		<u>A</u> :	mount in 100	grams	of edib	le portio	<u>n</u>		edible portion	
			N	lumber				<u>m</u>	easures of food	
Nutrients and Un	its	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	6.00		1		1		1.70		
Energy	kcal	501		0	NC	4		142		
Energy	kj	2096				4		594		
Protein (N x 5.3)	g	7.49		1		1		2.12		
Total lipid (fat)	g	30.17		1		1		8.55		
Ash	g	1.69		1		1		0.48		
Carbohydrate, by difference	g	54.65		0	NC	4		15.49		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
M:										
Minerals:	ma	43		1		1		12		
Calcium, Ca Iron, Fe		1.21		1		1		0.34		
Magnesium, Mg	-	110		1		1		31		
Phosphorus, P		103		1		1		29		
Potassium, K		712		1		1		202		
Sodium, Na		0		0		4		0		
Zinc, Zn		0.64		1		1		0.18		
Copper, Cu		0.611	L	1		1		0.173		
Manganese, Mn		1.743		0		4		0.494		
Selenium, Se										
·	-									
Vitamins:				•						
Vitamin C, total ascorbic acid	_	0.0	-	0		4		0.0		
Thiamin	-	0.146		0		4		0.041		
Riboflavin		0.154		0		4		0.044		
Niacin		2.382		0		4		0.675		
Pantothenic acid		0.931		0		4		0.264		
Vitamin B-6	-	0.688 114	3	0		4 4		0.195 32		
Foliate, total		0		0	z	7		0		
Folic acidFolate, food		114		0	Z	4		32		
Folate, DFE	mca DEE	114		0	NC	4		32		
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin B-12 Vitamin A, IU	IIICG	51		0	4	4		14		
Vitamin A, RAE		3		0		4		1		
Retinol		0		0	z	7		0		
Vitamin E (alpha-tocopherol)		v		Ū	-	,		v		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
	-									
Lipids:	a	2 000	.	^		4		1 110		
Fatty acids, total saturated		3.923	•	0		1		1.112		
4:0 6:0										
8:0	-									
10:0										
12:0										
13:0										
14:0										
15:0										
16:0		3.605	5	0		1		1.022		
17:0										
18:0		0.319	•	0		1		0.090		
20:0										
22:0										
24:0										

		<u>Ar</u>	nount in 10			ole portic	<u>on</u>		edible portion of easures of food	
Nutrients and Unit	s	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	q	19.110		0		1		5.418		
14:1										
15:1	-									
16:1 undifferentiated										
17:1	-									
18:1 undifferentiated		19.110		0		1		5.418		
20:1										
22:1 undifferentiated	_									
24:1 c	-									
Fatty acids, total polyunsaturated		5.813		0		1		1.648		
18:2 undifferentiated		5.813		0		1		1.648		
18:3 undifferentiated	g									
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	mg	0		0	Z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.090		0		1		0.026		
Threonine	g	0.288		0		1		0.082		
Isoleucine	g	0.348		0		1		0.099		
Leucine	g	0.596		0		1		0.169		
Lysine	g	0.468		0		1		0.133		
Methionine	g	0.126		0		1		0.036		
Cystine	g	0.133		0		1		0.038		
Phenylalanine	g	0.328		0		1		0.093		
Tyrosine	g	0.227		0		1		0.064		
Valine	g	0.421		0		1		0.119		
Arginine	g	0.577		0		1		0.164		
Histidine	g	0.208		0		1		0.059		
Alanine		0.427		0		1		0.121		
Aspartic acid	g	0.774		0		1		0.219		
Glutamic acid		1.202		0		1		0.341		
Glycine	g	0.348		0		1		0.099		
Proline	g	0.300		0		1		0.085		
Serine	g	0.318		0		1		0.090		
Hydroxyproline	_									

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

Refuse: 38% Shells

		<u>A</u>	mount in 100	grams	of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
			ı	Number	•			m	easures of food	<u> </u>
				of Data		Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	5.06		2		1		1.43		
Energy	-	509		0	NC	4		144		
Energy		2130		•	2.0	4		604		
Protein (N x 5.3)		8.10		2		1		2.30		
,	_	31.41		2		1		8.90		
Total lipid (fat)		1.78		2		1		0.50		
Ash										
Carbohydrate, by difference		53.66		0	NC	4		15.21		
Fiber, total dietary										
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	mg	54		1		1		15		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	1.04		1		1		0.29		
Magnesium, Mg		82		1		1		23		
Phosphorus, P		103		0		1		29		
Potassium, K	-	709		1		1		201		
Sodium, Na		0		1		1		0		
Zinc, Zn		0.67		1		1		0.19		
Copper, Cu		0.818	3	1		1		0.232		
Manganese, Mn		1.363		0		4		0.386		
Selenium, Se						_				
· ·										
Vitamins:	ma	0.0		•		1		0.0		
Vitamin C, total ascorbic acid		0.0		0						
Thiamin		0.149		0		1		0.042		
Riboflavin	-	0.154		0		1		0.044		
Niacin		2.406		0		1		0.682		
Pantothenic acid		0.940		0		4		0.266		
Vitamin B-6	-	0.695	•	0		4		0.197		
Folate, total		115		0		4		32		
Folic acid		0		0	z	7		0		
Folate, food	mcg	115		0		4		32		
Folate, DFE		115		0	NC	4		32		
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin A, IU		0		0		4		0		
Vitamin A, RAE		0		0		4		0		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	4.084	1	0		1		1.158		
4:0										
6:0										
8:0	-									
10:0										
12:0										
13:0										
14:0										
15:0										
16:0		3.753	3	0		1		1.064		
		5.75	-	Ū		-		1.004		
17:0		0.332	,	0		1		0.094		
18:0		0.332	-	U		1		0.034		
20:0										
22:0										
24:0	9									

	<u>A</u>	mount in 100 gram	s of edik	ole portio	<u>n</u>	Amount in edible portion of common		
		Numbe	er			<u>m</u>	easures of food	
Nutrients and Units	Mean	of Dat Std. Error Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	q 19.89	5 0		1		5.641		
14:1	.0			_		0.012		
15:1								
16:1 undifferentiated	.g							
17:1								
18:1 undifferentiated	.g 19.89	5 0		1		5.641		
20:1	.g							
22:1 undifferentiated	.g							
24:1 c	.g							
Fatty acids, total polyunsaturated				1		1.716		
18:2 undifferentiated	.g 6.052	2 0		1		1.716		
18:3 undifferentiated	•							
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	_	0	z	7		0		
Phytosterols	. 3	Ů		,		Ü		
•	9							
Amino Acids:								
Tryptophan				1		0.028		
Threonine				1		0.088		
Isoleucine				1		0.107		
Leucine				1 1		0.183		
Lysine		•		1		0.143		
Methionine				1		0.039		
Cystine				1		0.041		
Phenylalanine				1		0.100		
Tyrosine				1		0.070 0.129		
Valine	-			1		0.129 0.177		
Arginine				1		0.177		
Histidine				1		0.064		
AlanineAspartic acid				1		0.131		
Glutamic acid				1		0.368		
Glycine				1		0.107		
Proline	=			1		0.092		
Serine				1		0.098		
Hydroxyproline	.0			-		5.055		
113 GLOXYPIOINE								

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

Refuse: 38% Shells

		<u>A</u>	mount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common		
Nutrients and Uni	ite	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Nutrients and on	113	Wiean	Stu. Elloi					ivicasure i	Weasure 2	Weasure
Proximates:										
Water	g	27.90		0		1		7.91		
Energy	kcal	387		0	NC	4		110		
Energy		1619				4		459		
Protein (N x 5.3)		6.15		0		1		1.74		
Total lipid (fat)		23.86		0		1		6.76		
Ash		1.35		0		1		0.38		
Carbohydrate, by difference		40.75		0	NC	4		11.55		
Fiber, total dietary										
Sugars, total										
Starch										
Starcii	9									
Minerals:										
Calcium, Ca	mg	41		0		1		12		
Iron, Fe	mg	0.79		0		1		0.22		
Magnesium, Mg	mg	62		0		1		18		
Phosphorus, P	mg	79		0		1		22		
Potassium, K	mg	539		0		1		153		
Sodium, Na	mg	0		0		1		0		
Zinc, Zn	mg	0.51		0		1		0.14		
Copper, Cu	mg	0.621	L	0		1		0.176		
Manganese, Mn	mg	1.337	7	0		4		0.379		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.112	2	0		1		0.032		
Riboflavin	mg	0.118	3	0		1		0.033		
Niacin	mg	1.827	7	0		1		0.518		
Pantothenic acid	mg	0.715	5	0		4		0.203		
Vitamin B-6	mg	0.528	3	0		4		0.150		
Folate, total	mcg	87		0		4		25		
Folic acid		0		0	Z	7		0		
Folate, food	mcg	87		0		4		25		
Folate, DFE	mcg_DFE	87		0	NC	4		25		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU	IU	39		0		4		11		
Vitamin A, RAE	mcg_RAE	2		0		4		1		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	3.102	2	0		1		0.879		
4:0										
6:0										
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g									
15:0	g									
16:0	g	2.850)	2		1		0.808		
17:0	g									
18:0	g	0.252	2	2		1		0.071		
20:0	g									
22:0	g									
24:0	a									

		<u>Ar</u>	mount in 10			ole portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Unit	5	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	15.109		0		1		4.283		
14:1		10.100		•		_		4.203		
15:1	-									
16:1 undifferentiated										
17:1	-									
18:1 undifferentiated		15.109		2		1		4.283		
20:1		-0.100		_		_		1.100		
22:1 undifferentiated	-									
24:1 c	-									
Fatty acids, total polyunsaturated		4.596		0		1		1.303		
18:2 undifferentiated		4.596		2		1		1.303		
18:3 undifferentiated		4.550		-		-		1.505		
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		0		0	z	7		0		
Phytosterols										
Amino Acids:										
Tryptophan	а	0.074		1		1		0.021		
Threonine		0.236		1		1		0.067		
Isoleucine		0.285		1		1		0.081		
Leucine	-	0.489		1		1		0.139		
Lysine.	-	0.384		1		1		0.109		
Methionine		0.103		1		1		0.029		
Cystine		0.109		1		1		0.031		
Phenylalanine	-	0.269		1		1		0.076		
Tyrosine		0.187		1		1		0.053		
Valine		0.345		1		1		0.098		
Arginine		0.473		1		1		0.134		
Histidine		0.170		1		1		0.134		
Alanine		0.350		1		1		0.099		
Aspartic acid		0.635		1		1		0.180		
Glutamic acid		0.986		1		1		0.280		
Glycine	-	0.285		1		1		0.280		
Proline		0.246		1		1		0.031		
Serine	-	0.246		1		1		0.074		
Hydroxyproline		0.201		_		-		0.074		
11yd10xyp10HHc	9									

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

		<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	_
				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	1.00		1		1		2.50	0.16	
Energy	kcal	633		0	NC	4		1583	101	
Energy	kj	2648				4		6621	424	
Protein (N x 5.18)	g	15.08		1		1		37.70	2.41	
Total lipid (fat)	g	59.10		1		1		147.75	9.46	
Ash	g	3.60		1		1		9.00	0.58	
Carbohydrate, by difference	g	21.22		0	NC	4		53.05	3.40	
Fiber, total dietary	g	3.7		0		4		9.3	0.6	
Sugars, total	g	4.90		0	BFZN	4		12.25	0.78	
Starch	g									
Minerals:										
Calcium, Ca	ma	270		0		1		675	43	
Iron, Fe	_	3.70		0		1		9.25	0.59	
Magnesium, Mg	_	303		0		1		758	48	
Phosphorus, P		523		0		1		1308	84	
Potassium, K	•	758		0		1		1895	121	
Sodium, Na		450		1		1		1125	72	
Zinc, Zn	•	3.05		1		1		7.63	0.49	
Copper, Cu		0.900)	1		1		2.250	0.144	
Manganese, Mn		2.354		0		1		5.885	0.377	
Selenium, Se		4.9		0	BFSN	4		12.3	0.8	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	_	0.7		0		1		1.8	0.1	
Thiamin	-	0.133		0		1		0.333	0.021	
Riboflavin	-	0.611		0		1		1.528	0.098	
Niacin	_	2.875		0		1		7.188	0.460	
Pantothenic acid	_	0.259		0		1		0.648	0.041	
Vitamin B-6	_	0.076	•	0		1		0.190	0.012	
Folate, total		65		0	_	1		163	10	
Folic acid		0		0	Z	7		0	0	
Folate, food		65		0		1		163	10	
Folate, DFE		65		0	NC -	4		163	10	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	
Vitamin A, IU		1		0	NC	4		3	0	
Vitamin A, RAE		0		0	NC	4		0 0	0	
Retinol		0		0	Z	7 4		-	0	
Vitamin E (alpha-tocopherol)		26.00		U	BFZN	4		64.99	4.16	
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0		0	BFZN	4		0.0	0.0	
	9			·		-		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	5.602	<u>!</u>	0		1		14.005	0.896	
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	-	0.000		0		1		0.000	0.000	
12:0		0.005	5	0		1		0.013	0.001	
13:0										
14:0		0.337	,	0		1		0.843	0.054	
15:0										
16:0	g	3.911	-	0		1		9.778	0.626	
17:0	_									
18:0	_	1.156	5	0		1		2.890	0.185	
20:0	_									
22:0	g									
24:0	a									

		<u>A</u> ı	mount in 100 gram		ole portion	<u>1</u>	Amount in edible portion of common measures of food		
			Numb				<u>m</u>	easures of 1000	
Noteloute and H			of Dat Std. Error Points	a Deriv	Source Code	Confidence Code			
Nutrients and U	nits	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate	d a	38.374	. 0		1		95.935	6.140	
14:1	g								
16:1 undifferentiated	g	0.344	0		1		0.860	0.055	
18:1 undifferentiated	g	37.665			1 1		94.163	6.026	
20:1 undifferentiated	g	0.056 0.000			1		0.140 0.000	0.009 0.000	
24:1 cFatty acids, total polyunsaturated	g	12.402			1		31.005	1.984	
18:2 undifferentiated		11.879 0. 4 23	0		1 1		29.698 1.058	1.901 0.068	
18:4 20:2 n-6 c,c	_	0.000	0		1		0.000	0.000	
20:3 undifferentiated 20:4 undifferentiated		0.000	0		1		0.000	0.000	
20:5 n-3 22:5 n-3	_	0.000			1 1		0.000 0.000	0.000	
22:6 n-3Fatty acids, total trans	g	0.000	0		1		0.000	0.000	
Cholesterol. Phytosterols	mg	0	0	Z	7		0	0	
Amino Acids:									
TryptophanThreonine		0.271 0.559			1 1		0.678 1.398	0.043 0.089	
Isoleucine	_	0.655 1.174			1 1		1.638 2.935	0.105 0.188	
Lysine Methionine	g	0.504 0.172	0		1 1		1.260 0.430	0.081	
CystinePhenylalanine	g	0.271 0.842	. 0		1 1		0.678 2.105	0.043 0.135	
TyrosineValine	g	0.533	0		1		1.333	0.085 0.124	
Arginine	g	1.887	0		1		4.718 1.055	0.302	
Histidine	g	0.713	0		1		1.783	0.068	
Aspartic acidGlutamic acid	g	1.776	0		1		4.440 11.218	0.284 0.718	
GlycineProline	g	0.935 0.9 4 9	0		1 1		2.338 2.373	0.150 0.152	
Serine Hydroxyproline		0.681	. 0		1		1.703	0.109	
Others:	a	2.2	•		-		0.0	0.0	
Alcohol, ethyl	mg	0.0	0	z	7		0.0	0.0	
Theobromine	<u>mg</u>	0	0	Z	7		0	0	
Carotene, beta	-	1 0	0	BFZN BFZN	4 4		1.775 0.000	0.114 0.000	
Cryptoxanthin, betaLycopene	mcg	0	0	BFZN BFZN	4		0.000	0.000	
Lutein + zeaxanthin		1	0	BFZN	4		3.333	0.213	

Common Measures:

Measure 1 = 250g: 1 cup Measure 2 = 16g: 1 tbsp

Nuts, almond butter, plain, with salt added

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

		<u>A</u>	mount in 100 gram	s of edi	ble portic	<u>on</u>	Amount in edible portion of common			
			Numb	er			<u>m</u>	easures of food	<u> </u>	
			of Dat	a Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	1.00	1		1		2.50	0.16		
Energy	kcal	633	0	NC	4		1583	101		
Energy	kj	2648			4		6621	424		
Protein (N x 5.18)	g	15.08	1		1		37.70	2.41		
Total lipid (fat)		59.10	1		1		147.75	9.46		
Ash		3.60	1		1		9.00	0.58		
Carbohydrate, by difference		21.22	0	NC	4		53.05	3.40		
Fiber, total dietary		3.7	0		4		9.3	0.6		
Sugars, total	-									
Starch	9									
Minerals:										
Calcium, Ca	mg	270	0		1		675	43		
Iron, Fe		3.70	0		1		9.25	0.59		
Magnesium, Mg	-	303	0		1		758	48		
Phosphorus, P		523	0		1		1308	84		
Potassium, K	mg	758	0		1		1895	121		
Sodium, Na	-	11	0		1		28	2		
Zinc, Zn		3.05	1		1		7.63	0.49		
Copper, Cu		0.900			1		2.250	0.144		
Manganese, Mn		2.354	0		1		5.885	0.377		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7	0		1		1.8	0.1		
Thiamin	mg	0.133	0		1		0.333	0.021		
Riboflavin	mg	0.611	. 0		1		1.528	0.098		
Niacin		2.875	0		1		7.188	0.460		
Pantothenic acid		0.259			1		0.648	0.041		
Vitamin B-6	-	0.076			1		0.190	0.012		
Folate, total		65	0		1		163	10		
Folic acid		0	0	Z	7		0	0		
Folate, food	mcg	65 65	0	***	1 4		163 163	10		
Folate, DFE		0.00	0	NC Z	4 7		0.00	10 0.00		
Vitamin B-12		0.00	0	Z	1		0.00	0.00		
Vitamin A, IU Vitamin A, RAE		0	0		1		0	0		
Retinol		0	0	z	7		0	0		
Vitamin E (alpha-tocopherol)		ŭ	v	-	•		ŭ	Ŭ		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	a	5.602	2 0		1		14.005	0.896		
4:0		3.002			-		11.005	0.050		
6:0										
8:0	-									
10:0	-									
12:0	g	0.005	0		1		0.013	0.001		
13:0	g									
14:0	g	0.337	0		1		0.843	0.054		
15:0										
16:0		3.911	0		1		9.778	0.626		
17:0	-		_				_			
18:0	-	1.156	0		1		2.890	0.185		
20:0	-									

	<u>A</u> 1	nount in 100 grams		ole portion	<u>1</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	of Data Std. Error Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	38.374	0		1		95.935	6.140	
14:1g	30.374	· ·		-		33.333	0.140	
15:1	0.344	0		1		0.860	0.055	
17:1g	37.665	0		1		94.163	6.026	
18:1 undifferentiated	0.056			1				
20:1g 22:1 undifferentiatedg	0.056	U		1		0.140	0.009	
24:1 cg								
Fatty acids, total polyunsaturatedg	12.402	0		1		31.005	1.984	
18:2 undifferentiated	11.879			1		29.698	1.901	
18:3 undifferentiated	0.423			1		1.058	0.068	
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	0	0	Z	7		0	0	
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.271	0		1		0.678	0.043	
Threonineg	0.559	0		1		1.398	0.089	
Isoleucineg	0.655	0		1		1.638	0.105	
Leucineg	1.174	0		1		2.935	0.188	
Lysineg	0.504	0		1		1.260	0.081	
Methionineg	0.172	0		1		0.430	0.028	
Cystineg	0.271	0		1		0.678	0.043	
Phenylalanineg	0.842			1		2.105	0.135	
Tyrosineg	0.533			1		1.333	0.085	
Valineg	0.778			1		1.945	0.124	
Arginineg	1.887			1		4.718	0.302	
Histidineg	0.422			1		1.055	0.068	
Alanineg	0.713			1		1.783	0.114	
Aspartic acid	1.776			1 1		4.440	0.284	
Glutamic acid	4.487			1		11.218	0.718	
Glycine 9	0.935			1		2.338	0.150	
Prolineg Serineg	0.949 0.681			1		2.373 1.703	0.152 0.109	
Hydroxyproline	0.081	U		1		1.703	0.109	
-								
Others:								
Alcohol, ethylg	0.0	0	Z	7		0.0	0.0	
Caffeine mg								
Theobromine mg								

Common Measures:

Measure 1 = 250g: 1 cup Measure 2 = 16g: 1 tbsp

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Nutrients and Units Proximates: Water		Mean	Std. Error	Number of Data		Source	0 6 - 1	<u>m</u> .	easures of food	•
Proximates: Water		Mean	Std. Error		Deriv	Course	0 61 -1			
Proximates: Water		Mean	Std. Error			Source	Confidence			
Water Energy Energy Protein (N x 5.18)	g			Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Energy Protein (N x 5.18)	g									
Energy Protein (N x 5.18)		14.08		2	A	1		31.96	3.99	
Protein (N x 5.18)	kcal	458		0	NC	4		1040	130	
	kj	1916				4		4350	543	
	g	9.00		2	A	1		20.43	2.55	
Total lipid (fat)	g	27.74		2	A	1		62.97	7.86	
Ash	g	1.37		2	A	1		3.11	0.39	
Carbohydrate, by difference	g	47.81		0	NC	4		108.53	13.55	
Fiber, total dietary	g	4.8		2	A	1		10.9	1.4	
Sugars, total	g	36.25		0	FLA	4		82.30	10.28	
Starch	g									
Minerals:										
Vilnerals: Calcium, Ca	ma	172		2	A	1		390	49	
Iron, Fe	-	1.60		2	A	1		3.63	0.45	
Magnesium, Mg	-	130		2	A	1		295	37	
Phosphorus, P		258		2	A	1		586	73	
Potassium, K	•	314		2	A	1		713	89	
Sodium. Na.		9		2	A	1		20	3	
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	1.48		2	A	1		3.36	0.42	
Copper, Cu		0.454	l	2	A	1		1.031	0.129	
Manganese, Mn	mg	0.856	5	2	A	1		1.943	0.243	
Selenium, Se	mcg	4.2		0	BFSN	4		9.5	1.2	
Vitamins										
Vitamins:	ma	0.1		1	A	1		0.2	0.0	
Vitamin C, total ascorbic acid Thiamin	-	0.1	,	2	A	1		0.186	0.023	
Riboflavin	_	0.002		2	A	1		0.940	0.117	
Niacin	_	1.422		2	A	1		3.228	0.403	
Pantothenic acid	-	0.113		2	A	1		0.257	0.032	
Vitamin B-6	_	0.036		2	A	1		0.082	0.010	
Folate, total	-	73		2	A	1		166	21	
Folic acid		0		0	z	7		0	0	
Folate, food		73		2	A	1		166	21	
Folate, DFE		73		0	NC	4		166	21	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	0		2	A	1		0	0	
Vitamin A, RAE		0		2	A	1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	13.54		0	FLA	4		30.74	3.84	
Tocopherol, beta	mg	0.22		0	FLA	4		0.51	0.06	
Tocopherol, gamma	mg	0.44		0	FLA	4		1.00	0.12	
Tocopherol, delta		0.15		0	FLA	4		0.34	0.04	
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.0		0	FLA	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	a	2.629	•	0	BFFN	4		5.968	0.745	
4:0	-	0.000		0	BFFN	4		0.000	0.000	
6:0	-	0.000		0	BFFN	4		0.000	0.000	
8:0		0.000		0	BFFN	4		0.000	0.000	
10:0		0.000		0	BFFN	4		0.000	0.000	
12:0	-	0.003		0	BFFN	4		0.007	0.001	
13:0										
14:0	-	0.158	3	0	BFFN	4		0.359	0.045	
15:0	-									
16:0	-	1.836	5	0	BFFN	4		4.168	0.521	
17:0	g									
18:0	g	0.542	2	0	BFFN	4		1.230	0.154	
20:0	g									
22:0	g									

	<u>An</u>	nount 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
Fatty acids, total monounsaturated	18.012		0	BFFN	4		40.887	5.106	
14:1g	10.012		U	DFFN	*		40.007	5.106	
15:1									
16:1 undifferentiated	0.162		0	BFFN	4		0.368	0.046	
17:1g					_				
18:1 undifferentiated	17.680		0	BFFN	4		40.134	5.012	
20:1g	0.027		0	BFFN	4		0.061	0.008	
22:1 undifferentiated	0.000		0	BFFN	4		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturated	5.821		0	BFFN	4		13.214	1.650	
18:2 undifferentiated	5.576		0	BFFN	4		12.658	1.581	
18:3 undifferentiatedg	0.199		0	BFFN	4		0.452	0.056	
18:4g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	BFFN	4		0.000	0.000	
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	0		0	Z	7		0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobrominemg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, betamcg	0		2	A	1		0.000	0.000	
Carotene, alphamcg	0		2	A	1		0.000	0.000	
Cryptoxanthin, betamcg	0		2	A	1		0.000	0.000	
Lycopenemcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin mcg	1		0	FLA	4		1.659	0.207	

Common Measures:

Measure 1 = 227g: 1 cup, firmly packed

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

NDB No. 12061 Nuts, almonds (1)

Prunus dulcis

Includes USDA commodity food A256, A264

Refuse: 60% Shells

		<u>A</u>	mount in 100 gi		edik	le portio	<u>n</u>		edible portion	
			Nur	mber				<u>m</u>	easures of food	<u>.</u>
			of l	Data De	eriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	ints Co	ode	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.25	0.124	4	A	1		4.99	4.83	5.67
Energy	kcal	578		0	NC	4		549	532	624
Energy	kj	2418		0	NC	4		2297	2225	2611
Protein (N x 5.18)	g	21.26	0.717	4	A	1		20.19	19.55	22.96
Total lipid (fat)		50.64	0.681	4	A	1		48.10	46.58	54.69
Ash		3.11	0.019	4	A	1		2.96	2.86	3.36
Carbohydrate, by difference		19.74		0	NC	4		18.76	18.16	21.32
Fiber, total dietary		11.8	0.556	4	A	1		11.2	10.9	12.7
Sugars, total		4.80	0.236	4	A	1		4.56	4.42	5.18
Sucrose		4.54	0.222	4	A	1		4.31	4.17	4.90
Glucose (dextrose)	g	0.12	0.023	4	A	1		0.11	0.11	0.13
Fructose	y	0.00	0.000	4	A	1		0.00	0.00	0.00
Lactose	9	0.00	0.000	4	A	1 1		0.00	0.00	0.00
Maltose		0.14	0.000	4	A	1		0.13	0.13	0.15
Galactose		0.73	0.085	4	A	1		0.69	0 67	0.79
Starch	9	0.73	0.065	4	A	1		0.69	0.67	0.79
Minerals:										
Calcium, Ca	mg	248	18.884	4	A	1		235	228	268
Iron, Fe	mg	4.30	0.206	4	A	1		4.08	3.95	4.64
Magnesium, Mg		275	6.035	4	A	1		261	253	297
Phosphorus, P		474	25.377	4	A	1		450	436	512
Potassium, K		728	14.848	4	A	1		692	670	787
Sodium, Na		1	0.083	4	A	1		1	1	1
Zinc, Zn		3.36 1.110	0.209 0.076	4 4	A A	1 1		3.19 1.055	3.09 1.021	3.62 1.19
Copper, Cu Manganese, Mn		2.535		4	A	1		2.408	2.332	2.73
Selenium, Se		2.8	0.034	12	A	1		2.6	2.5	3.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	4	A	1		0.0	0.0	0.0
Thiamin	mg	0.241	0.016	4	A	1		0.229	0.222	0.26
Riboflavin	mg	0.811	0.051	4	A	1		0.770	0.746	0.87
Niacin		3.925		4	A	1		3.729	3.611	4.23
Pantothenic acid		0.349		4	A	1		0.331	0.321	0.37
Vitamin B-6		0.131		4	A	1		0.124	0.120	0.14
Folate, total		29	1.095	4	A	1		27	26	31
Folic acid		0	1 005	0	z	7 1		0	0	0
Folate, food	_	29	1.095	4	A	=		27	26	31
Folate, DFE		29 0.00		0	NC Z	4 7		27 0.00	26 0.00	31 0.00
Vitamin B-12	_	5			AS	1		4	4	5
Vitamin A, IU Vitamin A, RAE		0			AS	1		0	0	0
Retinol		0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	_	25.87	1.345	4	A	1		24.58	23.80	27.94
Tocopherol, beta		0.43	0.029	4	A	1		0.40	0.39	0.46
Tocopherol, gamma		0.89	0.076	4	A	1		0.85	0.82	0.96
Tocopherol, delta		0.25	0.046	4	A	1		0.23	0.23	0.27
Vitamin D										
Vitamin K (phylloquinone)		0.0	0.000	8	A	1		0.0	0.0	0.0
Lipids:				•		٠				
Fatty acids, total saturated		3.881			NC	4		3.687	3.570	4.19
4:0		0.000		0	Z	7		0.000	0.000	0.00
6:0		0.000		0	Z	7		0.000	0.000	0.00
8:0		0.000		4 4	A	1		0.000	0.000	0.00
10:0	-	0.000		4	A A	1 1		0.000	0.000	0.00
12:0 13:0	-	0.000		4	A A	1		0.000 0.000	0.000 0.000	0.00
13:0 14:0	-	0.000		4	A	1		0.000	0.000	0.00
15:0	-	0.000		4	A	1		0.000	0.000	0.00

		<u>Ar</u>	mount in 100	grams	of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
			N	lumber	-			<u>m</u>	easures of food	<u>.</u>
						Source	Confidence			
Nutrients and U	nits	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
15:0	_	0.000			A	1		0.000	0.000	
16:0	-	3.198			A	1		3.038	2.942	3.453
17:0	_	0.000			A	1		0.000	0.000	0.000
18:0		0.683			A	1		0.649	0.629	0.738
20:0	_	0.000			A	1		0.000	0.000	0.000
22:0	_	0.000			A	1		0.000	0.000	0.000
24:0Fatty acids, total monounsaturated		0.000 32.155		0	A NC	1 4		0.000 30.548	0.000 29.583	0.000 34.728
14:1	_	0.000			A	1		0.000	0.000	0.000
15:1		0.000	0.000	, -	n	-		0.000	0.000	0.000
16:1 undifferentiated	-	0.234	0.014	1 4	A	1		0.222	0.215	0.253
17:1	_	0.201	0.02			_		0.222	0.215	0.233
18:1 undifferentiated		31.921	0.656	5 4	A	1		30.325	29.368	34.475
20:1	_	0.000			A	1		0.000	0.000	0.000
22:1 undifferentiated	_	0.000			A	1		0.000	0.000	0.000
24:1 c	_	0.000			A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.		12.214		0	NC	4		11.603	11.236	13.191
18:2 undifferentiated		12.214	0.633	3 4	A	1		11.603	11.236	13.191
18:3 undifferentiated		0.000	0.000) 4	A	1		0.000	0.000	0.000
18:4		0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c		0.000	0.000) 4	A	1		0.000	0.000	0.000
20:3 undifferentiated	g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:4 undifferentiated	g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:5 n-3	g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:5 n-3	g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:6 n-3	g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0	0	0
Phytosterols	mg	120		1	A	1		114	110	130
Stigmasterol	mg	4		1	A	1		4	4	5
Campesterol		5 111		1 1	A A	1 1		4	4	5
Beta-sitosterol Amino Acids:	III9	111		1	A	1		105	102	120
Tryptophan	a	0.192			A	1		0.182	0.177	0.207
Threonine		0.192			A	1		0.644	0.177	0.207
Isoleucine	-	0.678			A	1		0.657	0.636	0.732
Leucine		1.469			A	1		1.396	1.352	1.587
Lysine	-	0.601			A	1		0.571	0.553	0.649
Methionine		0.188			A	1		0.179	0.173	0.203
Cystine	=	0.282			A	1		0.268	0.259	0.304
Phenylalanine		1.148			A	1		1.090	1.056	1.240
Tyrosine		0.530			A	1		0.503	0.488	0.572
Valine		0.799			A	1		0.759	0.735	0.863
Arginine		2.466			A	1		2.343	2.269	2.663
Histidine		0.592			A	1		0.563	0.545	0.640
Alanine		1.000			A	1		0.950	0.920	1.081
Aspartic acid	_	2.733			A	1		2.596	2.514	2.951
Glutamic acid		5.171			A	1		4.912	4.757	5.584
Glycine		1.468			A	1		1.395	1.351	1.586
Proline		0.968			A	1		0.920	0.891	1.046
Serine	_	1.005			A	1		0.955	0.925	1.085
Hydroxyproline	g									
Others:										
Alcohol, ethyl		0.0		0		7		0.0	0.0	0.0
Caffeine		0		0	Z	7		0	0	0
Theobromine Carotenoids:	mg	0		0	Z	7		0	0	0
Carotene, beta	mca	3	0.111	L 9	A	1		2.576	2.494	2.928
Carotene, alpha		0	0.000		A	1		0.000	0.000	0.000
- a. v		0	0.000		A	1		0.000	0.000	0.000
Cryptoxanthin beta	mca	U	0.000	, ,	A	1		0.000	0.000	
Cryptoxanthin, betaLycopene		0	0.000		A	1		0.000	0.000	0.000

NDB No. 12061 Nuts, almonds (1)

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

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 = 95g: 1 cup, ground Measure 2 = 92g: 1 cup, sliced Measure 3 = 108g: 1 cup, slivered

Nutrients and Units

Footnotes

1 Unroasted

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

		<u>A</u>	mount in 100 g	rams	of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
			Nu	mber				me	easures of food	
					Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	-	4.47	0.319	3	A	1		6.49	0.41	1.27
Energy		581		0	NC	4		842	53	165
Energy		2431		0	NC	4		3525	221	689
Protein (N x 5.18)	_	21.94	0.338	3	A	1		31.81	2.00	6.22
Total lipid (fat)		50.62	1.696	3	A	1		73.40	4.61	14.35
Ash		3.02	0.016	3	A	1		4.38	0.28	0.86
Carbohydrate, by difference		19.94		0	NC	4		28.92	1.81	5.65
Fiber, total dietary		10.4	0.802	3	A	1		15.0	0.9	2.9
Sugars, total		4.96	0.094	3	A	1		7.19	0.45	1.41
Sucrose		4.78	0.094	3	A	1		6.93	0.43	1.36
Glucose (dextrose)	g	0.04	0.000	3	A	1		0.05	0.00	0.01
Fructose		0.00	0.000	3	A	1		0.00	0.00	0.00
Lactose	g	0.00	0.000	3	A	1		0.00	0.00	0.00
Maltose	g	0.14	0.000	3	A	1		0.21	0.01	0.04
Galactose										
Starch	g	1.03	0.037	3	A	1		1.49	0.09	0.29
Minerals:										
Calcium, Ca	ma	216	4.942	3	A	1		313	20	61
Iron, Fe		3.72	0.204	3	A	1		5.39	0.34	1.0
Magnesium, Mg.		275	3.283	3	A	1		398	25	78
Phosphorus, P		480	8.124	3	A	1		696	44	136
Potassium, K		687	20.638	3	A	1		996	62	195
Sodium, Na		28	3.624	3	A	1		41	3	8
Zinc, Zn		3.12	0.248	3	A	1		4.52	0.28	0.8
Copper, Cu		1.170	0.081	3	A	1		1.697	0.106	0.33
Manganese, Mn		2.240	0.141	3	A	1		3.248	0.204	0.63
Selenium, Se		2.8		0	BFZN	4		4.0	0.3	0.8
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.0	0.000	3	A	1		0.0	0.0	0.0
Thiamin	-	0.200		3	A	1		0.290	0.018	0.05
Riboflavin	-	0.560		3	A	1		0.812	0.051	0.15
Niacin	• • • • • • • • • • • • • • • • • • • •	3.660		3	A	1		5.307	0.333	1.03
Pantothenic acid	_	0.311		3	A	1		0.451	0.028	0.08
Vitamin B-6		0.120		3	A	1		0.174	0.011	0.03
Folate, total	-	30	1.706	3	A	1 7		44	3	9
Folic acid		0	1.706	0 3	Z A	1		0	0	0
Folate, food		30	1.706					44	3	9
Folate, DFE		30		0	NC	4 7		44	3	9
Vitamin B-12		0.00			Z			0.00	0.00	0.0
Vitamin A, IU		7		1	AS	1		9	1	2
Vitamin A, RAE		0		0	NC	4		0	0	0
Retinol		0	0.000	0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)		24.71	0.293	3	A	1 1		35.83	2.25	7.0
Tocopherol, beta		0.41	0.047	3	A			0.59	0.04	0.1
Tocopherol, gamma		0.80	0.000	3	A	1		1.16	0.07	0.2
Tocopherol, delta		0.27	0.065	3	A	1		0.40	0.02	0.0
Vitamin D Vitamin K (phylloquinone)		0.0		0	BFZN	4		0.0	0.0	0.0
Lipids:										
Fatty acids, total saturated	g	3.890)	0	NC	4		5.640	0.354	1.10
4:0		0.000)	0	z	7		0.000	0.000	0.0
6:0		0.000)	0	z	7		0.000	0.000	0.0
8:0	g	0.000	0.000	3	A	1		0.000	0.000	0.0
10:0		0.000	0.000	3	A	1		0.000	0.000	0.0
12:0	_	0.000	0.000	3	A	1		0.000	0.000	0.0
13:0	-	0.000	0.000	3	A	1		0.000	0.000	0.0
14:0		0.000	0.000	3	A	1		0.000	0.000	0.0
15:0	-	0.000	0.000	3	A	1				0.00

	<u>A</u>	mount in 100	gram:		ole portic	<u>on</u>		edible portion o	f common	
					r a Deriv	Source	Confidence	<u></u>		
Nutrients and Unit	s	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
15:0	g	0.000	0.00	0	A	1		0.000	0.000	
16:0	g	3.255	0.05		A	1		4.719	0.296	0.923
17:0		0.000			A	1		0.000	0.000	0.000
18:0	_	0.635			A	1		0.921	0.058	0.180
20:0	•	0.000			A A	1 1		0.000 0.000	0.000 0.000	0.000 0.000
24:0	_	0.000			A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated		32.287		0	NC	4		46.817	2.938	9.153
14:1		0.000	0.00	0 3	A	1		0.000	0.000	0.000
15:1										
16:1 undifferentiated		0.241	0.00	8 3	A	1		0.350	0.022	0.068
17:1	-	32.046	1.17	6 3				46.467	2.916	9.085
20:120:1		0.000			A A	1 1		46.467 0.000	0.000	0.000
22:1 undifferentiated		0.000			A	1		0.000	0.000	0.000
24:1 c	_	0.000			A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated		12.054		0	NC	4		17.478	1.097	3.417
18:2 undifferentiated		12.054	0.61	6 3	A	1		17.478	1.097	3.417
18:3 undifferentiated	g	0.000	0.00	0 3	A	1		0.000	0.000	0.000
18:4	_	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c		0.000			A	1		0.000	0.000	0.000
20:3 undifferentiated	_	0.000			A	1		0.000	0.000	0.000
20:4 undifferentiated 20:5 n-3	_	0.000			A A	1 1		0.000 0.000	0.000 0.000	0.000
22:5 n-3		0.000			A	1		0.000	0.000	0.000
22:6 n-3		0.000			A	1		0.000	0.000	0.000
Fatty acids, total trans	_									
Cholesterol		0		0	Z	7		0	0	0
Phytosterols	mg	115		1	A	1		167	10	33
Stigmasterol		1		1	A	1		1	0	0
Campesterol		6		1	A	1		8	1	2
Beta-sitosterol	mg	109		1	A	1		158	10	31
Amino Acids:										
Tryptophan	g	0.198			A	1		0.287	0.018	0.056
Threonine	-	0.700			A	1		1.014	0.064	0.198
Isoleucine	-	0.714			A	1		1.035	0.065	0.202
Leucine	-	1.517			A A	1 1		2.199	0.138	0.430
Lysine Methionine		0.620 0.194			A	1		0.899 0.282	0.056 0.018	0.176 0.055
Cystine		0.19			A	1		0.422	0.026	0.082
Phenylalanine		1.185			A	1		1.718	0.108	0.336
Tyrosine		0.547			A	1		0.793	0.050	0.155
Valine	g	0.825	i		A	1		1.196	0.075	0.234
Arginine	g	2.546	i		A	1		3.691	0.232	0.722
Histidine		0.611			A	1		0.886	0.056	0.173
Alanine		1.033			A	1		1.497	0.094	0.293
Aspartic acid		2.821			A A	1 1		4.090	0.257	0.800
Glutamic acidGlycine		5.337 1.515			A	1		7.739 2.197	0.486 0.138	1.513 0.430
Proline		1.000			A	1		1.450	0.091	0.283
Serine	-	1.037			A	1		1.504	0.094	0.294
Hydroxyproline	g									
Others:										
Alcohol, ethyl		0.0		0	z	7		0.0	0.0	0.0
Caffeine		0		0	z z	7 7		0	0	0
Theobromine		U		U	z	,		U	0	0
Carotene, beta	mca	4		1	A	1		5.655	0.355	1.106
Carotene, alpha		0		1	A	1		0.000	0.000	0.000
Cryptoxanthin, beta		0		0	BFZN	4		0.000	0.000	0.000
Lycopene		0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin	mcg	1		0	BFZN	4		1.933	0.121	0.378

Nuts, almonds, blanched (1)

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 = 145g: 1 cup whole kernels

Measure 2 = 9.1g: 1 tbsp Measure 3 = 28.35g: 1 oz

Footnotes

1 Unroasted

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

		<u>A</u>	mount in 100	grams	of edib	ole portio	<u>n</u>		edible portion	
			Nu	umbei	r			<u>m</u>	easures of food	<u> </u>
			-		Deriv		Confidence			
Nutrients and Un	its	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	-	2.60	0.127	3	A	1		3.58	0.74	
Energy	kcal	597		0	NC	4		824	169	
Energy	kj	2499		0	NC	4		3449	709	
Protein (N x 5.18)		22.09	0.867	3	A	1		30.48	6.26	
Total lipid (fat)		52.83	1.022	3	A	1		72.91	14.98	
Ash		3.20	0.019	3	A	1		4.42	0.91	
Carbohydrate, by difference		19.29		0	NC	4		26.62	5.47	
Fiber, total dietary		11.8	0.517	3	A	1		16.3	3.3	
Sugars, total		4.90	0.158	3	A	1		6.76	1.39	
Sucrose		4.72	0.158	3	A	1		6.51	1.34	
Glucose (dextrose)		0.04	0.000	3	A	1		0.05	0.01	
Fructose	g	0.00	0.000	3	A	1		0.00	0.00	
Lactose	g	0.00	0.000	3	A	1		0.00	0.00	
Maltose	g	0.14	0.000	3	A	1		0.20	0.04	
Galactose										
Starch	g	0.71	0.043	3	A	1		0.99	0.20	
Minerals:	ma	266	20.200	3	A	1		367	75	
Calcium, CaIron, Fe		4.51	0.262	3	A	1		6.22	1.28	
Magnesium, Mg		286	1.582	3	A	1		394	81	
Phosphorus, P		489	13.083	3	A	1		675	139	
Potassium, K		746	26.608	3	A	1		1029	211	
Sodium, Na		339		528	A	1		468	96	
Zinc, Zn		3.54	0.145	3	A	1		4.89	1.00	
Copper, Cu	mg	1.170	0.073	3	A	1		1.615	0.332	
Manganese, Mn	mg	2.620	0.063	3	A	1		3.616	0.743	
Selenium, Se	mcg	2.8		0	BFZN	4		3.8	0.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	3	A	1		0.0	0.0	
Thiamin		0.074	0.002	3	A	1		0.102	0.021	
Riboflavin		0.859	0.010	3	A	1		1.185	0.243	
Niacin		3.850	0.036	3	A	1		5.313	1.091	
Pantothenic acid	mg	0.229	0.017	3	A	1		0.315	0.065	
Vitamin B-6	mg	0.126	0.013	3	A	1		0.173	0.036	
Folate, total	mcg	33	2.732	3	A	1		45	9	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food		33	2.732	3	A	1		45	9	
Folate, DFE	mcg_DFE	33		0	NC	4		45	9	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	
Vitamin A, IU		1		1	AS	1		2	0	
Vitamin A, RAE		0		0	NC	4		0	0	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		26.00	0.741	3	A	1		35.87	7.37	
Tocopherol, beta		0.44	0.036	3	A	1		0.60	0.12	
Tocopherol, gamma		0.87	0.096	3 3	A A	1 1		1.19	0.25	
Tocopherol, delta		0.14	0.000	3	A	1		0.20	0.04	
Vitamin D Vitamin K (phylloquinone)		0.0		0	BFZN	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	4.047	7	0	NC	4		5.585	1.147	
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		3	A	1		0.000	0.000	
10:0		0.000		3	A	1		0.000	0.000	
12:0	_	0.000		3	A	1		0.000	0.000	
13:0	_	0.000	0.000	3	A	1		0.000	0.000	
14:0		0.000	0.000	3	A	1		0.000	0.000	
15:0		0.000	0.000	3	A	1				

		<u>An</u>	nount in 100	o <u>n</u>	Amount in edible portion of common					
				Numbe	•				easures of food	
Nutrients and Uni	ts	Mean		of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
15:0	g	0.000	0.00	0	A	1		0.000	0.000	
16:0	-	3.333	0.09		A	1		4.600	0.945	
17:0	-	0.000	0.00		A	1		0.000	0.000	
18:0	-	0.714	0.09		A	1		0.985	0.202	
20:0	_	0.000 0.000	0.00		A A	1 1		0.000	0.000 0.000	
24:0	_	0.000	0.00		A	1		0.000	0.000	
Fatty acids, total monounsaturated	_	33.658	0.00	0	NC	4		46.448	9.542	
14:1		0.000	0.00	0 3	A	1		0.000	0.000	
15:1										
16:1 undifferentiated	g	0.252	0.00	5 3	A	1		0.347	0.071	
17:1										
18:1 undifferentiated	-	33.406	0.53		A	1		46.101	9.471	
20:1	_	0.000	0.00		A A	1 1		0.000	0.000	
22:1 undifferentiated 24:1 c	-	0.000	0.00		A	1		0.000	0.000 0.000	
Fatty acids, total polyunsaturated		12.649	0.00	0	NC	4		17.456	3.586	
18:2 undifferentiated		12.649	0.32		A	1		17.456	3.586	
18:3 undifferentiated		0.000	0.00		A	1		0.000	0.000	
18:4		0.000		0	z	7		0.000	0.000	
20:2 n-6 c,c	g	0.000	0.00	0 3	A	1		0.000	0.000	
20:3 undifferentiated	g	0.000	0.00	0 3	A	1		0.000	0.000	
20:4 undifferentiated	_	0.000	0.00		A	1		0.000	0.000	
20:5 n-3	_	0.000	0.00		A	1		0.000	0.000	
22:5 n-3		0.000	0.00		A	1		0.000	0.000	
22:6 n-3		0.000	0.00	0 3	A	1		0.000	0.000	
Fatty acids, total trans		0		0	z	7		0	0	
CholesterolPhytosterols		118		1	A	1		163	33	
Stigmasterol		4		1	A	1		6	1	
Campesterol		3		1	A	1		4	1	
Beta-sitosterol		110		1	A	1		152	31	
Amino Acids:										
Tryptophan	g	0.199			A	1		0.275	0.057	
Threonine	g	0.704			A	1		0.972	0.200	
Isoleucine	g	0.718			A	1		0.991	0.204	
Leucine	• • • • • • • • • • • • • • • • • • • •	1.527			A	1		2.107	0.433	
Lysine		0.624			A	1		0.861	0.177	
Methionine		0.196			A	1		0.270	0.055	
Cystine		0.293 1.193			A A	1 1		0.404 1.646	0.083 0.338	
Phenylalanine Tyrosine		0.551			A	1		0.760	0.156	
Valine		0.831			A	1		1.146	0.235	
Arginine		2.562			A	1		3.536	0.726	
Histidine		0.615			A	1		0.849	0.174	
Alanine	g	1.040			A	1		1.435	0.295	
Aspartic acid	g	2.839			A	1		3.918	0.805	
Glutamic acid	-	5.373			A	1		7.414	1.523	
Glycine		1.525			A	1		2.105	0.432	
Proline		1.006			A	1		1.389	0.285	
Serine Hydroxyproline		1.044			A	1		1.441	0.296	
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		1		1	A	1		0.980	0.201	
Carotene, alpha		0		1	A	1		0.000	0.000	
Cryptoxanthin, beta		0		0 0	BFZN	4		0.000	0.000	
Lycopene		0 1		0	BFZN BFZN	4 4		0.000 1.840	0.000 0.378	
Lutein + zeaxanthin	tiicg	1		U	DFZN	4		1.840	0.378	

Nuts, almonds, dry roasted, with salt added

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 = 138g: 1 cup whole kernels Measure 2 = 28.35g: 1 oz (22 whole kernels)

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

NDB No. 12063 Nuts, almonds, dry roasted, without salt added

Includes USDA commodity food A255, A263

		<u>A</u>	mount in 100 gı	rams	of edit	ole portio	<u>n</u>	Amount in	edible portion of	f common
			Nur	nber				<u>m</u>	easures of food	
					Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:	α.	2.60	0.127	3	A	1		3.58	0.74	
Water	-	597	0.127	0	NC	4		824	169	
Energy		2499		0	NC	4		3449	169 709	
Energy		22.09	0.867	3	A	1		30.48	6.26	
Protein (N x 5.18)		52.83	1.022	3	A	1		72.91	14.98	
Total lipid (fat)		3.20	0.019	3	A	1		4.42	0.91	
Ash		19.29	0.019	0	NC	4		26.62	5.47	
Carbohydrate, by difference		11.8	0.517	3	A.	1		16.3	3.47	
Fiber, total dietary				3		1		6.76		
Sugars, total		4.90	0.158		A	1			1.39	
Sucrose		4.72	0.158	3	A			6.51	1.34	
Glucose (dextrose)	9	0.04	0.000	3	A	1		0.05	0.01	
Fructose	9	0.00	0.000	3	A	1		0.00	0.00	
Lactose		0.00	0.000	3	A	1		0.00	0.00	
Maltose		0.14	0.000	3	A	1		0.20	0.04	
Galactose		_	_	_		_				
Starch	g	0.71	0.043	3	A	1		0.99	0.20	
Minerals:										
Calcium, Ca	mg	266	20.200	3	A	1		367	75	
Iron, Fe	mg	4.51	0.262	3	A	1		6.22	1.28	
Magnesium, Mg		286	1.582	3	A	1		394	81	
Phosphorus, P	mg	489	13.083	3	A	1		675	139	
Potassium, K	mg	746	26.608	3	A	1		1029	211	
Sodium, Na	mg	1	0.036	3	A	1		1	0	
Zinc, Zn	<u>mg</u>	3.54	0.145	3	A	1		4.89	1.00	
Copper, Cu	mg	1.170	0.073	3	A	1		1.615	0.332	
Manganese, Mn	<u>mg</u>	2.620	0.063	3	A	1		3.616	0.743	
Selenium, Se	mcg	2.8		0	BFZN	4		3.8	0.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	3	A	1		0.0	0.0	
Thiamin	_	0.074		3	A	1		0.102	0.021	
Riboflavin	mg	0.859	0.010	3	A	1		1.185	0.243	
Niacin	• • • • • • • • • • • • • • • • • • • •	3.850		3	A	1		5.313	1.091	
Pantothenic acid		0.229	0.017	3	A	1		0.315	0.065	
Vitamin B-6		0.126		3	A	1		0.173	0.036	
Folate, total		33	2.732	3	A	1		45	9	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	33	2.732	3	A	1		45	9	
Folate, DFE	mcg_DFE	33		0	NC	4		45	9	
Vitamin B-12	-	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	1		1	AS	1		2	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	-	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	26.00	0.741	3	A	1		35.87	7.37	
Tocopherol, beta	mg	0.44	0.036	3	A	1		0.60	0.12	
Tocopherol, gamma	mg	0.87	0.096	3	A	1		1.19	0.25	
Tocopherol, delta	mg	0.14	0.000	3	A	1		0.20	0.04	
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.0		0	BFZN	4		0.0	0.0	
<u>Lipids:</u>			_							
Fatty acids, total saturated		4.047		0	NC	4		5.585	1.147	
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		3	A	1		0.000	0.000	
10:0	_	0.000		3	A	1		0.000	0.000	
12:0	-	0.000		3	A	1		0.000	0.000	
13:0	_	0.000		3	A	1		0.000	0.000	
14:0	a	0.000	0.000	3	A	1		0.000	0.000	
15:0	_	0.000		3	A	1		0.000	0.000	

Nutrions and Units Nutrions Nutrions	Amount in 100 grams of edible portion									Amount in edible portion of common		
Nutrients and Units					Numb	or					or common	
Nutrients and Units							/ Source	Confidence	-			
10.0	Nutrients and Units		Mean	Std. Error					Measure 1	Measure 2	Measure 3	
10.0												
F70	15:0	g	0.000	0.0	00	A	1		0.000	0.000		
18.0	16:0	g	3.333	0.0					4.600	0.945		
200.		-										
22-0		_										
24.0		•										
Fathy saids, total monounstrated												
15		_	33.658		C	NC	4		46.448			
16 Indifferentiated	14:1	g	0.000	0.0	00 3	A	1		0.000	0.000		
18.1 undifferentiated. 9												
18.1 undifferentiated. 9			0.252	0.0	05 3	A	1		0.347	0.071		
201			33 406	0.5	30 3	. A	1		46 101	9 471		
22-1 undifferentiated												
Faty saids, trail polymentured. 9 12, 649 9 13.2 undifferentiated. 9 12, 649 9 0,000 0,000 13		_					1					
18.2 mulfirentiated 9	24:1 c	g	0.000	0.0	00 3	A	1		0.000	0.000		
18.3 midifferentiated									17.456			
184.		-										
202 0 6 0 c												
20.3 undifferentiated		-										
20-4 midifferentiated	,											
22.5 n.3.		-					1					
Party acids, total trans	20:5 n-3	g	0.000	0.0	00 3	A	1		0.000	0.000		
Fatty acids, total trans. 9			0.000	0.0					0.000	0.000		
Cholesterol			0.000	0.0	00 3	A	1		0.000	0.000		
Phytosterols	*		0		,		7		0	0		
Stigmasterol. mg 4 1 A 1 4 1 Campesterol. mg 10 1 A 1 4 1 Beta-sitosterol. mg 110 1 A 1 4 1 Amino Acids: Tryptophan 9 0.199 A 1 0.275 0.057 Threonine. 9 0.704 A 1 0.972 0.200 Isoleucine. 9 0.718 A 1 0.991 0.204 Leucine. 9 0.624 A 1 0.991 0.204 Leucine. 9 0.624 A 1 0.861 0.177 Methionine. 9 0.196 A 1 0.861 0.177 Methionine. 9 0.196 A 1 0.404 0.083 Phenylalamine. 9 0.196 A 1 0.404 0.083 Phenylalamine. 9 <td></td>												
Campesterol mg 10 1 A 1 152 31												
Amino Acids: Tryptophan	=		3		1	. A	1					
Tryptophan	Beta-sitosterol	mg	110		1	. A	1		152	31		
Tryptophan	Amino Acids:											
Soleucine	· 	g	0.199			A	1		0.275	0.057		
Leucine	Threonine	g	0.704			A	1		0.972	0.200		
Lysine												
Methionine .9 0.196 A 1 0.270 0.055 Cystine .9 0.293 A 1 0.404 0.083 Phenylalanine .9 0.551 A 1 0.666 0.338 Tyrosine .9 0.551 A 1 0.760 0.156 Valine .9 0.831 A 1 1.146 0.235 Arginine .9 2.562 A 1 1.146 0.235 Histidine .9 0.615 A 1 0.849 0.174 Alaine .9 1.040 A 1 1.435 0.295 Aspartic acid .9 1.040 A 1 1.435 0.295 Aspartic acid .9 5.373 A 1 7.414 1.523 Glycine .9 1.006 A 1 1.389 0.285 Serine .9 1.004 A 1 1.41												
Cystine 9 0.293 A 1 0.404 0.083 Phenylalanine 9 1.193 A 1 1.646 0.338 Tyrosine 9 0.551 A 1 0.760 0.156 Valine 9 0.831 A 1 0.760 0.156 Valine 9 0.831 A 1 1.146 0.235 Arginine 9 2.562 A 1 3.536 0.726 Histidine 9 0.615 A 1 0.849 0.174 Alanine 9 1.040 A 1 0.849 0.174 Alanine 9 1.040 A 1 1.435 0.295 Aspartic acid 9 1.523 A 1 3.918 0.805 Glutamic acid 9 1.525 A 1 2.105 0.432 Proline 9 1.044 A 1 1.389 0.285												
Phenylalanine 9 1.193 A 1 1.646 0.338 Tyrosine 9 0.551 A 1 0.760 0.156 Valine 9 0.831 A 1 1.146 0.235 Arginine 9 2.562 A 1 3.536 0.726 Histidine 9 0.615 A 1 0.849 0.174 Alanine 9 1.040 A 1 1.435 0.295 Aspartic acid 9 2.839 A 1 1.435 0.295 Glutamic acid 9 5.373 A 1 7.414 1.523 Glycine 9 1.525 A 1 2.105 0.432 Proline 9 1.006 A 1 1.389 0.285 Serine 9 1.044 A 1 1.41 0.296 Hydroxyproline 9 0.0 2 7 0 0 <td></td> <td>-</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>		-										
Tyrosine 9 0.551 A 1 0.760 0.156 Valine 9 0.831 A 1 1.146 0.235 Arginine 9 2.562 A 1 3.536 0.726 Histidine 9 0.615 A 1 0.849 0.174 Alanine 9 1.040 A 1 1.435 0.295 Aspartic acid 9 1.040 A 1 1.435 0.295 Aspartic acid 9 1.523 A 1 3.918 0.805 Glutamic acid 9 5.373 A 1 7.414 1.523 Glycine 9 1.006 A 1 1.389 0.285 Proline 9 1.006 A 1 1.441 0.296 Hydroxyproline 9 0.0 0 Z 7 0.0 0 Others: 2 A 1 0.0 0	3	-										
Arginine 9 2.562 A 1 3.536 0.726 Histidine 9 0.615 A 1 0.849 0.174 Alanine 9 1.040 A 1 1.435 0.295 Aspartic acid 9 2.839 A 1 3.918 0.805 Glutamic acid 9 5.373 A 1 7.414 1.523 Glycine 9 1.525 A 1 2.105 0.432 Proline 9 1.006 A 1 1.389 0.285 Serine 9 1.044 A 1 1.441 0.296 Hydroxyproline 9 0 0 z 7 0 0 Hydroxyproline 9 0 0 z 7 0 0 Caffeine mg 0 0 z 7 0 0 Cargine mg 0 0 z												
Histidine	Valine	g	0.831			A	1		1.146	0.235		
Alanine 9 1.040 A 1 1.435 0.295 Aspartic acid 9 2.839 A 1 3.918 0.805 Glutamic acid 9 5.373 A 1 7.414 1.523 Glycine 9 1.525 A 1 2.105 0.432 Proline 9 1.006 A 1 1.389 0.285 Serine 9 1.044 A 1 1.441 0.296 Hydroxyproline 9 0 0 Z 7 0 0 0 Hydroxyproline 9 0 0 Z 7 0 </td <td></td>												
Aspartic acid g 2.839 A 1 3.918 0.805 Glutamic acid g 5.373 A 1 7.414 1.523 Glycine g 1.525 A 1 2.105 0.432 Proline g 1.006 A 1 1.389 0.285 Serine g 1.044 A 1 1.441 0.296 Hydroxyproline g 0 0 Z 7 0.0 0 Others: Alcohol, ethyl g 0 0 Z 7 0 0 Caffeine mg 0 0 Z 7 0 0 Caffeine mg 0 0 Z 7 0 0 Caffeine mg 0 0 Z 7 0 0 Carotene, beta mg 1 1 A 1 0.980 0.201 Carotene, alpha mcg 0 0 BFZN 4 0.000 0.000		-										
Glutamic acid 9 5.373 A 1 7.414 1.523 Glycine 9 1.525 A 1 2.105 0.432 Proline 9 1.006 A 1 1.389 0.285 Serine 9 1.044 A 1 1.441 0.296 Hydroxyproline 9 0 0 Z 7 0.0 0 Chebres: Alcohol, ethyl 9 0 0 Z 7 0 0 Caffeine mg 0 0 Z 7 0 0 Theobromine mg 0 0 Z 7 0 0 Carotene, beta mcg 1 1 A 1 0.980 0.201 Carotene, alpha mcg 0 1 A 1 0.000 0.000 Cryptoxanthin, beta mcg 0 BFZN 4 0.000 0.000 <td></td>												
Glycine 9 1.525 A 1 2.105 0.432 Proline 9 1.006 A 1 1.389 0.285 Serine 9 1.044 A 1 1.441 0.296 Hydroxyproline 9 Cthers: Alcohol, ethyl 9 0 0.0 Z 7 0.0 0.0 Caffeine mg 0 0 Z 7 0 0.0 0.0 Theobromine mg 0 0 Z 7 0 0 0 Carotene, beta mcg 1 1 A 1 0.980 0.201 Carotene, alpha mcg 0 1 A 1 A 1 0.000 0.000 Cryptoxanthin, beta mcg 0 0 BFZN 4 0.000 0.000 Lycopene mcg 0 0 BFZN 4 0.000 0.000	•											
Proline g 1.006 A 1 1.389 0.285 Serine g 1.044 A 1 1.441 0.296 Hydroxyproline g 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 Carotene, beta mg 0 0 Z 7 0 0 Carotene, beta mcg 1 1 A 1 0.980 0.201 Carotene, alpha mcg 0 1 A 1 0.000 0.000 Cryptoxanthin, beta mcg 0 BFZN 4 0.000 0.000 Lycopene mcg 0 BFZN 4 0.000 0.000		-										
Hydroxyproline 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 Carotene, beta mcg 1 1 A 1 0.980 0.201 Carotene, beta mcg 0 1 A 1 0.000 0.000 Carotene, alpha mcg 0 1 A 1 0.000 0.000 Cryptoxanthin, beta mcg 0 0 BFZN 4 0.000 0.000 Lycopene mcg 0 0 BFZN 4 0.000 0.000	<u> </u>											
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 Carotenele. mg 1 1 A 1 0.980 0.201 Carotene, alpha. mcg 0 1 A 1 0.000 0.000 Cryptoxanthin, beta. mcg 0 0 BFZN 4 0.000 0.000 Lycopene. mcg 0 0 BFZN 4 0.000 0.000	Serine	g	1.044			A	1		1.441	0.296		
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 Carotene. mg 0 0 z 7 0 0 Carotene, beta. mcg 1 1 A 1 0.980 0.201 Carotene, alpha mcg 0 1 A 1 0.000 0.000 Cryptoxanthin, beta mcg 0 0 BFZN 4 0.000 0.000 Lycopene mcg 0 0 BFZN 4 0.000 0.000	Hydroxyproline	g										
Caffeine. mg 0 0 z 7 0 0 Theobromine. mg 0 0 z 7 0 0 Carotene, beta. mcg 1 1 A 1 0.980 0.201 Carotene, alpha mcg 0 1 A 1 0.000 0.000 Cryptoxanthin, beta mcg 0 BFZN 4 0.000 0.000 Lycopene mcg 0 BFZN 4 0.000 0.000												
Theobromine mg 0 0 z 7 0 0 Carotenoids: Carotene, beta mcg 1 1 A 1 0.980 0.201 Carotene, alpha mcg 0 1 A 1 0.000 0.000 Cryptoxanthin, beta mcg 0 0 BFZN 4 0.000 0.000 Lycopene mcg 0 0 BFZN 4 0.000 0.000												
Carotenoids: Carotene, beta mcg 1 1 A 1 0.980 0.201 Carotene, alpha mcg 0 1 A 1 0.000 0.000 Cryptoxanthin, beta mcg 0 0 BFZN 4 0.000 0.000 Lycopene mcg 0 0 BFZN 4 0.000 0.000												
Carotene, beta. mcg 1 1 A 1 0.980 0.201 Carotene, alpha mcg 0 1 A 1 0.000 0.000 Cryptoxanthin, beta mcg 0 0 BFZN 4 0.000 0.000 Lycopene mcg 0 0 BFZN 4 0.000 0.000		.i.i.y	U		·	. 2	,		U	U		
Carotene, alpha mcg 0 1 A 1 0.000 0.000 Cryptoxanthin, beta mcg 0 0 BFZN 4 0.000 0.000 Lycopene mcg 0 0 BFZN 4 0.000 0.000			_				_					
Cryptoxanthin, beta mcg 0 0 BFZN 4 0.000 0.000 Lycopene mcg 0 0 BFZN 4 0.000 0.000	*											
Lycopene												
			1		C							

Nuts, almonds, dry roasted, without salt added

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 = 138g: 1 cup whole kernels Measure 2 = 28.35g: 1 oz (22 whole kernels)

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

		<u>A</u> 1	mount in 100 g	rams o	of edik	ole portio	<u>n</u>	Amount in	edible portion	of common
			Nu	mber				<u>m</u>	easures of food	<u>l</u>
			of	Data D	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	ints C	Code	Code	Code	Measure 1	Measure 2	Measure 3
D										
Proximates: Water	а	1.70	0.001	3		1		2.45	0.48	
Energy	-	594		0	NC	4		855	168	
Energy		2485				4		3579	705	
Protein (N x 5.18)		18.17	0.240	3		1		26.16	5.15	
Total lipid (fat)		49.90	0.503	3		1		71.86	14.15	
Ash		2.33	0.291	3		1		3.36	0.66	
Carbohydrate, by difference		27.90		0	NC	4		40.18	7.91	
Fiber, total dietary		13.7		0		4		19.7	3.9	
Sugars, total									0.0	
Starch	-									
Staren	9									
Minerals:										
Calcium, Ca	-	263	3.331	3		1		379	75	
Iron, Fe		2.83	0.088	3		1		4.08	0.80	
Magnesium, Mg		240	0.000	3		1		346	68	
Phosphorus, P	-	400	5.774	3		1		576	113	
Potassium, K		560	0.000	3		1		806	159	
Sodium, Na		130	8.451	7		1		187	37	
Zinc, Zn		2.60	0.000	3		1		3.74	0.74	
Copper, Cu		0.970		3 0		1 1		1.397	0.275	
Manganese, Mn		2.003	•	U		1		2.884	0.568	
Selenium, Se	Tricg									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.7		0		1		1.0	0.2	
Thiamin	mg	0.114	0.007	3		1		0.164	0.032	
Riboflavin	mg	0.953	0.034	3		1		1.372	0.270	
Niacin	mg	2.819	0.134	3		1		4.059	0.799	
Pantothenic acid	mg	0.258	3	0		1		0.372	0.073	
Vitamin B-6	mg	0.085	5	0		1		0.122	0.024	
Folate, total	mcg	32		2		1		46	9	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	32		2		1		46	9	
Folate, DFE	mcg_DFE	32		0	NC	4		46	9	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	
Vitamin A, IU		0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0		1		0	0	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	4.730)	0		1		6.811	1.341	
4:0										
6:0										
8:0	-									
10:0										
12:0	g	0.005	5	0		1		0.007	0.001	
13:0	g									
14:0	g	0.287	1	0		1		0.413	0.081	
15:0										
16:0	g	3.329)	0		1		4.794	0.944	
17:0	g									
18:0	g	0.984	1	0		1		1.417	0.279	
20:0	g									
22:0	-									
24:0	q									

		<u>Aı</u>	mount in 100			<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Ur	nits	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		32.402		0		1		46.659	9.186	
14:1	g									
15:1	• • • • • • • • • • • • • • • • • • • •									
16:1 undifferentiated	-	0.293		0		1		0.422	0.083	
17:1										
18:1 undifferentiated	g	32.061		0		1		46.168	9.089	
20:1	g	0.048		0		1		0.069	0.014	
22:1 undifferentiated	g									
24:1 c	•									
Fatty acids, total polyunsaturated	g	10.472		0		1		15.080	2.969	
18:2 undifferentiated	g	10.112		0		1		14.561	2.867	
18:3 undifferentiated	g	0.360		0		1		0.518	0.102	
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	-									
Fatty acids, total trans	g									
Cholesterol	-	0		0	Z	7		0	0	
Phytosterols	-									
-										
Amino Acids:										
Tryptophan		0.281		0		1		0.405	0.080	
Threonine	g	0.575		0		1		0.828	0.163	
Isoleucine	g	0.677		0		1		0.975	0.192	
Leucine	g	1.210		0		1		1.742	0.343	
Lysine	g	0.519		0		1		0.747	0.147	
Methionine	g	0.179		0		1		0.258	0.051	
Cystine	g	0.281		0		1		0.405	0.080	
Phenylalanine		0.870		0		1		1.253	0.247	
Tyrosine		0.551		0		1		0.793	0.156	
Valine	_	0.803		0		1		1.156	0.228	
Arginine		1.946		0		1		2.802	0.552	
Histidine		0.435		0		1		0.626	0.123	
Alanine	•	0.736		0		1		1.060	0.209	
Aspartic acid	_	1.831		0		1		2.637	0.519	
Glutamic acid		4.629		0		1		6.666	1.312	
Glycine	_	0.964		0		1		1.388	0.273	
Proline	-	0.974		0		1		1.408	0.273	
	•	0.701		0		1		1.408		
Serine	_	0.701		U		1		1.009	0.199	
Hydroxyproline	9									

Common Measures:

Measure 1 = 144g: 1 cup whole kernels

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

		<u>A</u>	mount in 100 g			ole portio	<u>on</u>		edible portion	
			Nu	ımbeı	r			<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	2.80	0.156	3	A	1		4.39	0.79	
Energy	kcal	607		0	NC	4		954	172	
Energy	kj	2541		0	NC	4		3990	720	
Protein (N x 5.18)	g	21.23	1.142	3	A	1		33.33	6.02	
Total lipid (fat)	g	55.17	1.198	3	A	1		86.62	15.64	
Ash	g	3.13	0.036	3	A	1		4.91	0.89	
Carbohydrate, by difference	g	17.68		0	NC	4		27.75	5.01	
Fiber, total dietary	g	10.5	0.614	3	A	1		16.5	3.0	
Sugars, total	g	4.55	0.248	3	A	1		7.14	1.29	
Sucrose	g	4.38	0.248	3	A	1		6.87	1.24	
Glucose (dextrose)		0.04	0.000	3	A	1		0.06	0.01	
Fructose	g	0.00	0.000	3	A	1		0.00	0.00	
Lactose	g	0.00	0.000	3	A	1		0.00	0.00	
Maltose	g	0.14	0.000	3	A	1		0.22	0.04	
Galactose										
Starch		0.56	0.324	3	A	1		0.87	0.16	
Minorals										
Minerals: Calcium, Ca	ma	291	21.223	3	A	1		457	82	
Iron, Fe		3.68	0.292	3	A	1		5.78	1.04	
Magnesium, Mg		274	7.803	3	A	1		431	78	
Phosphorus, P	_	466	11.783	3	A	1		731	132	
Potassium, K		699	14.581	3	A	1		1097	198	
Sodium, Na		339		528	A	1		532	96	
Zinc, Zn		3.07	0.248	3	A	1		4.81	0.87	
Copper, Cu		0.955	0.118	3	A	1		1.499	0.271	
Manganese, Mn		2.460	0.118	3	A	1		3.862	0.697	
Selenium, Se	mcg	2.8		0	BFZN	4		4.3	0.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	3	A	1		0.0	0.0	
Thiamin		0.092	0.009	3	A	1		0.145	0.026	
Riboflavin	mg	0.781	0.061	3	A	1		1.225	0.221	
Niacin	mg	3.665	0.118	3	A	1		5.754	1.039	
Pantothenic acid	<u>mg</u>	0.229	0.004	3	A	1		0.360	0.065	
Vitamin B-6	mg	0.118	0.013	3	A	1		0.184	0.033	
Folate, total	mcg	27	2.535	3	A	1		43	8	
Folic acid		0		0	Z	7		0	0	
Folate, food		27	2.535	3	A	1		43	8	
Folate, DFE		27		0	NC	4		43	8	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	
Vitamin A, IU		1		1	AS	1		2	0	
Vitamin A, RAE		0		0	NC	4		0	0	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		25.97	1.043	3	A	1		40.77	7.36	
Tocopherol, beta		0.42	0.045	3	A	1		0.65	0.12	
Tocopherol, gamma		0.88 0.14	0.045 0.000	3 3	A A	1 1		1.37 0.22	0.25	
Tocopherol, delta	_	0.14	0.000	3	A	1		0.22	0.04	
Vitamin D Vitamin K (phylloquinone)		0.0		0	BFZN	4		0.0	0.0	
				-	 -	-		2.2		
<u>Lipids:</u>			_							
Fatty acids, total saturated		4.208		0	NC	4		6.606	1.193	
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		3	A	1		0.000	0.000	
10:0	-	0.000		3	A	1		0.000	0.000	
12:0	_	0.000		3	A	1		0.000	0.000	
13:0	g	0.000	0.000	3	A	1		0.000	0.000	
14:0	~	0.000	0.000	3	A	1		0.000	0.000	

	<u>Ar</u>	nount in 100 gra		ole portion		edible portion o	f common
Nutrients and Units	Mean		ata Deriv	Source Confidence Code Code	Measure 1	Measure 2	Measure 3
Huttients and Onits	Wieari	Std. Error 1 S			Weasure 1	Weasure 2	Weasure 5
15:0g	0.000	0.000	A	1	0.000	0.000	
16:0g	3.303	0.079	3 A	1	5.186	0.936	
17:0g	0.000		3 A	1	0.000	0.000	
18:0g	0.905		3 A	1	1.420	0.256	
20:0g	0.000		3 A	1	0.000	0.000	
22:0g	0.000		3 A	1 1	0.000	0.000	
24:0g	0.000 34.793		A NC	4	0.000 54.625	0.000	
Fatty acids, total monounsaturatedg 14:1g	0.000		B A	1	0.000	9.864 0.000	
15:1g	0.000	0.000	, ,	1	0.000	0.000	
16:1 undifferentiatedg	0.215	0.025	3 A	1	0.338	0.061	
17:1g						****	
18:1 undifferentiatedg	34.578	0.892	3 A	1	54.287	9.803	
20:1g	0.000	0.000	3 A	1	0.000	0.000	
22:1 undifferentiatedg	0.000	0.000	3 A	1	0.000	0.000	
24:1 cg	0.000		3 A	1	0.000	0.000	
Fatty acids, total polyunsaturatedg	13.519) NC	4	21.225	3.833	
18:2 undifferentiatedg	13.519		3 A	1	21.225	3.833	
18:3 undifferentiated	0.000		B A	1 7	0.000	0.000	
18:4g	0.000		D Z B A		0.000	0.000	
20:2 n-6 c,c	0.000		B A B A	1 1	0.000 0.000	0.000 0.000	
20:4 undifferentiatedg	0.000		B A	1	0.000	0.000	
20:5 n-3g	0.000		3 A	1	0.000	0.000	
22:5 n-3g	0.000		3 A	1	0.000	0.000	
22:6 n-3g	0.000	0.000	3 A	1	0.000	0.000	
Fatty acids, total trans							
Cholesterolmg	0	() z	7	0	0	
Phytosterolsmg	130	:	L A	1	204	37	
Stigmasterolmg	3		L A	1	4	1	
Campesterolmg	9		L A	1	13	2	
Beta-sitosterolmg	118	:	L A	1	186	34	
Amino Acids:							
Tryptophan	0.192		A	1	0.301	0.054	
Threonineg	0.677		A	1	1.063	0.192	
Isoleucineg	0.691		A	1	1.084	0.196	
Leucineg	1.467		A	1	2.304	0.416	
Lysineg	0.600		A	1	0.942	0.170	
Methionineg	0.188		A	1	0.295	0.053	
Cystineg	0.282		A	1	0.442	0.080	
Phenylalanine	1.146 0.529		A A	1 1	1.800 0.831	0.325	
Tyrosine	0.529		A	1	1.253	0.150 0.226	
Valine	2.463		A	1	3.867	0.226	
Histidine	0.592		A	1	0.929	0.168	
Alanineg	0.999		A	1	1.569	0.283	
Aspartic acid	2.729		A	1	4.285	0.774	
Glutamic acidg	5.165		A	1	8.108	1.464	
Glycineg	1.466		A	1	2.302	0.416	
Prolineg	0.967		A	1	1.519	0.274	
Serineg	1.004		A	1	1.576	0.285	
Hydroxyprolineg							
Others:							
Alcohol, ethylg	0.0	() z	7	0.0	0.0	
Caffeinemg	0) z	7	0	0	
Theobromine mg	0	() z	7	0	0	
Carotenoids:							
Carotene, betamcg	1	:	L A	1	1.115	0.201	
Carotene, alphamcg	0		L A	1	0.000	0.000	
Cryptoxanthin, beta mcg	0	() BFZN	4	0.000	0.000	
Lycopenemcg	0) BFZN		0.000	0.000	
Lutein + zeaxanthin mcg	1	() BFZN	4	2.093	0.378	

Nuts, almonds, oil roasted, with salt added (1)

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 = 157g: 1 cup whole kernels Measure 2 = 28.35g: 1 oz (22 whole kernels)

Footnotes

1 Roasted in high oleic safflower oil

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

		<u>A</u> :	mount in 100 g	grams	Amount in edible portion of common					
			Nι	ımbeı	r			<u>m</u>	easures of food	<u>.</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
D										
Proximates: Water	a	2.80	0.156	3	A	1		4.39	0.79	
Energy	_	607		0	NC	4		954	172	
Energy		2541		0	NC	4		3990	720	
Protein (N x 5.18)		21.23	1.142	3	A	1		33.33	6.02	
Total lipid (fat)		55.17	1.198	3	A	1		86.62	15.64	
Ash	g	3.13	0.036	3	A	1		4.91	0.89	
Carbohydrate, by difference	g	17.68		0	NC	4		27.75	5.01	
Fiber, total dietary	g	10.5	0.614	3	A	1		16.5	3.0	
Sugars, total	g	4.55	0.248	3	A	1		7.14	1.29	
Sucrose	g	4.38	0.248	3	A	1		6.87	1.24	
Glucose (dextrose)		0.04	0.000	3	A	1		0.06	0.01	
Fructose	g	0.00	0.000	3	A	1		0.00	0.00	
Lactose	g	0.00	0.000	3	A	1		0.00	0.00	
Maltose	g	0.14	0.000	3	A	1		0.22	0.04	
Galactose										
Starch		0.56	0.324	3	A	1		0.87	0.16	
Minavalse										
Minerals:	ma	291	21.223	3	A	1		457	82	
Calcium, Ca Iron, Fe		3.68	0.292	3	A	1		5.78	1.04	
Magnesium, Mg		274	7.803	3	A	1		431	78	
Phosphorus, P		466	11.783	3	A	1		731	132	
Potassium, K		699	14.581	3	A	1		1097	198	
Sodium, Na		1	0.204	3	A	1		1	0	
Zinc, Zn		3.07	0.248	3	A	1		4.81	0.87	
Copper, Cu		0.955	0.118	3	A	1		1.499	0.271	
Manganese, Mn		2.460	0.118	3	A	1		3.862	0.697	
Selenium, Se	mcg	2.8		0	BFZN	4		4.3	0.8	
Vitamins:				_	_					
Vitamin C, total ascorbic acid		0.0	0.000	3	A	1		0.0	0.0	
Thiamin		0.092 0.781		3 3	A A	1 1		0.145 1.225	0.026	
Riboflavin	=	3.665		3	A	1		5.754	0.221 1.039	
Niacin Pantothenic acid		0.229		3	A	1		0.360	0.065	
Vitamin B-6		0.223		3	A	1		0.184	0.083	
Folate, total		27	2.535	3	A	1		43	8	
Folic acid		0	2.333	0	z	7		0	0	
Folate, food		27	2.535	3	A	1		43	8	
Folate, DFE	-	27		0	NC	4		43	8	
Vitamin B-12		0.00		0	z	7		0.00	0.00	
Vitamin A, IU	IU	1		1	AS	1		2	0	
Vitamin A, RAE		0		0	NC	4		0	0	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	25.97	1.044	3	A	1		40.77	7.36	
Tocopherol, beta	mg	0.42	0.045	3	A	1		0.65	0.12	
Tocopherol, gamma	mg	0.88	0.045	3	A	1		1.37	0.25	
Tocopherol, delta	mg	0.14	0.000	3	A	1		0.22	0.04	
Vitamin D Vitamin K (phylloquinone)		0.0		0	BFZN	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	а	4.208	1	0	NC	4		6.606	1.193	
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		3	A	1		0.000	0.000	
10:0		0.000		3	A	1		0.000	0.000	
12:0	-	0.000		3	A	1		0.000	0.000	
13:0	-	0.000		3	A	1		0.000	0.000	
14:0	-	0.000		3	A	1		0.000	0.000	
15:0	-	0.000		3	A	1				

		Am	ount in 100 g			Amount in edible portion of common measures of food					
					mber Data	Deriv	Source Confidence	Confidence	<u>- </u>		
Nutrients and Units		Mean	;	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
15:0	g	0.0	00	0.000		A	1		0.000	0.000	
16:0	g	3.3	03	0.079	3	A	1		5.186	0.936	
17:0	-	0.0		0.000	3	A	1		0.000	0.000	
18:0	-	0.9		0.100	3	A	1		1.420	0.256	
20:0	•	0.0		0.000 0.000	3 3	A A	1 1		0.000	0.000	
22:0 24:0		0.0		0.000	3	A	1		0.000	0.000 0.000	
Fatty acids, total monounsaturated	_	34.7		0.000	0	NC	4		54.625	9.864	
14:1		0.0	00	0.000	3	A	1		0.000	0.000	
15:1											
16:1 undifferentiated		0.2	15	0.025	3	A	1		0.338	0.061	
17:1	_	24.5	70	0.000	_	_			F.4. 00F		
18:1 undifferentiated		34.5 0.0		0.892 0.000	3 3	A A	1 1		54.287 0.000	9.803 0.000	
22:1 undifferentiated		0.0		0.000	3	A	1		0.000	0.000	
24:1 c	-	0.0		0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated		13.5	19		0	NC	4		21.225	3.833	
18:2 undifferentiated		13.5	19	1.034	3	A	1		21.225	3.833	
18:3 undifferentiated		0.0		0.000	3	A	1		0.000	0.000	
18:4		0.0			0	z	7		0.000	0.000	
20:2 n-6 c,c 20:3 undifferentiated	_	0.0		0.000 0.000	3 3	A A	1 1		0.000	0.000	
20:4 undifferentiated		0.0		0.000	3	A	1		0.000	0.000 0.000	
20:5 n-3	-	0.0		0.000	3	A	1		0.000	0.000	
22:5 n-3		0.0		0.000	3	A	1		0.000	0.000	
22:6 n-3	g	0.0	00	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans											
Cholesterol		0			0	Z	7		0	0	
Phytosterols		130			1	A	1		204	37	
Stigmasterol		3 9			1 1	A A	1 1		4 13	1 2	
Campesterol Beta-sitosterol		118			1	A	1		186	34	
									200		
Amino Acids:	~	0.1	00			_			0 201		
Tryptophan Threonine		0.1				A A	1 1		0.301 1.063	0.054 0.192	
Isoleucine		0.6				A	1		1.084	0.196	
Leucine	-	1.4				A	1		2.304	0.416	
Lysine	-	0.6	00			A	1		0.942	0.170	
Methionine	g	0.1				A	1		0.295	0.053	
Cystine		0.2				A	1		0.442	0.080	
Phenylalanine		1.1				A	1 1		1.800	0.325	
TyrosineValine		0.5 0.7				A A	1		0.831 1.253	0.150 0.226	
Arginine		2.4				A	1		3.867	0.698	
Histidine		0.5				A	1		0.929	0.168	
Alanine		0.9	99			A	1		1.569	0.283	
Aspartic acid	g	2.7				A	1		4.285	0.774	
Glutamic acid		5.1				A	1		8.108	1.464	
Glycine		1.4				A	1 1		2.302	0.416	
Proline Serine	-	0.9 1.0				A A	1		1.519 1.576	0.27 4 0.285	
Hydroxyproline	•	1.0	04			A	-		1.370	0.265	
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		1 0			1 1	A A	1 1		1.115 0.000	0.201 0.000	
Carotene, alpha Cryptoxanthin, beta		0			0	A BFZN	4		0.000	0.000	
Lycopene		0			0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin		1			0	BFZN	4		2.093	0.378	

Nuts, almonds, oil roasted, without salt added (1)

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

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Common Measures:

Measure 1 = 157g: 1 cup whole kernels Measure 2 = 28.35g: 1 oz (22 whole kernels)

Footnotes

1 Roasted in high oleic safflower oil

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

Refuse: 39% Shells

		<u>A</u>	mount in 100 gi	Amount in edible portion of common						
			Nui	measures of food						
				Data De	riv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	ints Co	de	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.60		0		1		1.87		
Energy	kcal	576		0	NC	4		163		
Energy	kj	2410				4		683		
Protein (N x 5.3)	g	6.20		1		1		1.76		
Total lipid (fat)	g	50.00		0		1		14.18		
Ash	g	3.70		0		1		1.05		
Carbohydrate, by difference	g	33.50		0	NC	4		9.50		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minanaka										
Minerals:	ma	1		1		1		0		
Calcium, CaIron, Fe	_	2.46		0		4		0.70		
Magnesium, Mg	_	0		1		1		0.70		
Phosphorus, P		0		1		1		0		
Potassium, K	-	1017		0		4		288		
Sodium, Na		38		0		4		11		
Zinc, Zn		0.36		0		4		0.10		
Copper, Cu		0.670)	0		4		0.190		
Manganese, Mn		1.341	L	0		4		0.380		
Selenium, Se										
¥7:4										
<u>Vitamins:</u>		15.5		•						
Vitamin C, total ascorbic acid		15.5	•	0		4 4		4.4 0.086		
Thiamin		0.304 0.371		0		4		0.086		
Riboflavin		0.371		0		4		0.105		
Pantothenic acid		0.87		0		4		0.249		
Vitamin B-6		0.684		0		4		0.194		
Folate, total	-	113	•	0		4		32		
Folic acid		0		0	z	7		0		
Folate, food		113		0	_	4		32		
Folate, DFE	mca DFE	113			NC	4		32		
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin A, IU		0		0	_	4		0		
Vitamin A, RAE		0		0		4		0		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	0	5.719	1	0		1		1.621		
4:0		5.713	,	U		_		1.021		
6:0										
8:0										
10:0	-									
12:0										
13:0										
14:0		0.063	3	2		1		0.018		
15:0										
16:0		3.569)	4		1		1.012		
17:0										
18:0		1.183	3	4		1		0.335		
20:0										
22:0	-									
24:0	-									

	<u>Aı</u>	mount in 100		Amount in edible portion of common measures of food						
Nutrients and Unit	s	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		21.892		0		1		6.206		
14:1	-									
15:1										
16:1 undifferentiated	-	0.287		3		1		0.081		
17:1										
18:1 undifferentiated	_	18.849		4		1		5.344		
20:1		2.757		3		1		0.782		
22:1 undifferentiated										
24:1 c	g									
Fatty acids, total polyunsaturated		20.089		0		1		5.695		
18:2 undifferentiated	g	18.390		4		1		5.214		
18:3 undifferentiated	g	1.700		3		1		0.482		
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		0		0	Z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.069		0		1		0.020		
Threonine	g	0.221		0		1		0.063		
Isoleucine	g	0.245		0		1		0.069		
Leucine		0.367		0		1		0.104		
Lysine	g	0.367		0		1		0.104		
Methionine	-	0.146		0		1		0.041		
Cystine	-	0.197		0		1		0.056		
Phenylalanine		0.262		0		1		0.074		
Tyrosine		0.172		0		1		0.049		
Valine	-	0.346		0		1		0.098		
Arginine		0.443		0		1		0.126		
Histidine		0.172		0		1		0.120		
Alanine	•	0.414		0		1		0.117		
Aspartic acid	_	1.071		0		1		0.304		
Glutamic acid		0.800		0		1		0.304		
	-			0		1		0.227		
Glycine	-	0.319								
Proline	•	0.326		0		1 1		0.092		
Serine	-	0.310		U		1		0.088		
Hydroxyproline	g									

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

NDB No. 12078 Nuts, brazilnuts, dried, unblanched

Bertholletia excelsa

Refuse: 52% Shells

		<u>A</u>	mount in 100 g	rams	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 3
Proximates: Water	a	3.48	0.170	9	A	1		4.87	0.99	
Energy	-	656	0.2.0	0	NC	4		918	186	
Energy		2743		0	NC	4		3841	778	
0.		14.32	0.146	7	A	1		20.05		
Protein (N x 5.46)	-	66.43	0.146	7		1		93.01	4.06	
Total lipid (fat)		3.51		7	A	1			18.83	
Ash			0.033		A	4		4.91	0.99	
Carbohydrate, by difference		12.27	0.000	0	NC			17.17	3.48	
Fiber, total dietary		7.5	0.232	3	A	1		10.5	2.1	
Sugars, total		2.33	0.078	7	A	1		3.27	0.66	
Sucrose	g	2.33	0.078	7	A	1		3.27	0.66	
Glucose (dextrose)	g	0.00	0.000	7	A	1		0.00	0.00	
Fructose	g	0.00	0.000	7	A	1		0.00	0.00	
Lactose		0.00	0.000	7	A	1		0.00	0.00	
Maltose	g	0.00	0.000	7	A	1		0.00	0.00	
Galactose	g	0.00	0.000	7	A	1		0.00	0.00	
Starch		0.25	0.000	7	A	1		0.35	0.07	
Minerals:										
Calcium, Ca	ma	160	5.660	7	A	1		224	45	
Iron, Fe	-	2.43	0.030	7	A	1		3.41	0.69	
Magnesium, Mg		376	3.746	7	A	1		527	107	
Phosphorus, P		725	5.614	7	A	1		1015	206	
Potassium, K		659	8.853	7	A	1		922	187	
Sodium, Na		3	0.252	7	A	1		4	1	
Zinc, Zn	-	4.06	0.043	7	A	1		5.68	1.15	
Copper, Cu		1.743		7	A	1		2.440	0.494	
Manganese, Mn		1.223		7	A	1		1.712	0.347	
Selenium, Se		1917.0	231.798	15	A	1		2683.9	543.5	
Vitamins:										
Vitamin C, total ascorbic acid	<u>mg</u>	0.7	0.000	3	A	1		1.0	0.2	
Thiamin	mg	0.617	7 0.053	7	A	1		0.864	0.175	
Riboflavin	mg	0.035	0.001	7	A	1		0.049	0.010	
Niacin	mg	0.295	0.019	7	A	1		0.413	0.084	
Pantothenic acid	mg	0.184	0.012	7	A	1		0.257	0.052	
Vitamin B-6	mg	0.101	L 0.004	7	A	1		0.142	0.029	
Folate, total		22	2.316	4	A	1		31	6	
Folic acid		0		0	Z	7		0	0	
Folate, food	mcg	22	2.316	4	A	1		31	6	
Folate, DFE		22		0	NC	4		31	6	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU -	0		1	A	1		0	0	
Vitamin A, RAE		0		1	A	1		0	0	
Retinol		0		0	z	7		0	0	
Vitamin E (alpha-tocopherol)		5.73	1.540	6	A	1		8.02	1.62	
Tocopherol, beta		0.00	0.000	6	A	1		0.00	0.00	
Tocopherol, gamma		7.87	2.148	6	A	1		11.02	2.23	
Tocopherol, delta		0.77	0.657	6	A	1		1.07	0.22	
Vitamin D									**	
Vitamin K (phylloquinone)		0.0	0.000	7	A	1		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	15.137	7	0	NC	4		21.192	4.291	
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	0.000	3	A	1		0.000	0.000	
10:0		0.000		3	A	1		0.000	0.000	
12:0	-	0.000		3	A	1		0.000	0.000	
13:0	-									
14:0	-	0.052	0.000	3	A	1		0.073	0.015	
	g	0.000		3	A	1		0.000	0.000	

	<u>Aı</u>	mount in 100 g	rams mber		ole portion		edible portion of easures of food	common
Nutrients and Units	Mean	of Std. Error Po		Deriv Code	Source Confidence Code Code	Measure 1	Measure 2	Measure 3
16:0g	9.085	0.200	3	A	1	12.719	2.576	
17:0g	0.047	0.012	3	A	1	0.065	0.013	
18:0g	5.794		3	A	1	8.111	1.643	
20:0g	0.160		3	A	1	0.224	0.045	
22:0g	0.000	0.000	3	A	1	0.000	0.000	
24:0	24.548		0	NC	4	34.368	6.959	
Fatty acids, total monounsaturatedg	0.000		3	A	1	0.000	0.000	
15:1g	0.000		3	A	1	0.000	0.000	
16:1 undifferentiated	0.229		3	A	1	0.321	0.065	
17:1g	0.044	0.009	3	A	1	0.061	0.012	
18:1 undifferentiatedg	24.223	0.835	3	A	1	33.913	6.867	
20:1g	0.052	0.000	3	A	1	0.073	0.015	
22:1 undifferentiatedg	0.000		0		1	0.000	0.000	
24:1 cg								
Fatty acids, total polyunsaturatedg	20.577		0	NC	4	28.808	5.834	
18:2 undifferentiatedg	20.543		3	A	1	28.760	5.824	
18:3 undifferentiatedg	0.035		0	AS	1	0.049	0.010	
18:3 n-6 c,c,c9	0.017	0.000	3	A	1	0.024	0.005	
18:3ig	0 000		•		4			
18:4g	0.000		0 3	A	1 1	0.000 0.000	0.000	
20:2 n-6 c,cg 20:3 undifferentiatedg	0.000		3	A	1	0.000	0.000 0.000	
20:3 n-3g	0.000	0.000	3	A	1	0.000	0.000	
20:3 n-6g								
20:4 undifferentiated	0.000	0.000	3	A	1	0.000	0.000	
20:4 n-3g								
20:4 n-6g								
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	•		•	_	_	_		
Cholesterol mg	0		0	Z	7	0	0	
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.141		0	A	1	0.198	0.040	
Threonineg	0.362		0	A	1	0.507	0.103	
Isoleucineg	0.516		0	A	1	0.722	0.146	
Leucineg	1.155		0	A	1	1.617	0.327	
Lysineg Methionineg	0.492 1.008		0	A A	1 1	0.688 1.411	0.139 0.286	
Cystine	0.367		0	A	1	0.513	0.104	
Phenylalanine	0.630		0	A	1	0.883	0.179	
Tyrosineg	0.420		0	A	1	0.588	0.119	
Valineg	0.756		0	A	1	1.059	0.214	
Arginine	2.148		0	A	1	3.007	0.609	
Histidine9	0.386		0	A	1	0.541	0.110	
Alanineg	0.577		0	A	1	0.808	0.164	
Aspartic acidg	1.346		0	A	1	1.885	0.382	
Glutamic acidg	3.147		0	A	1	4.405	0.892	
Glycineg	0.718		0	A	1	1.005	0.204	
Proline9	0.657		0	A	1	0.920	0.186	
Serine	0.683		0	A	1	0.956	0.194	
Hydroxyprolineg								
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, betamcg	0		1	A	1	0.000	0.000	
Carotene, alpha mcg	0		1	A	1	0.000	0.000	
Cryptoxanthin, beta mcg	0		1	A	1	0.000	0.000	
Lycopene mcg	0		1	A	1	0.000	0.000	

Nuts, brazilnuts, dried, unblanched

	Amount in 100 grams of edible portion Number								
Nutrients and Units	Mean	Std. Error	of Data	Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Lutein + zeaxanthinmcg	0		1	A	1		0.000	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 = 140g: 1 cup shelled (32 kernels) Measure 2 = 28.35g: 1 oz (6-8 kernels)

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

Refuse: 73% Shells

		<u>A</u> :	mount in 100 g	grams	of edil	ole portio	<u>on</u>	Amount in	edible portion	of common
			Nu	ımber	r			<u>m</u>	easures of food	
					Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure
Proximates:	_	2.24	0.220					4 01		0.10
Water		3.34	0.330	4		1		4.01	0.95	0.10
Energy		612		0	NC	4		734	174	18
Energy		2561				4		3073	726	77
Protein (N x 5.3)	g	24.90	1.353	6		1		29.88	7.06	0.75
Total lipid (fat)	g	56.98	0.540	12		1		68.38	16.15	1.71
Ash	g	2.73	0.215	4		1		3.28	0.77	0.08
Carbohydrate, by difference	g	12.05		0	NC	4		14.46	3.42	0.36
Fiber, total dietary	g	4.7		0		4		5.6	1.3	0.1
Sugars, total	g									
Starch	g									
Minerals:	m~		1 00-						1-	_
Calcium, Ca	-	53	1.808	4		1		64	15	2
Iron, Fe		4.02	0.197	4		1 1		4.82	1.14	0.1
Magnesium, Mg		237	15.785	4		_		284	67	7
Phosphorus, P	-	446	37.420	4		1		535	126	13
Potassium, K		421	16.561	4		1		505	119	13
Sodium, Na	-	1	0.136	4		1		1	0	0
Zinc, Zn		3.13	0.454	4		1		3.76	0.89	0.0
Copper, Cu		0.450		4		1		0.540	0.128	0.0
Manganese, Mn	-	6.560	0.437	4		1		7.872	1.860	0.1
Selenium, Se	mcg	17.2		0	BFSN	4		20.6	4.9	0.5
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.2		0		4		3.8	0.9	0.1
Thiamin		0.383	3	0		4		0.460	0.109	0.0
Riboflavin	-	0.148	3	0		4		0.178	0.042	0.0
Niacin	mg	1.045	5	0		4		1.254	0.296	0.0
Pantothenic acid	-	0.633	3	0		4		0.760	0.179	0.0
Vitamin B-6		0.560)	0		4		0.672	0.159	0.0
Folate, total	-	66		0		4		79	19	2
Folic acid		0		0	z	7		0	0	0
Folate, food		66		0		4		79	19	2
Folate, DFE	mca DFE	66		0	NC	4		79	19	2
Vitamin B-12		0.00		0	Z	7		0.00	0.00	0.0
Vitamin A, IU		124		0		4		149	35	4
Vitamin A, RAE	mca RAF	6		0		4		7	2	0
Retinol		0		0	z	7		0	0	0
Vitamin E (alpha-tocopherol)		·		·	_	•		·	v	· ·
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	g	1.306	5	0		1		1.567	0.370	0.0
4:0		0.000)	0		1		0.000	0.000	0.0
6:0	g	0.000)	0		1		0.000	0.000	0.0
8:0	_	0.000)	0		1		0.000	0.000	0.0
10:0	_	0.000)	0		1		0.000	0.000	0.0
12:0	-	0.000)	0		1		0.000	0.000	0.0
13:0	-									
14:0		0.000)	0		1		0.000	0.000	0.0
15:0										
16:0	-	0.872	2	1		1		1.046	0.247	0.0
17:0	_			-		_				
18:0		0.425	5	1		1		0.510	0.120	0.0
20:0				_		_		0.510	3.120	0.0
	_									
22:0 24:0										

		<u>A</u> 1	mount in 100 gram		ole portio	<u>on</u>	Amount in edible portion of common measures of food			
			Numbe of Data Std. Error Points	Deriv	Source Code	Confidence Code	_		•	
Nutrients and Un	nits	Mean	Std. Error Politis	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated.	g	10.425	0		1		12.510	2.955	0.31	
14:1										
15:1		0.000					0.000	2 222	0.00	
16:1 undifferentiated		0.000	0		1		0.000	0.000	0.00	
18:1 undifferentiated	-	10.352	2		1		12.422	2.935	0.31	
20:1		0.000			1		0.000	0.000	0.00	
22:1 undifferentiated		0.000			1		0.000	0.000	0.00	
24:1 c	-									
Fatty acids, total polyunsaturated		42.741	. 0		1		51.289	12.117	1.28	
18:2 undifferentiated		33.727	2		1		40.472	9.562	1.01	
18:3 undifferentiated	-	8.718	2		1		10.462	2.472	0.26	
18:4	-	0.000	0		1		0.000	0.000	0.00	
20:2 n-6 c.c.	-									
20:3 undifferentiated	-									
20:4 undifferentiated	g	0.000	0		1		0.000	0.000	0.00	
20:5 n-3	g	0.000	0		1		0.000	0.000	0.00	
22:5 n-3		0.000	0		1		0.000	0.000	0.00	
22:6 n-3	-	0.000	0		1		0.000	0.000	0.00	
Fatty acids, total trans	g									
Cholesterol		0	0	Z	7		0	0	0	
Phytosterols	mg									
amino Acids:										
Tryptophan	g	0.366	4		1		0.439	0.104	0.01	
Threonine	g	0.940	2		1		1.128	0.266	0.02	
Isoleucine	g	1.179	2		1		1.415	0.334	0.03	
Leucine	g	2.199	2		1		2.639	0.623	0.06	
Lysine	g	0.770	2		1		0.924	0.218	0.02	
Methionine	g	0.611	6		1		0.733	0.173	0.0	
Cystine	g	0.484	6		1		0.581	0.137	0.0	
Phenylalanine	g	1.442	2		1		1.730	0.409	0.04	
Tyrosine	g	0.977	2		1		1.172	0.277	0.02	
Valine	g	1.541	2		1		1.849	0.437	0.04	
Arginine	g	4.862	2		1		5.834	1.378	0.14	
Histidine	g	0.808	2		1		0.970	0.229	0.02	
Alanine	g	1.372	2		1		1.646	0.389	0.04	
Aspartic acid	g	3.096	2		1		3.715	0.878	0.0	
Glutamic acid		6.084	2		1		7.301	1.725	0.18	
Glycine		1.508	2		1		1.810	0.428	0.04	
Proline	g	1.236	2		1		1.483	0.350	0.03	
Serine		1.640	2		1		1.968	0.465	0.04	
Hydroxyproline	g									
others:										
Alcohol, ethyl		0.0	0		7		0.0	0.0	0.0	
Caffeine	-									
Theobromine	mg									

Common Measures:

Measure 1 = 120g: 1 cup Measure 2 = 28.35g: 1 oz Measure 3 = 3.0g: 1 nutmeat

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

		<u>A</u> 1	mount in 100 g	grams	of edib	le portio	<u>n</u>		edible portion	
			Nu	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	2.96	0.889	3		1		0.47	0.84	
Energy	kcal	587		0	NC	4		94	166	
Energy	kj	2456				4		393	696	
Protein (N x 5.3)	g	17.56	0.592	3		1		2.81	4.98	
Total lipid (fat)	g	49.41	0.376	3		1		7.91	14.01	
Ash	g	2.50	0.105	3		1		0.40	0.71	
Carbohydrate, by difference	g	27.57		0	NC	4		4.41	7.82	
Fiber, total dietary		2.0		0		4		0.3	0.6	
Sugars, total	g	5.01		0	BFZN	4		0.80	1.42	
Starch	g									
Minerals:										
Calcium, Ca	ma	43		0		1		7	12	
Iron, Fe	_	5.03		0		1		0.80	1.43	
Magnesium, Mg	_	258		0		1		41	73	
Phosphorus, P		457		0		1		73	130	
Potassium, K	_	546		0		1		87	155	
Sodium, Na		614		0		1		98	174	
Zinc, Zn	mg	5.16		0		1		0.83	1.46	
Copper, Cu		2.190)	0		1		0.350	0.621	
Manganese, Mn	mg	0.815	5	0		4		0.130	0.231	
Selenium, Se	mcg	11.5		0	BFSN	4		1.8	3.3	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0		1		0.0	0.0	
Thiamin	_	0.312	•	0		1		0.050	0.088	
Riboflavin	-	0.312		0		1		0.030	0.053	
Niacin	-	1.599		0		1		0.256	0.453	
Pantothenic acid	_	1.201		0		1		0.192	0.340	
Vitamin B-6	-	0.252		0		1		0.040	0.071	
Folate, total	-	68		0		1		11	19	
Folic acid		0		0	Z	7		0	0	
Folate, food		68		0		1		11	19	
Folate, DFE		68		0	NC	4		11	19	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.92		0	BFZN	4		0.15	0.26	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		24.7		^	DEGN			F 6	0.0	
Vitamin K (phylloquinone)	riicg	34.7		0	BFZN	4		5.6	9.9	
Lipids:										
Fatty acids, total saturated	g	9.763	3	0		1		1.562	2.768	
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	0.140)	0		1		0.022	0.040	
10:0	-	0.140		0		1		0.022	0.040	
12:0		0.836	5	0		1		0.134	0.237	
13:0										
14:0	g	0.370)	0		1		0.059	0.105	
15:0										
16:0	g	4.639	•	0		1		0.742	1.315	
17:0	-									
18:0	-	3.168	3	0		1		0.507	0.898	
20:0	-									
22:0	-									
24:0	g									

					ble portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Ui	nits	Mean	Numb of Da Std. Error Point	ta Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	ı a	29.122	. 0		1		4.660	8.256	
14:1	g								
15:1	g	0.339	0		1		0.054	0.096	
17:1 18:1 undifferentiated	9	28.579			1		4.573	8.102	
20:1 22:1 undifferentiated		0.148 0.000			1 1		0.02 4 0.000	0.042 0.000	
24:1 cFatty acids, total polyunsaturated.		8.354	. 0		1		1.337	2.368	
18:2 undifferentiated		8.166			1		1.307	2.315	
18:3 undifferentiated	-	0.171			1 1		0.027 0.000	0.048 0.000	
18:4 20:2 n-6 c,c	_	0.000	0		1		0.000	0.000	
20:3 undifferentiated	_	0.000			1		2 222	0.000	
20:4 undifferentiated 20:5 n-3	_	0.000			1		0.000 0.000	0.000 0.000	
22:5 n-3	_	0.000			1		0.000	0.000	
22:6 n-3	-	0.000			1		0.000	0.000	
Fatty acids, total trans			_	_	_			_	
CholesterolPhytosterols	-	0	0	Z	7		0	0	
,									
Amino Acids:	2	0.272	. 0		1		0.044	0.077	
Tryptophan Threonine		0.679			1		0.109	0.192	
Isoleucine	_	0.838			1		0.134	0.238	
Leucine	_	1.475	0		1		0.236	0.418	
Lysine	g	0.938	0		1		0.150	0.266	
Methionine	g	0.315	0		1		0.050	0.089	
Cystine	g	0.325	0		1		0.052	0.092	
Phenylalanine		0.908			1		0.145	0.257	
Tyrosine	_	0.563			1		0.090	0.160	
Valine	-	1.193			1		0.191	0.338	
Arginine	_	1.998			1 1		0.320	0.566	
Histidine	-	0.457			1		0.073 0.129	0.130 0.228	
Alanine		0.805 1.727			1		0.129	0.228	
Glutamic acid		4.159			1		0.665	1.179	
Glycine.		0.921			1		0.147	0.261	
Proline	-	0.792			1		0.127	0.225	
Serine		0.974			1		0.156	0.276	
Hydroxyproline									
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	mcg	0	0	BFZN	1 4		0.000	0.000	
Carotene, alpha	mcg	0	0	BFZN	1 4		0.000	0.000	
Cryptoxanthin, beta	mcg	0	0	BFZN	1 4		0.000	0.000	
Lycopene		0	0				0.000	0.000	
Lutein + zeaxanthin	mcg	23	0	BFZN	1 4		3.613	6.401	

Common Measures:

Measure 1 = 16g: 1 tbsp Measure 2 = 28.35g: 1 oz

Nuts, cashew butter, plain, with salt added

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

		<u>A</u> 1	mount in 100 gr	rams c	of edib	ole portio	<u>n</u>	Amount in edible portion of common		
			Nur	nber				m	easures of food	
					Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Poi	ints (Code	Code	Code	Measure 1	Measure 2	Measure 3
Dravimatas										
Proximates: Water	g	2.96	0.889	3		1		0.47	0.84	
Energy		587		0	NC	4		94	166	
Energy		2456				4		393	696	
Protein (N x 5.3)		17.56	0.592	3		1		2.81	4.98	
Total lipid (fat)	_	49.41	0.376	3		1		7.91	14.01	
Ash		2.50	0.105	3		1		0.40	0.71	
Carbohydrate, by difference		27.57		0	NC	4		4.41	7.82	
Fiber, total dietary		2.0		0		4		0.3	0.6	
Sugars, total	g									
Starch										
X										
Minerals:	mc	43		0		1		7	10	
Calcium, Ca	-	43 5.03		0		1 1		0.80	12 1.43	
Iron, Fe		258		0		1		0.80 41	73	
Phosphorus, P		457		0		1		73	130	
Potassium, K	•	546		0		1		73 87	155	
Sodium, Na		15		0		1		2	4	
Zinc, Zn		5.16		0		1		0.83	1.46	
Copper, Cu		2.190)	0		1		0.350	0.621	
Manganese, Mn		0.815		0		4		0.130	0.231	
Selenium, Se		11.5		0	BFSN	4		1.8	3.3	
<u>Vitamins:</u>				•				0.0		
Vitamin C, total ascorbic acid		0.0 0.312	,	0		1 1		0.0 0.050	0.0 0.088	
ThiaminRiboflavin		0.312		0		1		0.030	0.088	
Niacin		1.599		0		1		0.030	0.453	
Pantothenic acid	-	1.201		0		1		0.192	0.340	
Vitamin B-6		0.252		0		1		0.040	0.071	
Folate, total	-	68	_	0		1		11	19	
Folic acid		0		0	z	7		0	0	
Folate, food		68		0	_	1		11	19	
Folate, DFE	mcq DFE	68		0	NC	4		11	19	
Vitamin B-12		0.00		0	z	7		0.00	0.00	
Vitamin A, IU		0		0		1		0	0	
Vitamin A, RAE		0		0		1		0	0	
Retinol		0		0	z	7		0	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	a	9.763	3	0		1		1.562	2.768	
4:0				-		_			=	
6:0										
8:0		0.140)	0		1		0.022	0.040	
10:0	-	0.140)	0		1		0.022	0.040	
12:0	-	0.836	5	0		1		0.134	0.237	
13:0	g									
14:0	g	0.370)	0		1		0.059	0.105	
15:0	g									
16:0	g	4.639	•	0		1		0.742	1.315	
17:0	g									
18:0	-	3.168	3	0		1		0.507	0.898	
20:0	g									
22:0										

	<u>A</u> 1	nount in 100 grams		ole portion	1	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	of Data Std. Error Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	29.122	0		1		4.660	8.256	
14:1g	23.122	Ç		-		4.000	0.230	
15:1	0.339	0		1		0.054	0.096	
17:1g 18:1 undifferentiatedg	28.579	0		1		4.573	8.102	
20:1	0.148			1		0.024	0.042	
22:1 undifferentiatedg	0.140	v		-		0.024	0.042	
24:1 cg								
Fatty acids, total polyunsaturatedg	8.354	0		1		1.337	2.368	
18:2 undifferentiated	8.166	0		1		1.307	2.315	
18:3 undifferentiatedg	0.171	0		1		0.027	0.048	
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	0	0	z	7		0	•	
Cholesterolmg Phytosterolsmg	U	U	Z	,		U	0	
· ·								
Amino Acids:	0.272	0		1		0.044	0.077	
Tryptophan	0.272			1		0.044	0.077	
Threonine	0.838			1		0.109	0.192	
Leucine	1.475			1		0.236	0.238	
Lysineg	0.938			1		0.150	0.266	
Methionine	0.315			1		0.050	0.089	
Cystineg	0.325			1		0.052	0.092	
Phenylalanineg	0.908			1		0.145	0.257	
Tyrosineg	0.563	0		1		0.090	0.160	
Valineg	1.193	0		1		0.191	0.338	
Arginineg	1.998	0		1		0.320	0.566	
Histidineg	0.457			1		0.073	0.130	
Alanineg	0.805			1		0.129	0.228	
Aspartic acidg	1.727			1		0.276	0.490	
Glutamic acidg	4.159			1		0.665	1.179	
Glycineg	0.921			1		0.147	0.261	
Prolineg	0.792			1		0.127	0.225	
Serine	0.974	0		1		0.156	0.276	
Hydroxyproline								
Others:								
Alcohol, ethylg	0.0	0	Z	7		0.0	0.0	
Caffeine mg								
Theobromine mg								

Common Measures:

Measure 1 = 16g: 1 tbsp Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u>	mount in 10	0 grams	of edib	le portio	<u>n</u>		edible portion	
				Number	•			<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.70		2		1		2.33	0.48	
Energy	kcal	574		0	NC	4		786	163	
Energy	kj	2402				4		3290	681	
Protein (N x 5.3)	g	15.31		2		1		20.97	4.34	
Total lipid (fat)	g	46.35		2		1		63.50	13.14	
Ash	g	3.95		2		1		5.41	1.12	
Carbohydrate, by difference	g	32.69		0	NC	4		44.79	9.27	
Fiber, total dietary	g	3.0		0		4		4.1	0.9	
Sugars, total	g	5.01		0	BFZN	4		6.86	1.42	
Starch	g									
M: 1										
Minerals:	ma	45		1		1		62	13	
Calcium, CaIron, Fe	-	45 6.00		1		1		8.22	1.70	
Magnesium, Mg	-	260		1		1		356	74	
Phosphorus, P		490		1		1		671	139	
Potassium, K	•	565		2		1		774	160	
Sodium, Na		640		2		1		877	181	
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	5.60		1		1		7.67	1.59	
Copper, Cu		2.220)	0		1		3.041	0.629	
Manganese, Mn		0.826		0		4		1.132	0.234	
Selenium, Se		11.7		0	BFSN	4		16.0	3.3	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.0		0		1		0.0	0.0	
Thiamin	_	0.200		1		1		0.274	0.057	
Riboflavin	_	0.200		1		1		0.274	0.057	
Niacin	-	1.400		1		1		1.918	0.397	
Pantothenic acid	-	1.217		0		1		1.667	0.345	
Vitamin B-6	-	0.256	5	0		1		0.351	0.073	
Folate, total		69		0		1		95	20	
Folic acid		0		0	Z	7		0	0	
Folate, food		69		0		1		95	20	
Folate, DFE		69		0	NC	4		95	20	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	
Vitamin A, IU		0		0		1		0	0	
Vitamin A, RAE		0		0	NC	4		0	0	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		0.92		0	BFZN	4		1.26	0.26	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin K (phylloquinone)		34.7		0	BFZN	4		47.6	9.9	
	9	0111		·	22 221	-			3.3	
<u>Lipids:</u>										
Fatty acids, total saturated		9.157		0		1		12.545	2.596	
4:0		0.000		0		1		0.000	0.000	
6:0		0.000		0		1		0.000	0.000	
8:0	-	0.132		1		1		0.181	0.037	
10:0		0.132		1		1		0.181	0.037	
12:0		0.784	l .	2		1		1.074	0.222	
13:0		<u> </u>	_	_		_		_	_	
14:0		0.347	'	3		1		0.475	0.098	
15:0						_				
16:0		4.351	L	20		1		5.961	1.234	
17:0	-					_				
18:0	-	2.972	2	20		1		4.072	0.843	
20:0	-									
22:0	-									
24:0	g									

		<u>A</u>	mount in 100 gram		ole portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and	Units	Mean		a Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	tedg	27.317	0		1		37.424	7.744	
14:1 15:1	_								
16:1 undifferentiated	g	0.318	13		1		0.436	0.090	
18:1 undifferentiated	g	26.808			1		36.727	7.600	
20:1 22:1 undifferentiated	_	0.139 0.000			1 1		0.190 0.000	0.039 0.000	
24:1 cFatty acids, total polyunsaturate		7.836	0		1		10.735	2.222	
18:2 undifferentiated	g	7.660 0.161			1 1		10.494 0.221	2.172 0.046	
18:4	g	0.000			1		0.000	0.000	
20:2 n-6 c,c 20:3 undifferentiated									
20:4 undifferentiated 20:5 n-3	_	0.000			1 1		0.000 0.000	0.000 0.000	
22:5 n-3	g	0.000			1		0.000	0.000	
22:6 n-3Fatty acids, total trans		0.000			1		0.000	0.000	
CholesterolPhytosterols	-	0 158	0	Z	7 1		0 216	0 4 5	
Amino Acids:	_								
Tryptophan		0.237			1		0.325	0.067	
Threonine Isoleucine	_	0.592 0.731			1 1		0.811 1.001	0.168 0.207	
Leucine	_	1.285			1		1.760	0.364	
Lysine		0.817	10		1		1.119	0.232	
Methionine	g	0.274	10		1		0.375	0.078	
Cystine		0.283	10		1		0.388	0.080	
Phenylalanine	g	0.791	. 10		1		1.084	0.224	
Tyrosine	g	0.491	10		1		0.673	0.139	
Valine	g	1.040	10		1		1.425	0.295	
Arginine	g	1.741	10		1		2.385	0.494	
Histidine	g	0.399	10		1		0.547	0.113	
Alanine	g	0.702	10		1		0.962	0.199	
Aspartic acid	g	1.505	10		1		2.062	0.427	
Glutamic acid	g	3.624	10		1		4.965	1.027	
Glycine	g	0.803	10		1		1.100	0.228	
Proline	g	0.690	10		1		0.945	0.196	
Serine	g	0.849	10		1		1.163	0.241	
Hydroxyproline	g								
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		0	0	BFZN	4		0.000	0.000	
Carotene, alpha		0	0	BFZN			0.000	0.000	
Cryptoxanthin, beta		0	0	BFZN	4		0.000	0.000	
Lycopene		0	0	BFZN			0.000	0.000	
Lutein + zeaxanthin	mcg	23	0	BFZN	4		30.935	6.401	

Common Measures:

Measure 1 = 137g: 1 cup, halves and whole

Measure 2 = 28.35g: 1 oz

Nuts, cashew nuts, dry roasted, with salt added

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

NDB No. 12085 Nuts, cashew nuts, dry roasted, without salt added Anacardium occidentale

		<u>Aı</u>	mount in 10	0 grams	of edib	le portio	<u>on</u>	Amount in	edible portion	of common
				Number				<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	1.70		2		1		2.33	0.15	0.48
Energy	kcal	574		0	NC	4		786	49	163
Energy	kj	2402				4		3290	207	681
Protein (N x 5.3)	g	15.31		2		1		20.97	1.32	4.34
Total lipid (fat)	g	46.35		2		1		63.50	3.99	13.14
Ash	g	3.95		2		1		5.41	0.34	1.12
Carbohydrate, by difference	g	32.69		0	NC	4		44.79	2.81	9.27
Fiber, total dietary	g	3.0		0		4		4.1	0.3	0.9
Sugars, total	g	5.01		0	BFZN	4		6.86	0.43	1.42
Starch	g									
Minerals:										
Calcium, Ca	ma	45		1		1		62	4	13
Iron, Fe	_	6.00		1		1		8.22	0.52	1.70
Magnesium, Mg	_	260		1		1		356	22	74
Phosphorus, P		490		1		1		671	42	139
Potassium, K	•	565		2		1		774	49	160
Sodium, Na		16		0		1		22	1	5
Zinc, Zn	mg	5.60		1		1		7.67	0.48	1.59
Copper, Cu	mg	2.220)	0		1		3.041	0.191	0.62
Manganese, Mn		0.826	5	0		4		1.132	0.071	0.23
Selenium, Se	mcg	11.7		0	BFSN	4		16.0	1.0	3.3
/itamins:										
Vitamin C, total ascorbic acid	ma	0.0		0		1		0.0	0.0	0.0
Thiamin	_	0.200)	1		1		0.274	0.017	0.05
Riboflavin	_	0.200		1		1		0.274	0.017	0.05
Niacin		1.400)	1		1		1.918	0.120	0.39
Pantothenic acid	_	1.217	•	0		1		1.667	0.105	0.34
Vitamin B-6	mg	0.256	5	0		1		0.351	0.022	0.07
Folate, total	mcg	69		0		1		95	6	20
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food		69		0		1		95	6	20
Folate, DFE	mcg_DFE	69		0	NC	4		95	6	20
Vitamin B-12		0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU		0		0		1		0	0	0
Vitamin A, RAE		0		0	NC	4		0	0	0
Retinol		0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)		0.92		0	BFZN	4		1.26	0.08	0.26
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin K (phylloquinone)		34.7		0	BFZN	4		47.6	3.0	9.9
ipids:										
Fatty acids, total saturated	a	9.157	,	0		1		12.545	0.788	2.59
4:0		0.000		0		1		0.000	0.000	0.00
6:0		0.000		0		1		0.000	0.000	0.00
8:0	-	0.132		1		1		0.181	0.011	0.03
10:0	-	0.132		1		1		0.181	0.011	0.03
12:0		0.784	Į.	2		1		1.074	0.067	0.2
13:0										
14:0		0.347	,	3		1		0.475	0.030	0.0
15:0										
16:0		4.351	-	20		1		5.961	0.374	1.2
17:0	g									
18:0	g	2.972	!	20		1		4.072	0.256	0.8
20:0	g									
22:0										

	<u>A</u> 1	mount in 100 grams		le portio	<u>on</u>	Amount in edible portion of common measures of food		
			Deriv		Confidence			
Nutrients and Units	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g 27.317	0		1		37.424	2.349	7.744
14:1	9							
15:1 16:1 undifferentiated	-	13		1		0.436	0.027	0.090
17:1	-			_				T
18:1 undifferentiated 20:1	=			1 1		36.727 0.190	2.305 0.012	7.600 0.039
22:1 undifferentiated				1		0.190	0.000	0.000
24:1 c	-	·		_		0.000	0.000	0.000
Fatty acids, total polyunsaturated		0		1		10.735	0.674	2.222
18:2 undifferentiated	g 7.660	22		1		10.494	0.659	2.172
18:3 undifferentiated	g 0.161	. 8		1		0.221	0.014	0.046
18:4	g 0.000	0		1		0.000	0.000	0.000
20:2 n-6 c,c	g							
20:3 undifferentiated	-							
20:4 undifferentiated	-			1		0.000	0.000	0.000
20:5 n-3				1		0.000	0.000	0.000
22:5 n-3	_			1		0.000	0.000	0.000
22:6 n-3		0		1		0.000	0.000	0.000
Fatty acids, total trans	=							
Cholesterol	=	0	Z	7		0	0	0
Phytosterols	_mg 158	0		1		216	14	45
Amino Acids:								
Tryptophan	.g 0.237	5		1		0.325	0.020	0.067
Threonine	.g 0.592	10		1		0.811	0.051	0.168
Isoleucine	.g 0.731	. 9		1		1.001	0.063	0.207
Leucine	g 1.285	10		1		1.760	0.111	0.364
Lysine	.g 0.817	10		1		1.119	0.070	0.232
Methionine	g 0.274	10		1		0.375	0.024	0.078
Cystine	g 0.283	10		1		0.388	0.024	0.080
Phenylalanine	.g 0.791	. 10		1		1.084	0.068	0.224
Tyrosine	g 0.491	. 10		1		0.673	0.042	0.139
Valine	-	10		1		1.425	0.089	0.295
Arginine	g 1.741	. 10		1		2.385	0.150	0.494
Histidine	.g 0.399	10		1		0.547	0.034	0.113
Alanine				1		0.962	0.060	0.199
Aspartic acid				1		2.062	0.129	0.427
Glutamic acid	-			1		4.965	0.312	1.027
Glycine	-			1		1.100	0.069	0.228
Proline				1		0.945	0.059	0.196
Serine		10		1		1.163	0.073	0.241
Hydroxyproline	9							
Others:								
Alcohol, ethyl		0		7		0.0	0.0	0.0
Caffeine		0	Z	7		0	0	0
Theobromine	mg 0	0	Z	7		0	0	0
<u>Carotenoids:</u>								
Carotene, beta	mcg 0	0	BFZN	4		0.000	0.000	0.000
Carotene, alpha	mcg 0	0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta		0	BFZN	4		0.000	0.000	0.000
Lycopene		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin	mcg 23	0	BFZN	4		30.935	1.942	6.401

Common Measures:

Measure 1 = 137g: 1 cup, halves and whole

Measure 2 = 8.6g: 1 tbsp Measure 3 = 28.35g: 1 oz

Nuts, cashew nuts, dry roasted, without salt added

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

		<u>A</u>	mount in 100 g	rams	of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
			Nu	mbei	r				easures of food	_
					Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.34	0.206	7	A	1		3.01	3.01	0.66
Energy	kcal	581		0	NC	4		749	749	165
Energy	kj	2431		0	NC	4		3136	3136	689
Protein (N x 5.3)		16.84	0.353	8	A	1		21.73	21.73	4.77
Total lipid (fat)		47.77	1.866	3	A	1		61.62	61.62	13.54
Ash	g	2.89	0.078	6	A	1		3.73	3.73	0.82
Carbohydrate, by difference		30.16		0	NC	4		38.91	38.91	8.55
Fiber, total dietary	g	3.3		2	A	1		4.3	4.3	0.9
Sugars, total		5.01	0.549	8	A	1		6.46	6.46	1.42
Sucrose	g	4.84	0.608	8	A	1		6.25	6.25	1.37
Glucose (dextrose)	g	0.08	0.033	8	A	1		0.11	0.11	0.02
Fructose		0.08	0.033	8	A	1		0.11	0.11	0.02
Lactose	g	0.00	0.000	8	A	1		0.00	0.00	0.00
Maltose	g	0.00	0.000	8	A	1		0.00	0.00	0.00
Galactose	g	0.00		2	A	1		0.00	0.00	0.00
Starch	g	10.93	1.551	7	A	1		14.10	14.10	3.10
Minerals:										
Calcium, Ca	ma	43	0.639	8	A	1		56	56	12
Iron, Fe		6.05	0.387	9	A	1		7.80	7.80	1.71
Magnesium, Mg		273	16.425	8	A	1		352	352	77
Phosphorus, P		531	37.185	8	A	1		686	686	151
Potassium, K		632	20.071	8	A	1		815	815	179
Sodium, Na		308	30.570	6	A	1		398	398	87
Zinc, Zn		5.35	0.242	8	A	1		6.91	6.91	1.52
Copper, Cu		2.043		8	A	1		2.635	2.635	0.57
Manganese, Mn		1.668		8	A	1		2.152	2.152	0.47
Selenium, Se		20.3	6.297	7	A	1		26.2	26.2	5.7
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3	0.288	8	A	1		0.4	0.4	0.1
Thiamin	mg	0.363	0.043	8	A	1		0.469	0.469	0.10
Riboflavin	mg	0.218	0.014	8	A	1		0.281	0.281	0.06
Niacin	mg	1.736	0.429	8	A	1		2.239	2.239	0.49
Pantothenic acid	mg	0.880)	2	A	1		1.135	1.135	0.24
Vitamin B-6	mg	0.323	0.091	8	A	1		0.417	0.417	0.09
Folate, total		25		2	A	1		33	33	7
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	25		2	A	1		33	33	7
Folate, DFE	mcg_DFE	25		0	NC	4		33	33	7
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU	IU	0	0.000	8	A	1		0	0	0
Vitamin A, RAE	mcg_RAE	0	0.000	8	A	1		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.92	0.244	5	A	1		1.18	1.18	0.26
Tocopherol, beta	mg	0.03	0.018	5	A	1		0.04	0.04	0.01
Tocopherol, gamma	mg	5.40	0.369	5	A	1		6.97	6.97	1.53
Tocopherol, delta	mg	0.37	0.040	5	A	1		0.48	0.48	0.10
Vitamin D										
Vitamin K (phylloquinone)	mcg	34.7	3.448	8	A	1		44.8	44.8	9.9
Lipids:	0	0.470	5	0	170	4		10 007	10 005	0.40
Fatty acids, total saturated		8.478		0	NC	4		10.937	10.937	2.40
4:0		0.000		0		1		0.000	0.000	0.00
6:0	-	0.000		0	-	1		0.000	0.000	0.00
8:0		0.016		2	A	1		0.021	0.021	0.00
10:0	_	0.016		2	A	1		0.021	0.021	0.00
12:0	-	0.016	5	2	A	1		0.021	0.021	0.00
13:0	g									
14:0		0.016		2	A	1		0.021	0.021	0.00

	<u>A</u>	mount in 10	00 grams Number		ole portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0g	4.265	i	2	A	1		5.502	5.502	1.209
17:0g	0.051		2	A	1		0.065	0.065	0.014
18:0g	3.511		2	A	1		4.529	4.529	0.995
20:0g	0.290		2	A	1		0.374	0.374	0.082
22:0g	0.188		2	A	1		0.243	0.243	0.053
24:0g	0.110		1	A	1		0.142	0.142	0.031
Fatty acids, total monounsaturated9	25.923		0	NC	4		33.441	33.441	7.349
14:1g	0.000		2	A	1		0.000	0.000	0.000
15:1g	0.000		2 2	A	1 1		0.000	0.000	0.000
16:1 undifferentiated	0.149		2	A A	1		0.192	0.192	0.042
17:1g	0.000		2	A A	1		0.000	0.000	0.000
18:1 undifferentiatedg	25.624 0.150		2	A A	1		33.056 0.194	33.056 0.194	7.265 0.043
20:1g	0.000		1	A	1		0.194	0.194	0.043
22:1 undifferentiated	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturatedg	8.546	:	0	NC	4		11.024	11.024	2.423
18:2 undifferentiatedg	8.478		2	A	1		10.936	10.936	2.423
18:3 undifferentiated	0.068		2	A	1		0.088	0.088	0.019
18:4g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c.cg	0.000		2	A	1		0.000	0.000	0.000
20:3 undifferentiated	0.000		2	A	1		0.000	0.000	0.000
20:4 undifferentiated	0.000		2	A	1		0.000	0.000	0.000
20:5 n-3	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total transg									
Cholesterol mg	0		0	Z	7		0	0	0
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.265	i	0	A	1		0.342	0.342	0.075
Threonineg	0.636	i	0	A	1		0.820	0.820	0.180
Isoleucineg	0.729)	0	A	1		0.941	0.941	0.207
Leucineg	1.361		0	A	1		1.756	1.756	0.386
Lysineg	0.858		0	A	1		1.106	1.106	0.243
Methionineg	0.334		0	A	1		0.431	0.431	0.095
Cystineg	0.364		0	A	1		0.469	0.469	0.103
Phenylalanineg	0.879		0	A	1		1.134	1.134	0.249
Tyrosineg	0.469		0	A	1		0.606	0.606	0.133
Valineg	1.011		0	A	1		1.305	1.305	0.287
Arginineg	1.963		0	A	1		2.532	2.532	0.556
Histidine	0.421		0	A	1		0.544	0.544	0.119
Alanine	0.774		0	A	1		0.999	0.999	0.219
Aspartic acid	1.659		0	A	1		2.140	2.140	0.470
Glutamic acid	4.165		0	A	1		5.373	5.373	1.181
Glycine	0.866		0	A	1 1		1.117	1.117	0.245
Proline	0.751		0	A A	1		0.968	0.968	0.213
Serine	0.997		U	A	1		1.286	1.286	0.283
3 21									
Others: Alcohol, ethylg	0.0		0		7		0.0	0.0	0.0
Caffeineg	0.0		0	z	7		0.0	0.0	0.0
Theobromine mg	0		0	z	7		0	0	0
Carotenoids:	ŭ		ŭ	-	•		ŭ	Ť	J
Carotene, beta mcg	0	0.0	00 8	A	1		0.000	0.000	0.000
Carotene, alphamcg	0	0.0		A	1		0.000	0.000	0.000
Cryptoxanthin, betamcg	0	0.0		A	1		0.000	0.000	0.000
Lycopenemcg	0	0.0		A	1		0.000	0.000	0.000
Lutein + zeaxanthinmcg	23	1.5		AS	1		29.128	29.128	6.401

Nuts, cashew nuts, oil roasted, with salt added

Common Measures:

Measure 1 = 129g: 1 cup, whole

Measure 2 = 129g: 1 cup, halves and pieces

Measure 3 = 28.35g: 1 oz (18 kernels)

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

		<u>A</u>	mount in 100 g	grams	s of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
			Ni	ımbe	r				easures of food	_
					Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	-	3.48	0.165	3	A	1		4.50	4.50	0.99
Energy	kcal	580		0	NC	4		748	748	164
Energy	kj	2426		0	NC	4		3130	3130	688
Protein (N x 5.3)		16.84	0.353	8	A	1		21.73	21.73	4.77
Total lipid (fat)		47.77	1.866	3	A	1		61.62	61.62	13.54
Ash		2.03	0.429	3	A	1		2.62	2.62	0.58
Carbohydrate, by difference		29.87		0	NC	4		38.54	38.54	8.47
Fiber, total dietary		3.3		2	A	1		4.3	4.3	0.9
Sugars, total		5.01	0.549	8	A	1		6.46	6.46	1.42
Sucrose	g	4.84	0.608	8	A	1		6.25	6.25	1.37
Glucose (dextrose)		0.08	0.033	8	A	1		0.11	0.11	0.02
Fructose		0.08	0.033	8	A	1		0.11	0.11	0.02
Lactose	g	0.00	0.000	8	A	1		0.00	0.00	0.00
Maltose	g	0.00	0.000	8	A	1		0.00	0.00	0.00
Galactose	g	0.00		2	A	1		0.00	0.00	0.00
Starch	g	10.93	1.551	7	A	1		14.10	14.10	3.10
Minerals:										
Calcium, Ca	mg	43	0.639	8	A	1		56	56	12
Iron, Fe		6.05	0.387	9	A	1		7.80	7.80	1.71
Magnesium, Mg		273	16.425	8	A	1		352	352	77
Phosphorus, P		531	37.185	8	A	1		686	686	151
Potassium, K	mg	632	20.071	8	A	1		815	815	179
Sodium, Na	mg	13	2.326	3	A	1		17	17	4
Zinc, Zn	mg	5.35	0.242	8	A	1		6.91	6.91	1.52
Copper, Cu		2.043	0.098	8	A	1		2.635	2.635	0.57
Manganese, Mn		1.668		8	A	1		2.152	2.152	0.47
Selenium, Se	mcg	20.3	6.297	7	A	1		26.2	26.2	5.7
Vitamins:					_	_				
Vitamin C, total ascorbic acid		0.3	0.288	8	A	1		0.4	0.4	0.1
Thiamin	_	0.363		8	A	1		0.469	0.469	0.10
Riboflavin	-	0.218		8	A	1 1		0.281	0.281	0.06
Niacin	_	1.736		8 2	A A	1		2.239 1.135	2.239	0.49
Pantothenic acid	-	0.323		8	A	1		0.417	1.135 0.417	0.24 0.09
Vitamin B-6		25	0.091	2	A	1		33	33	7
Folic acid		0		0	Z	7		0	0	0
Folate, food	mca	25		2	A	1		33	33	7
Folate, DFE	mca DFF	25		0	NC	4		33	33	7
Vitamin B-12		0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU		0	0.000	8	A	1		0	0	0
Vitamin A, RAE		0	0.000	8	A	1		0	0	0
Retinol		0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)		0.92	0.244	5	A	1		1.18	1.18	0.26
Tocopherol, beta		0.03	0.018	5	A	1		0.04	0.04	0.01
Tocopherol, gamma		5.40	0.369	5	A	1		6.97	6.97	1.53
Tocopherol, delta		0.37	0.040	5	A	1		0.48	0.48	0.10
Vitamin D										
Vitamin K (phylloquinone)	mcg	34.7	3.448	8	A	1		44.8	44.8	9.9
<u>Lipids:</u>										
Fatty acids, total saturated		8.478		0	NC	4		10.937	10.937	2.40
4:0		0.000		0		1		0.000	0.000	0.00
6:0	_	0.000		0		1		0.000	0.000	0.00
8:0		0.016		2	A	1		0.021	0.021	0.00
10:0	-	0.016		2	A	1		0.021	0.021	0.00
12:0	_	0.016	5	2	A	1		0.021	0.021	0.00
13:0	-		_					_		
14:0		0.016	-	2	A	1		0.021	0.021	0.00

		<u>Ar</u>	nount in 100 g	rams o	of edib	ole portio	<u>n</u>	Amount in	edible portion of	of common
			Ni	mber					easures of food	
Nutrients and U	Inits	Mean		Data I		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0	g	4.265		2	A	1		5.502	5.502	1.209
17:0	-	0.051		2	A	1		0.065	0.065	0.014
18:0		3.511		2	A	1		4.529	4.529	0.995
20:0	-	0.290		2	A	1		0.374	0.374	0.082
22:0	•	0.188		2 1	A	1 1		0.243	0.243	0.053
24:0Fatty acids, total monounsaturate		0.110 25.923		0	A NC	4		0.142 33.441	0.142 33.441	0.031 7.349
14:1	_	0.000		2	A	1		0.000	0.000	0.000
15:1	_	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated		0.149		2	A	1		0.192	0.192	0.042
17:1	_	0.000		2	A	1		0.000	0.000	0.000
18:1 undifferentiated		25.624		2	A	1		33.056	33.056	7.265
20:1	-	0.150		2	A	1		0.194	0.194	0.043
22:1 undifferentiated	g	0.000		1	A	1		0.000	0.000	0.000
24:1 c	-									
Fatty acids, total polyunsaturated	lg	8.546		0	NC	4		11.024	11.024	2.423
18:2 undifferentiated	g	8.478		2	A	1		10.936	10.936	2.403
18:3 undifferentiated		0.068		2	A	1		0.088	0.088	0.019
18:4	g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c		0.000		2	A	1		0.000	0.000	0.000
20:3 undifferentiated		0.000		2	A	1		0.000	0.000	0.000
20:4 undifferentiated	_	0.000		2	A	1		0.000	0.000	0.000
20:5 n-3	-	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3	_	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3		0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans		0		0	z	7		0	0	0
CholesterolPhytosterols		U		U	4	,		U	U	U
Filytosterois										
Amino Acids:										
Tryptophan		0.265		0	A	1		0.342	0.342	0.075
Threonine		0.636		0	A	1		0.820	0.820	0.180
Isoleucine	_	0.729		0	A	1		0.941	0.941	0.207
Leucine	-	1.361		0 0	A	1		1.756	1.756	0.386
Lysine		0.858 0.334		0	A A	1 1		1.106 0.431	1.106 0.431	0.243
Methionine		0.364		0	A	1		0.431	0.431	0.103
Phenylalanine		0.879		0	A	1		1.134	1.134	0.249
Tyrosine		0.469		0	A	1		0.606	0.606	0.133
Valine		1.011		0	A	1		1.305	1.305	0.287
Arginine	-	1.963		0	A	1		2.532	2.532	0.556
Histidine		0.421		0	A	1		0.544	0.544	0.119
Alanine		0.774		0	A	1		0.999	0.999	0.219
Aspartic acid	-	1.659		0	A	1		2.140	2.140	0.470
Glutamic acid		4.165		0	A	1		5.373	5.373	1.181
Glycine	g	0.866		0	A	1		1.117	1.117	0.245
Proline	g	0.751		0	A	1		0.968	0.968	0.213
Serine		0.997		0	A	1		1.286	1.286	0.283
Hydroxyproline	g									
Others:										
Alcohol, ethyl	a	0.0		0		7		0.0	0.0	0.0
Caffeine	-	0		o	z	7		0	0	0
Theobromine		0		0	Z	7		0	0	0
Carotenoids:	<u>-</u>									
Carotene, beta	mca	0	0.000	8	A	1		0.000	0.000	0.000
Carotene, alpha	-	0	0.000	8	A	1		0.000	0.000	0.000
Cryptoxanthin, beta		0	0.000	8	A	1		0.000	0.000	0.000
Lycopene	mcg	0	0.000	8	A	1		0.000	0.000	0.000
Lutein + zeaxanthin	mcg	23	1.524	8	AS	1		29.128	29.128	6.401

Nuts, cashew nuts, oil roasted, without salt added

Common Measures:

Measure 1 = 129g: 1 cup, whole

Measure 2 = 129g: 1 cup, halves and pieces

Measure 3 = 28.35g: 1 oz (18 kernels)

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

Refuse:

		<u>A</u>	mount in 10	00 grams Number		le portio	<u>on</u>		edible portion o	f common
Nutrients and Un	iits	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.20		2	A	1		1.47		
Energy	kcal	553		0	NC	4		157		
Energy	kj	2314		0	NC	4		656		
Protein (N x 5.3)	g	18.22		2	A	1		5.17		
Total lipid (fat)	g	43.85		0	0	4		12.43		
Ash		2.54		2	A	1		0.72		
Carbohydrate, by difference	g	30.19		0	NC	4		8.56		
Fiber, total dietary		3.3		0	BFSN	4		0.9		
Sugars, total	g	5.91		2	A	1		1.68		
Sucrose		5.81		2	A	1		1.65		
Glucose (dextrose)		0.05		2	A	1		0.01		
Fructose		0.05		2	A	1		0.01		
Lactose	g	0.00		2	A	1		0.00		
Maltose	g	0.00		2	A	1		0.00		
Galactose		0.00		0	BFSN	4		0.00		
Starch		23.49		2	A	1		6.66		
Minerals:										
Calcium, Ca	-	37		2	A	1		11		
Iron, Fe	-	6.68		2	A	1		1.89		
Magnesium, Mg		292		2	A	1		83		
Phosphorus, P		593		2	A	1		168		
Potassium, K		660		2 2	A	1 1		187		
Sodium, Na	_	12		2	A A	1		3 1.64		
Zinc, Zn		5.78 2.195		2	A	1		0.622		
Copper, Cu Manganese, Mn		1.655		2	A	1		0.469		
Selenium, Se		19.9	,	0	BFSN	4		5.6		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.5		2	A	1		0.1		
Thiamin	-	0.423	1	2	A	1		0.120		
Riboflavin		0.058		2	A	1		0.016		
Niacin		1.062		2	A	1		0.301		
Pantothenic acid		0.864		0	BFSN	4		0.245		
Vitamin B-6	-	0.417		2	A	1		0.118		
Folate, total	_	25		0	BFSN	4		7		
Folic acid		0		0	z	7		0		
Folate, food		25		0	BFSN	4		7		
Folate, DFE		25		0	NC	4		7		
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin A, IU		0		0	BFSN	4		0		
Vitamin A, RAE		0		0	BFSN	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.90		0	BFSN	4		0.26		
Tocopherol, beta	mg	0.03		0	BFSN	4		0.01		
Tocopherol, gamma	mg	5.31		0	BFSN	4		1.50		
Tocopherol, delta		0.36		0	BFSN	4		0.10		
Vitamin D		24.1		•				0.7		
Vitamin K (phylloquinone)	g	34.1		0	BFSN	4		9.7		
Lipids:										
Fatty acids, total saturated	g	7.783		0	NC	4		2.207		
4:0		0.000		0	BFFN	4		0.000		
6:0	g	0.000)	0	BFFN	4		0.000		
8:0		0.015	5	0	BFFN	4		0.004		
10:0	g	0.015	5	0	BFFN	4		0.004		
12:0	g	0.015	5	0	BFFN	4		0.004		
13:0	-									
14:0	-	0.015		0	BFFN	4		0.004		
15:0	g	0.000)	0	BFFN	4		0.000		

		<u>Aı</u>	mount in 10	0 grams	of edib	ole portic	<u>on</u>	Amount in	edible portion of	f common
				Number					easures of food	
						Cauras	Confidence			
						Code	Confidence Code			
Nutrients and Units		Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
16:0	g	3.916	i	0	BFFN	4		1.110		
17:0	g	0.046		0	BFFN	4		0.013		
18:0	-	3.223		0	BFFN	4		0.914		
20:0		0.266		0	BFFN	4		0.075		
22:0	g	0.173	i .	0	BFFN	4		0.049		
24:0		0.101		0	BFFN	4		0.029		
Fatty acids, total monounsaturated		23.797		0	NC	4		6.747		
14:1	_	0.000		0	BFFN	4		0.000		
15:1	-	0.000		0	BFFN	4		0.000		
16:1 undifferentiated		0.136		0	BFFN	4		0.039		
17:1		0.000		0	BFFN	4		0.000		
18:1 undifferentiated	-	23.523		0	BFFN	4		6.669		
20:1		0.138		0	BFFN	4		0.039		
22:1 undifferentiated	_	0.000		0	BFFN	4		0.000		
24:1 c	-	7 045		^	NG			0.004		
Fatty acids, total polyunsaturated		7.845		0 0	NC	4		2.224		
18:2 undifferentiated		7.782 0.062		0	BFFN BFFN	4 4		2.206		
18:3 undifferentiated		0.062		0				0.018		
18:4		0.000		0	BFFN BFFN	4 4		0.000 0.000		
20:2 n-6 c,c 20:3 undifferentiated		0.000		0	BFFN	4		0.000		
20:4 undifferentiated		0.000		0	BFFN	4		0.000		
20:4 undifferentiated		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		
Fatty acids, total trans	-	•		•		-		0.000		
Cholesterol		0		0	z	7		0		
Phytosterols										
Amino Acids:										
Tryptophan	g	0.287		0	A	1		0.081		
Threonine	g	0.688		0	A	1		0.195		
Isoleucine	g	0.789	ı	0	A	1		0.224		
Leucine	g	1.472		0	A	1		0.417		
Lysine	g	0.928		0	A	1		0.263		
Methionine		0.362		0	A	1		0.102		
Cystine	g	0.393	i	0	A	1		0.112		
Phenylalanine	g	0.951		0	A	1		0.270		
Tyrosine	g	0.508		0	A	1		0.144		
Valine		1.094		0	A	1		0.310		
Arginine		2.123		0	A	1		0.602		
Histidine		0.456		0	A	1		0.129		
Alanine		0.837		0	A	1		0.237		
Aspartic acid		1.795		0	A	1		0.509		
Glutamic acid		4.506		0	A	1		1.277		
Glycine		0.937		0	A	1		0.266		
Proline		0.812		0	A	1		0.230		
Serine	-	1.079	ı	0	A	1		0.306		
Hydroxyproline	g									
Carotenoids:		•		•				2 000		
Carotene, beta	_	0		0	BFSN	4		0.000		
Carotene, alpha		0		0	BFSN	4		0.000		
Cryptoxanthin, beta		0		0	BFSN BFSN	4 4		0.000 0.000		
Lycopene										
Lutein + zeaxanthin	iiicā	22		0	BFSN	4		6.287		

Common Measures:

Measure 1 = 28.35g: 1 oz

Nuts, cashew nuts, raw (1)

Footnotes

1 Raw cashews have been heat-treated to safely remove kernel from shell, but not further roasted.

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

		<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>
							Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	_	61.57		0		1		17.46		
Energy		153		0	NC	4		43		
Energy		640				4		181		
Protein (N x 5.3)		2.88		0		1		0.82		
Total lipid (fat)		0.76		0		1		0.22		
Ash		1.14		0		1		0.32		
Carbohydrate, by difference		33.64		0	NC	4		9.54		
Fiber, total dietary										
Sugars, total										
Starch	9									
Minerals:										
Calcium, Ca	mg	12		0		1		3		
Iron, Fe	-	0.97		0		1		0.27		
Magnesium, Mg	-	58		0		1		16		
Phosphorus, P		66		0		1		19		
Potassium, K	mg	306		0		1		87		
Sodium, Na	mg	2		0		1		1		
Zinc, Zn	mg	0.60		0		1		0.17		
Copper, Cu	mg	0.249	•	0		1		0.071		
Manganese, Mn	<u>mg</u>	1.097	7	0		1		0.311		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	24.7		0		4		7.0		
Thiamin	-	0.110)	0		4		0.031		
Riboflavin	-	0.123		0		4		0.035		
Niacin		0.548	3	0		4		0.155		
Pantothenic acid		0.381	L	0		4		0.108		
Vitamin B-6		0.281	L	0		4		0.080		
Folate, total		46		0		4		13		
Folic acid		0		0	z	7		0		
Folate, food		46		0		4		13		
Folate, DFE		46		0	NC	4		13		
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin A, IU	IU	138		0		4		39		
Vitamin A, RAE	mcg_RAE	7		0		4		2		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	Incg									
<u> Lipids:</u>										
Fatty acids, total saturated	g	0.112	2	0		1		0.032		
4:0	g									
6:0	-									
8:0										
10:0										
12:0										
13:0	_									
14:0	_									
15:0	_		_	_		_		_		
16:0		0.104	1	0		1		0.029		
17:0				_		_				
18:0		0.008	3	0		1		0.002		
20:0										
22:0	g									

		<u>Ar</u>	nount in 10			<u>n</u>		edible portion o	of common	
				Number		_		<u>m</u>	easures 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	g	0.399		0		1		0.113		
14:1										
15:1	-									
16:1 undifferentiated	-	0.005		0		1		0.001		
17:1		0.383		0		1		0.100		
18:1 undifferentiated		0.383		0		1		0.109		
20:1	_	0.007		U		_		0.002		
22:1 undifferentiated 24:1 c										
Fatty acids, total polyunsaturated	•	0.197		0		1		0.056		
18:2 undifferentiated	-	0.177		0		1		0.050		
18:3 undifferentiated		0.019		0		1		0.005		
18:4		0.013		·		-		0.005		
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	mg	0		0	Z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	q	0.034		0		1		0.010		
Threonine		0.115		0		1		0.033		
Isoleucine	g	0.108		0		1		0.031		
Leucine	_	0.178		0		1		0.050		
Lysine	-	0.156		0		1		0.044		
Methionine	g	0.070		0		1		0.020		
Cystine	g	0.075		0		1		0.021		
Phenylalanine	g	0.130		0		1		0.037		
Tyrosine	g	0.086		0		1		0.024		
Valine	g	0.151		0		1		0.043		
Arginine	g	0.295		0		1		0.084		
Histidine	g	0.083		0		1		0.024		
Alanine	g	0.137		0		1		0.039		
Aspartic acid	g	0.584		0		1		0.166		
Glutamic acid	g	0.368		0		1		0.104		
Glycine		0.126		0		1		0.036		
Proline		0.111		0		1		0.031		
Serine	_	0.126		0		1		0.036		
Hydroxyproline	g									

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

		<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>l</u>
						Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	8.90		0		1		2.52		
Energy	kcal	363		0	NC	4		103		
Energy	kj	1519				4		431		
Protein (N x 5.3)	g	6.82		0		1		1.93		
Total lipid (fat)	g	1.81		0		1		0.51		
Ash	g	2.71		0		1		0.77		
Carbohydrate, by difference	g	79.76		0	NC	4		22.61		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Vimerais: Calcium, Ca	ma	29		0		1		8		
Iron, Fe	-	2.29		0		1		0.65		
Magnesium, Mg	-	137		0		1		39		
Phosphorus, P		155		0		1		44		
Potassium, K	-	726		0		1		206		
Sodium, Na		5		0		1		1		
Zinc, Zn	mg	1.41		0		1		0.40		
Copper, Cu	mg	0.590)	0		1		0.167		
Manganese, Mn	<u>mg</u>	2.601	L	0		1		0.737		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	58.5		0		4		16.6		
Thiamin	-	0.260	1	0		4		0.074		
Riboflavin	-	0.293		0		4		0.083		
Niacin		1.300		0		4		0.369		
Pantothenic acid		0.902		0		4		0.256		
Vitamin B-6		0.666		0		4		0.189		
Folate, total		110		0		4		31		
Folic acid		0		0	z	7		0		
Folate, food		110		0		4		31		
Folate, DFE		110		0	NC	4		31		
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin A, IU	IU	328		0		4		93		
Vitamin A, RAE		16		0		4		5		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.266	5	0		1		0.075		
4:0										
6:0	g									
8:0	g									
10:0	g									
12:0										
13:0	-									
14:0										
15:0	-									
16:0	_	0.246	5	0		1		0.070		
17:0										
18:0		0.019	•	0		1		0.005		
20:0										
22:0	q									

		<u>Aı</u>	mount in 10			<u>on</u>	Amount in edible portion of common measures of food			
				Number of Data		Source	Confidence	<u></u>	<u> </u>	,
Nutrients and Unit	s	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	0.945		0		1		0.268		
14:1										
15:1	g									
16:1 undifferentiated	g	0.012		0		1		0.003		
17:1	g									
18:1 undifferentiated	g	0.909		0		1		0.258		
20:1	g	0.017		0		1		0.005		
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.468		0		1		0.133		
18:2 undifferentiated		0.419		0		1		0.119		
18:3 undifferentiated		0.045		0		1		0.013		
18:4	g									
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		0		0	Z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.080		0		1		0.023		
Threonine		0.272		0		1		0.023		
Isoleucine		0.255		0		1		0.077		
Leucine		0.421		0		1		0.119		
Lysine		0.421		0		1		0.119		
Methionine	-	0.165		0		1		0.103		
Cystine	-	0.165		0		1		0.047		
-		0.309		0		1		0.088		
Phenylalanine		0.309		0		1		0.088		
Tyrosine	-	0.203		0		1		0.058		
Valine		0.358		0		1		0.101		
Arginine		0.699		0		1		0.198		
Histidine	•	0.197		0		1		0.056		
Alanine	-	1.385		0		1		0.092		
Aspartic acid				0		1		0.393		
Glutamic acid	-	0.873								
Glycine	-	0.299		0		1		0.085		
Proline	•	0.263		0		1		0.075		
Serine	-	0.299		0		1		0.085		
Hydroxyproline	g									

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

Refuse: 16% Shells

		<u>Aı</u>	mount in 10	00 grams	of edil	ole portio	<u>n</u>		edible portion	
				Number	-			<u>m</u>	easures of food	<u>l</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water		43.95		1		1		12.46		
Energy	kcal	224		0	NC	4		64		
Energy	kj	937				4		266		
Protein (N x 5.3)	g	4.20		2		1		1.19		
Total lipid (fat)	g	1.11		2		1		0.31		
Ash	g	1.67		2		1		0.47		
Carbohydrate, by difference	g	49.07		0	NC	4		13.91		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minavalse										
Minerals: Calcium, Ca	ma	18		2		1		5		
Iron. Fe.	-	1.41		2		1		0.40		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	84		2		1		24		
Phosphorus, P	-	96		2		1		27		
Potassium, K	•	447		2		1		127		
Sodium, Na	_	3		2		1		1		
Zine, Zn		0.87		2		1		0.25		
Copper, Cu	_	0.363	1	2		1		0.103		
Manganese, Mn		1.601		2		1		0.454		
Selenium, Se										
	_									
Vitamins:								10.0		
Vitamin C, total ascorbic acid	_	36.0		0		1		10.2		
Thiamin	_	0.160		0		1		0.045		
Riboflavin		0.180		0		1		0.051		
Niacin	_	0.800		0		1 4		0.227		
Pantothenic acid	-	0.555		0		-		0.157		
Vitamin B-6		0.410 68	•	0		4 4		0.116		
Folate, total		0		0	z	7		19 0		
Folic acid		68		0	4	4		19		
Folate, DFE		68		0	NC	4		19		
		0.00		0	Z	7		0.00		
Vitamin B-12 Vitamin A, IU		202		0	Z	1		57		
Vitamin A, RAE		10		0		1		3		
Retinol		0		0	z	7		0		
Vitamin E (alpha-tocopherol)		v		· ·		,		Ü		
Tocopherol, beta	_									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
	-									
Lipids:	~	^ 1		^		-		0.046		
Fatty acids, total saturated		0.164	ı	0		1		0.046		
6:0	-									
8:0	-									
10:0	-									
12:0										
13:0										
14:0										
15:0	-									
16:0	-	0.151		1		1		0.043		
17:0		0.201		-		-		2.043		
18:0		0.011		1		1		0.003		
20:0		0.011	•	-		-		2.003		
22:0										
24:0										

	<u>A</u> 1	mount in 100) grams Number		<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 monounsaturated9	0.581	-	0		1		0.165		
14:19									
15:19									
16:1 undifferentiatedg	0.008	1	2		1		0.002		
17:1g			_						
18:1 undifferentiatedg	0.559		2		1		0.158		
20:1g	0.010)	1		1		0.003		
22:1 undifferentiatedg									
24:1 cg									
Fatty acids, total polyunsaturatedg	0.288		0		1		0.082		
18:2 undifferentiatedg	0.258		2		1		0.073		
18:3 undifferentiatedg	0.028	3	2		1		0.008		
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	0		0	Z	7		0		
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.049)	2		1		0.014		
Threonineg	0.167	•	2		1		0.047		
Isoleucineg	0.157	1	2		1		0.045		
Leucineg	0.259)	2		1		0.073		
Lysineg	0.228	3	2		1		0.065		
Methionineg	0.101		2		1		0.029		
Cystineg	0.110)	2		1		0.031		
Phenylalanine	0.190)	2		1		0.054		
Tyrosine	0.125		2		1		0.035		
Valine	0.220		2		1		0.062		
Arginine	0.430		2		1		0.122		
Histidine	0.121		2		1		0.034		
Alanine	0.200		2		1		0.057		
Aspartic acid	0.852		2		1		0.242		
Glutamic acid	0.537		2		1		0.152		
Glycine9	0.184		2		1		0.052		
Proline	0.164		2		1		0.032		
· ·	0.162		2		1		0.046		
Serine	0.184	1	_		1		0.032		

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

Refuse: 25% Shells

		<u>A</u>	mount in 100	Amount in edible portion of common						
			M	Number				<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	40.20		0		1		11.40		
Energy	_	239		0	NC	4		68		
Energy		1000		Ū	140	4		283		
Protein (N x 5.3)		4.48		0		1		1.27		
Total lipid (fat)		1.19		0		1		0.34		
Ash		1.78		0		1		0.50		
Carbohydrate, by difference		52.36		0	NC	4		14.84		
Fiber, total dietary		02.00		·	-1.0	-				
Sugars, total										
Starch	_									
Minerals:				_		_		_		
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	19		0		1		5		
Iron, Fe	-	1.50		0		1		0.43		
Magnesium, Mg		90 102		0 0		1 1		26 29		
Phosphorus, P	_	102 477		0		1		29 135		
Potassium, K Sodium, Na	-	4//		0		1		135		
Zinc, Zn	_	0.93		0		1		0.26		
Copper, Cu		0.387	7	0		1		0.110		
Manganese, Mn		1.708		0		4		0.484		
Selenium, Se				·		-		0.101		
,										
Vitamins:								10.0		
Vitamin C, total ascorbic acid		38.4		0		4		10.9		
Thiamin	_	0.150		0		1 1		0.043		
Riboflavin	-	0.090		0		1		0.026 0.425		
Niacin Pantothenic acid		1.500 0.592		0		4		0.425		
Vitamin B-6		0.392		0		4		0.100		
Folate, total	-	72	•	0		4		20		
Folic acid		0		0	z	7		0		
Folate, food		72		0		4		20		
Folate, DFE	mca DFF	72		0	NC	4		20		
Vitamin B-12		0.00		0	z	7		0.00		
Vitamin A, IU		5		0	_	1		1		
Vitamin A, RAE		0		0		1		0		
Retinol		0		0	z	7		0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	а	0.175	5	0		1		0.050		
4:0		0.17	-	v		-		3.050		
6:0	-									
8:0	-									
10:0	-									
12:0										
13:0	g									
14:0										
15:0	g									
16:0	g	0.161	L	0		1		0.046		
17:0	g									
18:0	g	0.012	2	0		1		0.003		
20:0	g									
22:0	g									
24:0	g									

		<u>Ar</u>	mount in 10		Amount in edible portion of common measures of food					
				Number		_		<u> </u>	easures or loou	
Nutrients and Units		Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	0.620		0		1		0.176		
14:1										
15:1	g									
16:1 undifferentiated		0.008		0		1		0.002		
17:1	g									
18:1 undifferentiated	g	0.596		0		1		0.169		
20:1		0.011		0		1		0.003		
22:1 undifferentiated										
24:1 c	•									
Fatty acids, total polyunsaturated	•	0.307		0		1		0.087		
18:2 undifferentiated		0.275		0		1		0.078		
18:3 undifferentiated		0.030		0		1		0.009		
18:4										
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated	g									
20:5 n-3	-									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mg									
Amino Acido										
Amino Acids:	~	0.050		•				0.015		
Tryptophan		0.052		0 0		1 1		0.015		
Threonine	_	0.178				_		0.050		
Isoleucine		0.167		0		1		0.047		
Leucine		0.276		0		1		0.078		
Lysine	_	0.243		0		1		0.069		
Methionine	-	0.108		0		1		0.031		
Cystine		0.117		0		1		0.033		
Phenylalanine		0.203		0		1		0.058		
Tyrosine	_	0.134		0		1		0.038		
Valine		0.235		0		1		0.067		
Arginine		0.459		0		1		0.130		
Histidine	•	0.129		0		1		0.037		
Alanine	_	0.213		0		1		0.060		
Aspartic acid		0.909		0		1		0.258		
Glutamic acid	-	0.573		0		1		0.162		
Glycine		0.196		0		1		0.056		
Proline	•	0.172		0		1		0.049		
Serine	_	0.196		0		1		0.056		
Hydroxyproline	g									

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

		<u>A</u>	mount in 10	<u>0 grams</u>		edible portion				
				Number				<u>m</u>	easures of food	<u>l</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	68.15		0		1		19.32		
Energy	kcal	131		0	NC	4		37		
Energy	kj	548				4		155		
Protein (N x 5.3)	g	2.00		1		1		0.57		
Total lipid (fat)	g	1.38		1		1		0.39		
Ash	g	0.71		0		1		0.20		
Carbohydrate, by difference	g	27.76		0	NC	4		7.87		
Fiber, total dietary	g									
Sugars, total	g									
Starch										
Minerals:						_				
Calcium, Ca	_	46		0		1		13		
Iron, Fe	-	1.73		0		1		0.49		
Magnesium, Mg		54		0		1		15		
Phosphorus, P	•	99		0		1		28		
Potassium, K	-	715		0		1		203		
Sodium, Na	-	27		0		1		8		
Zinc, Zn		0.25		0		1		0.07		
Copper, Cu		0.472		0		1		0.134		
Manganese, Mn		0.854	ŀ	0		1		0.242		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	26.7		0		4		7.6		
Thiamin	_	0.148	3	0		4		0.042		
Riboflavin	-	0.104		0		4		0.029		
Niacin		0.731		0		4		0.207		
Pantothenic acid		0.316		0		4		0.090		
Vitamin B-6		0.233		0		4		0.066		
Folate, total		38		0		4		11		
Folic acid		0		0	z	7		0		
Folate, food		38		0		4		11		
Folate, DFE		38		0	NC	4		11		
Vitamin B-12		0.00		0	z	7		0.00		
Vitamin A, IU		17		0		4		5		
Vitamin A, RAE		1		0		4		0		
Retinol		0		0	z	7		0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
	=									
<u>Lipids:</u>				_		_				
Fatty acids, total saturated		0.260)	0		1		0.074		
4:0	-									
6:0	-									
8:0										
10:0										
12:0										
13:0	-	0.000	:	0		1		0.000		
14:0	-	0.006	•	U		1		0.002		
15:0		0.00	•	^				0.000		
16:0		0.234	ŀ	0		1		0.066		
17:0		2 2 -		•		_				
18:0		0.013	5	0		1		0.004		
20:0	-									
22:0	g									

	<u>Ar</u>	nount in 10		Amount in edible portion of common						
				Number				<u>m</u>	easures of food	
Nutrients and Unit	ts	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	0.476		0		1		0.135		
14:1										
15:1	-									
16:1 undifferentiated	-	0.013		0		1		0.004		
17:1										
18:1 undifferentiated		0.457		0		1		0.130		
20:1	-	0.006		0		1		0.002		
22:1 undifferentiated										
24:1 c	•									
Fatty acids, total polyunsaturated	-	0.545		0		1		0.155		
18:2 undifferentiated		0.487		0		1		0.138		
18:3 undifferentiated		0.058		0		1		0.016		
18:4	-									
20:2 n-6 c,c										
20:3 undifferentiated	g									
20:4 undifferentiated										
20:5 n-3										
22:5 n-3	-									
22:6 n-3										
Fatty acids, total trans	-									
Cholesterol	-	0		0	Z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.022		0		1		0.006		
Threonine		0.071		0		1		0.020		
Isoleucine	g	0.079		0		1		0.022		
Leucine	-	0.118		0		1		0.033		
Lysine	-	0.118		0		1		0.033		
Methionine		0.047		0		1		0.013		
Cystine	g	0.063		0		1		0.018		
Phenylalanine		0.084		0		1		0.024		
Tyrosine		0.055		0		1		0.016		
Valine	-	0.112		0		1		0.032		
Arginine	-	0.143		0		1		0.041		
Histidine		0.055		0		1		0.016		
Alanine	•	0.133		0		1		0.038		
Aspartic acid	-	0.345		0		1		0.098		
Glutamic acid		0.258		0		1		0.073		
Glycine	-	0.103		0		1		0.029		
Proline		0.105		0		1		0.030		
Serine		0.100		0		1		0.028		
Hydroxyproline	-									

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

		Amount in 100 grams of edible portion							Amount in edible portion of common		
			N	lumber				<u>m</u>	easures of food	<u>l</u>	
Nutrients and Un	its	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	9.00		1		1		2.55			
Energy	kcal	369		0	NC	4		105			
Energy	kj	1544				4		438			
Protein (N x 5.3)	g	5.01		1		1		1.42			
Total lipid (fat)	g	3.91		1		1		1.11			
Ash	g	3.64		1		1		1.03			
Carbohydrate, by difference	g	78.43		0	NC	4		22.23			
Fiber, total dietary	g										
Sugars, total	g										
Starch	g										
Min analas											
Minerals:	ma	64		1		1		18			
Calcium, Ca Iron, Fe		2.39		0		1		0.68			
Magnesium, Mg	-	74		0		1		21			
Phosphorus, P		137		1		1		39			
Potassium, K		991		0		1		281			
Sodium, Na		37		0		1		10			
Zinc, Zn		0.35		0		1		0.10			
Copper, Cu		0.653	3	0		1		0.185			
Manganese, Mn		1.183		1		1		0.335			
Selenium, Se											
•	-										
Vitamins:											
Vitamin C, total ascorbic acid	-	15.1	_	0		4		4.3			
Thiamin	-	0.354		1		1		0.100			
Riboflavin		0.054		1		1		0.015			
Niacin		0.854		0		4		0.242			
Pantothenic acid		0.901		-		4		0.255			
Vitamin B-6	-	0.666 110	•	0 0		4 4		0.189 31			
Folate, totalFolic acid		0		0	z	7		0			
Folate, food		110		0	4	4		31			
Folate, DFE	mca DEE	110		0	NC	4		31			
Vitamin B-12		0.00		0	Z	7		0.00			
Vitamin B-12 Vitamin A, IU	IIICG	0.00		0	4	4		0.00			
Vitamin A, RAE		0		0		4		0			
Retinol		0		0	z	7		0			
Vitamin E (alpha-tocopherol)		v		Ū	-	,		v			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
	=										
<u>Lipids:</u>	~		-	_		_		0.000			
Fatty acids, total saturated		0.736	•	0		1		0.209			
4:0											
6:0	-										
8:0 10:0											
12:0											
13:0											
14:0	-	0.017	7	0		1		0.005			
15:0	-	2.017		•		-		0.005			
16:0		0.664	1	0		1		0.188			
17:0		2.204		•		_					
18:0		0.037	7	0		1		0.010			
20:0				-		=					
22:0	_										
24:0	_										

	<u>Ar</u>	nount in 100 grams	of edible po	Amount in edible portion of common			
		Number	r		<u>m</u>	easures of food	
Nutrients and Units	Mean	of Data Std. Error Points		ce Confidence le Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	.g 1.349	0	1		0.382		
14:1							
15:1	.g						
16:1 undifferentiated	g 0.037	0	1		0.010		
17:1	.g						
18:1 undifferentiated	g 1.296	0	1		0.367		
20:1	.g 0.017	0	1		0.005		
22:1 undifferentiated	.g						
24:1 c	g						
Fatty acids, total polyunsaturated	.g 1.546	0	1		0.438		
18:2 undifferentiated	g 1.381	0	1		0.392		
18:3 undifferentiated	g 0.165	0	1		0.047		
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 0	0	z 7		0		
Phytosterols	mg						
Amino Acids:							
Tryptophan		0	1		0.016		
Threonine	-	0	1		0.051		
Isoleucine	.g 0.198	0	1		0.056		
Leucine	-	0	1		0.084		
Lysine	g 0.297	0	1		0.084		
Methionine		0	1		0.033		
Cystine	-	0	1		0.045		
Phenylalanine		0	1		0.060		
Tyrosine	.g 0.139	0	1		0.039		
Valine		0	1		0.079		
Arginine	-	0	1		0.102		
Histidine	•	0	1		0.039		
Alanine	-	0	1		0.095		
Aspartic acid		0	1		0.246		
Glutamic acid	-	0	1		0.183		
Glycine	-	0	1		0.073		
Proline	•	0	1		0.075		
Serine		0	1		0.071		
Hydroxyproline	.g						

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

Refuse: 20% Shells

		<u>Aı</u>	mount in 10	<u>0 grams</u>	of edib	ole portio	<u>n</u>		edible portion	
Nutrients and Uni	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	<u>l</u> Measure
Proximates:										
Water	g	9.45		2		1		2.68		
Energy	kcal	374		0	NC	4		106		
Energy	kj	1565				4		444		
Protein (N x 5.3)	g	6.39		2		1		1.81		
Total lipid (fat)	g	4.45		2		1		1.26		
Ash	g	2.40		1		1		0.68		
Carbohydrate, by difference	g	77.31		0	NC	4		21.92		
Fiber, total dietary		11.7		0		4		3.3		
Sugars, total										
Starch										
Surci										
<u>Minerals:</u>										
Calcium, Ca	_	67		2		1		19		
Iron, Fe	mg	2.38		2		1		0.67		
Magnesium, Mg	mg	74		1		1		21		
Phosphorus, P		175		2		1		50		
Potassium, K	mg	986		1		1		280		
Sodium, Na	mg	37		1		1		10		
Zinc, Zn	mg	0.35		1		1		0.10		
Copper, Cu	mg	0.650)	1		1		0.184		
Manganese, Mn	mg	1.300)	1		1		0.369		
Selenium, Se	mcg	1.8	0.35	58 5	A	1		0.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	15.0		1		1		4.3		
Thiamin	mg	0.295	i	2		1		0.084		
Riboflavin	mg	0.360)	2		1		0.102		
Niacin	mg	0.850)	2		1		0.241		
Pantothenic acid	mg	0.897	,	0		1		0.254		
Vitamin B-6	mg	0.663	3	0		1		0.188		
Folate, total	mcg	109		0		1		31		
Folic acid	mcg	0		0	z	7		0		
Folate, food	mcg	109		0		1		31		
Folate, DFE	mcg_DFE	109		0	NC	4		31		
Vitamin B-12		0.00		0	z	7		0.00		
Vitamin A, IU	IU	0		1		1		0		
Vitamin A, RAE	mcg_RAE	0		1		1		0		
Retinol		0		0	z	7		0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.837	,	0		1		0.237		
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	_	2.200		•		-		3.000		
14:0	_	0.019)	0		1		0.005		
15:0	_	0.013		•		-		3.003		
16:0	-	0.755	3	0		1		0.214		
17:0		0.755		Ū		-		J.214		
18:0		0.042	•	0		1		0.012		
20:0		0.042	-	Ū		-		J. 012		
22:0										
24:0										

	<u>Ar</u>	nount in 100 grams Numbe		<u>on</u>		edible portion o	f common
Nutrients and Units	Mean		Deriv Source	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids total management wated (I	1.535	0	1		0.435		
Fatty acids, total monounsaturatedg 14:1g	1.555	U	1		0.435		
15:1g							
16:1 undifferentiatedg	0.042	0	1		0.012		
17:1g	0.012	· ·	_		0.022		
18:1 undifferentiated	1.473	0	1		0.418		
20:1	0.019		1		0.005		
22:1 undifferentiatedg	0.000		1		0.000		
24:1 c							
Fatty acids, total polyunsaturated9	1.758	0	1		0.498		
18:2 undifferentiatedg	1.570		1		0.445		
18:3 undifferentiatedg	0.188		1		0.053		
18:4g	0.000		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							
Cholesterol mg	0	0	z 7		0		
Phytosterolsmg							
Amino Acids:							
	0.071	0	1		0.020		
Tryptophan	0.228		1		0.065		
Threonine	0.252		1		0.003		
Isoleucine	0.232		1		0.107		
Lysineg	0.378		1		0.107		
Methionine	0.151		1		0.043		
Cystineg	0.202		1		0.057		
Phenylalanine	0.270		1		0.077		
Tyrosine	0.177		1		0.050		
Valineg	0.357		1		0.101		
Arginine	0.457		1		0.130		
Histidine	0.177		1		0.050		
Alanine	0.427		1		0.121		
Aspartic acid	1.103		1		0.121		
Glutamic acid	0.824		1		0.234		
Glycine 9	0.329		1		0.093		
Prolineg	0.336		1		0.095		
Serineg	0.319		1		0.090		
Hydroxyproline	0.313	v	-		3.030		
Others:							
Alcohol, ethylg	0.0	0	7		0.0		
Caffeine mg							
Theobromine mg							

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

		<u>A</u> 1	mount in 10	<u>0 grams</u>	of edil	ole portio	<u>n</u>		edible portion	
				Number	•			<u>m</u>	easures of food	1
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water		52.00		1		1		14.74		
Energy	kcal	196		0	NC	4		56		
Energy	kj	820				4		232		
Protein (N x 5.3)	g	1.63		1		1		0.46		
Total lipid (fat)	g	1.25		1		1		0.35		
Ash	g	0.96		1		1		0.27		
Carbohydrate, by difference	g	44.17		0	NC	4		12.52		
Fiber, total dietary	g									
Sugars, total	g									
Starch										
	_									
<u>Minerals:</u>								_		
Calcium, Ca	_	19		1		1		5		
Iron, Fe	-	0.94		0		1		0.27		
Magnesium, Mg		30		0		1		9		
Phosphorus, P	-	38		1		1		11		
Potassium, K	-	484		0		1		137		
Sodium, Na	-	2		0		1		1		
Zinc, Zn		0.49		0		1		0.14		
Copper, Cu		0.418		0		1		0.119		
Manganese, Mn		0.336		1		1		0.095		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	40.2		0		4		11.4		
Thiamin	_	0.144	ı	1		1		0.041		
Riboflavin		0.016		1		1		0.005		
Niacin		1.102		0		4		0.312		
Pantothenic acid		0.476		0		4		0.135		
Vitamin B-6		0.352		0		4		0.100		
Folate, total		58		0		4		16		
Folic acid		0		0	z	7		0		
Folate, food		58		0		4		16		
Folate, DFE		58		0	NC	4		16		
Vitamin B-12		0.00		0	z	7		0.00		
Vitamin A, IU		26		0		4		7		
Vitamin A, RAE		1		0		4		0		
Retinol		0		0	z	7		0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u> Lipids:</u>										
Fatty acids, total saturated		0.235	5	0		1		0.067		
4:0										
6:0	-									
8:0										
10:0										
12:0										
13:0	-	0.005		0		1		0 001		
14:0	-	0.005	,	U		1		0.001		
15:0		0.010	,	^				0.000		
16:0		0.212	<u> </u>	0		1		0.060		
17:0				•		_				
18:0		0.012	2	0		1		0.003		
20:0	-									
22:0	g									

		<u>Ar</u>	mount in 10			ole portic	<u>on</u>	Amount in edible portion of common measures of food		
				Number of Data		Source	Confidence	<u></u>	<u> </u>	
Nutrients and Units	5	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	0.430		0		1		0.122		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.012		0		1		0.003		
17:1	g									
18:1 undifferentiated	g	0.413		0		1		0.117		
20:1	g	0.005		0		1		0.001		
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.493		0		1		0.140		
18:2 undifferentiated	g	0.440		0		1		0.125		
18:3 undifferentiated	g	0.053		0		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	0		0	Z	7		0		
Phytosterols	<u>mg</u>									
Amino Acids:										
Tryptophan	q	0.018		0		1		0.005		
Threonine		0.058		0		1		0.016		
Isoleucine		0.064		0		1		0.018		
Leucine		0.096		0		1		0.027		
Lysine		0.096		0		1		0.027		
Methionine	-	0.038		0		1		0.011		
Cystine	-	0.052		0		1		0.015		
Phenylalanine		0.069		0		1		0.020		
Tyrosine		0.045		0		1		0.013		
Valine	-	0.091		0		1		0.026		
Arginine		0.116		0		1		0.033		
Histidine		0.110		0		1		0.013		
Alanine	•	0.109		0		1		0.013		
Aspartic acid	_	0.109		0		1		0.080		
Glutamic acid		0.281		0		1		0.060		
Glycine	-	0.084		0		1		0.024		
Proline	-	0.084		0		1		0.024		
	•	0.086		0		1		0.024		
Serine	-	0.081		U		_		0.023		
Hydroxyproline	9									

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

Castanea sativa

Refuse: 26% Shells

		<u>A</u> 1	mount in 100 gra	ms of edi	ble portio	<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	ts	Mean	Std. Error Poir	its Code	Code	Code	Measure 1	Measure 2	Measure 3	
n										
Proximates: Water	а	48.65	1.636	4	1		70.54	13.79		
Energy	-	213	2.000	0 NC	4		309	60		
Energy		891			4		1292	253		
Protein (N x 5.3)		2.42	0.028	4	1		3.51	0.69		
Total lipid (fat)		2.26	0.132	4	1		3.28	0.64		
Ash		1.13	0.037	4	1		1.64	0.32		
Carbohydrate, by difference		45.54		0 NC	4		66.03	12.91		
Fiber, total dietary		8.1		0	4		11.7	2.3		
Sugars, total								2.0		
Starch	-									
Staren	9									
Minerals:										
Calcium, Ca		27		4	1		39	8		
Iron, Fe	_	1.01		4	1		1.46	0.29		
Magnesium, Mg		32		4	1		46	9		
Phosphorus, P	_	93		4	1		135	26		
Potassium, K		518		4	1		751	147		
Sodium, Na	-	3		4	1		4	1		
Zinc, Zn		0.52		4	1 1		0.75	0.15		
Copper, Cu		0.447 0.952		4 4	1		0.648 1.380	0.127 0.270		
Manganese, Mn Selenium, Se		0.952	0.190	4	_		1.360	0.270		
Selemum, Se	IIIO9									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	43.0	6.880	4	1		62.4	12.2		
Thiamin	mg	0.238	0.010	4	1		0.345	0.067		
Riboflavin	mg	0.168	0.021	4	1		0.244	0.048		
Niacin		1.179	0.141	4	1		1.710	0.334		
Pantothenic acid		0.509		3	1		0.738	0.144		
Vitamin B-6	-	0.376		5	1		0.545	0.107		
Folate, total		62		3	1		90	18		
Folic acid		0		0 z	7		0	0		
Folate, food	mcg	62		3	1		90	18		
Folate, DFE		62		0 NC	4		90	18		
Vitamin B-12		0.00		0 Z	7		0.00	0.00		
Vitamin A, IU		28		3	1		41	8		
Vitamin A, RAE		1		3	1		2	0		
Retinol		0		0 z	7		0	0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>										
Fatty acids, total saturated		0.425	i	0	1		0.616	0.120		
4:0										
6:0	-									
8:0										
10:0										
12:0										
13:0		0 010		٦.	1		0.015	0 000		
14:0		0.010	,	. /	1		0.015	0.003		
15:0		0.384		22	1		0.557	0.109		
16:0		0.384	•		1		0.557	0.109		
17:0		0.021		22	1		0.030	0.006		
18:0 20:0		0.021			1		0.030	0.006		
22:0	-									
44 V	9									

		<u>Aı</u>	mount in 10			ole portio	<u>n</u>	Amount in edible portion of common measures of food			
				Number		0	0 6 -1	<u> </u>	easures or roou		
Nutrients and Un	its	Mean	Std. Error	of Data Points		Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	g	0.780		0		1		1.131	0.221		
14:1											
15:1	_										
16:1 undifferentiated	-	0.021		22		1		0.030	0.006		
17:1						_					
18:1 undifferentiated		0.749		22		1		1.086	0.212		
20:1	-	0.010		1		1		0.015	0.003		
22:1 undifferentiated											
24:1 c	•	0.894		0		1		1.296	0.253		
Fatty acids, total polyunsaturated	_	0.894		22		1		1.296	0.233		
18:2 undifferentiated		0.798		22		1		0.138	0.226		
18:4		0.095		22		1		0.136	0.027		
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	mg	0		0	Z	7		0	0		
Phytosterols	mg	22		0		1		32	6		
Amino Acids:											
Tryptophan	a	0.027		2		1		0.039	0.008		
Threonine		0.086		2		1		0.125	0.024		
Isoleucine		0.095		2		1		0.138	0.027		
Leucine		0.143		2		1		0.207	0.041		
Lysine	_	0.143		2		1		0.207	0.041		
Methionine		0.057		2		1		0.083	0.016		
Cystine		0.077		2		1		0.112	0.022		
Phenylalanine	_	0.102		2		1		0.148	0.029		
Tyrosine		0.067		2		1		0.097	0.019		
Valine		0.135		2		1		0.196	0.038		
Arginine	-	0.173		2		1		0.251	0.049		
Histidine	-	0.067		2		1		0.097	0.019		
Alanine	g	0.161		2		1		0.233	0.046		
Aspartic acid	g	0.417		2		1		0.605	0.118		
Glutamic acid		0.312		2		1		0.452	0.088		
Glycine	g	0.124		2		1		0.180	0.035		
Proline	g	0.127		2		1		0.184	0.036		
Serine	g	0.121		2		1		0.175	0.034		
Hydroxyproline	g										

Common Measures:

Measure 1 = 145g: 1 cup Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

Refuse: 37% Shells and skins

		<u>Aı</u>	mount in 100 gr	rams (of edib	le portio	<u>n</u>	Amount in edible portion of common			
			Nur	mber				<u>me</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	
Proximates:											
Water	g	40.48	1.716	4		1		57.89	11.48	34.00	
Energy	kcal	245		0	NC	4		350	69	206	
Energy	kj	1025				4		1466	291	861	
Protein (N x 5.3)	g	3.17	0.461	4		1		4.53	0.90	2.66	
Total lipid (fat)	g	2.20	0.132	4		1		3.15	0.62	1.85	
Ash	g	1.20	0.050	4		1		1.72	0.34	1.01	
Carbohydrate, by difference	g	52.96		0	NC	4		75.73	15.01	44.49	
Fiber, total dietary	g	5.1		0		4		7.3	1.4	4.3	
Sugars, total	g	10.60		0	T	4		15.16	3.01	8.90	
Starch	g										
Ainerals:											
Calcium, Ca	ma	29	0.837	4		1		41	8	24	
Iron, Fe	_	0.91	0.132	4		1		1.30	0.26	0.76	
Magnesium, Mg	_	33	0.651	3		1		47	9	28	
Phosphorus, P		107	13.425	4		1		153	30	90	
Potassium, K	•	592	15.409	3		1		847	168	497	
Sodium, Na		2	0.000	3		1		3	1	2	
Zinc, Zn	mg	0.57	0.012	3		1		0.82	0.16	0.48	
Copper, Cu	mg	0.507	0.003	3		1		0.725	0.144	0.42	
Manganese, Mn	mg	1.180	0.222	3		1		1.687	0.335	0.99	
Selenium, Se	mcg	1.2		0	BFSN	4		1.7	0.3	1.0	
itamins:											
Vitamin C, total ascorbic acid	ma	26.0	6.028	3		1		37.2	7.4	21.8	
Thiamin	-	0.243		4		1		0.347	0.069	0.2	
Riboflavin		0.175		4		1		0.250	0.050	0.14	
Niacin		1.342	0.162	4		1		1.919	0.380	1.1	
Pantothenic acid	_	0.554	0.020	3		1		0.792	0.157	0.4	
Vitamin B-6	mg	0.497	0.057	3		1		0.711	0.141	0.4	
Folate, total	mcg	70		2		1		100	20	59	
Folic acid		0		0	z	7		0	0	0	
Folate, food	mcg	70		2		1		100	20	59	
Folate, DFE		70		0	NC	4		100	20	59	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	0.0	
Vitamin A, IU	IU	24	9.597	3		1		34	7	20	
Vitamin A, RAE		1		0	NC	4		2	0	1	
Retinol	mcg	0		0	Z	7		0	0	0	
Vitamin E (alpha-tocopherol)	mg	0.50		0	T	4		0.72	0.14	0.42	
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D Vitamin K (phylloquinone)		7.8		0	BFSN	4		11.2	2.2	6.6	
vitamin K (phynoquinone)	illog	7.8		U	DF 3N	•		11.2	2.2	0.0	
<u> ipids:</u>											
Fatty acids, total saturated	g	0.414		0		1		0.592	0.117	0.3	
4:0	g	0.000	1	0		1		0.000	0.000	0.0	
6:0	g	0.000	1	0		1		0.000	0.000	0.0	
8:0	g	0.000	1	0		1		0.000	0.000	0.0	
10:0	_	0.000		0		1		0.000	0.000	0.0	
12:0		0.000)	0		1		0.000	0.000	0.0	
13:0											
14:0		0.010	1	0		1		0.014	0.003	0.0	
15:0											
16:0	-	0.373	1	0		1		0.533	0.106	0.3	
17:0	-										
18:0	-	0.021		0		1		0.030	0.006	0.0	
20:0	-										
22:0	a										

		<u>Aı</u>	mount in 10	0 grams	of edil	ole portio	<u>en</u>	Amount in edible portion of common measures of food			
				Number of Data	Deriv		Confidence				
Nutrients and U	Jnits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturate	edg	0.759		0		1		1.085	0.215	0.638	
14:1	-										
15:1 16:1 undifferentiated	-	0.021		0		1		0.030	0.006	0.018	
17:1	-										
18:1 undifferentiated	-	0.728		0		1		1.041	0.206	0.612	
20:1		0.010		0		1		0.014	0.003	0.008	
22:1 undifferentiated	-	0.000		0		1		0.000	0.000	0.000	
24:1 c		0.060		0		1		1 042	0.046	0.730	
Fatty acids, total polyunsaturated		0.869 0.776		0		1		1.243 1.110	0.246 0.220	0.730 0.652	
18:2 undifferentiated		0.093		0		1		0.133	0.220	0.632	
18:4		0.000		0		1		0.000	0.000	0.000	
20:2 n-6 c.c.	-	0.000		v		-		0.000	0.000	0.000	
20:3 undifferentiated	-										
20:4 undifferentiated	-	0.000		0		1		0.000	0.000	0.000	
20:5 n-3	-	0.000		0		1		0.000	0.000	0.000	
22:5 n-3	g	0.000		0		1		0.000	0.000	0.000	
22:6 n-3	g	0.000		0		1		0.000	0.000	0.000	
Fatty acids, total trans	g										
Cholesterol	mg	0		0	Z	7		0	0	0	
Phytosterols	mg										
Amino Acids:											
Tryptophan	g	0.035		0		1		0.050	0.010	0.029	
Threonine	g	0.113		0		1		0.162	0.032	0.095	
Isoleucine	g	0.125		0		1		0.179	0.035	0.105	
Leucine	g	0.188		0		1		0.269	0.053	0.158	
Lysine		0.188		0		1		0.269	0.053	0.158	
Methionine		0.075		0		1		0.107	0.021	0.063	
Cystine		0.101		0		1		0.144	0.029	0.085	
Phenylalanine		0.134		0		1		0.192	0.038	0.113	
Tyrosine	-	0.088		0		1		0.126	0.025	0.074	
Valine	_	0.178		0		1 1		0.255	0.050	0.150	
Arginine		0.227 0.088		0		1		0.325 0.126	0.064	0.191	
Histidine	-	0.212		0		1		0.303	0.025 0.060	0.074 0.178	
Aspartic acid		0.549		0		1		0.785	0.156	0.461	
Glutamic acid		0.410		0		1		0.586	0.136	0.401	
Glycine	=	0.164		0		1		0.235	0.046	0.138	
Proline		0.167		0		1		0.239	0.047	0.140	
Serine	-	0.159		0		1		0.227	0.045	0.134	
Hydroxyproline											
Othors											
Others:	a	0.0		0		7		0.0	0.0	0.0	
Alcohol, ethyl		0.0		0	z	7		0.0	0.0	0.0	
Theobromine		0		0	Z	7		0	0	0	
Carotenoids:		ŭ		Ū	_	•		v	J	Ü	
				_	_	_		00 555		40	
Carotene, beta		14 0		0	0	4 7		20.592	4.082	12.096	
Carotene, alpha		0		0 0	Z	7		0.000	0.000	0.000	
Cryptoxanthin, beta		0		-	Z BFSN	-		0.000	0.000	0.000	
Lycopene				0		4		0.000	0.000	0.000	

Common Measures:

Measure 1 = 143g: 1 cup

Measure 2 = 28.35g: 1 oz (3 kernels)

Measure 3 = 84g: 10 kernels

NDB No. 12167

Nuts, chestnuts, european, roasted

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

		<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>
Nutrients and Uni	ts	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates: Water	a	86.03		0		1		24.39		
Energy		56		0	NC	4		16		
Energy		234		·	2.0	4		66		
Protein (N x 5.3)		0.82		0		1		0.23		
Total lipid (fat)	-	0.02		0		1		0.05		
* ' '		0.13		0		1		0.09		
Ash		12.64		0	NC	4				
Carbohydrate, by difference		12.64		U	NC	4		3.58		
Fiber, total dietary										
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	mg	11		0		1		3		
Iron, Fe.	-	0.53		0		1		0.15		
Magnesium, Mg	-	18		0		1		5		
Phosphorus, P		26		0		1		7		
Potassium, K	•	119		0		1		34		
Sodium, Na	mg	5		0		1		1		
Zinc, Zn	mg	0.40		0		1		0.11		
Copper, Cu	mg	0.204	l	0		1		0.058		
Manganese, Mn	mg	0.576	5	0		1		0.163		
Selenium, Se	mcg									
/itamins:										
	ma	9.5		0		1		2.7		
Vitamin C, total ascorbic acid	-	0.125		0		1		0.035		
ThiaminRiboflavin		0.123		0		1		0.033		
		0.543		0		1		0.017		
Niacin Pantothenic acid		0.075		0		1		0.134		
		0.102		0		4		0.021		
Vitamin B-6		17	4	0		4		5		
Folate, total		0		0	Z	7		0		
Folic acid		17		0	Z	4		5		
Folate, food		17		0	NC	4		5 5		
Folate, DFE		0.00		0	NC Z	7		0.00		
Vitamin B-12		13		0	Z	1		4		
Vitamin A, IU		13		-				=		
Vitamin A, RAE		0		0 0		1 7		0		
Retinol		U		U	z	,		U		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
vitanini K (priyrioquinone)	g									
<u> Lipids:</u>										
Fatty acids, total saturated	g	0.028	3	0		1		0.008		
4:0	g									
6:0	g									
8:0										
10:0										
12:0										
13:0										
14:0	-									
15:0	_		_							
16:0		0.026	5	0		1		0.007		
17:0										
18:0		0.002	2	0		1		0.001		
20:0										
22:0	a									

	<u>Aı</u>	mount in 10	00 grams Number		ole portio	<u>n</u>		edible portion o	of common
Nutrients and Units	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.101		0		1		0.029		
14:1g									
15:1g									
16:1 undifferentiatedg	0.001		0		1		0.000		
17:1g									
18:1 undifferentiatedg	0.097		0		1		0.027		
20:1g	0.002		0		1		0.001		
22:1 undifferentiatedg									
24:1 cg									
Fatty acids, total polyunsaturatedg	0.050		0		1		0.014		
18:2 undifferentiatedg	0.045		0		1		0.013		
18:3 undifferentiatedg	0.005		0		1		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	0		0	Z	7		0		
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.012		0		1		0.003		
Threonineg	0.033		0		1		0.009		
Isoleucineg	0.040		0		1		0.011		
Leucineg	0.051		0		1		0.014		
Lysineg	0.053		0		1		0.015		
Methionineg	0.020		0		1		0.006		
Cystineg	0.024		0		1		0.007		
Phenylalanineg	0.032		0		1		0.009		
Tyrosineg	0.023		0		1		0.007		
Valineg	0.049		0		1		0.014		
Arginineg	0.054		0		1		0.015		
Histidineg	0.020		0		1		0.006		
Alanineg	0.073		0		1		0.021		
Aspartic acidg	0.172		0		1		0.049		
Glutamic acidg	0.156		0		1		0.044		
Glycineg	0.041		0		1		0.012		
Prolineg	0.051		0		1		0.014		
Serineg	0.040		0		1		0.011		
Hydroxyprolineg									

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

Refuse: 34% Shells

		<u>A</u> 1	mount in 10			ole portio	<u>n</u>	Amount in edible portion of common measures of food			
				Number		0	Cantidanas	<u>m</u>	easures of food	<u>.</u>	
Nutrients and Uni	its	Mean	Std. Error			Code	Confidence Code	Measure 1	Measure 2	Measure :	
D											
Proximates: Water	a	9.96		0		1		15.44	2.82		
Energy.	-	360		0	NC	4		558	102		
Energy		1506		•	-1.0	4		2335	427		
Protein (N x 5.3)		5.25		0		1		8.14	1.49		
Total lipid (fat)		1.24		0		1		1.92	0.35		
Ash		2.11		0		1		3.27	0.60		
Carbohydrate, by difference		81.43		0	NC	4		126.22	23.09		
Fiber, total dietary		01.45		·	110	•		120.22	23.03		
Sugars, total											
Starch											
Starcii	9										
Minerals:											
Calcium, Ca	_	72		0		1		112	20		
Iron, Fe		3.38		0		1		5.24	0.96		
Magnesium, Mg		115		0		1		178	33		
Phosphorus, P		169		0		1		262	48		
Potassium, K		768		0		1		1190	218		
Sodium, Na		34		0		1		53	10		
Zinc, Zn		2.57		0		1		3.98	0.73		
Copper, Cu		1.312		0		1		2.034	0.372		
Manganese, Mn		3.711	L	0		1		5.752	1.052		
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid		61.3		0		1		95.0	17.4		
Thiamin		0.802		0		1		1.243	0.227		
Riboflavin		0.380		0		1		0.589	0.108		
Niacin		3.500		0		1		5.425	0.992		
Pantothenic acid		0.481		0		1		0.746	0.136		
Vitamin B-6	-	0.659	9	0		4		1.021	0.187		
Folate, total		109		0		4		168	31		
Folic acid		0		0	Z	7		0	0		
Folate, food	mcg	109		0		4		168	31		
Folate, DFE		109		0	NC	4		168	31		
Vitamin B-12		0.00		0	Z	7		0.00	0.00		
Vitamin A, IU		86		0		1		133	24		
Vitamin A, RAE		4		0	_	1		7	1		
Retinol		0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta Vitamin D											
Vitamin K (phylloquinone)											
Lipids:	a	0.183	,	0		1		0.284	0.052		
Fatty acids, total saturated		0.183	3	U		1		0.284	0.052		
4:0											
6:0											
8:0 10:0											
12:0	-										
13:0											
14:0											
15:0	-										
16:0		0.169	•	0		1		0.262	0.048		
17:0		0.163	•	U		1		0.202	0.048		
		0.013	1	0		1		0.020	0.004		
18:0 20:0		0.013	•	U		1		0.020	0.004		
22:0											
44°U	9										

		<u>Aı</u>	mount in 10	0 grams	of edil	ole portio	<u>on</u>		edible portion o	f common
				Number	•			<u>m</u>	easures of food	
							Confidence			
Nutrients and Unit	S	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		0.650		0		1		1.008	0.184	
14:1	-									
15:1				_		_				
16:1 undifferentiated	-	0.008		0		1		0.012	0.002	
17:1				•		_				
18:1 undifferentiated		0.624		0		1		0.967	0.177	
20:1	-	0.012		0		1		0.019	0.003	
22:1 undifferentiated	•									
24:1 c	-	0.322		0		1		0.499	0.091	
Fatty acids, total polyunsaturated 18:2 undifferentiated	-	0.322		0		1				
				0		1		0.446 0.048	0.082	
18:3 undifferentiated	-	0.031		U		1		0.048	0.009	
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		0		0	z	7		0	0	
Phytosterols	-							·	·	
Amino Acids:										
Tryptophan	g	0.075		0		1		0.116	0.021	
Threonine	g	0.210		0		1		0.326	0.060	
Isoleucine	g	0.258		0		1		0.400	0.073	
Leucine	g	0.325		0		1		0.504	0.092	
Lysine		0.342		0		1		0.530	0.097	
Methionine	g	0.126		0		1		0.195	0.036	
Cystine	g	0.153		0		1		0.237	0.043	
Phenylalanine	g	0.205		0		1		0.318	0.058	
Tyrosine		0.150		0		1		0.233	0.043	
Valine	g	0.312		0		1		0.484	0.088	
Arginine	g	0.345		0		1		0.535	0.098	
Histidine		0.131		0		1		0.203	0.037	
Alanine	g	0.473		0		1		0.733	0.134	
Aspartic acid		1.106		0		1		1.714	0.314	
Glutamic acid		1.001		0		1		1.552	0.284	
Glycine	g	0.267		0		1		0.414	0.076	
Proline		0.328		0		1		0.508	0.093	
Serine	g	0.257		0		1		0.398	0.073	
Hydroxyproline	g									

Common Measures:

Measure 1 = 155g: 1 cup Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

Castanea crenata

Refuse: 34% Shells

		<u>A</u>	mount in 10			ole 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
Proximates:	a	61.41		0		1		17.41		
Water Energy		154		0	NC	4		44		
Energy		644		Ū	нс	4		183		
Protein (N x 5.3)		2.25		0		1		0.64		
Total lipid (fat)	-	0.53		0		1		0.15		
Ash		0.91		0		1		0.26		
Carbohydrate, by difference		34.91		0	NC	4		9.90		
Fiber, total dietary		34.31		Ū	нс	-		3.30		
Sugars, total										
Starch										
Starch	9									
Minerals:										
Calcium, Ca	-	31		0		1		9		
Iron, Fe	-	1.45		0		1		0.41		
Magnesium, Mg		49		0		1		14		
Phosphorus, P		72		0		1		20		
Potassium, K		329		0		1		93		
Sodium, Na		14		0		1		4		
Zinc, Zn	-	1.10		0		1		0.31		
Copper, Cu		0.562		0		1		0.159		
Manganese, Mn		1.591	<u>.</u>	0		1		0.451		
Selenium, Se	Tricg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	26.3		0		1		7.5		
Thiamin	mg	0.344	l	0		1		0.098		
Riboflavin	mg	0.163	3	0		1		0.046		
Niacin	mg	1.500)	0		1		0.425		
Pantothenic acid	mg	0.206	5	0		1		0.058		
Vitamin B-6	mg	0.283	3	0		4		0.080		
Folate, total	mcg	47		0		4		13		
Folic acid		0		0	Z	7		0		
Folate, food	mcg	47		0		4		13		
Folate, DFE		47		0	NC	4		13		
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin A, IU	IU	37		0		1		10		
Vitamin A, RAE		2		0		1		1		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin DVitamin K (phylloquinone)										
vitamin K (phynoquinone)	Illog									
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.078	3	0		1		0.022		
4:0	g									
6:0	-									
8:0	-									
10:0	-									
12:0	-									
13:0	-									
14:0	-									
15:0	-			~		_				
16:0	-	0.072	<u> </u>	1		1		0.020		
17:0	-			_		_				
18:0		0.005	•	1		1		0.001		
20:0										
22:0										
24:0	9									

		<u>Ar</u>	nount in 10	00 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
				Number	•			measures of food			
Nutrients and Unit	s	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	g	0.278		0		1		0.079			
14:1											
15:1	g										
16:1 undifferentiated	g	0.004		2		1		0.001			
17:1	g										
18:1 undifferentiated	g	0.268		2		1		0.076			
20:1	g	0.005		1		1		0.001			
22:1 undifferentiated	g										
24:1 c	g										
Fatty acids, total polyunsaturated	g	0.138		0		1		0.039			
18:2 undifferentiated	g	0.123		2		1		0.035			
18:3 undifferentiated	g	0.013		2		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	_	0		0	Z	7		0			
Phytosterols	mg										
Amino Acids:											
Tryptophan	g	0.032		4		1		0.009			
Threonine	g	0.090		4		1		0.026			
Isoleucine	g	0.111		4		1		0.031			
Leucine	g	0.139		4		1		0.039			
Lysine	g	0.147		4		1		0.042			
Methionine	g	0.054		0		1		0.015			
Cystine	g	0.065		0		1		0.018			
Phenylalanine	g	0.088		4		1		0.025			
Tyrosine	g	0.064		0		1		0.018			
Valine		0.134		4		1		0.038			
Arginine	g	0.148		4		1		0.042			
Histidine	g	0.056		4		1		0.016			
Alanine	g	0.203		4		1		0.058			
Aspartic acid	g	0.474		4		1		0.134			
Glutamic acid	g	0.429		4		1		0.122			
Glycine	g	0.114		4		1		0.032			
Proline	g	0.141		4		1		0.040			
Serine	g	0.110		4		1		0.031			
Hydroxyproline	g										

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

		<u>A</u>	mount in 100) grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common		
			ı	Number	r				easures of food	
				of Data		Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	q	49.90		2		1		14.15		
Energy	-	201		0	NC	4		57		
Energy		841				4		238		
Protein (N x 5.3)		2.97		0		1		0.84		
Total lipid (fat)	-	0.80		0		1		0.23		
Ash		1.20		0		1		0.34		
Carbohydrate, by difference		45.13		0	NC	4		12.79		
Fiber, total dietary										
Sugars, total										
Starch										
Survii										
Minerals:										
Calcium, Ca	-	35		0		1		10		
Iron, Fe		2.10		0		1		0.60		
Magnesium, Mg		64		0		1		18		
Phosphorus, P	-	93		0		1		26		
Potassium, K		427		0		4		121		
Sodium, Na		19		0		4		5		
Zinc, Zn		1.43		0		1		0.41		
Copper, Cu		0.730		0		1		0.207		
Manganese, Mn		2.065	•	0		1		0.585		
Selenium, Se	fileg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	28.0		0		1		7.9		
Thiamin	mg	0.450)	0		1		0.128		
Riboflavin										
Niacin	mg	0.700)	0		1		0.198		
Pantothenic acid	mg	0.466	6	0		4		0.132		
Vitamin B-6	mg	0.418	3	0		4		0.119		
Folate, total		59		0		4		17		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	59		0		4		17		
Folate, DFE	mcg_DFE	59		0	NC	4		17		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU		74		0		1		21		
Vitamin A, RAE	mcg_RAE	4		0		1		1		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	a	0.118	3	0		1		0.033		
4:0		0.110	•	Ū		-		0.055		
6:0										
8:0	-									
10:0										
12:0										
13:0										
14:0										
15:0										
16:0		0.109	9	0		1		0.031		
17:0										
18:0		0.008	3	0		1		0.002		
20:0										
22:0										
24:0										

	<u>Ar</u>	nount in 100 grams	of edible p	ortion	Amount in edible portion of common			
		Numbe			measures of food			
Nutrients and Units	Mean	of Data Std. Error Points		urce Confidence ode Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.419	0		1	0.119			
14:1g								
15:1g								
16:1 undifferentiatedg	0.005	0		1	0.001			
17:1g								
18:1 undifferentiatedg	0.402	0		1	0.114			
20:1g	0.007	0		1	0.002			
22:1 undifferentiatedg								
24:1 cg								
Fatty acids, total polyunsaturatedg	0.207	0		1	0.059			
18:2 undifferentiatedg	0.186	0		1	0.053			
18:3 undifferentiatedg	0.020	0		1	0.006			
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	0	0	Z	7	0			
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.043	0		1	0.012			
Threonine 9	0.119	0		1	0.034			
Isoleucine	0.146	0		1	0.041			
Leucineg	0.184	0		1	0.052			
Lysine	0.193	0		1	0.055			
Methionine	0.071	0		1	0.020			
Cystineg	0.086	0		1	0.024			
Phenylalanineg	0.116	0		1	0.033			
Tyrosineg	0.085	0		1	0.024			
Valineg	0.176	0		1	0.050			
Arginineg	0.195	0		1	0.055			
Histidineg	0.074	0		1	0.021			
Alanineg	0.267	0		1	0.076			
Aspartic acid	0.625	0		1	0.177			
Glutamic acid	0.566	0		1	0.160			
Glycineg	0.151	0		1	0.043			
Prolineg	0.185	0		1	0.052			
Serine	0.145	0		1	0.041			
Hydroxyproline								

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

NDB No. 12116 Nuts, coconut cream, canned (liquid expressed from grated meat)

		<u>A</u>	mount in 100 grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
			Numbe	r			<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	71.20	0		1		210.75	13.53		
Energy	kcal	192	0	NC	4		568	36		
Energy		803			4		2378	153		
Protein (N x 5.3)	g	2.69	1		1		7.96	0.51		
Total lipid (fat)	g	17.72	1		1		52.45	3.37		
Ash	g	0.04	1		1		0.12	0.01		
Carbohydrate, by difference	g	8.35	0	NC	4		24.72	1.59		
Fiber, total dietary	g	2.2	0		4		6.5	0.4		
Sugars, total	g	6.15	0	NR	4		18.20	1.17		
Starch	g									
Minanala										
Minerals: Calcium, Ca	ma	1	1		1		3	0		
Iron, Fe	_	0.51	1		1		1.51	0.10		
Magnesium, Mg		17	0		4		50	3		
Phosphorus, P		22	1		1		65	4		
Potassium, K	•	101	1		1		299	19		
Sodium, Na		50	1		1		148	10		
Zinc, Zn		0.60	0		1		1.78	0.11		
Copper, Cu		0.236	5 0		1		0.699	0.045		
Manganese, Mn		0.815	5 0		1		2.412	0.155		
Selenium, Se		5.5	0	BFSN	4		16.3	1.0		
Vitamina										
Vitamins:	ma	1.8	0		4		5.3	0.0		
Vitamin C, total ascorbic acid Thiamin		0.022			1		0.065	0.3 0.004		
Riboflavin		0.022			1		0.118	0.004		
Niacin		0.038			1		0.112	0.007		
Pantothenic acid	-	0.163			4		0.482	0.031		
Vitamin B-6		0.029			4		0.086	0.006		
Folate, total	_	14	0		4		42	3		
Folic acid		0	0	z	7		0	0		
Folate, food		14	0		4		42	3		
Folate, DFE	mcg_DFE	14	0	NC	4		42	3		
Vitamin B-12		0.00	0	Z	7		0.00	0.00		
Vitamin A, IU	IU	0	0		4		0	0		
Vitamin A, RAE	mcg_RAE	0	0	NC	4		0	0		
Retinol		0	0	Z	7		0	0		
Vitamin E (alpha-tocopherol)	mg	0.13	0	BFSN	4		0.38	0.02		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D			_		_					
Vitamin K (phylloquinone)	mcg	0.1	0	BFSN	4		0.3	0.0		
Lipids:										
Fatty acids, total saturated	g	15.713	0		1		46.510	2.985		
4:0		0.000	0		1		0.000	0.000		
6:0	g	0.101	. 0		1		0.299	0.019		
8:0		1.241	. 0		1		3.673	0.236		
10:0	g	0.986	0		1		2.919	0.187		
12:0	g	7.861	0		1		23.269	1.494		
13:0	g									
14:0	g	3.104	0		1		9.188	0.590		
15:0	_									
16:0		1.502	2 0		1		4.446	0.285		
17:0	_									
18:0	_	0.918	0		1		2.717	0.174		
20:0	_									
22:0										

						ole portio	<u>on</u>	Amount in edible portion of common measures of food		
			(Number of Data	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 monounsatur	atedg	0.754	ŀ	0		1		2.232	0.143	
14:1	_									
15:1 16:1 undifferentiated	_	0.000	1	0		1		0.000	0.000	
17:1	_			_		_				
18:1 undifferentiated 20:1	_	0.754		0 0		1 1		2.232 0.000	0.143 0.000	
20:1 undifferentiated	_	0.000		0		1		0.000	0.000	
24:1 c	•	0.000	•	U		-		0.000	0.000	
Fatty acids, total polyunsaturat		0.194	ŀ	0		1		0.574	0.037	
18:2 undifferentiated		0.194		0		1		0.574	0.037	
18:3 undifferentiated	g	0.000)	0		1		0.000	0.000	
18:4	g	0.000	1	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 1		0.000	0.000	
22:6 n-3		0.000		U		1		0.000	0.000	
Fatty acids, total trans Cholesterol		0		0	z	7		0	0	
Phytosterols	_	ŭ		Ū		,		Ü	v	
-	9									
Amino Acids:										
Tryptophan		0.031		0		1		0.092	0.006	
Threonine	=	0.098		0		1		0.290	0.019	
Isoleucine	-	0.106		0		1 1		0.314	0.020	
Leucine	-	0.200 0.119		0		1		0.592 0.352	0.038 0.023	
Lysine Methionine		0.119		0		1		0.148	0.023	
Cystine		0.053		0		1		0.157	0.010	
Phenylalanine		0.137		0		1		0.406	0.026	
Tyrosine		0.083		0		1		0.246	0.016	
Valine	=	0.163		0		1		0.482	0.031	
Arginine	-	0.442	!	0		1		1.308	0.084	
Histidine	g	0.062	!	0		1		0.184	0.012	
Alanine	g	0.138	1	0		1		0.408	0.026	
Aspartic acid	g	0.263	1	0		1		0.778	0.050	
Glutamic acid	g	0.616		0		1		1.823	0.117	
Glycine	-	0.128		0		1		0.379	0.024	
Proline		0.111		0		1		0.329	0.021	
Serine		0.139	1	0		1		0.411	0.026	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	
Caffeine		0		0	Z	7		0	0	
Theobromine	mg	0		0	z	7		0	0	
Carotenoids:										
Carotene, beta	mcg	0		0	BFSN	4		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 = 296g: 1 cup Measure 2 = 19g: 1 tbsp NDB No. 12116

Nuts, coconut cream, canned (liquid expressed from grated meat)

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

NDB No. 12115 Nuts, coconut cream, raw (liquid expressed from grated meat)

		<u>A</u>	mount in 100 gram	s of edi	ole portio	<u>on</u>	Amount in edible portion of common			
			Numbe	er			<u>m</u>	easures of food		
				a Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	53.90	1		1		129.36	8.09		
Energy	_	330	0	NC	4		792	50		
Energy		1381			4		3314	207		
Protein (N x 5.3)	· -	3.63	1		1		8.71	0.54		
Total lipid (fat)		34.68	1		1		83.23	5.20		
Ash		1.15	1		1		2.76	0.17		
Carbohydrate, by difference		6.65	0	NC	4		15.96	1.00		
Fiber, total dietary		2.2	0		4		5.3	0.3		
Sugars, total										
Starch	-									
Minerals:										
Calcium, Ca	-	11	1		1		26	2		
Iron, Fe	-	2.28	1		1		5.47	0.34		
Magnesium, Mg		28	0		4		67	4		
Phosphorus, P	•	122	1		1 1		293	18		
Potassium, K	-	325	0		1		780	49		
Sodium, Na		4 0.96	0		1		10 2.30	1 0.14		
Zinc, Zn		0.96			1		0.907	0.14		
Copper, Cu Manganese, Mn		1.304			1		3.130	0.196		
Selenium, Se		1.504			-		3.130	0.130		
Scientini, Sc	9									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	2.8	1		1		6.7	0.4		
Thiamin		0.030	1		1		0.072	0.005		
Riboflavin		0.000) 1		1		0.000	0.000		
Niacin		0.890			1		2.136	0.134		
Pantothenic acid		0.261			4		0.626	0.039		
Vitamin B-6	-	0.047			4		0.113	0.007		
Folate, total		23	0		4		55	3		
Folic acid		0	0	Z	7		0	0		
Folate, food	mcg	23	0		4		55	3		
Folate, DFE		23	0	NC	4		55	3		
Vitamin B-12		0.00	0	Z	7		0.00	0.00		
Vitamin A, IU		0	1		1		0	0		
Vitamin A, RAE		0	1		1 7		0 0	0		
Retinol		U	U	Z	,		U	0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>										
Fatty acids, total saturated		30.753			1		73.807	4.613		
4:0		0.000			1		0.000	0.000		
6:0		0.197			1		0.473	0.030		
8:0		2.430			1		5.832	0.365		
10:0		1.931			1		4.634	0.290		
12:0		15.385	0		1		36.924	2.308		
13:0		6 075			4		14 500	0.011		
14:0	_	6.075	0		1		14.580	0.911		
15:0	_	0.044	•		4		7 050	A 441		
16:0	-	2.940	0		1		7.056	0.441		
17:0	_	1 704	5 0		1		4 310	0.000		
18:0	_	1.796	, 0		1		4.310	0.269		
20:0	_									
22:0	9 g									

	<u>Aı</u>	nount in 100 grams Numbe		<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	of Data Std. Error Points		Confidence Code	Measure 1	Measure 2	Measure 3
			_				
Fatty acids, total monounsaturated9	1.475	0	1		3.540	0.221	
14:1g 15:1g							
16:1 undifferentiatedg	0.000	0	1		0.000	0.000	
17:1g	0.000	v	-		0.000	0.000	
18:1 undifferentiated	1.475	0	1		3.540	0.221	
20:1	0.000		1		0.000	0.000	
22:1 undifferentiatedg	0.000		1		0.000	0.000	
24:1 cg	0.000	v	-		0.000	0.000	
Fatty acids, total polyunsaturated9	0.379	0	1		0.910	0.057	
18:2 undifferentiated	0.379		1		0.910	0.057	
18:3 undifferentiated	0.000		1		0.000	0.000	
18:4g	0.000		1		0.000	0.000	
20:2 n-6 c,cg	0.000	v	-		0.000	0.000	
20:3 undifferentiated							
20:4 undifferentiated	0.000	0	1		0.000	0.000	
20:5 n-3	0.000		1		0.000	0.000	
20:5 n-3	0.000		1		0.000	0.000	
22:6 n-3	0.000		1		0.000	0.000	
Fatty acids, total trans	0.000	U	-		0.000	0.000	
	0	0	z 7		0	0	
Cholesterolmg Phytosterolsmg	U	U	2 /		U	U	
rilytosteroising							
Amino Acids:							
Tryptophang	0.042	0	1		0.101	0.006	
Threonineg	0.132	0	1		0.317	0.020	
Isoleucineg	0.142	0	1		0.341	0.021	
Leucineg	0.269	0	1		0.646	0.040	
Lysineg	0.160	0	1		0.384	0.024	
Methionineg	0.068	0	1		0.163	0.010	
Cystineg	0.072	0	1		0.173	0.011	
Phenylalanineg	0.184	0	1		0.442	0.028	
Tyrosineg	0.112	0	1		0.269	0.017	
Valineg	0.220	0	1		0.528	0.033	
Arginine	0.595	0	1		1.428	0.089	
Histidineg	0.083	0	1		0.199	0.012	
Alanine	0.185		1		0.444	0.028	
Aspartic acid	0.354		1		0.850	0.053	
Glutamic acid	0.829		1		1.990	0.124	
Glycine	0.172		1		0.413	0.026	
Proline	0.150		1		0.360	0.023	
Serine	0.187		1		0.449	0.028	
Hydroxyproline	3.20.	·	_				
Others:							
Alcohol, ethylg	0.0	0	7		0.0	0.0	
Caffeine mg							
Theobrominemg							

Common Measures:

Measure 1 = 240g: 1 cup Measure 2 = 15.0g: 1 tbsp

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

		<u>A</u>	mount in 10	0 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common		
				Number	r			<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	1.67		0		1		0.47		
Energy	kcal	684		0	NC	4		194		
Energy	kj	2862				4		811		
Protein (N x 5.3)	g	5.30		0		1		1.50		
Total lipid (fat)	g	69.08		0		1		19.58		
Ash	g	2.44		0		1		0.69		
Carbohydrate, by difference	g	21.52		0	NC	4		6.10		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:	ma	26		^		4		7		
Calcium, Ca	-	26 3.36		0 0		1 1		7 0.95		
Iron, Fe	-	3.36 92		0		1		0.95 26		
		209		0		1		26 59		
Phosphorus, P Potassium, K	-	551		0		1		156		
Sodium, Na	-	37		0		1		10		
Zinc, Zn	-	2.04		0		1		0.58		
Copper, Cu		0.807	7	0		1		0.229		
Manganese, Mn		2.783		0		1		0.789		
Selenium, Se										
•										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	1.5		0		4		0.4		
Thiamin	-	0.061		0		4		0.017		
Riboflavin		0.101		0		4		0.029		
Niacin		0.611		0		4		0.173		
Pantothenic acid		0.811		0		4		0.230		
Vitamin B-6		0.304	ł	0		4		0.086		
Folate, total		9		0	_	4		3		
Folic acid		9		0 0	Z	7 4		0 3		
Folate, food		9		0	NC	4		3		
Folate, DFE		0.00		0	NC Z	7		0.00		
Vitamin B-12 Vitamin A, IU		0.00		0	Z	4		0.00		
Vitamin A, RAE		0		0		4		0		
Retinol		0		0	z	7		0		
Vitamin E (alpha-tocopherol)		Ü		·		,		Ü		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
	-									
Lipids:	a	61.257	7	0		1		17.366		
Fatty acids, total saturated		υI.25	,	0		1		17.300		
4:0 6:0		0.393	3	0		1		0.111		
8:0	-	4.840		0		1		1.372		
10:0		3.846		0		1		1.090		
12:0		30.646		0		1		8.688		
13:0	-	30.040	-	·		-		5.000		
14:0	-	12.100)	0		1		3.430		
15:0	-	0	-	·		-		3.430		
16:0	_	5.856	5	0		1		1.660		
17:0	-	2.23	-	•		-				
18:0		3.577	7	0		1		1.014		
20:0				-		-				
22:0										
24:0										

		<u>Ar</u>	mount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	5	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
F-44	a	2.939		0		1		0.833		
Fatty acids, total monounsaturated		2.939		U		1		0.833		
15:1	_									
16:1 undifferentiated										
17:1	-									
18:1 undifferentiated		2.939		0		1		0.833		
20:1		2.939		U		_		0.833		
22:1 undifferentiated	-									
24:1 c	-									
Fatty acids, total polyunsaturated		0.756		0		1		0.214		
18:2 undifferentiated		0.756		0		1		0.214		
18:3 undifferentiated		0.756		U		1		0.214		
	•									
18:4 20:2 n-6 c.c.	-									
20:3 undifferentiated	•									
20:3 undifferentiated	•									
20:4 undifferentiated	•									
	•									
22:5 n-3 22:6 n-3	-									
	•									
Fatty acids, total trans		0		0	z	7		0		
Phytosterols		U		U	4	,		O		
riiytosterois										
Amino Acids:										
Tryptophan	g	0.062		0		1		0.018		
Threonine		0.193		0		1		0.055		
Isoleucine	g	0.208		0		1		0.059		
Leucine	_	0.393		0		1		0.111		
Lysine	_	0.234		0		1		0.066		
Methionine		0.099		0		1		0.028		
Cystine		0.105		0		1		0.030		
Phenylalanine	-	0.269		0		1		0.076		
Tyrosine		0.164		0		1		0.046		
Valine		0.321		0		1		0.091		
Arginine		0.870		0		1		0.247		
Histidine		0.122		0		1		0.035		
Alanine		0.122		0		1		0.033		
Aspartic acid		0.518		0		1		0.147		
Glutamic acid		1.212		0		1		0.344		
Glycine	_	0.251		0		1		0.071		
Proline		0.231		0		1		0.062		
Serine	-	0.219		0		1		0.082		
Hydroxyproline		0.2/4		U		1		0.078		
11yuloxypioiiie	9									

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

		<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		
				ata Deriv	Source	Confidence				
Nutrients and Unit	s	Mean	Std. Error Poin		Code	Code	Measure 1	Measure 2	Measure :	
Proximates:										
Water	g	3.00		0	1		0.85			
Energy	kcal	660		0 NC	4		187			
Energy	kj	2761			4		783			
Protein (N x 5.3)	g	6.88		0	1		1.95			
Total lipid (fat)	g	64.53		0	1		18.29			
Ash	g	1.94		0	1		0.55			
Carbohydrate, by difference	g	23.65		0 NC	4		6.70			
Fiber, total dietary	g	16.3		0	4		4.6			
Sugars, total	g	7.35		0 NR	4		2.08			
Starch	g									
Minerals:	ma	0.0		`	-		7			
Calcium, Ca	_	26 3.32)	1 1		7 0.94			
Iron, FeMagnesium, Mg		90)	1		0.94 26			
Phosphorus, P		206)	1		58			
Potassium, K	•	543)	1		154			
Sodium, Na		37)	1		10			
Zinc, Zn		2.01)	1		0.57			
Copper, Cu		0.796)	1		0.226			
Manganese, Mn		2.745)	1		0.778			
Selenium, Se		18.5) BFSN	4		5.2			
•										
Vitamins:				_						
Vitamin C, total ascorbic acid		1.5)	1		0.4			
Thiamin		0.060)	1		0.017			
Riboflavin		0.100)	1		0.028			
Niacin	-	0.603)	1		0.171			
Pantothenic acid		0.800)	1		0.227			
Vitamin B-6	_	0.300)	1		0.085			
Folate, total		9) _	1		3			
Folic acid		0) z	7		0 3			
Folate, food		9 E 9)	1 4		3			
Folate, DFE		0.00) NC	4 7		0.00			
Vitamin B-12		0.00) 2	1		0.00			
Vitamin A, IU)	1		0			
Vitamin A, RAE		.⊑ 0 0)) z	7		0			
Retinol		0.44		D Z D BFSN			0.12			
Vitamin E (alpha-tocopherol)		0.44	,) DESN	4		0.12			
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.3) BFSN	4		0.1			
<u>Lipids:</u>										
Fatty acids, total saturated		57.218)	1		16.221			
4:0		0.000)	1		0.000			
6:0	-	0.367)	1		0.104			
8:0	• • • • • • • • • • • • • • • • • • • •	4.520)	1		1.281			
10:0	-	3.592)	1		1.018			
12:0	-	28.625	•)	1		8.115			
13:0	-				_					
14:0	-	11.302	<u> </u>)	1		3.204			
15:0	-				_		. ===			
16:0		5.469	,)	1		1.550			
	a									
17:0	-				_					
18:0	g	3.341	L ()	1		0.947			
	g g	3.341	<u>.</u>)	1		0.947			

		<u>A</u> 1	mount in 10			ole portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Unit	ts	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	2.745		0		1		0.778		
14:1	_									
15:1 16:1 undifferentiated	-	0.000		0		1		0.000		
17:1	-	0.000		Ū		-		0.000		
18:1 undifferentiated	-	2.745		0		1		0.778		
20:1	g	0.000		0		1		0.000		
22:1 undifferentiated	-	0.000		0		1		0.000		
24:1 c										
Fatty acids, total polyunsaturated		0.706		0		1		0.200		
18:2 undifferentiated		0.706		0		1		0.200		
18:3 undifferentiated		0.000		0		1		0.000		
18:4		0.000		0		1		0.000		
20:2 n-6 c,c 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										
Cholesterol		0		0	Z	7		0		
Phytosterols	mg									
A mino A sidos										
Amino Acids:	a	0.081		0		1		0.023		
Tryptophan Threonine		0.251		0		1		0.023		
Isoleucine	_	0.231		0		1		0.071		
Leucine	_	0.511		0		1		0.145		
Lysine	_	0.304		0		1		0.086		
Methionine		0.129		0		1		0.037		
Cystine		0.136		0		1		0.039		
Phenylalanine	g	0.349		0		1		0.099		
Tyrosine	g	0.213		0		1		0.060		
Valine	g	0.417		0		1		0.118		
Arginine	g	1.130		0		1		0.320		
Histidine	_	0.158		0		1		0.045		
Alanine		0.352		0		1		0.100		
Aspartic acid		0.673		0		1		0.191		
Glutamic acid		1.574		0		1		0.446		
Glycine		0.326		0		1		0.092		
Proline	_	0.284		0		1 1		0.081		
Serine Hydroxyproline		0.356		U		1		0.101		
11ydroxypromie	9									
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	mcg	0		0	BFSN	4		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 = 28.35g: 1 oz

NDB No. 12108

Nuts, coconut meat, dried (desiccated), not sweetened

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

NDB No. 12110 Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned

		<u>A</u>	mount in 100 grams	Amount in edible portion of common					
			Numbe	measures 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	23.27	0		1		17.92	26.53	
Energy	kcal	443	0	NC	4		341	505	
Energy		1854			4		1427	2113	
Protein (N x 5.3)		3.35	0		1		2.58	3.82	
Total lipid (fat)		31.69	0		1		24.40	36.13	
Ash	g	0.78	0		1		0.60	0.89	
Carbohydrate, by difference	g	40.91	0	NC	4		31.50	46.64	
Fiber, total dietary	g	4.5	0		4		3.5	5.1	
Sugars, total	g								
Starch	g								
Mr. 1									
Minerals:	ma	14	0		1		11	16	
Calcium, Ca Iron, Fe	-	1.84	0		1		1.42	16 2.10	
Magnesium, Mg		49	0		1		38	56	
Phosphorus, P		103	0		1		79	117	
Potassium, K	-	324	0		1		249	369	
Sodium, Na		20	0		1		15	23	
Zinc, Zn		1.59	0		1		1.22	1.81	
Copper, Cu		0.308	3 0		1		0.237	0.351	
Manganese, Mn		2.171	L 0		1		1.672	2.475	
Selenium, Se									
Vitamina									
Vitamins:	ma	0.0	•		1		0.0	0.0	
Vitamin C, total ascorbic acid		0.0	0		1		0.0 0.023	0.0 0.034	
ThiaminRiboflavin		0.030			1		0.023	0.034	
Niacin	-	0.305			1		0.015	0.023	
Pantothenic acid	-	0.633			4		0.487	0.722	
Vitamin B-6		0.237			4		0.182	0.270	
Folate, total	-	7	0		4		5	8	
Folic acid		0	0	z	7		0	0	
Folate, food		7	0		4		5	8	
Folate, DFE	mcg DFE	7	0	NC	4		5	8	
Vitamin B-12		0.00	0	Z	7		0.00	0.00	
Vitamin A, IU		0	0		1		0	0	
Vitamin A, RAE		0	0		1		0	0	
Retinol		0	0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg								
Tocopherol, beta	mg								
Tocopherol, gamma	mg								
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)	mcg								
Lipids:									
Fatty acids, total saturated	g	28.101	L 0		1		21.638	32.035	
4:0									
6:0	g	0.180	0		1		0.139	0.205	
8:0	g	2.220	0		1		1.709	2.531	
10:0		1.764			1		1.358	2.011	
12:0		14.058	0		1		10.825	16.026	
13:0									
14:0	_	5.551	L 0		1		4.274	6.328	
15:0	_		_						
16:0	_	2.686	5 0		1		2.068	3.062	
17:0	_				_		4	<u> </u>	
18:0	_	1.641	L 0		1		1.264	1.871	
20:0	-								
22:0									

	<u>Amo</u>	ount in 100 grams Number		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
Fatty acids, total monounsaturatedg	1.348	0		1		1.038	1.537	
14:1g	1.540	·		-		1.050	1.337	
15:1g								
16:1 undifferentiatedg								
17:1g								
18:1 undifferentiated	1.348	0		1		1.038	1.537	
20:1g								
22:1 undifferentiatedg								
24:1 cg								
Fatty acids, total polyunsaturated	0.347	0		1		0.267	0.396	
18:2 undifferentiatedg	0.347	0		1		0.267	0.396	
18:3 undifferentiatedg								
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	0	0	Z	7		0	0	
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.039	0		1		0.030	0.044	
Threonineg	0.122	0		1		0.094	0.139	
Isoleucine	0.132	0		1		0.102	0.150	
Leucineg	0.249	0		1		0.192	0.284	
Lysine	0.148	0		1		0.114	0.169	
Methionineg	0.063	0		1		0.049	0.072	
Cystineg	0.066	0		1		0.051	0.075	
Phenylalanineg	0.170	0		1		0.131	0.194	
Tyrosineg	0.104	0		1		0.080	0.119	
Valine	0.203	0		1		0.156	0.231	
Arginine	0.551	0		1		0.424	0.628	
Histidineg	0.077	0		1		0.059	0.088	
Alanineg	0.172	0		1		0.033	0.196	
Aspartic acid	0.328	0		1		0.253	0.374	
Glutamic acid	0.767	0		1		0.591	0.874	
Glycine	0.159	0		1		0.122	0.181	
Prolineg	0.139	0		1		0.107	0.158	
Serine 9	0.173	0		1		0.133	0.197	
Hydroxyproline	22	·		-		3.203	J J	
Others:				_			_	
Alcohol, ethylg	0.0	0	Z	7		0.0	0.0	
Caffeine mg								
Theobromine mg								

Common Measures:

Measure 1 = 77g: 1 cup Measure 2 = 114g: 4 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

NDB No. 12109 Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged

		<u>A</u>	mount in 100 g	grams	Amount in edible portion of common						
			Nι	ımber				measures of food			
			of	Data	Deriv	Source	Confidence				
Nutrients and Units		Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	15.61		0		1		11.55	4.43		
Energy	kcal	474		0	NC	4		351	134		
Energy	kj	1983				4		1468	562		
Protein (N x 5.3)	g	3.28		0		1		2.43	0.93		
Total lipid (fat)	g	32.15		0		1		23.79	9.11		
Ash	g	1.37		0		1		1.01	0.39		
Carbohydrate, by difference		47.59		0	NC	4		35.22	13.49		
Fiber, total dietary	g	4.3		0		1		3.2	1.2		
Sugars, total	g	43.29		0	NR	4		32.03	12.27		
Starch	g										
X.C. 1											
Minerals:	ma	1 4		•		4		10	4		
Calcium, Ca	-	14 1.80		0		1 1		10 1.33	4 0.51		
Iron, Fe		1.80 48		0		1		36			
Magnesium, Mg Phosphorus, P		48 100		0		1		36 74	14 28		
1 /	•	100 316		0		1		234	28 90		
Potassium, K Sodium. Na		256		0		1		234 189	90 73		
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	1.75		0		1		1.30	0.50		
Copper, Cu		0.301	İ	0		1		0.223	0.085		
Manganese, Mn		2.388		0		1		1.767	0.677		
Selenium, Se		16.1	1.068	3	A	1		11.9	4.6		
Scientini, Sc				_		_					
Vitamins:											
Vitamin C, total ascorbic acid	-	0.0		0		1		0.0	0.0		
Thiamin	-	0.030		0		1		0.022	0.009		
Riboflavin	mg	0.020		0		1		0.015	0.006		
Niacin	mg	0.300		0		1		0.222	0.085		
Pantothenic acid	-	0.696		0		4		0.515	0.197		
Vitamin B-6	-	0.261	L	0		4		0.193	0.074		
Folate, total		8		0		4		6	2		
Folic acid		0		0	Z	7		0	0		
Folate, food		8		0		4		6	2		
Folate, DFE		8		0	NC	4		6	2		
Vitamin B-12		0.00		0	Z	7		0.00	0.00		
Vitamin A, IU		0		0		1		0	0		
Vitamin A, RAE		0		0	NC	4		0	0		
Retinol		0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)		0.38		0	BFSN	4		0.28	0.11		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta Vitamin D											
Vitamin K (phylloquinone)		0.3		0	BFSN	4		0.2	0.1		
	9	0.0		·	22 521	-		V	V.1		
<u>Lipids:</u>											
Fatty acids, total saturated	g	28.509	9	0		1		21.097	8.082		
4:0		0.000		0		1		0.000	0.000		
6:0		0.183		0		1		0.135	0.052		
8:0	-	2.252		0		1		1.666	0.638		
10:0		1.790		0		1		1.325	0.507		
12:0		14.263	3	0		1		10.555	4.044		
13:0				_		_		_	_		
14:0		5.631	L	0		1		4.167	1.596		
15:0		~ -	_	_		_					
16:0		2.725	•	0		1		2.017	0.773		
17:0	_		_	_		_					
18:0	_	1.665	•	0		1		1.232	0.472		
20:0	_										
22:0	_										
24:0	_										

		<u>A</u> 1	mount in 10	0 grams	Amount in edible portion of common measures of food					
				Number of Data	Deriv		Confidence			
Nutrients and	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	tedg	1.368		0		1		1.012	0.388	
14:1	_									
15:1 16:1 undifferentiated	_	0.000)	0		1		0.000	0.000	
17:1 18:1 undifferentiated	_	1.368		0		1		1.012	0.388	
20:1	_	0.000		0		1		0.000	0.388	
22:1 undifferentiated	_	0.000		0		1		0.000	0.000	
24:1 c	•	0.000		ŭ		_		0.000	0.000	
Fatty acids, total polyunsaturate		0.352		0		1		0.260	0.100	
18:2 undifferentiated		0.352		0		1		0.260	0.100	
18:3 undifferentiated		0.000	1	0		1		0.000	0.000	
18:4		0.000)	0		1		0.000	0.000	
20:2 n-6 c.c	_									
20:3 undifferentiated	_									
20:4 undifferentiated	g	0.000)	0		1		0.000	0.000	
20:5 n-3	g	0.000)	0		1		0.000	0.000	
22:5 n-3	g	0.000	1	0		1		0.000	0.000	
22:6 n-3	g	0.000)	0		1		0.000	0.000	
Fatty acids, total trans										
Cholesterol		0		0	Z	7		0	0	
Phytosterols	mg									
Amino Acids:										
Tryptophan		0.038		0		1		0.028	0.011	
Threonine	_	0.119		0		1		0.088	0.034	
Isoleucine	_	0.129		0		1		0.095	0.037	
Leucine	-	0.243		0		1		0.180	0.069	
Lysine		0.145		0 0		1 1		0.107	0.041	
Methionine		0.061						0.045	0.017	
Cystine		0.065		0		1		0.048	0.018	
Phenylalanine		0.166		0		1		0.123	0.047	
Tyrosine	_	0.101		0		1		0.075	0.029	
Valine	-	0.198		0		1		0.147	0.056	
Arginine	_	0.538		0		1		0.398	0.153	
Histidine	-	0.075		0		1		0.056	0.021	
Alanine		0.167		0		1		0.124	0.047	
Aspartic acid		0.320		0		1		0.237	0.091	
Glutamic acid	_	0.749		0		1		0.554	0.212	
Glycine	-	0.155		0		1		0.115	0.044	
Proline	_	0.135		0		1		0.100	0.038	
Serine		0.169	1	0		1		0.125	0.048	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	
Caffeine	mg	0		0	Z	7		0	0	
Theobromine	<u>mg</u>	0		0	Z	7		0	0	
Carotenoids:										
Carotene, beta	mcg	0		0	BFSN	4		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 = 74g: 1 cup Measure 2 = 28.35g: 1 oz NDB No. 12109

Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

		<u>A</u>	mount in 100 gram	Amount in edible portion of common					
			Numbe	<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 3
Proximates:									
Water	g	12.55	0		1		11.67	24.97	
Energy	kcal	501	0	NC	4		466	997	
Energy		2096			4		1949	4171	
Protein (N x 5.3)	g	2.88	0		1		2.68	5.73	
Total lipid (fat)	g	35.49	0		1		33.01	70.63	
Ash		1.42	0		1		1.32	2.83	
Carbohydrate, by difference	g	47.67	0	NC	4		44.33	94.86	
Fiber, total dietary	g	4.5	0		4		4.2	9.0	
Sugars, total	g	43.17	0	NR	4		40.15	85.91	
Starch	g								
Mr. I									
Minerals:	ma	15	0		1		14	30	
Calcium, Ca Iron, Fe	_	1.92	0		1		1.79	3.82	
Magnesium, Mg		50	0		1		47	100	
Phosphorus, P		107	0		1		100	213	
Potassium, K	•	337	0		1		313	671	
Sodium, Na		262	0		1		244	521	
Zinc, Zn		1.82	0		1		1.69	3.62	
Copper, Cu		0.313	0		1		0.291	0.623	
Manganese, Mn		2.475	0		1		2.302	4.925	
Selenium, Se		16.7	0	BFSN	4		15.5	33.2	
Vitamina									
Vitamins:	ma	0.7	0		1		0.7	1.4	
Vitamin C, total ascorbic acid Thiamin		0.7			1		0.029	0.062	
Riboflavin		0.031			1		0.019	0.040	
Niacin		0.474			1		0.441	0.943	
Pantothenic acid	-	0.722			4		0.671	1.437	
Vitamin B-6		0.271			4		0.252	0.539	
Folate, total	_	8	0		4		8	16	
Folic acid		0	0	Z	7		0	0	
Folate, food		8	0		4		8	16	
Folate, DFE	mcg_DFE	8	0	NC	4		8	16	
Vitamin B-12		0.00	0	z	7		0.00	0.00	
Vitamin A, IU		0	0		1		0	0	
Vitamin A, RAE	mcg_RAE	0	0	NC	4		0	0	
Retinol	mcg	0	0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.39	0	BFSN	4		0.37	0.78	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D			•				0.0		
Vitamin K (phylloquinone)	nicg	0.3	0	BFSN	4		0.3	0.5	
Lipids:									
Fatty acids, total saturated	g	31.468	0		1		29.265	62.621	
4:0	g	0.000	0		1		0.000	0.000	
6:0	g	0.202	2 0		1		0.188	0.402	
8:0		2.486	0		1		2.312	4.947	
10:0		1.976			1		1.838	3.932	
12:0	_	15.743	0		1		14.641	31.329	
13:0	-		_						
14:0	-	6.216	0		1		5.781	12.370	
15:0	-				_		·		
16:0		3.008	0		1		2.797	5.986	
17:0	-	1 000					1 700	2 (5)	
18:0	-	1.838	0		1		1.709	3.658	
20:0 22:0	-								
	U								

	<u>A</u>	mount in 100 grams	of edil	Amount in edible portion of common				
		Numbe	r	measures of food				
			Deriv	Source	Confidence			
Nutrients and Units	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Foto and total management of the	1.510	0		1		1 404	3 005	
Fatty acids, total monounsaturatedg 14:1g 15:1	1.510	U		1		1.404	3.005	
16:1 undifferentiated	0.000	0		1		0.000	0.000	
18:1 undifferentiatedg	1.510	0		1		1.404	3.005	
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 polyunsaturatedg	0.388			1		0.361	0.772	
18:2 undifferentiatedg	0.388			1		0.361	0.772	
18:3 undifferentiated	0.000			1 1		0.000	0.000	
18:4g 20:2 n-6 c.cg	0.000	U		1		0.000	0.000	
20:2 n-6 c,cg								
20:4 undifferentiatedg	0.000	0		1		0.000	0.000	
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	0	Z	7		0	0	
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.034	. 0		1		0.032	0.068	
Threonineg	0.105			1		0.098	0.209	
Isoleucine	0.113			1		0.105	0.225	
Leucineg	0.214			1		0.199	0.426	
Lysineg	0.127			1		0.118	0.253	
Methionine	0.054	0		1		0.050	0.107	
Cystineg	0.057	0		1		0.053	0.113	
Phenylalanineg	0.146	0		1		0.136	0.291	
Tyrosineg	0.089	0		1		0.083	0.177	
Valineg	0.175	0		1		0.163	0.348	
Arginineg	0.473	0		1		0.440	0.941	
Histidineg	0.066	0		1		0.061	0.131	
Alanineg	0.147			1		0.137	0.293	
Aspartic acidg	0.282			1		0.262	0.561	
Glutamic acid9	0.659			1		0.613	1.311	
Glycine9	0.137			1		0.127	0.273	
Proline	0.119			1 1		0.111	0.237	
Serine	0.149	U		1		0.139	0.297	
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	BFSN	4		0.000	0.000	
Carotene, alpha mcg	0	0	z	7		0.000	0.000	
Cryptoxanthin, beta mcg	0	0	z	7		0.000	0.000	
Lycopenemcg	0	0	Z	7		0.000	0.000	
Lutein + zeaxanthin mcg	0	0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 93g: 1 cup, shredded Measure 2 = 199g: 1 package (7 oz) NDB No. 12179

Nuts, coconut meat, dried (desiccated), sweetened, shredded

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

		<u>A</u> 1	mount in 10	Amount in edible portion of common								
				Number				measures of food				
				of Data	Deriv	Source	Confidence					
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure		
Proximates:												
Water	g	1.00		0		1		0.28				
Energy	kcal	592		0	NC	4		168				
Energy	kj	2477				4		702				
Protein (N x 5.3)	g	5.30		0		1		1.50				
Total lipid (fat)	g	47.00		0		1		13.32				
Ash	g	2.30		0		1		0.65				
Carbohydrate, by difference	g	44.40		0	NC	4		12.59				
Fiber, total dietary	g											
Sugars, total	g											
Starch												
	_											
Minerals:						_		_				
Calcium, Ca	-	27		0		1		8				
Iron, Fe	-	3.39		0		1		0.96				
Magnesium, Mg		92		0		1		26				
Phosphorus, P	-	211		0		1		60				
Potassium, K	-	554		0		1		157				
Sodium, Na	-	37		0		1		10				
Zinc, Zn		2.05		0		1		0.58				
Copper, Cu		0.812		0		1		0.230				
Manganese, Mn		2.801	L	0		1		0.794				
Selenium, Se	mcg											
Vitamins:												
Vitamin C, total ascorbic acid	mg	1.5		0		4		0.4				
Thiamin	-	0.061	L	0		4		0.017				
Riboflavin		0.102	2	0		4		0.029				
Niacin		0.616	5	0		4		0.175				
Pantothenic acid		0.817	,	0		4		0.232				
Vitamin B-6		0.306	5	0		4		0.087				
Folate, total		9		0		4		3				
Folic acid		0		0	z	7		0				
Folate, food		9		0		4		3				
Folate, DFE		9		0	NC	4		3				
Vitamin B-12		0.00		0	z	7		0.00				
Vitamin A, IU		0		0		4		0				
Vitamin A, RAE		0		0		4		0				
Retinol		0		0	z	7		0				
Vitamin E (alpha-tocopherol)												
Tocopherol, beta												
Tocopherol, gamma												
Tocopherol, delta												
Vitamin D												
Vitamin K (phylloquinone)												
Lipids:	~	44 65-	,	_				11 011				
Fatty acids, total saturated		41.678	•	0		1		11.816				
4:0		0.065	,	0		1		0.076				
6:0	-	0.267		0		1		0.076				
8:0		3.293 2.616		0		1		0.934 0.742				
10:0				0		1						
12:0	-	20.851	-	U		1		5.911				
13:0	-	0 000	,	^		4		2 224				
14:0	-	8.233	•	0		1		2.334				
15:0	-	2 004	•	^		4		1 100				
16:0		3.984	ı	0		1		1.129				
17:0		0.45	•	_				0.500				
18:0		2.434	ŀ	0		1		0.690				
20:0												
22:0	g g											

		<u>Ar</u>	mount in 10	00 grams	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 Uni	ts	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	1.999		0		1		0.567		
14:1										
15:1	g									
16:1 undifferentiated	g									
17:1	g									
18:1 undifferentiated	g	1.999		0		1		0.567		
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.514		0		1		0.146		
18:2 undifferentiated	g	0.514		0		1		0.146		
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	_									
22:6 n-3	_									
Fatty acids, total trans										
Cholesterol		0		0	Z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.062		0		1		0.018		
Threonine	g	0.193		0		1		0.055		
Isoleucine	g	0.208		0		1		0.059		
Leucine	g	0.393		0		1		0.111		
Lysine	g	0.234		0		1		0.066		
Methionine	g	0.099		0		1		0.028		
Cystine	g	0.105		0		1		0.030		
Phenylalanine	g	0.269		0		1		0.076		
Tyrosine	g	0.164		0		1		0.046		
Valine	g	0.321		0		1		0.091		
Arginine	g	0.870		0		1		0.247		
Histidine	g	0.122		0		1		0.035		
Alanine	g	0.271		0		1		0.077		
Aspartic acid	g	0.518		0		1		0.147		
Glutamic acid	g	1.212		0		1		0.344		
Glycine		0.251		0		1		0.071		
Proline	g	0.219		0		1		0.062		
Serine	g	0.274		0		1		0.078		
Hydroxyproline	g									

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

Cocos nucifera

Refuse: 48% Shells(brown), skin, water

		<u>Aı</u>	mount in 100 g	grams	of edik	ole portio	<u>n</u>	Amount in edible portion of common			
			Nι	ımber	r			<u>m</u> e	easures of food	_	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
roximates:											
Water	g	46.99	1.067	15		1		37.59	186.55	21.15	
Energy	kcal	354		0	NC	4		283	1405	159	
Energy	kj	1481				4		1185	5880	667	
Protein (N x 5.3)	g	3.33	0.217	12		1		2.66	13.22	1.50	
Total lipid (fat)	g	33.49	1.409	12		1		26.79	132.96	15.07	
Ash	g	0.97	0.083	10		1		0.78	3.85	0.44	
Carbohydrate, by difference	g	15.23		0	NC	4		12.18	60.46	6.85	
Fiber, total dietary	g	9.0		0		1		7.2	35.7	4.1	
Sugars, total	g	6.23		0	NR	4		4.98	24.73	2.80	
Starch	g										
linerals:											
tinerais: Calcium, Ca	ma	14	2.600	5		1		11	56	6	
Iron, Fe	_	2.43	0.253	4		1		1.94	9.65	1.09	
Magnesium, Mg	_	32	0.233	2		1		26	127	1.0	
Phosphorus, P		113	13.483	5		1		90	449	51	
Potassium, K	_	356	20.133	2		1		285	1413	160	
Sodium. Na		20		2		1		16	79	9	
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	1.10	0.264	3		1		0.88	4.37	0.5	
Copper, Cu		0.435	i	2		1		0.348	1.727	0.1	
Manganese, Mn		1.500)	1		1		1.200	5.955	0.6	
Selenium, Se	mcg	10.1		0	BFSN	4		8.1	40.1	4.5	
itamins:											
Vitamin C, total ascorbic acid	ma	3.3	1.267	3		1		2.6	13.1	1.5	
Thiamin	-	0.066		4		1		0.053	0.262	0.0	
Riboflavin		0.020		3		1		0.016	0.202	0.0	
Niacin		0.540		0		1		0.432	2.144	0.24	
Pantothenic acid	_	0.300		1		1		0.240	1.191	0.1	
Vitamin B-6	-	0.054		3		1		0.043	0.214	0.0	
Folate, total	-	26	4.300	4		1		21	105	12	
Folic acid		0		0	z	7		0	0	0	
Folate, food		26	4.300	4		1		21	105	12	
Folate, DFE		26		0	NC	4		21	105	12	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	0.0	
Vitamin A, IU		0		1		1		0	0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0	
Retinol		0		0	Z	7		0	0	0	
Vitamin E (alpha-tocopherol)	mg	0.24		0	BNA	4		0.19	0.95	0.1	
Tocopherol, beta	mg	0.00		0	BNA	4		0.00	0.00	0.0	
Tocopherol, gamma	mg	0.53		0	BNA	4		0.42	2.11	0.2	
Tocopherol, delta	mg	0.00		0	BNA	4		0.00	0.00	0.0	
Vitamin D											
Vitamin K (phylloquinone)	mcg	0.2		0	BFFN	4		0.1	0.7	0.1	
<u>ipids:</u>	_			_		_		00	44		
Fatty acids, total saturated	-	29.698		0		1		23.758	117.901	13.3	
4:0	-	0.000		0 26		1 1		0.000	0.000	0.0	
6:0		0.191				1		0.153	0.758	0.0	
8:0	_	2.346 1.864		126 129		1		1.877 1.491	9.314 7.400	1.0	
10:0 12:0		14.858		130		1		11.886	58.986	6.6	
13:0		14.030		130		1		11.000	30.300	0.6	
14:0	-	5.866	•	132		1		4.693	23.288	2.6	
15:0	-	3.000		-52		-		4.055	23.200	2.0	
16:0		2.839)	132		1		2.271	11.271	1.2	
17:0		2.033		-52		-		2.2/1		1.2	
18:0	-	1.734		132		1		1.387	6.884	0.7	
20:0	_					_		,	3.004	.,	

	<u>Ar</u>	nount in 100 grams		ole portic	<u>on</u>	Amount in edible portion of common measures of food			
Nutricute and Unite	Maan	Number of Data Std. Error Points	Deriv	Source Code	Confidence Code			•	
Nutrients and Units	Mean	Std. Error Folits	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	1.425	0		1		1.140	5.657	0.641	
14:1g									
15:1g									
16:1 undifferentiatedg	0.000	0		1		0.000	0.000	0.000	
17:1	1 405	120						0.641	
18:1 undifferentiated	1.425	132		1 1		1.140	5.657	0.641	
20:1	0.000	0				0.000	0.000	0.000	
22:1 undifferentiated	0.000	U		1		0.000	0.000	0.000	
Fatty acids, total polyunsaturatedg	0.366	0		1		0.293	1.453	0.165	
18:2 undifferentiatedg	0.366			1		0.293	1.453	0.165	
18:3 undifferentiated	0.000	0		1		0.293	0.000	0.103	
18:4g	0.000	0		1		0.000	0.000	0.000	
20:2 n-6 c.c	0.000	U		1		3.000	0.000	0.000	
20:3 undifferentiatedg									
20:4 undifferentiated	0.000	0		1		0.000	0.000	0.000	
20:5 n-3	0.000	0		1		0.000	0.000	0.000	
22:5 n-3g	0.000	0		1		0.000	0.000	0.000	
22:6 n-3g	0.000	0		1		0.000	0.000	0.000	
Fatty acids, total trans	0.000	•		_		0.000	0.000	0.000	
Cholesterol mg	0	0	z	7		0	0	0	
Phytosterols mg	47	0		1		38	187	21	
Amino Acids:									
Tryptophan9	0.039	7		1		0.031	0.155	0.018	
Threonineg	0.121	26		1		0.097	0.480	0.054	
Isoleucine9	0.131	26		1		0.105	0.520	0.059	
Leucine9	0.247	26		1		0.198	0.981	0.111	
Lysine9	0.147	26		1		0.118	0.584	0.066	
Methionineg	0.062	25		1		0.050	0.246	0.028	
Cystineg	0.066			1		0.053	0.262	0.030	
Phenylalanine	0.169			1		0.135	0.671	0.076	
Tyrosine9	0.103			1		0.082	0.409	0.046	
Valineg	0.202			1		0.162	0.802	0.091	
Arginine9	0.546			1		0.437	2.168	0.246	
Histidine9	0.077	24		1		0.062	0.306	0.035	
Alanine	0.170	23		1		0.136	0.675	0.077	
Aspartic acidg	0.325	23		1		0.260	1.290	0.146	
Glutamic acidg	0.761	23		1		0.609	3.021	0.342	
Glycineg	0.158	23		1		0.126	0.627	0.071	
Prolineg	0.138			1		0.110	0.548	0.062	
Serineg	0.172	23		1		0.138	0.683	0.077	
Hydroxyproline									
Others:									
Alcohol, ethylg	0.0	0		7		0.0	0.0	0.0	
Caffeine mg	0	0	Z	7		0	0	0	
Theobrominemg	0	0	Z	7		0	0	0	
Carotenoids:									
	0	0	Dum	4		0.000	0.000	0.000	
Carotene, beta mcg	0	0	BFFN Z	7		0.000	0.000	0.000	
Cryptovorthin beta mcg	0	0	z Z	7		0.000	0.000	0.000	
Cryptoxanthin, beta mcg	0	0	z Z	7		0.000	0.000	0.000	
Lycopene mcg Lutein + zeaxanthin mcg	0	0	z	7		0.000	0.000	0.000	
Luteni + zeaxantiniiiiicg	U	U	4	,		0.000	0.000	0.000	

Common Measures:

Measure 1 = 80g: 1 cup, shredded

Measure 2 = 397g: 1 medium

Measure 3 = 45g: 1 piece (2" x 2" x 1/2")

NDB No. 12104 Nuts, coconut meat, raw

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

NDB No. 12118 Nuts, coconut milk, canned (liquid expressed from grated meat and water)

		<u>A</u> :	mount in 100 gran	ns of edi	ble portic	<u>on</u>	Amount in edible portion of common			
			Numb	er			measures of food			
				a Deriv	Source	Confidence				
Nutrients and Unit	ts	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure 3	
n : .										
Proximates: Water	a	72.88	8.667 3		1		164.71	10.93		
Energy	_	197	0	NC	4		445	30		
Energy.		824	Ü	110	4		1863	124		
Protein (N x 5.3)		2.02	0.785 3		1		4.57	0.30		
Total lipid (fat)		21.33	8.350 3		1		48.21	3.20		
		0.97	8.350 3		1		2.19	0.15		
Ash			0	NC	4		6.35			
Carbohydrate, by difference		2.81	U	NC	4		0.35	0.42		
Fiber, total dietary										
Sugars, total	-									
Starch	g									
Minerals:										
Calcium, Ca	mg	18	1		1		41	3		
Iron, Fe	_	3.30	1		1		7.46	0.50		
Magnesium, Mg	_	46	1		1		104	7		
Phosphorus, P		96	1		1		217	14		
Potassium, K	_	220	0		1		497	33		
Sodium, Na		13	0		1		29	2		
Zinc, Zn	mg	0.56	0		1		1.27	0.08		
Copper, Cu		0.223	3 0		1		0.504	0.033		
Manganese, Mn	mg	0.768	3 0		1		1.736	0.115		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	1.0	1		1		2.3	0.2		
Thiamin		0.022			4		0.050	0.003		
Riboflavin		0.022			4		0.000	0.003		
Niacin		0.637			4		1.440	0.096		
Pantothenic acid		0.153			4		0.346	0.023		
Vitamin B-6		0.028			4		0.063	0.004		
Folate, total	-	14	0		4		31	2		
Folic acid		0	0	z	7		0	0		
Folate, food		14	0	_	4		31	2		
Folate, DFE	mca DFF	14	0	NC	4		31	2		
Vitamin B-12		0.00	0	Z	7		0.00	0.00		
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)		· ·	·	-	•		·	v		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:	_	40.04			_		40 740			
Fatty acids, total saturated		18.915	5 0		1		42.748	2.837		
4:0	-	0 101			1		0.073	0.010		
6:0		0.121					0.273	0.018		
8:0		1.494			1		3.376	0.224		
10:0		1.187			1		2.683	0.178		
12:0	-	9.463	0		1		21.386	1.419		
13:0	-	2 50	• •		-		0 440	0.500		
14:0	-	3.736	5 0		1		8.443	0.560		
15:0	-	1 00-								
16:0		1.808	0		1		4.086	0.271		
17:0	-						0 :0-	0.111		
18:0 20:0	-	1.104	1 0		1		2.495	0.166		
	a									
22:0	-									

Nuts, coconut milk, canned (liquid expressed from grated meat and water)

		<u>Ar</u>	nount in 10			ole portic	<u>on</u>	Amount in edible portion of common measures of food			
				Number		_		<u></u>	easures or room		
Nutrients and Unit	s	Mean	Std. Error			Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated		0.907		0		1		2.050	0.136		
14:1	-										
15:1											
16:1 undifferentiated	-										
17:1											
18:1 undifferentiated		0.907		0		1		2.050	0.136		
20:1	-										
22:1 undifferentiated	-										
24:1 c	-			•		_					
Fatty acids, total polyunsaturated		0.233		0		1		0.527	0.035		
18:2 undifferentiated		0.233		0		1		0.527	0.035		
18:3 undifferentiated	•										
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.		0		0	z	7		0	0		
Phytosterols		_		-	_	-		-	•		
Amino Acids:											
Tryptophan	а	0.024		0		1		0.054	0.004		
Threonine		0.074		0		1		0.167	0.011		
Isoleucine		0.079		0		1		0.179	0.012		
Leucine		0.150		0		1		0.339	0.023		
Lysine	_	0.089		0		1		0.201	0.013		
Methionine		0.038		0		1		0.086	0.006		
Cystine		0.040		0		1		0.090	0.006		
Phenylalanine	-	0.102		0		1		0.231	0.015		
Tyrosine		0.062		0		1		0.140	0.009		
Valine		0.122		0		1		0.276	0.018		
Arginine		0.331		0		1		0.748	0.050		
Histidine		0.046		0		1		0.104	0.007		
Alanine		0.103		0		1		0.233	0.015		
Aspartic acid	g	0.197		0		1		0.445	0.030		
Glutamic acid		0.462		0		1		1.044	0.069		
Glycine		0.096		0		1		0.217	0.014		
Proline		0.083		0		1		0.188	0.012		
Serine	g	0.104		0		1		0.235	0.016		
Hydroxyproline											

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 = 226g: 1 cup Measure 2 = 15.0g: 1 tbsp

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

NDB No. 12176 Nuts, coconut milk, frozen (liquid expressed from grated meat and water)

		<u>A</u>	mount in 100 gram	s of edi	ble portio	<u>on</u>	Amount in edible portion of common			
			Numbe	r			<u>m</u>	easures of food	<u>l</u>	
			of Data	a Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	71.42	1		1		171.41	10.71		
Energy	kcal	202	0	NC	4		485	30		
Energy	kj	845			4		2028	127		
Protein (N x 5.3)		1.61	1		1		3.86	0.24		
Total lipid (fat)	g	20.80	1		1		49.92	3.12		
Ash		0.59	1		1		1.42	0.09		
Carbohydrate, by difference	g	5.58	0	NC	4		13.39	0.84		
Fiber, total dietary	g									
Sugars, total										
Starch	g									
Minerals:	m~		_				10	•		
Calcium, Ca		4	1		1 1		10	1		
Iron, Fe		0.81 32	1		1		1.94 77	0.12		
Magnesium, Mg Phosphorus, P		32 59	1		1		142	5 9		
Phosphorus, P Potassium, K	•	232	1		1		142 557	9 35		
Sodium, Na		12	1		1		29	2		
Zinc, Zn		0.59	0		1		1.42	0.09		
Copper, Cu		0.235			1		0.564	0.035		
Manganese, Mn		0.809			1		1.942	0.121		
Selenium, Se										
•	-									
Vitamins:										
Vitamin C, total ascorbic acid		1.1	0		4		2.6	0.2		
Thiamin		0.023			4		0.055	0.003		
Riboflavin		0.000			4		0.000	0.000		
Niacin		0.671			4 4		1.610 0.386	0.101 0.024		
Pantothenic acid Vitamin B-6		0.181			4		0.386	0.024		
Folate, total	_	14	0		4		34	2		
Folic acid		0	0	z	7		0	0		
Folate, food		14	0	2	4		34	2		
Folate, DFE	mca DEE	14	0	NC	4		34	2		
Vitamin B-12		0.00	0	Z	7		0.00	0.00		
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)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	a	18.445	5 0		1		44.268	2.767		
4:0		10.11	,		-		44.200	2.707		
6:0		0.118	3 0		1		0.283	0.018		
8:0		1.457			1		3.497	0.219		
10:0	-	1.158			1		2.779	0.174		
12:0		9.228			1		22.147	1.384		
13:0	-		-					-·		
14:0	-	3.643	3 0		1		8.743	0.546		
15:0	-		-					- · · - · -		
16:0	-	1.763	3 0		1		4.231	0.264		
17:0										
18:0	-	1.077	7 0		1		2.585	0.162		
20:0	-									
22:0	-									
24:0										

		<u>Ar</u>	mount in 10			ole portio	<u>n</u>	Amount in edible portion of common measures of food			
				Number of Data		Cauras	Confidence	<u> </u>	easures or 100u		
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	g	0.885		0		1		2.124	0.133		
14:1	g										
15:1	g										
16:1 undifferentiated	g										
17:1	g										
18:1 undifferentiated	g	0.885		0		1		2.124	0.133		
20:1	g										
22:1 undifferentiated	g										
24:1 c											
Fatty acids, total polyunsaturated	g	0.228		0		1		0.547	0.034		
18:2 undifferentiated		0.228		0		1		0.547	0.034		
18:3 undifferentiated	g										
18:4	g										
20:2 n-6 c,c	g										
20:3 undifferentiated	•										
20:4 undifferentiated	•										
20:5 n-3	g										
22:5 n-3	-										
22:6 n-3	-										
Fatty acids, total trans											
Cholesterol		0		0	Z	7		0	0		
Phytosterols	mg										
Amino Acids:											
Tryptophan	q	0.019		0		1		0.046	0.003		
Threonine		0.059		0		1		0.142	0.009		
Isoleucine	-	0.063		0		1		0.151	0.009		
Leucine	-	0.119		0		1		0.286	0.018		
Lysine	-	0.071		0		1		0.170	0.011		
Methionine		0.030		0		1		0.072	0.005		
Cystine	_	0.032		0		1		0.077	0.005		
Phenylalanine		0.082		0		1		0.197	0.012		
Tyrosine	-	0.050		0		1		0.120	0.008		
Valine	-	0.098		0		1		0.235	0.015		
Arginine		0.264		0		1		0.634	0.040		
Histidine	-	0.037		0		1		0.089	0.006		
Alanine	-	0.082		0		1		0.197	0.012		
Aspartic acid	-	0.157		0		1		0.377	0.024		
Glutamic acid		0.368		0		1		0.883	0.055		
Glycine		0.076		0		1		0.182	0.011		
Proline	-	0.067		0		1		0.161	0.010		
Serine	-	0.083		0		1		0.199	0.012		
Hydroxyproline	-										

Common Measures:

Measure 1 = 240g: 1 cup Measure 2 = 15.0g: 1 tbsp

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

NDB No. 12117 Nuts, coconut milk, raw (liquid expressed from grated meat and water)

		<u>A</u> 1	mount in 100 g	rams	of edib	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 Un	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	67.62	3.495	3		1		162.29	10.14		
Energy	kcal	230		0	NC	4		552	35		
Energy	kj	962				4		2310	144		
Protein (N x 5.3)	g	2.29		2		1		5.50	0.34		
Total lipid (fat)	g	23.84		2		1		57.22	3.58		
Ash	g	0.72		2		1		1.73	0.11		
Carbohydrate, by difference	g	5.54		0	NC	4		13.30	0.83		
Fiber, total dietary	g	2.2		0		4		5.3	0.3		
Sugars, total	g	3.34		0	NR	4		8.02	0.50		
Starch	g										
Min and a											
Minerals:	ma	16		1		1		38	2		
Calcium, Ca Iron, Fe	-	1.64		1		1		3.94	0.25		
Magnesium, Mg	-	37		1		1		3.94 89	6		
Phosphorus, P		100		1		1		240	15		
Potassium, K	-	263		0		1		631	39		
Sodium, Na		15		1		1		36	2		
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.67		0		1		1.61	0.10		
Copper, Cu		0.266	;	0		1		0.638	0.040		
Manganese, Mn		0.916		0		1		2.198	0.137		
Selenium, Se		6.2		ō	BFSN	4		14.9	0.9		
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	-	2.8		1		1		6.7	0.4		
Thiamin	-	0.026		1		1		0.062	0.004		
Riboflavin	=	0.000		1		1		0.000	0.000		
Niacin	-	0.760		1		1		1.824	0.114		
Pantothenic acid	-	0.183		0		4		0.439	0.027		
Vitamin B-6	-	0.033	3	0		4		0.079	0.005		
Folate, total		16		0		4		39	2		
Folic acid		0		0	Z	7		0	0		
Folate, food		16		0		4		39	2		
Folate, DFE		16		0	NC	4		39	2		
Vitamin B-12		0.00		0	Z	7		0.00	0.00		
Vitamin A, IU		0		1		1		0	0		
Vitamin A, RAE		0		0	NC	4		0	0		
Retinol		0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)		0.15		0	BFSN	4		0.35	0.02		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, deltaVitamin D											
Vitamin K (phylloquinone)		0.1		0	BFSN	4		0.2	0.0		
vitamini k (phynodumone)	g	0.1		·	22 511	-		V	0.0		
Lipids:											
Fatty acids, total saturated	g	21.140)	0		1		50.736	3.171		
4:0		0.000		0		1		0.000	0.000		
6:0	g	0.136	5	0		1		0.326	0.020		
8:0	-	1.670		0		1		4.008	0.251		
10:0	-	1.327		0		1		3.185	0.199		
12:0		10.576	5	0		1		25.382	1.586		
13:0			_								
14:0	g	4.176	5	0		1		10.022	0.626		
15:0											
16:0		2.021	-	0		1		4.850	0.303		
17:0	-										
18:0	-	1.234	l	0		1		2.962	0.185		
20:0	-										
22:0	-										
24:0	g										

	<u>A</u>	mount in 100 g		of edib	ole portio	<u>n</u>	Amount in edible portion of common measures of food		
		of	umber f Data		Source	Confidence	<u>m</u> e	easures of food	
Nutrients and Units	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	1.014		0		1		2.434	0.152	
14:1g									
15:1g	0.000		•				0.000	0.000	
16:1 undifferentiatedg 17:1g	0.000	1	0		1		0.000	0.000	
18:1 undifferentiated	1.014		0		1		2.434	0.152	
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	0.261		0		1		0.626	0.039	
18:2 undifferentiatedg	0.261		0		1		0.626	0.039	
18:3 undifferentiated	0.000)	0		1		0.000	0.000	
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	1	0		1		0.000	0.000	
Fatty acids, total trans	0		0	z	7		0	0	
Cholesterolmg Phytosterolsmg	1		0	4	1		2	0	
Filytosterois	-		Ū		-		2	U	
Amino Acids:									
Tryptophang	0.027		0		1		0.065	0.004	
Threonineg	0.083		0		1		0.199	0.012	
Isoleucine	0.090		0		1		0.216	0.014	
Leucineg	0.170		0		1 1		0.408	0.026	
Lysineg	0.101 0.043		0		1		0.242 0.103	0.015	
Methionine	0.043		0		1		0.103	0.006 0.007	
Cystineg Phenylalanineg	0.116		0		1		0.108	0.007	
Tyrosineg	0.071		0		1		0.170	0.017	
Valineg	0.139		0		1		0.334	0.021	
Arginine	0.376		0		1		0.902	0.056	
Histidine	0.053		0		1		0.127	0.008	
Alanineg	0.117		0		1		0.281	0.018	
Aspartic acidg	0.224		0		1		0.538	0.034	
Glutamic acid	0.524		0		1		1.258	0.079	
Glycineg	0.108		0		1		0.259	0.016	
Prolineg	0.095	i	0		1		0.228	0.014	
Serineg	0.118		0		1		0.283	0.018	
Hydroxyprolineg									
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:									
' <u></u>	0		0	BFSN	4		0.000	0.000	
Carotene, betamcg Carotene, alphamcg	0		0	Brsn Z	7		0.000	0.000	
Cryptoxanthin, beta mcg	0		0	Z	7		0.000	0.000	
Lycopenemcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin mcg	0		0	z	7		0.000	0.000	

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 15.0g: 1 tbsp

NDB No. 12117

Nuts, coconut milk, raw (liquid expressed from grated meat and water)

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

		<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 Un	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	94.99	0.270	7		1		227.98	14.25	195.68	
Energy	kcal	19		0	NC	4		46	3	39	
Energy	kj	79				4		191	12	164	
Protein (N x 5.3)	g	0.72	0.417	4		1		1.73	0.11	1.48	
Total lipid (fat)	g	0.20	0.085	6		1		0.48	0.03	0.41	
Ash	g	0.39	0.082	5		1		0.94	0.06	0.80	
Carbohydrate, by difference	g	3.71		0	NC	4		8.90	0.56	7.64	
Fiber, total dietary	g	1.1		0		4		2.6	0.2	2.3	
Sugars, total	g	2.61		0	NR	4		6.26	0.39	5.38	
Starch	g										
Min and la											
Minerals: Calcium, Ca	ma	24	3.347	4		1		58	4	49	
Iron, Fe		0.29	0.094	3		1		0.70	0.04	0.60	
Magnesium, Mg		25	0.034	1		1		60	4	52	
Phosphorus, P		20	4.800	3		1		48	3	41	
Potassium, K		250	4.000	1		1		600	38	515	
Sodium, Na		105		1		1		252	16	216	
Zinc, Zn	-	0.10		0		1		0.24	0.02	0.21	
Copper, Cu	-	0.040	1	1		1		0.096	0.006	0.08	
Manganese, Mn		0.142		0		4		0.341	0.021	0.29	
Selenium, Se		1.0		0	BFSN	4		2.4	0.2	2.1	
·											
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	-	2.4	0.879	4		1		5.8	0.4	4.9	
Thiamin		0.030		5		1		0.072	0.005	0.06	
Riboflavin		0.057		4		1		0.137	0.009	0.11	
Niacin	-	0.080		3		1		0.192	0.012	0.16	
Pantothenic acid	-	0.043		0		1		0.103	0.006	0.08	
Vitamin B-6		0.032		2		1		0.077	0.005	0.06	
Folate, total		3		0		4		6	0	5	
Folic acid		0		0	Z	7		0	0	0	
Folate, food		3		0		4		6	0	5	
Folate, DFE		3		0	NC	4		6	0	5	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	0.00	
Vitamin A, IU		0		1		1		0	0	0	
Vitamin A, RAE		0		0	NC	4		0	0	0	
Retinol		0		0	Z	7		0	0	0	
Vitamin E (alpha-tocopherol)	• • • • • • • • • • • • • • • • • • • •	0.00		0	NR	4		0.00	0.00	0.00	
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D		0.0		0	D = 011			0.0			
Vitamin K (phylloquinone)	Ilicy	0.0		U	BFSN	4		0.0	0.0	0.0	
<u>Lipids:</u>											
Fatty acids, total saturated	g	0.176	i	0		1		0.422	0.026	0.36	
4:0		0.000	1	0		1		0.000	0.000	0.00	
6:0	·····	0.001		0		1		0.002	0.000	0.00	
8:0	-	0.014		0		1		0.034	0.002	0.02	
10:0	-	0.011		0		1		0.026	0.002	0.02	
12:0		0.088		0		1		0.211	0.013	0.18	
13:0	-										
14:0	g	0.035	i	0		1		0.084	0.005	0.07	
15:0	g										
16:0	-	0.017		0		1		0.041	0.003	0.03	
17:0											
18:0	-	0.010	1	0		1		0.024	0.002	0.02	
20:0	-										
22:0	-										
24:0	-										

		<u>A</u> 1	mount 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 monounsatura	ntedg	0.008		0		1		0.019	0.001	0.016	
14:1	g										
15:1	-										
16:1 undifferentiated	-	0.000		0		1		0.000	0.000	0.000	
17:1											
18:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.008		0		1		0.019	0.001	0.016	
20:1		0.000		0		1		0.000	0.000	0.000	
22:1 undifferentiated	•	0.000		0		1		0.000	0.000	0.000	
24:1 c											
Fatty acids, total polyunsaturate		0.002		0		1		0.005	0.000	0.004	
18:2 undifferentiated		0.002		0		1		0.005	0.000	0.004	
18:3 undifferentiated	-	0.000		0		1		0.000	0.000	0.000	
18:4		0.000		0		1		0.000	0.000	0.000	
20:2 n-6 c,c	-										
20:3 undifferentiated											
20:4 undifferentiated	-	0.000		0		1		0.000	0.000	0.000	
20:5 n-3	=	0.000		0		1		0.000	0.000	0.000	
22:5 n-3		0.000		0		1		0.000	0.000	0.000	
22:6 n-3	-	0.000		0		1		0.000	0.000	0.000	
Fatty acids, total trans											
Cholesterol	mg	0		0	Z	7		0	0	0	
Phytosterols	mg										
Amino Acids:											
Tryptophan	а	0.008		0		1		0.019	0.001	0.016	
Threonine		0.026		0		1		0.062	0.001	0.010	
Isoleucine	-	0.028		0		1		0.067	0.004	0.054	
Leucine		0.053		0		1		0.127	0.008	0.109	
Lysine	=	0.032		0		1		0.127	0.005	0.109	
Methionine		0.032		0		1		0.077	0.002	0.000	
		0.013		0		1		0.031	0.002	0.027	
Cystine		0.014		0		1		0.089	0.002	0.029	
Phenylalanine		0.022		0		1		0.053			
Tyrosine	=			0		1		0.106	0.003 0.007	0.045	
Valine		0.044		0		1				0.091	
Arginine		0.118						0.283	0.018	0.243	
Histidine		0.017		0		1 1		0.041	0.003	0.035	
Alanine		0.037		0 0		1		0.089	0.006	0.076	
Aspartic acid		0.070						0.168	0.011	0.144	
Glutamic acid		0.165		0		1		0.396	0.025	0.340	
Glycine		0.034		0		1		0.082	0.005	0.070	
Proline		0.030		0		1		0.072	0.005	0.062	
Serine		0.037		0		1		0.089	0.006	0.076	
Hydroxyproline	g										
Others:											
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	0.0	
Caffeine		0		0	z	7		0	0	0	
Theobromine		0		0	z	7		0	0	0	
Carotenoids:	.	ŭ		•	_	•		-	•	ŭ	
<u> </u>		_		_		_					
Carotene, beta		0		0	BFSN	4		0.000	0.000	0.000	
Carotene, alpha		0		0	BFSN	4		0.000	0.000	0.000	
Cryptoxanthin, beta		0		0	BFSN	4		0.000	0.000	0.000	
Lycopene		0		0	BFSN	4		0.000	0.000	0.000	
Lutein + zeaxanthin	mcg	0		0	BFSN	4		0.000	0.000	0.000	

Common Measures:

Measure 1 = 240g: 1 cup Measure 2 = 15.0g: 1 tbsp

Measure 3 = 206g: 1 coconut yields

NDB No. 12119

Nuts, coconut water (liquid from coconuts)

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

NDB No. 12200 Nuts, formulated, wheat-based, all flavors except macadamia, without salt

		<u>A</u>	mount in 10	00 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
				Number	•			<u>m</u>	easures of food	<u>l</u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	2.00		1		1		0.57			
Energy	kcal	647		0	NC	4		183			
Energy	kj	2707				4		767			
Protein (N x 5.8)	g	13.11		1		1		3.72			
Total lipid (fat)	g	62.30		1		1		17.66			
Ash	g	1.80		1		1		0.51			
Carbohydrate, by difference		20.79		0	NC	4		5.89			
Fiber, total dietary		5.2		0		4		1.5			
Sugars, total											
Starch	_										
Starch	9										
<u>Minerals:</u>											
Calcium, Ca	mg	22		1		1		6			
Iron, Fe	-	2.60		1		1		0.74			
Magnesium, Mg	mg	59		0		4		17			
Phosphorus, P	mg	366		1		1		104			
Potassium, K	-	320		1		1		91			
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	91		1		1		26			
Zinc, Zn		2.96		0		4		0.84			
Copper, Cu	mg	0.181	L	0		4		0.051			
Manganese, Mn	mg	6.949	9	0		4		1.970			
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.1		0		4		0.0			
Thiamin	-	0.400	`	1		1		0.113			
Riboflavin		0.300		1		1		0.085			
Niacin		1.500		1		1		0.425			
Pantothenic acid		0.312		0		4		0.425			
		0.312		0		4		0.088			
Vitamin B-6		125	•	0		4		35			
Folate, total		0		0	Z	7		0			
Folic acid		125		0	Z	4		35			
Folate, food		125		0	NC	4		35 35			
Folate, DFE		0.00		0	NC Z	7		0.00			
Vitamin B-12		1		0	Z	4		0.00			
Vitamin A, IU		0		-		_		0			
Vitamin A, RAE		0		0 0		4 7		0			
Retinol		U		U	Z	,		U			
Vitamin E (alpha-tocopherol)	=										
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D Vitamin K (phylloquinone)											
v namin K (phynoquinone)	nog										
<u>Lipids:</u>											
Fatty acids, total saturated	g	9.370)	0		1		2.656			
4:0											
6:0	g										
8:0											
10:0	g										
12:0											
13:0	_										
14:0	_	0.093	3	0		1		0.026			
15:0	g										
16:0	g	6.360)	0		1		1.803			
17:0	g										
18:0	g	2.948	3	0		1		0.836			
20:0	g										
22:0	-										
24:0	-										

		Ar	nount in 100			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 monounsaturated		25.722		0		1		7.292			
14:1	g										
15:1											
16:1 undifferentiated	-	0.248		0		1		0.070			
17:1											
18:1 undifferentiated	g	25.416		0		1		7.205			
20:1	g										
22:1 undifferentiated	g										
24:1 c											
Fatty acids, total polyunsaturated	g	24.284		0		1		6.885			
18:2 undifferentiated		22.448		0		1		6.364			
18:3 undifferentiated	g	1.777		0		1		0.504			
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		0		0	Z	7		0			
Phytosterols	mg										
Amino Acids:											
Tryptophan	g	0.172		0		1		0.049			
Threonine	g	0.552		0		1		0.156			
Isoleucine	g	0.552		0		1		0.156			
Leucine	-	0.972		0		1		0.276			
Lysine	-	0.886		0		1		0.251			
Methionine	-	0.274		0		1		0.078			
Cystine		0.226		0		1		0.064			
Phenylalanine		0.586		0		1		0.166			
Tyrosine		0.486		0		1		0.138			
Valine		0.712		0		1		0.202			
Arginine		0.981		0		1		0.278			
Histidine		0.380		0		1		0.108			
Alanine	-	0.753		0		1		0.100			
Aspartic acid	-	1.194		0		1		0.213			
Glutamic acid		2.433		0		1		0.690			
Glycine	-	0.699		0		1		0.198			
,	-	0.857		0		1		0.198			
Proline	_					1					
Serine	-	0.674		0		1		0.191			
Hydroxyproline	9										

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.59 Fat 8.37 Carbohydrate 3.78

Food Group: 12 Nut and Seed Products

NDB No. 12199 Nuts, formulated, wheat-based, flavored, macadamia flavored, without salt

		<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	ts	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	3.10	1		1		0.88			
Energy	kcal	619	C	NC	4		175			
Energy	kj	2590			4		734			
Protein (N x 5.8)		11.19	1		1		3.17			
Total lipid (fat)	g	56.50	1		1		16.02			
Ash		1.30	1		1		0.37			
Carbohydrate, by difference		27.91	C	NC	4		7.91			
Fiber, total dietary		5.2	C		4		1.5			
Sugars, total										
Starch										
Minerals:							-			
Calcium, Ca	-	20	1		1		6			
Iron, Fe		2.00	1		1		0.57			
Magnesium, Mg		58	0		4		16			
Phosphorus, P	_	301 261	1		1 1		85 74			
Potassium, K		261 47	1		1		74 13			
Sodium, NaZinc, Zn		2.92	0		4		0.83			
Copper, Cu		0.179			4		0.051			
Manganese, Mn		5.155			4		1.461			
Selenium, Se		0.100	,		-					
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.1	0		4		0.0			
Thiamin		0.200			1		0.057			
Riboflavin		0.200			1		0.057			
Niacin		1.000			1		0.284			
Pantothenic acid		0.308			4		0.087			
Vitamin B-6	-	0.261			4		0.074			
Folate, total		9 4 0	0		4 7		27 0			
Folic acid		94	0		4		0 27			
Folate, food	med DEE	94 94	0		4		27 27			
Folate, DFE		0.00	0		7		0.00			
Vitamin B-12 Vitamin A, IU		1	0		4		0.00			
Vitamin A, RAE		0	0		4		0			
Retinol		0	0		7		0			
Vitamin E (alpha-tocopherol)		ŭ	·	_	•		ŭ			
Tocopherol, beta	-									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>	_				_					
Fatty acids, total saturated		8.482	2 0		1		2.405			
4:0	-									
6:0 8:0										
10:0	-									
12:0										
13:0										
14:0		0.079	9 0		1		0.022			
15:0		3.07.	·		-		0.022			
16:0		5.722	2 0		1		1.622			
17:0		3.722	·		-		022			
18:0		2.704	1 0		1		0.767			
20:0			·		-		3			
22:0	-									
	g									

		<u>Aı</u>	mount in 10	0 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common		
				Number				<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and U	Inits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate	-	23.521		0		1		6.668		
14:1										
15:1						_				
16:1 undifferentiated		0.225		0		1		0.064		
17:1	-	23.242		•		1		6 500		
18:1 undifferentiated		23.242		0		1		6.589		
20:1 22:1 undifferentiated	-									
24:1 c	-									
Fatty acids, total polyunsaturated	-	21.867		0		1		6.199		
18:2 undifferentiated		20.230		0		1		5.735		
18:3 undifferentiated	•	1.583		0		1		0.449		
18:4	-	1.505		v		-		0.445		
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		0		0	z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.139		0		1		0.039		
Threonine	g	0.475		0		1		0.135		
Isoleucine	g	0.486		0		1		0.138		
Leucine	g	0.853		0		1		0.242		
Lysine	g	0.766		0		1		0.217		
Methionine	g	0.239		0		1		0.068		
Cystine	g	0.185		0		1		0.052		
Phenylalanine	g	0.511		0		1		0.145		
Tyrosine	g	0.428		0		1		0.121		
Valine	g	0.621		0		1		0.176		
Arginine	g	0.816		0		1		0.231		
Histidine	g	0.324		0		1		0.092		
Alanine	-	0.623		0		1		0.177		
Aspartic acid		1.021		0		1		0.289		
Glutamic acid		2.115		0		1		0.600		
Glycine	-	0.575		0		1		0.163		
Proline	-	0.766		0		1		0.217		
Serine	-	0.587		0		1		0.166		
Hydroxyproline	g									

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.59 Fat 8.37 Carbohydrate 3.78

Food Group: 12 Nut and Seed Products

		<u>A</u> :	mount in 10	00 grams	of edil	ole portio	<u>on</u>		edible portion	
				Number	•			<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	2.50		1		1		0.71		
Energy	kcal	622		0	NC	4		176		
Energy	kj	2602				4		738		
Protein (N x 5.8)	g	13.82		1		1		3.92		
Total lipid (fat)	g	57.70		1		1		16.36		
Ash	g	2.30		1		1		0.65		
Carbohydrate, by difference	g	23.68		0	NC	4		6.71		
Fiber, total dietary	g	5.2		0		4		1.5		
Sugars, total	g									
Starch	g									
Minorals										
Minerals: Calcium, Ca	ma	26		1		1		7		
Iron, Fe	-	2.40		1		1		0.68		
Magnesium, Mg	-	58		0		4		16		
Phosphorus, P		371		1		1		105		
Potassium, K	•	318		1		1		90		
Sodium. Na		505		1		1		143		
Zine, Zn	• • • • • • • • • • • • • • • • • • • •	2.94		0		4		0.83		
Copper, Cu		0.180)	0		4		0.051		
Manganese, Mn	mg	7.919	•	0		4		2.245		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.1		0		4		0.0		
Thiamin	-	0.300	1	1		1		0.085		
Riboflavin	-	0.300		1		1		0.085		
Niacin		1.500		1		1		0.425		
Pantothenic acid		0.310		0		4		0.088		
Vitamin B-6		0.394		0		4		0.112		
Folate, total		142		0		4		40		
Folic acid		0		0	z	7		0		
Folate, food		142		0		4		40		
Folate, DFE		142		0	NC	4		40		
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin A, IU	IU	1		0		4		0		
Vitamin A, RAE		0		0		4		0		
Retinol		0		0	Z	7		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	g	8.701	L	0		1		2.467		
4:0										
6:0	g									
8:0										
10:0										
12:0										
13:0	_			_		_				
14:0		0.094	ı	0		1		0.027		
15:0				_		_				
16:0		5.957	1	0		1		1.689		
17:0				•		_				
18:0		2.687	1	0		1		0.762		
20:0	_									
22:0	g g									

		<u>Aı</u>	mount in 10			<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Unit	ts	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	q	23.545		0		1		6.675		
14:1										
15:1	-									
16:1 undifferentiated		0.230		0		1		0.065		
17:1	-									
18:1 undifferentiated	g	23.263		0		1		6.595		
20:1	-									
22:1 undifferentiated										
24:1 c										
Fatty acids, total polyunsaturated		22.714		0		1		6.439		
18:2 undifferentiated		20.974		0		1		5.946		
18:3 undifferentiated	•	1.687		0		1		0.478		
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		0		0	Z	7		0		
Phytosterols	-									
Amino Acids:										
Tryptophan	g	0.164		0		1		0.046		
Threonine	g	0.579		0		1		0.164		
Isoleucine	g	0.555		0		1		0.157		
Leucine	g	0.991		0		1		0.281		
Lysine	g	0.910		0		1		0.258		
Methionine	g	0.279		0		1		0.079		
Cystine	g	0.252		0		1		0.071		
Phenylalanine		0.603		0		1		0.171		
Tyrosine		0.484		0		1		0.137		
Valine		0.729		0		1		0.207		
Arginine		1.065		0		1		0.302		
Histidine		0.393		0		1		0.111		
Alanine	-	0.817		0		1		0.232		
Aspartic acid	-	1.267		0		1		0.359		
Glutamic acid		2.499		0		1		0.708		
Glycine	_	0.772		0		1		0.219		
Proline	_	0.846		0		1		0.240		
Serine	_	0.696		0		1		0.197		
Hydroxyproline	_	2.320		-		-		,,=-,		

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.59 Fat 8.37 Carbohydrate 3.78

Food Group: 12 Nut and Seed Products

Refuse: 41% Liquid

		<u>A</u> 1	mount in 10			ole portio	<u>n</u>		edible portion	
Nutrients and Uni	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>mo</u> Measure 1	easures of food Measure 2	<u>l</u> Measure
Proximates:										
Water	g	72.95		1		1		113.07	20.68	
Energy	kcal	111		0	NC	4		172	31	
Energy	kj	464				4		720	132	
Protein (N x 5.3)	g	2.29		1		1		3.55	0.65	
Total lipid (fat)	g	1.62		1		1		2.51	0.46	
Ash	g	1.04		1		1		1.61	0.29	
Carbohydrate, by difference	g	22.10		0	NC	4		34.26	6.27	
Fiber, total dietary		9.3		0		4		14.4	2.6	
Sugars, total										
Starch										
Staron	9									
<u> Minerals:</u>										
Calcium, Ca	-	4		1		1		6	1	
Iron, Fe	mg	0.29		1		1		0.45	0.08	
Magnesium, Mg	mg	16		1		1		25	5	
Phosphorus, P	mg	54		1		1		84	15	
Potassium, K	mg	180		1		1		279	51	
Sodium, Na	mg	307		1		1		476	87	
Zinc, Zn	mg	0.21		0		1		0.33	0.06	
Copper, Cu	mg	0.166	5	0		1		0.257	0.047	
Manganese, Mn	mg	0.068	3	0		1		0.105	0.019	
Selenium, Se	mcg	0.5		0	BFZN	4		0.8	0.1	
<u>itamins:</u>										
Vitamin C, total ascorbic acid	mg	9.1		0		4		14.1	2.6	
Thiamin		0.133	3	0		4		0.206	0.038	
Riboflavin		0.054	l	0		4		0.084	0.015	
Niacin		3.623	3	0		4		5.616	1.027	
Pantothenic acid		0.097	,	0		4		0.150	0.027	
Vitamin B-6		0.198		0		4		0.307	0.056	
Folate, total	-	33		0		4		51	9	
Folic acid		0		0	z	7		0	0	
Folate, food	_	33		0		4		51	9	
Folate, DFE		33		0	NC	4		51	9	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	
Vitamin A, IU		337		0	_	4		522	96	
Vitamin A, RAE		17		0		4		26	5	
Retinol		0		0	z	7		0	0	
Vitamin E (alpha-tocopherol)		ŭ		·	-	•		ŭ	v	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
tipids: Fatty acids, total saturated	а	0.309)	0		1		0.479	0.088	
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	-	0.000	-	3		-		0.000	0.000	
14:0	-	0.006	5	0		1		0.009	0.002	
15:0	-	0.006	•	U		1		0.009	0.002	
		0.278	,	0		1		0.431	0.079	
16:0		0.278	,	U		_		∪. 4 31	0.079	
17:0		0.015		0		1		0.023	0.004	
18:0		0.015	,	U		_		0.023	0.004	
20:0										
22:0	g g									

	<u>A</u> 1	mount in 100 gra	Amount in edible portion of common					
		Numi			Cantidanas	<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error Poin			Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.599		1	1		0.928	0.170	
14:1g	0.333			-		0.320	0.170	
15:1g 16:1 undifferentiatedg	0.077)	1		0.119	0.022	
17:1g	0.0	·		_		0.225	0.022	
18:1 undifferentiatedg	0.495	()	1		0.767	0.140	
20:1g	0.009	()	1		0.014	0.003	
22:1 undifferentiatedg	0.000	()	1		0.000	0.000	
24:1 cg								
Fatty acids, total polyunsaturated	0.597)	1		0.925	0.169	
18:2 undifferentiatedg	0.559)	1		0.866	0.158	
18:3 undifferentiatedg	0.021)	1		0.033	0.006	
18:4g	0.000	()	1		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	()	1		0.000	0.000	
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	()	1		0.000	0.000	
Fatty acids, total transg								
Cholesterol mg	0	() Z	7		0	0	
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.038	()	1		0.059	0.011	
Threonineg	0.142)	1		0.220	0.040	
Isoleucineg	0.111	. ()	1		0.172	0.031	
Leucineg	0.168	()	1		0.260	0.048	
Lysineg	0.110	()	1		0.171	0.031	
Methionineg	0.029	()	1		0.045	0.008	
Cystineg	0.012)	1		0.019	0.003	
Phenylalanineg	0.090	()	1		0.140	0.026	
Tyrosineg	0.032)	1		0.050	0.009	
Valineg	0.150	()	1		0.233	0.043	
Arginineg	0.223	()	1		0.346	0.063	
Histidine9	0.054)	1		0.084	0.015	
Alanineg	0.131)	1		0.203	0.037	
Aspartic acidg	0.288			1		0.446	0.082	
Glutamic acid	0.444			1		0.688	0.126	
Glycine9	0.123			1		0.191	0.035	
Prolineg	0.184			1		0.285	0.052	
Serineg	0.154)	1		0.239	0.044	
Hydroxyproline								
Others:								
Alcohol, ethylg	0.0	(7		0.0	0.0	
Caffeine mg	0	(7		0	0	
Theobromine mg	0	(Z	7		0	0	

Common Measures:

Measure 1 = 155g: 1 cup (78 kernels) Measure 2 = 28.35g: 1 oz (14 kernels)

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

Refuse: 24% Shells

		<u>Aı</u>	mount in 10	<u>0 grams</u>	of edil	ole portio	<u>on</u>	Amount in edible portion of common			
Nutrients and Uni	ito	Mean			Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	! Measure 3	
Nutrients and Oni	its	Weari	Stu. Elloi	· Onito	Oodo	Jour	Jouc	Wedsure i	WedSure 2	weasure 3	
Proximates:											
Water	g	12.40		0		1		3.52			
Energy	kcal	348		0	NC	4		99			
Energy	kj	1456				4		413			
Protein (N x 5.3)	g	10.35		0		1		2.93			
Total lipid (fat)		2.00		1		1		0.57			
Ash		2.80		0		1		0.79			
Carbohydrate, by difference		72.45		0	NC	4		20.54			
Fiber, total dietary				•		-		20.01			
Sugars, total											
Starch											
Starcn	9										
Minerals:											
Calcium, Ca	mg	20		0		1		6			
Iron, Fe	mg	1.60		0		1		0.45			
Magnesium, Mg		53		0		1		15			
Phosphorus, P		269		0		1		76			
Potassium, K	mg	998		0		1		283			
Sodium, Na		13		0		1		4			
Zinc, Zn	mg	0.67	0.05	5 3		1		0.19			
Copper, Cu	mg	0.536	0.07	3 3		1		0.152			
Manganese, Mn	mg	0.220	0.02	20 3		1		0.062			
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	ma	29.3		0		1		8.3			
Thiamin		0.430		0		1		0.122			
Riboflavin	-	0.176		0		1		0.122			
		11.732		0		1		3.326			
Niacin Pantothenic acid		1.345		1		1		0.381			
		0.641		0		4		0.182			
Vitamin B-6	_	106		0		4		30			
Folate, total		0		0	Z	7		0			
Folic acid		106		0	4	4		30			
Folate, food	IIICY	106		0	NC	4		30			
Folate, DFE				0	Z	7					
Vitamin B-12		0.00 1091		0	Z	1		0.00 309			
Vitamin A, IU		55		-							
Vitamin A, RAE		0		0 0		1 7		15 0			
Retinol		U		U	z	,		U			
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D Vitamin K (phylloquinone)											
v namni K (pnynoquinone)	nicg										
Lipids:											
Fatty acids, total saturated	g	0.381		0		1		0.108			
4:0	g										
6:0	g										
8:0	g										
10:0	g										
12:0	g										
13:0											
14:0	g	0.008		0		1		0.002			
15:0	g										
16:0	g	0.343	1	0		1		0.097			
17:0	g										
18:0	g	0.019	1	0		1		0.005			
20:0	g										
22:0	g										
24:0	q										

		<u>Aı</u>	mount in 10			<u>on</u>	Amount in edible portion of common measures of food			
				Number of Data		Source	Confidence	<u></u>	<u> </u>	
Nutrients and Unit	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	0.739		0		1		0.210		
14:1										
15:1	g									
16:1 undifferentiated	g	0.095		0		1		0.027		
17:1	g									
18:1 undifferentiated	g	0.611		0		1		0.173		
20:1	g	0.011		0		1		0.003		
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.737		0		1		0.209		
18:2 undifferentiated		0.690		0		1		0.196		
18:3 undifferentiated		0.025		0		1		0.007		
18:4	g									
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated	g									
20:5 n-3	-									
22:5 n-3	g									
22:6 n-3	-									
Fatty acids, total trans	-									
Cholesterol		0		0	Z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.170		0		1		0.048		
Threonine		0.640		0		1		0.181		
Isoleucine		0.500		0		1		0.142		
Leucine		0.755		0		1		0.142		
Lysine		0.793		0		1		0.140		
Methionine	_	0.133		0		1		0.038		
Cystine	_	0.155		0		1		0.016		
Phenylalanine		0.408		0		1		0.016		
<u> </u>		0.408		0		1		0.116		
Tyrosine	-	0.146		0		1		0.041		
Valine		1.005		0		1		0.192		
Arginine		0.244		0		1		0.285		
Histidine	•			0		1		0.069		
Alanine	_	0.591		0		1				
Aspartic acid		1.298		-		_		0.368		
Glutamic acid	-	2.001		0		1		0.567		
Glycine	_	0.554		0		1		0.157		
Proline	•	0.830		0		1		0.235		
Serine	-	0.695		0		1		0.197		
Hydroxyproline	g									

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

Refuse: 24% Shells

		<u>A</u>	mount in 100 gran	ns of edi	ble portic	<u>on</u>	Amount in edible portion of common			
			Numb	er			<u>m</u>	easures of food	<u>I</u>	
			of Da	a Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	55.20	1		1		15.65			
Energy	kcal	182	0	NC	4		52			
Energy	kj	761			4		216			
Protein (N x 5.3)	g	4.32	1		1		1.22			
Total lipid (fat)	g	1.68	2		1		0.48			
Ash	g	1.20	1		1		0.34			
Carbohydrate, by difference	g	37.60	0	NC	4		10.66			
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
3.6.										
Minerals:	ma	•			4		1			
Calcium, Ca	_	2 1.00	1		1 1		1 0.28			
Iron, Fe	-	27	0		1		0.28 8			
Phosphorus, P		124	1		1		35			
Potassium, K	•	510	0		1		145			
Sodium, Na	-	7	0		1		2			
Zinc, Zn	-	0.34	0		1		0.10			
Copper, Cu		0.274			1		0.078			
Manganese, Mn		0.113			1		0.032			
Selenium, Se										
Vitamins:		45.0	_		_					
Vitamin C, total ascorbic acid		15.0	1		1		4.3			
Thiamin		0.220			1 1		0.062			
Riboflavin		0.090			1		0.026			
Niacin		6.000 0.160			1		1.701 0.045			
Pantothenic acid		0.180			4		0.043			
Vitamin B-6 Folate, total	_	54	0		4		15			
Folic acid		0	0	z	7		0			
Folate, food		54	0	2	4		15			
Folate, DFE	mca DEE	54	0	NC	4		15			
Vitamin B-12		0.00	0	Z	7		0.00			
Vitamin A, IU		558	1	-	1		158			
Vitamin A, RAE		28	1		1		8			
Retinol		0	0	Z	7		0			
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	0	0.319	9 0		1		0.090			
4:0		0.513	,		-		0.030			
6:0										
8:0										
10:0	-									
12:0										
13:0										
14:0	-	0.006	5 1		1		0.002			
15:0										
16:0		0.288	3 2		1		0.082			
17:0										
18:0		0.016	5 2		1		0.005			
20:0	g									
22:0	g									
24:0	q									

		<u>Ar</u>	nount in 10			ole portio	<u>n</u>		Amount in edible portion of common measures of food		
				Number				<u>m</u> :	easures of food		
Nutrients and Unit	ts	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	g	0.619		0		1		0.175			
14:1	g										
15:1	g										
16:1 undifferentiated	-	0.079		2		1		0.022			
17:1											
18:1 undifferentiated	g	0.512		2		1		0.145			
20:1	g	0.010		1		1		0.003			
22:1 undifferentiated	g										
24:1 c	g										
Fatty acids, total polyunsaturated	g	0.618		0		1		0.175			
18:2 undifferentiated	g	0.578		2		1		0.164			
18:3 undifferentiated	g	0.021		2		1		0.006			
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	0		0	Z	7		0			
Phytosterols	mg										
Amino Acids:											
Tryptophan	g	0.071		2		1		0.020			
Threonine	g	0.268		2		1		0.076			
Isoleucine	g	0.209		2		1		0.059			
Leucine	g	0.316		2		1		0.090			
Lysine	g	0.206		2		1		0.058			
Methionine	g	0.055		2		1		0.016			
Cystine	g	0.023		2		1		0.007			
Phenylalanine	g	0.171		2		1		0.048			
Tyrosine		0.061		2		1		0.017			
Valine		0.283		2		1		0.080			
Arginine	g	0.420		2		1		0.119			
Histidine		0.102		2		1		0.029			
Alanine	•	0.247		2		1		0.070			
Aspartic acid	-	0.543		2		1		0.154			
Glutamic acid		0.836		2		1		0.237			
Glycine	-	0.232		2		1		0.066			
Proline		0.347		2		1		0.098			
Serine		0.290		2		1		0.082			
Hydroxyproline	-										

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

NDB No. 12120 Nuts, hazelnuts or filberts (1) Corylus spp.

Refuse: 54% Shells

		<u>A</u>	mount in 100 gr	ams of e	dible por	<u>tion</u>	Amount in edible portion of common			
			Nur	nber			<u>m</u>	easures of food	<u>[</u>	
			of I	Data De	iv Sour	ce Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	ints Co	de Cod	e Code	Measure 1	Measure 2	Measure 3	
Proximates: Water	a	5.31	0.196	4	A 1		6.11	3.98	7.17	
Energy	=	628	0.120		NC 4		723	471	848	
Energy		2629			NC 4		3023	1972	3549	
Protein (N x 5.3)		14.95	0.156		A 1		17.19	11.21	20.18	
Total lipid (fat)		60.75	0.386		A 1		69.86	45.56	82.01	
Ash		2.29	0.017		A 1		2.63	1.72	3.09	
Carbohydrate, by difference		16.70	0.02.		NC 4		19.21	12.53	22.55	
Fiber, total dietary		9.7	0.374		A 1		11.1	7.3	13.1	
Sugars, total		4.34	0.071		A 1		4.99	3.26	5.86	
		4.20	0.071		A 1		4.83	3.15	5.67	
Sucrose	9	0.07	0.000		A 1		0.08	0.05	0.10	
Glucose (dextrose)	9	0.07	0.000		A 1		0.08	0.05	0.10	
Fructose	9									
Lactose		0.00	0.000		A 1 A 1		0.00	0.00	0.00	
Maltose		0.00	0.000	4	A 1		0.00	0.00	0.00	
Galactose										
Starch	g	0.48	0.068	4	A 1		0.55	0.36	0.64	
Minerals:										
Calcium, Ca	mg	114	1.031	4 .	A 1		131	86	154	
Iron, Fe	mg	4.70	0.071	4 .	A 1		5.41	3.53	6.35	
Magnesium, Mg	mg	163	2.496	4 .	A 1		188	122	220	
Phosphorus, P	mg	290	5.774	4 .	A 1		334	218	392	
Potassium, K	mg	680	7.920	4 .	A 1		782	510	918	
Sodium, Na	mg	0	0.048	4 .	A 1		1	0	1	
Zinc, Zn	mg	2.45	0.029	4 .	A 1		2.82	1.84	3.31	
Copper, Cu	mg	1.725	0.025	4 .	A 1		1.984	1.294	2.32	
Manganese, Mn		6.175			A 1		7.101	4.631	8.33	
Selenium, Se	mcg	2.4	0.561	8 .	A 1		2.7	1.8	3.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	6.3	0.479	4 .	A 1		7.2	4.7	8.4	
Thiamin	mg	0.643	0.011	4 .	A 1		0.739	0.482	0.86	
Riboflavin	mg	0.113	0.003	4 .	A 1		0.129	0.084	0.15	
Niacin	mg	1.800	0.071	4 .	A 1		2.070	1.350	2.43	
Pantothenic acid	mg	0.918	0.006	4 .	A 1		1.055	0.688	1.23	
Vitamin B-6	mg	0.563	0.008	4 .	A 1		0.647	0.422	0.75	
Folate, total		113	1.810	4 .	A 1		129	84	152	
Folic acid	mcg	0			z 7		0	0	0	
Folate, food	mcg	113	1.810	4 .	A 1		129	84	152	
Folate, DFE	mcg_DFE	113		0 1	C 4		129	84	152	
Vitamin B-12		0.00		0	z 7		0.00	0.00	0.00	
Vitamin A, IU		20		0 <i>I</i>	.s 1		23	15	27	
Vitamin A, RAE	mcg_RAE	1		0 <i>I</i>	.s 1		1	1	1	
Retinol	mcg	0		0	z 7		0	0	0	
Vitamin E (alpha-tocopherol)	mg	15.03	0.395	4 .	A 1		17.28	11.27	20.28	
Tocopherol, beta	mg	0.33	0.025	4 .	A 1		0.37	0.24	0.44	
Tocopherol, gamma	mg	0.00	0.000	4	A 1		0.00	0.00	0.00	
Tocopherol, delta	mg	0.00	0.000	4 .	A 1		0.00	0.00	0.00	
Vitamin D										
Vitamin K (phylloquinone)	mcg	14.2	1.137	8 .	A 1		16.4	10.7	19.2	
Lipids:										
Fatty acids, total saturated		4.464			C 4		5.134	3.348	6.02	
4:0	g	0.000)	0	z 7		0.000	0.000	0.00	
6:0	_	0.000)	0	z 7		0.000	0.000	0.00	
8:0	g	0.000	0.000	4 .	A 1		0.000	0.000	0.00	
10:0	g	0.000	0.000	4 .	A 1		0.000	0.000	0.00	
12:0	g	0.000	0.000	4 .	A 1		0.000	0.000	0.00	
13:0	g	0.000	0.000	4 .	A 1		0.000	0.000	0.00	
14:0	g	0.000	0.000	4 .	A 1		0.000	0.000	0.00	
				4 .	A 1					

	<u>Ar</u>	mount in 100	grams	Amount in edible portion of common								
		Number							measures of food			
						Source	Confidence					
Nutrients and Un	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3		
15:0	g	0.000	0.000)	A	1		0.000	0.000			
16:0	g	3.097	0.023	3 4	A	1		3.562	2.323	4.181		
17:0	g	0.000	0.000	4	A	1		0.000	0.000	0.000		
18:0		1.265			A	1		1.455	0.949	1.708		
20:0	-	0.102			A	1		0.117	0.077	0.138		
22:0	-	0.000			A	1		0.000	0.000	0.000		
24:0		0.000			A	1		0.000	0.000	0.000		
Fatty acids, total monounsaturated.	-	45.652 0.000		0	NC A	4 1		52.499 0.000	34.239 0.000	61.630 0.000		
14:1 15:1		0.000	0.000) 4 <u>.</u>	A	1		0.000	0.000	0.000		
16:1 undifferentiated		0.116	0.00	L 4	A	1		0.133	0.087	0.156		
17:1	_	0.220	0.00.			-		0.155	0.007	0.150		
18:1 undifferentiated.		45.405	0.249	9 4	A	1		52.215	34.053	61.296		
20:1		0.131	0.014	1 4	A	1		0.151	0.098	0.177		
22:1 undifferentiated		0.000	0.000) 4	A	1		0.000	0.000	0.000		
24:1 c	_	0.000	0.000) 4	A	1		0.000	0.000	0.000		
Fatty acids, total polyunsaturated		7.920		0	NC	4		9.108	5.940	10.692		
18:2 undifferentiated	g	7.833	0.11	6 4	A	1		9.008	5.875	10.574		
18:3 undifferentiated	g	0.087	0.029	4	A	1		0.100	0.065	0.117		
18:4		0.000		0	Z	7		0.000	0.000	0.000		
20:2 n-6 c,c	g	0.000	0.000	4	A	1		0.000	0.000	0.000		
20:3 undifferentiated	g	0.000	0.000	4	A	1		0.000	0.000	0.000		
20:4 undifferentiated	_	0.000			A	1		0.000	0.000	0.000		
20:5 n-3	-	0.000			A	1		0.000	0.000	0.000		
22:5 n-3	-	0.000			A	1		0.000	0.000	0.000		
22:6 n-3		0.000	0.000) 4	A	1		0.000	0.000	0.000		
Fatty acids, total trans		_		_	_	_			_	_		
Cholesterol		0		0	z	7		0	0	0		
Phytosterols		96 1		1 1	A A	1 1		110	72	130		
Stigmasterol		6		1	A	1		1 6	1 4	1 8		
Campesterol Beta-sitosterol		89		1	A	1		102	67	120		
Amino Acids:												
Tryptophan		0.193			A	1		0.222	0.145	0.260		
Threonine		0.497			A	1		0.571	0.373	0.671		
Isoleucine		0.545			A	1		0.627	0.409	0.736		
Leucine	_	1.063			A	1		1.223	0.798	1.436		
Lysine		0.420			A	1		0.483	0.315	0.567		
Methionine		0.221			A	1		0.254	0.166	0.299		
Cystine		0.277			A	1 1		0.318	0.208	0.374		
Phenylalanine		0.663			A A	1		0.763	0.497	0.895		
Tyrosine		0.362 0.701			A	1		0.416 0.807	0.271 0.526	0.489 0.947		
Valine	_	2.211			A	1		2.543	1.659	2.985		
Histidine	_	0.432			A	1		0.497	0.324	0.583		
Alanine		0.432			A	1		0.839	0.547	0.985		
Aspartic acid		1.679			A	1		1.931	1.259	2.267		
Glutamic acid		3.710			A	1		4.266	2.782	5.008		
Glycine		0.724			A	1		0.832	0.543	0.977		
Proline		0.561			A	1		0.645	0.420	0.757		
Serine	_	0.735			A	1		0.846	0.552	0.993		
Hydroxyproline	g											
Others:												
Alcohol, ethyl		0.0		0		7		0.0	0.0	0.0		
Caffeine		0		0	Z	7		0	0	0		
Theobromine Carotenoids:	mg	0		0	Z	7		0	0	0		
Carotene, beta	mcg	11	10.238	3 5	A	1		12.157	7.929	14.272		
Carotene, alpha		3	3.01		A	1		3.467	2.261	4.070		
Cryptoxanthin, beta		0	0.000	4	A	1		0.000	0.000	0.000		
Lycopene		0	0.000		A	1		0.000	0.000	0.000		
Lutein + zeaxanthin	mea	92	9.56	5 4	A	1		105.513	68.813	123.863		

NDB No. 12120

Nuts, hazelnuts or filberts (1)

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 = 115g: 1 cup, chopped Measure 2 = 75g: 1 cup, ground Measure 3 = 135g: 1 cup, whole

Footnotes

1 Unroasted

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

		<u>A</u>	Amount in 100 grams of edible portion						Amount in edible portion of common			
			Ni	ımber				measures of food				
				Data	Doriv	Source	Confidence			-		
Nutrients and Uni	te	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure		
Nutrients and on	15	Weali	Stu. Ellor 1		oouo			Weasure i	Weasure 2	Weasure		
Proximates:												
Water	g	5.79		2	A	1		1.64				
Energy	kcal	629		0	NC	4		178				
Energy	kj	2630		0	NC	4		746				
Protein (N x 5.3)		13.70		2	A	1		3.88				
Total lipid (fat)	-	61.15		2	A	1		17.34				
Ash		2.36		2	A	1		0.67				
Carbohydrate, by difference		17.00		0	NC	4		4.82				
Fiber, total dietary		11.0		2	A	1		3.1				
Sugars, total		3.49		2	A	1		0.99				
• ,		3.35		2	A	1		0.95				
Sucrose				2	A	1						
Glucose (dextrose)		0.07						0.02				
Fructose		0.07		2	A	1		0.02				
Lactose	g	0.00		2	A	1		0.00				
Maltose	g	0.00		2	A	1		0.00				
Galactose	g											
Starch	g	0.93		2	A	1		0.26				
Minavalar												
Minerals:	ma	149		2	7	1		42				
Calcium, Ca				2	A	1		0.94				
Iron, Fe		3.30			A	1						
Magnesium, Mg		160		2	A A	1		45 88				
Phosphorus, P		310		2	A	1		187				
Potassium, K		658 0		2	A A	1						
Sodium, Na								0				
Zinc, Zn		2.20		2	A	1		0.62				
Copper, Cu		1.600		2	A	1		0.454				
Manganese, Mn		12.650	J	2	A	1 4		3.586				
Selenium, Se	fficg	4.1		U	BFSN	4		1.2				
Vitamins:												
Vitamin C, total ascorbic acid	mg	2.0		2	A	1		0.6				
Thiamin	mg	0.475	5	2	A	1		0.135				
Riboflavin	mg	0.110)	2	A	1		0.031				
Niacin	mg	1.550)	2	A	1		0.439				
Pantothenic acid	mg	0.815	5	2	A	1		0.231				
Vitamin B-6	mg	0.585	5	2	A	1		0.166				
Folate, total		78		2	A	1		22				
Folic acid		0		0	z	7		0				
Folate, food	mcg	78		2	A	1		22				
Folate, DFE		78		0	NC	4		22				
Vitamin B-12		0.00		0	z	7		0.00				
Vitamin A, IU		40		1	AS	1		11				
Vitamin A, RAE		2		1	AS	1		1				
Retinol		0		0	Z	7		0				
Vitamin E (alpha-tocopherol)		17.50		2	A	1		4.96				
(1)	-	0.35		2	A	1		0.10				
Tocopherol, beta		2.15		2	A	1		0.10				
Tocopherol, gamma Tocopherol, delta		0.14		2	A	1		0.04				
		0.14		_	A	_		0.04				
Vitamin D Vitamin K (phylloquinone)												
v italiilii K (pilyiloquinone)	g											
Lipids:												
Fatty acids, total saturated	g	4.669	9	0	NC	4		1.324				
4:0												
6:0												
8:0	g	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		0.000)	2	A	1		0.000				
14:0		0.000		2	A	1		0.000				
15:0	-	0.000		2	A	1		0.000				

	A	mount in 10			Amount in edible portion of common					
		Number					measures of food			
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
16:0g	3.176		2	A	1		0.900			
17:0g	0.000		2	A	1		0.000			
18:0g	1.434		2 2	A	1		0.407			
20:0g 22:0g	0.059		2	A A	1 1		0.017 0.000			
24:0g	0.000		2	A	1		0.000			
Fatty acids, total monounsaturatedg	48.192		0	NC	4		13.662			
14:1g	0.000		2	A	1		0.000			
15:1g										
16:1 undifferentiatedg	0.116	5	2	A	1		0.033			
17:1g										
18:1 undifferentiatedg	47.958		2	A	1		13.596			
20:1g	0.118		2	A	1		0.033			
22:1 undifferentiatedg	0.000		2	A	1		0.000			
24:1 c	0.000		2	A	1		0.000			
Fatty acids, total polyunsaturated9	5.558		0 2	NC	4 1		1.576			
18:2 undifferentiated	5.499 0.058		2	A A	1		1.559 0.017			
18:4g	0.058	•	2	A	1		0.017			
20:2 n-6 c,c	0.000)	2	A	1		0.000			
20:3 undifferentiatedg	0.000		2	A	1		0.000			
20:4 undifferentiated	0.000		2	A	1		0.000			
20:5 n-3g	0.000)	2	A	1		0.000			
22:5 n-3g	0.000)	2	A	1		0.000			
22:6 n-3g	0.000)	2	A	1		0.000			
Fatty acids, total trans										
Cholesterolmg	0		0	Z	7		0			
Phytosterolsmg	116		2	A	1		33			
Stigmasterolmg	1		1	A	1		0			
Campesterol mg	7 108		1 1	A A	1 1		2 31			
Beta-sitosterolmg	108		1	A	1		31			
Amino Acids:										
Tryptophang	0.177		0	A	1		0.050			
Threonineg	0.455		0	A	1		0.129			
Isoleucineg	0.499		0	A	1		0.142			
Leucineg	0.974		0	A	1		0.276			
Lysineg	0.385		0	A	1		0.109			
Methionine	0.203 0.254		0	A A	1 1		0.057 0.072			
Cystineg Phenylalanineg	0.254		0	A	1		0.072			
Tyrosine	0.332		0	A	1		0.094			
Valineg	0.643		0	A	1		0.182			
Arginineg	2.026		0	A	1		0.574			
Histidineg	0.396		0	A	1		0.112			
Alanineg	0.669)	0	A	1		0.190			
Aspartic acidg	1.539)	0	A	1		0.436			
Glutamic acidg	3.399		0	A	1		0.964			
Glycineg	0.663		0	A	1		0.188			
Prolineg	0.514		0	A	1		0.146			
Serineg	0.674	ļ	0	A	1		0.191			
Hydroxyproline9										
Others:										
Alcohol, ethylg	0.0		0	z	7		0.0			
Caffeinemg										
Theobrominemg										
Carotenoids:										
Carotene, betamcg	23		1	A	1		6.484			
Carotene, alphamcg	2		1	A	1		0.482			
Cryptoxanthin, betamcg										
Lycopenemcg										
Lutein + zeaxanthin mcg										

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

NDB No. 12121

Nuts, hazelnuts or filberts, blanched (1)

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Nutrients and Units Mean Std. Error Points Code Code Code

Measure 1

Measure 2

Measure 3

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Footnotes

1 Unroasted

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

NDB No. 12122 Nuts, hazelnuts or filberts, dry roasted, without salt added

		<u>A</u>	mount in 100 g	rams	Amount in edible portion of common					
			Nu	mber	measures of food					
					Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	2.52	0.335	4	A	1		0.71		
Energy	kcal	646		0	NC	4		183		
Energy	kj	2703		0	NC	4		766		
Protein (N x 5.3)	g	15.03	0.421	4	A	1		4.26		
Total lipid (fat)	g	62.40	0.916	4	A	1		17.69		
Ash	g	2.45	0.019	4	A	1		0.70		
Carbohydrate, by difference	g	17.60		0	NC	4		4.99		
Fiber, total dietary	g	9.4	0.617	4	A	1		2.7		
Sugars, total	g	4.89	0.307	4	A	1		1.39		
Sucrose	g	4.75	0.307	4	A	1		1.35		
Glucose (dextrose)	g	0.07	0.000	4	A	1		0.02		
Fructose		0.07	0.000	4	A	1		0.02		
Lactose	g	0.00	0.000	4	A	1		0.00		
Maltose	g	0.00	0.000	4	A	1		0.00		
Galactose										
Starch		1.10	0.034	4	A	1		0.31		
Minerals:										
Calcium, Ca	ma	123	3.663	4	A	1		35		
Iron, Fe		4.38	0.138	4	A	1		1.24		
Magnesium, Mg		173	6.033	4	A	1		49		
Phosphorus, P		310	8.165	4	A	1		88		
Potassium, K		755	13.934	4	A	1		214		
Sodium, Na		0	0.065	4	A	1		0		
Zinc, Zn		2.50	0.000	4	A	1		0.71		
Copper, Cu		1.750	0.087	4	A	1		0.496		
Manganese, Mn		5.550	0.417	4	A	1		1.573		
Selenium, Se	mcg	4.1		0	BFSN	4		1.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.8	0.629	4	A	1		1.1		
Thiamin	-	0.338		4	A	1		0.096		
Riboflavin	-	0.123		4	A	1		0.035		
Niacin	• • • • • • • • • • • • • • • • • • • •	2.050		4	A	1		0.581		
Pantothenic acid	-	0.923		4	A	1		0.262		
Vitamin B-6		0.620		4	A	1		0.176		
Folate, total	-	88	5.375	4	A	1 7		25		
Folic acid	rncg	0 88	5.375	0 4	Z A	1		0 25		
Folate, food			5.375	0		4				
Folate, DFE		88 0.00		0	NC Z	7		25 0.00		
Vitamin B-12 Vitamin A, IU		61		1	A	1		17		
Vitamin A, IUVitamin A, RAE		3		1	A	1		1		
· ·		0		0	Z	7		0		
Retinol Vitamin E (alpha-tocopherol)		15.28	0.704	4	A	1		4.33		
Tocopherol, beta	-	0.33	0.704	4	A	1		4.33 0.09		
Tocopherol, gamma		0.00	0.048	4	A	1		0.09		
Tocopherol, delta		0.00	0.000	4	A	1		0.00		
Vitamin D		3.00	5.000	-		-		2.00		
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	g	4.511	L	0	NC	4		1.279		
4:0										
6:0										
8:0	g	0.000	0.000	4	A	1		0.000		
10:0	-	0.000	0.000	4	A	1		0.000		
12:0	g	0.000	0.000	4	A	1		0.000		
13:0	g	0.000	0.000	4	A	1		0.000		
14:0	g	0.000	0.000	4	A	1		0.000		
15:0	g	0.000	0.000	4	A	1		0.000		

Nutrients and Units Mean Std. Error Points Corporate C	A A A A A A A A A A A A A A A A A A A	Source Code 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1		0.902 0.000 0.360 0.017 0.000 0.000 13.213 0.000 0.034 13.141 0.038 0.000 0.000 2.399 2.382 0.017 0.000 0.000 0.000 0.000	Measure 2	Measure 3
16:0	A A A A A A A A A A A A A A A A A A A	1 1 1 1 1 1 4 1 1 1 1 1 1 1 1 1 1 1 1 1	Code	0.902 0.000 0.360 0.017 0.000 0.000 13.213 0.000 0.034 13.141 0.038 0.000 0.000 2.399 2.382 0.017 0.000 0.000 0.000 0.000	Measure 2	Measure 3
17:0	A A A A A A A A A A A A A A A A A A A	1 1 1 1 1 4 1 1 1 1 1 1 1 1 1 1 1 1 1 1		0.000 0.360 0.017 0.000 0.000 13.213 0.000 0.034 13.141 0.038 0.000 0.000 2.399 2.382 0.017 0.000 0.000 0.000 0.000 0.000 0.000 0.000		
17.0	A A A A A A A A A A A A A A A A A A A	1 1 1 1 1 4 1 1 1 1 1 1 1 1 1 1 1 1 1 1		0.000 0.360 0.017 0.000 0.000 13.213 0.000 0.034 13.141 0.038 0.000 0.000 2.399 2.382 0.017 0.000 0.000 0.000 0.000 0.000 0.000 0.000		
18:0	A A A A A A A A A A A A A A A A A A A	1 1 1 4 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1		0.360 0.017 0.000 0.000 13.213 0.000 0.034 13.141 0.038 0.000 0.000 2.399 2.382 0.017 0.000 0.000 0.000 0.000 0.000 0.000 0.000		
20:0 g 0.060 0.001 4 22:0 g 0.000 0.000 4 24:0 g 0.000 0.000 4 Fatty acids, total monounsaturated g 46.608 0 14:1 g 0.000 0.000 4 15:1 g 16:1 undifferentiated g 0.119 0.002 4 17:1 g 17:1 g 18:1 undifferentiated g 0.0134 0.013 4 20:1 g 0.134 0.013 4 22:1 undifferentiated g 0.000 0.000 4 24:1 c g 0.000 0.000 0.000	A A A A A A A A A A A A A A A A A A A	1		0.017 0.000 0.000 13.213 0.000 0.034 13.141 0.038 0.000 0.000 2.399 2.382 0.017 0.000 0.000 0.000 0.000 0.000		
22:0 g 0.000 0.000 4 24:0 g 0.000 0.000 4 Fatty acids, total monounsaturated g 46:608 0 14:1 g 0.000 0.000 4 15:1 g 16:1 undifferentiated g 0.119 0.002 4 17:1 g 18:1 undifferentiated g 0.134 0.013 4 20:1 g 0.134 0.013 4 22:1 undifferentiated g 0.000 0.000 4 24:1 c g 0.000 0.000 4 24:1 c g 0.000 0.000 4 24:1 c g 0.000 0.000 0.000 4 24:1 c g 0.000 0.000 4 2 18:3 undifferentiated g 0.060 0.0	A A A A A A A A A A A A A A A A A A A	1 1 4 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1		0.000 0.000 13.213 0.000 0.034 13.141 0.038 0.000 0.000 2.399 2.382 0.017 0.000 0.000 0.000 0.000		
24:0	A A A A A A A A A A A A A A A A A A A	1 4 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1		0.000 13.213 0.000 0.034 13.141 0.038 0.000 0.000 2.399 2.382 0.017 0.000 0.000 0.000 0.000 0.000 0.000		
Fatty acids, total monounsaturated	A A A A NC A A A A A A A A A A A A A A A	1 1 1 1 1 1 1 1 1 1 1 1 1 1 7 1		0.000 0.034 13.141 0.038 0.000 0.000 2.399 2.382 0.017 0.000 0.000 0.000 0.000 0.000 0.000		
15:1	A A A A NC A A A A A A A A A A A A A A A	1 1 1 1 1 4 1 1 1 1 1 1 1 1 1 1 1 1 1 1		0.034 13.141 0.038 0.000 0.000 2.399 2.382 0.017 0.000 0.000 0.000 0.000 0.000 0.000		
16:1 undifferentiated	A A A NC A A A A A A A	1 1 1 4 1 1 1 1 1 1 1 1 1		13.141 0.038 0.000 0.000 2.399 2.382 0.017 0.000 0.000 0.000 0.000 0.000		
17:1	A A A NC A A A A A A A	1 1 1 4 1 1 1 1 1 1 1 1 1		13.141 0.038 0.000 0.000 2.399 2.382 0.017 0.000 0.000 0.000 0.000 0.000		
18:1 undifferentiated 9 46.354 1.012 4 20:1 9 0.134 0.013 4 22:1 undifferentiated 9 0.000 0.000 4 24:1 c 9 0.000 0.000 4 Fatty acids, total polyunsaturated 9 8.463 0 0 18:2 undifferentiated 9 8.403 0.272 4 18:3 undifferentiated 9 0.060 0.001 4 18:4 9 0.000 0.000 4 20:2 n-6 c,c 9 0.000 0.000 4 20:3 undifferentiated 9 0.000 0.000 4 20:5 n-3 9 0.000 0.000 4 20:5 n-3 9 0.000 0.000 4 22:5 n-3 9 0.000 0.000 4	A A NC A A A A A A	1 1 4 1 1 1 1 1 1 1 1 1 7		0.038 0.000 0.000 2.399 2.382 0.017 0.000 0.000 0.000 0.000 0.000		
20:1 9 0.134 0.013 4 22:1 undifferentiated 9 0.000 0.000 4 24:1 c 9 0.000 0.000 4 24:1 c 9 0.000 0.000 4 Eatty acids, total polyunsaturated 9 8.463 0 18:2 undifferentiated 9 0.060 0.001 4 18:3 undifferentiated 9 0.060 0.001 4 18:4 9 0.000 0.000 4 20:2 n-6 c,c 9 0.000 0.000 4 20:3 undifferentiated 9 0.000 0.000 4 20:3 undifferentiated 9 0.000 0.000 4 20:4 undifferentiated 9 0.000 0.000 4 20:5 n-3 9 0.000 0.000 4 20:5 n-3 9 0.000 0.000 4 22:5 n-3 9 0.000 0.000 4 Patty acids, to	A A NC A A A A A A	1 1 4 1 1 1 1 1 1 1 1 1 7		0.038 0.000 0.000 2.399 2.382 0.017 0.000 0.000 0.000 0.000 0.000		
22:1 undifferentiated 9 0.000 0.000 4 24:1 c 9 0.000 0.000 4 Fatty acids, total polyunsaturated 9 8.463 0 18:2 undifferentiated 9 8.403 0.272 4 18:3 undifferentiated 9 0.060 0.001 4 18:4 9 0.000 0.000 4 20:2 n-6 c,c 9 0.000 0.000 4 20:3 undifferentiated 9 0.000 0.000 4 20:3 undifferentiated 9 0.000 0.000 4 20:4 undifferentiated 9 0.000 0.000 4 20:3 undifferentiated 9 0.000 0.000 4 20:4 undifferentiated 9 0.000 0.000 4 20:5 n-3 9 0.000 0.000 4 20:5 n-3 9 0.000 0.000 4 22:5 n-3 9 0.000 0.000 4 Fatty acids, total trans 9 0 0 Phytosterols<	A A NC A A A A A A	1 4 1 1 1 1 1 1 1 1 1 7		0.000 0.000 2.399 2.382 0.017 0.000 0.000 0.000 0.000 0.000		
24:1 c. 9 0.000 0.000 4 Fatty acids, total polyunsaturated 9 8.463 0 18:2 undifferentiated 9 8.403 0.272 4 18:3 undifferentiated 9 0.060 0.001 4 18:4. 9 0.000 0.000 4 20:2 n-6 c,c. 9 0.000 0.000 4 20:3 undifferentiated 9 0.000 0.000 4 20:4 undifferentiated 9 0.000 0.000 4 20:5 n-3. 9 0.000 0.000 4 20:5 n-3. 9 0.000 0.000 4 22:5 n-3. 9 0.000 0.000 4 22:6 n-3 9 0.000 0.000 4 Fatty acids, total trans 9 0 0 0 Phytosterols mg 110 1 1 Stigmasterol mg 1 1 1 Campesterol	NC A A A A A A A	4 1 1 1 1 1 1 1 1 7		0.000 2.399 2.382 0.017 0.000 0.000 0.000 0.000 0.000 0.000		
Fatty acids, total polyunsaturated 9 8 . 463 0 18:2 undifferentiated 9 8 . 403 0 . 272 4 18:3 undifferentiated 9 0 . 060 0 . 001 4 18:4 9 0 . 000 0 . 000 4 20:2 n -6 c,c 9 0 . 000 0 . 000 4 20:3 undifferentiated 9 0 . 000 0 . 000 4 20:3 undifferentiated 9 0 . 000 0 . 000 4 20:4 undifferentiated 9 0 . 000 0 . 000 4 20:5 n-3 9 0 . 000 0 . 000 4 20:5 n-3 9 0 . 000 0 . 000 4 22:5 n-3 9 0 . 000 0 . 000 4 22:6 n-3 9 0 . 000 0 . 000 4 Fatty acids, total trans 9 0 0 0 Phytosterols mg 110 1 1 Stigmasterol mg 1 1 1	A A A A A A Z	1 1 1 1 1 1 1 1 1		2.382 0.017 0.000 0.000 0.000 0.000 0.000 0.000		
18:3 undifferentiated g 0.060 0.001 4 18:4 g 20:2 n-6 c,c g 0.000 0.000 4 20:3 undifferentiated g 0.000 0.000 4 20:4 undifferentiated g 0.000 0.000 4 20:5 n-3 g 0.000 0.000 4 22:5 n-3 g 0.000 0.000 4 22:6 n-3 g 0.000 0.000 4 Fatty acids, total trans g g 0.000 0.000 4 Fatty acids, total trans g 0	A A A A A A	1 1 1 1 1 1 1 7		0.017 0.000 0.000 0.000 0.000 0.000 0.000		
18:4	A A A A A Z	1 1 1 1 1 1 7		0.000 0.000 0.000 0.000 0.000 0.000		
20:2 n-6 c,c 9 0.000 0.000 4 20:3 undifferentiated 9 0.000 0.000 4 20:4 undifferentiated 9 0.000 0.000 4 20:5 n-3 9 0.000 0.000 4 22:5 n-3 9 0.000 0.000 4 Fatty acids, total trans 9 0 0 0 Cholesterol mg 0 0 0 Phytosterols mg 110 1 1 Stigmasterol mg 1 1 1 Campesterol mg 6 1 1 Beta-sitosterol mg 103 1 1 Amino Acids: Tryptophan 9 0.194 0 0 Threonine 9 0.499 0 0 Isoleucine 9 0.548 0 0 Leucine 9 0.548 0 0 Leucine 9 0.548 0 0 Lysine 9 0.222 0 <	A A A A Z	1 1 1 1 1		0.000 0.000 0.000 0.000 0.000		
20:3 undifferentiated 9 0.000 0.000 4 20:4 undifferentiated 9 0.000 0.000 4 20:5 n-3 9 0.000 0.000 4 22:5 n-3 9 0.000 0.000 4 22:6 n-3 9 0.000 0.000 4 Fatty acids, total trans 9 0 0 0 Cholesterol mg 0 0 0 Phytosterols mg 110 1	A A A A Z	1 1 1 1 1		0.000 0.000 0.000 0.000 0.000		
20:4 undifferentiated g 0.000 0.000 4 20:5 n-3 g 0.000 0.000 4 22:5 n-3 g 0.000 0.000 4 22:6 n-3 g 0.000 0.000 4 Fatty acids, total trans g Cholesterol mg 0 0 Phytosterols mg 110 1 Stigmasterol mg 1 1 Campesterol mg 6 1 Beta-sitosterol mg 103 1 Amino Acids: Tryptophan g 0.194 0 Threonine g 0.499 0 Isoleucine g 0.548 0 Leucine g 1.069 0 Lysine g 0.422 0 Methonine g 0.222 0 Cystine g 0.278 0 Phenylalanine g 0.667 0 Tyrosine g 0.364 0 V	A A A Z A	1 1 1 7 1		0.000 0.000 0.000 0.000		
20:5 n-3 g 0.000 0.000 4 22:5 n-3 g 0.000 0.000 4 22:6 n-3 g 0.000 0.000 4 Fatty acids, total trans g Cholesterol mg 0 0 Phytosterols mg 110 1 Stigmasterol mg 1 1 Campesterol mg 6 1 Beta-sitosterol mg 103 1 Amino Acids: Tryptophan g 0.194 0 Threonine g 0.499 0 Isoleucine g 0.548 0 Leucine g 1.069 0 Lysine g 0.422 0 Methionine g 0.222 0 Cystine g 0.278 0 Phenylalanine g 0.667 0 Tyrosine g 0.364 0 Valine g 0.705 0 Arginine g 2.222 0	A A Z A	1 1 7 1		0.000 0.000 0		
22:6 n-3 g 0.000 0.000 4 Fatty acids, total trans. g	A Z A	1 7 1		0.000		
Fatty acids, total trans. 9 Cholesterol. mg 0 0 Phytosterols. mg 110 1 Stigmasterol. mg 1 1 Campesterol. mg 6 1 Beta-sitosterol. mg 103 1 Amino Acids: Tryptophan. 9 0.194 0 Threonine. 9 0.499 0 Isoleucine. 9 0.548 0 Leucine. 9 1.069 0 Lysine. 9 0.422 0 Methionine. 9 0.222 0 Cystine. 9 0.278 0 Phenylalanine. 9 0.667 0 Tyrosine. 9 0.364 0 Valine. 9 0.705 0 Arginine. 9 2.222 0	Z A	7 1		0		
Cholesterol mg 0 0 Phytosterols mg 110 1 Stigmasterol mg 1 1 Campesterol mg 6 1 Beta-sitosterol mg 103 1 Amino Acids: Tryptophan 9 0.194 0 Threonine g 0.499 0 Isoleucine g 0.548 0 Leucine g 1.069 0 Lysine g 0.422 0 Methionine g 0.222 0 Cystine g 0.278 0 Phenylalanine g 0.667 0 Tyrosine g 0.364 0 Valine g 0.705 0 Arginine g 2.222 0	A	1				
Phytosterols. mg 110 1 Stigmasterol. mg 1 1 Campesterol. mg 6 1 Beta-sitosterol. mg 103 1 Amino Acids: Tryptophan g 0.194 0 Threonine. g 0.499 0 Isoleucine. g 0.548 0 Leucine. g 1.069 0 Lysine. g 0.422 0 Methionine. g 0.222 0 Cystine. g 0.278 0 Phenylalanine. g 0.667 0 Tyrosine. g 0.364 0 Valine. g 0.705 0 Arginine. g 2.222 0	A	1				
Stigmasterol mg 1 1 Campesterol mg 6 1 Beta-sitosterol mg 103 1 Amino Acids: Tryptophan 9 0.194 0 Threonine 9 0.499 0 Isoleucine 9 0.548 0 Leucine 9 1.069 0 Lysine 9 0.422 0 Methionine 9 0.222 0 Cystine 9 0.278 0 Phenylalanine 9 0.667 0 Tyrosine 9 0.364 0 Valine 9 0.705 0 Arginine 9 2.222 0						
Campesterol. mg 6 1 Beta-sitosterol. mg 103 1 Amino Acids: Tryptophan g 0.194 0 Threonine g 0.499 0 Isoleucine g 0.548 0 Leucine g 1.069 0 Lysine g 0.422 0 Methionine g 0.222 0 Cystine g 0.278 0 Phenylalanine g 0.667 0 Tyrosine g 0.364 0 Valine g 0.705 0 Arginine g 2.222 0	A			0		
Beta-sitosterol mg 103 1 Amino Acids: Tryptophan 9 0.194 0 Threonine 9 0.499 0 Isoleucine 9 0.548 0 Leucine 9 1.069 0 Lysine 9 0.422 0 Methionine 9 0.222 0 Cystine 9 0.278 0 Phenylalanine 9 0.667 0 Tyrosine 9 0.364 0 Valine 9 0.705 0 Arginine 9 2.222 0	A	1		2		
Tryptophan g 0.194 0 Threonine g 0.499 0 Isoleucine g 0.548 0 Leucine g 1.069 0 Lysine g 0.422 0 Methionine g 0.222 0 Cystine g 0.278 0 Phenylalanine g 0.667 0 Tyrosine g 0.364 0 Valine g 0.705 0 Arginine g 2.222 0	A	1		29		
Threonine 9 0.499 0 Isoleucine 9 0.548 0 Leucine 9 1.069 0 Lysine 9 0.422 0 Methionine 9 0.222 0 Cystine 9 0.278 0 Phenylalanine 9 0.667 0 Tyrosine 9 0.364 0 Valine 9 0.705 0 Arginine 9 2.222 0	_			0.055		
Isoleucine g 0.548 0 Leucine g 1.069 0 Lysine g 0.422 0 Methionine g 0.222 0 Cystine g 0.278 0 Phenylalanine g 0.667 0 Tyrosine g 0.364 0 Valine g 0.705 0 Arginine g 2.222 0	A A	1 1		0.055 0.142		
Leucine g 1.069 0 Lysine g 0.422 0 Methionine g 0.222 0 Cystine g 0.278 0 Phenylalanine g 0.667 0 Tyrosine g 0.364 0 Valine g 0.705 0 Arginine g 2.222 0	A	1		0.142		
Lysine g 0.422 0 Methionine g 0.222 0 Cystine g 0.278 0 Phenylalanine g 0.667 0 Tyrosine g 0.364 0 Valine g 0.705 0 Arginine g 2.222 0	A	1		0.303		
Cystine g 0.278 0 Phenylalanine g 0.667 0 Tyrosine g 0.364 0 Valine g 0.705 0 Arginine g 2.222 0	A	1		0.120		
Phenylalanine g 0.667 0 Tyrosine g 0.364 0 Valine g 0.705 0 Arginine g 2.222 0	A	1		0.063		
Tyrosine. g 0.364 0 Valine g 0.705 0 Arginine g 2.222 0	A	1		0.079		
Valine	A	1		0.189		
Arginine	A A	1 1		0.103 0.200		
8	A	1		0.200		
	A	1		0.123		
Alanine	A	1		0.208		
Aspartic acid	A	1		0.478		
Glutamic acidg 3 . 728 0	A	1		1.057		
Glycineg 0.727 0	A	1		0.206		
Proline	A A	1 1		0.160 0.210		
Serine 9 0.739 0 Hydroxyproline 9	A	1		0.210		
Others:						
Alcohol, ethyl	z	7		0.0		
Caffeinemg	_	•		- · · •		
Theobrominemg						
Carotenoids:						
Carotene, beta		1		10.197		
Carotene, alphamcg 1	A	1		0.201		
Cryptoxanthin, betamcg	A A					
Lycopenemcg Lutein + zeaxanthinmcg						

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.

NDB No. 12122

Nuts, hazelnuts or filberts, dry roasted, without salt added

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

Carya spp.

Refuse: 68% Shells

		<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 Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	2.65	0.136	4		1		3.18	0.75	0.08
Energy	kcal	657		0	NC	4		788	186	20
Energy	kj	2749				4		3299	779	82
Protein (N x 5.3)	g	12.72	0.869	8		1		15.26	3.61	0.38
Total lipid (fat)	g	64.37	1.540	18		1		77.24	18.25	1.93
Ash	g	2.00	0.134	6		1		2.40	0.57	0.06
Carbohydrate, by difference	g	18.25		0	NC	4		21.90	5.17	0.55
Fiber, total dietary	g	6.4		0		4		7.7	1.8	0.2
Sugars, total	g									
Starch	g									
Minerals:										
Calcium. Ca	ma	61	4.371	8		1		73	17	2
Iron, Fe		2.12	0.036	8		1		2.54	0.60	0.00
Magnesium, Mg	_	173	7.756	8		1		208	49	5
Phosphorus, P		336	18.968	8		1		403	95	10
Potassium, K	_	436	26.350	8		1		523	124	13
Sodium. Na.		1	0.046	8		1		1	0	0
Zine, Zn	• • • • • • • • • • • • • • • • • • • •	4.31	0.111	8		1		5.17	1.22	0.1
Copper, Cu		0.738		8		1		0.886	0.209	0.0
Manganese, Mn		4.610)	0		4		5.532	1.307	0.1
Selenium, Se		8.1		1	A	1		9.7	2.3	0.2
7*4										
/itamins:				•						
Vitamin C, total ascorbic acid	_	2.0	_	0		4		2.4	0.6	0.1
Thiamin		0.867		0		4		1.040	0.246	0.02
Riboflavin		0.131		0		4		0.157	0.037	0.00
Niacin	_	0.907		0		4		1.088	0.257	0.0
Pantothenic acid	-	1.746		0		4		2.095	0.495	0.0
Vitamin B-6	-	0.192	2	0		4		0.230	0.054	0.0
Folate, total		40		0	_	4		48	11	1
Folic acid		0		0	Z	7		0 48	0	0 1
Folate, food		40 40		0	NC	4 4		48	11 11	1
Folate, DFE		0.00		0	NC Z	7		0.00	0.00	0.0
Vitamin B-12 Vitamin A, IU		131		0	Z	4		157		4
Vitamin A, RAE		7		0		4		8	37 2	0
Retinol		0		0	z	7		0	0	0
Vitamin E (alpha-tocopherol)		O		U	2	,		O	U	U
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u> ipids:</u>										
Fatty acids, total saturated		7.038		0		1		8.446	1.995	0.2
4:0	-	0.000		0		1		0.000	0.000	0.0
6:0	-	0.000		0		1		0.000	0.000	0.0
8:0	-	0.000		0		1		0.000	0.000	0.0
10:0	-	0.000		0		1		0.000	0.000	0.0
12:0	-	0.000)	0		1		0.000	0.000	0.0
13:0	-	0.000	,	^		4		0.000	0.000	
14:0		0.000	J	0		1		0.000	0.000	0.0
15:0		- 41-	,	1				6 500	1 500	
16:0		5.417	,	1		1		6.500	1.536	0.1
17:0		1 41 4	:	1		1		1 600	0 401	
18:0		1.416	•	1		1		1.699	0.401	0.0
20:0	-									
22:0	y									

		<u>Aı</u>	mount in 100 grams		e portio	<u>n</u>	Amount in edible portion of common measures of food			
				Deriv :	Source	Confidence	<u></u>	0000100 01 1000	•	
Nutrients and Un	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated		32.611	0		1		39.133	9.245	0.97	
14:1										
15:1 16:1 undifferentiated 17:1	g	0.277	2		1		0.332	0.079	0.00	
18:1 undifferentiated	-	32.011	2		1		38.413	9.075	0.96	
20:1		0.000	-		1		0.000	0.000	0.90	
22:1 undifferentiated		0.000			1		0.000	0.000	0.00	
24:1 c	_		•		_					
Fatty acids, total polyunsaturated		21.886	0		1		26.263	6.205	0.65	
18:2 undifferentiated		20.623	2		1		24.748	5.847	0.61	
18:3 undifferentiated	_	1.047			1		1.256	0.297	0.03	
18:4	-	0.000			1		0.000	0.000	0.00	
20:2 n-6 c,c	_									
20:3 undifferentiated	-									
20:4 undifferentiated		0.000	0		1		0.000	0.000	0.00	
20:5 n-3	-	0.000	0		1		0.000	0.000	0.0	
22:5 n-3		0.000	0		1		0.000	0.000	0.00	
22:6 n-3	_	0.000	0		1		0.000	0.000	0.00	
Fatty acids, total trans										
Cholesterol		0	0	Z	7		0	0	0	
Phytosterols										
amino Acids:										
Tryptophan	g	0.139	8		1		0.167	0.039	0.00	
Threonine	g	0.422	4		1		0.506	0.120	0.01	
Isoleucine	g	0.576	4		1		0.691	0.163	0.01	
Leucine		1.027	4		1		1.232	0.291	0.03	
Lysine	g	0.497	4		1		0.596	0.141	0.01	
Methionine	g	0.300	12		1		0.360	0.085	0.00	
Cystine	g	0.271	12		1		0.325	0.077	0.00	
Phenylalanine		0.713	4		1		0.856	0.202	0.02	
Tyrosine	g	0.454	4		1		0.545	0.129	0.0	
Valine	g	0.730	4		1		0.876	0.207	0.02	
Arginine	g	2.086	4		1		2.503	0.591	0.06	
Histidine	g	0.389	4		1		0.467	0.110	0.0	
Alanine	g	0.662	4		1		0.794	0.188	0.02	
Aspartic acid	g	1.368	4		1		1.642	0.388	0.0	
Glutamic acid		2.885	4		1		3.462	0.818	0.08	
Glycine		0.708	4		1		0.850	0.201	0.02	
Proline	-	0.571	4		1		0.685	0.162	0.0	
Serine		0.806	4		1		0.967	0.229	0.02	
Hydroxyproline	-									
thers:										
Alcohol, ethyl		0.0	0		7		0.0	0.0	0.0	
Caffeine	_									
Theobromine	mg									

Common Measures:

Measure 1 = 120g: 1 cup Measure 2 = 28.35g: 1 oz Measure 3 = 3.0g: 1 nut

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

		<u>A</u>	mount in 100 g			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	1.61	0.126	4	A	1		2.15	0.46		
Energy	kcal	716		0	NC	4		959	203		
Energy	kj	2996		0	NC	4		4014	849		
Protein (N x 5.3)	g	7.79	0.286	4	A	1		10.44	2.21		
Total lipid (fat)		76.08	1.039	4	A	1		101.95	21.57		
Ash	g	1.70	0.120	4	A	1		2.27	0.48		
Carbohydrate, by difference		12.83		0	NC	4		17.19	3.64		
Fiber, total dietary		8.0	0.709	4	A	1		10.7	2.3		
Sugars, total		4.14	0.187	4	A	1		5.55	1.17		
• ,		4.00	0.187	4	A	1		5.36	1.13		
Sucrose		0.07	0.000	4	A	1		0.10	0.02		
Glucose (dextrose)	9	0.07	0.000	4	A	1		0.10	0.02		
Fructose	9										
Lactose	9	0.00	0.000	4	A	1		0.00	0.00		
Maltose		0.00	0.000	4	A	1		0.00	0.00		
Galactose											
Starch	g	1.05	0.026	4	A	1		1.41	0.30		
Minerals:											
Calcium, Ca	ma	70	14.558	4	A	1		93	20		
Iron, Fe		2.65	0.536	4	A	1		3.55	0.75		
Magnesium, Mg		118	2.182	4	A	1		158	34		
0 , 0	_	198	6.281	4	A	1		265	5 4		
Phosphorus, P Potassium, K		363	14.047	4	A	1		486	103		
Sodium, Na		265	52.815	4	A	1		354	75		
Zinc, Zn		1.29	0.055	4	A	1		1.72	0.36		
		0.570		4	A	1		0.764	0.162		
Copper, Cu		3.036		4	A	1		4.068	0.162		
Selenium, Se		11.7	0.965	8	A	1		15.7	3.3		
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.7	0.000	4	A	1		1.0	0.2		
Thiamin	mg	0.710	0.000	4	A	1		0.951	0.201		
Riboflavin	mg	0.087	0.003	4	A	1		0.116	0.025		
Niacin	mg	2.274	0.151	4	A	1		3.048	0.645		
Pantothenic acid	mg	0.603	0.018	4	A	1		0.807	0.171		
Vitamin B-6	mg	0.359	0.025	4	A	1		0.481	0.102		
Folate, total		10	0.943	4	A	1		13	3		
Folic acid		0		0	Z	7		0	0		
Folate, food		10	0.943	4	A	1		13	3		
Folate, DFE		10		0	NC	4		13	3		
Vitamin B-12		0.00		0	Z	7		0.00	0.00		
Vitamin A, IU		0		0	AS	1		0	0		
Vitamin A, RAE		0		0	AS	1		0	0		
Retinol		0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)		0.57	0.110	4	A	1		0.76	0.16		
Tocopherol, beta		0.00	0.110	1	A	1		0.00	0.00		
Tocopherol, gamma		0.00		1	A	1		0.00	0.00		
Tocopherol, delta		0.00		1	A	1		0.00	0.00		
Vitamin D	_	0.00		-		_		0.00	0.00		
Vitamin K (phylloquinone)	mcg	0.0	0.000	3	A	1		0.0	0.0		
Lipids:				•				40.00			
Fatty acids, total saturated		11.947		0	NC	4		16.010	3.387		
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	1		0.000	0.000		
10:0	-	0.000		4	A	1		0.000	0.000		
12:0	-	0.075		4	A	1		0.100	0.021		
13:0	-	0.000		4	A	1		0.000	0.000		
14:0	g	0.668	0.067	4	A	1		0.895	0.189		
15:0	a	0.000	0.000	4	A	1					

	<u>An</u>	nount in 100 g	ıram: ımbe		ole portic	<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	
15:0g	0.000	0.000		A	1		0.000	0.000		
16:0g	5.932	0.070	4 4	A A	1 1		7.949	1.682		
17:0g	0.156 2.280	0.041 0.178	4	A A	1		0.209 3.055	0.044 0.646		
18:0g 20:0g	1.944	0.178	4	A	1		2.605	0.551		
20.0g 22:0	0.621	0.003	4	A	1		0.832	0.176		
24:0g	0.272	0.013	4	A	1		0.365	0.077		
Fatty acids, total monounsaturated9	59.275		0	NC	4		79.429	16.805		
14:1g	0.000	0.000	4	A	1		0.000	0.000		
15:1g										
16:1 undifferentiatedg 17:1g	12.725	0.493	4	A	1		17.051	3.607		
18:1 undifferentiatedg	44.377	0.935	4	A	1		59.466	12.581		
20:1g	1.925	0.076	4	A	1		2.579	0.546		
22:1 undifferentiated	0.237	0.016	4	A	1		0.318	0.067		
24:1 cg	0.011	0.010	4	A	1		0.015	0.003		
Fatty acids, total polyunsaturated	1.498	0.100	0	NC	4		2.008	0.425		
18:2 undifferentiated	1.303 0.196	0.108 0.021	4 4	A A	1 1		1.746 0.262	0.369 0.056		
18:3 undifferentiated9	0.000	0.021	0	Z	7		0.262	0.000		
20:2 n-6 c,cg	0.000	0.000	4	A	1		0.000	0.000		
20:3 undifferentiated	0.000	0.000	4	A	1		0.000	0.000		
20:4 undifferentiatedg	0.000	0.000	4	A	1		0.000	0.000		
20:5 n-3g	0.000	0.000	4	A	1		0.000	0.000		
22:5 n-3g	0.000	0.000	4	A	1		0.000	0.000		
22:6 n-3g	0.000	0.000	4	A	1		0.000	0.000		
Fatty acids, total transg										
Cholesterolmg	0		0	Z	7		0	0		
Phytosterolsmg	114		1	A	1		153	32		
Stigmasterolmg	0 7		1 1	A	1		0	0		
Campesterolmg	107		1	A A	1 1		10 143	2 30		
Beta-sitosterolmg	107		_	•	-		143	30		
Amino Acids:										
Tryptophang	0.066			A	1		0.088	0.019		
Threonineg	0.364			A	1		0.488	0.103		
Isoleucine	0.309			A	1		0.414	0.088		
Leucine	0.592			A	1 1		0.794	0.168		
Lysineg Methionine g	0.018 0.023			A A	1		0.024 0.031	0.005 0.007		
Cystine	0.023			A A	1		0.031	0.007		
Phenylalanine	0.654			A	1		0.876	0.185		
Tyrosine	0.503			A	1		0.674	0.143		
Valineg	0.357			A	1		0.479	0.101		
Arginineg	1.380			A	1		1.849	0.391		
Histidineg	0.192			A	1		0.257	0.054		
Alanineg	0.382			A	1		0.511	0.108		
Aspartic acidg	1.082			A	1		1.450	0.307		
Glutamic acid	2.231			A	1		2.990	0.633		
Glycine	0.447			A	1		0.599	0.127		
Proline	0.460			A	1 1		0.617 0.553	0.131		
Serineg Hydroxyprolineg	0.413			A	1		0.553	0.117		
Others:										
Alcohol, ethylg	0.0		0	z	7		0.0	0.0		
Caffeine mg	0		0	Z	7		0	0		
Theobrominemg	0		0	Z	7		0	0		
Carotenoids:										
Carotene, beta mcg	0	0.000	9	A	1		0.000	0.000		
Carotene, alpha mcg	0	0.000	9	A	1		0.000	0.000		
Cryptoxanthin, betamcg	0	0.000	8	A	1		0.000	0.000		
Lycopene mcg	0	0.000	8	A	1		0.000	0.000		
Lutein + zeaxanthinmcg	0	0.000	8	A	1		0.000	0.000		

Nuts, macadamia nuts, dry roasted, with salt added

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Measure 3

Number

of Data Deriv Source Confidence

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

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

Common Measures:

Measure 1 = 134g: 1 cup, whole or halves Measure 2 = 28.35g: 1 oz (10-12 kernels)

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

NDB No. 12132 Nuts, macadamia nuts, dry roasted, without salt added

		<u>A</u> 1	mount in 100 gi	rams of e	dible por	<u>tion</u>	Amount in edible portion of common			
			Nur	nber				easures of food		
					iv Sour	ce Confidence				
Nutrients and Un	its	Mean	Std. Error Po				Measure 1	Measure 2	Measure 3	
Proximates:			0.105				0.15			
Water		1.61	0.126		A 1		2.15	0.46		
Energy		718			IC 4		962	204		
Energy		3005			IC 4		4027	852		
Protein (N x 5.3)		7.79	0.286		A 1		10.44	2.21		
Total lipid (fat)		76.08	1.039		A 1		101.95	21.57		
Ash		1.14	0.022		A 1		1.53	0.32		
Carbohydrate, by difference		13.38			IC 4		17.93	3.79		
Fiber, total dietary		8.0	0.709		A 1		10.7	2.3		
Sugars, total		4.14	0.187		A 1		5.55	1.17		
Sucrose	g	4.00	0.187	4	A 1		5.36	1.13		
Glucose (dextrose)	g	0.07	0.000		A 1		0.10	0.02		
Fructose	g	0.07	0.000	4	A 1		0.10	0.02		
Lactose	g	0.00	0.000		A 1		0.00	0.00		
Maltose	g	0.00	0.000	4	A 1		0.00	0.00		
Galactose										
Starch		1.05	0.026	4	A 1		1.41	0.30		
Min and a										
Minerals:	ma	70	14 550				0.2	20		
Calcium, Ca		70	14.558	4 1			93	20		
Iron, Fe		2.65	0.536	4			3.55	0.75		
Magnesium, Mg		118	2.182	4			158	34		
Phosphorus, P		198	6.281	4			265	56		
Potassium, K		363	14.047	4			486	103		
Sodium, Na		4	0.693	4			6	1		
Zinc, Zn		1.29 0.570	0.055 0.226	4 :			1.72 0.764	0.36 0.162		
Copper, Cu		3.036			. 1		4.068	0.162		
Manganese, Mn Selenium, Se		3.036	1.563		. 1		4.068	1.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7	0.000	4	. 1		1.0	0.2		
Thiamin	mg	0.710	0.000	4	1		0.951	0.201		
Riboflavin	mg	0.087	0.003	4	. 1		0.116	0.025		
Niacin	mg	2.274	0.151	4	. 1		3.048	0.645		
Pantothenic acid	mg	0.603	0.018	4	. 1		0.807	0.171		
Vitamin B-6	mg	0.359	0.025	4	. 1		0.481	0.102		
Folate, total	mcg	10	0.943	4	1		13	3		
Folic acid	mcg	0		0	7		0	0		
Folate, food	mcg	10	0.943	4	. 1		13	3		
Folate, DFE		10		0 N	C 4		13	3		
Vitamin B-12		0.00		0	7		0.00	0.00		
Vitamin A, IU	IU	0		1 2	. 1		0	0		
Vitamin A, RAE		0		1 1	. 1		0	0		
Retinol		0		0	. 7		0	0		
Vitamin E (alpha-tocopherol)	mg	0.57	0.110	4	1		0.76	0.16		
Tocopherol, beta	mg	0.00		1 2	. 1		0.00	0.00		
Tocopherol, gamma		0.00		1 1	1		0.00	0.00		
Tocopherol, delta	mg	0.00		1 1	. 1		0.00	0.00		
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
<u>Lipids:</u>										
Fatty acids, total saturated	g	11.947		0 N			16.010	3.387		
4:0	g	0.000)	0	7		0.000	0.000		
6:0	g	0.000)	0			0.000	0.000		
8:0		0.000	0.000	4	1		0.000	0.000		
10:0	g	0.000	0.000	4	1		0.000	0.000		
12:0	g	0.075	0.008	4 2	. 1		0.100	0.021		
13:0	g	0.000	0.000	4	1		0.000	0.000		
14:0	g	0.668	0.067	4 2	1		0.895	0.189		
15:0	α	0.000	0.000	4	. 1		0.000	0.000		

		<u>Ar</u>	nount in 100			ole portic	<u>on</u>	Amount in edible portion of common measures of food		
				umbe		•		<u></u>	<u> </u>	•
					Deriv		Confidence			
Nutrients and Units	6	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
16:0	a	5.932	0.070	4	A	1		7.949	1.682	
17:0	-	0.156	0.041		A	1		0.209	0.044	
18:0	_	2.280	0.178		A	1		3.055	0.646	
20:0	_	1.944	0.063	4	A	1		2.605	0.551	
22:0		0.621	0.011	4	A	1		0.832	0.176	
24:0	g	0.272	0.013	4	A	1		0.365	0.077	
Fatty acids, total monounsaturated	g	59.275		0	NC	4		79.429	16.805	
14:1	g	0.000	0.000	4	A	1		0.000	0.000	
15:1	g									
16:1 undifferentiated	g	12.725	0.493	4	A	1		17.051	3.607	
17:1	g									
18:1 undifferentiated		44.377	0.935	4	A	1		59.466	12.581	
20:1		1.925	0.076		A	1		2.579	0.546	
22:1 undifferentiated	-	0.237	0.016		A	1		0.318	0.067	
24:1 c		0.011	0.010		A	1		0.015	0.003	
Fatty acids, total polyunsaturated		1.498		0	NC	4		2.008	0.425	
18:2 undifferentiated		1.303	0.108		A	1		1.746	0.369	
18:3 undifferentiated	-	0.196	0.021		A	1		0.262	0.056	
18:4		0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c		0.000	0.000		A	1		0.000	0.000	
20:3 undifferentiated	_	0.000	0.000		A	1		0.000	0.000	
20:4 undifferentiated	-	0.000	0.000		A	1		0.000	0.000	
20:5 n-3	-	0.000	0.000		A	1		0.000	0.000	
22:5 n-3		0.000	0.000		A	1		0.000	0.000	
22:6 n-3		0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total trans		_			_	_		_	_	
Cholesterol		0		0	Z	7		0	0	
Phytosterols		114		1 1	A	1		153	32	
Stigmasterol		0 7		1	A A	1 1		0	0 2	
Campesterol Beta-sitosterol		107		1	A	1		10 143	30	
	iiig	107		1	A	1		143	30	
Amino Acids: Tryptophan	g	0.066		0	A	1		0.088	0.019	
Threonine		0.364		0	A	1		0.488	0.103	
Isoleucine		0.309		0	A	1		0.414	0.088	
Leucine	-	0.592		0	A	1		0.794	0.168	
Lysine		0.018		0	A	1		0.024	0.005	
Methionine		0.023		0	A	1		0.031	0.007	
Cystine	-	0.005		0	A	1		0.007	0.002	
Phenylalanine		0.654		0	A	1		0.876	0.185	
Tyrosine	g	0.503		0	A	1		0.674	0.143	
Valine		0.357		0	A	1		0.479	0.101	
Arginine	g	1.380		0	A	1		1.849	0.391	
Histidine	g	0.192		0	A	1		0.257	0.054	
Alanine		0.382		0	A	1		0.511	0.108	
Aspartic acid	g	1.082		0	A	1		1.450	0.307	
Glutamic acid	g	2.231		0	A	1		2.990	0.633	
Glycine	g	0.447		0	A	1		0.599	0.127	
Proline	g	0.460		0	A	1		0.617	0.131	
Serine	g	0.413		0	A	1		0.553	0.117	
Hydroxyproline	g									
Carotenoids:										
Carotene, beta	mcg	0		1	A	1		0.000	0.000	
Carotene, alpha	mcg	0		1	A	1		0.000	0.000	
Cryptoxanthin, beta										
Lycopene										
Lutein + zeaxanthin	mcg									

Nuts, macadamia nuts, dry roasted, without salt added

Common Measures:

Measure 1 = 134g: 1 cup, whole or halves Measure 2 = 28.35g: 1 oz (10-12 kernels)

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

NDB No. 12131 Nuts, macadamia nuts, raw (1) Macadamia integrifolia, M. tetraphylla

Refuse: 69% Shells

		<u>A</u>	mount in 100 gı		of edik	ole portio	<u>on</u>	Amount in edible portion of common measures of food			
				mber				<u>m</u> :	easures of food	<u>l</u>	
				Data D			Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	ints C	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	1.36	0.068	3	A	1		1.83	0.39		
Energy	kcal	718		0	NC	4		962	204		
Energy		3004		0	NC	4		4025	852		
Protein (N x 5.3)		7.91	0.351	3	A	1		10.60	2.24		
Total lipid (fat)		75.77	1.147	3	A	1		101.53	21.48		
Ash		1.14	0.034	3	A	1		1.52	0.32		
Carbohydrate, by difference		13.82		0	NC	4		18.52	3.92		
Fiber, total dietary	g	8.6	0.911	3	A	1		11.5	2.4		
Sugars, total		4.57	0.180	3	A	1		6.12	1.30		
Sucrose		4.43	0.180	3	A	1		5.93	1.25		
Glucose (dextrose)		0.07	0.000	3	A	1		0.10	0.02		
Fructose		0.07	0.000	3	A	1		0.10	0.02		
Lactose	g	0.00	0.000	3	A	1		0.00	0.00		
Maltose	9	0.00	0.000	3	A	1		0.00	0.00		
Galactose	g										
Starch		1.05	0.024	3	A	1		1.40	0.30		
	_										
<u>Minerals:</u>											
Calcium, Ca		85	11.267	3	A	1		113	24		
Iron, Fe		3.69	0.728	3	A	1		4.94	1.04		
Magnesium, Mg		130	50.738	3	A	1		174	37		
Phosphorus, P	_	188	11.570	3	A	1		252	53		
Potassium, K		368	10.067	3	A	1		493	104		
Sodium, Na		5	1.066	3	A	1		6	1		
Zinc, Zn		1.30	0.093	3	A	1		1.74	0.37		
Copper, Cu		0.756		3	A	1		1.013	0.214		
Manganese, Mn Selenium, Se		4.131 3.6	4.216	3 1	A A	1 1		5.536 4.8	1.171 1.0		
Vitamins:	g	3.0		•		•		4.0	1.0		
Vitamin C, total ascorbic acid	ma	1.2	0.255	3	A	1		1.6	0.3		
Thiamin	_	1.195		3	A	1		1.601	0.339		
Riboflavin		0.162		3	A	1		0.217	0.046		
Niacin		2.473		3	A	1		3.313	0.701		
Pantothenic acid	_	0.758		3	A	1		1.016	0.215		
Vitamin B-6	-	0.750		3	A	1		0.368	0.078		
Folate, total		11	1.433	3	A	1		15	3		
Folic acid		0	1.455	0	Z	7		0	0		
Folate, food		11	1.433	3	A	1		15	3		
Folate, DFE			1.433	0		4		15	3		
Vitamin B-12		11 0.00		0	NC Z	7		0.00	0.00		
Vitamin A, IU		0.00			BFZN	4		0.00	0.00		
*		0			BFZN	4		0	0		
Vitamin A, RAE		0		0	Brzn Z	7		0			
Retinol			0.000						0		
Vitamin E (alpha-tocopherol)		0.54	0.090	3	A	1		0.72	0.15		
Tocopherol, beta		0.00	0.000	3	A	1 1		0.00	0.00		
Tocopherol, gamma		0.00	0.000	3	A			0.00	0.00		
Tocopherol, delta		0.00	0.000	3	A	1		0.00	0.00		
Vitamin D Vitamin K (phylloquinone)											
ipids:											
Fatty acids, total saturated	g	12.061	L	0	NC	4		16.162	3.419		
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		3	A	1		0.000	0.000		
10:0		0.000		3	A	1		0.000	0.000		
12:0		0.076		3	A	1		0.101	0.021		
13:0	_	0.000		3	A	1		0.000	0.000		
14:0	-	0.659		3	A	1		0.883	0.187		
*V		0.000		3	A	1		0.000	0.000		

		<u>Ar</u>	nount in 100 grai		ble portio	<u>n</u>		Amount in edible portion of common measures of food		
				ta Deriv		Confidence	<u></u>	easures or 1000		
Nutrients and U	nits	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure 3	
46.0	_									
16:0	-	6.036 0.124			1 1		8.088 0.166	1.711 0.035		
17:0 18:0	-	2.329			1		3.121	0.660		
20:0	-	1.940			1		2.600	0.550		
22:0		0.616			1		0.826	0.175		
24:0	-	0.281			1		0.320	0.080		
Fatty acids, total monounsaturated	_	58.877			4		78.895	16.691		
14:1		0.000			1		0.000	0.000		
15:1	_	0.000	0.000		_		0.000	0.000		
16:1 undifferentiated	-	12.981	0.682 3	A	1		17.395	3.680		
17:1	• • • • • • • • • • • • • • • • • • • •									
18:1 undifferentiated		43.755	1.251 3	A	1		58.631	12.404		
20:1	_	1.890	0.047 3	A	1		2.533	0.536		
22:1 undifferentiated		0.233	0.020 3	A	1		0.312	0.066		
24:1 c	g	0.018	0.012 3	A	1		0.024	0.005		
Fatty acids, total polyunsaturated.	g	1.502	C	NC	4		2.013	0.426		
18:2 undifferentiated	g	1.296	0.090 3	A	1		1.737	0.368		
18:3 undifferentiated	g	0.206	0.018 3	A	1		0.276	0.058		
18:4	g	0.000	C	Z	7		0.000	0.000		
20:2 n-6 c,c	g	0.000	0.000 3	A	1		0.000	0.000		
20:3 undifferentiated	g	0.000	0.000 3	A	1		0.000	0.000		
20:4 undifferentiated	g	0.000			1		0.000	0.000		
20:5 n-3	g	0.000			1		0.000	0.000		
22:5 n-3	g	0.000			1		0.000	0.000		
22:6 n-3	g	0.000	0.000 3	A	1		0.000	0.000		
Fatty acids, total trans										
Cholesterol		0	C		7		0	0		
Phytosterols		116	1		1		155	33		
Stigmasterol		0	1		1		0	0		
Campesterol		8	1		1		10	2		
Beta-sitosterol	mg	108	1	A	1		145	31		
Amino Acids:										
Tryptophan	g	0.067	C	A	1		0.089	0.019		
Threonine	g	0.370	C	A	1		0.495	0.105		
Isoleucine	g	0.314	C	A	1		0.420	0.089		
Leucine	g	0.602	C	A	1		0.807	0.171		
Lysine		0.018			1		0.024	0.005		
Methionine	_	0.023			1		0.031	0.007		
Cystine		0.006			1		0.007	0.002		
Phenylalanine		0.665			1		0.891	0.188		
Tyrosine		0.511			1		0.685	0.145		
Valine	_	0.363			1		0.486	0.103		
Arginine	_	1.402			1		1.879	0.398		
Histidine		0.195			1		0.261	0.055		
Alanine		0.388			1		0.520	0.110		
Aspartic acid		1.099			1		1.473	0.312		
Glutamic acid		2.267			1 1		3.038	0.643		
Glycine		0.454			1		0.608	0.129		
Proline		0.468					0.627	0.133		
Serine		0.419	C	A	1		0.562	0.119		
Hydroxyproline Others:	y									
Alcohol, ethyl	a	0.0	C	z	7		0.0	0.0		
Caffeine	_	0.0	C		7		0.0	0.0		
Cu1101110	g	•		-	•		-	•		

Common Measures:

Measure 1 = 134g: 1 cup, whole or halves

Nuts, macadamia nuts, raw (1)

Measure 2 = 28.35g: 1 oz (10-12 kernels)

Footnotes

1 Unroasted

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

		<u>A</u>	mount in 100	<u>grams</u>	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
			ı	Number	•			<u>m</u>	easures of food		
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	1.75		0		1		2.40	0.50		
Energy	kcal	594		0	NC	4		814	168		
Energy	kj	2485				4		3405	705		
Protein (N x 5.3)	g	17.30		0		1		23.70	4.90		
Total lipid (fat)	g	51.45		0		1		70.49	14.59		
Ash	g	4.15		0		1		5.69	1.18		
Carbohydrate, by difference	g	25.35		0	NC	4		34.73	7.19		
Fiber, total dietary		9.0		0		4		12.3	2.6		
Sugars, total		4.64		0	RA	4		6.36	1.32		
Starch											
Minerals:				_		_					
Calcium, Ca	_	70		0		1		96	20		
Iron, Fe	_	3.70		0		1		5.07	1.05		
Magnesium, Mg		225		0		1		308	64		
Phosphorus, P	•	435		0		1		596	123		
Potassium, K	-	597		0		1		818	169		
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	669		0		1		917	190		
Zinc, Zn		3.80		0		1		5.21	1.08		
Copper, Cu		1.279		0		1		1.752	0.363		
Manganese, Mn		1.937	′	0		1		2.654	0.549		
Selenium, Se	mcg	7.5		0	RF	4		10.3	2.1		
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.4		0		1		0.5	0.1		
Thiamin	mg	0.200)	0		1		0.274	0.057		
Riboflavin	mg	0.200)	0		1		0.274	0.057		
Niacin	mg	4.700)	0		1		6.439	1.332		
Pantothenic acid	mg	1.205	5	0		1		1.651	0.342		
Vitamin B-6	mg	0.296	5	0		1		0.406	0.084		
Folate, total	mcg	50		0		1		69	14		
Folic acid		0		0	Z	7		0	0		
Folate, food		50		0		1		69	14		
Folate, DFE	mcg_DFE	50		0	NC	4		69	14		
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00		
Vitamin A, IU	IU	5		0	RA	4		7	2		
Vitamin A, RAE	mcg_RAE	0		0	RA	4		0	0		
Retinol	mcg	0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)	mg	10.94		0	RA	4		14.98	3.10		
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	12.9		0	RA	4		17.7	3.7		
Lipids:											
Fatty acids, total saturated	а	6.899)	0		1		9.452	1.956		
4:0		0.000		0		1		0.000	0.000		
6:0		0.000		0		1		0.000	0.000		
8:0		0.045		0		1		0.062	0.013		
10:0	-	0.045		0		1		0.062	0.013		
12:0	-	0.271		0		1		0.371	0.077		
13:0				-		•					
14:0		0.216	5	0		1		0.296	0.061		
15:0				-				,,			
16:0		4.213	3	0		1		5.772	1.194		
17:0		. =-		-					-· -		
18:0	-	1.749)	0		1		2.396	0.496		
20:0	-			-		-					
22:0	-										
24:0	-										

		<u>A</u>	mount in 100 g		of edil	ole portio	<u>on</u>	Amount in edible portion of common measures of food			
				mber Data	Deriv	Source	Confidence	<u>m</u>	easures of 1000		
Nutrients and	Units	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsatura	ntedg	31.395	;	0		1		43.011	8.900		
14:1	-										
15:1 16:1 undifferentiated	-	0.223	1	0		1		0.306	0.063		
17:1	-	0.220				_		0.500	0.000		
18:1 undifferentiated	g	30.802		0		1		42.199	8.732		
20:1		0.259		0		1		0.355	0.073		
22:1 undifferentiated	•	0.000	1	0		1		0.000	0.000		
24:1 c		10.768		0		1		14.752	3.053		
Fatty acids, total polyunsaturat 18:2 undifferentiated		10.535		0		1		14.752	2.987		
18:3 undifferentiated		0.190		0		1		0.260	0.054		
18:4	=	0.000		0		1		0.000	0.000		
20:2 n-6 c.c	-										
20:3 undifferentiated	-										
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	-	0.000		0		1		0.000	0.000		
22:6 n-3		0.000)	0		1		0.000	0.000		
Fatty acids, total trans		_				_		_			
Cholesterol	_	0		0	Z	7		0	0		
Phytosterols	mg										
Amino Acids:											
Tryptophan	g	0.264		0		1		0.362	0.075		
Threonine	g	0.597		0		1		0.818	0.169		
Isoleucine	-	0.744		0		1		1.019	0.211		
Leucine	-	1.371		0		1		1.878	0.389		
Lysine		0.712		0		1		0.975	0.202		
Methionine		0.228		0		1 1		0.312	0.065		
Cystine		0.287 0.953		0		1		0.393 1.306	0.081 0.270		
Phenylalanine Tyrosine		0.953		0		1		0.926	0.270		
Valine	=	0.934		0		1		1.280	0.192		
Arginine	-	2.242		0		1		3.072	0.636		
Histidine	-	0.480		0		1		0.658	0.136		
Alanine	-	0.806	;	0		1		1.104	0.229		
Aspartic acid		2.056	i	0		1		2.817	0.583		
Glutamic acid	g	4.423	1	0		1		6.060	1.254		
Glycine	g	1.064		0		1		1.458	0.302		
Proline	g	0.875	i	0		1		1.199	0.248		
Serine		0.917		0		1		1.256	0.260		
Hydroxyproline	g										
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	mcg	3		0	RA	4		3.884	0.804		
Carotene, alpha		0		0	RA	4		0.578	0.120		
Cryptoxanthin, beta		0		0	RA	4		0.484	0.100		
Lycopene	mcg	0		0	RA	4		0.000	0.000		
Lutein + zeaxanthin	mcg	21		0	RA	4		28.607	5.920		

Common Measures:

Measure 1 = 137g: 1 cup

Measure 2 = 28.35g: 1 oz

Nuts, mixed nuts, dry roasted, with peanuts, with salt added

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

NDB No. 12135 Nuts, mixed nuts, dry roasted, with peanuts, without salt added

		<u>A</u>	mount in 100) grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
			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 3	
Proximates:											
Water	g	1.75		0		1		2.40	0.50		
Energy	kcal	594		0	NC	4		814	168		
Energy	kj	2485				4		3405	705		
Protein (N x 5.3)	g	17.30		0		1		23.70	4.90		
Total lipid (fat)	g	51.45		0		1		70.49	14.59		
Ash	g	4.15		0		1		5.69	1.18		
Carbohydrate, by difference	g	25.35		0	NC	4		34.73	7.19		
Fiber, total dietary	g	9.0		0		4		12.3	2.6		
Sugars, total	g										
Starch	g										
M:											
Minerals:	ma	70		0		1		96	20		
Calcium, Ca Iron, Fe	-	3.70		0		1		96 5.07	1.05		
Magnesium, Mg	-	225		0		1		308	64		
Phosphorus, P		435		0		1		596	123		
Potassium, K	-	597		0		1		818	169		
Sodium, Na		12		0		1		16	3		
Zinc, Zn	-	3.80		0		1		5.21	1.08		
Copper, Cu		1.279	•	0		1		1.752	0.363		
Manganese, Mn		1.937		0		1		2.654	0.549		
Selenium, Se											
•	-										
<u>Vitamins:</u>						_					
Vitamin C, total ascorbic acid	-	0.4		0		1		0.5	0.1		
Thiamin	-	0.200		0		1		0.274	0.057		
Riboflavin	=	0.200		0		1		0.274	0.057		
Niacin	-	4.700 1.205		0 0		1 1		6.439 1.651	1.332		
Pantothenic acid	=	0.296		0		1		0.406	0.342 0.084		
Vitamin B-6Folate, total		50	•	0		1		69	14		
Folic acid		0		0	z	7		0	0		
Folate, food		50		0	2	1		69	14		
Folate, DFE	mca DFF	50		0	NC	4		69	14		
Vitamin B-12		0.00		0	Z	7		0.00	0.00		
Vitamin A, IU		15		0	_	1		21	4		
Vitamin A, RAE		1		0		1		1	0		
Retinol		0		0	z	7		0	0		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta	mg										
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	a	6.899	9	0		1		9.452	1.956		
4:0											
6:0											
8:0	-	0.045	5	0		1		0.062	0.013		
10:0	g	0.045	5	0		1		0.062	0.013		
12:0	_	0.271		0		1		0.371	0.077		
13:0											
14:0	_	0.216	5	0		1		0.296	0.061		
15:0	g										
16:0	g	4.213	3	0		1		5.772	1.194		
17:0	g										
18:0	g	1.749	•	0		1		2.396	0.496		
20:0											
22:0	g										
24:0	а										

	<u>A</u> 1	mount in 100		of edik	ole portic	<u>n</u>	Amount in edible portion of common measures of food			
			lumber				<u>me</u>	easures of 1000		
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	31.395		0		1		43.011	8.900		
14:1	31.393		Ū		-		43.011	8.900		
16:1 undifferentiated	0.223		0		1		0.306	0.063		
18:1 undifferentiated	30.802		0		1		42.199	8.732		
20:1g	0.259		0		1		0.355	0.073		
22:1 undifferentiatedg										
24:1 cg										
Fatty acids, total polyunsaturatedg	10.768		0		1		14.752	3.053		
18:2 undifferentiatedg	10.535		0		1		14.433	2.987		
18:3 undifferentiatedg	0.190		0		1		0.260	0.054		
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	0		0	Z	7		0	0		
Phytosterolsmg										
amino Acids:										
Tryptophan	0.264		0		1		0.362	0.075		
Threonineg	0.597		0		1		0.818	0.169		
Isoleucineg	0.744		0		1		1.019	0.211		
Leucineg	1.371		0		1		1.878	0.389		
Lysineg	0.712		0		1		0.975	0.202		
Methionineg	0.228		0		1		0.312	0.065		
Cystineg	0.287		0		1		0.393	0.081		
Phenylalanineg	0.953		0		1		1.306	0.270		
Tyrosineg	0.676		0		1		0.926	0.192		
Valineg	0.934		0		1		1.280	0.265		
Arginineg	2.242		0		1		3.072	0.636		
Histidineg	0.480		0		1		0.658	0.136		
Alanineg	0.806		0		1		1.104	0.229		
Aspartic acidg	2.056		0		1		2.817	0.583		
Glutamic acidg	4.423		0		1		6.060	1.254		
Glycineg	1.064		0		1		1.458	0.302		
Prolineg	0.875		0		1		1.199	0.248		
Serineg	0.917		0		1		1.256	0.260		
Hydroxyprolineg										
Others:										
Alcohol, ethylg	0.0		0	z	7		0.0	0.0		
Caffeinemg	3.3		•	_	•		•	•		
Theobromine mg										

Common Measures:

Measure 1 = 137g: 1 cup Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 12637 Nuts, mixed nuts, oil roasted, with peanuts, with salt added

Refuse:

		<u>A</u> 1	mount in 100 grai	ns of edi	ble portic	<u>on</u>		edible portion	
				ta Deriv	Source	Confidence	<u>m</u>	easures of food	<u>l</u>
Nutrients and Un	its	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	2.03	(1		2.88	0.58	0.28
Energy	kcal	617	(4		876	175	86
Energy		2582	(4		3666	732	361
Protein (N x 5.3)		16.76	(1		23.80	4.75	2.35
Total lipid (fat)		56.33	(1		79.99	15.97	7.89
Ash		3.47	(1		4.93	0.98	0.49
Carbohydrate, by difference		21.41	(4		30.40	6.07	3.00
Fiber, total dietary		9.0	(4		12.8	2.6	1.3
Sugars, total		4.22	(RA	4		5.99	1.20	0.59
Starch	9								
Minerals:									
Calcium, Ca	-	108	C		1		153	31	15
Iron, Fe		3.21	(1		4.56	0.91	0.45
Magnesium, Mg		235	(1		334	67	33
Phosphorus, P		464	(1		659	132	65
Potassium, K		581	4 200		1		825	165	81
Sodium, Na		419 5.08	4.328 3		8 1		595 7.21	119 1.44	59 0.71
Zinc, Zn Copper, Cu		1.661			1		2.359	0.471	0.71
Manganese, Mn		1.892			1		2.687	0.536	0.26
Selenium, Se		421.2			4		598.1	119.4	59.0
· ·									
Vitamins:	ma	0.5	C		1		0.7	0.1	0.1
Vitamin C, total ascorbic acid		0.5 0.498			1		0.7 0.707	0.1 0.141	0.1 0.07
ThiaminRiboflavin	-	0.496			1		0.315	0.063	0.03
Niacin		5.061			1		7.187	1.435	0.70
Pantothenic acid	-	1.248			1		1.772	0.354	0.17
Vitamin B-6		0.240			1		0.341	0.068	0.03
Folate, total	-	83	C		1		118	24	12
Folic acid		0	C	z	7		0	0	0
Folate, food		83	C		1		118	24	12
Folate, DFE	mcg_DFE	83	C	NC	4		118	24	12
Vitamin B-12		0.00	C	Z	7		0.00	0.00	0.00
Vitamin A, IU		7	C		4		10	2	1
Vitamin A, RAE		0	C		4		1	0	0
Retinol		0	(7		0	0	0
Vitamin E (alpha-tocopherol)		7.20	C	RA	4		10.22	2.04	1.01
Tocopherol, beta									
Tocopherol, gamma Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)		12.7	C	RA	4		18.0	3.6	1.8
<u>Lipids:</u>	~	0.705					10 200	2 474	1 00
Fatty acids, total saturated4:0		8.725 0.000			1 1		12.390 0.000	2.474 0.000	0.00
6:0		0.000			1		0.000	0.000	0.00
8:0		0.050			1		0.000	0.014	0.00
10:0	-	0.050			1		0.071	0.014	0.00
12:0	-	0.296			1		0.420	0.084	0.04
13:0									
14:0	-	0.255	5 (1		0.362	0.072	0.03
15:0	g								
16:0	g	5.238	3 (1		7.438	1.485	0.73
17:0	-								
18:0	-	2.423	3 (1		3.441	0.687	0.33
20:0	-								
22:0	g								

		<u>A</u> 1	mount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrionto and	llaita	Maan	Std. Error	Number of Data	Deriv	Source Code	Confidence Code			Manaura 2	
Nutrients and	Units	Mean	Sta. Error	ronnes	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsatura	ntedg	31.695		0		1		45.007	8.986	4.437	
14:1	-										
15:1	-	0.000		•		1		0.220	0.067	0.022	
16:1 undifferentiated	-	0.238		0		1		0.338	0.067	0.033	
18:1 undifferentiated	-	31.048		0		1		44.088	8.802	4.347	
20:1	• • • • • • • • • • • • • • • • • • • •	0.299		0		1		0.425	0.085	0.042	
22:1 undifferentiated	-	0.000		0		1		0.000	0.000	0.000	
24:1 c	-										
Fatty acids, total polyunsaturat		13.299		0		1		18.885	3.770	1.862	
18:2 undifferentiated	g	13.067		0		1		18.555	3.704	1.829	
18:3 undifferentiated	g	0.176		0		1		0.250	0.050	0.025	
18:4	g	0.000		0		1		0.000	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	0.000	
20:5 n-3	g	0.000		0		1		0.000	0.000	0.000	
22:5 n-3	-	0.000		0		1		0.000	0.000	0.000	
22:6 n-3	g	0.000		0		1		0.000	0.000	0.000	
Fatty acids, total trans											
Cholesterol	-	0		0	Z	7		0	0	0	
Phytosterols	mg										
Amino Acids:											
Tryptophan	g	0.247		0		1		0.351	0.070	0.035	
Threonine		0.569		0		1		0.808	0.161	0.080	
Isoleucine	g	0.724		0		1		1.028	0.205	0.101	
Leucine	g	1.344		0		1		1.908	0.381	0.188	
Lysine	g	0.658		0		1		0.934	0.187	0.092	
Methionine	g	0.338		0		1		0.480	0.096	0.047	
Cystine	g	0.294		0		1		0.417	0.083	0.041	
Phenylalanine	g	0.920		0		1		1.306	0.261	0.129	
Tyrosine	g	0.655		0		1		0.930	0.186	0.092	
Valine	-	0.936		0		1		1.329	0.265	0.131	
Arginine	g	2.024		0		1		2.874	0.574	0.283	
Histidine	-	0.471		0		1		0.669	0.134	0.066	
Alanine		0.772		0		1		1.096	0.219	0.108	
Aspartic acid		1.958		0		1		2.780	0.555	0.274	
Glutamic acid	g	4.128		0		1		5.862	1.170	0.578	
Glycine		1.006		0		1		1.429	0.285	0.141	
Proline	-	0.822		0		1		1.167	0.233	0.115	
Serine		0.911		0		1		1.294	0.258	0.128	
Hydroxyproline	g										
Others:											
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	0.0	
Caffeine		0		0	z	7		0	0	0	
Theobromine		0		0	Z	7		0	0	0	
Carotenoids:											
Carotene, beta	mca	4		0	RA	4		5.491	1.096	0.541	
Carotene, alpha		0		0	RA	4		0.471	0.094	0.046	
Cryptoxanthin, beta	-	1		0	RA	4		1.128	0.225	0.111	
Lycopene		0		0	RA	4		0.000	0.000	0.000	
Lutein + zeaxanthin		19		0	RA	4		26.663	5.323	2.629	

Common Measures:

Measure 1 = 142g: 1 cup

Measure 2 = 28.35g: 1 oz

Measure 3 = 14.0g: 10 nuts, assorted

Nuts, mixed nuts, oil roasted, with peanuts, with salt added

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

NDB No. 12137 Nuts, mixed nuts, oil roasted, with peanuts, without salt added

Refuse: 0%

		<u>A</u>	mount in 100 g	rams or	eaib	ie portio	<u>n</u>	Amount in	edible portion of	of common
			Nu	mber				<u>m</u>	easures of food	i
						Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Po	oints Co	ode	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	2.03		0		1		2.88	0.18	0.58
Energy	kcal	617		0	NC	4		876	55	175
Energy	kj	2582				4		3666	230	732
Protein (N x 5.3)	g	16.76		0		1		23.80	1.49	4.75
Total lipid (fat)	g	56.33		0		1		79.99	5.01	15.97
Ash		3.47		0		1		4.93	0.31	0.98
Carbohydrate, by difference		21.41		0	NC	4		30.40	1.91	6.07
Fiber, total dietary		9.9		0		1		14.1	0.9	2.8
Sugars, total	_									
Starch	9									
<u>Minerals:</u>										
Calcium, Ca	_	108		0		1		153	10	31
Iron, Fe	_	3.21		0		1		4.56	0.29	0.93
Magnesium, Mg	-	235		0		1		334	21	67
Phosphorus, P	•	464		0		1		659	41	132
Potassium, K		581 11		0		1 1		825 16	52 1	165 3
Sodium, NaZinc, Zn		5.08		0		1		7.21	0.45	1.4
Copper, Cu		1.661	I	0		1		2.359	0.148	0.4
Manganese, Mn		1.892		0		1		2.687	0.168	0.5
Selenium, Se						_				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5		0		1		0.7	0.0	0.1
Thiamin		0.498	3	0		1		0.707	0.044	0.1
Riboflavin	-	0.222		0		1		0.315	0.020	0.0
Niacin		5.061		0		1		7.187	0.450	1.4
Pantothenic acid		1.248		0		1		1.772	0.111	0.3
Vitamin B-6	-	0.240 83)	0 0		1 1		0.341	0.021 7	0.0 24
Folic acid		0		0	z	7		118 0	0	0
Folate, food		83		0	2	1		118	7	24
Folate, DFE	mca DFE	83			NC	4		118	7	24
Vitamin B-12		0.00		0	z	7		0.00	0.00	0.0
Vitamin A, IU		19		0		1		27	2	5
Vitamin A, RAE		1		0		1		1	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
Lipids:	············ - J									
Fatty acids, total saturated	g	8.725	5	0		1		12.390	0.777	2.4
4:0		0.000		0		1		0.000	0.000	0.0
6:0		0.000)	0		1		0.000	0.000	0.0
8:0	9	0.050)	0		1		0.071	0.004	0.0
10:0	-	0.050		0		1		0.071	0.004	0.0
12:0	-	0.296	5	0		1		0.420	0.026	0.0
13:0	-	_	_	_		_				
14:0	-	0.255	5	0		1		0.362	0.023	0.0
15:0		- 0		•		_		F 400		
16:0		5.238	5	0		1		7.438	0.466	1.4
17:0		2.423	2	0		1		3.441	0.216	0.6
18:0 20:0		2.423	,	U		1		3.441	0.216	0.6
22:0										
24:0	-									

	A	mount in 100 grams Numbe		<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	of Data Std. Error Points		Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	31.695	. 0	1		45.007	2.821	8.986	
14:1g	31.093	· ·	_		45.007	2.621	0.900	
15:1 9								
16:1 undifferentiatedg	0.238	0	1		0.338	0.021	0.067	
17:1g								
18:1 undifferentiated	31.048	0	1		44.088	2.763	8.802	
20:1g	0.299	0	1		0.425	0.027	0.085	
22:1 undifferentiatedg	0.000		1		0.000	0.000	0.000	
24:1 cg								
Fatty acids, total polyunsaturated	13.299	0	1		18.885	1.184	3.770	
18:2 undifferentiated	13.067	0	1		18.555	1.163	3.704	
18:3 undifferentiatedg	0.176	0	1		0.250	0.016	0.050	
18:4g	0.000	0	1		0.000	0.000	0.000	
20:2 n-6 c.c								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0	1		0.000	0.000	0.000	
20:5 n-3	0.000	0	1		0.000	0.000	0.000	
22:5 n-3g	0.000	0	1		0.000	0.000	0.000	
22:6 n-3	0.000	0	1		0.000	0.000	0.000	
Fatty acids, total trans								
Cholesterol mg	0	0	z 7		0	0	0	
Phytosterols mg								
Amino Acids:								
Tryptophang	0.247	0	1		0.351	0.022	0.070	
Threonine	0.569		1		0.808	0.022	0.161	
Isoleucine	0.724		1		1.028	0.064	0.161	
Leucine	1.344		1		1.908	0.120	0.203	
Lysineg	0.658		1		0.934	0.120	0.381	
Methionine	0.338		1		0.480	0.039	0.187	
	0.294		1		0.417	0.036	0.083	
Cystine	0.920		1		1.306	0.026	0.083	
Phenylalanine	0.655		1		0.930	0.058	0.186	
Tyrosine	0.936		1		1.329	0.083	0.186	
Valine	2.024		1		2.874	0.180	0.263	
Arginine	0.471		1		0.669			
	0.772		1			0.042 0.069	0.134 0.219	
Alanineg	1.958		1		1.096 2.780			
Aspartic acid	4.128		1		5.862	0.174 0.367	0.555 1.170	
Glutamic acid	1.006		1		1.429			
Glycine						0.090	0.285	
Proline	0.822		1		1.167	0.073	0.233	
Serine	0.911	. 0	1		1.294	0.081	0.258	
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0	7		0.0	0.0	0.0	
Caffeine mg								
Theobromine mg								

Common Measures:

Measure 1 = 142g: 1 cup Measure 2 = 8.9g: 1 tbsp Measure 3 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

NDB No. 12138 Nuts, mixed nuts, oil roasted, without peanuts, without salt added

		<u>A</u>	mount in 100	0 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
			ı	Number	•			<u>m</u>	easures of food		
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	3.15		0		1		4.54	0.89		
Energy	kcal	615		0	NC	4		886	174		
Energy	kj	2573				4		3705	729		
Protein (N x 5.3)	g	15.52		0		1		22.35	4.40		
Total lipid (fat)	g	56.17		0		1		80.88	15.92		
Ash	g	2.89		0		1		4.16	0.82		
Carbohydrate, by difference	g	22.27		0	NC	4		32.07	6.31		
Fiber, total dietary	g	5.5		0		1		7.9	1.6		
Sugars, total	g										
Starch	g										
M:											
Minerals:	ma	106		0		1		153	30		
Calcium, CaIron, Fe	-	2.57		0		1		3.70	0.73		
Magnesium, Mg	-	2.57		0		1		361	71		
Phosphorus, P		449		0		1		647	127		
Potassium, K	-	544		0		1		783	154		
Sodium, Na		11		0		1		16	3		
Zinc, Zn	-	4.66		0		1		6.71	1.32		
Copper, Cu		1.795	5	0		1		2.585	0.509		
Manganese, Mn		1.547		0		1		2.228	0.439		
Selenium, Se											
•											
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	-	0.5		0		1		0.7	0.1		
Thiamin	-	0.504		0		1		0.726	0.143		
Riboflavin	=	0.486		0		1		0.700	0.138		
Niacin	-	1.964		0		1		2.828	0.557		
Pantothenic acid	=	0.962		0		1		1.385	0.273		
Vitamin B-6		0.180)	0		1		0.259	0.051		
Folate, total		56		0		1		81	16		
Folic acid		0		0	Z	7		0	0		
Folate, food	mcg	56		0		1		81	16		
Folate, DFE		56		0	NC	4		81	16		
Vitamin B-12		0.00		0	Z	7		0.00	0.00		
Vitamin A, IU		20		0		1		29	6		
Vitamin A, RAE		1 0		0 0	_	1 7		1 0	0		
Retinol		U		U	Z	,		U	0		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
vitamin ik (phynodumone)	9										
<u>Lipids:</u>											
Fatty acids, total saturated	g	9.087	7	0		1		13.085	2.576		
4:0											
6:0	_		_	_		_					
8:0	-	0.078		0		1		0.112	0.022		
10:0		0.078		0		1 1		0.112	0.022		
12:0		0.467	,	0		1		0.672	0.132		
13:0	_	0 240	,	0		1		0.400	0 007		
14:0	_	0.342	4	U		1		0.492	0.097		
15:0 16:0	-	4.932	,	0		1		7.102	1.398		
17:0	_	4.932	_	U		_		7.102	1.398		
18:0	_	2.783	3	0		1		4.008	0.789		
20:0	-	2.763	•	U		1		4.000	0.769		
22:0											
44.0	g g										

	<u>A</u> 1	mount in 100 grams		ole portio	<u>on</u>	Amount in edible portion of common measures of food			
			Deriv	Source Code	Confidence Code			•	
Nutrients and Units	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	33.137	0		1		47.717	9.394		
14:1g									
15:1g 16:1 undifferentiatedg	0.329	0		1		0.474	0.093		
17:1g	0.323	·		_		0.474	0.093		
18:1 undifferentiated	32.517	0		1		46.824	9.219		
20:1g	0.149	0		1		0.215	0.042		
22:1 undifferentiatedg									
24:1 cg									
Fatty acids, total polyunsaturatedg	11.449			1		16.487	3.246		
18:2 undifferentiatedg	11.137			1		16.037	3.157		
18:3 undifferentiatedg	0.249	0		1		0.359	0.071		
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				_					
Cholesterol mg	0	0	Z	7		0	0		
Phytosterolsmg									
amino Acids:									
Tryptophang	0.252			1		0.363	0.071		
Threonineg	0.568			1		0.818	0.161		
Isoleucineg	0.703			1		1.012	0.199		
Leucineg	1.265			1		1.822	0.359		
Lysineg	0.682			1		0.982	0.193		
Methionineg	0.346			1		0.498	0.098		
Cystineg	0.302			1		0.435	0.086		
Phenylalanineg	0.820			1		1.181	0.232		
Tyrosine9	0.510			1		0.734	0.145		
Valineg	0.952			1		1.371	0.270		
Arginineg	1.989			1		2.864	0.564		
Histidineg	0.416			1		0.599	0.118		
Alanineg	0.715			1		1.030	0.203		
Aspartic acidg	1.617			1		2.328	0.458		
Glutamic acidg	3.872			1		5.576	1.098		
Glycineg	0.844			1		1.215	0.239		
Prolineg	0.773			1		1.113	0.219		
Serineg	1.620	0		1		2.333	0.459		
Hydroxyprolineg									
thers:									
Alcohol, ethylg	0.0	0	Z	7		0.0	0.0		
Caffeinemg									
Theobromine mg									

Common Measures:

Measure 1 = 144g: 1 cup Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Refuse:

		<u>A</u>	mount in 100			ole portio	<u>n</u>		edible portion of easures of food	
Nutrients and Un	its	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.15		0		1		4.54	0.89	
Energy		615		0	NC	4		886	174	
Energy	kj	2573		0		4		3705	729	
Protein (N x 5.3)		15.52		0		1		22.35	4.40	
Total lipid (fat)		56.17		0		1		80.88	15.92	
Ash		2.89		0		1		4.16	0.82	
Carbohydrate, by difference		22.27		0	NC	4		32.07	6.31	
Fiber, total dietary		5.5		0		4		7.9	1.6	
Sugars, total		4.38		0	RA	4		6.30	1.24	
Starch	g									
Minerals:										
Calcium, Ca	mg	106		0		1		153	30	
Iron, Fe	-	2.57		0		1		3.70	0.73	
Magnesium, Mg	mg	251		0		1		361	71	
Phosphorus, P	mg	449		0		1		647	127	
Potassium, K		544		0		1		783	154	
Sodium, Na		306	43.482		LC	8		441	87	
Zinc, Zn	-	4.66		0		1		6.71	1.32	
Copper, Cu		1.795		0		1		2.585	0.509	
Manganese, Mn		1.547	'	0		1		2.228	0.439	
Selenium, Se	mcg	421.5		0	RF	4		607.0	119.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5		0		1		0.7	0.1	
Thiamin	mg	0.504	ļ	0		1		0.726	0.143	
Riboflavin	mg	0.486	5	0		1		0.700	0.138	
Niacin		1.964	Į.	0		1		2.828	0.557	
Pantothenic acid	mg	0.962	?	0		1		1.385	0.273	
Vitamin B-6		0.180)	0		1		0.259	0.051	
Folate, total		56		0		1		81	16	
Folic acid		0		0	Z	7		0	0	
Folate, food		56		0		1		81	16	
Folate, DFE		56		0	NC	4		81	16	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	
Vitamin A, IU		8		0	RA	4		11	2	
Vitamin A, RAE		0		0	RA	4		1	0	
Retinol		0		0	Z	7 4		0	0	
Vitamin E (alpha-tocopherol)		8.20		U	RA	4		11.80	2.32	
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		17.9		0	RA	4		25.7	5.1	
	<u>-</u>									
Lipids:	~	0 00=	•	^				12 005	0.556	
Fatty acids, total saturated		9.087		0		1 1		13.085	2.576	
4:0 6:0		0.000		0		1		0.000	0.000	
8:0	-	0.000		0		1		0.000 0.112	0.000 0.022	
10:0	-	0.078		0		1		0.112	0.022	
12:0	-	0.467		0		1		0.112	0.132	
13:0		0.407		·		-		3.0.2	0.132	
14:0	_	0.342	<u>!</u>	0		1		0.492	0.097	
15:0	-			-		-		2 <u>-</u>	0.007	
16:0		4.932	<u>!</u>	0		1		7.102	1.398	
17:0	-									
18:0		2.783	3	0		1		4.008	0.789	
20:0										
22:0										
24:0	g									

		<u>A</u>	mount in 100 gra		ble portion	<u>on</u>	Amount in edible portion of common measures of food		
			Num of D	oer Ita Deriv	Course	Confidence	<u> </u>	easures or 1000	
Nutrients and	Units	Mean	Std. Error Poin			Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	atedg	33.137	,)	1		47.717	9.394	
14:1	g								
15:1	_	0.329)		1		0.474	0.093	
16:1 undifferentiated 17:1	_	0.323	'	'	1		0.474	0.093	
18:1 undifferentiated	_	32.517	,)	1		46.824	9.219	
20:1	_	0.149)	1		0.215	0.042	
22:1 undifferentiated	_	0.000))	1		0.000	0.000	
24:1 c	g								
Fatty acids, total polyunsaturat	tedg	11.449))	1		16.487	3.246	
18:2 undifferentiated	g	11.137	')	1		16.037	3.157	
18:3 undifferentiated	g	0.249))	1		0.359	0.071	
18:4	g	0.000))	1		0.000	0.000	
20:2 n-6 c,c	_								
20:3 undifferentiated	_				_				
20:4 undifferentiated	_	0.000			1		0.000	0.000	
20:5 n-3	_	0.000			1 1		0.000	0.000	
22:5 n-3 22:6 n-3	-	0.000)	1		0.000 0.000	0.000 0.000	
Fatty acids, total trans		0.000	'	'	-		0.000	0.000	
Cholesterol		0		Z	7		0	0	
Phytosterols	_	·		_	•		·	·	
,									
Amino Acids:									
Tryptophan		0.252			1		0.363	0.071	
Threonine	=	0.568)	1		0.818	0.161	
Isoleucine	-	0.703))	1 1		1.012	0.199	
Leucine	-	1.265 0.682)	1		1.822 0.982	0.359 0.193	
Lysine Methionine		0.346		,)	1		0.498	0.193	
Cystine		0.302		,)	1		0.435	0.086	
Phenylalanine		0.820		,)	1		1.181	0.232	
Tyrosine		0.510)	1		0.734	0.145	
Valine	=	0.952)	1		1.371	0.270	
Arginine	-	1.989)	1		2.864	0.564	
Histidine	-	0.416)	1		0.599	0.118	
Alanine	-	0.715	;)	1		1.030	0.203	
Aspartic acid		1.617	,)	1		2.328	0.458	
Glutamic acid		3.872	!)	1		5.576	1.098	
Glycine	g	0.844)	1		1.215	0.239	
Proline	g	0.773)	1		1.113	0.219	
Serine	g	1.620))	1		2.333	0.459	
Hydroxyproline	g								
Others:									
Alcohol, ethyl	a	0.0)	7		0.0	0.0	
Caffeine		0			7		0	0.0	
Theobromine	_	0		Z	7		0	0	
Carotenoids:		-		-	•		-	•	
	maa						E 691		
Carotene, beta	_	4 0		RA RA	4 4		5.671 0.478	1.116 0.094	
Cryptovanthin bate		1		RA RA	4		1.144	0.094	
Cryptoxanthin, beta		0		RA RA	4		0.000	0.225	
LycopeneLutein + zeaxanthin		22		RA RA	4		32.108	6.321	
Luiciii + zcaxdiiiiiiii				· · · · · · · ·	*		32.100	0.321	

Common Measures:

Measure 1 = 144g: 1 cup

Measure 2 = 28.35g: 1 oz

Nuts, mixed nuts, without peanuts, oil roasted, with salt added

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

Refuse: 47% Shells

		<u>A</u>	mount in 100 gr	ams of ed	dible porti	<u>on</u>	Amount in edible portion of common			
			Nur	nber			<u>m</u>	easures of food	<u>l</u>	
			of I	Data Deri	v Source	Confidence				
Nutrients and Unit	ts	Mean	Std. Error Poi	nts Cod	e Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	а	3.52	0.114	3 2	. 1		3.84	3.49	1.00	
Energy	=	691	***	0 N			753	684	196	
Energy		2889		0 N			3149	2860	819	
Protein (N x 5.3)		9.17	0.088	3 1			9.99	9.08	2.60	
Total lipid (fat)		71.97	0.120	3 2			78.44	71.25	20.40	
Ash	=	1.49	0.055	3 2			1.62	1.47	0.42	
Carbohydrate, by difference		13.86	0.033	0 N			15.10	13.72	3.93	
Fiber, total dietary		9.6	0.406	3 2			10.5	9.5	2.7	
		3.97	0.153	3 2			4.33	3.93	1.13	
Sugars, total										
Sucrose	y	3.90	0.153	3 1			4.25	3.86	1.11	
Glucose (dextrose)	9	0.04	0.000	3 2			0.04	0.04	0.01	
Fructose	g	0.04	0.000	3 1			0.04	0.04	0.01	
Lactose		0.00	0.000	3 2			0.00	0.00	0.00	
Maltose		0.00	0.000	3 2	1		0.00	0.00	0.00	
Galactose							_			
Starch	g	0.46	0.049	3 2	1		0.50	0.46	0.13	
Minerals:										
Calcium, Ca	ma	70	4.767	3 A	1		76	69	20	
Iron, Fe.	-	2.53	0.260	3 A			2.76	2.51	0.72	
Magnesium, Mg		121	4.096	3 A			132	119	34	
Phosphorus, P		277	17.638	3 A			302	274	78	
Potassium, K		410	17.247	3 A	1		447	406	116	
Sodium, Na		0	0.000	3 A	1		0	0	0	
Zinc, Zn		4.53	0.133	3 A	1		4.94	4.49	1.29	
Copper, Cu		1.200	0.058	3 A	1		1.308	1.188	0.34	
Manganese, Mn		4.500		3 A			4.905	4.455	1.27	
Selenium, Se		3.8	0.114	9 A	1		4.1	3.7	1.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.1	0.430	3 A	1		1.2	1.1	0.3	
Thiamin	mg	0.660	0.021	3 A	1		0.719	0.653	0.18	
Riboflavin	mg	0.130	0.030	3 A	1		0.142	0.129	0.03	
Niacin	mg	1.167	0.033	3 A	1		1.272	1.155	0.33	
Pantothenic acid	mg	0.863	0.078	3 A	1		0.941	0.855	0.24	
Vitamin B-6	mg	0.210	0.021	3 A	1		0.229	0.208	0.06	
Folate, total	mcg	22	3.808	3 A	1		24	21	6	
Folic acid		0		0 Z	7		0	0	0	
Folate, food		22	3.808	3 A	. 1		24	21	6	
Folate, DFE	mcg_DFE	22		0 NO	4		24	21	6	
Vitamin B-12		0.00		0 Z	7		0.00	0.00	0.00	
Vitamin A, IU	IU	56		AS	3 1		61	56	16	
Vitamin A, RAE		3		A	3 1		3	3	1	
Retinol		0		0 z			0	0	0	
Vitamin E (alpha-tocopherol)		1.40	0.076	9 A			1.52	1.38	0.40	
Tocopherol, beta		0.39	0.113	9 A			0.43	0.39	0.13	
Tocopherol, gamma		24.44	1.498	9 A			26.64	24.19	6.93	
Tocopherol, delta		0.47	0.085	9 A			0.51	0.46	0.1	
Vitamin D					_			0.10	V.1.	
Vitamin K (phylloquinone)		3.5	0.413	8 A	1		3.8	3.5	1.0	
<u>Lipids:</u>										
Fatty acids, total saturated		6.180		0 NO			6.736	6.118	1.7	
4:0	-	0.000		0 z			0.000	0.000	0.00	
6:0		0.000)	0 Z			0.000	0.000	0.0	
8:0	g	0.000	0.000	3 A	1		0.000	0.000	0.00	
10:0	g	0.000	0.000	3 A	1		0.000	0.000	0.0	
12:0	g	0.000	0.000	3 A	1		0.000	0.000	0.0	
13:0	g	0.000	0.000	3 A	1		0.000	0.000	0.00	
14:0	g	0.000	0.000	3 A	1		0.000	0.000	0.00	
		0.000	0.000	3 A	1				0.00	

		<u>Ar</u>	nount in 100	grams	of edil	ole portio	<u>n</u>		Amount in edible portion of common			
			ı	Numbe	r			<u>m</u>	easures of food			
Nutrients and Unit	ts	Mean	Std. Error		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3		
15.0	_	0.000	2 22	•	_	-						
15:0 16:0	-	0.000 4.366	0.00 0.21		A A	1 1		0.000 4.758	0.000 4.322	1.238		
17:0		0.000	0.21		A	1		0.000	0.000	0.000		
18:0		1.745	0.00		A	1		1.902	1.728	0.495		
20:0	-	0.069	0.00		A	1		0.075	0.068	0.020		
22:0	•	0.000	0.00		A	1		0.000	0.000	0.000		
24:0		0.000	0.00	0 3	A	1		0.000	0.000	0.000		
Fatty acids, total monounsaturated	g	40.801		0	NC	4		44.473	40.393	11.567		
14:1	g	0.000	0.00	0 3	A	1		0.000	0.000	0.000		
15:1	_											
16:1 undifferentiated	_	0.000	0.00	0 3	A	1		0.000	0.000	0.000		
17:1	_	40 504			_	_				44 500		
18:1 undifferentiated	_	40.594	2.14		A	1		44.247	40.188	11.508		
20:1	_	0.207	0.00		A A	1 1		0.226	0.205	0.059		
22:1 undifferentiated	-	0.000	0.00			1		0.000	0.000	0.000		
24:1 c Fatty acids, total polyunsaturated		0.000 21.614	0.00	0 3	A NC	4		0.000 23.559	0.000 21.398	0.000 6.128		
		20.628	1.80		NC A	1		23.559	21.398 20.421	5.848		
18:2 undifferentiated		0.986	0.04		A A	1		1.075	0.977	0.280		
18:4		0.000	0.04	• 3 0	Z	7		0.000	0.977	0.280		
	_	0.000	0.00		A	1		0.000	0.000	0.000		
20:2 n-6 c,c 20:3 undifferentiated		0.000	0.00		A	1		0.000	0.000	0.000		
20:4 undifferentiated	_	0.000	0.00		A	1		0.000	0.000	0.000		
20:5 n-3		0.000	0.00		A	1		0.000	0.000	0.000		
22:5 n-3		0.000	0.00		A	1		0.000	0.000	0.000		
22:6 n-3		0.000	0.00		A	1		0.000	0.000	0.000		
Fatty acids, total trans	-	0.000	0.00	0 3	•	_		0.000	0.000	0.000		
Cholesterol		0		0	z	7		0	0	0		
Phytosterols		102		1	A	1		111	101	29		
Stigmasterol		3	0.82		A	1		4	3	1		
Campesterol		5	0.84		A	1		6	5	2		
Beta-sitosterol		89	5.49		A	1		97	88	25		
Amino Acids:												
Tryptophan	g	0.093			A	1		0.101	0.092	0.026		
Threonine		0.306			A	1		0.333	0.303	0.087		
Isoleucine	g	0.336			A	1		0.366	0.333	0.095		
Leucine	g	0.598			A	1		0.651	0.592	0.169		
Lysine	g	0.287			A	1		0.313	0.284	0.081		
Methionine	g	0.183			A	1		0.199	0.181	0.052		
Cystine	g	0.152			A	1		0.166	0.151	0.043		
Phenylalanine	g	0.426			A	1		0.464	0.422	0.121		
Tyrosine	g	0.215			A	1		0.234	0.213	0.061		
Valine	g	0.411			A	1		0.448	0.407	0.117		
Arginine	g	1.177			A	1		1.283	1.165	0.334		
Histidine	g	0.262			A	1		0.285	0.259	0.074		
Alanine	_	0.397			A	1		0.432	0.393	0.112		
Aspartic acid	g	0.929			A	1		1.013	0.920	0.263		
Glutamic acid	g	1.829			A	1		1.993	1.810	0.518		
Glycine	g	0.453			A	1		0.493	0.448	0.128		
Proline	g	0.363			A	1		0.395	0.359	0.103		
Serine	g	0.474			A	1		0.517	0.469	0.134		
Hydroxyproline	g											
Others:												
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	0.0		
Caffeine	mg	0		0	Z	7		0	0	0		
Theobromine		0		0	z	7		0	0	0		
Carotenoids:												
Carotene, beta	mcg	29	1.10		A	1		31.890	28.965	8.294		
Carotene, alpha		0	0.00		A	1		0.000	0.000	0.000		
Cryptoxanthin, beta		9	1.71		A	1		9.623	8.740	2.503		
Lycopene		0	0.00		A	1		0.000	0.000	0.000		
Lutein + zeaxanthin	mcg	17	1.65	3 8	A	1		18.789	17.065	4.887		

NDB No. 12142 Nuts, pecans (1)

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 = 109g: 1 cup, chopped Measure 2 = 99g: 1 cup, halves Measure 3 = 28.35g: 1 oz (20 halves)

Footnotes

1 Unroasted

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

		<u>A</u>	mount in 100 g	rams	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 Un	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	1.12	0.090	3	A	1		0.32			
Energy	kcal	710		0	NC	4		201			
Energy		2969		0	NC	4		842			
Protein (N x 5.3)	g	9.50	0.100	3	A	1		2.69			
Total lipid (fat)	g	74.27	0.376	3	A	1		21.05			
Ash	g	1.56	0.077	3	A	1		0.44			
Carbohydrate, by difference		13.55		0	NC	4		3.84			
Fiber, total dietary		9.4	0.697	3	A	1		2.7			
Sugars, total	g	4.06	0.247	3	A	1		1.15			
Sucrose		4.00	0.252	3	A	1		1.13			
Glucose (dextrose)		0.04	0.000	3	A	1		0.01			
Fructose		0.04	0.000	3	A	1		0.01			
Lactose		0.00	0.000	3	A	1		0.00			
Maltose		0.00	0.000	3	A	1		0.00			
Galactose				•	_	_					
Starch	g	0.24	0.078	3	A	1		0.07			
<u>Minerals:</u>		70	10.267	•	_			01			
Calcium, Ca		72 2.80	10.367	3	A	1 1		21 0.79			
Iron, Fe		132	0.153 6.119	3 3	A A	1		38			
Magnesium, Mg Phosphorus, P		293	20.276	3	A	1		83			
Potassium, K		424	32.512	3	A	1		120			
Sodium, Na		383	52.522	0	s	4		109			
Zinc, Zn		5.07	0.437	3	A	1		1.44			
Copper, Cu		1.167	0.176	3	A	1		0.331			
Manganese, Mn		3.933	0.935	3	A	1		1.115			
Selenium, Se	mcg	4.0		1	A	1		1.1			
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.7	0.000	3	A	1		0.2			
Thiamin	mg	0.450	0.025	3	A	1		0.128			
Riboflavin	mg	0.107	0.007	3	A	1		0.030			
Niacin	-	1.167	0.067	3	A	1		0.331			
Pantothenic acid		0.703		3	A	1		0.199			
Vitamin B-6		0.187		3	A	1		0.053			
Folate, total		16	4.661	3	A	1		4			
Folic acid		0		0	Z	7		0			
Folate, food		16	4.661	3	A	1		4			
Folate, DFE		16		0	NC	4 7		4			
Vitamin B-12		0.00			Z	1		0.00			
Vitamin A, IU		140 7		1 1	AS AS	1		40 2			
Vitamin A, RAERetinol		0		0	AS Z	7		0			
Vitamin E (alpha-tocopherol)		1.30	0.058	3	A	1		0.37			
Tocopherol, beta		0.14	0.000	3	A	1		0.04			
Tocopherol, gamma		23.57	2.022	3	A	1		6.68			
Tocopherol, delta		0.77	0.120	3	A	1		0.22			
Vitamin D											
Vitamin K (phylloquinone)											
<u> ipids:</u>											
Fatty acids, total saturated	g	6.283	3	0	NC	4		1.781			
4:0	g	0.000)	0	Z	7		0.000			
6:0	g	0.000)	0	z	7		0.000			
8:0		0.000		3	A	1		0.000			
10:0		0.000		3	A	1		0.000			
12:0	-	0.000		3	A	1		0.000			
13:0	_	0.000		3	A	1		0.000			
14:0	~	0.000	0.000	3	A	1		0.000			

		<u>Ar</u>	nount in 100 g			ole portic	<u>on</u>		edible portion o	of common
				mber		_		<u> </u>	easures or roou	
Nutrients and Units	5	Mean	of Std. Error Po		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0	q	4.387	0.222	3	A	1		1.244		
17:0	-	0.000	0.000	3	A	1		0.000		
18:0	_	1.825	0.025	3	A	1		0.517		
20:0	-	0.071	0.000	3	A	1		0.020		
22:0		0.000	0.000	3	A	1		0.000		
24:0	_	0.000	0.000	3	A	1		0.000		
Fatty acids, total monounsaturated	g	43.957		0	NC	4		12.462		
14:1	g	0.000	0.000	3	A	1		0.000		
15:1	g									
16:1 undifferentiated	g	0.000	0.000	3	A	1		0.000		
17:1	g									
18:1 undifferentiated		43.743	2.616	3	A	1		12.401		
20:1		0.214	0.001	3	A	1		0.061		
22:1 undifferentiated	_	0.000	0.000	3	A	1		0.000		
24:1 c		0.000	0.000	3	A	1		0.000		
Fatty acids, total polyunsaturated		20.572		0	NC	4		5.832		
18:2 undifferentiated	_	19.578	2.218	3	A	1		5.550		
18:3 undifferentiated		0.994	0.039	3	A	1		0.282		
18:4		0.000		0	Z	7		0.000		
20:2 n-6 c,c	g	0.000	0.000	3	A	1		0.000		
20:3 undifferentiated	_	0.000	0.000	3	A	1		0.000		
20:4 undifferentiated	-	0.000	0.000	3	A	1		0.000		
20:5 n-3	g	0.000	0.000	3	A	1		0.000		
22:5 n-3		0.000	0.000	3	A	1		0.000		
22:6 n-3		0.000	0.000	3	A	1		0.000		
Fatty acids, total trans										
Cholesterol		0		0	Z	7		0		
Phytosterols		85		3		1		24		
Stigmasterol		2		1	A	1		1		
Campesterol		4		1	A	1		1		
Beta-sitosterol	mg	78		1	A	1		22		
Amino Acids: Tryptophan	а	0.096		0	A	1		0.027		
Threonine		0.317		0	A	1		0.090		
Isoleucine		0.348		0	A	1		0.099		
Leucine	-	0.619		0	A	1		0.176		
Lysine		0.297		0	A	1		0.084		
Methionine		0.189		0	A	1		0.054		
Cystine		0.158		0	A	1		0.045		
Phenylalanine	9	0.441		0	A	1		0.125		
Tyrosine		0.223		0	A	1		0.063		
Valine		0.426		0	A	1		0.121		
Arginine	-	1.220		0	A	1		0.346		
Histidine		0.271		0	A	1		0.077		
Alanine		0.411		0	A	1		0.117		
Aspartic acid		0.963		0	A	1		0.273		
Glutamic acid		1.895		0	A	1		0.537		
Glycine	_	0.469		0	A	1		0.133		
Proline		0.376		0	A	1		0.107		
Serine		0.491		0	A	1		0.139		
Hydroxyproline	-			-	· -	-				
Carotenoids:										
Carotene, beta	mca	84		1	A	1		23.808		
Carotene, alpha	-	0		1	A	1		0.000		
Cryptoxanthin, beta		-								
Lycopene										
Lutein + zeaxanthin										

Nuts, pecans, dry roasted, with salt added

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

		<u>A</u>	mount in 100 g	rams	of edit	ole portio	<u>on</u>	Amount in edible portion of common			
			Nui	mber				<u>m</u>	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	_	1.12	0.090	3	A	1		0.32			
Energy		710		0	NC	4		201			
Energy		2969		0	NC	4		842			
Protein (N x 5.3)		9.50	0.100	3	A	1		2.69			
Total lipid (fat)		74.27 1.56	0.376	3 3	A	1 1		21.05 0.44			
Ash			0.077	0	A	4		3.84			
Carbohydrate, by difference		13.55 9.4	0.697	3	NC A	1		2.7			
Fiber, total dietary		4.06	0.697	3	A	1		1.15			
Sugars, total		4.06	0.247	3	A	1		1.13			
Sucrose				3		1					
Glucose (dextrose)	9	0.04	0.000 0.000	3	A A	1		0.01 0.01			
Fructose	9			3		1					
Lactose		0.00	0.000	3	A A	1		0.00 0.00			
Maltose		0.00	0.000	3	A	_		0.00			
Galactose		0.04	0.070	2				0.07			
Starch	9	0.24	0.078	3	A	1		0.07			
Minerals:											
Calcium, Ca	mg	72	10.367	3	A	1		21			
Iron, Fe	mg	2.80	0.153	3	A	1		0.79			
Magnesium, Mg	mg	132	6.119	3	A	1		38			
Phosphorus, P		293	20.276	3	A	1		83			
Potassium, K		424	32.512	3	A	1		120			
Sodium, Na	-	1	0.088	3	A	1		0			
Zinc, Zn		5.07	0.437	3	A	1		1.44			
Copper, Cu		1.167		3	A	1		0.331			
Manganese, Mn Selenium, Se		3.933 4.0	0.935	3 1	A A	1 1		1.115 1.1			
	9	1.0		-	••	-					
Vitamins:	ma	0.7	0.000	3	A	1		0.2			
Vitamin C, total ascorbic acid	-	0.7		3	A	1		0.128			
ThiaminRiboflavin	-	0.430		3	A	1		0.128			
Niacin	-	1.167		3	A	1		0.030			
Pantothenic acid	• • • • • • • • • • • • • • • • • • • •	0.703		3	A	1		0.199			
Vitamin B-6		0.187		3	A	1		0.053			
Folate, total		16	4.661	3	A	1		4			
Folic acid		0		0	z	7		0			
Folate, food		16	4.661	3	A	1		4			
Folate, DFE		16		0	NC	4		4			
Vitamin B-12		0.00		0	z	7		0.00			
Vitamin A, IU	_	140		1	AS	1		40			
Vitamin A, RAE		7		1	AS	1		2			
Retinol		0		0	z	7		0			
Vitamin E (alpha-tocopherol)	mg	1.30	0.058	3	A	1		0.37			
Tocopherol, beta	mg	0.14	0.000	3	A	1		0.04			
Tocopherol, gamma	mg	23.57	2.022	3	A	1		6.68			
Tocopherol, delta	mg	0.77	0.120	3	A	1		0.22			
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:	_										
Fatty acids, total saturated		6.283		0	NC	4		1.781			
4:0		0.000		0	z	7		0.000			
6:0		0.000		0	Z	7		0.000			
8:0		0.000		3	A	1		0.000			
10:0		0.000		3	A	1		0.000			
12:0	_	0.000		3	A	1		0.000			
13:0	_	0.000		3	A	1 1		0.000			
14:0	~	0.000	0.000	3	A			0.000			

	Amount in 100 grams of edible portion						Amount in edible portion of common			
		Nι	ımbeı	ř			measures of food			
Nutrients and Units	Mean	of Std. Error Po			Source (Code	Confidence Code	Measure 1	Measure 2	Measure 3	
16:0g	4.387	0.222	3	A	1		1.244			
17:0g	0.000	0.000	3	A	1		0.000			
18:0g	1.825		3	A	1		0.517			
20:0g	0.071		3	A	1		0.020			
22:0g	0.000		3 3	A A	1 1		0.000			
24:0g Fatty acids, total monounsaturatedg	43.957		0	NC	4		12.462			
14:1g	0.000		3	A	1		0.000			
15:1g										
16:1 undifferentiatedg	0.000	0.000	3	A	1		0.000			
17:1g										
18:1 undifferentiated	43.743		3	A	1		12.401			
20:1g	0.214		3	A	1		0.061			
22:1 undifferentiated	0.000		3 3	A A	1 1		0.000			
Fatty acids, total polyunsaturatedg	20.572		0	NC	4		5.832			
18:2 undifferentiatedg	19.578		3	A	1		5.550			
18:3 undifferentiatedg	0.994		3	A	1		0.282			
18:4g	0.000	ı	0	z	7		0.000			
20:2 n-6 c,cg	0.000	0.000	3	A	1		0.000			
20:3 undifferentiatedg	0.000	0.000	3	A	1		0.000			
20:4 undifferentiatedg	0.000		3	A	1		0.000			
20:5 n-3g	0.000		3	A	1		0.000			
22:5 n-3g	0.000		3	A	1 1		0.000			
22:6 n-3	0.000	0.000	3	A	1		0.000			
Cholesterolg	0		0	z	7		0			
Phytosterolsmg	85		1	A	1		24			
Stigmasterolmg	2		1	A	1		1			
Campesterolmg	4		1	A	1		1			
Beta-sitosterolmg	78		1	A	1		22			
Amino Acids:										
Tryptophan9	0.096		0	A	1		0.027			
Threonineg	0.317		0	A	1		0.090			
Isoleucine	0.348 0.619		0	A A	1 1		0.099 0.176			
Leucine	0.019		0	A	1		0.084			
Methionine	0.189		0	A	1		0.054			
Cystineg	0.158		0	A	1		0.045			
Phenylalanineg	0.441		0	A	1		0.125			
Tyrosineg	0.223	1	0	A	1		0.063			
Valineg	0.426	i	0	A	1		0.121			
Arginineg	1.220		0	A	1		0.346			
Histidine	0.271		0	A	1		0.077			
Alanine	0.411		0	A A	1 1		0.117 0.273			
Aspartic acid	0.963 1.895		0	A A	1		0.273			
Glycine	0.469		0	A	1		0.133			
Prolineg	0.376		0	A	1		0.107			
Serineg	0.491		0	A	1		0.139			
Hydroxyprolineg										
Others:	0.0		^		7		0.0			
Alcohol, ethylg Caffeineg	0.0		0		7		0.0			
Theobromine mg										
Carotenoids:										
Carotene, betamcg	84		1	A	1		23.808			
Carotene, alphamcg	0		1	A	1		0.000			
Cryptoxanthin, betamcg	•		-		-		2.300			
Lycopene mcg										
Lutein + zeaxanthin mcg										

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

Nuts, pecans, dry roasted, without salt added

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

		Amount in 100 grams of edible portion							Amount in edible portion of common		
		Number						<u>m</u>	easures of food	<u>l</u>	
			of	Data De	eriv	Source	Confidence				
Nutrients and Units		Mean	Std. Error Po	ints Co	ode	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	1.13	0.035	3	A	1		1.24	0.32		
Energy	kcal	715		0	NC	4		786	203		
Energy		2990		0	NC	4		3289	848		
Protein (N x 5.3)	g	9.20	0.058	3	A	1		10.12	2.61		
Total lipid (fat)	g	75.23	0.521	3	A	1		82.76	21.33		
Ash	g	1.42	0.064	3	A	1		1.57	0.40		
Carbohydrate, by difference	g	13.01		0	NC	4		14.31	3.69		
Fiber, total dietary	g	9.5	0.394	3	A	1		10.4	2.7		
Sugars, total	g	3.97	0.265	3	A	1		4.37	1.13		
Sucrose	g	3.90	0.265	3	A	1		4.29	1.11		
Glucose (dextrose)		0.04	0.000	3	A	1		0.04	0.01		
Fructose	g	0.04	0.000	3	A	1		0.04	0.01		
Lactose	g	0.00	0.000	3	A	1		0.00	0.00		
Maltose	g	0.00	0.000	3	A	1		0.00	0.00		
Galactose											
Starch		0.28	0.023	3	A	1		0.31	0.08		
Minavala											
Minerals:	ma	67	6.278	3	A	1		74	19		
Calcium, Ca		2.47	0.203	3	A	1		2.71	0.70		
Iron, Fe		121	4.333	3	A	1		133	34		
Phosphorus, P		263	18.559	3	A	1		290	75		
Potassium, K		392	6.489	3	A	1		432	111		
Sodium, Na		393	0.105	0	s	4		432	111		
Zinc, Zn		4.47	0.033	3	A	1		4.91	1.27		
Copper, Cu		1.200		3	A	1		1.320	0.340		
Manganese, Mn		3.700	1.114	3	A	1		4.070	1.049		
Selenium, Se		6.0		1	A	1		6.6	1.7		
Vitaming											
Vitamins: Vitamin C, total ascorbic acid	ma	0.7	0.000	3	A	1		0.8	0.2		
Thiamin		0.473		3	A	1		0.521	0.134		
Riboflavin	-	0.110		3	A	1		0.121	0.031		
Niacin	•	1.200		3	A	1		1.320	0.340		
Pantothenic acid		0.737		3	A	1		0.810	0.209		
Vitamin B-6		0.187		3	A	1		0.205	0.053		
Folate, total		15	1.444	3	A	1		16	4		
Folic acid		0		0	z	7		0	0		
Folate, food		15	1.444	3	A	1		16	4		
Folate, DFE		15		0	NC	4		16	4		
Vitamin B-12		0.00		0	z	7		0.00	0.00		
Vitamin A, IU		104		1	AS	1		114	29		
Vitamin A, RAE	mcg RAE	5		1	AS	1		6	1		
Retinol		0		0	z	7		0	0		
Vitamin E (alpha-tocopherol)		2.53	0.145	3	A	1		2.79	0.72		
Tocopherol, beta		0.35	0.107	3	A	1		0.38	0.10		
Tocopherol, gamma	_	24.20	2.470	3	A	1		26.62	6.86		
Tocopherol, delta		1.07	0.260	3	A	1		1.17	0.30		
Vitamin D											
Vitamin K (phylloquinone)											
* * * * *											
Lipids:	a	7 000	.	0	NC	4		7 060	2 050		
Fatty acids, total saturated		7.238	•	0	NC	4		7.962	2.052		
4:0											
6:0		0.000	0.000	3	A	1		0.000	0.000		
8:0 10:0		0.000		3	A	1		0.000	0.000		
12:0		0.000		3	A	1		0.000	0.000		
13:0		0.000		3	A	1		0.000	0.000		
14:0		0.000		3	A	1		0.000	0.000		
14.V	9	0.000	, 0.000	ے	_			0.000	0.000		

	<u>Ar</u>	nount in 100 g			Amount in edible portion of common measures of food					
				ımbe		•		<u></u>	<u> </u>	
					Deriv		Confidence			
Nutrients and Unit	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
16:0	a	4.969	0.055	3	A	1		5.466	1.409	
17:0	-	0.000	0.000	3	A	1		0.000	0.000	
18:0	_	1.849	0.036	3	A	1		2.034	0.524	
20:0	_	0.145	0.001	3	A	1		0.159	0.041	
22:0		0.162	0.055	3	A	1		0.178	0.046	
24:0	-	0.114	0.031	3	A	1		0.125	0.032	
Fatty acids, total monounsaturated	g	40.970		0	NC	4		45.067	11.615	
14:1		0.000	0.000	3	A	1		0.000	0.000	
15:1	g									
16:1 undifferentiated		0.024	0.024	3	A	1		0.027	0.007	
17:1	g									
18:1 undifferentiated	g	40.681	2.216	3	A	1		44.749	11.533	
20:1	g	0.265	0.023	3	A	1		0.291	0.075	
22:1 undifferentiated	g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c	g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated	g	23.584		0	NC	4		25.942	6.686	
18:2 undifferentiated		22.552	1.604	3	A	1		24.808	6.394	
18:3 undifferentiated	g	1.031	0.025	3	A	1		1.134	0.292	
18:4	g									
20:2 n-6 c,c	g	0.000	0.000	3	A	1		0.000	0.000	
20:3 undifferentiated	g	0.000	0.000	3	A	1		0.000	0.000	
20:4 undifferentiated	g	0.000	0.000	3	A	1		0.000	0.000	
20:5 n-3	g	0.000	0.000	3	A	1		0.000	0.000	
22:5 n-3	g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3	g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0	0	
Phytosterols		108		1		1		119	31	
Stigmasterol		5		1	A	1		5	1	
Campesterol		7		1	A	1		8	2	
Beta-sitosterol	mg	96		1	A	1		106	27	
Amino Acids:	_			•	_	_		0.100	0.006	
Tryptophan		0.093		0	A	1		0.102	0.026	
Threonine		0.307		0	A	1		0.337	0.087	
Isoleucine		0.337		0	A	1 1		0.371	0.096	
Leucine		0.600		0	A A	1		0.660	0.170	
Lysine	-	0.288		0	A	1		0.317	0.082	
Methionine	-	0.183		0		1		0.202	0.052	
Cystine		0.153 0.428		0	A A	1		0.168 0.470	0.043	
Phenylalanine				0					0.121	
Tyrosine		0.216 0.413		0	A A	1 1		0.237	0.061	
Valine	_	1.181		0	A A	1		0.454 1.300	0.117	
Arginine									0.335	
Histidine	-	0.262 0.398		0	A A	1 1		0.289 0.438	0.074	
Alanine	-	0.398		0	A A	1		1.026	0.113 0.264	
Aspartic acid		1.835		0	A	1				
Glutamic acid		0.454		0	A	1		2.019 0.500	0.520 0.129	
Glycine		0.454		0	A	1		0.400	0.129	
Proline		0.364		0	A	1		0.523	0.103	
Hydroxyproline	-	0.4/6		U	A	1		0.523	0.133	
Carotenoids:	9									
	mca	62		1	A	1		68.420	17.634	
Carotene, beta		62 0		1	A A	1		0.000	0.000	
Cryptovanthin beta		U		_	A	1		0.000	0.000	
Cryptoxanthin, beta Lycopene										
Lutein + zeaxanthin										
Eutom - Zeuzundilli	∜									

Nuts, pecans, oil roasted, with salt added (1)

Common Measures:

Measure 1 = 110g: 1 cup

Measure 2 = 28.35g: 1 oz (15 halves)

Footnotes

1 Roasted in cottonseed, peanut, soybean, or sunflower oil.

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

Refuse: 0%

		<u>A</u>	mount in 100 g	rams of	edik	ole portio	<u>n</u>		edible portion	
			Nui	mber				<u>m</u>	easures of food	<u> </u>
			of	Data De	eriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	ints Co	ode	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.13	0.035	3	A	1		1.24	0.32	
Energy	kcal	715		0	NC	4		786	203	
Energy		2990		0	NC	4		3289	848	
Protein (N x 5.3)	g	9.20	0.058	3	A	1		10.12	2.61	
Total lipid (fat)	g	75.23	0.521	3	A	1		82.76	21.33	
Ash	g	1.42	0.064	3	A	1		1.57	0.40	
Carbohydrate, by difference	g	13.01		0	NC	4		14.31	3.69	
Fiber, total dietary		9.5	0.394	3	A	1		10.4	2.7	
Sugars, total		3.97	0.265	3	A	1		4.37	1.13	
Sucrose		3.90	0.265	3	A	1		4.29	1.11	
Glucose (dextrose)		0.04	0.000	3	A	1		0.04	0.01	
Fructose	g	0.04	0.000	3	A	1		0.04	0.01	
Lactose	g	0.00	0.000	3	A	1		0.00	0.00	
Maltose	g	0.00	0.000	3	A	1		0.00	0.00	
Galactose										
Starch		0.28	0.023	3	A	1		0.31	0.08	
Minerals:					_	_				
Calcium, Ca	_	67	6.278	3	A	1		74	19	
Iron, Fe.		2.47	0.203	3	A	1		2.71	0.70	
Magnesium, Mg		121	4.333	3	A	1 1		133	34	
Phosphorus, P		263	18.559	3 3	A	1		290 432	75	
Potassium, K		392 1	6.489 0.684	3	A A	1		432	111 0	
Sodium, Na		4.47	0.033	3	A	1		4.91	1.27	
Zinc, Zn		1.200		3	A	1		1.320	0.340	
Copper, Cu		3.700		3	A	1		4.070	1.049	
Selenium, Se		6.0	1.114	1	A	1		6.6	1.7	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.7	0.000	3	A	1		0.8	0.2	
Thiamin		0.473		3	A	1		0.521	0.134	
Riboflavin	_	0.110		3	A	1		0.121	0.031	
Niacin	• • • • • • • • • • • • • • • • • • • •	1.200		3	A	1		1.320	0.340	
Pantothenic acid		0.737		3	A	1		0.810	0.209	
Vitamin B-6		0.187		3	A	1		0.205	0.053	
Folate, total		15	1.444	3	A	1		16	4	
Folic acid		0		0	z	7		0	0	
Folate, food		15	1.444	3	A	1		16	4	
Folate, DFE		15		0	NC	4		16	4	
Vitamin B-12		0.00		0	z	7		0.00	0.00	
Vitamin A, IU		104			AS	1		114	29	
Vitamin A, RAE	mca RAE	5			AS	1		6	1	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		2.53	0.145	3	A	1		2.79	0.72	
Tocopherol, beta		0.35	0.107	3	A	1		0.38	0.10	
Tocopherol, gamma	=	24.20	2.470	3	A	1		26.62	6.86	
Tocopherol, delta		1.07	0.260	3	A	1		1.17	0.30	
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	7.238	3	0	NC	4		7.962	2.052	
4:0	g									
6:0	g									
8:0	g	0.000	0.000	3	A	1		0.000	0.000	
10:0	g	0.000	0.000	3	A	1		0.000	0.000	
12:0	g	0.000	0.000	3	A	1		0.000	0.000	
13:0	g	0.000	0.000	3	A	1		0.000	0.000	
14:0	g	0.000	0.000	3	A	1		0.000	0.000	
15:0	a	0.000	0.000	3	A	1		0.000	0.000	

Nutrients and Units			<u>Ar</u>	nount in 100 g			ole portic	<u>on</u>		edible portion of easures of food	
Nutrients and Units							•		<u></u>	<u> </u>	
160											
17:0	Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
170											
170	16:0	a	4.969	0.055	3	A	1		5.466	1.409	
18.0		-									
200		-									
22.0		-	0.145	0.001	3	A	1				
24.0			0.162			A	1				
Farty seids, ford monomaturated. 9		-	0.114	0.031	3	A	1		0.125	0.032	
15:1	Fatty acids, total monounsaturated	g	40.970		0	NC	4		45.067	11.615	
16.1 undifferentiated			0.000	0.000	3	A	1		0.000	0.000	
16.1 undifferentiated	15:1	g									
18.1 undifferentiated. 9			0.024	0.024	3	A	1		0.027	0.007	
201	17:1	g									
22-1 undifferentiated. g 0.000 0.000 3 A 1 0.000 0.0	18:1 undifferentiated	g	40.681	2.216	3	A	1		44.749	11.533	
24 C.	20:1	g	0.265	0.023	3	A	1		0.291	0.075	
Fatty acids, total polyunsaturated	22:1 undifferentiated	g	0.000	0.000		A	1		0.000	0.000	
18.2 undifferentiated. 9		_	0.000	0.000	3	A				0.000	
18.3 undifferentiated	Fatty acids, total polyunsaturated	g	23.584		0	NC	4		25.942	6.686	
18-4	18:2 undifferentiated	g	22.552	1.604	3	A	1		24.808	6.394	
20.2 n.6 c.c.	18:3 undifferentiated	g	1.031	0.025	3	A	1		1.134	0.292	
20/3 undifferentiated. 9	18:4	g									
20-4 undifferentiated	20:2 n-6 c,c	g	0.000	0.000		A			0.000	0.000	
\$\frac{9}{20.5 \text{ n-3}}	20:3 undifferentiated	g	0.000	0.000	3	A	1		0.000	0.000	
22.5 n 3	20:4 undifferentiated	g	0.000	0.000		A			0.000	0.000	
Part pacies, total trans	20:5 n-3	g							0.000	0.000	
Fatty acids, total trans	22:5 n-3	g	0.000			A	1		0.000	0.000	
Cholesterol. mg 10 0 z 7 0 0 Phytosterols. mg 10 1 A 1 119 31 Stigmasterol. mg 5 1 A 1 8 2 Campesterol. mg 7 1 A 1 8 2 Beta-sitosterol. mg 96 1 A 1 8 2 Amino Acids: Trytophan. 9 0.093 0 A 1 0.102 0.026 Threonine. 9 0.307 0 A 1 0.337 0.087 Incuine. 9 0.507 0 A 1 0.337 0.087 Leucine. 9 0.600 0 A 1 0.377 0.082 Methionine. 9 0.288 0 A 1 0.202 0.052 Cystine. 9 0.153 <t< td=""><td></td><td></td><td>0.000</td><td>0.000</td><td>3</td><td>A</td><td>1</td><td></td><td>0.000</td><td>0.000</td><td></td></t<>			0.000	0.000	3	A	1		0.000	0.000	
Phytosterols											
Stigmasterol mg 7 1 A 1 B 2 Campesterol mg 9 7 1 A 1 8 2 Eccurrence Amino Acids: Tryptophan 9 0.093 0 A 1 0.102 0.026 Threonine 9 0.307 0 A 1 0.337 0.087 Isoleucine 9 0.337 0 A 1 0.371 0.096 Leucine 9 0.500 0 A 1 0.660 0.170 Lysine 9 0.288 0 A 1 0.660 0.170 Lysine 9 0.183 0 A 1 0.202 0.052 Cystine 9 0.153 0 A 1 0.164 0.043 Phenylalanine 9 0.428 0 A 1 0.237 0.061											
Campesterol. mg 7 1 A 1 8 2 Beta-sitosterol mg 96 1 A 1 106 27 Amino Acids: Tryptopham g 0.093 0 A 1 0.102 0.026 Threonine g 0.337 0 A 1 0.337 0.087 Isoleucine g 0.600 0 A 1 0.660 0.170 Lysine g 0.600 0 A 1 0.660 0.170 Lysine g 0.600 0 A 1 0.660 0.170 Lysine g 0.183 0 A 1 0.202 0.052 Cystine g 0.153 0 A 1 0.168 0.043 Phenylalanine g 0.153 0 A 1 0.227 0.061 Valine g 0.413	-										
Beta-sitosterol	_										
Amino Acids: Tryptophan g 0.093 0 a 1 0.102 0.026 Thronine. g 0.307 0 a 1 0.337 0.087 Isoleucine. g 0.337 0 a 1 0.337 0.096 Leucine. g 0.600 0 a 1 0.660 0.170 Lysine. g 0.288 0 a 1 0.317 0.082 Methionine. g 0.183 0 a 1 0.202 0.052 Cystine. g 0.153 0 a 1 0.168 0.043 Phenylalanine. g 0.153 0 a 1 0.168 0.043 Phenylalanine. g 0.216 0 a 1 0.470 0.121 Tyrosine. g 0.216 0 a 1 0.474 0.117 Aginine. g 0.413 0 <td>•</td> <td></td>	•										
Tryptophan 9 0.093 0 A 1 0.102 0.026 Threonine 9 0.307 0 A 1 0.337 0.087 Isoleucine 9 0.337 0 A 1 0.371 0.082 Leucine 9 0.600 0 A 1 0.660 0.170 Lysine 9 0.600 0 A 1 0.317 0.082 Methionine 9 0.288 0 A 1 0.317 0.082 Methionine 9 0.183 0 A 1 0.202 0.052 Cystine 9 0.183 0 A 1 0.168 0.043 Phenylalainie 9 0.153 0 A 1 0.470 0.121 Tyrosine 9 0.216 0 A 1 0.237 0.061 Valine 9 0.413 0 A 1	Beta-sitosterol	mg	96		1	A	1		106	27	
Threonine	<u> </u>		0.003		•				0.100	0.006	
Soleucine											
Leucine 9 0.600 0 A 1 0.660 0.170 Lysine 9 0.288 0 A 1 0.317 0.082 Methionine 9 0.183 0 A 1 0.202 0.052 Cystine 9 0.153 0 A 1 0.168 0.043 Phenylalanine 9 0.428 0 A 1 0.470 0.121 Tyrosine 9 0.216 0 A 1 0.237 0.061 Valine 9 0.216 0 A 1 0.237 0.061 Valine 9 0.413 0 A 1 0.454 0.117 Arginine 9 0.413 0 A 1 0.454 0.117 Alginine 9 0.262 0 A 1 0.289 0.074 Alanine 9 0.398 0 A 1 0.438 0.113 Aspartic acid 9 1.835 0 A 1<											
Lysine. 9 0.288 0 A 1 0.317 0.082 Methionine. 9 0.183 0 A 1 0.202 0.052 Cystine. 9 0.153 0 A 1 0.168 0.043 Phenylalanine. 9 0.428 0 A 1 0.470 0.121 Tyrosine. 9 0.216 0 A 1 0.237 0.061 Valine. 9 0.216 0 A 1 0.454 0.117 Arginine. 9 0.413 0 A 1 0.454 0.117 Arginine. 9 0.262 0 A 1 0.289 0.074 Histidine. 9 0.262 0 A 1 0.289 0.074 Alanine. 9 0.393 0 A 1 1.026 0.264 Glutamic acid. 9 0.454 0 A <th< td=""><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></th<>											
Methionine 9 0.183 0 A 1 0.202 0.052 Cystine 9 0.153 0 A 1 0.168 0.043 Phenylalanine 9 0.428 0 A 1 0.168 0.043 Phenylalanine 9 0.428 0 A 1 0.470 0.121 Tyrosine 9 0.216 0 A 1 0.237 0.061 Valine 9 0.413 0 A 1 0.237 0.061 Valine 9 0.413 0 A 1 0.454 0.117 Arginine 9 0.413 0 A 1 0.289 0.074 Alainine 9 0.262 0 A 1 0.438 0.113 Aspartic acid 9 0.933 0 A 1 1.026 0.264 Glycine 9 0.454 0 A 1											
Cystine. g 0.153 0 A 1 0.168 0.043 Phenylalanine. g 0.428 0 A 1 0.470 0.121 Tyrosine. g 0.216 0 A 1 0.237 0.061 Valine. g 0.413 0 A 1 0.454 0.117 Arginine. g 0.413 0 A 1 0.454 0.117 Arginine. g 0.262 0 A 1 0.289 0.074 Alanine. g 0.262 0 A 1 0.289 0.074 Alanine. g 0.398 0 A 1 0.438 0.113 Aspartic acid. g 0.933 0 A 1 1.026 0.264 Glycine. g 0 0 A 1 0.500 0.129 Proline. g 0.364 0 A 1	,	-									
Phenylalanine g 0.428 0 A 1 0.470 0.121 Tyrosine g 0.216 0 A 1 0.237 0.061 Valine g 0.413 0 A 1 0.454 0.117 Arginine g 1.181 0 A 1 1.300 0.335 Histidine g 0.262 0 A 1 0.289 0.074 Alanine g 0.398 0 A 1 0.438 0.113 Aspartic acid g 0.933 0 A 1 0.438 0.113 Aspartic acid g 0.933 0 A 1 1.026 0.264 Glutamic acid g 1.835 0 A 1 0.500 0.129 Proline g 0.454 0 A 1 0.400 0.103 Serine g 0.476 0 A 1<					-						
Tyrosine g 0.216 0 A 1 0.237 0.061 Valine g 0.413 0 A 1 0.454 0.117 Arginine g 0.413 0 A 1 0.454 0.117 Arginine g 0.262 0 A 1 0.289 0.074 Alanine g 0.262 0 A 1 0.289 0.074 Alanine g 0.398 0 A 1 0.438 0.113 Aspartic acid g 0.933 0 A 1 1.026 0.264 Glutamic acid g 0.933 0 A 1 2.019 0.520 Glycine g 0.454 0 A 1 0.500 0.129 Proline g 0.364 0 A 1 0.500 0.135 Hydroxyproline g Carotene, beta mcg	ş				•		_				
Valine g 0.413 0 A 1 0.454 0.117 Arginine g 1.181 0 A 1 1.300 0.335 Histidine g 0.262 0 A 1 0.289 0.074 Alanine g 0.398 0 A 1 0.438 0.113 Aspartic acid g 0.933 0 A 1 1.026 0.264 Glutamic acid g 1.835 0 A 1 2.019 0.520 Glycine g 0.454 0 A 1 0.500 0.129 Proline g 0.364 0 A 1 0.400 0.103 Serine g 0.476 0 A 1 0.523 0.135 Hydroxyproline g 0 A 1 0.523 0.135 Carotene, beta mcg 62 1 A 1 68.420 17.634 Carotene, alpha mcg 0 1 A 1 0.000 0.000											
Arginine. 9 1.181 0 A 1 1.300 0.335 Histidine. 9 0.262 0 A 1 0.289 0.074 Alanine. 9 0.398 0 A 1 0.438 0.113 Aspartic acid. 9 0.933 0 A 1 1.026 0.264 Glutamic acid. 9 1.835 0 A 1 2.019 0.520 Glycine. 9 0.454 0 A 1 0.500 0.129 Proline. 9 0.364 0 A 1 0.400 0.103 Serine. 9 0.476 0 A 1 0.523 0.135 Hydroxyproline. 9 Carotene, beta. mcg 62 1 A 1 68.420 17.634 Carotene, alpha. mcg 0 1 A 1 0.000 0.000	=										
Histidine. g 0.262 0 A 1 0.289 0.074 Alanine. g 0.398 0 A 1 0.438 0.113 Aspartic acid. g 0.933 0 A 1 1.026 0.264 Glutamic acid. g 0.933 0 A 1 2.019 0.520 Glycine. g 0.454 0 A 1 0.500 0.129 Proline. g 0.364 0 A 1 0.400 0.103 Serine. g 0.476 0 A 1 0.523 0.135 Hydroxyproline. g 0 A 1 0.523 0.135 Carotene, beta. mcg 62 1 A 1 68.420 17.634 Carotene, alpha. mcg 0 1 A 1 0.000 0.000		=									
Alanine g 0.398 0 A 1 0.438 0.113 Aspartic acid g 0.933 0 A 1 1.026 0.264 Glutamic acid g 1.835 0 A 1 2.019 0.520 Glycine g 0.454 0 A 1 0.500 0.129 Proline g 0.364 0 A 1 0.400 0.103 Serine g 0.476 0 A 1 0.523 0.135 Hydroxyproline g Carotene, beta mcg 62 1 A 1 68.420 17.634 Carotene, alpha mcg 0 1 A 1 0.000 0.000	_										
Aspartic acid g 0.933 0 A 1 1.026 0.264 Glutamic acid g 1.835 0 A 1 2.019 0.520 Glycine g 0.454 0 A 1 0.500 0.129 Proline g 0.364 0 A 1 0.400 0.103 Serine g 0.476 0 A 1 0.523 0.135 Hydroxyproline g Carotenoids: Carotene, beta mcg 62 1 A 1 68.420 17.634 Carotene, alpha mcg 0 1 A 1 0.000 0.000		-									
Glutamic acid. 9 1.835 0 A 1 2.019 0.520 Glycine. 9 0.454 0 A 1 0.500 0.129 Proline. 9 0.364 0 A 1 0.400 0.103 Serine. 9 0.476 0 A 1 0.523 0.135 Hydroxyproline. 9 Serine. 9 Ser		-			-						
Glycine g 0.454 0 A 1 0.500 0.129 Proline g 0.364 0 A 1 0.400 0.103 Serine g 0.476 0 A 1 0.523 0.135 Hydroxyproline g Carotenoids: Carotene, beta mcg 62 1 A 1 68.420 17.634 Carotene, alpha mcg 0 1 A 1 0.000 0.000	-										
Proline g 0.364 0 A 1 0.400 0.103 Serine g 0.476 0 A 1 0.523 0.135 Hydroxyproline g Carotenoids: Carotene, beta mcg 62 1 A 1 68.420 17.634 Carotene, alpha mcg 0 1 A 1 0.000 0.000											
Serine g 0.476 0 A 1 0.523 0.135 Hydroxyproline g Carotenoids: Carotene, beta mcg 62 1 A 1 68.420 17.634 Carotene, alpha mcg 0 1 A 1 0.000 0.000											
Hydroxyproline g Carotenoids: Carotene, beta mcg 62 1 A 1 68.420 17.634 Carotene, alpha mcg 0 1 A 1 0.000 0.000											
Carotenoids: Carotene, beta		-	0.1.0		·		_		0.020	0.133	
Carotene, beta. mcg 62 1 A 1 68.420 17.634 Carotene, alpha. mcg 0 1 A 1 0.000 0.000											
Carotene, alpha		mca	62		1	Α	1		68 . 420	17.634	
	-										
Cryptoxanthin, betamcg	•		-		-	==	_				
Lycopenemcg											
Lutein + zeaxanthin. mcg	ž .										

Nuts, pecans, oil roasted, without salt added (1)

Common Measures:

Measure 1 = 110g: 1 cup

Measure 2 = 28.35g: 1 oz (15 halves)

Footnotes

1 Roasted in cottonseed, peanut, soybean, or sunflower oil.

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

Canarium ovatum

Refuse: 81% Shells

		<u>A</u>	mount in 10			ole portio	<u>n</u>		edible portion	
				Number		_		<u>m</u>	easures of food	_
Nutrients and Uni	its	Mean	Std. Error			Code	Confidence Code	Measure 1	Measure 2	Measure 3
n										
Proximates: Water	a	2.77		1		1		3.32	0.79	
Energy	-	719		0	NC	4		863	204	
Energy		3008		·	-1.0	4		3610	853	
Protein (N x 5.3)		10.80		1		1		12.96	3.06	
Total lipid (fat)		79.55		1		1		95.46	22.55	
Ash		2.91		0		1		3.49	0.82	
Carbohydrate, by difference	g	3.98		0	NC	4		4.78	1.13	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	145		0		1		174	41	
Iron, Fe	-	3.53		0		1		4.24	1.00	
Magnesium, Mg		302		0		4		362	86	
Phosphorus, P		575		0		1		690	163	
Potassium, K		507		0		1		608	144	
Sodium, Na		3		0		1		4	1	
Zinc, Zn		2.97		0		4		3.56	0.84	
Copper, Cu		0.958		0		4		1.150	0.272	
Manganese, Mn		2.313	3	0		4		2.776	0.656	
Selenium, Se	Ilicg									
Vitamins:										
Vitamin C, total ascorbic acid		0.6		0		4		0.7	0.2	
Thiamin	-	0.913		0		1		1.096	0.259	
Riboflavin		0.093		0		1		0.112	0.026	
Niacin		0.519 0.479		0		1 4		0.623 0.575	0.147	
Pantothenic acid Vitamin B-6		0.473		0		4		0.138	0.136 0.033	
Folate, total	_	60	,	0		4		72	17	
Folic acid		0		0	z	7		0	0	
Folate, food		60		0		4		72	17	
Folate, DFE	mcg_DFE	60		0	NC	4		72	17	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	
Vitamin A, IU		41		0		1		49	12	
Vitamin A, RAE		2		0		1		2	1	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids: Fatty acids, total saturated	a	31.184	1	0		1		37.421	8.841	
4:0		31.104	•	U		_		37.421	0.041	
6:0										
8:0										
10:0										
12:0	g									
13:0										
14:0										
15:0		00 00						06 ***		
16:0		22.035)	1		1		26.442	6.247	
17:0		9.148	1	1		1		10.978	2.593	
18:0 20:0		9.140	•	_		1		10.976	2.333	
22:0										
24:0										

		<u>Ar</u>	mount in 10			ole portio	<u>n</u>	Amount in edible portion of common measures of food			
				Number				m	easures of 1000		
Nutrients and Uni	ts	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	g	37.229		0		1		44.675	10.554		
14:1	_										
15:1											
16:1 undifferentiated	-										
17:1	-										
18:1 undifferentiated		37.229		1		1		44.675	10.554		
20:1	g										
22:1 undifferentiated	-										
24:1 c	-										
Fatty acids, total polyunsaturated	-	7.605		0		1		9.126	2.156		
18:2 undifferentiated		7.605		1		1		9.126	2.156		
18:3 undifferentiated											
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	-										
Fatty acids, total trans	-										
Cholesterol	-	0		0	Z	7		0	0		
Phytosterols	mg										
Amino Acids:											
Tryptophan	g	0.189		0		1		0.227	0.054		
Threonine	g	0.407		1		1		0.488	0.115		
Isoleucine	g	0.483		1		1		0.580	0.137		
Leucine	g	0.890		1		1		1.068	0.252		
Lysine	g	0.369		1		1		0.443	0.105		
Methionine		0.395		1		1		0.474	0.112		
Cystine	g	0.189		0		1		0.227	0.054		
Phenylalanine		0.497		1		1		0.596	0.141		
Tyrosine	-	0.381		1		1		0.457	0.108		
Valine	-	0.701		1		1		0.841	0.199		
Arginine		1.516		1		1		1.819	0.430		
Histidine	-	0.255		1		1		0.306	0.072		
Alanine	-	0.509		1		1		0.611	0.144		
Aspartic acid		1.222		1		1		1.466	0.346		
Glutamic acid		2.393		1		1		2.872	0.678		
Glycine		0.650		1		1		0.780	0.184		
Proline		0.471		1		1		0.565	0.134		
Serine	-	0.599		1		1		0.719	0.170		
Hydroxyproline	-										

Common Measures:

Measure 1 = 120g: 1 cup

Measure 2 = 28.35g: 1 oz (15 kernels)

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

NDB No. 12147 Nuts, pine nuts, dried (1)

Pinus spp.

Refuse: 23% Shells

		<u>A</u>	mount in 100 g	<u>ırams</u>	of ear	ole portic	<u>on</u>	Amount in	edible portion	of common
			Nu	ımber					easures of food	
					Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.28	0.094	8	A	1		3.07	0.65	0.04
Energy	kcal	673		0	NC	4		908	191	12
Energy	kj	2816		0	NC	4		3801	798	51
Protein (N x 5.3)		13.69	0.156	8	A	1		18.49	3.88	0.25
Total lipid (fat)		68.37	0.249	8	A	1		92.29	19.38	1.23
Ash		2.59	0.032	8	A	1		3.50	0.73	0.05
Carbohydrate, by difference		13.08		0	NC	4		17.65	3.71	0.24
Fiber, total dietary		3.7	0.052	5	A	1		5.1	1.1	0.1
Sugars, total		3.59	0.085	4	A	1		4.85	1.02	0.06
Sucrose	g	3.45	0.085	4	A	1		4.65	0.98	0.06
Glucose (dextrose)		0.07	0.000	4	A	1		0.10	0.02	0.00
Fructose		0.07	0.000	4	A	1		0.10	0.02	0.00
Lactose	g	0.00	0.000	4	A	1		0.00	0.00	0.00
Maltose	g	0.00	0.000	4	A	1		0.00	0.00	0.00
Galactose	g	0.00	0.000	4	A	1		0.00	0.00	0.00
Starch	g	1.43		1	A	1		1.93	0.41	0.03
Minerals:										
Calcium, Ca	mg	16	0.955	8	A	1		22	5	0
Iron, Fe		5.53	0.133	8	A	1		7.46	1.57	0.10
Magnesium, Mg		251	2.969	8	A	1		339	71	5
Phosphorus, P	mg	575	9.507	8	A	1		777	163	10
Potassium, K	mg	597	11.408	8	A	1		806	169	11
Sodium, Na	mg	2	0.000	4	A	1		2	0	0
Zinc, Zn	mg	6.45	0.075	8	A	1		8.71	1.83	0.12
Copper, Cu		1.324		8	A	1		1.787	0.375	0.02
Manganese, Mn		8.802		8	A	1		11.883	2.496	0.15
Selenium, Se	mcg	0.7	0.069	4	A	1		0.9	0.2	0.0
Vitamins:	ma	0.0	0.198	7		1		1.0	0.0	0.0
Vitamin C, total ascorbic acid		0.8 0.364		7 8	A A	1 1		0.491	0.2 0.103	0.0 0.00
ThiaminRiboflavin	-	0.364		4	A	1		0.491	0.103	0.00
Niacin	-	4.387		8	A	1		5.923	1.244	0.00
Pantothenic acid.	-	0.313		7	A	1		0.422	0.089	0.00
Vitamin B-6	• • • • • • • • • • • • • • • • • • • •	0.094		8	A	1		0.126	0.027	0.00
Folate, total		34	0.737	6	A	1		46	10	1
Folic acid		0		0	z	7		0	0	0
Folate, food	mcq	34	0.737	6	A	1		46	10	1
Folate, DFE		34		0	NC	4		46	10	1
Vitamin B-12		0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU		29		0		4		39	8	1
Vitamin A, RAE		1		0	NC	4		2	0	0
Retinol		0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	9.33	0.288	4	A	1		12.59	2.64	0.17
Tocopherol, beta	mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocopherol, gamma	mg	11.15	0.202	4	A	1		15.05	3.16	0.20
Tocopherol, delta		0.00	0.000	4	A	1		0.00	0.00	0.00
Vitamin D Vitamin K (phylloquinone)		53.9	1.736	7	A	1		72.8	15.3	1.0
	Ilicg	55.9	1.736	,	A	1		12.8	15.3	1.0
Lipids: Fatty acids, total saturated	a	4.899)	0	NC	4		6.614	1.389	0.08
4:0		0.000		0	110	1		0.000	0.000	0.00
6:0		0.000		0		1		0.000	0.000	0.00
8:0	-	0.000		7	A	1		0.000	0.000	0.00
10:0		0.000		7	A	1		0.000	0.000	0.00
12:0	-	0.000		7	A	1		0.000	0.000	0.00
13:0	-		0.000	-		_		3.000	0.000	2.00
14:0	-	0.000	0.000	7	A	1		0.000	0.000	0.00
* 1.V	g	0.000		7	A	1		0.000	0.000	0.00

	A	mount in 100) grams	of edil	ole portic	<u>on</u>	Amount in	edible portion of	of common
		ı	Numbe	r			<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
16:0	3.212	0.05	8 7	A	1		4.337	0.911	0.058
17:0	0.000	0.00	0 7	A	1		0.000	0.000	0.000
18:0	1.390	0.01	9 7	A	1		1.876	0.394	0.025
20:0				A	1		0.309	0.065	0.004
22:0	•			A	1		0.092	0.019	0.001
24:0	•			A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated			0	NC	4		25.331	5.320	0.338
14:19				A	1 1		0.000	0.000	0.000
15:1				A A	1		0.000 0.023	0.000 0.005	0.000 0.000
17:1				A	1		0.023	0.005	0.000
18:1 undifferentiated	•			A	1		24.228	5.088	0.323
20:1				A	1		1.081	0.227	0.014
22:1 undifferentiated				A	1		0.000	0.000	0.000
24:1 c					_		0.000	0.000	0.000
Fatty acids, total polyunsaturated		L	0	NC	4		45.996	9.659	0.613
18:2 undifferentiated		0.42	9 7	A	1		44.752	9.398	0.597
18:3 undifferentiated		l	0	AS	1		0.222	0.047	0.003
18:3 n-6 c,c,c	0.052	0.00	0 4	A	1		0.070	0.015	0.001
18:3i)								
18:49	0.000	0.00	0 3	A	1		0.000	0.000	0.000
20:2 n-6 c,c				A	1		0.545	0.115	0.007
20:3 undifferentiated		0.00	3 7	A	1		0.476	0.100	0.006
20:3 n-3									
20:3 n-6					_				
20:4 undifferentiated		0.00	0 7	A	1		0.000	0.000	0.000
20:4 n-3									
20:4 n-6		0.00	0 3	A	1		0.000	0.000	0.000
20.5 n-3				A	1		0.000	0.000	0.000
22:6 n-3	•			A	1		0.000	0.000	0.000
Fatty acids, total trans	•	0.00	0 5		-		0.000	0.000	0.000
Cholesterolr			0	z	7		0	0	0
Phytosterolsr	-		0		1		190	40	3
•									
Amino Acids:	0 107		•		1		0 144	0.020	0.000
Tryptophan			0	A A	1 1		0.144	0.030	0.002
Threonine	•		0	A	1		0.499 0.732	0.105 0.154	0.007 0.010
Isoleucine			0	A	1		1.337	0.134	0.010
Lysine	•		0	A	1		0.729	0.153	0.010
Methionine.			0	A	1		0.349	0.073	0.005
Cystine			0	A	1		0.390	0.082	0.005
Phenylalanine			0	A	1		0.708	0.149	0.009
Tyrosine			0	A	1		0.687	0.144	0.009
ValineQ			0	A	1		0.927	0.195	0.012
Arginine		3	0	A	1		3.257	0.684	0.043
Histidine	0.341	L	0	A	1		0.460	0.097	0.006
Alanine	0.684	Į.	0	A	1		0.924	0.194	0.012
Aspartic acid	1.303	3	0	A	1		1.759	0.369	0.023
Glutamic acid	2.926	5	0	A	1		3.951	0.830	0.053
Glycine	0.691	L	0	A	1		0.932	0.196	0.012
ProlineQ			0	A	1		0.909	0.191	0.012
Serine		5	0	A	1		1.127	0.237	0.015
HydroxyprolineQ	9								
Others:									
Alcohol, ethylg	0.0		0		7		0.0	0.0	0.0
Caffeineme			0	z	7		0	0	0
Theobromine m	•		0	z	7		0	0	0
Carotenoids:									
Carotene, beta	cg 17		0	BNA	4		23.490	4.933	0.313
Carotene, alphamo	•		Ö	BNA	4		0.000	0.000	0.000
Cryptoxanthin, betamo			0	BNA	4		0.000	0.000	0.000
Lycopenemo			0	BFZN	4		0.000	0.000	0.000

Nuts, pine nuts, dried (1)

	Amount in edible portion of common								
			Number of Data		Source	Confidence	me	easures of food	
Nutrients and Units	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
Lutein + zeaxanthinmcg	9		0	BFZN	4		12.207	2.563	0.163

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 = 135g: 1 cup

Measure 2 = 28.35g: 1 oz (167 kernels)

Measure 3 = 1.8g: 10 nuts

Footnotes

1 Includes pignolia (Pinus pinea) and Korean (Pinus koraiensis).

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

Refuse: 43% Shells

		<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	
				ta Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:									
Water	g	5.90	1		1		1.67	0.06	
Energy	-	629	0	NC	4		178	6	
Energy		2632			4		746	26	
Protein (N x 5.3)		11.57	1		1		3.28	0.12	
Total lipid (fat)		60.98	1		1		17.29	0.61	
Ash		2.26	1		1		0.64	0.02	
Carbohydrate, by difference		19.30	O	NC	4		5.47	0.19	
Fiber, total dietary		10.7	0		4		3.0	0.1	
Sugars, total									
Starch	-								
Suren	9								
<u>Minerals:</u>									
Calcium, Ca	_	8	2		1		2	0	
Iron, Fe		3.06	2		1		0.87	0.03	
Magnesium, Mg		234	2		1		66	2	
Phosphorus, P	_	35	2		1		10	0	
Potassium, K		628	2		1		178	6	
Sodium, Na		72	2		1		20	1	
Zinc, Zn		4.28	2		1		1.21	0.04	
Copper, Cu		1.035			1		0.293	0.010	
Manganese, Mn		4.333	3 0		4		1.228	0.043	
Selenium, Se	mcg								
Vitamins:									
Vitamin C, total ascorbic acid	mg	2.0	0		1		0.6	0.0	
Thiamin		1.243	3 0		1		0.352	0.012	
Riboflavin		0.223	3 0		1		0.063	0.002	
Niacin		4.370) 0		1		1.239	0.044	
Pantothenic acid		0.210	0		4		0.060	0.002	
Vitamin B-6		0.111	. 0		4		0.031	0.001	
Folate, total	_	58	0		4		16	1	
Folic acid		0	0	Z	7		0	0	
Folate, food		58	0		4		16	1	
Folate, DFE	mcg_DFE	58	0	NC	4		16	1	
Vitamin B-12		0.00	0	Z	7		0.00	0.00	
Vitamin A, IU		29	0		1		8	0	
Vitamin A, RAE		1	0		1		0	0	
Retinol		0	0	Z	7		0	0	
Vitamin E (alpha-tocopherol)									
Tocopherol, beta	=								
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)	mcg								
Lipids:									
Fatty acids, total saturated	a	9.377	, 0		1		2.658	0.094	
4:0		5.57			-		2.050	0.054	
6:0									
8:0	-								
10:0	-								
12:0									
13:0									
14:0									
15:0									
16:0		4.416	5 0		1		1.252	0.044	
17:0							. ===		
18:0		2.011	. 0		1		0.570	0.020	
20:0	-		·		=				
22:0									
24:0									

		<u>A</u> 1	mount in 10	0 grams	of edil	ole portio	<u>on</u>		edible portion of	common
			1	Number				<u>m</u>	easures of food	
Nutrients and Un	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
F-44	0	22.942		0		1		6.504	0.229	
Fatty acids, total monounsaturated		22.942	•	U		1		6.504	0.229	
15:1	-									
16:1 undifferentiated		0.250	1	0		1		0.071	0.003	
17:1	-	0.230	•	Ū		-		0.071	0.005	
18:1 undifferentiated		21.528	1	0		1		6.103	0.215	
20:1		1.164		0		1		0.330	0.012	
22:1 undifferentiated	-			·		_		0.550	0.012	
24:1 c	•									
Fatty acids, total polyunsaturated	-	25.668	1	0		1		7.277	0.257	
18:2 undifferentiated	-	24.882		0		1		7.054	0.249	
18:3 undifferentiated		0.787		0		1		0.223	0.008	
18:4	-									
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated	-									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0	0	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.146	i	0		1		0.041	0.001	
Threonine	g	0.367	,	0		1		0.104	0.004	
Isoleucine	g	0.450)	0		1		0.128	0.005	
Leucine	g	0.834	l	0		1		0.236	0.008	
Lysine		0.434	l .	0		1		0.123	0.004	
Methionine	g	0.207	,	0		1		0.059	0.002	
Cystine	g	0.210)	0		1		0.060	0.002	
Phenylalanine	g	0.443	1	0		1		0.126	0.004	
Tyrosine		0.424	ŀ	0		1		0.120	0.004	
Valine	g	0.598	1	0		1		0.170	0.006	
Arginine	g	2.251		0		1		0.638	0.023	
Histidine	g	0.277	,	0		1		0.079	0.003	
Alanine	g	0.605	i	0		1		0.172	0.006	
Aspartic acid	g	1.054	ŀ	0		1		0.299	0.011	
Glutamic acid	g	1.969)	0		1		0.558	0.020	
Glycine	g	0.589)	0		1		0.167	0.006	
Proline	g	0.622	!	0		1		0.176	0.006	
Serine	g	0.491		0		1		0.139	0.005	
Hydroxyproline	g									

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 1.0g: 10 nuts

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

NDB No. 12652 Nuts, pistachio nuts, dry roasted, with salt added

Refuse: 47% Shells

		<u>A</u>	mount in 100 g	rams	of edil	Amount in 100 grams of edible portion Number								
			Nu	ımber					edible portion e easures of food	_				
					Deriv	Source	Confidence							
Nutrients and Uni	ts	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3				
Proximates:														
Water	-	2.03	0.244	4	A	1		2.50	0.58	0.01				
Energy		568		0	NC	4		698	161	4				
Energy		2376		0	NC	4		2922	674	17				
Protein (N x 5.3)		21.35	0.423	11	A	1		26.26	6.05	0.15				
Total lipid (fat)		45.97	0.882	11	A	1		56.54	13.03	0.32				
Ash		3.87	0.097	4	A	1		4.76	1.10	0.03				
Carbohydrate, by difference		26.78		0	NC	4		32.93	7.59	0.19				
Fiber, total dietary		10.3	0.023	11	A	1		12.7	2.9	0.1				
Sugars, total		7.81	0.611	11	A	1		9.61	2.22	0.05				
Sucrose	g	7.26	0.430	11	A	1		8.92	2.06	0.05				
Glucose (dextrose)		0.23	0.123	11	A	1		0.29	0.07	0.00				
Fructose		0.13	0.009	11	A	1		0.16	0.04	0.00				
Lactose	g	0.00	0.000	11	A	1		0.00	0.00	0.00				
Maltose		0.19	0.048	11	A	1		0.23	0.05	0.00				
Galactose						_								
Starch	g	1.38	0.113	4	A	1		1.69	0.39	0.01				
Minerals:														
Calcium, Ca	mg	110	8.282	11	A	1		135	31	1				
Iron, Fe		4.20	0.074	11	A	1		5.17	1.19	0.03				
Magnesium, Mg	mg	120	1.250	4	A	1		148	34	1				
Phosphorus, P	<u>mg</u>	485	6.455	4	A	1		597	137	3				
Potassium, K	mg	1042	32.857	11	A	1		1282	295	7				
Sodium, Na		405	42.708	16	A	1		498	115	3				
Zinc, Zn		2.30	0.041	4	A	1		2.83	0.65	0.02				
Copper, Cu		1.325		4	A	1		1.630	0.376	0.00				
Manganese, Mn Selenium, Se		1.275 9.3	0.075 0.693	4 9	A A	1 1		1.568 11.4	0.361 2.6	0.00 0.1				
	Thog	9.3	0.693	9	A	_		11.4	2.6	0.1				
Vitamins: Vitamin C, total ascorbic acid	ma	2.3	0.250	4	A	1		2.8	0.6	0.0				
Thiamin		0.840		4	A	1		1.033	0.238	0.00				
Riboflavin	-	0.158		4	A	1		0.194	0.045	0.00				
Niacin	-	1.425		4	A	1		1.753	0.404	0.01				
Pantothenic acid	_	0.513		4	A	1		0.630	0.145	0.00				
Vitamin B-6	-	1.274	0.384	12	A	1		1.567	0.361	0.00				
Folate, total		50	1.402	4	A	1		62	14	0				
Folic acid		0		0	Z	7		0	0	0				
Folate, food	mcg	50	1.402	4	A	1		62	14	0				
Folate, DFE		50		0	NC	4		62	14	0				
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	0.00				
Vitamin A, IU		262	135.598	12	A	1		322	74	2				
Vitamin A, RAE	mcg_RAE	13	6.780	12	A	1		16	4	0				
Retinol	mcg	0		0	Z	7		0	0	0				
Vitamin E (alpha-tocopherol)	mg	1.93	0.103	4	A	1		2.37	0.55	0.01				
Tocopherol, beta	mg	0.14	0.000	4	A	1		0.17	0.04	0.00				
Tocopherol, gamma		22.45	0.278	4	A	1		27.61	6.36	0.16				
Tocopherol, delta		0.73	0.025	4	A	1		0.89	0.21	0.01				
Vitamin DVitamin K (phylloquinone)		13.2	0.584	8	A	1		16.3	3.7	0.1				
* * * *	nog	13.2	0.504	Ü		-		10.5	3.,	0.1				
Lipids: Fatty acids, total saturated	a	5.555	5	0	NC	4		6.832	1.575	0.03				
4:0		0.000		0	Z	7		0.000	0.000	0.00				
6:0		0.000		0	Z	7		0.000	0.000	0.00				
8:0	_	0.000		4	A	1		0.000	0.000	0.00				
10:0		0.000		4	A	1		0.000	0.000	0.00				
12:0	-	0.000		4	A	1		0.000	0.000	0.00				
13:0	_	0.000		4	A	1		0.000	0.000	0.00				
14:0	-	0.000		4	A	1		0.000	0.000	0.00				
15:0	-	0.000		4	A	1		2.000	3.550	0.00				

		<u>Ar</u>	nount in 100	grams	of edil	ole portio	<u>n</u>	Amount in	edible portion o	of common
			ı	Numbe	r			<u>m</u>	easures of food	
Nutrients and Units		Mean	Std. Error		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
15:0	g	0.000	0.00	0	A	1		0.000	0.000	
16:0	9	4.945	0.04	3 4	A	1		6.082	1.402	0.035
17:0		0.000	0.00		A	1		0.000	0.000	0.000
18:0	-	0.514	0.02		A	1		0.633	0.146	0.004
20:0	•	0.055	0.01		A	1		0.068	0.016	0.000
22:0		0.041	0.00		A	1		0.050	0.012	0.000
24:0 Fatty acids, total monounsaturated		0.000 24.216	0.00	0 4 0	A NC	1 4		0.000 29.786	0.000 6.865	0.000 0.170
14:1		0.000	0.00		A	1		0.000	0.000	0.000
15:1		0.000	0.00	· •	n	-		0.000	0.000	0.000
16:1 undifferentiated	-	0.457	0.01	3 4	A	1		0.562	0.130	0.003
17:1	-									
18:1 undifferentiated	-	23.583	0.10	4 4	A	1		29.007	6.686	0.165
20:1	g	0.176	0.00	0 4	A	1		0.216	0.050	0.001
22:1 undifferentiated	g	0.000	0.00	0 4	A	1		0.000	0.000	0.000
24:1 c		0.000	0.00		A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated		13.899		0	NC	4		17.095	3.940	0.097
18:2 undifferentiated	g	13.636	0.11		A	1		16.773	3.866	0.095
18:3 undifferentiated		0.262	0.00		A	1		0.323	0.074	0.002
18:4		0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c		0.000	0.00		A	1		0.000	0.000	0.000
20:3 undifferentiated	-	0.000	0.00		A	1		0.000	0.000	0.000
20:4 undifferentiated		0.000	0.00		A	1		0.000	0.000	0.000
20:5 n-3		0.000	0.00		A	1		0.000	0.000	0.000
22:5 n-3		0.000	0.00		A	1		0.000	0.000	0.000
22:6 n-3	-	0.000	0.00	0 4	A	1		0.000	0.000	0.000
Fatty acids, total trans Cholesterol		0		0	z	7		0	0	0
		214		1	A	1		263	61	1
PhytosterolsStigmasterol		4		1	A	1		5	1	0
Campesterol		10		1	A	1		13	3	0
Beta-sitosterol		199		1	A	1		244	56	1
Amino Acids:										
Tryptophan	g	0.284			A	1		0.349	0.080	0.002
Threonine	g	0.699			A	1		0.860	0.198	0.005
Isoleucine	g	0.935			A	1		1.150	0.265	0.007
Leucine		1.616			A	1		1.987	0.458	0.011
Lysine		1.196			A	1		1.471	0.339	0.008
Methionine		0.351			A	1		0.432	0.100	0.002
Cystine		0.371			A	1		0.457	0.105	0.003
Phenylalanine	-	1.104			A	1		1.358	0.313	0.008
Tyrosine		0.432			A	1		0.531	0.122	0.003
Valine		1.288			A A	1 1		1.585	0.365	0.009
Arginine		2.108			A A	1		2.593 0.648	0.598	0.015
Histidine	-	0.527 0.957			A A	1		0.648 1.177	0.149 0.271	0.004 0.007
AlanineAspartic acid		1.888			A	1		2.323	0.271	0.007
Glutamic acid		3.970			A	1		4.883	1.126	0.013
Glycine	-	0.991			A	1		1.218	0.281	0.023
Proline	-	0.844			A	1		1.038	0.239	0.006
Serine		1.274			A	1		1.566	0.361	0.009
Hydroxyproline	-									
Others:										
Alcohol, ethyl	g	0.0		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	157	81.35		A	1		193.110	44.509	1.099
Carotene, alpha		0	0.00		A	1		0.000	0.000	0.000
Cryptoxanthin, beta		0	0.00		A	1		0.000	0.000	0.000
Lycopene		0	0.00		A	1		0.000	0.000	0.000
Lutein + zeaxanthin	Titica	1205	15.65	6 8	A	1		1482.150	341.618	8.435

Nuts, pistachio nuts, dry roasted, with salt added

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 = 123g: 1 cup

Measure 2 = 28.35g: 1 oz (49 kernels)

Measure 3 = 0.7g: 1 kernel

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

NDB No. 12152 Nuts, pistachio nuts, dry roasted, without salt added

Refuse: 47% Shells

		<u>A</u> 1	mount in 100 g			ole portic	<u>on</u>		edible portion of easures of food	
			of		Deriv		Confidence		011000	•
Nutrients and Un	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		1.99	0.115	11	A	1		2.44	0.56	0.01
Energy		571		0	NC	4		703	162	4
Energy	kj	2391		0	NC	4		2940	678	17
Protein (N x 5.3)		21.35	0.423	11	A	1		26.26	6.05	0.15
Total lipid (fat)		45.97	0.882	11	A	1		56.54	13.03	0.32
Ash	g	3.05	0.078	11	A	1		3.75	0.86	0.02
Carbohydrate, by difference		27.65		0	NC	4		34.00	7.84	0.19
Fiber, total dietary		10.3	0.023	11	A	1		12.7	2.9	0.1
Sugars, total	g	7.81	0.611	11	A	1		9.61	2.22	0.05
Sucrose		7.26	0.430	11	A	1		8.92	2.06	0.05
Glucose (dextrose)	g	0.23	0.123	11	A	1		0.29	0.07	0.00
Fructose	g	0.13	0.009	11	A	1		0.16	0.04	0.00
Lactose	g	0.00	0.000	11	A	1		0.00	0.00	0.00
Maltose	g	0.19	0.048	11	A	1		0.23	0.05	0.00
Galactose										
Starch	g	1.38	0.113	4	A	1		1.69	0.39	0.01
Minerals:										
Calcium, Ca	mg	110	8.282	11	A	1		135	31	1
Iron, Fe	mg	4.20	0.074	11	A	1		5.17	1.19	0.03
Magnesium, Mg		120	1.250	4	A	1		148	34	1
Phosphorus, P		485	6.455	4	A	1		597	137	3
Potassium, K		1042	32.857	11	A	1		1282	295	7
Sodium, Na	_	10	3.860	4	A	1		13	3	0
Zinc, Zn		2.30	0.041	4	A	1 1		2.83	0.65	0.02
Copper, Cu		1.325 1.275		4 4	A A	1		1.630 1.568	0.376 0.361	0.009
Manganese, Mn Selenium, Se		9.3	0.693	9	A	1		11.4	2.6	0.1
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.3	0.250	4	A	1		2.8	0.6	0.0
Thiamin		0.840	0.013	4	A	1		1.033	0.238	0.006
Riboflavin		0.158	0.017	4	A	1		0.194	0.045	0.001
Niacin		1.425	0.048	4	A	1		1.753	0.404	0.010
Pantothenic acid	mg	0.513	0.012	4	A	1		0.630	0.145	0.004
Vitamin B-6	mg	1.274	0.384	12	A	1		1.567	0.361	0.009
Folate, total	mcg	50	1.402	4	A	1		62	14	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	50	1.402	4	A	1		62	14	0
Folate, DFE	mcg_DFE	50		0	NC	4		62	14	0
Vitamin B-12		0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU		262	135.598	12	A	1		322	74	2
Vitamin A, RAE		13	6.780	12	A	1		16	4	0
Retinol		0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)		1.93	0.103	4	A	1		2.37	0.55	0.01
Tocopherol, beta		0.14	0.000	4	A	1		0.17	0.04	0.00
Tocopherol, gamma		22.45	0.278	4	A	1		27.61	6.36	0.16
Tocopherol, delta		0.73	0.025	4	A	1		0.89	0.21	0.01
Vitamin D Vitamin K (phylloquinone)		13.2	0.584	8	A	1		16.3	3.7	0.1
• • • •										
Lipids: Fatty acids, total saturated	a	5.555	5	0	NC	4		6.832	1.575	0.039
4:0		0.000		0	Z	7		0.000	0.000	0.000
6:0		0.000		0	Z	7		0.000	0.000	0.000
8:0	_	0.000		4	A	1		0.000	0.000	0.000
10:0		0.000		4	A	1		0.000	0.000	0.000
12:0		0.000		4	A	1		0.000	0.000	0.000
13:0		0.000		4	A	1		0.000	0.000	0.000
14:0	-	0.000		4	A	1		0.000	0.000	0.000
15:0	-	0.000		4	A	1		3.000	0.000	0.000

		<u>An</u>	nount in 100 g	rams mbe		ole portic	<u>on</u>		edible portion c	of common
Nutrients and Unit	s	Mean	of Std. Error Po		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
15:0	a	0.000	0.000		A	1		0.000	0.000	
16:0		4.945	0.043	4	A	1		6.082	1.402	0.035
17:0	-	0.000	0.000	4	A	1		0.000	0.000	0.000
18:0		0.514	0.021	4	A	1		0.633	0.146	0.004
20:0	-	0.055	0.011	4	A	1		0.068	0.016	0.000
22:0	g	0.041	0.003	4	A	1		0.050	0.012	0.000
24:0		0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated		24.216		0	NC	4		29.786	6.865	0.170
14:1		0.000	0.000	4	A	1		0.000	0.000	0.000
15:1		0.457	0.013	4	A	1		0.562	0.130	0 003
16:1 undifferentiated		0.457	0.013	4	A	1		0.562	0.130	0.003
18:1 undifferentiated	-	23.583	0.104	4	A	1		29.007	6.686	0.165
20:1	-	0.176	0.000	4	A	1		0.216	0.050	0.001
22:1 undifferentiated		0.000	0.000	4	A	1		0.000	0.000	0.000
24:1 c	g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	13.899		0	NC	4		17.095	3.940	0.097
18:2 undifferentiated	g	13.636	0.110	4	A	1		16.773	3.866	0.095
18:3 undifferentiated		0.262	0.000	4	A	1		0.323	0.074	0.002
18:4		0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c		0.000	0.000	4	A	1		0.000	0.000	0.000
20:3 undifferentiated		0.000	0.000	4 4	A A	1 1		0.000 0.000	0.000 0.000	0.000
20:4 undifferentiated 20:5 n-3		0.000	0.000	4	A	1		0.000	0.000	0.000
22:5 n-3		0.000	0.000	4	A	1		0.000	0.000	0.000
22:6 n-3		0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total trans	-									
Cholesterol		0		0	Z	7		0	0	0
Phytosterols	mg	214		0	A	1		263	61	1
Stigmasterol	mg	4		1	A	1		5	1	0
Campesterol		10		1	A	1		13	3	0
Beta-sitosterol	mg	199		1	A	1		244	56	1
Amino Acids:										
Tryptophan	g	0.284			A	1		0.349	0.080	0.002
Threonine	g	0.699			A	1		0.860	0.198	0.005
Isoleucine	g	0.935			A	1		1.150	0.265	0.007
Leucine		1.616			A	1		1.987	0.458	0.011
Lysine		1.196			A	1		1.471	0.339	0.008
Methionine	3	0.351			A	1		0.432	0.100	0.002
Cystine		0.371			A	1		0.457	0.105	0.003
Phenylalanine		1.104 0.432			A A	1 1		1.358 0.531	0.313	0.008
TyrosineValine		1.288			A	1		1.585	0.122 0.365	0.003 0.009
Arginine		2.108			A	1		2.593	0.598	0.009
Histidine	-	0.527			A	1		0.648	0.149	0.004
Alanine		0.957			A	1		1.177	0.271	0.007
Aspartic acid	_	1.888			A	1		2.323	0.535	0.013
Glutamic acid		3.970			A	1		4.883	1.126	0.028
Glycine	g	0.991			A	1		1.218	0.281	0.007
Proline	-	0.844			A	1		1.038	0.239	0.006
Serine	_	1.274			A	1		1.566	0.361	0.009
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		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	157	81.359	12	A	1		193.110	44.509	1.099
Carotene, alpha		0	0.000	12	A	1		0.000	0.000	0.000
Cryptoxanthin, beta		0	0.000	8	A	1		0.000	0.000	0.000
Lycopene		0	0.000	8	A	1		0.000	0.000	0.000
Lutein + zeaxanthin	mcg	1205	15.656	8	A	1		1482.150	341.618	8.435

Nuts, pistachio nuts, dry roasted, without salt added

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 = 123g: 1 cup

Measure 2 = 28.35g: 1 oz (49 kernels)

Measure 3 = 0.7g: 1 kernel

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

Pistacia vera

Refuse: 47% Shells

		<u>A</u>	mount in 100 g	<u>ırams</u>	of ear	ole portic	<u>on</u>		edible portion	
			Nu	mber	-			<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	α	3.97	0.276	8	A	1		4.88	1.12	0.03
		557	0.276	0	NC	4		685	158	4
Energy		2332		0	NC	4		2868	661	16
Energy	=		0.106					25.36		
Protein (N x 5.3)	-	20.61	0.186	8	A	1			5.84	0.14
Total lipid (fat)		44.44	1.664 0.061	8	A	1		54.66	12.60	0.31
Ash		3.02	0.061	8	A	1		3.71	0.86	0.02
Carbohydrate, by difference		27.97		0	NC	4		34.40	7.93	0.20
Fiber, total dietary		10.3	0.353	8	A	1		12.6	2.9	0.1
Sugars, total		7.64	0.305	8	A	1		9.39	2.17	0.05
Sucrose	g	7.00	0.100	8	A	1		8.61	1.98	0.05
Glucose (dextrose)	g	0.27	0.113	8	A	1		0.34	0.08	0.00
Fructose	g	0.17	0.035	8	A	1		0.20	0.05	0.00
Lactose	g	0.00	0.000	8	A	1		0.00	0.00	0.00
Maltose		0.20	0.058	8	A	1		0.25	0.06	0.00
Galactose	g									
Starch		1.67		1	A	1		2.05	0.47	0.01
Minanala										
Minerals:	ma	107	0.014					120	20	1
Calcium, Ca	-		0.214	8	A	1 1		132	30 1.18	0.03
Iron, Fe		4.15	0.151	8 1	A	1		5.11	34	0.03
Magnesium, Mg		121			A	1		149		3
Phosphorus, P		490	64 642	1	A	1		603	139	3 7
Potassium, K		1025 1	64.643	8 1	A A	1		1261 2	291 0	0
Sodium, Na		2.20		1	A	1		2.71	0.62	0.02
Zinc, Zn		1.300	,	1	A	1		1.599	0.62	0.02
Copper, Cu		1.200		1	A	1		1.399	0.349	0.00
Manganese, Mn Selenium, Se		7.0	,	1	A	1		8.6	2.0	0.00
Vitamins:										
Vitamin C, total ascorbic acid	mg	5.0		1	A	1		6.2	1.4	0.0
Thiamin	mg	0.870)	1	A	1		1.070	0.247	0.00
Riboflavin	mg	0.160)	1	A	1		0.197	0.045	0.00
Niacin	mg	1.300)	1	A	1		1.599	0.369	0.00
Pantothenic acid	mg	0.520)	1	A	1		0.640	0.147	0.00
Vitamin B-6	mg	1.700)	1	A	1		2.091	0.482	0.01
Folate, total	mcg	51		1	A	1		62	14	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	51		1	A	1		62	14	0
Folate, DFE		51		0	NC	4		62	14	0
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU	IU	553		1	AS	1		680	157	4
Vitamin A, RAE		28		1	AS	1		34	8	0
Retinol		0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)		2.30		1	A	1		2.83	0.65	0.02
Tocopherol, beta		0.00		1	A	1		0.00	0.00	0.00
Tocopherol, gamma		22.60		1	A	1		27.80	6.41	0.16
Tocopherol, delta		0.80		1	A	1		0.98	0.23	0.01
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated		5.440		0	NC	4		6.691	1.542	0.03
4:0	g	0.000)	0	Z	7		0.000	0.000	0.00
6:0		0.000)	0	Z	7		0.000	0.000	0.00
8:0	g	0.000)	1	A	1		0.000	0.000	0.00
10:0	g	0.000)	1	A	1		0.000	0.000	0.00
12:0	g	0.000)	1	A	1		0.000	0.000	0.00
13:0	g	0.000)	1	A	1		0.000	0.000	0.00
14:0	g	0.000)	1	A	1		0.000	0.000	0.00
15:0	a	0.000)	1	A	1		0.000	0.000	0.00

		Amount in 10	00 grams	of edik	ole portio	<u>on</u>	Amount in	common	
			Number		0	Cantidanas		easures of food	
Nutrients and Units	Mean	Std. Error	of Data Points		Code	Confidence Code	Measure 1	Measure 2	Measure 3
160	~ 4.0	00		_					0.004
16:0 17:0	. •		1 1	A A	1 1		6.013 0.000	1.386 0.000	0.034
18:0	-		1	A	1		0.573	0.132	0.000
20:0	•		1	A	1		0.052	0.132	0.000
22:0	-		1	A	1		0.052	0.012	0.000
24:0	-		1	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated	. •		0	NC	4		28.683	6.611	0.163
14:1	-	00	1	A	1		0.000	0.000	0.000
15:1									
16:1 undifferentiated		63	1	A	1		0.570	0.131	0.003
17:1	.9								
18:1 undifferentiated	.g 22.6	86	1	A	1		27.904	6.432	0.159
20:1	-		1	A	1		0.209	0.048	0.001
22:1 undifferentiated	. •		1	A	1		0.000	0.000	0.000
24:1 c	. •		1	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated			0	NC	4		16.550	3.814	0.094
18:2 undifferentiated			1	A	1		16.237	3.743	0.092
18:3 undifferentiated			1	A	1		0.312	0.072	0.002
18:4			0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c			1	A	1		0.000	0.000	0.000
20:3 undifferentiated			1	A	1		0.000	0.000	0.000
20:4 undifferentiated	-		1	A	1		0.000	0.000	0.000
20:5 n-3			1 1	A A	1 1		0.000	0.000	0.000
22:5 n-3			1	A	1		0.000	0.000	0.000
22:6 n-3		00	1	A	1		0.000	0.000	0.000
Fatty acids, total trans			0	z	7		0	0	0
CholesterolPhytosterols	5		1	2	1		263	61	1
Stigmasterol	5		1	A	1		263 7	2	0
Campesterol	. 5		1	A	1		13	3	0
Beta-sitosterol			1	A	1		243	56	1
Amino Asida									
Amino Acids:	q 0.2	72	0	A	1		0.336	0.077	0.002
TryptophanThreonine			0	A	1		0.827	0.077	0.002
Isoleucine			0	A	1		1.107	0.191	0.005
Leucine			0	A	1		1.912	0.441	0.011
Lysine			0	A	1		1.415	0.326	0.008
Methionine			0	A	1		0.416	0.096	0.002
Cystine			0	A	1		0.440	0.101	0.002
Phenylalanine	.0		0	A	1		1.306	0.301	0.007
Tyrosine			0	A	1		0.511	0.118	0.003
Valine			0	A	1		1.524	0.351	0.009
Arginine		28	0	A	1		2.494	0.575	0.014
Histidine			0	A	1		0.623	0.144	0.004
Alanine			0	A	1		1.133	0.261	0.006
Aspartic acid	.g 1.8	17	0	A	1		2.234	0.515	0.013
Glutamic acid	.g 3.8	19	0	A	1		4.697	1.083	0.027
Glycine		53	0	A	1		1.172	0.270	0.007
Proline	.g 0.8	12	0	A	1		0.998	0.230	0.006
Serine	.g 1.2	25	0	A	1		1.507	0.347	0.009
Hydroxyproline	.g								
Others:									
Alcohol, ethyl	0.0		0		7		0.0	0.0	0.0
Caffeine	•		0	z	7		0	0	0
Theobrominer	=		0	z	7		0	0	0
Carotenoids:									
Carotene, betar	ncg 332		1	A	1		407.745	93.980	2.321
Carotene, alpha	. •		1	A	1		0.000	0.000	0.000
Cryptoxanthin, betar									
Lycopener	ncg								

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.

Nuts, pistachio nuts, raw (1)

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Nutrients and Units Mean Std. Error Points Code Code Code

Measure 1

Measure 2

Measure 3

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

Common Measures:

Measure 1 = 123g: 1 cup

Measure 2 = 28.35g: 1 oz (49 kernels)

Measure 3 = 0.7g: 1 kernel

Footnotes

1 Unroasted

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

NDB No. 12154 Nuts, walnuts, black, dried *Juglans nigra*

Refuse: 76% Shells

		<u>A</u>	mount in 100 gı	rams or	r earb	ie portio	<u>'n</u>	Amount in	edible portion	of common
			Nur	mber					easures of food	
				Data D	eriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	4.56	0.199	11	A	1		5.70	0.36	1.29
Energy	kcal	618		0	NC	4		772	48	175
Energy	kj	2584		0	NC	4		3230	202	733
Protein (N x 5.3)	g	24.06	0.287	11	A	1		30.08	1.88	6.82
Total lipid (fat)	g	59.00	2.419	31	A	1		73.75	4.60	16.73
Ash	g	2.47	0.142	11	A	1		3.09	0.19	0.70
Carbohydrate, by difference	g	9.91		0	NC	4		12.39	0.77	2.81
Fiber, total dietary	g	6.8		2	A	1		8.5	0.5	1.9
Sugars, total	g	1.10		1	A	1		1.38	0.09	0.31
Sucrose	g	1.00		1	A	1		1.25	0.08	0.28
Glucose (dextrose)		0.05		1	A	1		0.06	0.00	0.01
Fructose		0.05		1	A	1		0.06	0.00	0.01
Lactose		0.00		1	A	1		0.00	0.00	0.00
Maltose	g	0.00		1	A	1		0.00	0.00	0.00
Galactose										
Starch	g	0.24		1	A	1		0.30	0.02	0.07
Minerals:										
Calcium, Ca	ma	61	2.800	16	A	1		76	5	17
Iron, Fe		3.12	0.045	16	A	1		3.89	0.24	0.8
Magnesium, Mg		201	1.000	16	A	1		251	16	57
Phosphorus, P		513	49.000	16	A	1		641	40	145
Potassium, K		523	1.000	16	A	1		654	41	148
Sodium, Na		2	1.040	13	A	1		3	0	1
Zinc, Zn		3.37	0.050	16	A	1		4.21	0.26	0.9
Copper, Cu		1.360		16	A	1		1.700	0.106	0.3
Manganese, Mn		3.896	0.376	16	A	1		4.869	0.304	1.10
Selenium, Se		17.0		1	A	1		21.3	1.3	4.8
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.7		1	A	1		2.1	0.1	0.5
Thiamin	-	0.057	1	1	A	1		0.071	0.004	0.01
Riboflavin	mg	0.130)	1	A	1		0.163	0.010	0.03
Niacin	-	0.470		1	A	1		0.588	0.037	0.13
Pantothenic acid	_	1.660		1	A	1		2.075	0.129	0.4
Vitamin B-6		0.583	3	1	A	1		0.729	0.045	0.1
Folate, total	_	31		1	A	1		39	2	9
Folic acid		0		0	Z	7		0	0	0
Folate, food		31		1	A	1		39	2	9
Folate, DFE		31		0	NC	4		39	2	9
Vitamin B-12		0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU		40		1	A	1		50	3	11
Vitamin A, RAE		2		1	A	1		3	0	1
Retinol		0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)		1.80		1	A	1		2.25	0.14	0.5
Tocopherol, beta		0.00		1	A	1		0.00	0.00	0.0
Tocopherol, gamma		28.48		1	A	1		35.60	2.22	8.0
Tocopherol, delta		1.44		1	A	1		1.80	0.11	0.4
Vitamin D Vitamin K (phylloquinone)		2.7		0 1	BFZN	4		3.3	0.2	0.8
ipids:				- •		-		2.2	··-	3.0
Fatty acids, total saturated	а	3.368	3	0	NC	4		4.210	0.263	0.9
4:0		0.000		0		1		0.000	0.000	0.00
6:0		0.000		0		1		0.000	0.000	0.00
8:0	-	0.000		1	A	1		0.000	0.000	0.00
10:0		0.000		1	A	1		0.000	0.000	0.00
12:0	-	0.000		1	A	1		0.000	0.000	0.00
13:0	-	0.000	•	-		-		0.000	0.000	0.00
14:0		0.000	1	1	A	1		0.000	0.000	0.0
14.0	g g	0.000		1	A	1		0.000	0.000	0.00

		<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 Units	s	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
16:0	g	1.923	0.20	03 6	A	1		2.404	0.150	0.545
17:0	g	0.000		1	A	1		0.000	0.000	0.000
18:0	g	1.445	0.05	51 6	A	1		1.806	0.113	0.410
20:0	g	0.000		1	A	1		0.000	0.000	0.000
22:0	g	0.000		1	A	1		0.000	0.000	0.000
24:0										
Fatty acids, total monounsaturated	g	15.004		0	NC	4		18.755	1.170	4.254
14:1		0.000		1	A	1		0.000	0.000	0.000
15:1	-	0.000		1	A	1		0.000	0.000	0.000
16:1 undifferentiated		0.063			A	1		0.079	0.005	0.018
17:1		0.000		1	A	1		0.000	0.000	0.000
18:1 undifferentiated	-	14.533			A	1		18.166	1.134	4.120
20:1	_	0.408			A	1		0.510	0.032	0.116
22:1 undifferentiated	_	0.000		0		1		0.000	0.000	0.000
24:1 c		25 077		•				42 047	0.726	0.044
Fatty acids, total polyunsaturated		35.077 33.072		0 37 7	NC A	4 1		43.847	2.736	9.944
18:2 undifferentiated		2.006		0	AS	1		41.340 2.507	2.580 0.156	9.376 0.569
18:3 undifferentiated		0.000		1	AS A	1			0.156	0.369
18:3 n-6 c,c,c		0.000		1	A	_		0.000	0.000	0.000
18:3i 18:4	-	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.	-	0.000		1	A	1		0.000	0.000	0.000
20:3 undifferentiated		0.000		1	A	1		0.000	0.000	0.000
20:3 n-3	-	0.000		_	•			0.000	0.000	0.000
20:3 n-6	-									
20:4 undifferentiated		0.000		1	A	1		0.000	0.000	0.000
20:4 theriterentiated	-	0.000		-		-		0.000	0.000	0.000
20:4 n-6	-									
20:5 n-3	-	0.000		0		1		0.000	0.000	0.000
22:5 n-3		0.000		0		1		0.000	0.000	0.000
22:6 n-3		0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans										
Cholesterol		0		1	A	1		0	0	0
Phytosterols										
Stigmasterol		0		1	A	1		0	0	0
Campesterol		5		1	A	1		6	0	1
Beta-sitosterol	_	103		1	A	1		129	8	29
	_									
Amino Acids:				_		_				
Tryptophan		0.318		0	A	1		0.398	0.025	0.090
Threonine		0.721		U	A	1		0.902	0.056	0.205
Isoleucine		0.966		0	A	1		1.208	0.075	0.274
Leucine		1.684		0	A	1		2.105	0.131	0.477
Lysine		0.713		0	A	1		0.891	0.056	0.202
Methionine		0.467		0 0	A	1		0.584	0.036	0.133
Cystine		0.462		-	A	1		0.578	0.036	0.131
Phenylalanine		1.094		0 0	A A	1 1		1.367	0.085	0.310
Tyrosine		0.740		0	A	1		0.925	0.058	0.210
Valine	-	1.271		0				1.589	0.099	0.360
Arginine		3.618		0	A A	1 1		4.522 0.840	0.282	1.026
Histidine		0.672		0	A	1		1.311	0.052 0.082	0.191 0.297
Alanine		1.048 2.433		0	A	1				
Aspartic acid				0	A	1		3.041	0.190	0.690
Glyaina		5.152 1.189		0	A A	1		6.439 1.486	0.402 0.093	1.460 0.337
Glycine		0.926		0	A A	1		1.486	0.093	0.337
ProlineSerine		1.225		0	A	1		1.157	0.072	0.263
Hydroxyproline	-	1.225		U	A	1		1.332	0.096	0.34/
ттушохургонне	9									
Others:										
Alcohol, ethyl	g	0.0		0	Z	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	mca	24		1	A	1		30.000	1.872	6.804
, - 				_		=				

Nuts, walnuts, black, dried

	<u> </u>	Amount in 100 gra		Amount in edible portion of common measures of food				
Nutrients and Units	Mean	of D Std. Error Poir			Confidence Code	Measure 1	Measure 2	Measure 3
Carotene, alphamcg Cryptoxanthin, betamcg	0		1 A 0 BFZN	1		0.000	0.000	0.000
Lycopene	0 9		0 BFZN 0 BFZN	4		0.000 11.303	0.000 0.705	0.000 2.563

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 = 125g: 1 cup, chopped

Measure 2 = 7.8g: 1 tbsp Measure 3 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

Nuts, walnuts, english (1)

Juglans regia

Includes USDA commodity food A259, A257

Refuse: 55% Shells

		<u>A</u>	mount in 100 g	rams	of edil	Amount in 100 grams of edible portion							
			Nu	mber					edible portion easures of food	_			
					Deriv	Source	Confidence						
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3			
Proximates:													
Water	-	4.07	0.155	7	A	1		4.76	3.26	1.14			
Energy		654		0	NC	4		766	524	183			
Energy		2738	2 220	0	NC	4		3204	2191	767			
Protein (N x 5.3)		15.23	0.238	7	A	1		17.82	12.18	4.26			
Total lipid (fat)		65.21	0.494	7 7	A	1 1		76.30	52.17	18.26			
Ash		1.78	0.019		A			2.08	1.43	0.50			
Carbohydrate, by difference		13.71	0.540	0	NC	4		16.04	10.96	3.84			
Fiber, total dietary		6.7	0.549	7	A	1		7.8	5.4	1.9			
Sugars, total		2.61	0.094	7	A	1		3.06	2.09	0.73			
Sucrose	g	2.43	0.087	7	A	1		2.84	1.94	0.68			
Glucose (dextrose)		0.08	0.014	7	A	1		0.09	0.06	0.02			
Fructose		0.09	0.011	7	A	1		0.10	0.07	0.02			
Lactose	9	0.00	0.000	7	A	1		0.00	0.00	0.00			
Maltose		0.00	0.000	7	A	1		0.00	0.00	0.00			
Galactose				_									
Starch	g	0.06	0.011	7	A	1		0.06	0.04	0.02			
Minerals:													
Calcium, Ca	mg	98	3.009	7	A	1		114	78	27			
Iron, Fe		2.91	0.086	7	A	1		3.41	2.33	0.82			
Magnesium, Mg		158	1.204	7	A	1		185	126	44			
Phosphorus, P	mg	346	3.689	7	A	1		404	277	97			
Potassium, K	mg	441	6.471	7	A	1		516	353	124			
Sodium, Na	mg	2	0.837	7	A	1		2	2	1			
Zinc, Zn	<u>mg</u>	3.09	0.083	7	A	1		3.61	2.47	0.86			
Copper, Cu	mg	1.586	0.026	7	A	1		1.855	1.269	0.44			
Manganese, Mn		3.414		7	A	1		3.995	2.731	0.95			
Selenium, Se	mcg	4.9	0.417	6	A	1		5.7	3.9	1.4			
Vitamins:	ma	1.3	0.184	7	7	1		1.5	1.0	0.4			
Vitamin C, total ascorbic acid		0.341		7 7	A A	1		0.399	1.0 0.273	0.4			
ThiaminRiboflavin	-	0.341		7	A	1		0.176	0.120	0.09			
Niacin	_	1.125		8	A	1		1.317	0.120	0.31			
Pantothenic acid	-	0.570		7	A	1		0.667	0.456	0.16			
Vitamin B-6	_	0.537		7	A	1		0.628	0.430	0.15			
Folate, total		98	3.889	7	A	1		115	78	27			
Folic acid		0	2.002	0	z	7		0	0	0			
Folate, food	mca	98	3.889	7	A	1		115	78	27			
Folate, DFE		98		0	NC	4		115	78	27			
Vitamin B-12		0.00		0	z	7		0.00	0.00	0.00			
Vitamin A, IU		20	12.264	6	A	1		24	16	6			
Vitamin A, RAE		1	0.613	6	A	1		1	1	0			
Retinol		0		0	z	7		0	0	0			
Vitamin E (alpha-tocopherol)		0.70	0.321	13	A	1		0.82	0.56	0.20			
Tocopherol, beta		0.15	0.146	13	A	1		0.18	0.12	0.04			
Tocopherol, gamma		20.83	2.609	13	A	1		24.38	16.67	5.83			
Tocopherol, delta		1.89	0.466	13	A	1		2.21	1.51	0.53			
Vitamin D													
Vitamin K (phylloquinone)		2.7	0.253	8	A	1		3.1	2.1	0.7			
Lipids:													
Fatty acids, total saturated	g	6.126	5	0	NC	4		7.167	4.901	1.71			
4:0	g	0.000)	0	Z	7		0.000	0.000	0.00			
6:0	g	0.000)	0	Z	7		0.000	0.000	0.00			
8:0	g	0.000	0.000	7	A	1		0.000	0.000	0.00			
10:0	g	0.000	0.000	7	A	1		0.000	0.000	0.00			
12:0	g	0.000	0.000	7	A	1		0.000	0.000	0.00			
13:0	g	0.000	0.000	7	A	1		0.000	0.000	0.00			
14:0	g	0.000	0.000	7	A	1		0.000	0.000	0.00			
15:0	a	0.000	0.000	7	A	1				0.00			

	<u>A</u>	mount in 10	0 grams	of edil	ole portion		Amount in edible portion of common			
			Numbe	r			<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	
15:0g	0.00	0.00	00	A	1		0.000	0.000		
16:0g	4.40	4 0.09	5 7	A	1		5.152	3.523	1.233	
17:0g	0.00	0.00	0 7	A	1		0.000	0.000	0.000	
18:0g	1.65	9 0.03	35 7	A	1		1.941	1.327	0.465	
20:0g	0.06	3 0.00	0 7	A	1		0.073	0.050	0.018	
22:0g	0.00	0.00	0 7	A	1		0.000	0.000	0.000	
24:0g	0.00			A	1		0.000	0.000	0.000	
Fatty acids, total monounsaturatedg	8.93		0	NC	4		10.451	7.146	2.501	
14:1g	0.00	0 0.00	0 7	A	1		0.000	0.000	0.000	
15:1g			_							
16:1 undifferentiatedg	0.00	0.00	0 7	A	1		0.000	0.000	0.000	
17:1g				_	_					
18:1 undifferentiated	8.79			A	1		10.294	7.039	2.464	
20:1g	0.13			A	1		0.157	0.107	0.038	
22:1 undifferentiated	0.00			A	1		0.000	0.000	0.000	
24:1 c	0.00			A	1		0.000	0.000	0.000	
Fatty acids, total polyunsaturatedg	47.17		0	NC	4		55.193	37.739	13.209	
18:2 undifferentiated	38.09			A	1 1		44.569	30.475	10.666	
18:3 undifferentiated	9.08			A	7		10.624	7.264	2.543	
18:4g	0.00		0	z			0.000	0.000	0.000	
20:2 n-6 c,c	0.00			A A	1 1		0.000	0.000	0.000	
20:3 undifferentiated	0.00				1		0.000	0.000	0.000	
20:4 undifferentiated	0.00			A A	1		0.000	0.000	0.000	
20:5 n-3	0.00			A	1		0.000	0.000	0.000	
22:5 n-3	0.00			A	1		0.000 0.000	0.000 0.000	0.000	
22:6 n-3	0.00	0 0.00	10 /	A	1		0.000	0.000	0.000	
Fatty acids, total trans	g 0		0	z	7		0	0	0	
		0.64		A	1		84	58	20	
Phytosterols m	•	0.18		A	1		1	1	0	
Campesterolm	•	0.36		A	1		8	6	2	
Beta-sitosterol m	,	1.37		A	1		75	51	18	
Amino Acids:										
Tryptophang	0.17	0		A	1		0.199	0.136	0.048	
Threonineg	0.59	6		A	1		0.697	0.477	0.167	
Isoleucineg	0.62	5		A	1		0.731	0.500	0.175	
Leucineg	1.17	0		A	1		1.369	0.936	0.328	
Lysineg	0.42	4		A	1		0.497	0.339	0.119	
Methionineg	0.23	6		A	1		0.276	0.189	0.066	
Cystineg	0.20	8		A	1		0.244	0.167	0.058	
Phenylalanineg	0.71	1		A	1		0.832	0.569	0.199	
Tyrosineg	0.40	6		A	1		0.475	0.325	0.114	
Valineg	0.75			A	1		0.881	0.602	0.211	
Arginineg	2.27	8		A	1		2.665	1.822	0.638	
Histidineg	0.39			A	1		0.457	0.313	0.109	
Alanineg	0.69			A	1		0.814	0.557	0.195	
Aspartic acidg	1.82	9		A	1		2.140	1.464	0.512	
Glutamic acidg	2.81			A	1		3.294	2.252	0.788	
Glycineg	0.81			A	1		0.954	0.653	0.228	
Prolineg	0.70			A	1		0.826	0.565	0.198	
Serineg	0.93	4		A	1		1.093	0.747	0.261	
Hydroxyprolineg										
Others:										
Alcohol, ethylg	0.0		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		7.35		A	1		14.385	9.836	3.443	
Carotene, alphamcg		0.00		A	1		0.000	0.000	0.000	
Cryptoxanthin, betamcg		0.00		A	1		0.000	0.000	0.000	
Lycopene mcc		0.00		A	1		0.000	0.000	0.000	
Lutein + zeaxanthin mcg	ı 9	0.18	30 3	A	1		10.579	7.234	2.532	

Nuts, walnuts, english (1)

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 = 117g: 1 cup, chopped Measure 2 = 80g: 1 cup, ground

Measure 3 = 28g: 1 cup, in shell, edible yield (7 nuts)

Footnotes

1 Unroasted

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

Refuse: 64% Soft shells

		<u>A</u>	mount in 100	<u>grams</u>	or ear	ne portio	<u>on</u>	Amount in edible portion of common			
			ı	Number	•			<u>m</u>	easures of food	<u> </u>	
						Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
D											
Proximates: Water	q	59.30		1		1		16.81			
Energy	=	168		0	NC	4		48			
Energy		703				4		199			
Protein (N x 5.3)		5.30		1		1		1.50			
Total lipid (fat)	g	2.30		1		1		0.65			
Ash	9	1.10		1		1		0.31			
Carbohydrate, by difference	g	32.00		0	NC	4		9.07			
Fiber, total dietary	g	4.8		0	BFSN	4		1.4			
Sugars, total	=										
Starch	g										
Minerals:											
Calcium, Ca	mg	61		0		1		17			
Iron, Fe	-	0.60		0		1		0.17			
Magnesium, Mg		50		0		4		14			
Phosphorus, P	-	124		0		1		35			
Potassium, K	-	875		0		4		248			
Sodium, Na	-	23		0 0		4 4		7 0.24			
Zinc, Zn Copper, Cu	-	0.83 1.069	2	0		4		0.24			
Manganese, Mn	-	0.132		0		4		0.303			
Selenium, Se	-	0.151	_	ŭ		-		0.037			
•											
Vitamins:				•				1 7			
Vitamin C, total ascorbic acid	_	6.1 0.290		0 0		4 1		1.7 0.082			
ThiaminRiboflavin	-	0.290		0		1		0.082			
Niacin	_	5.300		0		1		1.503			
Pantothenic acid	-	0.816		0		4		0.231			
Vitamin B-6		0.298		0		4		0.084			
Folate, total	-	49		0		4		14			
Folic acid	mcg	0		0	Z	7		0			
Folate, food	mcg	49		0		4		14			
Folate, DFE		49		0	NC	4		14			
Vitamin B-12		0.00		0	Z	7		0.00			
Vitamin A, IU		238		0		4		67			
Vitamin A, RAERetinol		12 0		0 0	z	4 7		3 0			
Vitamin E (alpha-tocopherol)		Ü		v		•		· ·			
Tocopherol, beta	mq mq										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	g	0.621	L	0		1		0.176			
4:0											
6:0	-										
8:0	-										
10:0	-										
12:0 13:0											
14:0											
15:0											
16:0		0.411	L	0		1		0.117			
17:0				-				·			
18:0		0.210)	0		1		0.060			
20:0											
22:0	g										
24:0	g										

	<u>Aı</u>	mount in 100 gram	s of edil	ole portio	<u>n</u>	Amount in edible portion of common			
		Numb	er			<u>m</u>	easures of food		
Nutrients and Units	Mean	of Dat Std. Error Points	a Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	.g 0.293	0		1		0.083			
14:1									
15:1	.g								
16:1 undifferentiated	.g 0.012	0		1		0.003			
17:1	.g								
18:1 undifferentiated	.g 0.281	0		1		0.080			
20:1	.g								
22:1 undifferentiated	g								
24:1 c									
Fatty acids, total polyunsaturated	-			1		0.347			
18:2 undifferentiated	_			1		0.267			
18:3 undifferentiated	-	0		1		0.080			
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	-	0	z	7		0			
CholesterolPhytosterols		U	4	,		U			
r llytosterois	rrig								
Amino Acids:									
Tryptophan	.g 0.088	0		1		0.025			
Threonine	.g 0.276	0		1		0.078			
Isoleucine	.g 0.317	0		1		0.090			
Leucine	.g 0.403	0		1		0.114			
Lysine	.g 0.408			1		0.116			
Methionine	-			1		0.020			
Cystine	-			1		0.024			
Phenylalanine				1		0.162			
Tyrosine	=			1		0.111			
Valine	-			1		0.109			
Arginine				1		0.100			
Histidine	=			1		0.042			
Alanine	=			1		0.068			
Aspartic acid				1		0.166			
Glutamic acid	-			1		0.210			
Glycine	-			1		0.094			
Proline	=			1		0.075			
Serine	_	0		1		0.101			
Hydroxyproline	.g								

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

Refuse: 32% Shells

		<u>Aı</u>	mount in 10	00 grams	of edib	le portio	<u>on</u>		edible portion	
				Number				<u>m</u>	easures of food	<u>[</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	56.27		1		1		15.95		
Energy	kcal	191		0	NC	4		54		
Energy		799				4		227		
Protein (N x 5.3)		7.40		1		1		2.10		
Total lipid (fat)		5.59		1		1		1.58		
Ash		1.50		1		1		0.43		
Carbohydrate, by difference		29.24		0	NC	4		8.29		
Fiber, total dietary		5.2		0	BFCN	4		1.5		
Sugars, total										
Starch										
	_									
Minerals:		2.5		•		_		1.0		
Calcium, Ca	_	36		0		1		10		
Iron, Fe	-	3.67 54		0		1 4		1.04		
Magnesium, Mg Phosphorus, P		54 175		0		1		15 50		
Potassium, K	•	941		0		4		267		
Sodium, Na		25		0		4		7		
Zinc, Zn	-	0.90		0		4		0.26		
Copper, Cu		1.148		0		4		0.325		
Manganese, Mn		0.142		0		4		0.040		
Selenium, Se										
	_									
Vitamins:				•		_				
Vitamin C, total ascorbic acid	_	6.6		0		1		1.9		
Thiamin	-	0.482		0		1 1		0.137		
Riboflavin		0.301		0		1		0.085		
Niacin Pantothenic acid		0.438 0.877		0		1		0.124 0.249		
		0.877		0		4		0.249		
Vitamin B-6Folate, total		53		0		4		15		
Folic acid		0		0	z	7		0		
Folate, food		53		0	_	4		15		
Folate, DFE		53		0	NC	4		15		
Vitamin B-12		0.00		0	z	7		0.00		
Vitamin A, IU		256		0	-	1		73		
Vitamin A, RAE		13		0		1		4		
Retinol		0		0	z	7		0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	q	1.509)	0		1		0.428		
4:0		,		•		_				
6:0	-									
8:0										
10:0										
12:0										
13:0	g									
14:0	g									
15:0	-									
16:0	-	0.999)	1		1		0.283		
17:0	g									
18:0		0.510)	1		1		0.145		
20:0	g									
22:0	n									

	<u>Aı</u>	mount in 10	0 grams Number		ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.712		0		1		0.202		
14:1g									
15:1g									
16:1 undifferentiatedg	0.030		1		1		0.009		
17:1g									
18:1 undifferentiatedg	0.682		1		1		0.193		
20:1g									
22:1 undifferentiatedg									
24:1 cg			_		_				
Fatty acids, total polyunsaturatedg	2.977		0		1		0.844		
18:2 undifferentiatedg	2.290		1		1		0.649		
18:3 undifferentiatedg	0.687		1		1		0.195		
18:4g									
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg									
20:5 n-3									
22:5 n-3g 22:6 n-3g									
Fatty acids, total trans									
Cholesterolg	0		0	z	7		0		
Phytosterolsmg	· ·		·	-	•		Ü		
Tily tooterois									
Amino Acids:									
Tryptophang	0.123		2		1		0.035		
Threonineg	0.385		1		1		0.109		
Isoleucineg	0.443		1		1		0.126		
Leucine9	0.563		1		1		0.160		
Lysine9	0.570		1		1		0.162		
Methionineg	0.096		1		1		0.027		
Cystineg	0.116		1		1		0.033		
Phenylalanineg	0.797		1		1		0.226		
Tyrosineg	0.544		1		1		0.154		
Valineg	0.535		1		1		0.152		
Arginine9	0.494		1		1		0.140		
Histidineg	0.207		1		1		0.059		
Alanineg	0.336		1		1		0.095		
Aspartic acidg	0.817		1		1		0.232		
Glutamic acidg	1.036		1		1		0.294		
Glycineg	0.465		1		1		0.132		
Prolineg	0.369		1		1		0.105		
Serineg	0.496		1		1		0.141		
Hydroxyprolineg									

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

Refuse: 0%

		Amount in 100 grams of edible portion							edible portion	
			N	umber				<u>m</u> e	easures of food	<u> </u>
Nutrients and Units		Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	49.70		1		1		14.09		
Energy	kcal	207		0	NC	4		59		
Energy	kj	866				4		246		
Protein (N x 5.3)	g	6.20		1		1		1.76		
Total lipid (fat)	g	2.70		1		1		0.77		
Ash	g	1.30		1		1		0.37		
Carbohydrate, by difference	g	40.10		0	NC	4		11.37		
Fiber, total dietary	g	6.0		0	BFSN	4		1.7		
Sugars, total	g									
Starch	g									
Minorals:										
Minerals: Calcium, Ca	ma	86		0		1		24		
Iron, Fe	-	0.90		0		1		0.26		
Magnesium, Mg	-	62		Ō		4		18		
Phosphorus, P		175		0		1		50		
Potassium, K		1082		0		4		307		
Sodium, Na		28		0		4		8		
Zinc, Zn	mg	1.03		0		4		0.29		
Copper, Cu	mg	1.321	L	0		4		0.375		
Manganese, Mn	mg	0.163	3	0		4		0.046		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	7.6		0		4		2.2		
Thiamin	-	0.410)	0		1		0.116		
Riboflavin		0.240		0		1		0.068		
Niacin		7.400)	0		1		2.098		
Pantothenic acid		1.009	•	0		4		0.286		
Vitamin B-6	mg	0.420)	0		4		0.119		
Folate, total	mcg	59		0		4		17		
Folic acid		0		0	Z	7		0		
Folate, food	mcg	59		0		4		17		
Folate, DFE		59		0	NC	4		17		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU		294		0		4		83		
Vitamin A, RAE		15		0		4		4		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	-									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)										
	9									
<u>Lipids:</u>										
Fatty acids, total saturated		0.729	•	0		1		0.207		
4:0										
6:0										
8:0										
10:0										
12:0										
13:0										
14:0										
15:0 16:0		0.483	3	0		1		0.137		
		0.483	,	U		1		0.137		
17:0 18:0		0.246	5	0		1		0.070		
20:0		0.246	•	U		-		0.070		
22:0										
	9 g									

		<u>Aı</u>	mount in 10	0 grams	Amount in edible portion of common					
				Number				<u>m</u>	easures of food	
						Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		0.344		0		1		0.098		
14:1	-									
15:1		0.015		•		_				
16:1 undifferentiated	_	0.015		0		1		0.004		
17:1	_	0.329		0		1		0.000		
18:1 undifferentiated	_	0.329		U		1		0.093		
20:1	-									
22:1 undifferentiated	-									
24:1 c Fatty acids, total polyunsaturated		1.438		0		1		0.408		
18:2 undifferentiated		1.436		0		1		0.408		
18:3 undifferentiated	•	0.332		0		1		0.094		
18:4	-	0.332		v		-		0.034		
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		0		0	z	7		0		
Phytosterols	-									
Amino Acids:										
Tryptophan	g	0.103		0		1		0.029		
Threonine	g	0.323		0		1		0.092		
Isoleucine	g	0.371		0		1		0.105		
Leucine	g	0.472		0		1		0.134		
Lysine	g	0.477		0		1		0.135		
Methionine	g	0.081		0		1		0.023		
Cystine	g	0.097		0		1		0.027		
Phenylalanine		0.668		0		1		0.189		
Tyrosine	_	0.456		0		1		0.129		
Valine		0.448		0		1		0.127		
Arginine		0.414		0		1		0.117		
Histidine	-	0.173		0		1		0.049		
Alanine	-	0.282		0		1		0.080		
Aspartic acid		0.684		0		1		0.194		
Glutamic acid	-	0.868		0		1		0.246		
Glycine	-	0.390		0		1		0.111		
Proline	-	0.309		0		1		0.088		
Serine	_	0.415		0		1		0.118		
Hydroxyproline	g									

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

Refuse: 0%

		<u>A</u>	mount in 10	0 grams		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	6.50		0		1		10.40	1.84	
Energy	kcal	367		0	NC	4		587	104	
Energy	kj	1536				4		2457	435	
Protein (N x 5.3)	g	8.62		0		1		13.79	2.44	
Total lipid (fat)	g	1.68		0		1		2.69	0.48	
Ash	g	3.81		0		1		6.10	1.08	
Carbohydrate, by difference	g	79.39		0	NC	4		127.02	22.51	
Fiber, total dietary	g	14.9		0		4		23.8	4.2	
Sugars, total	g									
Starch	g									
<i>r</i> : 1										
Minerals:	ma	0.4		^		4		150	27	
Calcium, Ca	-	94 4.60		0 0		1 1		150 7.36	27 1.30	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	115		0		4		7.36 184	33	
Magnesium, Mg		178		0		1		184 285	50	
Potassium, K	-	2011		0		4		3218	570	
Sodium, Na	-	53		0		4		85	15	
Zinc, Zn	-	1.91		0		4		3.06	0.54	
Copper, Cu		2.455	,	0		4		3.928	0.696	
Manganese, Mn		0.303		0		4		0.485	0.086	
Selenium, Se		1.9		0	BFSN	4		3.0	0.5	
•										
<u>'itamins:</u>										
Vitamin C, total ascorbic acid	-	46.6		0		1		74.6	13.2	
Thiamin		0.030		0		1		0.048	0.009	
Riboflavin		0.140		0		1		0.224	0.040	
Niacin		2.100		0		1		3.360	0.595	
Pantothenic acid		1.875		0		4		3.000	0.532	
Vitamin B-6	-	0.685	•	0		4		1.096	0.194	
Folate, total		113		0	_	4		181	32	
Folic acid		0		0	Z	7		0	0	
Foliate, food		113		0	***	4		181	32	
Folate, DFE		113		0	NC	4		181	32	
Vitamin B-12		0.00		0 0	Z	7		0.00	0.00	
Vitamin A, IU		216		-		1		346	61	
Vitamin A, RAE		11 0		0 0	z	1 7		17 0	3 0	
Retinol		U		U	Z	,		U	U	
Vitamin E (alpha-tocopherol)										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u> ipids:</u>	_			_		_				
Fatty acids, total saturated		0.454		0		1		0.726	0.129	
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	ı	0		1		0.000	0.000	
13:0	-	0.000	,	0		1		0 000	0 000	
14:0	-	0.000	,	U		1		0.000	0.000	
15:0 16:0		0.301		0		1		0.482	0.085	
17:0		0.301	-	U		-		0.40∠	0.065	
18:0		0.154	ı	0		1		0.246	0.044	
20:0		0.134	=	U		_		0.240	0.044	
22:0	-									
24:0	-									

	<u>A</u> 1	mount in 100 grams	Amount in edible portion of common measures of food				
		Number of Data	r Deriv Source	Confidence	<u></u>	<u> </u>	•
Nutrients and Units	Mean	Std. Error Points		Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.214	ı 0	1		0.342	0.061	
14:1g							
15:1g							
16:1 undifferentiatedg	0.009	0	1		0.014	0.003	
17:1g							
18:1 undifferentiatedg	0.205		1		0.328	0.058	
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	0.896		1		1.434	0.254	
18:2 undifferentiated	0.690		1		1.104	0.196	
18:3 undifferentiated	0.207		1		0.331	0.059	
18:4g	0.000	0	1		0.000	0.000	
20:2 n-6 c,cg							
20:3 undifferentiated							
20:4 undifferentiated	0.000		1		0.000	0.000	
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	0	z 7		0	0	
Phytosterolsmg							
Amino Acids:							
Tryptophang	0.234	. 0	1		0.374	0.066	
Threonineg	0.335	0	1		0.536	0.095	
Isoleucineg	0.488	0	1		0.781	0.138	
Leucineg	0.935	0	1		1.496	0.265	
Lysineg	0.376	0	1		0.602	0.107	
Methionineg	0.050	0	1		0.080	0.014	
Cystineg	0.135	0	1		0.216	0.038	
Phenylalanineg	0.407	0	1		0.651	0.115	
Tyrosineg	0.634	0	1		1.014	0.180	
Valineg	0.834	0	1		1.334	0.236	
Arginineg	0.793	0	1		1.269	0.225	
Histidineg	0.132	2 0	1		0.211	0.037	
Alanineg	0.392	2 0	1		0.627	0.111	
Aspartic acidg	0.951	. 0	1		1.522	0.270	
Glutamic acidg	5.206	0	1		8.330	1.476	
Glycine9	0.541	. 0	1		0.866	0.153	
Prolineg	0.429	0	1		0.686	0.122	
Serineg	0.577	0	1		0.923	0.164	
Hydroxyprolineg							
Others:							
Alcohol, ethylg	0.0	0	7		0.0	0.0	
Caffeine mg							
Theobromine mg							

Common Measures:

Measure 1 = 160g: 1 cup Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

Brosimum alicastrum

Refuse: 0%

		<u>A</u> 1	mount in 100	Amount in edible portion of common							
			N	Number				measures of food			
						Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	45.00		2		1		12.76			
Energy	kcal	217		0	NC	4		62			
Energy	kj	908				4		257			
Protein (N x 5.3)	g	5.97		1		1		1.69			
Total lipid (fat)	g	0.99		0		1		0.28			
Ash	g	1.76		1		1		0.50			
Carbohydrate, by difference	g	46.28		0	NC	4		13.12			
Fiber, total dietary	g										
Sugars, total	g										
Starch	g										
Minerals:											
Calcium, Ca	-	98		1		1		28			
Iron, Fe	_	2.09		1		1		0.59			
Magnesium, Mg		68		0		4		19			
Phosphorus, P		67		1		1		19			
Potassium, K		1183		0		4		335			
Sodium, Na	-	31		0		4 4		9			
Zinc, Zn		1.13 1.444	•	0 0		4		0.32 0.409			
Copper, Cu		0.178		0		4		0.409			
Selenium, Se		0.176	,	U		•		0.030			
Vitamins:											
Vitamin C, total ascorbic acid	ma	27.4		1		1		7.8			
Thiamin		0.055	5	1		1		0.016			
Riboflavin	-	0.055	5	1		1		0.016			
Niacin		0.880)	1		1		0.249			
Pantothenic acid		1.103	3	0		4		0.313			
Vitamin B-6	mg	0.403	3	0		4		0.114			
Folate, total	mcg	66		0		4		19			
Folic acid	mcg	0		0	Z	7		0			
Folate, food	mcg	66		0		4		19			
Folate, DFE	mcg_DFE	66		0	NC	4		19			
Vitamin B-12	mcg	0.00		0	Z	7		0.00			
Vitamin A, IU		248		1		1		70			
Vitamin A, RAE		12		1		1		4			
Retinol		0		0	Z	7		0			
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta Vitamin D											
Vitamin K (phylloquinone)											
Lipids:											
Fatty acids, total saturated	g	0.267	1	0		1		0.076			
4:0											
6:0	-										
8:0	g										
10:0											
12:0											
13:0											
14:0	-										
15:0				_		_					
16:0		0.177	'	0		1		0.050			
17:0		0.000		^				0.000			
18:0		0.090)	0		1		0.026			
20:0											
22:0 24:0											

	<u>Ar</u>	nount in 10		Amount in edible portion of common measures of food						
				Number of Data		Source	Confidence	<u></u>	<u>easures or 100a</u>	
Nutrients and Units		Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	0.126		0		1		0.036		
14:1	_									
15:1										
16:1 undifferentiated	-	0.005		0		1		0.001		
17:1										
18:1 undifferentiated	-	0.121		0		1		0.034		
20:1										
22:1 undifferentiated										
24:1 c										
Fatty acids, total polyunsaturated		0.527		0		1		0.149		
18:2 undifferentiated	•	0.406		0		1		0.115		
18:3 undifferentiated	-	0.122		0		1		0.035		
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	-	0		0	Z	7		0		
Phytosterols	_. mg									
Amino Acids:										
Tryptophan	q	0.162		1		1		0.046		
Threonine		0.232		1		1		0.066		
Isoleucine	-	0.338		1		1		0.096		
Leucine	-	0.647		1		1		0.183		
Lysine	_	0.260		1		1		0.074		
Methionine	-	0.035		1		1		0.010		
Cystine		0.093		0		1		0.026		
Phenylalanine		0.282		1		1		0.080		
Tyrosine		0.439		0		1		0.124		
Valine		0.578		1		1		0.164		
Arginine		0.549		1		1		0.156		
Histidine		0.091		1		1		0.026		
Alanine	_	0.271		0		1		0.023		
Aspartic acid	_	0.659		0		1		0.187		
Glutamic acid		0.835		0		1		0.237		
Glycine	-	0.335		0		1		0.106		
Proline	-	0.297		0		1		0.084		
Serine	_	0.400		0		1		0.113		
Hydroxyproline	-	0.400		J		-		0.113		
11yuroxypronne	9									

Common Measures:

Measure 1 = 28.35g: 1 oz (8-14 seeds)

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

	A	mount in 100	grams	ot edil	ole portic	<u>on</u>	Amount in edible portion of common		
		Nu	umber	r			<u>m</u>	easures of food	<u>l</u>
					Source	Confidence			
Nutrients and Units	Mean	Std. Error P			Code	Code	Measure 1	Measure 2	Measure
<u>Proximates:</u> Waterg	4.90		2	A	1		1.39		
Energy kcal	490		0	NC	4		139		
Energykj	2051		0	NC	4		581		
Protein (N x 5.3)	15.62	0.657		A	1		4.43		
Total lipid (fat)g	30.75	1.697		A	1		8.72		
Ash	4.87		2	A	1		1.38		
Carbohydrate, by differenceg	43.85		0	NC	4		12.43		
Fiber, total dietary	37.7		1	A	1		10.7		
Sugars, totalg									
Starchg									
Minerals:			_						
Calcium, Camg	631		2	A	1		179		
Iron, Femg Magnesium, Mgmg									
Phosphorus, Pmg	948		2	A	1		269		
Potassium, Kmg	160		1	A	1		45		
Sodium, Namg	19		1	A	1		5		
Zinc, Znmg	3.49		1	A	1		0.99		
Copper, Cumg	0.188	3	1	A	1		0.053		
Manganese, Mnmg	2.167	7	1	A	1		0.614		
Selenium, Semcg									
<u> Lipids:</u>		_							
Fatty acids, total saturated	3.176	•	0	NC	4		0.900		
4:0g 6:0g									
8:0									
10:0g									
12:0									
13:0g									
14:0g	0.030)	1	A	1		0.009		
15:0g	0.030)	1	A	1		0.009		
16:0g	2.025	0.169	4	A	1		0.574		
17:0g	0.063		1	A	1		0.018		
18:0g	0.903			A	1		0.256		
20:0g	0.093		2	A	1		0.026		
22:0g	0.032	2	1	A	1		0.009		
24:0g Fatty acids, total monounsaturatedg	2.115		0	NC	4		0.599		
14:1g	0.030		1	A.	1		0.009		
15:1g	0.050		-		-		0.003		
16:1 undifferentiatedg	0.031	L	2	A	1		0.009		
17:1g	0.000)	1	A	1		0.000		
18:1 undifferentiatedg	2.007	0.169	4	A	1		0.569		
20:1g	0.046	5	2	A	1		0.013		
22:1 undifferentiatedg									
24:1 cg									
Fatty acids, total polyunsaturatedg	23.335		0	NC	4		6.615		
18:2 undifferentiated	5.785			A	1		1.640		
18:3 undifferentiated	17.550	1.530	4	A	1		4.976		
18:4g 20:2 n-6 c.cg									
20:2 n-6 c,cg 20:3 undifferentiatedg									
20:3 undifferentiated									
20:5 n-3									
22:5 n-3g									
22:6 n-3g									
Fatty acids, total transg									
Cholesterolmg	0		0	z	7		0		
Phytosterolsmg									

	Amoun	t in 100 grams Numbe		ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean Std.		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids: Tryptophan 9 Threonine 9 Isoleucine 9 Leucine 9 Lysine 9 Methionine 9 Cystine 9 Phenylalanine 9 Tyrosine 9 Valine 9 Arginine 9 Histidine 9 Alanine 9	0.721 0.665 0.696 1.258 0.917 0.090 0.361 1.028 0.503 1.051 1.983 0.526 0.927	0 0 0 0 0 0 0	A A A A A A A	1 1 1 1 1 1 1 1 1		0.204 0.188 0.197 0.357 0.260 0.026 0.102 0.292 0.142 0.298 0.562 0.149 0.263		
Aspartic acid 9 Glutamic acid 9 Glycine 9 Proline 9 Serine 9 Hydroxyproline 9	1.633 2.468 0.907 0.897 1.011	0 0 0 0	A A A A	1 1 1 1		0.463 0.700 0.257 0.254 0.287		

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

		<u>A</u> 1	mount in 100 g	rams (of edik	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 Uni	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	6.90	0.246	7		1		1.96		
Energy	kcal	332		0	NC	4		94		
Energy	kj	1389				4		394		
Protein (N x 5.3)	g	49.83	0.663	6		1		14.13		
Total lipid (fat)	g	1.41	0.449	6		1		0.40		
Ash	g	5.76	0.735	5		1		1.63		
Carbohydrate, by difference	g	36.10		0	NC	4		10.23		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Vimerais: Calcium, Ca	ma	474		2		1		134		
Iron, Fe	_	12.58		2		1		3.57		
Magnesium, Mg	_	716		2		1		203		
Phosphorus, P		1587		2		1		450		
Potassium, K	•	1761		2		1		499		
Sodium, Na	_	35		2		1		10		
Zinc, Zn	mg	11.61		2		1		3.29		
Copper, Cu	mg	1.172	2	0		1		0.332		
Manganese, Mn	mg	2.129)	0		4		0.604		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	2.4		2		1		0.7		
Thiamin	_	2.089	1	2		1		0.592		
Riboflavin		0.396		2		1		0.112		
Niacin		4.039		1		1		1.145		
Pantothenic acid		0.445		2		1		0.126		
Vitamin B-6	-	0.764		2		1		0.217		
Folate, total		228		0		4		65		
Folic acid		0		0	z	7		0		
Folate, food		228		0		4		65		
Folate, DFE		228		0	NC	4		65		
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin A, IU		432		2		1		122		
Vitamin A, RAE		22		2		1		6		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.310)	0		1		0.088		
4:0										
6:0	g									
8:0										
10:0										
12:0										
13:0	-									
14:0	-	0.011	L	0		1		0.003		
15:0								_		
16:0		0.269	•	0		1		0.076		
17:0			_							
18:0		0.027	1	0		1		0.008		
20:0	-									
22:0	g									

		<u>Aı</u>	nount in 10	00 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common		
				Number				<u>m</u>	easures of food	
Nutrients and Un	its	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.	g	0.221		0		1		0.063		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.008		0		1		0.002		
17:1	g									
18:1 undifferentiated	g	0.211		0		1		0.060		
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.577		0		1		0.164		
18:2 undifferentiated	g	0.570		0		1		0.162		
18:3 undifferentiated	g	0.002		0		1		0.001		
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	0		0	Z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.752		0		1		0.213		
Threonine		1.843		0		1		0.522		
Isoleucine		1.796		0		1		0.522		
Leucine	-	3.404		0		1		0.965		
Lysine	_	2.529		0		1		0.717		
Methionine		0.809		0		1		0.717		
	-	1.307		0		1		0.371		
Cystine		3.103		0		1		0.880		
Phenylalanine Tyrosine		1.796		0		1		0.880		
2	-	2.557		0		1		0.309		
Valine	_	6.732		0		1		1.909		
Arginine		1.570		0		1		0.445		
Histidine				0		1		0.445		
Alanine	_	2.313 5.425		0		1		1.538		
Aspartic acid	_			0		1		3.537		
Glutamic acid		12.476		0		1		0.685		
Glycine	-	2.416		0		1				
Proline		2.125						0.602		
Serine	_	2.492		0		1		0.706		
Hydroxyproline	9									

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

		<u>A</u> 1	mount in 100 gram	is of edi	ole portio	<u>on</u>	Amount in edible portion of common			
			Numb	er			<u>m</u>	easures of food	<u> </u>	
				a Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:										
Water	g	6.30	1		1		5.92	0.32		
Energy	-	359	0	NC	4		337	18		
Energy		1502			4		1412	75		
Protein (N x 5.3)		40.96	1		1		38.50	2.05		
Total lipid (fat)		6.20	1		1		5.83	0.31		
Ash		6.00	1		1		5.64	0.30		
Carbohydrate, by difference		40.54	0	NC	4		38.11	2.03		
Fiber, total dietary		3.0	0		4		2.8	0.2		
Sugars, total										
Starch	-									
Survii	9									
<u>Minerals:</u>										
Calcium, Ca	_	478	0		1		449	24		
Iron, Fe	_	12.66	0		1		11.90	0.63		
Magnesium, Mg		721	0		1		678	36		
Phosphorus, P	•	1597	0		1		1501	80		
Potassium, K		1772	0		1		1666	89		
Sodium, Na		35	0		1		33	2		
Zinc, Zn		11.69	0		1		10.99	0.58		
Copper, Cu		1.180			1		1.109	0.059		
Manganese, Mn		2.143			4		2.014	0.107		
Selenium, Se	mcg	5.6	0	BFZN	4		5.3	0.3		
/itamins:										
Vitamin C, total ascorbic acid	ma	2.4	0		4		2.3	0.1		
Thiamin		2.102			4		1.976	0.105		
Riboflavin		0.399			4		0.375	0.020		
Niacin		4.065			4		3.821	0.203		
Pantothenic acid		0.448			4		0.421	0.022		
Vitamin B-6		0.769			4		0.723	0.038		
Folate, total	-	229	0		4		216	11		
Folic acid		0	0	z	7		0	0		
Folate, food		229	0	_	4		216	11		
Folate, DFE	mca DFF	229	0	NC	4		216	11		
Vitamin B-12		0.00	0	Z	7		0.00	0.00		
Vitamin A, IU		434	0	_	4		408	22		
Vitamin A, RAE		22	0		4		20	1		
Retinol		0	0	z	7		0	0		
Vitamin E (alpha-tocopherol)		·	· ·	_	•		·	v		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
	=									
<u>Lipids:</u>					_					
Fatty acids, total saturated		1.588			1		1.493	0.079		
4:0		0.000			1		0.000	0.000		
6:0		0.000			1		0.000	0.000		
8:0		0.000			1		0.000	0.000		
10:0		0.000			1		0.000	0.000		
12:0	-	0.000	0		1		0.000	0.000		
13:0		0.05								
14:0	-	0.056	0		1		0.053	0.003		
15:0	-		-		_					
16:0	-	1.381	0		1		1.298	0.069		
17:0										
18:0		0.140	0		1		0.132	0.007		
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 of Data	r Deriv Source	Confidence	<u></u>	<u> </u>		
Nutrients and Units	Mean	Std. Error Points		Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	.g 1.133	0	1		1.065	0.057		
14:1	.g							
15:1								
16:1 undifferentiated		0	1		0.039	0.002		
17:1	_							
18:1 undifferentiated			1		1.017	0.054		
20:1			1		0.000	0.000		
22:1 undifferentiated	-	0	1		0.000	0.000		
24:1 c								
Fatty acids, total polyunsaturated			1		2.781	0.148		
18:2 undifferentiated	-		1		2.750	0.146		
18:3 undifferentiated	=		1		0.010	0.001		
18:4	-	0	1		0.000	0.000		
20:2 n-6 c,c	_							
20:3 undifferentiated	. •		_					
20:4 undifferentiated			1		0.000	0.000		
20:5 n-3			1		0.000	0.000		
22:5 n-3	-		1		0.000	0.000		
22:6 n-3		0	1		0.000	0.000		
Fatty acids, total trans			_		_			
Cholesterol		0	z 7		0	0		
Phytosterols	mg							
Amino Acids:								
Tryptophan	.g 0.618	0	1		0.581	0.031		
Threonine	g 1.515	0	1		1.424	0.076		
Isoleucine	_g 1.476	0	1		1.387	0.074		
Leucine		0	1		2.630	0.140		
Lysine		0	1		1.954	0.104		
Methionine		0	1		0.625	0.033		
Cystine		0	1		1.010	0.054		
Phenylalanine		0	1		2.397	0.128		
Tyrosine		0	1		1.387	0.074		
Valine	.g 2.102	0	1		1.976	0.105		
Arginine		0	1		5.201	0.277		
Histidine		0	1		1.214	0.065		
Alanine		0	1		1.787	0.095		
Aspartic acid	=	0	1		4.191	0.223		
Glutamic acid		0	1		9.640	0.513		
Glycine		0	1		1.867	0.099		
Proline	·- -	0	1		1.642	0.087		
Serine	=	0	1		1.925	0.102		
Hydroxyproline	_							
,								
Others:	0.0	0	7		0.0	0.0		
Alcohol, ethyl	•	U	,		0.0	0.0		
Caffeine	-							
Theobromine	ມ່ອ							

Common Measures:

Measure 1 = 94g: 1 cup Measure 2 = 5.0g: 1 tbsp

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

NDB No. 12160 Seeds, cottonseed kernels, roasted (glandless) Gossypium spp.

		<u>A</u>	mount in 100 gran	is of edi	ole portio	<u>on</u>	Amount in edible portion of common			
			Numb	er			<u>m</u>	easures of food	<u> </u>	
			of Da	a Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:										
Water	g	4.65	1		1		6.93	0.47		
Energy	-	506	0	NC	4		754	51		
Energy		2117			4		3154	212		
Protein (N x 5.3)		32.59	2		1		48.56	3.26		
Total lipid (fat)		36.29	2		1		54.07	3.63		
Ash		4.58	1		1		6.82	0.46		
Carbohydrate, by difference		21.90	0	NC	4		32.63	2.19		
Fiber, total dietary		5.5	0		4		8.2	0.6		
Sugars, total										
Starch	_									
<u>Minerals:</u>										
Calcium, Ca	-	100	0		1		149	10		
Iron, Fe.	-	5.40	0		1		8.05	0.54		
Magnesium, Mg		440	0		1		656	44		
Phosphorus, P	-	800	0		1		1192	80		
Potassium, K		1350 25	1		1 1		2012	135 3		
Sodium, Na		6.00	0		1		37 8.94	0.60		
Zinc, Zn		1.200			1		1.788	0.60		
Copper, Cu		2.181			4		3.250	0.120		
Selenium, Se		2.103			-		3.230	0.210		
Scientini, Sc	9									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	9.0	0		1		13.4	0.9		
Thiamin		0.750	0		1		1.118	0.075		
Riboflavin	mg	0.255	5 0		1		0.380	0.026		
Niacin		3.000	0		1		4.470	0.300		
Pantothenic acid		0.456			4		0.679	0.046		
Vitamin B-6	-	0.782			4		1.165	0.078		
Folate, total		233	0		4		348	23		
Folic acid		0	0	Z	7		0	0		
Folate, food	mcg	233	0		4		348	23		
Folate, DFE		233	0	NC	4		348	23		
Vitamin B-12		0.00	0	Z	7		0.00	0.00		
Vitamin A, IU		442	0		4		659	44		
Vitamin A, RAE		22	0		4		33	2		
Retinol		0	0	Z	7		0	0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
vitannii K (priyrioquinone)	Inog									
<u>Lipids:</u>										
Fatty acids, total saturated		9.699			1		14.452	0.970		
4:0		0.000			1		0.000	0.000		
6:0		0.000			1		0.000	0.000		
8:0	·····	0.000			1		0.000	0.000		
10:0		0.000			1		0.000	0.000		
12:0	_	0.000	0		1		0.000	0.000		
13:0	-				_			_		
14:0	-	0.341	0		1		0.508	0.034		
15:0	-				_					
16:0	_	8.433	0		1		12.565	0.843		
17:0	-		_		_		<u>.</u>			
18:0	-	0.853	0		1		1.271	0.085		
20:0	-									
22:0	g									

	<u>A</u>	mount in 100 grams		<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Numbe of Data Std. Error Points	Deriv Source	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	6.919	0	1		10.309	0.692		
15:1	0.256	0	1		0.381	0.026		
17:19	6.612	. 0	1					
18:1 undifferentiated		·	=		9.852	0.661		
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	18.068		1		26.921	1.807		
18:2 undifferentiatedg	17.865		1		26.619	1.787		
18:3 undifferentiatedg	0.069		1		0.103	0.007		
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	0	0	z 7		0	0		
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.492	27	1		0.733	0.049		
Threonineg	1.205	41	1		1.795	0.121		
Isoleucineg	1.174	37	1		1.749	0.117		
Leucineg	2.226	41	1		3.317	0.223		
Lysineg	1.654	43	1		2.464	0.165		
Methionine	0.529	37	1		0.788	0.053		
Cystineg	0.855		1		1.274	0.086		
Phenylalanineg	2.029		1		3.023	0.203		
Tyrosine	1.174		1		1.749	0.117		
Valine	1.672		1		2.491	0.117		
Arginine	4.402		1		6.559	0.440		
Histidine	1.027		1		1.530	0.103		
Alanine	1.512		1		2.253	0.103		
_	3.547		1		5.285	0.151		
Aspartic acid	8.158		1		12.155	0.355		
Glutamic acid	1.580		1					
Glycine 9			1		2.354	0.158		
Proline	1.389		=		2.070	0.139		
Serine9	1.629	31	1		2.427	0.163		
Hydroxyprolineg								
Others:		_	-					
Alcohol, ethylg	0.0	0	7		0.0	0.0		
Caffeinemg								
Theobromine mg								

Common Measures:

Measure 1 = 149g: 1 cup Measure 2 = 10.0g: 1 tbsp

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

		<u>A</u> :	mount in 10	0 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common			
				Number				measures of food			
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water		1.20		1		1		0.34			
Energy		367		0	NC	4		104			
Energy	kj	1536				4		435			
Protein (N x 5.3)		49.10		1		1		13.92			
Total lipid (fat)	g	4.77		1		1		1.35			
Ash		6.50		1		1		1.84			
Carbohydrate, by difference	g	38.43		0	NC	4		10.89			
Fiber, total dietary	g										
Sugars, total	-										
Starch	g										
Minerals:											
Calcium, Ca	mg	504		0		1		143			
Iron, Fe	_	13.35		0		1		3.78			
Magnesium, Mg	_	760		0		1		215			
Phosphorus, P		1684		0		1		477			
Potassium, K	-	1869		0		1		530			
Sodium, Na	_	37		0		1		10			
Zinc, Zn		12.32		0		1		3.49			
Copper, Cu	mg	0.001		0		1		0.000			
Manganese, Mn		2.260)	0		4		0.641			
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	ma	2.5		0		4		0.7			
Thiamin	_	2.217	,	0		4		0.629			
Riboflavin		0.420		0		4		0.119			
Niacin		4.286	5	0		4		1.215			
Pantothenic acid		0.472	2	0		4		0.134			
Vitamin B-6		0.811	L	0		4		0.230			
Folate, total	mcg	242		0		4		69			
Folic acid	mcg	0		0	Z	7		0			
Folate, food	mcg	242		0		4		69			
Folate, DFE		242		0	NC	4		69			
Vitamin B-12		0.00		0	Z	7		0.00			
Vitamin A, IU		458		0		4		130			
Vitamin A, RAE		23		0		4		6			
Retinol		0		0	Z	7		0			
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	nicg										
<u>Lipids:</u>											
Fatty acids, total saturated	g	1.207	1	0		1		0.342			
4:0											
6:0	-										
8:0											
10:0											
12:0											
13:0	-	<u>.</u> -		_		_		_			
14:0	-	0.042	2	0		1		0.012			
15:0				_		_					
16:0		1.049	•	0		1		0.297			
17:0			-	_		_					
18:0		0.106)	0		1		0.030			
20:0	-										
22:0	g g										

		<u>Ar</u>	nount in 10		<u>on</u>	Amount in edible portion of common measures of food				
				Number of Data		Source	Confidence	<u></u>	<u> </u>	
Nutrients and Units		Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	0.861		0		1		0.244		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.032		0		1		0.009		
17:1	g									
18:1 undifferentiated	g	0.823		0		1		0.233		
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	2.248		0		1		0.637		
18:2 undifferentiated		2.223		0		1		0.630		
18:3 undifferentiated	g	0.009		0		1		0.003		
18:4	g									
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		0		0	Z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.741		0		1		0.210		
Threonine		1.816		0		1		0.515		
Isoleucine	-	1.769		0		1		0.502		
Leucine	-	3.354		0		1		0.951		
Lysine	_	2.492		0		1		0.706		
Methionine	-	0.797		0		1		0.226		
Cystine		1.288		0		1		0.365		
Phenylalanine		3.057		0		1		0.867		
Tyrosine		1.769		0		1		0.502		
Valine	-	2.520		0		1		0.714		
Arginine		6.633		0		1		1.880		
Histidine		1.547		0		1		0.439		
Alanine	_	2.279		0		1		0.646		
Aspartic acid	_	5.345		0		1		1.515		
Glutamic acid		12.293		0		1		3.485		
Glycine	-	2.381		0		1		0.675		
Proline	-	2.094		0		1		0.594		
	-	2.455		0		1		0.696		
Serine	-	2.455		U		1		0.090		
11yuloxypioiine	y									

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

		<u>A</u>	mount in 10			ole portio	<u>on</u>		edible portion	_
				Number	•			<u>m</u>	easures of food	<u>l</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	8.75		2	A	1		13.56	1.05	
Energy	kcal	492		0	NC	4		763	59	
Energy	kj	2059				4		3191	247	
Protein (N x 5.3)	g	19.50		2	A	1		30.23	2.34	
Total lipid (fat)	g	34.00		2	A	1		52.70	4.08	
Ash		3.50		2	A	1		5.43	0.42	
Carbohydrate, by difference	g	34.25		0	NC	4		53.09	4.11	
Fiber, total dietary	g	27.9		2	A	1		43.2	3.3	
Sugars, total	g	1.05		0	AS	1		1.63	0.13	
Sucrose	g	0.84		1	A	1		1.30	0.10	
Glucose (dextrose)	g	0.21		1	A	1		0.33	0.03	
Fructose	g	0.00		1	A	1		0.00	0.00	
Lactose	g	0.00		1	A	1		0.00	0.00	
Maltose	g	0.00		1	A	1		0.00	0.00	
Galactose	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium. Ca	ma	199		5	A	1		308	24	
Iron, Fe		6.22		5	A	1		9.64	0.75	
Magnesium, Mg.		362		5	A	1		561	43	
Phosphorus, P	-	498		5	A	1		772	60	
Potassium, K		681		5	A	1		1056	82	
Sodium, Na	mg	34		5	A	1		53	4	
Zinc, Zn	mg	4.17		5	A	1		6.46	0.50	
Copper, Cu		1.041	L	5	A	1		1.614	0.125	
Manganese, Mn		3.281	L	5	A	1		5.086	0.394	
Selenium, Se	mcg	5.5		0	BFZN	4		8.5	0.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.3		0	BFSY	4		2.0	0.2	
Thiamin	mg	0.170)	0	T	4		0.264	0.020	
Riboflavin	mg	0.160	ס	0	T	4		0.248	0.019	
Niacin	mg	1.400)	0	T	4		2.170	0.168	
Pantothenic acid	mg	1.530	כ	0	T	4		2.372	0.184	
Vitamin B-6		0.927	7	0	T	4		1.437	0.111	
Folate, total		278		0	T	4		431	33	
Folic acid		0		0	Z	7		0	0	
Folate, food		278		0	T	4		431	33	
Folate, DFE		278		0	NC	4		431	33	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	
Vitamin A, IU		0		1	A	1		0	0	
Vitamin A, RAE		0 0		1 0	A	1 7		0 0	0	
Retinol		0.32	0.04	-	Z A	1		0.49	0 0.04	
Vitamin E (alpha-tocopherol)		0.32	0.04	48 4	A	1		0.49	0.04	
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0		0	BFZN	4		0.0	0.0	
	-									
<u>Lipids:</u>			_	_	_	_				
Fatty acids, total saturated		3.196		0	BFFN	4		4.954	0.384	
4:0	-	0.000		0	BFFN	4		0.000	0.000	
6:0	-	0.000		0	BFFN	4		0.000	0.000	
8:0		0.000		0	BFFN	4		0.000	0.000	
10:0		0.000		0	BFFN	4		0.000	0.000	
12:0		0.000	J	0	BFFN	4		0.000	0.000	
13:0			_							
14:0		0.000		0	BFFN	4		0.000	0.000	

		<u>Ar</u>	mount in 10	0 grams Number		ole portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Ur	nits	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0	g	1.802		0	BFFN	4		2.793	0.216	
17:0 18:0	• • • • • • • • • • • • • • • • • • • •	1.394		0	BFFN	4		2.161	0.167	
20:0 22:0	g									
24:0Fatty acids, total monounsaturated	g g	6.868		0	BFFN	4		10.645	0.824	
15:1 16:1 undifferentiated 17:1	9	0.000		0	BFFN	4		0.000	0.000	
18:1 undifferentiated	g	6.868		0	BFFN	4		10.645	0.824	
20:1	g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated	g	0.000		0	BFFN	4		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsaturated	g	22.440		0	BFFN	4		34.782	2.693	
18:2 undifferentiated	g	4.318		0	BFFN	4		6.693	0.518	
18:3 undifferentiated	g	18.122		0	BFFN	4		28.089	2.175	
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	g	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	g									
Cholesterol		0		0	Z	7		0	0	
Phytosterols	mg									
Others:										
	σ.	0.0		0	z	7		0.0	0.0	
Alcohol, ethyl		0.0		0	Z	7		0.0	0.0	
Caffeine	_	0		0	z	7		0	0 0	
Theobromine Carotenoids:	IIIY	U		U	Z	,		U	U	
Carotene, beta		0		1	A	1		0.000	0.000	
Carotene, alpha		0		1	A	1		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	651	52.61	1 9	A	1		1009.222	78.133	

Common Measures:

Measure 1 = 155g: 1 cup Measure 2 = 12.0g: 1 tbsp

Footnotes

1 Up to 12 percent flax seed can safely be used as an ingredient in food.

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

		<u>A</u> :	mount in 10	<u>0 grams</u>	of edil	ole portio	<u>on</u>		edible portion	
				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	14.16		2		1		4.53	4.01	
Energy	kcal	332		0	NC	4		106	94	
Energy	kj	1389				4		445	394	
Protein (N x 5.3)	g	15.41		2		1		4.93	4.37	
Total lipid (fat)	g	1.97		2		1		0.63	0.56	
Ash	g	3.99		2		1		1.28	1.13	
Carbohydrate, by difference	g	64.47		0	NC	4		20.63	18.28	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	163		2		1		52	46	
Iron, Fe	_	3.53		2		1		1.13	1.00	
Magnesium, Mg	_	210		1		1		67	60	
Phosphorus, P		626		2		1		200	177	
Potassium, K	-	1368		1		1		438	388	
Sodium, Na		5		1		1		2	1	
Zinc, Zn	mg	1.05		0		4		0.34	0.30	
Copper, Cu	mg	0.350)	0		4		0.112	0.099	
Manganese, Mn		2.318	3	0		4		0.742	0.657	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		1		1		0.0	0.0	
Thiamin	_	0.640)	1		1		0.205	0.181	
Riboflavin	-	0.150		1		1		0.048	0.043	
Niacin	-	1.600)	1		1		0.512	0.454	
Pantothenic acid	_	0.851	L	0		4		0.272	0.241	
Vitamin B-6	-	0.629)	0		4		0.201	0.178	
Folate, total	mcg	104		0		4		33	29	
Folic acid		0		0	z	7		0	0	
Folate, food	mcg	104		0		4		33	29	
Folate, DFE	mcg_DFE	104		0	NC	4		33	29	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	
Vitamin A, IU		50		1		1		16	14	
Vitamin A, RAE		3		1		1		1	1	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
Vitamin K (phylloquinone)	Ilicy									
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.330)	0		1		0.106	0.094	
4:0	g									
6:0	-									
8:0										
10:0										
12:0	-									
13:0	-	0.00	•	^						
14:0		0.004	ı	0		1		0.001	0.001	
15:0	-	0.000		^				2 222	0.000	
16:0		0.288	•	0		1		0.092	0.082	
17:0										
18:0										
20:0										
22:0	g g									

		<u>Ar</u>	mount in 10		<u>on</u>		edible portion			
				Number	•			<u>m</u>	easures of food	•
Nutrients and U	nits	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	d a	0.388		0		1		0.124	0.110	
14:1	_					_		V	0.120	
15:1										
16:1 undifferentiated	g									
17:1										
18:1 undifferentiated	g	0.230		0		1		0.074	0.065	
20:1	g	0.043		0		1		0.014	0.012	
22:1 undifferentiated	g	0.115		0		1		0.037	0.033	
24:1 c	g									
Fatty acids, total polyunsaturated.	g	1.166		0		1		0.373	0.331	
18:2 undifferentiated	g	1.064		0		1		0.340	0.302	
18:3 undifferentiated	g	0.102		0		1		0.033	0.029	
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		•		•	_	_		•	•	
Cholesterol	-	0		0	Z	7		0	0	
Phytosterols	riig									
Amino Acids:										
Tryptophan	g	0.221		0		1		0.071	0.063	
Threonine	g	0.747		0		1		0.239	0.212	
Isoleucine	g	0.765		0		1		0.245	0.217	
Leucine	g	1.215		0		1		0.389	0.344	
Lysine	g	0.985		0		1		0.315	0.279	
Methionine	g	0.267		0		1		0.085	0.076	
Cystine	g	0.201		0		1		0.064	0.057	
Phenylalanine	g	0.767		0		1		0.245	0.217	
Tyrosine	g	0.375		0		1		0.120	0.106	
Valine	g	0.991		0		1		0.317	0.281	
Arginine		1.262		0		1		0.404	0.358	
Histidine	• • • • • • • • • • • • • • • • • • • •	0.430		0		1		0.138	0.122	
Alanine	_	0.892		0		1		0.285	0.253	
Aspartic acid	-	1.884		0		1		0.603	0.534	
Glutamic acid		3.570		0		1		1.142	1.012	
Glycine	-	0.826		0		1		0.264	0.234	
Proline	•	1.285		0		1		0.411	0.364	
Serine		0.939		0		1		0.300	0.266	
Hydroxyproline	g									

Common Measures:

Measure 1 = 32g: 1 cup

Measure 2 = 28.35g: 1 oz (42 medium seeds)

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

Refuse: 47% Shells

		<u>A</u>	mount in 10	0 grams	of edil	ole portio	<u>on</u>		edible portion	
				Number	•			<u>m</u>	easures of food	<u>l</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water		77.00		0		1		21.83		
Energy		89		0	NC	4		25		
Energy		372				4		106		
Protein (N x 5.3)	-	4.13		0		1		1.17		
Total lipid (fat)	g	0.53		0		1		0.15		
Ash		1.07		0		1		0.30		
Carbohydrate, by difference	g	17.28		0	NC	4		4.90		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	44		0		1		12		
Iron, Fe	-	0.95		0		1		0.27		
Magnesium, Mg	-	56		0		1		16		
Phosphorus, P		168		0		1		48		
Potassium, K	•	367		0		1		104		
Sodium, Na	_	1		0		1		0		
Zinc, Zn	-	0.28		0		4		0.08		
Copper, Cu		0.094	1	0		4		0.027		
Manganese, Mn		0.621	L	0		4		0.176		
Selenium, Se	mcg									
Vitamins:										
	ma	0.0		0		1		0.0		
Vitamin C, total ascorbic acid Thiamin	-	0.0		0		1		0.048		
Riboflavin	-	0.171		0		1		0.048		
Niacin		0.429		0		1		0.122		
Pantothenic acid		0.423		0		4		0.122		
Vitamin B-6		0.168		0		4		0.048		
Folate, total		28	•	0		4		8		
Folic acid		0		0	z	7		0		
Folate, food		28		0	_	4		8		
Folate, DFE		28		0	NC	4		8		
Vitamin B-12		0.00		0	z	7		0.00		
Vitamin A, IU		13		0		1		4		
Vitamin A, RAE		1		0		1		0		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
<u> Lipids:</u>										
Fatty acids, total saturated	q	0.088	3	0		1		0.025		
4:0										
6:0										
8:0	g									
10:0										
12:0										
13:0										
14:0	g	0.001	L	1		1		0.000		
15:0	g									
16:0	g	0.077	7	1		1		0.022		
17:0	g									
18:0	g									
20:0	g									
22:0	a									

		<u>Aı</u>	mount in 10			<u>on</u>	Amount in edible portion of common measures of food			
				Number		Source	Confidence	<u></u>	0000100 01 1000	•
Nutrients and Unit	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	0.104		0		1		0.029		
14:1	g									
15:1										
16:1 undifferentiated	-									
17:1	g									
18:1 undifferentiated		0.062		1		1		0.018		
20:1	g	0.012		1		1		0.003		
22:1 undifferentiated	g	0.031		1		1		0.009		
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.312		0		1		0.088		
18:2 undifferentiated	g	0.285		1		1		0.081		
18:3 undifferentiated	g	0.027		1		1		0.008		
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		0		0	Z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.059		6		1		0.017		
Threonine	g	0.200		6		1		0.057		
Isoleucine	g	0.205		6		1		0.058		
Leucine		0.326		6		1		0.092		
Lysine	g	0.264		6		1		0.075		
Methionine	g	0.072		6		1		0.020		
Cystine	_	0.054		6		1		0.015		
Phenylalanine		0.206		6		1		0.058		
Tyrosine		0.100		6		1		0.028		
Valine	-	0.266		6		1		0.075		
Arginine		0.338		6		1		0.096		
Histidine		0.115		6		1		0.033		
Alanine	•	0.239		6		1		0.068		
Aspartic acid	_	0.505		6		1		0.143		
Glutamic acid		0.957		6		1		0.271		
Glycine	-	0.337		6		1		0.063		
Proline	_	0.344		6		1		0.003		
	•	0.252		6		1		0.071		
Serine		0.252		b		_		0.071		
Hydroxyproline	9									

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

NDB No. 12014 Seeds, pumpkin and squash seed kernels, dried

pepitas

Refuse: 26% Hulls

		<u></u>	mount in 100 g	ırams		ole portic	on		edible portion of easures of food	
Nutrients and Uni	its	Mean		Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		6.92	0.391	17		1		9.55	1.96	
Energy		541		0	NC	4		747	153	
Energy		2264	0.767	17		4		3124	642	
Protein (N x 5.3)		24.54	0.767	17		1 1		33.87	6.96	
Total lipid (fat)	_	45.85	0.877	17		1		63.27 6.73	13.00	
Ash		4.88	0.127	15 0	270	4			1.38	
Carbohydrate, by difference	-	17.81 3.9		0	NC	4		24.58 5.4	5.05	
Fiber, total dietary				0		4			1.1	
Sugars, total		1.00		U	T	4		1.38	0.28	
Starch	9									
Minerals:										
Calcium, Ca	mg	43	1.184	13		1		59	12	
Iron, Fe	<u>mg</u>	14.97	1.018	11		1		20.66	4.24	
Magnesium, Mg		535		1		1		738	152	
Phosphorus, P	mg	1174	34.726	12		1		1620	333	
Potassium, K		807		1		1		1114	229	
Sodium, Na		18		1		1		25	5	
Zinc, Zn		7.46		0		1		10.29	2.11	
Copper, Cu		1.387		0		1		1.914	0.393	
Manganese, Mn		3.021	•	0		4		4.169	0.856	
Selenium, Se	mcg	5.6		0	BFSN	4		7.7	1.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.9		0		4		2.6	0.5	
Thiamin	mg	0.210	1	2		1		0.290	0.060	
Riboflavin	mg	0.320)	2		1		0.442	0.091	
Niacin	<u>mg</u>	1.745	i	2		1		2.408	0.495	
Pantothenic acid	mg	0.339	1	0		4		0.468	0.096	
Vitamin B-6	mg	0.224		0		4		0.309	0.064	
Folate, total	mcg	58		0		4		79	16	
Folic acid		0		0	Z	7		0	0	
Folate, food		58		0		4		79	16	
Folate, DFE		58		0	NC	4		79	16	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	
Vitamin A, IU		380		0		1		524	108	
Vitamin A, RAE		19		0	NC	4		26	5	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		0.00		1	A	1		0.00	0.00	
Tocopherol, beta		10.07				1		26.22	F 41	
Tocopherol, gamma		19.07		1	A	1		26.32	5.41	
Tocopherol, deltaVitamin D										
Vitamin D Vitamin K (phylloquinone)		51.4		0	BFFN	4		70.9	14.6	
vitalilli K (phylloquillone)	IIIO9	31.4		Ū	DEFIN	-		70.3	14.0	
<u>Lipids:</u>										
Fatty acids, total saturated	g	8.674	l .	0		1		11.970	2.459	
4:0	g	0.000	1	0		1		0.000	0.000	
6:0	g	0.000	1	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	-	0.044	ŀ	1		1		0.061	0.012	
13:0										
14:0		0.052	!	5		1		0.072	0.015	
15:0										
16:0		5.612	!	12		1		7.745	1.591	
17:0		_				_				
18:0		2.811		12		1		3.879	0.797	
20:0	-									
22:0	-									
24:0	g									

		<u>Aı</u>	mount in 100			ole portic	<u>on</u>		edible portion of easures of food	
Nutrients and	Units	Mean		Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura		14.258	3	0		1		19.676	4.042	
15:1	g									
16:1 undifferentiated	g	0.099)	4		1		0.137	0.028	
17:1	g									
18:1 undifferentiated	g	14.146		12		1		19.521	4.010	
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 polyunsaturat	edg	20.904	ļ	0		1		28.848	5.926	
18:2 undifferentiated		20.702		12		1		28.569	5.869	
18:3 undifferentiated	=	0.181		6		1		0.250	0.051	
18:4	=	0.000)	0		1		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
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	g	0.000)	0		1		0.000	0.000	
22:6 n-3	g	0.000)	0		1		0.000	0.000	
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0	0	
Phytosterols	mg									
Amino Acids:										
Tryptophan	а	0.431		0		1		0.595	0.122	
Threonine		0.903		0		1		1.246	0.256	
Isoleucine	_	1.264		0		1		1.744	0.358	
Leucine		2.079		0		1		2.869	0.589	
Lysine	_	1.833		0		1		2.530	0.520	
Methionine		0.551		0		1		0.760	0.156	
Cystine		0.301		0		1		0.415	0.085	
Phenylalanine		1.222		0		1		1.686	0.346	
Tyrosine		1.019		0		1		1.406	0.289	
Valine		1.972		0		1		2.721	0.559	
Arginine		4.033		0		1		5.566	1.143	
Histidine		0.681		0		1		0.940	0.193	
Alanine		1.158		0		1		1.598	0.328	
Aspartic acid		2.477		0		1		3.418	0.702	
Glutamic acid		4.315		0		1		5.955	1.223	
Glycine	_	1.796		0		1		2.478	0.509	
Proline		1.000		0		1		1.380	0.284	
		1.148		0		1		1.584	0.325	
Serine Hydroxyproline	_	1.140	•	U		1		1.304	0.323	
Trydroxypronne	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	mea	228		0	NR	4		314.640	64.638	
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	
Lucin - Zeardiumi	9	•		•	-	•		3.000	3.000	

Common Measures:

Measure 1 = 138g: 1 cup

Measure 2 = 28.35g: 1 oz hulled (142 seeds)

NDB No. 12014

Seeds, pumpkin and squash seed kernels, dried

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

NDB No. 12516 Seeds, pumpkin and squash seed kernels, roasted, with salt added

pepitas Refuse: 0%

			Amount in edible portion of common measures of food						
				Deriv			<u>m</u> :	easures of food	-
s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
_					1				
			0	NC					
					=				
					_				
				NC					
	2.30		2	LC	8		5.22	0.65	
9									
mg	43		0		1		98	12	
mg	14.94		0		1		33.91	4.24	
	534		0		1		1212	151	
	1172		0		1		2660	332	
	806		0		1		1830	229	
			-						
				7					
Tilog	5.6	0.55	50 4	A	-		12.7	1.0	
<u>mg</u>	1.8		0		4		4.1	0.5	
<u>mg</u>	0.210)	0		4		0.477	0.060	
mg	0.319)	0		4		0.724	0.090	
			0		4		3.954	0.494	
			-		_				
-		1							
				_					
_				Z					

			-	Z					
			-	NC	_				
	0.00		v		-		2.00	0.00	
mcg	47.2		0	BFFN	4		107.1	13.4	
0	7 970		0		1		10 002	2 250	
			0		1				
-			0		1				
-			0		1				
-			0		1		0.091	0.011	
			-					-	
	0.048		0		1		0.109	0.014	
-									
	5.156	i	0		1		11.704	1.462	
g	2.583	1	0		1		5.863	0.732	
g									
g									
	g	g 7.10 kcal 522 kj 2184 g 32.97 g 42.13 g 4.37 g 13.43 g 3.9 g 2.30 g 2.30 g 3.9 g 2.30 g 43 mg 14.94 mg 534 mg 172 mg 806 mg 575 mg 7.44 mg 1.384 mg 1.72 mg 806 mg 5.6 mg 5.6 mg 5.6 mg 7.90 mcg 5.6 mg 0.319 mg 0.319 mg 0.319 mg 0.339 mg 0.090 mcg 57 mcg 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	## Mean Std. Error State	Mean Std. Error Points Std. Error Points Std. Error Points	ts	State	Mean Std. Error Points Code Code	State Stat	State

		<u>A</u>	mount in 100			ole portio	<u>on</u>		edible portion o	f common
				Number of Data		Source	Confidence	<u>m</u>	easures or 1000	
Nutrients and	Units	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	ntedg	13.100)	0		1		29.737	3.714	
14:1	=									
15:1 16:1 undifferentiated	-	0.091		0		1		0.207	0.026	
17:1	=	0.091	•	U		-		0.207	0.020	
18:1 undifferentiated	-	12.997	•	0		1		29.503	3.685	
20:1	=	0.000)	0		1		0.000	0.000	
22:1 undifferentiated	g	0.000	1	0		1		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsaturat	edg	19.206	i	0		1		43.598	5.445	
18:2 undifferentiated	g	19.020)	0		1		43.175	5.392	
18:3 undifferentiated	g	0.166	i	0		1		0.377	0.047	
18:4	-	0.000	1	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		•		•	_	_		•	•	
Cholesterol	-	0		0	Z	7		0	0	
Phytosterols	Ing									
Amino Acids:										
Tryptophan	g	0.578	1	0		1		1.312	0.164	
Threonine	g	1.213	1	0		1		2.754	0.344	
Isoleucine	g	1.698	1	0		1		3.854	0.481	
Leucine	-	2.793	1	0		1		6.340	0.792	
Lysine		2.463		0		1		5.591	0.698	
Methionine	g	0.740		0		1		1.680	0.210	
Cystine	g	0.404		0		1		0.917	0.115	
Phenylalanine		1.642		0		1		3.727	0.466	
Tyrosine		1.368		0		1		3.105	0.388	
Valine	_	2.650		0		1		6.016	0.751	
Arginine		5.418		0		1		12.299	1.536	
Histidine		0.914		0		1		2.075	0.259	
Alanine		1.555		0		1		3.530	0.441	
Aspartic acid		3.328		0		1		7.555	0.943	
Glutamic acid		5.797		0		1 1		13.159	1.643	
Glycine		2.413		-		_		5.478	0.684	
Proline	_	1.344		0		1 1		3.051	0.381	
Serine		1.543	•	U		1		3.503	0.437	
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	mcg	228		0	0	4		517.560	64.638	
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 = 227g: 1 cup

Measure 2 = 28.35g: 1 oz

NDB No. 12516

Seeds, pumpkin and squash seed kernels, roasted, with salt added

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

NDB No. 12016 Seeds, pumpkin and squash seed kernels, roasted, without salt

pepitas Refuse: 0%

		A	mount in 100			le portic	<u></u>		edible portion of easures of food	of common
Nutrients and Un	nits	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		7.10		1		1		16.12	2.01	
Energy		522		0	NC	4		1185	148	
Energy		2184				4 1		4958 74.84	619	
Protein (N x 5.3) Total lipid (fat)		32.97 42.13		1 1		1		74.84 95.64	9.35 11.94	
Ash		4.37		1		1		9.92	1.24	
Carbohydrate, by difference		13.43		0	NC	4		30.49	3.81	
Fiber, total dietary	<u>-</u>	3.9		0	NC	4		8.9	1.1	
Sugars, total		1.00		0	BFSN	4		2.27	0.28	
Starch									0.20	
Minerals:						_			10	
Calcium, Ca	-	43 14.94		0		1 1		98 33.91	12 4.24	
Iron, FeMagnesium, Mg	• • • • • • • • • • • • • • • • • • • •	534		0		1		33.91 1212	4.24 151	
Phosphorus, P		1172		0		1		2660	332	
Potassium, K	•	806		o		1		1830	229	
Sodium, Na		18		0		1		41	5	
Zinc, Zn		7.44		0		1		16.89	2.11	
Copper, Cu	mg	1.384	Į.	0		1		3.142	0.392	
Manganese, Mn		3.016		0		4		6.846	0.855	
Selenium, Se	mcg	5.6	0.550	4	A	1		12.7	1.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.8		0		4		4.1	0.5	
Thiamin	-	0.210)	0		4		0.477	0.060	
Riboflavin	mg	0.319)	0		4		0.724	0.090	
Niacin	mg	1.742	!	0		4		3.954	0.494	
Pantothenic acid		0.339)	0		4		0.770	0.096	
Vitamin B-6		0.090)	0		1		0.204	0.026	
Folate, total		57		0	_	4		130	16	
Folic acid		0		0	Z	7		0	0	
Folate, foodFolate, DFE		57 57		0	NC	4 4		130 130	16 16	
Vitamin B-12		0.00		0	NC Z	7		0.00	0.00	
Vitamin A, IU		380		0	-	4		863	108	
Vitamin A, RAE	mca RAE	19		0	NC	4		43	5	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		0.00		0	BFSN	4		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D		47.0		•				107.1		
Vitamin K (phylloquinone)	nicg	47.2		0	BFFN	4		107.1	13.4	
Lipids:										
Fatty acids, total saturated	g	7.970)	0		1		18.092	2.259	
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	-	0.000		0	Z	7		0.000	0.000	
10:0	-	0.000		0	Z	7		0.000	0.000	
12:0	-	0.040)	0		1		0.091	0.011	
13:0	-	0.048	,	0		1		0 100	0.014	
14:0		0.048	•	U		1		0.109	0.014	
15:0 16:0		5.156	;	0		1		11.704	1.462	
17:0		3.130		,		-		11.704	1.402	
18:0		2.583	3	0		1		5.863	0.732	
20:0	-									
22:0	g									
24:0	g									

		<u>A</u>	mount in 100			ole portio	<u>on</u>		edible portion o	of common
				Number of Data	Deriv		Confidence	<u>m</u>	easures of 1000	
Nutrients and	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	atedg	13.100	ı	0		1		29.737	3.714	
14:1 15:1	-									
16:1 undifferentiated	g	0.091		0		1		0.207	0.026	
17:1 18:1 undifferentiated	-	12.997		0		1		29.503	3.685	
20:1	-	0.000		0	Z	7		0.000	0.000	
22:1 undifferentiated	•	0.000	1	0	Z	7		0.000	0.000	
24:1 c		19.206		0		1		42 500	5 445	
Fatty acids, total polyunsaturat		19.200		0		1		43.598 43.175	5.445 5.392	
18:2 undifferentiated				0		1				
18:3 undifferentiated	-	0.166		0	z	7		0.377 0.000	0.0 4 7 0.000	
		0.000	•	U	Z	,		0.000	0.000	
20:2 n-6 c,c 20:3 undifferentiated	-									
20:4 undifferentiated	-	0.000		0	z	7		0.000	0.000	
	-	0.000		0	z	7				
20:5 n-3	-	0.000		0	z	7		0.000 0.000	0.000 0.000	
22:5 n-3 22:6 n-3	-	0.000		0	Z	7		0.000	0.000	
	-	0.000		U	4	,		0.000	0.000	
Fatty acids, total trans		0		0	z	7		0	0	
Cholesterol	_	U		U	4	,		U	U	
Phytosterols	Ing									
Amino Acids:										
Tryptophan	g	0.578	1	0		1		1.312	0.164	
Threonine	g	1.213	1	0		1		2.754	0.344	
Isoleucine	g	1.698	1	0		1		3.854	0.481	
Leucine	g	2.793	1	0		1		6.340	0.792	
Lysine	g	2.463	1	0		1		5.591	0.698	
Methionine	g	0.740)	0		1		1.680	0.210	
Cystine	g	0.404		0		1		0.917	0.115	
Phenylalanine	g	1.642	!	0		1		3.727	0.466	
Tyrosine	g	1.368	1	0		1		3.105	0.388	
Valine	g	2.650)	0		1		6.016	0.751	
Arginine	g	5.418	1	0		1		12.299	1.536	
Histidine	g	0.914		0		1		2.075	0.259	
Alanine	g	1.555	i	0		1		3.530	0.441	
Aspartic acid		3.328	1	0		1		7.555	0.943	
Glutamic acid		5.797	,	0		1		13.159	1.643	
Glycine	-	2.413	1	0		1		5.478	0.684	
Proline		1.344		0		1		3.051	0.381	
Serine	-	1.543		0		1		3.503	0.437	
Hydroxyproline										
Others:										
Alcohol, ethyl	a	0.0		0	z	7		0.0	0.0	
Caffeine		0.0		0	z	7		0.0	0.0	
Theobromine	_	0		0	Z	7		0	0	
	9	· ·		U	4	,		U	J	
Carotenoids:										
Carotene, beta		228		0	0	4		517.560	64.638	
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 = 227g: 1 cup

Measure 2 = 28.35g: 1 oz

NDB No. 12016

Seeds, pumpkin and squash seed kernels, roasted, without salt

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

NDB No. 12663 Seeds, pumpkin and squash seeds, whole, roasted, with salt added

		<u>A</u>	mount in 100 gram	s of edil	ble portic	<u>on</u>	Amount in	edible portion	of common
			Numbe	er			<u>m</u>	easures of food	
			of Dat	a Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	4.50	1		1		2.88	1.28	
Energy	kcal	446	0	NC	4		285	126	
Energy	kj	1866			4		1194	529	
Protein (N x 5.3)		18.55	1		1		11.87	5.26	
Total lipid (fat)	g	19.40	1		1		12.42	5.50	
Ash	g	3.80	1		1		2.43	1.08	
Carbohydrate, by difference	g	53.75	0	NC	4		34.40	15.24	
Fiber, total dietary	g								
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mq	55	1		1		35	16	
Iron, Fe	-	3.31	1		1		2.12	0.94	
Magnesium, Mg		262	1		1		168	74	
Phosphorus, P		92	1		1		59	26	
Potassium, K	mg	919	1		1		588	261	
Sodium, Na	mg	575	1		1		368	163	
Zine, Zn	mg	10.30	1		1		6.59	2.92	
Copper, Cu		0.690			1		0.442	0.196	
Manganese, Mn		0.496	0		4		0.317	0.141	
Selenium, Se	mcg								
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.3	0		4		0.2	0.1	
Thiamin		0.034	1 0		4		0.022	0.010	
Riboflavin		0.052	2 0		4		0.033	0.015	
Niacin	mg	0.286	5 0		4		0.183	0.081	
Pantothenic acid	mg	0.056	5 0		4		0.036	0.016	
Vitamin B-6	mg	0.037	7 0		4		0.024	0.010	
Folate, total		9	0		4		6	3	
Folic acid		0	0	Z	7		0	0	
Folate, food	mcg	9	0		4		6	3	
Folate, DFE		9	0	NC	4		6	3	
Vitamin B-12		0.00	0	Z	7		0.00	0.00	
Vitamin A, IU		62	0		4		40	18	
Vitamin A, RAE		3	0	_	4		2	1	
Retinol		0	0	Z	7		0	0	
Vitamin E (alpha-tocopherol)									
Tocopherol, beta Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)									
<u>Lipids:</u>									
Fatty acids, total saturated		3.670	0		1		2.349	1.040	
4:0 6:0									
8:0									
10:0									
12:0		0.019	9 0		1		0.012	0.005	
13:0			·		=		3.4==	0.000	
14:0		0.022	2 0		1		0.014	0.006	
15:0									
16:0		2.374	1 0		1		1.519	0.673	
17:0									
18:0	-	1.189	0		1		0.761	0.337	
20:0	g								
22:0	g								
24:0	~								

		<u>Ar</u>	mount in 100	0 grams Number		<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	3	Mean		of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	6.032		0		1		3.860	1.710	
14:1		0.032		·		-		3.000	1.710	
15:1	-									
16:1 undifferentiated		0.042		0		1		0.027	0.012	
17:1	-									
18:1 undifferentiated		5.985		0		1		3.830	1.697	
20:1	-							3.000	2.00.	
22:1 undifferentiated.										
24:1 c										
Fatty acids, total polyunsaturated		8.844		0		1		5.660	2.507	
18:2 undifferentiated		8.759		0		1		5.606	2.483	
18:3 undifferentiated	•	0.733		0		1		0.049	0.022	
18:4	-	0.077		v		-		0.043	0.022	
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated										
20:5 n-3	-									
20.5 n-3										
22:5 n-3	-									
Fatty acids, total trans	-									
Cholesterol	-	0		0	z	7		0	0	
Phytosterols	_	U		U	4	,		O	· ·	
riiytosterois	ing									
Amino Acids:										
Tryptophan	g	0.326		12		1		0.209	0.092	
Threonine	g	0.683		15		1		0.437	0.194	
Isoleucine	-	0.956		15		1		0.612	0.271	
Leucine	-	1.572		15		1		1.006	0.446	
Lysine	-	1.386		15		1		0.887	0.393	
Methionine	-	0.417		14		1		0.267	0.118	
Cystine		0.228		3		1		0.146	0.065	
Phenylalanine		0.924		14		1		0.591	0.262	
Tyrosine		0.770		15		1		0.493	0.218	
Valine	-	1.491		14		1		0.954	0.423	
Arginine		3.049		14		1		1.951	0.864	
Histidine		0.515		14		1		0.330	0.146	
Alanine	-	0.313		5		1		0.560	0.148	
	-	1.873		5		1		1.199	0.248	
Aspartic acidGlutamic acid		3.262		5		1		2.088	0.531	
Glycine	-	1.358		6		1		0.869	0.385	
Proline	-	0.756		5		1		0.484	0.385	
	-			5		1				
Serine	-	0.868		5		1		0.556	0.246	
Hydroxyproline	9									

Common Measures:

Measure 1 = 64g: 1 cup

Measure 2 = 28.35g: 1 oz (85 seeds)

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

NDB No. 12163 Seeds, pumpkin and squash seeds, whole, roasted, without salt Cucurbita spp.

		<u>A</u>	mount in 100 gram	s of edi	ole portic	<u>on</u>	Amount in edible portion of common				
			Numbe	er			measures of food				
			of Dat	a Deriv	Source	Confidence					
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3		
Proximates:											
Water	g	4.50	1		1		2.88	1.28			
Energy	kcal	446	0	NC	4		285	126			
Energy	kj	1866			4		1194	529			
Protein (N x 5.3)		18.55	1		1		11.87	5.26			
Total lipid (fat)	g	19.40	1		1		12.42	5.50			
Ash	g	3.80	1		1		2.43	1.08			
Carbohydrate, by difference	g	53.75	0	NC	4		34.40	15.24			
Fiber, total dietary	g										
Sugars, total	g										
Starch	g										
Minerals:											
Calcium, Ca	mg	55	1		1		35	16			
Iron, Fe	-	3.31	1		1		2.12	0.94			
Magnesium, Mg		262	1		1		168	74			
Phosphorus, P		92	1		1		59	26			
Potassium, K	mg	919	1		1		588	261			
Sodium, Na		18	0		1		12	5			
Zinc, Zn		10.30	1		1		6.59	2.92			
Copper, Cu		0.690			1		0.442	0.196			
Manganese, Mn		0.496	5 0		4		0.317	0.141			
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.3	0		4		0.2	0.1			
Thiamin		0.034	1 0		4		0.022	0.010			
Riboflavin		0.052	2 0		4		0.033	0.015			
Niacin	mg	0.286	5 0		4		0.183	0.081			
Pantothenic acid	mg	0.056	5 0		4		0.036	0.016			
Vitamin B-6	mg	0.037	7 0		4		0.024	0.010			
Folate, total	mcg	9	0		4		6	3			
Folic acid		0	0	Z	7		0	0			
Folate, food	mcg	9	0		4		6	3			
Folate, DFE		9	0	NC	4		6	3			
Vitamin B-12		0.00	0	Z	7		0.00	0.00			
Vitamin A, IU		62	0		4		40	18			
Vitamin A, RAE		3	0		4		2	1			
Retinol		0	0	Z	7		0	0			
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta Vitamin D											
Vitamin K (phylloquinone)											
. ,											
<u>Lipids:</u>							_				
Fatty acids, total saturated		3.670	0		1		2.349	1.040			
4:0											
6:0											
8:0 10:0											
12:0		0.019	9 0		1		0.012	0.005			
13:0		3.013	•		_		0.012	0.005			
14:0		0.022	2 0		1		0.014	0.006			
15:0			·		=						
16:0		2.374	1 0		1		1.519	0.673			
17:0											
18:0	_	1.189	9 0		1		0.761	0.337			
20:0	_										
22:0	-										
24:0	g										

	<u>Ar</u>	nount in 100 grams		<u>on</u>	Amount in edible portion of common measures of food			
		Number	r Deriv Source	Confidence	<u></u>	5464166 61 1664		
Nutrients and Units	Mean	Std. Error Points		Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	6.032	0	1		3.860	1.710		
14:1g								
15:1	0.040	•			0 007	0.010		
16:1 undifferentiated	0.042	0	1		0.027	0.012		
17:1g	F 00F	•				4 600		
18:1 undifferentiated	5.985	0	1		3.830	1.697		
20:1g								
22:1 undifferentiated								
Fatty acids, total polyunsaturated9	8.844	0	1		5.660	2.507		
18:2 undifferentiatedg	8.759	0	1		5.606	2.483		
18:3 undifferentiated	0.077	0	1		0.049	0.022		
18:4g	0.077	v	-		0.049	0.022		
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								
Cholesterolmg	g 0	0	z 7		0	0		
Phytosterols mg	g							
Amino Acids:								
Tryptophan	0.326	12	1		0.209	0.092		
Threonine	0.683	15	1		0.437	0.194		
Isoleucine	0.956	15	1		0.437	0.134		
Leucine	1.572	15	1		1.006	0.271		
Lysine	1.386	15	1		0.887	0.446		
Methionine 9	0.417	14	1		0.887	0.118		
Cystine	0.228	3	1		0.146	0.065		
Phenylalanine 9	0.924	14	1		0.591	0.262		
Tyrosine	0.770	15	1		0.493	0.218		
Valine	1.491	14	1		0.954	0.423		
Arginine	3.049	14	1		1.951	0.864		
Histidine	0.515	14	1		0.330	0.146		
Alanine	0.875	5	1		0.560	0.248		
Aspartic acid	1.873	5	1		1.199	0.531		
Glutamic acid	3.262	5	1		2.088	0.925		
Glycine	1.358	6	1		0.869	0.385		
Proline	0.756	5	1		0.484	0.214		
Serine	0.868	5	1		0.556	0.246		
~	2.000	•	=		,			

Common Measures:

Measure 1 = 64g: 1 cup

Measure 2 = 28.35g: 1 oz (85 seeds)

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

NDB No. 12021 Seeds, safflower seed kernels, dried

Carthamus tinctorius

Refuse: 49% Hulls

		<u>A</u> 1	mount in 100 g			ole portio	<u>n</u>	Amount in edible portion of common			
				mber				measures of food			
Nutrients and Uni	its	Mean	of Std. Error Po			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Dravimatas											
Proximates: Water	а	5.62	0.145	34		1		1.59			
Energy	=	517		0	NC	4		147			
Energy		2163		-		4		613			
Protein (N x 5.3)		16.18		2		1		4.59			
Total lipid (fat)		38.45	0.798	34		1		10.90			
Ash		5.47		2		1		1.55			
Carbohydrate, by difference		34.29		0	NC	4		9.72			
Fiber, total dietary											
Sugars, total											
Starch											
5 ta 1 ta											
Minerals:		_									
Calcium, Ca	_	78		0		1		22			
Iron, Fe		4.90		0		4		1.39			
Magnesium, Mg		353		0		4		100			
Phosphorus, P		644		0		1 4		183			
Potassium, K		687 3		0		4		195 1			
Sodium, NaZinc, Zn		5.05		0		4		1.43			
Copper, Cu		1.747	,	0		4		0.495			
Manganese, Mn	-	2.014		0		4		0.571			
Selenium, Se			•	·		-		0.072			
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid		0.0		0		1		0.0			
Thiamin	-	1.163		0		1		0.330			
Riboflavin		0.415		0		1		0.118			
Niacin		2.284		0		1		0.648			
Pantothenic acid		4.030		0		4		1.143			
Vitamin B-6	-	1.170)	0		4		0.332			
Folate, total		160		0	_	4		45			
Folic acid		0		0	Z	7		0			
Folate, food	Ilicg	160		0	***	4		45			
Folate, DFE		160		0	NC Z	4 7		45			
Vitamin B-12		0.00 50		0	Z	4		0.00 14			
Vitamin A, IU Vitamin A, RAE		3		0		4		1			
Retinol		0		0	z	7		0			
Vitamin E (alpha-tocopherol)		· ·		U	2	,		U			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
	•••••										
<u>Lipids:</u>											
Fatty acids, total saturated		3.682		0		1		1.044			
4:0											
6:0											
8:0 10:0											
12:0	-										
13:0	-										
14:0		0.035	i	41		1		0.010			
15:0		0.000				-		3.010			
16:0		2.574	ļ	44		1		0.730			
17:0											
18:0		0.921		44		1		0.261			
20:0											
22:0	-										
24:0	_										

		<u>Ar</u>	nount in 100 grar		ble portic	<u>on</u>	Amount in edible portion of common measures of food			
			Numb		_		<u></u>	easures or roou		
Nutrients and Units	•	Mean	of Da Std. Error Point		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	g	4.848	0		1		1.374			
14:1	g									
15:1										
16:1 undifferentiated	-	0.037	32	!	1		0.010			
17:1										
18:1 undifferentiated		4.806	44	ŀ	1		1.363			
20:1	g									
22:1 undifferentiated	-									
24:1 c										
Fatty acids, total polyunsaturated		28.223	0		1		8.001			
18:2 undifferentiated	g	28.084	44		1		7.962			
18:3 undifferentiated	g	0.111	32	!	1		0.031			
18:4										
20:2 n-6 c,c										
20:3 undifferentiated	g									
20:4 undifferentiated	-									
20:5 n-3	g									
22:5 n-3	-									
22:6 n-3	-									
Fatty acids, total trans										
Cholesterol	_	0	0	Z	7		0			
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.183	4		1		0.052			
Threonine		0.586	9		1		0.166			
Isoleucine		0.717	9		1		0.203			
Leucine	-	1.154	9		1		0.327			
Lysine	-	0.534	55	.	1		0.151			
Methionine	-	0.284	7		1		0.081			
Cystine		0.311	7		1		0.088			
Phenylalanine		0.806	. 8		1		0.229			
Tyrosine		0.531	8		1		0.151			
Valine		1.025	9		1		0.291			
Arginine		1.749	8		1		0.496			
Histidine		0.452	8		1		0.128			
Alanine	-	0.772	8		1		0.219			
Aspartic acid	-	1.807	8		1		0.512			
Glutamic acid		3.699	8		1		1.049			
Glycine	-	1.010	8		1		0.286			
Proline		0.726	8		1		0.206			
Serine	_	0.812	8		1		0.230			
Hydroxyproline	-	0.012	•		-		0.230			
11ydroxypromic	9									

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

		<u>A</u> :	mount in 100	<u>0 grams</u>	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
			I	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	6.41		1		1		1.82			
Energy	kcal	342		0	NC	4		97			
Energy	kj	1431				4		406			
Protein (N x 5.3)	g	35.62		1		1		10.10			
Total lipid (fat)	g	2.39		1		1		0.68			
Ash	g	6.85		1		1		1.94			
Carbohydrate, by difference	g	48.73		0	NC	4		13.81			
Fiber, total dietary	g										
Sugars, total	g										
Starch	g										
Min											
Minerals:	ma	77		^		4		22			
Calcium, Ca	_	4.86		0		1 4		1.38			
Iron, Fe	-	350		0		4		99			
		638		0		1		181			
Phosphorus, P Potassium, K	-	68		0		4		19			
Sodium, Na	-	3		0		4		1			
Zinc, Zn	-	5.01		0		4		1.42			
Copper, Cu		1.733	3	0		4		0.491			
Manganese, Mn		1.998		0		4		0.566			
Selenium, Se						_					
Vitamins:				_		_					
Vitamin C, total ascorbic acid	_	0.0		0		1		0.0			
Thiamin		1.153		0		1		0.327			
Riboflavin		0.412		0		1		0.117			
Niacin		2.265		0		1		0.642			
Pantothenic acid		3.996		0		4		1.133			
Vitamin B-6		1.161	L	0		4		0.329			
Folate, total		159		0	_	4 7		45			
Folic acid		0 159		0	Z	4		0 4 5			
Folate, DFE		159		0	NC	4		45 45			
		0.00		0	Z	7		0.00			
Vitamin B-12 Vitamin A, IU		49		0	Z	4		14			
Vitamin A, RAE		2		0		4		1			
Retinol		0		0	z	7		0			
Vitamin E (alpha-tocopherol)		Ü		Ū		,		Ü			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
Lipids:	~	0.207	,	0		1		0.059			
Fatty acids, total saturated		0.207	,	U		_		0.059			
4:0 6:0											
8:0	-										
10:0											
12:0											
13:0											
14:0	_	0.002	2	0		1		0.001			
15:0	_			-							
16:0		0.144	1	0		1		0.041			
17:0				-							
18:0		0.052	2	0		1		0.015			
20:0											
22:0	-										
24:0	-										

		<u>Ar</u>	mount in 10			ole portic	<u>on</u>	Amount in edible portion of common measures of food			
				Number of Doto		Source	Confidence	<u></u>	<u>easures or 100a</u>		
Nutrients and Units	i	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	g	0.272		0		1		0.077			
14:1	g										
15:1	g										
16:1 undifferentiated	g	0.002		0		1		0.001			
17:1	g										
18:1 undifferentiated	g	0.270		0		1		0.077			
20:1	g										
22:1 undifferentiated	g										
24:1 c	g										
Fatty acids, total polyunsaturated	g	1.584		0		1		0.449			
18:2 undifferentiated		1.576		0		1		0.447			
18:3 undifferentiated	g	0.006		0		1		0.002			
18:4	g										
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	0		0	Z	7		0			
Phytosterols	mg										
Amino Acids:											
Tryptophan	q	0.403		0		1		0.114			
Threonine		1.290		0		1		0.366			
Isoleucine	-	1.579		0		1		0.448			
Leucine	-	2.540		0		1		0.720			
Lysine	-	1.176		0		1		0.333			
Methionine	-	0.625		0		1		0.177			
Cystine		0.685		0		1		0.194			
Phenylalanine		1.774		0		1		0.503			
Tyrosine		1.169		0		1		0.331			
Valine	-	2.258		0		1		0.640			
Arginine		3.851		0		1		1.092			
Histidine		0.995		0		1		0.282			
Alanine	-	1.700		0		1		0.482			
Aspartic acid	-	3.978		0		1		1.128			
Glutamic acid		8.145		0		1		2.309			
Glycine	-	2.224		0		1		0.631			
Proline	-	1.599		0		1		0.453			
	-	1.788		0		1		0.453			
Serine	-	1.788		U		1		0.507			
Hydroxyproline	9										

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

		<u>Aı</u>	mount in 100 grams	Amount in edible portion of common						
			Numbe	r			measures of food			
			of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Points		Code	Code	Measure 1	Measure 2	Measure	
Proximates:										
Water	_	1.60	2		1		0.26			
Energy	kcal	595	0	NC	4		95			
Energy	kj	2489			4		398			
Protein (N x 5.3)	g	18.08	2		1		2.89			
Total lipid (fat)	g	50.87	1.737 3		1		8.14			
Ash	g	5.40	2		1		0.86			
Carbohydrate, by difference	g	25.45	0	NC	4		4.07			
Fiber, total dietary	g	5.5	0		4		0.9			
Sugars, total	g									
Starch	g									
·										
<u>linerals:</u>			_		_					
Calcium, Ca	_	960	0		1		154			
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	19.20	0		1		3.07			
Magnesium, Mg		362	0		1		58			
Phosphorus, P	•	659	0		1		105			
Potassium, K	_	582	0		1		93			
Sodium, Na	_	12	0		1		2			
Zinc, Zn		7.29	0		1		1.17			
Copper, Cu		4.214			1		0.674			
Manganese, Mn		2.540			1		0.406			
Selenium, Se	mcg	5.9	0	BFZN	4		0.9			
<u>'itamins:</u>			•							
Vitamin C, total ascorbic acid		0.0	0		1		0.0			
Thiamin		0.240			1		0.038			
Riboflavin		0.200			1		0.032			
Niacin	-	6.700			1		1.072			
Pantothenic acid		0.052			4		0.008			
Vitamin B-6	_	0.816			4		0.131			
Folate, total		100	0	_	4		16			
Folic acid		0	0	Z	7		0			
Folate, food	mcg	100	0		4		16			
Folate, DFE		100	0	NC	4		16			
Vitamin B-12		0.00	0	Z	7		0.00			
Vitamin A, IU		50	0		1		8			
Vitamin A, RAE		3	0	_	1		0			
Retinol		0	0	Z	7		0			
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
	nog									
ipids: Fatty acids, total saturated	a	7.124	. 0		1		1.140			
4:0		0.000			1		0.000			
6:0		0.000			1		0.000			
8:0		0.000			1		0.000			
10:0	-	0.000			1		0.000			
12:0	-	0.000			1		0.000			
13:0	_	0.000	. 0		-		0.000			
14:0	-	0.127	0		1		0.020			
	-	0.127	U		_		0.020			
15:0	_	4.548	3 0		1		0.728			
16:0		4.548	, 0		1		0.728			
17:0		0 140	0		1		0.240			
18:0		2.140	, 0		1		0.342			
20:0	-									
22:0 24:0										

		<u>Aı</u>	mount in 100 grams		le portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and U	nits	Mean	Numbe of Data Std. Error Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	lg	19.209	0		1		3.073			
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.153	0		1		0.024			
17:1	-									
18:1 undifferentiated		18.966			1		3.035			
20:1		0.071	0		1		0.011			
22:1 undifferentiated	g	0.000	0		1		0.000			
24:1 c										
Fatty acids, total polyunsaturated.	g	22.296			1		3.567			
18:2 undifferentiated	g	21.888	0		1		3.502			
18:3 undifferentiated	g	0.385	0		1		0.062			
18:4	g	0.000	0		1		0.000			
20:2 n-6 c,c	-									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000	0		1		0.000			
20:5 n-3		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	mg	0	0	Z	7		0			
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.396	0		1		0.063			
Threonine	g	0.751	0		1		0.120			
Isoleucine	g	0.778	0		1		0.124			
Leucine		1.385	0		1		0.222			
Lysine	g	0.580	0		1		0.093			
Methionine		0.597	0		1		0.096			
Cystine		0.365	0		1		0.058			
Phenylalanine		0.959	0		1		0.153			
Tyrosine		0.757	0		1		0.121			
Valine	-	1.010	0		1		0.162			
Arginine		2.682	0		1		0.429			
Histidine		0.532	0		1		0.085			
Alanine		0.945	0		1		0.151			
Aspartic acid	_	1.679			1		0.269			
Glutamic acid		4.033			1		0.645			
Glycine		1.239			1		0.198			
Proline	-	0.826			1		0.132			
Serine		0.986			1		0.152			
Hydroxyproline	-	0.900	U		1		5.156			
2 21										
Others:	α.	0.0	0		7		0.0			
Alcohol, ethyl		0.0	U		,		0.0			
Caffeine	_									
Theobromine	II.IY									

Common Measures:

Measure 1 = 16g: 1 tbsp

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

NDB No. 12198 Seeds, sesame butter, tahini, from raw and stone ground kernels

		<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	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	3.00		1		1		0.45	0.85		
Energy	kcal	570		0	NC	4		86	162		
Energy	kj	2385				4		358	676		
Protein (N x 5.3)	g	17.81		1		1		2.67	5.05		
Total lipid (fat)	g	48.00		1		1		7.20	13.61		
Ash	g	5.00		1		1		0.75	1.42		
Carbohydrate, by difference	g	26.19		0	NC	4		3.93	7.42		
Fiber, total dietary	g	9.3		0		4		1.4	2.6		
Sugars, total	g										
Starch	g										
<u>Minerals:</u>				_		_					
Calcium, Ca	-	420		0		1		63	119		
Iron, Fe	-	2.51		0		1		0.38	0.71		
Magnesium, Mg		96		0		1		14	27		
Phosphorus, P	_	752		0		1		113	213		
Potassium, K	_	414		0		1		62	117		
Sodium, Na	-	74		0		1		11	21		
Zinc, Zn		4.64	_	0		1		0.70	1.32		
Copper, Cu		1.618		0		1		0.243	0.459		
Manganese, Mn		1.457	1	0		4		0.219	0.413		
Selenium, Se	mcg										
/itamins:											
Vitamin C, total ascorbic acid	ma	0.0		0		1		0.0	0.0		
Thiamin	-	1.283	3	0		1		0.192	0.364		
Riboflavin		0.510)	0		1		0.077	0.145		
Niacin		5.925		0		1		0.889	1.680		
Pantothenic acid		0.694		0		4		0.104	0.197		
Vitamin B-6		0.149		0		4		0.022	0.042		
Folate, total		98		0		4		15	28		
Folic acid		0		0	z	7		0	0		
Folate, food		98		0		4		15	28		
Folate, DFE		98		0	NC	4		15	28		
Vitamin B-12		0.00		0	z	7		0.00	0.00		
Vitamin A, IU		67		0		4		10	19		
Vitamin A, RAE		3		0		4		1	1		
Retinol		0		0	z	7		0	0		
Vitamin E (alpha-tocopherol)									· ·		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
<u> ipids:</u>											
Fatty acids, total saturated		6.722	2	0		1		1.008	1.906		
4:0											
6:0											
8:0	-										
10:0	_										
12:0	-										
13:0	-	0.120	,	0		1		0.010	0.004		
14:0	_	0.120	,	U		1		0.018	0.034		
15:0	_	4 000	.	0		1		0.644	1.217		
16:0		4.292	-	U		1		0.644	1.21/		
17:0		2 010	3	0		1		0.303	0 570		
18:0		2.019	,	U		1		0.303	0.572		
20:0	_										
22:0	g g										

		<u>Aı</u>	mount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	q	18.127		0		1		2.719	5.139		
14:1											
15:1											
16:1 undifferentiated	-	0.144		0		1		0.022	0.041		
17:1	-										
18:1 undifferentiated		17.897		0		1		2.685	5.074		
20:1	g	0.067		0		1		0.010	0.019		
22:1 undifferentiated	g										
24:1 c	g										
Fatty acids, total polyunsaturated	g	21.039		0		1		3.156	5.965		
18:2 undifferentiated	g	20.654		0		1		3.098	5.855		
18:3 undifferentiated	g	0.363		0		1		0.054	0.103		
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	0		0	Z	7		0	0		
Phytosterols	mg										
Amino Acids:											
Tryptophan	g	0.390		0		1		0.059	0.111		
Threonine	g	0.739		0		1		0.111	0.210		
Isoleucine	g	0.766		0		1		0.115	0.217		
Leucine	g	1.364		0		1		0.205	0.387		
Lysine	g	0.571		0		1		0.086	0.162		
Methionine	g	0.588		0		1		0.088	0.167		
Cystine	g	0.360		0		1		0.054	0.102		
Phenylalanine	g	0.944		0		1		0.142	0.268		
Tyrosine	g	0.746		0		1		0.112	0.211		
Valine	g	0.995		0		1		0.149	0.282		
Arginine	g	2.641		0		1		0.396	0.749		
Histidine	g	0.524		0		1		0.079	0.149		
Alanine	g	0.931		0		1		0.140	0.264		
Aspartic acid	g	1.653		0		1		0.248	0.469		
Glutamic acid	g	3.972		0		1		0.596	1.126		
Glycine	g	1.220		0		1		0.183	0.346		
Proline	g	0.813		0		1		0.122	0.230		
Serine	g	0.971		0		1		0.146	0.275		
Hydroxyproline	g										

Common Measures:

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

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

NDB No. 12166 Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)

		<u>A</u>	mount in 100 gran	s of edit	ne portio	<u>on</u>	Amount in edible portion of common			
			Numb	er			<u>m</u>	easures of food	<u>.</u>	
					Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	3.05	2		1		0.46	0.86		
Energy	kcal	595	0	NC	4		89	169		
Energy		2489			4		373	706		
Protein (N x 5.3)	g	17.00	2		1		2.55	4.82		
Total lipid (fat)	g	53.76	2		1		8.06	15.24		
Ash	g	5.00	1		1		0.75	1.42		
Carbohydrate, by difference	g	21.19	0	NC	4		3.18	6.01		
Fiber, total dietary	g	9.3	0		4		1.4	2.6		
Sugars, total	g	0.49	0	BFSN	4		0.07	0.14		
Starch										
Minerals:		40.0	-		_			101		
Calcium, Ca	_	426	0		1		64	121		
Iron, Fe		8.95 95	0		1 1		1.34 14	2.5 4 27		
Magnesium, Mg		95 732			1			208		
Phosphorus, P Potassium, K	-	414	0		1		110 62	208 117		
Sodium, Na		115	2		1		17	33		
Zinc, Zn		4.62	1		1		0.69	1.31		
Copper, Cu		1.610			1		0.242	0.456		
Manganese, Mn		1.456			4		0.218	0.413		
Selenium, Se		1.7	0	BFSN	4		0.3	0.5		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.0	0		1		0.0	0.0		
Thiamin		1.220			1		0.183	0.346		
Riboflavin		0.473			1		0.071	0.134		
Niacin	-	5.450			1		0.818	1.545		
Pantothenic acid		0.693			4		0.104	0.196		
Vitamin B-6	_	0.149			4		0.022	0.042		
Folate, total		98 0	0	z	4 7		15 0	28		
Folic acid				z				0		
Folate, food	mcg	98 98	0	270	4 4		15 15	28		
Folate, DFE		0.00	0	NC Z	7		0.00	28 0.00		
Vitamin B-12 Vitamin A, IU		67	0	Z	4		10	19		
Vitamin A, IU Vitamin A, RAE		3	0	NC	4		10	19		
Retinol		0	0	Z	7		0	0		
Vitamin E (alpha-tocopherol)		0.25	0	BFSN	4		0.04	0.07		
Tocopherol, beta		0.23	· ·	DION	-		0.01	0.07		
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0	0	BFSN	4		0.0	0.0		
<u>Lipids:</u>	a				-		1 100	0.101		
Fatty acids, total saturated		7.529			1		1.129	2.134		
4:0		0.000			1 1		0.000	0.000		
6:0		0.000			1		0.000	0.000		
8:0 10:0	-	0.000			1		0.000 0.000	0.000 0.000		
12:0	_	0.000			1		0.000	0.000		
13:0	-	0.000	. 0		-		0.000	0.000		
14:0	_	0.134	. 0		1		0.020	0.038		
15:0	_	0.134	. 0		-		0.020	0.036		
16:0	_	4.807	, 0		1		0.721	1.363		
17:0		4.00	v		-		V. /21	1.505		
18:0	_	2.262	2 0		1		0.339	0.641		
20:0	_	02	v		-		0.555	0.011		
22:0	_									
24:0	-									

NDB No. 12166 Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)

		A	mount in 100 gram		ole portio	<u>n</u>	Amount in edible portion of common measures of food			
			Numbe				m	easures or 1000		
				Deriv		Confidence				
Nutrients and I	Units	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturat	tod (I	20.302	0		1		3.045	5.756		
14:1	g	20.302			-		3.043	3.730		
16:1 undifferentiated	g	0.161	. 0		1		0.024	0.046		
17:1	g	20.045			1		3.007	5.683		
20:1 22:1 undifferentiated	-	0.075			1 1		0.011 0.000	0.021 0.000		
24:1 c		02.564	. 0				0 505			
Fatty acids, total polyunsaturate 18:2 undifferentiated		23.564 23.133			1 1		3.535 3.470	6.680 6.558		
18:3 undifferentiated		0.407			1		0.061	0.115		
18:4	g	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		
20:5 n-3	-	0.000			1		0.000	0.000		
22:5 n-3	-	0.000			1		0.000	0.000		
22:6 n-3		0.000			1		0.000	0.000		
Fatty acids, total trans										
Cholesterol	mg	0	0	Z	7		0	0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.372	0		1		0.056	0.105		
Threonine	g	0.706	0		1		0.106	0.200		
Isoleucine	_	0.731			1		0.110	0.207		
Leucine	-	1.302			1		0.195	0.369		
Lysine		0.545			1		0.082	0.155		
Methionine		0.561			1		0.084	0.159		
Cystine		0.343			1 1		0.051	0.097		
Phenylalanine		0.901 0.712			1		0.135 0.107	0.255 0.202		
TyrosineValine		0.950			1		0.143	0.269		
Arginine	-	2.521			1		0.143	0.715		
Histidine		0.500			1		0.075	0.142		
Alanine		0.889			1		0.133	0.252		
Aspartic acid		1.578			1		0.237	0.447		
Glutamic acid		3.792	0		1		0.569	1.075		
Glycine		1.165	0		1		0.175	0.330		
Proline		0.776	0		1		0.116	0.220		
Serine		0.927	0		1		0.139	0.263		
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0	0	Z	7		0.0	0.0		
Caffeine	-	0	0	Z	7		0	0		
Theobromine	mg	0	0	Z	7		0	0		
Carotenoids:										
Carotene, beta		40	0	BFSN	4		6.050	11.434		
Carotene, alpha		0	0	BFSN	4		0.000	0.000		
Cryptoxanthin, beta		0	0	BFSN	4		0.000	0.000		
Lycopene		0	0	BFSN BFSN	4 4		0.000 0.000	0.000 0.000		
Lutein + zeaxanthin	iiicg	U	<u> </u>	Bron	4		0.000	0.000		

Common Measures:

Measure 1 = 15.0g: 1 tbsp

Measure 2 = 28.35g: 1 oz

NDB No. 12166

Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

NDB No. 12171 Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)

		<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>	
			of Dat	a Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:										
Water	g	3.00	0		1		0.42	0.85		
Energy	-	607	0	NC	4		85	172		
Energy		2540			4		356	720		
Protein (N x 5.3)		17.95	1		1		2.51	5.09		
Total lipid (fat)		56.44	1		1		7.90	16.00		
Ash		4.73	0		1		0.66	1.34		
Carbohydrate, by difference		17.89	0	NC	4		2.50	5.07		
Fiber, total dietary		9.3	0		4		1.3	2.6		
Sugars, total										
Starch	-									
Minerals:										
Calcium, Ca	-	141	1		1		20	40		
Iron, Fe	-	6.35	1		1		0.89	1.80		
Magnesium, Mg		353	0		1		49	100		
Phosphorus, P	•	790	0		1		111	224		
Potassium, K		459	1		1 1		64	130		
Sodium, Na		1 10.45	1		1		0 1.46	0 2.96		
Zinc, Zn		1.488			4		0.208	0.422		
Copper, Cu Manganese, Mn		1.457			4		0.204	0.422		
Selenium, Se		1.43	·		-		0.204	0.415		
Scientini, Sc	9									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0		4		0.0	0.0		
Thiamin		1.587	1		1		0.222	0.450		
Riboflavin	mg	0.120	1		1		0.017	0.034		
Niacin		5.644	1		1		0.790	1.600		
Pantothenic acid		0.694			4		0.097	0.197		
Vitamin B-6	_	0.149			4		0.021	0.042		
Folate, total		98	0		4		14	28		
Folic acid		0	0	Z	7		0	0		
Folate, food	mcg	98	0		4		14	28		
Folate, DFE		98	0	NC	4		14	28		
Vitamin B-12		0.00	0	Z	7		0.00	0.00		
Vitamin A, IU		67	0		4		9	19		
Vitamin A, RAE		3	0		4		0	1		
Retinol		0	0	Z	7		0	0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin K (phylloquinone)										
v rammi K (phynoquinone)	g									
<u>Lipids:</u>										
Fatty acids, total saturated	g	7.904	0		1		1.107	2.241		
4:0										
6:0										
8:0	-									
10:0										
12:0										
13:0		0 1	•		4		0.000	0.010		
14:0		0.141	. 0		1		0.020	0.040		
15:0		E 044			4		0.706	1 431		
16:0		5.046	5 0		1		0.706	1.431		
17:0		2.374	1 0		1		0 222	0 673		
18:0		2.3/4	. U		1		0.332	0.673		
20:0 22:0	_									

		<u>Ar</u>	mount in 100			ole portic	<u>on</u>	Amount in edible portion of common measures of food			
				lumber		Source	Confidence				
Nutrients and Units	;	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	g	21.313		0		1		2.984	6.042		
14:1	g										
15:1	g										
16:1 undifferentiated	g	0.169		0		1		0.024	0.048		
17:1	g										
18:1 undifferentiated	g	21.043		0		1		2.946	5.966		
20:1	g	0.079		0		1		0.011	0.022		
22:1 undifferentiated	g										
24:1 c	g										
Fatty acids, total polyunsaturated	g	24.737		0		1		3.463	7.013		
18:2 undifferentiated	g	24.285		0		1		3.400	6.885		
18:3 undifferentiated	g	0.427		0		1		0.060	0.121		
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	0		0	Z	7		0	0		
Phytosterols	mg										
Amino Acids:											
Tryptophan	a	0.393		0		1		0.055	0.111		
Threonine		0.745		0		1		0.104	0.211		
Isoleucine	-	0.743		0		1		0.104	0.211		
Leucine		1.375		0		1		0.100	0.390		
Lysine		0.576		0		1		0.193	0.163		
•	-	0.593		0		1		0.081	0.163		
Methionine Cystine	-	0.362		0		1		0.051	0.103		
Phenylalanine		0.362		0		1		0.031	0.103		
Tyrosine		0.752		0		1		0.133	0.270		
,	-	1.002		0		1		0.105	0.213		
Valine		2.661		0		1		0.140	0.284		
ArginineHistidine		0.528		0		1		0.373	0.754		
Alanine	•	0.938		0		1		0.131	0.130		
	-	1.666		0		1		0.131	0.266		
Aspartic acidGlutamic acid		4.002		0		1		0.233	1.135		
Glycine	-	1.229		0		1		0.172	0.348		
Proline		0.819		0		1		0.172	0.348		
	•	0.819		0		1		0.115			
Serine	-	0.979		U		1		0.137	0.278		
Hydroxyproline	y										

Common Measures:

Measure 1 = 14.0g: 1 tbsp Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

		<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	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	3.00		0		4		0.45		
Energy	kcal	592		0	NC	4		89		
Energy	kj	2477		0		4		372		
Protein (N x 5.3)	g	17.40		0		4		2.61		
Total lipid (fat)	g	53.01		0		4		7.95		
Ash	g	5.09		0	NC	4		0.76		
Carbohydrate, by difference	g	21.50		0	NC	4		3.23		
Fiber, total dietary	g	4.7		0		4		0.7		
Sugars, total	g									
Starch	g									
M:1										
Minerals: Calcium, Ca	ma	141		0		А		21		
Iron. Fe.	-	4.42		0		4		0.66		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	95		0		4		14		
Phosphorus, P		790		0		4		119		
Potassium, K	•	459		0		4		69		
Sodium. Na.	-	35		0		4		5		
Zinc, Zn	mg	4.62		0		4		0.69		
Copper, Cu		1.610)	0		4		0.242		
Manganese, Mn										
Selenium, Se	mcg	1.7		0	BFSN	4		0.3		
Vitamins:										
	ma	4.2		0		4		0.6		
Vitamin C, total ascorbic acid Thiamin	-	1.590	,	0		4		0.8		
Riboflavin		0.120		0		4		0.239		
Niacin		5.640		0		4		0.846		
Pantothenic acid		0.010		·		-		0.010		
Vitamin B-6	-	0.150)	0		4		0.023		
Folate, total		98		0		4		15		
Folic acid		0		0	Z	7		0		
Folate, food		98		0		4		15		
Folate, DFE		98		0	NC	4		15		
Vitamin B-12	mcg	0.00		0		4		0.00		
Vitamin A, IU	IU	67		0		4		10		
Vitamin A, RAE		3		0		4		1		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	Ilicy									
Lipids:										
Fatty acids, total saturated	g	7.423	3	0		4		1.113		
4:0	_	0.000)	0		4		0.000		
6:0		0.000)	0		4		0.000		
8:0	g	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	_	0.132	2	0		4		0.020		
15:0										
16:0		4.739	•	0		4		0.711		
17:0										
18:0		2.230)	0		4		0.335		
20:0										
22:0	g									

	<u>Ar</u>	mount in 100 gram	s of edi	ble portio	<u>on</u>	Amount in	edible portion	of common
		Numbe	er			<u>m</u>	easures of food	
Nutrients and Units	Mean	of Dat Std. Error Points			Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	20.016	0		4		3.002		
14:1g								
15:1g								
16:1 undifferentiatedg	0.159	0		4		0.024		
17:1g								
18:1 undifferentiatedg	19.763			4		2.964		
20:1g	0.074			4		0.011		
22:1 undifferentiatedg	0.000	0		4		0.000		
24:1 cg								
Fatty acids, total polyunsaturatedg	23.232			4		3.485		
18:2 undifferentiatedg	22.807			4		3.421		
18:3 undifferentiatedg	0.401			4		0.060		
18:4g	0.000	0		4		0.000		
20:2 n-6 c,cg								
20:3 undifferentiatedg		_						
20:4 undifferentiatedg	0.000			4		0.000		
20:5 n-3g	0.000			4		0.000		
22:5 n-3g	0.000			4		0.000		
22:6 n-3g	0.000	0		4		0.000		
Fatty acids, total transg						_		
Cholesterolmg	0	0	Z	7		0		
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	Z	7		0.0		
Caffeine mg	0	0	Z	7		0		
Theobromine mg	0	0	Z	7		0		

Common Measures:

Measure 1 = 15.0g: 1 tbsp

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

		<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>l</u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	0.90		1		1		0.26			
Energy	kcal	526		0	NC	4		149			
Energy	kj	2201				4		624			
Protein (N x 5.3)	g	30.78		1		1		8.73			
Total lipid (fat)	g	37.10		1		1		10.52			
Ash	g	4.60		1		1		1.30			
Carbohydrate, by difference	g	26.62		0	NC	4		7.55			
Fiber, total dietary											
Sugars, total											
Starch											
Suici	9										
<u>Minerals:</u>											
Calcium, Ca	-	159		0		1		45			
Iron, Fe	-	15.17		0		1		4.30			
Magnesium, Mg		361		0		1		102			
Phosphorus, P	mg	807		0		1		229			
Potassium, K	mg	423		0		1		120			
Sodium, Na	-	41		0		1		12			
Zinc, Zn		10.67		0		1		3.02			
Copper, Cu		1.520)	0		4		0.431			
Manganese, Mn		1.489	•	0		4		0.422			
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0			
Thiamin	-	2.684	i	0		1		0.761			
Riboflavin	-	0.286		0		1		0.781			
		13.369		0		1		3.790			
Niacin		2.928		0		1		0.830			
Pantothenic acid		0.152		0		1		0.830			
Vitamin B-6		31	4	0		1		9			
Folate, total		0		-	_	7					
Folic acid		0 31		0 0	Z	1		0 9			
Folate, food		31		0	NC	4		9			
Folate, DFE		0.00		0		7		0.00			
Vitamin B-12				0	Z	1					
Vitamin A, IU		69		-				20			
Vitamin A, RAE		3		0	_	1		1			
Retinol		0		0	Z	7		0			
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	Ilicg										
<u>Lipids:</u>											
Fatty acids, total saturated	g	5.196	5	0		1		1.473			
4:0											
6:0	g										
8:0	g										
10:0	g										
12:0	g										
13:0											
14:0	g	0.092	2	0		1		0.026			
15:0											
16:0		3.317	7	0		1		0.940			
17:0											
18:0		1.561	L	0		1		0.443			
20:0											
22:0	_										
24:0	-										

		<u>Aı</u>	nount in 10			ole portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Uni	ts	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		14.010		0		1		3.972		
14:1										
15:1				_						
16:1 undifferentiated	_	0.111		0		1		0.031		
17:1		10.000				_				
18:1 undifferentiated	-	13.833		0		1		3.922		
20:1	-	0.052		0		1		0.015		
22:1 undifferentiated	•									
24:1 c	•	10.00		•				4 610		
Fatty acids, total polyunsaturated	_	16.261 15.964		0		1 1		4.610		
18:2 undifferentiated	_					1		4.526		
18:3 undifferentiated		0.281		0		1		0.080		
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	-	0		0	z	7		0		
Phytosterols										
-										
Amino Acids:	a	0.674		0		1		0.191		
Tryptophan Threonine		1.278		0		1		0.191		
Isoleucine		1.324		0		1		0.362		
	-	2.358		0		1		0.668		
LeucineLysine		0.987		0		1		0.280		
Methionine	-	1.016		0		1		0.288		
Cystine	-	0.621		0		1		0.176		
Phenylalanine		1.632		0		1		0.170		
Tyrosine		1.289		0		1		0.365		
Valine	-	1.719		0		1		0.487		
Arginine	-	4.565		0		1		1.294		
Histidine	-	0.906		0		1		0.257		
Alanine	-	1.609		0		1		0.456		
Aspartic acid		2.858		0		1		0.810		
Glutamic acid		6.865		0		1		1.946		
Glycine		2.108		0		1		0.598		
Proline		1.406		0		1		0.399		
Serine		1.679		0		1		0.476		
Hydroxyproline	-			-						
y y										

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

		<u>Aı</u>	mount in 10	00 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food	<u> </u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	7.10		2		1		2.01			
Energy	kcal	333		0	NC	4		94			
Energy	kj	1393				4		395			
Protein (N x 5.3)	g	50.14		2		1		14.21			
Total lipid (fat)	g	1.75		2		1		0.50			
Ash	g	5.50		2		1		1.56			
Carbohydrate, by difference	g	35.51		0	NC	4		10.07			
Fiber, total dietary	g										
Sugars, total	g										
Starch	g										
Minerals:											
Vimerais: Calcium, Ca	ma	149		0		1		42			
Iron, Fe	_	14.22		0		1		4.03			
Magnesium, Mg	_	338		0		1		96			
Phosphorus, P		757		0		1		215			
Potassium, K	-	397		0		1		113			
Sodium, Na		39		0		1		11			
Zinc, Zn	_	10.00		0		1		2.84			
Copper, Cu	mg	1.425	i	0		4		0.404			
Manganese, Mn	mg	1.396	i	0		4		0.396			
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0			
Thiamin	_	2.516	:	0		1		0.713			
Riboflavin		0.269		0		1		0.076			
Niacin		12.533		0		1		3.553			
Pantothenic acid		2.745		0		1		0.778			
Vitamin B-6		0.142		0		1		0.040			
Folate, total		29		0		1		8			
Folic acid		0		0	z	7		0			
Folate, food		29		0		1		8			
Folate, DFE		29		0	NC	4		8			
Vitamin B-12		0.00		0	Z	7		0.00			
Vitamin A, IU		64		0		1		18			
Vitamin A, RAE		3		0		1		1			
Retinol		0		0	Z	7		0			
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D.											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	g	0.201		0		1		0.057			
4:0											
6:0											
8:0	g										
10:0	g										
12:0											
13:0	-										
14:0	-	0.004		0		1		0.001			
15:0											
16:0		0.128		0		1		0.036			
17:0											
18:0	g	0.060		0		1		0.017			
20:0	g										
22:0	a										

		<u>Ar</u>	nount in 10	00 grams	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 Unit	s	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	0.543		0		1		0.154		
14:1	g									
15:1	-									
16:1 undifferentiated	_	0.004		0		1		0.001		
17:1										
18:1 undifferentiated	g	0.536		0		1		0.152		
20:1	g	0.002		0		1		0.001		
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	-	0.630		0		1		0.179		
18:2 undifferentiated	g	0.618		0		1		0.175		
18:3 undifferentiated	g	0.011		0		1		0.003		
18:4	g									
20:2 n-6 c,c										
20:3 undifferentiated	g									
20:4 undifferentiated										
20:5 n-3										
22:5 n-3	_									
22:6 n-3										
Fatty acids, total trans	_				_	_				
Cholesterol	_	0		0	Z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	q	1.097		0		1		0.311		
Threonine		2.081		0		1		0.590		
Isoleucine	g	2.157		0		1		0.612		
Leucine	-	3.841		0		1		1.089		
Lysine		1.608		0		1		0.456		
Methionine		1.656		0		1		0.469		
Cystine	g	1.012		0		1		0.287		
Phenylalanine		2.658		0		1		0.754		
Tyrosine		2.100		0		1		0.595		
Valine		2.800		0		1		0.794		
Arginine	-	7.436		0		1		2.108		
Histidine		1.476		0		1		0.418		
Alanine	•	2.620		0		1		0.743		
Aspartic acid	_	4.654		0		1		1.319		
Glutamic acid		11.182		0		1		3.170		
Glycine		3.434		0		1		0.974		
Proline		2.289		0		1		0.649		
Serine	g	2.734		0		1		0.775		
Hydroxyproline	-									

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

		<u>A</u> 1	mount in 100 g	rams	of edit	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	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	6.61	0.784	5		1		1.87			
Energy	kcal	382		0	NC	4		108			
Energy	kj	1598				4		453			
Protein (N x 5.3)	g	40.32	3.275	5		1		11.43			
Total lipid (fat)	g	11.89	1.731	5		1		3.37			
Ash	g	6.05	0.554	5		1		1.72			
Carbohydrate, by difference	g	35.14		0	NC	4		9.96			
Fiber, total dietary	g										
Sugars, total	g										
Starch	g										
M:											
Minerals: Calcium, Ca	ma	150	6.279	6		1		43			
Iron. Fe.	_	14.30	0.318	6		1		4.05			
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	362	0.510	0		1		103			
Phosphorus, P		810		0		1		230			
Potassium, K	_	425		0		1		120			
Sodium, Na	_	41		0		1		12			
Zinc, Zn	-	10.70		0		1		3.03			
Copper, Cu		1.432	2	0		4		0.406			
Manganese, Mn	mg	1.403	3	0		4		0.398			
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0			
Thiamin	-	2.530	0.024	6		1		0.717			
Riboflavin		0.270		6		1		0.077			
Niacin		12.600		6		1		3.572			
Pantothenic acid		2.760		6		1		0.782			
Vitamin B-6		0.152		0		1		0.043			
Folate, total		29	0.318	6		1		8			
Folic acid		0		0	Z	7		0			
Folate, food		29	0.318	6		1		8			
Folate, DFE		29		0	NC	4		8			
Vitamin B-12		0.00		0	Z	7		0.00			
Vitamin A, IU		69		0		1		20			
Vitamin A, RAE	mcg_RAE	3		0		1		1			
Retinol	mcg	0		0	Z	7		0			
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	nicg										
<u>Lipids:</u>											
Fatty acids, total saturated	g	1.634	1	0		1		0.463			
4:0	-										
6:0	_										
8:0											
10:0											
12:0											
13:0	-	0.000		^							
14:0	_	0.029	,	0		1		0.008			
15:0	_		.	^				0.000			
16:0		1.043	5	0		1		0.296			
17:0		0 401		•		4		0.100			
18:0		0.491	L	0		1		0.139			
20:0	_										
22:0	g g										

Nutrients and Units Mean Std. Error Points	Deriv Source C Code 1 1 1 1 1 1		easures of food Measure 2	Measure 3
14:1 9 15:1 9 16:1 undifferentiated 9 0.035 0 17:1 9 18:1 undifferentiated 9 4.349 0 20:1 9 0.016 0 22:1 undifferentiated 9 5.016 0 22:1 undifferentiated 9 5.019 0 18:2 undifferentiated 9 5.019 0 18:3 undifferentiated 9 0.088 0 18:4 9 0.088 0 20:2 n-6 c,c 9 9 0.088 0 20:3 undifferentiated 9 0.088 0 20:5 n-3 9 9 0.25 n-3 9 22:5 n-3 9 9 0.00 0 Phytosterols mg 0 0 0 Phytosterols mg 0 0 0 Phytosterols mg 0 0 0 Tryptophan 9 0.882 0 0 Threonine 9 1.674 0 </th <th>1 1 1</th> <th>0.010 1.233 0.005 1.450 1.423</th> <th></th> <th></th>	1 1 1	0.010 1.233 0.005 1.450 1.423		
14:1 9 15:1 9 16:1 undifferentiated 9 0.035 0 17:1 9 18:1 undifferentiated 9 4.349 0 20:1 9 0.016 0 22:1 undifferentiated 9 5.016 0 24:1 c 9 5.113 0 Fatty acids, total polyunsaturated 9 5.019 0 18:2 undifferentiated 9 5.019 0 18:3 undifferentiated 9 0.088 0 18:4 9 9 0.088 0 20:2 n-6 c,c 9 9 0.088 0 20:3 undifferentiated 9 9 20:4 undifferentiated 9 0 0 20:5 n-3 9 9 22:5 n-3 9 9 22:6 n-3 9 Fatty acids, total trans 9 0 0 0 0 Phytosterols mg 0 0 0 0 Amino Acids: Tryptophan 9 1.674 0 0	1 1 1	0.010 1.233 0.005 1.450 1.423		
14:1	1 1 1	1.233 0.005 1.450 1.423		
15:1	1 1 1	1.233 0.005 1.450 1.423		
16:1 undifferentiated 9 0.035 0 17:1 9 9 4.349 0 20:1 9 0.016 0 22:1 undifferentiated 9 5.016 0 24:1 c 9 5.113 0 Fatty acids, total polyunsaturated 9 5.019 0 18:2 undifferentiated 9 5.019 0 18:3 undifferentiated 9 0.088 0 18:4 9 9 0.088 0 20:2 n-6 c,c 9 9 0.088 0 20:3 undifferentiated 9 9 20:4 undifferentiated 9 20:5 n-3 9 9 22:5 n-3 9 9 22:5 n-3 9 9 22:6 n-3 9 9 9 0 0 0 0 0 0 Phytosterols mg 0 </td <td>1 1 1</td> <td>1.233 0.005 1.450 1.423</td> <td></td> <td></td>	1 1 1	1.233 0.005 1.450 1.423		
18:1 undifferentiated 9 4.349 0 20:1 9 0.016 0 22:1 undifferentiated 9 5.019 0 Fatty acids, total polyunsaturated 9 5.113 0 18:2 undifferentiated 9 5.019 0 18:3 undifferentiated 9 0.088 0 18:4. 9 0.088 0 20:2 n-6 c,c 9 9 0.088 0 20:3 undifferentiated 9 20:4 undifferentiated 9 20:4 undifferentiated 9 20:5 n-3 9 9 22:5 n-3 9 9 22:6 n-3 9 9 22:6 n-3 9 9 22:6 n-3 9 9 0 0 0 0 0 Phytosterols mg 0 0 0 0 0 Phytosterols mg 0	1 1 1	0.005 1.450 1.423		
20:1 g 0.016 0 22:1 undifferentiated g 24:1 c 9 Fatty acids, total polyunsaturated g 5.113 0 18:2 undifferentiated g 5.019 0 18:3 undifferentiated g 0.088 0 18:4 g 9 0.088 0 18:4 g 9 20:2 n-6 c,c g 9 20:3 undifferentiated g 20:4 undifferentiated g 20:5 n-3 g 20:5 n-3 g 22:5 n-3 g 0 0 0 0 0 0 Phytosterols mg 0 0 0 0 0 Phytosterols mg 0	1 1 1	0.005 1.450 1.423		
20:1	1	1.450 1.423		
22:1 undifferentiated. g 24:1 c. g Fatty acids, total polyunsaturated. g 5.113 0 18:2 undifferentiated. g 5.019 0 18:3 undifferentiated. g 0.088 0 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 22:5 n-3. g 22:6 n-3. g Fatty acids, total trans. g Cholesterol. mg O Phytosterols. mg Amino Acids: Tryptophan. g 0.882 0 Threonine. g 1.674 0 Isoleucine. g 1.734 0 Leucine. g 3.088 0	1	1.423		
24:1 c	1	1.423		
Fatty acids, total polyunsaturated	1	1.423		
18:2 undifferentiated g 5.019 0 18:3 undifferentiated g 0.088 0 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 0 0 Phytosterols mg Amino Acids: Tryptophan g 0.882 0 Threonine g 1.674 0 Isoleucine g 1.734 0 Leucine g 3.088 0	1	1.423		
18:3 undifferentiated. 9 0.088 0 18:4	1			
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 9 Fatty acids, total trans 9 Cholesterol mg 0 0 Phytosterols mg Amino Acids: Tryptophan 9 0.882 0 Threonine 9 1.674 0 Isoleucine 9 1.734 0 Leucine 9 3.088 0				
Fatty acids, total trans. 9 Cholesterol. mg 0 0 Phytosterols. mg 0 0 Amino Acids: Tryptophan 9 0.882 0 Threonine. 9 1.674 0 Isoleucine. 9 1.734 0 Leucine. 9 3.088 0				
Cholesterol mg 0 0 Phytosterols mg 0 0 Amino Acids: Tryptophan g 0.882 0 Threonine g 1.674 0 Isoleucine g 1.734 0 Leucine g 3.088 0				
Phytosterols mg Amino Acids: 9 0.882 0 Tryptophan 9 1.674 0 Isoleucine 9 1.734 0 Leucine 9 3.088 0	z 7	0		
Amino Acids: Tryptophan g 0.882 0 Threonine g 1.674 0 Isoleucine g 1.734 0 Leucine g 3.088 0		-		
Tryptophan 9 0.882 0 Threonine 9 1.674 0 Isoleucine 9 1.734 0 Leucine 9 3.088 0				
Threonine g 1.674 0 Isoleucine g 1.734 0 Leucine g 3.088 0				
Isoleucine g 1.734 0 Leucine g 3.088 0	1	0.250		
Leucineg 3.088 0	1	0.475		
	1	0.492		
Lysineg 1.293 0	1	0.875		
	1	0.367		
Methionine	1	0.377		
Cystineg 0.814 0	1	0.231		
Phenylalanineg 2.138 0	1	0.606		
Tyrosineg 1.689 0	1	0.479		
Valine	1	0.638		
Arginine	1	1.695		
Histidineg 1.187 0	1	0.337		
Alanine g 2.107 0	1	0.597		
Aspartic acid	1	1.061		
Glutamic acid	1	2.549		
Glycine	1	0.783		
Proline	1	0.522		
Serine		0.623		
Hydroxyproline	1	3.023		

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

		<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>l</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	5.00		1		1		1.42		
Energy	kcal	567		0	NC	4		161		
Energy	kj	2372				4		673		
Protein (N x 5.3)	g	16.96		1		1		4.81		
Total lipid (fat)	g	48.00		1		1		13.61		
Ash	g	4.00		1		1		1.13		
Carbohydrate, by difference	g	26.04		0	NC	4		7.38		
Fiber, total dietary	g									
Sugars, total	g									
Starch										
	-									
Minerals:						_				
Calcium, Ca	-	153		0		1		43		
Iron, Fe	-	14.55		0		1		4.12		
Magnesium, Mg		346		0		1		98		
Phosphorus, P	_	774		0		1		219		
Potassium, K	_	406		0		1		115		
Sodium, Na	-	39		0		1		11		
Zinc, Zn		10.23	,	0 0		1 4		2.90		
Copper, Cu		1.457 1.427		0		4		0.413 0.405		
Manganese, Mn		1.42	,	U		4		0.405		
Selenium, Se	Illog									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin		2.573	3	0		1		0.729		
Riboflavin	mg	0.275	5	0		1		0.078		
Niacin	mg	12.816	5	0		1		3.633		
Pantothenic acid	mg	2.807	7	0		1		0.796		
Vitamin B-6		0.146	5	0		1		0.041		
Folate, total		30		0		1		8		
Folic acid		0		0	Z	7		0		
Folate, food		30		0		1		8		
Folate, DFE		30		0	NC	4		8		
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin A, IU		66		0		1		19		
Vitamin A, RAE		3		0		1		1		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	=									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	nicg									
<u>Lipids:</u>										
Fatty acids, total saturated	g	6.722	2	0		1		1.906		
4:0										
6:0	_									
8:0										
10:0										
12:0										
13:0	_			_		_				
14:0	_	0.120)	0		1		0.034		
15:0		_				_		_		
16:0		4.292	2	0		1		1.217		
17:0				_		_		<u> </u>		
18:0		2.019	•	0		1		0.572		
20:0	_									
22:0	g									

						ole portio	<u>n</u>	Amount in edible portion of common measures of food		
				Number		_		m	easures of 1000	
Nutrients and Uni	its	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	18.127		0		1		5.139		
14:1										
15:1	_									
16:1 undifferentiated	-	0.144		0		1		0.041		
17:1										
18:1 undifferentiated		17.897		0		1		5.074		
20:1	_	0.067		0		1		0.019		
22:1 undifferentiated										
24:1 c	•									
Fatty acids, total polyunsaturated	_	21.039		0		1		5.965		
18:2 undifferentiated	g	20.654		0		1		5.855		
18:3 undifferentiated	g	0.363		0		1		0.103		
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	0		0	Z	7		0		
Phytosterols	<u>mg</u>									
Amino Acids:										
Tryptophan	а	0.371		0		1		0.105		
Threonine		0.704		0		1		0.200		
Isoleucine		0.730		0		1		0.207		
Leucine	_	1.299		0		1		0.368		
Lysine	-	0.544		0		1		0.154		
Methionine		0.560		0		1		0.159		
Cystine		0.342		0		1		0.097		
Phenylalanine		0.899		0		1		0.255		
Tyrosine		0.710		0		1		0.201		
Valine	-	0.710		0		1		0.268		
Arginine	-	2.515		0		1		0.713		
Histidine		0.499		0		1		0.713		
Alanine	•	0.886		0		1		0.251		
Aspartic acid	-	1.574		0		1		0.446		
Glutamic acid		3.782		0		1		1.072		
Glycine	-	1.162		0		1		0.329		
Proline		0.774		0		1		0.323		
Serine		0.774		0		1		0.262		
Hydroxyproline	_	0.923		U		1		0.202		
	9									

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

									Amount in edible portion of common			
			Nu	mber				<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	4.81	0.272	29		1		7.22	0.38	0.13		
Energy	kcal	592		0	NC	4		888	47	16		
Energy	kj	2476		0	NC	4		3715	198	67		
Protein (N x 5.3)	g	20.33		1	A	1		30.50	1.63	0.55		
Total lipid (fat)	g	54.78	0.108	614		1		82.17	4.38	1.48		
Ash	g	4.64	0.413	26		1		6.96	0.37	0.13		
Carbohydrate, by difference	g	15.44		0	NC	4		23.16	1.24	0.42		
Fiber, total dietary	g	12.7		2	A	1		19.0	1.0	0.3		
Sugars, total	g	0.48	0.268	4	A	1		0.72	0.04	0.01		
Starch	g											
Minanala												
Minerals: Calcium. Ca	ma	131	50.769	19		1		197	10	4		
Iron, Fe		7.80	0.783	6		1		197	0.62	0.21		
Magnesium, Mg	_	347	41.767	3		1		521	28	9		
Phosphorus, P		776	71.400	9		1		1164	28 62	21		
Potassium, K	_	407	58.119	3		1		611	33	11		
Sodium. Na.		40	8.005	4		1		60	3	1		
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	10.25	0.005	2		1		15.38	0.82	0.28		
Copper, Cu		1.460)	0		4		2.190	0.117	0.03		
Manganese, Mn		1.430		0		4		2.145	0.114	0.03		
Selenium, Se		1.7		0	BFSN	4		2.6	0.1	0.0		
<u>Vitamins:</u>												
Vitamin C, total ascorbic acid	-	0.0		0		4		0.0	0.0	0.0		
Thiamin		0.722		5		1		1.083	0.058	0.01		
Riboflavin		0.085		16		1		0.128	0.007	0.00		
Niacin	_	4.682		15		1		7.023	0.375	0.12		
Pantothenic acid	-	0.681		2		1		1.022	0.054	0.01		
Vitamin B-6	-	0.146	•	0		4		0.219	0.012	0.00		
Folate, total		96		0	_	4		144	8	3		
Folic acid		0		0	Z	7		0	0	0		
Folate, food		96		0		4		144	8	3		
Folate, DFE		96		0	NC	4		144	8	3		
Vitamin B-12		0.00		0	Z	7		0.00	0.00	0.00		
Vitamin A, IU	IU	66		1	170	1		99	5	2		
Vitamin A, RAE		3		0	NC	4		5	0	0		
Retinol		0		0	Z	7		0	0	0		
Vitamin E (alpha-tocopherol)		0.25		0	T	4		0.38	0.02	0.01		
Tocopherol, beta												
Tocopherol, gamma Tocopherol, delta												
Vitamin D												
Vitamin K (phylloquinone)		0.0		1	A	1		0.0	0.0	0.0		
	9	0.0		_		_		0.0	0.0	0.0		
<u>Lipids:</u>												
Fatty acids, total saturated	g	7.672		0		1		11.508	0.614	0.20		
4:0		0.000		0		1		0.000	0.000	0.00		
6:0	-	0.000		0		1		0.000	0.000	0.00		
8:0	-	0.000		0		1		0.000	0.000	0.00		
10:0	-	0.000		0		1		0.000	0.000	0.00		
12:0		0.000)	0		1		0.000	0.000	0.00		
13:0			_	_		_			_			
14:0		0.136)	0		1		0.204	0.011	0.00		
15:0				_		_		_ ,	_	= .		
16:0	_	4.898	5	0		1		7.347	0.392	0.13		
17:0	-			_		_						
18:0	-	2.305)	0		1		3.458	0.184	0.06		
20:0	g											
22:0	_											

		<u>A</u>	mount in 10			ole portic	<u>on</u>	Amount in edible portion of common measures of food			
				of Data	Deriv		Confidence			•	
Nutrients and	d Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsatur	ratedg	20.687		0		1		31.031	1.655	0.559	
14:1	g										
15:1	-			_		_					
16:1 undifferentiated	-	0.164		0		1		0.246	0.013	0.004	
17:1 18:1 undifferentiated	-	20.425		0		1		30.638	1.634	0.551	
20:1	-	0.077		0		1		0.116	0.006	0.002	
22:1 undifferentiated		0.000		0		1		0.000	0.000	0.002	
24:1 c	-	0.000		Ū		-		0.000	0.000	0.000	
Fatty acids, total polyunsatura		24.011		0		1		36.017	1.921	0.648	
18:2 undifferentiated		23.572		0		1		35.358	1.886	0.636	
18:3 undifferentiated		0.415		0		1		0.623	0.033	0.011	
18:4		0.000		0		1		0.000	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	0.000	
20:5 n-3	g	0.000		0		1		0.000	0.000	0.000	
22:5 n-3	g	0.000		0		1		0.000	0.000	0.000	
22:6 n-3	g	0.000		0		1		0.000	0.000	0.000	
Fatty acids, total trans	g										
Cholesterol	mg	0		0	Z	7		0	0	0	
Phytosterols	mg										
Amino Acids:											
Tryptophan	α	0.365		0	BFPN	4		0.547	0.029	0.010	
Threonine		0.909		0	BFPN	4		1.364	0.073	0.025	
Isoleucine	-	0.993		0	BFPN	4		1.490	0.079	0.027	
Leucine	-	1.657		0	BFPN	4		2.485	0.133	0.045	
Lysine	-	0.640		0	BFPN	4		0.961	0.051	0.017	
Methionine		0.691		0	BFPN	4		1.036	0.055	0.019	
Cystine		0.403		0	BFPN	4		0.605	0.032	0.011	
Phenylalanine		1.178		0	BFPN	4		1.766	0.094	0.032	
Tyrosine		0.867		0	BFPN	4		1.300	0.069	0.023	
Valine	-	1.139		0	BFPN	4		1.709	0.091	0.031	
Arginine	g	2.562		0	BFPN	4		3.844	0.205	0.069	
Histidine	g	0.522		0	BFPN	4		0.783	0.042	0.014	
Alanine	g	1.086		0	BFPN	4		1.629	0.087	0.029	
Aspartic acid		1.746		0	BFPN	4		2.618	0.140	0.047	
Glutamic acid	g	3.809		0	BFPN	4		5.714	0.305	0.103	
Glycine	g	1.461		0	BFPN	4		2.192	0.117	0.039	
Proline	g	1.047		0	BFPN	4		1.571	0.084	0.028	
Serine	g	1.009		0	BFPN	4		1.513	0.081	0.027	
Hydroxyproline	g										
Others:											
Alcohol, ethyl	ď	0.0		0		7		0.0	0.0	0.0	
Caffeine		0.0		0	Z	7		0.0	0.0	0.0	
Theobromine		0		0	Z	7		0	0	0	
Carotenoids:	9	ŭ		·	-	•		•	v	J	
Carotene, beta		40		0	0	4		59.400	3.168	1.069	
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	mcg	0		0	Z	7		0.000	0.000	0.000	

Common Measures:

Measure 1 = 150g: 1 cup Measure 2 = 8.0g: 1 tbsp Measure 3 = 2.7g: 1 tsp NDB No. 12201

Seeds, sesame seed kernels, dried (decorticated)

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

NDB No. 12529 Seeds, sesame seed kernels, toasted, with salt added (decorticated)

		<u>A</u> 1	mount in 100 gra		ble portio	<u>on</u>	Amount in edible portion of common		
			Num				<u>m</u>	easures of food	1
Nutrients and Un	its	Mean	of D Std. Error Poir	ata Deriv its Code		Confidence Code	Measure 1	Measure 2	Measure
Traditionio and on		····ou···	Otal 21101				mododi o i		mououro
Proximates:									
Water		5.00	0.000	3	1		6.40	1.42	
Energy		567 2372		0 NC	4 4		726 3037	161	
Energy	=	16.96	0.000	3	1		21.71	673 4.81	
Protein (N x 5.3) Total lipid (fat)		48.00	0.000	3	1		61.44	13.61	
Ash		4.00		3	1		5.12	1.13	
Carbohydrate, by difference		26.04	0.000	0 NC	4		33.33	7.38	
Fiber, total dietary		16.9		0	4		21.6	4.8	
Sugars, total		0.48		0 BFZ			0.62	0.14	
Starch		0.10					0.02	0.14	
Minerals:				_	_				
Calcium, Ca	-	131		0	1		168	37	
Iron, Fe.		7.78		0	1 1		9.96	2.21	
Magnesium, Mg		346 774		0 0	1		443 991	98 219	
Phosphorus, P Potassium, K		774 406		0	1		520	219 115	
Sodium, Na		588		0	1		753	167	
Zinc, Zn		10.23		0	1		13.09	2.90	
Copper, Cu		1.457		0	4		1.865	0.413	
Manganese, Mn		1.427	1	0	4		1.827	0.405	
Selenium, Se		1.7		0 BFS1	1 4		2.2	0.5	
/itamins:									
Vitamin C, total ascorbic acid		0.0		0	4		0.0	0.0	
Thiamin		1.205 0.466		0 0	1 1		1.542 0.596	0.342	
Riboflavin		5.438		0	1		6.961	0.132 1.542	
Pantothenic acid		0.680		0	1		0.870	0.193	
Vitamin B-6		0.146		0	4		0.187	0.041	
Folate, total	-	96		0	4		123	27	
Folic acid		0		0 z	7		0	0	
Folate, food		96		0	4		123	27	
Folate, DFE	mcg_DFE	96		0 NC	4		123	27	
Vitamin B-12		0.00		0 z	7		0.00	0.00	
Vitamin A, IU		66		0	4		84	19	
Vitamin A, RAE		3		0 NC	4		4	1	
Retinol		0		0 z	7		0	0	
Vitamin E (alpha-tocopherol)		0.25		0 BFZ1	1 4		0.32	0.07	
Tocopherol, beta									
Tocopherol, gamma Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)		0.0		0 BFZ1	т 4		0.0	0.0	
ipids:									
Fatty acids, total saturated		6.722		0	1		8.604	1.906	
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 0	1		0.000	0.000	
12:0	_	0.000	,	U	1		0.000	0.000	
13:0 14:0.		0.120	1	0	1		0.154	0.034	
15:0		0.120	•	•	1		0.134	0.034	
16:0		4.292	2	0	1		5.494	1.217	
17:0				-	-		3.434	1.21/	
18:0	-	2.019)	0	1		2.584	0.572	
20:0	-								
22:0	-								
24:0	-								

		<u>A</u> 1	mount in 100			ole portio	<u>on</u>	Amount in edible portion of common measures of food		
				Number of Data	Deriv		Confidence			
Nutrients and U	Jnits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate	edg	18.127	,	0		1		23.203	5.139	
14:1 15:1	-									
16:1 undifferentiated	g	0.144	ŀ	0		1		0.184	0.041	
17:1 18:1 undifferentiated	-	17.897	,	0		1		22.908	5.074	
20:1	g	0.067	•	0		1		0.086	0.019	
22:1 undifferentiated	-	0.000		0		1		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsaturated	lg	21.039)	0		1		26.930	5.965	
18:2 undifferentiated	g	20.654		0		1		26.437	5.855	
18:3 undifferentiated	g	0.363	1	0		1		0.465	0.103	
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	-	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	1	0		1		0.000	0.000	
Fatty acids, total trans										
Cholesterol	_	0		0	Z	7		0	0	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.371		0		1		0.475	0.105	
Threonine		0.704	l .	0		1		0.901	0.200	
Isoleucine	g	0.730	1	0		1		0.934	0.207	
Leucine	g	1.299)	0		1		1.663	0.368	
Lysine	g	0.544	ŀ	0		1		0.696	0.154	
Methionine	g	0.560	1	0		1		0.717	0.159	
Cystine	g	0.342	!	0		1		0.438	0.097	
Phenylalanine	g	0.899	1	0		1		1.151	0.255	
Tyrosine	g	0.710)	0		1		0.909	0.201	
Valine	g	0.947	,	0		1		1.212	0.268	
Arginine	g	2.515	i	0		1		3.219	0.713	
Histidine	-	0.499)	0		1		0.639	0.141	
Alanine	g	0.886		0		1		1.134	0.251	
Aspartic acid	g	1.574		0		1		2.015	0.446	
Glutamic acid	g	3.782		0		1		4.841	1.072	
Glycine		1.162		0		1		1.487	0.329	
Proline	_	0.774		0		1		0.991	0.219	
Serine		0.925	i	0		1		1.184	0.262	
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:										
Carotene, beta	mca	40		0	BFZN	4		50.688	11.227	
Carotene, alpha		0		0	BFZN	4		0.000	0.000	
Cryptoxanthin, beta		0		0	BFZN	4		0.000	0.000	
Lycopene		0		0	BFZN	4		0.000	0.000	
	mcg	0		0	BFZN	4		0.000	0.000	

Common Measures:

Measure 1 = 128g: 1 cup

Measure 2 = 28.35g: 1 oz

NDB No. 12529

Seeds, sesame seed kernels, toasted, with salt added (decorticated)

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

NDB No. 12029 Seeds, sesame seed kernels, toasted, without salt added (decorticated)

		<u>A</u> 1	mount in 100 gr	ams of ed	Amount in 100 grams of edible portion							
			Nun	nber			m	easures of food	<u>l</u>			
					Source	Confidence						
Nutrients and Uni	its	Mean	Std. Error Poi	nts Code	Code	Code	Measure 1	Measure 2	Measure 3			
Proximates:												
Water	g	5.00	0.000	3	1		6.40	1.42				
Energy		567		0 NC	4		726	161				
Energy		2372			4		3037	673				
Protein (N x 5.3)		16.96	0.000	3	1		21.71	4.81				
Total lipid (fat)		48.00	0.000	3	1		61.44	13.61				
Ash		4.00	0.000	3	1		5.12	1.13				
Carbohydrate, by difference		26.04		0 NC	4		33.33	7.38				
Fiber, total dietary		16.9		0	4		21.6	4.8				
Sugars, total		0.48		0 BF2	N 4		0.62	0.14				
Starch												
Minerals:	m~	101		•	_		1.00	25				
Calcium, Ca	-	131		0	1		168	37				
Iron, Fe		7.78 346		0	1 1		9.96 443	2.21 98				
Magnesium, Mg		346 774		-	1		443 991	98 219				
Phosphorus, P Potassium, K	-	406		0	1		991 520	219 115				
Sodium, Na		39		0	1		50	113				
Zinc, Zn		10.23		0	1		13.09	2.90				
Copper, Cu		1.457	,	0	4		1.865	0.413				
Manganese, Mn		1.427		0	4		1.827	0.405				
Selenium, Se		1.7		0 BFS			2.2	0.5				
	_											
<u>Vitamins:</u>												
Vitamin C, total ascorbic acid		0.0		0	4		0.0	0.0				
Thiamin		1.205		0	1		1.542	0.342				
Riboflavin		0.466		0	1		0.596	0.132				
Niacin	-	5.438		0	1		6.961	1.542				
Pantothenic acid		0.680		0	1		0.870	0.193				
Vitamin B-6	-	0.146 96)	0	4 4		0.187 123	0.041 27				
Foliate, total		96		0 z	7		0	0				
Folic acid		96		0 2	4		123	27				
Folate, food	mcg DEE	96 96		0 NC	4		123	27				
Vitamin B-12		0.00		0 NC	7		0.00	0.00				
Vitamin A, IU		66		0	4		84	19				
Vitamin A, RAE		3		0 NC	4		4	1				
Retinol		0		0 Z	7		0	0				
Vitamin E (alpha-tocopherol)		0.25		0 BFZ			0.32	0.07				
Tocopherol, beta												
Tocopherol, gamma												
Tocopherol, delta												
Vitamin D												
Vitamin K (phylloquinone)		0.0		0 BFZ	1 4		0.0	0.0				
T :: J												
Lipids:	0	6.722	•	0	1		8.604	1.906				
Fatty acids, total saturated		0.000		0	1							
4:0 6:0		0.000		0	1		0.000 0.000	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	-	0.000	•	-	-		3.000	0.000				
14:0	-	0.120)	0	1		0.154	0.034				
15:0	-	0.220		-	-		3.134	0.054				
16:0	-	4.292	2	0	1		5.494	1.217				
17:0				-	-		0.353	,				
18:0	-	2.019)	0	1		2.584	0.572				
20:0	-							-				
22:0	-											

		<u>A</u> 1	mount in 100			ole portio	<u>on</u>	Amount in edible portion of common measures of food		
				Number of Data	Deriv		Confidence			
Nutrients and U	Jnits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate	edg	18.127	,	0		1		23.203	5.139	
14:1 15:1	-									
16:1 undifferentiated	g	0.144	ŀ	0		1		0.184	0.041	
17:1 18:1 undifferentiated	-	17.897	,	0		1		22.908	5.074	
20:1	g	0.067	•	0		1		0.086	0.019	
22:1 undifferentiated	-	0.000		0		1		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsaturated	lg	21.039)	0		1		26.930	5.965	
18:2 undifferentiated	g	20.654		0		1		26.437	5.855	
18:3 undifferentiated	g	0.363	1	0		1		0.465	0.103	
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	-	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	1	0		1		0.000	0.000	
Fatty acids, total trans										
Cholesterol	_	0		0	Z	7		0	0	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.371		0		1		0.475	0.105	
Threonine		0.704		0		1		0.901	0.200	
Isoleucine	g	0.730	1	0		1		0.934	0.207	
Leucine	g	1.299)	0		1		1.663	0.368	
Lysine	g	0.544	ŀ	0		1		0.696	0.154	
Methionine	g	0.560	1	0		1		0.717	0.159	
Cystine	g	0.342	!	0		1		0.438	0.097	
Phenylalanine	g	0.899	1	0		1		1.151	0.255	
Tyrosine	g	0.710)	0		1		0.909	0.201	
Valine	g	0.947	,	0		1		1.212	0.268	
Arginine	g	2.515	i	0		1		3.219	0.713	
Histidine	-	0.499)	0		1		0.639	0.141	
Alanine	g	0.886		0		1		1.134	0.251	
Aspartic acid	g	1.574		0		1		2.015	0.446	
Glutamic acid	g	3.782		0		1		4.841	1.072	
Glycine		1.162		0		1		1.487	0.329	
Proline	_	0.774		0		1		0.991	0.219	
Serine		0.925	i	0		1		1.184	0.262	
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:										
Carotene, beta	mca	40		0	BFZN	4		50.688	11.227	
Carotene, alpha		0		0	BFZN	4		0.000	0.000	
Cryptoxanthin, beta		0		0	BFZN	4		0.000	0.000	
Lycopene		0		0	BFZN	4		0.000	0.000	
	mcg	0		0	BFZN	4		0.000	0.000	

Common Measures:

Measure 1 = 128g: 1 cup

Measure 2 = 28.35g: 1 oz

NDB No. 12029

Seeds, sesame seed kernels, toasted, without salt added (decorticated)

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

NDB No. 12023 Seeds, sesame seeds, whole, dried Sesamum indicum

		<u>Aı</u>	mount in 100 g	rams	of edit	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	ımber	r			m	easures of food		
					Deriv	Source	Confidence				
Nutrients and Un	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	4.69	0.180	65		1		6.75	0.42		
Energy	-	573	0.100	0	NC	4		825	52		
· ·		2397		U	NC	4		3452	216		
Energy			0.056	C1		_					
Protein (N x 5.3)	-	17.73	0.256	61		1		25.53	1.60		
Total lipid (fat)		49.67	0.501	58		1		71.52	4.47		
Ash		4.45	0.152	59		1		6.41	0.40		
Carbohydrate, by difference		23.45		0	NC	4		33.77	2.11		
Fiber, total dietary	g	11.8		0		1		17.0	1.1		
Sugars, total	g	0.30	0.006	3	A	1		0.43	0.03		
Starch	g										
Minanala											
Minerals:	ma	975	102.528	21		1		1404	88		
Calcium, Ca						1			88 1.31		
Iron, Fe.	-	14.55 351	1.587 23.961	16 3		1		20.95 505	1.31 32		
Magnesium, Mg						_					
Phosphorus, P	•	629	23.830	20		1		906	57		
Potassium, K		468	34.612	4		1 1		674 16	42		
Sodium, Na	_	11	6.384	3					1		
Zinc, Zn		7.75	0.536	4		1		11.16	0.70		
Copper, Cu		4.082		4		1		5.878	0.367		
Manganese, Mn		2.460	0.723	3		1		3.542	0.221		
Selenium, Se	mcg	5.7		0	BFZN	4		8.2	0.5		
Vitamins:											
Vitamin C, total ascorbic acid	mq	0.0	0.000	4		1		0.0	0.0		
Thiamin		0.791	0.084	8		1		1.139	0.071		
Riboflavin	-	0.247	0.034	10		1		0.356	0.022		
Niacin		4.515		10		1		6.502	0.406		
Pantothenic acid	-	0.050		1		1		0.072	0.005		
Vitamin B-6		0.790		1		1		1.138	0.071		
Folate, total	_	97		0		1		139	9		
Folic acid		0		0	z	7		0	0		
Folate, food		97		0	-	1		139	9		
Folate, DFE	mca DFF	97		0	NC	4		139	9		
Vitamin B-12		0.00		0	Z	7		0.00	0.00		
Vitamin A, IU		9	6.094	8	4	1		13	1		
		0	0.094	0	NC	4		1	0		
Vitamin A, RAE		0		0	Z	7		0	0		
Retinol		-		0	T						
Vitamin E (alpha-tocopherol)		0.25		U	т	4		0.36	0.02		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D		0.0		^	DEGN			0 0	0.0		
Vitamin K (phylloquinone)	Incg	0.0		0	BFZN	4		0.0	0.0		
Lipids:											
Fatty acids, total saturated	g	6.957		0		1		10.018	0.626		
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	-	2.000		•		-		2.000	2.000		
14:0	-	0.124		1		1		0.179	0.011		
15:0	_	V.124		-		-		3.17	0.011		
16:0	_	4.441		761		1		6.395	0.400		
17:0		4.441		, 51		1		0.393	0.400		
	_	2.090	ı	761		1		3.010	0.188		
18:0	_	2.090		101		1		3.010	0.188		
20:0	_										
22:0	_										
24:0	g										

	Ar	nount in 100 grams		ole portio	o <u>n</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	
Nutrients and Offics	Weari	Stu. Error 1 omto				Weasure i	Weasure 2	Wiedsure 3	
Fatty acids, total monounsaturatedg	18.759	0		1		27.013	1.688		
14:1g									
15:1g									
16:1 undifferentiatedg	0.149	17		1		0.215	0.013		
17:1g									
18:1 undifferentiatedg	18.521	761		1		26.670	1.667		
20:1g	0.070			1		0.101	0.006		
22:1 undifferentiatedg	0.000	0		1		0.000	0.000		
24:1 cg									
Fatty acids, total polyunsaturated9	21.773	0		1		31.353	1.960		
18:2 undifferentiatedg	21.375	761		1		30.780	1.924		
18:3 undifferentiated	0.376			1		0.541	0.034		
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 trans9									
Cholesterol mg	0	0	Z	7		0	0		
Phytosterolsmg	714	0		1		1028	64		
Amino Acids:									
Tryptophang	0.388	13		1		0.559	0.035		
Threonineg	0.736			1		1.060	0.066		
Isoleucine	0.763	19		1		1.099	0.069		
Leucine	1.358	19		1		1.956	0.122		
Lysineg	0.569	19		1		0.819	0.051		
Methionineg	0.586	19		1		0.844	0.053		
Cystineg	0.358	10		1		0.516	0.032		
Phenylalanineg	0.940	19		1		1.354	0.085		
Tyrosineg	0.743	14		1		1.070	0.067		
Valineg	0.990	19		1		1.426	0.089		
Arginineg	2.630	18		1		3.787	0.237		
Histidineg	0.522	18		1		0.752	0.047		
Alanineg	0.927	13		1		1.335	0.083		
Aspartic acidg	1.646	13		1		2.370	0.148		
Glutamic acid	3.955	13		1		5.695	0.356		
Glycineg	1.215	13		1		1.750	0.109		
Proline	0.810	13		1		1.166	0.073		
Serineg	0.967	13		1		1.392	0.087		
Hydroxyproline	0.50.			_		2.002	0.007		
Trydroxypromicg									
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, beta mcg	5	0	0	4		7.776	0.486		
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		
Lycopeneinog	0	U	-	•		0.000	3.000		

Common Measures:

Measure 1 = 144g: 1 cup Measure 2 = 9.0g: 1 tbsp NDB No. 12023

Seeds, sesame seeds, whole, dried

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

		<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>I</u>	
			of Da	ta Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	3.30	2		1		0.94			
Energy	kcal	565	C	NC	4		160			
Energy	kj	2364			4		670			
Protein (N x 5.3)	g	16.96	1		1		4.81			
Total lipid (fat)	g	48.00	1		1		13.61			
Ash	g	6.00	1		1		1.70			
Carbohydrate, by difference	g	25.74	0	NC	4		7.30			
Fiber, total dietary	g	14.0	0		1		4.0			
Sugars, total	g									
Starch	g									
3.6.										
Minerals:	ma.	000	•		•		200			
Calcium, Ca	_	989 14.76	0		1 1		280 4.18			
Iron, Fe	-	356	0		1		4.18 101			
Phosphorus, P		638	0		1		181			
Potassium, K	•	475	0		1		135			
Sodium, Na	_	11	0		1		3			
Zinc, Zn		7.16	1		1		2.03			
Copper, Cu		2.470			1		0.700			
Manganese, Mn		2.496			1		0.708			
Selenium, Se		5.8	0	BFZN	4		1.6			
Vitamins:			_							
Vitamin C, total ascorbic acid		0.0	0		4		0.0			
Thiamin		0.803			4		0.228			
Riboflavin		0.251			4		0.071			
Niacin	-	4.581			4 4		1.299			
Pantothenic acid		0.051			4		0.014 0.227			
Vitamin B-6	-	98	2 0		4		28			
Folia asid		98	0	z	7		28 0			
Folic acidFolate, food		98	0	2	4		28			
Folate, DFE	mca DEE	98	0	NC	4		28			
Vitamin B-12		0.00	0	Z	7		0.00			
Vitamin A, IU		9	0	_	4		3			
Vitamin A, RAE		0	0		4		0			
Retinol		0	0	z	7		0			
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
T inide.										
Lipids:	a	6.722	2 0		1		1.906			
Fatty acids, total saturated		6.722	2 0		1		1.906			
4:0 6:0										
8:0										
10:0	-									
12:0										
13:0										
14:0		0.120	0		1		0.034			
15:0			_							
16:0		4.292	2 0		1		1.217			
17:0										
18:0	-	2.019	9 0		1		0.572			
20:0	-									
22:0	-									
24:0	a									

		<u>Aı</u>	mount in 10		Amount in edible portion of common measures of food					
				Number		Source	Confidence	<u></u>	<u> </u>	
Nutrients and Un	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Par il col		10 107		•				5 400		
Fatty acids, total monounsaturated.		18.127		0		1		5.139		
15:1										
16:1 undifferentiated	-	0.144		0		1		0.041		
17:1	-	0.144		U		_		0.041		
18:1 undifferentiated		17.897		0		1		5.074		
20:1		0.067		0		1		0.019		
22:1 undifferentiated	_	0.067		U		_		0.019		
24:1 c	•									
Fatty acids, total polyunsaturated	•	21.039		0		1		5.965		
18:2 undifferentiated	-	20.654		0		1		5.855		
18:3 undifferentiated	-	0.363		0		1		0.103		
18:4		0.363		U		_		0.103		
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	_	0		0	Z	7		0		
Phytosterols	-							-		
Amino Acids:										
Tryptophan	a	0.371		0		1		0.105		
Threonine		0.704		0		1		0.200		
Isoleucine		0.730		0		1		0.207		
Leucine	_	1.299		0		1		0.368		
Lysine		0.544		0		1		0.154		
Methionine		0.560		0		1		0.159		
Cystine		0.342		0		1		0.097		
Phenylalanine		0.899		0		1		0.255		
Tyrosine		0.710		0		1		0.201		
Valine		0.947		0		1		0.268		
Arginine	-	2.515		0		1		0.713		
Histidine	-	0.499		0		1		0.141		
Alanine	-	0.886		0		1		0.251		
Aspartic acid		1.574		0		1		0.446		
Glutamic acid	-	3.782		0		1		1.072		
Glycine		1.162		0		1		0.329		
Proline		0.774		0		1		0.219		
Serine		0.925		0		1		0.262		
Hydroxyproline	_	2.720		-		=				
11, arox, promite	······									

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

NDB No. 12193 Seeds, sisymbrium sp. seeds, whole, dried Sisymbrium spp.

		<u>A</u>	mount in 100 gra	Amount in edible portion of common					
			Numl	er			<u>m</u>	easures of food	<u>l</u>
			of Da	ta Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Poin	ts Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	6.10	:	L	1		4.51	1.73	
Energy	-	318) NC	4		235	90	
Energy		1331			4		985	377	
Protein (N x 5.3)		12.14	()	1		8.98	3.44	
Total lipid (fat)		4.60	:	L	1		3.40	1.30	
Ash		18.90	:	L	1		13.99	5.36	
Carbohydrate, by difference		58.26	() NC	4		43.11	16.52	
Fiber, total dietary									
Sugars, total									
Starch	-								
Minerals:					_				
Calcium, Ca	_	1633	1		1		1208	463	
Iron, Fe.	_	0.11	1		1 1		0.08	0.03	
Magnesium, Mg		314	1		_		232	89	
Phosphorus, P	•	6 2130	1		1 1		4 1576	2 604	
Potassium, K	-	2130 92			1		68	604 26	
Sodium, NaZinc, Zn	-	0.30	-		1		0.22	0.09	
Copper, Cu		0.110			1		0.22	0.031	
Manganese, Mn		1.512			4		1.119	0.429	
Selenium, Se			-	•	-			0.125	
•									
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid		30.7	(4		22.7	8.7	
Thiamin		0.191			4		0.141	0.054	
Riboflavin		0.423			4		0.313	0.120	
Niacin		16.825)	4		12.451	4.770	
Pantothenic acid		0.997			4		0.738	0.283	
Vitamin B-6	-	0.778)	4		0.576	0.221	
Folate, total		95 0)) Z	4 7		71 0	27 0	
Folic acid		95) <u>z</u>	4		71	27	
Folate, food	IIICY	95 95			4		71 71		
Folate, DFE		0.00		NC z	7		0.00	27 0.00	
Vitamin B-12 Vitamin A, IU		63	(4		47	18	
Vitamin A, RAE		3	(4		2	1	
Retinol		0	(7		0	0	
Vitamin E (alpha-tocopherol)		ŭ	`	_	•		Ü	· ·	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)									
Lipids:	_				_			0.056	
Fatty acids, total saturated		0.902	2 ()	1		0.667	0.256	
4:0									
6:0 8:0									
10:0									
12:0									
13:0									
14:0									
15:0									
16:0		0.616	5 1		1		0.456	0.175	
17:0							,. <u></u> ,		
18:0		0.132	2 :		1		0.098	0.037	
20:0									
22:0									
24:0									

	<u>A</u> 1	mount in 10	0 grams Number	Amount in edible portion of common measures of food						
Nutrients and Uni	its	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	1.486		0		1		1.100	0.421	
14:1						_		2.200	******	
15:1	-									
16:1 undifferentiated		0.035		1		1		0.026	0.010	
17:1	-	0.000		_		-		0.020	0.020	
18:1 undifferentiated		0.836		1		1		0.619	0.237	
20:1	-	0.352		1		1		0.260	0.100	
22:1 undifferentiated		0.264		1		1		0.195	0.075	
24:1 c	•	0.204		_		1		0.193	0.075	
Fatty acids, total polyunsaturated	• • • • • • • • • • • • • • • • • • • •	2.023		0		1		1.497	0.574	
18:2 undifferentiated		0.572		1		1		0.423	0.162	
18:3 undifferentiated		1.451		1		1		1.074	0.162	
		1.451		_				1.074	0.411	
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		•		•	_	7		•	•	
Cholesterol	• • • • • • • • • • • • • • • • • • • •	0		0	Z	,		0	0	
Phytosterols	mg									
Amino Acids:										
Tryptophan	а	0.266		0		1		0.197	0.075	
Threonine		0.689		1		1		0.510	0.195	
Isoleucine	-	0.650		1		1		0.481	0.184	
Leucine		1.234		1		1		0.913	0.350	
Lysine		0.806		1		1		0.596	0.229	
Methionine	_	0.311		1		1		0.230	0.088	
Cystine	_	0.245		0		1		0.181	0.069	
-		0.584		1		1		0.432	0.166	
Phenylalanine		0.584		1		1		0.432		
Tyrosine	-	0.419		1		1		0.310	0.119	
Valine				1		1			0.200	
Arginine	_	0.799				1		0.591	0.227	
Histidine	_	0.325		1		_		0.241	0.092	
Alanine	_	0.685		1		1		0.507	0.194	
Aspartic acid		1.484		1		1		1.098	0.421	
Glutamic acid	-	1.770		1		1		1.310	0.502	
Glycine	•	0.698		1		1		0.517	0.198	
Proline		0.673		1		1		0.498	0.191	
Serine	-	0.483		1		1		0.357	0.137	
Hydroxyproline	g									

Common Measures:

Measure 1 = 74g: 1 cup Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

		<u>A</u> 1	mount in 100 gi	Amount in edible portion of common						
			Nur	mber				<u>m</u>	easures of food	_
			of l	Data I	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	ints (Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	1.23	0.227	6		1		0.20	0.35	
Energy.	_	579	0.227	0	NC	4		93	164	
0,7		2423		U	NC	4		388	687	
Energy			0.404	_		=				
Protein (N x 5.3)		19.66	0.404	6		1 1		3.15	5.57	
Total lipid (fat)		47.73	1.726	6		_		7.64	13.53	
Ash		3.95	0.148	6		1		0.63	1.12	
Carbohydrate, by difference		27.42		0	NC	4		4.39	7.77	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minavalse										
Minerals:	ma	122		0		1		20	35	
Calcium, Ca	-	4.75		1		1		0.76	1.35	
Iron, Fe	-	369		0		1		59	105	
Magnesium, Mg Phosphorus, P		736		0		1		59 118	209	
1 /	•	736 72		0		1		118	209	
Potassium, K		520		1		1		83	147	
Sodium, Na		5.29		0		1		0.85	147	
Zinc, Zn		1.830	,	0		1		0.85	0.519	
Copper, Cu		2.110		0		1		0.293	0.519	
Manganese, Mn		2.110	,	U		1		0.338	0.598	
Selenium, Se	Ilicy									
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.7		1		1		0.4	0.8	
Thiamin	mg	0.324	1	0		4		0.052	0.092	
Riboflavin		0.284	1	0		4		0.045	0.081	
Niacin		5.320)	1		1		0.851	1.508	
Pantothenic acid		7.039	9	0		4		1.126	1.996	
Vitamin B-6		0.803	3	0		4		0.128	0.228	
Folate, total	-	237		0		4		38	67	
Folic acid		0		0	z	7		0	0	
Folate, food		237		0		4		38	67	
Folate, DFE	mca DFF	237		0	NC	4		38	67	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	
Vitamin A, IU		52		0	-	4		8	15	
Vitamin A, RAE		3		0		4		0	1	
Retinol		0		0	z	7		Ö	0	
Vitamin E (alpha-tocopherol)		Ū		Ü	_	,		Ū	U	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
v панни к (риуноципопе)	nog									
<u>Lipids:</u>										
Fatty acids, total saturated	g	5.002	2	0		1		0.800	1.418	
4:0	g									
6:0	g									
8:0	g									
10:0										
12:0										
13:0										
14:0		0.049	9	0		1		0.008	0.014	
15:0										
16:0		2.691	L	0		1		0.431	0.763	
17:0										
18:0		2.120)	0		1		0.339	0.601	
20:0										
22:0	_									
24:0	_									

		<u>Aı</u>	mount in 10		Amount in edible portion of common measures of food					
				Number		0	0 6 -1	<u> </u>	easures or roou	
Nutrients and Un	its	Mean	Std. Error	of Data Points		Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.	g	9.111		0		1		1.458	2.583	
14:1										
15:1	-					_				
16:1 undifferentiated	_	0.047		0		1		0.008	0.013	
17:1		9.009		0		1		1 441	0.554	
18:1 undifferentiated		0.046		0		1		1.441	2.554	
20:1	-	0.046		U		1		0.007	0.013	
22:1 undifferentiated 24:1 c										
Fatty acids, total polyunsaturated	•	31.520		0		1		5.043	8.936	
18:2 undifferentiated	-	31.421		0		1		5.027	8.908	
18:3 undifferentiated		0.066		0		1		0.011	0.019	
18:4		0.000		·		-		0.011	0.013	
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	mg	0		0	Z	7		0	0	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.301		0		1		0.048	0.085	
Threonine		0.801		0		1		0.128	0.227	
Isoleucine	g	0.983		0		1		0.157	0.279	
Leucine	g	1.432		0		1		0.229	0.406	
Lysine	g	0.809		0		1		0.129	0.229	
Methionine	g	0.427		0		1		0.068	0.121	
Cystine	g	0.390		0		1		0.062	0.111	
Phenylalanine	g	1.009		0		1		0.161	0.286	
Tyrosine	g	0.575		0		1		0.092	0.163	
Valine	g	1.135		0		1		0.182	0.322	
Arginine	g	2.074		0		1		0.332	0.588	
Histidine	•	0.545		0		1		0.087	0.155	
Alanine	_	0.965		0		1		0.154	0.274	
Aspartic acid		2.111		0		1		0.338	0.598	
Glutamic acid	-	4.816		0		1		0.771	1.365	
Glycine		1.261		0		1		0.202	0.357	
Proline		1.020		0		1		0.163	0.289	
Serine	-	0.928		0		1		0.148	0.263	
Hydroxyproline	g									

Common Measures:

Measure 1 = 16g: 1 tbsp Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

		<u>A</u> :	mount in 100 g	rams	Amount in edible portion of common					
			Nu	mber				<u>m</u>	easures of food	_
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.23	0.227	6		1		0.20	0.35	
Energy	kcal	579		0	NC	4		93	164	
Energy	kj	2423				4		388	687	
Protein (N x 5.3)	g	19.66	0.404	6		1		3.15	5.57	
Total lipid (fat)	g	47.73	1.726	6		1		7.64	13.53	
Ash	g	3.95	0.148	6		1		0.63	1.12	
Carbohydrate, by difference	g	27.42		0	NC	4		4.39	7.77	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Vilnerals: Calcium, Ca	ma	122		0		1		20	35	
Iron, Fe	-	4.75		1		1		0.76	1.35	
Magnesium, Mg	-	369		0		1		59	105	
Phosphorus, P		736		0		1		118	209	
Potassium, K	-	72		0		1		12	20	
Sodium. Na		3		0		1		0	1	
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	5.29		0		1		0.85	1.50	
Copper, Cu		1.830)	0		1		0.293	0.519	
Manganese, Mn		2.110)	0		1		0.338	0.598	
Selenium, Se	mcg									
¥7:4										
<u>Vitamins:</u>		0.7						2.4		
Vitamin C, total ascorbic acid	-	2.7	•	1		1		0.4	0.8	
Thiamin	-	0.324		0		4 4		0.052	0.092	
Riboflavin	=	0.284				_		0.045	0.081	
Niacin	-	5.320 7.039		1 0		1 4		0.851 1.126	1.508	
Pantothenic acid	=	0.803		0		4		0.128	1.996 0.228	
Vitamin B-6Folate, total		237	•	0		4		38	67	
Folic acid		0		0	z	7		0	0	
Folate, food		237		0	4	4		38	67	
Folate, DFE	mca DFF	237		0	NC	4		38	67	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	
Vitamin A, IU		52		0	_	4		8	15	
Vitamin A, RAE		3		0		4		0	1	
Retinol		0		0	z	7		0	0	
Vitamin E (alpha-tocopherol)		-		•	_	•		-	·	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Linider										
Lipids:	0	5.002	,	0		1		0.800	1.418	
Fatty acids, total saturated4:0		3.002	-	U		_		0.800	1.410	
6:0	-									
8:0	-									
10:0										
12:0	_									
13:0	-									
14:0	_	0.049)	0		1		0.008	0.014	
15:0	_									
16:0	_	2.691	L	0		1		0.431	0.763	
17:0										
18:0		2.120)	0		1		0.339	0.601	
20:0	g									
22:0	g									
24:0	a									

	<u>Ar</u>	nount in 100 grams	Amount in edible portion of common measures of food				
		Number	r Deriv Source	Canfidanaa	<u></u>	<u> </u>	
Nutrients and Units	Mean	Std. Error Points		Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated9	9.111	0	1		1.458	2.583	
14:19	ĺ						
15:1g							
16:1 undifferentiated9		0	1		0.008	0.013	
17:1g							
18:1 undifferentiated9		0	1		1.441	2.554	
20:19		0	1		0.007	0.013	
22:1 undifferentiatedg							
24:1 cg							
Fatty acids, total polyunsaturated9		0	1		5.043	8.936	
18:2 undifferentiated9		0	1		5.027	8.908	
18:3 undifferentiated9		0	1		0.011	0.019	
18:49							
20:2 n-6 c,c9							
20:3 undifferentiated9							
20:4 undifferentiated9							
20:5 n-3							
22:5 n-3							
22:6 n-3							
Fatty acids, total trans		0	z 7		0	0	
Cholesteroln	3	U	Z /		U	U	
Phytosterolsn	ily						
Amino Acids:							
Tryptophan9	0.301	0	1		0.048	0.085	
Threonine9	0.801	0	1		0.128	0.227	
Isoleucineg	0.983	0	1		0.157	0.279	
Leucine9	1.432	0	1		0.229	0.406	
Lysine9	0.809	0	1		0.129	0.229	
Methionine9	0.427	0	1		0.068	0.121	
Cystine9	0.390	0	1		0.062	0.111	
Phenylalanineg	1.009	0	1		0.161	0.286	
Tyrosine9	0.575	0	1		0.092	0.163	
Valine9	1.135	0	1		0.182	0.322	
Arginine9	2.074	0	1		0.332	0.588	
Histidine9	0.545	0	1		0.087	0.155	
Alanine9	0.965	0	1		0.154	0.274	
Aspartic acid9	2.111	0	1		0.338	0.598	
Glutamic acid9	4.816	0	1		0.771	1.365	
Glycine9	1.261	0	1		0.202	0.357	
Proline	1.020	0	1		0.163	0.289	
Serine 9	0.928	0	1		0.148	0.263	
Hydroxyproline9							

Common Measures:

Measure 1 = 16g: 1 tbsp Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

Refuse: 0%

		<u>A</u> :	mount in 100 g	rams	of edib	ole portio	<u>n</u>	Amount in edible portion of common		
			Nu	mber				me	easures of food	
						Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
D										
Proximates: Water	g	7.47	0.717	11		1		4.78	0.30	
Energy		326		0	NC	4		209	13	
Energy		1364				4		873	55	
Protein (N x 5.3)		48.06	1.439	11		1		30.76	1.92	
Total lipid (fat)		1.61	0.188	11		1		1.03	0.06	
Ash		7.04	0.213	8		1		4.51	0.28	
Carbohydrate, by difference	g	35.83		0	NC	4		22.93	1.43	
Fiber, total dietary	g	5.2		0		4		3.3	0.2	
Sugars, total	g									
Starch	g									
Minorals										
Minerals: Calcium, Ca	ma	114		0		1		73	5	
Iron, Fe	_	6.62		0		1		4.24	0.26	
Magnesium, Mg		346		0		1		221	14	
Phosphorus, P		689		0		1		441	28	
Potassium, K	-	67		0		1		43	3	
Sodium, Na		3		0		1		2	0	
Zinc, Zn		4.95		0		1		3.17	0.20	
Copper, Cu	mg	1.713	3	0		1		1.096	0.069	
Manganese, Mn		1.975	i	0		1		1.264	0.079	
Selenium, Se	mcg	58.2		0	BFSN	4		37.2	2.3	
Vitamins:										
Vitamin C, total ascorbic acid	ma	1.3		0		4		0.8	0.1	
Thiamin		3.187	0.121	3		1		2.040	0.127	
Riboflavin		0.266	i	0		4		0.170	0.011	
Niacin		7.313	0.293	3		1		4.680	0.293	
Pantothenic acid	mg	6.595	0.320	3		1		4.221	0.264	
Vitamin B-6	mg	0.753	3	0		4		0.482	0.030	
Folate, total	mcg	222		0		4		142	9	
Folic acid		0		0	Z	7		0	0	
Folate, food	mcg	222		0		4		142	9	
Folate, DFE		222		0	NC	4		142	9	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	
Vitamin A, IU		49		0		4		31	2	
Vitamin A, RAE		2		0	_	4		2	0	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	=									
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>	_					_			2 222	
Fatty acids, total saturated		0.138		0		1 1		0.088 0.000	0.006 0.000	
4:0				0		1				
6:0 8:0		0.000		0		1		0.000 0.000	0.000 0.000	
8:0 10:0	-	0.000		0		1		0.000	0.000	
12:0		0.000		0		1		0.000	0.000	
13:0	-	0.000		-		-		2.000	0.000	
14:0	-	0.001		0		1		0.001	0.000	
15:0										
16:0	-	0.074	Į	0		1		0.047	0.003	
17:0	-									
18:0		0.059)	0		1		0.038	0.002	
20:0	g									
	g									

	<u>A</u> 1	mount in 100 grams	Amount in edible portion of common measures of food				
		Number of Data		e Confidence	<u></u>	<u> </u>	•
Nutrients and Units	Mean	Std. Error Points			Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.252	. 0	1		0.161	0.010	
14:1g							
15:1g							
16:1 undifferentiatedg	0.001	. 0	1		0.001	0.000	
17:1g							
18:1 undifferentiatedg	0.249		1		0.159	0.010	
20:1g	0.001		1		0.001	0.000	
22:1 undifferentiatedg	0.000	0	1		0.000	0.000	
24:1 cg							
Fatty acids, total polyunsaturated9	0.870		1		0.557	0.035	
18:2 undifferentiated	0.868		1		0.556	0.035	
18:3 undifferentiated	0.002		1		0.001	0.000	
18:4g	0.000	0	1		0.000	0.000	
20:2 n-6 c,cg							
20:3 undifferentiatedg							
20:4 undifferentiatedg	0.000		1		0.000	0.000	
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 trans	•	•			•	•	
Cholesterolmg	0	0	z 7		0	0	
Phytosterolsmg							
Amino Acids:							
Tryptophang	0.735	0	1		0.470	0.029	
Threonineg	1.959	0	1		1.254	0.078	
Isoleucineg	2.403	0	1		1.538	0.096	
Leucineg	3.500	0	1		2.240	0.140	
Lysineg	1.977	0	1		1.265	0.079	
Methionineg	1.043	0	1		0.668	0.042	
Cystineg	0.952	. 0	1		0.609	0.038	
Phenylalanineg	2.466	0	1		1.578	0.099	
Tyrosineg	1.406	0	1		0.900	0.056	
Valineg	2.775	0	1		1.776	0.111	
Arginineg	5.069	0	1		3.244	0.203	
Histidineg	1.333	0	1		0.853	0.053	
Alanineg	2.358	0	1		1.509	0.094	
Aspartic acidg	5.160	0	1		3.302	0.206	
Glutamic acidg	11.770	0	1		7.533	0.471	
Glycine9	3.083	0	1		1.973	0.123	
Prolineg	2.494	0	1		1.596	0.100	
Serineg	2.267	0	1		1.451	0.091	
Hydroxyprolineg							
Others:							
Alcohol, ethylg	0.0	0	7		0.0	0.0	
Caffeineg	0.0	Ů	•		•••	0.0	
Theobromine mg							

Common Measures:

Measure 1 = 64g: 1 cup Measure 2 = 4.0g: 1 tbsp

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

NDB No. 12036 Seeds, sunflower seed kernels, dried Helianthus annuus

Refuse: 46% Hulls

		<u>Aı</u>	mount in 100 gra	ams of edi	ble portion	<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	its	Mean	Std. Error Poi			Code	Measure 1	Measure 2	Measure
Proximates: Water	а	5.36	0.341	21	1		2.47	7.72	
Energy	_	570	0.012	0 NC			262	821	
Energy		2385		o no	4		1097	3434	
		22.78	0.740	21	1		10.48		
Protein (N x 5.3)								32.80	
Total lipid (fat)	_	49.57		21	1		22.80	71.38	
Ash		3.53	0.212	9	1		1.62	5.08	
Carbohydrate, by difference		18.76		0 NC			8.63	27.01	
Fiber, total dietary	g	10.5		0	1		4.8	15.1	
Sugars, total	g	2.62		0 BFS	N 4		1.20	3.77	
Starch	g								
Minerals:									
Calcium, Ca	mg	116		2	1		53	167	
Iron, Fe	-	6.77		2	1		3.11	9.75	
Magnesium, Mg	mg	354		1	1		163	510	
Phosphorus, P		705		2	1		324	1015	
Potassium, K		689		0	1		317	992	
Sodium, Na		3		1	1		1	4	
Zinc, Zn		5.06		2	1		2.33	7.29	
Copper, Cu	_	1.752	!	2	1		0.806	2.523	
Manganese, Mn		2.020		1	1		0.929	2.909	
Selenium, Se		59.5		10 A	1		27.4	85.7	
Vitamins:									
Vitamin C, total ascorbic acid	ma	1.4		0	4		0.6	2.0	
Thiamin		2.290	1	1	1		1.053	3.298	
Riboflavin		0.250		1	1		0.115	0.360	
Niacin		4.500		1	1		2.070	6.480	
Pantothenic acid		6.745		0	4		3.103	9.713	
Vitamin B-6		0.770		0	4		0.354	1.109	
Folate, total	-	227	•	0	4		105	327	
		0		0 z	7		0	0	
Folic acid					4				
Folate, food		227		0	_		105	327	
Folate, DFE		227		0 NC	4		105	327	
Vitamin B-12		0.00		0 z	7		0.00	0.00	
Vitamin A, IU		50		0	1		23	72	
Vitamin A, RAE		3		0 NC	4		1	4	
Retinol		0		0 z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	34.50		2 A	1		15.87	49.68	
Tocopherol, beta		1.30		2 A	1		0.60	1.87	
Tocopherol, gamma		0.00		2 A	1		0.00	0.00	
Tocopherol, delta		0.00		2 A	1		0.00	0.00	
Vitamin D		0.7		٥			1.0		
Vitamin K (phylloquinone)	mcg	2.7		0 BFF1	1 4		1.2	3.9	
<u>lipids:</u>				_	_				
Fatty acids, total saturated		5.195		0	1		2.390	7.481	
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	g	0.000)	0	1		0.000	0.000	
13:0	g								
14:0	g	0.051		14	1		0.023	0.073	
15:0	g								
16:0	g	2.795	, 1	L69	1		1.286	4.025	
17:0	g								
18:0	g	2.202	! 1	L69	1		1.013	3.171	
20:0	-								
22:0	_								
24:0	_								
	-								

	<u>A</u>	mount in 100 grams		le portio	<u>on</u>	Amount in edible portion of common measures of food			
		Number				illeasures of 100u			
Nutrients and Units	Mean	of Data Std. Error Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated		2 0		1		4.353	13.625		
14:1	-								
15:1	-								
16:1 undifferentiated	-	15		1		0.023	0.071		
17:1	-								
18:1 undifferentiated	_			1		4.304	13.473		
20:1				1		0.022	0.069		
22:1 undifferentiated	•	0		1		0.000	0.000		
24:1 c									
Fatty acids, total polyunsaturated				1		15.058	47.138		
18:2 undifferentiated				1		15.011	46.990		
18:3 undifferentiated				1		0.032	0.099		
18:4		0		1		0.000	0.000		
20:2 n-6 c,c	g								
20:3 undifferentiated	-								
20:4 undifferentiated	g 0.000	0		1		0.000	0.000		
20:5 n-3	g 0.000	0		1		0.000	0.000		
22:5 n-3	g 0.000	0		1		0.000	0.000		
22:6 n-3	g 0.000	0		1		0.000	0.000		
Fatty acids, total trans	g								
Cholesterol	mg 0	0	Z	7		0	0		
Phytosterols	mg 534	0		1		246	769		
A . A . 1									
Amino Acids:				_					
Tryptophan				1		0.160	0.501		
Threonine	-			1		0.427	1.336		
Isoleucine	-			1		0.524	1.640		
Leucine				1		0.763	2.389		
Lysine				1		0.431	1.349		
Methionine				1		0.227	0.711		
Cystine				1		0.207	0.649		
Phenylalanine				1		0.538	1.683		
Tyrosine	g 0.666			1		0.306	0.959		
Valine	-	41		1		0.605	1.894		
Arginine	g 2.403	35		1		1.105	3.460		
Histidine	g 0.632	9 35		1		0.291	0.910		
Alanine	g 1.117	26		1		0.514	1.608		
Aspartic acid	g 2.446	26		1		1.125	3.522		
Glutamic acid	g 5.579	26		1		2.566	8.034		
Glycine	g 1.461	. 26		1		0.672	2.104		
Proline	g 1.182	25		1		0.544	1.702		
Serine	g 1.075	26		1		0.495	1.548		
Hydroxyproline	g								
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	mcq 30	0	BNA	4		13.800	43.200		
Carotene, beta	0	0	BNA	4		0.000	0.000		
, 1	9	0	BNA	4		0.000	0.000		
Cryptoxanthin, beta	9	0	BNA Z	7		0.000	0.000		
Lycopene	3	0	Z	7		0.000	0.000		
Lutein + zeaxanthin	iliog 0	U	Z	,		0.000	0.000		

Common Measures:

Measure 1 = 46g: 1 cup, with hulls, edible yield

Measure 2 = 144g: 1 cup

NDB No. 12036

Seeds, sunflower seed kernels, dried

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

Refuse:

		<u>A</u> 1	mount in 100	grams	of edib	le portio	<u>on</u>	Amount in edible portion of common		
			Nı	umber	•			m	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 :
Proximates: Water	g	1.20		1		1		1.54	0.34	
Energy	kcal	582		0	NC	4		745	165	
Energy		2435		0		4		3117	690	
Protein (N x 5.3)		19.33		1		1		24.74	5.48	
Total lipid (fat)	g	49.80		1		1		63.74	14.12	
Ash		5.60		1		1		7.17	1.59	
Carbohydrate, by difference	g	24.07		0	NC	4		30.81	6.82	
Fiber, total dietary	g	9.0		0		4		11.5	2.6	
Sugars, total	g	2.73		0	NC	4		3.50	0.77	
Sucrose	g	2.70	0.346	3	A	1		3.46	0.77	
Glucose (dextrose)	g	0.03	0.033	3	A	1		0.04	0.01	
Fructose	g	0.00		0	BFZN	4		0.00	0.00	
Lactose	g	0.00		0	BFZN	4		0.00	0.00	
Maltose	g	0.00		0	BFZN	4		0.00	0.00	
Galactose		0.00		0	Z	7		0.00	0.00	
Starch										
Minerals:										
Calcium, Ca	ma	70		1		1		90	20	
Iron, Fe		3.80		1		1		4.86	1.08	
Magnesium, Mg		129		0		1		165	37	
Phosphorus, P		1155		0		1		1478	327	
Potassium, K		850		1		1		1088	241	
Sodium, Na		410		0	BFZN	4		525	116	
Zinc, Zn		5.29		0		1		6.77	1.50	
Copper, Cu	mg	1.830)	0		1		2.342	0.519	
Manganese, Mn	mg	2.110)	0		1		2.701	0.598	
Selenium, Se	mcg	79.3		0	BFSN	4		101.5	22.5	
Vitamins:	ma	1.4		0		4		1.8	0.4	
Vitamin C, total ascorbic acid Thiamin		0.106		1		1		0.136	0.4	
Riboflavin	-	0.100		1		1		0.315	0.030	
Niacin	_	7.042		1		1		9.014	1.996	
Pantothenic acid	• • • • • • • • • • • • • • • • • • • •	7.042		0		4		9.014	1.996	
Vitamin B-6	-	0.804		0		4		1.029	0.228	
Folate, total		237		0		4		304	67	
Folic acid		0		0	z	7		0	0	
Folate, food	mcg	237		0		4		304	67	
Folate, DFE		237		0	NC	4		304	67	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	9		0	BFZN	4		12	3	
Vitamin A, RAE	mcg_RAE	0		0	BFZN	4		1	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	26.10	4.832	4	A	1		33.41	7.40	
Tocopherol, beta	mg	1.19	0.068	4	A	1		1.52	0.34	
Tocopherol, gamma	mg	0.00	0.000	4	A	1		0.00	0.00	
Tocopherol, delta		0.24	0.240	4	A	1		0.31	0.07	
Vitamin D Vitamin K (phylloquinone)		2.7		0	BFFN	4		3.5	0.8	
	g	,		·	DIIN	•		3.3	0.0	
<u>Lipids:</u>										
Fatty acids, total saturated		5.219		0		1		6.680	1.480	
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	,	U		1		0.000	0.000	
13:0		0.051		0		1		0.065	0.014	
14:0	g g	0.051	<u>.</u>	0		1		0.065	0.014	

		<u>Ar</u>	nount in 100 gra	ns of edi	ole portic	<u>on</u>	Amount in	edible portion o	f common	
			Numi	er			<u>m</u>	measures of food		
Nutrients and Uni	its	Mean	of Da Std. Error Poin		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
16:0	g	2.808	()	1		3.594	0.796		
17:0	-									
18:0	-	2.212	()	1		2.831	0.627		
20:0										
22:0 24:0										
Fatty acids, total monounsaturated	-	9.505	()	1		12.166	2.695		
14:1								2.000		
15:1										
16:1 undifferentiated	g	0.049	()	1		0.063	0.014		
17:1	_									
18:1 undifferentiated	-	9.399	(1		12.031	2.665		
20:1	-	0.048	(1 1		0.061	0.014		
22:1 undifferentiated		0.000	,	,	1		0.000	0.000		
Fatty acids, total polyunsaturated		32.884	()	1		42.092	9.323		
18:2 undifferentiated		32.782			1		41.961	9.294		
18:3 undifferentiated		0.069	ĺ		1		0.088	0.020		
18:4		0.000	()	1		0.000	0.000		
20:2 n-6 c,c										
20:3 undifferentiated	g									
20:4 undifferentiated	_	0.000	(1		0.000	0.000		
20:5 n-3	-	0.000	(1		0.000	0.000		
22:5 n-3	-	0.000	(1		0.000	0.000		
22:6 n-3		0.000	()	1		0.000	0.000		
Fatty acids, total trans Cholesterol		0	() Z	7		0	0		
Phytosterols		v	·	_	•		v	v		
•										
Amino Acids:	~	0.005	,		1					
Tryptophan Threonine		0.295 0.788	(1		0.378 1.009	0.084 0.223		
Isoleucine	-	0.967	·		1		1.238	0.274		
Leucine	-	1.408			1		1.802	0.399		
Lysine	-	0.795	()	1		1.018	0.225		
Methionine		0.420	()	1		0.538	0.119		
Cystine	g	0.383	()	1		0.490	0.109		
Phenylalanine		0.992	(1		1.270	0.281		
Tyrosine	-	0.565	(1		0.723	0.160		
Valine		1.116	(1		1.428	0.316		
Arginine	-	2.039 0.536			1 1		2.610 0.686	0.578		
Histidine	-	0.536	,		1		1.213	0.152 0.269		
AlanineAspartic acid		2.076			1		2.657	0.269		
Glutamic acid		4.735			1		6.061	1.342		
Glycine		1.240	()	1		1.587	0.352		
Proline		1.003	()	1		1.284	0.284		
Serine	g	0.912	()	1		1.167	0.259		
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0	()	7		0.0	0.0		
Caffeine	<u>mg</u>	0	(z	7		0	0		
Theobromine	mg	0	(Z	7		0	0		
Carotenoids:										
Carotene, beta	mcg	5	(BFZN	4		6.912	1.531		
Carotene, alpha		0	(0.000	0.000		
Cryptoxanthin, beta		0	(0.000	0.000		
Lycopene		0	(7 7		0.000	0.000		
Lutein + zeaxanthin	iiicg	<u> </u>		, Z	,		0.000	0.000		

NDB No. 12537

Seeds, sunflower seed kernels, dry roasted, with salt added

Common Measures:

Measure 1 = 128g: 1 cup Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

Refuse:

		<u>A</u>	mount in 10	0 grams	of edib	le portic	<u>on</u>	Amount in	edible portion of	of common
				Number	•			<u>m</u>	easures of food	
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	q	1.20		1		1		1.54	0.34	
Energy		582		0	NC	4		745	165	
Energy		2435		0		4		3117	690	
Protein (N x 5.3)		19.33		1		1		24.74	5.48	
Total lipid (fat)	-	49.80		1		1		63.74	14.12	
Ash		5.60		1		1		7.17	1.59	
Carbohydrate, by difference		24.07		0	NC	4		30.81	6.82	
Fiber, total dietary		11.1		0		4		14.2	3.1	
Sugars, total		2.73		0	BFZN	4		3.50	0.77	
Starch										
Minerals:										
Calcium, Ca	-	70		1		1		90	20	
Iron, Fe		3.80		1		1		4.86	1.08	
Magnesium, Mg		129		0		1		165	37	
Phosphorus, P		1155		0		1		1478	327	
Potassium, K		850		1		1		1088	241	
Sodium, Na	-	3		0		1 1		4	1 1.50	
Zinc, Zn		5.29		0		1		6.77		
Copper, Cu		1.830 2.110		0		1		2.342 2.701	0.519 0.598	
Selenium, Se		79.3	,	0	BFSN	4		101.5	22.5	
Selenium, Se	1110g	,,.,		Ū	DESIN	-		101.5	22.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.4		0		4		1.8	0.4	
Thiamin	mg	0.106	5	1		1		0.136	0.030	
Riboflavin	mg	0.246	5	1		1		0.315	0.070	
Niacin	mg	7.042	2	1		1		9.014	1.996	
Pantothenic acid	mg	7.042	2	0		4		9.014	1.996	
Vitamin B-6	mg	0.804	l	0		4		1.029	0.228	
Folate, total	mcg	237		0		4		304	67	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food		237		0		4		304	67	
Folate, DFE		237		0	NC	4		304	67	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	9		0	BFZN	4		12	3	
Vitamin A, RAE		0		0	BFZN	4		1	0	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		26.10	4.83		A	1		33.41	7.40	
Tocopherol, beta		1.19	0.06		A	1		1.52	0.34	
Tocopherol, gamma		0.00	0.00		A	1		0.00	0.00	
Tocopherol, delta		0.24	0.24	40 4	A	1		0.31	0.07	
Vitamin D Vitamin K (phylloquinone)		2.7		0	BFZN	4		3.5	0.8	
Lipids:										
Fatty acids, total saturated	a	5.219	•	0		1		6.680	1.480	
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	-	0.051	L	0		1		0.065	0.014	
15:0	-	2.001		•		-		0.000	0.011	
16:0	-	2.808	3	0		1		3.594	0.796	
17:0	-			-		=				
18:0	-	2.212	2	0		1		2.831	0.627	
20:0	-									
22:0	-									
24:0	-									

		<u>A</u>	mount in 10			ole portic	<u>on</u>	Amount in edible portion of common measures of food		
				Number of Data	Deriv	Source	Confidence	<u>m</u>	easures of 1000	
Nutrients and	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	atedg	9.505	i	0		1		12.166	2.695	
14:1	_									
15:1 16:1 undifferentiated	_	0.049	1	0		1		0.063	0.014	
17:1	_	0.013		·		_		0.000	0.021	
18:1 undifferentiated	g	9.399)	0		1		12.031	2.665	
20:1	g	0.048	1	0		1		0.061	0.014	
22:1 undifferentiated	•	0.000)	0		1		0.000	0.000	
24:1 c				_		_				
Fatty acids, total polyunsaturat		32.884		0		1		42.092	9.323	
18:2 undifferentiated		32.782		0		1 1		41.961	9.294	
18:3 undifferentiated	=	0.069		0		1		0.088 0.000	0.020 0.000	
20:2 n-6 c.c.	_	0.000		U		1		0.000	0.000	
20:3 undifferentiated										
20:4 undifferentiated	_	0.000	1	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	1	0		1		0.000	0.000	
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0	0	
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.295	1	0		1		0.378	0.084	
Threonine		0.788		0		1		1.009	0.223	
Isoleucine	=	0.967		0		1		1.238	0.274	
Leucine	-	1.408		0		1		1.802	0.399	
Lysine	-	0.795	i	0		1		1.018	0.225	
Methionine		0.420	1	0		1		0.538	0.119	
Cystine		0.383	1	0		1		0.490	0.109	
Phenylalanine	g	0.992	!	0		1		1.270	0.281	
Tyrosine	g	0.565	i	0		1		0.723	0.160	
Valine	g	1.116	i	0		1		1.428	0.316	
Arginine	g	2.039)	0		1		2.610	0.578	
Histidine	-	0.536		0		1		0.686	0.152	
Alanine		0.948		0		1		1.213	0.269	
Aspartic acid		2.076		0		1		2.657	0.589	
Glutamic acid	• • • • • • • • • • • • • • • • • • • •	4.735		0		1		6.061	1.342	
Glycine		1.240		0		1		1.587	0.352	
Proline	-	1.003		0		1		1.284	0.284	
Serine		0.912	1	0		1		1.167	0.259	
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	mcg	5		0	BFZN	4		6.912	1.531	
Carotene, alpha		0		0	BFZN	4		0.000	0.000	
Cryptoxanthin, beta	mcg	0		0	BFZN	4		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 = 128g: 1 cup, hulled

Measure 2 = 28.35g: 1 oz

NDB No. 12037

Seeds, sunflower seed kernels, dry roasted, without salt

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

Refuse:

		<u>Aı</u>	mount in 10			le portio	<u>on</u>		edible portion	
				Number	•			<u>m</u>	easures of food	_
						Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:	_			_	_	_				
Water		1.54		5	A	1		2.08	0.44	
Energy		592		0	NC	4		799	168	
Energy		2477		0	NC	4		3344	702	
Protein (N x 5.3)		20.06		2	A	1		27.08	5.69	
Total lipid (fat) (1)		51.30		2	A	1		69.25	14.54	
Ash		4.22		2	A	1		5.69	1.20	
Carbohydrate, by difference		22.89		0	NC	4		30.90	6.49	
Fiber, total dietary		10.6		1	A	1		14.3	3.0	
Sugars, total		3.11		5	A	1		4.19	0.88	
Sucrose		2.37		5	A	1		3.20	0.67	
Glucose (dextrose)		0.74		5	A	1		0.99	0.21	
Fructose		0.00		2	A	1		0.00	0.00	
Lactose	g	0.00		2	A	1		0.00	0.00	
Maltose	g	0.00		2	A	1		0.00	0.00	
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	87		2	A	1		118	25	
Iron, Fe.	_	4.28		2	A	1		5.77	1.21	
Magnesium, Mg		127		1		1		171	36	
Phosphorus, P		1139		1		1		1538	323	
Potassium, K		483		1		1		652	137	
Sodium, Na		410		2	A	1		554	116	
Zinc, Zn		5.21		0		1		7.03	1.48	
Copper, Cu		1.804		0		1		2.435	0.511	
Manganese, Mn		2.080)	0		1		2.808	0.590	
Selenium, Se	mcg	78.2	6.3	20 5	A	1		105.6	22.2	
Vitamins:										
Vitamin C, total ascorbic acid		1.1		2	A	1		1.4	0.3	
Thiamin	_	0.320		1		1		0.432	0.091	
Riboflavin	_	0.280)	1		1		0.378	0.079	
Niacin		4.130		1		1		5.576	1.171	
Pantothenic acid	_	6.942		0		4		9.372	1.968	
Vitamin B-6		0.792		0		4		1.069	0.225	
Folate, total		234		1		1		316	66	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	234		1		1		316	66	
Folate, DFE		234		0	NC	4		316	66	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	
Vitamin A, IU		9		3	A	1		12	3	
Vitamin A, RAE		0		3	A	1		1	0	
Retinol		0		1	A	1		0	0	
Vitamin E (alpha-tocopherol) (2)		36.33	2.2		A	1		49.05	10.30	
Tocopherol, beta		1.41	0.2		A	1		1.90	0.40	
Tocopherol, gamma		0.46	0.0		A	1		0.62	0.13	
Tocopherol, delta		0.00	0.0	00 3	A	1		0.00	0.00	
Vitamin D Vitamin K (phylloquinone)		3.1		0	BFFN	4		4.2	0.9	
	g	3.1		ŭ	2111	•			0.5	
Lipids: Fatty acids, total saturated	а	7.068		0	NC	4		9.541	2.004	
4:0	-	0.000		1	A	1		0.000	0.000	
6:0		0.000		1	A	1		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	-	0.000		1	A	1		0.000	0.000	
	-	0.086		2	A	1		0.116		
14:0		() ()×6							0.024	

	<u>Ar</u>	nount in 100 grams	of edib	Amount in edible portion of common				
		Number					easures of food	Common
		of Data	Deriv	Source	Confidence			
Nutrients and Units	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
15:0g	0.006		A	1		0.009	0.002	
16:0g	4.218	2	A	1		5.694	1.196	
17:0g	0.022	2	A	1		0.030	0.006	
18:0g	2.097	2	A	1		2.831	0.595	
20:0g	0.146	2	A	1		0.197	0.041	
22:0g	0.380	2	A	1		0.513	0.108	
24:0g	0.112	2	A	1		0.152	0.032	
Fatty acids, total monounsaturatedg	8.063	0	NC	4		10.885	2.286	
14:1g	0.000	1	A	1		0.000	0.000	
15:1g	0.000	1	A	1		0.000	0.000	
16:1 undifferentiatedg	0.058	0	AS	1		0.078	0.016	
16:1 cg	0.050	1	A	1		0.068	0.014	
16:1 tg	0.008	1	A	1		0.010	0.002	
17:1g	0.003	2	A	1		0.004	0.001	
18:1 undifferentiatedg	7.925	0	AS	1		10.699	2.247	
18:1 cg	7.859	1	A	1		10.609	2.228	
18:1 t9	0.066	1	A	1		0.089	0.019	
20:1g	0.077	2	A	1		0.104	0.022	
22:1 undifferentiatedg	0.000	1	A	1		0.000	0.000	
24:1 cg	0.000	1	A	1		0.000	0.000	
Fatty acids, total polyunsaturated	34.294	0	NC	4		46.297	9.722	
18:2 undifferentiatedg	34.208	0	AS	1		46.180	9.698	
18:2 n-6 c,cg	34.124	1	A	1		46.067	9.674	
18:2 CLAsg								
18:2 c,tg								
18:2 t,cg								
18:2 t,tg								
18:2 ig								
18:2 t not further definedg	0.084	1	A	1		0.114	0.024	
18:3 undifferentiatedg	0.081	0	A	1		0.110	0.023	
18:3 n-6 c,c,cg	0.006	1	A	1		0.008	0.002	
18:3ig								
18:4g	0.000	0		1		0.000	0.000	
20:2 n-6 c,cg	0.005	2	A	1		0.007	0.001	
20:3 undifferentiated	0.000	1	A	1		0.000	0.000	
20:3 n-3g								
20:3 n-6g								
20:4 undifferentiatedg	0.000	1	A	1		0.000	0.000	
20:4 n-3g								
20:4 n-6g								
20:5 n-3g	0.000	1	A	1		0.000	0.000	
22:5 n-3g	0.000	0		1		0.000	0.000	
22:6 n-3g	0.000	1	A	1		0.000	0.000	
Fatty acids, total transg	0.158	0	NC	4		0.213	0.045	
Fatty acids, total trans-monoenoicg	0.074	0	NC	4		0.099	0.021	
Fatty acids, total trans-polyenoicg	0.084	0	NC	4		0.114	0.024	
Cholesterolmg	0	2	A	1		0	0	
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.306	0	BFPN	4		0.413	0.087	
Threonine 9	0.817	0	BFPN	4		1.103	0.232	
Isoleucineg	1.003	0	BFPN	4		1.354	0.284	
Leucineg	1.461	0	BFPN	4		1.972	0.414	
Lysineg	0.825	0	BFPN	4		1.114	0.234	
Methionineg	0.435	0	BFPN	4		0.587	0.123	
Cystineg	0.397	0	BFPN	4		0.536	0.113	
Phenylalanineg	1.029	0	BFPN	4		1.389	0.292	
Tyrosineg	0.587	0	BFPN	4		0.792	0.166	
Valineg	1.158	0	BFPN	4		1.563	0.328	
Arginineg	2.116	0	BFPN	4		2.856	0.600	
Histidine9	0.556	0	BFPN	4		0.750	0.158	
Alanineg	0.984	0	BFPN	4		1.329	0.279	
Aspartic acidg	2.153	0	BFPN	4		2.907	0.610	
Glutamic acidg	4.912	0	BFPN	4		6.631	1.393	

Amount in 100 grams of edible portion								Amount in edible portion of common			
			N	lumber				me	easures of food		
Nutrients and	Units	Mean	Std. Error F			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Glycine	g	1.286		0	BFPN	4		1.737	0.365		
Proline	g	1.040		0	BFPN	4		1.405	0.295		
Serine	g	0.947		0	BFPN	4		1.278	0.268		
Hydroxyproline	g										
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	mcg	5		3	A	1		7.290	1.531		
Carotene, alpha	mcg	0		2	A	1		0.000	0.000		
Cryptoxanthin, beta	mcg	0		2	A	1		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 = 135g: 1 cup Measure 2 = 28.35g: 1 oz

Footnotes

- 1 Fat and fatty acids based on 25% roasted in cottonseed oil and 75% roasted in sunflower oil
- 2 Tocopherols and tocotrienols based on seeds roasted in NuSun sunflower oil

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

Refuse:

		<u>A</u>	mount in 10			ole portic	<u>on</u>		edible portion of easures of food	
				Number		_		<u> </u>	easures or roou	
Nutrients and Unit	ts	Mean	Std. Error			Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.54		5	A	1		2.08	0.44	
Energy	kcal	592		0	NC	4		799	168	
Energy	kj	2477		0	NC	4		3344	702	
Protein (N x 5.3)		20.06		2	A	1		27.08	5.69	
Total lipid (fat) (1)		51.30		2	A	1		69.25	14.54	
Ash		4.22		2	A	1		5.69	1.20	
Carbohydrate, by difference	-	22.89		0 1	NC	4		30.90	6.49	
Fiber, total dietary		10.6 3.11		5	A A	1 1		14.3 4.19	3.0	
Sugars, total		2.37		5	A	1		3.20	0.88 0.67	
SucroseGlucose (dextrose)		0.74		5	A	1		0.99	0.21	
Fructose	9 q	0.00		2	A	1		0.00	0.00	
Lactose	g	0.00		2	A	1		0.00	0.00	
Maltose	g	0.00		2	A	1		0.00	0.00	
Galactose										
Starch										
Minerals:										
Calcium. Ca	ma	87		2	A	1		118	25	
Iron, Fe.	• • • • • • • • • • • • • • • • • • • •	4.28		2	A	1		5.77	1.21	
Magnesium, Mg	mg	127		1		1		171	36	
Phosphorus, P		1139		1		1		1538	323	
Potassium, K		483		1		1		652	137	
Sodium, Na	-	3		0		1		4	1	
Zinc, Zn		5.21 1.804		0		1 1		7.03 2.435	1.48 0.511	
Copper, Cu		2.080		0		1		2.435	0.511	
Selenium, Se		78.2	6.3	-	A	1		105.6	22.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.1		2	A	1		1.4	0.3	
Thiamin		0.320		1		1		0.432	0.091	
Riboflavin		0.280		1		1		0.378	0.079	
Niacin		4.130 6.942		1 0		1 4		5.576 9.372	1.171	
Pantothenic acid Vitamin B-6		0.792		0		4		1.069	1.968 0.225	
Folate, total		234		1		1		316	66	
Folic acid		0		0	z	7		0	0	
Folate, food		234		1		1		316	66	
Folate, DFE		234		0	NC	4		316	66	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	
Vitamin A, IU		9		3	A	1		12	3	
Vitamin A, RAE		0		3	A	1		1	0	
Retinol	-	0		1	A	1		0	0	
Vitamin E (alpha-tocopherol) (2)		36.33	2.2 0.2		A A	1 1		49.05 1.90	10.30	
Tocopherol, beta Tocopherol, gamma		1.41 0.46	0.2		A	1		0.62	0.40 0.13	
Tocopherol, delta		0.00	0.0		A	1		0.00	0.00	
Vitamin D		0.00	0.0			_		0.00	0.00	
Vitamin K (phylloquinone)		3.1		0	BFZN	4		4.2	0.9	
<u>Lipids:</u>										
Fatty acids, total saturated		7.068		0	NC	4		9.541	2.004	
4:0		0.000		1	A	1		0.000	0.000	
6:0	_	0.000		1 1	A A	1 1		0.000 0.000	0.000	
8:0 10:0		0.000		1	A A	1		0.000	0.000 0.000	
12:0		0.000		1	A	1		0.000	0.000	
13:0		0.000		1	A	1		0.000	0.000	
14:0	-	0.086		2	A	1		0.116	0.024	
15:0	-	0.006	;	2	A	1				

		Amount in 1			le portio	<u>on</u>	Amount in edible portion of common measures of food			
			Number		0	Confidence	measures or rood			
Nutrients and Units	Mean	Std. Error			Code	Confidence Code	Measure 1	Measure 2	Measure 3	
15:0	g 0.0	006		A	1		0.009	0.002		
16:0	-	218	2	A	1		5.694	1.196		
17:0			2	A	1		0.030	0.006		
18:0	-		2	A	1		2.831	0.595		
20:0 22:0			2 2	A A	1 1		0.197	0.041		
24:0	-		2	A	1		0.513 0.152	0.108 0.032		
Fatty acids, total monounsaturated			0	NC	4		10.885	2.286		
14:1		000	1	A	1		0.000	0.000		
15:1	g 0.0	000	1	A	1		0.000	0.000		
16:1 undifferentiated	-		0	AS	1		0.078	0.016		
16:1 c	-		1 1	A	1		0.068	0.014		
16:1 t 17:1	-		2	A A	1 1		0.010 0.004	0.002 0.001		
18:1 undifferentiated			0	AS	1		10.699	2.247		
18:1 c		359	1	A	1		10.609	2.228		
18:1 t		066	1	A	1		0.089	0.019		
20:1	g 0.0	77	2	A	1		0.104	0.022		
22:1 undifferentiated	-		1	A	1		0.000	0.000		
24:1 c			1	A	1		0.000	0.000		
Fatty acids, total polyunsaturated			0	NC AS	4 1		46.297 46.180	9.722 9.698		
18:2 n-6 c.c	0		1	A	1		46.160	9.674		
18:2 CLAs	=		-		_		40.007	3.074		
18:2 c,t	-									
18:2 t,c	g									
18:2 t,t	-									
18:2 i	-	104	1	A	1		0.114	0.024		
18:2 t not further defined 18:3 undifferentiated	0		0	A	1		0.114	0.024		
18:3 n-6 c.c.c			1	A	1		0.008	0.023		
18:3i	-									
18:4		000	0		1		0.000	0.000		
20:2 n-6 c,c			2	A	1		0.007	0.001		
20:3 undifferentiated		000	1	A	1		0.000	0.000		
20:3 n-3 20:3 n-6										
20:4 undifferentiated		000	1	A	1		0.000	0.000		
20:4 n-3										
20:4 n-6	g									
20:5 n-3			1	A	1		0.000	0.000		
22:5 n-3			0		1		0.000	0.000		
22:6 n-3Fatty acids, total trans	-		1 0	A NC	1 4		0.000 0.213	0.000 0.045		
Fatty acids, total trans-monoenoic			0	NC	4		0.099	0.021		
Fatty acids, total trans-polyenoic		84	0	NC	4		0.114	0.024		
Cholesterol	mg 0		2	A	1		0	0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g 0.:	306	0	BFPN	4		0.413	0.087		
Threonine			0	BFPN	4		1.103	0.232		
Isoleucine	=		0	BFPN	4		1.354	0.284		
LeucineLysine			0	BFPN BFPN	4 4		1.972 1.114	0.414 0.234		
Methionine			0	BFPN	4		0.587	0.234		
Cystine			0	BFPN	4		0.536	0.113		
Phenylalanine			0	BFPN	4		1.389	0.292		
Tyrosine		87	0	BFPN	4		0.792	0.166		
Valine	=		0	BFPN	4		1.563	0.328		
Arginine			0	BFPN	4		2.856	0.600		
HistidineAlanine			0	BFPN BFPN	4 4		0.750 1.329	0.158 0.279		
Aspartic acid			0	BFPN	4		2.907	0.279		
Glutamic acid			0	BFPN	4		6.631	1.393		

		An	nount in 10	0 grams	of edib	le portio	<u>on</u>	Amount in edible portion of common		
Nutrients and	d Units	Mean			Deriv		Confidence Code	<u>mo</u> Measure 1	easures of food Measure 2	Measure 3
Glycine	g	1.286		0	BFPN	4		1.737	0.365	
Proline	g	1.040		0	BFPN	4		1.405	0.295	
Serine	g	0.947		0	BFPN	4		1.278	0.268	
Hydroxyproline	g									
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	mcg	5		3	A	1		7.290	1.531	
Carotene, alpha		0		2	A	1		0.000	0.000	
Cryptoxanthin, beta		0		2	A	1		0.000	0.000	
Lycopene	mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin		0		0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 135g: 1 cup Measure 2 = 28.35g: 1 oz

Footnotes

1 Fat and fatty acids based on 25% roasted in cottonseed oil and 75% roasted in sunflower oil

2 Tocopherols and tocotrienols based on seeds roasted in NuSun sunflower oil

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

Refuse: 0%

		<u>A</u>	mount in 100 gram	s of edil	ole portio	<u>on</u>	Amount in edible portion of common			
			Numbe	r			measures 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	1.00	1		1		1.34	0.28		
Energy	kcal	619	0	NC	4		829	175		
Energy	kj	2590			4		3470	734		
Protein (N x 5.3)	g	17.21	1		1		23.06	4.88		
Total lipid (fat)	g	56.80	1		1		76.11	16.10		
Ash	g	4.40	1		1		5.90	1.25		
Carbohydrate, by difference	g	20.59	0	NC	4		27.59	5.84		
Fiber, total dietary	g	11.5	0		4		15.4	3.3		
Sugars, total	g									
Starch	g									
Minovola										
Minerals: Calcium, Ca	ma	57	0		1		76	16		
Iron, Fe	-	6.81	0		1		9.13	1.93		
Magnesium, Mg		129	0		1		173	37		
Phosphorus, P		1158	0		1		1552	328		
Potassium, K	-	491	0		1		658	139		
Sodium, Na		613	1		1		821	174		
Zinc, Zn		5.30	0		1		7.10	1.50		
Copper, Cu		1.834	1 0		1		2.458	0.520		
Manganese, Mn		2.114	1 0		1		2.833	0.599		
Selenium, Se	mcg	62.2	0	BFSN	4		83.3	17.6		
Vitamina										
Vitamins:	ma	1.4	0		4		1.9	0.4		
Vitamin C, total ascorbic acid Thiamin		0.325			4		0.436	0.4 0.092		
Riboflavin		0.325			4		0.382	0.092		
Niacin		4.198			4		5.625	1.190		
Pantothenic acid	-	7.056			4		9.455	2.000		
Vitamin B-6		0.805			4		1.079	0.228		
Folate, total	-	238	0		4		319	67		
Folic acid		0	0	z	7		0	0		
Folate, food		238	0		4		319	67		
Folate, DFE	mcg_DFE	238	0	NC	4		319	67		
Vitamin B-12		0.00	0	Z	7		0.00	0.00		
Vitamin A, IU	IU	0	0		4		0	0		
Vitamin A, RAE	mcg_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	5.953	3 0		1		7.977	1.688		
4:0										
6:0	g									
8:0	g									
10:0										
12:0										
13:0					_		_			
14:0	-	0.058	0		1		0.078	0.016		
15:0					_					
16:0		3.202	2 0		1		4.291	0.908		
17:0	-				_					
18:0	-	2.522	2 0		1		3.379	0.715		
20:0	-									
22:0	-									
24:0	g									

		<u>Ar</u>	mount in 10		Amount in edible portion of common measures of food					
				Number of Data	Deriv	Source	Confidence	<u></u>	easules of loou	
Nutrients and Units		Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	10.841		0		1		14.527	3.073	
14:1	g									
15:1	-									
16:1 undifferentiated	g	0.056		0		1		0.075	0.016	
17:1	g									
18:1 undifferentiated	g	10.720		0		1		14.365	3.039	
20:1	g	0.055		0		1		0.074	0.016	
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	37.507		0		1		50.259	10.633	
18:2 undifferentiated	g	37.390		0		1		50.103	10.600	
18:3 undifferentiated	g	0.079		0		1		0.106	0.022	
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										
Fatty acids, total trans	-									
Cholesterol	_	0		0	Z	7		0	0	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.263		0		1		0.352	0.075	
Threonine	g	0.702		0		1		0.941	0.199	
Isoleucine	g	0.861		0		1		1.154	0.244	
Leucine	g	1.254		0		1		1.680	0.356	
Lysine	g	0.708		0		1		0.949	0.201	
Methionine	g	0.374		0		1		0.501	0.106	
Cystine	g	0.341		0		1		0.457	0.097	
Phenylalanine	g	0.883		0		1		1.183	0.250	
Tyrosine	g	0.503		0		1		0.674	0.143	
Valine	g	0.994		0		1		1.332	0.282	
Arginine	g	1.816		0		1		2.433	0.515	
Histidine	g	0.477		0		1		0.639	0.135	
Alanine	g	0.844		0		1		1.131	0.239	
Aspartic acid	g	1.848		0		1		2.476	0.524	
Glutamic acid	g	4.216		0		1		5.649	1.195	
Glycine	g	1.104		0		1		1.479	0.313	
Proline	g	0.893		0		1		1.197	0.253	
Serine	g	0.812		0		1		1.088	0.230	
Hydroxyproline	g									

Common Measures:

Measure 1 = 134g: 1 cup Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

Refuse: 0%

		<u>A</u>	mount in 100 gra	Amount in edible portion of common						
			Num	ber			measures of food			
			of D	ata Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Poin	ts Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:										
Water	g	1.00		1	1		1.34	0.28		
Energy	kcal	619		0 NC	4		829	175		
Energy	kj	2590			4		3470	734		
Protein (N x 5.3)	g	17.21		1	1		23.06	4.88		
Total lipid (fat)	g	56.80		1	1		76.11	16.10		
Ash	g	4.40		1	1		5.90	1.25		
Carbohydrate, by difference	g	20.59		0 NC	4		27.59	5.84		
Fiber, total dietary	g	11.5		0	4		15.4	3.3		
Sugars, total	g									
Starch	g									
M:										
Minerals:	ma	57		0	1		76	16		
Calcium, Ca Iron, Fe	_	6.81)	1		76 9.13	1.93		
Magnesium, Mg		129)	1		9.13 173	37		
Phosphorus, P		1158)	1		1552	328		
Potassium, K	•	491)	1		658	139		
Sodium, Na	_	3)	1		4	1		
Zinc, Zn		5.30)	1		7.10	1.50		
Copper, Cu		1.834	1)	1		2.458	0.520		
Manganese, Mn		2.114	1)	1		2.833	0.599		
Selenium, Se										
*7*4 *										
Vitamins:										
Vitamin C, total ascorbic acid		1.4)	4		1.9	0.4		
Thiamin		0.325		0	4		0.436	0.092		
Riboflavin		0.285		0	4		0.382	0.081		
Niacin		4.198))	4 4		5.625	1.190		
Pantothenic acid		7.056 0.805)	4		9.455 1.079	2.000 0.228		
Vitamin B-6 Folate, total	_	238)	4		319	67		
Folic acid		0		o z	7		0	0		
Folate, food		238) 2	4		319	67		
Folate, DFE	mca DEE	238) NC	4		319	67		
Vitamin B-12		0.00		D Z	7		0.00	0.00		
Vitamin A, IU		0) -	4		0	0		
Vitamin A, RAE		0)	4		0	0		
Retinol		0		o z	7		0	0		
Vitamin E (alpha-tocopherol)		· ·		-	•		·	v		
Tocopherol, beta	-									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
T ::										
<u>Lipids:</u>	~	F 0F		•			7 077	1 600		
Fatty acids, total saturated		5.953	•	0	1		7.977	1.688		
4:0 6:0										
8:0										
10:0										
12:0										
13:0										
14:0		0.058	3	0	1		0.078	0.016		
15:0		0.050	-	-	-		3.070	0.010		
16:0		3.202	2	0	1		4.291	0.908		
17:0		3.202		-	-			2.500		
18:0		2.522	2	0	1		3.379	0.715		
20:0				-	-		3.3.3	0.713		
22:0	-									
	g									

		<u>Ar</u>	mount in 100		<u>on</u>	Amount in edible portion of common measures of food				
				umber	Daris	Caaa	Confidence	<u></u>	<u> </u>	
Nutrients and Units	s	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	10.841		0		1		14.527	3.073	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.056		0		1		0.075	0.016	
17:1	g									
18:1 undifferentiated	g	10.720		0		1		14.365	3.039	
20:1	g	0.055		0		1		0.074	0.016	
22:1 undifferentiated	g									
24:1 c	•									
Fatty acids, total polyunsaturated		37.507		0		1		50.259	10.633	
18:2 undifferentiated	g	37.390		0		1		50.103	10.600	
18:3 undifferentiated	g	0.079		0		1		0.106	0.022	
18:4										
20:2 n-6 c,c										
20:3 undifferentiated	g									
20:4 undifferentiated	_									
20:5 n-3										
22:5 n-3	_									
22:6 n-3	_									
Fatty acids, total trans										
Cholesterol	-	0		0	Z	7		0	0	
Phytosterols	mg									
Amino Acids:										
Tryptophan	а	0.263		0		1		0.352	0.075	
Threonine		0.702		0		1		0.941	0.199	
Isoleucine	-	0.861		0		1		1.154	0.244	
Leucine	-	1.254		0		1		1.680	0.356	
Lysine		0.708		0		1		0.949	0.201	
Methionine	-	0.374		0		1		0.501	0.106	
Cystine	-	0.341		0		1		0.457	0.097	
Phenylalanine		0.883		0		1		1.183	0.250	
Tyrosine		0.503		0		1		0.674	0.143	
Valine	-	0.994		0		1		1.332	0.282	
Arginine		1.816		0		1		2.433	0.515	
Histidine		0.477		0		1		0.639	0.135	
Alanine	•	0.844		0		1		1.131	0.239	
Aspartic acid	-	1.848		0		1		2.476	0.524	
Glutamic acid		4.216		0		1		5.649	1.195	
Glycine	-	1.104		0		1		1.479	0.313	
Proline		0.893		0		1		1.197	0.253	
Serine	•	0.833		0		1		1.088	0.230	
Hydroxyproline	-	0.012		Ü		-		1.000	0.230	
ттушохургонне	9									

Common Measures:

Measure 1 = 134g: 1 cup Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

NDB No. 12174 Seeds, watermelon seed kernels, dried

Citrullus lanatus

Refuse: 63% Hard seed coat

		<u>A</u> 1	mount in 100 g	rams	Amount in 100 grams of edible portion									
			Nu	ımber				<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	a	5.05	0.390	18		1		5.45	1.43					
Energy	=	557	0.550	0	NC	4		602	158					
0,		2330		U	NC	4		2517	661					
Energy			0 550	1 =		=								
Protein (N x 5.3)		28.33	0.558	15		1		30.60	8.03					
Total lipid (fat)		47.37	1.481	15		1		51.16	13.43					
Ash		3.94	0.149	10		1		4.26	1.12					
Carbohydrate, by difference		15.31		0	NC	4		16.53	4.34					
Fiber, total dietary														
Sugars, total	_													
Starch	g													
Minerals:														
Calcium, Ca	ma	54	7.659	10		1		58	15					
Iron, Fe	-	7.28	0.532	9		1		7.86	2.06					
Magnesium, Mg	-	515	24.437	6		1		556	146					
Phosphorus, P		755	37.018	10		1		815	214					
Potassium, K	-	648	15.448	6		1		700	184					
Sodium, Na		99	88.049	6		1		107	28					
Zinc, Zn		10.24	88.049	0		4		11.06	2.90					
5		0.686	:	0		4		0.741	0.194					
Copper, Cu		1.614		0		4		1.743	0.194					
Manganese, Mn		1.014	1	U		4		1.743	0.436					
Selenium, Se	Ilicg													
<u>Vitamins:</u>														
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0	0.0					
Thiamin	mg	0.190	0.045	3		1		0.205	0.054					
Riboflavin		0.145	5	2		1		0.157	0.041					
Niacin	mg	3.550)	2		1		3.834	1.006					
Pantothenic acid		0.346	5	0		4		0.374	0.098					
Vitamin B-6		0.089)	0		4		0.096	0.025					
Folate, total	-	58	0.548	3		1		63	16					
Folic acid		0		0	z	7		0	0					
Folate, food		58	0.548	3		1		63	16					
Folate, DFE	mca DFE	58		0	NC	4		63	16					
Vitamin B-12		0.00		0	Z	7		0.00	0.00					
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)		ŭ		Ū	-	•		ŭ	v					
Tocopherol, beta														
Tocopherol, gamma														
Tocopherol, delta														
Vitamin D														
Vitamin K (phylloquinone)														
vitanini K (priyrioquinone)	g													
<u>Lipids:</u>														
Fatty acids, total saturated	g	9.779	•	0		1		10.561	2.772					
4:0	g													
6:0	g													
8:0	g													
10:0	g													
12:0	g													
13:0	g													
14:0	g													
15:0	g													
16:0	g	5.413	3	3		1		5.846	1.535					
17:0														
18:0		4.299)	3		1		4.643	1.219					
20:0	-													
22:0														
24:0														

		<u>Aı</u>	nount in 10		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 monounsaturated	ig	7.407		0		1		8.000	2.100	
14:1										
15:1	-	0.000						0 007	0.006	
16:1 undifferentiated	_	0.090		1		1		0.097	0.026	
17:1 18:1 undifferentiated		7.317		3		1		7.902	0.074	
		7.317		3		_		7.902	2.074	
20:1	-									
22:1 undifferentiated 24:1 c										
Fatty acids, total polyunsaturated.	-	28.094		0		1		30.342	7.965	
18:2 undifferentiated		28.094		3		1		30.342	7.965	
18:3 undifferentiated	-	20.034		3		•		30.312	7.303	
18:4										
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	mg	0		0	Z	7		0	0	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.390		1		1		0.421	0.111	
Threonine	g	1.112		3		1		1.201	0.315	
Isoleucine	g	1.342		3		1		1.449	0.380	
Leucine	g	2.149		3		1		2.321	0.609	
Lysine	g	0.887		3		1		0.958	0.251	
Methionine	g	0.834		3		1		0.901	0.236	
Cystine	g	0.438		2		1		0.473	0.124	
Phenylalanine	g	2.031		3		1		2.193	0.576	
Tyrosine	g	1.016		3		1		1.097	0.288	
Valine	g	1.556		3		1		1.680	0.441	
Arginine	g	4.897		3		1		5.289	1.388	
Histidine	g	0.775		3		1		0.837	0.220	
Alanine	-	1.492		3		1		1.611	0.423	
Aspartic acid	_	2.764		3		1		2.985	0.784	
Glutamic acid		5.699		3		1		6.155	1.616	
Glycine	_	1.663		3		1		1.796	0.471	
Proline	-	1.251		3		1		1.351	0.355	
Serine	-	1.508		3		1		1.629	0.428	
Hydroxyproline	g									

Common Measures:

Measure 1 = 108g: 1 cup Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products