		•		3.001	0.000		
16:0		0.135	i	0	FLA	4		0.211	0.013		
17:0		0.200		-		-		J.211	0.013		
18:0		0.018		0	FLA	4		0.028	0.002		
20:0		0.010		-		-		3.020	0.002		
22:0	_										
24:0	_										

		<u>Aı</u>	mount in 10			ole portio	<u>on</u>		edible portion o	of common
				Number of Data	Deriv		Confidence			
Nutrients and Ur	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	q	0.300		0	FLA	4		0.467	0.029	
14:1	g									
15:1 16:1 undifferentiated	_	0.004		0	FLA	4		0.006	0.000	
17:118:1 undifferentiated		0.296		0	FLA	4		0.462	0.029	
20:1	_	0.000		0	FLA	4		0.462	0.029	
22:1 undifferentiated		0.000		0	FLA	4		0.000	0.000	
24:1 c	•	0.000		·		-		0.000	0.000	
Fatty acids, total polyunsaturated		0.516		0	FLA	4		0.806	0.050	
18:2 undifferentiated		0.502		0	FLA	4		0.783	0.049	
18:3 undifferentiated		0.015		0	FLA	4		0.023	0.001	
18:4	-	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3	g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3	g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3	g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans										
Cholesterol		0		0	Z	7		0	0	
Phytosterols	_									
Amino Acids:										
Tryptophan		0.062		0		1		0.097	0.006	
Threonine	-	0.330		0		1		0.515	0.032	
Isoleucine	_	0.314		0		1		0.490	0.030	
Leucine	-	1.076		0		1		1.679	0.104	
Lysine		0.247		0		1		0.385	0.024	
Methionine		0.184		0		1		0.287	0.018	
Cystine		0.158		0		1		0.246	0.015	
Phenylalanine		0.431		0		1		0.672	0.042	
Tyrosine	_	0.357		0		1		0.557	0.035	
Valine		0.444		0		1		0.693	0.043	
Arginine		0.437		0		1		0.682	0.042	
Histidine	-	0.268		0		1		0.418	0.026	
Alanine		0.656		0		1		1.023	0.064	
Aspartic acid		0.610		0		1		0.952	0.059	
Glutamic acid	-	1.647		0		1		2.569	0.160	
Glycine		0.360		0		1		0.562	0.035	
Proline	_	0.765		0		1		1.193	0.074	
Serine		0.417		0		1		0.651	0.040	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0	z	7		0.0	0.0	
Caffeine		0		0	FLA	4		0	0	
Theobromine	mg	0		0	FLA	4		0	0	
Carotenoids:										
Carotene, beta	mca	97		0	FLA	4		150.852	9.380	
Carotene, alpha		63		0	FLA	4		98.748	6.140	
Cryptoxanthin, beta		0		0	FLA	4		0.000	0.000	
Lycopene		0		0	FLA	4		0.000	0.000	
	9	•		•		-			0.000	

Common Measures:

Measure 1 = 156g: 1 cup Measure 2 = 9.7g: 1 tbsp

Cereals, corn grits, yellow, regular and quick, unenriched, dry

Calories Factors: Protein 3.46 Fat 8.37 Carbohydrate 4.16

Food Group: 08 Breakfast Cereals

NDB No. 08165 Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt

		_		o granio	of edib	<u>'11</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	85.35		0	BFZN	4		206.54	155.33	
Energy	kcal	59		0	BFZN	4		143	107	
Energy	kj	247		0	BFZN	4		597	449	
Protein (N x 6.25)	g	1.42		0	BFZN	4		3.44	2.59	
Total lipid (fat)	g	0.19		0	BFZN	4		0.47	0.35	
Ash	g	0.16		0	BFZN	4		0.40	0.30	
Carbohydrate, by difference	g	12.87		0	BFZN	4		31.15	23.43	
Fiber, total dietary	g	0.3		0	BFZN	4		0.6	0.5	
Sugars, total	g	0.10		0	BFZN	4		0.25	0.19	
Starch	g									
Minorale										
Minerals:	ma	3		0	BFZN	4		7	5	
Calcium, Ca Iron, Fe	-	0.60		0	BFZN	4		, 1.46	1.10	
Magnesium, Mg	-	5		0	BFZN	4		1.46	9	
Phosphorus, P		11		0	BFZN	4		27	20	
Potassium, K	-	21		0	BFZN	4		51	39	
Sodium, Na		223		0	DI ZIN	1		540	406	
Zinc, Zn	_	0.07		0	BFZN	4		0.17	0.13	
Copper, Cu		0.018	t	0	BFZN	4		0.044	0.033	
Manganese, Mn		0.018		0	BFZN	4		0.042	0.032	
Selenium, Se		2.7		0	BFZN	4		6.7	5.0	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.0		0	BFZN	4		0.0	0.0	
Thiamin	_	0.083		0	BFZN	4		0.200	0.151	
Riboflavin		0.055		0	BFZN	4		0.134	0.101	
Niacin	-	0.722		0	BFZN	4		1.747	1.314	
Pantothenic acid	-	0.078		0	BFZN	4		0.190	0.143	
Vitamin B-6	-	0.021	•	0	BFZN	4		0.052	0.039	
Folate, total		33		0	BFZN	4		81	61	
Folic acid		32		0	BFZN	4		78	59	
Folate, food		1		0	BFZN	4		2	2	
Folate, DFE		56		0	NC	4		136	102	
Vitamin B-12		0.00		0	BFZN	4		0.00	0.00	
Vitamin A, IU		31		0	BFZN	4		75	57	
Vitamin A, RAE		2		0	NC	4		4	3	
Retinol		0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol)		0.02		0	BFZN	4		0.05	0.04	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin K (phylloquinone)		0.0		0	BFZN	4		0.1	0.1	
viamim is (phynoquinone)	9	0.0		·		-		V	0.1	
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.025	5	0	BFZN	4		0.061	0.046	
4:0		0.000		0	BFZN	4		0.000	0.000	
6:0	-	0.000		0	BFZN	4		0.000	0.000	
8:0	-	0.000		0	BFZN	4		0.000	0.000	
10:0		0.000		0	BFZN	4		0.000	0.000	
12:0		0.000)	0	BFZN	4		0.000	0.000	
13:0				_		_		_	_	
14:0		0.000)	0	BFZN	4		0.000	0.000	
15:0				_						
16:0		0.022	:	0	BFZN	4		0.053	0.040	
17:0	-			_				• • • •		
18:0	-	0.003	5	0	BFZN	4		0.007	0.005	
20:0	g									
22:0	Ξ.									

Nutrients and Units Fatty acids, total monounsaturated. 9 14:1. 9 15:1. 9 16:1 undifferentiated. 9 17:1. 9 18:1 undifferentiated. 9 20:1. 9 22:1 undifferentiated. 9 24:1 c. 9	0.048 0.001 0.048 0.000 0.000	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	0.048 0.001 0.048 0.000		Points 0	Code	Code			Measure 2	Measure 3
Fatty acids, total monounsaturated	0.048 0.001 0.048 0.000		0			Code		Measure 2	Measure 3
14:1	0.001 0.048 0.000			BFZN	4			_	
14:1	0.001 0.048 0.000			BFZN	4				
16:1 undifferentiated. 9 17:1. 9 18:1 undifferentiated. 9 20:1. 9 22:1 undifferentiated. 9	0.048 0.000		0				0.117	0.088	
18:1 undifferentiated	0.000			BFZN	4		0.001	0.001	
22:1 undifferentiatedg			0	BFZN	4		0.116	0.087	
•	0.000		0	BFZN	4		0.000	0.000	
			0	BFZN	4		0.000	0.000	
Fatty acids, total polyunsaturated	0.083		0	BFZN	4		0.202	0.152	
18:2 undifferentiatedg	0.081		0	BFZN	4		0.196	0.148	
18:3 undifferentiatedg	0.002		0	BFZN	4		0.006	0.004	
18:4g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3g	0.000		0	BFZN	4		0.000	0.000	
22:5 n-3g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total transg									
Cholesterolmg	0		0	BFZN	4		0	0	
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.010		0		1		0.024	0.018	
Threonine	0.054		0		1		0.131	0.098	
Isoleucine	0.051		0		1		0.123	0.093	
Leucine	0.175		0		1		0.424	0.319	
Lysineg	0.040		0		1		0.097	0.073	
Methionineg	0.030		0		1		0.073	0.055	
Cystineg	0.026		0		1		0.063	0.047	
Phenylalanineg	0.070		0		1		0.169	0.127	
Tyrosineg	0.058		0		1		0.140	0.106	
Valineg	0.072		0		1		0.174	0.131	
Arginine9	0.071		0		1		0.172	0.129	
Histidineg	0.044		0		1		0.106	0.080	
Alanineg	0.107		0		1		0.259	0.195	
Aspartic acidg	0.099		0		1		0.240	0.180	
Glutamic acidg	0.268		0		1		0.649	0.488	
Glycineg	0.059		0		1		0.143	0.107	
Proline	0.125		0		1		0.303	0.228	
Serineg	0.068		0		1		0.165	0.124	
Hydroxyprolineg									
Others:									
Alcohol, ethylg	0.0		0	BFZN	4		0.0	0.0	
Caffeine mg	0		0	BFZN	4		0	0	
Theobrominemg	0		0	BFZN	4		0	0	
Carotenoids:									
Carotene, betamcg	14		0	BFZN	4		34.057	25.613	
Carotene, alphamcg	9		0	BFZN	4		22.294	16.766	
Cryptoxanthin, betamcg	0		0	BFZN	4		0.000	0.000	
Lycopenemcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthinmcg	197		0	BFZN	4		477.216	358.898	

Common Measures:

Measure 1 = 242g: 1 cup Measure 2 = 182g: .75 cup

Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt

Calories Factors: Protein 3.46 Fat 8.37 Carbohydrate 4.16

Food Group: 08 Breakfast Cereals

NDB No. 08167 Cereals, corn grits, yellow, regular, quick, unenriched, cooked with water, with salt

		<u>A</u> :	mount in 10	00 grams	of edib	le portio	<u>on</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food	_	
				of Data	Deriv	Source	Confidence				
Nutrients and Unit	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
roximates:											
Water	g	85.35		0	BFZN	4		206.54	155.33		
Energy	kcal	59		0	BFZN	4		143	107		
Energy	kj	247		0	BFZN	4		597	449		
Protein (N x 6.25)	g	1.42		0	BFZN	4		3.44	2.59		
Total lipid (fat)	g	0.19		0	BFZN	4		0.47	0.35		
Ash		0.16		0	BFZN	4		0.40	0.30		
Carbohydrate, by difference		12.87		0	BFZN	4		31.15	23.43		
Fiber, total dietary		0.3		0	BFZN			0.6	0.5		
Sugars, total		0.10		0	BFZN			0.25	0.19		
Starch		0.10		·	2121	•		0.23	0.13		
Starcii	9										
<u> Iinerals:</u>											
Calcium, Ca	mg	3		0	BFZN	4		7	5		
Iron, Fe	mg	0.16		0	BFZN	4		0.38	0.29		
Magnesium, Mg	mg	5		0	BFZN	4		12	9		
Phosphorus, P	mg	11		0	BFZN	4		27	20		
Potassium, K	mg	21		0	BFZN	4		51	39		
Sodium, Na	mg	223		0		1		540	406		
Zine, Zn	mg	0.07		0	BFZN	4		0.17	0.13		
Copper, Cu	mg	0.018	3	0	BFZN	4		0.044	0.033		
Manganese, Mn	mg	0.018	3	0	BFZN	4		0.042	0.032		
Selenium, Se	mcg										
•											
<u>'itamins:</u>				_							
Vitamin C, total ascorbic acid	-	0.0	_	0	BFZN	4		0.0	0.0		
Thiamin	-	0.017		0	BFZN	4		0.041	0.031		
Riboflavin	-	0.006		0	BFZN	4		0.014	0.011		
Niacin		0.175		0	BFZN	4		0.423	0.318		
Pantothenic acid		0.078		0	BFZN	4		0.190	0.143		
Vitamin B-6		0.021	=	0	BFZN	4		0.052	0.039		
Folate, total		1		0	BFZN	4		2	2		
Folic acid		0		0	BFZN	4		0	0		
Folate, food		1		0	BFZN	4		2	2		
Folate, DFE		1		0	NC	4		2	2		
Vitamin B-12		0.00		0	BFZN	4		0.00	0.00		
Vitamin A, IU		31		0	BFZN	4		75	57		
Vitamin A, RAE		2		0	NC	4		4	3		
Retinol		0		0	BFZN	4		0	0		
Vitamin E (alpha-tocopherol)	mg	0.02		0	BFZN	4		0.05	0.04		
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	0.0		0	BFZN	4		0.1	0.1		
ipids:											
	~	0.005		•	DEEN			0.061	0.046		
Fatty acids, total saturated		0.025		0	BFZN	4 4		0.061			
4:0		0.000		0	BFZN BFZN	4		0.000	0.000 0.000		
6:0	-							0.000			
8:0		0.000		0	BFZN	4		0.000	0.000		
10:0	-	0.000		0	BFZN	4		0.000	0.000		
12:0		0.000)	0	BFZN	4		0.000	0.000		
13:0				•	D						
14:0		0.000)	0	BFZN	4		0.000	0.000		
15:0				_		_					
16:0		0.022	?	0	BFZN	4		0.053	0.040		
17:0				_		_		_			
18:0		0.003	3	0	BFZN	4		0.007	0.005		
20:0 22:0	-										

	<u>A</u>	mount in 100 grams		<u>on</u>	Amount in edible portion of common measures of food			
		Numbe	r			<u>m</u> e	easures of food	
			Deriv	Source	Confidence			
Nutrients and Units	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.048	0	BFZN	4		0.117	0.088	
15:1	0.001	. 0	BFZN	4		0.001	0.001	
18:1 undifferentiatedg	0.048	0	BFZN	4		0.116	0.087	
20:1g	0.000	0	BFZN	4		0.000	0.000	
22:1 undifferentiatedg 24:1 cg	0.000	0	BFZN	4		0.000	0.000	
Fatty acids, total polyunsaturatedg	0.083	0	BFZN	4		0.202	0.152	
18:2 undifferentiatedg	0.081		BFZN	4		0.196	0.148	
18:3 undifferentiated	0.002		BFZN	4		0.006	0.004	
18:4g	0.002		BFZN	4		0.000	0.000	
20:2 n-6 c.cg	0.000	·	DI ZIN	-		0.000	0.000	
20:3 undifferentiated								
20:4 undifferentiated	0.000	0	BFZN	4		0.000	0.000	
20:5 n-3g	0.000		BFZN	4		0.000	0.000	
22:5 n-3g	0.000		BFZN	4		0.000	0.000	
22:6 n-3g	0.000		BFZN	4		0.000	0.000	
Fatty acids, total trans	0.000		DI DI	•		0.000	0.000	
Cholesterolg	0	0	BFZN	4		0	0	
Phytosterolsmg	ŭ	v	DI DI	•		v	v	
1 llytosterois								
Amino Acids:								
Tryptophang	0.010	0	BFZN	4		0.024	0.018	
Threonineg	0.053	0	BFZN	4		0.129	0.097	
Isoleucineg	0.051	. 0	BFZN	4		0.123	0.092	
Leucineg	0.174	0	BFZN	4		0.421	0.317	
Lysineg	0.040	0	BFZN	4		0.097	0.073	
Methionineg	0.030	0	BFZN	4		0.072	0.054	
Cystineg	0.026	0	BFZN	4		0.062	0.046	
Phenylalanineg	0.070	0	BFZN	4		0.169	0.127	
Tyrosineg	0.058	0	BFZN	4		0.140	0.105	
Valineg	0.072	0	BFZN	4		0.174	0.131	
Arginineg	0.071	. 0	BFZN	4		0.171	0.129	
Histidine	0.043	0	BFZN	4		0.105	0.079	
Alanineg	0.106	0	BFZN	4		0.257	0.193	
Aspartic acidg	0.099	0	BFZN	4		0.239	0.180	
Glutamic acid	0.266	0	BFZN	4		0.645	0.485	
Glycine9	0.058	0	BFZN	4		0.141	0.106	
Prolineg	0.124	0	BFZN	4		0.299	0.225	
Serineg	0.067	0	BFZN	4		0.163	0.123	
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0	BFZN	4		0.0	0.0	
Caffeine mg	0	0	BFZN	4		0	0	
Theobromine mg	0	0	BFZN	4		0	0	
Carotenoids:	•	v		-		-		
Carotene, beta mcg	14	0	BFZN	4		34.057	25.613	
Carotene, alpha mcg	9	0	BFZN	4		22.294	16.766	
Cryptoxanthin, betamcg	0	0	BFZN	4		0.000	0.000	
Lycopene mcg	0	0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin mcg	197	0	BFZN	4		477.216	358.898	

Common Measures:

Measure 1 = 242g: 1 cup Measure 2 = 182g: .75 cup

Cereals, corn grits, yellow, regular, quick, unenriched, cooked with water, with salt

Calories Factors: Protein 3.46 Fat 8.37 Carbohydrate 4.16

Food Group: 08 Breakfast Cereals

		<u>A</u> 1	mount in 10	<u>0 grams</u>	of edib	le portio	<u>n</u>	Amount in edible portion of common			
				Number	•			<u>m</u>	easures of food	_	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	87.90		0	BFZN	4		204.81	153.82		
Energy	kcal	48		0	BFZN	4		112	84		
Energy	kj	202		0	BFZN	4		470	353		
Protein (N x 5.7)	g	1.42		0	BFZN	4		3.32	2.49		
Total lipid (fat)	g	0.07		0	BFZN	4		0.16	0.12		
Ash	g	0.14		0	BFZN	4		0.33	0.25		
Carbohydrate, by difference	g	10.47		0	BFZN	4		24.39	18.32		
Fiber, total dietary	g	0.3		0	BFZN	4		0.6	0.4		
Sugars, total.		0.04		0	BFZN	4		0.08	0.06		
Starch											
<u> </u>		_		_		_		_	_		
Calcium, Ca	-	4		0	BFZN	4		9	7		
Iron, Fe	-	0.50		0	BFZN	4		1.17	0.88		
Magnesium, Mg		2		0	BFZN	4		5	4		
Phosphorus, P	-	12		0	BFZN	4		28	21		
Potassium, K		13		0	BFZN	4		30	22		
Sodium, Na	-	329		0		1		767	576		
Zinc, Zn		0.08	_	0	BFZN	4		0.17	0.13		
Copper, Cu		0.016		0	BFZN	4		0.038	0.029		
Manganese, Mn		0.093	3	0	BFZN	4 4		0.218	0.163		
Selenium, Se	Ilicy	9.1		U	BFZN	4		21.2	15.9		
<u>'itamins:</u>											
Vitamin C, total ascorbic acid	mg	0.0		0	BFZN	4		0.0	0.0		
Thiamin	mg	0.061	=	0	BFZN	4		0.143	0.107		
Riboflavin	mg	0.043	3	0	BFZN	4		0.101	0.076		
Niacin	mg	0.489)	0	BFZN	4		1.140	0.856		
Pantothenic acid	<u>mg</u>	0.056	5	0	BFZN	4		0.130	0.098		
Vitamin B-6	mg	0.007	,	0	BFZN	4		0.016	0.012		
Folate, total	mcg	34		0	BFZN	4		80	60		
Folic acid	mcg	32		0	BFZN	4		75	56		
Folate, food		2		0	BFZN	4		5	4		
Folate, DFE	mcg_DFE	57		0	NC	4		133	100		
Vitamin B-12		0.00		0	BFZN	4		0.00	0.00		
Vitamin A, IU	IU	0		0	BFZN	4		0	0		
Vitamin A, RAE	mcg_RAE	0		0	BFZN	4		0	0		
Retinol	mcg	0		0	BFZN	4		0	0		
Vitamin E (alpha-tocopherol)	mg	0.01		0	BFZN	4		0.03	0.03		
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	0.0		0	BFZN	4		0.1	0.1		
ipids:											
Fatty acids, total saturated	a	0.010)	0	BFZN	4		0.023	0.018		
4:0		0.000		0	BFZN	4		0.000	0.000		
6:0		0.000		0	BFZN	4		0.000	0.000		
8:0	-	0.000		0	BFZN	4		0.000	0.000		
10:0	-	0.000		0	BFZN	4		0.000	0.000		
12:0	-	0.000		0	BFZN	4		0.000	0.000		
13:0				-							
14:0		0.000)	0	BFZN	4		0.000	0.000		
15:0				-							
16:0		0.009)	0	BFZN	4		0.020	0.015		
17:0				-							
18:0	-	0.001	_	0	BFZN	4		0.003	0.002		
20:0	-			-		=					
22:0	-										
24:0	-										

		<u>A</u> 1	mount in 100			ole portic	<u>on</u>		edible portion o	of common
Nutrients and	Units	Mean		Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Nutrionto una	O I II I	Mean	Ota. Error					medodie i	modsure 2	Micadare 0
Fatty acids, total monounsatura	atedg	0.010	1	0	BFZN	4		0.023	0.018	
14:1	g									
15:1 16:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.000)	0	BFZN	4		0.000	0.000	
17:1	g									
18:1 undifferentiated	-	0.010		0	BFZN	4		0.023	0.018	
20:1	• • • • • • • • • • • • • • • • • • • •	0.000		0	BFZN	4		0.000	0.000	
22:1 undifferentiated	•	0.000	1	0	BFZN	4		0.000	0.000	
24:1 c		0.000		•					2 252	
Fatty acids, total polyunsaturat		0.030		0	BFZN	4		0.070	0.053	
18:2 undifferentiated		0.027		0	BFZN	4		0.064	0.048	
18:3 undifferentiated	-	0.003		0 0	BFZN BFZN	4 4		0.006	0.005	
18:4	• • • • • • • • • • • • • • • • • • • •	0.000	1	U	BFZN	4		0.000	0.000	
20:2 n-6 c,c	• • • • • • • • • • • • • • • • • • • •									
20:3 undifferentiated	-	0.000		•	DEEN			0.000	0.000	
20:4 undifferentiated	-	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3	-	0.000		0	BFZN	4		0.000	0.000	
22:5 n-3	•••••••••••••••••••••••••••••••••••••••	0.000		0	BFZN	4 4		0.000	0.000	
22:6 n-3		0.000	1	U	BFZN	4		0.000	0.000	
Fatty acids, total trans		0		0	DEEN	4		0	0	
Cholesterol	_	U		U	BFZN	4		U	U	
Phytosterols	Ing									
Amino Acids:										
Tryptophan	g	0.018		0		1		0.042	0.032	
Threonine	g	0.038		0		1		0.089	0.067	
Isoleucine	g	0.056	i	0		1		0.130	0.098	
Leucine	g	0.098		0		1		0.228	0.172	
Lysine	g	0.028		0		1		0.065	0.049	
Methionine	g	0.022		0		1		0.051	0.039	
Cystine	g	0.041		0		1		0.096	0.072	
Phenylalanine	g	0.070)	0		1		0.163	0.123	
Tyrosine	g	0.038		0		1		0.089	0.067	
Valine	g	0.061		0		1		0.142	0.107	
Arginine	g	0.053	1	0		1		0.123	0.093	
Histidine	g	0.029)	0		1		0.068	0.051	
Alanine	g	0.042		0		1		0.098	0.074	
Aspartic acid		0.059)	0		1		0.137	0.103	
Glutamic acid		0.519	1	0		1		1.209	0.908	
Glycine	-	0.046	i	0		1		0.107	0.081	
Proline	g	0.158		0		1		0.368	0.277	
Serine	-	0.068		0		1		0.158	0.119	
Hydroxyproline										
Others:										
Alcohol, ethyl	a	0.0		0	BFZN	4		0.0	0.0	
Caffeine		0.0		0	BFZN	4		0.0	0.0	
Theobromine		0		0	BFZN	4		0	0	
	9	v		Ū	DE AN	-		Ū	3	
Carotenoids:										
Carotene, beta		0		0	BFZN	4		0.042	0.032	
Carotene, alpha	_	0		0	BFZN	4		0.020	0.015	
Cryptoxanthin, beta		0		0	BFZN	4		0.028	0.021	
Lycopene		0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin	mcg	2		0	BFZN	4		5.103	3.833	

Common Measures:

Measure 1 = 233g: 1 cup Measure 2 = 175g: .75 cup

Cereals, farina, enriched, cooked with water, with salt,

Calories Factors: Protein 4.05 Fat 8.37 Carbohydrate 4.12

Food Group: 08 Breakfast Cereals

Refuse: 0%

		<u>A</u>	mount in 10	0 grams	of edit	le portic	<u>on</u>	Amount in edible portion of common		
				Number				<u>m</u>	easures of food	
				of Data			Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	87.90		0	FLC	4		204.81	12.83	153.82
Energy	kcal	48		0	FLC	4		112	7	84
Energy	kj	202		0	FLC	4		470	29	353
Protein (N x 5.7)	g	1.42		0	FLC	4		3.32	0.21	2.49
Total lipid (fat)	-	0.07		0	FLC	4		0.16	0.01	0.12
Ash		0.14		0	FLC	4		0.33	0.02	0.25
Carbohydrate, by difference		10.47		0	FLC	4		24.39	1.53	18.32
Fiber, total dietary		0.3		0	FLC	4		0.6	0.0	0.4
Sugars, total		0.04		0	FLC	4		0.08	0.01	0.06
Starch	g									
Minerals:										
Calcium, Ca	mg	4		0	FLC	4		9	1	7
Iron, Fe	mg	0.50		0	FLC	4		1.17	0.07	0.88
Magnesium, Mg		2		0	FLC	4		5	0	4
Phosphorus, P	-	12		0	FLC	4		28	2	21
Potassium, K	-	13		0	FLC	4		30	2	22
Sodium, Na	-	2 0.08		0 0	FLC FLC	4 4		5 0.17	0 0.01	4 0.13
Zinc, Zn Copper, Cu		0.08	:	0	FLC	4		0.17	0.01	0.13
Manganese, Mn		0.010		0	FLC	4		0.218	0.014	0.163
Selenium, Se		9.1	0.89		A	1		21.2	1.3	15.9
<u>Vitamins:</u>				_						
Vitamin C, total ascorbic acid	-	0.0		0	FLC	4		0.0	0.0	0.0
Thiamin	-	0.061 0.043		0 0	FLC FLC	4 4		0.143 0.101	0.009 0.006	0.107 0.076
Riboflavin		0.489		0	FLC	4		1.140	0.000	0.856
Pantothenic acid		0.403		0	FLC	4		0.130	0.008	0.098
Vitamin B-6		0.007		0	FLC	4		0.016	0.001	0.012
Folate, total		34		0	BFSN	4		80	5	60
Folic acid		32		0	NC	4		75	5	56
Folate, food	mcg	2		0	FLC	4		5	0	4
Folate, DFE	mcg_DFE	57		0	NC	4		132	8	99
Vitamin B-12	mcg	0.00		0	FLC	4		0.00	0.00	0.00
Vitamin A, IU		0		0	NC	4		0	0	0
Vitamin A, RAE		0		0	FLC	4		0	0	0
Retinol		0		0	FLC	4		0	0	0
Vitamin E (alpha-tocopherol)		0.01		0	FLC	4		0.03	0.00	0.03
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D.										
Vitamin K (phylloquinone)	mcg	0.0		0	FLC	4		0.1	0.0	0.1
Lipids:										
Fatty acids, total saturated	g	0.010)	0	FLC	4		0.023	0.001	0.018
4:0		0.000)	0	FLC	4		0.000	0.000	0.000
6:0	-	0.000		0	FLC	4		0.000	0.000	0.000
8:0		0.000		0	FLC	4		0.000	0.000	0.000
10:0		0.000		0	FLC	4		0.000	0.000	0.000
12:0	_	0.000	J	0	FLC	4		0.000	0.000	0.000
13:0	_	0.000	1	0	FLC	4		0 000	0.000	0.000
14:0 15:0	_	0.000	,	U	FLC	4		0.000	0.000	0.000
16:0	-	0.009	•	0	FLC	4		0.020	0.001	0.015
17:0	_	0.003	•	Ū	- 20	-		3.020	0.001	0.015
18:0	-	0.001	L	0	FLC	4		0.003	0.000	0.002
20:0	-									
22:0	-									

		<u>A</u> 1	mount in 100 gra	ms of edi	ble portio	<u>on</u>	Amount in edible portion of common			
			Num of D	ber ata Deriv	Source	Confidence	<u>m</u>	easures of food	_	
Nutrients and	Units	Mean	Std. Error Poir	ts Code	Code	Code	Measure 1	Measure 2	Measure 3	
24:0	g									
Fatty acids, total monounsatura 14:1	g	0.010		0 FLC	4		0.023	0.001	0.018	
15:1 16:1 undifferentiated 17:1	g	0.000		0 FLC	4		0.000	0.000	0.000	
18:1 undifferentiated	g	0.010		0 FLC	4		0.023	0.001	0.018	
20:1	g	0.000		0 FLC 0 FLC	4 4		0.000	0.000 0.000	0.000	
Fatty acids, total polyunsaturate 18:2 undifferentiated	edg	0.030 0.027		0 FLC	4 4		0.070 0.064	0.004 0.004	0.053 0.048	
18:3 undifferentiated	g	0.003		0 FLC	4		0.006	0.000	0.005	
20:2 n-6 c,c 20:3 undifferentiated	g									
20:4 undifferentiated 20:5 n-3	g	0.000 0.000		0 FLC 0 FLC	4 4		0.000 0.000	0.000 0.000	0.000	
22:5 n-3	g	0.000		0 FLC 0 FLC	4 4		0.000 0.000	0.000 0.000	0.000	
Fatty acids, total trans Cholesterol Phytosterols	mg	0		0 FLC	4		0	0	0	
Amino Acids:										
Tryptophan		0.018		0	1		0.042	0.003	0.032	
Threonine	-	0.038 0.056		0 0	1 1		0.089 0.130	0.006 0.008	0.067 0.098	
Leucine	-	0.098		0	1		0.228	0.014	0.172	
Lysine	g	0.028		0	1		0.065	0.004	0.049	
Methionine		0.022		0	1		0.051	0.003	0.039	
Cystine		0.041		0	1		0.096	0.006	0.072	
Phenylalanine		0.070		0	1		0.163	0.010	0.123	
Tyrosine	-	0.038		0	1		0.089	0.006	0.067	
Valine		0.061		0	1		0.142	0.009	0.107	
Arginine		0.053		0	1		0.123	0.008	0.093	
Histidine		0.029		0	1		0.068	0.004	0.051	
Alanine	-	0.042		0	1		0.098	0.006	0.074	
Aspartic acid		0.059		0 0	1		0.137	0.009	0.103	
Glutamic acid	g	0.519		•	1		1.209	0.076	0.908	
Glycine		0.046		0	1		0.107	0.007	0.081	
Proline		0.158		0	1		0.368	0.023	0.277	
Serine		0.068		0	1		0.158	0.010	0.119	
Hydroxyproline	g									
Others:	~	0.0					0.0			
Alcohol, ethyl		0.0		0 FLC 0 FLC	4 4		0.0	0.0	0.0	
Caffeine	-	0					0	0 0	0	
Theobromine Carotenoids:	g	U		0 FLC	4		0	0	0	
Carotene, beta	mcg	0		0 FLC	4		0.042	0.003	0.032	
Carotene, alpha		0		0 FLC	4		0.020	0.001	0.015	
Cryptoxanthin, beta		0		0 FLC	4		0.028	0.002	0.021	
Lycopene		0		0 FLC	4		0.000	0.000	0.000	
Lutein + zeaxanthin		2		0 FLC	4		5.103	0.320	3.833	

Common Measures:

Measure 1 = 233g: 1 cup

Cereals, farina, enriched, cooked with water, without salt

Measure 2 = 14.6g: 1 tbsp Measure 3 = 175g: .75 cup

Calories Factors: Protein 4.05 Fat .837 Carbohydrate 4.12

Food Group: 08 Breakfast Cereals

		<u>Ar</u>	mount in 100 g	grams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			Nι	umber	•			<u>m</u>	easures of food	<u>l</u>	
			of	f Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	10.50	0.164	107		1		18.48	1.14		
Energy	kcal	369		0	NC	4		649	40		
Energy	kj	1544				4		2717	168		
Protein (N x 5.7)	g	10.60	0.074	122		1		18.66	1.16		
Total lipid (fat)	g	0.50	0.013	61		1		0.88	0.05		
Ash	g	0.40	0.034	114		1		0.70	0.04		
Carbohydrate, by difference	g	78.00		0	NC	4		137.28	8.50		
Fiber, total dietary	g	1.9		0		4		3.3	0.2		
Sugars, total	g	0.27		0	BFZN	4		0.47	0.03		
Starch	g										
Ain anals:											
<u>Minerals:</u>	ma	14	0.215	16		1		25	2		
Calcium, Ca	-	3.72	0.215	89		1		6.55	0.41		
Magnesium, Mg	-	13	0.231	16		1		23	1		
Phosphorus, P		88	2.068	16		1		23 155	10		
Potassium, K	-	94	4.163	16		1		165	10		
Sodium. Na		3	0.188	43		1		5	0		
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.53	0.015	22		1		0.93	0.06		
Copper, Cu		0.079		20		1		0.139	0.009		
Manganese, Mn		0.693		10		1		1.220	0.076		
Selenium, Se		23.5		1	A	1		41.4	2.6		
•	-										
<u>'itamins:</u>											
Vitamin C, total ascorbic acid	-	0.0		0		4		0.0	0.0		
Thiamin	-	0.570				1		1.003	0.062		
Riboflavin		0.360				1		0.634	0.039		
Niacin	-	4.050				1		7.128	0.441		
Pantothenic acid	_	0.416		12		1		0.732	0.045		
Vitamin B-6	_	0.058 255		2	_	1		0.102	0.006		
Foliate, total		255	85.987	10 0	A NC	1 4		448 406	28 25		
Folic acid		231		1	NC	1		42	25 3		
Folate, foodFolate, DFE		416		0	NC	4		732	45		
Vitamin B-12		0.00		0	NC	4		0.00	0.00		
Vitamin B-12		0.00		0		4		0.00	0.00		
Vitamin A, RAE		0		0	NC	4		0	0		
Retinol		0		0	BFZN	4		0	0		
Vitamin E (alpha-tocopherol)		0.11		0	DI ZIN	1		0.19	0.01		
Tocopherol, beta		0.11		Ū		-		0.15	0.01		
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		0.3		0	BFZN	4		0.5	0.0		
<u>ipids:</u>	~	0.000		•				0 141	0.000		
Fatty acids, total saturated		0.080		0		1 1		0.141	0.009		
4:0		0.000		0		1		0.000	0.000		
6:0	_	0.000		0		1		0.000	0.000		
8:0	_	0.000		0		1		0.000	0.000		
10:0	-	0.000		0		1		0.000 0.000	0.000 0.000		
12:0		0.000		U		1		0.000	0.000		
13:0		0.000		1		1		0.000	0.000		
14:0		0.000		_		-		0.000	0.000		
15:0 16:0		0.070		1		1		0.123	0.008		
17:0		0.070		_		-		0.123	0.008		
18:0	_	0.010		1		1		0.018	0.001		
20:0	_	0.010		-		-		0.016	0.001		
22:0	_										
24:0	_										

		<u>An</u>	nount in 10	0 grams	of edib	ole portio	<u>n</u>	Amount in	edible portion	of common
				Number					easures of food	
Nutrients and	l Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Eatty saids total manaymeatyre	mtad 0	0.060		0		1		0.106	0.007	
Fatty acids, total monounsatur		0.000		Ū		-		0.106	0.007	
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	
17:1	g									
18:1 undifferentiated	-	0.060		1		1		0.106	0.007	
20:1	g	0.000		0		1		0.000	0.000	
22:1 undifferentiated	•	0.000		0		1		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsatura	tedg	0.220		0		1		0.387	0.024	
18:2 undifferentiated		0.200		1		1		0.352	0.022	
18:3 undifferentiated		0.020		1		1		0.035	0.002	
18:4	g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	• • • • • • • • • • • • • • • • • • • •									
20:4 undifferentiated	g	0.000		0		1		0.000	0.000	
20:5 n-3	g	0.000		0		1		0.000	0.000	
22:5 n-3	g	0.000		0		1		0.000	0.000	
22:6 n-3	g	0.000		0		1		0.000	0.000	
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0	0	
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.136		0		1		0.239	0.015	
Threonine		0.280		0		1		0.493	0.013	
Isoleucine	-	0.409		0		1		0.720	0.045	
Leucine	-	0.724		0		1		1.274	0.079	
Lysine		0.203		0		1		0.357	0.022	
Methionine		0.165		0		1		0.290	0.018	
Cystine		0.299		0		1		0.526	0.033	
Phenylalanine		0.514		0		1		0.905	0.056	
Tyrosine		0.314		0		1		0.489	0.030	
Valine		0.451		0		1		0.794	0.049	
Arginine	-	0.390		0		1		0.686	0.043	
Histidine		0.390		0		1		0.378	0.023	
	-	0.213		0		1		0.547	0.023	
Alanine		0.311		0		1		0.762	0.034	
Aspartic acid		3.817		0		1		6.718	0.047	
Glutamic acid	-	0.335		0		1		0.590	0.416	
Glycine				0		1				
Proline	-	1.165 0.499		0		1		2.050 0.878	0.127 0.054	
Serine		0.499		U		_		0.878	0.054	
Hydroxyproline	9									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	
Caffeine	mg	0		0	BFZN	4		0	0	
Theobromine	mg	0		0	BFZN	4		0	0	
Carotenoids:										
Carotene, beta.	mca	0		0	BFZN	4		0.264	0.016	
Carotene, alpha	• • • • • • • • • • • • • • • • • • • •	0		0	BFZN	4		0.123	0.018	
Cryptoxanthin, beta		0		0	BFZN	4		0.123	0.008	
Lycopene		0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin		18		0	BFZN	4		31.909	1.976	
Luteni + zeaxantnin	uvy	10		U	DE VIN	4		31.303	1.9/0	

Common Measures:

Measure 1 = 176g: 1 cup

Measure 2 = 10.9g: 1 tbsp

Cereals, farina, enriched, dry

Calories Factors: Protein 4.05 Fat 8.37 Carbohydrate 4.12

Food Group: 08 Breakfast Cereals

		<u>Ar</u>	nount in 100 g	grams	of edib	le portio	<u>n</u>	Amount in edible portion of common		
			Nι	umber	•			<u>m</u>	easures of food	<u> </u>
			of	f Data	Deriv	Source	Confidence			
Nutrients and Un	iits	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	10.50	0.164	107		1		18.48	1.14	
Energy	kcal	369		0	NC	4		649	40	
Energy	kj	1544				4		2717	168	
Protein (N x 5.7)	g	10.60	0.074	122		1		18.66	1.16	
Total lipid (fat)	g	0.50	0.013	61		1		0.88	0.05	
Ash	g	0.40	0.034	114		1		0.70	0.04	
Carbohydrate, by difference	g	78.00		0	NC	4		137.28	8.50	
Fiber, total dietary	g	1.9		0		4		3.3	0.2	
Sugars, total										
Starch										
Minerals:						_		0.5	_	
Calcium, Ca	_	14	0.215	16		1		25	2	
Iron, Fe.		1.50	0.055	1		1 1		2.64	0.16	
Magnesium, Mg		13 88	0.255	16		1		23 155	1 10	
Phosphorus, P		88 94	2.068	16		1		165	10	
Potassium, K		94 3	4.163 0.188	16 43		1		165 5	0	
Sodium, NaZinc, Zn		0.53	0.188	22		1		0.93	0.06	
Copper, Cu	_	0.079		20		1		0.139	0.009	
Manganese, Mn		0.693		10		1		1.220	0.009	
Selenium, Se		23.5		0	BFSN	4		41.4	2.6	
Scientini, Sci						_				
Vitamins:										
Vitamin C, total ascorbic acid	_	0.0		0		4		0.0	0.0	
Thiamin		0.060		1		1		0.106	0.007	
Riboflavin		0.100		1		1		0.176	0.011	
Niacin		0.700		1		1		1.232	0.076	
Pantothenic acid	_	0.416		12		1		0.732	0.045	
Vitamin B-6	_	0.058		2		1		0.102	0.006	
Folate, total		24		1	_	1		42	3	
Folic acid		0		0	Z	7		0	0	
Folate, food		24 24		0	NC	4		42 42	3	
Folate, DFE				0	NC	4 4			3	
Vitamin B-12 Vitamin A, IU	IIICG	0.00		0		4		0.00	0.00 0	
		0		0	NC	4		0	0	
Vitamin A, RAE		0		0	NC Z	7		0	0	
Vitamin E (alpha-tocopherol)		0.11		0	4	1		0.19	0.01	
Tocopherol, beta	• • • • • • • • • • • • • • • • • • • •	0.11		U		_		0.19	0.01	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
	•									
Lipids:	0	0.080		0		1		0 141	0.000	
Fatty acids, total saturated		0.080		0	BFZN	1 4		0.141 0.000	0.009 0.000	
4:0 6:0		0.000		0	BFZN	4		0.000	0.000	
8:0	-	0.000		0	BFZN	4		0.000	0.000	
10:0	-	0.000		0	BFZN	4		0.000	0.000	
12:0	-	0.000		0	BFZN	4		0.000	0.000	
13:0				-	,	=		2.000	0.000	
14:0	-	0.000		1		1		0.000	0.000	
15:0	-			_		=				
16:0		0.070		1		1		0.123	0.008	
17:0										
18:0		0.010		1		1		0.018	0.001	
20:0										
22:0	-									
24:0	-									

	<u>A</u> 1	mount in 100 grams Numbe		ole portic	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated9 14:1	0.060	0		1		0.106	0.007		
15:1g									
16:1 undifferentiatedg	0.000	0	BFZN	4		0.000	0.000		
17:1g									
18:1 undifferentiatedg	0.060	1		1		0.106	0.007		
20:1g	0.000	0	BFZN	4		0.000	0.000		
22:1 undifferentiatedg	0.000	0	BFZN	4		0.000	0.000		
24:1 cg									
Fatty acids, total polyunsaturated	0.220	0		1		0.387	0.024		
18:2 undifferentiatedg	0.200	1		1		0.352	0.022		
18:3 undifferentiatedg	0.020	1		1		0.035	0.002		
18:4g	0.000	0	BFZN	4		0.000	0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000	0	BFZN	4		0.000	0.000		
20:5 n-3g	0.000	0	BFZN	4		0.000	0.000		
22:5 n-3g	0.000	0	BFZN	4		0.000	0.000		
22:6 n-3g	0.000	0	BFZN	4		0.000	0.000		
Fatty acids, total transg									
Cholesterolmg	0	0	Z	7		0	0		
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.136	0		1		0.239	0.015		
Threonineg	0.280	0		1		0.493	0.031		
Isoleucineg	0.409	0		1		0.720	0.045		
Leucineg	0.724	0		1		1.274	0.079		
Lysineg	0.203	0		1		0.357	0.022		
Methionineg	0.165	0		1		0.290	0.018		
Cystineg	0.299	0		1		0.526	0.033		
Phenylalanine	0.514	0		1		0.905	0.056		
Tyrosineg	0.278	0		1		0.489	0.030		
Valineg	0.451	. 0		1		0.794	0.049		
Arginineg	0.390	0		1		0.686	0.043		
Histidineg	0.215	0		1		0.378	0.023		
Alanineg	0.311	. 0		1		0.547	0.034		
Aspartic acid	0.433	0		1		0.762	0.047		
Glutamic acid	3.817			1		6.718	0.416		
Glycine 9	0.335			1		0.590	0.037		
Proline	1.165			1		2.050	0.127		
Serine	0.499			1		0.878	0.054		
Hydroxyproline	3.200	•		_		2127			
Others:									
Alcohol, ethylg	0.0	0	Z	7		0.0	0.0		
Caffeine mg									
Theobromine mg									

Common Measures:

Measure 1 = 176g: 1 cup Measure 2 = 10.9g: 1 tbsp

Calories Factors: Protein 4.05 Fat 8.37 Carbohydrate 4.12

Food Group: 08 Breakfast Cereals

instant oatmeal **Refuse:** 0%

		<u>Aı</u>	mount in 100 g	grams	of edib	le portio	<u>on</u>	Amount in	edible portion	of common
			Nu	ımbei	r			me	easures of food	<u>!</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	а	9.30	0.071	64		1		2.60		
Energy	-	369	****	0	NC	4		103		
Energy		1544		·		4		432		
Protein (N x 5.83)		15.50	0.069	64		1		4.34		
Total lipid (fat)		6.10	0.043	64		1		1.71		
Ash		5.00	0.047	64		1		1.40		
Carbohydrate, by difference		64.00		0	NC	4		17.92		
Fiber, total dietary		10.9		0		1		3.1		
Sugars, total		0.00		0	z	7		0.00		
Starch		0.00		·	_	•		0.00		
Staron	9									
Minerals:										
* Calcium, Ca	-	357		0	LC	8		100		
* Iron, Fe		28.93		0	LC	8		8.10		
Magnesium, Mg		148		0		4		41		
Phosphorus, P	-	357		0	rc	8		100		
Potassium, K	_	354	6.402	6		1		99		
Sodium, Na		286		0	LC	8		80		
Zinc, Zn		3.07		0		4 4		0.86		
Copper, Cu		0.343 3.630		0		4		0.096 1.016		
Manganese, Mn Selenium, Se		34.0	4.469	12	A	1		9.5		
Seiemum, Se	nog	34.0	4.409	12	•	-		9.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
* Thiamin		1.071		0	LC	8		0.300		
* Riboflavin	mg	1.214		0	LC	8		0.340		
* Niacin		14.286	i	0	LC	8		4.000		
Pantothenic acid		1.250		4		1		0.350		
* Vitamin B-6	_	1.429	1	0	LC	8		0.400		
* Folate, total		286		0	LC	8		80		
Folic acid		254		0	0	4		71		
Folate, food	mcg	32		0	NC	4		9		
Folate, DFE		464		0	NC	4		130		
Vitamin B-12		0.00		0		4		0.00		
* Vitamin A, IU		3571		0	LC	8		1000		
Vitamin A, RAE		1072		0	NR	4		300		
Retinol		1072		0	NR	4 4		300		
Vitamin E (alpha-tocopherol)		0.68		U	NR	4		0.19		
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		3.2		0	BFZN	4		0.9		
Linide										
Lipids:	a	1 075		0		4		0.301		
Fatty acids, total saturated		1.075 0.000		0		4		0.301		
6:0		0.000		0		4		0.000		
8:0	-	0.000		0		4		0.000		
10:0	_	0.000		0		4		0.000		
12:0	-	0.000		0		4		0.005		
13:0	-	0.019				-		3.003		
14:0		0.010)	0		4		0.003		
15:0	-	0.010		J		•		3.003		
16:0	-	0.910)	0		4		0.255		
17:0		0.510		J		•		3.233		
18:0	-	0.058		0		4		0.016		
20:0	-	3.030		-		-		0.010		
22:0	-									
	g									

	An	nount in 100) grams	Amount in edible portion of common					
Nutrients and Units	Mean			Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Nutrients and Offics	Weatt	Stu. Error					Weasure 1	Measure 2	weasure 5
Fatty acids, total monounsaturatedg	1.917		0		4		0.537		
14:1g			·		-		0.557		
15:1									
16:1 undifferentiated9	0.010		0		4		0.003		
17:1g									
18:1 undifferentiated	1.907		0		4		0.534		
20:1g	0.000		0		4		0.000		
22:1 undifferentiatedg	0.000		0		4		0.000		
24:1 cg									
Fatty acids, total polyunsaturated	2.227		0		4		0.624		
18:2 undifferentiatedg	2.130		0		4		0.596		
18:3 undifferentiatedg	0.097		0		4		0.027		
18:4g	0.000		0		4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0		4		0.000		
20:5 n-3g	0.000		0		4		0.000		
22:5 n-3g	0.000		0		4		0.000		
22:6 n-3g	0.000		0		4		0.000		
Fatty acids, total transg									
Cholesterol mg	0		0	Z	7		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0		4		0.0		
Caffeinemg	0		0	z	7		0		
Theobrominemg	0		0	z	7		0		
Carotenoids:									
Carotene beta mcg	0		0	z	7		0.000		
Carotene, alpha mcg	0		0	z	7		0.000		
Cryptoxanthin, betamcg	0		0	z	7		0.000		
Lycopene mcg	0		0	z	7		0.000		
Lutein + zeaxanthin mcg	0		0	z	7		0.000		

Common Measures:

Measure 1 = 28g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 3.46 Fat 8.37 Carbohydrate 4.12

Food Group: 08 Breakfast Cereals

NDB No. 08123 Cereals, oats, instant, fortified, plain, prepared with water

instant oatmeal **Refuse:** 0%

		<u>A</u>	mount in 100 g	rams of e	dible porti	<u>ion</u>	Amount in	edible portion	of common
			Nui	mber			<u>m</u>	easures of food	<u> </u>
			of	Data Der	iv Source	e Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	ints Cod	e Code	Code	Measure 1	Measure 2	Measure
Proximates:									
Water	g	86.32		0 1	RP 4		201.99	432.46	
Energy	_	55		0 1	RP 4		129	277	
Energy		231		0 1	P 4		541	1157	
Protein (N x 5.83)		2.32		0 1	P 4		5.44	11.64	
Total lipid (fat)		0.91		0 1	P 4		2.14	4.58	
Ash		0.83		0 1	RP 4		1.95	4.18	
Carbohydrate, by difference	g	9.59		0 1	RP 4		22.45	48.06	
Fiber, total dietary	g	1.6		0 1	RP 4		3.8	8.2	
Sugars, total	g	0.00		0 1	P 4		0.00	0.00	
Starch	g								
Mr. 1									
Minerals:	ma	56		0 R	P 4		130	279	
Calcium, Ca	-	4.34		0 R			130	279 21.74	
Magnesium, Mg		23		0 R			53	114	
Phosphorus, P		54		0 R			125	268	
Potassium, K	-	53		0 R			124	267	
Sodium, Na		45		0 R	P 4		105	224	
Zinc, Zn		0.46		0 R	P 4		1.09	2.32	
Copper, Cu		0.057	7	0 R	P 4		0.134	0.286	
Manganese, Mn	mg	0.544	l	0 R	P 4		1.274	2.728	
Selenium, Se	mcg	5.1		0 R	P 4		11.9	25.5	
Vitamins:									
	ma	0.0		0 R	P 4		0.0	0.0	
Vitamin C, total ascorbic acid		0.0		0 R			0.338	0.0	
Riboflavin		0.143		0 R			0.338	0.866	
Niacin.	-	2.034		0 R			4.760	10.192	
Pantothenic acid	-	0.187		0 R			0.438	0.939	
Vitamin B-6		0.214		0 R			0.501	1.073	
Folate, total	-	43		0 R	P 4		100	215	
Folic acid		38		0 R	P 4		89	191	
Folate, food		5		0 R	P 4		11	24	
Folate, DFE	mcg_DFE	70		0 N	C 4		163	348	
Vitamin B-12		0.00		0 R	P 4		0.00	0.00	
Vitamin A, IU	IU	535		0 R	P 4		1253	2682	
Vitamin A, RAE	mcg_RAE	161		0 R	P 4		376	805	
Retinol		161		0 R	P 4		376	805	
Vitamin E (alpha-tocopherol)		0.10		0 R	P 4		0.24	0.51	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D		0.5		0 R	P 4		1.1	2.4	
Vitamin K (phylloquinone)	nicg	0.5		U R	- 4		1.1	2.4	
<u>Lipids:</u>									
Fatty acids, total saturated	g	0.149	•	0 R	P 4		0.350	0.749	
4:0	g	0.000		0 R	P 4		0.000	0.000	
6:0	-	0.000		0 R			0.000	0.000	
8:0		0.000		0 R			0.000	0.000	
10:0		0.000		0 R			0.000	0.000	
12:0		0.003	3	0 R	P 4		0.007	0.014	
13:0		0 000		0 -				2 22-	
14:0	-	0.001	L	0 R	P 4		0.004	0.008	
15:0	-	0 124	:	0 R	D 4		0.010	0.000	
16:0		0.136	,	0 R	P 4		0.319	0.683	
17:0 18:0	-	0.009	1	0 R	P 4		0.020	0.044	
20:0	-	0.005	•	U R	- 4		0.020	0.044	
22:0	-								
24:0	-								

	<u>Ar</u>	nount in 100	grams	<u>en</u>	Amount in edible portion of common				
			lumber of Data		Source	Confidence	<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.287		0	RP	4		0.672	1.440	
14:1g	0.207		Ū	KE	-		0.072	1.440	
15:19									
16:1 undifferentiated	0.001		0	RP	4		0.004	0.008	
17:1g									
18:1 undifferentiated	0.286		0	RP	4		0.669	1.432	
20:1g	0.000		0	RP	4		0.000	0.000	
22:1 undifferentiatedg	0.000		0	RP	4		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturated	0.334		0	RP	4		0.781	1.672	
18:2 undifferentiatedg	0.319		0	RP	4		0.747	1.600	
18:3 undifferentiatedg	0.015		0	RP	4		0.034	0.073	
18:4g	0.000		0	RP	4		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	RP	4		0.000	0.000	
20:5 n-3g	0.000		0	RP	4		0.000	0.000	
22:5 n-3g	0.000		0	RP	4		0.000	0.000	
22:6 n-3g	0.000		0	RP	4		0.000	0.000	
Fatty acids, total transg									
Cholesterolmg	0		0	RP	4		0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	RP	4		0.0	0.0	
Caffeinemg	0		0	RP	4		0	0	
Theobromine mg	0		0	RP	4		0	0	
Carotenoids:									
Carotene, betamcg	0		0	RP	4		0.000	0.000	
Carotene, alphamcg	0		0	RP	4		0.000	0.000	
Cryptoxanthin, beta mcg	0		0	RP	4		0.000	0.000	
Lycopenemcg	0		0	RP	4		0.000	0.000	
Lutein + zeaxanthin mcg	0		0	RP	4		0.000	0.000	

Common Measures:

Measure 1 = 234g: 1 cup, cooked Measure 2 = 501g: 1 cup, dry, yields

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 3.46 Fat 8.37 Carbohydrate 4.12

Food Group: 08 Breakfast Cereals

NDB No. 08128 Cereals, oats, instant, fortified, with cinnamon and spice, dry

oatmeal Refuse: 0%

		<u>A</u>	mount in 100	grams	of edib	ole portio	<u>on</u>	Amount in	edible portion	of common
				Number				m	easures of food	
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	6.56		0	MC	9		3.02		
Energy	kcal	370		0	MC	9		170		
Energy	kj	1548		0	MC	9		712		
Protein (N x 5.83)	g	8.59		0	MC	9		3.95		
Total lipid (fat)		4.67		0	MC	9		2.15		
Ash	g	3.19		0	MC	9		1.47		
Carbohydrate, by difference		76.97		0	MC	9		35.41		
Fiber, total dietary		6.6		0	MC	9		3.0		
Sugars, total		33.70		0	MC	9		15.50		
Starch		33.70		·	110			13.30		
Starcii	9									
Minerals:										
Calcium, Ca	mg	239		0	MC	9		110		
Iron, Fe	mg	8.60		0	MC	9		3.96		
Magnesium, Mg	mg	89		0	MC	9		41		
Phosphorus, P		300		0	MC	9		138		
Potassium, K		251		0	MC	9		115		
Sodium. Na		535		0	MC	9		246		
Zine, Zn	• • • • • • • • • • • • • • • • • • • •	2.00		0	MC	9		0.92		
Copper, Cu	-	0.210)	0	MC	9		0.097		
Manganese, Mn		2.770		0	MC	9		1.274		
Selenium, Se		21.7		0	FLM	4		10.0		
Selemani, Se										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.1		0	MC	9		0.1		
Thiamin	mg	0.710)	0	MC	9		0.327		
Riboflavin	mg	0.810)	0	MC	9		0.373		
Niacin	mg	9.560)	0	MC	9		4.398		
Pantothenic acid	mg	0.450)	0	MC	9		0.207		
k Vitamin B-6	mg	0.950)	0	MC	9		0.437		
Folate, total	mcg	191		0	MC	9		88		
Folic acid		168		0	NC	4		77		
Folate, food		23		0	CAZN	4		11		
Folate, DFE		309		0	NC	4		142		
Vitamin B-12		0.00		0	MC	9		0.00		
Vitamin A, IU		2391		0	MC	9		1100		
Vitamin A, RAE		718		0	NC	4		330		
Retinol		717		0	BNA	4		330		
		0.42		0	NR	4		0.19		
Vitamin E (alpha-tocopherol) Tocopherol, beta	 ma	0.42		U	NE	4		0.19		
Tocopherol, gamma										
Tocopherol, delta		0.000		•		•		0.000		
Vitamin D.		0.000	,	0	MC	9		0.000		
Vitamin K (phylloquinone)	rncg	2.0		0	FLM	4		0.9		
<u>Lipids:</u>										
Fatty acids, total saturated	а	0.808	3	0	FLM	4		0.372		
4:0		0.000		0	FLM	4		0.000		
6:0		0.000		0	FLM	4		0.000		
8:0		0.000		0	FLM	4		0.000		
10:0	-	0.000		0	FLM	4		0.000		
		0.000		0	FLM	4		0.007		
12:0		0.016	•	U	T IIM	•		0.007		
13:0		0.000	2	0	ET M	4		0 004		
14:0		0.009	7	0	FLM	4		0.004		
15:0	-		_	•						
16:0	-	0.735	•	0	FLM	4		0.338		
17:0	-			_		_				
18:0	-	0.048	5	0	FLM	4		0.022		
20:0	-									
22:0	-									
24:0	g									

Nutrients and Units		<u>Am</u>	ount in 100 g	ırams	of edib	Amount in edible portion of common				
14:1	Nutrients and Units	Mean	of	Data				_		Measure 3
14:1										
15:1	Fatty acids, total monounsaturatedg	1.670		0	FLM	4		0.768		
16.1 undifferentiated. g 0.009 0 FLM 4 0.004 17:1 18.1 undifferentiated. g 0.000 0 FLM 4 0.000 20:1 undifferentiated. g 0.000 0 FLM 4 0.000 22:1 undifferentiated. g 0.000 0 FLM 4 0.605 24:1 c	14:1g									
17:1										
18:1 undifferentiated	16:1 undifferentiatedg	0.009		0	FLM	4		0.004		
20:1										
22:1 undifferentiated		1.661		0	FLM	4		0.764		
Patty acids, total polyunsaturated	20:1g	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturated		0.000		0	FLM	4		0.000		
18:2 undifferentiated										
18.3 undifferentiated		1.380		0	FLM					
18:4						-		0.607		
20:2 n-6 c,c		0.060			FLM					
20:3 undifferentiated		0.000		0	FLM	4		0.000		
20:4 undifferentiated 9 0.000 0 FLM 4 0.000 20:5 n-3 9 0.000 0 FLM 4 0.000 22:5 n-3 9 0.000 0 FLM 4 0.000 Patty acids, total trans 9 0 0 MC 9 0 Cholesterol mg 0 0 MC 9 0 Phytosterols mg 0 0 FLM 4 0.0 Caffeine mg 0 0 FLM 4 0.0 Caffeine mg 0 0 FLM 4 0 Theobromine mg 0 0 FLM 4 0 Carotene, beta mcg 0 0 BNA 4 0.000 Carotene, beta mcg 0 0 BNA 4 0.000 Cryptoxanthin, beta mcg 0 0 BNA 4 0.000 Lycopene mcg 0 0 BNA										
20:5 n-3 9 0.000 0 FLM 4 0.000 22:5 n-3 9 0.000 0 FLM 4 0.000 22:6 n-3 9 0.000 0 FLM 4 0.000 Fatty acids, total trans 9 0 0 MC 9 0 Cholesterol. mg 0 0 MC 9 0 Phytosterols. mg 0 0 MC 9 0 Others: Alcohol, ethyl. 9 0 0 FLM 4 0.0 Caffeine. mg 0 0 FLM 4 0 Theobromine. mg 0 0 FLM 4 0 Carotenoids: Carotene, beta. mcg 0 0 BNA 4 0.000 Carotene, alpha. mcg 0 0 BNA 4 0.000 Lycopene. mcg 0 0										
22:5 n-3 g 0.000 0 FLM 4 0.000 22:6 n-3 g 0.000 0 FLM 4 0.000 Fatty acids, total trans g Cholesterol mg 0 MC 9 0 Phytosterols mg Others: Alcohol, ethyl g 0.0 0 FLM 4 0.0 Caffeine mg 0 0 FLM 4 0 Theobromine mg 0 0 FLM 4 0 Carotenoids: Carotene, beta mcg 0 0 BNA 4 0.000 Carotene, alpha mcg 0 0 BNA 4 0.000 Lycopene mcg 0 0 BNA 4 0.000		0.000		0	FLM	4		0.000		
22:6 n-3		0.000		0	FLM	4		0.000		
Fatty acids, total trans. 9 Cholesterol. mg 0 0 0 MC 9 0 Phytosterols. mg Cothers: Alcohol, ethyl. 9 0.0 Caffeine. mg 0 0 0 FIM 4 0.0 Theobromine. mg 0 0 0 FIM 4 0 Carotene, beta. mcg 0 0 BNA 4 0.000 Carotene, alpha. mcg 0 0 BNA 4 0.000 Cryptoxanthin, beta. mcg 0 0 BNA 4 0.000 Lycopene. mcg 0 0 BNA 4 0.000 Lycopene. mcg 0 0 BNA 4 0.000	22:5 n-3g	0.000		0	FLM	4		0.000		
Cholesterol	22:6 n-3g	0.000		0	FLM	4		0.000		
Others: Alcohol, ethyl. g 0.0 FIM 4 0.0 Caffeine. mg 0 0 FIM 4 0 Theobromine. mg 0 0 FIM 4 0 Carotenoids: Carotene, beta. mcg 0 0 BNA 4 0.000 Carotene, alpha mcg 0 0 BNA 4 0.000 Cryptoxanthin, beta mcg 0 0 BNA 4 0.000 Lycopene. mcg 0 0 BNA 4 0.000	Fatty acids, total transg									
Others: Alcohol, ethyl	_	0		0	MC	9		0		
Alcohol, ethyl. g 0.0 0 FLM 4 0.0 Caffeine. mg 0 0 FLM 4 0 Theobromine. mg 0 0 FLM 4 0 Carotene, beta. mcg 0 0 BNA 4 0.000 Carotene, alpha. mcg 0 0 BNA 4 0.000 Cryptoxanthin, beta. mcg 0 0 BNA 4 0.000 Lycopene. mcg 0 0 BNA 4 0.000	Phytosterolsmg									
Caffeine	Others:									
Theobromine mg 0 0 FLM 4 0 Carotenoids: Carotene, beta	Alcohol, ethylg	0.0		0	FLM	4		0.0		
Carotenoids: Carotene, beta	Caffeine mg	0		0	FLM	4		0		
Carotene, beta. mcg 0 0 BNA 4 0.000 Carotene, alpha. mcg 0 0 BNA 4 0.000 Cryptoxanthin, beta. mcg 0 0 BNA 4 0.000 Lycopene. mcg 0 0 BNA 4 0.000	Theobromine mg	0		0	FLM	4		0		
Carotene, alpha. mcg 0 0 BNA 4 0.000 Cryptoxanthin, beta. mcg 0 0 BNA 4 0.000 Lycopene. mcg 0 0 BNA 4 0.000	Carotenoids:									
Carotene, alpha mcg 0 0 BNA 4 0.000 Cryptoxanthin, beta mcg 0 0 BNA 4 0.000 Lycopene mcg 0 0 BNA 4 0.000	Carotene, betamcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta mcg 0 0 BNA 4 0.000 Lycopene mcg 0 0 BNA 4 0.000		0		0	BNA	4		0.000		
Lycopene		0		0	BNA	4		0.000		
	Lycopene mcg	0		0	BNA	4		0.000		
Lucin - Zeazantinii	Lutein + zeaxanthinmcg	0		0	BNA	4		0.000		

Common Measures:

Measure 1 = 46g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 3.46 Fat 8.37 Carbohydrate 4.12

Food Group: 08 Breakfast Cereals

NDB No. 08129 Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water

		Amount in 100 grams of edible portion						Amount in edible portion of common		
				Number	•			measures of food		
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	73.80		0	BFZN	4		177.12	11.07	118.82
Energy	kcal	107		0	BFZN	4		258	16	173
Energy		450		0	BFZN	4		1079	67	724
Protein	g	2.40		0	BFZN	4		5.76	0.36	3.87
Total lipid (fat)	g	1.31		0	BFZN	4		3.13	0.20	2.10
Ash		0.96		0	BFZN	4		2.31	0.14	1.55
Carbohydrate, by difference	g	21.52		0	BFZN	4		51.66	3.23	34.65
Fiber, total dietary	g	1.8		0	BFZN	4		4.4	0.3	3.0
Sugars, total		9.42		0	BFZN	4		22.62	1.41	15.17
Starch										
Minerals:	ma	60		^	per	4		165	10	111
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	69 2.41		0 0	BFZN	4 4		165 5.78	10 0.36	111 3.8
Iron, Fe	-	2.41		0	BFZN BFZN	4		5.78 61	0.36 4	3.8 41
Magnesium, Mg		25 84		0	BFZN	4		201	13	135
Potassium, K	_	70		0	BFZN	4		168	11	113
Sodium, Na	_	151		0	BFZN	4		363	23	243
Zinc, Zn	_	0.56		0	BFZN	4		1.35	0.08	0.9
Copper, Cu	-	0.064	Į.	0	BFZN	4		0.153	0.010	0.1
Manganese, Mn		0.775		0	BFZN	4		1.860	0.116	1.2
Selenium, Se		0.0		0	BFZN	4		0.0	0.0	0.0
·										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	_	0.0		0	BFZN	4		0.1	0.0	0.0
Thiamin	-	0.179		0	BFZN	4		0.429	0.027	0.2
Riboflavin		0.215		0	BFZN	4		0.516	0.032	0.3
Niacin	-	2.540		0	BFZN	4		6.095	0.381	4.0
Pantothenic acid	_	0.126		0	BFZN	4		0.302	0.019	0.2
Vitamin B-6	_	0.266	•	0	BFZN	4		0.638	0.040	0.4
Folate, total		54		0	BFZN	4		128	8	86
Folic acid		47		0	BFZN	4		113	7	76
Folate, food		6		0	BFZN	4		15	1	10
Folate, DFE		86		0	NC	4		207	13	139
Vitamin B-12		0.00		0	BFZN	4		0.00	0.00	0.0
Vitamin A, IU		669		0	BFZN	4		1605	100	1077
Vitamin A, RAE		201 201		0 0	BFZN	4 4		482 481	30	323
Retinol		0.12		0	BFZN BFZN	4		0.28	30 0.02	323 0.1
Vitamin E (alpha-tocopherol)		0.12		U	BFZN	4		0.28	0.02	0.1
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		0.000)	0	BFZN	4		0.000	0.000	0.0
Vitamin K (phylloquinone)		0.5	•	0	BFZN	4		1.3	0.1	0.9
4 7 1 /										
<u> .ipids:</u>										
Fatty acids, total saturated	g	0.226		0	BFZN	4		0.542	0.034	0.3
4:0	_	0.000		0	BFZN	4		0.000	0.000	0.0
6:0	_	0.000		0	BFZN	4		0.000	0.000	0.0
8:0		0.000		0	BFZN	4		0.000	0.000	0.0
10:0		0.000		0	BFZN	4		0.000	0.000	0.0
12:0		0.004	Į.	0	BFZN	4		0.011	0.001	0.0
13:0	_	_			_	_				
14:0		0.003	3	0	BFZN	4		0.006	0.000	0.0
15:0	_			_		_				_
16:0	_	0.205	•	0	BFZN	4		0.493	0.031	0.3
17:0	_			_		_				
18:0	-	0.014	ŀ	0	BFZN	4		0.033	0.002	0.0
20:0	_									
22:0 24:0	_									

Fatty acids, total monounsaturated		Amount i	n 100 grams of Number	Amount in edible portion of common measures of food				
14:1	Nutrients and Units	Mean Std. E				Measure 1	Measure 2	Measure 3
14-1	Fatty acids total monounsaturated 0	0.467	0 F	BFZN 4		1 121	0 070	0.752
15:1		0.407	•	2		1.121	0.070	0.752
16:1 undifferentiated. 9	_							
18:1 undifferentiated 9 0.465 0 BFZN 4 1.115 0.070 0.70 20:1 9 0.000 0 BFZN 4 0.000 0.000 0.00 22:1 undifferentiated 9 0.000 0.000 0.000 0.00 0.00 24:1 c 9 0.386 0 BFZN 4 0.926 0.058 0.6 18:2 undifferentiated 9 0.369 0 BFZN 4 0.886 0.055 0.5 18:3 undifferentiated 9 0.017 0 BFZN 4 0.040 0.003 0.6 18:4 9 0.000 0 BFZN 4 0.040 0.003 0.6 20:2 n-6 c,c 9 9 0.000 0 BFZN 4 0.000 0.000 0.0 20:5 n-3 9 0.000 0 BFZN 4 0.000 0.000 0.0 22:6 n-3 9 0.000 <td< td=""><td>•</td><td>0.002</td><td>0 E</td><td>BFZN 4</td><td></td><td>0.006</td><td>0.000</td><td>0.004</td></td<>	•	0.002	0 E	BFZN 4		0.006	0.000	0.004
20:1	17:1g							
22:1 undifferentiated	18:1 undifferentiatedg	0.465	0 I	BFZN 4		1.115	0.070	0.748
24:1 c	20:1g	0.000	0 E	BFZN 4		0.000	0.000	0.000
Fatty acids, total polyunsaturated 9 0.386 0 BFZN 4 0.926 0.058 0.6 18:2 undifferentiated 9 0.369 0 BFZN 4 0.886 0.055 0.5 18:3 undifferentiated 9 0.017 0 BFZN 4 0.040 0.003 0.6 18:4 0.000 0.000 0.000 0.000 20:2 n-6 c, 9 20:3 undifferentiated 9 0.000 0 BFZN 4 0.000 0.000 0.000 20:5 n-3 9 0.000 0 BFZN 4 0.000 0.000 0.000 20:5 n-3 9 0.000 0 BFZN 4 0.000 0.000 0.000 20:5 n-3 9 0.000 0 BFZN 4 0.000 0.000 0.000 20:5 n-3 9 0.000 0 BFZN 4 0.000 0.000 0.000 20:5 n-3 9 0.000 0 BFZN 4 0.000 0.000 0.000 20:5 n-3 9 0.000 0 BFZN 4 0.000 0.000 0.000 20:6 n-3 9 0.000 0 BFZN 4 0.000 0.000 0.000 20:6 n-3 9 0.000 0 BFZN 4 0.000 0.000 0.000 Cholesterol mg 0 0 BFZN 4 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	22:1 undifferentiatedg	0.000	0 E	BFZN 4		0.000	0.000	0.000
18:2 undifferentiated 9 0.369 0 BFZN 4 0.886 0.055 0.5 18:3 undifferentiated 9 0.017 0 BFZN 4 0.040 0.003 0.0 18:4 9 0.000 0 BFZN 4 0.000 0.000 0.0 20:2 n-6 c,c. 9 20:3 undifferentiated 9 0.000 0 BFZN 4 0.000 0.000 0.0 20:4 undifferentiated 9 0.000 0 BFZN 4 0.000 0.000 0.0 20:5 n-3 9 0.000 0 BFZN 4 0.000 0.000 0.0 22:6 n-3 9 0.000 0 BFZN 4 0.000 0.000 0.0 Fatty acids, total trans 9 0 0 BFZN 4 0 0 0 0 Phytosterols mg 0 0 BFZN 4 0 0 0 0 Cholesterol mg 0 0 BFZN 4	24:1 cg							
18:3 undifferentiated g 0.017 0 BFZN 4 0.040 0.003 0.0 18:4 g 0.000 0 BFZN 4 0.000 0.000 0.00 20:2 n-6 c,c g 20:3 undifferentiated g 0.000 0 BFZN 4 0.000 0.000 0.00 20:4 undifferentiated g 0.000 0 BFZN 4 0.000 0.000 0.00 20:5 n-3 g 0.000 0 BFZN 4 0.000 0.000 0.00 22:5 n-3 g 0.000 0 BFZN 4 0.000 0.000 0.00 22:6 n-3 g 0.000 0 BFZN 4 0.000 0.000 0.00 Fatty acids, total trans g 0 0 BFZN 4 0 0 0 0 Phytosterols mg 0 0 BFZN 4 0 0 0 0 0 Cothers: Alcohol, ethyl g 0.0 0 BFZN 4 0.0 0.0 0.0 0 0 Theobromine mg 0 0 BFZN 4 0 0 0 0	Fatty acids, total polyunsaturated9	0.386	0 E	BFZN 4		0.926	0.058	0.621
18:4. g 0.000 0 BFZN 4 0.000 0.000 0.000 20:2 n-6 c,c g 20:3 undifferentiated g 0.000 0 BFZN 4 0.000 0.000 0.00 20:5 n-3. g 0.000 0 BFZN 4 0.000 0.000 0.00 22:5 n-3. g 0.000 0 BFZN 4 0.000 0.000 0.00 22:6 n-3. g 0.000 0 BFZN 4 0.000 0.000 0.00 Fatty acids, total trans. g 0 0 BFZN 4 0 0 0 0 Cholesterol mg 0 0 BFZN 4 0 0 0 0 Phytosterols. mg 0 0 BFZN 4 0 0 0 0 Cothers: Alcohol, ethyl. g 0 0 BFZN 4 0 0 0 0 Theobromine mg 0 0 BFZN <td< td=""><td>18:2 undifferentiatedg</td><td>0.369</td><td>0 E</td><td>BFZN 4</td><td></td><td>0.886</td><td>0.055</td><td>0.594</td></td<>	18:2 undifferentiatedg	0.369	0 E	BFZN 4		0.886	0.055	0.594
20:2 n-6 c,c	18:3 undifferentiatedg	0.017	0 E	BFZN 4		0.040	0.003	0.027
20:3 undifferentiated .g 20:4 undifferentiated .g 0.000 0.000 0.000 0.000 20:5 n-3 .g 0.000 0.000 0.000 0.000 0.000 22:5 n-3 .g 0.000 0.000 0.000 0.000 0.000 22:6 n-3 .g 0.000 0.000 0.000 0.000 0.000 Fatty acids, total trans .g 0.000 0.000 0.000 0.000 0.000 Phytosterols .mg 0.000 0.000 0.000 0.000 0.000 0.000 Others:	18:4g	0.000	0 E	BFZN 4		0.000	0.000	0.000
20:4 undifferentiated g 0.000 0 BFZN 4 0.000 0.000 0.00 20:5 n-3 g 0.000 0 BFZN 4 0.000 0.000 0.00 22:5 n-3 g 0.000 0 BFZN 4 0.000 0.000 0.00 22:6 n-3 g 0.000 0 BFZN 4 0.000 0.000 0.00 Fatty acids, total trans .g .g 0 BFZN 4 0 0 0 0 Phytosterols mg 0 0 BFZN 4 0 0 0 0 Others: Alcohol, ethyl g 0 0 BFZN 4 0 0 0 0 0 Theobromine mg 0 0 BFZN 4 0	20:2 n-6 c,cg							
20:5 n-3 g 0.000 0 BFZN 4 0.000 0.000 0.00 22:5 n-3 g 0.000 0 BFZN 4 0.000 0.000 0.00 22:6 n-3 g 0.000 0 BFZN 4 0.000 0.000 0.00 Fatty acids, total trans g Cholesterol mg 0 0 BFZN 4 0 0 0 0 Phytosterols mg 0 0 BFZN 4 0 0 0 0 Others: Alcohol, ethyl g 0 0 BFZN 4 0 0 0 0 Caffeine mg 0 0 BFZN 4 0 0 0 0 Theobromine mg 0 0 BFZN 4 0 0 0 0	20:3 undifferentiatedg							
22:5 n-3. g 0.000 0 BFZN 4 0.000 0.000 0.00 22:6 n-3. g 0.000 0 BFZN 4 0.000 0.000 0.00 Fatty acids, total trans. g Cholesterol. mg 0 0 BFZN 4 0 0 0 0 Phytosterols. mg 0 0 BFZN 4 0.0 0 0.0 0 0 Others: mg 0 0 BFZN 4 0<	20:4 undifferentiatedg	0.000	0 E	BFZN 4		0.000	0.000	0.000
22:6 n-3 g 0.000 0 BFZN 4 0.000 0.000 0.00 Fatty acids, total trans	20:5 n-3g	0.000	0 I	BFZN 4		0.000	0.000	0.000
Fatty acids, total trans	22:5 n-3g	0.000	0 E	BFZN 4		0.000	0.000	0.000
Cholesterol. mg 0 0 BFZN 4 0 0 0 Phytosterols. mg 0 0 BFZN 4 0 0 0 0 Others: Alcohol, ethyl. g 0 0 BFZN 4 0 0 0 0 Caffeine. mg 0 0 BFZN 4 0 0 0 Theobromine. mg 0 0 BFZN 4 0 0 0	22:6 n-3g	0.000	0 I	BFZN 4		0.000	0.000	0.000
Others: Alcohol, ethyl. .g 0.0 0 BFZN 4 0.0 0.0 0.0 Caffeine .mg 0 0 BFZN 4 0 0 0 0 Theobromine .mg 0 0 BFZN 4 0 0 0 0	Fatty acids, total transg							
Others: Alcohol, ethyl. g 0.0 0 BFZN 4 0.0 0.0 0.0 Caffeine mg 0 0 BFZN 4 0 0 0 Theobromine mg 0 0 BFZN 4 0 0 0	-	0	0 E	BFZN 4		0	0	0
Alcohol, ethyl. g 0.0 0 BFZN 4 0.0 0.0 0.0 Caffeine. mg 0 0 BFZN 4 0 0 0 Theobromine. mg 0 0 BFZN 4 0 0 0	Phytosterolsmg							
Alcohol, ethyl. g 0.0 0 BFZN 4 0.0 0.0 0.0 Caffeine. mg 0 0 BFZN 4 0 0 0 Theobromine. mg 0 0 BFZN 4 0 0 0	Others:							
Caffeine mg 0 0 BFZN 4 0 0 0 Theobromine mg 0 0 BFZN 4 0 0 0		0.0	0 F	BFZN 4		0.0	0.0	0.0
Theobromine	, ,	0	0 F	BFZN 4		0		0
•	-	0	0 F	BFZN 4		0	0	0
Carotene, beta		0	0 1	REZN A		0 000	0.000	0.000
· · · · · · · · · · · · · · · · · · ·	,							0.000
Curotone, urplu	, 1	· ·						0.000
Cryptoximimi, ocu		-	_					0.000
2) ••••••••••••••••••••••••••••••••••••	- I							0.000

Common Measures:

Measure 1 = 240g: 1 cup Measure 2 = 15.0g: 1 tbsp

Measure 3 = 161g: 1 packet, prepared

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

instant oatmeal **Refuse:** 0%

		Amount in 100 grams of edible portion						Amount in edible portion of common		
				Number				<u>m</u>	easures of food	_
				of Data	Deriv	Source	Confidence			
Nutrients and Units		Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	8.23		0	BFZN	4		3.54		
Energy	kcal	360		0	BFZN	4		155		
Energy		1507		0	BFZN	4		648		
Protein		7.76		0	BFZN	4		3.34		
Total lipid (fat)	g	4.27		0	BFZN	4		1.84		
Ash		3.42		0	BFZN	4		1.47		
Carbohydrate, by difference		76.31		0	BFZN	4		32.81		
Fiber, total dietary		6.2		0	BFZN	4		2.7		
Sugars, total		36.31		0	BFZN	4		15.61		
Starch		30.31		Ū	DI ZIN	-		13.01		
Starcn	g									
Minerals:										
Calcium, Ca	mg	256		0	BFZN	4		110		
Iron, Fe.	_	9.20		0	BFZN	4		3.96		
Magnesium, Mg	mg	80		0	BFZN	4		34		
Phosphorus, P		268		0	BFZN	4		115		
Potassium, K	mg	361		0	BFZN	4		155		
Sodium, Na		562		0	BFZN	4		242		
Zinc, Zn	mg	1.70		0	BFZN	4		0.73		
Copper, Cu		0.240	1	0	BFZN	4		0.103		
Manganese, Mn		2.350)	0	BFZN	4		1.011		
Selenium, Se		21.7		0	BFZN	4		9.3		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.7		0	BFZN	4		0.3		
Thiamin	-	0.760		0	BFZN	4		0.327		
'Riboflavin	mg	0.860		0	BFZN	4		0.370		
'Niacin	-	10.220		0	BFZN	4		4.395		
Pantothenic acid		0.380)	0	BFZN	4		0.163		
Vitamin B-6		1.020)	0	BFZN	4		0.439		
Folate, total		205		0	BFZN	4		88		
Folic acid	mcg	176		0	BFZN	4		75		
Folate, food		29		0	BFZN	4		12		
Folate, DFE	mcg_DFE	327		0	NC	4		141		
Vitamin B-12		0.00		0	BFZN	4		0.00		
Vitamin A, IU	IU	2556		0	BFZN	4		1099		
Vitamin A, RAE	mcg_RAE	768		0	BFZN	4		330		
Retinol	mcg	768		0	BFZN	4		330		
Vitamin E (alpha-tocopherol)	mg	0.42		0	BFZN	4		0.18		
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	0.000)	0	BFZN	4		0.000		
Vitamin K (phylloquinone)	mcg	2.4		0	BFZN	4		1.0		
<u>Lipids:</u>										
Fatty acids, total saturated		0.800		0	BFZN	4		0.344		
4:0		0.000		0	BFZN	4		0.000		
6:0	-	0.000		0	BFZN	4		0.000		
8:0	_	0.000		0	BFZN	4		0.000		
10:0	-	0.000		0	BFZN	4		0.000		
12:0		0.015	i	0	BFZN	4		0.006		
13:0	g									
14:0	g	0.009		0	BFZN	4		0.004		
15:0	g	0.000	1	0	BFZN	4		0.000		
16:0	g	0.675	i	0	BFZN	4		0.290		
17:0	g	0.000)	0	BFZN	4		0.000		
18:0	g	0.045	i	0	BFZN	4		0.019		
20:0	g	0.000)	0	BFZN	4		0.000		

		<u>Ar</u>	nount in 10	00 grams	Amount in edible portion of common					
Nutrients and U	Jnits	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturate	edg	1.490		0	BFZN	4		0.641		
14:1	g	0.000		0	BFZN	4		0.000		
15:1	g	0.000		0	BFZN	4		0.000		
16:1 undifferentiated	g	0.009		0	BFZN	4		0.004		
17:1	g	0.000		0	BFZN	4		0.000		
18:1 undifferentiated		1.481		0	BFZN	4		0.637		
20:1	g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated	g	0.000		0	BFZN	4		0.000		
24:1 c	g									
Fatty acids, total polyunsaturated	lg	1.340		0	BFZN	4		0.576		
18:2 undifferentiated		1.282		0	BFZN	4		0.551		
18:3 undifferentiated	g	0.058		0	BFZN	4		0.025		
18:4	g	0.000		0	BFZN	4		0.000		
20:2 n-6 c.c		0.000		0	BFZN	4		0.000		
20:3 undifferentiated	g	0.000		0	BFZN	4		0.000		
20:4 undifferentiated	g	0.000		0	BFZN	4		0.000		
20:5 n-3	g	0.000		0	BFZN	4		0.000		
22:5 n-3	g	0.000		0	BFZN	4		0.000		
22:6 n-3	g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans	g									
Cholesterol		0		0	BFZN	4		0		
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	BFZN	4		0.0		
Caffeine	mg mg	0		0	BFZN	4		0		
Theobromine	mg	0		0	BFZN	4		0		
Carotenoids:										
Carotene, beta	mcg	0		0	BFZN	4		0.000		
Carotene, alpha	mcg	0		0	BFZN	4		0.000		
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0.000		
Lycopene		0		0	BFZN	4		0.000		
Lutein + zeaxanthin	mcg	0		0	BFZN	4		0.000		

Common Measures:

Measure 1 = 43g: 1 packet

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08133 Cereals, oats, instant, fortified, with raisins and spice, prepared with water

		<u>A</u> 1	mount in 10	0 grams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
				Number	•			<u>m</u>	easures of food	_	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	-	75.49		0	BFZN	4		181.18	11.32	119.28	
Energy		100		0	BFZN	4		239	15	158	
Energy		417		0	BFZN	4		1002	63	660	
Protein	-	2.07		0	BFZN	4		4.96	0.31	3.26	
Total lipid (fat)		1.14		0	BFZN	4		2.73	0.17	1.80	
Ash		0.98		0	BFZN	4		2.36	0.15	1.55	
Carbohydrate, by difference		20.32		0	BFZN	4		48.76	3.05	32.10	
Fiber, total dietary		1.6		0	BFZN	4		4.0	0.2	2.6	
Sugars, total		9.67		0	BFZN	4		23.20	1.45	15.27	
Starch	g										
Ainerals:											
Calcium, Ca	mg	70		0	BFZN	4		168	10	110	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	2.45		0	BFZN	4		5.89	0.37	3.8	
Magnesium, Mg	mg	22		0	BFZN	4		52	3	34	
Phosphorus, P	mg	71		0	BFZN	4		171	11	113	
Potassium, K	mg	96		0	BFZN	4		231	14	152	
Sodium, Na	mg	151		0	BFZN	4		363	23	239	
Zinc, Zn	mg	0.46		0	BFZN	4		1.09	0.07	0.7	
Copper, Cu		0.069		0	BFZN	4		0.165	0.010	0.1	
Manganese, Mn		0.626	5	0	BFZN	4		1.502	0.094	0.9	
Selenium, Se	mcg	5.8		0	BFZN	4		13.9	0.9	9.1	
itamins:											
Vitamin C, total ascorbic acid	mg	0.2		0	BFZN	4		0.4	0.0	0.3	
Thiamin	_	0.182	2	0	BFZN	4		0.437	0.027	0.2	
Riboflavin	-	0.218	3	0	BFZN	4		0.522	0.033	0.3	
Niacin		2.585	5	0	BFZN	4		6.204	0.388	4.0	
Pantothenic acid	mg	0.101	L	0	BFZN	4		0.243	0.015	0.1	
Vitamin B-6	mg	0.272	2	0	BFZN	4		0.652	0.041	0.4	
Folate, total	mcg	54		0	BFZN	4		131	8	86	
Folic acid	mcg	47		0	BFZN	4		112	7	74	
Folate, food		8		0	BFZN	4		19	1	12	
Folate, DFE	mcg_DFE	87		0	NC	4		209	13	138	
Vitamin B-12		0.00		0	BFZN	4		0.00	0.00	0.0	
Vitamin A, IU		681		0	BFZN	4		1633	102	1075	
Vitamin A, RAE		204		0	BFZN	4		490	31	323	
Retinol		204		0	BFZN	4		490	31	323	
Vitamin E (alpha-tocopherol)		0.11		0	BFZN	4		0.27	0.02	0.1	
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta		0.000		•				0.000			
Vitamin D		0.000	,	0 0	BFZN BFZN	4		0.000	0.000 0.1	0.0	
Vitamin K (phylloquinone)	Incg	0.6		U	BFZN	4		1.5	0.1	1.0	
<u>ipids:</u>											
Fatty acids, total saturated	g	0.198	3	0	BFZN	4		0.475	0.030	0.3	
4:0		0.000)	0	BFZN	4		0.000	0.000	0.0	
6:0	g	0.000)	0	BFZN	4		0.000	0.000	0.0	
8:0	g	0.000)	0	BFZN	4		0.000	0.000	0.0	
10:0	g	0.000)	0	BFZN	4		0.000	0.000	0.0	
12:0	g	0.004	Į.	0	BFZN	4		0.009	0.001	0.0	
13:0	g										
14:0	g	0.002	2	0	BFZN	4		0.006	0.000	0.0	
15:0	g	0.000)	0	BFZN	4		0.000	0.000	0.0	
16:0	g	0.180)	0	BFZN	4		0.431	0.027	0.2	
17:0	g	0.000)	0	BFZN	4		0.000	0.000	0.0	
18:0	g	0.012	2	0	BFZN	4		0.029	0.002	0.0	
20:0	g	0.000)	0	BFZN	4		0.000	0.000	0.0	
22:0	a	0.000)	0	BFZN	4		0.000	0.000	0.0	

	<u>Ar</u>	mount in 100		Amount in edible portion of common measures of food					
Nutrients and Units	Mean				Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.397		0	BFZN	4		0.952	0.060	0.627
14:1g	0.000		0	BFZN	4		0.000	0.000	0.000
15:1g	0.000		0	BFZN	4		0.000	0.000	0.000
16:1 undifferentiated	0.002		0	BFZN	4		0.006	0.000	0.004
17:1g	0.000		0	BFZN	4		0.000	0.000	0.000
18:1 undifferentiated	0.394		0	BFZN	4		0.947	0.059	0.623
20:1g	0.000		0	BFZN	4		0.000	0.000	0.000
22:1 undifferentiated	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 cg									
Fatty acids, total polyunsaturated	0.357		0	BFZN	4		0.856	0.054	0.564
18:2 undifferentiatedg	0.341		0	BFZN	4		0.819	0.051	0.539
18:3 undifferentiatedg	0.015		0	BFZN	4		0.037	0.002	0.024
18:4g	0.000		0	BFZN	4		0.000	0.000	0.000
20:2 n-6 c,cg	0.000		0	BFZN	4		0.000	0.000	0.000
20:3 undifferentiatedg	0.000		0	BFZN	4		0.000	0.000	0.000
20:4 undifferentiatedg	0.000		0	BFZN	4		0.000	0.000	0.000
20:5 n-3g	0.000		0	BFZN	4		0.000	0.000	0.000
22:5 n-3g	0.000		0	BFZN	4		0.000	0.000	0.000
22:6 n-3g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans9									
Cholesterolmg	0		0	BFZN	4		0	0	0
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine mg	0		0	BFZN	4		0	0	0
Theobromine mg	0		0	BFZN	4		0	0	0
Carotenoids:									
Carotene, betamcg	0		0	BFZN	4		0.000	0.000	0.000
Carotene, alphamcg	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, betamcg	0		0	BFZN	4		0.000	0.000	0.000
Lycopene mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthinmcg	0		0	BFZN	4		0.000	0.000	0.000

Common Measures:

Measure 1 = 240g: 1 cup Measure 2 = 15.0g: 1 tbsp

Measure 3 = 158g: 1 packet, prepared

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

^{*}Vitamin or mineral added for enrichment or fortification

NDB No. 08120 Cereals, oats, regular and quick and instant, not fortified, dry

oatmeal, rolled oats

		<u>A</u>	mount in 100 g			ole portio	<u>n</u>	Amount in edible portion of common measures of food			
				mber		_		<u>m</u> e	easures of food	<u>.</u>	
Nutrients and Units		Mean	of Std. Error Po			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Nutrients and Omis		Weari	Stu. Ellor 1 o	,,,,,		Oodo	Jouc	Wedsure i	WedSure 2	weasure 3	
Proximates:											
Water	g	8.80	0.093	528		1		7.13	2.38		
Energy	kcal	384		0	NC	4		311	104		
Energy	kj	1607				4		1301	434		
Protein (N x 5.83)		16.00	0.053	192		1		12.96	4.32		
Total lipid (fat)		6.30	0.035	196		1		5.10	1.70		
Ash		1.90	0.000	184		1		1.54	0.51		
Carbohydrate, by difference	g	67.00		0	NC	4		54.27	18.09		
Fiber, total dietary	g	9.8	0.966	6	A	1		7.9	2.6		
Sugars, total		1.45		0	NR	4		1.17	0.39		
Sucrose	<u>.</u> g	1.40		2	A	1		1.13	0.38		
Glucose (dextrose)	g	0.05		1	A	1		0.04	0.01		
Fructose	<u>.</u> g										
Lactose	g										
Maltose	g										
Galactose	<u>.</u> g										
Starch											
Minerals:											
Calcium, Ca	ma	52	0.923	33		1		42	14		
Iron, Fe		4.20	0.000	175		1		3.40	1.13		
Magnesium, Mg		148	0.038	31		1		120	40		
Phosphorus, P		474	0.044	140		1		384	128		
Potassium, K		350	0.032	48		1		284	95		
Sodium, Na		4	0.000	111		1		3	1		
Zinc, Zn		3.07	0.092	29		1		2.49	0.83		
Copper, Cu		0.343	0.033	31		1		0.278	0.093		
Manganese, Mn	mg	3.630	0.001	5		1		2.940	0.980		
Selenium, Se	mcg	34.0	4.469	12	A	1		27.5	9.2		
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0		
Thiamin	-	0.730		173		1		0.591	0.197		
Riboflavin	-	0.140		81		1		0.113	0.038		
Niacin	-	0.780		71		1		0.632	0.211		
Pantothenic acid	-	1.245		15		1		1.008	0.336		
Vitamin B-6		0.120		19		1		0.097	0.032		
Folate, total		32	3.485	24		1		26	9		
Folic acid	mcg	0		0	Z	7		0	0		
Folate, food		32	3.485	24		1		26	9		
Folate, DFE		32		0	NC	4		26	9		
Vitamin B-12		0.00		0		4		0.00	0.00		
Vitamin A, IU		0		0	AS	1		0	0		
Vitamin A, RAE		0		0	AS Z	1 7		0 0	0		
Retinol		0.70		0	NR	4		0.57	0 0.19		
Vitamin E (alpha-tocopherol) Tocopherol, beta		0.70		U	NR	4		0.57	0.19		
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		3.2	0.497	8	A	1		2.6	0.9		
Lipids:											
Fatty acids, total saturated	g	1.110)	0		1		0.899	0.300		
4:0		0.000)	0		1		0.000	0.000		
6:0	_	0.000		0		1		0.000	0.000		
8:0	-	0.000		0		1		0.000	0.000		
10:0	-	0.000		0		1		0.000	0.000		
12:0		0.020		238		1		0.016	0.005		
12.0											
13:0											

		<u>Ar</u>	nount in 100 gram	s of edil	ole portic	<u>on</u>	Amount in	edible portion o	f common
			Numbe	r			<u>m</u>	easures of food	
Nutrients and Units	;	Mean	of Data Std. Error Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0	g	0.940	238		1		0.761	0.254	
17:0	g								
18:0	-	0.060	238		1		0.049	0.016	
20:0									
22:0									
24:0 Fatty acids, total monounsaturated	-	1.980	0		1		1.604	0.535	
14:1		1.300	· ·		-		1.004	0.555	
15:1									
16:1 undifferentiated	-	0.010	238		1		0.008	0.003	
17:1	g								
18:1 undifferentiated	g	1.970	238		1		1.596	0.532	
20:1	g	0.000	0		1		0.000	0.000	
22:1 undifferentiated		0.000	0		1		0.000	0.000	
24:1 c			_						
Fatty acids, total polyunsaturated		2.300	0		1		1.863	0.621	
18:2 undifferentiated		2.200 0.100	238 238		1 1		1.782	0.594	
18:3 undifferentiated		0.100	238		1		0.081 0.000	0.027 0.000	
20:2 n-6 c.c		0.000	U		1		0.000	0.000	
20:3 undifferentiated	-								
20:4 undifferentiated	-	0.000	0		1		0.000	0.000	
20:5 n-3	-	0.000	0		1		0.000	0.000	
22:5 n-3	-	0.000	0		1		0.000	0.000	
22:6 n-3	g	0.000	0		1		0.000	0.000	
Fatty acids, total trans	g								
Cholesterol	mg	0	0	Z	7		0	0	
Phytosterols	mg								
Amino Acids:									
Tryptophan	g	0.222	0		1		0.180	0.060	
Threonine	g	0.545	0		1		0.441	0.147	
Isoleucine	g	0.657	0		1		0.532	0.177	
Leucine	-	1.216	0		1		0.985	0.328	
Lysine		0.664	0		1		0.538	0.179	
Methionine		0.295	0		1 1		0.239	0.080	
Cystine		0.386 0.847	0		1		0.313 0.686	0.104 0.229	
Phenylalanine Tyrosine		0.847	0		1		0.440	0.229	
Valine	_	0.888	0		1		0.719	0.147	
Arginine	-	1.129	0		1		0.914	0.305	
Histidine	-	0.383	0		1		0.310	0.103	
Alanine	-	0.835	0		1		0.676	0.225	
Aspartic acid		1.371	0		1		1.111	0.370	
Glutamic acid	g	3.517	0		1		2.849	0.950	
Glycine	g	0.797	0		1		0.646	0.215	
Proline	g	0.885			1		0.717	0.239	
Serine		0.711	0		1		0.576	0.192	
Hydroxyproline	g								
Others:									
Alcohol, ethyl	g	0.0	0		7		0.0	0.0	
Caffeine		0	0	Z	7		0	0	
Theobromine	mg	0	0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta		0	1	A	1		0.000	0.000	
Carotene, alpha		0	0	Z	7		0.000	0.000	
Cryptoxanthin, beta		0	0	Z	7		0.000	0.000	
Lycopene		0	0	z	7		0.000	0.000	
Lutein + zeaxanthin	iiicā	180	1	A	1		145.800	48.600	

NDB No. 08120

Cereals, oats, regular and quick and instant, not fortified, dry

Common Measures:

Measure 1 = 81g: 1 cup Measure 2 = 27g: .333 cup

Calories Factors: Protein 3.46 Fat 8.37 Carbohydrate 4.12

Food Group: 08 Breakfast Cereals

NDB No. 08180 Cereals, oats, regular and quick and instant, unenriched, cooked with water, with salt

		<u>A</u>	mount in 100 g	grams	of edit	ole portio	<u>on</u>	Amount in edible portion of common			
			Nι	umber				<u>m</u>	easures of food		
			of	f Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	85.30		1		1		199.60	149.28		
Energy	-	62		0	NC	4		145	109		
Energy		259				4		607	454		
Protein (N x 5.83)		2.60		1		1		6.08	4.55		
Total lipid (fat)		1.00		1		1		2.34	1.75		
Ash		0.30		1		1		0.70	0.53		
Carbohydrate, by difference		10.80		0	NC	4		25.27	18.90		
Fiber, total dietary		1.7		0		4		4.0	3.0		
Sugars, total											
Starch											
Minerals:		_		_		_					
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	8		1		1		19	14		
Iron, Fe		0.68		1		1 1		1.59	1.19		
Magnesium, Mg		24		1		_		56	42		
Phosphorus, P	-	76 56		1 1		1 1		178 131	133 98		
Potassium, K Sodium, Na		56 160		0		1		131 374	98 280		
Zinc, Zn		0.49		1		1		1.15	0.86		
Copper, Cu		0.49	ξ.	1		1		0.129	0.096		
Manganese, Mn		0.585		1		1		1.369	1.024		
Selenium, Se		0.000		-		_		2.555			
•											
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid		0.0		0		4		0.0	0.0		
Thiamin		0.110		1		1		0.257	0.193		
Riboflavin	_	0.020		1		1		0.047	0.035		
Niacin		0.130		1 1		1 1		0.304	0.228		
Pantothenic acid		0.200				1		0.468	0.350		
Vitamin B-6.	-	0.020 4	,	1 1		1		0.047 9	0.035 7		
Folate, total		0		0	z	7		0	0		
Folic acidFolate, food		4		1	4	1		9	7		
Folate, DFE		4		0	NC	4		9	7		
Vitamin B-12		0.00		0	NC	4		0.00	0.00		
Vitamin A, IU		0.00		0	z	7		0	0		
Vitamin A, RAE	mca RAF	0		0	NC	4		0	0		
Retinol		Ö		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)		•		ŭ	_	•		·	v		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	a	0.180	1	0		1		0.421	0.315		
4:0		0.100	•	Ů		-		0.421	0.515		
6:0											
8:0	-										
10:0											
12:0		0.000)	238		1		0.000	0.000		
13:0	_										
14:0	-	0.000)	238		1		0.000	0.000		
15:0											
16:0		0.150)	238		1		0.351	0.263		
17:0											
18:0	_	0.010)	238		1		0.023	0.018		
20:0	g										
22:0	-										
24:0	a										

		<u>Ar</u>	nount in 100 gran		ble portic	<u>on</u>	Amount in edible portion of common measures of food			
			Numb of Dat		Source	Confidence	<u></u>			
Nutrients and Units		Mean	Std. Error Points		Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated		0.320	0		1		0.749	0.560		
14:1	-									
15:1		0.000	0.24				0.000	0.000		
16:1 undifferentiated	-	0.000	238	3	1		0.000	0.000		
17:1		0 200	0.24					0.500		
18:1 undifferentiated		0.320	238	3	1		0.749	0.560		
20:1										
22:1 undifferentiated	-									
24:1 c		0 270	0		1		0.000	0.640		
Fatty acids, total polyunsaturated 18:2 undifferentiated		0.370 0.360	238	,	1		0.866 0.842	0.648 0.630		
	•	0.360	230		1					
18:3 undifferentiated	-	0.020	230	,	1		0.047	0.035		
18:4 20:2 n-6 c,c										
20:2 n-6 c,c										
20:4 undifferentiated										
20:5 n-3	-									
22:5 n-3										
22:6 n-3	-									
Fatty acids, total trans	-									
Cholesterol		0	0	Z	7		0	0		
Phytosterols	_									
•	_									
Amino Acids:			_		_					
Tryptophan		0.036	0		1		0.084	0.063		
Threonine	-	0.088	0		1		0.206	0.154		
Isoleucine	-	0.106	0		1		0.248	0.186		
Leucine	-	0.196	0		1		0.459	0.343		
Lysine	-	0.107	0		1		0.250	0.187		
Methionine		0.048	0		1		0.112	0.084		
Cystine		0.062	0		1 1		0.145	0.109		
Phenylalanine		0.137	-		_		0.321	0.240		
Tyrosine		0.088	0		1		0.206	0.154		
Valine		0.143	0		1 1		0.335	0.250		
Arginine		0.182	0		1		0.426	0.319		
Histidine	-	0.062	0		1		0.145	0.109		
Alanine	-	0.135	0		1		0.316	0.236		
Aspartic acid		0.221			_		0.517	0.387		
Glutamic acid		0.567	0		1		1.327	0.992		
Glycine		0.128	0		1		0.300	0.224		
Proline	-	0.143	0		1		0.335	0.250		
Serine	-	0.115	0		1		0.269	0.201		
Hydroxyproline	9									

Common Measures:

Measure 1 = 234g: 1 cup Measure 2 = 175g: .75 cup

Calories Factors: Protein 3.46 Fat 8.37 Carbohydrate 4.12

Food Group: 08 Breakfast Cereals

NDB No. 08121 Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt

oatmeal Refuse: 0%

		<u>A</u>	mount in 10	0 grams	of edib	le portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	its	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	Measure 2	Measure 3	
Proximates:											
Water	-	85.30		0	FLM	4		199.60	12.45	149.28	
Energy		63		0	FLM	4		146	9	110	
Energy		262		0	FLM	4		613	38	458	
Protein (N x 5.83)		2.60		0	FLM	4		6.08	0.38	4.55	
Total lipid (fat)		1.00		0	FLM	4		2.34	0.15	1.75	
Ash		0.30		0	FLM	4		0.70	0.04	0.53	
Carbohydrate, by difference		10.80		0	FLM	4		25.27	1.58	18.90	
Fiber, total dietary		1.7		0	FLM	4		4.0	0.2	3.0	
Sugars, total		1.45		0	FLM	4		3.39	0.21	2.54	
Starch	g										
Minerals:											
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	8		0	FLM	4		19	1	14	
Iron, Fe		0.68		0	FLM	4		1.59	0.10	1.19	
Magnesium, Mg		24		0	FLM	4		56	4	42	
Phosphorus, P		76		0	FLM	4		178	11	133	
Potassium, K		56		0	FLM	4		131	8	98	
Sodium, Na		1 0.49		0	FLM	4 4		2 1.15	0 0.07	2 0.86	
Zinc, Zn Copper, Cu	-	0.49	:	0	FLM FLM	4		0.129	0.008	0.86	
Manganese, Mn	_	0.585		0	FLM	4		1.369	0.085	1.02	
Selenium, Se		8.1	,	0	FLM	4		19.0	1.2	14.2	
Vitamins:	ma	0.0		0				0.0	0.0	0.0	
Vitamin C, total ascorbic acid		0.0		0	FLM FLM	4 4		0.0	0.0 0.016	0.0 0.19	
ThiaminRiboflavin		0.110		0	FLM	4		0.257	0.018	0.19	
Niacin		0.020		0	FLM	4		0.304	0.003	0.03	
Pantothenic acid		0.200		0	FLM	4		0.468	0.029	0.35	
Vitamin B-6		0.020		0	FLM	4		0.047	0.003	0.03	
Folate, total	-	4		0	FLM	4		9	1	7	
Folic acid		0		0	FLM	4		0	0	0	
Folate, food	-	4		0	FLM	4		9	1	7	
Folate, DFE		4		0	NC	4		9	1	7	
Vitamin B-12		0.00		0	FLM	4		0.00	0.00	0.00	
Vitamin A, IU	IU	0		0	FLM	4		0	0	0	
Vitamin A, RAE	mcg_RAE	0		0	FLM	4		0	0	0	
Retinol	mcg	0		0	FLM	4		0	0	0	
Vitamin E (alpha-tocopherol)		0.10		0	FLM	4		0.23	0.01	0.18	
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D		3.2		0	FLM	4		7.6	0 5	- 7	
Vitamin K (phylloquinone)	nicg	3.2		U	F LIM	4		7.6	0.5	5.7	
<u>Lipids:</u>											
Fatty acids, total saturated	g	0.160		0	FLM	4		0.374	0.023	0.28	
4:0	g	0.000		0	FLM	4		0.000	0.000	0.00	
6:0	-	0.000		0	FLM	4		0.000	0.000	0.00	
8:0		0.000		0	FLM	4		0.000	0.000	0.00	
10:0	-	0.000		0	FLM	4		0.000	0.000	0.00	
12:0	-	0.000)	0	FLM	4		0.000	0.000	0.00	
13:0				_							
14:0		0.000)	0	FLM	4		0.000	0.000	0.00	
15:0		A 15		^							
16:0		0.150	,	0	FLM	4		0.351	0.022	0.26	
17:0	-			_				0 000	2 225		
18:0	-	0.010	,	0	FLM	4		0.023	0.001	0.01	
20:0	-										
22:0	g										

	<u>Aı</u>	mount in 100 gram		ble portic	<u>on</u>	Amount in edible portion of common measures of food			
		Numb				<u> </u>	easures or 1000	<u>.</u>	
Nutrients and Units	Mean	of Dat Std. Error Points	a Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
								0.56	
Fatty acids, total monounsaturated	0.320	0	FLM	4		0.749	0.047	0.56	
16:1 undifferentiated	0.000	0	FLM	4		0.000	0.000	0.00	
18:1 undifferentiated	0.320	0	FLM	4		0.749	0.047	0.56	
20:1g	0.000	0	FLM	4		0.000	0.000	0.00	
22:1 undifferentiatedg 24:1 cg	0.000	0	FLM	4		0.000	0.000	0.00	
Fatty acids, total polyunsaturated	0.380	0	FLM	4		0.889	0.055	0.66	
18:2 undifferentiatedg	0.360	0	FLM	4		0.842	0.053	0.63	
18:3 undifferentiated	0.020	0	FLM	4		0.047	0.003	0.03	
18:4g	0.000	0	FLM	4		0.000	0.000	0.00	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000	0	FLM	4		0.000	0.000	0.00	
20:5 n-3g	0.000	0	FLM	4		0.000	0.000	0.00	
22:5 n-3g	0.000	0	FLM	4		0.000	0.000	0.00	
22:6 n-3g	0.000	0	FLM	4		0.000	0.000	0.00	
Fatty acids, total trans									
Cholesterolmg	0	0	FLM	4		0	0	0	
Phytosterolsmg									
amino Acids:									
Tryptophang	0.036	0	FLM	4		0.084	0.005	0.06	
Threonineg	0.088	0	FLM	4		0.206	0.013	0.15	
Isoleucineg	0.106	0	FLM	4		0.248	0.015	0.18	
Leucineg	0.196	0	FLM	4		0.459	0.029	0.34	
Lysineg	0.107	0	FLM	4		0.250	0.016	0.18	
Methionineg	0.048	0	FLM	4		0.112	0.007	0.08	
Cystineg	0.062	0	FLM	4		0.145	0.009	0.10	
Phenylalanineg	0.137	0	FLM	4		0.321	0.020	0.24	
Tyrosineg	0.088	0	FLM	4		0.206	0.013	0.15	
Valineg	0.143	0	FLM	4		0.335	0.021	0.25	
Arginineg	0.182	0	FLM	4		0.426	0.027	0.31	
Histidineg	0.062	0	FLM	4		0.145	0.009	0.10	
Alanineg	0.000	0	FLM	4		0.000	0.000	0.00	
Aspartic acidg	0.221	0	FLM	4		0.517	0.032	0.38	
Glutamic acidg	0.567	0	FLM	4		1.327	0.083	0.99	
Glycine9	0.128	0	FLM	4		0.300	0.019	0.22	
Prolineg	0.143	0	FLM	4		0.335	0.021	0.25	
Serineg	0.115	0	FLM	4		0.269	0.017	0.20	
Hydroxyprolineg									
Others:									
Alcohol, ethylg	0.0	0	FLM	4		0.0	0.0	0.0	
Caffeine mg	0	0	FLM	4		0	0	0	
Theobromine mg	0	0	FLM	4		0	0	0	
arotenoids:	-	_				-	-	-	
Carotene, betamcg	0	0	FLM	4		0.000	0.000	0.00	
Carotene, alpha mcg	0	0	FLM	4		0.000	0.000	0.00	
Cryptoxanthin, betamcg	0	0	FLM	4		0.000	0.000	0.000	
Lycopene mcg	0	0	FLM	4		0.000	0.000	0.000	
	U	U	ETIM	~		0.000	0.000	0.00	

Common Measures:

Measure 1 = 234g: 1 cup Measure 2 = 14.6g: 1 tbsp Measure 3 = 175g: .75 cup NDB No. 08121

Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt

Calories Factors: Protein 3.46 Fat 8.37 Carbohydrate 4.12

Food Group: 08 Breakfast Cereals

		<u>Aı</u>	mount in 10	0 grams	of edik	ole portio	<u>n</u>	Amount in edible portion of common			
				Number				m	easures of food	<u></u>	
				of Data		Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	7.40				1		8.36			
Energy	-	352				1		398			
Energy		1473				1		1664			
Protein		11.20				1		12.66			
Total lipid (fat)		3.30				1		3.73			
Ash		2.40		0	NC	4		2.71			
Carbohydrate, by difference	g	75.70			NC	4		85.54			
Fiber, total dietary		9.1				1		10.3			
Sugars, total	g	20.00		0	LC	8		22.60			
Starch	g										
M:											
Minerals:	ma	147				1		166			
Calcium, Ca	_	3.00				1		3.39			
Magnesium, Mg	-	94				1		106			
Phosphorus, P		371				1		419			
Potassium, K	•	568				1		642			
Sodium, Na		213				1		241			
Zinc, Zn		3.00				1		3.39			
Copper, Cu		0.300)			1		0.339			
Manganese, Mn											
Selenium, Se	mcg	17.3		0	BFZN	4		19.5			
Vitamins:											
Vitamin C, total ascorbic acid	mg	8.7				1		9.8			
Thiamin	mg	0.400)			1		0.452			
Riboflavin	mg	0.400)			1		0.452			
Niacin	<u>.</u> mg	2.120)			1		2.396			
Pantothenic acid											
Vitamin B-6		0.280)			1		0.316			
Folate, total		30				4		34			
Folic acid	-	0		0	NC	4		0			
Folate, food		30		0	NC	4		34			
Folate, DFE		30		0	NC	4		34			
Vitamin B-12		0.12				1		0.14			
Vitamin A, IU		0		•	***	1 4		0 0			
Vitamin A, RAE		0		0	NC	4		0			
Retinol		0.51		0 0	NC FLM	4		0.58			
Vitamin E (alpha-tocopherol)		0.51		U	E TWI	4		0.56			
Tocopherol, beta Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		2.5		0	FLM	4		2.8			
Lipids:											
Fatty acids, total saturated	g	0.496	5			4		0.560			
4:0		0.000)	0	FLM	4		0.000			
6:0	g	0.000)	0	FLM	4		0.000			
8:0	g	0.003	3	0	FLM	4		0.004			
10:0	-	0.000		0	FLM	4		0.000			
12:0	-	0.008	3	0	FLM	4		0.009			
13:0		0.000		0	FLM	4		0.000			
14:0		0.005		0	FLM	4		0.006			
15:0		0.000		0	FLM	4		0.000			
16:0	_	0.418		0	FLM	4		0.472			
17:0	_	0.000		0	FLM	4		0.000			
18:0	_	0.028		0	FLM	4		0.032			
20:0	-	0.000		0	FLM	4		0.000			
22:0		0.000		0	FLM	4		0.000			
24:0	g	0.000)	0	FLM	4		0.000			

		<u>Ar</u>	nount in 10		Amount in edible portion of common measures of food					
Nutrients and	Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	tedg	1.327				4		1.500		
14:1	g	0.000		0	FLM	4		0.000		
15:1	g	0.000		0	FLM	4		0.000		
16:1 undifferentiated	g	0.017		0	FLM	4		0.019		
17:1	g	0.000		0	FLM	4		0.000		
18:1 undifferentiated	g	1.306		0	FLM	4		1.476		
20:1	g	0.000		0	FLM	4		0.000		
22:1 undifferentiated	g	0.000		0	FLM	4		0.000		
24:1 c	g	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturate	edg	0.925				4		1.045		
18:2 undifferentiated		0.880		0	FLM	4		0.995		
18:3 undifferentiated	g	0.044		0	FLM	4		0.050		
18:4	g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c	g	0.000		0	FLM	4		0.000		
20:3 undifferentiated	g	0.000		0	FLM	4		0.000		
20:4 undifferentiated	g	0.000		0	FLM	4		0.000		
20:5 n-3	g	0.000		0	FLM	4		0.000		
22:5 n-3	g	0.000		0	FLM	4		0.000		
22:6 n-3	g	0.000		0	FLM	4		0.000		
Fatty acids, total trans										
Cholesterol	mg	0				7		0		
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0				7		0.0		
Caffeine	mg	0		0	FLM	4		0		
Theobromine	mg	0		0	FLM	4		0		
Carotenoids:										
Carotene, beta	mcg	0		0	Z	7		0.000		
Carotene, alpha	mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta	mcg	0		0	Z	7		0.000		
Lycopene	mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000		

Common Measures:

Measure 1 = 113g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

		<u>A</u>	mount in 100 gra	ns of edi	Amount in 100 grams of edible portion								
			Numb	er			<u>m</u>	easures of food	<u>I</u>				
				ta Deriv	Source	Confidence							
Nutrients and Uni	its	Mean	Std. Error Point			Code	Measure 1	Measure 2	Measure 3				
Proximates: Water	a	3.99	1	. MA	12		1.20						
Energy	-	372			9		112						
63		1556	,	MC	9		467						
Energy			_										
Protein	_	11.07	1				3.32						
Total lipid (fat)		6.03	1		12		1.81						
Ash		3.93	1				1.18						
Carbohydrate, by difference		74.67	(9		22.40						
Fiber, total dietary	g	9.0	1	. MA	12		2.7						
Sugars, total	g	3.43	1	. MA	12		1.03						
Starch	g												
M:													
Minerals:	ma.	122			•		40						
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	133	(9		40						
Iron, Fe		27.00	(9		8.10						
Magnesium, Mg		107	(9		32						
Phosphorus, P	_	333	(9		100						
Potassium, K		313	1		12		94						
Sodium, Na		947	1		12		284						
Zinc, Zn		12.50	(9		3.75						
Copper, Cu		0.130			9		0.039						
Manganese, Mn		0.299					0.090						
Selenium, Se	mcg	37.5	C	BFZN	1 4		11.3						
Vitamins:													
Vitamin C, total ascorbic acid	mα	50.0	C	MC	9		15.0						
Thiamin		1.250			9		0.375						
Riboflavin	_	1.420			9		0.426						
Niacin		16.670			9		5.001						
Pantothenic acid	_	0.077					0.023						
		1.670			9		0.023						
Vitamin B-6	-												
Folate, total		333	(9		100						
Folic acid	_	314	(4		94						
Folate, food		19	(6						
Folate, DFE		553	C		4		166						
Vitamin B-12		0.00	C		9		0.00						
Vitamin A, IU		4167	C		9		1250						
Vitamin A, RAE		1251	C		4		375						
Retinol		1251	C		4		375						
Vitamin E (alpha-tocopherol)	mg	0.63	C	FLM	4		0.19						
Tocopherol, beta	mg												
Tocopherol, gamma	mg												
Tocopherol, delta	mg												
Vitamin D	IU	133.330)	MC	9		39.999						
Vitamin K (phylloquinone)	mcg	2.5	C	FLM	4		0.7						
r::													
Lipids:	~	1 000			1.0								
Fatty acids, total saturated		1.230			12		0.369						
4:0	-	0.000			4		0.000						
6:0	-	0.000			4		0.000						
8:0		0.000					0.000						
10:0	-	0.000			4		0.000						
12:0		0.014		FLM	4		0.004						
13:0	g												
14:0	g	0.012	?	FLM	4		0.003						
15:0	g												
16:0	g	0.980) (FLM	4		0.294						
17:0	g												
18:0	g	0.168	3 (FLM	4		0.050						
20:0	-												
22:0	-												
24:0	-												

		<u>Ar</u>	nount in 10			ole portic	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and U	Jnits	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturate		2.230		1	MA	12		0.669			
14:1											
15:1	-										
16:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.016		0	FLM	4		0.005			
17:1	-										
18:1 undifferentiated		2.212		0	FLM	4		0.664			
20:1	-	0.000		0	FLM	4		0.000			
22:1 undifferentiated	•	0.000		0	FLM	4		0.000			
24:1 c				_							
Fatty acids, total polyunsaturated		2.030		1	MA	12		0.609			
18:2 undifferentiated	• • • • • • • • • • • • • • • • • • • •	1.911		0	FLM	4		0.573			
18:3 undifferentiated	-	0.118		0	FLM	4		0.035			
18:4	-	0.000		0	FLM	4		0.000			
20:2 n-6 c,c											
20:3 undifferentiated	• • • • • • • • • • • • • • • • • • • •			_							
20:4 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.000		0	FLM	4		0.000			
20:5 n-3		0.000		0	FLM	4		0.000			
22:5 n-3		0.000		0	FLM	4		0.000			
22:6 n-3		0.000		0	FLM	4		0.000			
Fatty acids, total trans											
Cholesterol	• • • • • • • • • • • • • • • • • • • •	0		1	MA	12		0			
Phytosterols	mg										
Others:											
Alcohol, ethyl		0.0		0	Z	7		0.0			
Caffeine	mg	0		0	Z	7		0			
Theobromine	mg	0		0	Z	7		0			
Carotenoids:											
Carotene, beta	mcg	0		0	z	7		0.000			
Carotene, alpha	mcg	0		0	Z	7		0.000			
Cryptoxanthin, beta	mcg	0		0	Z	7		0.000			
Lycopene	mcg	0		0	Z	7		0.000			
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000			

Common Measures:

Measure 1 = 30g: 1 cup (1 NLEA serving)

Calories Factors: Protein Fat Carbohydrate

Food Group: 08 Breakfast Cereals

NDB No. 08183 Cereals, whole wheat hot natural cereal, cooked with water, with salt

		<u>A</u>	mount in 100 grar	ns of edil	Amount in 100 grams of edible portion							
			Numb	er	Amount in edible portion of common measures of food							
					Source	Confidence						
Nutrients and Uni	its	Mean	Std. Error Point		Code	Code	Measure 1	Measure 2	Measure 3			
Proximates: Water	a	83.60	C	FLM	4		202.31	152.15				
Energy		66					159	120				
Energy		276					667	501				
Protein (N x 5.83)		2.03					4.91	3.69				
Total lipid (fat)		0.36	(0.88	0.66				
Ash		0.37					0.90	0.68				
		13.62					32.96	24.79				
Carbohydrate, by difference		13.62	(4.2	24.79 3.1				
Fiber, total dietary												
Sugars, total		0.08	C	FLM	4		0.18	0.14				
Starch	g											
Minerals:												
Calcium, Ca	mg	9	0	FLM	4		22	17				
Iron, Fe	-	0.62	0		4		1.49	1.12				
Magnesium, Mg		23	0		4		55	41				
Phosphorus, P		69	0	FLM	4		166	125				
Potassium, K	-	71	0	FLM	4		171	128				
Sodium, Na		233	0		1		564	424				
Zinc, Zn		0.49	0	FLM	4		1.17	0.88				
Copper, Cu		0.088	3 0	FLM	4		0.214	0.161				
Manganese, Mn		0.580	0	FLM	4		1.403	1.055				
Selenium, Se		12.8	0	FLM	4		31.0	23.3				
Vitamina												
Vitamins:							0.0					
Vitamin C, total ascorbic acid		0.0	0		4		0.0	0.0				
Thiamin		0.072			4 4		0.175	0.132				
Riboflavin		0.054					0.131	0.099				
Niacin	-	0.887			4 4		2.148	1.615				
Pantothenic acid		0.166					0.401	0.302				
Vitamin B-6	-	0.071			4		0.171	0.129				
Folate, total		14	0		4		34	26				
Folic acid		0	0		4		0	0				
Folate, food	mcg	14	0		4		34	26				
Folate, DFE		14	0		4		34	26				
Vitamin B-12		0.00	0		4		0.00	0.00				
Vitamin A, IU		2	0		4		4	3				
Vitamin A, RAE		0	0		4		0	0				
Retinol		0	0		4		0	0				
Vitamin E (alpha-tocopherol)		0.24	0	FLM	4		0.57	0.43				
Tocopherol, beta												
Tocopherol, gamma												
Tocopherol, delta												
Vitamin D Vitamin K (phylloquinone)		0.4	0	FLM	4		1.1	0.8				
vitamin K (phynoquinone)	niog	0.4	•	FIM	•		1.1	0.8				
<u>Lipids:</u>												
Fatty acids, total saturated	g	0.060) 0	FLM	4		0.145	0.109				
4:0	g	0.000) 0	FLM	4		0.000	0.000				
6:0	g	0.000) 0	FLM	4		0.000	0.000				
8:0	g	0.000) 0	FLM	4		0.000	0.000				
10:0		0.000	0	FLM	4		0.000	0.000				
12:0		0.000	0	FLM	4		0.000	0.000				
13:0	g											
14:0	g	0.000) 0	FLM	4		0.000	0.000				
15:0	-											
16:0	-	0.058	3 0	FLM	4		0.141	0.106				
17:0												
18:0	-	0.002	2 0	FLM	4		0.004	0.003				
20:0	-											
22:0	-											
	g											

		<u>Ar</u>	nount in 10	<u>0 grams</u> Number		ole portio	<u>on</u>		edible portion of easures of food	
Nutrients and U	Jnits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate		0.057		0	FLM	4		0.137	0.103	
14:1	• • • • • • • • • • • • • • • • • • • •									
15:1	-			_						
16:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.000		0	FLM	4		0.000	0.000	
17:1	-			_		_				
18:1 undifferentiated		0.057		0	FLM	4		0.137	0.103	
20:1	-	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiated	•	0.000		0	FLM	4		0.000	0.000	
24:1 c										
Fatty acids, total polyunsaturated		0.202		0	FLM	4		0.488	0.367	
18:2 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.187		0	FLM	4		0.452	0.340	
18:3 undifferentiated	-	0.015		0	FLM	4		0.036	0.027	
18:4	-	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c										
20:3 undifferentiated	• • • • • • • • • • • • • • • • • • • •									
20:4 undifferentiated		0.000		0	FLM	4		0.000	0.000	
20:5 n-3		0.000		0	FLM	4		0.000	0.000	
22:5 n-3	-	0.000		0	FLM	4		0.000	0.000	
22:6 n-3	-	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans										
Cholesterol	• • • • • • • • • • • • • • • • • • • •	0		0	FLM	4		0	0	
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	FLM	4		0.0	0.0	
Caffeine	mg	0		0	FLM	4		0	0	
Theobromine	mg	0		0	FLM	4		0	0	
Carotenoids:										
Carotene, beta	mcg	1		0	FLM	4		2.397	1.803	
Carotene, alpha	mcg	0		0	FLM	4		0.000	0.000	
Cryptoxanthin, beta	mcg	0		0	FLM	4		0.000	0.000	
Lycopene	mcg	0		0	FLM	4		0.000	0.000	
Lutein + zeaxanthin	mcg	41		0	FLM	4		99.518	74.844	

Common Measures:

Measure 1 = 242g: 1 cup Measure 2 = 182g: .75 cup

Calories Factors: Protein 3.59 Fat 8.37 Carbohydrate 3.78

Food Group: 08 Breakfast Cereals

NDB No. 08145 Cereals, whole wheat hot natural cereal, cooked with water, without salt

		<u>A</u>	mount in 100 gra	ms of edib	ole portic	<u>on</u>	Amount in edible portion of common		
			Num	ber			<u>m</u>	easures of food	
			of D	ata Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Poin	ts Code	Code	Code	Measure 1	Measure 2	Measure 3
D									
Proximates: Water	а	83.60		0 BFZN	4		202.31	152.15	
Energy		66		0 BFZN			159	120	
Energy		276		0 BFZN			667	501	
Protein (N x 5.83)		2.03		0 BFZN			4.91	3.69	
Total lipid (fat)	-	0.36		0 BFZN			0.88	0.66	
Ash		0.37		0 BFZN			0.90	0.68	
Carbohydrate, by difference		13.62		0 BFZN			32.96	24.79	
Fiber, total dietary		1.7		0 BFZN			4.2	3.1	
Sugars, total		0.08		0 BFZN			0.18	0.14	
Starch		0.00			-		0.20	0.11	
Surci	9								
Minerals:									
Calcium, Ca	_	9) BFZN	4		22	17	
Iron, Fe		0.62		D BFZN	4		1.49	1.12	
Magnesium, Mg		23) BFZN	4		55	41	
Phosphorus, P	-	69) BFZN	4		166	125	
Potassium, K		71) BFZN	4		171	128	
Sodium, Na		0)	1		0	0	
Zinc, Zn		0.49		O BFZN	4 4		1.17	0.88	
Copper, Cu		0.088		O BFZN O BFZN	4		0.214 1.403	0.161 1.055	
Manganese, Mn Selenium, Se		12.8		D BFZN	4		31.0	23.3	
Selemum, Se	111cg	12.0		J BEZN	*		31.0	23.3	
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid	<u>mg</u>	0.0) BFZN	4		0.0	0.0	
Thiamin	mg	0.072	?) BFZN	4		0.175	0.132	
Riboflavin	mg	0.054	Į.) BFZN	4		0.131	0.099	
Niacin	-	0.887	1) BFZN	4		2.148	1.615	
Pantothenic acid		0.166) BFZN	4		0.401	0.302	
Vitamin B-6	_	0.071) BFZN	4		0.171	0.129	
Folate, total		14) BFZN	4		34	26	
Folic acid		0) BFZN	4		0	0	
Folate, food	mcg	14) BFZN	4		34	26	
Folate, DFE		14) NC	4		34	26	
Vitamin B-12		0.00) BFZN	4		0.00	0.00	
Vitamin A, IU		2) BFZN	4		4	3	
Vitamin A, RAE		0) BFZN	4		0	0	
Retinol		0		O BFZN	4		0	0	
Vitamin E (alpha-tocopherol)	-	0.24) BFZN	4		0.57	0.43	
Tocopherol, beta									
Tocopherol, gamma Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)		0.4) BFZN	4		1.1	0.8	
vitamin K (phynodumone)	9	· · ·			-			0.0	
<u>Lipids:</u>									
Fatty acids, total saturated	g	0.060) BFZN	4		0.145	0.109	
4:0		0.000) BFZN	4		0.000	0.000	
6:0		0.000) BFZN	4		0.000	0.000	
8:0		0.000) BFZN	4		0.000	0.000	
10:0		0.000) BFZN	4		0.000	0.000	
12:0	-	0.000)) BFZN	4		0.000	0.000	
13:0									
14:0	_	0.000)) BFZN	4		0.000	0.000	
15:0	_	2 2-							
16:0		0.058	5) BFZN	4		0.141	0.106	
17:0	_	0.000		n ==			2 221	0 000	
18:0	_	0.002	!) BFZN	4		0.004	0.003	
20:0	_								
22:0									

		<u>Ar</u>	mount in 10	<u>0 grams</u> Number		ole portic	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and l	Jnits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturat		0.057		0	BFZN	4		0.137	0.103		
14:1	• • • • • • • • • • • • • • • • • • • •										
15:1	-			_							
16:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.000		0	BFZN	4		0.000	0.000		
17:1	-	0 0		•	D = =						
18:1 undifferentiated		0.057		0	BFZN	4		0.137	0.103		
20:1	-	0.000		0	BFZN	4		0.000	0.000		
22:1 undifferentiated	•	0.000		0	BFZN	4		0.000	0.000		
24:1 c											
Fatty acids, total polyunsaturated		0.202		0	BFZN	4		0.488	0.367		
18:2 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.187		0	BFZN	4		0.452	0.340		
18:3 undifferentiated	_	0.015		0	BFZN	4		0.036	0.027		
18:4	-	0.000		0	BFZN	4		0.000	0.000		
20:2 n-6 c,c	• • • • • • • • • • • • • • • • • • • •										
20:3 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.000		•							
20:4 undifferentiated		0.000		0	BFZN	4		0.000	0.000		
20:5 n-3		0.000		0	BFZN	4		0.000	0.000		
22:5 n-3	-	0.000		0	BFZN	4		0.000	0.000		
22:6 n-3	-	0.000		0	BFZN	4		0.000	0.000		
Fatty acids, total trans		_		_		_		_	_		
Cholesterol	• • • • • • • • • • • • • • • • • • • •	0		0	BFZN	4		0	0		
Phytosterols	mg										
Others:											
Alcohol, ethyl	g	0.0		0	BFZN	4		0.0	0.0		
Caffeine	mg	0		0	BFZN	4		0	0		
Theobromine	mg	0		0	BFZN	4		0	0		
Carotenoids:											
Carotene, beta	mcg	1		0	BFZN	4		2.397	1.803		
Carotene, alpha		0		0	BFZN	4		0.000	0.000		
Cryptoxanthin, beta		0		0	BFZN	4		0.000	0.000		
Lycopene	mcg	0		0	BFZN	4		0.000	0.000		
Lutein + zeaxanthin		41		0	BFZN	4		99.518	74.844		

Common Measures:

Measure 1 = 242g: 1 cup Measure 2 = 182g: .75 cup

Calories Factors: Protein 3.59 Fat 8.37 Carbohydrate 3.78

Food Group: 08 Breakfast Cereals

		<u>Aı</u>	mount in 100 g	grams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			Nι	umbei	•			<u>m</u>	easures of food	<u>l</u>	
			of	f Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	9.90	0.264	18		1		9.31	3.07		
Energy	kcal	342		0	NC	4		321	106		
Energy	kj	1431		0		4		1345	444		
Protein (N x 5.83)	g	11.20	0.421	18		1		10.53	3.47		
Total lipid (fat)	g	2.00	0.061	16		1		1.88	0.62		
Ash	g	1.60	0.042	16		1		1.50	0.50		
Carbohydrate, by difference	g	75.20		0	NC	4		70.69	23.31		
Fiber, total dietary	g	9.5		0		1		8.9	2.9		
Sugars, total	g	0.42		0	BFNN	4		0.39	0.13		
Starch	g										
Minerals:											
Calcium, Ca	ma	40		2		1		38	12		
Iron, Fe	-	3.39	0.108	17		1		3.19	1.05		
Magnesium, Mg	-	122	2.283	18		1		115	38		
Phosphorus, P		379	7.862	18		1		356	117		
Potassium, K	_	389	11.910	5		1		366	121		
Sodium, Na	_	2	0.442	17		1		2	1		
Zinc, Zn	mg	2.66	0.066	27		1		2.50	0.82		
Copper, Cu		0.458	0.018	26		1		0.431	0.142		
Manganese, Mn	mg	3.200		1		1		3.008	0.992		
Selenium, Se	mcg	70.7		0	BFZN	4		66.5	21.9		
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0	0.0		
Thiamin	-	0.400	0.023	16		1		0.376	0.124		
Riboflavin	-	0.300		16		1		0.282	0.093		
Niacin	=	4.900		16		1		4.606	1.519		
Pantothenic acid	-	0.915		10		1		0.860	0.284		
Vitamin B-6	=	0.391		0		4		0.368	0.121		
Folate, total	_	78	1.562	10		1		73	24		
Folic acid		0		0	z	7		0	0		
Folate, food		78		0	NC	4		73	24		
Folate, DFE		78		0	NC	4		73	24		
Vitamin B-12		0.00		0		4		0.00	0.00		
Vitamin A, IU	IU -	0		0		4		0	0		
Vitamin A, RAE		0		0	NC	4		0	0		
Retinol	mcg	0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)	mg	1.31		0	BFFN	4		1.23	0.41		
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	2.4		0	BFFN	4		2.3	0.7		
Lipids:											
Fatty acids, total saturated	а	0.300		0		4		0.282	0.093		
4:0		0.000		0		4		0.000	0.000		
6:0		0.000		0		4		0.000	0.000		
8:0		0.000		0		4		0.000	0.000		
10:0	_	0.000		0		4		0.000	0.000		
12:0	-	0.000		0		4		0.000	0.000		
13:0											
14:0		0.000		0		4		0.000	0.000		
15:0											
16:0		0.292		0		4		0.274	0.091		
17:0											
18:0	g	0.008		0		4		0.008	0.002		
20:0	g										
22:0	g										
24:0	a										

	<u>Ar</u>	mount in 10	Number	,		_	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.283		0		4		0.266	0.088	
14:1g	0.263		U		-		0.266	0.088	
14:1									
16:1 undifferentiatedg	0.000		0		4		0.000	0.000	
17:1g	0.000		·		-		0.000	0.000	
18:1 undifferentiated	0.283		0		4		0.266	0.088	
20:1g	0.000		0		4		0.000	0.000	
22:1 undifferentiated Q	0.000		0		4		0.000	0.000	
24:1 c									
Fatty acids, total polyunsaturatedg	1.008		0		4		0.948	0.312	
18:2 undifferentiatedg	0.933		0		4		0.877	0.289	
18:3 undifferentiatedg	0.075		0		4		0.071	0.023	
18:4g	0.000		0		4		0.000	0.000	
20:2 n-6 c.cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0		4		0.000	0.000	
20:5 n-3g	0.000		0		4		0.000	0.000	
22:5 n-3g	0.000		0		4		0.000	0.000	
22:6 n-3g	0.000		0		4		0.000	0.000	
Fatty acids, total trans9									
Cholesterolmg	0		0	Z	7		0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobrominemg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, betamcg	0		0	z	7		0.000	0.000	
Carotene, alphamcg	0		0	BFNN	4		0.000	0.000	
Cryptoxanthin, betamcg	0		0	BFNN	4		0.000	0.000	
Lycopenemcg	0		0	BFNN	4		0.000	0.000	
Lutein + zeaxanthin mcg	227		0	BFNN	4		213.438	70.389	

Common Measures:

Measure 1 = 94g: 1 cup Measure 2 = 31g: .333 cup

Calories Factors: Protein 3.59 Fat 8.37 Carbohydrate 3.78

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		<u>Aı</u>	mount in 100	grams	of edib	le portio	<u>n</u>	Amount in edible portion of common		
			N	umber	measures of food					
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error P			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	2.50				4		0.53		
Energy	kcal	354				4		74		
Energy	kj	1481				4		311		
Protein	-	13.00		0	LC	8		2.73		
Total lipid (fat)	g	3.40			LC	8		0.71		
Ash	g	1.56		0	BFZN	4		0.33		
Carbohydrate, by difference	g	80.00			LC	8		16.80		
Fiber, total dietary		2.7				4		0.6		
Sugars, total	g	0.55		0	BFZN	4		0.12		
Starch	g									
Minerals:										
Calcium, Ca	mg	8				4		2		
Iron, Fe	-	2.81				4		0.59		
Magnesium, Mg	-	106				4		22		
Phosphorus, P		266				4		56		
Potassium, K	-	40			LC	8		8		
Sodium, Na		5				4		1		
Zinc, Zn	mg	1.58				4		0.33		
Copper, Cu	mg	0.702	2			4		0.147		
Manganese, Mn	<u>mg</u>									
Selenium, Se	mcg	2.9		0	BFSN	4		0.6		
<u>'itamins:</u>										
Vitamin C, total ascorbic acid		0.0				4		0.0		
Thiamin		0.390				4		0.082		
Riboflavin		0.270				4		0.057		
Niacin		4.420)			4		0.928		
Pantothenic acid		0.000						0.076		
Vitamin B-6		0.360)			4		0.076		
Foliate, total		79 0		0	z	4 7		17 0		
Folic acid		79		U	4	4		17		
Folate, DFE		79 79		0	NC	4		17		
Vitamin B-12	mcg_Di L	0.00		U	NC	7		0.00		
Vitamin A, IU		0.00				4		0.00		
Vitamin A, RAE		0		0	NC	4		0		
Retinol		0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol)		0.66		0	BFZN	4		0.14		
		0.00		U	DE ZIN	-		0.14		
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		1.4		0	BFZN	4		0.3		
Lipids:										
Fatty acids, total saturated	g	0.685	5			4		0.144		
4:0		0.000				4		0.000		
6:0		0.000				4		0.000		
8:0		0.000				4		0.000		
10:0	_	0.000				4		0.000		
12:0	-	0.003				4		0.001		
13:0										
14:0		0.000)			4		0.000		
15:0	-									
16:0	-	0.501	L			4		0.105		
17:0										
18:0		0.146	5			4		0.031		
20:0										
22:0	_									
24:0	-									

	<u>Aı</u>	mount in 10	00 grams Number	Amount in edible portion of common measures of food					
Nutrients and Units	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.733				4		0.154		
14:1g	01700				-		0.154		
15:1g									
16:1 undifferentiated	0.013				4		0.003		
17:1g									
18:1 undifferentiatedg	0.701				4		0.147		
20:1g	0.019				4		0.004		
22:1 undifferentiatedg	0.000				4		0.000		
24:1 cg									
Fatty acids, total polyunsaturatedg	2.023				4		0.425		
18:2 undifferentiatedg	1.910				4		0.401		
18:3 undifferentiatedg	0.112				4		0.024		
18:4g	0.000				4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000				4		0.000		
20:5 n-3g	0.000				4		0.000		
22:5 n-3g	0.000				4		0.000		
22:6 n-3g	0.000				4		0.000		
Fatty acids, total transg									
Cholesterolmg	0				7		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0				7		0.0		
Caffeine mg	0		0	BFZN	4		0		
Theobrominemg	0		0	BFZN	4		0		
Carotenoids:									
Carotene, betamcg	0		0	BFZN	4		0.000		
Carotene, alphamcg	0		0	BFZN	4		0.000		
Cryptoxanthin, betamcg	0		0	BFZN	4		0.000		
Lycopene mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin mcg	0		0	BFZN	4		0.000		

Common Measures:

Measure 1 = 21g: 1 cup

Calories Factors: Protein Fat Carbohydrate

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