NDB No. 07269 BUTCHER BOY MEATS, INC., Turkey Franks

hot dog, frankfurter, wiener

		<u>A</u>	mount in 100	grams	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 Unit	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
Proximates:	a	59.06		0	мс	9		33.07			
Water	-	239		0		9					
Energy		1000		U	MC	9		134 560			
Energy		13.45		0	MC	9		7.53			
Protein Total lipid (fat)	-	18.17		0	MC	9		10.18			
Ash		4.66		0	MC	9		2.61			
Carbohydrate, by difference		4.66		0	MC	9		2.61			
Fiber, total dietary		0.2		0	MC	9		0.1			
Sugars, total		2.49		0	MC	9		1.39			
Starch	=										
Minerals:											
Calcium, Ca	mg	148		0	MC	9		83			
Iron, Fe	-	1.83		0	MC	9		1.02			
Magnesium, Mg		14		0	MC	9		8			
Phosphorus, P		246		0	MC	9		138			
Potassium, K		189		0	MC	9		106			
Sodium, Na	-	1162 2.88		0 0	MC MC	9 9		651 1.61			
Zinc, Zn Copper, Cu		0.098	1	0	MC	9		0.055			
Manganese, Mn.		0.050	,	Ū	мс	,		0.055			
Selenium, Se											
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.8		0	MC	9		0.4			
Thiamin	mg	0.057	7	0	MC	9		0.032			
Riboflavin		0.145	5	0	MC	9		0.081			
Niacin		2.089		0	MC	9		1.170			
Pantothenic acid		0.669		0	MC	9		0.375			
Vitamin B-6	_	0.208	3	0	MC	9		0.116			
Folate, total		7 0		0 0	MC	9 7		4 0			
Folic acid		7		0	Z MC	9		4			
Folate, foodFolate, DFE		7		0	NC	4		4			
Vitamin B-12		0.25		0	MC	9		0.14			
Vitamin A, IU		297		0	MC	9		166			
Vitamin A, RAE		15		0	MC	9		8			
Retinol		0		0	z	7		0			
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D Vitamin K (phylloquinone)		11.760)	0	MC	9		6.586			
	5										
Lipids: Fatty acids, total saturated	g	5.860)	0	MC	9		3.282			
4:0											
6:0	g										
8:0											
10:0	-										
12:0	-										
13:0											
14:0											
15:0 16:0											
17:0											
18:0		1.823	3	0	MC	9		1.021			
20:0				-		-					
22:0											
24:0											

	<u>Amount</u>	in 100 grams Numbe	Amount in edible portion of common measures of food					
Nutrients and Units	Mean Std. E	of Data rror Points			Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg Fatty acids, total polyunsaturatedg	5.5 4 2 5.046	0	MC MC	9 9		3.104 2.826		
Fatty acids, total trans. 9 Cholesterol mg Phytosterols mg	104	0	MC	9		58		

Common Measures:

Measure 1 = 56g: 1 serving

Calories Factors: Protein Fat Carbohydrate

		<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: Water	a	21.60		1	A	1		6.05		
Energy	_	520		0	MC	9		146		
Energy		2176		0	MC	9		609		
Protein (N x 6.25)		29.10		1	A	1		8.15		
Total lipid (fat)		44.20		1	A	1		12.38		
Ash		4.30		1	A	1		1.20		
Carbohydrate, by difference		0.80		0	MC	9		0.22		
Fiber, total dietary		0.0		0	Z	7		0.0		
Sugars, total		0.80		1	A	1		0.22		
Starch		0.80		_	•	_		0.22		
Starcn	9									
<u>Minerals:</u>										
Calcium, Ca	mg	14		1	A	1		4		
Iron, Fe	mg	1.86		1	A	1		0.52		
Magnesium, Mg	mg	17		0	BFZN	4		5		
Phosphorus, P	mg	142		0	BFZN	4		40		
Potassium, K	mg	385		1	A	1		108		
Sodium, Na	mg	1420		1	A	1		398		
Zinc, Zn		3.23		0	BFZN	4		0.90		
Copper, Cu	mg	0.080)	0	BFZN	4		0.022		
Manganese, Mn	mg	0.038	3	0	BFZN	4		0.011		
Selenium, Se	mcg	26.1		0	BFZN	4		7.3		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0		
Thiamin	_	0.600	1	0	BFZN	4		0.168		
Riboflavin		0.285		0	BFZN	4		0.080		
Niacin		4.867		0	BFZN	4		1.363		
Pantothenic acid		1.060		0	BFZN	4		0.297		
Vitamin B-6	_	0.500		0	BFZN	4		0.140		
Folate, total	_	2	•	0	BFZN	4		1		
Folic acid		0		0	BFZN	4		0		
Folate, food		2		0	BFZN	4		1		
Folate, DFE		2		0	NC	4		1		
Vitamin B-12		1.90		0	BFZN	4		0.53		
Vitamin A, IU	IIJ	0		0	Z	7		0.33		
Vitamin A, RAE		0		0	z	7		0		
Retinol		0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol)		· ·		·	21 211	•		ŭ		
Tocopherol, beta	• • • • • • • • • • • • • • • • • • • •									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		13.000)	0	BFZN	4		3.640		
Vitamin K (phylloquinone)		1.6		0	BFZN	4		0.4		
	····· 3									
Lipids:			_							
Fatty acids, total saturated		16.000		1	A	1		4.480		
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		0.060		0	BFZN	4		0.017		
12:0	_	0.040)	0	BFZN	4		0.011		
13:0	_			_		_				
14:0	_	0.510)	0	BFZN	4		0.143		
15:0		_			_	_				
16:0		7.600)	0	BFZN	4		2.128		
17:0	_									
18:0	-	4.000)	0	BFZN	4		1.120		
20:0 22:0	-									

						ole portic	<u>on</u>		edible portion o	f common
			-	Number		_		<u></u>	easures or roou	
Nutrients and	l Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatur	ratedg	21.900)	1	A	1		6.132		
14:1	g									
15:1	g									
16:1 undifferentiated	-	1.690)	0	BFZN	4		0.473		
17:1	• • • • • • • • • • • • • • • • • • • •									
18:1 undifferentiated	g	15.400)	0	BFZN	4		4.312		
20:1		0.000)	0	BFZN	4		0.000		
22:1 undifferentiated	g	0.000	1	0	BFZN	4		0.000		
24:1 c	g									
Fatty acids, total polyunsatura	itedg	4.300)	1	A	1		1.204		
18:2 undifferentiated	g	2.870)	0	BFZN	4		0.804		
18:3 undifferentiated	g	0.330)	0	BFZN	4		0.092		
18:4	g	0.000	1	0	BFZN	4		0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated	-									
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	1	0	BFZN	4		0.000		
22:6 n-3	g	0.000)	0	BFZN	4		0.000		
Fatty acids, total trans	g									
Cholesterol	mg	102		1	A	1		29		
Phytosterols	mg									
Amino Acids:										
Tryptophan	ď	0.210		0	BFZN	4		0.059		
Threonine		0.959		0	BFZN	4		0.269		
Isoleucine	_	0.971		0	BFZN	4		0.272		
Leucine	_	1.732		0	BFZN	4		0.485		
Lysine	_	1.824		0	BFZN	4		0.511		
Methionine		0.593		0	BFZN	4		0.166		
Cystine		0.262		0	BFZN	4		0.100		
Phenylalanine		0.868		0	BFZN	4		0.243		
Tyrosine		0.710		0	BFZN	4		0.199		
Valine	-	1.083		0	BFZN	4		0.303		
Arginine		1.516		0	BFZN	4		0.424		
Histidine	_	0.699		0	BFZN	4		0.424		
Alanine	_	1.480		0	BFZN	4		0.414		
		2.073		0	BFZN	4		0.580		
Aspartic acidGlutamic acid		3.383		0	BFZN	4		0.947		
	_	1.641		0	BFZN	4		0.459		
Glycine		1.188		0	BFZN	4		0.459		
Proline	_	0.942		0	BFZN	4		0.264		
Serine		0.942	•	U	DF 4N	4		0.264		
Hydroxyproline	9									
Others:										
Alcohol, ethyl	g	0.0		0	Z	7		0.0		
Caffeine	mg	0		0	z	7		0		
Theobromine		0		0	Z	7		0		
Carotenoids:	-									
	m	•		^	_	-		0.000		
Carotene, beta		0		0	Z Z	7 7		0.000		
Carotene, alpha		0		0		7		0.000		
Cryptoxanthin, beta		0		·	Z	-		0.000		
Lycopene		0		0	z	7		0.000		
Lutein + zeaxanthin	riicg	0		0	Z	7		0.000		

Common Measures:

Measure 1 = 28g: 1 oz

NDB No. 07921 Bacon and beef sticks

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

		<u>Aı</u>	mount in 100	grams	of edib	ole portio	<u>on</u>	Amount in	edible portion	of common
			N	umbei	r			<u>m</u>	easures of food	<u></u>
			0	f Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error P			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	64.82	0.836	5		1		18.38	14.91	
Energy	kcal	173		0	NC	4		49	40	
Energy		724				4		205	166	
Protein (N x 6.25)	g	15.84	0.436	5		1		4.49	3.64	
Total lipid (fat)	g	8.90	1.046	5		1		2.52	2.05	
Ash	g	4.04	0.136	5		1		1.15	0.93	
Carbohydrate, by difference	g	6.40		0	NC	4		1.81	1.47	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mq	55	4.273	5		1		16	13	
Iron, Fe	-	1.16	0.262			1		0.33	0.27	
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	17	1.157	5		1		5	4	
Phosphorus, P		132	12.840	5		1		37	30	
Potassium, K	mg	329	6.985	5		1		93	76	
Sodium, Na	mg	1334	47.217	5		1		378	307	
Zinc, Zn		2.46	0.186	5		1		0.70	0.57	
Copper, Cu		0.070				1		0.020	0.016	
Manganese, Mn		0.040	0.005			1		0.011	0.009	
Selenium, Se	mcg	21.3		0	RF	4		6.0	4.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		7		0.0	0.0	
Thiamin	-	0.360	0.012	5		1		0.102	0.083	
Riboflavin		0.248	0.013	5		1		0.070	0.057	
Niacin		2.266	0.197	5		1		0.642	0.521	
Pantothenic acid	mg	1.570)	1		1		0.445	0.361	
Vitamin B-6	mg	0.260	0.030	5		1		0.074	0.060	
Folate, total	mcg	9		0		4		3	2	
Folic acid		0		0	Z	7		0	0	
Folate, food	mcg	9		0		4		3	2	
Folate, DFE		9		0	NC	4		3	2	
Vitamin B-12		1.68	0.119			1		0.48	0.39	
Vitamin A, IU		68		0		4		19	16	
Vitamin A, RAE		3		0	_	4		1	1	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		36.000)	0	T	4		10.206	8.280	
Vitamin K (phylloquinone)										
<u>Lipids:</u>	~	2 170		•						
Fatty acids, total saturated		3.170		0		1 4		0.899	0.729	
4:0	-	0.000		0		4		0.000 0.000	0.000 0.000	
6:0 8:0	-	0.000		0		4		0.000	0.000	
10:0	-	0.040		-		1		0.000	0.009	
12:0	-	0.040				1		0.006	0.009	
13:0	-	0.020	3.004	3		-		0.000	0.005	
14:0	-	0.140	0.008	5		1		0.040	0.032	
15:0	-			-		-		2		
16:0		1.890	0.246	5		1		0.536	0.435	
17:0										
18:0		1.090	0.134	5		1		0.309	0.251	
20:0	_									
22:0	g									
24:0	g									

		<u>An</u>	nount in 100			ole portio	<u>on</u>	Amount in edible portion of common measures of food		
			N	lumbe	r			<u>m</u>	easures of food	
Nutrients and Uni	ts	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
	-	4 140		•					0.050	
Fatty acids, total monounsaturated	-	4.140		0		1		1.174	0.952	
15:1										
16:1 undifferentiated		0.350	0.033	3 5		1		0.099	0.081	
17:1		0.550	0.055	, ,		-		0.055	0.001	
18:1 undifferentiated	-	3.800	0.491	L 5		1		1.077	0.874	
20:1	-	0.000		0		4		0.000	0.000	
22:1 undifferentiated	-	0.000		0		4		0.000	0.000	
24:1 c	•	2.000		•		-		0.000	0.000	
Fatty acids, total polyunsaturated	-	0.810		0		1		0.230	0.186	
18:2 undifferentiated		0.720	0.056	5 5		1		0.204	0.166	
18:3 undifferentiated	-	0.090	0.015			1		0.026	0.021	
18:4	-	0.000		0		4		0.000	0.000	
20:2 n-6 c.c										
20:3 undifferentiated										
20:4 undifferentiated	g	0.000		0		4		0.000	0.000	
20:5 n-3	g	0.000		0		4		0.000	0.000	
22:5 n-3	g	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	mg	37	3.572	2 5		1		10	9	
Phytosterols	mg	0		0		4		0	0	
Amino Acids:										
Tryptophan	g	0.171		0		4		0.048	0.039	
Threonine		0.684		0		4		0.194	0.157	
Isoleucine	-	0.732		0		4		0.208	0.168	
Leucine		1.283		0		4		0.364	0.295	
Lysine	g	1.319		0		4		0.374	0.303	
Methionine	g	0.395		0		4		0.112	0.091	
Cystine	g	0.196		0		4		0.056	0.045	
Phenylalanine	g	0.640		0		4		0.181	0.147	
Tyrosine	g	0.539		0		4		0.153	0.124	
Valine	g	0.795		0		4		0.225	0.183	
Arginine		0.972		0		4		0.276	0.224	
Histidine		0.517		0		4		0.147	0.119	
Alanine	g	0.886		0		4		0.251	0.204	
Aspartic acid	g	1.399		0		4		0.397	0.322	
Glutamic acid	g	2.522		0		4		0.715	0.580	
Glycine	g	0.837		0		4		0.237	0.193	
Proline	g	0.914		0		4		0.259	0.210	
Serine	g	0.677		0		4		0.192	0.156	
Hydroxyproline	g									

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 23g: 1 slice $(5-7/8" \times 3-1/2" \times 1/16")$

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>A</u> 1	mount in 10	0 grams	of edil	ole portio	<u>on</u>		edible portion	
				Number				<u>m</u> e	easures of food	<u>.</u>
						Source	Confidence			
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	-	51.12		1	A	1				
Energy		332		0	NC	4				
Energy	kj	1387		0	NC	4				
Protein (N x 6.25)		18.21		1	A	1				
Total lipid (fat)	g	27.98		1	A	1				
Ash		2.34		1	A	1				
Carbohydrate, by difference	g	0.35		0	NC	4				
Fiber, total dietary	g	0.0		0	Z	7				
Sugars, total	g	0.00		0	Z	7				
Starch	g									
Minerals:										
Calcium, Ca	ma	11		1	A	1				
Iron, Fe	-	1.57		1	A	1				
Magnesium, Mg	-	14		1	A	1				
Phosphorus, P		141		1	A	1				
Potassium, K	-	258		1	A	1				
Sodium, Na	-	652		1	A	1				
Zinc, Zn	-	4.38		1	A	1				
Copper, Cu		0.069)	1	A	1				
Manganese, Mn		0.000		1	A	1				
Selenium, Se	_	0.0		1	A	1				
· ·										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.0		1	A	1				
Thiamin	_	0.048		1	A	1				
Riboflavin		0.150		1	A	1				
Niacin	-	3.600		1	A	1				
Pantothenic acid	_	0.515		1	A	1				
Vitamin B-6	_	0.313	3	1	A	1				
Folate, total		3		1	A	1				
Folic acid		0		0	Z	7				
Folate, food		3		1	A	1				
Folate, DFE		3		0	NC	4				
Vitamin B-12		2.01		1	A	1				
Vitamin A, IU		81		0	AS	1				
Vitamin A, RAE		13		0	AS	1				
Retinol		11		1	A	1				
Vitamin E (alpha-tocopherol)		0.24		2	A	1				
Tocopherol, beta		0.00		2	A	1				
Tocopherol, gamma		0.08		2	A	1				
Tocopherol, delta		0.00		2	A	1				
Vitamin D		1 1		2	7	1				
Vitamin K (phylloquinone)	illeg	1.1		2	A	1				
Lipids:										
Fatty acids, total saturated	g	10.905	5	1	A	1				
4:0	g	0.000)	0	Z	7				
6:0	g	0.000)	0	Z	7				
8:0	g	0.000)	1	A	1				
10:0		0.000)	1	A	1				
12:0	g	0.000)	1	A	1				
13:0	g									
14:0	g	0.000)	1	A	1				
15:0	g	0.130)	1	A	1				
16:0	g	6.325	5	1	A	1				
17:0	g									
18:0		3.260)	1	A	1				
20:0		0.000)	1	A	1				
22:0		0.000)	1	A	1				
24:0										

		<u>A</u>	mount in 10	00 grams	Amount in edible portion of common					
				Number					easures of food	- common
						Caa	Confidence			
Nutrients and Unit	S	Mean	Std. Error			Code	Confidence	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	12.639	1	1	A	1				
14:1	-	0.255	i	1	A	1				
15:1		0.030		1	A	1				
16:1 undifferentiated	-	0.000	1	0	Z	7				
17:1	•	11 000			_					
18:1 undifferentiated	-	11.202 0.101		1 1	A A	1 1				
22:1 undifferentiated	-	0.000		0	Z	7				
24:1 c	-	0.000		Ū	_	,				
Fatty acids, total polyunsaturated		0.813	1	0	NC	4				
18:2 undifferentiated		0.568		1	A	1				
18:3 undifferentiated	g	0.100)	0	AS	1				
18:3 n-6 c,c,c	g	0.050)	1	A	1				
18:3i	g									
18:4	-	0.000		0	Z	7				
20:2 n-6 c,c		0.000		1	A	1				
20:3 undifferentiated		0.000)	1	A	1				
20:3 n-3										
20:3 n-6 20:4 undifferentiated	-	0.045		1	A	1				
20:4 n-3		0.040		-		-				
20:4 n-6	-									
20:5 n-3		0.000	1	0	z	7				
22:5 n-3		0.000)	0	z	7				
22:6 n-3	g	0.000)	0	Z	7				
Fatty acids, total trans	g	1.440)	1	A	1				
Cholesterol		82		1	A	1				
Phytosterols	<u>mg</u>									
Amino Acids:										
Tryptophan	g	0.118		1	A	1				
Threonine		0.805		1	A	1				
Isoleucine	-	0.864		1	A	1				
Leucine		1.492		1	A	1				
Lysine		1.607		1 1	A A	1 1				
Methionine	_	0.408		1	A	1				
Phenylalanine	-	0.752		1	A	1				
Tyrosine		0.579		1	A	1				
Valine		0.989		1	A	1				
Arginine		1.209)	1	A	1				
Histidine		0.653	1	1	A	1				
Alanine	g	1.257		1	A	1				
Aspartic acid	g	1.768		1	A	1				
Glutamic acid	<u>.</u> g	2.986	i	1	A	1				
Glycine	_	1.280		1	A	1				
Proline		0.921		1	A	1				
Serine	_	0.770		1	A	1				
Hydroxyproline	<u>9</u>	0.283	1	1	A	1				
Others:										
Alcohol, ethyl	g	0.0		0	Z	7				
Caffeine		0		0	Z	7				
Theobromine	mg	0		0	Z	7				
<u>Carotenoids:</u>										
Carotene, beta		15		1	A	1				
Carotene, alpha		11		1	A	1				
Cryptoxanthin, beta		11		1	A	1				
Lycopene		11		1	A	1				
Lutein + zeaxanthin	mcg	11		1	A	1				

NDB No. 07956 Beef sausage, fresh, cooked

Common Measures:

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>A</u>	mount in 100 gran	s of edi	ble portic	<u>on</u>	Amount in	edible portion	of common
			Numb	er			<u>m</u>	easures of food	<u>l</u>
					Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Durationatan									
Proximates: Water	a	43.75	1	A	1				
Energy		405	0	NC	4				
Energy		1695	0	NC	4				
Protein (N x 6.25)		15.50	1	A	1				
Total lipid (fat)	-	37.57	1	A	1				
Ash		3.16	1	A	1				
Carbohydrate, by difference		0.03	0	NC	4				
Fiber, total dietary		0.0	0	Z	7				
Sugars, total		0.00	0	Z	7				
Starch									
Minerals:									
Calcium, Ca	-	15	1	A	1				
Iron, Fe.		1.53	1	A	1				
Magnesium, Mg Phosphorus, P		13 185	1	A A	1 1				
Pospnorus, P Potassium, K	•	234	1	A	1				
Sodium, Na		910	1	A	1				
Zinc, Zn	-	2.92	1	A	1				
Copper, Cu		0.066		A	1				
Manganese, Mn		0.042		A	1				
Selenium, Se		0.0	1	A	1				
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid		0.7	1	A	1				
Thiamin		0.028		A	1				
Riboflavin		0.117		A	1				
Niacin	-	3.210 0.401		A A	1 1				
Pantothenic acid Vitamin B-6		0.401		A	1				
Folate, total	-	5	1	A	1				
Folic acid		0	0	Z	7				
Folate, food		5	1	A	1				
Folate, DFE		5	0	NC	4				
Vitamin B-12		2.03	1	A	1				
Vitamin A, IU		114	0	AS	1				
Vitamin A, RAE		25	0	AS	1				
Retinol		23	1	A	1				
Vitamin E (alpha-tocopherol)		0.49	2	A	1				
Tocopherol, beta		0.00	2	A	1				
Tocopherol, gamma	mg	0.10	2	A	1				
Tocopherol, delta	mg	0.00	2	A	1				
Vitamin D									
Vitamin K (phylloquinone)	mcg	2.1	2	A	1				
Lipids:									
Fatty acids, total saturated	a	15.098	3 1	A	1				
4:0		0.000		Z	7				
6:0	_	0.000		z	7				
8:0	-	0.000		A	1				
10:0	_	0.000		A	1				
12:0		0.000		A	1				
13:0	-								
14:0	-	1.222	2 1	A	1				
15:0		0.194		A	1				
16:0	_	8.565		A	1				
17:0	-	0.486	5 1	A	1				
18:0		4.631	. 1	A	1				
20:0		0.000	1	A	1				
22:0	g	0.000	1	A	1				
24:0	g								

	<u>Aı</u>	mount in 10	00 grams		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	16.387		1	A	1				
14:1g	0.316		1	A	1				
15·1	0.000		1	A	1				
16:1 undifferentiatedg	1.271		1	A	1				
17:1g									
18:1 undifferentiatedg	14.670		1	A	1				
20:1g	0.130		1	A	1				
22:1 undifferentiatedg	0.000		0	Z	7				
24:1 cg									
Fatty acids, total polyunsaturatedg	1.025		0	NC	4				
18:2 undifferentiatedg	0.773		1	A	1				
18:3 undifferentiatedg	0.066		0	AS	1				
18:3 n-6 c,c,cg	0.000		1	A	1				
18:3ig				_	_				
18:4g	0.000		0	Z	7				
20:2 n-6 c,cg	0.040		1 1	A	1				
20:3 undifferentiated	0.040		1	A	1				
20:3 n-6									
20:4 undifferentiated	0.040		1	A	1				
20:4 n-3	0.040		_		_				
20:4 n-6g									
20:5 n-3g	0.000		0	z	7				
22:5 n-39	0.000		0	z	7				
22:6 n-3g	0.000		0	z	7				
Fatty acids, total transg	2.420		1	A	1				
Cholesterol mg	83		1	A	1				
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.097		1	A	1				
Threonineg	0.585		1	A	1				
Isoleucineg	0.609		1	A	1				
Leucineg	1.089		1	A	1				
Lysineg	1.141		1	A	1				
Methionineg	0.260		1	A	1				
Cystineg	0.146		1	A	1				
Phenylalanineg	0.551		1	A	1				
Tyrosineg	0.425		1	A	1				
Valineg	0.725		1	A -	1				
Arginine	0.940		1	A	1				
Histidineg	0.466		1	A	1 1				
Alanine	0.984		1 1	A A					
Aspartic acid	0.000 2.229		1	A A	1 1				
Glutamic acidg Glycineg	1.161		1	A	1				
Prolineg	0.796		1	A	1				
Serine	0.590		1	A	1				
Hydroxyproline	0.323		1	A	1				
Others:									
Alcohol, ethylg	0.0		0	z	7				
Caffeine mg	0		0	Z	7				
Theobromine mg	0		0	Z	7				
Carotenoids:	•		·	_	•				
Carotene, betamcg	11		1	A	1				
Carotene, alphamcg	11		1	A	1				
Cryptoxanthin, betamcg	11		1	A	1				
Lycopenemcg	15		1	A	1				
Lutein + zeaxanthin mcg	11		1	A	1				

NDB No. 07954 Beef sausage, pre-cooked Common Measures:

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>Ai</u>	mount in 100) grams	of edib	ne portio	<u>n</u>	Amount in	edible portion	of common
			ı	Number				m	easures of food	
				of Data		Source	Confidence			
Nutrients and Uni	ite	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Nutrients and one	113	Weari	Std. Elloi					Weasure 1	Wedsule 2	Weasure
Proximates:										
Water	g	54.80				4		75.62	15.34	23.56
Energy	kcal	313				4		432	88	135
Energy	kj	1310				4		1807	367	563
Protein	g	11.70				4		16.15	3.28	5.03
Total lipid (fat)	g	28.40				4		39.19	7.95	12.2
Ash	g	0.00		0	Z	7		0.00	0.00	0.00
Carbohydrate, by difference	g	2.00				4		2.76	0.56	0.8
Fiber, total dietary	g	0.0				7		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Ainerals:										
Calcium, Ca	mg	12				4		17	3	5
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	1.40				4		1.93	0.39	0.6
Magnesium, Mg	-	10				4		14	3	4
Phosphorus, P		82				4		113	23	35
Potassium, K	mg	155				4		214	43	67
Sodium, Na		682				4		941	191	293
Zinc, Zn	mg	2.00				4		2.76	0.56	0.8
Copper, Cu	mg	0.030)			4		0.041	0.008	0.0
Manganese, Mn										
Selenium, Se	mcg	11.7		0	BFNN	4		16.1	3.3	5.0
<u>'itamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0				7		0.0	0.0	0.0
Thiamin	mg	0.060)			4		0.083	0.017	0.0
Riboflavin	mg	0.130)			4		0.179	0.036	0.0
Niacin	-	2.630)			4		3.629	0.736	1.1
Pantothenic acid										
Vitamin B-6		0.180)			4		0.248	0.050	0.0
Folate, total	mcg	5				4		7	1	2
Folic acid		0		0	NR	4		0	0	0
Folate, food		5				4		7	1	2
Folate, DFE	mcg_DFE	5		0	NC	4		7	1	2
Vitamin B-12		1.41				4		1.95	0.39	0.6
Vitamin A, IU		0				4		0	0	0
Vitamin A, RAE		0		0	AS	1		0	0	0
Retinol		0		0	NR	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.19		0	NR	4		0.26	0.05	0.0
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)		0.3		0	BFZN	4		0.4	0.1	0.1
	Illeg	0.3		U	DF 4N	4		0.4	0.1	0.1
ipids:	a	11.676	:			4		16.113	3.269	5.0
Fatty acids, total saturated		0.000				4		0.000	0.000	0.0
4:0 6:0		0.000				4		0.000	0.000	0.0
8:0		0.000				4				0.0
10:0		0.000				4		0.000 0.097	0.000 0.020	0.0
12:0	-	0.070				4		0.055		0.0
13:0		0.040	•			*		0.055	0.011	0.0
		0 001				4		1.133	0.230	0.3
14:0	-	0.821	-			4		1.133	0.230	0.3
15:0	-	6 EF0	<u>,</u>			4		0.051	1 025	2 (
16:0	_	6.559	,			4		9.051	1.837	2.8
17:0	-	4 101	-					F 500	4 455	
18:0	_	4.196	•			4		5.790	1.175	1.8
20:0	_									
22:0	g									

	<u>Ar</u>	mount 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 monounsaturated	13.299				4		18.353	3.724	5.719	
14:1g										
15:1g										
16:1 undifferentiatedg	1.562				4		2.156	0.437	0.672	
17:1g										
18:1 undifferentiatedg	11.736				4		16.196	3.286	5.046	
20:1g	0.000				4		0.000	0.000	0.000	
22:1 undifferentiatedg	0.000				4		0.000	0.000	0.000	
24:1 cg										
Fatty acids, total polyunsaturatedg	1.051				4		1.450	0.294	0.452	
18:2 undifferentiatedg	0.811				4		1.119	0.227	0.349	
18:3 undifferentiatedg	0.240				4		0.331	0.067	0.103	
18:4g	0.000				4		0.000	0.000	0.000	
20:2 n-6 c,cg										
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.000				4		0.000	0.000	0.000	
20:5 n-3g	0.000				4		0.000	0.000	0.000	
22:5 n-3g	0.000				4		0.000	0.000	0.000	
22:6 n-3g	0.000				4		0.000	0.000	0.000	
Fatty acids, total transg										
Cholesterol mg	56				4		77	16	24	
Phytosterolsmg										
Others:										
Alcohol, ethylg	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	z	7		0.000	0.000	0.000	
Carotene, alphamcg	0		0	Z	7		0.000	0.000	0.000	
Cryptoxanthin, betamcg	0		0	Z	7		0.000	0.000	0.000	
Lycopenemcg	0		0	z	7		0.000	0.000	0.000	
Lutein + zeaxanthin mcg	0		0	z	7		0.000	0.000	0.000	

Common Measures:

Measure 1 = 138g: 1 cup pieces Measure 2 = 28g: 1 slice, medium Measure 3 = 43g: 1 slice, thick

Calories Factors: Protein Fat Carbohydrate

		<u>Aı</u>	mount in 100 g	rams	of edib	le portio	<u>n</u>		edible portion	
			Nu	mber	•			<u>m</u>	easures of food	<u>l</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	57.72	0.262	70		1		12.12	16.36	
Energy	kcal	250		0	NC	4		53	71	
Energy	kj	1046				4		220	297	
Protein (N x 6.25)	g	27.10	0.247	69		1		5.69	7.68	
Total lipid (fat)	g	14.93	1.049	11		1		3.14	4.23	
Ash	g	2.90	0.041	6		1		0.61	0.82	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
N. #** 1										
Minerals:	ma	10		0				2	3	
Calcium, Ca	_	12 2.08	0.181	0 29		4 1		3 0.44	3 0.59	
Iron, Fe	_	2.08 14	0.181	29 6		1		0.44 3	0.59 4	
Magnesium, Mg Phosphorus, P		14 111	8.981	6		1		3 23	4 31	
* '	•	111	8.981 9.798	6		1		23 29	31 39	
Potassium, K Sodium. Na	_	1006	9.798 48.582	6		1		29 211	39 285	
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	3.57	0.188	29		1		0.75	1.01	
Copper, Cu		0.064		23		1		0.013	0.018	
Manganese, Mn		0.014		23		1		0.013	0.004	
Selenium, Se		42.9	0.002	0	BFNN	4		9.0	12.2	
Scientini, Sc.	9					_				
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	_	0.0		0	Z	7		0.0	0.0	
Thiamin	_	0.020		11		1		0.004	0.006	
Riboflavin	mg	0.147		8		1		0.031	0.042	
Niacin	<u>mg</u>	2.430		6		1		0.510	0.689	
Pantothenic acid	-	0.626		0		4		0.131	0.177	
Vitamin B-6	_	0.130	0.008	7		1		0.027	0.037	
Folate, total		9		0		4		2	3	
Folic acid		0		0	Z	7		0	0	
Folate, food		9		0		4		2	3	
Folate, DFE		9		0	NC	4		2	3	
Vitamin B-12		1.62	0.102	6		1		0.34	0.46	
Vitamin A, IU		0		2		1		0	0	
Vitamin A, RAE		0		0	AS	1		0	0	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		0.15		U	NR	4		0.03	0.04	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin K (phylloquinone)		1.6		0	CASN	4		0.3	0.5	
viamini k (phynoquinone)	9			·	022021	-		0.0	0.5	
<u>Lipids:</u>										
Fatty acids, total saturated	g	6.180		0		1		1.298	1.752	
4:0		0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	-	0.000		0		1		0.000	0.000	
10:0	-	0.100		6		1		0.021	0.028	
12:0		0.070	0.017	6		1		0.015	0.020	
13:0			<u>.</u>	_		_		_	_	
14:0		0.420	0.025	8		1		0.088	0.119	
15:0				_		_				
16:0		3.040	0.139	8		1		0.638	0.862	
17:0	-			_		_				
18:0	-	2.290	0.116	8		1		0.481	0.649	
20:0	g									
22:0	~									

		<u>Aı</u>	mount in 100 g			ole portic	<u>on</u>		edible portion easures of food	
				ımber		_		1111	easures or root	1
Nutrients and U	Inits	Mean	of Std. Error		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate 14:1		5.960		0		1		1.252	1.690	
15:1	g									
16:1 undifferentiated	g	0.800	0.085	8		1		0.168	0.227	
17:1	-									
18:1 undifferentiated	g	5.000	0.276	8		1		1.050	1.418	
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	lg	0.630		0		1		0.132	0.179	
18:2 undifferentiated	g	0.420	0.071	8		1		0.088	0.119	
18:3 undifferentiated	g	0.210	0.030	8		1		0.044	0.060	
18:4	g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
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	86	3.497	8		1		18	24	
Phytosterols	mg	0		0		4		0	0	
Amino Acido										
Amino Acids:	~	0.247		0		1		0.052	0.070	
Tryptophan				0		1		0.032	0.070	
Threonine	-	1.023 1.170		0		1		0.215	0.290	
Isoleucine		1.990		0		1		0.418	0.332 0.564	
Leucine	-	2.076		0		1		0.416	0.589	
Lysine		0.629		0		1		0.436		
Methionine						1			0.178	
Cystine	-	0.347		0		1		0.073	0.098	
Phenylalanine		0.975		-		1		0.205	0.276	
Tyrosine		0.884		0		1		0.186	0.251	
Valine		1.192		0		_		0.250	0.338	
Arginine	-	1.673		0		1		0.351	0.474	
Histidine	-	0.863		0		1		0.181	0.245	
Alanine	-	1.951		0		1		0.410	0.553	
Aspartic acid		2.653		0		1		0.557	0.752	
Glutamic acid	_	4.413		0		1		0.927	1.251	
Glycine		2.263		0		1		0.475	0.642	
Proline		1.951		0		1		0.410	0.553	
Serine		1.092		0		1		0.229	0.310	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	
Caffeine		0		0	Z	7		0	0	
Theobromine	_	0		0	z	7		0	0	
Carotenoids:	J	-		•	=	•		-	-	
' <u> </u>		_				_				
Carotene, beta		0		0	Z	7		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	mcg	0		0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 21g: 1 slice (3/4 oz)

Measure 2 = 28.35g: 1 oz

NDB No. 13348

Beef, cured, corned beef, canned

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>A</u>	mount in 100	grams	of edik	ne portio	<u>on</u>	Amount in	edible portion	of common
			N	umber					easures of food	
					Deriv	Source	Confidence			
Nutrients and Uni	ite	Mean	Std. Error P			Code	Code	Measure 1	Measure 2	Measure
Nutrients and Oni	ıts	IVICALI	Stu. Ellor ·	Oiiito				Weasure i	Wiedsule 2	Weasure
Proximates:										
Water	g	53.80		1	A	1		15.06		
Energy	kcal	153		0	MC	9		43		
Energy	kj	640		0	MC	9		179		
Protein (N x 6.25)	g	31.10		1	A	1		8.71		
Total lipid (fat)	g	1.94		1	A	1		0.54		
Ash		10.40		1	A	1		2.91		
Carbohydrate, by difference	g	2.76		0	MC	9		0.77		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	2.45		0	FLA	4		0.69		
Sucrose	g	2.45		0	FLA	4		0.69		
Glucose (dextrose)										
Fructose										
Lactose										
Maltose	g									
Galactose										
Starch										
Minerals:										
	ma	5		0	FLA	4		1		
Calcium, CaIron, Fe		2.90		0	FLA	4		0.81		
Magnesium, Mg		22		0	FLA	4		6		
Phosphorus, P		196		0	FLA	4		55		
Potassium, K		291		0	FLA	4		81		
Sodium, Na		2790		1	A	1		781		
Zinc, Zn		3.97		0	FLA	4		1.11		
Copper, Cu		0.111	L	0	FLA	4		0.031		
Manganese, Mn		0.023	3	0	FLA	4		0.006		
Selenium, Se	mcg	28.8		0	FLA	4		8.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	FLA	4		0.0		
Thiamin	-	0.062		0	FLA	4		0.017		
Riboflavin	-	0.220		0	FLA	4		0.062		
Niacin		3.309		0	FLA	4		0.926		
Pantothenic acid	-	0.326		0	FLA	4		0.091		
Vitamin B-6		0.246		0	FLA	4		0.069		
Folate, total		8		0	FLA	4		2		
Folic acid	mcg	0 8		0	FLA FLA	4 4		0 2		
Folate, food		8		0		4		2		
Folate, DFEVitamin B-12		2.36		0	NC FLA	4		0.66		
Vitamin A, IU		0		1	A	1		0.00		
Vitamin A, RAE		0		0	AS	1		0		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)		0.00		0	FLA	4		0.00		
Tocopherol, beta	-	0.00		ŭ		-		2.00		
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		0.000)	0	z	7		0.000		
Vitamin K (phylloquinone)		0.0		0	FLA	4		0.0		
Lipids:										
	a	0.954	1	0	NC	4		0.267		
Fatty acids, total saturated		0.954		0	FLA	4		0.267		
6:0	_	0.000		0	FLA	4		0.000		
8:0	_	0.000		0	FLA	4		0.000		
10:0		0.004		0	FLA	4		0.001		
12:0		0.004		0	FLA	4		0.001		
13:0		0.00	=	ŭ		-		0.001		
14:0	_	0.068	3	0	FLA	4		0.019		
15:0	_	3.000	-	,		-		0.015		

	Ar	nount in 100	grams	of edib	ole portio	<u>on</u>		edible portion of	common
			lumber				<u>me</u>	easures of food	
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0g	0.583		0	FLA	4		0.163		
17:0g									
18:0g	0.296		0	FLA	4		0.083		
20:0g									
22:0g									
24:0g	0.040		•						
Fatty acids, total monounsaturatedg	0.840		0	NC	4		0.235		
14:1g 15:1g									
16:1 undifferentiatedg	0.074		0	FLA	4		0.021		
17:1g	*****		·		-		0.021		
18:1 undifferentiatedg	0.766		0	FLA	4		0.215		
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	0.070		0	NC	4		0.020		
18:2 undifferentiatedg	0.052		0	FLA	4		0.015		
18:3 undifferentiatedg	0.010		0	FLA	4		0.003		
18:4g	0.000		0	FLA	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiated			•						
20:4 undifferentiated	0.008		0 0	FLA	4 4		0.002		
20:5 n-3g	0.000 0.000		0	FLA FLA	4		0.000 0.000		
22:5 n-3g 22:6 n-3g	0.000		0	FLA	4		0.000		
Fatty acids, total trans	0.000		Ū	LIM	-		0.000		
Cholesterolg	79		1	A	1		22		
Phytosterolsmg	0		0	FLA	4		0		
Amino Acids:									
Tryptophang	0.351		0	FLA	4		0.098		
Threonine	1.369		0	FLA	4		0.383		
Isoleucineg	1.409		0	FLA	4		0.394		
Leucineg	2.477		0	FLA	4		0.694		
Lysine9	2.607		0	FLA	4		0.730		
Methionineg	0.803		0	FLA	4		0.225		
Cystineg	0.351		0	FLA	4		0.098		
Phenylalanine	1.223		0	FLA	4		0.342		
Tyrosine	1.053		0	FLA	4		0.295		
Valine	1.52 4 1.981		0 0	FLA	4 4		0.427		
Arginine	1.981		0	FLA FLA	4		0.555 0.300		
Alanine	1.890		0	FLA	4		0.529		
Aspartic acid	2.864		0	FLA	4		0.802		
Glutamic acidg	4.709		o	FLA	4		1.318		
Glycineg	1.710		ō	FLA	4		0.479		
Proline	1.384		0	FLA	4		0.388		
Serineg	1.199		0	FLA	4		0.336		
Hydroxyprolineg									
Others:									
Alcohol, ethylg	0.0		0	z	7		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, 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. 13350 Beef, cured, dried Common Measures:

Measure 1 = 28g: 1 serving 10 slices

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u>	mount in 100			ole portio	<u>n</u>		edible portion	
			ļ	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	53.80		1	A	1		15.06	15.25	
Energy	kcal	153		0	NC	4		43	43	
Energy		640		0	NC	4		179	181	
Protein (N x 6.25)		31.10		1	A	1		8.71	8.82	
Total lipid (fat)	g	1.94		1	A	1		0.54	0.55	
Ash		10.40		1	A	1		2.91	2.95	
Carbohydrate, by difference	g	2.76		0	NC	4		0.77	0.78	
Fiber, total dietary		0.0		0	FLA	4		0.0	0.0	
Sugars, total		2.70		0	FLA	4		0.76	0.76	
Sucrose		2.70		0	FLA	4		0.76	0.76	
Glucose (dextrose)	a									
Fructose	g									
Lactose	a									
Maltose	<u>.</u> a									
GalactoseStarch										
Starcii	9									
Minerals:										
Calcium, Ca	mg	6		0	FLA	4		2	2	
Iron, Fe	mg	2.79		0	FLA	4		0.78	0.79	
Magnesium, Mg	mg	20		0	FLA	4		6	6	
Phosphorus, P		218		0	FLA	4		61	62	
Potassium, K		247		0	FLA	4		69	70	
Sodium, Na		2790		1	A	1		781	791	
Zine, Zn	mg	4.39		0	FLA	4		1.23	1.25	
Copper, Cu		0.111		0	FLA	4		0.031	0.031	
Manganese, Mn		0.022	2	0	FLA	4		0.006	0.006	
Selenium, Se	mcg	22.5		0	FLA	4		6.3	6.4	
<u>Vitamins:</u>		0.0		•				2.2		
Vitamin C, total ascorbic acid		0.0	-	0	FLA	4 4		0.0	0.0	
ThiaminRiboflavin		0.056		0	FLA FLA	4		0.016 0.058	0.016	
Niacin	_	3.264		0	FLA	4		0.038	0.059 0.925	
Pantothenic acid	-	0.336		0	FLA	4		0.914	0.925	
Vitamin B-6		0.336		0	FLA	4		0.094	0.095	
Folate, total		9	•	0	FLA	4		2	2	
Folic acid		0		0	FLA	4		0	0	
Folate, food		9		0	FLA	4		2	2	
Folate, DFE		9		0	NC	4		2	2	
Vitamin B-12		1.98		0	FLA	4		0.55	0.56	
Vitamin A, IU	-	0		1	A	1		0.55	0.50	
Vitamin A, RAE		0		0	NC	4		0	0	
Retinol		0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)		0.11		0	FLA	4		0.03	0.03	
Tocopherol, beta		5.11		0	: LIN	-		0.03	0.03	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		1.3		0	FLA	4		0.4	0.4	
Lipids:										
Fatty acids, total saturated	q	0.950)	0	NC	4		0.266	0.269	
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		3.000	-	J		-		2.000	2.000	
14:0		0.074	1	0	FLA	4		0.021	0.021	
	g	0.07		•		-		3.021	0.021	

		<u>Ar</u>	nount in 10	00 grams		ole portio	<u>on</u>		edible portion of	f common
Nutrients and Units		Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0	-	0.599		0	FLA	4		0.168	0.170	
17:0 18:0	-	0.277		0	FLA	4		0.078	0.079	
20:0	-	0.277		Ū	FLIA	-		0.078	0.079	
22:0										
24:0				•						
Fatty acids, total monounsaturated 14:1		0.840		0	NC	4		0.235	0.238	
15:1										
16:1 undifferentiated	-	0.086		0	FLA	4		0.024	0.024	
17:1	-			_						
18:1 undifferentiated	-	0.75 4 0.000		0 0	FLA FLA	4 4		0.211 0.000	0.214 0.000	
22:1 undifferentiated.	-	0.000		0	FLA	4		0.000	0.000	
24:1 c										
Fatty acids, total polyunsaturated		0.070		0	NC	4		0.020	0.020	
18:2 undifferentiated		0.053		0 0	FLA	4 4		0.015	0.015	
18:3 undifferentiated		0.005 0.000		0	FLA FLA	4		0.001 0.000	0.001 0.000	
20:2 n-6 c,c		0.000		·		-		0.000	0.000	
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.012		0	FLA	4		0.003	0.003	
20:5 n-3	-	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 22:6 n-3	-	0.000 0.000		0	FLA FLA	4 4		0.000 0.000	0.000 0.000	
Fatty acids, total trans		0.000		·		-		0.000	0.000	
Cholesterol		79		1	A	1		22	22	
Phytosterols	mg	0		0	FLA	4		0	0	
Amino Acids:										
Tryptophan		0.166		0	FLA	4		0.047	0.047	
Threonine Isoleucine	-	1.010 1.150		0 0	FLA FLA	4 4		0.283 0.322	0.286 0.326	
Leucine	-	2.010		0	FLA	4		0.563	0.326	
Lysine	_	2.136		0	FLA	4		0.598	0.605	
Methionine	g	0.658		0	FLA	4		0.184	0.187	
Cystine		0.326		0	FLA	4		0.091	0.092	
Phenylalanine		0.998		0 0	FLA FLA	4 4		0.280	0.283 0.228	
TyrosineValine		0.805 1.254		0	FLA	4		0.225 0.351	0.228	
Arginine		1.634		0	FLA	4		0.458	0.463	
Histidine		0.807		0	FLA	4		0.226	0.229	
Alanine		1.536		0	FLA	4		0.430	0.436	
Aspartic acid		2.302		0	FLA	4		0.645	0.653	
Glutamic acid		3.79 4 1.539		0 0	FLA FLA	4 4		1.062 0.431	1.076 0.436	
Proline		1.205		0	FLA	4		0.337	0.342	
Serine	-	0.996		0	FLA	4		0.279	0.282	
Hydroxyproline	g	0.266		0	FLA	4		0.074	0.075	
Others:										
Alcohol, ethyl		0.0		0	FLA	4		0.0	0.0	
Caffeine		0		0	FLA	4		0	0	
Theobromine	!!!9	0		0	FLA	4		U	0	
Carotenoids:	moc	^		^				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	mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin	.mcg	0		0	FLA	4		0.000	0.000	

NDB No. 13360 Beef, cured, dried

Common Measures:

Measure 1 = 28g: 1 serving 10 slices

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

		<u>Aı</u>	mount in 100 g	rams	of edik	le portio	<u>n</u>	Amount in edible portion of common measures of food			
			Nu	mber	•			<u>m</u>	easures of tood	<u>l</u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	74.60	0.302	15		1		20.89			
Energy	kcal	111		0	NC	4		31			
Energy	kj	464				4		130			
Protein (N x 6.25)	g	19.00	0.235	15		1		5.32			
Total lipid (fat)	g	3.30	0.168	15		1		0.92			
Ash	g	3.40	0.033	15		1		0.95			
Carbohydrate, by difference	g	0.00		0	Z	7		0.00			
Fiber, total dietary	g	0.0		0	Z	7		0.0			
Sugars, total	g										
Starch	g										
Minorale											
Minerals:	ma	10	0.552	7		1		3			
Calcium, Ca	-	3.45	0.552	7		1		0.97			
Magnesium, Mg	-	18	0.389	7		1		5			
Phosphorus, P		139	0.509	0		4		39			
Potassium, K	_	402	22.527	7		1		113			
Sodium, Na	_	1322	41.160	7		1		370			
Zinc, Zn	-	3.55	0.214	7		1		0.99			
Copper, Cu		0.120		7		1		0.034			
Manganese, Mn		0.052		0		4		0.015			
Selenium, Se		16.4		0	BFNN	4		4.6			
· ·	•										
Vitamins:					_	_					
Vitamin C, total ascorbic acid	-	0.0		0	Z	7		0.0			
Thiamin		0.145		0		4		0.041			
Riboflavin		0.291		0		4		0.081			
Niacin		4.838		0		4		1.355			
Pantothenic acid	_	0.687		0		4		0.192			
Vitamin B-6	_	0.250 7	1	0		4		0.070			
Folate, total		0		0	z	4 7		2 0			
Folic acid		7		0	Z	4		2			
Folate, food		7		0	NC	4		2			
Folate, DFE		, 5.14		0	NC	4		1.44			
Vitamin B-12 Vitamin A, IU		0		0		4		0			
		0		0		-		0			
Vitamin A, RAE		0		0	z	4 7		0			
Vitamin E (alpha-tocopherol)		U		J	4	,		3			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
	•										
Lipids:				•							
Fatty acids, total saturated		1.410		0		4		0.395			
4:0		0.000		0		4		0.000			
6:0	-	0.000		0		4		0.000			
8:0 10:0.	_	0.000 0.010		0		4		0.000			
		0.010		0		4		0.003 0.006			
12:0 13:0	_	0.020	•	U		4		0.006			
14:0	_	0.090	1	0		4		0.025			
	-	0.090	•	J		4		0.025			
15:0		0.680		0		А		0.190			
16:0		0.680	•	J		4		0.190			
17:0 18:0		0.540	1	0		4		0.151			
		0.540		J		-		0.131			
20:0	_										
22:0 24:0	_										

	<u>Ar</u>	nount in 10		of edil	ole portio	<u>n</u>		Amount in edible portion of common measures of food			
			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	1.450		0		4		0.406				
14:1g											
15:1g											
16:1 undifferentiatedg	0.220		0		4		0.062				
17:1g											
18:1 undifferentiated	1.230		0		4		0.344				
20:1g	0.000		0		4		0.000				
22:1 undifferentiatedg	0.000		0		4		0.000				
24:1 cg											
Fatty acids, total polyunsaturated	0.170		0		4		0.048				
18:2 undifferentiatedg	0.130		0		4		0.036				
18:3 undifferentiatedg	0.040		0		4		0.011				
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	34		0		4		10				
Phytosterolsmg	0		0		4		0				
Amino Acids:											
Tryptophang	0.137		0		1		0.038				
Threonineg	0.742		0		1		0.208				
Isoleucineg	0.714		0		1		0.200				
Leucineg	1.313		0		1		0.368				
Lysineg	1.459		0		1		0.409				
Methionineg	0.420		0		1		0.118				
Cystineg	0.198		0		1		0.055				
Phenylalanine	0.672		0		1		0.188				
Tyrosineg	0.511		0		1		0.143				
Valineg	0.824		0		1		0.231				
Arginineg	1.316		0		1		0.368				
Histidineg	0.499		0		1		0.140				
Alanineg	1.307		0		1		0.366				
Aspartic acidg	1.617		0		1		0.453				
Glutamic acidg	2.627		0		1		0.736				
Glycineg	1.800		0		1		0.504				
Prolineg	1.246		0		1		0.349				
Serineg	0.760		0		1		0.213				
Hydroxyprolineg											

Common Measures:

Measure 1 = 28g: 1 slice (1 oz) (4" x 4" x 3/32" thick)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>A</u>	mount in 10	<u>0 grams</u>	of edib	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 3
Proximates: Water	a	69.53		4	A	1		19.47		
Energy	-	146		0	NC	4		41		
Energy		609		0	NC	4		171		
Protein (N x 6.25)		21.80		5	A	1		6.10		
Total lipid (fat)		5.82		5	A	1		1.63		
Ash	-	3.40		4	A	1		0.95		
Carbohydrate, by difference		0.00		0	z	7		0.00		
Fiber, total dietary		0.5		0	FLA	4		0.1		
* Sugars, total		1.41		0	FLA	4		0.39		
* Sucrose		0.11		0	FLA	4		0.03		
* Glucose (dextrose)		0.36		0	FLA	4		0.10		
* Fructose		0.91		0	FLA	4		0.26		
* Lactose	g	0.00		0	FLA	4		0.00		
* Maltose		0.00		0	FLA	4		0.00		
* Galactose		0.03		0	FLA	4		0.01		
Starch										
Minerals:										
Calcium, Ca	ma	10		4	A	1		3		
Iron, Fe		2.22		5	A	1		0.62		
Magnesium, Mg		19		0	FLA	4		5		
Phosphorus, P		175		0	FLA	4		49		
Potassium, K	-	235		0	FLA	4		66		
Sodium, Na	-	885		5	A	1		248		
Zinc, Zn	mg	4.89		0	FLA	4		1.37		
Copper, Cu	mg	0.097	7	0	FLA	4		0.027		
Manganese, Mn	mg	0.046	5	0	FLA	4		0.013		
Selenium, Se	mcg	17.4		0	FLA	4		4.9		
Vitamins:										
Vitamin C, total ascorbic acid	-	1.3		0	FLA	4		0.4		
Thiamin	-	0.060		0	FLA	4		0.017		
Riboflavin	-	0.178		0	FLA	4		0.050		
Niacin	-	4.260		2	A	1		1.193		
Pantothenic acid	-	0.282		0	FLA	4		0.079		
Vitamin B-6		0.270)	0	FLA	4		0.075		
Folate, total		7		0	FLA	4		2		
Folic acid		0 7		0	FLA	4		0 2		
Folate, food				-	FLA	4				
Folate, DFE		7 1.82		0 0	NC	4		2		
Vitamin B-12	-	668		0	FLA FLA	4		0.51 187		
Vitamin A, IU Vitamin A, RAE		33		0	NC	4		9		
Retinol		0		0	FLA	4		0		
Vitamin E (alpha-tocopherol)	-	0.48		0	FLA	4		0.13		
Tocopherol, beta		0.00		0	FLA	4		0.00		
Tocopherol, gamma		0.04		0	FLA	4		0.01		
Tocopherol, delta		0.00		0	FLA	4		0.00		
Vitamin D										
Vitamin K (phylloquinone)		2.2		0	FLA	4		0.6		
Lipids:										
Fatty acids, total saturated	g	2.680)	0	NC	4		0.750		
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		0.006	5	0	FLA	4		0.002		
4.0	a	0.008	3	0	FLA	4		0.002		
12:0										
13:0	-									

		<u>Ar</u>	nount in 10	00 grams	of edik	ole portio	<u>n</u>		edible portion of	common
				Number	•			<u>m</u> e	easures of food	
Nutrients and Unit	s	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0	g	1.651		0	FLA	4		0.462		
17:0	_									
18:0	-	0.789		0	FLA	4		0.221		
20:0										
22:0										
24:0		2.076		0	NC	4		0 501		
Fatty acids, total monounsaturated		2.076		U	NC	4		0.581		
14:1 15:1										
16:1 undifferentiated		0.205		0	FLA	4		0.057		
17:1										
18:1 undifferentiated	_	1.867		0	FLA	4		0.523		
20:1	g	0.004		0	FLA	4		0.001		
22:1 undifferentiated	g	0.000		0	FLA	4		0.000		
24:1 c										
Fatty acids, total polyunsaturated		0.192		0	NC	4		0.054		
18:2 undifferentiated		0.158		0	FLA	4		0.044		
18:3 undifferentiated		0.016		0	FLA	4		0.005		
18:4	_	0.000		0	FLA	4		0.000		
20:2 n-6 c,c 20:3 undifferentiated										
20:3 undifferentiated	-	0.018		0	FLA	4		0.005		
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		68		5	A	1		19		
Phytosterols	mg	2		0	FLA	4		1		
Amino Acids:										
Tryptophan	g	0.138		0	FLA	4		0.039		
Threonine	g	0.834		0	FLA	4		0.233		
Isoleucine	-	0.950		0	FLA	4		0.266		
Leucine		1.660		0	FLA	4		0.465		
Lysine		1.763		0	FLA	4		0.494		
Methionine		0.543		0	FLA	4		0.152		
Cystine	-	0.270 0.825		0	FLA FLA	4 4		0.075 0.231		
Phenylalanine		0.825		0	FLA	4		0.231		
TyrosineValine		1.037		0	FLA	4		0.186		
Arginine		1.355		0	FLA	4		0.379		
Histidine		0.666		0	FLA	4		0.186		
Alanine		1.268		0	FLA	4		0.355		
Aspartic acid		1.903		0	FLA	4		0.533		
Glutamic acid		3.136		0	FLA	4		0.878		
Glycine	g	1.271		0	FLA	4		0.356		
Proline		0.994		0	FLA	4		0.278		
Serine		0.823		0	FLA	4		0.230		
Hydroxyproline	g	0.219		0	FLA	4		0.061		
Others:								_		
Alcohol, ethyl		0.0		0	FLA	4		0.0		
Caffeine		0		0	FLA	4		0		
Theobromine	iiig	0		0	FLA	4		0		
Carotenoids:				=		-				
Carotene, beta	_	351		0	FLA	4		98.194		
Carotene, alpha		0 100		0	FLA FLA	4 4		0.000 28.108		
Cryptoxanthin, beta Lycopene		0		0	FLA	4		0.000		
Lutein + zeaxanthin		167		0	FLA	4		46.766		
Edicin - Zeazan(IIIII	9	-0,		•		•		-0.700		

NDB No. 13355 Beef, cured, pastrami

Common Measures:

Measure 1 = 28g: 1 slice (1 oz)

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>Aı</u>	mount in 100	grams	of edik	ole portio	<u>n</u>		edible portion	
			N	umber	•			<u>m</u>	easures of food	_
			o	f Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	53.56	1.004	16		1		23.03	15.18	
Energy	kcal	312		0	NC	4		134	88	
Energy	kj	1305				4		561	370	
Protein (N x 6.25)	g	14.11	0.283	18		1		6.07	4.00	
Total lipid (fat)	g	26.91	1.169	7		1		11.57	7.63	
Ash	g	3.00	0.000	5		1		1.29	0.85	
Carbohydrate, by difference	g	2.42		0	NC	4		1.04	0.69	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minarala										
Minerals: Calcium, Ca	ma	7	1.333	8		1		3	2	
Iron, Fe		1.76	0.103			1		0.76	0.50	
Magnesium, Mg		13	0.103			1		6	4	
Phosphorus, P		105	3.130			1		45	30	
Potassium, K		176	8.050			1		76	50	
Sodium, Na		1131	69.658			1		486	321	
Zinc, Zn		2.80	0.036	5		1		1.20	0.79	
Copper, Cu	mg	0.072		0		4		0.031	0.020	
Manganese, Mn		0.009	ı	0		4		0.004	0.003	
Selenium, Se	mcg	14.6		0	BFNN	4		6.3	4.1	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	
Thiamin	-	0.050	0.004	5		1		0.022	0.014	
Riboflavin		0.140				1		0.060	0.040	
Niacin	-	3.190				1		1.372	0.904	
Pantothenic acid	_	0.188		0		4		0.081	0.053	
Vitamin B-6	_	0.110		5		1		0.047	0.031	
Folate, total	-	4		0		4		2	1	
Folic acid		0		0	Z	7		0	0	
Folate, food		4		0		4		2	1	
Folate, DFE	mcg_DFE	4		0	NC	4		2	1	
Vitamin B-12		1.86	0.072	5		1		0.80	0.53	
Vitamin A, IU	IU	0		0		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	nicg									
Lipids:										
Fatty acids, total saturated	g	11.440	1	0		1		4.919	3.243	
4:0	g	0.000	1	0		4		0.000	0.000	
6:0	g	0.000	ı	0		4		0.000	0.000	
8:0		0.000		0		4		0.000	0.000	
10:0		0.090				1		0.039	0.026	
12:0	-	0.060	0.014	5		1		0.026	0.017	
13:0	-									
14:0	_	0.880	0.057	5		1		0.378	0.249	
15:0	-			_						
16:0	_	6.030	0.280	5		1		2.593	1.710	
17:0		2 22	2 255	_		-				
18:0		3.860	0.209	5		1		1.660	1.094	
20:0	-									
22:0										

		<u>Ar</u>	nount in 100 g	grams of ed		Amount in edible portion of common measures of food			
Nutrients and Uni	its	Mean		Data Deri		dence	Measure 2	Measure 3	
Fatty acids, total monounsaturated	a	12.970		0	1	5.577	3.677		
14:1				· ·	-	3.377	3.077		
15:1									
16:1 undifferentiated		1.530	0.100	5	1	0.658	0.434		
17:1	-								
18:1 undifferentiated		11.440	0.300	5	1	4.919	3.243		
20:1	g	0.000		0	4	0.000	0.000		
22:1 undifferentiated	g	0.000		0	4	0.000	0.000		
24:1 c	g								
Fatty acids, total polyunsaturated	g	1.050		0	1	0.452	0.298		
18:2 undifferentiated	g	0.960	0.138	5	1	0.413	0.272		
18:3 undifferentiated	g	0.090	0.048	5	1	0.039	0.026		
18:4	g	0.000		0	4	0.000	0.000		
20:2 n-6 c,c	-								
20:3 undifferentiated	-								
20:4 undifferentiated	g	0.000		0	4	0.000	0.000		
20:5 n-3	g	0.000		0	4	0.000	0.000		
22:5 n-3	g	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	_	67	4.472	5	1	29	19		
Phytosterols	<u>mg</u>	0		0	4	0	0		
Amino Acids:									
Tryptophan	а	0.129		0	1	0.055	0.037		
Threonine		0.533		0	1	0.229	0.151		
Isoleucine		0.609		0	1	0.262	0.173		
Leucine	_	1.036		0	1	0.445	0.294		
Lysine	-	1.081		0	1	0.465	0.306		
Methionine		0.327		0	1	0.141	0.093		
Cystine		0.181		0	1	0.078	0.051		
Phenylalanine	-	0.508		0	1	0.218	0.144		
Tyrosine		0.460		0	1	0.198	0.130		
Valine	g	0.621		0	1	0.267	0.176		
Arginine	-	0.871		0	1	0.375	0.247		
Histidine		0.449		0	1	0.193	0.127		
Alanine	_	1.016		0	1	0.437	0.288		
Aspartic acid	g	1.381		0	1	0.594	0.392		
Glutamic acid		2.298		0	1	0.988	0.651		
Glycine	g	1.178		0	1	0.507	0.334		
Proline	g	1.016		0	1	0.437	0.288		
Serine	g	0.569		0	1	0.245	0.161		
Hydroxyproline	g								

Common Measures:

Measure 1 = 43g: 1 sausage Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.68

			Amount in edible portion of common						
		Nu	ımber	r			<u>m</u>	easures of tood	<u>l</u>
		of	Data	Deriv	Source	Confidence			
3	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
g	68.93	0.202	31		1		19.30		
kcal	133		0	NC	4		37		
kj	556				4		156		
g	20.19	0.185	31		1		5.65		
g	4.42	0.187	33		1		1.24		
g	4.60	0.038	7		1		1.29		
g	1.86		0	NC	4		0.52		
g	0.0		0	Z	7		0.0		
g									
g									
ma	Ω		0		А		2		
_		0 154			1				
_					1				
	181	8.693	7		1		51		
-	377	17.386	7		1		106		
-	1258	33.904	33		1		352		
-	3.93	0.370	7		1		1.10		
	0.026	j .	0		4		0.007		
mg	0.029	,	0		4		0.008		
mcg	19.7		0	BFNN	4		5.5		
ma	0.0		0	9	7		0.0		
_				4					
-									
					1				
-			33		1				
-	8		0		4				
	0		0	z	7		0		
	8		0		4		2		
	8		0	NC	4		2		
	1.73	0.073	37		1		0.48		
	0		0		4		0		
	0		0		4		0		
	0		0	Z	7		0		
mg									
mcg									
g	1.810	j	0		1		0.507		
			0		4		0.000		
	0.000	,	0		4		0.000		
	0.000	,	0		4		0.000		
g	0.020	0.008	7		1		0.006		
g	0.020	0.008	7		1		0.006		
g									
g	0.110	0.017	7		1		0.031		
g									
g	0.940	0.074	7		1		0.263		
9									
g	0.660	0.074	7		1		0.185		
9									
g									
	g	g 68.93 kcal 133 kj 556 g 20.19 g 4.42 g 4.60 g 1.86 g 0.0 g 1.86 g 0.0 g 9 g	Mean Std. Error Policy Sample Std. Error Policy	Mean Std. Error Points G	S	Mean Std. Error Points Code Code	Mean Std. Error Points Code Code	Number	Number of Data Derivation Points Points

	<u>Aı</u>	nount in 100 grar		Amount in edible portion of common measures of food				
Nutrients and Units	Mean	Numb of Da Std. Error Point	ta Deriv	Source C Code	onfidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	1.830	0		1		0.512		
14:1g								
15:1g								
16:1 undifferentiatedg	0.260	0.037 7		1		0.073		
17:1g								
18:1 undifferentiatedg	1.570	0.124 7		1		0.440		
20:1g	0.000	0		4		0.000		
22:1 undifferentiatedg	0.000	0		4		0.000		
24:1 cg								
Fatty acids, total polyunsaturatedg	0.230	0		1		0.064		
18:2 undifferentiatedg	0.190	0.037 7		1		0.053		
18:3 undifferentiatedg	0.040	0.017 7		1		0.011		
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 trans								
Cholesterolmg	46	3.609 8		1		13		
Phytosterols mg	0	0		4		0		
•								
Amino Acids:	0.165					0.046		
Tryptophan	0.165	0		1		0.046		
Threonine	0.846			1		0.237		
Isoleucineg	0.827	0		1		0.232		
Leucineg	1.508	0		1		0.422		
Lysineg	1.647	0		1		0.461		
Methionineg	0.488	0		1		0.137		
Cystineg	0.239			1		0.067		
Phenylalanineg	0.756			1		0.212		
Tyrosineg	0.610	0		1		0.171		
Valineg	0.927	0		1		0.260		
Arginineg	1.363	0		1		0.382		
Histidineg	0.585			1		0.164		
Alanineg	1.334	0		1		0.374		
Aspartic acidg	1.793			1		0.502		
Glutamic acidg	2.910	0		1		0.815		
Glycineg	1.499	0		1		0.420		
Prolineg	1.098	0		1		0.307		
Serineg	0.824	0		1		0.231		
Hydroxyprolineg								

Common Measures:

Measure 1 = 28g: 1 slice (1 oz)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.68

		<u>A</u> 1	mount in 100 g	Amount in edible portion of common						
			Nu	mber	•			<u>m</u>	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Units		Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	61.46	0.702	5		1		14.14	3.69	
Energy	kcal	238		0	NC	4		55	14	
Energy	kj	996				4		229	60	
Protein (N x 6.25)	g	14.24	0.306	5		1		3.28	0.85	
Total lipid (fat)	g	18.80	0.698	5		1		4.32	1.13	
Ash	g	3.44	0.068	5		1		0.79	0.21	
Carbohydrate, by difference	g	2.06		0	NC	4		0.47	0.12	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Min										
Minerals:	ma	8	0.027	_		1		2	0	
Calcium, Ca	-	8 0.76	0.837 0.182	5 5		1		2 0.17	0.05	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	13	0.182	5		1		0.17 3	0.05	
Magnesium, Mg Phosphorus, P		103	8.908	5 5		1		3 24	6	
Potassium, K	-	253	8.908 15.783	5		1		24 58	15	
Sodium, Na	-	253 1240	27.018	5 5		1		285	15 74	
Zinc, Zn	-	1.72	0.124	5		1		0.40	0.10	
Copper, Cu		0.050		5		1		0.012	0.003	
Manganese, Mn		0.030		3		1		0.012	0.003	
Selenium, Se		20.9	0.007	0	RF	4		4.8	1.3	
Scientifi, Sci				-		=				
<u>'itamins:</u>										
Vitamin C, total ascorbic acid	-	0.0		0		7		0.0	0.0	
Thiamin		0.554		5		1		0.127	0.033	
Riboflavin		0.192		5		1		0.044	0.012	
Niacin		3.254		5		1		0.748	0.195	
Pantothenic acid	-	0.490		1		1		0.113	0.029	
Vitamin B-6	-	0.350		5		1		0.081	0.021	
Folate, total		3	0.400	4		1		1	0	
Folic acid		0		0	Z	7		0	0	
Folate, food		3	0.400	4		1		1	0	
Folate, DFE		3		0	NC	4		1	0	
Vitamin B-12		0.87	0.019	5		1		0.20	0.05	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE		0		0	_	4 7		0	0	
Retinol		U		0	Z	,		U	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D		36.000	1	0	т	4		8.280	2.160	
Vitamin K (phylloquinone)		30.000	•	Ŭ	•	-		0.200	2.100	
vitanini K (phynodumone)	9									
<u>ipids:</u>										
Fatty acids, total saturated	g	6.280		0		1		1.444	0.377	
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	-	0.090		4		1		0.021	0.005	
12:0	-	0.090	0.015	4		1		0.021	0.005	
13:0				_		_				
14:0		0.270	0.014	5		1		0.062	0.016	
15:0		2 22	0.100	_				•		
16:0		3.890	0.180	5		1		0.895	0.233	
17:0	-	1 0	0.000	-						
18:0	_	1.940	0.080	5		1		0.446	0.116	
20:0	-									
22:0	g									

		<u>Ar</u>	nount in 100	grams	Amount in edible portion of common					
			N	lumbe	r			<u>m</u>	easures of food	
Nutrients and Uni	ts	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	-	8.980		0		1		2.065	0.539	
14:1										
15:1				_						
16:1 undifferentiated		0.770	0.04	5 5		1		0.177	0.046	
17:1	-					_				
18:1 undifferentiated		8.210	0.429			1		1.888	0.493	
20:1	-	0.000		0		4		0.000	0.000	
22:1 undifferentiated	•	0.000		0		4		0.000	0.000	
24:1 c	-	2.360		0		1		0.543	0.142	
Fatty acids, total polyunsaturated		1.940	0.10			1		0.543	0.142	
18:2 undifferentiated	-	0.420	0.100			1		0.446	0.116	
18:3 undifferentiated	-	0.420	0.05	0		4		0.097	0.025	
		0.000		U		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	
	_	0.000		0		4		0.000	0.000	
22:5 n-3 22:6 n-3		0.000		0		4		0.000	0.000	
Fatty acids, total trans		0.000		Ū		-		0.000	0.000	
Cholesterol	-	59	4.734	4 4		1		14	4	
Phytosterols	-	0	4.75	0		4		0	0	
T II y to sterois	9	v		·		-		Ü	Ü	
Amino Acids:										
Tryptophan	g	0.112		1		1		0.026	0.007	
Threonine	g	0.565		1		1		0.130	0.034	
Isoleucine	g	0.485		1		1		0.112	0.029	
Leucine	g	0.943		1		1		0.217	0.057	
Lysine	g	1.032		1		1		0.237	0.062	
Methionine	g	0.355		1		1		0.082	0.021	
Cystine	g	0.107		1		1		0.025	0.006	
Phenylalanine	g	0.451		1		1		0.104	0.027	
Tyrosine	g	0.403		1		1		0.093	0.024	
Valine	g	0.510		1		1		0.117	0.031	
Arginine	g	0.809		1		1		0.186	0.049	
Histidine	g	0.419		1		1		0.096	0.025	
Alanine	g	0.770		1		1		0.177	0.046	
Aspartic acid	g	1.198		1		1		0.276	0.072	
Glutamic acid	g	2.141		1		1		0.492	0.128	
Glycine	g	0.781		1		1		0.180	0.047	
Proline	g	0.640		1		1		0.147	0.038	
Serine	g	0.569		1		1		0.131	0.034	
Hydroxyproline	g									

Common Measures:

Measure 1 = 23g: 1 slice (4" dia x 1/8" thick) Measure 2 = 6.0g: 1 slice (2-3/4" dia x 1/16")

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>A</u> 1	mount in 10	00 grams	Amount in edible portion of common					
				Number				<u>m</u>	easures of food	<u>l</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Units		Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	56.71		0	FLC	4		31.76		
Energy	kcal	277		0	NC	4		155		
Energy	kj	1158		0	NC	4		649		
Protein (N x 6.25)		14.00		0	FLC	4		7.84		
Total lipid (fat)	g	22.53		0	FLC	4		12.61		
Ash	g	2.50		0	FLC	4		1.40		
Carbohydrate, by difference	g	3.76		0	FLC	4		2.11		
Fiber, total dietary	g	0.9		0	FLC	4		0.5		
Sugars, total	g	0.00		0	FLC	4		0.00		
Starch	g									
Min										
Minerals:	ma	27		^	ET C			1.5		
Calcium, Ca	-	27 1.73		0 0	FLC FLC	4 4		15 0.97		
Iron, Fe		1.73		0	FLC	4		0.97 11		
Magnesium, Mg Phosphorus, P		135		0	FLC	4		76		
Potassium, K	_	244		0	FLC	4		137		
Sodium, Na		732		0	FLC	4		410		
Zinc, Zn	-	2.21		0	FLC	4		1.24		
Copper, Cu		0.103	3	0	FLC	4		0.058		
Manganese, Mn		0.155		0	FLC	4		0.087		
Selenium, Se		17.4		0	FLC	4		9.7		
	-									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	_	0.6	_	0	FLC	4		0.3		
Thiamin	-	0.246		0	FLC	4		0.138		
Riboflavin		0.173		0	FLC	4		0.097		
Niacin		2.975		0	FLC	4		1.666		
Pantothenic acid	-	0.297		0	FLC	4		0.166		
Vitamin B-6	-	0.230)	0	FLC	4		0.129		
Folate, total		5		0	FLC	4		3		
Folic acid		0		0	z	7		0		
Folate, food		5		0	FLC	4		3		
Folate, DFE		5		0	NC	4		3		
Vitamin B-12		1.16		0	FLC	4		0.65		
Vitamin A, IU		10		0	FLC	4		5		
Vitamin A, RAE		3		0	NC	4		2		
Retinol		3 0.19		0 0	NR NR	4 4		2 0.11		
Vitamin E (alpha-tocopherol)		0.19		U	NK	4		0.11		
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		36.000)	0	т	4		20.160		
Vitamin K (phylloquinone)		1.3		0	BFZN	4		0.7		
				•		-				
<u>Lipids:</u>										
Fatty acids, total saturated		8.438		0	FLC	4		4.725		
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		0.012		0	FLC	4		0.007		
12:0		0.024	Į	0	FLC	4		0.013		
13:0		_				_				
14:0		0.691	-	0	FLC	4		0.387		
15:0	-									
16:0	-	4.961	-	0	FLC	4		2.778		
17:0	-									
18:0	_	2.669)	0	FLC	4		1.495		
20:0	-									
22:0	~									

	<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	10.105		0	FLC	4		5.659		
14:1g	201200		•		-		3.033		
15:1g									
16:1 undifferentiated	0.683		0	FLC	4		0.382		
17:1g									
18:1 undifferentiatedg	9.191		0	FLC	4		5.147		
20:1g	0.171		0	FLC	4		0.096		
22:1 undifferentiatedg	0.028		0	FLC	4		0.016		
24:1 cg									
Fatty acids, total polyunsaturatedg	2.080		0	FLC	4		1.165		
18:2 undifferentiatedg	1.837		0	FLC	4		1.029		
18:3 undifferentiatedg	0.154		0	FLC	4		0.086		
18:4g	0.000		0	FLC	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.065		0	FLC	4		0.036		
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	62		0	FLC	4		35		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	FLC	4		0.0		
Caffeine mg	0		0	FLC	4		0		
Theobromine mg	0		0	FLC	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 = 56g: 2 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.68

		<u>A</u>	mount in 10	u grams	ot edik	ie 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:	a	56.71		0	FLC	4		31.76		
Water	-	276		0		4		154		
Energy		1154		0	NC NC	4		646		
Energy		14.00		0	FLC	4		7.84		
Protein (N x 6.25) Total lipid (fat)		22.53		0	FLC	4		12.61		
Ash		2.50		0	FLC	4		1.40		
Carbohydrate, by difference		4.27		0	NC	4		2.39		
Fiber, total dietary		0.9		0	FLC	4		0.5		
Sugars, total		0.00		0	FLC	4		0.00		
Starch	-	0.00		ŭ	120	•		0.00		
Ainerals:										
Calcium, Ca	ma	27		0	FLC	4		15		
Iron, Fe	_	1.73		0	FLC	4		0.97		
Magnesium, Mg	_	19		0	FLC	4		11		
Phosphorus, P		135		0	FLC	4		76		
Potassium, K		244		0	FLC	4		137		
Sodium, Na		732		0	FLC	4		410		
Zinc, Zn	mg	2.21		0	FLC	4		1.24		
Copper, Cu	mg	0.103	3	0	FLC	4		0.058		
Manganese, Mn		0.155	5	0	FLC	4		0.087		
Selenium, Se	mcg	17.4		0	FLC	4		9.7		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.6	_	0	FLC	4		0.3		
Thiamin	_	0.246		0	FLC	4		0.138		
Riboflavin		0.173		0	FLC	4		0.097		
Niacin		2.975		0 0	FLC FLC	4 4		1.666		
Pantothenic acid		0.297		0		4		0.166 0.129		
Vitamin B-6.	-	5	,	0	FLC FLC	4		3		
Folate, total		0		0	NR NR	4		0		
Folate, food		5		0	FLC	4		3		
Folate, DFE		5		0	NC	4		3		
Vitamin B-12		1.16		0	FLC	4		0.65		
Vitamin A, IU		10		0	FLC	4		5		
Vitamin A, RAE		3		0	NC	4		2		
Retinol		3		0	NR	4		2		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		1.6		•				0.0		
Vitamin K (phylloquinone)	nicg	1.6		0	BFZN	4		0.9		
Lipids:	a	8.438	?	0	FLC	4		4.725		
Fatty acids, total saturated		0.000		0	FLC	4		0.000		
4:0 6:0		0.000		0	FLC	4		0.000		
6:0 8:0		0.000		0	FLC	4		0.000		
10:0	-	0.012		0	FLC	4		0.007		
12:0	-	0.024		0	FLC	4		0.013		
13:0	-			•		-		0.015		
14:0		0.691	L	0	FLC	4		0.387		
15:0				-		•				
16:0		4.961	L	0	FLC	4		2.778		
17:0										
18:0		2.669	•	0	FLC	4		1.495		
20:0										
22:0	-									
24:0	g									

		<u>A</u> 1	mount in 10	00 grams		edible portion				
				Number of Data	Deriv	Source	Confidence	<u>m</u>	easures of food	
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	q	10.105	i	0	FLC	4		5.659		
14:1	g									
15:1 16:1 undifferentiated	g	0.683	•	0	FLC	4		0.382		
17:1 18:1 undifferentiated	-	9.191		0	FLC	4		5.147		
20:1	g	0.171		0	FLC	4		0.096		
22:1 undifferentiated24:1 c	•	0.028	1	0	FLC	4		0.016		
Fatty acids, total polyunsaturated		2.080)	0	FLC	4		1.165		
18:2 undifferentiated		1.837		0	FLC	4		1.029		
18:3 undifferentiated		0.154		0	FLC	4		0.086		
18:4		0.000		0	FLC	4		0.000		
20:2 n-6 c.c.				-	_					
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.065	i	0	FLC	4		0.036		
20:5 n-3	g	0.000	1	0	FLC	4		0.000		
22:5 n-3	g	0.000	1	0	FLC	4		0.000		
22:6 n-3		0.000	1	0	FLC	4		0.000		
Fatty acids, total trans										
Cholesterol		62		0	FLC	4		35		
Phytosterols		3			FLM	4		2		
Amino Acids:										
Tryptophan		0.174			FLM	4		0.097		
Threonine	_	0.668			FLM	4		0.374		
Isoleucine		0.682			FLM	4		0.382		
Leucine	_	1.202			FLM	4		0.673		
Lysine		1.300			FLM	4		0.728		
Methionine		0.387			FLM	4		0.217		
Cystine	_	0.178			FLM FLM	4 4		0.100 0.335		
Phenylalanine		0.598				4				
Tyrosine		0.507			FLM FLM	4		0.284		
Valine		0.769				4		0.431		
Arginine	-	0.979			FLM			0.548		
Histidine	-	0.537 0.917			FLM FLM	4 4		0.301 0.514		
Alanine Aspartic acid		1.385			FLM	4		0.514		
Aspartic acid		2.286			FLM	4		1.280		
Glycine	_	0.880			FLM	4		0.493		
<u> </u>		0.702			FLM	4		0.393		
Proline		0.602			FLM	4		0.337		
Serine		0.002	•		FIM	-		0.337		
	9									
Others:	a	0.0		0	FLC	4		0.0		
Alcohol, ethyl		0.0		0	FLC	4		0.0		
Theobromine	_	0		0	FLC	4		0		
	9	O .		Ū	2.110	*		J		
Carotenoids:	mca	0		0	z	7		0.000		
Caratene, beta		0		0	z Z	7		0.000		
Carotene, alpha Cryptoxanthin, beta		0		0	Z	7		0.000		
Lycopene		0		0	Z	7		0.000		
Lutein + zeaxanthin		0		0	Z	7		0.000		
Luteni + Zeaxantiiiii	9	U		U	- 4	,		3.000		

Common Measures:

Measure 1 = 56g: 1 serving 2 oz

NDB No. 07931

Beerwurst, pork and beef

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

		<u>A</u>	mount in 10	0 grams	of edib	ole portio	<u>on</u>		edible portion	
				Number	•			<u>m</u>	easures of food	<u>l</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	-	47.30		0	MC	9		11.83		
Energy	kcal	378		0	MC	9		95		
Energy	kj	1582		0	MC	9		395		
Protein (N x 6.25)	g	14.60		0	MC	9		3.65		
Total lipid (fat)	g	34.50		0	MC	9		8.63		
Ash	g	2.31		0	MC	9		0.58		
Carbohydrate, by difference	g	1.29		0	NC	4		0.32		
Fiber, total dietary	g	0.0		0	MC	9		0.0		
Sugars, total	g	1.29		0	MC	9		0.32		
Sucrose	g	1.30		0	FLM	4		0.32		
Glucose (dextrose)	g									
Fructose	g									
Lactose	g									
Maltose	g									
Galactose										
Starch										
Minerals:										
Calcium, Ca	mg	6		0	MC	9		2		
Iron, Fe	mg	6.40		0	MC	9		1.60		
Magnesium, Mg	mg	8		0	MC	9		2		
Phosphorus, P	mg	22		0	MC	9		6		
Potassium, K	mg	38		0	MC	9		10		
Sodium, Na		680		0	MC	9		170		
Zinc, Zn		1.30		0	MC	9		0.33		
Copper, Cu		0.040		0	MC	9		0.010		
Manganese, Mn		0.010)	0	MC	9		0.003		
Selenium, Se	mcg	15.5		0	FLM	4		3.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg	0.070)	0	MC	9		0.018		
Riboflavin	mg	0.130)	0	MC	9		0.033		
Niacin	mg	1.200)	0	MC	9		0.300		
Pantothenic acid		0.600)	0	MC	9		0.150		
Vitamin B-6		0.040)	0	MC	9		0.010		
Folate, total		5		0	MC	9		1		
Folic acid		0		0	Z	7		0		
Folate, food		5		0	MC	9		1		
Folate, DFE		5		0	NC	4		1		
Vitamin B-12	-	1.00		0	MC	9		0.25		
Vitamin A, IU		0		0	MC	9		0		
Vitamin A, RAE		0		0	NC	4		0		
Retinol		0		0	NR	4		0		
Vitamin E (alpha-tocopherol)		0.13		0	FLM	4		0.03		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D		10.103	1	0	FLM	4		2.526		
Vitamin K (phylloquinone)		0.0	•	0	FLM	4		0.0		
Lipids:										
Fatty acids, total saturated	g	13.400)	0	MC	9		3.350		
4:0		0.000		0	MC	9		0.000		
6:0		0.000		0	MC	9		0.000		
8:0	=	0.000		0	MC	9		0.000		
10:0		0.000		0	MC	9		0.000		
12:0		0.030		0	MC	9		0.008		
13:0				-		-		3.000		
14:0	-	0.620)	0	MC	9		0.155		
15:0	-	3.32		-		-		2		

	<u>Aı</u>	mount in 100			edible portion of	f common			
			Number		_		1115	easures or roou	
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0g	8.300	1	0	MC	9		2.075		
17:0g									
18:0g	4.410)	0	MC	9		1.103		
20:0g									
22:0g									
24:0g	15 000		0	wa	0		2 075		
Fatty acids, total monounsaturated9 14:1g	15.900	•	0	MC	9		3.975		
14:1g 15:1g									
16:1 undifferentiated	0.880)	0	MC	9		0.220		
17:1g			-		-		0.220		
18:1 undifferentiatedg	15.000)	0	MC	9		3.750		
20:1g	0.000)	0	MC	9		0.000		
22:1 undifferentiatedg	0.000)	0	MC	9		0.000		
24:1 cg									
Fatty acids, total polyunsaturated	3.460		0	MC	9		0.865		
18:2 undifferentiatedg	3.200		0	MC	9		0.800		
18:3 undifferentiatedg	0.260		0	MC	9 9		0.065		
18:4g	0.000	•	U	MC	9		0.000		
20:2 n-6 c,cg 20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000)	0	MC	9		0.000		
20:5 n-3g	0.000		0	MC	9		0.000		
22:5 n-3g	0.000		0	MC	9		0.000		
22:6 n-3g	0.000)	0	MC	9		0.000		
Fatty acids, total trans9									
Cholesterolmg	120		0	MC	9		30		
Phytosterolsmg	0		0	FLM	4		0		
Amino Acids:									
Tryptophang	0.180		0	MC	9		0.045		
Threonineg	0.570		0	MC MC	9 9		0.143		
Isoleucine	0.320 1.390		0	MC	9		0.080 0.348		
Lysine9	1.050		0	MC	9		0.263		
Methionine	0.200		0	MC	9		0.050		
Cystineg	0.180		0	MC	9		0.045		
Phenylalanineg	0.820	1	0	MC	9		0.205		
Tyrosineg	0.340	1	0	MC	9		0.085		
Valineg	1.020		0	MC	9		0.255		
Arginineg	0.680	1	0	MC	9		0.170		
Histidineg	0.710		0	MC	9		0.178		
Alanineg	1.050		0	MC	9		0.263		
Aspartic acidg	1.350		0	MC	9		0.338		
Glutamic acid	2.120		0	MC	9 9		0.530		
Glycine	0.910 1.000		0	MC MC	9		0.228 0.250		
Proline	0.680		0	MC	9		0.250		
Hydroxyproline	0.000		· ·		-		0.170		
Others:									
Alcohol, ethylg	0.0		0	MC	9		0.0		
Caffeine mg	0		0	MC	9		0		
Theobromine mg	0		0	Z	7		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		

NDB No. 07005 Blood sausage

Common Measures:

Measure 1 = 25g: 1 slice

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u>	mount in 10	<u>0 grams</u>	of edib	le portio	<u>n</u>		edible portion	
				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
Proximates:										
Water	g	60.83		1	A	1		55.36		
Energy	kcal	278		0	MC	9		253		
Energy		1165		0	MC	9		1060		
Protein (N x 6.25)		10.91		1	A	1		9.93		
Total lipid (fat)	g	25.87		1	A	1		23.54		
Ash	g	1.89		1	A	1		1.72		
Carbohydrate, by difference	g	0.50		0	MC	9		0.46		
Fiber, total dietary	g	0.0		0	MC	9		0.0		
Sugars, total		0.04		0	NC	4		0.03		
Sucrose		0.00		0	FLM	4		0.00		
Glucose (dextrose)	g	0.01		0	FLM	4		0.01		
Fructose	g	0.01		0	FLM	4		0.01		
Lactose	g	0.00		0	FLM	4		0.00		
Maltose	g	0.00		0	FLM	4		0.00		
Galactose		0.01		0	FLM	4		0.01		
Starch										
linerals:					_					
Calcium, Ca	-	41		1	A	1		37		
Iron, Fe		1.15		1	A	1		1.05		
Magnesium, Mg		17		0	FLM	4		15		
Phosphorus, P		162		0	FLM	4		147 207		
Potassium, K		228 497		0 1	FLM A	4 1		452		
Sodium, Na		1.78		0	FLM	4		1.62		
Zinc, Zn		0.069		0	FLM	4		0.063		
Copper, Cu Manganese, Mn		0.003		0	FLM	4		0.015		
Selenium, Se		12.2	•	0	FLM	4		11.1		
<u>'itamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg	0.216	5	0	FLM	4		0.197		
Riboflavin	mg	0.215	5	0	FLM	4		0.196		
Niacin	mg	4.568	3	0	FLM	4		4.157		
Pantothenic acid	mg	0.776	5	0	FLM	4		0.706		
Vitamin B-6	mg	0.303	3	0	FLM	4		0.276		
Folate, total	mcg	7		0	FLM	4		6		
Folic acid	mcg	0		0	FLM	4		0		
Folate, food	mcg	7		0	FLM	4		6		
Folate, DFE	mcg_DFE	7		0	NC	4		6		
Vitamin B-12	mcg	0.74		0	FLM	4		0.67		
Vitamin A, IU	IU	0		0	MC	9		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol		0		0	NR	4		0		
Vitamin E (alpha-tocopherol)	mg	0.10		0	FLM	4		0.09		
Tocopherol, beta	mg	0.00		0	FLM	4		0.00		
Tocopherol, gamma	mg	0.00		0	FLM	4		0.00		
Tocopherol, delta	mg	0.00		0	FLM	4		0.00		
Vitamin D		0.6		•				0.5		
Vitamin K (phylloquinone)	Incg	0.6		0	FLM	4		0.5		
ipids:	σ.	10 240	.	^	140	^		0 417		
Fatty acids, total saturated		10.348		0	MC	9		9.417		
4:0		0.013		0	FLM	4		0.012		
6:0		0.009		0	FLM	4		0.008		
8:0		0.004		0	FLM	4		0.003		
10:0	-	0.026		0	FLM	4		0.023		
12:0	-	0.058	5	0	FLM	4		0.053		
13:0	-			_						
14:0	y	0.463	•	0	FLM	4		0.422		

	<u>Aı</u>	nount in 100 g	rams	of edib	le portic	<u>n</u>	Amount in edible portion of common		
		Nu	mber					easures of food	
				Deriv	Source	Confidence			
Nutrients and Units	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
16:0	q 6.059		0	FLM	4		5.514		
17:0	-								
18:0			0	FLM	4		3.204		
20:0									
22:0									
24:0			•		•		10.000		
Fatty acids, total monounsaturated			0	MC	9		12.006		
14:1 15:1									
16:1 undifferentiated	=		0	FLM	4		0.805		
17:1			·		-		0.005		
18:1 undifferentiated	-		0	FLM	4		10.889		
20:1	-		0	FLM	4		0.185		
22:1 undifferentiated	g 0.000		0	FLM	4		0.000		
24:1 c									
Fatty acids, total polyunsaturated			0	MC	9		2.119		
18:2 undifferentiated			0	FLM	4		2.189		
18:3 undifferentiated	-		0	FLM	4		0.169		
18:4	-		0	FLM	4		0.000		
20:2 n-6 c,c									
20:3 undifferentiated 20:4 undifferentiated	=		0	FLM	4		0.057		
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	mg 93		0	MC	9		85		
Phytosterols	mg 0		0	FLM	4		0		
Amino Acids:									
Tryptophan			0	FLM	4		0.130		
Threonine	=		0	FLM	4		0.509		
Isoleucine	=		0	FLM	4		0.556		
Leucine			0	FLM FLM	4 4		0.919 0.975		
Lysine Methionine			0	FLM	4		0.282		
Cystine	•		0	FLM	4		0.135		
Phenylalanine	•		0	FLM	4		0.462		
Tyrosine			0	FLM	4		0.385		
Valine			0	FLM	4		0.631		
Arginine			0	FLM	4		0.677		
Histidine	g 0. 47 0		0	FLM	4		0.428		
Alanine	g 0.728		0	FLM	4		0.663		
Aspartic acid			0	FLM	4		1.013		
Glutamic acid			0	FLM	4		1.821		
Glycine			0	FLM	4		0.555		
Proline	=		0	FLM	4 4		0.493		
Serine	=		U	FLM	4		0.454		
Others:									
Alcohol, ethyl	0.0		0	FLM	4		0.0		
Caffeine			0	FLM	4		0		
Theobromine			0	FLM	4		0		
Carotenoids:									
Carotene, beta			0	Z	7		0.000		
Carotene, alphan			0	FLM	4		0.000		
Cryptoxanthin, beta			0	FLM	4		0.000		
Lycopene			0	FLM	4		0.000		
Lutein + zeaxanthinn	ncg 6		0	FLM	4		5.154		

NDB No. 07006 Bockwurst, pork, veal, raw Common Measures:

Measure 1 = 91g: 1 sausage

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

		<u>A</u>	mount in 100	grams	of edik	le portio	<u>n</u>		edible portion	
			N	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		54.26		2	A	1		15.19		
Energy	kcal	314		0	NC	4		88		
Energy	kj	1312		0	NC	4		367		
Protein (N x 6.25)	g	10.27		2	A	1		2.88		
Total lipid (fat)	g	28.19		2	A	1		7.89		
Ash		3.29		2	A	1		0.92		
Carbohydrate, by difference		3.98		0	NC	4		1.12		
Fiber, total dietary		0.0		0	Z	7		0.0		
Sugars, total		0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	31		2	A	1		9		
Iron, Fe		1.10		2	A	1		0.31		
Magnesium, Mg		14		2	A	1		4		
Phosphorus, P		172		2	A	1		48		
Potassium, K	mg	172		2	A	1		48		
Sodium, Na	mg	1080		2	A	1		302		
Zinc, Zn	mg	9.10		2	A	1		2.55		
Copper, Cu	mg	0.068	3	2	A	1		0.019		
Manganese, Mn	mg	0.044	4	2	A	1		0.012		
Selenium, Se	mcg	0.0		2	A	1		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	ma	15.2		2	A	1		4.2		
Thiamin	-	0.026	6	2	A	1		0.007		
Riboflavin	-	0.099		2	A	1		0.028		
Niacin		2.515	5	2	A	1		0.704		
Pantothenic acid		0.406	6	2	A	1		0.114		
Vitamin B-6		0.170)	2	A	1		0.048		
Folate, total	mcg	9		2	A	1		3		
Folic acid	mcg	0		0	Z	7		0		
Folate, food		9		2	A	1		3		
Folate, DFE	mcg_DFE	9		0	NC	4		3		
Vitamin B-12		1.27		2	A	1		0.35		
Vitamin A, IU		70		0	AS	1		20		
Vitamin A, RAE		13		0	AS	1		4		
Retinol		11		2	A	1		3		
Vitamin E (alpha-tocopherol)		0.35		2	A	1		0.10		
Tocopherol, beta		0.00		2	A	1		0.00		
Tocopherol, gamma		0.19		2	A	1		0.05		
Tocopherol, delta		0.00		2	A	1		0.00		
Vitamin D		1.7		2	A	1		0.5		
Vitamin K (phylloquinone)	Illog	1.7		2	A	1		0.5		
<u>Lipids:</u>										
Fatty acids, total saturated	g	11.134	1	2	A	1		3.118		
4:0	g	0.000)	0	Z	7		0.000		
6:0	-	0.000		0	z	7		0.000		
8:0		0.000)	2	A	1		0.000		
10:0	g	0.000		2	A	1		0.000		
12:0		0.000)	2	A	1		0.000		
13:0	_									
14:0	_	0.900		2	A	1		0.252		
15:0	_	0.138		2	A	1		0.039		
16:0		3.164		2	A	1		0.886		
17:0		0.324		2	A	1		0.091		
18:0		3.481		2	A	1		0.975		
20:0		0.000		2	A	1		0.000		
22:0		0.000	•	2	A	1		0.000		

		<u>Aı</u>	nount in 10			ble portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Ur	nits	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	a	12.218		2	A	1		3.421			
14:1		0.239		2	A	1		0.067			
15:1	• • • • • • • • • • • • • • • • • • • •	0.000		2	A	1		0.000			
16:1 undifferentiated	-	0.981		2	A	1		0.275			
17:1	-	0.501		-		-		0.273			
18:1 undifferentiated		10.881		2	A	1		3.047			
20:1	-	0.118		2	A	1		0.033			
22:1 undifferentiated	_	0.000		0	z	7		0.000			
24:1 c	-	0.000		·	-	•		0.000			
Fatty acids, total polyunsaturated		0.776		2	A	1		0.217			
18:2 undifferentiated		0.666		2	A	1		0.186			
18:3 undifferentiated	-	0.081		0	AS	1		0.023			
18:3 n-6 c.c.c		0.000		2	A	1		0.000			
18:3i	_	0.000		_		_		0.000			
18:4		0.000		0	z	7		0.000			
20:2 n-6 c.c.	• • • • • • • • • • • • • • • • • • • •	0.000		2	A	1		0.000			
20:3 undifferentiated	-	0.000		2	A	1		0.000			
20:3 n-3	-	0.000		_		_		0.000			
20:3 n-6											
20:4 undifferentiated	-	0.030		2	A	1		0.008			
20:4 n-3	_			_		_		0.000			
20:4 n-6											
20:5 n-3		0.000		0	z	7		0.000			
22:5 n-3	_	0.000		0	z	7		0.000			
22:6 n-3		0.000		0	z	7		0.000			
Fatty acids, total trans	_	1.485		2	A	1		0.416			
Cholesterol	-	56		2	A	1		16			
Phytosterols	-										
-											
Others:											
Alcohol, ethyl	_	0.0		0	Z	7		0.0			
Caffeine		0		0	Z	7		0			
Theobromine	mg	0		0	Z	7		0			
Carotenoids:											
Carotene, beta	mca	11		2	A	1		3.130			
Carotene, alpha		6		2	A	1		1.565			
Cryptoxanthin, beta		11		2	A	1		3.130			
Lycopene		11		2	A	1		3.130			
Lutein + zeaxanthin		11		2	A	1		3.130			
Edeni - Zedaditimi.				_				5.250			

Common Measures:

Measure 1 = 28g: 1 serving 1 slice

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>A</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 3
Proximates:										
Water	g	51.87		0	MC	9		14.71	51.87	
Energy	kcal	308		0	NC	4		87	308	
Energy	kj	1288		0	NC	4		365	1288	
Protein (N x 6.25)	g	15.20		0	MC	9		4.31	15.20	
Total lipid (fat)	g	24.59		0	MC	9		6.97	24.59	
Ash	g	2.85		0	NC	4		0.81	2.85	
Carbohydrate, by difference	g	5.49		0	NC	4		1.56	5.49	
Fiber, total dietary	g	0.0		0	MC	9		0.0	0.0	
Sugars, total	g	4.42		0	MC	9		1.25	4.42	
Starch	g									
Minorola										
Minerals: Calcium, Ca	ma	85		0	MC	9		24	85	
Iron, Fe		1.21		0	MC	9		0.34	1.21	
Magnesium, Mg		17		0	MC	9		5	17	
Phosphorus, P		163		0	MC	9		46	163	
Potassium, K		315		0	MC	9		89	315	
Sodium, Na		736		0	MC	9		209	736	
Zinc, Zn		2.30		0	MC	9		0.65	2.30	
Copper, Cu		0.052	2	0	MC	9		0.015	0.052	
Manganese, Mn		0.018		0	FLM	4		0.005	0.018	
Selenium, Se		24.6		0	FLM	4		7.0	24.6	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	_	0.8	_	0	MC	9		0.2	0.8	
Thiamin		0.217		0	MC	9		0.062	0.217	
Riboflavin	_	0.185		0	MC	9		0.052	0.185	
Niacin	-	2.521		0	MC	9		0.715	2.521	
Pantothenic acid	-	0.415		0	MC	9		0.118	0.415	
Vitamin B-6	_	0.297	/	0	MC	9		0.084	0.297	
Folate, total		6		0	MC	9		2	6	
Folic acid		0		0	NR	4		0 2	0 6	
Folate, food		6 6		0	MC	9 4		2		
Folate, DFE		1.82		0	NC	9		0.51	6 1.82	
Vitamin B-12		84		0	MC NC	4		24		
Vitamin A, IU		25		0	NC	4		7	84 25	
Vitamin A, RAE		25 25		0	NR NR	4		7	25 25	
Retinol		0.00		0	FLM	4		0.00	0.00	
Vitamin E (alpha-tocopherol)				0		4		0.00		
Tocopherol, beta Tocopherol, gamma		0.00		0	NR NR	4		0.00	0.00 0.00	
Tocopherol, delta		0.00		0	NR NR	4		0.00	0.00	
Vitamin D		31.550	1	0	MC	9		8.944	31.550	
Vitamin K (phylloquinone)		0.3	,	0	BFZN	4		0.1	0.3	
viamini it (phynodumone)		0.5		·	22 221	-		V	0.5	
<u>Lipids:</u>										
Fatty acids, total saturated	-	9.301		0	NC	4		2.637	9.301	
4:0		0.001		0	FLM	4		0.000	0.001	
6:0		0.000		0	FLM	4		0.000	0.000	
8:0		0.000		0	FLM	4		0.000	0.000	
10:0		0.012		0	FLM	4		0.003	0.012	
12:0		0.013	5	0	FLM	4		0.004	0.013	
13:0	_			_						
14:0	_	0.323	5	0	FLM	4		0.092	0.323	
15:0		F 00.	-	^						
16:0		5.986	•	0	FLM	4		1.697	5.986	
17:0		0.00		^		^		0.040	0.00	
18:0		2.964	ŧ	0	MC	9		0.840	2.964	
20:0										

		<u>Ar</u>	mount in 10			ole portic	<u>on</u>		edible portion of easures of food	
Nutrients and U	nits	Mean		Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		10.526		0	NC	4		2.984	10.526	
14:1	_									
15:1	-	0.500		•				2 172	0.500	
16:1 undifferentiated		0.598		0	FLM	4		0.170	0.598	
17:1	_	0.710		0	77.14			2.752	0.710	
18:1 undifferentiated	_	9.712		0	FLM	4		2.753	9.712	
20:1		0.186		0	FLM	4		0.053	0.186	
22:1 undifferentiated	•	0.031		0	FLM	4		0.009	0.031	
24:1 c		1 100		•	27.0			2 04 0	4 400	
Fatty acids, total polyunsaturated.		1.120		0	NC	4		0.318	1.120	
18:2 undifferentiated		1.015		0	FLM	4		0.288	1.015	
18:3 undifferentiated		0.055		0	FLM	4		0.016	0.055	
18:4		0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c	_									
20:3 undifferentiated				•						
20:4 undifferentiated		0.050		0	FLM	4		0.014	0.050	
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		0.000		0	NR	4		0.000	0.000	
Cholesterol	-	60		0	MC	9		17	60	
Phytosterols	mg	0		0	FLM	4		0	0	
Amino Acids:										
Tryptophan	а	0.214		0	FLM	4		0.061	0.214	
Threonine		0.770		0	FLM	4		0.218	0.770	
Isoleucine	-	0.809		0	FLM	4		0.229	0.809	
Leucine	_	1.385		0	FLM	4		0.393	1.385	
Lysine	=	1.499		0	FLM	4		0.425	1.499	
Methionine		0.445		0	FLM	4		0.126	0.445	
Cystine		0.209		0	FLM	4		0.059	0.209	
Phenylalanine		0.689		0	FLM	4		0.195	0.689	
Tyrosine		0.606		0	FLM	4		0.172	0.606	
Valine		0.927		0	FLM	4		0.263	0.927	
Arginine		1.030		0	FLM	4		0.292	1.030	
Histidine		0.646		0	FLM	4		0.183	0.646	
Alanine		0.966		0	FLM	4		0.274	0.966	
Aspartic acid		1.550		0	FLM	4		0.439	1.550	
Glutamic acid		2.718		0	FLM	4		0.771	2.718	
		0.805		0	FLM	4		0.771	0.805	
Glycine		0.805		0	FLM	4		0.228	0.805	
Proline	=	0.782		0	FLM	4		0.203	0.714	
Serine	_	0.714		U	F TW	4		0.203	0.714	
Hydroxyproline	9									
Others:										
Alcohol, ethyl	g	0.0		0	z	7		0.0	0.0	
Caffeine	mg	0		0	Z	7		0	0	
Theobromine	mg	0		0	Z	7		0	0	
Carotenoids:										
<u> </u>	mag	•		•				0.010	0.046	
Carotene, beta	-	0		0	FLM	4 7		0.013	0.046	
Carotene, alpha		-		-	Z			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	iicg	0		0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 100g: 3.527 oz NDB No. 07008 Bologna, beef and pork

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u>	mount in 100) grams	of edik	ole portio	<u>n</u>		edible portion	
			1	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	63.40				12		17.75	27.26	8.88
Energy	kcal	230				4		64	99	32
Energy		962				4		269	414	135
Protein	g	11.50				12		3.22	4.95	1.61
Total lipid (fat)	g	19.30				12		5.40	8.30	2.70
Ash	g	0.00		0	Z	7		0.00	0.00	0.00
Carbohydrate, by difference	g	2.60				9		0.73	1.12	0.36
Fiber, total dietary	g	0.0				7		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	11				12		3	5	2
Iron, Fe		0.66				12		0.18	0.28	0.09
Magnesium, Mg		12				12		3	5	2
Phosphorus, P		181				12		51	78	25
Potassium, K	mg	156				12		44	67	22
Sodium, Na	mg	1108				12		310	476	155
Zinc, Zn		1.50				12		0.42	0.65	0.21
Copper, Cu		0.080)			4		0.022	0.034	0.01
Manganese, Mn										
Selenium, Se	mcg	11.2		0	BFNN	4		3.1	4.8	1.6
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0			z	7		0.0	0.0	0.0
Thiamin	-	0.170)			4		0.048	0.073	0.02
Riboflavin	-	0.130)			4		0.036	0.056	0.01
Niacin	mg	2.540)			4		0.711	1.092	0.35
Pantothenic acid	mg									
Vitamin B-6	mg	0.180)			4		0.050	0.077	0.02
Folate, total	mcg	5				4		1	2	1
Folic acid	_	0		0	NR	4		0	0	0
Folate, food		5				4		1	2	1
Folate, DFE				0	NC	4		1	2	1
Vitamin B-12		1.31				4		0.37	0.56	0.18
Vitamin A, IU		0				4		0	0	0
Vitamin A, RAE				0	AS	1 7		0	0	0
Retinol		0 0.22		0 0	Z NR	4		0 0.06	0 0.09	0
Vitamin E (alpha-tocopherol)	• • • • • • • • • • • • • • • • • • • •	0.22		U	NK	4		0.06	0.09	0.03
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.3		0	BFZN	4		0.1	0.1	0.0
. ,	_									
<u>Lipids:</u>	_									
Fatty acids, total saturated		7.308				4		2.046	3.142	1.02
4:0	-	0.000				4		0.000	0.000	0.00
6:0 8:0	-	0.000				4		0.000 0.000	0.000	0.00
10:0		0.041				4		0.000	0.000 0.018	0.00
12:0	_	0.027				4		0.008	0.018	0.00
13:0	_	0.02	•			•		0.000	0.012	0.00
14:0		0.423	3			4		0.118	0.182	0.05
15:0	_	0.425	-			•		3.110	0.102	0.00
16:0	_	4.282	2			4		1.199	1.841	0.59
17:0	-									
18:0	-	2.527	7			4		0.708	1.087	0.3
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	
Fatty acids, total monounsaturated	9.145				4		2.561	3.932	1.280	
14:1g										
15:1g										
16:1 undifferentiatedg	0.943				4		0.264	0.405	0.132	
17:1g										
18:1 undifferentiatedg	8.202				4		2.297	3.527	1.148	
20:1g	0.000				4		0.000	0.000	0.000	
22:1 undifferentiatedg	0.000				4		0.000	0.000	0.000	
24:1 cg										
Fatty acids, total polyunsaturated	1.639				4		0.459	0.705	0.229	
18:2 undifferentiatedg	1.359				4		0.381	0.584	0.190	
18:3 undifferentiatedg	0.280				4		0.078	0.120	0.039	
18:4g	0.000				4		0.000	0.000	0.000	
20:2 n-6 c,cg										
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.000				4		0.000	0.000	0.000	
20:5 n-3g	0.000				4		0.000	0.000	0.000	
22:5 n-3g	0.000				4		0.000	0.000	0.000	
22:6 n-3g	0.000				4		0.000	0.000	0.000	
Fatty acids, total transg										
Cholesterolmg	39				12		11	17	5	
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0				7		0.0	0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	0	
Theobromine mg	0		0	Z	7		0	0	0	
Carotenoids:										
Carotene, betamcg	0		0	z	7		0.000	0.000	0.000	
Carotene, alphamcg	0		0	z	7		0.000	0.000	0.000	
Cryptoxanthin, betamcg	0		0	z	7		0.000	0.000	0.000	
Lycopenemcg	0		0	z	7		0.000	0.000	0.000	
Lutein + zeaxanthin mcg	0		0	z	7		0.000	0.000	0.000	

Common Measures:

Measure 1 = 28g: 1 slice, medium Measure 2 = 43g: 1 slice, thick Measure 3 = 14.0g: 1 slice, thin

Calories Factors: Protein Fat Carbohydrate

		<u>A</u>	mount in 100	grams	of edik	le portio	<u>n</u>	Amount in	edible portion	of common
			N	lumber	,			m	easures of food	
					Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error F			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	65.00		1	A	1		18.20		
Energy	kcal	204		0	NC	4		57		
Energy	kj	854		0	NC	4		239		
Protein (N x 6.25)		11.80		1	A	1		3.30		
Total lipid (fat)	g	14.80		1	A	1		4.14		
Ash	g	3.20		1	A	1		0.90		
Carbohydrate, by difference	g	5.20		0	NC	4		1.46		
Fiber, total dietary		0.0		0	Z	7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Ainerals:										
Calcium, Ca	mg	9		1	MA	12		3		
Iron, Fe	-	1.00		1	MA	12		0.28		
Magnesium, Mg	_	12		1	MA	12		3		
Phosphorus, P		178		1	MA	12		50		
Potassium, K	_	147		1	MA	12		41		
Sodium, Na	_	1180		1	A	1		330		
Zinc, Zn	_	1.83		1	MA	12		0.51		
Copper, Cu		0.030)	0		4		0.008		
Manganese, Mn										
Selenium, Se	mcg	12.4		0	BFNN	4		3.5		
itamins:										
Vitamin C, total ascorbic acid	mg	1.0		0		4		0.3		
Thiamin	mg	0.050)	0		4		0.014		
Riboflavin		0.100)	0		4		0.028		
Niacin	mg	2.500)	0		4		0.700		
Pantothenic acid										
Vitamin B-6	mg	0.150)	0		4		0.042		
Folate, total	mcg	5		0		4		1		
Folic acid	mcg	0		0	NR	4		0		
Folate, food		5		0		4		1		
Folate, DFE	mcg_DFE	5		0	NC	4		1		
Vitamin B-12	mcg	1.40		0		4		0.39		
Vitamin A, IU		0		1	A	1		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol		0		0	NR	4		0		
Vitamin E (alpha-tocopherol)	mg	0.19		0	NR	4		0.05		
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.3		0	BFZN	4		0.1		
Lipids:										
Fatty acids, total saturated	g	5.464	1	0	NC	4		1.530		
4:0	g	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	0.037	7	0		4		0.010		
12:0	g	0.019	•	0		4		0.005		
13:0	g									
14:0	g	0.407	7	0		4		0.114		
15:0	g									
16:0	g	3.106	5	0		4		0.870		
17:0										
18:0		1.894	1	0		4		0.530		
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 Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	6.455		0	NC	4		1.808			
14:1g										
15:1g 16:1 undifferentiatedg	0.767		0		4		0.215			
16:1 undifferentiated	0.767		U		4		0.215			
18:1 undifferentiated	5.688		0		4		1.593			
20:1g	0.000		0		4		0.000			
22:1 undifferentiated	0.000		0		4		0.000			
24:1 c	0.000		U		•		0.000			
Fatty acids, total polyunsaturated9	0.510		0	NC	4		0.143			
18:2 undifferentiatedg	0.398		0	2.0	4		0.111			
18:3 undifferentiatedg	0.112		0		4		0.031			
18:4g	0.000		0		4		0.000			
20:2 n-6 c.cg	0.000		•		-		0.000			
20:3 undifferentiated										
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 trans										
Cholesterolmg	44		1	A	1		12			
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0		0		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 = 28g: 1 slice

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>A</u> 1	mount in 10	0 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 Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	50.85		1	A	1		14.24	14.24	
Energy	kcal	334		0	NC	4		93	93	
Energy	kj	1395		0	NC	4		391	391	
Protein (N x 6.25)	g	10.31		1	A	1		2.89	2.89	
Total lipid (fat)	g	30.61		1	A	1		8.57	8.57	
Ash	g	4.04		1	A	1		1.13	1.13	
Carbohydrate, by difference	g	4.19		0	NC	4		1.17	1.17	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
<i>s</i> :)										
Minerals:	ma	106		4	2	1		55	E E	
Calcium, Ca		196 1.12		1 1	A A	1 1		0.31	55 0.31	
Iron, Fe	_	1.12		1	A A	1		0.31 5	0.31 5	
Magnesium, Mg Phosphorus, P		223		1	A	1		62	62	
Potassium, K	-	162		1	A	1		45	45	
Sodium, Na	-	1240		1	A	1		347	347	
Zinc, Zn	_	1.04		1	A	1		0.29	0.29	
Copper, Cu		0.039	•	1	A	1		0.011	0.011	
Manganese, Mn		0.042		1	A	1		0.012	0.012	
Selenium, Se		0.0	_	1	A	1		0.0	0.0	
•										
<u>'itamins:</u>										
Vitamin C, total ascorbic acid	_	13.2		1	A	1		3.7	3.7	
Thiamin		0.063		1	A	1		0.018	0.018	
Riboflavin		0.129		1	A	1		0.036	0.036	
Niacin		3.680		1	A	1		1.030	1.030	
Pantothenic acid	-	0.776		1	A	1		0.217	0.217	
Vitamin B-6	-	0.190)	1	A	1		0.053	0.053	
Folate, total		13		1	A	1		4	4	
Folic acid		0		0	Z	7		0	0	
Folate, food		13		1	A	1		4	4	
Folate, DFE		13		0	NC	4		4	4	
Vitamin B-12		0.50		1	A	1		0.14	0.14	
Vitamin A, IU		75 13		0	AS	1		21	21	
Vitamin A, RAE				0	AS	1 1		4 3	4	
Retinol		11		1 2	A	1			3	
Vitamin E (alpha-tocopherol)		0.64		2	A			0.18 0.00	0.18	
Tocopherol, beta		0.00		2	A A	1 1			0.00 0.08	
Tocopherol, gamma		0.29		2	A	1		0.08		
Tocopherol, delta Vitamin D		0.00		2	A	1		0.00	0.00	
Vitamin K (phylloquinone)		0.6		2	A	1		0.2	0.2	
<u>lipids:</u>	_	<u>.</u> -			_	_				
Fatty acids, total saturated		9.863		1	A	1		2.762	2.762	
4:0	-	0.000		0	Z	7		0.000	0.000	
6:0		0.000		0	Z	7		0.000	0.000	
8:0		0.000		1	A	1		0.000	0.000	
10:0	-	0.000		1 1	A A	1 1		0.000	0.000	
12:0		0.000	,	1	A	1		0.000	0.000	
13:0	-	0 201		1	74	1		0.000	0.000	
14:0	-	0.321		1	A	1		0.090	0.090	
15:0	-	0.000		1	A A	1 1		0.000	0.000	
16:0	-	6.584		1	A A	1		1.844	1.844	
17:0		0.082		1	A A	1		0.023	0.023	
18:0		2.829		1	A A	1		0.792	0.792	
20:0		0.047						0.013	0.013	
22:0 24:0	-	0.000	,	1	A	1		0.000	0.000	

	<u>Ar</u>	nount in 100 g	rams of	f edib	le portio	<u>n</u>	Amount in	edible portion of	common
		Nui	mber				<u>me</u>	asures of food	
Nutrients and Units	Mean	of Std. Error Po	Data D ints C		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg			1	A	1		3.688	3.688	
14:1g			1	A	1		0.000	0.000	
15:1g			1 1	A A	1 1		0.000	0.000	
16:1 undifferentiated			1	A	1		0.312	0.312	
18:1 undifferentiatedg			1	A	1		3.311	3.311	
20:1g			1	A	1		0.065	0.065	
22:1 undifferentiatedg			0	Z	7		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturatedg			1	A	1		1.217	1.217	
18:2 undifferentiatedg			1	A	1		1.084	1.084	
18:3 undifferentiated			0 1	AS A	1 1		0.067	0.067	
18:3 n-6 c,c,c			1	А	1		0.009	0.009	
18:31			0	z	7		0.000	0.000	
20:2 n-6 c.c			1	A	1		0.037	0.037	
20:3 undifferentiatedg	0.000		1	A	1		0.000	0.000	
20:3 n-3g									
20:3 n-6g									
20:4 undifferentiatedg			1	A	1		0.030	0.030	
20:4 n-3									
20:4 n-6			0	z	7		0.000	0.000	
20.5 n-3			0	Z	7		0.000	0.000	
22:6 n-3g			0	z	7		0.000	0.000	
Fatty acids, total trans			1	A	1		0.079	0.079	
Cholesteroln			1	A	1		24	24	
Phytosterolsn	ng								
Amino Acids:									
Tryptophan			1 1	A	1		0.023	0.023	
Threonine			1	A A	1 1		0.112 0.130	0.112 0.130	
Leucine			1	A	1		0.130	0.130	
Lysine			1	A	1		0.231	0.231	
Methionine			1	A	1		0.060	0.060	
Cystineg	0.108		1	A	1		0.030	0.030	
Phenylalanineg	0.413		1	A	1		0.116	0.116	
Tyrosineg			1	A	1		0.090	0.090	
Valine			1	A	1		0.148	0.148	
Arginine			1 1	A A	1 1		0.188	0.188	
Histidine			1	A	1		0.088 0.184	0.088 0.184	
Aspartic acid			1	A	1		0.258	0.258	
Glutamic acid			1	A	1		0.433	0.433	
Glycine			1	A	1		0.197	0.197	
Prolineg	0.505		1	A	1		0.141	0.141	
Serineg			1	A	1		0.111	0.111	
Hydroxyproline	0.134		1	A	1		0.038	0.038	
Others:				_	_				
Alcohol, ethyl	0.0		0	Z	7		0.0	0.0	
Caffeine mg Theobromine mg			0 0	z z	7 7		0	0 0	
Carotenoids:	· ·		O	4	,		O .	Ū	
Carotene, betamc	q 11		1	A	1		3.130	3.130	
Carotene, alphamc	•		1	A	1		3.130	3.130	
Cryptoxanthin, beta mc			1	A	1		3.130	3.130	
Lycopene mo			1	A	1		3.130	3.130	
Lutein + zeaxanthin mo	g 20		1	A	1		5.488	5.488	

NDB No. 07960 Bologna, chicken, pork

Common Measures:

Measure 1 = 28g: 1 serving Measure 2 = 28g: 1 slice

Calories Factors: Protein Fat Carbohydrate

		<u>Aı</u>	mount in 100 gr	rams of	f edib	ole portio	<u>n</u>		edible portion	
			Nur	mber				<u>m</u>	easures of food	<u> </u>
			of l	Data D	eriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	ints C	ode	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	56.42	2.003	3	A	1		15.80	15.80	
Energy	kcal	272		0	NC	4		76	76	
Energy		1139		0	NC	4		319	319	
Protein	g	11.33	0.550	3	A	1		3.17	3.17	
Total lipid (fat)	g	22.73	1.313	3	A	1		6.36	6.36	
Ash		3.93	0.167	3	A	1		1.10	1.10	
Carbohydrate, by difference		5.61		0	NC	4		1.57	1.57	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total		0.00		0	Z	7		0.00	0.00	
Starch										
<u>Minerals:</u>			1. 0=0	•	_	_		0.6	0.5	
Calcium, Ca	-	92	14.358	3	A	1		26	26	
Iron, Fe.	-	1.25	0.060	3	A	1		0.35	0.35	
Magnesium, Mg		15 227	1.068	3 3	A A	1 1		4 63	4 63	
Phosphorus, P	-	313	11.795 59.803	3	A A	1		63 88	63 88	
Potassium, K Sodium, Na		1120	20.817	3	A	1		314	314	
, , , , , , , , , , , , , , , , , , , ,		1.22	0.081	3	A	1		0.34	0.34	
Zinc, Zn		0.064		3	A	1		0.018	0.018	
Copper, Cu Manganese, Mn		0.043		3	A	1		0.018	0.012	
Selenium, Se		0.0	0.001	3	A	1		0.012	0.0	
Scientini, Sc	g	0.0	0.001	J		-		0.0	0.0	
'itamins:										
Vitamin C, total ascorbic acid	-	15.8	0.328	3	A	1		4.4	4.4	
Thiamin	-	0.074		3	A	1		0.021	0.021	
Riboflavin	mg	0.135		3	A	1		0.038	0.038	
Niacin	mg	3.463		3	A	1		0.970	0.970	
Pantothenic acid	_	0.721		3	A	1		0.202	0.202	
Vitamin B-6	_	0.227		3	A	1		0.064	0.064	
Folate, total		7	0.333	3	A	1		2	2	
Folic acid		0		0	Z	7		0	0	
Folate, food		7	0.333	3	A	1		2	2	
Folate, DFE		7		0	NC	4		2	2	
Vitamin B-12		0.59	0.050	3	A	1		0.16	0.16	
Vitamin A, IU	IU	75		0	AS	1		21	21	
Vitamin A, RAE		13		0	AS	1		4	4	
Retinol		11	0.000	3	A	1		3	3	
Vitamin E (alpha-tocopherol)		0.25	0.094	3	A	1		0.07	0.07	
Tocopherol, beta		0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, gamma		0.21	0.097	3	A	1		0.06	0.06	
Tocopherol, delta		0.00	0.000	3	A	1		0.00	0.00	
Vitamin D Vitamin K (phylloquinone)		0.1	0.067	3	A	1		0.0	0.0	
• • •										
ipids:	0	e 00=	0.443	3		4		1 050	1 050	
Fatty acids, total saturated		6.997		0	A Z	1 7		1.959	1.959	
4:0		0.000		0	Z	7		0.000 0.000	0.000 0.000	
6:0 8:0		0.000		3	A	1		0.000	0.000	
		0.000		3	A	1		0.000	0.000	
10:0 12:0.	-	0.000		3	A	1		0.000	0.000	
13:0		0.000	0.000	,	-1	1		0.000	0.000	
14:0	-	0.249	0.031	3	A	1		0.070	0.070	
15:0	-	0.249		3	A	1		0.070	0.070	
16:0	_	4.742		3	A	1		1.328	1.328	
	-	0.071		3	A	1		0.020	0.020	
17:0 18:0		1.892		3	A	1		0.530	0.020	
		0.027		3	A	1				
20:0						1		0.008	0.008	
22:0 24:0	-	0.000	0.000	3	A	1		0.000	0.000	

		<u>Ar</u>	nount in 100			ole portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Un	its	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.	g	9.698	0.396	3	A	1		2.715	2.715	
14:1		0.036	0.001	3	A	1		0.010	0.010	
15:1	g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated	g	1.002	0.048	3	A	1		0.281	0.281	
17:1	-									
18:1 undifferentiated	g	8.507	0.419	3	A	1		2.382	2.382	
20:1	g	0.152	0.022	3	A	1		0.043	0.043	
22:1 undifferentiated	_	0.000		0	Z	7		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsaturated	g	3.475	0.289	3	A	1		0.973	0.973	
18:2 undifferentiated		3.112	0.263	3	A	1		0.871	0.871	
18:3 undifferentiated	g	0.189		0	AS	1		0.053	0.053	
18:3 n-6 c.c.c		0.021	0.011	3	A	1		0.006	0.006	
18:3i	g									
18:4	g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c	g	0.085	0.017	3	A	1		0.024	0.024	
20:3 undifferentiated	g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-3	g									
20:3 n-6	g									
20:4 undifferentiated	g	0.090	0.003	3	A	1		0.025	0.025	
20:4 n-3	g									
20:4 n-6	g									
20:5 n-3	g	0.000		0	Z	7		0.000	0.000	
22:5 n-3	g	0.000		0	Z	7		0.000	0.000	
22:6 n-3	g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans	g	0.237	0.121	3	A	1		0.066	0.066	
Cholesterol	mg	83	3.753	3	A	1		23	23	
Phytosterols	mg									
O4h										
Others:	_				_	_				
Alcohol, ethyl	_	0.0		0	Z Z	7 7		0.0	0.0	
Caffeine		0		0	z z	7		0	0	
Theobromine	II.IG	U		U	z	,		U	0	
<u>Carotenoids:</u>										
Carotene, beta	mcg	11	0.000	3	A	1		3.130	3.130	
Carotene, alpha	mcg	11	0.000	3	A	1		3.130	3.130	
Cryptoxanthin, beta		11	0.000	3	A	1		3.130	3.130	
Lycopene		11	0.000	3	A	1		3.130	3.130	
Lutein + zeaxanthin		15		3	A	1		4.105	4.105	

Common Measures:

Measure 1 = 28g: 1 serving Measure 2 = 28g: 1 slice

Calories Factors: Protein Fat Carbohydrate

		<u>A</u> :	mount in 10	<u>0 grams</u>	of edil	ole portio	<u>n</u>		edible portion	
			I	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	55.25		2	A	1		15.47	15.47	
Energy	kcal	300		0	NC	4		84	84	
Energy	kj	1256		0	NC	4		352	352	
Protein (N x 6.25)	g	9.88		2	A	1		2.77	2.77	
Total lipid (fat)	g	26.18		2	A	1		7.33	7.33	
Ash	g	3.03		2	A	1		0.85	0.85	
Carbohydrate, by difference	g	5.65		0	NC	4		1.58	1.58	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minopole										
Minerals:	ma	82		2	A	1		23	23	
Calcium, Ca Iron, Fe	-	1.16		2	A A	1		0.32	0.32	
Magnesium, Mg	-	15		2	A	1		0.32 4	0.32 4	
Phosphorus, P		185		2	A	1		52	52	
Potassium, K	•	152		2	A	1		43	43	
Sodium, Na		922		2	A	1		258	258	
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	1.28		2	A	1		0.36	0.36	
Copper, Cu		0.060)	2	A	1		0.017	0.017	
Manganese, Mn		0.044		2	A	1		0.012	0.012	
Selenium, Se		0.0		2	A	1		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	-	19.7		2	A	1		5.5	5.5	
Thiamin	-	0.042		2	A	1		0.012	0.012	
Riboflavin		0.132		2	A	1		0.037	0.037	
Niacin	-	3.320		2	A	1		0.930	0.930	
Pantothenic acid	=	0.696		2	A	1		0.195	0.195	
Vitamin B-6	_	0.180)	2	A	1		0.050	0.050	
Folate, total		9		2	A Z	1 7		2 0	2	
Folic acid		9		0 2				2	0 2	
Folate, food		9		0	A NC	1 4		2	2	
Folate, DFE		0.79		2		1		0.22	0.22	
Vitamin B-12 Vitamin A, IU		75		0	A As	1		21		
Vitamin A, IU		13		0	AS	1		4	21 4	
Retinol		11		2	AS A	1		3	3	
Vitamin E (alpha-tocopherol)		0.41		2	A	1		0.11	0.11	
		0.41		2	A	1		0.00	0.00	
Tocopherol, beta Tocopherol, gamma		0.31		2	A	1		0.09	0.09	
Tocopherol, delta		0.00		2	A	1		0.09	0.00	
Vitamin D		0.00		_		-		0.00	0.00	
Vitamin K (phylloquinone)		0.0		2	A	1		0.0	0.0	
viamini it (phynodumone)				_		_				
<u>Lipids:</u>										
Fatty acids, total saturated		7.990		2	A	1		2.237	2.237	
4:0		0.000		0	Z	7		0.000	0.000	
6:0		0.000		0	Z	7		0.000	0.000	
8:0		0.000		2	A	1		0.000	0.000	
10:0	-	0.000		2	A	1		0.000	0.000	
12:0		0.000)	2	A	1		0.000	0.000	
13:0	_			_	_	_				
14:0	_	0.251		2	A	1		0.070	0.070	
15:0	_	0.000		2	A	1		0.000	0.000	
16:0	_	5.335		2	A	1		1.494	1.494	
17:0	-	0.072		2	A	1		0.020	0.020	
18:0		2.292		2	A	1		0.642	0.642	
20:0		0.041		2	A	1		0.011	0.011	
22:0	g	0.000)	2	A	1		0.000	0.000	

		<u>A</u> 1	mount in 10	0 grams	of edil	ole portio	<u>on</u>		edible portion of	
				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 monounsatura	ntedg	10.555	i	2	A	1		2.955	2.955	
14:1	g	0.000	1	2	A	1		0.000	0.000	
15:1	g	0.000	ı	2	A	1		0.000	0.000	
16:1 undifferentiated	g	0.921		2	A	1		0.258	0.258	
17:1										
18:1 undifferentiated	•	9.444		2	A	1		2.644	2.644	
20:1	_	0.190		2	A	1		0.053	0.053	
22:1 undifferentiated	_	0.000		0	Z	7		0.000	0.000	
24:1 c	_			_						
Fatty acids, total polyunsaturate		4.672		2	A	1		1.308	1.308	
18:2 undifferentiated	_	4.186		2	A	1		1.172	1.172	
18:3 undifferentiated		0.284		0 2	AS	1		0.079	0.079	
18:3 n-6 c,c,c		0.032		2	A	1		0.009	0.009	
18:3i		0.000		0	Z	7		0.000	0.000	
18:4	_	0.000 0.101		2	Z A	1		0.000 0.028	0.000 0.028	
20:2 n-6 c,c		0.000		2	A	1		0.028	0.028	
20:3 undifferentiated 20:3 n-3	_	0.000		2	A	1		0.000	0.000	
20:3 n-6										
20:4 undifferentiated		0.102		2	A	1		0.029	0.029	
20:4 n-3		0.202		_		_		0.023	0.023	
20:4 n-6.										
20:5 n-3		0.000	ı	0	z	7		0.000	0.000	
22:5 n-3		0.000		0	z	7		0.000	0.000	
22:6 n-3		0.000	1	0	z	7		0.000	0.000	
Fatty acids, total trans		0.430		2	A	1		0.120	0.120	
Cholesterol		80		2	A	1		22	22	
Phytosterols										
Others:										
Alcohol, ethyl	g	0.0		0	z	7		0.0	0.0	
Caffeine	mg	0		0	Z	7		0	0	
Theobromine		0		0	Z	7		0	0	
Carotenoids:										
Carotene, beta		11		2	A	1		3.130	3.130	
Carotene, alpha	mcg	11		2	A	1		3.130	3.130	
Cryptoxanthin, beta		11		2	A	1		3.130	3.130	
Lycopene		11		2	A	1		3.130	3.130	
Lutein + zeaxanthin	mcg	7		2	A	1		1.915	1.915	

Common Measures:

Measure 1 = 28g: 1 serving Measure 2 = 28g: 1 slice

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>Aı</u>	nount in 100 g	rams	of edik	le portio	<u>n</u>		edible portion	_
			Nu	mber	•			<u>m</u>	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	60.60	0.839	3		1		16.97	13.94	
Energy	kcal	247		0	NC	4		69	57	
Energy		1033				4		289	238	
Protein (N x 6.25)		15.30	0.153	3		1		4.28	3.52	
Total lipid (fat)		19.87	1.267	3		1		5.56	4.57	
Ash	g	3.50	0.058	3		1		0.98	0.81	
Carbohydrate, by difference	g	0.73		0	NC	4		0.20	0.17	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total		0.00		0	Z	7		0.00	0.00	
Starch										
Minerals:			4 00-	_		_		•	•	
Calcium, Ca	_	11	1.000	3		1		3	3	
Iron, Fe	_	0.77 14	0.097 0.577	3 3		1 1		0.22	0.18 3	
Magnesium, Mg								4		
Phosphorus, P Potassium, K	•	139 281	3.712 18.475	3 3		1 1		39 79	32 65	
Sodium, Na	-	1184	20.177	3		1		332	272	
Zinc, Zn	-	2.03	0.111	4		1		0.57	0.47	
Copper, Cu		0.080		4		1		0.022	0.018	
Manganese, Mn		0.036		2		1		0.010	0.008	
Selenium, Se		12.7		0	BFNN	4		3.6	2.9	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	_	0.0		0		7		0.0	0.0	
Thiamin	-	0.523		3		1		0.146	0.120	
Riboflavin	=	0.157		3		1		0.044	0.036	
Niacin	_	3.900		3		1		1.092	0.897	
Pantothenic acid	=	0.720		1		1		0.202	0.166	
Vitamin B-6	-	0.270	0.014	3		1		0.076	0.062	
Folate, total		5 0		0	Z	1 7		1 0	1	
Folic acid		5		0	z	1		1	0 1	
Folate, food		5		0	NC	4		1		
Folate, DFE		0.93	0.041	3	NC	1		0.26	1 0.21	
Vitamin B-12 Vitamin A, IU		0.93	0.041	0		4		0.26	0.21	
Vitamin A, IUVitamin A, RAE		0		0	AS	1		0	0	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		0.26		0	NR	4		0.07	0.06	
Tocopherol, beta		0.20		·	2121	•		0.07	0.00	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		56.000		0	T	4		15.680	12.880	
Vitamin K (phylloquinone)		0.3		0	BFZN	4		0.1	0.1	
<u>Lipids:</u>	_			•		_				
Fatty acids, total saturated		6.880		0		1 4		1.926	1.582	
4:0		0.000		0		4		0.000	0.000	
6:0	_	0.000		0		4		0.000	0.000	
8:0 10:0		0.000 0.020		3		1		0.000 0.006	0.000	
12:0		0.020		3		1		0.006	0.005	
13:0		0.020	0.003	,		-		3.000	0.005	
14:0		0.240	0.021	3		1		0.067	0.055	
15:0		0.240	0.021	,		-		3.007	0.055	
16:0	-	4.330	0.289	3		1		1.212	0.996	
17:0	-	1.550	3.203	-		-			2.550	
18:0	-	2.270	0.158	3		1		0.636	0.522	
20:0	-	/0		-		_		0.000	3.322	
22:0	_									
24:0	-									

		<u>Ar</u>	mount in 100 g			ble portic	<u>n</u>		edible portion of easures of food	
				ımber		0	0 6 -1	<u></u>	<u> </u>	•
Nutrients and Units	<i>;</i>	Mean	Std. Error Po		Deriv Code		Confidence Code	Measure 1	Measure 2	Measure 3
		•					,			
Fatty acids, total monounsaturated		9.780		0		1		2.738	2.249	
15:1	-									
16:1 undifferentiated		0.720	0.050	3		1		0.202	0.166	
17:1	-									
18:1 undifferentiated		9.070		3		1		2.540	2.086	
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 polyunsaturated		2.120		0		1		0.594	0.488	
18:2 undifferentiated		1.840		3		1		0.515	0.423	
18:3 undifferentiated		0.280		3		1		0.078	0.064	
18:4	-	0.000	l .	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	l .	0		4		0.000	0.000	
Fatty acids, total trans				_				_		
Cholesterol		59	3.528	3		1		17	14	
Phytosterols	mg	0		0		4		0	0	
Amino Acids:										
Tryptophan	α	0.149	1	0		1		0.042	0.034	
Threonine		0.641		0		1		0.179	0.147	
Isoleucine	-	0.663		0		1		0.175	0.152	
Leucine		1.168		0		1		0.327	0.269	
Lysine		1.204		0		1		0.337	0.277	
Methionine		0.412		0		1		0.115	0.095	
Cystine		0.171		0		1		0.048	0.039	
Phenylalanine	-	0.585		0		1		0.164	0.135	
Tyrosine		0.482		0		1		0.135	0.111	
Valine	-	0.482		0		1		0.133	0.170	
Arginine		1.004		0		1		0.281	0.170	
Histidine		0.482		0		1		0.135	0.231	
Alanine	-	0.482		0		1		0.133	0.111	
Aspartic acid		1.403		0		1		0.274	0.323	
Glutamic acid		2.296		0		1		0.643	0.528	
Glycine	-	1.077		0		1		0.843	0.528	
*		0.773		0		1		0.302	0.248	
Proline	_	0.773		0		1		0.216	0.178	
Serine		0.03-2		U		1		0.176	0.146	
Hydroxyproline	y									
Others:										
Alcohol, ethyl		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	mcg	0		0	Z	7		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		0		0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 28g: 1 slice, medium (4-1/2" dia x 1/8" thick) (1 oz)

Measure 2 = 23g: 1 slice (4" dia x 1/8" thick)

NDB No. 07010 Bologna, pork

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u> :	mount in 10	0 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 Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	64.87		1	A	1		36.33		
Energy	kcal	211		0	MC	9		118		
Energy	kj	881		0	MC	9		493		
Protein (N x 6.25)	g	13.06		1	A	1		7.31		
Total lipid (fat)	g	16.06		1	A	1		8.99		
Ash	g	2.56		1	A	1		1.43		
Carbohydrate, by difference	g	3.45		0	MC	9		1.93		
Fiber, total dietary		0.0		0	MC	9		0.0		
Sugars, total		0.00		0	MC	9		0.00		
Starch										
<u>Minerals:</u>										
Calcium, Ca	-	48		1	A	1		27		
Iron, Fe	•	1.15		1	A	1		0.64		
Magnesium, Mg		17			FLM	4		10		
Phosphorus, P	•	94			FLM	4		53		
Potassium, K	-	138		_	FLM	4		77		
Sodium, Na	-	716		1	A	1		401		
Zinc, Zn		0.73			FLM	4		0.41		
Copper, Cu		0.082			FLM	4		0.046		
Manganese, Mn		0.155	•		FLM	4		0.087		
Selenium, Se	mcg	5.6			FLM	4		3.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	-	0.159)		FLM	4		0.089		
Riboflavin	-	0.097	,		FLM	4		0.054		
Niacin		3.072	2		FLM	4		1.720		
Pantothenic acid		0.340)		FLM	4		0.190		
Vitamin B-6	mg	0.163	3		FLM	4		0.091		
Folate, total	-	18			FLM	4		10		
Folic acid		0			FLM	4		0		
Folate, food		18			FLM	4		10		
Folate, DFE		18		0	NC	4		10		
Vitamin B-12		0.29			FLM	4		0.16		
Vitamin A, IU	IU	2		0	MC	9		1		
Vitamin A, RAE		1		0	AS	1		0		
Retinol		1		0	NR	4		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
<u>lipids:</u>										
Fatty acids, total saturated	a	5.460)	0	MC	9		3.058		
4:0		0.000		Ü	FLM	4		0.000		
6:0		0.000			FLM	4		0.000		
8:0		0.000			FLM	4		0.000		
10:0	-	0.010			FLM	4		0.006		
12:0	-	0.010			FLM	4		0.018		
13:0	-	0.001				-		3.020		
14:0	-	0.188	3		FLM	4		0.106		
15:0	-				·	-		3.200		
16:0		3.312	2		FLM	4		1.855		
17:0					·	-				
18:0		1.905	5		FLM	4		1.067		
20:0					·	-				
22:0	-									
24:0	-									

	Amount in 100 grams of edible portion							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	
Fatty acids, total monounsaturatedg	7.548		0	MC	9		4.227			
14:1g										
15:1g										
16:1 undifferentiatedg	0.517			FLM	4		0.290			
17:1g										
18:1 undifferentiatedg	6.900			FLM	4		3.864			
20:1g	0.124			FLM	4		0.070			
22:1 undifferentiatedg	0.000			FLM	4		0.000			
24:1 cg										
Fatty acids, total polyunsaturatedg	3.051		0	MC	9		1.709			
18:2 undifferentiated	2.786			FLM	4		1.560			
18:3 undifferentiatedg	0.219			FLM	4		0.122			
18:4g	0.000			FLM	4		0.000			
20:2 n-6 c,cg										
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.037			FLM	4		0.020			
20:5 n-3g	0.000			FLM	4		0.000			
22:5 n-3g	0.003			FLM	4		0.002			
22:6 n-3g	0.003	i		FLM	4		0.002			
Fatty acids, total transg										
Cholesterol mg	79		0	MC	9		44			
Phytosterols mg	0			FLM	4		0			
Amino Acids:										
Tryptophang	0.101			FLM	4		0.056			
Threonineg	0.357			FLM	4		0.200			
Isoleucineg	0.419	ı		FLM	4		0.234			
Leucineg	0.714			FLM	4		0.400			
Lysineg	0.664			FLM	4		0.372			
Methionineg	0.217			FLM	4		0.122			
Cystineg	0.151			FLM	4		0.085			
Phenylalanineg	0.402			FLM	4		0.225			
Tyrosineg	0.303			FLM	4		0.170			
Valineg	0.470	ı		FLM	4		0.263			
Arginineg	0.629	ı		FLM	4		0.352			
Histidine9	0.236	i		FLM	4		0.132			
Alanineg	0.507			FLM	4		0.284			
Aspartic acidg	0.766	i		FLM	4		0.429			
Glutamic acid	2.109	ı		FLM	4		1.181			
Glycineg	0.461			FLM	4		0.258			
Prolineg	0.610			FLM	4		0.341			
Serineg	0.430			FLM	4		0.241			
Hydroxyproline										
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:										
	0		0	z	7		0.000			
Carotene, beta mcg Carotene, alpha mcg	0		0	Z	7		0.000			
Cryptoxanthin, betamcg	0		0	Z	7		0.000			
Lycopenemcg	0		0	z	7		0.000			
Lycopene	0		0	z	7		0.000			

Common Measures:

Measure 1 = 56g: 1 serving 2 oz

NDB No. 07936

Bologna, pork and turkey, lite

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

		Amount in 100 grams of edible portion							Amount in edible portion of common			
				Number				m	easures of food			
						Source	Confidence					
Nutrients and Unit	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3		
Proximates: Water	a	45.37			FLA	4		12.86				
Energy	-	333			FLA	4		94				
Energy		1393		0	FLA	4		395				
		11.56		1	A	1		3.28				
Protein (N x 6.25) Total lipid (fat)		29.25		1	A	1		8.29				
Ash		7.15		-	FLA	4		2.03				
Carbohydrate, by difference		6.66		0	NC	4		1.89				
Fiber, total dietary		0.0		0	z	7		0.0				
Sugars, total		1.35		1	A	1		0.38				
Starch.	_	1.33		-		-		0.50				
Starcii	9											
Minerals:												
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	31		1	A	1		9				
Iron, Fe	-	1.20		1	A	1		0.34				
Magnesium, Mg		14			FLA	4		4				
Phosphorus, P	-	128			FLA	4		36				
Potassium, K	-	222			FLA	4		63				
Sodium, Na	-	1055		1	A	1		299				
Zinc, Zn		2.22			FLA	4 4		0.63				
Copper, Cu		0.093 0.265			FLA FLA	4		0.026 0.075				
Manganese, Mn Selenium, Se		12.4	•		FLA	4		3.5				
Selemum, Se	Illog	12.4			FLIA	7		3.3				
<u>Vitamins:</u>												
Vitamin C, total ascorbic acid	mg	11.0		1	A	1		3.1				
Thiamin	mg	0.152	!		FLA	4		0.043				
Riboflavin	mg	0.150)		FLA	4		0.043				
Niacin	-	3.310			FLA	4		0.938				
Pantothenic acid		0.360			FLA	4		0.102				
Vitamin B-6		0.388	1		FLA	4		0.110				
Folate, total		4			FLA	4		1				
Folic acid		0			FLA	4		0				
Folate, food		4		_	FLA	4		1				
Folate, DFE		4		0	NC	4		1				
Vitamin B-12		1.08		•	FLA	4		0.31				
Vitamin A, IU	IU	0		0	z	7		0				
Vitamin A, RAE		0		0 0	AS NR	1 4		0 0				
Retinol Vitamin E (alpha-tocopherol)		0.00		U	FLA	4		0.00				
Tocopherol, beta	mg	0.00			FLIA	4		0.00				
Tocopherol, gamma												
Tocopherol, delta												
Vitamin D												
Vitamin K (phylloquinone)												
	-J											
<u>Lipids:</u>												
Fatty acids, total saturated		11.700		1	A	1		3.317				
4:0		0.000			FLA	4		0.000				
6:0	-	0.000			FLA	4		0.000				
8:0	-	0.000			FLA	4		0.000				
10:0	-	0.060			FLA	4		0.017				
12:0		0.073	i		FLA	4		0.021				
13:0												
14:0	-	0.645)		FLA	4		0.183				
15:0												
16:0		7.090	1		FLA	4		2.010				
17:0		2 22										
18:0		3.800	1		FLA	4		1.077				
20:0	-											
22:0	a											

		Amount in 100 grams of edible portion							Amount in edible portion of common		
Nutrients and Units				Number	•			measures of food			
	nits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	lg	12.789			FLA	4		3.626			
14:1	g										
15:1	g										
16:1 undifferentiated	-	1.146			FLA	4		0.325			
17:1						_					
18:1 undifferentiated	_	11.497			FLA	4		3.259			
20:1	_	0.144			FLA	4		0.041			
22:1 undifferentiated	•	0.001			FLA	4		0.000			
24:1 cFatty acids, total polyunsaturated		2.512			FLA	4		0.712			
18:2 undifferentiated		2.171			FLA	4		0.712			
18:3 undifferentiated		0.288			FLA	4		0.082			
18:4	_	0.000			FLA	4		0.000			
20:2 n-6 c.c.	_					_					
20:3 undifferentiated	_										
20:4 undifferentiated	g	0.046			FLA	4		0.013			
20:5 n-3	g	0.000			FLA	4		0.000			
22:5 n-3	g	0.003			FLA	4		0.001			
22:6 n-3	g	0.004			FLA	4		0.001			
Fatty acids, total trans	g										
Cholesterol	mg	75		1	A	1		21			
Phytosterols	mg	0			FLA	4		0			
Amino Acids:											
Tryptophan	а	0.126			FLA	4		0.036			
Threonine		0.509			FLA	4		0.144			
Isoleucine	_	0.540			FLA	4		0.153			
Leucine		0.937			FLA	4		0.266			
Lysine	_	1.024			FLA	4		0.290			
Methionine		0.298			FLA	4		0.085			
Cystine		0.135			FLA	4		0.038			
Phenylalanine	g	0.474			FLA	4		0.134			
Tyrosine		0.388			FLA	4		0.110			
Valine	g	0.614			FLA	4		0.174			
Arginine	g	0.908			FLA	4		0.258			
Histidine	g	0.361			FLA	4		0.102			
Alanine	g	0.724			FLA	4		0.205			
Aspartic acid	• • • • • • • • • • • • • • • • • • • •	1.143			FLA	4		0.324			
Glutamic acid	-	1.889			FLA	4		0.536			
Glycine	g	0.664			FLA	4		0.188			
Proline	g	0.522			FLA	4		0.148			
Serine		0.493			FLA	4		0.140			
Hydroxyproline	g										
Others:											
Alcohol, ethyl	g	0.0		0	z	7		0.0			
Caffeine		0		0	z	7		0			
Theobromine		0		0	z	7		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 = 28.35g: 1 oz

NDB No. 07937

Bologna, pork, turkey and beef

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

		_	mount in 10	o grains	OI GUIL	ne portio	Ц		edible portion	
				Number				<u>m</u>	easures of food	<u> </u>
Nutrients and Units		Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water	q	64.55		4	A	1		18.07	293.04	
Energy	-	209		0	NC	4		58	948	
Energy		874		0	NC	4		245	3968	
Protein (N x 6.25)		11.42		4	A	1		3.20	51.86	
Total lipid (fat)		16.05		4	A	1		4.50	72.89	
Ash		3.30		1	A	1		0.92	14.98	
Carbohydrate, by difference		4.68		0	NC	4		1.31	21.23	
Fiber, total dietary		0.5		3	A	1		0.1	2.1	
Sugars, total		2.90		3	A	1		0.81	13.17	
Starch				_		_				
Staren	9									
<u>Minerals:</u>										
Calcium, Ca	-	123		3	A	1		34	557	
Iron, Fe		3.00		3	A	1		0.84	13.62	
Magnesium, Mg		16		0	FLA	4		4	72	
Phosphorus, P		114		0	FLA	4		32	516	
Potassium, K		135		3	A	1		38	613	
Sodium, Na		1252		4	A	1		350	5682	
Zinc, Zn		1.30		0	FLA	4		0.36	5.91	
Copper, Cu		0.072		0	FLA	4		0.020	0.326	
Manganese, Mn		0.051	L	0	FLA	4		0.014	0.234	
Selenium, Se	mcg	15.4		0	FLA	4		4.3	69.8	
/itamins:										
Vitamin C, total ascorbic acid	ma	13.3		3	A	1		3.7	60.4	
Thiamin	-	0.049	.	0	FLA	4		0.014	0.223	
Riboflavin		0.095		0	FLA	4		0.027	0.430	
Niacin		2.607		0	FLA	4		0.730	11.835	
Pantothenic acid		0.466		0	FLA	4		0.130	2.114	
Vitamin B-6	-	0.243		0	FLA	4		0.068	1.102	
Folate, total	-	9	•	0	FLA	4		2	39	
Folic acid		0		0	FLA	4		0	0	
Folate, food		9		0	FLA	4		2	39	
Folate, DFE		9		0	NC	4		2	39	
Vitamin B-12		0.23		0	FLA	4		0.06	1.03	
Vitamin A, IU	IIIOG	32		3	A	1		9	143	
Vitamin A, RAE		9		0	NR	4		3	43	
Retinol		9		0	NR NR	4		3	43	
Vitamin E (alpha-tocopherol)		0.45		0	FLA	4		0.13	2.04	
		0.45		U	FLA	4		0.13	2.04	
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D		0.000	1	0	z	7		0.000	0.000	
Vitamin K (phylloquinone)		0.3	,	0	BFZN	4		0.1	1.4	
vitanini K (pilynoquinone)	Inog	0.5		Ū	DI ZIN	-		0.1	1.4	
<u> </u>										
Fatty acids, total saturated	g	4.355	5	0	NC	4		1.219	19.770	
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	g	0.000)	0	FLA	4		0.000	0.000	
10:0	g	0.000)	0	FLA	4		0.000	0.000	
12:0	g	0.012	2	0	FLA	4		0.003	0.055	
13:0	g									
14:0	g	0.133	3	0	FLA	4		0.037	0.604	
15:0	g									
16:0	g	3.247	7	0	FLA	4		0.909	14.741	
17:0	g									
18:0	g	0.962	2	0	FLA	4		0.269	4.370	
	~									
20:0	9									

	<u>A</u> 1	mount in 100 grams		ole portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Number of Data Std. Error Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	6.836	0	NC	4		1.914	31.035	
14:1g								
15:1	0.950	0	FLA	4		0.266	4.312	
17:1g	E 747	0				1 600	06.000	
18:1 undifferentiated	5.747 0.134		FLA FLA	4 4		1.609 0.038	26.090 0.609	
20:1	0.134		FLA	4		0.038	0.609	
22.1 undifferentiated	0.006	U	FLA	4		0.002	0.025	
Fatty acids, total polyunsaturatedg	3.854	0	NC	4		1.079	17.498	
18:2 undifferentiated	3.557		FLA	4		0.996	16.147	
18:3 undifferentiated	0.200		FLA	4		0.056	0.909	
18:4g	0.000	0	FLA	4		0.000	0.000	
20:2 n-6 c.cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.073	0	FLA	4		0.021	0.333	
20:5 n-3g	0.000	0	FLA	4		0.000	0.000	
22:5 n-3g	0.012	0	FLA	4		0.003	0.054	
22:6 n-3g	0.012	0	FLA	4		0.003	0.054	
Fatty acids, total trans	0.123	0	FLA	4		0.034	0.558	
Cholesterolmg	75	4	A	1		21	342	
Phytosterolsmg	2	0	FLA	4		0	8	
A A								
Amino Acids:	0.129	0	FLA			0.006	0 505	
Tryptophan9				4		0.036	0.585	
Threonine	0.498		FLA	4		0.139	2.260	
Isoleucine	0.569		FLA FLA	4 4		0.159 0.249	2.583 4.039	
Leucineg	0.890		FLA	4		0.249	4.039	
Lysine	1.019 0.318		FLA	4		0.285	1.444	
Methionine	0.316		FLA	4		0.038		
Cystine	0.137		FLA	4		0.038	0.622	
Phenylalanine	0.431		FLA	4		0.128	2.075 1.958	
Tyrosine	0.431		FLA	4		0.121		
Valine	0.835		FLA	4		0.234	2.706 3.792	
Arginine	0.341		FLA	4		0.234	1.548	
Histidine	0.341		FLA	4		0.208	3.366	
Alanine	1.102		FLA	4		0.309	5.004	
Glutamic acid	1.915		FLA	4		0.536	8.693	
Glycine	0.754		FLA	4		0.330	3.423	
Proline	0.754		FLA	4		0.167	2.706	
Serine	0.514		FLA	4		0.144	2.335	
Hydroxyproline	0.514	v	LIM	-		0.144	2.333	
Others:	0.0	0	z	7		0 0	0.0	
Alcohol, ethyl	0.0	0	Z	7		0.0	0.0 0	
Caffeine mg Theobromine mg	0	0	Z	7		0	0	
• • • • • • • • • • • • • • • • • • • •	U	U	4	,		U	J	
Carotenoids:								
Carotene, beta mcg	0	0	Z	7		0.000	0.000	
Carotene, alpha mcg	0	0	Z	7		0.000	0.000	
Cryptoxanthin, betamcg	0	0	Z	7		0.000	0.000	
Lycopene mcg	0	0	Z	7		0.000	0.000	
Lutein + zeaxanthin mcg	0	0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 28g: 1 serving Measure 2 = 454g: 1 package NDB No. 07011 Bologna, turkey

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 07 Sausages and Luncheon Meats USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Nutrients and Units Proximates: Water	kcal kj g g g g g g g	Mean 56.65 297 1244 12.20 26.34 2.81 2.00 0.0 0.00			Deriv	Source Code	Confidence Code	Measure 1	easures of food Measure 2	Measure 3
Proximates: Water. 9 Energy. 1 Energy. 1 Protein (N x 6.25). 9 Total lipid (fat). 9 Ash. 9 Carbohydrate, by difference. 9 Fiber, total dietary. 9 Sugars, total. 9 Starch. 9 Minerals: 1 Calcium, Ca. 1 Iron, Fe. 1 Magnesium, Mg. 1 Phosphorus, P. 1 Potassium, K. 1 Sodium, Na. 1 Zinc, Zn. 1 Copper, Cu. 1 Manganese, Mn. 1 Selenium, Se. 1 Vitamins: 1 Vitamin C, total ascorbic acid 1 Riboflavin. 1 Niacin. 1 Pantothenic acid 1	kcal kj g g g g g g g	56.65 297 1244 12.20 26.34 2.81 2.00 0.0	0.277	13 0 0 13 13	A NC NC	Code 1 4			Measure 2	Measure :
Proximates: Water. 9 Energy. 1 Energy. 1 Protein (N x 6.25). 9 Total lipid (fat). 9 Ash. 9 Carbohydrate, by difference. 9 Fiber, total dietary. 9 Sugars, total. 9 Starch. 9 Minerals: 1 Calcium, Ca. 1 Iron, Fe. 1 Magnesium, Mg. 1 Phosphorus, P. 1 Potassium, K. 1 Sodium, Na. 1 Zinc, Zn. 1 Copper, Cu. 1 Manganese, Mn. 1 Selenium, Se. 1 Vitamins: 1 Vitamin C, total ascorbic acid 1 Riboflavin. 1 Niacin. 1 Pantothenic acid 1	kcal kj g g g g g g g	56.65 297 1244 12.20 26.34 2.81 2.00 0.0	0.277	13 0 0 13 13	A NC NC	1 4	Code		Measure 2	Measure :
Water	kcal kj g g g g g g g	297 1244 12.20 26.34 2.81 2.00 0.0	0.064	0 0 13 13	NC NC	4		37.39		
Energy	kcal kj g g g g g g g	297 1244 12.20 26.34 2.81 2.00 0.0	0.064	0 0 13 13	NC NC	4		37.39		
Energy	kj g g g g g g	1244 12.20 26.34 2.81 2.00 0.0		0 13 13	NC					
Protein (N x 6.25)	g g g g g g g	12.20 26.34 2.81 2.00 0.0		13 13		1		196		
Total lipid (fat)	g g g g g g	26.34 2.81 2.00 0.0		13	A	4		821		
Ash	g g g g g mg	2.81 2.00 0.0	0.299			1		8.05		
Carbohydrate, by difference	g g g g	2.00		0	A	1		17.38		
Fiber, total dietary	g g g mg	0.0			NC	4		1.85		
Sugars, total	g g mg			0	NC	4		1.32		
Minerals: Calcium, Ca. Image:	g mg	0.00		0	MC	9		0.0		
Minerals: Calcium, Ca	mg			0	MC	9		0.00		
Calcium, Ca	-									
Calcium, Ca	-									
Iron, Fe	-	7		0	MC	9		5		
Magnesium, Mg I Phosphorus, P I Potassium, K I Sodium, Na I Zinc, Zn I Copper, Cu I Manganese, Mn I Selenium, Se I Vitamins: I Vitamin C, total ascorbic acid I Thiamin I Riboflavin I Niacin I Pantothenic acid I		1.00		0	MC	9		0.66		
Phosphorus, P		15		0	BFZN	4		10		
Potassium, K		130		0	BFZN	4		86		
Sodium, Na	-	283		0	BFZN	4		187		
Copper, Cu	-	848		0	MC	9		560		
Manganese, Mn	mg	2.47		0	BFZN	4		1.63		
Selenium, Se	mg	0.080		0	BFZN	4		0.053		
Vitamins:	mg	0.041		0	BFZN	4		0.027		
Vitamin C, total ascorbic acid	mcg	14.1		0	BFZN	4		9.3		
Vitamin C, total ascorbic acid										
Thiamin	ma	0.0		0	MC	9		0.0		
Riboflavin	-	0.380		0	BFZN	4		0.251		
Niacin	-	0.213		0	BFZN	4		0.141		
Pantothenic acid		3.110		0	BFZN	4		2.053		
		0.690		0	BFZN	4		0.455		
	-	0.200		0	BFZN	4		0.132		
Folate, total	-	4		0	MC	9		3		
Folic acid		0		0	NR	4		0		
Folate, food		4		0	MC	9		3		
Folate, DFE		4		0	NC	4		3		
Vitamin B-12r		2.67		0	BFZN	4		1.76		
Vitamin A, IUl		0		0	Z	7		0		
Vitamin A, RAEr		0		0	AS	1		0		
Retinol	mcg	0		0	NR	4		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gammar										
Tocopherol, deltar										
Vitamin D		13.000		0	BFZN	4		8.580		
Vitamin K (phylloquinone)	incg									
<u>Lipids:</u>										
Fatty acids, total saturated	g	6.080		0	BFZN	4		4.013		
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	g	0.020		0	BFZN	4		0.013		
12:0	g	0.010		0	BFZN	4		0.007		
13:0	g									
14:0	g	0.220		0	BFZN	4		0.145		
15:0										
16:0	g	3.690		0	BFZN	4		2.435		
17:0	g									
18:0	g	2.140		0	BFZN	4		1.412		
20:0	g									
22:0	g									

		<u>A</u> 1	mount in 10			ole portic	<u>on</u>	Amount in edible portion of common measures of food		
				Number		_			easures or loou	
Nutrients and	I Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatur		8.000		0	BFZN	4		5.280		
14:1	_									
15:1	_	0.660		•				0.426		
16:1 undifferentiated	_	0.660		0	BFZN	4		0.436		
18:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	7.340		0	BFZN	4		4.844		
20:1	_	0.000		0	BFZN	4		0.000		
22:1 undifferentiated		0.000		0	BFZN	4		0.000		
24:1 c	_	0.000		U	DF 4N	4		0.000		
Fatty acids, total polyunsatura		1.580		0	BFZN	4		1.043		
18:2 undifferentiated		1.400		0	BFZN	4		0.924		
18:3 undifferentiated		0.180		0	BFZN	4		0.119		
18:4		0.000		0	BFZN	4		0.119		
20:2 n-6 c.c		0.000		·	DE AM	-		3.000		
20:3 undifferentiated	_									
20:4 undifferentiated	_	0.000		0	BFZN	4		0.000		
20:5 n-3		0.000		0	BFZN	4		0.000		
22:5 n-3	_	0.000		0	BFZN	4		0.000		
22:6 n-3	_	0.000		0	BFZN	4		0.000		
Fatty acids, total trans		0.000		·	21 211	•		0.000		
Cholesterol		78		0	MC	9		52		
Phytosterols	-	, 0		·	110	,		32		
1 Hytosterois	9									
Amino Acids:										
Tryptophan	g	0.107		0	BFZN	4		0.071		
Threonine	g	0.465		0	BFZN	4		0.307		
Isoleucine	g	0.485		0	BFZN	4		0.320		
Leucine	g	0.810		0	BFZN	4		0.535		
Lysine	g	0.903		0	BFZN	4		0.596		
Methionine	g	0.364		0	BFZN	4		0.240		
Cystine	g	0.105		0	BFZN	4		0.069		
Phenylalanine	g	0.405		0	BFZN	4		0.267		
Tyrosine	g	0.386		0	BFZN	4		0.255		
Valine	-	0.464		0	BFZN	4		0.306		
Arginine	g	0.765		0	BFZN	4		0.505		
Histidine	g	0.395		0	BFZN	4		0.261		
Alanine	g	0.774		0	BFZN	4		0.511		
Aspartic acid	g	1.136		0	BFZN	4		0.750		
Glutamic acid	g	1.994		0	BFZN	4		1.316		
Glycine	g	0.857		0	BFZN	4		0.566		
Proline	g	0.673		0	BFZN	4		0.444		
Serine	g	0.510		0	BFZN	4		0.337		
Hydroxyproline	g									
Others:										
Alcohol, ethyl	a	0.0		0	z	7		0.0		
Caffeine		0		0	Z	7		0.0		
Theobromine	_	0		0	Z	7		0		
	9	U		U	4	,		U		
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 = 66g: 1 serving 2.33 oz

Bratwurst, beef and pork, smoked

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats

		<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>l</u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Unit	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure :	
Proximates:											
Water	g	70.28		0	MC	9		59.04			
Energy	kcal	176		0	NC	4		148			
Energy	kj	738		0	NC	4		620			
Protein (N x 6.25)	g	19.44		0	MC	9		16.33			
Total lipid (fat)	g	10.35		0	MC	9		8.69			
Ash	g	0.88		0	MC	9		0.74			
Carbohydrate, by difference	g	0.00		0	MC	9		0.00			
Fiber, total dietary	g	0.0		0	MC	9		0.0			
Sugars, total	g	0.00		0	MC	9		0.00			
Starch	g										
Minerals:											
Calcium, Ca	ma	11		0	MC	9		10			
Iron, Fe	_	0.87		0	MC	9		0.73			
Magnesium, Mg	_	23		0	MC	9		19			
Phosphorus, P		160		0	MC	9		134			
Potassium, K	•	211		0	MC	9		177			
Sodium, Na	-	72		0	MC	9		60			
Zinc, Zn	_	1.43		0	MC	9		1.20			
Copper, Cu		0.050)	0	MC	9		0.042			
Manganese, Mn											
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	ma	2.0		0	MC	9		1.7			
Thiamin	_	0.067	,	0	MC	9		0.056			
Riboflavin	_	0.007		0	MC	9		0.111			
Niacin		7.551		0	MC	9		6.343			
Pantothenic acid		0.964		0	MC	9		0.809			
Vitamin B-6	-	0.385		0	MC	9		0.323			
Folate, total	_	6		0	MC	9		5			
Folic acid		0		0	NR	4		0			
Folate, food		6		0	MC	9		5			
Folate, DFE	mcg_DFE	6		0	NC	4		5			
Vitamin B-12		0.34		0	MC	9		0.28			
Vitamin A, IU	IU	101		0	MC	9		85			
Vitamin A, RAE		30		0	AS	1		25			
Retinol	-	30		0	NR	4		25			
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	g	10.231	L	0	NC	4		8.594			
Fatty acids, total monounsaturated	-	4.370)	0	MC	9		3.671			
Fatty acids, total polyunsaturated		2.080)	0	MC	9		1.747			
Fatty acids, total trans											
Cholesterol	mg	71		0	MC	9		59			
Phytosterols	mg										
Others											
Others:	a	0.0		0	Z	7		0.0			
Alcohol, ethyl		0.0		0	z Z	7		0.0			
	•	0		0	Z	7		0			
Theobromine	11119	U		U	4	′		U			
Carotenoids:											
Carotene, beta		0		0	Z	7		0.000			
Carotene, alpha		0		0	Z	7		0.000			
Cryptoxanthin, beta	mcq	0		0	Z	7		0.000			

Bratwurst, chicken, cooked

	<u>A</u>	mount in 100	grams of	Amount in edible portion of common					
			lumber	eriv	Source	Confidence	<u>me</u>	easures of food	
Nutrients and Units	Mean	Std. Error F			Code	Code	Measure 1	Measure 2	Measure 3
Lucian	0		0	z	7		0.000		
Lycopenemcg 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 = 84g: 1 serving 2.96 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u> 1	mount in 100 gr	ams of e	dible po	rtion	Amount in	edible portion	of common
			Nun	nber			<u>m</u>	easures of food	1
				Data Dei	iv Sour	ce Confidence			
Nutrients and Uni	its	Mean	Std. Error Poi				Measure 1	Measure 2	Measure
Proximates:		65.00		•			40.40		
Water	_	65.89	0.031		A 1		43.49		
Energy		186			NC 4		123		
Energy		778			NC 4		514		
Protein (N x 6.25)		14.45	0.090		A 1		9.54		
Total lipid (fat)	g	13.53	0.212	9	A 1		8.93		
Ash	g	4.51			NC 4		2.98		
Carbohydrate, by difference	g	1.62		0 :	NC 4		1.07		
Fiber, total dietary	g	0.0		0 1	MC 9		0.0		
Sugars, total	g	1.57		0 1	MC 9		1.04		
Starch	g								
Minerals:	m~						•		
Calcium, Ca	-	14			ic 9		9		
Iron, Fe.	_	0.94			ic 9 'zn 4		0.62		
Magnesium, Mg		14					10		
Phosphorus, P	-	132			ZN 4		87		
Potassium, K		246			ZN 4		163		
Sodium, Na	_	982			IC 9		648		
Zinc, Zn		2.68			ZN 4		1.77		
Copper, Cu		0.063			ZN 4		0.042		
Manganese, Mn		0.015	5		ZN 4		0.010		
Selenium, Se	mcg	20.2		0 BE	ZN 4		13.3		
Vitamins:									
Vitamin C, total ascorbic acid	ma	0.0		0 M	ıc 9		0.0		
Thiamin		0.090)		ZN 4		0.059		
Riboflavin		0.166			ZN 4		0.109		
Niacin		1.847			ZN 4		1.219		
Pantothenic acid	-	0.413			ZN 4		0.273		
Vitamin B-6		0.213			ZN 4		0.141		
Folate, total	_	5	,		ic 9		3		
		0			R 4		0		
Folic acid		5			ic 9		3		
Foliate, food	IIICY	5			C 4		3		
Folate, DFE									
Vitamin B-12		1.60			ZN 4		1.06		
Vitamin A, IU		1			ic 9		1		
Vitamin A, RAE		0			S 1		0		
Retinol		0		0 N	R 4		0		
Vitamin E (alpha-tocopherol)	=								
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta			_						
Vitamin D		8.297	1	0 BE	ZN 4		5.476		
Vitamin K (phylloquinone)	mcg								
Lipids:									
Fatty acids, total saturated	а	4.788	3	0 N	C 4		3.160		
4:0		0.000			ZN 4		0.000		
6:0	_	0.000			ZN 4		0.000		
8:0		0.000			ZN 4		0.000		
10:0	_	0.036			ZN 4		0.024		
12:0	-	0.036			ZN 4 ZN 4		0.024		
13:0		0.031	-	, br			0.020		
	_	0.350)	0 в	'ZN 4		0.233		
14:0	_	0.352	=	v B	4 4		0.233		
15:0		0.075	•	0 BE	173T 4		1 000		
16:0		2.875	,	U BE	'ZN 4		1.898		
17:0		1 400	.		1737				
18:0	-	1.493	5	0 BE	'ZN 4		0.985		
20:0	_								
22:0	_								
24:0	g								

		<u>Aı</u>	mount in 10		<u>on</u>	Amount in edible portion of common measures of food				
				Number	•			<u>m</u>	easures of 1000	
Nutrients and U	Jnits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate		7.165		0	BFZN	4		4.729		
14:1	-									
15:1	-									
16:1 undifferentiated	_	0.795		0	BFZN	4		0.525		
17:1		6 220		•	DEEN			4 177		
18:1 undifferentiated	-	6.330		0	BFZN	4		4.177		
20:1		0.040		0	BFZN	4		0.026		
22:1 undifferentiated	-	0.000		0	BFZN	4		0.000		
24:1 c		0.046		•						
Fatty acids, total polyunsaturated		0.846		0	BFZN	4		0.558		
18:2 undifferentiated		0.640		0	BFZN	4		0.423		
18:3 undifferentiated		0.186		0	BFZN	4		0.123		
18:4		0.000		0	BFZN	4		0.000		
20:2 n-6 c,c										
20:3 undifferentiated	_	0.010		•	DEEN			0.010		
20:4 undifferentiated		0.018		0	BFZN	4		0.012		
20:5 n-3	-	0.000		0	BFZN	4		0.000		
22:5 n-3	_	0.000		0	BFZN	4		0.000		
22:6 n-3		0.001		0	BFZN	4		0.000		
Fatty acids, total trans				_						
Cholesterol	-	56		0	MC	9		37		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.145		0	BFZN	4		0.096		
Threonine		0.565		0	BFZN	4		0.373		
Isoleucine	-	0.613		0	BFZN	4		0.405		
Leucine	-	1.044		0	BFZN	4		0.689		
Lysine	-	1.092		0	BFZN	4		0.721		
Methionine		0.334		0	BFZN	4		0.220		
Cystine		0.155		0	BFZN	4		0.103		
Phenylalanine		0.519		0	BFZN	4		0.342		
Tyrosine		0.448		0	BFZN	4		0.296		
Valine	-	0.661		0	BFZN	4		0.436		
Arginine	-	0.855		0	BFZN	4		0.564		
Histidine		0.426		0	BFZN	4		0.281		
Alanine		0.804		0	BFZN	4		0.530		
Aspartic acid		1.184		0	BFZN	4		0.781		
Glutamic acid		2.036		0	BFZN	4		1.344		
Glycine	-	0.814		0	BFZN	4		0.537		
Proline		0.770		0	BFZN	4		0.508		
Serine	-	0.562		0	BFZN	4		0.371		
Hydroxyproline		0.002		·		-		0.0.1		
Try droxy promite										
Others:										
Alcohol, ethyl		0.0		0	Z	7		0.0		
Caffeine		0		0	Z	7		0		
Theobromine	mg	0		0	Z	7		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 = 66g: 1 serving 2.33 oz

Bratwurst, pork, beef and turkey, lite, smoked

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 07 Sausages and Luncheon Meats

		<u>A</u> 1	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 Units	S	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	51.45		23	JO	11		43.73			
Energy	kcal	331		0	NC	4		282			
Energy	kj	1386		0	NC	4		1178			
Protein (N x 6.25)		13.72		23	JO	11		11.66			
Total lipid (fat)	g	29.18		23	JO	11		24.81			
Ash	g	2.80		1	A	1		2.38			
Carbohydrate, by difference	g	2.44		0	MC	9		2.07			
Fiber, total dietary	g	0.0		0	MC	9		0.0			
Sugars, total	g	0.00		0	MC	9		0.00			
Starch	g										
Minerals:	ma	20		^		•		24			
Calcium, Ca	-	28 0.53		0 0	MC MC	9 9		24 0.45			
Iron, Fe		0.53 21		0	MC FLA	9 4		0.45 18			
Magnesium, Mg Phosphorus, P		225		0	FLA	4		18 191			
Potassium, K	-	259		0	FLA	4		221			
Sodium, Na	-	846		1	JO	11		719			
Zine, Zn	_	2.49		0	FLA	4		2.12			
Copper, Cu		0.079)	0	FLA	4		0.067			
Manganese, Mn		0.012		0	FLA	4		0.010			
Selenium, Se		26.9		0	FLA	4		22.8			
<u> Vitamins:</u>											
Vitamin C, total ascorbic acid	_	0.0		0	MC	9		0.0			
Thiamin	_	0.625		0	FLA	4		0.531			
Riboflavin		0.260		0	FLA	4		0.221			
Niacin		4.635		0	FLA	4		3.940			
Pantothenic acid	-	0.754		0	FLA	4		0.641			
Vitamin B-6	-	0.409)	0	FLA	4		0.348			
Folate, total		3		0	MC	9		3			
Folic acid		0		0	Z	7		0			
Folate, food		3		0	MC	9		3			
Folate, DFE		3		0	NC	4		3			
Vitamin B-12		0.80		0	FLA	4		0.68			
Vitamin A, IU		6		1	JO	11		5			
Vitamin A, RAE		0		0	AS	1		0			
Retinol		0		0	Z	7		0			
Vitamin E (alpha-tocopherol)		0.02		0 0	FLA	4		0.02			
Tocopherol, beta		0.00		0	FLA	4		0.00			
Tocopherol, gamma		0.00		0	FLA	4		0.00			
Tocopherol, delta		0.00			FLA	4 4		0.00			
Vitamin D Vitamin K (phylloquinone)		44.000 3.4	,	0 0	T BFZN	4		37.400 2.9			
vitamin K (phynoquinone)	mcg	3.4		U	DF ZN	4		2.9			
<u>lipids:</u>											
Fatty acids, total saturated	g	10.118	3	1	JO	11		8.601			
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)	0	FLA	4		0.000			
10:0	g	0.012	?	0	FLA	4		0.010			
12:0	-	0.012	?	0	FLA	4		0.010			
13:0	-										
14:0	g	0.320)	0	FLA	4		0.272			
15:0	-										
16:0	-	6.205	5	0	FLA	4		5.274			
17:0	-										
				^	FLA			2.957			
18:0	-	3.478	\$	0	FLIM	4		2.957			
18:0	g	3.478	•	U	FLIA	4		2.951			

	<u>Aı</u>	mount in 10			Amount in edible portion of common measures of food				
		ļ	Number	•			<u>m</u> e	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	14.700		1	A	1		12.495		
14:1g									
15:1g	0.015		•				0.600		
16:1 undifferentiatedg	0.815		0	FLA	4		0.693		
17:1	13.610		0	FLA	4		11.569		
18:1 undifferentiatedg			0	FLA	4				
20:1g 22:1 undifferentiatedg	0.258		0	FLA	4		0.219 0.000		
_	0.000		U	FLA	4		0.000		
24:1 c	2.640		1	A	1		2.244		
Fatty acids, total polyunsaturated9	2.402		0	FLA	4		2.244		
18:2 undifferentiated	0.115		0	FLA	4		0.098		
18:4g	0.000		0	FLA	4		0.098		
18:4g 20:2 n-6 c.c	0.000		U	E TH	4		0.000		
20:3 undifferentiatedg									
20:4 undifferentiated	0.114		0	FLA	4		0.097		
20:5 n-3g	0.000		0	FLA	4		0.000		
20.5 n-3g	0.000		0	FLA	4		0.000		
22:5 n-3g 22:6 n-3g	0.000		0	FLA	4		0.000		
Fatty acids, total trans	0.000		·	LIII	-		0.000		
Cholesterolg	74		1	JO	11		62		
Phytosterolsmg	0		0	FLA	4		0		
Fliytosterois	Ū		·	LIM	-		O		
Amino Acids:									
Tryptophang	0.211		0	FLA	4		0.180		
Threonineg	0.761		0	FLA	4		0.647		
Isoleucineg	0.780		0	FLA	4		0.663		
Leucineg	1.338		0	FLA	4		1.138		
Lysineg	1.501		0	FLA	4		1.276		
Methionineg	0.441		0	FLA	4		0.375		
Cystineg	0.213		0	FLA	4		0.181		
Phenylalanineg	0.666		0	FLA	4		0.566		
Tyrosineg	0.580		0	FLA	4		0.493		
Valineg	0.905		0	FLA	4		0.769		
Arginineg	1.040		0	FLA	4		0.884		
Histidineg	0.665		0	FLA	4		0.565		
Alanineg	0.974		0	FLA	4		0.828		
Aspartic acidg	1.547		0	FLA	4		1.315		
Glutamic acidg	2.609		0	FLA	4		2.217		
Glycineg	0.801		0	FLA	4		0.681		
Prolineg	0.676		0	FLA	4		0.575		
Serineg	0.690		0	FLA	4		0.586		
Hydroxyprolineg									
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	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		
Lycoponeiiiog	0		0	Z	7		0.000		

Common Measures:

Measure 1 = 85g: 1 link cooked

Bratwurst, pork, cooked

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats

		<u>A</u> 1	mount in 10	0 grams	of 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	g	53.51		0	MC	9		44.95			
Energy	kcal	341		0	NC	4		287			
Energy	kj	1428		0	NC	4		1199			
Protein (N x 6.25)		13.99		0	MC	9		11.75			
Total lipid (fat)	g	31.70		0	MC	9		26.63			
Ash	g	0.80		0	MC	9		0.68			
Carbohydrate, by difference	g	0.00		0	MC	9		0.00			
Fiber, total dietary	g	0.0		0	MC	9		0.0			
Sugars, total	g	0.00		0	MC	9		0.00			
Starch	g										
<i>r</i> : 1											
Minerals:	ma	11		0	MC	9		10			
Calcium, Ca	-	0.74		0	MC	9		0.62			
Magnesium, Mg	-	16		0	MC	9		14			
Phosphorus, P		150		0	MC	9		126			
Potassium, K	•	231		0	MC	9		194			
Sodium, Na	_	60		0	MC	9		50			
Zinc, Zn	-	2.05		0	MC	9		1.72			
Copper, Cu		0.081	L	0	MC	9		0.068			
Manganese, Mn		0.049	•	0	BFSN	4		0.041			
Selenium, Se		19.2		0	BFSN	4		16.1			
/itaming.											
Vitamins:	ma	0.0		0	MC	9		0.0			
Vitamin C, total ascorbic acid Thiamin	-	0.054		0	MC	9		0.045			
Riboflavin	-	0.034		0	MC	9		0.043			
Niacin		5.430		0	MC	9		4.561			
Pantothenic acid		0.958		0	MC	9		0.805			
Vitamin B-6	-	0.307		0	MC	9		0.258			
Folate, total	_	9		0	MC	9		8			
Folic acid		0		0	NR	4		0			
Folate, food		9		0	MC	9		8			
Folate, DFE		9		0	NC	4		8			
Vitamin B-12		0.98		0	MC	9		0.82			
Vitamin A, IU		0		0	MC	9		0			
Vitamin A, RAE		0		0	NC	4		0			
Retinol	mcg	0		0	NR	4		0			
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	nicg										
<u> Lipids:</u>											
Fatty acids, total saturated	g	14.940)	0	MC	9		12.550			
4:0	g	0.000)	0	BFSN	4		0.000			
6:0	g	0.000		0	BFSN	4		0.000			
8:0	_	0.000		0	BFSN	4		0.000			
10:0		0.014		0	BFSN	4		0.012			
12:0	_	0.028	3	0	BFSN	4		0.023			
13:0	_			_							
14:0	-	0.392	2	0	BFSN	4		0.329			
15:0		0.000		^	D=0:-			1 000			
16:0		2.266	•	0	BFSN	4		1.903			
17:0		4 000)	0	MC	9		4 056			
18:0		4.828	,	U	MC	9		4.056			
20:0	_										
22:0 24:0	_										

		<u>Aı</u>	mount in 10	0 grams	Amount in edible portion of common measures of food					
				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 monounsatura	itedg	13.000		0	MC	9		10.920		
14:1	g									
15:1	_									
16:1 undifferentiated	_	0.448		0	BFSN	4		0.376		
17:1	_			_						
18:1 undifferentiated	_	3.427		0	BFSN	4		2.878		
20:1	_	0.000		0	BFSN	4		0.000		
22:1 undifferentiated	•	0.000		0	BFSN	4		0.000		
24:1 cFatty acids, total polyunsaturate		1.614		0	MC	9		1.356		
18:2 undifferentiated		0.587		0	BFSN	4		0.493		
18:3 undifferentiated		0.070		0	BFSN	4		0.493		
18:4		0.000		0	BFSN	4		0.000		
20:2 n-6 c.c	_	0.000		Ū	DESIN	-		0.000		
20:3 undifferentiated	_									
20:4 undifferentiated	_	0.126		0	BFSN	4		0.106		
20:5 n-3		0.000		0	BFSN	4		0.000		
22:5 n-3	_	0.000		0	BFSN	4		0.000		
22:6 n-3		0.000		0	BFSN	4		0.000		
Fatty acids, total trans		0.000		•	22 22.	-		0.000		
Cholesterol		79		0	MC	9		66		
Phytosterols										
•										
Amino Acids:										
Tryptophan		0.142		0	MC	9		0.119		
Threonine	_	0.611		0	MC	9		0.513		
Isoleucine	• • • • • • • • • • • • • • • • • • • •	0.689		0	MC	9		0.579		
Leucine		1.113		0	MC	9		0.935		
Lysine		1.153		0	MC	9		0.968		
Methionine		0.327		0	MC	9		0.274		
Cystine		0.158		0	MC	9		0.133		
Phenylalanine		0.564		0	MC	9		0.474		
Tyrosine	_	0.446		0	MC	9		0.375		
Valine		0.773		0	MC	9		0.650		
Arginine		0.823		0 0	MC	9 9		0.691		
Histidine		0.508			MC			0.427		
Alanine		0.832 1.207		0 0	MC MC	9 9		0.699 1.014		
Aspartic acid				0	MC					
Glutamic acid	-	2.213 0.719		0	MC	9 9		1.859 0.604		
Glycine		0.719		0	MC	9		0.491		
	-	0.524		0	MC	9		0.440		
Serine Hydroxyproline	-	0.324		U	МС	9		0.440		
Trydroxypronne	9									
Others:										
Alcohol, ethyl	g	0.0		0	Z	7		0.0		
Caffeine		0		0	Z	7		0		
Theobromine	mg	0		0	Z	7		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 = 84g: 1 serving 2.96 oz

NDB No. 07910 Bratwurst, veal, cooked

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 07 Sausages and Luncheon Meats USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>Aı</u>	mount in 100	grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
			N	lumbe	r			<u>m</u>	easures of food	<u> </u>	
			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	50.60		1	A	1		9.11	14.17		
Energy	kcal	327		0	NC	4		59	92		
Energy	kj	1368		0	NC	4		246	383		
Protein (N x 6.25)	g	14.50		1	A	1		2.61	4.06		
Total lipid (fat)	g	28.50		1	A	1		5.13	7.98		
Ash	g	3.30		1	A	1		0.59	0.92		
Carbohydrate, by difference	g	3.10		0	NC	4		0.56	0.87		
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0		
Sugars, total	g	0.00		0	Z	7		0.00	0.00		
Starch	g										
Min analas											
Minerals:	ma	9	0.831	23		1		2	3		
Calcium, Ca Iron, Fe	-	11.20	0.831	1	A	1		2.02	3.14		
Magnesium, Mg	-	11.20	0.237		A	1		2.02	3.14		
Phosphorus, P		168	5.127			1		30	3 47		
Potassium, K	-	199	6.325			1		36	4 / 56		
Sodium, Na		1160	0.325	1	A	1		209	325		
Zinc, Zn	_	2.81	0.061		A	1		0.51	0.79		
Copper, Cu		0.240				1		0.043	0.067		
Manganese, Mn		0.155				1		0.028	0.043		
Selenium, Se	_	58.0	0.00	0	BFZN	4		10.4	16.2		
Scientifi, Sci				-		_					
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	-	0.0		0		7		0.0	0.0		
Thiamin		0.249				1		0.045	0.070		
Riboflavin	mg	1.525				1		0.275	0.427		
Niacin	mg	8.368				1		1.506	2.343		
Pantothenic acid	_	3.380				1		0.608	0.946		
Vitamin B-6	-	0.330	0.019			1		0.059	0.092		
Folate, total		44		0		4		8	12		
Folic acid		0		0	Z	7		0	0		
Folate, food		44		0		4		8	12		
Folate, DFE		44		0	NC	4		8	12		
Vitamin B-12		20.09	0.754			1		3.62	5.63		
Vitamin A, IU		14065		0	NC	4		2532	3938		
Vitamin A, RAE		4220		0	NC	4		760	1181		
Retinol		4220		0	NR	4		760	1181		
Vitamin E (alpha-tocopherol)		0.35		0	NR	4		0.06	0.10		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta					_						
Vitamin D		48.000	1	0	T CASN	4		8.640	13.440		
Vitamin K (phylloquinone)	Incg	1.6		U	CASN	4		0.3	0.4		
<u>Lipids:</u>											
Fatty acids, total saturated	g	9.307	,	0	NC	4		1.675	2.606		
4:0		0.000	1	0		1		0.000	0.000		
6:0	g	0.000)	0		1		0.000	0.000		
8:0	g	0.000)	0		1		0.000	0.000		
10:0	g	0.051	0.011	9		1		0.009	0.014		
12:0		0.111	0.046	12		1		0.020	0.031		
13:0											
14:0		0.333	0.017	7 15		1		0.060	0.093		
15:0											
16:0	_	5.763	0.085	15		1		1.037	1.614		
17:0	g										
18:0	_	3.048	0.043	15		1		0.549	0.854		
20:0	g										
22:0											
24:0	g										

		<u>Aı</u>	mount in 100 g	<u>ırams</u> ımber		ole portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and U	nits	Mean		Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		12.731		0	NC	4		2.292	3.565	
14:1	_									
15:1	-	1 005	0.000	1.5				0.104	0.007	
16:1 undifferentiated	-	1.025	0.039	15		1		0.184	0.287	
17:1		11.706	0.200	15		1		0 107	2 070	
18:1 undifferentiated	_	0.000		0		1		2.107 0.000	3.278	
20:1 22:1 undifferentiated	-	0.000		0		1		0.000	0.000 0.000	
	•	0.000		U		1		0.000	0.000	
24:1 c		3.193		0	NC	4		0.575	0.894	
Fatty acids, total polyunsaturated.		2.852		15	NC	1		0.513	0.894	
18:2 undifferentiated 18:3 undifferentiated		0.342		15		1		0.061	0.799	
18:4		0.342		0		1		0.061	0.096	
20:2 n-6 c.c.	-	0.000		U		_		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	-	0.000		0		1		0.000	0.000	
Fatty acids, total trans		0.000		U		_		0.000	0.000	
Cholesterol		180		1	A	1		32	50	
Phytosterols	-	0		0	•	4		0	0	
r llytosterois		· ·		Ü		-		U	· ·	
Amino Acids:										
Tryptophan	g	0.145		2		1		0.026	0.041	
Threonine	g	0.534		2		1		0.096	0.150	
Isoleucine	g	0.484		2		1		0.087	0.136	
Leucine	g	1.032		2		1		0.186	0.289	
Lysine	g	0.909		2		1		0.164	0.255	
Methionine	g	0.311		2		1		0.056	0.087	
Cystine	g	0.248		2		1		0.045	0.069	
Phenylalanine	g	0.553		2		1		0.100	0.155	
Tyrosine	g	0.430		2		1		0.077	0.120	
Valine	g	0.616		2		1		0.111	0.172	
Arginine	g	0.767		2		1		0.138	0.215	
Histidine	g	0.320		2		1		0.058	0.090	
Alanine	g	0.762		2		1		0.137	0.213	
Aspartic acid	g	1.125		2		1		0.203	0.315	
Glutamic acid	g	1.631		2		1		0.294	0.457	
Glycine	g	0.886		2		1		0.159	0.248	
Proline	g	0.767		2		1		0.138	0.215	
Serine	g	0.588		2		1		0.106	0.165	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	
Caffeine		0		0	z	7		0	0	
Theobromine		0		0	z	7		0	0	
Carotenoids:	-									
	mcc	0		0	z	7		0.000	0.000	
Carotene, beta	-	0		0	z Z	7		0.000	0.000	
Carotene, alpha		0		0	z Z	7		0.000	0.000	
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000	
LycopeneLutein + zeaxanthin		0		0	Z	7		0.000	0.000	
Luteni + zeaxantnin		<u> </u>		0				0.000	0.000	

Common Measures:

Measure 1 = 18g: 1 slice (2-1/2" dia x 1/4" thick)

Measure 2 = 28g: 1 slice

Braunschweiger (a liver sausage), pork

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 07 Sausages and Luncheon Meats

		<u>A</u>	mount in 10	00 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	51.30		0	MC	9		35.91		
Energy	kcal	323		0	NC	4		226		
Energy		1352		0	NC	4		946		
Protein (N x 6.25)		14.30		0	MC	9		10.01		
Total lipid (fat)		27.80		0	MC	9		19.46		
Ash		3.67		0	MC	9		2.57		
Carbohydrate, by difference		2.93		0	NC	4		2.05		
Fiber, total dietary		0.0		0	MC	9		0.0		
Sugars, total		2.98		0	MC	9		2.09		
Starch		2.50		•	мс	,		2.03		
Starcn	9									
Minerals:										
Calcium, Ca	mg	48		0	MC	9		34		
Iron, Fe	-	1.03		0	MC	9		0.72		
Magnesium, Mg	-	16		0	MC	9		11		
Phosphorus, P		134		0	MC	9		94		
Potassium, K	_	281		0	MC	9		197		
Sodium, Na	_	1112		0	MC	9		778		
Zinc, Zn	-	2.10		0	MC	9		1.47		
Copper, Cu		0.080)	0	MC	9		0.056		
Manganese, Mn.		0.040		0	MC	9		0.028		
Selenium, Se		17.0		0	MC	9		11.9		
Selemani, Selemani										
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg	0.250)	0	MC	9		0.175		
Riboflavin	mg	0.230)	0	MC	9		0.161		
Niacin	mg	3.300)	0	MC	9		2.310		
Pantothenic acid	mg	0.060)	0	MC	9		0.042		
Vitamin B-6	mg	0.130)	0	MC	9		0.091		
Folate, total	mcg	5		0	MC	9		4		
Folic acid		0		0	Z	7		0		
Folate, food		5		0	MC	9		4		
Folate, DFE		5		0	NC	4		4		
Vitamin B-12		2.05		0	MC	9		1.44		
Vitamin A, IU		0		0	MC	9		0		
Vitamin A, RAE		0		0	NC	4		0		
Retinol		0		0	NR	4		0		
Vitamin E (alpha-tocopherol)		0.27		0	NR	4		0.19		
Tocopherol, beta		0.27		·	2121	•		0.13		
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		11.400	1	0	MC	9		7.980		
Vitamin K (phylloquinone)		0.0	•	0	BFSN	4		0.0		
v namm & (pnynoqumone)	g	0.0		U	DESN	*		0.0		
<u>Lipids:</u>										
Fatty acids, total saturated	g	9.930)	0	MC	9		6.951		
4:0		0.000)	0	MC	9		0.000		
6:0	_	0.000		0	MC	9		0.000		
8:0	_	0.000		0	MC	9		0.000		
10:0	-	0.040		0	MC	9		0.028		
12:0		0.020		0	MC	9		0.014		
13:0										
14:0		0.350)	0	MC	9		0.245		
15:0		0.550		ū		-		3.243		
16:0	_	6.110)	0	MC	9		4.277		
17:0	_	5.110		·		,		3,211		
18:0	_	3.400)	0	MC	9		2.380		
20:0	-	3.400		·		,		2.300		
	-									
22:0 24:0	-									

		<u>Aı</u>	mount in 10	0 grams	of edil	ole portio	<u>on</u>		edible portion	
				Number		0	0 5 - 1	<u>m</u>	easures of food	
Nutrients and	Units	Mean	Std. Error	of Data Points		Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	ited Q	13.340		0	MC	9		9.338		
14:1										
15:1	• • • • • • • • • • • • • • • • • • • •									
16:1 undifferentiated	_	1.040		0	MC	9		0.728		
17:1	_			_		_				
18:1 undifferentiated		12.300		0	MC	9		8.610		
20:1	_	0.000		0	MC	9		0.000		
22:1 undifferentiated	•	0.000		0	MC	9		0.000		
24:1 cFatty acids, total polyunsaturate		2.830		0	MC	9		1.981		
18:2 undifferentiated		2.540		0	MC	9		1.778		
18:3 undifferentiated		0.290		0	MC	9		0.203		
18:4		0.000		0	MC	9		0.000		
20:2 n-6 c.c.	_			•		-				
20:3 undifferentiated	_									
20:4 undifferentiated	_	0.000		0	MC	9		0.000		
20:5 n-3	g	0.000		0	MC	9		0.000		
22:5 n-3	g	0.000		0	MC	9		0.000		
22:6 n-3	g	0.000		0	MC	9		0.000		
Fatty acids, total trans	g									
Cholesterol	mg	63		0	MC	9		44		
Phytosterols	mg									
Amino Acids:										
Tryptophan	а	0.130		0	MC	9		0.091		
Threonine		0.600		0	MC	9		0.420		
Isoleucine	_	0.610		0	MC	9		0.427		
Leucine		1.080		0	MC	9		0.756		
Lysine		1.140		0	MC	9		0.798		
Methionine		0.370		0	MC	9		0.259		
Cystine		0.160		0	MC	9		0.112		
Phenylalanine		0.540		0	MC	9		0.378		
Tyrosine	g	0.440		0	MC	9		0.308		
Valine	g	0.680		0	MC	9		0.476		
Arginine	g	0.950		0	MC	9		0.665		
Histidine	g	0.440		0	MC	9		0.308		
Alanine	g	0.930		0	MC	9		0.651		
Aspartic acid	g	1.290		0	MC	9		0.903		
Glutamic acid	_	2.110		0	MC	9		1.477		
Glycine	g	1.030		0	MC	9		0.721		
Proline	g	0.740		0	MC	9		0.518		
Serine	_	0.590		0	MC	9		0.413		
Hydroxyproline	g									
Others:										
Alcohol, ethyl	a	0.0		0	MC	9		0.0		
Caffeine		0		0	MC	9		0		
Theobromine		0		0	z	7		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 = 70g: 1 link

Brotwurst, pork, beef, link

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats

		<u>A</u>	mount in 100 g	rams	of edil	ole portio	<u>on</u>	Amount in	edible portion	rtion of common	
				mbei		Source	Confidence	<u>m</u>	easures of food		
Nutrients and Unit	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water		69.10	0.293	9	A	1		49.06	39.39		
Energy	kcal	142		0	MC	9		101	81		
Energy	kj	594				9		422	339		
Protein	-	19.30	0.057	9	A	1		13.70	11.00		
Total lipid (fat)	g	6.80	0.267	9	A	1		4.83	3.88		
Ash	g	3.80	0.080	9	A	1		2.70	2.17		
Carbohydrate, by difference	g	1.00		0	MC	9		0.71	0.57		
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0		
Sugars, total	g										
Starch	g										
Minerals:											
Calcium, Ca	-	17	2.097	5	A	1		12	10		
Iron, Fe		2.40	0.077	9	A	1		1.70	1.37		
Magnesium, Mg											
Phosphorus, P											
Potassium, K		352	11.628	3	A	1		250	201		
Sodium, Na	-	1342	25.392	7	A	1		953	765		
Zinc, Zn	-										
Copper, Cu	-										
Manganese, Mn											
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid		0.000			_			0.064	0.051		
Thiamin	-	0.090		1 8	A A	1 1		0.064	0.051		
Riboflavin	-	0.240		8	A	1		0.170	0.137		
Niacin	-	4.200	0.134	8	A	1		2.982	2.394		
Pantothenic acid	-										
Vitamin B-6	-										
Folate, total											
Folate, DFEVitamin B-12											
Vitamin A, IU											
Vitamin A, RAE	mca RAF										
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta	-										
Vitamin D											
Vitamin K (phylloquinone)											
Lipids:											
Fatty acids, total saturated	g	2.800)	2	A	1		1.988	1.596		
Fatty acids, total monounsaturated	g										
Fatty acids, total polyunsaturated	g	0.300)	2	A	1		0.213	0.171		
Fatty acids, total trans											
Cholesterol	mg	65		2	A	1		46	37		
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 = 71g: 1 package Measure 2 = 57g: 1 serving 2 oz

CARL BUDDIG, Cooked Corned Beef, Chopped, Pressed

Calories Factors: Protein Fat Carbohydrate

Food Group: 07 Sausages and Luncheon Meats

69.40 139 582 19.30 6.50 4.10 0.60 0.0			Deriv	Source Code 1 9 9 1 1 1 9 7	Confidence Code		edible portion of easures of food Measure 2 49.27 99 413 13.70 4.62	
69.40 139 582 19.30 6.50 4.10 0.60 0.0	0.268 0.101 0.294	12 0 12 13 12 0	A MC	1 9 9 1 1 1 9 9		39.56 79 331 11.00 3.71	49.27 99 413 13.70	Measure
69.40 139 582 19.30 6.50 4.10 0.60 0.0	0.268 0.101 0.294	12 0 12 13 12 0	A MC A A A	1 9 9 1 1 1	Code	39.56 79 331 11.00 3.71	49.27 99 413 13.70	Measure
139 582 19.30 6.50 4.10 0.60 0.0	0.101 0.294	0 12 13 12 0	MC A A A MC	9 9 1 1 9		79 331 11.00 3.71	99 413 13.70	
139 582 19.30 6.50 4.10 0.60 0.0	0.101 0.294	0 12 13 12 0	MC A A A MC	9 9 1 1 9		79 331 11.00 3.71	99 413 13.70	
582 19.30 6.50 4.10 0.60 0.0	0.294	12 13 12 0	A A A MC	9 1 1 1 9		331 11.00 3.71	413 13.70	
19.30 6.50 4.10 0.60 0.0	0.294	13 12 0	A A MC	1 1 1 9		11.00 3.71	13.70	
6.50 4.10 0.60 0.0	0.294	13 12 0	A A MC	1 1 9		3.71		
4.10 0.60 0.0		12 0	A MC	1 9			4 62	
0.60 0.0	0.084	0	MC	9		2.34	4.02	
0.0						5-	2.91	
14		0	Z	7		0.34	0.43	
						0.0	0.0	
	0.774	8	A	1		8	10	
2.26	0.078	12	A	1		1.29	1.60	
336	2.841	3	A	1		192	239	
1431	18.063	8	MA	12		816	1016	
0.000						0.051	0.064	
0.090	0.012	1 11	A A	1 1		0.051	0.064	
0.240		10		1		0.137	0.170	
3.860	0.089	10	A	1		2.200	2.741	
-								
-								
2.600	0.289	3	A	1		1.482	1.846	
	0.023	3	A	1		0.171	0.213	
0.300								
0.300	0.001	3	A	1		38	48	
		0.300 0.023	0.300 0.023 3	0.300 0.023 3 A	0.300 0.023 3 A 1	0.300 0.023 3 A 1	0.300 0.023 3 A 1 0.171	0.300 0.023 3 A 1 0.171 0.213

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 = 57g: 1 serving 2 oz Measure 2 = 71g: 1 package

CARL BUDDIG, Smoked Sliced Beef

Calories Factors: Protein Fat Carbohydrate

Food Group: 07 Sausages and Luncheon Meats

		<u>A</u>	mount in 100 gi	rams	ot edik	ole portio	<u>n</u>	Amount in	edible portion	of common
			Nur	mber					easures of food	
			of l	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		68.20	0.371	5	A	1		38.87	48.42	
Energy	kcal	165		0	MC	9		94	117	
Energy	kj	690				9		394	490	
Protein	g	17.90	0.201	5	A	1		10.20	12.71	
Total lipid (fat)	g	10.10	0.295	5	A	1		5.76	7.17	
Ash	g	3.10	0.036	5	A	1		1.77	2.20	
Carbohydrate, by difference	g	0.70		0	MC	9		0.40	0.50	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total.										
Starch										
Minerals:										
Calcium, Ca		124	17.280	5	A	1		71	88	
Iron, Fe		1.56	0.040	5	A	1		0.89	1.11	
Magnesium, Mg										
Phosphorus, P				_	_					
Potassium, K		256	3.811	3	A	1		146	182	
Sodium, Na	-	954	10.138	5	A	1		544	677	
Zinc, Zn										
Copper, Cu										
Manganese, Mn										
Selenium, Se	mcg									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.076	,					0.040	0.050	
Thiamin	-	0.070		1 5	A A	1 1		0.040	0.050	
Riboflavin	-	0.250						0.143	0.178	
Niacin	-	6.740	0.175	4	A	1		3.842	4.785	
Pantothenic acid	-									
Vitamin B-6	-									
Folate, total										
Folate, DFE										
Vitamin B-12 Vitamin A, IU										
Vitamin A, IU Vitamin A, RAE	IU mca DAE									
Vitamin E (alpha-tocopherol) Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	_									
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	g	2.600	0.215	4	A	1		1.482	1.846	
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated		2.100	0.160	4	A	1		1.197	1.491	
Fatty acids, total trans										
Cholesterol		53	0.001	4	A	1		30	38	
Phytosterols		33	0.001	•		-		30	30	

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 = 57g: 1 serving 2 oz Measure 2 = 71g: 1 package

CARL BUDDIG, Smoked Sliced Chicken, light and dark meat

Calories Factors: Protein Fat Carbohydrate

Food Group: 07 Sausages and Luncheon Meats

		<u>A</u>	mount in 100 g	rams	ot edik	ole portio	<u>n</u>	Amount in	edible portion	of common
			Nui	mber					easures of food	
						Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure :
Proximates:										
Water		67.00	0.164	13	A	1		38.19	47.57	
Energy	kcal	163		0	MC	9		93	116	
Energy	kj	682				9		389	484	
Protein	g	18.50	0.125	13	A	1		10.55	13.14	
Total lipid (fat)	g	9.30	0.197	13	A	1		5.30	6.60	
Ash	g	4.00	0.064	13	A	1		2.28	2.84	
Carbohydrate, by difference	g	1.10		0	MC	9		0.63	0.78	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total										
Starch										
Minerals:										
Calcium, Ca		16	1.344	8	A	1		9	11	
Iron, Fe		2.03	0.130	13	A	1		1.16	1.44	
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg	340	1.820	4	A	1		194	241	
Sodium, Na	mg	1381	27.205	10	A	1		787	981	
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid										
Thiamin	-	0.750		1	A	1		0.428	0.533	
Riboflavin	_	0.350		13	A	1		0.200	0.249	
Niacin	-	5.170	0.110	12	A	1		2.947	3.671	
Pantothenic acid	-									
Vitamin B-6	-									
Folate, total										
Folate, DFE										
Vitamin B-12										
Vitamin A, IU										
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	<u>m</u> cg									
Lipids:						_				
Fatty acids, total saturated		3.100	0.058	5	A	1		1.767	2.201	
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated		1.100	0.058	5	A	1		0.627	0.781	
Fatty acids, total trans										
Cholesterol		55	0.001	5	A	1		31	39	

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 = 57g: 1 serving 2 oz Measure 2 = 71g: 1 package

CARL BUDDIG, Smoked Sliced Ham

Calories Factors: Protein Fat Carbohydrate

Food Group: 07 Sausages and Luncheon Meats

		<u>A</u>	mount in 100 g	grams	of edil	ole portio	<u>on</u>		edible portion	
				ımber		Source	Confidence	<u>m</u>	easures of food	
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure :
Proximates:										
Water		68.20	0.468	12	A	1		38.87	48.42	
Energy		160		0	MC	9		91	114	
Energy		669				9		382	475	
Protein	-	17.50	0.173	12	A	1		9.98	12.43	
Total lipid (fat)		9.10	0.237	12	A	1		5.19	6.46	
Ash	g	3.30	0.078	12	A	1		1.88	2.34	
Carbohydrate, by difference	g	1.80		0	MC	9		1.03	1.28	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total	-									
Starch	g									
Minerals:				_	_	_		0.6		
Calcium, Ca	_	60	7.703	8	A	1		34	43	
Iron, Fe		1.84	0.089	12	A	1		1.05	1.31	
Magnesium, Mg										
Phosphorus, P		200	0 205		_			100	224	
Potassium, K		329	9.395 42.833	4	A	1 1		188	234	
Sodium, Na	-	1096	42.833	9	A	1		625	778	
Zinc, Zn										
Copper, Cu										
Selenium, Se										
Vitamins:										
Vitamin C, total ascorbic acid	ma									
Thiamin		0.180)	2	A	1		0.103	0.128	
Riboflavin	_	0.310	0.027	11	A	1		0.177	0.220	
Niacin	_	5.860	0.078	11	A	1		3.340	4.161	
Pantothenic acid	_									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12										
Vitamin A, IU	IU									
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
Lipids:	···· •									
Fatty acids, total saturated	а	3.100	0.063	5	A	1		1.767	2.201	
Fatty acids, total monounsaturated		3.100	. 0.003	3	A	-		1.707	2.201	
Fatty acids, total polyunsaturated		2.700	0.072	5	A	1		1.539	1.917	
Fatty acids, total trans		2.700	0.072	3	A	-		1.559	1.517	
Cholesterol		57	0.001	5	A	1		32	40	
Phytosterols	-	٥.	0.001	-		-		J-	-20	

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 = 57g: 1 serving 2 oz Measure 2 = 71g: 1 package

CARL BUDDIG, Smoked Sliced Turkey, light and dark meat

Calories Factors: Protein Fat Carbohydrate

Food Group: 07 Sausages and Luncheon Meats

		<u>A</u>	mount in 100 g	rams	of edil	ole 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 Units	s	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water		69.80	0.191	13	A	1		39.79	49.56	
Energy	kcal	141		0	MC	9		80	100	
Energy	kj	590				9		336	419	
Protein	g	19.60	0.108	13	A	1		11.17	13.92	
Total lipid (fat)	g	6.50	0.216	13	A	1		3.71	4.62	
Ash	g	3.10	0.067	13	A	1		1.77	2.20	
Carbohydrate, by difference	g	1.00		0	MC	9		0.57	0.71	
Fiber, total dietary		0.0		0	MC	9		0.0	0.0	
Sugars, total	g									
Starch										
Minerals:										
Calcium, Ca		17	2.449	7	A	1		10	12	
Iron, Fe		2.45	0.061	13	A	1		1.40	1.74	
Magnesium, Mg										
Phosphorus, P										
Potassium, K		365	3.743	5	A	1		208	259	
Sodium, Na	-	1056	14.717	11	A	1		602	750	
Zinc, Zn										
Copper, Cu										
Manganese, Mn										
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid		0.000			_			0.051	0.064	
Thiamin	-	0.090		1 11	A A	1 1		0.051	0.064	
Riboflavin	-	0.230		10		1		0.131	0.163	
Niacin	-	4.100	0.199	10	A	1		2.337	2.911	
Pantothenic acid Vitamin B-6	-									
	-									
Folate, totalFolate, DFE										
Vitamin B-12										
Vitamin A, IU										
Vitamin A, RAE	mca RAF									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	-									
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated		3.000)	2	A	1		1.710	2.130	
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated	g	0.300)	2	A	1		0.171	0.213	
Fatty acids, total trans	g									
ratty acids, total trails										

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 = 57g: 1 serving 2 oz Measure 2 = 71g: 1 package

CARL BUDDIG. Cooked Smoked Beef Pastrami, Chopped, Pressed

Calories Factors: Protein Fat Carbohydrate

Food Group: 07 Sausages and Luncheon Meats

		<u>A</u> 1	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	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	52.50		0	MC	9		22.58		
Energy	kcal	327		0	NC	4		141		
Energy	kj	1369		0	NC	4		588		
Protein (N x 6.25)		14.10		0	MC	9		6.06		
Total lipid (fat)	g	29.00		0	MC	9		12.47		
Ash	g	3.03		0	MC	9		1.30		
Carbohydrate, by difference	g	1.51		0	NR	4		0.65		
Fiber, total dietary		0.0		0	MC	9		0.0		
Sugars, total		1.51		0	MC	9		0.65		
Starch										
Starcii	9									
<u> Minerals:</u>										
Calcium, Ca	mg	58		0	MC	9		25		
Iron, Fe	mg	1.08		0	MC	9		0.46		
Magnesium, Mg	mg	13		0	MC	9		6		
Phosphorus, P	mg	178		0	MC	9		77		
Potassium, K	mg	206		0	MC	9		89		
Sodium, Na	mg	1082		0	MC	9		465		
Zinc, Zn	mg	2.25		0	MC	9		0.97		
Copper, Cu	mg	0.070)	0	MC	9		0.030		
Manganese, Mn	mg	0.030)	0	MC	9		0.013		
Selenium, Se	mcg	15.7		0	MC	9		6.8		
7:4 :										
/itamins:						•				
Vitamin C, total ascorbic acid	_	0.0		0	MC	9		0.0		
Thiamin	_	0.250		0	MC	9		0.108		
Riboflavin		0.160		0	MC	9		0.069		
Niacin	_	2.900		0	MC	9		1.247		
Pantothenic acid	-	0.760		0	MC	9		0.327		
Vitamin B-6	-	0.130)	0	MC	9		0.056		
Folate, total		3		0	MC	9		1		
Folic acid		0		0	FLM	4		0		
Folate, food		3		0	MC	9		1		
Folate, DFE		3		0	NC	4		1		
Vitamin B-12		1.73		0	MC	9		0.74		
Vitamin A, IU		157		0	MC	9		68		
Vitamin A, RAE		47		0	NR	4		20		
Retinol		47		0	NR	4		20		
Vitamin E (alpha-tocopherol)	mg	0.00		0	FLM	4		0.00		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		11.600)	0	MC	9		4.988		
Vitamin K (phylloquinone)	mcg	1.6		0	BFZN	4		0.7		
ipids:										
	0	10.500	,	0	MC	9		4.515		
Fatty acids, total saturated		0.000		0	MC	9		0.000		
6:0		0.000		0	MC	9		0.000		
	-			0		9				
8:0	_	0.000		0	MC	9		0.000 0.039		
10:0		0.090		0	MC MC	9				
12:0		0.100	•	U	MC	9		0.043		
13:0		0 500		^		•		0.011		
14:0	-	0.560	,	0	MC	9		0.241		
15:0	-			^		^		0.740		
16:0	-	6.390	,	0	MC	9		2.748		
17:0	-			•		•				
18:0	-	3.330)	0	MC	9		1.432		
20:0	_									
22:0	a									

	A	mount in 100 grams	of edil	ole portio	<u>on</u>		edible portion o	f common
		Number	r			<u>m</u>	easures of food	
		of Data		Source	Confidence			
Nutrients and Units	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	q 13.700	0	MC	9		5.891		
14:1								
15:1								
16:1 undifferentiated	-	0	MC	9		0.490		
17:1	=							
18:1 undifferentiated	-	0	MC	9		5.375		
20:1	-	0	MC	9		0.000		
22:1 undifferentiated	.g 0.000	0	MC	9		0.000		
24:1 c	•							
Fatty acids, total polyunsaturated		0	MC	9		1.299		
18:2 undifferentiated			MC	9		1.127		
18:3 undifferentiated			MC	9		0.172		
18:4	=		MC	9		0.000		
20:2 n-6 c.c.	.0	·		-				
20:3 undifferentiated	=							
20:4 undifferentiated	-	0	MC	9		0.000		
20:5 n-3	-		MC	9		0.000		
22:5 n-3			MC	9		0.000		
22:6 n-3			MC	9		0.000		
Fatty acids, total trans		•		•		0.000		
Cholesterol		0	MC	9		29		
Phytosterols		0	FLM	4		0		
1 fly tosterois		·		-		ŭ		
Amino Acids:								
Tryptophan	.g 0.150	0	MC	9		0.065		
Threonine	.g 0.540	0	MC	9		0.232		
Isoleucine	.g 0.620	0	MC	9		0.267		
Leucine	.g 1.100	0	MC	9		0.473		
Lysine	.g 1.160	0	MC	9		0.499		
Methionine	.g 0.360	0	MC	9		0.155		
Cystine	.g 0.150	0	MC	9		0.065		
Phenylalanine	.g 0.560	0	MC	9		0.241		
Tyrosine	.g 0.520	0	MC	9		0.224		
Valine		0	MC	9		0.297		
Arginine		0	MC	9		0.361		
Histidine	-	0	MC	9		0.202		
Alanine			MC	9		0.357		
Aspartic acid	=	0	MC	9		0.533		
Glutamic acid	.0		MC	9		1.011		
Glycine	.g 0.910		MC	9		0.391		
Proline			MC	9		0.417		
Serine			MC	9		0.258		
Hydroxyproline		•		-				
Others:								
Alcohol, ethylQ		0	MC	9		0.0		
Caffeiner	=	0	MC	9		0		
Theobromine	ng 0	0	FLM	4		0		
Carotenoids:								
Carotene, beta	nca 0	0	z	7		0.000		
	ncg 0	0	Z	7		0.000		
Cryptoxanthin, beta	9	0	Z	7		0.000		
Lycopene		0	Z	7		0.000		
		0	Z	7		0.000		
Lutein + zeaxanthin	iioa 0	0		,		0.000		

Common Measures:

Measure 1 = 43g: 1 link

NDB No. 07016

Cheesefurter, cheese smokie, pork, beef

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u> :	mount in 100	<u>0 grams</u>	of edib	ole portio	<u>n</u>		edible portion	
			ı	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	76.73		1	A	1		32.23		
Energy	kcal	80		0	MC	9		33		
Energy	kj	334		0	MC	9		140		
Protein (N x 6.25)	g	16.80		1	A	1		7.06		
Total lipid (fat)	g	0.39		1	A	1		0.16		
Ash	g	3.83		1	A	1		1.61		
Carbohydrate, by difference	g	2.25		0	MC	9		0.95		
Fiber, total dietary	g	0.0		1	A	1		0.0		
Sugars, total	g	0.20		1	A	1		0.08		
Starch	g									
<i>r</i> : 1										
Minerals:	ma	4		1	A	1		2		
Calcium, Ca	-	0.30		1	A A	1		0.13		
Magnesium, Mg	•••••••••••••••••••••••••••••••••••••••	36		0	BFZN	4		15		
Phosphorus, P		256		0	BFZN	4		108		
Potassium, K	-	316		0	BFZN	4		133		
Sodium, Na	-	1040		1	A	1		437		
Zinc, Zn	_	0.60		0	BFZN	4		0.25		
Copper, Cu		0.230)	0	BFZN	4		0.097		
Manganese, Mn		0.034		·	FLA	4		0.014		
Selenium, Se		6.1			FLA	4		2.6		
	•									
<u>/itamins:</u>				_						
Vitamin C, total ascorbic acid	_	0.0		1	A	1		0.0		
Thiamin	_	0.014			FLA	4		0.006		
Riboflavin		0.023			FLA	4		0.010		
Niacin		2.742			FLA	4		1.152		
Pantothenic acid	-	0.193			FLA	4		0.081		
Vitamin B-6	-	0.120)		FLA	4		0.050		
Folate, total		1 0			FLA	4		0		
Folic acid		1			FLA	4		0 0		
Folate, food		1		0	FLA NC	4 4		0		
Folate, DFE		0.07		U	FLA	4		0.03		
Vitamin B-12 Vitamin A, IU		0.07		1	гца А	1		0.03		
Vitamin A, RAE		0		1	A	1		0		
Retinol		0		0	NR	4		0		
Vitamin E (alpha-tocopherol)		Ū		·	1414	•		Ü		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0		0	BFZN	4		0.0		
	-									
Lipids:	a	0 130	1	1	74	1		0.055		
Fatty acids, total saturated		0.130		1	A FLA	1 4		0.055		
4:0 6:0		0.000				4		0.000 0.000		
6:0 8:0		0.000			FLA FLA	4		0.000		
10:0	-	0.000			FLA	4		0.000		
12:0	-	0.000		0	BFZN	4		0.000		
13:0	-	0.000	-	3	J. 214	~		0.000		
14:0		0.010)	0	BFZN	4		0.004		
15:0		0.010		v		•		2.004		
16:0		0.110)	0	BFZN	4		0.046		
17:0				-		-		2.0.0		
18:0		0.050)	0	BFZN	4		0.021		
20:0				-		•				
22:0	-									
24:0	-									

		<u>Aı</u>	mount in 10	00 grams	of edib	le portic	<u>on</u>	Amount in	Amount in edible portion of common measures of food	
				Number of Data		Source	Confidence	<u>m</u>	easures of food	
Nutrients and l	Units	Mean	Std. Error			Code	Confidence	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturat	edg	0.160		0	BFZN	4		0.067		
14:1	g									
16:1 undifferentiated17:1	g	0.020		0	BFZN	4		0.008		
18:1 undifferentiated	g	0.140		0	BFZN	4		0.059		
22:1 undifferentiated 24:1 c	-	0.000			FLA	4		0.000		
Fatty acids, total polyunsaturate	dg	0.060		0	BFZN	4		0.025		
18:2 undifferentiated		0.060		0	BFZN	4		0.025		
18:3 undifferentiated	g	0.000		0	BFZN	4		0.000		
18:4	g									
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		0.0		_	_	_				
Cholesterol		36		1	A	1		15		
Phytosterols	mg	0			FLA	4		0		
Amino Acids:										
Tryptophan	q	0.183		0	A	1		0.077		
Threonine		0.686		0	A	1		0.288		
Isoleucine	-	0.812		0	A	1		0.341		
Leucine		1.201		0	A	1		0.504		
Lysine		1.335		0	A	1		0.561		
Methionine		0.437		0	A	1		0.184		
Cystine		0.229		0	A	1		0.096		
Phenylalanine		0.645		0	A	1		0.271		
Tyrosine		0.527		0	A	1		0.221		
Valine	_	0.806		0	A	1		0.339		
Arginine		1.076		0	A	1		0.452		
Histidine		0.478		0	A	1		0.201		
Alanine	g	1.015		0	A	1		0.426		
Aspartic acid	_	1.499		0	A	1		0.630		
Glutamic acid		2.424		0	A	1		1.018		
Glycine		1.234		0	A	1		0.518		
Proline	-	0.884		0	A	1		0.371		
Serine		0.601		0	A	1		0.253		
Hydroxyproline										
Others:	-									
Alcohol, ethyl	g	0.0		0	Z	7		0.0		
Caffeine	_	0		0	Z	7		0		
Theobromine	mg	0		0	Z	7		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		

Common Measures:

Measure 1 = 42g: 1 serving 2 slices

NDB No. 07932

Chicken breast, fat-free, mesquite flavor, sliced

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

		<u>A</u> 1	mount in 10	0 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	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	76.71		1	A	1		32.22		
Energy	kcal	79		0	MC	9		33		
Energy	kj	332		0	MC	9		139		
Protein (N x 6.25)	g	16.79		1	A	1		7.05		
Total lipid (fat)	g	0.39		1	A	1		0.16		
Ash	g	3.94		1	A	1		1.65		
Carbohydrate, by difference	g	2.17		0	MC	9		0.91		
Fiber, total dietary		0.0		1	A	1		0.0		
Sugars, total		0.10		1	A	1		0.04		
Starch										
Minerals:		_		_	_	_		_		
Calcium, Ca	-	6		1	A	1		3		
Iron, Fe.	-	0.32		1	A	1		0.13		
Magnesium, Mg		9			FLA	4		4		
Phosphorus, P	-	60			FLA	4		25		
Potassium, K	-	67			FLA	4		28		
Sodium, Na	-	1087		1	A	1		457		
Zinc, Zn		0.30			FLA	4		0.12		
Copper, Cu		0.034			FLA	4		0.014		
Manganese, Mn		0.043	3		FLA	4 4		0.018		
Selenium, Se	Ilicg	7.6			FLA	4		3.2		
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0		
Thiamin	mg	0.018	3		FLA	4		0.007		
Riboflavin	mg	0.029)		FLA	4		0.012		
Niacin		3.428	3		FLA	4		1.440		
Pantothenic acid	mg	0.241	L		FLA	4		0.101		
Vitamin B-6	mg	0.150)		FLA	4		0.063		
Folate, total	mcg	1			FLA	4		0		
Folic acid	mcg	0			FLA	4		0		
Folate, food		1			FLA	4		0		
Folate, DFE	mcg_DFE	1		0	NC	4		0		
Vitamin B-12	mcg	0.09			FLA	4		0.04		
Vitamin A, IU	IU	0		1	A	1		0		
Vitamin A, RAE	mcg_RAE	0		1	A	1		0		
Retinol	mcg	0		0	NR	4		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.0		0	BFZN	4		0.0		
Lipids:										
Fatty acids, total saturated	g	0.130)	1	A	1		0.055		
4:0		0.000			FLA	4		0.000		
6:0		0.000			FLA	4		0.000		
8:0	-	0.000			FLA	4		0.000		
10:0	-	0.000			FLA	4		0.000		
12:0	_	0.001			FLA	4		0.001		
13:0										
14:0		0.004	Į.		FLA	4		0.002		
15:0										
16:0		0.089	•		FLA	4		0.037		
17:0										
18:0		0.032	2		FLA	4		0.013		
20:0	-									
22:0	-									
24:0	-									

		<u>A</u>	mount in 10	00 grams	of edil	ole portic	<u>on</u>		edible portion	
				Number	r			<u>m</u>	easures of food	
				of Data		Source	Confidence			
Nutrients and Ur	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	0.121			FLA	4		0.051		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.015	i		FLA	4		0.006		
17:1	g									
18:1 undifferentiated	g	0.103	1		FLA	4		0.043		
20:1	g	0.003	1		FLA	4		0.001		
22:1 undifferentiated	•	0.000)		FLA	4		0.000		
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.073	1		FLA	4		0.031		
18:2 undifferentiated		0.060)		FLA	4		0.025		
18:3 undifferentiated	-	0.003			FLA	4		0.001		
18:4		0.000)		FLA	4		0.000		
20:2 n-6 c,c	-									
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.006			FLA	4		0.002		
20:5 n-3		0.001			FLA	4		0.000		
22:5 n-3	g	0.001			FLA	4		0.000		
22:6 n-3	g	0.002	!		FLA	4		0.001		
Fatty acids, total trans										
Cholesterol		36		1	A	1		15		
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.183	ı	0	A	1		0.077		
Threonine		0.686		0	A	1		0.288		
Isoleucine	-	0.812		0	A	1		0.341		
Leucine	-	1.201		0	A	1		0.504		
Lysine	-	1.335		0	A	1		0.561		
Methionine		0.437		0	A	1		0.184		
Cystine		0.229		0	A	1		0.096		
Phenylalanine		0.645		0	A	1		0.271		
Tyrosine		0.527		0	A	1		0.221		
Valine		0.806		0	A	1		0.339		
Arginine		1.076		0	A	1		0.452		
Histidine	-	0.478		0	A	1		0.201		
Alanine		1.015		0	A	1		0.426		
Aspartic acid		1.499		0	A	1		0.630		
Glutamic acid		2.424		0	A	1		1.018		
Glycine		1.234		0	A	1		0.518		
Proline		0.884		0	A	1		0.371		
Serine		0.601		0	A	1		0.253		
Hydroxyproline	-	0.501		ŭ		-		3.233		
Others:										
Alcohol, ethyl		0.0		0	Z	7		0.0		
Caffeine	_	0		0	Z	7		0		
Theobromine	<u>m</u> g	0		0	Z	7		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	mca	0		0	Z	7		0.000		
Edicin - Zeazantiiii								3.000		

Common Measures:

Measure 1 = 42g: 1 serving 2 slices

NDB No. 07933

Chicken breast, oven-roasted, fat-free, sliced

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>Aı</u>	mount in 100 gı	rams of	edible	e portio	<u>n</u>		edible portion	
			Nur	nber				<u>m</u>	easures of food	<u> </u>
			of I	Data De	riv S	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	ints Co	de	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	68.60		2		1		39.10	116.62	
Energy	kcal	154		0	NC	4		88	262	
Energy	kj	646		0	NC	4		368	1098	
Protein (N x 6.25)	g	19.53	0.880	4		1		11.13	33.20	
Total lipid (fat)	g	7.38	1.740	4		1		4.21	12.55	
Ash	g	2.05		2		1		1.17	3.49	
Carbohydrate, by difference	g	2.44		0	NC	4		1.39	4.15	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minorale.										
Minerals:	ma	43	7.310	3		1		25	73	
Calcium, Ca	-	43 0.97	0.336	3		1		0.55	73 1.65	
Magnesium, Mg	-	19	0.336	1		1		11	32	
Phosphorus, P		157		1		1		89	267	
Potassium, K	•	228		1		1		130	388	
Sodium, Na	-	584	37.586	4		1		333	993	
Zinc, Zn	-	0.72	37.300	1		1		0.41	1.22	
Copper, Cu		0.72	1	1		1		0.023	0.068	
Manganese, Mn		0.040		0		4		0.023	0.022	
Selenium, Se		12.5	2.450		A	1		7.1	21.3	
Scientini, Sc	9	12.5	2.450	•		-		7.2	21.3	
<u>/itamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.065	i	2		1		0.037	0.111	
Riboflavin	mg	0.130	1	2		1		0.074	0.221	
Niacin	mg	5.291		0		1		3.016	8.995	
Pantothenic acid	mg	0.390	1	0		4		0.222	0.663	
Vitamin B-6	mg	0.210	1	0		4		0.120	0.357	
Folate, total	mcg	2		0		4		1	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food		2		0		4		1	3	
Folate, DFE	mcg_DFE	2		0 1	NC	4		1	3	
Vitamin B-12		0.15		0		4		0.09	0.26	
Vitamin A, IU		82		0		4		47	139	
Vitamin A, RAE	mcg_RAE	24		0 1	NR	4		14	41	
Retinol	mcg	24		0 1	NR	4		14	41	
Vitamin E (alpha-tocopherol)	mg	0.27		0 1	NR	4		0.15	0.45	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.5		0 B	FZN	4		0.3	0.9	
ipids:										
Fatty acids, total saturated	а	1.970	1	0 1	NC	4		1.123	3.349	
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	-	0.010		0		1		0.006	0.000	
13:0		0.010		•		-		3.000	0.017	
14:0		0.060	1	0		1		0.034	0.102	
15:0		2.200		-		_		3.034	0.102	
16:0		1.510)	0		1		0.861	2.567	
17:0		1.510		•		-		0.001	2.507	
18:0	-	0.390	1	0		1		0.222	0.663	
20:0	-	0.390		Ü		-		V.222	0.003	
22:0	-									
	g									

		<u>Ar</u>	mount in 100			ole portio	<u>on</u>		edible portion of easures of food	
			I	Number	•			m	easures of 1000	
				of Data	Deriv	Source	Confidence			
Nutrients and U	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty saids total management	4 O	2.920		0	NC	4		1.664	4.964	
Fatty acids, total monounsaturated		2.320		Ū	NO	-		1.004	4.304	
15:1	g									
16:1 undifferentiated	g	0.410		0		1		0.234	0.697	
17:1	g									
18:1 undifferentiated	g	2.430		0		1		1.385	4.131	
20:1	g	0.080		0		1		0.046	0.136	
22:1 undifferentiated	•	0.000		0		1		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsaturated.	g	1.530		0	NC	4		0.872	2.601	
18:2 undifferentiated	g	1.360		0		1		0.775	2.312	
18:3 undifferentiated	g	0.060		0		1		0.034	0.102	
18:4	g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.080		0		1		0.046	0.136	
20:5 n-3	g	0.000		0		1		0.000	0.000	
22:5 n-3	g	0.010		0		1		0.006	0.017	
22:6 n-3	g	0.020		0		1		0.011	0.034	
Fatty acids, total trans	g									
Cholesterol	mg	50		1		1		29	85	
Phytosterols	mg	0		0		4		0	0	
Amino Acids:						_				
Tryptophan		0.212		0	MC	9		0.121	0.360	
Threonine	_	0.796		0	MC	9		0.454	1.353	
Isoleucine		0.942		0	MC	9		0.537	1.601	
Leucine		1.393		0	MC	9		0.794	2.368	
Lysine		1.549		0	MC	9		0.883	2.633	
Methionine		0.507		0	MC	9		0.289	0.862	
Cystine	_	0.266		0	MC	9		0.152	0.452	
Phenylalanine		0.748		0	MC	9		0.427	1.272	
Tyrosine	_	0.611		0	MC	9		0.348	1.039	
Valine		0.935		0	MC	9		0.533	1.589	
Arginine		1.248		0	MC	9		0.711	2.122	
Histidine	-	0.555		0	MC	9		0.316	0.943	
Alanine		1.178		0	MC	9		0.671	2.002	
Aspartic acid		1.739		0	MC	9		0.991	2.956	
Glutamic acid	-	2.811		0	MC	9		1.602	4.779	
Glycine		1.431		0	MC	9		0.816	2.432	
Proline	• • • • • • • • • • • • • • • • • • • •	1.025		0	MC	9		0.584	1.742	
Serine		0.697		0	MC	9		0.397	1.185	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	
Caffeine		0		0	MC	9		0	0	
Theobromine		0		0	Z	7		0	0	
Carotenoids:										
Carotene, beta	mca	0		0	z	7		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		0		0	Z	7		0.000	0.000	
Lutem + zeaxantinii	tiicg			J	4	,		0.000	0.000	

Common Measures:

Measure 1 = 57g: 1 serving (1 serving)

Measure 2 = 170g: 1 package

NDB No. 07017 Chicken roll, light meat

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

		<u>A</u> 1	mount in 100	grams	of edik	ne portio	<u>n</u>	Amount in	edible portion of	of common
			N	lumber				m	easures of food	
						Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error F			Code	Code	Measure 1	Measure 2	Measure
Proximates:	_	44		•		•		00.45		
Water	-	57.41		0	MC	9		32.15		
Energy		158		0	NC	4		89		
Energy		663		0	NC	4		371		
Protein (N x 6.25)		18.01		0	MC	9 9		10.09		
Total lipid (fat)		17.56 2.97		0	MC MC	9		9.83 1.66		
Ash		4.05		0	NC NC	4		2.27		
Carbohydrate, by difference		0.3		0	MC	9		0.2		
Fiber, total dietary				0	MC	9		0.26		
Sugars, total	_	0.47		U	МС	9		0.26		
Starch	9									
<u>Minerals:</u>										
Calcium, Ca	mg	16		0	MC	9		9		
Iron, Fe	_	0.87		0	MC	9		0.49		
Magnesium, Mg	mg	12		0		4		7		
Phosphorus, P		89		0		4		50		
Potassium, K		106		0		4		59		
Sodium, Na	_	722		0	MC	9		404		
Zinc, Zn		1.15		0		4		0.64		
Copper, Cu		0.040		0		4		0.022		
Manganese, Mn		0.012	2	0		4		0.007		
Selenium, Se	mcg	10.8		0	BFNN	4		6.0		
Vitamins:		0.0		•	_	-		2.2		
Vitamin C, total ascorbic acid		0.0	0 000	0	Z	7 1		0.0 0.005		
Thiamin	_	0.009				1		0.005		
Riboflavin		2.748				1		1.539		
Pantothenic acid		0.430		0		4		0.241		
Vitamin B-6		0.150		0		4		0.084		
Folate, total	-	3	,	0		4		2		
Folic acid		0		0	NR	4		0		
Folate, food		3		0		4		2		
Folate, DFE		3		0	NC	4		2		
Vitamin B-12		0.13		0		4		0.07		
Vitamin A, IU		99		0	MC	9		56		
Vitamin A, RAE		30		0	NC	4		17		
Retinol		30		0	NR	4		17		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
<u>Lipids:</u>										
Fatty acids, total saturated	g	3.230)	0	NC	4		1.809		
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	-	0.100)	0		4		0.056		
15:0				_		_				
16:0		2.410)	0		4		1.350		
17:0				_		_				
18:0		0.720)	0		4		0.403		
20:0										
22:0	g									

		<u>Ar</u>	nount in 10	0 grams	of edil	ole portic	<u>on</u>		edible portion	
				Number	•			<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Un	iits	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.		4.800		0	NC	4		2.688		
14:1	_									
15:1	-									
16:1 undifferentiated	-	0.630		0		4		0.353		
17:1	-									
18:1 undifferentiated	_	4.060		0		4		2.274		
20:1	-	0.110		0		4		0.062		
22:1 undifferentiated	•	0.000		0		4		0.000		
24:1 c										
Fatty acids, total polyunsaturated		2.350		0	NC	4		1.316		
18:2 undifferentiated		2.230		0		4		1.249		
18:3 undifferentiated	_	0.120		0		4		0.067		
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	g	0.000		0		4		0.000		
Fatty acids, total trans										
Cholesterol	mg	56		0	MC	9		32		
Phytosterols	mg	0		0		4		0		
Amino Acids:										
Tryptophan	a	0.197			FLM	4		0.110		
Threonine		0.730			FLM	4		0.409		
Isoleucine	-	0.879			FLM	4		0.492		
Leucine		1.286			FLM	4		0.720		
Lysine	-	1.438			FLM	4		0.805		
Methionine		0.469			FLM	4		0.263		
Cystine		0.237			FLM	4		0.133		
Phenylalanine	-	0.687			FLM	4		0.385		
Tyrosine		0.568			FLM	4		0.318		
Valine		0.859			FLM	4		0.481		
Arginine		1.117			FLM	4		0.626		
Histidine		0.517			FLM	4		0.290		
Alanine		1.037			FLM	4		0.581		
	_	1.580			FLM	4		0.885		
Aspartic acid	-	2.586			FLM	4		1.448		
Glutamic acid	_					4				
Glycine		1.166			FLM	4		0.653		
Proline		0.868			FLM	4		0.486		
Serine	-	0.626			FLM	4		0.351		
Hydroxyproline	y									
Others:										
Alcohol, ethyl	g	0.0			FLM	4		0.0		
Caffeine		0			FLM	4		0		
Theobromine	_	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		0		0	Z	7		0.000		
Lutein + zeaxanthin	iucā	0		0	z	7		0.000		

Common Measures:

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

NDB No. 07018 Chicken spread

Calories Factors: Protein 4 Fat 4 Carbohydrate 4

		<u>A</u>	mount in 100 gi	rams of	edible p	ortion		Amount in	edible portion	of common
			Nui	nber				m	easures of food	
				Data De	eriv So	urce C	onfidence			
Nutrients and Uni	ite	Mean	Std. Error Po			ode	Code	Measure 1	Measure 2	Measure
Nutrients and On	its	Weali	Std. Ellor 10					Weasure i	Weasure 2	Weasure
Proximates:										
Water	g	31.85	2.427	6		1		19.11		
Energy	kcal	455		0		4		273		
Energy	kj	1904				4		1142		
Protein (N x 6.25)	g	24.10	0.808	6		1		14.46		
Total lipid (fat)	g	38.27	1.561	6		1		22.96		
Ash	g	3.92		0		4		2.35		
Carbohydrate, by difference	g	1.86		0		4		1.12		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
* * 1										
Minerals:	ma	8		0		4		5		
Calcium, Ca	-	1.59		0		4		0.95		
	-	18		0		4		0.95 11		
Magnesium, Mg Phosphorus, P		150		0		4		90		
Potassium, K	-	398		0		4		239		
Sodium, Na		1235		0		4		741		
Zinc, Zn		3.41		0		4		2.05		
Copper, Cu		0.080	•	0		4		0.048		
Manganese, Mn		0.040		0		4		0.024		
Selenium, Se		21.1	•		RF	4		12.7		
Scientini, Sc	g			·		•		,		
<u>/itamins:</u>										
Vitamin C, total ascorbic acid		0.0		0	Z	7		0.0		
Thiamin		0.630		0		4		0.378		
Riboflavin	mg	0.300)	0		4		0.180		
Niacin		5.131	=	0		4		3.079		
Pantothenic acid	mg	1.120)	0		4		0.672		
Vitamin B-6	_	0.530)	0		4		0.318		
Folate, total	mcg	2		0		4		1		
Folic acid		0		0	Z	7		0		
Folate, food	mcg	2		0		4		1		
Folate, DFE		2			NC	4		1		
Vitamin B-12		2.00		0		4		1.20		
Vitamin A, IU		0		0		4		0		
Vitamin A, RAE		0			AS	1		0		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.22		0	NR	4		0.13		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	1.6		0 B	FZN	4		1.0		
ipids:										
Fatty acids, total saturated	а	14.380)	0		1		8.628		
4:0		0.000		0		1		0.000		
6:0		0.000		0		1		0.000		
8:0		0.000		0		1		0.000		
10:0		0.000		0		1		0.000		
12:0	_	0.000		0		1		0.000		
13:0	-	0.000	•	•		-		3.000		
14:0	-	0.870)	0		1		0.522		
15:0	-	0.070	•	•		-		0.322		
16:0		9.150	1	0		1		5.490		
17:0		9.130	•	J		_		3.490		
	_	4.120	1	0		1		2.472		
18:0	_	4.120	,	J		-		2.412		
20:0	_									
22:0 24:0	-									

		<u>Aı</u>	nount in 10	0 grams	of edil	ole portio	<u>on</u>		edible portion of	
				Number				<u>m</u>	easures 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	lg	18.400		0		1		11.040		
14:1	g									
15:1	_									
16:1 undifferentiated	_	1.650		0		1		0.990		
17:1	_	16 210		•		1		0.706		
18:1 undifferentiated 20:1	_	16.310 0.000		0 0		1		9.786		
20:1 undifferentiated		0.000		0		1		0.000 0.000		
24:1 c	•	0.000		U		1		0.000		
Fatty acids, total polyunsaturated.		3.460		0		1		2.076		
18:2 undifferentiated		2.930		0		1		1.758		
18:3 undifferentiated		0.380		0		1		0.228		
18:4		0.000		0		1		0.000		
20:2 n-6 c,c										
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.090		0		1		0.054		
20:5 n-3	g	0.000		0		1		0.000		
22:5 n-3	g	0.000		0		1		0.000		
22:6 n-3	g	0.000		0		1		0.000		
Fatty acids, total trans	g									
Cholesterol		88		0		4		53		
Phytosterols	mg	0		0		4		0		
Amino Acids:										
Tryptophan	a	0.278		1		1		0.167		
Threonine		1.473		1		1		0.884		
Isoleucine	_	2.206		1		1		1.324		
Leucine		1.708		1		1		1.025		
Lysine	_	2.414		1		1		1.448		
Methionine		0.470		1		1		0.282		
Cystine	g	0.276		0		4		0.166		
Phenylalanine	g	1.149		1		1		0.689		
Tyrosine	g	0.748		0		4		0.449		
Valine	g	0.914		1		1		0.548		
Arginine	g	1.693		1		1		1.016		
Histidine	g	0.721		1		1		0.433		
Alanine	g	1.560		0		4		0.936		
Aspartic acid		2.185		0		4		1.311		
Glutamic acid		3.566		0		4		2.140		
Glycine	g	1.730		0		4		1.038		
Proline	g	1.252		0		4		0.751		
Serine		0.993		0		4		0.596		
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0		
Caffeine		0		0	z	7		0		
Theobromine		0		0	z	7		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 = 60g: 1 link (4" long)

NDB No. 07019 Chorizo, pork and beef

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u> 1	mount in 100 g	rams	of edib	ole portio	<u>n</u>		edible portion	
			Nu	mber				<u>m</u>	easures of food	<u> </u>
						Source	Confidence			
Nutrients and Un	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure :
Proximates:										
Water	g	69.10	0.401	14		1		19.35	39.39	
Energy	kcal	153		0	NC	4		43	87	
Energy	kj	640				4		179	365	
Protein (N x 6.25)		22.90	0.315	15		1		6.41	13.05	
Total lipid (fat)	g	6.10	0.577	15		1		1.71	3.48	
Ash		3.00	0.107	14		1		0.84	1.71	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	mg	11	0.946	5		1		3	6	
Iron, Fe.	-	2.04	0.160	14		1		0.57	1.16	
Magnesium, Mg	-	11	0.267	14		1		3	6	
Phosphorus, P		73	4.543	14		1		20	42	
Potassium, K		101	6.147	14		1		28	58	
Sodium, Na	mg	953	37.857	15		1		267	543	
Zine, Zn	mg	4.09	0.176	14		1		1.15	2.33	
Copper, Cu		0.060		14		1		0.017	0.034	
Manganese, Mn		0.031	0.004	4		1		0.009	0.018	
Selenium, Se	mcg	17.2		0	RF	4		4.8	9.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		7		0.0	0.0	
Thiamin	-	0.000	0.005	14		1		0.000	0.000	
Riboflavin		0.110	0.011	14		1		0.031	0.063	
Niacin		1.760	0.158	14		1		0.493	1.003	
Pantothenic acid		0.190)	1		1		0.053	0.108	
Vitamin B-6	mg	0.120	0.021	14		1		0.034	0.068	
Folate, total	mcg	8		1		1		2	5	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food		8		1		1		2	5	
Folate, DFE		8		0	NC	4		2	5	
Vitamin B-12	mcg	1.27	0.096	14		1		0.36	0.72	
Vitamin A, IU		0		1		1		0	0	
Vitamin A, RAE		0		1		1		0	0	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	-									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin K (phylloquinone)										
ramm K (phynoquillone)										
Lipids:										
Fatty acids, total saturated		2.600		0		1		0.728	1.482	
4:0		0.000		14		1		0.000	0.000	
6:0		0.000		14		1		0.000	0.000	
8:0		0.000		14		1		0.000	0.000	
10:0	_	0.020		14		1		0.006	0.011	
12:0	-	0.030)	14		1		0.008	0.017	
13:0		A 15-		1.4						
14:0	-	0.170)	14		1		0.048	0.097	
15:0	-					_		0.050		
16:0	-	1.260)	14		1		0.353	0.718	
17:0		0 000	•	1 4		4		0 077	0.561	
18:0		0.990	,	14		1		0.277	0.564	
20:0										
22:0	g g									

	<u>Aı</u>	mount in 100 gram	Amount in	edible portion of	of common			
		Numbe					easures of food	
				_				
Noted and a sold Helfs	N 4	of Data Std. Error Points		Source Code	Confidence Code			
Nutrients and Units	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	2.680	0		1		0.750	1.528	
14:1g								
15:1g								
16:1 undifferentiatedg	0.400	14		1		0.112	0.228	
17:1g								
18:1 undifferentiatedg	2.280	14		1		0.638	1.300	
20:1g	0.000	14		1		0.000	0.000	
22:1 undifferentiatedg	0.000	14		1		0.000	0.000	
24:1 cg								
Fatty acids, total polyunsaturated	0.320			1		0.090	0.182	
18:2 undifferentiatedg	0.240	14		1		0.067	0.137	
18:3 undifferentiatedg	0.080	14		1		0.022	0.046	
18:4g	0.000	14		1		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	14		1		0.000	0.000	
20:5 n-3g	0.000	14		1		0.000	0.000	
22:5 n-3g	0.000	0.000 14		1		0.000	0.000	
22:6 n-3g	0.000	14		1		0.000	0.000	
Fatty acids, total transg								
Cholesterol mg	47	3.474 14		1		13	27	
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.165			1		0.046	0.094	
Threonineg	0.894			1		0.250	0.510	
Isoleucineg	0.861			1		0.241	0.491	
Leucineg	1.584			1		0.444	0.903	
Lysineg	1.759			1		0.493	1.003	
Methionineg	0.506			1		0.142	0.288	
Cystineg	0.238			1		0.067	0.136	
Phenylalanineg	0.810			1		0.227	0.462	
Tyrosineg	0.616			1		0.172	0.351	
Valineg	0.993			1		0.278	0.566	
Arginineg	1.587			1		0.444	0.905	
Histidineg	0.601	. 0		1		0.168	0.343	
Alanineg	1.576			1		0.441	0.898	
Aspartic acidg	1.950	0		1		0.546	1.112	
Glutamic acidg	3.167	0		1		0.887	1.805	
Glycineg	2.170	0		1		0.608	1.237	
Prolineg	1.503	0		1		0.421	0.857	
Serineg	0.916	0		1		0.256	0.522	
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	
Caffeine mg								
Theobrominemg								

Common Measures:

Measure 1 = 28g: 1 slice (1 oz) $(4" \times 4" \times 3/32" \text{ thick})$

Measure 2 = 57g: 2 slices

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>A</u> 1	mount in 100 g	rams	of edib	le portio	<u>n</u>		edible portion	
			Nu	mber				<u>m</u>	easures of food	<u>l</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	58.10	0.875	21	A	1		22.08		
Energy	kcal	273		0	NC	4		104		
Energy	kj	1143		0	NC	4		434		
Protein (N x 6.25)	g	12.00	0.160	21	A	1		4.56		
Total lipid (fat)	g	22.91	1.250	21	A	1		8.71		
Ash	g	3.07		1	A	1		1.17		
Carbohydrate, by difference	g	3.93		0	NC	4		1.49		
Fiber, total dietary	g	0.2		0	FLA	4		0.1		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minorals										
Minerals: Calcium, Ca	ma	7		1	A	1		3		
Iron, Fe	-	0.16		1	A	1		0.06		
Magnesium, Mg	_	16		0	FLA	4		6		
Phosphorus, P		130		0	FLA	4		50		
Potassium, K		216		0	FLA	4		82		
Sodium, Na		1055		1	A	1		401		
Zinc, Zn	mg	2.05		0	FLA	4		0.78		
Copper, Cu	mg	0.063		0	FLA	4		0.024		
Manganese, Mn	mg	0.035	i	0	FLA	4		0.013		
Selenium, Se	mcg	14.4		0	FLA	4		5.5		
Vitamins:										
Vitamin C, total ascorbic acid	ma	1.5		0	FLA	4		0.6		
Thiamin	-	0.194		0	FLA	4		0.074		
Riboflavin		0.148		0	FLA	4		0.056		
Niacin		3.212		0	FLA	4		1.221		
Pantothenic acid		0.454		0	FLA	4		0.173		
Vitamin B-6	_	0.316	i	0	FLA	4		0.120		
Folate, total.	-	12		0	FLA	4		5		
Folic acid		0		0	FLA	4		0		
Folate, food		12		0	FLA	4		5		
Folate, DFE	mcg_DFE	12		0	NC	4		5		
Vitamin B-12	mcg	1.58		0	FLA	4		0.60		
Vitamin A, IU	IU	155		0	NC	4		59		
Vitamin A, RAE		47		0	NC	4		18		
Retinol	mcg	47		0	FLA	4		18		
Vitamin E (alpha-tocopherol)	_	0.04		0	FLA	4		0.01		
Tocopherol, beta		0.00		0	NR	4		0.00		
Tocopherol, gamma		0.00		0	NR	4		0.00		
Tocopherol, delta		0.00		0	NR	4		0.00		
Vitamin D		40.000		0	T	4		15.200		
Vitamin K (phylloquinone)	mcg	1.2		0	BFSN	4		0.5		
<u>Lipids:</u>										
Fatty acids, total saturated	g	9.107		0	NC	4		3.460		
4:0		0.000	ı	0	FLA	4		0.000		
6:0	g	0.000	1	0	FLA	4		0.000		
8:0	g	0.000	1	0	FLA	4		0.000		
10:0	g	0.083		0	FLA	4		0.032		
12:0	g	0.058		0	FLA	4		0.022		
13:0	g									
14:0	g	0.681		0	FLA	4		0.259		
15:0	-									
16:0	-	5.613		0	FLA	4		2.133		
17:0										
18:0		2.670		0	FLA	4		1.015		
20:0										
22:0	0									

		<u>A</u> 1	mount in 10			ole portic	<u>on</u>		edible portion	
				of Data	Deriv		Confidence		easures of food	•
Nutrients and	I Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatur	rated Q	10.086		0	NC	4		3.833		
14:1	g									
15:1 16:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.000		0	z	7		0.000		
17:1		0.000		Ū		,		0.000		
18:1 undifferentiated	-	10.013		0	FLA	4		3.805		
20:1	g	0.073		0	FLA	4		0.028		
22:1 undifferentiated	•	0.000		0	FLA	4		0.000		
24:1 c										
Fatty acids, total polyunsatura		3.077		0	NC	4		1.169		
18:2 undifferentiated		2.301		0	FLA	4		0.874		
18:3 undifferentiated		0.683		0	FLA	4		0.260		
18:4	-	0.000		U	FLA	4		0.000		
20:2 n-6 c,c 20:3 undifferentiated	-									
20:4 undifferentiated	-	0.072		0	FLA	4		0.027		
20:5 n-3		0.004		0	FLA	4		0.002		
22:5 n-3	-	0.004		0	FLA	4		0.002		
22:6 n-3		0.013		0	FLA	4		0.005		
Fatty acids, total trans		0.000		0	NR	4		0.000		
Cholesterol		60		1	A	1		23		
Phytosterols	mg	2		0	FLA	4		1		
Amino Asids										
Amino Acids:	a	0.160		0	FLA	4		0.061		
Tryptophan Threonine		0.604		0	FLA	4		0.061		
Isoleucine	-	0.648		0	FLA	4		0.246		
Leucine	-	1.078		0	FLA	4		0.410		
Lysine	-	1.164		0	FLA	4		0.442		
Methionine		0.360		0	FLA	4		0.137		
Cystine		0.169		0	FLA	4		0.064		
Phenylalanine		0.546		0	FLA	4		0.208		
Tyrosine		0.465		0	FLA	4		0.177		
Valine	g	0.691		0	FLA	4		0.262		
Arginine	g	0.893		0	FLA	4		0.339		
Histidine	g	0.469		0	FLA	4		0.178		
Alanine	-	0.825		0	FLA	4		0.314		
Aspartic acid	-	1.267		0	FLA	4		0.482		
Glutamic acid	-	2.101		0	FLA	4		0.798		
Glycine	-	0.789		0	FLA	4		0.300		
Proline	-	0.628		0	FLA	4		0.239		
Serine Hydroxyproline		0.533 0.000		0	FLA NR	4 4		0.202 0.000		
пушохургонне	9	0.000		U	NK	-		0.000		
Others:										
Alcohol, ethyl		0.0		0	FLA	4		0.0		
Caffeine	_	0		0	FLA	4		0		
Theobromine	<u>mg</u>	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 = 38g: 1 slice

NDB No. 07021

Dutch brand loaf, chicken, pork and beef

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

hot dog, wiener, frank

		<u>A</u>	mount in 10	00 grams		ole portio	o <u>n</u>		edible portion of	f common
Nutrients and Un	its	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	52.01		5	A	1		23.40	29.64	
Energy	kcal	330		0	NC	4		149	188	
Energy	kj	1382		0	NC	4		622	788	
Protein (N x 6.25)	-	11.24		5	A	1		5.06	6.41	
Total lipid (fat)		29.57		5	A	1		13.30	16.85	
Ash		3.13		5	A	1		1.41	1.78	
Carbohydrate, by difference		4.06		0	NC	4		1.83	2.32	
Fiber, total dietary		0.0		0	Z AS	7 1		0.0	0.0	
Sugars, total		3.39 0.00		2	AS A	1		1.53 0.00	1.93 0.00	
Sucrose		2.82		2	A	1		1.27	1.61	
Glucose (dextrose)	9	0.00		2	A	1		0.00	0.00	
FructoseLactose	9	0.00		2	A	1		0.00	0.00	
Maltose	g a	0.58		2	A	1		0.26	0.33	
Galactose		0.00		2	A	1		0.00	0.00	
Starch		1.32		2	A	1		0.59	0.75	
Minerals:										
Calcium, Ca	-	14		5	A	1		6	8	
Iron, Fe	_	1.51		5	A	1		0.68	0.86	
Magnesium, Mg Phosphorus, P		14 160		5 5	A A	1 1		6 72	8 91	
Potassium, K	-	156		5	A	1		70	89	
Sodium, Na		1140		5	A	1		513	650	
Zinc, Zn		2.46		5	A	1		1.11	1.40	
Copper, Cu		0.184	l	5	A	1		0.083	0.105	
Manganese, Mn	mg	0.082	2	5	A	1		0.037	0.047	
Selenium, Se	mcg	8.2		2	A	1		3.7	4.7	
Vitamins:					_	_				
Vitamin C, total ascorbic acid	_	0.0		0	z	7		0.0	0.0	
ThiaminRiboflavin		0.040		5 5	A A	1 1		0.018 0.066	0.023 0.084	
Niacin		2.372		5	A	1		1.068	1.352	
Pantothenic acid	_	0.244		2	A	1		0.110	0.139	
Vitamin B-6	-	0.089		2	A	1		0.040	0.050	
Folate, total		5		2	A	1		2	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food		5		2	A	1		2	3	
Folate, DFE	mcg_DFE	5		0	NC	4		2	3	
Vitamin B-12		1.72		5	A	1		0.78	0.98	
Vitamin A, IU		0		0	AS	1		0	0	
Vitamin A, RAE		0 0		0	AS Z	1 7		0	0 0	
Vitamin E (alpha-tocopherol)	_	0.20		0	NR	4		0.09	0.12	
Tocopherol, beta		0.20		Ū	2423	•		0.03	0.12	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		36.000)	0	T	4		16.200	20.520	
Vitamin K (phylloquinone)	mcg	1.8		0	BFZN	4		0.8	1.0	
Lipids:	a	11.688	.	0	NC	4		E 060	6 660	
Fatty acids, total saturated		0.000		0	NC Z	4 7		5.260 0.000	6.662 0.000	
6:0		0.000		0	Z	7		0.000	0.000	
8:0	-	0.000		0	Z	7		0.000	0.000	
10:0	_	0.083		0	BFFN	4		0.037	0.047	
12:0		0.041		0	BFFN	4		0.019	0.024	
13:0	g									
14:0		0.874		5	A	1		0.393	0.498	
15:0	g	0.152	2	5	A	1		0.068	0.087	

		<u>A</u> ı	mount in 10	0 grams	of edib	le portic	on_		edible portion o	f common
				Number	•			<u>me</u>	easures of food	
Nutrients and Unit	s	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0	g	6.483		5	A	1		2.917	3.695	
17:0	g	0.389		5	A	1		0.175	0.222	
18:0	g	3.559		5	A	1		1.602	2.029	
20:0	g									
22:0	_	0.107		1	A	1		0.048	0.061	
24:0	_									
Fatty acids, total monounsaturated		14.305		0	NC	4		6.437	8.154	
14:1	_	0.326		5	A	1		0.147	0.186	
15:1		1 01/		-				0 547	0 603	
16:1 undifferentiated		1.216		5	A	1		0.547	0.693	
17:1	_	12.426		5	A	1		5.592	7.083	
20:1	_	0.224		5	A	1		0.101	0.128	
22:1 undifferentiated		0.112		1	A	1		0.050	0.064	
24:1 c	-							0.000	0.001	
Fatty acids, total polyunsaturated		1.182		0	NC	4		0.532	0.674	
18:2 undifferentiated		1.006		5	A	1		0.453	0.573	
18:3 undifferentiated	g	0.176		5	A	1		0.079	0.100	
18:4	g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	_	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3		0.000		0	BFFN	4		0.000	0.000	
22:5 n-3		0.000		0	BFFN	4		0.000	0.000	
22:6 n-3	-	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans		F2		-				24	20	
Cholesterol		53		5	A	1		24	30	
Phytosterols										
Amino Acids:										
Tryptophan		0.121		0	A	1		0.055	0.069	
Threonine		0.519		0	A	1		0.234	0.296	
Isoleucine		0.580		0 0	A	1 1		0.261	0.331	
Leucine	-	0.994 1.055		0	A A	1		0.447 0.475	0.566 0.601	
Lysine Methionine	-	0.319		0	A	1		0.475	0.801	
Cystine		0.121		0	A	1		0.054	0.162	
Phenylalanine		0.487		0	A	1		0.219	0.278	
Tyrosine		0.412		0	A	1		0.185	0.235	
Valine		0.608		0	A	1		0.273	0.346	
Arginine		0.757		0	A	1		0.341	0.432	
Histidine	g	0.362		0	A	1		0.163	0.207	
Alanine	g	0.679		0	A	1		0.306	0.387	
Aspartic acid	g	1.120		0	A	1		0.504	0.639	
Glutamic acid		1.802		0	A	1		0.811	1.027	
Glycine	-	0.534		0	A	1		0.240	0.305	
Proline	-	0.475		0	A	1		0.214	0.271	
Serine		0.451		0	A	1		0.203	0.257	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	_	0.0		0	z	7		0.0	0.0	
Caffeine		0		0	Z	7		0	0	
Theobromine	g	0		0	Z	7		0	0	
<u>Carotenoids:</u>										
Carotene, beta	-	0		0	Z	7		0.000	0.000	
Carotene, alpha		0		0	z	7		0.000	0.000	
Cryptoxanthin, beta		0		0	z z	7		0.000	0.000	
Lycopene		0		0 0	z z	7 7		0.000	0.000	
Lutein + zeaxanthin	iiicg	0		U	z	,		0.000	0.000	

NDB No. 07022 Frankfurter, beef

Common Measures:

Measure 1 = 45g: 1 frankfurter (5 in long X 3/4 in dia, 10 per lb) Measure 2 = 57g: 1 frankfurter (5 in long x 7/8 in dia, 8 per lb)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 07023 Frankfurter, beef and pork

hot dog, wiener, frank

		<u>Aı</u>	mount in 100 g	rams	of edib	ole portio	<u>n</u>	Amount in	edible portion	of common
			Nι	ımber				<u>m</u>	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	g	55.96	0.115	34	A	1		25.18	31.90	
Energy	kcal	305		0	NC	4		137	174	
Energy	kj	1277		0	NC	4		575	728	
Protein (N x 6.25)	g	11.53	0.048	34	A	1		5.19	6.57	
Total lipid (fat)		27.64	0.130	34	A	1		12.44	15.75	
Ash	g	3.15	0.017	154		1		1.42	1.80	
Carbohydrate, by difference	g	1.72		0	NC	4		0.77	0.98	
Fiber, total dietary		2.4		0	FLM	4		1.1	1.4	
Sugars, total		0.00		0	MC	9		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	11	0.185	145		1		5	6	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	1.15	0.025	181		1		0.52	0.66	
Magnesium, Mg		10	0.081	146		1		5	6	
Phosphorus, P	mg	86	0.890	145		1		39	49	
Potassium, K	mg	167	1.420	139		1		75	95	
Sodium, Na		1120	7.787	145		1		504	638	
Zinc, Zn		1.84	0.021			1		0.83	1.05	
Copper, Cu		0.080		144		1		0.036	0.046	
Manganese, Mn		0.032		65	_	1 1		0.014	0.018	
Selenium, Se	nicg	13.8	0.527	59	A	1		6.2	7.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.199	0.005	175		1		0.090	0.113	
Riboflavin	mg	0.120	0.002	176		1		0.054	0.068	
Niacin	-	2.634		176		1		1.185	1.501	
Pantothenic acid		0.350		8		1		0.158	0.200	
Vitamin B-6	-	0.130		176		1		0.059	0.074	
Folate, total		4	0.650	4	_	1		2	2	
Folic acid		0	0.650	0	Z	7 1		0 2	0 2	
Folate, food		4 4	0.650	4 0	NC	4		2	2	
Folate, DFEVitamin B-12		1.30	0.021		NC	1		0.59	2 0.74	
Vitamin B-12 Vitamin A, IU		58	0.021	0	MC	9		26	33	
Vitamin A, RAE		18		0	NC	4		8	10	
Retinol		18		0	NR	4		8	10	
Vitamin E (alpha-tocopherol)		0.25		0	NR	4		0.11	0.14	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D	IU	36.000	1	0	T	4		16.200	20.520	
Vitamin K (phylloquinone)	mcg	1.8		0	BFZN	4		0.8	1.0	
Lipids:										
Fatty acids, total saturated	а	10.770)	0	NC	4		4.847	6.139	
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	g	0.080	0.019	21		1		0.036	0.046	
12:0	g	0.060	0.016	21		1		0.027	0.034	
13:0										
14:0	g	0.530	0.028	32		1		0.239	0.302	
15:0	-									
16:0	-	6.450	0.106	32		1		2.903	3.677	
17:0	-	-				_				
18:0	_	3.650	0.080	32		1		1.643	2.081	
20:0	-									
	U									

		<u>Aı</u>	mount in 100			ole portic	<u>on</u>		edible portion of easures of food	
Nutrients and U	nits	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		13.670		0	NC	4		6.152	7.792	
15:1	g									
16:1 undifferentiated	g	1.310	0.056	32		1		0.590	0.747	
17:1	-									
18:1 undifferentiated	-	12.360		32		1		5.562	7.045	
20:1		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.		2.730		0	NC	4		1.229	1.556	
18:2 undifferentiated		2.340		32		1		1.053	1.334	
18:3 undifferentiated		0.390 0.000		32 0		1 1		0.176 0.000	0.222	
		0.000		U		_		0.000	0.000	
20:2 n-6 c,c	_									
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	
20:5 n-3	-	0.000		0		1		0.000	0.000	
22:6 n-3		0.000		0		1		0.000	0.000	
Fatty acids, total trans		0.000		U				0.000	0.000	
Cholesterol		50	2.195	26		1		23	29	
Phytosterols		0	2.193	0		4		0	0	
Filytosterois		· ·		Ū		-		U	U	
Amino Acids:										
Tryptophan	g	0.117		0	FLM	4		0.053	0.067	
Threonine	g	0.465		0	FLM	4		0.209	0.265	
Isoleucine	g	0.473		0	FLM	4		0.213	0.269	
Leucine	g	0.844		0	FLM	4		0.380	0.481	
Lysine	g	0.908		0	FLM	4		0.409	0.518	
Methionine	g	0.268		0	FLM	4		0.121	0.153	
Cystine	g	0.122		0	FLM	4		0.055	0.069	
Phenylalanine	g	0.420		0	FLM	4		0.189	0.239	
Tyrosine	g	0.350		0	FLM	4		0.158	0.200	
Valine	g	0.534		0	FLM	4		0.240	0.304	
Arginine	g	0.707		0	FLM	4		0.318	0.403	
Histidine	g	0.363		0	FLM	4		0.163	0.207	
Alanine		0.643		0	FLM	4		0.289	0.366	
Aspartic acid	g	0.983		0	FLM	4		0.442	0.560	
Glutamic acid	-	1.626		0	FLM	4		0.732	0.927	
Glycine	g	0.572		0	FLM	4		0.258	0.326	
Proline	g	0.465		0	FLM	4		0.209	0.265	
Serine	g	0.420		0	FLM	4		0.189	0.240	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	a	0.0		0		7		0.0	0.0	
Caffeine		0		0	FLM	4		0	0	
Theobromine		0		0	FLM	4		0	0	
Carotenoids:	e	ŭ		·		•		Ţ	J	
<u> </u>										
Carotene, beta		0		0	Z	7		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	mcg	0		0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 45g: 1 frankfurter (5 in long x 3/4 in dia, 10 per lb) Measure 2 = 57g: 1 frankfurter (5 in long x 7/8 in dia, 8 per lb) NDB No. 07023

Frankfurter, beef and pork

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

hot dog, frank, wiener

		<u>A</u> 1	mount in 10	0 grams	of edil	ole portio	<u>on</u>		edible portion	
				Number				<u>m</u> e	easures of food	<u>l</u>
							Confidence			
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.30				4		107.66	40.64	
Energy	kcal	154				9		233	88	
Energy	kj	644				9		973	367	
Protein	-	11.00				12		16.61	6.27	
Total lipid (fat)	-	10.00				12		15.10	5.70	
Ash		0.00		0	Z	7		0.00	0.00	
Carbohydrate, by difference		4.40				9		6.64	2.51	
Fiber, total dietary		0.0				7		0.0	0.0	
Sugars, total		0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	-	10				4		15	6	
Iron, Fe		1.20				4		1.81	0.68	
Magnesium, Mg		10				4		15	6	
Phosphorus, P		140				4 4		211 227	80 86	
Potassium, KSodium, Na		150 1257				4 12		1898	86 716	
Zinc, Zn		1.96				4		2.96	1.12	
Copper, Cu		0.075	•			4		0.113	0.043	
Manganese, Mn		0.075	•			•		0.113	0.013	
Selenium, Se		15.1		0	BFNN	4		22.8	8.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0				7		0.0	0.0	
Thiamin		0.180	1			4		0.272	0.103	
Riboflavin	mg	0.110)			4		0.166	0.063	
Niacin	mg	2.400)			4		3.624	1.368	
Pantothenic acid										
Vitamin B-6	mg	0.100)			4		0.151	0.057	
Folate, total		4				4		6	2	
Folic acid	-	0		0	NR	4		0	0	
Folate, food		4		•		4		6	2	
Folate, DFE		4 1.30		0	NC	4 4		6 1.96	2	
Vitamin B-12 Vitamin A, IU		0				4		0	0.7 4 0	
Vitamin A, IUVitamin A, RAE	mca RAF	0		0	AS	1		0	0	
Retinol		0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)		0.08		0	NR	4		0.12	0.05	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.3		0	BFZN	4		0.5	0.2	
Lipids:										
Fatty acids, total saturated		3.692				4		5.575	2.104	
4:0		0.000				4		0.000	0.000	
6:0	-	0.000				4		0.000	0.000	
8:0		0.000				4		0.000	0.000	
10:0	-	0.027				4		0.041	0.015	
12:0	-	0.021	•			4		0.032	0.012	
13:0	-	0 100	•			4		0.275	0.104	
14:0 15:0	-	0.182	•			4		0.275	0.104	
16:0		2.213	1			4		3.342	1.261	
17:0		213						3.342	1.201	
18:0		1.252	!			4		1.891	0.714	
20:0						-			V1	
22:0	-									
24:0	-									

	<u>Aı</u>	mount in 10			ole portio	<u>on</u>		edible portion of easures 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	4.690				4		7.082	2.673	
14:1g					-		7.002	2.075	
15:1									
16:1 undifferentiated	0.450				4		0.680	0.257	
17:1g									
18:1 undifferentiated	4.241				4		6.404	2.417	
20:1g	0.000				4		0.000	0.000	
22:1 undifferentiated	0.000				4		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturatedg	0.937				4		1.415	0.534	
18:2 undifferentiatedg	0.803				4		1.213	0.458	
18:3 undifferentiatedg	0.134				4		0.202	0.076	
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	44				12		66	25	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0				7		0.0	0.0	
Caffeinemg	0		0	Z	7		0	0	
Theobrominemg	0		0	Z	7		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, 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 = 151g: 1 cup, sliced Measure 2 = 57g: 1 frankfurter

Calories Factors: Protein Fat Carbohydrate

hot dog, wiener, frank

		<u>A</u>	mount in 100 g			ole portio	<u>n</u>		edible portion	
				mber				<u>m</u> :	easures of food	<u> </u>
						Source Code	Confidence			
Nutrients and U	nits	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	52.18	0.407	3	A	1		27.13		
Energy	kcal	326		0	NC	4		170		
Energy		1365		0	NC	4		710		
Protein (N x 6.25)		11.54	0.125	3	A	1		6.00		
Total lipid (fat)		29.46	1.149	3	A	1		15.32		
Ash		3.06	0.162	3	A	1		1.59		
Carbohydrate, by difference		3.77		0	NC	4		1.96		
Fiber, total dietary		0.0		0	Z	7		0.0		
Sugars, total		3.39	0.155	3	A	1		1.76		
Sucrose		0.00	0.000	3	A	1		0.00		
Glucose (dextrose)		2.76	0.205	3	A	1		1.44		
Fructose		0.00	0.000	3	A	1		0.00		
Lactose	g	0.00	0.000	3	A	1		0.00		
Maltose	g	0.63	0.067	3	A	1		0.33		
Galactose		0.00	0.000	3	A	1		0.00		
Starch	9	1.63	0.350	3	A	1		0.85		
Minerals:										
Calcium, Ca	mg	12	2.872	3	A	1		6		
Iron, Fe		1.56	0.046	3	A	1		0.81		
Magnesium, Mg		14	0.731	3	A	1		7		
Phosphorus, P	mg	171	15.486	3	A	1		89		
Potassium, K	mg	147	13.914	3	A	1		77		
Sodium, Na	mg	1154	61.666	3	A	1		600		
Zinc, Zn	mg	2.35	0.109	3	A	1		1.22		
Copper, Cu		0.153		3	A	1		0.080		
Manganese, Mn		0.077		3	A	1		0.040		
Selenium, Se	mcg	12.1	2.474	3	A	1		6.3		
Vitamins:										
Vitamin C, total ascorbic acid	_									
Thiamin		0.039		3	A	1		0.020		
Riboflavin		0.144		2	A	1		0.075		
Niacin		2.354		3	A	1		1.224		
Pantothenic acid	-	0.250		3	A	1		0.130		
Vitamin B-6	-	0.093		3	A	1		0.048		
Folate, total		7	1.179	3 0	A Z	1 7		4		
Folic acid		0 7	1 170					0		
Folate, food	IIIUY	7	1.179	3	A NC	1		4		
Folate, DFEVitamin B-12		1.65	0.040	3	NC A	1		0.86		
Vitamin B-12	-	0	0.040	0	NC	4		0.86		
Vitamin A, RAE		0		0	NC	4		0		
Retinol		0		0	NR NR	4		0		
Vitamin E (alpha-tocopherol)	-	0.20		0	NR NR	4		0.11		
Tocopherol, beta		0.20		·	2121	•		0.11		
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		1.8		0	BFZN	4		0.9		
Lipids:										
Fatty acids, total saturated	g	11.436	5	0	NC	4		5.947		
4:0	=	0.000)	0	BFFN	4		0.000		
6:0		0.000		0	BFFN	4		0.000		
8:0	-	0.000)	0	BFFN	4		0.000		
10:0	g	0.083	3	0	BFFN	4		0.043		
12:0	g	0.041	Ĺ	0	BFFN	4		0.021		
13:0	g									
		0.857	0.032	3	A	1		0.446		

	<u>Aı</u>	mount in 100 g	rams mber		<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean		Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0g	6.345	0.104	3	A	1		3.299		
17:0g	0.378		3	A	1		0.197		
18:0g	3.474	0.110	3	A	1		1.807		
20:0g									
22:0g	0.107		0	BFFN	4		0.055		
24:0g									
Fatty acids, total monounsaturatedg	14.321		0	NC	4		7.447		
14:1g	0.333	0.014	3	A	1		0.173		
15:1g	1 000	0.000	_	_			0.644		
16:1 undifferentiated	1.238	0.030	3	A	1		0.644		
18:1 undifferentiatedg	12.429	0.260	3	A	1		6.463		
20:1g	0.219		3	A	1		0.114		
22:1 undifferentiated	0.102		1	A	1		0.053		
24:1 cg				-	•		300		
Fatty acids, total polyunsaturated9	1.064		0	NC	4		0.553		
18:2 undifferentiatedg	0.891	0.055	3	A	1		0.463		
18:3 undifferentiatedg	0.173	0.003	3	A	1		0.090		
18:4g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	BFFN	4		0.000		
20:5 n-3g	0.000		0	BFFN	4		0.000		
22:5 n-3g	0.000		0	BFFN	4		0.000		
22:6 n-3g	0.000		U	BFFN	4		0.000		
Fatty acids, total trans	56	5.533	3	A	1		29		
Phytosterolsmg		0.000	J		_				
Amino Acids:									
Tryptophang	0.125		0	A	1		0.065		
Threonineg	0.533		0	A	1		0.277		
Isoleucineg	0.596		0	A	1		0.310		
Leucineg	1.020		0	A	1		0.530		
Lysine9	1.083		0	A	1		0.563		
Methionine	0.327		0	A	1 1		0.170		
Cystineg Phenylalanineg	0.124 0.500		0	A A	1		0.064 0.260		
Tyrosine	0.500		0	A	1		0.280		
Valineg	0.624		0	A	1		0.324		
Arginine9	0.024		0	A	1		0.404		
Histidine	0.372		0	A	1		0.193		
Alanine	0.697		0	A	1		0.363		
Aspartic acidg	1.150		0	A	1		0.598		
Glutamic acid	1.849		0	A	1		0.962		
Glycineg	0.548		0	A	1		0.285		
Proline	0.488		0	A	1		0.254		
Serineg	0.463		0	A	1		0.241		
Hydroxyprolineg									
Others:									
Alcohol, ethylg	0.0		0	z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobrominemg Carotenoids:	0		0	Z	7		0		
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		

NDB No. 07945 Frankfurter, beef, heated Common Measures:

Measure 1 = 52g: 1 serving

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

hot dog, frank, wiener

		<u>A</u> 1	mount in 10	0 grams	of edit	ole portio	<u>on</u>		edible portion	
				Number				<u>m</u>	easures of food	<u> </u>
							Confidence			
Nutrients and Un	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Droximatos										
Proximates: Water	g	63.80				12		96.34	36.37	
Energy	_	233				9		352	133	
Energy		975				9		1472	556	
Protein		12.00				12		18.12	6.84	
Total lipid (fat)	-	19.50				12		29.45	11.12	
Ash	g	0.00		0	Z	7		0.00	0.00	
Carbohydrate, by difference	g	1.60				9		2.42	0.91	
Fiber, total dietary	g	0.0				7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minavala										
Minerals: Calcium, Ca	ma	8				12		12	5	
Iron, Fe	-	1.15				12		1.74	0.66	
Magnesium, Mg		11				12		17	6	
Phosphorus, P		191				12		288	109	
Potassium, K		129				12		195	74	
Sodium, Na		1041				12		1572	593	
Zinc, Zn		1.96				12		2.96	1.12	
Copper, Cu	mg	0.065	i			4		0.098	0.037	
Manganese, Mn	mg									
Selenium, Se	mcg	13.9		0	BFNN	4		21.0	7.9	
Vitamins:										
Vitamin C, total ascorbic acid		1.0				4		1.5	0.6	
Thiamin		0.050				4		0.076	0.029	
Riboflavin	-	0.100				4		0.151	0.057	
Niacin		2.300)			4		3.473	1.311	
Pantothenic acid		0.100				4		0.151	0.057	
Vitamin B-6		4	,			4		6	0.057 2	
Folic acid		0		0	NR	4		0	0	
Folate, food	-	4		Ū	MIX	4		6	2	
Folate, DFE		4		0	NC	4		6	2	
Vitamin B-12		1.40		•		4		2.11	0.80	
Vitamin A, IU		0				4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol		0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)		0.18		0	NR	4		0.26	0.10	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D						_				
Vitamin K (phylloquinone)	mcg	1.8		0	BFZN	4		2.7	1.0	
Lipids:										
Fatty acids, total saturated		8.100				12		12.231	4.617	
4:0		0.000				4		0.000	0.000	
6:0	-	0.000				4		0.000	0.000	
8:0	_	0.000				4		0.000	0.000	
10:0 12:0	-	0.000				4		0.000	0.000 0.000	
13:0	_	0.000	•			-		0.000	0.000	
14:0	-	0.600)			4		0.906	0.342	
15:0	_					-		2.200	0.0.2	
16:0	-	4.900)			4		7.399	2.793	
17:0										
18:0		2.600)			4		3.926	1.482	
20:0										
22:0	g									
24:0	a									

	<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	9.800				12		14.798	5.586	
14:1g									
15:1g									
16:1 undifferentiated	1.000				4		1.510	0.570	
17:1g									
18:1 undifferentiatedg	8.800				4		13.288	5.016	
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	0.600				12		0.906	0.342	
18:2 undifferentiatedg	0.600				4		0.906	0.342	
18:3 undifferentiatedg	0.000				4		0.000	0.000	
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 trans9									
Cholesterolmg	40				12		60	23	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0				7		0.0	0.0	
Caffeinemg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		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, betamcg	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 = 151g: 1 cup, sliced Measure 2 = 57g: 1 frankfurter

Calories Factors: Protein Fat Carbohydrate

NDB No. 07905 Frankfurter, beef, pork, and turkey, fat free

hot dog, frank, wiener

		Amount in 100 grams of edible portion						Amount in edible portion of common			
			Nu	umber				<u>m</u> :	easures of food		
			of	f Data	Deriv	Source	Confidence				
Nutrients and Units		Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	а	71.50		1	A	1		40.76			
Energy	-	109		0	NC	4		62			
Energy		456		0	NC	4		260			
Protein (N x 6.25)		12.50		1	A	1		7.13			
Total lipid (fat)	-	1.59		1	A	1		0.91			
Ash		3.20		1	A	1		1.82			
Carbohydrate, by difference		11.21		0	NC	4		6.39			
Fiber, total dietary		0.0		0	Z	7		0.0			
Sugars, total		0.00		0	z	7		0.00			
Starch		0.00		•	_	•		0.00			
	9										
Minerals:	ma	F.4		•				21			
Calcium, Ca	_	54 1.78		0	RA RA	4 4		31 1.01			
Iron, Fe.		1.78		0	RA RA	4		8			
Magnesium, Mg Phosphorus, P		132		0	RA RA	4		ช 75			
Potassium, K		220		0	RA.	4		125			
Sodium, Na		798		1	A	1		455			
Zinc, Zn		2.92		0	RA	4		1.66			
Copper, Cu		0.117	7	0	RA	4		0.067			
Manganese, Mn											
Selenium, Se		18.7		0	BFZN	4		10.7			
Vitamins:											
Vitamin C, total ascorbic acid	ma	24.0		1	A	1		13.7			
Thiamin		0.162	,	0	BFPN	4		0.092			
Riboflavin	-	0.154		0	BFPN	4		0.088			
Niacin	_	3.466		0	BFPN	4		1.976			
Pantothenic acid				-		_		_,_,			
Vitamin B-6	-	0.181	L	0	BFPN	4		0.103			
Folate, total		6		0	BFPN	4		3			
Folic acid		0		0	Z	7		0			
Folate, food	mcg	6		0	BFPN	4		3			
Folate, DFE	mcg_DFE	6		0	NC	4		3			
Vitamin B-12		1.06		0	BFPN	4		0.60			
Vitamin A, IU	IU	0		1	A	1		0			
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0			
Retinol		0		0	NR	4		0			
Vitamin E (alpha-tocopherol)		0.00		0	NR	4		0.00			
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D		1.8		0	DEGN			1.0			
Vitamin K (phylloquinone)	Ilicg	1.8		U	BFZN	4		1.0			
<u>Lipids:</u>											
Fatty acids, total saturated	g	0.500)	1	A	1		0.285			
4:0		0.000		0	z	7		0.000			
6:0	g	0.000)	0	Z	7		0.000			
8:0	g	0.000)	0	Z	7		0.000			
10:0		0.000		0	Z	7		0.000			
12:0		0.000)	0	Z	7		0.000			
13:0	_		_					_			
14:0		0.000)	0	Z	7		0.000			
15:0				-		_		_			
16:0		0.000)	0	Z	7		0.000			
17:0				-		_		_			
18:0		0.000)	0	Z	7		0.000			
20:0	_										
22:0											

	<u>Ar</u>	mount in 10	0 grams	Amount in edible portion of common					
			Number of Data	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	0.740		1	A	1		0.422		
14:1g									
15:1									
16:1 undifferentiatedg	0.000		0	z	7		0.000		
17:1g									
18:1 undifferentiatedg	0.000		0	Z	7		0.000		
20:1g	0.000		0	Z	7		0.000		
22:1 undifferentiatedg	0.000		0	Z	7		0.000		
24:1 cg									
Fatty acids, total polyunsaturatedg	0.350		1	A	1		0.200		
18:2 undifferentiatedg	0.000		0	z	7		0.000		
18:3 undifferentiatedg	0.000		0	Z	7		0.000		
18:4g	0.000		0	z	7		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	Z	7		0.000		
20:5 n-3g	0.000		0	Z	7		0.000		
22:5 n-3g	0.000		0	Z	7		0.000		
22:6 n-3g	0.000		0	Z	7		0.000		
Fatty acids, total transg									
Cholesterol mg	41		1	A	1		24		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0		
Caffeinemg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		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 = 57g: 1 frank 1 NLEA serving

Calories Factors: Protein 4.27 Fat Carbohydrate 3.68

hot dog, frank, wiener

		Aı	mount in 100 g			ole portio	o <u>n</u>		edible portion o	
Nutrients and Un	its	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		57.53	3.425	4		1		25.89		
Energy		257		0	NC	4		116		
Energy		1075	0.050	10		4 1		484		
Protein (N x 6.25)		12.93	0.250	12		1		5.82		
Total lipid (fat)		19.48	0.960	12		1		8.77		
Ash		3.28	0.359	4	270			1.48		
Carbohydrate, by difference		6.79 0.0		0	NC Z	4 7		3.06 0.0		
Fiber, total dietary				0	Z	7				
Sugars, total		0.00		U	Z	,		0.00		
Starch	9									
Minerals:										
Calcium, Ca	mg	95	6.290	9		1		43		
Iron, Fe	mg	2.00	0.033	9		1		0.90		
Magnesium, Mg	mg	10		0		4		5		
Phosphorus, P		107		0		4		48		
Potassium, K		84		0		4		38		
Sodium, Na		1370		1		1		617		
Zinc, Zn	-	1.04		0		4		0.47		
Copper, Cu	-	0.050		0		4		0.023		
Manganese, Mn	_	0.015		0		4 1		0.007		
Selenium, Se	riicg	18.4	2.437	5	A	1		8.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.066	0.009	9		1		0.030		
Riboflavin	mg	0.115	0.012	9		1		0.052		
Niacin		3.089		9		1		1.390		
Pantothenic acid		0.830		0		4		0.374		
Vitamin B-6	-	0.320	1	0		4		0.144		
Folate, total		4		0		4		2		
Folic acid		0		0	Z	7		0		
Folate, food		4		0		4		2		
Folate, DFE		4		0	NC	4		2		
Vitamin B-12		0.24 130		0		4 4		0.11 59		
Vitamin A, IUVitamin A, RAE	IU	39		0	NC	4		18		
Retinol		39		0	NR NR	4		18		
Vitamin E (alpha-tocopherol)		0.22		0	NR	4		0.10		
Tocopherol, beta		0.22		·	2121	•		0.10		
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		0.000)	0	z	7		0.000		
Vitamin K (phylloquinone)	mcg	0.0		0	BFZN	4		0.0		
Lipids:	0	5.540		0		1		2 402		
Fatty acids, total saturated		0.000		0		1		2.493 0.000		
4:0 6:0		0.000		0		1		0.000		
8:0	-	0.000		0		1		0.000		
10:0	-	0.000		0		1		0.000		
12:0	-	0.050		3		1		0.000		
13:0	_	2.000		-		_		0.025		
14:0		0.180	0.025	3		1		0.081		
15:0			· · -							
16:0		4.120	0.408	3		1		1.854		
17:0										
18:0		1.100	0.109	3		1		0.495		
20:0	g									
22:0	g									
24:0	g									

	<u>A</u> 1	mount in 100 g			ole portic	<u>on</u>	Amount in edible portion of common measures of food		
			ımber		_		<u> </u>	easures or roou	
Nutrients and Units	Mean	of Std. Error		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	8.480		0		1		3.816		
14:1g									
15:1g									
16:1 undifferentiatedg	1.200	0.125	3		1		0.540		
17:1g									
18:1 undifferentiatedg	7.140	0.725	3		1		3.213		
20:1g	0.000		0		1		0.000		
22:1 undifferentiatedg	0.000		0		1		0.000		
24:1 cg									
Fatty acids, total polyunsaturatedg	4.040		0		1		1.818		
18:2 undifferentiatedg	3.740	0.460	3		1		1.683		
18:3 undifferentiatedg	0.150	0.086	3		1		0.068		
18:4g	0.000		0		1		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0		1		0.000		
20:5 n-3g	0.000		0		1		0.000		
22:5 n-3g	0.000		0		1		0.000		
22:6 n-3g	0.000		0		1		0.000		
Fatty acids, total transg									
Cholesterolmg	101	7.135	4		1		45		
Phytosterolsmg	0		0		4		0		
Amino Acids:									
Tryptophang	0.103		0		4		0.046		
Threonineg	0.577		0		4		0.260		
Isoleucine	0.457		0		4		0.206		
Leucineg	1.024		0		4		0.461		
Lysine	1.095		0		4		0.493		
Methionine	0.343		0		4		0.154		
Cystineg	0.130		0		4		0.059		
Phenylalanine	0.513		0		4		0.231		
Tyrosineg	0.391		0		4		0.176		
Valineg	0.536		0		4		0.241		
Arginine	0.892		0		4		0.401		
			0		4				
Histidine	0.362 0.902		0		4		0.163 0.406		
Alanine	1.322		0		4		0.406		
Aspartic acid	2.063		0		4		0.595		
_	1.024		0		4		0.928 0.461		
Glycine	0.691		0		4		0.461		
Proline	0.691		0		4		0.311		
	0.606		U		4		0.274		
Hydroxyprolineg									
Others:	0.0		0		7		0.0		
Alcohol, ethyl	0.0		0	z	7		0.0		
Theobromine mg	0		0	Z	7		0		
• • • • • • • • • • • • • • • • • • • •	U		J	4	,		Ū		
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 = 45g: 1 frankfurter

NDB No. 07024 Frankfurter, chicken

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

hot dog, frank, wiener

		<u>Aı</u>	mount in 10			ole portio	<u>on</u>		edible portion	
				Number of Data		Source	Confidence	<u>m</u> (easures of food	<u> </u>
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	56.70				1		85.62	32.32	
Energy	kcal	315				1		476	180	
Energy	kj	1318				1		1990	751	
Protein	g	12.00				1		18.12	6.84	
Total lipid (fat)	g	28.51				1		43.05	16.25	
Ash	g	0.00			Z	7		0.00	0.00	
Carbohydrate, by difference	g	1.80			NC	4		2.72	1.03	
Fiber, total dietary	g	0.0				7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	20				1		30	11	
Iron, Fe	-	1.43				1		2.16	0.82	
Magnesium, Mg		3				1		5	2	
Phosphorus, P	mg	87				1		131	50	
Potassium, K	mg	166				1		251	95	
Sodium, Na	mg	311				4		470	177	
Zinc, Zn	mg	2.17				1		3.28	1.24	
Copper, Cu		0.060)			1		0.091	0.034	
Manganese, Mn										
Selenium, Se	mcg	12.0		0	BFNN	4		18.1	6.8	
Vitamins:										
Vitamin C, total ascorbic acid		0.0				7		0.0	0.0	
Thiamin		0.050)			1		0.076	0.029	
Riboflavin	-	0.100				1		0.151	0.057	
Niacin	-	2.420)			1		3.654	1.379	
Pantothenic acid						_				
Vitamin B-6		0.120)			1		0.181	0.068	
Foliate, total		4 0		0	NR	1 4		6 0	2 0	
Folic acid		4		U	NK	1		6	2	
Folate, foodFolate, DFE		4		0	NC	4		6	2	
Vitamin B-12		1.54		Ū	140	1		2.33	0.88	
Vitamin A, IU		0				7		0	0.00	
Vitamin A, RAE	mca RAE	ō		0	AS	1		0	0	
Retinol		0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)		0.17		0	NR	4		0.26	0.10	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.3		0	BFZN	4		0.5	0.2	
Lipids:										
Fatty acids, total saturated	g	12.038	3			4		18.177	6.862	
4:0	g	0.000)			4		0.000	0.000	
6:0	g	0.000				4		0.000	0.000	
8:0	-	0.000				4		0.000	0.000	
10:0	-	0.080				4		0.121	0.046	
12:0	-	0.060)			4		0.091	0.034	
13:0	-					_				
14:0	-	0.939	•			4		1.418	0.535	
15:0	-					_				
16:0	-	6.514	ı			4		9.836	3.713	
17:0	-	2 25								
18:0		3.956	•			4		5.974	2.255	
20:0 22:0	-									

	<u>Aı</u>	mount 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 monounsaturatedg	13.606				4		20.545	7.755	
14:1g	13.000				-		20.545	7.755	
15:1g									
16:1 undifferentiatedg	1.628				4		2.458	0.928	
17:1g									
18:1 undifferentiatedg	11.978				4		18.087	6.827	
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	1.379				4		2.082	0.786	
18:2 undifferentiatedg	1.109				4		1.675	0.632	
18:3 undifferentiatedg	0.270				4		0.408	0.154	
18:4g	0.000				4		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiated	0.000				4		0.000	0.000	
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-3	0.000				4		0.000	0.000	
Fatty acids, total transg Cholesterolgmg	61				1		92	35	
Phytosterolsmg	01				-		92	33	
Others:									
Alcohol, ethylg	0.0				7		0.0	0.0	
Caffeine mg	0			Z	7		0	0	
Theobromine mg	0			Z	7		0	0	
Carotenoids:									
Carotene, betamcg	0		0	z	7		0.000	0.000	
Carotene, alpha mcg	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 = 151g: 1 cup, sliced Measure 2 = 57g: 1 frankfurter

Calories Factors: Protein Fat Carbohydrate

		<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	i
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	56.31		2	A	1		29.28		
Energy	kcal	290		0	NC	4		151		
Energy	kj	1212		0	NC	4		630		
Protein (N x 6.25)	g	10.26		2	A	1		5.34		
Total lipid (fat)		25.76		2	A	1		13.40		
Ash		3.50		2	A	1		1.82		
Carbohydrate, by difference		4.17		0	NC	4		2.17		
Fiber, total dietary		0.0		0	Z	7		0.0		
Sugars, total		0.0		·	-	•		0.0		
e ,										
Starch	9									
Inerals:										
Calcium, Ca	mg	99		2	A	1		51		
Iron, Fe.		1.09		2	A	1		0.56		
Magnesium, Mg	_	15		2	A	1		8		
Phosphorus, P		206		2	A	1		107		
Potassium, K	_	152		2	A	1		79		
Sodium, Na		1090		2	A	1		567		
Zine, Zn	-	1.20		2	A	1		0.62		
Copper, Cu		0.097	7	2	A	1		0.050		
Manganese, Mn		0.045		2	A	1		0.023		
Selenium, Se		12.5		0	BFNN	4		6.5		
Scientifi, Sci										
<u>'itamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.055	5	0	BFNN	4		0.029		
Riboflavin	mg	0.121	L	0	BFNN	4		0.063		
Niacin	mg	2.665	5	0	BFNN	4		1.386		
Pantothenic acid	mg	0.310)	0	BFNN	4		0.161		
Vitamin B-6		0.166	6	0	BFNN	4		0.086		
Folate, total	-	6		0	BFNN	4		3		
Folic acid		0		0	BFNN	4		0		
Folate, food		6		0	BFNN	4		3		
Folate, DFE		6		0	NC	4		3		
Vitamin B-12		1.57		0	BFNN	4		0.82		
Vitamin A, IU		0		0	BFNN	4		0		
Vitamin A, RAE		0		0	BFNN	4		0		
Retinol		0		0	BFNN	4		0		
		0.19		0	NR	4		0.10		
Vitamin E (alpha-tocopherol)		0.19		U	NK	4		0.10		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta		20.005	,	•	DENNI			16 110		
Vitamin D		30.997	,	0	BFNN	4		16.118		
Vitamin K (phylloquinone)	nicg									
ipids:										
Fatty acids, total saturated	g	7.666	6	0	NC	4		3.987		
4:0		0.000		0	BFFN	4		0.000		
6:0		0.000		0	BFFN	4		0.000		
8:0		0.000		0	BFFN	4		0.000		
10:0		0.072		0	BFFN	4		0.038		
12:0		0.036		0	BFFN	4		0.019		
13:0	-	0.036	-	J	DE E IN	-		0.019		
14:0	-	0.268	2	2	A	1		0 120		
	-	∪.∠68	•	2	A	1		0.139		
15:0	-	F 005	7	^	_					
16:0		5.227	,	2	A	1		2.718		
17:0	-		_	_	_	_				
18:0	-	2.064	1	2	A	1		1.073		
20:0	-									
22:0	a									

		<u>Ar</u>	nount in 100 gra		ble portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Ur	nits	Mean	Numb of Da Std. Error Point	ita Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		11.386	C) NC	4		5.921		
15:1	g	1.120	2	2 A	1		0.582		
17:1 18:1 undifferentiated	-	9.973	2		1		5.186		
20:1 22:1 undifferentiated		0.190 0.103	2 1		1 1		0.099 0.054		
24:1 cFatty acids, total polyunsaturated	g	4.404	C) NC	4		2.290		
18:2 undifferentiated		4.154	2	2 A	1		2.160		
18:3 undifferentiated	-	0.146 0.000	2		1 4		0.076 0.000		
20:2 n-6 c,c 20:3 undifferentiated	-								
20:4 undifferentiated	-	0.104 0.000	1		1 4		0.054		
20:5 n-3			(0.000		
22:5 n-3 22:6 n-3	-	0.000 0.000	C		4		0.000 0.000		
Fatty acids, total trans Cholesterol		77	2	2 A	1		40		
Phytosterols		,,	•		-		40		
Amino Acids:									
Tryptophan		0.111	C		1		0.058		
Threonine	_	0.474	C		1		0.247		
Isoleucine		0.530	C		1		0.276		
Leucine		0.907	C		1		0.472		
Lysine		0.963			1		0.501		
Methionine	g	0.291	C) A	1		0.151		
Cystine	g	0.110	C) A	1		0.057		
Phenylalanine	g	0.445	C) A	1		0.231		
Tyrosine	g	0.376	C) A	1		0.196		
Valine	g	0.555	C) A	1		0.289		
Arginine	g	0.691	() A	1		0.360		
Histidine	g	0.331	C) A	1		0.172		
Alanine		0.620	C) A	1		0.323		
Aspartic acid	-	1.023	C) A	1		0.532		
Glutamic acid		1.645	C) A	1		0.855		
Glycine		0.488	C) A	1		0.254		
Proline	-	0.434	C) A	1		0.226		
Serine		0.412	C		1		0.214		
Hydroxyproline	-				_		7,22		
Others:					_				
Alcohol, ethyl		0.0	(7		0.0		
Caffeine		0	(7		0		
Theobromine	mg	0	C) Z	7		0		

Common Measures:

Measure 1 = 52g: 1 serving (1 hot dog)

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

hot dog, frank, wiener

		<u>A</u>	mount in 10	0 grams	of edik	ole portio	<u>n</u>		edible portion	
Nutrionto and Un	:40	Maan	Std. Error		Deriv	Source Code	Confidence Code		Manager 2	-
Nutrients and Un	iits	Mean	Sta. Error	Tomics	Oode	Oode	Oode	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.90				4		99.96		
Energy	kcal	127				4		182		
Energy	kj	531				4		760		
Protein	g	15.50				4		22.17		
Total lipid (fat)	g	2.80				4		4.00		
Ash	g	0.00			Z	7		0.00		
Carbohydrate, by difference	g	8.40				4		12.01		
Fiber, total dietary	g	0.1				4		0.1		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minavala										
Minerals: Calcium. Ca	ma	12				4		17		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.91				4		1.30		
Magnesium, Mg		18				4		26		
Phosphorus, P		155				4		222		
Potassium, K		261				4		373		
Sodium, Na		983				4		1406		
Zinc, Zn		1.93				4		2.76		
Copper, Cu		0.063	3			4		0.090		
Manganese, Mn						_				
Selenium, Se		22.2		0	BFNN	4		31.7		
•	·············									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.4				4		0.6		
Thiamin	-	0.300				4		0.429		
Riboflavin	_	0.170				4		0.243		
Niacin		3.160)			4		4.519		
Pantothenic acid										
Vitamin B-6		0.270)			4		0.386		
Folate, total		3				4		4		
Folic acid	-	0		0	NR	4		0		
Folate, food		3		_		4		4		
Folate, DFE		3		0	NC	4		4		
Vitamin B-12		0.54				4		0.77		
Vitamin A, IU	IU	3		•		4		4		
Vitamin A, RAE		1		0	NR	4		1		
Retinol		1		0	NR	4		1		
Vitamin E (alpha-tocopherol)		0.20		0	NR	4		0.29		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)		0.3		0	BFZN	4		0.4		
vitainiii K (phynoquinone)	IIIO9	0.5		Ū	DI ZIN	-		0.4		
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.970)			4		1.387		
4:0	g	0.000)			4		0.000		
6:0	g	0.000				4		0.000		
8:0	g	0.000)			4		0.000		
10:0	g	0.002	2			4		0.003		
12:0		0.006	5			4		0.009		
13:0	g									
14:0	-	0.039	•			4		0.056		
15:0										
16:0		0.587	,			4		0.839		
17:0	g									
18:0	g	0.319	•			4		0.456		
20:0	g									
22:0	g									
24:0	a									

	<u>Aı</u>	mount in 10	00 grams Number	<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	1.190				4		1.702		
14:1g	1.130				-		1.702		
15:1g									
16:1 undifferentiated	0.090	ı			4		0.129		
17:1g									
18:1 undifferentiatedg	0.994				4		1.421		
20:1g	0.001				4		0.001		
22:1 undifferentiatedg	0.000	ı			4		0.000		
24:1 cg									
Fatty acids, total polyunsaturatedg	0.360	ı			4		0.515		
18:2 undifferentiatedg	0.305	i			4		0.436		
18:3 undifferentiatedg	0.026	i			4		0.037		
18:4g	0.000	1			4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000	1			4		0.000		
20:5 n-3g	0.000	1			4		0.000		
22:5 n-3g	0.000	1			4		0.000		
22:6 n-3g	0.000	1			4		0.000		
Fatty acids, total transg									
Cholesterolmg	44				4		63		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0				4		0.0		
Caffeine mg	0			Z	7		0		
Theobrominemg	0			z	7		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 = 143g: 1 cup, sliced

Calories Factors: Protein Fat Carbohydrate

		<u>A</u> 1	mount in 100	<u>u grams</u>	ot edik	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	-	57.82		2	A	1		30.07		
Energy		278		0	NC	4		144		
Energy		1161		0 2	NC	4		604		
Protein (N x 6.25)		9.77		2	A	1 1		5.08		
Total lipid (fat)	-	24.31		2	A A	1		12.64		
Ash		3.19 4.90		0	NC	4		1.66 2.55		
Carbohydrate, by difference		0.0		0	NC Z	7		0.0		
Fiber, total dietary		0.0		U	Z	,		0.0		
Sugars, total										
Starch	9									
Minerals:										
Calcium, Ca	mg	99	2.94	18 3	A	1		51		
Iron, Fe	-	1.22	0.08		A	1		0.64		
Magnesium, Mg		15	0.59		A	1		8		
Phosphorus, P		211	5.48		A	1		110		
Potassium, K		141	11.93		A	1		73		
Sodium, Na		1013	38.76		A	1		527		
Zinc, Zn		1.08	0.01		A	1		0.56		
Copper, Cu		0.151			A	1 1		0.079		
Manganese, Mn		0.051 12.5	L 0.00	07 3 0	A BFNN	4		0.027 6.5		
Selenium, Se	Tricg	12.5		U	DINN	4		6.5		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.055	5	0	BFNN	4		0.029		
Riboflavin	mg	0.120)	0	BFNN	4		0.063		
Niacin	-	2.654		0	BFNN	4		1.380		
Pantothenic acid		0.309		0	BFNN	4		0.161		
Vitamin B-6	-	0.165	5	0	BFNN	4		0.086		
Folate, total		6		0	BFNN	4		3		
Folic acid		0		0	BFNN	4		0		
Folate, food		6		0	BFNN	4		3		
Folate, DFE		6		0	NC	4		3		
Vitamin B-12		1.57		0	BFNN	4		0.81		
Vitamin A, IU		0		0	BFNN	4		0		
Vitamin A, RAE		0		0 0	BFNN	4 4		0 0		
Retinol		0.18		0	BFNN NR	4		0.09		
Vitamin E (alpha-tocopherol) Tocopherol, beta	ma	0.16		U	NK	4		0.09		
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		30.878	3	0	BFNN	4		16.056		
Vitamin K (phylloquinone)				-		=				
v rammi ix (phynoquinone)										
<u>Lipids:</u>										
Fatty acids, total saturated		7.220		0	NC	4		3.755		
4:0		0.000		0	BFFN	4		0.000		
6:0	-	0.000		0	BFFN	4		0.000		
8:0		0.000		0	BFFN	4		0.000		
10:0		0.068		0	BFFN	4		0.035		
12:0		0.034	ł	0	BFFN	4		0.018		
13:0		0.00=		^	_					
14:0		0.235	•	2	A	1		0.122		
15:0				_	_	_				
16:0		4.990)	2	A	1		2.595		
17:0	-			_	_	_				
18:0	-	1.894	1	2	A	1		0.985		
20:0 22:0	-									
	a									

		<u>Aı</u>	mount in 10	0 grams	Amount in edible portion of common					
				Number		0	Cantidana	m	easures of food	•
Nutrients and Un	its	Mean	Std. Error			Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	-	10.743	3	0	NC	4		5.586		
14:1										
15:1	-	1.159		2	A	1		0.602		
16:1 undifferentiated		1.159	•	2	A	1		0.602		
17:1 18:1 undifferentiated		9.304		2	A	1		4.838		
	-			2	A	1				
20:1	-	0.179 0.101		1	A	1		0.093 0.053		
22:1 undifferentiated		0.101	•	1	A	1		0.053		
24:1 c		3.963	,	0	NC	4		2.061		
Fatty acids, total polyunsaturated		3.734		2	A.	1		1.942		
18:2 undifferentiated		0.128		2	A	1		0.066		
18:3 undifferentiated		0.126		0	BFFN	4		0.000		
18:4 20:2 n-6 c.c		0.000	,	U	BFFN	4		0.000		
20:2 n-6 c,c 20:3 undifferentiated	-									
20:4 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.101		1	A	1		0.053		
20:5 n-3		0.000		0	BFFN	4		0.000		
20:5 n-3	-	0.000		0	BFFN	4		0.000		
22:6 n-3	-	0.000		0	BFFN	4		0.000		
	-	0.000	•	U	BEEN	-		0.000		
Fatty acids, total trans		73		2	A	1		38		
Phytosterols		,3		_		-		30		
amino Acids:										
Tryptophan	a	0.105		0	A	1		0.055		
Threonine		0.452		0	A	1		0.235		
Isoleucine	_	0.505		0	A	1		0.262		
Leucine		0.864		0	A	1		0.449		
Lysine		0.917		0	A	1		0.477		
Methionine		0.277		0	A	1		0.144		
Cystine	_	0.105		0	A	1		0.055		
Phenylalanine		0.424		0	A	1		0.220		
Tyrosine		0.358		0	A	1		0.186		
Valine	-	0.529		0	A	1		0.275		
Arginine		0.659		0	A	1		0.342		
Histidine		0.315		0	A	1		0.164		
Alanine		0.513		0	A	1		0.307		
Aspartic acid		0.974		0	A	1		0.507		
Glutamic acid		1.567		0	A	1		0.815		
Glycine		0.465		0	A	1		0.242		
Proline		0.413		0	A	1		0.215		
Serine		0.413		0	A	1		0.213		
Hydroxyproline		0.392	-	J	A	_		0.204		
Others:				_		_				
Alcohol, ethyl		0.0		0	Z	7		0.0		
Caffeine	•	0		0	z	7		0		
Theobromine	<u>m</u> g	0		0	Z	7		0		

Common Measures:

Measure 1 = 52g: 1 serving (1 hot dog)

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

hot dog, frank, wiener

		<u>A</u> 1	mount in 10			le 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 :
Proximates:										
Water	g	59.85		0	FLC	4		45.49		
Energy	kcal	269		0	FLC	4		205		
Energy	kj	1127		0	FLC	4		856		
Protein (N x 6.25)	g	12.81		0	FLC	4		9.74		
Total lipid (fat)	g	23.68		0	FLC	4		18.00		
Ash	g	3.35		0	FLC	4		2.55		
Carbohydrate, by difference	g	0.28		0	FLC	4		0.21		
Fiber, total dietary	g	0.1		0	FLC	4		0.1		
Sugars, total	g	0.00		0	FLC	4		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	267		0	FLC	4		203		
Iron, Fe	-	3.70		0	FLC	4		2.81		
Magnesium, Mg		15		0	FLC	4		11		
Phosphorus, P	mg	171		0	FLC	4		130		
Potassium, K	mg	264		0	FLC	4		201		
Sodium, Na	mg	816		0	FLC	4		620		
Zinc, Zn	mg	2.09		0	FLC	4		1.59		
Copper, Cu	mg	0.074	Į.	0	FLC	4		0.056		
Manganese, Mn	mg	0.016	5	0	FLC	4		0.012		
Selenium, Se	mcg	27.8		0	FLC	4		21.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.0		0	FLC	4		1.5		
Thiamin	mg	0.593	3	0	FLC	4		0.451		
Riboflavin	mg	0.179)	0	FLC	4		0.136		
Niacin	mg	2.773	3	0	FLC	4		2.107		
Pantothenic acid	mg	0.509)	0	FLC	4		0.387		
Vitamin B-6	mg	0.322	?	0	FLC	4		0.245		
Folate, total	mcg	3		0	FLC	4		2		
Folic acid	mcg	0		0	NR	4		0		
Folate, food		3		0	FLC	4		2		
Folate, DFE	mcg_DFE	3		0	NC	4		2		
Vitamin B-12	mcg	0.49		0	FLC	4		0.37		
Vitamin A, IU		263		0	FLC	4		200		
Vitamin A, RAE		79		0	AS	1		60		
Retinol		79		0	NR	4		60		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
Vitanini K (phynoquinone)	niog									
<u>Lipids:</u>										
Fatty acids, total saturated		8.719)	0	FLC	4		6.626		
4:0										
6:0										
8:0		0.00		_						
10:0		0.001		0	FLC	4		0.001		
12:0		0.003	•	0	FLC	4		0.002		
13:0	_	0.00	1	_				0 1		
14:0	_	0.204	ı	0	FLC	4		0.155		
15:0	_	- 40-	,	^	E 0					
16:0	_	5.437	,	0	FLC	4		4.132		
17:0	-			•						
18:0	-	2.986	•	0	FLC	4		2.269		
20:0	-									
22:0	g									

	<u>An</u>	nount in 100 grams		ole portic	<u>on</u>		edible portion o	f common
		Number	•			1110	easures or roou	
		of Data	Deriv	Source	Confidence			
Nutrients and Units	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	10.890	0	FLC	4		8.276		
15:1g								
16:1 undifferentiatedg	0.406	0	FLC	4		0.309		
17:1g								
18:1 undifferentiatedg	10.130	0	FLC	4		7.699		
20:1g	0.279	0	FLC	4		0.212		
22:1 undifferentiatedg	0.000		FLC	4		0.000		
24:1 cg								
Fatty acids, total polyunsaturated9	2.233	0	FLC	4		1.697		
18:2 undifferentiatedg	1.955	0	FLC	4		1.486		
18:3 undifferentiatedg	0.151	0	FLC	4		0.115		
18:4g	0.000	0	FLC	4		0.000		
20:2 n-6 c,cg								
20:3 undifferentiatedg		_						
20:4 undifferentiatedg	0.045	0	FLC	4		0.034		
20:5 n-3g	0.000		FLC	4		0.000		
22:5 n-3g	0.000		FLC	4		0.000		
22:6 n-3g	0.000		FLC	4		0.000		
Fatty acids, total transg								
Cholesterol mg		0	FLC	4		51		
Phytosterolsmg	1		FLC	4		1		
Amino Acids:								
Tryptophang	0.150		FLC	4		0.114		
Threonineg	0.561		FLC	4		0.426		
Isoleucine 9	0.571		FLC	4		0.434		
Leucineg	1.001		FLC	4		0.761		
Lysineg	1.122		FLC	4		0.853		
Methionineg	0.320		FLC	4		0.243		
Cystineg	0.155		FLC	4		0.118		
Phenylalanine	0.503		FLC	4		0.382		
Tyrosineg	0.423		FLC	4		0.322		
Valineg	0.678		FLC	4		0.516		
Arginine	0.814		FLC	4		0.618		
Histidine	0.470		FLC	4		0.357		
Alanineg	0.747		FLC	4		0.567		
Aspartic acidg	1.142		FLC	4		0.868		
Glutamic acidg	1.916		FLC	4		1.456		
Glycineg	0.739		FLC	4		0.562		
Proline	0.602		FLC	4		0.457		
Serineg	0.526		FLC	4		0.400		
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0	FLC	4		0.0		
Caffeine mg	0	0	z	7		0		
Theobromine mg	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 + zeaxanthin mcg	0	0	z	7		0.000		

Common Measures:

Measure 1 = 76g: 1 link

NDB No. 07939 Frankfurter, pork

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

hot dog, frank, wiener

		<u>A</u>	mount in 100 g	grams imbei		ole portio	on		edible portion o	of common
Nutrients and Uni	its	Mean		Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:	_									
Water		62.99	0.500	12	***	1		28.35		
Energy		226 946		0	NC	4 4		102 426		
Energy		14.28	0.503	14		1		6.43		
Protein (N x 6.25) Total lipid (fat)		17.70	0.725	14		1		7.97		
Ash		3.53	0.723	7		1		1.59		
Carbohydrate, by difference		1.49	V	0	NC	4		0.67		
Fiber, total dietary		0.0		0	Z	7		0.0		
Sugars, total		0.00		0	z	7		0.00		
Starch										
Minerals:			0 405	_		_				
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	106	2.405	9		1		48		
Iron, Fe.		1.84 14	0.102	10 0		1 4		0.83		
Magnesium, Mg Phosphorus, P		134		2		1		6 60		
Potassium, K	•	179		2		1		81		
Sodium, Na		1426	262.577	4		1		642		
Zine, Zn		3.11		0		4		1.40		
Copper, Cu	-	0.100	1	0		4		0.045		
Manganese, Mn	mg	0.016	;	0		4		0.007		
Selenium, Se	mcg	15.4		0	BFNN	4		6.9		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0		
Thiamin	_	0.041	0.003	4	_	1		0.018		
Riboflavin	_	0.179		9		1		0.081		
Niacin	_	4.132	0.319	8		1		1.859		
Pantothenic acid		0.720	1	0		4		0.324		
Vitamin B-6	mg	0.230)	0		4		0.104		
Folate, total	mcg	8		0		4		4		
Folic acid		0		0	Z	7		0		
Folate, food		8		0		4		4		
Folate, DFE		8		0	NC	4		4		
Vitamin B-12		0.28		0		4		0.13		
Vitamin A, IU	IU	0		0		4		0		
Vitamin A, RAE		0		0	AS Z	1 7		0		
Retinol Vitamin E (alpha-tocopherol)		0.62		0	NR	4		0.28		
Tocopherol, beta		0.02		U	NK	-		0.28		
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.0		0	BFZN	4		0.0		
I inide:										
Lipids: Fatty acids, total saturated	a	5.890	1	0		4		2.651		
4:0		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	1	0		4		0.000		
12:0	g	0.150	1	0		4		0.068		
13:0	g									
14:0	g	0.300	1	0		4		0.135		
15:0										
16:0		3.620	1	0		4		1.629		
17:0				_		_				
18:0		1.830	1	0		4		0.824		
20:0										
22:0 24:0	_									
۷ 4 .0	9									

	<u>Aı</u>	mount in 100 gram		ble portic	<u>on</u>	Amount in edible portion of common measures of food		
		Numbe				<u>m</u>	easures of food	
					Confidence			
Nutrients and Units	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated9	5.580	0		4		2.511		
14:1g 15:1g								
16:1 undifferentiated	0.280	0		4		0.126		
17:1g	0.280	U		-		0.120		
18:1 undifferentiated	5.300	0		4		2.385		
20:1	0.000			4		0.000		
22:1 undifferentiated	0.000			4		0.000		
24:1 cg	0.000	•		-		0.000		
Fatty acids, total polyunsaturatedg	5.000	0		4		2.250		
18:2 undifferentiated	4.640			4		2.088		
18:3 undifferentiated	0.360			4		0.162		
18:4g	0.000			4		0.000		
20:2 n-6 c.cg	0.000	·		-		0.000		
20:3 undifferentiated								
20:4 undifferentiated 9	0.000	0		4		0.000		
20:5 n-3g	0.000			4		0.000		
22:5 n-3	0.000			4		0.000		
22:6 n-3g	0.000			4		0.000		
Fatty acids, total trans		-		-		0.000		
Cholesterolmg	107	2.594 4		1		48		
Phytosterols mg	0	0		4		0		
T Hy to sterois.	-	-		_		·		
Amino Acids:								
Tryptophang	0.114	0		4		0.051		
Threonineg	0.683			4		0.307		
Isoleucineg	0.539	0		4		0.243		
Leucineg	1.163			4		0.523		
Lysineg	1.238			4		0.557		
Methionineg	0.402	0		4		0.181		
Cystineg	0.105			4		0.047		
Phenylalanineg	0.592			4		0.266		
Tyrosineg	0.507			4		0.228		
Valineg	0.585			4		0.263		
Arginineg	0.932	0		4		0.419		
Histidineg	0.542			4		0.244		
Alanineg	0.935	0		4		0.421		
Aspartic acidg	1.453			4		0.654		
Glutamic acidg	2.397	0		4		1.079		
Glycine9	0.836			4		0.376		
Prolineg	0.697	0		4		0.314		
Serineg	0.667	0		4		0.300		
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0		
Caffeine mg	0	0	Z	7		0		
Theobromine mg	0	0	Z	7		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 = 45g: 1 frankfurter

NDB No. 07025 Frankfurter, turkey

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>Aı</u>	mount in 100 g	rams	of edib	ole portio	<u>n</u>		edible portion	
			Nu	mber	•			<u>m</u> e	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	47.84	0.000	182	A	1		14.35		
Energy	kcal	243		0	NC	4		73		
Energy	kj	1016		0	NC	4		305		
Protein (N x 6.25)	g	30.99	0.000	219	A	1		9.30		
Total lipid (fat)	g	11.52	0.000	181	A	1		3.46		
Ash	g	5.87	0.000	7	A	1		1.76		
Carbohydrate, by difference	g	3.78		0	NC	4		1.13		
Fiber, total dietary	g	0.0		1	A	1		0.0		
Sugars, total	g	0.00	0.000	7	A	1		0.00		
Starch	g									
N. #** 1										
Minerals: Calcium. Ca	ma	26	0.000	7	A	1		8		
Iron. Fe.		2.70	0.000	7	A	1		0.81		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	41	0.000	7	A	1		12		
Phosphorus, P			0.000	•	A	-		14		
Potassium, K	-	449	0.000	7	A	1		135		
Sodium. Na.	-	1858	0.000	13	A	1		557		
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	4.30	0.000	7	A	1		1.29		
Copper, Cu		0.200		7	A	1		0.060		
Manganese, Mn.										
Selenium, Se										
¥7*4 *										
Vitamins:	ma	0.0	0.000	_	A	1		0.0		
Vitamin C, total ascorbic acid	-	0.0	0.000	6	A	_		0.0		
Thiamin										
Riboflavin										
Pantothenic acid										
Vitamin B-6										
Folate, total		4		0	BFZN	4		1		
Folic acid		0		0	BFZN	4		0		
Folate, food		4		0	BFZN	4		1		
Folate, DFE		4		0	NC	4		1		
Vitamin B-12										
Vitamin A, IU		49	0.275	7	A	1		15		
Vitamin A, RAE	mcg_RAE	15		0	NC	4		4		
Retinol	mcg	15		0	NR	4		4		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D.										
Vitamin K (phylloquinone)	Ilicg									
<u>Lipids:</u>										
Fatty acids, total saturated	g	3.700)	0	NC	4		1.110		
4:0	g									
6:0	g									
8:0										
10:0	_							_		
12:0		0.000)	1	A	1		0.000		
13:0				-	_	_				
14:0		0.130)	1	A	1		0.039		
15:0	_			-	_	_				
16:0	_	2.500	,	1	A	1		0.750		
17:0	-	1 050		-	-	-		0 201		
18:0	-	1.070	,	1	A	1		0.321		
20:0	-									
22:0 24:0	-									

		<u>Ar</u>	mount in 10	0 grams	of edil	ole portio	<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
Fatty acids, total monounsaturated	g	4.950		0	NC	4		1.485		
14:1										
15:1	-									
16:1 undifferentiated		0.460		1	A	1		0.138		
17:1	-									
18:1 undifferentiated		4.490		1	A	1		1.347		
20:1										
22:1 undifferentiated										
24:1 c	g									
Fatty acids, total polyunsaturated		3.500		0	NC	4		1.050		
18:2 undifferentiated		3.190		1	A	1		0.957		
18:3 undifferentiated	g	0.310		1	A	1		0.093		
18:4	g									
20:2 n-6 c,c										
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg	123	0.0	00 7	A	1		37		
Phytosterols	mg									
Others:										
Alcohol, ethyl		0.0		0	Z	7		0.0		
Caffeine	-	0		0	Z	7		0		
Theobromine	mg	0		0	Z	7		0		
<u>Carotenoids:</u>										
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 serving

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

		<u>A</u> 1	mount in 100 g	grams	of edib	le portio	<u>n</u>		nount in edible portion of common		
			Nu	umber				<u>m</u>	easures of food	<u>l</u>	
			of	f Data	Deriv	Source	Confidence				
Nutrients and Ur	nits	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	65.72	0.640	477	A	1		36.80	18.40		
Energy	kcal	191		0	NC	4		107	54		
Energy		801		0	NC	4		449	224		
Protein (N x 6.25)		15.23	0.260	479	A	1		8.53	4.26		
Total lipid (fat)		13.90	0.720	472	A	1		7.78	3.89		
Ash		3.80	0.070	287	A	1		2.13	1.06		
Carbohydrate, by difference		1.35		0	NC	4		0.76	0.38		
Fiber, total dietary		0.0		1	MC	9		0.0	0.0		
Sugars, total		1.26	0.040	157	A	1		0.71	0.35		
Starch											
Minerals:											
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	39	5.400	9	A	1		22	11		
Iron, Fe.		1.40	0.100	10	A	1		0.78	0.39		
Magnesium, Mg		18	1.100	8	A	1		10	5		
Phosphorus, P Potassium, K		461	14.900	58	A	1		258	129		
-	_	1032	29.700	458	A	1		258 578	289		
Sodium, NaZinc, Zn		2.20	0.100	8	A	1		1.23	0.62		
Copper, Cu		0.100		8	A	1		0.056	0.028		
Manganese, Mn		0.100	0.000	Ŭ		-		0.030	0.020		
Selenium, Se	-										
Vitamins:	ma	38.5	1.090	10	A	1		21.6	10.8		
Vitamin C, total ascorbic acid	-	38.5	1.090	10	A	_		21.6	10.8		
Thiamin											
Riboflavin											
Pantothenic acid											
Vitamin B-6											
Folate, total		3		0	BFZN	4		2	1		
Folic acid		0		0	BFZN	4		0	0		
Folate, food		3		0	BFZN	4		2	1		
Folate, DFE		3		0	NC	4		2	1		
Vitamin B-12											
Vitamin A, IU	IU	0	0.000	10	A	1		0	0		
Vitamin A, RAE		0		0	AS	1		0	0		
Retinol	mcg	0		0	NR	4		0	0		
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D Vitamin K (phylloquinone)											
Lipids:											
Fatty acids, total saturated	a	4.490)	0	NC	4		2.514	1.257		
4:0		2.200	•	•	-10	•		2.514	1.257		
6:0											
8:0	_										
10:0											
12:0		0.010	0.000	8	JO	11		0.006	0.003		
13:0											
14:0		0.150	0.000	7	JO	11		0.084	0.042		
15:0											
16:0	g	2.920	0.000	8	JO	11		1.635	0.818		
17:0	g										
18:0	g	1.410	0.000	8	JO	11		0.790	0.395		
20:0	g										
22:0	g										
24:0	g										

	<u>Ar</u>	mount in 100 N	grams lumbei		ole portic	<u>on</u>		edible portion of easures of food	
Nutrients and Units	Mean	Std. Error		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	7.020		0	NC	4		3.931	1.966	
14:1g									
15:1g									
16:1 undifferentiatedg	0.450	0.00	8	JO	11		0.252	0.126	
17:1g									
18:1 undifferentiated	6.570	0.00	8 0	JO	11		3.679	1.840	
20:1g									
22:1 undifferentiated									
24:1 cg	1 470		•						
Fatty acids, total polyunsaturatedg	1.470		0	NC	4		0.823	0.412	
18:2 undifferentiatedg	1.350			JO	11		0.756	0.378	
18:3 undifferentiated	0.120	0.00	8 0	JO	11		0.067	0.034	
18:4g									
20:2 n-6 c,cg									
20:3 undifferentiated									
20:4 undifferentiatedg 20:5 n-3g									
20:5 n-3									
22:6 n-3									
Fatty acids, total trans									
Cholesterolg	75	0.00	11	JА	6		42	21	
Phytosterolsmg	,3	0.00	, 11	OA	Ü		42	21	
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0	0.0	
Caffeine mg	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	z	7		0.000	0.000	
Cryptoxanthin, betamcg	0		0	Z	7		0.000	0.000	
Lycopene mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin mcg	0		0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 56g: 1 serving 2 oz

Measure 2 = 28g: 1 oz

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Refuse: 0%

		<u>Aı</u>	mount in 100 g	rams	of edib	ole portio	<u>on</u>	Amount in	edible portion	of common
			Nu	mber	r			<u>m</u>	easures of food	<u></u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error Po	Number Source Code Number Source Code Code Measure Measure	Measure 3					
Proximates:										
Water	g	52.60	0.895	757	A	1		29.45		14.73
Energy	-	310		0	NC	4		174		87
Energy		1298		0	NC	4		727		363
Protein (N x 6.25)		13.24	0.160	755	A	1		7.41		3.71
Total lipid (fat)		27.24	0.635	1730	A	1		15.25		7.63
Ash		3.90	0.200	21	A	1		2.18		1.09
Carbohydrate, by difference		3.03		0	NC	4				0.85
Fiber, total dietary		0.0		0	z	7		0.0		0.0
Sugars, total										
Starch										
Staron	9									
Minerals:										
Calcium, Ca	_	14								4
Iron, Fe		0.90								0.25
Magnesium, Mg		14	0.000	9	JA	6		8		4
Phosphorus, P	•	000		•		_		100		
Potassium, K	-	229								64
Sodium, Na		1369								383
Zinc, Zn		1.80 0.100								0.50 0.02
Copper, Cu		0.100	0.000	9	JA	0		0.056		0.02
Manganese, Mn Selenium, Se										
Selemum, Se										
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9	0.000	11	JA	6		0.5		0.2
Thiamin										
Riboflavin										
Niacin										
Pantothenic acid										
Vitamin B-6	mg									
Folate, total		3								1
Folic acid		0						-		0
Folate, food		3								1
Folate, DFE		3		0	NC	4		2		1
Vitamin B-12	-					_		_		
Vitamin A, IU		0	0.000							0
Vitamin A, RAE		0								0
Retinol		0		U	NR	4		0		0
Vitamin E (alpha-tocopherol)	IIIg									
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
vitanini it (phynoquinone)										
<u>Lipids:</u>										
Fatty acids, total saturated	g	9.880)	0	NC	4		5.533		2.76
4:0	_									
6:0	_									
8:0	_									
10:0				_		_		0 011		• • •
12:0		0.020	0.000	7	JA	6		0.011		0.00
13:0		0 300	0.000	c	73	_		0 170		2 22
14:0		0.320	0.000	8	JA	6		0.179		0.09
15:0	_	6 000	0.000	c	73	_		2 470		1 50
16:0	_	6.200	0.000	8	JA	ь		3.472		1.73
17:0	_	2 242	0.000	0	77	_		1 070		2 22
18:0	-	3.340	0.000	8	JA	6		1.870		0.93
20:0 22:0	_									
(7.1)	u									

	<u>Am</u>	ount in 100) grams	of edil	<u>on</u>	Amount in edible portion of common			
		-	Number		Source	Confidence		easures of food	
Nutrients and Units	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	13.780		0	NC	4		7.717		3.858
14:1	13.760		Ū	NC	-		7.717		3.636
15:1									
16:1 undifferentiated	0.770	0.00	0 8	JA	6		0.431		0.216
17:1g									
18:1 undifferentiatedg	13.010	0.00	0 8	JA	6		7.286		3.643
20:1g									
22:1 undifferentiatedg									
24:1 cg									
Fatty acids, total polyunsaturatedg	2.950		0	NC	4		1.652		0.826
18:2 undifferentiatedg	2.740	0.00		JA	6		1.534		0.767
18:3 undifferentiatedg	0.210	0.00	0 8	JA	6		0.118		0.059
18:4g									
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiated									
20:5 n-3g									
22:5 n-3g									
22:6 n-3									
Cholesterol mg	70	0.80	0 11	A	1		39		20
Phytosterolsmg	70	0.00	V 11	A	-		33		20
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0		0.0
Caffeine mg	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, alpha mcg	0		0	z	7		0.000		0.000
Cryptoxanthin, betamcg	0		0	Z	7		0.000		0.000
Lycopene mcg	0		0	z	7		0.000		0.000
Lutein + zeaxanthinmcg	0		0	Z	7		0.000		0.000

Common Measures:

Measure 1 = 56g: 1 serving 2 oz

Measure 3 = 28g: 1 oz

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

NDB No. 07279 HORMEL WRANGLER Beef Franks

hot dog, frankfurter, wiener

		<u>Aı</u>	mount in 100 g	rams	of edib	le portio	<u>on</u>	Amount in	edible portion	of common
			Nu	mbei	r			<u>m</u>	easures of food	<u>l</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	a	56.67	0.000	164	A	1		31.74		
Energy		290	0.000	1	JO	11		162		
Energy		1214		_	00	9		680		
		12.58	0.000	161	A	1		7.04		
Protein (N x 6.25)	-	25.69	0.000	319	A	1		14.39		
Total lipid (fat)		23.69	0.025	160	A	1		1.65		
Ash		2.36	0.025	0	NC	4		1.18		
Carbohydrate, by difference				1		1		0.0		
Fiber, total dietary		0.0			A					
Sugars, total		1.67	0.000	5	A	1		0.94		
Starch	9									
Minerals:										
Calcium, Ca	mg	14	0.000	5	A	1		8		
Iron, Fe	-	1.80	0.000	5	A	1		1.01		
Magnesium, Mg		14	0.000	5	A	1		8		
Phosphorus, P										
Potassium, K	mg	172	0.000	5	A	1		96		
Sodium, Na	mg	994	0.000	9	A	1		557		
Zinc, Zn	mg	2.30	0.000	5	A	1		1.29		
Copper, Cu		0.100	0.000	5	A	1		0.056		
Manganese, Mn	<u>mg</u>									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	19.9	0.000	5	A	1		11.1		
Thiamin		13.3	0.000	3	A	-		11.1		
Riboflavin										
Niacin										
Pantothenic acid										
Vitamin B-6										
Folate, total		11		0	BFZN	4		6		
Folic acid		0		0	BFZN	4		0		
Folate, food		11		0	BFZN	4		6		
Folate, DFE		11		0	NC	4		6		
Vitamin B-12										
Vitamin A, IU	IU	13	0.000	5	A	1		7		
Vitamin A, RAE	mcg_RAE	4	0.000	5	A	1		2		
Retinol		4		0	NR	4		2		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	10.620	0.000	5	A	1		5.947		
4:0										
6:0	_									
8:0	g									
10:0	g									
12:0	g	0.010	0.000	5	A	1		0.006		
13:0	g									
14:0	g	0.820	0.000	5	A	1		0.459		
15:0	g									
16:0	-	5.850	0.000	5	A	1		3.276		
17:0	g									
18:0	_	3.920	0.000	5	A	1		2.195		
20:0	-									
22:0	-									
24:0	g									

	<u>An</u>	nount in 100 g	grams	<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 monounsaturated9	13.010	0.000	5	A	1		7.286		
14:1g									
15:1g									
16:1 undifferentiatedg	1.070	0.000	5	A	1		0.599		
17:1g									
18:1 undifferentiatedg	11.940	0.000	5	A	1		6.686		
20:1g									
22:1 undifferentiated									
24:1 cg			_						
Fatty acids, total polyunsaturated	0.890	0.000	5	A	1		0.498		
18:2 undifferentiatedg	0.750	0.000	5	A	1		0.420		
18:3 undifferentiatedg	0.140	0.000	5	A	1		0.078		
18:4g									
20:2 n-6 c,cg									
20:3 undifferentiated									
20:5 n-3									
20:5 n-3g									
22:6 n-3g									
Fatty acids, total transg									
Cholesterolmg	67	0.000	5	A	1		38		
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, 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 + zeaxanthinmcg	0		0	Z	7		0.000		

Common Measures:

Measure 1 = 56g: 1 frankfurter

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

		<u>Aı</u>	mount in 100	grams	of edib	le portio	<u>n</u>		edible portion	
			N	lumber	•			<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	60.30		1	A	1		16.88		
Energy	kcal	241		0	NC	4		68		
Energy	kj	1010		0	NC	4		283		
Protein (N x 6.25)	g	13.60		1	A	1		3.81		
Total lipid (fat)	g	18.70		1	A	1		5.24		
Ash	g	3.40		1	A	1		0.95		
Carbohydrate, by difference	g	4.00		0	NC	4		1.12		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minarals										
Minerals: Calcium, Ca	ma	58	4.022	2 8		1		16		
Iron, Fe.		0.91	0.109			1		0.25		
Magnesium, Mg		16	0.350			1		4		
Phosphorus, P		253	17.467			1		71		
Potassium, K		294	10.457			1		82		
Sodium, Na		1080		1	A	1		302		
Zinc, Zn	mg	2.00	0.109	8 9		1		0.56		
Copper, Cu	mg	0.080	0.009	9 8		1		0.022		
Manganese, Mn										
Selenium, Se	mcg	34.6		0	BFNN	4		9.7		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0		7		0.0		
Thiamin	-	0.601	0.031			1		0.168		
Riboflavin		0.187				1		0.052		
Niacin		3.452	0.230	8 0		1		0.967		
Pantothenic acid										
Vitamin B-6	mg	0.260	0.019	9 8		1		0.073		
Folate, total	mcg	3		0		4		1		
Folic acid	mcg	0		0	Z	7		0		
Folate, food		3		0		4		1		
Folate, DFE		3		0	NC	4		1		
Vitamin B-12		0.81	0.027			1		0.23		
Vitamin A, IU		0		1	A	1		0		
Vitamin A, RAE		0		0	AS	1		0		
Retinol		0		0	NR	4		0		
Vitamin E (alpha-tocopherol)	<u>-</u>	0.27		0	NR	4		0.08		
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D		44.000)	0	т	4		12.320		
Vitamin K (phylloquinone)		0.0		0	BFZN	4		0.0		
<u>Lipids:</u>			_							
Fatty acids, total saturated		6.966		0	NC	4		1.951		
4:0	_	0.000		0		1		0.000		
6:0	-	0.000		0		1		0.000		
8:0	-	0.000 0.074		0 D 5		1 1		0.000		
10:0 12:0		0.074				1		0.021 0.021		
13:0	-	0.074	0.021	. 3		1		0.021		
14:0	-	0.390	0.016	6 8		1		0.109		
15:0	_	0.390	. 0.016			-		0.109		
16:0		4.239	0.179	9 8		1		1.187		
17:0		233	0.173			-		,		
18:0		2.189	0.092	2 8		1		0.613		
20:0										
22:0	-									
24:0	-									

	<u>Ar</u>	nount in 10	Numbe	r	_	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
F	8.590		0	NC	4		0.405		
Fatty acids, total monounsaturatedg 14:1g	6.590		U	NC	4		2.405		
14.1g 15:1g									
16:1 undifferentiatedg	0.668	0.0	54 8		1		0.187		
17:1g					_				
18:1 undifferentiatedg	7.922	0.3	79 8		1		2.218		
20:1g	0.000		0		1		0.000		
22:1 undifferentiatedg	0.000		0		1		0.000		
24:1 cg									
Fatty acids, total polyunsaturatedg	2.022		0	NC	4		0.566		
18:2 undifferentiatedg	1.772	0.1	36 8		1		0.496		
18:3 undifferentiatedg	0.250	0.0	48 8		1		0.070		
18:4g	0.000		0		1		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0		1		0.000		
20:5 n-3g	0.000		0		1		0.000		
22:5 n-3g	0.000		0		1		0.000		
22:6 n-3g	0.000		0		1		0.000		
Fatty acids, total transg									
Cholesterolmg	58		1	A	1		16		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0		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, 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 slice

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.68

		<u>Aı</u>	mount in 100 gr	Amount in edible portion of common						
			Nur	mber				<u>m</u>	easures of food	<u> </u>
			of l	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	59.13	0.375	4		1		8.87	16.76	
Energy	kcal	245		0	NC	4		37	69	
Energy	kj	1025				4		154	291	
Protein (N x 6.25)	g	16.18	0.165	4		1		2.43	4.59	
Total lipid (fat)	g	18.53	0.382	4		1		2.78	5.25	
Ash	g	3.90	0.041	4		1		0.59	1.11	
Carbohydrate, by difference	g	2.28		0	NC	4		0.34	0.65	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	217	7.952	4		1		33	62	
Iron, Fe	_	0.76	0.207	4		1		0.11	0.22	
Magnesium, Mg	_	18	0.479	4		1		3	5	
Phosphorus, P		495	11.287	4		1		74	140	
Potassium, K	•	162	14.509	4		1		24	46	
Sodium, Na		1197	45.958	4		1		180	339	
Zinc, Zn	mg	2.25	0.179	4		1		0.34	0.64	
Copper, Cu	mg	0.090	0.049	4		1		0.014	0.026	
Manganese, Mn	mg	0.036	i	0		4		0.005	0.010	
Selenium, Se	mcg	33.6		0	BFNN	4		5.0	9.5	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0		7		0.0	0.0	
Thiamin	_	0.318	0.013	4		1		0.048	0.090	
Riboflavin	-	0.220		4		1		0.033	0.062	
Niacin	-	2.153		4		1		0.323	0.610	
Pantothenic acid	_	0.590		0		4		0.089	0.167	
Vitamin B-6	-	0.130		4		1		0.020	0.037	
Folate, total	-	3		0		4		0	1	
Folic acid		0		0	z	7		0	0	
Folate, food		3		0		4		0	1	
Folate, DFE		3		0	NC	4		0	1	
Vitamin B-12		0.73	0.171	4		1		0.11	0.21	
Vitamin A, IU	IU -	304		0		4		46	86	
Vitamin A, RAE		91		0		4		14	26	
Retinol	mcg	91		0		4		14	26	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	8.620	ı	0		1		1.293	2.444	
4:0	g	0.000	1	0		4		0.000	0.000	
6:0	g	0.000	1	0		4		0.000	0.000	
8:0	g	0.000	ı	0		4		0.000	0.000	
10:0	g	0.280	0.037	4		1		0.042	0.079	
12:0	-	0.360	0.047	4		1		0.054	0.102	
13:0	-									
14:0	-	1.110	0.068	4		1		0.167	0.315	
15:0										
16:0	-	4.490	0.017	4		1		0.674	1.273	
17:0										
18:0		2.110	0.182	4		1		0.317	0.598	
20:0	-									
22:0	a									

		<u>An</u>	nount in 100	grams	Amount in edible portion of common						
			N	lumbe	r			measures of food			
Nutrients and Uni	ts	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	_	7.080		0		1		1.062	2.007		
14:1											
15:1		0 770	0.046			1		0 116	0.010		
16:1 undifferentiated		0.770	0.049	9 4		1		0.116	0.218		
17:1	_	6.310	0.286	6 4		1		0.947	1.789		
20:1	_	0.000	0.200	0		4		0.947	0.000		
22:1 undifferentiated	-	0.000		0		4		0.000	0.000		
24:1 c	•	0.000		U		4		0.000	0.000		
Fatty acids, total polyunsaturated	_	1.380		0		1		0.207	0.391		
18:2 undifferentiated		1.230	0.116			1		0.185	0.349		
18:3 undifferentiated	_	0.150	0.041			1		0.183	0.043		
18:4	_	0.000	0.042	0		4		0.000	0.000		
20:2 n-6 c.c.		0.000		Ū		-		0.000	0.000		
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		0.000		·		-		0.000	0.000		
Cholesterol	-	61	3.189	9 4		1		9	17		
Phytosterols	_	0		0		4		0	0		
1 11/100101010101								-	-		
Amino Acids:											
Tryptophan	g	0.372		0		4		0.056	0.105		
Threonine	g	0.683		0		4		0.102	0.194		
Isoleucine	g	0.775		0		4		0.116	0.220		
Leucine	g	1.504		0		4		0.226	0.426		
Lysine	g	1.476		0		4		0.221	0.418		
Methionine	g	0.475		0		4		0.071	0.135		
Cystine		0.255		0		4		0.038	0.072		
Phenylalanine		0.771		0		4		0.116	0.219		
Tyrosine	g	0.666		0		4		0.100	0.189		
Valine		1.014		0		4		0.152	0.287		
Arginine		0.892		0		4		0.134	0.253		
Histidine	-	0.597		0		4		0.090	0.169		
Alanine	-	0.802		0		4		0.120	0.227		
Aspartic acid		1.378		0		4		0.207	0.391		
Glutamic acid	-	2.887		0		4		0.433	0.818		
Glycine	-	0.587		0		4		0.088	0.166		
Proline		1.356		0		4		0.203	0.384		
Serine	-	0.806		0		4		0.121	0.229		
Hydroxyproline	g										

Common Measures:

Measure 1 = 15.0g: 1 tbsp Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>Aı</u>	mount in 100	grams	of edib	Amount in edible portion of common				
			N	umbei	•				easures of food	
						Source	Confidence			-
Nutrients and Un	its	Mean	Std. Error P			Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	62.60	0.389	4		1		9.39	17.75	
Energy		216	0.303	0	NC	4		32	61	
Energy		904		Ū	110	4		136	256	
Protein (N x 6.25)		8.68	0.201	4		1		1.30	2.46	
Total lipid (fat)		15.53	0.622			1		2.33	4.40	
Ash		2.55	0.193			1		0.38	0.72	
Carbohydrate, by difference		10.65		0	NC	4		1.60	3.02	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total		0.00		0	Z	7		0.00	0.00	
Starch										
Minerals:		_		_				_		
Calcium, Ca		8	0.408			1		1	2	
Iron, Fe.		0.59 10	0.089 0.478			1 1		0.09 2	0.17 3	
Magnesium, Mg		120	2.327			1		2 18	3 34	
Phosphorus, P Potassium, K		150	4.497			1		23	43	
Sodium, Na		912	48.798			1		137	259	
Zinc, Zn	-	1.10	0.081			1		0.17	0.31	
Copper, Cu		0.070				1		0.011	0.020	
Manganese, Mn		0.013		0		4		0.002	0.004	
Selenium, Se		17.8		0	RF	4		2.7	5.0	
	_									
Vitamins:						_				
Vitamin C, total ascorbic acid	_	0.0		0		7		0.0	0.0	
Thiamin		0.435 0.120				1 1		0.065	0.123	
Riboflavin		2.095				1		0.018 0.314	0.034 0.594	
Niacin Pantothenic acid		0.310		1		1		0.314	0.594	
Vitamin B-6	_	0.310				1		0.047	0.043	
Folate, total	-	1	0.011	0		4		0.023	0.043	
Folic acid		0		0	z	7		0	0	
Folate, food		1		0	_	4		0	0	
Folate, DFE	mcg DFE	1		0	NC	4		0	0	
Vitamin B-12		0.76	0.061	4		1		0.11	0.22	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE		0		0	AS	1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	1.74		0	NR	4		0.26	0.49	
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D				_						
Vitamin K (phylloquinone)	mcg	0.0		0	BFZN	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	q	5.060)	0		1		0.759	1.435	
4:0		0.000)	0		1		0.000	0.000	
6:0		0.000)	0		1		0.000	0.000	
8:0	g	0.000)	0		1		0.000	0.000	
10:0	g	0.020	0.000	3		1		0.003	0.006	
12:0	g	0.010	0.000	3		1		0.002	0.003	
13:0	g									
14:0	g	0.160	0.008	3		1		0.024	0.045	
15:0	g									
16:0	g	3.200	0.079	3		1		0.480	0.907	
17:0	g									
18:0	_	1.680	0.038	3		1		0.252	0.476	
20:0	_									
22:0	_									
24:0	q									

		<u>Ar</u>	mount in 100			ble portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and U	nits	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		7.200		0		1		1.080	2.041	
15:1	-									
16:1 undifferentiated	g	0.470	0.036	3		1		0.071	0.133	
17:1	g									
18:1 undifferentiated	g	6.730	0.194	3		1		1.010	1.908	
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 polyunsaturated.	g	2.700	ı	0		1		0.405	0.765	
18:2 undifferentiated		2.370	0.057			1		0.356	0.672	
18:3 undifferentiated	g	0.330	0.013	3		1		0.050	0.094	
18:4	g	0.000	1	0		1		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0		1		0.000	0.000	
20:5 n-3	g	0.000	1	0		1		0.000	0.000	
22:5 n-3	g	0.000	1	0		1		0.000	0.000	
22:6 n-3	g	0.000	1	0		1		0.000	0.000	
Fatty acids, total trans	g									
Cholesterol	mg	37	2.496	4		1		6	10	
Phytosterols	mg	0		0		4		0	0	
A this Autani										
Amino Acids:	_	0.000						2 012		
Tryptophan		0.089		1		1		0.013	0.025	
Threonine	-	0.409		1		1		0.061	0.116	
Isoleucine	-	0.403		1		1		0.060	0.114	
Leucine		0.725		1		1		0.109	0.206	
Lysine		0.772		1		1		0.116	0.219	
Methionine		0.228		1		1		0.034	0.065	
Cystine	-	0.051		1		1		0.008	0.014	
Phenylalanine		0.354		1		1		0.053	0.100	
Tyrosine	-	0.278		1		1		0.042	0.079	
Valine		0.448		1		1		0.067	0.127	
Arginine		0.593		1		1		0.089	0.168	
Histidine	-	0.350		1		1		0.053	0.099	
Alanine		0.536		1		1		0.080	0.152	
Aspartic acid		0.856		1		1		0.128	0.243	
Glutamic acid	_	1.349		1		1		0.202	0.382	
Glycine		0.486		1		1		0.073	0.138	
Proline	_	0.401		1		1		0.060	0.114	
Serine		0.376	i	1		1		0.056	0.107	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	
Caffeine		0		0	Z	7		0	0	
Theobromine		0		0	z	7		0	0	
Carotenoids:										
<u> </u>	maa	0		0	7	7		0.000	0.000	
Carotene, beta		0		0	Z	7		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	riicg	0		0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 15.0g: 1 tbsp Measure 2 = 28.35g: 1 oz NDB No. 07031 Ham salad spread

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.68

		<u>A</u> 1	mount in 100 g	ırams	Amount in edible portion of common					
			Nu	mber	•			<u>m</u>	easures of food	<u>l</u>
Nutrients and Un	its	Mean	of Std. Error Po			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	60.77	1.963	6		1		12.76		
Energy	kcal	239		0	NC	4		50		
Energy	kj	1000				4		210		
Protein (N x 6.25)	g	16.06	0.591	6		1		3.37		
Total lipid (fat)	g	18.83	1.013	4		1		3.95		
Ash	g	4.08	0.085	4		1		0.86		
Carbohydrate, by difference	g	0.28		0	NC	4		0.06		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	ma	7		0		4		1		
Iron, Fe.		0.95	0.131	4		1		0.20		
Magnesium, Mg		13	0.707	4		1		3		
Phosphorus, P		139	17.694	4		1		29		
Potassium, K		284	4.210	4		1		60		
Sodium, Na	mg	1365	35.743	4		1		287		
Zinc, Zn	mg	1.83	0.125	4		1		0.38		
Copper, Cu		0.050		4		1		0.011		
Manganese, Mn		0.025	0.003	3		1		0.005		
Selenium, Se	mcg	18.6		0	BFNN	4		3.9		
Vitamins:										
Vitamin C, total ascorbic acid	ma	2.0	0.250	4		1		0.4		
Thiamin	-	0.535		4		1		0.112		
Riboflavin		0.165		4		1		0.035		
Niacin		3.200	0.210	4		1		0.672		
Pantothenic acid		0.280)	0		4		0.059		
Vitamin B-6	mg	0.320	0.060	4		1		0.067		
Folate, total	mcg	1		0		4		0		
Folic acid	mcg	0		0	Z	7		0		
Folate, food		1		0		4		0		
Folate, DFE		1		0	NC	4		0		
Vitamin B-12	mcg	0.70	0.072	10		1		0.15		
Vitamin A, IU		0		0		4		0		
Vitamin A, RAE		0		0	AS	1		0		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)		0.25		0	NR	4		0.05		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin K (phylloquinone)		0.0		0	BFZN	4		0.0		
vitanini k (phynoquinone)	9	0.0		·		-		0.0		
<u>Lipids:</u>										
Fatty acids, total saturated		6.280		0		1		1.319		
4:0	-	0.000		0		1		0.000		
6:0	_	0.000		0		1		0.000		
8:0	-	0.000		0		1		0.000		
10:0		0.030		4		1		0.006		
12:0		0.010	0.006	4		1		0.002		
13:0	-	0.040	0.004			4		0.050		
14:0		0.240	0.024	4		1		0.050		
15:0		4 000	0 001	4		1		0.044		
16:0		4.020	0.221	4		1		0.844		
17:0 18:0	-	1.990	0.128	Λ		1		0.418		
20:0	_	1.990	0.128	4		_		0.418		
22:0	_									
24:0	_									

		<u>Ar</u>	nount in 10	0 grams	of edi	ole portio	<u>n</u>	Amount in edible portion of common		
				Numbe		0	0		easures of food	•
Nutrients and t	Units	Mean	Std. Error	of Data Points		Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturat		9.170		0		1		1.926		
14:1	-									
15:1	-	0 670	0.04	17 4		1		0.141		
16:1 undifferentiated	-	0.670	0.04	1 4		1		0.141		
17:1 18:1 undifferentiated	-	8.490	0.45	59 4		1		1.783		
20:1	-	0.000		0		1		0.000		
22:1 undifferentiated	-	0.000		0		1		0.000		
24:1 c	•	0.000		U		_		0.000		
Fatty acids, total polyunsaturate		2.050		0		1		0.431		
18:2 undifferentiated		1.860				1		0.391		
18:3 undifferentiated		0.200				1		0.042		
18:4		0.000		0		1		0.042		
20:2 n-6 c.c	-	0.000		Ū		-		3.000		
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.000		0		1		0.000		
20:5 n-3		0.000		0		1		0.000		
22:5 n-3		0.000		0		1		0.000		
22:6 n-3		0.000		0		1		0.000		
Fatty acids, total trans		0.000		•		_		0.000		
Cholesterol		49	4.76	57 4		1		10		
Phytosterols	-	0	2.7	0		4		0		
1 Hytosterois	9	ŭ		Ū		•		· ·		
Amino Acids:										
Tryptophan	g	0.182		2		1		0.038		
Threonine	g	0.717		2		1		0.151		
Isoleucine	g	0.691		2		1		0.145		
Leucine	g	1.249		2		1		0.262		
Lysine	g	1.380		2		1		0.290		
Methionine	g	0.419		2		1		0.088		
Cystine	g	0.190		2		1		0.040		
Phenylalanine	g	0.622		2		1		0.131		
Tyrosine	g	0.527		2		1		0.111		
Valine	g	0.719		2		1		0.151		
Arginine	g	0.997		2		1		0.209		
Histidine	g	0.637		2		1		0.134		
Alanine	g	0.917		2		1		0.193		
Aspartic acid	g	1.485		2		1		0.312		
Glutamic acid	g	2.371		2		1		0.498		
Glycine	g	0.786		2		1		0.165		
Proline	g	0.683		2		1		0.143		
Serine	g	0.627		2		1		0.132		
Hydroxyproline	g									
Oth										
Others:	~	0.0		•		_		0.0		
Alcohol, ethyl		0.0		0		7 7		0.0		
Caffeine		0		0	z z	7		0 0		
Theobromine	<u>III</u> Y	U		U	z	,		U		
Carotenoids:	mca	0		0	z	7		0.000		
Carotene, beta		0		0	Z	7		0.000		
Carotene, alpha Cryptoxanthin, beta		0		0	Z	7		0.000		
-		0		0	Z	7		0.000		
LycopeneLutein + zeaxanthin		0		0	Z	7		0.000		
Luiciii + Zeaxallillilli	y			U				3.000		

Common Measures:

Measure 1 = 21g: 1 slice $(4-1/4" \times 4-1/4" \times 1/16")$

NDB No. 07026 Ham, chopped, canned

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>Aı</u>	mount in 100 g	Amount in edible portion of common						
			Nu	mber				<u>m</u> e	easures of food	<u> </u>
			of	Data [Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Po	ints (Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	65.30		1	A	1		18.28		
Energy	kcal	180		0	NC	4		50		
Energy	kj	752		0	NC	4		210		
Protein (N x 6.25)	g	16.50		1	A	1		4.62		
Total lipid (fat)	g	10.30		1	A	1		2.88		
Ash	g	3.70		1	A	1		1.04		
Carbohydrate, by difference	g	4.20		0	NC	4		1.18		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
M:										
Minerals: Calcium, Ca	ma	7	1.414	4		1		2		
Iron, Fe	_	0.83	0.152	5		1		0.23		
Magnesium, Mg	_	16	0.132	5		1		4		
Phosphorus, P		155	14.122	5		1		43		
Potassium, K	_	319	8.536	5		1		89		
Sodium, Na		1330		1	A	1		372		
Zinc, Zn	_	1.94	0.150	5		1		0.54		
Copper, Cu		0.060	0.015	5		1		0.017		
Manganese, Mn	mg									
Selenium, Se	mcg	17.4	1.225	6	A	1		4.9		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0		7		0.0		
Thiamin	_	0.632	0.111	5		1		0.177		
Riboflavin	_	0.204		5		1		0.057		
Niacin		3.880		5		1		1.086		
Pantothenic acid	_	3.333	0.200	Ū		_		2.000		
Vitamin B-6	_	0.350	0.014	5		1		0.098		
Folate, total		1	0.139	3		1		0		
Folic acid		0		0	z	7		0		
Folate, food	mcg	1	0.139	3		1		0		
Folate, DFE	mcg_DFE	1		0	NC	4		0		
Vitamin B-12		0.92	0.084	5		1		0.26		
Vitamin A, IU	IU	0		1	A	1		0		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.23		0	BFSN	4		0.07		
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D				•	D=017			0.0		
Vitamin K (phylloquinone)	riicg	0.0		0	BFSN	4		0.0		
<u>Lipids:</u>										
Fatty acids, total saturated	g	3.422	<u> </u>	0	NC	4		0.958		
4:0	g	0.000)	0		4		0.000		
6:0	g	0.000	1	0		4		0.000		
8:0	g	0.000	1	0		4		0.000		
10:0	g	0.018		5		1		0.005		
12:0	-	0.012	0.018	5		1		0.003		
13:0										
14:0		0.137	0.024	5		1		0.038		
15:0										
16:0		2.174	0.099	5		1		0.609		
17:0										
18:0		1.081	0.068	5		1		0.303		
20:0	-									
22:0	~									

	<u>Ar</u>	mount in 10	Numbei	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	4.897		0	NC	4		1.371		
14:1g	1.037		·	110	•		1.371		
15:1 9									
16:1 undifferentiated	0.400	0.0	53 5		1		0.112		
17:1g									
18:1 undifferentiatedg	4.497	0.3	15 5		1		1.259		
20:1g	0.000		0		4		0.000		
22:1 undifferentiatedg	0.000		0		4		0.000		
24:1 cg									
Fatty acids, total polyunsaturated	1.260		0	NC	4		0.353		
18:2 undifferentiatedg	1.081	0.0	82 5		1		0.303		
18:3 undifferentiatedg	0.179	0.0	61 5		1		0.050		
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									
Cholesterolmg	59		1	A	1		16		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0		
Caffeinemg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		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 = 28g: 1 slice

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>A</u>	mount in 10			ole portio	<u>n</u>	Amount in edible portion of common			
Nutrients and Uni	ts	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	Measure 2	Measure 3	
Proximates:	~	60.04			_	-					
Water	-	69.94		1	A	1					
Energy		122 511		0	NC NC	4 4					
Energy		17.93		1		1					
Protein (N x 6.25)		2.37		1	A A	1					
Total lipid (fat)		2.49		1	A	1					
Ash Carbohydrate, by difference		7.27		0	NC	4					
Fiber, total dietary		0.0		0	Z	7					
Sugars, total		0.00		0	z	, 7					
Starch		0.00		·	-	•					
Starcii	9										
Minerals:											
Calcium, Ca	-	6		0	MC	9					
Iron, Fe		0.39		0	MC	9					
Magnesium, Mg		8		0	MC	9					
Phosphorus, P		384		0	MC	9					
Potassium, K		165		0	MC	9 9					
Sodium, Na		900 0.91		0	MC MC	9					
Zinc, Zn Copper, Cu	_	0.91		0	MC	9					
Manganese, Mn		0.028		0	MC	9					
Selenium, Se		10.4	,	0	MC	9					
Scientini, Sc	9			·							
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid		0.6		0	MC	9					
Thiamin		0.402		0	MC	9					
Riboflavin		0.101		0	MC	9					
Niacin		2.276		0	MC	9					
Pantothenic acid	_	0.238		0	MC	9					
Vitamin B-6	-	0.231	L	0	MC	9					
Folate, total		2 0		0	MC NR	9 4					
Folic acid		2		0	MC	9					
Folate, foodFolate, DFE		2		0	NC NC	4					
Vitamin B-12		0.38		0	MC	9					
Vitamin A, IU		0		0	MC	9					
Vitamin A, RAE		0		0	AS	1					
Retinol		0		0	NR	4					
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D	IU										
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	а	0.795	5	0	MC	9					
4:0											
6:0											
8:0	g										
10:0	g										
12:0	g	0.000)	0	BFZN	4					
13:0	g										
14:0	g	0.054	l	0	BFZN	4					
15:0	-										
16:0	-	0.781	L	0	BFZN	4					
17:0	-			_		_					
18:0	-	0.332	2	0	BFZN	4					
20:0	-										
22:0	a										

	<u>Ar</u>	mount 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	1.669		0	BFZN	4					
14:1g										
15:1g			•							
16:1 undifferentiated	0.099		0	BFZN	4					
17:1	1 571		0	BFZN	4					
	1.571		U	BFZN	4					
20:1g 22:1 undifferentiated										
22:1 undifferentiated										
Fatty acids, total polyunsaturatedg	0.314		0	BFZN	4					
18:2 undifferentiatedg	0.314		0	BFZN	4					
18:3 undifferentiatedg	0.009		0	BFZN	4					
18:4g	0.003		Ū	DI ZIN	-					
20:2 n-6 c,cg										
20:3 undifferentiatedg										
20:4 undifferentiatedg										
20:5 n-3g										
22:5 n-3g										
22:6 n-3g										
Fatty acids, total transg										
Cholesterolmg	22		0	MC	9					
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0		0	MC	9					
Caffeine mg	0		0	MC	9					
Theobromine mg	0		0	Z	7					
Carotenoids:										
Carotene, betamcg	0		0	z	7					
Carotene, alphamcg	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 4 Fat 9 Carbohydrate 4

		<u>A</u> 1	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	<u> </u>	
			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	57.35	1.007	4		1		12.04	16.26		
Energy	kcal	263		0	NC	4		55	75		
Energy	kj	1100				4		231	312		
Protein (N x 6.25)	g	16.28	0.507	4		1		3.42	4.62		
Total lipid (fat)	g	20.68	1.667	4		1		4.34	5.86		
Ash	g	3.85	0.064	4		1		0.81	1.09		
Carbohydrate, by difference	g	1.85		0	NC	4		0.39	0.52		
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0		
Sugars, total	g	0.00		0	Z	7		0.00	0.00		
Starch	g										
N											
Minerals:	ma	10	1.190	4		1		2	3		
Calcium, Ca Iron, Fe	-	0.79	0.154	4		1		0.17	0.22		
Magnesium, Mg	-	16	1.224	4		1		3	5		
Phosphorus, P		157	5.780	4		1		33	45		
Potassium, K	-	311	12.756	4		1		65	88		
Sodium, Na	-	1245	23.386	4		1		261	353		
Zinc, Zn	_	1.90	0.081	4		1		0.40	0.54		
Copper, Cu		0.080	0.003	4		1		0.017	0.023		
Manganese, Mn		0.031	0.004	3		1		0.007	0.009		
Selenium, Se	mcg	20.0		0	BFZN	4		4.2	5.7		
Vitamina											
Vitamins:	ma	0.0		0		7		0.0	0.0		
Vitamin C, total ascorbic acid Thiamin	-	0.0	0.014	4		1		0.150	0.0		
Riboflavin	_	0.712		4		1		0.130	0.054		
Niacin	_	4.162		4		1		0.874	1.180		
Pantothenic acid	-	0.180		1		1		0.038	0.051		
Vitamin B-6	-	0.260		4		1		0.055	0.074		
Folate, total	_	1		0		4		0	0		
Folic acid		0		0	z	7		0	0		
Folate, food		1		0		4		0	0		
Folate, DFE		1		0	NC	4		0	0		
Vitamin B-12		0.95	0.145	4		1		0.20	0.27		
Vitamin A, IU	IU	0		0		4		0	0		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0		
Retinol	mcg	0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)	mg	0.27		0	BFSN	4		0.06	0.08		
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D				•	2201			0.0			
Vitamin K (phylloquinone)	rricg	0.0		0	BFSN	4		0.0	0.0		
Lipids:											
Fatty acids, total saturated	g	7.180		0		1		1.508	2.036		
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		0.040		4		1		0.008	0.011		
12:0		0.030	0.012	4		1		0.006	0.009		
13:0											
14:0	g	0.280	0.044	4		1		0.059	0.079		
15:0											
16:0	g	4.420	0.385	4		1		0.928	1.253		
17:0	-										
18:0	-	2.410	0.198	4		1		0.506	0.683		
20:0	-										
22:0	-										
24:0	g										

	<u>Ar</u>	mount in 100 grams	-	<u>tion</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Number of Data Std. Error Points	Deriv Sour	ce Confidence le Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated9		0	1		2.010	2.713		
15:1g	I							
16:1 undifferentiatedg	0.730	0.055 4	1		0.153	0.207		
17:1g								
18:1 undifferentiatedg			1		1.859	2.509		
20:1g			4		0.000	0.000		
22:1 undifferentiatedg		0	4		0.000	0.000		
24:1 cg								
Fatty acids, total polyunsaturatedg			1		0.519	0.700		
18:2 undifferentiatedg			1		0.454	0.612		
18:3 undifferentiatedg			1		0.065	0.088		
18:4g		0	4		0.000	0.000		
20:2 n-6 c,cg								
20:3 undifferentiatedg		_						
20:4 undifferentiatedg			4		0.000	0.000		
20:5 n-3g			4		0.000	0.000		
22:5 n-3g			4		0.000	0.000		
22:6 n-3g		0	4		0.000	0.000		
Fatty acids, total trans					_			
Cholesteroln	-	9.078 4	1		15	20		
Phytosterolsn	ng 0	0	4		0	0		
Amino Acids:								
Tryptophan	0.156	1	1		0.033	0.044		
Threonine			1		0.154	0.208		
Isoleucine 9			1		0.147	0.198		
Leucine			1		0.264	0.357		
Lysine			1		0.286	0.387		
Methionine			1		0.096	0.129		
Cystine			1		0.040	0.054		
Phenylalanine			1		0.135	0.182		
Tyrosine			1		0.113	0.152		
Valine			1		0.157	0.212		
Arginine			1		0.215	0.290		
Histidine			1		0.127	0.171		
Alanine			1		0.199	0.269		
Aspartic acid			1		0.315	0.425		
Glutamic acid			1		0.491	0.663		
Glycine			1		0.185	0.250		
Proline			1		0.150	0.202		
Serine			1		0.142	0.192		
Hydroxyproline		_	_		· · · · · ·	U.1J2		
Others:								
Alcohol, ethylg	0.0	0	z 7		0.0	0.0		
Caffeine mg		0	z 7		0	0		
Theobromine mg	0	0	z 7		0	0		
Carotenoids:								
Carotene, beta mo	ca 0	0	z 7		0.000	0.000		
Carotene, alpha mo		0	z 7		0.000	0.000		
Cryptoxanthin, betamc		0	z 7		0.000	0.000		
Lycopene mo		0	z 7		0.000	0.000		
Lycopenc	'9 -	-	-		•			

Common Measures:

Measure 1 = 21g: 1 slice $(4-1/4" \times 4-1/4" \times 1/16")$

Measure 2 = 28.35g: 1 oz

NDB No. 07030 Ham, minced

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>Aı</u>	mount in 100	grams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			N	umber	-			<u>m</u> e	easures of food	<u>[</u>	
			o	f Data	Deriv	Source	Confidence				
Nutrients and Un	its	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure :	
Proximates:											
Water	g	73.56		6	A	1		46.34			
Energy	kcal	110		0	NC	4		69			
Energy	kj	459		0	NC	4		289			
Protein (N x 6.25)	g	17.28		6	A	1		10.89			
Total lipid (fat)	g	2.86		6	A	1		1.80			
Ash	g	3.67		6	A	1		2.31			
Carbohydrate, by difference	g	2.63		0	NC	4		1.66			
Fiber, total dietary	g	0.0		0	Z	7		0.0			
Sugars, total	g	0.00		0	Z	7		0.00			
Starch	g										
Minerals:											
Calcium, Ca	ma	9		5	A	1		6			
Iron, Fe		0.80		5	A	1		0.50			
Magnesium, Mg	-	17	0.514			1		11			
Phosphorus, P		218	10.273			1		137			
Potassium, K	mg	350	7.987	15		1		221			
Sodium, Na	mg	1106		6	A	1		697			
Zinc, Zn	mg	1.93	0.061	19		1		1.22			
Copper, Cu		0.070		19		1		0.044			
Manganese, Mn		0.033	0.003			1		0.021			
Selenium, Se	mcg	16.2		0	BFZN	4		10.2			
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		0		7		0.0			
Thiamin	-	0.932	0.040			1		0.587			
Riboflavin	-	0.223	0.008	19		1		0.140			
Niacin		5.000)	2	A	1		3.150			
Pantothenic acid		0.470	0.063	7		1		0.296			
Vitamin B-6	mg	0.460	0.053	19		1		0.290			
Folate, total	mcg	4	1.050	4		1		3			
Folic acid	mcg	0		0	Z	7		0			
Folate, food		4	1.050			1		3			
Folate, DFE		4		0	NC	4		3			
Vitamin B-12		0.75	0.036			1		0.47			
Vitamin A, IU		0		1	A	1		0			
Vitamin A, RAE		0		0	AS	1		0			
Retinol		0		0	z	7		0			
Vitamin E (alpha-tocopherol)		0.29		0	NR	4		0.18			
Tocopherol, beta											
Tocopherol, gamma Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		0.0		0	BFZN	4		0.0			
<u>Lipids:</u>											
Fatty acids, total saturated	-	0.892		0	NC	4		0.562			
4:0		0.000		1	A	1		0.000			
6:0	-	0.002		1	A	1		0.001			
8:0	-	0.002		1 1	A	1		0.001			
10:0 12:0	-	0.000		1	A A	1 1		0.000 0.000			
13:0	-	0.000	•	1	A	1		0.000			
14:0		0.034	Ļ	1	A	1		0.022			
15:0		0.000		1	A	1		0.022			
16:0		0.582		1	A	1		0.367			
17:0	-	0.007		1	A	1		0.005			
18:0	-	0.260		1	A	1		0.164			
20:0		0.002		1	A	1		0.002			
22:0	-	0.000		1	A	1		0.002			
24:0		0.000		1	A	1		0.000			

		<u>An</u>	nount in 10			ole portio	<u>on</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	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	1.246		0	NC	4		0.785		
14:1	g	0.002		1	A	1		0.002		
15:1	-									
16:1 undifferentiated	g	0.101		1	A	1		0.064		
17:1	g	0.010		1	A	1		0.006		
18:1 undifferentiated		1.115		1	A	1		0.703		
20:1	g	0.017		1	A	1		0.011		
22:1 undifferentiated	g	0.000		1	A	1		0.000		
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.342		0	NC	4		0.215		
18:2 undifferentiated	g	0.292		1	A	1		0.184		
18:3 undifferentiated	g	0.035		1	A	1		0.022		
18:4	g	0.000		0		1		0.000		
20:2 n-6 c.c	g									
20:3 undifferentiated	g	0.007		1	A	1		0.005		
20:4 undifferentiated	g	0.007		1	A	1		0.005		
20:5 n-3	g	0.000		1	A	1		0.000		
22:5 n-3	g	0.000		0		1		0.000		
22:6 n-3	g	0.000		1	A	1		0.000		
Fatty acids, total trans										
Cholesterol		48		6	A	1		30		
Phytosterols										
Others:										
Alcohol, ethyl	-	0.0		0		7		0.0		
Caffeine		0		0	Z	7		0		
Theobromine	mg	0		0	Z	7		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 = 63g: 3 slices 1 NLEA serving

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<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	67.27		2	A	1		37.67	18.84		
Energy	kcal	163		0	NC	4		91	46		
Energy	kj	683		0	NC	4		383	191		
Protein (N x 6.25)	g	16.60		2	A	1		9.30	4.65		
Total lipid (fat)	g	8.60		2	A	1		4.81	2.41		
Ash	g	3.70		2	A	1		2.07	1.04		
Carbohydrate, by difference	g	3.83		0	NC	4		2.15	1.07		
Fiber, total dietary	g	1.3		0	FLA	4		0.7	0.4		
Sugars, total	g	0.00		0	Z	7		0.00	0.00		
Starch	g										
Minerals:											
Calcium, Ca	ma	24		0	FLA	4		14	7		
Iron, Fe	-	1.02		0	FLA	4		0.57	0.29		
Magnesium, Mg	-	22		0	FLA	4		12	6		
Phosphorus, P		153		0	FLA	4		86	43		
Potassium, K	•	287		0	FLA	4		161	80		
Sodium, Na		1304		2	A	1		730	365		
Zinc, Zn	mg	1.35		0	FLA	4		0.76	0.38		
Copper, Cu	mg	0.089)	0	FLA	4		0.050	0.025		
Manganese, Mn	mg	0.557	•	0	FLA	4		0.312	0.156		
Selenium, Se	mcg	20.7		0	FLA	4		11.6	5.8		
Vitamins:											
Vitamin C, total ascorbic acid	ma	4.0		0	FLA	4		2.2	1.1		
Thiamin	-	0.626	:	0	FLA	4		0.350	0.175		
Riboflavin	-	0.020		0	FLA	4		0.099	0.050		
Niacin	=	2.904		0	FLA	4		1.626	0.813		
Pantothenic acid	-	0.435		0	FLA	4		0.244	0.122		
Vitamin B-6	=	0.329		0	FLA	4		0.184	0.092		
Folate, total	-	7		0	FLA	4		4	2		
Folic acid		0		0	FLA	4		0	0		
Folate, food		7		0	FLA	4		4	2		
Folate, DFE		7		0	NC	4		4	2		
Vitamin B-12		0.42		0	FLA	4		0.23	0.12		
Vitamin A, IU	IU	0		2	A	1		0	0		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0		
Retinol	mcg	0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)	mg	0.08		0	FLA	4		0.04	0.02		
Tocopherol, beta		0.00		0	NR	4		0.00	0.00		
Tocopherol, gamma		0.00		0	NR	4		0.00	0.00		
Tocopherol, delta		0.00		0	NR	4		0.00	0.00		
Vitamin D		0.000)	0	Z	7		0.000	0.000		
Vitamin K (phylloquinone)	mcg	0.0		0	BFZN	4		0.0	0.0		
Lipids:											
Fatty acids, total saturated	g	2.936	5	0	NC	4		1.644	0.822		
4:0		0.000)	0	FLA	4		0.000	0.000		
6:0		0.000)	0	FLA	4		0.000	0.000		
8:0	g	0.000)	0	FLA	4		0.000	0.000		
10:0		0.005	i	0	FLA	4		0.003	0.002		
12:0	g	0.011	-	0	FLA	4		0.006	0.003		
13:0	g										
14:0	g	0.109)	0	FLA	4		0.061	0.030		
15:0	g										
16:0	g	1.842	?	0	FLA	4		1.031	0.516		
17:0	-										
18:0	g	0.969	•	0	FLA	4		0.543	0.271		
20:0	-										
22:0	~										

		<u>Ar</u>	mount in 10			ole portic	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and U	Inits	Mean		Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
- Nationio and C		ou.	Otal 21101					ououro :			
Fatty acids, total monounsaturate	edg	4.354		0	NC	4		2.438	1.219		
14:1	-										
15:1				_							
16:1 undifferentiated	-	0.274		0	FLA	4		0.153	0.077		
17:1	-	4 006		•				0.043	1 100		
18:1 undifferentiated 20:1	• • • • • • • • • • • • • • • • • • • •	4.006		0 0	FLA FLA	4 4		2.243	1.122		
20:1 undifferentiated		0.075 0.000		0	FLA	4		0.042 0.000	0.021 0.000		
24:1 c	•	0.000		U	FLA	4		0.000	0.000		
Fatty acids, total polyunsaturated		0.789		0	NC	4		0.442	0.221		
18:2 undifferentiated		0.691		0	FLA	4		0.387	0.193		
18:3 undifferentiated		0.060		0	FLA	4		0.034	0.017		
18:4		0.000		0	FLA	4		0.000	0.000		
20:2 n-6 c.c											
20:3 undifferentiated	-										
20:4 undifferentiated		0.038		0	FLA	4		0.021	0.011		
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		0.000		0	FLA	4		0.000	0.000		
Fatty acids, total trans	g										
Cholesterol	mg	57		2	A	1		32	16		
Phytosterols	mg	5		0	FLA	4		3	1		
Amino Asids											
Amino Acids:	a	0.155		0	FLA	4		0.087	0.043		
Tryptophan Threonine		0.155		0	FLA	4		0.313	0.156		
Isoleucine	-	0.573		0	FLA	4		0.313	0.161		
Leucine		0.986		0	FLA	4		0.552	0.276		
Lysine		1.110		0	FLA	4		0.621	0.311		
Methionine		0.319		0	FLA	4		0.179	0.089		
Cystine		0.160		0	FLA	4		0.089	0.045		
Phenylalanine	-	0.497		0	FLA	4		0.278	0.139		
Tyrosine		0.422		0	FLA	4		0.236	0.118		
Valine	-	0.670		0	FLA	4		0.375	0.188		
Arginine	-	0.837		0	FLA	4		0.469	0.234		
Histidine		0.477		0	FLA	4		0.267	0.133		
Alanine	-	0.731		0	FLA	4		0.409	0.205		
Aspartic acid		1.146		0	FLA	4		0.641	0.321		
Glutamic acid		1.934		0	FLA	4		1.083	0.542		
Glycine	_	0.681		0	FLA	4		0.381	0.191		
Proline		0.547		0	FLA	4		0.307	0.153		
Serine	g	0.518		0	FLA	4		0.290	0.145		
Hydroxyproline		0.000		0	NR	4		0.000	0.000		
Others:	a	0.0		0	Z	7		0.0	0.0		
Alcohol, ethyl		0.0		0	z	7		0.0			
Caffeine Theobromine	_	0		0	Z	7		0	0 0		
	g	U		U	4	,		U	U		
Carotenoids:											
Carotene, beta		0		0	Z	7		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	mcg	0		0	Z	7		0.000	0.000		

Common Measures:

Measure 1 = 56g: 1 serving 2 slices

Measure 2 = 28g: 1 slice

NDB No. 07029

Ham, sliced, regular (approximately 11% fat)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>Ai</u>	mount in 100	grams	of edit	ole portio	<u>on</u>	Amount in edible portion of common			
			N	umbei	r			measures of food			
					Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error P			Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	73.84		1	A	1		33.23			
Energy	kcal	157		0	NC	4		71			
Energy	kj	658		0	NC	4		296			
Protein (N x 6.25)	g	13.83		1	A	1		6.22			
Total lipid (fat)	g	10.90		1	A	1		4.91			
Ash		2.08		1	A	1		0.94			
Carbohydrate, by difference	g	0.00		0	NR	4		0.00			
Fiber, total dietary		0.0		0	Z	7		0.0			
Sugars, total		0.00		0	z	7		0.00			
Starch											
Survii											
<u>Minerals:</u>											
Calcium, Ca	mg	16		1	A	1		7			
Iron, Fe		1.50		1	A	1		0.68			
Magnesium, Mg	mg	9	0.408	4		1		4			
Phosphorus, P		56		1	A	1		25			
Potassium, K	mg	31	7.059	4		1		14			
Sodium, Na	mg	830		1	A	1		374			
Zinc, Zn	mg	0.97		1	A	1		0.44			
Copper, Cu		0.122	0.027	4		1		0.055			
Manganese, Mn											
Selenium, Se	mcg	0.1		0	BFZN	4		0.0			
/itamins:											
Vitamin C, total ascorbic acid	mg	0.0		0		7		0.0			
Thiamin	mg	0.023	1	1	A	1		0.010			
Riboflavin		0.115	i	1	A	1		0.052			
Niacin		0.440)	1	A	1		0.198			
Pantothenic acid											
Vitamin B-6		0.190	0.104	4		1		0.086			
Folate, total		2	0.550	4		1		1			
Folic acid		0		0	Z	7		0			
Folate, food	_	2	0.550	4		1		1			
Folate, DFE		2		0	NC	4		1			
Vitamin B-12	mca	1.05	0.099	4		1		0.47			
Vitamin A, IU		0		0	AS	1		0			
Vitamin A, RAE		0		0	AS	1		0			
Retinol		0		o	Z	7		0			
Vitamin E (alpha-tocopherol)		0.25		0	NR	4		0.11			
Tocopherol, beta		0.23		·		•		0.11			
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		3.4		0	BFZN	4		1.5			
Lipids:	-										
Fatty acids, total saturated	a	3.402	!	0	NC	4		1.531			
4:0		0.000		4		1		0.000			
6:0		0.000		4		1		0.000			
8:0		0.000		4		1		0.000			
10:0	-	0.000		4		1		0.009			
12:0		0.021		4		1		0.009			
	-	0.014	•	-2		1		0.006			
13:0	-	0 105	,			4		0.004			
14:0		0.187		4		1		0.084			
15:0	-					_					
16:0	-	2.130	1	4		1		0.958			
17:0											
18:0		1.051		4		1		0.473			
20:0	-										
22:0	g										
24:0	-										

	<u>Ar</u>	nount in 10	00 grams	Amount in edible portion of 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 monounsaturated	5.601		0	NC	4		2.520		
14:1g	3.001		U	NC	-		2.520		
15:1									
16:1 undifferentiated	0.574		4		1		0.258		
17:1g									
18:1 undifferentiated	5.027		4		1		2.262		
20:1g	0.000		4		1		0.000		
22:1 undifferentiatedg	0.000		4		1		0.000		
24:1 cg									
Fatty acids, total polyunsaturated	1.134		0	NC	4		0.510		
18:2 undifferentiatedg	1.003		4		1		0.451		
18:3 undifferentiatedg	0.131		4		1		0.059		
18:4g	0.000		4		1		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		4		1		0.000		
20:5 n-3g	0.000		4		1		0.000		
22:5 n-3g	0.000	0.0	00 4		1		0.000		
22:6 n-3g	0.000		4		1		0.000		
Fatty acids, total transg									
Cholesterol mg	69		1	A	1		31		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0		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 = 45g: 1 serving

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.68

		<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	<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	g	70.47	0.209	15		1		40.17	19.73		
Energy	kcal	125		0	NC	4		71	35		
Energy	kj	521		0	NC	4		297	146		
Protein (N x 6.25)	g	15.77	0.374	15		1		8.99	4.42		
Total lipid (fat)	g	4.47	0.166	15		1		2.55	1.25		
Ash	g	3.96	0.051	15		1		2.26	1.11		
Carbohydrate, by difference	g	5.33		0	NC	4		3.04	1.49		
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0		
Sugars, total	g	0.00		0	Z	7		0.00	0.00		
Starch	g										
Minerals:	ma	17	2 450	F		4		10	-		
Calcium, Ca	_	17 1.35	3.456 0.099	5 15		1 1		10 0.77	5 0.38		
Iron, Fe	_	1.35	1.067	15 5		1		10	0.38 5		
Magnesium, Mg Phosphorus, P		143	8.891	5		1		10 82	40		
Potassium, K	-	343	23.359	5		1		196	96		
Sodium, Na	-	1320	51.469	5		1		752	370		
Zinc, Zn	-	2.42	0.116	5		1		1.38	0.68		
Copper, Cu		0.060		5		1		0.034	0.017		
Manganese, Mn		0.030		5		1		0.017	0.008		
Selenium, Se		28.3	0.005	0	BFNN	4		16.1	7.9		
Scientifi, Sci				-		_					
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	_	0.0		0		7		0.0	0.0		
Thiamin	-	0.482		15		1		0.275	0.135		
Riboflavin	mg	0.240		15		1		0.137	0.067		
Niacin	mg	3.142		15		1		1.791	0.880		
Pantothenic acid	-	0.660		2		1		0.376	0.185		
Vitamin B-6	-	0.330	0.037	15		1		0.188	0.092		
Folate, total		8		0		4		5	2		
Folic acid		0		0	NR	4		0	0		
Folate, food		8		0		4		5	2		
Folate, DFE		8		0	NC	4		5	2		
Vitamin B-12		1.08	0.049	15		1		0.62	0.30		
Vitamin A, IU		0		0		4		0	0		
Vitamin A, RAE		0		0	NC	4		0	0		
Retinol		0		0	NR	4		0	0		
Vitamin E (alpha-tocopherol)		0.22		0	NR	4		0.13	0.06		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, deltaVitamin D		40.000		0	MC	9		22.800	11.200		
Vitamin K (phylloquinone)		1.6		0	BFZN	4		0.9	0.4		
vitanini K (phynoquinone)	nog	1.0		Ū	DI ZIN	-		0.3	0.4		
<u>Lipids:</u>											
Fatty acids, total saturated	g	1.430		0	NC	4		0.815	0.400		
4:0	g	0.000		0		1		0.000	0.000		
6:0	g	0.000		0		1		0.000	0.000		
8:0		0.000		0		1		0.000	0.000		
10:0		0.020		3		1		0.011	0.006		
12:0		0.020	0.006	3		1		0.011	0.006		
13:0											
14:0		0.080	0.017	5		1		0.046	0.022		
15:0	-							_			
16:0	-	0.840	0.033	5		1		0.479	0.235		
17:0	-										
18:0	_	0.470	0.038	5		1		0.268	0.132		
20:0	_										
22:0	a										

		<u>Aı</u>	mount in 100			ole portic	<u>on</u>		edible portion of easures of food	
Nutrients and U	nits	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		2.020		0	NC	4		1.151	0.566	
15:1	_									
16:1 undifferentiated	-	0.230	0.027	5		1		0.131	0.064	
17:1		0.200	0.02	•		-		0.202	0.001	
18:1 undifferentiated	-	1.790	0.042	5		1		1.020	0.501	
20:1		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.		0.460		0	NC	4		0.262	0.129	
18:2 undifferentiated		0.380		5		1		0.217	0.106	
18:3 undifferentiated		0.080				1		0.046	0.022	
18:4		0.000		0		1		0.000	0.000	
20:2 n-6 c.c	_			-		_				
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		0.000		0		1		0.000	0.000	
Fatty acids, total trans				-		_		0.000	0.000	
Cholesterol		34	8.686	3		1		19	10	
Phytosterols		0	0.000	0		4		0	0	
T flytosterois		·		ŭ		-		ŭ	Ů	
Amino Acids:										
Tryptophan	g	0.190		0	FLM	4		0.108	0.053	
Threonine	g	0.683		0	FLM	4		0.389	0.191	
Isoleucine		0.703		0	FLM	4		0.401	0.197	
Leucine	g	1.207		0	FLM	4		0.688	0.338	
Lysine	g	1.342		0	FLM	4		0.765	0.376	
Methionine	g	0.393		0	FLM	4		0.224	0.110	
Cystine	g	0.194		0	FLM	4		0.111	0.054	
Phenylalanine	g	0.603		0	FLM	4		0.344	0.169	
Tyrosine	g	0.519		0	FLM	4		0.296	0.145	
Valine	g	0.814		0	FLM	4		0.464	0.228	
Arginine	g	0.935		0	FLM	4		0.533	0.262	
Histidine	g	0.582		0	FLM	4		0.332	0.163	
Alanine	g	0.869		0	FLM	4		0.496	0.243	
Aspartic acid	g	1.397		0	FLM	4		0.796	0.391	
Glutamic acid	g	2.316		0	FLM	4		1.320	0.648	
Glycine	g	0.749		0	FLM	4		0.427	0.210	
Proline	g	0.624		0	FLM	4		0.355	0.175	
Serine	g	0.622		0	FLM	4		0.355	0.174	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	a	0.0		0		7		0.0	0.0	
Caffeine	-	0		0	MC	9		0	0	
Theobromine		0		0	FLM	4		0	0	
Carotenoids:	e	ŭ		·		•		•	•	
<u> </u>		_		_		_				
Carotene, beta		0		0	Z	7		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	mcg	0		0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 57g: 1 serving 2 slices

Measure 2 = 28g: 1 slice

NDB No. 07035 Honey loaf, pork, beef

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

		<u>A</u> 1	mount in 100 g	ırams	of edil	ole portio	<u>n</u>		edible portion	
			Nu	mber	r			<u>m</u>	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	g	64.78	0.228	4		1		14.90	18.37	
Energy	kcal	182		0	NC	4		42	52	
Energy	kj	761				4		175	216	
Protein (N x 6.25)	g	18.58	0.179	4		1		4.27	5.27	
Total lipid (fat)	g	10.50	0.376	4		1		2.42	2.98	
Ash	g	3.98	0.063	4		1		0.92	1.13	
Carbohydrate, by difference	g	2.18		0	NC	4		0.50	0.62	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minorals										
Minerals: Calcium, Ca	ma	9	0.000	3		1		2	3	
Iron, Fe	-	2.20	0.220	4		1		0.51	0.62	
Magnesium, Mg	-	16	1.436	4		1		4	5	
Phosphorus, P		137	7.134	4		1		32	39	
Potassium, K	•	291	23.063	4		1		67	82	
Sodium, Na		1322	26.166	4		1		304	375	
Zinc, Zn	-	3.25	0.086	4		1		0.75	0.92	
Copper, Cu		0.100		4		1		0.023	0.028	
Manganese, Mn		0.037		3		1		0.009	0.010	
Selenium, Se		15.6		0	RF	4		3.6	4.4	
Vitamins:						_				
Vitamin C, total ascorbic acid	-	0.0		0		7		0.0	0.0	
Thiamin	-	0.080		4		1		0.018	0.023	
Riboflavin	=	0.182		4		1		0.042	0.052	
Niacin	-	4.165		4		1		0.958	1.181	
Pantothenic acid	-	0.490		2		1		0.113	0.139	
Vitamin B-6	-	0.270	0.025	4		1		0.062	0.077	
Folate, total		4		0	_	4		1	1	
Folic acid		0		0	Z	7		0	0	
Folate, food		4		0		4		1	1	
Folate, DFE		4		0	NC	4		1	1	
Vitamin B-12		2.35	0.182	4		1 4		0.54 0	0.67	
Vitamin A, IU		0		0		_		-	0	
Vitamin A, RAE		0		0	z	4 7		0 0	0 0	
Retinol		U		U	Z	,		U	U	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D		40.000)	0	т	4		9.200	11.340	
Vitamin K (phylloquinone)		40.000	,	·	-	-		3.200	11.540	
vitamini k (phynodumone)	9									
<u>Lipids:</u>										
Fatty acids, total saturated	g	4.080		0		1		0.938	1.157	
4:0		0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	_	0.000		0		1		0.000	0.000	
10:0	-	0.020		4		1		0.005	0.006	
12:0	-	0.020	0.007	4		1		0.005	0.006	
13:0		<u>.</u> -:		_		_				
14:0		0.280	0.009	4		1		0.064	0.079	
15:0				_		_				
16:0		2.400	0.075	4		1		0.552	0.680	
17:0						_				
18:0		1.360	0.059	4		1		0.313	0.386	
20:0	_									
22:0	_									
24:0	g									

	<u>A</u> 1	mount in 100 gram Numbe		<u>portion</u>		Amount in edible portion of common measures of food			
Nutrients and Units	Mean		a Deriv S	ource Confic Code Co		Measure 2	Measure 3		
Fatty acids, total monounsaturatedg	4.820	0		1	1.109	1.366			
14:1	1.020	v		-	1.103	1.500			
15:1g									
16:1 undifferentiatedg	0.620	0.051 4		1	0.143	0.176			
17:1g									
18:1 undifferentiated	4.200	0.257 4		1	0.966	1.191			
20:1g	0.000	0		1	0.000	0.000			
22:1 undifferentiatedg	0.000	0		1	0.000	0.000			
24:1 cg									
Fatty acids, total polyunsaturated9	0.490	0		1	0.113	0.139			
18:2 undifferentiated	0.380	0.020 4		1	0.087	0.108			
18:3 undifferentiatedg	0.110	0.015 4		1	0.025	0.031			
18:4g	0.000	0		1	0.000	0.000			
20:2 n-6 c.cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000	0		1	0.000	0.000			
20:5 n-3g	0.000	0		1	0.000	0.000			
22:5 n-3g	0.000	0		1	0.000	0.000			
22:6 n-3g	0.000	0		1	0.000	0.000			
Fatty acids, total transg									
Cholesterolmg	50	3.198 4		1	12	14			
Phytosterolsmg	0	0		4	0	0			
Amino Acids:									
Tryptophang	0.152	0		4	0.035	0.043			
Threonine	0.779	0		4	0.179	0.221			
Isoleucine	0.761	0		4	0.175	0.216			
Leucineg	1.388	0		4	0.319	0.393			
Lysineg	1.516	0		4	0.349	0.430			
Methionineg	0.449	0		4	0.103	0.127			
Cystineg	0.220	0		4	0.051	0.062			
Phenylalanineg	0.696	0		4	0.160	0.197			
Tyrosineg	0.562	0		4	0.129	0.159			
Valineg	0.853			4	0.196	0.242			
Arginine	1.255			4	0.289	0.356			
Histidine	0.538	0		4	0.124	0.153			
Alanine	1.228			4	0.282	0.348			
Aspartic acid9	1.650			4	0.380	0.468			
Glutamic acid	2.679			4	0.616	0.759			
Glycine 9	1.379			4	0.317	0.391			
Proline	1.011			4	0.233	0.287			
Serine	0.758			4	0.174	0.215			
Hydroxyproline									
Others:									
Alcohol, ethylg	0.0	0		7	0.0	0.0			
Caffeine mg		·							
Theobromine mg									

Common Measures:

Measure 1 = 23g: 1 slice (4" dia x 1/8" thick)

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>A</u>	mount in 10	0 grams	of edil	ole portio	<u>n</u>		edible portion	
				Number	r			<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 3
Proximates:										
Water	g	62.00		1	A	1		34.72		
Energy	kcal	226		0	MC	9		127		
Energy		947		0	MC	9		530		
Protein (N x 6.25)		13.10		1	A	1		7.34		
Total lipid (fat)		17.60		1	A	1		9.86		
Ash		3.40		1	A	1		1.90		
Carbohydrate, by difference		3.90		0	MC	9		2.18		
		0.0		0	Z	7		0.0		
Fiber, total dietary		0.00		0	z	, 7		0.00		
Sugars, total		0.00		U	Z	,		0.00		
Starch	9									
Minerals:										
Calcium, Ca	mg									
Iron, Fe	mg	1.24		1	A	1		0.69		
Magnesium, Mg	mg									
Phosphorus, P										
Potassium, K	mg									
Sodium, Na	mg	1200		1	A	1		672		
Zinc, Zn	mg									
Copper, Cu										
Manganese, Mn	mg									
Selenium, Se	mcg									
7.										
<u>Vitamins:</u>				_	_	_				
Vitamin C, total ascorbic acid	-	14.8		1	A	1		8.3		
Thiamin	-									
Riboflavin										
Niacin										
Pantothenic acid										
Vitamin B-6										
Folate, total										
Folate, DFE										
Vitamin B-12		•			_			•		
Vitamin A, IU	IU	0 0		1 1	A A	1 1		0		
Vitamin A, RAE		U		1	A	1		U		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	inog									
Lipids:										
Fatty acids, total saturated	g	6.230)	1	A	1		3.489		
Fatty acids, total monounsaturated		8.270)	1	A	1		4.631		
Fatty acids, total polyunsaturated		2.330)	1	A	1		1.305		
Fatty acids, total trans	g									
Cholesterol		70		1	A	1		39		
Phytosterols	mg									
Others:										
	a	0.0		0	z	7		0.0		
Alcohol, ethyl		0		0	Z	7		0		
Caffeine Theobromine		0		0	Z	7		0		
	9	J		U	4	,		U		
<u>Carotenoids:</u>										
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	mcg	0		0	Z	7		0.000		

NDB No. 07934

Kielbasa, Polish, turkey and beef, smoked

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 = 56g: 1 serving 2 oz

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Nutrients and Units							Amount in edible portion of common measures of food			
Nutrients and Units			Nu	ımber	•			<u>me</u>	easures of food	<u> </u>
Nutrients and Units			of	Data	Deriv	Source	Confidence			
Nutrients and onits	3	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
roximates:										
Water	g	53.95	0.445	24		1		15.29	14.03	
Energy	kcal	310		0	NC	4		88	81	
Energy	kj	1297				4		368	337	
Protein (N x 6.25)	g	13.26	0.192	24		1		3.76	3.45	
Total lipid (fat)	g	27.15	0.254	24		1		7.70	7.06	
Ash	g	3.50	0.103	6		1		0.99	0.91	
Carbohydrate, by difference	g	2.14		0	NC	4		0.61	0.56	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Gin anala.										
<u>finerals:</u> Calcium, Ca	ma	44	2.632	24		1		12	11	
Iron, Fe	_	1.45	0.043	24		1		0.41	0.38	
Magnesium, Mg	_	16	0.358	7		1		5	4	
Phosphorus, P		148	3.088	6		1		42	38	
Potassium, K	_	271	16.222	6		1		77	70	
Sodium, Na		1076	53.695	6		1		305	280	
Zinc, Zn	-	2.02	0.040	6		1		0.57	0.53	
Copper, Cu		0.100	0.003	6		1		0.028	0.026	
Manganese, Mn	mg	0.040	0.002	6		1		0.011	0.010	
Selenium, Se	mcg	17.7	2.258	5	A	1		5.0	4.6	
itamins:										
Vitamin C, total ascorbic acid	ma	0.0		0		7		0.0	0.0	
Thiamin	_	0.228	0.008	24		1		0.065	0.059	
Riboflavin		0.214		24		1		0.061	0.056	
Niacin		2.879		24		1		0.816	0.749	
Pantothenic acid		0.820		2		1		0.232	0.213	
Vitamin B-6	-	0.180		24		1		0.051	0.047	
Folate, total	-	5		0		4		1	1	
Folic acid		0		0	z	7		0	0	
Folate, food		5		0		4		1	1	
Folate, DFE		5		0	NC	4		1	1	
Vitamin B-12		1.61	0.078	24		1		0.46	0.42	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE		0		0	AS	1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.22		0	NR	4		0.06	0.06	
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	1.6		0	BFZN	4		0.5	0.4	
ipids:										
Fatty acids, total saturated	g	9.910		0		1		2.809	2.577	
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		0.030		6		1		0.009	0.008	
12:0	-	0.020	0.006	6		1		0.006	0.005	
13:0										
14:0		0.360	0.016	6		1		0.102	0.094	
15:0										
16:0		6.130	0.169	6		1		1.738	1.594	
17:0	g									
18:0	g	3.360	0.058	6		1		0.953	0.874	
20:0	g									
	g									

		<u>Aı</u>	mount in 100 g		of edik	ole portio	<u>on</u>		edible portion e	
Nutrients and Uni	ts	Mean		mber Data l pints (Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	12.940		0		1		3.668	3.364	
14:1	_									
15:1	-									
16:1 undifferentiated	-	0.970	0.038	6		1		0.275	0.252	
17:1	-									
18:1 undifferentiated	_	11.970		6		1		3.393	3.112	
20:1	-	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		3.080		0		1		0.873	0.801	
18:2 undifferentiated	g	2.680	0.100	6		1		0.760	0.697	
18:3 undifferentiated	_	0.400		6		1		0.113	0.104	
18:4	g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
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	67	4.619	6		1		19	17	
Phytosterols	mg	0		0		4		0	0	
A . A . 1										
Amino Acids:				_		_				
Tryptophan		0.138		1		1		0.039	0.036	
Threonine	_	0.432		1		1		0.122	0.112	
Isoleucine		0.639		1		1		0.181	0.166	
Leucine	_	0.874		1		1		0.248	0.227	
Lysine		1.010		1		1		0.286	0.263	
Methionine		0.276		1		1		0.078	0.072	
Cystine	_	0.225		1		1		0.064	0.059	
Phenylalanine	g	0.501		1		1		0.142	0.130	
Tyrosine		0.490		1		1		0.139	0.127	
Valine	g	0.639		1		1		0.181	0.166	
Arginine	g	0.942		1		1		0.267	0.245	
Histidine	g	0.314		1		1		0.089	0.082	
Alanine	g	0.848		0		4		0.240	0.220	
Aspartic acid	g	1.218		1		1		0.345	0.317	
Glutamic acid	g	1.618		1		1		0.459	0.421	
Glycine	g	1.039		1		1		0.295	0.270	
Proline	g	0.687		1		1		0.195	0.179	
Serine	g	0.530		1		1		0.150	0.138	
Hydroxyproline	g									
Others										
Others:						_				
Alcohol, ethyl		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	mcg	0		0	z	7		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		0		0	z	7		0.000	0.000	

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 26g: 1 slice (6" x 3-3/4" x 1/16")

NDB No. 07037

Kielbasa, kolbassy, pork, beef, nonfat dry milk added

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>Ai</u>	mount in 100	grams	of edib	ole portio	<u>on</u>	Amount in edible portion of common measures of food			
			N	lumber	•			<u>m</u>	easures of food	_	
			C	of Data	Deriv	Source	Confidence				
Nutrients and Unit	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	55.30		1	A	1		39.82	15.68		
Energy	kcal	307		0	NC	4		221	87		
Energy	kj	1282		0	NC	4		923	364		
Protein (N x 6.25)	g	11.10		1	A	1		7.99	3.15		
Total lipid (fat)	g	27.70		1	A	1		19.94	7.85		
Ash	g	2.70		1	A	1		1.94	0.77		
Carbohydrate, by difference	g	3.20		0	NC	4		2.30	0.91		
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0		
Sugars, total	g	0.00		0	Z	7		0.00	0.00		
Starch	g										
Minarals											
Minerals:	ma	11	0.928	3 5		1		8	3		
Calcium, Ca Iron, Fe	_	0.66	0.928	s 5 1	A	1		8 0.48	0.19		
Magnesium, Mg	_	11	0.583		A	1		0.48 8	3		
Phosphorus, P		98	6.135			1		8 71	28		
Prospriorus, P	-	98 199	8.858			1		143	28 56		
Sodium. Na	-	930	0.050	, 1	A	1		670	264		
Zinc, Zn	••••••	1.66	0.103			1		1.20	0.47		
Copper, Cu		0.060				1		0.043	0.017		
Manganese, Mn		0.021		0		4		0.015	0.006		
Selenium, Se		13.5		0	RF	4		9.7	3.8		
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	_	0.0		0	BFZN	4		0.0	0.0		
Thiamin	-	0.342				1		0.246	0.097		
Riboflavin		0.140				1		0.101	0.040		
Niacin	_	2.734				1		1.968	0.775		
Pantothenic acid	=	0.320		1		1		0.230	0.091		
Vitamin B-6	-	0.170	0.012			1		0.122	0.048		
Folate, total		2		0		4		1	1		
Folic acid		0		0	Z	7		0	0		
Folate, food		2		0		4		1	1		
Folate, DFE		2		0	NC	4		1	1		
Vitamin B-12		1.18	0.127			1		0.85	0.33		
Vitamin A, IU		0		0	BFZN	4		0	0		
Vitamin A, RAE		0		0	NC	4		0	0		
Retinol		0		0	BFZN	4		0	0		
Vitamin E (alpha-tocopherol)		0.57		0	NR	4		0.41	0.16		
Tocopherol, beta											
Tocopherol, gamma Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		1.6		0	BFZN	4		1.2	0.5		
	9			·		-			0.5		
<u>Lipids:</u>											
Fatty acids, total saturated	g	10.210		0	NC	4		7.351	2.895		
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		0.110				1		0.079	0.031		
12:0		0.090	0.052	2 5		1		0.065	0.026		
13:0		0 = 5 = 5				-					
14:0		0.580	0.069	5		1		0.418	0.164		
15:0						_					
16:0		5.970	0.270) 5		1		4.298	1.692		
17:0	-					-		0 101	2 222		
18:0	-	3.460	0.086	5 5		1		2.491	0.981		
20:0	g										
22:0	_										

		<u>Aı</u>	nount in 100			ole portic	<u>on</u>		edible portion of easures of food	
				umber		_		<u></u>	<u> </u>	•
Nutrients and Uni	ts	Mean	Std. Error P		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		12.810		0	NC	4		9.223	3.632	
15:1	_									
16:1 undifferentiated	-	1.280	0.042	5		1		0.922	0.363	
17:1	-									
18:1 undifferentiated	-	11.530	0.700	5		1		8.302	3.269	
20:1	_	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		2.920		0	NC	4		2.102	0.828	
18:2 undifferentiated		2.480	0.223	5		1		1.786	0.703	
18:3 undifferentiated		0.440	0.085	5		1		0.317	0.125	
18:4	_	0.000		0		1		0.000	0.000	
20:2 n-6 c,c										
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		0.000		0		1		0.000	0.000	
Fatty acids, total trans						_		0.000	0.000	
Cholesterol		60		1	A	1		43	17	
Phytosterols		0		0		4		0	0	
1 113 tosterois		-				_		·	·	
Amino Acids:										
Tryptophan	g	0.138		0	BFZN	4		0.099	0.039	
Threonine	g	0.432		0	BFZN	4		0.311	0.122	
Isoleucine	g	0.639		0	BFZN	4		0.460	0.181	
Leucine	g	0.874		0	BFZN	4		0.629	0.248	
Lysine	g	1.010		0	BFZN	4		0.727	0.286	
Methionine	g	0.276		0	BFZN	4		0.199	0.078	
Cystine	g	0.225		0	BFZN	4		0.162	0.064	
Phenylalanine	g	0.501		0	BFZN	4		0.361	0.142	
Tyrosine	g	0.490		0	BFZN	4		0.353	0.139	
Valine	g	0.639		0	BFZN	4		0.460	0.181	
Arginine	g	0.942		0	BFZN	4		0.678	0.267	
Histidine	g	0.314		0	BFZN	4		0.226	0.089	
Alanine	g	0.848		0	BFZN	4		0.611	0.240	
Aspartic acid	g	1.218		0	BFZN	4		0.877	0.345	
Glutamic acid	g	1.618		0	BFZN	4		1.165	0.459	
Glycine	g	1.039		0	BFZN	4		0.748	0.295	
Proline	g	0.687		0	BFZN	4		0.495	0.195	
Serine	g	0.530		0	BFZN	4		0.382	0.150	
Hydroxyproline	g									
Others:	_					_				
Alcohol, ethyl		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	mcg	0		0	z	7		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		0		0	z	7		0.000	0.000	

Common Measures:

Measure 1 = 72g: 1 link Measure 2 = 28.35g: 1 oz NDB No. 07038

Knackwurst, knockwurst, pork, beef

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

		<u>Aı</u>	mount in 100	grams	of edil	ole portio	<u>on</u>		edible portion	
			N	umbe	r			<u>m</u>	easures of food	<u> </u>
			0	f Data	Deriv	Source	Confidence			
Nutrients and Units	s	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.50	0.349	21	A	1		20.02		
Energy	kcal	128		0	MC	9		36		
Energy		536				9		150		
Protein		17.00	0.196	21	A	1		4.76		
Total lipid (fat)		5.60	0.371		A	1		1.57		
Ash		3.60	0.024		A	1		1.01		
Carbohydrate, by difference		2.30		0	MC	9		0.64		
Fiber, total dietary		0.0		0	MC	9		0.0		
Sugars, total		1.00	0.058		A	1		0.28		
Starch		1.00	0.030	,		-		0.20		
Starcii	9									
Minerals:										
Calcium, Ca	mg	17	3.578	5	A	1		5		
Iron, Fe	mg	1.58	0.085	5	A	1		0.44		
Magnesium, Mg	mg	24	1.029	5	MA	12		7		
Phosphorus, P	mg	248	4.025	5	MA	12		69		
Potassium, K	mg	302	17.441		MA	12		85		
Sodium, Na	mg	1196	19.500	16	A	1		335		
Zine, Zn	_. mg	1.13	0.429		MA	12		0.32		
Copper, Cu	mg	0.230	0.031	5	MA	12		0.064		
Manganese, Mn	_. mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		1	A	1		0.0		
Thiamin	-	0.0		_		-		0.0		
Riboflavin										
Niacin	-									
Pantothenic acid										
Vitamin B-6										
Folate, total										
Folate, DFE										
Vitamin B-12										
Vitamin A, IU		0		0	MC	9		0		
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	a	1.452	•	0	A	1		0.407		
4:0				•		-		0.407		
6:0										
8:0										
10:0	_									
12:0	_	0.000	0.000	5	A	1		0.000		
13:0	_									
14:0	_	0.037	0.003	5	A	1		0.010		
15:0	_									
16:0	g	1.120	0.122	5	A	1		0.314		
17:0	-									
18:0	g	0.295	0.027	5	A	1		0.083		
20:0										
22:0	g									
24:0	g									
Fatty acids, total monounsaturated		2.336	5	0	A	1		0.654		
14:1	g									
15:1	g									

	Δ	mount in 10	Numbe	_	Amount in edible portion of common measures of food				
Nutrients and Units	Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated		3 0.0	83 5	A	1		0.107		
18:1 undifferentiated	g 1.95	3 0.2	40 5	A	1		0.547		
20:1									
22:1 undifferentiated	g								
24:1 c	g								
Fatty acids, total polyunsaturated	g 0.97	3	0	A	1		0.272		
18:2 undifferentiated	g 0.92	0.0	69 5	A	1		0.260		
18:3 undifferentiated	g 0.04	4 0.00	07 5	A	1		0.012		
18:4	g								
20:2 n-6 c,c	g								
20:3 undifferentiated	g								
20:4 undifferentiated	g								
20:5 n-3	. g								
22:5 n-3	. g								
22:6 n-3	g								
Fatty acids, total trans	g								
Cholesterol	mg 59	1.2	13 17	A	1		17		
Phytosterols	mg								

Common Measures:

Measure 1 = 28g: 1 serving

Calories Factors: Protein Fat Carbohydrate

		<u>A</u> 1	mount in 10) gram	s of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
				Numbe	r			m	easures of food	<u>t</u>
						Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
D										
Proximates: Water	q	73.70	0.09	1 30	A	1		20.64		
Energy	-	101		0	MC	9		28		
Energy		423				9		118		
Protein	-	18.30	0.11	0 30	A	1		5.12		
Total lipid (fat)		2.00	0.05	5 30	A	1		0.56		
Ash		3.50	0.01	8 30	A	1		0.98		
Carbohydrate, by difference		2.50		0	MC	9		0.70		
Fiber, total dietary		0.0		0	MC	9		0.0		
Sugars, total		1.50		2	A	1		0.42		
Starch										
Minerals:										
Calcium, Ca	mg	7	1.06	1 8	A	1		2		
Iron, Fe		1.15	0.15		A	1		0.32		
Magnesium, Mg		24	2.22		MA	12		7		
Phosphorus, P		266	3.18	2 8	MA	12		74		
Potassium, K		265	10.25	3 8	MA	12		74		
Sodium, Na	mg	1188	8.39	8 30	A	1		333		
Zinc, Zn	mg	0.73	0.06	7 8	MA	12		0.20		
Copper, Cu	mg	0.230	0.03	2 8	MA	12		0.064		
Manganese, Mn										
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid										
Vitamin B-6										
Folate, total										
Folate, DFE										
Vitamin B-12	mcg	0		0	мс	9		0		
Vitamin A, IU Vitamin A, RAE	IU	U		U	MC	9		U		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma	-									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	q	0.541	_	0	A	1		0.151		
4:0										
6:0										
8:0	g									
10:0	g									
12:0	g	0.000	0.00	0 8	A	1		0.000		
13:0	g									
14:0	g	0.019	0.00	4 8	A	1		0.005		
15:0	-									
16:0	-	0.417	0.04	2 8	A	1		0.117		
17:0	•		_	_						
18:0		0.106	0.00	9 8	A	1		0.030		
20:0										
22:0										
24:0				•	_	_				
Fatty acids, total monounsaturated		0.821	-	0	A	1		0.230		
14:1										
15:1	9									

		<u>An</u>	nount in 100	grams		<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Unit	S	Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	_	0.143	0.01	6 8	A	1		0.040		
17:1 18:1 undifferentiated	-	0.678	0.05	9 8	A	1		0.190		
20:1		0.0.0	0.00			_		0.1200		
22:1 undifferentiated										
24:1 c										
Fatty acids, total polyunsaturated	g	0.317		0	A	1		0.089		
18:2 undifferentiated		0.305	0.02	2 8	A	1		0.085		
18:3 undifferentiated	g	0.012	0.00	2 8	A	1		0.003		
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	-									
Cholesterol	mg	49	1.54	9 15	A	1		14		
Phytosterols	mg									

Common Measures:

Measure 1 = 28g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Refuse: 0%

		<u>Aı</u>	mount in 100 g		edible portion					
			Nu	ımbeı	r			<u>m</u>	easures of food	<u>.</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Units		Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	_	72.90	0.159	32	A	1		32.81	16.04	
Energy		98		0	MC	9		44	22	
Energy	kj	410				9		185	90	
Protein	=	19.70	0.654	32	A	1		8.87	4.33	
Total lipid (fat)		0.50	0.035	32	A	1		0.23	0.11	
Ash		3.30	0.089	5	A	1		1.49	0.73	
Carbohydrate, by difference		3.70		0	MC	9		1.67	0.81	
Fiber, total dietary		0.0		0	MC	9		0.0	0.0	
Sugars, total		0.70	0.045	5	A	1		0.32	0.15	
Starch	g									
Minerals:										
Calcium, Ca	mg	8	0.447	5	A	1		4	2	
Iron, Fe	-	1.28	0.165	5	A	1		0.58	0.28	
Magnesium, Mg	-	32	0.805	5	MA	12		14	7	
Phosphorus, P	mg	282	2.683	5	MA	12		127	62	
Potassium, K	mg	291	11.180	5	MA	12		131	64	
Sodium, Na	-	1142	37.566	5	A	1		514	251	
Zine, Zn		0.88	0.134	5	MA	12		0.40	0.19	
Copper, Cu	_	0.240	0.027	5	MA	12		0.108	0.053	
Manganese, Mn										
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	MC	9		0.0	0.0	
Thiamin	-									
Riboflavin	-									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total										
Folate, DFE										
Vitamin B-12		_						_	_	
Vitamin A, IU	IU	0		0	MC	9		0	0	
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)	-									
Tocopherol, beta	-									
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
ramm re (phynoqumone)										
<u>Lipids:</u>										
Fatty acids, total saturated		0.162		0	A	1		0.073	0.036	
4:0										
6:0	-									
8:0	_									
10:0 12:0		0.007	0.003	5	A	1		0.003	0.002	
13:0	_	0.007	0.003	3		-		0.003	0.002	
14:0	_	0.007	0.000	5	A	1		0.003	0.002	
15:0		2.207	2.230	-		_		3.005	0.002	
16:0	_	0.111	0.027	5	A	1		0.050	0.024	
17:0									- · · · -	
18:0	•	0.037	0.013	5	A	1		0.017	0.008	
20:0	-									
22:0										
24:0										
Fatty acids, total monounsaturated	g	0.177		0	A	1		0.080	0.039	
14:1	g									
15:1	g									

	<u>An</u>		lumbe	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
16:1 undifferentiatedg	0.022	0.003	3 5	A	1		0.010	0.005	
18:1 undifferentiated	0.155	0.043	3 5	A	1		0.070	0.034	
20:1									
Fatty acids, total polyunsaturatedg	0.081		0	A	1		0.036	0.018	
18:2 undifferentiated	0.081	0.020	5	A	1		0.036	0.018	
18:3 undifferentiatedg	0.000	0.000	5	A	1		0.000	0.000	
18:4g									
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg									
20:5 n-3g									
22:5 n-3g									
22:6 n-3g									
Fatty acids, total transg									
Cholesterolmg	52	1.342	2 5	A	1		23	11	
Phytosterolsmg									

Common Measures:

Measure 1 = 45g: 1 serving Measure 2 = 22g: 1 slice

Calories Factors: Protein Fat Carbohydrate

NDB No. 07252 LOUIS RICH, Franks (turkey and chicken cheese)

hot dog, frankfurter, wiener

		<u>Aı</u>	mount in 10	0 gram	s of edil		edible portion			
				Numbe	r			<u>m</u>	easures of food	<u>l</u>
						Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	-	63.90	0.10		A	1		28.76		
Energy		201		0	MC	9		90		
Energy		841				9		378		
Protein		12.70	0.09		A	1		5.72		
Total lipid (fat)		14.50	0.18		A	1		6.53		
Ash		3.80 5.10	0.13	L5 3 0	A MC	1 9		1.71 2.30		
Carbohydrate, by differenceFiber, total dietary		0.0		0	MC	9		0.0		
Sugars, total		1.70	0.1		A	1		0.77		
Starch		1.70	0.1			-		0.77		
Staren	9									
Minerals:	m.e-	0.10	.		_	_		100		
Calcium, Ca		243 2.11	17.32		A A	1 1		109 0.95		
Iron, Fe		22.11	1.5		MA	12		10		
Magnesium, Mg Phosphorus, P		204	9.83		MA	12		92		
Potassium, K		158	9.83		MA	12		71		
Sodium, Na		1070	68.12	27 3	A	1		482		
Zinc, Zn	mg	1.80	0.12	27 3	MA	12		0.81		
Copper, Cu	mg	0.200	0.02	29 3	MA	12		0.090		
Manganese, Mn										
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0		
Thiamin	mg									
Riboflavin										
Niacin										
Pantothenic acid										
Vitamin B-6 Folate, total										
Folate, DFE										
Vitamin B-12										
Vitamin A, IU	IU	0		0	MC	9		0		
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)	-									
Tocopherol, beta										
Tocopherol, gamma	_									
Tocopherol, deltaVitamin D										
Vitamin K (phylloquinone)										
Lipids:	a	F 100		0	A	1		0.226		
Fatty acids, total saturated		5.190		U	A	1		2.336		
4:0 6:0										
8:0	_									
10:0	_									
12:0	g	0.100	0.03	.2 3	A	1		0.045		
13:0	g									
14:0	_	0.430	0.02	29 3	A	1		0.194		
15:0		2 400			_			4 544		
16:0		3.480	0.00	3	A	1		1.566		
17:0 18:0	•	1.180	0.04	10 3	A	1		0.531		
20:0	•	1.100	0.04		•	-		0.331		
22:0	_									
24:0										
Fatty acids, total monounsaturated		6.220)	0	A	1		2.799		
14:1	g									
15:1	g									

		An	nount in 100	gram:	of edil	Amount in edible portion of common				
Nutrients and Uni	ts	Mean			Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
16:1 undifferentiated	g	0.760	0.02	9 3	A	1		0.342		
17:1	-									
18:1 undifferentiated		5.460	0.19	6 3	A	1		2.457		
20:1										
22:1 undifferentiated	-									
24:1 c	g									
Fatty acids, total polyunsaturated	g	2.980		0	A	1		1.341		
18:2 undifferentiated	g	2.830	0.26	6 3	A	1		1.274		
18:3 undifferentiated	g	0.150	0.01	7 3	A	1		0.068		
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg	94	7.50	6 3	A	1		42		
Phytosterols	mg									

Common Measures:

Measure 1 = 45g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 07253 LOUIS RICH, Franks (turkey and chicken)

hot dog, frankfurter, wiener

		<u>A</u> 1	mount in 100	grams	of edil	Amount in edible portion of common				
			N	umbe	r	measures of food				
						Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error F	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	66.90	0.099	102	A	1		30.11		
Energy	kcal	188		0	MC	9		85		
Energy		787				9		354		
Protein	g	11.20	0.050	102	A	1		5.04		
Total lipid (fat)	g	13.50	0.119		A	1		6.08		
Ash		3.10	0.134		A	1		1.40		
Carbohydrate, by difference		5.30		0	MC	9		2.39		
Fiber, total dietary		0.0		0	MC	9		0.0		
Sugars, total		1.50	0.268	5	A	1		0.68		
Starch	g									
Minerals:										
Calcium, Ca	mg	131	7.603		A	1		59		
Iron, Fe	-	2.18	0.157		A	1		0.98		
Magnesium, Mg		23	1.476		MA	12		10		
Phosphorus, P		147 160	6.261 5.814		MA MA	12 12		66 72		
Potassium, KSodium, Na		1136	5.814	2	MA A	12		72 511		
Zinc, Zn		1.86	0.063		MA	12		0.84		
Copper, Cu		0.220			MA	12		0.099		
Manganese, Mn										
Selenium, Se										
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		1	A	1		0.0		
Thiamin	-	0.0		-	n	-		0.0		
Riboflavin										
Niacin										
Pantothenic acid										
Vitamin B-6	mg									
Folate, total										
Folate, DFE										
Vitamin B-12		0		0	W C	0		0		
Vitamin A, IUVitamin A, RAE	IU mca PAF	U		U	MC	9		0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	3.839)	0	A	1		1.728		
4:0										
6:0	g									
8:0	-									
10:0	-			_	_	_				
12:0	-	0.009	0.004	5	A	1		0.004		
13:0 14:0	_	0.123	0.008	5	A	1		0.055		
15:0	-	0.120	0.000			_		0.055		
16:0	-	2.829	0.145	5	A	1		1.273		
17:0	_									
18:0	g	0.879	0.035	5	A	1		0.396		
20:0	g									
22:0										
24:0										
Fatty acids, total monounsaturated		5.553	1	0	A	1		2.499		
14:1										
15:1	9									

		<u>An</u>	nount in 100) gram	Amount in edible portion of common measures of food					
Nutrients and Unit	s	Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated		0.712	0.07	8 5	A	1		0.320		
18:1 undifferentiated	g	4.841	0.27	2 5	A	1		2.178		
20:1 22:1 undifferentiated	-									
24:1 c	_									
Fatty acids, total polyunsaturated	-	3.163		0	A	1		1.423		
18:2 undifferentiated		3.022	0.20	5 5	A	1		1.360		
18:3 undifferentiated	g	0.141	0.01	1 5	A	1		0.063		
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg	92	1.78	9 5	A	1		41		
Phytosterols	<u>mg</u>									

Common Measures:

Measure 1 = 45g: 1 serving

Calories Factors: Protein Fat Carbohydrate

		<u>A</u> 1	mount in 100	grams	s of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
			N	lumbe	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	72.00	0.23	5 26	A	1		40.32		
Energy	kcal	102		0	MC	9		57		
Energy	kj	427				9		239		
Protein	g	19.30	0.33	3 26	A	1		10.81		
Total lipid (fat)	g	0.80	0.06	35	A	1		0.45		
Ash		3.50	0.10		A	1		1.96		
Carbohydrate, by difference	g	4.50		0	MC	9		2.52		
Fiber, total dietary	g	0.0		0	MC	9		0.0		
Sugars, total		3.90	0.45	0 4	A	1		2.18		
Starch	g									
Minerals:										
Calcium, Ca	mg	15	3.88	9 8	A	1		8		
Iron, Fe		1.11	0.10	6 8	A	1		0.62		
Magnesium, Mg		28	2.26	3 8	MA	12		16		
Phosphorus, P	mg	276	12.72		MA	12		155		
Potassium, K		262	15.20		MA	12		147		
Sodium, Na	-	1180	48.08		A	1		661		
Zinc, Zn		1.00	0.07		MA	12		0.56		
Copper, Cu		0.220	0.02	8 8	MA	12		0.123		
Manganese, Mn										
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0		
Thiamin	mg									
Riboflavin	mg									
Niacin										
Pantothenic acid										
Vitamin B-6										
Folate, total										
Folate, DFEVitamin B-12										
Vitamin A, IU		0		0	MC	9		0		
Vitamin A, RAE	mca RAF	Ü		Ū	мс	,		Ü		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma	-									
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	а	0.234		0	A	1		0.131		
4:0										
6:0										
8:0	g									
10:0	g									
12:0	g	0.000	0.00	8 0	A	1		0.000		
13:0	-									
14:0	-	0.005	0.00	2 8	A	1		0.003		
15:0	-				_	_				
16:0	_	0.154	0.03	4 8	A	1		0.086		
17:0		0.074	0.01	7 0	•	1		0 041		
18:0 20:0		0.074	0.01	7 8	A	1		0.041		
20:0										
24:0										
Fatty acids, total monounsaturated		0.239)	0	A	1		0.134		
14:1		0.233		·		-		0.134		
15:1										
13.1	9									

		<u>An</u>	nount in 100			ole portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Uni	ts	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	_	0.021	0.00	7 8	A	1		0.012		
18:1 undifferentiated	g	0.218	0.05	3 8	A	1		0.122		
20:1	g									
Fatty acids, total polyunsaturated		0.143		0	A	1		0.080		
18:2 undifferentiated		0.138	0.03	0 8	A	1		0.077		
18:3 undifferentiated	g	0.005	0.00	2 8	A	1		0.003		
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	-									
Cholesterol	mg	40	3.02	4 7	A	1		22		
Phytosterols	mg									

Common Measures:

Measure 1 = 56g: 1 serving

Calories Factors: Protein Fat Carbohydrate

		<u>A</u> 1	mount in 100 g	grams	of edit	ole portio	<u>on</u>		edible portion	
			Nι	ımbei	r			<u>m</u>	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Units	S	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	59.00	0.400	45	A	1		8.26		
Energy	kcal	250		1	JO	11		35		
Energy		1046		0	JO	11		146		
Protein (N x 6.25)		15.10	0.300	45	A	1		2.11		
Total lipid (fat)		20.30	0.900	45	A	1		2.84		
Ash		3.90	0.000	6	A	1		0.55		
Carbohydrate, by difference		1.65		1	JO	11		0.23		
Fiber, total dietary		0.0		0	MC	9		0.0		
Sugars, total		1.80		2	A	1		0.25		
Starch		1.00		_	n	-		0.23		
Starcii	9									
<u> Minerals:</u>										
Calcium, Ca	mg	40	2.683	5	A	1		6		
Iron, Fe	_	1.45	0.031	5	A	1		0.20		
Magnesium, Mg	mg	19	1.163	5	MA	12		3		
Phosphorus, P	mg	199	5.367	5	MA	12		28		
Potassium, K	mg	208	5.814	5	MA	12		29		
Sodium, Na	mg	1213	103.000	9	A	1		170		
Zinc, Zn	mg	2.52	0.067	5	MA	12		0.35		
Copper, Cu	mg	0.250	0.013	5	MA	12		0.035		
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		1	A	1		0.0		
Thiamin	_	0.0		_	A	_		0.0		
Riboflavin	_									
	_									
Niacin Pantothenic acid										
Vitamin B-6										
Folate, total		8		0	BFZN	4		1		
Folic acid		0		0	BFZN	4		0		
Folate, food.		8		0	BFZN	4		1		
Folate, DFE	• • • • • • • • • • • • • • • • • • • •	~		0	NC	4		1		
Vitamin B-12		0		Ū	140	-		-		
Vitamin A, IU		0		0	MC	9		0		
Vitamin A, RAE	mca R			0	NC	4		0		
Retinol		0		0	NR NR	4		0		
Vitamin E (alpha-tocopherol)		U		U	MI	-		Ū		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
	•									
Lipids:	_	==		_	_	_				
Fatty acids, total saturated		5.270)	0	A	1		0.738		
4:0										
6:0										
8:0										
10:0		^ ^^		-				0.000		
12:0		0.020	0.004	5	A	1		0.003		
13:0				_	_	_		0 00=		
14:0	-	0.190	0.009	5	A	1		0.027		
15:0	-			_	-	_				
16:0	-	3.790	0.170	5	A	1		0.531		
17:0	_	<u> </u>		_	_	_				
18:0	_	1.270	0.031	5	A	1		0.178		
20:0	_									
22:0										

		<u>An</u>	mount in 10	0 grams		ble portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Unit	ts	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Facility 1		7 510		0	A	,		1 051		
Fatty acids, total monounsaturated	-	7.510		U	A	1		1.051		
15:1	-									
16:1 undifferentiated	-	0.680	0.1	25 5	A	1		0.095		
17:1	-	0.000	0.1	23 3	A	-		0.033		
18:1 undifferentiated		6.830	0.0	72 5	A	1		0.956		
20:1	-	0.000	0.0			_		0.550		
22:1 undifferentiated	-									
24:1 c										
Fatty acids, total polyunsaturated		4.700		0	A	1		0.658		
18:2 undifferentiated		4.530	0.1	34 5	A	1		0.634		
18:3 undifferentiated	g	0.170	0.0	18 5	A	1		0.024		
18:4	-									
20:2 n-6 c.c.										
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	• • • • • • • • • • • • • • • • • • • •	90	1.3	00 6	A	1		13		
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	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 = 14.0g: 1 serving

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

		<u>A</u>	mount in 100 g	grams	of edib	ole portic	<u>on</u>	Amount in	edible portion	of common
			Nu	ımbeı	r			m	easures of food	
					Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	67.55	0.150	112	A	1		18.91		
Energy	_	184	0.130	1	JO	11		51		
· ·		770		_	50	9		216		
Energy			0 100	110		1				
Protein (N x 6.25)		11.30	0.100	112	A			3.16		
Total lipid (fat)		13.20	0.000	112	A	1		3.70		
Ash		3.10	0.200	10	A	1		0.87		
Carbohydrate, by difference	g	4.85		1	JO	11		1.36		
Fiber, total dietary	g	0.0		0	MC	9		0.0		
Sugars, total	g	1.20	0.151	7	A	1		0.34		
Starch	g									
M:I										
Minerals:	ma	104	00 F00	0		4		25		
Calcium, Ca.		124	20.506	8	A	1		35		
Iron, Fe.		1.64 22	0.095 1.626	8 8	A MA	1 12		0.46		
Magnesium, Mg								6		
Phosphorus, P.	•	196	6.010	8	MA	12		55		
Potassium, K		152	8.132	8	MA	12		43		
Sodium, Na		1077	113.000	9	A	1		302		
Zinc, Zn		1.85	0.103	8	MA	12		0.52		
Copper, Cu		0.180	0.007	8	MA	12		0.050		
Manganese, Mn										
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		1	А	1		0.0		
Thiamin		0.0		_		_		• • • • • • • • • • • • • • • • • • • •		
Riboflavin										
Niacin	_									
Pantothenic acid										
Vitamin B-6										
Folate, total		6		0	BFZN	4		2		
Folic acid		0		0	BFZN	4		0		
		6		0	BFZN	4		2		
Folate, food		6		0		4		2		
Folate, DFE		0		U	NC	4		2		
Vitamin B-12	-	•		•	140	•		•		
Vitamin A, IU		0		0	MC	9		0		
Vitamin A, RAE		0		0	NC	4		0		
Retinol		0		0	NR	4		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
<u>Lipids:</u>										
Fatty acids, total saturated	а	3.790)	0	A	1		1.061		
4:0		3.750	-	·		-		1.001		
6:0										
8:0	_									
	_									
10:0		0.010	0.004	8	A	1		0 003		
12:0		0.010	0.004	0	A	_		0.003		
13:0	_			^	-			0.000		
14:0	_	0.140	0.014	8	A	1		0.039		
15:0	_			_		_				
16:0	_	2.690	0.194	8	A	1		0.753		
17:0	_									
18:0	g	0.950	0.060	8	A	1		0.266		
20:0	g									
22:0	g									
24:0	g									

	<u>Ar</u>	mount in 10	0 grams	of edil	ole portio	<u>on</u>		edible portion	
			Number of Data		Cauras	Confidence	<u>m</u>	easures of food	<u>.</u>
Nutrients and Units	Mean	Std. Error			Code	Confidence	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	5.310		0	A	1		1.487		
14:1g									
15:1g				_	_				
16:1 undifferentiated	0.540	0.06	54 8	A	1		0.151		
17:1g 18:1 undifferentiated	4.770	0.23	30 8	A	1		1 226		
20:1	4.770	0.23	50 8	A	1		1.336		
20:1									
24:1 c									
Fatty acids, total polyunsaturatedg	3.590		0	A	1		1.005		
18:2 undifferentiatedg	3.350			A	1		0.938		
18:3 undifferentiatedg	0.240			A	1		0.067		
18:4g									
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg									
20:5 n-3g									
22:5 n-3g									
22:6 n-3g									
Fatty acids, total transg									
Cholesterolmg	67	1.00	0 9	A	1		19		
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	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 = 28g: 1 serving

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

		<u>Aı</u>	mount in 100 g	rams	of edit	ole portio	<u>n</u>		edible portion	
			Nu	mber	r			<u>m</u> e	easures of food	<u>.</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Units		Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	-	74.30	0.122	24	A	1		33.44	16.35	
Energy		94		0	MC	9		42	21	
Energy	kj	393				9		177	87	
Protein	-	19.70	0.122	24	A	1		8.87	4.33	
Total lipid (fat)		1.00	0.061	24	A	1		0.45	0.22	
Ash		3.50	0.045	5	A	1		1.58	0.77	
Carbohydrate, by difference		1.60		0	MC	9		0.72	0.35	
Fiber, total dietary		0.0		0	MC	9		0.0	0.0	
Sugars, total	-	0.30	0.050	4	A	1		0.14	0.07	
Starch	g									
Minerals:										
Calcium, Ca	mg	15	3.130	5	A	1		7	3	
Iron, Fe	-	1.47	0.072	5	A	1		0.66	0.32	
Magnesium, Mg		31	0.805	5	MA	12		14	7	
Phosphorus, P		318	7.603	5	MA	12		143	70	
Potassium, K	mg	312	2.683	5	MA	12		140	69	
Sodium, Na	mg	1201	28.622	5	A	1		540	264	
Zinc, Zn	mg	0.95	0.022	5	MA	12		0.43	0.21	
Copper, Cu	mg	0.170	0.022	5	MA	12		0.077	0.037	
Manganese, Mn										
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		1	A	1		0.0	0.0	
Thiamin	-								0.0	
Riboflavin	-									
Niacin										
Pantothenic acid										
Vitamin B-6	mg									
Folate, total										
Folate, DFE	mcg_DFE									
Vitamin B-12										
Vitamin A, IU	IU	0		0	MC	9		0	0	
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	incg									
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.300)	0	A	1		0.135	0.066	
4:0	g									
6:0	g									
8:0	g									
10:0	-									
12:0	-	0.030	0.013	5	A	1		0.014	0.007	
13:0	-			_	_	_				
14:0	-	0.020	0.004	5	A	1		0.009	0.004	
15:0	-	0 100	0.045	F	-	4		0.005	2 212	
16:0		0.180	0.045	5	A	1		0.081	0.040	
17:0	•	0 050	0 005	F	-	4		0.000	0.015	
18:0	-	0.070	0.027	5	A	1		0.032	0.015	
20:0										
22:0 24:0										
Fatty acids, total monounsaturated		0.330	1	0	A	1		0.149	0.073	
14:1		0.550		ŭ		-		V.143	0.073	
15:1										

	<u>Am</u>	ount in 100 N	grams umbe		<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	o Std. Error P			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiatedg	0.050	0.013	5	A	1		0.023	0.011	
17:1	0.280	0.072	5	A	1		0.126	0.062	
20:1									
24:1 cg	0.190		0	_					
Fatty acids, total polyunsaturated9 18:2 undifferentiated	0.190	0.036	-	A A	1 1		0.086 0.081	0.042 0.040	
18:2 undifferentiatedg	0.180	0.036		A	1		0.081	0.040	
18:4g	0.010	0.000	,		_		0.003	0.002	
20:2 n-6 c.cg									
20:3 undifferentiated									
20:4 undifferentiated									
20:5 n-3g									
22:5 n-3g									
22:6 n-3g									
Fatty acids, total transg									
Cholesterol mg	43	0.447	5	A	1		19	9	
Phytosterolsmg									

Common Measures:

Measure 1 = 45g: 1 serving Measure 2 = 22g: 1 slice

Calories Factors: Protein Fat Carbohydrate

		<u>A</u> 1	mount in 100	grams	s of edil	ole portic	<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	76.50	0.08	8 32	A	1		21.42		
Energy	kcal	84		0	MC	9		24		
Energy	kj	351				9		98		
Protein	g	15.00	0.10		A	1		4.20		
Total lipid (fat)		0.70	0.01		A	1		0.20		
Ash		3.30	0.05		A	1		0.92		
Carbohydrate, by difference		4.50		0	MC	9		1.26		
Fiber, total dietary		0.0		0	MC	9		0.0		
Sugars, total		1.70	0.11	5 3	A	1		0.48		
Starch	9									
Minerals:										
Calcium, Ca	mg	11	0.50	0 4	A	1		3		
Iron, Fe	<u>mg</u>	1.11	0.05		A	1		0.31		
Magnesium, Mg		27	0.75		MA	12		8		
Phosphorus, P		232	4.50		MA	12		65		
Potassium, K		205	4.08		MA	12		57		
Sodium, Na	-	1192 0.86	19.05 0.03		A MA	1 12		334 0.24		
Zinc, Zn Copper, Cu		0.86			MA MA	12		0.24		
Manganese, Mn		0.230	0.03	J 4	MA	12		0.070		
Selenium, Se										
•	·······									
<u>Vitamins:</u>				_		_				
Vitamin C, total ascorbic acid		0.0		1	A	1		0.0		
Thiamin										
Riboflavin										
Pantothenic acid										
Vitamin B-6										
Folate, total										
Folate, DFE										
Vitamin B-12	mcg									
Vitamin A, IU	IU	0		0	MC	9		0		
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	-									
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>				_		_				
Fatty acids, total saturated		0.205	5	0	A	1		0.057		
4:0 6:0										
8:0										
10:0										
12:0	-	0.007	0.00	3 4	A	1		0.002		
13:0	-									
14:0	-	0.007	0.00	0 4	A	1		0.002		
15:0	g									
16:0	-	0.130	0.01	7 4	A	1		0.036		
17:0	•									
18:0		0.061	0.00	74	A	1		0.017		
20:0										
22:0										
24:0		0.198	1	0	A	1		0.055		
Fatty acids, total monounsaturated		0.198	•	U	A	1		0.055		
15:1										
1 J. 1										

		<u>An</u>	nount in 100) grams		ole portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Unit	s	Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3	
16:1 undifferentiated		0.014	0.00	3 4	A	1		0.004			
17:1	-	0.184	0.02	7 4	A	1		0.052			
20:1		*****		-	==	_		*****			
22:1 undifferentiated											
24:1 c											
Fatty acids, total polyunsaturated	g	0.136		0	A	1		0.038			
18:2 undifferentiated		0.130	0.01	0 4	A	1		0.036			
18:3 undifferentiated	g	0.007	0.00	0 4	A	1		0.002			
18:4	g										
20:2 n-6 c,c	g										
20:3 undifferentiated	g										
20:4 undifferentiated	g										
20:5 n-3	g										
22:5 n-3	g										
22:6 n-3	g										
Fatty acids, total trans	-										
Cholesterol	mg	32	1.50	0 4	A	1		9			
Phytosterols	<u>mg</u>										

Common Measures:

Measure 1 = 28g: 1 serving

Calories Factors: Protein Fat Carbohydrate

		<u>A</u> 1	mount in 100	grams	of edil	ole portio	<u>on</u>		edible portion	
			Ni	umbei	r			<u>m</u>	easures of food	<u> </u>
			O.	f Data	Deriv	Source	Confidence			
Nutrients and Units	i	Mean	Std. Error P			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.80	0.164	30	A	1		41.89		
Energy	kcal	90		0	MC	9		50		
Energy		377				9		211		
Protein	g	19.10	0.274	30	A	1		10.70		
Total lipid (fat)	g	0.70	0.042	51	A	1		0.39		
Ash		3.50	0.055	13	A	1		1.96		
Carbohydrate, by difference	g	1.90		0	MC	9		1.06		
Fiber, total dietary		0.0		0	MC	9		0.0		
Sugars, total		0.40	0.167	9	A	1		0.22		
Starch										
Minerals:	ma	1.7	2 222	1.0	-			10		
Calcium, Ca		17	2.219	13	A	1		10		
Iron, Fe		1.11 29	0.089 1.692	13 13	A MA	1 12		0.62 16		
Magnesium, Mg		285	10.262		MA	12		160		
Phosphorus, P		268	11.371	13	MA	12		150		
Potassium, K Sodium, Na		1177	38.274	13	MA A	1		659		
Zinc, Zn	-	0.96	0.097	13	MA	12		0.54		
Copper, Cu		0.200		13	MA	12		0.112		
Manganese, Mn		0.200	0.013	13	PIFE	12		0.112		
Selenium, Se										
Scientini, Sci	9									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.0		1	A	1		0.0		
Thiamin										
Riboflavin	-									
Niacin										
Pantothenic acid										
Vitamin B-6										
Folate, total										
Folate, DFE										
Vitamin B-12		0		^		•		•		
Vitamin A, IU	IU	U		0	MC	9		0		
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Vitamin K (phynoquinone)										
<u>Lipids:</u>										
Fatty acids, total saturated		0.207		0	A	1		0.116		
4:0	-									
6:0										
8:0	-									
10:0	-					_				
12:0	-	0.000	0.000	13	A	1		0.000		
13:0		0.00=		1.0	-					
14:0	-	0.007	0.000	13	A	1		0.004		
15:0	-	0 100	0.016	12		1		0.074		
16:0	-	0.133	0.016	13	A	1		0.074		
17:0 18:0	•	0.000	0.000	12		1		0 027		
20:0	•	0.066	0.008	13	A	1		0.037		
22:0										
24:0										
Fatty acids, total monounsaturated		0.199	1	0	A	1		0.111		
14:1		0.193		J	А	-		V.111		
17.1	y									

		An	nount in 100	grams	of edil	ole portio	<u>n</u>		edible portion of	
Nutrients and Uni	ts	Mean			Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
16:1 undifferentiated	g	0.015	0.00	2 13	A	1		0.008		
17:1	g									
18:1 undifferentiated	g	0.185	0.02	1 13	A	1		0.104		
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.133		0	A	1		0.074		
18:2 undifferentiated	g	0.126	0.01	4 13	A	1		0.071		
18:3 undifferentiated	g	0.007	0.00	2 13	A	1		0.004		
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg	40	1.73	2 12	A	1		22		
Phytosterols	mg									

Common Measures:

Measure 1 = 56g: 1 serving

Calories Factors: Protein Fat Carbohydrate

		<u>A</u> 1	mount in 10	0 gram	s of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
				Numbe	r			<u>m</u>	easures of food	<u>l</u>
						Source	Confidence			
Nutrients and Units		Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	а	74.00	0.14	16 30	A	1		41.44		
Energy	-	93		0	MC	9		52		
Energy		389		·		9		218		
		19.30	0.23	37 30	A	1		10.81		
Protein		0.80	0.23		A	1		0.45		
Total lipid (fat)		3.80	0.04		A	1		2.13		
Ash			0.09							
Carbohydrate, by difference		2.20		0	MC	9		1.23		
Fiber, total dietary		0.0		0	MC	9		0.0		
Sugars, total		0.60	0.24	5 6	A	1		0.34		
Starch	9									
Minerals:										
Calcium, Ca	mg	16	2.66		A	1		9		
Iron, Fe		1.12	0.10		A	1		0.63		
Magnesium, Mg	mg	27	2.06	7 9	MA	12		15		
Phosphorus, P	mg	302	12.96	55 10	MA	12		169		
Potassium, K	mg	288	13.91	4 10	MA	12		161		
Sodium, Na	mg	1288	39.21	.2 10	A	1		721		
Zinc, Zn	mg	0.88	0.04	13 9	MA	12		0.49		
Copper, Cu	mg	0.200	0.02	23 9	MA	12		0.112		
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0		
Thiamin										
Riboflavin										
Niacin										
Pantothenic acid										
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE										
Vitamin B-12	mcg									
Vitamin A, IU	IU	0		0	MC	9		0		
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.234	Į.	0	A	1		0.131		
4:0										
6:0										
8:0	-									
10:0	g									
12:0	g	0.000	0.00	0 10	A	1		0.000		
13:0	g									
14:0	g	0.007	0.00	2 10	A	1		0.004		
15:0	g									
16:0	-	0.149	0.01	.8 10	A	1		0.083		
17:0	-									
18:0	•	0.078	0.00	9 10	A	1		0.044		
20:0										
22:0										
24:0										
Fatty acids, total monounsaturated		0.219)	0	A	1		0.123		
-				-						
14:1										

		Amount in 1	00 grams	of edil	ole portio	<u>on</u>		edible portion o	f common
Nutrients and Units	Mear	n Std. Erroi		Deriv	Source Code	Confidence Code	Measure 1	easures of food Measure 2	Measure 3
16:1 undifferentiated	.g 0.	014 0.0	002 10	A	1		0.008		
17:1	. •								
18:1 undifferentiated	.g 0.	205 0.0	025 10	A	1		0.115		
20:1	g								
22:1 undifferentiated	.g								
24:1 c	g								
Fatty acids, total polyunsaturated	g 0.	163	0	A	1		0.091		
18:2 undifferentiated	.g 0.	156 0.0	18 10	A	1		0.087		
18:3 undifferentiated	.g 0.	007 0.0	002 10	A	1		0.004		
18:4	g								
20:2 n-6 c,c	g								
20:3 undifferentiated	.g								
20:4 undifferentiated	.g								
20:5 n-3	g								
22:5 n-3	g								
22:6 n-3	g								
Fatty acids, total trans	g								
Cholesterol	mg 41	2.0	000 9	A	1		23		
Phytosterols	.mg								

Common Measures:

Measure 1 = 56g: 1 serving

Calories Factors: Protein Fat Carbohydrate

		<u>A</u> 1	mount in 100 g	grams	of edit	ole portic	<u>on</u>	Amount in	edible portion	of common
			Nu	ımbei	r			<u>m</u>	easures of food	<u></u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.75	0.050	103	A	1		20.93		
Energy	kcal	99		1	JO	11		28		
Energy		410				9		115		
Protein (N x 6.25)	g	17.10	0.600	103	A	1		4.79		
Total lipid (fat)		2.00	0.100	103	A	1		0.56		
Ash		2.95	0.350	12	A	1		0.83		
Carbohydrate, by difference		3.25		1	JO	11		0.91		
Fiber, total dietary		0.0		0	MC	9		0.0		
Sugars, total		0.80	0.100	4	A	1		0.22		
Starch										
Minerals:		_	<u> </u>	_		_		_		
Calcium, Ca		6	1.000	9	A	1		2		
Iron, Fe.	-	0.99	0.087	9	A	1		0.28		
Magnesium, Mg		22	1.800	9	MA	12		6		
Phosphorus, P	•	251 222	10.000 4.427	9 10	MA MA	12 12		70 62		
Potassium, K	-	966	138.500	15	MA A	1		270		
Sodium, NaZinc, Zn		0.95	0.053	9	MA	12		0.27		
Copper, Cu		0.93		9	MA	12		0.048		
Manganese, Mn		0.170	0.030	,	m	12		0.040		
Selenium, Se										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.0		1	A	1		0.0		
Thiamin										
Riboflavin										
Niacin										
Pantothenic acid										
Vitamin B-6		_						•		
Folate, total		6 0		0	BFZN	4 4		2 0		
Folic acid		6		0	BFZN BFZN	4		2		
Folate, foodFolate, DFE		6		0	NC NC	4		2		
Vitamin B-12		6		U	NC	4		2		
Vitamin B-12	-	0		0	MC	9		0		
Vitamin A, RAE		0		0	NC	4		Ö		
Retinol		0		0	NR	4		0		
Vitamin E (alpha-tocopherol)		· ·		·		-		·		
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Tinida.										
Lipids:	~	0.466		•	_					
Fatty acids, total saturated		0.468	3	0	A	1		0.131		
4:0 6:0	_									
8:0	-									
10:0	_									
12:0		0.006	0.002	9	A	1		0.002		
13:0		3.500	0.002	-		-		3.002		
14:0	-	0.018	0.004	9	A	1		0.005		
15:0	_	0.010	0.004	-		-		3.000		
16:0	-	0.334	0.041	9	A	1		0.094		
17:0	_			-	==	-		3. 		
18:0	_	0.111	0.018	9	A	1		0.031		
20:0	_		2.020	-		-				
22:0	_									
24:0	_									

		<u>Ar</u>	nount in 100	grams	of edil	ole portio	o <u>n</u>		edible portion	
Nutrients and Un	its	Mean			Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturated.		0.585		0	A	1		0.164		
14:1	-									
15:1										
16:1 undifferentiated	-	0.059	0.010	9	A	1		0.017		
17:1	_									
18:1 undifferentiated		0.527	0.068	3 9	A	1		0.148		
20:1										
22:1 undifferentiated										
24:1 c										
Fatty acids, total polyunsaturated		0.410		0	A	1		0.115		
18:2 undifferentiated		0.392	0.043		A	1		0.110		
18:3 undifferentiated		0.018	0.002	2 9	A	1		0.005		
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										
Cholesterol	• • • • • • • • • • • • • • • • • • • •	41	2.650	24	A	1		11		
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	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 = 28g: 1 serving

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

		<u>A</u> 1	mount in 10	0 gram	s of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
				Numbe	r			m	easures of food	<u> </u>
						Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.80	0.1	23 42	A	1		20.94		
Energy	kcal	100		0	MC	9		28		
Energy	kj	418				9		117		
Protein	g	17.60	0.1	23 42	A	1		4.93		
Total lipid (fat)	g	2.30	0.0	77 42	A	1		0.64		
Ash		3.00	0.0	38 7	A	1		0.84		
Carbohydrate, by difference	g	2.40		0	MC	9		0.67		
Fiber, total dietary	g	0.0		0	MC	9		0.0		
Sugars, total	g	1.10	0.2	4 5 6	A	1		0.31		
Starch	g									
Minerals:										
Calcium, Ca	mg	9	0.8	16 6	A	1		3		
Iron, Fe		0.75	0.0		A	1		0.21		
Magnesium, Mg		35	1.3		MA	12		10		
Phosphorus, P		261	3.6	74 6	MA	12		73		
Potassium, K		262	5.3	07 6	MA	12		73		
Sodium, Na		919	15.4	97 7	A	1		257		
Zinc, Zn	mg	0.96	0.0	57 6	MA	12		0.27		
Copper, Cu	mg	0.230	0.0	12 6	MA	12		0.064		
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		1	A	1		0.0		
Thiamin										
Riboflavin										
Niacin										
Pantothenic acid										
Vitamin B-6										
Folate, total										
Folate, DFE										
Vitamin B-12										
Vitamin A, IU	IU	0		0	MC	9		0		
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.630)	0	A	1		0.176		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g	0.010	0.0	08 6	A	1		0.003		
13:0	-									
14:0	-	0.030	0.0	04 6	A	1		0.008		
15:0										
16:0	-	0.410	0.0	29 6	A	1		0.115		
17:0	•					_				
18:0		0.180	0.0	12 6	A	1		0.050		
20:0										
22:0										
24:0		A =		_	_					
Fatty acids, total monounsaturated		0.740	,	0	A	1		0.207		
14:1										
15:1	g									

		<u>An</u>	nount in 100	grams		ole portio	<u>on</u>		edible portion of easures of food	
Nutrients and Unit	s	Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	-	0.070	0.01	6 6	A	1		0.020		
17:1 18:1 undifferentiated	-	0.670	0.04	9 6	A	1		0.188		
20:1	g									
22:1 undifferentiated										
24:1 c										
Fatty acids, total polyunsaturated	g	0.510		0	A	1		0.143		
18:2 undifferentiated		0.470	0.04	5 6	A	1		0.132		
18:3 undifferentiated	g	0.040	0.01	6 6	A	1		0.011		
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	-									
Cholesterol	mg	42	2.44	9 6	A	1		12		
Phytosterols	mg									

Common Measures:

Measure 1 = 28g: 1 serving

Calories Factors: Protein Fat Carbohydrate

		<u>A</u> 1	mount in 100	grams	s of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
			N	umbe	r			m	easures of food	<u> </u>
						Source	Confidence			
Nutrients and Units		Mean	Std. Error F	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.10	0.159	32	A	1		20.47		
Energy	kcal	113		0	MC	9		32		
Energy	kj	473				9		132		
Protein	g	18.20	0.106	32	A	1		5.10		
Total lipid (fat)	g	4.10	0.141	. 32	A	1		1.15		
Ash		3.70	0.077	15	A	1		1.04		
Carbohydrate, by difference	g	0.90		0	MC	9		0.25		
Fiber, total dietary	g	0.0		0	MC	9		0.0		
Sugars, total		0.90	0.200	4	A	1		0.25		
Starch	9									
Minerals:										
Calcium, Ca	mg	5	0.603	11	A	1		1		
Iron, Fe		1.27	0.051	. 11	A	1		0.36		
Magnesium, Mg	mg	22	1.357	11	MA	12		6		
Phosphorus, P	mg	294	9.045	11	MA	12		82		
Potassium, K		290	6.633		MA	12		81		
Sodium, Na	-	1127	25.500		A	1		316		
Zinc, Zn		2.59	0.099		MA	12		0.73		
Copper, Cu		0.250	0.015	11	MA	12		0.070		
Manganese, Mn										
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0		
Thiamin	mg									
Riboflavin										
Niacin										
Pantothenic acid										
Vitamin B-6										
Folate, totalFolate, DFE										
Vitamin B-12										
Vitamin A, IU		0		0	MC	9		0		
Vitamin A, RAE	mca RAE	·		•		•		·		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	9	1.060)	0	A	1		0.297		
4:0										
6:0										
8:0	g									
10:0	g									
12:0	g	0.000	0.000	11	A	1		0.000		
13:0	_									
14:0	_	0.040	0.003	11	A	1		0.011		
15:0	-				_	_				
16:0	-	0.680	0.042	11	A	1		0.190		
17:0	•	0.340	0.001	11	•	1		0.005		
18:0 20:0		0.340	0.021	. 11	A	1		0.095		
20:0										
24:0										
Fatty acids, total monounsaturated		1.140)	0	A	1		0.319		
14:1		1.140		Ū		-		3.313		
* 1.1	9									

		<u>An</u>	nount in 100	grams	of edil	ole portio	<u>on</u>		edible portion of	
Nutrients and Unit	ts	Mean			Deriv	Source Code	Confidence Code	m Measure 1	easures of food Measure 2	Measure 3
16:1 undifferentiated	_	0.100	0.00	9 11	A	1		0.028		
18:1 undifferentiated 20:1	g	1.040	0.07	2 11	A	1		0.291		
22:1 undifferentiated24:1 c	g									
Fatty acids, total polyunsaturated		0.700		0	A	1		0.196		
18:2 undifferentiated	-	0.670			A	1		0.188		
18:418:4	g	0.030	0.00	3 11	A	1		0.008		
20:2 n-6 c,c 20:3 undifferentiated										
20:4 undifferentiated	g									
20:5 n-3										
22:5 n-3										
22:6 n-3										
Fatty acids, total trans	-									
Cholesterol	mg	67	2.84	15	A	1		19		
Phytosterols	mg									

Common Measures:

Measure 1 = 28g: 1 serving

Calories Factors: Protein Fat Carbohydrate

		<u>A</u> 1	mount in 100	grams	of edil	ole portio	<u>n</u>		edible portion	
			Nu	umbei	r			<u>me</u>	easures of food	•
			-			Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	50.70	0.243	17	A	1		14.20	43.10	
Energy	kcal	276		0	MC	9		77	235	
Energy	kj	1155				9		323	982	
Protein	g	14.30	0.243	17	A	1		4.00	12.16	
Total lipid (fat)	g	17.50	0.218	17	A	1		4.90	14.88	
Ash	g	2.10	0.024	17	A	1		0.59	1.79	
Carbohydrate, by difference		15.40		0	MC	9		4.31	13.09	
Fiber, total dietary	g	0.5		0	MC	9		0.1	0.4	
Sugars, total		0.00	0.000	3	A	1		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	ma	9	1.512	7	A	1		3	8	
Iron, Fe		0.87	0.087	7	A	1		0.24	0.74	
Magnesium, Mg		21	1.328	3	MA	12		6	18	
Phosphorus, P		197	6.928	3	MA	12		55	167	
Potassium, K		176	2.910	17	MA	12		49	150	
Sodium, Na	mg	679	11.157	17	A	1		190	577	
Zinc, Zn	mg	1.84	0.029	3	MA	12		0.52	1.56	
Copper, Cu	mg	0.290	0.029	3	MA	12		0.081	0.247	
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		1	A	1		0.0	0.0	
Thiamin	-									
Riboflavin										
Niacin										
Pantothenic acid										
Vitamin B-6	mg									
Folate, total										
Folate, DFE	mcg_DFE									
Vitamin B-12										
Vitamin A, IU	IU	0		0	MC	9		0	0	
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
Vitanini K (phynoquinone)	11109									
<u>Lipids:</u>										
Fatty acids, total saturated	g	3.390)	0	A	1		0.949	2.882	
4:0										
6:0	-									
8:0	-									
10:0				_	-	_				
12:0	-	0.000	0.000	7	A	1		0.000	0.000	
13:0	-	0.000	0.000	7		1		0.017	0.051	
14:0	-	0.060	0.008	7	A	1		0.017	0.051	
15:0 16:0	-	2.270	0.083	7	A	1		0.636	1.930	
17:0	-	2.270	0.063	,	A	-		0.030	1.930	
18:0	•	1.060	0.110	7	A	1		0.297	0.901	
20:0	•	1.000	0.110	,		1		0.231	0.301	
22:0	-									
24:0	-									
Fatty acids, total monounsaturated		8.190)	0	A	1		2.293	6.962	
14:1				-		_			0.502	
- * * * * * * * * * * * * * * * * * * *	g									

		<u>An</u>	nount in 100) grams		ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Unit	s	Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3	
16:1 undifferentiated		0.210	0.03	0 7	A	1		0.059	0.179		
17:1 18:1 undifferentiated		7.980	0.68	4 7	А	1		2.234	6.783		
20:1			0.00	- '		_		2.201	01.00		
22:1 undifferentiated											
24:1 c											
Fatty acids, total polyunsaturated	g	5.480		0	A	1		1.534	4.658		
18:2 undifferentiated		4.840	0.47	6 7	A	1		1.355	4.114		
18:3 undifferentiated	g	0.640	0.21	2 7	A	1		0.179	0.544		
18:4	g										
20:2 n-6 c,c	g										
20:3 undifferentiated	g										
20:4 undifferentiated	g										
20:5 n-3	g										
22:5 n-3	g										
22:6 n-3	g										
Fatty acids, total trans											
Cholesterol	mg	40	1.51	2 7	A	1		11	34		
Phytosterols	<u>mg</u>										

Common Measures:

Measure 1 = 28g: 1 piece Measure 2 = 85g: 1 serving

Calories Factors: Protein Fat Carbohydrate

		<u>Aı</u>	mount in 100 g			ole portio	<u>on</u>		edible portion	
			Nu	mber	r			me	easures of food	<u>.</u>
			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	-	71.90	0.201	20	A	1		20.13		
Energy	kcal	147		0	MC	9		41		
Energy	kj	615				9		172		
Protein	g	15.30	0.089	20	A	1		4.28		
Total lipid (fat)		9.40	0.268	20	A	1		2.63		
Ash		3.10	0.050	4	A	1		0.87		
Carbohydrate, by difference		0.40		0	MC	9		0.11		
Fiber, total dietary		0.0		0	MC	9		0.0		
Sugars, total		0.40		2	A	1		0.11		
Starch	g									
Minerals:										
Calcium, Ca	mg	40	13.500	4	A	1		11		
Iron, Fe	-	1.25	0.210	4	A	1		0.35		
Magnesium, Mg		22	1.950	4	MA	12		6		
Phosphorus, P	•	266	5.500	4	MA	12		74		
Potassium, K		216	6.000	4	MA	12		60		
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	1004	19.000	4	A	1		281		
Zinc, Zn		2.32	0.120 0.065	4	MA	12		0.65		
Copper, Cu		0.190	0.065	4	MA	12		0.053		
Manganese, Mn Selenium, Se										
	g									
<u>Vitamins:</u>	ma	0.0				1		0.0		
Vitamin C, total ascorbic acid Thiamin	-	0.0		1	A	1		0.0		
Riboflavin	-									
Niacin										
Pantothenic acid										
Vitamin B-6										
Folate, total										
Folate, DFE										
Vitamin B-12										
Vitamin A, IU	IU	0		0	MC	9		0		
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)	_									
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	q	2.783	i	0	A	1		0.779		
4:0										
6:0										
8:0	g									
10:0	g									
12:0	-	0.017	0.009	4	A	1		0.005		
13:0	-			_	_	_				
14:0		0.121	0.013	4	A	1		0.034		
15:0	_	1.988	0.086	4	A	1		0 557		
16:0 17:0	_	1.988	0.086	4	A	1		0.557		
18:0	•	0.657	0.013	4	A	1		0.184		
20:0	•	0.037	0.013	•	A	-		0.104		
22:0										
24:0										
Fatty acids, total monounsaturated		3.146	i	0	A	1		0.881		
14:1										
15:1	g									

		<u>An</u>	nount in 100			ole portio	<u>on</u>		edible portion o	
Nutrients and Uni	ts	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	_	0.268	0.01	3 4	A	1		0.075		
18:1 undifferentiated	g	2.878	0.07	3 4	A	1		0.806		
20:1										
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	2.342		0	A	1		0.656		
18:2 undifferentiated	g	2.291	0.16	4 4	A	1		0.641		
18:3 undifferentiated	g	0.052	0.03	54	A	1		0.015		
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg	76	1.00	0 4	A	1		21		
Phytosterols	mg									

Common Measures:

Measure 1 = 28g: 1 serving

Calories Factors: Protein Fat Carbohydrate

		<u>A</u> 1	mount in 10	0 gram	s of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
				Numbe	r				easures of food	
					-	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Durationatory										
Proximates: Water	g	71.40	0.14	6 47	A	1		19.99		
Energy	-	149		0	MC	9		42		
Energy		623				9		175		
Protein	g	15.00	0.10	2 47	A	1		4.20		
Total lipid (fat)		9.50	0.19	0 47	A	1		2.66		
Ash		3.20	0.03	88 7	A	1		0.90		
Carbohydrate, by difference		0.90		0	MC	9		0.25		
Fiber, total dietary		0.0		0	MC	9		0.0		
Sugars, total		0.40		2	A	1		0.11		
Starch										
Minorale										
Minerals: Calcium, Ca	ma	31	4.02	25 5	A	1		9		
Iron, Fe	-	1.64	0.18		A	1		0.46		
Magnesium, Mg		21	1.02		MA	12		6		
Phosphorus, P		272	12.07		MA	12		76		
Potassium, K		220	4.91		MA	12		62		
Sodium, Na		1018	20.41		A	1		285		
Zinc, Zn	-	2.35	0.08		MA	12		0.66		
Copper, Cu		0.360			MA	12		0.101		
Manganese, Mn		0.500	0.10	,, 3				0.101		
Selenium, Se										
•										
<u>Vitamins:</u>				_	_	_				
Vitamin C, total ascorbic acid		0.0		1	A	1		0.0		
Thiamin										
Riboflavin										
Niacin										
Pantothenic acid										
Vitamin B-6										
Folate, total										
Folate, DFE										
Vitamin B-12 Vitamin A, IU	IIIOG									
Vitamin A, RAE	mca RAF									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma	-									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:	~	0.000		•	_			0.010		
Fatty acids, total saturated		2.900	,	0	A	1		0.812		
4:0										
6:0										
8:0										
10:0 12:0		0.000	0.00	0 4	A	1		0.000		
13:0		0.000	0.00	,	A	_		0.000		
14:0	_	0.100	0.00	5 4	A	1		0.028		
15:0	_	0.100	0.00		•	1		0.028		
16:0	_	2.140	0.06	50 4	A	1		0.599		
17:0	-	2.140	0.00		Α.	-		0.333		
18:0		0.660	0.03	30 4	A	1		0.185		
20:0		0.000	0.03		Α.	-		0.103		
22:0 24:0										
Fatty acids, total monounsaturated		3.920	1	0	A	1		1.098		
14:1		3.920	•	U	A	_		1.090		
15:1										
1 J . 1	y									

		<u>An</u>	nount in 100) grams		ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	6	Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3	
16:1 undifferentiated	-	0.470	0.06	5 4	A	1		0.132			
17:1 18:1 undifferentiated	-	3.450	0.07	0 4	А	1		0.966			
20:1		3.430	0.07			-		0.300			
22:1 undifferentiated											
24:1 c											
Fatty acids, total polyunsaturated		2.330		0	A	1		0.652			
18:2 undifferentiated		2.220	0.06	5 4	A	1		0.622			
18:3 undifferentiated	g	0.110	0.04	0 4	A	1		0.031			
18:4	g										
20:2 n-6 c,c	g										
20:3 undifferentiated	g										
20:4 undifferentiated	g										
20:5 n-3	g										
22:5 n-3	g										
22:6 n-3	g										
Fatty acids, total trans	g										
Cholesterol	mg	77	2.04	1 6	A	1		22			
Phytosterols	mg										

Common Measures:

Measure 1 = 28g: 1 serving

Calories Factors: Protein Fat Carbohydrate

		<u>A</u>	mount in 100 g	rams	of edit	ole portio	<u>n</u>	Amount in	edible portion	of common
			Nu	mber	r			m	easures of food	<u></u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	69.10	0.000	34	A	1		38.70		
	_	161	0.000	1	JO	11		90		
Energy		669		-	50	9		375		
Energy		14.80	0.400	34	A	1		8.29		
Protein (N x 6.25)		9.90	0.300	34	A	1		5.54		
Total lipid (fat)Ash		3.00	0.100	10	A	1		1.68		
Carbohydrate, by difference		3.15	0.100	1	JO	11		1.76		
Fiber, total dietary		0.0		0	MC	9		0.0		
Sugars, total		2.80	0.224	5	A	1		1.57		
<u> </u>		2.80	0.224	J	•	_		1.57		
Starch	9									
Minerals:										
Calcium, Ca	mg	26	6.000	9	A	1		15		
Iron, Fe	-	1.38	0.040	9	A	1		0.77		
Magnesium, Mg		21	1.330	9	MA	12		12		
Phosphorus, P	•	204	18.333	9	MA	12		114		
Potassium, K	-	201	5.667	9	MA	12		113		
Sodium, Na		946	25.500	10	A	1		529		
Zinc, Zn		2.15	0.060	9	MA	12		1.20		
Copper, Cu		0.170	0.033	9	MA	12		0.095		
Manganese, Mn										
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total		6		0	BFZN	4		3		
Folic acid		0		0	BFZN	4		0		
Folate, food		6		0	BFZN	4		3		
Folate, DFE		6		0	NC	4		3		
Vitamin B-12	_									
Vitamin A, IU		0		0	MC	9		0		
Vitamin A, RAE		0		0	NC	4		0		
Retinol		0		0	NR	4		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin D Vitamin K (phylloquinone)										
vitanini K (phynoquinone)	incg									
<u>Lipids:</u>										
Fatty acids, total saturated	g	2.670)	0	A	1		1.495		
4:0	g									
6:0	g									
8:0	g									
10:0										
12:0		0.010	0.003	9	A	1		0.006		
13:0	_									
14:0		0.100	0.010	9	A	1		0.056		
15:0	_									
16:0	_	1.840	0.097	9	A	1		1.030		
17:0	_							_		
18:0	_	0.720	0.030	9	A	1		0.403		
20:0	_									
22:0	a									

	An	nount in 10	0 grams	of edi	ble portio	<u>on</u>		edible portion of	of 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	3.560		0	A	1		1.994		
14:1g									
15:1g 16:1 undifferentiatedg	0.410	0.0	50 9	A	1		0.230		
16:1 undifferentiated	0.410	0.0	50 9	A	1		0.230		
18:1 undifferentiated	3.150	0.18	87 9	A	1		1.764		
20:1g	3.200	0.2			_		2.701		
22:1 undifferentiated									
24:1 cg									
Fatty acids, total polyunsaturated	2.680		0	A	1		1.501		
18:2 undifferentiatedg	2.420	0.10	60 9	A	1		1.355		
18:3 undifferentiatedg	0.260	0.0	53 9	A	1		0.146		
18:4g									
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg									
20:5 n-3g									
22:5 n-3g									
22:6 n-3									
Fatty acids, total trans	66	1.6	50 8	A	1		37		
Phytosterols mg	00	1.0.	50 0	A	-		3,		
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0		
Caffeinemg	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, 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 = 56g: 1 serving

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

		<u>A</u> 1	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	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	65.77		0	MC	9		37.49	18.65	
Energy	kcal	184		0	MC	9		105	52	
Energy		771		0	MC	9		439	218	
Protein (N x 6.25)		19.03		0	MC	9		10.85	5.40	
Total lipid (fat)		10.44		0	MC	9		5.95	2.96	
Ash		4.32		0	MC	9		2.46	1.22	
Carbohydrate, by difference		0.44		0	NC	4		0.25	0.13	
Fiber, total dietary		0.0		0	MC	9		0.0	0.0	
Sugars, total		0.00		0	Z	7		0.00	0.00	
Starch		0.00		·	_	,		0.00	0.00	
Staten	9									
<u> Iinerals:</u>										
Calcium, Ca	mg	20		0	MC	9		12	6	
Iron, Fe	-	2.15		0	MC	9		1.23	0.61	
Magnesium, Mg	mg	20		0	MC	9		11	6	
Phosphorus, P	mg	192		0	MC	9		109	54	
Potassium, K	mg	330		0	MC	9		188	94	
Sodium, Na	mg	1374		0	MC	9		783	390	
Zinc, Zn	mg	3.84		0	MC	9		2.19	1.09	
Copper, Cu	mg	0.073	3	0	MC	9		0.042	0.021	
Manganese, Mn	mg	0.022	2	0	MC	9		0.013	0.006	
Selenium, Se	mcg	15.7		0	MC	9		8.9	4.5	
itamins:										
Vitamin C, total ascorbic acid	ma	0.9		0	MC	9		0.5	0.3	
Thiamin	-	0.101		0	MC	9		0.057	0.029	
Riboflavin		0.165		0	MC	9		0.094	0.047	
Niacin		3.223		0	MC	9		1.837	0.914	
Pantothenic acid		0.320		0	MC	9		0.182	0.091	
Vitamin B-6	_	0.320		0	MC	9		0.182	0.111	
Folate, total	_	6	-	0	MC	9		4	2	
Folic acid		0		0	Z	7		0	0	
Folate, food		6		0	MC	9		4	2	
Folate, DFE		6		0	NC	4		4	2	
Vitamin B-12		2.90		0	MC	9		1.65	0.82	
Vitamin A, IU		39		0	MC	9		22	11	
Vitamin A, RAE		12		0	NR.	4		7	3	
Retinol		12		0	NR NR	4		7	3	
		0.57		0	NR NR	4		0.32	0.16	
Vitamin E (alpha-tocopherol)		0.57		U	NK	4		0.32	0.16	
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.3		0	BFZN	4		0.2	0.1	
vitanini K (phynoquinone)		0.5		·	21 211	•		0.2	0.1	
<u>ipids:</u>										
Fatty acids, total saturated	g	2.794	l	0	NC	4		1.592	0.792	
4:0	g	0.000)	0	BFFN	4		0.000	0.000	
6:0	g	0.000)	0	BFFN	4		0.000	0.000	
8:0	g	0.000)	0	BFFN	4		0.000	0.000	
10:0	g	0.000)	0	BFFN	4		0.000	0.000	
12:0	g	0.000)	0	BFFN	4		0.000	0.000	
13:0										
14:0	g	0.333	3	0	BFFN	4		0.190	0.094	
15:0										
16:0		1.172	2	0	BFFN	4		0.668	0.332	
17:0										
18:0	_	1.289	•	0	BFFN	4		0.735	0.365	
20:0	_									
22:0	_									
24:0	_									

	Am	ount in 10			le 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	
	4 426		0	NC	4					
Fatty acids, total monounsaturatedg	4.436		U	NC	4		2.528	1.258		
14:1g 15:1g										
16:1 undifferentiated	0.363		0	BFFN	4		0.207	0.103		
17:1g	0.303		Ū	DEFIN	-		0.207	0.105		
18:1 undifferentiated	4.029		0	BFFN	4		2.297	1.142		
20:1g	0.044		0	BFFN	4		0.025	0.012		
22:1 undifferentiatedg	0.000		0	BFFN	4		0.000	0.000		
24:1 cg										
Fatty acids, total polyunsaturatedg	0.258		0	NC	4		0.147	0.073		
18:2 undifferentiatedg	0.246		0	BFFN	4		0.140	0.070		
18:3 undifferentiatedg	0.000		0	BFFN	4		0.000	0.000		
18:4g	0.000		0	BFFN	4		0.000	0.000		
20:2 n-6 c,cg										
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.011		0	BFFN	4		0.006	0.003		
20:5 n-3g	0.000		0	BFFN	4		0.000	0.000		
22:5 n-3g	0.000		0	BFFN	4		0.000	0.000		
22:6 n-3g	0.000		0	BFFN	4		0.000	0.000		
Fatty acids, total transg										
Cholesterolmg	55		0	MC	9		31	16		
Phytosterolsmg										
Others:										
Alcohol, ethyl	0.0		0	MC	9		0.0	0.0		
Caffeine mg	0		0	MC	9		0	0		
Theobrominemg	0		0	Z	7		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, 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		
Lutem + zeaxantiniiiiog	U		U	- 4	,		0.000	0.000		

Common Measures:

Measure 1 = 57g: 1 serving 2 slices

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

		<u>Aı</u>	mount in 100	grams	of edik	ole portio	<u>n</u>		edible portion	
			N	umbei	•			<u>m</u>	easures of food	<u> </u>
			O ⁴	f Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	53.60	0.262	7		1		15.20	20.37	
Energy	kcal	304		0	NC	4		86	116	
Energy	kj	1272				4		361	483	
Protein (N x 6.25)	g	15.20	0.118	7		1		4.31	5.78	
Total lipid (fat)	g	25.60	0.641	7		1		7.26	9.73	
Ash		3.50	0.020	7		1		0.99	1.33	
Carbohydrate, by difference	g	2.10		0	NC	4		0.60	0.80	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
M:l										
Minerals: Calcium, Ca	ma	8	0.601	6		1		2	3	
Iron, Fe		10.83	0.601			1		3.07	3 4.12	
Magnesium, Mg		12	0.889			1		3.07	4.12 5	
Phosphorus, P		207	16.237	6		1		59	79	
Potassium, K		226	11.424	6		1		64	86	
Sodium, Na		1225	40.617	6		1		347	466	
Zinc, Zn		3.70	0.238	6		1		1.05	1.41	
Copper, Cu		0.383	0.060	6		1		0.109	0.146	
Manganese, Mn		0.200	0.014	6		1		0.057	0.076	
Selenium, Se	mcg	36.5		0	RF	4		10.3	13.9	
Vitamins:										
	ma	3.0	1.209	7		1		0.9	1.1	
Vitamin C, total ascorbic acid Thiamin	_	0.212		6		1		0.060	0.081	
Riboflavin		2.227		6		1		0.631	0.846	
Niacin	-	11.768		6		1		3.336	4.472	
Pantothenic acid	-	3.536		5		1		1.002	1.344	
Vitamin B-6	-	0.470		6		1		0.133	0.179	
Folate, total	_	104		1		1		29	40	
Folic acid		0		0	z	7		0	0	
Folate, food		104		1		1		29	40	
Folate, DFE		104		0	NC	4		29	40	
Vitamin B-12		24.55	1.117	6		1		6.96	9.33	
Vitamin A, IU	IU	17490	408.231	6		1		4958	6646	
Vitamin A, RAE	mcg_RAE	5252	122.592	6		1		1489	1996	
Retinol	mcg	5252	122.592	6		1		1489	1996	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	8.960	1	0		1		2.540	3.405	
4:0		0.000)	7		1		0.000	0.000	
6:0	g	0.000)	7		1		0.000	0.000	
8:0	g	0.000)	7		1		0.000	0.000	
10:0	g	0.050)	7		1		0.014	0.019	
12:0	g	0.040)	7		1		0.011	0.015	
13:0	g									
14:0	g	0.320	1	7		1		0.091	0.122	
15:0	g									
16:0	_	5.510	1	7		1		1.562	2.094	
17:0	g									
18:0		3.040)	7		1		0.862	1.155	
20:0	-									
22:0	a									

		<u>An</u>	nount in 10	<u>0 grams</u> Number	of edib	ole portio	<u>en</u>	Amount in edible portion of common measures of food			
Nutrients and Units	i	Mean	Std. Error	of Data		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	g	12.260		0		1		3.476	4.659		
14:1											
15:1	-										
16:1 undifferentiated	g	0.940		7		1		0.266	0.357		
17:1	-										
18:1 undifferentiated	g	11.320		7		1		3.209	4.302		
20:1	-	0.000		7		1		0.000	0.000		
22:1 undifferentiated		0.000		7		1		0.000	0.000		
24:1 c											
Fatty acids, total polyunsaturated		3.420		0		1		0.970	1.300		
18:2 undifferentiated		3.090		7		1		0.876	1.174		
18:3 undifferentiated		0.330		7		1		0.094	0.125		
18:4		0.000		7		1		0.000	0.000		
20:2 n-6 c,c	-										
20:3 undifferentiated											
20:4 undifferentiated		0.000		7		1		0.000	0.000		
20:5 n-3	-	0.000		7		1		0.000	0.000		
22:5 n-3		0.000	0.00	0 7		1		0.000	0.000		
22:6 n-3		0.000	0.00	7		1		0.000	0.000		
Fatty acids, total trans	-	0.000		•		_		0.000	0.000		
Cholesterol		174	21.94	14 5		1		49	66		
Phytosterols		-/-	21.5			-			00		
T flytosterois	9										
Amino Acids:											
Tryptophan	g	0.206		0		1		0.058	0.078		
Threonine	g	0.651		0		1		0.185	0.247		
Isoleucine	g	0.631		0		1		0.179	0.240		
Leucine	g	1.331		0		1		0.377	0.506		
Lysine	g	1.178		0		1		0.334	0.448		
Methionine	g	0.342		0		1		0.097	0.130		
Cystine	g	0.328		0		1		0.093	0.125		
Phenylalanine	g	0.716		0		1		0.203	0.272		
Tyrosine		0.466		0		1		0.132	0.177		
Valine	g	0.806		0		1		0.229	0.306		
Arginine	-	0.828		0		1		0.235	0.315		
Histidine	-	0.393		0		1		0.111	0.149		
Alanine	-	0.930		0		1		0.264	0.353		
Aspartic acid	-	1.350		0		1		0.383	0.513		
Glutamic acid		1.834		0		1		0.520	0.697		
Glycine	-	0.935		0		1		0.265	0.355		
Proline		0.716		0		1		0.203	0.272		
Serine	-	0.690		0		1		0.196	0.262		
Hydroxyproline	-			-				- · · · ·	· · · ·		

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 38g: 1 slice

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>Aı</u>	mount in 100 g	ırams	of edil	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 Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	52.10	0.646	7		1		9.38	14.77	
Energy	kcal	326		0	NC	4		59	92	
Energy	kj	1364				4		246	387	
Protein (N x 6.25)	g	14.10	0.275	8		1		2.54	4.00	
Total lipid (fat)	g	28.50	0.448	7		1		5.13	8.08	
Ash	g	3.10	0.387	5		1		0.56	0.88	
Carbohydrate, by difference	g	2.20		0	NC	4		0.40	0.62	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Ainavals.										
<u>/Iinerals:</u> Calcium, Ca	ma	26		1		1		5	7	
Iron, Fe	-	6.40		1		1		1.15	1.81	
Magnesium, Mg	-	12		0		1		2	3	
Phosphorus, P		230		1		1		41	65	
Potassium, K	•	170		0		1		31	48	
Sodium. Na.	-	860		0		1		155	244	
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	2.30		0		1		0.41	0.65	
Copper, Cu		0.240		0		1		0.043	0.068	
Manganese, Mn		0.155		0		1		0.028	0.044	
Selenium, Se	mcg	58.0	6.667	9	A	1		10.4	16.4	
itamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	
Thiamin	-	0.0	0.023	5	4	1		0.049	0.077	
Riboflavin	-	1.030		5		1		0.185	0.292	
Niacin		4.300		0		1		0.774	1.219	
Pantothenic acid	-	2.950		2		1		0.531	0.836	
Vitamin B-6	_	0.190		0		1		0.034	0.054	
Folate, total	_	30	3.853	3		1		5	9	
Folic acid		0		0	z	7		0	0	
Folate, food		30	3.853	3		1		5	9	
Folate, DFE		30		0	NC	4		5	9	
Vitamin B-12		13.46		1		1		2.42	3.82	
Vitamin A, IU		27667		0		1		4980	7844	
Vitamin A, RAE		8308		0		1		1496	2355	
Retinol	mcg	8308		0	NR	4		1496	2355	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	nicg									
<u>ipids:</u>										
Fatty acids, total saturated	g	10.600		0		1		1.908	3.005	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	-	0.000		0		1		0.000	0.000	
13:0	_									
14:0		0.430		1		1		0.077	0.122	
15:0										
16:0		6.850		1		1		1.233	1.942	
17:0		_		_						
18:0		3.310		1		1		0.596	0.938	
20:0	-									
22:0	g									

		<u>Aı</u>	mount in 100	grams of umber	edible portio	<u>on</u>		edible portion of easures of food	
Nutrients and Uni	ts	Mean		f Data De		Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	13.340		0	1		2.401	3.782	
14:1		13.540		Ū	-		2.401	3.762	
15:1									
16:1 undifferentiated		1.060		1	1		0.191	0.301	
17:1	-								
18:1 undifferentiated		12.050		1	1		2.169	3.416	
20:1	g	0.000		1	1		0.000	0.000	
22:1 undifferentiated	-	0.000		1	1		0.000	0.000	
24:1 c									
Fatty acids, total polyunsaturated		2.600		0	1		0.468	0.737	
18:2 undifferentiated		2.450		1	1		0.441	0.695	
18:3 undifferentiated	g	0.140		1	1		0.025	0.040	
18:4	g	0.000		1	1		0.000	0.000	
20:2 n-6 c,c									
20:3 undifferentiated	g								
20:4 undifferentiated	g	0.000		1	1		0.000	0.000	
20:5 n-3	g	0.000		1	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		1	1		0.000	0.000	
Fatty acids, total trans	g								
Cholesterol	mg	158		2	1		28	45	
Phytosterols	mg								
Amino Acids:									
	0	0.151		0	1		0.027	0 043	
Tryptophan Threonine		0.131		0	1		0.027	0.043 0.190	
		0.653		0	1		0.121	0.190	
Isoleucine	-	1.139		0	1		0.205	0.165	
Leucine		1.155		0	1		0.208	0.323	
Lysine Methionine		0.285		0	1		0.208	0.327	
Cystine	_	0.149		0	1		0.031	0.042	
Phenylalanine		0.143		0	1		0.027	0.175	
Tyrosine		0.362		0	1		0.111	0.173	
Valine	_	0.857		0	1		0.154	0.103	
Arginine	-	0.837		0	1		0.134	0.243	
Histidine.	_	0.448		0	1		0.081	0.127	
Alanine		0.830		0	1		0.149	0.235	
Aspartic acid	-	1.164		0	1		0.210	0.330	
Glutamic acid	_	2.195		0	1		0.395	0.622	
Glycine	_	1.096		0	1		0.197	0.311	
Proline.		0.850		0	1		0.153	0.241	
Serine		0.694		0	1		0.125	0.197	
Hydroxyproline	-	0.034		•	-		0.225	0.20,	
11yaroxypronne									

Common Measures:

Measure 1 = 18g: 1 slice (2-1/2" dia x 1/4" thick)

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>A</u> :	mount in 10	<u>0 grams</u>	of edib	ole portio	<u>n</u>		edible portion	
N 44 4 111	.,				Deriv	Source Code	Confidence Code		easures of food	•
Nutrients and Un	its	Mean	Std. Error	Politis	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	53.53		0	MC	9		29.44		
Energy	kcal	305		0	NC	4		168		
Energy	kj	1277		0	NC	4		702		
Protein (N x 6.25)	g	12.38		0	MC	9		6.81		
Total lipid (fat)	g	25.45		0	MC	9		14.00		
Ash	g	2.75		0	MC	9		1.51		
Carbohydrate, by difference	g	5.89		0	NC	4		3.24		
Fiber, total dietary		2.5		0	MC	9		1.4		
Sugars, total		1.65		0	MC	9		0.91		
Starch										
~										
Minerals:										
Calcium, Ca	-	22		0	MC	9		12		
Iron, Fe	-	8.85		0	MC	9		4.87		
Magnesium, Mg		12		0	BFZN	4		7		
Phosphorus, P	mg	230		0	BFZN	4		127		
Potassium, K		170		0	BFZN	4		94		
Sodium, Na	-	700		0	MC	9		385		
Zinc, Zn		2.30		0	BFZN	4		1.27		
Copper, Cu		0.240		0	BFZN	4		0.132		
Manganese, Mn		0.155	5	0	BFZN	4		0.085		
Selenium, Se	mcg	58.0		0	BFZN	4		31.9		
Vitamins:										
Vitamin C, total ascorbic acid	ma	3.5		0	MC	9		1.9		
Thiamin	-	0.272		0	BFZN	4		0.150		
Riboflavin		1.030		0	BFZN	4		0.150		
		4.300		0	BFZN	4		2.365		
Niacin Pantothenic acid		2.950		0	BFZN	4		1.623		
	-	0.190		0	BFZN	4		0.105		
Vitamin B-6	-	30	,	0	BFZN	4		17		
Folate, total		0		0	BFZN	4		0		
Folic acid		30		0		4		17		
Folate, food		30		0	BFZN	4		17		
Folate, DFE					NC					
Vitamin B-12	fileg	13.46		0 0	BFZN	4 9		7.40		
Vitamin A, IU		13636		-	MC	-		7500		
Vitamin A, RAE		4091		0	AS	1		2250		
Retinol		4091		0	NR	4		2250		
Vitamin E (alpha-tocopherol)	-									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	a	9.925	5	0	NC	4		5.459		
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.	-	0.000		0	BFZN	4		0.000		
13:0		0.000	-	ŭ		-		2.000		
14:0		0.403	3	0	BFZN	4		0.222		
15:0	-	5.405	-	•	4H	•		0.222		
16:0	-	6.420	1	0	BFZN	4		3.531		
	-	0.420	•	U	DE UN	-		5.551		
17:0		3.102	,	0	BFZN	4		1.706		
18:0		3.102	_	J	DE AN	*		1.706		
20:0										
22:0	g g									

		<u>Ar</u>	nount in 10			ole portic	<u>on</u>	Amount in edible portion of common measures of food		
				Number of Data		Source	Confidence	<u>m</u> :	easures of 1000	•
Nutrients and Un	nits	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.	g	12.286		0	NC	4		6.757		
14:1	g									
15:1 16:1 undifferentiated		0.993		0	BFZN	4		0.546		
17:1	_									
18:1 undifferentiated	_	11.293		0	BFZN	4		6.211		
20:1 22:1 undifferentiated	_	0.000 0.000		0 0	BFZN BFZN	4 4		0.000 0.000		
24:1 c	•	0.000		U	DF ZN	4		0.000		
Fatty acids, total polyunsaturated		2.427		0	NC	4		1.335		
18:2 undifferentiated		2.296		0	BFZN	4		1.263		
18:3 undifferentiated	g	0.131		0	BFZN	4		0.072		
18:4		0.000		0	BFZN	4		0.000		
20:2 n-6 c,c	_									
20:3 undifferentiated	_			_						
20:4 undifferentiated		0.000		0	BFZN	4		0.000		
20:5 n-3	_	0.000		0	BFZN	4		0.000		
22:5 n-3		0.000 0.000		0 0	BFZN BFZN	4 4		0.000		
22:6 n-3Fatty acids, total trans		0.000		U	DF ZN	4		0.000		
Cholesterol		118		0	MC	9		65		
Phytosterols	-	110		Ū	мс	,		05		
T flytosterois	9									
Amino Acids:										
Tryptophan		0.151		0	BFZN	4		0.083		
Threonine	_	0.671		0	BFZN	4		0.369		
Isoleucine		0.653		0	BFZN	4		0.359		
Leucine	-	1.139		0	BFZN	4		0.626		
Lysine		1.155 0.285		0 0	BFZN BFZN	4 4		0.635		
Methionine		0.283		0	BFZN	4		0.157 0.082		
CystinePhenylalanine		0.149		0	BFZN	4		0.339		
Tyrosine		0.362		0	BFZN	4		0.199		
Valine	-	0.857		0	BFZN	4		0.471		
Arginine		0.812		0	BFZN	4		0.447		
Histidine		0.448		0	BFZN	4		0.246		
Alanine		0.830		0	BFZN	4		0.457		
Aspartic acid		1.164		0	BFZN	4		0.640		
Glutamic acid		2.195		0	BFZN	4		1.207		
Glycine	g	1.096		0	BFZN	4		0.603		
Proline	g	0.850		0	BFZN	4		0.468		
Serine	g	0.694		0	BFZN	4		0.382		
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0	z	7		0.0		
Caffeine		0		0	z	7		0		
Theobromine		0		0	z	7		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 = 55g: .25 cup

NDB No. 07911 Liverwurst spread

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<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	<u>[</u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	52.50	1.937	3		1		14.70	29.93		
Energy	kcal	308		0	NC	4		86	176		
Energy	kj	1289				4		361	735		
Protein (N x 6.25)	g	14.40	0.636	3		1		4.03	8.21		
Total lipid (fat)	g	26.20	2.455	3		1		7.34	14.93		
Ash		4.00	0.153	3		1		1.12	2.28		
Carbohydrate, by difference	g	2.90		0	NC	4		0.81	1.65		
Fiber, total dietary		0.0		0	Z	7		0.0	0.0		
Sugars, total	g	0.00		0	Z	7		0.00	0.00		
Starch	g										
Minerals:											
Calcium, Ca	ma	11	0.667	3		1		3	6		
Iron, Fe	-	2.32	0.303	3		1		0.65	1.32		
Magnesium, Mg	-	14	0.577	3		1		4	8		
Phosphorus, P		119	4.484	3		1		33	68		
Potassium, K	•	208	15.452	3		1		58	119		
Sodium, Na	mg	1329	36.129	3		1		372	758		
Zinc, Zn	mg	2.53	0.066	3		1		0.71	1.44		
Copper, Cu	mg	0.120	0.009	3		1		0.034	0.068		
Manganese, Mn		0.045	0.006	3		1		0.013	0.026		
Selenium, Se	mcg	22.3		0	BFNN	4		6.2	12.7		
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		0		7		0.0	0.0		
Thiamin	-	0.110	0.006	3		1		0.031	0.063		
Riboflavin	-	0.220		3		1		0.062	0.125		
Niacin	_	3.660	0.318	3		1		1.025	2.086		
Pantothenic acid	-	0.520		1		1		0.146	0.296		
Vitamin B-6	_	0.190	0.012	3		1		0.053	0.108		
Folate, total	mcg	5		1		1		1	3		
Folic acid		0		0	z	7		0	0		
Folate, food		5		1		1		1	3		
Folate, DFE	mcg_DFE	5		0	NC	4		1	3		
Vitamin B-12		3.89	0.240	3		1		1.09	2.22		
Vitamin A, IU		0		1		1		0	0		
Vitamin A, RAE		0		0	AS	1		0	0		
Retinol		0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)		0.22		0	NR	4		0.06	0.13		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, deltaVitamin D											
Vitamin D Vitamin K (phylloquinone)		1.8		0	CASN	4		0.5	1.0		
vitamin K (phynoquinone)	Illeg	1.0		U	CASI	-		0.5	1.0		
<u>Lipids:</u>											
Fatty acids, total saturated	g	11.180		0		1		3.130	6.373		
4:0	g	0.000		3		1		0.000	0.000		
6:0	g	0.000		3		1		0.000	0.000		
8:0	g	0.000		3		1		0.000	0.000		
10:0	-	0.030		3		1		0.008	0.017		
12:0		0.010		3		1		0.003	0.006		
13:0				_		_		_			
14:0		0.750		3		1		0.210	0.428		
15:0				_		_					
16:0		6.310		3		1		1.767	3.597		
17:0	_	4 050		2				1 140	0.000		
18:0	_	4.070		3		1		1.140	2.320		
20:0	_										
	(1										

		<u>Aı</u>	mount in 10			ble portic	<u>on</u>		edible portion of easures of food	
Nutrients and Unit	s	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		12.230		0		1		3.424	6.971	
14:1 15:1	-									
16:1 undifferentiated	_	1.540	ı	3		1		0.431	0.878	
17:1	_	1.540		,		-		0.431	0.070	
18:1 undifferentiated	-	10.700	ı	3		1		2.996	6.099	
20:1		0.000		3		1		0.000	0.000	
22:1 undifferentiated		0.000		3		1		0.000	0.000	
24:1 c	•	0.000		5		-		0.000	0.000	
Fatty acids, total polyunsaturated		0.870	ı	0		1		0.244	0.496	
18:2 undifferentiated		0.650		3		1		0.182	0.371	
18:3 undifferentiated		0.030		3		1		0.059	0.120	
18:4		0.000		3		1		0.009	0.000	
20:2 n-6 c.c.	-	···-		-		-		0.000	••••	
20:3 undifferentiated	-									
20:4 undifferentiated		0.000	ı	3		1		0.000	0.000	
20:5 n-3	-	0.000		3		1		0.000	0.000	
22:5 n-3	_	0.000				1		0.000	0.000	
22:6 n-3		0.000		3		1		0.000	0.000	
Fatty acids, total trans				-				*		
Cholesterol		64	9.3	87 3		1		18	36	
Phytosterols		* =		· -		-			~ -	
-										
Amino Acids:										
Tryptophan		0.103		0		1		0.029	0.059	
Threonine	-	0.561		0		1		0.157	0.320	
Isoleucine	-	0.540		0		1		0.151	0.308	
Leucine	-	0.993		0		1		0.278	0.566	
Lysine		1.104		0		1		0.309	0.629	
Methionine		0.317		0		1		0.089	0.181	
Cystine	g	0.149		0		1		0.042	0.085	
Phenylalanine		0.508		0		1		0.142	0.290	
Tyrosine	-	0.386		0		1		0.108	0.220	
Valine	-	0.623		0		1		0.174	0.355	
Arginine	g	0.996		0		1		0.279	0.568	
Histidine		0.377		0		1		0.106	0.215	
Alanine	g	0.989		0		1		0.277	0.564	
Aspartic acid	g	1.223	i	0		1		0.342	0.697	
Glutamic acid		1.987		0		1		0.556	1.133	
Glycine	g	1.361		0		1		0.381	0.776	
Proline	g	0.943		0		1		0.264	0.538	
Serine	g	0.575	i	0		1		0.161	0.328	
Hydroxyproline	g									
Others:										
	a	0.0		0		7		0.0	0.0	
Alcohol, ethyl		0.0		0	z	7		0.0	0.0	
		0		0	Z	7		0	0	
Theobromine	!!!!9	U		U	2	,		U	U	
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		0		0	Z	7		0.000	0.000	
Lycopene	mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 28g: 1 slice (1 oz) (4" x 4" x 3/32" thick)

Measure 2 = 57g: 2 slices

NDB No. 07042

Luncheon meat, beef, loaved

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.68

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u> 1	mount in 100	grams	of edib	le portio	<u>n</u>		edible portion	
Nutrients and Uni	ts	Mean			Deriv	Source Code	Confidence Code	me Measure 1	easures of food Measure 2	<u>l</u> Measure
Nutrionio una om		Mean	Ota. Error					measure 1	measure 2	Measure
Proximates:										
Water	-	68.65		4	A	1		48.74		
Energy		149		0	NC	4		106		
Energy		623		0	NC	4		443		
Protein (N x 6.25)		19.10		4	A	1		13.56		
Total lipid (fat)	g	7.10		4	A	1		5.04		
Ash	g	4.28		4	A	1		3.04		
Carbohydrate, by difference	g	0.88		0	NC	4		0.62		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minerals:	me				-			-		
Calcium, Ca		11		4	A	1		7		
Iron, Fe.		2.07		4	A	1 1		1.47		
Magnesium, Mg		19	0.19			_		13		
Phosphorus, P		168	15.49			1		119		
Potassium, K		429	18.05		_	1		305		
Sodium, Na		1413		4	A	1		1003		
Zinc, Zn		3.98	0.21			1		2.83		
Copper, Cu		0.034	0.01	3 10		1		0.024		
Manganese, Mn										
Selenium, Se	mcg	28.2		1	A	1		20.0		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0		7		0.0		
Thiamin	-	0.080	0.00			1		0.057		
Riboflavin		0.190				1		0.135		
Niacin		4.265		2	A	1		3.028		
Pantothenic acid		4.203	,	_		-		3.020		
Vitamin B-6	_	0.340	0.11	5 3		1		0.241		
Folate, total		11	0.11	0		4		8		
Folic acid		0		0	z	7		0		
Folate, food		11		0	-	4		8		
Folate, DFE		11		0	NC	4		8		
		2.57	0.43		NC	1		1.82		
Vitamin B-12		0	0.43	93				0		
Vitamin A, IU		0		0	AS	1		0		
Vitamin A, RAE				-	AS	1				
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	• • • • • • • • • • • • • • • • • • • •	0.19		0	NR	4		0.13		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	1.6		0	CASN	4		1.1		
Lipids:										
Fatty acids, total saturated	а	2.936	5	0	NC	4		2.085		
4:0		0.000		0	2.0	1		0.000		
6:0		0.000		0		1		0.000		
8:0	-	0.000		0		1		0.000		
10:0	-	0.000		-		1		0.000		
	_	0.018				1				
12:0	_	0.018	, 0.00	, з		1		0.013		
13:0		0 166		1 3		1		0 110		
		0.166	0.03			1		0.118		
15:0		1 605	, , , , ,	4 2		1		1 141		
16:0	-	1.607	0.10	4 3		1		1.141		
17:0		1 100						0.000		
18:0		1.127	0.08	7 3		1		0.800		
20:0	_									
22:0	a									

		<u>An</u>	mount in 10	0 grams	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 monounsaturat		3.103		0	NC	4		2.203		
14:1										
15:1		0.406	0.01	55 3		1		0.288		
16:1 undifferentiated 17:1		0.406	0.0	5 3		1		0.288		
18:1 undifferentiated		2.696	0.1	59 3		1		1.914		
20:1		0.000	0.1	0		1		0.000		
22:1 undifferentiated	-	0.000		0		1		0.000		
24:1 c	•	0.000		U		_		0.000		
Fatty acids, total polyunsaturate		0.351		0	NC	4		0.249		
18:2 undifferentiated		0.331	0.0	-	NC	1		0.249		
18:3 undifferentiated	-	0.037	0.0			1		0.026		
18:4	-	0.000	0.0	0		1		0.020		
20:2 n-6 c.c.		0.000		U		_		0.000		
20:3 undifferentiated	• • • • • • • • • • • • • • • • • • • •									
20:4 undifferentiated	-	0.000		0		1		0.000		
20:5 n-3		0.000		0		1		0.000		
22:5 n-3		0.000		0		1		0.000		
22:6 n-3		0.000		0		1		0.000		
Fatty acids, total trans	-	0.000		Ū		-		0.000		
Cholesterol		70		4	A	1		49		
Phytosterols	• • • • • • • • • • • • • • • • • • • •	, 0		-		-				
Others:										
Alcohol, ethyl	а	0.0		0		7		0.0		
Caffeine	-	0		0	z	7		0		
Theobromine	• • • • • • • • • • • • • • • • • • • •	0		0	z	7		0		
Carotenoids:	g	-		-	=	•		-		
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 = 71g: 1 package 2.5 ounces

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>A</u> 1	mount in 100 gi	rams of ec	ible porti	<u>on</u>	Amount in edible portion of common			
			Nur	mber			<u>m</u>	easures of food	<u>l</u>	
			of	Data Deri	/ Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	ints Cod	Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	65.72		1 2	. 1					
Energy	-	196		0 N						
0.		819		0 N						
Energy		15.23		1 2						
Protein (N x 6.25)		13.23		1 2						
Total lipid (fat)		3.80		1 2						
Ash		1.35		0 N						
Carbohydrate, by difference		0.0		1 A						
Fiber, total dietary										
Sugars, total		1.26		1 A	. 1					
Starch	g									
Minerals:										
Calcium, Ca	mg	39		1 A	1					
Iron, Fe	-	1.40		1 A	1					
Magnesium, Mg	mg	18		1 A	1					
Phosphorus, P	mg	109		0 BFZ	N 4					
Potassium, K	mg	461		1 A	1					
Sodium, Na	mg	1032		1 A	1					
Zinc, Zn	mg	2.20		1 A	1					
Copper, Cu	mg	0.100)	1 A	1					
Manganese, Mn	mg									
Selenium, Se	mcg	27.0		0 RE	4					
Vitamins:										
Vitamin C, total ascorbic acid	ma	38.5		1 A	1					
Thiamin		0.180)	0 MC						
Riboflavin		0.210		0 MC						
Niacin	-	3.450		0 MC						
Pantothenic acid				-	-					
Vitamin B-6		0.283	3	0 BF2	N 4					
Folate, total		4		0 BF2	N 4					
Folic acid		0		0 z	7					
Folate, food	mcg	4		0 BFZ	N 4					
Folate, DFE		4		0 NC	4					
Vitamin B-12		0.61		0 BF2	N 4					
Vitamin A, IU		0		1 A	1					
Vitamin A, RAE	mcg_RAE	0		0 AS	1					
Retinol		0		0 NF	4					
Vitamin E (alpha-tocopherol)	mg	0.24		0 NF	. 4					
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.0		0 CAZ	N 4					
Lipids:										
Fatty acids, total saturated	g	4.343	3	0 NC	4					
4:0		0.000		0 BFE						
6:0	-	0.000		0 BFE						
8:0	-	0.000		0 BFE	N 4					
10:0		0.023		0 BFE	N 4					
12:0	-	0.010)	1 A	1					
13:0	-									
14:0	-	0.144	ı	1 A	1					
15:0										
16:0	-	2.809)	1 A	1					
17:0	g									
18:0		1.356	5	1 A	1					
20:0										
22:0	-									
	g									

NDB No. 07909 Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite

	<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	6.753		0	NC	4				
14:1g	0.755		U	NC	7				
15:1g									
16:1 undifferentiatedg	0.433		1	A	1				
17:1			_		_				
18:1 undifferentiated	6.320		1	A	1				
20:1g	0.000		0	BFFN	4				
22:1 undifferentiatedg	0.000		0	BFFN	4				
24:1 cg									
Fatty acids, total polyunsaturated	1.414		0	NC	4				
18:2 undifferentiatedg	1.299		1	A	1				
18:3 undifferentiatedg	0.115		1	A	1				
18:4g	0.000		0	BFFN	4				
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	BFFN	4				
20:5 n-3g	0.000		0	BFFN	4				
22:5 n-3g	0.000		0	BFFN	4				
22:6 n-3g	0.000		0	BFFN	4				
Fatty acids, total transg									
Cholesterolmg	75		1	A	1				
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	z	7				
Caffeine mg	0		0	z	7				
Theobrominemg	0		0	z	7				
Carotenoids:									
Carotene, betamcg	0		0	z	7				
Carotene, alphamcg	0		0	z	7				
Cryptoxanthin, betamcg	0		0	Z	7				
Lycopene mcg	0		0	z	7				
Lutein + zeaxanthin mcg	0		0	z	7				

Common Measures:

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

NDB No. 07908 Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)

		<u>A</u>	mount in 100	<u>grams</u>	of edik	ne portio	<u>on</u>	Amount in	edible portion of	of common
			ı	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	51.70		1	A	1		28.95		
Energy	-	31.70		0	NC	4		176		
Energy		1318		0	NC	4		738		
		13.40		1	A	1		7.50		
Protein (N x 6.25) Total lipid (fat)		26.60		1	A	1		14.90		
Ash		3.70		1	A	1		2.07		
Carbohydrate, by difference		4.60		0	NC	4		2.58		
Fiber, total dietary		0.0		0	z	7		0.0		
Sugars, total		0.00		0	z	7		0.00		
Starch	_	0.00		ŭ	_	,		0.00		
Ainerals:										
Calcium, Ca	ma	0		0	z	7		0		
Iron, Fe	_	0.64		0	MC	9		0.36		
Magnesium, Mg	_	14		0	MC	9		8		
Phosphorus, P		151		0	BFZN	4		85		
Potassium, K		409		0	MC	9		229		
Sodium, Na		1330		1	A	1		745		
Zinc, Zn	mg	1.59		0	MC	9		0.89		
Copper, Cu	mg	0.051	L	0	BFZN	4		0.029		
Manganese, Mn										
Selenium, Se	mcg	22.9		0	RF	4		12.8		
/itamins:										
Vitamin C, total ascorbic acid		0.0	_	0	Z	7		0.0		
Thiamin	_	0.317		0	MC	9		0.178		
Riboflavin		0.176		0	MC	9		0.099		
Niacin	-	3.530)	0	MC	9		1.977		
Pantothenic acid Vitamin B-6	-	0.218	•	0	BFZN	4		0.122		
Folate, total	-	3	,	0	BFZN	4		2		
Folic acid		0		0	Z	7		0		
Folate, food		3		0	BFZN	4		2		
Folate, DFE		3		0	NC	4		2		
Vitamin B-12		0.45		0	BFZN	4		0.25		
Vitamin A, IU		0		1	A	1		0		
Vitamin A, RAE	mcg RAE	0		0	AS	1		0		
Retinol		0		0	NR	4		0		
Vitamin E (alpha-tocopherol)		0.42		0	NR	4		0.24		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.0		0	CAZN	4		0.0		
Lipids:										
Fatty acids, total saturated		8.955		0	NC	4		5.015		
4:0		0.000		0	BFFN	4		0.000		
6:0		0.000		0	BFFN	4		0.000		
8:0	_	0.000		0	BFFN	4		0.000		
10:0	_	0.022		0	BFFN	4		0.012		
12:0	-	0.022	4	0	BFFN	4		0.012		
13:0		0 315	7	^	Dum.	4		0 170		
14:0	-	0.317	,	0	BFFN	4		0.178		
15:0		E E 6	2	0	ייינונו	4		2 110		
16:0		5.569	7	U	BFFN	4		3.119		
17:0		2 00	•	^	Dum.	4		1 604		
18:0		3.026	•	0	BFFN	4		1.694		
20:0	_									
22:0	g g									

NDB No. 07908 Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)

	<u>Ar</u>	nount in 10			ole portio	<u>on</u>		edible portion o	f common
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
	12.110		0	NC	4		6.782		
Fatty acids, total monounsaturatedg 14:1g	12.110		U	NC	4		6.782		
14:1									
16:1 undifferentiatedg	0.764		0	BFFN	4		0.428		
17:1g	01.01		•		-		0.120		
18:1 undifferentiated	11.150		0	BFFN	4		6.244		
20:1g	0.196		0	BFFN	4		0.110		
22:1 undifferentiatedg	0.000		0	BFFN	4		0.000		
24:1 cg									
Fatty acids, total polyunsaturated9	1.810		0	NC	4		1.014		
18:2 undifferentiated	1.696		0	BFFN	4		0.950		
18:3 undifferentiated	0.068		0	BFFN	4		0.038		
18:4g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiated	0.047		0	BFFN	4		0.026		
20:5 n-3g	0.000		0	BFFN	4		0.000		
22:5 n-3g	0.000		0	BFFN	4		0.000		
22:6 n-3g	0.000		0	BFFN	4		0.000		
Fatty acids, total transg									
Cholesterolmg	71		1	A	1		40		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0		
Caffeinemg	0		0	Z	7		0		
Theobrominemg	0		0	Z	7		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		
Lycopenemcg	0		0	Z	7		0.000		
Lutein + zeaxanthinmcg	0		0	Z	7		0.000		

Common Measures:

Measure 1 = 56g: 2 oz 1 NLEA serving

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Nutrients and Unit							Amount in edible portion of common			
Nutrients and Unit			Nu	mber	•			<u>m</u>	easures of food	<u> </u>
Nutrients and Unit			of	Data	Deriv	Source	Confidence			
	s	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	49.28	0.535	5		1		13.80	28.09	
Energy	kcal	353		0	NC	4		99	201	
Energy	kj	1477				4		414	842	
Protein (N x 6.25)	g	12.59	0.304	5		1		3.53	7.18	
Total lipid (fat)	g	32.16	0.521	5		1		9.00	18.33	
Ash	g	3.64	0.075	5		1		1.02	2.07	
Carbohydrate, by difference	g	2.33		0	NC	4		0.65	1.33	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
M:										
Minerals:	ma	9	0.860	5		1		3	5	
Calcium, Ca Iron, Fe	-	0.86	0.860	5		1		0.24	0.49	
Magnesium, Mg	-	14	1.613	6		1		4	8	
Phosphorus, P		86	8.820	5		1		24	8 49	
Potassium, K	-	202	6.116	5		1		57	115	
Sodium. Na.	-	1293	42.492	5		1		362	737	
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	1.66	0.140	5		1		0.46	0.95	
Copper, Cu		0.040		5		1		0.011	0.023	
Manganese, Mn		0.029		4		1		0.008	0.017	
Selenium, Se		28.6	0.000	0	BFNN	4		8.0	16.3	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.0		0		7		0.0	0.0	
Thiamin	-	0.314		5		1		0.088	0.179	
Riboflavin	_	0.152		5		1		0.043	0.087	
Niacin	-	2.830		5		1		0.792	1.613	
Pantothenic acid	-	0.630		3		1		0.176	0.359	
Vitamin B-6	-	0.200		5		1		0.056	0.114	
Folate, total		6	1.400	4	_	1		2	3	
Folic acid		0		0	Z	7		0	0	
Folate, food		6	1.400	4		1		2	3	
Folate, DFE		6	0.160	0	NC	4		2	3	
Vitamin B-12		1.28 0	0.163	4		1		0.36 0	0.73	
Vitamin A, IU		0		0		4		0	0 0	
Vitamin A, RAE		0		0	AS Z	1 7		0		
Retinol		0.22		0	NR	4		0.06	0 0.13	
Vitamin E (alpha-tocopherol)		0.22		U	NR	4		0.06	0.13	
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		1.6		0	BFZN	4		0.4	0.9	
, manner (p.n.) noquinone)										
<u>Lipids:</u>										
Fatty acids, total saturated		11.590		0		1		3.245	6.606	
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	-	0.080		2		1		0.022	0.046	
12:0		0.050		2		1		0.014	0.029	
13:0		A 465	0 00=	_						
14:0		0.480	0.027	5		1		0.134	0.274	
15:0				_		_		a		
16:0		7.090	0.215	5		1		1.985	4.041	
17:0	-	2 222	0 1 1 5	_				1 000	0 017	
18:0	-	3.890	0.165	5		1		1.089	2.217	
20:0	-									
22:0 24:0	-									

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 Fatty acids, total polyunsaturated 9 18:2 undifferentiated 9 18:3 undifferentiated 9 18:4 9 20:2 n-6 c,c 9 20:3 undifferentiated 9 20:4 undifferentiated 9 20:5 n-3 9 22:5 n-3 9 22:6 n-3 9 Fatty acids, total trans 9 Cholesterol mg Phytosterols mg Amino Acids:	Mean 15.090 1.350 13.740 0.000 0.000 3.740 3.160 0.580	of E Std. Error Poi 0.075 0.273	0 5 5		Confidence Code	Measure 1	Measure 2	Measure 3
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 Fatty acids, total polyunsaturated 9 18:2 undifferentiated 9 18:3 undifferentiated 9 18:4 9 20:2 n-6 c,c 9 20:3 undifferentiated 9 20:4 undifferentiated 9 20:5 n-3 9 22:5 n-3 9 22:6 n-3 9 Fatty acids, total trans 9 Cholesterol mg Phytosterols mg	1.350 13.740 0.000 0.000 3.740 3.160	0.075 0.273	5			4.225	8.601	
14:1	1.350 13.740 0.000 0.000 3.740 3.160	0.075 0.273	5			4.225	8.601	
15:1	13.740 0.000 0.000 3.740 3.160	0.273	5	1				
16:1 undifferentiated	13.740 0.000 0.000 3.740 3.160	0.273	5	1				
17:1	13.740 0.000 0.000 3.740 3.160	0.273	5			0.378	0.770	
18:1 undifferentiated 9 20:1 9 22:1 undifferentiated 9 24:1 c 9 Fatty acids, total polyunsaturated 9 18:2 undifferentiated 9 18:3 undifferentiated 9 20:2 n-6 c,c 9 20:3 undifferentiated 9 20:4 undifferentiated 9 20:5 n-3 9 22:5 n-3 9 22:6 n-3 9 Fatty acids, total trans 9 Cholesterol mg Phytosterols mg Amino Acids:	0.000 0.000 3.740 3.160					-		
20:1	0.000 0.000 3.740 3.160			1		3.847	7.832	
22:1 undifferentiated g 24:1 c	0.000 3.740 3.160		0	1		0.000	0.000	
24:1 c	3.740 3.160		0	1		0.000	0.000	
Fatty acids, total polyunsaturated 9 18:2 undifferentiated 9 18:3 undifferentiated 9 18:4 9 20:2 n-6 c,c 9 20:3 undifferentiated 9 20:4 undifferentiated 9 20:5 n-3 9 22:5 n-3 9 22:6 n-3 9 Fatty acids, total trans 9 Cholesterol mg Phytosterols mg Amino Acids:	3.160							
18:2 undifferentiated 9 18:3 undifferentiated 9 18:4 9 20:2 n-6 c,c 9 20:3 undifferentiated 9 20:4 undifferentiated 9 20:5 n-3 9 22:5 n-3 9 22:6 n-3 9 Fatty acids, total trans 9 Cholesterol mg Phytosterols mg Amino Acids:			0	1		1.047	2.132	
18:3 undifferentiated .g 18:4 .g 20:2 n-6 c,c .g 20:3 undifferentiated .g 20:4 undifferentiated .g 20:5 n-3 .g 22:5 n-3 .g 22:6 n-3 .g Fatty acids, total trans .g Cholesterol .mg Phytosterols .mg Amino Acids:			5	1		0.885	1.801	
18:4			5	1		0.162	0.331	
20:2 n-6 c,c	0.000		0	1		0.000	0.000	
20:3 undifferentiated 9 20:4 undifferentiated 9 20:5 n-3 9 22:5 n-3 9 22:6 n-3 9 Fatty acids, total trans 9 Cholesterol mg Phytosterols mg Amino Acids:			-			-		
20:4 undifferentiated g 20:5 n-3 g 22:5 n-3 g 22:6 n-3 g Fatty acids, total trans g Cholesterol mg Phytosterols mg Amino Acids:								
20:5 n-3	0.000		0	1		0.000	0.000	
22:5 n-3 g 22:6 n-3 g Fatty acids, total trans g Cholesterol mg Phytosterols mg Amino Acids:	0.000		0	1		0.000	0.000	
22:6 n-3 g Fatty acids, total trans g Cholesterol mg Phytosterols mg Amino Acids:	0.000		0	1		0.000	0.000	
Fatty acids, total trans	0.000		0	1		0.000	0.000	
Cholesterol mg Phytosterols mg Amino Acids:			-			*		
Phytosterolsmg Amino Acids:	55	10.975	3	1		15	31	
Amino Acids:	0		0	4		0	0	
	-		ŭ	=		ŭ	•	
_								
Tryptophang	0.133		1	1		0.037	0.076	
Threonineg	0.544		1	1		0.152	0.310	
Isoleucineg	0.643		1	1		0.180	0.367	
Leucineg	1.048		1	1		0.293	0.597	
Lysineg	1.185		2	1		0.332	0.675	
Methionineg	0.288		2	1		0.081	0.164	
Cystineg	0.230		1	1		0.064	0.131	
Phenylalanineg	0.510		1	1		0.143	0.291	
Tyrosineg	0.502		1	1		0.141	0.286	
Valineg	0.713		1	1		0.200	0.406	
Arginine9	0.925		1	1		0.259	0.527	
Histidine	0.405		1	1		0.113	0.231	
Alanineg	0.806		0	1		0.226	0.459	
Aspartic acidg	1.312		1	1		0.367	0.748	
Glutamic acid	1.769		1	1		0.495	1.008	
Glycineg	0.985		1	1		0.276	0.561	
Proline	0.729		1	1		0.204	0.416	
Serine	0.528		1	1		0.148	0.301	
Hydroxyproline			_	-		• • •		
Others:								
Alcohol, ethylg	0.0		0	7		0.0	0.0	
Caffeine mg	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, alpha mcg	0		0 Z	7		0.000	0.000	
Cryptoxanthin, betamcg	0		0 z	7		0.000	0.000	
Lycopenemcg	Ö		0 Z	7		0.000	0.000	
Lutein + zeaxanthinmcg	-		0 Z	7		0.000	0.000	

Common Measures:

Measure 1 = 28g: 1 slice (1 oz)

Measure 2 = 57g: 1 slice (4" x 4" x 3/32" thick)

NDB No. 07047

Luncheon meat, pork, beef

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>Aı</u>	mount in 100 g	rams	of edik	ole portio	<u>n</u>	Amount in	edible portion	of common
			Nu	mber				m	easures of food	
					Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
D										
Proximates: Water	q	51.50	0.442	8		1		14.60	10.82	
Energy		334		0	NC	4		95	70	
Energy		1397				4		396	293	
Protein (N x 6.25)		12.50	0.179	8		1		3.54	2.63	
Total lipid (fat)		30.30	0.451	8		1		8.59	6.36	
Ash		3.60	0.033	8		1		1.02	0.76	
Carbohydrate, by difference		2.10		0	NC	4		0.60	0.44	
Fiber, total dietary	g	0.0		0	z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch										
3.4° 1										
Minerals:	ma	c		1		1		2	1	
Calcium, Ca	-	6 0.72	0.077	1 8		1 1		2 0.20	1 0.15	
Iron, Fe		10	0.077	8		1		0.20 3	0.15	
Phosphorus, P		82	5.835	8		1		23	17	
Potassium, K	_	215	8.026	8		1		61	45	
Sodium, Na		1289	8.677	8		1		365	271	
Zinc, Zn		1.48	0.053	8		1		0.42	0.31	
Copper, Cu		0.037		8		1		0.010	0.008	
Manganese, Mn		0.024		1		1		0.007	0.005	
Selenium, Se		28.0		2	A	1		7.9	5.9	
Vitamina										
Vitamins:	ma	1.0	0 567			1		0.2	0.0	
Vitamin C, total ascorbic acid		1.0 0.367	0.567 0.031	8		1		0.3 0.104	0.2 0.077	
ThiaminRiboflavin		0.367		8 8		1		0.104	0.077	
Niacin		3.126		8		1		0.886	0.656	
Pantothenic acid	_	0.473		3		1		0.134	0.099	
Vitamin B-6		0.210		8		1		0.060	0.044	
Folate, total	-	6	0.010	1		1		2	1	
Folic acid		0		0	z	7		0	0	
Folate, food		6		1		1		2	1	
Folate, DFE	mcg DFE	6		0	NC	4		2	1	
Vitamin B-12		0.90	0.039	8		1		0.26	0.19	
Vitamin A, IU		0		1		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.26		0	NR	4		0.07	0.05	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.0		0	BFZN	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	10.790	1	0		1		3.059	2.266	
4:0		0.000	1	8		1		0.000	0.000	
6:0	g	0.000)	8		1		0.000	0.000	
8:0	g	0.000)	8		1		0.000	0.000	
10:0	g	0.080	1	8		1		0.023	0.017	
12:0	-	0.060	1	8		1		0.017	0.013	
13:0	_									
14:0	_	0.370)	8		1		0.105	0.078	
15:0	_									
16:0		6.680)	8		1		1.894	1.403	
17:0	_									
18:0	_	3.590	1	8		1		1.018	0.754	
20:0 22:0	_									

		<u>Aı</u>	mount in 10			ole portic	<u>on</u>		edible portion of easures 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 monounsaturate	dg	14.290		0		1		4.051	3.001	
14:1	_									
15:1	-									
16:1 undifferentiated	-	1.140		8		1		0.323	0.239	
17:1	-									
18:1 undifferentiated	_	13.140		8		1		3.725	2.759	
20:1	-	0.000		8		1		0.000	0.000	
22:1 undifferentiated	•	0.000		8		1		0.000	0.000	
24:1 c										
Fatty acids, total polyunsaturated		3.560		0		1		1.009	0.748	
18:2 undifferentiated		3.080		8		1		0.873	0.647	
18:3 undifferentiated	-	0.470		8		1		0.133	0.099	
18:4		0.000		8		1		0.000	0.000	
20:2 n-6 c,c	_									
20:3 undifferentiated				_				_		
20:4 undifferentiated	_	0.000		8		1		0.000	0.000	
20:5 n-3	-	0.000		8		1		0.000	0.000	
22:5 n-3		0.000	0.00			1		0.000	0.000	
22:6 n-3		0.000		8		1		0.000	0.000	
Fatty acids, total trans										
Cholesterol	-	62	7.84	17 7		1		18	13	
Phytosterols	mg									
Amino Acids:										
Tryptophan	α	0.122		0		1		0.035	0.026	
Threonine		0.487		0		1		0.138	0.102	
Isoleucine	-	0.571		0		1		0.162	0.120	
Leucine		0.952		0		1		0.270	0.200	
Lysine	-	0.931		0		1		0.264	0.196	
Methionine		0.333		0		1		0.094	0.070	
Cystine		0.214		0		1		0.061	0.045	
Phenylalanine		0.491		0		1		0.139	0.103	
Tyrosine		0.383		0		1		0.109	0.080	
Valine	-	0.653		0		1		0.105	0.137	
Arginine	-	0.867		0		1		0.246	0.182	
Histidine		0.357		0		1		0.101	0.182	
	<u>-</u>	0.877		0		1		0.249	0.184	
Alanine		1.148		0		1		0.325	0.184	
Aspartic acid		1.837		0		1		0.521	0.241	
Glutamic acid	-	1.080		0		1		0.321		
Glycine									0.227	
Proline	• • • • • • • • • • • • • • • • • • • •	0.679		0 0		1		0.192	0.143	
Serine		0.497		U		1		0.141	0.104	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	q	0.0		0		7		0.0	0.0	
Caffeine		0		0	z	7		0	0	
Theobromine		0		0	z	7		0	0	
Carotenoids:		-		-				-	-	
								_		
Carotene, beta		0		0	Z	7		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	mcg	0		0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 21g: 1 slice $(4-1/4" \times 4-1/4" \times 1/16")$

NDB No. 07045

Luncheon meat, pork, canned

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.68

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Refuse: 0%

Nutrients and Units			A	mount in 100			ole portio	<u>on</u>		edible portion o	of common
Water	Nutrients and Un	its	Mean		of Data	Deriv			_		Measure 3
Water											
Exergy		a	55 50		1	7	1		31 00		
Exergy		-									
Protein N N o 2 2 3 2 5 5 3 4 1 1,00					•		_				
Total Input (fam. 9 25.10 1 A 1 1.4.06 Ash. 9 3.50 1 A 1 A 1 1.96 Carbolydrae, by difference. 9 3.60 0 NC 4 1.50 Fiber, total distance. 9 0.0 0 Z 7 0.00 Sugars, total. 9 0.00 0 Z 7 0.00 Sugars, total. 9 0.00 0 Z 7 0.00 Sugars, total. 9 0 0.00 0 Z 7 0.00 Sugars, total. 9 0 0.00 0 Z 7 0.00 Sugars, total. 9 0 0 0 Z 7 0.00 Sugars, total. 9 0 0 0 Z 7 0.00 Sugars, total. 9 0 0 0 Z 7 0.00 Sugars, total. 9 0 0 0 Z 7 0 0.00 Sugars, total. 9 0 0 0 Z 7 0 0.00 Sugars, total. 9 0 0 0 Z 7 0 0.00 Sugars, total. 9 0 0 0 Z 7 0 0.00 Sugars, total. 9 0 0 0 Z 7 0 0.00 Sugars, total. 9 0 0 0 Z 7 0 0.00 Sugars, total. 9 0 0 0 Z 7 0 0.00 Sugars, total. 9 0 0 0 Z 7 0 0.00 Sugars, total. 9 0 0 0 Z 7 0 0.00 Sugars, total. 9 0 0 0 Z 7 0 0.00 Sugars, total. 9 0 0 0 Z 7 0 0.00 Sugars, total. 9 0 0 0 Z 7 0 0.00 Sugars, total. 9 0 0 0 Z 7 0 0.00 Sugars, total. 9 0 0 0 Z 7 0 0.00 Sugars, total. 9 0 0 0 Z 7 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0					-						
Solution											
Carbolydrine, by difference	1 ()	-			_						
Fibre, roal dictury											
Sugars, Ideal					-		_				
Storch					-						
Minerals: Calcium, Ca.			0.00		U	4	,		0.00		
Talcium, Ca.	Starcii	9									
Inc. F.	Minerals:										
Magnesium, Mg. mg 14 1 MC. 9 8 Phosphorn, P. mg 109 1 RA 4 61 Phosphorn, P. mg 564 1 MC 9 316 Sodium, N. mg 946 1 MC 9 1.13 Coper, C. mg 0.046 1 MC 9 1.13 Coper, C. mg 0.046 1 MC 9 1.13 Scleniun, Sc. mg 25.0 0 RF 4 1.40 Witamin Sc. mg 43.0 1 A 1 24.1 Witamin C, total ascorbic acid. mg 0.179 1 LC 8 0.148 Bloothwin mg 0.253 0 BPEN 4 0.158 Polate, John mg 0.283 0 BPEN 4 0.158 Foliate, food mg 0.283 0 BPEN 4	*										
Phosphorus P.	5										
Potassian K											
Sodium, Na.	1 ,	•			_						
Zinc, Zn. mg 2.12 1 MC 9 1.19 Copper, Cu. mg 0.046 1 RA 4 0.026 Manganse, Mn. mg 25.0 0 RF 4 1.40 Vitamin, mg 25.0 0 RF 4 1.40 Vitamin, clotal ascorbic acid. mg 43.0 1 A 1 24.1 Thismin. mg 0.264 1 LC 8 0.100 Niscin. mg 0.179 1 LC 8 0.100 Niscin. mg 0.283 0 BEZN 4 0.158 Patotheric acid. mg 0 2.2 7 0 0 Piolate, food. mg 0.283 0 BEZN 4 2 Folate, food. mg 0 0 2 7 0 Folate, food. mg 0 0 BEZN 4 2 <td></td> <td></td> <td></td> <td></td> <td>_</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>					_						
Copper, Cu.	-										
Manganese, Mn. mg Sclenium, Sc. mog 25.0 0 RF 4 14.0 Vitamins: Witamin C, total ascorbic acid. mg 43.0 1 A 1 24.1 Thiamin. mg 0.264 1 LC 8 0.148 Ribolavin. mg 0.179 1 LC 8 0.100 Niacin. mg 3.175 1 LC 8 0.100 Pantothenic acid. mg 1.278 Partothenic acid. mg 1.778 Patanthenic acid. mg 0.283 0 BFEN 4 0.158 Folate, food. mg 0.283 0 BFEN 4 0.158 Folate, food. mcg 0 0 EFEN 4 2 2 Folate, food. mcg 0 0 EFEN 4 2 2 Folate, food. mcg 4 0 BFEN 4 0.34	-			_							
Selenium, Se. mog 25.0 0 RF 4 14.0	** '		0.046	5	1	RA	4		0.026		
Vitamins: Vitamin C, total ascorbic acid. mg 43.0 1 A 1 24.1 Thiamin. mg 0.264 1 LC 8 0.148 Rboflavin. mg 0.179 1 LC 8 0.100 Niacin. mg 3.175 1 LC 8 0.100 Niacin. mg 3.175 1 LC 8 0.100 Pantothenic acid. mg 0 BEZN 4 0.158 Folate, Cold. mg 0 0 BEZN 4 2 Folate, Cold. mcg 4 0 BEZN 4 2 Folate, Cold. mcg 4 0 BEZN 4 2 Folate, Cold. mcg 4 0 BEZN 4 0.34 Vitamin B-12. mcg 0.61 0 BEZN 4 0.34 Vitamin A, Clu. mcg 0 0 NR 4	9		05.0		•				14.0		
Vitamin C, total ascorbic acid	Selenium, Se	mcg	25.0		0	RF	4		14.0		
Thiamin	Vitamins:										
Riboflavin	Vitamin C, total ascorbic acid	mg	43.0		1	A	1		24.1		
Nacin	Thiamin	mg	0.264	Į.	1	LC	8		0.148		
Pantothenic acid. mg	Riboflavin	mg	0.179)	1	LC	8		0.100		
Vitamin B-6. mg 0.283 0 BFZN 4 0.158 Folate, total mcg 4 0 BFZN 4 2 Folate, DE mcg 4 0 BFZN 4 2 Folate, DFE mcg_DFE 4 0 NC 4 2 Vitamin B-12 mcg 0.61 0 BFZN 4 0.34 Vitamin A, IU IU 0 1 A 1 0 Vitamin E, (alpha-tocopherol) mcg 0 NR 4 0 Retinol mcg 0 NR 4 0 Vitamin E (alpha-tocopherol) mg 0.24 0 NR 4 0.14 Tocopherol, delta mg 0 NR 4 0.04 0.14 Vitamin K (phylloquinone) mcg 0.0 0 CAZN 4 0.0 Vitamin E (alpha-tocopherol) mcg 0.0 0 DEFN 4 0.0	Niacin	mg	3.175	i	1	LC	8		1.778		
Folate, total	Pantothenic acid	mg									
Folia cid. meg 0 0 0 2 7 7 0 Folia cid. meg 4 0 BFZN 4 2 2 Foliate, food. meg 4 0 BFZN 4 2 2 Foliate, food. meg Meg 0 6 1 0 NC 4 2 2 Foliate, food. meg 0 6 6 1 0 NC 4 2 2 Foliate, food. meg 0 6 6 1 0 NC 4 2 2 Foliate, food. meg 0 6 6 1 NC 4 0 34 5 1 0 7 5 Foliate, food. meg 0 0 NC 4 NC 4			0.283	3	0	BFZN	4		0.158		
Folate, food. mcg	Folate, total	mcg	4		0	BFZN	4		2		
Folate, DFE			0		0	Z	7				
Vitamin B-12. mcg 0.61 0 BFZN 4 0.34 Vitamin A, IU. IU 0 1 A 1 0 Vitamin A, RAE mcg 0 0 As 1 0 Retinol mcg 0 0 NR 4 0 Vitamin E (alpha-tocopherol) mg 0.24 0 NR 4 0.14 Tocopherol, beta mg 1 0 NR 4 0.14 Tocopherol, gamma mg 0 2 0 NR 4 0.14 Tocopherol, gamma mg 0 CAZN 4 0.14 0.14 Tocopherol, gamma mg 0 CAZN 4 0.00 0.00 Vitamin K (phylloquinone) mcg 0.0 0 CAZN 4 0.0 Eith scids, total saturated 9 0.000 0 BFFN 4 0.000 8:0 9 0.000 0			-								
Vitamin A, IU. IU 0 1 A 1 0 Vitamin A, RAE mcg_RAE 0 0 As 1 0 Retinol mcg 0 0 NR 4 0 Vitamin E (alpha-tocopherol) mg 0.24 0 NR 4 0.14 Tocopherol, beta mg 7 0 NR 4 0.14 Tocopherol, gamma mg 0 2			-								
Vitamin A, RAE mcg_RAE 0 as 1 0 Retinol mcg 0 0 NR 4 0 Vitamin E (alpha-tocopherol) mg 0.24 0 NR 4 0.14 Tocopherol, beta mg 1 1 1 1 1 Tocopherol, gamma mg 7 2					-	BFZN					
Retinol. mcg 0 0 NR 4 0 Vitamin E (alpha-tocopherol). mg 0.24 0 NR 4 0.14 Tocopherol, gamma. mg Tocopherol, gamma. mg Vitamin D. IU Vitamin K (phylloquinone). UI Lipids: Fatty acids, total saturated. 9 8.873 0 NC 4 4.969 4:0. 9 0.000 0 BFFN 4 0.000 6:0. 9 0.000 0 BFFN 4 0.000 8:0. 9 0.000 0 BFFN 4 0.000 8:0. 9 0.044 0 BFFN 4 0.025 12:0. 9 0.047 0 BFFN 4 0.026 13:0. 9 0.311 0 BFFN 4 0.174 15:0. 9 5.839 0 BFFN 4 0.174											
Vitamin E (alpha-tocopherol) .mg 0.24 0 NR 4 0.14 Tocopherol, beta. .mg											
Tocopherol, beta											
Tocopherol, gamma	• • •		0.24		0	NR	4		0.14		
Tocopherol, delta											
Vitamin D. IU Vitamin K (phylloquinone) mcg 0.0 0 CAZN 4 0.0 Lipids: Fatty acids, total saturated g 8.873 0 NC 4 4.969 4:0. g 0.000 0 BFFN 4 0.000 6:0. g 0.000 0 BFFN 4 0.000 8:0. g 0.000 0 BFFN 4 0.000 8:0. g 0.044 0 BFFN 4 0.025 12:0. g 0.047 0 BFFN 4 0.026 13:0. g 0.311 0 BFFN 4 0.174 15:0. g 5.839 0 BFFN 4 0.174 17:0. g 5.839 0 BFFN 4 3.270 18:0. g 2.632 0 BFFN 4 1.474 20:0. g 2.632 0 BFFN 4 1.474											
Vitamin K (phylloquinone) mcg 0.0 CAZN 4 0.0 Lipids: Fatty acids, total saturated .9 8.873 0 NC 4 4.969 4:0. .9 0.000 0 BFFN 4 0.000 6:0. .9 0.000 0 BFFN 4 0.000 8:0. .9 0.044 0 BFFN 4 0.025 12:0. .9 0.047 0 BFFN 4 0.026 13:0. .9 14:0. .9 0.311 0 BFFN 4 0.174 15:0. .9 5.839 0 BFFN 4 3.270 17:0. .9 18:0. .9 2.632 0 BFFN 4 1.474	• •										
Lipids: Fatty acids, total saturated 9 8.873 0 NC 4 4.969 4:0. 9 0.000 0 BFFN 4 0.000 6:0. 9 0.000 0 BFFN 4 0.000 8:0. 9 0.000 0 BFFN 4 0.000 10:0. 9 0.044 0 BFFN 4 0.025 12:0. 9 0.047 0 BFFN 4 0.026 13:0. 9 0.311 0 BFFN 4 0.174 15:0. 9 5.839 0 BFFN 4 3.270 17:0. 9 18:0. 9 2.632 0 BFFN 4 1.474 20:0. 9			0.0		0	CAZN	4		0.0		
Fatty acids, total saturated 9 8.873 0 NC 4 4.969 4:0 9 0.000 0 BFFN 4 0.000 6:0 9 0.000 0 BFFN 4 0.000 8:0 9 0.044 0 BFFN 4 0.025 12:0 9 0.047 0 BFFN 4 0.026 13:0 9 14:0 9 0.311 0 BFFN 4 0.174 15:0 9 5.839 0 BFFN 4 3.270 17:0 9 2.632 0 BFFN 4 1.474 20:0 9 2.632 0 BFFN 4 1.474	vitamin K (phynoquinone)	Illog	0.0		U	CAZN	-		0.0		
4:0. 9 0.000 0 BFFN 4 0.000 6:0. 9 0.000 0 BFFN 4 0.000 8:0. 9 0.000 0 BFFN 4 0.000 10:0. 9 0.044 0 BFFN 4 0.025 12:0. 9 0.047 0 BFFN 4 0.026 13:0. 9 0.311 0 BFFN 4 0.174 15:0. 9 5.839 0 BFFN 4 3.270 17:0. 9 18:0. 9 2.632 0 BFFN 4 1.474 20:0. 9 2.632 0 BFFN 4 1.474	<u>Lipids:</u>										
6:0			8.873	3	0	NC	4		4.969		
8:0.	4:0	g	0.000)	0	BFFN	4		0.000		
10:0.											
12:0											
13:0											
14:0			0.047	1	0	BFFN	4		0.026		
15:0		-			_		_				
16:0			0.311		0	BFFN	4		0.174		
17:0		-	F 000		^	D					
18:0		-	5.839	,	U	BFFN	4		3.270		
20:0g		-	2 620	,	0	Dunk	4		1 474		
		_	2.032	<u>-</u>	U	DFFN	4		1.4/4		
22:0g											

NDB No. 07906

Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodiur

Nutrients and Units Nutrients Nutrients and Units Nutrients Nutrients Nutrients and Units Nutrients Nutr			<u>Ar</u>	nount in 10	0 grams	of edib	le portio	<u>on</u>	Amount in edible portion of common		
Nutrients and Units					Number	•			<u>m</u>	easures of food	
Fatty acids, total monounsaturated 9	Nutrients and Units	S	Mean	Std. Error					Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated 9											
14:		-	12 240		0	NC	4		6 010		
15:1			12.340		U	NC	*		6.910		
1-16 undifferentiated. g											
17:1			1 160		0	DEEM	4		0 654		
18:1 undifferentiated.			1.168		U	BFFN	4		0.654		
20:1			11 172		0	DEEN	4		6 256		
22:1 undifferentiated		-									
24:1 c					-		-				
Fatty acids, total polyunsaturated			0.000		U	DFFN	*		0.000		
18.2 undifferentiated. 9			2 666		0	NC	4		1 402		
18:3 undifferentiated 9 0.230 0 BFFN 4 0.129 18:4 9 0.000 0 BFFN 4 0.000 20:2 n-6 c,c 9 20:3 undifferentiated 9 0.000 0 BFFN 4 0.000 20:5 n-3 9 0.000 0 BFFN 4 0.000 22:5 n-3 9 0.000 0 BFFN 4 0.000 22:6 n-3 9 0.000 0 BFFN 4 0.000 Fatty acids, total trans 9 0.000 0 BFFN 4 0.000 Phytosterols mg 76 1 A 1 42 Others: Alcohol, ethyl 9 0.0 0 Z 7 0.0 Carfeine mg 0 0 Z 7 0 Carctenoids: Carctene, beta mcg 0 0 Z 7 0.000 Cryptoxanthin, beta mcg 0					-						
18.4.		_					_				
20:2 n-6 c,c					-		=				
20:3 undifferentiated 9			0.000		U	BFFN	4		0.000		
20:4 undifferentiated	*	_									
20:5 n-3 9 0.000 0 BFFN 4 0.000 22:5 n-3 9 0.000 0 BFFN 4 0.000 22:6 n-3 9 0.000 0 BFFN 4 0.000 Fatty acids, total trans 9 Cholesterol mg 76 1 A 1 42 Phytosterols mg Others: Alcohol, ethyl 9 0.0 0 Z 7 0.0 Caffeine mg 0 0 Z 7 0 Theobromine mg 0 0 Z 7 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			0 000		^	DEEM			0.000		
22:5 n-3 g 0.000 0 BFFN 4 0.000 22:6 n-3 g 0.000 0 BFFN 4 0.000 Fatty acids, total trans g Cholesterol. mg 7 42 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 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-3 g 0.000 0 BFFN 4 0.000 Fatty acids, total trans. g Cholesterol mg 76 1 A 1 42 Phytosterols mg 0 0 z 7 0.0 Celebrates Alcohol, ethyl g 0.0 0 z 7 0 Caffeine mg 0 0 z 7 0 Theobromine mg 0 0 z 7 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. 9 Cholesterol mg 76 1 A 1 Phytosterols mg Cothers: Alcohol, ethyl 9 0.0 0 z 7 0.0 Caffeine mg 0 0 0 z 7 0 Theobromine mg 0 0 z 7 0 Carotene, beta mcg 0 0 z 7 0.000 Carotene, alpha mcg 0 0 z 7 0.000 Caryptoxanthin, beta mcg 0 0 z 7 0.000 Lycopene mcg 0 0 z 7 0.000		-			-						
Cholesterol mg 76 1 A 1 42 Phytosterols mg 76 1 A 1 42 Cholesterol mg 0 2 7 0 Carleine. mg 0 0 z 7 0 Carotene, emod 0 0 z 7 0 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		-	0.000		0	BFFN	4		0.000		
Phytosterols Others: Alcohol, ethyl g 0.0 z 7 0.0 Caffeine mg 0 z 7 0 Theobromine mg 0 z 7 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	2 ,	-			_	_	_				
Others: Alcohol, ethyl			76		1	A	1		42		
Alcohol, ethyl. g 0.0 0 z 7 0.0 Caffeine. mg 0 0 z 7 0 Theobromine. mg 0 0 z 7 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	Phytosterols	<u>ing</u>									
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	Others:										
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	Alcohol. ethyl	g	0.0		0	Z	7		0.0		
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			0		0	z	7		0		
Carotenoids: Carotene, beta		-	0		0	z	7		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											
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		0	z	7		0.000		
Lycopene			0		0	z	7		0.000		
J			0		0	z	7		0.000		
Lutein + zeaxantnin uicy 0 0 Z / 0.000	Lutein + zeaxanthin		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 = 56g: 2 oz 1 NLEA serving

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>A</u> 1	mount in 100 g	rams (of edik	ole portio	<u>n</u>		edible portion	
			Nu	mber				<u>m</u>	easures of food	<u>.</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	ints (Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	58.62	0.870	6		1		13.48	16.62	
Energy	kcal	260		0	NC	4		60	74	
Energy	kj	1088				4		250	308	
Protein (N x 6.25)	g	15.38	0.490	6		1		3.54	4.36	
Total lipid (fat)	g	20.90	0.625	6		1		4.81	5.93	
Ash	g	3.52	0.105	6		1		0.81	1.00	
Carbohydrate, by difference	g	1.58		0	NC	4		0.36	0.45	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
* ** 1										
Minerals:	ma	13	1.088	6		1		3	4	
Calcium, Ca	_	1.43	0.048	6		1		0.33	0.41	
Magnesium, Mg		1.43	0.048	6		1		3	4	
Phosphorus, P		122	7.342	6		1		28	4 35	
Potassium, K	•	245	9.888	6		1		56	69	
Sodium, Na	_	1182	32.498	6		1		272	335	
Zine, Zn	-	2.45	0.152	6		1		0.56	0.69	
Copper, Cu		0.080		6		1		0.018	0.023	
Manganese, Mn		0.042	0.005	4		1		0.010	0.012	
Selenium, Se		15.4		0	BFNN	4		3.5	4.4	
7*.										
<u>/itamins:</u>						_				
Vitamin C, total ascorbic acid	-	0.0		0		7		0.0	0.0	
Thiamin		0.217		6		1		0.050	0.062	
Riboflavin		0.195		6		1		0.045	0.055	
Niacin		3.527		6		1		0.811	1.000	
Pantothenic acid	_	0.370		2		1		0.085	0.105	
Vitamin B-6	_	0.200 3	0.018	6		1		0.046	0.057	
Foliate, total		0		0 0	z	4 7		1 0	1 0	
Folic acid		3		0	2	4		1	1	
Folate, foodFolate, DFE		3		0	NC	4		1	1	
Vitamin B-12		1.96	0.153	6	NC	1		0.45	0.56	
Vitamin A, IU		0	0.133	0		4		0.43	0	
Vitamin A, RAE		0		0		4		0	Ö	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)									-	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
ipids:										
Fatty acids, total saturated	a	7.620	1	0		1		1.753	2.160	
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	_	0.020		6		1		0.005	0.006	
12:0	_	0.020		6		1		0.005	0.006	
13:0		0.020	0.005	-		-		3.000	0.000	
14:0		0.300	0.009	6		1		0.069	0.085	
15:0	-								2.000	
16:0		4.630	0.151	6		1		1.065	1.313	
17:0										
18:0		2.650	0.076	6		1		0.610	0.751	
20:0										
22:0	_									
24:0	_									

		<u>Aı</u>	mount in 100			<u>on</u>	Amount in edible portion of common measures of food			
			-	Numbe	='			<u></u>	easures or 100u	
Nutrients and Uni	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	_	9.930		0		1		2.284	2.815	
14:1										
15:1						_			2 225	
16:1 undifferentiated		0.830	0.01	8 6		1		0.191	0.235	
17:1	-	0.110	0.01						0.500	
18:1 undifferentiated		9.110				1		2.095	2.583	
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 polyunsaturated		2.050		0		1		0.472	0.581	
18:2 undifferentiated	-	1.770				1		0.407	0.502	
18:3 undifferentiated	-	0.280				1		0.064	0.079	
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	_	64	3.56			1		15	18	
Phytosterols	<u>mg</u>	0		0		4		0	0	
Amino Acids:										
Tryptophan	а	0.162		0		1		0.037	0.046	
Threonine		0.664		0		1		0.153	0.188	
Isoleucine		0.785		0		1		0.181	0.223	
Leucine	-	1.280		0		1		0.294	0.363	
Lysine		1.447		0		1		0.333	0.410	
Methionine	-	0.352		0		1		0.081	0.100	
Cystine	-	0.281		0		1		0.065	0.080	
Phenylalanine		0.623		0		1		0.143	0.177	
Tyrosine		0.613		0		1		0.141	0.174	
Valine	-	0.871		0		1		0.200	0.247	
Arginine		1.130		0		1		0.260	0.320	
Histidine		0.495		0		1		0.114	0.140	
Alanine	-	0.984		0		1		0.226	0.279	
Aspartic acid	-	1.602		0		1		0.368	0.454	
Glutamic acid		2.161		0		1		0.497	0.613	
Glycine	_	1.203		0		1		0.277	0.341	
Proline		0.891		0		1		0.205	0.253	
Serine		0.645		0		1		0.148	0.183	
Hydroxyproline	-	0.043		J		-		J.140	0.103	
ттуш охургонне	9									

Common Measures:

Measure 1 = 23g: 1 slice (4" dia x 1/8" thick)

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>A</u> ı	mount in 100 g	grams	of edib	le portio	<u>n</u>		edible portion	
			Nι	ımber	•			<u>m</u>	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	68.20	0.225	4		1		19.10	38.87	
Energy	kcal	141		0	NC	4		39	80	
Energy	kj	590				4		165	336	
Protein (N x 6.25)	g	18.40	0.232	4		1		5.15	10.49	
Total lipid (fat)	g	4.80	0.309	4		1		1.34	2.74	
Ash	g	3.60	0.170	4		1		1.01	2.05	
Carbohydrate, by difference	g	4.90		0	NC	4		1.37	2.79	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
M:										
Minerals:	ma	36	5.977	4		1		10	21	
Calcium, Ca Iron, Fe		1.05	0.191	4		1		0.29	0.60	
Magnesium, Mg	-	20	0.707	4		1		6	11	
Phosphorus, P		185	12.662	4		1		52	105	
Potassium, K		377	18.085	4		1		106	215	
Sodium, Na		1225	95.799	4		1		343	698	
Zinc, Zn	-	3.05	0.064	4		1		0.85	1.74	
Copper, Cu		0.100		4		1		0.028	0.057	
Manganese, Mn		0.041		4		1		0.011	0.023	
Selenium, Se		21.5		0	BFNN	4		6.0	12.3	
•										
Vitamins:						_				
Vitamin C, total ascorbic acid	_	0.0		0		7		0.0	0.0	
Thiamin		0.707		4		1		0.198	0.403	
Riboflavin	_	0.297		4		1		0.083	0.169	
Niacin	-	3.482		4		1		0.975	1.985	
Pantothenic acid	-	0.515		2		1		0.144	0.294	
Vitamin B-6	_	0.310	0.027	4		1		0.087	0.177	
Folate, total		2 0		1 0	z	1 7		1 0	1 0	
Folic acid		2		1	Z	1		1	1	
Folate, food		2		0	NC	4		1	1	
Folate, DFE		1.37	0.245	4	NC	1		0.38	0.78	
Vitamin B-12 Vitamin A, IU		0	0.245	1		1		0.38	0.78	
		0		1		1		0	0	
Vitamin A, RAERetinol		0		0	z	7		0	0	
Vitamin E (alpha-tocopherol)		U		U	2	,		O	U	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		28.000)	0	т	4		7.840	15.960	
Vitamin K (phylloquinone)										
<u>Lipids:</u>										
Fatty acids, total saturated		1.580		0		1		0.442	0.901	
4:0		0.000		4		1		0.000	0.000	
6:0	-	0.000		4		1		0.000	0.000	
8:0		0.000		4		1		0.000	0.000	
10:0		0.020		4		1		0.006	0.011	
12:0		0.010	,	4		1		0.003	0.006	
13:0	-	0.000				4		0.015	0.004	
14:0	-	0.060	,	4		1		0.017	0.034	
15:0		0 070		4		1		0 070	0 550	
16:0		0.970	•	4		1		0.272	0.553	
17:0		0.520	1	4		1		0.146	0.296	
18:0		0.520	•	4		1		0.146	0.296	
20:0	_									
44 U	y									

		<u>A</u> 1	mount in 100	grams of	Amount in edible portion of common				
			Nu	umber			<u>m</u>	easures of food	<u>.</u>
Nutrients and l	Units	Mean	Std. Error P			rce Confidence de Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate		2.330		0	:	1	0.652	1.328	
14:1									
15:1	-			_					
16:1 undifferentiated		0.180		4		1	0.050	0.103	
17:1	-	0.150							
18:1 undifferentiated		2.150		4		1	0.602	1.226	
20:1	-	0.000		4		1	0.000	0.000	
22:1 undifferentiated	-	0.000		4		L	0.000	0.000	
24:1 c									
Fatty acids, total polyunsaturated		0.510		0		1	0.143	0.291	
18:2 undifferentiated	-	0.460		4		L	0.129	0.262	
18:3 undifferentiated	-	0.050		4		L	0.014	0.029	
18:4		0.000		4	:	L	0.000	0.000	
20:2 n-6 c,c									
20:3 undifferentiated									
20:4 undifferentiated		0.000		4		1	0.000	0.000	
20:5 n-3	_	0.000		4		1	0.000	0.000	
22:5 n-3	g	0.000				1	0.000	0.000	
22:6 n-3	g	0.000		4	:	1	0.000	0.000	
Fatty acids, total trans	g								
Cholesterol	mg	36	4.589	4	:	1	10	21	
Phytosterols	mg								
Amino Acids:									
Tryptophan	g	0.215		0	:	1	0.060	0.123	
Threonine	g	0.879		0	:	1	0.246	0.501	
Isoleucine	g	0.815		0	:	1	0.228	0.465	
Leucine	g	1.517		0	:	1	0.425	0.865	
Lysine	g	1.653		0	:	1	0.463	0.942	
Methionine		0.468		0	:	1	0.131	0.267	
Cystine		0.153		0	:	1	0.043	0.087	
Phenylalanine		0.718		0	:	1	0.201	0.409	
Tyrosine	_	0.644		0	:	1	0.180	0.367	
Valine		0.894		0	:	1	0.250	0.510	
Arginine	_	1.170		0	:	1	0.328	0.667	
Histidine		0.656		0		- 1	0.184	0.374	
Alanine	• • • • • • • • • • • • • • • • • • • •	1.073		0		1	0.300	0.612	
Aspartic acid	_	1.741		0		- 1	0.487	0.992	
Glutamic acid		2.941		0		- 1	0.823	1.676	
Glycine		0.929		0		- 1	0.260	0.530	
Proline		0.912		0		- 1	0.255	0.520	
Serine	_	0.826		0		1	0.231	0.320	
Hydroxyproline	-	0.020		Ū		-	0.231	0.4/1	
ттустолургонис	9								

Common Measures:

Measure 1 = 28g: 1 slice (1 oz) $(4" \times 4" \times 3/32" \text{ thick})$

Measure 2 = 57g: 2 slices

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>A</u> 1	mount in 100 gr	rams of	edib	le portio	<u>n</u>		edible portion	
			Nur	nber				<u>m</u>	easures of food	<u>L</u>
			of I	Data De	eriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Poi	ints Co	ode	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water		57.63		79	A	1		21.90		
Energy	kcal	230		0	NC	4		87		
Energy	kj	961		0	NC	4		365		
Protein (N x 6.25)		11.76		79	A	1		4.47		
Total lipid (fat)		14.96		79	A	1		5.68		
Ash		4.03	0.566	3	A	1		1.53		
Carbohydrate, by difference		11.94		0	NC	4		4.54		
Fiber, total dietary		0.0		0	Z	7		0.0		
Sugars, total		0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	122		1	A	1		46		
Iron, Fe	-	1.20		1	A	1		0.46		
Magnesium, Mg	-	27		1	FLA	4		10		
Phosphorus, P		173		1	FLA	4		66		
Potassium, K	-	313		1	FLA	4		119		
Sodium, Na		3	0.046	8	A	1		1		
Zinc, Zn	mg	1.51		1	FLA	4		0.57		
Copper, Cu	mg	0.110)	1	FLA	4		0.042		
Manganese, Mn		0.277	•		FLA	4		0.105		
Selenium, Se	mcg	23.0		1	FLA	4		8.8		
Vitamins:										
Vitamin C, total ascorbic acid	ma	16.7		1	FLA	4		6.4		
Thiamin	-	0.237	•		FLA	4		0.090		
Riboflavin	-	0.249			FLA	4		0.094		
Niacin		2.840)	1	FLA	4		1.079		
Pantothenic acid		0.528	3	1	FLA	4		0.201		
Vitamin B-6	mg	0.329)	1	FLA	4		0.125		
Folate, total	mcg	24		1	FLA	4		9		
Folic acid		0		0	NR	4		0		
Folate, food		24		0	NR	4		9		
Folate, DFE		24		0	NC	4		9		
Vitamin B-12	mcg	0.68		1	FLA	4		0.26		
Vitamin A, IU		0		0	AS	1		0		
Vitamin A, RAE		0		0	AS	1		0		
Retinol		0		0	NR	4		0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta		00 4								
Vitamin D		20.472	:	1	FLA	4		7.779		
Vitamin K (phylloquinone)	nicg									
<u>Lipids:</u>										
Fatty acids, total saturated	g	5.614	Į.	1	A	1		2.133		
4:0		0.002	!	1	FLA	4		0.001		
6:0	g	0.000)	1	FLA	4		0.000		
8:0	g	0.000)	1	FLA	4		0.000		
10:0	g	0.022	!	1	FLA	4		0.008		
12:0	-	0.025	i	1	FLA	4		0.009		
13:0										
14:0		0.273	3	1	FLA	4		0.104		
15:0										
16:0		3.595	5	1	FLA	4		1.366		
17:0										
18:0	g	1.635	5	1	FLA	4		0.621		
20:0	g									
22:0	g									
24:0	g									
24:0	y									

	<u>A</u>	mount in 100 gram		ble portic	<u>on</u>	Amount in edible portion of common measures of food		
		Numb	er			<u>m</u>	easures of 1000	
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 monounsaturatedg	7.614	1	A	1		2.893		
14:1g								
15:1g								
16:1 undifferentiatedg	0.709	1	FLA	4		0.269		
17:1g								
18:1 undifferentiatedg	6.764		FLA	4		2.570		
20:1g	0.115		FLA	4		0.044		
22:1 undifferentiatedg	0.000	1	FLA	4		0.000		
24:1 cg								
Fatty acids, total polyunsaturated9	1.657		A	1		0.630		
18:2 undifferentiatedg	1.463		FLA	4		0.556		
18:3 undifferentiatedg	0.143		FLA	4		0.055		
18:4g	0.000	1	FLA	4		0.000		
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.030		FLA	4		0.011		
20:5 n-3g	0.001		FLA	4		0.000		
22:5 n-3g	0.002		FLA	4		0.001		
22:6 n-3g	0.003	;	FLA	4		0.001		
Fatty acids, total transg								
Cholesterolmg	44	1	A	1		17		
Phytosterolsmg	0		FLA	4		0		
Amino Acids:								
Tryptophang	0.144		FLA	4		0.055		
Threonineg	0.444		FLA	4		0.169		
Isoleucine	0.541		FLA	4		0.206		
Leucine	0.904		FLA	4		0.343		
Lysineg	0.722		FLA	4		0.274		
Methionineg	0.266	•	FLA	4		0.101		
Cystineg	0.178		FLA	4		0.068		
Phenylalanine	0.497		FLA	4		0.189		
Tyrosine	0.380		FLA	4		0.144		
Valineg	0.591		FLA	4		0.225		
Arginine	0.638		FLA	4		0.243		
Histidine 9	0.323		FLA	4		0.123		
Alanineg	0.516		FLA	4		0.196		
Aspartic acidg	0.876		FLA	4		0.333		
Glutamic acid	2.481		FLA	4		0.943		
Glycineg	0.510		FLA	4		0.194		
Prolineg	0.828		FLA	4		0.315		
Serine	0.505		FLA	4		0.192		
Hydroxyproline	0.000			-		V.132		
Others:								
Alcohol, ethylg	0.0	0	Z	7		0.0		
Caffeineg	0	0	z	7		0		
Theobromine mg	0	0	Z	7		0		
Carotenoids:	Ŭ	v	_	•		·		
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 = 38g: 1 slice

NDB No. 07940

Macaroni and cheese loaf, chicken, pork and beef

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

		<u>Aı</u>	mount in 100	grams	of edik	ole portio	<u>n</u>		edible portion	
			Nu	umber	•			<u>m</u>	easures of food	<u>[</u>
			of	f Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	52.30	0.710	14		1		14.83	7.85	
Energy	kcal	311		0	NC	4		88	47	
Energy	kj	1301				4		369	195	
Protein (N x 6.25)	g	16.37	0.937	14		1		4.64	2.46	
Total lipid (fat)	g	25.39	1.139	14		1		7.20	3.81	
Ash	g	2.89	0.156	12		1		0.82	0.43	
Carbohydrate, by difference	g	3.05		0	NC	4		0.86	0.46	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
N. 6.										
Minerals:	ma	18	1 000	_		1		5	3	
Calcium, Ca		1.40	1.828 0.079	5 5		1 1		5 0.40	3 0.21	
Iron, Fe		1.40	0.079	5		1		0.40 3	2	
Phosphorus, P		97	2.237	5		1		3 27	2 15	
Potassium, K		163	17.175	4		1		46	24	
Sodium, Na		1246	65.485	4		1		353	187	
Zine, Zn		2.10	0.090	4		1		0.60	0.32	
Copper, Cu		0.060		4		1		0.017	0.009	
Manganese, Mn		0.030		1		1		0.009	0.005	
Selenium, Se		22.6		0	RF	4		6.4	3.4	
•										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.0		0		7		0.0	0.0	
Thiamin		0.119		27		1		0.034	0.018	
Riboflavin	-	0.153		27		1		0.043	0.023	
Niacin	_	2.673		6		1		0.758	0.401	
Pantothenic acid	-	0.440		0		4		0.125	0.066	
Vitamin B-6		0.130	0.030	4		1		0.037	0.020	
Folate, total		3		0	_	4		1	0	
Folic acid		0		0	Z	7		0	0	
Folate, food		3		0	***	4		1	0	
Folate, DFE		3		0	NC	4		1	0	
Vitamin B-12		1.48 0	0.065	4		1 4		0.42 0	0.22	
Vitamin A, IU		0		0	3.0	_		0	0 0	
Vitamin A, RAERetinol		0		0	AS Z	1 7		0	0	
Vitamin E (alpha-tocopherol)	_	0.22		0	NR	4		0.06	0.03	
		0.22		U	NK	4		0.06	0.03	
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		1.6		0	BFZN	4		0.5	0.2	
. ,										
<u>Lipids:</u>										
Fatty acids, total saturated		9.510		0		1		2.696	1.427	
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	-	0.120		4		1		0.034	0.018	
12:0	-	0.070	0.024	4		1		0.020	0.011	
13:0	-	2 512						0 1 1 -	==	
14:0	_	0.510	0.045	4		1		0.145	0.077	
15:0						_				
16:0		5.430	0.437	4		1		1.539	0.815	
17:0	-					_		0 01 0	2 42-	
18:0	-	3.230	0.204	4		1		0.916	0.485	
20:0 22:0	-									
	(1									

		<u>Ar</u>	mount in 100 g			ole portio	<u>'n</u>	Amount in edible portion of common measures of food			
Nutrients and Units	5	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated		11.380		0		1		3.226	1.707		
14:1	-										
15:1 16:1 undifferentiated	-	1.140	0.064	4		1		0.323	0.171		
16:1 undifferentiated	-	1.140	0.064	4		1		0.323	0.171		
18:1 undifferentiated	-	10.240	0.768	4		1		2.903	1.536		
20:1		0.000		0		1		0.000	0.000		
22:1 undifferentiated	-	0.000		0		1		0.000	0.000		
24:1 c	•	0.000		U		_		0.000	0.000		
Fatty acids, total polyunsaturated		3.120	1	0		1		0.885	0.468		
18:2 undifferentiated		2.910		4		1		0.825	0.437		
18:3 undifferentiated		0.220		4		1		0.825	0.437		
18:4		0.000		0		1		0.002	0.000		
20:2 n-6 c.c.	-	0.000		U		-		0.000	0.000		
20:3 undifferentiated	-										
20:4 undifferentiated		0.000	ı	0		1		0.000	0.000		
20:5 n-3		0.000		0		1		0.000	0.000		
20.5 n-3	-	0.000		0		1		0.000	0.000		
22:6 n-3		0.000		0		1		0.000	0.000		
Fatty acids, total trans		0.000		·		-		0.000	0.000		
Cholesterol		56	2.055	4		1		16	8		
Phytosterols	-	0	2.000	0		4		0	0		
Phytosterois	9	•		·		•		U	· ·		
Amino Acids:											
Tryptophan	g	0.152		0		1		0.043	0.023		
Threonine	g	0.633		0		1		0.179	0.095		
Isoleucine	g	0.708	i	0		1		0.201	0.106		
Leucine	g	1.213	i	0		1		0.344	0.182		
Lysine	g	1.262		0		1		0.358	0.189		
Methionine	g	0.394	:	0		1		0.112	0.059		
Cystine	g	0.204	:	0		1		0.058	0.031		
Phenylalanine	g	0.598	j.	0		1		0.170	0.090		
Tyrosine		0.530)	0		1		0.150	0.080		
Valine	-	0.735	,	0		1		0.208	0.110		
Arginine		1.025	,	0		1		0.291	0.154		
Histidine		0.520)	0		1		0.147	0.078		
Alanine	-	1.149)	0		1		0.326	0.172		
Aspartic acid		1.580	ı	0		1		0.448	0.237		
Glutamic acid	-	2.619		0		1		0.742	0.393		
Glycine	-	1.318		0		1		0.374	0.198		
Proline		1.099		0		1		0.312	0.165		
Serine	-	0.664		0		1		0.188	0.100		
Hydroxyproline	-										
	9										
Others:						_					
Alcohol, ethyl		0.0		0	_	7		0.0	0.0		
Caffeine		0		0	Z	7		0	0		
Theobromine	mg	0		0	Z	7		0	0		
Carotenoids:											
Carotene, beta	mca	0		0	z	7		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		0		0	z	7		0.000	0.000		

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 15.0g: 1 slice (15 per 8 oz package)

NDB No. 07050 Mortadella, beef, pork

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>Aı</u>	mount in 100 g	rams	of edil	ole portio	<u>n</u>		edible portion	
			Nu	mber	•			<u>m</u>	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	54.90	0.264	3		1		15.56	11.53	
Energy	kcal	282		0	NC	4		80	59	
Energy	kj	1180				4		334	248	
Protein (N x 6.25)	g	12.07	0.033	3		1		3.42	2.53	
Total lipid (fat)	g	22.30	0.493	3		1		6.32	4.68	
Ash	g	3.20	0.000	3		1		0.91	0.67	
Carbohydrate, by difference	g	7.53		0	NC	4		2.13	1.58	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
A:										
Minerals:	ma	43	1.453	3		1		12	9	
Calcium, Ca	-	1.32	0.171	3		1		0.37	0.28	
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	1.32	0.171	3		1		5	3	
Phosphorus, P		129	0.577	3		1		37	3 27	
Potassium, K	-	225	7.506	3		1		64	27 47	
Sodium, Na	-	1127	68.286	3		1		320	237	
Zinc, Zn	-	1.43	0.145	3		1		0.41	0.30	
Copper, Cu		0.090		3		1		0.026	0.019	
Manganese, Mn		0.066		3		1		0.019	0.014	
Selenium, Se		35.1	0.005	0	BFNN	4		10.0	7.4	
<u>'itamins:</u>										
Vitamin C, total ascorbic acid	-	1.0	0.000	3		1		0.3	0.2	
Thiamin		0.550		3		1		0.156	0.116	
Riboflavin		0.170		3		1		0.048	0.036	
Niacin		3.123		3		1		0.885	0.656	
Pantothenic acid		0.470		2		1		0.133	0.099	
Vitamin B-6	-	0.180	0.023	3		1		0.051	0.038	
Folate, total		8		0		4		2	2	
Folic acid		0		0	Z	7		0	0	
Folate, food		8		0		4		2	2	
Folate, DFE		8		0	NC	4		2	2	
Vitamin B-12		1.05	0.141	3		1		0.30	0.22	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE		0 0		0	_	4 7		0	0	
Retinol		U		0	Z	,		U	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		40.000		0	т	4		11.340	8.400	
Vitamin K (phylloquinone)		40.000		·	-	-		11.540	0.400	
vitanini ik (phynodumone)	9									
<u>ipids:</u>										
Fatty acids, total saturated		7.950		0		1		2.254	1.670	
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	-	0.030		3		1		0.009	0.006	
12:0	-	0.010	0.003	3		1		0.003	0.002	
13:0				_		_			==	
14:0		0.260	0.008	3		1		0.074	0.055	
15:0		4 05-	0.100	_						
16:0		4.970	0.133	3		1		1.409	1.044	
17:0		0 600	0.150	_						
18:0	-	2.690	0.156	3		1		0.763	0.565	
20:0	-									
22:0	g									

		<u>Aı</u>	mount in 100	grams	Amount in edible portion of common					
			N	umbei	r			<u>m</u>	easures of food	
Nutrients and Ur	nits	Mean	Std. Error P			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		10.340		0		1		2.931	2.171	
14:1										
15:1	-			_		_				
16:1 undifferentiated		0.670	0.012	3		1		0.190	0.141	
17:1 18:1 undifferentiated	-	9.680	0.195	3		1		2.744	0.000	
		0.000		0		4			2.033	
20:1	-					_		0.000	0.000	
22:1 undifferentiated 24:1 c		0.000		0		4		0.000	0.000	
	-	2.580		0		1		0.731	0.542	
Fatty acids, total polyunsaturated 18:2 undifferentiated		2.320		-		1		0.731	0.542	
18:3 undifferentiated	_	0.260				1		0.074	0.487	
18:4	_	0.000		0		4		0.000	0.000	
20:2 n-6 c.c		0.000		U		-		0.000	0.000	
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	_	0.000		Ū		-		0.000	0.000	
Cholesterol		45	2.333	3		1		13	9	
Phytosterols	-	0	2.555	0		4		0	0	
•								·	· ·	
Amino Acids:										
Tryptophan		0.171		0		4		0.048	0.036	
Threonine	-	0.604		0		4		0.171	0.127	
Isoleucine	-	0.637		0		4		0.181	0.134	
Leucine	g	1.122		0		4		0.318	0.236	
Lysine		1.178		0		4		0.334	0.247	
Methionine	_	0.357		0		4		0.101	0.075	
Cystine		0.205		0		4		0.058	0.043	
Phenylalanine	-	0.573		0		4		0.162	0.120	
Tyrosine		0.447		0		4		0.127	0.094	
Valine	_	0.666		0		4		0.189	0.140	
Arginine		0.910		0		4		0.258	0.191	
Histidine		0.533		0		4		0.151	0.112	
Alanine	_	0.759		0		4		0.215	0.159	
Aspartic acid	-	1.278		0		4		0.362	0.268	
Glutamic acid		2.294		0		4		0.650	0.482	
Glycine	_	0.628		0		4		0.178	0.132	
Proline	-	0.675		0		4		0.191	0.142	
Serine		0.569		0		4		0.161	0.119	
Hydroxyproline	g									

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 21g: 1 slice $(4-1/4" \times 4-1/4" \times 1/16")$

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>Aı</u>	mount in 100 g		edible portion					
			Nu	mber				<u>m</u>	easures of food	<u>l</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	g	66.77	0.567	38		1		15.36	18.93	
Energy	kcal	161		0	NC	4		37	46	
Energy	kj	674				4		155	191	
Protein (N x 6.25)	g	17.27	0.284	38		1		3.97	4.90	
Total lipid (fat)	g	7.58	0.122	6		1		1.74	2.15	
Ash	g	3.55	0.129	6		1		0.82	1.01	
Carbohydrate, by difference	g	4.83		0	NC	4		1.11	1.37	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	7	0.333	6		1		2	2	
Iron, Fe	-	0.94	0.064	6		1		0.22	0.27	
Magnesium, Mg	-	16	0.654	6		1		4	5	
Phosphorus, P		136	12.213	6		1		31	39	
Potassium, K	•	321	10.124	6		1		74	91	
Sodium, Na		1220	84.892	6		1		281	346	
Zinc, Zn	mg	2.70	0.195	6		1		0.62	0.77	
Copper, Cu	mg	0.100	0.020	6		1		0.023	0.028	
Manganese, Mn		0.036	0.006	5		1		0.008	0.010	
Selenium, Se	mcg	19.2		0	BFNN	4		4.4	5.4	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0		7		0.0	0.0	
Thiamin	-	0.640	0.023	6		1		0.147	0.181	
Riboflavin	-	0.248		6		1		0.057	0.070	
Niacin	=	3.478	0.278	6		1		0.800	0.986	
Pantothenic acid	-	0.680)	2		1		0.156	0.193	
Vitamin B-6	mg	0.360	0.095	6		1		0.083	0.102	
Folate, total	mcg	7	1.856	3		1		2	2	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food		7	1.856	3		1		2	2	
Folate, DFE	mcg_DFE	7		0	NC	4		2	2	
Vitamin B-12		1.34	0.107	6		1		0.31	0.38	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE		0		0	NC	4		0	0	
Retinol		0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>										
Fatty acids, total saturated		2.560		0		1		0.589	0.726	
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	-	0.010 0.010		6 6		1 1		0.002 0.002	0.003 0.003	
12:0		0.010	0.002	ъ		1		0.002	0.003	
14:0	-	0.100	0.006	6		1		0.023	0.028	
15:0	-	0.100	0.000	3		-		0.023	0.028	
16:0		1.620	0.029	6		1		0.373	0.459	
17:0	-	020	0.023	•		-		0.575	0.400	
18:0		0.830	0.015	6		1		0.191	0.235	
20:0										
22:0	-									
24:0	-									

	<u>An</u>	nount in 100 gram Numb	Amount in edible portion of common measures of food				
Nutrients and Units	Mean	of Dat Std. Error Points	a Deriv Source G Code Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated9	3.640	0	1		0.837	1.032	
14:19		v	-		0.637	1.032	
15:1g							
16:1 undifferentiatedg	0.300	0.012 6	1		0.069	0.085	
17:1g							
18:1 undifferentiated9		0.060 6	1		0.766	0.944	
20:1g		0	1		0.000	0.000	
22:1 undifferentiatedg	0.000	0	1		0.000	0.000	
24:1 cg							
Fatty acids, total polyunsaturated9		0	1		0.166	0.204	
18:2 undifferentiated9		0.033 6	1		0.147	0.181	
18:3 undifferentiated9		0.014 6	1		0.021	0.026	
18:4g	0.000	0	1		0.000	0.000	
20:2 n-6 c,cg							
20:3 undifferentiatedg							
20:4 undifferentiatedg		0	1		0.000	0.000	
20:5 n-3g		0	1		0.000	0.000	
22:5 n-3g		0	1		0.000	0.000	
22:6 n-3g	0.000	0	1		0.000	0.000	
Fatty acids, total trans9							
Cholesteroln		4.152 5	1		11	14	
Phytosterolsn	ng						
Amino Acids:							
Tryptophan9	0.193	0	1		0.044	0.055	
Threonine		0	1		0.174	0.215	
Isoleucine9	0.761	0	1		0.175	0.216	
Leucine9		0	1		0.313	0.386	
Lysine9		0	1		0.348	0.428	
Methionineg	0.446	0	1		0.103	0.126	
Cystineg	0.246	0	1		0.057	0.070	
Phenylalanine9		0	1		0.157	0.194	
Tyrosine9		0	1		0.123	0.151	
Valine9	0.803	0	1		0.185	0.228	
Arginine9		0	1		0.276	0.340	
Histidine9	0.652	0	1		0.150	0.185	
Alanine9		0	1		0.239	0.295	
Aspartic acid9	1.639	0	1		0.377	0.465	
Glutamic acid		0	1		0.595	0.733	
Glycine9	0.946	0	1		0.218	0.268	
Prolineg	0.761	0	1		0.175	0.216	
Serineg	0.686	0	1		0.158	0.194	
Hydroxyproline9							
Others:							
Alcohol, ethyl	0.0	0	7		0.0	0.0	
Caffeine mg		·	•			3.0	
Theobromine mg							

Common Measures:

Measure 1 = 23g: 1 slice (4" dia x 1/8" thick)

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>Aı</u>	mount in 100 g	Amount in edible portion of common						
			Nu	measures of food						
			of	Data	Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error Po	ints		Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	65.00	0.000	31	A	1		18.20		
Energy	kcal	200		0	MC	9		56		
Energy		835		0	MC	9		234		
Protein (N x 6.25)	g	11.75	0.050	31	A	1		3.29		
Total lipid (fat)		14.50	0.300	31	A	1		4.06		
Ash		3.20	0.000	14	A	1		0.90		
Carbohydrate, by difference		5.60		0	MC	9		1.57		
Fiber, total dietary		0.0		0	MC	9		0.0		
Sugars, total		2.30		2	A	1		0.64		
Starch										
Minerals:				-		_				
Calcium, Ca	_	13	0.816	6	A	1		4		
Iron, Fe.	_	1.22	0.086	6	A	1		0.34		
Magnesium, Mg		14	0.694	6	MA	12		4		
Phosphorus, P	•	178	4.899	6	MA	12		50 44		
Potassium, K		156	2.858 29.500	6 7	MA	12 1				
Sodium, Na		1151 1.91	0.061	6	A MA	1 12		322 0.53		
Zinc, Zn		0.210		6	MA MA	12		0.53		
Copper, Cu		0.210	0.012	0	MA	12		0.059		
Selenium, Se										
Scientini, Sc	9									
Vitamins:										
Vitamin C, total ascorbic acid		0.0		2	A	1		0.0		
Thiamin										
Riboflavin										
Niacin										
Pantothenic acid										
Vitamin B-6										
Folate, total		13		0	BFZN	4		4		
Folic acid		0		0	BFZN	4		0		
Folate, food		13		0	BFZN	4		4		
Folate, DFE		13		0	NC	4		4		
Vitamin B-12	-	•		_				•		
Vitamin A, IU		0		1	JO	11		0		
Vitamin A, RAE		0 0		0	NC	4		0 0		
Retinol		U		U	NR	4		U		
Vitamin E (alpha-tocopherol) Tocopherol, beta	Ing									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
	········· - J									
<u>Lipids:</u>										
Fatty acids, total saturated		5.820)	0	A	1		1.630		
4:0	-									
6:0	-									
8:0										
10:0		0.040	0 000	c	7	1		0 011		
12:0		0.040	0.008	6	A	1		0.011		
13:0 14:0	-	0.460	0.000	6	A	1		0.129		
		0.460	0.029	6	A	1		0.129		
15:0	-	3.610	0.192	6	A	1		1 011		
16:0	-	3.010	0.192	v	A	_		1.011		
17:0	-	1.710	0.090	6	A	1		0.479		
18:0 20:0	-	1.710	0.090	0	A	_		0.4/9		
22:0	-									
44.V	y									

		<u>An</u>	nount in 100		Amount in edible portion of common measures of food					
Nutrients and U	nits	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
F		7.160		0	A	1		0.005		
Fatty acids, total monounsaturate		7.160		U	A	1		2.005		
14:1	-									
15:1 16:1 undifferentiated		0.690	0.053	3 6	A	1		0.193		
17:1	-	0.690	0.05.	5 6	A	1		0.193		
18:1 undifferentiated	-	6.470	0.24	L 6	A	1		1.812		
20:1		0.470	0.24.	. 0	Α.	1		1.012		
22:1 undifferentiated										
24:1 c										
Fatty acids, total polyunsaturated		0.470		0	A	1		0.132		
18:2 undifferentiated		0.450			A	1		0.126		
18:3 undifferentiated		0.020	0.004		A	1		0.006		
18:4	-	0.020	0.00			-		0.000		
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										
Cholesterol		44	0.600	7	A	1		12		
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	Z	7		0.0		
Caffeine	_	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		0		0	Z	7		0.000		
Lutein + zeaxanthin		0		0	Z	7		0.000		

Common Measures:

Measure 1 = 28g: 1 serving (1 slice)

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

		Ai	mount in 100 g	Amount in edible portion of common						
		Number							easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	54.15	0.050	124	A	1		15.16		
Energy	kcal	316		0	MC	9		88		
Energy		1322		0	MC	9		370		
Protein (N x 6.25)	g	11.05	0.050	124	A	1		3.09		
Total lipid (fat)	g	29.10	0.100	124	A	1		8.15		
Ash		3.25	0.050	31	A	1		0.91		
Carbohydrate, by difference	g	2.45		0	MC	9		0.69		
Fiber, total dietary	g	0.0		0	MC	9		0.0		
Sugars, total	g	1.40	0.141	8	A	1		0.39		
Starch	g									
Minerals:										
Calcium, Ca	-	12	0.730	30	A	1		3		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	1.36	0.071	30	A	1		0.38		
Magnesium, Mg		14	0.676	30	MA	12		4		
Phosphorus, P		109	5.295	30	MA	12		31		
Potassium, K		168	4.017	30 31	MA	12 1		47 330		
Sodium, Na Zinc, Zn		1179 2.03	71.000 0.062	31	A MA	1 12		0.57		
Copper, Cu		0.110		30	MA	12		0.031		
Manganese, Mn		0.110	0.011	30	MA	12		0.031		
Selenium, Se										
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0		
Thiamin		0.050	0.003	11	MA	12		0.014		
Riboflavin	mg	0.110	0.006	11	MA	12		0.031		
Niacin	<u>mg</u>	2.420	0.069	11	MA	12		0.678		
Pantothenic acid	mg	0.280)	1	MA	12		0.078		
Vitamin B-6	mg	0.170	0.009	11	MA	12		0.048		
Folate, total	mcg	13	5.268	5	MA	12		4		
Folic acid		0		0	Z	7		0		
Folate, food		13	5.268	5	MA	12		4		
Folate, DFE		13		0	NC	4		4		
Vitamin B-12		1.43	0.075	11	MA	12		0.40		
Vitamin A, IU		0		1	JO	11		0		
Vitamin A, RAERetinol		0		0	NC NR	4 4		0 0		
Vitamin E (alpha-tocopherol)		Ü		Ū	1414	-		Ü		
Tocopherol, beta	ma									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		32.000	1.633	6	MA	12		8.960		
Vitamin K (phylloquinone)	mcg									
<u>Lipids:</u>										
Fatty acids, total saturated		12.850)	0	A	1		3.598		
4:0										
6:0	-									
8:0	-									
10:0		0.020	0.004	20	A	1		0.006		
12:0		0.020	0.004	28	A	1		0.006		
13:0 14:0		0.980	0.028	28	A	1		0.274		
15:0		0.980	0.028	20	A	1		0.2/4		
16:0	-	7.510	0.076	28	A	1		2.103		
17:0	-	,.510	0.076	20	•	1		2.103		
18:0	•	4.340	0.083	28	A	1		1.215		
20:0	•	4.540	0.003	-0	A	-		1.213		
22:0	-									
24:0	-									

		<u>Ar</u>	mount in 10		Amount in edible portion of common measures of food					
Nutrients and Un	ts	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
	_	45.040		•	_	_				
Fatty acids, total monounsaturated	-	15.210		0	A	1		4.259		
14:1	-									
15:1 16:1 undifferentiated		1.630	0.05	55 28	A	1		0.456		
17:1	-	1.630	0.03	55 26	A	1		0.456		
18:1 undifferentiated		13.580	0.11	9 28	A	1		3.802		
20:1	-	13.360	0.11	., 20	Α.	1		3.602		
22:1 undifferentiated	-									
24:1 c										
Fatty acids, total polyunsaturated	-	1.110		0	A	1		0.311		
18:2 undifferentiated		0.860			A	1		0.241		
18:3 undifferentiated		0.250			A	1		0.070		
18:4	-	0.250	0.02			-		0.070		
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	-									
Cholesterol		64	5.85	0 31	A	1		18		
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	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 = 28g: 1 serving (1 slice)

Calories Factors: Protein Fat Carbohydrate

		<u>Aı</u>	mount in 10	0 grams	s of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
				Numbe	r			<u>m</u>	easures of food	<u> </u>
						Source	Confidence			
Nutrients and Units	5	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	53.70	0.09	94 73	A	1		15.04		
Energy	kcal	318		0	MC	9		89		
Energy	kj	1331				9		373		
Protein	g	10.90	0.04	17 73	A	1		3.05		
Total lipid (fat)	g	29.40	0.11	73	A	1		8.23		
Ash		3.50	0.05	8 3	A	1		0.98		
Carbohydrate, by difference	g	2.40		0	MC	9		0.67		
Fiber, total dietary	g	0.0		0	MC	9		0.0		
Sugars, total		1.40	0.05	8 3	A	1		0.39		
Starch	9									
Minerals:										
Calcium, Ca	mg	69	12.12	24 3	A	1		19		
Iron, Fe		1.78	0.05	8 3	A	1		0.50		
Magnesium, Mg		21	0.34	16 3	MA	12		6		
Phosphorus, P	mg	199	4.61		MA	12		56		
Potassium, K		154	7.50		MA	12		43		
Sodium, Na	-	1033	50.80		A	1		289		
Zinc, Zn		1.42	0.02		MA	12		0.40		
Copper, Cu		0.200	0.00	6 3	MA	12		0.056		
Manganese, Mn										
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0		
Thiamin	mg									
Riboflavin	mg									
Niacin										
Pantothenic acid										
Vitamin B-6										
Folate, total										
Folate, DFEVitamin B-12										
Vitamin A, IU		0		0	MC	9		0		
Vitamin A, RAE	mca RAF	Ü		Ū	мс	,		Ü		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma	-									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	10.490)	0	A	1		2.937		
4:0										
6:0										
8:0	g									
10:0	g									
12:0	g	0.020	0.00	6 3	A	1		0.006		
13:0	-									
14:0	-	0.370	0.01	.2 3	A	1		0.104		
15:0	_			-0 0	_	_				
16:0	_	7.170	0.06	59 3	A	1		2.008		
17:0	•	0.000			_			0.000		
18:0		2.930	0.06	59 3	A	1		0.820		
20:0										
22:0 24:0										
Fatty acids, total monounsaturated		14.480	1	0	A	1		4.054		
14:1		11.100		Ū		-		4.054		
11.1	g									

		<u>An</u>	nount in 100			ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Uni	ts	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	_	1.250	0.14	4 3	A	1		0.350		
18:1 undifferentiated	g	13.230	0.30	0 3	A	1		3.704		
20:1	g									
Fatty acids, total polyunsaturated		3.930		0	A	1		1.100		
18:2 undifferentiated		3.590	0.10	4 3	A	1		1.005		
18:3 undifferentiated	g	0.340	0.02	3 3	A	1		0.095		
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	-									
Cholesterol	mg	103	1.73	2 3	A	1		29		
Phytosterols	mg									

Common Measures:

Measure 1 = 28g: 1 serving

Calories Factors: Protein Fat Carbohydrate

		<u>A</u> 1	mount in 100 g	rams	of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
			Nı	ımbeı	r			m	easures of food	<u> </u>
					Deriv	Source	Confidence			
Nutrients and Units	5	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	q	78.00	0.060	99	A	1		21.84		
Energy	-	79		0	MC	9		22		
Energy		331				9		93		
Protein		12.60	0.040	99	A	1		3.53		
Total lipid (fat)	-	0.60	0.040	99	A	1		0.17		
Ash		2.90	0.058	12	A	1		0.81		
Carbohydrate, by difference	g	6.00		0	MC	9		1.68		
Fiber, total dietary	g	0.0		0	MC	9		0.0		
Sugars, total	g	2.20	0.447	5	A	1		0.62		
Starch	g									
Minerals:										
Calcium, Ca	mg	15	1.789	5	A	1		4		
Iron, Fe		0.92	0.049	5	A	1		0.26		
Magnesium, Mg		22	0.984	5	MA	12		6		
Phosphorus, P	mg	154	5.814	5	MA	12		43		
Potassium, K		156	8.497	5	MA	12		44		
Sodium, Na		977	33.068	6	A	1		274		
Zinc, Zn		1.14	0.045	5	MA	12		0.32		
Copper, Cu		0.200	0.009	5	MA	12		0.056		
Manganese, Mn Selenium, Se										
Vitamins:	ma	0.0		1		1		0.0		
Vitamin C, total ascorbic acid		0.0		1	A	1		0.0		
ThiaminRiboflavin										
Niacin										
Pantothenic acid										
Vitamin B-6										
Folate, total										
Folate, DFE	mcg_DFE									
Vitamin B-12										
Vitamin A, IU	IU	0		0	MC	9		0		
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	а	0.235	i	0	A	1		0.066		
4:0				-		_		0.000		
6:0										
8:0	-									
10:0	g									
12:0	-	0.009	0.004	5	A	1		0.003		
13:0	-			_		_		_		
14:0		0.027	0.020	5	A	1		0.008		
15:0	-	0 100		F		4		0 000		
16:0 17:0		0.136	0.024	5	A	1		0.038		
18:0	•	0.063	0.012	5	A	1		0.018		
20:0	•	0.003	. 0.012	3	A	1		0.016		
22:0	-									
24:0										
Fatty acids, total monounsaturated		0.208	3	0	A	1		0.058		
14:1										
15:1										

	<u>Ar</u>	mount in 100) grams	of edil	ole portio	<u>n</u>	Amount in	edible portion o	of common
			Numbe		Source	Confidence	<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiatedg	0.009	0.00	0 5	A	1		0.003		
16:1 undifferentiated9	0.009	0.00	0 5	A	-		0.003		
18:1 undifferentiated	0.199	0.04	4 5	A	1		0.056		
20:1 g	0.133	0.01			-		0.050		
22:1 undifferentiatedg									
24:1 c									
Fatty acids, total polyunsaturated	0.127		0	A	1		0.036		
18:2 undifferentiatedg	0.109	0.01	6 5	A	1		0.031		
18:3 undifferentiatedg	0.018	0.00	8 5	A	1		0.005		
18:4g									
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg									
20:5 n-3g									
22:5 n-3g									
22:6 n-3g									
Fatty acids, total trans									
Cholesteroln	ng 25	2.23	6 5	A	1		7		
Phytosterolsm	ng								

Common Measures:

Measure 1 = 28g: 1 serving

Calories Factors: Protein Fat Carbohydrate

		<u>Ar</u>	nount in 100 g	rams	of edil	ole portio	<u>n</u>		edible portion	
			Nu	mber				<u>m</u>	easures of food	_
			of	Data	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	64.75	0.350	31	A	1		18.13		
Energy	kcal	202		1	JO	11		56		
Energy	kj	843		0	JO	11		236		
Protein (N x 6.25)	g	11.50	0.000	31	A	1		3.22		
Total lipid (fat)	g	14.75	0.250	31	A	1		4.13		
Ash	g	3.35	0.050	7	A	1		0.94		
Carbohydrate, by difference	g	5.70		1	JO	11		1.60		
Fiber, total dietary	g	0.0		0	MC	9		0.0		
Sugars, total	g	2.60	0.327	6	A	1		0.73		
Starch	g									
Minerals:										
Vimerais: Calcium, Ca	ma	50	6.532	6	A	1		14		
Iron. Fe.	-	1.39	0.004	6	A	1		0.39		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	20	0.245	6	MA	12		6		
Phosphorus, P		185	4.491	6	MA	12		52		
Potassium, K	-	163	2.041	6	MA	12		46		
Sodium, Na	-	1117	3.000	7	A	1		313		
Zine, Zn	mg	1.61	0.053	6	MA	12		0.45		
Copper, Cu	mg	0.200	0.004	6	MA	12		0.056		
Manganese, Mn	mg	0.155			FLM	4		0.043		
Selenium, Se	mcg	5.6			FLM	4		1.6		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		1	A	1		0.0		
Thiamin	_	0.159		-	FLM	4		0.044		
Riboflavin	_	0.133			FLM	4		0.027		
Niacin		3.072			FLM	4		0.860		
Pantothenic acid		0.340			FLM	4		0.095		
Vitamin B-6	-	0.163			FLM	4		0.046		
Folate, total	-	18			FLM	4		5		
Folic acid		0			FLM	4		0		
Folate, food		18			FLM	4		5		
Folate, DFE		18		0	NC	4		5		
Vitamin B-12		0.29			FLM	4		0.08		
Vitamin A, IU		0		1	JO	11		0		
Vitamin A, RAE		0		0	NC	4		0		
Retinol	mcg	0		0	NR	4		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	5.620		0	A	1		1.574		
4:0										
6:0	g									
8:0										
10:0										
12:0	_	0.010	0.000	6	A	1		0.003		
13:0										
14:0		0.260	0.016	6	A	1		0.073		
15:0	-									
16:0	-	3.690	0.057	6	A	1		1.033		
17:0	-									
18:0	-	1.660	0.033	6	A	1		0.465		
20:0	-									
22:0	α .									

		<u>Ar</u>		Number	•		_	Amount in edible portion of common measures of food		
Nutrients and Uni	ts	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	-	7.300		0	A	1		2.044		
14:1	_									
15:1										
16:1 undifferentiated	-	0.460	0.02	0 6	A	1		0.129		
17:1	_									
18:1 undifferentiated	_	6.840	0.16	67	A	1		1.915		
20:1	-									
22:1 undifferentiated										
24:1 c				•	_	_				
Fatty acids, total polyunsaturated		1.540		0	A	1		0.431		
18:2 undifferentiated		1.480	0.06		A	1		0.414		
18:3 undifferentiated	_	0.060	0.01	.2 6	A	1		0.017		
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 Cholesterol		56	2.25	50 7	A	1		16		
Phytosterols	• • • • • • • • • • • • • • • • • • • •	36	2.25	,	A	1		10		
•	9									
Others:										
Alcohol, ethyl	-	0.0		0	Z	7		0.0		
Caffeine	-	0		0	Z	7		0		
Theobromine	mg	0		0	Z	7		0		
<u>Carotenoids:</u>										
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 = 28g: 1 serving (1 slice)

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

		<u>Aı</u>	mount in 100 g	rams	of edib	ole portio	<u>n</u>	Amount in	edible portion	of common
			Nu	mbei	r			<u>m</u>	easures of food	
					Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
n										
Proximates: Water	a	49.60	0.108	31	A	1		27.78		
Energy	_	341	0.200	0	MC	9		191		
Energy		1427		·		9		799		
Protein		14.20	0.072	31	A	1		7.95		
Total lipid (fat)	_	30.60	0.126	31	A	1		17.14		
Ash		3.40	0.025	16	A	1		1.90		
Carbohydrate, by difference		2.30		0	MC	9		1.29		
Fiber, total dietary		0.1		0	MC	9		0.1		
Sugars, total		0.70		2	A	1		0.39		
Starch				_		_				
Staten	9									
Minerals:										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	9	0.750	16	A	1		5		
Iron, Fe		9.74	0.460	16	A	1		5.45		
Magnesium, Mg		12	0.500	16	MA	12		7		
Phosphorus, P	-	194	7.250	16	MA	12		109		
Potassium, K	-	184	6.000	16	MA	12		103		
Sodium, Na	-	1118	20.851	23	A	1		626		
Zinc, Zn		3.16	0.103	16	MA	12		1.77		
Copper, Cu		0.400 0.090		16 9	MA MA	12 12		0.224 0.050		
Manganese, Mn Selenium, Se		0.090	0.030	9	MA	12		0.050		
Selemum, Se										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	9.0		1	A	1		5.0		
Thiamin	-	0.230	0.003	10	MA	12		0.129		
Riboflavin	mg	1.550	0.063	10	MA	12		0.868		
Niacin	-	8.280		10	MA	12		4.637		
Pantothenic acid		2.880		6	MA	12		1.613		
Vitamin B-6	-	0.340		10	MA	12		0.190		
Folate, total		61	9.580	9	MA	12		34		
Folic acid		0		0	Z	7		0		
Folate, food	mcg	61	9.580	9	MA	12		34		
Folate, DFE		61		0	NC	4		34		
Vitamin B-12		18.52	1.186	10	MA	12		10.37		
Vitamin A, IU		16670		0	MC	9		9335		
Vitamin A, RAE										
Retinol Vitamin E (alpha-tocopherol)										
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		33.000	5.814	5	MA	12		18.480		
Vitamin K (phylloquinone)										
	J									
<u>Lipids:</u>						_				
Fatty acids, total saturated		10.890		0	A	1		6.098		
4:0										
6:0	-									
8:0										
10:0		0.040	0.014	1 2	A	1		0.022		
12:0		0.040	0.014	13	А	_		0.022		
13:0 14:0		0.420	0.025	12	A	1		0.235		
		0.420	0.025	13	A	_		0.235		
15:0		6.960	0.186	13	A	1		3.898		
16:0		0.960	0.186	13	A	_		3.898		
17:0 18:0	-	3.470	0.083	12	A	1		1.943		
20:0	-	3.4/0	0.083	13	A	_		1.743		
22:0	-									
44.U	y									

	<u>An</u>	nount in 10	0 grams	of edil	<u>n</u>	Amount in edible portion of common		f common	
		1	Numbe	•			me	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 monounsaturatedg	15.570		0	A	1		8.719		
14:1g									
15:1g									
16:1 undifferentiatedg	1.200	0.07	8 13	A	1		0.672		
17:1g									
18:1 undifferentiatedg	14.370	0.32	2 13	A	1		8.047		
20:1g									
22:1 undifferentiatedg									
24:1 cg									
Fatty acids, total polyunsaturatedg	3.760		0	A	1		2.106		
18:2 undifferentiatedg	3.440	0.08		A	1		1.926		
18:3 undifferentiatedg	0.320	0.05	0 13	A	1		0.179		
18:4g									
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg									
20:5 n-3g									
22:5 n-3g									
22:6 n-3g									
Fatty acids, total trans9									
Cholesterol mg	160	5.89	3 18	A	1		90		
Phytosterolsmg									
Carotenoids:									
Carotene, betamcg	0		2	MA	12		0.000		
Carotene, alphamcg									
Cryptoxanthin, beta mcg									
Lycopene mcg									
Lutein + zeaxanthin mcg									

Common Measures:

Measure 1 = 56g: 1 serving

Calories Factors: Protein Fat Carbohydrate

		<u>Ar</u>	mount in 100 g	<u>rams</u>	of edil	ole portio	<u>n</u>		edible portion	
			Nu	mber	•			<u>m</u>	easures of food	<u>.</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	50.50	0.100	31	A	1		14.14		
Energy	kcal	331		0	MC	9		93		
Energy	kj	1387		0	MC	9		388		
Protein (N x 6.25)	g	14.25	0.250	31	A	1		3.99		
Total lipid (fat)	g	29.35	0.850	31	A	1		8.22		
Ash	g	3.35	0.050	21	A	1		0.94		
Carbohydrate, by difference	g	2.60		0	MC	9		0.73		
Fiber, total dietary	g	0.2		0	MC	9		0.1		
Sugars, total	g	1.20		2	A	1		0.34		
Starch	g									
Ainerals:										
Calcium, Ca	ma	9	0.750	16	A	1		3		
Iron, Fe	-	10.51	0.750	17	A	1		2.94		
Magnesium, Mg	-	14	1.175	16	MA	12		4		
Phosphorus, P		199	7.250	16	MA	12		56		
Potassium, K	-	202	4.500	16	MA	12		57		
Sodium, Na	-	1159	1.500	17	A	1		324		
Zinc, Zn	_	3.40	0.138	16	MA	12		0.95		
Copper, Cu		0.500	0.078	16	MA	12		0.140		
Manganese, Mn	mg	0.148	0.009	8	MA	12		0.041		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	9.0		1	A	1		2.5		
Thiamin	-	0.230	0.007	9	MA	12		0.064		
Riboflavin	-	1.600		9	MA	12		0.448		
Niacin		9.190		9	MA	12		2.573		
Pantothenic acid	-	3.450		8	MA	12		0.966		
Vitamin B-6	-	0.330	0.023	9	MA	12		0.092		
Folate, total		47	5.614	8	MA	12		13		
Folic acid		0		0	Z	7		0		
Folate, food		47	5.614	8	MA	12		13		
Folate, DFE		47		0	NC	4		13		
Vitamin B-12		18.78	1.020	9	MA	12		5.26		
Vitamin A, IU		15728		0	MC	9		4404		
Vitamin A, RAE	mcg_RAE	4723		0	NC	4		1322		
Retinol		4723		0	NR	4		1322		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta		44 000	4 010	-		10		10 200		
Vitamin D Vitamin K (phylloquinone)		44.000	4.919	5	MA	12		12.320		
v namni k (pnynoquinone)	g									
<u>Lipids:</u>										
Fatty acids, total saturated	g	10.940		0	A	1		3.063		
4:0										
6:0	_									
8:0	-									
10:0					_	_				
12:0		0.040	0.010	16	A	1		0.011		
13:0		0 400	0.000	1.0	_	-		0 110		
14:0		0.420	0.020	16	A	1		0.118		
15:0	_	c 000	0 115	1.0	3	1		1 057		
16:0	_	6.990	0.115	16	A	1		1.957		
17:0	_	3.490	0.113	16	A	1		0.977		
18:0 20:0	_	3.490	0.113	Τ.0	A	1		0.977		
22:0	_									
24:0	_									

		<u>Ar</u>	nount in 10	0 grams	of edil	ole portic	<u>on</u>	Amount in edible portion of common measures of food		of common
Nutrients and U	nits	Mean			Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturated	lg	15.480		0	A	1		4.334		
14:1	g									
15:1	g									
16:1 undifferentiated	g	1.210	0.06	0 16	A	1		0.339		
17:1	g									
18:1 undifferentiated	g	14.271	0.23	35 16	A	1		3.996		
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	3.730		0	A	1		1.044		
18:2 undifferentiated	g	3.370	0.08	35 16	A	1		0.944		
18:3 undifferentiated	g	0.360	0.05	8 16	A	1		0.101		
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg	178	2.50	0 15	A	1		50		
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	0	0.00	00 3	MA	12		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		0		0	Z	7		0.000		

Common Measures:

Measure 1 = 28g: 1 serving (1 slice)

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

		<u>Aı</u>	mount in 100 g	rams	of edib	ole portio	<u>n</u>		edible portion	
			Nu	mber	•			<u>m</u>	easures of food	<u>l</u>
			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	70.40	0.200	32	A	1		36.61		
Energy	kcal	109		0	MC	9		56		
Energy	kj	454		0	MC	9		236		
Protein (N x 6.25)	g	19.85	0.050	32	A	1		10.32		
Total lipid (fat)	g	1.50	0.100	32	A	1		0.78		
Ash	g	4.30	0.100	5	A	1		2.24		
Carbohydrate, by difference	g	3.90		0	MC	9		2.03		
Fiber, total dietary	g	0.0		0	MC	9		0.0		
Sugars, total	g	4.30	0.600	4	A	1		2.24		
Starch	g									
Minavalse										
Minerals: Calcium, Ca	ma	10	0.500	4	A	1		5		
Iron. Fe.	-	1.13	0.300	4	A	1		0.59		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	36	4.600	4	MA	12		19		
Phosphorus, P		289	15.000	4	MA	12		150		
Potassium, K	•	329	8.500	4	MA	12		171		
Sodium, Na	-	1438	52.000	5	A	1		748		
Zinc, Zn	-	0.70	0.105	4	MA	12		0.36		
Copper, Cu		0.170	0.025	4	MA	12		0.088		
Manganese, Mn										
Selenium, Se	mcg									
Vitamina										
<u>Vitamins:</u>		0.0			_			0.0		
Vitamin C, total ascorbic acid	-	0.0		1	A	1		0.0		
Thiamin	-									
Riboflavin										
Niacin Pantothenic acid										
Vitamin B-6										
Folate, total		4		0	BFZN	4		2		
Folic acid		0		0	BFZN	4		0		
Folate, food		4		0	BFZN	4		2		
Folate, DFE		4		0	NC	4		2		
Vitamin B-12										
Vitamin A, IU		0		1	JO	11		0		
Vitamin A, RAE		0		0	NC	4		0		
Retinol		0		0	NR	4		0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	q	0.394		0	A	1		0.205		
4:0				-		_		0.200		
6:0	-									
8:0	-									
10:0										
12:0	-	0.000	0.000	4	A	1		0.000		
13:0										
14:0	g	0.006	0.003	4	A	1		0.003		
15:0	g									
16:0	g	0.285	0.024	4	A	1		0.148		
17:0	g									
18:0	g	0.103	0.006	4	A	1		0.054		
20:0	g									
22:0	g									
24:0	g									

	Ar	mount in 10	0 grams	of edil	ole portic	<u>on</u>	Amount in edible portion of common measures of food		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	0.564		0	A	1		0.293		
14:1g									
15:1g				_	_				
16:1 undifferentiated	0.091	0.0	12 4	A	1		0.047		
17:1	0.473	0.0	24 4	A	1		0.246		
20:1g	0.473	0.0	24 4	A	1		0.246		
22:1 undifferentiated									
24:1 c9									
Fatty acids, total polyunsaturatedg	0.218		0	А	1		0.113		
18:2 undifferentiated	0.200			A	1		0.104		
18:3 undifferentiated	0.018			A	1		0.009		
18:4g									
20:2 n-6 c.cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg									
20:5 n-3g									
22:5 n-3g									
22:6 n-3g									
Fatty acids, total transg									
Cholesterolmg	53	0.5	50 5	A	1		28		
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, 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 = 52g: 1 serving (4 slices)

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

		<u>A</u> 1	mount in 100 g	grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
			Nι	ımber	r			<u>m</u> e	easures of food	<u> </u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Unit	s	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	75.80	0.119	45	A	1		39.42	9.85		
Energy	kcal	85		0	MC	9		44	11		
Energy	kj	356				9		185	46		
Protein	g	18.30	0.089	45	A	1		9.52	2.38		
Total lipid (fat)	g	0.60	0.030	45	A	1		0.31	0.08		
Ash	g	3.70	0.095	10	A	1		1.92	0.48		
Carbohydrate, by difference		1.70		0	MC	9		0.88	0.22		
Fiber, total dietary	g	0.0		0	MC	9		0.0	0.0		
Sugars, total	g	0.90	0.402	5	A	1		0.47	0.12		
Starch	g										
Minerals:											
Calcium, Ca	mg	12	0.408	6	A	1		6	2		
Iron, Fe.		1.33	0.127	6	A	1		0.69	0.17		
Magnesium, Mg		36	1.674	6	MA	12		19	5		
Phosphorus, P	mg	256	6.532	6	MA	12		133	33		
Potassium, K	mg	316	4.914	7	MA	12		164	41		
Sodium, Na	mg	1242	27.667	9	A	1		646	161		
Zinc, Zn		0.60	0.012	6	MA	12		0.31	0.08		
Copper, Cu		0.230	0.016	6	MA	12		0.120	0.030		
Manganese, Mn											
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0	0.0		
Thiamin	mg										
Riboflavin	mg										
Niacin	<u>.</u> mg										
Pantothenic acid	_. mg										
Vitamin B-6											
Folate, total											
Folate, DFE											
Vitamin B-12		•		^		•		•	•		
Vitamin A, IU	IU	0		0	MC	9		0	0		
Vitamin A, RAEVitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
r · · ·											
Lipids:	~	0 170		^	_						
Fatty acids, total saturated		0.170	•	0	A	1		0.088	0.022		
4:0 6:0											
8:0	-										
10:0	-										
12:0	-	0.000	0.000	6	A	1		0.000	0.000		
13:0	-			-	•=	•					
14:0	-	0.010	0.004	6	A	1		0.005	0.001		
15:0	g										
16:0	g	0.110	0.016	6	A	1		0.057	0.014		
17:0	•										
18:0	•	0.050	0.004	6	A	1		0.026	0.007		
20:0											
22:0											
24:0				_	_	_					
Fatty acids, total monounsaturated		0.160	1	0	A	1		0.083	0.021		
14.1	CI CI										

		<u>An</u>	nount in 100) gram: Numbe		ole portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Unit	s	Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3	
16:1 undifferentiated		0.020	0.00	4 6	A	1		0.010	0.003		
17:1	-	0.140	0.02	0 6	A	1		0.073	0.018		
20:1		0.110	0.02			•		0.075	0.010		
22:1 undifferentiated											
24:1 c											
Fatty acids, total polyunsaturated		0.060		0	A	1		0.031	0.008		
18:2 undifferentiated		0.060	0.00	8 6	A	1		0.031	0.008		
18:3 undifferentiated	g	0.000	0.00	0 6	A	1		0.000	0.000		
18:4	g										
20:2 n-6 c,c	g										
20:3 undifferentiated	g										
20:4 undifferentiated	g										
20:5 n-3	g										
22:5 n-3	g										
22:6 n-3	g										
Fatty acids, total trans	g										
Cholesterol	mg	44	0.81	6 6	A	1		23	6		
Phytosterols	<u>mg</u>										

Common Measures:

Measure 1 = 52g: 1 serving Measure 2 = 13.0g: 1 slice

Calories Factors: Protein Fat Carbohydrate

		<u>A</u> 1	mount in 100 g	grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
			Nι	ımber	r			<u>m</u> e	easures of food	<u> </u>	
					Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water		79.20	0.072	125	A	1		37.22	12.67		
Energy	kcal	72		0	MC	9		34	12		
Energy	kj	301				9		142	48		
Protein	g	14.60	0.054	125	A	1		6.86	2.34		
Total lipid (fat)	g	0.70	0.018	125	A	1		0.33	0.11		
Ash	g	3.70	0.082	6	A	1		1.74	0.59		
Carbohydrate, by difference	g	1.90		0	MC	9		0.89	0.30		
Fiber, total dietary	g	0.0		0	MC	9		0.0	0.0		
Sugars, total	g	1.10	0.115	3	A	1		0.52	0.18		
Starch	g										
Minerals:											
Calcium, Ca	ma	11	0.577	3	A	1		5	2		
Iron, Fe		0.91	0.064	3	A	1		0.43	0.15		
Magnesium, Mg		27	0.866	3	MA	12		13	4		
Phosphorus, P		197	9.238	3	MA	12		93	32		
Potassium, K	_	234	24.826	3	MA	12		110	37		
Sodium, Na		1084	87.180	3	A	1		509	173		
Zinc, Zn	mg	1.57	0.237	3	MA	12		0.74	0.25		
Copper, Cu	mg	0.200	0.012	3	MA	12		0.094	0.032		
Manganese, Mn	mg										
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		1	A	1		0.0	0.0		
Thiamin	_										
Riboflavin	_										
Niacin	-										
Pantothenic acid											
Vitamin B-6	mg										
Folate, total											
Folate, DFE	mcg_DFE										
Vitamin B-12											
Vitamin A, IU	IU	0		0	MC	9		0	0		
Vitamin A, RAE											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, deltaVitamin D											
Vitamin K (phylloquinone)											
vitainin K (phynoquinone)											
<u>Lipids:</u>											
Fatty acids, total saturated		0.221		0	A	1		0.104	0.035		
4:0											
6:0	-										
8:0	-										
10:0		0.000	0.000	2	•	1		0.000	0.000		
12:0 13:0	-	0.000	0.000	3	A	1		0.000	0.000		
14:0	-	0.009	0.000	3	A	1		0.004	0.001		
15:0	-	0.003	3.000			-		0.004	0.001		
16:0		0.145	0.010	3	A	1		0.068	0.023		
17:0				-	==	_			0.023		
18:0	•	0.068	0.010	3	A	1		0.032	0.011		
20:0	•			-					-		
22:0											
24:0											
Fatty acids, total monounsaturated		0.272		0	A	1		0.128	0.044		
14:1											
15:1											

	<u>Ar</u>	nount in 100	grams	of edil	ole portio	<u>n</u>	Amount in	edible portion of	of common
			Numbe	r Deriv	Source	Confidence	<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiatedg	0.017	0.00	5 3	A	1		0.008	0.003	
17:1	0.017	0.00	5 5		-		0.000	0.003	
18:1 undifferentiated	0.255	0.01	0 3	A	1		0.120	0.041	
20:1g									
22:1 undifferentiatedg									
24:1 cg									
Fatty acids, total polyunsaturated	0.136		0	A	1		0.064	0.022	
18:2 undifferentiatedg	0.128	0.02	0 3	A	1		0.060	0.020	
18:3 undifferentiatedg	0.009	0.00	5 3	A	1		0.004	0.001	
18:4g									
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg									
20:5 n-3g									
22:5 n-3g									
22:6 n-3g									
Fatty acids, total transg									
Cholesterolmg	38	5.19	6 3	A	1		18	6	
Phytosterols mg									

Common Measures:

Measure 1 = 47g: 1 serving Measure 2 = 16g: 1 slice

Calories Factors: Protein Fat Carbohydrate

		<u>Aı</u>	mount in 100 g	rams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			Nu	ımber	•			<u>m</u> e	easures of food	<u>l</u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Unit	s	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	65.25	0.050	121	A	1		18.27			
Energy	kcal	180		0	MC	9		50			
Energy	kj	754		0	MC	9		211			
Protein (N x 6.25)	g	16.30	0.200	121	A	1		4.56			
Total lipid (fat)	g	11.15	0.850	121	A	1		3.12			
Ash	9	3.65	0.050	8	A	1		1.02			
Carbohydrate, by difference	g	3.65		0	MC	9		1.02			
Fiber, total dietary	g	0.0		0	MC	9		0.0			
Sugars, total	g	2.20	0.404	3	A	1		0.62			
Starch	g										
M:											
Minerals: Calcium, Ca	ma	9	1.225	6	A	1		3			
Iron. Fe.	-	1.30	0.176	6	A	1		0.36			
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	23	0.176	6	MA	12		6			
Phosphorus, P		219	3.674	6	MA	12		61			
Potassium, K	•	260	2.858	6	MA	12		73			
Sodium, Na	-	1249	81.500	7	A	1		350			
Zinc, Zn	_	2.25	0.061	6	MA	12		0.63			
Copper, Cu		0.240	0.069	6	MA	12		0.067			
Manganese, Mn											
Selenium, Se											
67*4											
Vitamins:				_	_	_					
Vitamin C, total ascorbic acid	-	0.0		1	A	1		0.0			
Thiamin	_										
Riboflavin											
Niacin											
Pantothenic acid											
Vitamin B-6		3		0	BFZN	4		1			
Foliate, total		0		0	BFZN	4		0			
Folate, food		3		0	BFZN	4		1			
Folate, DFE		3		0	NC	4		1			
Vitamin B-12		3		U	NC	-		-			
Vitamin A, IU		0		1	JO	11		0			
Vitamin A, RAE		ō		0	NC	4		0			
Retinol		0		0	NR	4		0			
Vitamin E (alpha-tocopherol)		·		·	2420	-		•			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
Lipids:	a	4 0= 4		^	_	-					
Fatty acids, total saturated		4.056	1	0	A	1		1.136			
4:0											
6:0	-										
8:0											
10:0		0.018	0.004	7	A	1		0.005			
12:0		0.018	0.004	,	A	-		0.005			
13:0	-	0.166	0.018	7	A	1		0.046			
14:0	-	0.166	0.018	,	A	1		0.040			
15:0	-	2.698	0.080	7	A	1		0.755			
16:0	-	2.098	0.080	,	A	1		0.755			
17:0 18:0	-	1.173	0.042	7	A	1		0.328			
	-	1.1/3	0.042	,	A	1		0.328			
20:0	-										
22:0 24:0	-										

	<u>A</u> 1	mount in 10	00 gram	s of edi	<u>on</u>	Amount in edible portion of common			
			Numbe	-	0	Canfidanaa	<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error			Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	5.829		0	A	1		1.632		
14:1g	3.623		Ū	A	-		1.632		
15:1g									
16:1 undifferentiatedg	0.379	0.0	18 7	A	1		0.106		
17:1g									
18:1 undifferentiatedg	5.451	0.1	.43 7	A	1		1.526		
20:1g									
22:1 undifferentiatedg									
24:1 cg									
Fatty acids, total polyunsaturatedg	1.275		0	A	1		0.357		
18:2 undifferentiatedg	1.210			A	1		0.339		
18:3 undifferentiatedg	0.065	0.0	07 7	A	1		0.018		
18:4g									
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiated									
20:5 n-3g 22:5 n-3									
22:5 n-3g 22:6 n-3g									
Fatty acids, total trans									
Cholesterolg	59		1	А	1		16		
Phytosterolsmg	33		_	A	-		10		
Others:	0.0		•	_	7		0.0		
Alcohol, ethylg	0.0		0	Z	•		0.0		
Caffeine mg	0		0	Z Z	7 7		0		
Theobrominemg	U		U	Z	,		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		
Lycopene mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin mcg	0		0	Z	7		0.000		

Common Measures:

Measure 1 = 28g: 1 serving (1 slice)

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

		<u>A</u>	mount in 100 g	rams	of edib	le portio	<u>n</u>	Amount in	edible portion	of common
			Nu	mber				me	easures of food	
					Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Durationatory										
Proximates: Water	a	74.45	0.350	5	A	1		46.90		
Energy	=	104	0.000	0	MC	9		66		
Energy		435		0	MC	9		274		
Protein (N x 6.25)		16.30	0.200	5	A	1		10.27		
Total lipid (fat)		3.52	0.180	5	A	1		2.22		
Ash		3.90	0.200	2	A	1		2.46		
Carbohydrate, by difference		1.83		0	MC	9		1.15		
Fiber, total dietary		0.0		0	MC	9		0.0		
Sugars, total		1.00		1	A	1		0.63		
Starch		1.00		-		-		0.05		
Starcii	9									
Minerals:										
Calcium, Ca	mg	10		1	A	1		6		
Iron, Fe	_	1.30		1	A	1		0.82		
Magnesium, Mg		31		1	MA	12		20		
Phosphorus, P	•	233		1	MA	12		147		
Potassium, K		268		1	MA	12		169		
Sodium, Na	-	1242		2	A	1		782		
Zinc, Zn		1.81		1	MA	12		1.14		
Copper, Cu		0.240)	1	MA	12		0.151		
Manganese, Mn										
Selenium, Se	Ilicy									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid										
Vitamin B-6										
Folate, total		4		0	BFZN	4		3		
Folic acid		0		0	BFZN	4		0		
Folate, food		4		0	BFZN	4		3		
Folate, DFE		4		0	NC	4		3		
Vitamin B-12	-	•		_				•		
Vitamin A, IU		0 0		1	JO	11		0 0		
Vitamin A, RAE		0		0	NC	4		0		
Retinol		U		U	NR	4		U		
Vitamin E (alpha-tocopherol) Tocopherol, beta	ing ma									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
	······									
<u>Lipids:</u>										
Fatty acids, total saturated		0.851	<u> </u>	0	A	1		0.536		
4:0	-									
6:0	-									
8:0										
10:0		0.000	1	1	7	1		0 000		
12:0		0.000	,	1	A	1		0.000		
13:0 14:0	-	0.040	1	1	A	1		0.025		
		0.040	,	1	A	1		0.025		
15:0 16:0	-	0.571		1	A	1		0.360		
	-	0.5/1	_	_	A	1		0.360		
17:0	-	0.240	1	1	A	1		0.151		
18:0 20:0	-	0.240	,	1	A	1		0.131		
22:0	-									
44.0	9									

	<u>Amou</u>	nt in 100 grams	of edil	ole portic	<u>on</u>	Amount in edible portion of common		
Nutricute and Unite	Maara Ctd	Number of Data . Error Points	Deriv	Source Code	Confidence Code	_	easures of food	Manager 2
Nutrients and Units	Mean Std	. Error Follits	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	1.165	0	A	1		0.734		
14:1g								
15:1g								
16:1 undifferentiatedg	0.074	1	A	1		0.047		
17:1g								
18:1 undifferentiatedg	1.091	1	A	1		0.687		
20:1g								
22:1 undifferentiatedg								
24:1 cg								
Fatty acids, total polyunsaturated	1.314	0	A	1		0.828		
18:2 undifferentiatedg	0.223	1	A	1		0.140		
18:3 undifferentiatedg	1.091	1	A	1		0.687		
18:4g								
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg								
20:5 n-3g								
22:5 n-3g								
22:6 n-3g								
Fatty acids, total transg								
Cholesterolmg	48	1	A	1		30		
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	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 = 63g: 1 serving (3 slices)

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

		<u>A</u> 1	mount in 100	grams	of edib	ole portio	<u>on</u>	Amount in edible portion of common			
			Nu	umber	-			<u>m</u> e	easures of food	_	
					Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	74.60	0.073	120	A	1		47.00	15.67		
Energy	kcal	104		0	MC	9		66	22		
Energy	kj	435				9		274	91		
Protein	-	16.60	0.055		A	1		10.46	3.49		
Total lipid (fat)		3.70	0.055	120	A	1		2.33	0.78		
Ash		4.00	0.076	7	A	1		2.52	0.84		
Carbohydrate, by difference		1.20		0	MC	9		0.76	0.25		
Fiber, total dietary		0.0		0	MC	9		0.0	0.0		
Sugars, total		0.30		2	A	1		0.19	0.06		
Starch	g										
Minerals:											
Calcium, Ca	mg	10		2	A	1		6	2		
Iron, Fe		1.48		2	A	1		0.93	0.31		
Magnesium, Mg		31		2	MA	12		20	7		
Phosphorus, P		239		2	MA	12		151	50		
Potassium, K		283		2	MA	12		178	59		
Sodium, Na	mg	1348		2	A	1		849	283		
Zinc, Zn	mg	1.85		2	MA	12		1.17	0.39		
Copper, Cu		0.240		2	MA	12		0.151	0.050		
Manganese, Mn											
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0	0.0		
Thiamin	_										
Riboflavin	_										
Niacin	mg										
Pantothenic acid	mg										
Vitamin B-6	mg										
Folate, total											
Folate, DFE											
Vitamin B-12											
Vitamin A, IU	IU	0		0	MC	9		0	0		
Vitamin A, RAE											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
4 , 1 ,											
<u>Lipids:</u>											
Fatty acids, total saturated		1.247		0	A	1		0.786	0.262		
4:0											
6:0	-										
8:0	-										
10:0	-	0.000	ı	2	A	1		0.000	0.000		
12:0 13:0	-	0.000		2	A	1		0.000	0.000		
14:0	-	0.053		2	A	1		0.033	0.011		
15:0	-	3.033		-		_		0.055	0.011		
16:0	-	0.846	;	2	A	1		0.533	0.178		
17:0	-				-	•					
18:0	•	0.347		2	A	1		0.219	0.073		
20:0	•								-		
22:0	-										
24:0	-										
Fatty acids, total monounsaturated		1.727		0	A	1		1.088	0.363		
14:1											
15:1	0										

	<u>Amoun</u>	t in 100 grams Number		ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean Std.	of Data Error Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
16:1 undifferentiatedg	0.107	2	A	1		0.067	0.022		
18:1 undifferentiatedg	1.620	2	A	1		1.021	0.340		
20:1g									
22:1 undifferentiatedg									
24:1 cg	0.256	•	_						
Fatty acids, total polyunsaturated	0.356	0	A	1		0.224	0.075		
18:2 undifferentiated	0.321	2	A	1		0.202	0.067		
18:3 undifferentiatedg	0.036	2	A	1		0.023	0.008		
18:4g									
20:2 n-6 c,cg									
20:3 undifferentiated									
20:5 n-3g									
20:5 n-3g									
22:6 n-3									
Fatty acids, total trans									
Cholesterolmg	47	2	A	1		30	10		
Phytosterolsmg									

Common Measures:

Measure 1 = 63g: 1 serving Measure 2 = 21g: 1 slice

Calories Factors: Protein Fat Carbohydrate

		<u>A</u> :	mount in 100 g	grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
			Nι	ımber	r			<u>m</u> e	easures of food	_	
					Deriv	Source	Confidence				
Nutrients and Unit	ts	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	72.70	0.064	120	A	1		45.80	15.27		
Energy	kcal	111		0	MC	9		70	23		
Energy	kj	464				9		293	98		
Protein	g	16.70	0.046	120	A	1		10.52	3.51		
Total lipid (fat)	g	3.50	0.046	120	A	1		2.21	0.74		
Ash	g	4.00	0.041	6	A	1		2.52	0.84		
Carbohydrate, by difference		3.10		0	MC	9		1.95	0.65		
Fiber, total dietary	g	0.0		0	MC	9		0.0	0.0		
Sugars, total		3.10	0.250	4	A	1		1.95	0.65		
Starch	9										
Minerals:											
Calcium, Ca	mg	10	1.500	4	A	1		6	2		
Iron, Fe		1.35	0.055	4	A	1		0.85	0.28		
Magnesium, Mg		31	1.400	4	MA	12		20	7		
Phosphorus, P	mg	259	6.500	4	MA	12		163	54		
Potassium, K	mg	281	6.000	4	MA	12		177	59		
Sodium, Na	mg	1248	13.864	5	A	1		786	262		
Zinc, Zn		2.08	0.105	4	MA	12		1.31	0.44		
Copper, Cu		0.230	0.005	4	MA	12		0.145	0.048		
Manganese, Mn											
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0	0.0		
Thiamin	mg										
Riboflavin	mg										
Niacin											
Pantothenic acid											
Vitamin B-6											
Folate, total											
Folate, DFEVitamin B-12											
Vitamin A, IU		0		0	MC	9		0	0		
Vitamin A, RAE	mca RAF	Ü		Ū	мс			Ü	Ü		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D	IU										
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	а	1.167	,	0	A	1		0.735	0.245		
4:0											
6:0	_										
8:0	g										
10:0	g										
12:0	_	0.000	0.000	4	A	1		0.000	0.000		
13:0	_										
14:0	-	0.054	0.004	4	A	1		0.034	0.011		
15:0				_	_	_		<u>.</u>			
16:0		0.781	0.040	4	A	1		0.492	0.164		
17:0	•	0 330	0 012	4	2	1		0 000	0.070		
18:0 20:0	•	0.332	0.013	4	A	1		0.209	0.070		
20:0	-										
24:0	-										
Fatty acids, total monounsaturated		1.669)	0	A	1		1.051	0.350		
14:1				-	•=	•			2.000		
15:1											

		<u>An</u>	nount in 100			ole portio	<u>on</u>		edible portion of easures of food	_
Nutrients and Uni	ts	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated17:1		0.099	0.00	9 4	A	1		0.062	0.021	
18:1 undifferentiated	-	1.571	0.07	2 4	A	1		0.990	0.330	
20:1										
22:1 undifferentiated	_									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.314		0	A	1		0.198	0.066	
18:2 undifferentiated	g	0.305	0.00	94	A	1		0.192	0.064	
18:3 undifferentiated	g	0.009	0.00	0 4	A	1		0.006	0.002	
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	-									
Cholesterol	mg	45	1.78	9 5	A	1		28	9	
Phytosterols	mg									

Common Measures:

Measure 1 = 63g: 1 serving Measure 2 = 21g: 1 slice

Calories Factors: Protein Fat Carbohydrate

		<u>A</u> 1	mount in 100 g	grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
			Nι	ımber	•			<u>m</u> e	easures of food	<u> </u>	
					Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	75.80	0.046	120	A	1		47.75	15.92		
Energy	kcal	99		0	MC	9		62	21		
Energy	kj	414				9		261	87		
Protein	-	16.60	0.037		A	1		10.46	3.49		
Total lipid (fat)		3.60	0.046	120	A	1		2.27	0.76		
Ash		3.90	0.041	24	A	1		2.46	0.82		
Carbohydrate, by difference		0.10		0	MC	9		0.06	0.02		
Fiber, total dietary		0.0		0	MC	9		0.0	0.0		
Sugars, total		0.10	0.050	4	A	1		0.06	0.02		
Starch	g										
Minerals:											
Calcium, Ca	mg	10	0.500	4	A	1		6	2		
Iron, Fe		1.30	0.025	4	A	1		0.82	0.27		
Magnesium, Mg	-	31	1.350	4	MA	12		20	7		
Phosphorus, P		233	6.000	4	MA	12		147	49		
Potassium, K		268	9.000	4	MA	12		169	56		
Sodium, Na	mg	1214	30.000	4	A	1		765	255		
Zinc, Zn	mg	1.81	0.150	4	MA	12		1.14	0.38		
Copper, Cu		0.240	0.010	4	MA	12		0.151	0.050		
Manganese, Mn											
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0	0.0		
Thiamin	-										
Riboflavin	-										
Niacin	mg										
Pantothenic acid	mg										
Vitamin B-6	mg										
Folate, total											
Folate, DFE											
Vitamin B-12											
Vitamin A, IU	IU	0		0	MC	9		0	0		
Vitamin A, RAE											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
<u>Lipids:</u>											
Fatty acids, total saturated		1.222		0	A	1		0.770	0.257		
4:0											
6:0	_										
8:0	-										
10:0		0.000	0.000	4	A	1		0.000	0.000		
12:0 13:0	_	0.000	0.000	4	A	1		0.000	0.000		
14:0	_	0.057	0.008	4	A	1		0.036	0.012		
15:0	_	5.057	2.000	-		_		0.050	0.012		
16:0	-	0.820	0.139	4	A	1		0.517	0.172		
17:0	-				-	•					
18:0	•	0.345	0.053	4	A	1		0.217	0.072		
20:0	•							•			
22:0	-										
24:0											
Fatty acids, total monounsaturated		1.673	1	0	A	1		1.054	0.351		
14:1											
15:1											

	<u>An</u>		lumbe	r	_	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
16:1 undifferentiatedg	0.107	0.01	5 4	A	1		0.067	0.022	
18:1 undifferentiated	1.567	0.21	7 4	A	1		0.987	0.329	
20:1									
Fatty acids, total polyunsaturatedg	0.345		0	A	1		0.217	0.072	
18:2 undifferentiated	0.320	0.04	5 4	A	1		0.202	0.067	
18:3 undifferentiatedg	0.025	0.00	3 4	A	1		0.016	0.005	
18:4g									
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg									
20:5 n-3g									
22:5 n-3g									
22:6 n-3g									
Fatty acids, total trans									
Cholesterolmg	48	2.00	4	A	1		30	10	
Phytosterolsmg									

Common Measures:

Measure 1 = 63g: 1 serving Measure 2 = 21g: 1 slice

Calories Factors: Protein Fat Carbohydrate

		<u>Aı</u>	mount in 100 g	grams	of edik	ole portio	<u>n</u>	Amount in edible portion of common			
			Nι	umber	•			<u>m</u>	easures of food	<u> </u>	
Northbooks and Use	14		of Std. Error Po			Source Code	Confidence Code				
Nutrients and Un	ITS	Mean	Sta. Error	Ollits	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	60.50	0.200	31	A	1		16.94			
Energy	kcal	234		0	NC	4		66			
Energy	kj	980		0	NC	4		274			
Protein (N x 6.25)		13.85	0.250	31	A	1		3.88			
Total lipid (fat)	g	18.20	0.500	31	A	1		5.10			
Ash	g	3.70	0.300	26	A	1		1.04			
Carbohydrate, by difference	g	3.75		0	NC	4		1.05			
Fiber, total dietary	g	0.0		0	MC	9		0.0			
Sugars, total	g	3.30	0.520	3	A	1		0.92			
Starch	g										
Minorala.											
Minerals: Calcium, Ca	ma	67	3.624	22	A	1		19			
Iron, Fe		0.86	0.036	22	A	1		0.24			
Magnesium, Mg		19	0.704	22	MA	12		5			
Phosphorus, P		270	7.036	22	MA	12		76			
Potassium, K		265	7.036	22	MA	12		74			
Sodium, Na		1167	86.500	31	A	1		327			
Zinc, Zn	-	1.81	0.038	22	MA	12		0.51			
Copper, Cu	-	0.120		22	MA	12		0.034			
Manganese, Mn		0.018		7	MA	12		0.005			
Selenium, Se											
<u>Vitamins:</u>					_						
Vitamin C, total ascorbic acid	-	0.0		1	A	1		0.0			
Thiamin		0.580		8	MA	12		0.162			
Riboflavin		0.190		8	MA	12		0.053			
Niacin		3.480		8	MA	12		0.974			
Pantothenic acid	-	0.440		3	MA	12		0.123			
Vitamin B-6	-	0.250		8	MA	12		0.070			
Folate, total		3	0.335	3	MA	12		1			
Folic acid		0 3	0.335	0 3	NR	4 12		0 1			
Folate, food		3	0.335		MA	4		1			
Folate, DFE			0.000	0	NC						
Vitamin B-12		0.76 0	0.032	8	MA	12 1		0.21 0			
Vitamin A, IU		-		1	A						
Vitamin A, RAE		0		0	NC NR	4 4		0			
Retinol		U		U	NK	4		U			
Vitamin E (alpha-tocopherol)	-										
Tocopherol, beta											
Tocopherol, gamma Tocopherol, delta											
Vitamin D		42.000	8.500	4	MA	12		11.760			
Vitamin K (phylloquinone)		42.000	0.500	•				11.700			
<u> Lipids:</u>		_		_		_					
Fatty acids, total saturated		6.561	•	0	A	1		1.837			
4:0											
6:0											
8:0											
10:0		0 050	0 011	20	-	1		0.000			
12:0		0.073	0.011	20	A	1		0.020			
13:0		0.397	0.015	20	A	1		0 111			
14:0		0.397	0.015	20	A	1		0.111			
15:0	-	A 11-	0 117	20	2	1		1 150			
16:0	-	4.115	0.117	20	A	1		1.152			
17:0	-	1 070	0.000	20	2	1		0 553			
18:0	-	1.976	0.089	20	A	1		0.553			
20:0											
22:0 24:0.	-										

		<u>A</u>	mount in 100	grams	of edil	ole portic	<u>on</u>	Amount in edible portion of common measures of food		
			O ⁴		Deriv		Confidence	<u>m</u>	easures of food	<u> </u>
Nutrients and	Units	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	atedg	8.278	3	0	A	1		2.318		
14:1	g									
16:1 undifferentiated	g	0.608	0.034	20	A	1		0.170		
17:1 18:1 undifferentiated	g	7.671	0.195	20	A	1		2.148		
20:1 22:1 undifferentiated	g									
24:1 cFatty acids, total polyunsaturat		1.798	3	0	A	1		0.503		
18:2 undifferentiated	-	1.604		20	A	1		0.449		
18:3 undifferentiated	-	0.194	0.031	20	A	1		0.054		
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated										
20:5 n-3	-									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	-	62	4.250	31	A	1		17		
Phytosterols	mg									
Amino Acids:										
Tryptophan	q	0.226	5		FLA	4		0.063		
Threonine		0.673	3		FLA	4		0.188		
Isoleucine	-	0.783	3		FLA	4		0.219		
Leucine	g	1.418	3		FLA	4		0.397		
Lysine	g	1.593	3		FLA	4		0.446		
Methionine	g	0.440)		FLA	4		0.123		
Cystine	g	0.168			FLA	4		0.047		
Phenylalanine		0.757	,		FLA	4		0.212		
Tyrosine		0.732			FLA	4		0.205		
Valine	-	0.960			FLA	4		0.269		
Arginine	-	0.919			FLA	4		0.257		
Histidine	-	0.673			FLA	4		0.189		
Alanine		0.751			FLA	4		0.210		
Aspartic acid		1.336			FLA	4		0.374		
Glutamic acid	-	3.009			FLA	4 4		0.843		
Glycine		0.632	_		FLA	4		0.177		
Proline	-	1.167			FLA FLA	4		0.327 0.211		
Serine Hydroxyproline		0.754	•		FLA	4		0.211		
Trydroxypronne	9									
Others:										
Alcohol, ethyl	-	0.0		0	Z	7		0.0		
Caffeine		0		0	Z	7		0		
Theobromine	mg	0		0	Z	7		0		
Carotenoids:										
Carotene, beta	mcg	0	0.000	3	MA	12		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 = 28g: 1 serving

NDB No. 07211

OSCAR MAYER, Ham and Cheese Loaf

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

		<u>Aı</u>	mount in 100 g	ırams	of edil	ole portio	<u>on</u>		edible portion	
			Nu	mber	•			<u>m</u>	easures of food	<u>l</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	67.50	0.335	20	A	1		18.90		
Energy	kcal	185		0	MC	9		52		
Energy	kj	774				9		217		
Protein	g	15.70	0.179	20	A	1		4.40		
Total lipid (fat)	g	13.50	0.335	20	A	1		3.78		
Ash	g	3.30	0.103	15	A	1		0.92		
Carbohydrate, by difference	g	0.00		0	MC	9		0.00		
Fiber, total dietary	g	0.0		0	MC	9		0.0		
Sugars, total		0.00		2	A	1		0.00		
Starch	g									
Minerals:										
Calcium. Ca	mg	21	3.474	14	A	1		6		
Iron, Fe.	• • • • • • • • • • • • • • • • • • • •	1.63	0.192	14	A	1		0.46		
Magnesium, Mg		11	1.283	14	MA	12		3		
Phosphorus, P		63	2.405	14	MA	12		18		
Potassium, K	mg	29	5.612	14	MA	12		8		
Sodium, Na	-	1073		2	A	1		300		
Zinc, Zn	mg	1.19	0.078	14	MA	12		0.33		
Copper, Cu		0.200	0.027	14	MA	12		0.056		
Manganese, Mn										
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0		
Thiamin	mg	0.040	0.004	7	MA	12		0.011		
Riboflavin	mg	0.170	0.011	7	MA	12		0.048		
Niacin	mg	0.970	0.106	7	MA	12		0.272		
Pantothenic acid	mg	0.220		2	MA	12		0.062		
Vitamin B-6		0.130	0.064	7	MA	12		0.036		
Folate, total		1		2	MA	12		0		
Folic acid		0		0	Z	7		0		
Folate, food		1		2	MA	12		0		
Folate, DFE		1		0	NC	4		0		
Vitamin B-12	mcg	0.95	0.083	7	MA	12		0.27		
Vitamin A, IU		100		0	MC	9		28		
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)	•									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	-									
Vitamin D		46.000	6.500	4	MA	12		12.880		
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	a	4.299		0	A	1		1.204		
4:0		4.233		U		-		1.204		
6:0	-									
8:0	_									
10:0	-									
12:0	-	0.018	0.007	13	A	1		0.005		
13:0	-									
14:0	g	0.193	0.020	13	A	1		0.054		
15:0	g									
16:0		2.835	0.095	13	A	1		0.794		
17:0										
18:0	-	1.252	0.066	13	A	1		0.351		
20:0	_									
22:0	g									

	<u>Ar</u>	nount ii				ole portio	<u>on</u>	Amount in edible portion of common measures of food		
				umbei f Data		Source	Confidence	<u> </u>	easures or roou	
Nutrients and Units	Mean	Std. Er	-			Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	6.913			0	A	1		1.936		
14:1										
16:1 undifferentiatedg	0.635		0.030	13	A	1		0.178		
17:1	6.278		0.265	13	A	1		1.758		
20:1g 22:1 undifferentiatedg										
24:1 cg										
Fatty acids, total polyunsaturatedg	1.344			0	A	1		0.376		
18:2 undifferentiatedg	1.178		0.051		A A	1 1		0.330		
18:3 undifferentiated	0.166		0.030	13	A	1		0.046		
20:2 n-6 c.cg										
20:3 undifferentiated										
20:4 undifferentiated										
20:5 n-3										
22:5 n-3g										
22:6 n-3g										
Fatty acids, total trans9										
Cholesterolmg	91		6.682	14	A	1		25		
Phytosterolsmg										

Common Measures:

Measure 1 = 28g: 1 serving

Calories Factors: Protein Fat Carbohydrate

		<u>Aı</u>	mount in 100 g	rams	of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
			Nι	ımbeı	r			<u>m</u>	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Units	5	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	58.60	0.110	30	A	1		16.41		
Energy	kcal	234		0	MC	9		66		
Energy	kj	979				9		274		
Protein	g	13.50	0.091	30	A	1		3.78		
Total lipid (fat)	g	16.90	0.183	30	A	1		4.73		
Ash		4.00	0.058	27	A	1		1.12		
Carbohydrate, by difference		7.00		0	MC	9		1.96		
Fiber, total dietary		0.0		0	MC	9		0.0		
Sugars, total		4.60		2	A	1		1.29		
Starch	9									
Minerals:										
Calcium, Ca	-	109	9.798	6	A	1		31		
Iron, Fe		1.35	0.057	6	A	1		0.38		
Magnesium, Mg		24 105	2.164	6	MA MA	12 12		7 55		
Phosphorus, P Potassium, K		195 270	9.390 3.780	6 7	MA MA	12 12		55 76		
Sodium, Na		1226	11.700	, 19	MA A	1		343		
Zinc, Zn		1.95	0.041	6	MA	12		0.55		
Copper, Cu		2.310	2.139	6	MA	12		0.647		
Manganese, Mn	_. mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid		0.0		1	A	1		0.0		
Thiamin										
Riboflavin										
Niacin Pantothenic acid										
Vitamin B-6										
Folate, total										
Folate, DFE										
Vitamin B-12										
Vitamin A, IU	IU	0		0	MC	9		0		
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	g	5.367	,	0	A	1		1.503		
4:0										
6:0	_									
8:0	_									
10:0 12:0	_	0.009	0.000	6	A	1		0.003		
13:0	_	0.003	0.000	J	A	-		0.005		
14:0	-	0.202	0.007	6	A	1		0.057		
15:0										
16:0	-	3.669	0.149	6	A	1		1.027		
17:0	•									
18:0	•	1.486	0.041	6	A	1		0.416		
20:0	-									
22:0										
24:0 Fatty acids, total monounsaturated		7.393	1	0	A	1		2.070		
14:1		7.595	•	3	A	-		2.070		
15:1										

	<u>Ar</u>		ımbeı	•		_	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Std. Error P				Confidence Code	Measure 1	Measure 2	Measure 3	
16:1 undifferentiated	0.523	0.038	6	A	1		0.146			
18:1 undifferentiated	6.870	0.180	6	A	1		1.924			
20:1g 22:1 undifferentiatedg										
24:1 c	2.789		^				0.701			
Fatty acids, total polyunsaturated	2.789	0.157	0 6	A A	1 1		0.781 0.724			
18:3 undifferentiated	0.202	0.045	6	A	1		0.724			
18:4	V.2V2	0.010	·		_		0.007			
20:2 n-6 c,cg										
20:3 undifferentiatedg										
20:4 undifferentiatedg										
20:5 n-3g										
22:5 n-3g										
22:6 n-3g										
Fatty acids, total trans										
Cholesterolm	ıg 67	1.250	16	A	1		19			
Phytosterolsn	g									

Common Measures:

Measure 1 = 28g: 1 serving

Calories Factors: Protein Fat Carbohydrate

		<u>A</u> :	mount in 10	0 gram	s of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
				Numbe	r			m	easures of food	<u>1</u>
						Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
D : .										
Proximates: Water	g	58.90	0.14	16 30	A	1		16.49		
Energy	-	231		0	MC	9		65		
Energy		967				9		271		
Protein	g	13.10	0.14	16 30	A	1		3.67		
Total lipid (fat)		16.30	0.23	9 30	A	1		4.56		
Ash		3.70	0.13	.3 7	A	1		1.04		
Carbohydrate, by difference	g	8.00		0	MC	9		2.24		
Fiber, total dietary		0.0		0	MC	9		0.0		
Sugars, total	g	4.60		2	A	1		1.29		
Starch	g									
Minerals:										
Calcium, Ca	mg	113	8.69	3 7	A	1		32		
Iron, Fe		1.32	0.10		A	1		0.37		
Magnesium, Mg		23	1.30		MA	12		6		
Phosphorus, P		208	8.33	.5 7	MA	12		58		
Potassium, K	mg	294	5.60	59 7	MA	12		82		
Sodium, Na	mg	1184	22.5		A	1		332		
Zinc, Zn		1.87	0.00		MA	12		0.52		
Copper, Cu		0.140	0.02	23 7	MA	12		0.039		
Manganese, Mn										
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0		
Thiamin	mg									
Riboflavin										
Niacin										
Pantothenic acid										
Vitamin B-6										
Folate, totalFolate, DFE										
Vitamin B-12										
Vitamin A, IU		0		0	MC	9		0		
Vitamin A, RAE	mcg RAE									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	5.600)	0	A	1		1.568		
4:0	g									
6:0	g									
8:0	_									
10:0	_									
12:0	_	0.020	0.00	04 7	A	1		0.006		
13:0	_	0.000		1 7				0.064		
14:0 15:0	_	0.230	0.03	1 7	A	1		0.064		
16:0	_	3.820	0.10	6 7	A	1		1.070		
17:0	_	3.020	0.1	, ,		-		1.070		
18:0	•	1.530	0.04	12 7	A	1		0.428		
20:0		2.000	5.0			-		3		
22:0										
24:0										
Fatty acids, total monounsaturated		7.860)	0	A	1		2.201		
14:1										
15:1	g									

	<u>Am</u>	ount in 100			ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean S			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
	oun	ota: 2/10/					ououro r		
16:1 undifferentiatedg	0.560	0.034	7	A	1		0.157		
17:1g									
18:1 undifferentiatedg	7.300	0.234	7	A	1		2.044		
20:1g									
22:1 undifferentiatedg									
24:1 cg									
Fatty acids, total polyunsaturatedg	2.640		0	A	1		0.739		
18:2 undifferentiatedg	2.520	0.106	7	A	1		0.706		
18:3 undifferentiatedg	0.120	0.008	7	A	1		0.034		
18:4g									
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg									
20:5 n-3g									
22:5 n-3g									
22:6 n-3g									
Fatty acids, total transg									
Cholesterolmg	61	1.871	14	A	1		17		
Phytosterolsmg									

Common Measures:

Measure 1 = 28g: 1 serving

Calories Factors: Protein Fat Carbohydrate

		<u>A</u> 1	mount in 10	0 grams	s of edil	ole portic	<u>on</u>	Amount in edible portion of common			
				Numbe	r			<u>m</u>	easures of food	<u> </u>	
						Source	Confidence				
Nutrients and Unit	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	-	57.50	0.2	16 20	A	1		16.10			
Energy		263		0	MC	9		74			
Energy	kj	1100				9		308			
Protein		9.90	0.13		A	1		2.77			
Total lipid (fat)		21.80	0.3		A	1		6.10			
Ash		3.90	0.1		A	1		1.09			
Carbohydrate, by difference		6.90		0	MC	9		1.93			
Fiber, total dietary		0.0		0	MC	9		0.0			
Sugars, total		3.20	0.3	27 6	A	1		0.90			
Starch	9										
Minerals:											
Calcium, Ca	mg	111	12.2	47 6	A	1		31			
Iron, Fe	mg	1.74	0.1		A	1		0.49			
Magnesium, Mg		27	1.10	02 6	MA	12		8			
Phosphorus, P		132	7.7		MA	12		37			
Potassium, K		186	7.7		MA	12		52			
Sodium, Na	-	1318	40.00		A	1		369			
Zinc, Zn		1.05	0.0		MA	12 12		0.29			
Copper, Cu		0.220	0.0	12 6	MA	12		0.062			
Manganese, Mn Selenium, Se											
Scienium, Sc											
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0			
Thiamin	mg										
Riboflavin											
Niacin											
Pantothenic acid											
Vitamin B-6											
Folate, totalFolate, DFE											
Vitamin B-12											
Vitamin A, IU		0		0	MC	9		0			
Vitamin A, RAE	mcg RAE										
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma	mg										
Tocopherol, delta											
Vitamin D	IU										
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	g	7.020)	0	A	1		1.966			
4:0											
6:0											
8:0	g										
10:0	g										
12:0	_	0.020	0.00	08 6	A	1		0.006			
13:0	_				_						
14:0	_	0.270	0.02	24 6	A	1		0.076			
15:0	-	5.020	0.30	06 6	A	1		1 406			
16:0 17:0	-	5.020	0.30	0 6	A	_		1.406			
18:0	•	1.710	0.1	10 6	A	1		0.479			
20:0		1.710	. 0.1.	0	A	_		0.4/3			
22:0											
24:0											
Fatty acids, total monounsaturated		11.130)	0	A	1		3.116			
14:1											
15:1											

		<u>An</u>	nount in 100			ole portio	<u>on</u>		edible portion of easures of food	
Nutrients and Units		Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	-	0.920	0.07	8 6	A	1		0.258		
17:1 18:1 undifferentiated 20:1	g	10.210	0.68	6 6	A	1		2.859		
20:1 undifferentiated	g									
Fatty acids, total polyunsaturated	g	2.630		0	A	1		0.736		
18:2 undifferentiated	g	2.490	0.08	6 6	A	1		0.697		
18:3 undifferentiated	g	0.140	0.02	0 6	A	1		0.039		
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans										
Cholesterol	mg	71	2.85	8 6	A	1		20		
Phytosterols	_. mg									

Common Measures:

Measure 1 = 28g: 1 serving

Calories Factors: Protein Fat Carbohydrate

		<u>A</u>	mount in 100			ole portic	<u>on</u>		edible portion	
			ı	lumbe	r			<u>m</u>	easures of food	<u>1</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Units	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		55.80	0.16	4 30	A	1		15.62		
Energy	kcal	269		0	MC	9		75		
Energy	kj	1125				9		315		
Protein	_	9.60	0.11		A	1		2.69		
Total lipid (fat)	_	21.60	0.18		A	1		6.05		
Ash		3.80	0.05		A	1		1.06		
Carbohydrate, by difference		9.10		0	MC	9		2.55		
Fiber, total dietary		0.0		0	MC	9		0.0		
Sugars, total		6.90	0.80	0 4	A	1		1.93		
Starch	g									
Minerals:										
Calcium, Ca	mg	110	15.50	0 4	A	1		31		
Iron, Fe	mg	2.17	0.25	0 4	A	1		0.61		
Magnesium, Mg	mg	29	1.80	0 4	MA	12		8		
Phosphorus, P	mg	150	10.00	0 4	MA	12		42		
Potassium, K	-	174	8.00		MA	12		49		
Sodium, Na		1275	8.50		A	1		357		
Zinc, Zn		1.18	0.04		MA	12		0.33		
Copper, Cu		0.280	0.01	5 4	MA	12		0.078		
Manganese, Mn	_									
Selenium, Se	Tricg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0		
Thiamin	mg									
Riboflavin	mg									
Niacin										
Pantothenic acid										
Vitamin B-6										
Folate, total	mcg									
Folate, DFEVitamin B-12	IIICG_DFE									
Vitamin B-12 Vitamin A, IU	IIICG	0		0	мс	9		0		
Vitamin A, RAE	mca RAF	Ū		U	MC	9		U		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Linide										
Lipids:	a	6.990	1	0	A	1		1.957		
Fatty acids, total saturated		0.550	•	Ū	A	-		1.937		
6:0	-									
8:0	-									
10:0										
12:0		0.010	0.00	5 4	A	1		0.003		
13:0	g									
14:0	g	0.280	0.02	5 4	A	1		0.078		
15:0	g									
16:0	_	4.980	0.24	5 4	A	1		1.394		
17:0	•									
18:0	•	1.720	0.07	0 4	A	1		0.482		
20:0										
22:0										
24:0		10 10		_	_			•		
Fatty acids, total monounsaturated		10.430	,	0	A	1		2.920		
14:1										
15:1	9									

		<u>An</u>	nount in 100			ole portio	<u>n</u>		edible portion o	
Nutrients and Units	S	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	_	0.880	0.07	1 4	A	1		0.246		
17:1	g	9.550	0.51	5 4	A	1		2.674		
20:1	g									
Fatty acids, total polyunsaturated		2.810		0	A	1		0.787		
18:2 undifferentiated	g	2.670	0.11	0 4	A	1		0.748		
18:3 undifferentiated	g	0.140	0.02	0 4	A	1		0.039		
18:4	-									
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated	g									
20:5 n-3										
22:5 n-3										
22:6 n-3										
Fatty acids, total trans										
Cholesterol		80	2.50	0 4	A	1		22		
Phytosterols	mg									

Common Measures:

Measure 1 = 28g: 1 serving

Calories Factors: Protein Fat Carbohydrate

		<u>A</u> :	mount in 100 g	grams	of edil	ole portio	<u>on</u>		edible portion	
			Nu	ımbeı	r			<u>m</u>	easures of food	<u>.</u>
Nutrients and Unit	ts	Mean	of Std. Error Po		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	49.50	0.857	6	A	1		23.76	11.88	
Energy	kcal	343		0	MC	9		165	82	
Energy		1435				9		689	344	
Protein	g	16.30	0.490	6	A	1		7.82	3.91	
Total lipid (fat)	g	30.50	1.184	6	A	1		14.64	7.32	
Ash	g	2.70	0.082	6	A	1		1.30	0.65	
Carbohydrate, by difference		1.00		0	MC	9		0.48	0.24	
Fiber, total dietary	g	0.0		0	MC	9		0.0	0.0	
Sugars, total		0.90	0.173	3	A	1		0.43	0.22	
Starch	g									
Minerals:										
Calcium, Ca	mg	16	5.307	6	A	1		8	4	
Iron, Fe		1.72	0.163	6	A	1		0.83	0.41	
Magnesium, Mg		18	1.878	6	MA	12		9	4	
Phosphorus, P	-	158	5.307	6	MA	12		76	38	
Potassium, K		238	4.491	6	MA	12		114	57	
Sodium, Na		836	36.334	6	A	1		401	201	
Zinc, Zn		2.60	0.131	6	MA	12		1.25	0.62	
Copper, Cu		0.320	0.073	6	MA	12		0.154	0.077	
Manganese, Mn										
Selenium, Se	Ilicy									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0	0.0	
Thiamin	-									
Riboflavin	-									
Niacin										
Pantothenic acid										
Vitamin B-6Folate, total										
Folate, DFE										
Vitamin B-12										
Vitamin A, IU		0		0	MC	9		0	0	
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	ilicg									
<u>Lipids:</u>										
Fatty acids, total saturated	g	10.690)	0	A	1		5.131	2.566	
4:0										
6:0	-									
8:0	_									
10:0		0.020	0.004	6	A	1		0.010	0.005	
12:0 13:0	-	0.020	, 0.004	0	A	1		0.010	0.005	
14:0	-	0.440	0.020	6	A	1		0.211	0.106	
15:0	_								- /	
16:0		7.100	0.298	6	A	1		3.408	1.704	
17:0	g									
18:0	•	3.130	0.106	6	A	1		1.502	0.751	
20:0	_									
22:0										
24:0		14 000		^	_					
Fatty acids, total monounsaturated		14.800	,	0	A	1		7.104	3.552	
14.1	y									

		<u>An</u>	nount in 100) grams		ole portio	<u>on</u>		edible portion of easures of food	
Nutrients and Uni	ts	Mean		of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	_	1.060	0.09	4 6	A	1		0.509	0.254	
18:1 undifferentiated		13.740	0.93	5 6	A	1		6.595	3.298	
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	3.680		0	A	1		1.766	0.883	
18:2 undifferentiated	g	3.130	0.16	3 6	A	1		1.502	0.751	
18:3 undifferentiated	g	0.550	0.21	2 6	A	1		0.264	0.132	
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	_									
Cholesterol	mg	77	5.30	7 6	A	1		37	18	
Phytosterols	mg									

Common Measures:

Measure 1 = 48g: 1 serving 2 links

Measure 2 = 24g: 1 link

Calories Factors: Protein Fat Carbohydrate

		<u>Ai</u>	mount in 100 gr	rams of	r earc	ne portio	<u>n</u>	Amount in	edible portion	of common
			Nur	mber				<u>m</u>	easures of food	_
				Data D	eriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error Po	ints C	ode	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	q	39.10	0.310	30	A	1		10.56	3.52	
Energy	_	388		0	MC	9		105	35	
Energy		1623				9		438	146	
Protein		20.70	0.219	30	A	1		5.59	1.86	
Total lipid (fat)		33.30	0.329	30	A	1		8.99	3.00	
Ash		5.60	0.107	14	A	1		1.51	0.50	
Carbohydrate, by difference	g	1.20		0	MC	9		0.32	0.11	
Fiber, total dietary	g	0.0		0	MC	9		0.0	0.0	
Sugars, total	g	0.20		1	A	1		0.05	0.02	
Starch	g									
Minovolse										
Minerals: Calcium, Ca	ma	20	2.214	10	A	1		5	2	
Iron, Fe	-	1.86	0.180	10	A	1		0.50	0.17	
Magnesium, Mg		23	1.202	10	MA	12		6	2	
Phosphorus, P		202	6.008	10	MA	12		55	18	
Potassium, K	-	334	6.641	10	MA	12		90	30	
Sodium, Na	mg	1826	18.623	30	A	1		493	164	
Zinc, Zn	mg	3.36	0.171	10	MA	12		0.91	0.30	
Copper, Cu	mg	0.250		10	MA	12		0.068	0.023	
Manganese, Mn		0.043	0.003	3	MA	12		0.012	0.004	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0	0.0	
Thiamin	<u>mg</u>	0.620	0.020	4	MA	12		0.167	0.056	
Riboflavin	mg	0.300	0.015	4	MA	12		0.081	0.027	
Niacin		4.270	0.480	4	MA	12		1.153	0.384	
Pantothenic acid										
Vitamin B-6		0.340	0.040	4	MA	12		0.092	0.031	
Folate, total										
Folate, DFE		1 20	0.100			10		0.06	0.10	
Vitamin B-12 Vitamin A, IU		1.32	0.100	4 0	MA MC	12 9		0.36 0	0.12 0	
Vitamin A, IU Vitamin A, RAE		U		U	MC	9		U	U	
Vitamin A, KAEVitamin E (alpha-tocopherol)										
Tocopherol, beta	_									
Tocopherol, gamma	-									
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	ď	12.040		0	A	1		3.251	1.084	
4:0		12.010		·		-		3.232	1.001	
6:0										
8:0										
10:0										
12:0		0.020	0.007	9	A	1		0.005	0.002	
13:0	g									
14:0		0.620	0.030	9	A	1		0.167	0.056	
15:0										
16:0		7.730	0.217	9	A	1		2.087	0.696	
17:0	-			_	_	_		_		
18:0	-	3.670	0.197	9	A	1		0.991	0.330	
20:0	-									
22:0	-									
24:0		16 750		0	7.	1		4 500	1 500	
Fatty acids, total monounsaturated		16.750		0	A	1		4.523	1.508	
14:1 15:1	-									

		<u>An</u>	nount in 100			ole portio	<u>on</u>		edible portion of easures of food	
Nutrients and Uni	ts	Mean			Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated17:1	-	1.460	0.14	7 9	A	1		0.394	0.131	
18:1 undifferentiated	g	15.290	0.35	3 9	A	1		4.128	1.376	
20:1										
22:1 undifferentiated	_									
24:1 c	g									
Fatty acids, total polyunsaturated	g	2.710		0	A	1		0.732	0.244	
18:2 undifferentiated	g	2.550	0.23	0 9	A	1		0.689	0.230	
18:3 undifferentiated	g	0.160	0.05	9	A	1		0.043	0.014	
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg	102	2.92	1 30	A	1		28	9	
Phytosterols	mg									

Common Measures:

Measure 1 = 27g: 1 serving 3 slices

Measure 2 = 9.0g: 1 slice

Calories Factors: Protein Fat Carbohydrate

		<u>A</u> 1	mount in 100 g	grams	of edik	ole portio	<u>n</u>		edible portion	
			Nι	ımbeı	r			<u>m</u> e	easures of food	<u> </u>
Nutrients and Units		Mean	of Std. Error Po		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	_	62.90	0.180	31	A	1		28.93	14.47	
Energy		225		0	MC	9		104	52	
Energy		941	0.100	21	_	9		433	217	
Protein	-	13.50	0.108	31 31	A	1 1		6.21	3.11	
Total lipid (fat)		18.20 3.60	0.233	10	A A	1		8.37 1.66	4.19 0.83	
Ash		1.90	0.063	0	MC	9		0.87	0.83	
Carbohydrate, by difference		0.0		0	MC	9		0.87	0.44	
Fiber, total dietary		1.10		2	A.	1		0.51	0.0	
Sugars, total		1.10		2	A	1		0.51	0.25	
Starch	9									
<u>Minerals:</u>										
Calcium, Ca	mg	9	1.265	10	A	1		4	2	
Iron, Fe.	mg	1.18	0.057	10	A	1		0.54	0.27	
Magnesium, Mg		18	0.822	10	MA	12		8	4	
Phosphorus, P		231	19.922	10	MA	12		106	53	
Potassium, K	mg	212	3.795	10	MA	12		98	49	
Sodium, Na		1231	12.963	30	A	1		566	283	
Zinc, Zn		2.04	0.142	10	MA	12		0.94	0.47	
Copper, Cu		0.240	0.022	10	MA	12		0.110	0.055	
Manganese, Mn										
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0	0.0	
Thiamin	_									
Riboflavin	-									
Niacin	-									
Pantothenic acid										
Vitamin B-6										
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	0		0	MC	9		0	0	
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	g	6.388		0	A	1		2.938	1.469	
4:0										
6:0	g									
8:0	g									
10:0	g									
12:0	g	0.009	0.003	10	A	1		0.004	0.002	
13:0	g									
14:0	-	0.221	0.008	10	A	1		0.102	0.051	
15:0	-	_		_		_				
16:0	-	4.146	0.101	10	A	1		1.907	0.954	
17:0	•					_				
18:0	•	2.011	0.065	10	A	1		0.925	0.463	
20:0	-									
22:0	-									
24:0		0.00		^	-			4 050	2 222	
Fatty acids, total monounsaturated	y	8.824		0	A	1		4.059	2.030	
14:1	~									

		<u>An</u>		lumbe	r		_	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	
16:1 undifferentiated		0.567	0.01	2 10	A	1		0.261	0.130		
18:1 undifferentiated	g	8.257	0.24	4 10	A	1		3.798	1.899		
20:1	-										
22:1 undifferentiated	-										
24:1 c	-										
Fatty acids, total polyunsaturated		1.896		0	A	1		0.872	0.436		
18:2 undifferentiated		1.683	0.05	8 10	A	1		0.774	0.387		
18:3 undifferentiated	g	0.213	0.02	5 10	A	1		0.098	0.049		
18:4	g										
20:2 n-6 c,c	g										
20:3 undifferentiated											
20:4 undifferentiated	g										
20:5 n-3	g										
22:5 n-3	g										
22:6 n-3	g										
Fatty acids, total trans	g										
Cholesterol	mg	69	1.46	1 30	A	1		32	16		
Phytosterols	mg										

Common Measures:

Measure 1 = 46g: 1 serving 2 slices

Measure 2 = 23g: 1 slice

Calories Factors: Protein Fat Carbohydrate

		<u>Aı</u>	mount in 100 g			ole portio	<u>n</u>		edible portion	
			Nu	mber	•			<u>m</u>	easures of food	<u>.</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	38.25	4.650	47	A	1		10.33	3.44	
Energy	kcal	368		0	MC	9		99	33	
Energy	kj	1541		0	MC	9		416	139	
Protein (N x 6.25)	g	25.90	1.500	47	A	1		6.99	2.33	
Total lipid (fat)	g	28.70	2.100	47	A	1		7.75	2.58	
Ash	g	5.55	0.150	15	A	1		1.50	0.50	
Carbohydrate, by difference	g	1.65		0	MC	9		0.45	0.15	
Fiber, total dietary	g	0.0		0	MC	9		0.0	0.0	
Sugars, total	g	0.20		2	A	1		0.05	0.02	
Starch	g									
Ainerals:										
Calcium, Ca	mg	12	2.405	14	A	1		3	1	
Iron, Fe	-	1.83	0.136	14	A	1		0.49	0.16	
Magnesium, Mg	-	21	2.111	14	MA	12		6	2	
Phosphorus, P		180	9.087	14	MA	12		49	16	
Potassium, K	-	356	11.759	14	MA	12		96	32	
Sodium, Na	-	1976	94.000	31	A	1		534	178	
Zinc, Zn	mg	3.16	0.227	14	MA	12		0.85	0.28	
Copper, Cu	mg	0.190	0.045	14	MA	12		0.051	0.017	
Manganese, Mn	mg	0.039	0.004	6	MA	12		0.011	0.004	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		1	A	1		0.0	0.0	
Thiamin	-	0.570	0.029	6	MA	12		0.154	0.051	
Riboflavin		0.260		6	MA	12		0.070	0.023	
Niacin		5.050		6	MA	12		1.364	0.455	
Pantothenic acid		1.060		3	MA	12		0.286	0.095	
Vitamin B-6	-	0.440	0.086	6	MA	12		0.119	0.040	
Folate, total		3		2	MA	12		1	0	
Folic acid		0		0	Z	7		0	0	
Folate, food		3		2	MA	12		1	0	
Folate, DFE		3		0	NC	4		1	0	
Vitamin B-12		1.88	0.131	6	MA	12		0.51	0.17	
Vitamin A, IU	IU	33		0	NC	4		9	3	
Vitamin A, RAE	mcg_RAE	2		0	NC	4		0	0	
Retinol		3		0	NR	4		1	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		62.000	8.500	4	MA	12		16.740	5.580	
Vitamin K (phylloquinone)	ilicg									
<u> Lipids:</u>										
Fatty acids, total saturated	g	11.085	i	0	A	1		2.993	0.998	
4:0	g									
6:0	g									
8:0	-									
10:0		_	_			_		_	_	
12:0	-	0.085	0.041	13	A	1		0.023	0.008	
13:0	-	<u> </u>	A		_	_				
14:0		0.554	0.060	13	A	1		0.150	0.050	
15:0	-				_	_		4 2		
16:0	-	6.923	0.138	13	A	1		1.869	0.623	
17:0	-	2	2 - 1 - 1	4.0	-			0 0==	0.015	
18:0	-	3.523	0.117	13	A	1		0.951	0.317	
20:0	-									
22:0	9									

	<u>Ar</u>		lumbei	•		_	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Std. Error		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	15.011		0	A	1		4.053	1.351		
14:1g										
15:1g										
16:1 undifferentiatedg	1.296	0.09	7 13	A	1		0.350	0.117		
17:1g	40 545			_	_					
18:1 undifferentiatedg	13.715	0.26	3 13	A	1		3.703	1.234		
20:1g										
22:1 undifferentiatedg										
24:1 cg	2 25		_	_	_					
Fatty acids, total polyunsaturated	2.856		0	A	1		0.771	0.257		
18:2 undifferentiatedg	2.593			A	1		0.700	0.233		
18:3 undifferentiatedg	0.263	0.05	2 13	A	1		0.071	0.024		
18:4g										
20:2 n-6 c,cg										
20:3 undifferentiated										
20:4 undifferentiatedg										
20:5 n-3g										
22:5 n-3										
Fatty acids, total trans9										
Cholesterol mg	97	0.90	31	A	1		26	9		
Phytosterols mg	31	0.90	, ,,	•	-		20	3		
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		
<u>Carotenoids:</u>										
Carotene, betamcg	20		1	MA	12		5.400	1.800		
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: 1 serving 3 slices

Measure 2 = 9.0g: 1 slice

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

		<u>A</u> 1	mount in 100 g	grams	of edik	ole portio	<u>n</u>		edible portion	
			Nι	ımber	r			<u>m</u> e	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	64.50	0.103	77	A	1		29.67	14.84	
Energy	kcal	206		0	MC	9		95	47	
Energy	kj	862				9		396	198	
Protein	g	14.20	0.057	77	A	1		6.53	3.27	
Total lipid (fat)	g	15.70	0.103	77	A	1		7.22	3.61	
Ash	g	3.80	0.050	16	A	1		1.75	0.87	
Carbohydrate, by difference	g	1.90		0	MC	9		0.87	0.44	
Fiber, total dietary	g	0.0		0	MC	9		0.0	0.0	
Sugars, total	g	1.10		1	A	1		0.51	0.25	
Starch	g									
Minerals:										
Calcium, Ca	ma	7	0.250	16	A	1		3	2	
Iron, Fe		2.71	0.038	16	A	1		1.25	0.62	
Magnesium, Mg	-	17	0.525	16	MA	12		8	4	
Phosphorus, P		224	5.000	16	MA	12		103	52	
Potassium, K		207	5.000	16	MA	12		95	48	
Sodium, Na		1309	11.685	30	A	1		602	301	
Zinc, Zn	mg	2.09	0.063	16	MA	12		0.96	0.48	
Copper, Cu	mg	0.230	0.018	16	MA	12		0.106	0.053	
Manganese, Mn										
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0	0.0	
Thiamin	-									
Riboflavin	-									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total										
Folate, DFE										
Vitamin B-12										
Vitamin A, IU	IU									
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>					_	_				
Fatty acids, total saturated		6.740	•	0	A	1		3.100	1.550	
4:0										
6:0 8:0	-									
10:0										
12:0		0.010	0.000	12	A	1		0.005	0.002	
13:0	-									
14:0	-	0.420	0.012	12	A	1		0.193	0.097	
15:0	g									
16:0	_	3.640	0.121	12	A	1		1.674	0.837	
17:0										
18:0	_	2.670	0.107	12	A	1		1.228	0.614	
20:0										
22:0										
24:0		6 010		^	-	4		2 170	1 500	
Fatty acids, total monounsaturated		6.910	•	0	A	1		3.179	1.589	
14.1	ч									

		<u>An</u>	nount in 100) grams	Amount in edible portion of common measures of food					
Nutrients and Unit	s	Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated17:1		0.760	0.04	6 12	A	1		0.350	0.175	
18:1 undifferentiated	g	6.150	0.16	2 12	A	1		2.829	1.415	
20:1	-									
22:1 undifferentiated	-									
24:1 c	-									
Fatty acids, total polyunsaturated		0.780		0	A	1		0.359	0.179	
18:2 undifferentiated		0.590	0.02	6 12	A	1		0.271	0.136	
18:3 undifferentiated	g	0.190	0.02	3 12	A	1		0.087	0.044	
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated										
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg	83	1.64	3 30	A	1		38	19	
Phytosterols	mg									

Common Measures:

Measure 1 = 46g: 1 serving 2 slices

Measure 2 = 23g: 1 slice

Calories Factors: Protein Fat Carbohydrate

		<u>A</u> 1	mount in 100	grams	of edil	ole portio	<u>on</u>		edible portion	
			Nu	umbei	r			<u>m</u>	easures of food	<u>.</u>
					Deriv	Source	Confidence			
Nutrients and Units	5	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	60.60	0.094	73	A	1		27.88	13.94	
Energy	kcal	245		0	MC	9		113	56	
Energy	kj	1025				9		472	236	
Protein	g	13.40	0.047	73	A	1		6.16	3.08	
Total lipid (fat)	g	20.30	0.105	73	A	1		9.34	4.67	
Ash	g	3.50	0.058	3	A	1		1.61	0.81	
Carbohydrate, by difference		2.20		0	MC	9		1.01	0.51	
Fiber, total dietary	g	0.0		0	MC	9		0.0	0.0	
Sugars, total	g	1.50	0.058	3	A	1		0.69	0.35	
Starch	g									
Minerals:										
Calcium, Ca	mg	75	8.660	3	A	1		35	17	
Iron, Fe.		2.89	0.075	3	A	1		1.33	0.66	
Magnesium, Mg		29	1.212	3	MA	12		13	7	
Phosphorus, P	mg	247	5.774	3	MA	12		114	57	
Potassium, K	mg	217	10.392	3	MA	12		100	50	
Sodium, Na	mg	1095	13.856	3	A	1		504	252	
Zine, Zn	mg	1.97	0.052	3	MA	12		0.91	0.45	
Copper, Cu		0.420	0.110	3	MA	12		0.193	0.097	
Manganese, Mn										
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0	0.0	
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6										
Folate, total										
Folate, DFE										
Vitamin B-12		•		^		•		•	•	
Vitamin A, IU	IU	0		0	MC	9		0	0	
Vitamin A, RAEVitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:	~	0 470		^	_					
Fatty acids, total saturated		8.470	•	0	A	1		3.896	1.948	
4:0 6:0										
8:0	-									
10:0	-									
12:0		0.030	0.006	3	A	1		0.014	0.007	
13:0	-									
14:0	-	0.410	0.023	3	A	1		0.189	0.094	
15:0	-									
16:0	g	5.000	0.133	3	A	1		2.300	1.150	
17:0	•									
18:0	•	3.030	0.110	3	A	1		1.394	0.697	
20:0	-									
22:0	-									
24:0				_		_				
Fatty acids, total monounsaturated		10.150	1	0	A	1		4.669	2.335	

		<u>An</u>	nount in 100	gram:		ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Uni	ts	Mean		of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	_	0.640	0.03	5 3	A	1		0.294	0.147	
18:1 undifferentiated	-	9.510	0.41	0 3	A	1		4.375	2.187	
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	1.670		0	A	1		0.768	0.384	
18:2 undifferentiated	g	1.610	0.15	0 3	A	1		0.741	0.370	
18:3 undifferentiated	g	0.060	0.00	0 3	A	1		0.028	0.014	
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg	80	4.61	9 3	A	1		37	18	
Phytosterols	mg									

Common Measures:

Measure 1 = 46g: 1 serving 2 slices

Measure 2 = 23g: 1 slice

Calories Factors: Protein Fat Carbohydrate

		<u>A</u>	mount in 10			ole portic	<u>on</u>		edible portion	
				Numbe	r			<u>m</u>	easures of food	<u>1</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Units	i	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		59.20	0.3	05 13	A	1		17.76		
Energy	kcal	237		0	MC	9		71		
Energy	kj	992				9		297		
Protein	-	6.50	0.1		A	1		1.95		
Total lipid (fat)	-	16.60	0.4		A	1		4.98		
Ash		2.40		2	A	1		0.72		
Carbohydrate, by difference		15.40		0	MC	9		4.62		
Fiber, total dietary	g	0.3		0	MC	9		0.1		
Sugars, total		7.90		2	A	1		2.37		
Starch	g									
Minerals:										
Calcium, Ca	mg	27		2	A	1		8		
Iron, Fe	-	0.80		2	A	1		0.24		
Magnesium, Mg	_	12		2	MA	12		4		
Phosphorus, P	-	69		2	MA	12		21		
Potassium, K	-	118		2	MA	12		35		
Sodium, Na	_	821		2	A	1		246		
Zinc, Zn		0.88		2	MA	12		0.26		
Copper, Cu	_	0.180	1	2	MA	12		0.054		
Manganese, Mn										
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		1	A	1		0.0		
Thiamin	-	0.0		-	A	-		0.0		
Riboflavin	_									
Niacin										
Pantothenic acid										
Vitamin B-6										
Folate, total										
Folate, DFE										
Vitamin B-12	mca									
Vitamin A, IU	IU	100		0	MC	9		30		
Vitamin A, RAE	mcg RAE									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	a	5.754	ı	0	A	1		1.726		
4:0		3.734		·		-		1.720		
6:0	-									
8:0	-									
10:0	-									
12:0.	-	0.017	,	2	A	1		0.005		
13:0				_		=				
14:0	-	0.274	ŀ	2	A	1		0.082		
15:0	-									
16:0	-	3.690	1	2	A	1		1.107		
17:0	-									
18:0	•	1.772	!	2	A	1		0.532		
20:0	-									
22:0										
24:0										
Fatty acids, total monounsaturated		7.201		0	A	1		2.160		
14:1										
15:1										

		<u>An</u>	nount in 100 gra	ns of edi	ble portic	<u>on</u>	Amount in edible portion of common		
			Numl of Da		Source	Confidence	<u>m</u>	easures of food	
Nutrients and Uni	ts	Mean	Std. Error Poin	ts Code	Code	Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	a	0.437	2	. A	1		0.131		
17:1	_						0.101		
18:1 undifferentiated	-	6.764	2	. A	1		2.029		
20:1									
22:1 undifferentiated	g								
24:1 c	g								
Fatty acids, total polyunsaturated	g	2.483	(A	1		0.745		
18:2 undifferentiated	g	2.243	2	. A	1		0.673		
18:3 undifferentiated	g	0.240	2	. A	1		0.072		
18:4	g								
20:2 n-6 c,c	g								
20:3 undifferentiated	g								
20:4 undifferentiated	g								
20:5 n-3	g								
22:5 n-3	g								
22:6 n-3	g								
Fatty acids, total trans	g								
Cholesterol	mg	45	2	. A	1		14		
Phytosterols	mg								

Common Measures:

Measure 1 = 30g: 1 serving

Calories Factors: Protein Fat Carbohydrate

		<u>A</u> 1	mount in 100 g	grams	of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
			Nı	ımbeı	r			me	easures of food	
					Deriv	Source	Confidence			
Nutrients and Units	;	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Duarimatas										
Proximates: Water	g	55.50	0.117	106	A	1		23.87		
Energy	kcal	302		0	MC	9		130		
Energy		1264				9		543		
Protein	g	12.40	0.058	106	A	1		5.33		
Total lipid (fat)	g	27.30	0.117	106	A	1		11.74		
Ash		3.10	0.040	25	A	1		1.33		
Carbohydrate, by difference		1.70		0	MC	9		0.73		
Fiber, total dietary		0.0		0	MC	9		0.0		
Sugars, total		1.60	0.173	3	A	1		0.69		
Starch	9									
Minerals:										
Calcium, Ca		10	1.109	13	A	1		4		
Iron, Fe		1.17	0.039	13	A	1		0.50		
Magnesium, Mg		17	0.638	13	MA	12		7		
Phosphorus, P Potassium, K		240 180	10.817 3.250	13 16	MA MA	12 12		103 77		
Sodium, Na		1007	19.718	30	A	1		433		
Zinc, Zn	-	2.09	0.108	13	MA	12		0.90		
Copper, Cu		0.250	0.039	13	MA	12		0.108		
Manganese, Mn										
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid		0.0		1	A	1		0.0		
Thiamin										
Riboflavin	-									
Niacin Pantothenic acid										
Vitamin B-6										
Folate, total										
Folate, DFE										
Vitamin B-12										
Vitamin A, IU	IU	0		0	MC	9		0		
Vitamin A, RAE										
Vitamin E (alpha-tocopherol) Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>										
Fatty acids, total saturated		9.380)	0	A	1		4.033		
4:0										
6:0	-									
8:0										
10:0 12:0	-	0.010	0.003	13	A	1		0.004		
13:0	-	3.010	2.003			-		0.003		
14:0		0.390	0.028	13	A	1		0.168		
15:0	g									
16:0	-	6.160	0.161	13	A	1		2.649		
17:0										
18:0	•	2.820	0.125	13	A	1		1.213		
20:0	-									
22:0 24:0										
Fatty acids, total monounsaturated		13.170)	0	A	1		5.663		
14:1										
15:1										

	<u>An</u>		ımbeı	•		_	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	of Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiatedg	0.850	0.031	13	A	1		0.366		
17:1	12.320	0.194	13	A	1		5.298		
20:1g									
22:1 undifferentiatedg									
24:1 cg									
Fatty acids, total polyunsaturated	2.780		0	A	1		1.195		
18:2 undifferentiatedg	2.550	0.083	13	A	1		1.097		
18:3 undifferentiatedg	0.230	0.053	13	A	1		0.099		
18:4g									
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg									
20:5 n-3g									
22:5 n-3g									
22:6 n-3g									
Fatty acids, total transg									
Cholesterolmg	63	1.643	30	A	1		27		
Phytosterolsmg									

Common Measures:

Measure 1 = 43g: 1 serving

Calories Factors: Protein Fat Carbohydrate

		<u>A</u>	mount in 100 g	grams	s of edit	ole portic	<u>on</u>	Amount in	edible portion	of common
			Nι	ımbe	r			m	easures of food	
					Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
n										
Proximates: Water	а	56.30	0.200	31	A	1		24.21		
Energy	-	296		1	JO	11		127		
Energy		1240		0	JO	11		533		
Protein (N x 6.25)		12.25	0.150	31	A	1		5.27		
Total lipid (fat)		26.65	0.150	31	A	1		11.46		
Ash		2.90	0.200	20	A	1		1.25		
Carbohydrate, by difference		1.95	0.200	1	JO	11		0.84		
Fiber, total dietary		0.0		0	MC	9		0.0		
Sugars, total		1.40		2	A	1		0.60		
Starch		1.40		_	n	-		0.00		
Starcii	9									
Minerals:										
Calcium, Ca		11	1.890	7	A	1		5		
Iron, Fe		1.75	0.076	7	A	1		0.75		
Magnesium, Mg		15	1.398	7	MA	12		6		
Phosphorus, P	_	230	21.544	7	MA	12		99		
Potassium, K		173	3.162	10	MA	12		74		
Sodium, Na	-	967	21.000	31	A	1		416		
Zinc, Zn		2.96	0.231	7	MA	12		1.27		
Copper, Cu		0.200	0.034	7	MA	12		0.086		
Manganese, Mn										
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0		
Thiamin										
Riboflavin										
Niacin	-									
Pantothenic acid										
Vitamin B-6										
Folate, total		11		0	BFZN	4		5		
Folic acid		0		0	BFZN	4		0		
Folate, food		11		0	BFZN	4		5		
Folate, DFE		11		0	NC	4		5		
Vitamin B-12										
Vitamin A, IU	IU	0		1	JO	11		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol		0		0	NR	4		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	a	11.250)	0	A	1		4.838		
4:0			•	·		_		4.050		
6:0										
8:0	-									
10:0	-									
12:0		0.010	0.004	7	A	1		0.004		
13:0					==	-		2.00-		
14:0	-	0.850	0.064	7	A	1		0.366		
15:0	-			-		-				
16:0	-	6.570	0.299	7	A	1		2.825		
17:0	-			-		-				
18:0	-	3.820	0.110	7	A	1		1.643		
20:0	_	3.020	0.110	•		-				
22:0										
24:0	-									

	<u>Ar</u>	nount in 100) grams Number		ole portic	<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
Fatty acids, total monounsaturatedg	12.800		0	A	1		5.504		
14:1g									
15:1g	4 000			_	_		0.516		
16:1 undifferentiatedg	1.200	0.05	7 7	A	1		0.516		
17:1g	11 600	0.01		_					
18:1 undifferentiated	11.600	0.21	2 7	A	1		4.988		
20:1g									
22:1 undifferentiated									
24:1 cg Fatty acids, total polyunsaturatedg	0.900		0	A	1		0.387		
18:2 undifferentiated	0.700			A	1		0.301		
18:3 undifferentiated	0.200			A	1		0.301		
18:4g	0.200	0.00	0 /		_		0.000		
20:2 n-6 c,cg									
20:3 undifferentiated									
20:4 undifferentiated									
20:5 n-3									
22:5 n-3									
22:6 n-3g									
Fatty acids, total trans									
Cholesterolmg	62	1.75	0 31	A	1		27		
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, 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 = 43g: 1 serving (1 link)

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

		<u>A</u> 1	mount in 100 g	grams	of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
			Nı	ımbei	r			m	easures of food	<u>i</u>
					Deriv	Source	Confidence			
Nutrients and Units	3	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	а	54.90	0.201	30	A	1		23.61		
Energy	-	303		0	MC	9		130		
Energy		1268				9		545		
Protein		12.90	0.110	30	A	1		5.55		
Total lipid (fat)		27.10	0.183	30	A	1		11.65		
Ash		3.30	0.046	19	A	1		1.42		
Carbohydrate, by difference	g	1.80		0	MC	9		0.77		
Fiber, total dietary	g	0.0		0	MC	9		0.0		
Sugars, total	g	1.50		1	A	1		0.65		
Starch	g									
Minerals:										
Calcium, Ca	mg	45	3.667	9	A	1		19		
Iron, Fe		1.07	0.050	9	A	1		0.46		
Magnesium, Mg		16	0.700	9	MA	12		7		
Phosphorus, P	mg	288	13.000	9	MA	12		124		
Potassium, K		181	5.060	10	MA	12		78		
Sodium, Na	-	1046	13.328	30	A	1		450		
Zinc, Zn		1.96	0.183	9	MA	12		0.84		
Copper, Cu		0.200	0.037	9	MA	12		0.086		
Manganese, Mn Selenium, Se										
Vitamins: Vitamin C, total ascorbic acid	ma	0.0		1	A	1		0.0		
Thiamin				_		_				
Riboflavin										
Niacin	-									
Pantothenic acid	mg									
Vitamin B-6										
Folate, total										
Folate, DFE										
Vitamin B-12		160		0	мс	9		69		
Vitamin A, IUVitamin A, RAE	IU mca RAE	160		U	МС	9		69		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated		10.160	1	0	A	1		4.369		
4:0										
6:0	-									
8:0	-									
10:0 12:0	-	0.060	0.013	9	A	1		0.026		
13:0	-	0.000	0.013	J	A	1		0.026		
14:0		0.560	0.023	9	A	1		0.241		
15:0	-			-						
16:0	-	6.400	0.117	9	A	1		2.752		
17:0	g									
18:0	•	3.140	0.140	9	A	1		1.350		
20:0	-									
22:0										
24:0		40.55		_	=	_				
Fatty acids, total monounsaturated		12.990		0	A	1		5.586		
14:1										
15:1	9									

		<u>An</u>		ımbe	r		_	Amount in edible portion of common measures of food		
Nutrients and Units	;	Mean	Std. Error P				Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated		0.910	0.067	9	A	1		0.391		
18:1 undifferentiated	g	12.080	0.150	9	A	1		5.194		
20:1 undifferentiated	g									
24:1 cFatty acids, total polyunsaturated	-	2.700		0	A	1		1.161		
18:2 undifferentiated		2.360	0.087	9	A	1		1.015		
18:3 undifferentiated	g	0.340	0.053	9	A	1		0.146		
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans										
Cholesterol	mg	70	1.461	30	A	1		30		
Phytosterols	mg									

Common Measures:

Measure 1 = 43g: 1 serving

Calories Factors: Protein Fat Carbohydrate

		<u>A</u> 1	mount in 100	grams	of edib	ole portio	<u>n</u>		edible portion	
			N	umber	•			<u>m</u> e	easures of food	<u> </u>
Nutrients and Uni	ts	Mean	Std. Error P		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	q	55.50	0.212	18	A	1		5.00	31.64	
Energy		301		0	MC	9		27	172	
Energy		1259				9		113	718	
Protein	g	12.40	0.118	18	A	1		1.12	7.07	
Total lipid (fat)		27.10	0.236	18	A	1		2.44	15.45	
Ash	g	3.20		1	A	1		0.29	1.82	
Carbohydrate, by difference	g	1.80		0	MC	9		0.16	1.03	
Fiber, total dietary	g	0.0		0	MC	9		0.0	0.0	
Sugars, total	g	1.40		1	A	1		0.13	0.80	
Starch	g									
Minerals:										
Calcium, Ca	ma	11		1	A	1		1	6	
Iron, Fe		1.18		1	A	1		0.11	0.67	
Magnesium, Mg	-	17		1	MA	12		2	10	
Phosphorus, P		212		1	MA	12		19	121	
Potassium, K		173		1	MA	12		16	99	
Sodium, Na	mg	1022		1	A	1		92	583	
Zinc, Zn	mg	1.97		1	MA	12		0.18	1.12	
Copper, Cu		0.200)	1	MA	12		0.018	0.114	
Manganese, Mn										
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0	0.0	
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid										
Vitamin B-6										
Folate, total										
Folate, DFEVitamin B-12										
Vitamin A, IU		0		0	MC	9		0	0	
Vitamin A, RAE	mca RAE	ŭ		·	мс	,		Ü	Ü	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	q	9.444		0	A	1		0.850	5.383	
4:0										
6:0										
8:0	g									
10:0	g									
12:0	-	0.009)	1	A	1		0.001	0.005	
13:0	-			_	_	_				
14:0	-	0.361		1	A	1		0.032	0.206	
15:0	_	6.120		1	A	1		0 551	3 400	
16:0 17:0	_	0.120	•	1	A	_		0.551	3.488	
18:0	•	2.954		1	A	1		0.266	1.684	
20:0	•	2.934		-	A	-		0.200	1.004	
22:0	_									
24:0	_									
Fatty acids, total monounsaturated		12.889)	0	A	1		1.160	7.347	
14:1										
15:1										

	<u>Am</u>	ount in 100 grams Number		ole portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean S	of Data Std. Error Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
16:1 undifferentiatedg	0.898	1	A	1		0.081	0.512		
18:1 undifferentiatedg	11.990	1	A	1		1.079	6.834		
20:1									
Fatty acids, total polyunsaturatedg	2.870	0	A	1		0.258	1.636		
18:2 undifferentiatedg	2.537	1	A	1		0.228	1.446		
18:3 undifferentiatedg	0.333	1	A	1		0.030	0.190		
18:4g									
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg									
20:5 n-3g									
22:5 n-3g									
22:6 n-3g									
Fatty acids, total transg									
Cholesterolmg	64	1	A	1		6	36		
Phytosterolsmg									

Common Measures:

Measure 1 = 9.0g: 1 link Measure 2 = 57g: 1 serving

Calories Factors: Protein Fat Carbohydrate

		<u>A</u> :	mount in 100	<u>grams</u>	of edib	ole portio	<u>n</u>		edible portion	
			ı	Number				<u>m</u> e	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	53.20		2	A	1		4.79	30.32	
Energy	kcal	315		0	MC	9		28	180	
Energy	kj	1318				9		119	751	
Protein	g	13.50		2	A	1		1.22	7.70	
Total lipid (fat)	g	28.20		2	A	1		2.54	16.07	
Ash	g	3.40		1	A	1		0.31	1.94	
Carbohydrate, by difference		1.70		0	MC	9		0.15	0.97	
Fiber, total dietary	g	0.0		0	MC	9		0.0	0.0	
Sugars, total		0.30		1	A	1		0.03	0.17	
Starch	g									
Minerals:										
Calcium, Ca	mg	67		1	A	1		6	38	
Iron, Fe		1.24		1	A	1		0.11	0.71	
Magnesium, Mg	-	21		1	MA	12		2	12	
Phosphorus, P		248		1	MA	12		22	141	
Potassium, K		152		1	MA	12		14	87	
Sodium, Na	mg	1036		1	A	1		93	591	
Zinc, Zn	mg	2.04		1	MA	12		0.18	1.16	
Copper, Cu	mg	0.300)	1	MA	12		0.027	0.171	
Manganese, Mn										
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		1	A	1		0.0	0.0	
Thiamin	_									
Riboflavin										
Niacin										
Pantothenic acid										
Vitamin B-6	mg									
Folate, total										
Folate, DFE	mcg_DFE									
Vitamin B-12										
Vitamin A, IU	IU	0		0	MC	9		0	0	
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin K (phylloquinone)										
vitamin ix (phynoquinone)	9									
<u>Lipids:</u>										
Fatty acids, total saturated		11.160)	0	A	1		1.004	6.361	
4:0										
6:0	-									
8:0	-									
10:0	-	0 000		-	_	-		0 007	2 242	
12:0		0.080	,	1	A	1		0.007	0.046	
13:0 14:0	-	0.590	1	1	A	1		0.053	0.336	
15:0	-	0.390	•	_		1		0.055	0.336	
16:0	-	7.080)	1	A	1		0.637	4.036	
17:0		,.000	-	-	-1	-		0.057	4.030	
18:0	-	3.410)	1	A	1		0.307	1.944	
20:0	•	3.410		-		-		0.50,	1.544	
22:0	-									
24:0	-									
Fatty acids, total monounsaturated		13.190)	0	A	1		1.187	7.518	
14:1									,	
15:1										

	<u>Amo</u>	unt in 100 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 Units	Mean St	td. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	0.770	1	A	1		0.069	0.439	
17:1	12.420	1	A	1		1.118	7.079	
20:1	12.120	-		-		1.110	7.075	
22:1 undifferentiatedg								
24:1 cg								
Fatty acids, total polyunsaturated	2.790	0	A	1		0.251	1.590	
18:2 undifferentiatedg	2.620	1	A	1		0.236	1.493	
18:3 undifferentiatedg	0.170	1	A	1		0.015	0.097	
18:4g								
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg								
20:5 n-3g								
22:5 n-3g								
22:6 n-3g								
Fatty acids, total transg								
Cholesterolmg	67	1	A	1		6	38	
Phytosterolsmg								

Common Measures:

Measure 1 = 9.0g: 1 link Measure 2 = 57g: 1 serving

Calories Factors: Protein Fat Carbohydrate

		<u>Aı</u>	mount in 100 g	rams	of edib	ole portio	<u>n</u>		edible portion	
			Nu	mber				<u>m</u>	easures of food	<u>.</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	52.50	0.177	32	A	1		24.15	12.08	
Energy	kcal	309		0	MC	9		142	71	
Energy	kj	1293				9		595	297	
Protein	g	14.60	0.106	32	A	1		6.72	3.36	
Total lipid (fat)	g	27.00	0.177	32	A	1		12.42	6.21	
Ash	g	4.10	0.027	14	A	1		1.89	0.94	
Carbohydrate, by difference	g	1.90		0	MC	9		0.87	0.44	
Fiber, total dietary	g	0.0		0	MC	9		0.0	0.0	
Sugars, total	g	1.10		2	A	1		0.51	0.25	
Starch	g									
Minerals:										
Vilnerals: Calcium, Ca	ma	8	1.069	14	A	1		4	2	
Iron, Fe	_	2.49	0.123	14	A	1		1.15	0.57	
Magnesium, Mg	_	15	1.096	14	MA	12		7	3	
Phosphorus, P		121	6.949	14	MA	12		, 56	28	
Potassium, K	-	233	2.673	14	MA	12		107	54	
Sodium. Na	_	1424	19.959	19	A	1		655	328	
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	2.34	0.094	14	MA	12		1.08	0.54	
Copper, Cu		0.190	0.035	14	MA	12		0.087	0.044	
Manganese, Mn	mg	0.032	0.003	7	MA	12		0.015	0.007	
Selenium, Se	mcg									
Vitamins:										
	ma	0.0		1	A	1		0.0	0.0	
Vitamin C, total ascorbic acid Thiamin	_	0.0	0.008	7	MA	12		0.069	0.0	
Riboflavin	_	0.130		7	MA	12		0.152	0.076	
Niacin	-	4.310		7	MA	12		1.983	0.991	
Pantothenic acid	_	1.020	0.002	•				2.505	0.552	
Vitamin B-6	_	0.260	0.008	7	MA	12		0.120	0.060	
Folate, total	-	5		1	MA	12		2	1	
Folic acid		0		0	z	7		0	0	
Folate, food		5		1	MA	12		2	1	
Folate, DFE	mcg_DFE	5		0	NC	4		2	1	
Vitamin B-12		5.50	0.257	7	MA	12		2.53	1.27	
Vitamin A, IU	IU									
Vitamin A, RAE	mcg_RAE									
Retinol										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta		40.000	4 150	7	MA	12		10 400	0 200	
Vitamin D		40.000	4.158	7	MA	12		18.400	9.200	
Vitamin K (phylloquinone)	Illey									
<u>Lipids:</u>										
Fatty acids, total saturated	g	11.800		0	A	1		5.428	2.714	
4:0	g									
6:0	g									
8:0	-									
10:0	-									
12:0	-	0.050	0.014	12	A	1		0.023	0.012	
13:0	-				-	_				
14:0	-	0.830	0.029	12	A	1		0.382	0.191	
15:0	-			10	_	_		2 245		
16:0	-	6.620	0.156	12	A	1		3.045	1.523	
17:0	-	4 000	2 222	10	_	-		1 000	2 222	
18:0	-	4.300	0.092	12	A	1		1.978	0.989	
20:0 22:0	-									
	CI CI									

		<u>An</u>	nount in 100			ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Uni	ts	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	12.900		0	A	1		5.934	2.967	
15:1 16:1 undifferentiated 17:1	g	1.540	0.136	12	A	1		0.708	0.354	
18:1 undifferentiated 20:1 22:1 undifferentiated	g g	11.360	0.312	12	A	1		5.226	2.613	
24:1 cFatty acids, total polyunsaturated	g g	1.130		0	A	1		0.520	0.260	
18:2 undifferentiated	g	0.930 0.200	0.110 0.029		A A	1 1		0.428 0.092	0.214 0.046	
20:2 n-6 c,c	g									
20:5 n-3	g g									
Fatty acids, total trans	g mg	80	3.750	16	A	1		37	18	

Common Measures:

Measure 1 = 46g: 1 serving 2 slices

Measure 2 = 23g: 1 slice

Calories Factors: Protein Fat Carbohydrate

		<u>A</u> :	mount in 100 g	rams	of edil	ole portio	<u>on</u>	Amount in	edible portion	of common
			Nu	ımbe	r			m	easures of food	
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	а	53.30	0.130	38	A	1		24.52	12.26	
Energy		304		0	MC	9		140	70	
Energy		1272				9		585	293	
Protein		14.90	0.097	38	A	1		6.85	3.43	
Total lipid (fat)	-	26.70	0.162	38	A	1		12.28	6.14	
Ash		4.10	0.027	14	A	1		1.89	0.94	
Carbohydrate, by difference		0.90		0	MC	9		0.41	0.21	
Fiber, total dietary		0.0		0	MC	9		0.0	0.0	
Sugars, total		0.50		2	A	1		0.23	0.12	
Starch										
Minerals:										
Calcium, Ca	-	9	1.069	14	A	1		4	2	
Iron, Fe		2.24	0.163	14	A	1		1.03	0.52	
Magnesium, Mg		15	1.096	14	MA	12		7	3	
Phosphorus, P	-	130	6.414	14	MA	12		60	30	
Potassium, K		228	6.949	14	MA.	12 1		105	52 329	
Sodium, Na		1430 2.13	17.892 0.099	30 14	A	1 12		658 0.98	0.49	
Zinc, Zn Copper, Cu		0.170		14	MA MA	12		0.98	0.49	
Manganese, Mn		0.170		6	MA	12		0.014	0.039	
Selenium, Se		0.031	0.004	Ü	PIFE	12		0.014	0.007	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.0		1	A	1		0.0	0.0	
Thiamin		0.230		7	MA	12		0.106	0.053	
Riboflavin		0.290		7	MA	12		0.133	0.067	
Niacin	-	4.390		7	MA	12		2.019	1.010	
Pantothenic acid		0.550		2	MA	12		0.253	0.127	
Vitamin B-6	-	0.300	0.057	7	MA	12		0.138	0.069	
Folate, total		5 0		2	MA Z	12 7		2 0	1 0	
Folic acid		5		2	MA.	, 12		2	1	
Folate, food	meg DEE	5 5		0	MA NC	4		2	1	
Folate, DFE		3.76	0.567	7	MA.	12		1.73	0.86	
Vitamin B-12 Vitamin A, IU		3.76	0.567	,	MA	12		1.73	0.86	
Vitamin A, RAE	mca RAF									
Retinol										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		47.000	5.000	4	MA	12		21.620	10.810	
Vitamin K (phylloquinone)	mcg									
Linida										
Lipids:	α.	10.727	,	0	A	1		4.934	2.467	
Fatty acids, total saturated4:0		10.727		U	A	1		4.934	2.407	
6:0										
8:0	-									
10:0										
12:0		0.037	0.010	13	A	1		0.017	0.009	
13:0										
14:0		0.564	0.029	13	A	1		0.259	0.130	
15:0										
16:0		6.298	0.103	13	A	1		2.897	1.449	
17:0										
18:0		3.829	0.090	13	A	1		1.761	0.881	
20:0										
22:0	g									
24:0	a									

	Amou	nt in 100 gra	ams of edil	ole portion		Amount in edible portion of common		
		Num				easures of food		
Nutrients and Units	Mean Sto	of D I. Error Poi		Source Confidence Code Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	12.142		0 A	1	5.585	2.793		
15:1	1.156	0.092	13 A	1	0.532	0.266		
18:1 undifferentiated	10.986	0.208	13 A	1	5.054	2.527		
24:1 cg Fatty acids, total polyunsaturatedg 18:2 undifferentiatedg	2.229 1.942	0.072	0 A	1 1	1.025 0.893	0.513 0.447		
18:3 undifferentiated	0.287	0.033	13 A	1	0.132	0.066		
20:3 undifferentiated								
20:5 n-3								
Fatty acids, total trans	84	2.556	30 A	1	39	19		

Common Measures:

Measure 1 = 46g: 1 serving 2 slices

Measure 2 = 23g: 1 slice

Calories Factors: Protein Fat Carbohydrate

		<u>A</u> 1	mount in 100	grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common			
			N	umbe	r			<u>m</u>	easures of food		
			o	f Data	Deriv	Source	Confidence				
Nutrients and Unit	s	Mean	Std. Error F	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	77.50	0.074	89	A	1		40.30	10.08		
Energy	kcal	80		0	MC	9		42	10		
Energy	kj	335				9		174	44		
Protein	g	14.90	0.064	89	A	1		7.75	1.94		
Total lipid (fat)	g	0.60	0.021	89	A	1		0.31	0.08		
Ash		3.40	0.033	9	A	1		1.77	0.44		
Carbohydrate, by difference	g	3.60		0	MC	9		1.87	0.47		
Fiber, total dietary	g	0.0		0	MC	9		0.0	0.0		
Sugars, total	g	1.10	0.106	8	A	1		0.57	0.14		
Starch	g										
Minerals:											
Calcium, Ca	ma	10	0.354	8	A	1		5	1		
Iron, Fe		0.77	0.053		A	1		0.40	0.10		
Magnesium, Mg		30	0.955		MA	12		16	4		
Phosphorus, P		243	2.475	8	MA	12		126	32		
Potassium, K		218	5.657	8	MA	12		113	28		
Sodium, Na	mg	1095	16.667	9	A	1		569	142		
Zinc, Zn	mg	0.85	0.046	8	MA	12		0.44	0.11		
Copper, Cu	mg	0.260	0.021	8	MA	12		0.135	0.034		
Manganese, Mn											
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0	0.0		
Thiamin	-										
Riboflavin											
Niacin	mg										
Pantothenic acid	mg										
Vitamin B-6											
Folate, total											
Folate, DFE											
Vitamin B-12		_		_				_	_		
Vitamin A, IU	IU	0		0	MC	9		0	0		
Vitamin A, RAE											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
<u>Lipids:</u>	_			•	_	_					
Fatty acids, total saturated		0.180)	0	A	1		0.094	0.023		
4:0 6:0											
8:0											
10:0	-										
12:0	-	0.010	0.004	8	A	1		0.005	0.001		
13:0	-										
14:0	-	0.020	0.007	8	A	1		0.010	0.003		
15:0	-										
16:0	g	0.100	0.025	8	A	1		0.052	0.013		
17:0	g										
18:0	•	0.050	0.011	8	A	1		0.026	0.007		
20:0											
22:0											
24:0											
Fatty acids, total monounsaturated		0.150)	0	A	1		0.078	0.020		
14:1											
15:1	g										

	Amount						Amount in edible portion of common measures of food		
Nutrients and Units	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiatedg	0.010	0.004	8	A	1		0.005	0.001	
18:1 undifferentiatedg	0.140	0.039	8	A	1		0.073	0.018	
20:1									
Fatty acids, total polyunsaturated9	0.110		0	A	1		0.057	0.014	
18:2 undifferentiatedg	0.100	0.025	8	A	1		0.052	0.013	
18:3 undifferentiatedg	0.010	0.004	8	A	1		0.005	0.001	
18:4g									
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiated									
20:5 n-3g									
22:5 n-3g									
22:6 n-3g									
Fatty acids, total trans9									
Cholesterolmg	31	1.414	8	A	1		16	4	
Phytosterolsmg									

Common Measures:

Measure 1 = 52g: 1 serving 4 slices

Measure 2 = 13.0g: 1 slice

Calories Factors: Protein Fat Carbohydrate

NDB No. 07241 OSCAR MAYER, Wieners (beef franks)

hotdog, wiener, frankfurter, hot dog

		<u>Aı</u>	mount in 100 g	rams	of edib	ole portio	<u>on</u>	Amount in	edible portion	of common
			Nu	ımber	•			m	easures of food	
			of	Data	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure :
Proximates:										
Water	-	53.22	0.985		A	1		23.95		
Energy		327		0	NC	4		147		
Energy		1369		0	NC	4		616		
Protein (N x 6.25)	_	11.35	0.150		A	1		5.11		
Total lipid (fat)		30.26	1.061	121 31	A	1 1		13.62 1.27		
Ash		2.82	0.080	91	A	4		1.27		
Carbohydrate, by difference		2.35 0.0		0	NC MC	9		0.0		
Fiber, total dietary		1.60		2	MC A	1		0.72		
Sugars, total		1.18		1	A	1		0.72		
Starcii	9	1.10		_	А	_		0.55		
Minerals:										
Calcium, Ca		10	0.950	31	A	1		5		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	1.34	0.144	31	A	1		0.60		
Magnesium, Mg		13		1	A	1		6		
Phosphorus, P		140 130		1 1	A A	1 1		63 59		
Potassium, KSodium, Na		1025	6.850	31	A	1		461		
Zinc, Zn		2.19	6.650	1	A	1		0.98		
Copper, Cu		0.140)	1	A	1		0.063		
Manganese, Mn		0.020		1	A	1		0.009		
Selenium, Se		11.5		1	A	1		5.2		
<u>Vitamins:</u>	ma	0.0		1				0.0		
Vitamin C, total ascorbic acid		0.0 0.034		1	A A	1 1		0.0 0.015		
ThiaminRiboflavin	-	0.034		30	MA	12		0.015		
Niacin	_	2.292		1	A	1		1.031		
Pantothenic acid		0.220		1	A	1		0.099		
Vitamin B-6		0.072		1	A	1		0.032		
Folate, total		6		1	A	1		3		
Folic acid		0		0	z	7		0		
Folate, food		6		1	A	1		3		
Folate, DFE		6		0	NC	4		3		
Vitamin B-12		1.63		1	A	1		0.73		
Vitamin A, IU	IU	0		0	NR	4		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol		0		0	NR	4		0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta		24.000	2.646	7	MA	12		10.800		
Vitamin D Vitamin K (phylloquinone)		24.000	2.646	,	MA	12		10.800		
	inog									
<u>Lipids:</u>										
Fatty acids, total saturated	g	12.460)	0	A	1		5.607		
4:0										
6:0	_									
8:0	_									
10:0 12:0		0.030	0.005	30	A	1		0.014		
13:0	_	0.030	. 0.005	50	A	_		0.014		
14:0		0.946	0.054	31	A	1		0.426		
15:0	_	0.162		1	A	1		0.426		
16:0	_	6.785		31	A	1		3.053		
17:0	_	0.421		1	A	1		0.189		
18:0	-	3.997		31	A	1		1.799		
20:0										
22:0										
24:0										

	<u>Ar</u>	nount in 100	grams	of edil	<u>n</u>	Amount in edible portion of common			
		-	Number		Source	Confidence		easures of food	
Nutrients and Units	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
	44.740		•	_					
Fatty acids, total monounsaturatedg	14.740 0.331		0 1	A A	1 1		6.633 0.149		
14:1g	0.331		1	A	1		0.149		
15:1									
17:1g									
18:1 undifferentiated									
20:1g	0.222		1	А	1		0.100		
22:1 undifferentiated	0.222		-	-	-		0.100		
24:1 cg									
Fatty acids, total polyunsaturatedg	1.360		0	А	1		0.612		
18:2 undifferentiatedg	0.951	0.10		A	1		0.428		
18:3 undifferentiated	0.239	0.07		A	1		0.107		
18:4g					_		0.20.		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiated									
20:5 n-3g									
22:5 n-3g									
22:6 n-3g									
Fatty acids, total transg									
Cholesterolmg	56	9.46	1 31	A	1		25		
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, 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 = 45g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 07242 OSCAR MAYER, Wieners (beef franks, bun length)

hot dog, frank, frankfurter

		<u>Aı</u>	mount in 100 g	rams	of edib	le portio	<u>on</u>	Amount in	edible portion o	f common
			Nu	mber				m	easures of food	_
					Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Ducyimatas										
Proximates: Water	g	53.15	0.450	121	A	1		30.30		
Energy	_	324		0	MC	9		185		
Energy		1354		0	MC	9		772		
Protein (N x 6.25)	-	11.10	0.100	121	A	1		6.33		
Total lipid (fat)	_	30.10	0.500	121	A	1		17.16		
Ash		2.85	0.050	10	A	1		1.62		
Carbohydrate, by difference		2.65		0	MC	9		1.51		
Fiber, total dietary		0.0		0	MC	9		0.0		
Sugars, total		1.80		2	A	1		1.03		
Starch										
Minerals:		4 -		_		_		-		
Calcium, Ca	-	13	1.000	9	A	1		7		
Iron, Fe.	-	1.56	0.040	9	A	1		0.89		
Magnesium, Mg		15	0.967	9	MA	12		9		
Phosphorus, P	-	105	5.333	9	MA	12 12		60 90		
Potassium, K		158 1025	2.667 15.000	9 17	MA A	12 1		90 584		
Sodium, NaZinc, Zn		2.25	0.120	9	MA	12		1.28		
Copper, Cu		0.150		9	MA	12		0.086		
Manganese, Mn		0.130	0.023	9	MA	12		0.080		
Selenium, Se										
Scientani, Sc	9									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.0		1	A	1		0.0		
Thiamin	-									
Riboflavin	-									
Niacin										
Pantothenic acid										
Vitamin B-6		11		0	BFZN			6		
Folate, totalFolic acid		0		0	BFZN	4 4		0		
Folate, food		11		0	BFZN	4		6		
Folate, DFE		11		0	NC	4		6		
Vitamin B-12				Ū	МС	-		· ·		
Vitamin A, IU		0		1	JO	11		0		
Vitamin A, RAE	mca RAF	ō		0	NC	4		0		
Retinol		0		0	NR	4		0		
Vitamin E (alpha-tocopherol)		· ·		·		-		·		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Linida										
Lipids:	~	12.530		0				7 140		
Fatty acids, total saturated		12.530	,	U	A	1		7.142		
4:0 6:0										
8:0	-									
10:0										
12:0		0.020	0.003	9	A	1		0.011		
13:0		0.020	0.003	-		-		3.011		
14:0	-	0.980	0.030	9	A	1		0.559		
15:0	-	2.550	2.050	-		-		0.555		
16:0	-	7.400	0.147	9	A	1		4.218		
17:0	-			-		_				
18:0	-	4.130	0.107	9	A	1		2.354		
20:0	-	250		-		_				
22:0	-									
22.0										

	<u>An</u>	nount in 100 g			ole portio	<u>n</u>		edible portion of easures of food	
Nutrients and Units	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	14.620		0	A	1		8.333		
14:1g									
15:1g									
16:1 undifferentiatedg	1.460	0.123	9	A	1		0.832		
17:1g	12 160	0 000	•	_					
18:1 undifferentiatedg	13.160	0.093	9	A	1		7.501		
20:1g 22:1 undifferentiatedg									
24:1 cg									
Fatty acids, total polyunsaturatedg	0.960		0	A	1		0.547		
18:2 undifferentiatedg	0.790	0.043	9	A	1		0.450		
18:3 undifferentiated	0.170	0.050	9	A	1		0.097		
18:4g									
20:2 n-6 c.cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg									
20:5 n-3g									
22:5 n-3g									
22:6 n-3g									
Fatty acids, total transg									
Cholesterolmg	59	1.850	12	A	1		34		
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	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 = 57g: 1 serving (1 link)

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

hot dog, frank, frankfurter

		<u>Aı</u>	mount in 10	0 grams	of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
				Numbe	r			<u>m</u>	easures of food	<u>l</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		78.00	0.09		A	1		39.00		
Energy		78		0	MC	9		39		
Energy		326				9		163		
Protein		13.20	0.06		A	1		6.60		
Total lipid (fat)		0.50	0.03		A	1		0.25		
Ash		3.20	0.16		A	1		1.60		
Carbohydrate, by difference		5.10		0	MC	9		2.55		
Fiber, total dietary		0.0		0	MC	9		0.0		
Sugars, total		3.80	0.44	17 5	A	1		1.90		
Starch	g									
Minerals:										
Calcium, Ca	mg	20	4.47	72 5	A	1		10		
Iron, Fe	-	1.95	0.06	53 5	A	1		0.98		
Magnesium, Mg	mg	19	1.20	7 5	MA	12		10		
Phosphorus, P		129	2.23		MA	12		65		
Potassium, K		467	41.64		MA	12		234		
Sodium, Na		927	37.55		A	1		464		
Zinc, Zn		2.41	0.11		MA	12		1.21		
Copper, Cu		0.160	0.02	27 5	MA	12		0.080		
Manganese, Mn										
Selenium, Se	fileg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0		
Thiamin	<u>mg</u>									
Riboflavin										
Niacin										
Pantothenic acid										
Vitamin B-6										
Folate, total										
Folate, DFEVitamin B-12										
Vitamin B-12 Vitamin A, IU		0		0	мс	9		0		
Vitamin A, IUVitamin A, RAE	IU mca RAF	U		U	MC	9		U		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	а	0.225		0	A	1		0.113		
4:0		0.223		Ū		-		0.113		
6:0	-									
8:0										
10:0	-									
12:0	g	0.000	0.00	0 5	A	1		0.000		
13:0	g									
14:0	g	0.014	0.00	0 5	A	1		0.007		
15:0	g									
16:0	-	0.127	0.01	.3 5	A	1		0.064		
17:0	•									
18:0	•	0.085	0.00	6 5	A	1		0.043		
20:0	g									
22:0										
24:0				_		_		_		
Fatty acids, total monounsaturated		0.190		0	A	1		0.095		
14:1										
15:1	a									

		<u>An</u>	nount in 100	<u>) gram</u> Numbe		ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	5	Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3	
16:1 undifferentiated		0.014	0.00	3 5	A	1		0.007			
18:1 undifferentiated	g	0.176	0.01	6 5	A	1		0.088			
20:1	-										
22:1 undifferentiated	_										
24:1 c	-	0.049		0	A	1		0.025			
Fatty acids, total polyunsaturated 18:2 undifferentiated		0.049	0.00	-	A	1		0.023			
18:3 undifferentiated		0.042	0.00		A	1		0.021			
18:4		0.007	0.00	3 3	А	_		0.004			
20:2 n-6 c.c.											
20:3 undifferentiated.	-										
20:4 undifferentiated											
20:5 n-3											
22:5 n-3											
22:6 n-3	g										
Fatty acids, total trans	g										
Cholesterol	mg	30	1.78	9 5	A	1		15			
Phytosterols	mg										

Common Measures:

Measure 1 = 50g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 07244 OSCAR MAYER, Wieners (beef franks, light)

hot dog, frank, frankfurter

		<u>A</u> 1	mount in 100 g			ole portio	<u>on</u>		edible portion	
				mber		_		m	easures of food	<u>!</u>
Nutrients and Uni	ts	Mean	Std. Error Po		Deriv Code	Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	66.80	0.090	100	A	1		38.08		
Energy	=	193	0.000	0	MC	9		110		
Energy		808		-		9		460		
Protein		10.70	0.040	100	A	1		6.10		
Total lipid (fat)	-	14.90	0.100	101	A	1		8.49		
Ash		3.50	0.029	12	A	1		2.00		
Carbohydrate, by difference	g	4.10		0	MC	9		2.34		
Fiber, total dietary	g	0.0		0	MC	9		0.0		
Sugars, total	g	2.10	0.808	3	A	1		1.20		
Starch	9									
Minerals:										
Calcium, Ca	_	21	3.130	5	A	1		12		
Iron, Fe		1.56	0.116	5	A	1		0.89		
Magnesium, Mg		18	1.342	5	MA	12		10		
Phosphorus, P		164 401	9.391 33.094	5 5	MA MA	12 12		93 229		
Potassium, KSodium, Na		1079	6.667	9	MA A	1		615		
Zine, Zn		2.10	0.121	5	MA	12		1.20		
Copper, Cu	-	0.210		5	MA	12		0.120		
Manganese, Mn										
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0		
Thiamin										
Riboflavin	mg									
Niacin										
Pantothenic acid										
Vitamin B-6 Folate, total										
Folate, DFE										
Vitamin B-12										
Vitamin A, IU		0		0	MC	9		0		
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin D Vitamin K (phylloquinone)										
Lipids:	a	6.320	•	0	A	1		3.602		
Fatty acids, total saturated		0.320	,	U	Α.	-		3.602		
6:0	-									
8:0	_									
10:0	g									
12:0	g	0.020	0.004	5	A	1		0.011		
13:0	-			_	_	_				
14:0	-	0.440	0.072	5	A	1		0.251		
15:0 16:0.	_	3.920	0.241	5	A	1		2.234		
17:0		3.920	0.241	J	•	1		2.234		
18:0		1.940	0.054	5	A	1		1.106		
20:0			<u>-</u>	-	==	_				
22:0	_									
24:0	_									
Fatty acids, total monounsaturated		7.520)	0	A	1		4.286		
14:1										
15:1	g									

		<u>An</u>		umbe	r	_	Amount in edible portion of common measures of food			
Nutrients and Units	5	Mean	Std. Error P				Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated		0.600	0.045	5	A	1		0.342		
18:1 undifferentiated	g	6.920	0.353	5	A	1		3.944		
20:1 undifferentiated	g									
24:1 c	_	0.990		0	A	1		0.564		
Fatty acids, total polyunsaturated 18:2 undifferentiated		0.890	0.362	-	A	1		0.504		
18:3 undifferentiated		0.100	0.036		A	1		0.057		
18:4	-									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans										
Cholesterol	mg	49	1.789	5	A	1		28		
Phytosterols	mg									

Common Measures:

Measure 1 = 57g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 07245 OSCAR MAYER, Wieners (cheese hot dogs with turkey)

hot dog, frank, frankfurter

		<u>Aı</u>	mount in 100 g			ole portic	<u>on</u>		edible portion of easures of food	
				ımbeı		0	0 6 - 1	<u>1111</u>	easures or roou	•
Nutrients and Uni	ts	Mean	Std. Error Po		Deriv Code	Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:	_	50.00			_	_		00.01		
Water		52.90	0.037		A	1		23.81		
Energy		318		0	MC	9		143		
Energy		1331			_	9		599		
Protein	-	12.00	0.027	120	A	1 1		5.40		
Total lipid (fat)	-	28.70	0.073	120	A	1		12.92		
Ash		3.60	0.047	18 0	A	9		1.62		
Carbohydrate, by difference		2.80 0.0		0	MC	9		1.26		
Fiber, total dietary			0 104		MC			0.0		
Sugars, total		1.80	0.134	5	A	1		0.81		
Starch	g									
Minerals:				_	_					
Calcium, Ca	_	164	19.230	5	A	1		74		
Iron, Fe	-	1.48	0.139	5	A	1		0.67		
Magnesium, Mg	_	25 21 5	2.683	5	MA	12 12		11 97		
Phosphorus, P		215 131	13.416 7.155	5 5	MA	12		97 59		
Potassium, K Sodium, Na		1143	15.588	12	MA A	12		59 514		
Zinc, Zn		1.84	0.130	5	MA	12		0.83		
Copper, Cu		0.180		5	MA	12		0.081		
Manganese, Mn		0.200	0.005	•				0.002		
Selenium, Se										
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		1	A	1		0.0		
Thiamin	-	0.0		-	-	-		0.0		
Riboflavin	-									
Niacin	_									
Pantothenic acid										
Vitamin B-6										
Folate, total										
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU		0		0	MC	9		0		
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
Lipids:	O	10.025		0	A	1		4.511		
Fatty acids, total saturated		10.025	•	U	A	1		4.511		
4:0 6:0										
8:0	-									
10:0										
12:0	-	0.312	0.086	5	A	1		0.140		
13:0										
14:0		0.623	0.025	5	A	1		0.280		
15:0	g									
16:0	-	6.442	0.245	5	A	1		2.899		
17:0	•									
18:0	•	2.648	0.184	5	A	1		1.192		
20:0	-									
22:0	-									
24:0				_	_	_				
Fatty acids, total monounsaturated		13.104		0	A	1		5.897		
14:1										
15:1	9									

	<u>Aı</u>	mount in 10	0 grams	of edil	ole portio	<u>on</u>	Amount in	edible portion o	of common
			Numbe		Source	Confidence	<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
16.1	a 0.981	0.05	: 2 F		1		0.441		
16:1 undifferentiated		0.05	53 5	A	1		0.441		
18:1 undifferentiated	•	1 0.34	18 5	A	1		5.456		
20:1	•				_		0.100		
22:1 undifferentiated	•								
24:1 c									
Fatty acids, total polyunsaturated	g 3.849	•	0	A	1		1.732		
18:2 undifferentiated		0.09	90 5	A	1		1.625		
18:3 undifferentiated	g 0.238	0.05	58 5	A	1		0.107		
18:4	g								
20:2 n-6 c,c	g								
20:3 undifferentiated	g								
20:4 undifferentiated	g								
20:5 n-3	g								
22:5 n-3	g								
22:6 n-3	g								
Fatty acids, total trans									
Cholesterol	mg 74	1.20	06 11	A	1		33		
Phytosterols	mg								

Common Measures:

Measure 1 = 45g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 07246 OSCAR MAYER, Wieners (fat free hot dogs)

hot dog, frank, frankfurter

		<u>A</u> 1	mount in 100 g			ole portio	<u>on</u>		edible portion	
Nutrients and Unit	ts	Mean			Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Proximates:										
Water	g	78.80	0.046	120	A	1		39.40		
Energy	kcal	73		0	MC	9		37		
Energy	kj	305				9		153		
Protein		12.60	0.046		A	1		6.30		
Total lipid (fat)		0.60	0.018	120	A	1		0.30		
Ash		3.70	0.037	30	A	1		1.85		
Carbohydrate, by difference		4.30		0	MC	9		2.15		
Fiber, total dietary		0.0		0	MC	9		0.0		
Sugars, total		2.10	0.221	10	A	1		1.05		
Starch	9									
Minerals:										
Calcium, Ca	-	15	1.265	10	A	1		8		
Iron, Fe		0.92	0.063	10	A	1		0.46		
Magnesium, Mg		21	0.443	10	MA	12		11		
Phosphorus, P		162	3.479	10	MA	12		81		
Potassium, K		471 974	4.536 27.591	7	MA	12		236		
Sodium, Na	-	1.19	0.032	7 10	A MA	1 12		487 0.60		
Zinc, Zn Copper, Cu		0.220		10	MA	12		0.110		
Manganese, Mn		0.220	0.003	10	nn.			0.110		
Selenium, Se										
X/24 2										
Vitamins: Vitamin C, total ascorbic acid	ma	0.0		1	A	1		0.0		
Thiamin		0.0		_	•	-		0.0		
Riboflavin	-									
Niacin										
Pantothenic acid	-									
Vitamin B-6	mg									
Folate, total										
Folate, DFE										
Vitamin B-12								_		
Vitamin A, IU		0		0	MC	9		0		
Vitamin A, RAE										
Vitamin E (alpha-tocopherol) Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	q	0.200)	0	A	1		0.100		
4:0		3.200		•		-		3.100		
6:0										
8:0	g									
10:0	g									
12:0	_	0.000	0.000	10	A	1		0.000		
13:0	_				_	_				
14:0	_	0.010	0.000	10	A	1		0.005		
15:0 16:0	-	0.130	0.016	10	A	1		0.065		
16:0		0.130	, 0.016	10	A	_		0.065		
18:0	5	0.060	0.006	10	A	1		0.030		
20:0	•	0.000	0.000			-		2.030		
22:0	-									
24:0	-									
Fatty acids, total monounsaturated	-	0.210)	0	A	1		0.105		
14:1	g									
15:1	g									

		An	nount in 100			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	ts	Mean			Deriv		Confidence Code	Measure 1	Measure 2	Measure 3	
16:1 undifferentiated	-	0.020	0.00	3 10	A	1		0.010			
18:1 undifferentiated	-	0.190	0.02	2 10	A	1		0.095			
20:1	g										
22:1 undifferentiated	g										
24:1 c	g										
Fatty acids, total polyunsaturated	g	0.110		0	A	1		0.055			
18:2 undifferentiated	g	0.100	0.01	3 10	A	1		0.050			
18:3 undifferentiated	g	0.010	0.00	10	A	1		0.005			
18:4	g										
20:2 n-6 c,c	g										
20:3 undifferentiated	g										
20:4 undifferentiated	g										
20:5 n-3	g										
22:5 n-3	g										
22:6 n-3	g										
Fatty acids, total trans	g										
Cholesterol	mg	29	1.58	1 10	A	1		15			
Phytosterols	mg										

Common Measures:

Measure 1 = 50g: 1 serving

Calories Factors: Protein Fat Carbohydrate

hot dog, frank, frankfurter

		<u>A</u> 1	mount in 100 g	grams	of edil	ole portio	<u>on</u>	Amount in	edible portion	of common
			Nι	ımber				<u>m</u>	easures of food	<u>l</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	q	66.70	0.059	103	A	1		38.02		
Energy		194		0	MC	9		111		
Energy		812				9		463		
Protein		12.10	0.030	103	A	1		6.90		
Total lipid (fat)	-	14.90	0.049	103	A	1		8.49		
Ash	g	3.50	0.032	10	A	1		2.00		
Carbohydrate, by difference	g	2.80		0	MC	9		1.60		
Fiber, total dietary	g	0.0		0	MC	9		0.0		
Sugars, total	g	1.50	0.150	4	A	1		0.86		
Starch	g									
Minerals:										
Calcium, Ca	_	38	2.449	6	A	1		22		
Iron, Fe	-	1.28	0.094	6	A	1		0.73		
Magnesium, Mg		17 160	1.102	6	MA	12		10		
Phosphorus, P Potassium, K		169 397	7.348 30.619	6 6	MA MA	12 12		96 226		
Sodium, Na	-	1036	25.324	7	MA A	1		591		
Zinc, Zn	-	1.77	0.106	6	MA	12		1.01		
Copper, Cu		0.200		6	MA	12		0.114		
Manganese, Mn	-									
Selenium, Se										
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		2	A	1		0.0		
Thiamin	-									
Riboflavin	-									
Niacin										
Pantothenic acid Vitamin B-6										
Folate, total										
Folate, DFE										
Vitamin B-12										
Vitamin A, IU		0		0	MC	9		0		
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma	_									
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	g	5.199)	0	A	1		2.963		
4:0										
6:0										
8:0	-									
10:0	-									
12:0	-	0.027	0.007	6	A	1		0.015		
13:0 14:0	-	0.213	0.011	6	A	1		0.121		
15:0	-	0.213	, 0.011	0	A	1		0.121		
16:0	-	3.457	0.094	6	A	1		1.970		
17:0		5.457	3.034	-		-		1.570		
18:0	•	1.502	0.021	6	A	1		0.856		
20:0	•									
22:0										
24:0	g									
Fatty acids, total monounsaturated		6.763	3	0	A	1		3.855		
14:1										
15:1	g									

		<u>An</u>	nount in 100			ole portio	<u>on</u>		edible portion of	
Nutrients and Uni	ts	Mean			Deriv	Source Code	Confidence Code	Measure 1	easures of food Measure 2	Measure 3
16:1 undifferentiated	_	0.435	0.01	1 6	A	1		0.248		
18:1 undifferentiated 20:1	g	6.328	0.22	1 6	A	1		3.607		
22:1 undifferentiated 24:1 c	g									
Fatty acids, total polyunsaturated		2.044		0	A	1		1.165		
18:2 undifferentiated		1.920	0.06	1 6	A	1		1.094		
18:3 undifferentiated	g	0.124	0.02	6 6	A	1		0.071		
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	-									
Cholesterol	mg	62	4.15	8 7	A	1		35		
Phytosterols	mg									

Common Measures:

Measure 1 = 57g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 07240 OSCAR MAYER, Wieners (pork, turkey)

hot dog, frank, frankfurter

		<u>Aı</u>	mount in 100 g			ole portio	<u>on</u>		edible portion	
Nutrients and Un	its	Mean			Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	<u>I</u> Measure 3
Proximates:										
Water	g	53.35	0.050	123	A	1		24.01		
Energy	kcal	324		0	MC	9		146		
Energy	kj	1354		0	MC	9		609		
Protein (N x 6.25)		10.95	0.050	123	A	1		4.93		
Total lipid (fat)		29.90	0.300	123	A	1		13.46		
Ash		3.15	0.050	9	A	1		1.42		
Carbohydrate, by difference		2.70		0	MC	9		1.22		
Fiber, total dietary		0.0		0	MC	9		0.0		
Sugars, total		1.80	0.058	3	A	1		0.81		
Starch	g									
Minerals:										
Calcium, Ca	mg	60	4.950	8	A	1		27		
Iron, Fe	-	1.16	0.074	8	A	1		0.52		
Magnesium, Mg	mg	17	1.131	8	MA	12		8		
Phosphorus, P	mg	137	7.778	8	MA	12		62		
Potassium, K	mg	162	5.303	8	MA	12		73		
Sodium, Na	mg	988	22.000	9	A	1		445		
Zinc, Zn	mg	1.72	0.053	8	MA	12		0.77		
Copper, Cu		0.260		8	MA	12		0.117		
Manganese, Mn		0.009	1		FLA	4		0.004		
Selenium, Se	mcg	15.1			FLA	4		6.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0		
Thiamin	mg	0.261			FLA	4		0.117		
Riboflavin	mg	0.130	1		FLA	4		0.059		
Niacin	mg	2.506	i		FLA	4		1.127		
Pantothenic acid	mg	0.385	i		FLA	4		0.173		
Vitamin B-6	mg	0.220	1		FLA	4		0.099		
Folate, total		4			FLA	4		2		
Folic acid		0			FLA	4		0		
Folate, food		4			FLA	4		2		
Folate, DFE		4		0	NC	4		2		
Vitamin B-12		0.38			FLA	4		0.17		
Vitamin A, IU	IU	0		1	JO	11		0		
Vitamin A, RAE		0		0	NC	4		0		
Retinol		0		0	NR	4		0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D		6.597			FLA	4		2.969		
Vitamin K (phylloquinone)		0.557				-		2.303		
	······································									
<u>Lipids:</u>										
Fatty acids, total saturated		9.467		0	A	1		4.260		
4:0		0.000			FLA	4		0.000		
6:0	-	0.000			FLA	4		0.000		
8:0	-	0.000			FLA	4		0.000		
10:0	-	0.017		0	FLA	4		0.008		
12:0		0.019	0.000	8	A	1		0.009		
13:0	_	0.360	0.010			4		0 163		
14:0		0.362	0.013	8	A	1		0.163		
15:0		6.466	0.092	8	A	1		2 010		
16:0		0.466	0.092	d	A	1		2.910		
17:0		2.620	0.151	8	A	1		1 170		
18:0		2.620	0.151	ð	A	1		1.179		
20:0 22:0	-									
7.7.11	ч									

		<u>Aı</u>	mount in 100 gr		lible porti	<u>on</u>		edible portion	
				nber Data Deri		e Confidence Code	_		•
Nutrients and U	Inits	Mean	Std. Error Pol	nis Cou	e Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate	ed a	13.806	i	0 A	1		6.213		
14:1	g								
15:1 16:1 undifferentiated	-	1.031	0.069	8 A	1		0.464		
17:1 18:1 undifferentiated		12.775	0.315	8 A	1		5.749		
20:1	_	12.775	0.315	6 A	1		5.749		
22:1 undifferentiated	-								
Fatty acids, total polyunsaturated		4.255	i	0 A	1		1.915		
18:2 undifferentiated	-	4.023		8 A			1.810		
18:3 undifferentiated		0.232		8 A			0.104		
18:4		0.000		FL	A 4		0.000		
20:2 n-6 c,c	_								
20:3 undifferentiated		0.082		FL	A 4		0.037		
20:5 n-3		0.002		FL			0.000		
22:5 n-3	_	0.003		FL			0.001		
22:6 n-3	<u>-</u>	0.003		FL			0.001		
Fatty acids, total trans	-								
Cholesterol		72	4.025	5 A	1		32		
Phytosterols	mg								
Amino Acids:									
Tryptophan	a	0.129	1	FL	A 4		0.058		
Threonine		0.486		FI			0.219		
Isoleucine		0.535		FL			0.241		
Leucine		0.875		FL			0.394		
Lysine	_	0.980		FL			0.441		
Methionine	-	0.294		FL			0.132		
Cystine		0.127		FL			0.057		
Phenylalanine		0.438		FL			0.197		
Tyrosine		0.403	1	FL	A 4		0.181		
Valine		0.590	1	FL	A 4		0.265		
Arginine		0.711		FL	A 4		0.320		
Histidine	-	0.372		FL	A 4		0.167		
Alanine	g	0.651		FL	A 4		0.293		
Aspartic acid		1.016	;	FL	A 4		0.457		
Glutamic acid	-	1.752		FL	A 4		0.788		
Glycine		0.591		FL	A 4		0.266		
Proline	g	0.527		FL	A 4		0.237		
Serine	g	0.476	;	FL	A 4		0.214		
Hydroxyproline	g								
Others:									
Alcohol, ethyl	g	0.0		FL	A 4		0.0		
Caffeine		0		FL	A 4		0		
Theobromine		0		FL	A 4		0		
Carotenoids:									
Carotene, beta	mca	0		0 z	7		0.000		
Carotene, alpha		0		0 z	-		0.000		
Cryptoxanthin, beta		0		0 z			0.000		
Lycopene		0		0 z	7		0.000		
Lutein + zeaxanthin		0		0 z	7		0.000		

Common Measures:

Measure 1 = 45g: 1 serving (1 link)

NDB No. 07240

OSCAR MAYER, Wieners (pork, turkey)

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

NDB No. 07248 OSCAR MAYER, Wieners Little (pork, turkey)

hot dog, frank, frankfurter

		<u>A</u>	mount in 100	grams)	of edit	ole portio	<u>on</u>		edible portion of	
			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	g	55.00		1	A	1		4.95	31.35	
Energy	-	311		0	MC	9		28	177	
Energy		1301				9		117	742	
Protein		10.90		1	A	1		0.98	6.21	
Total lipid (fat)	g	28.70		1	A	1		2.58	16.36	
Ash	g	3.10		1	A	1		0.28	1.77	
Carbohydrate, by difference	g	2.30		0	MC	9		0.21	1.31	
Fiber, total dietary	g	0.0		0	MC	9		0.0	0.0	
Sugars, total	g	1.60		1	A	1		0.14	0.91	
Starch	g									
Minerals:										
Calcium, Ca	mg	13		1	A	1		1	7	
Iron, Fe	-	1.02		1	A	1		0.09	0.58	
Magnesium, Mg		13		1	MA	12		1	7	
Phosphorus, P	_	97		1	MA	12		9	55	
Potassium, K		159		1	MA	12		14	91	
Sodium, Na	-	1039		1	A	1		94	592	
Zinc, Zn		1.84		1	MA	12		0.17	1.05	
Copper, Cu		0.110)	1	MA	12		0.010	0.063	
Manganese, Mn Selenium, Se										
· ·	9									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.0		1	A	1		0.0	0.0	
Thiamin	-									
Riboflavin	-									
Pantothenic acid										
Vitamin B-6										
Folate, total										
Folate, DFE										
Vitamin B-12	mcg									
Vitamin A, IU	IU	0		0	MC	9		0	0	
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta	_									
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:	a	11.150	1	0	A	1		1 004	6 356	
Fatty acids, total saturated		11.15	•	J	A	_		1.004	6.356	
6:0	-									
8:0	-									
10:0	-									
12:0	-	0.060)	1	A	1		0.005	0.034	
13:0										
14:0	-	0.610)	1	A	1		0.055	0.348	
15:0	-	6 05	,	-	7	4		0.550	2 22 2	
16:0 17:0		6.870	,	1	A	1		0.618	3.916	
18:0	•	3.610)	1	A	1		0.325	2.058	
20:0	•	3.010	•	-		-		0.323	2.030	
22:0										
24:0	g									
Fatty acids, total monounsaturated		14.330)	0	A	1		1.290	8.168	
14:1										
15:1	g									

		<u>An</u>	nount in 10	0 grams		ole portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Unit	s	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
16:1 undifferentiated	-	1.290		1	A	1		0.116	0.735		
17:1 18:1 undifferentiated		13.040		1	A	1		1.174	7.433		
20:1	g										
22:1 undifferentiated											
24:1 c											
Fatty acids, total polyunsaturated	g	2.670		0	A	1		0.240	1.522		
18:2 undifferentiated		2.380		1	A	1		0.214	1.357		
18:3 undifferentiated	g	0.290		1	A	1		0.026	0.165		
18:4	g										
20:2 n-6 c,c	g										
20:3 undifferentiated	g										
20:4 undifferentiated	g										
20:5 n-3	g										
22:5 n-3	g										
22:6 n-3	g										
Fatty acids, total trans	g										
Cholesterol	mg	55		1	A	1		5	31		
Phytosterols	mg										

Common Measures:

Measure 1 = 9.0g: 1 piece Measure 2 = 57g: 1 serving

Calories Factors: Protein Fat Carbohydrate

		<u>Ar</u>	mount in 100 g	rams	of edit	ole portio	<u>n</u>		edible portion	
			Nu	mber				<u>m</u>	easures of food	<u>l</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Units	5	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	54.70	0.190	40	A	1		30.63		
Energy	kcal	313		0	MC	9		175		
Energy		1310				9		733		
Protein		11.80	0.063	40	A	1		6.61		
Total lipid (fat)	g	28.40	0.174	40	A	1		15.90		
Ash	g	2.50	0.028	13	A	1		1.40		
Carbohydrate, by difference	g	2.60		0	MC	9		1.46		
Fiber, total dietary	g	0.0		0	MC	9		0.0		
Sugars, total	g	2.20		2	A	1		1.23		
Starch	g									
N. 1										
Minerals: Calcium, Ca	ma	15	1.387	13	A	1		8		
Iron. Fe.	-	1.16	0.083	13	A	1		0.65		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	15	0.804	13	MA	12		8		
Phosphorus, P		106	6.379	13	MA	12		59		
Potassium, K	-	139	25.516	13	MA	12		78		
Sodium, Na	-	827	16.918	13	A	1		463		
Zine, Zn.	-	1.85	0.058	13	MA	12		1.04		
Copper, Cu	_	0.130	0.031	13	MA	12		0.073		
Manganese, Mn		0.049	0.007	6	MA	12		0.027		
Selenium, Se	mcg									
Vitamina										
Vitamins:	ma	0.0		1	A	1		0.0		
Vitamin C, total ascorbic acid Thiamin	_	0.0	0.011	7	MA	12		0.162		
Riboflavin	-	0.230		7	MA	12		0.078		
Niacin		2.650		7	MA	12		1.484		
Pantothenic acid	_	2.050	0.125	•				1.404		
Vitamin B-6	_	0.140	0.011	7	MA	12		0.078		
Folate, total	-									
Folate, DFE										
Vitamin B-12		1.26	0.110	7	MA	12		0.71		
Vitamin A, IU	IU	0		0	MC	9		0		
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D		40.000	7.155	5	MA	12		22.400		
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	11.140		0	A	1		6.238		
4:0										
6:0										
8:0	g									
10:0	g									
12:0	g	0.040	0.014	13	A	1		0.022		
13:0	g									
14:0		0.730	0.053	13	A	1		0.409		
15:0	-									
16:0		6.790	0.244	13	A	1		3.802		
17:0	-							_		
18:0	-	3.580	0.111	13	A	1		2.005		
20:0	-									
22:0	-									
24:0	-	4. 0		_	_	_				
Fatty acids, total monounsaturated		14.090		0	A	1		7.890		
14:1	g									

		<u>Ar</u>	nount in 100	grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Uni	ts	Mean			Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	-	1.470	0.094	4 13	A	1		0.823		
18:1 undifferentiated 20:1	g	12.620	0.04	7 13	A	1		7.067		
22:1 undifferentiated24:1 c	_									
Fatty acids, total polyunsaturated		1.970		0	A	1		1.103		
18:2 undifferentiated	_	1.670	0.12		A	1		0.935		
18:3 undifferentiated	•	0.300	0.04	7 13	A	1		0.168		
18:4	-									
20:2 n-6 c,c 20:3 undifferentiated										
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg	62	2.49	6 13	A	1		35		
Phytosterols	mg									

Common Measures:

Measure 1 = 56g: 1 serving

Calories Factors: Protein Fat Carbohydrate

		<u>Aı</u>	mount in 100	grams	of edib	le portio	<u>n</u>	Amount in	edible portion	of common
			N	lumber					easures of food	
						Course	Confidence			•
Nutrients and Un	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	а	58.20	0.694	. 4		1		16.30	33.17	
Energy		235	0.00		NC	4		66	134	
Energy		982		0	NC	4		275	560	
Protein (N x 6.25)		11.80	0.084	4		1		3.30	6.73	
Total lipid (fat)		16.50	0.503			1		4.62	9.41	
Ash		4.30	0.075	4		1		1.20	2.45	
Carbohydrate, by difference		9.20		0	NC	4		2.58	5.24	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
M:										
Minerals: Calcium, Ca	ma	109	9.232	2 4		1		31	62	
Iron, Fe		0.54	0.177			1		0.15	0.31	
Magnesium, Mg		19	1.000			1		5	11	
Phosphorus, P		127	7.487			1		36	72	
Potassium, K		297	10.086	4		1		83	169	
Sodium, Na		1484	68.005	4		1		416	846	
Zinc, Zn	mg	1.38	0.025	5 4		1		0.39	0.79	
Copper, Cu	mg	0.050	0.014	4		1		0.014	0.029	
Manganese, Mn	mg	0.035	0.007			1		0.010	0.020	
Selenium, Se	mcg	16.4		0	BFNN	4		4.6	9.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		7		0.0	0.0	
Thiamin		0.295	0.012	4		1		0.083	0.168	
Riboflavin		0.260	0.014	4		1		0.073	0.148	
Niacin	mg	1.835	0.096	4		1		0.514	1.046	
Pantothenic acid	mg	0.770)	2		1		0.216	0.439	
Vitamin B-6	mg	0.230	0.058	3 4		1		0.064	0.131	
Folate, total		2		1		1		1	1	
Folic acid		0		0	Z	7		0	0	
Folate, food	mcg	2		1		1		1	1	
Folate, DFE		2		0	NC	4		1	1	
Vitamin B-12		1.26	0.155			1 1		0.35	0.72	
Vitamin A, IU		200 60		1 0	NC	4		56 17	114 34	
Vitamin A, RAE		60		0	NC NR	4		17	34 34	
Vitamin E (alpha-tocopherol)		0.25		0	NR.	4		0.07	0.14	
Tocopherol, beta		0.23		·	2121	•		0.07	0.11	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		44.000)	0	T	4		12.320	25.080	
Vitamin K (phylloquinone)	mcg	3.4		0	BFZN	4		1.0	1.9	
Lipids:										
	a	5.850	,	0		1		1.638	3.335	
Fatty acids, total saturated		0.000		4		1		0.000	0.000	
6:0		0.000		4		1		0.000	0.000	
8:0		0.000		4		1		0.000	0.000	
10:0	_	0.010		4		1		0.003	0.006	
12:0	-	0.010		4		1		0.003	0.006	
13:0	_									
14:0	g	0.270)	4		1		0.076	0.154	
15:0	g									
16:0	g	3.540)	4		1		0.991	2.018	
17:0	_									
18:0	_	2.020)	4		1		0.566	1.151	
20:0	_									
22:0	g									

		<u>Ar</u>	nount in 10	00 grams	of edil	ole portio	<u>on</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
P		7 070								
Fatty acids, total monounsaturat		7.870		0		1		2.204	4.486	
15:1	g									
16:1 undifferentiated	g	0.660		4		1		0.185	0.376	
17:1	-									
18:1 undifferentiated	=	7.210		4		1		2.019	4.110	
20:1	g	0.000		4		1		0.000	0.000	
22:1 undifferentiated	•	0.000		4		1		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsaturate	dg	1.930		0		1		0.540	1.100	
18:2 undifferentiated		1.820		4		1		0.510	1.037	
18:3 undifferentiated		0.110		4		1		0.031	0.063	
18:4	=	0.000		4		1		0.000	0.000	
20:2 n-6 c,c	=									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		4		1		0.000	0.000	
20:5 n-3	g	0.000		4		1		0.000	0.000	
22:5 n-3	_	0.000	0.0	00 4		1		0.000	0.000	
22:6 n-3	g	0.000		4		1		0.000	0.000	
Fatty acids, total trans	g									
Cholesterol	mg	38	4.1	.77 3		1		11	22	
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.104		0		1		0.029	0.059	
Threonine		0.472		0		1		0.132	0.269	
Isoleucine	_	0.421		0		1		0.132	0.240	
Leucine	_	0.421		0		1		0.118	0.496	
Lysine		0.809		0		1		0.227	0.461	
Methionine		0.301		0		1		0.084	0.172	
Cystine		0.144		0		1		0.040	0.082	
Phenylalanine		0.419		0		1		0.117	0.082	
Tyrosine		0.383		0		1		0.117	0.218	
Valine	_	0.508		0		1		0.142	0.218	
Arginine	_	0.583		0		1		0.142	0.332	
Histidine		0.383		0		1		0.163	0.332	
	• • • • • • • • • • • • • • • • • • • •	0.618		0		1		0.173	0.166	
Alanine		0.951		0		1		0.173		
Aspartic acid		1.919		0		1		0.537	0.542 1.094	
Glutamic acid	_	0.680		0		1		0.190	0.388	
Glycine				0		1				
Proline	• • • • • • • • • • • • • • • • • • • •	0.830		0		1		0.232	0.473 0.295	
Serine		0.517		U		1		0.145	0.295	
Hydroxyproline	9									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	
Caffeine		0		0	z	7		0	0	
Theobromine		0		0	z	7		0	0	
Carotenoids:	-									
	mca	0		0	-	7		0.000	0.000	
Carotene, beta	_	0		-	z z	7 7				
Carotene, alpha		0		0	z Z	7		0.000	0.000	
Cryptoxanthin, beta		•		0				0.000	0.000	
Lycopene		0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin	iica	0		0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 28g: 1 slice (1 oz) (4" x 4" x 3/32" thick)

Measure 2 = 57g: 2 slices

NDB No. 07051 Olive loaf, pork

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u> 1	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 Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	52.20		1	A	1		19.84		
Energy	kcal	313		0	NC	4		119		
Energy	kj	1310		0	NC	4		498		
Protein (N x 6.25)	g	15.20		1	A	1		5.78		
Total lipid (fat)	g	26.40		1	A	1		10.03		
Ash	g	3.60		1	A	1		1.37		
Carbohydrate, by difference	g	2.60		0	NC	4		0.99		
Fiber, total dietary	g	0.0		1	A	1		0.0		
Sugars, total	g	1.30		1	A	1		0.49		
Starch	g									
Minorale.										
<u>Minerals:</u> Calcium, Ca	ma	9		1	A	1		3		
Iron, Fe	_	11.90		1	A	1		4.52		
Magnesium, Mg	-	15		1	A	1		6		
Phosphorus, P		233		1	A	1		88		
Potassium, K	-	214		1	A	1		81		
Sodium, Na	-	1105		1	A	1		420		
Zinc, Zn	-	3.85		1	A	1		1.46		
Copper, Cu		0.584	Į.	1	A	1		0.222		
Manganese, Mn	mg	0.196	5	1	A	1		0.074		
Selenium, Se	mcg									
Vitamins:										
	ma	2.7		1	A	1		1.0		
Vitamin C, total ascorbic acid Thiamin	_	0.210		1	A	1		0.080		
Riboflavin	-	2.200		1	A	1		0.836		
Niacin		12.010		1	A	1		4.564		
Pantothenic acid		3.730		1	A	1		1.417		
Vitamin B-6	-	0.450		1	A	1		0.171		
Folate, total	-	113		1	A	1		43		
Folic acid		0		0	z	7		0		
Folate, food		113		1	A	1		43		
Folate, DFE		113		0	NC	4		43		
Vitamin B-12		24.29		1	A	1		9.23		
Vitamin A, IU		23778		1	A	1		9036		
Vitamin A, RAE		7133		0	NC	4		2711		
Retinol	mcg	7133		1	NR	4		2711		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		49.000)	1	A	1		18.620		
Vitamin K (phylloquinone)	mcg									
<u> Lipids:</u>										
Fatty acids, total saturated	g	9.300)	0	NC	4		3.534		
4:0										
6:0	g									
8:0										
10:0	-	0.000		1	A	1		0.000		
12:0		0.000)	1	A	1		0.000		
13:0	-									
14:0	-	0.400)	1	A	1		0.152		
15:0	-							_		
16:0	-	5.900)	1	A	1		2.242		
17:0	-			_	-	_		4		
18:0	-	3.000	,	1	A	1		1.140		
20:0										
22:0 24:0										

	<u>An</u>	nount in 10	00 grams	of edik	ole portio	<u>n</u>		edible portion	
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	13.100		0	NC	4		4.978		
14:1g	0.000		1	A	1		0.000		
15:1g									
16:1 undifferentiatedg	0.900		1	A	1		0.342		
17:1g									
18:1 undifferentiatedg	11.900		1	A	1		4.522		
20:1g	0.300		1	A	1		0.114		
22:1 undifferentiatedg									
24:1 cg	4 100		•				4		
Fatty acids, total polyunsaturatedg	4.100 3.200		0	NC A	4 1		1.558 1.216		
18:2 undifferentiated	0.300		1 1	A A	1		0.114		
18:3 undifferentiatedg	0.300			A	_		0.114		
18:4g 20:2 n-6 c,cg	0.100		1	A	1		0.038		
20:2 n-6 c,cg	0.100		1	A	_		0.036		
20:4 undifferentiated	0.200		1	А	1		0.076		
20:5 n-3g	0.200		-		-		0.070		
22:5 n-3g									
22:6 n-3g									
Fatty acids, total trans									
Cholesterol mg	211		1	A	1		80		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0		
Caffeine mg	0		1	A	1		0		
Theobrominemg	0		0	Z	7		0		
Carotenoids:									
Carotene, betamcg	0		1	A	1		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 = 38g: 1 slice

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>A</u>	mount in 100	0 grams	of edib	le portio	<u>n</u>		edible portion	
			I	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
Proximates:										
Water	q	72.98		1	A	1		40.87		
Energy	_	134		0	NC	4		75		
Energy		562		0	NC	4		315		
Protein (N x 6.25)		14.59		1	A	1		8.17		
Total lipid (fat)		7.65		1	A	1		4.28		
Ash		2.99		1	A	1		1.67		
Carbohydrate, by difference		1.79		0	MC	9		1.00		
Fiber, total dietary		0.0		1	A	1		0.0		
Sugars, total		0.43		1	A	1		0.24		
Starch										
Minerals:						_		_		
Calcium, Ca	-	6		1	A	1		3		
Iron, Fe.		0.32		1	A	1		0.18		
Magnesium, Mg		17			FLA	4		10		
Phosphorus, P		121			FLA	4		68		
Potassium, K		324			FLA	4		182 494		
Sodium, Na		883 0.65		1	A FLA	1 4		0.37		
Zinc, Zn		0.65			FLA	4		0.37		
Copper, Cu		0.065			FLA	4		0.039		
Manganese, Mn	-	11.7	,		FLA	4		6.6		
Selenium, Se	nicg	11.7			FLIA	-		0.0		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0		
Thiamin	mg	0.043	3		FLA	4		0.024		
Riboflavin	mg	0.062	2		FLA	4		0.034		
Niacin	mg	6.536	6		FLA	4		3.660		
Pantothenic acid	mg	0.565	5		FLA	4		0.316		
Vitamin B-6	mg	0.298	3		FLA	4		0.167		
Folate, total		3			FLA	4		1		
Folic acid	mcg	0			FLA	4		0		
Folate, food		3			FLA	4		1		
Folate, DFE		3		0	NC	4		1		
Vitamin B-12	mcg	0.24			FLA	4		0.14		
Vitamin A, IU		0		1	A	1		0		
Vitamin A, RAE		0		1	A	1		0		
Retinol		0		0	NR	4		0		
Vitamin E (alpha-tocopherol)		0.07			FLA	4		0.04		
Tocopherol, beta										
Tocopherol, gamma		0.02			FLA	4		0.01		
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	nicg	0.5		0	BFZN	4		0.3		
<u>Lipids:</u>										
Fatty acids, total saturated	g	2.480)	1	A	1		1.389		
4:0		0.000)		FLA	4		0.000		
6:0	g	0.000)		FLA	4		0.000		
8:0	g	0.000)		FLA	4		0.000		
10:0	g	0.000)		FLA	4		0.000		
12:0	g	0.008	3		FLA	4		0.004		
13:0	g									
14:0		0.074	4		FLA	4		0.042		
15:0	g									
16:0	g	1.874	4		FLA	4		1.050		
17:0	g									
18:0	g	0.460)		FLA	4		0.258		
20:0	g									
22:0	_									

	<u>A</u> 1	mount in 10			<u>on</u>	Amount in edible portion of common measures of food			
			Number	•			<u>m</u>	easures of 1000	
			of Data			Confidence			
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg 14:1g	2.816			FLA	4		1.577		
15:1g									
16:1 undifferentiatedg	0.397			FLA	4		0.222		
17:1	0.55.				-		V		
18:1 undifferentiatedg	2.333			FLA	4		1.307		
20:1g	0.085			FLA	4		0.048		
22:1 undifferentiatedg	0.000			FLA	4		0.000		
24:1 cg	0.000				-		0.000		
Fatty acids, total polyunsaturated9	1.456			FLA	4		0.815		
18:2 undifferentiatedg	1.325			FLA	4		0.742		
18:3 undifferentiatedg	0.057			FLA	4		0.032		
18:4g	0.000			FLA	4		0.000		
20:2 n-6 c.c									
20:3 undifferentiatedg									
20:4 undifferentiated	0.038			FLA	4		0.021		
20:5 n-3g	0.014			FLA	4		0.008		
22:5 n-3	0.007			FLA	4		0.004		
22:6 n-3g	0.015			FLA	4		0.009		
Fatty acids, total trans									
Cholesterolmg	39		1	A	1		22		
Phytosterols mg	0			FLA	4		0		
11)1000010101010110110110110110110110110									
Amino Acids:									
Tryptophang	0.160			FLA	4		0.090		
Threonineg	0.597			FLA	4		0.334		
Isoleucineg	0.711			FLA	4		0.398		
Leucine9	1.048			FLA	4		0.587		
Lysineg	1.167			FLA	4		0.653		
Methionineg	0.382			FLA	4		0.214		
Cystineg	0.198			FLA	4		0.111		
Phenylalanineg	0.562			FLA	4		0.315		
Tyrosineg	0.461			FLA	4		0.258		
Valineg	0.702			FLA	4		0.393		
Arginineg	0.928			FLA	4		0.520		
Histidineg	0.419			FLA	4		0.235		
Alanineg	0.873			FLA	4		0.489		
Aspartic acidg	1.301			FLA	4		0.729		
Glutamic acidg	2.112			FLA	4		1.183		
Glycineg	1.034			FLA	4		0.579		
Prolineg	0.750			FLA	4		0.420		
Serineg	0.520			FLA	4		0.291		
Hydroxyprolineg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0		
Caffeinemg	0		0	Z	7		0		
Theobrominemg	0		0	Z	7		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		
Lycopenemcg	0		0	z	7		0.000		
2) tobeno	0		0	z	7		0.000		

Common Measures:

Measure 1 = 56g: 1 serving 2 oz

NDB No. 07935

Oven-roasted chicken breast roll

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

		<u>A</u> ı	mount in 100	grams	of edit	ole portic	<u>on</u>	Amount in	edible portion	of common
			N	Number	•			<u>m</u>	easures of food	<u> </u>
					Deriv	Source	Confidence			
Nutrients and Units	S	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
D										
Proximates: Water	q	74.30		1	A	1		42.35		
Energy	-	95		0	MC	9		54		
Energy		397		0	MC	9		227		
Protein (N x 6.25)	· ·	19.60		1	A	1		11.17		
Total lipid (fat)	-	1.16		1	A	1		0.66		
Ash		3.40		1	A	1		1.94		
Carbohydrate, by difference		1.54		0	MC	9		0.88		
Fiber, total dietary		0.0		0	z	7		0.0		
Sugars, total		0.00		0	z	7		0.00		
Starch										
	5									
Minerals:								_		
Calcium, Ca	-	9		0	BFZN	4		5		
Iron, Fe.		2.78		1	A	1		1.58		
Magnesium, Mg		18		0	BFZN	4		10		
Phosphorus, P	-	150		0	BFZN	4		86		
Potassium, K		228		0	BFZN	4		130		
Sodium, Na		1010 4.26		1 0	A	1 4		576 2.43		
Zinc, Zn Copper, Cu		0.079		0	BFZN BFZN	4		2.43 0.045		
Manganese, Mn		0.073		0	BFZN	4		0.045		
Selenium, Se		10.4	,	0	BFZN	4		5.9		
Scientini, Sc	9	10.4		v	DI DI	•		3.3		
Vitamins:										
Vitamin C, total ascorbic acid		34.6		1	A	1		19.7		
Thiamin		0.095	5	0	BFZN	4		0.054		
Riboflavin		0.170)	0	BFZN	4		0.097		
Niacin		5.065		0	BFZN	4		2.887		
Pantothenic acid		0.300		0	BFZN	4		0.171		
Vitamin B-6	-	0.180)	0	BFZN	4		0.103		
Folate, total		7		0	BFZN	4		4		
Folic acid		0		0	BFZN	4		0		
Folate, food		7		0	BFZN	4		4		
Folate, DFE		7		0	NC	4		4		
Vitamin B-12		1.76		0	BFZN	4		1.00		
Vitamin A, IU	IU	0		1	A	1		0		
Vitamin A, RAE		0 0		1 0	A	1 4		0 0		
Retinol	-	U		U	BFZN	4		U		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	a	0.000)	1	A	1		0.000		
Fatty acids, total monounsaturated		0.560		1	A	1		0.319		
Fatty acids, total polyunsaturated		0.040		1	A	1		0.023		
Fatty acids, total trans				-	•=	•				
Cholesterol		47		1	A	1		27		
Phytosterols	-	0		0	BFZN	4		0		
Amino Acids:										
Tryptophan	g	0.157	,	0	BFZN	4		0.089		
Threonine		0.651		0	BFZN	4		0.371		
Isoleucine	g	0.745	i	0	BFZN	4		0.425		
Leucine		1.266	5	0	BFZN	4		0.722		
Lysine		1.322	2	0	BFZN	4		0.754		
Methionine		0.400)	0	BFZN	4		0.228		
Cystine	g	0.221		0	BFZN	4		0.126		

		Amount in 100 grams of edible portion			<u>n</u>	Amount in edible portion of common				
				mber Data		Source	Confidence	me	easures of food	
Nutrients and	l Units	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Phenylalanine	a	0.621		0	BFZN	4		0.354		
Tyrosine		0.563		0	BFZN	4		0.321		
Valine		0.759		0	BFZN	4		0.433		
Arginine	-	1.065		0	BFZN	4		0.607		
Histidine	-	0.549		0	BFZN	4		0.313		
Alanine		1.242		0	BFZN	4		0.708		
Aspartic acid	g	1.689		0	BFZN	4		0.963		
Glutamic acid	g	2.809		0	BFZN	4		1.601		
Glycine	g	1.440		0	BFZN	4		0.821		
Proline	g	1.242		0	BFZN	4		0.708		
Serine	g	0.695		0	BFZN	4		0.396		
Hydroxyproline	g									
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	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 = 57g: 1 serving 6 slices

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

		<u>A</u> 1	mount in 10	00 grams	of edib	Amount in edible portion of common				
				Number	-			<u>m</u>	easures of food	L
				of Data	Deriv	Source	Confidence			
Nutrients and Units		Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	71.73		2	A	1		39.45		
Energy	kcal	123		0	NC	4		68		
Energy	kj	514		0	NC	4		283		
Protein (N x 6.25)	g	16.30		2	A	1		8.97		
Total lipid (fat)	g	4.33		2	A	1		2.38		
Ash	g	3.98		0	NC	4		2.19		
Carbohydrate, by difference	g	3.68		0	NC	4		2.02		
Fiber, total dietary	g	0.1		2	A	1		0.1		
Sugars, total	g	3.34		2	A	1		1.84		
Starch	g									
Minerals:										
Vilnerals: Calcium, Ca	ma	11		2	A	1		6		
Iron, Fe	-	4.20		2	A	1		2.31		
Magnesium, Mg	-	14		1	A	1		8		
Phosphorus, P		200		1	A	1		110		
Potassium, K	-	345		2	A	1		190		
Sodium, Na		981		2	A	1		540		
Zinc, Zn	-	2.16		1	A	1		1.19		
Copper, Cu		0.050)	1	A	1		0.028		
Manganese, Mn		0.013	3	0	A	4		0.007		
Selenium, Se	mcg	16.1		0	RF	4		8.9		
Vitamina										
Vitamins:	ma	16.1		1	A	1		8.9		
Vitamin C, total ascorbic acid Thiamin	-	0.055		2	A	1		0.030		
Riboflavin	-	0.053		2	A	1		0.030		
Niacin		3.527		0	A	1		1.940		
Pantothenic acid	-	0.580		0	NC	4		0.319		
Vitamin B-6		0.270		0	NC	4		0.149		
Folate, total		5		0	NC	4		3		
Folic acid		0		0	z	7		0		
Folate, food		5		0	NC	4		3		
Folate, DFE		5		0	NC	4		3		
Vitamin B-12		0.24		0	NC	4		0.13		
Vitamin A, IU		16		0	AS	1		9		
Vitamin A, RAE		4		0	AS	1		2		
Retinol	mcg	4		2	NR	4		2		
Vitamin E (alpha-tocopherol)	mg	0.22		0	NR	4		0.12		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D				_						
Vitamin K (phylloquinone)	mcg	0.0		0	BFZN	4		0.0		
Lipids:										
Fatty acids, total saturated	q	1.183	3	0	NC	4		0.651		
4:0		0.000		0	A	1		0.000		
6:0		0.000		0	A	1		0.000		
8:0	_	0.000		0	A	1		0.000		
10:0	-	0.000		0	A	1		0.000		
12:0		0.007		0	A	1		0.004		
13:0										
14:0	_	0.029	•	0	A	1		0.016		
15:0										
16:0		0.816	5	0	A	1		0.449		
17:0										
18:0	_	0.331	L	0	A	1		0.182		
20:0	g									
22:0	g									
24:0	g									

14:1	Amount in edible portion of common		
Nutrients and Units	measures of fo	<u>000</u>	
Fatty acids, total monounsaturated			
14:1	ire 1 Measure 2	2 Measure 3	
14:1			
15:1	.816		
16:1 undifferentiated. 9			
17:1	107		
18:1 undifferentiated	. 137		
20:1	671		
22:1 undifferentiated			
24:1 c. 9 Fatty acids, total polyunsaturated. 9 1.139 0 NC 4 0 18:2 undifferentiated. 9 0.970 0 A 1 0 18:4. 9 0.000 0 A 1 0 20:2 n-6 c, c. 9 2 9 2 20:3 undifferentiated. 9 0.088 0 A 1 0 20:4 undifferentiated. 9 0.000 0 A 1 0 20:5 n-3 9 0.000 0 A 1 0 20:5 n-3 9 0.015 0 A 1 0 22:6 n-3 9 0.015 0 A 1 0 22:6 n-3 9 0.015 0 A 1 0 Fatty acids, total trans. 9 0 NC 4 0 Fatty acids, total trans. 9 0 NC 4 0	.004		
Fatty acids, total polyunsaturated	.004		
18.2 undifferentiated	. 626		
18:3 undifferentiated 9 0.051 0 A 1 0 18:4 9 0.000 0 A 1 0 20:2 n-6 c, c 9 9 0 0 A 1 0 20:3 undifferentiated 9 0.088 0 A 1 0 0 20:5 n-3 9 0.000 0 A 1 0 0 20:5 n-3 9 0.015 0 A 1 0 0 22:5 n-3 9 0.015 0 A 1 0 0 22:6 n-3 9 0.015 0 A 1 0 0 22:6 n-3 9 0.015 0 A 1 0 0 20:6 n-3 9 0.015 0 A 1 0	. 626 . 533		
18.4			
20.2 n-6 c,c. 9 20.3 undifferentiated. 9 20.4 undifferentiated. 9 0.088 0 A 1 0. 20.5 n-3. 9 0.000 0 A 1 0. 22:5 n-3. 9 0.015 0 A 1 0. 22:6 n-3. 9 0.015 0 A 1 0. Fatty acids, total trans. 9 Cholesterol. mg 68 2 A 1 37 Phytosterols. mg 0 NC 4 0 Amino Acids: Tryptophan. 9 0.203 0 A 1 0 Tryptophan. 9 0.798 0 A 1 0 Isoleucine. 9 0.918 0 A 1 0 Isoleucine. 9 0.918 0 A 1 0 Leucine. 9 0.918 0 A 1 0 Leucine. 9 0.512 0 A 1 0 Leucine. 9 0.5512 0 A 1 0 Oxystine. 9 0.512 0 A 1 0 Oystine. 9 0.564 0 A 1 0	. 028 . 000		
20:3 undifferentiated	.000		
20:4 undifferentiated 9 0.088 0 A 1 0.20:5 n-3 9 0.000 0 A 1 0.20:5 n-3 9 0.015 0 A 1 0.20:5 n-3 9 0.015 0 A 1 0 0.22:5 n-3 9 0.015 0 A 1 0 0 0 A 1 0 0 0 A 1 0 0 0 A 1 0 0 A 1 0 0 0 NC 4 0 0 0 NC 4 0 0 0 NC 4 0 0 NC 0 NC 0 NC 0 0 NC 0 NC 0			
20:5 n-3 9 0.000 0 A 1 0 22:5 n-3 9 0.015 0 A 1 0 22:6 n-3 9 0.015 0 A 1 0 Fatty acids, total trans 9 Cholesterol mg 68 2 A 1 37 Phytosterols mg 0 0 NC 4 0 Amino Acids: Tryptophan 9 0.203 0 A 1 0 Threonine 9 0.798 0 A 1 0 Isoleucine 9 0.918 0 A 1 0 Leucine 9 1.421 0 A 1 0 Lysine 9 1.662 0 A 1 0 Methionine 9 0.512 0 A 1 0 Cystine 9 0.206 0 A 1<	0.4.0		
22:5 n-3 g 0.015 0 A 1 0 22:6 n-3 g 0.015 0 A 1 0 Fatty acids, total trans. g Cholesterol. mg 68 2 A 1 37 Phytosterols. mg 0 0 NC 4 0 Amino Acids: Tryptophan. g 0.203 0 A 1 0 Threonine. g 0.798 0 A 1 0 Threonine. g 0.918 0 A 1 0 Isoleucine. g 0.918 0 A 1 0 Leucine. g 1.421 0 A 1 0 Leucine. g 1.662 0 A 1 0 Leysine. g 0.512 0 A 1 0 Cystine. g 0.206 0 <td< td=""><td>. 048</td><td></td></td<>	. 048		
22:6 n-3 9 0.015 0 A 1 0 Fatty acids, total trans .9 Cholesterol. mg 68 2 A 1 37 Phytosterols. mg 0 0 NC 4 0 Amino Acids: Tryptophan. 9 0.203 0 A 1 0 Threonine. 9 0.798 0 A 1 0 Isoleucine. 9 0.918 0 A 1 0 Isoleucine. 9 1.421 0 A 1 0 Isoleucine. 9 1.662 0 A 1 0 Leucine. 9 1.662 0 A 1 0 Lysine. 9 0.512 0 A 1 0 Methionine. 9 0.206 0 A 1 0 Cystine. 9 0.694 0 A <td>. 000</td> <td></td>	. 000		
Fatty acids, total trans 9 Cholesterol mg 68 2 A 1 37 Phytosterols mg 0 0 NC 4 0 Amino Acids: Tryptophan 9 0.203 0 A 1 00 Threonine 9 0.798 0 A 1 00 Isoleucine 9 0.918 0 A 1 00 Leucine 9 1.421 0 A 1 00 Lysine 9 1.662 0 A 1 00 Methionine 9 0.512 0 A 1 00 Methionine 9 0.512 0 A 1 00 Cystine 9 0.206 0 A 1 00 Phenylalanine 9 0.715 0 A 1 00 Tyrosine 9 0.694 0 A 1 00 Arginine 9 0.952 0 A 1 00 Arginine 9 0.549 0 A 1 00 Alanine 9 1.166 0 A 1 00 Alanine 9 1.761 0 A 1 00	. 008		
Cholesterol mg 68 2 A 1 37 Phytosterols mg 0 0 NC 4 0 Amino Acids: Tryptophan g 0.203 0 A 1 0 Threonine g 0.798 0 A 1 0 Isoleucine g 0.918 0 A 1 0 Isoleucine g 0.918 0 A 1 0 Leucine g 0.918 0 A 1 0 Leucine g 1.421 0 A 1 0 Leucine g 1.662 0 A 1 0 Methionine g 0.512 0 A 1 0 Cystine g 0.206 0 A 1 0 Phenylalanine g 0.715 0 A 1 0 Tyrosine <td>. 008</td> <td></td>	. 008		
Phytosterols. mg 0 NC 4 0 Amino Acids: Tryptophan g 0.203 0 A 1 0 Threonine g 0.798 0 A 1 0 Isoleucine g 0.918 0 A 1 0 Leucine g 1.421 0 A 1 0 Leucine g 1.662 0 A 1 0 Lysine g 0.512 0 A 1 0 Methionine g 0.512 0 A 1 0 Cystine g 0.206 0 A 1 0 Phenylalanine g 0.715 0 A 1 0 Tyrosine g 0.694 0 A 1 0 Valine g 1.290 0 A 1 0 Arginine g			
Amino Acids: Tryptophan g 0.203 0 A 1 0 Threonine g 0.798 0 A 1 0 Isoleucine g 0.918 0 A 1 0 Leucine g 1.421 0 A 1 0 Lysine g 1.662 0 A 1 0 Methionine g 0.512 0 A 1 0 Cystine g 0.206 0 A 1 0 Phenylalanine g 0.715 0 A 1 0 Tyrosine g 0.694 0 A 1 0 Valine g 0.952 0 A 1 0 Arginine g 1.290 0 A 1 0 Histidine g 0.549 0 A 1 0 Alanine g <td></td> <td></td>			
Tryptophan g 0.203 0 A 1 0 Threonine g 0.798 0 A 1 0 Isoleucine g 0.918 0 A 1 0 Leucine g 1.421 0 A 1 0 Lysine g 1.662 0 A 1 0 Methionine g 0.512 0 A 1 0 Cystine g 0.206 0 A 1 0 Phenylalanine g 0.715 0 A 1 0 Tyrosine g 0.694 0 A 1 0 Valine g 0.952 0 A 1 0 Arginine g 1.290 0 A 1 0 Histidine g 0.549 0 A 1 0 Aspartic acid g 1.761			
Tryptophan g 0.203 0 A 1 0 Threonine g 0.798 0 A 1 0 Isoleucine g 0.918 0 A 1 0 Leucine g 1.421 0 A 1 0 Lysine g 1.662 0 A 1 0 Methionine g 0.512 0 A 1 0 Cystine g 0.206 0 A 1 0 Phenylalanine g 0.715 0 A 1 0 Tyrosine g 0.694 0 A 1 0 Valine g 0.952 0 A 1 0 Arginine g 1.290 0 A 1 0 Histidine g 0.549 0 A 1 0 Alanine g 1.166			
Threonine g 0.798 0 A 1 0 Isoleucine g 0.918 0 A 1 0 Leucine g 1.421 0 A 1 0 Lysine g 1.662 0 A 1 0 Methionine g 0.512 0 A 1 0 Cystine g 0.206 0 A 1 0 Phenylalanine g 0.715 0 A 1 0 Tyrosine g 0.694 0 A 1 0 Valine g 0.952 0 A 1 0 Arginine g 1.290 0 A 1 0 Histidine g 0.549 0 A 1 0 Alanine g 1.166 0 A 1 0 Aspartic acid g 1.761	.112		
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Leucine g 1.421 0 A 1 0 Lysine g 1.662 0 A 1 0 Methionine g 0.512 0 A 1 0 Cystine g 0.206 0 A 1 0 Cystine g 0.206 0 A 1 0 Phenylalanine g 0.715 0 A 1 0 Tyrosine g 0.694 0 A 1 0 Valine g 0.952 0 A 1 0 Arginine g 1.290 0 A 1 0 Histidine g 0.549 0 A 1 0 Alanine g 1.166 0 A 1 0 Aspartic acid g 1.761 0 A 1 0 Glycine g 1.103 0 A 1 0	.505		
Lysine	.782		
Methionine g 0.512 0 A 1 0 Cystine g 0.206 0 A 1 0 Phenylalanine g 0.715 0 A 1 0 Tyrosine g 0.694 0 A 1 0 Valine g 0.952 0 A 1 0 Arginine g 1.290 0 A 1 0 Histidine g 0.549 0 A 1 0 Alanine g 1.166 0 A 1 0 Aspartic acid g 1.761 0 A 1 0 Glutamic acid g 2.920 0 A 1 1 Glycine g 1.103 0 A 1 0	.914		
Cystine 9 0.206 0 A 1 0 Phenylalanine 9 0.715 0 A 1 0 Tyrosine 9 0.694 0 A 1 0 Valine 9 0.952 0 A 1 0 Arginine 9 1.290 0 A 1 0 Histidine 9 0.549 0 A 1 0 Alanine 9 1.166 0 A 1 0 Aspartic acid 9 1.761 0 A 1 0 Glutamic acid 9 2.920 0 A 1 1 Glycine 9 1.103 0 A 1 0	. 282		
Phenylalanine g 0.715 0 A 1 0 Tyrosine g 0.694 0 A 1 0 Valine g 0.952 0 A 1 0 Arginine g 1.290 0 A 1 0 Histidine g 0.549 0 A 1 0 Alanine g 1.166 0 A 1 0 Aspartic acid g 1.761 0 A 1 0 Glutamic acid g 2.920 0 A 1 1 Glycine g 1.103 0 A 1 0	.113		
Tyrosine g 0.694 0 A 1 0 Valine g 0.952 0 A 1 0 Arginine g 1.290 0 A 1 0 Histidine g 0.549 0 A 1 0 Alanine g 1.166 0 A 1 0 Aspartic acid g 1.761 0 A 1 0 Glutamic acid g 2.920 0 A 1 1 Glycine g 1.103 0 A 1 0	. 393		
Valine g 0.952 0 A 1 0 Arginine g 1.290 0 A 1 0 Histidine g 0.549 0 A 1 0 Alanine g 1.166 0 A 1 0 Aspartic acid g 1.761 0 A 1 0 Glutamic acid g 2.920 0 A 1 1 Glycine g 1.103 0 A 1 0	. 382		
Arginine. g 1.290 0 A 1 0 Histidine. g 0.549 0 A 1 0 Alanine. g 1.166 0 A 1 0 Aspartic acid. g 1.761 0 A 1 0 Glutamic acid. g 2.920 0 A 1 1 Glycine. g 1.103 0 A 1 0	. 524		
Histidine g 0.549 0 A 1 0 Alanine g 1.166 0 A 1 0 Aspartic acid g 1.761 0 A 1 0 Glutamic acid g 2.920 0 A 1 1 Glycine g 1.103 0 A 1 0	.710		
Alanine g 1.166 0 A 1 0 Aspartic acid g 1.761 0 A 1 0 Glutamic acid g 2.920 0 A 1 1 Glycine g 1.103 0 A 1 0	. 302		
Aspartic acid g 1.761 0 A 1 0 Glutamic acid g 2.920 0 A 1 1 Glycine g 1.103 0 A 1 0	. 641		
Glutamic acid. g 2.920 0 A 1 1 Glycine. g 1.103 0 A 1 0	. 969		
Glycine	. 606		
	. 607		
Proline	. 468		
	. 443		
Hydroxyproline			
Пушохургонно			
Others:			
Alcohol, ethyl	0		
Caffeine			
Theobromine			
Carotenoids:			
Carotene, beta	. 353		
Carotine, oval	.000		
	.000		
orypromining or with the control of	.000		
	.000		

Common Measures:

Measure 1 = 55g: 1.94 oz

NDB No. 07052 Pastrami, turkey

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u> 1	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 Units		Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	65.64		0		4		8.53	18.61	
Energy	kcal	201		0	NC	4		26	57	
Energy	kj	841		0		4		109	238	
Protein (N x 6.25)	g	13.45	0.093	5		1		1.75	3.81	
Total lipid (fat)	g	13.10	0.154	5		1		1.70	3.71	
Ash	g	1.26		0		4		0.16	0.36	
Carbohydrate, by difference	g	6.55		5		9		0.85	1.86	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
M:										
Minerals: Calcium, Ca	ma	10	0.462	5		1		1	3	
Iron, Fe		9.19	0.462	5		1		1.19	2.61	
Magnesium, Mg		13	0.136	0		4		2	4	
Phosphorus, P		175		0		4		23	50	
Potassium, K		95		0		4		12	27	
Sodium, Na		386		0		4		50	109	
Zinc, Zn		2.14		0		4		0.28	0.61	
Copper, Cu		0.180)	0		4		0.023	0.051	
Manganese, Mn		0.162		0		4		0.021	0.046	
Selenium, Se		46.1		0	RF	4		6.0	13.1	
7.										
Vitamins:				_		_				
Vitamin C, total ascorbic acid	-	10.0	0.481	5		1		1.3	2.8	
Thiamin		0.052		5		1		0.007	0.015	
Riboflavin	-	1.401		5		1		0.182	0.397	
Niacin	_	7.517		5		1		0.977	2.131	
Pantothenic acid	-	2.620		0		4		0.341	0.743	
Vitamin B-6	-	0.260	,	0		4		0.034	0.074	
Folate, total		321 0		0	z	4 7		42 0	91 0	
Folic acid		321		0	Z	4		42	91	
Folate, food		321		0	NC	4		42 42	91 91	
Folate, DFE		8.07		0	NC	4		1.05	2.29	
Vitamin B-12 Vitamin A, IU		724	34.698	5		1		94	2.29	
		217	34.090	0	NR	4		28	205 62	
Vitamin A, RAERetinol		217		0	NR NR	4		28	62	
Vitamin E (alpha-tocopherol)	-	0.98		0	NR NR	4		0.13	0.28	
Tocopherol, beta		0.50		Ū	1414	-		0.15	0.20	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0		0	CASN	4		0.0	0.0	
4 , 1 ,										
<u>Lipids:</u>										
Fatty acids, total saturated	_	4.000		0		4		0.520	1.134	
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	_	0.000	1	0		4		0.010	0.000	
14:0	_	0.090	,	U		4		0.012	0.026	
15:0		2 700	1	0		4		0.363	0.701	
16:0		2.790	,	U		4		0.363	0.791	
17:0	-	1.020	1	0		4		0.133	0.289	
18:0	-	1.020	,	U		4		0.133	0.289	
20:0 22:0	-									
44.V	y									

		<u>Ar</u>	mount in 100		Amount in edible portion of common measures of food					
Nutrients and U	nits	Mean		Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		5.280		0		4		0.686	1.497	
14:1	-									
15:1	_									
16:1 undifferentiated	-	0.620		0		4		0.081	0.176	
17:1	_	4 510		0		4		0 506	1 070	
18:1 undifferentiated	-	4.510		0		4		0.586	1.279	
20:1	_	0.000		0		_		0.000	0.000	
22:1 undifferentiated	•	0.000		0		4		0.000	0.000	
24:1 c		0.460		•						
Fatty acids, total polyunsaturated.		2.460		0		4		0.320	0.697	
18:2 undifferentiated		2.160		0		4		0.281	0.612	
18:3 undifferentiated		0.100		0		4		0.013	0.028	
18:4	-	0.000		0		4		0.000	0.000	
20:2 n-6 c,c	-									
20:3 undifferentiated		0.100		•						
20:4 undifferentiated	_	0.100		0		4		0.013	0.028	
20:5 n-3		0.000		0		-		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		201								
Cholesterol		391		0		4		51	111	
Phytosterols	mg	0		0		4		0	0	
Amino Acids:										
Tryptophan	q	0.195		0		4		0.025	0.055	
Threonine		0.601		0		4		0.078	0.170	
Isoleucine	-	0.735		0		4		0.096	0.208	
Leucine		1.196		0		4		0.155	0.339	
Lysine		0.953		0		4		0.124	0.270	
Methionine		0.340		0		4		0.044	0.096	
Cystine		0.218		0		4		0.028	0.062	
Phenylalanine	-	0.694		0		4		0.090	0.197	
Tyrosine		0.490		0		4		0.064	0.139	
Valine	_	0.863		0		4		0.112	0.245	
Arginine		0.816		0		4		0.106	0.231	
Histidine		0.347		0		4		0.045	0.098	
Alanine	_	0.763		0		4		0.099	0.216	
Aspartic acid		1.251		0		4		0.163	0.355	
Glutamic acid		1.942		0		4		0.252	0.551	
Glycine	-	0.693		0		4		0.090	0.196	
Proline		0.700		0		4		0.090	0.198	
Serine	-	0.700		0		4		0.089	0.195	
Hydroxyproline		0.007		Ü		-		5.003	0.193	
ттушохургонне	9									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	
Caffeine	mg	0		0	Z	7		0	0	
Theobromine	mg	0		0	Z	7		0	0	
Carotenoids:										
Carotene, beta	mca	0		0	Z	7		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	
LycopeneLutein + zeaxanthin		0		0	Z	7		0.000	0.000	
Lutein + zeaxantnin	g	U		U	Z	,		0.000	0.000	

Common Measures:

Measure 1 = 13.0g: 1 tbsp Measure 2 = 28.35g: 1 oz NDB No. 07053

Pate, chicken liver, canned

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>Aı</u>	mount in 100 g		edible portion					
			Nu	mber	•			<u>m</u>	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
Proximates:										
Water	g	37.04	2.599	15		1		4.82	10.50	
Energy	kcal	462		0	NC	4		60	131	
Energy	kj	1933				4		251	548	
Protein (N x 6.25)	g	11.40	0.778	15		1		1.48	3.23	
Total lipid (fat)	g	43.84	2.666	14		1		5.70	12.43	
Ash	g	3.05	0.258	15		1		0.40	0.86	
Carbohydrate, by difference	g	4.67		0	NC	4		0.61	1.32	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
M:										
Minerals:	ma	70		0		4		9	20	
Calcium, Ca	-	70 5.50		0		4		9 0.72	1.56	
Magnesium, Mg	-	13		0		4		2	4	
Phosphorus, P		200		0		4		26	57	
Potassium, K	•	138		0		4		18	39	
Sodium, Na	-	697		0		4		91	198	
Zine, Zn	_	0.92		0		4		0.12	0.26	
Copper, Cu		0.400)	0		4		0.052	0.113	
Manganese, Mn		0.120		0		4		0.016	0.034	
Selenium, Se		44.0		0	BFNN	4		5.7	12.5	
7*.										
<u>/itamins:</u>						_				
Vitamin C, total ascorbic acid	-	0.0		0		7		0.0	0.0	
Thiamin		0.088		5		1		0.011	0.025	
Riboflavin		0.299		5		1		0.039	0.085	
Niacin		2.510		5		1		0.326	0.712	
Pantothenic acid		1.200		0		4		0.156	0.340	
Vitamin B-6	-	0.060	,	0		4		0.008	0.017	
Foliate, total		60 0		0	Z	4 7		8 0	17 0	
Folic acid		60		0	4	4		8	17	
Folate, foodFolate, DFE		60		0	NC	4		8	17	
Vitamin B-12		9.40		2	NC	1		1.22	2.66	
Vitamin A, IU		3333		0		4		433	945	
Vitamin A, RAE		1001		0		4		130	284	
Retinol		1001		0		4		130	284	
Vitamin E (alpha-tocopherol)				·		-		-50	201	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
inide										
.ipids: Fatty acids, total saturated	a	14.450	1	0		А		1.879	4.097	
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	_	0.030		0		4		0.004	0.009	
13:0	_	0.030		•		-		3.00-	0.003	
14:0	-	0.290)	0		4		0.038	0.082	
15:0	_	3 4		-						
16:0		9.450)	0		4		1.229	2.679	
17:0										
18:0		4.580)	0		4		0.595	1.298	
20:0										
22:0	_									
24:0	_									

	<u>Ar</u>	nount in 100 grams		<u>on</u>	Amount in edible portion of commeasures of food					
		Number			<u> </u>	easures or roou				
Nutrients and Units	Mean	of Data Std. Error Points		Confidence Code	Measure 1	Measure 2	Measure 3			
Fatty acids, total monounsaturatedg	25.610	0	4		3.329	7.260				
14:1g										
15:1g										
16:1 undifferentiatedg	1.400	0	4		0.182	0.397				
17:1g										
18:1 undifferentiatedg	24.040	0	4		3.125	6.815				
20:1g	0.130	0	4		0.017	0.037				
22:1 undifferentiatedg 24:1 cg	0.000	0	4		0.000	0.000				
Fatty acids, total polyunsaturated9	0.840	0	4		0.109	0.238				
18:2 undifferentiatedg	0.570	0	4		0.074	0.162				
18:3 undifferentiatedg	0.010	0	4		0.001	0.003				
18:4g	0.000	0	4		0.000	0.000				
20:2 n-6 c.cg										
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.250	0	4		0.033	0.071				
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										
Cholesterol mg	150	1	1		20	43				
Phytosterolsmg	0	0	4		0	0				
Amino Acids:										
Tryptophang	0.161	0	4		0.021	0.046				
Threonineg	0.507	0	4		0.066	0.144				
Isoleucineg	0.606	0	4		0.079	0.172				
Leucineg	1.029	0	4		0.134	0.292				
Lysineg	0.863	0	4		0.112	0.245				
Methionineg	0.270	0	4		0.035	0.077				
Cystineg	0.153	0	4		0.020	0.043				
Phenylalanine	0.567	0	4		0.074	0.161				
Tyrosineg	0.401	0	4		0.052	0.114				
Valineg	0.719	0	4		0.093	0.204				
Arginine9	0.699	0	4		0.091	0.198				
Histidine	0.303	0	4		0.039	0.086				
Alanine	0.662	0	4		0.086	0.188				
Aspartic acid	1.083	0	4		0.141	0.307				
Glutamic acid	1.477	0	4		0.192	0.419				
Glycineg	0.662	0	4		0.086	0.188				
Proline	0.565	0	4		0.073	0.160				
Serineg	0.491	0	4		0.064	0.139				
Hydroxyproline										

Common Measures:

Measure 1 = 13.0g: 1 tbsp Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>Aı</u>	mount in 100 g	ırams	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	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	53.90	0.885	10		1		7.01	15.28		
Energy	kcal	319		0	NC	4		41	90		
Energy	kj	1335				4		174	378		
Protein (N x 6.25)	g	14.20	0.348	10		1		1.85	4.03		
Total lipid (fat)	g	28.00	1.202	10		1		3.64	7.94		
Ash	g	2.20	0.126	10		1		0.29	0.62		
Carbohydrate, by difference	g	1.50		10		9		0.20	0.43		
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0		
Sugars, total	g										
Starch	g										
M:l											
Minerals:	ma	70	9.487	10		1		9	20		
Calcium, Ca Iron, Fe	-	70 5.50	9.487 0.443	10		1		9 0.72	1.56		
Magnesium, Mg	-	13	0.443	1		1		2	4		
Phosphorus, P		200	23.085	10		1		26	4 57		
1 /	•	138	11.068	10		1		18	39		
Potassium, K Sodium. Na		697	35.101	10		1		91	198		
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	2.85	33.101	0		4		0.37	0.81		
Copper, Cu		0.400	1	1		1		0.052	0.113		
Manganese, Mn		0.120		1		1		0.016	0.034		
Selenium, Se		41.6		0	BFNN	4		5.4	11.8		
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	-	2.0	0.247	10		1		0.3	0.6		
Thiamin	-	0.030		10		1		0.004	0.009		
Riboflavin	=	0.600		10		1		0.078	0.170		
Niacin	-	3.300		10		1		0.429	0.936		
Pantothenic acid	=	1.200		1		1		0.156	0.340		
Vitamin B-6	_	0.060	1	1		1		0.008	0.017		
Folate, total		60		1		1		8	17		
Folic acid		0		0	Z	7		0	0		
Folate, food		60		1		1		8	17		
Folate, DFE		60		0	NC	4		8	17		
Vitamin B-12		3.20		1		1		0.42	0.91		
Vitamin A, IU		3300	939.196	10		1		429	936		
Vitamin A, RAE		991	282.041	10	•••	1		129	281		
Retinol		991		0	NR	4		129	281		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
<u>Lipids:</u>											
Fatty acids, total saturated		9.570		0		4		1.244	2.713		
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	1	0		4		0.000	0.000		
13:0	-	0 202		^				0 0==	^		
14:0	-	0.390		0		4		0.051	0.111		
15:0		6 000		^				0.700	1 505		
16:0	-	6.090	•	0		4		0.792	1.727		
17:0		2 000		0		4		0 205	0.000		
18:0		2.960	•	U		4		0.385	0.839		
20:0	_										
22:0	y										

	<u>Ar</u>	mount in 100 gram		<u>on</u>	Amount in edible portion of common measures of food			
			Deriv 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	12.360	0	4		1.607	3.504		
14:1g								
15:1g 16:1 undifferentiatedg	0.950	0	4		0.124	0.269		
17:1	0.930	O .	*		0.124	0.209		
18:1 undifferentiated	11.410	0	4		1.483	3.235		
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 polyunsaturatedg	3.160	0	4		0.411	0.896		
18:2 undifferentiatedg	2.750	0	4		0.358	0.780		
18:3 undifferentiatedg	0.210	0	4		0.027	0.060		
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-3	0.000	0	4		0.000	0.000		
Fatty acids, total trans	g 255	0			22	72		
Cholesterol	•	0	4		33 0	0		
riiytosterois	g 0	U	•		U	U		
Amino Acids:								
Tryptophang	0.157	1	1		0.020	0.045		
Threonineg	0.568	1	1		0.074	0.161		
Isoleucineg	0.554	1	1		0.072	0.157		
Leucineg	1.050	1	1		0.137	0.298		
Lysineg	0.838		1		0.109	0.238		
Methionineg	0.284	1	1		0.037	0.081		
Cystineg	0.170		1		0.022	0.048		
Phenylalanine	0.582		1		0.076	0.165		
Tyrosine	0.454	1	1		0.059	0.129		
Valineg	0.768	1	1		0.100	0.218		
Arginine	0.895	1	1		0.116	0.254		
Histidine	0.298		1 1		0.039	0.084		
Alanine	0.952		1		0.124	0.270		
Aspartic acid	1.163 1.904	1 1	1		0.151	0.330		
Glutamic acid	1.363		1		0.248 0.177	0.540		
Glycine	0.995		1		0.129	0.386 0.282		
Proline	0.595		1		0.129	0.169		
Hydroxyproline	0.393	•	_		0.077	0.169		
Others:	0.0	0	z 7		0.0	0.0		
Alcohol, ethyl	0.0	0	z 7 z 7		0.0	0.0		
Caffeine mg Theobromine mg	0	0	z 7 z 7		0	0		
Carotenoids:	U	U	<u>и</u> /		Ū	J		
<u> </u>	_							
Carotene, beta mcc								
Carotene, alpha mcc		•	, ,		0.000	0 000		
Cryptoxanthin, betamcc		0	z 7 z 7		0.000 0.000	0.000 0.000		
Lycopene mcc	•	0	z 7 z 7		0.000	0.000		
Lutein + zeaxanthin mcg	<u> </u>	U	/ د		0.000	0.000		

Common Measures:

Measure 1 = 13.0g: 1 tbsp Measure 2 = 28.35g: 1 oz NDB No. 07055

Pate, liver, not specified, canned

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>A</u>	mount in 10	<u>0 grams</u>	of edik	ole portio	<u>on</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	
roximates:											
Water	g	51.80		1	A	1		29.01			
Energy	kcal	327		0	MC	9		183			
Energy	kj	1366		0	MC	9		765			
Protein (N x 6.25)	g	11.20		1	A	1		6.27			
Total lipid (fat)	g	28.50		1	A	1		15.96			
Ash	g	2.20		1	A	1		1.23			
Carbohydrate, by difference	g	6.30		0	MC	9		3.53			
Fiber, total dietary	g										
Sugars, total	g										
Starch	g										
er i											
<u>/////////////////////////////////////</u>	ma	70		^	Descri	4		30			
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	70 3.94		0 1	BFZN A	4 1		39 2.21			
Iron, Fe.	• • • • • • • • • • • • • • • • • • • •	3.94 13		0	A BFZN	4		2.21 7			
Magnesium, Mg				0	BFZN	4		, 112			
Phosphorus, P	_	200 138		0	BFZN	4		77			
Potassium, K		807		1	A A	1		452			
Sodium, NaZinc, Zn		2.85		0	BFZN	4		1.60			
Copper, Cu		0.400	1	0	BFZN	4		0.224			
Manganese, Mn		0.120		0	BFZN	4		0.067			
Selenium, Se		41.6	,	0	BFZN	4		23.3			
Scientini, Sc	9	11.0		v	DI DI	•		23.3			
<u> itamins:</u>											
Vitamin C, total ascorbic acid	mg	2.0		0	BFZN	4		1.1			
Thiamin	mg	0.030)	0	BFZN	4		0.017			
Riboflavin	mg	0.600)	0	BFZN	4		0.336			
Niacin	<u>mg</u>	3.300)	0	BFZN	4		1.848			
Pantothenic acid	mg	1.200)	0	BFZN	4		0.672			
Vitamin B-6	mg	0.060)	0	BFZN	4		0.034			
Folate, total	mcg	60		0	BFZN	4		34			
Folic acid		0		0	BFZN	4		0			
Folate, food	mcg	60		0	BFZN	4		34			
Folate, DFE	mcg_DFE	60		0	NC	4		34			
Vitamin B-12	mcg	3.20		0	BFZN	4		1.79			
Vitamin A, IU		15000		1	A	1		8400			
Vitamin A, RAE	mcg_RAE	4505		0	AS	1		2523			
Retinol		991		0	BFZN	4		555			
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	10.100)	1	A	1		5.656			
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	g	0.000)	0	BFZN	4		0.000			
12:0	g	0.000)	0	BFZN	4		0.000			
13:0	g										
14:0	g	0.390)	0	BFZN	4		0.218			
15:0	g										
16:0	g	6.090)	0	BFZN	4		3.410			
17:0											
18:0		2.960)	0	BFZN	4		1.658			
20:0											
22:0	g										
24:0	q										

		<u>Aı</u>	mount in 100			le portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and I	Inite	Mean		Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Nutrients and t	Jilles	Wican	Std. Elloi					Weasure 1	Wedsure 2	Weasure 3
Fatty acids, total monounsaturat	ed Q	13.600		1	A	1		7.616		
14:1 15:1	g									
16:1 undifferentiated	g	0.950		0	BFZN	4		0.532		
18:1 undifferentiated		11.410		0	BFZN	4		6.390		
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 polyunsaturate	dg	3.420		1	A	1		1.915		
18:2 undifferentiated		2.750		0	BFZN	4		1.540		
18:3 undifferentiated	g	0.210		0	BFZN	4		0.118		
18:4	g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
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		0.000		0	BFZN	4		0.000		
Fatty acids, total trans										
Cholesterol		105		1	A	1		59		
Phytosterols										
-										
Amino Acids:										
Tryptophan		0.157		0	BFZN	4		0.088		
Threonine		0.568		0	BFZN	4		0.318		
Isoleucine	_	0.554		0	BFZN	4		0.310		
Leucine	_	1.050		0	BFZN	4		0.588		
Lysine	g	0.838		0	BFZN	4		0.469		
Methionine	_	0.284		0	BFZN	4		0.159		
Cystine	g	0.170		0	BFZN	4		0.095		
Phenylalanine	g	0.582		0	BFZN	4		0.326		
Tyrosine	g	0.454		0	BFZN	4		0.254		
Valine	g	0.768		0	BFZN	4		0.430		
Arginine	g	0.895		0	BFZN	4		0.501		
Histidine	g	0.298		0	BFZN	4		0.167		
Alanine	g	0.952		0	BFZN	4		0.533		
Aspartic acid	g	1.163		0	BFZN	4		0.651		
Glutamic acid	g	1.904		0	BFZN	4		1.066		
Glycine	g	1.363		0	BFZN	4		0.763		
Proline	g	0.995		0	BFZN	4		0.557		
Serine	g	0.595		0	BFZN	4		0.333		
Hydroxyproline	g									
Carotenoids:										
Carotene, beta	mcq	0		1	A	1		0.000		
Carotene, alpha		-								
	mcq									
Cryptoxanthin, beta Lycopene										

Common Measures:

Measure 1 = 56g: 1 serving 2 oz

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

		<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	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	67.40		0	MC	9		38.42	18.87	
Energy	kcal	148		0	MC	9		84	41	
Energy	kj	619		0	MC	9		353	173	
Protein (N x 6.25)	g	17.30		0	MC	9		9.86	4.84	
Total lipid (fat)	g	6.37		0	MC	9		3.63	1.78	
Ash	g	4.40		0	MC	9		2.51	1.23	
Carbohydrate, by difference	g	4.60		0	MC	9		2.62	1.29	
Fiber, total dietary	g	0.0		0	MC	9		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Vilnerals: Calcium, Ca	ma	54		0	MC	9		31	15	
Iron, Fe	-	1.07		0	MC	9		0.61	0.30	
Magnesium, Mg	-	20		0	MC	9		11	6	
Phosphorus, P		170		0	MC	9		97	48	
Potassium, K	-	394		0	MC	9		225	110	
Sodium, Na		1523		0	MC	9		868	426	
Zine, Zn	-	3.23		0	MC	9		1.84	0.90	
Copper, Cu		0.120)	0	MC	9		0.068	0.034	
Manganese, Mn		0.060		0	MC	9		0.034	0.017	
Selenium, Se		11.3		0	MC	9		6.4	3.2	
·										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.0		0	MC	9		0.0	0.0	
Thiamin	-	0.380		0	MC	9		0.217	0.106	
Riboflavin	_	0.300		0	MC	9		0.171	0.084	
Niacin	-	3.080		0	MC	9		1.756	0.862	
Pantothenic acid	_	0.530		0	MC	9		0.302	0.148	
Vitamin B-6	-	0.270)	0	MC	9		0.154	0.076	
Folate, total		2		0	MC	9		1	1	
Folic acid		0		0	Z	7		0	0	
Folate, food		2		0	MC	9		1	1	
Folate, DFE		2		0	NC	4		1	1	
Vitamin B-12		1.96		0	MC	9		1.12	0.55	
Vitamin A, IU		0		0	MC	9		0	0	
Vitamin A, RAE		0		0	NC	4		0 0	0	
Retinol		-		0	NR NR	4 4		•	0	
Vitamin E (alpha-tocopherol)		0.22		U	NR	4		0.13	0.06	
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		32.000)	0	MC	9		18.240	8.960	
Vitamin K (phylloquinone)		1.6	,	0	BFZN	4		0.9	0.4	
vitamin K (phynoquinone)	9	1.0		v	DI DI	-		0.5	0.4	
<u>Lipids:</u>										
Fatty acids, total saturated	g	2.290		0	MC	9		1.305	0.641	
4:0	_	0.000		0	MC	9		0.000	0.000	
6:0	-	0.000		0	MC	9		0.000	0.000	
8:0		0.000		0	MC	9		0.000	0.000	
10:0		0.030		0	MC	9		0.017	0.008	
12:0		0.010)	0	MC	9		0.006	0.003	
13:0		_				_				
14:0		0.090)	0	MC	9		0.051	0.025	
15:0	_							_		
16:0	_	1.360)	0	MC	9		0.775	0.381	
17:0	_									
18:0	_	0.790)	0	MC	9		0.450	0.221	
20:0	-									
22:0	a									

	<u>Ar</u>	mount in 10	0 grams Number		ole portio	<u>n</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	3.000		0	MC	9		1.710	0.840	
14:1g									
15:1g 16:1 undifferentiatedg	0.280		0	MC	9		0.160	0.078	
16:1 undifferentiated	0.280		U	MC	9		0.160	0.078	
18:1 undifferentiated	2.720		0	MC	9		1.550	0.762	
20:1g	0.000		0	MC	9		0.000	0.762	
22:1 undifferentiated	0.000		0	MC	9		0.000	0.000	
24:1 cg	0.000		U	МС	,		0.000	0.000	
Fatty acids, total polyunsaturatedg	0.500		0	MC	9		0.285	0.140	
18:2 undifferentiatedg	0.430		0	MC	9		0.245	0.120	
18:3 undifferentiatedg	0.070		0	MC	9		0.040	0.020	
18:4g	0.000		0	MC	9		0.000	0.000	
20:2 n-6 c.cg			_		-				
20:3 undifferentiated									
20:4 undifferentiated	0.000		0	MC	9		0.000	0.000	
20:5 n-3g	0.000		0	MC	9		0.000	0.000	
22:5 n-3g	0.000		0	MC	9		0.000	0.000	
22:6 n-3g	0.000		0	MC	9		0.000	0.000	
Fatty acids, total transg									
Cholesterol mg	46		0	MC	9		26	13	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	MC	9		0.0	0.0	
Caffeine mg	0		0	MC	9		0	0	
Theobrominemg	0		0	Z	7		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	
Lycopene mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin mcg	0		0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 57g: 1 serving 2 slices

Measure 2 = 28g: 1 slice

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>A</u>	mount in 100 grai	ns of edi	ole portio	<u>on</u>	Amount in	Amount in edible portion of common			
			Numb	er			m	easures of food			
				ta Deriv	Source	Confidence					
Nutrients and Uni	ts	Mean	Std. Error Point		Code	Code	Measure 1	Measure 2	Measure		
Proximates:											
Water	_	30.52	2		1		8.85	8.55	30.52		
Energy	kcal	466	(4		135	130	466		
Energy	kj	1949	(4		565	546	1949		
Protein (N x 6.25)		20.35	2		1		5.90	5.70	20.35		
Total lipid (fat)		40.28	2		1		11.68	11.28	40.28		
Ash	9	4.81	2		1		1.39	1.35	4.81		
Carbohydrate, by difference	g	4.04	(4		1.17	1.13	4.04		
Fiber, total dietary	g	1.5	(MC	9		0.4	0.4	1.5		
Sugars, total	g	0.75	(MC	9		0.22	0.21	0.75		
Sucrose	g	0.75	(FLA	4		0.22	0.21	0.75		
Glucose (dextrose)	g										
Fructose											
Lactose											
Maltose	g										
Galactose											
Starch											
	_										
Minerals:		0.4			•			_	0.1		
Calcium, Ca		21	C		9		6	6	21		
Iron, Fe		1.44	C		9		0.42	0.40	1.44		
Magnesium, Mg		18	C		9		5	5	18		
Phosphorus, P		176	C		9		51	49	176		
Potassium, K		315	C		9		91	88	315		
Sodium, Na		1788	2		1		519	501	1788		
Zinc, Zn		2.73	C		9		0.79	0.76	2.73		
Copper, Cu		0.071			9		0.021	0.020	0.07		
Manganese, Mn		0.323 21.8	3 0		4 4		0.094 6.3	0.090 6.1	0.32 21.8		
Selenium, Se	Thog	21.0		FLA	4		6.3	6.1	21.0		
Vitamins: Vitamin C, total ascorbic acid	ma	0.7	C	MC	9		0.2	0.2	0.7		
Thiamin		0.532			9		0.154	0.2	0.7		
Riboflavin	_	0.332			9		0.067	0.064	0.23		
Niacin	-	5.416			9		1.571	1.517	5.41		
Pantothenic acid	_	0.605			9		0.175	0.169	0.60		
Vitamin B-6	-	0.390			9		0.113	0.109	0.39		
Folate, total		6	, .		9		2	2	6		
Folic acid		0	C		7		0	0	0		
Folate, food	mca	6	C		9		2	2	6		
Folate, DFE		6	C		4		2	2	6		
Vitamin B-12		1.57	C		9		0.45	0.44	1.57		
Vitamin A, IU		1	C		4		0.45	0.44	1.57		
Vitamin A, RAE		0	C		4		0	0	0		
Retinol		0	C		4		0	0	0		
		0.00	0		4		0.00	0.00	0.00		
Vitamin E (alpha-tocopherol)		0.00		FLA	4		0.00	0.00	0.00		
Tocopherol, beta											
Tocopherol, gamma Tocopherol, delta											
Vitamin D		9.149	9 0	MC	9		2.653	2.562	9.14		
Vitamin K (phylloquinone)		1.3	,		4		0.4	0.4	1.3		
	- C										
Lipids: Fatty acids, total saturated	а	16.092	2 0	NC	4		4.667	4.506	16.09		
4:0		0.000			4		0.000	0.000	0.00		
6:0		0.000			4		0.000	0.000	0.00		
8:0		0.000			4		0.000	0.000	0.00		
	-	0.000			4		0.033	0.000	0.00		
10:0		0.113			4				0.10		
12:0		0.100	,	гцА	4		0.031	0.030	0.10		
13:0	_	1.213	3 0	FLA	4		0.352	0.340	1.2		
14:0	g g	1.213	,	rцА	4		0.35∠	0.340	1.21		

		<u>Ar</u>	nount in 10			ole portic	<u>on</u>	Amount in edible portion of common measures of food			
				Number		_		<u>m</u> e	easures of food		
Nutrients and Uni	ts	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
16:0	a	9.498		0	FLA	4		2.754	2.659	9.498	
17:0	_	3.430		ŭ		•		2.754	2.033	3.430	
18:0		5.163		0	MC	9		1.497	1.446	5.163	
20:0	_										
22:0 24:0	_										
Fatty acids, total monounsaturated	-	19.044		0	NC	4		5.523	5.332	19.044	
14:1											
15:1	-	1 000		0				0 520	0.510	1 000	
16:1 undifferentiated	-	1.828		0	FLA	4		0.530	0.512	1.828	
18:1 undifferentiated	-	17.119		0	FLA	4		4.965	4.793	17.119	
20:1	g	0.097		0	FLA	4		0.028	0.027	0.097	
22:1 undifferentiated	_	0.000		0	FLA	4		0.000	0.000	0.000	
24:1 c		2.635		0	NC	4		0.764	0.720	2.635	
Fatty acids, total polyunsaturated 18:2 undifferentiated		1.827		0	NC FLA	4		0.764 0.530	0.738 0.511	1.827	
18:3 undifferentiated	_	0.748		0	FLA	4		0.330	0.209	0.748	
18:4	-	0.000		0	FLA	4		0.000	0.000	0.000	
20:2 n-6 c,c	g										
20:3 undifferentiated	-										
20:4 undifferentiated		0.060 0.000		0 0	FLA FLA	4 4		0.017	0.017	0.060 0.000	
20:5 n-3 22:5 n-3	_	0.000		0	FLA	4		0.000 0.000	0.000 0.000	0.000	
22:6 n-3	_	0.000		0	FLA	4		0.000	0.000	0.000	
Fatty acids, total trans	_										
Cholesterol	mg	118		2	A	1		34	33	118	
Phytosterols	mg	5		0	FLA	4		1	1	5	
Amino Acids:											
Tryptophan		0.230		0	FLA	4		0.067	0.064	0.230	
Threonine	-	0.869		0	FLA	4		0.252	0.243	0.869	
Isoleucine	_	0.901 1.575		0 0	FLA FLA	4 4		0.261 0.457	0.252 0.441	0.901 1.575	
Lysine	-	1.652		0	FLA	4		0.479	0.441	1.652	
Methionine		0.511		0	FLA	4		0.148	0.143	0.511	
Cystine	g	0.228		0	FLA	4		0.066	0.064	0.228	
Phenylalanine	g	0.778		0	FLA	4		0.226	0.218	0.778	
Tyrosine		0.661		0	FLA	4		0.192	0.185	0.661	
Valine	-	0.987		0	FLA	4		0.286	0.276	0.987	
Arginine Histidine		1.298 0.688		0 0	FLA FLA	4		0.376 0.200	0.363 0.193	1.298 0.688	
Alanine	-	1.178		0	FLA	4		0.342	0.330	1.178	
Aspartic acid		1.825		0	FLA	4		0.529	0.511	1.825	
Glutamic acid	g	3.009		0	FLA	4		0.873	0.843	3.009	
Glycine		1.073		0	FLA	4		0.311	0.301	1.073	
Proline		0.862		0	FLA	4		0.250	0.241	0.862	
Serine	-	0.771		0	FLA	4		0.224	0.216	0.771	
Hydroxyproline	9										
Others:						_					
Alcohol, ethyl	-	0.0		0	Z	7		0.0	0.0	0.0	
Caffeine Theobromine		0		0 0	z z	7 7		0	0 0	0 0	
Carotenoids:	9	Ü		J		,		ŭ	3	J	
Carotene, beta	mca	0		0	Z	7		0.000	0.000	0.000	
Carotene, alpha		0		0	Z	7		0.000	0.000	0.000	
Cryptoxanthin, beta		0		o	z	7		0.000	0.000	0.000	
Lycopene		0		0	z	7		0.000	0.000	0.000	
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000	0.000	0.000	

NDB No. 07057 Pepperoni, pork, beef

Common Measures:

Measure 1 = 29g: 15 slices 1 serving

Measure 2 = 28g: 1 oz Measure 3 = 100g: 3.527 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>A</u> 1	mount in 100 g			ole portio	<u>on</u>	Amount in edible portion of common			
			Nι	ımber	•			<u>m</u> e	easures of food	<u>l</u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	60.29	2.224	219	A	1		22.91			
Energy	kcal	225		0	NC	4		85			
Energy		939		0	NC	4		357			
Protein (N x 6.25)	g	11.23	0.357	219	A	1		4.27			
Total lipid (fat)	g	15.95	1.916	219	A	1		6.06			
Ash	g	4.07	0.212	10	A	1		1.55			
Carbohydrate, by difference	g	8.46		0	NC	4		3.22			
Fiber, total dietary		0.6		0	FLA	4		0.2			
Sugars, total	g	3.26		0	FLA	4		1.24			
Sucrose	g	0.00		0	FLA	4		0.00			
Glucose (dextrose)		0.00		0	FLA	4		0.00			
Fructose		0.00		0	FLA	4		0.00			
Lactose	g	0.00		0	FLA	4		0.00			
Maltose	g	0.00		0	FLA	4		0.00			
Galactose		0.00		0	FLA	4		0.00			
Starch											
	-										
Minerals:	ma	100	10	_	_			40			
Calcium, Ca		109 1.33	19.575 0.175	3 3	A A	1 1		42 0.50			
Iron, Fe		21	0.175	0		4		0.50 8			
Magnesium, Mg		143		0	FLA FLA	4		8 54			
Phosphorus, P Potassium, K		316		0	FLA	4		120			
Sodium, Na		1304	71.012	10	A	1		495			
Zinc, Zn		1.90	71.012	0	FLA	4		0.72			
Copper, Cu		0.089	a	0	FLA	4		0.034			
Manganese, Mn		0.069		0	FLA	4		0.026			
Selenium, Se		11.0		0	FLA	4		4.2			
Vitamins:											
Vitamin C, total ascorbic acid	mg	7.8		1	A	1		3.0			
Thiamin	_	0.474	l .	0	FLA	4		0.180			
Riboflavin	mg	0.145	5	0	FLA	4		0.055			
Niacin	mg	3.416	5	0	FLA	4		1.298			
Pantothenic acid		0.619)	0	FLA	4		0.235			
Vitamin B-6	_	0.326	5	0	FLA	4		0.124			
Folate, total		16		0	FLA	4		6			
Folic acid		0		0	FLA	4		0			
Folate, food		16		0	FLA	4		6			
Folate, DFE		16		0	NC	4		6			
Vitamin B-12	_	0.79		0	FLA	4		0.30			
Vitamin A, IU		522		0	NC	4		198			
Vitamin A, RAE		91		0	NC	4		35			
Retinol		78		1	NR	4		30			
Vitamin E (alpha-tocopherol)		0.42		0	FLA	4		0.16			
Tocopherol, beta		0.00		0	FLA	4		0.00			
Tocopherol, gamma		0.00		0	FLA	4 4		0.00			
Tocopherol, delta		0.00 47 51 5		0	FLA			0.00			
Vitamin D Vitamin K (phylloquinone)		47.515 2.2	•	0	FLA FLA	4 4		18.056 0.8			
				-		-					
Lipids:	~	F 005	•	•				0.000			
Fatty acids, total saturated		5.287		0	NC	4		2.009			
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	-	0.016		0	FLA	4		0.006			
12:0	-	0.016		0	FLA	4		0.006			
13:0	-	2 22	•	-	-						
14:0	g	0.204	ŀ	1	A	1		0.077			

	<u>Ar</u>	nount in 100	grams	of edib	le portio	o <u>n</u>	Amount in	edible portion of	common
		N	lumber				<u>me</u>	easures of food	
Nutrients and Units	Mean	Std. Error F			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0g	3.465		1	A	1		1.317		
17:0g	0.059		1	A	1		0.022		
18:0g	1.498		1	A	1		0.569		
20:0g	0.029		1	A	1		0.011		
22:0g									
24:0g									
Fatty acids, total monounsaturatedg	7.060		0	NC	4		2.683		
14:19									
15:1	0.628		1	A	1		0.239		
16:1 undifferentiated	0.626		1	A	-		0.239		
18:1 undifferentiated	6.343		1	A	1		2.411		
20:1	0.088		1	A	1		0.034		
22:1 undifferentiated	0.000		0	FLA	4		0.000		
24:1 c									
Fatty acids, total polyunsaturated	2.804		0	NC	4		1.065		
18:2 undifferentiatedg	2.686		1	A	1		1.021		
18:3 undifferentiatedg	0.117		1	A	1		0.045		
18:4g	0.000		0	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		
22:5 n-3g	0.000 0.000		0	FLA FLA	4 4		0.000 0.000		
22:6 n-3	0.000		U	FLA	4		0.000		
Cholesterolg	58	0.500) 3	A	1		22		
Phytosterolsmg	•								
Amino Acids:									
Tryptophan	0.135		0	FLA	4		0.051		
Threonine	0.558		0	FLA	4		0.212		
Isoleucine	0.583		0	FLA	4		0.222		
Leucine9	1.014		0	FLA	4		0.385		
Lysineg	1.054		0	FLA	4		0.400		
Methionineg	0.356		0	FLA	4		0.135		
Cystineg	0.157		0	FLA	4		0.060		
Phenylalanine	0.514		0	FLA	4		0.195		
Tyrosineg	0.425		0	FLA	4		0.161		
Valine	0.642		0	FLA	4		0.244		
Arginine	0.943 0.418		0 0	FLA FLA	4 4		0.358 0.159		
Alanine	0.416		0	FLA	4		0.322		
Aspartic acid 9	1.226		0	FLA	4		0.466		
Glutamic acid	2.081		0	FLA	4		0.791		
Glycine	0.937		0	FLA	4		0.356		
Proline	0.683		0	FLA	4		0.260		
Serineg	0.555		0	FLA	4		0.211		
Hydroxyproline									
Others:									
Alcohol, ethylg	0.0		0	FLA	4		0.0		
Caffeine mg	0		0	FLA	4		0		
Theobromine mg	0		0	FLA	4		0		
<u>Carotenoids:</u>									
Carotene, betamcg			0	FLA	4		51.774		
Carotene, alphamcg			0	FLA	4		0.491		
Cryptoxanthin, beta mcg			0	FLA	4		15.385		
Lycopene mcg			0 0	FLA FLA	4 4		0.000		
Lutein + zeaxanthin mcg	52		U	E-LA	4		31.031		

NDB No. 07058
Pickle and pimiento loaf, pork
Common Measures:

Measure 1 = 38g: 1 slice

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u> 1	mount in 100 g	grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
			Nι	umbei	•			<u>m</u>	easures of food	_	
			of	f Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	60.20	0.255	5		1		16.86	34.31		
Energy	kcal	232		0	NC	4		65	132		
Energy	kj	971				4		272	553		
Protein (N x 6.25)	g	14.92	0.326	5		1		4.18	8.50		
Total lipid (fat)	g	16.64	0.388	5		1		4.66	9.48		
Ash	g	3.48	0.058	5		1		0.97	1.98		
Carbohydrate, by difference	g	4.76		0	NC	4		1.33	2.71		
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0		
Sugars, total	g										
Starch	g										
Minerals:	ma	47	E 054	-		4		13	27		
Calcium, Ca		1.02	5.054 0.187	5 5		1 1		0.29	27 0.58		
Iron, Fe		1.02	0.187	5 5		1		0.29 4	9		
Magnesium, Mg Phosphorus, P		125	10.787	5		1		4 35	9 71		
Potassium, K		267	9.114	5		1		75	152		
Sodium, Na		1164	33.254	5		1		326	663		
Zine, Zn	-	2.18	0.116	5		1		0.61	1.24		
Copper, Cu		0.070		5		1		0.020	0.040		
Manganese, Mn		0.028		4		1		0.008	0.016		
Selenium, Se		35.7		0	BFNN	4		10.0	20.3		
·	•										
Vitamins:											
Vitamin C, total ascorbic acid	_	0.0		0		7		0.0	0.0		
Thiamin		0.374		5		1		0.105	0.213		
Riboflavin	-	0.242		5		1		0.068	0.138		
Niacin	-	2.306		5		1		0.646	1.314		
Pantothenic acid	-	0.680		1		1		0.190	0.388		
Vitamin B-6	_	0.300	0.075	5		1		0.084	0.171		
Folate, total		2 0		0	z	4 7		1 0	1 0		
Folic acidFolate, food		2		0	Z	4		1	1		
Folate, DFE		2		0	NC	4		1	1		
Vitamin B-12		1.50	0.059	5	NC	1		0.42	0.86		
Vitamin B-12 Vitamin A, IU		0	0.059	0		4		0.42	0.86		
Vitamin A, RAE		0		0		4		0	0		
Retinol		0		0	z	7		0	0		
Vitamin E (alpha-tocopherol)		-			_	•		-	· ·		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D		48.000)	0	T	4		13.440	27.360		
Vitamin K (phylloquinone)	mcg										
T imida.											
Lipids:	a	6.070	1	0		1		1.700	3.460		
Fatty acids, total saturated		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	-	0.080		4		1		0.022	0.046		
12:0		0.050		4		1		0.014	0.029		
13:0	_			-		=		2.02.	0.023		
14:0	-	0.290	0.016	5		1		0.081	0.165		
15:0	-			-		=		-			
16:0		3.570	0.119	5		1		1.000	2.035		
17:0											
18:0		2.080	0.062	5		1		0.582	1.186		
20:0											
22:0	_										
24:0	_										

		<u>Aı</u>	mount in 100		Amount in edible portion of common measures of food				
			-	lumbe			<u></u>	easures or 100u	
Nutrients and Uni	its	Mean	Std. Error		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	-	7.680		0	1		2.150	4.378	
14:1									
15:1		0.600	0.000				0 100	0.200	
16:1 undifferentiated		0.680	0.038	3 5	1		0.190	0.388	
17:1	-	7 000	0.202	3 5	1		1 060	2 000	
18:1 undifferentiated		7.000		0	4		1.960	3.990	
20:1	-	0.000					0.000	0.000	
22:1 undifferentiated	•	0.000		0	4		0.000	0.000	
24:1 c	-	1 000		•	1		0 500	1 0==	
Fatty acids, total polyunsaturated		1.890		0 5 5	1 1		0.529 0.470	1.077 0.958	
18:2 undifferentiated	-	1.680			_				
18:3 undifferentiated	-	0.210			1		0.059	0.120	
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	-	38	4.989		1		11	22	
Phytosterols	mg	0		0	4		0	0	
Amino Acids:									
Tryptophan	a	0.143		1	1		0.040	0.082	
Threonine		0.656		1	1		0.184	0.374	
Isoleucine		0.582		1	1		0.163	0.332	
Leucine	-	1.146		1	1		0.321	0.653	
Lysine		1.193		1	1		0.334	0.680	
Methionine	_	0.377		1	1		0.106	0.215	
Cystine	_	0.162		1	1		0.045	0.092	
Phenylalanine		0.537		1	1		0.150	0.306	
Tyrosine		0.458		1	1		0.128	0.261	
Valine	-	0.642		1	1		0.180	0.366	
Arginine		0.888		1	1		0.249	0.506	
Histidine		0.437		1	1		0.122	0.249	
Alanine	_	0.437		1	1		0.249	0.507	
Aspartic acid	_	1.318		1	1		0.369	0.751	
Glutamic acid		2.253		1	1		0.631	1.284	
Glycine	-	0.972		1	1		0.272	0.554	
Proline		0.859		1	1		0.241	0.490	
Serine		0.656		1	1		0.184	0.490	
	-	0.056		_	1		0.104	0.3/4	
Hydroxyproline	9				 				

Common Measures:

Measure 1 = 28g: 1 slice (1 oz) (4" x 4" x 3/32" thick)

Measure 2 = 57g: 2 slices

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>A</u> 1	mount in 100 g	rams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber				<u>m</u>	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	
Proximates:											
Water	g	53.15	0.246	6		1		120.65	15.07		
Energy	kcal	326		0	NC	4		740	92		
Energy	kj	1364				4		3096	387		
Protein (N x 6.25)	g	14.10	0.251	6		1		32.01	4.00		
Total lipid (fat)	g	28.72	0.362	6		1		65.19	8.14		
Ash	g	2.40	0.063	6		1		5.45	0.68		
Carbohydrate, by difference	g	1.63		0	NC	4		3.70	0.46		
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0		
Sugars, total	g										
Starch	g										
Nin and Inc											
Minerals:	ma	12	0.843	6		1		27	3		
Calcium, Ca	_	1.44	0.843	6		1		3.27	3 0.41		
Magnesium, Mg		1.44	0.601	6		1		3.27	4		
Phosphorus, P		136	3.544	6		1		309	39		
Potassium, K	•	237	12.054	6		1		538	67		
Sodium, Na	_	876	63.285	6		1		1989	248		
Zine, Zn	-	1.93	0.021	6		1		4.38	0.55		
Copper, Cu		0.090		6		1		0.204	0.026		
Manganese, Mn		0.049		5		1		0.111	0.014		
Selenium, Se		17.7	2.258	5	A	1		40.2	5.0		
·	-										
/itamins:				_							
Vitamin C, total ascorbic acid	-	1.0	0.000	6		1		2.3	0.3		
Thiamin		0.502		6		1		1.140	0.142		
Riboflavin		0.148		6		1		0.336	0.042		
Niacin		3.443		6		1		7.816	0.976		
Pantothenic acid		0.450		3		1		1.022	0.128		
Vitamin B-6	_	0.190	0.012	6		1		0.431	0.054		
Folate, total		2 0		0		4 7		5 0	1		
Folic acid		2		0	Z			5	0 1		
Folate, food		2		0	NC	4 4		5 5			
Folate, DFE		0.98	0.030	6	NC	1		2.22	1 0.28		
Vitamin A, IU		0.98	0.030	0		4		0	0.28		
Vitamin A, RAE		0		0	NC	4		0	0		
Retinol		0		0	NR	4		0	0		
Vitamin E (alpha-tocopherol)		v		Ü	1410	•		Ü	O .		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
• • •											
<u>Lipids:</u>	~	10 220		•				00.440	0.000		
Fatty acids, total saturated		10.330		0		1 4		23.449	2.929		
4:0	_	0.000		0		4		0.000	0.000		
6:0	-	0.000		0		4		0.000 0.000	0.000 0.000		
8:0	_	0.000		6		1		0.159			
10:0	_	0.070		6		1		0.159	0.020 0.020		
13:0		0.070	0.030	J		1		0.139	0.020		
14:0		0.400	0.053	6		1		0.908	0.113		
15:0	-	0.400	0.055	•		-		0.900	0.113		
16:0		6.400	0.113	6		1		14.528	1.814		
17:0		0.400	0.113	-		-		_1.520	1.014		
18:0		3.380	0.085	6		1		7.673	0.958		
20:0		2.200		-		=			2.250		
22:0	_										
24:0	_										

	<u>Ar</u>	nount in 100	grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common			
			N	lumber				<u>m</u>	easures of food	
Nutrients and Uni	ts	Mean	Std. Error F			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	13.520		0		1		30.690	3.833	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.950	0.021	. 6		1		2.157	0.269	
17:1	g									
18:1 undifferentiated	g	12.580	0.269			1		28.557	3.566	
20:1	g	0.000		0		4		0.000	0.000	
22:1 undifferentiated	g	0.000		0		4		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsaturated	g	3.080		0		1		6.992	0.873	
18:2 undifferentiated	g	2.790	0.063	6		1		6.333	0.791	
18:3 undifferentiated	g	0.290	0.015	6		1		0.658	0.082	
18:4	g	0.000		0		4		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	
20:5 n-3	g	0.000		0		4		0.000	0.000	
22:5 n-3	g	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	-	70	2.187	6		1		159	20	
Phytosterols	mg	0		0		4		0	0	
Amino Acids:										
Tryptophan	g	0.138		0		1		0.313	0.039	
Threonine		0.591		0		1		1.342	0.168	
Isoleucine	_	0.611		0		1		1.387	0.173	
Leucine		1.076		0		1		2.443	0.305	
Lysine		1.110		0		1		2.520	0.315	
Methionine	-	0.379		0		1		0.860	0.107	
Cystine	-	0.157		0		1		0.356	0.045	
Phenylalanine	-	0.539		0		1		1.224	0.153	
Tyrosine		0.444		0		1		1.008	0.126	
Valine	-	0.679		0		1		1.541	0.192	
Arginine		0.925		0		1		2.100	0.262	
Histidine		0.444		0		1		1.008	0.126	
Alanine	_	0.902		0		1		2.048	0.256	
Aspartic acid	-	1.293		0		1		2.935	0.367	
Glutamic acid		2.117		0		1		4.806	0.600	
Glycine	-	0.992		0		1		2.252	0.281	
Proline	_	0.712		0		1		1.616	0.202	
Serine		0.712		0		1		1.326	0.166	
Hydroxyproline	-	0.304		Ü		-		1.520	0.100	
11yuroxypronne	9									

Common Measures:

Measure 1 = 227g: 1 sausage (10" long x 1-1/4" dia)

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<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	<u>l</u>
			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	44.55	1.167	6		1		5.79	12.03	
Energy	kcal	396		0	NC	4		51	107	
Energy	kj	1657				4		215	447	
Protein (N x 6.25)	g	13.80	0.756	6		1		1.79	3.73	
Total lipid (fat)	g	36.25	1.774	6		1		4.71	9.79	
Ash	g	2.70	0.068	6		1		0.35	0.73	
Carbohydrate, by difference	g	2.70		0	NC	4		0.35	0.73	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total		0.00		0	Z	7		0.00	0.00	
Starch										
Minerals:				_		_		_	_	
Calcium, Ca	-	10	=:	0		4		1	3	
Iron, Fe	-	1.13	0.071	6		1		0.15	0.31	
Magnesium, Mg		12	0.922	6		1		2	3	
Phosphorus, P	-	107	5.679	6		1		14	29	
Potassium, K	-	189	04 800	0		4		25	51	
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	805	24.732	6		1		105	217	
Zinc, Zn		1.87	0.109	6		1 1		0.24	0.50	
Copper, Cu		0.040 0.037		6 0		4		0.005 0.005	0.011 0.010	
Manganese, Mn.		14.4		0	BFNN	4		1.9	3.9	
Selenium, Se	Illog	14.4		U	DIMN	4		1.9	3.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.357	0.020	6		1		0.046	0.096	
Riboflavin	mg	0.147	0.007	6		1		0.019	0.040	
Niacin	mg	3.367		6		1		0.438	0.909	
Pantothenic acid	-	0.480		6		1		0.062	0.130	
Vitamin B-6	-	0.050	0.006	6		1		0.007	0.014	
Folate, total		2		0		4		0	1	
Folic acid		0		0	Z	7		0	0	
Folate, food		2		0		4		0	1	
Folate, DFE		2		0	NC	4		0	1	
Vitamin B-12		0.43	0.062	6		1		0.06	0.12	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE		0		0	AS	1		0	0	
Retinol		0		0	z	7		0	0	
Vitamin E (alpha-tocopherol)		0.22		0	NR	4		0.03	0.06	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D		28.000		0	т	4		3.640	7.560	
Vitamin K (phylloquinone)		1.6		0	BFZN	4		0.2	0.4	
	9			ŭ		-		V	· · ·	
<u>Lipids:</u>										
Fatty acids, total saturated		12.960		0		1		1.685	3.499	
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		0.600		0		1		0.078	0.162	
15:0	_			_		_		1 222		
16:0	_	8.310		0		1		1.080	2.244	
17:0	_	2 070		0		1		0 500	1 04-	
18:0	_	3.870		U		1		0.503	1.045	
20:0	-									
22:0 24:0	-									

						ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Unit	s	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated		17.180		0		1		2.233	4.639		
14:1	_										
15:1	-	4 050				_					
16:1 undifferentiated		1.350		0		1		0.176	0.365		
17:1	-	15 000		•				0.054			
18:1 undifferentiated		15.800		0		1		2.054	4.266		
20:1	-	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		3.900		0		1		0.507	1.053		
18:2 undifferentiated		3.460		0		1		0.450	0.934		
18:3 undifferentiated		0.320		0		1		0.042	0.086		
18:4	-	0.000		0		1		0.000	0.000		
20:2 n-6 c,c	g										
20:3 undifferentiated	g										
20:4 undifferentiated	g	0.120		0		1		0.016	0.032		
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	71		0		4		9	19		
Phytosterols	mg	0		0		4		0	0		
Amino Acids:				_		_					
Tryptophan		0.132		0		1		0.017	0.036		
Threonine	-	0.554		0		1		0.072	0.150		
Isoleucine		0.530		0		1		0.069	0.143		
Leucine		0.974		0		1		0.127	0.263		
Lysine		1.088		0		1		0.141	0.294		
Methionine		0.328		0		1		0.043	0.089		
Cystine	-	0.139		0		1		0.018	0.038		
Phenylalanine	g	0.478		0		1		0.062	0.129		
Tyrosine	g	0.405		0		1		0.053	0.109		
Valine	g	0.592		0		1		0.077	0.160		
Arginine	g	0.850		0		1		0.111	0.230		
Histidine	g	0.412		0		1		0.054	0.111		
Alanine	g	0.812		0		1		0.106	0.219		
Aspartic acid	g	1.182		0		1		0.154	0.319		
Glutamic acid	g	1.995		0		1		0.259	0.539		
Glycine	g	0.898		0		1		0.117	0.242		
Proline	g	0.654		0		1		0.085	0.177		
Serine	g	0.532		0		1		0.069	0.144		
Hydroxyproline	g										
Others:											
Alcohol, ethyl	q	0.0		0		7		0.0	0.0		
Caffeine		0		0	z	7		0	0		
Theobromine		0		0	z	7		0	0		
Carotenoids:	9	·		·	_	•		·	· ·		
<u> </u>											
Carotene, beta	-	0		0	Z	7		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	mcg	0		0	Z	7		0.000	0.000		

Common Measures:

Measure 1 = 13.0g: 1 link (raw dimensions: 4" long x 7/8" dia), cooked

Measure 2 = 27g: 1 patty, cooked (raw dimensions: 3-7/8" dia x 1/4" thick)

NDB No. 07065

Pork and beef sausage, fresh, cooked

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u>	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>l</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	
Proximates:										
Water	g	50.68	1	. A	1					
Energy	kcal	342	O	NC	4					
Energy	kj	1430	O	NC	4					
Protein (N x 6.25)	g	12.05	1	. A	1					
Total lipid (fat)	g	30.64	1	. A	1					
Ash	g	3.01	1	. A	1					
Carbohydrate, by difference	g	3.63	0	NC	4					
Fiber, total dietary	g	0.0	0	Z	7					
Sugars, total	g	0.00	0	Z	7					
Starch	g									
Minerals:	ma	7.4			4					
Calcium, Ca	-	74 1.30	1 1		1 1					
Iron, Fe	-	25	1		1					
Magnesium, Mg Phosphorus, P		136	1		1					
Potassium, K	-	230	1		1					
Sodium, Na		876	1		1					
Zine, Zn	_	1.34	1		1					
Copper, Cu		0.113			1					
Manganese, Mn		0.239			1					
Selenium, Se		0.0	1	A	1					
•	-									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.7	1		1					
Thiamin		0.089			1					
Riboflavin		0.099			1					
Niacin	-	2.730			1					
Pantothenic acid		0.490			1					
Vitamin B-6	_	0.124			1					
Folate, total		10 0	1		1 7					
Folic acid		10	1		1					
Folate, food		10	0		4					
Folate, DFE		0.58	1		1					
Vitamin B-12 Vitamin A, IU		102	0		1					
Vitamin A, RAE		21	0		1					
Retinol		19	1		1					
Vitamin E (alpha-tocopherol)		0.52	2		1					
Tocopherol, beta		0.00	2	A	1					
Tocopherol, gamma		0.10	2	A	1					
Tocopherol, delta		0.00	2		1					
Vitamin D			_		_					
Vitamin K (phylloquinone)		5.7	2	A	1					
<u>Lipids:</u>										
Fatty acids, total saturated	g	9.881	. 1	A	1					
4:0		0.000			7					
6:0		0.000	0	z	7					
8:0	g	0.000) 1	A	1					
10:0	g	0.000) 1	A	1					
12:0	g	0.000) 1	A	1					
13:0	g									
14:0	g	0.356	5 1	A	1					
15:0	-	0.000		A	1					
16:0		6.364		A	1					
17:0		0.091		A	1					
18:0		3.019		A	1					
20:0		0.051		A	1					
22:0		0.000			1					
24:0	_			•						
=										

	<u>A</u>	mount in 10	00 grams	of edik	ole portic	o <u>n</u>	Amount in edible portion of common			
				Number					easures of food	<u> </u>
						Caa	Confidence			
Nutrients and Unit	s	Mean	Std. Error			Code	Confidence	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	13.054	ļ	1	A	1				
14:1	g	0.000)	1	A	1				
15:1		0.000		1	A	1				
16:1 undifferentiated	-	0.836	i	1	A	1				
17:1	•			_	_	_				
18:1 undifferentiated	-	12.005		1 1	A	1 1				
20:1 22:1 undifferentiated	-	0.213		0	A Z	7				
24:1 c	-	0.000		U	Z	,				
Fatty acids, total polyunsaturated		4.504	Į.	1	A	1				
18:2 undifferentiated		4.057		1	A	1				
18:3 undifferentiated		0.201		0	AS	1				
18:3 n-6 c,c,c		0.000		1	A	1				
18:3i										
18:4	g	0.000)	0	z	7				
20:2 n-6 c,c	g	0.140)	1	A	1				
20:3 undifferentiated	g	0.000	1	1	A	1				
20:3 n-3	g									
20:3 n-6	-									
20:4 undifferentiated		0.106	i	1	A	1				
20:4 n-3	-									
20:4 n-6				•	_	_				
20:5 n-3		0.000		0	z	7				
22:5 n-3		0.000		0	z z	7 7				
22:6 n-3 Fatty acids, total trans		0.000		1	Z A	1				
Cholesterol		72	•	1	A	1				
Phytosterols		, <u>-</u>		-		-				
Amino Acids:										
Tryptophan	g	0.089)	1	A	1				
Threonine	g	0.475	i	1	A	1				
Isoleucine	g	0.523	1	1	A	1				
Leucine		0.912		1	A	1				
Lysine		0.914		1	A	1				
Methionine	-	0.226		1	A	1				
Cystine	-	0.140		1	A	1				
Phenylalanine		0.493 0.371		1 1	A A	1 1				
TyrosineValine		0.593		1	A	1				
Arginine		0.804		1	A	1				
Histidine		0.362		1	A	1				
Alanine	•	0.718		1	A	1				
Aspartic acid	_	1.177		1	A	1				
Glutamic acid		1.942		1	A	1				
Glycine		0.786	i	1	A	1				
Proline	g	0.613	1	1	A	1				
Serine	g	0.545	i	1	A	1				
Hydroxyproline	g	0.182	!	1	A	1				
Others:										
Alcohol, ethyl	g	0.0		0	z	7				
Caffeine		0		0	Z	7				
Theobromine	mg	0		0	Z	7				
Carotenoids:										
Carotene, beta		11		1	A	1				
Carotene, alpha	mcg	11		1	A	1				
Cryptoxanthin, beta		11		1	A	1				
Lycopene		11		1	A	1				
Lutein + zeaxanthin	mcg	71		1	A	1				

NDB No. 07957 Pork and turkey sausage, pre-cooked Common Measures:

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>A</u> 1	mount in 100 gra	ms of edi	ble portic	<u>on</u>	Amount in edible portion of common			
			Num	ber			<u>m</u>	easures of food	<u> </u>	
			of D	ata Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Poir	its Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:										
Water	q	44.10		4 A	1		19.85	26.46		
Energy	_	407		0 NC	4		183	244		
Energy		1703		0 NC	4		766	1022		
Protein (N x 6.25)		13.70		4 A	1		6.17	8.22		
Total lipid (fat)		37.63		4 A	1		16.93	22.58		
Ash		2.22		4 A	1		1.00	1.33		
Carbohydrate, by difference		2.36		0 NC	4		1.06	1.41		
Fiber, total dietary		0.0		0 Z	7		0.0	0.0		
Sugars, total		0.00		0 Z	7		0.00	0.00		
Starch		0.00		-	•		0.00	0.00		
Starcii	9									
<u>Minerals:</u>										
Calcium, Ca	mg	15		1 A	1		7	9		
Iron, Fe	mg	1.12		1 A	1		0.50	0.67		
Magnesium, Mg	mg	14		1 A	1		6	9		
Phosphorus, P	mg	116		1 A	1		52	70		
Potassium, K	mg	212		1 A	1		95	127		
Sodium, Na	mg	689		4 A	1		310	414		
Zinc, Zn	mg	1.45		1 A	1		0.65	0.87		
Copper, Cu	mg	0.066	5	1 A	1		0.030	0.040		
Manganese, Mn	mg	0.079)	1 A	1		0.036	0.047		
Selenium, Se	mcg	16.6		0 BFNN	4		7.5	10.0		
Vitamins:										
	ma	0.0		0 z	7		0.0	0.0		
Vitamin C, total ascorbic acid Thiamin		0.480		0 2 1 A	1		0.0	0.0		
Riboflavin		0.120		1 A	1		0.054	0.072		
		3.350		1 A	1		1.508	2.010		
Niacin Pantothenic acid		3.330	,	1 A	1		1.506	2.010		
Vitamin B-6		0.200	1	0	4		0.090	0.120		
Folate, total		6		0	4		3	4		
Folic acid		0		0 NR	4		0	0		
Folate, food		6		0 NR 0	4		3	4		
Folate, DFE		6		0 NC	4		3	4		
Vitamin B-12		1.30		0 NC	4		0.59	0.78		
		0			1		0.39	0.78		
Vitamin A, IU Vitamin A, RAE	IU	0		1 A 0 NC	4		0	0		
		0			4		0	0		
Retinol		0.22		0 NR 0 NR	4		0.10			
Vitamin E (alpha-tocopherol)		0.22		U NR	4		0.10	0.13		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)		3.4		0 BFZN	4		1.5	2.0		
vitamin K (phynoquinone)	Illeg	3.4		O BEZI	-		1.5	2.0		
<u> ipids:</u>										
Fatty acids, total saturated	g	6.701	-	0 NC	4		3.016	4.021		
4:0	g	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	0.075	i	0	4		0.034	0.045		
12:0	g	0.056	5	0	4		0.025	0.034		
13:0	g									
14:0	g	0.279)	0	4		0.126	0.167		
15:0	-									
16:0		4.047	,	0	4		1.821	2.428		
17:0										
18:0	-	2.244	Į.	0	4		1.010	1.346		
20:0	_									
22:0	-									
	g									

	<u>Ar</u>	mount in 10			ole portio	<u>on</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	8.615		0	NC	4		3.877	5.169	
14:1g									
15:1g	0.675		•				0.204	0.405	
16:1 undifferentiatedg 17:1g	0.675		0		4		0.304	0.405	
18:1 undifferentiated	7.940		0		4		3.573	4.764	
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		Ū		-		0.000	0.000	
Fatty acids, total polyunsaturated9	2.368		0	NC	4		1.065	1.421	
18:2 undifferentiatedg	2.032		0	2.0	4		0.915	1.219	
18:3 undifferentiatedg	0.335		0		4		0.151	0.201	
18:4g	0.000		0		4		0.000	0.000	
20:2 n-6 c,cg	0.000		•		-		0.000	0.000	
20:3 undifferentiatedg									
20:4 undifferentiated	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 transg									
Cholesterolmg	66		4	A	1		30	40	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0	0.0	
Caffeinemg	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	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 + zeaxanthinmcg	0		0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 45g: 2 links 1 NLEA serving Measure 2 = 60g: 3 links 1 NLEA serving

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>Aı</u>	mount in 100 gr	ams of ed	lible portion	<u>on</u>	Amount in edible portion of common			
			Nun	nber			<u>m</u>	easures of food	<u></u>	
				Data Deri	v Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Poi	nts Cod	Code	Code	Measure 1	Measure 2	Measure	
Proximates:	a	49.78	1.362	4 7	. 1		23.89	11.95		
Water	-	339	1.362	0 N			163	81		
Energy		339 1417		0 N			680	81 340		
Energy		19.43	0.548	4 <i>I</i>			9.32			
Protein (N x 6.25)		28.36	1.510	4 2			13.61	4.66 6.81		
Total lipid (fat)		20.36	0.069	4 2			1.33	0.66		
Carbohydrate, by difference		0.00	0.009	0 2			0.00	0.00		
		0.00		0 2			0.00	0.00		
Fiber, total dietary Sugars, total		0.00		0 2			0.00	0.00		
<u> </u>		0.00		0 2	,		0.00	0.00		
Starch	9									
Minerals:		4.0			_		_			
Calcium, Ca	_	13	2.988	4 A			6	3		
Iron, Fe.		1.36 17	0.0 44 0.271	4 A	1 1		0.65 8	0.33 4		
Magnesium, Mg		163	3.488	4 A	1		8 78	4 39		
Phosphorus, P	-	294	5.170	4 A	1		78 141	39 71		
Potassium, K Sodium, Na		749	11.583	4 A	1		360	180		
Zinc, Zn		2.08	0.694	4 A	1		1.00	0.50		
Copper, Cu		0.086		4 A	1		0.041	0.021		
Manganese, Mn		0.005		4 A	1		0.002	0.001		
Selenium, Se		0.00	0.001	4 A	1		0.002	0.001		
	9		0.002		-		0.0			
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.7	0.000	4 A	1		0.4	0.2		
Thiamin		0.294		4 A	1		0.141	0.071		
Riboflavin		0.197		4 A	1		0.095	0.047		
Niacin	-	6.258		4 A	1		3.004	1.502		
Pantothenic acid		0.724		4 A	1		0.348	0.174		
Vitamin B-6	_	0.327		4 A	1		0.157	0.078		
Folate, total		3	1.250	4 A	1		2	1		
Folic acid		0		0 z	7		0	0		
Folate, food	mcg	3	1.250	4 A			2	1		
Folate, DFE		3		0 NO			2	1		
Vitamin B-12		1.18	0.030	4 A			0.57	0.28		
Vitamin A, IU		79		0 As			38	19		
Vitamin A, RAE		14	1 000	0 As			7	3		
Retinol		12	1.230	4 A			6	3		
Vitamin E (alpha-tocopherol)		0.55	0.045	4 A	1		0.27	0.13		
Tocopherol, beta		0.00	0.000	4 A	1		0.00	0.00		
Tocopherol, gamma		0.05	0.006 0.000	4 A	1 1		0.02	0.01		
Tocopherol, delta		0.00			7		0.00	0.00		
Vitamin D		0.000		0 Z 4 A			0.000	0.000		
Vitamin K (phylloquinone)	Illog	0.4	0.048	4 A	1		0.2	0.1		
<u>Lipids:</u>										
Fatty acids, total saturated		9.153	3	0 NC			4.394	2.197		
4:0		0.000		0 z	7		0.000	0.000		
6:0	-	0.000		0 z	7		0.000	0.000		
8:0		0.000		4 A			0.000	0.000		
10:0	-	0.000		4 A			0.000	0.000		
12:0		0.000	0.000	4 A	1		0.000	0.000		
13:0	-						_			
14:0		0.334		4 A			0.160	0.080		
15:0	-	0.000		4 A			0.000	0.000		
16:0		5.802		4 A			2.785	1.392		
17:0		0.069		4 A	1		0.033	0.017		
18:0		2.887		4 A			1.386	0.693		
			0 000	4 A	1		0.030	0.015		
20:0	g	0.062	0.002	4 A	1		0.050	0.015		

Nutrients and Units Mean	Std. Erro	of Dat		Amount in edible portion of common measures of food				
		Point	a Deriv s Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg 12.37		705 4	A	1		5.940	2.970	
14:1g 0.00		000 4	A	1		0.000	0.000	
15:1g 0.00		000 4	A A	1 1		0.000	0.000	
16:1 undifferentiatedg 077 17:1g	9 0.0	037 4	A	1		0.374	0.187	
17.1g 18:1 undifferentiatedg 11.27	5 0 6	661 4	A	1		5.412	2.706	
20:1		011 4	A	1		0.153	0.077	
22:1 undifferentiated		0	Z	7		0.000	0.000	
24:1 cg								
Fatty acids, total polyunsaturated9 3.72	7 0.1	L01 4	A	1		1.789	0.894	
18:2 undifferentiated	2 0.0	95 4	A	1		1.580	0.790	
18:3 undifferentiatedg 0.13		0	AS	1		0.066	0.033	
18:3 n-6 c,c,cg	0.0	000 4	A	1		0.000	0.000	
18:3ig	_	_	_	_				
18:4g 0.00		0	Z	7		0.000	0.000	
20:2 n-6 c,c		004 4	A A	1 1		0.089 0.000	0.0 4 5 0.000	
20:3 undifferentiated	0.0	J00 4	A	1		0.000	0.000	
20:3 n-6								
20:4 undifferentiated	в 0.0	004 4	A	1		0.052	0.026	
20:4 n-3g								
20:4 n-6g								
20:5 n-3g 0.00	0	0	Z	7		0.000	0.000	
22:5 n-3g 0.00		0	Z	7		0.000	0.000	
22:6 n-3g 0.00		0	Z	7		0.000	0.000	
Fatty acids, total trans		079 4	A	1		0.113	0.056	
Cholesterolmg 84	2.0	000 4	A	1		40	20	
Phytosterolsmg								
Amino Acids:								
Tryptophang 0.14		003 4	A	1		0.069	0.034	
Threonine		013 4	A	1		0.368	0.184	
Isoleucine g 0.78 Leucine g 1.39		016 4 023 4	A A	1 1		0.375 0.671	0.188 0.335	
Leucine		026 4	A	1		0.734	0.333	
Methionine		015 4	A	1		0.181	0.090	
Cystine		006 4	A	1		0.093	0.046	
Phenylalanine g 0.70		011 4	A	1		0.338	0.169	
Tyrosineg 0.56	9 0.0	007 4	A	1		0.273	0.137	
Valineg 0.90	в 0.0	020 4	A	1		0.436	0.218	
Arginineg 1.18	9 0.0	022 4	A	1		0.570	0.285	
Histidineg 0.68		014 4	A	1		0.331	0.165	
Alanineg 1.18		025 4	A	1		0.569	0.284	
Aspartic acidg 1.71		029 4	A	1		0.821	0.411	
Glutamic acid		053 4	A	1		1.386	0.693	
Glycine		044 4	A A	1 1		0.618 0.446	0.309 0.223	
Proline		008 4	A	1		0.365	0.182	
Hydroxyproline		022 4	A	1		0.154	0.077	
	•			_		0.201	• • • • • • • • • • • • • • • • • • • •	
Others:			_	_				
Alcohol, ethyl		0	z z	7 7		0.0	0.0	
Caffeine mg 0 Theobromine mg 0		0	z z	7		0	0 0	
Carotenoids:		U	4	,		J	J	
			_	_		F 0.55	0 000	
Carotene, beta mcg 11		000 4	A	1 1		5.367	2.683	
Carotene, alphamcg 11 Cryptoxanthin beta mcg 11		000 4	A A	1		5.367 5.367	2.683 2.683	
Cryptoxanthin, beta mcg 11 Lycopene mcg 11		000 4	A	1		5.367	2.683	
Lutein + zeaxanthin mcg 11	0.0	4	A	1		5.367	2.683	

NDB No. 07064

Pork sausage, fresh, cooked

Common Measures:

Measure 1 = 48g: 1 serving (2 links)

Measure 2 = 24g: 1 link

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>Ai</u>	mount in 100 g	rams	ot ean	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber				m	easures of food		
					Deriv	Source	Confidence				
Nutrients and Un	its	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	56.22	1.007	4	A	1		31.48	15.74		
Energy	-	304	1.007	0	NC.	4		170	15.74 85		
0,		1271		0	NC	4		712	356		
Energy		15.09	0.537	4	A	1		8.45			
Protein (N x 6.25)		26.53	1.474	4	A	1		14.85	4.23 7.43		
Total lipid (fat)		20.33	0.060	4	A	1		1.27	7.43 0.63		
Carbohydrate, by difference		0.00	0.000	0	Z	7		0.00	0.00		
		0.00		0	Z	7		0.00	0.00		
Fiber, total dietary Sugars, total		0.00		0	Z	7		0.00	0.00		
Starch		0.00		U	2	,		0.00	0.00		
Starcii	9										
Minerals:											
Calcium, Ca	_	9	1.302	4	A	1		5	3		
Iron, Fe		1.11	0.031	4	A	1		0.62	0.31		
Magnesium, Mg		14	0.284	4	A	1		8	4		
Phosphorus, P	-	135	2.466	4	A	1		75	38		
Potassium, K		248	3.544	4	A	1		139	69		
Sodium, Na		636	13.379	4	A	1		356	178		
Zinc, Zn		2.17	0.073	4	A	1		1.22	0.61		
Copper, Cu		0.066		4	A	1		0.037	0.018		
Manganese, Mn		0.005		4	A	1		0.003	0.001		
Selenium, Se	mcg	0.0	0.001	4	A	1		0.0	0.0		
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.7	0.000	4	A	1		0.4	0.2		
Thiamin	mg	0.275	0.015	3	A	1		0.154	0.077		
Riboflavin	mg	0.122	0.004	4	A	1		0.068	0.034		
Niacin	mg	4.703	0.414	4	A	1		2.633	1.317		
Pantothenic acid	mg	0.671	0.016	4	A	1		0.376	0.188		
Vitamin B-6	mg	0.306	0.015	4	A	1		0.171	0.086		
Folate, total	mcg	1	0.000	4	A	1		1	0		
Folic acid		0		0	Z	7		0	0		
Folate, food	mcg	1	0.000	4	A	1		1	0		
Folate, DFE	mcg_DFE	1		0	NC	4		1	0		
Vitamin B-12	mcg	0.85	0.026	4	A	1		0.48	0.24		
Vitamin A, IU		75		0	AS	1		42	21		
Vitamin A, RAE	mcg_RAE	13		0	AS	1		7	4		
Retinol		11	0.000	4	A	1		6	3		
Vitamin E (alpha-tocopherol)	mg	0.19	0.044	4	A	1		0.11	0.05		
Tocopherol, beta	mg	0.00	0.000	4	A	1		0.00	0.00		
Tocopherol, gamma	mg	0.05	0.018	4	A	1		0.03	0.01		
Tocopherol, delta	mg	0.00	0.000	4	A	1		0.00	0.00		
Vitamin D	IU	52.000)	0	T	4		29.120	14.560		
Vitamin K (phylloquinone)	mcg	0.4	0.141	4	A	1		0.2	0.1		
Lipids:											
Fatty acids, total saturated	g	8.801	•	0	NC	4		4.928	2.464		
4:0	g	0.000)	0	Z	7		0.000	0.000		
6:0	g	0.000)	0	Z	7		0.000	0.000		
8:0	g	0.005	0.005	4	A	1		0.003	0.001		
10:0	g	0.000	0.000	4	A	1		0.000	0.000		
12:0	g	0.000	0.000	4	A	1		0.000	0.000		
13:0	g										
14:0	g	0.320	0.021	4	A	1		0.179	0.089		
15:0	g	0.000	0.000	4	A	1		0.000	0.000		
16:0	g	5.586	0.367	4	A	1		3.128	1.564		
17:0		0.067	0.005	4	A	1		0.038	0.019		
18:0		2.764	0.190	4	A	1		1.548	0.774		
20:0		0.059		4	A	1		0.033	0.017		
22:0	_	0.000		4	A	1		0.000	0.000		
24:0	-										

	<u>Ar</u>	mount in 100 g	grams	of edil	ole portic	<u>on</u>	Amount in edible portion of common measures of food		
			umber				<u>m</u> :	easures of food	
Nutrients and Units	Mean	of Std. Error		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg 14:1g	11.894 0.000		0 4	NC A	4 1		6.661 0.000	3.330 0.000	
14:1	0.000		4	A	1		0.000	0.000	
16:1 undifferentiated	0.741		3	A	1		0.415	0.207	
17:1g	*****	0.000	•		_		0.415	0.207	
18:1 undifferentiatedg	10.848	0.968	3	A	1		6.075	3.038	
20:1g	0.306	0.014	4	A	1		0.171	0.086	
22:1 undifferentiatedg	0.000		0	Z	7		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturated9	3.712		0	NC	4		2.079	1.039	
18:2 undifferentiated	3.161 0.134		3 0	A AS	1 1		1.770	0.885	
18:3 undifferentiated	0.134		3	AS	1		0.075 0.000	0.038 0.000	
18:3ig	0.000	0.000	3	A	-		0.000	0.000	
18:4g	0.000		0	z	7		0.000	0.000	
20:2 n-6 c.cg	0.177		4	A	1		0.099	0.050	
20:3 undifferentiatedg	0.013	0.007	4	A	1		0.007	0.004	
20:3 n-3g									
20:3 n-6g									
20:4 undifferentiatedg	0.093	0.005	4	A	1		0.052	0.026	
20:4 n-3g									
20:4 n-6g	0.000		•		7		0.000	0.000	
20:5 n-3	0.000 0.000		0	z z	7 7		0.000 0.000	0.000 0.000	
22:6 n-3g	0.000		0	z	7		0.000	0.000	
Fatty acids, total trans	0.211		4	A	1		0.118	0.059	
Cholesterolmg	72	0.959	4	A	1		40	20	
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.105	0.005	4	A	1		0.059	0.029	
Threonineg	0.595		4	A	1		0.333	0.167	
Isoleucine	0.629		4	A	1		0.352	0.176	
Leucineg	1.076	0.054	4	A	1		0.603	0.301	
Lysineg	1.192	0.060	4	A	1		0.668	0.334	
Methionineg	0.314	0.010	4	A	1		0.176	0.088	
Cystineg	0.156		4	A	1		0.088	0.044	
Phenylalanineg	0.542		4	A	1		0.304	0.152	
Tyrosineg	0.410		4	A	1		0.229	0.115	
Valineg	0.696		4	A	1		0.390	0.195	
Arginine	0.885 0.549		4	A A	1 1		0.496	0.248	
Histidine	0.549		4	A	1		0.308 0.504	0.154 0.252	
Aspartic acid	1.305		4	A	1		0.731	0.365	
Glutamic acid	2.210		4	A	1		1.237	0.619	
Glycine	0.933		4	A	1		0.522	0.261	
Prolineg	0.686	0.048	4	A	1		0.384	0.192	
Serineg	0.573	0.027	4	A	1		0.321	0.160	
Hydroxyprolineg	0.215	0.032	4	A	1		0.120	0.060	
Others:					_				
Alcohol, ethyl	0.0		0	z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta mcg	11	0.000	4	A	1		6.261	3.130	
Carotene, alpha mcg	12	0.955	4	A	1		6.796	3.398	
Cryptoxanthin, beta	11 11	0.000	4 4	A A	1 1		6.261	3.130	
Lycopene mcg	11 11	0.000	4	A A	1		6.261 6.261	3.130 3.130	
Lutein + zeaxanthinmcg	11		4	A	1		0.201	3.130	

NDB No. 07063

Pork sausage, fresh, raw

Common Measures:

Measure 1 = 56g: 1 serving 2 links

Measure 2 = 28g: 1 link (7/8" dia x 4" long)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u> 1	mount in 100 g	Amount in edible portion of common						
			Nu	mber				<u>m</u>	easures of food	<u>[</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Units		Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure
D										
Proximates: Water	q	47.97	1.536	3	A	1				
Energy	-	378		0	NC	4				
Energy		1581		0	NC	4				
Protein (N x 6.25)		14.49	0.816	3	A	1				
Total lipid (fat)		35.04	1.535	3	A	1				
Ash		2.84	0.049	3	A	1				
Carbohydrate, by difference		0.00	0.045	0	Z	7				
		0.00		0	z	7				
Fiber, total dietary				0	Z	7				
Sugars, total		0.00		U	Z	,				
Starch	9									
Minerals:										
Calcium, Ca	mg	137	130.157	3	A	1				
Iron, Fe	-	0.92	0.046	3	A	1				
Magnesium, Mg		13	0.285	3	A	1				
Phosphorus, P		275	23.352	3	A	1				
Potassium, K	•	307	50.320	3	A	1				
Sodium, Na		752	40.217	3	A	1				
Zinc, Zn		1.50	0.070	3	A	1				
Copper, Cu		0.067		3	A	1				
Manganese, Mn		0.041		3	A	1				
Selenium, Se		0.0	0.004	3	A	1				
,										
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.7	0.000	3	A	1				
Thiamin	mg	0.208		3	A	1				
Riboflavin	mg	0.156	0.021	3	A	1				
Niacin	_	4.050	0.235	3	A	1				
Pantothenic acid	mg	0.503	0.031	3	A	1				
Vitamin B-6	mg	0.149	0.025	3	A	1				
Folate, total	mcg	1	0.333	3	A	1				
Folic acid	mcg	0		0	Z	7				
Folate, food		1	0.333	3	A	1				
Folate, DFE	mcg_DFE	1		0	NC	4				
Vitamin B-12		0.71	0.032	3	A	1				
Vitamin A, IU	IU	94		0	AS	1				
Vitamin A, RAE	mcg_RAE	19		0	AS	1				
Retinol		17	3.383	3	A	1				
Vitamin E (alpha-tocopherol)	mg	0.53	0.067	3	A	1				
Tocopherol, beta		0.00	0.000	3	A	1				
Tocopherol, gamma	mg	0.11	0.017	3	A	1				
Tocopherol, delta		0.00	0.000	3	A	1				
Vitamin D										
Vitamin K (phylloquinone)		2.1	0.651	3	A	1				
Lipids:										
Fatty acids, total saturated	а	11.662	0.329	3	A	1				
4:0		0.000		0	Z	7				
6:0		0.000		0	z	7				
8:0	-	0.000		3	A	1				
10:0	-	0.000		3	A	1				
12:0		0.000		3	A	1				
13:0		0.000	0.000	_		-				
14:0	-	0.439	0.011	3	A	1				
15:0		0.433		3	A	1				
1 J . V		4.936		3	A	1				
16:0		4.330	, 2.4/4	ر	_	_				
16:0		0 113	0 004	3	74	1				
17:0	g	0.113		3	A A	1				
17:0 18:0	g g	3.695	0.132	3	A	1				
17:0	g g g		0.132 0.003							

	<u>Aı</u>	mount in 100 g	ırams ımber		Amount in edible portion of common measures of food				
Nutrients and Units	Mean		Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	15.170	0.430	3	A	1				
14:1g	0.000	0.000	3	A	1				
15:1g	0.000		3	A	1				
16:1 undifferentiatedg	0.890	0.008	3	A	1				
17:1g	44.040		_	_	_				
18:1 undifferentiatedg	14.013 0.268		3 3	A A	1 1				
20:1	0.268		0	A Z	7				
24:1 cg	0.000		U	4	,				
Fatty acids, total polyunsaturated9	4.869	0.739	3	A	1				
18:2 undifferentiatedg	4.364	0.669	3	A	1				
18:3 undifferentiatedg	0.195		0	AS	1				
18:3 n-6 c,c,cg	0.000	0.000	3	A	1				
18:3ig									
18:4g	0.000		0	Z	7				
20:2 n-6 c,cg	0.194		3	A	1				
20:3 undifferentiatedg	0.000	0.000	3	A	1				
20:3 n-6									
20:3 n-6g	0.115	0.009	3	A	1				
20:4 n-3g	0.113	0.003	,	-	-				
20:4 n-6g									
20:5 n-3g	0.000		0	z	7				
22:5 n-39	0.000		0	Z	7				
22:6 n-3g	0.000		0	Z	7				
Fatty acids, total transg	0.332		3	A	1				
Cholesterolmg	74	0.693	3	A	1				
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.098		2	A	1				
Threonineg	0.576		2	A	1				
Isoleucineg	0.606		2	A	1				
Leucineg	1.056		2	A	1 1				
Lysine	1.114 0.279		2	A A	1				
Cystineg	0.138		2	A	1				
Phenylalanine	0.537		2	A	1				
Tyrosineg	0.421		2	A	1				
Valineg	0.692		2	A	1				
Arginine9	0.921		2	A	1				
Histidineg	0.511		2	A	1				
Alanineg	0.915		2	A	1				
Aspartic acidg	1.300		2	A	1				
Glutamic acidg	2.241		2	A	1				
Glycineg	1.062		2	A	1				
Proline	0.750		2	A	1				
Serine	0.581 0.296		2 3	A A	1 1				
Hydroxyproline	0.296	0.019	3	A	1				
Others:									
Alcohol, ethylg	0.0		0	Z	7				
Caffeine mg	0		0	Z	7				
Theobromine mg	0		0	Z	7				
Carotenoids:		_	_		_				
Carotene, beta mcg	11	0.000	3	A	1				
Carotene, alpha mcg	11 11	0.000	3 3	A A	1 1				
Cryptoxanthin, betamcg Lycopenemcg	11	0.000	3	A A	1				
Lutein + zeaxanthinmcg	20	0.000	3	A	1				
Lucin - Zearantiniiiiog			_		-				

NDB No. 07953

Pork sausage, pre-cooked

Common Measures:

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

	<u>A</u>	mount in 10	<u>0 grams</u>	Amount in edible portion of common						
			ļ	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	66.17		0		4		8.60	18.76	
Energy	kcal	200		0	NC	4		26	57	
Energy	kj	837				4		109	237	
Protein (N x 6.25)	g	11.64		2		1		1.51	3.30	
Total lipid (fat)	g	13.52		2		1		1.76	3.83	
Ash	g	1.26		0		4		0.16	0.36	
Carbohydrate, by difference	g	7.41		2		9		0.96	2.10	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	ma	10		2		1		1	3	
Iron. Fe.	-	0.61		2		1		0.08	0.17	
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	10		0		4		1	3	
Phosphorus, P		33		2		1		4	9	
Potassium, K	•	183		2		1		24	52	
Sodium, Na		377		2		1		49	107	
Zinc, Zn	-	1.04		0		4		0.14	0.29	
Copper, Cu		0.030)	0		4		0.004	0.009	
Manganese, Mn	mg	0.009	9	0		4		0.001	0.003	
Selenium, Se	mcg	10.9		0	RF	4		1.4	3.1	
Vitamins:										
Vitamin C, total ascorbic acid	ma	1.0		2		1		0.1	0.3	
Thiamin	-	0.024	1	2		1		0.003	0.007	
Riboflavin	-	0.024		2		1		0.003	0.020	
Niacin	=	1.669		2		1		0.217	0.473	
Pantothenic acid	-	0.270		2		1		0.035	0.077	
Vitamin B-6	-	0.110		2		1		0.014	0.031	
Folate, total	-	5		2		1		1	1	
Folic acid		0		0	z	7		0	0	
Folate, food		5		2		1		1	1	
Folate, DFE		5		0	NC	4		1	1	
Vitamin B-12		0.38		2		1		0.05	0.11	
Vitamin A, IU	IU -	139		2		1		18	39	
Vitamin A, RAE		42		0	NR	4		5	12	
Retinol	mcg	42		0	NR	4		5	12	
Vitamin E (alpha-tocopherol)	mg	2.20		0	NR	4		0.29	0.62	
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.0		0	CAZN	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	3.450)	2		1		0.449	0.978	
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	g	2.960)	0		4		0.385	0.839	
17:0	_									
18:0	_	0.440)	0		4		0.057	0.125	
20:0	_									
22:0	_									
24:0	g									

	<u>A</u>	mount in 10	0 grams	of edil	Amount in edible portion of common				
			Number	•			<u>m</u>	easures of food	
			of Data		Source	Confidence			
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg 14:1	3.250)	2		1		0.423	0.921	
13.1	0.250)	0		4		0.033	0.071	
18:1 undifferentiatedg	2.710)	0		4		0.352	0.768	
20:19	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 polyunsaturatedg	6.220		2		1		0.809	1.763	
18:2 undifferentiated	5.970 0.050		0		4 4		0.776	1.692	
18:3 undifferentiatedg	0.000		0		4		0.007 0.000	0.01 4 0.000	
18:4g 20:2 n-6 c.cg	0.000	,	U		4		0.000	0.000	
20:3 undifferentiatedg									
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-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	30		2		1		4	9	
Phytosterolsmg	0		0		4		0	0	
Amino Acids:									
Tryptophan	0.130)	0		4		0.017	0.037	
Threonineg	0.497		0		4		0.065	0.141	
Isoleucine	0.584		0		4		0.076	0.166	
Leucineg	0.880)	0		4		0.114	0.249	
Lysineg	1.010)	0		4		0.131	0.286	
Methionineg	0.320)	0		4		0.042	0.091	
Cystineg	0.141	=	0		4		0.018	0.040	
Phenylalanineg	0.455	5	0		4		0.059	0.129	
Tyrosineg	0.412	2	0		4		0.054	0.117	
Valineg	0.589)	0		4		0.077	0.167	
Arginineg	0.779)	0		4		0.101	0.221	
Histidineg	0.347	•	0		4		0.045	0.098	
Alanineg	0.713	3	0		4		0.093	0.202	
Aspartic acidg	1.085	5	0		4		0.141	0.308	
Glutamic acidg	1.789		0		4		0.233	0.507	
Glycineg	0.722		0		4		0.094	0.205	
Prolineg	0.551		0		4		0.072	0.156	
Serineg	0.466	5	0		4		0.061	0.132	
Hydroxyproline9									
Others:									
Alcohol, ethylg	0.0		0		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, alpha mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, betamcg	0		0	z	7		0.000	0.000	
Lycopene mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin mcg	0		0	z	7		0.000	0.000	

Common Measures:

Measure 1 = 13.0g: 1 tbsp Measure 2 = 28.35g: 1 oz NDB No. 07067

Poultry salad sandwich spread

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u>	mount in 10	00 grams	of edib	ole portio	<u>on</u>	Amount in edible portion of common		
				Number					easures of food	
						Source	Confidence			
Nutrients and Un	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	61.70		0	MC	9		35.17		
Energy	• • • • • • • • • • • • • • • • • • • •	223		0	MC	9		127		
Energy		931		0	MC	9		531		
Protein (N x 6.25)		15.27		0	MC	9		8.70		
Total lipid (fat)		16.28		0	MC	9		9.28		
Ash		3.02		0	MC	9		1.72		
Carbohydrate, by difference		3.73		0	MC	9		2.13		
Fiber, total dietary		0.2		0	MC	9		0.1		
Sugars, total		0.71		0	MC	9		0.40		
Starch										
Minerals:						_				
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	23		0	MC	9		13		
Iron, Fe.	-	2.06 24		0	MC BFZN	9 4		1.17		
Magnesium, Mg				0				14 66		
Phosphorus, P		116 259		0	BFZN BFZN	4 4		148		
Potassium, K Sodium, Na		724		0	MC	9		413		
Zinc, Zn		6.08		0	BFZN	4		3.47		
Copper, Cu		0.101	L	0	BFZN	4		0.058		
Manganese, Mn				_		_				
Selenium, Se		22.6		0	BFZN	4		12.9		
ŕ	•									
Vitamins:						_				
Vitamin C, total ascorbic acid	-	0.2		0	MC	9		0.1		
Thiamin		0.020		0	BFZN	4		0.011		
Riboflavin		0.230		0	BFZN	4		0.131		
Niacin	-	4.200	,	U	BFZN	4		2.394		
Pantothenic acid Vitamin B-6	_	0.150	`	0	BFZN	4		0.086		
Folate, total		8	,	0	BFZN	4		5		
Folic acid		0		0	NR	4		0		
Folate, food		8		0	BFZN	4		5		
Folate, DFE		8		0	NC	4		5		
Vitamin B-12		2.38		0	BFZN	4		1.36		
Vitamin A, IU		1		0	MC	9		0		
Vitamin A, RAE		0		0	NR	4		0		
Retinol		0		0	NR	4		0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	a	6.400)	0	MC	9		3.648		
4:0		6.400		0	MC	9		3.648		
6:0	_	0.100		·				3.010		
8:0	_									
10:0										
12:0										
13:0										
14:0	g									
15:0	g									
16:0	g									
17:0	g									
18:0										
20:0										
22:0										
24:0	g									

	Amount in 100 grams of edible portion							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		
Fethereide Adel warmendered 4	5.587		0	BFZN	4		3.185				
Fatty acids, total monounsaturatedg	5.567		U	DF ZN	4		3.165				
15:1g											
16:1 undifferentiated	0.493		0	BFZN	4		0.281				
17:1g	0.155		·	22 221	-		0.202				
18:1 undifferentiated	5.080		0	BFZN	4		2.896				
20:1g	0.013		0	BFZN	4		0.007				
22:1 undifferentiated	0.000		0	BFZN	4		0.000				
24:1 cg											
Fatty acids, total polyunsaturated	0.427		0	BFZN	4		0.243				
18:2 undifferentiatedg	0.360		0	BFZN	4		0.205				
18:3 undifferentiatedg	0.040		0	BFZN	4		0.023				
18:4g	0.000		0	BFZN	4		0.000				
20:2 n-6 c,cg											
20:3 undifferentiatedg											
20:4 undifferentiatedg	0.027		0	BFZN	4		0.015				
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	70		0	MC	9		40				
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:											
· <u></u>	0		0	z	7		0.000				
Carotene, beta mcg 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	0		0	Z	7		0.000				
Lutem + Zeaxantiiiiiiog	· ·		U	- 4	,		0.000				

Common Measures:

Measure 1 = 57g: 1 serving .25 cup

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

		<u>A</u>	mount in 100) grams	of edik	ole portio	<u>on</u>	Amount in edible portion of common			
				Number					easures of food		
				of Data		Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
· -											
Proximates:											
Water	-	34.60		1	A	1		9.69			
Energy		425		0	NC	4		119			
Energy		1777		0	NC	4		497			
Protein (N x 6.25)	-	21.70		1	A	1		6.08			
Total lipid (fat)		37.00		1	A	1		10.36			
Ash		5.50		1	A	1		1.54			
Carbohydrate, by difference		1.20		0	MC	9		0.34			
Fiber, total dietary		0.0		0	Z	7		0.0			
Sugars, total		1.20		1	A	1		0.34			
Starch	g										
Minerals:											
Calcium, Ca	mg	10		1	A	1		3			
Iron, Fe	-	1.52		1	A	1		0.43			
Magnesium, Mg		22		0	BFZN	4		6			
Phosphorus, P		229		0	BFZN	4		64			
Potassium, K	mg	340		1	A	1		95			
Sodium, Na	mg	1890		1	A	1		529			
Zinc, Zn	mg	4.20		0	BFZN	4		1.18			
Copper, Cu	mg	0.160		0	BFZN	4		0.045			
Manganese, Mn		0.070)	0	BFZN	4		0.020			
Selenium, Se	mcg	25.4		0	BFZN	4		7.1			
Vitamins:		0.0		•	_	_		0.0			
Vitamin C, total ascorbic acid		0.0		0	Z	7		0.0			
Thiamin		0.930		0	BFZN	4		0.260			
Riboflavin		0.330		0	BFZN	4		0.092			
Niacin Pantothenic acid		5.600 1.060		0	BFZN BFZN	4 4		1.568 0.297			
Vitamin B-6		0.550		0	BFZN	4		0.297			
Folate, total	-	2	,	0	BFZN	4		1			
Folic acid		0		0	BFZN	4		0			
Folate, food		2		0	BFZN	4		1			
Folate, DFE		2		0	NC	4		1			
Vitamin B-12		2.80		0	BFZN	4		0.78			
Vitamin A, IU		0		0	AS	1		0			
Vitamin A, RAE		0		0	AS	1		0			
Retinol		0		0	BFZN	4		0			
Vitamin E (alpha-tocopherol)	_										
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta	mg										
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated		13.100		1	A	1		3.668			
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		0.000	,	0	BFZN	4		0.000			
13:0	-	0 500	,	0	BFZN	4		0 146			
14:0	-	0.520	,	U	BFZN	4		0.146			
15:0	-	7 646	,	^	Destr	4		2 120			
16:0	-	7.640	,	0	BFZN	4		2.139			
17:0		2 560	,	0	BFZN	4		0 007			
18:0		3.560	,	U	DFZN	4		0.997			
20:0	-										
22:0 24:0	y										

	<u>Ar</u>	nount in 10	00 grams Number	<u>on</u>	Amount in edible portion of common measures of food					
Nutrients and Unit	s	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	18.200		1	A	1		5.096		
Fatty acids, total polyunsaturated		3.600		1	A	1		1.008		
Fatty acids, total trans	-	3.000		-		•		1.000		
Cholesterol		80		1	A	1		22		
Phytosterols	-	0		0	BFZN	4		0		
•										
Amino Acids: Tryptophan	a	0.253		0	BFZN	4		0.071		
Threonine		1.012		0	BFZN	4		0.283		
Isoleucine	-	1.012		0	BFZN	4		0.304		
Leucine		1.625		0	BFZN	4		0.455		
Lysine		1.878		0	BFZN	4		0.526		
Methionine		0.470		0	BFZN	4		0.132		
Cystine		0.289		0	BFZN	4		0.081		
Phenylalanine	_	0.940		0	BFZN	4		0.263		
Tyrosine		0.686		0	BFZN	4		0.192		
Valine	g	1.120		0	BFZN	4		0.314		
Arginine		1.373		0	BFZN	4		0.384		
Histidine	g	0.614		0	BFZN	4		0.172		
Alanine	g	1.336		0	BFZN	4		0.374		
Aspartic acid	g	2.095		0	BFZN	4		0.587		
Glutamic acid	g	3.829		0	BFZN	4		1.072		
Glycine	g	1.553		0	BFZN	4		0.435		
Proline	g	1.336		0	BFZN	4		0.374		
Serine		0.903		0	BFZN	4		0.253		
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0	Z	7		0.0		
Caffeine	_	0		0	z	7		0		
Theobromine		0		0	z	7		0		
Carotenoids:	=									
Carotene, beta	mcq	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 = 28g: 1 oz

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Nutrients and Units	n edible portion	on of commo
Nutrients and Units	neasures of food	ood
Proximates:		
Water.	Measure 2	2 Measur
Water.		
Energy		
Energy		
Protein (N. S. 6.25)		
Ash.		
Ash. 9 4,90 1, As 1 1,37 1,79 Carbolydrate, by difference 9 6,40 0 MC 9 1,79 Fiber, total dictary 9 0,0 0 0 Z 7 0,0 0 Sugars, total. 9 0,00 0 Z 7 0,0 0 Sugars, total. 9 0,00 0 Z 7 0,0 0 Sugars, total. 9 0,00 0 Z 7 0,0 0 Sugars, total. 9 0 0,00 0 Z 7 0,0 0 Sugars, total. 9 0 0,00 0 Z 7 0,0 0 Sugars, total. 9 0 0,00 0 Z 7 0,0 0 Sugars, total. 9 0 0,00 0 Z 7 0,0 0 Sugars, total. 9 0 0,00 0 Z 7 0,0 0 Sugars, total. 9 0 0 D Z 7 0,0 0 Sugars, total. 9 0 0 D Z 0 0 D Z 0 0 D Z 0 0 Sugars, total. 9 0 D Z 0 0 D Z 0 0 D Z 0 0 D Z 0 0 D Z 0 0 D Z 0 0 D Z 0 0 D Z 0 0 D Z 0 0 D Z 0 0 D Z 0 0 D Z 0 0 D Z 0 0 D Z 0 0 D Z 0 0 D Z 0 0 D Z 0 D		
Fiber, total dietary		
Sugars, total		
Minerals:		
Calcium. Ca.		
Calcium, Ca.		
From, Fe.		
Magnesium, Mg. mg 17 0 BFZN 4 5 Phosphorus, P. mg 142 0 BFZN 4 106 Potassium, K. mg 378 0 BFZN 4 106 Sodium, Na. mg 936 1 A 1 6 Zinc, Zn. mg 0.080 0 BFZN 4 0.90 Copper, Cu. mg 0.083 0 BFZN 4 0.011 Selenium, Se. mcg 26.1 0 BFZN 4 0.011 Selenium, Se. mcg 26.1 0 BFZN 4 0.011 Vitaminis. mg 0.0 0 Z 7 0.0 Vitaminis. mg 0.060 0 BFZN 4 0.168 Ribofavia. mg 0.060 0 BFZN 4 0.160 Vitaminis. mg 0.160 0 BFZN 4 0.2		
Phosphorus, P. mg 142 0 BFZN 4 40 Potassium, K. mg 378 0 BFZN 4 106 Soddium, Na. mg 936 1 A 1 262 Zinc, Zn. mg 0.080 0 BFZN 4 0.022 Manganese, Mn. mg 0.038 0 BFZN 4 0.011 Sclenium, Sc. mg 0.038 0 BFZN 4 0.011 Vitamin C, total ascorbic acid. mg 0.0 0 BFZN 4 0.06 Niacin. mg 0.20 0 BFZN 4 0.168 Ribolation. mg 0.285 0 BFZN <td></td> <td></td>		
Potassium, K.		
Sodium, Na.		
Zinc, Zn. mg 3.23 0 BFZN. 4 0.90 Copper, Cu. mg 0.080 0 BFZN. 4 0.022 Manganese, Mn. mg 0.038 0 BFZN. 4 0.011 Selenium, Se. mcg 26.1 0 BFZN. 4 0.011 Vitamin C, Iotal ascorbic acid. mg 0.0 0 Z 7 0.0 Thiamin. mg 0.600 0 BFZN. 4 0.168 Riboflavin. mg 0.285 0 BFZN. 4 0.168 Riboflavin. mg 0.285 0 BFZN. 4 0.168 Niacin. mg 0.500 0 BFZN. 4 0.297 Vitamin B-6. mg 0.500 0 BFZN. 4 0.297 Vitamin B-16. mg 0.500 0 BFZN. 4 0.10 Folate, food. mg 2 0 B		
Copper, Cu. mg 0.080 0 BFZN 4 0.021 Manganese, Mn. mg 0.038 0 BFZN 4 0.011 Selenium, Se. mcg 26.1 0 BFZN 4 0.01 Vitamins: Vitamin C, total ascorbic acid. mg 0.00 0 BFZN 4 0.168 Riboflavin. mg 0.600 0 BFZN 4 0.168 Riboflavin. mg 0.500 0 BFZN 4 0.140 Plantofleric acid. mg 0.500 0 BFZN 4 0.140 Folia cid. mcg 0 0 BFZN 4 0 Folia cid. mcg <td< td=""><td></td><td></td></td<>		
Selenium, Se		
Vitamins:		
Vitamin C, total ascorbic acid mg 0.0 0 Z 7 0.0 Thiamin mg 0.600 0 BFZN 4 0.168 Riboflavin mg 0.285 0 BFZN 4 0.080 Niacin mg 4.867 0 BFZN 4 0.297 Vitamin B-6 mg 1.060 0 BFZN 4 0.297 Vitamin B-6 mg 0.500 0 BFZN 4 0.140 Folate, total mcg 2 0 BFZN 4 0.140 Folate, food mcg 0 0 BFZN 4 0.140 Folate, food mcg 2 0 BFZN 4 0.140 Folate, food mcg 2 0 BFZN 4 0.140 Folate, food mcg 0 0 BFZN 4 0.53 Vitamin B-12 mcg DFE 2 0 NC 4 1 Vitamin B-12 mcg 1.90 0 BFZN 4 0.53 Vitamin A, RAE mcg RAE 0 0 AS 1 0.04 Vitamin A, RAE mcg RAE 0 0 AS 1 0.04 Vitamin E (alpha-tocopherol) mg 0 0 NR 4 0.04 Vitamin E (alpha-tocopherol) mg 0 0 BFZN 4 0.4 Vitamin K (phylloquinone) mcg 1.3 0 BFZN 4 0.4 Vitamin K (phylloquinone) mcg 1.3 0 BFZN 4 0.4 Vitamin K (phylloquinone) mcg 1.3 0 BFZN 4 0.4 Vitamin K (phylloquinone) mcg 1.3 0 BFZN 4 0.4 Vitamin K (phylloquinone) mcg 1.3 0 BFZN 4 0.641 Fatty acids, total polyunsaturated 9 1.3 2.00 1 A 1 0.641 Fatty acids, total polyunsaturated 9 2.290 1 A 1 0.641 Fatty acids, total polyunsaturated 9 2.290 1 A 1 0.641 Fatty acids, total polyunsaturated 9 2.290 1 A 1 0.641 Fatty acids, total polyunsaturated 9 2.290 1 A 1 0.641 Fatty acids, total polyunsaturated 9 2.290 1 A 1 0.641 Fatty acids, total polyunsaturated 9 2.290 1 A 1 0.641 Fatty acids, total polyunsaturated 9 0 BFZN 4 0.269 Phytosterols mg 0 0.559 0 BFZN 4 0.269 Folation 1 1 1 1 1 1 1 1 Folation		
Vitamin C, total ascorbic acid mg 0.0 0 Z 7 0.0 Thiamin mg 0.600 0 BFZN 4 0.168 Riboflavin mg 0.285 0 BFZN 4 0.080 Niacin mg 4.867 0 BFZN 4 0.297 Vitamin B-6 mg 1.060 0 BFZN 4 0.297 Vitamin B-6 mg 0.500 0 BFZN 4 0.140 Folate, total mcg 2 0 BFZN 4 0.140 Folate, food mcg 0 0 BFZN 4 0.140 Folate, food mcg 2 0 BFZN 4 0.140 Folate, food mcg 2 0 BFZN 4 0.140 Folate, food mcg 0 0 BFZN 4 0.53 Vitamin B-12 mcg DFE 2 0 NC 4 1 Vitamin B-12 mcg 1.90 0 BFZN 4 0.53 Vitamin A, RAE mcg RAE 0 0 AS 1 0.04 Vitamin A, RAE mcg RAE 0 0 AS 1 0.04 Vitamin E (alpha-tocopherol) mg 0 0 NR 4 0.04 Vitamin E (alpha-tocopherol) mg 0 0 BFZN 4 0.4 Vitamin K (phylloquinone) mcg 1.3 0 BFZN 4 0.4 Vitamin K (phylloquinone) mcg 1.3 0 BFZN 4 0.4 Vitamin K (phylloquinone) mcg 1.3 0 BFZN 4 0.4 Vitamin K (phylloquinone) mcg 1.3 0 BFZN 4 0.4 Vitamin K (phylloquinone) mcg 1.3 0 BFZN 4 0.641 Fatty acids, total polyunsaturated 9 1.3 2.00 1 A 1 0.641 Fatty acids, total polyunsaturated 9 2.290 1 A 1 0.641 Fatty acids, total polyunsaturated 9 2.290 1 A 1 0.641 Fatty acids, total polyunsaturated 9 2.290 1 A 1 0.641 Fatty acids, total polyunsaturated 9 2.290 1 A 1 0.641 Fatty acids, total polyunsaturated 9 2.290 1 A 1 0.641 Fatty acids, total polyunsaturated 9 2.290 1 A 1 0.641 Fatty acids, total polyunsaturated 9 0 BFZN 4 0.269 Phytosterols mg 0 0.559 0 BFZN 4 0.269 Folation 1 1 1 1 1 1 1 1 Folation		
Thiamin		
Riboflavin		
Niacin mg 4.867 0 BFZN 4 1.363 Pantothenic acid mg 1.060 0 BFZN 4 0.297 Vitamin B-6 mg 0.500 0 BFZN 4 0.140 Folate, Iodal mcg 2 0 BFZN 4 1 Folate, Iodal mcg 2 0 BFZN 4 1 Folate, God mcg 2 0 BFZN 4 1 Folate, DFE mcg DFE 2 0 NC 4 1 Folate, DFE mcg DFE 2 0 NC 4 1 Folate, DFE mcg DFE 2 0 NC 4 1 Vitamin B-12 mcg 1 9 0 NETM 4 0 0.53 Vitamin A, IU IU 0 N N 4 0 0 N 2 1 A		
Pantothenic acid. mg 1.060 0 BFZN 4 0.297 Vitamin B-6 mg 0.500 0 BFZN 4 0.140 Folate, total. mcg 2 0 BFZN 4 0.140 Folate, total. mcg 0 0 BFZN 4 0 Folate, DFE. mcg 2 0 BFZN 4 1 Folate, DFE. mcg PFE 2 0 NC 4 1 Vitamin F.12 mcg DFE 2 0 NC 4 0.53 Vitamin A, IU. IU 0 1 A 1 0 Vitamin A, RAE. mcg 0 N AS 1 0 Vitamin E (alpha-tocopherol) mg 1 A 1 0 Vitamin E (alpha-tocopherol) mg 1 A 1 0 0 Vitamin E (alpha-tocopherol) mg 1 A		
Vitamin B-6. mg 0.500 0 BFZN 4 0.140 Folate, total mcg 2 0 BFZN 4 0 Folate, food mcg 2 0 BFZN 4 1 Folate, DFE mcg_OFE 2 0 BFZN 4 1 Folate, DFE mcg_DFE 2 0 NC 4 1 Vitamin A, IU IU 0 1 A 1 0 Vitamin A, RAE mcg_RAE 0 0 As 1 0 Retinol mcg 0 NR 4 0 0 Vitamin E (alpha-tocopherol) mg 0 NR 4 0 0 Vitamin E (alpha-tocopherol, beta mg 0 NR 4 0 0 Vitamin K (phylloquinone) mcg 1.3 0 BFZN 4 0.4 0 Lipids: Fatty acids, total saturated g		
Folate, total		
Folic acid		
Folate, food		
Vitamin B-12 mcg 1.90 0 BFZN 4 0.53 Vitamin A, IU IU 0 1 A 1 0 Vitamin A, RAE mcg 0 0 AS 1 0 Retinol mcg 0 NR 4 0 Vitamin E (alpha-tocopherol) mg 1 A 4 0 Vitamin E (alpha-tocopherol) mg 1 A 4 0 Tocopherol, beta mg 1 A 1 A 1 A 1 A 1 A 1 A 1 A 1 A 1 A 1 A 1 2 730 A A 1 A 1 A 1 A 1 A 1 A 1 A 1 A 1 A 1 A 1 A 1 A 1 A 1 A 1 A		
Vitamin B-12 mcg 1.90 0 BFZN 4 0.53 Vitamin A, IU IU 0 1 A 1 0 Vitamin A, RAE mcg 0 0 As 1 0 Retinol mcg 0 NR 4 0 Vitamin E (alpha-tocopherol) mg 7 NR 4 0 Vitamin E (alpha-tocopherol) mg 7 NR 4 0 Tocopherol, beta mg 7 NR 4 0 Tocopherol, gamma mg NB NB <td></td> <td></td>		
Vitamin A, RAE mcg_RAE 0 0 AS 1 0 Retinol mcg 0 0 NR 4 0 Vitamin E (alpha-tocopherol) mg 1 0 NR 4 0 Tocopherol, beta mg 1 0 NR 4 0 4 Tocopherol, gamma mg 0 NR 4 0 0 4 0 0 4 0 0 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6		
Retinol. mcg 0 NR 4 0 Vitamin E (alpha-tocopherol). mg		
Vitamin E (alpha-tocopherol) mg Tocopherol, beta		
Tocopherol, beta		
Tocopherol, gamma		
Tocopherol, delta		
Vitamin D. IU Vitamin K (phylloquinone) mcg 1.3 0 BFZN 4 0.4 Lipids: Fatty acids, total saturated g 9.750 1 A 1 2.730 Fatty acids, total monounsaturated g 13.200 1 A 1 3.696 Fatty acids, total polyunsaturated g 2.290 1 A 1 0.641 Fatty acids, total trans g 9 1 A 1 0.641 Fatty acids, total trans g 0 BFZN 4 0.641 Fatty acids, total trans g 0 BFZN 4 0 Cholesterol mg 89 1 A 1 25 Phytosterols mg 0 BFZN 4 0 Amino Acids: Tryptophan g 0.210 0 BFZN 4 0.059 Threonine g 0.959 0 BFZN 4		
Vitamin K (phylloquinone) mcg 1.3 0 BFZN 4 0.4 Lipids: Fatty acids, total saturated 9 9.750 1 A 1 2.730 Fatty acids, total monounsaturated 9 13.200 1 A 1 0.641 Fatty acids, total polyunsaturated 9 2.290 1 A 1 0.641 Fatty acids, total trans 9 0 5 5 0.641 25 Phytosterols mg 89 1 A 1 25 Phytosterols mg 0 0 BFZN 4 0 Amino Acids: Tryptophan 9 0.210 0 BFZN 4 0.059 Threonine 9 0.959 0 BFZN 4 0.269 Isoleucine 9 0.971 0 BFZN 4 0.272		
Lipids: Fatty acids, total saturated 9 9.750 1 A 1 2.730 Fatty acids, total monounsaturated 9 13.200 1 A 1 3.696 Fatty acids, total polyunsaturated 9 2.290 1 A 1 0.641 Fatty acids, total trans 9 Cholesterol mg 89 1 A 1 25 Phytosterols mg 0 BFZN 4 0 Amino Acids: Tryptophan 9 0.210 0 BFZN 4 0.059 Threonine 9 0.959 0 BFZN 4 0.269 Isoleucine 9 0.971 0 BFZN 4 0.272		
Fatty acids, total saturated. 9 9.750 1 A 1 3.696 Fatty acids, total monounsaturated. 9 13.200 1 A 1 0.641 Fatty acids, total polyunsaturated. 9 2.290 1 A 1 0.641 Fatty acids, total trans. 9 9 1 A 1 25 Cholesterol. mg 89 1 A 1 25 Phytosterols. mg 0 0 BFZN 4 0 Amino Acids: Tryptophan. 9 0.210 0 BFZN 4 0.059 Threonine. 9 0.959 0 BFZN 4 0.269 Isoleucine. 9 0.971 0 BFZN 4 0.272		
Fatty acids, total monounsaturated		
Fatty acids, total polyunsaturated.		
Fatty acids, total trans. g Cholesterol. mg 89 1 A 1 25 Phytosterols. mg 0 0 BFZN 4 0 Amino Acids: Tryptophan. g 0.210 0 BFZN 4 0.059 Threonine. g 0.959 0 BFZN 4 0.269 Isoleucine. g 0.971 0 BFZN 4 0.272		
Cholesterol mg 89 1 A 1 25 Phytosterols mg 0 0 BFZN 4 0 Amino Acids: Tryptophan g 0.210 0 BFZN 4 0.059 Threonine g 0.959 0 BFZN 4 0.269 Isoleucine g 0.971 0 BFZN 4 0.272		
Phytosterols mg 0 0 BFZN 4 0 Amino Acids: Tryptophan g 0.210 0 BFZN 4 0.059 Threonine g 0.959 0 BFZN 4 0.269 Isoleucine g 0.971 0 BFZN 4 0.272		
Amino Acids: Tryptophan. g 0.210 0 BFZN 4 0.059 Threonine. g 0.959 0 BFZN 4 0.269 Isoleucine. g 0.971 0 BFZN 4 0.272		
Tryptophan g 0.210 0 BFZN 4 0.059 Threonine g 0.959 0 BFZN 4 0.269 Isoleucine g 0.971 0 BFZN 4 0.272		
Threonine G 0.959 0 BFZN 4 0.269 Isoleucine G 0.971 0 BFZN 4 0.272		
Threonine g 0.959 0 BFZN 4 0.269 Isoleucine g 0.971 0 BFZN 4 0.272		
Leucine		
Lysine		
Methionineg 0.593 0 BFZN 4 0.166		

NDB No. 07941 Salami, Italian, pork and beef, dry, sliced, 50% less sodium

Amount in 100 grams of edible portion Number									Amount in edible portion of common measures of food			
Nutrients and	d Units	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3		
Phenylalanine	g	0.868		0	BFZN	4		0.243				
Tyrosine		0.710		0	BFZN	4		0.199				
Valine	_	1.083		0	BFZN	4		0.303				
Arginine	g	1.516		0	BFZN	4		0.424				
Histidine	g	0.699		0	BFZN	4		0.196				
Alanine	g	1.480		0	BFZN	4		0.414				
Aspartic acid	g	2.073		0	BFZN	4		0.580				
Glutamic acid	g	3.383		0	BFZN	4		0.947				
Glycine	g	1.641		0	BFZN	4		0.459				
Proline	g	1.188		0	BFZN	4		0.333				
Serine	g	0.942		0	BFZN	4		0.264				
Hydroxyproline	g											
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	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 = 28g: 1 serving 5 slices

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

		<u>Aı</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	<u>[</u>	
Nutrients and Uni	ts	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	q	60.00		1	MC	9		15.60	17.01		
Energy	• • • • • • • • • • • • • • • • • • • •	258		1	MC	9		67	73		
Energy		1078		0	MC	9		280	306		
Protein (N x 6.25)		12.60		1	MC	9		3.28	3.57		
Total lipid (fat)		22.20		1	MC	9		5.77	6.29		
Ash		3.30		1	MC	9		0.86	0.94		
Carbohydrate, by difference		1.90		1	MC	9		0.49	0.54		
Fiber, total dietary		0.0		1	MC	9		0.0	0.0		
Sugars, total		1.50		1	MC	9		0.39	0.43		
Starch									****		
Minerals:								_			
Calcium, Ca		6		1	MC	9		2	2		
Iron, Fe		2.20		1	MC	9		0.57	0.62		
Magnesium, Mg		13		1	MC	9		3	4		
Phosphorus, P		205		1	MC	9		53	58		
Potassium, K		188		1	MC	9		49	53		
Sodium, Na		1140		1	MC	9 9		296	323		
Zinc, Zn		1.77		1 1	MC MC	9		0.46	0.50		
Copper, Cu		0.190 0.046			MC	1		0.049 0.012	0.054 0.013		
Manganese, Mn		14.6	0.5		A	1		3.8	4.1		
Selenium, Se	Ilicg	14.0	0.5	01 33	A	_		3.0	4.1		
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	mg	0.0		1	MC	9		0.0	0.0		
Thiamin	mg	0.103	0.00	07 24		1		0.027	0.029		
Riboflavin	mg	0.189	0.0	14 28		1		0.049	0.054		
Niacin	mg	3.238	0.0	71 28		1		0.842	0.918		
Pantothenic acid	mg	0.950	0.0	98 7		1		0.247	0.269		
Vitamin B-6	-	0.180	0.0			1		0.047	0.051		
Folate, total		2		2		1		1	1		
Folic acid		0		0	Z	7		0	0		
Folate, food		2		2		1		1	1		
Folate, DFE		2		0	NC	4		1	1		
Vitamin B-12		3.06	0.2			1		0.80	0.87		
Vitamin A, IU		0		0		4		0	0		
Vitamin A, RAE		0		0	NC	4		0	0		
Retinol	_	0		0	NR	4		0	0		
Vitamin E (alpha-tocopherol)		0.19		0	NR	4		0.05	0.05		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta		48.000		0	т	4		12.480	12 600		
Vitamin D Vitamin K (phylloquinone)		1.3		0	BFZN	4		0.3	13.608 0.4		
Vitamin K (phynoquinone)	Illog	1.3		U	DE ZN	-		0.3	0.4		
<u>Lipids:</u>											
Fatty acids, total saturated	g	9.865	i	0	NC	4		2.565	2.797		
4:0	g	0.000	1	0		1		0.000	0.000		
6:0	-	0.000)	0		1		0.000	0.000		
8:0	g	0.000	1	0		1		0.000	0.000		
10:0	-	0.066				1		0.017	0.019		
12:0	-	0.000)	1	MC	9		0.000	0.000		
13:0											
14:0	g	0.565	i	1	MC	9		0.147	0.160		
15:0	g										
16:0	g	5.371		1	MC	9		1.396	1.523		
17:0	-										
18:0	-	3.863	1	1	MC	9		1.004	1.095		
20:0	g										
22:0	a										

		<u>Ar</u>	mount in 10			ole portic	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Ur	nite	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Nutrients and Or	iits	Wearr	Stu. Elloi					Weasure i	Weasure 2	Weasure 3	
Fatty acids, total monounsaturated	lg	10.648		0	NC	4		2.768	3.019		
14:1	-										
15:1	-										
16:1 undifferentiated	-	1.037		1	MC	9		0.269	0.294		
17:1 18:1 undifferentiated	_	9.611		1	MC	9		0.400	0.705		
20:1		0.000		0	MC	1		2.499 0.000	2.725 0.000		
22:1 undifferentiated	-	0.000		0		1		0.000	0.000		
24:1 c	•	0.000		U		-		0.000	0.000		
Fatty acids, total polyunsaturated		1.037		0	NC	4		0.269	0.294		
18:2 undifferentiated		0.660		1	MC	9		0.171	0.187		
18:3 undifferentiated		0.377		1	MC	9		0.098	0.107		
18:4		0.000		0		1		0.000	0.000		
20:2 n-6 c,c	-										
20:3 undifferentiated	g										
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		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											
Cholesterol	-	71		1	MC	9		18	20		
Phytosterols	mg	0		0		4		0	0		
Amino Acids:											
Tryptophan	g	0.137		0		1		0.036	0.039		
Threonine		0.568		0		1		0.148	0.161		
Isoleucine	-	0.650		0		1		0.169	0.184		
Leucine	g	1.104		0		1		0.287	0.313		
Lysine	g	1.152		0		1		0.300	0.327		
Methionine	g	0.349		0		1		0.091	0.099		
Cystine	g	0.192		0		1		0.050	0.054		
Phenylalanine	g	0.541		0		1		0.141	0.153		
Tyrosine	-	0.491		0		1		0.128	0.139		
Valine	_	0.662		0		1		0.172	0.188		
Arginine		0.929		0		1		0.242	0.263		
Histidine	-	0.479		0		1		0.125	0.136		
Alanine		1.083		0		1		0.282	0.307		
Aspartic acid		1.472		0 0		1 1		0.383	0.417		
Glutamic acid	_	2.449 1.256		0		1		0.637 0.327	0.694		
*		1.083		0		1		0.282	0.356 0.307		
Proline	_	0.606		0		1		0.158	0.172		
Serine		0.000		U		-		0.136	0.172		
пушохургонне	9										
Others:											
Alcohol, ethyl		0.0		0		7		0.0	0.0		
Caffeine	mg	0		0	Z	7		0	0		
Theobromine	mg	0		0	Z	7		0	0		
Carotenoids:											
Carotene, beta	mcg	0		0	z	7		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	mcg	0		0	z	7		0.000	0.000		
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000	0.000		

Common Measures:

Measure 1 = 26g: 1 slice Measure 2 = 28.35g: 1 oz NDB No. 07068 Salami, cooked, beef

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

							Amount in edible portion of common			
			N	umber	•			<u>m</u>	easures of food	<u>l</u>
			0	f Data	Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	60.40	1.329	9		1		17.12	13.89	
Energy	kcal	250		0	NC	4		71	58	
Energy		1046				4		297	241	
Protein (N x 6.25)	g	13.92	0.189	9		1		3.95	3.20	
Total lipid (fat)		20.11	1.265	9		1		5.70	4.63	
Ash		3.32	0.040	9		1		0.94	0.76	
Carbohydrate, by difference		2.25		0	NC	4		0.64	0.52	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total		0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:	ma	10	0.101	_					2	
Calcium, Ca		13 2.67	2.104 0.268	6		1 1		4 0.76	3 0.61	
Iron, Fe		15	0.268			1		0.76 4	0.61	
Magnesium, Mg		115	7.601			1		33	26	
Phosphorus, P		198	9.974	9		1		56	46	
Potassium, K		198	41.954	9		1		302	245	
Sodium, NaZinc, Zn		2.14	0.190			1		0.61	0.49	
Copper, Cu		0.230				1		0.065	0.49	
Manganese, Mn		0.250				1		0.016	0.013	
Selenium, Se		14.6	0.567		A	1		4.1	3.4	
Scientum, Sc	9	14.0	0.507	33		-			3.4	
Vitamins:										
Vitamin C, total ascorbic acid	_	0.0		0		7		0.0	0.0	
Thiamin		0.239				1		0.068	0.055	
Riboflavin	mg	0.376				1		0.107	0.086	
Niacin	-	3.553				1		1.007	0.817	
Pantothenic acid	_	0.850				1		0.241	0.196	
Vitamin B-6		0.210	0.024			1		0.060	0.048	
Folate, total		2		0		4		1	0	
Folic acid		0		0	Z	7		0	0	
Folate, food		2		0		4		1	0	
Folate, DFE		2		0	NC	4		1	0	
Vitamin B-12		3.65	0.654			1		1.03	0.84	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE		0		0	AS	1		0	0	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		0.22		0	NR	4		0.06	0.05	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin K (phylloquinone)		1.3		0	BFZN	4		0.4	0.3	
vitanini k (phynoquinone)	inog	1.3		Ū	DI ZIN	-		0.4	0.3	
<u>Lipids:</u>										
Fatty acids, total saturated	g	8.090		0		1		2.294	1.861	
4:0	g	0.000	ı	0		1		0.000	0.000	
6:0	g	0.000	ı	0		1		0.000	0.000	
8:0	_	0.000		0		1		0.000	0.000	
10:0		0.100				1		0.028	0.023	
12:0	_	0.070	0.024	6		1		0.020	0.016	
13:0	_									
14:0	-	0.470	0.094	7		1		0.133	0.108	
15:0										
16:0		4.530	0.261	7		1		1.284	1.042	
17:0	_									
18:0	_	2.930	0.296	7		1		0.831	0.674	
20:0	0									
22:0	_									

		<u>Aı</u>	mount in 100 g			ole portic	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and U	nits	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	lg	9.190		0		1		2.605	2.114		
14:1	g										
15:1											
16:1 undifferentiated	-	0.890	0.117	7		1		0.252	0.205		
17:1	-			_		_					
18:1 undifferentiated		8.300		7		1		2.353	1.909		
20:1	-	0.000		0		1		0.000	0.000		
22:1 undifferentiated	•	0.000		0		1		0.000	0.000		
24:1 cFatty acids, total polyunsaturated.		2.020		0		1		0.573	0.465		
18:2 undifferentiated		1.610		7		1		0.456	0.465		
18:3 undifferentiated		0.410		7		1		0.116	0.094		
18:4	-	0.410		0		1		0.116	0.094		
		0.000		U		_		0.000	0.000		
20:2 n-6 c,c 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		
	-	0.000		0		1		0.000	0.000		
22:5 n-3		0.000		0		1		0.000	0.000		
22:6 n-3Fatty acids, total trans		0.000		U		_		0.000	0.000		
Cholesterol		65	4.874	7		1		18	15		
Phytosterols		0	4.074	0		4		0	0		
Filytosterois		Ü		Ü		-		U	U		
Amino Acids:											
Tryptophan	g	0.114		1		1		0.032	0.026		
Threonine	g	0.521		1		1		0.148	0.120		
Isoleucine	g	0.675		1		1		0.191	0.155		
Leucine	g	0.929		1		1		0.263	0.214		
Lysine	g	1.107		1		1		0.314	0.255		
Methionine	g	0.301		1		1		0.085	0.069		
Cystine	g	0.196		1		1		0.056	0.045		
Phenylalanine	g	0.481		1		1		0.136	0.111		
Tyrosine	g	0.552		1		1		0.156	0.127		
Valine	g	0.668		1		1		0.189	0.154		
Arginine	g	0.855		1		1		0.242	0.197		
Histidine	g	0.359		1		1		0.102	0.083		
Alanine	g	0.880		1		1		0.249	0.202		
Aspartic acid	g	1.285		1		1		0.364	0.296		
Glutamic acid	g	1.929		1		1		0.547	0.444		
Glycine	g	1.189		1		1		0.337	0.273		
Proline	g	0.831		1		1		0.236	0.191		
Serine	g	0.537		1		1		0.152	0.124		
Hydroxyproline											
	_										
Others:				_		_					
Alcohol, ethyl		0.0		0	_	7		0.0	0.0		
Caffeine		0		0	Z	7		0	0		
Theobromine	rng	0		0	Z	7		0	0		
<u>Carotenoids:</u>											
Carotene, beta	mcg	0		0	Z	7		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		0		0	Z	7		0.000	0.000		

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 23g: 1 slice (4" dia x 1/8" thick) (10 per 8 oz package)

NDB No. 07069

Salami, cooked, beef and pork

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>Aı</u>	mount in 100 o			ole portio	<u>n</u>	Amount in edible portion of common			
			Nι	ımbeı	•			<u>m</u>	easures of food	<u>l</u>	
			of	[:] Data	Deriv	Source	Confidence				
Nutrients and Unit	s	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	71.90	0.201	20	A	1		20.13	71.90		
Energy	kcal	151		0	NC	4		42	151		
Energy	kj	633		0	NC	4		177	633		
Protein (N x 6.25)	g	15.30	0.089	20	A	1		4.28	15.30		
Total lipid (fat)	g	9.40	0.268	20	A	1		2.63	9.40		
Ash	g	3.10	0.050	4	A	1		0.87	3.10		
Carbohydrate, by difference	g	0.30		0	NC	4		0.08	0.30		
Fiber, total dietary	g	0.1		0	MC	9		0.0	0.1		
Sugars, total	g	0.40		2	A	1		0.11	0.40		
* Sucrose	g	0.40		0	FLA	4		0.11	0.40		
Glucose (dextrose)											
Fructose	g										
Lactose	g										
Maltose	g										
Galactose											
Starch	g										
Minerals:											
Calcium, Ca	ma	40	13.500	4	A	1		11	40		
Iron, Fe	-	1.25	0.210	4	A	1		0.35	1.25		
Magnesium, Mg		22	1.950	4	MA	12		6	22		
Phosphorus, P	-	266	5.500	4	MA	12		74	266		
Potassium, K		216	6.000	4	MA	12		60	216		
Sodium, Na		1004	19.000	4	A	1		281	1004		
Zinc, Zn		2.32	0.120	4	MA	12		0.65	2.32		
Copper, Cu		0.190	0.065	4	MA	12		0.053	0.190		
Manganese, Mn	mg	0.020)	0	FLA	4		0.006	0.020		
Selenium, Se	mcg	26.4		0	FLA	4		7.4	26.4		
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		1	A	1		0.0	0.0		
Thiamin		0.426	5	0	MC	9		0.119	0.426		
Riboflavin	-	0.303	3	0	MC	9		0.085	0.303		
Niacin	mg	3.979)	0	MC	9		1.114	3.979		
Pantothenic acid		1.074	ļ	0	MC	9		0.301	1.074		
Vitamin B-6	mg	0.427	,	0	MC	9		0.120	0.427		
Folate, total	mcg	10		0	MC	9		3	10		
Folic acid	mcg	0		0	Z	7		0	0		
Folate, food		10		0	MC	9		3	10		
Folate, DFE		10		0	NC	4		3	10		
Vitamin B-12		0.99		0	MC	9		0.28	0.99		
Vitamin A, IU		6		0	NC	4		2	6		
Vitamin A, RAE		2		0	NC	4		1	2		
Retinol		2		0	NR	4		1	2		
Vitamin E (alpha-tocopherol)		0.24		0	FLA	4		0.07	0.24		
Tocopherol, beta		0.00		0	NR	4		0.00	0.00		
Tocopherol, gamma		0.00		0	NR	4 4		0.00	0.00		
Tocopherol, delta		0.00		0	NR MC	9		0.00	0.00 23.500		
Vitamin D		23.500 1.3	,	0	BFZN	4		6.580 0.4			
Vitamin K (phylloquinone)	g	1.3		U	DE AN	-		0.4	1.3		
<u>Lipids:</u>											
Fatty acids, total saturated	g	2.783	3	0	NC	4		0.779	2.783		
4:0		0.000)	0	FLA	4		0.000	0.000		
6:0	g	0.000)	0	FLA	4		0.000	0.000		
8:0	g	0.000)	0	FLA	4		0.000	0.000		
10:0	g	0.000)	0	FLA	4		0.000	0.000		
12:0	g	0.017	0.009	4	A	1		0.005	0.017		
12.0											
13:0	g	0.121	0.013		A	1					

	<u>Ar</u>		umbe	r			Amount in edible portion of common measures of food			
Nutrients and Units	Mean	o Std. Error P			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
16:0g	1.988	0.086	4	A	1		0.557	1.988		
17:0g										
18:0g	0.657	0.013	4	A	1		0.184	0.657		
20:0g										
22:0g 24:0g										
Fatty acids, total monounsaturated9	3.172		0	NC	4		0.888	3.172		
14:1g										
15:1g										
16:1 undifferentiatedg	0.268	0.013	4	A	1		0.075	0.268		
17:1g	2 070	0.073	4				0.006	2 070		
18:1 undifferentiatedg 20:1g	2.878 0.026	0.073	0	A FLA	1 4		0.806 0.007	2.878 0.026		
22:1 undifferentiated	0.000		0	FLA	4		0.000	0.000		
24:1 cg										
Fatty acids, total polyunsaturated	2.466		0	NC	4		0.691	2.466		
18:2 undifferentiatedg	2.291	0.164	4	A	1		0.641	2.291		
18:3 undifferentiatedg	0.052	0.035		A	1		0.015	0.052		
18:4g	0.000		0	FLA	4		0.000	0.000		
20:2 n-6 c,c										
20:3 undifferentiated	0.087		0	FLA	4		0.024	0.087		
20:5 n-3	0.000		0	FLA	4		0.000	0.007		
22:5 n-3g	0.014		0	FLA	4		0.004	0.014		
22:6 n-3g	0.022		0	FLA	4		0.006	0.022		
Fatty acids, total transg	0.000		0	NR	4		0.000	0.000		
Cholesterol mg	76	1.000	4	A	1		21	76		
Phytosterolsmg	0		0	FLA	4		0	0		
Amino Acids:										
Tryptophang	0.216		0	FLA	4		0.061	0.216		
Threonineg	0.847		0	FLA	4		0.237	0.847		
Isoleucine	0.989		0	FLA	4		0.277	0.989		
Leucine	1.517		0	FLA	4		0.425 0.501	1.517		
Lysineg Methionineg	1.789 0.552		0	FLA FLA	4 4		0.501	1.789 0.552		
Cystine	0.198		0	FLA	4		0.155	0.332		
Phenylalanine	0.755		0	FLA	4		0.212	0.755		
Tyrosineg	0.750		0	FLA	4		0.210	0.750		
Valineg	1.012		0	FLA	4		0.283	1.012		
Arginineg	1.336		0	FLA	4		0.374	1.336		
Histidineg	0.594		0	FLA	4		0.166	0.594		
Alanine	1.174		0	FLA	4		0.329	1.174		
Aspartic acid	1.851 3.108		0	FLA FLA	4 4		0.518 0.870	1.851		
Glutamic acid	0.943		0	FLA	4		0.264	3.108 0.943		
Prolineg	0.790		0	FLA	4		0.221	0.790		
Serineg	0.847		0	FLA	4		0.237	0.847		
Hydroxyproline	0.000		0	NR	4		0.000	0.000		
Others:										
Alcohol, ethylg	0.0		0	z	7		0.0	0.0		
Caffeine mg	0.0		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	z	7		0.000	0.000		
Cryptoxanthin, beta mcg	0		0	Z	7		0.000	0.000		
Lycopene mcg	0		0	Z	7		0.000	0.000		
Lutein + zeaxanthin mcg	0		0	Z	7		0.000	0.000		

NDB No. 07070 Salami, cooked, turkey

Common Measures:

Measure 1 = 28g: 1 serving Measure 2 = 100g: 3.527 oz

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>A</u> 1	mount in 100 g	ırams	of edib	ole portio	<u>n</u>		edible portion	
			Nu	mber				<u>me</u>	easures of food	<u>l</u>
						Source	Confidence			
Nutrients and Un	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	36.18	0.802	9		1		40.88	3.62	
Energy	kcal	407		0	NC	4		460	41	
Energy	kj	1703				4		1924	170	
Protein (N x 6.25)	g	22.58	0.092	9		1		25.52	2.26	
Total lipid (fat)	g	33.72	0.554	9		1		38.10	3.37	
Ash	g	5.92	0.211	9		1		6.69	0.59	
Carbohydrate, by difference		1.60		0	NC	4		1.81	0.16	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minavalse										
Minerals: Calcium, Ca	ma	13		1		1		15	1	
Iron, Fe	-	1.30		1		1		1.47	0.13	
Magnesium, Mg	-	22		1		1		25	2	
Phosphorus, P		229		1		1		259	23	
Potassium, K		378		0		4		427	38	
Sodium, Na		2260		1		1		2554	226	
Zinc, Zn		4.20		1		1		4.75	0.42	
Copper, Cu		0.160)	1		1		0.181	0.016	
Manganese, Mn		0.070		1		1		0.079	0.007	
Selenium, Se		25.4		0	RF	4		28.7	2.5	
•	············									
Vitamins:										
Vitamin C, total ascorbic acid	-	0.0		0	Z	7		0.0	0.0	
Thiamin		0.930		1		1		1.051	0.093	
Riboflavin		0.330		1		1		0.373	0.033	
Niacin		5.600		1		1		6.328	0.560	
Pantothenic acid	-	1.060		0		4		1.198	0.106	
Vitamin B-6	-	0.550)	1		1		0.622	0.055	
Folate, total		2		0	_	4		2	0	
Folic acid		0		0	Z	7		0	0	
Folate, food		2		0	***	4		2	0	
Folate, DFE		2		0	NC	4		2	0	
Vitamin B-12	mcg	2.80 0		1		1		3.16	0.28	
Vitamin A, IU		-		0		4		0	0	
Vitamin A, RAE		0		0	_	4		0	0	
Retinol		U		0	Z	7		U	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>										
Fatty acids, total saturated		11.890		0		1		13.436	1.189	
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	-	0.520)	0		1		0.588	0.052	
15:0	-									
16:0	-	7.640)	0		1		8.633	0.764	
17:0										
18:0		3.560)	0		1		4.023	0.356	
20:0										
22:0	g g									

	<u>Aı</u>	mount in 100 grams		<u>on</u>	Amount in edible portion of common measures of food			
		Number	^r Deriv Source	Confidence	<u></u>	<u> </u>		
Nutrients and Units	Mean	Std. Error Points		Confidence	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	16.000	0	1		18.080	1.600		
14:1g	10.000	· ·	_		18.080	1.600		
15:1g								
16:1 undifferentiatedg	1.220	0	1		1.379	0.122		
17:1g								
18:1 undifferentiatedg	14.670		1		16.577	1.467		
20:1g	0.000		1		0.000	0.000		
22:1 undifferentiatedg	0.000	0	1		0.000	0.000		
24:1 cg								
Fatty acids, total polyunsaturated	3.740		1		4.226	0.374		
18:2 undifferentiatedg	3.270		1		3.695	0.327		
18:3 undifferentiatedg	0.280		1		0.316	0.028		
18:4g	0.000	0	1		0.000	0.000		
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.160		1		0.181	0.016		
20:5 n-3g	0.000		1		0.000	0.000		
22:5 n-3g	0.000		1		0.000	0.000		
22:6 n-3g	0.000	0	1		0.000	0.000		
Fatty acids, total transg								
Cholesterol mg		0	4		89	8		
Phytosterols mg	0	0	4		0	0		
Amino Acids:								
Tryptophang	0.253	1	1		0.286	0.025		
Threonineg	1.012		1		1.144	0.101		
Isoleucineg	1.084	1	1		1.225	0.108		
Leucineg	1.625	1	1		1.836	0.163		
Lysineg	1.878		1		2.122	0.188		
Methionineg	0.470	1	1		0.531	0.047		
Cystineg	0.289	1	1		0.327	0.029		
Phenylalanineg	0.940	1	1		1.062	0.094		
Tyrosineg	0.686		1		0.775	0.069		
Valineg	1.120	1	1		1.266	0.112		
Arginineg	1.373		1		1.551	0.137		
Histidineg	0.614		1		0.694	0.061		
Alanineg	1.336		1		1.510	0.134		
Aspartic acidg	2.095		1		2.367	0.210		
Glutamic acidg	3.829		1		4.327	0.383		
Glycineg	1.553	1	1		1.755	0.155		
Prolineg	1.336		1		1.510	0.134		
Serineg	0.903	1	1		1.020	0.090		
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0	7		0.0	0.0		
Caffeine mg								
Theobromine mg								

Common Measures:

Measure 1 = 113g: 1 package (4 oz)

Measure 2 = 10.0g: 1 slice (3-1/8" dia x 1/16" thick)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>A</u> 1	mount in 100	grams	of edib	ole portio	<u>on</u>		edible portion	
			N	umber	•			<u>m</u>	easures of food	<u> </u>
			0	f Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	37.15		2	A	1		10.03		
Energy	kcal	385		0	NC	4		104		
Energy	kj	1610		0	NC	4		435		
Protein (N x 6.25)	g	23.20		2	A	1		6.26		
Total lipid (fat)	g	30.05		2	A	1		8.11		
Ash	g	5.80		2	A	1		1.57		
Carbohydrate, by difference		3.80		0	NC	4		1.03		
Fiber, total dietary		0.0		0	Z	7		0.0		
Sugars, total		0.00		0	z	7		0.00		
Starch										
Startin	9									
<u> Minerals:</u>										
Calcium, Ca	mg	8	0.957	4		1		2		
Iron, Fe	-	1.51	0.348			1		0.41		
Magnesium, Mg	mg	17	1.130	5		1		5		
Phosphorus, P	-	142	16.245	4		1		38		
Potassium, K	mg	378	19.150	4		1		102		
Sodium, Na	mg	2010		2	A	1		543		
Zinc, Zn	mg	3.23	0.373	4		1		0.87		
Copper, Cu	mg	0.080	0.025	4		1		0.022		
Manganese, Mn	mg									
Selenium, Se	mcg	26.1		0	BFNN	4		7.0		
Vitamina										
Vitamins:	ma	0.0		0		7		0.0		
Vitamin C, total ascorbic acid	-		0 000			1				
Thiamin	-	0.600				1		0.162 0.077		
Riboflavin		0.285								
Niacin	-	4.867	0.182	4		1		1.314		
Pantothenic acid	-	0 500	0 101			1		0 105		
Vitamin B-6		0.500	0.121					0.135		
Folate, total		2 0		0	_	4 7		1		
Folic acid		2		0	Z			0 1		
Folate, food		2		0	270	4 4				
Folate, DFE			0.205		NC			1		
Vitamin B-12		1.90	0.205	_	_	1		0.51		
Vitamin A, IU		0		2	A	1		0		
Vitamin A, RAE		0		0	AS	1		0		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)		0.28		0	NR	4		0.08		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D.		1.2		•	DEEN			0.4		
Vitamin K (phylloquinone)	nicg	1.3		0	BFZN	4		0.4		
<u> Lipids:</u>										
Fatty acids, total saturated	q	10.612	<u>!</u>	0	NC	4		2.865		
4:0		0.000)	0		1		0.000		
6:0	-	0.000)	0		1		0.000		
8:0		0.000		0		1		0.000		
10:0	-	0.052		2		1		0.014		
12:0	-	0.035		2		1		0.009		
13:0	-									
14:0		0.443	0.051	4		1		0.120		
15:0		0.140	0.001	-		-		2		
16:0		6.605	0.326	4		1		1.783		
17:0		0.000	0.520	-		-		2.705		
18:0		3.477	0.261	4		1		0.939		
20:0		3.4//	3.231	-		-		0.555		
22:0	-									
24:0	-									

	<u>Ar</u>	nount in 10			o <u>n</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	14.854		0	NC	4		4.010		
14:1g									
15:1g 16:1 undifferentiatedg	1.469	0.1	53 4		1		0.397		
17:1g	10.005				_				
18:1 undifferentiatedg	13.385	0.5	82 4 0		1 1		3.614		
20:1g 22:1 undifferentiated	0.000		0		1		0.000 0.000		
24:1 cg	0.000		U		-		0.000		
Fatty acids, total polyunsaturated9	2.781		0	NC	4		0.751		
18:2 undifferentiatedg	2.494	0.4	01 4		1		0.673		
18:3 undifferentiatedg	0.287	0.1	44 4		1		0.077		
18:4g	0.000		0		1		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0		1		0.000		
20:5 n-3g	0.000		0		1		0.000		
22:5 n-3g	0.000		0		1		0.000		
22:6 n-3g	0.000		0		1		0.000		
Fatty acids, total transg									
Cholesterolmg Phytosterolsmg	100		2	A	1		27		
Others:									
Alcohol, ethylg	0.0		0		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 = 27g: 3 slices 1 serving

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<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	<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	33.74		0	MC	9		9.57			
Energy	kcal	399		0	MC	9		113			
Energy	kj	1671		0	MC	9		474			
Protein (N x 6.25)		15.01		0	MC	9		4.26			
Total lipid (fat)	g	30.50		0	MC	9		8.65			
Ash	g	5.37		0	NC	4		1.52			
Carbohydrate, by difference	g	6.60		0	MC	9		1.87			
Fiber, total dietary		0.2		0	MC	9		0.1			
Sugars, total		6.21		0	MC	9		1.76			
Starch											
<u>Minerals:</u>				_		_					
Calcium, Ca	-	94		0	MC	9		27			
Iron, Fe.	-	1.55		0	MC	9		0.44			
Magnesium, Mg		31		0	MC	9		9			
Phosphorus, P	-	272		0	MC	9		77			
Potassium, K	-	1372		0	MC	9 9		389			
Sodium, Na	-	623		0 0	MC MC	9		177 0.87			
Zinc, Zn		3.08 0.088	,	0	MC	9		0.87			
Copper, Cu		0.088		0	BFZN	4		0.025			
Manganese, Mn		14.6	•	0	BFZN	4		4.1			
Selenium, Se	nicg	14.0		U	DF ZN	4		4.1			
<u> Vitamins:</u>											
Vitamin C, total ascorbic acid	mg	0.7		0	MC	9		0.2			
Thiamin	mg	0.738	3	0	MC	9		0.209			
Riboflavin	mg	0.336	5	0	MC	9		0.095			
Niacin	mg	4.803	3	0	MC	9		1.362			
Pantothenic acid	mg	0.860)	0	MC	9		0.244			
Vitamin B-6	mg	0.489	•	0	MC	9		0.138			
Folate, total		8		0	MC	9		2			
Folic acid		0		0	Z	7		0			
Folate, food		8		0	MC	9		2			
Folate, DFE		8		0	NC	4		2			
Vitamin B-12		1.76		0	MC	9		0.50			
Vitamin A, IU		12		0	MC	9		3			
Vitamin A, RAE		4		0	NC	4		1			
Retinol		4		0	NR	4		1			
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta				•		•					
Vitamin D.		32.240)	0	MC	9		9.140			
Vitamin K (phylloquinone)	Ilicg										
<u> ipids:</u>											
Fatty acids, total saturated	g	10.580)	0	MC	9		2.999			
4:0	g	0.000)	0	BFZN	4		0.000			
6:0	g	0.000)	0	BFZN	4		0.000			
8:0	g	0.000)	0	BFZN	4		0.000			
10:0	g	0.100)	0	BFZN	4		0.028			
12:0	g	0.070)	0	BFZN	4		0.020			
13:0	g										
14:0	g	0.470)	0	BFZN	4		0.133			
15:0											
16:0		4.530)	0	BFZN	4		1.284			
17:0											
18:0		3.480)	0	MC	9		0.987			
20:0	g										
22:0	g										
24:0	g										

		<u>Aı</u>	nount in 10	00 grams	<u>on</u>	Amount in edible portion of common measures of food				
				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
Fatty acids, total monounsaturated	g	13.320		0	MC	9		3.776		
14:1										
15:1	-									
16:1 undifferentiated	_	0.890		0	BFZN	4		0.252		
17:1		0 200		•						
18:1 undifferentiated	-	8.300		0	BFZN	4		2.353		
20:1	-	0.000		0	BFZN	4		0.000		
22:1 undifferentiated 24:1 c	•	0.000		U	BFZN	4		0.000		
Fatty acids, total polyunsaturated		3.067		0	MC	9		0.869		
18:2 undifferentiated		1.610		0	BFZN	4		0.456		
18:3 undifferentiated		0.410		0	BFZN	4		0.116		
18:4		0.000		0	BFZN	4		0.000		
20:2 n-6 c.c.										
20:3 undifferentiated	g									
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	mg	90		0	MC	9		26		
Phytosterols	mg	0		0	BFZN	4		0		
Amino Acids:										
Tryptophan	а	0.114		0	BFZN	4		0.032		
Threonine		0.521		0	BFZN	4		0.148		
Isoleucine	-	0.675		0	BFZN	4		0.191		
Leucine		0.929		0	BFZN	4		0.263		
Lysine	-	1.107		0	BFZN	4		0.314		
Methionine		0.301		0	BFZN	4		0.085		
Cystine	g	0.196		0	BFZN	4		0.056		
Phenylalanine	g	0.481		0	BFZN	4		0.136		
Tyrosine	g	0.552		0	BFZN	4		0.156		
Valine	g	0.668		0	BFZN	4		0.189		
Arginine	g	0.855		0	BFZN	4		0.242		
Histidine	g	0.359		0	BFZN	4		0.102		
Alanine	g	0.880		0	BFZN	4		0.249		
Aspartic acid	-	1.285		0	BFZN	4		0.364		
Glutamic acid	-	1.929		0	BFZN	4		0.547		
Glycine	g	1.189		0	BFZN	4		0.337		
Proline	_	0.831		0	BFZN	4		0.236		
Serine		0.537		0	BFZN	4		0.152		
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0	z	7		0.0		
Caffeine		0		0	Z	7		0		
Theobromine	mg	0		0	Z	7		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 = 28.35g: 1 oz

NDB No. 07913

Salami, pork, beef, less sodium

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

		<u>A</u> 1	mount in 100 g	grams	of edil	ole portio	<u>n</u>		edible portion	
			Nu	ımbeı	r			<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	60.28	0.361	5		1		9.04	17.09	
Energy	kcal	235		0	NC	4		35	67	
Energy	kj	985		0	NC	4		148	279	
Protein (N x 6.25)	g	7.66	0.250	5		1		1.15	2.17	
Total lipid (fat)	g	17.34	0.202	5		1		2.60	4.92	
Ash	g	2.78	0.038	5		1		0.42	0.79	
Carbohydrate, by difference	g	11.94		0	NC	4		1.79	3.38	
Fiber, total dietary	g	0.2		0		4		0.0	0.1	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minarals										
Minerals: Calcium, Ca	ma	12	0.928	5		1		2	3	
Iron, Fe	-	0.79	0.928	5		1		0.12	0.22	
Magnesium, Mg	-	8	0.200	5		1		1	2	
Phosphorus, P		59	4.069	5		1		9	17	
Potassium, K	-	110	5.819	5		1		17	31	
Sodium. Na	-	1013	50.540	5		1		152	287	
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	1.02	0.097	5		1		0.15	0.29	
Copper, Cu		0.130		5		1		0.020	0.037	
Manganese, Mn.		0.026		4		1		0.004	0.007	
Selenium, Se		9.7		0	RF	4		1.5	2.7	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.0	0.245	5		1		0.0	0.0	
Thiamin	-	0.172		5		1		0.026	0.049	
Riboflavin		0.134		5		1		0.020	0.038	
Niacin	-	1.730		5		1		0.260	0.490	
Pantothenic acid		0.430		3		1		0.065	0.122	
Vitamin B-6	-	0.120	0.012	5		1		0.018	0.034	
Folate, total		2		0	_	4		0	1	
Folic acid		0		0	Z	7		0	0	
Folate, food		2		0		4		0	1	
Folate, DFE		2		0	NC	4		0	1	
Vitamin B-12		1.12	0.175	5		1		0.17	0.32	
Vitamin A, IU		87		0		4		13	25	
Vitamin A, RAE		26		0	NC	4		4	7	
Retinol		26 1.74		0	NR NR	4 4		4 0.26	7 0.49	
Vitamin E (alpha-tocopherol)		1.74		U	NK	4		0.26	0.49	
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		1.6		0	BFZN	4		0.2	0.5	
,										
<u>Lipids:</u>										
Fatty acids, total saturated	g	5.990		0		1		0.899	1.698	
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	-	0.050		2		1		0.008	0.014	
12:0		0.050)	2		1		0.008	0.014	
13:0				_		_		_	_	
14:0		0.290	0.027	5		1		0.044	0.082	
15:0				_		_				
16:0		3.580	0.099	5		1		0.537	1.015	
17:0	-			_		_				
18:0	-	2.020	0.076	5		1		0.303	0.573	
20:0	-									
22:0	-									
24:0	g									

		<u>Ar</u>	mount in 10	0 grams	of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
				Numbe					easures of food	
Nutrients and	d Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatu	urated 0	7.610		0		1		1.142	2.157	
14:1		7.020		·		_		1.112	2.137	
15:1	g									
16:1 undifferentiated	g	0.710	0.0	59 5		1		0.107	0.201	
17:1	g									
18:1 undifferentiated	-	6.890	0.1	68 5		1		1.034	1.953	
20:1	g	0.000		0		1		0.000	0.000	
22:1 undifferentiated	g	0.000		0		1		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsatura	atedg	2.560		0		1		0.384	0.726	
18:2 undifferentiated	g	2.190	0.0	68 5		1		0.329	0.621	
18:3 undifferentiated	g	0.380	0.0	86 5		1		0.057	0.108	
18:4	g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
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	38	1.7	64 3		1		6	11	
Phytosterols	mg	0		0		4		0	0	
Amina Asida										
Amino Acids:		0.082		0		4		0.012	0.000	
Tryptophan		0.082		0		4		0.012	0.023	
Threonine	-	0.334		0		4		0.050	0.095	
Isoleucine	-	0.334		0		4		0.090	0.095 0.170	
Leucine		0.663		0		4		0.090		
Lysine				0		4			0.188	
Methionine		0.196						0.029	0.056	
Cystine		0.106		0		4		0.016	0.030	
Phenylalanine		0.301		0		4		0.045	0.085	
Tyrosine	-	0.235		0		4		0.035	0.067	
Valine	-	0.356		0		4		0.053	0.101	
Arginine		0.530		0		4		0.080	0.150	
Histidine	-	0.279		0		4		0.042	0.079	
Alanine	-	0.467		0		4		0.070	0.132	
Aspartic acid	• • • • • • • • • • • • • • • • • • • •	0.720		0		4		0.108	0.204	
Glutamic acid	-	1.140		0		4		0.171	0.323	
Glycine		0.441		0		4		0.066	0.125	
Proline		0.349		0		4		0.052	0.099	
Serine		0.305		0		4		0.046	0.086	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	q	0.0		0		7		0.0	0.0	
Caffeine	-	0		0	z	7		0	0	
Theobromine	-	0		0	z	7		0	0	
Carotenoids:									·	
<u></u>										
Carotene, beta		0		0	Z	7		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	mcg	0		0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 15.0g: 1 tbsp Measure 2 = 28.35g: 1 oz NDB No. 07073

Sandwich spread, pork, beef

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u> 1	mount in 100 g	rams	of edib	le portion	<u>n</u>		edible portion	
			Nu	mber				<u>m</u>	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	g	60.97	0.260	3		1		14.02	17.28	
Energy	kcal	230		0	NC	4		53	65	
Energy	kj	964		0	NC	4		222	273	
Protein (N x 6.25)	g	15.27	0.120	3		1		3.51	4.33	
Total lipid (fat)	g	17.20	0.458	3		1		3.96	4.88	
Ash	g	3.97	0.033	3		1		0.91	1.13	
Carbohydrate, by difference	g	2.59		0	NC	4		0.60	0.73	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	2.35		0	MC	9		0.54	0.67	
Starch	g									
Minopole										
Minerals:	ma	12	2.028	3		1		3	3	
Calcium, CaIron, Fe	-	1.15	0.072	3		1		0.26	0.33	
Magnesium, Mg	-	1.15	1.528	3		1		3	4	
Phosphorus, P		130	18.550	3		1		3 30	4 37	
Potassium, K	•	283	20.915	3		1		65	80	
Sodium, Na		1297	65.659	3		1		298	368	
Zinc, Zn	-	2.47	0.233	3		1		0.57	0.70	
Copper, Cu		0.080		3		1		0.018	0.023	
Manganese, Mn		0.041		3		1		0.009	0.012	
Selenium, Se		14.1		0	BFNN	4		3.2	4.0	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.0		0		7		0.0	0.0	
Thiamin	-	0.380		3		1		0.087	0.108	
Riboflavin	-	0.213		3		1		0.049	0.060	
Niacin	-	3.110		3		1		0.715	0.882	
Pantothenic acid	-	0.690		0		4		0.159	0.196	
Vitamin B-6	_	0.200	0.013	3		1		0.046	0.057	
Folate, total		5		0		4		1	1	
Folic acid		0		0	NR	4		0	0	
Folate, food		5		0		4		1	1	
Folate, DFE		5		0	NC	4		1	1	
Vitamin B-12		2.67	0.352	3		1		0.61	0.76	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE		0		0	NC	4		0	0	
Retinol		0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D		13.000	1	0	MC	9		2.990	3.686	
Vitamin K (phylloquinone)		1.6	•	0	BFZN	4		0.4	0.5	
vitamin K (phynodumone)	g	1.0		·	DI DI	-		0.4	0.5	
<u>Lipids:</u>										
Fatty acids, total saturated	g	6.080	1	0	NC	4		1.398	1.724	
4:0	g	0.000	1	0		4		0.000	0.000	
6:0	g	0.000	1	0		4		0.000	0.000	
8:0	g	0.000	1	0		4		0.000	0.000	
10:0		0.020		3		1		0.005	0.006	
12:0		0.010	0.000	3		1		0.002	0.003	
13:0										
14:0	g	0.220	0.017	3		1		0.051	0.062	
15:0										
16:0	g	3.690	0.107	3		1		0.849	1.046	
17:0	_									
18:0	_	2.140	0.019	3		1		0.492	0.607	
20:0	_									
22:0	_									
24:0	g									

		<u>Ar</u>	nount in 100	grams	of edib	ole portic	<u>on</u>	Amount in edible portion of common			
				Number					easures of food		
Nutrients and	d Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsatu	urated Q	8.000		0	NC	4		1.840	2.268		
14:1								2.010	2.200		
15:1	g										
16:1 undifferentiated	g	0.660	0.05	3 3		1		0.152	0.187		
17:1	g										
18:1 undifferentiated	_	7.340	0.18			1		1.688	2.081		
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		1.580		0	NC	4		0.363	0.448		
18:2 undifferentiated		1.400	0.05			1		0.322	0.397		
18:3 undifferentiated		0.180	0.00			1		0.041	0.051		
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		46	1.66			1		11	13		
Phytosterols	mg	0		0		4		0	0		
Amino Acids:											
Tryptophan	а	0.107		0	BFZN	4		0.025	0.030		
Threonine		0.465		0	BFZN	4		0.107	0.132		
Isoleucine	-	0.485		0	BFZN	4		0.112	0.137		
Leucine	-	0.810		0	BFZN	4		0.186	0.230		
Lysine		0.903		0	BFZN	4		0.208	0.256		
Methionine		0.364		0	BFZN	4		0.084	0.103		
Cystine		0.105		0	BFZN	4		0.024	0.030		
Phenylalanine		0.405		0	BFZN	4		0.093	0.115		
Tyrosine		0.386		0	BFZN	4		0.089	0.109		
Valine	-	0.464		0	BFZN	4		0.107	0.132		
Arginine	g	0.765		0	BFZN	4		0.176	0.217		
Histidine		0.395		0	BFZN	4		0.091	0.112		
Alanine	g	0.774		0	BFZN	4		0.178	0.219		
Aspartic acid		1.136		0	BFZN	4		0.261	0.322		
Glutamic acid	g	1.994		0	BFZN	4		0.459	0.565		
Glycine	g	0.857		0	BFZN	4		0.197	0.243		
Proline		0.673		0	BFZN	4		0.155	0.191		
Serine		0.510		0	BFZN	4		0.117	0.145		
Hydroxyproline											
3 31	•										
Others:				_		_					
Alcohol, ethyl		0.0		0	MC	9		0.0	0.0		
Caffeine	_	0		0	MC	9		0	0		
Theobromine	rng	0		0	Z	7		0	0		
<u>Carotenoids:</u>											
Carotene, beta	mcg	0		0	z	7		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		0		0	Z	7		0.000	0.000		

Common Measures:

Measure 1 = 23g: 1 slice Measure 2 = 28.35g: 1 oz NDB No. 07004

Sausage, Berliner, pork, beef

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u> 1	mount in 100	grams	of edib	le portio	<u>n</u>		edible portion	
			N	lumber	•			<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	47.13		2	A	1		39.12	31.58	
Energy	kcal	344		0	NC	4		286	231	
Energy		1441		0	NC	4		1196	966	
Protein (N x 6.25)	g	19.12		2	A	1		15.87	12.81	
Total lipid (fat)		27.31		2	A	1		22.66	18.29	
Ash		2.18		1	A	1		1.81	1.46	
Carbohydrate, by difference		4.27		0	NC	4		3.54	2.86	
Fiber, total dietary	g	0.1		2	A	1		0.1	0.1	
Sugars, total		0.86		2	A	1		0.71	0.57	
Starch										
Minerals:	ma	01		^	-			17	1.4	
Calcium, Ca		21 1.43		2	A	1		17	14	
Iron, Fe.	-	1.43	1.190	2	A	1 1		1.18 15	0.95 12	
Magnesium, Mg Phosphorus, P		18 170	3.440			1		15 141	12 114	
- · · · · ·		304	9.647			1		252	204	
Potassium, K		1207	9.64	2	A	1		1001	808	
Sodium, NaZinc, Zn		2.39	0.149		•	1		1.98	1.60	
Copper, Cu		0.080				1		0.066	0.054	
Manganese, Mn		0.000	0.013	, ,		-		0.000	0.054	
Selenium, Se		22.0		0	RF	4		18.3	14.7	
Scientini, Sc	g	22.0		ŭ		•		10.5	24.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		2	A	1		0.0	0.0	
Thiamin		0.623	0.032	2 4		1		0.517	0.417	
Riboflavin	mg	0.233	0.016	5 4		1		0.193	0.156	
Niacin	mg	4.165	0.274	1 4		1		3.457	2.791	
Pantothenic acid	-									
Vitamin B-6	_	0.330	0.014			1		0.274	0.221	
Folate, total		5		0		4		4	3	
Folic acid		0		0	Z	7		0	0	
Folate, food		5		0		4		4	3	
Folate, DFE		5		0	NC	4		4	3	
Vitamin B-12		1.30	0.102			1		1.08	0.87	
Vitamin A, IU		32		0	AS	1		27	21	
Vitamin A, RAE		10		0	AS	1		8	6	
Retinol		10		1	NR	4		8	6	
Vitamin E (alpha-tocopherol)	=	0.25		0	NR	4		0.21	0.17	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)		3.4		0	BFZN	4		2.8	2.3	
vitanini k (phynoquinone)	nog	3.4		Ū	DI ZIN	-		2.0	2.3	
<u>Lipids:</u>										
Fatty acids, total saturated	g	9.535	5	2	A	1		7.914	6.388	
4:0	-	0.000)	0		1		0.000	0.000	
6:0	g	0.000)	0		1		0.000	0.000	
8:0	g	0.000)	0		1		0.000	0.000	
10:0	-	0.070				1		0.058	0.047	
12:0	_	0.050	0.006	5 4		1		0.042	0.034	
13:0	-									
14:0	_	0.450	0.041	L 4		1		0.374	0.302	
15:0	-									
16:0	-	5.390	0.150) 4		1		4.474	3.611	
17:0										
18:0		3.070	0.110) 4		1		2.548	2.057	
20:0	_									
22:0	_									
24:0	a									

		<u>Aı</u>	mount in 100 g			ole portic	<u>on</u>		edible portion of easures of food	
				ımber				<u></u>	easures or roou	
					Deriv		Confidence			
Nutrients and U	nits	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate	d q	11.950		0	NC	4		9.919	8.007	
14:1										
15:1	g									
16:1 undifferentiated	g	1.180	0.074	4		1		0.979	0.791	
17:1	-									
18:1 undifferentiated		10.770		4		1		8.939	7.216	
20:1	_	0.000		0		1		0.000	0.000	
22:1 undifferentiated	•	0.000		0	Z	7		0.000	0.000	
24:1 c				•						
Fatty acids, total polyunsaturated		3.280		0	NC	4		2.722	2.198	
18:2 undifferentiated		2.840		4		1		2.357	1.903	
18:3 undifferentiated		0.440		4		1		0.365	0.295	
18:4	_	0.000		0		1		0.000	0.000	
20:2 n-6 c,c	_									
20:3 undifferentiated		0.000		0		1		0.000	0.000	
20:4 undifferentiated	_			0		1				
20:5 n-3	_	0.000		0		1		0.000 0.000	0.000 0.000	
22:5 n-3 22:6 n-3		0.000		0		1		0.000	0.000	
		0.000		U		1		0.000	0.000	
Fatty acids, total trans Cholesterol		57		2	A	1		47	38	
Phytosterols	-	0		0	A	4		0	0	
Fliytosterois		Ü		Ū		-		U	U	
Amino Acids:										
Tryptophan	g	0.161		0		1		0.134	0.108	
Threonine	g	0.792		0		1		0.657	0.531	
Isoleucine	g	0.731		0		1		0.607	0.490	
Leucine	g	1.343		0		1		1.115	0.900	
Lysine	g	1.522		0		1		1.263	1.020	
Methionine	g	0.486		0		1		0.403	0.326	
Cystine	g	0.201		0		1		0.167	0.135	
Phenylalanine	g	0.670		0		1		0.556	0.449	
Tyrosine	g	0.577		0		1		0.479	0.387	
Valine	g	0.804		0		1		0.667	0.539	
Arginine	g	1.182		0		1		0.981	0.792	
Histidine	-	0.577		0		1		0.479	0.387	
Alanine		1.121		0		1		0.930	0.751	
Aspartic acid		1.666		0		1		1.383	1.116	
Glutamic acid	-	2.768		0		1		2.297	1.855	
Glycine	g	1.214		0		1		1.008	0.813	
Proline	=	0.932		0		1		0.774	0.624	
Serine		0.775		0		1		0.643	0.519	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	q	0.0		0		7		0.0	0.0	
Caffeine		0		0	z	7		0	0	
Theobromine		0		0	z	7		0	0	
Carotenoids:									-	
	ma-	•		_	_	_				
Carotene, beta	-	0		0	Z	7		0.000	0.000	
Carotene, alpha		0		0	Z Z	7 7		0.000 0.000	0.000 0.000	
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000	
LycopeneLutein + zeaxanthin		0		0	Z	7		0.000	0.000	
Luteiii + zeaxantnin	<u>III</u> IOY							0.000	0.000	

Common Measures:

Measure 1 = 83g: 1 link, 4/lb Measure 2 = 67g: 1 link, 5/lb NDB No. 07089 Sausage, Italian, pork, cooked

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>Aı</u>	mount in 100 g	Amount in edible portion of common						
			Nu	mber				<u>m</u>	easures of food	•
			of	Data [Deriv	Source	Confidence			
Nutrients and Units		Mean	Std. Error Po	ints (Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	51.08	0.202	4		1		57.72	46.48	
Energy	kcal	346		0	NC	4		391	315	
Energy	kj	1448				4		1636	1317	
Protein (N x 6.25)	g	14.25	0.190	4		1		16.10	12.97	
Total lipid (fat)	g	31.33	0.450	4		1		35.40	28.51	
Ash	g	2.70	0.438	4		1		3.05	2.46	
Carbohydrate, by difference	g	0.65		0	NC	4		0.73	0.59	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minorals										
Minerals: Calcium, Ca	ma	18	0.500	4		1		20	16	
Iron. Fe.	-	1.18	0.094	4		1		1.33	1.07	
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	14	0.946	4		1		16	13	
Phosphorus, P		142	3.764	4		1		160	129	
Potassium, K	•	253	7.352	4		1		286	230	
Sodium, Na		731	25.617	4		1		826	665	
Zinc, Zn	_	1.79	0.082	4		1		2.02	1.63	
Copper, Cu		0.080	0.008	3		1		0.090	0.073	
Manganese, Mn	mg	0.058	0.012	4		1		0.066	0.053	
Selenium, Se	mcg	24.8		0	RF	4		28.0	22.6	
Vitamins										
Vitamins:	ma	2.0	0.946	4		1		2.3	1.8	
Vitamin C, total ascorbic acid Thiamin	_	0.568		4		1		0.642	0.517	
Riboflavin	_	0.168		4		1		0.190	0.153	
Niacin	-	3.250		4		1		3.673	2.958	
Pantothenic acid	_	0.510		0		4		0.576	0.464	
Vitamin B-6	-	0.300		4		1		0.339	0.273	
Folate, total	-	8	0.020	0		4		9	7	
Folic acid		0		0	z	7		0	0	
Folate, food		8		0		4		9	7	
Folate, DFE		8		0	NC	4		9	7	
Vitamin B-12		0.91	0.046	4		1		1.03	0.83	
Vitamin A, IU	IU	0		0		4		0	0	
Vitamin A, RAE		0		0		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	g	11.270)	0		1		12.735	10.256	
4:0		0.000	1	0		4		0.000	0.000	
6:0	g	0.000	1	0		4		0.000	0.000	
8:0	g	0.000	1	0		4		0.000	0.000	
10:0	g	0.080	0.010	4		1		0.090	0.073	
12:0	g	0.060	0.010	4		1		0.068	0.055	
13:0	g									
14:0	g	0.560	0.057	4		1		0.633	0.510	
15:0	g									
16:0	-	6.640	0.218	4		1		7.503	6.042	
17:0										
18:0		3.930	0.218	4		1		4.441	3.576	
20:0	-									
22:0	a									

		<u>Ar</u>	nount in 100 g	grams of umber	Amount in edible portion of common measures of food				
Nutrients and Units		Mean		Data De		Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	14.340		0	1		16.204	13.049	
14:1		14.540		v	-		10.204	13.049	
15:1									
16:1 undifferentiated		1.490	0.118	4	1		1.684	1.356	
17:1	-								
18:1 undifferentiated		12.860	0.384	4	1		14.532	11.703	
20:1	g	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 polyunsaturated		4.030		0	1		4.554	3.667	
18:2 undifferentiated		3.620	0.251	4	1		4.091	3.294	
18:3 undifferentiated	-	0.410	0.095	4	1		0.463	0.373	
18:4		0.000		0	4		0.000	0.000	
20:2 n-6 c.c									
20:3 undifferentiated	g								
20:4 undifferentiated	g	0.000		0	4		0.000	0.000	
20:5 n-3	g	0.000		0	4		0.000	0.000	
22:5 n-3	g	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	-	76	1.750	4	1		86	69	
Phytosterols	<u>mg</u>	0		0	4		0	0	
Austria Autolia									
Amino Acids:	_			•	_				
Tryptophan		0.114		0	1		0.129	0.104	
Threonine		0.563		0	1		0.636	0.512	
Isoleucine	_	0.520		0	1		0.588	0.473	
Leucine	-	0.956		0	1		1.080	0.870	
Lysine		1.083		0	1		1.224	0.986	
Methionine		0.346		0	1		0.391	0.315	
Cystine	-	0.144		0	1		0.163	0.131	
Phenylalanine		0.477		0	1		0.539	0.434	
Tyrosine	-	0.411		0	1		0.464	0.374	
Valine	-	0.572		0	1		0.646	0.521	
Arginine		0.842		0	1		0.951	0.766	
Histidine	_	0.411		0	1		0.464	0.374	
Alanine	-	0.798		0	1		0.902	0.726	
Aspartic acid		1.186		0	1		1.340	1.079	
Glutamic acid	-	1.970		0	1		2.226	1.793	
Glycine		0.865		0	1		0.977	0.787	
Proline	-	0.663		0	1		0.749	0.603	
Serine	_	0.552		0	1		0.624	0.502	
Hydroxyproline	g								

Common Measures:

Measure 1 = 113g: 1 link, 4/lb Measure 2 = 91g: 1 link, 5/lb

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>Ar</u>	mount in 100 g	Amount in edible portion of common						
			Nu	mber	r			<u>m</u>	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Units		Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	71.60	0.262	10	A	1		60.14		
Energy	kcal	149		0	MC	9		125		
Energy	kj	622		0	MC	9		523		
Protein (N x 6.25)	g	16.13	0.191	8	A	1		13.55		
Total lipid (fat)	g	8.42	0.348	10	A	1		7.07		
Ash	g	1.75	0.046	8	A	1		1.47		
Carbohydrate, by difference	g	2.10		0	MC	9		1.76		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minavalse										
<u>Minerals:</u> Calcium, Ca	ma	25	5.515	8	A	1		21		
Iron. Fe.	-	1.19	0.071	8	A	1		1.00		
Magnesium, Mg		1.19	0.071	0	FLA	4		1.00		
Phosphorus, P		103		0	FLA	4		87		
Potassium, K	-	194		0	FLA	4		163		
Sodium, Na	-	570	6.116	8	A.	1		479		
Zinc, Zn	_	1.52	0.110	0	FLA	4		1.27		
Copper, Cu		0.040	1	0	FLA	4		0.034		
Manganese, Mn		0.007		0	FLA	4		0.006		
Selenium, Se		10.8		0	FLA	4		9.1		
•										
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid	_	0.2		0	FLA	4		0.2		
Thiamin	_	0.172		0	FLA	4		0.145		
Riboflavin		0.125		0	FLA	4		0.105		
Niacin		1.736		0	FLA	4		1.459		
Pantothenic acid	-	0.277		0	FLA	4		0.233		
Vitamin B-6	-	0.187		0	FLA	4		0.157		
Folate, total		4		0	FLA	4		3		
Folic acid		0		0	FLA	4		0		
Folate, food		4		0	FLA	4		3		
Folate, DFE		4		0	NC	4		3		
Vitamin B-12		1.04		0	FLA	4		0.88		
Vitamin A, IU		2		0	FLA	4		1		
Vitamin A, RAE		1		0	NR	4		0		
Retinol		1		0	NR	4		0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D		6.640	1	0	FLA	4		5.578		
Vitamin K (phylloquinone)		0.040		·	LIM	-		3.370		
<u> Lipids:</u>										
Fatty acids, total saturated		3.257		0	FLA	4		2.736		
4:0		0.001		0	FLA	4		0.001		
6:0	-	0.000		0	FLA	4		0.000		
8:0	-	0.000		0	FLA	4		0.000		
10:0	-	0.024		0	FLA	4		0.020		
12:0	_	0.017		0	FLA	4		0.014		
13:0				_		_				
14:0		0.220	1	0	FLA	4		0.184		
15:0				_		_				
16:0		1.986	1	0	FLA	4		1.668		
17:0				_		_				
18:0	-	1.009	1	0	FLA	4		0.848		
20:0	g									
22:0	-									

		<u>Aı</u>	mount in 10			Amount in edible portion of common				
				Number	•			measures of food		
				of Data	Deriv	Source	Confidence			
Nutrients and U	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura		3.629		0	FLA	4		3.049		
14:1 15:1	-									
16:1 undifferentiated		0.371		0	FLA	4		0.312		
17:1	-	0.371		U	FLA	4		0.312		
18:1 undifferentiated	-	3.233		0	FLA	4		2.716		
20:1	-	0.025		0	FLA	4		0.021		
22:1 undifferentiated		0.000		0	FLA	4		0.021		
24:1 c	-	0.000		U	FLA	4		0.000		
Fatty acids, total polyunsaturat		0.493		0	FLA	4		0.414		
18:2 undifferentiated		0.376		0	FLA	4		0.316		
18:3 undifferentiated		0.095		0	FLA	4		0.079		
18:4		0.000		0	FLA	4		0.000		
20:2 n-6 c.c		0.000		U	FIIA	-		0.000		
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.023		0	FLA	4		0.019		
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		0.000		U	FIIA	-		0.000		
Cholesterol		30		0	FLA	4		25		
Phytosterols	_	0		0	FLA	4		0		
Filytosterois		v		Ū	LIII	-		U		
Amino Acids:										
Tryptophan	g	0.111		0	FLA	4		0.093		
Threonine	g	0.417		0	FLA	4		0.350		
Isoleucine	g	0.438		0	FLA	4		0.368		
Leucine	g	0.760		0	FLA	4		0.638		
Lysine	g	0.802		0	FLA	4		0.674		
Methionine	g	0.242		0	FLA	4		0.203		
Cystine	g	0.109		0	FLA	4		0.091		
Phenylalanine	g	0.377		0	FLA	4		0.316		
Tyrosine	g	0.329		0	FLA	4		0.276		
Valine	g	0.489		0	FLA	4		0.411		
Arginine	g	0.576		0	FLA	4		0.484		
Histidine	g	0.333		0	FLA	4		0.280		
Alanine	g	0.544		0	FLA	4		0.457		
Aspartic acid	g	0.851		0	FLA	4		0.715		
Glutamic acid	g	1.470		0	FLA	4		1.235		
Glycine	g	0.482		0	FLA	4		0.405		
Proline	g	0.449		0	FLA	4		0.377		
Serine	g	0.382		0	FLA	4		0.321		
Hydroxyproline	g									
Other										
Others:	~	2.2		^	_	-		0.0		
Alcohol, ethyl		0.0		0	Z	7		0.0		
Caffeine		0		0	Z	7		0		
Theobromine	g	0		0	Z	7		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	mcg	0		0	Z	7		0.000		

Common Measures:

Measure 1 = 84g: 1 link 3 oz

NDB No. 07914 Sausage, Italian, sweet, links

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

		<u>A</u>	mount in 100	grams	ot edik	oie portio	<u>n</u>	Amount in edible portion of common			
			N	lumber				<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	68.50		1	A	1		38.36			
Energy	-	158		0	MC	9		88			
Energy		659		0	MC	9		369			
Protein (N x 6.25)		15.05		1	A	1		8.43			
Total lipid (fat)		8.75		1	A	1		4.90			
Ash		3.05		0	NC	4		1.71			
Carbohydrate, by difference		4.65		0	MC	9		2.60			
Fiber, total dietary		0.9		1	A	1		0.5			
Sugars, total		3.20		1	A	1		1.79			
Starch	-	3.20		_		_		25			
Minerals:											
Calcium, Ca	mg	21		1	A	1		12			
Iron, Fe.	-	9.60		1	A	1		5.38			
Magnesium, Mg	mg	25		0	FLA	4		14			
Phosphorus, P		185		0	FLA	4		104			
Potassium, K		197		1	A	1		110			
Sodium, Na	-	928		1	A	1		520			
Zinc, Zn		2.13		0	FLA	4		1.19			
Copper, Cu		0.111		0	FLA	4		0.062			
Manganese, Mn		0.066		0	FLA	4		0.037			
Selenium, Se	mcg	22.2		0	FLA	4		12.4			
Vitamins: Vitamin C, total ascorbic acid	ma	30.4		1	A	1		17.0			
Thiamin		0.071	ı	0	FLA	4		0.040			
Riboflavin	-	0.173		0	FLA	4		0.097			
Niacin		3.675		0	FLA	4		2.058			
Pantothenic acid		0.797		0	FLA	4		0.447			
Vitamin B-6		0.381	L	0	FLA	4		0.213			
Folate, total	_	8		0	FLA	4		5			
Folic acid		0		0	FLA	4		0			
Folate, food		8		0	FLA	4		5			
Folate, DFE		8		0	NC	4		5			
Vitamin B-12		0.43		0	FLA	4		0.24			
Vitamin A, IU		144		1	A	1		81			
Vitamin A, RAE	mcg_RAE	43		0	AS	1		24			
Retinol		43		0	NR	4		24			
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta				•				3.718			
Vitamin D Vitamin K (phylloquinone)		6.640	J	0	FLA	4		3.718			
Lipids:											
Fatty acids, total saturated	g	3.401	L	0	NC	4		1.904			
4:0		0.001		0	FLA	4		0.001			
6:0	-	0.000		0	FLA	4		0.000			
8:0	-	0.000)	0	FLA	4		0.000			
10:0	g	0.001	Ĺ	0	FLA	4		0.000			
12:0	g	0.017	7	0	FLA	4		0.010			
13:0	g										
14:0		0.102	2	0	FLA	4		0.057			
15:0	g										
16:0		2.418	3	0	FLA	4		1.354			
17:0											
18:0		0.861	Ĺ	0	FLA	4		0.482			
20:0	g										
22:0											

	<u>Aı</u>	mount in 100 gram		ble portio	<u>on</u>	Amount in edible portion of common measures of food		
		Numb				<u>m</u>	easures of food	
Nutrients and Units	Mean	of Dat Std. Error Points	a Deriv S Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated9	2.380	0	NC	4		1.333		
14:1								
15:1	0.270	0	FLA			0.212		
16:1 undifferentiated	0.379	U	FLA	4		0.212		
18:1 undifferentiated	1.985	0	FLA	4		1.111		
20:1g	0.008		FLA	4		0.004		
22:1 undifferentiatedg	0.008	0	FLA	4		0.004		
24:1 cg	0.000	Ü		•		0.001		
Fatty acids, total polyunsaturatedg	1.572	0	NC	4		0.880		
18:2 undifferentiatedg	1.371	0	FLA	4		0.768		
18:3 undifferentiated	0.085	0	FLA	4		0.048		
18:4g	0.000	0	FLA	4		0.000		
20:2 n-6 c.cg								
20:3 undifferentiated								
20:4 undifferentiatedg	0.085	0	FLA	4		0.048		
20:5 n-3g	0.000	0	FLA	4		0.000		
22:5 n-3g	0.015	0	FLA	4		0.009		
22:6 n-3g	0.015	0	FLA	4		0.009		
Fatty acids, total trans								
Cholesterol mg	53	1	A	1		29		
Phytosterolsmg	0	0	FLA	4		0		
Amino Acids:		_						
Tryptophan	0.209	0	FLA	4		0.117		
Threonine	0.817	0	FLA	4		0.457		
Isoleucine	0.945		FLA	4		0.529		
Leucine 9	1.467	0	FLA	4 4		0.822		
Lysine	1.692		FLA FLA	4		0.947		
Methionine	0.523					0.293		
Cystine	0.204	0	FLA FLA	4 4		0.114		
Phenylalanine	0.738					0.413		
Tyrosine	0.717	0	FLA	4		0.401		
Valine	0.984 1.293		FLA	4 4		0.551 0.724		
Arginine	0.560	0	FLA	4				
Histidine	1.171	0	FLA FLA	4		0.314 0.656		
Alanine	1.788		FLA	4		1.001		
Aspartic acid	3.018	0	FLA	4		1.690		
Glycine	1.095	•	FLA	4		0.613		
	0.906		FLA	4		0.507		
Proline	0.832		FLA	4		0.466		
Serine	0.632	U	FLA	4		0.400		
Hydroxyproline								
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, 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 = 56g: 1 serving 2 oz

NDB No. 07927

Sausage, Italian, turkey, smoked

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

		<u>A</u>	mount in 100 gran	is of edil	ole portic	<u>on</u>	Amount in edible portion of common			
			Numb	er			<u>m</u>	easures of food	<u>l</u>	
				a Deriv	Source	Confidence				
Nutrients and Unit	s	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:										
Water	g	55.20	1	A	1		30.36			
Energy	_	259	0	MC	9		143			
Energy		1085	0	MC	9		597			
Protein (N x 6.25)		17.60	1	A	1		9.68			
Total lipid (fat)		19.40	1	A	1		10.67			
Ash		4.20	1	A	1		2.31			
Carbohydrate, by difference		3.60	0	MC	9		1.98			
Fiber, total dietary		0.0	0	Z	7		0.0			
Sugars, total		0.00	0	Z	7		0.00			
Starch										
Minerals:			=				_			
Calcium, Ca	-	12	0	BFZN	4		7			
Iron, Fe.	-	0.88	1	A	1		0.48			
Magnesium, Mg		14	0	BFZN	4		8			
Phosphorus, P	-	136 237	0	BFZN	4 4		75 120			
Potassium, K		1540	1	BFZN A	1		130 847			
Sodium, NaZinc, Zn		1.93	0	BFZN	4		1.06			
Copper, Cu		0.090		BFZN	4		0.050			
Manganese, Mn		0.049		BFZN	4		0.030			
Selenium, Se		17.7	0	BFZN	4		9.7			
•										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.0	0	Z	7		0.0			
Thiamin		0.502		BFZN	4		0.276			
Riboflavin		0.148		BFZN	4		0.081			
Niacin	-	3.443		BFZN	4		1.894			
Pantothenic acid		0.450		BFZN	4		0.248			
Vitamin B-6	_	0.190		BFZN	4		0.105			
Folate, total		2 0	0	BFZN	4		1 0			
Folic acid		2	0	BFZN	4		1			
Folate, food		2	0	BFZN NC	4 4		1			
Folate, DFE		0.98	0	BFZN	4		0.54			
Vitamin B-12 Vitamin A, IU		0.98	1	BFZN A	1		0.54			
Vitamin A, RAE		0	1	A	1		0			
Retinol		0	0	NR	4		0			
Vitamin E (alpha-tocopherol)		ŭ	v		•		ŭ			
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		44.000	0	BFZN	4		24.200			
Vitamin K (phylloquinone)										
Lipids:	~	0.016		_						
Fatty acids, total saturated		8.010		A	1		4.406			
Fatty acids, total monounsaturated	_	9.700		A	1		5.335			
Fatty acids, total polyunsaturated		0.790) 1	A	1		0.435			
Fatty acids, total trans		66	1	A	1		26			
	• • • • • • • • • • • • • • • • • • • •	0	0	BFZN	4		36 0			
Phytosterols		U	U	DF 4N	4		J			
Amino Acids:										
Tryptophan	g	0.138	0	BFZN	4		0.076			
Threonine		0.591	. 0	BFZN	4		0.325			
Isoleucine	g	0.611	. 0	BFZN	4		0.336			
Leucine	g	1.076	5 0	BFZN	4		0.592			
Lysine	g	1.110	0	BFZN	4		0.611			
Methionine	g	0.379	0	BFZN	4		0.208			
Cystine	a	0.157	0	BFZN	4		0.086			

	<u>Ar</u>	nount in 100 gram	s of edil	ole 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 Units	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Phenylalanine	0.539	0	BFZN	4		0.296		
Tyrosineg	0.444	0	BFZN	4		0.244		
Valineg	0.679	0	BFZN	4		0.373		
Arginine	0.925 0.444	0	BFZN	4		0.509 0.244		
Histidine	0.444	0	BFZN BFZN	4		0.244		
	1.293	0	BFZN BFZN	4		0.496		
Aspartic acid	2.117	0	BFZN BFZN	4		1.164		
Glycineg	0.992	0	BFZN	4		0.546		
Prolineg	0.712	0	BFZN	4		0.392		
Serine	0.712	0	BFZN	4		0.321		
Hydroxyproline	0.504	v	Dr 2N	•		0.321		
Trydroxypromieg								
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	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 serving 5 pieces

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

		<u>Aı</u>	mount in 100 g	rams	of edib	le portio	<u>n</u>	Amount in edible portion of common		
			Nu	ımber	•			<u>m</u> e	easures of food	<u>.</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	56.58	0.236	13	A	1		43.00		
Energy	kcal	301		0	NC	4		229		
Energy	kj	1259		0	NC	4		957		
Protein (N x 6.25)	g	12.07	0.082	13	A	1		9.17		
Total lipid (fat)	g	26.56	0.256	13	A	1		20.19		
Ash	g	2.81		0	NC	4		2.14		
Carbohydrate, by difference	g	1.98		0	NC	4		1.50		
Fiber, total dietary	g	0.0		0	MC	9		0.0		
Sugars, total	g	0.00		0	MC	9		0.00		
Starch	g									
Minopole										
Minerals:	ma	7		0	MC	9		5		
Calcium, Ca	-	1.00		0	MC	9		5 0.76		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	1.00		0	BFZN	4		9		
Phosphorus, P		107		0	BFZN	4		81		
Potassium, K	-	189		0	BFZN	4		144		
Sodium, Na	-	848		0	MC	9		645		
Zinc, Zn	-	2.11		0	BFZN	4		1.60		
Copper, Cu		0.060)	0	BFZN	4		0.046		
Manganese, Mn		0.037		0	BFZN	4		0.028		
Selenium, Se		13.1		0	BFZN	4		10.0		
·	-									
Vitamins:				_		_				
Vitamin C, total ascorbic acid	-	0.0		0	MC	9		0.0		
Thiamin	-	0.260		0	BFZN	4		0.198		
Riboflavin	-	0.170		0	BFZN	4		0.129		
Niacin		3.227		0	BFZN	4		2.453		
Pantothenic acid	-	0.440		0	BFZN	4		0.334		
Vitamin B-6	-	0.170	1	0	BFZN	4		0.129		
Folate, total		4 0		0	MC	9 4		3 0		
Folic acid		4		0	BFZN			3		
Folate, food		4		0	NR NC	4 4		3		
Folate, DFE		1.51		0		4		3 1.15		
Vitamin B-12 Vitamin A, IU		0		0	BFZN MC	9		0		
		0		0	NC NC	4		0		
Vitamin A, RAE		0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol)		U		J	DE UN	-		Ū		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		44.000	1	0	BFZN	4		33.440		
Vitamin K (phylloquinone)				-	-					
Lipids:	_			_						
Fatty acids, total saturated		9.207		0	NC	4		6.997		
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	_	0.043		0	BFZN	4		0.033		
12:0	-	0.035	•	0	BFZN	4		0.026		
13:0		0.355		•	Dun			0.270		
14:0		0.355	•	0	BFZN	4		0.270		
15:0		E 600		•	Dun			4 200		
16:0		5.696	•	0	BFZN	4		4.329		
17:0		2 070	•	^	DEG	4		0 000		
18:0	_	3.078	•	0	BFZN	4		2.339		
20:0	g									
22:0	~									

		<u>A</u> 1	mount in 10			ole portic	<u>on</u>	Amount in edible portion of common measures of food		
				Number of Data		Source	Confidence	<u></u>	easures or roou	
Nutrients and	Units	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	nted q	12.302		0	NC	4		9.349		
14:1	g									
15:1	-			•						
16:1 undifferentiated	-	0.980		0	BFZN	4		0.745		
18:1 undifferentiated		11.322		0	BFZN	4		8.605		
20:1	=	0.000		0	BFZN	4		0.000		
22:1 undifferentiated		0.000		0	BFZN	4		0.000		
24:1 c	-									
Fatty acids, total polyunsaturat		2.826		0	NC	4		2.148		
18:2 undifferentiated	g	2.497		0	BFZN	4		1.898		
18:3 undifferentiated	g	0.329		0	BFZN	4		0.250		
18:4	g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated	-									
20:4 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.000		0	BFZN	4		0.000		
20:5 n-3	=	0.000		0	BFZN	4		0.000		
22:5 n-3	-	0.000		0	BFZN	4		0.000		
22:6 n-3		0.000		0	BFZN	4		0.000		
Fatty acids, total trans Cholesterol		71		0	BFZN	4		54		
Phytosterols	-	/1		U	DF ZN	4		34		
1 hytosterois	9									
Amino Acids:										
Tryptophan		0.107		0	BFZN	4		0.081		
Threonine	_	0.465		0	BFZN	4		0.353		
Isoleucine	_	0.485		0	BFZN	4		0.369		
Leucine	_	0.810		0 0	BFZN	4 4		0.616		
Lysine Methionine		0.903 0.364		0	BFZN BFZN	4		0.686 0.277		
Cystine		0.105		0	BFZN	4		0.277		
Phenylalanine		0.405		0	BFZN	4		0.308		
Tyrosine		0.386		0	BFZN	4		0.293		
Valine	_	0.464		0	BFZN	4		0.353		
Arginine	_	0.765		0	BFZN	4		0.581		
Histidine		0.395		0	BFZN	4		0.300		
Alanine	g	0.774		0	BFZN	4		0.588		
Aspartic acid	g	1.136		0	BFZN	4		0.863		
Glutamic acid	g	1.994		0	BFZN	4		1.515		
Glycine	g	0.857		0	BFZN	4		0.651		
Proline	g	0.673		0	BFZN	4		0.511		
Serine		0.510		0	BFZN	4		0.388		
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0	z	7		0.0		
Caffeine		0		0	Z	7		0		
Theobromine	mg	0		0	Z	7		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 = 76g: 1 serving 2.67 oz

NDB No. 07916

Sausage, Polish, pork and beef, smoked

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u> 1	mount in 100 gra	ams of ed	ible portio	<u>on</u>	Amount in	edible portion	of common
			Num	nber			<u>m</u>	easures of food	<u> </u>
			of D	ata Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Poi	nts Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	64.90		1 A	1		10.38	73.34	
Energy	kcal	230		0 NC	4		37	260	
Energy		962		0 NC	4		154	1087	
Protein (N x 6.25)	g	10.50		1 A	1		1.68	11.87	
Total lipid (fat)	g	19.40		1 A	1		3.10	21.92	
Ash	g	2.60		1 A	1		0.42	2.94	
Carbohydrate, by difference	g	2.60		0 NC	4		0.42	2.94	
Fiber, total dietary	g	0.0		0 z	7		0.0	0.0	
Sugars, total	g	0.00		0 z	7		0.00	0.00	
Starch	g								
3.6° 1									
Minerals:	ma	1.0	0.000	2	4		•	11	
Calcium, Ca	_	10 0.88	2.028 0.076	3	1 1		2 0.14	11 0.99	
Iron, Fe		7	0.076	3	1		0.14	0.99 8	
Phosphorus, P		49	2.186	3	1		8	55	
Potassium, K	-	101		3	1		16	114	
Sodium, Na		969		1 A	1		155	1095	
Zinc, Zn		1.60	0.058	3	1		0.26	1.81	
Copper, Cu		0.030		3	1		0.005	0.034	
Manganese, Mn									
Selenium, Se		16.9		0 RF	4		2.7	19.1	
	_								
Vitamins:				_					
Vitamin C, total ascorbic acid		0.0		3	1		0.0	0.0	
Thiamin		0.087		3	1		0.014	0.098	
Riboflavin		0.107		3	1		0.017	0.121	
Niacin	-	1.613	0.155	3	1		0.258	1.823	
Pantothenic acid Vitamin B-6		0.120	0.027	3	1		0.019	0.136	
Folate, total		4	0.027	0	4		1	0.136 5	
Folic acid		0		0 z	7		0	0	
Folate, food	-	4		0	4		1	5	
Folate, DFE	mca DFF	4		0 NC	4		1	5	
Vitamin B-12		1.02	0.023	3	1		0.16	1.15	
Vitamin A, IU		0	0.025	1 A	1		0	0	
Vitamin A, RAE	mca RAE	0		1 A	1		0	0	
Retinol		0		0 z	7		0	0	
Vitamin E (alpha-tocopherol)		0.22		0 NR	4		0.04	0.25	
Tocopherol, beta	=								
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D	IU								
Vitamin K (phylloquinone)	mcg	1.6		0 BFZ	1 4		0.3	1.8	
Lipids:									
Fatty acids, total saturated	a	7.125	1	0 NC	4		1.140	8.051	
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		0.023		3	1		0.004	0.026	
12:0		0.015		3	1		0.002	0.017	
13:0	_								
14:0	-	0.453	0.028	3	1		0.072	0.512	
15:0									
16:0	_	4.177	0.214	3	1		0.668	4.719	
17:0	-								
18:0		2.457	0.092	3	1		0.393	2.776	
20:0									
22:0	_								
24:0	-								

	<u>Ar</u>	nount in 10	0 grams Numbei		ole portic	<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
Fatty acids, total monounsaturatedg	9.628		0	NC	4		1.540	10.879	
14:1g			-		_		2.010	201015	
15:1									
16:1 undifferentiated	1.167	0.08	88 3		1		0.187	1.319	
17:1g									
18:1 undifferentiatedg	8.461	0.31	.8 3		1		1.354	9.560	
20:1g	0.000		0		1		0.000	0.000	
22:1 undifferentiatedg	0.000		0		1		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturated	1.290		0	NC	4		0.206	1.457	
18:2 undifferentiatedg	0.990	0.19	92 3		1		0.158	1.119	
18:3 undifferentiatedg	0.299	0.06	8 3		1		0.048	0.338	
18:4g	0.000		0		1		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0		1		0.000	0.000	
20:5 n-3g	0.000		0		1		0.000	0.000	
22:5 n-3g	0.000		0		1		0.000	0.000	
22:6 n-3g	0.000		0		1		0.000	0.000	
Fatty acids, total transg									
Cholesterolmg	87		1	A	1		14	98	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0	0.0	
Caffeinemg	0		0	Z	7		0	0	
Theobrominemg	0		0	Z	7		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, betamcg	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 = 16g: 1 sausage (7/8" dia x 2" long)

Measure 2 = 113g: 7 sausages (drained contents from can, net wt 4 oz)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>A</u> 1	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 Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	55.60				4		76.73	10.01	
Energy	kcal	296				4		408	53	
Energy	kj	1238				4		1709	223	
Protein (N x 6.25)	g	18.50				4		25.53	3.33	
Total lipid (fat)	g	24.00				4		33.12	4.32	
Ash		1.90		0	NR	4		2.62	0.34	
Carbohydrate, by difference	g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary		0.0			Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium. Ca	ma	11				4		15	2	
Iron. Fe.		1.08				4		1.49	0.19	
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	14				4		19	3	
Phosphorus, P		111				4		153	20	
Potassium, K	_	139				4		192	25	
Sodium, Na		1020				4		1408	184	
Zinc, Zn	mg	1.73				4		2.39	0.31	
Copper, Cu	mg	0.051				4		0.070	0.009	
Manganese, Mn	mg									
Selenium, Se	mcg	14.5		0	RF	4		20.0	2.6	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0			z	7		0.0	0.0	
Thiamin	_	0.040	1			4		0.055	0.007	
Riboflavin	-	0.120				4		0.166	0.022	
Niacin	<u>-</u>	4.060				4		5.603	0.731	
Pantothenic acid	_	2.000	•			-		0.000	052	
Vitamin B-6	_	0.170)			4		0.235	0.031	
Folate, total	-	4				4		6	1	
Folic acid		0		0	Z	7		0	0	
Folate, food	mcg	4				4		6	1	
Folate, DFE	mcg_DFE	4		0	NC	4		6	1	
Vitamin B-12		0.38				4		0.52	0.07	
Vitamin A, IU	IU	103		0	NC	4		143	19	
Vitamin A, RAE	mcg_RAE	31		0	NR	4		43	6	
Retinol	mcg	31		0	NR	4		43	6	
Vitamin E (alpha-tocopherol)	mg	0.50		0	NR	4		0.68	0.09	
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D				•						
Vitamin K (phylloquinone)	mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	7.160)			4		9.881	1.289	
4:0	g	0.000)			4		0.000	0.000	
6:0	g	0.000)			4		0.000	0.000	
8:0	g	0.000)			4		0.000	0.000	
10:0	g	0.000				4		0.000	0.000	
12:0	-	0.100)			4		0.138	0.018	
13:0										
14:0		0.430)			4		0.593	0.077	
15:0										
16:0		4.320)			4		5.962	0.778	
17:0										
18:0		2.310)			4		3.188	0.416	
20:0	-									
22:0	-									
24:0	g									

	<u>Aı</u>	mount in 10	00 grams	of edil	ole portio	<u>on</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	10.190				4		14.062	1.834	
14:19									
15:1g									
16:1 undifferentiatedg	1.190				4		1.642	0.214	
17:1g	0.000						10 105	4 500	
18:1 undifferentiatedg	8.830				4		12.185	1.589	
20:1g	0.170				4		0.235	0.031	
22:1 undifferentiatedg	0.000				4		0.000	0.000	
24:1 cg	4 500								
Fatty acids, total polyunsaturatedg	4.720				4		6.514	0.850	
18:2 undifferentiatedg	4.340				4		5.989	0.781	
18:3 undifferentiatedg	0.350				4		0.483	0.063	
18:4g	0.020				4		0.028	0.004	
20:2 n-6 c,cg									
20:3 undifferentiated	0.000						0.000	0.000	
20:4 undifferentiatedg					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	70				4		97	10	
Cholesterolmg Phytosterolsmg	70				4		97	13	
Others:									
Alcohol, ethylg	0.0				4		0.0	0.0	
Caffeine mg	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	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 = 138g: 1 cup pieces Measure 2 = 18g: 1 cubic inch

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<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	<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	60.50		1	A	1		50.82		
Energy	kcal	216		0	MC	9		181		
Energy	kj	904		0	MC	9		759		
Protein (N x 6.25)		13.60		1	A	1		11.42		
Total lipid (fat)	g	14.30		1	A	1		12.01		
Ash	g	3.50		1	A	1		2.94		
Carbohydrate, by difference	g	8.20		0	MC	9		6.89		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	1.90		1	A	1		1.60		
Starch	g									
Minerals:	m~	100		_	_	-		0.4		
Calcium, Ca	_	100		1	A	1		84		
Iron, Fe	-	4.80		1	A	1		4.03		
Magnesium, Mg		14 132		0 0	FLM FLM	4 4		12 111		
Phosphorus, P	-	246		0	FLM	4		207		
Potassium, K		1034		1	А	1		869		
Zinc, Zn	-	2.68		0	FLM	4		2.25		
Copper, Cu		0.063	1	0	FLM	4		0.053		
Manganese, Mn		0.015		0	FLM	4		0.013		
Selenium, Se		20.2	,	0	FLM	4		17.0		
ŕ				_		_				
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid	_	0.0		0	Z	7		0.0		
Thiamin		0.090		0	FLM	4		0.076		
Riboflavin		0.166		0	FLM	4		0.139		
Niacin		1.847		0	FLM	4		1.551		
Pantothenic acid	_	0.413		0	FLM	4		0.347		
Vitamin B-6	-	0.213	3	0	FLM	4		0.179		
Folate, total		6		0	FLM	4		5		
Folic acid		0 6		0	FLM	4		0 5		
Folate, DFE		6		0 0	FLM NC	4 4		5 5		
Vitamin B-12		1.60		0	FLM	4		1.34		
Vitamin A, IU		0		0	AS	1		0		
Vitamin A, RAE		0		0	AS	1		0		
Retinol		v		Ū	Ab	-		Ü		
Vitamin E (alpha-tocopherol)	-									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU	8.297	,	0	FLM	4		6.969		
Vitamin K (phylloquinone)	mcg									
<u>lipids:</u>										
Fatty acids, total saturated	a	4.800	1	1	A	1		4.032		
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	-	0.036		0	FLM	4		0.000		
12:0	_	0.031		0	FLM	4		0.026		
13:0	-			•		-		3.020		
14:0	-	0.352	2	0	FLM	4		0.296		
15:0	_			-		•				
16:0		2.875	5	0	FLM	4		2.415		
17:0										
18:0		1.493	3	0	FLM	4		1.254		
20:0										
22:0	-									
24:0	-									

	<u>A</u>	mount in 100 gram		ble portio	<u>on</u>	Amount in edible portion of common measures of food		
		Numb	er			<u>m</u>	easures of 1000	
Nutrients and Units	Mean	of Dat Std. Error Points	a Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Nutrients and Offics	Weari	Std. Ellor 1 Silling				weasure i	Wedsure 2	Measure 3
Fatty acids, total monounsaturatedg	7.165	0	FLM	4		6.018		
14:1g	7.100	v	2 222	•		0.010		
15:1g								
16:1 undifferentiatedg	0.795	0	FLM	4		0.668		
17:1g		_						
18:1 undifferentiatedg	6.330		FLM	4		5.317		
20:1g	0.040		FLM	4		0.033		
22:1 undifferentiatedg	0.000	0	FLM	4		0.000		
24:1 cg								
Fatty acids, total polyunsaturated9	0.846		FLM	4		0.711		
18:2 undifferentiated	0.640		FLM	4		0.538		
18:3 undifferentiatedg	0.186		FLM	4		0.156		
18:4g	0.000	0	FLM	4		0.000		
20:2 n-6 c,cg								
20:3 undifferentiated								
20:4 undifferentiatedg	0.018		FLM	4		0.015		
20:5 n-3g	0.000		FLM	4		0.000		
22:5 n-3g	0.000		FLM	4		0.000		
22:6 n-3g	0.001	0	FLM	4		0.001		
Fatty acids, total transg	100	_	_	_				
Cholesterolmg	120	1	A	1		101		
Phytosterolsmg	0	0	FLM	4		0		
Amino Acids:								
Tryptophan	0.145	0	FLM	4		0.122		
Threonineg	0.565	0	FLM	4		0.475		
Isoleucine	0.613	0	FLM	4		0.515		
Leucineg	1.044	0	FLM	4		0.877		
Lysineg	1.092	0	FLM	4		0.917		
Methionineg	0.334	0	FLM	4		0.281		
Cystineg	0.155	0	FLM	4		0.131		
Phenylalanine	0.519	0	FLM	4		0.436		
Tyrosineg	0.448	0	FLM	4		0.376		
Valineg	0.661	0	FLM	4		0.555		
Arginineg	0.855	0	FLM	4		0.718		
Histidine 9	0.426	0	FLM	4		0.358		
Alanineg	0.804	0	FLM	4		0.675		
Aspartic acidg	1.184	0	FLM	4		0.995		
Glutamic acid	2.036	0	FLM	4		1.710		
Glycineg	0.814	0	FLM	4		0.684		
Proline	0.770	0	FLM	4		0.647		
Serineg	0.562		FLM	4		0.472		
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0	Z	7		0.0		
Caffeine mg	0	0	Z	7		0		
Theobrominemg	0	0	Z	7		0		
<u>Carotenoids:</u>								
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 = 84g: 1 link

NDB No. 07928

Sausage, chicken, beef, pork, skinless, smoked

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u> 1	mount in 100 g	grams	of edik	ole portio	<u>n</u>		edible portion	
			Nu	ımbeı	r			<u>m</u>	easures of food	<u>l</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	56.11	0.215	13	A	1		43.20		
Energy	kcal	296		0	NC	4		228		
Energy	kj	1240		0	NC	4		955		
Protein (N x 6.25)	g	12.89	0.074	13	A	1		9.93		
Total lipid (fat)	g	25.84	0.205	13	A	1		19.90		
Ash	g	3.03		0	NC	4		2.33		
Carbohydrate, by difference	g	2.13		0	NC	4		1.64		
Fiber, total dietary	g	0.0		0	MC	9		0.0		
Sugars, total	g	0.11		0	MC	9		0.08		
Starch	g									
Min anala.										
<u>Minerals:</u> Calcium, Ca	ma	57		0	MC	9		44		
Iron, Fe	_	0.73		0	MC	9		0.56		
Magnesium, Mg	_	13		0	BFZN	4		10		
Phosphorus, P		178		0	BFZN	4		137		
Potassium, K	•	206		0	BFZN	4		159		
Sodium, Na	-	848		0	MC	9		653		
Zinc, Zn	_	2.25		0	BFZN	4		1.73		
Copper, Cu		0.070	1	0	BFZN	4		0.054		
Manganese, Mn	mg	0.032	!	0	BFZN	4		0.024		
Selenium, Se	mcg	7.5		0	BFZN	4		5.8		
Vitamins:										
	ma	0.0		0	MC	9		0.0		
Vitamin C, total ascorbic acid Thiamin	_	0.0		0	BFZN	4		0.191		
Riboflavin		0.160		0	BFZN	4		0.123		
Niacin		2.900		0	BFZN	4		2.233		
Pantothenic acid		0.760		0	BFZN	4		0.585		
Vitamin B-6	-	0.130		0	BFZN	4		0.100		
Folate, total	-	3		0	MC	9		2		
Folic acid		0		0	NR	4		0		
Folate, food		3		0	MC	9		2		
Folate, DFE		3		0	NC	4		2		
Vitamin B-12		1.73		0	BFZN	4		1.33		
Vitamin A, IU		0		0	AS	1		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		11.600	1	0	BFZN	4		8.932		
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	9.482	!	0	NC	4		7.301		
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	-	0.082		0	BFZN	4		0.063		
12:0	-	0.091		0	BFZN	4		0.070		
13:0	-									
14:0		0.507	,	0	BFZN	4		0.390		
15:0										
16:0		5.787	•	0	BFZN	4		4.456		
17:0										
18:0		3.016	;	0	BFZN	4		2.322		
20:0	g									
22:0	-									
24:0	g									

		<u>Aı</u>	mount in 100	0 grams Number		ole portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Uni	ts	Mean	· ·	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		12.357		0	NC	4		9.515		
15:1	g									
16:1 undifferentiated		1.032		0	BFZN	4		0.795		
17:1		44 00								
18:1 undifferentiated	_	11.325		0 0	BFZN BFZN	4 4		8.720		
20:1 22:1 undifferentiated		0.000		0	BFZN	4		0.000 0.000		
24:1 c	-	0.000		U	DF ZN	-		0.000		
Fatty acids, total polyunsaturated		2.735		0	NC	4		2.106		
18:2 undifferentiated		2.373		0	BFZN	4		1.827		
18:3 undifferentiated		0.362		0	BFZN	4		0.279		
18:4	g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated	_									
20:4 undifferentiated		0.000		0	BFZN	4		0.000		
20:5 n-3	_	0.000		0	BFZN	4		0.000		
22:5 n-3	_	0.000		0	BFZN	4		0.000		
22:6 n-3		0.000		0	BFZN	4		0.000		
Fatty acids, total trans		63		0	MC	9		49		
CholesterolPhytosterols	_	63		U	MC	9		49		
F llytosterois	9									
Amino Acids:										
Tryptophan		0.150		0	BFZN	4		0.116		
Threonine	_	0.540		0	BFZN	4		0.416		
Isoleucine	_	0.620		0	BFZN	4		0.477		
Leucine	_	1.100		0	BFZN	4 4		0.847		
Lysine Methionine		1.160 0.360		0	BFZN BFZN	4		0.893 0.277		
Cystine		0.150		0	BFZN	4		0.116		
Phenylalanine		0.560		0	BFZN	4		0.431		
Tyrosine		0.520		0	BFZN	4		0.400		
Valine	_	0.690		0	BFZN	4		0.531		
Arginine	-	0.840		0	BFZN	4		0.647		
Histidine		0.470		0	BFZN	4		0.362		
Alanine	g	0.830		0	BFZN	4		0.639		
Aspartic acid	g	1.240		0	BFZN	4		0.955		
Glutamic acid	g	2.350		0	BFZN	4		1.810		
Glycine	g	0.910		0	BFZN	4		0.701		
Proline	_	0.970		0	BFZN	4		0.747		
Serine		0.600		0	BFZN	4		0.462		
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0	Z	7		0.0		
Caffeine	mg	0		0	Z	7		0		
Theobromine	<u>m</u> g	0		0	Z	7		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 = 77g: 12 oz serving 2.7 oz

NDB No. 07917

Sausage, pork and beef, with cheddar cheese, smoked

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u>	mount in 100 gr	ams of edi	ble portic	<u>on</u>	Amount in	edible portion	of common
			Nun	ber			m	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	53.97		1 A	1		36.70	244.79	
Energy	_	320		0 NC	4		217	1450	
Energy		1338		0 NC	4		910	6068	
03									
Protein (N x 6.25)		12.00		1 A	1		8.16	54.44	
Total lipid (fat)		28.73		1 A	1		19.53	130.30	
Ash		2.89		1 A	1		1.96	13.09	
Carbohydrate, by difference		2.42		0 NC	4		1.65	10.99	
Fiber, total dietary		0.0		0 Z	7		0.0	0.0	
Sugars, total	_	0.00		0 Z	7		0.00	0.00	
Starch	g								
Minerals:									
Calcium, Ca	ma	12		1 A	1		8	56	
Iron. Fe.	-	0.75		1 A	1		0.51	3.42	
Magnesium, Mg		13		1 A	1		9	60	
Phosphorus, P		121		1 A	1		82	549	
Potassium, K	•	179		1 A	1		122	812	
Sodium, Na		911		1 A	1		619	4132	
Zinc, Zn		1.26		1 A	1		0.86	5.72	
Copper, Cu		0.077	1	1 A	1		0.052	0.349	
Manganese, Mn		0.048		1 A	1		0.033	0.218	
Selenium, Se		0.0		1 A	1		0.0	0.1	
Scientini, Sc	9	0.0			-		0.0	V	
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid	mg	0.0		0 z	7		0.0	0.0	
Thiamin	-	0.192	2	1 A	1		0.131	0.871	
Riboflavin	mg	0.106	5	1 A	1		0.072	0.481	
Niacin	-	2.940)	1 A	1		1.999	13.336	
Pantothenic acid	mg	0.525	5	1 A	1		0.357	2.381	
Vitamin B-6	mg	0.163	3	1 A	1		0.111	0.739	
Folate, total	mcg	2		1 A	1		1	9	
Folic acid	mcg	0		0 z	7		0	0	
Folate, food		2		1 A	1		1	9	
Folate, DFE	mcg_DFE	2		0 NC	4		1	9	
Vitamin B-12		0.58		1 A	1		0.39	2.63	
Vitamin A, IU	IU	74		0 AS	1		50	336	
Vitamin A, RAE	mcg_RAE	13		0 AS	1		9	59	
Retinol		11		1 A	1		8	51	
Vitamin E (alpha-tocopherol)	mg	0.13		2 A	1		0.09	0.59	
Tocopherol, beta		0.00		2 A	1		0.00	0.00	
Tocopherol, gamma		0.08		2 A	1		0.05	0.36	
Tocopherol, delta		0.00		2 A	1		0.00	0.00	
Vitamin D		44.000)	0 т	4		29.920	199.584	
Vitamin K (phylloquinone)		0.0		2 A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated	g	9.769)	1 A	1		6.643	44.312	
4:0		0.000		0 z	7		0.000	0.000	
6:0	-	0.000		0 z	7		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	-	0.399)	1 A	1		0.271	1.810	
15:0	_	0.000		1 A	1		0.000	0.000	
16:0	-	6.119		1 A	1		4.161	27.756	
17:0		0.117		1 A	1		0.080	0.531	
18:0		3.088		1 A	1		2.100	14.007	
20:0		0.046		1 A	1		0.031	0.209	
22:0	_	0.046		1 A	1		0.000	0.209	

		<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	
Nutrients and	Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	atedg	12.238	3	1	A	1		8.322	55.512	
14:1		0.000)	1	A	1		0.000	0.000	
15:1	g	0.000)	1	A	1		0.000	0.000	
16:1 undifferentiated	g	0.744	Į.	1	A	1		0.506	3.375	
17:1	g									
18:1 undifferentiated	g	11.262	2	1	A	1		7.658	51.084	
20:1	g	0.232	?	1	A	1		0.158	1.052	
22:1 undifferentiated	g	0.000)	0	z	7		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsaturat		3.927	,	1	A	1		2.670	17.813	
18:2 undifferentiated		3.481	_	1	A	1		2.367	15.790	
18:3 undifferentiated	g	0.207	,	0	AS	1		0.141	0.939	
18:3 n-6 c,c,c	g	0.000)	1	A	1		0.000	0.000	
18:3i	g									
18:4	g	0.000)	0	Z	7		0.000	0.000	
20:2 n-6 c,c	g	0.151	_	1	A	1		0.103	0.685	
20:3 undifferentiated	g	0.000)	1	A	1		0.000	0.000	
20:3 n-3										
20:3 n-6										
20:4 undifferentiated		0.088	3	1	A	1		0.060	0.399	
20:4 n-3										
20:4 n-6										
20:5 n-3	g	0.000)	0	Z	7		0.000	0.000	
22:5 n-3	g	0.000)	0	Z	7		0.000	0.000	
22:6 n-3	g	0.000)	0	Z	7		0.000	0.000	
Fatty acids, total trans	g	0.000)	1	A	1		0.000	0.000	
Cholesterol	mg	58		1	A	1		40	264	
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	Z	7		0.0	0.0	
Caffeine	-	0		0	Z	7		0	0	
Theobromine	-	0		0	Z	7		0	0	
Carotenoids:										
Carotene, beta	mcg	11		1	A	1		7.603	50.714	
Carotene, alpha		11		1	A	1		7.212	48.112	
Cryptoxanthin, beta		11		1	A	1		7.603	50.714	
Lycopene		11		1	A	1		7.603	50.714	
Lutein + zeaxanthin		15		1	A	1		10.200	68.040	

Common Measures:

Measure 1 = 68g: 1 piece (4" long x 1-1/8" dia)

Measure 2 = 453.6g: 1 lb 16 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>A</u> 1	mount in 100 g	grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	ımbeı	r			<u>m</u>	easures of food	<u>l</u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	36.20	0.384	13	A	1		10.26			
Energy	kcal	426		0	NC	4		121			
Energy	kj	1783		0	NC	4		506			
Protein (N x 6.25)		19.43	0.129	13	A	1		5.51			
Total lipid (fat)	g	37.91	0.359	13	A	1		10.75			
Ash	g	4.83		0	NC	4		1.37			
Carbohydrate, by difference	g	1.82		0	MC	9		0.52			
Fiber, total dietary	g	0.2		0	MC	9		0.1			
Sugars, total	g	0.12		0	MC	9		0.03			
Starch	g										
of: 1											
Minerals:	ma	81		0	MC	9		23			
Calcium, Ca	_	2.26		0	MC MC	9		0.64			
Magnesium, Mg		13		0	BFZN	4		4			
Phosphorus, P		178		0	BFZN	4		50			
Potassium, K	_	206		0	BFZN	4		58			
Sodium, Na	_	1483		0	MC	9		420			
Zinc, Zn	-	2.25		0	BFZN	4		0.64			
Copper, Cu		0.070)	0	BFZN	4		0.020			
Manganese, Mn		0.032	2	0	BFZN	4		0.009			
Selenium, Se		7.5		0	BFZN	4		2.1			
Vitamina											
<u>Vitamins:</u>				•		•		0.0			
Vitamin C, total ascorbic acid	-	0.0		0	MC	9		0.0			
ThiaminRiboflavin	-	0.249 0.160		0	BFZN BFZN	4 4		0.070 0.045			
Niacin		2.900		0	BFZN	4		0.822			
Pantothenic acid		0.760		0	BFZN	4		0.822			
Vitamin B-6	_	0.700		0	BFZN	4		0.213			
Folate, total	_	7	•	0	MC	9		2			
Folic acid		0		0	NR	4		0			
Folate, food		7		0	MC	9		2			
Folate, DFE		7		0	NC	4		2			
Vitamin B-12		1.73		0	BFZN	4		0.49			
Vitamin A, IU		749		0	MC	9		212			
Vitamin A, RAE		225		0	NC	4		64			
Retinol		225		0	NR	4		64			
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D		11.600)	0	BFZN	4		3.289			
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	q	10.470)	0	NC	4		2.968			
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		0.090		0	BFZN	4		0.026			
12:0	_	0.100		0	BFZN	4		0.028			
13:0	-										
14:0		0.560)	0	BFZN	4		0.159			
15:0											
16:0		6.390)	0	BFZN	4		1.812			
17:0											
18:0		3.330)	0	BFZN	4		0.944			
20:0	g										
22:0	_										
24:0	g										

		<u>A</u>	mount in 100 grar		ble portio	<u>on</u>		edible portion	
			Numb	er			<u>m</u>	easures of food	_
				a Deriv	Source	Confidence			
Nutrients and U	nits	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		13.680	0	BFZN	4		3.878		
14:1									
15:1	-		_						
16:1 undifferentiated	_	1.140	0	BFZN	4		0.323		
17:1	-	12.505	0	BFZN	4		2 545		
18:1 undifferentiated 20:1	_	0.000		BFZN			3.545 0.000		
22:1 undifferentiated	-	0.000		BFZN			0.000		
24:1 c	•	0.000	0	DF ZN	-		0.000		
Fatty acids, total polyunsaturated		3.020	0	BFZN	4		0.856		
18:2 undifferentiated		2.620		BFZN			0.743		
18:3 undifferentiated		0.400		BFZN			0.113		
18:4	<u>-</u>	0.000		BFZN			0.000		
20:2 n-6 c.c.	_	0.000	ŭ		-		0.000		
20:3 undifferentiated	_								
20:4 undifferentiated	-	0.000	0	BFZN	4		0.000		
20:5 n-3	-	0.000		BFZN	4		0.000		
22:5 n-3	• • • • • • • • • • • • • • • • • • • •	0.000	0	BFZN	4		0.000		
22:6 n-3		0.000		BFZN			0.000		
Fatty acids, total trans									
Cholesterol		89	0	MC	9		25		
Phytosterols									
Amino Acids:	_								
Tryptophan		0.150		BFZN			0.043		
Threonine	-	0.540		BFZN			0.153		
Isoleucine	-	0.620 1.100		BFZN BFZN			0.176 0.312		
Lysine	-	1.160		BFZN			0.329		
Methionine		0.360		BFZN			0.102		
Cystine		0.150		BFZN			0.102		
Phenylalanine		0.560		BFZN			0.159		
Tyrosine		0.520		BFZN			0.147		
Valine		0.690		BFZN			0.196		
Arginine	-	0.840		BFZN			0.238		
Histidine		0.470		BFZN			0.133		
Alanine		0.830	0	BFZN	4		0.235		
Aspartic acid		1.240	0	BFZN	4		0.352		
Glutamic acid		2.350	0	BFZN	4		0.666		
Glycine		0.910	0	BFZN	4		0.258		
Proline		0.970	0	BFZN	4		0.275		
Serine		0.600	0	BFZN	4		0.170		
Hydroxyproline	g								
Others:	~	2.2	•	_	-		0.0		
Alcohol, ethyl		0.0	0	Z	7 7		0.0		
Caffeine		0	0	Z Z	7		0 0		
Theobromine	!!!!9	U	U	Z	,		U		
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	mcg	0	0	Z	7		0.000		
Lutein + zeaxanthin	mcg	0	0	Z	7		0.000		

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 07918

Sausage, summer, pork and beef, sticks, with cheddar cheese

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>Aı</u>	mount in 100 g	rams	of edib	ole portio	<u>n</u>		edible portion	
			Nu	ımbeı	r			<u>m</u>	easures of food	<u>l</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	63.12	0.126	225	A	1		35.35		
Energy	kcal	235		0	NC	4		132		
Energy	kj	983		0	NC	4		551		
Protein (N x 6.25)	g	15.42	0.117	7	A	1		8.64		
Total lipid (fat)	g	18.09	0.163	226	A	1		10.13		
Ash	g	1.81	0.049	7	A	1		1.01		
Carbohydrate, by difference	g	1.56		0	MC	9		0.87		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Villierais: Calcium, Ca	ma	32	6.524	7	A	1		18		
Iron, Fe	_	1.07	0.042	7	A	1		0.60		
Magnesium, Mg	_	25	****	0	BFZN	4		14		
Phosphorus, P		185		0	BFZN	4		104		
Potassium, K	_	197		0	BFZN	4		110		
Sodium, Na		585	22.716	7	A	1		328		
Zinc, Zn	-	2.13		0	BFZN	4		1.19		
Copper, Cu		0.111	L	0	BFZN	4		0.062		
Manganese, Mn	mg	0.066	5	0	BFZN	4		0.037		
Selenium, Se	mcg	22.2		0	BFZN	4		12.4		
Vitamins:										
Vitamins: Vitamin C, total ascorbic acid	ma	30.4		0	BFZN	4		17.0		
Thiamin	_	0.071		0	BFZN	4		0.040		
Riboflavin	-	0.071		0	BFZN	4		0.097		
Niacin		3.675		0	BFZN	4		2.058		
Pantothenic acid		0.797		0	BFZN	4		0.447		
Vitamin B-6	-	0.381		0	BFZN	4		0.213		
Folate, total	-	8		0	BFZN	4		5		
Folic acid		0		0	BFZN	4		0		
Folate, food		8		0	BFZN	4		5		
Folate, DFE		8		0	NC	4		5		
Vitamin B-12		0.43		0	BFZN	4		0.24		
Vitamin A, IU		0			z	7		0		
Vitamin A, RAE		0		0	NC	4		0		
Retinol	mcg	0		0	NR	4		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta								_		
Vitamin D		6.640)	0	BFZN	4		3.718		
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	7.147	,	0	NC	4		4.002		
4:0		0.002		0	BFZN	4		0.001		
6:0		0.000		0	BFZN	4		0.000		
8:0	_	0.001		0	BFZN	4		0.000		
10:0		0.001		0	BFZN	4		0.001		
12:0	-	0.036		0	BFZN	4		0.020		
13:0	_									
14:0		0.215	5	0	BFZN	4		0.120		
15:0										
16:0		5.082	2	0	BFZN	4		2.846		
17:0										
18:0		1.810)	0	BFZN	4		1.014		
20:0	g									
22:0	-									
24:0	-									

	<u>A</u> 1	mount in 100 grams		ole portic	<u>on</u>		edible portion o	f common
		Numbe	r			<u>m</u>	easures of food	
			Deriv		Confidence			
Nutrients and Units	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		. 0	NC	4		2.800		
14:1	-							
15:1	=	0	BFZN	4		0.446		
17:1	•	· ·	21 211	•		0.440		
18:1 undifferentiated	-	. 0	BFZN	4		2.336		
20:1	-		BFZN	4		0.009		
22:1 undifferentiated			BFZN	4		0.009		
24:1 c	-							
Fatty acids, total polyunsaturated	g 3.303	0	NC	4		1.850		
18:2 undifferentiated		0	BFZN	4		1.613		
18:3 undifferentiated	g 0.179	0	BFZN	4		0.100		
18:4	g 0.000	0	BFZN	4		0.000		
20:2 n-6 c,c	-							
20:3 undifferentiated	=							
20:4 undifferentiated	•		BFZN	4		0.100		
20:5 n-3	-		BFZN	4		0.000		
22:5 n-3	=		BFZN	4		0.018		
22:6 n-3		0	BFZN	4		0.018		
Fatty acids, total trans								
Cholesterol	-	0	BFZN	4		34		
Phytosterols	mg 0	0	BFZN	4		0		
Amino Acids:								
Tryptophan	g 0.209	0	BFZN	4		0.117		
Threonine	g 0.817	0	BFZN	4		0.457		
Isoleucine	g 0.945	0	BFZN	4		0.529		
Leucine	g 1.467	0	BFZN	4		0.822		
Lysine	g 1.692	. 0	BFZN	4		0.947		
Methionine	g 0.523	0	BFZN	4		0.293		
Cystine	g 0.204	0	BFZN	4		0.114		
Phenylalanine	g 0.738	0	BFZN	4		0.413		
Tyrosine	g 0.717		BFZN	4		0.401		
Valine	=		BFZN	4		0.551		
Arginine	g 1.293	0	BFZN	4		0.724		
Histidine	g 0.560		BFZN	4		0.314		
Alanine			BFZN	4		0.656		
Aspartic acid			BFZN	4		1.001		
Glutamic acid	-		BFZN	4		1.690		
Glycine			BFZN	4		0.613		
Proline			BFZN	4		0.507		
Serine		0	BFZN	4		0.466		
Hydroxyproline	g							
Others:	2.2	•	_	-		0.0		
Alcohol, ethyl		0	Z	7 7		0.0		
Caffeine m		0	Z	7		0 0		
Theobromine M	ng 0	0	Z	,		U		
Carotenoids:								
Carotene, beta		0	Z	7		0.000		
Carotene, alpham		0	Z	7		0.000		
Cryptoxanthin, beta		0	Z	7		0.000		
Lycopene		0	Z	7		0.000		
Lutein + zeaxanthin	ncg 0	0	Z	7		0.000		

Common Measures:

Measure 1 = 56g: 1 serving 2 links

NDB No. 07919

Sausage, turkey, breakfast links, mild

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u>	mount in 100	grams	of edib	le portio	<u>n</u>		edible portion	
			N	lumber				<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	68.50		1	A	1		38.36		
Energy	kcal	158		0	MC	9		88		
Energy	kj	659		0	MC	9		369		
Protein (N x 6.25)	g	15.05		1	A	1		8.43		
Total lipid (fat)		8.75		1	A	1		4.90		
Ash		3.05		0	NC	4		1.71		
Carbohydrate, by difference		4.65		0	MC	9		2.60		
Fiber, total dietary	g	0.9		1	A	1		0.5		
Sugars, total		3.20		1	A	1		1.79		
Starch										
Minerals:				_	_	_		1.0		
Calcium, Ca		21 9.60		1 1	A	1 1		12 5.38		
Iron, Fe					A					
Magnesium, Mg		25 185		0	BFZN BFZN	4 4		14 104		
Phosphorus, P		185 197		1		1				
Potassium, K		928		1	A A	1		110 520		
Sodium, Na		2.13		0	BFZN	4		1.19		
Zinc, Zn		0.111		0	BFZN	4		0.062		
Copper, Cu		0.111		0	BFZN	4		0.082		
Manganese, Mn	-	22.2	•	0	BFZN	4		12.4		
Selenium, Se	nicg	22.2		U	DF ZN	4		12.4		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	<u>mg</u>	30.4		1	A	1		17.0		
Thiamin	mg	0.071	L	0	BFZN	4		0.040		
Riboflavin	mg	0.173	3	0	BFZN	4		0.097		
Niacin	mg	3.675	5	0	BFZN	4		2.058		
Pantothenic acid		0.797	7	0	BFZN	4		0.447		
Vitamin B-6	mg	0.381	L	0	BFZN	4		0.213		
Folate, total	mcg	8		0	BFZN	4		5		
Folic acid	mcg	0		0	BFZN	4		0		
Folate, food	mcg	8		0	BFZN	4		5		
Folate, DFE		8		0	NC	4		5		
Vitamin B-12		0.43		0	BFZN	4		0.24		
Vitamin A, IU	IU	144		1	A	1		81		
Vitamin A, RAE		43		0	AS	1		24		
Retinol		43		0	NR	4		24		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	6.640)	0	BFZN	4		3.718		
Vitamin K (phylloquinone)	mcg									
Lipids:										
	0	3.401	i	0	NC	4		1.904		
Fatty acids, total saturated		0.001		0	BFZN	4		0.001		
4:0		0.001		0	BFZN	4		0.001		
6:0 8:0	-	0.000		0	BFZN	4		0.000		
10:0		0.000		0	BFZN	4		0.000		
12:0	-	0.001		0	BFZN	4		0.010		
13:0	-	0.01	•	U	בים מוא	-		0.010		
14:0	-	0.102	•	0	BFZN	4		0.057		
15:0	-	0.102	_	J	DE AN	-		0.057		
16:0		2.418	3	0	BFZN	4		1.354		
17:0		2.410	-	J	LE UN	-		1.334		
18:0		0.861	ı	0	BFZN	4		0.482		
20:0		0.861	-	U	בינו בינו	-		0.40∠		
	-									
22:0	g g									

		<u>Ar</u>	nount in 10	0 grams	of edib	ole portic	<u>on</u>		edible portion	
				Number	•			<u>m</u>	easures of food	•
				of Data	Deriv	Source	Confidence			
Nutrients and Un	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.		2.380		0	NC	4		1.333		
14:1	_									
15:1	-									
16:1 undifferentiated		0.379		0	BFZN	4		0.212		
17:1	-			_						
18:1 undifferentiated	-	1.985		0	BFZN	4		1.111		
20:1		0.008		0	BFZN	4		0.004		
22:1 undifferentiated	•	0.008		0	BFZN	4		0.004		
24:1 c										
Fatty acids, total polyunsaturated		1.572		0	NC	4		0.880		
18:2 undifferentiated		1.371		0	BFZN	4		0.768		
18:3 undifferentiated		0.085		0	BFZN	4		0.048		
18:4		0.000		0	BFZN	4		0.000		
20:2 n-6 c,c	-									
20:3 undifferentiated	-									
20:4 undifferentiated		0.085		0	BFZN	4		0.048		
20:5 n-3	-	0.000		0	BFZN	4		0.000		
22:5 n-3		0.015		0	BFZN	4		0.009		
22:6 n-3	g	0.015		0	BFZN	4		0.009		
Fatty acids, total trans										
Cholesterol	mg	53		1	A	1		29		
Phytosterols	mg	0		0	BFZN	4		0		
Amino Acids:										
Tryptophan	a	0.209		0	BFZN	4		0.117		
Threonine		0.817		0	BFZN	4		0.457		
Isoleucine	_	0.945		0	BFZN	4		0.529		
Leucine		1.467		0	BFZN	4		0.822		
Lysine	_	1.692		0	BFZN	4		0.947		
Methionine		0.523		0	BFZN	4		0.293		
Cystine		0.323		0	BFZN	4		0.114		
Phenylalanine	_	0.738		0	BFZN	4		0.413		
Tyrosine		0.717		0	BFZN	4		0.401		
Valine		0.984		0	BFZN	4		0.551		
Arginine	-	1.293		0	BFZN	4		0.724		
· ·		0.560		0	BFZN	4		0.314		
Histidine	_	1.171		0	BFZN	4		0.514		
Alanine	-	1.788		0	BFZN	4		1.001		
Aspartic acid	-	3.018		0	BFZN	4				
Glutamic acid	_			0		4		1.690		
Glycine		1.095			BFZN	4		0.613		
Proline	-	0.906		0	BFZN BFZN	4		0.507		
Serine		0.832		U	BFZN	4		0.466		
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0	Z	7		0.0		
Caffeine		0		0	z	7		0		
Theobromine	mg	0		0	Z	7		0		
Carotenoids:	-									
	moc	^		^	_	-		0.000		
Carotene, beta		0		0	Z Z	7 7		0.000		
Carotene, alpha		0		0	z Z	7		0.000		
Cryptoxanthin, beta		-		0				0.000		
Lycopene		0		0	Z	7		0.000		
Lutein + zeaxanthin	iincā	0		0	Z	7		0.000		

Common Measures:

Measure 1 = 56g: 1 serving 2 oz

NDB No. 07929

Sausage, turkey, hot, smoked

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

of Data Deriv Source Confidence	tion of common			<u>n</u>	le portio	of edib	<u>00 grams</u>	mount in 10	<u>Ar</u>		
Proximates:	<u>food</u>	easures of food	<u>me</u>				Number				
Water	2 Measure 3	Measure 2	Measure 1					Std. Error	Mean	ts	Nutrients and Uni
Water											Proximates:
Energy			34.98		6	JA	3		62.47	g	
Protein (N \(c \ 25 \)			119		4	NC	0		213	kcal	Energy
Total Injud (fan			500		4	NC	0		893		
Ash.			4.52		6	JA	4		8.06	g	Protein (N x 6.25)
Carbohydrate, by difference. 9 14,06 0 MC 4 7,88 Fiber, total dictary. 9 0.3 1 J. 00 11 0.1 Sucrose. 9 0.20 0 NR 4 0.11 Sugars, total 9 0.20 0 NR 4 0.11 Sugars, total 9 0.20 1 A 1 0.11 Sucrose. 9 0.00 0 Z 7 0.00 Clincose (decktrose). 9 0.20 1 A 1 0.11 Sucrose. 9 0.00 0 Z 7 0.00 Clincose (decktrose). 9 0.00 0 Z 7 0.00 Clincose 9 Surch. 9 S			7.77		6	JA	4		13.87	g	Total lipid (fat)
Fiber, Irolal dictary			0.86		1	A	3		1.53	g	Ash
Sugars, total			7.88		4	NC	0		14.06	g	Carbohydrate, by difference
Sucrose			0.1		11	JO	1		0.3	g	Fiber, total dietary
Silvano (dextrose)						NR	0		0.20	g	Sugars, total
Fructisse										g	Sucrose
File										g	Glucose (dextrose)
Maltose. 9 0.00 0 z 7 0.00 Galactose. 9 9 Winerals: Calcium, Ca. mg 7 4 JA 6 1.06 Magnesium, Mg mg 1.89 4 JA 6 1.06 Magnesium, Mg mg 13 3 A 1 7 Plossporus, P mg 76 4 JA 6 88 Sodium, Na mg 158 4 JA 6 88 Sodium, Na mg 158 4 JA 6 88 Sodium, Na mg 158 4 JA 6 88 Sodium, Na mg 1.06 3 A 1 0.59 Copper, Cu. mg 0.212 3 A 1 0.59 Copper, Cu. mg 0.212 3 A 1 0.119 Manganese, Mn mg Solemium, Sc. mog 17.4 0 BFZN 4 9.7 Witamin C, total ascorbic acid mg 2.27 4 JA 6 0.065 Ribollavin mg 0.227 4 JA 6 0.065 Niacin mg 2.273 4 JA 6 0.065 Niacin mg 0.227 4 JA 6 0.065 Niacin mg 0.120 4 JA 6 0.065 Niacin mg 0.120 4 JA 6 0.066 Folate, folad mg 0.120 4 JA 6 0.067 Folate, folad mg 0.120 5 JA 1 0.067 Folate, folad mg 0.120 4 JA 6 0.067 Folate, folad mg 0.120 4 JA 6 0.067 Folate, folad mg 0.120 5 JA 1 0.067 Folate, folad mg 0.120 4 JA 6 0.067 Folate, folad mg 0.120 4 JA 6 0.067 Folate, folad mg 0.120 5 JA 1 0.077 Vitamin B-12 mg 0.110 JU 2086 JA JA 6 1168 Vitamin B-12 mg 0.110 JU 2086 JA JA 6 1168 Vitamin B-12 mg 0.110 JU 2086 JA JA 6 1168 Vitamin B-12 mg 0.110 JU 2086 JA JA 6 1168 Vitamin B-12 mg 0.110 JU 2086 JA JA 6 1168 Vitamin D JU 0.000 JA 7 0.000 Vitamin K (phylloquinone) mg 0.15 JA 7 0.000 Vitamin K (phylloquinone) mg 0.15 JA 7 0.000 Vitamin K (phylloquinone) mg 0.15 JA 7 0.000 Vitamin K (phylloquinone) mg 0.14 0.000 40 0.000 40 0.000 40 0.000 40 0.000 40 0.000 40 0.000 40 0.000 40 0.000 40 0.000 40 0.000 40 0.000							-				
Manuslace											
Starch.			0.00		7	Z	0		0.00	g	Maltose
Minerals: Calcium, Ca.											
Calcium, Ca.										9	Starch
Fron, Fe.			4		•	73	4		7	ma	
Magnesium, Mg. mg 1.3 3 A 1 7 Phosphorus, P. mg 76 4 JA 6 43 Potassium, K. mg 158 4 JA 6 88 Sodium, Na. mg 659 4 JA 6 369 Zinc, Zn. mg 1.06 3 A 1 0.19 Copper, Cu. mg 1.06 3 A 1 0.19 Manganese, Mm. mg 0.212 3 A 1 0.119 Manganese, Mm. mg 17.4 0 BFZN 4 0.75 Vitaminia rg 2.5 1 A JA 1							4				-
Phosphorus, P. mg 76 4 JA 6 43 Potassium, K. mg 158 4 JA 6 88 Sodium, Na. mg 659 4 JA 6 369 Zinc, Zn. mg 1.06 3 A 1 0.119 Copper, Cu. mg 0.212 3 A 1 0.119 Manganese, Mn. mg							3				
Potassium, K.											
Sodium, Na. mg 659 4 JA 6 369 Zinc, Zn. mg 1.06 3 A 1 0.59 Copper, Cu. mg 0.212 3 A 1 0.119 Manganese, Mn. mg							-				• •
Zinc, Zn. Mg 1.06 3 A 1 0.59 Copper, Cu. Mg 0.212 3 A 1 0.119 Manganese, Mn. Mg 17.4 0 BFZN. 4 9.7 Vitamins. Vitamins C, total ascorbic acid. Mg 2.5 1 A 1 1.4 1.4 Thiamin. Mg 0.116 4 JA 6 0.065 6 1.273 1.2 1.4 1.2 1.4 1.2 1.2 1.2							4				5
Copper, Cu mg 0.212 3 A 1 0.119 Manganese, Mn mg			0.59		1	A	3		1.06		*
Manganese, Mn. mg 17.4 0 BFZN 4 9.7 Vitamins, collal ascorbic acid. mg 2.5 1 A 1 1.4 Thiamin. mg 0.116 4 JA 6 0.065 Riboflavin. mg 0.287 4 JA 6 0.065 Riboflavin. mg 0.2273 4 JA 6 0.160 Niacin. mg 2.273 4 JA 6 1.273 Pantothenic acid. mg 0.120 4 0.067 Folate, food. mcg 5 4 3 Folate, food. mcg 5 4 3 Folate, Food. mcg 5 0 NC 4 3 Folate, Food. mcg 5 0 NC 4 0.17 Vitamin B-12 mcg 0.31 1 4 0.17 Vitamin B-12 mcg 626 0			0.119		1	A	3	<u> </u>	0.212		
Vitamins: Vitamin C, total ascorbic acid mg 2.5 1 A 1 1.4 Thiamin mg 0.116 4 JA 6 0.065 Riboflavin mg 0.287 4 JA 6 0.160 Niacin mg 0.2273 4 JA 6 0.160 Niacin mg 0.120 VIA 5 1.273 Pantothenic acid mg 0.120 VIA 4 0.067 Folate, fodel mcg 5 4 3 0.067 Folate, fodel mcg 0 z 7 0 0.067 Folate, DFE mcg DFE 5 0 NC 4 3 3 Folate, DFE mcg DFE 5 0 NC 4 3 168 4 0.17 0.17 0.17 0.17 0.17 0.17 0.17 0.17 0.17 0.17 0.17 0.17 0											
Vitamin C, total ascorbic acid mg 2.5 1 A 1 1.4 Thiamin mg 0.116 4 JA 6 0.065 Riboflavin mg 0.287 4 JA 6 0.160 Niacin mg 2.273 4 JA 6 1.273 Pantothenic acid mg 0.120 V 4 0.067 Polate, fotal mcg 5 4 3 Foliac acid mcg 0 Z 7 0 Folate, fotal mcg 5 4 3 3 Folate, office mcg 5 0 NC 4 3 Folate, DFE mcg DFE 5 0 NC 4 3 Folate, DFE mcg DFE 5 0 NC 4 3 Vitamin B-12 mcg 0.31 T 4 0.17 Vitamin A, RAE mcg RAE 626 </td <td></td> <td></td> <td>9.7</td> <td></td> <td>4</td> <td>BFZN</td> <td>0</td> <td></td> <td>17.4</td> <td>mcg</td> <td>Selenium, Se</td>			9.7		4	BFZN	0		17.4	mcg	Selenium, Se
Thiamin mg 0.116 4 JA 6 0.065 Riboflavin mg 0.287 4 JA 6 0.160 Niacin mg 2.273 4 JA 6 1.273 Polate, Incomental caid mg 0.120 VI 4 0.067 Folate, total mcg 5 4 3 3 Folate, total mcg 5 4 3 3 Folate, food mcg 5 4 3 3 Folate, food mcg 5 4 3 3 Folate, DFE mcg_DFE 5 0 NC 4 3 Vitamin B-12 mcg 0.31 VI 4 0.17 Vitamin A, IU IU 2086 4 JA 6 1168 Vitamin E (alpha-tocopherol) mg 0.15 0 NR 4 0.08 Vitamin E (alpha-tocopherol), getta mg 0											Vitamins:
Riboflavin mg 0.287 4 JA 6 0.160 Niacin mg 2.273 4 JA 6 1.273 Pantothenic acid mg			1.4			A	1		2.5		
Niacin							4				
Pantothenic acid											
Vitamin B-6. mg 0.120 4 0.067 Folate, total. mcg 5 4 3 Folic acid. mcg 0 0 Z 7 0 Folate, food. mcg 5 4 3 Folate, DFE. mcg DFE 5 0 NC 4 3 Folate, DFE. mcg DFE 5 0 NC 4 3 Vitamin B-12. mcg 0.31 4 0.17 1 Vitamin A, IU. IU 2086 4 JA 6 1168 Vitamin A, RAE. mcg_RAE 626 0 NR 4 350 Vitamin E (alpha-tocopherol). mg 0.15 0 NR 4 0.08 Tocopherol, beta. mg 0 NR 4 0.08 Vitamin D. IU 0.000 0 Z 7 0.000 Vitamin K (phylloquinone). mcg 3.4 0 BFZN <td></td> <td></td> <td>1.273</td> <td></td> <td>6</td> <td>JA</td> <td>4</td> <td>\$</td> <td>2.273</td> <td>•</td> <td></td>			1.273		6	JA	4	\$	2.273	•	
Folate, total					_						
Folic acid					_			,		-	
Folate, food					=		•				
Folate, DFE mcg_DFE 5 0 NC 4 3 Vitamin B-12 mcg 0.31 4 0.17 Vitamin A, IU IU 2086 4 JA 6 1168 Vitamin A, RAE mcg_RAE 626 0 NR 4 350 Retinol mcg 626 0 NR 4 350 Vitamin E (alpha-tocopherol) mg 0.15 0 NR 4 0.08 Tocopherol, beta mg Tocopherol, delta mg Vitamin D IU 0.000 0 Z 7 00.000 Vitamin K (phylloquinone) mcg 3.4 0 BFZN 4 1.9 Lipids: Fatty acids, total saturated 9 0.000 4 0.000 6:0 9 0.000 4 0.000 8:0 9 0.000 4 0.000 8:0 9 0.000 4 0.000 8:0 9 0.000 4 0.000 8:0 9 0.000 9 0.000 8:0 9 0.000 4 0.000 8:0 9 0.000 9 0.000					4	Z	U		-		
Vitamin B-12 mcg 0.31 4 0.17 Vitamin A, IU IU 2086 4 JA 6 1168 Vitamin A, RAE mcg 626 0 NR 4 350 Retinol mcg 626 0 NR 4 0.08 Vitamin E (alpha-tocopherol) mg 0.15 0 NR 4 0.08 Tocopherol, beta mg 7 0.00 0			-		4	NC	0		5		
Vitamin A, IU. IU 2086 4 JA 6 1168 Vitamin A, RAE mcg_RAE 626 0 NR 4 350 Retinol mcg 626 0 NR 4 350 Vitamin E (alpha-tocopherol) mg 0.15 0 NR 4 0.08 Tocopherol, beta mg 7 0.00 0 Z 7 0.000 Vitamin D IU 0.000 0 BFZN 4 1.9 Lipids: Fatty acids, total saturated g 4.732 0 NC 4 2.650 4·0 g 0.000 4 0.000 8·0 g 0.000 4 0.000 8·0 g 0.000 4 0.000 8·0 g 0.000 4 0.000 10·0 g 0.000 4 0.000					4	NC	U				
Vitamin A, RAE mcg_RAE 626 0 NR 4 350 Retinol mcg 626 0 NR 4 350 Vitamin E (alpha-tocopherol) mg 0.15 0 NR 4 0.08 Tocopherol, betta mg 7 0.00 0					-	.TA	4				
Retinol. mcg 626 0 NR 4 350 Vitamin E (alpha-tocopherol). mg 0.15 0 NR 4 0.08 Tocopherol, beta. mg Tocopherol, gamma. mg Tocopherol, delta. mg Vitamin D. IU 0.000 0 Z 7 0.000 Vitamin K (phylloquinone). mcg 3.4 0 BFZN 4 1.9 Lipids: Fatty acids, total saturated g 4.732 0 NC 4 2.650 4:0. g 0.000 4 0.000 6:0. g 0.000 4 0.000 8:0. g 0.000 4 0.000 10:0. g 0.000 4 0.000							-				
Vitamin E (alpha-tocopherol) mg 0.15 0 NR 4 0.08 Tocopherol, beta mg											
Tocopherol, beta mg Tocopherol, gamma mg Tocopherol, delta mg Vitamin D. IU 0.000 0 2 7 0.000 Vitamin K (phylloquinone) mcg 3.4 0 BFZN 4 1.9 Lipids: Fatty acids, total saturated g 4.732 0 NC 4 2.650 4.0 9 0.000 4 0.000 6:0 9 0.000 4 0.000 8:0 9 0.000 4 0.000 10:0 9 0.009 4 0.000											
Tocopherol, gamma											
Tocopherol, delta											-
Vitamin K (phylloquinone) mcg 3.4 0 BFZN 4 1.9 Lipids: Fatty acids, total saturated g 4.732 0 NC 4 2.650 4:0 g 0.000 4 0.000 6:0 g 0.000 4 0.000 8:0 g 0.000 4 0.000 10:0 g 0.009 4 0.005										mg	Tocopherol, delta
Lipids: Fatty acids, total saturated			0.000		7		0)	0.000	IU	Vitamin D
Fatty acids, total saturated g 4.732 0 NC 4 2.650 4:0 g 0.000 4 0.000 6:0 g 0.000 4 0.000 8:0 g 0.000 4 0.000 10:0 g 0.009 4 0.005			1.9		4	BFZN	0		3.4	mcg	Vitamin K (phylloquinone)
4:0 g 0.000 4 0.000 6:0 g 0.000 4 0.000 8:0 g 0.000 4 0.000 10:0 g 0.009 4 0.005											
6:0						NC	0				The state of the s
8:0					_					-	
10:0g 0.009 4 0.005					4					-	
					4					-	
1Z:U					4					-	
			0.008		4			ė	0.014		
13:0g 14:0			0.004		4			,	0 165		

		<u>A</u> 1	mount in 10	00 grams Number		ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Uni	ts	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0		2.993				4		1.676		
17:0 18:0	-	1.549				4		0.867		
20:0	-	1.543	'			-		0.867		
22:0										
24:0										
Fatty acids, total monounsaturated	g	6.156	i	0	NC	4		3.447		
14:1	g									
15:1	-									
16:1 undifferentiated	-	0.394				4		0.221		
17:1	•					_				
18:1 undifferentiated	•	5.660				4		3.170		
20:1	-	0.102 0.000				4		0.057 0.000		
22:1 undifferentiated 24:1 c		0.000	'			4		0.000		
Fatty acids, total polyunsaturated		1.664		0	NC	4		0.932		
18:2 undifferentiated		1.349		·	110	4		0.755		
18:3 undifferentiated	-	0.259				4		0.145		
18:4	-	0.000				4		0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated										
20:4 undifferentiated	g	0.056	i			4		0.031		
20:5 n-3	g	0.000	1			4		0.000		
22:5 n-3		0.000				4		0.000		
22:6 n-3	-	0.000	1			4		0.000		
Fatty acids, total trans				_		_				
Cholesterol		49		4	JA	6		27		
Phytosterols	g									
Others:										
Alcohol, ethyl		0.0				7		0.0		
Caffeine	_	0		0	Z	7		0		
Theobromine	mg	0		0	Z	7		0		
<u>Carotenoids:</u>										
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		

Common Measures:

Measure 1 = 56g: 1 serving 2 oz

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

		Amount in 100 grams of edible portion							Amount in edible portion of common			
			N	umbei	r			m	easures of food	<u>l</u>		
						Source	Confidence					
Nutrients and Uni	its	Mean	Std. Error P			Code	Code	Measure 1	Measure 2	Measure :		
Proximates:												
Water	_	39.30	1.600			1		26.72				
Energy		389		0	NC	4		265				
Energy		1628				4		1107				
Protein (N x 6.25)		22.20	0.806			1		15.10				
Total lipid (fat)		31.70	1.404	6		1 1		21.56				
Ash		4.70	0.101		170	4		3.20				
Carbohydrate, by difference		2.10 0.0		0 0	NC Z	4 7		1.43 0.0				
Fiber, total dietary				0	Z	7						
Sugars, total		0.00		U	Z	,		0.00				
Starch	9											
Minerals:												
Calcium, Ca	mg	30	3.010	5		1		20				
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	1.16	0.180			1		0.79				
Magnesium, Mg		19	1.621			1		13				
Phosphorus, P		162	14.052			1		110				
Potassium, K		336	17.261			1		228				
Sodium, Na		1500	96.609			1		1020				
Zinc, Zn		2.82	0.285			1		1.92				
Copper, Cu		0.072				1 1		0.049				
Manganese, Mn		0.016 21.7	1	1 0	BFNN	4		0.011 14.8				
Selenium, Se	Tricg	21.7		U	BFNN	4		14.8				
<u>Vitamins:</u>												
Vitamin C, total ascorbic acid	mg	2.0	1.276	6		1		1.4				
Thiamin		0.700				1		0.476				
Riboflavin		0.257				1		0.175				
Niacin		4.532				1		3.082				
Pantothenic acid		0.780		1		1		0.530				
Vitamin B-6	_	0.350	0.018			1		0.238				
Folate, total		5		1	_	1		3				
Folic acid		0 5		0	Z	7		0 3				
Folate, food		5		1 0	NC	1 4		3				
Folate, DFE		1.63	0.081		NC	1		3 1.11				
Vitamin B-12 Vitamin A, IU		0	0.081	1		1		0				
Vitamin A, RAE		0		0	NC	4		0				
Retinol		0		0	NR	4		0				
Vitamin E (alpha-tocopherol)		0.25		0	NR.	4		0.17				
Tocopherol, beta	ma ma	0.23		·		-		0.17				
Tocopherol, gamma												
Tocopherol, delta												
Vitamin D												
Vitamin K (phylloquinone)	mcg	3.4		0	BFZN	4		2.3				
Linide												
Lipids: Fatty acids, total saturated	a	11.320		0		1		7.698				
4:0		0.000		4		1		0.000				
6:0		0.000		4		1		0.000				
8:0		0.000		4		1		0.000				
10:0	-	0.040		4		1		0.027				
12:0		0.040		4		1		0.027				
13:0												
14:0		0.400	ı	4		1		0.272				
15:0	_											
16:0		7.070	ı	4		1		4.808				
17:0												
18:0	-	3.760	ı	4		1		2.557				
20:0	-											
22:0	-											
24:0	-											

		Amount in 100 grams of edible portion							edible portion of	of common
			N	umber				measures of food		
							Confidence			
Nutrients and l	Jnits	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
E-marida tatal managaratanata	- J	14.640		0		1		0.055		
Fatty acids, total monounsaturat		14.640		U		1		9.955		
15:1	-									
16:1 undifferentiated		1.010		4		1		0.687		
17:1	• • • • • • • • • • • • • • • • • • • •									
18:1 undifferentiated	-	13.630		4		1		9.268		
20:1	-	0.000		4		1		0.000		
22:1 undifferentiated	g	0.000		4		1		0.000		
24:1 c	g									
Fatty acids, total polyunsaturate		3.760		0		1		2.557		
18:2 undifferentiated		3.390		4		1		2.305		
18:3 undifferentiated		0.370		4		1		0.252		
18:4	g	0.000		4		1		0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	-	0.000		4		1		0.000		
20:5 n-3	g	0.000		4		1		0.000		
22:5 n-3	• • • • • • • • • • • • • • • • • • • •	0.000		4		1		0.000		
22:6 n-3		0.000		4		1		0.000		
Fatty acids, total trans	g									
Cholesterol	_	68	8.614	5		1		46		
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.216		0		1		0.147		
Threonine		0.929		0		1		0.632		
Isoleucine	-	0.951		0		1		0.647		
Leucine		1.692		0		1		1.151		
Lysine	-	1.745		0		1		1.187		
Methionine		0.596		0		1		0.405		
Cystine		0.248		0		1		0.169		
Phenylalanine		0.848		0		1		0.577		
Tyrosine		0.699		0		1		0.475		
Valine	g	1.068		0		1		0.726		
Arginine	g	1.454		0		1		0.989		
Histidine	g	0.699		0		1		0.475		
Alanine	g	1.419		0		1		0.965		
Aspartic acid		2.033		0		1		1.382		
Glutamic acid		3.327		0		1		2.262		
Glycine	g	1.561		0		1		1.061		
Proline		1.121		0		1		0.762		
Serine	g	0.919		0		1		0.625		
Hydroxyproline	g									
Othors										
Others:	σ.	0.0		0		7		0.0		
Alcohol, ethyl		0.0		0	z	7		0.0		
Caffeine	_	0		0	Z	7		0		
Theobromine	9	U		J	4	,		U		
<u>Carotenoids:</u>										
Carotene, beta		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 = 68g: 1 link (4" long x 1-1/8" dia)

NDB No. 07074 Smoked link sausage, pork

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 07076 Smoked link sausage, pork and beef, flour and nonfat dry milk added

		Amount in 100 grams of edible portion							Amount in edible portion of common		
			Nu	mber				<u>m</u>	easures of food	<u>l</u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Unit	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	57.40	0.497	8		1		32.72			
Energy	kcal	304		0	NC	4		173			
Energy	kj	1272		0	NC	4		725			
Protein (N x 6.25)	g	13.10		2	A	1		7.47			
Total lipid (fat)	g	27.50		2	A	1		15.68			
Ash	g	3.24	0.112	8		1		1.85			
Carbohydrate, by difference	g	0.00		0	Z	7		0.00			
Fiber, total dietary	g	0.0		1	A	1		0.0			
Sugars, total		3.00		2	A	1		1.71			
Starch	g										
Minerals:											
Calcium, Ca	ma	66		1	A	1		37			
Iron, Fe	_	1.44		2	A	1		0.82			
Magnesium, Mg	_	13	0.921	8		1		7			
Phosphorus, P		110	5.976	8		1		63			
Potassium, K		155	8.149	8		1		88			
Sodium, Na	-	1272		2	A	1		725			
Zinc, Zn	mg	2.00	0.182	8		1		1.14			
Copper, Cu	mg	0.090	0.016	8		1		0.051			
Manganese, Mn	mg	0.052	0.005	8		1		0.030			
Selenium, Se	mcg	15.9		0	BFNN	4		9.1			
/itamins:											
Vitamin C, total ascorbic acid	ma	3.2		1	A	1		1.8			
Thiamin	_	0.235	0.015	8		1		0.134			
Riboflavin	-	0.176		8		1		0.100			
Niacin		2.701		8		1		1.540			
Pantothenic acid.	_	0.610		0		4		0.348			
Vitamin B-6	-	0.130	0.007	8		1		0.074			
Folate, total	-	2		0		4		1			
Folic acid		0		0	Z	7		0			
Folate, food		2		0		4		1			
Folate, DFE		2		0	NC	4		1			
Vitamin B-12		1.32	0.058	8		1		0.75			
Vitamin A, IU	IU	0		0		4		0			
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0			
Retinol	mcg	0		0	Z	7		0			
Vitamin E (alpha-tocopherol)	mg	0.22		0	NR	4		0.13			
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D		1.6		•	DEGN			0.0			
Vitamin K (phylloquinone)	riicg	1.6		0	BFZN	4		0.9			
<u> ipids:</u>											
Fatty acids, total saturated	g	7.820		0	NC	4		4.457			
4:0	g	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	-	0.040		8		1		0.023			
12:0		0.030	0.008	8		1		0.017			
13:0	-										
14:0	g	0.340	0.023	8		1		0.194			
15:0											
16:0		4.710	0.202	8		1		2.685			
17:0	-										
18:0	-	2.700	0.135	8		1		1.539			
20:0	-										
22:0	a										

		<u>Aı</u>	mount in 100 g	grams		ole portic	<u>on</u>		edible portion o	of common
Nutrients and Unit	s	Mean		Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	9.930		0	NC	4		5.660		
14:1	-									
15:1 16:1 undifferentiated	-	0.820	0.058	8		1		0.467		
17:1				_		_				
18:1 undifferentiated	-	9.110	0.347	8		1		5.193		
20:1		0.000		0		4		0.000		
22:1 undifferentiated	-	0.000		0		4		0.000		
Fatty acids, total polyunsaturated		2.260		0	NC	4		1.288		
18:2 undifferentiated		1.880	0.118	8		1		1.072		
18:3 undifferentiated		0.380	0.088	8		1		0.217		
18:4	g	0.000		0		4		0.000		
20:2 n-6 c,c	-									
20:3 undifferentiated	-									
20:4 undifferentiated		0.000		0		4 4		0.000		
20:5 n-3 22:5 n-3	-	0.000		0		4		0.000 0.000		
22:6 n-3		0.000		0		4		0.000		
Fatty acids, total trans										
Cholesterol		65		2	A	1		37		
Phytosterols	mg	0		0		4		0		
Amino Acids:										
Tryptophan	g	0.140		0		1		0.080		
Threonine		0.572		0		1		0.326		
Isoleucine	g	0.621		0		1		0.354		
Leucine		1.076		0		1		0.613		
Lysine		1.079		0		1		0.615		
Methionine		0.359		0		1		0.205		
CystinePhenylalanine		0.162 0.540		0		1 1		0.092 0.308		
Tyrosine		0.459		0		1		0.262		
Valine	-	0.676		0		1		0.385		
Arginine	-	0.869		0		1		0.495		
Histidine		0.434		0		1		0.247		
Alanine	g	0.885		0		1		0.504		
Aspartic acid		1.273		0		1		0.726		
Glutamic acid	-	2.252		0		1		1.284		
Glycine		0.972		0		1		0.554		
ProlineSerine	-	0.837 0.591		0		1 1		0.477 0.337		
Hydroxyproline		0.391		0		1		0.557		
	J									
Others:	~	0.0		^		7		0.0		
Alcohol, ethyl		0.0		0	z	7		0.0 0		
Theobromine		0		0	Z	7		0		
Carotenoids:		· ·		•	_	•		-		
	mca	0		0	z	7		0.000		
Carotene, beta		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: 2 oz

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

NDB No. 07076

Smoked link sausage, pork and beef, flour and nonfat dry milk added

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 07077 Smoked link sausage, pork and beef, nonfat dry milk added

		<u>Aı</u>	mount in 100 g	rams	of edik	le portio	<u>n</u>		edible portion	
			Nu	mber				<u>m</u> e	easures of food	<u>.</u>
						Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Durationatory										
Proximates: Water	q	53.91	0.190	52		1		36.66	8.63	
Energy		313		0	NC	4		213	50	
Energy		1310				4		891	210	
Protein (N x 6.25)		13.28	0.092	52		1		9.03	2.12	
Total lipid (fat)	-	27.61	0.161	52		1		18.77	4.42	
Ash		3.29	0.088	7		1		2.24	0.53	
Carbohydrate, by difference		1.92		0	NC	4		1.31	0.31	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total										
Starch										
Minerals:			2 222	F.0		_		0.0	_	
Calcium, Ca	-	41 1.47	0.922	52		1 1		28	7	
Iron, Fe		1.47	0.039 0.421	52 7		1		1.00 11	0.24 3	
Magnesium, Mg Phosphorus, P		137	7.485	7		1		93	3 22	
Potassium, K	_	286	12.983	7		1		194	46	
Sodium, Na		1173	24.127	7		1		798	188	
Zinc, Zn		1.96	0.065	7		1		1.33	0.31	
Copper, Cu		0.090		7		1		0.061	0.014	
Manganese, Mn		0.038		7		1		0.026	0.006	
Selenium, Se		13.9		0	BFNN	4		9.5	2.2	
<u>Vitamins:</u>	ma #1	0.0		0		_		0.0		
Vitamin C, total ascorbic acid		0.0 0.193	0.005	52		7 1		0.0	0.0	
Thiamin		0.193		52 52		1		0.131 0.146	0.031	
Riboflavin		2.845		52		1		1.935	0.034 0.455	
Niacin Pantothenic acid	_	0.610		2		1		0.415	0.433	
Vitamin B-6		0.180		52		1		0.413	0.029	
Folate, total	-	2	0.004	0		4		1	0.029	
Folic acid		0		0	z	7		0	0	
Folate, food		2		0	_	4		1	0	
Folate, DFE	mcg DFE	2		0	NC	4		1	0	
Vitamin B-12		1.57	0.043	52		1		1.07	0.25	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE		0		0		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)	mcg									
Lipids:										
Fatty acids, total saturated	g	9.720	ı	0		1		6.610	1.555	
4:0		0.000	1	0		4		0.000	0.000	
6:0	g	0.000	1	0		4		0.000	0.000	
8:0	g	0.000	1	0		4		0.000	0.000	
10:0		0.090	0.025	7		1		0.061	0.014	
12:0	g	0.060	0.017	7		1		0.041	0.010	
13:0	_									
14:0	_	0.360	0.022	7		1		0.245	0.058	
15:0	_									
16:0	_	5.920	0.104	7		1		4.026	0.947	
17:0				_		_			_	
18:0		3.280	0.080	7		1		2.230	0.525	
20:0	_									
22:0	9									

		<u>Ar</u>	nount in 100 g	grams of ed	dible portio	<u>n</u>		edible portion of easures of food	
Nutrients and Ur	nits	Mean		Data Deri		Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	, a	12.640		0	1		8.595	2.022	
14:1		12.010		v	-		0.333	2.022	
15:1									
16:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.980	0.065	7	1		0.666	0.157	
17:1	-								
18:1 undifferentiated		11.660	0.220	7	1		7.929	1.866	
20:1	g	0.000		0	4		0.000	0.000	
22:1 undifferentiated	g	0.000		0	4		0.000	0.000	
24:1 c	g								
Fatty acids, total polyunsaturated		3.020		0	1		2.054	0.483	
18:2 undifferentiated	g	2.630	0.085	7	1		1.788	0.421	
18:3 undifferentiated	g	0.390	0.099	7	1		0.265	0.062	
18:4	g	0.000		0	4		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	
20:5 n-3	g	0.000		0	4		0.000	0.000	
22:5 n-3	g	0.000		0	4		0.000	0.000	
22:6 n-3	g	0.000		0	4		0.000	0.000	
Fatty acids, total trans	g								
Cholesterol	mg	65	2.473	7	1		44	10	
Phytosterols	mg	0		0	4		0	0	
Amino Acids:									
Tryptophan	a	0.135		0	1		0.092	0.022	
Tryptophan		0.155		0	1		0.375	0.088	
Isoleucine		0.605		0	1		0.411	0.097	
Leucine	-	1.044		0	1		0.710	0.167	
Lysine	-	1.043		0	1		0.710	0.167	
Methionine		0.344		0	1		0.703	0.055	
Cystine		0.151		0	1		0.103	0.024	
Phenylalanine	-	0.520		0	1		0.354	0.083	
Tyrosine		0.320		0	1		0.307	0.072	
Valine	-	0.660		0	1		0.449	0.106	
Arginine	-	0.813		0	1		0.553	0.130	
Histidine		0.414		0	1		0.282	0.066	
Alanine	-	0.826		0	1		0.562	0.132	
Aspartic acid	-	1.213		0	1		0.825	0.194	
Glutamic acid		2.135		0	1		1.452	0.342	
Glycine	_	0.894		0	1		0.608	0.143	
Proline		0.814		0	1		0.554	0.130	
Serine	-	0.570		0	1		0.388	0.091	
Hydroxyproline	-								

Common Measures:

Measure 1 = 68g: 1 link (4" long x 1-1/8" dia) Measure 2 = 16g: 1 link, little (2" long x 3/4" dia)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>A</u> 1	mount in 100 g	grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	ımber	r			<u>m</u>	easures of food	<u>!</u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	55.31	0.229	16	A	1		42.59			
Energy	kcal	306		0	NC	4		236			
Energy	kj	1281		0	NC	4		987			
Protein (N x 6.25)	g	12.69	0.081	16	A	1		9.77			
Total lipid (fat)	g	27.37	0.240	16	A	1		21.07			
Ash	g	3.03		0	NC	4		2.33			
Carbohydrate, by difference	g	1.60		0	NC	4		1.23			
Fiber, total dietary	g	0.0		0	MC	9		0.0			
Sugars, total	g	0.00		0	MC	9		0.00			
Starch	g										
Minorale.											
Minerals:	ma	74		0	MC	9		57			
Calcium, Ca	_	0.72		0	MC	9		0.55			
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	13		0	BFZN	4		10			
Phosphorus, P		178		0	BFZN	4		137			
Potassium, K	_	206		0	BFZN	4		159			
Sodium, Na	_	827		0	MC	9		637			
Zinc, Zn	-	2.25		0	BFZN	4		1.73			
Copper, Cu		0.070)	0	BFZN	4		0.054			
Manganese, Mn		0.032	2	0	BFZN	4		0.024			
Selenium, Se		7.5		0	BFZN	4		5.8			
litamine.											
Vitamins:	ma	2.2		^		9		0.0			
Vitamin C, total ascorbic acid	-	0.0		0	MC	4					
ThiaminRiboflavin	-	0.249 0.160		0	BFZN BFZN	4		0.191 0.123			
Niacin		2.900		0	BFZN	4		2.233			
Pantothenic acid		0.760		0	BFZN	4		0.585			
Vitamin B-6	_	0.780		0	BFZN	4		0.100			
Folate, total	_	3	•	0	MC	9		2			
Folic acid		0		0	NR	4		0			
Folate, food		3		0	MC	9		2			
Folate, DFE		3		0	NC	4		2			
Vitamin B-12		1.73		0	BFZN	4		1.33			
Vitamin A, IU		334		0	MC	9		257			
Vitamin A, RAE		100		0	AS	1		77			
Retinol		100		0	NR	4		77			
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D		11.600)	0	BFZN	4		8.932			
Vitamin K (phylloquinone)	mcg										
_ipids:											
Fatty acids, total saturated	а	10.470)	0	NC	4		8.062			
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		0.090		0	BFZN	4		0.069			
12:0	_	0.100		0	BFZN	4		0.077			
13:0	-			-	,	-		2.0			
14:0		0.560)	0	BFZN	4		0.431			
15:0				-							
16:0		6.390)	0	BFZN	4		4.920			
17:0											
18:0		3.330)	0	BFZN	4		2.564			
20:0	-										
22:0	_										
24:0	_										

	A	mount in 100 grams		ole portic	<u>on</u>		edible portion of	of common
		Number	r			<u>m</u> e	easures of food	
		of Data		Source	Confidence			
Nutrients and Units	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	13.680	0	BFZN	4		10.534		
14:1								
15:1g								
16:1 undifferentiatedg	1.140	0	BFZN	4		0.878		
17:1g								
18:1 undifferentiatedg	12.505	0	BFZN	4		9.629		
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 polyunsaturatedg	3.020	0	BFZN	4		2.325		
18:2 undifferentiatedg	2.620	0	BFZN	4		2.017		
18:3 undifferentiated	0.400	0	BFZN	4		0.308		
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	61	0	MC	9		47		
Phytosterolsmg								
A material A at Jan								
Amino Acids:	0.450							
Tryptophan	0.150		BFZN	4		0.116		
Threonine	0.540		BFZN	4		0.416		
Isoleucineg	0.620		BFZN	4		0.477		
Leucine	1.100		BFZN	4		0.847		
Lysineg	1.160		BFZN	4		0.893		
Methionine	0.360		BFZN	4		0.277		
Cystineg	0.150		BFZN	4		0.116		
Phenylalanine	0.560		BFZN	4		0.431		
Tyrosine	0.520		BFZN	4		0.400		
Valineg	0.690		BFZN	4		0.531		
Arginine	0.840		BFZN	4		0.647		
Histidine	0.470		BFZN	4		0.362		
Alanineg	0.830		BFZN	4		0.639		
Aspartic acid	1.240		BFZN	4		0.955		
Glutamic acidg	2.350		BFZN	4		1.810		
Glycine9	0.910		BFZN	4		0.701		
Prolineg	0.970		BFZN	4		0.747		
Serine	0.600	0	BFZN	4		0.462		
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0	z	7		0.0		
Caffeinemg	0	0	Z	7		0		
Theobromine mg	0	0	z	7		0		
Carotenoids:								
	•	•	_	-		0.000		
Carotene, beta mcg	0	0	z z	7 7		0.000		
Carotene, alpha mcg	0	0	z	7		0.000		
Cryptoxanthin, betamcg	0	0	z Z	7		0.000		
Lycopene	0	0	z Z	7		0.000		
Lutein + zeaxanthinmcg	U	0	z			0.000		

Common Measures:

Measure 1 = 77g: 1 serving 2.7 oz

NDB No. 07920

Swisswurst, pork and beef, with swiss cheese, smoked

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u> 1	mount in 100 gı	rams of e	dible poi	<u>rtion</u>		edible portion	
			Nur	nber			<u>m</u>	easures of food	<u>l</u>
			of I	Data Der	iv Sour	ce Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	ints Cod	le Cod	le Code	Measure 1	Measure 2	Measure
Proximates:									
Water	g	45.18		4	A 1		25.30		
Energy	kcal	362		0 1	IC 4		203		
Energy	kj	1514		0 1	IC 4		848		
Protein (N x 6.25)	g	17.45		4	A 1		9.77		
Total lipid (fat)	g	30.43		4	A 1		17.04		
Ash	g	3.63		4	A 1		2.03		
Carbohydrate, by difference	g	3.33		0 1	IC 4		1.86		
Fiber, total dietary		0.0		0	z 7		0.0		
Sugars, total		0.85		2	A 1		0.48		
Starch									
Minerals:	m~	•		•			-		
Calcium, Ca	-	9			1		5		
Iron, Fe.	-	2.04	0 454	4 1			1.14		
Magnesium, Mg		14 111	0.454 10.961	14 7	1		8 62		
Phosphorus, P		260	10.961				62 146		
Potassium, K	_	1300			1		728		
Sodium, NaZinc, Zn	-	2.56	0.130	14	1		1.43		
*		0.150		14	1		0.084		
Copper, Cu		0.130	0.013	14	_		0.004		
Selenium, Se		20.3		0 F	F 4		11.4		
Scientini, Sc	g	20.5					11.4		
<u>/itamins:</u>									
Vitamin C, total ascorbic acid	-	16.6		2			9.3		
Thiamin	-	0.150		7	1		0.084		
Riboflavin		0.330		7	1		0.185		
Niacin		4.310	0.302	7	1		2.414		
Pantothenic acid	-			_					
Vitamin B-6		0.260	0.008	7	1		0.146		
Folate, total		2		0	. 4		1		
Folic acid		0			. 7		0		
Folate, food		2 2		0 0 N	4 C 4		1		
Folate, DFE		5.50	0.257	0 N			1 3.08		
Vitamin B-12			0.257		1 S 1				
Vitamin A, IU		0		0 A			0 0		
Vitamin A, RAE		0			5 1		0		
Retinol	-	0.22		0 N			0.12		
Vitamin E (alpha-tocopherol)		0.22		0 1	K 4		0.12		
Tocopherol, beta									
Tocopherol, gamma Tocopherol, delta									
Vitamin D		44.000)	0 :	. 4		24.640		
Vitamin K (phylloquinone)		1.3	,	0 BF			0.7		
<u> ipids:</u>									
Fatty acids, total saturated		11.510		0 N			6.446		
4:0		0.000		0	1		0.000		
6:0	_	0.000		0	1		0.000		
8:0		0.000		0	1		0.000		
10:0	_	0.110		7	1		0.062		
12:0		0.080	0.020	7	1		0.045		
13:0		0.000	0.051	7	1		0 440		
14:0		0.800	0.051	,	1		0.448		
15:0		6.350	0.251	7	1		3.556		
16:0		0.330	0.251	,	1		3.330		
17:0 18:0		4.170	0.161	7	1		2.335		
20:0		4.1/0	. 0.101	,	_		2.333		
22:0	-								
24:0	-								

	<u>Ar</u>	nount in 10	Numbei			_		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	12.970		0	NC	4		7.263		
14:1g	12.970		U	NC	-		7.263		
15:1									
16:1 undifferentiated	1.760	0.1	14 7		1		0.986		
17:1g	200	0.2.	'		_		0.500		
18:1 undifferentiatedg	11.210	0.50	03 7		1		6.278		
20:1g	0.000		0		1		0.000		
22:1 undifferentiated	0.000		0		1		0.000		
24:1 cg									
Fatty acids, total polyunsaturated9	1.200		0	NC	4		0.672		
18:2 undifferentiatedg	0.990	0.1	85 7		1		0.554		
18:3 undifferentiatedg	0.210	0.0	35 7		1		0.118		
18:4g	0.000		0		1		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0		1		0.000		
20:5 n-3g	0.000		0		1		0.000		
22:5 n-3g	0.000		0		1		0.000		
22:6 n-3g	0.000		0		1		0.000		
Fatty acids, total trans9									
Cholesterolmg	74		4	A	1		42		
Phytosterols mg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0		
Caffeine mg	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, 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 = 56g: 2 oz 1 serving

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

NDB No. 42173 Turkey and pork sausage, fresh, bulk, patty or link, cooked

		<u>A</u> 1	mount in 100	grams	of edit	ole portio	<u>n</u>		edible portion of	
			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 3
Proximates:										
Water	q	50.90				4		12.73	14.25	10.69
Energy	_	307				4		77	86	64
Energy		1284				4		321	360	270
Protein (N x 6.25)	g	22.70				4		5.68	6.36	4.77
Total lipid (fat)	g	23.00				4		5.75	6.44	4.83
Ash	g	2.70		0	NR	4		0.68	0.76	0.57
Carbohydrate, by difference		0.70				4		0.18	0.20	0.15
Fiber, total dietary		0.0				7		0.0	0.0	0.0
Sugars, total	_	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	32				4		8	9	7
Iron, Fe	-	1.62				4		0.41	0.45	0.34
Magnesium, Mg		19				4		5	5	4
Phosphorus, P		191				4		48	53	40
Potassium, K		337				4		84	94	71
Sodium, NaZinc, Zn		878 3.17				4		220 0.79	246 0.89	184 0.67
Copper, Cu		0.148	1			4		0.79	0.041	0.07
Manganese, Mn		0.140	,			•		0.037	0.041	0.03
Selenium, Se		21.0		0	BFNN	4		5.3	5.9	4.4
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.1				4		0.3	0.3	0.2
Thiamin	mg	0.510)			4		0.128	0.143	0.10
Riboflavin		0.250)			4		0.063	0.070	0.05
Niacin		4.220)			4		1.055	1.182	0.88
Pantothenic acid	-									
Vitamin B-6	_	0.340 4)			4 4		0.085	0.095	0.07
Folate, total		0		0	z	7		1 0	1 0	1 0
Folate, food		4		U	4	4		1	1	1
Folate, DFE		4		0	NC	4		1	1	1
Vitamin B-12		1.26		_		4		0.32	0.35	0.26
Vitamin A, IU		0				4		0	0	0
Vitamin A, RAE		0		0	NC	4		0	0	0
Retinol	mcg	0		0	NR	4		0	0	0
Vitamin E (alpha-tocopherol)		0.39		0	NR	4		0.10	0.11	0.08
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin K (phylloquinone)		5.7		0	BFSN	4		1.4	1.6	1.2
Lipids:										
Fatty acids, total saturated	g	7.950)			4		1.988	2.226	1.67
4:0		0.000				4		0.000	0.000	0.00
6:0		0.000)			4		0.000	0.000	0.00
8:0	g	0.000)			4		0.000	0.000	0.00
10:0	g	0.079				4		0.020	0.022	0.01
12:0	-	0.066	5			4		0.017	0.018	0.01
13:0						_				_
14:0		0.314	ı			4		0.079	0.088	0.06
15:0		4 7.4						1 10-		2 22
16:0		4.740	,			4		1.185	1.327	0.99
17:0 18:0		2.631				4		0.658	0.737	0.55
20:0	_	2.031	<u>.</u>			4		0.658	0.737	0.55
22:0	_									
24:0	_									

		<u>Ar</u>	mount in 10	00 grams Number		ole portio	<u>n</u>		edible portion of easures of food	
Nutrients and L	Jnits	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
		0.740								
Fatty acids, total monounsaturate		9.719				4		2.430	2.721	2.041
14:1										
15:1 16:1 undifferentiated		0.800				4		0.200	0.224	0.168
17:1		0.800				4		0.200	0.224	0.166
18:1 undifferentiated	-	8.901				4		2.225	2.492	1.869
20:1		0.010				4		0.003	0.003	0.002
22:1 undifferentiated	_	0.010				4		0.003	0.003	0.002
24:1 c	•	0.007				-		0.002	0.002	0.001
Fatty acids, total polyunsaturated		3.250				4		0.813	0.910	0.683
18:2 undifferentiated		2.760				4		0.690	0.773	0.580
18:3 undifferentiated		0.380				4		0.095	0.106	0.080
18:4	-	0.000				4		0.000	0.000	0.000
20:2 n-6 c.c.	-									
20:3 undifferentiated										
20:4 undifferentiated	_	0.089				4		0.022	0.025	0.019
20:5 n-3	g	0.000				4		0.000	0.000	0.000
22:5 n-3	g	0.014				4		0.004	0.004	0.003
22:6 n-3	g	0.021				4		0.005	0.006	0.004
Fatty acids, total trans	g									
Cholesterol	mg	84				4		21	24	18
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0				7		0.0	0.0	0.0
Caffeine	mg	0		0	Z	7		0	0	0
Theobromine	mg	0		0	Z	7		0	0	0
Carotenoids:										
Carotene, beta	mcg	0		0	z	7		0.000	0.000	0.000
Carotene, alpha	_	0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000	0.000
Lycopene		0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin		0		0	Z	7		0.000	0.000	0.000

Common Measures:

Measure 1 = 25g: 1 patty, cooked

Measure 2 = 28g: 1 oz

Measure 3 = 21g: 1 oz cooked, yield

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>Aı</u>	mount in 100 g	rams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber	•			<u>m</u>	easures of food	<u>l</u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	74.07	0.407	14	JA	6		24.44			
Energy	kcal	104		0	NC	4		34			
Energy	kj	436		0	NC	4		144			
Protein (N x 6.25)	g	17.07	0.899	14	JA	6		5.63			
Total lipid (fat)	g	1.66	0.221	14	JA	6		0.55			
Ash	g	2.99	0.390	6	JA	6		0.99			
Carbohydrate, by difference	g	4.21		0	NC	4		1.39			
Fiber, total dietary	g	0.5		8	A	1		0.1			
Sugars, total		3.51		8	A	1		1.16			
Starch	g										
Minerals:											
Calcium, Ca	ma	8		8	A	1		2			
Iron, Fe	-	1.44	0.522	9	JA	6		0.48			
Magnesium, Mg	-	20	0.707	4	-	1		7			
Phosphorus, P		229	11.030	4		1		76			
Potassium, K	-	302		8	A	1		100			
Sodium, Na		1015	96.746	14	JA	6		335			
Zinc, Zn	mg	1.13	0.085	4		1		0.37			
Copper, Cu	mg	0.053	0.009	3		1		0.017			
Manganese, Mn	mg	0.015		0		4		0.005			
Selenium, Se	mcg	30.8	4.302	5	A	1		10.2			
Vitamins:											
Vitamin C, total ascorbic acid	ma	5.7		8	A	1		1.9			
Thiamin	-	0.130		3	A	1		0.043			
Riboflavin	-	0.320		3	A	1		0.106			
Niacin		0.110		3	A	1		0.036			
Pantothenic acid	mg	0.590		2		1		0.195			
Vitamin B-6	mg	0.360	0.050	4		1		0.119			
Folate, total	mcg	4		0		4		1			
Folic acid	mcg	0		0	Z	7		0			
Folate, food		4		0		4		1			
Folate, DFE	mcg_DFE	4		0	NC	4		1			
Vitamin B-12		2.02	0.754	4		1		0.67			
Vitamin A, IU		33		8	A	1		11			
Vitamin A, RAE		10		0	AS	1		3			
Retinol		10		8	NR	4		3			
Vitamin E (alpha-tocopherol)		0.09		0	NR	4		0.03			
Tocopherol, beta		0.00		0	NR	4		0.00			
Tocopherol, gamma		0.00		0	NR	4		0.00			
Tocopherol, delta		0.00		0	NR	4		0.00			
Vitamin D Vitamin K (phylloquinone)		0.000		0	Z BFZN	7 4		0.000 0.0			
vitamini K (priyrioquinone)	Ilicg	0.0		U	DF ZN	4		0.0			
<u> Lipids:</u>											
Fatty acids, total saturated	g	0.480	0.045	14	JA	6		0.158			
4:0		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		3		1		0.000			
13:0	-			_		_					
14:0	_	0.020	0.003	3		1		0.007			
15:0	-	0.000	0.055	_							
16:0	_	0.300	0.052	3		1		0.099			
17:0	-	0 150	0.000	2		4		0.050			
18:0		0.150	0.032	3		1		0.050			
20:0 22:0											
24:0	-										

	<u>A</u> 1	mount in 100 g			ole portic	<u>on</u>		edible portion of	f common
		Nu	mber	•			<u>m</u> e	easures of food	
				Deriv		Confidence			
Nutrients and Units	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.540	0.145	11	JA	6		0.178		
14:1g									
15:1g									
16:1 undifferentiatedg	0.070	0.017	3		1		0.023		
17:1g	0 200	0.070	2				0.105		
18:1 undifferentiated	0.380		3 0		1 4		0.125		
20:1g 22:1 undifferentiatedg	0.000		0		4		0.000 0.000		
22:1 dildifferentiated	0.000		U		4		0.000		
Fatty acids, total polyunsaturated9	0.274	0.093	11	JA	6		0.091		
18:2 undifferentiatedg	0.260		3		1		0.086		
18:3 undifferentiated	0.020		3		1		0.007		
18:4g	0.000		0		4		0.000		
20:2 n-6 c,cg			•		-				
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000	1	0		4		0.000		
20:5 n-3g	0.000	1	0		4		0.000		
22:5 n-3g	0.000	1	0		4		0.000		
22:6 n-3g	0.000)	0		4		0.000		
Fatty acids, total transg	0.000	1	0	NR	4		0.000		
Cholesterolmg	43	0.434	14	JA	6		14		
Phytosterolsmg	0		0		4		0		
Amino Acids:									
Tryptophan	0.256	i	0		1		0.084		
Threonineg	1.001	•	0		1		0.330		
Isoleucineg	1.170)	0		1		0.386		
Leucineg	1.793	1	0		1		0.592		
Lysineg	2.120	1	0		1		0.700		
Methionine	0.652	!	0		1		0.215		
Cystineg	0.234		0		1		0.077		
Phenylalanineg	0.893	1	0		1		0.295		
Tyrosineg	0.889)	0		1		0.293		
Valineg	1.195		0		1		0.394		
Arginineg	1.570		0		1		0.518		
Histidineg	0.702		0		1		0.232		
Alanineg	1.393		0		1		0.460		
Aspartic acidg	2.185		0		1		0.721		
Glutamic acidg	3.672		0		1		1.212		
Glycineg	1.116		0		1		0.368		
Prolineg	0.936		0		1		0.309		
Serineg	1.001		0	•••	1 4		0.330		
Hydroxyprolineg	0.000		U	NR	4		0.000		
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0		
Caffeinemg	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, 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 = 33g: 1 serving

NDB No. 07079 Turkey breast meat

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>Aı</u>	mount in 100 g	rams	of edib	le portio	<u>n</u>		edible portion	
			Nu	mber	r			<u>m</u>	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	71.92		37	A	1		20.14		
Energy	kcal	126		0	NC	4		35		
Energy		528		0	NC	4		148		
Protein (N x 6.25)	g	17.50		37	A	1		4.90		
Total lipid (fat)	g	4.84		37	A	1		1.36		
Ash	g	3.70	0.077	15	A	1		1.04		
Carbohydrate, by difference	g	2.04		0	NC	4		0.57		
Fiber, total dietary	g	0.2		5	A	1		0.1		
Sugars, total	g	1.43		9	A	1		0.40		
Starch	g									
Minerals:	ma	8		16	A	1		2		
Calcium, Ca	_	2.34		16	A	1		0.66		
Magnesium, Mg	_	2.34	1.357	11	MA	12		6		
Phosphorus, P		294	9.045	11	MA	12		82		
Potassium, K	_	287	3.043	16	JA	6		80		
Sodium, Na		1114		9	A	1		312		
Zine, Zn	_	2.59	0.099	11	MA	12		0.73		
Copper, Cu		0.250	0.015	11	MA	12		0.070		
Manganese, Mn	_	0.020		0	BFNN	4		0.006		
Selenium, Se		32.2		0	BFNN	4		9.0		
/itaming.										
Vitamins:	ma	0.0		0	z	7		0.0		
Vitamin C, total ascorbic acid Thiamin	_	0.030		0	BFPN	4		0.008		
Riboflavin	-	0.030		0	BFPN	4		0.008		
Niacin		2.118		0	BFPN	4		0.593		
Pantothenic acid.	_	0.758		0	BFPN	4		0.212		
Vitamin B-6	-	0.209		0	BFPN	4		0.058		
Folate, total	-	7		0	BFNN	4		2		
Folic acid		0		0	Z	7		0		
Folate, food		7		0	BFNN	4		2		
Folate, DFE		7		0	NC	4		2		
Vitamin B-12		0.23		0	BFPN	4		0.07		
Vitamin A, IU	IU	25		5	A	1		7		
Vitamin A, RAE	mcg_RAE	7		0	NR	4		2		
Retinol	mcg	7		0	NR	4		2		
Vitamin E (alpha-tocopherol)	mg	0.64		0	NR	4		0.18		
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		0.0		•				0.0		
Vitamin K (phylloquinone)	nicg	0.0		0	BFZN	4		0.0		
Lipids:										
Fatty acids, total saturated	g	1.526		5	A	1		0.427		
4:0		0.000		0	Z	7		0.000		
6:0	g	0.000		0	Z	7		0.000		
8:0	g	0.000		0	Z	7		0.000		
10:0	-	0.000		0	BFFN	4		0.000		
12:0		0.000	0.000	11	A	1		0.000		
13:0										
14:0	g	0.040	0.003	11	A	1		0.011		
15:0										
16:0	g	0.680	0.042	11	A	1		0.190		
17:0	-									
18:0	-	0.340	0.021	11	A	1		0.095		
20:0	-									
22:0	_									

		<u>Aı</u>	mount in 100 g			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 monounsatur	atedg	1.902		3	A	1		0.533		
14:1	g									
15:1	• • • • • • • • • • • • • • • • • • • •									
16:1 undifferentiated	-	0.100	0.009	11	A	1		0.028		
17:1	-									
18:1 undifferentiated	-	1.040		11	A	1		0.291		
20:1		0.007		0	BFFN	4		0.002		
22:1 undifferentiated	-	0.007		0	BFFN	4		0.002		
24:1 c										
Fatty acids, total polyunsatural		1.319		3	A	1		0.369		
18:2 undifferentiated		0.670		11	A	1		0.188		
18:3 undifferentiated		0.030		11	A	1		0.008		
18:4		0.000		0	Z	7		0.000		
20:2 n-6 c,c	-									
20:3 undifferentiated	-									
20:4 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.096		0	BFFN	4		0.027		
20:5 n-3	-	0.000		0	BFFN	4		0.000		
22:5 n-3	-	0.014		0	BFFN	4		0.004		
22:6 n-3		0.021		0	BFFN	4		0.006		
Fatty acids, total trans										
Cholesterol	-	72		20	A	1		20		
Phytosterols	mg									
Amino Acids:										
Tryptophan	а	0.192		0	A	1		0.054		
Threonine		0.758		0	A	1		0.212		
Isoleucine	-	0.872		0	A	1		0.244		
Leucine	-	1.351		0	A	1		0.378		
Lysine	-	1.582		0	A	1		0.443		
Methionine		0.489		0	A	1		0.137		
Cystine		0.191		0	A	1		0.053		
Phenylalanine		0.680		0	A	1		0.190		
Tyrosine		0.660		0	A	1		0.185		
Valine	-	0.905		0	A	1		0.253		
Arginine		1.224		0	A	1		0.343		
Histidine	-	0.523		0	A	1		0.147		
Alanine	-	1.106		0	A	1		0.310		
Aspartic acid		1.675		0	A	1		0.469		
Glutamic acid		2.773		0	A	1		0.777		
Glycine	-	1.037		0	A	1		0.290		
Proline		0.805		0	A	1		0.225		
Serine	-	0.767		0	A	1		0.215		
Hydroxyproline		0.707		·		-		0.213		
Trydroxypronne	9									
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	mea	0		0	z	7		0.000		
	-	0		0	Z	7		0.000		
Carotene, alpha Cryptoxanthin, beta		0		0	Z	7		0.000		
**		0		0	Z	7		0.000		
Lycopene		0		0	z	7		0.000		
Lutein + zeaxanthin	tiicg	<u> </u>			<u>z</u>			0.000		

Common Measures:

Measure 1 = 28g: 1 serving .99 oz

NDB No. 07080

Turkey ham, cured turkey thigh meat

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u> :	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 Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	72.00				12		99.36	14.40		
Energy	kcal	118				4		163	24		
Energy	kj	494				4		681	99		
Protein	g	19.60				12		27.05	3.92		
Total lipid (fat)	g	3.80				12		5.24	0.76		
Ash	g	0.00		0	Z	7		0.00	0.00		
Carbohydrate, by difference	g	1.50				9		2.07	0.30		
Fiber, total dietary	g	0.0				7		0.0	0.0		
Sugars, total	g	0.00		0	Z	7		0.00	0.00		
Starch	g										
Min and a											
Minerals:	ma	5				12		7	1		
Calcium, Ca Iron, Fe	-	1.35				12		1.86	0.27		
Magnesium, Mg	-	20				12		28	4		
Phosphorus, P		304				12		420	4 61		
Pospnorus, P Potassium, K	-	299				12		420 413	60		
Sodium, Na		1038				12		1432	208		
Zinc, Zn	-	2.36				12		3.26	0.47		
Copper, Cu		0.110)			4		0.152	0.022		
Manganese, Mn		0.110	,			-		0.132	0.022		
Selenium, Se		37.0		0	BFNN	4		51.1	7.4		
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	-	0.0			Z	7		0.0	0.0		
Thiamin	-	0.050				4		0.069	0.010		
Riboflavin	=	0.250				4		0.345	0.050		
Niacin	-	3.530)			4		4.871	0.706		
Pantothenic acid	-										
Vitamin B-6	-	0.230)			4		0.317	0.046		
Folate, total		6				4		8	1		
Folic acid	-	0		0	NR	4		0	0		
Folate, food	mcg	6		•		4		8	1		
Folate, DFE		6		0	NC	4		8	1		
Vitamin B-12		0.26				4		0.36	0.05		
Vitamin A, IU		0		•		7		0	0		
Vitamin A, RAE		0		0	AS	1		0	0		
Retinol		0		0 0	NR	4		0	0		
Vitamin E (alpha-tocopherol)		0.39		U	NR	4		0.54	0.08		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, deltaVitamin D											
Vitamin K (phylloquinone)		0.0		0	BFZN	4		0.0	0.0		
	g			•		-		0.0			
<u>Lipids:</u>											
Fatty acids, total saturated		1.274				4		1.758	0.255		
4:0		0.000				4		0.000	0.000		
6:0		0.000				4		0.000	0.000		
8:0	-	0.000				4		0.000	0.000		
10:0	-	0.000				4		0.000	0.000		
12:0	-	0.011	=			4		0.015	0.002		
13:0			_			_					
14:0		0.026	•			4		0.036	0.005		
15:0		2									
16:0		0.674	ı			4		0.930	0.135		
17:0		0 0==									
18:0		0.379	,			4		0.523	0.076		
20:0	-										
22:0	-										
24:0	g										

	<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	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.863				4		1.191	0.173	
14:1g	0.863				-		1.191	0.173	
15:1									
16:1 undifferentiatedg	0.126				4		0.174	0.025	
17:1g	0.220				-		V.2	0.020	
18:1 undifferentiated.	0.711				4		0.981	0.142	
20:1g	0.016				4		0.022	0.003	
22:1 undifferentiated	0.011				4		0.015	0.002	
24:1 cg									
Fatty acids, total polyunsaturated9	1.137				4		1.569	0.227	
18:2 undifferentiatedg	0.921				4		1.271	0.184	
18:3 undifferentiatedg	0.037				4		0.051	0.007	
18:4g	0.000				4		0.000	0.000	
20:2 n-6 c.cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.137				4		0.189	0.027	
20:5 n-3g	0.000				4		0.000	0.000	
22:5 n-3g	0.021				4		0.029	0.004	
22:6 n-3g	0.032				4		0.044	0.006	
Fatty acids, total transg									
Cholesterol mg	67				12		92	13	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0				7		0.0	0.0	
Caffeinemg	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	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 = 138g: 1 cup pieces Measure 2 = 20g: 1 cubic inch

Calories Factors: Protein Fat Carbohydrate

		<u>A</u> 1	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	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	70.15		2		1		19.89	39.99		
Energy	kcal	149		0	NC	4		42	85		
Energy	kj	623				4		177	355		
Protein (N x 6.25)	g	18.14	0.751	8		1		5.14	10.34		
Total lipid (fat)	g	6.99	0.703	8		1		1.98	3.98		
Ash	g	2.60		2		1		0.74	1.48		
Carbohydrate, by difference	g	2.13		0	NC	4		0.60	1.21		
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0		
Sugars, total	g	0.00		0	Z	7		0.00	0.00		
Starch	g										
K * 1											
Minerals:	ma	20	0 737			4		9	10		
Calcium, Ca	-	32 1.35	8.737	8		1 1		9 0.38	18 0.77		
Iron, Fe.	-	1.35	0.144	8 1		1		0.38 5			
Magnesium, Mg				1		1		5 48	10 96		
Phosphorus, P	-	168 270	26.242	7		1		48 77	96 154		
Potassium, K			64.326	8		1		166	334		
Sodium, Na	-	586 2.00	64.326	1		1		0.57	1.14		
Zinc, Zn		0.070		1		1		0.020	0.040		
Copper, Cu		0.070		0		4		0.020	0.040		
Manganese, Mn		29.2	•	0	BFZY	4		8.3	16.6		
Selenium, Se	Ilicg	29.2		U	DF 21	4		0.3	10.6		
<u> itamins:</u>											
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0		
Thiamin		0.091	0.006	7		1		0.026	0.052		
Riboflavin	mg	0.284	0.045	7		1		0.081	0.162		
Niacin	mg	4.800	1	1		1		1.361	2.736		
Pantothenic acid	mg	0.570	1	0		4		0.162	0.325		
Vitamin B-6	mg	0.270	1	0		4		0.077	0.154		
Folate, total	mcg	5		0		4		1	3		
Folic acid	mcg	0		0	Z	7		0	0		
Folate, food		5		0		4		1	3		
Folate, DFE	mcg_DFE	5		0	NC	4		1	3		
Vitamin B-12		0.23		0		4		0.07	0.13		
Vitamin A, IU	IU	0		0		4		0	0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0		
Retinol	mcg	0		0	NR	4		0	0		
Vitamin E (alpha-tocopherol)	mg	0.34		0	NR	4		0.10	0.19		
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta	mg										
Vitamin D											
Vitamin K (phylloquinone)	mcg	0.0		0	BFZN	4		0.0	0.0		
ipids:											
Fatty acids, total saturated	a	2.040	1	0		1		0.578	1.163		
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	-	0.010		0		1		0.003	0.006		
13:0		0.010		•		-		2.003	0.000		
14:0		0.050)	0		1		0.014	0.029		
15:0		0.000		·		-		0.014	0.029		
16:0		1.250	1	0		1		0.354	0.713		
17:0		1.230		·		-		0.554	0.713		
18:0	_	0.500	1	0		1		0.142	0.285		
20:0	_	0.500		U		_		0.142	0.203		
22:0	_										
24:0	_										

	<u>A</u>	mount in 100 grai	ns of edi	ble portic	<u>on</u>	Amount in edible portion of common measures of food			
		Numb	er			<u>m</u>	easures of food		
Nutrients and Units	Mean	of Da Std. Error Point	ta Deriv s Code		Confidence Code	Measure 1	Measure 2	Measure 3	
	2.300	o		1		0.650	1 211		
Fatty acids, total monounsaturated9 14:1g	2.300			1		0.652	1.311		
15:1g									
16:1 undifferentiatedg	0.380	C		1		0.108	0.217		
17:1g									
18:1 undifferentiatedg	1.870			1		0.530	1.066		
20:1g	0.010			1		0.003	0.006		
22:1 undifferentiatedg	0.010	C		1		0.003	0.006		
24:1 cg									
Fatty acids, total polyunsaturated	1.780			1		0.505	1.015		
18:2 undifferentiatedg	1.480			1		0.420	0.844		
18:3 undifferentiated	0.080			1		0.023	0.046		
18:4g	0.000	C		4		0.000	0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.140			1		0.040	0.080		
20:5 n-3g	0.000			4		0.000	0.000		
22:5 n-3g	0.020			1		0.006	0.011		
22:6 n-3g	0.030	C		1		0.009	0.017		
Fatty acids, total transg									
Cholesterolmg	55	6.616 7		1		16	31		
Phytosterolsmg	0	С		4		0	0		
Amino Acids:									
Tryptophang	0.200	C		4		0.057	0.114		
Threonine	0.792			4		0.225	0.451		
Isoleucine	0.909			4		0.258	0.518		
Leucine	1.409			4		0.399	0.803		
Lysineg	1.649			4		0.467	0.940		
Methionine	0.510			4		0.145	0.291		
Cystine	0.200			4		0.057	0.114		
Phenylalanine	0.710			4		0.201	0.405		
Tyrosineg	0.687			4		0.195	0.392		
Valine	0.944			4		0.268	0.538		
Arginine	1.279			4		0.363	0.729		
Histidine	0.545			4		0.155	0.311		
Alanine	1.158			4		0.133	0.660		
Aspartic acid	1.749			4		0.496	0.997		
Glutamic acid	2.893			4		0.820	1.649		
Glycine	1.094			4		0.310	0.624		
Prolineg	0.846			4		0.240	0.482		
Serine	0.800			4		0.227	0.456		
Hydroxyproline9	0.800			-		0.227	0.436		
Others:							_		
Alcohol, ethylg	0.0	C		7		0.0	0.0		
Caffeine mg	0	C		7		0	0		
Theobromine mg	0	C	Z	7		0	0		
Carotenoids:									
Carotene, betamcg	0	C		7		0.000	0.000		
Carotene, alphamcg	0	C	_	7		0.000	0.000		
Cryptoxanthin, betamcg	0	C	_	7		0.000	0.000		
Lycopene mcg	0	C		7		0.000	0.000		
Lutein + zeaxanthin mcg	0	С	Z	7		0.000	0.000		

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 57g: 2 slices NDB No. 07082

Turkey roll, light and dark meat

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>Aı</u>	mount in 100 gr	rams o	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			Nur	mber				<u>m</u>	easures of food	<u> </u>	
			of I	Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	ints (Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	71.55		2		1		20.28	40.78		
Energy	kcal	147		0	NC	4		42	84		
Energy	kj	615				4		174	351		
Protein (N x 6.25)	g	18.70	0.823	9		1		5.30	10.66		
Total lipid (fat)	g	7.22	0.873	9		1		2.05	4.12		
Ash	g	2.00		2		1		0.57	1.14		
Carbohydrate, by difference	g	0.53		0	NC	4		0.15	0.30		
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0		
Sugars, total	g	0.00		0	Z	7		0.00	0.00		
Starch	g										
Aim a wales											
Minerals:	ma	40	7.383	8		1		11	23		
Calcium, Ca	_	1.28	7.383 0.372	8		1		0.36	0.73		
Magnesium, Mg	_	1.28	0.372	1		1		5	9		
Phosphorus, P		183		1		1		5 52	104		
Potassium, K	_	251	21.944	8		1		71	143		
Sodium, Na		489	40.345	9		1		139	279		
Zinc, Zn	_	1.56	40.545	1		1		0.44	0.89		
Copper, Cu		0.040	1	1		1		0.011	0.023		
Manganese, Mn		0.012		0		4		0.003	0.007		
Selenium, Se		22.3	•	0	BFNN	4		6.3	12.7		
<u>'itamins:</u>											
Vitamin C, total ascorbic acid	_	0.0		0	Z	7		0.0	0.0		
Thiamin		0.089		7		1		0.025	0.051		
Riboflavin		0.226		7		1		0.064	0.129		
Niacin		7.000		0		1		1.985	3.990		
Pantothenic acid		0.420		0		4		0.119	0.239		
Vitamin B-6	-	0.320	1	0		4		0.091	0.182		
Folate, total		4		0		4		1	2		
Folic acid		0		0	Z	7		0	0		
Folate, food		4		0		4		1	2		
Folate, DFE		4		0	NC	4		1	2		
Vitamin B-12		0.24		0		4		0.07	0.14		
Vitamin A, IU		0		0		4		0	0		
Vitamin A, RAE		0		0	AS	1		0	0		
Retinol		0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)		0.13		0	NR	4		0.04	0.08		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, deltaVitamin D											
Vitamin K (phylloquinone)		0.0		0	BFZN	4		0.0	0.0		
vitanini K (phynodumone)	9	0.0		Ū		-			0.0		
<u>ipids:</u>											
Fatty acids, total saturated		2.020		0		1		0.573	1.151		
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		0.010	1	0		1		0.003	0.006		
13:0						_		_			
14:0		0.050	1	0		1		0.014	0.029		
15:0						_		_			
16:0		1.260	1	0		1		0.357	0.718		
17:0	-					_					
18:0	-	0.470	1	0		1		0.133	0.268		
20:0	-										
22:0	a										

		<u>Ar</u>	nount in 10	00 grams	Amount in edible portion of common					
				Number		_			easures of food	
Nutrients and	Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
P		0.500		•						
Fatty acids, total monounsatura		2.500		0		1		0.709	1.425	
15:1	g									
16:1 undifferentiated	g	0.410		0		1		0.116	0.234	
17:1	g									
18:1 undifferentiated	_	2.020		0		1		0.573	1.151	
20:1	g	0.010		0		1		0.003	0.006	
22:1 undifferentiated	•	0.010		0		1		0.003	0.006	
24:1 c	g									
Fatty acids, total polyunsaturat	edg	1.740		0		1		0.493	0.992	
18:2 undifferentiated		1.420		0		1		0.403	0.809	
18:3 undifferentiated	g	0.090		0		1		0.026	0.051	
18:4	_	0.000		0		1		0.000	0.000	
20:2 n-6 c,c										
20:3 undifferentiated	g									
20:4 undifferentiated	_	0.140		0		1		0.040	0.080	
20:5 n-3	g	0.000		0		1		0.000	0.000	
22:5 n-3	-	0.020		0		1		0.006	0.011	
22:6 n-3	g	0.020		0		1		0.006	0.011	
Fatty acids, total trans	g									
Cholesterol	mg	43	2.4			1		12	25	
Phytosterols	mg	0		0		4		0	0	
Amino Acids:										
	0	0.206		0		4		0.058	0.117	
Tryptophan Threonine		0.816		0		4		0.231	0.117	
Isoleucine	-	0.816		0		4		0.265	0.534	
Leucine	-	1.451		0		4		0.411	0.827	
Lysine		1.698		0		4		0.411	0.968	
Methionine		0.525		0		4		0.149	0.299	
Cystine		0.206		0		4		0.058	0.117	
Phenylalanine		0.731		0		4		0.038	0.417	
Tyrosine		0.708		0		4		0.201	0.404	
Valine	-	0.708		0		4		0.276	0.555	
	-	1.319		0		4		0.374	0.752	
Arginine		0.561		0		4		0.159	0.752	
Histidine	-	1.195		0		4		0.339		
Aspartic acid	-	1.803		0		4		0.511	0.681 1.028	
- I				0		4				
Glutamic acid	-	2.981		0		4		0.845 0.322	1.699	
Glycine	=	1.135				4			0.647	
Proline		0.876		0		4		0.248 0.234	0.499	
Serine		0.825		U		4		0.234	0.470	
Hydroxyproline	9									
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	
Carotenoids:	· ·									
Carotene, beta	mea	0		0	Z	7		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	
		•		•	_	•				

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 57g: 2 slices NDB No. 07081 Turkey roll, light meat

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u>	mount in 10	0 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common			
Nutrients and Un	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	easures of food Measure 2	Measure 3	
Proximates: Water	a	65.06		1	A	1					
Energy		196		0	NC	4					
Energy		821		0	NC	4					
Protein (N x 6.25)		23.89		1	A	1					
Total lipid (fat)		10.44		1	A	1					
Ash		2.65		1	A	1					
Carbohydrate, by difference		0.00		0	z	7					
Fiber, total dietary		0.0		0	z	7					
Sugars, total		0.00		0	z	7					
Starch		0.00		Ū	_	•					
Starcii	9										
Minerals:											
Calcium, Ca	-	22		1	A	1					
Iron, Fe		1.49		1	A	1					
Magnesium, Mg		21		1	A	1					
Phosphorus, P		202		1	A	1					
Potassium, K		298		1	A	1					
Sodium, Na		665		1	A	1					
Zinc, Zn		3.88		1	A	1					
Copper, Cu		0.145		1 1	A A	1 1					
Manganese, Mn		0.024 0.0	•	1	A A	1					
Selenium, Se	nicg	0.0		1	A	1					
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.7		1	A	1					
Thiamin	mg	0.084	ļ	1	A	1					
Riboflavin	mg	0.255	i	1	A	1					
Niacin	mg	5.720)	1	A	1					
Pantothenic acid	mg	1.080)	1	A	1					
Vitamin B-6	mg	0.322	?	1	A	1					
Folate, total		6		1	A	1					
Folic acid		0		0	Z	7					
Folate, food		6		1	A	1					
Folate, DFE		6		0	NC	4					
Vitamin B-12		1.23		1	A	1					
Vitamin A, IU		75		0	AS	1					
Vitamin A, RAE		13		0	AS	1					
Retinol		11		1	A	1					
Vitamin E (alpha-tocopherol)		0.18		2	A	1					
Tocopherol, beta		0.00		2	A	1					
Tocopherol, gamma		0.16 0.00		2 2	A A	1 1					
Tocopherol, delta Vitamin D		0.00		2	A	1					
Vitamin D Vitamin K (phylloquinone)		1.5		2	A	1					
vitanini K (phynoquinone)	1110g	1.5		_		-					
<u>Lipids:</u>											
Fatty acids, total saturated	g	2.266	i	1	A	1					
4:0	g	0.000)	0	Z	7					
6:0	g	0.000)	0	Z	7					
8:0	g	0.000		1	A	1					
10:0		0.000		1	A	1					
12:0	·····	0.009)	1	A	1					
13:0											
14:0	_	0.081		1	A	1					
15:0		0.013		1	A	1					
16:0		1.491		1	A	1					
17:0		0.027		1	A	1					
18:0		0.635		1	A	1					
20:0		0.010		1	A	1					
22:0	-	0.000)	1	A	1					
24:0	g										

	<u>Aı</u>	nount in 100	0 grams Number		ole portic	<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
Fatty acids, total monounsaturatedg	2.990		1	A	1				
14:1g	0.013		1	A	1 1				
15:1g	0.000		1 1	A A	1				
16:1 undifferentiatedg 17:1g	0.250		1	A	1				
18:1 undifferentiatedg	2.697		1	A	1				
20:1g	0.030		1	A	1				
22:1 undifferentiated	0.000		0	Z	7				
24:1 cg									
Fatty acids, total polyunsaturatedg	2.706		1	A	1				
18:2 undifferentiatedg	2.384		1	A	1				
18:3 undifferentiatedg	0.173		0	AS	1				
18:3 n-6 c,c,cg	0.013		1	A	1				
18:3ig									
18:4g	0.000		0	Z	7				
20:2 n-6 c,cg	0.018		1	A	1				
20:3 undifferentiatedg	0.000		1	A	1				
20:3 n-3g									
20:3 n-6g 20:4 undifferentiated	0 131		1	A	1				
20:4 undifferentiated	0.131		1	A	1				
20:4 n-6g									
20:4 n-6g	0.000		0	z	7				
22:5 n-3	0.000		0	z	7				
22:6 n-3g	0.000		0	z	7				
Fatty acids, total trans	0.430		1	A	1				
Cholesterolmg	92		1	A	1				
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.185		1	A	1				
Threonineg	0.892		1	A	1				
Isoleucineg	0.993		1	A	1				
Leucineg	1.676		1	A	1				
Lysineg	1.884		1	A	1				
Methionineg	0.533		1	A	1				
Cystineg	0.230		1	A	1				
Phenylalanineg	0.866		1	A	1				
Tyrosineg	0.744		1	A	1				
Valine	1.037 1.444		1 1	A A	1 1				
Histidine	0.577		1	A	1				
Alanine	1.346		1	A	1				
Aspartic acid	2.009		1	A	1				
Glutamic acid	3.558		1	A	1				
Glycine	1.299		1	A	1				
Prolineg	0.992		1	A	1				
Serineg	0.922		1	A	1				
Hydroxyprolineg	0.226		1	A	1				
Others:									
Alcohol, ethylg	0.0		0	Z	7				
Caffeinemg	0		0	Z	7				
Theobromine mg	0		0	Z	7				
<u>Carotenoids:</u>									
Carotene, betamcg	11		1	A	1				
Carotene, alphamcg	11		1	A	1				
Cryptoxanthin, betamcg	11		1	A	1				
Lycopene mcg	11		1	A	1				
Lutein + zeaxanthin mcg	11		1	A	1				

NDB No. 07958 Turkey sausage, fresh, cooked Common Measures:

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>A</u>	mount in 100 grams	s of edil	ole portio	<u>on</u>	Amount in edible portion of commo		
			Numbe	r			<u>m</u>	easures of food	<u>l</u>
					Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Durationatory									
Proximates: Water	a	70.42	1	A	1				
Energy		155	0	NC	4				
Energy		648	0	NC	4				
Protein (N x 6.25)		18.79	1	A	1				
Total lipid (fat)	-	8.08	1	A	1				
Ash		2.24	1	A	1				
Carbohydrate, by difference		0.47	0	NC	4				
Fiber, total dietary		0.0	0	Z	7				
Sugars, total		0.00	0	z	7				
Starch		0.00	v	_	,				
Staten	9								
Minerals:									
Calcium, Ca	-	19	1	A	1				
Iron, Fe		1.17	1	A	1				
Magnesium, Mg		19	1	A	1				
Phosphorus, P	•	177	1	A	1				
Potassium, K		262	1	A	1				
Sodium, Na	-	593	1	A	1				
Zinc, Zn		3.06	1	A	1				
Copper, Cu		0.086		A	1				
Manganese, Mn		0.021		A	1				
Selenium, Se	mcg	0.0	1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid	mg	2.3	1	A	1				
Thiamin		0.077	1	A	1				
Riboflavin		0.234	1	A	1				
Niacin		4.600) 1	A	1				
Pantothenic acid	-	1.020) 1	A	1				
Vitamin B-6		0.431	1	A	1				
Folate, total	-	5	1	A	1				
Folic acid		0	0	Z	7				
Folate, food		5	1	A	1				
Folate, DFE	mcg_DFE	5	0	NC	4				
Vitamin B-12		1.30	1	A	1				
Vitamin A, IU		75	0	AS	1				
Vitamin A, RAE		13	0	AS	1				
Retinol		11	1	A	1				
Vitamin E (alpha-tocopherol)		0.13	2	A	1				
Tocopherol, beta		0.00	2	A	1				
Tocopherol, gamma	mg	0.13	2	A	1				
Tocopherol, delta	mg	0.00	2	A	1				
Vitamin D									
Vitamin K (phylloquinone)	mcg	0.0	2	A	1				
Lipids:									
Fatty acids, total saturated	0	1.963	3 1	A	1				
4:0		0.000		Z	7				
6:0		0.000		Z	7				
8:0	-	0.000		A	1				
10:0	_	0.000		A	1				
12:0		0.000		A	1				
13:0			<u>-</u>		_				
14:0	-	0.070) 1	A	1				
15:0		0.011		A	1				
16:0	-	1.304		A	1				
17:0	-	0.023		A	1				
18:0		0.555		A	1				
20:0		0.000		A	1				
22:0		0.000		A	1				
24:0	-	0.000			-				
4 寸. ∪	9								

	<u>A</u>	mount in 10	00 grams	of edib	Amount in edible portion of common				
			Number					asures of food	
					Source	Confidence			
Nutrients and Units	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	2.624	l.	1	A	1				
14:1g	0.011		1	A	1				
15:1g	0.000)	1	A	1				
16:1 undifferentiatedg	0.212	!	1	A	1				
17:1g									
18:1 undifferentiatedg	2.375		1	A	1				
20:1g	0.026		1	A	1				
22:1 undifferentiatedg	0.000	1	0	Z	7				
24:1 cg	2 20/		1	A	1				
Fatty acids, total polyunsaturatedg 18:2 undifferentiatedg	2.386		1	A	1				
18:3 undifferentiated	0.143		0	AS	1				
18:3 n-6 c,c,c	0.010		1	A	1				
18:3i	0.010		-		•				
18:4g	0.000)	0	z	7				
20:2 n-6 c,cg	0.016		1	A	1				
20:3 undifferentiatedg	0.000	1	1	A	1				
20:3 n-3g									
20:3 n-6g									
20:4 undifferentiatedg	0.108	1	1	A	1				
20:4 n-3g									
20:4 n-6g									
20:5 n-3g	0.000		0	Z	7				
22:5 n-3g	0.000		0	Z	7				
22:6 n-3g	0.000		0	z	7				
Fatty acids, total transg	0.350 75	1	1 1	A A	1 1				
Cholesterolmg Phytosterolsmg	75		1	A	1				
Amino Acids:									
Tryptophang	0.130)	1	A	1				
Threonineg	0.711		1	A	1				
Isoleucineg	0.777	,	1	A	1				
Leucineg	1.316	;	1	A	1				
Lysineg	1.472	!	1	A	1				
Methionineg	0.415	i	1	A	1				
Cystineg	0.204		1	A	1				
Phenylalanineg	0.670		1	A	1				
Tyrosineg	0.575		1	A	1				
Valineg	0.802	!	1	A	1				
Arginine	0.466			_					
Histidine	0.468		1 1	A	1				
Alanine	1.025 1.572		1	A A	1 1				
Aspartic acid9 Glutamic acid	2.762		1	A	1				
Glycineg	0.935		1	A	1				
Prolineg	0.737		1	A	1				
Serine	0.729		1	A	1				
Hydroxyprolineg	0.188		1	A	1				
Others:									
Alcohol, ethylg	0.0		0	z	7				
Caffeine mg	0		0	z	7				
Theobrominemg	0		0	z	7				
Carotenoids:									
Carotene, betamcg	11		1	A	1				
Carotene, alphamcg	11		1	A	1				
Cryptoxanthin, betamcg	11		1	A	1				
Lycopenemcg	11		1	A	1				
Lutein + zeaxanthinmcg	11		1	A	1				

NDB No. 07955 Turkey sausage, fresh, raw Common Measures:

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

NDB No. 07066
Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)

		<u>A</u>	mount in 100	<u>grams</u>	of ear	ie portic	<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		59.59		0	FLC	4		76.28		
Energy		200		0	FLC	4		256		
Energy		837		0	FLC	4		1071		
Protein		17.00		0	FLC	4		21.76		
Total lipid (fat)		10.30		0	FLC	4		13.18		
Ash		2.19		0	FLC	4		2.80		
Carbohydrate, by difference	g	10.77		0	FLC	4		13.79		
Fiber, total dietary	g	0.3		0	FLC	4		0.4		
Sugars, total		0.00		0	FLC	4		0.00		
Sucrose	g	0.00		0	FLC	4		0.00		
Glucose (dextrose)		0.00		0	FLC	4		0.00		
Fructose		0.00		0	FLC	4		0.00		
Lactose		0.00		0	FLC	4		0.00		
Maltose	g	0.00		0	FLC	4		0.00		
Galactose										
Starch										
Minerals:										
Calcium, Ca	_	31		0	FLC	4		40		
Iron, Fe		1.80		0	FLC	4		2.30		
Magnesium, Mg	mg	21		0	FLC	4		27		
Phosphorus, P		164		0	FLC	4		210		
Potassium, K		207		0	FLC	4		265		
Sodium, Na		617		0	FLC	4		790		
Zinc, Zn	<u>mg</u>	2.31		0	FLC	4		2.96		
Copper, Cu		0.149		0	FLC	4		0.191		
Manganese, Mn		0.221	L	0	FLC	4		0.283		
Selenium, Se	mcg	20.8		0	FLC	4		26.6		
Vitamins:				•						
Vitamin C, total ascorbic acid		0.0	_	0	FLC	4		0.0		
Thiamin	_	0.066		0	FLC	4		0.084		
Riboflavin	_	0.151		0	FLC	4		0.193		
Niacin	• • • • • • • • • • • • • • • • • • • •	2.137		0	FLC	4		2.735		
Pantothenic acid	-	0.722		0	FLC	4		0.924		
Vitamin B-6	-	0.234	1	0	FLC	4		0.300		
Folate, total	-	23		0	FLC	4		29		
Folic acid		0		0	NR	4		0		
Folate, food		23		0	FLC	4		29		
Folate, DFE		23		0	NC	4		29		
Vitamin B-12		0.28		0	FLC	4		0.36		
Vitamin A, IU		8		0	FLC	4		10		
Vitamin A, RAE		2		0	NR	4		3		
Retinol		2		0	NR	4		3		
Vitamin E (alpha-tocopherol)	_	0.00		0	FLC	4		0.00		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta		_	_			_				
Vitamin D		0.000	J	0	FLC	4		0.000		
Vitamin K (phylloquinone)	mcg	0.0		0	BFZN	4		0.0		
Lipids:										
Fatty acids, total saturated	g	2.871	L	0	FLC	4		3.675		
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		0.008		0	FLC	4		0.010		
13:0										
14:0	-	0.078	3	0	FLC	4		0.100		
15:0	-	0.000		0	FLC	4		0.000		

NDB No. 07066
Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)

	<u>Ar</u>	mount in 10	0 grams	of edib	ole portio	<u>n</u>		edible portion o	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	1.906		0	FLC	4		2.440		
17:0g	0.000		0	FLC	4		0.000		
18:0g	0.643		0	FLC	4		0.823		
20:0g	0.000		0	FLC	4		0.000		
22:0g	0.000		0	FLC	4		0.000		
24:0g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturatedg	3.876 0.000		0 0	FLC FLC	4 4		4.961 0.000		
14:1g 15:1g	0.000		U	FLC	4		0.000		
16:1 undifferentiatedg	0.658		0	FLC	4		0.842		
17:1g			-		=				
18:1 undifferentiatedg	3.131		0	FLC	4		4.008		
20:1g	0.008		0	FLC	4		0.010		
22:1 undifferentiatedg	0.008		0	FLC	4		0.010		
24:1 cg									
Fatty acids, total polyunsaturated	2.541		0	FLC	4		3.252		
18:2 undifferentiatedg	2.227		0	FLC	4		2.851		
18:3 undifferentiated	0.142		0	FLC	4		0.182		
18:4g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c									
20:4 undifferentiated 9	0.110		0	FLC	4		0.141		
20:5 n-3g	0.000		0	FLC	4		0.000		
22:5 n-3g	0.016		0	FLC	4		0.020		
22:6 n-3g	0.024		0	FLC	4		0.031		
Fatty acids, total transg									
Cholesterol mg	58		0	FLC	4		74		
Phytosterolsmg	0		0	FLC	4		0		
Amino Acids:									
Tryptophang	0.193		0	FLC	4		0.247		
Threonineg	0.728		0	FLC	4		0.932		
Isoleucineg	0.829		0	FLC	4		1.061		
Leucineg	1.314		0	FLC	4		1.682		
Lysineg	1.437		0	FLC	4		1.839		
Methionineg	0.427		0	FLC	4		0.547		
Cystineg	0.207		0	FLC	4		0.265		
Phenylalanine	0.706		0 0	FLC	4		0.904		
Tyrosine	0.628		0	FLC FLC	4 4		0.804		
Valine	0.874 1.234		0	FLC	4		1.119 1.580		
Histidine	0.488		0	FLC	4		0.625		
Alanine 9	1.058		0	FLC	4		1.354		
Aspartic acidg	1.709		0	FLC	4		2.188		
Glutamic acidg	2.796		0	FLC	4		3.579		
Glycineg	1.120		0	FLC	4		1.434		
Prolineg	0.884		0	FLC	4		1.132		
Serineg	0.784		0	FLC	4		1.004		
Hydroxyproline9									
Others:									
Alcohol, ethylg	0.0		0	FLC	4		0.0		
Caffeine mg	0		0	FLC	4		0		
Theobrominemg	0		0	FLC	4		0		
<u>Carotenoids:</u>									
Carotene, betamcg	0		0	FLC	4		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		

NDB No. 07066

Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)

Common Measures:

Measure 1 = 128g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u>	mount in 10	0 grams	of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
				Number					easures of food	
Nutrients and U	nits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.50		1	A	1		20.58		
Energy	kcal	95		0	MC	9		27		
Energy		398		0	MC	9		111		
Protein (N x 6.25)		20.90		1	A	1		5.85		
Total lipid (fat)		0.69		1	A	1		0.19		
Ash		3.60		1	A	1		1.01		
Carbohydrate, by difference		1.31		0	MC	9		0.37		
Fiber, total dietary		0.0		0	Z	7		0.0		
Sugars, total		0.00		0	z	7		0.00		
Starch		0.00			_	•		0.00		
Minerals:										
Calcium, Ca	mg									
Iron, Fe	mg									
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	1160		1	A	1		325		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
<u>Lipids:</u>										
Fatty acids, total saturated		0.220		1	A	1		0.062		
Fatty acids, total monounsaturate		0.250		1	A	1		0.070		
Fatty acids, total polyunsaturated		0.190)	1	A	1		0.053		
Fatty acids, total trans										
CholesterolPhytosterols		48		1	A	1		14		
Others:										
Alcohol, ethyl	a	0.0		0	z	7		0.0		
Caffeine		0.0		0	Z	7		0		
Theobromine		0		0	z	7		0		
Carotenoids:		·		v	_	•		•		
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		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 = 28g: 1 slice

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

		<u>A</u>	mount in 10	0 grams	of edib	le portio	<u>n</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	76.30				4		346.10		
Energy	kcal	101				4		458		
Energy	kj	423				4		1917		
Protein (N x 6.25)	g	8.00				4		36.29		
Total lipid (fat)	g	2.50				4		11.34		
Ash	g	1.66				4		7.53		
Carbohydrate, by difference	g	11.50				4		52.16		
Fiber, total dietary	g	0.6				4		2.7		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minouala										
Minerals: Calcium, Ca	ma	10				4		45		
Iron, Fe	_	2.20				4		9.98		
Magnesium, Mg		16				4		73		
Phosphorus, P		74				4		73 336		
Potassium, K		243				4		1102		
Sodium, Na		796				4		3611		
Zine, Zn		1.20				4		5.44		
Copper, Cu		0.134	1			4		0.608		
Manganese, Mn										
Selenium, Se		24.6		0	BFNN	4		111.6		
•	•									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	_	1.9	_			4		8.6		
Thiamin		0.130				4		0.590		
Riboflavin		0.080				4		0.363		
Niacin		1.550				4		7.031		
Pantothenic acid	_	0.165				4		0.748		
Vitamin B-6	_	0.100)			4		0.454		
Folate, total		6			_	4		27		
Folic acid		0 6		0	Z	7		0		
Folate, food		6		^	NG	4		27 27		
Folate, DFE				0	NC	4				
Vitamin B-12	flicg	0.28				4		1.27 0		
Vitamin A, IU		0		^	NG	4		0		
Vitamin A, RAE		0		0	NC NR	4		0		
Retinol		0.09		0	NR NR	4		0.40		
Vitamin E (alpha-tocopherol)		0.09		U	NK	4		0.40		
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0		0	BFSN	4		0.0		
<u>Lipids:</u>										
Fatty acids, total saturated		0.850				4		3.856		
4:0		0.000				4		0.000		
6:0		0.000				4		0.000		
8:0	-	0.000				4		0.000		
10:0	-	0.001				4		0.005		
12:0		0.003	5			4		0.014		
13:0	-		_							
14:0	_	0.037	<i>'</i>			4		0.168		
15:0			_							
16:0		0.544	ı			4		2.468		
17:0										
18:0		0.271	L			4		1.229		
20:0	-									
22:0	d									

	<u>An</u>	ount 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
	1 000						4 680		
Fatty acids, total monounsaturatedg	1.030				4		4.672		
14:1g 15:1									
16:1 undifferentiated	0.099				4		0.449		
17:1g	0.033				-		0.445		
18:1 undifferentiated	0.914				4		4.146		
20:1g	0.012				4		0.054		
22:1 undifferentiatedg	0.001				4		0.005		
24:1 cg	0.002				-		0.000		
Fatty acids, total polyunsaturated	0.330				4		1.497		
18:2 undifferentiatedg	0.283				4		1.284		
18:3 undifferentiated	0.017				4		0.077		
18:4g	0.000				4		0.000		
20:2 n-6 c.cg									
20:3 undifferentiated									
20:4 undifferentiatedg	0.024				4		0.109		
20:5 n-3g	0.000				4		0.000		
22:5 n-3g	0.002				4		0.009		
22:6 n-3g	0.003				4		0.014		
Fatty acids, total trans									
Cholesterolmg	21				4		95		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0				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, 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 = 453.6g: 1 lb 16 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>A</u> 1	mount in 10	00 grams	of edib	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	59.20				4		87.02	8.29		
Energy	kcal	240				4		353	34		
Energy	kj	1004				4		1476	141		
Protein (N x 6.25)	g	18.60				4		27.34	2.60		
Total lipid (fat)	g	16.80				4		24.70	2.35		
Ash	g	2.80		0	NR	4		4.12	0.39		
Carbohydrate, by difference	g	2.60				4		3.82	0.36		
Fiber, total dietary	g	0.0			Z	7		0.0	0.0		
Sugars, total	g	0.00		0	Z	7		0.00	0.00		
Starch	g										
<i>K</i> * 1											
Minerals:	ma	18				4		26	3		
Calcium, Ca	-	1.12				4		26 1.65	0.16		
, , , , , , , , , , , , , , , , , , , ,		1.12				4		1.65 25	0.16		
Magnesium, Mg Phosphorus, P		142				- <u></u>		25	20		
	-	204				4		300	29		
Potassium, K		957				4		1407	134		
Zinc, Zn	_	2.18				4		3.20	0.31		
Copper, Cu		0.061				4		0.090	0.009		
Manganese, Mn		0.001	-			-		0.030	0.003		
Selenium, Se		27.8		0	RF	4		40.9	3.9		
•				•		=					
<u>'itamins:</u>											
Vitamin C, total ascorbic acid	-	0.0			Z	7		0.0	0.0		
Thiamin		0.180				4		0.265	0.025		
Riboflavin		0.150				4		0.221	0.021		
Niacin		3.290)			4		4.836	0.461		
Pantothenic acid	_										
Vitamin B-6		0.270)			4		0.397	0.038		
Folate, total		4			_	4		6	1		
Folic acid		0		0	Z	7		0	0		
Folate, food		4		•		4		6	1		
Folate, DFE		4		0	NC	4		6	1		
Vitamin B-12		0.44				4		0.65	0.06		
Vitamin A, IU		2		•	•••	4		3	0		
Vitamin A, RAE		1		0	NR	4		1	0		
Retinol		1		0	NR	4		1	0		
Vitamin E (alpha-tocopherol)		0.25		0	NR	4		0.37	0.04		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, deltaVitamin D											
Vitamin K (phylloquinone)		0.0		0	BFSN	4		0.0	0.0		
	9				22 220	-		0.0	0.0		
<u> Lipids:</u>											
Fatty acids, total saturated		6.070				4		8.923	0.850		
4:0		0.000				4		0.000	0.000		
6:0		0.000				4		0.000	0.000		
8:0		0.000				4		0.000	0.000		
10:0	-	0.012				4		0.018	0.002		
12:0	-	0.022	!			4		0.032	0.003		
13:0			,					0.004	0.000		
14:0		0.207	•			4		0.304	0.029		
15:0		3.732	•			4		E 400	0 500		
16:0		3.732	<u> </u>			4		5.486	0.522		
17:0		1 071				4		2 007	0.076		
18:0	-	1.971	=			4		2.897	0.276		
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 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	7.010				4		10.305	0.981	
14:1g	7.010				•		10.505	0.301	
15:1 9									
16:1 undifferentiated	0.557				4		0.819	0.078	
17:1g									
18:1 undifferentiated	6.414				4		9.429	0.898	
20:1g	0.059				4		0.087	0.008	
22:1 undifferentiatedg	0.003				4		0.004	0.000	
24:1 cg									
Fatty acids, total polyunsaturated	2.260				4		3.322	0.316	
18:2 undifferentiatedg	1.907				4		2.803	0.267	
18:3 undifferentiatedg	0.130				4		0.191	0.018	
18:4g	0.000				4		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.087				4		0.128	0.012	
20:5 n-3g	0.000				4		0.000	0.000	
22:5 n-3g	0.009				4		0.013	0.001	
22:6 n-3g	0.012				4		0.018	0.002	
Fatty acids, total trans									
Cholesterol mg	65				4		96	9	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0				4		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	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 + zeaxanthinmcg	0		0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 147g: 1 cup pieces Measure 2 = 14.0g: 1 cubic inch

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>A</u>	mount in 100 gra	ms of edi	ble portic	<u>on</u>	Amount in	edible portion	of common
			Num	ber			<u>m</u>	easures of food	<u> </u>
			of D	ata Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error Poin	ts Code	Code	Code	Measure 1	Measure 2	Measure
D									
Proximates: Water	а	72.00		1 A	1				
Energy	-	112		0 MC	9				
Energy		468		0 MC	9				
Protein (N x 6.25)		13.50		1 A	1				
Total lipid (fat)		3.00		 1 A	1				
Ash		3.80		0 NC	4				
Carbohydrate, by difference		7.70		0 MC	9				
Fiber, total dietary		0.4		1 A	1				
Sugars, total		4.00		1 A	1				
Starch					_				
Staren	9								
<u>Minerals:</u>									
Calcium, Ca	-	16		L A	1				
Iron, Fe	-	2.20		L A	1				
Magnesium, Mg		20) BFZY					
Phosphorus, P	-	158) BFZY					
Potassium, K		349		L A	1				
Sodium, Na	-	1200		L A	1				
Zinc, Zn		2.10) BFZY) BFZY					
Copper, Cu		0.039) BFZY) BFZN					
Manganese, Mn		29.9) BFZN					
Scientum, Se	1110g	23.3	,	, 5121	-				
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid	mg	10.0		L A	1				
Thiamin		0.033) BFZY	4				
Riboflavin	mg	0.114	<u>L</u>) BFZY	4				
Niacin	-	5.159) BFZY					
Pantothenic acid		0.584) BFZN					
Vitamin B-6	-	0.294) BFZY					
Folate, total		4) BFZY					
Folic acid		0) BFZN					
Folate, food		4) BFZY					
Folate, DFE		4) NC	4				
Vitamin B-12		0.22) BFZY					
Vitamin A, IU		8		L A	1				
Vitamin A, RAE		2 2) NC	4 4				
Retinol		2) NR	4				
Vitamin E (alpha-tocopherol)									
Tocopherol, beta Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)		0.0) BFZN	4				
Lipids:					_				
Fatty acids, total saturated		0.910		L A	1				
Fatty acids, total monounsaturated		1.300		L A	1				
Fatty acids, total polyunsaturated		0.760	:	L A	1				
Fatty acids, total trans	-	==			1				
CholesterolPhytosterols	-	55		L A	1				
Amino Acids:									
Tryptophan	g	0.295	5) BFZN	4				
Threonine		1.175) BFZN	4				
Isoleucine		1.327	•) BFZN	4				
Leucine		2.080)) BFZN	4				
Lysine		2.412	2) BFZN	4				
Methionine		0.749)) BFZN	4				
Cystine	_	0.315) BFZN	4				

		<u>Ar</u>	nount in 100	grams)	of edib	<u>on</u>		edible portion of	of common	
			ı	Number				<u>m</u>	easures of food	
Nutrients and	l Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanine	g	1.058		0	BFZN	4				
Tyrosine	-	1.000		0	BFZN	4				
Valine		1.401		0	BFZN	4				
Arginine	g	1.946		0	BFZN	4				
Histidine	g	0.796		0	BFZN	4				
Alanine	g	1.789		0	BFZN	4				
Aspartic acid	g	2.622		0	BFZN	4				
Glutamic acid	g	4.279		0	BFZN	4				
Glycine	g	1.894		0	BFZN	4				
Proline	g	1.391		0	BFZN	4				
Serine	-	1.199		0	BFZN	4				
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0	z	7				
Caffeine		0		0	Z	7				
Theobromine	mg	0		0	Z	7				
Carotenoids:										
Carotene, beta	mcq	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				

Common Measures:

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

		<u>A</u> 1	mount in 10	0 grams	of edit	ole portio	<u>n</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food		
							Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	_	64.92		1	A	1					
Energy		231		0	NC	4					
Energy		967				4					
Protein (N x 6.25)	_	14.95		1	A	1					
Total lipid (fat)		18.56		1	A	1					
Ash		2.20		1	A	1					
Carbohydrate, by difference		0.00		0	Z	7					
Fiber, total dietary	g	0.0		1	A	1					
Sugars, total											
Starch	9										
Minerals:											
Calcium. Ca	mg	9		1	A	1					
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.99		1	A	1					
Magnesium, Mg	-	17		1	A	1					
Phosphorus, P		162		1	A	1					
Potassium, K	_	231		1	A	1					
Sodium, Na		507		1	A	1					
Zinc, Zn	-	2.39		1	A	1					
Copper, Cu		0.047	7	0	BFFN	4					
Manganese, Mn	mg	0.018	3	0	BFFN	4					
Selenium, Se	mcg	21.7		0	BFZN	4					
/itamins:											
Vitamins: Vitamin C, total ascorbic acid	ma	0.0		1	A	1					
Thiamin	-	0.688	,	1	A	1					
Riboflavin	-	0.000		1	A	1					
Niacin		2.619		1	A	1					
Pantothenic acid		0.618		1	A	1					
Vitamin B-6	-	0.010		1	A	1					
Folate, total	_	3	•	0	BFFN	4					
Folic acid		0		0	Z	7					
Folate, food		3		0	BFFN	4					
Folate, DFE		3		0	NC	4					
Vitamin B-12		0.84		1	A	1					
Vitamin A, IU		40		1	A	1					
Vitamin A, RAE		12		0	NC	4					
Retinol		12		0	NR	4					
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D.											
Vitamin K (phylloquinone)	mcg										
inide:											
<u>_ipids:</u> Fatty acids, total saturated	a	4.968	2	1	A	1					
4:0		0.000		1	A	1					
6:0		0.000		1	A	1					
8:0		0.000		1	A	1					
10:0	_	0.032		1	A	1					
12:0	-	0.032		1	A	1					
13:0	-	0.010	-	-	A	-					
14:0		0.161	L	1	A	1					
15:0	-	0.101	-	-		-					
16:0		3.218	3	1	A	1					
17:0		3.210	-	-		-					
18:0		1.382	2	1	A	1					
20:0		2		-		-					
22:0											
24:0											

	<u>Aı</u>	mount in 100 grams	of edi	Amount in edible portion of common				
Noted and a seed that		Number of Data	Deriv		Confidence Code	_	easures of food	•
Nutrients and Units	Mean	Std. Error Folits	Code	Code	Code	Measure 1	Measure 2	Measure 3
F " 11 () 1	g 8.061	. 1	A	1				
Fatty acids, total monounsaturated	•		A	1				
14:1	•							
15:1	•	. 1	A	1				
17:1	•		A	_				
18:1 undifferentiated) 1	A	1				
20:1	=		A	1				
22:1 undifferentiated.	=		A	1				
24:1 c	•		A	_				
Fatty acids, total polyunsaturated		5 1	A	1				
18:2 undifferentiated			A	1				
18:3 undifferentiated	•		A	1				
18:4	•		A	1				
20:2 n-6 c.c.	-	, -	A	-				
20:3 undifferentiated								
20:4 undifferentiated) 1	A	1				
20:5 n-3	•		A	1				
22:5 n-3	-		A	1				
22:6 n-3	_		A	1				
Fatty acids, total trans	•	• •		_				
Cholesterol.		1	A	1				
Phytosterols	5	_		_				
Others:								
Alcohol, ethylg	0.0	0	Z	7				
Caffeine m	ng							
Theobrominem	ng							

Common Measures:

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>A</u> 1	mount in 10			ole portio	<u>on</u>		edible portion	
				Number				<u>m</u>	easures of food	
							Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	_	58.66		1	A	1				
Energy		267		0	NC	4				
Energy	kj	1117				4				
Protein (N x 6.25)	_	19.76		1	A	1				
Total lipid (fat)	g	20.26		1	A	1				
Ash		1.92		1	A	1				
Carbohydrate, by difference	g	0.00		0	Z	7				
Fiber, total dietary	g	0.0		1	A	1				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium. Ca	ma	9		1	A	1				
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	1.15		1	A	1				
Magnesium, Mg	-	19		1	A	1				
Phosphorus, P		190		1	A	1				
Potassium, K	•	239		1	A	1				
Sodium, Na		540		1	A	1				
Zine, Zn	-	2.84		1	A	1				
Copper, Cu		0.104	ļ	0	BFSN	4				
Manganese, Mn		0.053		0	BFSN	4				
Selenium, Se		21.7		0	BFZN	4				
7*.										
/itamins:				_	_	_				
Vitamin C, total ascorbic acid	-	0.0		1	A	1				
Thiamin	-	0.732		1	A	1				
Riboflavin		0.241		1	A	1				
Niacin	-	2.796		1	A	1				
Pantothenic acid	-	0.703		1	A	1				
Vitamin B-6	-	0.280)	1	A	1				
Folate, total		1 0		0	BFSN	4 7				
Folic acid		1			Z					
Folate, food		1		0 0	BFSN NC	4 4				
Folate, DFE		0.89		1		1				
Vitamin B-12 Vitamin A, IU		50		1	A A	1				
Vitamin A, RAE		15		1	A	1				
Retinol		15		0	NR	4				
Vitamin E (alpha-tocopherol)		13		U	NK	-				
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
	···········									
<u> ipids:</u>										
Fatty acids, total saturated		5.532		1	A	1				
4:0		0.000		1	A	1				
6:0		0.000		1	A	1				
8:0	-	0.007		1	A	1				
10:0	=	0.022		1	A	1				
12:0	-	0.015	•	1	A	1				
13:0				_	_	_				
14:0	=	0.181	-	1	A	1				
15:0				_	_	_				
16:0		3.568	5	1	A	1				
17:0			_	_	_	_				
18:0		1.576	•	1	A	1				
20:0										
22:0	g									

	<u>Ar</u>	nount in 10	0 grams	<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	8.710		1	A	1				
14:1g									
15:1g									
16:1 undifferentiatedg	0.522		1	A	1				
17:1g									
18:1 undifferentiatedg	8.051		1	A	1				
20:1g	0.126		1	A	1				
22:1 undifferentiatedg	0.003		1	A	1				
24:1 cg									
Fatty acids, total polyunsaturated	2.312		1	A	1				
18:2 undifferentiatedg	1.967		1	A	1				
18:3 undifferentiatedg	0.094		1	A	1				
18:4g	0.000		1	A	1				
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.101		1	A	1				
20:5 n-3g	0.003		1	A	1				
22:5 n-3g	0.000		1	A	1				
22:6 n-3g	0.009		1	A	1				
Fatty acids, total transg									
Cholesterol mg	98		1	A	1				
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7				
Caffeine mg									
Theobromine mg									
Carotenoids:									
Carotene, betamcg	15		0	A	1				
Carotene, alphamcg									
Cryptoxanthin, betamcg									
Lycopenemcg									
Lutein + zeaxanthin mcg									

Common Measures:

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		Amount in 100 grams of edible portion						Amount in edible portion of common				
				Number						measures of food		
			o	f Data	Deriv	Source	Confidence					
Nutrients and Units		Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3		
Proximates:												
Water	g	58.20		1	A	1		32.59				
Energy		268		0	MC	9		150				
Energy		1121		0	MC	9		628				
Protein (N x 6.25)		14.80		1	A	1		8.29				
Total lipid (fat)		22.60		1	A	1		12.66				
* ' '		3.00		1	A	1		1.68				
Ash				0	MC	9		0.78				
Carbohydrate, by difference		1.40										
Fiber, total dietary		0.0		0	MC	9		0.0				
Sugars, total		0.00		1	A	1		0.00				
Starch	g											
Minerals:												
Calcium, Ca	ma	19		0	MC	9		10				
Iron, Fe	-	1.00		0	MC	9		0.56				
Magnesium, Mg	_			•		-		0.50				
Phosphorus, P												
Potassium, K												
Sodium, Na		936		1	A	1		524				
Zinc, Zn	-	330		-		-		324				
Copper, Cu	•											
Manganese, Mn	-											
Selenium, Se	-											
Selemuni, Se	nog											
Vitamins:												
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0				
Thiamin	mg											
Riboflavin	mg											
Niacin												
Pantothenic acid												
Vitamin B-6												
Folate, total												
Folate, DFE												
Vitamin B-12												
Vitamin A, IU		0		0	MC	9		0				
Vitamin A, RAE		0		0	AS	1		0				
Vitamin E (alpha-tocopherol)												
Tocopherol, beta												
Tocopherol, gamma												
Tocopherol, delta												
Vitamin D												
Vitamin K (phylloquinone)												
Tinia												
<u>Lipids:</u>	_			•		•						
Fatty acids, total saturated		7.900)	0	MC	9		4.424				
Fatty acids, total monounsaturated.	-											
Fatty acids, total polyunsaturated												
Fatty acids, total trans				_		_						
Cholesterol		64		0	MC	9		36				
Phytosterols	mg											
Others:												
Alcohol, ethyl	g	0.0		0	z	7		0.0				
Caffeine		0		0	z	7		0				
Theobromine		0		0	z	7		0				
Carotenoids:	-											
	mea	^		^		7		0.000				
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	rincg	0		0	Z	7		0.000				

NDB No. 07930

Yachtwurst, with pistachio nuts, cooked

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 = 56g: 1 serving 2 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87