		<u>A</u>	mount in 100 g		of edik	ole portio	<u>on</u>		edible portion	
			Nu	mber				<u>m</u>	easures of food	<u>.</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Ur	nits	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		95.04	0.271	4	A	1		28.04	336.46	
Energy	kcal	29		0	NC	4		8	101	
Energy	kj	120		0	NC	4		35	425	
Protein (N x 6.25)		0.28	0.033	4	A	1		0.08	1.01	
Total lipid (fat)	g	0.00	0.000	4	A	1		0.00	0.00	
Ash		0.10	0.016	4	A	1		0.03	0.36	
Carbohydrate, by difference	g	1.46		0	NC	4		0.43	5.16	
Fiber, total dietary	g	0.0		1	A	1		0.0	0.0	
Sugars, total	g	0.09	0.017	4	A	1		0.03	0.33	
Sucrose	g	0.00	0.000	4	A	1		0.00	0.00	
Glucose (dextrose)	g	0.09	0.017	4	A	1		0.03	0.33	
Fructose	g	0.00	0.000	4	A	1		0.00	0.00	
Lactose	g	0.00	0.000	4	A	1		0.00	0.00	
Maltose	g	0.00	0.000	4	A	1		0.00	0.00	
Galactose		0.00	0.000	4	A	1		0.00	0.00	
Starch		0.00	0.000	4	A	1		0.00	0.00	
Minerals:										
Calcium, Ca		4	0.231	4	A	1		1	13	
Iron, Fe		0.03	0.006	4	A	1		0.01	0.09	
Magnesium, Mg		5	0.362	4	A	1		1	17	
Phosphorus, P		12	1.519	4	A	1		3	41	
Potassium, K		21	1.577	4	A	1		6	75	
Sodium, Na		4	1.140	4	A	1		1	15	
Zinc, Zn		0.01	0.001	4	A	1		0.00	0.03	
Copper, Cu		0.006		4	A	1		0.002	0.021	
Manganese, Mn		0.006		4	A	1		0.002	0.022	
Selenium, Se	mcg	0.4	0.087	4	A	1		0.1	1.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0	0.0	
Thiamin	mg	0.005	0.000	4	A	1		0.002	0.018	
Riboflavin	mg	0.015	0.000	4	A	1		0.004	0.053	
Niacin	mg	0.391	0.023	4	A	1		0.115	1.383	
Pantothenic acid	mg	0.030	0.000	4	A	1		0.009	0.105	
Vitamin B-6	mg	0.034	0.002	4	A	1		0.010	0.121	
Folate, total		6	1.153	4	A	1		2	23	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6	1.153	4	A	1		2	23	
Folate, DFE	mcg_DFE	6		0	NC	4		2	23	
Vitamin B-12	mcg	0.09	0.000	4	A	1		0.03	0.32	
Vitamin A, IU		0		0		1		0	0	
Vitamin A, RAE		0		0	AS	1		0	0	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		0.00		0	Z	7		0.00	0.00	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.0		1	A	1		0.0	0.0	
Lipids:	_					_				
Fatty acids, total saturated		0.000		0		1		0.000	0.000	
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	-	0.000	)	0		1		0.000	0.000	
15:0	g									

		<u>A</u> ı	mount in 10	0 grams	of edil	ole portic	<u>on</u>	Amount in	edible portion o	f common
				Numbei	r			me	easures of food	
Nutrients and Units		Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0	g	0.000	)	0		1		0.000	0.000	
17:0	-									
18:0	-	0.000	)	0		1		0.000	0.000	
20:0										
22:0 24:0										
Fatty acids, total monounsaturated	-	0.000	)	0		1		0.000	0.000	
14:1										
15:1	g									
16:1 undifferentiated		0.000	)	0		1		0.000	0.000	
17:1	-	0.000		•				0.000	0.000	
18:1 undifferentiated	-	0.000		0 0		1 1		0.000 0.000	0.000 0.000	
22:1 undifferentiated	-	0.000		0		1		0.000	0.000	
24:1 c		0.000		·		-		0.000	0.000	
Fatty acids, total polyunsaturated		0.000	1	0		1		0.000	0.000	
18:2 undifferentiated		0.000	)	0		1		0.000	0.000	
18:3 undifferentiated		0.000	1	0		1		0.000	0.000	
18:4	g	0.000	)	0		1		0.000	0.000	
20:2 n-6 c,c	-									
20:3 undifferentiated	-					_				
20:4 undifferentiated	-	0.000		0 0		1 1		0.000 0.000	0.000 0.000	
20:5 n-3 22:5 n-3	-	0.000		0		1		0.000	0.000	
22:6 n-3	-	0.000		0		1		0.000	0.000	
Fatty acids, total trans		0.000		•		_		0.000	0.000	
Cholesterol		0		0		1		0	0	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.000	)	0	A	1		0.000	0.000	
Threonine	g	0.000	1	0	A	1		0.000	0.000	
Isoleucine	_	0.000		0	A	1		0.000	0.000	
Leucine		0.000		0	A	1		0.000	0.000	
Lysine		0.000		0 0	A A	1 1		0.000	0.000	
Methionine Cystine		0.000		0	A	1		0.000 0.000	0.000 0.000	
Phenylalanine		0.000		0	A	1		0.000	0.000	
Tyrosine	-	0.000		0	A	1		0.000	0.000	
Valine		0.000	1	0	A	1		0.000	0.000	
Arginine	_	0.000	1	0	A	1		0.000	0.000	
Histidine	g	0.000	)	0	A	1		0.000	0.000	
Alanine		0.010	)	0	A	1		0.003	0.035	
Aspartic acid		0.013		0	A	1		0.004	0.046	
Glutamic acid	_	0.039		0	A	1		0.012	0.138	
Glycine		0.011 0.029		0 0	A A	1 1		0.003 0.009	0.039	
ProlineSerine	_	0.029		0	A	1		0.009	0.102 0.000	
Hydroxyproline		0.000		·	A	-		0.000	0.000	
2 2.	3									
Others: Alcohol, ethyl	a	3.1	0.0	91 4	A	1		0.9	11.0	
Caffeine	-	0	0.0	0	Z	7		0.9	0	
Theobromine		0		0	Z	7		0	0	
Carotenoids:	····· <b>J</b>	-		-						
Carotene, beta	mcg	0		0	z	7		0.000	0.000	
Carotene, alpha		0		0	z	7		0.000	0.000	
Cryptoxanthin, beta	.mcg	0		0	z	7		0.000	0.000	
Lycopene		0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin	·iiicd	0		0	Z	7		0.000	0.000	

Alcoholic beverage, beer, light

**Common Measures:** 

Measure 1 = 29.5g: 1 fl oz

Measure 2 = 354g: 1 can or bottle (12 fl oz)

Calories Factors: Protein 3.87 Fat 8.37 Carbohydrate 4.12

Food Group: 14 Beverages

## NDB No. 14007 Alcoholic beverage, beer, light, BUD LIGHT

Anheuser-Busch, Inc.

Refuse: 0%

		<u>A</u>	mount in 100	) grams	of edit	ole portio	<u>n</u>		edible portion	
			ı	Number				<u>m</u>	easures of food	•
Nutrients and Uni	ts	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure
roximates:										
Water	g	95.00		1	MC	9		28.03	336.30	
Energy	kcal	31		1	MC	9		9	110	
Energy	kj	130		0	MC	9		38	461	
Protein (N x 6.25)	g	0.25		1	MC	9		0.07	0.90	
Total lipid (fat)		0.00		1	MC	9		0.00	0.00	
Ash		0.11		1	MC	9		0.03	0.39	
Carbohydrate, by difference		1.86		1	MC	9		0.55	6.60	
Fiber, total dietary		0.0		1	MC	9		0.0	0.0	
Sugars, total										
Sucrose										
		0.00		1	MC	9		0.00	0.00	
Glucose (dextrose)		0.00		1	MC	9		0.00	0.00	
Fructose		0.00		-	мс	,		0.00	0.00	
Lactose		0.00		1	MC	9		0.00	0.00	
Maltose		0.00		1	MC	9		0.00	0.00	
Galactose				_		•				
Starch	g	0.00		1	MC	9		0.00	0.00	
linerals:										
Calcium, Ca	mg	3		1	MC	9		1	12	
Iron, Fe	_	0.00		1	MC	9		0.00	0.01	
Magnesium, Mg		7		1	MC	9		2	24	
Phosphorus, P		11		1	MC	9		3	40	
Potassium, K	_	26		1	MC	9		8	91	
Sodium, Na	_	3		1	MC	9		1	9	
Zinc, Zn		0.00		1	MC	9		0.00	0.00	
Copper, Cu		0.002	2	1	MC	9		0.001	0.007	
Manganese, Mn										
Selenium, Se										
·	_									
<u>ipids:</u>										
Fatty acids, total saturated										
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans		•		_		•		•	•	
CholesterolPhytosterols		0		1	MC	9		0	0	
1 11y1051C1015	9									
Others:										
Alcohol, ethyl	g	3.3		1	MC	9		1.0	11.8	
Caffeine	mg									
Theobromine	mg									

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

## **Common Measures:**

Measure 1 = 29.5g: 1 fl oz Measure 2 = 354g: 12 fl oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

## NDB No. 14013 Alcoholic beverage, beer, light, MICHELOB ULTRA

Anheuser-Busch, Inc.

Refuse: 0%

		<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	
Nutrients and U	nits	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure
roximates:										
Water	g	95.40		1	MC	9		28.14	337.72	
Energy	kcal	27		1	MC	9		8	95	
Energy	kj	112		0	MC	9		33	397	
Protein (N x 6.25)	g	0.17		1	MC	9		0.05	0.60	
Total lipid (fat)		0.00		1	MC	9		0.00	0.00	
Ash		0.06		1	MC	9		0.02	0.21	
Carbohydrate, by difference		0.73		1	MC	9		0.22	2.60	
Fiber, total dietary		0.0		1	MC	9		0.0	0.0	
Sugars, total										
Sucrose										
		0.00		1	MC	9		0.00	0.00	
Glucose (dextrose)		0.00		1	MC	9		0.00	0.00	
Fructose		0.00		-	мс	,		0.00	0.00	
Lactose		0.00		1	MC	9		0.00	0.00	
Maltose		0.00		1	MC	9		0.00	0.00	
Galactose				_		•				
Starch	g	0.00		1	MC	9		0.00	0.00	
linerals:										
Calcium, Ca	mg	4		1	MC	9		1	13	
Iron, Fe	_	0.00		1	MC	9		0.00	0.01	
Magnesium, Mg		4		1	MC	9		1	15	
Phosphorus, P		8		1	MC	9		2	28	
Potassium, K	_	17		1	MC	9		5	60	
Sodium, Na	_	3		1	MC	9		1	9	
Zinc, Zn		0.01		1	MC	9		0.00	0.02	
Copper, Cu		0.002	2	1	MC	9		0.001	0.007	
Manganese, Mn		0.005	5	1	MC	9		0.001	0.018	
Selenium, Se										
inida										
ipids:										
Fatty acids, total saturated										
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated.										
Fatty acids, total trans		0		1	MC	9		0	0	
CholesterolPhytosterols		U		1	MC	9		O	U	
,	<b>.</b>									
thers:	~	2.5		_		•			4.5 -	
Alcohol, ethyl		3.2		1	MC	9		1.0	11.5	
Caffeine										
Theobromine	mg									

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

## **Common Measures:**

Measure 1 = 29.5g: 1 fl oz Measure 2 = 354g: 12 fl oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

		<u>A</u>	mount in 100 g	rams of	f edik	ole portio	<u>n</u>		edible portion	
			Nui	mber				<u>m</u> :	easures of food	<u>.</u>
			of	Data D	eriv	Source	Confidence			
Nutrients and U	nits	Mean	Std. Error Po	ints C	ode	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	92.92	0.177	3	A	1		27.60	330.80	
Energy	kcal	39		0	NC	4		12	138	
Energy	kj	163		0	NC	4		48	579	
Protein	_	0.30	0.022	3	A	1		0.09	1.06	
Total lipid (fat)		0.00	0.000	3	A	1		0.00	0.00	
Ash		0.11	0.018	3	A	1		0.03	0.39	
Carbohydrate, by difference		3.02		0	NC	4		0.90	10.76	
Fiber, total dietary		0.0		1	A	1		0.0	0.0	
Sugars, total		0.00	0.000	3	A	1		0.00	0.00	
Sucrose		0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose)	g	0.00	0.000	3	A	1		0.00	0.00	
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		0.00	0.000	3	A	1		0.00	0.00	
Galactose		0.00	0.000	3	A	1		0.00	0.00	
Starch	g	0.00	0.000	3	A	1		0.00	0.00	
<u>linerals:</u> Calcium, Ca	ma	4	0.639	3	A	1		1	15	
Iron, Fe	_	0.02	0.004	3	A	1		0.01	0.08	
Magnesium, Mg		6	0.264	3	A	1		2	21	
Phosphorus, P		14	2.099	3	A	1		4	49	
Potassium, K		27	2.282	3	A	1		8	97	
Sodium, Na		4	0.546	3	A	1		1	16	
Zinc, Zn	mg	0.01	0.001	3	A	1		0.00	0.02	
Copper, Cu	mg	0.005	0.001	3	A	1		0.002	0.019	
Manganese, Mn	mg	0.008	0.001	3	A	1		0.002	0.030	
Selenium, Se	mcg	0.6	0.044	3	A	1		0.2	2.0	
<u>itamins:</u>										
Vitamin C, total ascorbic acid		0.0		1	A	1		0.0	0.0	
Thiamin	_	0.005		3	A	1		0.002	0.019	
Riboflavin		0.025		3	A	1		0.007	0.089	
Niacin		0.513 0.041		3 3	A A	1 1		0.152 0.012	1.826	
Pantothenic acid Vitamin B-6		0.041		3	A	1		0.012	0.146 0.163	
Folate, total		6	0.706	3	A	1		2	21	
Folic acid		0	0.700	0	z	7		0	0	
Folate, food		6	0.706	3	A	1		2	21	
Folate, DFE		6	000	0	NC	4		2	21	
Vitamin B-12		0.02	0.001	33		1		0.01	0.07	
Vitamin A, IU	-	0		0		1		0	0	
Vitamin A, RAE		0		0	AS	1		0	0	
Retinol		0		0	z	7		0	0	
Vitamin E (alpha-tocopherol)		0.00	0.000	5	A	1		0.00	0.00	
Tocopherol, beta		0.00	0.000	5	A	1		0.00	0.00	
Tocopherol, gamma		0.00	0.000	5	A	1		0.00	0.00	
Tocopherol, delta	mg	0.00	0.000	5	A	1		0.00	0.00	
Vitamin D					_					
Vitamin K (phylloquinone)	mcg	0.0		1	A	1		0.0	0.0	
ipids:	C	0.000	1	0		1		0.000	0.000	
Fatty acids, total saturated		0.000		0		1		0.000	0.000	
4:0 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		-		-		0.000	0.000	
14:0	-	0.000	)	0		1		0.000	0.000	
15:0	-									

	<u>A</u>	mount in 10	00 grams	of edil	ole portio	<u>n</u>	Amount in	edible portion o	f 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
16:0			0		1		0.000	0.000	
17:0			•				0.000	0.000	
18:0			0		1		0.000	0.000	
22:0									
24:0									
Fatty acids, total monounsaturated			0		1		0.000	0.000	
14:1									
15:1			0		1		0.000	0.000	
17:1	•		Ū		-		0.000	0.000	
18:1 undifferentiated		1	0		1		0.000	0.000	
20:1	0.000		0		1		0.000	0.000	
22:1 undifferentiated	•		0		1		0.000	0.000	
24:1 c			•						
Fatty acids, total polyunsaturated			0		1 1		0.000 0.000	0.000 0.000	
18:2 undifferentiated			0		1		0.000	0.000	
18:4	•		0		1		0.000	0.000	
20:2 n-6 c,c									
20:3 undifferentiated	]								
20:4 undifferentiated			0		1		0.000	0.000	
20:5 n-3			0		1		0.000	0.000	
22:5 n-3			0		1 1		0.000	0.000	
22:6 n-3	•	1	U		1		0.000	0.000	
Cholesterol			0		1		0	0	
Phytosterolsr									
Amino Acids:									
Tryptophan	0.000	ı	0	A	1		0.000	0.000	
Threonine		ı	0	A	1		0.000	0.000	
Isoleucine	0.000		0	A	1		0.000	0.000	
Leucine			0	A	1		0.000	0.000	
Lysine			0	A	1		0.000	0.000	
Methionine			0	A A	1 1		0.000 0.000	0.000 0.000	
Cystine			0	A	1		0.000	0.000	
Tyrosine			0	A	1		0.000	0.000	
Valine		1	0	A	1		0.000	0.000	
Arginine			0	A	1		0.000	0.000	
HistidineQ			0	A	1		0.000	0.000	
Alanine			0	A	1		0.004	0.043	
Aspartic acid			0	A	1		0.005	0.057	
Glutamic acid			0	A A	1 1		0.014 0.004	0.167 0.046	
Proline			0	A A	1		0.004	0.046	
Serine			0	A	1		0.000	0.000	
Hydroxyproline									
Others:									
Alcohol, ethylg	3.6	0.0	80 3	A	1		1.1	13.0	
Caffeine m	g 0		0	z	7		0	0	
Theobromine m	g 0		0	z	7		0	0	
<u>Carotenoids:</u>									
Carotene, betam			0	z	7		0.000	0.000	
Carotene, alpham			0	z	7		0.000	0.000	
Cryptoxanthin, betam			0	Z	7		0.000	0.000	
Lycopene me			0	z z	7 7		0.000	0.000	
Lutein + zeaxanthinm	√y U		U	Z	,		0.000	0.000	

Alcoholic beverage, beer, regular

**Common Measures:** 

Measure 1 = 29.7g: 1 fl oz

Measure 2 = 356g: 1 can or bottle (12 fl oz)

Calories Factors: Protein 3.87 Fat 8.37 Carbohydrate 4.12

Food Group: 14 Beverages

## NDB No. 14004 Alcoholic beverage, beer, regular, BUDWEISER

Anheuser-Busch, Inc.

Refuse: 0%

		<u>A</u>	mount in 100 grams Numbe		ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and L	Jnits	Mean	of Data Std. Error Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water		92.77	1	MC	9		27.65	331.20	
Energy	kcal	41	1	MC	9		12	145	
Energy	kj	170	0	MC	9		51	607	
Protein (N x 6.25)	g	0.36	1	MC	9		0.11	1.30	
Total lipid (fat)	g	0.00	1	MC	9		0.00	0.00	
Ash	g	0.11	1	MC	9		0.03	0.39	
Carbohydrate, by difference	g	2.97	1	MC	9		0.88	10.60	
Fiber, total dietary		0.0	1	MC	9		0.0	0.0	
Sugars, total.	<del>-</del>								
Sucrose									
Glucose (dextrose)	g	0.00	1	MC	9		0.00	0.00	
		0.00	1	MC	9		0.00	0.00	
Fructose		0.00	-	110	,		0.00	0.00	
Lactose	9	0.00	1	MC	9		0.00	0.00	
Maltose		0.00	1	MC	9		0.00	0.00	
Galactose									
Starch	9	0.00	1	MC	9		0.00	0.00	
Minerals:									
Calcium. Ca	mg	4	1	MC	9		1	14	
Iron, Fe.	• • • • • • • • • • • • • • • • • • • •	0.00	1	MC	9		0.00	0.01	
Magnesium, Mg		7	1	MC	9		2	25	
Phosphorus, P		13	1	MC	9		4	46	
Potassium, K		33	1	MC	9		10	118	
Sodium, Na		3	1	MC	9		1	9	
Zinc, Zn	_	0.00	1	MC	9		0.00	0.00	
Copper, Cu		0.003	1	MC	9		0.001	0.011	
Manganese, Mn		0.009	1	MC	9		0.003	0.032	
Selenium, Se	-								
Lipids:									
Fatty acids, total saturated	a								
Fatty acids, total monounsaturate									
Fatty acids, total polyunsaturated									
Fatty acids, total trans	_								
Cholesterol		0	1	MC	9		0	0	
Phytosterols		-	_	_	-		-	-	
Others:									
Alcohol, ethyl	g	3.9	1	MC	9		1.2	14.0	
Caffeine									
Theobromine	_								

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

## **Common Measures:**

Measure 1 = 29.8g: 1 fl oz Measure 2 = 357g: 12 fl oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

		<u>A</u>	mount in 100	<u>0 grams</u>	of edik	ole portio	<u>n</u>		edible portion	
			ļ	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	28.30		1		1		9.51	14.15	
Energy	kcal	371		0	NC	4		125	186	
Energy	kj	1552				4		522	776	
Protein (N x 6.25)	g	0.00		0		1		0.00	0.00	
Total lipid (fat)	g	0.30		1		1		0.10	0.15	
Ash	g	0.00		0		1		0.00	0.00	
Carbohydrate, by difference	g	41.60		0	NC	4		13.98	20.80	
Fiber, total dietary		0.0		0		4		0.0	0.0	
Sugars, total	g	41.60		0	NR	4		13.98	20.80	
Starch	g									
Minerals:										
Calcium, Ca	ma	0		1		1		0	0	
Iron, Fe	_	0.07		1		1		0.02	0.04	
Magnesium, Mg	_	0		1		1		0	0	
Phosphorus, P		0		1		1		0	0	
Potassium, K	_	0		1		1		0	0	
Sodium, Na		5		1		1		2	3	
Zinc, Zn	mg	0.04		0		4		0.01	0.02	
Copper, Cu	mg	0.080	)	1		1		0.027	0.040	
Manganese, Mn	mg	0.040	)	1		1		0.013	0.020	
Selenium, Se	mcg	0.4		0	BFSN	4		0.1	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0	0.0	
Thiamin	_	0.000	1	0		1		0.000	0.000	
Riboflavin	_	0.000		0		1		0.000	0.000	
Niacin	_	0.003		1		1		0.001	0.002	
Pantothenic acid	_	0.000		0		1		0.000	0.000	
Vitamin B-6	-	0.000		0		1		0.000	0.000	
Folate, total	-	0		0		1		0	0	
Folic acid		0		0	z	7		0	0	
Folate, food		0		0		1		0	0	
Folate, DFE		0		0	NC	4		0	0	
Vitamin B-12		0.00		0		1		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	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D					_	_				
Vitamin K (phylloquinone)	mcg	0.0		0	Z	7		0.0	0.0	
Lipids:										
Fatty acids, total saturated	q	0.014	l	0		1		0.005	0.007	
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	g	0.000	)	0		1		0.000	0.000	
12:0	g	0.000	)	0		1		0.000	0.000	
13:0										
14:0	g	0.000	)	0		1		0.000	0.000	
15:0	g									
16:0	g	0.010	)	0		1		0.003	0.005	
17:0	g									
18:0	-	0.003	3	0		1		0.001	0.002	
20:0	-									
22:0	-									
24:0	g									

		<u>A</u>	mount in 10			ole portio	<u>on</u>		edible portion o	
				of Data	Deriv		Confidence			
Nutrients and Units		Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	0.015	;	0		1		0.005	0.008	
14:1	-									
15:1	-									
16:1 undifferentiated	-	0.000	)	0		1		0.000	0.000	
17:1	-	0.015		0		1		0.005	0.000	
18:1 undifferentiated 20:1	-	0.000		0		1		0.005 0.000	0.008	
22:1 undifferentiated	-	0.000		0		1		0.000	0.000	
24:1 c	•	0.000	•	U		_		0.000	0.000	
Fatty acids, total polyunsaturated		0.167	,	0		1		0.056	0.084	
18:2 undifferentiated		0.058		0		1		0.019	0.029	
18:3 undifferentiated		0.109		0		1		0.037	0.055	
18:4		0.000	)	0		1		0.000	0.000	
20:2 n-6 c,c	-									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000	)	0		1		0.000	0.000	
20:5 n-3	g	0.000	)	0		1		0.000	0.000	
22:5 n-3	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		0		0		1		0	0	
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.000	)	0		1		0.000	0.000	
Threonine		0.000		0		1		0.000	0.000	
Isoleucine	-	0.000		0		1		0.000	0.000	
Leucine	-	0.000	)	0		1		0.000	0.000	
Lysine	g	0.000	)	0		1		0.000	0.000	
Methionine	g	0.000	)	0		1		0.000	0.000	
Cystine	g	0.000	)	0		1		0.000	0.000	
Phenylalanine	g	0.000	)	0		1		0.000	0.000	
Tyrosine	g	0.000	)	0		1		0.000	0.000	
Valine	g	0.000	)	0		1		0.000	0.000	
Arginine	g	0.000	)	0		1		0.000	0.000	
Histidine	g	0.000	)	0		1		0.000	0.000	
Alanine	g	0.000	)	0		1		0.000	0.000	
Aspartic acid	g	0.000	)	0		1		0.000	0.000	
Glutamic acid		0.000		0		1		0.000	0.000	
Glycine		0.000		0		1		0.000	0.000	
Proline		0.000		0		1		0.000	0.000	
Serine	-	0.000	)	0		1		0.000	0.000	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	29.8		1		1		10.0	14.9	
Caffeine		0		0	z	7		0	0	
Theobromine		0		0	Z	7		0	0	
Carotenoids:										
	mea	0		^	-	7		0.000	0.000	
Carotene, beta		0		0	z z	7 7		0.000	0.000	
Carotene, alpha		0		0	z Z	7		0.000	0.000	
Cryptoxanthin, beta	-	0		0	z Z	7		0.000 0.000	0.000 0.000	
Lycopene		0		0	z Z					
Lutein + zeaxanthin	TitioA	U		U	Z	7		0.000	0.000	

### **Common Measures:**

Measure 1 = 33.6g: 1 fl oz

Measure 2 = 50g: 1 jigger 1.5 fl oz

Alcoholic beverage, creme de menthe, 72 proof

Calories Factors: Protein 2.44 Fat 8.37 Carbohydrate 3.9

Food Group: 14 Beverages

		<u>A</u> 1	mount in 10	<u>0 grams</u>	of edik	ole portio	<u>n</u>		edible portion	
				Number				<u>m</u>	easures of food	<u>.</u>
						Source	Confidence			
Nutrients and Units	5	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	_	74.60		1		1		22.75	154.42	
Energy		125		0		4		38	259	
Energy	kj	523				4		160	1083	
Protein (N x 6.25)		0.00		0		4		0.00	0.00	
Total lipid (fat)	g	0.00		0		4		0.00	0.00	
Ash		0.10		1		1		0.03	0.21	
Carbohydrate, by difference	g	15.70		0		4		4.79	32.50	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Ainerals:										
Calcium, Ca	mg	0		1		1		0	0	
Iron, Fe	-	0.01		1		1		0.00	0.02	
Magnesium, Mg	-	1		0		4		0	2	
Phosphorus, P		2		0		4		1	4	
Potassium, K	_	11		1		1		3	23	
Sodium, Na	_	40		1		1		12	83	
Zinc, Zn	mg	0.03		0		4		0.01	0.06	
Copper, Cu	mg	0.016	5	0		4		0.005	0.033	
Manganese, Mn	mg	0.005	5	0		4		0.002	0.010	
Selenium, Se	mcg	0.1		0	BFZN	4		0.0	0.2	
itamins:										
Vitamin C, total ascorbic acid	ma	1.3		0		4		0.4	2.7	
Thiamin	-	0.001		0		4		0.000	0.002	
Riboflavin		0.001		0		4		0.000	0.002	
Niacin		0.014		0		4		0.004	0.029	
Pantothenic acid		0.017		0		4		0.004	0.014	
Vitamin B-6		0.003		0		4		0.001	0.006	
Folate, total	_	1	•	0		4		0	2	
Folic acid		0		0	z	7		0	0	
Folate, food		1		0	_	4		0	2	
Folate, DFE		1		0	NC	4		0	2	
Vitamin B-12		0.00		0		4		0.00	0.00	
Vitamin A, IU		2		0		4		1	4	
Vitamin A, RAE		0		0	NC	4		0	0	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
ipids:										
Fatty acids, total saturated	a	0.000	)	0		4		0.000	0.000	
Fatty acids, total monounsaturated										
14:1										
15:1	g									
16:1 undifferentiated	g									
17:1	g									
18:1 undifferentiated		0.000	)	0		4		0.000	0.000	
20:1	g									
22:1 undifferentiated	g									
24:1 c										
Fatty acids, total polyunsaturated										
18:2 undifferentiated	g	0.000	)	0		4		0.000	0.000	
18:3 undifferentiated	_									
18:4	a									

		<u>A</u>	mount in 10	0 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common		
				Number		Source	Confidence	<u>m</u>	easures of food	
Nutrients and U	Inits	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
20:3 undifferentiated	g									
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		4		0	0	
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	9.6		1		1		2.9	19.9	
Caffeine	mg									
Theobromine	mg									

### **Common Measures:**

Measure 1 = 30.5g: 1 fl oz

Measure 2 = 207g: 1 can (6.8 fl oz, 200 ml)

Calories Factors: Protein 3.4 Fat 8.4 Carbohydrate 3.9

Food Group: 14 Beverages

NDB No. 14010 Alcoholic beverage, daiquiri, prepared-from-recipe

		<u>A</u>	mount in 100 grai	ns of edi	ble portic	<u>on</u>	Amount in	edible portion	of common
			Numb	er			<u>m</u>	easures of food	<u> </u>
			of Da	ta Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure
D : 4									
Proximates: Water	а	69.74	(	RA	4		21.06	41.84	
Energy	-	186			4		56	111	
Energy		777			4		235	466	
Protein (N x 0)		0.06			4		0.02	0.04	
Total lipid (fat)		0.06			4		0.02	0.04	
Ash		0.08			4		0.02	0.05	
Carbohydrate, by difference		6.94			4		2.09	4.16	
Fiber, total dietary		0.1			4		0.0	0.1	
Sugars, total		5.58			4		1.68	3.35	
Starch		3.30	`		-		1.00	3.33	
Starcii	9								
<u>Minerals:</u>									
Calcium, Ca	_	3	C		4		1	2	
Iron, Fe	_	0.09	C		4		0.03	0.05	
Magnesium, Mg	mg	2	C	RA	4		1	1	
Phosphorus, P	mg	5	C	RA	4		2	3	
Potassium, K	mg	21	C	RA	4		6	12	
Sodium, Na	mg	5	C	RA	4		1	3	
Zinc, Zn	mg	0.04	C	RA	4		0.01	0.03	
Copper, Cu	mg	0.022			4		0.007	0.013	
Manganese, Mn	mg	0.015			4		0.004	0.009	
Selenium, Se	mcg	0.1	C	RA	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid	ma	1.6	C	RA	4		0.5	1.0	
Thiamin		0.013			4		0.004	0.008	
Riboflavin		0.005			4		0.001	0.003	
Niacin		0.051			4		0.015	0.030	
Pantothenic acid	_	0.031			4		0.015	0.010	
Vitamin B-6		0.008			4		0.003	0.005	
Folate, total	-	2	, (		4		1	1	
Folic acid		0	C		4		0	0	
Folate, food		2	0		4		1	1	
Folate, DFE		2	0		4		1	1	
		0.00	0		4		0.00	0.00	
Vitamin B-12		4	0		4		1		
Vitamin A, IU		0	0		4		0	2 0	
Vitamin A, RAE		0	0		4		0		
Retinol								0	
Vitamin E (alpha-tocopherol)		0.03	C	RA	4		0.01	0.02	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D Vitamin K (phylloquinone)		0.1	C	RA	4		0.0	0.1	
viamini k (phynoquinone)	9	0.1	•	M	-		3.0	0.1	
<u> Lipids:</u>									
Fatty acids, total saturated	g	0.006			4		0.002	0.004	
4:0	g	0.000	) (	RA	4		0.000	0.000	
6:0	g	0.000	) (	RA	4		0.000	0.000	
8:0		0.000			4		0.000	0.000	
10:0	g	0.000	) (	RA	4		0.000	0.000	
12:0	-	0.000	) (	RA	4		0.000	0.000	
13:0									
14:0	g	0.000	) (	RA	4		0.000	0.000	
15:0	g								
16:0	g	0.006	5 0	RA	4		0.002	0.004	
17:0	g								
18:0	-	0.000	) (	RA	4		0.000	0.000	
20:0	-								
22:0	-								
24:0	-								

	Ar	mount in 10	00 grams	Amount in edible portion of common					
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Nutrients and Onits	Weari	Stu. Entor	1 011110	Jour		- Couc	Wedsure I	Wiedsure 2	Weasure 5
Fatty acids, total monounsaturatedg	0.006		0	RA	4		0.002	0.003	
14:1g									
15:1g									
16:1 undifferentiatedg	0.001		0	RA	4		0.000	0.001	
17:1g									
18:1 undifferentiated	0.005		0	RA	4		0.001	0.003	
20:1g	0.000		0	RA	4		0.000	0.000	
22:1 undifferentiatedg	0.000		0	RA	4		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturatedg	0.016		0	RA	4		0.005	0.010	
18:2 undifferentiated	0.011		0	RA	4		0.003	0.006	
18:3 undifferentiatedg	0.006		0	RA	4		0.002	0.003	
18:4g	0.000		0	RA	4		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	RA	4		0.000	0.000	
20:5 n-3g	0.000		0	RA	4		0.000	0.000	
22:5 n-3g	0.000		0	RA	4		0.000	0.000	
22:6 n-3g	0.000		0	RA	4		0.000	0.000	
Fatty acids, total transg									
Cholesterolmg	0		0	RA	4		0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	23.1		0	RA	4		7.0	13.9	
Caffeine mg	0		0	RA	4		0	0	
Theobromine mg	0		0	RA	4		0	0	
Carotenoids:									
Carotene, beta mcg	2		0	RA	4		0.740	1.470	
Carotene, alpha mcg	0		0	RA	4		0.000	0.000	
Cryptoxanthin, betamcg	0		0	RA	4		0.000	0.000	
Lycopenemcg	0		0	RA	4		0.000	0.000	
Lutein + zeaxanthinmcg	0		0	RA	4		0.000	0.000	

# **Common Measures:**

Measure 1 = 30.2g: 1 fl oz

Measure 2 = 60g: 1 cocktail (2 fl oz)

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

NDB No. 14533 Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof

		<u>A</u>	mount in 100 grams	s of edit	Amount in 100 grams of edible portion						
			Numbe	r			m	easures of food	•		
					Source	Confidence					
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3		
Proximates:											
Water	g	57.50	1		1		15.99	24.15			
Energy	kcal	295	0	NC	4		82	124			
Energy		1234			4		343	518			
Protein (N x 6.25)	g	0.00	4		1		0.00	0.00			
Total lipid (fat)	g	0.00	4		1		0.00	0.00			
Ash	g	0.00	4		1		0.00	0.00			
Carbohydrate, by difference	g	0.00	0		1		0.00	0.00			
Fiber, total dietary	g	0.0	0	BFZN	4		0.0	0.0			
Sugars, total	g										
Starch	g										
Minerals:											
Calcium, Ca	ma	0	235		1		0	0			
Iron, Fe	_	0.04	128		1		0.01	0.02			
Magnesium, Mg		0	231		1		0	0			
Phosphorus, P		4	13		1		1	2			
Potassium, K	-	2	254		1		1	1			
Sodium, Na		1	260		1		0	0			
Zinc, Zn	mg	0.04	66		1		0.01	0.02			
Copper, Cu	mg	0.021	136		1		0.006	0.009			
Manganese, Mn		0.018	12		1		0.005	0.008			
Selenium, Se	mcg	0.0	0	BFPN	4		0.0	0.0			
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0	0		1		0.0	0.0			
Thiamin		0.006			1		0.002	0.003			
Riboflavin		0.004			1		0.001	0.002			
Niacin		0.013			1		0.004	0.005			
Pantothenic acid	-	0.000	8		1		0.000	0.000			
Vitamin B-6	mg	0.001	. 8		1		0.000	0.000			
Folate, total	mcg	0	14		1		0	0			
Folic acid		0	0	Z	7		0	0			
Folate, food	mcg	0	14		1		0	0			
Folate, DFE	mcg_DFE	0	0	NC	4		0	0			
Vitamin B-12		0.00	0		4		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)	=										
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, deltaVitamin D											
Vitamin K (phylloquinone)											
<u>Lipids:</u>											
Fatty acids, total saturated		0.000			1		0.000	0.000			
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 1		0.000	0.000			
12:0	_	0.000	, 0		1		0.000	0.000			
13:0 14:0	_	0.000	0		1		0.000	0.000			
15:0	-	0.000	, 0		-		0.000	0.000			
16:0	-	0.000	0		1		0.000	0.000			
17:0		0.000	. •		-		3.000	0.000			
18:0		0.000	0		1		0.000	0.000			
20:0			•		•						
22:0	_										
24:0											

	<u>A</u> 1	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
	0.000						
Fatty acids, total monounsaturatedg	0.000	0	1		0.000	0.000	
14:1g 15:1g							
16:1 undifferentiatedg	0.000	0	1		0.000	0.000	
17:1g	0.000	•	-		0.000	0.000	
18:1 undifferentiated	0.000	0	1		0.000	0.000	
20:1g	0.000		1		0.000	0.000	
22:1 undifferentiated	0.000		1		0.000	0.000	
24:1 cg	0.000	·	-		0.000	0.000	
Fatty acids, total polyunsaturated9	0.000	0	1		0.000	0.000	
18:2 undifferentiated	0.000		1		0.000	0.000	
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		•	_				
20:3 undifferentiatedg							
20:4 undifferentiatedg	0.000	0	1		0.000	0.000	
20:5 n-3	0.000	0	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	0	1		0	0	
Phytosterolsmg							
•							
Amino Acids:	0.000	0	1		0.000	0.000	
Tryptophan	0.000		1		0.000	0.000	
Threonine	0.000		1		0.000	0.000	
Isoleucine	0.000		1		0.000	0.000	
Lysine	0.000		1		0.000	0.000	
Methionine	0.000		1		0.000	0.000	
	0.000		1		0.000	0.000	
Cystineg Phenylalanineg	0.000		1		0.000	0.000	
	0.000		1		0.000	0.000	
Tyrosineg  Valineg	0.000		1		0.000	0.000	
Arginine	0.000		1		0.000	0.000	
Histidine	0.000		1		0.000	0.000	
Alanine	0.000		1		0.000	0.000	
Aspartic acid	0.000		1		0.000	0.000	
Glutamic acid	0.000		1		0.000	0.000	
Glycine	0.000		1		0.000	0.000	
Proline	0.000		1		0.000	0.000	
Serine 9	0.000		1		0.000	0.000	
Hydroxyproline	0.000	•	-		3.003	0.000	
Others:							
Alcohol, ethylg	42.5	0	1		11.8	17.9	
Caffeine mg							
Theobromine mg							

### **Common Measures:**

Measure 1 = 27.8g: 1 fl oz

Measure 2 = 42g: 1 jigger 1.5 fl oz

Calories Factors: Protein Fat Carbohydrate 4.12

Food Group: 14 Beverages

NDB No. 14037 Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof

		<u>A</u>	mount in 10	0 grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common		
				Number				<u>m</u>	easures of food	•
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	66.60		0		1		18.51	27.97	
Energy	kcal	231		0	NC	4		64	97	
Energy	kj	967				4		269	406	
Protein (N x 6.25)	g	0.00		4		1		0.00	0.00	
Total lipid (fat)	g	0.00		4		1		0.00	0.00	
Ash	g	0.00		4		1		0.00	0.00	
Carbohydrate, by difference	g	0.00		0		4		0.00	0.00	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g	0.00		0	NR	4		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	ma	0		235		1		0	0	
Iron, Fe	_	0.04		128		1		0.01	0.02	
Magnesium, Mg	_	0.04		231		1		0.01	0.02	
Phosphorus, P		4		13		1		1	2	
Potassium, K	-	2		254		1		1	1	
Sodium. Na	-	1		260		1		0	0	
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.04		66		1		0.01	0.02	
Copper, Cu		0.021	L	136		1		0.006	0.009	
Manganese, Mn		0.018		12		1		0.005	0.008	
Selenium, Se		0.0		0	BFPN	4		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	_	0.0	_	0		1		0.0	0.0	
Thiamin	-	0.006		16		1		0.002	0.003	
Riboflavin	-	0.004		16		1		0.001	0.002	
Niacin	_	0.013		16		1		0.004	0.005	
Pantothenic acid	-	0.000		8		1		0.000	0.000	
Vitamin B-6	-	0.001	L	8		1		0.000	0.000	
Folate, total		0		14	_	1		0	0	
Folic acid		0		0	Z	7		0	0	
Folate, food		0		14		1		0	0	
Folate, DFE		0		0	NC	4		0	0	
Vitamin B-12		0.00		0		4		0.00	0.00	
Vitamin A, IU		0		0	***	1		0	0	
Vitamin A, RAE		0		0	NC	4		0 0	0	
Retinol		-		0	z z	7 7		-	0	
Vitamin E (alpha-tocopherol)		0.00		U	z	,		0.00	0.00	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)		0.0		0	z	7		0.0	0.0	
	9	0.0		·	-	•		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	0.000		0		1		0.000	0.000	
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		0.000	)	0		1		0.000	0.000	
15:0										
16:0		0.000	)	0		1		0.000	0.000	
17:0	-									
18:0	-	0.000	)	0		1		0.000	0.000	
20:0	-									
22:0	-									
24:0	g									

		<u>A</u>	mount in 100	grams	of edil	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	0.000	1	0		1		0.000	0.000	
14:1	_									
15:1 16:1 undifferentiated	g	0.000	1	0		1		0.000	0.000	
17:1 18:1 undifferentiated	_	0.000	)	0		1		0.000	0.000	
20:1	_	0.000		0		1		0.000	0.000	
22:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.000		0		1		0.000	0.000	
24:1 c	•									
Fatty acids, total polyunsatural		0.000	)	0		1		0.000	0.000	
18:2 undifferentiated	g	0.000	)	0		1		0.000	0.000	
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	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		1		0	0	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.000	)	0		1		0.000	0.000	
Threonine		0.000	1	0		1		0.000	0.000	
Isoleucine	g	0.000	1	0		1		0.000	0.000	
Leucine	g	0.000	)	0		1		0.000	0.000	
Lysine	g	0.000	)	0		1		0.000	0.000	
Methionine	g	0.000	)	0		1		0.000	0.000	
Cystine	g	0.000	)	0		1		0.000	0.000	
Phenylalanine	g	0.000	)	0		1		0.000	0.000	
Tyrosine	g	0.000	1	0		1		0.000	0.000	
Valine	g	0.000	1	0		1		0.000	0.000	
Arginine	g	0.000	1	0		1		0.000	0.000	
Histidine	_	0.000	1	0		1		0.000	0.000	
Alanine	g	0.000		0		1		0.000	0.000	
Aspartic acid	g	0.000		0		1		0.000	0.000	
Glutamic acid	g	0.000		0		1		0.000	0.000	
Glycine		0.000		0		1		0.000	0.000	
Proline	_	0.000		0		1		0.000	0.000	
Serine		0.000	)	0		1		0.000	0.000	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	33.4		0		1		9.3	14.0	
Caffeine		0		0	z	7		0	0	
Theobromine	-	0		0	z	7		0	0	
Carotenoids:										
	maa	^		^	_	-		0.000	0.000	
Carotene, beta		0		0	z z	7 7		0.000	0.000	
Carotene, alpha	_	0		0	z 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	
Lutein + zeaxanthin	<u>itic</u>							0.000	0.000	

### **Common Measures:**

Measure 1 = 27.8g: 1 fl oz

Measure 2 = 42g: 1 jigger 1.5 fl oz

Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof

Calories Factors: Protein Fat Carbohydrate 4.12

Food Group: 14 Beverages

NDB No. 14550 Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof

		<u>A</u> 1	mount in 10	0 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common		
				Number	•			<u>m</u>	easures of food	<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	63.90		1		1		17.76	26.84	
Energy	kcal	250		0	NC	4		70	105	
Energy	kj	1046				4		291	439	
Protein (N x 6.25)	g	0.00		4		1		0.00	0.00	
Total lipid (fat)	g	0.00		4		1		0.00	0.00	
Ash		0.00		4		1		0.00	0.00	
Carbohydrate, by difference		0.10		0	NC	4		0.03	0.04	
Fiber, total dietary		0.0		0	2.0	7		0.0	0.0	
Sugars, total		0.00		0	z	7		0.00	0.00	
Starch		0.00		U	2	,		0.00	0.00	
Starcn	9									
Ainerals:										
Calcium, Ca	mg	0		235		1		0	0	
Iron, Fe	-	0.04		128		1		0.01	0.02	
Magnesium, Mg	-	0		231		1		0	0	
Phosphorus, P		4		13		1		1	2	
Potassium, K	-	2		254		1		1	1	
Sodium. Na.		1		260		1		0	0	
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.04		66		1		0.01	0.02	
Copper, Cu		0.021	ı	136		1		0.006	0.009	
Manganese, Mn		0.018		12		1		0.005	0.008	
Selenium, Se		0.0		0	BFPN	4		0.0	0.0	
Scientini, Sc	9	• • • • • • • • • • • • • • • • • • • •		·		-		0.0	0.0	
<u>'itamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.006	5	16		1		0.002	0.003	
Riboflavin	mg	0.004	Į	16		1		0.001	0.002	
Niacin	mg	0.013	3	16		1		0.004	0.005	
Pantothenic acid	mg	0.000	)	8		1		0.000	0.000	
Vitamin B-6	mg	0.001	L	8		1		0.000	0.000	
Folate, total	mcg	0		14		1		0	0	
Folic acid		0		0	Z	7		0	0	
Folate, food		0		14		1		0	0	
Folate, DFE		0		0	NC	4		0	0	
Vitamin B-12		0.00		0		4		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)		0.00		0	z	7		0.00	0.00	
		0.00		Ū		,		0.00	0.00	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)		0.0		0	NR	4		0.0	0.0	
vitanini K (phynoquinone)		0.0		·	2121	•		0.0	0.0	
<u>lipids:</u>										
Fatty acids, total saturated	g	0.000	)	0		1		0.000	0.000	
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	-	0.000	)	0		1		0.000	0.000	
13:0										
14:0		0.000	)	0		1		0.000	0.000	
15:0									- · · · · ·	
16:0		0.000	)	0		1		0.000	0.000	
17:0				-		-		3.000	0.000	
18:0	_	0.000	)	0		1		0.000	0.000	
20:0	_			•		_				
22:0	_									
24:0	_									

		<u>A</u> 1	mount in 10	0 grams	of edil	ole portic	<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 monounsatura	atedg	0.000	1	0		1		0.000	0.000	
14:1	-									
15:1 16:1 undifferentiated	g	0.000	)	0		1		0.000	0.000	
17:1 18:1 undifferentiated	-	0.000	)	0		1		0.000	0.000	
20:1	g	0.000	1	0		1		0.000	0.000	
22:1 undifferentiated	g	0.000		0		1		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsaturat	edg	0.000	)	0		1		0.000	0.000	
18:2 undifferentiated	g	0.000	1	0		1		0.000	0.000	
18:3 undifferentiated	g	0.000	1	0		1		0.000	0.000	
18:4	g	0.000	1	0		1		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000	)	0		1		0.000	0.000	
20:5 n-3	-	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		1		0	0	
Phytosterols	mg									
Amino Acids:										
Tryptophan	а	0.000	)	0		1		0.000	0.000	
Threonine		0.000		0		1		0.000	0.000	
Isoleucine	-	0.000		0		1		0.000	0.000	
Leucine	-	0.000		0		1		0.000	0.000	
Lysine	-	0.000		0		1		0.000	0.000	
Methionine		0.000	)	0		1		0.000	0.000	
Cystine		0.000	1	0		1		0.000	0.000	
Phenylalanine		0.000	)	0		1		0.000	0.000	
Tyrosine		0.000	1	0		1		0.000	0.000	
Valine	g	0.000	1	0		1		0.000	0.000	
Arginine	g	0.000	1	0		1		0.000	0.000	
Histidine		0.000	1	0		1		0.000	0.000	
Alanine	-	0.000		0		1		0.000	0.000	
Aspartic acid		0.000	1	0		1		0.000	0.000	
Glutamic acid		0.000		0		1		0.000	0.000	
Glycine	g	0.000	1	0		1		0.000	0.000	
Proline		0.000	1	0		1		0.000	0.000	
Serine	g	0.000	1	0		1		0.000	0.000	
Hydroxyproline										
Others:										
Alcohol, ethyl	a	36.0		0		1		10.0	15.1	
Caffeine		0		0	z	7		0	0	
Theobromine	_	0		0	Z	7		0	0	
Carotenoids:		ŭ		·	-	•		•	•	
<u> </u>								_	_	
Carotene, beta		0		0	Z	7		0.000	0.000	
Carotene, alpha	_	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta		0		0	z	7		0.000	0.000	
Lycopene		0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000	0.000	

### **Common Measures:**

Measure 1 = 27.8g: 1 fl oz

Measure 2 = 42g: 1 jigger 1.5 fl oz

Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof

Calories Factors: Protein Fat Carbohydrate 4.12

Food Group: 14 Beverages

NDB No. 14551 Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof

		<u>A</u>	mount in 100 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common		
			Numbe	r			<u>m</u>	easures of food	<u> </u>
			of Data	Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	62.10	1		1		17.26	26.08	
Energy	_	263	0	NC	4		73	110	
Energy		1100			4		306	462	
Protein (N x 6.25)		0.00	4		1		0.00	0.00	
Total lipid (fat)		0.00	4		1		0.00	0.00	
Ash		0.00	4		1		0.00	0.00	
Carbohydrate, by difference		0.00	0		1		0.00	0.00	
Fiber, total dietary		0.0	0		7		0.0	0.0	
Sugars, total		0.00	0	z	7		0.00	0.00	
Starch									
	5								
<u>Minerals:</u>									
Calcium, Ca	_	0	235		1		0	0	
Iron, Fe	_	0.04	128		1		0.01	0.02	
Magnesium, Mg		0	231		1		0	0	
Phosphorus, P	_	4	13		1		1	2	
Potassium, K		2	254		1		1	1	
Sodium, Na		1	260		1		0	0	
Zinc, Zn		0.04	66		1		0.01	0.02	
Copper, Cu		0.021			1		0.006	0.009	
Manganese, Mn		0.018			1		0.005	0.008	
Selenium, Se	mcg	0.0	0	BFPN	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.0	0		1		0.0	0.0	
Thiamin		0.006	16		1		0.002	0.003	
Riboflavin		0.004	16		1		0.001	0.002	
Niacin		0.013	3 16		1		0.004	0.005	
Pantothenic acid	-	0.000	8		1		0.000	0.000	
Vitamin B-6		0.001	L 8		1		0.000	0.000	
Folate, total	-	0	14		1		0	0	
Folic acid		0	0	z	7		0	0	
Folate, food		0	14		1		0	0	
Folate, DFE		0	0	NC	4		0	0	
Vitamin B-12		0.00	0		4		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)		0.00	0	z	7		0.00	0.00	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)	mcg	0.0	0	Z	7		0.0	0.0	
inida									
Lipids:	0	0.000			4		0 000	0 000	
Fatty acids, total saturated		0.000			1		0.000	0.000	
4:0		0.000			1 1		0.000	0.000	
6:0	-	0.000					0.000	0.000	
8:0		0.000			1 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	-	0.00	0		4		0 000	0.000	
14:0	-	0.000	0		1		0.000	0.000	
15:0					_				
	y	0.000	0		1		0.000	0.000	
16:0	~								
17:0	-				_				
17:0 18:0	g	0.000	0		1		0.000	0.000	
17:0	g g	0.000	0		1		0.000	0.000	

	<u>Ar</u>	mount in 100 gra	ams of ed	ible portic	<u>on</u>		Amount in edible portion of common measures of food		
		Num	ber			<u>m</u>	easures of food		
Nutrients and Units	Mean	of D Std. Error Poi	ata Deriv		Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.000		0	1		0.000	0.000		
15:1g									
16:1 undifferentiatedg	0.000		0	1		0.000	0.000		
17:1g			_						
18:1 undifferentiatedg	0.000		0	1		0.000	0.000		
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	0.000		0	1		0.000	0.000		
18:2 undifferentiated	0.000		0	1		0.000	0.000		
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,c									
20:3 undifferentiated	0.000		0			0.000	0.000		
20:4 undifferentiated	0.000			1 1		0.000	0.000		
20:5 n-3g	0.000		0			0.000	0.000		
22:5 n-3g	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 m			0	1		0	0		
Phytosterols m	9								
Amino Acids:									
Tryptophang	0.000		0	1		0.000	0.000		
Threonine	0.000		0	1		0.000	0.000		
Isoleucine	0.000		0	1		0.000	0.000		
Leucine	0.000		0	1		0.000	0.000		
Lysineg	0.000		0	1		0.000	0.000		
Methionine	0.000		0	1		0.000	0.000		
Cystineg	0.000		0	1		0.000	0.000		
Phenylalanine	0.000		0	1		0.000	0.000		
Tyrosineg	0.000		0	1		0.000	0.000		
Valineg	0.000		0	1		0.000	0.000		
Arginine	0.000		0	1		0.000	0.000		
Histidine	0.000		0	1		0.000	0.000		
Alanine	0.000		0	1		0.000	0.000		
Aspartic acid	0.000		0	1		0.000	0.000		
Glutamic acid	0.000		0	1		0.000	0.000		
Glycine9	0.000		0	1		0.000	0.000		
Proline	0.000		0	1		0.000	0.000		
Serine g	0.000		0	1		0.000	0.000		
Hydroxyproline									
Others:									
Alcohol, ethylg	37.9		0	1		10.5	15.9		
Caffeine mg	0		0 z	7		0	0		
Theobrominemg	0		0 z	7		0	0		
Carotenoids:									
Carotene, beta mc			0 z	7		0.000	0.000		
Carotene, alpha mcc			0 Z	7		0.000	0.000		
Cryptoxanthin, betamcc			0 <b>z</b>	7		0.000	0.000		
Lycopene mcc			0 Z	7		0.000	0.000		
Lutein + zeaxanthin mc	g 0		0 z	7		0.000	0.000		

### **Common Measures:**

Measure 1 = 27.8g: 1 fl oz Measure 2 = 42g: 1 jigger

Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof

Calories Factors: Protein Fat Carbohydrate 4.12

Food Group: 14 Beverages

NDB No. 14532 Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof

		<u>A</u>	mount in 100 grams	of edib	le portio	<u>n</u>	Amount in edible portion of common		
			Number	•			<u>m</u>	easures of food	<u>[</u>
			of Data		Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:									
Water	g	60.30	1		1		16.76	25.33	
Energy	kcal	275	0	NC	4		76	116	
Energy		1151			4		320	483	
Protein (N x 6.25)	g	0.00	4		1		0.00	0.00	
Total lipid (fat)		0.00	4		1		0.00	0.00	
Ash		0.00	4		1		0.00	0.00	
Carbohydrate, by difference		0.00	0		1		0.00	0.00	
Fiber, total dietary		0.0	0	BFZN	4		0.0	0.0	
Sugars, total									
Starch	-								
<u>Minerals:</u>									
Calcium, Ca	_	0	235		1		0	0	
Iron, Fe	_	0.04	128		1		0.01	0.02	
Magnesium, Mg		0	231		1		0	0	
Phosphorus, P	_	4	13		1		1	2	
Potassium, K		2	254		1		1	1	
Sodium, Na		1	260		1		0	0	
Zinc, Zn		0.04	66		1		0.01	0.02	
Copper, Cu		0.021			1		0.006	0.009	
Manganese, Mn		0.018			1		0.005	0.008	
Selenium, Se	mcg	0.0	0	BFPN	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid	ma	0.0	0		1		0.0	0.0	
Thiamin		0.006			1		0.002	0.003	
Riboflavin		0.004			1		0.001	0.002	
Niacin		0.013			1		0.004	0.005	
Pantothenic acid	-	0.000			1		0.000	0.000	
Vitamin B-6		0.001			1		0.000	0.000	
Folate, total	_	0	14		1		0	0	
Folic acid		0	0	z	7		0	0	
Folate, food		0	14	-	1		0	0	
Folate, DFE	mca DFF	0	0	NC	4		0	0	
Vitamin B-12		0.00	0	110	4		0.00	0.00	
Vitamin A, IU		0	0		1		0	0	
Vitamin A, RAE		0	0	NC	4		0	Ö	
Retinol		0	0	Z	7		Ö	0	
Vitamin E (alpha-tocopherol)		ŭ	v	-	•		ŭ	Ū	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)									
<u> Lipids:</u>		_			_		_	_	
Fatty acids, total saturated		0.000			1		0.000	0.000	
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	-	0.000	0		1		0.000	0.000	
15:0	-								
16:0	g	0.000	0		1		0.000	0.000	
17:0	g								
18:0	g	0.000	0		1		0.000	0.000	
20:0	g								
22:0	~								

	<u>A</u>	mount in 100 grams		<u>on</u>	Amount in edible portion of common measures of food		
			Deriv Source				
Nutrients and Units	Mean	Std. Error Points	Code Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.000	0	1		0.000	0.000	
14:1g							
15:1g							
16:1 undifferentiatedg	0.000	0	1		0.000	0.000	
17:1g							
18:1 undifferentiatedg	0.000		1		0.000	0.000	
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	0.000		1		0.000	0.000	
18:2 undifferentiatedg	0.000		1		0.000	0.000	
18:3 undifferentiatedg	0.000		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		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							
Cholesterolmg	0	0	1		0	0	
Phytosterolsmg							
Amino Acids:							
Tryptophang	0.000		1		0.000	0.000	
Threonineg	0.000		1		0.000	0.000	
Isoleucineg	0.000	0	1		0.000	0.000	
Leucineg	0.000	0	1		0.000	0.000	
Lysineg	0.000		1		0.000	0.000	
Methionineg	0.000		1		0.000	0.000	
Cystineg	0.000		1		0.000	0.000	
Phenylalanineg	0.000		1		0.000	0.000	
Tyrosineg	0.000		1		0.000	0.000	
Valineg	0.000		1		0.000	0.000	
Arginineg	0.000	0	1		0.000	0.000	
Histidineg	0.000		1		0.000	0.000	
Alanineg	0.000		1		0.000	0.000	
Aspartic acidg	0.000		1		0.000	0.000	
Glutamic acidg	0.000		1		0.000	0.000	
Glycineg	0.000		1		0.000	0.000	
Prolineg	0.000		1		0.000	0.000	
Serineg	0.000	0	1		0.000	0.000	
Hydroxyprolineg							
Others:							
Alcohol, ethylg	39.7	0	1		11.0	16.7	
Caffeinemg							
Theobromine mg							

#### **Common Measures:**

Measure 1 = 27.8g: 1 fl oz

Measure 2 = 42g: 1 jigger 1.5 fl oz

Calories Factors: Protein Fat Carbohydrate 4.12

Food Group: 14 Beverages

		<u>Aı</u>	mount in 100 g	grams	of edik	ole portio	<u>n</u>	Amount in edible portion of common		
			Nι	umber				<u>m</u>	easures of food	_
			of	f Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	62.10		1		1		17.26	26.08	
Energy	kcal	263		0	NC	4		73	110	
Energy	kj	1100				4		306	462	
Protein (N x 6.25)	g	0.00		1		1		0.00	0.00	
Total lipid (fat)	g	0.00		1		1		0.00	0.00	
Ash	g	0.00		1		1		0.00	0.00	
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	
Fiber, total dietary	g	0.0		0		7		0.0	0.0	
Sugars, total	g	0.00		0	NR	4		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	ma	0		2		1		0	0	
Iron, Fe	-	0.00	0.000	11		1		0.00	0.00	
Magnesium, Mg	-	0.00	0.000	2		1		0.00	0.00	
Phosphorus, P		0		0		1		0	0	
Potassium, K	-	Ö		1		1		0	0	
Sodium, Na	-	2		3		1		1	1	
Zinc, Zn	-	0.00		0		1		0.00	0.00	
Copper, Cu		0.004	0.003	16		1		0.001	0.002	
Manganese, Mn.		0.000		0		4		0.000	0.000	
Selenium, Se		0.0		0	BFPN	4		0.0	0.0	
	•									
<u>Vitamins:</u>				_						
Vitamin C, total ascorbic acid	-	0.0		0		1		0.0	0.0	
Thiamin	-	0.000		0		1		0.000	0.000	
Riboflavin	=	0.000		0		1		0.000	0.000	
Niacin	-	0.000		1		1		0.000	0.000	
Pantothenic acid	=	0.000		1		1		0.000	0.000	
Vitamin B-6	-	0.000		1		1		0.000	0.000	
Folate, total		0		1 0	Z	1 7		0	0	
Folic acid		0			z	1		0 0	0 0	
Folate, food		0		1 0	NC	4		0	0	
Folate, DFE		0.00		0	NC	4		0.00	0.00	
Vitamin B-12 Vitamin A, IU		0.00		0		1		0.00	0.00	
Vitamin A, IU		0		0	NC	4		0	0	
Retinol		0		0	NC Z	7		0	0	
Vitamin E (alpha-tocopherol)		0.00		0	z	, 7		0.00	0.00	
Tocopherol, beta		0.00		Ü		,		0.00	0.00	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0		0	Z	7		0.0	0.0	
<u>Lipids:</u>	_					_				
Fatty acids, total saturated		0.000		0		1 1		0.000	0.000	
4:0		0.000		0		1		0.000	0.000	
6:0	_	0.000		-				0.000	0.000	
8:0		0.000		0		1 1		0.000	0.000	
10:0	_	0.000		0		1		0.000	0.000 0.000	
12:0 13:0		0.000		J		1		0.000	0.000	
14:0		0.000		0		1		0.000	0.000	
15:0		5.000		Ü		-		0.000	0.000	
16:0		0.000		0		1		0.000	0.000	
17:0		5.000		Ü		-		0.000	0.000	
18:0	-	0.000		0		1		0.000	0.000	
20:0	-	5.000		Ü		-		0.000	0.000	
22:0	-									
24:0	-									

	<u>Aı</u>	mount in 100 g	grams	of edib	Amount in edible portion of common				
		Nu	umber				<u>m</u> e	easures of food	
				Deriv	Source	Confidence			
Nutrients and Units	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
E-40	0.000		0		1		0.000	0.000	
Fatty acids, total monounsaturated	0.000		U		1		0.000	0.000	
16:1 undifferentiated	0.000		0		1		0.000	0.000	
18:1 undifferentiatedg	0.000		0		1		0.000	0.000	
20:1g	0.000		0		1		0.000	0.000	
22:1 undifferentiatedg	0.000		0		1		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturated	0.000		0		1		0.000	0.000	
18:2 undifferentiatedg	0.000		0		1		0.000	0.000	
18:3 undifferentiatedg	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 undifferentiated	0 000		•		1		0.000	0.000	
20:4 undifferentiatedg	0.000		0		1		0.000	0.000	
20:5 n-3g	0.000		0		1		0.000 0.000	0.000 0.000	
22:5 n-3g 22:6 n-3g	0.000		0		1		0.000	0.000	
Fatty acids, total trans	0.000		U		_		0.000	0.000	
Cholesterolmg	0		0		1		0	0	
Phytosterols mg	Ū		Ü		-		v	v	
Thytosterois									
Amino Acids:									
Tryptophang	0.000		0		1		0.000	0.000	
Threonineg	0.000		0		1		0.000	0.000	
Isoleucineg	0.000		0		1		0.000	0.000	
Leucine	0.000		0		1		0.000	0.000	
Lysineg	0.000		0		1		0.000	0.000	
Methionine	0.000		0		1		0.000	0.000	
Cystine	0.000		0		1		0.000	0.000	
Phenylalanine	0.000		0		1 1		0.000 0.000	0.000	
Tyrosine	0.000		0		1		0.000	0.000 0.000	
Arginine	0.000		0		1		0.000	0.000	
Histidine	0.000		0		1		0.000	0.000	
Alanineg	0.000		0		1		0.000	0.000	
Aspartic acid	0.000		ō		1		0.000	0.000	
Glutamic acid	0.000		0		1		0.000	0.000	
Glycine9	0.000		0		1		0.000	0.000	
Proline	0.000		0		1		0.000	0.000	
Serine	0.000		0		1		0.000	0.000	
Hydroxyprolineg									
Others:									
Alcohol, ethylg	37.9		0		1		10.5	15.9	
Caffeinemg	0		0	z	7		0	0	
Theobromine mg	0		0	z	7		0	0	
Carotenoids:									
	0		0		-		0.000	0.000	
Carotene, beta mcg	0		0	z z	7 7		0.000	0.000 0.000	
Carotene, alphamcg Cryptoxanthin, betamcg	0		0	Z	7		0.000	0.000	
Lycopene mcg	0		0	Z	7		0.000	0.000	
Lycopoliciilog	0		0	Z	7		0.000	0.000	

### **Common Measures:**

Measure 1 = 27.8g: 1 fl oz

Measure 2 = 42g: 1 jigger 1.5 fl oz

Alcoholic beverage, distilled, gin, 90 proof

Calories Factors: Protein Fat Carbohydrate 4.12

Food Group: 14 Beverages

		Amount in 100 grams of edible portion						Amount in edible portion of common		
			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	
Proximates:										
Water	g	66.60	1		1		18.51	27.97		
Energy	kcal	231	0	NC	4		64	97		
Energy		967			4		269	406		
Protein (N x 6.25)	g	0.00	1		1		0.00	0.00		
Total lipid (fat)	g	0.00	1		1		0.00	0.00		
Ash	g	0.00	1		1		0.00	0.00		
Carbohydrate, by difference	g	0.00	0		1		0.00	0.00		
Fiber, total dietary	g	0.0	0		4		0.0	0.0		
Sugars, total	g	0.00	0	NR	4		0.00	0.00		
Starch	g									
Minanala										
Minerals: Calcium, Ca	ma	0	4		1		0	0		
Iron, Fe	-	0.12	14		1		0.03	0.05		
Magnesium, Mg		0	2		1		0	0		
Phosphorus, P		5	1		1		1	2		
Potassium, K	-	2	4		1		1	1		
Sodium, Na		1	5		1		0	0		
Zinc, Zn	mg	0.07	1		1		0.02	0.03		
Copper, Cu	mg	0.050	19		1		0.014	0.021		
Manganese, Mn		0.018			4		0.005	0.008		
Selenium, Se	mcg	0.0	0	BFPN	4		0.0	0.0		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0	0		1		0.0	0.0		
Thiamin		0.008			1		0.002	0.003		
Riboflavin		0.000			1		0.000	0.000		
Niacin		0.000			1		0.000	0.000		
Pantothenic acid	-	0.000	) 1		1		0.000	0.000		
Vitamin B-6		0.000	) 1		1		0.000	0.000		
Folate, total	mcg	0	1		1		0	0		
Folic acid		0	0	Z	7		0	0		
Folate, food	mcg	0	1		1		0	0		
Folate, DFE	mcg_DFE	0	0	NC	4		0	0		
Vitamin B-12		0.00	0		4		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)		0.00	0	Z	7		0.00	0.00		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)		0.0	0	z	7		0.0	0.0		
viamini it (phynoquinone)			•	_	•			0.0		
<u>Lipids:</u>										
Fatty acids, total saturated		0.000			1		0.000	0.000		
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 1		0.000	0.000		
12:0	-	0.000	0		1		0.000	0.000		
13:0 14:0.	-	0.000	0		1		0.000	0 000		
14:0		0.000	, 0		_		0.000	0.000		
16:0	-	0.000	0		1		0.000	0.000		
17:0		0.000			-		3.000	0.000		
18:0	-	0.000	0		1		0.000	0.000		
20:0	-	0.000	•		-		3.000	0.000		
22:0	-									
24:0	-									

		Amount in 100 grams of edible portion							Amount in edible portion of common measures of food		
Nutrients and Units	nits	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	dg	0.000		0		1		0.000	0.000		
14:1	g										
15:1	-										
16:1 undifferentiated		0.000		0		1		0.000	0.000		
17:1	_										
18:1 undifferentiated	_	0.000		0		1		0.000	0.000		
20:1		0.000		0		1		0.000	0.000		
22:1 undifferentiated	•	0.000		0		1		0.000	0.000		
24:1 c											
Fatty acids, total polyunsaturated.		0.000		0		1		0.000	0.000		
18:2 undifferentiated		0.000		0		1		0.000	0.000		
18:3 undifferentiated	-	0.000		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	-	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		1		0	0		
Phytosterols	mg										
Amino Acids:											
Tryptophan	а	0.000		0		1		0.000	0.000		
Threonine		0.000		0		1		0.000	0.000		
Isoleucine	_	0.000		0		1		0.000	0.000		
Leucine		0.000		0		1		0.000	0.000		
Lysine	-	0.000		0		1		0.000	0.000		
Methionine		0.000		0		1		0.000	0.000		
Cystine		0.000		0		1		0.000	0.000		
Phenylalanine		0.000		0		1		0.000	0.000		
Tyrosine		0.000		0		1		0.000	0.000		
Valine	-	0.000		0		1		0.000	0.000		
Arginine		0.000		0		1		0.000	0.000		
Histidine		0.000		0		1		0.000	0.000		
Alanine		0.000		0		1		0.000	0.000		
Aspartic acid	_	0.000		0		1		0.000	0.000		
Glutamic acid	_	0.000		0		1		0.000	0.000		
Glycine	-	0.000		0		1		0.000	0.000		
Proline		0.000		0		1		0.000	0.000		
Serine	=	0.000		0		1		0.000	0.000		
Hydroxyproline		0.000		•		_		0.000	0.000		
Others:											
Alcohol, ethyl	a	33.4		0		1		9.3	14.0		
Caffeine		0		0	z	7		0	0		
Theobromine		0		0	z	7		0	0		
		v		Ü	4	•		J	3		
Carotenoids:		_		_		_					
Carotene, beta		0		0	Z	7		0.000	0.000		
Carotene, alpha		0		0	Z	7		0.000	0.000		
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000		
Lycopene		0		0	Z	7		0.000	0.000		
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000	0.000		

### **Common Measures:**

Measure 1 = 27.8g: 1 fl oz

Measure 2 = 42g: 1 jigger 1.5 fl oz

Alcoholic beverage, distilled, rum, 80 proof

Calories Factors: Protein Fat Carbohydrate 4.12

Food Group: 14 Beverages

		Amount in 100 grams of edible portion						Amount in edible portion of common		
			Numb	er			<u>m</u>	easures of food		
			of Dat	a Deriv	Source	Confidence				
<b>Nutrients and Units</b>		Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	66.60	1		1		18.51	27.97		
Energy	kcal	231	0	NC	4		64	97		
Energy		967			4		269	406		
Protein (N x 6.25)		0.00	1		1		0.00	0.00		
Total lipid (fat)	g	0.00	1		1		0.00	0.00		
Ash		0.00	1		1		0.00	0.00		
Carbohydrate, by difference		0.00	0		1		0.00	0.00		
Fiber, total dietary	g	0.0	0	BFZN	4		0.0	0.0		
Sugars, total	g									
Starch										
Minerals:	ma	0	2		4		0	•		
Calcium, Ca	-	0.01	3		1 1		0 0.00	0 0.00		
Iron, Fe		0.01	3		1		0.00	0.00		
Phosphorus, P		5	1		1		1	2		
Potassium, K	-	1	3		1		0	0		
Sodium, Na		1	4		1		0	0		
Zinc, Zn		0.00	0		1		0.00	0.00		
Copper, Cu		0.010			1		0.003	0.004		
Manganese, Mn		0.000			1		0.000	0.000		
Selenium, Se		0.0	0	BFPN	4		0.0	0.0		
	-									
Vitamins:					_					
Vitamin C, total ascorbic acid		0.0	0		1		0.0	0.0		
Thiamin		0.005			1 1		0.001	0.002		
Riboflavin		0.007			1		0.002	0.003		
Niacin	-	0.000			1		0.000	0.000		
Pantothenic acid Vitamin B-6		0.000			1		0.000 0.000	0.000 0.000		
	-	0.000	2		1		0.000	0.000		
Folate, totalFolic acid		0	0	z	7		0	0		
Folate, food		0	2	4	1		0	0		
Folate, DFE	mca DFF	0	0	NC	4		0	0		
Vitamin B-12		0.00	0		4		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)								-		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	a	0.000	0		1		0.000	0.000		
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			1		0.000	0.000		
13:0			·		-		,,			
14:0	-	0.000	0		1		0.000	0.000		
15:0	_									
16:0	-	0.000	0		1		0.000	0.000		
17:0										
18:0		0.000	0		1		0.000	0.000		
20:0										
22:0	-									
24:0										

	<u>A</u>	mount in 100 grams		<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Number of Data Std. Error Points	Deriv Source	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	0.000	0	1		0.000	0.000		
14:1g								
15:1g								
16:1 undifferentiatedg	0.000	0	1		0.000	0.000		
17:1g								
18:1 undifferentiatedg	0.000		1		0.000	0.000		
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	0.000		1		0.000	0.000		
18:2 undifferentiatedg	0.000		1		0.000	0.000		
18:3 undifferentiatedg	0.000		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		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	1		0	0		
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.000		1		0.000	0.000		
Threonineg	0.000		1		0.000	0.000		
Isoleucineg	0.000	0	1		0.000	0.000		
Leucineg	0.000	0	1		0.000	0.000		
Lysineg	0.000	0	1		0.000	0.000		
Methionineg	0.000	0	1		0.000	0.000		
Cystineg	0.000	0	1		0.000	0.000		
Phenylalanineg	0.000	0	1		0.000	0.000		
Tyrosineg	0.000	0	1		0.000	0.000		
Valineg	0.000	0	1		0.000	0.000		
Arginineg	0.000	0	1		0.000	0.000		
Histidineg	0.000	0	1		0.000	0.000		
Alanineg	0.000	0	1		0.000	0.000		
Aspartic acidg	0.000	0	1		0.000	0.000		
Glutamic acidg	0.000	0	1		0.000	0.000		
Glycine9	0.000	0	1		0.000	0.000		
Prolineg	0.000	0	1		0.000	0.000		
Serineg	0.000	0	1		0.000	0.000		
Hydroxyprolineg								
Others:								
Alcohol, ethylg	33.4	0	1		9.3	14.0		
Caffeine mg								
Theobromine mg								

#### **Common Measures:**

Measure 1 = 27.8g: 1 fl oz

Measure 2 = 42g: 1 jigger 1.5 fl oz

Calories Factors: Protein Fat Carbohydrate 4.12

Food Group: 14 Beverages

		<u>Aı</u>	mount in 100 gi	rams of e	dible	portio	<u>n</u>	Amount in edible portion of common			
			Nur	mber				<u>m</u>	easures of food		
			of l	Data Der	iv S	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	ints Co	de	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	63.90		1		1		17.76	26.84		
Energy	kcal	250		0 1	NC	4		69	105		
Energy	kj	1046		0 1	NC.	4		291	439		
Protein (N x 6.25)	g	0.00		1		1		0.00	0.00		
Total lipid (fat)	g	0.00		1		1		0.00	0.00		
Ash	g	0.00		1		1		0.00	0.00		
Carbohydrate, by difference	g	0.10		0 1	NC	4		0.03	0.04		
Fiber, total dietary	g	0.0		0 B	FZN	4		0.0	0.0		
Sugars, total	g										
Starch	g										
Minarals											
Minerals: Calcium, Ca	ma	0	0.086	244 J	'A	6		0	0		
Iron. Fe.	-	0.02			'A	6		0.00	0.01		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	0.02			'A	6		0.00	0.01		
Phosphorus, P		3	2.735		'A	6		1	1		
Potassium, K	•	1			'A	6		0	1		
Sodium. Na		0			Ά.	6		0	0		
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.02	0.023		'A	6		0.01	0.01		
Copper, Cu		0.014			'A	6		0.004	0.006		
Manganese, Mn		0.008			Ά	6		0.002	0.003		
Selenium, Se		0.0	0.000	18	A	1		0.0	0.0		
	-										
Vitamins:						_					
Vitamin C, total ascorbic acid	_	0.0		0		1		0.0	0.0		
Thiamin	-	0.008		10		1		0.002	0.003		
Riboflavin	=	0.001		9		1		0.000	0.000		
Niacin	_	0.050		10		1		0.014	0.021		
Pantothenic acid	=	0.000		4		1		0.000	0.000		
Vitamin B-6	-	0.000	,	4		1		0.000	0.000 0		
Foliate, total		0		0 :	Z	1 7		0 0	0		
Folic acid		0		10	4	1		0	0		
Folate, foodFolate, DFE		0			C	4		0	0		
Vitamin B-12		0.00		0	C	4		0.00	0.00		
Vitamin B-12 Vitamin A, IU		0.00		0		1		0.00	0.00		
Vitamin A, RAE		0		0 <i>2</i> 4	c	1		0	0		
Retinol		0			Z	7		0	0		
Vitamin E (alpha-tocopherol)		·		•	_	•		·	v		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:	σ.	0.000		0		1		0.000	0.000		
Fatty acids, total saturated		0.000		0		1		0.000	0.000		
4:0 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		•		-		3.000	0.000		
14:0	_	0.000	)	0		1		0.000	0.000		
15:0	-	2.200		-		_		3.000	0.000		
16:0		0.000	)	0		1		0.000	0.000		
17:0		2.200		-				2			
18:0		0.000	)	0		1		0.000	0.000		
20:0		2.200		-				3.000	0.000		
22:0											
24:0	_										

	<u>Ar</u>	mount in 100 grams	<u>on</u>	Amount in edible portion of common			
		Numbe of Data	r Deriv Source	Confidence	<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error Points		Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.000	0	1		0.000	0.000	
14:19							
15:1							
16:1 undifferentiatedg	0.000	0	1		0.000	0.000	
17:1g							
18:1 undifferentiatedg	0.000	0	1		0.000	0.000	
20:1g	0.000	0	1		0.000	0.000	
22:1 undifferentiatedg	0.000	0	1		0.000	0.000	
24:1 cg							
Fatty acids, total polyunsaturated	0.000	0	1		0.000	0.000	
18:2 undifferentiatedg	0.000	0	1		0.000	0.000	
18:3 undifferentiatedg	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	0	1		0.000	0.000	
Fatty acids, total transg							
Cholesterol mg	0	0	1		0	0	
Phytosterolsmg							
Others:							
Alcohol, ethylg	36.0	0	1		10.0	15.1	
Caffeine mg							
Theobrominemg							

## **Common Measures:**

Measure 1 = 27.8g: 1 fl oz Measure 2 = 42g: 1 jigger

Calories Factors: Protein Fat Carbohydrate 4.12

Food Group: 14 Beverages

NDB No. 14415 Alcoholic beverage, liqueur, coffee with cream, 34 proof

		<u>A</u>	mount in 10	<u>0 grams</u>	of edib	ole portio	<u>n</u>		edible portion	
			I	Number	•			<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	46.50		1		1		14.46	21.86	
Energy	kcal	327		0	NC	4		102	154	
Energy	kj	1368				4		426	643	
Protein (N x 6.38)	g	2.80		1		1		0.87	1.32	
Total lipid (fat)	g	15.70		1		1		4.88	7.38	
Ash	g	0.40		1		1		0.12	0.19	
Carbohydrate, by difference	g	20.90		0	NC	4		6.50	9.82	
Fiber, total dietary		0.0		0	FLC	4		0.0	0.0	
Sugars, total		9.45		0	FLC	4		2.94	4.44	
Starch	g									
Minerals:										
Calcium, Ca	ma	16		1		1		5	8	
Iron, Fe	-	0.13		1		1		0.04	0.06	
Magnesium, Mg	-	2		1		1		1	1	
Phosphorus, P		50		1		1		16	24	
Potassium, K	-	32		1		1		10	15	
Sodium, Na		92		1		1		29	43	
Zinc, Zn	mg	0.16		1		1		0.05	0.08	
Copper, Cu	mg	0.040	)	1		1		0.012	0.019	
Manganese, Mn	mg	0.006	5	0	FLC	4		0.002	0.003	
Selenium, Se	mcg	0.4		0	FLC	4		0.1	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.2		0	FLC	4		0.1	0.1	
Thiamin	-	0.011		0	FLC	4		0.004	0.005	
Riboflavin	_	0.057		1	THE	1		0.018	0.027	
Niacin	_	0.078		1		1		0.024	0.037	
Pantothenic acid	-	0.087		1		1		0.027	0.041	
Vitamin B-6	-	0.011		0	FLC	4		0.003	0.005	
Folate, total	-	2		0	FLC	4		0	1	
Folic acid		0		0	FLC	4		0	0	
Folate, food		2		0	FLC	4		0	1	
Folate, DFE		2		0	NC	4		0	1	
Vitamin B-12		0.08		0	FLC	4		0.02	0.04	
Vitamin A, IU		620		0	FLC	4		193	291	
Vitamin A, RAE		173		0	FLC	4		54	81	
Retinol	mcg	171		0	FLC	4		53	80	
Vitamin E (alpha-tocopherol)	mg	0.45		0	FLC	4		0.14	0.21	
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	1.3		0	FLC	4		0.4	0.6	
Lipids:										
Fatty acids, total saturated	g	9.664	l	0		1		3.006	4.542	
4:0		0.495	5	0		1		0.154	0.233	
6:0	g	0.294	l	0		1		0.091	0.138	
8:0	g	0.170	)	0		1		0.053	0.080	
10:0	g	0.387	,	0		1		0.120	0.182	
12:0		0.433	3	0		1		0.135	0.204	
13:0										
14:0	g	1.546	5	0		1		0.481	0.727	
15:0	g									
16:0	g	4.126	5	0		1		1.283	1.939	
17:0	g									
18:0	-	0.358	3	0		1		0.111	0.168	
20:0	-									
22:0	-									
24:0	g									

		<u>A</u>	mount in 10			ole portic	<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	l Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatur	ratedg	4.458	1	0		1		1.386	2.095	
14:1										
15:1 16:1 undifferentiated	g	0.340	)	0		1		0.106	0.160	
17:1 18:1 undifferentiated	-	3.886	;	0		1		1.209	1.826	
20:1	-	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated		0.000		0	FLA	4		0.000	0.000	
24:1 c	•					-				
Fatty acids, total polyunsatura		0.669	)	0		1		0.208	0.314	
18:2 undifferentiated	g	0.439	)	0		1		0.137	0.206	
18:3 undifferentiated	g	0.232	?	0		1		0.072	0.109	
18:4	g	0.000	)	0	FLA	4		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000	)	0	FLA	4		0.000	0.000	
20:5 n-3	g	0.000	)	0	FLA	4		0.000	0.000	
22:5 n-3	g	0.000	)	0	FLA	4		0.000	0.000	
22:6 n-3	g	0.000	)	0	FLA	4		0.000	0.000	
Fatty acids, total trans	g									
Cholesterol	mg	58		0	FLC	4		18	27	
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.040	)	0		1		0.012	0.019	
Threonine		0.127		0		1		0.039	0.060	
Isoleucine	<del>-</del>	0.170		0		1		0.053	0.080	
Leucine	_	0.275		0		1		0.086	0.129	
Lysine	-	0.223		0		1		0.069	0.105	
Methionine		0.070		0		1		0.022	0.033	
Cystine		0.026		0		1		0.008	0.012	
Phenylalanine		0.136		0		1		0.042	0.064	
Tyrosine		0.136		0		1		0.042	0.064	
Valine	<del>-</del>	0.188		0		1		0.058	0.088	
Arginine	-	0.102		0		1		0.032	0.048	
Histidine		0.076		0		1		0.024	0.036	
Alanine	-	0.097		0		1		0.030	0.046	
Aspartic acid		0.213		0		1		0.066	0.100	
Glutamic acid		0.588		0		1		0.183	0.276	
Glycine	_	0.059		0		1		0.018	0.028	
Proline	<del>-</del>	0.272		0		1		0.085	0.128	
Serine	_	0.153		0		1		0.048	0.072	
Hydroxyproline										
Others:	-									
Alcohol, ethyl	а	13.8		0		1		4.3	6.5	
Caffeine		8		0	FLC	4		3	4	
Theobromine	-	0		0	FLC	4		0	0	
Carotenoids:	g	-		-		-		-	•	
	moa	20		^	PT ~			9.423	14 041	
Carotene, beta		30 0		0 0	FLC	4 4		9.423 0.000	14.241 0.000	
Carotene, alpha		0		0	FLC FLC	4		0.000	0.000	
Cryptoxanthin, beta		0		0	FLC	4		0.000	0.000	
Lycopene		0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin	iiicy	U		U	I LLC	4		0.000	0.000	

## **Common Measures:**

Measure 1 = 31.1g: 1 fl oz

Measure 2 = 47g: 1 jigger 1.5 fl oz

NDB No. 14415

Alcoholic beverage, liqueur, coffee with cream, 34 proof

Calories Factors: Protein 4.2 Fat 8.8 Carbohydrate 3.9

Food Group: 14 Beverages

		<u>A</u>	mount in 100 gram	s of edi	ole portic	<u>on</u>	Amount in edible portion of common			
			Numbe	r			m	easures of food	<u></u>	
					Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	31.00	1		1		10.79	16.12		
Energy	kcal	336	0	NC	4		117	175		
Energy		1405	0	NC	4		489	731		
Protein (N x 6.25)	g	0.10	2		1		0.03	0.05		
Total lipid (fat)	g	0.30	2		1		0.10	0.16		
Ash	g	0.10	2		1		0.03	0.05		
Carbohydrate, by difference	g	46.80	0	NC	4		16.29	24.34		
Fiber, total dietary	g	0.0	0	FLA	4		0.0	0.0		
Sugars, total	g	46.43	0	FLA	4		16.16	24.14		
Sucrose	g	27.18	3.405 4	JO	11		9.46	14.13		
Glucose (dextrose)	g	4.83	1.967 3	JO	11		1.68	2.51		
Fructose	g	4.47	1.833 3	JO	11		1.55	2.32		
Lactose	g									
Maltose	g	1.80	2	JO	11		0.63	0.94		
Galactose										
Starch										
	-									
Minerals:			•				•			
Calcium, Ca		1 0.06	2		1 1		0 0.02	1 0.03		
Iron, Fe		3	2		1		0.02 1			
Magnesium, Mg		6	2		1		2	2 3		
Phosphorus, P		30	2		1		10	3 16		
Potassium, KSodium, Na		8	2		1		3	4		
Zinc, Zn		0.03	2		1		0.01	0.02		
Copper, Cu		0.03			1		0.01	0.021		
Manganese, Mn		0.014		FLA	4		0.014	0.021		
Selenium, Se		0.4	0	FLA	4		0.1	0.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0	FLA	4		0.0	0.0		
Thiamin	mg	0.004	. 2		1		0.001	0.002		
Riboflavin	mg	0.012	2		1		0.004	0.006		
Niacin	mg	0.144	. 2		1		0.050	0.075		
Pantothenic acid	mg	0.000	2		1		0.000	0.000		
Vitamin B-6	mg	0.000	0	FLA	4		0.000	0.000		
Folate, total		0	0	FLA	4		0	0		
Folic acid	mcg	0	0	FLA	4		0	0		
Folate, food	mcg	0	0	FLA	4		0	0		
Folate, DFE	mcg_DFE	0	0	NC	4		0	0		
Vitamin B-12	mcg	0.00	0	FLA	4		0.00	0.00		
Vitamin A, IU	IU	0	0	FLA	4		0	0		
Vitamin A, RAE	mcg_RAE	0	0	FLA	4		0	0		
Retinol	mcg	0	0	FLA	4		0	0		
Vitamin E (alpha-tocopherol)	mg	0.00	0	FLA	4		0.00	0.00		
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.0	0	FLA	4		0.0	0.0		
Lipids:										
Fatty acids, total saturated	q	0.106	0		1		0.037	0.055		
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			1		0.000	0.000		
13:0		0.000	v		-		3.000	0.000		
14:0		0.000	0		1		0.000	0.000		
15:0		3.000	· ·		-		0.000	5.000		

		<u>Aı</u>	mount in 10	00 grams Number		ole portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	its	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
16:0		0.078		0		1		0.027	0.041		
17:0 18:0	-	0.019		0		1		0.007	0.010		
20:0 22:0	g g										
24:0Fatty acids, total monounsaturated	g	0.022		0		1		0.008	0.011		
15:1 16:1 undifferentiated	g g	0.000		0		1		0.000	0.000		
17:1 18:1 undifferentiated	•	0.021		0		1		0.007	0.011		
20:1	g	0.000		0		1		0.000	0.000		
22:1 undifferentiated	g	0.000		0		1		0.000	0.000		
24:1 c	-										
Fatty acids, total polyunsaturated		0.105		0		1		0.037	0.055		
18:2 undifferentiated		0.097		0		1		0.034	0.050		
18:3 undifferentiated	g	0.008		0		1		0.003	0.004		
18:4	g	0.000		0		1		0.000	0.000		
20:2 n-6 c,c	g										
20:3 undifferentiated											
20:4 undifferentiated		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		0.000		0		1		0.000	0.000		
Fatty acids, total trans	g										
Cholesterol		0		0	FLA	4		0	0		
Phytosterols											
Othors											
Others:	a	21.7		0		1		7.6	11 2		
Alcohol, ethyl		21.7		0	FLA	4		7.6 9	11.3 13		
Caffeine	-	26		0	FLA	4		0	0		
Theobromine	!!!!Y	U		U	тL	4		U	U		
Carotene, beta	mcg	0		0	FLA	4		0.000	0.000		
Carotene, alpha		0		0	FLA	4		0.000	0.000		
Cryptoxanthin, beta		0		0	FLA	4		0.000	0.000		
Lycopene		0		0	FLA	4		0.000	0.000		
Lutein + zeaxanthin		0		0	FLA	4		0.000	0.000		

#### **Common Measures:**

Measure 1 = 34.8g: 1 fl oz

Measure 2 = 52g: 1 jigger 1.5 fl oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 3.9

Food Group: 14 Beverages

		<u>A</u>	mount in 10	<u>u grams</u>	of edib	le portio	<u>'n</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food	_	
				of Data	Deriv	Source	Confidence				
Nutrients and Unit	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	41.40		1		1		14.41	21.53		
Energy	kcal	308		0	NC	4		107	160		
Energy	kj	1289				4		448	670		
Protein (N x 6.25)	g	0.10		2		1		0.03	0.05		
Total lipid (fat)	g	0.30		2		1		0.10	0.16		
Ash	g	0.10		2		1		0.03	0.05		
Carbohydrate, by difference	g	32.20		0	NC	4		11.21	16.74		
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0		
Sugars, total.	g										
Starch	g										
Ain anala.											
Minerals:	ma	1		2		1		0	1		
Calcium, Ca	_	0.06		2		1		0.02	0.03		
Magnesium, Mg	-	3		2		1		1	2		
Phosphorus, P		6		2		1		2	3		
Potassium, K	-	30		2		1		10	16		
Sodium, Na	-	8		2		1		3	4		
Zine, Zn	-	0.03		2		1		0.01	0.02		
Copper, Cu		0.040	)	2		1		0.014	0.021		
Manganese, Mn		0.017		0		4		0.006	0.009		
Selenium, Se		0.3		0	FLA	4		0.1	0.2		
	_										
<u>/itamins:</u>						_					
Vitamin C, total ascorbic acid	-	0.0		0		1		0.0	0.0		
Thiamin		0.004		2		1		0.001	0.002		
Riboflavin		0.012		2		1		0.004	0.006		
Niacin		0.144		2 2		1 1		0.050	0.075		
Pantothenic acid		0.000		0		4		0.000 0.000	0.000 0.000		
Vitamin B-6	-	0.000	,	0		1		0.000	0.000		
Folic acid		0		0	z	7		0	0		
Folate, food		0		0		1		0	0		
Folate, DFE		0		0	NC	4		Ö	0		
Vitamin B-12		0.00		0	110	4		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)											
Tocopherol, beta											
Tocopherol, gamma	mg										
Tocopherol, delta	mg										
Vitamin D											
Vitamin K (phylloquinone)	mcg										
ipids:											
Fatty acids, total saturated	n	0.106	;	0		1		0.037	0.055		
4:0		0.100	•	v		-		0.037	0.033		
6:0											
8:0	-										
10:0	-										
12:0											
13:0											
14:0	g										
15:0	g										
16:0	g	0.078	3	0		1		0.027	0.041		
17:0	g										
18:0		0.019	)	0		1		0.007	0.010		
20:0	g										

		<u>A</u>	mount in 10	00 grams	<u>n</u>	Amount in edible portion of common				
				Number			0 " 1	me	easures of food	
Nutrients and Units		Mean	Std. Error			Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		0.022	2	0		1		0.008	0.011	
14:1										
15:1										
16:1 undifferentiated										
17:1				_		_				
18:1 undifferentiated	-	0.021		0		1		0.007	0.011	
20:1		0.000	)	0		1		0.000	0.000	
22:1 undifferentiated	-									
24:1 c	-									
Fatty acids, total polyunsaturated		0.105		0		1		0.037	0.055	
18:2 undifferentiated	•	0.097		0		1		0.034	0.050	
18:3 undifferentiated	g	0.008	3	0		1		0.003	0.004	
18:4										
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0		1		0	0	
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	26.0		0		1		9.0	13.5	
Caffeine	mg	26		0	FLA	4		9	14	
Theobromine		0		0	FLA	4		0	0	

## **Common Measures:**

Measure 1 = 34.8g: 1 fl oz

Measure 2 = 52g: 1 jigger 1.5 fl oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 3.9

Food Group: 14 Beverages

		<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>1</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	63.93		0	RC	4		18.03		
Energy	kcal	243		0	RC	4		69		
Energy	kj	1018		0	RC	4		287		
Protein (N x 0)		0.04		0	RC	4		0.01		
Total lipid (fat)	_	0.00		0	RC	4		0.00		
Ash		0.05		0	RC	4		0.01		
Carbohydrate, by difference		2.04		0	RC	4		0.58		
Fiber, total dietary		0.0		0	RC	4		0.0		
		0.19		0	RC	4		0.05		
Sugars, total		0.19		U	RC	4		0.05		
Starch	g									
Ainerals:										
Calcium, Ca	mg	1		0	RC	4		0		
Iron, Fe	_	0.04		0	RC	4		0.01		
Magnesium, Mg	_	2		0	RC	4		0		
Phosphorus, P		2		0	RC	4		0		
Potassium, K	-	16		0	RC	4		5		
Sodium, Na	-	3		0	RC	4		1		
Zinc, Zn	-	0.01		0	RC	4		0.00		
Copper, Cu		0.011		0	RC	4		0.003		
Manganese, Mn		0.011		0	RC	4		0.005		
Selenium, Se		0.1	-	0	RC	4		0.0		
Selemum, Se	11109	0.1		Ū	110	-		0.0		
<u>/itamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0		0	RC	4		0.0		
Thiamin	mg	0.003	3	0	RC	4		0.001		
Riboflavin	mg	0.003	3	0	RC	4		0.001		
Niacin		0.037	,	0	RC	4		0.011		
Pantothenic acid		0.006	5	0	RC	4		0.002		
Vitamin B-6	-	0.000	)	0	RC	4		0.000		
Folate, total	-	0		0	RC	4		0		
Folic acid		0		0	RC	4		0		
Folate, food		0		0	RC	4		0		
Folate, DFE		0		0	NC	4		0		
Vitamin B-12		0.00		0	RC	4		0.00		
Vitamin A, IU		0		0	RC	4		0		
Vitamin A, RAE		0		0	RC	4		0		
		0		0	RC	4		0		
Retinol				0						
Vitamin E (alpha-tocopherol)		0.00		U	RC	4		0.00		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.0		0	RC	4		0.0		
ipids:										
Fatty acids, total saturated	n	0.000	1	0	RC	4		0.000		
4:0		0.000		0	RC	4		0.000		
6:0		0.000		0	RC	4		0.000		
8:0	-	0.000		0	RC	4		0.000		
8:0 10:0		0.000		0	RC	4		0.000		
	-	0.000		0	RC	4		0.000		
12:0		0.000	,	U	RC	4		0.000		
13:0		0.000		^	F			0.000		
14:0		0.000	,	0	RC	4		0.000		
15:0				_		_				
16:0		0.000	)	0	RC	4		0.000		
17:0	-									
18:0	-	0.000	)	0	RC	4		0.000		
20:0	-									
22:0	g									
24:0	g									

	<u>Ar</u>	mount in 10	0 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common			
Nutrients and Units	Mean		Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.000		0	RC	4		0.000			
14:1g										
15:1					_					
16:1 undifferentiatedg	0.000		0	RC	4		0.000			
17:1	0.000		•	20						
18:1 undifferentiatedg	0.000		0	RC	4		0.000			
20:1g	0.000		0	RC	4		0.000			
22:1 undifferentiatedg	0.000		0	RC	4		0.000			
24:1 cg	0.000		•	20						
Fatty acids, total polyunsaturatedg	0.000		0	RC	4		0.000			
18:2 undifferentiatedg	0.000		0	RC	4 4		0.000			
18:3 undifferentiatedg	0.000		0	RC	_		0.000			
18:4g	0.000		0	RC	4		0.000			
20:2 n-6 c,cg										
20:3 undifferentiatedg	0.000		0	D.C.			0.000			
20:4 undifferentiatedg	0.000		0	RC	4 4		0.000			
20:5 n-3g	0.000		-	RC	_		0.000			
22:5 n-3g	0.000		0	RC	4		0.000			
22:6 n-3g	0.000		0	RC	4		0.000			
Fatty acids, total transg	0		0	RC	4		0			
Cholesterol mg	U		U	RC	4		U			
Phytosterolsmg										
Others:										
Alcohol, ethylg	33.9		0	RC	4		9.6			
Caffeine mg	0		0	RC	4		0			
Theobrominemg	0		0	RC	4		0			
Carotenoids:										
Carotene, betamcg	0		0	RC	4		0.000			
Carotene, alphamcg	0		0	RC	4		0.000			
Cryptoxanthin, beta mcg	0		0	RC	4		0.000			
Lycopenemcg	0		0	RC	4		0.000			
Lutein + zeaxanthin mcg	0		0	RC	4		0.000			

## **Common Measures:**

Measure 1 = 28.2g: 1 fl oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

		<u>A</u> 1	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 Unit	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	54.90		1		1		17.90	121.88		
Energy	kcal	237		0	NC	4		77	526		
Energy	kj	992				4		323	2201		
Protein (N x 6.25)	g	0.60		1		1		0.20	1.33		
Total lipid (fat)	g	7.60		1		1		2.48	16.87		
Ash	g	0.30		1		1		0.10	0.67		
Carbohydrate, by difference	g	27.60		0	NC	4		9.00	61.27		
Fiber, total dietary	g	0.1		0		4		0.0	0.2		
Sugars, total	g										
Starch	g										
#:											
Minerals:	ma	1		1		1		0	2		
Calcium, Ca	-	0.03		1		1		0.01	0.07		
Magnesium, Mg	-	6		0		4		2	13		
Phosphorus, P		36		0		4		12	80		
Potassium, K	_	83		1		1		27	184		
Sodium, Na	_	71		1		1		23	158		
Zinc, Zn	-	0.20		0		4		0.07	0.44		
Copper, Cu		0.087	,	0		4		0.028	0.193		
Manganese, Mn		0.319		0		4		0.104	0.708		
Selenium, Se		0.7		0	BFZN	4		0.2	1.6		
•	-										
/itamins:				•							
Vitamin C, total ascorbic acid	-	1.5	_	0		4		0.5	3.3		
Thiamin		0.017		0		4		0.006	0.038		
Riboflavin		0.005		0		4		0.002	0.011		
Niacin		0.104 0.054		0 0		4 4		0.034	0.231		
Pantothenic acid Vitamin B-6		0.054		0		4		0.018 0.006	0.120 0.038		
	_	6	•	0		4		2	13		
Folic acid		0		0	z	7		0	0		
Folate, food		6		0	2	4		2	13		
Folate, DFE		6		0	NC	4		2	13		
Vitamin B-12		0.00		0	110	4		0.00	0.00		
Vitamin A, IU		24		0		4		8	53		
Vitamin A, RAE		1		0	NC	4		0	3		
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	а	6.571	L	0		1		2.142	14.588		
4:0											
6:0		0.044	l	0		1		0.014	0.098		
8:0	g	0.570	)	0		1		0.186	1.265		
10:0	_	0.459		0		1		0.150	1.019		
12:0	g	3.391	L	0		1		1.105	7.528		
13:0	g										
14:0	g	1.275	5	0		1		0.416	2.831		
15:0	g										
16:0	g	0.622	2	0		1		0.203	1.381		
17:0											
18:0		0.211	L	0		1		0.069	0.468		
20:0											
22:0											

	Amount in 100 grams of edible portion								edible portion of	of common
				Number		0	Cantidanaa	me	easures of food	
Nutrients and Units	5	Mean	Std. Error			Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	0.442	<u>.</u>	0		1		0.144	0.981	
14:1										
15:1										
16:1 undifferentiated	g									
17:1	g									
18:1 undifferentiated	g	0.442	?	0		1		0.144	0.981	
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.137	•	0		1		0.045	0.304	
18:2 undifferentiated	g	0.137	•	0		1		0.045	0.304	
18:3 undifferentiated	g									
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		4		0	0	
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	9.0		1		1		2.9	20.0	
Caffeine	-									
Theobromine										
	-									

#### **Common Measures:**

Measure 1 = 32.6g: 1 fl oz

Measure 2 = 222g: 1 can (6.8 fl oz, 200 ml)

Calories Factors: Protein 3.4 Fat 8.5 Carbohydrate 3.9

Food Group: 14 Beverages

NDB No. 14017 Alcoholic beverage, pina colada, prepared-from-recipe

		<u>A</u>	mount in 100 gra	ns of edi	ble portio	<u>on</u>	Amount in edible portion of common			
			Numi	er			<u>m</u>	easures of food	<u>[</u>	
			of Da	ta Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Poin	ts Code	Code	Code	Measure 1	Measure 2	Measure 3	
Durationatory										
Proximates: Water	a	64.99		) RC	4		20.41	91.64		
Energy		174		) RC	4		55	245		
Energy		728		) RC	4		229	1027		
Protein (N x 0)	-	0.42		) RC	4		0.13	0.59		
Total lipid (fat)		1.88		) RC			0.59	2.65		
Ash		0.14		) RC			0.04	0.19		
Carbohydrate, by difference		22.66		) RC	4		7.11	31.94		
Fiber, total dietary		0.3		) RC	4		0.1	0.4		
Sugars, total		22.33		) RC	4		7.01	31.48		
Starch					-		,,,,	31.40		
Staron										
Minerals:										
Calcium, Ca	-	8	(		4		2	11		
Iron, Fe		0.21	(		4		0.06	0.29		
Magnesium, Mg		8	(		4		2	11		
Phosphorus, P	•	7	(		4		2	10		
Potassium, K		71	(		4		22	100		
Sodium, Na		6	(		4		2	8		
Zinc, Zn		0.13			4		0.04	0.19		
Copper, Cu		0.079			4		0.025	0.112		
Manganese, Mn		0.528			4		0.166	0.744		
Selenium, Se	mcg	0.7	(	RC	4		0.2	1.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.9	(	RC	4		1.5	6.9		
Thiamin		0.029	)	RC	4		0.009	0.041		
Riboflavin		0.017	7	RC	4		0.005	0.024		
Niacin		0.118	3	RC	4		0.037	0.166		
Pantothenic acid	-	0.061	L	RC	4		0.019	0.086		
Vitamin B-6		0.045	5 (	RC	4		0.014	0.064		
Folate, total	-	12	(	RC	4		4	16		
Folic acid		0	(	RC	4		0	0		
Folate, food		12	(	RC	4		4	16		
Folate, DFE	mcg_DFE	12	(	NC NC	4		4	16		
Vitamin B-12		0.00	(	RC	4		0.00	0.00		
Vitamin A, IU		2	(	RC	4		1	3		
Vitamin A, RAE	mcg_RAE	0	(	RC	4		0	0		
Retinol		0	(	RC	4		0	0		
Vitamin E (alpha-tocopherol)	mg	0.02	(	RC	4		0.01	0.03		
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.1	(	RC	4		0.0	0.2		
Lipids:										
	a	1.636	5 (	RC	4		0.514	2.307		
Fatty acids, total saturated		0.000			4		0.000	0.000		
6:0		0.011			4		0.003	0.015		
8:0		0.129			4		0.041	0.015		
10:0		0.123			4		0.032	0.145		
12:0	-	0.10			4		0.032	1.153		
13:0	-	0.010	•	. AC	-		0.237	1.100		
14:0	-	0.323	3 (	RC	4		0.101	0.455		
15:0	-	V.32.	•	110	-		0.101	0.433		
16:0	-	0.158	3 (	RC	4		0.049	0.222		
17:0		J.130	•	110	-		0.043	0.222		
18:0	-	0.096	5 (	RC	4		0.030	0.136		
20:0	-	0.090	,	, AC	-		0.030	0.136		
22:0	-									
24:0	-									

		<u>A</u> 1	mount in 100	<u>grams</u> umber		ole portio	<u>on</u>		edible portion o	of common
Nutrients and I	Units	Mean		f Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturat	redg	0.082		0	RC	4		0.026	0.116	
14:1	g									
16:1 undifferentiated	g	0.000		0	RC	4		0.000	0.001	
18:1 undifferentiated	g	0.082		0	RC	4		0.026	0.116	
20:1 22:1 undifferentiated		0.000 0.000		0	RC RC	4 4		0.000 0.000	0.000 0.000	
24:1 cFatty acids, total polyunsaturate		0.033	ı	0	RC	4		0.010	0.046	
18:2 undifferentiated	-	0.027 0.005		0	RC RC	4 4		0.009 0.002	0.038 0.007	
18:4	g	0.000		0	RC	4		0.000	0.000	
20:2 n-6 c,c 20:3 undifferentiated	g									
20:4 undifferentiated 20:5 n-3		0.000 0.000		0	RC RC	4 4		0.000 0.000	0.000 0.000	
22:5 n-322:6 n-3	-	0.000		0 0	RC RC	4 4		0.000 0.000	0.000 0.000	
Fatty acids, total trans Cholesterol	g	0		0	RC	4		0	0	
Phytosterols	_	·		· ·	-1.0	-		v	·	
Amino Acids: Tryptophan	a									
Threonine	g									
Leucine	g									
Lysine Methionine										
CystinePhenylalanine										
TyrosineValine	g									
Arginine	g									
HistidineAlanine	g									
Aspartic acidGlutamic acid										
GlycineProline										
SerineHydroxyproline	g									
Others:	9									
Alcohol, ethyl	_	9.9 0		0	RC RC	4 4		3.1 0	14.0 0	
Theobromine	-	0		0	RC	4		0	0	
Carotenoids: Carotene, beta	mca	1		0	RC	4		0.416	1.870	
Carotene, alpha	mcg	0		0	RC	4		0.000	0.000	
Cryptoxanthin, betaLycopene	mcg	0 0		0	RC RC	4 4		0.000 0.000	0.000 0.000	
Lutein + zeaxanthin	mcg	0		0	RC	4		0.000	0.000	

## **Common Measures:**

Measure 1 = 31.4g: 1 fl oz

Measure 2 = 141g: 1 cocktail (4.5 fl oz)

NDB No. 14017

Alcoholic beverage, pina colada, prepared-from-recipe

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

		<u>A</u> 1	mount in 10	0 grams	of edik	ole portio	<u>n</u>	Amount in	edible portion	of common
				Number				m	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:	α	78.40				1		22.81		
Water	-	134				4		39		
Energy		561				4		163		
Energy		0.50				1		0.15		
Total lipid (fat)	-	0.00				1		0.15		
Ash		0.00		0	z	7		0.00		
Carbohydrate, by difference		5.00		U	NC	4		1.46		
Fiber, total dietary		0.0			NC	7		0.0		
Sugars, total		0.00		0	z	7		0.00		
Starch		0.00		U	2	,		0.00		
Starcii	9									
<u> // // // // // // // // // // // // //</u>										
Calcium, Ca	-	5				1		1		
Iron, Fe	-	0.10				1		0.03		
Magnesium, Mg		6				4		2		
Phosphorus, P	-	6				1		2		
Potassium, K		25				4		7		
Sodium, Na		2				4		1		
Zinc, Zn		0.02				4		0.01		
Copper, Cu		0.009	,			4		0.003		
Manganese, Mn		1.4		0	BFPN	4		0.4		
Selenium, Se	nicg	1.4		U	DFPN	4		0.4		
<del>'itamins:</del>										
Vitamin C, total ascorbic acid	mg	0.0				1		0.0		
Thiamin	mg	0.000	)			1		0.000		
Riboflavin	mg	0.000	)			1		0.000		
Niacin	mg	0.000	)			1		0.000		
Pantothenic acid										
Vitamin B-6		0.000	)			4		0.000		
Folate, total		0				4		0		
Folic acid		0		0	Z	7		0		
Folate, food		0		0	Z	7		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Vitamin B-12		0.00				7		0.00		
Vitamin A, IU		0				1		0		
Vitamin A, RAE		0		0	Z	7		0		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)		0.00		0	Z	7		0.00		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		0.0		0	т	1		0.0		
Vitamin K (phylloquinone)	Illog	0.0		0	т	4		0.0		
Lipids:										
Fatty acids, total saturated	g	0.000	)			4		0.000		
4:0		0.000		0		4		0.000		
6:0	g	0.000		0		4		0.000		
8:0	-	0.000		0		4		0.000		
10:0	-	0.000		0		4		0.000		
12:0	-	0.000	)	0		4		0.000		
13:0	-									
14:0	-	0.000	)	0		4		0.000		
15:0	-		_							
16:0		0.000	)	0		4		0.000		
17:0										
18:0		0.000	)	0		4		0.000		
20:0	-									
22:0	g									
24:0	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		0	Canfidanaa	<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error			Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fetter with total management of the	0.000				4		0.000		
Fatty acids, total monounsaturatedg 14:1g	0.000				4		0.000		
15:1									
16:1 undifferentiated9	0.000		0		4		0.000		
17:1g									
18:1 undifferentiatedg	0.000		0		4		0.000		
20:1g	0.000		0		4		0.000		
22:1 undifferentiatedg	0.000		0		4		0.000		
24:1 cg									
Fatty acids, total polyunsaturated	0.000				4		0.000		
18:2 undifferentiatedg	0.000		0		4		0.000		
18:3 undifferentiatedg	0.000		0		4		0.000		
18:4g	0.000		0		4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0		4		0.000		
20:5 n-3g	0.000		0		4		0.000		
22:5 n-3g	0.000		0		4		0.000		
22:6 n-3g	0.000		0		4		0.000		
Fatty acids, total transg									
Cholesterolmg	0				7		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	16.1				1		4.7		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		
Carotenoids:									
Carotene, betamcg	0		0	z	7		0.000		
Carotene, alphamcg	0		0	z	7		0.000		
Cryptoxanthin, betamcg	0		0	z	7		0.000		
Lycopene mcg	0		0	z	7		0.000		
Lutein + zeaxanthin mcg	0		0	z	7		0.000		

## **Common Measures:**

Measure 1 = 29.1g: 1 fl oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

		<u>A</u> 1	mount in 10	0 grams	of edib	ole portio	<u>n</u>		edible portion	
				Number				<u>m</u>	easures of food	<u>.</u>
						Source	Confidence			
Nutrients and Units	5	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	-	78.80		1		1		24.51	166.27	
Energy		110		0		4		34	232	
Energy	kj	460				4		143	971	
Protein (N x 6.25)		0.30		0		4		0.09	0.63	
Total lipid (fat)	g	0.10		0		4		0.03	0.21	
Ash		0.10		1		1		0.03	0.21	
Carbohydrate, by difference		11.30		0		4		3.51	23.84	
Fiber, total dietary		0.0		0		4		0.0	0.0	
Sugars, total	-									
Starch	g									
Ainerals:										
Calcium, Ca	mg	0		1		1		0	0	
Iron, Fe.	_	0.02		1		1		0.01	0.04	
Magnesium, Mg	-	7		0		4		2	15	
Phosphorus, P		10		0		4		3	21	
Potassium, K	mg	10		1		1		3	21	
Sodium, Na	mg	57		1		1		18	120	
Zinc, Zn	<u>mg</u>	0.60		0		4		0.19	1.27	
Copper, Cu	mg	0.042		0		4		0.013	0.089	
Manganese, Mn		0.014	l	0		4		0.004	0.030	
Selenium, Se	mcg	0.0		0	BFZN	4		0.0	0.0	
itamins:										
Vitamin C, total ascorbic acid	ma	19.3		0		4		6.0	40.7	
Thiamin	-	0.038	3	0		4		0.012	0.080	
Riboflavin		0.016		0		4		0.005	0.034	
Niacin		0.190	)	0		4		0.059	0.401	
Pantothenic acid		0.088	3	0		4		0.027	0.186	
Vitamin B-6		0.050	)	0		4		0.016	0.106	
Folate, total	mcg	11		0		4		3	22	
Folic acid		0		0	Z	7		0	0	
Folate, food	mcg	11		0		4		3	22	
Folate, DFE		11		0	NC	4		3	22	
Vitamin B-12		0.00		0		4		0.00	0.00	
Vitamin A, IU		97		0		4		30	205	
Vitamin A, RAE		5		0	NC	4		2	10	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	fricg									
<u> ipids:</u>										
Fatty acids, total saturated	g	0.013	3	0		4		0.004	0.027	
Fatty acids, total monounsaturated	g									
14:1	g									
15:1										
16:1 undifferentiated										
17:1	-									
18:1 undifferentiated		0.003	3	0		4		0.001	0.006	
20:1										
22:1 undifferentiated										
24:1 c										
Fatty acids, total polyunsaturated				•						
18:2 undifferentiated		0.021	L	0		4		0.007	0.044	
18:3 undifferentiated	-									
18:4	g									

		Amount in edible portion of common								
				Number of Data	Dariy	Source	Confidence	me	easures of food	<u> </u>
Nutrients and	d Units	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
20:3 undifferentiated	q									
20:4 undifferentiated	_									
20:5 n-3	_									
22:5 n-3	g									
22:6 n-3										
Fatty acids, total trans	g									
Cholesterol	mg	0		0		4		0	0	
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	9.4		1		1		2.9	19.8	
Caffeine										
Theobromine	mg									

#### **Common Measures:**

Measure 1 = 31.1g: 1 fl oz

Measure 2 = 211g: 1 can (6.8 fl oz, 200 ml)

Calories Factors: Protein 3.4 Fat 8.4 Carbohydrate 3.9

Food Group: 14 Beverages

		<u>A</u>	mount in 100	grams)	of edik	ole portio	<u>n</u>		edible portion	
			1	Number				<u>m</u>	easures of food	<u> </u>
						Source	Confidence			
Nutrients and Units	5	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		76.90		1		1		23.69	160.72	
Energy		119		0		4		37	249	
Energy	kj	498				4		153	1041	
Protein (N x 6.25)	_	0.00		0		4		0.00	0.00	
Total lipid (fat)	g	0.00		0		4		0.00	0.00	
Ash		0.10		1		1		0.03	0.21	
Carbohydrate, by difference		13.40		0		4		4.13	28.01	
Fiber, total dietary		0.1		0		4		0.0	0.2	
Sugars, total										
Starch	9									
Minerals:										
Calcium, Ca	mg	0		1		1		0	0	
Iron, Fe	-	0.01		1		1		0.00	0.02	
Magnesium, Mg	-	1		0		4		0	2	
Phosphorus, P		6		0		4		2	13	
Potassium, K	-	11		1		1		3	23	
Sodium, Na	mg	44		1		1		14	92	
Zinc, Zn	mg	0.06		0		4		0.02	0.13	
Copper, Cu	mg	0.009		0		4		0.003	0.019	
Manganese, Mn		0.006	5	0		4		0.002	0.013	
Selenium, Se	mcg	0.1		0	BFZN	4		0.0	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	ma	1.6		0		4		0.5	3.3	
Thiamin	-	0.011	L	0		4		0.003	0.023	
Riboflavin	-	0.006	5	0		4		0.002	0.013	
Niacin	mg	0.020	)	0		4		0.006	0.042	
Pantothenic acid	mg	0.008	3	0		4		0.002	0.017	
Vitamin B-6	mg	0.000	)	0		4		0.000	0.000	
Folate, total	mcg	0		0		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food		0		0		4		0	0	
Folate, DFE		0		0	NC	4		0	0	
Vitamin B-12		0.00		0		4		0.00	0.00	
Vitamin A, IU		13		0		4		4	27	
Vitamin A, RAE		1		0	NC	4		0	1	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin K (phylloquinone)										
vitamin K (phynoquinone)										
<u>Lipids:</u>										
Fatty acids, total saturated		0.000	)	0		4		0.000	0.000	
Fatty acids, total monounsaturated										
14:1										
15:1										
16:1 undifferentiated	_									
17:1 18:1 undifferentiated		0.000	1	0		4		0.000	0.000	
20:1		0.000	•	U		-		0.000	0.000	
20:1 undifferentiated										
24:1 c										
Fatty acids, total polyunsaturated										
18:2 undifferentiated		0.000	)	0		4		0.000	0.000	
18:3 undifferentiated				-		-		2.000	3.000	
18:4	_									
20:2 n-6 c,c	_									

		<u>A</u>	mount in 10	00 grams	of edil	ole portio	<u>n</u>	Amount in	edible portion	of common
				Number of Data		Source	Confidence	me	easures of food	
Nutrients and U	nits	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
20:3 undifferentiated	g									
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		4		0	0	
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	9.5		1		1		2.9	19.9	
Caffeine	mg									
Theobromine	mg									

## **Common Measures:**

Measure 1 = 30.8g: 1 fl oz

Measure 2 = 209g: 1 can (6.8 fl oz, 200 ml)

Calories Factors: Protein 3.4 Fat 8.4 Carbohydrate 3.9

Food Group: 14 Beverages

NDB No. 14029 Alcoholic beverage, whiskey sour, prepared from item 14028

		<u>A</u>	mount in 100 grai	ns of edil	ole portic	<u>on</u>	Amount in edible portion of common			
			Numb	er			<u>m</u>	easures of food		
					Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Point		Code	Code	Measure 1	Measure 2	Measure 3	
D										
Proximates: Water	a	72.44	(	RPA	1		22.02	76.78		
Energy		153					46	162		
Energy		638					194	677		
Protein (N x 0)		0.06					0.02	0.06		
Total lipid (fat)		0.06					0.02	0.06		
Ash		0.12					0.04	0.13		
Carbohydrate, by difference		12.82					3.90	13.59		
Fiber, total dietary		0.0					0.0	0.0		
Sugars, total		12.78					3.88	13.54		
Starch		12.70	`	, KII	Ū		3.00	13.54		
Starch	9									
Minerals:										
Calcium, Ca	_	1	C		1		0	1		
Iron, Fe		0.08	C		1		0.02	0.09		
Magnesium, Mg		1	C		1		0	1		
Phosphorus, P	-	5	С		1		2	6		
Potassium, K		18	С		1		5	19		
Sodium, Na		61	C		1		19	65		
Zinc, Zn		0.06	0		1		0.02	0.06		
Copper, Cu		0.008			1		0.003	0.009		
Manganese, Mn		0.007			1		0.002	0.008		
Selenium, Se	mcg	0.2	C	RPI	6		0.1	0.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.6	C	RPA	1		0.5	1.7		
Thiamin		0.010	) 0	RPA	1		0.003	0.011		
Riboflavin		0.008	3 0	RPA	1		0.002	0.008		
Niacin		0.005	5 0	RPA	1		0.002	0.006		
Pantothenic acid	-	0.008	3 0	RPA	1		0.002	0.008		
Vitamin B-6		0.000	) 0	RPA	1		0.000	0.000		
Folate, total	mcg	0	C	RPI	6		0	0		
Folic acid		0	C	RPI	6		0	0		
Folate, food	mcg	0	C	RPI	6		0	0		
Folate, DFE	mcg_DFE	0	C	NC	4		0	0		
Vitamin B-12		0.00	C	RPI	6		0.00	0.00		
Vitamin A, IU	IU	0	C	RPI	6		0	0		
Vitamin A, RAE	mcg_RAE	0	C	RPI	6		0	0		
Retinol	mcg	0	C	RPI	6		0	0		
Vitamin E (alpha-tocopherol)	mg	0.00	C	RPI	6		0.00	0.00		
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.0	C	RPI	6		0.0	0.0		
Lipids:										
Fatty acids, total saturated	a	0.005	5 0	RPA	1		0.001	0.005		
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		RPA	1		0.000	0.000		
13:0	_									
14:0	_	0.000	0	RPA	1		0.000	0.000		
15:0	_									
16:0	_	0.005	5 0	RPA	1		0.001	0.005		
17:0										
18:0	_	0.000	) 0	RPA	1		0.000	0.000		
20:0	_									
22:0	_									
24:0	_									

	<u>Ar</u>	nount in 100 g	rams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
			mber Data	Deriv	Source	Confidence	<u>m</u>	easures of food		
Nutrients and Units	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.001		0	RPA	1		0.000	0.001		
14:1g	0.001		U	KFA	-		0.000	0.001		
15:19										
16:1 undifferentiatedg	0.000		0	RPA	1		0.000	0.000		
17:1g					_					
18:1 undifferentiated.	0.001		0	RPA	1		0.000	0.001		
20:1g	0.000		0	RPA	1		0.000	0.000		
22:1 undifferentiatedg	0.000		0	RPA	1		0.000	0.000		
24:1 cg										
Fatty acids, total polyunsaturated	0.011		0	RPA	1		0.003	0.011		
18:2 undifferentiatedg	0.008		0	RPA	1		0.002	0.008		
18:3 undifferentiatedg	0.003		0	RPA	1		0.001	0.003		
18:4g	0.000		0	RPA	1		0.000	0.000		
20:2 n-6 c,cg										
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.000		0	RPA	1		0.000	0.000		
20:5 n-3g	0.000		0	RPA	1		0.000	0.000		
22:5 n-3g	0.000		0	RPA	1		0.000	0.000		
22:6 n-3g	0.000		0	RPA	1		0.000	0.000		
Fatty acids, total transg										
Cholesterolmg	0		0	RPI	6		0	0		
Phytosterolsmg										
Others:										
Alcohol, ethylg	14.5		0	RPI	6		4.4	15.4		
Caffeine mg	0		0	RPI	6		0	0		
Theobromine mg	0		0	RPI	6		0	0		
<u>Carotenoids:</u>										
Carotene, betamcg	0		0	RPI	6		0.000	0.000		
Carotene, alphamcg	0		0	RPI	6		0.000	0.000		
Cryptoxanthin, beta mcg	0		0	RPI	6		0.000	0.000		
Lycopenemcg	0		0	RPI	6		0.000	0.000		
Lutein + zeaxanthin mcg	0		0	RPI	6		0.000	0.000		

# **Common Measures:**

Measure 1 = 30.4g: 1 fl oz

Measure 2 = 106g: 1 portion (2 oz mix + 1.5 oz whiskey)

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

NDB No. 14531 Alcoholic beverage, whiskey sour, prepared from item 14530

		<u>A</u>	mount in 100 g	grains	or ear	ne portio	<u>'n</u>	Amount in edible portion of common			
			Nι	umber				<u>m</u>	easures of food		
			of	f Data	Deriv	Source	Confidence				
Nutrients and Unit	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	q	72.60		0		1		22.07	47.19	76.96	
Energy	_	149		0	NC	4		45	97	158	
Energy		623				4		190	405	661	
Protein (N x 0)	·=	0.00		0		1		0.00	0.00	0.00	
Total lipid (fat)		0.00		0		1		0.00	0.00	0.00	
Ash	_	0.10		0		1		0.03	0.07	0.11	
Carbohydrate, by difference		13.10		0	NC	4		3.98	8.52	13.89	
Fiber, total dietary		0.0		0	RP	4		0.0	0.0	0.0	
Sugars, total											
Starch	_										
Minerals:											
Calcium, Ca	-	1		0		1		0	1	1	
Iron, Fe	_	0.08		0		1		0.02	0.05	0.08	
Magnesium, Mg		1		0		1		0	1	1	
Phosphorus, P		6 5		0		1 1		2 2	4 3	6 5	
Potassium, K		20		0		1		2 6	3 13	5 21	
Sodium, Na Zinc, Zn		0.06		0		1		0.02	0.04	0.0	
Copper, Cu		0.009	3	0		1		0.003	0.04	0.0	
Manganese, Mn		0.006		0		1		0.003	0.004	0.0	
Selenium, Se		0.1	,	0	BFZN	4		0.0	0.1	0.1	
/itamins:											
Vitamin C, total ascorbic acid	mg	1.6		0		1		0.5	1.0	1.7	
Thiamin		0.011		0		1		0.003	0.007	0.0	
Riboflavin		0.006		0		1		0.002	0.004	0.0	
Niacin		0.020		0		1		0.006	0.013	0.0	
Pantothenic acid		0.008		0		1		0.002	0.005	0.0	
Vitamin B-6	_	0.000	)	0		1		0.000	0.000	0.0	
Folate, total		0		0	_	1		0	0	0	
Folic acid		0		0	Z	7		0	0	0	
Folate, food		0		0	270	1 4		0 0	0	0	
Folate, DFE		0.00		0	NC	1		0.00	0.00	0.00	
Vitamin B-12 Vitamin A, IU		13		0		1		4	8	14	
Vitamin A, RAE		1		0	NC	4		0	0	1	
Retinol		0		0	Z	7		0	0	0	
Vitamin E (alpha-tocopherol)		Ū		Ü		,		Ü	U	O	
Tocopherol, beta	ma										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
ipids:	~			•		_				<u>.</u> -	
Fatty acids, total saturated		0.005		0		1		0.002	0.003	0.0	
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 1		0.000	0.000	0.0	
10:0 12:0	_	0.000		0		1		0.000 0.000	0.000 0.000	0.0	
13:0	_	0.000	,	U		1		0.000	0.000	0.0	
14:0		0.000	)	0		1		0.000	0.000	0.0	
15:0	_	0.000	•	U		-		0.000	0.000	0.0	
16:0		0.005	5	0		1		0.002	0.003	0.0	
17:0		0.000	-	v		-		0.002	0.005	0.0	
18:0		0.000	)	0		1		0.000	0.000	0.0	
20:0		5.000	-	·		_		0.000	0.000	0.0	
22:0											
24:0											

NDB No. 14531 Alcoholic beverage, whiskey sour, prepared from item 14530

	<u>Ar</u>	mount in 100 grams	s of edible portion	<u>on</u>	Amount in	edible portion of	of common
		Numbe	r		measures of food		
Nutrients and Units	Mean	of Data Std. Error Points		Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.001	0	1		0.000	0.001	0.001
14:1g							
15:1	0.000	0	1		0.000	0.000	0.000
18:1 undifferentiated	0.001	0	1		0.000	0.001	0.001
20:1g	0.000	0	1		0.000	0.000	0.000
22:1 undifferentiatedg	0.000	0	1		0.000	0.000	0.000
24:1 cg							
Fatty acids, total polyunsaturated	0.012	0	1		0.004	0.008	0.013
18:2 undifferentiatedg	0.008	0	1		0.002	0.005	0.008
18:3 undifferentiatedg	0.003	0	1		0.001	0.002	0.003
18:4g	0.000	0	1		0.000	0.000	0.000
20:2 n-6 c,cg							
20:3 undifferentiatedg							
20:4 undifferentiatedg	0.000	0	1		0.000	0.000	0.000
20:5 n-3g	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 transg							
Cholesterolmg	0	0	1		0	0	0
Phytosterolsmg							
Others:							
Alcohol, ethylg	14.1	0	1		4.3	9.2	14.9
Caffeine mg							
Theobromine mg							

## **Common Measures:**

Measure 1 = 30.4g: 1 fl oz Measure 2 = 65g: 2 fl oz

Measure 3 = 106g: 1 portion (2 oz mix + 1.5 oz whiskey)

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

NDB No. 14025 Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix

Refuse: 0%

		<u>A</u>	mount in 100 gra	ms of edi	ble portio	<u>on</u>		edible portion	
			Num	ber			<u>m</u>	easures of food	<u>[</u>
					Source	Confidence			
Nutrients and Un	its	Mean	Std. Error Poir	ts Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	69.15		0 RPI	6		20.33	71.23	
Energy	kcal	164		0 RPI	6		48	168	
Energy	kj	684		0 RPI	6		201	705	
Protein	g	0.10		0 RPI	6		0.03	0.10	
Total lipid (fat)		0.02		0 RPI	6		0.00	0.02	
Ash	g	0.27		0 RPI	6		0.08	0.28	
Carbohydrate, by difference	g	15.85		0 RPI	6		4.66	16.33	
Fiber, total dietary	g	0.0		0 RPI	6		0.0	0.0	
Sugars, total	g	15.81		0 RPI	6		4.65	16.29	
Starch									
Minerals:	ma	4-		n ====			10	47	
Calcium, Ca		45		O RPA	1		13	47 0.08	
Iron, Fe		0.08 3		O RPA O RPA	1 1		0.02		
Magnesium, Mg		3 4		O RPA	1		1 1	3 4	
Phosphorus, P Potassium, K	_	4		O RPA	1		1	4	
Sodium, Na	_	46		O RPA	1		13	47	
Zinc, Zn		0.04		O RPA	1		0.01	0.04	
Copper, Cu	_	0.03		O RPA	1		0.010	0.034	
Manganese, Mn		0.007		O RPA	1		0.002	0.008	
Selenium, Se		0.1		O RPI	6		0.0	0.1	
Scientifi, Sc									
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid	_	0.4		0 RPI	6		0.1	0.5	
Thiamin	• • • • • • • • • • • • • • • • • • • •	0.003		0 RPI	6		0.001	0.003	
Riboflavin	-	0.002		0 RPI	6		0.000	0.002	
Niacin		0.005		0 RPI	6		0.002	0.005	
Pantothenic acid		0.010		0 RPI	6		0.003	0.010	
Vitamin B-6		0.000		0 RPI	6		0.000	0.000	
Folate, total		0		0 RPI	6		0	0	
Folic acid	_	0		0 RPI	6		0	0	
Folate, food		0		0 RPI	6		0	0	
Folate, DFE		0		0 NC	4		0	0	
Vitamin B-12		0.00		0 RPI	6		0.00	0.00	
Vitamin A, IU	IU	5		O RPI	6		1	5	
Vitamin A, RAE		0		O RPI	6		0	0	
Retinol		0		O RPI	6		0	0	
Vitamin E (alpha-tocopherol)	IIIg	0.00		0 RPI	6		0.00	0.00	
Tocopherol, beta									
Tocopherol, gamma Tocopherol, delta									
Vitamin D									
Vitamin D Vitamin K (phylloquinone)		0.0		0 RPI	6		0.0	0.0	
vitamin is (phynoquinone)	9	0.0		, NEI	Ü		3.0	0.0	
Lipids:									
Fatty acids, total saturated	g	0.002	2	0 RPA	1		0.001	0.002	
4:0	g	0.000	)	0 RPA	1		0.000	0.000	
6:0	-	0.000	)	0 RPA	1		0.000	0.000	
8:0	-	0.000		0 RPA	1		0.000	0.000	
10:0	-	0.000		0 RPA	1		0.000	0.000	
12:0	g	0.000	)	0 RPA	1		0.000	0.000	
13:0	g								
14:0	g	0.000	)	0 RPA	1		0.000	0.000	
15:0									
16:0		0.002	2	0 RPA	1		0.001	0.002	
17:0									
18:0		0.000	)	0 RPA	1		0.000	0.000	
20:0									
22:0	g								

NDB No. 14025 Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix

	Amount in 100 grams of edible portion								of common
			Number	•			<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
24:0g									
Fatty acids, total monounsaturated	0.001		0	RPA	1		0.000	0.001	
14:19									
15:1g									
16:1 undifferentiated	0.000		0	RPA	1		0.000	0.000	
18:1 undifferentiatedg	0.001		0	RPA	1		0.000	0.001	
20:1g	0.000		0	RPA	1		0.000	0.000	
22:1 undifferentiatedg	0.000		0	RPA	1		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturated	0.006		0	RPA	1		0.002	0.006	
18:2 undifferentiatedg	0.004		0	RPA	1		0.001	0.004	
18:3 undifferentiatedg	0.002		0	RPA	1		0.001	0.002	
18:4g	0.000		0	RPA	1		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	RPA	1		0.000	0.000	
20:5 n-3g	0.000		0	RPA	1		0.000	0.000	
22:5 n-3g	0.000		0	RPA	1		0.000	0.000	
22:6 n-3g	0.000		0	RPA	1		0.000	0.000	
Fatty acids, total transg									
Cholesterolmg	0		0	RPA	1		0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	14.6		0	RPI	6		4.3	15.0	
Caffeine mg	0		0	RPI	6		0	0	
Theobromine mg	0		0	RPI	6		0	0	
Carotenoids:									
Carotene, betamcg	0		0	RPI	6		0.000	0.000	
Carotene, alphamcg	0		0	RPI	6		0.000	0.000	
Cryptoxanthin, betamcg	0		0	RPI	6		0.000	0.000	
Lycopenemcg	0		0	RPI	6		0.000	0.000	
Lutein + zeaxanthinmcg	0		0	RPI	6		0.000	0.000	

#### **Common Measures:**

Measure 1 = 29.4g: 1 fl oz

Measure 2 = 103g: 1 packet, prepared

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

					Amount in edible portion of common				
		N	Number				<u>m</u>	easures of food	
			of Data	Deriv	Source	Confidence			
s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
_					4			25.78	
kcal	50		0	NC	4			15	
kj			0	NC				61	
								0.15	
					_				
			0	NC					
	1.55		0	BFSN	4		0.08	0.45	
g									
mg	9				4		0	3	
-	0.40				4		0.02	0.12	
-	10				4		0	3	
	15				4		1	4	
mg	88				4		4	26	
mg	626				4		31	182	
mg	0.08				4		0.00	0.02	
mg	0.011	=			4		0.001	0.003	
-									
mcg	0.2		0	BFZN	4		0.0	0.1	
ma	0.0				4		0.0	0.0	
-		)			4				
-					4		0.000		
<del>-</del>	0.100	)			4		0.005		
-									
mg	0.020	)			4		0.001	0.006	
mcg	1				4		0	0	
mcg	0		0	BFSN	4		0	0	
mcg	1		0	BFSN	4		0	0	
mcg_DFE	1		0	NC	4		0	0	
	0.00				4		0.00	0.00	
	0				4		0	0	
			0	BFSN	4		-		
	-			BFSN			-		
	0.00		0	BFSN	4		0.00	0.00	
	0.0		0	DECM	4		0.0	0.0	
Ilicg	0.0		U	BESN	4		0.0	0.0	
g	0.000	)			4		0.000	0.000	
g	0.000	)	0		4		0.000	0.000	
g	0.000	)	0		4		0.000	0.000	
g	0.000	)	0		4		0.000	0.000	
-			0		4		0.000	0.000	
-	0.000	)	0		4		0.000	0.000	
	0.000	)	0		4		0.000	0.000	
	_		_		_				
	0.000	)	0		4		0.000	0.000	
	_		_		_				
	0.000	)	0		4		0.000	0.000	
g									
g									
	g	g 88.90 kcal 50 kj 209 g 0.50 g 0.00 g 1.00 g 6.30 g 0.00 g 1.55 g  mg 9 mg 0.40 mg 10 mg 15 mg 88 mg 626 mg 0.08 mg 0.011 mg mcg 0.2  mg 0.00 mg 0.100 mg 0.100 mg 0.100 mg 0.100 mg 0.000	S   Mean   Std. Error   Std.	Sear   Mean   Std. Error   Points	## Std. Error   Std. Error   Points   Code	Mean   Std. Error   Points   Code   Code	Mean   Std. Error   Points   Code   Code	Section   State   State   Section   Section	S

		<u>Ar</u>	nount in 10	00 grams Number		ole portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and U	Inits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturate		0.000				4		0.000	0.000		
14:1	• • • • • • • • • • • • • • • • • • • •										
15:1	-			_							
16:1 undifferentiated		0.000		0		4		0.000	0.000		
17:1		0 000		•							
18:1 undifferentiated		0.000		0		4		0.000	0.000		
20:1		0.000		0		4		0.000	0.000		
22:1 undifferentiated		0.000		0		4		0.000	0.000		
24:1 c											
Fatty acids, total polyunsaturated		0.000				4		0.000	0.000		
18:2 undifferentiated	-	0.000		0		4		0.000	0.000		
18:3 undifferentiated	_	0.000		0		4		0.000	0.000		
18:4	-	0.000		0		4		0.000	0.000		
20:2 n-6 c,c	• • • • • • • • • • • • • • • • • • • •										
20:3 undifferentiated	-										
20:4 undifferentiated		0.000		0		4		0.000	0.000		
20:5 n-3	-	0.000		0		4		0.000	0.000		
22:5 n-3	-	0.000		0		4		0.000	0.000		
22:6 n-3		0.000		0		4		0.000	0.000		
Fatty acids, total trans											
Cholesterol	• • • • • • • • • • • • • • • • • • • •	0				4		0	0		
Phytosterols	mg										
Others:											
Alcohol, ethyl	g	3.3				4		0.2	1.0		
Caffeine	mg	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	mcg	0		0	BFSN	4		0.000	0.000		
Cryptoxanthin, beta	mcg	0		0	BFSN	4		0.000	0.000		
Lycopene	mcg	0		0	BFSN	4		0.000	0.000		
Lutein + zeaxanthin	mcg	0		0	BFSN	4		0.000	0.000		

## **Common Measures:**

Measure 1 = 4.9g: 1 tsp Measure 2 = 29.0g: 1 fl oz

\*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 14 Beverages

		<u>A</u> :	mount in 100 g	rams	of edil	ole portio	<u>on</u>		edible portion	
			Nu	mber				<u>m</u>	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Ur	nits	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	72.53	0.173	6	AI	13		21.40	74.70	
Energy	kcal	152		0	NC	4		45	157	
Energy	kj	638		0	NC	4		188	657	
Protein (N x 6.25)	g	0.20		7		1		0.06	0.21	
Total lipid (fat)	g	0.00		0		1		0.00	0.00	
Ash	g	0.30		2		1		0.09	0.31	
Carbohydrate, by difference	g	11.67		0	NC	4		3.44	12.02	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total		1.09	0.040	6	AI	13		0.32	1.12	
Sucrose	g	0.00		1	AI	13		0.00	0.00	
Glucose (dextrose)	g	0.58	0.040	6	AI	13		0.17	0.60	
Fructose	g	0.47	0.018	6	AI	13		0.14	0.48	
Lactose	g									
Maltose		0.10		2	AI	13		0.03	0.10	
Galactose	g									
Starch	g									
<u>finerals:</u>		•	0 001	0.6		-		•	•	
Calcium, Ca	-	8 0.24	0.801	26		1 1		2 0.07	8 0.25	
Iron, Fe		9	0.033 0.752	32 19		1		3	0.25 9	
Magnesium, Mg Phosphorus, P		9	0.752	2		1		3	9	
Potassium, K		92	8.026	81		1		27	95	
Sodium, Na		9	1.406	89		1		3	9	
Zinc, Zn		0.07	0.011	55		1		0.02	0.07	
Copper, Cu		0.045		74		1		0.013	0.046	
Manganese, Mn		0.119		7		1		0.035	0.123	
Selenium, Se		0.5		0	BFSN	4		0.1	0.5	
<u>'itamins:</u>										
Vitamin C, total ascorbic acid		0.0		0		4		0.0	0.0	
Thiamin		0.018		33		1		0.005	0.019	
Riboflavin		0.018		33		1		0.005	0.019	
Niacin		0.213		33		1		0.063	0.219	
Pantothenic acid		0.032		3		1		0.009	0.033	
Vitamin B-6		0.000		1		1		0.000	0.000	
Folate, total		0	0.046	3	_	1		0	0	
Folic acid		0	0.046	0	Z	7		0	0	
Folate, food		0	0.046	3	,,,	1		0	0	
Folate, DFE		0 0.00		0 1	NC	4		0	0	
Vitamin B-12	-	0.00		0		1 4		0.00 0	0.00	
Vitamin A. P.A.E.		0		0	AS	4 1		0	0 0	
Vitamin A, RAE		0		0	AS Z	7		0	0	
Vitamin E (alpha-tocopherol)		0.00		0	Z	7		0.00	0.00	
Tocopherol, beta		0.00		v	4	,		3.00	0.00	
Tocopherol, gamma	-									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0		0	BFZN	4		0.0	0.0	
ipids:										
Fatty acids, total saturated	g	0.000	)	0		1		0.000	0.000	
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		0.000	)	0		1		0.000	0.000	
15:0										

		<u>Aı</u>	mount in 10	00 grams Number		ole portio	<u>n</u>		edible portion of easures of food	of common
Nutrients and Un	its	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0	g	0.000	1	0		1		0.000	0.000	
17:0 18:0		0.000	1	0		1		0.000	0.000	
20:0 22:0	g									
Fatty acids, total monounsaturated.	g	0.000	1	0		1		0.000	0.000	
15:1 16:1 undifferentiated	g g	0.000	)	0		1		0.000	0.000	
17:1 18:1 undifferentiated	g	0.000		0		1		0.000	0.000	
20:1 undifferentiated	g	0.000		0		1 1		0.000 0.000	0.000 0.000	
Fatty acids, total polyunsaturated	g	0.000		0		1 1		0.000	0.000	
18:2 undifferentiated	g	0.000	)	0		1		0.000	0.000	
18:4 20:2 n-6 c,c 20:3 undifferentiated	g	0.000		0		1		0.000	0.000	
20:4 undifferentiated 20:5 n-3	g	0.000		0		1 1		0.000	0.000	
22:5 n-3	g	0.000	)	0		1		0.000	0.000	
Fatty acids, total trans	g	0		0		1		0	0.000	
Phytosterols		v		v		-		v	v	
Others: Alcohol, ethyl	a	15.3		0		1		4.5	15.8	
CaffeineTheobromine	mg	0		0	z z	7 7		0	0	
Carotenoids:	9	v		Ü		,		v	v	
Carotene, beta	_	0 0		0 0	z z	7 7		0.000 0.000	0.000 0.000	
Cryptoxanthin, beta	mcg	0 0		0 0	z z	7 7		0.000 0.000	0.000 0.000	
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000	0.000	

#### **Common Measures:**

Measure 1 = 29.5g: 1 fl oz

Measure 2 = 103g: 1 glass (3.5 fl oz)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.92

Food Group: 14 Beverages

		<u>A</u> :	mount in 100	grams	of edib	ole portio	<u>n</u>		edible portion	
			Ni	umber				<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
Proximates:										
Water	g	70.51	0.442	9	AI	13		20.80	72.62	
Energy	kcal	160		0	NC	4		47	165	
Energy	kj	640				4		189	659	
Protein (N x 6.25)		0.20		7		1		0.06	0.21	
Total lipid (fat)	g	0.00		0		1		0.00	0.00	
Ash		0.30		2		1		0.09	0.31	
Carbohydrate, by difference		13.69		0	NC	4		4.04	14.11	
Fiber, total dietary		0.0		0		4		0.0	0.0	
Sugars, total		7.78	0.769	6	AI	13		2.30	8.02	
Sucrose	g	0.05	0.050	3	AI	13		0.01	0.05	
Glucose (dextrose)		2.60	0.789	6	AI	13		0.77	2.68	
Fructose		5.15	0.206	6	AI	13		1.52	5.31	
Lactose										
Maltose	g									
Galactose										
Starch	g									
Minerals:	ma	8	0.801	26		1		2	8	
Calcium, Ca		0.24	0.033	32		1		0.07	0.25	
Magnesium, Mg		9	0.752	19		1		3	9	
Phosphorus, P		9	0.732	2		1		3	9	
Potassium, K		92	8.026	81		1		27	95	
Sodium, Na		9	1.406	89		1		3	9	
Zinc, Zn		0.07	0.011	55		1		0.02	0.07	
Copper, Cu		0.045	0.015	74		1		0.013	0.046	
Manganese, Mn		0.119	0.063	7		1		0.035	0.123	
Selenium, Se	mcg	0.5		0	BFSN	4		0.1	0.5	
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid		0.0		0		4		0.0	0.0	
Thiamin		0.018		33		1		0.005	0.019	
Riboflavin		0.018		33		1		0.005	0.019	
Niacin	_	0.213		33		1		0.063	0.219	
Pantothenic acid	-	0.032		3		1		0.009	0.033	
Vitamin B-6	_	0.000		1 3		1 1		0.000 0	0.000	
Folate, total		0	0.046	0	z	7		0	0 0	
Folic acid		0	0.046	3	Z	1		0	0	
Folate, food		0	0.040	0	NC	4		0	0	
Vitamin B-12		0.00		1	NC	1		0.00	0.00	
Vitamin A, IU		0.00		0		4		0.00	0.00	
Vitamin A, RAE		0		0	AS	1		0	0	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		0.00		0	z	7		0.00	0.00	
Tocopherol, beta		0.00		·	-	•		0.00	0.00	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0		1	AI	13		0.0	0.0	
<u>ipids:</u>										
Fatty acids, total saturated	g	0.000		0		1		0.000	0.000	
4:0	g	0.000	)	0		1		0.000	0.000	
6:0	g	0.000	)	0		1		0.000	0.000	
8:0	g	0.000	)	0		1		0.000	0.000	
10:0	g	0.000	)	0		1		0.000	0.000	
12:0	g	0.000	)	0		1		0.000	0.000	
13:0	g									

		<u>Aı</u>	mount in 10	00 grams Number		ole portio	<u>n</u>		edible portion of easures of food	of common
Nutrients and Un	its	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0	g	0.000	1	0		1		0.000	0.000	
17:0 18:0		0.000	1	0		1		0.000	0.000	
20:0 22:0	g									
Fatty acids, total monounsaturated.	g	0.000	1	0		1		0.000	0.000	
15:1 16:1 undifferentiated	g g	0.000	)	0		1		0.000	0.000	
17:1 18:1 undifferentiated	g	0.000		0		1		0.000	0.000	
20:1 undifferentiated	g	0.000		0		1 1		0.000 0.000	0.000 0.000	
Fatty acids, total polyunsaturated	g	0.000		0		1 1		0.000	0.000	
18:2 undifferentiated	g	0.000	)	0		1		0.000	0.000	
18:4 20:2 n-6 c,c 20:3 undifferentiated	g	0.000		0		1		0.000	0.000	
20:4 undifferentiated 20:5 n-3	g	0.000		0		1 1		0.000	0.000	
22:5 n-322:6 n-3	g	0.000	)	0		1		0.000	0.000	
Fatty acids, total trans	g	0		0		1		0	0.000	
Phytosterols		v		v		-		v	v	
Others: Alcohol, ethyl	a	15.3		0		1		4.5	15.8	
CaffeineTheobromine	mg	0		0	z z	7 7		0	0	
Carotenoids:	9	v		Ü		,		v	v	
Carotene, beta	_	0 0		0 0	z z	7 7		0.000 0.000	0.000 0.000	
Cryptoxanthin, beta	mcg	0 0		0 0	z z	7 7		0.000	0.000 0.000	
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000	0.000	

#### **Common Measures:**

Measure 1 = 29.5g: 1 fl oz

Measure 2 = 103g: 1 glass (3.5 fl oz)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.92

Food Group: 14 Beverages

		<u>A</u>	mount in 100	0 grams	of edib	le portio	<u>n</u>		edible portion	
			1	Number				<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	94.55 52 215 0.52 0.00 0.13 1.21 0.0 1.18  9 0.41 10 15 91 7 0.08 0.011 0.2  0.00 0.103 0.010 0.103 0.021 1 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.000	Measure 3
Proximates:										
Water	g	91.80				4		27.08	94.55	
Energy	kcal	50				4		15	52	
Energy	kj	209				4		62	215	
Protein		0.50				1		0.15	0.52	
Total lipid (fat)	g	0.00				1		0.00	0.00	
Ash	g	0.13		0	BFSN	4		0.04	0.13	
Carbohydrate, by difference	g	1.17		0	0	4		0.35	1.21	
Fiber, total dietary		0.0				4		0.0	0.0	
Sugars, total		1.15		0	BFSN	4		0.34	1.18	
Starch	g									
Minerals:										
Calcium, Ca	ma	9				1		3	9	
Iron, Fe	-	0.40				1		0.12		
Magnesium, Mg	-	10				1		3		
Phosphorus, P		15				1		4		
Potassium, K	-	88				1		26		
Sodium, Na		7				1		2	7	
Zinc, Zn	mg	0.08				1		0.02	0.08	
Copper, Cu		0.011	L			1		0.003	0.011	
Manganese, Mn	mg									
Selenium, Se	mcg	0.2		0	BFZN	4		0.1	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0				4		0.0	0.0	
Thiamin	-	0.000	1			4		0.000		
Riboflavin	_	0.010				1		0.003		
Niacin	<del>-</del>	0.100				1		0.030		
Pantothenic acid	-	0.200				-		0.000	0.100	
Vitamin B-6	-	0.020	)			1		0.006	0.021	
Folate, total	-	1				1		0		
Folic acid		0		0	BFSN	4		0	0	
Folate, food	mcg	1		0	BFSN	4		0	1	
Folate, DFE	mcg_DFE	1		0	NC	4		0	1	
Vitamin B-12		0.00				1		0.00	0.00	
Vitamin A, IU	IU	0				4		0	0	
Vitamin A, RAE		0		0	BFSN	4		0	0	
Retinol		0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.00		0	BFSN	4		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D				•		_				
Vitamin K (phylloquinone)	rricg	0.0		0	BFSN	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	0.000	)			4		0.000	0.000	
4:0	g	0.000	)	0		4		0.000	0.000	
6:0	g	0.000	)	0		4		0.000	0.000	
8:0	g	0.000	)	0		4		0.000	0.000	
10:0	g	0.000	)	0		4		0.000	0.000	
12:0	-	0.000	)	0		4		0.000	0.000	
13:0										
14:0	g	0.000	)	0		4		0.000	0.000	
15:0	g									
16:0		0.000	)	0		4		0.000	0.000	
17:0										
18:0		0.000	)	0		4		0.000	0.000	
20:0	-									
22:0	-									
24:0	g									

	<u>Aı</u>	mount in 10	Number	,		_	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
	0.000									
Fatty acids, total monounsaturatedg	0.000				4		0.000	0.000		
14:1g										
15:1	0.000		0		4		0.000	0.000		
16:1 undifferentiated	0.000		U		4		0.000	0.000		
17:1	0.000		0		4		0.000	0.000		
20:1g	0.000		0		4		0.000	0.000		
22:1 undifferentiated	0.000		0		4		0.000	0.000		
24:1 c	0.000		U		-		0.000	0.000		
Fatty acids, total polyunsaturatedg	0.000				4		0.000	0.000		
18:2 undifferentiatedg	0.000		0		4		0.000	0.000		
18:3 undifferentiatedg	0.000		0		4		0.000	0.000		
18:4g	0.000		0		4		0.000	0.000		
20:2 n-6 c.cg	0.000		•		-		0.000	0.000		
20:3 undifferentiated										
20:4 undifferentiated	0.000		0		4		0.000	0.000		
20:5 n-3g	0.000		0		4		0.000	0.000		
22:5 n-3g	0.000		0		4		0.000	0.000		
22:6 n-3g	0.000		0		4		0.000	0.000		
Fatty acids, total transg										
Cholesterolmg	0				7		0	0		
Phytosterolsmg										
Others:										
Alcohol, ethylg	6.4				4		1.9	6.6		
Caffeinemg	0		0	Z	7		0	0		
Theobromine mg	0		0	Z	7		0	0		
<u>Carotenoids:</u>										
Carotene, betamcg	0		0	BFSN	4		0.000	0.000		
Carotene, alphamcg	0		0	BFSN	4		0.000	0.000		
Cryptoxanthin, betamcg	0		0	BFSN	4		0.000	0.000		
Lycopenemcg	0		0	BFSN	4		0.000	0.000		
Lutein + zeaxanthin mcg	0		0	BFSN	4		0.000	0.000		

## **Common Measures:**

Measure 1 = 29.5g: 1 fl oz

Measure 2 = 103g: 1 glass (3.5 fl oz)

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

	<u>A</u>	mount in 100	grams	of edit	ole portio	<u>on</u>	Amount in edible portion of common			
		Nu	umber	•			<u>m</u>	easures of food	<u> </u>	
		of	f Data	Deriv	Source	Confidence				
its	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure :	
g	87.10	1.803	303	JO	11		25.69	89.71		
kcal	77		0	NC	4		23	79		
kj	321		0	NC	4		95	330		
g	0.20		268		1		0.06	0.21		
g	0.00		0		1		0.00	0.00		
g	0.20		856		1		0.06	0.21		
g	3.20		0	NC	4		0.94	3.30		
g								0.0		
g	1.81		0	NP	4		0.53	1.86		
g	0.08	0.038	3	AI	13		0.02	0.08		
g	0.81	0.181		AI	13		0.24	0.83		
g	0.78	0.192	8	AI	13		0.23	0.80		
g										
g	0.14	0.053	6	AI	13		0.04	0.15		
g										
g										
ma	۰	0 100	1760	Tλ	6		2	٥		
-										
	84			JA	6		25	87		
	6			JA	6		2	6		
	0.06	0.011	1569	JA	6		0.02	0.06		
mg	0.008	0.006	1467	JA	6		0.002	0.008		
mg	0.127	0.018	900	JA	6		0.038	0.131		
mcg	0.3	0.221	19	JA	6		0.1	0.3		
-					_					
					_					
					_					
		0.056								
		0.056		Z						
	_	0.056		NC	1		-	<del>-</del>		
		0 001		NC	1					
-		5.001								
				AS						
	0		0		7		0			
	0.00		0	z	7		0.00	0.00		
			•	_	•		2.00	0.00		
-										
IU										
mcg	0.0		1	AI	13		0.0	0.0		
g			0		1		0.000	0.000		
g			0		1		0.000	0.000		
g			0		1		0.000	0.000		
g	0.000	)	0		1		0.000	0.000		
g	0.000		0		1		0.000	0.000		
g	0.000		0		1 1		0.000 0.000	0.000 0.000		
		)								
	g kcal kj 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9	g 87.10 kcal 77 kj 321 g 0.20 g 0.00 g 0.20 g 0.20 g 0.20 g 0.81 g 0.81 g 0.81 g 0.78 g 0.81 g 0.78 g 0.14 g 0.78 g 0.14 g 0.35 mg 0.35 mg 0.35 mg 0.35 mg 0.36 mg 0.06 mg 0.06 mg 0.06 mg 0.006	Std. Error P   Std.	Number of Data   Std. Error Points   Std. Er	Number   Of Data   Deriv	Std. Error   Std		Number	Number   Of Data   Deriv   Source   Code   Code	

		<u>Aı</u>	mount in 10	<u>0 grams</u> Number		ole portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Ur	nits	Mean		of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
16:0	g	0.000	1	0		1		0.000	0.000		
17:0	• • • • • • • • • • • • • • • • • • • •										
18:0		0.000	1	0		1		0.000	0.000		
20:0	_										
22:0 24:0.	_										
Fatty acids, total monounsaturated	• • • • • • • • • • • • • • • • • • • •	0.000	1	0		1		0.000	0.000		
14:1		0.000		·		-		0.000	0.000		
15:1											
16:1 undifferentiated		0.000	1	0		1		0.000	0.000		
17:1	g										
18:1 undifferentiated	g	0.000	)	0		1		0.000	0.000		
20:1	g	0.000	1	0		1		0.000	0.000		
22:1 undifferentiated	g	0.000	1	0		1		0.000	0.000		
24:1 c											
Fatty acids, total polyunsaturated		0.000		0		1		0.000	0.000		
18:2 undifferentiated	_	0.000		0		1		0.000	0.000		
18:3 undifferentiated	_	0.000		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		0.000		0		1		0.000	0.000		
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		
22:6 n-3		0.000		0		1		0.000	0.000		
Fatty acids, total trans		0.000		v		-		0.000	0.000		
Cholesterol		0		0		1		0	0		
Phytosterols	-										
Others:											
Alcohol, ethyl	g	9.3		0		1		2.7	9.6		
Caffeine	mg	0		0	Z	7		0	0		
Theobromine	mg	0		0	Z	7		0	0		
Carotenoids:											
Carotene, beta	mcg	0		0	z	7		0.000	0.000		
Carotene, alpha		0		0	z	7		0.000	0.000		
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000		
Lycopene	mcg	0		0	Z	7		0.000	0.000		
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000	0.000		

#### **Common Measures:**

Measure 1 = 29.5g: 1 fl oz

Measure 2 = 103g: 1 glass 3.5 fl oz

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.92

Food Group: 14 Beverages

		<u>Aı</u>	mount in 100 g	rams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber				measures of food			
					Deriv	Source	Confidence				
Nutrients and Unit	s	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
<b></b>											
Proximates: Water	а	88.50	0.037	45		1		26.11	91.16		
Energy	_	72	0.007	0	NC	4		21	74		
Energy		301		·	2.0	4		89	310		
Protein (N x 6.25)		0.20	0.033	46		1		0.06	0.21		
Total lipid (fat)		0.00	0.033	0		1		0.00	0.00		
Ash		0.30	0.006	116		1		0.09	0.31		
Carbohydrate, by difference		1.70	0.000	0	NC	4		0.50	1.75		
Fiber, total dietary		0.0		0	BFZN	4		0.0	0.0		
Sugars, total		0.0		·		-		0.0	0.0		
Starch											
Starcii	9										
<u>Minerals:</u>											
Calcium, Ca	mg	8		711		1		2	8		
Iron, Fe	_	0.43	0.015	560		1		0.13	0.44		
Magnesium, Mg	mg	13	0.229	734		1		4	13		
Phosphorus, P	-	14	0.123	86		1		4	14		
Potassium, K	mg	112	2.830			1		33	115		
Sodium, Na	mg	5	0.374			1		1	5		
Zinc, Zn	mg	0.09	0.006	458		1		0.03	0.09		
Copper, Cu		0.020		354		1		0.006	0.021		
Manganese, Mn	mg	0.597	0.157	497		1		0.176	0.615		
Selenium, Se	mcg	0.2		0	BFZN	4		0.1	0.2		
/itamins:											
Vitamin C, total ascorbic acid	ma	0.0	0.000	11		1		0.0	0.0		
Thiamin		0.005		13		1		0.001	0.005		
Riboflavin		0.003		11		1		0.001	0.029		
Niacin		0.020		10		1		0.024	0.023		
Pantothenic acid	-	0.035		11		1		0.010	0.036		
Vitamin B-6		0.034		11		1		0.010	0.035		
	_	2	0.109	14		1		1	2		
Foliate, total		0	0.109	0	z	7		0	0		
Folic acid		2	0.109	14	4	1		1	2		
Foliate, food	IIICY	2	0.109	0	170	4		1	2		
Folate, DFE		0.01	0 001		NC			0.00			
Vitamin B-12		0.01	0.001	11 0		1 1			0.01		
Vitamin A, IU		-			***			0	0		
Vitamin A, RAE		0		0	NC	4		0	0		
Retinol		0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	g										
<u> ipids:</u>											
Fatty acids, total saturated	g	0.000	)	0		1		0.000	0.000		
4:0		0.000	)	0		1		0.000	0.000		
6:0	g	0.000	)	0		1		0.000	0.000		
8:0		0.000	1	0		1		0.000	0.000		
10:0	g	0.000	)	0		1		0.000	0.000		
12:0	g	0.000	1	0		1		0.000	0.000		
13:0	_										
14:0	_	0.000	1	0		1		0.000	0.000		
15:0											
16:0	_	0.000	1	0		1		0.000	0.000		
17:0											
18:0		0.000	1	0		1		0.000	0.000		
20:0											

	<u>Ar</u>	nount in 100 grams	of edible portion	<u>on</u>	Amount in edible portion of common			
		Numbe	r		<u>m</u>	easures of food	·	
Nutrients and Units	Mean	of Data Std. Error Points		Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.000	0	1		0.000	0.000		
14:1g								
15:1	0.000	0	1		0.000	0.000		
18:1 undifferentiated	0.000	0	1		0.000	0.000		
20:1g	0.000	0	1		0.000	0.000		
22:1 undifferentiatedg	0.000	0	1		0.000	0.000		
24:1 cg								
Fatty acids, total polyunsaturated	0.000	0	1		0.000	0.000		
18:2 undifferentiatedg	0.000	0	1		0.000	0.000		
18:3 undifferentiatedg	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	0	1		0.000	0.000		
Fatty acids, total trans9								
Cholesterol mg	0	0	1		0	0		
Phytosterolsmg								
Others:								
Alcohol, ethylg	9.3	0	1		2.7	9.6		
Caffeine mg								
Theobromine mg								

## **Common Measures:**

Measure 1 = 29.5g: 1 fl oz

Measure 2 = 103g: 1 glass (3.5 fl oz)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.92

Food Group: 14 Beverages

		<u>Aı</u>	mount in 100 g	rams	of edib	le portio	<u>on</u>	Amount in edible portion of common			
			Nu	mber				<u>m</u>	easures of food	_	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	88.90		0		4		26.23	91.57		
Energy	kcal	71		0	NC	4		21	73		
Energy	kj	297				4		88	306		
Protein (N x 6.25)	g	0.20		2		1		0.06	0.21		
Total lipid (fat)	g	0.00		0		4		0.00	0.00		
Ash	g	0.20		0		4		0.06	0.21		
Carbohydrate, by difference	g	1.40		0	NC	4		0.41	1.44		
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0		
Sugars, total	g										
Starch	g										
Minerals:											
Vilnerals: Calcium, Ca	ma	8	0.614	23		1		2	8		
Iron, Fe	-	0.38	0.056	19		1		0.11	0.39		
Magnesium, Mg	-	10	0.711	17		1		3	10		
Phosphorus, P		15	0.711	0		4		4	15		
Potassium, K	•	99	14.767	124		1		29	102		
Sodium, Na		5	0.800	132		1		1	5		
Zinc, Zn	-	0.06	0.008	27		1		0.02	0.06		
Copper, Cu		0.052		21		1		0.015	0.054		
Manganese, Mn		0.105		7		1		0.031	0.108		
Selenium, Se		0.2		0	BFZN	4		0.1	0.2		
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	-	0.0		0		4		0.0	0.0		
Thiamin	-	0.004		0		4		0.001	0.004		
Riboflavin	_	0.016		0		4		0.005	0.016		
Niacin	-	0.074		0		4		0.022	0.076		
Pantothenic acid	-	0.028		0		4		0.008	0.029		
Vitamin B-6	-	0.024		0		4		0.007	0.025		
Folate, total		1		0	_	4		0	1		
Folic acid		0		0	Z	7		0	0		
Folate, food		1		0		4		0	1		
Folate, DFE		1		0	NC	4		0	1		
Vitamin B-12		0.01		0		4		0.00 0	0.01		
Vitamin A, IU		0		-		4		•	0		
Vitamin A, RAE		0		0	NC Z	4 7		0	0 0		
Retinol		U		U	Z	,		U	U		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
vitamini K (phynoquinone)	9										
<u>Lipids:</u>											
Fatty acids, total saturated	g	0.000		0		1		0.000	0.000		
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	1	0		1		0.000	0.000		
13:0	-			_		_					
14:0	-	0.000	1	0		1		0.000	0.000		
15:0		2 222		^				0.000	2 222		
16:0		0.000		0		1		0.000	0.000		
17:0		0 000		^		-		0.000	2 222		
18:0		0.000	•	0		1		0.000	0.000		
20:0											
22:0	(1										

	<u>Ar</u>	nount in 100 grams	s of edible portion	<u>on</u>	Amount in edible portion of common			
		Numbe	r		<u>m</u>	easures of food		
Nutrients and Units	Mean	of Data Std. Error Points		Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.000	0	1		0.000	0.000		
14:19								
15:1	0.000	0	1		0.000	0.000		
17:1g								
18:1 undifferentiated	0.000	0	1		0.000	0.000		
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	0.000	0	1		0.000	0.000		
18:2 undifferentiatedg	0.000	0	1		0.000	0.000		
18:3 undifferentiatedg	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	0	1		0.000	0.000		
Fatty acids, total transg								
Cholesterol mg	0	0	1		0	0		
Phytosterolsmg								
Others:								
Alcohol, ethylg	9.3	0	1		2.7	9.6		
Caffeinemg								
Theobromine mg								

## **Common Measures:**

Measure 1 = 29.5g: 1 fl oz

Measure 2 = 103g: 1 glass (3.5 fl oz)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.92

Food Group: 14 Beverages

		<u>A</u> 1	mount in 100 gra	ms of edi	ble portic	<u>on</u>	Amount in edible portion of common			
			Num	ber			<u>m</u>	easures of food	Ĺ	
			of D	ata Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Poir	nts Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	89.60	1	.70	1		26.43	92.29		
Energy	kcal	68		0 NC	4		20	70		
Energy	kj	285			4		84	293		
Protein (N x 6.25)	-	0.10	0.012 1	.80	1		0.03	0.10		
Total lipid (fat)	g	0.00		0	1		0.00	0.00		
Ash	g	0.20	3	864	1		0.06	0.21		
Carbohydrate, by difference	g	0.80		0 NC			0.24	0.82		
Fiber, total dietary		0.0		0 BFZ	N 4		0.0	0.0		
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	mg	9	0.210 6	66	1		3	9		
Iron, Fe	mg	0.32	6	66	1		0.09	0.33		
Magnesium, Mg		10		38	1		3	10		
Phosphorus, P	-	14		98	1		4	14		
Potassium, K		80		018	1		24	82		
Sodium, Na		5	0.322 1		1		1	5		
Zinc, Zn		0.07		31	1		0.02	0.07		
Copper, Cu		0.021		23	1		0.006	0.022		
Manganese, Mn		0.459 0.2		2 A	1 1		0.135 0.1	0. <b>473</b> 0.2		
Selenium, Se	Ilicg	0.2		2 A	1		0.1	0.2		
Vitamins:										
Vitamin C, total ascorbic acid		0.0	0.000	8	1		0.0	0.0		
Thiamin		0.004		8	1		0.001	0.004		
Riboflavin		0.005		8	1		0.001	0.005		
Niacin	-	0.067		8	1		0.020	0.069		
Pantothenic acid		0.021		8	1		0.006	0.022		
Vitamin B-6	_	0.014		8	1 1		0.00 <b>4</b> 0	0.014 0		
Folate, totalFolic acid		0		11 0 z	7		0	0		
Folate, food		0		11	1		0	0		
Folate, DFE	mca DFF	0		0 NC	4		0	0		
Vitamin B-12		0.00		5	1		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)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	Incg									
Lipids:										
Fatty acids, total saturated	g	0.000	)	0	1		0.000	0.000		
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	-	0.000	1	0	1		0 000	0.000		
		0.000	•	v	1		0.000	0.000		
15:0 16:0	-	0.000	)	0	1		0.000	0.000		
17:0		0.000	•	-	-		3.000	0.000		
18:0		0.000	)	0	1		0.000	0.000		
20:0					_		3.003	2.220		
22:0	_									
24:0										

	<u>Ar</u>	mount in 100 grams	s of edible porti	<u>on</u>	Amount in edible portion of common		
			Deriv Source	Confidence	<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error Points	Code Code	Code	Measure 1	Measure 2	Measure
Fatty acids, total monounsaturatedg	0.000	0	1		0.000	0.000	
14:1g	0.000	·	_		0.000	0.000	
15:1g							
16:1 undifferentiated9	0.000	0	1		0.000	0.000	
17:1g							
18:1 undifferentiatedg	0.000	0	1		0.000	0.000	
20:1g	0.000	0	1		0.000	0.000	
22:1 undifferentiatedg	0.000	0	1		0.000	0.000	
24:1 cg							
atty acids, total polyunsaturatedg	0.000	0	1		0.000	0.000	
18:2 undifferentiatedg	0.000	0	1		0.000	0.000	
18:3 undifferentiatedg	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	0	1		0.000	0.000	
Fatty acids, total trans9							
Cholesterol mg	0	0	1		0	0	
Phytosterols mg							
thers:							
Alcohol, ethylg	9.3	0	1		2.7	9.6	
Caffeinemg							
Theobromine mg							

## **Common Measures:**

Measure 1 = 29.5g: 1 fl oz

Measure 2 = 103g: 1 glass (3.5 fl oz)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.92

Food Group: 14 Beverages

NDB No. 43372 Apple cider-flavored drink, powder, added vitamin C and sugar

		<u>A</u> 1	mount in 10	0 grams	of edit	ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Un	iits	Mean			Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food  Measure 2	Measure 3	
Proximates:											
Water	g	0.30		1	AI	13		0.02	0.06		
Energy		395		0	NC	4		32	83		
Energy	kj	1654		0	NC	4		132	347		
Protein (N x 6.25)		0.00		1	AI	13		0.00	0.00		
Total lipid (fat)		0.00		1	AI	13		0.00	0.00		
Ash		0.90		1	AI	13		0.07	0.19		
Carbohydrate, by difference		98.80		0	NC	4		7.90	20.75		
Fiber, total dietary		0.1		0	FLA	4		0.0	0.0		
Sugars, total		80.95		1	LC	8		6.48	17.00		
Starch	g										
Minerals:											
* Calcium, Ca	-	465		0	FLA	4		37	98		
Iron, Fe		0.06		0	FLA	4		0.00	0.01		
Magnesium, Mg		0		0	FLA	4		0	0		
* Phosphorus, P		130				4		10	27		
Potassium, K	_	7		0	FLA	4		1	2		
* Sodium, Na		95		1	LC	8		8	20		
Zinc, Zn		0.00		0 0	FLA	4		0.00	0.00		
Copper, Cu		0.001	=	U	FLA	4		0.000	0.000		
Manganese, Mn Selenium, Se		0.6		0	FLA	4		0.0	0.1		
ŕ											
Vitamins:  * Vitamin C, total ascorbic acid	ma	363.0		1	2.7	13		29.0	76.2		
Thiamin		0.000		0	AI FLA	4		0.000	0.000		
Riboflavin		0.000		0	FLA	4		0.000	0.004		
Niacin	-	0.013		0	FLA	4		0.002	0.004		
Pantothenic acid		0.002		0	FLA	4		0.000	0.001		
Vitamin B-6		0.002		0	FLA	4		0.000	0.000		
Folate, total	-	0	<u>-</u>	0	FLA	4		0	0		
Folic acid		0		0	FLA	4		0	0		
Folate, food	_	0		0	FLA	4		0	0		
Folate, DFE		0		0	NC	4		0	0		
Vitamin B-12		0.00		0	FLA	4		0.00	0.00		
Vitamin A, IU		0		0	FLA	4		0	0		
Vitamin A, RAE		0		0	FLA	4		0	0		
Retinol		0		0	FLA	4		0	0		
Vitamin E (alpha-tocopherol)		0.00		0	FLA	4		0.00	0.00		
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta	mg										
Vitamin D											
Vitamin K (phylloquinone)	mcg	0.0		0	FLA	4		0.0	0.0		
Lipids:											
Fatty acids, total saturated	g	0.000	)	0	FLA	4		0.000	0.000		
4:0		0.000	)	0	FLA	4		0.000	0.000		
6:0		0.000	)	0	FLA	4		0.000	0.000		
8:0	g	0.000	)	0	FLA	4		0.000	0.000		
10:0	g	0.000	)	0	FLA	4		0.000	0.000		
12:0	g	0.000	)	0	FLA	4		0.000	0.000		
13:0	g										
14:0	g	0.000	)	0	FLA	4		0.000	0.000		
15:0	g										
16:0	g	0.000	)	0	FLA	4		0.000	0.000		
17:0	g										
18:0	g	0.000	)	0	FLA	4		0.000	0.000		
20:0	g										
22:0	g										
24:0	a										

NDB No. 43372
Apple cider-flavored drink, powder, added vitamin C and sugar

	Ar	nount in 10	00 grams	of edib	ole portio	<u>on</u>	Amount in edible portion of common			
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3	
E-marida dadal mananantanda d	0.000		0	FLA	4		0.000	0.000		
Fatty acids, total monounsaturated9	0.000		U	FLA	4		0.000	0.000		
14:1g 15:1g										
16:1 undifferentiated	0.000		0	FLA	4		0.000	0.000		
17:1g	0.000		·	LIM	-		0.000	0.000		
18:1 undifferentiated	0.000		0	FLA	4		0.000	0.000		
20:1g	0.000		0	FLA	4		0.000	0.000		
22:1 undifferentiated	0.000		0	FLA	4		0.000	0.000		
24:1 cg	0.000				-		0.000	0.000		
Fatty acids, total polyunsaturated9	0.000		0	FLA	4		0.000	0.000		
18:2 undifferentiatedg	0.000		0	FLA	4		0.000	0.000		
18:3 undifferentiated	0.000		0	FLA	4		0.000	0.000		
18:4g	0.000		0	FLA	4		0.000	0.000		
20:2 n-6 c,cg										
20:3 undifferentiated										
20:4 undifferentiated	0.000		0	FLA	4		0.000	0.000		
20:5 n-3g	0.000		0	FLA	4		0.000	0.000		
22:5 n-3g	0.000		0	FLA	4		0.000	0.000		
22:6 n-3g	0.000		0	FLA	4		0.000	0.000		
Fatty acids, total transg										
Cholesterolmg	0		0	FLA	4		0	0		
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0		0	FLA	4		0.0	0.0		
Caffeinemg	0		0	FLA	4		0	0		
Theobromine mg	0		0	FLA	4		0	0		
Carotenoids:										
Carotene, beta mcg	0		0	FLA	4		0.003	0.008		
Carotene, alphamcg	0		0	FLA	4		0.000	0.000		
Cryptoxanthin, betamcg	0		0	FLA	4		0.020	0.051		
Lycopene mcg	0		0	FLA	4		0.002	0.006		
Lutein + zeaxanthin mcg	1		0	FLA	4		0.074	0.194		

## **Common Measures:**

Measure 1 = 8.0g: 1 tsp Measure 2 = 21g: 1 packet

\*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 14 Beverages

NDB No. 43388
Apple cider-flavored drink, powder, low calorie, with vitamin C, prepared

		<u>A</u>	mount in 10	0 grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
				Number	•			<u>m</u>	easures of food	<u> </u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	99.70				4		239.28	29.91		
Energy	kcal	1				4		2	0		
Energy	kj	4				4		10	1		
Protein	g	0.00				4		0.00	0.00		
Total lipid (fat)	g	0.00				4		0.00	0.00		
Ash	g	0.10		0	RPI	6		0.24	0.03		
Carbohydrate, by difference	g	0.30				4		0.72	0.09		
Fiber, total dietary	g	0.0				4		0.0	0.0		
Sugars, total	g	0.00		0	RPI	6		0.00	0.00		
Starch											
	_										
<u>Minerals:</u>									•		
Calcium, Ca	-	11				4		26	3		
Iron, Fe	-	0.03				4		0.07	0.01		
Magnesium, Mg		1				4		2	0		
Phosphorus, P	_	12				4		29	4		
Potassium, K	_	0		_		4		0	0		
Sodium, Na	-	14		0	0	4		33	4		
Zinc, Zn		0.03				4		0.07	0.01		
Copper, Cu		0.015				4		0.036	0.005		
Manganese, Mn		0.000	)	0	RPI	6		0.001	0.000		
Selenium, Se	mcg	0.0		0	BFZN	4		0.0	0.0		
itamins:											
Vitamin C, total ascorbic acid	ma	25.0		0	0	4		60.0	7.5		
Thiamin	-	0.000	)			4		0.000	0.000		
Riboflavin	-	0.000				4		0.000	0.000		
Niacin		0.000				4		0.000	0.000		
Pantothenic acid		0.000		0	RPI	6		0.000	0.000		
Vitamin B-6	_	0.000		-		4		0.000	0.000		
Folate, total	_	0		0	RPI	6		0	0		
Folic acid		Ö		0	RPI	6		0	0		
Folate, food		0		0	RPI	6		0	0		
Folate, DFE		Ö		0	NC	4		0	0		
Vitamin B-12		0.00		·	2.0	7		0.00	0.00		
Vitamin A, IU		0		0	RPI	6		0	0		
Vitamin A, RAE		0		0	RPI	6		0	0		
Retinol		0		0	RPI	6		0	0		
Vitamin E (alpha-tocopherol)		0.00		0	RPI	6		0.00	0.00		
Tocopherol, beta		0.00		Ū	KEI	· ·		0.00	0.00		
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		0.0		0	RPI	6		0.0	0.0		
viamini it (phynoquinone)				_		-			0.0		
ipids:											
Fatty acids, total saturated	g	0.000				4		0.000	0.000		
4:0		0.000	)	0		4		0.000	0.000		
6:0	g	0.000	)	0		4		0.000	0.000		
8:0	_	0.000		0		4		0.000	0.000		
10:0	-	0.000		0		4		0.000	0.000		
12:0		0.000	)	0		4		0.000	0.000		
13:0											
14:0	g	0.000	)	0		4		0.000	0.000		
15:0	g										
16:0	g	0.000	)	0		4		0.000	0.000		
17:0	g										
18:0	g	0.000	)	0		4		0.000	0.000		
20:0	g										
22:0	g										
24:0	a										

	<u>Ar</u>	mount in 10		o <u>n</u>	Amount in edible portion of common measures of food				
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.000				4		0.000	0.000	
14:1g									
15:1g 16:1 undifferentiatedg	0.000		0		4		0.000	0.000	
16:1 undifferentiated	0.000		U		4		0.000	0.000	
18:1 undifferentiated	0.000		0		4		0.000	0.000	
20:1g	0.000		0		4		0.000	0.000	
22:1 undifferentiated	0.000		0		4		0.000	0.000	
24:1 cg	0.000		·		•		0.000	0.000	
Fatty acids, total polyunsaturatedg	0.000	ı			4		0.000	0.000	
18:2 undifferentiatedg	0.000		0		4		0.000	0.000	
18:3 undifferentiatedg	0.000		0		4		0.000	0.000	
18:4g	0.000		0		4		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0		4		0.000	0.000	
20:5 n-3g	0.000		0		4		0.000	0.000	
22:5 n-3g	0.000		0		4		0.000	0.000	
22:6 n-3g	0.000	ı	0		4		0.000	0.000	
Fatty acids, total transg									
Cholesterolmg	0				7		0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0				7		0.0	0.0	
Caffeine mg	0		0	RPI	6		0	0	
Theobrominemg	0		0	RPI	6		0	0	
Carotenoids:									
Carotene, beta mcg	0		0	RPI	6		0.000	0.000	
Carotene, alphamcg	0		0	RPI	6		0.000	0.000	
Cryptoxanthin, betamcg	0		0	RPI	6		0.000	0.000	
Lycopenemcg	0		0	RPI	6		0.000	0.000	
Lutein + zeaxanthinmcg	0		0	RPI	6		0.000	0.000	

## **Common Measures:**

Measure 1 = 240g: 1 cup (8 fl oz) Measure 2 = 30.0g: 1 fl oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

		<u>A</u>	mount in 100 grams	s of edi	ble portic	<u>on</u>	Amount in edible portion of common			
			Numbe	r			<u>m</u>	easures of food		
			of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	89.90	1		1		27.42	151.03		
Energy	kcal	37	0	NC	4		11	62		
Energy	kj	155			4		47	260		
Protein (N x 6.25)	g	0.60	1		1		0.18	1.01		
Total lipid (fat)	g	0.10	1		1		0.03	0.17		
Ash	g	0.90	1		1		0.27	1.51		
Carbohydrate, by difference	g	8.50	0	NC	4		2.59	14.28		
Fiber, total dietary		0.1	0	RA	4		0.0	0.2		
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	mg	11	1		1		3	18		
Iron, Fe	_	0.58	1		1		0.18	0.97		
Magnesium, Mg		3	0		4		1	5		
Phosphorus, P		13	0		4		4	22		
Potassium, K	mg	96	1		1		29	161		
Sodium, Na		131	1		1		40	220		
Zinc, Zn		0.02	0		4		0.01	0.03		
Copper, Cu		0.017			4		0.005	0.029		
Manganese, Mn		0.028			4		0.009	0.047		
Selenium, Se	mcg	0.7	0	FLA	4		0.2	1.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9	1		1		0.3	1.5		
Thiamin		0.001	1		1		0.000	0.002		
Riboflavin		0.029	) 1		1		0.009	0.049		
Niacin	<u>mg</u>	0.164	1 1		1		0.050	0.276		
Pantothenic acid	mg	0.036	5 0		4		0.011	0.060		
Vitamin B-6	_	0.024	1 0		4		0.007	0.040		
Folate, total		4	0		4		1	7		
Folic acid		0	0	Z	7		0	0		
Folate, food	mcg	4	0		4		1	7		
Folate, DFE		4	0	NC	4		1	7		
Vitamin B-12		0.05	0		4		0.02	0.08		
Vitamin A, IU		128	1	170	1		39	215		
Vitamin A, RAE		6 0	0	NC Z	4 7		2 0	11 0		
Retinol Vitamin E (alpha-tocopherol)		U	· ·	2	,		U	U		
Tocopherol, beta	=									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Linida										
Lipids:	0	0.032	2 0		1		0.010	0.054		
Fatty acids, total saturated4:0		0.032			_		0.010	0.034		
6:0										
8:0										
10:0										
12:0		0.001	L 0		1		0.000	0.002		
13:0	g									
14:0	g	0.002	2 0		1		0.001	0.003		
15:0	g									
16:0	_	0.018	0		1		0.005	0.030		
17:0	_									
18:0	_	0.011	L 0		1		0.003	0.018		
20:0	-									
22:0	-									
24:0	g									

		<u>Aı</u>	mount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Unit	ts	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated		0.029		0		1		0.009	0.049		
14:1	-										
15:1											
16:1 undifferentiated	-	0.002		0		1		0.001	0.003		
17:1											
18:1 undifferentiated	g	0.026		0		1		0.008	0.044		
20:1	g	0.000		0		1		0.000	0.000		
22:1 undifferentiated	g										
24:1 c	•										
Fatty acids, total polyunsaturated	g	0.022		0		1		0.007	0.037		
18:2 undifferentiated		0.021		0		1		0.006	0.035		
18:3 undifferentiated	g	0.001		0		1		0.000	0.002		
18:4	g										
20:2 n-6 c,c	g										
20:3 undifferentiated	g										
20:4 undifferentiated	g										
20:5 n-3	g										
22:5 n-3	g										
22:6 n-3	g										
Fatty acids, total trans	g										
Cholesterol		0		0		4		0	0		
Phytosterols	-										
Amino Acids:											
Tryptophan	a	0.001		0		1		0.000	0.002		
Threonine		0.011		0		1		0.003	0.018		
Isoleucine		0.009		0		1		0.003	0.015		
Leucine		0.018		0		1		0.005	0.013		
Lysine		0.018		0		1		0.003	0.037		
Methionine	-	0.022		0		1		0.007	0.037		
	-	0.004		0		1		0.001			
Cystine				0		1			0.002		
Phenylalanine		0.013		-		_		0.004	0.022		
Tyrosine	-	0.003		0		1		0.001	0.005		
Valine		0.015		0		1		0.005	0.025		
Arginine		0.041		0		1		0.013	0.069		
Histidine	•	0.006		0		1		0.002	0.010		
Alanine	-	0.052		0		1		0.016	0.087		
Aspartic acid		0.044		0		1		0.013	0.074		
Glutamic acid	-	0.090		0		1		0.027	0.151		
Glycine	g	0.128		0		1		0.039	0.215		
Proline	g	0.075		0		1		0.023	0.126		
Serine	g	0.018		0		1		0.005	0.030		
Hydroxyproline	g										

## **Common Measures:**

Measure 1 = 30.5g: 1 fl oz

Measure 2 = 168g: 1 can (5.5 oz)

Calories Factors: Protein 4 Fat 8.9 Carbohydrate 3.9

Food Group: 14 Beverages

NDB No. 14552 Carbonated beverage, chocolate-flavored soda

soft drink, pop **Refuse:** 0%

		<u>A</u>	mount in 10			le portio	<u>n</u>	Amount in edible portion of common measures of food			
				Number		0	0 5 - 1	<u>m</u>	easures of 1000		
Nutrients and Uni	its	Mean	Std. Error	of Data Points		Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	89.20				1		27.65	438.86	329.15	
Energy	kcal	42				4		13	207	155	
Energy		176				4		54	865	648	
Protein	g	0.00				1		0.00	0.00	0.00	
Total lipid (fat)		0.00				1		0.00	0.00	0.00	
Ash		0.10			BFSN	4		0.03	0.50	0.38	
Carbohydrate, by difference		10.70		0		4		3.32	52.64	39.48	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0	
Sugars, total	g	10.70		0	NR	4		3.32	52.64	39.48	
Starch	g										
Minerals:											
Calcium, Ca	-	4				1		1	20	15	
Iron, Fe		0.10				1		0.03	0.49	0.37	
Magnesium, Mg		1				1		0	5	4	
Phosphorus, P		1				1		0	5	4	
Potassium, K		50				1		16	246	185	
Sodium, Na		88				1 1		27	433	325	
Zinc, Zn		0.16 0.013	,			1		0.05 0.004	0.79 0.064	0.59 0.048	
Copper, Cu		0.013		0	BFSN	4		0.004	0.064	0.048	
Selenium, Se		0.030	,	0	BFZN	4		0.011	0.173	0.132	
Vitamins:	-										
Vitamin C, total ascorbic acid	ma	0.0				7		0.0	0.0	0.0	
Thiamin		0.000	)			1		0.000	0.000	0.000	
Riboflavin	-	0.000	)			1		0.000	0.000	0.000	
Niacin	mg	0.000	)			7		0.000	0.000	0.000	
Pantothenic acid	mg	0.000	)		BFSN	4		0.000	0.000	0.000	
Vitamin B-6	mg	0.000	)			1		0.000	0.000	0.000	
Folate, total	mcg	0				7		0	0	0	
Folic acid	mcg	0		0	Z	7		0	0	0	
Folate, food		0		0	Z	7		0	0	0	
Folate, DFE		0		0	NC	4		0	0	0	
Vitamin B-12		0.00				7		0.00	0.00	0.00	
Vitamin A, IU		0		0	Z	7		0	0	0	
Vitamin A, RAE		0		0	NC	4		0	0	0	
Retinol		0		0 0	z z	7 7		0 0.00	0 0.00	0 0.00	
Vitamin E (alpha-tocopherol) Tocopherol, beta		0.00		U	Z	,		0.00	0.00	0.00	
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D		0.000	)	0	z	7		0.000	0.000	0.000	
Vitamin K (phylloquinone)		0.0		0	Z	7		0.0	0.0	0.0	
Lipids:											
Fatty acids, total saturated	g	0.000	)			7		0.000	0.000	0.000	
4:0		0.000	)	0		4		0.000	0.000	0.000	
6:0		0.000	)	0		4		0.000	0.000	0.000	
8:0	g	0.000	)	0		4		0.000	0.000	0.000	
10:0		0.000		0		4		0.000	0.000	0.000	
12:0		0.000	)	0		4		0.000	0.000	0.000	
13:0											
14:0		0.000	)	0		4		0.000	0.000	0.000	
15:0	-			_		_					
16:0	-	0.000	)	0		4		0.000	0.000	0.000	
17:0	-			_							
18:0	-	0.000	,	0		4		0.000	0.000	0.000	
20:0	-										
22:0 24:0	-										

	<u>An</u>	nount in 10	00 grams Number		<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	0.000				7		0.000	0.000	0.000
14:1g	0.000				,		0.000	0.000	0.000
15:1									
16:1 undifferentiated9	0.000		0		4		0.000	0.000	0.000
17:1g									
18:1 undifferentiated	0.000		0		4		0.000	0.000	0.000
20:1g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiatedg	0.000		0		4		0.000	0.000	0.000
24:1 cg									
Fatty acids, total polyunsaturated	0.000				7		0.000	0.000	0.000
18:2 undifferentiatedg	0.000		0		4		0.000	0.000	0.000
18:3 undifferentiatedg	0.000		0		4		0.000	0.000	0.000
18:4g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0		4		0.000	0.000	0.000
20:5 n-3g	0.000		0		4		0.000	0.000	0.000
22:5 n-3g	0.000		0		4		0.000	0.000	0.000
22:6 n-3g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total transg									
Cholesterolmg	0		0		7		0	0	0
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0	0.0	0.0
Caffeine mg	2		0	BFZN	4		1	10	7
Theobromine mg	63		0	BFZN	4		20	310	232
Carotenoids:									
Carotene, betamcg	0		0	z	7		0.000	0.000	0.000
Carotene, alphamcg	0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta mcg	0		0	z	7		0.000	0.000	0.000
Lycopene mcg	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 = 31.0g: 1 fl oz

Measure 2 = 492g: 1 can or bottle (16 fl oz)

Measure 3 = 369g: 1 can (12 fl oz)

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

soft drink **Refuse:** 0%

		<u>A</u> 1	mount in 10			ole portio	<u>n</u>	Amount in edible portion of common measures of food			
Nodeloude and the	•		Std. Error	Number of Data	Deriv	Source Code	Confidence Code			•	
Nutrients and Un	its	Mean	Sta. Error	romis	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	_	99.90		1		1		29.57	473.53	354.65	
Energy		0		0	NC	4		0	0	0	
Energy		0			NC	4		0	0	0	
Protein (N x 6.25)		0.00		0		1		0.00	0.00	0.00	
Total lipid (fat)		0.00		0		1		0.00	0.00	0.00	
Ash		0.10		1		1		0.03	0.47	0.36	
Carbohydrate, by difference		0.00		0	_	1		0.00	0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	0.0	
Sugars, total		0.00		0	NR	4		0.00	0.00	0.00	
Starch	9										
Minerals:											
Calcium, Ca	mg	5		1		1		1	24	18	
Iron, Fe	mg	0.01		0	BFZN	4		0.00	0.05	0.04	
Magnesium, Mg		1		2		1		0	5	4	
Phosphorus, P		0	0.0			1		0	0	0	
Potassium, K		2	1.3			1		1	9	7	
Sodium, Na		21	5.8			1		6	100	75	
Zinc, Zn		0.10		2		1		0.03	0.47	0.36	
Copper, Cu		0.006		0 0	BFZN BFZN	4 4		0.002 0.000	0.028 0.005	0.02	
Manganese, Mn		0.001		0	BFZN	4		0.000	0.005	0.00	
Selenium, Se	nicg	0.0		U	DF ZN	4		0.0	0.0	0.0	
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	0.0	
Thiamin	_	0.000	)	0		1		0.000	0.000	0.000	
Riboflavin	mg	0.000		0		1		0.000	0.000	0.000	
Niacin	_	0.000		0		1		0.000	0.000	0.000	
Pantothenic acid		0.000		0	Z	7		0.000	0.000	0.000	
Vitamin B-6	-	0.000	1	0	Z	7		0.000	0.000	0.000	
Folate, total		0		0	z	7		0	0	0	
Folic acid		0		0	z	7		0	0	0	
Folate, food		0 0		0 0	z o	7		0 0	0	0	
Folate, DFE		-		0	Z	<b>4</b> 7		•	0 0.00	0	
Vitamin B-12 Vitamin A, IU		0.00		U	Z AS	1		0.00 0	0.00	0.00	
Vitamin A, IU		0		0	NC	4		0	0	0	
Retinol		0		0	Z	7		0	0	0	
Vitamin E (alpha-tocopherol)		0.00		0	z	7		0.00	0.00	0.00	
Tocopherol, beta		0.00		•	_	•		0.00	0.00	0.00	
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	0.0		0	Z	7		0.0	0.0	0.0	
Linide											
Lipids:	a	0.000		0		1		0.000	0.000	0.000	
Fatty acids, total saturated4:0		0.000		0		1		0.000	0.000	0.000	
6:0		0.000		0		1		0.000	0.000	0.000	
8:0	-	0.000		0		1		0.000	0.000	0.000	
10:0	-	0.000		0		1		0.000	0.000	0.000	
12:0	-	0.000		0		1		0.000	0.000	0.00	
13:0	-			-							
14:0		0.000	)	0		1		0.000	0.000	0.000	
15:0											
16:0		0.000	)	0		1		0.000	0.000	0.000	
17:0	g										
18:0	g	0.000	)	0		1		0.000	0.000	0.00	
20:0	g										
22:0	-										
24:0	g										

		<u>Ar</u>	nount in 10	00 grams	of edib	ole portio	<u>on</u>	Amount in	edible portion	of common
				Number		_			easures of food	
Nutrients and	d Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatur	rated <b>Q</b>	0.000		0		1		0.000	0.000	0.000
14:1										
15:1	_									
16:1 undifferentiated	_	0.000		0		1		0.000	0.000	0.000
17:1	_			•		_				
18:1 undifferentiated	_	0.000		0 0		1 1		0.000	0.000	0.000
20:1		0.000		0		1		0.000 0.000	0.000 0.000	0.000
22:1 undifferentiated 24:1 c	•	0.000		U		1		0.000	0.000	0.000
Fatty acids, total polyunsatura		0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated		0.000		0		1		0.000	0.000	0.000
18:3 undifferentiated		0.000		0		1		0.000	0.000	0.000
18:4	<del>-</del>	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.	-	0.000		·		_		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	-	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	g									
Cholesterol	mg	0		0		1		0	0	0
Phytosterols	mg									
Amino Asidor										
Amino Acids:	0	0.000		0		1		0.000	0.000	0.000
Tryptophan		0.000		0		1		0.000	0.000	0.000
Threonine Isoleucine	<del>-</del>	0.000		0		1		0.000	0.000	0.000
Leucine	_	0.000		0		1		0.000	0.000	0.000
Lysine		0.000		0		1		0.000	0.000	0.000
Methionine		0.000		0		1		0.000	0.000	0.000
Cystine		0.000		0		1		0.000	0.000	0.000
Phenylalanine		0.000		0		1		0.000	0.000	0.000
Tyrosine		0.000		0		1		0.000	0.000	0.000
Valine		0.000		0		1		0.000	0.000	0.000
Arginine	_	0.000		0		1		0.000	0.000	0.000
Histidine	_	0.000		0		1		0.000	0.000	0.000
Alanine	g	0.000		0		1		0.000	0.000	0.000
Aspartic acid	g	0.000		0		1		0.000	0.000	0.000
Glutamic acid	g	0.000		0		1		0.000	0.000	0.000
Glycine	g	0.000		0		1		0.000	0.000	0.000
Proline		0.000		0		1		0.000	0.000	0.000
Serine	g									
Hydroxyproline	g									
Others:										
Alcohol, ethyl	a	0.0		0	z	7		0.0	0.0	0.0
Caffeine		0.0		0	Z	7		0	0.0	0
Theobromine	-	0		0	z	7		0	0	Ö
Carotenoids:	g	-		-	_	•		-	-	-
	maa	^		^	_	-		0.000	0 000	2 222
Carotene, beta		0		0	Z	7		0.000	0.000	0.000
Carotene, alpha		0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta		0		0 0	z z	7 7		0.000	0.000	0.000
Lycopene		0		0	Z	7		0.000 0.000	0.000 0.000	0.000
Lutein + zeaxanthin	iicg	U		U	Z	,		0.000	0.000	0.000

## **Common Measures:**

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 474g: 1 can or bottle (16 fl oz) Measure 3 = 355g: 1 can or bottle (12 fl oz) NDB No. 14121

Carbonated beverage, club soda

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.87

Food Group: 14 Beverages

NDB No. 14400 Carbonated beverage, cola, contains caffeine

Nutrients and Units  Proximates: Water	g kcal	Mean			Deriv	Source	Confidence	<u>m</u> e	easures of food	<u>.</u>
Proximates: Water	g kcal	Mean				Source	Confidence			
Water Energy Energy Protein Total lipid (fat)	kcal				Code	Code	Code	Measure 1	Measure 2	Measure 3
Water Energy Energy Protein Total lipid (fat)	kcal									
Energy Energy Protein Total lipid (fat)	kcal									
Energy Protein Total lipid (fat)		89.10	0.300	17	JA	6		27.62	329.67	438.37
Protein Total lipid (fat)	KI	42		0	NC	4		13	155	206
Total lipid (fat)		175		0	NC	4		54	647	860
		0.05	0.050	14	JA	6		0.02	0.19	0.25
		0.00	0.000	12 11	JA	6 6		0.00 0.03	0.00	0.00
		0.10	0.000	0	JA	4			0.37	0.49
Carbohydrate, by difference		10.75 0.0		0	NC	4 7		3.33 0.0	39.78	52.89 0.0
Fiber, total dietary				0	M	4			0.0	52.89
Sugars, total		10.75		U	NR	4		3.33	39.78	52.89
Starch	g									
<u>Minerals:</u>										
Calcium, Ca	-	3	0.164	41	JA	6		1	10	14
Iron, Fe		0.02	0.013	47	JA	6		0.01	0.06	0.08
Magnesium, Mg		1	0.235	40	JA	6		0	3	4
Phosphorus, P		13	1.291	52	JA	6		4	49	65
Potassium, K		1	0.088	83	JA	6		0	3	4
Sodium, Na	-	4	0.343	99	JO	11		1	14	18
Zinc, Zn		0.01 0.006	0.004 0.006	48 39	JA JA	6 6		0.00 0.002	0.02 0.020	0.03 0.027
Copper, Cu		0.006		22	JA	6		0.002	0.020	0.02
Selenium, Se		0.018	0.018	20	JO	11		0.003	0.003	0.3
Selemum, Se	1110g	0.1	0.040	20	50			0.0	0.2	0.5
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.0		1		1		0.0	0.0	0.0
Thiamin	-	0.000		1		1		0.000	0.000	0.000
Riboflavin		0.000		1		1		0.000	0.000	0.000
Niacin	-	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	-	0.000		1		1		0.000	0.000	0.000
Vitamin B-6	-	0.000		1 0		1 4		0.000 0	0.000 0	0.000
Folate, total		0		0	z	7		0	0	0
Folate, food		0		0	_	4		0	0	0
Folate, DFE		0		0	NC	4		0	0	0
Vitamin B-12		0.00		1		1		0.00	0.00	0.00
Vitamin A, IU		0		1		1		0	0	0
Vitamin A, RAE		0		0	AS	1		0	0	0
Retinol		0		0	z	7		0	0	0
Vitamin E (alpha-tocopherol)		0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.0		2	JA	6		0.0	0.0	0.1
<u>Lipids:</u>										
Fatty acids, total saturated	q	0.000		0		4		0.000	0.000	0.000
4:0		0.000		0		4		0.000	0.000	0.000
6:0		0.000		0		4		0.000	0.000	0.000
8:0	_	0.000		0		4		0.000	0.000	0.000
10:0	-	0.000		0		4		0.000	0.000	0.000
12:0	_	0.000		0		4		0.000	0.000	0.000
13:0	g									
14:0		0.000		0		4		0.000	0.000	0.000
15:0	g									
16:0	g	0.000		0		4		0.000	0.000	0.000
17:0	g									
18:0	g	0.000		0		4		0.000	0.000	0.00
20:0	_									
22:0 24:0	-									

	<u>Am</u>	ount in 100 gram	<u>n</u>	Amount in edible portion of common				
			Deriv		Confidence	<u>m</u>	easures of food	
Nutrients and Units	Mean S	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.000	0		4		0.000	0.000	0.000
14:1g								
15:1g								
16:1 undifferentiatedg	0.000	0		4		0.000	0.000	0.000
17:1g								
18:1 undifferentiatedg	0.000	0		4		0.000	0.000	0.000
20:1g	0.000	0		4		0.000	0.000	0.000
22:1 undifferentiatedg	0.000	0		4		0.000	0.000	0.000
24:1 cg								
Fatty acids, total polyunsaturated	0.000	0		4		0.000	0.000	0.000
18:2 undifferentiatedg	0.000	0		4		0.000	0.000	0.000
18:3 undifferentiatedg	0.000	0		4		0.000	0.000	0.000
18:4g	0.000	0		4		0.000	0.000	0.000
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0		4		0.000	0.000	0.000
20:5 n-3g	0.000	0		4		0.000	0.000	0.000
22:5 n-3g	0.000	0		4		0.000	0.000	0.000
22:6 n-3g	0.000	0		4		0.000	0.000	0.000
Fatty acids, total trans								
Cholesterol mg	0	0		1		0	0	0
Phytosterols mg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	0.0
Caffeine mg	10	0.826 13		1		3	37	49
Theobromine mg	0	0	Z	7		0	0	0
Carotenoids:								
Carotene beta mcg	0	0	z	7		0.000	0.000	0.000
Carotene, alpha mcg	0	0	z	7		0.000	0.000	0.000
Cryptoxanthin, betamcg	0	0	z	7		0.000	0.000	0.000
Lycopene mcg	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 = 31.0g: 1 fl oz

Measure 2 = 370g: 1 can 12 fl oz Measure 3 = 492g: 1 bottle 16 fl oz

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.87

Food Group: 14 Beverages

NDB No. 14148 Carbonated beverage, cola, with higher caffeine

soft drink, soda, pop

		<u>A</u>	mount in 100	grams	of edib	le portio	<u>n</u>	Amount in	edible portion o	f common
			N	lumber				<u>m</u>	easures of food	
			c	of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error F	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	а	89.10		0	BFZN	4		27.62	438.37	329.67
Energy	-	42		0	BFZN	4		13	206	155
Energy		175		0	BFZN	4		54	860	647
Protein	=	0.05		0	BFZN	4		0.02	0.25	0.19
Total lipid (fat)	-	0.00		0	BFZN	4		0.00	0.00	0.00
Ash		0.10		0	BFZN	4		0.03	0.49	0.37
Carbohydrate, by difference		10.75		0	BFZN	4		3.33	52.89	39.78
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total		10.75		0	BFZN	4		3.33	52.89	39.78
Starch	g									
Minerals:										
Calcium, Ca	mg	3		0	BFZN	4		1	14	10
Iron, Fe	-	0.02		0	BFZN	4		0.01	0.08	0.06
Magnesium, Mg	mg	1		0	BFZN	4		0	4	3
Phosphorus, P		13		0	BFZN	4		4	65	49
Potassium, K		1		0	BFZN	4		0	4	3
Sodium, Na		4		0	BFZN	4		1	18	14
Zinc, Zn		0.01		0	BFZN	4		0.00	0.03	0.02
Copper, Cu		0.006		0	BFZN	4		0.002	0.027	0.020
Manganese, Mn		0.018	3	0	BFZN	4		0.005	0.086	0.06
Selenium, Se	mcg	0.1		0	BFZN	4		0.0	0.3	0.2
Vitamins:										
Vitamin C, total ascorbic acid		0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin		0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin	-	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin		0.000		0	BFZN BFZN	4 4		0.000	0.000	0.000
Pantothenic acid		0.000		0	BFZN	4		0.000 0.000	0.000 0.000	0.000
Vitamin B-6 Folate, total		0.000	,	0	BFZN	4		0.000	0.000	0.000
Folic acid		0		0	Z	7		0	0	0
Folate, food		0		0	BFZN	4		0	0	0
Folate, DFE		0		0	NC	4		0	0	0
Vitamin B-12		0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, IU		0		0	BFZN	4		0	0	0
Vitamin A, RAE	mcg RAE	0		0	NC	4		0	0	0
Retinol		0		0	z	7		0	0	0
Vitamin E (alpha-tocopherol)		0.00		0	BFZN	4		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.0		0	BFZN	4		0.0	0.1	0.0
Lipids:										
Fatty acids, total saturated	g	0.000	)	0	BFZN	4		0.000	0.000	0.000
4:0	g	0.000		0	BFZN	4		0.000	0.000	0.000
6:0	-	0.000		0	BFZN	4		0.000	0.000	0.000
8:0	-	0.000		0	BFZN	4		0.000	0.000	0.000
10:0	-	0.000		0	BFZN	4		0.000	0.000	0.000
12:0		0.000	)	0	BFZN	4		0.000	0.000	0.000
13:0				_		_				
14:0		0.000	)	0	BFZN	4		0.000	0.000	0.000
15:0				_		_				<b>.</b>
16:0		0.000	)	0	BFZN	4		0.000	0.000	0.000
17:0	-	0.000		^	P==			0.000	0.000	
18:0	-	0.000	)	0	BFZN	4		0.000	0.000	0.000
20:0	-									
22:0										

	<u>Amo</u>	ount in 100 g Nu	<u>rams o</u> mber	Amount in edible portion of common measures of food					
Nutrients and Units	Mean S	of Std. Error Po	Data D ints C		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			•						
Fatty acids, total monounsaturated9	0.000		0	BFZN	4		0.000	0.000	0.000
14:19									
15:1	0.000		0	BFZN	4		0.000	0.000	0.000
16:1 undifferentiatedg	0.000		U	DF ZN	4		0.000	0.000	0.000
17.1	0.000		0	BFZN	4		0.000	0.000	0.000
20:1g	0.000			BFZN	4		0.000	0.000	0.000
22:1 undifferentiated	0.000		-	BFZN	4		0.000	0.000	0.000
24:1 c	0.000		Ü	DI ZIN	-		0.000	0.000	0.000
Fatty acids, total polyunsaturated9	0.000		0	BFZN	4		0.000	0.000	0.000
18:2 undifferentiatedg	0.000		-	BFZN	4		0.000	0.000	0.000
18:3 undifferentiated	0.000		-	BFZN	4		0.000	0.000	0.000
18:4g	0.000			BFZN	4		0.000	0.000	0.000
20:2 n-6 c,cg					=				
20:3 undifferentiated									
20:4 undifferentiatedg	0.000		0	BFZN	4		0.000	0.000	0.000
20:5 n-3	0.000		0	BFZN	4		0.000	0.000	0.000
22:5 n-3	0.000		0	BFZN	4		0.000	0.000	0.000
22:6 n-3g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans9									
Cholesterolmg	0		0	BFZN	4		0	0	0
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	BFZN	4		0.0	0.0	0.0
* Caffeine mg	27		0	T	4		8	133	100
Theobrominemg	0		0	z	7		0	0	0
Carotenoids:									
Carotene, betamcg	0		0	BFZN	4		0.000	0.000	0.000
Carotene, alphamcg	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, betamcg	0		0	BFZN	4		0.000	0.000	0.000
Lycopene mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthinmcg	0		0	BFZN	4		0.000	0.000	0.000

# **Common Measures:**

Measure 1 = 31.0g: 1 fl oz

Measure 2 = 492g: 1 can or bottle (16 fl oz) Measure 3 = 370g: 1 can or bottle (12 fl oz)

\*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

NDB No. 14147 Carbonated beverage, cola, without caffeine

soft drink, soda, pop

		<u>A</u>	mount in 10	0 grams	of edib	le portio	<u>on</u>		edible portion	
Nutrients and Un	its	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Proximates:										
Water	g	89.10		0	BFZN	4		27.62	438.37	329.67
Energy	kcal	42		0	BFZN	4		13	206	155
Energy	kj	175		0	BFZN	4		54	860	647
Protein		0.05		0	BFZN	4		0.02	0.25	0.19
Total lipid (fat)	-	0.00		0	BFZN	4		0.00	0.00	0.00
Ash		0.10		0	BFZN	4		0.03	0.49	0.37
Carbohydrate, by difference	g	10.75		0	BFZN	4		3.33	52.89	39.78
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total	g	10.75		0	BFZN	4		3.33	52.89	39.78
Starch	g									
Minerals:										
Calcium, Ca	mg	3		0	BFZN	4		1	14	10
Iron, Fe	mg	0.02		0	BFZN	4		0.01	0.08	0.06
Magnesium, Mg	mg	1		0	BFZN	4		0	4	3
Phosphorus, P	mg	13		0	BFZN	4		4	65	49
Potassium, K	mg	1		0	BFZN	4		0	4	3
Sodium, Na		4		0	BFZN	4		1	18	14
Zinc, Zn		0.01		0	BFZN	4		0.00	0.03	0.02
Copper, Cu	-	0.006		0	BFZN	4		0.002	0.027	0.020
Manganese, Mn		0.018	3	0	BFZN	4		0.005	0.086	0.065
Selenium, Se	mcg	0.1		0	BFZN	4		0.0	0.3	0.2
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin	mg	0.000	)	0	BFZN	4		0.000	0.000	0.000
Riboflavin	mg	0.000	)	0	BFZN	4		0.000	0.000	0.000
Niacin	mg	0.000	)	0	BFZN	4		0.000	0.000	0.000
Pantothenic acid	mg	0.000	)	0	BFZN	4		0.000	0.000	0.000
Vitamin B-6	mg	0.000	)	0	BFZN	4		0.000	0.000	0.000
Folate, total	mcg	0		0	BFZN	4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food		0		0	BFZN	4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12	mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, IU	IU	0		0	BFZN	4		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)		0.00		0	BFZN	4		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.0		0	BFZN	4		0.0	0.1	0.0
Lipids:										
Fatty acids, total saturated	g	0.000	)	0	BFZN	4		0.000	0.000	0.000
4:0	g	0.000	)	0	BFZN	4		0.000	0.000	0.000
6:0		0.000	)	0	BFZN	4		0.000	0.000	0.000
8:0	g	0.000	)	0	BFZN	4		0.000	0.000	0.000
10:0	g	0.000	)	0	BFZN	4		0.000	0.000	0.000
12:0	g	0.000	)	0	BFZN	4		0.000	0.000	0.000
13:0	g									
14:0	g	0.000	)	0	BFZN	4		0.000	0.000	0.000
15:0	g									
16:0	g	0.000	)	0	BFZN	4		0.000	0.000	0.000
17:0	g									
18:0	g	0.000	)	0	BFZN	4		0.000	0.000	0.000
20:0	-									
22:0	-									
24:0	-									

	<u>An</u>	nount in 10	00 grams Number	Amount in edible portion of common measures of food					
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.000		0	BFZN	4		0.000	0.000	0.000
14:1g	0.000		U	DE ZIN	7		0.000	0.000	0.000
15:1g									
16:1 undifferentiatedg	0.000		0	BFZN	4		0.000	0.000	0.000
17:1g									
18:1 undifferentiated	0.000		0	BFZN	4		0.000	0.000	0.000
20:1g	0.000		0	BFZN	4		0.000	0.000	0.000
22:1 undifferentiatedg	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 cg									
Fatty acids, total polyunsaturated9	0.000		0	BFZN	4		0.000	0.000	0.000
18:2 undifferentiated	0.000		0	BFZN	4		0.000	0.000	0.000
18:3 undifferentiated	0.000		0	BFZN	4		0.000	0.000	0.000
18:4g	0.000		0	BFZN	4		0.000	0.000	0.000
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	BFZN	4		0.000	0.000	0.000
20:5 n-3g	0.000		0	BFZN	4		0.000	0.000	0.000
22:5 n-3g	0.000		0	BFZN	4		0.000	0.000	0.000
22:6 n-3g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total transg									
Cholesterolmg	0		0	BFZN	4		0	0	0
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobrominemg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, betamcg	0		0	BFZN	4		0.000	0.000	0.000
Carotene, alphamcg	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, betamcg	0		0	BFZN	4		0.000	0.000	0.000
Lycopene mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin mcg	0		0	BFZN	4		0.000	0.000	0.000

## **Common Measures:**

Measure 1 = 31.0g: 1 fl oz

Measure 2 = 492g: 1 can or bottle (16 fl oz) Measure 3 = 370g: 1 can or bottle (12 fl oz)

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

soft drink, pop **Refuse:** 0%

		<u>Aı</u>	mount in 100			ole portio	<u>on</u>	Amount in edible portion of common			
				lumber		_		<u>m</u>	easures of food	-	
Nutrients and Uni	its	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Proximates: Water	a	86.70		0		1		26.79	428.30	321.66	
Energy	_	51		0	NC	4		16	252	189	
Energy		213		ŭ	110	4		66	1054	792	
Protein (N x 6.25)		0.00		0		1		0.00	0.00	0.00	
Total lipid (fat)		0.00		0		1		0.00	0.00	0.00	
Ash		0.10		0		4		0.03	0.49	0.37	
Carbohydrate, by difference		13.30		0	NC	4		4.11	65.70	49.34	
Fiber, total dietary		0.0		0		4		0.0	0.0	0.0	
Sugars, total		13.30		0	NR	4		4.11	65.70	49.34	
Starch											
Minerals:											
Calcium, Ca	mg	5		1		1		2	25	19	
Iron, Fe		0.05	0.017			1		0.02	0.25	0.19	
Magnesium, Mg	mg	1		1		1		0	5	4	
Phosphorus, P		0	0.011			1		0	0	0	
Potassium, K		1	0.246			1		0	5	4	
Sodium, Na		12	2.83			1		4	59	45	
Zinc, Zn		0.07	0.016			1		0.02	0.35	0.26	
Copper, Cu		0.008		2		1		0.002	0.040	0.030	
Manganese, Mn Selenium, Se		0.013 0.0	3	0 0	BFZN	4 4		0.004 0.0	0.06 <b>4</b> 0.0	0.048	
	Illog	0.0		U	DE ZN	•		0.0	0.0	0.0	
Vitamins:	ma	0.0		0		1		0.0	0.0	0.0	
Vitamin C, total ascorbic acid Thiamin		0.000	,	0		1		0.000	0.000	0.00	
Riboflavin	-	0.000		0		1		0.000	0.000	0.000	
Niacin		0.000		0		4		0.000	0.000	0.000	
Pantothenic acid		0.000		0		4		0.000	0.000	0.000	
Vitamin B-6		0.000		0		4		0.000	0.000	0.000	
Folate, total	-	0		0		4		0	0	0	
Folic acid		0		0	z	7		0	0	0	
Folate, food	mcg	0		0		4		0	0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0	
Vitamin B-12	mcg	0.00		0		4		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)		0.00		0	Z	7		0.00	0.00	0.00	
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta Vitamin D											
Vitamin K (phylloquinone)		0.0		0	z	7		0.0	0.0	0.0	
Lipids:											
Fatty acids, total saturated	g	0.000	)	0		1		0.000	0.000	0.000	
4:0		0.000		0		1		0.000	0.000	0.000	
6:0		0.000	)	0		1		0.000	0.000	0.000	
8:0	g	0.000	)	0		1		0.000	0.000	0.000	
10:0	g	0.000	)	0		1		0.000	0.000	0.000	
12:0	_	0.000	)	0		1		0.000	0.000	0.000	
13:0											
14:0		0.000	)	0		1		0.000	0.000	0.000	
15:0				_		_		_			
16:0		0.000	)	0		1		0.000	0.000	0.000	
17:0	-			_		_					
18:0	-	0.000	)	0		1		0.000	0.000	0.000	
20:0	-										
22:0 24:0	_										

		<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 Units	d Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3		
Fatty acids, total monounsatur	rated <b>Q</b>	0.000		0		1		0.000	0.000	0.000		
14:1												
15:1	g											
16:1 undifferentiated	_	0.000		0		1		0.000	0.000	0.000		
17:1	_					_						
18:1 undifferentiated	_	0.000		0 0		1 1		0.000	0.000	0.000		
20:1		0.000 0.000		0		1		0.000 0.000	0.000 0.000	0.000		
22:1 undifferentiated 24:1 c	•	0.000		U		1		0.000	0.000	0.000		
Fatty acids, total polyunsatura		0.000		0		1		0.000	0.000	0.000		
18:2 undifferentiated		0.000		0		1		0.000	0.000	0.000		
18:3 undifferentiated		0.000		0		1		0.000	0.000	0.000		
18:4	<del>-</del>	0.000		0		1		0.000	0.000	0.000		
20:2 n-6 c.c.	_	0.000		·		_		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	_	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	g											
Cholesterol		0		0		1		0	0	0		
Phytosterols	mg											
A A A												
Amino Acids:	~	0.000		•				0.000				
Tryptophan		0.000		0 0		1 1		0.000	0.000	0.000		
Threonine	=	0.000 0.000		0		1		0.000 0.000	0.000 0.000	0.000		
Isoleucine	_	0.000		0		1		0.000	0.000	0.000		
Lysine		0.000		0		1		0.000	0.000	0.000		
Methionine		0.000		0		1		0.000	0.000	0.000		
Cystine		0.000		0		1		0.000	0.000	0.000		
Phenylalanine		0.000		0		1		0.000	0.000	0.000		
Tyrosine		0.000		0		1		0.000	0.000	0.000		
Valine		0.000		0		1		0.000	0.000	0.000		
Arginine	_	0.000		0		1		0.000	0.000	0.000		
Histidine	_	0.000		0		1		0.000	0.000	0.000		
Alanine	_	0.000		0		1		0.000	0.000	0.000		
Aspartic acid	_	0.000		0		1		0.000	0.000	0.000		
Glutamic acid	_	0.000		0		1		0.000	0.000	0.000		
Glycine		0.000		0		1		0.000	0.000	0.000		
Proline		0.000		0		1		0.000	0.000	0.000		
Serine	=	0.000		0		1		0.000	0.000	0.000		
Hydroxyproline												
Others:	~	0.0		•		-		0.0				
Alcohol, ethyl	_	0.0		0	_	7 7		0.0	0.0	0.0		
Caffeine		0		0 0	z z	7		0	0 0	0 0		
Theobromine	9	U		U	4	,		U	U	U		
Carotenoids:												
Carotene, beta	• • • • • • • • • • • • • • • • • • • •	0		0	Z	7		0.000	0.000	0.000		
Carotene, alpha		0		0	Z	7		0.000	0.000	0.000		
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000	0.000		
Lycopene		0		0	Z	7		0.000	0.000	0.000		
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000	0.000	0.000		

#### **Common Measures:**

Measure 1 = 30.9g: 1 fl oz

Measure 2 = 494g: 1 can or bottle (16 fl oz) Measure 3 = 371g: 1 can or bottle (12 fl oz) NDB No. 14130

Carbonated beverage, cream soda

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.87

Food Group: 14 Beverages

# NDB No. 14136 Carbonated beverage, ginger ale

soft drink, soda, pop

		<u>A</u>	mount in 100 gran	Amount in edible portion of common						
			Numb	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	a	91.23	1	AI	13		27.83	445.20	333.90	
Energy	_	34	0	NC	4		10	166	124	
Energy		142	0	NC	4		43	693	520	
Protein (N x 6.25)		0.00	2		1		0.00	0.00	0.00	
Total lipid (fat)		0.00	2		1		0.00	0.00	0.00	
Ash		0.00	1		1		0.00	0.00	0.00	
Carbohydrate, by difference		8.77	0	NC	4		2.67	42.80	32.10	
Fiber, total dietary		0.0	0		7		0.0	0.0	0.0	
Sugars, total		8.70	0	NP	4		2.65	42.46	31.84	
Sucrose		1.90	1	AI	13		0.58	9.27	6.95	
Glucose (dextrose)	g	3.10	1	AI	13		0.95	15.13	11.35	
Fructose	g	3.70	1	AI	13		1.13	18.06	13.54	
Lactose	g									
Maltose										
Galactose										
Starch										
Minerals:		_			_					
Calcium, Ca	_	3	15		1		1	15	11	
Iron, Fe.		0.18 1	2		1 1		0.05 0	0.88	0.66	
Magnesium, Mg		0	14 13		1		0	5 0	<b>4</b> 0	
Phosphorus, P Potassium, K		1	13		1		0	5	4	
Sodium, Na		7	26		1		2	34	26	
Zinc, Zn	-	0.05	7		1		0.02	0.24	0.18	
Copper, Cu		0.018			1		0.005	0.088	0.06	
Manganese, Mn		0.013			4		0.004	0.063	0.04	
Selenium, Se		0.1	0	BFZN	4		0.0	0.5	0.4	
Vitamins:										
Vitamin C, total ascorbic acid		0.0	0		1		0.0	0.0	0.0	
Thiamin	-	0.000			1		0.000	0.000	0.00	
Riboflavin	-	0.000			1		0.000	0.000	0.00	
Niacin	_	0.000			1		0.000	0.000	0.00	
Pantothenic acid	-	0.000			1 1		0.000	0.000	0.00	
Vitamin B-6		0.000	, 1		1		0.000 0	0.000 0	0.00	
Folate, totalFolic acid		0	0	z	7		0	0	0	
Folate, food	nicg	0	1	4	1		0	0	0	
Folate, DFE		0	0	z	7		0	0	0	
Vitamin B-12		0.00	0	-	4		0.00	0.00	0.00	
Vitamin A, IU	-	0	0		1		0	0	0	
Vitamin A, RAE		0	0	AS	1		0	0	0	
Retinol		0	0	Z	7		0	0	0	
Vitamin E (alpha-tocopherol)	-	0.00	0	z	7		0.00	0.00	0.00	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.0	0	z	7		0.0	0.0	0.0	
<u>Lipids:</u>										
Fatty acids, total saturated		0.000			4		0.000	0.000	0.00	
4:0		0.000			4		0.000	0.000	0.00	
6:0	-	0.000			4		0.000	0.000	0.00	
8:0		0.000			4		0.000	0.000	0.00	
10:0		0.000			4		0.000	0.000	0.00	
12:0		0.000	0		4		0.000	0.000	0.00	
13:0					-					
14:0	n	0.000	0		4		0.000	0.000	0.00	

		<u>Ar</u>	mount in 10	00 grams Number		ole portion	1	Amount in edible portion of common measures of food		
Nutrients and Ur	nits	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0	g	0.000		0		4		0.000	0.000	0.000
17:0 18:0 20:0.	g	0.000		0		4		0.000	0.000	0.000
22:0 24:0	g g			•						
Fatty acids, total monounsaturated 14:1	g	0.000		0		4		0.000	0.000	0.000
16:1 undifferentiated17:1	g	0.000		0		4		0.000	0.000	0.000
18:1 undifferentiated	•	0.000		0		4		0.000	0.000	0.000
20:1	_	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated	_	0.000		0		4		0.000	0.000	0.000
24:1 c										
Fatty acids, total polyunsaturated		0.000		0		4		0.000	0.000	0.000
18:2 undifferentiated	_	0.000		0		4		0.000	0.000	0.000
18:3 undifferentiated	_	0.000		0		4		0.000	0.000	0.000
18:4		0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated		0.000		0		4		0.000	0.000	0.000
20:5 n-3		0.000		0		4		0.000	0.000	0.000
22:5 n-3		0.000		0		4		0.000	0.000	0.000
22:6 n-3		0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans		•		•		1		•	•	•
Cholesterol	-	0		0		1		0	0	0
Phytosterols										
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	mca	0		0	z	7		0.000	0.000	0.000
Carotene, alpha	-	0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta		0		0	z	7		0.000	0.000	0.000
Lycopene		0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin		0		0	z	7		0.000	0.000	0.000

#### **Common Measures:**

Measure 1 = 30.5g: 1 fl oz

Measure 2 = 488g: 1 can or bottle (16 fl oz) Measure 3 = 366g: 1 can or bottle (12 fl oz)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.87

Food Group: 14 Beverages

soft drink, pop **Refuse:** 0%

		<u>Aı</u>	mount in 100 gr		of edib	ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Uni	its	Mean			Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	88.80		0		1		27.53	330.34	
Energy	kcal	43		0	NC	4		13	160	
Energy	kj	180				4		56	669	
Protein (N x 6.25)	g	0.00		0		4		0.00	0.00	
Total lipid (fat)	g	0.00		0		4		0.00	0.00	
Ash	g	0.10		0		4		0.03	0.37	
Carbohydrate, by difference	g	11.20		0	NC	4		3.47	41.66	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch										
Minerals:	m~	2		^				-		
Calcium, Ca	_	3	0.010	2		1		1	11	
Iron, Fe	-	0.08	0.018	12		1		0.02	0.30	
Magnesium, Mg Phosphorus, P	-	1 0	0.014	2 9		1 1		0 0	<b>4</b> 0	
1 ,	•		0.014					0		
Potassium, K		1 15		25 25		1 1		0 5	4 56	
Sodium, Na		0.07	0.025	25 11		1		0.02	0.26	
Zinc, Zn		0.07		9		1		0.02	0.082	
Copper, Cu		0.022		0		4		0.004	0.048	
Selenium, Se	_	0.013		0	BFZN	4		0.004	0.0	
Seiemum, Se	g	0.0		U	DE ZN	-		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.000		0		4		0.000	0.000	
Riboflavin	mg	0.000		0		4		0.000	0.000	
Niacin	mg	0.000		0		4		0.000	0.000	
Pantothenic acid	mg	0.000		0		4		0.000	0.000	
Vitamin B-6	mg	0.000		0		4		0.000	0.000	
Folate, total	mcg	0		0		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food		0		0		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12		0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	0		0		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.000		0		1		0.000	0.000	
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	_	0.000		0		1		0.000	0.000	
15:0	_									
16:0	_	0.000		0		1		0.000	0.000	
17:0	-									
18:0		0.000		0		1		0.000	0.000	
20:0										
22:0										
24:0	-									

	<u>A</u>	mount in 100 grams		<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Number of Data Std. Error Points	Deriv Source	Confidence	Measure 1	Measure 2	Measure 3
Nutrients and Onits	Weari	Stu. Ellor 1 Sinto			Weasure i	Weasure 2	Weasure 3
Fatty acids, total monounsaturatedg	0.000	0	1		0.000	0.000	
14:1g							
15:1g							
16:1 undifferentiatedg	0.000	0	1		0.000	0.000	
17:1g							
18:1 undifferentiatedg	0.000	0	1		0.000	0.000	
20:1g	0.000	0	1		0.000	0.000	
22:1 undifferentiatedg	0.000	0	1		0.000	0.000	
24:1 cg							
Fatty acids, total polyunsaturated	0.000		1		0.000	0.000	
18:2 undifferentiatedg	0.000	0	1		0.000	0.000	
18:3 undifferentiatedg	0.000		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		1		0.000	0.000	
20:5 n-3g	0.000		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	1		0	0	
Phytosterolsmg							
Amino Acids:							
Tryptophang	0.000		1		0.000	0.000	
Threonineg	0.000		1		0.000	0.000	
Isoleucineg	0.000		1		0.000	0.000	
Leucineg	0.000		1		0.000	0.000	
Lysineg	0.000		1		0.000	0.000	
Methionineg	0.000		1		0.000	0.000	
Cystineg	0.000		1		0.000	0.000	
Phenylalanineg	0.000		1		0.000	0.000	
Tyrosineg	0.000		1		0.000	0.000	
Valineg	0.000		1		0.000	0.000	
Arginineg	0.000		1		0.000	0.000	
Histidineg	0.000		1		0.000	0.000	
Alanineg	0.000		1		0.000	0.000	
Aspartic acidg	0.000		1		0.000	0.000	
Glutamic acid	0.000		1		0.000	0.000	
Glycine9	0.000		1		0.000	0.000	
Proline	0.000		1		0.000	0.000	
Serineg	0.000	0	1		0.000	0.000	
Hydroxyprolineg							
Others:							
Alcohol, ethylg	0.0	0	7		0.0	0.0	
Caffeine mg							
Theobrominemg							

#### **Common Measures:**

Measure 1 = 31.0g: 1 fl oz

Measure 2 = 372g: 1 can or bottle (12 fl oz)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.87

Food Group: 14 Beverages

NDB No. 14145 Carbonated beverage, lemon-lime soda

soft drink, pop, white soda

		<u>A</u>	mount in 100 gram	Amount in edible portion of common						
			Numbe	er			measures of food			
			of Dat	a Deriv	Source	Confidence				
Nutrients and Un	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	89.50	2	AI	13		27.48	439.45	329.36	
Energy	kcal	40	0	NC	4		12	196	147	
Energy	kj	167			4		51	822	616	
Protein (N x 6.25)	g	0.00	1		1		0.00	0.00	0.00	
Total lipid (fat)	g	0.00	1		1		0.00	0.00	0.00	
Ash	g	0.10	2		1		0.03	0.49	0.37	
Carbohydrate, by difference	g	10.40	0	NC	4		3.19	51.06	38.27	
Fiber, total dietary	g	0.0	0		7		0.0	0.0	0.0	
Sugars, total	g	10.20	0	NP	4		3.13	50.08	37.54	
Sucrose	g									
Glucose (dextrose)	g	4.10	2	AI	13		1.26	20.13	15.09	
Fructose	g	6.10	2	AI	13		1.87	29.95	22.45	
Lactose	g									
Maltose	g									
Galactose	g									
Starch										
Minerals:										
Calcium, Ca	ma	2	12		1		1	10	7	
Iron, Fe	-	0.07	0.006 18		1		0.02	0.34	0.26	
Magnesium, Mg	-	1	0.069 14		1		0	5	4	
Phosphorus, P		0	16		1		0	0	0	
Potassium, K		1	0.029 35		1		0	5	4	
Sodium, Na	mg	11	0.755 35		1		3	54	40	
Zinc, Zn	mg	0.05	0.003 21		1		0.02	0.25	0.18	
Copper, Cu	mg	0.012	0.001 15		1		0.004	0.059	0.04	
Manganese, Mn		0.013			1		0.004	0.064	0.04	
Selenium, Se	mcg	0.0	0	BFZN	4		0.0	0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0		1		0.0	0.0	0.0	
Thiamin	mg	0.000	0		1		0.000	0.000	0.00	
Riboflavin	mg	0.000	0		1		0.000	0.000	0.00	
Niacin	mg	0.015	5 2		1		0.005	0.074	0.05	
Pantothenic acid	mg	0.000	2		1		0.000	0.000	0.00	
Vitamin B-6	mg	0.000			1		0.000	0.000	0.00	
Folate, total	-	0	2		1		0	0	0	
Folic acid	mcg	0	0	Z	7		0	0	0	
Folate, food		0	2		1		0	0	0	
Folate, DFE		0	0	NC	4		0	0	0	
Vitamin B-12	-	0.00	0		4		0.00	0.00	0.00	
Vitamin A, IU		0	0		1		0	0	0	
Vitamin A, RAE		0	0	AS	1		0	0	0	
Retinol		0	0	z	7		0	0	0	
Vitamin E (alpha-tocopherol)	-	0.00	0	Z	7		0.00	0.00	0.00	
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0	0	z	7		0.0	0.0	0.0	
. ,	-									
Lipids:	<b>a</b>	0.000			_		0.000	0.000		
Fatty acids, total saturated		0.000			1 1		0.000	0.000	0.00	
4:0		0.000					0.000	0.000	0.00	
6:0	_	0.000			1 1		0.000	0.000	0.00	
8:0		0.000			1		0.000	0.000	0.00	
10:0		0.000			1		0.000	0.000	0.00	
12:0		0.000	, 0		1		0.000	0.000	0.00	
13:0 14:0		0.000	0		1		0.000	0.000	0.00	
	g g	0.000	. 0		_		0.000	0.000	0.00	

	<u>A</u> 1	nount in 100		of edik	ole portio	<u>on</u>	Amount in edible portion of common measures of food		
			umber		_	0 51	1118	sasures or roou	
Nutrients and Units	Mean	Std. Error P	f Data oints		Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0g	0.000		0		1		0.000	0.000	0.000
17:0g			_						
18:0g 20:0g	0.000		0		1		0.000	0.000	0.000
20.0g 22:0g									
24:0g									
Fatty acids, total monounsaturatedg	0.000		0		1		0.000	0.000	0.000
14:1g									
15:1g	0.000		•						0.000
16:1 undifferentiatedg 17:1g	0.000		0		1		0.000	0.000	0.000
18:1 undifferentiatedg	0.000		0		1		0.000	0.000	0.000
20:1g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiatedg	0.000		0		1		0.000	0.000	0.000
24:1 cg									
Fatty acids, total polyunsaturated	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiatedg	0.000		0		1		0.000	0.000	0.000
18:3 undifferentiatedg	0.000		0		1 1		0.000	0.000	0.000
18:4g 20:2 n-6 c.cg	0.000		U		_		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-3g	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 transg					_		•	•	•
Cholesterolmg Phytosterolsmg	0		0		1		0	0	0
Amino Acids:									
Tryptophan9	0.000		0		1		0.000	0.000	0.000
Threonineg	0.000		0		1		0.000	0.000	0.000
Isoleucine	0.000		0		1		0.000	0.000	0.000
Leucine	0.000		0		1 1		0.000	0.000	0.000
Lysineg Methionine	0.000		0		1		0.000 0.000	0.000 0.000	0.000 0.000
Cystineg	0.000		0		1		0.000	0.000	0.000
Phenylalanineg	0.000		0		1		0.000	0.000	0.000
Tyrosineg	0.000		0		1		0.000	0.000	0.000
Valineg	0.000		0		1		0.000	0.000	0.000
Arginineg	0.000		0		1		0.000	0.000	0.000
Histidineg	0.000		0		1		0.000	0.000	0.000
Alanine	0.000		0		1 1		0.000	0.000	0.000
Aspartic acid	0.000		0		1		0.000 0.000	0.000 0.000	0.000
Glycineg	0.000		0		1		0.000	0.000	0.000
Prolineg	0.000		0		1		0.000	0.000	0.000
Serineg	0.000		0		1		0.000	0.000	0.000
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
Caratana hata	0		0	z	7		0.000	0.000	0.000
Carotene, betamcg Carotene, alphamcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, betamcg	0		0	Z	7		0.000	0.000	0.000
Lycopene mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin mcg	0		0	Z	7		0.000	0.000	0.000

NDB No. 14145

Carbonated beverage, lemon-lime soda

**Common Measures:** 

Measure 1 = 30.7g: 1 fl oz

Measure 2 = 491g: 1 can or bottle (16 fl oz) Measure 3 = 368g: 1 can or bottle (12 fl oz)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.87

Food Group: 14 Beverages

NDB No. 14144 Carbonated beverage, lemon-lime soda, contains caffeine

soft drink, pop, white soda

		<u>A</u>	mount in 100	grams	of edib	le portio	<u>n</u>	Amount in edible portion of common		
			N	lumber	•			<u>m</u>	easures of food	
			c	of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Duranian										
Proximates: Water	q	89.50		0	BFZN	4		27.48	439.45	329.36
Energy	=	40		0	BFZN	4		12	196	147
Energy		167				4		51	822	616
Protein		0.00		0	BFZN	4		0.00	0.00	0.00
Total lipid (fat)	-	0.00		0	BFZN	4		0.00	0.00	0.00
Ash	g	0.10		0	BFZN	4		0.03	0.49	0.37
Carbohydrate, by difference		10.40		0	BFZN	4		3.19	51.06	38.27
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total		10.20		0	BFZN	4		3.13	50.08	37.54
Starch	g									
Minanala										
Minerals: Calcium, Ca	ma	2		0	BFZN	4		1	10	7
Iron. Fe.	-	0.07		0	BFZN	4		0.02	0.34	0.26
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	1		0	BFZN	4		0.02	5	4
Phosphorus, P		0		0	BFZN	4		0	0	0
Potassium, K		1		0	BFZN	4		0	5	4
Sodium, Na		11		0	BFZN	4		3	54	40
Zinc, Zn		0.05		0	BFZN	4		0.02	0.25	0.18
Copper, Cu		0.012	2	0	BFZN	4		0.004	0.059	0.04
Manganese, Mn	<u>mg</u>	0.013	3	0	BFZN	4		0.004	0.064	0.048
Selenium, Se	mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin		0.000	)	0	BFZN	4		0.000	0.000	0.000
Riboflavin		0.000		0	BFZN	4		0.000	0.000	0.000
Niacin	-	0.015	5	0	BFZN	4		0.005	0.074	0.05
Pantothenic acid		0.000	)	0	BFZN	4		0.000	0.000	0.000
Vitamin B-6		0.000	)	0	BFZN	4		0.000	0.000	0.000
Folate, total		0		0	BFZN	4		0	0	0
Folic acid		0		0	Z	7		0	0	0
Folate, food		0		0	BFZN	4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12		0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, IU	IU	0		0	BFZN	4		0	0	0
Vitamin A, RAE		0		0	NC	4		0	0	0
Retinol		0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin D Vitamin K (phylloquinone)		0.0		0	z	7		0.0	0.0	0.0
vitamin K (phynodumone)	g	0.0		ŭ	-	,		0.0	0.0	0.0
<u>Lipids:</u>										
Fatty acids, total saturated		0.000		0	BFZN	4		0.000	0.000	0.000
4:0		0.000		0	BFZN	4		0.000	0.000	0.000
6:0	-	0.000		0	BFZN	4		0.000	0.000	0.000
8:0	_	0.000		0	BFZN	4		0.000	0.000	0.000
10:0	_	0.000		0	BFZN	4		0.000	0.000	0.000
12:0		0.000	J	0	BFZN	4		0.000	0.000	0.000
13:0		0.000	1	•	DERM	A		0.000	0.000	0.00
14:0		0.000	,	0	BFZN	4		0.000	0.000	0.000
15:0		0.000	,	^	DEG			0 000	2 222	0.00
16:0		0.000	,	0	BFZN	4		0.000	0.000	0.000
17:0	-	0 000	1	0	ייים	A		0 000	0 000	0.004
18:0	-	0.000	,	U	BFZN	4		0.000	0.000	0.000
20:0	-									
22:0	y									

		<u>A</u> 1	mount in 100 gran	ns of edi	ole portio	<u>on</u>	Amount in edible portion of common		
			Numb	er			<u>m</u>	easures of food	
				a Deriv	Source	Confidence			
Nutrients and	Units	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	ted	0.000	0	BFZN	4		0.000	0.000	0.000
14:1 15:1	g								
16:1 undifferentiated	9	0.000	0	BFZN	4		0.000	0.000	0.000
18:1 undifferentiated	9	0.000		BFZN BFZN	4 4		0.000	0.000	0.000
22:1 undifferentiated	g	0.000		BFZN	4		0.000	0.000	0.000
Fatty acids, total polyunsaturate	edg	0.000		BFZN BFZN	4 4		0.000	0.000	0.000
18:2 undifferentiated	g	0.000	0	BFZN	4		0.000	0.000	0.000
18:4	9	0.000	U	BFZN	4		0.000	0.000	0.000
20:3 undifferentiated	9	0.000		BFZN	4		0.000	0.000	0.000
20:5 n-322:5 n-3	g	0.000 0.000	0	BFZN BFZN	4 4		0.000 0.000	0.000 0.000	0.000 0.000
22:6 n-3Fatty acids, total trans	g	0.000		BFZN	4		0.000	0.000	0.000
CholesterolPhytosterols		0	0	BFZN	4		0	0	0
Amino Acids:	9	0.000	0	BFZN	4		0.000	0.000	0.000
Tryptophan Threonine	g	0.000	0	BFZN	4		0.000	0.000	0.000
IsoleucineLeucine	9	0.000 0.000	0	BFZN BFZN	4 4		0.000 0.000	0.000 0.000	0.000 0.000
Lysine Methionine		0.000 0.000	0	BFZN BFZN	4 4		0.000 0.000	0.000 0.000	0.000 0.000
CystinePhenylalanine		0.000 0.000		BFZN BFZN	4 4		0.000 0.000	0.000 0.000	0.000 0.000
TyrosineValine		0.000		BFZN BFZN	4 4		0.000	0.000 0.000	0.000 0.000
Arginine		0.000		BFZN BFZN	4 4		0.000	0.000	0.000
Alanine	g	0.000		BFZN BFZN	4 4		0.000	0.000	0.000 0.000
Glutamic acid	g	0.000	0	BFZN BFZN	4		0.000	0.000	0.000
ProlineSerine	g	0.000	0	BFZN BFZN	4		0.000	0.000	0.000
Hydroxyproline	-	0.000	· ·	DF ZN	•		0.000	0.000	0.000
Others: Alcohol, ethyl	g	0.0	0	BFZN	4		0.0	0.0	0.0
* Caffeine Theobromine	mg	15 0	0	T Z	<b>4</b> 7		5 0	7 <b>4</b> 0	55 0
Carotenoids:		_			_				
Carotene, alpha	mcg	0 0	0	z z	7 7		0.000 0.000	0.000 0.000	0.000 0.000
Cryptoxanthin, beta		0 0	0	z z	7 7		0.000 0.000	0.000 0.000	0.000
Lutein + zeaxanthin		0	0	Z	7		0.000	0.000	0.000

#### **Common Measures:**

Measure 1 = 30.7g: 1 fl oz

Measure 2 = 491g: 1 can or bottle (16 fl oz) Measure 3 = 368g: 1 can or bottle (12 fl oz) NDB No. 14144

## Carbonated beverage, lemon-lime soda, contains caffeine

\*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

NDB No. 14416 Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine

s			lumber	-			<u>m</u>	easures of food	1
s									•
s		-		Deriv	Source	Confidence			
- 	Mean	Std. Error F	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
g	99.80		1		1		29.54	473.05	354.29
kcal	1		0	NC	4		0	5	4
kj	4				4		1	20	15
_	0.10		1		1		0.03	0.47	0.36
_	0.00		1		1		0.00	0.00	0.00
	0.00		1				0.00	0.00	0.00
	0.10		-	NC	_		0.03	0.47	0.36
									0.0
=	0.00		0	Z	7		0.00	0.00	0.00
g									
mg	3	0.400	18	A	1		1	16	12
-	0.03		1		1		0.01	0.14	0.11
mg	1	0.098	3 18	A	1		0	3	2
	11			A	1		3	51	38
	6			A	1		2	31	23
				A				24	18
				A					0.01
				_					0.03
									0.00
filicg	0.0	0.000	) 18	A	1		0.0	0.0	0.0
mg	0.0		0		1		0.0	0.0	0.0
mg	0.005	i	1		1		0.001	0.024	0.01
	0.023	l .	1		1		0.007	0.109	0.08
			1		1		0.000	0.000	0.00
			1		1		0.000	0.000	0.00
-								0.000	0.00
									0
				z					0
				***					0
				NC					0
									0.00
				7.0					0
									0
									0.00
ma	0.00		·	-	,		0.00	0.00	0.00
IU									
mcg	0.0	0.001	L 3	JA	6		0.0	0.0	0.0
a	0 000		0		1		0 000	0 000	0.00
									0.00
			0		1				0.00
_			ō		1				0.00
_			ō		1		0.000	0.000	0.00
-			0		1		0.000	0.000	0.00
	0.000	ı	0		1		0.000	0.000	0.00
	0.000	1	0		1		0.000	0.000	0.0
g									
g	0.000	ı	0		1		0.000	0.000	0.00
_									
g									
		kcal 1  kj 4  g 0.10  g 0.00  g 0.00  g 0.00  g 0.10  g 0.00  g 0.10  g 0.00  g 0.00  g 0.00  g 0.00  g 0.00  mmg 0.00  mmg 0.011  mmg 0.000  mmg 0.001  mmg 0.000  m	kcal				Kcal         1         0         NC         4           MK         4         4         4           9         0.10         1         1           9         0.00         1         1           9         0.10         0         NC         4            9         0.10         0         NC         4           9         0.10         0         NC         4           9         0.00         0         Z         7           9         0         0         Z         7           9         0         0         0         Z         7           9         1         1         1.1         1         1           1         1         1         1.1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1 <td>  Real</td> <td>  Main   Main  </td>	Real	Main   Main

NDB No. 14416 Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine

	<u>Am</u>	ount in 100 grams	Amount in edible portion of common					
			Deriv		Confidence	<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.000	0		1		0.000	0.000	0.000
14:1g								
15:1g								
16:1 undifferentiatedg	0.000	0		1		0.000	0.000	0.000
17:1g								
18:1 undifferentiatedg	0.000	0		1		0.000	0.000	0.000
20:1g	0.000	0		1		0.000	0.000	0.000
22:1 undifferentiatedg	0.000	0		1		0.000	0.000	0.000
24:1 cg								
Fatty acids, total polyunsaturated	0.000	0		1		0.000	0.000	0.000
18:2 undifferentiatedg	0.000	0		1		0.000	0.000	0.000
18:3 undifferentiatedg	0.000	0		1		0.000	0.000	0.000
18:4g	0.000	0		1		0.000	0.000	0.000
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0		1		0.000	0.000	0.000
20:5 n-3g	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 transg								
Cholesterol mg	0	0		1		0	0	0
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	0.0
Caffeine mg	14	0		1		4	66	50
Theobrominemg	0	0	Z	7		0	0	0
Carotenoids:								
Carotene, betamcg	0	0	z	7		0.000	0.000	0.000
Carotene, alphamcg	0	0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta mcg	0	0	Z	7		0.000	0.000	0.000
Lycopenemcg	0	0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin mcg	0	0	Z	7		0.000	0.000	0.000

## **Common Measures:**

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 474g: 1 bottle 16 fl oz Measure 3 = 355g: 1 can 12 fl oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

NDB No. 14166 Carbonated beverage, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine

		<u>A</u> 1	mount in 100 gran		ble portio	<u>on</u>	Amount in edible portion of common			
			Numb				measures of food			
				a Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	99.80	3		1		29.54	473.05	354.29	
Energy		0	0	NC	4		0	0	0	
Energy		0			4		0	0	0	
Protein (N x 6.25)		0.00	4		1		0.00	0.00	0.00	
Total lipid (fat)	g	0.00	3		1		0.00	0.00	0.00	
Ash	g	0.10	0.012 3		1		0.03	0.47	0.36	
Carbohydrate, by difference	g	0.10	0	NC	4		0.03	0.47	0.36	
Fiber, total dietary	g	0.0	0		4		0.0	0.0	0.0	
Sugars, total		0.00	0	Z	7		0.00	0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	4	0.344 74	JA	6		1	17	13	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.02	0.020 28		6		0.01	0.09	0.07	
Magnesium, Mg		1	0.224 74	JA	6		0	4	3	
Phosphorus, P	mg	11	0.162 41	JA	6		3	51	38	
Potassium, K	mg	4	2.235 74	JA	6		1	20	15	
* Sodium, Na		16	0.766 72		1		5	76	57	
Zinc, Zn	-	0.03	0.024 30		6		0.01	0.13	0.09	
Copper, Cu		0.013			6		0.004	0.059	0.044	
Manganese, Mn	-	0.009			6		0.003	0.040	0.030	
Selenium, Se	mcg	0.1	0	BFZN	4		0.0	0.5	0.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0		1		0.0	0.0	0.0	
Thiamin	mg	0.000	0		1		0.000	0.000	0.000	
Riboflavin	mg	0.000	0		1		0.000	0.000	0.000	
Niacin		0.000			1		0.000	0.000	0.000	
Pantothenic acid		0.000			1		0.000	0.000	0.000	
Vitamin B-6		0.000			1		0.000	0.000	0.000	
Folate, total		0	4	_	1		0	0	0	
Folic acid		0	0	Z	7		0	0	0	
Folate, food		0	4	NC	1 4		0 0	0	0	
Folate, DFE		0.00	0	NC	4		0.00	0 0.00	0.00	
Vitamin B-12 Vitamin A, IU	IIICG	0.00	0		1		0.00	0.00	0.00	
Vitamin A, RAE		0	0	AS	1		0	0	0	
Retinol		ō	0	Z	7		0	0	0	
Vitamin E (alpha-tocopherol)		0.00	0	z	7		0.00	0.00	0.00	
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.0	0.001 3	JA	6		0.0	0.0	0.0	
<u>Lipids:</u>	_				_			2 222		
Fatty acids, total saturated		0.000			1 1		0.000	0.000	0.000	
4:0		0.000			1		0.000	0.000	0.000	
6:0	-	0.000			1		0.000 0.000	0.000 0.000	0.000	
8:0 10:0		0.000			1		0.000	0.000	0.000	
12:0		0.000			1		0.000	0.000	0.000	
13:0		0.000	v		-		3.000	0.000	0.000	
14:0	_	0.000	0		1		0.000	0.000	0.000	
15:0	_									
16:0	-	0.000	0		1		0.000	0.000	0.000	
17:0	g									
18:0	g	0.000	0		1		0.000	0.000	0.000	
20:0	g									
22:0	g									

NDB No. 14166 Carbonated beverage, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine

	<u>Amou</u>	nt in 100 grams o	f edible portion		Amount in edible portion of common		
		Number			<u>me</u>	easures of food	
Nutrients and Units	Mean Sto	of Data D d. Error Points C	eriv Source ( ode Code	Confidence Code	Measure 1	Measure 2	Measure 3
24:0g							
Fatty acids, total monounsaturatedg	0.000	0	1		0.000	0.000	0.00
14:1g							
15:1g							
16:1 undifferentiatedg	0.000	0	1		0.000	0.000	0.00
17:1g							
18:1 undifferentiatedg	0.000	0	1		0.000	0.000	0.00
20:1g	0.000	0	1		0.000	0.000	0.00
22:1 undifferentiatedg	0.000	0	1		0.000	0.000	0.00
24:1 cg							
Fatty acids, total polyunsaturatedg	0.000	0	1		0.000	0.000	0.00
18:2 undifferentiatedg	0.000	0	1		0.000	0.000	0.00
18:3 undifferentiatedg	0.000	0	1		0.000	0.000	0.00
18:4g	0.000	0	1		0.000	0.000	0.00
20:2 n-6 c,cg							
20:3 undifferentiatedg							
20:4 undifferentiatedg	0.000	0	1		0.000	0.000	0.00
20:5 n-3g	0.000	0	1		0.000	0.000	0.00
22:5 n-3g	0.000	0	1		0.000	0.000	0.00
22:6 n-3g	0.000	0	1		0.000	0.000	0.00
Fatty acids, total transg							
Cholesterolmg	0	0	1		0	0	0
Phytosterolsmg							
thers:							
Alcohol, ethylg	0.0	0	7		0.0	0.0	0.0
Caffeine mg	11	0.622 17	1		3	52	39
Theobromine mg	0	0	z 7		0	0	0
arotenoids:	-	-	•		-	-	-
	•	•			0.000	0.000	0.00
Carotene, betamcg	0	0	z 7 z 7		0.000	0.000	0.00
Carotene, alphamcg	0	0	z 7 z 7		0.000 0.000	0.000 0.000	0.00
Cryptoxanthin, beta mcg	•	•	= :				
Lycopene mcg	0	0	z 7 z 7		0.000	0.000	0.00
Lutein + zeaxanthin mcg	U	U	4 /		0.000	0.000	0.00

#### **Common Measures:**

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 474g: 1 bottle (16 fl oz) Measure 3 = 355g: 1 can (12 fl oz)

\*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 3.87 Fat 8.37 Carbohydrate 3.36

Food Group: 14 Beverages

NDB No. 14146 Carbonated beverage, low calorie, cola, with aspartame, without caffeine

soft drink, soda, pop

		<u>A</u>	mount in 10	0 grams	of edib	le portic	<u>on</u>	Amount in edible portion of common		
				Number				<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
n										
Proximates: Water	q	99.80		0	BFZN	4		29.54	473.05	354.29
Energy	_	1		0	BFZN	4		0	5	4
Energy		4				4		1	20	15
Protein		0.10		0	BFZN	4		0.03	0.47	0.36
Total lipid (fat)	-	0.00		0	BFZN	4		0.00	0.00	0.00
Ash	g	0.00		0	BFZN	4		0.00	0.00	0.00
Carbohydrate, by difference		0.10		0	BFZN	4		0.03	0.47	0.36
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total		0.00		0	Z	7		0.00	0.00	0.00
Starch										
Minerals:										
Calcium, Ca	mg	4		0	BFZN	4		1	19	14
Iron, Fe.	-	0.03		0	BFZN	4		0.01	0.14	0.11
Magnesium, Mg	mg	1		0	BFZN	4		0	5	4
Phosphorus, P		9		0	BFZN	4		3	43	32
Potassium, K	mg	0		0	BFZN	4		0	0	0
Sodium, Na	mg	6		0	BFZN	4		2	28	21
Zinc, Zn	mg	0.08		0	BFZN	4		0.02	0.38	0.28
Copper, Cu		0.011		0	BFZN	4		0.003	0.052	0.039
Manganese, Mn		0.035	5	0	BFZN	4		0.010	0.166	0.124
Selenium, Se	mcg	0.1		0	BFZN	4		0.0	0.5	0.4
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin	mg	0.005	5	0	BFZN	4		0.001	0.024	0.018
Riboflavin	mg	0.023	3	0	BFZN	4		0.007	0.109	0.082
Niacin		0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid		0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6		0.000	)	0	BFZN	4		0.000	0.000	0.000
Folate, total		0		0	BFZN	4		0	0	0
Folic acid		0		0	Z	7		0	0	0
Folate, food		0		0	BFZN	4		0	0	0
Folate, DFE		0		0	NC	4		0	0	0
Vitamin B-12		0.00		0 0	BFZN BFZN	4 4		0.00 0	0.00 0	0.00
Vitamin A, IU Vitamin A, RAE	IU	0		0	NC NC	4		0	0	0
Retinol		0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)		0.00		0	z	7		0.00	0.00	0.00
Tocopherol, beta		0.00		·	-	•		0.00	0.00	0.00
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	z	7		0.0	0.0	0.0
Lipids:										
Fatty acids, total saturated	g	0.000	)	0	BFZN	4		0.000	0.000	0.000
4:0		0.000	)	0	BFZN	4		0.000	0.000	0.000
6:0	<del>-</del>	0.000	)	0	BFZN	4		0.000	0.000	0.000
8:0	g	0.000	)	0	BFZN	4		0.000	0.000	0.000
10:0	-	0.000	)	0	BFZN	4		0.000	0.000	0.000
12:0	g	0.000	)	0	BFZN	4		0.000	0.000	0.000
13:0										
14:0		0.000	)	0	BFZN	4		0.000	0.000	0.000
15:0	g									
16:0	g	0.000	)	0	BFZN	4		0.000	0.000	0.000
17:0	_									
18:0	_	0.000	)	0	BFZN	4		0.000	0.000	0.000
20:0	_									
22:0	_									
22:0 24:0	_									

	<u>Am</u>	ount in 100	) grams Number		le portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean S	<del>-</del>	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	0.000		0	BFZN	4		0.000	0.000	0.000	
14:1										
15:1g										
16:1 undifferentiatedg	0.000		0	BFZN	4		0.000	0.000	0.000	
17:1g										
18:1 undifferentiatedg	0.000		0	BFZN	4		0.000	0.000	0.000	
20:1g	0.000		0	BFZN	4		0.000	0.000	0.000	
22:1 undifferentiatedg	0.000		0	BFZN	4		0.000	0.000	0.000	
24:1 cg										
Fatty acids, total polyunsaturated	0.000		0	BFZN	4		0.000	0.000	0.000	
18:2 undifferentiatedg	0.000		0	BFZN	4		0.000	0.000	0.000	
18:3 undifferentiatedg	0.000		0	BFZN	4		0.000	0.000	0.000	
18:4g	0.000		0	BFZN	4		0.000	0.000	0.000	
20:2 n-6 c,cg										
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.000		0	BFZN	4		0.000	0.000	0.000	
20:5 n-3g	0.000		0	BFZN	4		0.000	0.000	0.000	
22:5 n-3g	0.000		0	BFZN	4		0.000	0.000	0.000	
22:6 n-3g	0.000		0	BFZN	4		0.000	0.000	0.000	
Fatty acids, total transg										
Cholesterolmg	0		0	BFZN	4		0	0	0	
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0		0	BFZN	4		0.0	0.0	0.0	
Caffeine mg	0		0	z	7		0	0	0	
Theobromine mg	0		0	z	7		0	0	0	
Carotenoids:										
Carotene, beta mcg	0		0	z	7		0.000	0.000	0.000	
Carotene, alphamcg	0		0	Z	7		0.000	0.000	0.000	
Cryptoxanthin, betamcg	0		0	z	7		0.000	0.000	0.000	
Lycopene mcg	0		0	z	7		0.000	0.000	0.000	
Lutein + zeaxanthin mcg	0		0	z	7		0.000	0.000	0.000	
Lutem - zeaxantiniiiiog	•		•		,		0.000	0.000	0.000	

## **Common Measures:**

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 474g: 1 can or bottle (16 fl oz)

Measure 3 = 355g: 1 can (12 fl oz)

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

NDB No. 14143 Carbonated beverage, low calorie, other than cola or pepper, without caffeine

soft drink, soda, pop

		<u>A</u>	mount in 10	0 grams	of edib	le portio	<u>on</u>		edible portion	
Nutrients and Un	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food  Measure 2	! Measure 3
Proximates:										
Water	-	99.80		0	BFZN	4		29.54	354.29	
Energy		0		0	NC	4		0	0	
Energy		0				4		0	0	
Protein		0.10		0	BFZN	4		0.03	0.36	
Total lipid (fat)		0.00		0	BFZN	4		0.00	0.00	
Ash		0.10		0	BFZN	4		0.03	0.36	
Carbohydrate, by difference		0.00		0	NC	4		0.00	0.00	
Fiber, total dietary		0.0		0	BFZN	4		0.0	0.0	
Sugars, total		0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	4		0	BFZN	4		1	14	
Iron, Fe		0.04		0	BFZN	4		0.01	0.14	
Magnesium, Mg		1		0	BFZN	4		0	4	
Phosphorus, P	-	0		0	BFZN	4		0	0	
Potassium, K	-	2		0	BFZN	4		1	7	
Sodium, Na	-	6		0	BFZN	4		2	21	
Zinc, Zn		0.00	_	0	BFZN	4		0.00	0.00	
Copper, Cu		0.025		0	BFZN	4		0.007	0.089	
Manganese, Mn		0.017	'	0	BFZN	4		0.005	0.060	
Selenium, Se	mcg	0.0		0	BFZN	4		0.0	0.0	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0		0	BFZN	4		0.0	0.0	
Thiamin	mg	0.000	)	0	BFZN	4		0.000	0.000	
Riboflavin	mg	0.000	)	0	BFZN	4		0.000	0.000	
Niacin	mg	0.000		0	BFZN	4		0.000	0.000	
Pantothenic acid	mg	0.000	)	0	BFZN	4		0.000	0.000	
Vitamin B-6	mg	0.000	)	0	BFZN	4		0.000	0.000	
Folate, total		0		0	BFZN	4		0	0	
Folic acid		0		0	Z	7		0	0	
Folate, food		0		0	BFZN	4		0	0	
Folate, DFE		0		0	NC	4		0	0	
Vitamin B-12		0.00		0	BFZN	4		0.00	0.00	
Vitamin A, IU	IU	0		0	BFZN	4		0	0	
Vitamin A, RAE		0		0	AS	1		0	0	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D						10		0.0		
Vitamin K (phylloquinone)	nicg	0.0		1	AI	13		0.0	0.0	
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.000	)	0	BFZN	4		0.000	0.000	
4:0	g	0.000	)	0	BFZN	4		0.000	0.000	
6:0	g	0.000	)	0	BFZN	4		0.000	0.000	
8:0	-	0.000		0	BFZN	4		0.000	0.000	
10:0	-	0.000	)	0	BFZN	4		0.000	0.000	
12:0		0.000	)	0	BFZN	4		0.000	0.000	
13:0										
14:0	_	0.000	)	0	BFZN	4		0.000	0.000	
15:0	g									
16:0	g	0.000	)	0	BFZN	4		0.000	0.000	
17:0	g									
18:0	_	0.000	)	0	BFZN	4		0.000	0.000	
20:0	_									
22:0	g									
24:0	a									

NDB No. 14143 Carbonated beverage, low calorie, other than cola or pepper, without caffeine

	Ar	mount in 10	00 grams	of edib	Amount in edible portion of common				
			Number				<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.000		0	BFZN	4		0.000	0.000	
14:1g									
15:1g									
16:1 undifferentiatedg	0.000		0	BFZN	4		0.000	0.000	
17:1g									
18:1 undifferentiatedg	0.000		0	BFZN	4		0.000	0.000	
20:1g	0.000		0	BFZN	4		0.000	0.000	
22:1 undifferentiatedg	0.000		0	BFZN	4		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturated9	0.000		0	BFZN	4		0.000	0.000	
18:2 undifferentiatedg	0.000		0	BFZN	4		0.000	0.000	
18:3 undifferentiatedg	0.000		0	BFZN	4		0.000	0.000	
18:4g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3g	0.000		0	BFZN	4		0.000	0.000	
22:5 n-3g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total transg									
Cholesterolmg	0		0	BFZN	4		0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobrominemg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, betamcg	0		0	z	7		0.000	0.000	
Carotene, alphamcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, betamcg	0		0	Z	7		0.000	0.000	
Lycopene mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthinmcg	0		0	Z	7		0.000	0.000	

## **Common Measures:**

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 355g: 1 can (12 fl oz)

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 14 Beverages

NDB No. 14151 Carbonated beverage, low calorie, other than cola or pepper, with aspartame, with caffeine

soft drink, soda, pop

		<u>A</u>	mount in 10	0 grams	of edib	le portic	<u>on</u>	Amount in edible portion of common		
Nutrients and Un	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food  Measure 2	Measure 3
- Tatrionto ana on		moun	Otal 2.101					mododio i		mododio e
Proximates:										
Water	g	99.80			BFZN	4		29.54	354.29	
Energy	kcal	0			BFZN	4		0	0	
Energy	kj	0				4		0	0	
Protein (N x 6.25)		0.10			BFZN	4		0.03	0.36	
Total lipid (fat)		0.00			BFZN	4		0.00	0.00	
Ash		0.10			BFZN	4		0.03	0.36	
Carbohydrate, by difference	g	0.00			BFZN	4		0.00	0.00	
Fiber, total dietary	g	0.0			BFZN	4		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	4			BFZN	4		1	14	
Iron, Fe	mg	0.04			BFZN	4		0.01	0.14	
Magnesium, Mg	mg	1			BFZN	4		0	4	
Phosphorus, P		0			BFZN	4		0	0	
Potassium, K	-	2			BFZN	4		1	7	
Sodium, Na	-	6			BFZN	4		2	21	
Zinc, Zn		0.00			BFZN	4		0.00	0.00	
Copper, Cu		0.025			BFZN	4		0.007	0.089	
Manganese, Mn		0.017	′		BFZN	4		0.005	0.060	
Selenium, Se	riicg	0.0			BFZN	4		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0			BFZN	4		0.0	0.0	
Thiamin		0.000	)		BFZN	4		0.000	0.000	
Riboflavin	-	0.000	)		BFZN	4		0.000	0.000	
Niacin		0.000			BFZN	4		0.000	0.000	
Pantothenic acid		0.000			BFZN	4		0.000	0.000	
Vitamin B-6	-	0.000	)		BFZN	4		0.000	0.000	
Folate, total		0			BFZN	4		0	0	
Folic acid		0		0	Z	7		0	0	
Folate, food		0		•	BFZN	4		0	0	
Folate, DFE		0		0	NC	4		0	0	
Vitamin B-12		0.00			BFZN	4 4		0.00 0	0.00	
Vitamin A, IU Vitamin A, RAE	IU	0		0	BFZN NC	4		0	0	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		0.00		0	Z	7		0.00	0.00	
Tocopherol, beta		0.00		U	4	,		0.00	0.00	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0		0	Z	7		0.0	0.0	
Lipids:										
Fatty acids, total saturated	a	0.000	)		BFZN	4		0.000	0.000	
4:0		0.000			BFZN	4		0.000	0.000	
6:0		0.000			BFZN	4		0.000	0.000	
8:0		0.000			BFZN	4		0.000	0.000	
10:0	-	0.000			BFZN	4		0.000	0.000	
12:0.		0.000			BFZN	4		0.000	0.000	
13:0										
14:0		0.000	)		BFZN	4		0.000	0.000	
15:0	_									
16:0		0.000	)		BFZN	4		0.000	0.000	
17:0										
18:0	-	0.000	)		BFZN	4		0.000	0.000	
20:0	-									
22:0	-									
24:0	-									

NDB No. 14151 Carbonated beverage, low calorie, other than cola or pepper, with aspartame, with caffeine

	<u>Ar</u>	mount in 10	00 grams	of edit	ole portio	<u>on</u>	Amount in edible portion of common			
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.000			BFZN	4		0.000	0.000		
14:1g										
15:1g										
16:1 undifferentiatedg	0.000			BFZN	4		0.000	0.000		
17:1g										
18:1 undifferentiated	0.000			BFZN	4		0.000	0.000		
20:1g	0.000			BFZN	4		0.000	0.000		
22:1 undifferentiatedg	0.000			BFZN	4		0.000	0.000		
24:1 cg										
Fatty acids, total polyunsaturatedg	0.000			BFZN	4		0.000	0.000		
18:2 undifferentiatedg	0.000			BFZN	4		0.000	0.000		
18:3 undifferentiatedg	0.000			BFZN	4		0.000	0.000		
18:4g	0.000			BFZN	4		0.000	0.000		
20:2 n-6 c,cg										
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.000			BFZN	4		0.000	0.000		
20:5 n-3g	0.000			BFZN	4		0.000	0.000		
22:5 n-3g	0.000			BFZN	4		0.000	0.000		
22:6 n-3g	0.000			BFZN	4		0.000	0.000		
Fatty acids, total trans9										
Cholesterol mg	0			BFZN	4		0	0		
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0			BFZN	4		0.0	0.0		
* Caffeine mg	15			FLC	4		4	53		
Theobrominemg	0			Z	7		0	0		
Carotenoids:										
Carotene, betamcg	0		0	z	7		0.000	0.000		
Carotene, alphamcg	0		0	Z	7		0.000	0.000		
Cryptoxanthin, betamcg	0		0	Z	7		0.000	0.000		
Lycopenemcg	0		0	Z	7		0.000	0.000		
Lutein + zeaxanthin mcg	0		0	Z	7		0.000	0.000		

## **Common Measures:**

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 355g: 1 can (12 fl oz)

\*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 14 Beverages

NDB No. 14537 Carbonated beverage, low calorie, other than cola or pepper, with sodium saccharin, without caffeine

soft drink, soda, pop

		<u>Aı</u>	mount in 100 grar	ns of edi	ble portic	<u>on</u>	Amount in edible portion of common			
			Numb	er			measures of food			
			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	q	99.80	3		1		29.54	354.29		
Energy	=	0	0	NC	4		0	0		
Energy		0			4		0	0		
Protein (N x 6.25)		0.00	4		1		0.00	0.00		
Total lipid (fat)	_	0.00	3		1		0.00	0.00		
Ash		0.10	0.012 3		1		0.03	0.36		
Carbohydrate, by difference		0.10	0	NC	4		0.03	0.36		
Fiber, total dietary	g	0.0	0		4		0.0	0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	4	56		1		1	14		
Iron, Fe	-	0.04	0.009 10		1		0.01	0.14		
Magnesium, Mg	-	1	0.072 56		1		0	4		
Phosphorus, P		0	23		1		0	0		
Potassium, K	mg	2	0.312 56		1		1	7		
Sodium, Na		16	0.766 72		1		5	57		
Zinc, Zn	mg	0.05	12		1		0.01	0.18		
Copper, Cu		0.025			1		0.007	0.089		
Manganese, Mn		0.017			1		0.005	0.060		
Selenium, Se	mcg	0.0	0	BFZN	4		0.0	0.0		
Vitamins:										
Vitamin C, total ascorbic acid		0.0	0		1		0.0	0.0		
Thiamin		0.000			1		0.000	0.000		
Riboflavin	-	0.000			1		0.000	0.000		
Niacin		0.000			1 1		0.000	0.000		
Pantothenic acid		0.000			1		0.000 0.000	0.000		
Vitamin B-6		0.000	4		1		0.000	0.000 0		
Folic acid		0	0	z	7		0	0		
Folate, food		0	4		1		0	0		
Folate, DFE		ō	0	NC	4		0	0		
Vitamin B-12		0.00	0	-1.0	4		0.00	0.00		
Vitamin A, IU		0	0		1		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									
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.000			1		0.000	0.000		
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		0 000	0		1		0 000	0 000		
14:0		0.000	0		1		0.000	0.000		
15:0		0.000	0		1		0.000	0.000		
16:0		0.000	. 0		1		0.000	0.000		
17:0		0.000	0		1		0.000	0.000		
18:0 20:0		0.000	. 0		1		0.000	0.000		
22:0										
24:0										

NDB No. 14537 Carbonated beverage, low calorie, other than cola or pepper, with sodium saccharin, without caffeine

		<u>Am</u>	ount in 100 grams	of edible portic	<u>on</u>	Amount in edible portion of common			
				Deriv Source			easures of food	•	
Nutrients and Units		Mean S	Std. Error Points	Code Code	Code	Measure 1	Measure 2	Measure 3	
E-44id- 4-4-1	2	0.000	0	1		0.000	0.000		
Fatty acids, total monounsaturated		0.000	U	_		0.000	0.000		
15:1									
16:1 undifferentiated.	-	0.000	0	1		0.000	0.000		
17:1									
18:1 undifferentiated	g	0.000	0	1		0.000	0.000		
20:1	g	0.000	0	1		0.000	0.000		
22:1 undifferentiated	<u>.</u> g	0.000	0	1		0.000	0.000		
24:1 c	g								
Fatty acids, total polyunsaturated	g	0.000	0	1		0.000	0.000		
18:2 undifferentiated		0.000	0	1		0.000	0.000		
18:3 undifferentiated	g	0.000	0	1		0.000	0.000		
18:4	g	0.000	0	1		0.000	0.000		
20:2 n-6 c,c	g								
20:3 undifferentiated	g								
20:4 undifferentiated	g	0.000	0	1		0.000	0.000		
20:5 n-3	g	0.000	0	1		0.000	0.000		
22:5 n-3	g	0.000	0	1		0.000	0.000		
22:6 n-3	g	0.000	0	1		0.000	0.000		
Fatty acids, total trans	g								
Cholesterol		0	0	1		0	0		
Phytosterols	mg								

## **Common Measures:**

Measure 1 = 29.6g: 1 fl oz

Measure 2 = 355g: 1 can (12 fl oz)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.87

Food Group: 14 Beverages

# NDB No. 14150 Carbonated beverage, orange

soft drink, soda, pop

		<u>Aı</u>	mount in 100 gra	ms of ed	ble portion	<u>on</u>	Amount in edible portion of common		
			Num	ber			<u>m</u>	easures of food	_
			of D	ata Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Poir	its Code	Code	Code	Measure 1	Measure 2	Measure 3
Ducyimator									
Proximates: Water	g	87.60		1	1		27.16	434.50	325.87
Energy	kcal	48		0 NC	4		15	238	179
Energy	kj	201			4		62	996	747
Protein (N x 6.25)	g	0.00		0	4		0.00	0.00	0.00
Total lipid (fat)	g	0.00		0	4		0.00	0.00	0.00
Ash	g	0.10	0.004	16	1		0.03	0.50	0.37
Carbohydrate, by difference	g	12.30		0 NC	4		3.81	61.01	45.76
Fiber, total dietary	g	0.0		0	4		0.0	0.0	0.0
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	5		6	1		2	25	19
Iron, Fe	mg	0.06	0.011	9	1		0.02	0.30	0.22
Magnesium, Mg		1		6	1		0	5	4
Phosphorus, P	•	1		.1	1		0	5	4
Potassium, K		2		16	1		1	10	7
Sodium, Na		12		30	1		4	60	45
Zinc, Zn		0.10		.2	1		0.03	0.50	0.37
Copper, Cu		0.015		5	1		0.005	0.074	0.056
Manganese, Mn		0.013		0 O BFZI	4 1 4		0.004	0.064	0.048
Selenium, Se	fileg	0.0		0 BFZI	N 4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.0		0	4		0.0	0.0	0.0
Thiamin		0.000	1	0	4		0.000	0.000	0.000
Riboflavin	-	0.000		0	4		0.000	0.000	0.000
Niacin		0.000		0	4		0.000	0.000	0.000
Pantothenic acid		0.000		0	4		0.000	0.000	0.000
Vitamin B-6		0.000		0	4		0.000	0.000	0.000
Folate, total		0		0 0 z	<b>4</b> 7		0	0 0	0
Folic acid		0		0 2	4		0	0	0
Folate, foodFolate, DFE		0		0 NC	4		0	0	0
Vitamin B-12		0.00		0	4		0.00	0.00	0.00
Vitamin A, IU		0		0	4		0	0	0
Vitamin A, RAE	mca RAE	0		0 NC	4		0	0	0
Retinol		0		0 z	7		0	0	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	0.000	)	0	1		0.000	0.000	0.000
4:0	g	0.000	1	0	1		0.000	0.000	0.000
6:0	-	0.000		0	1		0.000	0.000	0.000
8:0		0.000		0	1		0.000	0.000	0.000
10:0		0.000		0	1		0.000	0.000	0.000
12:0	-	0.000	1	0	1		0.000	0.000	0.000
13:0	-	0 000		0	_				
14:0		0.000	•	0	1		0.000	0.000	0.000
15:0		0.000		0	4		0 000	0.000	2 22
16:0		0.000	•	0	1		0.000	0.000	0.000
17:0		0.000	1	0	1		0.000	0.000	0.000
18:0 20:0		0.000	•	•	1		0.000	0.000	0.000
22:0									
24:0									

		<u>Amou</u>	nt in 100 grams of e Number	dible portion	Amount in edible portion of common measures of food			
Nutrients and U	nits	Mean Std	of Data Der Error Points Cod		Measure 1	Measure 2	Measure 3	
				_				
Fatty acids, total monounsaturate 14:1	g	0.000	0	1	0.000	0.000	0.000	
16:1 undifferentiated	g	0.000	0	1	0.000	0.000	0.000	
18:1 undifferentiated	-	0.000	0	1	0.000	0.000	0.000	
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	-	0.000	v	-	0.000	0.000	0.000	
Fatty acids, total polyunsaturated		0.000	0	1	0.000	0.000	0.000	
18:2 undifferentiated	-	0.000	0	1	0.000	0.000	0.000	
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		0.000	U	-	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	
20:5 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	
		0.000	U	1	0.000	0.000	0.000	
Fatty acids, total trans		0	0	1	0	0	0	
CholesterolPhytosterols		U	U	1	U	U	U	
,	III9							
Amino Acids:	~	0.000	0	1	0.000	0.000	0.000	
Tryptophan			0	1				
Threonine	_	0.000 0.000	0	1	0.000	0.000	0.000	
Isoleucine				<del>=</del>			0.000	
Leucine		0.000	0	1	0.000	0.000	0.000	
Lysine		0.000	0	1	0.000	0.000	0.000	
Methionine	-	0.000	0	1	0.000	0.000	0.000	
Cystine		0.000	0	1	0.000	0.000	0.000	
Phenylalanine		0.000	0	1	0.000	0.000	0.000	
Tyrosine		0.000	0	1	0.000	0.000	0.000	
Valine	-	0.000	0	1	0.000	0.000	0.000	
Arginine		0.000	0	1	0.000	0.000	0.000	
Histidine		0.000	0	1	0.000	0.000	0.000	
Alanine		0.000	0	1	0.000	0.000	0.000	
Aspartic acid		0.000	0	1	0.000	0.000	0.000	
Glutamic acid	_	0.000	0	1	0.000	0.000	0.000	
Glycine		0.000	0	1	0.000	0.000	0.000	
Proline	g	0.000	0	1	0.000	0.000	0.000	
Serine		0.000	0	1	0.000	0.000	0.000	
Hydroxyproline	g							
Others:			_	_				
Alcohol, ethyl	_	0.0	0	7	0.0	0.0	0.0	
Caffeine	-							
Theobromine	mg							

# Common Measures:

Measure 1 = 31.0g: 1 fl oz

Measure 2 = 496g: 1 can or bottle (16 fl oz) Measure 3 = 372g: 1 can or bottle (12 fl oz)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.87

Food Group: 14 Beverages

NDB No. 14153 Carbonated beverage, pepper-type, contains caffeine

soft drink, soda, pop

		<u>Aı</u>	mount in 100 gra	ams of e	<u>edible</u>	portio	<u>n</u>	Amount in edible portion of common		
			Num	nber				<u>m</u>	easures of food	
			of D	ata De	riv S	ource	Confidence			
Nutrients and Units		Mean	Std. Error Poi	nts Co	de	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	89.40	0.195	3		1		27.45	438.95	328.99
Energy	kcal	41		0	NC	4		13	201	151
Energy	kj	172				4		53	842	631
Protein (N x 6.25)	g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)	g	0.10	0.027	3		1		0.03	0.49	0.37
Ash	g	0.00	0.000	3		1		0.00	0.00	0.00
Carbohydrate, by difference	g	10.40			NC	4		3.19	51.06	38.27
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	_									
Starch	9									
Minerals:										
Calcium, Ca	mg	3		2		1		1	15	11
Iron, Fe	mg	0.04		2		1		0.01	0.20	0.15
Magnesium, Mg		0		2		1		0	0	0
Phosphorus, P		11		5		1		3	54	40
Potassium, K		1	0.090	8		1		0	5	4
Sodium, Na		10	1.603	8		1		3	49	37
Zinc, Zn		0.04		2		1 1		0.01	0.20 0.029	0.15
Copper, Cu		0.006		0		4		0.002 0.011	0.029	0.022 0.129
Manganese, Mn Selenium, Se		0.033	•		FZN	4		0.0	0.172	0.123
Scientini, Sc	11109	0.1		0 2		-		0.0	0.5	0.1
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.0		0		4		0.0	0.0	0.0
Thiamin		0.000		0		4		0.000	0.000	0.000
Riboflavin	-	0.000		0		4 4		0.000	0.000	0.000
NiacinPantothenic acid		0.000		0		4		0.000 0.000	0.000 0.000	0.000
Vitamin B-6		0.000		0		4		0.000	0.000	0.000
Folate, total		0		0		4		0	0.000	0.000
Folic acid		0			Z	7		0	0	0
Folate, food		0		0		4		0	0	0
Folate, DFE		0		0 1	NC	4		0	0	0
Vitamin B-12		0.00		0		4		0.00	0.00	0.00
Vitamin A, IU	IU	0		0		4		0	0	0
Vitamin A, RAE		0			NC	4		0	0	0
Retinol		0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
4 2 1										
<u>Lipids:</u>	_			•						
Fatty acids, total saturated		0.070		0	z	4 7		0.021 0.000	0.344	0.258
Fatty acids, total monounsaturated		0.000		U	4	,		0.000	0.000	0.000
15:1										
16:1 undifferentiated	-									
17:1	_									
18:1 undifferentiated		0.000	)	0		4		0.000	0.000	0.000
20:1	g									
22:1 undifferentiated	g									
24:1 c	_									
Fatty acids, total polyunsaturated		0.000			Z	7		0.000	0.000	0.000
18:2 undifferentiated		0.000	1	0		4		0.000	0.000	0.000
18:3 undifferentiated										
1 X · A	u									

		Amo	ount in 100 grams	of edible portion	<u>on</u>	Amount in edible portion of common			
Nutrients and	Units	Mean S	Number of Data td. Error Points	Deriv Source	Confidence Code	Measure 1	Measure 2	Measure 3	
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	1		0	0	0	
Phytosterols	mg								
Amino Acids:									
Tryptophan	g	0.000	0	1		0.000	0.000	0.000	
Threonine		0.000	0	1		0.000	0.000	0.000	
Isoleucine	g	0.000	0	1		0.000	0.000	0.000	
Leucine	g	0.000	0	1		0.000	0.000	0.000	
Lysine	g	0.000	0	1		0.000	0.000	0.000	
Methionine	g	0.000	0	1		0.000	0.000	0.000	
Cystine	g	0.000	0	1		0.000	0.000	0.000	
Phenylalanine		0.000	0	1		0.000	0.000	0.000	
Tyrosine		0.000	0	1		0.000	0.000	0.000	
Valine	g	0.000	0	1		0.000	0.000	0.000	
Arginine	g	0.000	0	1		0.000	0.000	0.000	
Histidine	g	0.000	0	1		0.000	0.000	0.000	
Alanine	g	0.000	0	1		0.000	0.000	0.000	
Aspartic acid	g	0.000	0	1		0.000	0.000	0.000	
Glutamic acid	g	0.000	0	1		0.000	0.000	0.000	
Glycine	g	0.000	0	1		0.000	0.000	0.000	
Proline		0.000	0	1		0.000	0.000	0.000	
Serine	g	0.000	0	1		0.000	0.000	0.000	
Hydroxyproline	g								
Others:									
Alcohol, ethyl		10	2	1		3	40	27	
Caffeine	_	10	3	1		3	49	37	
Theobromine	<u>III</u>								

#### **Common Measures:**

Measure 1 = 30.7g: 1 fl oz

Measure 2 = 491g: 1 can or bottle (16 fl oz) Measure 3 = 368g: 1 can or bottle (12 fl oz)

\*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.87

Food Group: 14 Beverages

# NDB No. 14157 Carbonated beverage, root beer

soft drink, soda, pop

		<u>Aı</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	
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error F			Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	g	89.30		2		1		27.50	440.25	330.41
Energy	=	41		0	NC	4		13	202	152
Energy		172				4		53	846	635
Protein (N x 6.25)		0.00		1		1		0.00	0.00	0.00
Total lipid (fat)	-	0.00		0		1		0.00	0.00	0.00
Ash		0.10		0		4		0.03	0.49	0.37
Carbohydrate, by difference		10.60		0	NC	4		3.26	52.26	39.22
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total		10.60		0	NR	4		3.26	52.26	39.22
Starch	9									
Minerals:										
Calcium, Ca	mg	5		10		1		2	25	19
Iron, Fe	_	0.05	0.012			1		0.02	0.25	0.19
Magnesium, Mg		1		10		1		0	5	4
Phosphorus, P	•	0		16		1		0	0	0
Potassium, K		1		27		1		0	5	4
Sodium, Na		13		27		1		4	64	48
Zinc, Zn		0.07	0.018			1		0.02	0.35	0.26
Copper, Cu		0.007		3 0		1 4		0.002	0.035	0.02
Manganese, Mn Selenium, Se		0.013 0.1	•	0	BFZN	4		0.00 <b>4</b> 0.0	0.06 <b>4</b> 0.5	0.04
•										
Vitamins: Vitamin C, total ascorbic acid	ma	0.0		0		1		0.0	0.0	0.0
Thiamin		0.000	)	1		1		0.000	0.000	0.00
Riboflavin		0.000		1		1		0.000	0.000	0.00
Niacin	_	0.000		0		4		0.000	0.000	0.00
Pantothenic acid		0.000		0		4		0.000	0.000	0.00
Vitamin B-6		0.000	)	1		1		0.000	0.000	0.00
Folate, total		0		0		4		0	0	0
Folic acid		0		0	z	7		0	0	0
Folate, food	mcg	0		0		4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, IU	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)	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin D Vitamin K (phylloquinone)		0.0		0	Z	7		0.0	0.0	0.0
Lipids:  Fatty acids, total saturated	g	0.000	)	0		1		0.000	0.000	0.00
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	g	0.000	)	0		1		0.000	0.000	0.00
13:0	g									
14:0	g	0.000	)	0		1		0.000	0.000	0.00
15:0	g									
16:0	g	0.000	)	0		1		0.000	0.000	0.00
17:0	g									
18:0	g	0.000	)	0		1		0.000	0.000	0.00
20:0	_									
22:0	_									
24:0	g									

	<u>Ar</u>	nount in 10	00 grams Number	Amount in edible portion of common measures of food					
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.000		0		1		0.000	0.000	0.000
14:1g	0.000		•		-		0.000	0.000	0.000
15:1g									
16:1 undifferentiated	0.000		0		1		0.000	0.000	0.000
17:1g									
18:1 undifferentiatedg	0.000		0		1		0.000	0.000	0.000
20:1g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiatedg	0.000		0		1		0.000	0.000	0.000
24:1 cg									
Fatty acids, total polyunsaturatedg	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiatedg	0.000		0		1		0.000	0.000	0.000
18:3 undifferentiatedg	0.000		0		1		0.000	0.000	0.000
18:4g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0		1		0.000	0.000	0.000
20:5 n-3g	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 transg									
Cholesterolmg	0		0		1		0	0	0
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		1		1		0	0	0
Theobromine mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta mcq	0		0	z	7		0.000	0.000	0.000
Carotene, alphamcg	0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta mcg	0		0	z	7		0.000	0.000	0.000
Lycopene mcg	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 = 30.8g: 1 fl oz

Measure 2 = 493g: 1 can or bottle (16 fl oz) Measure 3 = 370g: 1 can or bottle (12 fl oz)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.87

Food Group: 14 Beverages

soft drink, soda **Refuse:** 0%

		<u>A</u>	mount in 100 g		of edik	ole portio	<u>n</u>	Amount in edible portion of common			
				ımber	D	0	0 6 -1	<u>m</u>	easures of food	<u>.</u>	
Nutrients and Un	its	Mean	Std. Error Po		Deriv Code	Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	91.10		0		1		27.79	444.57	333.43	
Energy	-	34		0	NC	4		10	166	124	
Energy		142				4		43	694	521	
Protein (N x 6.25)		0.00		0		1		0.00	0.00	0.00	
Total lipid (fat)		0.00		0		1		0.00	0.00	0.00	
Ash		0.10		0		4		0.03	0.49	0.37	
Carbohydrate, by difference		8.80		0	NC	4		2.68	42.94	32.21	
Fiber, total dietary		0.0		0		4		0.0	0.0	0.0	
Sugars, total		0.00		0	z	7		0.00	0.00	0.00	
Starch											
	_										
Minerals:		_		_		_		•	_	_	
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	1		1		1 4		0	5	4	
Iron, Fe		0.01		0		4 1		0.00	0.05	0.04	
Magnesium, Mg		0	0.009	1 3		1		0 0	0	0	
Phosphorus, P						_		-			
Potassium, K		0 4	0.177 1.053	3 3		1 1		0 1	0 20	0 15	
Sodium, Na		=	1.053	0		4		0.03		0.37	
Zinc, Zn		0.10		0		4		0.03	0.49 0.029	0.37	
Copper, Cu		0.000		0		4		0.002	0.029	0.022	
Manganese, Mn Selenium, Se		0.001	•	0	BFZN	4		0.000	0.005	0.004	
Scienium, Sc	1110g	0.0		Ü	DI ZIN	•		0.0	0.0	0.0	
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	0.0	
Thiamin	mg	0.000	)	0		1		0.000	0.000	0.000	
Riboflavin	mg	0.000	)	0		1		0.000	0.000	0.000	
Niacin	mg	0.000	)	0		1		0.000	0.000	0.000	
Pantothenic acid	mg	0.000	)	0		4		0.000	0.000	0.000	
Vitamin B-6	mg	0.000	)	0		4		0.000	0.000	0.000	
Folate, total	mcg	0		0		4		0	0	0	
Folic acid	mcg	0		0	Z	7		0	0	0	
Folate, food		0		0		4		0	0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	0.00	
Vitamin A, IU		0		0		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)		0.00		0	Z	7		0.00	0.00	0.00	
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	0.0		0	Z	7		0.0	0.0	0.0	
Lipids:											
Fatty acids, total saturated	g	0.000	)	0		1		0.000	0.000	0.000	
4:0		0.000		0		1		0.000	0.000	0.000	
6:0		0.000		0		1		0.000	0.000	0.000	
8:0	-	0.000		0		1		0.000	0.000	0.000	
10:0	-	0.000		0		1		0.000	0.000	0.000	
12:0	-	0.000		0		1		0.000	0.000	0.000	
13:0	-			-		•					
14:0		0.000	)	0		1		0.000	0.000	0.000	
15:0				-		•				3.300	
16:0		0.000	)	0		1		0.000	0.000	0.000	
17:0				-		•					
18:0	-	0.000	)	0		1		0.000	0.000	0.000	
20:0	-			-		_				3.300	
22:0	-										
24:0	-										

		<u>Aı</u>	mount in 10		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	0.000		0		1		0.000	0.000	0.000
14:1	-									
15:1	-			_		_				
16:1 undifferentiated	-	0.000		0		1		0.000	0.000	0.000
17:1		0.000		0		1		0.000	0.000	0.000
18:1 undifferentiated 20:1	-	0.000		0		1		0.000	0.000	0.000
				0		1		0.000	0.000	
22:1 undifferentiated	•	0.000		U		1		0.000	0.000	0.000
24:1 c		0.000		0		1		0.000	0.000	0.000
Fatty acids, total polyunsaturat				0		1		0.000	0.000	
18:2 undifferentiated		0.000		0		1		0.000	0.000	0.000
18:3 undifferentiated	-	0.000		0		1		0.000	0.000	0.000
18:4		0.000		U		1		0.000	0.000	0.000
20:2 n-6 c,c	-									
20:3 undifferentiated		0.000		0		1		0.000	0 000	0.000
20:4 undifferentiated	-	0.000		0		1		0.000	0.000	0.000
20:5 n-3	=			0		1		0.000 0.000	0.000	
22:5 n-3		0.000		0		1			0.000	0.000
22:6 n-3		0.000		U		1		0.000	0.000	0.000
Fatty acids, total trans		0		0		1		0	0	0
Cholesterol		U		U		1		U	U	U
Phytosterols	Ing									
Amino Acids:										
Tryptophan	g	0.000		0		1		0.000	0.000	0.000
Threonine	g	0.000		0		1		0.000	0.000	0.000
Isoleucine	g	0.000		0		1		0.000	0.000	0.000
Leucine	g	0.000		0		1		0.000	0.000	0.000
Lysine	g	0.000		0		1		0.000	0.000	0.000
Methionine	g	0.000		0		1		0.000	0.000	0.000
Cystine	g	0.000		0		1		0.000	0.000	0.000
Phenylalanine	g	0.000		0		1		0.000	0.000	0.000
Tyrosine		0.000		0		1		0.000	0.000	0.000
Valine	g	0.000		0		1		0.000	0.000	0.000
Arginine	g	0.000		0		1		0.000	0.000	0.000
Histidine	g	0.000		0		1		0.000	0.000	0.000
Alanine	g	0.000		0		1		0.000	0.000	0.000
Aspartic acid		0.000		0		1		0.000	0.000	0.000
Glutamic acid	g	0.000		0		1		0.000	0.000	0.000
Glycine	g	0.000		0		1		0.000	0.000	0.000
Proline		0.000		0		1		0.000	0.000	0.000
Serine	g	0.000		0		1		0.000	0.000	0.000
Hydroxyproline	g									
Others:										
Alcohol, ethyl		0.0		0		7		0.0	0.0	0.0
Caffeine		0		0	Z	7		0	0	0
Theobromine	mg	0		0	Z	7		0	0	0
Carotenoids:										
Carotene, beta	mcg	0		0	z	7		0.000	0.000	0.000
Carotene, alpha	_	0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta		0		0	z	7		0.000	0.000	0.000
Lycopene		0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin		0		0	z	7		0.000	0.000	0.000

#### **Common Measures:**

Measure 1 = 30.5g: 1 fl oz

Measure 2 = 488g: 1 can or bottle (16 fl oz) Measure 3 = 366g: 1 can or bottle (12 fl oz) NDB No. 14155

Carbonated beverage, tonic water

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.87

Food Group: 14 Beverages

		<u>A</u> :	mount in 10	<u>0 grams</u>	of edil	ole portio	<u>n</u>	Amount in edible portion of common		
				Number	•			<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	2.90		2		1		0.35		
Energy	kcal	372		0	NC	4		45		
Energy	kj	1556				4		187		
Protein (N x 6.25)		1.80		2		1		0.22		
Total lipid (fat)	g	0.20		2		1		0.02		
Ash	g	1.90		2		1		0.23		
Carbohydrate, by difference		93.30		0	NC	4		11.20		
Fiber, total dietary		8.0		0	RA	4		1.0		
Sugars, total										
Starch										
Staren	9									
<u>Minerals:</u>										
Calcium, Ca	mg	32		0		4		4		
Iron, Fe	mg	4.60		2		1		0.55		
Magnesium, Mg	mg	5		0		4		1		
Phosphorus, P	mg	7		0		4		1		
Potassium, K	mg	104		0		4		12		
Sodium, Na	mg	103		2		1		12		
Zinc, Zn	mg	0.08		0		4		0.01		
Copper, Cu	mg	0.060	)	0		4		0.007		
Manganese, Mn	mg	0.063	3	0		4		0.008		
Selenium, Se	mcg	1.5		0	FLA	4		0.2		
Vitaming.										
<u>Vitamins:</u>				•				0.0		
Vitamin C, total ascorbic acid	_	0.0		2		1		0.0		
Thiamin	_	0.009		2		1		0.001		
Riboflavin		0.001		0		4		0.000		
Niacin		0.760		2		1		0.091		
Pantothenic acid	-	0.006		0		4		0.001		
Vitamin B-6	-	0.124	ŀ	2		1		0.015		
Folate, total		0		0	_	4		0		
Folic acid		0		0	Z	7		0		
Folate, food		0		0		4		0		
Folate, DFE		0		0	NC	4		0		
Vitamin B-12		0.00		0		4		0.00		
Vitamin A, IU		0		0		4		0		
Vitamin A, RAE		0		0	NC	4		0		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
<u> Lipids:</u>										
Fatty acids, total saturated	g	0.030	)	0		1		0.004		
4:0				-						
6:0	-									
8:0										
10:0										
12:0										
13:0										
14:0	-	0.000	)	0		1		0.000		
15:0										
16:0		0.024	Į.	0		1		0.003		
17:0										
18:0	-	0.005	5	0		1		0.001		
20:0	-			-		-				
22:0	-									
24:0	-									

	<u>An</u>	ount in 10			<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg 14:1g 15:1	0.060		0		1		0.007		
15.1	0.001		0		1		0.000		
18:1 undifferentiated	0.059		0		1		0.007		
Fatty acids, total polyunsaturated9	0.068		0		1		0.008		
18:2 undifferentiatedg	0.066		0		1		0.008		
18:3 undifferentiated       9         18:4       9         20:2 n-6 c,c       9         20:3 undifferentiated       9         20:4 undifferentiated       9         20:5 n-3       9         22:5 n-3       9         22:6 n-3       9         Fatty acids, total trans       9	0.002		0		1		0.000		
Cholesterolmg Phytosterolsmg	0		0		1		0		

### **Common Measures:**

Measure 1 = 12.0g: 1 tbsp

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 3.9

Food Group: 14 Beverages

NDB No. 14169 Carob-flavor beverage mix, powder, prepared with whole milk

		<u>A</u>	Amount in edible portion of common							
					Deriv	Source	Confidence	<u>m</u> .	easures of food	<u>.</u>
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	84.32		0	RPA	1		215.86		
Energy	kcal	75		0	RPI	6		192		
Energy	kj	313		0	RPI	6		801		
Protein		3.16		0	RPA	1		8.08		
Total lipid (fat)		3.11		0	RPI	6		7.95		
Ash		0.75		0	RPA	1		1.91		
Carbohydrate, by difference		8.68		0	RPI	6		22.21		
Fiber, total dietary		0.4		U	RPI	6		1.0		
Sugars, total										
Starch	9									
<u>Minerals:</u>										
Calcium, Ca	-	98		0	RPI	6		250		
Iron, Fe		0.25		0	RPA	1		0.63		
Magnesium, Mg		10		0	RPI	6		25		
Phosphorus, P		80 131		0 0	RPI RPI	6 6		205 336		
Potassium, K Sodium, Na		46		0	RPA	1		118		
Zinc, Zn	-	0.37		0	RPI	6		0.94		
Copper, Cu	_	0.025	5	0	RPI	6		0.063		
Manganese, Mn		0.006	5	0	RPI	6		0.015		
Selenium, Se	mcg	3.6		0	RPI	6		9.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RPA	1		0.0		
Thiamin		0.042	2	0	RPA	1		0.108		
Riboflavin	mg	0.174	l	0	RPI	6		0.446		
Niacin	mg	0.138	3	0	RPA	1		0.353		
Pantothenic acid		0.346		0	RPI	6		0.885		
Vitamin B-6	-	0.040	)	0	RPA	1		0.103		
Folate, total		5		0	RPI	6		12		
Folic acid	_	0 5		0	Z	7 6		0 12		
Folate, DFE		5		0	RPI NC	4		12		
Vitamin B-12		0.42		0	RPI	6		1.07		
Vitamin A, IU		97		0	RPI	6		249		
Vitamin A, RAE		27		0	NC	4		68		
Retinol		27		0	RPI	6		68		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	nicg									
<u> Lipids:</u>										
Fatty acids, total saturated		1.779		0	RPI	6		4.555		
4:0		0.071		0	RPA	1		0.182		
6:0		0.071		0 0	RPA	1 1		0.182		
8:0 10:0	-	0.071 0.071		0	RPA RPA	1		0.182 0.182		
12:0	-	0.073		0	RPA	1		0.182		
13:0	-	0.070		•		_		3.20.		
14:0	-	0.283	3	0	RPA	1		0.724		
15:0	-									
16:0	-	0.791	L	0	RPA	1		2.025		
17:0	g									
18:0		0.348	3	0	RPA	1		0.891		
20:0										
22:0	g									

		<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	g	0.777		0	RPI	6		1.989		
14:1	g									
15:1	-									
16:1 undifferentiated	-	0.000		0	RPA	1		0.000		
17:1										
18:1 undifferentiated		0.777		0	RPA	1		1.989		
20:1	-									
22:1 undifferentiated										
24:1 c	-									
Fatty acids, total polyunsaturated		0.189		0	RPI	6		0.483		
18:2 undifferentiated	-	0.118		0	RPA	1		0.301		
18:3 undifferentiated		0.071		0	RPA	1		0.182		
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										
Cholesterol	-	10		0	RPA	1		25		
Phytosterols	_	10		v	11222	-		23		
-										
Amino Acids:										
Tryptophan		0.071		0	RPA	1		0.183		
Threonine		0.136		0	RPA	1		0.349		
Isoleucine	_	0.157		0	RPA	1		0.403		
Leucine	_	0.253		0	RPA	1		0.648		
Lysine		0.134		0	RPA	1		0.342		
Methionine	-	0.071		0	RPA	1		0.183		
Cystine		0.016		0	RPA	1		0.041		
Phenylalanine		0.140		0	RPA	1		0.359		
Tyrosine	_	0.145		0	RPA	1		0.370		
Valine	_	0.183		0	RPA	1		0.469		
Arginine		0.071		0	RPA	1		0.183		
Histidine		0.071		0	RPA	1		0.183		
Alanine	_	0.098		0	RPA	1		0.251		
Aspartic acid	_	0.226		0	RPA	1		0.579		
Glutamic acid		0.618		0	RPA	1		1.581		
Glycine	_	0.071		0	RPA	1		0.183		
Proline		0.326		0	RPA	1		0.834		
Serine	_	0.102		0	RPA	1		0.261		
Hydroxyproline	g									

## **Common Measures:**

Measure 1 = 256g: 1 cup (8 fl oz)

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

		<u>A</u> 1	mount in 100 g	Amount in edible portion of common						
			Nu	mber			measures of food			
			of	Data	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	31.00	3.200	13	A	1		12.09		
Energy	kcal	279		0	NC	4		109		
Energy		1167				4		455		
Protein (N x 6.25)	g	2.10	0.120	14	A	1		0.82		
Total lipid (fat)	g	1.13	0.120	14	A	1		0.44		
Ash	g	0.67	0.070	13	A	1		0.26		
Carbohydrate, by difference	g	65.10		0	NC	4		25.39		
Fiber, total dietary	g	2.6	0.465	4	JO	11		1.0		
Sugars, total		49.65		2	AI	13		19.36		
Starch										
Minerals:				_		_		-		
Calcium, Ca	-	14		3		1		5		
Iron, Fe.	-	2.11		13		1		0.82		
Magnesium, Mg		65 120		3 2		1 1		25 50		
Phosphorus, P		129 224		3		1		50 87		
Potassium, K Sodium. Na		72	13.460	3 15	A	1		28		
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.73	13.460	3	A	1		0.28		
Copper, Cu		0.73	•	4		1		0.200		
Manganese, Mn		0.312		3		1		0.149		
Selenium, Se		1.9	<u>-</u>	0	FLA	4		0.7		
Scientini, Sci				-		_				
<u>/itamins:</u>										
Vitamin C, total ascorbic acid	-	0.2		11		1		0.1		
Thiamin	-	0.009		12		1		0.004		
Riboflavin		0.050		1		1		0.020		
Niacin		0.322		12		1		0.126		
Pantothenic acid	-	0.013		1		1		0.005		
Vitamin B-6	-	0.006	5	11		1		0.002		
Folate, total		2		0	FLA	4		1		
Folic acid		0		0	FLA	4		0		
Foliate, food		2 2		0	FLA	4		1		
Folate, DFE				0	NC	4		1		
Vitamin B-12		0.00		0	FLA	4		0.00		
Vitamin A, IU		1 0		0	FLA	4 4		1 0		
Vitamin A, RAE		0		0	FLA FLA	4		0		
Retinol Vitamin E (alpha-tocopherol)		0.00		0	FLA	4		0.00		
Tocopherol, beta		0.00		U	FLIA	-		0.00		
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0		0	FLA	4		0.0		
<u> ipids:</u>										
Fatty acids, total saturated		0.519		0		1		0.202		
4:0		0.000		0		1		0.000		
6:0		0.000		0		1		0.000		
8:0	-	0.000		0		1		0.000		
10:0	-	0.000		0		1		0.000		
12:0		0.000	,	0		1		0.000		
13:0	-	0 001		•		4		0.000		
14:0		0.001	-	0		1		0.000		
15:0		0.00=		^		-		0 000		
16:0		0.221	-	0		1		0.086		
17:0	-	0.000	•	•		1		0 113		
18:0	-	0.289	,	0		1		0.113		
20:0	-									
22:0 24:0	-									

		<u>Aı</u>	mount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common			
				Number	•			measures of food			
Nutrients and Ur	nits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated 14:1		0.286		0		1		0.112			
15:1	g										
16:1 undifferentiated	g	0.002		0		1		0.001			
17:1	g										
18:1 undifferentiated	g	0.283		0		1		0.110			
20:1	_	0.000		0		1		0.000			
22:1 undifferentiated	•	0.000		0		1		0.000			
24:1 c											
Fatty acids, total polyunsaturated	g	0.026		0		1		0.010			
18:2 undifferentiated		0.025		0		1		0.010			
18:3 undifferentiated		0.001		0		1		0.000			
18:4	g	0.000		0		1		0.000			
20:2 n-6 c,c	g										
20:3 undifferentiated	g										
20:4 undifferentiated	g	0.000		0		1		0.000			
20:5 n-3	g	0.000		0		1		0.000			
22:5 n-3	g	0.000		0		1		0.000			
22:6 n-3	g	0.000		0		1		0.000			
Fatty acids, total trans	g										
Cholesterol	mg	0		0		1		0			
Phytosterols	mg										
Amina Aaids											
Amino Acids:	~	0.006		^		1		0.010			
Tryptophan		0.026		0		1		0.010			
Threonine	_	0.064		0				0.025			
Isoleucine		0.063		0		1		0.025			
Leucine		0.099		0		1		0.039			
Lysine		0.082		0 0		1 1		0.032			
Methionine		0.015						0.006			
Cystine		0.020		0		1		0.008			
Phenylalanine		0.080		0		1		0.031			
Tyrosine	-	0.063		0		1		0.025			
Valine		0.096		0		1		0.037			
Arginine		0.091		0		1		0.035			
Histidine		0.028		0		1		0.011			
Alanine		0.072		0		1		0.028			
Aspartic acid		0.163		0		1		0.064			
Glutamic acid	-	0.240		0		1		0.094			
Glycine		0.074		0		1		0.029			
Proline		0.065		0		1		0.025			
Serine	-	0.066		0		1		0.026			
Hydroxyproline	g										
Others:											
Alcohol, ethyl	a	0.0		0		7		0.0			
Caffeine		14		1		1		5			
Theobromine		471		0	FLA	4		184			
Carotenoids:		-·-		•		-					
Carotene, beta	-	0		0	FLA	4		0.000			
Carotene, alpha		0		0	FLA	4		0.000			
Cryptoxanthin, beta		0		0	FLA	4		0.000			
Lycopene		0		0	FLA	4		0.000			
Lutein + zeaxanthin	mcg	0		0	FLA	4		0.000			

## **Common Measures:**

Measure 1 = 39g: 1 serving 2 tbsp

<sup>\*</sup>Vitamin or mineral added for enrichment or fortification

NDB No. 14181 Chocolate syrup

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 14 Beverages

Nutrients and Unit Proximates: Water	s	Mean		Number				<u>m</u>	easures of food	
Proximates: WaterEnergy	s							illeasules UI 100u		
Proximates: WaterEnergy	s			of Data	Deriv	Source	Confidence			
Water			Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Energy										
	g	80.51		0	RPA	1		227.03		
Engravi	kcal	90		0	RPI	6		254		
Energy	kj	377		0	RPI	6		1062		
Protein	g	3.07		0	RPA	1		8.66		
Total lipid (fat)	g	2.96		0	RPI	6		8.35		
Ash	g	0.69		0	RPA	1		1.94		
Carbohydrate, by difference	g	12.78		0	RPI	6		36.03		
Fiber, total dietary	g	0.3		0	RPI	6		1.0		
Sugars, total	g	11.31		0	RPI	6		31.89		
Starch	g									
Minavals.										
Minerals:	ma	89		0	RPA	1		251		
Calcium, Ca	-	0.32		0	RPA RPA	1		0.89		
Magnesium, Mg	-	18		0	RPA	1		50		
Phosphorus, P		90		0	RPA	1		254		
Potassium, K	-	145		0	RPA	1		409		
Sodium, Na		47		0	RPA	1		133		
Zinc, Zn	-	0.43		0	RPA	1		1.21		
Copper, Cu	-	0.090	)	0	RPA	1		0.253		
Manganese, Mn		0.055		0	RPA	1		0.154		
Selenium, Se		3.4		0	RPI	6		9.7		
Vitamins:				_		_				
Vitamin C, total ascorbic acid	-	0.0		0	RPA	1		0.1		
Thiamin	-	0.039		0	RPA	1		0.110		
Riboflavin		0.165		0	RPA	1		0.464		
Niacin	-	0.137		0	RPA	1		0.385		
Pantothenic acid	-	0.315		0	RPA	1		0.887		
Vitamin B-6	-	0.032	!	0	RPA	1		0.091		
Folate, total		5		0	RPI	6		13		
Folic acid		0		0	RPI	6		0		
Folate, food		5 5		0	RPI	6		13		
Folate, DFE				0	NC	4		13		
Vitamin B-12		0.38		0	RPI	6		1.07		
Vitamin A, IU		88		0	RPI	6		249		
Vitamin A, RAE		25 24		0 0	RPI RPI	6 6		69 68		
Retinol		0.05		0	RPI	6		0.14		
Vitamin E (alpha-tocopherol)		0.05		U	RPI	ь		0.14		
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.2		0	RPI	6		0.5		
<u> Lipids:</u>										
Fatty acids, total saturated		1.681		0	RPI	6		4.739		
4:0		0.064		0	RPA	1		0.181		
6:0	-	0.064		0	RPA	1		0.181		
8:0		0.064		0	RPA	1		0.181		
10:0		0.064		0	RPA	1		0.181		
12:0		0.066		0	RPA	1		0.187		
13:0	_	0.000		0	RPA	1		0.000		
14:0	_	0.257		0	RPA	1		0.723		
15:0	_	0.000		0	RPA	1		0.000		
16:0	_	0.746		0	RPA	1		2.104		
17:0	-	0.000		0	RPA	1		0.000		
18:0	_	0.354		0	RPA	1		1.000		
20:0		0.000		0	RPA	1		0.000		
22:0	g g	0.000		0 0	RPA	1		0.000		

		<u>Aı</u>	mount in 100	grams	Amount in edible portion of common					
			N	umber	•			<u>m</u>	easures of food	
					Deriv		Confidence			
Nutrients and U	nits	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
F. (1) (1)		0.740		•	DDT			0.000		
Fatty acids, total monounsaturated		0.740 0.000		0	RPI RPA	6 1		2.088 0.000		
15:1		0.000		Ū	KIA	-		0.000		
16:1 undifferentiated		0.000		0	RPA	1		0.001		
17:1										
18:1 undifferentiated		0.740		0	RPA	1		2.087		
20:1	•	0.000		0	RPA	1		0.000		
22:1 undifferentiated	_	0.000		0	RPA	1		0.000		
24:1 c		0.450				_				
Fatty acids, total polyunsaturated		0.172 0.107		0 0	RPI RPA	6 1		0.484 0.302		
18:2 undifferentiated		0.064		0	RPA	1		0.302		
18:4	-	0.000		0	RPA	1		0.182		
20:2 n-6 c.c		0.000		Ů	1122	•		0.000		
20:3 undifferentiated	-									
20:4 undifferentiated		0.000		0	RPA	1		0.000		
20:5 n-3	_	0.000		0	RPA	1		0.000		
22:5 n-3		0.000		0	RPA	1		0.000		
22:6 n-3		0.000		0	RPA	1		0.000		
Fatty acids, total trans	g									
Cholesterol	mg	9		0	RPA	1		25		
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.068		0	RPA	1		0.192		
Threonine		0.132		0	RPA	1		0.373		
Isoleucine	-	0.151		o	RPA	1		0.426		
Leucine		0.243		0	RPA	1		0.685		
Lysine	-	0.132		0	RPA	1		0.373		
Methionine		0.067		0	RPA	1		0.188		
Cystine		0.017		0	RPA	1		0.049		
Phenylalanine	g	0.138		0	RPA	1		0.389		
Tyrosine	g	0.140		0	RPA	1		0.394		
Valine	g	0.179		0	RPA	1		0.505		
Arginine	g	0.077		0	RPA	1		0.217		
Histidine	g	0.068		0	RPA	1		0.193		
Alanine	g	0.099		0	RPA	1		0.278		
Aspartic acid		0.227		0	RPA	1		0.641		
Glutamic acid		0.592		0	RPA	1		1.671		
Glycine		0.075		0	RPA	1		0.211		
Proline		0.304		0	RPA	1		0.857		
Serine	-	0.101		0	RPA	1		0.285		
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0	RPI	6		0.0		
Caffeine	mg	2		0	RPI	6		5		
Theobromine	mg	64		0	RPI	6		181		
Carotenoids:										
Carotene, beta	mcg	4		0	RPI	6		12.661		
Carotene, alpha	-	0		0	RPI	6		0.000		
Cryptoxanthin, beta		0		0	RPI	6		0.000		
Lycopene		0		0	RPI	6		0.000		
Lutein + zeaxanthin		0		0	RPI	6		0.000		

## **Common Measures:**

Measure 1 = 282g: 1 cup (8 fl oz)

NDB No. 14182

Chocolate syrup, prepared with whole milk

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

NDB No. 14557 Chocolate-flavor beverage mix for milk, powder, with added nutrients

		<u>A</u> 1	mount in 10	00 grams	of edib	Amount in edible portion of common				
Nutrients and Uni	its	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food  Measure 2	<u> </u> Measure
Proximates:										
Water	g	1.10		0	FLC	4		0.24		
Energy		400		0	NC	4		88		
Energy	kj	1673		0	NC	4		368		
Protein		4.55		1	LC	8		1.00		
Total lipid (fat)	g	2.27		1	LC	8		0.50		
Ash	g	1.80		0	BFZN	4		0.40		
Carbohydrate, by difference	g	90.28		0	NC	4		19.86		
Fiber, total dietary	g	4.5		1	LC	8		1.0		
Sugars, total	g	81.82		1	LC	8		18.00		
Starch	g									
<u> Minerals:</u>										
Calcium, Ca	mg	455		1	LC	8		100		
Iron, Fe	mg	0.00		1	LC	8		0.00		
Magnesium, Mg	mg	53		0	FLC	4		12		
Phosphorus, P	mg	86		0	FLC	4		19		
Potassium, K	mg	280		0	FLC	4		62		
Sodium, Na	mg	136		1	LC	8		30		
Zinc, Zn	mg	6.82		1	LC	8		1.50		
Copper, Cu		0.909		1	LC	8		0.200		
Manganese, Mn	mg	0.707	,	0	BFZN	4		0.156		
Selenium, Se	mcg	1.9		0	FLC	4		0.4		
/itamins:										
Vitamin C, total ascorbic acid	mg	27.3		1	LC	8		6.0		
Thiamin	mg	0.009	)	0	FLC	4		0.002		
Riboflavin	mg	0.056	5	0	FLC	4		0.012		
Niacin	<u>mg</u>	0.199	)	0	FLC	4		0.044		
Pantothenic acid	mg	0.000		0	FLC	4		0.000		
Vitamin B-6	_	0.909	)	1	LC	8		0.200		
Folate, total		4		0	FLC	4		1		
Folic acid	-	0		0	FLC	4		0		
Folate, food		4		0	FLC	4		1		
Folate, DFE		4		0	NC	4		1		
Vitamin B-12		0.00		0	FLC	4		0.00		
Vitamin A, IU		0		1	rc	8		0		
Vitamin A, RAE		0		0	FLC	4		0		
Retinol		0		0	FLC	4		0		
Vitamin E (alpha-tocopherol)		0.04		0	FLC	4		0.01		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta		0.000				•		0.000		
Vitamin D Vitamin K (phylloquinone)		0.000	,	1 0	LC FLC	8 4		0.000 0.2		
4 5 1 /		0.5		· ·	120	•		0.2		
<u>lipids:</u>	a	2.273	ı.	1	LC	8		0.500		
Fatty acids, total saturated		0.000		0	FLC	4		0.000		
6:0	-	0.000		0	FLC	4		0.000		
8:0	-	0.000		0	FLC	4		0.000		
10:0	-	0.000		0	FLC	4		0.000		
12:0	-	0.000		0	FLC	4		0.000		
13:0	_	0.000		·	- 20	•		3.000		
14:0		0.006	i	0	FLC	4		0.001		
15:0	-	2.000		·		-		0.001		
16:0	_	1.082	<u>!</u>	0	FLC	4		0.238		
17:0	_			•		-		3.200		
18:0	_	1.162	2	0	FLC	4		0.256		
20:0	_			-		=		3.200		
22:0	_									
24:0	_									

NDB No. 14557 Chocolate-flavor beverage mix for milk, powder, with added nutrients

	<u>Ar</u>	nount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated9	0.000		0	NC	4		0.000		
14:1g	0.000		U	NC	4		0.000		
15:1g									
16:1 undifferentiated	0.000		0	NR	4		0.000		
17:1g			•		=				
18:1 undifferentiated	0.000		0	NR	4		0.000		
20:1g	0.000		0	FLC	4		0.000		
22:1 undifferentiatedg	0.000		0	FLC	4		0.000		
24:1 cg									
Fatty acids, total polyunsaturatedg	0.000		0	NC	4		0.000		
18:2 undifferentiatedg	0.000		0	NR	4		0.000		
18:3 undifferentiatedg	0.000		0	NR	4		0.000		
18:4g	0.000		0	FLC	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiated									
20:4 undifferentiatedg	0.000		0	FLC	4		0.000		
20:5 n-3g	0.000		0	FLC	4		0.000		
22:5 n-3g	0.000		0	FLC	4		0.000		
22:6 n-3g	0.000		0	FLC	4		0.000		
Fatty acids, total transg									
Cholesterolmg	0		1	LC	8		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	FLC	4		0.0		
Caffeine mg	8		0	FLC	4		2		
Theobrominemg	277		0	FLC	4		61		
Carotenoids:									
Carotene, betamcg	0		0	FLC	4		0.000		
Carotene, alpha mcg	0		0	FLC	4		0.000		
Cryptoxanthin, betamcg	0		0	FLC	4		0.000		
Lycopenemcg	0		0	FLC	4		0.000		
Lutein + zeaxanthin mcg	0		0	FLC	4		0.000		

## **Common Measures:**

Measure 1 = 22g: 1 serving

\*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

NDB No. 14558 Chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk

		<u>A</u> 1	mount in 10	<u>0 grams</u>	of edib	ole 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 Unit	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:	_			•				045 50		
Water	_	81.10		0	RPI	6		215.73		
Energy		88		0	NC	4		235		
Energy		369		0	NC	4		983		
Protein		3.33		0	RPI	6		8.86		
Total lipid (fat)		3.17		0	RPI	6 6		8.43 2.08		
Ash	<del>-</del>	0.78		0	RPI	4		30.89		
Carbohydrate, by difference		11.61 0.0		0	NC O	4		0.1		
Fiber, total dietary		11.59		0	RPI	6		30.83		
Sugars, total	_	11.59		U	KPI	ь		30.83		
Starch	9									
Minerals:										
Calcium, Ca	-	130		0	RPI	6		346		
Iron, Fe	-	0.03		0	RPI	6		0.08		
Magnesium, Mg		14		0	RPI	6		36		
Phosphorus, P	_	84		0	RPI	6		223		
Potassium, K	_	145		0	RPI	6		386		
Sodium, Na	_	51		0	RPI	6		135		
Zinc, Zn		0.91	_	0	RPI	6		2.43		
Copper, Cu	_	0.096		0	RPI	6 6		0.256		
Manganese, Mn		0.061 3.5	<u>.</u>	0	RPI RPI	6		0.163 9.4		
Seienium, Se	Tricg	3.5		U	KPI	6		9.4		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	2.3		0	RPI	6		6.0		
Thiamin	-	0.041	L	0	RPI	6		0.109		
Riboflavin	-	0.172		0	RPI	6		0.458		
Niacin	-	0.115		0	RPI	6		0.306		
Pantothenic acid		0.332		0	RPI	6		0.884		
Vitamin B-6		0.108	3	0	RPI	6		0.289		
Folate, total		5		0	RPI	6		13		
Folic acid		0		0	RPI	6		0		
Folate, food		5		0	RPI	6		13		
Folate, DFE		5		0	NC	4		13		
Vitamin B-12		0.40 94		0 0	RPI	6 6		1.07 249		
Vitamin A, IU Vitamin A, RAE	IU	94 26		0	RPI RPI	6		69		
Retinol		26		0	RPI	6		68		
Vitamin E (alpha-tocopherol)		0.06		0	RPI	6		0.15		
Tocopherol, beta	 ma	0.00		U	KFI	Ü		0.13		
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		37.087	,	0	RPI	6		98.651		
Vitamin K (phylloquinone)		0.3		0	RPI	6		0.7		
	<del></del>									
Lipids:	~			_		_				
Fatty acids, total saturated		1.897		0	RPI	6		5.046		
4:0		0.068		0	RPI	6		0.182		
6:0	-	0.068		0	RPI	6		0.182		
8:0	-	0.068		0	RPI	6		0.182		
10:0		0.068		0 0	RPI	6 6		0.182		
12:0		0.070		0	RPI	6 1		0.187		
13:0	-	0.000		0	RPA RPI	6		0.000		
14:0	-	0.273		0	RPI RPA	6 1		0.726		
15:0	-	0.850		0	RPI	6		0.000 2.261		
16:0 17:0	-	0.850		0	RPA	1		0.000		
	-	0.431		0	RPI	6		1.146		
18:0		0.431		0	RPA	1		0.000		
20:0 22:0		0.000		0	RPA	1				
44 U	y	0.000	,	U	RPA	_		0.000		

NDB No. 14558 Chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk

	<u>Ar</u>	mount in 10	00 grams	of edik	<u>n</u>	Amount in edible portion of common			
			Number of Data		Source	Confidence	<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Father ide total management d	0.745		0	RPI	6		1.982		
Fatty acids, total monounsaturatedg	0.743		0	RPA	1		0.000		
14:1g 15:1g	0.000		U	RPA	_		0.000		
16:1 undifferentiated	0.000		0	RPI	6		0.000		
17:1g	0.000				·		0.000		
18:1 undifferentiated	0.745		0	RPI	6		1.982		
20:1g	0.000		0	RPI	6		0.000		
22:1 undifferentiated	0.000		0	RPI	6		0.000		
24:1 cg									
Fatty acids, total polyunsaturatedg	0.178		0	RPI	6		0.475		
18:2 undifferentiatedg	0.110		0	RPI	6		0.293		
18:3 undifferentiated	0.068		0	RPI	6		0.182		
18:4g	0.000		0	RPI	6		0.000		
20:2 n-6 c.cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	RPI	6		0.000		
20:5 n-3g	0.000		0	RPI	6		0.000		
22:5 n-3g	0.000		0	RPI	6		0.000		
22:6 n-3g	0.000		0	RPI	6		0.000		
Fatty acids, total transg									
Cholesterolmg	10		0	RPI	6		25		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	RPI	6		0.0		
Caffeine mg	1		0	RPI	6		2		
Theobrominemg	23		0	RPI	6		61		
Carotenoids:									
Carotene, betamcg	5		0	RPI	6		12.684		
Carotene, alphamcg	0		0	RPI	6		0.000		
Cryptoxanthin, betamcg	0		0	RPI	6		0.000		
Lycopenemcg	0		0	RPI	6		0.000		
Lutein + zeaxanthinmcg	0		0	RPI	6		0.000		

### **Common Measures:**

Measure 1 = 266g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

NDB No. 14175 Chocolate-flavor beverage mix for milk, powder, without added nutrients

		<u>A</u> 1	mount in 10	0 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common			
Nutrients and Un	its	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food  Measure 2	<u>I</u> Measure 3	
rathente and on		Wicuit	Ota: Error					Wicusare 1	mousure 2	Wicasare	
Proximates:											
Water	g	0.90		16		1		0.21			
Energy	kcal	349		0	NC	4		80			
Energy	kj	1460				4		336			
Protein (N x 5.63)		3.30		20		1		0.76			
Total lipid (fat)		3.10		17		1		0.71			
Ash		1.80		14		1		0.41			
Carbohydrate, by difference		90.30		0	NC	4		20.77			
Fiber, total dietary		4.4		2	LC	8		1.0			
Sugars, total		84.66		2	LC	8		19.47			
Starch	g										
Minerals:											
Calcium, Ca	mg	37		16		1		9			
Iron, Fe		3.14		27		1		0.72			
Magnesium, Mg		98		13		1		23			
Phosphorus, P		128		10		1		29			
Potassium, K		591		11		1		136			
Sodium, Na		210 1.55		26 12		1 1		48 0.36			
Zinc, Zn Copper, Cu		0.705	:	11		1		0.36			
Manganese, Mn		0.705		11		1		0.162			
Selenium, Se		2.6	0.38		A	1		0.6			
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid		0.7	0.19			1		0.2			
Thiamin	-	0.032		11		1		0.007			
Riboflavin		0.146 0.511		4 13		1 1		0.034 0.118			
Niacin Pantothenic acid	-	0.511		0	FLA	4		0.118			
Vitamin B-6		0.032			FLIA	1		0.012			
Folate, total	_	7	0.00	0	FLA	4		2			
Folic acid		Ó		0	FLA	4		0			
Folate, food	-	7		0	FLA	4		2			
Folate, DFE		7		0	NC	4		2			
Vitamin B-12		0.00		0	FLA	4		0.00			
Vitamin A, IU	IU	4		0	FLA	4		1			
Vitamin A, RAE	mcg_RAE	0		0	FLA	4		0			
Retinol	mcg	0		0	FLA	4		0			
Vitamin E (alpha-tocopherol)		0.05		0	FLA	4		0.01			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta Vitamin D											
Vitamin K (phylloquinone)		1.1		0	FLA	4		0.2			
vitanini K (phynoquinone)				ŭ		•		0.2			
<u>Lipids:</u>											
Fatty acids, total saturated		1.834		0		1		0.422			
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 12:0	_	0.000		0		1 1		0.000 0.000			
13:0	-	0.000	•	U		1		0.000			
14:0		0.003	3	0		1		0.001			
15:0				•		_		3.001			
16:0		0.781	L	0		1		0.180			
17:0											
18:0	-	1.020	)	0		1		0.235			
20:0	g										
22:0	-										
24:0	g										

NDB No. 14175 Chocolate-flavor beverage mix for milk, powder, without added nutrients

		<u>A</u> 1	mount in 10	00 grams	of edil	ole portic	<u>on</u>	Amount in edible portion of common measures of food		
				Number				<u>m</u>	easures of food	
Nutrients and I	Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturat		1.009	l	0		1		0.232		
14:1	_									
15:1	-					_				
16:1 undifferentiated	-	0.007		0		1		0.002		
17:1	• • • • • • • • • • • • • • • • • • • •	1 000		0		1		0.000		
18:1 undifferentiated		1.000						0.230		
20:1		0.001		0		1		0.000		
22:1 undifferentiated	-	0.000		0		1		0.000		
24:1 c		0.001		0		1				
Fatty acids, total polyunsaturate		0.091						0.021		
18:2 undifferentiated		0.087		0		1		0.020		
18:3 undifferentiated		0.004		0		1		0.001		
18:4		0.000		0		1		0.000		
20:2 n-6 c,c	-									
20:3 undifferentiated	-	0.000		•		1		0.000		
20:4 undifferentiated		0.000		0				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	1	0		1		0.000		
Fatty acids, total trans		0		0				•		
Cholesterol		U		U	FLA	4		0		
Phytosterols	Illy									
Amino Acids:										
Tryptophan	g	0.045	i	0		1		0.010		
Threonine	g	0.111		0		1		0.026		
Isoleucine	g	0.108		0		1		0.025		
Leucine	_	0.171		0		1		0.039		
Lysine	g	0.142		0		1		0.033		
Methionine		0.025	i	0		1		0.006		
Cystine	g	0.035	i	0		1		0.008		
Phenylalanine		0.137		0		1		0.032		
Tyrosine		0.108		0		1		0.025		
Valine	g	0.166	i	0		1		0.038		
Arginine	g	0.157		0		1		0.036		
Histidine	g	0.048		0		1		0.011		
Alanine	_	0.123	ı	0		1		0.028		
Aspartic acid		0.280	ı	0		1		0.064		
Glutamic acid		0.412		0		1		0.095		
Glycine	g	0.127		0		1		0.029		
Proline		0.112		0		1		0.026		
Serine	_	0.113		0		1		0.026		
Hydroxyproline										
	₹									
Others:	_			_		_		• •		
Alcohol, ethyl		0.0		0		7		0.0		
Caffeine		36		6		1		8		
Theobromine	<u>m</u> g	1212		0	FLC	4		279		
Carotenoids:										
Carotene, beta	mcg	0		0	FLA	4		0.000		
Carotene, alpha		0		0	FLA	4		0.000		
Cryptoxanthin, beta		0		0	FLA	4		0.000		
Lycopene		0		0	FLA	4		0.000		
Lutein + zeaxanthin		0		0	FLA	4		0.000		

### **Common Measures:**

Measure 1 = 23g: 1 serving

NDB No. 14175

Chocolate-flavor beverage mix for milk, powder, without added nutrients

Calories Factors: Protein 1.83 Fat 8.37 Carbohydrate 3.5

Food Group: 14 Beverages

NDB No. 14177 Chocolate-flavor beverage mix, powder, prepared with whole milk

		<u>A</u>	mount in 10			le portic	<u>on</u>		edible portion easures of food	
				Number		_		<u> </u>	easures or 1000	<u>.</u>
							Confidence			
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
n · .										
Proximates: Water	а	80.79		0	RPA	1		214.89		
Energy		85		0	RPI	6		226		
Energy		356		0	RPI	6		946		
Protein		3.23		0	RPA	1		8.59		
Total lipid (fat)		3.24		0	RPI	6		8.61		
Ash		0.78		0	RPA	1		2.09		
Carbohydrate, by difference		11.91		0	RPI	6		31.68		
Fiber, total dietary		0.4		0	RPI	6		1.0		
Sugars, total				-						
Starch										
Staten	9									
<u>Minerals:</u>										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	95		0	RPA	1		254		
Iron, Fe		0.30		0	RPA	1		0.80		
Magnesium, Mg		18		0	RPA	1		47		
Phosphorus, P	mg	88		0	RPA	1		233		
Potassium, K	mg	172		0	RPA	1		458		
Sodium, Na		58		0	RPA	1		153		
Zinc, Zn		0.48		0	RPA	1		1.28		
Copper, Cu	mg	0.082		0	RPA	1		0.217		
Manganese, Mn		0.064	Į.	0	RPA	1		0.169		
Selenium, Se	mcg	3.6		0	RPA	1		9.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0	RPA	1		0.2		
Thiamin	mg	0.043	3	0	RPA	1		0.114		
Riboflavin	mg	0.180	)	0	RPA	1		0.478		
Niacin	mg	0.142	<u> </u>	0	RPA	1		0.378		
Pantothenic acid	mg	0.336	5	0	RPI	6		0.893		
Vitamin B-6	mg	0.034	Į	0	RPA	1		0.091		
Folate, total	mcg	5		0	RPI	6		14		
Folic acid	mcg	0		0	RPI	6		0		
Folate, food		5		0	RPI	6		14		
Folate, DFE	mcg_DFE	5		0	NC	4		14		
Vitamin B-12	mcg	0.40		0	RPI	6		1.06		
Vitamin A, IU		94		0	RPI	6		249		
Vitamin A, RAE	mcg_RAE	26		0	RPI	6		69		
Retinol	mcg	26		0	RPI	6		68		
Vitamin E (alpha-tocopherol)	mg	0.06		0	RPI	6		0.15		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.3		0	RPI	6		0.8		
Lipids:										
Fatty acids, total saturated	g	1.860	)	0	RPI	6		4.947		
4:0		0.068	3	0	RPA	1		0.181		
6:0	g	0.068	3	0	RPA	1		0.181		
8:0	g	0.068	3	0	RPA	1		0.181		
10:0	g	0.068	3	0	RPA	1		0.181		
12:0	g	0.070	)	0	RPA	1		0.186		
13:0	g	0.000	)	0	RPA	1		0.000		
14:0	g	0.272	2	0	RPA	1		0.722		
15:0	g	0.000	)	0	RPA	1		0.000		
16:0	g	0.825	5	0	RPA	1		2.194		
17:0	g	0.000	)	0	RPA	1		0.000		
18:0	_	0.421	=	0	RPA	1		1.120		
20:0	_	0.000		0	RPA	1		0.000		
22:0		0.000		0	RPA	1		0.000		
	g	0.000		0	RPA	1		0.000		

	<u>A</u>	mount in 10	0 grams	of edil	ole portic	<u>on</u>	Amount in edible portion of common		
		I	Number	•			<u>m</u>	easures of food	
			of Data		Source	Confidence			
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.829	)	0	RPI	6		2.206		
14:1g	0.000	)	0	RPA	1		0.000		
15:1g									
16:1 undifferentiatedg	0.001	-	0	RPA	1		0.002		
17:1g 18:1 undifferentiated	0.829	,	0	RPA	1		2.204		
20:1	0.000		0	RPA	1		0.000		
22:1 undifferentiatedg	0.000		0	RPA	1		0.000		
24:1 cg			-		_		0.000		
Fatty acids, total polyunsaturatedg	0.186	5	0	RPI	6		0.494		
18:2 undifferentiatedg	0.117	1	0	RPA	1		0.312		
18:3 undifferentiatedg	0.068	3	0	RPA	1		0.182		
18:4g	0.000	)	0	RPA	1		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	RPA	1		0.000		
20:5 n-3g	0.000		0	RPA	1		0.000		
22:5 n-3g	0.000		0	RPA	1		0.000		
22:6 n-3g	0.000	)	0	RPA	1		0.000		
Fatty acids, total trans	•		•		_		0.5		
Cholesterol mg	9		0	RPI	6		25		
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.072	?	0	RPA	1		0.192		
Threonineg	0.140	)	0	RPA	1		0.373		
Isoleucineg	0.160	)	0	RPA	1		0.426		
Leucineg	0.257	,	0	RPA	1		0.684		
Lysineg	0.140		0	RPA	1		0.373		
Methionineg	0.071		0	RPA	1		0.188		
Cystineg	0.018		0	RPA	1		0.049		
Phenylalanineg	0.146		0	RPA	1		0.389		
Tyrosineg	0.148		0	RPA	1		0.393		
Valineg	0.190		0	RPA	1		0.505		
Arginineg	0.082		0	RPA	1		0.218		
Histidine	0.073		0	RPA	1		0.193		
Alanineg	0.105		0	RPA	1		0.278		
Aspartic acidg	0.241		0	RPA	1		0.641		
Glutamic acid	0.628		0	RPA	1		1.670		
Glycine	0.079		•	RPA	1		0.211		
Proline	0.322 0.107		0 0	RPA RPA	1 1		0.857 0.285		
Serine	0.107		U	RPA	1		0.285		
Hydroxyprolineg									
Others:									
Alcohol, ethylg	0.0		0	RPI	6		0.0		
Caffeinemg	3		0	RPI	6		8		
Theobromine mg	104		0	RPI	6		278		
Carotenoids:									
Carotene, betamcg	5		0	RPI	6		12.636		
Carotene, alpha mcg	0		0	RPI	6		0.000		
Cryptoxanthin, betamcg	0		0	RPI	6		0.000		
Lycopenemcg	0		0	RPI	6		0.000		
Lutein + zeaxanthin mcg	0		0	RPI	6		0.000		

### **Common Measures:**

Measure 1 = 266g: 1 cup (8 fl oz)

NDB No. 14177

Chocolate-flavor beverage mix, powder, prepared with whole milk

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

		<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	88.10		0	FLC	4		214.97	26.87	
Energy	kcal	47		0	FLC	4		115	14	
Energy	kj	197		0	FLC	4		480	60	
Protein	g	0.64		0	FLC	4		1.57	0.20	
Total lipid (fat)	g	0.40		0	FLC	4		0.98	0.12	
Ash	g	0.56		0	FLC	4		1.37	0.17	
Carbohydrate, by difference	g	10.20		0	FLC	4		24.89	3.11	
Fiber, total dietary	g	0.8		0	FLC	4		2.0	0.3	
Sugars, total	g	8.68		0	FLC	4		21.18	2.65	
Starch	g									
Minorals										
Minerals: * Calcium, Ca	ma	100		0	0	4		244	31	
Iron, Fe	_	0.46		0	FLC	4		1.12	0.14	
Magnesium, Mg	_	14		0	FLC	4		34	4	
* Phosphorus, P		23		0	FLC	4		57	7	
* Potassium, K	_	76		0	FLC	4		185	23	
* Sodium, Na		91		0	FLC	4		222	28	
Zinc, Zn		0.21		0	FLC	4		0.51	0.06	
Copper, Cu		0.105	5	0	FLC	4		0.256	0.032	
Manganese, Mn		0.107	7	0	FLC	4		0.260	0.032	
Selenium, Se	mcg	0.5		0	FLC	4		1.3	0.2	
¥7:4										
Vitamins:	ma m							- 4		
* Vitamin C, total ascorbic acid		2.2	_	•		4		5.4	0.7	
Thiamin		0.006		0	FLC	4 4		0.015 0.146	0.002	
* Riboflavin		0.060				4		1.830	0.018 0.229	
* Niacin Pantothenic acid	_	0.730		0	FLC	4		0.074	0.229	
Vitamin B-6	-	0.007		0	FLC	4		0.017	0.009	
Folate, total	-	1	•	0	FLC	4		3	0.002	
Folic acid		0		0	Z	7		0	0	
Folate, food		1		0	FLC	4		3	0	
Folate, DFE		1		0	NC	4		3	0	
Vitamin B-12		0.02		0	FLC	4		0.05	0.01	
* Vitamin A, IU		200		0	FLC	4		488	61	
Vitamin A, RAE		60		0	FLC	4		146	18	
* Retinol		60		0	FLC	4		146	18	
Vitamin E (alpha-tocopherol)		0.00		0	FLC	4		0.01	0.00	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
* Vitamin D	IU	1.134	Į.	0	FLC	4		2.768	0.346	
Vitamin K (phylloquinone)	mcg	0.0		0	FLC	4		0.0	0.0	
Linida										
Lipids:	a	0.310	,	0	FLC	4		0.756	0.094	
Fatty acids, total saturated4:0		0.001		0	FLC	4		0.756	0.000	
6:0	-	0.001		0	FLC	4		0.002	0.000	
8:0	-	0.000		0	FLC	4		0.000	0.000	
10:0	_	0.000		0	FLC	4		0.000	0.000	
12:0		0.000		0	FLC	4		0.001	0.000	
13:0		3.000	-	·	- 110	-		0.001	0.000	
14:0	_	0.003	3	0	FLC	4		0.006	0.001	
15:0		0.005	-	ŭ	- 20	•		3.000	0.001	
16:0	-	0.145	5	0	FLC	4		0.355	0.044	
17:0	-	0.140	-	ŭ	- 20	•		3.333	0.044	
18:0	-	0.160	)	0	FLC	4		0.390	0.049	
20:0	_	3.200		•		-		3.330	0.043	
22:0	_									
24:0	_									

	<u>Am</u>	ount in 100 g		of edib	le portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean S				Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fetter wide total measures treated = 0	0.049		0	FLC	4		0.119	0.015	
Fatty acids, total monounsaturatedg 14:1g	0.049		U	FLC	4		0.119	0.015	
15:1									
16:1 undifferentiated9	0.000		0	FLC	4		0.000	0.000	
17:1g									
18:1 undifferentiated	0.049		0	FLC	4		0.118	0.015	
20:1g	0.000		0	FLC	4		0.000	0.000	
22:1 undifferentiatedg	0.000		0	FLC	4		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturated	0.009		0	FLC	4		0.022	0.003	
18:2 undifferentiatedg	0.009		0	FLC	4		0.021	0.003	
18:3 undifferentiatedg	0.000		0	FLC	4		0.001	0.000	
18:4g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	FLC	4		0.000	0.000	
20:5 n-3g	0.000		0	FLC	4		0.000	0.000	
22:5 n-3g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total transg									
Cholesterolmg	0		0	FLC	4		0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	FLC	4		0.0	0.0	
Caffeine mg	2		0	FLC	4		5	1	
Theobrominemg	72		0	FLC	4		176	22	
Carotenoids:									
Carotene, betamcg	0		0	FLC	4		0.070	0.009	
Carotene, alphamcg	0		0	FLC	4		0.000	0.000	
Cryptoxanthin, betamcg	0		0	FLC	4		0.000	0.000	
Lycopenemcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin mcg	0		0	FLC	4		0.000	0.000	

### **Common Measures:**

Measure 1 = 244g: 1 cup Measure 2 = 30.5g: 1 fl oz

\*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

		<u>Aı</u>	mount in 100 gr	ams of ed	ible portic	<u>on</u>	Amount in edible portion of common		
			Nun	nber			<u>m</u>	easures of food	<u> </u>
			of D	ata Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Poi	nts Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	57.40		1	1		20.20	242.80	
Energy	kcal	162		0 NC	4		57	685	
Energy	kj	678			4		239	2867	
Protein (N x 6.25)	g	1.20		1	1		0.42	5.08	
Total lipid (fat)	g	0.10		1	1		0.04	0.42	
Ash	g	1.10		1	1		0.39	4.65	
Carbohydrate, by difference	g	40.30		0 NC	4		14.19	170.47	
Fiber, total dietary		0.2		0 FL	C 4		0.1	1.0	
Sugars, total	g	38.74		0 FL	C 4		13.64	163.88	
Starch	g								
Minerals:									
Calcium, Ca	ma	25		7	1		9	106	
Iron, Fe	-	3.94		1	1		1.39	16.67	
Magnesium, Mg	-	20		8	1		7	85	
Phosphorus, P		36	2.789	4	1		13	152	
Potassium, K	mg	393		8	1		138	1662	
Sodium, Na	mg	3		8	1		1	13	
Zinc, Zn	mg	0.12		1	1		0.04	0.51	
Copper, Cu	mg	0.097		4	1		0.034	0.410	
Manganese, Mn		0.255		2	1		0.090	1.079	
Selenium, Se	mcg	0.3		0 FLC	4		0.1	1.4	
Vitamins:									
Vitamin C, total ascorbic acid	ma	95.3		1	1		33.5	403.1	
Thiamin	-	0.051		1	1		0.018	0.216	
Riboflavin	-	0.027		0 FLC			0.010	0.115	
Niacin	_	0.632		1	1		0.222	2.673	
Pantothenic acid	-	0.463		1	1		0.163	1.958	
Vitamin B-6	-	0.086		1	1		0.030	0.364	
Folate, total	mcg	9		0 FLC	4		3	36	
Folic acid		0		0 FLC	4		0	0	
Folate, food		9		0 FLC	4		3	36	
Folate, DFE	mcg_DFE	9		0 NC	4		3	36	
Vitamin B-12		0.00		1	1		0.00	0.00	
Vitamin A, IU		15		0 NC	4		5	64	
Vitamin A, RAE		1		0 NC			0	3	
Retinol		0		0 FLC			0	0	
Vitamin E (alpha-tocopherol)		0.07		0 FLC	4		0.02	0.29	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta Vitamin D									
Vitamin D Vitamin K (phylloquinone)		0.1		0 FLC	. 4		0.0	0.5	
vitamin K (phynoquinone)	Illog	0.1		O FEC	. 4		0.0	0.5	
Lipids:									
Fatty acids, total saturated	g	0.007		0	1		0.002	0.030	
4:0	g	0.000		0	1		0.000	0.000	
6:0	g	0.000		0	1		0.000	0.000	
8:0	g	0.000		0	1		0.000	0.000	
10:0	-	0.000		0	1		0.000	0.000	
12:0		0.000		0	1		0.000	0.000	
13:0				•	_				
14:0		0.000		0	1		0.000	0.000	
15:0				^	_				
16:0		0.007		0	1		0.002	0.030	
17:0	-	0.000		0	4		0 000	0.000	
18:0	-	0.000		0	1		0.000	0.000	
20:0	-								
22:0	y								

	<u>An</u>	nount in 100 grams		ole portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Numbe of Data Std. Error Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
But the state of t	0.007	0						
Fatty acids, total monounsaturatedg	0.007	U		1		0.002	0.030	
14:1g								
15:1	0.001	0		1		0.000	0.004	
17:1g	0.001	U		_		0.000	0.004	
18:1 undifferentiated	0.004	0		1		0.001	0.017	
20:1g	0.000	0		1		0.001	0.000	
22:1 undifferentiatedg	0.000	0		1		0.000	0.000	
24:1 cg	0.000	· ·		-		0.000	0.000	
Fatty acids, total polyunsaturated9	0.015	0		1		0.005	0.063	
18:2 undifferentiatedg	0.011	0		1		0.004	0.047	
18:3 undifferentiated	0.004	0		1		0.001	0.017	
18:4g	0.000	0		1		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiated								
20:4 undifferentiated	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	FLC	4		0	0	
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	FLC	4		0.0	0.0	
Caffeineg	0	0	FLC	4		0	0	
Theobromine mg	0	0	FLC	4		0	0	
Carotenoids:								
Carotene, betamcg	7	0	FLC	4		2.462	29.588	
Carotene, alphamcg	1	0	FLC	4		0.429	5.154	
Cryptoxanthin, betamcg	3	0	FLC	4		1.070	12.862	
Lycopenemcg	0	0	FLC	4		0.000	0.000	
Lutein + zeaxanthin mcg	6	0	FLC	4		2.284	27.448	

### **Common Measures:**

Measure 1 = 35.2g: 1 fl oz

Measure 2 = 423g: 1 can (12 fl oz)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.9

Food Group: 14 Beverages

NDB No. 14263 Citrus fruit juice drink, frozen concentrate, prepared with water

		<u>A</u>	mount in 10			le portio	<u>on</u>		edible portion	
Nutrients and Uni	its	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food  Measure 2	<u>l</u> Measure
Proximates:										
Water	g	87.41		0	FLC	4		216.76	27.10	
Energy	kcal	50		0	FLC	4		124	15	
Energy	kj	209		0	FLC	4		518	65	
Protein (N x 0)	g	0.18		0	FLC	4		0.45	0.06	
Total lipid (fat)	g	0.05		0	FLC	4		0.12	0.01	
Ash	g	0.17		0	FLC	4		0.42	0.05	
Carbohydrate, by difference	g	12.19		0	FLC	4		30.24	3.78	
Fiber, total dietary	g	0.1		0	FLC	4		0.2	0.0	
Sugars, total		11.38		1	LC	8		28.23	3.53	
Starch										
Staron	9									
<u> Minerals:</u>										
Calcium, Ca	-	5		0	FLC	4		12	2	
Iron, Fe	mg	0.05		0	FLC	4		0.12	0.01	
Magnesium, Mg	mg	4		0	FLC	4		9	1	
Phosphorus, P	mg	4		0	FLC	4		10	1	
Potassium, K	mg	49		0	FLC	4		121	15	
Sodium, Na	mg	2		0	FLC	4		5	1	
Zinc, Zn	mg	0.02		0	FLC	4		0.05	0.01	
Copper, Cu	mg	0.017	•	0	FLC	4		0.043	0.005	
Manganese, Mn	<u>mg</u>	0.007	•	0	FLC	4		0.017	0.002	
Selenium, Se	mcg	0.1		0	FLC	4		0.2	0.0	
itamins:										
Vitamin C, total ascorbic acid	mg	14.6		1	LC	8		36.3	4.5	
Thiamin	mg	0.016	5	0	FLC	4		0.041	0.005	
Riboflavin	mg	0.008	3	0	FLC	4		0.020	0.002	
Niacin	mg	0.061	_	0	FLC	4		0.150	0.019	
Pantothenic acid	mg	0.055	5	0	FLC	4		0.136	0.017	
Vitamin B-6	mg	0.016	5	0	FLC	4		0.039	0.005	
Folate, total	mcg	3		0	FLC	4		6	1	
Folic acid		0		0	FLC	4		0	0	
Folate, food	mcg	3		0	FLC	4		6	1	
Folate, DFE		3		0	NC	4		6	1	
Vitamin B-12		0.00		0	FLC	4		0.00	0.00	
Vitamin A, IU		27		0	FLC	4		66	8	
Vitamin A, RAE		1		0	NC	4		3	0	
Retinol		0		0	FLC	4		0	0	
Vitamin E (alpha-tocopherol)		0.02		0	FLC	4		0.05	0.01	
Tocopherol, beta						_			****	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0		0	FLC	4		0.1	0.0	
ipids:										
Fatty acids, total saturated	g	0.000	)	1	LC	8		0.000	0.000	
4:0		0.000	)	0	FLC	4		0.000	0.000	
6:0		0.000		0	FLC	4		0.000	0.000	
8:0	-	0.000		0	FLC	4		0.000	0.000	
10:0	-	0.000		0	FLC	4		0.000	0.000	
12:0	-	0.000		0	FLC	4		0.000	0.000	
13:0	-	2.000		•		-		2.000	0.000	
14:0		0.000	)	0	FLC	4		0.000	0.000	
15:0		5.000		Ü	- 110	-		0.000	0.000	
16:0		0.000	)	0	FLC	4		0.000	0.000	
17:0		0.000	•	U	ELIC	-		0.000	0.000	
	-	0.000	,	0	FLC	4		0.000	0.000	
18:0	-	0.000	•	U	FIC	4		0.000	0.000	
20:0	-									
22:0	g g									

			mount in 10			ole portic	<u>on</u>	Amount in edible portion of common measures of food			
				of Data	Deriv		Confidence				
Nutrients and	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsatural	tedg	0.000		1	LC	8		0.000	0.000		
14:1	-										
16:1 undifferentiated	g	0.000		0	FLC	4		0.000	0.000		
17:1 18:1 undifferentiated		0.000		0	FLC	4		0.000	0.000		
20:1	-	0.000		0	FLC	4		0.000	0.000		
22:1 undifferentiated	-	0.000		0	FLC	4		0.000	0.000		
24:1 c	•										
Fatty acids, total polyunsaturate		0.000		1	LC	8		0.000	0.000		
18:2 undifferentiated	g	0.000		0	FLC	4		0.000	0.000		
18:3 undifferentiated	g	0.000		0	FLC	4		0.000	0.000		
18:4	g	0.000		0	FLC	4		0.000	0.000		
20:2 n-6 c,c	g										
20:3 undifferentiated	g										
20:4 undifferentiated	-	0.000		0	FLC	4		0.000	0.000		
20:5 n-3	-	0.000		0	FLC	4		0.000	0.000		
22:5 n-3	-	0.000		0	FLC	4		0.000	0.000		
22:6 n-3		0.000		0	FLC	4		0.000	0.000		
Fatty acids, total trans											
Cholesterol	• • • • • • • • • • • • • • • • • • • •	0		1	rc	8		0	0		
Phytosterols	mg										
Amino Acids:											
Tryptophan	g	0.000		0	FLC	4		0.000	0.000		
Threonine		0.000		0	FLC	4		0.001	0.000		
Isoleucine	g	0.000		0	FLC	4		0.001	0.000		
Leucine	g	0.001		0	FLC	4		0.002	0.000		
Lysine	g	0.001		0	FLC	4		0.001	0.000		
Methionine	g	0.000		0	FLC	4		0.000	0.000		
Cystine	g	0.000		0	FLC	4		0.001	0.000		
Phenylalanine	g	0.001		0	FLC	4		0.001	0.000		
Tyrosine	g	0.000		0	FLC	4		0.001	0.000		
Valine	_	0.001		0	FLC	4		0.002	0.000		
Arginine	g	0.003		0	FLC	4		0.007	0.001		
Histidine	_	0.000		0	FLC	4		0.000	0.000		
Alanine	g	0.001		0	FLC	4		0.002	0.000		
Aspartic acid		0.005		0	FLC	4		0.011	0.001		
Glutamic acid	-	0.002		0	FLC	4		0.005	0.001		
Glycine		0.001		0	FLC	4		0.001	0.000		
Proline	-	0.003		0	FLC	4		0.007	0.001		
Serine		0.001		0	FLC	4		0.002	0.000		
Hydroxyproline	g										
Others:											
Alcohol, ethyl	g	0.0		0	FLC	4		0.0	0.0		
Caffeine		0		0	FLC	4		0	0		
Theobromine		0		0	FLC	4		0	0		
Carotenoids:	-										
Carotene, beta	mca	13		0	0	4		32.240	4.030		
Carotene, beta		0		0	FLC	4		0.888	0.111		
Cryptoxanthin, beta	-	1		0	FLC	4		2.215	0.111		
Lycopene		0		0	FLC	4		0.000	0.000		
Lutein + zeaxanthin		2		0	FLC	4		4.728	0.591		

#### **Common Measures:**

Measure 1 = 248g: 1 cup (8 fl oz)

Measure 2 = 31.0g: 1 fl oz

NDB No. 14263

Citrus fruit juice drink, frozen concentrate, prepared with water

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

		<u>A</u> 1	mount in 10	0 grams	of edit	ole portio	<u>n</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food	_	
				of Data	Deriv	Source	Confidence				
Nutrients and Unit	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	87.40		2	A	1		26.39	145.08		
Energy	kcal	48		0	NC	4		14	79		
Energy	kj	200		0	NC	4		60	332		
Protein (N x 6.25)	g	0.60		2	A	1		0.18	1.00		
Total lipid (fat)	g	0.20		2	A	1		0.06	0.33		
Ash	g	0.85		2	A	1		0.26	1.41		
Carbohydrate, by difference	g	10.95		0	NC	4		3.31	18.18		
Fiber, total dietary	g	0.4		1	LC	8		0.1	0.7		
Sugars, total	g	3.31		1	LC	8		1.00	5.49		
Starch	g										
Minerals:											
Calcium, Ca	ma	8		1	LC	8		2	14		
Iron, Fe	-	0.15		1	LC	8		0.04	0.25		
Magnesium, Mg	-	5		0	FLC	4		2	9		
Phosphorus, P		11		0	FLC	4		3	19		
Potassium, K	-	89		0	FLC	4		27	147		
Sodium, Na	-	362		2	A	1		109	601		
Zine, Zn	-	0.08		0	FLC	4		0.02	0.14		
Copper, Cu		0.029	)	0	FLC	4		0.009	0.049		
Manganese, Mn		0.032		0	FLC	4		0.010	0.053		
Selenium, Se		0.4		0	FLC	4		0.1	0.6		
7*4											
/itamins:				_		•					
Vitamin C, total ascorbic acid	-	5.0		1	LC	8		1.5	8.2		
Thiamin		0.021		0	FLC	4		0.006	0.035		
Riboflavin		0.012		0	FLC	4		0.004	0.020		
Niacin		0.231		0	FLC	4		0.070	0.383		
Pantothenic acid	-	0.083		0	FLC	4		0.025	0.138		
Vitamin B-6	-	0.061	-	0	FLC	4		0.019	0.102		
Folate, total		8 0		0	FLC	4		2 0	13		
Folic acid		8		0	FLC	4		2	0		
Folate, food		8		0 0	FLC NC	4 4		2	13 13		
Folate, DFE				0	FLC	4		0.01	0.04		
Vitamin A, IU		0.03 149		0	FLC	4		45	247		
Vitamin A, RAE		7		0	FLC	4		2	12		
Retinol		0		0	FLC	4		0	0		
Vitamin E (alpha-tocopherol)		0.11		0	FLC	4		0.03	0.19		
Tocopherol, beta		0.11		U	FLC	-		0.03	0.19		
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
<u> Lipids:</u>											
Fatty acids, total saturated		0.000		1	LC	8		0.000	0.000		
4:0	-	0.000		0	FLC	4		0.000	0.000		
6:0	-	0.000		0	FLC	4		0.000	0.000		
8:0	-	0.000		0	FLC	4		0.000	0.000		
10:0	-	0.000		0	FLC	4		0.000	0.000		
12:0	-	0.000	)	0	FLC	4		0.000	0.000		
13:0	-	0.00		•				0.000	0.000		
14:0		0.000	,	0	FLC	4		0.000	0.000		
15:0		0.00		•							
16:0		0.000	,	0	FLC	4		0.000	0.000		
17:0		0.000		^	mr ~			0.000	0.000		
18:0	_	0.000	,	0	FLC	4		0.000	0.000		
20:0	-										
22:0	П										

		<u>Ar</u>	nount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and U	nits	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	dg	0.000		1	LC	8		0.000	0.000		
14:1	-										
15:1	-										
16:1 undifferentiated	-	0.000		0	FLC	4		0.000	0.000		
17:1	-	0.000		0	FLC	4		0.000	0.000		
18:1 undifferentiated 20:1	-	0.000		0	FLC	4		0.000 0.000	0.000 0.000		
22:1 undifferentiated	-	0.000		0	FLC	4		0.000	0.000		
24:1 c	•	0.000		U	FLC	•		0.000	0.000		
Fatty acids, total polyunsaturated.		0.000		0	FLC	4		0.000	0.000		
18:2 undifferentiated		0.000		0	FLC	4		0.000	0.000		
18:3 undifferentiated		0.000		0	FLC	4		0.000	0.000		
18:4	-	0.000		0	FLC	4		0.000	0.000		
20:2 n-6 c,c	-										
20:3 undifferentiated	g										
20:4 undifferentiated	g	0.000		0	FLC	4		0.000	0.000		
20:5 n-3	g	0.000		0	FLC	4		0.000	0.000		
22:5 n-3	g	0.000		0	FLC	4		0.000	0.000		
22:6 n-3	g	0.000		0	FLC	4		0.000	0.000		
Fatty acids, total trans	g										
Cholesterol	mg	0		1	LC	8		0	0		
Phytosterols	<u>mg</u>										
Amino Acids:											
Tryptophan	а	0.004		0	FLC	4		0.001	0.006		
Threonine		0.010		0	FLC	4		0.003	0.016		
Isoleucine	-	0.011		0	FLC	4		0.003	0.018		
Leucine	• • • • • • • • • • • • • • • • • • • •	0.015		0	FLC	4		0.005	0.025		
Lysine	-	0.013		0	FLC	4		0.004	0.022		
Methionine		0.004		0	FLC	4		0.001	0.006		
Cystine		0.003		0	FLC	4		0.001	0.006		
Phenylalanine		0.010		0	FLC	4		0.003	0.016		
Tyrosine		0.006		0	FLC	4		0.002	0.010		
Valine	g	0.011		0	FLC	4		0.003	0.018		
Arginine	g	0.023		0	FLC	4		0.007	0.038		
Histidine	g	0.007		0	FLC	4		0.002	0.011		
Alanine	g	0.011		0	FLC	4		0.003	0.019		
Aspartic acid	g	0.042		0	FLC	4		0.013	0.070		
Glutamic acid	g	0.124		0	FLC	4		0.037	0.206		
Glycine	g	0.009		0	FLC	4		0.003	0.015		
Proline	g	0.010		0	FLC	4		0.003	0.016		
Serine	_	0.010		0	FLC	4		0.003	0.017		
Hydroxyproline	g										
Others:											
Alcohol, ethyl	a	0.0		0	FLC	4		0.0	0.0		
Caffeine		0		0	FLC	4		0	0		
Theobromine		0		0	FLC	4		0	0		
Carotenoids:	<b>.</b>								•		
	mea	00		^	ET ~	4		26 000	147 006		
Carotene, beta		89 0		0 0	FLC	4 4		26.908 0.000	147.906		
Cruptoventhin bota		0		0	FLC FLC	4		0.000	0.000 0.000		
Cryptoxanthin, beta		2982		0	FLC	4		900.650	4950.590		
Lycopene											

### **Common Measures:**

Measure 1 = 30.2g: 1 fl oz

Measure 2 = 166g: 1 can (5.5 oz)

<sup>\*</sup>Vitamin or mineral added for enrichment or fortification

NDB No. 14187

Clam and tomato juice, canned

Calories Factors: Protein 3.8 Fat 8.8 Carbohydrate 4

Food Group: 14 Beverages

		<u>A</u> :	mount in 100	0 grams	of edib	le portio	<u>n</u>		edible portion	
			I	Number				<u>m</u> e	easures of food	•
Nutrients and Uni	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	28.09		0	FLA	4		10.11		
Energy	kcal	287		0	NC	4		103		
Energy		1202		0	NC	4		433		
Protein		0.16		0	FLA	4		0.06		
Total lipid (fat)	-	0.02		0	FLA	4		0.01		
Ash		0.12		0	FLA	4		0.04		
Carbohydrate, by difference		71.60		0	NC	4		25.78		
Fiber, total dietary		0.1		0	FLA	4		0.0		
Sugars, total		71.26		0	FLA	4		25.65		
Starch										
Minerals:										
Calcium, Ca	_	3		0	FLA	4		1		
Iron, Fe		0.05		0	FLA	4		0.02		
Magnesium, Mg		3		0	FLA	4		1		
Phosphorus, P		4		0	FLA	4		1		
Potassium, K		47		0	FLA	4		17		
Sodium, Na		0		2	LC	8		0		
Zinc, Zn		0.02	_	0	FLA	4		0.01		
Copper, Cu		0.026		0	FLA	4		0.009		
Manganese, Mn		0.046	5	0	FLA	4		0.017		
Selenium, Se	mcg	0.6		0	FLA	4		0.2		
Vitamins:										
Vitamin C, total ascorbic acid	ma	4.2		2	LC	8		1.5		
Thiamin	-	0.019	9	0	FLA	4		0.007		
Riboflavin		0.019		0	FLA	4		0.007		
Niacin		0.053		0	FLA	4		0.019		
Pantothenic acid		0.044		0	FLA	4		0.016		
Vitamin B-6	_	0.011		0	FLA	4		0.004		
Folate, total	-	10		0	FLA	4		4		
Folic acid		0		0	FLA	4		0		
Folate, food		10		0	FLA	4		4		
Folate, DFE		10		0	NC	4		4		
Vitamin B-12		0.00		0	FLA	4		0.00		
Vitamin A, IU	IU	25		0	FLA	4		9		
Vitamin A, RAE		1		0	FLA	4		0		
Retinol		0		0	FLA	4		0		
Vitamin E (alpha-tocopherol)		0.05		0	FLA	4		0.02		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.1		0	FLA	4		0.0		
<u>Lipids:</u>	_		_	_		_				
Fatty acids, total saturated		0.024		0	FLA	4		0.008		
4:0		0.000		0	FLA	4		0.000		
6:0	-	0.000		0	FLA	4		0.000		
8:0	-	0.000		0	FLA	4		0.000		
10:0		0.000		0 0	FLA	4		0.000		
12:0		0.000	,	U	FLA	4		0.000		
13:0	-	0 001	1	0	ET A	А		0.000		
14:0	_	0.001	1	U	FLA	4		0.000		
15:0		2 222	,	^				0.000		
16:0		0.022	£	0	FLA	4		0.008		
17:0	-	0 001		^	mr -	4		0.000		
18:0	-	0.001	L	0	FLA	4		0.000		
20:0	-									
22:0										

	Ar	nount in 10	00 grams	of edib	ole portio	<u>on</u>	Amount in edible portion of common		
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.006		0	FLA	4		0.002		
14:1g									
15:1g									
16:1 undifferentiatedg	0.001		0	FLA	4		0.000		
17:1g									
18:1 undifferentiatedg	0.005		0	FLA	4		0.002		
20:1g	0.000		0	FLA	4		0.000		
22:1 undifferentiatedg	0.000		0	FLA	4		0.000		
24:1 cg									
Fatty acids, total polyunsaturatedg	0.060		0	FLA	4		0.022		
18:2 undifferentiatedg	0.041		0	FLA	4		0.015		
18:3 undifferentiatedg	0.019		0	FLA	4		0.007		
18:4g	0.000		0	FLA	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	FLA	4		0.000		
20:5 n-3g	0.000		0	FLA	4		0.000		
22:5 n-3g	0.000		0	FLA	4		0.000		
22:6 n-3g	0.000		0	FLA	4		0.000		
Fatty acids, total transg									
Cholesterolmg	0		2	LC	8		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	FLA	4		0.0		
Caffeine mg	0		0	FLA	4		0		
Theobrominemg	0		0	FLA	4		0		
<u>Carotenoids:</u>									
Carotene, beta mcg	4		0	FLA	4		1.576		
Carotene, alphamcg	1		0	FLA	4		0.237		
Cryptoxanthin, betamcg	20		0	FLA	4		7.264		
Lycopenemcg	0		0	FLA	4		0.000		
Lutein + zeaxanthinmcg	26		0	FLA	4		9.232		

### **Common Measures:**

Measure 1 = 36.0g: 1 fl oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

## Cocoa mix, NESTLE, CARNATION Hot Cocoa Mix With Marshmallows

Nestle USA, Inc. hot chocolate **Refuse:** 0%

		<u>A</u> 1	mount in 100			ole portio	<u>on</u>		edible portion of	
Nutrients and Un	its	Mean		Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
D										
Proximates: Water	a	1.89		3	MA	12		0.53	0.53	
Energy		399		0	MC	9		112	112	
Energy		1669		_		9		467	467	
Protein		4.81		3	A	1		1.35	1.35	
Total lipid (fat)	-	3.66		3	MA	12		1.02	1.02	
Ash		3.02		3	A	1		0.85	0.85	
Carbohydrate, by difference		86.62		0	MC	9		24.25	24.25	
Fiber, total dietary		1.8		3	A	1		0.5	0.5	
Sugars, total		74.80		3	MA	12		20.94	20.94	
Starch	g									
x										
Minerals:	ma	147		3	A	1		41	41	
Calcium, Ca Iron, Fe	-	0.85		3	A A	1		0.24	0.24	
Magnesium, Mg	-	58		0	FLA	4		16	16	
Phosphorus, P	-	207		0	FLA	4		58	58	
Potassium, K		507		0	FLA	4		142	142	
Sodium, Na		343		3	A	1		96	96	
Zine, Zn		0.73		0	FLA	4		0.20	0.20	
Copper, Cu	mg	0.285	5	0	FLA	4		0.080	0.080	
Manganese, Mn	mg	0.213	3	0	FLA	4		0.060	0.060	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		3	A	1		0.0	0.0	
Thiamin	-	0.099	9	0	FLA	4		0.028	0.028	
Riboflavin	-	0.422	2	0	FLA	4		0.118	0.118	
Niacin	mg	0.372	2	0	FLA	4		0.104	0.104	
Pantothenic acid	mg	0.998	3	0	FLA	4		0.279	0.279	
Vitamin B-6	mg	0.111	L	0	FLA	4		0.031	0.031	
Folate, total	mcg	4		0	FLA	4		1	1	
Folic acid		0		0	Z	7		0	0	
Folate, food		4		0	FLA	4		1	1	
Folate, DFE		4		0	NC	4		1	1	
Vitamin B-12		0.42		0	FLA	4		0.12	0.12	
Vitamin A, IU		0		3	MA	12		0	0	
Vitamin A, RAE		0		0	NC Z	<b>4</b> 7		0	0	
Vitamin E (alpha-tocopherol)		· ·		U	4	,		U	U	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	q	1.470	)	3	MA	12		0.412	0.412	
4:0		0.014		0	FLA	4		0.004	0.004	
6:0		0.003		0	FLA	4		0.001	0.001	
8:0		0.003	3	0	FLA	4		0.001	0.001	
10:0	g	0.004	1	0	FLA	4		0.001	0.001	
12:0	g	0.003	3	0	FLA	4		0.001	0.001	
13:0	-									
14:0	-	0.038	3	0	FLA	4		0.011	0.011	
15:0	-	_				_			_	
16:0	-	0.881	L	0	FLA	4		0.247	0.247	
17:0	-	0 450	<b>.</b>	^	TO 7 3			0.100	0 100	
18:0	-	0.473	•	0	FLA	4		0.132	0.132	
20:0										
22:0	9 g									

	<u>Ar</u>	mount in 100 gra	ms of edi	<u>on</u>	Amount in edible portion of common			
		Num	ber			<u>m</u>	easures of food	
Nutrients and Units	Mean	of D Std. Error Poi	ata Deriv nts Code		Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	1.096		0 FLA	4		0.307	0.307	
14:1g								
15:1g								
16:1 undifferentiatedg	0.011		0 FLA	4		0.003	0.003	
17:1g								
18:1 undifferentiatedg	1.082		0 FLA	4		0.303	0.303	
20:1g	0.000		0 FLA	4		0.000	0.000	
22:1 undifferentiatedg	0.000		0 FLA	4		0.000	0.000	
24:1 cg								
Fatty acids, total polyunsaturated	1.342		0 FLA	4		0.376	0.376	
18:2 undifferentiatedg	1.264		0 FLA	4		0.354	0.354	
18:3 undifferentiatedg	0.078		0 FLA	4		0.022	0.022	
18:4g	0.000		0 FLA	4		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000		0 FLA	4		0.000	0.000	
20:5 n-3g	0.000		0 FLA	4		0.000	0.000	
22:5 n-3g	0.000		0 FLA	4		0.000	0.000	
22:6 n-3g	0.000		0 FLA	4		0.000	0.000	
Fatty acids, total transg								
Cholesterol mg	6		3 MA	12		2	2	
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0		0 z	7		0.0	0.0	
Caffeinemg								
Theobromine mg								

### **Common Measures:**

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

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

# Cocoa mix, NESTLE, CARNATION No Sugar Added Hot Cocoa Mix

Nestle USA, Inc. hot chocolate **Refuse:** 0%

		<u>A</u>	mount in 100			ole portio	<u>on</u>		edible portion of	of common
Nutrients and Un	iits	Mean		Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.34		3	MA	12		0.50	0.50	
Energy	kcal	365		0	MC	9		55	55	
Energy	kj	1527				9		229	229	
Protein	g	28.69		3	A	1		4.30	4.30	
Total lipid (fat)	g	2.84		3	MA	12		0.43	0.43	
Ash	g	8.91		3	A	1		1.34	1.34	
Carbohydrate, by difference		56.22		0	MC	9		8.43	8.43	
Fiber, total dietary	g	5.0		3	A	1		0.8	0.8	
Sugars, total	g	44.60		3	MA	12		6.69	6.69	
Starch	g									
Minerals:	m~	000		_	-			100	100	
Calcium, Ca	-	823		3	A	1		123	123	
Iron, Fe	-	2.60 180		3 0	A FLM	1 4		0.39	0.39	
Magnesium, Mg Phosphorus, P	-	900		0	FLM FLM	4		27 135	27 135	
1 ,	•	900 1921		0	FLM	4		288	288	
Potassium, K Sodium, Na		947		3	А	1		142	142	
Zinc, Zn		3.99		0	FLM	4		0.60	0.60	
Copper, Cu	-	0.670	1	0	FLM	4		0.101	0.101	
Manganese, Mn		0.631		0	FLM	4		0.095	0.101	
Selenium, Se		0.033	-	Ū	2 1101	-		0.033	0.033	
Scientini, Sc										
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.7		3	A	1		0.4	0.4	
Thiamin	mg	0.373	3	0	FLM	4		0.056	0.056	
Riboflavin	-	1.451	L	0	FLM	4		0.218	0.218	
Niacin		1.222	2	0	FLM	4		0.183	0.183	
Pantothenic acid		3.304	1	0	FLM	4		0.496	0.496	
Vitamin B-6	mg	0.352	2	0	FLM	4		0.053	0.053	
Folate, total		39		0	FLM	4		6	6	
Folic acid		0		0	Z	7		0	0	
Folate, food		39		0	FLM	4		6	6	
Folate, DFE		39		0	NC	4		6	6	
Vitamin B-12		2.98		0	FLM	4		0.45	0.45	
Vitamin A, IU		0		3	MA	12		0	0	
Vitamin A, RAE		0		0	NC	4		0	0	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	nicg									
Lipids:										
Fatty acids, total saturated	g	1.350	)	3	MA	12		0.203	0.203	
4:0		0.022	2	0	FLM	4		0.003	0.003	
6:0	g	0.004	1	0	FLM	4		0.001	0.001	
8:0	g	0.005	5	0	FLM	4		0.001	0.001	
10:0	g	0.012	2	0	FLM	4		0.002	0.002	
12:0	g	0.009	9	0	FLM	4		0.001	0.001	
13:0	g									
14:0	-	0.059	9	0	FLM	4		0.009	0.009	
15:0	g									
16:0	g	0.623	3	0	FLM	4		0.093	0.093	
17:0	-									
18:0	=	0.584	1	0	FLM	4		0.088	0.088	
20:0										
22:0	g									
24:0	g									

	<u>Aı</u>	mount in 100 gram	s of edil	<u>on</u>	Amount in edible portion of common			
		Numbe	er			<u>m</u>	easures of food	
Nutrients and Units	Mean	of Data Std. Error Points	a Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.904	. 0	FLM	4		0.136	0.136	
14:1g								
15:1	0.020	0	FLM	4		0.003	0.003	
17:1g								
18:1 undifferentiatedg	0.875		FLM	4		0.131	0.131	
20:1g	0.000		FLM	4		0.000	0.000	
22:1 undifferentiatedg	0.000	0	FLM	4		0.000	0.000	
24:1 c	0.004	. 0	TT 14	4		0 014	0.014	
Fatty acids, total polyunsaturatedg	0.094 0.086		FLM	=		0.014 0.013	0.014 0.013	
18:2 undifferentiated	0.086		FLM	4				
18:3 undifferentiated			FLM	4		0.001	0.001	
18:4g	0.000	U	FLM	4		0.000	0.000	
20:2 n-6 c,c								
20:3 undifferentiated	0.000	0	FLM	4		0.000	0.000	
20:4 undifferentiated	0.000		FLM	4		0.000	0.000	
20.5 n-3	0.000		FLM	4		0.000	0.000	
22:6 n-3	0.000		FLM	4		0.000	0.000	
Fatty acids, total trans	0.000	•	E LIM	-		0.000	0.000	
Cholesterolg	19	3	MA	12		3	3	
Phytosterols mo	•	3	r.m.	12		3	,	
Others:								
Alcohol, ethyl	0.0	0	Z	7		0.0	0.0	
Caffeine mg								
Theobromine mg								

### **Common Measures:**

Measure 1 = 15.0g: 1 envelope Measure 2 = 15.0g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

# Cocoa mix, NESTLE, CARNATION Rich Chocolate Hot Cocoa Mix

Nestle USA, Inc. hot chocolate **Refuse:** 0%

		<u>A</u> 1	mount in 10			ole portio	<u>n</u>	Amount in edible portion of common			
				Number of Data	Deriv	Source	Confidence	<u>m</u> .	easures of food	<u>.</u>	
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	1.59		3	MA	12		0.45	0.45		
Energy	kcal	400		0	MC	9		112	112		
Energy	kj	1674				9		469	469		
Protein		4.63		3	A	1		1.30	1.30		
Total lipid (fat)	g	3.96		3	MA	12		1.11	1.11		
Ash		3.27		3	A	1		0.92	0.92		
Carbohydrate, by difference		86.56		0	MC	9		24.24	24.24		
Fiber, total dietary		2.4		3	A	1		0.7	0.7		
Sugars, total		74.30		3	MA	12		20.80	20.80		
Starch	g										
<u> Minerals:</u>											
Calcium, Ca	-	143		3	A	1		40	40		
Iron, Fe		1.00		3	A	1		0.28	0.28		
Magnesium, Mg		98		0	FLM	4		27	27		
Phosphorus, P		253		0	FLM	4		71	71		
Potassium, K		694		0	FLM	4		194	194		
Sodium, Na		363		3	A	1		102	102		
Zinc, Zn		1.28 0.604		0	FLM FLM	4 4		0.36 0.169	0.36 0.169		
Copper, Cu	-	0.563		0	FLM	4		0.169	0.169		
Manganese, Mn Selenium, Se		0.303	,	Ū	FIM	-		0.136	0.136		
·	9										
<u>Vitamins:</u>		0.0		2	_			0.0			
Vitamin C, total ascorbic acid		0.0	,	3 0	A FLM	1 4		0.0	0.0		
Thiamin		0.097 0.416		0	FLM	4		0.027 0.116	0.027		
Riboflavin		0.416		0	FLM	4		0.116	0.116 0.155		
Pantothenic acid		0.892		0	FLM	4		0.155	0.155		
Vitamin B-6		0.108		0	FLM	4		0.030	0.030		
Folate, total.	-	7	•	0	FLM	4		2	2		
Folic acid		0		0	Z	7		0	0		
Folate, food	-	7		0	FLM	4		2	2		
Folate, DFE		7		0	NC	4		2	2		
Vitamin B-12		0.37		0	FLM	4		0.10	0.10		
Vitamin A, IU		0		3	MA	12		0	0		
Vitamin A, RAE		0		0	NC	4		0	0		
Retinol		0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	nicg										
<u> ipids:</u>											
Fatty acids, total saturated	g	1.040	)	3	MA	12		0.291	0.291		
4:0	g	0.006	i	0	FLM	4		0.002	0.002		
6:0	-	0.001		0	FLM	4		0.000	0.000		
8:0		0.001		0	FLM	4		0.000	0.000		
10:0	-	0.002		0	FLM	4		0.001	0.001		
12:0	-	0.001	•	0	FLM	4		0.000	0.000		
13:0	-	0.011		^					2 22:		
14:0		0.016	•	0	FLM	4		0.004	0.004		
15:0	_	0.544		0	EFT 3-4	4		0 153	0 152		
16:0	-	0.546	)	U	FLM	4		0.153	0.153		
17:0 18:0		0.452	•	0	FLM	4		0.127	0.127		
	-	0.452		U	E TIM	4		0.127	0.12/		
20:0											
22:0 24:0											

	<u>Ar</u>	mount in 100 gram	<u>on</u>	Amount in edible portion of common				
		Numbe	er			<u>m</u>	easures of food	
Nutrients and Units	Mean	of Data Std. Error Points	a Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	1.244	0	FLM	4		0.348	0.348	
14:1g								
15:1g								
16:1 undifferentiatedg	0.009	0	FLM	4		0.003	0.003	
17:1g								
18:1 undifferentiatedg	1.233		FLM	4		0.345	0.345	
20:1g	0.000		FLM	4		0.000	0.000	
22:1 undifferentiatedg	0.000	0	FLM	4		0.000	0.000	
24:1 cg								
Fatty acids, total polyunsaturatedg	0.948	0	FLM	4		0.265	0.265	
18:2 undifferentiatedg	0.895	0	FLM	4		0.251	0.251	
18:3 undifferentiatedg	0.053	0	FLM	4		0.015	0.015	
18:4g	0.000	0	FLM	4		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0	FLM	4		0.000	0.000	
20:5 n-3g	0.000	0	FLM	4		0.000	0.000	
22:5 n-3g	0.000	0	FLM	4		0.000	0.000	
22:6 n-3g	0.000	0	FLM	4		0.000	0.000	
Fatty acids, total trans9								
Cholesterolmg	6	3	MA	12		2	2	
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	Z	7		0.0	0.0	
Caffeinemg								
Theobromine mg								

#### **Common Measures:**

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

\*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

hot chocolate **Refuse:** 0%

		<u>A</u>	mount in 10	00 grams	of edib	ole portic	on	Amount in edible portion of common		
				Number	•			<u>m</u>	easures of food	
Nutrients and U	nits	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	-	3.40		2		1		0.65	0.51	
Energy		370		0	NC	4		70	56	
Energy	kj	1550		0	NC	4		294	232	
Protein (N x 6.25)	g	16.13		0	FLA	4		3.06	2.42	
Total lipid (fat)	g	3.00		2		1		0.57	0.45	
Ash	g	7.75		0	FLA	4		1.47	1.16	
Carbohydrate, by difference	g	69.73		0	NC	4		13.25	10.46	
Fiber, total dietary	g	6.4		1	LC	8		1.2	1.0	
Sugars, total		44.89		1	LC	8		8.53	6.73	
Starch										
Staren	9									
Minerals:										
Calcium, Ca	mg	576		1		1		109	86	
Iron, Fe	mg	4.96		2		1		0.94	0.74	
Magnesium, Mg	mg	208		2		1		40	31	
Phosphorus, P	mg	893		1		1		170	134	
Potassium, K	mg	2702		2		1		513	405	
Sodium, Na	mg	1121		1		1		213	168	
Zinc, Zn	mg	3.44		2		1		0.65	0.52	
Copper, Cu	mg	0.730	)	2		1		0.139	0.110	
Manganese, Mn		0.665	5	2		1		0.126	0.100	
Selenium, Se	mcg	16.7		0	FLA	4		3.2	2.5	
,										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	_	1.8		0	FLA	4		0.3	0.3	
Thiamin		0.267	7	2		1		0.051	0.040	
Riboflavin	mg	1.400	)	2		1		0.266	0.210	
Niacin	mg	1.084	l	2		1		0.206	0.163	
Pantothenic acid	<u>mg</u>	3.826	5	2		1		0.727	0.574	
Vitamin B-6	mg	0.318	3	2		1		0.060	0.048	
Folate, total	mcg	15		2		1		3	2	
Folic acid	_	0		0	Z	7		0	0	
Folate, food	-	15		2		1		3	2	
Folate, DFE		15		0	NC	4		3	2	
Vitamin B-12		1.62		0	FLA	4		0.31	0.24	
Vitamin A, IU	II J	0		1	LC	8		0	0	
Vitamin A, RAE	mca RAF	0		0	NC	4		0	0	
Retinol		0		0	Z	7		0	0	
		0.43		0	FLA	4		0.08	0.06	
Vitamin E (alpha-tocopherol)		0.43		U	FLA	4		0.08	0.06	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	9.1		0	FLA	4		1.7	1.4	
Lipids:										
Fatty acids, total saturated	a	1.777	,	0		1		0.338	0.267	
4:0		0.000		0		1		0.000	0.000	
		0.000		0		1				
6:0				0		1		0.000	0.000	
8:0	-	0.000		-		1		0.000	0.000	
10:0	-	0.000		0				0.000	0.000	
12:0		0.000	,	0		1		0.000	0.000	
13:0	-			_						
14:0		0.000	)	0	FLA	4		0.000	0.000	
15:0	-									
16:0	-	0.000	)	0	FLA	4		0.000	0.000	
17:0	-									
18:0		0.000	)	0	FLA	4		0.000	0.000	
20:0	-									
22:0	g									
24:0	g									

		<u>Ar</u>	nount in 10	0 grams		ole portio	<u>en</u>	Amount in edible portion of common measures of food			
Nutrients and U	Jnits	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturate		0.979		0		1		0.186	0.147		
14:1	• • • • • • • • • • • • • • • • • • • •										
15:1	-										
16:1 undifferentiated	-	0.007		0		1		0.001	0.001		
17:1											
18:1 undifferentiated	-	0.969		0		1		0.184	0.145		
20:1	-	0.001		0		1		0.000	0.000		
22:1 undifferentiated	•	0.000		0		1		0.000	0.000		
24:1 c											
Fatty acids, total polyunsaturated		0.088		0		1		0.017	0.013		
18:2 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.085		0		1		0.016	0.013		
18:3 undifferentiated	-	0.004		0		1		0.001	0.001		
18:4	-	0.000		0		1		0.000	0.000		
20:2 n-6 c,c											
20:3 undifferentiated											
20:4 undifferentiated	-	0.000		0		1		0.000	0.000		
20:5 n-3	• • • • • • • • • • • • • • • • • • • •	0.000		0		1		0.000	0.000		
22:5 n-3	-	0.000		0		1		0.000	0.000		
22:6 n-3		0.000		0		1		0.000	0.000		
Fatty acids, total trans											
Cholesterol		6		0	FLA	4		1	1		
Phytosterols	mg	12		0	FLA	4		2	2		
Others:											
Alcohol, ethyl	g	0.0		0	FLA	4		0.0	0.0		
Caffeine	mg	17		0	FLA	4		3	2		
Theobromine	mg	561		0	FLA	4		107	84		
Carotenoids:											
Carotene, beta	mcg	0		0	z	7		0.000	0.000		
Carotene, alpha		0		0	FLA	4		0.000	0.000		
Cryptoxanthin, beta	mcg	0		0	FLA	4		0.000	0.000		
Lycopene		0		0	FLA	4		0.000	0.000		
Lutein + zeaxanthin	mcg	0		0	FLA	4		0.000	0.000		

### **Common Measures:**

Measure 1 = 19g: 1 envelope Alba (.675 oz)

Measure 2 = 15.0g: 1 envelope Swiss Miss (.53 oz)

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 14 Beverages

hot chocolate **Refuse:** 0%

		Aı	nount in 100 g			Amount in edible portion of common measures of food				
Nutrients and Units		Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		1.50	0.079	4		1		0.42		
Energy		398		0	NC	4		111		
Energy		1664		0	NC	4		466		
Protein (N x 6.25)		5.88		0 8	FLC	4 1		1.65		
Total lipid (fat)		4.00 4.10	0.050	4		1		1.12 1.15		
Carbohydrate, by difference		84.52	0.030	0	NC	4		23.67		
Fiber, total dietary		3.5		2	LC	8		1.0		
Sugars, total		74.32	2.617	4	LC	8		20.81		
Starch		, 1, 52	2.02.	-		•		20.02		
Minerals:		1	00.50-			_		46		
Calcium, Ca	-	141 1.19	28.621	4 8	LC	8 1		40 0.33		
Iron, Fe	-	83		9		1		23		
* Phosphorus, P	-	315		8		1		88		
* Potassium, K		712		8		1		199		
* Sodium, Na		504		8		1		141		
Zinc, Zn	mg	1.46		9		1		0.41		
Copper, Cu	mg	0.286		8		1		0.080		
Manganese, Mn		0.269		8		1		0.075		
Selenium, Se	mcg	5.0		3	AI	13		1.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.8		3		1		0.5		
Thiamin	_	0.096		8		1		0.027		
Riboflavin		0.565		8		1		0.158		
Niacin		0.586		8		1		0.164		
Pantothenic acid		0.893		3		1		0.250		
Vitamin B-6		0.114 0		3 3		1 1		0.032 0		
Folate, totalFolic acid		0		0	z	7		0		
Folate, food		0		3	_	1		0		
Folate, DFE		0		0	NC	4		0		
Vitamin B-12		1.32		3		1		0.37		
Vitamin A, IU	IU	14		4		1		4		
Vitamin A, RAE	mcg_RAE	1		0	FLC	4		0		
Retinol		1		0	FLC	4		0		
Vitamin E (alpha-tocopherol)		0.53		0	FLC	4		0.15		
Tocopherol, beta		0.00		0	FLC	4		0.00		
Tocopherol, gamma		0.94 0.03		0	FLC FLC	4		0.26		
Tocopherol, delta Vitamin D		0.03		U	FLC	4		0.01		
Vitamin K (phylloquinone)		0.8		0	FLC	4		0.2		
<u>Lipids:</u>										
Fatty acids, total saturated		2.408		0		1		0.674		
4:0 6:0		0.000		0		1 1		0.000 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										
14:0		0.004		0		1		0.001		
15:0	g									
16:0	-	1.025		0		1		0.287		
17:0	-			_		_				
18:0	-	1.340		0		1		0.375		
20:0	-									
22:0 24:0	-									
<i>4</i> +.0	9									

		<u>Aı</u>	mount in 10		Amount in edible portion of common measures of food					
				Number	•			<u> </u>	easures or roou	_
Nutrients and Ur	nits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		1.326		0		1		0.371		
15:1	g									
16:1 undifferentiated	g	0.009		0		1		0.003		
17:1	g									
18:1 undifferentiated	g	1.313		0		1		0.368		
20:1	g	0.001		0		1		0.000		
22:1 undifferentiated	g	0.000		0		1		0.000		
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.119		0		1		0.033		
18:2 undifferentiated		0.115		0		1		0.032		
18:3 undifferentiated	g	0.005		0		1		0.001		
18:4		0.000		0		1		0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0		1		0.000		
20:5 n-3	g	0.000		0		1		0.000		
22:5 n-3	g	0.000		0		1		0.000		
22:6 n-3	g	0.000		0		1		0.000		
Fatty acids, total trans	g									
Cholesterol	mg	6	5.8	79 3	LC	8		2		
Phytosterols	mg									
A . A . 1										
Amino Acids:				_						
Tryptophan		0.078		0	FLC	4		0.022		
Threonine	_	0.251		0	FLC	4		0.070		
Isoleucine		0.238		0	FLC	4		0.067		
Leucine		0.383		0	FLC	4		0.107		
Lysine		0.324		0	FLC	4		0.091		
Methionine		0.074		0	FLC	4		0.021		
Cystine		0.103		0		1		0.029		
Phenylalanine		0.212		0	FLC	4		0.059		
Tyrosine	-	0.176		0	FLC	4		0.049		
Valine		0.296		0	FLC	4		0.083		
Arginine		0.228		0	FLC	4		0.064		
Histidine	-	0.093		0	FLC	4		0.026		
Alanine		0.232		0	FLC	4		0.065		
Aspartic acid		0.498		0	FLC	4		0.140		
Glutamic acid	-	0.833		0	FLC	4		0.233		
Glycine		0.175		0	FLC	4		0.049		
Proline	g	0.271		0	FLC	4		0.076		
Serine	_	0.234		0	FLC	4		0.065		
Hydroxyproline	g									
Others:										
Alcohol, ethyl	a	0.0		0	FLC	4		0.0		
Caffeine		18		10	2110	1		5		
Theobromine	-	408		0	FLC	4		114		
	9	-200		J	2110	7		114		
Carotenoids:										
Carotene, beta		0		0	FLC	4		0.074		
Carotene, alpha	mcg	0		0	FLC	4		0.000		
Cryptoxanthin, beta		0		0	FLC	4		0.000		
Lycopene	mcg	0		0	FLC	4		0.000		
Lutein + zeaxanthin	mcg	0		0	FLC	4		0.000		

### **Common Measures:**

Measure 1 = 28g: 1 serving (3 heaping tsp or 1 envelope)

<sup>\*</sup>Vitamin or mineral added for enrichment or fortification

NDB No. 14192 Cocoa mix, powder

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 14 Beverages

hot chocolate **Refuse:** 0%

		<u>A</u>	mount in 10			Amount in edible portion of common measures of food				
Nutrients and Un	its	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Province										
Proximates: Water	a	86.34		0	RPI	6		177.87		
Energy		55		0	RPI	6		113		
Energy		229		0	RPI	6		472		
Protein		0.81		0	RPI	6		1.67		
Total lipid (fat)	_	0.55		0	RPI	6		1.14		
Ash		0.65		0	RPI	6		1.34		
Carbohydrate, by difference		11.64		0	RPI	6		23.99		
Fiber, total dietary		0.5		0	RPI	6		1.0		
Sugars, total		10.24		0	RPI	6		21.09		
Starch										
Survii										
Minerals:										
Calcium, Ca	_	22		0	RPI	6		44		
Iron, Fe	_	0.17		0	RPA	1		0.35		
Magnesium, Mg		12		0	RPA	1		25		
Phosphorus, P		43		0	RPA	1		89		
Potassium, K		98		0	RPA	1		202		
Sodium, Na		71		0 0	RPA	1		147 0.42		
Zinc, Zn	_	0.21 0.045		0	RPA RPA	1 1		0.42		
Copper, Cu Manganese, Mn		0.043		0	RPA	1		0.093		
Selenium, Se		0.037		0	RPI	6		1.4		
Selemum, Se	g	0.7		Ū	KEI	Ü		1.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0	RPI	6		0.5		
Thiamin	mg	0.013	3	0	RPI	6		0.027		
Riboflavin	mg	0.078	3	0	RPI	6		0.160		
Niacin	mg	0.081	L	0	RPI	6		0.166		
Pantothenic acid		0.123	3	0	RPI	6		0.253		
Vitamin B-6		0.016	5	0	RPI	6		0.032		
Folate, total		0		0	RPI	6		0		
Folic acid		0		0	RPI	6		0		
Folate, food		0		0	RPI	6		0		
Folate, DFE		0		0	NC	4		0		
Vitamin B-12		0.18		0	RPI	6		0.37		
Vitamin A, IU	IU	2		0	RPI	6		4		
Vitamin A, RAE		0		0	RPI	6		0		
Retinol		0		0	RPI	6		0		
Vitamin E (alpha-tocopherol)		0.07		0	RPI	6		0.15		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin D Vitamin K (phylloquinone)		0.1		0	RPI	6		0.2		
vitanini K (phynoquinone)	niog	0.1		Ū	KEI	Ü		0.2		
Lipids:										
Fatty acids, total saturated	g	0.326	5	0	RPA	1		0.672		
4:0		0.000	)	0	RPA	1		0.000		
6:0	g	0.000	)	0	RPA	1		0.000		
8:0	-	0.000		0	RPA	1		0.000		
10:0	g	0.000	)	0	RPA	1		0.000		
12:0	_	0.000	)	0	RPA	1		0.000		
13:0	g									
14:0	g	0.001	L	0	RPA	1		0.001		
15:0										
16:0		0.141	L	0	RPA	1		0.291		
17:0										
18:0		0.185	5	0	RPA	1		0.380		
20:0										
22:0										
24:0	g									

	<u>A</u> 1	mount in 100		Amount in edible portion of common measures of food					
Nutrients and Units	Mean		Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.182		0	RPA	1		0.375		
15:1g									
16:1 undifferentiatedg	0.001		0	RPA	1		0.003		
17:1g									
18:1 undifferentiatedg	0.181		0	RPA	1		0.373		
20:1g	0.000		0	RPA	1		0.000		
22:1 undifferentiatedg	0.000		0	RPA	1		0.000		
24:1 cg									
Fatty acids, total polyunsaturatedg	0.017		0	RPA	1		0.034		
18:2 undifferentiatedg	0.016		0	RPA	1		0.033		
18:3 undifferentiatedg	0.001		0	RPA	1		0.001		
18:4g	0.000		0	RPA	1		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg					_				
20:4 undifferentiatedg	0.000		0	RPA	1		0.000		
20:5 n-3g	0.000		0	RPA	1		0.000		
22:5 n-3g	0.000		0	RPA	1 1		0.000		
22:6 n-3	0.000		U	RPA	1		0.000		
Fatty acids, total transg	1		0	RPI	6		2		
Cholesterolmg Phytosterolsmg	1		U	RPI	0		2		
riiytosteroising									
Amino Acids:									
Tryptophang	0.011		0	RPI	6		0.022		
Threonineg	0.035		0	RPI	6		0.071		
Isoleucineg	0.033		0	RPI	6		0.068		
Leucine9	0.053		0	RPI	6		0.109		
Lysineg	0.045		0	RPI	6		0.092		
Methionineg	0.010		0	RPI	6		0.021		
Cystineg	0.014		0	RPA	1		0.029		
Phenylalanineg	0.029		0	RPI	6		0.060		
Tyrosineg	0.024		0	RPI	6		0.050		
Valineg	0.041		0	RPI	6		0.084		
Arginineg	0.031		0	RPI	6		0.065		
Histidineg	0.013		0	RPI	6		0.026		
Alanineg	0.032		0	RPI	6		0.066		
Aspartic acid	0.069		0	RPI	6		0.141		
Glutamic acid	0.115		0	RPI RPI	6 6		0.236		
Glycine	0.024		-		-		0.050		
Proline	0.037		0	RPI RPI	6 6		0.077		
Serine	0.032		U	KPI	ь		0.066		
Hydroxyproline9									
Others:									
Alcohol, ethylg	0.0		0	RPI	6		0.0		
Caffeine mg	2		0	RPI	6		5		
Theobrominemg	56		0	RPI	6		116		
Carotenoids:									
Carotene, betamcg	0		0	RPI	6		0.075		
Carotene, alpha mcg	0		0	RPI	6		0.000		
Cryptoxanthin, betamcg	0		0	RPI	6		0.000		
	0		0	RPI	6		0.000		
Lycopenemcg	U		U	KFI	0		0.000		

### **Common Measures:**

Measure 1 = 206g: 1 oz packet with 6 fl oz water

NDB No. 14194

Cocoa mix, powder, prepared with water

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

NDB No. 14538 Cocoa mix, with aspartame, low calorie, powder, with added calcium phosphorus, without added sodium or vitamin A

		<u>A</u>	mount in 100 grams	of edib	ole portio	<u>n</u>	Amount in	edible portion of	of common
			Numbe	r			m	easures of food	
					Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Points		Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	3.40	2		1		0.51	0.65	
Energy		359	0	NC	4		54	68	
Energy		1504	0	NC	4		226	286	
Protein (N x 6.25)	g	25.10	2		1		3.77	4.77	
Total lipid (fat)	g	3.00	2		1		0.45	0.57	
Ash		10.50	2		1		1.58	2.00	
Carbohydrate, by difference	g	58.00	0	NC	4		8.70	11.02	
Fiber, total dietary	g	1.2	0	FLA	4		0.2	0.2	
Sugars, total	g	54.26	0	FLA	4		8.14	10.31	
Starch	g								
M. 1									
Minerals:  * Calcium, Ca	ma	1440	1		1		216	274	
* Calcium, Ca	_	4.96	2		1		0.74	0.94	
Magnesium, Mg		208	2		1		31	40	
* Phosphorus, P		1630	1		1		245	310	
Potassium, K	-	2702	2		1		405	513	
Sodium, Na		653	1		1		98	124	
Zinc, Zn	-	3.44	2		1		0.52	0.65	
Copper, Cu		0.730	2		1		0.110	0.139	
Manganese, Mn	mg	0.665	5 2		1		0.100	0.126	
Selenium, Se	mcg	23.4	0	FLA	4		3.5	4.5	
Vitamins:									
Vitamin C, total ascorbic acid	ma	0.0	0		1		0.0	0.0	
Thiamin		0.267			1		0.040	0.051	
Riboflavin		1.400			1		0.210	0.266	
Niacin		1.084			1		0.163	0.206	
Pantothenic acid	-	3.826			1		0.574	0.727	
Vitamin B-6		0.318			1		0.048	0.060	
Folate, total	_	27	0	FLA	4		4	5	
Folic acid		0	0	z	7		0	0	
Folate, food	mcg	27	0	FLA	4		4	5	
Folate, DFE	mcg_DFE	27	0	NC	4		4	5	
Vitamin B-12		2.72	0	FLA	4		0.41	0.52	
* Vitamin A, IU		1600	1		1		240	304	
Vitamin A, RAE	mcg_RAE	479	0	FLA	4		72	91	
* Retinol		479	0	FLA	4		72	91	
Vitamin E (alpha-tocopherol)	=	0.21	0	FLA	4		0.03	0.04	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta		187.929	9 0	FLA	4		28.189	35.707	
Vitamin D Vitamin K (phylloquinone)		4.2	0	FLA	4		0.6	0.8	
vitannii K (phynoquinone)	IIIO9	7.2	v	LIIA	-		0.0	0.0	
<u>Lipids:</u>									
Fatty acids, total saturated		1.777			1		0.267	0.338	
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	-	0.000	3 0		1		0.000	0 001	
14:0		0.003	. 0		1		0.000	0.001	
15:0 16:0	-	0.757	0		1		0.114	0.144	
17:0	-	3.75	0		-		0.114	0.144	
18:0	-	0.989	9 0		1		0.148	0.188	
20:0	-		·		-		3.2.3	0.200	
22:0	_								
24:0	-								

NDB No. 14538
Cocoa mix, with aspartame, low calorie, powder, with added calcium phosphorus, without added sodium or vitamin A

	<u>Ar</u>	nount in 100	grams	Amount in edible portion of common					
Notes at a seed the fee	•			Deriv	Source Code	Confidence Code		easures of food	•
Nutrients and Units	Mean	Std. Error	OIIILS	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.979		0		1		0.147	0.186	
14:1g									
15:1g									
16:1 undifferentiatedg	0.007		0		1		0.001	0.001	
17:1g									
18:1 undifferentiated	0.969		0		1		0.145	0.184	
20:1g	0.001		0		1		0.000	0.000	
22:1 undifferentiatedg	0.000		0		1		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturatedg	0.088		0		1		0.013	0.017	
18:2 undifferentiatedg	0.085		0		1		0.013	0.016	
18:3 undifferentiatedg	0.004		0		1		0.001	0.001	
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	10		0	FLA	4		2	2	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	FLA	4		0.0	0.0	
Caffeine mg	34		0	BFZN	4		5	6	
Theobrominemg	1159		0	BFZN	4		174	220	
Carotenoids:									
Carotene, betamcg	1		0	FLA	4		0.183	0.232	
Carotene, alphamcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta mcg	0		0	FLA	4		0.000	0.000	
Lycopene mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin mcg	0		0	FLA	4		0.059	0.075	

### **Common Measures:**

Measure 1 = 15.0g: 1 envelope Swiss Miss (.53 oz)

Measure 2 = 19g: 1 packet (0.675 oz)

\*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 14 Beverages

NDB No. 14390 Cocoa mix, with aspartame, powder, prepared from item 14196

hot chocolate Refuse: 0%

		<u>A</u>	mount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Un	its	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dravimatos										
Proximates: Water	a	92.38		0	RPI	6		177.36		
Energy		29		0	RPI	6		55		
Energy		121		0	RPI	6		232		
Protein		1.26		0	RPI	6		2.41		
Total lipid (fat)	-	0.23		0	RPI	6		0.45		
Ash		0.70		0	RPI	6		1.34		
Carbohydrate, by difference		5.44		0	RPI	6		10.44		
Fiber, total dietary		0.5		0	RPI	6		1.0		
Sugars, total		3.50		0	RPI	6		6.72		
Starch						-		***-		
Survii										
Minerals:										
Calcium, Ca	_	47		0	RPA	1		91		
Iron, Fe	_	0.39		0	RPA	1		0.75		
Magnesium, Mg		17		0	RPA	1		32		
Phosphorus, P		70		0	RPA	1		134		
Potassium, K		211		0	RPA	1		405		
Sodium, Na		89		0 0	RPA	1		172 0.52		
Zinc, Zn		0.27 0.063	,	0	RPA RPA	1 1		0.52		
Copper, Cu		0.053		0	RPA	1		0.121		
Selenium, Se	_	1.3	-	0	RPI	6		2.5		
Scienium, Sc	g	1.3		Ū	KEI	Ü		2.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0	RPI	6		0.3		
Thiamin	mg	0.021	L	0	RPI	6		0.040		
Riboflavin	mg	0.109	•	0	RPI	6		0.210		
Niacin	mg	0.085	5	0	RPI	6		0.162		
Pantothenic acid		0.298	3	0	RPI	6		0.573		
Vitamin B-6		0.025	5	0	RPI	6		0.048		
Folate, total		1		0	RPI	6		2		
Folic acid		0		0	RPI	6		0		
Folate, food		1		0	RPI	6		2		
Folate, DFE		1		0	NC	4		2		
Vitamin B-12		0.13		0	RPI	6		0.24		
Vitamin A, IU	IU	48		0	RPI	6		92		
Vitamin A, RAE		14		0	RPI	6		27		
Retinol		14		0	RPI	6		27		
Vitamin E (alpha-tocopherol)		0.03		0	RPI	6		0.06		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin D Vitamin K (phylloquinone)		0.7		0	RPI	6		1.4		
vitanini K (phynoquinone)	niog	0.7		Ū	KEI	Ü		1.4		
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.000	)	0	RPA	1		0.000		
4:0	g	0.000	)	0	RPA	1		0.000		
6:0	g	0.000	)	0	RPA	1		0.000		
8:0	-	0.000		0	RPA	1		0.000		
10:0		0.000		0	RPA	1		0.000		
12:0	g	0.000	)	0	RPA	1		0.000		
13:0	g									
14:0	g	0.000	)	0	RPI	6		0.000		
15:0										
16:0		0.000	)	0	RPI	6		0.000		
17:0										
18:0		0.000	)	0	RPI	6		0.000		
20:0										
22:0										
24:0	g									

	Ar	nount in 100	grams	of edik	le portio	<u>n</u>	Amount in edible portion of common			
Nutrients and Units	Mean			Deriv Code	Source Code	Confidence Code	<u>me</u> Measure 1	easures of food Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.076		0	RPA	1		0.146			
14:1g										
15:1g										
16:1 undifferentiatedg	0.001		0	RPA	1		0.001			
17:1g										
18:1 undifferentiatedg	0.076		0	RPA	1		0.145			
20:1g	0.000		0	RPA	1		0.000			
22:1 undifferentiatedg	0.000		0	RPA	1		0.000			
24:1 cg										
Fatty acids, total polyunsaturatedg	0.007		0	RPA	1		0.013			
18:2 undifferentiatedg	0.007		0	RPA	1		0.013			
18:3 undifferentiatedg	0.000		0	RPA	1		0.001			
18:4g	0.000		0	RPA	1		0.000			
20:2 n-6 c,cg										
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.000		0	RPA	1		0.000			
20:5 n-3g	0.000		0	RPA	1		0.000			
22:5 n-3g	0.000		0	RPA	1		0.000			
22:6 n-3g	0.000		0	RPA	1		0.000			
Fatty acids, total transg										
Cholesterol mg	0		0	RPI	6		1			
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0		0	RPI	6		0.0			
Caffeine mg	1		0	RPI	6		2			
Theobrominemg	44		0	RPI	6		84			
Carotenoids:										
Carotene, betamcg	0		0	RPI	6		0.065			
Carotene, alphamcg	0		0	RPI	6		0.000			
Cryptoxanthin, betamcg	0		0	RPI	6		0.000			
Lycopene mcg	0		0	RPI	6		0.000			
Lutein + zeaxanthin mcg										

## **Common Measures:**

Measure 1 = 192g: 1 packet dry mix with 6 fl oz water

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

NDB No. 43343 Coffee and cocoa (mocha) powder, with whitener and low calorie sweetener

		<u>A</u>	mount in 100	<u>0 grams</u>	of edit	le portio	<u>n</u>	Amount in edible portion of common			
			1	Number				<u>m</u>	easures of food		
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:		2.10						0.00			
Water	=	3.10		•		4		0.20			
Energy		257		0	LC	8 8		16			
Energy		1075		U	LC			69			
Protein	-	9.00		•		4		0.58			
Total lipid (fat)		13.21		0	NR	4		0.85			
Ash		3.29		0	FLC	4		0.21			
Carbohydrate, by difference		71.40		-	LC	8		4.57			
Fiber, total dietary		4.8		0	FLC	4		0.3			
Sugars, total	=	34.98		0	FLC	4		2.24			
Starch	9										
Minerals:											
Calcium, Ca	mg	60		0	FLC	4		4			
Iron, Fe	-	3.06		0	FLC	4		0.20			
Magnesium, Mg	mg	122		0	FLC	4		8			
Phosphorus, P		451				4		29			
Potassium, K		1856				4		119			
Sodium, Na		500		1	LC	8		32			
Zinc, Zn		1.01	_	0	FLC	4		0.06			
Copper, Cu		0.560		0	FLC	4		0.036			
Manganese, Mn		0.807	1	0	FLC	4		0.052			
Selenium, Se	mcg	4.0		0	FLC	4		0.3			
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	mg	0.0		0	FLC	4		0.0			
Thiamin	mg	0.021	L	0	FLC	4		0.001			
Riboflavin	mg	0.109	9	0	FLC	4		0.007			
Niacin	<u>mg</u>	4.655	5	0	FLC	4		0.298			
Pantothenic acid	mg	0.063	3	0	FLC	4		0.004			
Vitamin B-6	mg	0.030	)	0	FLC	4		0.002			
Folate, total	mcg	5		0	FLC	4		0			
Folic acid		0		0	FLC	4		0			
Folate, food		5		0	FLC	4		0			
Folate, DFE		5		0	NC	4		0			
Vitamin B-12		0.00		0	FLC	4		0.00			
Vitamin A, IU		4		0	FLC	4		0			
Vitamin A, RAE		0		0	FLC	4		0			
Retinol		0		0	FLC	4		0			
Vitamin E (alpha-tocopherol)	mg	0.09		0	FLC	4		0.01			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, deltaVitamin D											
Vitamin K (phylloquinone)		1.7		0	FLC	4		0.1			
				-		-		<del>-</del>			
<u>Lipids:</u>											
Fatty acids, total saturated		11.376		0	NC	4		0.728			
4:0		0.002				4		0.000			
6:0		0.077				4		0.005			
8:0	_	0.954				4		0.061			
10:0		0.764				4		0.049			
12:0		5.672	2			4		0.363			
13:0						_					
14:0		2.140	)			4		0.137			
15:0						_		_			
16:0		1.233	5			4		0.079			
17:0	_		_								
18:0	_	0.535	Ď			4		0.034			
20:0	_										
22:0											

	<u>Ar</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 Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.954		0	NC	4		0.061		
14:1g	0.501		•	2.0	-		0.001		
15:1									
16:1 undifferentiated	0.002				4		0.000		
17:1g									
18:1 undifferentiated	0.952				4		0.061		
20:1g	0.000				4		0.000		
22:1 undifferentiatedg	0.000				4		0.000		
24:1 cg									
Fatty acids, total polyunsaturated	0.349		0	NC	4		0.022		
18:2 undifferentiatedg	0.338				4		0.022		
18:3 undifferentiatedg	0.011				4		0.001		
18:4g	0.000				4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000				4		0.000		
20:5 n-3g	0.000				4		0.000		
22:5 n-3g	0.000				4		0.000		
22:6 n-3g	0.000				4		0.000		
Fatty acids, total trans									
Cholesterolmg	0		0	FLC	4		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	FLC	4		0.0		
Caffeine mg	218		0	FLC	4		14		
Theobromine mg	178		0	FLC	4		11		
Carotenoids:									
Carotene, betamcg	2		0	FLC	4		0.154		
Carotene, alphamcg	0		0	FLC	4		0.000		
Cryptoxanthin, beta mcg	0		0	FLC	4		0.000		
Lycopenemcg	0		0	FLC	4		0.000		
Lutein + zeaxanthin mcg	6		0	FLC	4		0.358		

## **Common Measures:**

Measure 1 = 6.4g: 1 tsp dry

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

NDB No. 14204 Coffee and cocoa (mocha) powder, with whitener and low calorie sweetener, decaffeinated

		<u>A</u>	mount in 10	00 grams	of edib	le portio	<u>n</u>		edible portion	
Nutrients and Un	its	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food  Measure 2	! Measure :
Proximates:										
Water	_	3.10		0	BFZN	4		0.20		
Energy	kcal	528		0	NC	4		34		
Energy	kj	2209				4		141		
Protein (N x 6.25)	g	10.80		0	BFZN	4		0.69		
Total lipid (fat)	g	31.30		0	BFZN	4		2.00		
Ash	g	4.10		0	BFZN	4		0.26		
Carbohydrate, by difference	g	50.70		0	NR	4		3.24		
Fiber, total dietary	g	2.2		0	BFZN	4		0.1		
Sugars, total		48.50		0	NR	4		3.10		
Starch										
~										
<u>Minerals:</u>										
Calcium, Ca	-	86		0	BFZN	4		6		
Iron, Fe		3.47		0	BFZN	4		0.22		
Magnesium, Mg	mg	122		0	BFZN	4		8		
Phosphorus, P	mg	451		0	BFZN	4		29		
Potassium, K	mg	1856		0	BFZN	4		119		
Sodium, Na	mg	313		0	BFZN	4		20		
Zinc, Zn	mg	1.72		0	BFZN	4		0.11		
Copper, Cu	mg	0.782	2	0	BFZN	4		0.050		
Manganese, Mn	mg									
Selenium, Se	mcg	2.2		0	BFZN	4		0.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	BFZN	4		0.0		
Thiamin		0.050	)	0	BFZN	4		0.003		
Riboflavin		1.060	)	0	BFZN	4		0.068		
Niacin		4.330		0	BFZN	4		0.277		
Pantothenic acid		0.032		0	FLC	4		0.002		
Vitamin B-6		0.000		0	BFZN	4		0.000		
Folate, total	_	4		0	FLC	4		0		
Folic acid		0		0	FLC	4		0		
Folate, food	_	4		0	FLC	4		0		
Folate, DFE		4		0	NC	4		0		
Vitamin B-12		0.00		0	BFZN	4		0.00		
Vitamin A, IU		12		0	FLC	4		1		
Vitamin A, RAE		1		0	FLC	4		0		
Retinol		0		0	FLC	4		Ö		
Vitamin E (alpha-tocopherol)		0.22		0	FLC	4		0.01		
		0.22		U	FLC	4		0.01		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)		3.6		0	FLC	4		0.2		
vitanini K (pnynoquinone)	Illog	3.0		O	FLC	*		0.2		
<u>Lipids:</u>										
Fatty acids, total saturated	g	26.260	)	0	BFZN	4		1.681		
4:0	g	0.004	l	0	BFZN	4		0.000		
6:0	g	0.177	7	0	BFZN	4		0.011		
8:0	g	2.201	L	0	BFZN	4		0.141		
10:0	g	1.762	2	0	BFZN	4		0.113		
12:0	g	13.085	5	0	BFZN	4		0.837		
13:0	g									
14:0		4.938	3	0	BFZN	4		0.316		
15:0	-									
16:0		2.844	l	0	BFZN	4		0.182		
17:0										
18:0		1.235	5	0	BFZN	4		0.079		
20:0										
22:0	-									
24:0	-									

NDB No. 14204 Coffee and cocoa (mocha) powder, with whitener and low calorie sweetener, decaffeinated

	<u>Ar</u>	nount in 10	00 grams	of edib	le portio	<u>en</u>	Amount in edible portion of common		
			Number of Data		Source	Confidence	<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
					_				
Fatty acids, total monounsaturatedg	2.203		0	BFZN	4		0.141		
14:1g									
15:1g 16:1 undifferentiatedg	0.005		0	BFZN	4		0.000		
17:1g	0.003		U	DE ZIN	-		0.000		
18:1 undifferentiated	2.197		0	BFZN	4		0.141		
20:1g	0.000		0	BFZN	4		0.000		
22:1 undifferentiatedg	0.000		0	BFZN	4		0.000		
24:1 cg	0.000		·	22 221	-		0.000		
Fatty acids, total polyunsaturatedg	0.805		0	BFZN	4		0.052		
18:2 undifferentiatedg	0.780		0	BFZN	4		0.050		
18:3 undifferentiated	0.025		0	BFZN	4		0.002		
18:4g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	BFZN	4		0.000		
20:5 n-3g	0.000		0	BFZN	4		0.000		
22:5 n-3g	0.000		0	BFZN	4		0.000		
22:6 n-3g	0.000		0	BFZN	4		0.000		
Fatty acids, total transg									
Cholesterolmg	0		0	BFZN	4		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	BFZN	4		0.0		
Caffeine mg	18		0	FLC	4		1		
Theobrominemg	237		0	FLC	4		15		
<u>Carotenoids:</u>									
Carotene, betamcg	7		0	FLC	4		0.464		
Carotene, alphamcg	0		0	FLC	4		0.000		
Cryptoxanthin, betamcg	0		0	FLC	4		0.000		
Lycopenemcg	0		0	FLC	4		0.000		
Lutein + zeaxanthin mcg	3		0	FLC	4		0.218		

# **Common Measures:**

Measure 1 = 6.4g: 1 tsp dry

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 14 Beverages

NDB No. 14236 Coffee substitute, cereal grain beverage, powder

		<u>A</u> 1	mount in 100 g			ole portio	<u>on</u>		edible portion	
				ımbeı				<u>m</u>	easures of food	<u>.</u>
Nutrients and Un	its	Mean	of Std. Error Po		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:	<b>a</b>	7 00	1 712	26	70	11		0.10		
Water	=	7.99 360	1.713	0	JO NC	11 4		0.18 8		
Energy		1508		0	NC NC	4		35		
Protein (N x 6.25)		6.01	0.335	26	JO	11		0.14		
Total lipid (fat)		2.52	0.595	26	JO	11		0.06		
Ash		5.06	0.894	26	JO	11		0.12		
Carbohydrate, by difference		78.42		0	NC	4		1.80		
Fiber, total dietary	g	23.3		0	FLA	4		0.5		
Sugars, total	g	4.63		0	FLA	4		0.11		
Starch	g									
Minerals:										
Calcium, Ca	-	52		2		1		1		
Iron, Fe		4.60	1.615	11	JO	11		0.11		
Magnesium, Mg		244	107.000	11	JO	11		6		
Phosphorus, P		580	144.100 860.000	11	JO	11		13		
Potassium, K		2443 83	19.500	11 11	J0 J0	11 11		56 2		
Sodium, NaZinc, Zn		0.51	19.500	3	50	1		0.01		
Copper, Cu		0.208	3	3		1		0.005		
Manganese, Mn		1.100		1		1		0.025		
Selenium, Se	mcg	64.1		0	FLA	4		1.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	FLA	4		0.0		
Thiamin	mg	0.413	3	0	FLA	4		0.010		
Riboflavin		0.095	5	1		1		0.002		
Niacin		17.664		16	JO	11		0.406		
Pantothenic acid		1.410		0	FLA	4		0.032		
Vitamin B-6	-	0.747	1	0	FLA	4		0.017		
Folic acid		52 0		0	FLA FLA	4 4		1 0		
Folate, food	-	52		0	FLA	4		1		
Folate, DFE		52		0	NC	4		1		
Vitamin B-12		0.00		0	FLA	4		0.00		
Vitamin A, IU	IU	8		0	FLA	4		0		
Vitamin A, RAE		0		0	NC	4		0		
Retinol		0		0	FLA	4		0		
Vitamin E (alpha-tocopherol)		0.98		0	FLA	4		0.02		
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		1.6		0	FLA	4		0.0		
Lipids:										
Fatty acids, total saturated	g	0.633	3	0		1		0.015		
4:0		0.000		0		1		0.000		
6:0		0.000	)	0		1		0.000		
8:0	-	0.000		0		1		0.000		
10:0	-	0.000		0		1		0.000		
12:0	-	0.000	)	0		1		0.000		
13:0		0 000	<b>,</b>	^		4		2 222		
14:0		0.038	5	0		1		0.001		
15:0 16:0		0.570	)	0		1		0.013		
17:0		0.570	•	J		1		0.013		
18:0	-	0.025	5	0		1		0.001		
20:0	-			-						
22:0	-									
24:0	g									

	<u>Ar</u>	nount in 10	0 grams		ole portio	o <u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.358		0	FLA	4		0.008		
14:1g									
15:1	0.012		0	FLA	4		0.000		
16:1 undifferentiated	0.012		U	FLA	4		0.000		
17:1	0.346		0	FLA	4		0.008		
20:1g	0.000		0	FLA	4		0.000		
22:1 undifferentiated	0.000		0	FLA	4		0.000		
24:1 c	0.000		U	FLIA	-		0.000		
Fatty acids, total polyunsaturatedg	1.229		0	FLA	4		0.028		
18:2 undifferentiatedg	1.142		0	FLA	4		0.026		
18:3 undifferentiated	0.084		0	FLA	4		0.020		
18:4g	0.000		0	FLA	4		0.002		
20:2 n-6 c.cg	0.000		·		•		0.000		
20:3 undifferentiated 9									
20:4 undifferentiated 9	0.003		0	FLA	4		0.000		
20:5 n-3g	0.000		0	FLA	4		0.000		
22:5 n-3g	0.000		0	FLA	4		0.000		
22:6 n-3g	0.000		0	FLA	4		0.000		
Fatty acids, total transg									
Cholesterolmg	0		0	FLA	4		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	FLA	4		0.0		
Caffeinemg	19	3.1		JO	11		0		
Theobrominemg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta mcg	5		0	FLA	4		0.105		
Carotene, alphamcg	0		0	FLA	4		0.000		
Cryptoxanthin, betamcg	0		0	FLA	4		0.000		
Lycopenemcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin mcg	194		0	FLA	4		4.473		

## **Common Measures:**

Measure 1 = 2.3g: 1 tsp

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 14 Beverages

NDB No. 14421 Coffee substitute, cereal grain beverage, powder, prepared with whole milk

		<u>A</u> 1	mount in 10			ole portio	<u>'n</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	Measure 2	<u>I</u> Measure (	
Proximates:											
Water	-	87.00		0		1		160.95			
Energy		65		0	NC	4		120			
Energy	kj	272				4		503			
Protein	g	3.30		0		1		6.11			
Total lipid (fat)	g	3.30		0		1		6.11			
Ash	g	0.80		0		1		1.48			
Carbohydrate, by difference	g	5.60		0	NC	4		10.36			
Fiber, total dietary	g	0.1		0	RP	4		0.2			
Sugars, total	g										
Starch	g										
Minerals:											
Calcium. Ca	mg	119		0		1		220			
Iron, Fe.		0.11		0		1		0.20			
Magnesium, Mg		16		0		1		30			
Phosphorus, P		99		0		1		183			
Potassium, K		172		0		1		318			
Sodium, Na		49		0		1		91			
Zinc, Zn		0.38		0		1		0.70			
Copper, Cu		0.012	2	0		1		0.022			
Manganese, Mn	_	0.016	5	0		1		0.030			
Selenium, Se		5.5		0	RP	4		10.2			
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.9		0		1		1.7			
Thiamin		0.038	3	0		1		0.070			
Riboflavin		0.161		0		1		0.298			
Niacin		0.293		0		1		0.542			
Pantothenic acid		0.310		0		1		0.574			
Vitamin B-6		0.042		0		1		0.078			
Folate, total	-	5		0		1		9			
Folic acid		0		0	z	7		0			
Folate, food	_	5		0		1		9			
Folate, DFE		5		0	NC	4		9			
Vitamin B-12		0.35		0		1		0.65			
Vitamin A, IU		124		0		1		229			
Vitamin A, RAE		28		0	NC	4		51			
Retinol		28		0	0	4		51			
Vitamin E (alpha-tocopherol)											
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D	IU										
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	g	2.061	L	0		1		3.813			
4:0		0.107	,	0		1		0.198			
6:0		0.063	3	0		1		0.117			
8:0	g	0.037	,	0		1		0.068			
10:0	g	0.083	3	0		1		0.154			
12:0	g	0.093	3	0		1		0.172			
13:0	g										
14:0	g	0.332	2	0		1		0.614			
15:0	g										
16:0	g	0.875	5	0		1		1.619			
17:0	g										
18:0	g	0.400	)	0		1		0.740			
20:0	g										

of Data Deriv Source Confidence	Amount in edible portion of common measures of food			<u>An</u>	
14-1	Pata Deriv Source Confidence	ata Deriv		Mean	Nutrients and Units
14-1	0 1 770	0		0.059	and the second s
15-1	1.772	U		0.936	
161 undifferentiated					
17-1	0 1 0.137	0	į	0.074	
ISL undifferentiated.					
20-1	0 1 1.543	0	į	0.834	<del>_</del>
22-1 undifferentiated   9   24-1 c					
241 c					<del>_</del>
Fatty acids, total polyunsaturated					<del>_</del>
18.2 undifferentiated	0 0.266	0	i	0.144	
18:3 undifferentiated. 9 0.051 0 1 0.094 18:4. 99 20:2 n - 6 c. 9 20:3 undifferentiated. 9 20:4 undifferentiated. 9 20:5 n -3. 9 22:5 n -3. 9 22:5 n -3. 9 22:5 n -3. 9 24 continement of the second o		0	j	0.093	
202 n-6 c,c	0 1 0.094	0	-	0.051	<del>_</del>
202 n-6 c,c					18:4g
20.3 undifferentiated					
20:4 undifferentiated					
20:5 n-3.					
22:6 n-3       9         Fatty acids, total trans       9         Cholesterol       mg       13       0       1       24         Phytosterols         mino Acids:         Tryptophan       9       0.046       0       1       0.085         Threonine       9       0.150       0       1       0.278         Isoleucine       9       0.199       0       1       0.368         Leucine       9       0.323       0       1       0.598         Lysine       9       0.260       0       1       0.481         Methionine       9       0.083       0       1       0.154         Cystine       9       0.031       0       1       0.057         Phenylalanine       9       0.160       0       1       0.296         Tyrosine       9       0.159       0       1       0.294         Valine       9       0.121       0       1       0.409         Arginine       9       0.121       0       1       0.294         Valine       9       0.155       0       1       0.224 <td></td> <td></td> <td></td> <td></td> <td>20:5 n-3g</td>					20:5 n-3g
Fatty acids, total trans					22:5 n-3g
Cholesterol. mg 13 0 1 24 Phytosterols. mg    mino Acids:					22:6 n-3g
Phytosterols.   mg   mg   mino Acids:					atty acids, total transg
Tryptophan	0 1 24	0		13	holesterolmg
Tryptophan.         9         0.046         0         1         0.085           Threonine.         9         0.150         0         1         0.278           Isoleucine.         9         0.199         0         1         0.368           Leucine.         9         0.323         0         1         0.598           Lysine.         9         0.260         0         1         0.481           Methionine.         9         0.083         0         1         0.154           Cystine.         9         0.031         0         1         0.057           Phenylalanine.         9         0.160         0         1         0.294           Valine.         9         0.159         0         1         0.294           Valine.         9         0.121         0         1         0.294           Valine.         9         0.121         0         1         0.224           Histidine.         9         0.121         0         1         0.224           Histidine.         9         0.155         0         1         0.213           Aspartic acid.         9         0.251         0					nytosterolsmg
Tryptophan         9         0.046         0         1         0.085           Threonine         9         0.150         0         1         0.278           Isoleucine         9         0.199         0         1         0.368           Leucine         9         0.323         0         1         0.598           Lysine         9         0.260         0         1         0.481           Methionine         9         0.083         0         1         0.154           Cystine         9         0.031         0         1         0.057           Phenylalanine         9         0.160         0         1         0.296           Tyrosine         9         0.159         0         1         0.294           Valine         9         0.159         0         1         0.294           Valine         9         0.121         0         1         0.224           Histidine         9         0.121         0         1         0.224           Histidine         9         0.251         0         1         0.213           Aspartic acid         9         0.251         0         1					nino Acids:
Threonine         9         0.150         0         1         0.278           Isoleucine         9         0.199         0         1         0.368           Leucine         9         0.323         0         1         0.598           Lysine         9         0.260         0         1         0.481           Methionine         9         0.083         0         1         0.154           Cystine         9         0.031         0         1         0.057           Phenylalanine         9         0.160         0         1         0.296           Tyrosine         9         0.159         0         1         0.294           Valine         9         0.221         0         1         0.409           Arginine         9         0.121         0         1         0.224           Histidine         9         0.089         0         1         0.165           Alanine         9         0.115         0         1         0.213           Aspartic acid         9         0.251         0         1         0.464           Glycine         9         0.072         0         1 <td>0 1 0.085</td> <td>0</td> <td>í</td> <td>0.046</td> <td></td>	0 1 0.085	0	í	0.046	
Isoleucine       9       0.199       0       1       0.368         Leucine       9       0.323       0       1       0.598         Lysine       9       0.260       0       1       0.481         Methionine       9       0.083       0       1       0.154         Cystine       9       0.031       0       1       0.057         Phenylalanine       9       0.160       0       1       0.296         Tyrosine       9       0.159       0       1       0.294         Valine       9       0.221       0       1       0.409         Arginine       9       0.121       0       1       0.224         Histidine       9       0.121       0       1       0.244         Histidine       9       0.125       0       1       0.165         Alanine       9       0.115       0       1       0.213         Aspartic acid       9       0.251       0       1       0.464         Glycine       9       0.072       0       1       0.133         Proline       9       0.180       0       1       0.333 <td>0 1 0.278</td> <td>0</td> <td>)</td> <td>0.150</td> <td>• •</td>	0 1 0.278	0	)	0.150	• •
Leucine       9       0.323       0       1       0.598         Lysine       9       0.260       0       1       0.481         Methionine       9       0.083       0       1       0.154         Cystine       9       0.031       0       1       0.057         Phenylalanine       9       0.160       0       1       0.296         Tyrosine       9       0.159       0       1       0.294         Valine       9       0.221       0       1       0.409         Arginine       9       0.121       0       1       0.224         Histidine       9       0.121       0       1       0.224         Histidine       9       0.155       0       1       0.165         Alanine       9       0.115       0       1       0.213         Aspartic acid       9       0.251       0       1       0.464         Glycine       9       0.695       0       1       0.133         Proline       9       0.322       0       1       0.596         Serine       9       0.180       0       1       0.333	0 1 0.368	0	)	0.199	
Methionine       9       0.083       0       1       0.154         Cystine       9       0.031       0       1       0.057         Phenylalanine       9       0.160       0       1       0.296         Tyrosine       9       0.159       0       1       0.294         Valine       9       0.221       0       1       0.409         Arginine       9       0.121       0       1       0.224         Histidine       9       0.089       0       1       0.165         Alanine       9       0.115       0       1       0.213         Aspartic acid       9       0.251       0       1       0.464         Glutamic acid       9       0.695       0       1       0.133         Proline       9       0.322       0       1       0.133         Proline       9       0.180       0       1       0.333         Hydroxyproline       9         Others:         Alcohol, ethyl       9       0.180       0       1       0.333	0 1 0.598	0	į.	0.323	
Methionine       9       0.083       0       1       0.154         Cystine       9       0.031       0       1       0.057         Phenylalanine       9       0.160       0       1       0.296         Tyrosine       9       0.159       0       1       0.294         Valine       9       0.221       0       1       0.409         Arginine       9       0.121       0       1       0.224         Histidine       9       0.089       0       1       0.165         Alanine       9       0.115       0       1       0.213         Aspartic acid       9       0.251       0       1       0.464         Glutamic acid       9       0.695       0       1       0.133         Proline       9       0.322       0       1       0.596         Serine       9       0.180       0       1       0.333         Hydroxyproline       9	0 1 0.481	0	)	0.260	vsineg
Phenylalanine       9       0.160       0       1       0.296         Tyrosine       9       0.159       0       1       0.294         Valine       9       0.221       0       1       0.409         Arginine       9       0.121       0       1       0.224         Histidine       9       0.089       0       1       0.165         Alanine       9       0.115       0       1       0.213         Aspartic acid       9       0.251       0       1       0.464         Glutamic acid       9       0.695       0       1       0.133         Proline       9       0.322       0       1       0.596         Serine       9       0.180       0       1       0.333         Hydroxyproline       9	0 1 0.154	0	į.	0.083	
Phenylalanine       9       0.160       0       1       0.296         Tyrosine       9       0.159       0       1       0.294         Valine       9       0.221       0       1       0.409         Arginine       9       0.121       0       1       0.224         Histidine       9       0.089       0       1       0.165         Alanine       9       0.115       0       1       0.213         Aspartic acid       9       0.251       0       1       0.464         Glutamic acid       9       0.695       0       1       0.133         Proline       9       0.322       0       1       0.596         Serine       9       0.180       0       1       0.333         Hydroxyproline       9	0 1 0.057	0		0.031	vstineg
Tyrosine	0 1 0.296	0	)	0.160	
Valine       9       0.221       0       1       0.409         Arginine       9       0.121       0       1       0.224         Histidine       9       0.089       0       1       0.165         Alanine       9       0.115       0       1       0.213         Aspartic acid       9       0.251       0       1       0.464         Glutamic acid       9       0.695       0       1       0.133         Proline       9       0.322       0       1       0.596         Serine       9       0.180       0       1       0.333         Hydroxyproline       9	0 1 0.294	0	)	0.159	*
Histidine	0 1 0.409	0	-	0.221	
Histidine	0 1 0.224	0		0.121	rginineg
Aspartic acid.	0 1 0.165	0	)	0.089	_
Aspartic acid	0 1 0.213	0	í	0.115	lanineg
Glutamic acid     g     0.695     0     1     1.286       Glycine     g     0.072     0     1     0.133       Proline     g     0.322     0     1     0.596       Serine     g     0.180     0     1     0.333       Hydroxyproline     g         Others:       Alcohol, ethyl     g	0 1 0.464	0		0.251	
Glycine	0 1.286	0	j.	0.695	
Proline       g       0.322       0       1       0.596         Serine       g       0.180       0       1       0.333         Hydroxyproline       g             Others:         Alcohol, ethyl       g	0 1 0.133	0		0.072	
Serine	0 1 0.596	0	:	0.322	rolineg
Others:       Alcohol, ethylg		0	ı	0.180	erineg
Alcohol, ethylg					
Alcohol, ethylg					ners.
	0 1 0	0		0	
Theobrominemg	U I	•		U	

## **Common Measures:**

Measure 1 = 185g: 6 fl oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

NDB No. 14237 Coffee substitute, cereal grain beverage, prepared with water

		<u>A</u>	mount in 100	grams	or ear	ne portio	<u>on</u>	Amount in edible portion of common			
			N	lumber				<u>m</u>	easures of food		
				of Data		Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points		Code	Code	Measure 1	Measure 2	Measure	
Proximates:	_			•						455 50	
Water	-	98.72		0	RPI	6		236.94	29.62	177.70	
Energy		5		0	RPI	6		11 46	1	8 35	
Energy	-	19		0	RPI	6 6			6	35 0.14	
Protein (N x 0) Total lipid (fat)		0.08		0	RPI RPI	6		0.18 0.08	0.02 0.01	0.14	
Ash	-	0.03		0	RPI	6		0.08	0.01	0.06	
Carbohydrate, by difference		1.00		0	RPI	6		2.41	0.30	1.81	
Fiber, total dietary		0.3		0	RPI	6		0.7	0.30	0.5	
Sugars, total		0.06		0	RPI	6		0.14	0.02	0.11	
Starch	=	0.00		v	KEI	ŭ		0.14	0.02	0.11	
Minerals:											
Calcium, Ca	mg	3		0	RPA	1		7	1	6	
Iron, Fe	mg	0.06		0	RPI	6		0.15	0.02	0.11	
Magnesium, Mg	mg	4		0	RPI	6		9	1	7	
Phosphorus, P		7		0	RPI	6		18	2	13	
Potassium, K		31		0	RPI	6		75	9	57	
Sodium, Na		3		0	RPI	6		8	1	6	
Zinc, Zn		0.01		0	RPA	1		0.03	0.00	0.02	
Copper, Cu		0.009		0	RPA	1 1		0.022	0.003	0.0	
Manganese, Mn Selenium, Se		0.014 0.8	•	0	RPA RPI	6		0.035 2.0	0.00 <b>4</b> 0.2	0.02 1.5	
Vitamins:	9	0.0		·		· ·			V		
Vitamin C, total ascorbic acid	ma	0.0		0	RPI	6		0.0	0.0	0.0	
Thiamin		0.005	5	0	RPI	6		0.013	0.002	0.0	
Riboflavin		0.001		0	RPI	6		0.003	0.000	0.00	
Niacin		0.226	5	0	RPI	6		0.543	0.068	0.40	
Pantothenic acid		0.018	3	0	RPI	6		0.043	0.005	0.03	
Vitamin B-6	mg	0.010	)	0	RPI	6		0.023	0.003	0.0	
Folate, total	mcg	1		0	RPI	6		2	0	1	
Folic acid	mcg	0		0	RPI	6		0	0	0	
Folate, food		1		0	RPI	6		2	0	1	
Folate, DFE		1		0	NC	4		2	0	1	
Vitamin B-12		0.00		0	RPI	6		0.00	0.00	0.00	
Vitamin A, IU		0		0	RPI	6		0	0	0	
Vitamin A, RAE		0		0	RPI	6		0	0	0	
Retinol		0		0	RPI	6		0	0	0	
Vitamin E (alpha-tocopherol)		0.01		0	RPI	6		0.03	0.00	0.02	
Tocopherol, beta											
Tocopherol, gamma Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		0.0		0	RPI	6		0.0	0.0	0.0	
Lipids:											
Fatty acids, total saturated	g	0.008		0	RPA	1		0.019	0.002	0.0	
4:0		0.000		0	RPA	1		0.000	0.000	0.00	
6:0	-	0.000		0	RPA	1		0.000	0.000	0.00	
8:0	-	0.000		0	RPA	1		0.000	0.000	0.00	
10:0	-	0.000		0	RPA	1		0.000	0.000	0.0	
12:0		0.000	)	0	RPA	1		0.000	0.000	0.00	
13:0		0 000	,	^		-		0 001	2 222		
14:0	-	0.000	,	0	RPA	1		0.001	0.000	0.0	
15:0		0.007	7	0	מחם	1		0.010	0 000	0.0	
16:0		0.00	,	U	RPA	1		0.018	0.002	0.0	
17:0 18:0	-	0.000	1	0	RPA	1		0.001	0.000	0.0	
20:0	-	0.000	•	J	APA	-		0.001	0.000	0.0	
22:0	-										
24:0	-										

						ole portic	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and	Unito	Mean	Std. Error	Number of Data	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	Measure 2	Measure 3	
Nutrients and	Units	Mean	Sta. Error	Tomits	Oode	Oode	Oode	weasure 1	Measure 2	Weasure 3	
Fatty acids, total monounsatura	atedg	0.005		0	RPI	6		0.011	0.001	0.008	
14:1	_										
15:1 16:1 undifferentiated	_	0.000		0	RPI	6		0.000	0.000	0.000	
17:1	_	0.000		U	KPI	0		0.000	0.000	0.000	
18:1 undifferentiated	_	0.004		0	RPI	6		0.011	0.001	0.008	
20:1	_	0.000		0	RPI	6		0.000	0.000	0.000	
22:1 undifferentiated		0.000		0	RPI	6		0.000	0.000	0.000	
24:1 c	_										
Fatty acids, total polyunsaturat	edg	0.016		0	RPI	6		0.038	0.005	0.028	
18:2 undifferentiated	g	0.015		0	RPI	6		0.035	0.004	0.026	
18:3 undifferentiated	g	0.001		0	RPI	6		0.003	0.000	0.002	
18:4	_	0.000		0	RPI	6		0.000	0.000	0.000	
20:2 n-6 c,c	g										
20:3 undifferentiated	_										
20:4 undifferentiated		0.000		0	RPI	6		0.000	0.000	0.000	
20:5 n-3	• • • • • • • • • • • • • • • • • • • •	0.000		0	RPI	6		0.000	0.000	0.000	
22:5 n-3	-	0.000		0	RPI	6		0.000	0.000	0.000	
22:6 n-3		0.000		0	RPI	6		0.000	0.000	0.000	
Fatty acids, total trans											
Cholesterol	_	0		0	RPI	6		0	0	0	
Phytosterols	mg										
Amino Acids:											
Tryptophan	g	0.001		0		1		0.002	0.000	0.002	
Threonine	g	0.002		0		1		0.005	0.001	0.004	
Isoleucine	g	0.003		0		1		0.007	0.001	0.005	
Leucine	g	0.005		0		1		0.012	0.002	0.009	
Lysine	g	0.003		0		1		0.007	0.001	0.005	
Methionine	g	0.001		0		1		0.002	0.000	0.002	
Cystine	g	0.001		0		1		0.002	0.000	0.002	
Phenylalanine	g	0.003		0		1		0.007	0.001	0.005	
Tyrosine	g	0.002		0		1		0.005	0.001	0.004	
Valine	g	0.004		0		1		0.010	0.001	0.007	
Arginine	g	0.004		0		1		0.010	0.001	0.007	
Histidine	g	0.001		0		1		0.002	0.000	0.002	
Alanine	g	0.003		0		1		0.007	0.001	0.005	
Aspartic acid	g	0.005		0		1		0.012	0.002	0.009	
Glutamic acid	g	0.015		0		1		0.036	0.005	0.027	
Glycine	g	0.003		0		1		0.007	0.001	0.005	
Proline	g	0.007		0		1		0.017	0.002	0.013	
Serine		0.003		0		1		0.007	0.001	0.005	
Hydroxyproline	g										
Others:											
Alcohol, ethyl	g	0.0		0	RPI	6		0.0	0.0	0.0	
Caffeine		0		0	RPI	6		1	0	0	
Theobromine		0		0	RPI	6		0	0	0	
Carotenoids:	-										
Carotene, beta	mea	0		0	RPI	6		0.140	0.018	0.105	
Carotene, alpha		0		0	RPI	6		0.140	0.018	0.000	
Cryptoxanthin, beta		0		0	RPI	6		0.000	0.000	0.000	
Lycopene		0		0	RPI	6		0.000	0.000	0.000	
Lutein + zeaxanthin		2		0	RPI	6		5.974	0.747	4.480	

#### **Common Measures:**

Measure 1 = 240g: 1 cup (8 fl oz)

Measure 2 = 30.0g: 1 fl oz Measure 3 = 180g: 6 fl oz NDB No. 14237

Coffee substitute, cereal grain beverage, prepared with water

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

NDB No. 14209 Coffee, brewed from grounds, prepared with tap water

		<u>A</u>	mount in 100 g	grams	of edil	<u>on</u>	Amount in edible portion of common			
			Ni	ımbeı	r				easures of food	
					Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	-	99.39	0.019	10	A	1		235.56	29.42	176.92
Energy		1		0	NC	4		1	0	1
Energy		2		0	NC	4		6	1	4
Protein (N x 6.25)		0.12	0.000	10	A	1		0.29	0.04	0.22
Total lipid (fat)		0.02	0.003	6	A	1		0.04	0.00	0.03
Ash		0.35	0.025	10	A	1		0.82	0.10	0.62
Carbohydrate, by difference		0.00		0	NR	<b>4</b> 7		0.00	0.00	0.00
Fiber, total dietary		0.0	0.000	0	Z	-		0.0	0.0	0.0
Sugars, total		0.00	0.000	3	A	1		0.00	0.00	0.00
Sucrose		0.00	0.000	3	A	1		0.00	0.00	0.00
Glucose (dextrose)		0.00	0.000	3	A	1		0.00	0.00	0.00
Fructose		0.00	0.000	3	A	1		0.00	0.00	0.00
Lactose	9	0.00	0.000	3 3	A	1		0.00	0.00	0.00
Maltose		0.00		3	A	1 1		0.00	0.00	0.00
Galactose		0.00	0.000	3	A	1		0.00	0.00	0.00
Starch	9									
Minerals:										
Calcium, Ca	mg	2	0.023	11	A	1		4	1	3
Iron, Fe	mg	0.01	0.000	11	A	1		0.02	0.00	0.01
Magnesium, Mg	mg	3	0.039	11	A	1		7	1	5
Phosphorus, P	mg	3	0.035	11	A	1		7	1	5
Potassium, K		49	0.667	11	A	1		115	14	87
Sodium, Na		2	0.131	11	A	1		4	0	3
Zinc, Zn		0.02	0.001	11	A	1		0.05	0.01	0.04
Copper, Cu		0.002		3	A	1		0.004	0.000	0.00
Manganese, Mn		0.023	0.001	11 9	A A	1 1		0.054 0.1	0.007 0.0	0.04 0.1
		0.0	0.003			-		0.1	0.0	0.1
Vitamins:	ma	0.0	0.000	3	A	1		0.0	0.0	0.0
Vitamin C, total ascorbic acid Thiamin		0.014		3	A	1		0.033	0.004	0.02
Riboflavin	-	0.014		6	A	1		0.033	0.004	0.02
Niacin		0.191		6	A	1		0.453	0.022	0.13
Pantothenic acid	-	0.254		6	A	1		0.603	0.075	0.45
Vitamin B-6		0.001		6	A	1		0.003	0.000	0.00
Folate, total		2	0.082	6	A	1		5	1	4
Folic acid		0		2	A	1		0	0	0
Folate, food		2	0.082	6	A	1		5	1	4
Folate, DFE		2		0	NC	4		5	1	4
Vitamin B-12		0.00		1		4		0.00	0.00	0.00
Vitamin A, IU		0		0		4		0	0	0
Vitamin A, RAE		0		0	Z	7		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.01		2	A	1		0.02	0.00	0.01
Tocopherol, beta	mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, gamma	mg	0.01		2	A	1		0.02	0.00	0.01
Tocopherol, delta		0.00		2	A	1		0.00	0.00	0.00
Vitamin D				•		_				
Vitamin K (phylloquinone)	mcg	0.1	0.066	9	JA	6		0.2	0.0	0.1
<u>lipids:</u>				_		_				
Fatty acids, total saturated		0.002		0	NC	4		0.004	0.000	0.00
4:0		0.000		4	A	1		0.000	0.000	0.00
6:0	_	0.000		4	A	1 1		0.000	0.000	0.00
8:0		0.000		6	A			0.000	0.000	0.00
10:0	-	0.000		6	A	1		0.000	0.000	0.00
12:0	_	0.000		6	A	1		0.000	0.000	0.00
13:0		0.000		1	A	1		0.000	0.000	0.00
14:0	y	0.000	0.000	6	A	1		0.000	0.000	0.00

		<u>A</u>	mount in 10	0 gram	s of edi	ble portic	<u>on</u>	Amount in	edible portion of	of common
				Numbe	er				easures of food	
						Source	Confidence			
<b>Nutrients and Units</b>		Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
15:0	g	0.000	0.00	00	A	1		0.000	0.000	
16:0	g	0.002	0.00	00 6	A	1		0.004	0.000	0.003
17:0	g	0.000	0.00	00 6	A	1		0.000	0.000	0.000
18:0		0.000			A	1		0.000	0.000	0.000
20:0	g	0.000			A	1		0.000	0.000	0.000
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	-	0.015		0	NC	4		0.034	0.004	0.026
14:1 15:1		0.000		00 6	A A	1 1		0.000 0.000	0.000 0.000	0.000
16:1 undifferentiated		0.000			A	1		0.000	0.000	0.000
17:1	-	0.000		3	A	1		0.000	0.000	0.000
18:1 undifferentiated	-	0.000			JO	11		0.000	0.000	0.000
18:1 c		0.015		1	A	1		0.034	0.004	0.026
18:1 t		0.000		1	A	1		0.000	0.000	0.000
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										
Fatty acids, total polyunsaturated		0.001		0	NC	4		0.003	0.000	0.002
18:2 undifferentiated		0.001	0.00	00 6	A	1		0.003	0.000	0.002
18:3 undifferentiated	-	0.000	0.0	00 5	A	1		0.000	0.000	0.000
18:3 n-6 c,c,c	g	0.000	)	1	A	1		0.000	0.000	0.000
18:3i	g									
18:4	g	0.000	0.0	00 5	A	1		0.000	0.000	0.000
20:2 n-6 c,c	g	0.000	)	3	A	1		0.000	0.000	0.000
20:3 undifferentiated	g	0.000	)	3	A	1		0.000	0.000	0.000
20:3 n-3	g									
20:3 n-6										
20:4 undifferentiated		0.000	0.00	00 6	A	1		0.000	0.000	0.000
20:4 n-3	-									
20:4 n-6	-					_				
20:5 n-3	-	0.000			A	1		0.000	0.000	0.000
22:5 n-3	-	0.000			A	1 1		0.000	0.000	0.000
22:6 n-3		0.000		00 6	A NC	4		0.000 0.000	0.000 0.000	0.000
Fatty acids, total trans		0.000		0	NC NC	4		0.000	0.000	0.000
Fatty acids, total trans-monoenoic		0.000	•	U	NC	-		0.000	0.000	0.000
Fatty acids, total trans-polyenoic Cholesterol		0		0		1		0	0	0
Phytosterols		v		Ū		-		Ü	· ·	v
Amino Acids:	יי									
Tryptophan	а	0.000	)	0		1		0.000	0.000	0.000
Threonine		0.001		0		1		0.002	0.000	0.002
Isoleucine		0.002		0		1		0.005	0.001	0.004
Leucine		0.005		0		1		0.012	0.001	0.009
Lysine		0.001		0		1		0.002	0.000	0.002
Methionine		0.000		0		1		0.000	0.000	0.000
Cystine	-	0.002	!	0		1		0.005	0.001	0.004
Phenylalanine	g	0.003	3	0		1		0.007	0.001	0.005
Tyrosine	g	0.002	2	0		1		0.005	0.001	0.004
Valine	g	0.003	3	0		1		0.007	0.001	0.005
Arginine		0.001	=	0		1		0.002	0.000	0.002
Histidine	g	0.002	<u> </u>	0		1		0.005	0.001	0.004
Alanine	g	0.003	3	0		1		0.007	0.001	0.005
Aspartic acid	g	0.005	5	0		1		0.012	0.001	0.009
Glutamic acid	g	0.020	)	0		1		0.047	0.006	0.036
Glycine	g	0.004	Į.	0		1		0.009	0.001	0.007
Proline	-	0.004	Į.	0		1		0.009	0.001	0.007
Serine	-	0.001		0		1		0.002	0.000	0.002
Hydroxyproline	g									
Others:	a	0.0		0		7		0.0	0.0	0.0
Alcohol, ethyl Caffeine		40	0.4		A	1		95	12	0.0 71
Theobromine		0	0.4	0	Z	7		0	0	0
1 IICO01011111IC	g	•		U		•		Ū	v	Ū

		<u>A</u>	mount in 100 grams	Amount in edible portion of common					
			Number of Data		Source	Confidence	<u>m</u>	easures of food	
Nut	rients and Units	Mean	Std. Error Points			Code	Measure 1	Measure 2	Measure 3
Carotenoids:									
Carotene, beta	mcg	0	0	z	7		0.000	0.000	0.000
Carotene, alpha	mcg	0	0	Z	7		0.000	0.000	0.000
Cryptoxanthin, b	etamcg	0	0	Z	7		0.000	0.000	0.000
Lycopene	mcg	0	0	Z	7		0.000	0.000	0.000
Lutein + zeaxant	hin mcg	0	0	Z	7		0.000	0.000	0.000

#### **Common Measures:**

Measure 1 = 237g: 1 cup (8 fl oz)

Measure 2 = 29.6g: 1 fl oz Measure 3 = 178g: 6 fl oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 14 Beverages

NDB No. 14201 Coffee, brewed from grounds, prepared with tap water, decaffeinated

		<u>A</u>	mount in 100 gram	s of edib	le portic	<u>on</u>	Amount in	edible portion	of common
			Numbe	r			m	easures of food	<u> </u>
				Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Points		Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	-	99.30	0	BFZN	4		235.34	29.39	176.75
Energy		0	0	NC	4		1	0	1
Energy		1	0	NC	4		3	0	3
Protein (N x 6.25)		0.10	0	BFZN BFZN			0.24 0.00	0.03	0.18
Total lipid (fat)		0.00	0	BFZN			0.00	0.00 0.03	0.00
AshCarbohydrate, by difference		0.00	0	NR.	4		0.00	0.00	0.10
Fiber, total dietary		0.0	0	BFZN	4		0.0	0.00	0.0
Sugars, total		0.00	0	NC	4		0.00	0.00	0.00
Sucrose		0.00	0	BFZN	_		0.00	0.00	0.00
Sucrose	9	0.00	0	BFZN			0.00	0.00	0.00
Glucose (dextrose)		0.00	0	BFZN	4		0.00	0.00	0.00
Lactose		0.00	0	BFZN			0.00	0.00	0.00
Maltose	g	0.00	0	BFZN	4		0.00	0.00	0.00
Galactose	5 a	0.00	0	BFZN	4		0.00	0.00	0.00
Starch			-		_			0.00	
Minerals:		_					_		
Calcium, Ca		2	0	BFZN	4		5	1	4
Iron, Fe.		0.05	0	BFZN	4		0.12	0.01	0.09
Magnesium, Mg	<del>-</del>	5 1	0	BFZN BFZN	4 4		12 2	1 0	9 2
Phosphorus, P Potassium, K		54	0	BFZN	4		128	16	96
Sodium, Na		2	0	BFZN	4		5	1	4
Zinc, Zn		0.02	0	BFZN	4		0.05	0.01	0.04
Copper, Cu		0.007		BFZN	4		0.017	0.002	0.01
Manganese, Mn		0.027	7 0	BFZN	4		0.064	0.008	0.04
Selenium, Se		0.1	0	BFZN	4		0.2	0.0	0.2
Vitamins:									
Vitamin C, total ascorbic acid		0.0	0	BFZN	4		0.0	0.0	0.0
Thiamin	-	0.000		BFZN	4		0.000	0.000	0.00
Riboflavin	-	0.000		BFZN	4		0.000	0.000	0.00
Niacin	-	0.222		BFZN	4		0.526	0.066	0.39
Pantothenic acid	-	0.001		BFZN	4		0.002	0.000	0.00
Vitamin B-6		0.000	0	BFZN BFZN	4 4		0.000 0	0.000 0	0.00
Folate, totalFolic acid		0	0	DF ZN Z	7		0	0	0
Folate, food	mca	0	0	BFZN	4		0	0	0
Folate, DFE	mca DFF	0	0	NC	4		0	0	0
Vitamin B-12		0.00	0	BFZN	4		0.00	0.00	0.00
Vitamin A, IU		0	0	BFZN	4		0	0	0.00
Vitamin A, RAE		0	0	AS	1		0	0	0
Retinol		0	0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)		0.00	0	NC	4		0.00	0.00	0.00
Tocopherol, beta		0.00	0	BFZN	4		0.00	0.00	0.00
Tocopherol, gamma		0.01	0	BFZN	4		0.02	0.00	0.01
Tocopherol, delta	mg	0.00	0	BFZN	4		0.00	0.00	0.00
Vitamin D				_					
Vitamin K (phylloquinone)	mcg	0.1	0	0	4		0.2	0.0	0.2
Lipids: Fatty acids, total saturated	a	0.002	2 0	BFZN	4		0.005	0.001	0.00
4:0		0.002		BFZN	4		0.005	0.001	0.00
6:0		0.000		BFZN	4		0.000	0.000	0.00
8:0	_	0.000		BFZN	4		0.000	0.000	0.00
10:0		0.000		BFZN	4		0.000	0.000	0.00
12:0	-	0.000		BFZN	4		0.000	0.000	0.00
13:0	_	0.000		BFZN	4		0.000	0.000	0.00
14:0	-	0.000		BFZN	4		0.000	0.000	0.00
15:0	-	0.000		BFZN	4				0.00

		<u>A</u> 1	mount in 10	0 grams	of edib	le portic	<u>on</u>	Amount in	edible portion of	of common
				Number					easures of food	
				of Data		Source	Confidence			
Nutrients and Units		Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
15:0	g	0.000			BFZN	4		0.000	0.000	
16:0	_	0.001		0	BFZN	4		0.002	0.000	0.002
17:0	-	0.000		0	BFZN	4		0.000	0.000	0.000
18:0		0.000		0	BFZN	4		0.000	0.000	0.000
20:0	g	0.000		0	BFZN	4		0.000	0.000	0.000
22:0	g	0.000		0	BFZN	4		0.000	0.000	0.000
24:0	g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total monounsaturated	g	0.000		0	BFZN	4		0.000	0.000	0.000
14:1	g	0.000		0	BFZN	4		0.000	0.000	0.000
15:1	g	0.000		0	BFZN	4		0.000	0.000	0.000
16:1 undifferentiated	g	0.000		0	BFZN	4		0.000	0.000	0.000
17:1	g	0.000		0	BFZN	4		0.000	0.000	0.000
18:1 undifferentiated	g	0.000		0	BFZN	4		0.000	0.000	0.000
18:1 c	g	0.015		0	BFZN	4		0.034	0.004	0.026
18:1 t	g	0.000		0	BFZN	4		0.000	0.000	0.000
20:1	g	0.000		0	BFZN	4		0.000	0.000	0.000
22:1 undifferentiated	g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.002		0	BFZN	4		0.005	0.001	0.004
18:2 undifferentiated	g	0.002		0	BFZN	4		0.005	0.001	0.004
18:3 undifferentiated	g	0.000		0	BFZN	4		0.000	0.000	0.000
18:3 n-6 c,c,c	g	0.000		0	BFZN	4		0.000	0.000	0.000
18:3i	g									
18:4	g	0.000		0	BFZN	4		0.000	0.000	0.000
20:2 n-6 c,c	g	0.000		0	BFZN	4		0.000	0.000	0.000
20:3 undifferentiated	g	0.000		0	BFZN	4		0.000	0.000	0.000
20:3 n-3	g									
20:3 n-6										
20:4 undifferentiated	g	0.000		0	BFZN	4		0.000	0.000	0.000
20:4 n-3	g									
20:4 n-6	g									
20:5 n-3	g	0.000		0	BFZN	4		0.000	0.000	0.000
22:5 n-3	g	0.000		0	BFZN	4		0.000	0.000	0.000
22:6 n-3		0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans	9	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans-monoenoic	g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic										
Cholesterol	-	0		0	BFZN	4		0	0	0
Phytosterols	<sub>.</sub> mg									
Amino Acids:										
Tryptophan		0.000		0	BFZN	4		0.000	0.000	0.000
Threonine		0.001		0	BFZN	4		0.002	0.000	0.002
Isoleucine	•	0.002		0	BFZN	4		0.005	0.001	0.004
Leucine	-	0.005		0	BFZN	4		0.012	0.001	0.009
Lysine		0.001		0	BFZN	4		0.002	0.000	0.002
Methionine		0.000		0	BFZN	4		0.000	0.000	0.000
Cystine		0.002		0	BFZN	4		0.005	0.001	0.004
Phenylalanine	•	0.003		0	BFZN	4		0.007	0.001	0.005
Tyrosine		0.002		0	BFZN	4		0.005	0.001	0.004
Valine	-	0.003		0	BFZN	4		0.007	0.001	0.005
Arginine		0.001		0	BFZN	4		0.002	0.000	0.002
Histidine	-	0.002		0	BFZN	4		0.005	0.001	0.004
Alanine		0.003		0	BFZN	4		0.007	0.001	0.005
Aspartic acid		0.005		0	BFZN	4		0.012	0.001	0.009
Glutamic acid		0.020		0	BFZN	4		0.047	0.006	0.036
Glycine		0.004		0	BFZN	4		0.009	0.001	0.007
Proline	-	0.004		0	BFZN	4		0.009	0.001	0.007
Serine	-	0.001		0	BFZN	4		0.002	0.000	0.002
Hydroxyproline	g									
Others:	_			_		_				
Alcohol, ethyl		0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine		1		0	BFZN	4		2	0	2
Theobromine	.mg	0		0	Z	7		0	0	0

		<u>A</u> 1	mount in 100	) grams Number	Amount in edible portion of common measures of food					
Nutrients and	d Units	Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3
Carotenoids:										
Carotene, beta	mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha	mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta	mcg	0		0	NR	4		0.000	0.000	0.000
Lycopene	mcg	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 = 237g: 1 cup (8 fl oz)

Measure 2 = 29.6g: 1 fl oz Measure 3 = 178g: 6 fl oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 14 Beverages

		<u>A</u> 1	mount in 10	0 grams	of edib	le portio	<u>n</u>		edible portion	
				Number				<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	97.80		2	A	1		29.34		
Energy	kcal	2		0	NC	4		1		
Energy	kj	8		0	NC	4		2		
Protein (N x 6.25)	g	0.12		0	BFZN	4		0.04		
Total lipid (fat)	g	0.18		2	A	1		0.05		
Ash	g	0.23		2	A	1		0.07		
Carbohydrate, by difference	g	0.00		0	BFZN	4		0.00		
Fiber, total dietary	g	0.0		0	BFZN	4		0.0		
Sugars, total	g	0.00		0	BFZN	4		0.00		
Starch	g									
Minorals:										
Minerals: Calcium, Ca	ma	2		2	A	1		1		
Iron, Fe	-	0.13		2	A	1		0.04		
Magnesium, Mg	-	80		2	A	1		24		
Phosphorus, P		7		2	A	1		2		
Potassium, K	-	115		2	A	1		35		
Sodium. Na.		14		2	A	1		4		
Zinc, Zn		0.05		2	A	1		0.02		
Copper, Cu	-	0.050	)	2	A	1		0.015		
Manganese, Mn	-	0.050		2	A	1		0.015		
Selenium, Se		0.0		0	BFPN	4		0.0		
· ·	_									
Vitamins:				_		_				
Vitamin C, total ascorbic acid	-	0.2		2	A	1		0.1		
Thiamin	-	0.001		2	A	1		0.000		
Riboflavin		0.177		2	A	1		0.053		
Niacin	-	5.207		2	A	1		1.562		
Pantothenic acid	-	0.028		2	A	1		0.008		
Vitamin B-6	-	0.002 1	1	2 2	A	1		0.001 0		
Folate, total		0		0	A BFZN	1 4		0		
Folic acid		1		2	A A	1		0		
Folate, DFE		1		0	NC	4		0		
		0.00		0	NC Z	7		0.00		
Vitamin B-12 Vitamin A, IU		0.00		0	BFZN	4		0.00		
Vitamin A, RAE		0		0	BFZN	4		0		
Retinol		0		0	BFZN	4		0		
		0.01		0	BFZN	4		0.00		
Vitamin E (alpha-tocopherol)		0.01		0		4		0.00		
Tocopherol, beta		0.00		0	BFZN BFZN	4		0.00		
Tocopherol, gamma		0.01		0	BFZN	4		0.00		
Tocopherol, deltaVitamin D		0.00		U	Dr AN	4		0.00		
Vitamin K (phylloquinone)		0.1		0	BFZN	4		0.0		
				•		-		<del>-</del>		
<u>Lipids:</u>										
Fatty acids, total saturated	-	0.092		0	BFFN	4		0.028		
4:0		0.000		0	BFFN	4		0.000		
6:0		0.000		0	BFFN	4		0.000		
8:0		0.000		0	BFFN	4		0.000		
10:0		0.000		0	BFFN	4		0.000		
12:0		0.000		0	BFFN	4		0.000		
13:0	-	0.000		0	BFZN	4		0.000		
14:0	-	0.000		0	BFFN	4		0.000		
15:0	-	0.000		0	BFZN	4		0.000		
16:0		0.046		0	BFFN	4		0.014		
17:0		0.000		0	BFZN	4		0.000		
18:0		0.000		0	BFFN	4		0.000		
20:0	-	0.000		0	BFZN	4		0.000		
22:0	=	0.000		0	BFZN	4		0.000		
24:0	g	0.000	)	0	BFZN	4		0.000		

	<u>Ar</u>	nount in 10	00 grams	of edib	ole portio	<u>on</u>	Amount in	edible portion	of common
			Number				<u>m</u>	easures of food	
					Source	Confidence			
Nutrients and Units	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.000		0	BFFN	4		0.000		
14:1g	0.000		0	BFZN	4		0.000		
15:1g	0.000		0	BFZN	4		0.000		
16:1 undifferentiatedg	0.000		0	BFFN	4		0.000		
17:1g	0.000		0	BFZN	4		0.000		
18:1 undifferentiatedg	0.000		0	BFFN	4		0.000		
18:1 cg	0.015		0	BFZN	4		0.004		
18:1 tg	0.000		0	BFZN	4		0.000		
20:1g	0.000		0	BFFN	4		0.000		
22:1 undifferentiatedg	0.000		0	BFFN	4		0.000		
24:1 cg									
Fatty acids, total polyunsaturated	0.092		0	BFFN	4		0.028		
18:2 undifferentiatedg	0.092		0	BFFN	4		0.028		
18:3 undifferentiatedg	0.000		0	BFFN	4		0.000		
18:3 n-6 c,c,cg	0.000		0	BFZN	4		0.000		
18:3ig									
18:4g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,cg	0.000		0	BFZN	4		0.000		
20:3 undifferentiated9	0.000		0	BFZN	4		0.000		
20:3 n-3g									
20:3 n-6g									
20:4 undifferentiatedg	0.000		0	BFFN	4		0.000		
20:4 n-3g									
20:4 n-6g									
20:5 n-3g	0.000		0	BFFN	4		0.000		
22:5 n-3g	0.000		0	BFFN	4		0.000		
22:6 n-3g	0.000		0	BFFN	4		0.000		
Fatty acids, total transg	0.000		0	BFZN	4		0.000		
Fatty acids, total trans-monoenoicg	0.000		0	BFZN	4		0.000		
Fatty acids, total trans-polyenoicg									
Cholesterolmg	0		0	Z	7		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0		
Caffeine mg	212		2	A	1		64		
Theobromine mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta mcg	0		0	BFZN	4		0.000		
Carotene, alphamcg	0		0	BFZN	4		0.000		
Cryptoxanthin, betamcg	0		0	BFZN	4		0.000		
Lycopenemcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthinmcg	0		0	BFZN	4		0.000		

#### **Common Measures:**

Measure 1 = 30g: 1 fluid ounce

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 14 Beverages

		<u>A</u>	mount in 10	0 grams	of edib	le portio	<u>on</u>	Amount in	edible portion	of common
				Number				<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	-	97.80		0	BFZN	4		29.34		
Energy		0		0	BFZN	4		0		
Energy		1		0	BFZN	4		0		
Protein		0.10		0	BFZN	4		0.03		
Total lipid (fat)		0.18		0	BFZN	4		0.05		
Ash		0.23		0	BFZN	4		0.07		
Carbohydrate, by difference		0.00		0	BFZN	4		0.00		
Fiber, total dietary		0.0		0	BFZN	4		0.0		
Sugars, total		0.00		0	BFZN	4		0.00		
Starch	g									
<u> Minerals:</u>										
Calcium, Ca	-	2		0	BFZN	4		1		
Iron, Fe	-	0.13		0	BFZN	4		0.04		
Magnesium, Mg		80		0	BFZN	4		24		
Phosphorus, P	_	7		0	BFZN	4		2		
Potassium, K		115		0	BFZN	4		35		
Sodium, Na	-	14		0 0	BFZN	4		4 0.02		
Zinc, Zn		0.05 0.050	,	0	BFZN BFZN	4 4		0.02		
Copper, Cu		0.050		0	BFZN	4		0.015		
Selenium, Se		0.030	,	0	BFZN	4		0.013		
·										
/itamins: Vitamin C, total ascorbic acid	ma	0.2		0	BFZN	4		0.1		
Thiamin		0.001	ı	0	BFZN	4		0.000		
Riboflavin	_	0.177		0	BFZN	4		0.053		
Niacin		5.207		0	BFZN	4		1.562		
Pantothenic acid	_	0.028		0	BFZN	4		0.008		
Vitamin B-6		0.002	2	0	BFZN	4		0.001		
Folate, total	mcg	1		0	BFZN	4		0		
Folic acid	mcg	0		0	BFZN	4		0		
Folate, food		1		0	BFZN	4		0		
Folate, DFE	mcg_DFE	1		0	NC	4		0		
Vitamin B-12		0.00		0	BFZN	4		0.00		
Vitamin A, IU		0		0	BFZN	4		0		
Vitamin A, RAE		0		0	BFZN	4		0		
Retinol		0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol)		0.00		0	BFZN	4		0.00		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)		0.1		0	BFZN	4		0.0		
	9	V		· ·		-		0.0		
<u>ipids:</u>	a	0.003	<b>)</b>	0	DEGN	4		0.028		
Fatty acids, total saturated		0.092		0 0	BFZN BFZN	4 4		0.028		
4:0 6:0		0.000		0	BFZN	4		0.000		
8:0	-	0.000		0	BFZN	4		0.000		
10:0	-	0.000		0	BFZN	4		0.000		
12:0	-	0.000		0	BFZN	4		0.000		
13:0		0.000		0	BFZN	4		0.000		
14:0		0.000		0	BFZN	4		0.000		
15:0		0.000		0	BFZN	4		0.000		
16:0	-	0.046		0	BFZN	4		0.014		
17:0	-	0.000		0	BFZN	4		0.000		
18:0	-	0.000		0	BFZN	4		0.000		
20:0		0.000		0	BFZN	4		0.000		
22:0		0.000		0	BFZN	4		0.000		
24:0		0.000		0	BFZN	4		0.000		

	<u>An</u>	nount in 100 gram Numbe		ole portic	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.000	0	BFZN	4		0.000			
14:1g	0.000	0	BFZN	4		0.000			
15:1g	0.000	0	BFZN	4		0.000			
16:1 undifferentiated	0.000	0	BFZN	4		0.000			
17:1g	0.000	0	BFZN	4		0.000			
18:1 undifferentiated 9	0.000	0	BFZN	4		0.000			
18:1 c	0.015	0	BFZN	4		0.004			
18:1 tg	0.000	0	BFZN	4		0.000			
20:1g	0.000	0	BFZN	4		0.000			
22:1 undifferentiated	0.000	0	BFZN	4		0.000			
24:1 c		_		_		0.000			
Fatty acids, total polyunsaturated9	0.092	0	BFZN	4		0.028			
18:2 undifferentiated	0.092	0	BFZN	4		0.028			
18:3 undifferentiated	0.000	0	BFZN	4		0.000			
18:3 n-6 c,c,cg	0.000	0	BFZN	4		0.000			
18:3ig									
18:4g	0.000	0	BFZN	4		0.000			
20:2 n-6 c,cg	0.000	0	BFZN	4		0.000			
20:3 undifferentiated	0.000	0	BFZN	4		0.000			
20:3 n-3g									
20:3 n-6g									
20:4 undifferentiatedg	0.000	0	BFZN	4		0.000			
20:4 n-3g									
20:4 n-6g									
20:5 n-3g	0.000	0	BFZN	4		0.000			
22:5 n-3g	0.000	0	BFZN	4		0.000			
22:6 n-3g	0.000	0	BFZN	4		0.000			
Fatty acids, total transg	0.000	0	BFZN	4		0.000			
Fatty acids, total trans-monoenoicg	0.000	0	BFZN	4		0.000			
Fatty acids, total trans-polyenoicg									
Cholesterolmg	0	0	BFZN	4		0			
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0	0	BFZN	4		0.0			
Caffeine mg	1	0	BFZN	4		0.0			
Theobromine mg	0	0	Z	7		0			
Carotenoids:	Ŭ	· ·	4	•		v			
	0	0	יימים	A		0.000			
Carotene, beta mcg	0	0	BFZN BFZN	4 4		0.000			
Carotene, alphamcg Cryptoxanthin, betamcg	0	0	BFZN	4		0.000			
Lycopene mcg	0	0	BFZN	4		0.000			
Lutein + zeaxanthin mcg	0	0	BFZN	4		0.000			
Lutein + Zeaxantiiiiiiiog	U	0	DE 4N	*		0.000			

#### **Common Measures:**

Measure 1 = 30g: 1 fluid ounce

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

		<u>A</u>	mount in 10	0 grams	of edib	ole portio	<u>n</u>		edible portion	
				Number	•			<u>m</u> e	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	6.16		0	FLA	4		0.10		
Energy	kcal	509		0	NC	4		9		
Energy	kj	2132		0	NC	4		36		
Protein (N x 6.25)	g	1.96		0	FLA	4		0.03		
Total lipid (fat)	g	29.10				4		0.49		
Ash	g	2.84		0	FLA	4		0.05		
Carbohydrate, by difference	g	59.94		0	NC	4		1.02		
Fiber, total dietary	g	0.5		0	FLA	4		0.0		
Sugars, total		59.00		0	NR	4		1.00		
Starch	g									
Minerals:										
Calcium, Ca	ma	18		0	FLA	4		0		
Iron. Fe.	_	0.06		0	FLA	4		0.00		
Magnesium, Mg		2		0	FLA	4		0		
Phosphorus, P		135		0	FLA	4		2		
Potassium, K	_	909		0	FLA	4		15		
Sodium, Na	_	819		0	FLA	4		14		
Zinc, Zn	<u>mg</u>	0.02		0	FLA	4		0.00		
Copper, Cu	mg	0.011	L	0	FLA	4		0.000		
Manganese, Mn	mg	0.011	L	0	FLA	4		0.000		
Selenium, Se	mcg	0.9		0	FLA	4		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	FLA	4		0.0		
Thiamin	-	0.000	)	0	FLA	4		0.000		
Riboflavin	-	0.000		0	FLA	4		0.000		
Niacin		0.188	3	0	FLA	4		0.003		
Pantothenic acid		0.001		0	FLA	4		0.000		
Vitamin B-6	_	0.000	)	0	FLA	4		0.000		
Folate, total	mcg	1		0	FLA	4		0		
Folic acid		0		0	FLA	4		0		
Folate, food	mcg	1		0	FLA	4		0		
Folate, DFE	mcg_DFE	1		0	NC	4		0		
Vitamin B-12		0.00		0	FLA	4		0.00		
Vitamin A, IU		14		0	FLA	4		0		
Vitamin A, RAE		1		0	FLA	4		0		
Retinol		0		0	FLA	4		0		
Vitamin E (alpha-tocopherol)	mg	0.26		0	FLA	4		0.00		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		2.0		0				0.1		
Vitamin K (phylloquinone)	nicg	3.8		0	FLA	4		0.1		
<u> Lipids:</u>										
Fatty acids, total saturated	g	25.128	3	0	FLA	4		0.427		
4:0		0.000	)	0	FLA	4		0.000		
6:0	g	0.000	)	0	FLA	4		0.000		
8:0	g	0.000	)	0	FLA	4		0.000		
10:0	_	0.000	)	0	FLA	4		0.000		
12:0		0.000	)	0	FLA	4		0.000		
13:0										
14:0	g	0.000	)	0	FLA	4		0.000		
15:0										
16:0		7.368	3	0	FLA	4		0.125		
17:0	_									
18:0	_	17.761	L	0	FLA	4		0.302		
20:0	g									
22:0										

	<u>Ar</u>	mount in 100	grams	of edik	ole portio	<u>on</u>	Amount in	edible portion of	of common
Nutrients and Units	Mean		lumber of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food  Measure 2	Measure 3
Huttlette and Onite	Mean	Ota. Error					measure i	Micasure 2	Micasure 5
Fatty acids, total monounsaturatedg	1.705		0	FLA	4		0.029		
14:1g							0.025		
15:1 9									
16:1 undifferentiated	0.000		0	FLA	4		0.000		
17:1g									
18:1 undifferentiatedg	1.705		0	FLA	4		0.029		
20:1g	0.000		0	FLA	4		0.000		
22:1 undifferentiatedg	0.000		0	FLA	4		0.000		
24:1 cg									
Fatty acids, total polyunsaturated	0.576		0	FLA	4		0.010		
18:2 undifferentiatedg	0.576		0	FLA	4		0.010		
18:3 undifferentiatedg	0.000		0	FLA	4		0.000		
18:4g	0.000		0	FLA	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	FLA	4		0.000		
20:5 n-3g	0.000		0	FLA	4		0.000		
22:5 n-3g	0.000		0	FLA	4		0.000		
22:6 n-3g	0.000		0	FLA	4		0.000		
Fatty acids, total transg									
Cholesterol mg	0		0	FLA	4		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	FLA	4		0.0		
Caffeinemg	21		0	FLA	4		0		
Theobrominemg	0		0	FLA	4		0		
Carotenoids:									
Carotene, betamcg	9		0	FLA	4		0.148		
Carotene, alphamcg	0		0	FLA	4		0.000		
Cryptoxanthin, betamcg	0		0	FLA	4		0.000		
Lycopenemcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin mcg	0		0	FLA	4		0.000		

## **Common Measures:**

Measure 1 = 1.7g: 1 tsp dry

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 14 Beverages

		<u>Aı</u>	mount in 100 g	rams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber				measures of food			
			of	Data	Deriv	Source	Confidence				
Nutrients and Unit	s	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	3.20		6		1		0.06			
Energy	kcal	224		0	NC	4		4			
Energy	kj	937				4		17			
Protein (N x 6.25)	g	11.60		10		1		0.21			
Total lipid (fat)	g	0.20		4		1		0.00			
Ash		9.00		6		1		0.16			
Carbohydrate, by difference		42.60		5	NC	4		0.77			
Fiber, total dietary		0.0		0	BFZN	4		0.0			
Sugars, total		0.00		0	FLA	4		0.00			
Starch											
Staren	9										
<u> Minerals:</u>											
Calcium, Ca	mg	140		27		1		3			
Iron, Fe	mg	3.80		14		1		0.07			
Magnesium, Mg	mg	311		23		1		6			
Phosphorus, P	mg	286		26		1		5			
Potassium, K	-	3501		29		1		63			
Sodium, Na	mg	23		29		1		0			
Zinc, Zn	mg	0.11	0.139	4		1		0.00			
Copper, Cu	mg	0.069	0.037	8		1		0.001			
Manganese, Mn	mg	1.222	0.299	8		1		0.022			
Selenium, Se	mcg	17.3		0	FLA	4		0.3			
7itamina.											
<u>/itamins:</u>		0.0		•				0.0			
Vitamin C, total ascorbic acid	-	0.0		0	FLA	4		0.0			
Thiamin	-	0.000		0	FLA	4		0.000			
Riboflavin		1.360		2		1		0.024			
Niacin	-	28.075		6		1		0.505			
Pantothenic acid	-	0.097		0	FLA	4		0.002			
Vitamin B-6	-	0.000	1	0	FLA	4		0.000			
Folate, total		0		0	FLA	4		0			
Folic acid		0		0	FLA	4		0			
Folate, food		0		0	FLA	4		0			
Folate, DFE		0		0	NC	4		0			
Vitamin B-12		0.00		0	FLA	4		0.00			
Vitamin A, IU		0		0	FLA	4		0			
Vitamin A, RAE		0		0	FLA	4		0			
Retinol		0		0	FLA	4		0			
Vitamin E (alpha-tocopherol)	mg	0.00		0	FLA	4		0.00			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	1.9		0	FLA	4		0.0			
ipids:											
	ď	0.101		0		1		0.002			
Fatty acids, total saturated		0.000		0	BFZN	4		0.002			
6:0		0.000		0	BFZN	4		0.000			
8:0				0		4					
		0.000		0	BFZN BFZN	4		0.000 0.000			
10:0	-	0.000		0	BFZN	4		0.000			
12:0		0.000	•	U	DE AN	4		0.000			
13:0	-	0.000		0	DERM	A		0.000			
14:0		0.000	•	U	BFZN	4		0.000			
15:0		0 075		0		4		0 001			
16:0		0.075	•	0		1		0.001			
17:0	_			^		_					
18:0	g	0.018		0		1		0.000			
	_										
20:0	_										

		<u>Aı</u>	mount in 10			ole portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Uni	ts	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		0.021		0		1		0.000		
14:1	_									
15:1	-	0.000		•	DEGN			0.000		
16:1 undifferentiated		0.000		0	BFZN	4		0.000		
18:1 undifferentiated	_	0.021		0		1		0.000		
20:1	_	0.000		0		1		0.000		
22:1 undifferentiated		0.000		0	BFZN	4		0.000		
24:1 c	_	0.000		Ū	DI ZIN	-		0.000		
Fatty acids, total polyunsaturated		0.101		0		1		0.002		
18:2 undifferentiated		0.093		0		1		0.002		
18:3 undifferentiated		0.008		0		1		0.000		
18:4		0.000		0	BFZN	4		0.000		
20:2 n-6 c.c.		0.000		•		-		0.000		
20:3 undifferentiated	_									
20:4 undifferentiated	-	0.000		0	BFZN	4		0.000		
20:5 n-3		0.000		0	BFZN	4		0.000		
22:5 n-3	_	0.000		0	BFZN	4		0.000		
22:6 n-3	-	0.000		0	BFZN	4		0.000		
Fatty acids, total trans										
Cholesterol		0		0	FLA	4		0		
Phytosterols	-									
,										
Amino Acids:										
Tryptophan		0.028		0		1		0.001		
Threonine	_	0.136		0		1		0.002		
Isoleucine	_	0.164		0		1		0.003		
Leucine	_	0.456		0		1		0.008		
Lysine		0.092		0		1		0.002		
Methionine		0.022		0		1		0.000		
Cystine		0.193		0		1		0.003		
Phenylalanine		0.250		0		1		0.005		
Tyrosine	-	0.158		0		1		0.003		
Valine		0.263		0		1		0.005		
Arginine	_	0.050		0		1		0.001		
Histidine	_	0.158		0		1		0.003		
Alanine		0.320		0		1		0.006		
Aspartic acid		0.456		0		1		0.008		
Glutamic acid		1.937		0		1		0.035		
Glycine		0.421		0		1		0.008		
Proline	_	0.335		0		1		0.006		
Serine		0.121		0		1		0.002		
Hydroxyproline	9									
Others:										
Alcohol, ethyl	g	0.0		0	FLA	4		0.0		
Caffeine		122		10		1		2		
Theobromine	-	0		0	FLA	4		0		
Carotenoids:										
	moc	^		^				0.000		
Carotene, beta		0		0	FLA	4		0.000		
Carotene, alpha	-	0		0	FLA	4		0.000		
Cryptoxanthin, beta		•		-	FLA	4		0.000		
Lycopene		0		0	FLA	4		0.000		
Lutein + zeaxanthin	iicā	0		0	FLA	4		0.000		

## **Common Measures:**

Measure 1 = 1.8g: 1 tsp, rounded

NDB No. 14218

Coffee, instant, decaffeinated, powder

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 14 Beverages

NDB No. 14219 Coffee, instant, decaffeinated, powder, prepared with water

		<u>Aı</u>	Amount in edible portion of common								
			Ni	umber				measures of food			
						Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error P			Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	-	98.93		0	RPI	6		177.08			
Energy		2		0	RPI	6		4			
Energy		9		0	RPI	6		16			
Protein (N x 0)	_	0.12		0	RPI	6		0.21			
Total lipid (fat)		0.00 0.19		0	RPI RPI	6 6		0.00 0.34			
AshCarbohydrate, by difference		0.19		0	RPI	6		0.34			
Fiber, total dietary		0.43		0	RPI	6		0.77			
Sugars, total		0.00		0	RPI	6		0.00			
Starch		0.00		Ū	KFI	Ū		0.00			
Minerals:											
Calcium. Ca	ma	3	0.200	18	A	1		5			
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.06	0.010		A	1		0.10			
Magnesium, Mg	-	5	0.329		A	1		9			
Phosphorus, P		4	0.281	18	A	1		7			
Potassium, K		46	3.417	17	A	1		82			
Sodium, Na	-	2	0.272	18	A	1		3			
Zinc, Zn		0.00	0.001		A	1		0.00			
Copper, Cu		0.007		0	RPA	1		0.013			
Manganese, Mn		0.030			A	1		0.054			
Selenium, Se	mcg	0.2	0.178	18	A	1		0.3			
Vitamins:		0.0		•		_		2 2			
Vitamin C, total ascorbic acid		0.0		0	RPI	6 6		0.0			
ThiaminRiboflavin	-	0.000 0.014		0	RPI RPI	6		0.000 0.024			
Niacin		0.014		0	RPI	6		0.505			
Pantothenic acid	-	0.202		0	RPI	6		0.002			
Vitamin B-6		0.000		0	RPI	6		0.002			
Folate, total	_	0		0	RPI	6		0			
Folic acid		0		0	RPI	6		0			
Folate, food		0		0	RPI	6		0			
Folate, DFE		0		0	NC	4		0			
Vitamin B-12		0.00		0	RPI	6		0.00			
Vitamin A, IU		0		0	RPI	6		0			
Vitamin A, RAE	mcg_RAE	0		0	RPI	6		0			
Retinol		0		0	RPI	6		0			
Vitamin E (alpha-tocopherol)	mg	0.00		0	RPI	6		0.00			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, deltaVitamin D											
Vitamin K (phylloquinone)		0.0		1	A	1		0.0			
Lipids:											
Fatty acids, total saturated	g	0.001	L	0	RPA	1		0.002			
4:0		0.000		0	RPI	6		0.000			
6:0	g	0.000	)	0	RPI	6		0.000			
8:0	g	0.000	)	0	RPI	6		0.000			
10:0		0.000		0	RPI	6		0.000			
12:0		0.000	)	0	RPI	6		0.000			
13:0				_	_	_		_			
14:0	-	0.000	)	0	RPI	6		0.000			
15:0		0.00-		^		-					
16:0		0.001	1	0	RPA	1		0.001			
17:0	_	0.000	1	0	RPA	1		0 000			
18:0 20:0	_	0.000	,	U	KPA	1		0.000			
22:0	_										
24:0	_										

		<u>An</u>	nount in 10	0 grams	of edil	ole portic	<u>on</u>	Amount in edible portion of common			
				Number	•			measures of food			
				of Data	Deriv	Source	Confidence				
Nutrients and Ur	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated		0.000		0	RPA	1		0.000			
14:1	-										
15:1				•		_					
16:1 undifferentiated	_	0.000		0	RPI	6		0.000			
17:1		0.000		•							
18:1 undifferentiated		0.000		0	RPA	1		0.000			
20:1		0.000		0	RPA	1		0.000			
22:1 undifferentiated	•	0.000		0	RPI	6		0.000			
24:1 c						_					
Fatty acids, total polyunsaturated		0.001		0	RPA	1		0.002			
18:2 undifferentiated		0.001		0	RPA	1		0.002			
18:3 undifferentiated		0.000		0	RPA	1		0.000			
18:4	-	0.000		0	RPI	6		0.000			
20:2 n-6 c,c	-										
20:3 undifferentiated				_	_	_		_			
20:4 undifferentiated	-	0.000		0	RPI	6		0.000			
20:5 n-3		0.000		0	RPI	6		0.000			
22:5 n-3		0.000		0	RPI	6		0.000			
22:6 n-3	g	0.000		0	RPI	6		0.000			
Fatty acids, total trans	g										
Cholesterol	mg	0		0	RPI	6		0			
Phytosterols	mg										
Amino Acids:						_					
Tryptophan		0.000		0	RPA	1		0.001			
Threonine	-	0.001		0	RPA	1		0.002			
Isoleucine		0.002		0	RPA	1		0.003			
Leucine	_	0.005		0	RPA	1		0.008			
Lysine		0.001		0	RPA	1		0.002			
Methionine		0.000		0	RPA	1		0.000			
Cystine		0.002		0	RPA	1		0.003			
Phenylalanine	g	0.003		0	RPA	1		0.004			
Tyrosine	g	0.002		0	RPA	1		0.003			
Valine	g	0.003		0	RPA	1		0.005			
Arginine	g	0.001		0	RPA	1		0.001			
Histidine	g	0.002		0	RPA	1		0.003			
Alanine	g	0.003		0	RPA	1		0.006			
Aspartic acid	g	0.005		0	RPA	1		0.008			
Glutamic acid	g	0.019		0	RPA	1		0.035			
Glycine	g	0.004		0	RPA	1		0.008			
Proline	g	0.003		0	RPA	1		0.006			
Serine	g	0.001		0	RPA	1		0.002			
Hydroxyproline	_										
Others:								_			
Alcohol, ethyl	g	0.0		0	RPI	6		0.0			
Caffeine		1		0	RPI	6		2			
Theobromine	mg	0		0	RPI	6		0			
Carotenoids:											
Carotene, beta	mca	0		0	RPI	6		0.000			
Carotene, alpha		0		0	RPI	6		0.000			
Cryptoxanthin, beta		0		0	RPI	6		0.000			
Lycopene		0		0	RPI	6		0.000			
		0		0	RPI	6		0.000			
Lutein + zeaxanthin	iiiog	U		U	KPI	б		0.000			

## **Common Measures:**

Measure 1 = 179g: 6 fl oz

NDB No. 14219

Coffee, instant, decaffeinated, powder, prepared with water

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

		<u>Aı</u>	mount in 100 g	rams o	Amount in 100 grams of edible portion								
			Nu	mber				measures of food					
				Data	Deriv	Source	Confidence						
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure			
Proximates:													
Water	g	3.10		11		1		0.03	0.06	0.0			
Energy		241		0	NC	4		2	4	4			
Energy	kj	1008				4		9	18	15			
Protein (N x 6.25)		12.20		10		1		0.11	0.22	0.1			
Total lipid (fat)		0.50		8		1		0.00	0.01	0.0			
Ash		8.80		10		1		0.08	0.16	0.1			
Carbohydrate, by difference		41.10		5	NC	4		0.37	0.74	0.6			
Fiber, total dietary		0.0		0		4		0.0	0.0	0.0			
Sugars, total		0.00		0	BFZN	4		0.00	0.00	0.0			
Starch	g												
<u>linerals:</u>													
Calcium, Ca		141		28		1		1	3	2			
Iron, Fe	_	4.41		18		1		0.04	0.08	0.0			
Magnesium, Mg		327		23		1		3	6	5			
Phosphorus, P	mg	303		28		1		3	5	5			
Potassium, K		3535		32		1		32	64	53			
Sodium, Na	mg	37		32		1		0	1	1			
Zine, Zn	mg	0.35		12		1		0.00	0.01	0.0			
Copper, Cu	mg	0.139		12		1		0.001	0.003	0.0			
Manganese, Mn	mg	1.712		24		1		0.015	0.031	0.0			
Selenium, Se	mcg	12.6	0.398	10	A	1		0.1	0.2	0.2			
itamins:													
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	0.0			
Thiamin	mg	0.008	0.005	3		1		0.000	0.000	0.0			
Riboflavin	mg	0.074	0.012	3		1		0.001	0.001	0.0			
Niacin	<u>mg</u>	28.173	3	10		1		0.254	0.507	0.4			
Pantothenic acid	mg	0.097	0.031	3		1		0.001	0.002	0.0			
Vitamin B-6	mg	0.029	0.002	3		1		0.000	0.001	0.0			
Folate, total	mcg	0		0		1		0	0	0			
Folic acid	mcg	0		0	Z	7		0	0	0			
Folate, food		0		0		1		0	0	0			
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0			
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	0.0			
Vitamin A, IU		0		0		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	0.00		0	BFZN	4		0.00	0.00	0.0			
Tocopherol, beta	mg												
Tocopherol, gamma	mg												
Tocopherol, delta	mg												
Vitamin D													
Vitamin K (phylloquinone)	mcg	1.9		0	BFZN	4		0.0	0.0	0.0			
ipids:													
Fatty acids, total saturated	g	0.197	7	0		1		0.002	0.004	0.0			
4:0	g	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	g	0.000	)	0		1		0.000	0.000	0.0			
10:0	g	0.000	)	0		1		0.000	0.000	0.0			
12:0	g	0.000	)	0		1		0.000	0.000	0.0			
13:0	-												
14:0	g	0.000	)	0		1		0.000	0.000	0.0			
15:0	g												
16:0	g	0.146	5	0		1		0.001	0.003	0.0			
17:0	g												
18:0	g	0.035	5	0		1		0.000	0.001	0.			
20:0	g												
22:0	g												
24:0	α												

		<u>A</u>	mount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and L	Jnits	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturate 14:1		0.041		0		1		0.000	0.001	0.001	
15:1	-										
16:1 undifferentiated	-	0.000	)	0		1		0.000	0.000	0.000	
17:1 18:1 undifferentiated		0.040	,	0		1		0.000	0.001	0.001	
20:1	-	0.001		0		1		0.000	0.001	0.001	
22:1 undifferentiated		0.000		0		1		0.000	0.000	0.000	
24:1 c	•	0.000		v		-		0.000	0.000	0.000	
Fatty acids, total polyunsaturated		0.196	5	0		1		0.002	0.004	0.003	
18:2 undifferentiated		0.180	)	0		1		0.002	0.003	0.003	
18:3 undifferentiated		0.015	5	0		1		0.000	0.000	0.000	
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	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		1		0	0	0	
Phytosterols	mg										
Amino Acids:											
Tryptophan	α	0.030	)	0		1		0.000	0.001	0.000	
Threonine		0.142		0		1		0.001	0.003	0.002	
Isoleucine	_	0.172		0		1		0.002	0.003	0.003	
Leucine		0.478		0		1		0.004	0.009	0.007	
Lysine	-	0.096	5	0		1		0.001	0.002	0.001	
Methionine		0.023	3	0		1		0.000	0.000	0.000	
Cystine		0.202	2	0		1		0.002	0.004	0.003	
Phenylalanine		0.262	2	0		1		0.002	0.005	0.004	
Tyrosine		0.165	5	0		1		0.001	0.003	0.002	
Valine	g	0.276	5	0		1		0.002	0.005	0.004	
Arginine	g	0.053	3	0		1		0.000	0.001	0.001	
Histidine	g	0.165	<b>i</b>	0		1		0.001	0.003	0.002	
Alanine	g	0.335	<b>i</b>	0		1		0.003	0.006	0.005	
Aspartic acid	g	0.478	3	0		1		0.004	0.009	0.007	
Glutamic acid	g	2.030	)	0		1		0.018	0.037	0.030	
Glycine	g	0.441	-	0		1		0.004	0.008	0.007	
Proline	g	0.351	-	0		1		0.003	0.006	0.005	
Serine	g	0.126	5	0		1		0.001	0.002	0.002	
Hydroxyproline	g										
Others:											
Alcohol, ethyl	a	0.0		0		7		0.0	0.0	0.0	
Caffeine		3142		15		1		28	57	47	
Theobromine		0		0	z	7		0	0	0	
Carotenoids:		•		•	_	•		-	•	·	
·	ma-	•		_	<b></b>			0.000			
Carotene, beta		0		0	BFZN	4		0.000	0.000	0.000	
Carotene, alpha	_	0		0	BFZN	4		0.000	0.000	0.000	
Cryptoxanthin, beta		0		0	BFZN	4		0.000	0.000	0.000	
Lycopene		0		0 0	BFZN	4 4		0.000	0.000	0.000	
Lutein + zeaxanthin	g	U		U	BFZN	4		0.000	0.000	0.000	

## **Common Measures:**

Measure 1 = 0.9g: 1 tsp dry

Measure 2 = 1.8g: 1 tsp, rounded

Measure 3 = 1.5g: 1 serving (1 round tsp)

NDB No. 14214

Coffee, instant, regular, powder

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 14 Beverages

		<u>A</u> :	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 3	
Proximates:											
Water	g	3.10		0	BFZN	4		0.03	0.06	0.05	
Energy	kcal	350		0	FLC	4		3	6	5	
Energy	kj	1464				4		13	26	22	
Protein (N x 6.25)	g	14.42		0	FLC	4		0.13	0.26	0.22	
Total lipid (fat)	g	0.50		0	BFZN	4		0.00	0.01	0.01	
Ash		8.80		0	BFZN	4		0.08	0.16	0.13	
Carbohydrate, by difference	g	70.60		0	FLC	4		0.64	1.27	1.06	
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0	0.0	
Sugars, total	g	0.00		0	BFZN	4		0.00	0.00	0.00	
Starch	g										
M:											
Minerals: Calcium. Ca	ma	141		0	BFZN	4		1	3	2	
,	• • • • • • • • • • • • • • • • • • • •	4.41		0	BFZN	4		0.04	0.08	0.07	
Iron, Fe	-	327		0	BFZN	4		3	6	5	
Phosphorus, P		303		0	BFZN	4		3	5	5	
Potassium, K	-	3535		0	BFZN	4		32	64	53	
Sodium. Na		3333		0	BFZN	4		0	1	1	
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.35		0	BFZN	4		0.00	0.01	0.01	
Copper, Cu		0.139	1	0	BFZN	4		0.001	0.003	0.00	
Manganese, Mn		1.712		0	BFZN	4		0.015	0.031	0.02	
Selenium, Se		12.6	_	0	BFZN	4		0.1	0.2	0.2	
Scientini, Sc	9			·		-		V	V	· · · -	
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	-	0.0		0	BFZN	4		0.0	0.0	0.0	
Thiamin	-	0.008		0	BFZN	4		0.000	0.000	0.00	
Riboflavin		0.074		0	BFZN	4		0.001	0.001	0.00	
Niacin	-	28.173		0	BFZN	4		0.254	0.507	0.42	
Pantothenic acid	-	0.097		0	BFZN	4		0.001	0.002	0.00	
Vitamin B-6	-	0.029	)	0	BFZN	4		0.000	0.001	0.00	
Folate, total		0		0	BFZN	4		0	0	0	
Folic acid		0		0	BFZN	4		0	0	0	
Folate, food		0		0	BFZN	4		0	0	0	
Folate, DFE		0		0	NC	4		0	0	0	
Vitamin B-12		0.00		0	BFZN	4		0.00	0.00	0.00	
Vitamin A, IU		0		0	BFZN	4		0	0	0	
Vitamin A, RAE		0		0	BFZN	4		0	0	0	
Retinol		0		0	BFZN	4		0	0	0	
Vitamin E (alpha-tocopherol)		0.00		0	BFZN	4		0.00	0.00	0.00	
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, deltaVitamin D	IIIG										
Vitamin K (phylloquinone)		1.9		0	BFZN	4		0.0	0.0	0.0	
<u>Lipids:</u>				_							
Fatty acids, total saturated		0.197		0	BFZN	4		0.002	0.004	0.00	
4:0		0.000		0	BFZN	4		0.000	0.000	0.00	
6:0	-	0.000		0	BFZN	4		0.000	0.000	0.00	
8:0		0.000		0	BFZN	4		0.000	0.000	0.00	
10:0		0.000		0	BFZN	4 4		0.000	0.000	0.00	
12:0		0.000	,	U	BFZN	4		0.000	0.000	0.00	
13:0		0.000	,	0	BFZN	4		0.000	0.000	0.00	
14:0		0.000	,	U	Df ZN	4		0.000	0.000	0.00	
15:0		0.146	:	0	BFZN	4		0 001	0 000	0.00	
16:0	-	0.146	•	U	DEAN	4		0.001	0.003	0.00	
17:0	_	0.035	:	0	BFZN	4		0.000	0.001	0.00	
18:0 20:0	_	0.035	•	U	DEAN	4		0.000	0.001	0.00	
22:0	_										
44.U	g g										

	<u>Ar</u>	mount in 10	00 grams Number			_	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.041		0	BFZN	4		0.000	0.001	0.001
14:1g	0.012		·	22 231	-		0.000	0.001	0.002
15:1g									
16:1 undifferentiated	0.000		0	BFZN	4		0.000	0.000	0.000
17:1g									
18:1 undifferentiatedg	0.040		0	BFZN	4		0.000	0.001	0.001
20:1g	0.001		0	BFZN	4		0.000	0.000	0.000
22:1 undifferentiatedg	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 cg									
Fatty acids, total polyunsaturatedg	0.196		0	BFZN	4		0.002	0.004	0.003
18:2 undifferentiatedg	0.180		0	BFZN	4		0.002	0.003	0.003
18:3 undifferentiatedg	0.015		0	BFZN	4		0.000	0.000	0.000
18:4g	0.000		0	BFZN	4		0.000	0.000	0.000
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	BFZN	4		0.000	0.000	0.000
20:5 n-3g	0.000		0	BFZN	4		0.000	0.000	0.000
22:5 n-3g	0.000		0	BFZN	4		0.000	0.000	0.000
22:6 n-3g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans									
Cholesterolmg	0		0	BFZN	4		0	0	0
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine mg	1571		0	FLC	4		14	28	24
Theobromine mg	0		0	Z	7		0	0	0
Carotenoids:									
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, betamcg	0		0	BFZN	4		0.000	0.000	0.000
Lycopene mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin mcg	0		0	BFZN	4		0.000	0.000	0.000

# **Common Measures:**

Measure 1 = 0.9g: 1 tsp dry

Measure 2 = 1.8g: 1 tsp, rounded

Measure 3 = 1.5g: 1 serving (1 round tsp)

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 14 Beverages

		<u>A</u> :	mount in 10	0 grams	of edib	ole portio	<u>on</u>	Amount in edible portion of common			
				Number	•			<u>m</u>	easures of food	<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	99.09		0	RPI	6		29.53	177.37		
Energy	kcal	2		0	RPI	6		1	3		
Energy	kj	7		0	RPI	6		2	13		
Protein (N x 0)	g	0.10		0	RPI	6		0.03	0.18		
Total lipid (fat)	g	0.00		0	RPI	6		0.00	0.01		
Ash	g	0.17		0	RPI	6		0.05	0.31		
Carbohydrate, by difference	g	0.34		0	RPI	6		0.10	0.62		
Fiber, total dietary	g	0.0		0	RPI	6		0.0	0.0		
Sugars, total		0.00		0	RPI	6		0.00	0.00		
Starch											
<u>Minerals:</u>		_		_		_		_	_		
Calcium, Ca	_	4		0	RPA	1		1	6		
Iron, Fe	_	0.04		0	RPA	1		0.01	0.07		
Magnesium, Mg		3		0	RPA	1		1	6		
Phosphorus, P	-	3		0	RPA	1		1	5		
Potassium, K	-	30		0	RPA	1		9	53		
Sodium, Na	-	2		0	RPA	1		1	4		
Zinc, Zn		0.01		0	RPA	1		0.00	0.01		
Copper, Cu		0.008		0	RPA	1		0.002	0.014		
Manganese, Mn		0.015	)	0	RPA	1		0.004	0.026		
Selenium, Se	Tricg	0.1		0	RPI	6		0.0	0.2		
/itamins:											
Vitamin C, total ascorbic acid	mg	0.0		0	RPI	6		0.0	0.0		
Thiamin	mg	0.000	)	0	RPI	6		0.000	0.000		
Riboflavin	mg	0.001		0	RPI	6		0.000	0.001		
Niacin	mg	0.236	5	0	RPI	6		0.070	0.423		
Pantothenic acid	mg	0.001		0	RPI	6		0.000	0.001		
Vitamin B-6	mg	0.000	)	0	RPI	6		0.000	0.000		
Folate, total	mcg	0		0	RPI	6		0	0		
Folic acid		0		0	RPI	6		0	0		
Folate, food		0		0	RPI	6		0	0		
Folate, DFE		0		0	NC	4		0	0		
Vitamin B-12		0.00		0	RPI	6		0.00	0.00		
Vitamin A, IU	IU	0		0	RPI	6		0	0		
Vitamin A, RAE		0		0	RPI	6		0	0		
Retinol	mcg	0		0	RPI	6		0	0		
Vitamin E (alpha-tocopherol)	mg	0.00		0	RPI	6		0.00	0.00		
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta	mg										
Vitamin D											
Vitamin K (phylloquinone)	mcg	0.0		0	RPI	6		0.0	0.0		
ipids:											
Fatty acids, total saturated	а	0.002	•	0	RPA	1		0.000	0.003		
4:0		0.002		0	RPA	1		0.000	0.000		
6:0		0.000		0	RPA	1		0.000	0.000		
8:0		0.000		0	RPA	1		0.000	0.000		
10:0	-	0.000		0	RPA	1		0.000	0.000		
12:0	-	0.000		0	RPA	1		0.000	0.000		
13:0				•		_					
14:0	-	0.000	)	0	RPA	1		0.000	0.000		
15:0				-		_		3.000	0.000		
16:0		0.001	_	0	RPA	1		0.000	0.002		
17:0		3.301		•		-		3.000	0.002		
18:0	-	0.000	)	0	RPA	1		0.000	0.001		
20:0	-	0.000		ŭ		-		3.000	0.001		
22:0	-										
24:0	-										

		<u>A</u> 1	mount in 10			ole portic	<u>on</u>		edible portion	of common
Nutriouto	l Huita	Maan	Std. Error	Number of Data	Deriv	Source Code	Confidence Code		easures of food	M 2
Nutrients and	Units	Mean	Sta. Error	Folitis	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatur	ratedg	0.000		0	RPA	1		0.000	0.001	
14:1	g									
15:1 16:1 undifferentiated	-	0.000		0	RPA	1		0.000	0.000	
17:1	-	0.000		U	KFA	-		0.000	0.000	
18:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.000		0	RPA	1		0.000	0.001	
20:1	-	0.000		0	RPA	1		0.000	0.000	
22:1 undifferentiated		0.000		0	RPA	1		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsatura	itedg	0.002		0	RPA	1		0.000	0.003	
18:2 undifferentiated	g	0.002		0	RPA	1		0.000	0.003	
18:3 undifferentiated	g	0.000		0	RPA	1		0.000	0.000	
18:4		0.000		0	RPA	1		0.000	0.000	
20:2 n-6 c,c	-									
20:3 undifferentiated	-									
20:4 undifferentiated		0.000		0	RPA	1		0.000	0.000	
20:5 n-3	-	0.000		0	RPA	1		0.000	0.000	
22:5 n-3	-	0.000		0	RPA	1		0.000	0.000	
22:6 n-3		0.000		0	RPA	1		0.000	0.000	
Fatty acids, total trans		•		•				•	•	
Cholesterol	-	0		0	RPA	1		0	0	
Phytosterols	IIIg									
Amino Acids:										
Tryptophan	g	0.000		0	RPA	1		0.000	0.000	
Threonine	g	0.001		0	RPA	1		0.000	0.002	
Isoleucine	g	0.001		0	RPA	1		0.000	0.003	
Leucine	g	0.004		0	RPA	1		0.001	0.007	
Lysine		0.001		0	RPA	1		0.000	0.001	
Methionine		0.000		0	RPA	1		0.000	0.000	
Cystine		0.002		0	RPA	1		0.001	0.003	
Phenylalanine		0.002		0	RPA	1		0.001	0.004	
Tyrosine	_	0.001		0	RPA	1		0.000	0.002	
Valine	-	0.002		0	RPA	1		0.001	0.004	
Arginine		0.000		0	RPA	1		0.000	0.001	
Histidine	_	0.001		0	RPA	1		0.000	0.002	
Alanine		0.003		0	RPA	1 1		0.001	0.005	
Aspartic acid		0.004		0	RPA RPA	1		0.001	0.007	
Glutamic acid	<del>-</del>	0.017 0.004		0	RPA	1		0.005 0.001	0.030 0.007	
Glycine		0.004		0	RPA	1		0.001	0.007	
Proline	_	0.003		0	RPA	1		0.001	0.003	
Hydroxyproline		0.001		U	KFA	-		0.000	0.002	
	9									
Others:	~	0.0		•		_		0.0		
Alcohol, ethyl		0.0		0	RPI	6		0.0	0.0	
Caffeine		26		0	RPI	6 6		8	47	
Theobromine		0		U	RPI	ь		0	0	
Carotenoids:										
Carotene, beta	mcg	0		0	RPI	6		0.000	0.000	
Carotene, alpha		0		0	RPI	6		0.000	0.000	
Cryptoxanthin, beta		0		0	RPI	6		0.000	0.000	
Lycopene		0		0	RPI	6		0.000	0.000	
Lutein + zeaxanthin	mcg	0		0	RPI	6		0.000	0.000	

## **Common Measures:**

Measure 1 = 29.8g: 1 fl oz Measure 2 = 179g: 6 fl oz NDB No. 14215

Coffee, instant, regular, prepared with water

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

		<u>A</u> 1	mount in 100 g	grams	of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
			Nı	ımbei	r			m	easures of food	<u> </u>
					Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	4.10	0.233	3		1		0.07		
Energy	_	351	0.233	0	NC	4		6		
Energy		1469		·	110	4		26		
Protein (N x 6.25)	=	9.30		3		1		0.17		
Total lipid (fat)		0.20	0.033	3		1		0.00		
Ash		7.50	0.185	3		1		0.14		
Carbohydrate, by difference		74.20		0	NC	4		1.34		
Fiber, total dietary		0.5		0		4		0.0		
Sugars, total										
Starch										
Minerals:			_	_		_		_		
Calcium, Ca		103	2.815	3		1		2		
Iron, Fe		4.76	0.629	3		1		0.09		
Magnesium, Mg		213	8.505	3		1		4		
Phosphorus, P	_	271	7.024	3		1 1		5		
Potassium, K		3395 277	99.081 20.883	3 3		1		61 5		
Sodium, NaZinc, Zn		0.37	0.013	3		1		0.01		
Copper, Cu		0.050		3		1		0.001		
Manganese, Mn		1.200		3		1		0.022		
Selenium, Se		9.4	0.000	0	FLA	4		0.2		
Vitamins:	ma	0.0		0		4		0.0		
Vitamin C, total ascorbic acid Thiamin		0.000		0		1		0.000		
Riboflavin		0.000		3		1		0.005		
Niacin	-	21.667		3		1		0.390		
Pantothenic acid		0.097		0		4		0.002		
Vitamin B-6		0.029		0		4		0.001		
Folate, total	-	0		0		4		0		
Folic acid		0		0	z	7		0		
Folate, food		0		0		4		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Vitamin B-12		0.00		0		4		0.00		
Vitamin A, IU		0		0		4		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	Ilicy									
<u>Lipids:</u>										
Fatty acids, total saturated		0.071		0		1		0.001		
4:0										
6:0	-									
8:0										
10:0										
12:0										
13:0	-									
14:0 15:0										
16:0		0.052	,	0		1		0.001		
		0.032	•	U		_		0.001		
17:0 18:0		0.012	,	0		1		0.000		
20:0		0.012	•	J		-		0.000		
22:0	-									
24:0	-									

		<u>Amo</u>	unt in 100 gra Num		ble portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Ur	nits	Mean S	of Date of Dat			Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	ı a	0.015		)	1		0.000			
14:1										
15:1	g									
16:1 undifferentiated	g									
17:1	-									
18:1 undifferentiated		0.014		)	1		0.000			
20:1	-	0.000	•	)	1		0.000			
22:1 undifferentiated										
24:1 c		0.070		)	1		0.001			
Fatty acids, total polyunsaturated 18:2 undifferentiated		0.070		)	1		0.001			
18:3 undifferentiated	-	0.005		, )	1		0.001			
18:4		0.003		,	-		0.000			
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		)	1		0			
Phytosterols	mg									
Amino Acids:										
Tryptophan	а	0.022		)	1		0.000			
Threonine		0.103		)	1		0.002			
Isoleucine	_	0.124		)	1		0.002			
Leucine		0.344		)	1		0.006			
Lysine		0.069		)	1		0.001			
Methionine	_	0.017	(	)	1		0.000			
Cystine		0.146		)	1		0.003			
Phenylalanine		0.189		)	1		0.003			
Tyrosine	g	0.119		)	1		0.002			
Valine	g	0.198		)	1		0.004			
Arginine	g	0.038		)	1		0.001			
Histidine	g	0.119		)	1		0.002			
Alanine	g	0.241		)	1		0.004			
Aspartic acid		0.344		)	1		0.006			
Glutamic acid		1.462		)	1		0.026			
Glycine	_	0.318		)	1		0.006			
Proline		0.253		)	1		0.005			
Serine	_	0.091	•	)	1		0.002			
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g									
Caffeine		2063	144.376	3	1		37			
Theobromine	mg									

# **Common Measures:**

Measure 1 = 1.8g: 1 tsp, rounded

Calories Factors: Protein 3.2 Fat 8.37 Carbohydrate 4.1

Food Group: 14 Beverages

		<u>A</u> 1	mount in 10	00 grams	of edib	le portio	<u>n</u>		edible portion	
				Number	-			<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	-	98.94		0	RPI	6		177.10		
Energy		3		0	RPI	6		6		
Energy	kj	14		0	RPI	6		25		
Protein (N x 0)		0.09		0	RPI	6		0.17		
Total lipid (fat)	g	0.00		0	RPI	6		0.00		
Ash		0.17		0	RPI	6		0.31		
Carbohydrate, by difference	g	0.75		0	RPI	6		1.33		
Fiber, total dietary	g	0.0		0	RPI	6		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	3		0	RPA	1		6		
Iron, Fe	-	0.05		0	RPA	1		0.09		
Magnesium, Mg	-	3		0	RPA	1		5		
Phosphorus, P		3		0	RPA	1		5		
Potassium, K	-	34		0	RPA	1		61		
Sodium, Na	-	5		0	RPA	1		9		
Zine, Zn	-	0.01		0	RPA	1		0.01		
Copper, Cu		0.007	7	0	RPA	1		0.013		
Manganese, Mn		0.012	2	0	RPA	1		0.022		
Selenium, Se	mcg	0.1		0	RPI	6		0.2		
Vitamins:										
	ma	0.0		0	RPI	6		0.0		
Vitamin C, total ascorbic acid Thiamin	-	0.000	,	0	RPI	6		0.000		
Riboflavin	-	0.000		0	RPI	6		0.005		
Niacin		0.003		0	RPI	6		0.390		
Pantothenic acid	-	0.210		0	RPI	6		0.002		
Vitamin B-6	-	0.000		0	RPI	6		0.001		
Folate, total	-	0	•	0	RPI	6		0		
Folic acid		Ö		0	RPI	6		0		
Folate, food		Ö		0	RPI	6		0		
Folate, DFE		Ö		0	NC	4		0		
Vitamin B-12		0.00		0	RPI	6		0.00		
Vitamin A, IU		0		0	RPI	6		0		
Vitamin A, RAE		0		0	RPI	6		0		
Retinol		0		0	RPI	6		0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	а	0.001	L	0	RPA	1		0.001		
4:0		0.001	-	·		-		3.001		
6:0										
8:0	-									
10:0										
12:0										
13:0										
14:0	-									
15:0	-									
16:0	-	0.001	L	0	RPA	1		0.001		
17:0										
18:0		0.000	)	0	RPA	1		0.000		
20:0	-									
22:0	-									
24:0	-									

		<u>Amoı</u>	int in 100 grams Numbe		<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Unit	ts	Mean St	of Data d. Error Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	0.000	0	RPA	1		0.000		
14:1		0.000	·		-		0.000		
15:1	-								
16:1 undifferentiated	g								
17:1	-								
18:1 undifferentiated		0.000	0	RPA	1		0.000		
20:1	-	0.000	0	RPA	1		0.000		
22:1 undifferentiated									
24:1 c		0.001	0	RPA	1				
Fatty acids, total polyunsaturated  18:2 undifferentiated		0.001 0.001	0	RPA RPA	1		0.001 0.001		
18:3 undifferentiated	-	0.001	0	RPA	1		0.001		
18:4		0.000	U	KFA	-		0.000		
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									
Cholesterol		0	0	RPA	1		0		
Phytosterols	mg								
Amino Acids:									
Tryptophan	g	0.000	0	RPA	1		0.000		
Threonine	g	0.001	0	RPA	1		0.002		
Isoleucine	g	0.001	0	RPA	1		0.002		
Leucine	g	0.003	0	RPA	1		0.006		
Lysine	_	0.001	0	RPA	1		0.001		
Methionine		0.000	0	RPA	1		0.000		
Cystine		0.001	0	RPA	1		0.003		
Phenylalanine		0.002	0	RPA	1		0.003		
Tyrosine		0.001	0	RPA	1		0.002		
Valine		0.002	0	RPA	1		0.004		
Arginine		0.000 0.001	0	RPA RPA	1 1		0.001 0.002		
Histidine	-	0.001	0	RPA	1		0.002		
Alanine Aspartic acid		0.002	0	RPA	1		0.004		
Glutamic acid		0.015	0	RPA	1		0.026		
Glycine		0.003	0	RPA	1		0.026		
Proline	-	0.003	0	RPA	1		0.005		
Serine		0.001	0	RPA	1		0.002		
Hydroxyproline	_								
	-								
Others:		0.0	•	DD-			0.0		
Alcohol, ethyl		0.0 21	0	RPI RPI	6 6		0.0 37		
Caffeine Theobromine	_	21	0	KPI	ь		31		

# **Common Measures:**

Measure 1 = 179g: 6 fl oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

		<u>A</u>	mount in 100 gr	ams of ed	lible porti	<u>on</u>	Amount in	edible portion	of common
			Nun	nber			<u>m</u>	easures of food	<u>l</u>
				Data Deri	v Source	Confidence			
Nutrients and Un	its	Mean	Std. Error Poi			Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	-	1.30		6	1		0.33		
Energy		428		0 N			107		
Energy		1791		0 N			448		
Protein (N x 6.25)	g	5.32	1.057	3 L			1.33		
Total lipid (fat)	g	9.92	3.680	3 L			2.48		
Ash	g	4.10		6	1		1.03		
Carbohydrate, by difference	g	79.36		0 N	C 4		19.84		
Fiber, total dietary	g	1.2	1.235	3 L	C 8		0.3		
Sugars, total	g	68.67	2.560	3 L	C 8		17.17		
Starch	g								
Minerals:		000	25 222						
Calcium, Ca	-	220	37.289	3 LC			55		
Iron, Fe.	• • • • • • • • • • • • • • • • • • • •	1.02		1	1 1		0.26		
Magnesium, Mg		52		1	_		13		
* Phosphorus, P	-	183		6	1		46		
Potassium, K		831		6	1		208		
* Sodium, Na		298	55.402	3 LC			75		
Zinc, Zn		0.25		1	1		0.06		
Copper, Cu		0.110		1	1		0.028		
Manganese, Mn		0.200	)	1	1		0.050		
Selenium, Se	mcg	4.8		0 FL	A 4		1.2		
Vitamins:									
Vitamin C, total ascorbic acid	mq	0.7		0 FL	A 4		0.2		
Thiamin		0.111	L	1	1		0.028		
Riboflavin	-	0.037	,	1	1		0.009		
Niacin		2.262	2	6	1		0.566		
Pantothenic acid	-	0.073	3	1	1		0.018		
Vitamin B-6		0.043	3	0 FL	A 4		0.011		
Folate, total	-	6		0 FL			1		
Folic acid		0		0 FL			0		
Folate, food		6		0 FL			1		
Folate, DFE		6		0 NO	. 4		1		
Vitamin B-12		0.47		0 FL			0.12		
Vitamin A, IU		3		0 FL			1		
Vitamin A, RAE		1		0 FL			0		
Retinol		0		0 FL			0		
Vitamin E (alpha-tocopherol)		0.79		0 FL			0.20		
Tocopherol, beta		05		·			0.20		
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)		2.4		0 FL	A 4		0.6		
	·············								
<u>Lipids:</u>									
Fatty acids, total saturated		4.925		0 FL			1.231		
4:0		0.010		0 FL			0.002		
6:0	-	0.002		0 FL			0.001		
8:0		0.003		0 FL			0.001		
10:0	-	0.006		0 FL			0.002		
12:0	-	0.005	5	0 FL	A 4		0.001		
13:0	-								
14:0	-	0.061	L	0 FL	A 4		0.015		
15:0	-								
16:0		3.219	•	0 FL	A 4		0.805		
17:0	-								
18:0	-	1.618	3	0 FL	A 4		0.404		
20:0	-								
22:0	-								
24:0	g								

		<u>A</u> 1	mount in 10			ole portic	<u>on</u>		edible portion o	f common
				Number		0	0	<u>m</u>	easures of food	
Nutrients and	Units	Mean	Std. Error	of Data Points		Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	ted (1	2.411		0	FLA	4		0.603		
14:1		2.411		Ū	LIA	-		0.003		
15:1	g									
16:1 undifferentiated	_	0.024	Į.	0	FLA	4		0.006		
17:1										
18:1 undifferentiated	=	2.387		0	FLA	4		0.597		
20:1		0.000		0	FLA	4		0.000		
22:1 undifferentiated	-	0.000	)	0	FLA	4		0.000		
24:1 c										
Fatty acids, total polyunsaturate		2.108		0	FLA	4		0.527		
18:2 undifferentiated		1.961		0	FLA	4		0.490		
18:3 undifferentiated		0.147		0	FLA	4		0.037		
18:4		0.000	)	0	FLA	4		0.000		
20:2 n-6 c,c										
20:3 undifferentiated	_									
20:4 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.000		0	FLA	4		0.000		
20:5 n-3		0.000		0	FLA	4		0.000		
22:5 n-3	_	0.000		0	FLA	4		0.000		
22:6 n-3		0.000	)	0	FLA	4		0.000		
Fatty acids, total trans										
Cholesterol	-	2		0	FLA	4		1		
Phytosterols	mg									
Amino Acids:										
Tryptophan	q	0.061	_	0	FLA	4		0.015		
Threonine		0.200	)	0	FLA	4		0.050		
Isoleucine	_	0.266	5	0	FLA	4		0.067		
Leucine	_	0.451		0	FLA	4		0.113		
Lysine	_	0.336	5	0	FLA	4		0.084		
Methionine		0.106	5	0	FLA	4		0.026		
Cystine		0.058	3	0	FLA	4		0.014		
Phenylalanine		0.225	<b>i</b>	0	FLA	4		0.056		
Tyrosine		0.215	<b>i</b>	0	FLA	4		0.054		
Valine	_	0.303	3	0	FLA	4		0.076		
Arginine		0.155		0	FLA	4		0.039		
Histidine		0.128	3	0	FLA	4		0.032		
Alanine	_	0.175	5	0	FLA	4		0.044		
Aspartic acid	_	0.360	)	0	FLA	4		0.090		
Glutamic acid		1.062	2	0	FLA	4		0.266		
Glycine	-	0.130	)	0	FLA	4		0.033		
Proline		0.434		0	FLA	4		0.108		
Serine	_	0.237		0	FLA	4		0.059		
Hydroxyproline										
Others:	~			•				0 0		
Alcohol, ethyl		0.0		0	FLA	4		0.0		
Caffeine	-	307		0 0	FLA	4		77		
Theobromine		0		U	FLA	4		0		
<u>Carotenoids:</u>										
Carotene, beta	mcg	0		0	FLA	4		0.000		
Carotene, alpha	mcg	0		0	FLA	4		0.000		
Cryptoxanthin, beta	mcg	0		0	FLA	4		0.000		
Lycopene	mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin		0		0	FLA	4		0.000		

#### **Common Measures:**

Measure 1 = 25g: 1 serving envelope

<sup>\*</sup>Vitamin or mineral added for enrichment or fortification

NDB No. 14228

Coffee, instant, with sugar, cappuccino-flavor powder

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 14 Beverages

		<u>A</u>	mount in 100 g	grams	s of edib	ole portio	<u>n</u>	Amount in	edible portion	of common
			Nu	ımbe	r			m	easures of food	<u>l</u>
					Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.40	0.041	5		1		0.28		
Energy	kcal	459		0	NC	4		53		
Energy	kj	1922		0	NC	4		221		
Protein (N x 6.25)	g	4.50		5		1		0.52		
Total lipid (fat)	g	17.64		1	LC	8		2.03		
Ash	g	4.80	0.097	5		1		0.55		
Carbohydrate, by difference	g	70.66		0	NC	4		8.13		
Fiber, total dietary	g	0.0		0	FLA	4		0.0		
Sugars, total	g	56.44		1	LC	8		6.49		
Starch	g									
Minorals										
Minerals: Calcium. Ca	ma	36	2.449	5		1		4		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	1.07	2.449	0	FLA	4		0.12		
Magnesium, Mg	_	45		0	FLA	4		5		
Phosphorus, P		354	9.273	5		1		41		
Potassium, K	_	1184	61.693	5		1		136		
Sodium, Na		388		1	LC	8		45		
Zinc, Zn		0.26		0	FLA	4		0.03		
Copper, Cu		0.067	,	0	FLA	4		0.008		
Manganese, Mn		0.320		0	FLA	4		0.037		
Selenium, Se		2.2		0	FLA	4		0.2		
·	_									
Vitamins:										
Vitamin C, total ascorbic acid		0.0		0	FLA	4		0.0		
Thiamin	_	0.001		0	FLA	4		0.000		
Riboflavin		0.088		0	FLA	4		0.010		
Niacin	_	5.859		7		1		0.674		
Pantothenic acid		0.013		0	FLA	4		0.002		
Vitamin B-6	-	0.004	_	0	FLA	4		0.000		
Folate, total		0		0	FLA	4		0		
Folic acid		0		0	FLA	4		0		
Folate, food		0		0	FLA	4		0		
Folate, DFE		0		0	NC	4		0		
Vitamin B-12		0.00		0	FLA	4		0.00		
Vitamin A, IU		86		0	FLA	4		10		
Vitamin A, RAE		4		0	NC	4		0		
Retinol		0		0	FLA	4		0		
Vitamin E (alpha-tocopherol)		0.00		0	FLA	4		0.00		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)		0.0		0	FLA	4		0.0		
vitamin K (phynoquinone)	niog	0.0		U	FIA	-		0.0		
<u>Lipids:</u>										
Fatty acids, total saturated	g	3.527	,	1	LC	8		0.406		
4:0		0.000	)	0	FLM	4		0.000		
6:0	g	0.000	)	0	FLM	4		0.000		
8:0	g	0.009	)	0	FLM	4		0.001		
10:0	g	0.023	3	0	FLM	4		0.003		
12:0	g	0.107	,	0	FLM	4		0.012		
13:0	g									
14:0	-	0.033	3	0	FLM	4		0.004		
15:0	g									
16:0	-	1.544	ļ	0	FLM	4		0.178		
17:0										
18:0	-	1.695	i	0	FLM	4		0.195		
20:0	-									
22:0	-									
24:0	~									

		<u>A</u> 1	mount in 10			ole portic	<u>on</u>		edible portion o	f 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
P. (1)	. 1	13.114		0	NC	4		4 500		
Fatty acids, total monounsatura		13.114	•	U	NC	4		1.508		
15:1	g									
16:1 undifferentiated	g	0.000	)	0	FLM	4		0.000		
17:1	g									
18:1 undifferentiated	g	13.114	Į.	0	FLM	4		1.508		
20:1		0.000	)	0	FLM	4		0.000		
22:1 undifferentiated	g	0.000	)	0	FLM	4		0.000		
24:1 c	g									
Fatty acids, total polyunsaturate	edg	0.053	3	0	NC	4		0.006		
18:2 undifferentiated		0.051	-	0	FLM	4		0.006		
18:3 undifferentiated	g	0.001	=	0	FLM	4		0.000		
18:4		0.000	)	0	FLM	4		0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated	_									
20:4 undifferentiated	g	0.000		0	FLM	4		0.000		
20:5 n-3	g	0.000	)	0	FLM	4		0.000		
22:5 n-3	_	0.000	)	0	FLM	4		0.000		
22:6 n-3	g	0.000	)	0	FLM	4		0.000		
Fatty acids, total trans	g									
Cholesterol	mg	0		0	FLA	4		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	ď	0.010	1	0		1		0.001		
Threonine		0.048		0		1		0.006		
Isoleucine	_	0.058		0		1		0.007		
Leucine	_	0.161		0		1		0.019		
Lysine	_	0.032		0		1		0.004		
Methionine		0.008		0		1		0.001		
Cystine		0.068		0		1		0.008		
Phenylalanine		0.088		0		1		0.010		
Tyrosine		0.056		0		1		0.006		
Valine	_	0.093		0		1		0.011		
Arginine	_	0.018		0		1		0.002		
Histidine	_	0.056		0		1		0.006		
Alanine	_	0.113		0		1		0.013		
Aspartic acid		0.161		0		1		0.019		
Glutamic acid.		0.683		0		1		0.079		
Glycine		0.148		0		1		0.017		
Proline		0.118		0		1		0.014		
Serine	_	0.043		0		1		0.005		
Hydroxyproline		0.010	•	·		_		0.000		
Others:	~			•		_		0 0		
Alcohol, ethyl		0.0		0		7		0.0		
Caffeine	-	415		0	FLA	4		48		
Theobromine	g	0		0	FLA	4		0		
Carotenoids:										
Carotene, beta	mcg	51		0	0	4		5.865		
Carotene, alpha		0		0	FLA	4		0.000		
Cryptoxanthin, beta	mcg	0		0	FLA	4		0.000		
Lycopene		0		0	FLA	4		0.000		
Lutein + zeaxanthin		0		0	FLA	4		0.000		

## **Common Measures:**

Measure 1 = 11.5g: 2 tsp, rounded

NDB No. 14229

Coffee, instant, with sugar, french-flavor, powder

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 14 Beverages

		<u>A</u>	mount in 100 grams	s of edil	ole portio	<u>on</u>	Amount in	edible portion	of common
			Numbe	r			<u>m</u>	easures of food	
			of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	1.70	12		1		0.43	0.46	
Energy	kcal	438	0	NC	4		110	118	
Energy		1833	0	NC	4		458	495	
Protein (N x 6.25)	g	4.20	12		1		1.05	1.13	
Total lipid (fat)	g	11.48	2	LC	8		2.87	3.10	
Ash	g	3.10	12		1		0.78	0.84	
Carbohydrate, by difference	g	79.52	0	NC	4		19.88	21.47	
Fiber, total dietary	g	1.4	0	FLA	4		0.3	0.4	
Sugars, total	g	59.78	2	LC	8		14.94	16.14	
Starch	g								
Minanala									
Minerals: Calcium, Ca	ma	271	2	LC	8		68	73	
Iron, Fe	_	0.59	0	FLA	4		0.15	0.16	
Magnesium, Mg		68	2		1		17	18	
* Phosphorus, P		251	9		1		63	68	
Potassium, K	-	1033	9		1		258	279	
* Sodium, Na		371	2	LC	8		93	100	
Zinc, Zn	mg	0.96	2		1		0.24	0.26	
Copper, Cu	mg	0.435	5 2		1		0.109	0.117	
Manganese, Mn	mg	0.445			1		0.111	0.120	
Selenium, Se	mcg	6.5	0	FLA	4		1.6	1.7	
Vitamins:									
Vitamin C, total ascorbic acid	ma	1.0	0	FLA	4		0.3	0.3	
Thiamin		0.031			1		0.008	0.008	
Riboflavin		0.028	3 2		1		0.007	0.008	
Niacin		2.263	3 14		1		0.566	0.611	
Pantothenic acid	mg	0.052	2		1		0.013	0.014	
Vitamin B-6	mg	0.070	0	FLA	4		0.017	0.019	
Folate, total	mcg	10	0	FLA	4		3	3	
Folic acid		0	0	FLA	4		0	0	
Folate, food	mcg	10	0	FLA	4		3	3	
Folate, DFE		10	0	NC	4		3	3	
Vitamin B-12		0.77	0	FLA	4		0.19	0.21	
Vitamin A, IU		34	0	FLA	4		8	9	
Vitamin A, RAE		9	0	FLA	4		2	2	
Retinol		9	0	FLA	4		2	2	
Vitamin E (alpha-tocopherol)		0.48	0	FLA	4		0.12	0.13	
Tocopherol, beta									
Tocopherol, gamma Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)		1.5	0	FLA	4		0.4	0.4	
	············								
<u>Lipids:</u>	_				_				
Fatty acids, total saturated		7.487		FLA	4		1.872	2.021	
4:0		0.065		FLA	4 4		0.016	0.017	
6:0 8:0		0.024		FLA FLA	4		0.006 0.004	0.006 0.005	
8:0 10:0		0.018		FLA	4		0.004	0.005	
12:0	_	0.121		FLA	4		0.030	0.033	
13:0	-	0.540	. •	- 114			0.005	0.032	
14:0	_	0.330	0	FLA	4		0.083	0.089	
15:0	_		·		=		3.003	0.000	
16:0	_	3.633	0	FLA	4		0.908	0.981	
17:0									
18:0	_	2.956	0	FLA	4		0.739	0.798	
20:0	g								
22:0	g								
24:0	g								

		<u>A</u> 1	mount in 100 g	rams (	of edik	ole portic	<u>on</u>		edible portion	
				mber				<u>m</u> e	easures of food	
					Deriv	Source	Confidence			
Nutrients and l	Units	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Estheraide total management	0	2.180		0	FLA	4		0.545	0.589	
Fatty acids, total monounsaturat	g	2.160		Ü	FLIA	•		0.545	0.369	
15:1	g	0.029		0	FLA	4		0.007	0.008	
17:1	g	2.151		0	FLA	4		0.538	0.581	
20:1	-	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated 24:1 c	•	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total polyunsaturate		1.235		0	FLA	4		0.309	0.333	
18:2 undifferentiated		1.146		0	FLA	4		0.287	0.309	
18:3 undifferentiated		0.089		0	FLA	4		0.022	0.024	
18:4	_	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c.c	_									
20:3 undifferentiated	-									
20:4 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.000		0	FLA	4		0.000	0.000	
20:5 n-3	g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3	g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3		0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans	g									
Cholesterol	mg	7		0	FLA	4		2	2	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.047		0		1		0.012	0.013	
Threonine	-	0.121		0		1		0.030	0.033	
Isoleucine	-	0.120		0		1		0.030	0.032	
Leucine	-	0.208		0		1		0.052	0.056	
Lysine		0.146		0		1		0.037	0.039	
Methionine	g	0.026		0		1		0.007	0.007	
Cystine	g	0.051		0		1		0.013	0.014	
Phenylalanine	g	0.156		0		1		0.039	0.042	
Tyrosine	g	0.120		0		1		0.030	0.032	
Valine		0.186		0		1		0.047	0.050	
Arginine		0.158		0		1		0.040	0.043	
Histidine	g	0.062		0		1		0.016	0.017	
Alanine		0.148		0		1		0.037	0.040	
Aspartic acid	g	0.315		0		1		0.079	0.085	
Glutamic acid		0.575		0		1		0.144	0.155	
Glycine		0.161		0		1		0.040	0.043	
Proline		0.139		0		1		0.035	0.038	
Serine	-	0.122		0		1		0.031	0.033	
Hydroxyproline	g									
Others:	_			_		_			_	
Alcohol, ethyl	-	0.0		0	FLA	4		0.0	0.0	
Caffeine		191		0	FLA	4		48	52	
Theobromine	mg	30		0	FLA	4		7	8	
Carotenoids:										
Carotene, beta		2		0	FLA	4		0.376	0.406	
Carotene, alpha	-	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta		0		0	FLA	4		0.000	0.000	
Lycopene		0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin	mcg	0		0	FLA	4		0.000	0.000	

#### **Common Measures:**

Measure 1 = 25g: 1 serving envelope Measure 2 = 27g: 1 serving 2-1/2 tbsp

<sup>\*</sup>Vitamin or mineral added for enrichment or fortification

NDB No. 14224

Coffee, instant, with sugar, mocha-flavor, powder

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 14 Beverages

		<u>A</u>	mount in 100	<u>o grams</u>	of ear	le portio	<u>n</u>	Amount in edible portion of common		
				Number				me	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
roximates:	a	90.00				4		27.18		
Water	-	29				4		27.18 9		
Energy		121				4		9 37		
Energy						4				
Protein		0.80				4		0.24 0.00		
Total lipid (fat)		0.00		0	FLA	4		0.00		
Ash		8.70		U	FLA	4		2.63		
Carbohydrate, by difference		0.0				4		0.0		
Fiber, total dietary				0		7				
Sugars, total		0.00		U	Z	,		0.00		
Starch	9									
<u> Iinerals:</u>										
Calcium, Ca	mg	3				4		1		
Iron, Fe	mg	0.00				4		0.00		
Magnesium, Mg	mg	10				4		3		
Phosphorus, P	mg	29				4		9		
Potassium, K	mg	84				4		25		
Sodium, Na	mg	140				4		42		
Zinc, Zn	mg	0.32				4		0.10		
Copper, Cu	mg	0.053	3			4		0.016		
Manganese, Mn	mg									
Selenium, Se	mcg	1.3		0	BFPN	4		0.4		
<u>'itamins:</u>										
Vitamin C, total ascorbic acid		3.7				4		1.1		
Thiamin		0.020	)			4		0.006		
Riboflavin	mg	0.030	)			4		0.009		
Niacin		0.520	)			4		0.157		
Pantothenic acid	mg	0.035		0	FLA	4		0.011		
Vitamin B-6	-	0.020	)			4		0.006		
Folate, total	mcg	5		0	FLA	4		2		
Folic acid		0		0	FLA	4		0		
Folate, food	mcg	5		0	FLA	4		2		
Folate, DFE	mcg_DFE	5		0	NC	4		2		
Vitamin B-12	mcg	0.00				4		0.00		
Vitamin A, IU		24		0	FLA	4		7		
Vitamin A, RAE	mcg_RAE	1		0	FLA	4		0		
Retinol	mcg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol)	mg	0.02		0	FLA	4		0.01		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	FLA	4		0.0		
<u>ipids:</u>										
Fatty acids, total saturated		0.000				4		0.000		
4:0	-	0.000		0		4		0.000		
6:0	_	0.000		0		4		0.000		
8:0	-	0.000		0		4		0.000		
10:0		0.000		0		4		0.000		
12:0	-	0.000	)	0		4		0.000		
13:0										
14:0	-	0.000	)	0		4		0.000		
15:0	g									
16:0	g	0.000	)	0		4		0.000		
17:0	g									
18:0	g	0.000	)	0		4		0.000		
20:0	g									
22:0	g									
24:0	-									

	<u>Ar</u>	mount in 10	00 grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common		
			Number				<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.000				4		0.000		
14:1g									
15:1g									
16:1 undifferentiatedg	0.000		0		4		0.000		
17:1g									
18:1 undifferentiatedg	0.000		0		4		0.000		
20:1g	0.000		0		4		0.000		
22:1 undifferentiatedg	0.000		0		4		0.000		
24:1 cg									
Fatty acids, total polyunsaturatedg	0.000				4		0.000		
18:2 undifferentiatedg	0.000		0		4		0.000		
18:3 undifferentiatedg	0.000		0		4		0.000		
18:4g	0.000		0		4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0		4		0.000		
20:5 n-3g	0.000		0		4		0.000		
22:5 n-3g	0.000		0		4		0.000		
22:6 n-3g	0.000		0		4		0.000		
Fatty acids, total transg					_		_		
Cholesterol mg	0				7		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0				7		0.0		
Caffeine mg	0		0	FLA	4		0		
Theobrominemg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta mcg	11		0	FLA	4		3.271		
Carotene, alphamcg	7		0	FLA	4		2.141		
Cryptoxanthin, betamcg	0		0	FLA	4		0.000		
Lycopene mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin mcg	152		0	FLA	4		45.832		

# **Common Measures:**

Measure 1 = 30.2g: 1 fl oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

		<u>A</u> :	mount in 100	grams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			N	Number				<u>m</u>	easures of food		
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	85.50		15		1		216.32	27.02		
Energy	kcal	57		0	NC	4		144	18		
Energy	kj	238				4		603	75		
Protein (N x 6.25)	g	0.00		0		1		0.00	0.00		
Total lipid (fat)	g	0.10		3		1		0.25	0.03		
Ash	g	0.00		5		1		0.00	0.00		
Carbohydrate, by difference	g	14.40		0	NC	4		36.43	4.55		
Fiber, total dietary	g	0.1		0		4		0.3	0.0		
Sugars, total	g	13.50		10	AI	13		34.16	4.27		
Starch	g										
Minerals:											
Calcium, Ca	ma	3		12		1		8	1		
Iron, Fe	_	0.15		3		1		0.38	0.05		
Magnesium, Mg	_	2		12		1		5	1		
Phosphorus, P		2		10		1		5	1		
Potassium, K	-	18		14		1		46	6		
Sodium, Na	-	2		13		1		5	1		
Zinc, Zn	_	0.07		3		1		0.18	0.02		
Copper, Cu		0.018	3	4		1		0.046	0.006		
Manganese, Mn		0.193		10		1		0.488	0.061		
Selenium, Se		0.0		0	BFSN	4		0.0	0.0		
	-										
<u>Vitamins:</u>				_		_					
Vitamin C, total ascorbic acid	_	35.4		9		1		89.6	11.2		
Thiamin	_	0.009		3		1		0.023	0.003		
Riboflavin	<del>-</del>	0.009		3		1		0.023	0.003		
Niacin	_	0.035		3		1		0.089	0.011		
Pantothenic acid	-	0.056		5		1		0.142	0.018		
Vitamin B-6	-	0.019	,	2 5		1		0.048	0.006 0		
Foliate, total		0		0	z	1 7		1 0	0		
Folic acid		0		5	4	1		1	0		
Folate, foodFolate, DFE		0		0	NC	4		1	0		
Vitamin B-12		0.00		0	NC	4		0.00	0.00		
Vitamin B-12 Vitamin A, IU		4		5		1		10	1		
Vitamin A, RAE		0		0	AS	1		0	0		
Retinol		0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)		0.00		0	z	7		0.00	0.00		
Tocopherol, beta		0.00		·	_	•		0.00	0.00		
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	0.0		0	T	4		0.0	0.0		
Linida											
<u>Lipids:</u>	~	0.009		0				0.023	0.003		
Fatty acids, total saturated		0.009		0		4					
4:0		0.000		0		4		0.000	0.000		
6:0	-			0		4		0.000	0.000		
8:0 10:0.	-	0.000		0		4		0.000 0.000	0.000		
12:0		0.000		0		4		0.000	0.000		
13:0		0.000	•	v		7		3.000	0.000		
14:0		0.000	)	0		4		0.000	0.000		
15:0		0.000		Ū		•		3.000	0.000		
16:0		0.005	5	0		4		0.013	0.002		
17:0		0.000	-	Ū		•		3.013	0.002		
18:0	-	0.002	<u> </u>	0		4		0.005	0.001		
20:0	-	0.002	-	Ū		•		3.005	0.001		
22:0	-										
24:0	-										

		<u>Ar</u>	nount in 100	) grams Number		ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and L	Jnits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturate		0.014		0		4		0.035	0.004		
14:1											
15:1	-										
16:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.001		0		4		0.003	0.000		
17:1	-					_					
18:1 undifferentiated		0.014		0		4		0.035	0.004		
20:1	-	0.000		0		4		0.000	0.000		
22:1 undifferentiated	•	0.000		0		4		0.000	0.000		
24:1 c											
Fatty acids, total polyunsaturated		0.044		0		4		0.111	0.014		
18:2 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.027		0		4		0.068	0.009		
18:3 undifferentiated	-	0.018		0		4		0.046	0.006		
18:4	-	0.000		0		4		0.000	0.000		
20:2 n-6 c,c											
20:3 undifferentiated	• • • • • • • • • • • • • • • • • • • •										
20:4 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.000		0		4		0.000	0.000		
20:5 n-3		0.000		0		4		0.000	0.000		
22:5 n-3	-	0.000		0		4		0.000	0.000		
22:6 n-3	-	0.000		0		4		0.000	0.000		
Fatty acids, total trans											
Cholesterol	• • • • • • • • • • • • • • • • • • • •	0		0		1		0	0		
Phytosterols	mg										
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	0		0	Z	7		0.000	0.000		
Carotene, alpha	mcg	0		0	Z	7		0.000	0.000		
Cryptoxanthin, beta	mcg	0		0	Z	7		0.000	0.000		
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 = 253g: 1 cup (8 fl oz) Measure 2 = 31.6g: 1 fl oz

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.9

Food Group: 14 Beverages

NDB No. 14243 Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener

		<u>A</u>	mount in 100 gra	ıms of edi	ble portion	<u>on</u>	Amount in	Amount in edible portion of common			
			Num	ber			<u>m</u>	easures of food	<u>l</u>		
			of D	ata Deriv	Source	Confidence					
Nutrients and Uni	ts	Mean	Std. Error Poir	nts Code	Code	Code	Measure 1	Measure 2	Measure		
Proximates:											
Water	g	95.20		1 MC	9		225.62	28.18			
Energy	_	19		0 NC	4		44	5			
Energy		77		0 NC	4		184	23			
Protein (N x 6.25)	=	0.02		0 FLC	4		0.04	0.00			
Total lipid (fat)		0.01		0 FLC	4		0.01	0.00			
Ash		0.18		1 AI	13		0.43	0.05			
Carbohydrate, by difference		4.60		0 NC	4		10.90	1.36			
Fiber, total dietary		0.0		0 FLC	4		0.0	0.0			
Sugars, total		4.59		0 NR	4		10.89	1.36			
Starch											
S											
Minerals:											
* Calcium, Ca	-	9		1 MC	9		22	3			
Iron, Fe		0.04		1 MC	9		0.09	0.01			
Magnesium, Mg		2		1 MC	9		4	1			
Phosphorus, P	-	1		1 MC	9		2	0			
Potassium, K		25		1 AI	13		58	7			
Sodium, Na	-	3 0.02		1 MC 1 MC	9 9		8 0.05	1 0.01			
Zinc, Zn		0.02		0 FLC	4		0.03	0.01			
Copper, Cu		0.010		0 FLC	4		0.024	0.003			
Selenium, Se		0.00		0 FLC	4		0.013	0.002			
Scientini, Sc.	9	0.0		0 110	•		0.1	0.0			
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	mg	32.2		2	1		76.3	9.5			
Thiamin		0.000	)	0 FLC	4		0.001	0.000			
Riboflavin	mg	0.002	2	0 FLC	4		0.004	0.001			
Niacin	mg	0.004	l	0 FLC	4		0.009	0.001			
Pantothenic acid	mg	0.001		0 FLC	4		0.001	0.000			
Vitamin B-6	-	0.002	2	0 FLC	4		0.005	0.001			
Folate, total	mcg	0		0 FLC	4		0	0			
Folic acid		0		0 FLC	4		0	0			
Folate, food		0		0 FLC	4		0	0			
Folate, DFE		0		0 NC	4		0	0			
Vitamin B-12		0.00		0 FLC	4		0.00	0.00			
Vitamin A, IU		2		0 FLC	4		4	1			
Vitamin A, RAE		0		0 FLC	4		0	0			
Retinol		0		0 FLC	4		0	0			
Vitamin E (alpha-tocopherol)		0.05		0 FLC	4		0.12	0.01			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D		0.2		0 57.0	4		0 5	0.1			
Vitamin K (phylloquinone)	nicg	0.2		0 FLC	4		0.5	0.1			
<u>Lipids:</u>											
Fatty acids, total saturated	g	0.000	)	0 FLC	4		0.000	0.000			
4:0		0.000	)	0 FLC	4		0.000	0.000			
6:0	g	0.000	)	0 FLC	4		0.000	0.000			
8:0	g	0.000	)	0 FLC	4		0.000	0.000			
10:0	g	0.000	)	0 FLC	4		0.000	0.000			
12:0	g	0.000	)	0 FLC	4		0.000	0.000			
13:0	g										
14:0	g	0.000	)	0 FLC	4		0.000	0.000			
15:0	g										
16:0	g	0.000	)	0 FLC	4		0.000	0.000			
17:0											
18:0	-	0.000	)	0 FLC	4		0.000	0.000			
20:0	-										
22:0	-										
24:0	0										

NDB No. 14243 Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener

			mount in 10			ole portio	<u>n</u>	Amount in edible portion of common		
				Number	•			<u>m</u>	easures of food	
				of Data		Source	Confidence			
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.		0.000		0	FLC	4		0.000	0.000	
15:1	g									
16:1 undifferentiated	g	0.000		0	FLC	4		0.000	0.000	
17:1	g									
18:1 undifferentiated	g	0.000		0	FLC	4		0.000	0.000	
20:1	-	0.000		0	FLC	4		0.000	0.000	
22:1 undifferentiated	g	0.000		0	FLC	4		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.000		0	FLC	4		0.000	0.000	
18:2 undifferentiated		0.000		0	FLC	4		0.000	0.000	
18:3 undifferentiated	_	0.000		0	FLC	4		0.000	0.000	
18:4	-	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c	-									
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.000		0	FLC	4		0.000	0.000	
20:5 n-3	-	0.000		0	FLC	4		0.000	0.000	
22:5 n-3	_	0.000		0	FLC	4		0.000	0.000	
22:6 n-3		0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans										
Cholesterol		0		0	FLC	4		0	0	
Phytosterols	mg									
Amino Acids:										
Tryptophan	а	0.000		0		1		0.000	0.000	
Threonine		0.000		0		1		0.000	0.000	
Isoleucine	_	0.000		0		1		0.000	0.000	
Leucine	-	0.000		0		1		0.000	0.000	
Lysine	-	0.000		0		1		0.000	0.000	
Methionine		0.000		0		1		0.000	0.000	
Cystine		0.000		0		1		0.000	0.000	
Phenylalanine		0.000		0		1		0.000	0.000	
Tyrosine		0.000		0		1		0.000	0.000	
Valine	-	0.000		0		1		0.000	0.000	
Arginine		0.000		0		1		0.000	0.000	
Histidine		0.000		0		1		0.000	0.000	
Alanine		0.000		0		1		0.000	0.000	
Aspartic acid		0.000		0		1		0.000	0.000	
Glutamic acid		0.000		0		1		0.000	0.000	
Glycine	-	0.000		0		1		0.000	0.000	
Proline	<del>-</del>	0.000		0		1		0.000	0.000	
Serine		0.000		0		1		0.000	0.000	
Hydroxyproline		0.000		•		_		0.000	0.000	
Trydroxyprome	9									
Others:										
Alcohol, ethyl		0.0		0	FLC	4		0.0	0.0	
Caffeine		0		0	FLC	4		0	0	
Theobromine	mg	0		0	FLC	4		0	0	
Carotenoids:										
Carotene, beta	mcg	1		0	FLC	4		2.680	0.335	
Carotene, alpha	mcg	0		0	FLC	4		0.000	0.000	
Cryptoxanthin, beta	mcg	0		0	FLC	4		0.000	0.000	
Lycopene	mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin		3		0	FLC	4		6.774	0.846	

#### **Common Measures:**

Measure 1 = 237g: 1 cup (8 fl oz)

Measure 2 = 29.6g: 1 fl oz

<sup>\*</sup>Vitamin or mineral added for enrichment or fortification

NDB No. 14243

Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 14 Beverages

		<u>A</u> 1	mount in 10	0 grams	of edik	ole portio	<u>on</u>	Amount in edible portion of common		
				Number	•			<u>m</u>	easures of food	<u>.</u>
						Source	Confidence			
Nutrients and Units	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	48.40		2	A	1		17.52	210.54	
Energy	kcal	201		0	NC	4		73	874	
Energy	kj	841				4		304	3658	
Protein (N x 6.25)	g	0.05		2	A	1		0.02	0.22	
Total lipid (fat)	g	0.00		2	A	1		0.00	0.00	
Ash	g	0.10		2	A	1		0.04	0.44	
Carbohydrate, by difference	g	51.45		0	NC	4		18.62	223.81	
Fiber, total dietary	g	0.2		0		4		0.1	0.9	
Sugars, total	g	42.50		1	A	1		15.39	184.88	
Starch	g									
Ainerals:										
Calcium, Ca	ma	11		1		1		4	48	
Iron, Fe	-	0.30		1		1		0.11	1.31	
Magnesium, Mg	-	5		1		1		2	22	
Phosphorus, P		5		1		1		2	22	
Potassium, K	•	49		1		1		18	213	
Sodium, Na	-	4		2	A	1		1	17	
Zine, Zn	-	0.07		1		1		0.03	0.30	
Copper, Cu		0.020	)	1		1		0.007	0.087	
Manganese, Mn		0.140	)	1		1		0.051	0.609	
Selenium, Se	mcg	0.0		0	BFZN	4		0.0	0.0	
itamins:										
	ma	45.8		2	A	1		16.6	199.2	
Vitamin C, total ascorbic acid Thiamin	-	0.023	,	1	A	1		0.008	0.100	
Riboflavin		0.023		1		1		0.008	0.139	
Niacin		0.032		1		1		0.012	0.139	
Pantothenic acid		0.487		1		1		0.176	2.118	
Vitamin B-6		0.049		1		1		0.018	0.213	
Folate, total	-	0.043	,	1		1		0.010	0.213	
Folic acid		0		0	z	7		Ö	0	
Folate, food		0		1	_	1		0	Ö	
Folate, DFE		0		0	NC	4		0	0	
Vitamin B-12		0.00		0		4		0.00	0.00	
Vitamin A, IU		34		1		1		12	148	
Vitamin A, RAE		2		0	NC	4		1	7	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
ipids:										
Fatty acids, total saturated	a	0.000	)	0		4		0.000	0.000	
Fatty acids, total monounsaturated		0.000	,	v		•		0.000	0.000	
14:1										
15:1	-									
16:1 undifferentiated										
17:1										
18:1 undifferentiated		0.000	)	0		4		0.000	0.000	
20:1										
22:1 undifferentiated										
24:1 c										
Fatty acids, total polyunsaturated										
18:2 undifferentiated		0.000	)	0		4		0.000	0.000	
18:3 undifferentiated										
	g									

## Cranberry juice cocktail, frozen concentrate

	<u>A</u>	mount in 10	00 grams of	edible portio	<u>on</u>	Amount in edible portion of common		
Nutrients and Units	Mean	Std. Error		eriv Source ode Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
20:3 undifferentiated								
22:6 n-3	0		0	1		0	0	

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

#### **Common Measures:**

Measure 1 = 36.2g: 1 fl oz

Measure 2 = 435g: 1 can (12 fl oz)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.9

Food Group: 14 Beverages

NDB No. 14431 Cranberry juice cocktail, frozen concentrate, prepared with water

		<u>A</u> 1	mount in 10	<u>0 grams</u>	of edit	ole portio	<u>n</u>	Amount in edible portion of common		
				Number				<u>m</u>	easures of food	<u>l</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	-	85.90		0		1		214.75	26.80	
Energy	kcal	55		0	NC	4		138	17	
Energy	kj	230				4		575	72	
Protein (N x 0)	g	0.00		0		1		0.00	0.00	
Total lipid (fat)	g	0.00		0		1		0.00	0.00	
Ash	g	0.10		0		1		0.25	0.03	
Carbohydrate, by difference	g	14.00		0	NC	4		35.00	4.37	
Fiber, total dietary	g	0.1		0		4		0.3	0.0	
Sugars, total	g									
Starch	g									
	_									
<u> Minerals:</u>										
Calcium, Ca	-	5		0		1		13	2	
Iron, Fe	-	0.09		0		1		0.23	0.03	
Magnesium, Mg		2		0		1		5	1	
Phosphorus, P	-	1		0		1		3	0	
Potassium, K	-	14		0		1		35	4	
Sodium, Na	-	3		0		1		8	1	
Zinc, Zn		0.04		0		1		0.10	0.01	
Copper, Cu		0.010		0		1		0.025	0.003	
Manganese, Mn		0.041	<u>.</u>	0		1		0.103	0.013	
Selenium, Se	mcg	0.0		0	BFZN	4		0.0	0.0	
itamins:										
Vitamin C, total ascorbic acid	ma	9.9		0		1		24.8	3.1	
Thiamin	-	0.007	,	0		1		0.018	0.002	
Riboflavin		0.009		0		1		0.023	0.003	
Niacin		0.012		0		1		0.030	0.004	
Pantothenic acid		0.141		0		1		0.353	0.044	
Vitamin B-6		0.014		0		1		0.035	0.004	
Folate, total	-	0.014	-	0		1		0	0.004	
Folic acid		0		0	z	7		0	0	
Folate, food		0		0		1		0	0	
Folate, DFE		0		0	NC	4		0	0	
Vitamin B-12		0.00		0	NC	1		0.00	0.00	
Vitamin A, IU		10		0		1		25	3	
Vitamin A, RAE		1		0	NC	4		1	0	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		Ū		U	2	,		U	U	
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
vitamini K (priyrioquinone)	9									
<u> ipids:</u>										
Fatty acids, total saturated		0.000		0		4		0.000	0.000	
Fatty acids, total monounsaturated	g	0.000	)	0		4		0.000	0.000	
14:1	g									
15:1										
16:1 undifferentiated										
17:1	-									
18:1 undifferentiated		0.000	)	0		4		0.000	0.000	
20:1	-									
22:1 undifferentiated	g									
24:1 c	-									
Fatty acids, total polyunsaturated	g	0.000		0		4		0.000	0.000	
18:2 undifferentiated	g	0.000	)	0		4		0.000	0.000	
18:3 undifferentiated	g									
18:4	g									
20:2 n-6 c,c	a									

	<u>A</u>	mount in 10	00 grams of	<u>on</u>	Amount in edible portion of common			
			Number		0 51	measures of food		
Nutrients and Units	Mean	Std. Error		eriv Source ode Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:3 undifferentiatedg 20:4 undifferentiatedg								
20:5 n-3								
Fatty acids, total transg  Cholesterolmg  Phytosterolsmg	0		0	1		0	0	

#### **Common Measures:**

Measure 1 = 250g: 1 cup (8 fl oz) Measure 2 = 31.2g: 1 fl oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

		<u>Aı</u>	mount in 100 gram	s of edi	ole portic	<u>on</u>	Amount in edible portion of common			
			Numb	er			<u>m</u>	easures of food		
			of Dat	a Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	81.75	2	MC	9		200.29	25.02		
Energy	kcal	71	0	NC	4		175	22		
Energy		298	0	NC	4		731	91		
Protein (N x 6.25)	g	0.07	1	MC	9		0.17	0.02		
Total lipid (fat)	g	0.05	1	MC	9		0.12	0.02		
Ash		0.02	1	MC	9		0.05	0.01		
Carbohydrate, by difference	g	18.11	0	NC	4		44.37	5.54		
Fiber, total dietary	g	0.1	0		4		0.2	0.0		
Sugars, total	g	18.00	0	NR	4		44.10	5.51		
Starch	g									
Minerals:										
Calcium, Ca	ma	5	2	MC	9		12	1		
Iron, Fe	-	0.12	2	MC	9		0.28	0.04		
Magnesium, Mg		2	2	MC	9		4	1		
Phosphorus, P		2	2	MC	9		6	1		
Potassium, K	•	28	2.084 5	JO	11		69	9		
Sodium, Na		7	1.383 5	JO	11		16	2		
Zinc, Zn	mg	0.18	0.071 3	JO	11		0.45	0.06		
Copper, Cu	mg	0.007	2		1		0.017	0.002		
Manganese, Mn		0.180			4		0.441	0.055		
Selenium, Se	mcg	0.0	0	BFSN	4		0.0	0.0		
Vitamins:										
Vitamin C, total ascorbic acid	ma	32.0	2		1		78.4	9.8		
Thiamin		0.005		MC	9		0.012	0.002		
Riboflavin		0.020		MC	9		0.049	0.006		
Niacin		0.060		MC	9		0.147	0.018		
Pantothenic acid	-	0.056	0		4		0.137	0.017		
Vitamin B-6		0.021	. 0		4		0.051	0.006		
Folate, total	mcg	0	0		4		0	0		
Folic acid		0	0	Z	7		0	0		
Folate, food	mcg	0	0		4		0	0		
Folate, DFE	mcg_DFE	0	0	NC	4		0	0		
Vitamin B-12	mcg	0.00	0		4		0.00	0.00		
Vitamin A, IU		3	0		4		7	1		
Vitamin A, RAE		0	0	AS	1		0	0		
Retinol		0	0	Z	7		0	0		
Vitamin E (alpha-tocopherol)		0.00	0	Z	7		0.00	0.00		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)		0.0	0	Z	7		0.0	0.0		
vitanini K (phynoquinone)	Inog	0.0	v		,		0.0	0.0		
Lipids:										
Fatty acids, total saturated	g	0.000	0		4		0.000	0.000		
4:0		0.000			4		0.000	0.000		
6:0	-	0.000			4		0.000	0.000		
8:0		0.000			4		0.000	0.000		
10:0	-	0.000			4		0.000	0.000		
12:0	-	0.000	0		4		0.000	0.000		
13:0		0.000	0		4		0 000	0 000		
14:0		0.000	0		4		0.000	0.000		
15:0	-	0.000	0		A		0.000	0 000		
16:0 17:0		0.000	U		4		0.000	0.000		
18:0	-	0.000	0		4		0.000	0.000		
20:0	-	0.000	U		-		0.000	0.000		
22:0	-									
24:0	-									

	<u>Ar</u>	nount in 100 grams	of edible	portion	<u>1</u>	Amount in edible portion of common			
		Number of Data		Source	Confidence	<u>m</u>	easures of food		
Nutrients and Units	Mean	Std. Error Points		Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.000	0		4		0.000	0.000		
14:1g									
15:1g		•							
16:1 undifferentiated	0.000	0		4		0.000	0.000		
17:1	0.000	0		4		0.000	0.000		
18:1 undifferentiatedg 20:1	0.000	0		4		0.000 0.000	0.000		
20:1g 22:1 undifferentiatedg		0		4		0.000			
22:1 undifferentiated	0.000	U		4		0.000	0.000		
Fatty acids, total polyunsaturated9	0.000	0		4		0.000	0.000		
18:2 undifferentiatedg	0.000	0		4		0.000	0.000		
18:3 undifferentiated	0.000	0		4		0.000	0.000		
18:4g	0.000	0		4		0.000	0.000		
20:2 n-6 c,cg	0.000	U		-		0.000	0.000		
20:3 undifferentiated 9									
20:4 undifferentiated	0.000	0		4		0.000	0.000		
20:5 n-3	0.000	0		4		0.000	0.000		
22:5 n-3	0.000	0		4		0.000	0.000		
22:6 n-3g	0.000	0		4		0.000	0.000		
Fatty acids, total trans	0.000	•		-		0.000	0.000		
Cholesterol mg	0	0		1		0	0		
Phytosterols mg	-	-		_		-	-		
Others:									
Alcohol, ethylg	0.0	0		7		0.0	0.0		
Caffeinemg	0	0	Z	7		0	0		
Theobromine mg	0	0	Z	7		0	0		
Carotenoids:									
Carotene, beta mcg	0	0	Z	7		0.000	0.000		
Carotene, alpha mcg	0	0	Z	7		0.000	0.000		
Cryptoxanthin, beta mcg	0	0	Z	7		0.000	0.000		
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 = 245g: 1 cup (8 fl oz) Measure 2 = 30.6g: 1 fl oz

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.9

Food Group: 14 Beverages

NDB No. 43404 Cranberry-apple juice drink, low calorie, with vitamin C added

		<u>A</u>	mount in 100		Amount in edible portion of common					
			Number				<u>m</u>	easures of food	L	
Nutrients and Un	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	_	95.20				4		228.48	28.56	
Energy		19 79				4		46	6	
Energy						4		191	24	
Protein Total lipid (fat)	-	0.10				4		0.24 0.00	0.03 0.00	
Ash	_	0.00		1	MC	9		0.00	0.04	
Carbohydrate, by difference		4.70		-	МС	4		11.28	1.41	
Fiber, total dietary		0.1				4		0.2	0.0	
Sugars, total		4.60		0	NR	4		11.04	1.38	
Starch		4.00		·		-		11.04	1.50	
Starcii	9									
Minerals:										
* Calcium, Ca	-	10		1	MC	9		23	3	
Iron, Fe		0.06		_		4		0.14	0.02	
Magnesium, Mg		3 1		1 1	MC	9 9		7 3	1 0	
Phosphorus, P		45		1	MC MC	9		3 107	13	
Potassium, KSodium, Na		45 5		1	MC	9		11	1	
Zinc, Zn		0.02		1	MC	9		0.04	0.00	
Copper, Cu		0.007	,	-	110	4		0.017	0.002	
Manganese, Mn		0.014		0	FLC	4		0.034	0.004	
Selenium, Se		0.1		0	FLC	4		0.1	0.0	
Vitamins:										
* Vitamin C, total ascorbic acid	mg	32.0				4		76.8	9.6	
Thiamin		0.003	3	0	FLC	4		0.007	0.001	
Riboflavin	mg	0.007	,	0	FLC	4		0.017	0.002	
Niacin	mg	0.028	3	0	FLC	4		0.068	0.009	
Pantothenic acid	mg	0.014	l	0	FLC	4		0.033	0.004	
Vitamin B-6	-	0.019	•	0	FLC	4		0.045	0.006	
Folate, total		0		0	FLC	4		0	0	
Folic acid		0		0	FLC	4		0	0	
Folate, food		0		0	FLC	4		0	0	
Folate, DFE		0		0	NC	4		0	0	
Vitamin B-12		0.00 10		0	FLC FLC	4 4		0.00 24	0.00 3	
Vitamin A, IU Vitamin A, RAE	mca PAF	0		0	FLC	4		1	0	
Retinol		0		0	FLC	4		0	0	
Vitamin E (alpha-tocopherol)		0.27		0	FLC	4		0.64	0.08	
Tocopherol, beta		**-		_		_				
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	1.1		0	FLC	4		2.7	0.3	
Lipids:										
Fatty acids, total saturated	g	0.000				4		0.000	0.000	
4:0		0.000		0		4		0.000	0.000	
6:0	_	0.000		0		4		0.000	0.000	
8:0	_	0.000		0		4		0.000	0.000	
10:0		0.000		0		4		0.000	0.000	
12:0	_	0.000	,	0		4		0.000	0.000	
13:0 14:0		0.000	1	0		Λ		0.000	0.000	
15:0	_	0.000	•	U		*		0.000	0.000	
16:0		0.000	)	0		4		0.000	0.000	
17:0		0.000		Ū		•		3.000	0.000	
18:0	_	0.000	)	0		4		0.000	0.000	
20:0	_			•						
22:0	_									
24:0	_									

NDB No. 43404 Cranberry-apple juice drink, low calorie, with vitamin C added

	<u>Ar</u>	nount in 10		Amount in edible portion of common					
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	easures of food Measure 2	Measure 3
Fetter wide total measures treated = 0	0.000				4		0.000	0.000	
Fatty acids, total monounsaturatedg 14:1g	0.000				4		0.000	0.000	
15:1g									
16:1 undifferentiated	0.000		0		4		0.000	0.000	
17:1 undifferentiatedg	0.000		v		•		0.000	0.000	
18:1 undifferentiated	0.000		0		4		0.000	0.000	
20:1	0.000		0		4		0.000	0.000	
22:1 undifferentiated	0.000		0		4		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturated	0.000				4		0.000	0.000	
18:2 undifferentiated	0.000		0		4		0.000	0.000	
18:3 undifferentiated	0.000		0		4		0.000	0.000	
18:4g	0.000		0		4		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0		4		0.000	0.000	
20:5 n-3g	0.000		0		4		0.000	0.000	
22:5 n-3g	0.000		0		4		0.000	0.000	
22:6 n-3g	0.000		0		4		0.000	0.000	
Fatty acids, total transg									
Cholesterolmg	0		0	FLC	4		0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	FLC	4		0.0	0.0	
Caffeine mg	0		0	FLC	4		0	0	
Theobromine mg	0		0	FLC	4		0	0	
Carotenoids:									
Carotene, beta mcg	6		0	FLC	4		14.242	1.780	
Carotene, alphamcg	0		0	FLC	4		0.000	0.000	
Cryptoxanthin, betamcg	0		0	FLC	4		0.000	0.000	
Lycopenemcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin mcg	19		0	FLC	4		44.524	5.565	

## **Common Measures:**

Measure 1 = 240g: 1 cup (8 fl oz) Measure 2 = 30.0g: 1 fl oz

\*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

		<u>A</u> 1	mount in 100	) grams		edible portion	of common				
		Number						measures of food			
						Source	Confidence				
Nutrients and Units		Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	83.50		1		1		204.58	25.55		
Energy	kcal	64		0	NC	4		157	20		
Energy	kj	268				4		656	82		
Protein (N x 6.25)	g	0.20		1		1		0.49	0.06		
Total lipid (fat)	g	0.00		0		1		0.00	0.00		
Ash	g	0.10		1		1		0.25	0.03		
Carbohydrate, by difference	g	16.20		0	NC	4		39.69	4.96		
Fiber, total dietary	g	0.1		0		4		0.2	0.0		
Sugars, total	g										
Starch	g										
Minerals:											
Vilnerals: Calcium, Ca	ma	9		1		1		22	3		
Iron, Fe	_	0.15		1		1		0.37	0.05		
Magnesium, Mg	_	3		1		1		7	1		
Phosphorus, P		5		1		1		12	2		
Potassium, K	-	61		1		1		149	19		
Sodium, Na		2		1		1		5	1		
Zinc, Zn	-	0.04		1		1		0.10	0.01		
Copper, Cu		0.015	5	1		1		0.037	0.005		
Manganese, Mn		0.125		0		4		0.306	0.038		
Selenium, Se		0.0		0	BFZN	4		0.0	0.0		
·											
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	_	0.0	_	1		1		0.0	0.0		
Thiamin	-	0.005		1		1		0.012	0.002		
Riboflavin	-	0.010		1		1		0.025	0.003		
Niacin	_	0.120		1		1		0.294	0.037		
Pantothenic acid	_	0.036		0		4		0.088	0.011		
Vitamin B-6	_	0.020	)	0		4		0.049	0.006		
Folate, total		1		0	_	4		1	0		
Folic acid		0		0	Z	7		0	0		
Folate, food		1		0		4		1	0		
Folate, DFE		1		0	NC	4		1	0		
Vitamin B-12		0.00		0		4		0.00	0.00		
Vitamin A, IU		463		0	170	4		1134	142		
Vitamin A, RAE		23 0		0 0	NC	4		57 0	7		
Retinol		U		U	Z	7		U	0		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma Tocopherol, delta											
Vitamin D											
Vitamin D Vitamin K (phylloquinone)											
vitamin K (phynoquinone)											
<u>Lipids:</u>											
Fatty acids, total saturated	g	0.000	)	0		4		0.000	0.000		
Fatty acids, total monounsaturated	g	0.000	)	0		4		0.000	0.000		
14:1	g										
15:1											
16:1 undifferentiated											
17:1				_		_		_	_		
18:1 undifferentiated		0.000	)	0		4		0.000	0.000		
20:1	-										
22:1 undifferentiated	-										
24:1 c	-			_		_					
Fatty acids, total polyunsaturated		0.000		0		4		0.000	0.000		
18:2 undifferentiated	-	0.000	)	0		4		0.000	0.000		
18:3 undifferentiated	_										
18:4	a										

	<u>A</u>	mount in 10	00 grams	Amount in edible portion of common				
			Number			measures of food		·
Nutrients and Units	Mean	Std. Error			Confidence Code	Measure 1	Measure 2	Measure 3
20:3 undifferentiatedg 20:4 undifferentiatedg								
20:5 n-3								
Fatty acids, total trans	0		0	1		0	0	

#### **Common Measures:**

Measure 1 = 245g: 1 cup (8 fl oz) Measure 2 = 30.6g: 1 fl oz

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.9

Food Group: 14 Beverages

Proximates:	ource Confidence	<u>me</u>	easures of food	
Nutrients and Units				1
Proximates:	ode Code			
Water.		Measure 1	Measure 2	Measure 3
Energy				
Energy	1	209.72	26.19	
Protein (N x 6.25)	4	137	17	
Total lipid (fat)	4	574	72	
Ash	1	0.49	0.06	
Carbohydrate, by difference.         9         14.00         0         NC           Fiber, total dietary.         9         0.1         0         S           Sugars, total.         9         0.1         0         S           Starch.         9	1	0.25	0.03	
Fiber, total dietary	1	0.25	0.03	
Sugars, total	4	34.30	4.28	
Starch	4	0.2	0.0	
Minerals:   Calcium, Ca.				
Calcium, Ca.				
Calcium, Ca				
Iron, Fe	1	20	2	
Magnesium, Mg         mg         3         1           Phosphorus, P         mg         4         1           Potassium, K         mg         24         1           Sodium, Na         mg         3         1           Zinc, Zn         mg         0.04         1           Copper, Cu         mg         0.007         0.003         3           Manganese, Mn         mg         0.158         0         BFZN           Zitamins:         w         0         0         BFZN           Zitamin S.         w         0         0         BFZN           Zitamin C, total ascorbic acid         mg         32.0         1         1           Thiamin.         mg         0.010         1         1           Riboflavin.         mg         0.018         1         1           Niacin.         mg         0.018         1         1           Pantothenic acid         mg         0.012         1         1           Pantothenic acid         mg         0.028         0         Z           Folate, total.         mcg         1         0         NC           Foliae, total.         mcg	1	0.02	0.00	
Phosphorus, P.         mg         4         1           Potassium, K.         mg         24         1           Sodium, Na.         mg         3         1           Zinc, Zn.         mg         0.04         1           Copper, Cu.         mg         0.007         0.003         3           Manganese, Mn.         mg         0.158         0         BFZN           Vitamin C, total ascorbic acid.         mg         0.158         0         BFZN           Vitamin C, total ascorbic acid.         mg         32.0         1         Thiamin.         mg         0.010         1         Thiamin.         mg         0.010         1         Thiamin.         mg         0.010         1         Thiamin.         mg         0.018         1         Thiamin.         mg         0.018         1         Thiamin.         mg         0.018         1         Thiamin.         Mg         0.018         1         Thiamin.         Mg         0.028         0         0         2         Thiamin.         Mg         0.028         0         0         Z         Thiamin.         Mg         0.028         0         D         Z         Thiamin.         Mg <t< td=""><td>1</td><td>7</td><td>1</td><td></td></t<>	1	7	1	
Potassium, K.	1	10	1	
Sodium, Na.         mg         3         1           Zinc, Zn.         mg         0.004         1           Copper, Cu.         mg         0.007         0.003           Manganese, Mn.         mg         0.158         0           Selenium, Se.         mcg         0.0         0         BFZN           /itamins:           Vitamin C, total ascorbic acid.         mg         32.0         1         1           Thiamin.         mg         0.010         1         1           Riboflavin.         mg         0.018         1         1           Niacin.         mg         0.120         1         1           Pantothenic acid.         mg         0.028         0         1           Pantothenic acid.         mg         0.028         0         0           Vitamin B-6.         mg         0.028         0         2           Folate, total.         mcg         1         0         2           Folate, total.         mcg         1         0         NC           Folate, total.         mcg         1         0         NC           Vitamin B-12.         mcg         0	1	59	7	
Zinc, Zn	1	7	1	
Manganese, Mn.         mg         0.158         0           Selenium, Se.         mcg         0.0         BFZN           Vitamins:           Vitamin C, total ascorbic acid.         mg         32.0         1           Thiamin.         mg         0.010         1           Riboflavin.         mg         0.018         1           Niacin.         mg         0.018         1           Pantothenic acid.         mg         0.053         0           Polatothenic acid.         mg         0.053         0           Vitamin B-6.         mg         0.028         0           Folate, total.         mcg         1         0           Folate, total.         mcg         1         0           Folate, food.         mcg         1         0         recolute to a column           Folate, food.         mcg         1         0         recolute to a column         NC           Vitamin B-12.         mcg         0.00         0         NC           Vitamin A, RAE.         mcg_RAE         0         NC           Retinol.         mg         0         z           Tocopherol, beta.         mg         0<	1	0.10	0.01	
Selenium, Se.   mcg	1	0.017	0.002	
Vitamins:     Vitamin C, total ascorbic acid.     mg     32.0     1       Thiamin.     mg     0.010     1       Riboflavin.     mg     0.018     1       Niacin.     mg     0.120     1       Pantothenic acid.     mg     0.053     0       Vitamin B-6     mg     0.028     0       Folate, total.     mcg     1     0       Folate, total.     mcg     1     0       Folate, food.     mcg     1     0     0       Folate, food.     mcg     1     0     NC       Vitamin B-12     mcg     0.00     0     0       Vitamin B-12     mcg     0.00     0     NC       Vitamin A, IU.     IU     5     0     NC       Retinol.     mcg     0     0     z       Vitamin E (alpha-tocopherol).     mg     0     z       Tocopherol, beta     mg       Tocopherol, delta     mg       Vitamin D.     IU       Vitamin K (phylloquinone)     mcg       Lipids:       Fatty acids, total saturated     g     0.004     0       I4:1.     g       15:1.     g       16:1 undifferentiated     g	4	0.387	0.048	
Vitamin C, total ascorbic acid.         mg         32.0         1           Thiamin.         mg         0.010         1           Riboflavin.         mg         0.018         1           Niacin.         mg         0.0120         1           Pantothenic acid.         mg         0.053         0           Vitamin B-6.         mg         0.028         0           Folate, total.         mcg         1         0           Folic acid.         mcg         0         0         z           Folate, food.         mcg         1         0         NC           Folate, food.         mcg         1         0         NC           Vitatin, food.         mcg_DFE         1         0         NC           Vitamin B-12.         mcg         0.00         0         NC           Vitamin A, IU.         IU         5         0         NC           Retinol         mcg         0         0         nc           Vitamin E (alpha-tocopherol)         mg         0         0         z           Vitamin E (alpha-tocopherol), delta.         mg         0         0         nc           Vitamin K (phylloquinone).	4	0.0	0.0	
Vitamin C, total ascorbic acid.         mg         32.0         1           Thiamin.         mg         0.010         1           Riboflavin.         mg         0.018         1           Niacin.         mg         0.0120         1           Pantothenic acid.         mg         0.053         0           Vitamin B-6.         mg         0.028         0           Folate, total.         mcg         1         0           Folic acid.         mcg         0         0         z           Folate, food.         mcg         1         0         NC           Folate, food.         mcg         1         0         NC           Folate, food.         mcg         1         0         NC           Vitamin Food.         mcg_DFE         1         0         NC           Vitamin B-12.         mcg         0.00         0         NC           Vitamin A, RAE         mcg_RAE         0         0         NC           Retinol         mcg         0         0         z           Vitamin E (alpha-tocopherol)         mg         0         0         z           Vitamin M (phylloquinone)         mcg				
Thiamin         mg         0.010         1           Riboflavin         mg         0.018         1           Niacin         mg         0.120         1           Pantothenic acid         mg         0.053         0           Vitamin B-6         mg         0.028         0           Folate, total         mcg         1         0           Folate, total         mcg         1         0           Folate, food         mcg         1         0         value           Folate, food         mcg         1         0         value	1	78.4	9.8	
Riboflavin       mg       0.018       1         Niacin       mg       0.120       1         Pantothenic acid       mg       0.053       0         Vitamin B-6       mg       0.028       0         Folate, total       mcg       1       0         Folic acid       mcg       0       0       z         Folate, food       mcg       1       0       NC         Folate, pFE       mcg_DFE       1       0       NC         Vitamin Fe       mcg_DFE       1       0       NC         Vitamin B-12       mcg       0.00       0       NC         Vitamin A, RU       IU       5       0       NC         Retinol       mcg       0       NC       NC         Retinol       mcg       0       NC       NC         Retinol       mg       0       NC       NC         Vitamin E (alpha-tocopherol)       mg       NG       NG       NG         Tocopherol, gamma       mg       NG       NG       NG       NG         Vitamin D       IU       Vitamin K (phylloquinone)       NG       NG       NG       NG       NG       NG	1	0.025	0.003	
Niacin         mg         0.120         1           Pantothenic acid         mg         0.053         0           Vitamin B-6         mg         0.028         0           Folate, total         mcg         1         0           Folic acid         mcg         0         0         Z           Folate, food         mcg         1         0         NC           Folate, Ood         mcg         1         0         NC           Folate, Ood         mcg         1         0         NC           Folate, Food         mcg         1         0         NC           Folate, Food         mcg         1         0         NC           Vitamin, Food         NC         NC         NC         NC           Vitamin A, IU         IU         5         0         NC         NC         NC         Retinol         NC         <	1	0.044	0.003	
Pantothenic acid.         mg         0.053         0           Vitamin B-6.         mg         0.028         0           Folate, total.         mcg         1         0           Folic acid.         mcg         0         0         Z           Folate, food.         mcg         1         0         NC           Vitamin E, food.         mcg         0         0         NC           Vitamin B-12.         mcg         0         0         0         NC           Vitamin B-12.         mcg         0         0         NC	1	0.294	0.037	
Vitamin B-6.         mg         0.028         0           Folate, total.         mcg         1         0           Folic acid.         mcg         0         z           Folate, food.         mcg         1         0           Folate, DFE.         mcg         1         0         NC           Vitamin B-12.         mcg         0.00         0         V         V         V         V         V         V         V         V         V         V         V         V         V         V         V         V         V         V         V         V         V         V         V         V         V         V         V         V         V         V         V         V         V         V         V         V         V         V         V         V         V         V         V         V         V         V         V         V         V         V         V         V         V         V         V         V         V         V         V         V         V         V         V         V         V         V         V         V         V         V         V         V         <	4	0.130	0.016	
Folate, total mcg 1 0	4	0.069	0.009	
Folic acid. mcg 0 0 Z Folate, food. mcg 1 0 NC Folate, DFE. mcg_DFE 1 0 NC Vitamin B-12. mcg 0.00 0 Vitamin A, IU. IU 5 0 NC Retinol. mcg 0 0 NC Retinol. mcg 0 0 Z Vitamin E (alpha-tocopherol). mg Tocopherol, beta. mg Tocopherol, delta mg Vitamin D. IU Vitamin K (phylloquinone) mcg  ipids: Fatty acids, total saturated. 9 0 0.004 0 14:1. 9 15:1. 9 16:1 undifferentiated. 9	4	2	0	
Folate, food	7	0	0	
Folate, DFE	4	2	0	
Vitamin B-12	4	2	0	
Vitamin A, IU	4	0.00	0.00	
Vitamin A, RAE	4	12	2	
Retinol	4	1	0	
Tocopherol, beta	7	0	0	
Tocopherol, beta				
Tocopherol, delta				
Vitamin D				
Vitamin K (phylloquinone)				
Lipids:     9     0.033     0       Fatty acids, total saturated				
Fatty acids, total saturated				
Fatty acids, total saturated				
Fatty acids, total monounsaturated	4	0.081	0.010	
14:1	4	0.010	0.001	
15:1g 16:1 undifferentiatedg				
17:1g				
18:1 undifferentiated	4	0.010	0.001	
20:1g				
22:1 undifferentiatedg				
24:1 cg				
Fatty acids, total polyunsaturatedg 0.023	4	0.056	0.007	
18:2 undifferentiatedg 0.023 0	4	0.056	0.007	
18:3 undifferentiatedg				
18:4g				

	<u>A</u>	mount in 10	00 grams	Amount in edible portion of common				
			Number			measures of food		·
Nutrients and Units	Mean	Std. Error			Confidence Code	Measure 1	Measure 2	Measure 3
20:3 undifferentiatedg 20:4 undifferentiatedg								
20:5 n-3								
Fatty acids, total trans	0		0	1		0	0	

#### **Common Measures:**

Measure 1 = 245g: 1 cup (8 fl oz) Measure 2 = 30.6g: 1 fl oz

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.9

Food Group: 14 Beverages

NDB No. 14422 Dairy drink mix, chocolate, reduced calorie, with aspartame, powder

Nutrients and Units		<u>A</u>	mount in 10	Amount in edible portion of common						
	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Proximates:						_				
Water		12.80		1		1		2.69		
Energy		298		0	NC	4		63		
Energy		1247				4		262		
Protein (N x 6.2)		25.00		1 1		1 1		5.25 0.55		
Total lipid (fat)		2.60 8.20		1		1		1.72		
Ash Carbohydrate, by difference		50.20		0	NC	4		10.54		
Fiber, total dietary		9.4		1	LC	8		2.0		
Sugars, total		32.94		1	LC	8		6.92		
Starch		32.34		-	10	·		0.32		
Surcii	9									
Minerals:										
* Calcium, Ca	-	1412		1	LC	8		296		
Iron, Fe.		7.70		1		1		1.62		
Magnesium, Mg		210		1 0	ET A	1		44		
Phosphorus, P* Potassium, K		893 2240		0 1	FLA	4 1		187 470		
* Sodium, Na		659		1	LC	8		138		
Zinc, Zn		3.60		1	ш	1		0.76		
Copper, Cu		0.800	)	1		1		0.168		
Manganese, Mn		0.730		1		1		0.153		
Selenium, Se		16.7		0	FLC	4		3.5		
Vitamina										
Vitamins:	ma	5.6		1	LC	8		1.2		
Vitamin C, total ascorbic acid Thiamin		0.112	•	1	ъс	1		0.024		
Riboflavin	-	1.938		1		1		0.407		
Niacin		1.250		1		1		0.263		
Pantothenic acid		2.139		1		1		0.449		
Vitamin B-6		0.110	)	1		1		0.023		
Folate, total	mcg	33		0	FLA	4		7		
Folic acid	mcg	0		0	FLA	4		0		
Folate, food		33		0	FLA	4		7		
Folate, DFE		33		0	NC	4		7		
Vitamin B-12		2.39		1		1		0.50		
Vitamin A, IU		526		0	FLC	4		111		
Vitamin A, RAE		156		0	FLC	4		33		
Retinol		156		0 0	FLC	4		33		
Vitamin E (alpha-tocopherol) Tocopherol, beta		0.00		U	FLC	4		0.00		
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		188.235	<b>i</b>	1	LC	8		39.529		
Vitamin K (phylloquinone)		0.0		0	FLC	4		0.0		
I inide:										
Lipids:	σ.	1 071		0		1		0.202		
Fatty acids, total saturated4:0		1.871		0		1		0.393 0.000		
6:0		0.007		0		1		0.001		
8:0	• • • • • • • • • • • • • • • • • • • •	0.096		0		1		0.020		
10:0		0.077		0		1		0.016		
12:0		0.571		0		1		0.120		
13:0										
14:0		0.216	5	0		1		0.045		
15:0	g									
16:0	g	0.430	)	0		1		0.090		
17:0	-									
18:0	-	0.461	-	0		1		0.097		
20:0	-									
22:0	g									

NDB No. 14422
Dairy drink mix, chocolate, reduced calorie, with aspartame, powder

		<u>Aı</u>	mount in 10	00 grams	of edil	ole portic	<u>on</u>	Amount in edible portion of common		
				Number	•			<u>m</u>	easures of food	
Nutrients and	Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura		0.496		0		1		0.104		
14:1	-									
15:1	-	0.003		•		1		0 001		
16:1 undifferentiated	-	0.003	'	0		1		0.001		
17:1 18:1 undifferentiated	-	0.492		0		1		0.103		
20:1	-	0.492		0		1		0.103		
22:1 undifferentiated		0.000		0		1		0.000		
	-	0.000	1	U		1		0.000		
24:1 c		0.061		0		1		0.013		
Fatty acids, total polyunsaturate		0.061		0		1		0.013 0.013		
18:2 undifferentiated				0		1				
18:3 undifferentiated		0.002 0.000		0		1		0.000		
18:4		0.000	1	U		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		0		1		0.000		
22:5 n-3	-	0.000		0		1		0.000		
22:6 n-3		0.000		U		_		0.000		
Fatty acids, total trans		24		1	LC	8		5		
Cholesterol	-	24		_	ьс	0		5		
Phytosterols	IIIg									
Amino Acids:										
Tryptophan	g	0.365	i	0		1		0.077		
Threonine	g	1.102		0		1		0.231		
Isoleucine	g	1.391		0		1		0.292		
Leucine	g	2.243	1	0		1		0.471		
Lysine	g	1.823		0		1		0.383		
Methionine	g	0.534		0		1		0.112		
Cystine		0.250	ı	0		1		0.053		
Phenylalanine		1.213		0		1		0.255		
Tyrosine		1.153		0		1		0.242		
Valine	g	1.632		0		1		0.343		
Arginine	g	1.022		0		1		0.215		
Histidine	g	0.623		0		1		0.131		
Alanine	-	0.920		0		1		0.193		
Aspartic acid		2.044		0		1		0.429		
Glutamic acid		4.893		0		1		1.028		
Glycine		0.666	i	0		1		0.140		
Proline		2.099	ı	0		1		0.441		
Serine	-	1.285		0		1		0.270		
Hydroxyproline										
	<del>-</del>									
Others:				_	_	_				
Alcohol, ethyl		0.0		0	FLA	4		0.0		
Caffeine	=	18		0	FLC	4		4		
Theobromine	mg	622		0	FLC	4		131		
Carotenoids:										
Carotene, beta	mcq	1		0	FLC	4		0.146		
Carotene, alpha	_	0		0	FLC	4		0.000		
Cryptoxanthin, beta		0		0	FLC	4		0.000		
Lycopene		0		0	FLC	4		0.000		
Lutein + zeaxanthin		0		0	FLC	4		0.000		

#### **Common Measures:**

Measure 1 = 21g: 1 packet (.75 oz)

<sup>\*</sup>Vitamin or mineral added for enrichment or fortification

NDB No. 14422

Dairy drink mix, chocolate, reduced calorie, with aspartame, powder

Calories Factors: Protein 3.6 Fat 8.7 Carbohydrate 3.6

Food Group: 14 Beverages

NDB No. 14423

Dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water

		<u>A</u>	mount in 10	00 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
				Number of Data		Source	Confidence	<u>m</u>	easures of food	<u>.</u>	
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	q	90.80		0		1		185.23			
Energy		31		0	NC	4		63			
Energy		130				4		265			
Protein (N x 0)		2.60		0		1		5.30			
Total lipid (fat)		0.30		0		1		0.61			
Ash		0.90		0		1		1.84			
Carbohydrate, by difference	g	5.20		0	NC	4		10.61			
Fiber, total dietary	g	0.2		0	RP	4		0.4			
Sugars, total	g										
Starch	g										
Minerals:											
Calcium, Ca	-	94		0		1		192			
Iron, Fe		0.81		0		1		1.65			
Magnesium, Mg		23 89		0		1 4		47			
Phosphorus, P		89 235		0		4 1		182 479			
Potassium, K Sodium, Na		235 84		0		1		479 171			
Zinc, Zn		0.40		0		1		0.82			
Copper, Cu		0.089	•	0		1		0.182			
Manganese, Mn		0.077		0		1		0.157			
Selenium, Se		1.6		0	RP	4		3.3			
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.1		0		1		0.2			
Thiamin		0.012	2	0		1		0.024			
Riboflavin	mg	0.203	3	0		1		0.414			
Niacin	<u>.</u> mg	0.131	L	0		1		0.267			
Pantothenic acid	mg	0.224	l	0		1		0.457			
Vitamin B-6	_	0.011	L	0		1		0.022			
Folate, total		4		0		1		9			
Folic acid		0		0	Z	7		0			
Folate, food		4		0	***	1		9			
Folate, DFE		4 0.25		0 0	NC	4		9			
Vitamin B-12	• • • • • • • • • • • • • • • • • • • •	120		0		1 1		0.51 245			
Vitamin A, IU Vitamin A, RAE		36		0	NC	4		73			
Retinol		36		0	0	4		73 73			
Vitamin E (alpha-tocopherol)	_										
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D Vitamin K (phylloquinone)											
	g										
<u>_ipids:</u> Fatty acids, total saturated	а	0.196	5	0		1		0.400			
4:0		0.130	-	v		-		3.400			
6:0		0.001	L	0		1		0.002			
8:0	_	0.010		0		1		0.020			
10:0		0.008	3	0		1		0.016			
12:0	g	0.060	)	0		1		0.122			
13:0	_										
14:0		0.023	3	0		1		0.047			
15:0	_										
16:0	-	0.045	5	0		1		0.092			
17:0				•		_					
18:0		0.048	5	0		1		0.098			
20:0											
22:0 24:0											

	<u>An</u>	nount in 100 grams Numbe		e portio	<u>n</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
Du Du D	0.050					0.405		
Fatty acids, total monounsaturatedg	0.052	0		1		0.106		
14:1g 15:1g								
16:1 undifferentiated	0.000	0		1		0.000		
17:1g	0.000	· ·		-		0.000		
18:1 undifferentiatedg	0.051	0		1		0.104		
20:1	0.000	0		1		0.000		
22:1 undifferentiated	0.000	·		-		0.000		
24:1 cg								
Fatty acids, total polyunsaturatedg	0.006	0		1		0.012		
18:2 undifferentiated	0.006	0		1		0.012		
18:3 undifferentiated	0.000	0		1		0.000		
18:4g		•		_				
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg								
20:5 n-3g								
22:5 n-3g								
22:6 n-3g								
Fatty acids, total transg								
Cholesterol mg	1	0		4		2		
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.038	0		1		0.078		
Threonineg	0.115	0		1		0.235		
Isoleucineg	0.146	0		1		0.298		
Leucineg	0.235	0		1		0.479		
Lysineg	0.191	0		1		0.390		
Methionineg	0.056	0		1		0.114		
Cystineg	0.026	0		1		0.053		
Phenylalanineg	0.127	0		1		0.259		
Tyrosineg	0.121	0		1		0.247		
Valineg	0.171	0		1		0.349		
Arginineg	0.107	0		1		0.218		
Histidineg	0.065	0		1		0.133		
Alanineg	0.096	0		1		0.196		
Aspartic acidg	0.214	0		1		0.437		
Glutamic acidg	0.512	0		1		1.044		
Glycineg	0.070	0		1		0.143		
Prolineg	0.220	0		1		0.449		
Serineg	0.134	0		1		0.273		
Hydroxyproline9								
Others:								
Alcohol, ethylg								
Caffeine mg	2	0	RP	4		4		
Theobromine mg	83	0	RP	4		169		

# **Common Measures:**

Measure 1 = 204g: 6 fl oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

		<u>A</u>	mount in 100	grams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
Nutrients and Un	:40	Mean				Source Code	Confidence Code	mo Measure 1	easures of food  Measure 2	<u>l</u> Measure	
Nutrients and On	iits	Mean	Sta. Error	Onits	Oode		Oode	Measure 1	Measure 2	weasure	
Proximates:											
Water	=	0.50		3		1		0.14			
Energy		390		0	NC	4		109			
Energy	kj	1632				4		457			
Protein (N x 6.25)	g	0.40		3		1		0.11			
Total lipid (fat)	g	1.00		3		1		0.28			
Ash	g	0.70		3		1		0.20			
Carbohydrate, by difference	g	97.40		0	NC	4		27.27			
Fiber, total dietary	g	0.4		0	FLM	4		0.1			
Sugars, total		76.21		0	FLM	4		21.34			
Starch											
5 <b>44</b> 1 5 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1											
<u> Minerals:</u>											
Calcium, Ca	mg	12		0	FLM	4		3			
Iron, Fe	mg	0.90		2		1		0.25			
Magnesium, Mg	mg	4		0	FLM	4		1			
Phosphorus, P	mg	18		0	FLM	4		5			
Potassium, K	mg	16		0	FLM	4		5			
Sodium, Na	mg	155		2		1		43			
Zinc, Zn	mg	0.07		0	FLM	4		0.02			
Copper, Cu	mg	0.016	5	0	FLM	4		0.005			
Manganese, Mn	mg	0.043	3	0	FLM	4		0.012			
Selenium, Se	mcg	1.4		0	FLM	4		0.4			
· · · ·											
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	-	0.0		2		1		0.0			
Thiamin		0.004		2		1		0.001			
Riboflavin		0.024	1	0	FLM	4		0.007			
Niacin	mg	0.155	5	2		1		0.043			
Pantothenic acid	mg	0.051	L	0	FLM	4		0.014			
Vitamin B-6	mg	0.005	5	2		1		0.001			
Folate, total	mcg	3		0	FLM	4		1			
Folic acid	mcg	0		0	FLM	4		0			
Folate, food		3		0	FLM	4		1			
Folate, DFE	mcg_DFE	3		0	NC	4		1			
Vitamin B-12		0.03		0	FLM	4		0.01			
Vitamin A, IU	IU	26		0	FLM	4		7			
Vitamin A, RAE		7		0	FLM	4		2			
Retinol		6		0	FLM	4		2			
Vitamin E (alpha-tocopherol)		0.04		0	FLM	4		0.01			
Tocopherol, beta		0.00		0	FLM	4		0.00			
Tocopherol, gamma		0.02		0	FLM	4		0.01			
Tocopherol, delta		0.00		0	FLM	4		0.00			
Vitamin D		1.849	9	0	FLM	4		0.518			
Vitamin K (phylloquinone)		0.0		0	FLM	4		0.0			
vitamini ix (phynoquinone)		0.0		·	2.202	•		0.0			
<u>Lipids:</u>											
Fatty acids, total saturated	g	0.287	7	0	FLM	4		0.080			
4:0		0.000	)	0	FLM	4		0.000			
6:0	-	0.000		0	FLM	4		0.000			
8:0	-	0.000		0	FLM	4		0.000			
10:0	-	0.000		0	FLM	4		0.000			
12:0		0.003		0	FLM	4		0.001			
13:0	-			-							
14:0	-	0.178	3	0	FLM	4		0.050			
15:0		0.000		0	FLM	4		0.000			
16:0	-	0.081		0	FLM	4		0.000			
17:0		0.000		0	FLM	4		0.023			
		0.000		0	FLM	4					
18:0								0.007			
20:0	-	0.000		0	FLM	4		0.000			
22:0	-	0.000		0	FLM	4		0.000			
24:0	g	0.000	)	0	FLM	4		0.000			

		<u>Ar</u>	nount in 10	00 grams	Amount in edible portion of common							
					Number				measures of food			
Nutrients and	l Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3		
Fatty acids, total monounsatur		0.373		0	FLM	4		0.105				
14:1	=	0.001		0	FLM	4		0.000				
15:1	=	0.055		0	FLM	4		0.015				
16:1 undifferentiated	-	0.055		U	F-LM	4		0.015				
18:1 undifferentiated	-	0.316		0	FLM	4		0.088				
20:1		0.002		0	FLM	4		0.001				
22:1 undifferentiated	-	0.002		0	FLM	4		0.000				
24:1 c				•		_		0.000				
Fatty acids, total polyunsatura		0.112		0	FLM	4		0.031				
18:2 undifferentiated		0.095		0	FLM	4		0.027				
18:3 undifferentiated	g	0.003		0	FLM	4		0.001				
18:4	g	0.000		0	FLM	4		0.000				
20:2 n-6 c,c	g											
20:3 undifferentiated	•											
20:4 undifferentiated		0.011		0	FLM	4		0.003				
20:5 n-3		0.000		0	FLM	4		0.000				
22:5 n-3		0.000		0	FLM	4		0.000				
22:6 n-3	• • • • • • • • • • • • • • • • • • • •	0.003		0	FLM	4		0.001				
Fatty acids, total trans	=			_		_		_				
Cholesterol		21		0	FLM	4		6				
Phytosterols	mg	1		0	FLM	4		0				
Amino Acids:												
Tryptophan	g	0.003		0	FLM	4		0.001				
Threonine	g	0.012		0	FLM	4		0.003				
Isoleucine	g	0.015		0	FLM	4		0.004				
Leucine	g	0.024		0	FLM	4		0.007				
Lysine	g	0.021		0	FLM	4		0.006				
Methionine	g	0.006		0	FLM	4		0.002				
Cystine		0.005		0	FLM	4		0.001				
Phenylalanine		0.012		0	FLM	4		0.003				
Tyrosine	_	0.012		0	FLM	4		0.003				
Valine		0.016		0	FLM	4		0.005				
Arginine		0.019		0	FLM	4		0.005				
Histidine		0.007		0	FLM	4		0.002				
Alanine		0.014		0	FLM FLM	4 4		0.004				
Aspartic acidGlutamic acid	-	0.027 0.034		0	FLM	4		0.007 0.009				
		0.034		0	FLM	4		0.009				
Glycine				0	FLM	4						
Serine	<del>-</del>	0.011 0.023		0	FLM	4		0.003 0.006				
Hydroxyproline		0.023		v	2 1101	-		0.000				
J J.	g											
Others:	_			•		_						
Alcohol, ethyl		0.0		0	FLM	4		0.0				
Caffeine	-	0		0 0	FLM	4		0 0				
Theobromine		U		U	FLM	4		U				
Carotenoids:												
Carotene, beta		2		0	FLM	4		0.426				
Carotene, alpha		1		0	FLM	4		0.182				
Cryptoxanthin, beta	-	1		0	FLM	4		0.161				
Lycopene		0		0	FLM	4		0.000				
Lutein + zeaxanthin	mcg	19		0	FLM	4		5.271				

# **Common Measures:**

Measure 1 = 28g: 2 tsp, rounded

NDB No. 14244

Eggnog-flavor mix, powder

Calories Factors: Protein 4.36 Fat 9.02 Carbohydrate 3.9

Food Group: 14 Beverages

NDB No. 14245 Eggnog-flavor mix, powder, prepared with whole milk

		<u>A</u>	mount in 10	o grams	of edit	<u>on</u>	Amount in edible portion of common				
				Number	•			measures of food			
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	79.16		0	RPA	1		215.32			
Energy		95		0	RPI	6		258			
Energy		396		0	RPI	6		1077			
Protein		2.93		0	RPA	1		7.97			
Total lipid (fat)	-	3.02		0	RPI	6		8.20			
Ash	_	0.69		0	RPA	1		1.88			
Carbohydrate, by difference	<del>-</del>	14.20		0	RPI	6		38.64			
Fiber, total dietary		0.0		0	RPI	6		0.1			
Sugars, total		12.66		0	RPI	6		34.43			
Starch				·		•		51.15			
	9										
Minerals:						_		0.40			
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	92		0	RPI	6		249			
Iron, Fe	_	0.12 10		0	RPA RPI	1 6		0.34 26			
Magnesium, Mg		77		0	RPI	6		210			
Phosphorus, P Potassium, K		121		0	RPI	6		328			
Sodium. Na		55		0	RPA	1		149			
Zinc, Zn	•	0.35		0	RPI	6		0.95			
Copper, Cu		0.022	<u> </u>	0	RPI	6		0.060			
Manganese, Mn		0.007		0	RPI	6		0.020			
Selenium, Se		3.4		0	RPI	6		9.3			
· ·											
<u>Vitamins:</u>	<b></b>	0.0		0				0.0			
Vitamin C, total ascorbic acid	-	0.0		0	RPA RPA	1 1		0.0 0.108			
Thiamin		0.040		0	RPI	6		0.108			
Riboflavin		0.166		0	RPA	1		0.452			
Niacin Pantothenic acid		0.112		0	RPI	6		0.897			
Vitamin B-6		0.033		0	RPA	1		0.090			
Folate, total		5	,	0	RPI	6		13			
Folic acid		0		0	RPI	6		0			
Folate, food		5		0	RPI	6		13			
Folate, DFE		5		0	NC	4		13			
Vitamin B-12		0.39		0	RPI	6		1.07			
Vitamin A, IU		94		0	RPI	6		256			
Vitamin A, RAE	mcg RAE	26		0	RPI	6		71			
Retinol		26		0	RPI	6		70			
Vitamin E (alpha-tocopherol)	mg	0.06		0	RPI	6		0.15			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	0.2		0	RPI	6		0.6			
Lipids:											
Fatty acids, total saturated	g	1.701	L	0	RPI	6		4.626			
4:0		0.067		0	RPI	6		0.182			
6:0		0.067		0	RPI	6		0.182			
8:0		0.067		0	RPI	6		0.182			
10:0	-	0.067		0	RPI	6		0.182			
12:0	-	0.069	)	0	RPI	6		0.188			
13:0											
14:0		0.284	l	0	RPI	6		0.774			
15:0		0.000	)	0	RPI	6		0.000			
16:0		0.751	L	0	RPI	6		2.042			
17:0	_										
18:0	_	0.329	)	0	RPI	6		0.895			
20:0	g	0.000	)	0	RPI	6		0.000			
22:0	-	0.000	)	0	RPI	6		0.000			
24:0	-	0.000	`	0	RPI	6		0.000			

	Aı	mount in 100 grams	of edil	<u>on</u>	Amount in edible portion of common			
		Numbe	r			<u>m</u>	easures of food	
			Deriv	Source	Confidence			
<b>Nutrients and Units</b>	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	.g 0.767	0	RPI	6		2.085		
14:1		0	RPI	6		0.000		
15:1 undifferentiated	.g 0.006	0	RPI	6		0.016		
17:1	. •	_						
18:1 undifferentiated			RPI	6		2.069		
20:1	•		RPI	6		0.001		
22:1 undifferentiated 24:1 c	=	0	RPI	6		0.000		
Fatty acids, total polyunsaturated		0	RPI	6		0.506		
18:2 undifferentiated			RPI	6		0.320		
18:3 undifferentiated		0	RPI	6		0.182		
18:4	-		RPI	6		0.000		
20:2 n-6 c,c	.g							
20:3 undifferentiated	.g							
20:4 undifferentiated	.g 0.001	. 0	RPI	6		0.003		
20:5 n-3	.g 0.000	0	RPI	6		0.000		
22:5 n-3	.g 0.000	0	RPI	6		0.000		
22:6 n-3	.g 0.000	0	RPI	6		0.001		
Fatty acids, total trans	.g							
Cholesterol	.mg 11	0	RPI	6		31		
Phytosterols	.mg							
Amino Acids:								
Tryptophan	g 0.067	0	RPI	6		0.183		
Threonine			RPI	6		0.352		
Isoleucine	_		RPI	6		0.406		
Leucine			RPI	6		0.654		
Lysine	-	0	RPI	6		0.348		
Methionine		0	RPI	6		0.184		
Cystine		0	RPI	6		0.042		
Phenylalanine	=	0	RPI	6		0.361		
Tyrosine		0	RPI	6		0.373		
Valine		0	RPI	6		0.473		
Arginine		0	RPI	6		0.188		
Histidine	.g 0.068	0	RPI	6		0.184		
Alanine		0	RPI	6		0.254		
Aspartic acid	.g 0.215	0	RPI	6		0.586		
Glutamic acid	.g 0.584	0	RPI	6		1.589		
Glycine	.g 0.068	0	RPI	6		0.185		
Proline	.g 0.307	0	RPI	6		0.836		
Serine	.g 0.098	0	RPI	6		0.267		
Hydroxyproline	.g							
Others:								
Alcohol, ethyl9	0.0	0	RPI	6		0.0		
Caffeine		0	RPI	6		0		
Theobromine n		0	RPI	6		0		
Carotenoids:		v		•		-		
<u> </u>	nog <b>5</b>	•		_		12 007		
Carotene, beta	-	0	RPI	6		13.097		
- · · · · · · · · · · · · · · · · · · ·	ņcg 0 nca 0	0	RPI	6		0.184		
Cryptoxanthin, beta		0	RPI RPI	6 6		0.163 0.000		
Lycopene		0	RPI	6				
Lutein + zeaxanthinn	inoa Z	0	KPI	О		5.339		

# **Common Measures:**

Measure 1 = 272g: 1 cup (8 fl oz)

NDB No. 14245

Eggnog-flavor mix, powder, prepared with whole milk

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

NDB No. 14154 Energy drink, with caffeine, niacin, pantothenic acid, vitamins B6 and B12

		<u>A</u>	mount in 10	u grams	ot edik	ole portic	<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	g	88.19		0	NR	4					
Energy	kcal	43		1	LC	8					
Energy	kj	180		0	LC	8					
Protein (N x 6.25)	g	0.39		1	LC	8					
Total lipid (fat)	g	0.00		1	LC	8					
Ash	g	0.45		0	FLC	4					
Carbohydrate, by difference	g	10.97		1	LC	8					
Fiber, total dietary	g	0.0		1	LC	8					
Sugars, total	g	10.58		1	LC	8					
Starch	g										
Minerals:											
Calcium, Ca	-	82		0	FLC	4					
Iron, Fe.	-	0.15		0	FLC	4					
Magnesium, Mg		11		0	FLC	4					
Phosphorus, P		10		0	FLC	4					
Potassium, K		114		0	FLC	4					
Sodium, Na	-	78		1	LC	8					
Zinc, Zn		0.02		0	FLC	4 4					
Copper, Cu		0.010		0	FLC FLC	4					
Manganese, Mn Selenium, Se		0.05	,	0	FLC	4					
· ·	9	0.0		·		-					
Vitamins: Vitamin C, total ascorbic acid	ma	0.0		0	FLC	4					
Thiamin		0.000	1	0	FLC	4					
Riboflavin		0.004		0	FLC	4					
Niacin.		7.836		1	LC	8					
Pantothenic acid		1.959		1	LC	8					
Vitamin B-6		1.959	)	1	LC	8					
Folate, total		0		0	FLC	4					
Folic acid		0		0	FLC	4					
Folate, food		0		0	FLC	4					
Folate, DFE		0		0	NC	4					
Vitamin B-12		1.96		0	LC	8					
Vitamin A, IU		0		0	FLC	4					
Vitamin A, RAE	mcg_RAE	0		0	FLC	4					
Retinol		0		0	FLC	4					
Vitamin E (alpha-tocopherol)	mg	0.00		0	FLC	4					
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D Vitamin K (phylloquinone)		0.1		0	FLC	4					
v itainin K (pnyiioquinone)	ilicy	0.1		U	FIC	4					
Lipids:	_			~		_					
Fatty acids, total saturated		0.000		1	LC	8					
4:0		0.000		0	FLC	4					
6:0	_	0.000		0	FLC	4					
8:0	_	0.000		0 0	FLC FLC	4 4					
10:0		0.000		0	FLC	4					
12:0 13:0		0.000	,	U	FTC	*					
14:0		0.000	)	0	FLC	4					
15:0		0.000	-	J	ELIC	-					
16:0		0.000	)	0	FLC	4					
17:0		0.000	-	J	ELIC	-					
18:0	_	0.000	)	0	FLC	4					
20:0	_	0.000	-	J	ELIC	-					
22:0	_										
24:0	_										

NDB No. 14154 Energy drink, with caffeine, niacin, pantothenic acid, vitamins B6 and B12

		<u>Ar</u>	nount in 10	0 grams	<u>on</u>	Amount in edible portion of common measures of food				
Nutrients and U	Jnits	Mean	Std. Error	of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate		0.000		1	LC	8				
14:1	••••••									
15:1	-									
16:1 undifferentiated		0.000		0	FLC	4				
17:1	-									
18:1 undifferentiated		0.000		0	FLC	4				
20:1	-	0.000		0	FLC	4				
22:1 undifferentiated	•	0.000		0	FLC	4				
24:1 c										
Fatty acids, total polyunsaturated		0.000		1	LC	8				
18:2 undifferentiated		0.000		0	FLC	4				
18:3 undifferentiated	g	0.000		0	FLC	4				
18:4	g	0.000		0	FLC	4				
20:2 n-6 c,c	g									
20:3 undifferentiated										
20:4 undifferentiated	g	0.000		0	FLC	4				
20:5 n-3	g	0.000		0	FLC	4				
22:5 n-3	g	0.000		0	FLC	4				
22:6 n-3	g	0.000		0	FLC	4				
Fatty acids, total trans	g									
Cholesterol	mg	0		1	LC	8				
Phytosterols	mg									
Others:										
Alcohol, ethyl		0.0		0	FLC	4				
* Caffeine	mg	31		1	LC	8				
Theobromine	mg	0		0	FLC	4				
Carotenoids:										
Carotene, beta		0		0	FLC	4				
Carotene, alpha		0		0	FLC	4				
Cryptoxanthin, beta	mcg	0		0	FLC	4				
Lycopene	<u>m</u> cg	0		0	FLC	4				
Lutein + zeaxanthin	mcg	0		0	FLC	4				

# **Common Measures:**

\*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

		<u>A</u> 1	mount in 10	<u>0 grams</u>	of edit	ole portio	<u>n</u>	Amount in edible portion of common			
			I	Number				<u>m</u>	easures of food	<u>.</u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Unit	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	-	58.20		2		1		20.25	243.28		
Energy	kcal	162		0	NC	4		56	677		
Energy		678				4		236	2833		
Protein (N x 6.25)	-	0.20		2		1		0.07	0.84		
Total lipid (fat)	g	0.00		2		1		0.00	0.00		
Ash		0.20		2		1		0.07	0.84		
Carbohydrate, by difference	g	41.40		0	NC	4		14.41	173.05		
Fiber, total dietary	g	0.4		0		4		0.1	1.7		
Sugars, total	g										
Starch	g										
Ainerals:											
Calcium, Ca	ma	8		2		1		3	33		
Iron, Fe	-	0.30		2		1		0.10	1.25		
Magnesium, Mg	-	6		2		1		2	25		
Phosphorus, P		2		2		1		1	8		
Potassium, K	•	44		2		1		15	184		
Sodium, Na	_	8		2		1		3	33		
Zinc, Zn	mg	0.07		2		1		0.02	0.29		
Copper, Cu	mg	0.090	)	2		1		0.031	0.376		
Manganese, Mn	<u>mg</u>	0.360	)	2		1		0.125	1.505		
Selenium, Se	mcg	0.0		0	BFSN	4		0.0	0.0		
/itamins:											
Vitamin C, total ascorbic acid	ma	155.6		2		1		54.1	650.4		
Thiamin	-	0.034	ı	2		1		0.012	0.142		
Riboflavin		0.046		1		1		0.016	0.192		
Niacin		0.074		2		1		0.026	0.309		
Pantothenic acid		0.028		2		1		0.010	0.117		
Vitamin B-6		0.021	L	2		1		0.007	0.088		
Folate, total	_	3		2		1		1	14		
Folic acid		0		0	Z	7		0	0		
Folate, food		3		2		1		1	14		
Folate, DFE		3		0	NC	4		1	14		
Vitamin B-12		0.00		1		1		0.00	0.00		
Vitamin A, IU	IU	39		2		1		14	163		
Vitamin A, RAE	mcg_RAE	2		0	NC	4		1	8		
Retinol	mcg	0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	nicg										
<u> ipids:</u>											
Fatty acids, total saturated	g	0.003	3	0		1		0.001	0.013		
4:0											
6:0	g										
8:0	g										
10:0											
12:0	-										
13:0											
14:0	_	0.000	)	0		1		0.000	0.000		
15:0	_										
16:0		0.003	3	0		1		0.001	0.013		
17:0	_										
18:0	_	0.000	)	0		1		0.000	0.000		
20:0	_										
22:0	g										

		<u>Am</u>	ount in 100 grams	of edible portio	<u>on</u>	Amount in edible portion of common			
				Deriv Source	Confidence	<u>m</u> .	easures of food		
Nutrients and Units	3	Mean S	Std. Error Points	Code Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated		0.003	0	1		0.001	0.013		
14:1 15:1									
16:1 undifferentiated		0.000	0	1		0.000	0.000		
17:1		0.000	v	-		0.000	0.000		
18:1 undifferentiated.		0.002	0	1		0.001	0.008		
20:1						0.002	0.000		
22:1 undifferentiated.									
24:1 c									
Fatty acids, total polyunsaturated	g	0.006	0	1		0.002	0.025		
18:2 undifferentiated	g	0.005	0	1		0.002	0.021		
18:3 undifferentiated	g	0.002	0	1		0.001	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	mg	0	0	1		0	0		
Phytosterols	mg								

### **Common Measures:**

Measure 1 = 34.8g: 1 fl oz

Measure 2 = 418g: 1 can (12 fl oz)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.9

Food Group: 14 Beverages

NDB No. 14269
Fruit punch drink, frozen concentrate, prepared with water

Nutrients and Units  Proximates:  Water	kcal kj g g g g g g g	88.15 46 191 0.06 0.00 0.13 11.66 0.1		lumber of Data Points  0 0 0 0 0 0 0 0	Deriv	Source Code	Confidence Code	Measure 1  217.73  113  472	Measure 2  27.24 14 59	Measure 3
Proximates:  Water Energy Energy Protein (N x 0) Total lipid (fat) Ash Carbohydrate, by difference Fiber, total dietary Sugars, total Starch  Minerals: Calcium, Ca Iron, Fe Magnesium, Mg Phosphorus, P Potassium, K Sodium, Na Zinc, Zn Copper, Cu Manganese, Mn Selenium, Se	kcal kj g g g g g g g	88.15 46 191 0.06 0.00 0.13 11.66		0 0 0 0 0	RPI RPI RPI RPI RPI	6 6 6		217.73 113	27.24 14	Measure 3
Proximates:  Water Energy Energy Protein (N x 0) Total lipid (fat) Ash Carbohydrate, by difference Fiber, total dietary Sugars, total Starch  Minerals: Calcium, Ca Iron, Fe Magnesium, Mg Phosphorus, P Potassium, K Sodium, Na Zinc, Zn Copper, Cu Manganese, Mn Selenium, Se	kcal kj g g g g g g g	88.15 46 191 0.06 0.00 0.13 11.66	Std. Error F	0 0 0 0	RPI RPI RPI RPI	6 6 6	Code	217.73 113	27.24 14	Measure 3
Water. Energy Energy Protein (N x 0) Total lipid (fat). Ash Carbohydrate, by difference Fiber, total dietary Sugars, total Starch  Winerals: Calcium, Ca Iron, Fe Magnesium, Mg Phosphorus, P Potassium, K Sodium, Na Zinc, Zn Copper, Cu Manganese, Mn Selenium, Se	kcal kj g g g g g g g	46 191 0.06 0.00 0.13 11.66		0 0 0 0	RPI RPI RPI RPI	6 6		113	14	
Energy Energy Protein (N x 0) Total lipid (fat) Ash Carbohydrate, by difference. Fiber, total dietary Sugars, total Starch  Minerals: Calcium, Ca Iron, Fe Magnesium, Mg Phosphorus, P Potassium, K Sodium, Na Zinc, Zn Copper, Cu Manganese, Mn Selenium, Se	kcal kj g g g g g g g	46 191 0.06 0.00 0.13 11.66		0 0 0 0	RPI RPI RPI RPI	6 6		113	14	
Energy	kj g g g g g g g	191 0.06 0.00 0.13 11.66		0 0 0	RPI RPI RPI	6				
Protein (N x 0)	g g g g g g g	0.06 0.00 0.13 11.66		0 0	RPI RPI			472	50	
Total lipid (fat)	g g g g g g	0.00 0.13 11.66		0	RPI	6			29	
Ash	g g g g g	0.13 11.66		0				0.14	0.02	
Carbohydrate, by difference Fiber, total dietary Sugars, total Starch  Minerals: Calcium, Ca Iron, Fe Magnesium, Mg Phosphorus, P Potassium, K Sodium, Na Zinc, Zn Copper, Cu Manganese, Mn Selenium, Se	g g g g	11.66			דתת	6		0.00	0.00	
Fiber, total dietary  Sugars, total  Starch  Minerals:  Calcium, Ca Iron, Fe  Magnesium, Mg Phosphorus, P Potassium, K Sodium, Na Zinc, Zn Copper, Cu Manganese, Mn Selenium, Se	g g g			0	KPI	6		0.32	0.04	
Sugars, total Starch  Minerals: Calcium, Ca Iron, Fe Magnesium, Mg Phosphorus, P Potassium, K Sodium, Na Zinc, Zn Copper, Cu Manganese, Mn Selenium, Se	g g	0.1			RPI	6		28.81	3.60	
Starch  Minerals: Calcium, Ca Iron, Fe Magnesium, Mg. Phosphorus, P. Potassium, K. Sodium, Na. Zinc, Zn. Copper, Cu. Manganese, Mn. Selenium, Se	g			0	RPI	6		0.3	0.0	
Minerals:  Calcium, Ca	mg									
Calcium, Ca Iron, Fe Magnesium, Mg Phosphorus, P Potassium, K Sodium, Na Zinc, Zn Copper, Cu Manganese, Mn Selenium, Se	_									
Calcium, Ca Iron, Fe Magnesium, Mg Phosphorus, P Potassium, K Sodium, Na Zinc, Zn Copper, Cu Manganese, Mn Selenium, Se	_									
Iron, Fe	_	4		0	RPA	1		10	1	
Magnesium, Mg		0.09		0	RPA	1		0.22	0.03	
Phosphorus, P	mg	2		Ö	RPA	1		5	1	
Potassium, K. Sodium, Na. Zinc, Zn. Copper, Cu. Manganese, Mn. Selenium, Se.		1		0	RPA	1		1	0	
Sodium, Na	-	13		0	RPA	1		31	4	
Zinc, Zn	_	4		0	RPA	1		9	1	
Manganese, Mn		0.02		0	RPA	1		0.06	0.01	
Selenium, Se	mg	0.030	)	0	RPA	1		0.075	0.009	
•	mg	0.102	2	0	RPA	1		0.251	0.031	
7*4	mcg	0.0		0	RPI	6		0.0	0.0	
Vitamins: Vitamin C, total ascorbic acid	ma	43.8		0	RPI	6		108.3	13.5	
Thiamin		0.010	1	0	RPI	6		0.024	0.003	
Riboflavin		0.013		0	RPI	6		0.032	0.004	
Niacin		0.021		0	RPI	6		0.051	0.004	
Pantothenic acid	-	0.008		0	RPI	6		0.019	0.002	
Vitamin B-6		0.006		0	RPI	6		0.015	0.002	
Folate, total	-	1		0	RPI	6		2	0	
Folic acid		0		0	RPI	6		0	0	
Folate, food		1		0	RPI	6		2	0	
Folate, DFE	mcg DFE	1		0	NC	4		2	0	
Vitamin B-12		0.00		0	RPI	6		0.00	0.00	
Vitamin A, IU		11		0	RPI	6		27	3	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol		0		0	z	7		0	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	q	0.001	L	0	RPA	1		0.002	0.000	
4:0				-						
6:0										
8:0										
10:0										
12:0										
13:0	g									
14:0	g	0.000	)	0	RPA	1		0.000	0.000	
15:0	g									
16:0		0.001	L	0	RPA	1		0.002	0.000	
17:0	g									
18:0	g	0.000	)	0	RPA	1		0.000	0.000	
20:0	g									
22:0	g									

		<u>Ar</u>	nount in 10	0 grams	of edik	<u>n</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food	
Nutrients and Unit	ts	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	0.001		0	RPA	1		0.001	0.000	
14:1		0.002		·		_		0.001	0.000	
15:1										
16:1 undifferentiated.		0.000		0	RPA	1		0.000	0.000	
17:1										
18:1 undifferentiated		0.001		0	RPA	1		0.001	0.000	
20:1	-									
22:1 undifferentiated										
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.002		0	RPA	1		0.005	0.001	
18:2 undifferentiated		0.001		0	RPA	1		0.003	0.000	
18:3 undifferentiated	g	0.001		0	RPA	1		0.001	0.000	
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans										
Cholesterol		0		0	RPA	1		0	0	
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	RPI	6		0.0	0.0	
Caffeine	mg	0		0	RPI	6		0	0	
Theobromine	mg	0		0	RPI	6		0	0	

# **Common Measures:**

Measure 1 = 247g: 1 cup (8 fl oz) Measure 2 = 30.9g: 1 fl oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

		<u>Aı</u>	nount in 100 gı	rams of	f edib	le portio	<u>n</u>	Amount in edible portion of common		
			Nur	mber				<u>m</u>	easures of food	
			of I	Data D	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error Po	ints C	ode	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	87.97	0.231	6	JO	11		218.17	27.27	
Energy	kcal	47		0	NC	4		116	14	
Energy	kj	195		0	NC	4		485	61	
Protein (N x 6.25)	g	0.00		5		1		0.00	0.00	
Total lipid (fat)	g	0.00		3		1		0.00	0.00	
Ash	g	0.05	0.016	6	JO	11		0.13	0.02	
Carbohydrate, by difference	g	11.97		0	NC	4		29.70	3.71	
Fiber, total dietary	g	0.2		0	FLC	4		0.5	0.1	
Sugars, total	g	11.29		1	AI	13		28.00	3.50	
Starch	g									
Minanala										
Minerals:	ma	•	1 270	1 5	7	4		20	3	
Calcium, Ca	-	8 0.09	1.370 0.014	15 18	A A	1 1		20 0.22	3 0.03	
Iron, Fe	-	0.09 3	0.014	18	A A	1		0.22 8	0.03	
Magnesium, Mg Phosphorus, P		3	0.433	18 17	A	1		8 8	1	
•	-	25	0.744	14	A	1		62	8	
Potassium, K	-	38		1	LC	8		95	12	
* Sodium, Na Zinc, Zn		0.01	0.004	18	A	1		0.03	0.00	
Copper, Cu		0.01		2	AI	13		0.03	0.003	
Manganese, Mn		0.010		18	A	1		0.209	0.026	
Selenium, Se		0.2	0.141	18	A	1		0.5	0.1	
			***			_				
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	29.6		11		1		73.4	9.2	
Thiamin	-	0.022		3		1		0.055	0.007	
Riboflavin	mg	0.023		2		1		0.057	0.007	
Niacin	<u>mg</u>	0.021		3		1		0.052	0.007	
Pantothenic acid	_	0.014		2		1		0.035	0.004	
Vitamin B-6	-	0.011		2	JO	11		0.027	0.003	
Folate, total		4			FLC	4		10	1	
Folic acid		0			FLC	4		0	0	
Folate, food		4			FLC	4		10	1	
Folate, DFE		4		0	NC	4		10	1	
Vitamin B-12		0.00		1		1		0.00	0.00	
Vitamin A, IU		28			FLC	4		69	9	
Vitamin A, RAE		2			FLC	4		4	0	
Retinol		0			FLC	4		0	0	
Vitamin E (alpha-tocopherol)		0.02		0	FLC	4		0.05	0.01	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin K (phylloquinone)		0.0		1	A	1		0.0	0.0	
vitamin K (phynodumone)	g	0.0		-		-		0.0	0.0	
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.000		1	LC	8		0.000	0.000	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	-	0.000		0		4		0.000	0.000	
12:0		0.000		0		4		0.000	0.000	
13:0										
14:0	g	0.000		0		1		0.000	0.000	
15:0										
16:0	g	0.001		0		1		0.002	0.000	
17:0	g									
18:0	g	0.000		0		1		0.000	0.000	
20:0	-									
22:0	g									
24:0	g									

	<u>Am</u>	ount in 100 gram	er		_	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	of Dat Std. Error Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
	0.002	0		1		0.005	0.001	
Fatty acids, total monounsaturatedg 14:1g	0.002	0		1		0.005	0.001	
14:1g 15:1g								
16:1 undifferentiatedg	0.000	0		1		0.000	0.000	
17:1g	0.000	·		_		0.000	0.000	
18:1 undifferentiatedg	0.001	0		1		0.002	0.000	
20:1g	0.000	0		4		0.000	0.000	
22:1 undifferentiated	0.000	0		4		0.000	0.000	
24:1 cg								
Fatty acids, total polyunsaturated	0.003	0		1		0.007	0.001	
18:2 undifferentiatedg	0.002	0		1		0.005	0.001	
18:3 undifferentiatedg	0.001	0		1		0.002	0.000	
18:4g	0.000	0		4		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0		4		0.000	0.000	
20:5 n-3g	0.000	0		4		0.000	0.000	
22:5 n-3g	0.000	0		4		0.000	0.000	
22:6 n-3g	0.000	0		4		0.000	0.000	
Fatty acids, total transg								
Cholesterolmg	0	0	FLC	4		0	0	
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	FLC	4		0.0	0.0	
Caffeine mg	0	0	FLC	4		0	0	
Theobrominemg	0	0	FLC	4		0	0	
Carotenoids:								
Carotene, betamcg	10	0	0	4		24.800	3.100	
Carotene, alphamcg	0	0	FLC	4		0.520	0.065	
Cryptoxanthin, betamcg	11	0	FLC	4		28.357	3.545	
Lycopenemcg	0	0	FLC	4		0.000	0.000	
Lutein + zeaxanthin mcg	10	0	FLC	4		25.278	3.160	

# **Common Measures:**

Measure 1 = 248g: 1 cup (8 fl oz) Measure 2 = 31.0g: 1 fl oz

\*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.9

Food Group: 14 Beverages

		<u>A</u>	mount in 100	<u>grams</u>	ot edib	ie portio	<u>on</u>	Amount in edible portion of common			
			I	Number				<u>m</u>	easures of food	i	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	87.97		0	BFZN	4					
Energy	=	48		0	NC	4					
Energy		200		0	NC	4					
Protein		0.00		2	LC	8					
Total lipid (fat)		0.00		2	LC	8					
Ash		0.05		0	BFZN	4					
Carbohydrate, by difference		11.97		0	NC	4					
Fiber, total dietary		0.0		2	LC	8					
Sugars, total		11.29		0	BFZN	4					
Starch		11.23		J	DI ZIN	-					
Staren	9										
<u>Minerals:</u>											
Calcium, Ca	-	8		0	BFZN	4					
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.09		0	BFZN	4					
Magnesium, Mg		3		0	BFZN	4					
Phosphorus, P		3		0	BFZN	4					
Potassium, K		25		0	BFZN	4					
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	10		2 0	LC	8 4					
Zinc, Zn		0.01 0.010	,	0	BFZN BFZN	4					
Copper, Cu		0.010		0	BFZN	4					
Selenium, Se		0.004	•	0	BFZN	4					
Scientini, Sc	9	0.2		·	21 211	•					
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	mg	0.4		0	FLC	4					
Thiamin		0.022		0	BFZN	4					
Riboflavin		0.023		0	BFZN	4					
Niacin		0.021		0	BFZN	4					
Pantothenic acid		0.014		0	BFZN	4					
Vitamin B-6	-	0.011	L	0	BFZN	4					
Folate, total		4		0	BFZN	4					
Folic acid		0		0	BFZN	4					
Folate, food		4		0	BFZN	4					
Folate, DFE		4		0	NC	4					
Vitamin B-12		0.00		0 0	BFZN	4 4					
Vitamin A, IU Vitamin A, RAE		0		0	FLC FLC	4					
Retinol		0		0	FLC	4					
Vitamin E (alpha-tocopherol)		0.02		0	BFZN	4					
Tocopherol, beta	9	0.02		U	DE UN	-					
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		0.0		0	BFZN	4					
Lipids:					_	_					
Fatty acids, total saturated		0.000		1	LC	8					
4:0		0.000		0	FLC	4					
6:0	-	0.000		0	FLC	4					
8:0	-	0.000		0	FLC	4					
10:0		0.000		0	FLC	4					
12:0		0.000	)	0	FLC	4					
13:0				^	ET 0						
14:0	-	0.000	,	0	FLC	4					
15:0				^	ET 0						
16:0		0.000	,	0	FLC	4					
17:0	-			^	ET 0						
18:0	-	0.000	)	0	FLC	4					
20:0	-										
22:0	y										

	<u>Ar</u>	mount in 10	0 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common			
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.000		0	FLC	4					
14:1g										
15:1g										
16:1 undifferentiatedg	0.000		0	FLC	4					
17:1g										
18:1 undifferentiatedg	0.000		0	FLC	4					
20:1g	0.000		0	FLC	4					
22:1 undifferentiatedg	0.000		0	FLC	4					
24:1 cg										
Fatty acids, total polyunsaturatedg	0.000		0	FLC	4					
18:2 undifferentiatedg	0.000		0	FLC	4					
18:3 undifferentiatedg	0.000		0	FLC	4					
18:4g	0.000		0	FLC	4					
20:2 n-6 c,cg										
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.000		0	FLC	4					
20:5 n-3g	0.000		0	FLC	4					
22:5 n-3g	0.000		0	FLC	4					
22:6 n-3g	0.000		0	FLC	4					
Fatty acids, total transg										
Cholesterolmg	0		1	LC	8					
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0		0	FLC	4					
Caffeine mg	0		0	FLC	4					
Theobrominemg	0		0	FLC	4					
Carotenoids:										
Carotene, beta mcg	0		0	FLC	4					
Carotene, alphamcg	0		0	FLC	4					
Cryptoxanthin, betamcg	0		0	FLC	4					
Lycopene mcg	0		0	FLC	4					
Lutein + zeaxanthin mcg	0		0	FLC	4					

# **Common Measures:**

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

Refuse: 0%

		<u>A</u> 1	mount in 100 gram	s ot edil	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 Unit	s	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:										
Water	g	55.50	1		1		19.54	234.77		
Energy	kcal	175	0	NC	4		62	740		
Energy	kj	732			4		258	3097		
Protein (N x 6.25)		0.30	1		1		0.11	1.27		
Total lipid (fat)	g	0.70	1		1		0.25	2.96		
Ash	g	0.50	1		1		0.18	2.12		
Carbohydrate, by difference	g	43.10	0	NC	4		15.17	182.31		
Fiber, total dietary	g	0.2	0		4		0.1	0.8		
Sugars, total	g									
Starch	g									
Minarals										
Minerals: Calcium, Ca	ma	20	1		1		7	85		
Iron, Fe	-	0.80	1		1		0.28	3.38		
Magnesium, Mg	-	11	1		1		4	47		
Phosphorus, P		12	0		4		4	51		
Potassium, K	_	270	1		1		- 95	1142		
Sodium, Na		10	1		1		4	42		
Zine, Zn	-	0.70	1		1		0.25	2.96		
Copper, Cu	mg	0.070	) 1		1		0.025	0.296		
Manganese, Mn	mg	0.210	) 1		1		0.074	0.888		
Selenium, Se	mcg	0.0	0	BFZN	4		0.0	0.0		
Vitamins:										
Vitamins: Vitamin C, total ascorbic acid	ma	19.7	1		1		6.9	83.3		
Thiamin		0.004			1		0.001	0.017		
Riboflavin		0.230			1		0.081	0.973		
Niacin		0.208			1		0.073	0.880		
Pantothenic acid		0.103			1		0.036	0.436		
Vitamin B-6		0.045			1		0.016	0.190		
Folate, total	-	7	1		1		2	30		
Folic acid		0	0	z	7		0	0		
Folate, food		7	1		1		2	30		
Folate, DFE	mcg_DFE	7	0	NC	4		2	30		
Vitamin B-12		0.00	1		1		0.00	0.00		
Vitamin A, IU	IU	21	1		1		7	89		
Vitamin A, RAE	mcg_RAE	1	0	NC	4		0	4		
Retinol		0	0	Z	7		0	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	0.087	0		1		0.031	0.368		
4:0										
6:0	g									
8:0										
10:0										
12:0										
13:0	-	_			_					
14:0		0.002	0		1		0.001	0.008		
15:0										
16:0		0.079	0		1		0.028	0.334		
17:0	-		_				_			
18:0	-	0.004	0		1		0.001	0.017		
20:0	-									
22:0										

NDB No. 14405 Fruit punch juice drink, frozen concentrate

	Amount i	ble portion	Amount in ealble portion of common				
		Number		<u>m</u>	easures of food		
Nutrients and Units	Mean Std. E	of Data Deriv rror Points Code	Source Confidence Code Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.086	0	1	0.030	0.364		
15:1	0.007	0	1	0.002	0.030		
18:1 undifferentiated       9         20:1       9         22:1 undifferentiated       9         24:1 c       9	0.047	0	1	0.017	0.199		
Fatty acids, total polyunsaturated	0.173	0	1	0.061	0.732		
18:2 undifferentiatedg 18:3 undifferentiatedg	0.126 0.0 <b>4</b> 7	0 0	1 1	0.044 0.017	0.533 0.199		
18:4							
20:5 n-3							
Cholesterolmg Phytosterolsmg	0	0	1	0	0		

### **Common Measures:**

Measure 1 = 35.2g: 1 fl oz

Measure 2 = 423g: 1 can (12 fl oz)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.9

Food Group: 14 Beverages

NDB No. 14406 Fruit punch juice drink, frozen concentrate, prepared with water

		<u>A</u>	mount in 100 gram	s of edi	ole portic	<u>on</u>	Amount in edible portion of common			
			Numbe	er			m	easures of food	<u> </u>	
					Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	87.30	0		1		216.50	27.06		
Energy	kcal	50	0	NC	4		124	16		
Energy		209			4		519	65		
Protein (N x 0)	g	0.10	0		1		0.25	0.03		
Total lipid (fat)	g	0.20	0		1		0.50	0.06		
Ash	g	0.20	0		1		0.50	0.06		
Carbohydrate, by difference	g	12.20	0	NC	4		30.26	3.78		
Fiber, total dietary	g	0.1	0		4		0.2	0.0		
Sugars, total	g									
Starch	g									
Mr. I										
Minerals:	ma	-	^		4		17	•		
Calcium, Ca	-	7 0.23	0		1 1		17 0.57	2 0.07		
Iron, FeMagnesium, Mg		4	0		1		10	1		
Phosphorus, P		0	0		1		0	0		
Potassium, K	•	77	0		1		191	24		
Sodium, Na		5	0		1		12	2		
Zinc, Zn		0.22	0		1		0.55	0.07		
Copper, Cu		0.024			1		0.060	0.007		
Manganese, Mn.		0.060			1		0.149	0.019		
Selenium, Se		0.0	0	BFZN	4		0.0	0.0		
Vitamins:			_							
Vitamin C, total ascorbic acid		5.6	0		1		13.9	1.7		
Thiamin		0.001			1 1		0.002	0.000		
Riboflavin		0.065			1		0.161	0.020		
Niacin	_	0.059			1		0.146	0.018		
Pantothenic acid Vitamin B-6		0.023			1		0.072 0.032	0.009 0.004		
	-	0.013	0		1		0.032	0.004		
Folic acid		0	0	z	7		0	0		
Folate, food		0	0	2	1		0	0		
Folate, DFE	mca DEE	0	0	NC	4		0	0		
Vitamin B-12		0.00	0	II.C	1		0.00	0.00		
Vitamin A, IU		6	0		1		15	2		
Vitamin A, RAE		0	0	NC	4		1	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	0.025	5 0		1		0.062	0.008		
4:0		0.025	,		-		0.002	0.000		
6:0										
8:0										
10:0										
12:0										
13:0										
14:0		0.001	0		1		0.002	0.000		
15:0										
16:0		0.022	2 0		1		0.055	0.007		
17:0										
18:0	-	0.001	. 0		1		0.002	0.000		
20:0	g									
22:0	g									

NDB No. 14406
Fruit punch juice drink, frozen concentrate, prepared with water

	Amount in 100 grams of edible portion						Amount in	edible portion of	of common
			Number	•			<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.024		0		1		0.060	0.007	
15:1	0.002		0		1		0.005	0.001	
18:1 undifferentiated.	0.013		0		1		0.032	0.004	
24:1 cg  Fatty acids, total polyunsaturatedg	0.049		0		1		0.122	0.015	
18:2 undifferentiatedg 18:3 undifferentiatedg	0.036 0.013		0 0		1 1		0.089 0.032	0.011 0.004	
18:4									
20:5 n-3									
Cholesterol. mg Phytosterols mg	0		0		1		0	0	

### **Common Measures:**

Measure 1 = 248g: 1 cup (8 fl oz)

Measure 2 = 31.0g: 1 fl oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

NDB No. 14540 Fruit punch-flavor drink, powder, without added sodium

		<u>A</u>	mount in 100 gram	s of edil	ole portio	<u>on</u>	Amount in edible portion of common		
			Numbe	er			<u>m</u>	easures of food	<u>[</u>
			of Dat	a Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	1.40	7		1		0.35	2.88	
Energy	kcal	382	0	NC	4		96	787	
Energy		1598			4		400	3292	
Protein (N x 6.25)	g	0.00	2		1		0.00	0.00	
Total lipid (fat)	g	0.10	2		1		0.03	0.21	
Ash	g	0.80	7		1		0.20	1.65	
Carbohydrate, by difference	g	97.70	0	NC	4		24.43	201.26	
Fiber, total dietary	g	0.0	0	FLA	4		0.0	0.0	
Sugars, total	g	95.20	0	FLA	4		23.80	196.11	
Starch	g								
Minanala									
Minerals: Calcium, Ca	ma	142	7		1		36	293	
Iron, Fe	-	0.50	2		1		0.13	1.03	
Magnesium, Mg		0	0	FLA	4		0.13	0	
Phosphorus, P		0	0	FLA	4		0	0	
Potassium, K	-	5	2		1		1	10	
Sodium, Na		42	2		1		11	87	
Zinc, Zn		0.11	2		1		0.03	0.23	
Copper, Cu		0.130	1		1		0.033	0.268	
Manganese, Mn	mg	0.025	5 2		1		0.006	0.052	
Selenium, Se	mcg	0.7	0	FLA	4		0.2	1.4	
Vitamins:									
Vitamin C, total ascorbic acid	ma	121.9	2		1		30.5	251.1	
Thiamin		0.004			1		0.001	0.008	
Riboflavin		0.023			1		0.001	0.047	
Niacin		0.014			1		0.004	0.029	
Pantothenic acid	-	0.001			1		0.000	0.002	
Vitamin B-6		0.000		FLA	4		0.000	0.000	
Folate, total	-	0	0	FLA	4		0	0	
Folic acid		0	0	FLA	4		0	0	
Folate, food	mcg	0	0	FLA	4		0	0	
Folate, DFE	mcg_DFE	0	0	NC	4		0	0	
Vitamin B-12		0.00	1		1		0.00	0.00	
Vitamin A, IU		0	0	FLA	4		0	0	
Vitamin A, RAE	mcg_RAE	0	0	FLA	4		0	0	
Retinol	mcg	0	0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.00	0	FLA	4		0.00	0.00	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D Vitamin K (phylloquinone)		0.0	0	FLA	4		0.0	0.0	
vitanini K (phynoquinone)	niog	0.0	U	FLIA	•		0.0	0.0	
Lipids:									
Fatty acids, total saturated	g	0.057			1		0.014	0.117	
4:0		0.000		FLA	4		0.000	0.000	
6:0		0.000			1		0.000	0.000	
8:0	_	0.005			1		0.001	0.010	
10:0		0.004			1		0.001	0.008	
12:0	_	0.027	0		1		0.007	0.056	
13:0		0.011						2 225	
14:0	-	0.010	0		1		0.003	0.021	
15:0	-	0.000	•		1		0.000	0.010	
16:0		0.009	0		1		0.002	0.019	
17:0	-	0.002	2 0		1		0.001	0.004	
18:0 20:0	-	0.002	. 0		1		0.001	0.004	
22:0	-								
44.0	g								

	<u>Ar</u>	mount in 100			ole portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean		Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.007		0		1		0.002	0.014		
14:1g										
15:1	0.000		0		1		0.000	0.000		
16:1 undifferentiatedg	0.000		U		1		0.000	0.000		
18:1 undifferentiated	0.007		0		1		0.002	0.014		
20:1g	0.007		0	FLA	4		0.002	0.014		
22:1 undifferentiated	0.000		0	FLA	4		0.000	0.000		
24:1 c	0.000		U	FLIA	-		0.000	0.000		
Fatty acids, total polyunsaturatedg	0.011		0		1		0.003	0.023		
18:2 undifferentiatedg	0.011		0		1		0.003	0.023		
18:3 undifferentiatedg	0.000		0		1		0.000	0.000		
18:4g	0.000		0	FLA	4		0.000	0.000		
20:2 n-6 c,cg	0.000		·		•		0.000	0.000		
20:3 undifferentiated										
20:4 undifferentiated	0.000		0	FLA	4		0.000	0.000		
20:5 n-3g	0.000		0	FLA	4		0.000	0.000		
22:5 n-3g	0.000		0	FLA	4		0.000	0.000		
22:6 n-3g	0.000		0	FLA	4		0.000	0.000		
Fatty acids, total transg										
Cholesterol mg	0		0	FLA	4		0	0		
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0		0	FLA	4		0.0	0.0		
Caffeinemg	0		0	FLA	4		0	0		
Theobrominemg	0		0	FLA	4		0	0		
Carotenoids:										
Carotene, beta mcg	0		0	FLA	4		0.000	0.000		
Carotene, alpha mcg	0		0	FLA	4		0.000	0.000		
Cryptoxanthin, betamcg	0		0	FLA	4		0.000	0.000		
Lycopenemcg	0		0	FLA	4		0.000	0.000		
Lutein + zeaxanthin mcg	0		0	FLA	4		0.000	0.000		

# **Common Measures:**

Measure 1 = 25g: 2 tbsp, rounded Measure 2 = 206g: 1 packet (7.25 oz)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.9

Food Group: 14 Beverages

NDB No. 14541 Fruit punch-flavor drink, powder, without added sodium, prepared with water

										of common
Nutrients and Unit	s	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food  Measure 2	<u>l</u> Measure :
Proximates:										
Water	g	90.35		0	RPI	6		236.72		
Energy	kcal	37		0	RPI	6		97		
Energy	kj	155		0	RPI	6		406		
Protein (N x 0)	g	0.00		0	RPI	6		0.00		
Total lipid (fat)	g	0.01		0	RPI	6		0.03		
Ash	g	0.17		0	RPI	6		0.44		
Carbohydrate, by difference	g	9.47		0	RPI	6		24.82		
Fiber, total dietary	g	0.0		0	RPI	6		0.0		
Sugars, total		9.23		0	RPI	6		24.18		
Starch										
<u>Minerals:</u>										
Calcium, Ca		18		0	RPI	6		47		
Iron, Fe		0.01		0	RPI	6		0.03		
Magnesium, Mg		1		0	RPI	6		1		
Phosphorus, P	-	0		0	RPI	6		0		
Potassium, K	-	1		0	RPA	1		2		
Sodium, Na		3		0	RPI	6		7		
Zinc, Zn		0.01		0	RPA	1		0.04		
Copper, Cu		0.019		0	RPA	1		0.049		
Manganese, Mn		0.003	3	0	RPA	1		0.007		
Selenium, Se	mcg	0.1		0	RPI	6		0.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.4		0	RPI	6		9.0		
Thiamin		0.000	)	0	RPI	6		0.001		
Riboflavin		0.002	<u>!</u>	0	RPI	6		0.006		
Niacin		0.001	_	0	RPI	6		0.004		
Pantothenic acid		0.000	)	0	RPI	6		0.000		
Vitamin B-6		0.000		0	RPI	6		0.000		
Folate, total	-	0		0	RPI	6		0		
Folic acid		0		0	RPI	6		0		
Folate, food	_	0		0	RPI	6		0		
Folate, DFE		0		0	NC	4		0		
Vitamin B-12		0.00		0	RPI	6		0.00		
Vitamin A, IU		0		0	RPI	6		0		
Vitamin A, RAE		0		0	RPI	6		0		
Retinol		0		0	RPI	6		0		
Vitamin E (alpha-tocopherol)		0.00		0	RPI	6		0.00		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0		0	RPI	6		0.0		
	_									
<u> Lipids:</u>				_						
Fatty acids, total saturated		0.006		0	RPA	1		0.014		
4:0		0.000		0	RPI	6		0.000		
6:0		0.000		0	RPA	1		0.000		
8:0	-	0.000		0	RPA	1		0.001		
10:0	_	0.000		0	RPA	1		0.001		
12:0		0.003	5	0	RPA	1		0.007		
13:0				_	_			_		
14:0		0.001	-	0	RPA	1		0.003		
15:0										
16:0		0.001	-	0	RPA	1		0.002		
17:0	-									
18:0	_	0.000	)	0	RPA	1		0.001		
20.0	a									
20:0 22:0	_									

NDB No. 14541
Fruit punch-flavor drink, powder, without added sodium, prepared with water

				grams	of edil	ole portic	<u>on</u>	Amount in edible portion of common		
			Nι	umber				<u>m</u>	easures of food	
					Deriv	Source	Confidence			
Nutrients and U	nits	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate		0.001		0	RPA	1		0.002		
14:1										
15:1										
16:1 undifferentiated	_	0.000		0	RPA	1		0.000		
17:1	_	0.001		•						
18:1 undifferentiated	_	0.001		0	RPA	1		0.002		
20:1	_	0.000		0	RPI	6		0.000		
22:1 undifferentiated	•	0.000		0	RPI	6		0.000		
24:1 c		0 001		0	DD3	1		0 000		
Fatty acids, total polyunsaturated		0.001		0	RPA RPA	1		0.003		
18:2 undifferentiated		0.001 0.000		0	RPA	1		0.003		
18:3 undifferentiated	-	0.000		0	RPI	6		0.000		
18:4 20:2 n-6 c,c	_	0.000		U	KPI	О		0.000		
20:2 n-6 c,c	_									
20:4 undifferentiated	_	0.000		0	RPI	6		0.000		
20:5 n-3	_	0.000		0	RPI	6		0.000		
20:5 n-3		0.000		0	RPI	6		0.000		
		0.000		0	RPI	6		0.000		
22:6 n-3		0.000		U	KFI	0		0.000		
Fatty acids, total trans Cholesterol		0		0	RPI	6		0		
Phytosterols		· ·		U	KFI	0		O		
Filytosterois										
Amino Acids:										
Tryptophan	g	0.000		0	RPA	1		0.000		
Threonine	-	0.000		0	RPA	1		0.000		
Isoleucine	g	0.000		0	RPA	1		0.000		
Leucine	_	0.000		0	RPA	1		0.000		
Lysine		0.000		0	RPA	1		0.000		
Methionine		0.000		0	RPA	1		0.000		
Cystine	g	0.000		0	RPA	1		0.000		
Phenylalanine		0.000		0	RPA	1		0.000		
Tyrosine	g	0.000		0	RPA	1		0.000		
Valine		0.000		0	RPA	1		0.000		
Arginine	-	0.000		0	RPA	1		0.000		
Histidine	g	0.000		0	RPA	1		0.000		
Alanine		0.000		0	RPA	1		0.000		
Aspartic acid	g	0.000		0	RPA	1		0.000		
Glutamic acid	g	0.000		0	RPA	1		0.000		
Glycine		0.000		0	RPA	1		0.000		
Proline	_	0.000		0	RPA	1		0.000		
Serine	-	0.000		0	RPA	1		0.000		
Hydroxyproline	g									
Others:										
Alcohol, ethyl	q	0.0		0	RPI	6		0.0		
Caffeine		0		0	RPI	6		0		
Theobromine		0		0	RPI	6		0		
Carotenoids:										
' <u> </u>	ma-	•		^		_		0.000		
Carotene, beta		0		0	RPI	6		0.000		
Carotene, alpha		0		0	RPI	6		0.000		
Cryptoxanthin, beta		0		0	RPI	6		0.000		
Lycopene		0		0	RPI	6		0.000		
Lutein + zeaxanthin	iiicg	0		0	RPI	6		0.000		

#### **Common Measures:**

Measure 1 = 262g: 1 cup (8 fl oz)

<sup>\*</sup>Vitamin or mineral added for enrichment or fortification

NDB No. 14541

Fruit punch-flavor drink, powder, without added sodium, prepared with water

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

		<u>A</u> :	mount in 10	0 grams	of edib	ole portio	<u>n</u>		edible portion	
				Number	•			<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	0.96		0	FLM	4		0.24		
Energy	kcal	226		0	NC	4		56		
Energy	kj	944		0	NC	4		236		
Protein (N x 6.25)	g	0.00		0	FLM	4		0.00		
Total lipid (fat)	g	0.00		0	FLM	4		0.00		
Ash	g	7.74		0	FLM	4		1.93		
Carbohydrate, by difference	g	91.30		0	NC	4		22.82		
Fiber, total dietary		0.0		1	LC	8		0.0		
Sugars, total		0.00		1	LC	8		0.00		
Starch										
<u>Minerals:</u>		4				_		0= 1		
Calcium, Ca	-	1105		_	BFZN	4		276		
Iron, Fe	-	0.03		0	FLM	4		0.01		
Magnesium, Mg		0		0	FLM	4		0		
Phosphorus, P	-	509		•	BFZN	4		127		
Potassium, K	-	1		0	FLM	4		0		
Sodium, Na	-	2727		1	LC	8		682		
Zinc, Zn		0.01	•	0 0	FLM	4		0.00		
Copper, Cu		0.003		0	FLM	4		0.001		
Manganese, Mn		0.007	1	0	FLM FLM	4 4		0.002		
Selenium, Se	Ilicg	0.0		U	FLM	4		0.0		
<u>'itamins:</u>										
Vitamin C, total ascorbic acid	mg	1090.9		1	LC	8		272.7		
Thiamin	mg	0.000	)	0	FLM	4		0.000		
Riboflavin	mg	0.000	)	0	FLM	4		0.000		
Niacin	mg	0.001	=	0	FLM	4		0.000		
Pantothenic acid	mg	0.000	)	0	FLM	4		0.000		
Vitamin B-6	mg	0.000	)	0	FLM	4		0.000		
Folate, total	mcg	0		0	FLM	4		0		
Folic acid	mcg	0		0	FLM	4		0		
Folate, food		0		0	FLM	4		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Vitamin B-12		0.00		0	FLM	4		0.00		
Vitamin A, IU	IU	0		1	LC	8		0		
Vitamin A, RAE	mcg_RAE	0		0	FLM	4		0		
Retinol	mcg	0		0	FLM	4		0		
Vitamin E (alpha-tocopherol)	mg	0.00		0	FLM	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.0		0	FLM	4		0.0		
ipids:										
Fatty acids, total saturated	a	0.000	)	1	LC	8		0.000		
4:0		0.000		0	FLM	4		0.000		
6:0		0.000		0	FLM	4		0.000		
8:0		0.000		0	FLM	4		0.000		
10:0		0.000		0	FLM	4		0.000		
12:0	_	0.000		0	FLM	4		0.000		
13:0		2.000		•		-				
14:0	-	0.000	)	0	FLM	4		0.000		
15:0				-		•				
16:0		0.000	)	0	FLM	4		0.000		
17:0				-		•				
18:0	-	0.000	)	0	FLM	4		0.000		
20:0	-	2.200		-		-				
22:0	-									
24:0	-									

	<u>Ar</u>	mount in 10	0 grams	of edil	ole portio	<u>on</u>	Amount in	edible portion	of common
				of Data Deriv		Confidence	measures of food		
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.000		0	FLM	4		0.000		
14:19									
15:1g									
16:1 undifferentiatedg	0.000		0	FLM	4		0.000		
17:1g									
18:1 undifferentiatedg	0.000		0	FLM	4		0.000		
20:1g	0.000		0	FLM	4		0.000		
22:1 undifferentiatedg	0.000		0	FLM	4		0.000		
24:1 cg									
Fatty acids, total polyunsaturated	0.000		0	FLM	4		0.000		
18:2 undifferentiatedg	0.000		0	FLM	4		0.000		
18:3 undifferentiatedg	0.000		0	FLM	4		0.000		
18:4g	0.000		0	FLM	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	FLM	4		0.000		
20:5 n-3g	0.000		0	FLM	4		0.000		
22:5 n-3g	0.000		0	FLM	4		0.000		
22:6 n-3g	0.000		0	FLM	4		0.000		
Fatty acids, total transg									
Cholesterolmg	0		1	LC	8		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	FLM	4		0.0		
Caffeine mg	0		0	FLM	4		0		
Theobromine mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, betamcg	0		0	FLM	4		0.000		
Carotene, alphamcg	0		0	FLM	4		0.000		
Cryptoxanthin, betamcg	0		0	FLM	4		0.000		
Lycopenemcg	0		0	FLM	4		0.000		
Lutein + zeaxanthinmcg	0		0	FLM	4		0.000		

# **Common Measures:**

Measure 1 = 25g: 2 tsp, rounded

Calories Factors: Protein 4 Fat 9 Carbohydrate 2.471

Food Group: 14 Beverages

NDB No. 42055 Fruit-flavored drink, dry powdered mix, low calorie, with aspartame

		<u>A</u>	mount in 100	0 grams	of edib	le portio	<u>on</u>	Amount in edible portion of commo						
			ı	Number	•			<u>m</u>	easures of food	•				
				of Data	Deriv	Source	Confidence							
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure				
Proximates: Water	a	1.84		0	FLC	4		0.15						
Energy	-	217		0	NC	4		17						
Energy		907		0	NC	4		73						
Protein (N x 6.25)		0.45		0	FLC	4		0.04						
Total lipid (fat)		0.04		0	FLC	4		0.00						
Ash	-	10.30		0	FLC	4		0.82						
Carbohydrate, by difference		86.85		0	FLC	4		6.95						
Fiber, total dietary		0.1		0	FLC	4		0.0						
Sugars, total		0.00		0	FLC	4		0.00						
Starch	-													
Minerals:														
* Calcium, Ca	mg	1047				4		84						
Iron, Fe	_	0.08		0	FLC	4		0.01						
Magnesium, Mg	mg	3		0	FLC	4		0						
* Phosphorus, P		1239				4		99						
* Potassium, K		498				4		40						
Sodium, Na	_	404		0	FLC	4		32						
Zinc, Zn		0.00		0	FLC	4		0.00						
Copper, Cu		0.000		0	FLC	4		0.000						
Manganese, Mn		0.001	L	0	FLC	4		0.000						
Selenium, Se	nicg	0.0		0	FLC	4		0.0						
Vitamins:		F.CO. 0		•				44.0						
Vitamin C, total ascorbic acid		560.0		0 0	BFZN	4		44.8 0.000						
Thiamin	_	0.000		0	FLC FLC	4 4		0.000						
Riboflavin		0.000		0	FLC	4		0.000						
Pantothenic acid		0.000		0	FLC	4		0.000						
Vitamin B-6		0.000		0	FLC	4		0.000						
Folate, total	-	0	,	0	FLC	4		0						
Folic acid		0		0	FLC	4		0						
Folate, food		0		0	FLC	4		0						
Folate, DFE		0		0	NC	4		0						
Vitamin B-12		0.00		0	FLC	4		0.00						
Vitamin A, IU		0		0	FLC	4		0						
Vitamin A, RAE		0		0	FLC	4		0						
Retinol		0		0	FLC	4		0						
Vitamin E (alpha-tocopherol)	mg	0.00		0	FLC	4		0.00						
Tocopherol, beta	mg													
Tocopherol, gamma														
Tocopherol, delta														
Vitamin D														
Vitamin K (phylloquinone)	mcg	0.0		0	FLC	4		0.0						
Lipids:														
Fatty acids, total saturated		0.000		0	FLC	4		0.000						
4:0		0.000		0	FLC	4		0.000						
6:0	-	0.000		0	FLC	4		0.000						
8:0	-	0.000		0 0	FLC FLC	4 4		0.000						
10:0		0.000		0	FLC	4		0.000 0.000						
12:0		0.000	,	U	FIC	4		0.000						
13:0 14:0		0.000	)	0	FLC	4		0.000						
15:0	-	0.000	-	0	EIC	-		0.000						
16:0		0.000	)	0	FLC	4		0.000						
17:0		0.000	-	0	EIC	-		0.000						
18:0	-	0.000	)	0	FLC	4		0.000						
20:0	-	3.000	-	•	- 110	~		0.000						
22:0	-													
24:0	-													

NDB No. 42055
Fruit-flavored drink, dry powdered mix, low calorie, with aspartame

	<u>Ar</u>	nount in 10	00 grams Number		ole portio	<u>on</u>		edible portion of easures of food	
Nutrients and Units	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.000		0	FLC	4		0.000		
14:1g	0.000		·	110	•		0.000		
15:1g									
16:1 undifferentiated	0.000		0	FLC	4		0.000		
17:1g									
18:1 undifferentiatedg	0.000		0	FLC	4		0.000		
20:1g	0.000		0	FLC	4		0.000		
22:1 undifferentiatedg	0.000		0	FLC	4		0.000		
24:1 cg									
Fatty acids, total polyunsaturated	0.000		0	FLC	4		0.000		
18:2 undifferentiatedg	0.000		0	FLC	4		0.000		
18:3 undifferentiatedg	0.000		0	FLC	4		0.000		
18:4g	0.000		0	FLC	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	FLC	4		0.000		
20:5 n-3g	0.000		0	FLC	4		0.000		
22:5 n-3g	0.000		0	FLC	4		0.000		
22:6 n-3g	0.000		0	FLC	4		0.000		
Fatty acids, total transg									
Cholesterolmg	0		0	FLC	4		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	FLC	4		0.0		
Caffeine mg	0		0	FLC	4		0		
Theobrominemg	0		0	FLC	4		0		
Carotenoids:									
Carotene, betamcg	0		0	FLC	4		0.000		
Carotene, alphamcg	0		0	FLC	4		0.000		
Cryptoxanthin, betamcg	0		0	FLC	4		0.000		
Lycopene mcg	0		0	FLC	4		0.000		
Lutein + zeaxanthin mcg	0		0	FLC	4		0.000		

# **Common Measures:**

Measure 1 = 8.0g: 1 tsp

\*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 4 Fat 9 Carbohydrate 2.471

Food Group: 14 Beverages

NDB No. 43345 Fruit-flavored drink, powder, with high vitamin C, low calorie

		<u>Aı</u>	mount in 100	) grams	of edib	le portio	<u>n</u>		edible portion	
			ı	Number				<u>m</u>	easures of food	<u>l</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	1.32				9		0.03		
Energy	kcal	227		0	NC	4		5		
Energy	kj	951		0	NC	4		19		
Protein (N x 6.25)	g	0.25		0	FLA	4		0.01		
Total lipid (fat)	g	0.16				9		0.00		
Ash		7.27				9		0.15		
Carbohydrate, by difference		91.00		0	NC	4		1.82		
Fiber, total dietary		2.2		0	FLA	4		0.0		
Sugars, total		0.00		1	LC	8		0.00		
Starch	g									
Minerals:										
* Calcium, Ca	mg	800		1	LC	8		16		
Iron, Fe		0.08		0	FLA	4		0.00		
Magnesium, Mg		245				9		5		
Phosphorus, P	-	493				9		10		
Potassium, K		2518		_		9		50		
Sodium, Na		14		0	FLA	4		0		
Zinc, Zn		0.01				9 9		0.00 0.000		
Copper, Cu		0.011		0	FLA	4		0.000		
Manganese, Mn Selenium, Se		0.00	•	0	FLA	4		0.000		
· ·	9	0.0		ŭ		•		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	_	2400.0				8		48.0		
Thiamin	-	0.009		0	FLA	4		0.000		
* Riboflavin		6.800		1	LC	8		0.136		
* Niacin		80.000		1 0	LC	8		1.600		
Pantothenic acid* Vitamin B-6		0.018 8.000		1	FLA LC	4 8		0.000 0.160		
Folate, total	-	5	,	0	FLA	4		0.160		
Folic acid		3		0	FLA	4		Ü		
Folate, food		5		0	FLA	4		0		
Folate, DFE		5		0	FLA	4		0		
Vitamin B-12		0.00		0	FLA	4		0.00		
Vitamin A, IU	IU	20000		0	FLA	4		400		
Vitamin A, RAE		5997		0	FLA	4		120		
Retinol	mcg	5996		0	FLA	4		120		
Vitamin E (alpha-tocopherol)	mg	0.02		0	FLA	4		0.00		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)		0.0		0	FLA	4		0.0		
Vitamin K (phynoquinone)	nicg	0.0		Ū	FLIA	-		0.0		
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.011	L			9		0.000		
4:0	<del>-</del>	0.000				4		0.000		
6:0	-	0.000				4		0.000		
8:0	-	0.000				4		0.000		
10:0	-	0.000				4		0.000		
12:0	-	0.000	)			4		0.000		
13:0	-	0 000	,			4		0.000		
14:0		0.000	,			4		0.000		
15:0 16:0		0.010	1			4		0.000		
17:0		0.010	•			-		0.000		
18:0	-	0.000	)			4		0.000		
20:0	-	0.000	-			•		2.000		
22:0	-									
24:0	-									

	<u>Aı</u>	mount in 10	00 grams Number		ole portio	<u>n</u>		Amount in edible portion of common measures of food  leasure 1 Measure 2 Measure 3  0.000  0.000  0.000  0.000  0.000  0.000			
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3		
Fatty acids, total monounsaturatedg	0.008				9		0.000				
14:1g	0.000				,		0.000				
15:1g											
16:1 undifferentiatedg	0.001				4		0.000				
17:1g											
18:1 undifferentiatedg	0.037				4		0.001				
20:1g	0.000				4		0.000				
22:1 undifferentiatedg	0.000				4		0.000				
24:1 cg											
Fatty acids, total polyunsaturated	0.034				9		0.001				
18:2 undifferentiatedg	0.025				4		0.001				
18:3 undifferentiatedg	0.009				4		0.000				
18:4g	0.000				4		0.000				
20:2 n-6 c,cg											
20:3 undifferentiatedg											
20:4 undifferentiatedg	0.000				4		0.000				
20:5 n-3g	0.000				4		0.000				
22:5 n-3g	0.000				4		0.000				
22:6 n-3g	0.000				4		0.000				
Fatty acids, total transg											
Cholesterolmg	0		0	FLA	4		0				
Phytosterolsmg											
Others:											
Alcohol, ethylg	0.0				7		0.0				
Caffeine mg	0		0	FLA	4		0				
Theobromine mg	0		0	FLA	4		0				
Carotenoids:											
Carotene, betamcg	2		0	FLA	4		0.039				
Carotene, alphamcg	0		0	FLA	4		0.007				
Cryptoxanthin, betamcg	10		0	FLA	4		0.200				
Lycopene mcg	0		0	FLA	4		0.000				
Lutein + zeaxanthin mcg	13		0	FLA	4		0.254				

# **Common Measures:**

Measure 1 = 2.0g: 1 tsp

\*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 4 Fat 9 Carbohydrate 2.471

Food Group: 14 Beverages

NDB No. 14383 Fruit-flavored thirst quencher beverage, low calorie

		<u>A</u>	mount in 100 g	rams of	<u>n</u>	Amount in edible portion of common				
			Nu	mber				me	easures of food	
				Data D	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Po	ints C	ode	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	q	96.80				4		232.32	29.04	
Energy	=	11				4		26	3	
Energy		46				4		110	14	
Protein		0.00				4		0.00	0.00	
Total lipid (fat)		0.00				4		0.00	0.00	
Ash		0.20				4		0.48	0.06	
Carbohydrate, by difference		3.00				4		7.20	0.90	
Fiber, total dietary		0.0				4		0.0	0.0	
Sugars, total		0.00		0	BFSN	4		0.00	0.00	
Starch		0.00		·		-		0.00	0.00	
Staron	9									
Minerals:										
Calcium, Ca		0				4		0	0	
Iron, Fe	-	0.05				4		0.12	0.02	
Magnesium, Mg		1				4		2	0	
Phosphorus, P	-	9				4		22	3	
Potassium, K		10				4		24	3	
Sodium, Na		35				4		84	11	
Zinc, Zn		0.02				4		0.05	0.01	
Copper, Cu		0.020				4		0.048	0.006	
Manganese, Mn		0.000	)			4		0.000	0.000	
Selenium, Se	mcg	0.1		0	BFSN	4		0.2	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	6.3				4		15.1	1.9	
Thiamin		0.000	)			4		0.000	0.000	
Riboflavin		0.000				4		0.000	0.000	
Niacin		0.000	)			4		0.000	0.000	
Pantothenic acid		0.000				4		0.000	0.000	
Vitamin B-6		0.000				4		0.000	0.000	
Folate, total	-	0				4		0	0	
Folic acid		0		0	z	7		0	0	
Folate, food		0				4		0	0	
Folate, DFE		0		0	NC	4		0	0	
Vitamin B-12		0.00				4		0.00	0.00	
Vitamin A, IU		0				4		0	0	
Vitamin A, RAE		0		0	NC	4		0	0	
Retinol		0		0	z	7		0	0	
Vitamin E (alpha-tocopherol)		0.00		0 :	BFSN	4		0.00	0.00	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.0		0 :	BFSN	4		0.0	0.0	
r::a										
Lipids:	a	0.000	1			4		0.000	0.000	
Fatty acids, total saturated		0.000				4				
4:0		0.000				- <u>-</u>		0.000	0.000	
6:0 8:0	_	0.000				4		0.000 0.000	0.000 0.000	
8:0 10:0		0.000				4		0.000	0.000	
12:0		0.000				- <u>-</u>		0.000	0.000	
13:0	-	0.000	•			4		0.000	0.000	
14:0	-	0.000	1			4		0.000	0.000	
	_	0.000	•			4		0.000	0.000	
15:0	_	0.000	1			4		0.000	0 000	
16:0		0.000	•			4		0.000	0.000	
17:0	_	0.000	1			4		0.000	0.000	
18:0	_	0.000	,			4		0.000	0.000	
20:0 22:0	_									
// 11	u									

	<u>Ar</u>	mount in 10		of edik	ole portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.000				4		0.000	0.000		
14:1g	0.000				-		0.000	0.000		
15:1										
16:1 undifferentiatedg	0.000				4		0.000	0.000		
17:1g					=					
18:1 undifferentiated9	0.000				4		0.000	0.000		
20:1g	0.000				4		0.000	0.000		
22:1 undifferentiatedg	0.000				4		0.000	0.000		
24:1 cg										
Fatty acids, total polyunsaturated	0.000				4		0.000	0.000		
18:2 undifferentiatedg	0.000				4		0.000	0.000		
18:3 undifferentiatedg	0.000				4		0.000	0.000		
18:4g	0.000				4		0.000	0.000		
20:2 n-6 c,cg										
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.000				4		0.000	0.000		
20:5 n-3g	0.000				4		0.000	0.000		
22:5 n-3g	0.000				4		0.000	0.000		
22:6 n-3g	0.000				4		0.000	0.000		
Fatty acids, total transg										
Cholesterolmg	0				7		0	0		
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0				7		0.0	0.0		
Caffeine mg	0			Z	7		0	0		
Theobrominemg	0			Z	7		0	0		
<u>Carotenoids:</u>										
Carotene, betamcg	0		0	BFSN	4		0.000	0.000		
Carotene, alphamcg	0		0	BFSN	4		0.000	0.000		
Cryptoxanthin, betamcg	0		0	BFSN	4		0.000	0.000		
Lycopenemcg	0		0	BFSN	4		0.000	0.000		
Lutein + zeaxanthin mcg	0		0	BFSN	4		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 = 240g: 1 cup (8 fl oz) Measure 2 = 30.0g: 1 fl oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

## **GATORADE** Lemon Lime Flavor Mix, powder

Stokely-Van Camp, Inc.

Refuse: 0%

		<u>Aı</u>	mount in 10	Amount in edible portion of common measures of food						
Nutrients and U	nits	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.70		1	MA	12		0.43		
Energy	kcal	364		0	MC	9		58		
Energy	kj	1523				9		244		
Protein	g	0.00		2	MA	12		0.00		
Total lipid (fat)	g	0.00		2	MA	12		0.00		
Ash	g	2.00		2	MA	12		0.32		
Carbohydrate, by difference	g	95.30		0	MC	9		15.25		
Fiber, total dietary	g									
Sugars, total	g	89.70		1	MA	12		14.35		
Starch	g									
Minerals:										
Calcium, Ca	mg									
Iron, Fe	mg									
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	-	201		1	MA	12		32		
Sodium, Na	-	603		1	MA	12		96		
Zinc, Zn										
Copper, Cu										
Manganese, Mn	-									
Selenium, Se	mcg									

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

### **Common Measures:**

Measure 1 = 16g: .75 scoop

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

Refuse: 0%

		<u>Ar</u>	mount in 100 g	rams	of edib	le portio	<u>n</u>		edible portion	
			Nu	mber				<u>m</u>	easures of food	<u> </u>
							Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	2.50	0.337	7		1		0.43		
Energy	kcal	382		0	NC	4		65		
Energy	kj	1598				4		272		
Protein (N x 5.55)		35.30	0.999	7		1		6.00		
Total lipid (fat)	g	1.20	0.369	7		1		0.20		
Ash		0.60	0.044	7		1		0.10		
Carbohydrate, by difference		60.40		0	NC	4		10.27		
Fiber, total dietary		0.0		0	BFZN	4		0.0		
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	mg	4		0		4		1		
Iron, Fe.		0.06		0		4		0.01		
Magnesium, Mg	-	0		0		4		0		
Phosphorus, P	mg	0		0		4		0		
Potassium, K	mg	14		5		1		2		
Sodium, Na	mg	165		5		1		28		
Zinc, Zn	mg	0.00		0		4		0.00		
Copper, Cu		0.012		0		4		0.002		
Manganese, Mn		0.000		0		4		0.000		
Selenium, Se	mcg	6.7		0	BFZN	4		1.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	289.0		2		1		49.1		
Thiamin	-	0.000		0		4		0.000		
Riboflavin		0.000		0		4		0.000		
Niacin		0.000		0		4		0.000		
Pantothenic acid		0.004		0		4		0.001		
Vitamin B-6	mg	0.000		0		4		0.000		
Folate, total	mcg	0		0		4		0		
Folic acid	mcg	0		0	Z	7		0		
Folate, food		0		0		4		0		
Folate, DFE		0		0	NC	4		0		
Vitamin B-12	mcg	0.00		0		4		0.00		
Vitamin A, IU		0		0		4		0		
Vitamin A, RAE		0		0	NC	4		0		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	• • • • • • • • • • • • • • • • • • • •									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin K (phylloquinone)										
vitanini K (phynoquillone)	g									
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.152		0		1		0.026		
4:0										
6:0										
8:0	-									
10:0										
12:0										
13:0										
14:0										
15:0		0.131		0		1		0.000		
16:0		0.131		0		1		0.022		
17:0		0.022		0		1		0 004		
18:0		0.022		U		_		0.004		
20:0	-									
22:0	9									

		<u>Ar</u>	nount in 10		ole portio	<u>on</u>	Amount in edible portion of common measures of food			
				Number	_	0 51	<u> </u>	easules of loou		
Nutrients and Unit	s	Mean	Std. Error		Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	g	0.290		0	1		0.049			
14:1	g									
15:1	g									
16:1 undifferentiated	g									
17:1	g									
18:1 undifferentiated	g	0.290		0	1		0.049			
20:1	g									
22:1 undifferentiated	g									
24:1 c										
Fatty acids, total polyunsaturated	g	0.703		0	1		0.120			
18:2 undifferentiated		0.695		0	1		0.118			
18:3 undifferentiated	g	0.008		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	-									
Cholesterol	_	0		0	4		0			
Phytosterols	mg									
Amino Acids:										
Tryptophan		0.000		0	1		0.000			
Threonine		0.700		0	1		0.119			
Isoleucine	-	0.541		0	1		0.092			
Leucine		1.151		0	1		0.196			
Lysine		1.495		0	1		0.254			
Methionine		0.273		0	1		0.046			
Cystine	-			•	_					
Phenylalanine		0.827		0	1		0.141			
Tyrosine		0.146		0	1		0.025			
Valine		0.967		0	1		0.164			
Arginine		2.983		0	1		0.507			
Histidine		0.312		0	1		0.053			
Alanine	-	3.759		0	1		0.639			
Aspartic acid		2.519		0	1		0.428			
Glutamic acid	-	4.032		0	1 1		0.685			
Glycine		9.674		0	_		1.645			
Proline	-	5.559		0	1		0.945			
Serine		1.215		0	1		0.207			
Hydroxyproline	g									

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## **Common Measures:**

Measure 1 = 17g: 1 packet

Calories Factors: Protein 3.9 Fat 9.02 Carbohydrate 3.87

Food Group: 14 Beverages

Refuse: 0%

		<u>A</u> 1	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	87.50		0		1		119.00			
Energy	kcal	49		0	NC	4		67			
Energy	kj	205				4		279			
Protein (N x 0)	g	4.50		0		1		6.12			
Total lipid (fat)	g	0.20		0		1		0.27			
Ash	g	0.10		0		1		0.14			
Carbohydrate, by difference	g	7.70		0	NC	4		10.47			
Fiber, total dietary	g	0.0		0	RP	4		0.0			
Sugars, total	g										
Starch	g										
Minerals:											
Calcium, Ca	mg	2		0		4		3			
Iron, Fe	-	0.00		0		1		0.00			
Magnesium, Mg	-	1		0		1		1			
Phosphorus, P		0		0		4		0			
Potassium, K	-	2		0		1		3			
Sodium, Na		24		0		1		33			
Zinc, Zn	mg	0.02		0		1		0.03			
Copper, Cu	mg	0.005	i	0		1		0.007			
Manganese, Mn		0.000	)	0		1		0.000			
Selenium, Se	mcg	0.3		0	BFZN	4		0.4			
Vitamins:											
Vitamin C, total ascorbic acid	ma	37.1		0		1		50.5			
Thiamin	-	0.000	1	0		4		0.000			
Riboflavin	-	0.000		0		4		0.000			
Niacin		0.000		0		4		0.000			
Pantothenic acid		0.001		0		4		0.001			
Vitamin B-6		0.000	)	0		4		0.000			
Folate, total		0		0		4		0			
Folic acid		0		0	Z	7		0			
Folate, food		0		0		4		0			
Folate, DFE		0		0	NC	4		0			
Vitamin B-12	mcg	0.00		0		4		0.00			
Vitamin A, IU	IU	0		0		4		0			
Vitamin A, RAE		0		0	NC	4		0			
Retinol	mcg	0		0	Z	7		0			
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D Vitamin K (phylloquinone)											
Vitamin K (pnylloquinone)	Ilicg										
Lipids:											
Fatty acids, total saturated	g	0.019	)	0		1		0.026			
4:0	g										
6:0	-										
8:0											
10:0											
12:0											
13:0	-										
14:0											
15:0	-	0.01-		_		4		0.000			
16:0	-	0.017		0		1		0.023			
17:0		0.000		^		1		0.004			
18:0		0.003	)	0		1		0.004			
20:0	-										
22:0 24:0	-										

		<u>Aı</u>	nount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common measures of food			
				Number				<u>m</u>	easures of food		
Nutrients and Un	iits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated.	g	0.037		0		1		0.050			
14:1											
15:1											
16:1 undifferentiated	g										
17:1	g										
18:1 undifferentiated		0.037		0		1		0.050			
20:1	g										
22:1 undifferentiated	g										
24:1 c											
Fatty acids, total polyunsaturated	g	0.090		0		1		0.122			
18:2 undifferentiated	g	0.089		0		1		0.121			
18:3 undifferentiated	g	0.001		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		4		0			
Phytosterols	mg										
Amino Acids:											
Tryptophan	-	0.000		0		1		0.000			
Threonine	-	0.090		0		1		0.122			
Isoleucine	-	0.069		0		1		0.094			
Leucine		0.148		0		1		0.201			
Lysine		0.192		0		1		0.261			
Methionine	g	0.035		0		1		0.048			
Cystine											
Phenylalanine	-	0.106		0		1		0.144			
Tyrosine	-	0.019		0		1		0.026			
Valine		0.124		0		1		0.169			
Arginine	-	0.383		0		1		0.521			
Histidine	-	0.040		0		1		0.054			
Alanine		0.482		0		1		0.656			
Aspartic acid		0.323		0		1		0.439			
Glutamic acid		0.517		0		1		0.703			
Glycine	-	1.241		0		1		1.688			
Proline	g	0.713		0		1		0.970			
Serine	-	0.156		0		1		0.212			
Hydroxyproline	g										

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### **Common Measures:**

Measure 1 = 136g: 1 packet, prepared

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

Refuse: 0%

		<u>A</u> 1	mount in 100 gra	ms of edi	ble portic	<u>on</u>		edible portion	
			Num	ber			<u>m</u>	easures of food	<u> </u>
			of Da	ata Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Poin	ts Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	88.38		0 FLA	. 4		220.96	27.66	
Energy	kcal	45		0 NC	4		113	14	
Energy	kj	189		0 NC	4		472	59	
Protein (N x 6.25)	g	0.01		2 MC	9		0.02	0.00	
Total lipid (fat)	g	0.00		0 FLA	. 4		0.01	0.00	
Ash	g	0.06		2 AI	13		0.14	0.02	
Carbohydrate, by difference	g	11.55		0 NC	4		28.87	3.61	
Fiber, total dietary	g	0.0		0 FLA	. 4		0.0	0.0	
Sugars, total	g	11.50		0 FLA	. 4		28.74	3.60	
Starch	g								
Minerals:									
Calcium, Ca	ma	2		0 FLA	4		6	1	
Iron, Fe	-	0.18		1 AI	13		0.44	0.05	
Magnesium, Mg	-	1		0 FLA	4		2	0.03	
Phosphorus, P		0		0 FLA	4		1	0	
Potassium, K	-	12		5 JO	11		30	4	
Sodium, Na		6		3 јо	11		16	2	
Zinc, Zn	-	0.12		1 AI	13		0.29	0.04	
Copper, Cu		0.013	;	1 AI	13		0.033	0.004	
Manganese, Mn		0.027	•	0 FLA	4		0.068	0.009	
Selenium, Se		0.1		0 FLA	4		0.3	0.0	
X7*4 *									
Vitamins:				•	_		0.5		
Vitamin C, total ascorbic acid	-	34.1		2	1		85.3	10.7	
Thiamin	-	0.001		0 FLA	4		0.002	0.000	
Riboflavin	=	0.004		0 FLA	4		0.010	0.001	
Niacin	-	0.010		0 FLA 0 FLA	4 4		0.024	0.003	
Pantothenic acid Vitamin B-6	_	0.003		O FLA	4		0.008 0.006	0.001 0.001	
	_	0.002		O FLA	4		0.008	0.001	
Folate, totalFolic acid		0		O FLA	4		0	0	
Folate, food		0		0 FLA	4		0	0	
Folate, DFE		Ö		0 NC	4		0	0	
Vitamin B-12		0.00		0 FLA	4		0.00	0.00	
Vitamin A, IU		0.00		0 FLA	4		1	0	
Vitamin A, RAE		0		0 FLA	4		0	0	
Retinol		0		0 FLA	4		0	0	
Vitamin E (alpha-tocopherol)		0.00		0 FLA	4		0.00	0.00	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D	IU								
Vitamin K (phylloquinone)	mcg	0.0		0 FLA	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated	a	0.001		0 NC	4		0.003	0.000	
4:0		0.000		0 FLA	4		0.000	0.000	
6:0		0.000		0 FLA	4		0.000	0.000	
8:0	_	0.000		0 FLA	4		0.000	0.000	
10:0	-	0.000		0 FLA	4		0.000	0.000	
12:0		0.000		0 FLA	4		0.000	0.000	
13:0					-		2		
14:0		0.000	)	0 FLA	4		0.000	0.000	
15:0									
16:0		0.001		0 FLA	4		0.002	0.000	
17:0									
18:0	_	0.000	)	0 FLA	4		0.000	0.000	
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			
Nutricute and Unite	Maan	Std. Error	Number of Data	Deriv	Source Code	Confidence Code				
Nutrients and Units	Mean	Sia. Error	Tomis	Oode	Oode	- Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.000		0	NC	4		0.000	0.000		
14:1g										
15:1g										
16:1 undifferentiatedg	0.000		0	FLA	4		0.000	0.000		
17:1g	0.000		0	FLA	4		0.000	0.000		
18:1 undifferentiated	0.000		0	FLA	4		0.000 0.000	0.000		
20:1	0.000		0	FLA	4		0.000	0.000		
24:1 cg	0.000		U	FIL	•		0.000	0.000		
Fatty acids, total polyunsaturatedg	0.001		0	NC	4		0.002	0.000		
18:2 undifferentiatedg	0.001		0	FLA	4		0.001	0.000		
18:3 undifferentiatedg	0.000		0	FLA	4		0.000	0.000		
18:4g	0.000		0	FLA	4		0.000	0.000		
20:2 n-6 c,cg										
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.000		0	FLA	4		0.000	0.000		
20:5 n-3g	0.000		0	FLA	4		0.000	0.000		
22:5 n-3g	0.000		0	FLA	4		0.000	0.000		
22:6 n-3g	0.000		0	FLA	4		0.000	0.000		
Fatty acids, total trans9										
Cholesterolmg	0		0	FLA	4		0	0		
Phytosterolsmg										
Amino Acids:										
Tryptophang										
Threonineg	0.000		0		1		0.000	0.000		
Isoleucine	0.000		0		1		0.000	0.000		
Leucine	0.000		0		1		0.000	0.000		
Lysine	0.000		0		1		0.000	0.000		
Methionineg	0.000		0		1		0.000	0.000		
Cystineg										
Phenylalanineg	0.000		0		1		0.000	0.000		
Tyrosineg	0.000		0		1		0.000	0.000		
Valineg	0.000		0		1		0.000	0.000		
Arginineg	0.001		0		1		0.003	0.000		
Histidineg	0.000		0		1		0.000	0.000		
Alanineg	0.001		0		1		0.003	0.000		
Aspartic acidg	0.000		0		1		0.000	0.000		
Glutamic acidg	0.001		0		1		0.003	0.000		
Glycineg	0.000		0		1		0.000	0.000		
Prolineg	0.000		0		1		0.000	0.000		
Serine9	0.000		0		1		0.000	0.000		
Hydroxyprolineg										
Others:										
Alcohol, ethylg	0.0		0	FLA	4		0.0	0.0		
Caffeine mg	0		0	FLA	4		0	0		
Theobrominemg	0		0	FLA	4		0	0		
Carotenoids:	-		-		-		-	•		
Carotene, betamcg	0		0	FLA	4		0.437	0.055		
Carotene, alpha mcg	0		0	FLA	4		0.007	0.001		
Cryptoxanthin, beta mcg	0		0	FLA	4		0.006	0.001		
Lycopene mcg	0		Ö	FLA	4		0.000	0.000		
Lutein + zeaxanthinmcg	1		0	FLA	4		3.203	0.401		

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# **Common Measures:**

Measure 1 = 250g: 1 cup (8 fl oz)

Measure 2 = 31.3g: 1 fl oz

NDB No. 14277 Grape drink, canned

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.9

Food Group: 14 Beverages

Refuse: 0%

		<u>Aı</u>	mount in 100 g	grams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			Nı	ımber					easures of food		
					Deriv	Source	Confidence			<u>-</u> '	
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	• • • • • • • • • • • • • • • • • • • •	87.00		1		1		217.50	27.23	163.56	
Energy		50		0	NC	4		125	16	94	
Energy		210		0	NC	4		525	66	395	
Protein (N x 6.25)		0.10		0		1		0.25	0.03	0.19	
Total lipid (fat)		0.00		0		1		0.00	0.00	0.00	
Ash		0.12	0.032	7	AI	13		0.30	0.04	0.23	
Carbohydrate, by difference		12.78		0	NC	4		31.95	4.00	24.02	
Fiber, total dietary	g	0.0		0	FLA	4		0.1	0.0	0.0	
Sugars, total	g	12.75		0	NR	4		31.88	3.99	23.97	
Starch	g										
Minorals.											
Minerals: Calcium, Ca	ma	3		0		1		8	1	6	
Iron, Fe		0.10		0		1		0.25	0.03	0.1	
Magnesium, Mg		3		0	FLA	4		8	1	6	
Phosphorus, P		4		0	LIA	1		10	1	8	
Potassium, K	-	33	4.043	6	AI	13		82	10	62	
Sodium, Na		1	4.045	0	AI	1		3	0	2	
Zinc, Zn		0.02		0	FLA	4		0.05	0.01	0.0	
Copper, Cu	_	0.02	1	0	FLA	4		0.037	0.005	0.0	
Manganese, Mn		0.107		0	FLA	4		0.266	0.033	0.2	
Selenium, Se		0.1		0	FLA	4		0.3	0.0	0.2	
Scientini, Sc	9	0.1		·		-		0.0	• • •	V	
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	mg	16.0		0		1		40.0	5.0	30.1	
Thiamin	-	0.007		0	FLA	4		0.017	0.002	0.0	
Riboflavin	mg	0.012	!	0	FLA	4		0.030	0.004	0.0	
Niacin	mg	0.069	1	0	FLA	4		0.173	0.022	0.13	
Pantothenic acid	mg	0.012	!	0	FLA	4		0.030	0.004	0.0	
Vitamin B-6	mg	0.017	1	0	FLA	4		0.043	0.005	0.0	
Folate, total	mcg	1		0	FLA	4		2	0	1	
Folic acid	mcg	0		0	FLA	4		0	0	0	
Folate, food		1		0	FLA	4		2	0	1	
Folate, DFE	mcg_DFE	1		0	NC	4		2	0	1	
Vitamin B-12		0.00		0	FLA	4		0.00	0.00	0.0	
Vitamin A, IU		2		0	FLA	4		5	1	4	
Vitamin A, RAE	mcg_RAE	0		0	FLA	4		0	0	0	
Retinol	mcg	0		0	FLA	4		0	0	0	
Vitamin E (alpha-tocopherol)	mg	0.00		0	FLA	4		0.00	0.00	0.0	
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	0.1		0	FLA	4		0.3	0.0	0.2	
Lipids:											
Fatty acids, total saturated	a	0.000	1	0	FLA	4		0.000	0.000	0.0	
4:0		0.000		0	FLA	4		0.000	0.000	0.00	
6:0		0.000		0	FLA	4		0.000	0.000	0.0	
8:0		0.000		0	FLA	4		0.000	0.000	0.0	
10:0	-	0.000		0	FLA	4		0.000	0.000	0.0	
12:0		0.000		0	FLA	4		0.000	0.000	0.0	
13:0	-	0.000		Ü	EAR	-		0.000	0.000	0.0	
14:0	-	0.000	1	0	FLA	4		0.000	0.000	0.00	
	-	0.000		Ü	EAR	-		0.000	0.000	0.0	
15:0		0.000	1	0	FLA	4		0.000	0.000	0.0	
16:0		0.000	•	J	ETW	4		0.000	0.000	0.0	
17:0	_	0 000		0	FLA	4		0 000	0 000	0.0	
18:0	_	0.000	•	U	FLA	4		0.000	0.000	0.0	
20:0	_										
22:0 24:0	_										

	<u>Ar</u>	nount in 10	00 grams	of edil	ole portic	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.000		0	FLA	4		0.000	0.000	0.000	
14:1g	0.000		Ū	гли	-		0.000	0.000	0.000	
15:1 9										
16:1 undifferentiated	0.000		0	FLA	4		0.000	0.000	0.000	
17:19			_		_					
18:1 undifferentiated	0.000		0	FLA	4		0.000	0.000	0.000	
20:1g	0.000		0	FLA	4		0.000	0.000	0.000	
22:1 undifferentiated	0.000		0	FLA	4		0.000	0.000	0.000	
24:1 cg										
Fatty acids, total polyunsaturated	0.000		0	FLA	4		0.000	0.000	0.000	
18:2 undifferentiatedg	0.000		0	FLA	4		0.000	0.000	0.000	
18:3 undifferentiatedg	0.000		0	FLA	4		0.000	0.000	0.000	
18:4g	0.000		0	FLA	4		0.000	0.000	0.000	
20:2 n-6 c,cg										
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.000		0	FLA	4		0.000	0.000	0.000	
20:5 n-3g	0.000		0	FLA	4		0.000	0.000	0.000	
22:5 n-3g	0.000		0	FLA	4		0.000	0.000	0.000	
22:6 n-3g	0.000		0	FLA	4		0.000	0.000	0.000	
Fatty acids, total transg										
Cholesterolmg	0		0	FLA	4		0	0	0	
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0		0	FLA	4		0.0	0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0	0	
Theobromine mg	0		0	FLA	4		0	0	0	
Carotenoids:										
Carotene, betamcg	1		0	FLA	4		3.130	0.392	2.353	
Carotene, alphamcg	0		0	FLA	4		0.047	0.006	0.035	
Cryptoxanthin, betamcg	0		0	FLA	4		0.040	0.005	0.030	
Lycopenemcg	0		0	FLA	4		0.000	0.000	0.000	
Lutein + zeaxanthinmcg	9		0	FLA	4		22.949	2.873	17.258	

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# **Common Measures:**

Measure 1 = 250g: 1 cup (8 fl oz)

Measure 2 = 31.3g: 1 fl oz

Measure 3 = 188g: 1 glass (6 fl oz)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.9

Food Group: 14 Beverages

NDB No. 14272 KRAFT, CAPRI SUN ALL NATURAL Juice Drink Fruit Punch, ready-to-drink

Refuse: 0%

		<u>A</u>	mount in 10			ole portio	<u>n</u>		edible portion e	
Nutrients and Un	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	87.10		0	MC	9		182.91		
Energy	kcal	47		0	MC	9		99		
Energy		197				9		413		
Protein		0.00		0	MC	9		0.00		
Total lipid (fat)	g	0.00		0	NR	4		0.00		
Ash		0.10		0	MC	9		0.21		
Carbohydrate, by difference		12.50		0	MC	9		26.25		
Fiber, total dietary		0.0		0	MC	9		0.0		
·		12.00		0	MC	9		25.20		
Sugars, total		12.00		U	MC	9		25.20		
<u> Minerals:</u>										
Calcium, Ca	mg	1		0	MC	9		2		
Iron, Fe	mg	0.03		0	MC	9		0.06		
Magnesium, Mg	mg									
Phosphorus, P	mg	1		0	MC	9		2		
Potassium, K	mg	12		0	MC	9		25		
Sodium, Na		10		0	MC	9		21		
Zinc, Zn	mg									
Copper, Cu										
Manganese, Mn										
Selenium, Se										
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.3		0	MC	9		2.7		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid										
Vitamin B-6										
Folate, total										
Folate, DFE										
Vitamin B-12	mcg									
Vitamin A, IU	IU	4		0	MC	9		8		
Vitamin A, RAE	mca RAE									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	-									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	g	0.000	)	0	MC	9		0.000		
Fatty acids, total monounsaturated.	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans										
Cholesterol		0		0	MC	9		0		
Phytosterols	ma									

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### **Common Measures:**

Measure 1 = 210g: 1 NLEA Serving

Calories Factors: Protein Fat Carbohydrate

KRAFT, CAPRI SUN ALL NATURAL Juice Drink Fruit Punch, ready-to-drink

Food Group: 14 Beverages

NDB No. 14377 KRAFT, CRYSTAL LIGHT Sugar Free Low Calorie Iced Tea Mix, with aspartame, powder

Refuse: 0%

		<u>A</u>	mount in 10			ole portio	<u>n</u>		edible portion e	
Nutrients and Uni	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	2.40		0	MC	9		0.02		
Energy	kcal	283		0	MC	9		3		
Energy		1184				9		12		
Protein		6.30		0	MC	9		0.06		
Total lipid (fat)	_	0.40		0	NR	4		0.00		
Ash		5.30		0	MC	9		0.05		
Carbohydrate, by difference (1)		42.90		0	MC	9		0.43		
		0.0		0	MC	9		0.43		
Fiber, total dietary										
Sugars, total		8.60		0	MC	9		0.09		
Ainerals:										
Calcium, Ca	mg	16		0	MC	9		0		
Iron, Fe	mg	1.05		0	MC	9		0.01		
Magnesium, Mg										
Phosphorus, P		108		0	MC	9		1		
Potassium, K		1715		0	MC	9		17		
Sodium, Na		178		0	MC	9		2		
Zine, Zn	-									
Copper, Cu										
Manganese, Mn										
Selenium, Se										
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin										
Riboflavin	-									
Niacin	-									
Pantothenic acid										
Vitamin B-6										
Folate, total										
Folate, DFE										
Vitamin B-12	mca									
Vitamin A, IU	IU	0		0	MC	9		0		
Vitamin A, RAE	mca RAF	•		·				·		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	-									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	_									
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	g	0.000	)	0	MC	9		0.000		
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated	_									
Fatty acids, total trans										
Cholesterol	-	0		0	MC	9		0		
Phytosterols	-	-		-		-		-		

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## **Common Measures:**

Measure 1 = 1.0g: 1 NLEA Serving

#### **Footnotes**

1 Contains other proximate components such as acids and non-protein nitrogen.

KRAFT, CRYSTAL LIGHT Sugar Free Low Calorie Iced Tea Mix, with aspartame, powder

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

KRAFT, CRYSTAL LIGHT Sugar Free Low Calorie Soft Drink Mix Lemonade, with aspartame and acesulfame potassium sweetener powder

Kraft Foods, Inc.

Refuse: 0%

		<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	
Nutrients and Un	its	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		1.00		0	MC	9		0.02		
Energy	kcal	228		0	MC	9		5		
Energy	kj	954				9		19		
Protein	g	3.30		0	MC	9		0.07		
Total lipid (fat)	g	0.10		0	NR	4		0.00		
Ash	g	5.40		0	MC	9		0.11		
Carbohydrate, by difference (1)	g	7.60		0	MC	9		0.15		
Fiber, total dietary		0.1		0	MC	9		0.0		
Sugars, total		3.00		0	MC	9		0.06		
Starch		3.00		·						
Minerals:										
Calcium, Ca	mg	7		0	MC	9		0		
Iron, Fe	mg	0.02		0	MC	9		0.00		
Magnesium, Mg	mg									
Phosphorus, P	mg	4		0	MC	9		0		
Potassium, K	mg	3136		0	MC	9		63		
Sodium, Na	mg	29		0	MC	9		1		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.7		0	MC	9		0.0		
Thiamin										
Riboflavin										
Niacin	-									
Pantothenic acid										
Vitamin B-6										
Folate, total										
Folate, DFE										
Vitamin B-12										
Vitamin A, IU		1		0	MC	9		0		
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	-	0.000	)	0	MC	9		0.000		
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									

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# **Common Measures:**

Measure 1 = 2.0g: 1 NLEA Serving

### **Footnotes**

1 Contains other proximate components such as acids.

KRAFT, CRYSTAL LIGHT Sugar Free Low Calorie Soft Drink Mix Lemonade, with aspartame and acesulfame potassium sweetener powder

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

NDB No. 14230 KRAFT, GENERAL FOODS INTERNATIONAL COFFEES Cafe Français Flavored Instant Coffee, powder

Refuse: 0%

		<u>A</u>	mount in 10	<u>0 grams</u>	of edil	ole portio	<u>n</u>	Amount in	edible portion	of common
				Number	,				easures of food	
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water		2.20		0	MC	9		0.29		
Energy	kcal	480		0	MC	9		62		
Energy	kj	2008				9		261		
Protein	g	4.20		0	MC	9		0.55		
Total lipid (fat)	g	26.80		0	NR	4		3.48		
Ash	g	3.80		0	MC	9		0.49		
Carbohydrate, by difference (1)	g	55.30		0	MC	9		7.19		
Fiber, total dietary	g	3.2		0	MC	9		0.4		
Sugars, total	g	30.20		0	MC	9		3.93		
Starch										
Ainerals:										
Calcium, Ca	mg	24		0	MC	9		3		
Iron, Fe.		0.68		0	MC	9		0.09		
Magnesium, Mg										
Phosphorus, P		302		0	MC	9		39		
Potassium, K		994		0	MC	9		129		
Sodium, Na	mg	716		0	MC	9		93		
Zinc, Zn										
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin										
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total										
Folate, DFE	mcg_DFE									
Vitamin B-12										
Vitamin A, IU		0		0	MC	9		0		
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated		6.400	)	0	MC	9		0.832		
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol		1		0	MC	9		0		
Phytosterols	mg									

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## **Common Measures:**

Measure 1 = 13.0g: 1 NLEA Serving

#### **Footnotes**

1 Contains other proximate components.

KRAFT, GENERAL FOODS INTERNATIONAL COFFEES Cafe Français Flavored Instant Coffee, powder

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

NDB No. 14231
KRAFT, GENERAL FOODS INTERNATIONAL COFFEES French Vanilla Cafe Flavored Instant Coffee, powder Kraft Foods, Inc.

Refuse: 0%

		<u>A</u>	mount in 10			ole portio	<u>n</u>		edible portion e	
Nutrients and Uni	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	1.50		0	MC	9		0.21		
Energy	kcal	463		0	MC	9		65		
Energy		1937				9		271		
Protein		2.50		0	MC	9		0.35		
Total lipid (fat)	-	19.20		0	NR	4		2.69		
Ash		2.20		0	MC	9		0.31		
Carbohydrate, by difference (1)		71.10		0	MC	9		9.95		
		1.4		0	MC	9		0.2		
Fiber, total dietary										
Sugars, total		54.30		0	MC	9		7.60		
Inerals:										
Calcium, Ca	mg	12		0	MC	9		2		
Iron, Fe.	-	0.33		0	MC	9		0.05		
Magnesium, Mg										
Phosphorus, P	-	203		0	MC	9		28		
Potassium, K		546		0	MC	9		76		
Sodium, Na		399		0	MC	9		56		
Zine, Zn	-									
Copper, Cu	-									
Manganese, Mn										
Selenium, Se										
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	MC	9		0.0		
Thiamin						-				
Riboflavin	-									
Niacin	-									
Pantothenic acid										
Vitamin B-6										
Folate, total										
Folate, DFE										
Vitamin B-12	mca									
Vitamin A, IU	III	0		0	MC	9		0		
Vitamin A, RAE	mra RAF	ŭ			110			v		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	-									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	-									
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	g	4.600	)	0	MC	9		0.644		
Fatty acids, total monounsaturated	-									
Fatty acids, total polyunsaturated	-									
Fatty acids, total trans										
Cholesterol		0		0	MC	9		0		
Phytosterols		-		-	-	-		-		

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## **Common Measures:**

Measure 1 = 14.0g: 1 NLEA Serving

#### **Footnotes**

1 Contains other proximate components.

KRAFT, GENERAL FOODS INTERNATIONAL COFFEES French Vanilla Cafe Flavored Instant Coffee, powder

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

NDB No. 14232

KRAFT, GENERAL FOODS INTERNATIONAL COFFEES Sugar Free Fat Free Low Calorie French Vanilla Cafe Flavored Instant Coff with aspartame and acesulfame potassium sweetener, powder

Kraft Foods, Inc.

Refuse: 0%

		<u>A</u>	mount in 10	0 grams	of edit	ole portio	<u>n</u>	Amount in edible portion of common		
				Number				<u>m</u>	easures of food	_
Nutrients and Un	its	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		3.10		0	MC	9		0.22		
Energy	kcal	363		0	MC	9		25		
Energy	kj	1519				9		106		
Protein	g	3.10		0	MC	9		0.22		
Total lipid (fat)	g	4.90		0	NR	4		0.34		
Ash	g	4.40		0	MC	9		0.31		
Carbohydrate, by difference (1)	g	76.00		0	MC	9		5.32		
Fiber, total dietary	-	4.9		0	MC	9		0.3		
Sugars, total		6.40		0	MC	9		0.45		
Starch	_			-		_				
Minerals:										
Calcium, Ca	mg	62		0	MC	9		4		
Iron, Fe	mg	0.82		0	MC	9		0.06		
Magnesium, Mg	mg									
Phosphorus, P	mg	230		0	MC	9		16		
Potassium, K	mg	1025		0	MC	9		72		
Sodium, Na	mg	929		0	MC	9		65		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total										
Folate, DFE	mcg_DFE									
Vitamin B-12										
Vitamin A, IU	IU	0		0	MC	9		0		
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated		0.800	)	0	MC	9		0.056		
Fatty acids, total monounsaturated.										
Fatty acids, total polyunsaturated										
Fatty acids, total trans	g									
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									

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# **Common Measures:**

Measure 1 = 7.0g: 1 NLEA Serving

### **Footnotes**

1 Contains other proximate components.

KRAFT, GENERAL FOODS INTERNATIONAL COFFEES Sugar Free Fat Free Low Calorie French Vanilla Cafe Flavored Instant Coff with aspartame and accsulfame potassium sweetener, powder

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

NDB No. 14205

KRAFT, GENERAL FOODS INTERNATIONAL COFFEES Sugar Free Fat Free Low Calorie Suisse Mocha Flavored Instant Coffee, wi aspartame and acesulfame potassium sweetener, powder

Kraft Foods, Inc.

Refuse: 0%

		<u>A</u>	mount in 10	ou grams	ot edil	ole portio	<u>n</u>		edible portion	
				Number				<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	3.50		0	MC	9		0.25		
Energy	kcal	337		0	MC	9		24		
Energy		1410				9		99		
Protein	g	5.40		0	MC	9		0.38		
Total lipid (fat)	g	5.00		0	NR	4		0.35		
Ash		5.20		0	MC	9		0.36		
Carbohydrate, by difference (1)		72.80		0	MC	9		5.10		
Fiber, total dietary		8.6		0	MC	9		0.6		
Sugars, total		5.40		0	MC	9		0.38		
Starch		0.10						0.00		
Ainerals:										
Calcium, Ca	mg	75		0	MC	9		5		
Iron, Fe	mg	4.70		0	MC	9		0.33		
Magnesium, Mg	mg									
Phosphorus, P	mg	288		0	MC	9		20		
Potassium, K	mg	1600		0	MC	9		112		
Sodium, Na	mg	516		0	MC	9		36		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg									
Riboflavin	mg									
Niacin	<u>mg</u>									
Pantothenic acid	<u>mg</u>									
Vitamin B-6	mg									
Folate, total										
Folate, DFE										
Vitamin B-12										
Vitamin A, IU	IU	0		0	MC	9		0		
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)	_									
Tocopherol, beta										
Tocopherol, gamma	_									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
<u> </u>										
Fatty acids, total saturated		1.400	)	0	MC	9		0.098		
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol.	mg	0		0	MC	9		0		
Phytosterols	mg									

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# **Common Measures:**

Measure 1 = 7.0g: 1 NLEA Serving

### **Footnotes**

1 Contains other proximate components.

KRAFT, GENERAL FOODS INTERNATIONAL COFFEES Sugar Free Fat Free Low Calorie Suisse Mocha Flavored Instant Coffee, wi aspartame and acesulfame potassium sweetener, powder

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

NDB No. 14225 KRAFT, GENERAL FOODS INTERNATIONAL COFFEES Suisse Mocha Flavored Instant Coffee, powder

Refuse: 0%

		<u>A</u>	mount in 10	00 grams Number		ole portio	<u>n</u>		edible portion of easures of food	
Nutrients and Unit	ts	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water		1.60		0	MC	9		0.21		
Energy	kcal	440		0	MC	9		57		
Energy	kj	1841				9		239		
Protein	g	3.50		0	MC	9		0.46		
Total lipid (fat)	g	17.20		0	NR	4		2.24		
Ash	g	2.50		0	MC	9		0.33		
Carbohydrate, by difference (1)	g	72.10		0	MC	9		9.37		
Fiber, total dietary	g	3.4		0	MC	9		0.4		
Sugars, total	g	54.30		0	MC	9		7.06		
Starch	g									
<u> Iinerals:</u>										
Calcium, Ca	-	18		0	MC	9		2		
Iron, Fe		2.07		0	MC	9		0.27		
Magnesium, Mg	-									
Phosphorus, P		221		0	MC	9		29		
Potassium, K		897		0	MC	9		117		
Sodium, Na	-	251		0	MC	9		33		
Zinc, Zn										
Copper, Cu										
Selenium, Se										
Vitamins:	ma	0.0		0	MC	9		0.0		
Vitamin C, total ascorbic acid Thiamin		0.0		U	МС	9		0.0		
Riboflavin	-									
Niacin	-									
Pantothenic acid										
Vitamin B-6										
Folate, total										
Folate, DFE										
Vitamin B-12	mcg									
Vitamin A, IU	IU	0		0	MC	9		0		
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
<u> Lipids:</u>										
Fatty acids, total saturated		4.300	)	0	MC	9		0.559		
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans		_		_		_		_		
Cholesterol	mg	0		0	MC	9		0		

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## **Common Measures:**

Measure 1 = 13.0g: 1 NLEA Serving

#### **Footnotes**

1 Contains other proximate components.

KRAFT, GENERAL FOODS INTERNATIONAL COFFEES Suisse Mocha Flavored Instant Coffee, powder

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

Refuse: 0%

		<u>A</u>	mount in 10			ole portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Un	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates: Water	g	88.10		0	MC	9		185.01		
Energy	kcal	43		0	MC	9		90		
Energy		180				9		378		
Protein		0.00		0	MC	9		0.00		
Total lipid (fat)	-	0.00		0	NR	4		0.00		
Ash		0.10		0	MC	9		0.21		
Carbohydrate, by difference		11.60		0	MC	9		24.36		
		0.0		0	MC	9		0.0		
Fiber, total dietary										
Sugars, total		11.20		0	MC	9		23.52		
Ainerals:										
Calcium, Ca	ma	0		0	MC	9		0		
Iron, Fe.		0.02		0	MC	9		0.04		
Magnesium, Mg.						-				
Phosphorus, P	-	0		0	MC	9		0		
Potassium, K		4		0	MC	9		8		
Sodium, Na		14		0	MC	9		29		
Zinc, Zn	-	14		· ·	мс			23		
Copper, Cu	-									
Manganese, Mn										
Selenium, Se	-									
Scientini, Sc	g									
Vitamins:	ma	0.0		0	мс	9		0.0		
Vitamin C, total ascorbic acid		0.0		U	MC	9		0.0		
Thiamin	-									
Riboflavin	-									
Niacin										
Pantothenic acid										
Vitamin B-6										
Folate, total										
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg	_		_				_		
Vitamin A, IU		0		0	MC	9		0		
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	-									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated		0.000	)	0	MC	9		0.000		
Fatty acids, total monounsaturated.	g									
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	ma									

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### **Common Measures:**

Measure 1 = 210g: 1 NLEA Serving

Calories Factors: Protein Fat Carbohydrate

KRAFT, KOOL-AID BURSTS Soft Drink Tropical Punch, ready-to-drink

Food Group: 14 Beverages

Refuse: 0%

		<u>A</u>	mount in 10	00 grams Number		ole portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Un	its	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water		87.40		0	MC	9		220.25		
Energy	kcal	46		0	MC	9		116		
Energy	kj	192				9		485		
Protein	g	0.00		0	MC	9		0.00		
Total lipid (fat)	g	0.00		0	NR	4		0.00		
Ash	g	0.10		0	MC	9		0.25		
Carbohydrate, by difference	g	12.20		0	MC	9		30.74		
Fiber, total dietary		0.0		0	MC	9		0.0		
Sugars, total		11.80		0	MC	9		29.74		
Starch										
<u>Minerals:</u>										
Calcium, Ca	mg	0		0	MC	9		0		
Iron, Fe		0.02		0	MC	9		0.05		
Magnesium, Mg	mg									
Phosphorus, P		0		0	MC	9		0		
Potassium, K	mg	5		0	MC	9		13		
Sodium, Na	mg	14		0	MC	9		35		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg									
Riboflavin	mg									
Niacin	<u>mg</u>									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total										
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	0		0	MC	9		0		
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.000	)	0	MC	9		0.000		
Fatty acids, total monounsaturated.	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	ma									

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### **Common Measures:**

Measure 1 = 252g: 1 NLEA serving

Calories Factors: Protein Fat Carbohydrate

KRAFT, KOOL-AID SPLASH Soft Drink Grape Berry Punch, ready-to-drink

Food Group: 14 Beverages

NDB No. 14275 KRAFT, KOOL-AID Sugar Sweetened Soft Drink Mix Tropical Punch, powder

Refuse: 0%

Nutrients and Units  Proximates: Water	kcal kj g g	Mean  0.20 375 1569	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	easures of food Measure 2	Measure :
Water Energy Energy Protein Total lipid (fat) Ash Carbohydrate, by difference (1) Fiber, total dietary. Sugars, total	kcal kj g g	375								
Energy Energy Protein Total lipid (fat) Ash Carbohydrate, by difference (1) Fiber, total dietary. Sugars, total	kcal kj g g	375								
Energy	kj g g			0	MC	9		0.03		
Protein Total lipid (fat) Ash Carbohydrate, by difference (1) Fiber, total dietary Sugars, total.	g g	1569		0	MC	9		64		
Total lipid (fat)	g					9		267		
Ash		0.00		0	MC	9		0.00		
Carbohydrate, by difference (1)	~	0.00		0	NR	4		0.00		
Fiber, total dietary	<b>y</b>	0.50		0	MC	9		0.09		
Sugars, total	g	95.60		0	MC	9		16.25		
	g	0.0		0	MC	9		0.0		
Starch	g	95.20		0	MC	9		16.18		
	g									
<u> Minerals:</u>										
Calcium, Ca		164		0	MC	9		28		
Iron, Fe		0.07		0	MC	9		0.01		
Magnesium, Mg	-			_						
Phosphorus, P		75		0	MC	9		13		
Potassium, K		2		0	MC	9		0		
Sodium, Na	-	9		0	MC	9		2		
Zinc, Zn										
Copper, Cu										
Selenium, Se										
Vitamins:  Vitamin C, total ascorbic acid	ma	35.3		0	MC	9		6.0		
Thiamin		33.3		Ū	мс	,		0.0		
Riboflavin	_									
Niacin	-									
Pantothenic acid										
Vitamin B-6										
Folate, total										
Folate, DFE										
Vitamin B-12	mcg									
Vitamin A, IU	IU	0		0	MC	9		0		
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
<u> </u>								_		
Fatty acids, total saturated		0.000	)	0	MC	9		0.000		
Fatty acids, total monounsaturated	-									
Fatty acids, total polyunsaturated										
Fatty acids, total trans		_		_		_				
Cholesterol	-	0		0	MC	9		0		

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## **Common Measures:**

Measure 1 = 17g: 1 NLEA Serving

#### **Footnotes**

1 Contains other proximate components.

# KRAFT, KOOL-AID Sugar Sweetened Soft Drink Mix Tropical Punch, powder

\*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

NDB No. 14274 KRAFT, KOOL-AID Unsweetened Soft Drink Mix Tropical Punch, powder

Refuse: 0%

		<u>A</u>	mount in 10			ole portio	<u>n</u>		edible portion easures of food	
				Number		Caaa	Confidence	<u></u>	<u> </u>	<u>.</u>
Nutrients and Un	its	Mean	Std. Error			Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		0.90		0	MC	9		0.01		
Energy		198		0	MC	9		1		
Energy		828				9		5		
Protein	_	0.00		0	MC	9		0.00		
Total lipid (fat)	g	0.00		0	NR	4		0.00		
Ash	g	9.30		0	MC	9		0.06		
Carbohydrate, by difference (1)	g	9.60		0	MC	9		0.06		
Fiber, total dietary	g	0.4		0	MC	9		0.0		
Sugars, total	g	3.30		0	MC	9		0.02		
Starch	g									
Minerals:										
* Calcium, Ca	mg	1105		0	MC	9		7		
Iron, Fe		0.01		0	MC	9		0.00		
Magnesium, Mg										
* Phosphorus, P		509		0	MC	9		3		
Potassium, K		0		0	MC	9		0		
Sodium, Na		2577		0	MC	9		15		
Zinc, Zn										
Copper, Cu										
Manganese, Mn										
Selenium, Se	mcg									
<u>Vitamins:</u>										
* Vitamin C, total ascorbic acid		1000.0		0	MC	9		6.0		
Thiamin	-									
Riboflavin										
Niacin										
Pantothenic acid										
Vitamin B-6										
Folate, total										
Folate, DFE	mcg_DFE									
Vitamin B-12	riicg	0		0	140	9		0		
Vitamin A, IU	IU	U		U	MC	9		U		
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)	_									
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	g	0.000	)	0	MC	9		0.000		
Fatty acids, total monounsaturated.										
Fatty acids, total polyunsaturated	_									
Fatty acids, total trans										
Cholesterol	-	0		0	MC	9		0		
Phytosterols	_									

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## **Common Measures:**

Measure 1 = 0.6g: 1 NLEA Serving

#### **Footnotes**

1 Contains other proximate components such as acids.

# KRAFT, KOOL-AID Unsweetened Soft Drink Mix Tropical Punch, powder

\*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

Refuse: 0%

		<u>A</u>	mount in 10	00 grams Number		ole portio	<u>n</u>		edible portion of easures of food	
Nutrients and Un	its	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.20		1	A	1		0.02		
Energy	kcal	270		0	NC	4		5		
Energy	kj	1130				4		21		
Protein (N x 6.25)	g	2.70		1	A	1		0.05		
Total lipid (fat)	g	1.20		1	A	1		0.02		
Ash	g	6.20		1	A	1		0.12		
Carbohydrate, by difference (1)	g	88.70		0	NC	4		1.69		
Fiber, total dietary										
Sugars, total		1.30		1	A	1		0.02		
Starch	_									
Minerals:										
Calcium, Ca	ma									
Iron, Fe	-									
Magnesium, Mg										
Phosphorus, P										
Potassium, K										
Sodium, Na		9		1	A	1		0		
Zinc, Zn										
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
* Vitamin C, total ascorbic acid	mg	348.0		1	A	1		6.6		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	<u>mg</u>									
Vitamin B-6	mg									
Folate, total										
Folate, DFE										
Vitamin B-12	-									
Vitamin A, IU										
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									

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

# **Common Measures:**

Measure 1 = 1.9g: 1 portion (1/8 cap/tub)

# **Footnotes**

Contains citric acid.

\*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 4 Fat 9 Carbohydrate 2.8

Food Group: 14 Beverages

Kraft Foods, Inc.

Refuse: 0%

		<u>A</u>	mount in 10	00 grams Number		ole portio	<u>n</u>	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	
Proximates:											
Water	g	2.20		1	A	1		0.03			
Energy	kcal	290		0	NC	4		3			
Energy	kj	1213				4		15			
Protein (N x 6.25)	g	6.10		1	A	1		0.07			
Total lipid (fat)	g	0.30		1	A	1		0.00			
Ash	g	6.50		1	A	1		0.08			
Carbohydrate, by difference (1)		84.90		0	NC	4		1.02			
Fiber, total dietary											
Sugars, total		0.70		1	A	1		0.01			
Starch	_			_		_					
Minerals:											
Calcium, Ca	ma										
Iron, Fe	-										
Magnesium, Mg											
Phosphorus, P											
Potassium, K											
Sodium, Na		422		1	A	1		5			
Zinc, Zn											
Copper, Cu	mg										
Manganese, Mn											
Selenium, Se	mcg										
Vitamins:											
* Vitamin C, total ascorbic acid	mg	560.0		1	A	1		6.7			
Thiamin	mg										
Riboflavin	-										
Niacin	mg										
Pantothenic acid	mg										
Vitamin B-6	mg										
Folate, total											
Folate, DFE	mcg_DFE										
Vitamin B-12	mcg										
Vitamin A, IU											
Vitamin A, RAE											
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										

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

### **Common Measures:**

Measure 1 = 1.2g: .125 envelope

# **Footnotes**

1 Contains citric acid.

\*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 4 Fat 9 Carbohydrate 3.1

Food Group: 14 Beverages

Kraft Foods, Inc.

Refuse: 0%

		<u>A</u>	mount in 10	0 grams		ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Unit	ts	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	0.10		1	A	1		0.02			
Energy	kcal	354		0	NC	4		64			
Energy	kj	1481				4		267			
Protein (N x 6.25)	g	0.10		1	A	1		0.02			
Total lipid (fat)	g	1.20		1	A	1		0.22			
Ash	g	0.50		1	A	1		0.09			
Carbohydrate, by difference (1)		98.10		0	NC	4		17.66			
Fiber, total dietary											
Sugars, total		85.40		1	A	1		15.37			
Starch.		00.10		_		_		20.07			
Starch	9										
Minerals:											
Calcium, Ca	mg										
Iron, Fe	mg										
Magnesium, Mg	mg										
Phosphorus, P	mg										
Potassium, K	mg										
Sodium, Na	mg	72		1	A	1		13			
Zinc, Zn	mg										
Copper, Cu	_										
Manganese, Mn	mg										
Selenium, Se	mcg										
Vitamins:											
* Vitamin C, total ascorbic acid	mg	37.5		1	A	1		6.8			
Thiamin	<u>mg</u>										
Riboflavin	mg										
Niacin	mg										
Pantothenic acid	<u>mg</u>										
Vitamin B-6	mg										
Folate, total											
Folate, DFE	mcg_DFE										
Vitamin B-12	mcg										
Vitamin A, IU											
Vitamin A, RAE											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										

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

## **Common Measures:**

Measure 1 = 18g: 1 portion (1/8 cap/tub)

# **Footnotes**

Contains citric acid.

\*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 4 Fat 9 Carbohydrate 3.5

Food Group: 14 Beverages

		A	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 Unit	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	-	52.30		2		1		19.04	228.55	114.01	
Energy	kcal	181		0	NC	4		66	791	395	
Energy		757				4		276	3309	1651	
Protein (N x 6.25)	-	0.30		2		1		0.11	1.31	0.65	
Total lipid (fat)	g	0.20		2		1		0.07	0.87	0.44	
Ash		0.20		2		1		0.07	0.87	0.44	
Carbohydrate, by difference	g	47.10		0	NC	4		17.14	205.83	102.68	
Fiber, total dietary	g	0.4		0	BFZN	4		0.1	1.7	0.9	
Sugars, total	g										
Starch	g										
Ainerals:											
Calcium, Ca	ma	7		38		1		3	31	15	
Iron. Fe.	-	0.72		12		1		0.26	3.15	1.57	
Magnesium, Mg		5		37		1		2	22	11	
Phosphorus, P		9		28		1		3	39	20	
Potassium, K	•	67		37		1		24	293	146	
Sodium, Na	-	4		36		1		1	17	9	
Zinc, Zn	mg	0.08		11		1		0.03	0.35	0.17	
Copper, Cu	mg	0.060	)	12		1		0.022	0.262	0.13	
Manganese, Mn	<u>mg</u>	0.020	)	10		1		0.007	0.087	0.04	
Selenium, Se	mcg	0.0		0	BFZN	4		0.0	0.0	0.0	
/itamins:											
Vitamin C, total ascorbic acid	ma	17.7		32		1		6.4	77.3	38.6	
Thiamin	-	0.026	:	2		1		0.009	0.114	0.05	
Riboflavin	-	0.026		2		1		0.003	0.420	0.00	
Niacin		0.074		2		1		0.027	0.323	0.16	
Pantothenic acid	-	0.057		2		1		0.021	0.249	0.12	
Vitamin B-6	-	0.025		2		1		0.009	0.109	0.05	
Folate, total	-	10		3		1		4	44	22	
Folic acid		0		0	z	7		0	0	0	
Folate, food		10		3		1		4	44	22	
Folate, DFE		10		0	NC	4		4	44	22	
Vitamin B-12		0.00		1		1		0.00	0.00	0.00	
Vitamin A, IU		8		4		1		3	35	17	
Vitamin A, RAE		0		0	NC	4		0	2	1	
Retinol		0		0	Z	7		0	0	0	
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta	mg										
Vitamin D											
Vitamin K (phylloquinone)	mcg										
_ipids:											
Fatty acids, total saturated	q	0.026	5	0		1		0.009	0.114	0.05	
4:0											
6:0											
8:0	g										
10:0	g										
12:0	g										
13:0	g										
14:0	g	0.001	L	0		1		0.000	0.004	0.0	
15:0	g										
16:0	g	0.024	Į.	0		1		0.009	0.105	0.0	
17:0	g										
18:0	g	0.001	L	0		1		0.000	0.004	0.0	
20:0	a										
20.0											

NDB No. 14542 Lemonade, frozen concentrate, pink

	Amount in	100 grams of e	dible portion	Amount in edible portion of common			
		Number			easures of food		
Nutrients and Units	Mean Std. Eri	of Data Deri or Points Cod	v Source Confidence e Code Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.008	0	1	0.003	0.035	0.017	
15:1	0.001	0	1	0.000	0.004	0.002	
18:1 undifferentiated	0.007	0	1	0.003	0.031	0.015	
24:1 cg  Fatty acids, total polyunsaturatedg  18:2 undifferentiatedg	0.059 0.042	0 0	1 1	0.021 0.015	0.258 0.184	0.129 0.092	
18:3 undifferentiated	0.017	0	1	0.006	0.074	0.037	
20:3 undifferentiated							
22:5 n-3							
Cholesterol mg Phytosterols mg	0	0	1	0	0	0	

#### **Common Measures:**

Measure 1 = 36.4g: 1 fl oz

Measure 2 = 437g: 1 can (12 fl oz) Measure 3 = 218g: 1 can (6 fl oz)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.8

Food Group: 14 Beverages

NDB No. 14543 Lemonade, frozen concentrate, pink, prepared with water

Proximates: Water	cal j l	89.30 40 167 0.10 0.00			Deriv	Source Code	Confidence Code	<u>mo</u> Measure 1	easures of food Measure 2	Measure 3
Proximates:           Water	cal j l	89.30 40 167 0.10	-	Points				Measure 1	Measure 2	Measure 3
Proximates:           Water	cal j l	89.30 40 167 0.10	Std. Error		Code	Code	Code	Measure 1	Measure 2	Measure 3
Water         9           Energy         k           Energy         k           Protein (N x 0)         9           Total lipid (fat)         9           Ash         9           Carbohydrate, by difference         9           Fiber, total dietary         9           Sugars, total         9           Starch         9           Minerals:         Calcium, Ca         m           Calcium, Ca         m           Iron, Fe         m           Magnesium, Mg         m           Photassium, K         m           Sodium, Na         m           Zinc, Zn         m           Copper, Cu         m           Manganese, Mn         m           Selenium, Se         m           Vitamins:         Vitamin C, total ascorbic acid         m           Thiamin         m           Rioflavin         m           Niacin         m           Pantothenic acid         m           Vitamin B-6         m           Folate, total         m	cal j l	40 167 0.10		0						
Water.         9           Energy.         k           Energy.         k           Protein (N x 0).         9           Total lipid (fat).         9           Ash.         9           Carbohydrate, by difference.         9           Fiber, total dietary.         9           Sugars, total.         9           Starch.         9           Minerals:         Calcium, Ca.         m           Iron, Fe.         m           Magnesium, Mg.         m           Photassium, K         m           Sodium, Na.         m           Zinc, Zn.         m           Copper, Cu.         m           Manganese, Mn.         m           Selenium, Se.         m           Vitamins:         vitamin C, total ascorbic acid.         m           Thiamin.         m           Rioflavin.         m           Niacin.         m           Pantothenic acid.         m           Vitamin B-6.         m           Folic acid.         m	cal j l	40 167 0.10		0						
Energy	j    - 	167 0.10				1		220.57	27.59	
Energy	j    - 	0.10		0	NC	4		99	12	
Total lipid (fat)						4		413	52	
Ash		0.00		0		1		0.25	0.03	
Carbohydrate, by difference.         9           Fiber, total dietary.         9           Sugars, total.         9           Starch.         9           Minerals:         Calcium, Ca.         m           Iron, Fe.         m           Magnesium, Mg.         m           Phosphorus, P.         m           Potassium, K.         m           Sodium, Na.         m           Zinc, Zn.         m           Copper, Cu.         m           Manganese, Mn.         m           Selenium, Se.         m           Vitamins:         m           Vitamin C, total ascorbic acid.         m           Riboflavin.         m           Niacin.         m           Pantothenic acid.         m           Vitamin B-6.         m           Folate, total         m           Folic acid.         m				0		1		0.00	0.00	
Fiber, total dietary		0.10		0		1		0.25	0.03	
Sugars, total.         9           Starch.         9           Minerals:         Calcium, Ca		10.50		0	NC	4		25.94	3.24	
Starch         g           Minerals:         Calcium, Ca		0.0		0		4		0.0	0.0	
Minerals:         Calcium, Ca										
Calcium, Ca										
Calcium, Ca										
Iron, Fe	ng	3		0		1		7	1	
Magnesium, Mg nr Phosphorus, P. nr Potassium, K nr Sodium, Na nr Zinc, Zn nr Copper, Cu nr Manganese, Mn nr Selenium, Se nr  Vitamin C, total ascorbic acid nr Thiamin nr Riboflavin nr Niacin nr Pantothenic acid nr Vitamin B-6 nr Folate, total nr Folic acid nr	-	0.16		Ö		1		0.40	0.05	
Phosphorus, P		2		0		1		5	1	
Sodium, Na		2		0		1		5	1	
Zinc, Zn	ng	15		0		1		37	5	
Copper, Cu		3		0		1		7	1	
Manganese, Mn		0.04		0		1		0.10	0.01	
Selenium, Se		0.018		0		1		0.044	0.006	
Vitamins:  Vitamin C, total ascorbic acid		0.005	<b>i</b>	0		1		0.012	0.002	
Vitamin C, total ascorbic acid. m Thiamin. m Riboflavin. m Niacin. m Pantothenic acid. m Vitamin B-6. m Folate, total m Folic acid. m	ncg	0.0		0	RP	4		0.0	0.0	
Thiamin         m           Riboflavin         m           Niacin         m           Pantothenic acid         m           Vitamin B-6         m           Folate, total         m           Folic acid         m										
Riboflavin	ng	3.9		0		1		9.6	1.2	
Niacin         m           Pantothenic acid         m           Vitamin B-6         m           Folate, total         m           Folic acid         m	ng	0.006	5	0		1		0.015	0.002	
Pantothenic acid         m           Vitamin B-6.         m           Folate, total         m           Folic acid         m	ng	0.021	-	0		1		0.052	0.006	
Vitamin B-6. m Folate, total m Folic acid m	-	0.016	5	0		1		0.040	0.005	
Folate, total		0.013		0		1		0.032	0.004	
Folic acidm	-	0.006	5	0		1		0.015	0.002	
		2		0		1		5	1	
		0		0	Z	7		0	0	
Folate, foodn	ncg	2 2		0	***	1 4		5 5	1	
Folate, DFE		0.00		0 0	NC				1 0.00	
Vitamin B-12r Vitamin A, IUll		2		0		1 1		0.00 5	1	
Vitamin A, RAEr		0		0	NC	4		0	0	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)m		ŭ		v	-	•		Ü	Ů	
Tocopherol, beta	-									
Tocopherol, gamma										
Tocopherol, deltam										
Vitamin DIU										
Vitamin K (phylloquinone)n	ncg									
Lipids:										
Fatty acids, total saturated		0.006	;	0		1		0.015	0.002	
4:0g		0.000		ŭ		_		0.020	0.002	
6:0g										
8:0g										
10:0g										
12:0g										
13:0g										
14:0g		0.000	)	0		1		0.000	0.000	
15:0g										
16:0g		0.005	5	0		1		0.012	0.002	
17:0g				_						
18:0g		0.000	)	0		1		0.000	0.000	
20:0g										
22:0g 24:0g										

NDB No. 14543 Lemonade, frozen concentrate, pink, prepared with water

		Amo	unt in 100 grams	of edible portion	<u>on</u>	Amount in edible portion of common			
				Deriv Source		<u>m</u>	easures of food		
Nutrients and Unit	ts	Mean S	td. Error Points	Code Code	Code	Measure 1	Measure 2	Measure 3	
En il del de de		0.002	0	1		0.005	0.001		
Fatty acids, total monounsaturated		0.002	0	1		0.005	0.001		
15:1									
16:1 undifferentiated		0.000	0	1		0.000	0.000		
17:1									
18:1 undifferentiated	g	0.002	0	1		0.005	0.001		
20:1	g								
22:1 undifferentiated	g								
24:1 c	g								
Fatty acids, total polyunsaturated	g	0.013	0	1		0.032	0.004		
18:2 undifferentiated	g	0.009	0	1		0.022	0.003		
18:3 undifferentiated	g	0.004	0	1		0.010	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									
Fatty acids, total trans	g								
Cholesterol	mg	0	0	1		0	0		
Phytosterols	mg								

#### **Common Measures:**

Measure 1 = 247g: 1 cup (8 fl oz)

Measure 2 = 30.9g: 1 fl oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

		<u>A</u> :	mount in 100 gra	ams of edi	ble portio	<u>on</u>	Amount in edible portion of common			
			Num	ber			<u>m</u>	easures of food	<u> </u>	
Nutrients and Un	its	Mean	of D Std. Error Poi	ata Deriv nts Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure	
Proximates:	<b>a</b>	52.30		2	1		19.09	229.07	114.54	
Water	_	181		0 NC	4		66	793	396	
Energy		757		0 NC	4		276	3317	1658	
		0.30		2	1		0.11	1.31	0.66	
Protein (N x 6.25) Total lipid (fat)		0.30		2	1		0.11	0.88	0.44	
		0.20		2	1		0.07	0.88	0.44	
Ash Carbohydrate, by difference		47.10		0 NC			17.19	206.30	103.15	
Fiber, total dietary		0.2		0 FL			0.1	0.9	0.4	
		45.03		0 FL			16.43	197.21	98.61	
Sugars, total		45.03		0 111	. 4		10.43	197.21	96.61	
Starch	9									
Minerals:										
Calcium, Ca	mg	7		38	1		3	31	15	
Iron, Fe		0.72		12	1		0.26	3.15	1.5	
Magnesium, Mg	mg	5		37	1		2	22	11	
Phosphorus, P		9		28	1		3	39	20	
Potassium, K	mg	67		37	1		24	293	147	
Sodium, Na	mg	4		36	1		1	18	9	
Zinc, Zn	mg	0.08		11	1		0.03	0.35	0.1	
Copper, Cu	mg	0.060	)	12	1		0.022	0.263	0.1	
Manganese, Mn		0.020	)	10	1		0.007	0.088	0.0	
Selenium, Se	mcg	0.4		0 FLA	4		0.1	1.6	0.8	
7itamina.										
<u>Vitamins:</u>				20			6.5			
Vitamin C, total ascorbic acid	-	17.7		32	1		6.5	77.5	38.8	
Thiamin		0.026		2	1		0.009	0.114	0.0	
Riboflavin		0.096			1		0.035	0.420	0.2	
Niacin	-	0.074		2	1		0.027	0.324	0.1	
Pantothenic acid	-	0.057		2	1		0.021	0.250	0.1	
Vitamin B-6		0.025	)	2	1		0.009	0.110	0.0	
Folate, total		5		0 FLA			2	21	10	
Folic acid		0		0 FLA	4		0	0	0	
Folate, food		5		0 FLA			2	21	10	
Folate, DFE		5		0 NC	4		2	21	10	
Vitamin B-12	mcg	0.00		1	1		0.00	0.00	0.0	
Vitamin A, IU		7		0 FLA	4		2	29	14	
Vitamin A, RAE		0		0 FLA			0	1	1	
Retinol		0		0 FLA	4		0	0	0	
Vitamin E (alpha-tocopherol)	-	0.04		0 FLA	4		0.01	0.18	0.0	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.0		0 FLA	4		0.0	0.0	0.0	
Lipids:										
Fatty acids, total saturated	a	0.026	5	0	1		0.009	0.114	0.0	
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		2.200		-	-		3.000	0.000	2.0	
14:0	-	0.001	L	0	1		0.000	0.004	0.0	
15:0	_	2.201		-	_		3.000	0.004	0.0	
16:0		0.024	Į	0	1		0.009	0.105	0.0	
17:0		0.024	-	-	-		3.003	0.103	0.0	
18:0	-	0.001		0	1		0.000	0.004	0.0	
20:0	-	0.001	-	•	_		3.000	0.004	0.0	
22:0	-									
24:0	-									

		<u>An</u>	mount in 10	00 grams Number		ole portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and	Units	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
F	. 1	0.008		0		1		0.000	0.025	0.018	
Fatty acids, total monounsatura	_	0.008		U		_		0.003	0.035	0.018	
	• • • • • • • • • • • • • • • • • • • •										
15:1 16:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.001		0		1		0.000	0.004	0.002	
17:1	_	0.001		· ·		-		0.000	0.004	0.002	
18:1 undifferentiated		0.007		0		1		0.003	0.031	0.015	
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	•	0.000		•		_		0.000	0.000	0.000	
Fatty acids, total polyunsaturat	_	0.059		0		1		0.022	0.258	0.129	
18:2 undifferentiated		0.042		0		1		0.015	0.184	0.092	
18:3 undifferentiated		0.017		0		1		0.006	0.074	0.037	
18:4		0.000		0		1		0.000	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	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		0		0		1		0	0	0	
Phytosterols	mg										
Others:											
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	0.0	
Caffeine	mg	0		0	FLA	4		0	0	0	
Theobromine	mg	0		0	FLA	4		0	0	0	
Carotenoids:											
Carotene, beta	mcg	1		0	FLA	4		0.340	4.078	2.039	
Carotene, alpha	mcg	0		0	FLA	4		0.053	0.637	0.319	
Cryptoxanthin, beta	mcg	6		0	FLA	4		2.124	25.490	12.745	
Lycopene	mcg	0		0	FLA	4		0.000	0.000	0.000	
Lutein + zeaxanthin	mcg	4		0	FLA	4		1.328	15.935	7.968	

# **Common Measures:**

Measure 1 = 36.5g: 1 fl oz

Measure 2 = 438g: 1 can (12 fl oz) Measure 3 = 219g: 1 can (6 fl oz)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.8

Food Group: 14 Beverages

NDB No. 14293 Lemonade, frozen concentrate, white, prepared with water

		<u>A</u>	mount in 100 grai	ns of edil	ole portic	<u>on</u>	Amount in edible portion of common		
			Numb	er			<u>m</u>	easures of food	
			of Da	ta Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	86.02	(	RPI	6		213.34	26.67	
Energy	kcal	53	(	RPI	6		131	16	
Energy		222	(	RPI	6		549	69	
Protein (N x 0)	g	0.09	(	RPI	6		0.22	0.03	
Total lipid (fat)		0.06	(	RPI	6		0.14	0.02	
Ash		0.13	(	RPI	6		0.32	0.04	
Carbohydrate, by difference		13.73	(	RPI	6		34.05	4.26	
Fiber, total dietary		0.1	(	RPI	6		0.1	0.0	
Sugars, total	g	13.13	(	RPI	6		32.55	4.07	
Starch									
Minerals:	m~		_				•	•	
Calcium, Ca	-	4	0		1		9	1	
Iron, Fe		0.21 2	0		1 1		0.53 5	0.07 1	
Magnesium, Mg Phosphorus, P		3	0		1		5 7	1	
Potassium, K	-	20	0		1		49	6	
Sodium, Na		3	C		1		7	1	
Zinc, Zn		0.03	C		1		0.07	0.01	
Copper, Cu		0.022			1		0.055	0.007	
Manganese, Mn		0.006		RPA	1		0.015	0.002	
Selenium, Se		0.1	C	RPI	6		0.3	0.0	
·	-								
<u>Vitamins:</u>			_		_				
Vitamin C, total ascorbic acid		5.2	0		6		12.8	1.6	
Thiamin		0.008			6 6		0.019	0.002	
Riboflavin		0.028			6		0.069	0.009	
Niacin	-	0.022			6		0.053	0.007	
Pantothenic acid Vitamin B-6		0.017			6		0.041 0.018	0.005 0.002	
	-	1	,		6		3	0.002	
Folate, totalFolic acid		0	0		6		0	0	
Folate, food		1	0		6		3	0	
Folate, DFE	mca DFF	1	C		4		3	0	
Vitamin B-12		0.00	C		6		0.00	0.00	
Vitamin A, IU		2	Č		6		5	1	
Vitamin A, RAE		0	C		6		0	0	
Retinol		0	C		6		0	0	
Vitamin E (alpha-tocopherol)		0.01	C		6		0.03	0.00	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D	IU								
Vitamin K (phylloquinone)	mcg	0.0	C	RPI	6		0.0	0.0	
I inide:									
Lipids:  Fatty acids, total saturated	a	0.008	3 0	RPA	1		0.019	0.002	
4:0		0.000			1		0.000	0.002	
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			1		0.000	0.000	
13:0	-		•		=				
14:0	-	0.000	) 0	RPA	1		0.001	0.000	
15:0	-								
16:0	-	0.007	, ,	RPA	1		0.017	0.002	
17:0									
18:0	-	0.000	) (	RPA	1		0.001	0.000	
20:0	-								
22:0	-								
24:0	a								

	<u>Ar</u>	nount in 100	0 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common		
			Number of Data	Deriv		Confidence	_	easures of food	•
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.002		0	RPA	1		0.006	0.001	
14:1g					_		0.000	0.002	
15:1									
16:1 undifferentiated	0.000		0	RPA	1		0.001	0.000	
17:1g									
18:1 undifferentiatedg	0.002		0	RPA	1		0.005	0.001	
20:1g	0.000		0	RPA	1		0.000	0.000	
22:1 undifferentiatedg	0.000		0	RPA	1		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturatedg	0.017		0	RPA	1		0.043	0.005	
18:2 undifferentiated	0.012		0	RPA	1		0.030	0.004	
18:3 undifferentiatedg	0.005		0	RPA	1		0.012	0.002	
18:4g	0.000		0	RPA	1		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	RPA	1		0.000	0.000	
20:5 n-3g	0.000		0	RPA	1		0.000	0.000	
22:5 n-3g	0.000		0	RPA	1		0.000	0.000	
22:6 n-3g	0.000		0	RPA	1		0.000	0.000	
Fatty acids, total trans									
Cholesterolmg	0		0	RPA	1		0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	RPI	6		0.0	0.0	
Caffeinemg	0		0	RPI	6		0	0	
Theobromine mg	0		0	RPI	6		0	0	
Carotenoids:									
Carotene, betamcg	0		0	RPI	6		0.673	0.084	
Carotene, alphamcg	0		0	RPI	6		0.105	0.013	
Cryptoxanthin, beta mcg	2		0	RPI	6		4.207	0.526	
Lycopenemcg	0		0	RPI	6		0.000	0.000	
Lutein + zeaxanthinmcg	1		0	RPI	6		2.630	0.329	

### **Common Measures:**

Measure 1 = 248g: 1 cup (8 fl oz) Measure 2 = 31.0g: 1 fl oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

		<u>A</u>	mount in 100 gran	ns of edi	ble portic	<u>on</u>	Amount in edible portion of common			
			Numb	er			<u>m</u>	easures of food	<u>l</u>	
				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	1.80	1		1		0.21	0.34		
Energy	kcal	332	0	NC	4		40	63		
Energy	kj	1389			4		165	264		
Protein (N x 6.25)	g	3.60	1		1		0.43	0.68		
Total lipid (fat)	g	0.30	1		1		0.04	0.06		
Ash	g	10.60	1		1		1.26	2.01		
Carbohydrate, by difference	g	83.70	0	NC	4		9.96	15.90		
Fiber, total dietary	g	0.1	0		4		0.0	0.0		
Sugars, total	g	0.00	0	Z	7		0.00	0.00		
Starch	g									
3.61										
Minerals:	mc	2000	_		4		260	FOO		
Calcium, Ca		3098 5.70	1 1		1 1		369 0.68	589 1.08		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	5.70 14	1		1		0.68	1.08		
Magnesium, Mg Phosphorus, P		1554	1		1		185	295		
Potassium, K	-	11	1		1		1	2 2		
Sodium, Na		10	1		1		1	2		
Zinc, Zn		0.16	1		1		0.02	0.03		
Copper, Cu		0.110			1		0.013	0.021		
Manganese, Mn		0.110			1		0.013	0.021		
Selenium, Se		0.6	0	BFZN	4		0.1	0.1		
¥7*4										
Vitamins:			_		_		46.0			
Vitamin C, total ascorbic acid		394.0	. 1		1		46.9	74.9		
Thiamin		0.007			1 1		0.001 0.004	0.001		
Riboflavin		0.000			1		0.004	0.007		
Niacin Pantothenic acid	-	0.000			1		0.000	0.000 0.000		
Vitamin B-6		0.000			1		0.000	0.000		
Folate, total	_	13	0		4		2	2		
Folic acid		0	0	z	7		0	0		
Folate, food		13	0	-	4		2	2		
Folate, DFE	mca DFE	13	0	NC	4		2	2		
Vitamin B-12		0.00	0		4		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)		0.00	0	Z	7		0.00	0.00		
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.0	0	Z	7		0.0	0.0		
Lipids:										
Fatty acids, total saturated	а	0.039	0		4		0.005	0.007		
4:0		0.000			4		0.000	0.000		
6:0		0.000			4		0.000	0.000		
8:0	_	0.000			4		0.000	0.000		
10:0		0.000			4		0.000	0.000		
12:0		0.000			4		0.000	0.000		
13:0	-		·		-					
14:0		0.001	. 0		4		0.000	0.000		
15:0	_									
16:0	_	0.035	6 0		4		0.004	0.007		
17:0										
18:0	_	0.002	2 0		4		0.000	0.000		
20:0	_		_					- · · · · ·		
22:0	_									
ZZ.U										

	Ar	mount in 100	grams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
Nutrients and Units	Mean		lumber of Data Points		Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.010		0		4		0.001	0.002		
14:1g										
15:1g										
16:1 undifferentiatedg	0.001		0		4		0.000	0.000		
17:1g										
18:1 undifferentiatedg	0.010		0		4		0.001	0.002		
20:1g	0.000		0		4		0.000	0.000		
22:1 undifferentiatedg	0.000		0		4		0.000	0.000		
24:1 cg										
Fatty acids, total polyunsaturated9	0.090		0		4		0.011	0.017		
18:2 undifferentiatedg	0.062		0		4		0.007	0.012		
18:3 undifferentiatedg	0.026		0		4		0.003	0.005		
18:4g	0.000		0		4		0.000	0.000		
20:2 n-6 c,cg										
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.000		0		4		0.000	0.000		
20:5 n-3g	0.000		0		4		0.000	0.000		
22:5 n-3g	0.000		0		4		0.000	0.000		
22:6 n-3g	0.000		0		4		0.000	0.000		
Fatty acids, total transg										
Cholesterolmg	0		0		1		0	0		
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0		0		7		0.0	0.0		
Caffeinemg	0		0	Z	7		0	0		
Theobrominemg	0		0	Z	7		0	0		
Carotenoids:										
Carotene, betamcg	0		0	z	7		0.000	0.000		
Carotene, alphamcg	0		0	z	7		0.000	0.000		
Cryptoxanthin, betamcg	0		0	z	7		0.000	0.000		
Lycopene mcg	0		0	z	7		0.000	0.000		
Lutein + zeaxanthinmcg	0		0	z	7		0.000	0.000		

### **Common Measures:**

Measure 1 = 11.9g: 1 packet (0.42 oz) Measure 2 = 19g: 1 packet (0.67 oz)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.8

Food Group: 14 Beverages

NDB No. 14290 Lemonade, low calorie, with aspartame, powder, prepared with water

		<u>A</u>	mount in 100 grar	ns of edil	ole 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	99.29	0	RPI	6		235.31	29.39		
Energy	kcal	2	0	RPI	6		5	1		
Energy	kj	9	0	RPI	6		21	3		
Protein (N x 0)	g	0.02	0	RPI	6		0.05	0.01		
Total lipid (fat)	g	0.00	0	RPI	6		0.00	0.00		
Ash	g	0.17	0	RPI			0.39	0.05		
Carbohydrate, by difference	g	0.52	0	RPI			1.24	0.15		
Fiber, total dietary		0.0	0	RPI			0.0	0.0		
Sugars, total		0.00	0	RPI	6		0.00	0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	22	0	RPA	1		52	6		
Iron, Fe	-	0.04	0	RPA	1		0.09	0.01		
Magnesium, Mg	mg	1	0	RPA	1		2	0		
Phosphorus, P	-	10	0	RPA	1		23	3		
Potassium, K		0	0	RPA	1		1	0		
Sodium, Na		2	0	RPA	1		5	1		
Zinc, Zn		0.01	0	RPA	1		0.01	0.00		
Copper, Cu		0.007		RPA	1		0.018	0.002		
Manganese, Mn		0.001	. 0	RPA RPI	1 6		0.003 0.0	0.000 0.0		
Selenium, Se	Tricg	0.0	U	RPI	ь		0.0	0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.5	0	RPI	6		5.8	0.7		
Thiamin		0.000	0	RPI	6		0.000	0.000		
Riboflavin	mg	0.000	0	RPI	6		0.001	0.000		
Niacin	-	0.000		RPI	6		0.000	0.000		
Pantothenic acid		0.000		RPI	6		0.000	0.000		
Vitamin B-6	-	0.000		RPI	6		0.000	0.000		
Folate, total		0	0	RPI	6		0	0		
Folic acid		0 0	0	RPI	6 6		0 0	0 0		
Folate, food	IIICY	0	0	RPI NC	4		0	0		
Folate, DFEVitamin B-12		0.00	0	RPI	6		0.00	0.00		
Vitamin B-12		0.00	0	RPI	6		0.00	0.00		
Vitamin A, RAE		0	0	RPI	6		0	0		
Retinol		0	0	RPI	6		0	0		
Vitamin E (alpha-tocopherol)		0.00	0	RPI	6		0.00	0.00		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.0	0	RPI	6		0.0	0.0		
Lipids:										
Fatty acids, total saturated	g	0.000	0	RPI	6		0.001	0.000		
4:0		0.000		RPI	6		0.000	0.000		
6:0		0.000	0	RPI	6		0.000	0.000		
8:0		0.000	0	RPI	6		0.000	0.000		
10:0	g	0.000	0	RPI	6		0.000	0.000		
12:0	g	0.000	0	RPI	6		0.000	0.000		
13:0	-									
14:0	-	0.000	0	RPI	6		0.000	0.000		
15:0	-			_	_		_	_		
16:0		0.000	0	RPI	6		0.001	0.000		
17:0	-	0.000		DD-	_		0 000	0.000		
18:0	-	0.000	0	RPI	6		0.000	0.000		
20:0 22:0	-									
24:0	-									

		<u>Aı</u>	mount in 10			ole portio	<u>on</u>		edible portion o	of common
				of Data	Deriv		Confidence		easures of food	
Nutrients and	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	tedg	0.000		0	RPI	6		0.000	0.000	
14:1	-									
15:1 16:1 undifferentiated		0.000		0	RPI	6		0.000	0.000	
17:1										
18:1 undifferentiated	-	0.000		0	RPI	6		0.000	0.000	
20:1		0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated	-	0.000		0	RPI	6		0.000	0.000	
24:1 c Fatty acids, total polyunsaturate		0.001		0	RPI	6		0.001	0.000	
18:2 undifferentiated		0.000		0	RPI	6		0.001	0.000	
18:3 undifferentiated		0.000		0	RPI	6		0.000	0.000	
18:4		0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c										
20:3 undifferentiated	-									
20:4 undifferentiated	g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3	g	0.000		0	RPI	6		0.000	0.000	
22:5 n-3	g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3	g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans										
Cholesterol	-	0		0	RPA	1		0	0	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.000		0	RPA	1		0.000	0.000	
Threonine	g	0.000		0	RPA	1		0.000	0.000	
Isoleucine	g	0.000		0	RPA	1		0.000	0.000	
Leucine	-	0.000		0	RPA	1		0.000	0.000	
Lysine		0.000		0	RPA	1		0.000	0.000	
Methionine		0.000		0	RPA	1		0.000	0.000	
Cystine		0.000		0	RPA	1		0.000	0.000	
Phenylalanine		0.000		0	RPA	1		0.000	0.000	
Tyrosine	-	0.000		0	RPA	1 1		0.000	0.000	
Valine	_	0.000		0	RPA RPA	1		0.000 0.000	0.000 0.000	
Histidine		0.000		0	RPA	1		0.000	0.000	
Alanine	-	0.000		0	RPA	1		0.000	0.000	
Aspartic acid		0.000		0	RPA	1		0.000	0.000	
Glutamic acid		0.000		0	RPA	1		0.000	0.000	
Glycine	-	0.000		0	RPA	1		0.000	0.000	
Proline		0.000		0	RPA	1		0.000	0.000	
Serine	-	0.000		0	RPA	1		0.000	0.000	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	а	0.0		0	RPI	6		0.0	0.0	
Caffeine		0		0	RPI	6		0.0	0.0	
Theobromine		0		0	RPI	6		0	0	
Carotenoids:										
	mca	0		0	DDT	_		0.000	0.000	
Carotene, beta		0		0	RPI RPI	6 6		0.000 0.000	0.000 0.000	
Cryptoxanthin, beta		0		0	RPI	6		0.000	0.000	
Lycopene		0		0	RPI	6		0.000	0.000	
профене	mcg	0		0	RPI	6		0.000	0.000	

### **Common Measures:**

Measure 1 = 237g: 1 cup (8 fl oz)

Measure 2 = 29.6g: 1 fl oz

NDB No. 14290

Lemonade, low calorie, with aspartame, powder, prepared with water

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

		<u>Aı</u>	mount in 100	grams	of edib	le portio	<u>n</u>		edible portion	
			Nu	umber				<u>me</u>	easures of food	
			of	f Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water		0.30		6		1		0.65	0.08	0.08
Energy	kcal	376		0	NC	4		820	102	102
Energy	kj	1573				4		3430	425	425
Protein (N x 6.25)	g	0.00		1		1		0.00	0.00	0.00
Total lipid (fat)	g	0.00		6		1		0.00	0.00	0.00
Ash		0.80		6		1		1.74	0.22	0.22
Carbohydrate, by difference		98.80		0	NC	4		215.38	26.68	26.68
Fiber, total dietary		0.0		0		4		0.0	0.0	0.0
Sugars, total		98.80		0	NR	4		215.38	26.68	26.68
Starch	g									
Minerals:										
Calcium, Ca	mg	242		6		1		528	65	65
Iron, Fe	mg	0.50		1		1		1.09	0.14	0.14
Magnesium, Mg		1		1		1		2	0	0
Phosphorus, P	-	126		6		1		275	34	34
Potassium, K		120		1		1		262	32	32
Sodium, Na	-	23		6		1		50	6	6
Zinc, Zn	-	0.14		1		1		0.31	0.04	0.04
Copper, Cu		0.020		0		4		0.044	0.005	0.00
Manganese, Mn		0.000	J	0 0	BFSN	4 4		0.000 1.3	0.000 0.2	0.00
Selenium, Se	nicg	0.6		U	DESN	4		1.3	0.2	0.2
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	31.1		1		1		67.8	8.4	8.4
Thiamin	-	0.015	5	1		1		0.033	0.004	0.00
Riboflavin	mg	0.000	)	0		4		0.000	0.000	0.00
Niacin	-	0.130		1		1		0.283	0.035	0.03
Pantothenic acid		0.060		1		1		0.131	0.016	0.01
Vitamin B-6	-	0.026	5	1		1		0.057	0.007	0.00
Folate, total		13		1	_	1		28	4	4
Folic acid		0		0	Z	7		0	0	0
Folate, food		13 13		1 0	NC	1 4		28 28	4	4
Folate, DFE		0.00		1	NC	1		0.00	<b>4</b> 0.00	4 0.00
Vitamin B-12 Vitamin A, IU		0.00		0		1		0.00	0.00	0.00
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	z	7		0.00	0.00	0.00
Tocopherol, beta				-	_	•				
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	Z	7		0.0	0.0	0.0
Lipids:										
Fatty acids, total saturated	a	0.003	3	0		1		0.007	0.001	0.00
4:0		0.000		0		4		0.000	0.000	0.00
6:0		0.000		0		4		0.000	0.000	0.00
8:0	-	0.000		0		4		0.000	0.000	0.00
10:0	-	0.000		0		4		0.000	0.000	0.00
12:0		0.000		0		4		0.000	0.000	0.00
13:0	-									
14:0	g	0.000	)	0		1		0.000	0.000	0.00
15:0	g									
16:0	g	0.002	2	0		1		0.004	0.001	0.0
17:0	-									
18:0	-	0.000	)	0		1		0.000	0.000	0.00
20:0	-									
22:0	~									

		<u>Ar</u>	nount in 10	00 grams	of edil	ole portio	<u>n</u>	Amount in	edible portion	of common
				Number			0 51		easures of food	_
Nutrients and	d Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatur	rotod (1	0.001		0		1		0.002	0.000	0.000
14:1		0.001		Ü		-		0.002	0.000	0.000
15:1	g									
16:1 undifferentiated	_	0.000		0		1		0.000	0.000	0.000
17:1	_									
18:1 undifferentiated	_	0.001		0 0		1 4		0.002	0.000	0.000
20:1		0.000 0.000		0		4		0.000 0.000	0.000 0.000	0.000
22:1 undifferentiated 24:1 c	•	0.000		U		4		0.000	0.000	0.000
Fatty acids, total polyunsatura		0.006		0		1		0.013	0.002	0.002
18:2 undifferentiated		0.004		0		1		0.009	0.001	0.001
18:3 undifferentiated		0.002		0		1		0.004	0.001	0.001
18:4	<del>-</del>	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c.c.	_			-		_				
20:3 undifferentiated	• • • • • • • • • • • • • • • • • • • •									
20:4 undifferentiated	_	0.000		0		4		0.000	0.000	0.000
20:5 n-3	_	0.000		0		4		0.000	0.000	0.000
22:5 n-3	_	0.000		0		4		0.000	0.000	0.000
22:6 n-3	g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans	g									
Cholesterol	mg	0		0		1		0	0	0
Phytosterols	mg									
A										
Amino Acids:	~	0.000		•				0.000		
Tryptophan		0.000		0 0		1 1		0.000 0.000	0.000	0.000
Threonine	=	0.000 0.000		0		1		0.000	0.000 0.000	0.000
Isoleucine	_	0.000		0		1		0.000	0.000	0.000
Lysine		0.000		0		1		0.000	0.000	0.000
Methionine		0.000		0		1		0.000	0.000	0.000
Cystine		0.000		0		1		0.000	0.000	0.000
Phenylalanine		0.000		0		1		0.000	0.000	0.000
Tyrosine		0.000		0		1		0.000	0.000	0.000
Valine		0.000		0		1		0.000	0.000	0.000
Arginine	_	0.000		0		1		0.000	0.000	0.000
Histidine		0.000		0		1		0.000	0.000	0.000
Alanine	_	0.000		0		1		0.000	0.000	0.000
Aspartic acid	_	0.000		0		1		0.000	0.000	0.000
Glutamic acid	_	0.000		0		1		0.000	0.000	0.000
Glycine		0.000		0		1		0.000	0.000	0.000
Proline		0.000		0		1		0.000	0.000	0.000
Serine	=	0.000		0		1		0.000	0.000	0.000
Hydroxyproline				-		_				
Others:	0	0.0		0		7		0.0	0.0	0.0
Alcohol, ethyl	_	0.0		0		7		0.0	0.0 0	0.0 0
Caffeine		0		0	z z	7		0	0	0
Theobromine	g	U		U	2	,		U	U	U
Carotenoids:										
Carotene, beta	• • • • • • • • • • • • • • • • • • • •	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha		0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000	0.000
Lycopene		0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000	0.000	0.000

### **Common Measures:**

Measure 1 = 218g: 1 cup Measure 2 = 27g: 1 scoop Measure 3 = 27g: 2 tbsp NDB No. 14287 Lemonade, powder

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.8

Food Group: 14 Beverages

		<u>Ai</u>	mount in 10	0 grams	of edib	le portio	<u>n</u>		Amount in edible portion of common			
				Number				<u>m</u>	easures of food	<u> </u>		
				of Data	Deriv	Source	Confidence					
Nutrients and Unit	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure		
Proximates:												
Water	g	89.65		0	RPI	6		236.67				
Energy	kcal	39		0	RPI	6		102				
Energy	kj	162		0	RPI	6		427				
Protein (N x 0)	g	0.00		0	RPI	6		0.00				
Total lipid (fat)	g	0.00		0	RPI	6		0.00				
Ash	g	0.17		0	RPI	6		0.45				
Carbohydrate, by difference	g	10.17		0	RPI	6		26.85				
Fiber, total dietary	g	0.0		0	RPI	6		0.0				
Sugars, total	g	10.17		0	RPI	6		26.85				
Starch												
	_											
Minerals:												
Calcium, Ca	-	27		0	RPA	1		72				
Iron, Fe		0.06		0	RPA	1		0.15				
Magnesium, Mg		1		0	RPA	1		2				
Phosphorus, P	-	13		0	RPA	1		34				
Potassium, K	-	12		0	RPA	1		33				
Sodium, Na	-	4		0	RPA	1		11				
Zinc, Zn		0.02		0	RPA	1		0.05				
Copper, Cu		0.008		0	RPI	6		0.021				
Manganese, Mn		0.000	)	0	RPI	6		0.001				
Selenium, Se	mcg	0.1		0	RPI	6		0.2				
Vitamins:												
Vitamin C, total ascorbic acid	mg	3.2		0	RPI	6		8.5				
Thiamin	_	0.002	2	0	RPI	6		0.004				
Riboflavin	-	0.000		0	RPI	6		0.000				
Niacin		0.013		0	RPI	6		0.035				
Pantothenic acid	_	0.006		0	RPI	6		0.016				
Vitamin B-6	-	0.003		0	RPI	6		0.007				
Folate, total	-	1		0	RPI	6		4				
Folic acid		0		0	RPI	6		0				
Folate, food		1		0	RPI	6		4				
Folate, DFE		1		0	NC	4		4				
Vitamin B-12		0.00		0	RPI	6		0.00				
Vitamin A, IU		0		0	RPI	6		0				
Vitamin A, RAE		0		0	RPI	6		0				
Retinol		0		0	RPI	6		0				
Vitamin E (alpha-tocopherol)		0.00		0	RPI	6		0.00				
Tocopherol, beta												
Tocopherol, gamma												
Tocopherol, delta												
Vitamin D												
Vitamin K (phylloquinone)		0.0		0	RPI	6		0.0				
<u> ipids:</u>				_	_							
Fatty acids, total saturated		0.000		0	RPA	1		0.001				
4:0		0.000		0	RPI	6		0.000				
6:0	-	0.000		0	RPI	6		0.000				
8:0		0.000		0	RPI	6		0.000				
10:0	-	0.000		0	RPI	6		0.000				
12:0		0.000	)	0	RPI	6		0.000				
13:0	-			_		_						
14:0		0.000	,	0	RPA	1		0.000				
15:0				_		_						
16:0		0.000	,	0	RPA	1		0.001				
17:0	-			_		_						
18:0	g	0.000	)	0	RPA	1		0.000				
	_											
20:0	-											

	<u>Ar</u>	nount in 10	0 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.000		0	RPA	1		0.000			
14:1g			-		_		0.000			
15:1										
16:1 undifferentiated	0.000		0	RPA	1		0.000			
17:1g										
18:1 undifferentiated	0.000		0	RPA	1		0.000			
20:1g	0.000		0	RPI	6		0.000			
22:1 undifferentiatedg	0.000		0	RPI	6		0.000			
24:1 cg										
Fatty acids, total polyunsaturated9	0.001		0	RPA	1		0.002			
18:2 undifferentiated	0.000		0	RPA	1		0.001			
18:3 undifferentiated	0.000		0	RPA	1		0.001			
18:4g	0.000		0	RPI	6		0.000			
20:2 n-6 c,cg										
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.000		0	RPI	6		0.000			
20:5 n-3g	0.000		0	RPI	6		0.000			
22:5 n-3g	0.000		0	RPI	6		0.000			
22:6 n-3g	0.000		0	RPI	6		0.000			
Fatty acids, total transg										
Cholesterol mg	0		0	RPA	1		0			
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0		0	RPI	6		0.0			
Caffeinemg	0		0	RPI	6		0			
Theobromine mg	0		0	RPI	6		0			
Carotenoids:										
Carotene, betamcg	0		0	RPI	6		0.000			
Carotene, alpha mcg	0		0	RPI	6		0.000			
Cryptoxanthin, betamcg	0		0	RPI	6		0.000			
Lycopene mcg	0		0	RPI	6		0.000			
Lutein + zeaxanthinmcg	0		0	RPI	6		0.000			

# **Common Measures:**

Measure 1 = 264g: 1 cup (8 fl oz)

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

		<u>A</u> :	mount in 100 grams	of edil	ole portio	<u>n</u>	Amount in	edible portion of	of common
			Numbe	•			m	easures of food	_
					Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	0.60	2		1		1.40	0.17	
Energy	kcal	387	0	NC	4		902	112	
Energy		1619			4		3773	470	
Protein (N x 6.25)	g	0.10	2		1		0.23	0.03	
Total lipid (fat)	g	0.20	2		1		0.47	0.06	
Ash	g	0.30	1		1		0.70	0.09	
Carbohydrate, by difference	g	98.80	0	NC	4		230.20	28.65	
Fiber, total dietary	g	0.0	0	FLA	4		0.0	0.0	
Sugars, total	g	98.79	0	FLA	4		230.19	28.65	
Starch	g								
Minerals:									
Calcium, Ca	ma	83	1		1		193	24	
Iron, Fe	-	0.11	2		1		0.26	0.03	
Magnesium, Mg		1	1		1		2	0	
Phosphorus, P		9	3		1		21	3	
Potassium, K	-	3	1		1		7	1	
Sodium, Na		42	2		1		98	12	
Zinc, Zn	mg	0.05	2		1		0.12	0.01	
Copper, Cu	mg	0.045	5 2		1		0.105	0.013	
Manganese, Mn	mg	0.003	0	FLA	4		0.006	0.001	
Selenium, Se	mcg	0.6	0	FLA	4		1.4	0.2	
Vitamins:									
Vitamin C, total ascorbic acid	ma	116.6	3		1		271.7	33.8	
Thiamin		0.002			1		0.005	0.001	
Riboflavin		0.002			1		0.026	0.003	
Niacin		0.000			1		0.000	0.000	
Pantothenic acid	-	0.000			1		0.000	0.000	
Vitamin B-6		0.000			1		0.000	0.000	
Folate, total	-	0	1		1		0	0	
Folic acid		0	0	FLA	4		0	0	
Folate, food		0	0	FLA	4		0	0	
Folate, DFE	mcg_DFE	0	0	NC	4		0	0	
Vitamin B-12		0.00	0	FLA	4		0.00	0.00	
Vitamin A, IU		0	0	FLA	4		0	0	
Vitamin A, RAE	mcg_RAE	0	0	FLA	4		0	0	
Retinol		0	0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.00	0	FLA	4		0.00	0.00	
Tocopherol, beta	mg								
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D			•				0.0		
Vitamin K (phylloquinone)	riicg	0.0	0	FLA	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated	g	0.157	0		1		0.366	0.046	
4:0	g	0.000	0		7		0.000	0.000	
6:0	g	0.001	0		1		0.002	0.000	
8:0	g	0.012	2 0		1		0.028	0.003	
10:0	-	0.010			1		0.023	0.003	
12:0	_	0.074	0		1		0.172	0.021	
13:0	-								
14:0	-	0.028	0		1		0.065	0.008	
15:0	-		_						
16:0		0.026	0		1		0.061	0.008	
17:0	-		_		_				
18:0	-	0.006	0		1		0.014	0.002	
20:0	a								
22:0	-								

	<u>Am</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
Fetter with table converted 0	0.019	0		1		0.044	0.006	
Fatty acids, total monounsaturatedg 14:1g	0.019	0		_		0.044	0.006	
15:1g								
16:1 undifferentiated	0.000	0		1		0.000	0.000	
17:1g		-		_			*****	
18:1 undifferentiatedg	0.019	0		1		0.044	0.006	
20:1g	0.000	0		7		0.000	0.000	
22:1 undifferentiatedg	0.000	0		7		0.000	0.000	
24:1 cg								
Fatty acids, total polyunsaturatedg	0.032	0		1		0.075	0.009	
18:2 undifferentiatedg	0.031	0		1		0.072	0.009	
18:3 undifferentiatedg	0.000	0		1		0.000	0.000	
18:4g	0.000	0		7		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0		7		0.000	0.000	
20:5 n-3g	0.000	0		7		0.000	0.000	
22:5 n-3g	0.000	0		7		0.000	0.000	
22:6 n-3g	0.000	0		7		0.000	0.000	
Fatty acids, total transg								
Cholesterolmg	0	0	FLA	4		0	0	
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	
Caffeine mg	0	0	FLA	4		0	0	
Theobrominemg	0	0	FLA	4		0	0	
Carotenoids:								
Carotene, betamcg	0	0	FLA	4		0.000	0.000	
Carotene, alpha mcg	0	0	FLA	4		0.000	0.000	
Cryptoxanthin, betamcg	0	0	FLA	4		0.000	0.000	
Lycopenemcg	0	0	FLA	4		0.000	0.000	
Lutein + zeaxanthin mcg	0	0	FLA	4		0.000	0.000	

### **Common Measures:**

Measure 1 = 233g: 1 cup (8 fl oz) Measure 2 = 29g: .5 scoop (2 tbsp)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.8

Food Group: 14 Beverages

NDB No. 14297 Lemonade-flavor drink, powder, prepared with water

		<u>A</u>	mount in 10	00 grams	of edil	ole portio	<u>n</u>		edible portion	
Nutrients and Un	ite	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food  Measure 2	<u>I</u> Measure
Nutrients and on	11.5	Weari	Std. Elloi					ivicasure i	Weasure 2	Measure
Proximates:										
Water	g	89.10		0		1		237.01		
Energy	kcal	42		0	NC	4		112		
Energy		176				4		467		
Protein (N x 0)		0.00		0		1		0.00		
Total lipid (fat)		0.00		0		1		0.00		
Ash		0.10		0		1		0.27		
Carbohydrate, by difference		10.80		0	NC	4		28.73		
		0.0		0	мс	4		0.0		
Fiber, total dietary		0.0		U		-		0.0		
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	mg	11		0		1		29		
Iron, Fe	-	0.02		0		1		0.05		
Magnesium, Mg		1		0		1		3		
Phosphorus, P		1		0		1		3		
Potassium, K		1		0		1		3		
Sodium, Na		7		0		1		19		
Zinc, Zn		0.03		0		1		0.08		
Copper, Cu		0.010	1	0		1		0.027		
Manganese, Mn		0.000		0		4		0.000		
_		0.000	,	0	RP	4		0.3		
Selenium, Se	incg	0.1		U	KF	-		0.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	12.8		0		1		34.0		
Thiamin		0.000	)	0		1		0.000		
Riboflavin		0.001		0		1		0.003		
Niacin	-	0.000		0		1		0.000		
Pantothenic acid		0.000		0		1		0.000		
Vitamin B-6		0.000		0		1		0.000		
Folate, total	-	0		0		1		0		
Folic acid		0		0	z	7		0		
		0		0	2	1		0		
Folate, food		0		0	NC	4		0		
Folate, DFE		-			NC					
Vitamin B-12		0.00		0		1		0.00		
Vitamin A, IU	IU	0		0		1		0		
Vitamin A, RAE		0		0	NC	4		0		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
inide										
<u>_ipids:</u>	~	0.017	,	^		1		0.045		
Fatty acids, total saturated		0.01	•	0		1		0.045		
4:0		0 000	,	0		1		0 000		
6:0	_	0.000		0				0.000		
8:0	-	0.001		Ū		1		0.003		
10:0	-	0.001		0		1		0.003		
12:0		0.008	5	0		1		0.021		
13:0	-							_		
14:0	-	0.003	3	0		1		0.008		
15:0	-									
16:0	_	0.003	3	0		1		0.008		
17:0	g									
18:0	g	0.001	L	0		1		0.003		
20:0	g									
22:0										
24:0										

NDB No. 14297 Lemonade-flavor drink, powder, prepared with water

	Amount	in 100 grams of edi	ble portion	Amount in	edible portion of common
		Number		<u>m</u>	easures of food
Nutrients and Units	Mean Std. E	of Data Deriv Frror Points Code	Source Confidence Code Code	Measure 1	Measure 2 Measure 3
Fatty acids, total monounsaturated9	0.002	0	1	0.005	
15:1	0.000	0	1	0.000	
18:1 undifferentiated       9         20:1       9         22:1 undifferentiated       9         24:1 c       9	0.002	0	1	0.005	
Fatty acids, total polyunsaturated	0.004	0	1	0.011	
18:2 undifferentiatedg	0.003	0	1	0.008	
18:3 undifferentiatedg	0.000	0	1	0.000	
18:4					
Fatty acids, total trans	0	0	1	0	

#### **Common Measures:**

Measure 1 = 266g: 1 cup (8 fl oz)

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

		<u>A</u>	mount in 100	0 grams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			I	Number	•			<u>m</u>	easures of food	_	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	49.82		0	FLA	4		18.14	217.73	108.61	
Energy	kcal	196		0	FLA	4		71	858	428	
Energy	kj	821		0	FLA	4		299	3589	1790	
Protein (N x 6.25)	g	0.17		0	FLA	4		0.06	0.74	0.37	
Total lipid (fat)	g	0.04		0	FLA	4		0.01	0.17	0.08	
Ash	g	0.47		0	FLA	4		0.17	2.05	1.02	
Carbohydrate, by difference	g	48.82		0	FLA	4		17.77	213.33	106.42	
Fiber, total dietary	g	0.2		0	FLA	4		0.1	0.7	0.3	
Sugars, total	g	41.39		0	FLA	4		15.06	180.86	90.22	
Starch											
	_										
<u>Ainerals:</u>		10		_				-			
Calcium, Ca		13		0	FLA	4		5	57	28	
Iron, Fe.	_	0.03		0	FLA	4		0.01	0.15	0.0	
Magnesium, Mg		5		0	FLA	4		2	20	10	
Phosphorus, P	_	3		0	FLA	4		1	12	6	
Potassium, K		43		0	FLA	4		16	190	95	
Sodium, Na	•••••	9		0	FLA	4		3	39	19	
Zinc, Zn		0.04		0	FLA	4		0.02	0.18	0.0	
Copper, Cu		0.039			FLA	4		0.014	0.169	0.0	
Manganese, Mn		0.005	)	0	FLA	4		0.002	0.020	0.0	
Selenium, Se	Tricg	0.3		0	FLA	4		0.1	1.4	0.7	
'itamins:											
Vitamin C, total ascorbic acid	mg	11.3		0	FLA	4		4.1	49.2	24.6	
Thiamin	mg	0.008	3	0	FLA	4		0.003	0.034	0.0	
Riboflavin	mg	0.013	3	0	FLA	4		0.005	0.055	0.0	
Niacin	mg	0.038	3	0	FLA	4		0.014	0.168	0.0	
Pantothenic acid	mg	0.053	3	0	FLA	4		0.019	0.232	0.1	
Vitamin B-6	mg	0.017	,	0	FLA	4		0.006	0.074	0.0	
Folate, total	mcg	3		0	FLA	4		1	14	7	
Folic acid		0		0	FLA	4		0	0	0	
Folate, food		3		0	FLA	4		1	14	7	
Folate, DFE		3		0	NC	4		1	14	7	
Vitamin B-12		0.00		0	FLA	4		0.00	0.00	0.0	
Vitamin A, IU	IU	4		0	FLA	4		1	17	8	
Vitamin A, RAE		0		0	FLA	4		0	1	0	
Retinol		0		0	FLA	4		0	0	0	
Vitamin E (alpha-tocopherol)	mg	0.00		0	FLA	4		0.00	0.00	0.0	
Tocopherol, beta											
Tocopherol, gamma	mg										
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	0.0		0	FLA	4		0.0	0.0	0.0	
ipids:											
Fatty acids, total saturated	a	0.000	1	0	FLA	4		0.000	0.000	0.0	
4:0		0.000		0	FLA	4		0.000	0.000	0.0	
6:0		0.000		0	FLA	4		0.000	0.000	0.0	
8:0	-	0.000		0	FLA	4		0.000	0.000	0.0	
10:0		0.000		0	FLA	4		0.000	0.000	0.0	
12:0		0.000		0	FLA	4		0.000	0.000	0.0	
13:0		0.000	•	U	ETIM	-		0.000	0.000	0.0	
14:0		0.000	1	0	FLA	4		0.000	0.000	0.0	
		0.000	•	U	ETIM	*		0.000	0.000	0.0	
15:0 16:0		0.000	1	0	FLA	4		0.000	0.000	0.0	
	-	0.000	•	U	ETIM	*		0.000	0.000	0.0	
17:0	-	0.000	,	0	ביד א	4		0.000	0.000	0.0	
18:0	-	0.000	,	U	FLA	4		0.000	0.000	0.0	
20:0	-										
22:0	g g										

		<u>Aı</u>	mount in 10			ole portio	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		0.000		0	FLA	4		0.000	0.000	0.000
14:1	_									
15:1	_			_		_				
16:1 undifferentiated	_	0.000		0	FLA	4		0.000	0.000	0.000
17:1	_	0.000		0	FLA	4		0.000	0.000	0.000
18:1 undifferentiated	_			0	FLA	4		0.000	0.000	0.000
20:1	_	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated	•	0.000		U	FLA	4		0.000	0.000	0.000
24:1 c		0.000		0		4		0.000	0.000	0.000
Fatty acids, total polyunsaturat				0	FLA	4		0.000	0.000	
18:2 undifferentiated		0.000		0	FLA FLA	4		0.000	0.000	0.000
18:3 undifferentiated	<del>-</del>	0.000		0				0.000	0.000	0.000
18:4	_	0.000		U	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c	_									
20:3 undifferentiated		0.000		0	FLA	4		0.000	0 000	0.000
20:4 undifferentiated	_			0		4		0.000	0.000	0.000
20:5 n-3	_	0.000		0	FLA			0.000	0.000	
22:5 n-3	_	0.000		0	FLA FLA	4 4		0.000	0.000	0.000
22:6 n-3		0.000		U	FLA	4		0.000	0.000	0.000
Fatty acids, total trans		0		0	FLA	4		0	0	0
Cholesterol.	_	U		U	FLA	4		U	U	U
Phytosterols	IIIg									
Amino Acids:										
Tryptophan	g	0.000		0	FLA	4		0.000	0.000	0.000
Threonine	g	0.000		0	FLA	4		0.000	0.000	0.000
Isoleucine	g	0.000		0	FLA	4		0.000	0.000	0.000
Leucine	g	0.000		0	FLA	4		0.000	0.000	0.000
Lysine	g	0.000		0	FLA	4		0.000	0.000	0.000
Methionine		0.000		0	FLA	4		0.000	0.000	0.000
Cystine		0.000		0	FLA	4		0.000	0.000	0.000
Phenylalanine		0.000		0	FLA	4		0.000	0.000	0.000
Tyrosine		0.000		0	FLA	4		0.000	0.000	0.000
Valine	g	0.000		0	FLA	4		0.000	0.000	0.000
Arginine	=	0.000		0	FLA	4		0.000	0.000	0.000
Histidine		0.000		0	FLA	4		0.000	0.000	0.000
Alanine	=	0.000		0	FLA	4		0.000	0.000	0.000
Aspartic acid		0.000		0	FLA	4		0.000	0.000	0.000
Glutamic acid		0.000		0	FLA	4		0.000	0.000	0.000
Glycine	_	0.000		0	FLA	4		0.000	0.000	0.000
Proline		0.000		0	FLA	4		0.000	0.000	0.000
Serine	q	0.000		0	FLA	4		0.000	0.000	0.000
Hydroxyproline	• • • • • • • • • • • • • • • • • • • •									
2 21										
Others:										
Alcohol, ethyl	g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine		0		0	FLA	4		0	0	0
Theobromine	mg	0		0	FLA	4		0	0	0
Carotenoids:										
Carotene, beta	mcg	0		0	FLA	4		0.000	0.000	0.000
Carotene, alpha		0		0	FLA	4		0.000	0.000	0.000
Cryptoxanthin, beta		0		0	FLA	4		0.000	0.000	0.000
Lycopene		0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin		0		0	FLA	4		0.000	0.000	0.000

#### **Common Measures:**

Measure 1 = 36.4g: 1 fl oz

Measure 2 = 437g: 1 can (12 fl oz) Measure 3 = 218g: 1 can (6 fl oz) NDB No. 14302

Limeade, frozen concentrate

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.8

Food Group: 14 Beverages

		<u>A</u>	mount in 100 gram	<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	
D										
Proximates: Water	a	89.14	0	FLC	4		220.17	27.63		
Energy		42	0	NC	4		105	13		
Energy		178	0	NC	4		439	55		
Protein (N x 0)		0.04	0	FLC	4		0.09	0.01		
Total lipid (fat)		0.01	0	FLC	4		0.02	0.00		
Ash		0.10	0	FLC	4		0.25	0.03		
Carbohydrate, by difference		10.57	1	LC	8		26.10	3.28		
Fiber, total dietary		0.0	0	FLC	4		0.1	0.0		
Sugars, total		8.96	0	FLC	4		22.13	2.78		
Starch										
Minerals:		_	_	=			_	_		
Calcium, Ca	-	3	0	FLC	4		7	1		
Iron, Fe.		0.01 1	0	FLC FLC	4 4		0.02 2	0.00 0		
Magnesium, Mg		1	0	FLC	4		1	0		
Phosphorus, P Potassium, K	-	9	0	FLC	4		23	3		
Sodium, Na		2	0	FLC	4		5	1		
Zinc, Zn		0.01	0	FLC	4		0.02	0.00		
Copper, Cu		0.008		FLC	4		0.021	0.003		
Manganese, Mn		0.001		FLC	4		0.002	0.000		
Selenium, Se		0.1	0	FLC	4		0.2	0.0		
*7*4										
Vitamins:					_					
Vitamin C, total ascorbic acid		2.4	1 0	LC	8		6.0	0.8		
Thiamin		0.002		FLC FLC	4 4		0.004 0.007	0.001		
Riboflavin		0.003		FLC	4		0.007	0.001 0.003		
Niacin Pantothenic acid	-	0.000		FLC	4		0.021	0.003		
Vitamin B-6		0.011		FLC	4		0.028	0.004		
Folate, total	-	1	. 0	FLC	4		2	0.001		
Folic acid		0	0	FLC	4		0	0		
Folate, food		1	0	FLC	4		2	0		
Folate, DFE	mca DFE	1	0	NC	4		2	0		
Vitamin B-12		0.00	0	FLC	4		0.00	0.00		
Vitamin A, IU		1	0	FLC	4		2	0		
Vitamin A, RAE		0	0	FLC	4		0	0		
Retinol		0	0	FLC	4		0	0		
Vitamin E (alpha-tocopherol)		0.00	0	FLC	4		0.00	0.00		
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.0	0	FLC	4		0.0	0.0		
Lipids:										
Fatty acids, total saturated	q	0.000	0	FLC	4		0.000	0.000		
4:0		0.000		FLC	4		0.000	0.000		
6:0		0.000		FLC	4		0.000	0.000		
8:0		0.000		FLC	4		0.000	0.000		
10:0		0.000		FLC	4		0.000	0.000		
12:0	-	0.000	0	FLC	4		0.000	0.000		
13:0	_									
14:0	_	0.000	0	FLC	4		0.000	0.000		
15:0	_									
16:0	g	0.000	0	FLC	4		0.000	0.000		
17:0	g									
18:0	g	0.000	0	FLC	4		0.000	0.000		
20:0	g									
22:0	g									
24:0	a									

	<u>Ar</u>	nount in 100 g	rams o	of edik	ole portio	<u>on</u>	Amount in edible portion of common			
		of		Deriv Source		Confidence	measures of foo		<u>od</u>	
Nutrients and Units	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.000		0	FLC	4		0.000	0.000		
14:1g	0.000		·		-		0.000	0.000		
15:1 9										
16:1 undifferentiatedg	0.000		0	FLC	4		0.000	0.000		
17:1g										
18:1 undifferentiatedg	0.000		0	FLC	4		0.000	0.000		
20:1g	0.000		0	FLC	4		0.000	0.000		
22:1 undifferentiatedg	0.000		0	FLC	4		0.000	0.000		
24:1 cg										
Fatty acids, total polyunsaturatedg	0.000		0	FLC	4		0.000	0.000		
18:2 undifferentiated	0.000		0	FLC	4		0.000	0.000		
18:3 undifferentiatedg	0.000		0	FLC	4		0.000	0.000		
18:4g	0.000		0	FLC	4		0.000	0.000		
20:2 n-6 c,cg										
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.000		0	FLC	4		0.000	0.000		
20:5 n-3g	0.000		0	FLC	4		0.000	0.000		
22:5 n-3g	0.000		0	FLC	4		0.000	0.000		
22:6 n-3g	0.000		0	FLC	4		0.000	0.000		
Fatty acids, total trans										
Cholesterolmg	0		0	FLC	4		0	0		
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0		0	FLC	4		0.0	0.0		
Caffeinemg	0		0	FLC	4		0	0		
Theobromine mg	0		0	FLC	4		0	0		
Carotenoids:										
Carotene, betamcg	0		0	FLC	4		0.000	0.000		
Carotene, alphamcg	0		0	FLC	4		0.000	0.000		
Cryptoxanthin, beta mcg	0		0	FLC	4		0.000	0.000		
Lycopenemcg	0		0	FLC	4		0.000	0.000		
Lutein + zeaxanthin mcg	0		0	FLC	4		0.000	0.000		

### **Common Measures:**

Measure 1 = 247g: 1 cup (8 fl oz) Measure 2 = 31g: 1 can (1 oz)

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

		<u>Ar</u>	nount in 100 g	rams	of edib	le portio	<u>n</u>		edible portion		
			Number					measures 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	91.15	2.976	4	JO	11		216.03	26.98		
Energy	kcal	37		0	NC	4		89	11		
Energy	kj	156		0	NC	4		371	46		
Protein (N x 6.25)	g	0.21	0.050	3	JO	11		0.50	0.06		
Total lipid (fat)	g	0.12		2	A	1		0.28	0.04		
Ash	g	0.12	0.017	3	JO	11		0.28	0.03		
Carbohydrate, by difference	g	8.05		0	NC	4		19.08	2.38		
Fiber, total dietary	g	0.0		2	AI	13		0.0	0.0		
Sugars, total	g	8.05		0	NR	4		19.08	2.38		
Starch	g										
3.61											
Minerals:	ma	7	1.139	4	70	11		16	2		
Calcium, Ca		0.06	0.025	4 4	JO JO	11		0.14	0.02		
Iron, Fe		7	0.025	3	JO	11		16	0.02		
Phosphorus, P		16	7.533	3	JO	11		37	5		
Potassium, K		8	7.555	2	A	1		19	2		
Sodium, Na		13		2	A	1		31	4		
Zinc, Zn	-	0.02		3	A	1		0.05	0.01		
Copper, Cu		0.008		2	JO	11		0.019	0.002		
Manganese, Mn		0.013		1	A	1		0.031	0.004		
Selenium, Se		1.2		0	BFPN	4		2.8	0.4		
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	-	0.5		2	A	1		1.2	0.1		
Thiamin		0.016		2	A	1		0.038	0.005		
Riboflavin		0.048		2	A	1		0.114	0.014		
Niacin	-	1.113		2	A	1		2.638	0.329		
Pantothenic acid	-	0.037		2	A	1		0.088	0.011		
Vitamin B-6	-	0.027		2	A	1		0.064	0.008		
Folate, total		14		2	A	1		33	4		
Folic acid		0		0	Z	7		0	0		
Folate, food		14		2	A	1		33	4		
Folate, DFE		14		0	NC	4		33	4		
Vitamin B-12		0.02 2		0	BFZN	4		0.05	0.01		
Vitamin A, IU		0		2	A	1		5	1		
Vitamin A, RAE		0		0	AS Z	1 7		0	0		
Retinol		0.00		0	Z	7		0.00	0 0.00		
Vitamin E (alpha-tocopherol)		0.00		U	Z	,		0.00	0.00		
Tocopherol, beta Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		0.0		0	BFZN	4		0.0	0.0		
4 , 1 ,											
<u>Lipids:</u>											
Fatty acids, total saturated	-	0.024		0	BFFN	4		0.057	0.007		
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		0	BFFN	4		0.000	0.000		
13:0	-	0 001		^	D==			0 000			
14:0	-	0.001		0	BFFN	4		0.002	0.000		
15:0		0.00		^	<b></b>						
16:0		0.021		0	BFFN	4		0.050	0.006		
17:0	-	0.05-		^	<b></b>			0.000	0 000		
18:0	-	0.001		0	BFFN	4		0.002	0.000		
20:0 22:0	-										
7.7.11	u										

Nutrients and Units   Nutrients   Nutrient		<u>An</u>	nount in 10	0 grams Number		le portic	<u>on</u>	Amount in edible portion of common measures of food				
14:1	Nutrients and Units	Mean	Std. Error					Measure 1	Measure 2	Measure 3		
14-1	Fatty saids total management wated	0.015		0	DEEM	4		0.036	0.004			
15:1	-	0.013		U	DEFN	-		0.036	0.004			
16:1 undifferentiated	<del>_</del>											
17:1	=	0.000		0	BFFN	4		0.000	0.000			
18:1 undifferentiated	=											
22:1 undifferentiated	=	0.012		0	BFFN	4		0.028	0.004			
Patty acids, total polyunsaturated.   9	20:1g	0.000		0	BFFN	4		0.000	0.000			
Fatty acids, total polyunsaturated.   9	22:1 undifferentiatedg	0.000		0	BFFN	4		0.000	0.000			
18:2 undifferentiated.   g	24:1 cg											
18:3 undifferentiated.   9	Fatty acids, total polyunsaturated	0.056		0	BFFN	4		0.133	0.017			
18:4		0.050		0	BFFN	4		0.119	0.015			
20:2 n-6 c,c	18:3 undifferentiatedg	0.006		0	BFFN	4		0.014	0.002			
20:3 undifferentiated	18:4g	0.000		0	BFFN	4		0.000	0.000			
20:4 undifferentiated       9       0.000       0       BFFN       4       0.000       0.000         20:5 n-3       9       0.000       0       BFFN       4       0.000       0.000         22:5 n-3       9       0.000       0       BFFN       4       0.000       0.000         22:6 n-3       9       0.000       0       BFFN       4       0.000       0.000         Fatty acids, total trans       9       0       0       Z       7       0       0         Cholesterol       mg       0       0       Z       7       0       0         Phytosterols       mg       0       0       Z       7       0       0         Caffeine       mg       0       0       3       JO       11       0.8       0.1         Caffeine       mg       0       0       Z       7       0       0         Theobromine       mg       0       0       Z       7       0       0         Carotene, beta       mcg       0       2       Z       7       0.000       0.000 <td colspa<="" td=""><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></td>	<td></td>											
20:5 n-3         9         0.000         0         BFFN         4         0.000         0.000           22:5 n-3         9         0.000         0         BFFN         4         0.000         0.000           22:6 n-3         9         0.000         0         BFFN         4         0.000         0.000           Fatty acids, total trans         9           Cholesterol         mg         0         0         z         7         0         0           Phytosterols         mg         0         z         7         0         0         0           Others:           Alcohol, ethyl         9         0.3         0.048         3         JO         11         0.8         0.1           Caffeine         mg         0         0         z         7         0         0           Theobromine         mg         0         0         z         7         0         0           Carotene, beta         mcg         0         2         z         7         0.000         0.000           Carotene, alpha         mcg         0         2         z         7	20:3 undifferentiatedg											
22:5 n-3       g       0.000       0       BFFN       4       0.000       0.000         22:6 n-3       g       0.000       0       BFFN       4       0.000       0.000         Fatty acids, total trans       g         Cholesterol       mg       0       z       7       0       0         Phytosterols         mg       0       z       7       0       0         Cholesterol       mg       0.3       0.048       3       JO       11       0.8       0.1         Caffeine       mg       0       0       z       7       0       0         Carotene, emg       0       0       z       7       0       0         Carotene, beta       mcg       0       2       z       7       0.000       0.000         Carotene, alpha       mcg       0       2       z       7       0.000       0.000         Cryptoxanthin, beta       mcg       0       2       z       7       0.000       0.000	=				BFFN	4		0.000	0.000			
22:6 n-3		0.000		0	BFFN	4		0.000	0.000			
Fatty acids, total trans       9         Cholesterol       mg       0       0       z       7       0       0         Phytosterols       mg         Others:         Alcohol, ethyl       g       0.3       0.048       3       JO       11       0.8       0.1         Caffeine       mg       0       0       z       7       0       0         Theobromine       mg       0       0       z       7       0       0         Carotenoids:         Carotene, beta       mcg       0       2       z       7       0.000       0.000         Carotene, alpha       mcg       0       2       z       7       0.000       0.000         Cryptoxanthin, beta       mcg       0       2       z       7       0.000       0.000	22:5 n-3g	0.000		0	BFFN	4		0.000	0.000			
Cholesterol         mg         0         z         7         0         0           Phytosterols         mg         0         z         7         0         0           Others:           Alcohol, ethyl         g         0.3         0.048         3         JO         11         0.8         0.1           Caffeine         mg         0         0         z         7         0         0           Theobromine         mg         0         0         z         7         0         0           Carotenoids:           Carotene, beta         mcg         0         2         z         7         0.000         0.000           Carotene, alpha         mcg         0         2         z         7         0.000         0.000           Cryptoxanthin, beta         mcg         0         2         z         7         0.000         0.000	=	0.000		0	BFFN	4		0.000	0.000			
Others:           Alcohol, ethyl.         g         0.3         0.048         3         JO         11         0.8         0.1           Caffeine.         mg         0         0         z         7         0         0           Theobromine.         mg         0         0         z         7         0         0           Carotenoids:         Carotene, beta.         mcg         0         2         z         7         0.000         0.000           Carotene, alpha         mcg         0         2         z         7         0.000         0.000           Cryptoxanthin, beta         mcg         0         2         z         7         0.000         0.000												
Others:           Alcohol, ethyl.         g         0.3         0.048         3         JO         11         0.8         0.1           Caffeine.         mg         0         0         z         7         0         0           Theobromine.         mg         0         0         z         7         0         0           Carotenoids:         Carotene, beta.         mcg         0         2         z         7         0.000         0.000           Carotene, alpha         mcg         0         2         z         7         0.000         0.000           Cryptoxanthin, beta         mcg         0         0         z         7         0.000         0.000		0		0	Z	7		0	0			
Alcohol, ethyl.         g         0.3         0.048         3         JO         11         0.8         0.1           Caffeine.         mg         0         0         z         7         0         0           Theobromine.         mg         0         0         z         7         0         0           Carotenoids:         Carotene, beta.         mcg         0         2         z         7         0.000         0.000           Carotene, alpha.         mcg         0         2         z         7         0.000         0.000           Cryptoxanthin, beta.         mcg         0         z         7         0.000         0.000	Phytosterolsmg											
Alcohol, ethyl.         g         0.3         0.048         3         JO         11         0.8         0.1           Caffeine.         mg         0         0         z         7         0         0           Theobromine.         mg         0         0         z         7         0         0           Carotenoids:         Carotene, beta.         mcg         0         2         z         7         0.000         0.000           Carotene, alpha.         mcg         0         2         z         7         0.000         0.000           Cryptoxanthin, beta.         mcg         0         z         7         0.000         0.000	Others:											
Caffeine         mg         0         0         z         7         0         0           Theobromine         mg         0         0         z         7         0         0           Carotenoids:         Carotene, beta         mcg         0         2         z         7         0.000         0.000           Carotene, alpha         mcg         0         2         z         7         0.000         0.000           Cryptoxanthin, beta         mcg         0         z         7         0.000         0.000		0.3	0.0	48 3	JO	11		0.8	0.1			
Theobromine	-	0		0	z	7		0	0			
Carotenoids:           Carotene, beta		0		0	z	7		0	0			
Carotene, beta	_											
Carotene, alpha		0		2	7.	7		0 000	0 000			
Cryptoxanthin, beta mcg 0 0 z 7 0.000 0.000												
Cryptoximimi, ocu				_								
	Lycopene mcg	0		2	z	7		0.000	0.000			
Lutein + zeaxanthin												

# **Common Measures:**

Measure 1 = 237g: 1 cup Measure 2 = 29.6g: 1 fl oz

Calories Factors: Protein 3.87 Fat 8.37 Carbohydrate 4.12

Food Group: 14 Beverages

		<u>Aı</u>	mount in 100 g	rams	of edib	le portio	<u>n</u>		edible portion	
			Nu	mber	measures 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	1.30	0.067	6		1		0.27		
Energy	kcal	375		0	NC	4		79		
Energy	kj	1569				4		329		
Protein (N x 5.9)	g	5.10		9		1		1.07		
Total lipid (fat)	g	3.80		7		1		0.80		
Ash	g	1.90	0.020	6		1		0.40		
Carbohydrate, by difference	g	87.80		0	NC	4		18.44		
Fiber, total dietary	g	6.7		0	FLA	4		1.4		
Sugars, total	g	23.04		0	FLA	4		4.84		
Starch	g									
Minorals:										
Minerals: Calcium, Ca	ma	60		3		1		13		
Iron, Fe		2.28		8		1		0.48		
Magnesium, Mg		70		1		1		15		
Phosphorus, P		175		1		1		37		
Potassium, K		618		0	FLA	4		130		
Sodium, Na		251		9		1		53		
Zinc, Zn	mg	0.80		1		1		0.17		
Copper, Cu	mg	0.200	1	1		1		0.042		
Manganese, Mn	mg	0.958		0	FLA	4		0.201		
Selenium, Se	mcg	25.4		0	FLA	4		5.3		
Vitamins:										
Vitamin C, total ascorbic acid	ma	1.5		7		1		0.3		
Thiamin	-	0.173	1	7		1		0.036		
Riboflavin		0.200		1		1		0.042		
Niacin		2.003		7		1		0.421		
Pantothenic acid		0.254		0	FLA	4		0.053		
Vitamin B-6	-	0.156	;	7		1		0.033		
Folate, total	-	51		0	FLA	4		11		
Folic acid		0		0	FLA	4		0		
Folate, food		51		0	FLA	4		11		
Folate, DFE	mcg_DFE	51		0	NC	4		11		
Vitamin B-12	mcg	0.20		1		1		0.04		
Vitamin A, IU	IU	14		0	FLA	4		3		
Vitamin A, RAE		4		0	FLA	4		1		
Retinol		4		0	FLA	4		1		
Vitamin E (alpha-tocopherol)		0.10		0	FLA	4		0.02		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta		4 774		•	TIT 3			1 000		
Vitamin D.		4.774		0	FLA FLA	4 4		1.002 0.4		
Vitamin K (phylloquinone)	Ilicg	1.8		U	FLA	4		0.4		
<u>Lipids:</u>										
Fatty acids, total saturated	g	2.159	)	0		1		0.453		
4:0	g	0.096	i	0		1		0.020		
6:0	g	0.057		0		1		0.012		
8:0	g	0.033	1	0		1		0.007		
10:0	-	0.075	i	0		1		0.016		
12:0	-	0.084		0		1		0.018		
13:0										
14:0		0.302		0		1		0.063		
15:0	-									
16:0	-	0.947		0		1		0.199		
17:0	-	_		_		_				
18:0	-	0.491		0		1		0.103		
20:0	-									
22:0	g g									

		<u>A</u> 1	mount in 10			ole portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and	Units	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturat	tedg	1.045		0		1		0.219		
14:1	_									
15:1	-									
16:1 undifferentiated	-	0.069		0		1		0.014		
17:1	-	0.000		•						
18:1 undifferentiated	_	0.930		0		1		0.195		
20:1		0.000		0		7 7		0.000		
22:1 undifferentiated	-	0.000		0		,		0.000		
24:1 cFatty acids, total polyunsaturate		0.357		0		1		0.075		
18:2 undifferentiated		0.286		0		1		0.060		
18:3 undifferentiated		0.071		0		1		0.015		
18:4		0.000		0		7		0.000		
20:2 n-6 c.c		0.000		Ū		,		0.000		
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.000		0		7		0.000		
20:5 n-3	• • • • • • • • • • • • • • • • • • • •	0.000		0		7		0.000		
22:5 n-3		0.000		0		7		0.000		
22:6 n-3	• • • • • • • • • • • • • • • • • • • •	0.000		0		7		0.000		
Fatty acids, total trans		0.000		•		•		0.000		
Cholesterol		1		0	FLA	4		0		
Phytosterols	_	_		•		=		-		
	······································									
Amino Acids:										
Tryptophan		0.059		0		1		0.012		
Threonine	-	0.143		0		1		0.030		
Isoleucine	-	0.160		0		1		0.034		
Leucine	-	0.292		0		1		0.061		
Lysine		0.161		0		1		0.034		
Methionine		0.064		0		1		0.013		
Cystine		0.094		0		1		0.020		
Phenylalanine		0.185		0		1		0.039		
Tyrosine	-	0.151		0		1		0.032		
Valine	-	0.197		0		1		0.041		
Arginine	-	0.206		0		1		0.043		
Histidine	• • • • • • • • • • • • • • • • • • • •	0.098		0		1		0.021		
Alanine		0.186		0		1		0.039		
Aspartic acid		0.414		0		1		0.087		
Glutamic acid		1.010		0 0		1 1		0.212		
Glycine		0.133		-		_		0.028		
Proline		0.438		0 0		1 1		0.092		
Serine		0.264		U		T		0.055		
Hydroxyproline	9									
Others:										
Alcohol, ethyl	g	0.0		0	FLA	4		0.0		
Caffeine	mg	37		2		1		8		
Theobromine	mg	345		0	BFZN	4		72		
Carotenoids:										
	mca	1		0	FLA	4		0.150		
Carotene, beta		0		0	FLA	4		0.150		
Cryptoxanthin, beta		0		0	FLA	4		0.008		
Lycopene	=	0		0	FLA	4		0.000		
Lutein + zeaxanthin		14		0	FLA	4		2.963		
Luteni + zeaxantinin	9	14			- TIM			2.903		

### **Common Measures:**

Measure 1 = 21g: 1 serving (3 heaping tsp or 1 envelope)

NDB No. 14317

Malted drink mix, chocolate, powder

Calories Factors: Protein 3.4 Fat 8.5 Carbohydrate 3.7

Food Group: 14 Beverages

NDB No. 14318 Malted drink mix, chocolate, powder, prepared with whole milk

		<u>A</u> 1	mount in 10			le portio	<u>on</u>	Amount in edible portion of common			
				Number		_		m	measures of food		
Nutrients and Unit	ts	Mean	Std. Error			Code	Confidence Code	Measure 1	Measure 2	Measure	
Proximates:											
Water		81.34		0	RPA	1		215.56			
Energy		85		0	RPI	6		226			
Energy	-	357		0	RPI	6		947			
Protein		3.37		0	RPA	1		8.94			
Total lipid (fat)		3.29		0	RPI	6		8.73			
Ash		0.79		0	RPA	1		2.08			
Carbohydrate, by difference		11.20		0	RPI	6		29.67			
Fiber, total dietary		0.5		0	RPI	6		1.4			
Sugars, total		6.68		0	RPI	6		17.71			
Starch	g										
Minerals:											
Calcium, Ca	-	98		0	RPA	1		259			
Iron, Fe		0.21 15		0 0	RPA RPA	1 1		0.57 <b>4</b> 0			
Magnesium, Mg		91		0	RPA	1		40 242			
Phosphorus, P Potassium, K	-	172		0	RPI	6		455			
Sodium, Na	-	60		0	RPA	1		159			
Zinc, Zn	-	0.41		0	RPA	1		1.10			
Copper, Cu		0.037	,	0	RPA	1		0.098			
Manganese, Mn		0.080		0	RPI	6		0.211			
Selenium, Se		5.4		0	RPI	6		14.3			
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.1		0	RPA	1		0.3			
Thiamin		0.054	ļ	0	RPA	1		0.143			
Riboflavin		0.184	l	0	RPA	1		0.488			
Niacin	mg	0.259	)	0	RPA	1		0.687			
Pantothenic acid	mg	0.354	ŀ	0	RPI	6		0.937			
Vitamin B-6	mg	0.046	i	0	RPA	1		0.122			
Folate, total	mcg	9		0	RPI	6		23			
Folic acid	mcg	0		0	RPI	6		0			
Folate, food		9		0	RPI	6		23			
Folate, DFE		9		0	NC	4		23			
Vitamin B-12		0.42		0	RPA	1		1.11			
Vitamin A, IU		95		0	RPI	6		252			
Vitamin A, RAE		26		0	RPI	6		70			
Retinol		26		0	RPI	6		69			
Vitamin E (alpha-tocopherol)		0.06		0	RPI	6		0.16			
Tocopherol, beta											
Tocopherol, gamma Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		0.3		0	RPI	6		0.9			
Lipids:											
Fatty acids, total saturated	g	1.883	1	0	RPI	6		4.989			
4:0		0.076		0	RPA	1		0.202			
6:0	g	0.073	1	0	RPA	1		0.194			
8:0	g	0.071		0	RPA	1		0.189			
10:0	g	0.075	i	0	RPA	1		0.198			
12:0	g	0.077	•	0	RPA	1		0.205			
13:0		0.000	)	0	RPA	1		0.000			
14:0	g	0.297	,	0	RPA	1		0.788			
15:0	-	0.000		0	RPA	1		0.000			
16:0	g	0.838	}	0	RPA	1		2.222			
17:0		0.000		0	RPA	1		0.000			
18:0	g	0.375	i	0	RPA	1		0.993			
20:0	g	0.000	)	0 0	RPA	1 1		0.000			

		<u>Aı</u>	mount in 100 gra	ms of edi	Amount in edible portion of common						
			Num	ber			<u>m</u>	measures of food			
				ata Deriv		Confidence					
Nutrients and U	nits	Mean	Std. Error Poir	ts Code	Code	Code	Measure 1	Measure 2	Measure 3		
				_							
Fatty acids, total monounsaturate		0.827		0 RPI	6		2.192				
14:1		0.000		0 RPA	1		0.000				
15:1 16:1 undifferentiated	_	0.006		0 RPA	1		0.015				
17:1	_	0.000		U RFA	-		0.015				
18:1 undifferentiated		0.822		0 RPA	1		2.178				
20:1		0.000		0 RPI	6		0.000				
22:1 undifferentiated	•	0.000		0 RPI	6		0.000				
24:1 c	_										
Fatty acids, total polyunsaturated		0.208		0 RPI	6		0.550				
18:2 undifferentiated	g	0.133		0 RPA	1		0.353				
18:3 undifferentiated	g	0.074		0 RPA			0.197				
18:4		0.000		0 RPI	6		0.000				
20:2 n-6 c,c	-										
20:3 undifferentiated					_						
20:4 undifferentiated	_	0.000		0 RPI	6		0.000				
20:5 n-3		0.000		0 RPI 0 RPI	6 6		0.000				
22:5 n-3 22:6 n-3		0.000		0 RPI 0 RPI	6		0.000 0.000				
Fatty acids, total trans		0.000		U RPI	•		0.000				
Cholesterol		10		0 RPI	6		26				
Phytosterols											
-											
Amino Acids:				_							
Tryptophan		0.074		0 RPA	1		0.195				
Threonine	-	0.143		O RPA	1 1		0.379				
Isoleucine		0.165 0.268		0 RPA 0 RPA			0.436 0.709				
Lysine	-	0.142		O RPA			0.376				
Methionine		0.074		O RPA			0.196				
Cystine		0.023		0 RPA			0.061				
Phenylalanine	_	0.150		0 RPA			0.398				
Tyrosine		0.152		0 RPA	1		0.402				
Valine		0.193		0 RPA	1		0.510				
Arginine	g	0.085		0 RPA	1		0.226				
Histidine	g	0.077		0 RPA	1		0.203				
Alanine	g	0.109		0 RPA			0.290				
Aspartic acid		0.252		0 RPA			0.666				
Glutamic acid		0.677		0 RPA	1		1.794				
Glycine		0.079		0 RPA	1		0.211				
Proline		0.350		0 RPA	1		0.926				
Serine	-	0.119		0 RPA	1		0.316				
Hydroxyproline	9										
Others:											
Alcohol, ethyl	g	0.0		0 RPI	6		0.0				
Caffeine	mg	3		0 RPI	6		8				
Theobromine	mg	28		0 RPI	6		73				
Carotenoids:											
Carotene, beta	mcq	5		0 RPI	6		12.823				
Carotene, alpha		0		0 RPI	6		0.006				
Cryptoxanthin, beta		0		0 RPI	6		0.008				
Lycopene		0		0 RPI	6		0.000				
Lutein + zeaxanthin		1		0 RPI	6		2.997				

#### **Common Measures:**

Measure 1 = 265g: 1 cup (8 fl oz)

Malted drink mix, chocolate, powder, prepared with whole milk

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

NDB No. 14315 Malted drink mix, chocolate, with added nutrients, powder

		<u>A</u>	mount in 100 gram	s of edil	ole portio	<u>n</u>	Amount in	edible portion	of common
			Numbe	r			<u>m</u>	easures of food	<u>l</u>
			of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	2.50	3		1		1.95	0.53	
Energy	kcal	358	0	NC	4		279	75	
Energy		1498			4		1168	315	
Protein (N x 5.9)	g	4.90	5		1		3.82	1.03	
Total lipid (fat)	g	3.40	4		1		2.65	0.71	
Ash	g	4.60	3		1		3.59	0.97	
Carbohydrate, by difference	g	84.40	0	NC	4		65.83	17.72	
Fiber, total dietary	g	4.7	1	LC	8		3.7	1.0	
Sugars, total	g	70.56	1	LC	8		55.03	14.82	
Starch	g								
Minerals:									
<u>winerais:</u> * Calcium, Ca	ma	443	3		1		346	93	
* Iron, Fe	-	17.38	5		1		13.56	3.65	
Magnesium, Mg		96	2		1		75	20	
* Phosphorus, P		401	2		1		313	84	
Potassium, K	_	1193	2		1		931	251	
Sodium, Na		594	5		1		463	125	
Zinc, Zn	mg	1.07	2		1		0.83	0.22	
Copper, Cu	mg	0.634	. 2		1		0.495	0.133	
Manganese, Mn	mg	0.627			1		0.489	0.132	
Selenium, Se	mcg	16.4	0	FLA	4		12.8	3.4	
Vitamins:									
* Vitamin C, total ascorbic acid	ma	150.1	4		1		117.1	31.5	
* Thiamin		3.052			1		2.381	0.641	
* Riboflavin	_	4.110	2		1		3.206	0.863	
* Niacin	=	50.937	4		1		39.731	10.697	
Pantothenic acid	mg	0.683	1		1		0.533	0.143	
* Vitamin B-6	mg	4.366	5 4		1		3.405	0.917	
Folate, total	mcg	26	0	FLA	4		21	6	
Folic acid		0	0	Z	7		0	0	
Folate, food	mcg	26	0	FLA	4		21	6	
Folate, DFE		26	0	NC	4		21	6	
Vitamin B-12		0.37	0	FLA	4		0.29	0.08	
* Vitamin A, IU		13098	2		1		10216	2751	
Vitamin A, RAE		3929	0	FLA	4		3065	825	
* Retinol		3929	0	FLA	4		3065	825	
Vitamin E (alpha-tocopherol)	=	0.06	0	FLA	4		0.05	0.01	
Tocopherol, beta									
Tocopherol, gamma Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)		1.1	0	FLA	4		0.9	0.2	
<u>Lipids:</u>									
Fatty acids, total saturated		1.964			1		1.532	0.412	
4:0		0.088			1 1		0.069	0.018	
6:0 8:0		0.052			1		0.041 0.023	0.011 0.006	
8:0 10:0	-	0.030			1		0.023	0.006	
12:0	-	0.000	•		1		0.060	0.014	
13:0		0.077	O .		-		3.000	0.010	
14:0		0.275	. 0		1		0.215	0.058	
15:0	_		·		_		3.223	2.220	
16:0	_	0.861	. 0		1		0.672	0.181	
17:0								- · · · <del>-</del>	
18:0	_	0.447	0		1		0.349	0.094	
20:0	_								
22:0	g								
24:0	a								

	<u>Ar</u>		Number	,		_	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
	0.051		•						
Fatty acids, total monounsaturated9	0.951		0		1		0.742	0.200	
14:1g 15:1g									
16:1 undifferentiated	0.063		0		1		0.049	0.013	
17:1g	0.003		U		_		0.049	0.013	
18:1 undifferentiatedg	0.846		0		1		0.660	0.178	
20:1g	0.000		0		1		0.000	0.000	
22:1 undifferentiated Q	0.000		0		1		0.000	0.000	
24:1 cg	0.000		·		_		0.000	0.000	
Fatty acids, total polyunsaturatedg	0.325		0		1		0.254	0.068	
18:2 undifferentiated	0.260		0		1		0.203	0.055	
18:3 undifferentiated	0.065		0		1		0.051	0.014	
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									
Cholesterol mg	1		0	FLA	4		1	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	FLA	4		0.0	0.0	
Caffeine mg	28		1		1		22	6	
Theobrominemg	345		0	FLA	4		269	72	
Carotenoids:									
Carotene, betamcg	0		0	FLA	4		0.230	0.062	
Carotene, alphamcg	0		0	FLA	4		0.009	0.002	
Cryptoxanthin, betamcg	0		0	FLA	4		0.012	0.003	
Lycopenemcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin mcg	11		0	FLA	4		8.523	2.295	

## **Common Measures:**

Measure 1 = 78g: 1 cup

Measure 2 = 21g: 1 serving (3 heaping tsp or 1 envelope)

\*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 3.4 Fat 8.5 Carbohydrate 3.7

Food Group: 14 Beverages

NDB No. 14316 Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk

		<u>Aı</u>	mount in 10	<u>0 grams</u>	of edib	le portio	<u>on</u>	Amount in edible portion of common			
				Number	•			<u>m</u>	easures of food	•	
						Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	-	81.44		0	RPA	1		215.81			
Energy		84		0	RPI	6		223			
Energy		352		0	RPI	6		932			
Protein	-	3.36		0 0	RPA	1 6		8.90			
Total lipid (fat)		3.26 1.00		0	RPI RPA	1		8.64 2.66			
Ash		10.92		0	RPA	6		28.95			
Carbohydrate, by difference		0.4		0	RPI	6		1.0			
Fiber, total dietary		10.49		0	RPI	6		27.80			
Sugars, total	=	10.49		U	KPI	ь		27.80			
Starch	9										
<u>Minerals:</u>											
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	128		0	RPA	1		340			
Iron, Fe	-	1.42		0	RPA	1		3.77			
Magnesium, Mg		17		0	RPA	1		45			
Phosphorus, P	_	109		0	RPA	1		290			
Potassium, K	-	218		0	RPA	1		577			
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	87		0	RPA	1		231			
Zinc, Zn		0.44		0	RPA	1		1.16			
Copper, Cu	_	0.072		0	RPA	1 1		0.191			
Manganese, Mn Selenium, Se		0.053 4.7	3	0	RPA RPI	6		0.141 12.4			
Selenium, Se	Ilicg	4.7		U	RPI	ь		12.4			
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid		12.0		0	RPA	1		31.9			
Thiamin	-	0.285		0	RPA	1		0.755			
Riboflavin	-	0.497		0	RPA	1 1		1.318			
Niacin Pantothenic acid	-	4.182 0.388		0	RPA RPA	1		11.081 1.028			
Vitamin B-6		0.383		0	RPA	1		1.028			
Folate, total	_	7	•	0	RPI	6		18			
Folic acid		0		0	RPI	6		0			
Folate, food		7		0	RPI	6		18			
Folate, DFE		7		0	NC	4		18			
Vitamin B-12		0.43		0	RPI	6		1.15			
Vitamin A, IU		1144		0	RPI	6		3031			
Vitamin A, RAE	mcg RAE	341		0	RPI	6		904			
Retinol		341		0	RPI	6		903			
Vitamin E (alpha-tocopherol)	-	0.06		0	RPI	6		0.15			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta	mg										
Vitamin D											
Vitamin K (phylloquinone)	mcg	0.3		0	RPI	6		0.8			
Lipids:											
Fatty acids, total saturated	g	1.868	3	0	RPI	6		4.950			
4:0		0.076	5	0	RPA	1		0.200			
6:0	g	0.073	3	0	RPA	1		0.193			
8:0	g	0.071	L	0	RPA	1		0.188			
10:0	g	0.074	l	0	RPA	1		0.196			
12:0		0.077	1	0	RPA	1		0.203			
13:0	g	0.000	)	0	RPA	1		0.000			
14:0	g	0.295		0	RPA	1		0.782			
15:0	g	0.000	)	0	RPA	1		0.000			
16:0	_	0.831		0	RPA	1		2.203			
17:0	_	0.000		0	RPA	1		0.000			
18:0	_	0.371		0	RPA	1		0.984			
20:0	_	0.000		0	RPA	1		0.000			
22:0	α .	0.000	`	0	RPA	1		0.000			

	<u>A</u> 1	mount in 100	grams	of edik		edible portion o	f common		
		N	lumber				<u>m</u>	easures of food	
				Deriv	Source	Confidence			
Nutrients and Units	Mean	Std. Error F	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.820	)	0	RPI	6		2.173		
14:1g	0.000	1	0	RPA	1		0.000		
15:1g									
16:1 undifferentiatedg	0.005	i	0	RPA	1		0.013		
17:1g	0.015		•						
18:1 undifferentiatedg 20:1	0.815		0 0	RPA RPA	1 1		2.160 0.000		
22:1 undifferentiatedg	0.000		0	RPA	1		0.000		
24:1 c9	0.000		ŭ		_		0.000		
Fatty acids, total polyunsaturated9	0.205	i	0	RPI	6		0.543		
18:2 undifferentiatedg	0.131		0	RPA	1		0.348		
18:3 undifferentiatedg	0.074		0	RPA	1		0.195		
18:4g	0.000	)	0	RPA	1		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg					_				
20:4 undifferentiatedg	0.000		0	RPA	1		0.000		
20:5 n-3g	0.000		0 0	RPA RPA	1 1		0.000		
22:5 n-3	0.000		0	RPA	1		0.000 0.000		
Fatty acids, total trans	0.000		U	RPA	1		0.000		
Cholesterolmg	10		0	RPI	6		25		
Phytosterolsmg									
Amino Acids:	0.069		0	RPA	1		0.182		
Tryptophan	0.003		0	RPA	1		0.182		
Isoleucineg	0.152		0	RPA	1		0.402		
Leucine	0.244		0	RPA	1		0.647		
Lysineg	0.129		0	RPA	1		0.342		
Methionineg	0.069	1	0	RPA	1		0.182		
Cystineg	0.015	i	0	RPA	1		0.041		
Phenylalanineg	0.135	i	0	RPA	1		0.358		
Tyrosineg	0.139		0	RPA	1		0.370		
Valineg	0.177		0	RPA	1		0.468		
Arginineg	0.069		0	RPA	1		0.182		
Histidineg	0.069		0	RPA	1		0.182		
Alanine	0.095 0.218		0	RPA RPA	1 1		0.251		
Aspartic acid	0.218		0	RPA RPA	1		0.579		
Glycine G	0.069		0	RPA	1		1.580 0.182		
Glycine	0.003		0	RPA	1		0.182		
Serineg	0.098		0	RPA	1		0.260		
Hydroxyprolineg	0.030		•		-		3.200		
Others:	0.0		0	RPI	6		0.0		
Alcohol, ethylg  Caffeineg	2		0	RPI	6		6		
Theobromine mg	28		0	RPI	6		73		
Carotenoids:			,		•				
	-		^	DDT	_		12.734		
Carotene, betamcg Carotene, alphamcg	5 0		0	RPI RPI	6 6		0.002		
Cryptoxanthin, beta mcg	0		0	RPI	6		0.002		
Lycopenemcg	0		0	RPI	6		0.000		
Lutein + zeaxanthin mcg	1		o	RPI	6		2.321		

### **Common Measures:**

Measure 1 = 265g: 1 cup (8 fl oz)

Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

		<u>A</u>	mount in 100 gram	s of edil	ole portio	<u>n</u>		edible portion	
			Numbe	r			<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	2.00	0.134 6		1		0.42		
Energy	kcal	414	0	NC	4		87		
Energy		1732			4		364		
Protein (N x 6)	g	11.20	7		1		2.35		
Total lipid (fat)	g	7.90	7		1		1.66		
Ash	g	3.20	7		1		0.67		
Carbohydrate, by difference	g	75.80	0	NC	4		15.92		
Fiber, total dietary	g	1.0	0	FLM	4		0.2		
Sugars, total	g	58.96	0	0	4		12.38		
Sucrose	g	0.32	0	FLM	4		0.07		
Glucose (dextrose)	g	2.86	0	FLM			0.60		
Fructose		0.48	0	FLM	4		0.10		
Lactose		0.00	0	FLM			0.00		
Maltose	g	13.52	0	FLM	4		2.84		
Galactose		0.00	0	FLM	4		0.00		
Starch	g								
Minerals:									
Calcium, Ca	-	298	1		1		63		
Iron, Fe		0.70 93	7		1 1		0.15 20		
Magnesium, Mg		93 358	1		1		20 75		
Phosphorus, P Potassium, K		758	0		1		159		
Sodium, Na		493	7		1		104		
Zinc, Zn		0.99	1		1		0.21		
Copper, Cu		0.200			1		0.042		
Manganese, Mn		0.231		FLM	4		0.049		
Selenium, Se		23.2	0	FLM	4		4.9		
Vitamins:									
Vitamin C, total ascorbic acid	mg	2.9	7		1		0.6		
Thiamin	mg	0.505	5 7		1		0.106		
Riboflavin	mg	0.920	1		1		0.193		
Niacin	mg	5.246	5 7		1		1.102		
Pantothenic acid		0.862		FLM	4		0.181		
Vitamin B-6		0.410			1		0.086		
Folate, total		46	1		1		10		
Folic acid		0	0	FLM	4		0		
Folate, food		46	0	FLM	4		10		
Folate, DFE		46	0	NC	4		10		
Vitamin B-12		0.78	1	TOT M	1 4		0.16		
Vitamin A, IU		291 82	0	FLM FLM	4		61 17		
Vitamin A, RAERetinol		82 80	0	FLM	4		17 17		
Vitamin E (alpha-tocopherol)		0.31	0	FLM	4		0.07		
Tocopherol, beta		0.31	U	E LIM	-		0.07		
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)		3.7	0	FLM	4		0.8		
Lipids:									
Fatty acids, total saturated	g	4.199	0		1		0.882		
4:0		0.201			1		0.042		
6:0	-	0.120			1		0.025		
8:0	-	0.069	0		1		0.014		
10:0	g	0.157	0		1		0.033		
12:0		0.176	0		1		0.037		
13:0	g								
14:0	_	0.631	. 0		1		0.133		

		<u>Ar</u>	mount in 100			edible portion o	f common			
				Number		_		1115	easures or roou	
Nutrients and Uni	ts	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0	g	1.910		0		1		0.401		
17:0	g									
18:0	g	0.769		0		1		0.161		
20:0	-									
22:0										
24:0		2 044		0		1		0.400		
Fatty acids, total monounsaturated	-	2.044		0		1		0.429		
14:1 15:1	-									
16:1 undifferentiated		0.146		0		1		0.031		
17:1				-		_		0.002		
18:1 undifferentiated	_	1.803		0		1		0.379		
20:1	g	0.000		0		7		0.000		
22:1 undifferentiated	g	0.000		0		7		0.000		
24:1 c	-									
Fatty acids, total polyunsaturated		1.207		0		1		0.253		
18:2 undifferentiated		1.007		0		1		0.211		
18:3 undifferentiated		0.200		0		1 7		0.042		
18:4		0.000		U		,		0.000		
20:2 n-6 c,c 20:3 undifferentiated	-									
20:4 undifferentiated	-	0.000		0		7		0.000		
20:5 n-3	-	0.000		0		7		0.000		
22:5 n-3	-	0.000		0		7		0.000		
22:6 n-3	g	0.000		0		7		0.000		
Fatty acids, total trans	g									
Cholesterol		31		0	FLM	4		6		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.125		0		1		0.026		
Threonine		0.298		0		1		0.063		
Isoleucine	-	0.348		0		1		0.073		
Leucine		0.667		0		1		0.140		
Lysine		0.317 0.160		0		1 1		0.067		
Methionine		0.160		0		1		0.034 0.049		
Phenylalanine		0.233		0		1		0.049		
Tyrosine		0.322		0		1		0.068		
Valine		0.397		0		1		0.083		
Arginine		0.430		0		1		0.090		
Histidine		0.233		0		1		0.049		
Alanine	g	0.410		0		1		0.086		
Aspartic acid		0.901		0		1		0.189		
Glutamic acid		2.488		0		1		0.522		
Glycine		0.251		0		1		0.053		
Proline	-	1.151		0		1		0.242		
Serine		0.646		0		1		0.136		
	9									
Others:										
Alcohol, ethyl	-	0.0		0	FLM	4		0.0		
Caffeine		0		0	FLM	4		0		
Theobromine	!!!!9	0		0	FLM	4		0		
Carotenoids:		_								
Carotene, beta		14		0	FLM	4		2.863		
Carotene, alpha		0 0		0	FLM	4 4		0.005		
Cryptoxanthin, beta		0		0	FLM FLM	4		0.007 0.000		
Lycopene Lutein + zeaxanthin		6		0	FLM	4		1.211		
LUCIII T ZCAXAIIIIIIII		U		U	2.114	-		1.211		

Malted drink mix, natural, powder

**Common Measures:** 

Measure 1 = 21g: 1 serving (3 heaping tsp or 1 envelope)

Calories Factors: Protein 3.4 Fat 8.5 Carbohydrate 4

Food Group: 14 Beverages

NDB No. 14312 Malted drink mix, natural, powder, prepared with whole milk

		<u>A</u>	mount in 10	o grains	or ear	ne portic	<u>,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,</u>	Amount in edible portion of common			
				Number				<u>m</u> .	easures of food	<u> </u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	а	81.40		0	RPA	1		215.70			
Energy		88		0	RPI	6		234			
Energy		369		0	RPI	6		977			
Protein		3.86		0	RPA	1		10.24			
Total lipid (fat)		3.62		0	RPI	6		9.60			
Ash		0.89		0	RPA	1		2.36			
Carbohydrate, by difference		10.23		0	RPI	6		27.12			
Fiber, total dietary		0.1		0	RPI	6		0.2			
Sugars, total		9.56		0	RPI	6		25.34			
Starch		3.33		·		•		20.01			
	9										
Minerals:											
Calcium, Ca	-	117		0	RPA	1		309			
Iron, Fe	-	0.09		0	RPA	1		0.23			
Magnesium, Mg		17		0	RPA	1		44			
Phosphorus, P		106		0	RPA	1		280			
Potassium, K		183		0	RPA	1		485			
Sodium, Na	-	79 0.43		0	RPA RPA	1 1		210 1.14			
Zinc, Zn		0.43	,	0	RPA	1		0.098			
Copper, Cu		0.037		0	RPI	6		0.057			
Manganese, Mn Selenium, Se		5.2	•	0	RPI	6		13.9			
Seiemum, Se	Tilog	3.2		U	KFI	Ü		13.9			
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	<u>mg</u>	0.2		0	RPA	1		0.6			
Thiamin	mg	0.081	-	0	RPA	1		0.214			
Riboflavin	mg	0.242	?	0	RPA	1		0.641			
Niacin	mg	0.519	)	0	RPA	1		1.376			
Pantothenic acid	mg	0.402	?	0	RPI	6		1.066			
Vitamin B-6	mg	0.066	5	0	RPA	1		0.176			
Folate, total	mcg	8		0	RPA	1		22			
Folic acid	mcg	0		0	RPI	6		0			
Folate, food		8		0	RPI	6		22			
Folate, DFE	mcg_DFE	8		0	NC	4		22			
Vitamin B-12		0.46		0	RPA	1		1.23			
Vitamin A, IU	IU	117		0	RPI	6		310			
Vitamin A, RAE		33		0	RPI	6		87			
Retinol		32		0	RPI	6		85			
Vitamin E (alpha-tocopherol)											
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D				_		_					
Vitamin K (phylloquinone)	g	0.5		0	RPI	6		1.3			
<u>Lipids:</u>											
Fatty acids, total saturated	g	2.039	)	0	RPI	6		5.403			
4:0	g	0.085	<b>i</b>	0	RPA	1		0.224			
6:0	g	0.078	3	0	RPA	1		0.207			
8:0	g	0.074	Į.	0	RPA	1		0.196			
10:0	g	0.081		0	RPA	1		0.215			
12:0	g	0.085	5	0	RPA	1		0.224			
13:0	g	0.000	)	0	RPA	1		0.000			
14:0		0.324	Į.	0	RPA	1		0.858			
15:0		0.000	)	0	RPA	1		0.000			
16:0		0.916	5	0	RPA	1		2.426			
17:0	g	0.000	)	0	RPA	1		0.000			
18:0	g	0.397	,	0	RPA	1		1.053			
20:0	-	0.000	)	0	RPA	1		0.000			
22:0	g	0.000	)	0	RPA	1		0.000			
24:0		0.000		0	RPA	1		0.000			

		<u>Aı</u>	nount in 10			edible portion o	f common			
				Number	•			<u>m</u>	easures of food	
Nutrients and U	nits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	dg	0.903		0	RPI	6		2.394		
14:1	_	0.000		0	RPA	1		0.000		
15:1 16:1 undifferentiated		0.012		0	RPA	1		0.031		
17:1										
18:1 undifferentiated	_	0.892		0	RPA	1		2.363		
20:1differentiated	_	0.000		0	RPI RPI	6 6		0.000		
22:1 undifferentiated 24:1 c		0.000		U	RPI	ь		0.000		
Fatty acids, total polyunsaturated.		0.276		0	RPI	6		0.731		
18:2 undifferentiated		0.191		0	RPA	1		0.507		
18:3 undifferentiated	g	0.085		0	RPA	1		0.224		
18:4	g	0.000		0	RPI	6		0.000		
20:2 n-6 c,c	• • • • • • • • • • • • • • • • • • • •									
20:3 undifferentiated										
20:4 undifferentiated	-	0.000		0	RPI	6		0.000		
20:5 n-3	-	0.000		0	RPI	6		0.000		
22:5 n-3	-	0.000		0	RPI	6		0.000		
22:6 n-3	-	0.000		0	RPI	6		0.000		
Fatty acids, total trans Cholesterol		12		0	RPI	6		32		
Phytosterols		12		Ū	KEI	ŭ		32		
1 hytosterois	9									
Amino Acids:										
Tryptophan		0.079		0	RPA	1		0.209		
Threonine		0.155		0	RPA	1		0.412		
Isoleucine	-	0.180		0	RPA	1		0.476		
Leucine		0.298		0	RPA	1 1		0.789		
Lysine		0.154 0.082		0	RPA RPA	1		0.409 0.216		
Methionine		0.082		0	RPA	1		0.216		
CystinePhenylalanine		0.034		0	RPA	1		0.441		
Tyrosine		0.165		0	RPA	1		0.438		
Valine	-	0.209		0	RPA	1		0.553		
Arginine	_	0.103		0	RPA	1		0.274		
Histidine		0.087		0	RPA	1		0.232		
Alanine	_	0.127		0	RPA	1		0.338		
Aspartic acid	g	0.291		0	RPA	1		0.770		
Glutamic acid	g	0.796		0	RPA	1		2.108		
Glycine	g	0.089		0	RPA	1		0.236		
Proline	g	0.407		0	RPA	1		1.078		
Serine		0.150		0	RPA	1		0.398		
Hydroxyproline	g									
Others:	~			_		_		2.2		
Alcohol, ethyl		0.0		0	RPI	6		0.0		
Caffeine		0		0	RPI	6 6		0 0		
Theobromine	y	0		U	RPI	ь		U		
Carotenoids:										
Carotene, beta		6		0	RPI	6		15.568		
Carotene, alpha		0		0	RPI	6		0.005		
Cryptoxanthin, beta		0		0	RPI	6		0.007		
Lycopene		0		0	RPI	6		0.000		
Lutein + zeaxanthin	g	0		0	RPI	6		1.225		

## **Common Measures:**

Measure 1 = 265g: 1 cup (8 fl oz)

Malted drink mix, natural, powder, prepared with whole milk

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

		<u>A</u> 1	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	3.10		2		1		0.65		
Energy	kcal	383		0	NC	4		80		
Energy	kj	1602				4		337		
Protein (N x 6)	g	8.80		3		1		1.85		
Total lipid (fat)	g	2.80		3		1		0.59		
Ash	g	4.20		2		1		0.88		
Carbohydrate, by difference	g	81.20		0	NC	4		17.05		
Fiber, total dietary	g	0.6		0		4		0.1		
Sugars, total	g	44.10		0	FLA	4		9.26		
Starch	g									
W										
Minerals:	ma	276		-		1		79		
Calcium, Ca		376 16.60		1 3		1 1		3.49		
Iron, Fe	-	16.60 66		3 1		1		3.49 14		
Magnesium, Mg Phosphorus, P		376		1		1		14 79		
Potassium, K		969		1		1		203		
Sodium, Na	_	406		3		1		85		
Zinc, Zn	_	0.71		1		1		0.15		
Copper, Cu	_	0.71	,	1		1		0.059		
Manganese, Mn	-	0.423		1		1		0.089		
Selenium, Se		10.7	•	0	FLA	4		2.2		
Scientifi, Sci				_		_				
<u>/itamins:</u>										
Vitamin C, total ascorbic acid	-	129.3		3		1		27.2		
Thiamin	-	2.956		3		1		0.621		
Riboflavin		3.574		1		1		0.751		
Niacin	-	48.589		3		1		10.204		
Pantothenic acid	-	0.245		0	FLA	4		0.052		
Vitamin B-6	_	3.634		3		1		0.763		
Folate, total		15		0	FLA	4		3		
Folic acid		0		0	Z	7		0		
Folate, food		15		0	FLA	4		3		
Folate, DFE		15		0	NC	4		3		
Vitamin B-12		0.02		0	FLA	4		0.01		
Vitamin A, IU		10582		1		1		2222		
Vitamin A, RAE		3174		0	FLA	4		667		
* Retinol		3174		0	FLA	4		667		
Vitamin E (alpha-tocopherol)		0.26		0	FLA	4		0.06		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)		2.1		0	FLA	4		0.4		
viamin K (phynodumone)	9			·		-		· · ·		
<u> ipids:</u>										
Fatty acids, total saturated	g	1.483	1	0		1		0.311		
4:0		0.071		0		1		0.015		
6:0		0.042		0		1		0.009		
8:0	-	0.024		0		1		0.005		
10:0		0.056		0		1		0.012		
12:0		0.062	!	0		1		0.013		
13:0		<u>.</u>		_		_		_		
14:0		0.223	•	0		1		0.047		
15:0				_		_		<u>.</u>		
16:0		0.675	•	0		1		0.142		
17:0	-			_		_		•		
18:0	-	0.272	!	0		1		0.057		
20:0	-									
22:0										

	<u>Am</u>	ount in 100 g	rams	Amount in edible portion of common					
			mber		_		<u>m</u> e	easures of food	
Nutrients and Units	Mean S	of Std. Error Po			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
	0.722		0		1		0.150		
Fatty acids, total monounsaturatedg	0.722		U		1		0.152		
15:1									
16:1 undifferentiated	0.052		0		1		0.011		
17:1g	****				_		****		
18:1 undifferentiated	0.637		0		1		0.134		
20:1g	0.000		0		1		0.000		
22:1 undifferentiatedg	0.000		0		1		0.000		
24:1 cg									
Fatty acids, total polyunsaturated	0.426		0		1		0.089		
18:2 undifferentiatedg	0.356		0		1		0.075		
18:3 undifferentiatedg	0.071		0		1		0.015		
18:4g	0.000		0		1		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0		1		0.000		
20:5 n-3g	0.000		0		1		0.000		
22:5 n-3g	0.000		0		1		0.000		
22:6 n-3g	0.000		0		1		0.000		
Fatty acids, total transg									
Cholesterol mg	20		0		4		4		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	FLA	4		0.0		
Caffeine mg	0		0	FLA	4		0		
Theobrominemg	0		0	FLA	4		0		
Carotenoids:									
Carotene, betamcg	0		0	FLA	4		0.074		
Carotene, alpha mcg	0		0	FLA	4		0.019		
Cryptoxanthin, betamcg	0		0	FLA	4		0.030		
Lycopene mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin mcg	33		0	FLA	4		6.966		

# **Common Measures:**

Measure 1 = 21g: 1 individual serving (4-5 heaping tsp or 1 envelope)

\*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 3.4 Fat 8.5 Carbohydrate 4

Food Group: 14 Beverages

NDB No. 14310 Malted drink mix, natural, with added nutrients, powder, prepared with whole milk

Refuse: 0%

		<u>A</u>	mount in 10			ole portic	<u>on</u>	Amount in edible portion of common measures of food		
				Number of Data		Source	Confidence	<u>m</u>	easures of food	<u>.</u>
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	81.49		0	RPA	1		215.94		
Energy	kcal	86		0	RPI	6		227		
Energy	kj	359		0	RPI	6		951		
Protein	g	3.67		0	RPA	1		9.73		
Total lipid (fat)		3.21		0	RPI	6		8.52		
Ash		0.97		0	RPA	1		2.57		
Carbohydrate, by difference		10.67		0	RPI	6		28.27		
Fiber, total dietary		0.0		0	RPI	6		0.1		
Sugars, total		8.37		0	RPI	6		22.19		
Starch	g									
Minerals:										
Calcium, Ca	mg	123		0	RPA	1		326		
Iron, Fe		1.36		0	RPA	1		3.61		
Magnesium, Mg		15		0	RPA	1		39		
Phosphorus, P	mg	107		0	RPA	1		284		
Potassium, K	-	200		0	RPA	1		529		
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	72		0	RPA	1		191		
Zinc, Zn		0.41		0	RPA	1		1.08		
Copper, Cu	_	0.044		0	RPA	1		0.116		
Manganese, Mn		0.037	1	0	RPA	1 6		0.097		
Selenium, Se	nicg	4.2		U	RPI	6		11.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	10.4		0	RPA	1		27.5		
Thiamin	mg	0.277	1	0	RPA	1		0.734		
Riboflavin	mg	0.455		0	RPA	1		1.204		
Niacin		3.993		0	RPA	1		10.583		
Pantothenic acid		0.353		0	RPI	6		0.935		
Vitamin B-6		0.325	5	0	RPA	1		0.860		
Folate, total		6		0	RPI	6		15		
Folic acid		0 6		0	RPI	6 6		0 15		
Folate, foodFolate, DFE		6		0	RPI NC	4		15		
Vitamin B-12		0.40		0	RPI	6		1.07		
Vitamin A, IU		942		0	RPI	6		2496		
Vitamin A, RAE		281		0	RPI	6		744		
Retinol		280		0	RPI	6		743		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.4		0	RPI	6		1.0		
<u>Lipids:</u>										
Fatty acids, total saturated	g	1.830	)	0	RPI	6		4.849		
4:0	g	0.074	Į.	0	RPA	1		0.197		
6:0		0.072		0	RPA	1		0.191		
8:0	g	0.070	)	0	RPA	1		0.187		
10:0		0.073		0	RPA	1		0.193		
12:0	_	0.075		0	RPA	1		0.200		
13:0	-	0.000		0	RPA	1		0.000		
14:0	-	0.291		0	RPA	1		0.771		
15:0	-	0.000		0	RPA	1		0.000		
16:0	_	0.817		0 0	RPA	1 1		2.164		
17:0	-	0.000		0	RPA	1		0.000		
18:0		0.357		0	RPA RPA	1		0.9 <b>4</b> 7 0.000		
20:0	g	0.000		0	RPA	1		0.000		

NDB No. 14310
Malted drink mix, natural, with added nutrients, powder, prepared with whole milk

Nutrients and Units   Nutrients and Units   Std. Error   Points   Code   Source   Code   Code   Code   Code   Measure 1   Measure 2   Measure 3		Amount in 100 grams of edible portion							Amount in	edible portion of	common
Nutrients and Units						Deriv	Source	Confidence	<u>m</u>	easures of food	
Fatty acids, total monounsaturated	Nutrients and Unit	s	Mean	Std. Error					Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated											
14:1		-			-						
15:1	3	-			-						
16:1 undifferentiated		=	0.000		0	RPA	1		0.000		
17:1											
18:1 undifferentiated			0.004		0	RPA	1		0.011		
20:1		-					_				
22:1 undifferentiated											
24:1 c.         9           Fatty acids, total polyunsaturated.         9         0.213         0         RPI         6         0.565           18:2 undifferentiated.         9         0.139         0         RPA         1         0.368           18:3 undifferentiated.         9         0.074         0         RPA         1         0.197           18:4.         9         0.000         0         RPA         1         0.000           20:2 n-6 c,c.         9         20:3 undifferentiated.         9         0.000         0         RPA         1         0.000           20:5 n-3.         9         0.000         0         RPA         1         0.000           20:5 n-3.         9         0.000         0         RPA         1         0.000           22:6 n-3.         9         0.000         0         RPA         1         0.000           22:6 n-3.         9         0.000         0         RPA         1         0.000           Fatty acids, total trans.         9         1         0         RPI         6         0         30           Phytosterols.         mg         0         0         RPI					-		_				
Fatty acids, total polyunsaturated		-	0.000		0	RPA	1		0.000		
18:2 undifferentiated		-									
18:3 undifferentiated.       9       0.074       0       RPA       1       0.197         18:4.       9       0.000       0       RPA       1       0.000         20:2 n-6 c,c.       9         20:3 undifferentiated.       9       0.000       0       RPA       1       0.000         20:5 n-3.       9       0.000       0       RPA       1       0.000         20:5 n-3.       9       0.000       0       RPA       1       0.000         22:5 n-3.       9       0.000       0       RPA       1       0.000         Fatty acids, total trans.       9       0.000       0       RPA       1       0.000         Fatty acids, total trans.       9       11       0       RPI       6       30         Phytosterols.         Mg       1       0       RPI       6       30         Others:         Alcohol, ethyl.       9       0       0       RPI       6       0         Carjoten, ethyl.       9       0       0       RPI       6       0         Carjoten, ethyl.       9       0											
18:4					-		_				
20:2 n-6 c,c		-									
20:3 undifferentiated		-	0.000		0	RPA	1		0.000		
20:4 undifferentiated											
20:5 n-3         9         0.000         0         RPA         1         0.000           22:5 n-3         9         0.000         0         RPA         1         0.000           22:6 n-3         9         0.000         0         RPA         1         0.000           Fatty acids, total trans.         9           Cholesterol         mg         11         0         RPI         6         30           Phytosterols.           mg         11         0         RPI         6         0           Others:           Alcohol, ethyl         9         0         0         RPI         6         0           Caffeine         mg         0         0         RPI         6         0           Theobromine         mg         0         0         RPI         6         0           Carotene, beta         mcg         5         0         RPI         6         0         0           Carotene, alpha         mcg         0         0         RPI         6         0         0         0           Cryptoxanthin, beta         mcg         0         0         RPI											
22:5 n-3         9         0.000         0         RPA         1         0.000           22:6 n-3         9         0.000         0         RPA         1         0.000           Fatty acids, total trans         9           Cholesterol         mg         11         0         RPI         6         30           Phytosterols           mg         11         0         RPI         6         30           Others:           Alcohol, ethyl         9         0         0         RPI         6         0           Caffeine         mg         0         0         RPI         6         0           Caffeine         mg         0         0         RPI         6         0           Carotene, eta         mg         0         RPI         6         0         0           Carotene, alpha         mcg         0         RPI         6         0         0         0         0         0         0         0         0         0         0         0         0         0         0         0         0         0         0 <t< td=""><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></t<>											
22:6 n-3         9         0.000         0         RPA         1         0.000           Fatty acids, total trans         9         Cholesterol         mg         11         0         RPI         6         30           Phytosterols         mg         11         0         RPI         6         30           Others:           Alcohol, ethyl         9         0.0         0         RPI         6         0.0           Caffeine         mg         0         0         RPI         6         0           Theobromine         mg         0         0         RPI         6         0           Carotene, beta         mcg         5         0         RPI         6         0.019           Carotene, alpha         mcg         0         0         RPI         6         0.019           Cryptoxanthin, beta         mcg         0         0         RPI         6         0.030           Lycopene         mcg         0         0         RPI         6         0.000					-						
Fatty acids, total trans		-			-						
Cholesterol.       mg       11       0       RPI       6       30         Phytosterols.       Mg         Others:         Alcohol, ethyl.       g       0.0       RPI       6       0.0         Caffeine.       mg       0       0       RPI       6       0         Theobromine.       mg       0       0       RPI       6       0         Carotene, beta.       mcg       5       0       RPI       6       12.747         Carotene, alpha       mcg       0       0       RPI       6       0.019         Cryptoxanthin, beta       mcg       0       0       RPI       6       0.030         Lycopene.       mcg       0       0       RPI       6       0.000		=	0.000		0	RPA	1		0.000		
Phytosterols.         mg           Others:           Alcohol, ethyl.         g         0.0         RPI         6         0.0           Caffeine.         mg         0         RPI         6         0           Theobromine.         mg         0         RPI         6         0           Carotenoids:         Carotene, beta.         mcg         5         0         RPI         6         12.747           Carotene, alpha.         mcg         0         0         RPI         6         0.019           Cryptoxanthin, beta.         mcg         0         0         RPI         6         0.030           Lycopene.         mcg         0         0         RPI         6         0.000	3	-									
Others:           Alcohol, ethyl         g         0.0         0         RPI         6         0.0           Caffeine         mg         0         0         RPI         6         0           Theobromine         mg         0         0         RPI         6         0           Carotenoids:         Carotene, beta         mcg         5         0         RPI         6         12.747           Carotene, alpha         mcg         0         0         RPI         6         0.019           Cryptoxanthin, beta         mcg         0         0         RPI         6         0.030           Lycopene         mcg         0         0         RPI         6         0.000		-	11		0	RPI	6		30		
Alcohol, ethyl         g         0.0         0         RPI         6         0.0           Caffeine         mg         0         0         RPI         6         0           Theobromine         mg         0         0         RPI         6         0           Carotene, beta         mcg         5         0         RPI         6         12.747           Carotene, alpha         mcg         0         0         RPI         6         0.019           Cryptoxanthin, beta         mcg         0         0         RPI         6         0.030           Lycopene         mcg         0         0         RPI         6         0.000	Phytosterols	mg									
Alcohol, ethyl         g         0.0         0         RPI         6         0.0           Caffeine         mg         0         0         RPI         6         0           Theobromine         mg         0         0         RPI         6         0           Carotene, beta         mcg         5         0         RPI         6         12.747           Carotene, alpha         mcg         0         0         RPI         6         0.019           Cryptoxanthin, beta         mcg         0         0         RPI         6         0.030           Lycopene         mcg         0         0         RPI         6         0.000	Others:										
Caffeine         mg         0         0         RPI         6         0           Theobromine         mg         0         0         RPI         6         0           Carotene, beta         mcg         5         0         RPI         6         12.747           Carotene, alpha         mcg         0         0         RPI         6         0.019           Cryptoxanthin, beta         mcg         0         0         RPI         6         0.030           Lycopene         mcg         0         0         RPI         6         0.000		a	0.0		0	RPI	6		0.0		
Theobromine.         mg         0         0         RPI         6         0           Carotene, beta.         mcg         5         0         RPI         6         12.747           Carotene, alpha         mcg         0         0         RPI         6         0.019           Cryptoxanthin, beta.         mcg         0         0         RPI         6         0.030           Lycopene.         mcg         0         0         RPI         6         0.000			0		0	RPI	6		0		
Carotenoids:           Carotene, beta					0	RPI					
Carotene, alpha         mcg         0         0         RPI         6         0.019           Cryptoxanthin, beta         mcg         0         0         RPI         6         0.030           Lycopene         mcg         0         0         RPI         6         0.000		9									
Carotene, alpha         mcg         0         0         RPI         6         0.019           Cryptoxanthin, beta         mcg         0         0         RPI         6         0.030           Lycopene         mcg         0         0         RPI         6         0.000	Carotene, beta	mcg	5		0	RPI	6		12.747		
Cryptoxanthin, beta		-			0				0.019		
Lycopene		-	0		0	RPI	6				
			0		0	RPI					
	ž .										

#### **Common Measures:**

Measure 1 = 265g: 1 cup (8 fl oz)

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

		<u>A</u>	mount in 10	0 grams	of edib	le portio	<u>on</u>	Amount in	edible portion of	of common
				Number	•			<u>m</u> .	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	88.39		0	FLC	4				
Energy	=	44		1	LC	8				
Energy		186		0	LC	8				
Protein		0.09		0	FLC	4				
Total lipid (fat)	_	0.01		0	FLC	4				
Ash		0.13		0	FLC	4				
Carbohydrate, by difference		11.32		1	LC	8				
Fiber, total dietary		0.1		0	FLC	4				
Sugars, total		10.92		1	LC	8				
Starch										
Minerals:										
Calcium, Ca	-	4		0	FLC	4				
Iron, Fe.	_	0.07		0	FLC	4				
Magnesium, Mg		2		0	FLC	4				
Phosphorus, P	_	3		0	FLC	4				
Potassium, K		24		1 1	LC	8				
Sodium, Na		16 0.02		0	LC FLC	8 4				
Zinc, Zn Copper, Cu		0.02	1	0	FLC	4				
Manganese, Mn		0.016		0	FLC	4				
Selenium, Se		0.1	,	0	FLC	4				
·										
<u>Vitamins:</u>										
* Vitamin C, total ascorbic acid		31.5		1	LC	8				
Thiamin		0.006		0	FLC	4				
Riboflavin	_	0.007		0	FLC	4				
Niacin		0.043		0	FLC	4				
Pantothenic acid		0.020		0	FLC	4 4				
Vitamin B-6		1	_	0	FLC FLC	4				
Folia acid		0		0	FLC	4				
Folic acidFolate, food		1		0	FLC	4				
Folate, DFE		1		0	NC	4				
Vitamin B-12		0.00		0	FLC	4				
* Vitamin A, IU		2021		1	LC	8				
Vitamin A, RAE		101		0	FLC	4				
Retinol		0		0	FLC	4				
Vitamin E (alpha-tocopherol)		1.63		0	NR	4				
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.7		0	FLC	4				
Linida										
Lipids:	σ.	0.000	,	1	LC	8				
Fatty acids, total saturated		0.000		0	FLC	4				
4:0 6:0		0.000		0	FLC	4				
8:0		0.000		0	FLC	4				
10:0		0.000		0	FLC	4				
12:0		0.000		0	FLC	4				
13:0		3.000		ŭ		-				
14:0		0.000	)	0	FLC	4				
15:0				-						
16:0		0.000	)	0	FLC	4				
17:0										
18:0	-	0.000	)	0	FLC	4				
20:0	-									
22:0	-									
24:0	-									

	<u>Ar</u>	nount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common			
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.000		1	LC	8					
14:1g										
15:1g										
16:1 undifferentiatedg	0.000		0	FLC	4					
17:1g										
18:1 undifferentiatedg	0.000		0	FLC	4					
20:1g	0.000		0	FLC	4					
22:1 undifferentiatedg	0.000		0	FLC	4					
24:1 cg										
Fatty acids, total polyunsaturatedg	0.000		1	LC	8					
18:2 undifferentiatedg	0.000		0	FLC	4					
18:3 undifferentiatedg	0.000		0	FLC	4					
18:4g	0.000		0	FLC	4					
20:2 n-6 c,cg										
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.000		0	FLC	4					
20:5 n-3g	0.000		0	FLC	4					
22:5 n-3g	0.000		0	FLC	4					
22:6 n-3g	0.000		0	FLC	4					
Fatty acids, total transg										
Cholesterol mg	0		1	LC	8					
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0		0	FLC	4					
Caffeineg	0		0	FLC	4					
Theobromine mg	0		0	FLC	4					
Carotenoids:										
Carotene, betamcg	1136		0	FLC	4					
Carotene, alphamcg	154		0	FLC	4					
Cryptoxanthin, betamcg	0		0	FLC	4					
Lycopene mcg	0		0	FLC	4					
Lutein + zeaxanthin mcg	15		0	FLC	4					

# **Common Measures:**

\*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

NDB No. 14118
NABISCO, KNOX DRINKING GELATIN, Orange Flavor, with aspartame, low calorie, powder Nabisco Brands, Inc.

		<u>A</u>	mount in 10	0 grams	of edil	ole portio	<u>on</u>	Amount in	edible portion	of common
				Number					easures of food	
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		6.00		1	A	1		0.66		
Energy	kcal	375		0	NC	4		41		
Energy	kj	1567				4		172		
Protein	g	67.20		1	A	1		7.39		
Total lipid (fat)	g	0.79		1	A	1		0.09		
Ash	g	1.10		1	A	1		0.12		
Carbohydrate, by difference	g	24.91		0	NC	4		2.74		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	67		0	MC	9		7		
Iron, Fe	mg	0.89		0	MC	9		0.10		
Magnesium, Mg	mg	16		0	MC	9		2		
Phosphorus, P	mg	42		0	MC	9		5		
Potassium, K	mg	13		0	MC	9		1		
Sodium, Na	mg	167		0	MC	9		18		
Zinc, Zn	<u>mg</u>	0.10		0	MC	9		0.01		
Copper, Cu	mg	1.550	)	0	MC	9		0.171		
Manganese, Mn	<u>mg</u>									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	270.0		0	MC	9		29.7		
Thiamin	mg	0.010	)	0	MC	9		0.001		
Riboflavin	mg	0.160	)	0	MC	9		0.018		
Niacin	mg	0.060	)	0	MC	9		0.007		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total										
Folate, DFE	mcg_DFE									
Vitamin B-12										
Vitamin A, IU		0		0	MC	9		0		
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated		0.450		0	MC	9		0.050		
Fatty acids, total monounsaturated		0.300		0	MC	9		0.033		
Fatty acids, total polyunsaturated		0.040	)	0	MC	9		0.004		
Fatty acids, total trans										
Cholesterol		0		0	MC	9		0		
Phytosterols	mg									

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

# **Common Measures:**

Measure 1 = 11.0g: 1 envelope

Calories Factors: Protein Fat Carbohydrate

NABISCO, KNOX DRINKING GELATIN, Orange Flavor, with aspartame, low calorie, powder

Food Group: 14 Beverages

NDB No. 14137 NESTLE, NESTEA Ice Tea, Lemon Flavor, ready-to-drink

Nestle USA, Inc.

		<u>A</u> 1	mount in 100 gr	ms of ed	ible portio	<u>on</u>		edible portion	
Nutrients and Unit	s	Mean	Num of D Std. Error Poi	ata Deriv		Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Proximates:									
Water	g	91.20		1 A	1		218.88		
Energy	kcal	37		0 NC	4		88		
Energy	kj	154			4		369		
Protein	g	0.00		1 A	1		0.00		
Total lipid (fat)	g	0.30		1 A	1		0.72		
Ash	g	0.00		1 A	1		0.00		
Carbohydrate, by difference	g	8.50		0 NC	4		20.40		
Fiber, total dietary	g	0.0		1 A	1		0.0		
Sugars, total	g	7.50		1 A	1		18.00		
Starch	g								
Minerals:									
Calcium, Ca	ma								
Iron, Fe	_								
Magnesium, Mg									
Phosphorus, P									
Potassium, K									
Sodium, Na	mg	0		1 A	1		0		
Zinc, Zn	mg								
Copper, Cu	mg								
Manganese, Mn									
Selenium, Se	mcg								
Lipids:									
Fatty acids, total saturated	q	0.024		1 A	1		0.058		
4:0									
6:0									
8:0	-	0.000	1	1 A	1		0.000		
10:0	g	0.000	)	1 A	1		0.000		
12:0	g	0.000	)	1 A	1		0.000		
13:0	g								
14:0	g	0.000		1 A	1		0.000		
15:0	-	0.000		1 A	1		0.000		
16:0		0.019		1 A	1		0.046		
17:0	_	0.000		1 A	1		0.000		
18:0	-	0.005		1 A	1		0.012		
20:0		0.000		1 A	1		0.000		
22:0		0.000	1	1 A	1		0.000		
24:0									
Fatty acids, total monounsaturated		0.000		1 A	1		0.000		
14:1 15:1	_	0.000	•	. A	1		0.000		
16:1 undifferentiated	-	0.004		1 A	1		0.010		
17:1	_	0.000		1 A	1		0.000		
18:1 undifferentiated		0.033		1 A	1		0.079		
20:1		0.000		1 A	1		0.000		
22:1 undifferentiated							0.000		
24:1 c									
Fatty acids, total polyunsaturated									
18:2 undifferentiated	g	0.012		1 A	1		0.029		
18:3 undifferentiated	g	0.002		1 A	1		0.005		
18:4	g								
20:2 n-6 c,c	g								
20:3 undifferentiated	-	0.001		1 A	1		0.001		
20:4 undifferentiated		0.000	)	1 A	1		0.000		
20:5 n-3	-								
22:5 n-3	-								
22:6 n-3									
Fatty acids, total trans									
Cholesterol	_								
Phytosterols	rng								

NESTLE, NESTEA Ice Tea, Lemon Flavor, ready-to-drink

### 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 = 240g: 1 cup (8 floz)

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 14 Beverages

		<u>A</u>	mount in 100	grams	of edib	ole portio	<u>n</u>		edible portion	
			N	lumber				<u>m</u>	easures of food	<u> </u>
			c	of Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error F	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	86.70		0		1		216.75	27.05	
Energy	kcal	51		0	NC	4		128	16	
Energy	kj	213				4		533	67	
Protein (N x 6.25)	g	0.30		0		1		0.75	0.09	
Total lipid (fat)	g	0.10		0		1		0.25	0.03	
Ash	g	0.20		1		1		0.50	0.06	
Carbohydrate, by difference	g	12.70		0	NC	4		31.75	3.96	
Fiber, total dietary	g	0.1		0	FLA	4		0.3	0.0	
Sugars, total	g	12.06		0	FLA	4		30.16	3.76	
Starch	g									
Minorals										
Minerals: Calcium, Ca	ma	5		0		1		13	2	
Iron, Fe	-	0.10		0		1		0.25	0.03	
Magnesium, Mg	-	5		0	FLA	4		13	2	
Phosphorus, P		8		0		1		20	2	
Potassium, K	-	80		1		1		200	25	
Sodium, Na		2		0	FLA	4		5	1	
Zinc, Zn	-	0.04		0	FLA	4		0.09	0.01	
Copper, Cu		0.032	2	0	FLA	4		0.080	0.010	
Manganese, Mn		0.009		0	FLA	4		0.021	0.003	
Selenium, Se		0.1		0	FLA	4		0.2	0.0	
· ·	············									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	20.0		1		1		50.0	6.2	
Thiamin	-	0.020		0		1		0.050	0.006	
Riboflavin	=	0.010		0		1		0.025	0.003	
Niacin	-	0.200		0		1		0.500	0.062	
Pantothenic acid	-	0.068		0	FLA	4		0.171	0.021	
Vitamin B-6	-	0.037	′	0	FLA	4		0.093	0.012	
Folate, total		7		0	FLA	4		18	2	
Folic acid		0		0	FLA	4		0	0	
Folate, food		7 7		0	FLA	4		18	2	
Folate, DFE		· ·		0	NC	4		18	2	
Vitamin B-12		0.00		0	FLA	4		0.00	0.00	
Vitamin A, IU		183 9		-	FLA	4		456	57	
Vitamin A, RAE		0		0	FLA	4 4		23 0	3	
Retinol		0.11		0	FLA FLA	4		0.27	0 0.03	
Vitamin E (alpha-tocopherol)		0.11		U	FLA	4		0.27	0.03	
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.1		0	FLA	4		0.3	0.0	
	g	V		ŭ		-		0.0	0.0	
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.010		0		1		0.025	0.003	
4:0		0.000		0		1		0.000	0.000	
6:0	g	0.000	)	0		1		0.000	0.000	
8:0	-	0.000		0		1		0.000	0.000	
10:0	-	0.000		0		1		0.000	0.000	
12:0		0.000	)	0		1		0.000	0.000	
13:0										
14:0		0.000	)	0		1		0.000	0.000	
15:0										
16:0		0.009	•	0		1		0.023	0.003	
17:0	-									
18:0	-	0.001	L	0		1		0.003	0.000	
20:0	-									
22:0	-									
24:0	g									

		<u>Ar</u>	nount in 100	) grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
Nutrients and	Units	Mean	·-	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3	
Fatty acids, total monounsatura		0.031		0		1		0.078	0.010		
14:1	g										
15:1	_										
16:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.000		0		1		0.000	0.000		
17:1											
18:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.029		0		1		0.073	0.009		
20:1	-	0.000		0		1		0.000	0.000		
22:1 undifferentiated	•	0.000		0		1		0.000	0.000		
24:1 c	-										
Fatty acids, total polyunsaturate		0.022		0		1		0.055	0.007		
18:2 undifferentiated		0.019		0		1		0.048	0.006		
18:3 undifferentiated		0.002		0		1		0.005	0.001		
18:4		0.000		0		1		0.000	0.000		
20:2 n-6 c,c	• • • • • • • • • • • • • • • • • • • •										
20:3 undifferentiated	• • • • • • • • • • • • • • • • • • • •										
20:4 undifferentiated	_	0.000		0		1		0.000	0.000		
20:5 n-3	_	0.000		0		1		0.000	0.000		
22:5 n-3	_	0.000		0		1		0.000	0.000		
22:6 n-3		0.000		0		1		0.000	0.000		
Fatty acids, total trans											
Cholesterol	-	0		0		1		0	0		
Phytosterols	mg										
Others:											
Alcohol, ethyl	g	0.0		0	FLA	4		0.0	0.0		
Caffeine	mg	0		0	FLA	4		0	0		
Theobromine	mg	0		0	FLA	4		0	0		
Carotenoids:											
Carotene, beta	mcg	79		0	FLA	4		196.631	24.540		
Carotene, alpha		2		0	FLA	4		4.829	0.603		
Cryptoxanthin, beta		60		0	FLA	4		149.580	18.668		
Lycopene		0		0	FLA	4		0.000	0.000		
Lutein + zeaxanthin		47		0	FLA	4		117.964	14.722		

## **Common Measures:**

Measure 1 = 250g: 1 cup (8 fl oz) Measure 2 = 31.2g: 1 fl oz

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.9

Food Group: 14 Beverages

		<u>A</u> :	mount in 10	0 grams	of edib	ole portio	<u>on</u>	Amount in edible portion of common			
				Number	•			<u>m</u>	easures of food	<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	88.90				4		222.25	27.83		
Energy	kcal	44				4		110	14		
Energy	kj	184				4		460	58		
Protein	g	0.00				4		0.00	0.00		
Total lipid (fat)	g	0.00				4		0.00	0.00		
Ash	g	0.30				4		0.75	0.09		
Carbohydrate, by difference		10.80				4		27.00	3.38		
Fiber, total dietary		0.0				4		0.0	0.0		
Sugars, total.		10.73		0	FLA	4		26.83	3.36		
Starch									3.33		
Starcii	9										
<u> Iinerals:</u>											
Calcium, Ca	mg	4				4		10	1		
Iron, Fe	mg	0.04				4		0.10	0.01		
Magnesium, Mg	mg	1		0	FLA	4		1	0		
Phosphorus, P	mg	4				4		10	1		
Potassium, K	mg	41				4		103	13		
Sodium, Na	mg	64				4		160	20		
Zinc, Zn	mg	0.01		0	FLA	4		0.02	0.00		
Copper, Cu	mg	0.010	)	0	FLA	4		0.025	0.003		
Manganese, Mn		0.014	<u>L</u>	0	FLA	4		0.034	0.004		
Selenium, Se	mcg	0.1		0	FLA	4		0.2	0.0		
7•.											
<u>'itamins:</u>											
Vitamin C, total ascorbic acid	_	13.0				4		32.5	4.1		
Thiamin	-	0.120				4		0.300	0.038		
Riboflavin		0.006				4		0.015	0.002		
Niacin		0.040				4		0.100	0.013		
Pantothenic acid		0.002		0	FLA	4		0.004	0.001		
Vitamin B-6	mg	0.000	)	0	FLA	4		0.001	0.000		
Folate, total	mcg	0		0	FLA	4		0	0		
Folic acid	mcg	0		0	Z	7		0	0		
Folate, food		0		0	FLA	4		0	0		
Folate, DFE	mcg_DFE	0		0	NC	4		0	0		
Vitamin B-12		0.00		0	FLA	4		0.00	0.00		
Vitamin A, IU	IU	400		0	FLA	4		1001	125		
Vitamin A, RAE		20		0	FLA	4		50	6		
Retinol		0		0	FLA	4		0	0		
Vitamin E (alpha-tocopherol)		0.01		0	FLA	4		0.01	0.00		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		0.0		0	FLA	4		0.0	0.0		
· · · · · · · · · · · · · · · · · · ·											
ipids:											
Fatty acids, total saturated	g	0.000	)			4		0.000	0.000		
4:0	g	0.000	)	0		4		0.000	0.000		
6:0	g	0.000	)	0		4		0.000	0.000		
8:0	g	0.000	)	0		4		0.000	0.000		
10:0	g	0.000	)	0		4		0.000	0.000		
12:0	g	0.000	)	0		4		0.000	0.000		
13:0											
14:0		0.000	)	0		4		0.000	0.000		
15:0											
16:0		0.000	)	0		4		0.000	0.000		
17:0											
18:0	-	0.000	)	0		4		0.000	0.000		
20:0	-										
22:0	-										
24:0	-										

	<u>Aı</u>	mount in 10	Number	i		_	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
	0.000									
Fatty acids, total monounsaturatedg	0.000				4		0.000	0.000		
14:1g										
15:1g 16:1 undifferentiatedg	0.000		0		4		0.000	0.000		
17:1g	0.000		U		4		0.000	0.000		
18:1 undifferentiatedg	0.000		0		4		0.000	0.000		
20:1g	0.000		0		4		0.000	0.000		
22:1 undifferentiated	0.000		0		4		0.000	0.000		
24:1 cg	0.000		·		-		0.000	0.000		
Fatty acids, total polyunsaturatedg	0.000				4		0.000	0.000		
18:2 undifferentiatedg	0.000		0		4		0.000	0.000		
18:3 undifferentiated	0.000		0		4		0.000	0.000		
18:4g	0.000		0		4		0.000	0.000		
20:2 n-6 c.cg										
20:3 undifferentiated										
20:4 undifferentiatedg	0.000		0		4		0.000	0.000		
20:5 n-3g	0.000		0		4		0.000	0.000		
22:5 n-3g	0.000		0		4		0.000	0.000		
22:6 n-3g	0.000		0		4		0.000	0.000		
Fatty acids, total transg										
Cholesterolmg	0		0	FLA	4		0	0		
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0		0	FLA	4		0.0	0.0		
Caffeinemg	0		0	FLA	4		0	0		
Theobromine mg	0		0	FLA	4		0	0		
Carotenoids:										
Carotene, betamcg	240		0	FLA	4		600.028	75.123		
Carotene, alphamcg	0		0	FLA	4		0.011	0.001		
Cryptoxanthin, betamcg	0		0	FLA	4		0.175	0.022		
Lycopenemcg	0		0	FLA	4		0.000	0.000		
Lutein + zeaxanthin mcg	0		0	FLA	4		0.197	0.025		

## **Common Measures:**

Measure 1 = 250g: 1 cup (8 fl oz) Measure 2 = 31.3g: 1 fl oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

NDB No. 14436 Orange breakfast drink, ready-to-drink, calcium fortified

		<u>A</u>	mount in 10	<u>0 grams</u>	of edib	le portio	<u>n</u>	Amount in edible portion of common			
				Number	•			<u>m</u>	easures of food	_	
				of Data	Deriv	Source	Confidence				
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water		85.40				4		216.06	26.99		
Energy	kcal	54				4		137	17		
Energy	kj	226				4		572	71		
Protein	-	0.00				4		0.00	0.00		
Total lipid (fat)		0.00				4		0.00	0.00		
Ash		1.40				4		3.54	0.44		
Carbohydrate, by difference	g	13.20				4		33.40	4.17		
Fiber, total dietary		0.1				4		0.3	0.0		
Sugars, total	g	10.73		0	BFZN	4		27.15	3.39		
Starch	g										
Minerals:											
Calcium. Ca	ma	100				4		253	32		
Iron, Fe		0.05				4		0.13	0.02		
Magnesium, Mg	-	5				4		13	2		
Phosphorus, P		7				4		18	2		
Potassium, K	-	83				4		210	26		
Sodium, Na		54				4		137	17		
Zinc, Zn	-	0.05				4		0.13	0.02		
Copper, Cu		0.027	,			4		0.068	0.009		
Manganese, Mn											
Selenium, Se	-	0.0		0	BFZN	4		0.0	0.0		
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	-	24.0				4		60.7	7.6		
Thiamin	-	0.120				4		0.304	0.038		
Riboflavin		0.010				4		0.025	0.003		
Niacin	-	0.090	)			4		0.228	0.028		
Pantothenic acid	-										
Vitamin B-6	-	0.020	)			4		0.051	0.006		
Folate, total		19				4		48	6		
Folic acid	-	0		0	BFZN	4		0	0		
Folate, food	mcg	19		•	***	4		48	6		
Folate, DFE		19		0	NC	4		48	6		
Vitamin B-12		0.00				7		0.00	0.00		
Vitamin A, IU		400		^	DEEN	4		1012	126		
Vitamin A, RAE		20		0	BFZN	4		51	6		
Retinol		0		0	BFZN	4 4		0	0		
Vitamin E (alpha-tocopherol)		0.02		U	BFZN	4		0.04	0.01		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, deltaVitamin D											
Vitamin K (phylloquinone)		0.0		0	BFZN	4		0.0	0.0		
vitamin K (phynodumone)	g	0.0		·	D1 D11	•		0.0	0.0		
<u>Lipids:</u>											
Fatty acids, total saturated	g	0.000	)			4		0.000	0.000		
4:0		0.000	)	0		4		0.000	0.000		
6:0	g	0.000	)	0		4		0.000	0.000		
8:0	g	0.000	)	0		4		0.000	0.000		
10:0	-	0.000		0		4		0.000	0.000		
12:0	-	0.000	)	0		4		0.000	0.000		
13:0											
14:0	g	0.000	)	0		4		0.000	0.000		
15:0											
16:0	g	0.000	)	0		4		0.000	0.000		
17:0											
18:0	g	0.000	)	0		4		0.000	0.000		
20:0	g										
22:0	g										
24:0	q										

	<u>Aı</u>	mount in 100 g		of edib	ole portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean		umber f Data oints		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.000				4		0.000	0.000		
14:1g										
15:1g 16:1 undifferentiatedg	0.000		0		4		0.000	0.000		
16:1 undifferentiated	0.000		U		4		0.000	0.000		
18:1 undifferentiated	0.000		0		4		0.000	0.000		
20:1g	0.000		0		4		0.000	0.000		
22:1 undifferentiated	0.000		0		4		0.000	0.000		
24:1 cg	0.000		·		-		0.000	0.000		
Fatty acids, total polyunsaturatedg	0.000				4		0.000	0.000		
18:2 undifferentiatedg	0.000		0		4		0.000	0.000		
18:3 undifferentiatedg	0.000		0		4		0.000	0.000		
18:4g	0.000		0		4		0.000	0.000		
20:2 n-6 c,cg										
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.000		0		4		0.000	0.000		
20:5 n-3g	0.000		0		4		0.000	0.000		
22:5 n-3g	0.000		0		4		0.000	0.000		
22:6 n-3g	0.000		0		4		0.000	0.000		
Fatty acids, total transg										
Cholesterolmg	0				7		0	0		
Phytosterolsmg										
Others:										
Alcohol, ethylg	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	240		0	BFZN	4		607.216	75.842		
Carotene, alphamcg	0		0	BFZN	4		0.006	0.001		
Cryptoxanthin, betamcg	0		0	BFZN	4		0.106	0.013		
Lycopenemcg	0		0	BFZN	4		0.000	0.000		
Lutein + zeaxanthinmcg	0		0	BFZN	4		0.145	0.018		

## **Common Measures:**

Measure 1 = 253g: 1 cup (8 fl oz) Measure 2 = 31.6g: 1 fl oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

NDB No. 14426 Orange drink, breakfast type, with juice and pulp, frozen concentrate

		<u>A</u>	mount in 100 gran	is of edib	ole 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
Proximates:									
Water	g	59.20	1		1		21.49	258.11	
Energy	-	153	0	NC	4		56	667	
Energy		640			4		232	2791	
Protein (N x 6.25)		0.40	1		1		0.15	1.74	
Total lipid (fat)		0.00	1		1		0.00	0.00	
Ash		1.40	1		1		0.51	6.10	
Carbohydrate, by difference		39.00	0	NC	4		14.16	170.04	
Fiber, total dietary		0.1	0		4		0.0	0.4	
Sugars, total		38.05	0	BFCN	4		13.81	165.88	
Starch	-								
<u>Minerals:</u>		0.55			_		4.5	4845	
Calcium, Ca	_	399	1		1		145	1740	
Iron, Fe.	_	0.26 34	1		1 1		0.09	1.13	
Magnesium, Mg			1		_		12	148	
Phosphorus, P	•	115 465	1		1 1		42 169	501 2027	
Potassium, K	_	465 26	1		1		169	113	
Sodium, NaZinc, Zn		0.12	1		1		0.04	0.52	
Copper, Cu		0.12			1		0.116	1.395	
Manganese, Mn.		0.048			4		0.017	0.209	
Selenium, Se		0.0	. 0	BFSN	4		0.0	0.0	
<u> Vitamins:</u>									
Vitamin C, total ascorbic acid		189.7	1		1		68.9	827.1	
Thiamin		0.363			1		0.132	1.583	
Riboflavin		3.590			1		1.303	15.652	
Niacin		0.870			1		0.316	3.793	
Pantothenic acid		0.650			1		0.236	2.834	
Vitamin B-6	-	0.244			1		0.089	1.064	
Folate, total		0	0	FLA	4		0 0	0	
Folic acid		0	0	BFZN	<b>4</b> 7		0	0 0	
Folate, food	IIICY	0	0	z NC	4		0	0	
Folate, DFE		0.00	0	NC	4		0.00	0.00	
Vitamin B-12 Vitamin A, IU		21	1		1		8	92	
Vitamin A, RAE		1	1		1		0	5	
Retinol		0	0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol)		0.09	0	BFZN	4		0.03	0.37	
Tocopherol, beta		0.03	v	21 211	•		0.05	0.57	
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)		0.1	0	BFZN	4		0.0	0.2	
<u> Lipids:</u>	_				_				
Fatty acids, total saturated		0.002			1		0.001	0.009	
4:0		0.000			4		0.000	0.000	
6:0	-	0.000			4		0.000	0.000	
8:0 10:0		0.000			4		0.000	0.000	
					4		0.000 0.000	0.000 0.000	
12:0	-	0.000	, 0		4		0.000	0.000	
14:0		0.000	0		4		0.000	0 000	
15:0	-	0.000	, 0		*		0.000	0.000	
16:0	-	0.000	0		1		0.000	0.000	
17:0		0.000	, 0		1		0.000	0.000	
18:0	-	0.000	0		4		0.000	0.000	
20:0	-	0.000	, 0		4		0.000	0.000	
22:0	-								
44.U	y								

	<u>Ar</u>	nount in 100 gran		ble portic	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Numb of Da Std. Error Point	a Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Numerica and Cinic		0.0.				ououro :		ououro o	
Fatty acids, total monounsaturatedg	0.003	0		1		0.001	0.013		
14:1g									
15:1g		_		_					
16:1 undifferentiated	0.000	0		1		0.000	0.000		
17:1g	0.000	•							
18:1 undifferentiated	0.000	0		1		0.000	0.000		
20:1g	0.000	0		4		0.000	0.000		
22:1 undifferentiatedg	0.000	0		4		0.000	0.000		
24:1 cg	0.004	0		1		0 001	0.017		
Fatty acids, total polyunsaturatedg	0.004	0		1		0.001	0.017		
18:2 undifferentiated	0.000 0.000	0		1		0.000	0.000		
18:3 undifferentiated		0		4		0.000	0.000		
18:4g	0.000	U		4		0.000	0.000		
20:2 n-6 c,c									
20:3 undifferentiated	0.000	0		4		0.000	0.000		
20:4 undifferentiated	0.000	0		4					
		0		4		0.000 0.000	0.000		
22:5 n-3g	0.000 0.000	0		4			0.000		
22:6 n-3	0.000	U		4		0.000	0.000		
Fatty acids, total trans	0	0		1		0	0		
Cholesterol mg	U	0		1		U	U		
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.001	0		1		0.000	0.004		
Threonineg	0.004	0		1		0.001	0.017		
Isoleucineg	0.004	0		1		0.001	0.017		
Leucineg	0.007	0		1		0.003	0.031		
Lysineg	0.005	0		1		0.002	0.022		
Methionineg	0.002	0		1		0.001	0.009		
Cystineg	0.003	0		1		0.001	0.013		
Phenylalanineg	0.005	0		1		0.002	0.022		
Tyrosineg	0.002	0		1		0.001	0.009		
Valineg	0.006	0		1		0.002	0.026		
Arginineg	0.025	0		1		0.009	0.109		
Histidineg	0.002	0		1		0.001	0.009		
Alanine	0.008	0		1		0.003	0.035		
Aspartic acidg	0.040	0		1		0.015	0.174		
Glutamic acid	0.018	0		1		0.007	0.078		
Glycine9	0.005	0		1		0.002	0.022		
Proline	0.023	0		1		0.008	0.100		
Serine	0.007	0		1		0.003	0.031		
Hydroxyproline									
Others:									
Alcohol, ethylg	0.0	0		7		0.0	0.0		
Caffeine mg	0	0	BFZN			0	0		
Theobrominemg	0	0	BFZN	4		0	0		
Carotenoids:									
Carotene, betamcg	11	0	0	4		3.993	47.960		
Carotene, alpha mcg	0	0	BFZN			0.000	0.000		
Cryptoxanthin, betamcg	0	0	BFZN			0.000	0.000		
Lycopene mcg	0	0	BFZN			0.000	0.000		
_,	•	Ū		-					

### **Common Measures:**

Measure 1 = 36.3g: 1 fl oz

Measure 2 = 436g: 1 can (12 fl oz)

Orange drink, breakfast type, with juice and pulp, frozen concentrate

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.9

Food Group: 14 Beverages

NDB No. 14427 Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water

		<u>A</u>	mount in 100 gra	Amount in edible portion of common					
			Numi	measures of food					
				ta Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Poin		Code	Code	Measure 1	Measure 2	Measure
Proximates:									
Water	g	88.08		) RPI	6		220.20	27.57	
Energy	=	45		) RPI	6		111	14	
Energy		186		) RPI	6		466	58	
Protein (N x 0)	g	0.12		) RPI	6		0.29	0.04	
Total lipid (fat)		0.00		) RPI	6		0.00	0.00	
Ash		0.48		) RPI	6		1.19	0.15	
Carbohydrate, by difference		11.32		) RPI	6		28.31	3.54	
Fiber, total dietary		0.0		) RPI	6		0.1	0.0	
Sugars, total.		11.05		) RPI	6		27.62	3.46	
Starch	-								
<u>Minerals:</u>									
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	118		) RPA	1		294	37	
Iron, Fe.		0.08		) RPA	1		0.20	0.02	
Magnesium, Mg		10		) RPA	1		26	3	
Phosphorus, P	_	33 167		) RPA 3 AI	1 13		84 417	10 52	
Potassium, K		167		B AI B AI	13 13		417 26	52 3	
Sodium, NaZinc, Zn		0.04		) RPA	1		0.10	0.01	
Copper, Cu		0.04		) RPA	1		0.244	0.031	
Manganese, Mn.		0.014		) RPI	6		0.036	0.004	
Selenium, Se		0.0		RPI	6		0.0	0.0	
<u> Vitamins:</u>									
Vitamin C, total ascorbic acid	mg	55.1		) RPI	6		137.7	17.2	
Thiamin	_	0.105		) RPI	6		0.264	0.033	
Riboflavin		1.042		) RPI	6		2.606	0.326	
Niacin	_	0.253		RPI	6		0.632	0.079	
Pantothenic acid		0.189		) RPI	6		0.472	0.059	
Vitamin B-6	-	0.071		) RPI	6		0.177	0.022	
Folate, total		32 0		) ) z	1 7		81 0	10	
Folic acid								0	
Folate, food	IIICY	32 32		) NC	1 4		81 81	10	
Folate, DFE		0.00		) NC	6		0.00	10 0.00	
Vitamin B-12 Vitamin A, IU		6		) RPI	6		15	2	
Vitamin A, RAE		0		) RPA	1		1	0	
Retinol		0		) RPI	6		0	0	
Vitamin E (alpha-tocopherol)		0.02		) RPI	6		0.06	0.01	
Tocopherol, beta		0.02	· ·	, 1111	·		0.00	0.01	
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)		0.0	(	RPI	6		0.0	0.0	
<u>Lipids:</u>	~				_				
Fatty acids, total saturated		0.000		) RPA	1		0.000	0.000	
4:0		0.000		) RPI	6		0.000	0.000	
6:0	-	0.000		) RPI	6		0.000	0.000	
8:0 10:0		0.000		) RPI ) RPI	6 6		0.000	0.000	
		0.000		) RPI	6		0.000 0.000	0.000 0.000	
12:0 13:0	-	0.000	,	, KPI	ъ		0.000	0.000	
13:014:0	-	0.000	) (	) RPI	6		0.000	0 000	
	-	0.000	,	, KPI	О		0.000	0.000	
15:0	-	0.000	) (	) RPA	1		0.000	0.000	
16:0		0.000	,	, KPA	1		0.000	0.000	
17:0	-	0.000	,	) RPI	6		0.000	0.000	
18:0 20:0	-	0.000	,	, KPI	О		0.000	0.000	
22:0	-								
44 U	y								

NDB No. 14427 Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water

		<u>Aı</u>	mount in 10	Amount in edible portion of common						
				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		0.000		0	RPA	1		0.000	0.000	
15:1										
16:1 undifferentiated	_	0.000		0	RPA	1		0.000	0.000	
17:1	-			_		_				
18:1 undifferentiated	_	0.000		0	RPA	1		0.000	0.000	
20:1	-	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated	•	0.000		0	RPI	6		0.000	0.000	
24:1 c		0 000		0	DD3	1		0.000	0.000	
Fatty acids, total polyunsaturated		0.000		0	RPA	1		0.000	0.000	
18:2 undifferentiated		0.000		0	RPA RPA	1		0.000	0.000	
18:3 undifferentiated				0	RPI	6		0.000	0.000	
18:4		0.000		U	RPI	ь		0.000	0.000	
20:2 n-6 c,c	_									
20:3 undifferentiated	_	0.000		0	RPI	6		0.000	0.000	
20:4 undifferentiated	_			0	RPI	6		0.000	0.000	
20:5 n-3	-	0.000		0		6		0.000 0.000	0.000	
22:5 n-3		0.000		0	RPI RPI	6			0.000	
22:6 n-3		0.000		U	RPI	0		0.000	0.000	
Fatty acids, total trans		0		0	RPA	1		0	0	
Cholesterol		U		U	RPA	1		U	U	
Phytosterols	iiig									
Amino Acids:										
Tryptophan	g	0.000		0	RPA	1		0.001	0.000	
Threonine	g	0.001		0	RPA	1		0.003	0.000	
Isoleucine	g	0.001		0	RPA	1		0.003	0.000	
Leucine	g	0.002		0	RPA	1		0.005	0.001	
Lysine	g	0.001		0	RPA	1		0.004	0.000	
Methionine	g	0.001		0	RPA	1		0.001	0.000	
Cystine	g	0.001		0	RPA	1		0.002	0.000	
Phenylalanine	g	0.001		0	RPA	1		0.004	0.000	
Tyrosine		0.001		0	RPA	1		0.001	0.000	
Valine	g	0.002		0	RPA	1		0.004	0.001	
Arginine	g	0.007		0	RPA	1		0.018	0.002	
Histidine	g	0.001		0	RPA	1		0.001	0.000	
Alanine	g	0.002		0	RPA	1		0.006	0.001	
Aspartic acid		0.012		0	RPA	1		0.029	0.004	
Glutamic acid		0.005		0	RPA	1		0.013	0.002	
Glycine	_	0.001		0	RPA	1		0.004	0.000	
Proline		0.007		0	RPA	1		0.017	0.002	
Serine	-	0.002		0	RPA	1		0.005	0.001	
Hydroxyproline										
	=									
Others:				_	_	_				
Alcohol, ethyl		0.0		0	RPI	6		0.0	0.0	
Caffeine		0		0	RPI	6		0	0	
Theobromine	mg	0		0	RPI	6		0	0	
Carotenoids:	<b></b>	•		_		_			A 655	
Carotene, beta		0		0	RPI	6		0.000	0.000	
Carotene, alpha		0		0	RPI	6		0.000	0.000	
Cryptoxanthin, beta	-	0		0	RPI	6		0.000	0.000	
Lycopene		0		0	RPI	6		0.000	0.000	
Lutein + zeaxanthin	iuca	0		0	RPI	6		0.000	0.000	

### **Common Measures:**

Measure 1 = 250g: 1 cup (8 fl oz)

Measure 2 = 31.3g: 1 fl oz

Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

		<u>Aı</u>	mount in 100	0 grams	of edib	ole portio	<u>n</u>		edible portion	
			1	Number				<u>m</u>	easures of food	<u>l</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Units		Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	86.90		1		1		215.51	26.94	
Energy	kcal	51		0	NC	4		126	16	
Energy	kj	213				4		529	66	
Protein (N x 6.25)	g	0.00		1		1		0.00	0.00	
Total lipid (fat)	g	0.00		0		4		0.00	0.00	
Ash	g	0.20		1		1		0.50	0.06	
Carbohydrate, by difference	g	12.90		0	NC	4		31.99	4.00	
Fiber, total dietary	g	0.0		0	FLA	4		0.1	0.0	
Sugars, total	g	12.82		0	FLA	4		31.78	3.97	
Starch	g									
M:										
Minerals: Calcium, Ca	ma	6	1.88	80 4		1		15	2	
Iron, Fe		0.28	1.88	6		1		0.69	0.09	
Magnesium, Mg	-	2	0.64			1		5	1	
Phosphorus, P		1	0.10			1		2	0	
Potassium, K		18	0.10	8		1		45	6	
Sodium, Na		16		8		1		40	5	
Zinc, Zn		0.09		5		1		0.22	0.03	
Copper, Cu		0.003	0.00			1		0.007	0.001	
Manganese, Mn		0.015				1		0.037	0.005	
Selenium, Se		0.0		1	A	1		0.0	0.0	
¥7*.										
Vitamins:				_		_				
Vitamin C, total ascorbic acid	_	34.1		5		1		84.6	10.6	
Thiamin		0.006		0		1		0.015	0.002	
Riboflavin	_	0.003		0		1		0.007	0.001	
Niacin	-	0.031		0		1		0.077	0.010	
Pantothenic acid	-	0.015		-		1		0.037	0.005	
Vitamin B-6	_	0.009 4	,	0 0		1 4		0.022	0.003 1	
Foliate, total		0		0	FLA FLA	4		10 0	0	
Folic acid		4		0	FLA	4		10	1	
Folate, foodFolate, DFE		4		0	NC	4		10	1	
		0.00		0	FLA	4		0.00	0.00	
Vitamin B-12 Vitamin A, IU		10		0	FLA	4		25	3	
Vitamin A, IU Vitamin A, RAE		1		0	FLA	4		1	0	
Retinol		0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)		0.02		0	FLA	4		0.05	0.01	
Tocopherol, beta		0.02		U	FLIA	-		0.05	0.01	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0		0	FLA	4		0.0	0.0	
4 , 1 ,										
<u>Lipids:</u>										
Fatty acids, total saturated	_	0.002		0		1		0.005	0.001	
4:0	<del>-</del>	0.000		0		4		0.000	0.000	
6:0	-	0.000		0		4		0.000	0.000	
8:0		0.000		0		4		0.000	0.000	
10:0	_	0.000		0		4		0.000	0.000	
12:0	_	0.000	1	0		4		0.000	0.000	
13:0	-	0 000		0		4		0.000	0.000	
14:0	_	0.000	•	U		4		0.000	0.000	
15:0		0 000		0		1		0.005	2 221	
16:0		0.002		U		1		0.005	0.001	
17:0	_	0.000		0		4		0.000	0.000	
18:0	_	0.000	•	U		4		0.000	0.000	
20:0 22:0	_									
22 U										

		Amount in 100 grams of edible portion  Number							Amount in edible portion of common measures of food		
Nutrients and	Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsatura		0.002		0		1		0.005	0.001		
14:1	g										
15:1	• • • • • • • • • • • • • • • • • • • •										
16:1 undifferentiated	-	0.000		0		1		0.000	0.000		
17:1	-										
18:1 undifferentiated	-	0.002		0		1		0.005	0.001		
20:1		0.000		0		4		0.000	0.000		
22:1 undifferentiated	•	0.000		0		4		0.000	0.000		
24:1 c											
Fatty acids, total polyunsaturate		0.003		0		1		0.007	0.001		
18:2 undifferentiated	-	0.002		0		1		0.005	0.001		
18:3 undifferentiated		0.001		0		1		0.002	0.000		
18:4	-	0.000		0		4		0.000	0.000		
20:2 n-6 c,c											
20:3 undifferentiated											
20:4 undifferentiated	-	0.000		0		4		0.000	0.000		
20:5 n-3	• • • • • • • • • • • • • • • • • • • •	0.000		0		4		0.000	0.000		
22:5 n-3	-	0.000		0		4		0.000	0.000		
22:6 n-3	-	0.000		0		4		0.000	0.000		
Fatty acids, total trans	g										
Cholesterol	mg	0		0	FLA	4		0	0		
Phytosterols	mg										
Others:											
Alcohol, ethyl	g	0.0		0	FLA	4		0.0	0.0		
Caffeine	mg	0		0	FLA	4		0	0		
Theobromine	mg	0		0	FLA	4		0	0		
Carotenoids:											
Carotene, beta		2		0	FLA	4		4.057	0.507		
Carotene, alpha	mcg	0		0	FLA	4		0.685	0.086		
Cryptoxanthin, beta		8		0	FLA	4		21.005	2.626		
Lycopene	mcg	0		0	FLA	4		0.000	0.000		
Lutein + zeaxanthin	mcg	11		0	FLA	4		26.695	3.337		

# **Common Measures:**

Measure 1 = 248g: 1 cup (8 fl oz)

Measure 2 = 31.0g: 1 fl oz

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.9

Food Group: 14 Beverages

		Al	mount in 10	u granis	oi eaib	ie portio	<u>n</u>	Amount in edible portion of common		
				Number				me	easures of food	
				of Data		Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Traction to and one		moun	Otal Ello					mououro i		modouro
Proximates:										
Water		86.20				4		214.64	26.81	226.71
Energy	kcal	53				4		132	16	139
Energy		222				4		552	69	583
Protein	g	0.20				4		0.50	0.06	0.53
Total lipid (fat)	g	0.00				4		0.00	0.00	0.00
Ash	g	0.19		0	BFSN	4		0.46	0.06	0.49
Carbohydrate, by difference	g	13.40				4		33.37	4.17	35.24
Fiber, total dietary	g	0.0				4		0.0	0.0	0.0
Sugars, total	g	12.47		0	BFSN	4		31.05	3.88	32.80
Starch	g									
#:										
Minerals:	ma	2				4		E	1	=
Calcium, Ca	-	0.11				4 4		5 0.27	1 0.03	5 0.2
Iron, Fe		3				4		7	0.03	8
Phosphorus, P		3 4				4		10	1	8 11
•	-	42				4		105	13	110
Potassium, K		2				4		5	13	5
Sodium, Na		0.02				4		0.05	0.01	0.0
Zinc, Zn			,			4			0.01	
Copper, Cu		0.018		0	DECM	4		0.045	0.006	0.0
Manganese, Mn		0.007	<b>'</b>	0	BFSN BFZN	4		0.019 0.0	0.002	
Selenium, Se	nicg	0.0		U	BFZN	4		0.0	0.0	0.0
Vitamins: Vitamin C, total ascorbic acid	ma	15.0				4		37.4	4.7	39.5
*		0.380				4		0.946	4.7 0.118	0.9
Thiamin						4				
Riboflavin		0.430				_		1.071	0.134	1.1
Niacin		5.000		•		4 4		12.450	1.555	13.1
Pantothenic acid		0.060		0	BFSN	_		0.150	0.019	0.1
Vitamin B-6	-	0.500	,			4		1.245	0.156	1.3
Folate, total		4		•	_	4		10	1	11
Folic acid		0		0	Z	7		0	0	0
Folate, food		4				4		10	1	11
Folate, DFE		4		0	NC	4		10	1	11
Vitamin B-12		1.50				4		3.74	0.47	3.9
Vitamin A, IU	IU	44		_		4		110	14	116
Vitamin A, RAE		2		0	FLC	4		5	1	6
Retinol		0		0	FLC	4		0	0	0
Vitamin E (alpha-tocopherol)		0.02		0	BFSN	4		0.05	0.01	0.0
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)		0.0		0	BFSN	4		0.1	0.0	0.1
	Thog	0.0		O	DF 3N	•		0.1	0.0	0.1
<b>lipids:</b> Fatty acids, total saturated	a	0.000	)			4		0.000	0.000	0.0
4:0		0.000				4		0.000	0.000	0.0
6:0		0.000				4		0.000	0.000	0.0
8:0	-	0.000				4		0.000	0.000	0.0
10:0		0.000				4		0.000	0.000	0.0
12:0		0.000				4		0.000	0.000	0.0
13:0	-	0.000	-			-		0.000	0.000	0.0
14:0	-	0.000	1			4		0.000	0.000	0.0
	-	0.000	•			4		0.000	0.000	0.0
15:0	-	0 000	,			4		0.000	0.000	
16:0		0.000	,			4		0.000	0.000	0.0
17:0	-					_				
18:0	-	0.000	)			4		0.000	0.000	0.0
20:0	-									
22:0	α .									

		<u>Ar</u>	mount in 10	00 grams Number		ole portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Un	iits	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated.		0.010				4		0.025	0.003	0.026	
14:1											
15:1		0.000						0.000	0.000	0.000	
16:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.000				4		0.000	0.000	0.000	
17:1 18:1 undifferentiated	-	0.000				4		0.000	0.000	0.000	
20:1		0.000				4		0.000	0.000	0.000	
22:1 undifferentiated	-	0.000				4		0.000	0.000	0.000	
24:1 c	•	0.000				*		0.000	0.000	0.000	
Fatty acids, total polyunsaturated		0.010				4		0.025	0.003	0.026	
18:2 undifferentiated		0.000				4		0.023	0.000	0.000	
18:3 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.000				4		0.000	0.000	0.000	
18:4	-	0.000				4		0.000	0.000	0.000	
20:2 n-6 c.c	_	0.000				-		0.000	0.000	0.000	
20:3 undifferentiated											
20:4 undifferentiated	-	0.000				4		0.000	0.000	0.000	
20:5 n-3		0.000				4		0.000	0.000	0.000	
22:5 n-3		0.000				4		0.000	0.000	0.000	
22:6 n-3		0.000				4		0.000	0.000	0.000	
Fatty acids, total trans	g										
Cholesterol	_	0				4		0	0	0	
Phytosterols	mg										
Others:											
Alcohol, ethyl	g	0.0				7		0.0	0.0	0.0	
Caffeine	mg	0		0	Z	7		0	0	0	
Theobromine	mg	0		0	Z	7		0	0	0	
Carotenoids:											
Carotene, beta	mcg	7		0	FLC	4		17.897	2.235	18.903	
Carotene, alpha	mcg	1		0	FLC	4		3.023	0.378	3.193	
Cryptoxanthin, beta		37		0	FLC	4		92.656	11.573	97.865	
Lycopene		0		0	FLC	4		0.000	0.000	0.000	
Lutein + zeaxanthin		29		0	FLC	4		72.014	8.994	76.063	

# **Common Measures:**

Measure 1 = 249g: 1 cup Measure 2 = 31.1g: 1 fl oz

Measure 3 = 263g: 1 drink box (8.45 fl oz)

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

NDB No. 14403 Orange-flavor drink, KRAFT, TANG Drink Mix

Kraft Foods, Inc.

Refuse: 0%

		<u>Aı</u>	mount in 10	00 grams	of edib	ole portic	<u>on</u>	Amount in edible portion of common			
				Number				me	easures of food		
				of Data		Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	0.30		0	MC	9		0.08	0.08		
Energy	kcal	366		0	MC	9		92	92		
Energy		1531				9		383	383		
Protein	g	0.00		0	MC	9		0.00	0.00		
Total lipid (fat)	g	0.00		0	MC	9		0.00	0.00		
Ash	g	1.30		0	MC	9		0.33	0.33		
Carbohydrate, by difference (1)	g	98.40		0	NC	4		24.60	24.60		
Fiber, total dietary		0.3		0	MC	9		0.1	0.1		
Sugars, total		90.20		0	MC	9		22.55	22.55		
Starch											
	_										
<u>Minerals:</u>											
Calcium, Ca	-	369		0	MC	9		92	92		
Iron, Fe		0.07		0	MC	9		0.02	0.02		
Magnesium, Mg		0		0	MC	9		0	0		
Phosphorus, P	-	169		0	MC	9		42	42		
Potassium, K		190		0	MC	9		48 2	48		
Sodium, Na		8 0.04		0 0	MC MC	9 9		0.01	2 0.01		
Zinc, Zn	_	0.04		0	MC	9		0.01	0.01		
Copper, Cu		0.014		U	MC	9		0.004	0.004		
Manganese, Mn Selenium, Se											
Vitamins:				_		_					
Vitamin C, total ascorbic acid		240.0		0	MC	9		60.0	60.0		
Thiamin	-	0.000		0	MC	9		0.000	0.000		
Riboflavin		0.680		0	MC	9		0.170	0.170		
Niacin	-	8.000		0	MC	9		2.000	2.000		
Pantothenic acid		0.000		0	MC	9		0.000	0.000		
Vitamin B-6		0.800		0 0	MC	9 9		0.200 0	0.200		
Folate, total		0			MC	9 7			0		
Folic acid		0		0	Z	9		0 0	0		
Folate, food		0		0	MC NC	4		0	0 0		
Folate, DFE		0.00		0	MC	9		•	-		
Vitamin B-12		2000		0		9		0.00	0.00		
Vitamin A, IU Vitamin A, RAE		2000		U	MC	9		500	500		
Retinol											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta	•										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D	-										
Vitamin K (phylloquinone)											
ipids:											
Fatty acids, total saturated	g	0.000	1	0	MC	9		0.000	0.000		
Fatty acids, total monounsaturated	g	0.000		0	MC	9		0.000	0.000		
Fatty acids, total polyunsaturated	g	0.000	1	0	MC	9		0.000	0.000		
Fatty acids, total trans	g										
Cholesterol	mg	0		0	MC	9		0	0		
Phytosterols	mg										

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

## **Common Measures:**

Measure 1 = 25g: 2 tbsp

NDB No. 14403

Orange-flavor drink, KRAFT, TANG Drink Mix

Measure 2 = 25g: 1 portion, amount of dry mix to make 8 fl oz prepared

#### **Footnotes**

1 Contains citric acid.

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

NDB No. 14404 Orange-flavor drink, KRAFT, TANG SUGAR FREE Low Calorie Drink Mix Kraft Foods, Inc.

		<u>Aı</u>	mount in 10	00 grams	of edik	ole portic	<u>on</u>	Amount in edible portion of common measures of food			
				Number				<u>m</u>	easures of 1000	<u>l</u>	
Nutrients and Uni	ts	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	1.80		0	MC	9		0.05			
Energy	kcal	217		0	MC	9		5			
Energy	kj	908				9		23			
Protein	g	3.60		0	MC	9		0.09			
Total lipid (fat)	g	0.00		0	MC	9		0.00			
Ash	g	8.70		0	MC	9		0.22			
Carbohydrate, by difference (1)	g	85.90		0	NC	4		2.15			
Fiber, total dietary	g	3.8		0	MC	9		0.1			
Sugars, total	g	2.60		0	MC	9		0.07			
Starch	g										
Minorals:											
Minerals: * Calcium, Ca	ma	1378		0	MC	9		34			
Iron, Fe		0.07		0	MC	9		0.00			
Magnesium, Mg		275		0	MC	9		7			
Phosphorus, P		629		0	MC	9		16			
Potassium, K	•	3132		0	MC	9		78			
Sodium, Na		81		0	MC	9		2			
Zinc, Zn		0.00		0	MC	9		0.00			
Copper, Cu	-	0.003	1	0	MC	9		0.000			
Manganese, Mn	-										
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	ma	2400.0		0	MC	9		60.0			
Thiamin		0.000	)	0	MC	9		0.000			
* Riboflavin	_	6.800	)	0	MC	9		0.170			
* Niacin	mg	80.000	1	0	MC	9		2.000			
Pantothenic acid		0.000	)	0	MC	9		0.000			
* Vitamin B-6		8.000	1	0	MC	9		0.200			
Folate, total		0		0	MC	9		0			
Folic acid	mcg	0		0	0	4		0			
Folate, food	mcg	0		0	MC	9		0			
Folate, DFE	mcg_DFE	0		0	NC	4		0			
Vitamin B-12	mcg	0.00		0	MC	9		0.00			
* Vitamin A, IU	IU	20000		0	MC	9		500			
Vitamin A, RAE	mcg_RAE										
Retinol	mcg										
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma	-										
Tocopherol, delta	-										
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	g	0.000		0	MC	9		0.000			
Fatty acids, total monounsaturated		0.000		0	MC	9		0.000			
Fatty acids, total polyunsaturated	g	0.000	)	0	MC	9		0.000			
Fatty acids, total trans	g										
Cholesterol	• • • • • • • • • • • • • • • • • • • •	0		0	MC	9		0			
Phytosterols	mg										

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

## **Common Measures:**

Measure 1 = 2.5g: 1 portion, amount of dry mix to make 8 fl oz prepared

NDB No. 14404

# Orange-flavor drink, KRAFT, TANG SUGAR FREE Low Calorie Drink Mix

## **Footnotes**

1 Contains citric acid.

\*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

NDB No. 14409 Orange-flavor drink, breakfast type, low calorie, powder

		<u>A</u> 1	mount in 10			ole portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Uni	its	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	Measure 2	Measure 3
Proximates:										
Water	-	1.80		0	MC	9		0.05		
Energy		217		0	MC	9		5		
Energy	=	908				9		23		
Protein		3.60		0	MC	9		0.09		
Total lipid (fat)	g	0.00		0	MC	9		0.00		
Ash	g	8.70		0	MC	9		0.22		
Carbohydrate, by difference	g	85.90		0	NC	4		2.15		
Fiber, total dietary	g	3.8		0	MC	9		0.1		
Sugars, total	g	2.60		0	MC	9		0.07		
Starch	g									
Minerals:										
Calcium, Ca	mg	1378		0	MC	9		34		
Iron, Fe	mg	0.07		0	MC	9		0.00		
Magnesium, Mg	mg	275		0	MC	9		7		
Phosphorus, P		629		0	MC	9		16		
Potassium, K	mg	3132		0	MC	9		78		
Sodium, Na	mg	81		0	MC	9		2		
Zine, Zn	mg	0.00		0	MC	9		0.00		
Copper, Cu	mg	0.003	3	0	MC	9		0.000		
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	FLM	4		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	2400.0		0	MC	9		60.0		
Thiamin	mg	0.000	)	0	MC	9		0.000		
Riboflavin	mg	6.800	)	0	MC	9		0.170		
Niacin	mg	80.000	)	0	MC	9		2.000		
Pantothenic acid	mg	0.000		0	MC	9		0.000		
Vitamin B-6	mg	8.000	)	0	MC	9		0.200		
Folate, total	mcg	0		0	MC	9		0		
Folic acid	mcg	0		0	Z	7		0		
Folate, food		0		0	MC	9		0		
Folate, DFE		0		0	Z	7		0		
Vitamin B-12		0.00		0	MC	9		0.00		
Vitamin A, IU		20000		0	MC	9		500		
Vitamin A, RAE		6006		0	NC	4		150		
Retinol		6006		0	0	4		150		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:	_			_		_				
Fatty acids, total saturated		0.000		0	MC	9		0.000		
4:0		0.000		0	FLM	4		0.000		
6:0		0.000		0	FLM	4		0.000		
8:0		0.000		0	FLM	4		0.000		
10:0	_	0.000		0	FLM	4		0.000		
12:0	_	0.000	,	0	FLM	4		0.000		
13:0	_	0.000		^	PT 3.5	4		0.000		
14:0	_	0.000	,	0	FLM	4		0.000		
15:0	-	0.000		^				0.000		
16:0		0.000	,	0	FLM	4		0.000		
17:0		0.000		^	PT 3.5	4		0.000		
18:0		0.000	,	0	FLM	4		0.000		
20:0										
22:0 24:0										

	<u>Ar</u>	mount in 100	grams	of edib	le portio	<u>n</u>	Amount in	edible portion o	f common
			umber	Davis	Sauraa	Confidence	me	easures of food	
Nutrients and Units	Mean	Std. Error F			Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.000		0	MC	9		0.000		
14:1g	0.000		U	MC	9		0.000		
15:1									
16:1 undifferentiated 9	0.000		0	FLM	4		0.000		
17:19					_				
18:1 undifferentiatedg	0.000		0	FLM	4		0.000		
20:1g	0.000		0	FLM	4		0.000		
22:1 undifferentiatedg	0.000		0	FLM	4		0.000		
24:1 cg									
Fatty acids, total polyunsaturated	0.000		0	MC	9		0.000		
18:2 undifferentiatedg	0.000		0	FLM	4		0.000		
18:3 undifferentiatedg	0.000		0	FLM	4		0.000		
18:4g	0.000		0	FLM	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	FLM	4		0.000		
20:5 n-3g	0.000		0	FLM	4		0.000		
22:5 n-3g	0.000		0	FLM	4		0.000		
22:6 n-3g	0.000		0	FLM	4		0.000		
Fatty acids, total transg									
Cholesterol mg	0		0	MC	9		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	FLM	4		0.0		
Caffeine mg	0		0	Z	7		0		
Theobrominemg	0		0	Z	7		0		

## **Common Measures:**

Measure 1 = 2.5g: 1 portion, amount of dry mix to make 8 fl oz prepared

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

		<u>A</u> 1	nount in 100 gra	ms of edi	ble portic	<u>on</u>	Amount in edible portion of common		
			Num	oer			<u>m</u>	easures of food	<u>l</u>
			of Da	ata Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Poin	ts Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:									
Water	g	0.14		5 MC	9		0.03		
Energy	kcal	386		) NC	4		93		
Energy	kj	1615		) NC	4		387		
Protein (N x 6.25)	g	0.00	0.000	5 MC	9		0.00		
Total lipid (fat)	g	0.00		) FLA	. 4		0.00		
Ash	g	0.92		5 MC	9		0.22		
Carbohydrate, by difference	g	98.94		) NC	4		23.74		
Fiber, total dietary	g	0.4		) FLA	. 4		0.1		
Sugars, total	g	92.31		l LC	8		22.15		
Starch	g								
<i>r</i> : 1									
Minerals:	ma	205	61 710		10		0.0		
Calcium, Ca	-	385 0.02	61.712	AI ) FLA	13 4		92 0.01		
Iron, Fe	-	0.02		) FLA	4		0.01		
Magnesium, Mg Phosphorus, P		151		MC MC	9		36		
Potassium, K	•	190		) MC	9		46		
Sodium, Na	_	17		MC MC	9		4		
Zinc, Zn	-	0.01		) FLA	4		0.00		
Copper, Cu		0.01		) FLA	4		0.003		
Manganese, Mn		0.050		L	1		0.012		
Selenium, Se		0.5		FLA	4		0.1		
•									
<u>'itamins:</u>									
Vitamin C, total ascorbic acid	-	230.8	:		8		55.4		
Thiamin	-	0.001		) FLA	4		0.000		
Riboflavin		0.680		) MC	9		0.163		
Niacin	-	8.000		) MC	9		1.920		
Pantothenic acid	_	0.007		) FLA	4		0.002		
Vitamin B-6	_	0.800		) MC	9		0.192		
Folate, total		0		) FLA	4		0		
Folic acid		_		) FLA	4		_		
Folate, food		0		) FLA	4		0		
Folate, DFE		0		) FLA	4		0		
Vitamin B-12		0.00		) FLA	4		0.00		
Vitamin A, IU		2000		) FLA	4		480		
Vitamin A, RAE		600		) FLA	4		144		
Retinol		599		) FLA	4		144		
Vitamin E (alpha-tocopherol)		0.00	'	) FLA	4		0.00		
Tocopherol, beta									
Tocopherol, gamma Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)		0.0		) FLA	4		0.0		
vitanini K (phynodumone)	9				-		0.0		
<u> ipids:</u>									
Fatty acids, total saturated	g	0.000		) FLA	4		0.000		
4:0		0.000		) FLA	4		0.000		
6:0		0.000		) FLA	4		0.000		
8:0		0.000		) FLA	4		0.000		
10:0	-	0.000		) FLA	4		0.000		
12:0		0.000	(	) FLA	4		0.000		
13:0	-			. ==					
14:0		0.000	(	) FLA	4		0.000		
15:0							_		
16:0		0.000	•	) FLA	4		0.000		
17:0	_			. ==					
18:0	_	0.000	•	) FLA	4		0.000		
20:0	_								
22:0	П								

	<u>Ar</u>	nount in 10	0 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.000		0	FLA	4		0.000			
14:1g										
15:1g										
16:1 undifferentiatedg	0.000		0	FLA	4		0.000			
17:1g										
18:1 undifferentiatedg	0.000		0	FLA	4		0.000			
20:1g	0.000		0	FLA	4		0.000			
22:1 undifferentiatedg	0.000		0	FLA	4		0.000			
24:1 cg										
Fatty acids, total polyunsaturated	0.000		0	FLA	4		0.000			
18:2 undifferentiatedg	0.000		0	FLA	4		0.000			
18:3 undifferentiatedg	0.000		0	FLA	4		0.000			
18:4g	0.000		0	FLA	4		0.000			
20:2 n-6 c,cg										
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.000		0	FLA	4		0.000			
20:5 n-3g	0.000		0	FLA	4		0.000			
22:5 n-3g	0.000		0	FLA	4		0.000			
22:6 n-3g	0.000		0	FLA	4		0.000			
Fatty acids, total trans9										
Cholesterolmg	0		0	FLA	4		0			
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0		0		7		0.0			
Caffeinemg	0		0	FLA	4		0			
Theobrominemg	0		0	FLA	4		0			
Carotenoids:										
Carotene, betamcg	0		0	FLA	4		0.069			
Carotene, alphamcg	0		0	FLA	4		0.012			
Cryptoxanthin, betamcg	1		0	FLA	4		0.359			
Lycopenemcg	0		0	FLA	4		0.000			
Lutein + zeaxanthinmcg	1		0	FLA	4		0.279			

## **Common Measures:**

Measure 1 = 24g: 1 serving (3 heaping tsp or 1 envelope)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.9

Food Group: 14 Beverages

NDB No. 14408 Orange-flavor drink, breakfast type, powder, prepared with water

		<u>A</u>	mount in 100 gra	ms of edi	ble portic	<u>on</u>	Amount in	edible portion	of common
			Num	ber			<u>m</u>	easures of food	<u> </u>
			of D	ata Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Poir	ts Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	87.15		0 RPI	6		236.17	29.54	
Energy	kcal	49		0 RPI	6		134	17	
Energy		206		0 RPI	6		559	70	
Protein	g	0.00		0 RPI	6		0.00	0.00	
Total lipid (fat)	g	0.00		0 RPI	6		0.00	0.00	
Ash	g	0.20		0 RPI	6		0.56	0.07	
Carbohydrate, by difference	g	12.65		0 RPI	6		34.27	4.29	
Fiber, total dietary	g	0.1		0 RPI	6		0.1	0.0	
Sugars, total	g	11.80		0 RPI	6		31.97	4.00	
Starch	g								
Minanala									
Minerals: Calcium, Ca	ma	51		0 RPI	6		139	17	
Iron, Fe	-	0.01		0 RPI	6		0.02	0.00	
Magnesium, Mg		1		0 RPI	6		2	0	
Phosphorus, P		19		0 RPI	6		52	7	
Potassium, K	_	24		0 RPI	6		66	8	
Sodium, Na		4		0 RPI	6		11	1	
Zinc, Zn	mg	0.01		0 RPI	6		0.01	0.00	
Copper, Cu	mg	0.008	3	0 RPI	6		0.020	0.003	
Manganese, Mn	mg	0.007		0 RPA	1		0.018	0.002	
Selenium, Se	mcg	0.1		0 RPI	6		0.2	0.0	
Vitamins:									
Vitamin C, total ascorbic acid	ma	29.5		0 RPI	6		79.9	10.0	
Thiamin		0.000		O RPI	6		0.000	0.000	
Riboflavin		0.087		O RPI	6		0.236	0.029	
Niacin		1.023		0 RPI	6		2.771	0.347	
Pantothenic acid	_	0.001	L	0 RPI	6		0.003	0.000	
Vitamin B-6		0.102	2	0 RPI	6		0.277	0.035	
Folate, total	mcg	0		0 RPI	6		0	0	
Folic acid				0 RPI	6				
Folate, food		0		0 RPI	6		0	0	
Folate, DFE	mcg_DFE	0		0 RPI	6		0	0	
Vitamin B-12	mcg	0.00		0 RPI	6		0.00	0.00	
Vitamin A, IU		256		0 RPI	6		693	87	
Vitamin A, RAE		77		0 RPI	6		208	26	
Retinol		77		0 RPI	6		208	26	
Vitamin E (alpha-tocopherol)		0.00		0 RPI	6		0.00	0.00	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D Vitamin K (phylloquinone)		0.0		0 RPI	6		0.0	0.0	
vitanini K (phynodumone)	9	0.0			·		0.0	0.0	
<u>Lipids:</u>									
Fatty acids, total saturated	g	0.000		0 RPI	6		0.000	0.000	
4:0		0.000		0 RPI	6		0.000	0.000	
6:0		0.000		O RPI	6		0.000	0.000	
8:0		0.000		O RPI	6		0.000	0.000	
10:0	-	0.000		O RPI	6		0.000	0.000	
12:0	-	0.000	,	0 RPI	6		0.000	0.000	
13:0	-	0.000	1	0 RPI	6		0 000	0.000	
14:0 15:0	-	0.000	,	, KPI	о		0.000	0.000	
16:0	-	0.000	)	0 RPI	6		0.000	0.000	
17:0		0.000	•	, KEI	Ü		3.000	0.000	
18:0	-	0.000	)	0 RPI	6		0.000	0.000	
20:0	-	0.000	•	- 1111	·		3.000	0.000	
22:0	-								
24:0	-								

	Ar	nount in 100 g	grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common			
Nutrients and Units	Mean			Deriv	Source Code	Confidence Code	Measure 1	easures of food Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.000		0	RPI	6		0.000	0.000		
14:1g										
15:1g										
16:1 undifferentiatedg	0.000		0	RPI	6		0.000	0.000		
17:1g										
18:1 undifferentiatedg	0.000		0	RPI	6		0.000	0.000		
20:1g	0.000		0	RPI	6		0.000	0.000		
22:1 undifferentiatedg	0.000		0	RPI	6		0.000	0.000		
24:1 cg										
Fatty acids, total polyunsaturatedg	0.000		0	RPI	6		0.000	0.000		
18:2 undifferentiatedg	0.000		0	RPI	6		0.000	0.000		
18:3 undifferentiatedg	0.000		0	RPI	6		0.000	0.000		
18:4g	0.000		0	RPI	6		0.000	0.000		
20:2 n-6 c,cg										
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.000		0	RPI	6		0.000	0.000		
20:5 n-3g	0.000		0	RPI	6		0.000	0.000		
22:5 n-3g	0.000		0	RPI	6		0.000	0.000		
22:6 n-3g	0.000		0	RPI	6		0.000	0.000		
Fatty acids, total trans										
Cholesterolmg	0		0	RPI	6		0	0		
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0		0	RPI	6		0.0	0.0		
Caffeinemg	0		0	RPI	6		0	0		
Theobrominemg	0		0	RPI	6		0	0		
Carotenoids:										
Carotene, betamcg	0		0	RPI	6		0.100	0.013		
Carotene, alphamcg	0		0	RPI	6		0.017	0.002		
Cryptoxanthin, beta mcg	0		0	RPI	6		0.518	0.065		
Lycopenemcg	0		0	RPI	6		0.000	0.000		
Lutein + zeaxanthinmcg	0		0	RPI	6		0.402	0.050		

## **Common Measures:**

Measure 1 = 271g: 1 cup (8 fl oz)

Measure 2 = 33.9g: 1 fl oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

NDB No. 14424 Orange-flavor drink, breakfast type, with pulp, frozen concentrate

		<u>A</u>	mount in 100			ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Un	its	Mean			Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	Measure 2	Measure 3
Proximates:	_			_		_		10.10		
Water	-	55.20		6		1		19.49	234.05	
Energy		172 720		0	NC	4 4		61 254	729	
Energy		0.10		6		1		0.04	3051 0.42	
Protein (N x 6.25)		0.10		6		1		0.04	0.42 2.12	
Total lipid (fat)		1.30		6		1		0.18	5.51	
Carbohydrate, by difference		42.90		0	NC	4		15.14	181.90	
Fiber, total dietary		0.2		0	FLA	4		0.1	0.7	
Sugars, total		41.85		0	FLA	4		14.77	177.45	
Starch		11.05		Ū		•		22.77	177.43	
Starch	9									
Minerals:										
Calcium, Ca	-	130		1	AI	13		46	551	
Iron, Fe.		0.26		1		1		0.09	1.10	
Magnesium, Mg		2		1		1		1 27	8	
Phosphorus, P	_	76		6 6		1 1		27 154	322	
Potassium, K		435 24		6		1		154 8	1844 102	
Sodium, NaZinc, Zn		0.06		1		1		0.02	0.25	
Copper, Cu		0.039	<b>.</b>	0	FLA	4		0.014	0.165	
Manganese, Mn		0.028		0	FLA	4		0.010	0.120	
Selenium, Se		0.3		0	FLA	4		0.1	1.5	
ŕ										
Vitamins:		0.40		_		_		05.0		
Vitamin C, total ascorbic acid	-	243.1		1		1		85.8	1030.7	
Thiamin		0.422		1 1		1 1		0.149	1.789	
Riboflavin	-	0.133		1		1		0.047 0.000	0.564 0.000	
Niacin Pantothenic acid		0.000		1		1		0.000	0.000	
Vitamin B-6		0.025		1		1		0.009	0.000	
Folate, total	-	30	,	0	FLA	4		11	129	
Folic acid		0		0	FLA	4		0	0	
Folate, food		30		0	FLA	4		11	129	
Folate, DFE		30		0	NC	4		11	129	
Vitamin B-12		0.00		0	FLA	4		0.00	0.00	
Vitamin A, IU		0		0		1		0	0	
Vitamin A, RAE		0		0	z	7		0	0	
Retinol		0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)		0.30		0	FLA	4		0.11	1.28	
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D				•				0.1		
Vitamin K (phylloquinone)	mcg	0.2		0	FLA	4		0.1	0.8	
Lipids:										
Fatty acids, total saturated	g	0.078	3	0		1		0.028	0.331	
4:0	g	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	-	0.001	L	0		1		0.000	0.004	
15:0				_		_				
16:0		0.051	L	0		1		0.018	0.216	
17:0	-	0.00	•	^		4		0 000	0 110	
18:0 20:0	-	0.026	,	0		1		0.009	0.110	
22:0	-									
24:0	-									

NDB No. 14424 Orange-flavor drink, breakfast type, with pulp, frozen concentrate

	<u>Am</u>	ount in 100 grams		ole portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean S	Number of Data Std. Error Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	0.226	0		1		0.080	0.958	
14:1g								
15:1g								
16:1 undifferentiatedg	0.002	0		1		0.001	0.008	
17:1g								
18:1 undifferentiatedg	0.223	0		1		0.079	0.946	
20:1g	0.000	0		1		0.000	0.000	
22:1 undifferentiatedg	0.000	0		1		0.000	0.000	
24:1 cg								
Fatty acids, total polyunsaturated	0.197	0		1		0.070	0.835	
18:2 undifferentiatedg	0.183	0		1		0.065	0.776	
18:3 undifferentiatedg	0.014	0		1		0.005	0.059	
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	FLA	4		0	0	
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	FLA	4		0.0	0.0	
Caffeineg	0	0	FLA	4		0	0	
Theobrominemg	0	0	FLA	4		0	0	
Carotenoids:								
Carotene, betamcg	0	0	z	7		0.000	0.000	
Carotene, alphamcg	0	0	Z	7		0.000	0.000	
Cryptoxanthin, betamcg	0	0	Z	7		0.000	0.000	
Lycopene mcg	0	0	FLA	4		0.000	0.000	
Lutein + zeaxanthin mcg	0	0	Z	7		0.000	0.000	

## **Common Measures:**

Measure 1 = 35.3g: 1 fl oz

Measure 2 = 424g: 1 can (12 fl oz)

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.9

Food Group: 14 Beverages

NDB No. 14425 Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water

		<u>A</u>	mount in 100 gr	ams of edi	<u>on</u>	Amount in edible portion of common			
			Num	nber			<u>m</u>	easures of food	<u>l</u>
			of D	ata Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error Poi	nts Code	Code	Code	Measure 1	Measure 2	Measure
·									
Proximates: Water	a	87.18		0 RPI	6		216.20	27.02	
Energy	-	49		0 RPI			121	15	
Energy		205		0 RPI			508	63	
Protein (N x 0)		0.03		0 RPI			0.07	0.01	
Total lipid (fat)		0.14		0 RPI			0.35	0.04	
Ash		0.44		0 RPI			1.10	0.14	
Carbohydrate, by difference		12.21		0 RPI			30.28	3.79	
Fiber, total dietary		0.0		0 RPI			0.1	0.0	
Sugars, total		11.91		0 RPI			29.54	3.69	
Starch							25.51	3.03	
Staren	9								
<u>Minerals:</u>									
Calcium, Ca	_	39		0 RPI	6		96	12	
Iron, Fe	_	0.08		0 RPA	1		0.19	0.02	
Magnesium, Mg		1		0 RPA	1		3	0	
Phosphorus, P	-	22		0 RPA	1		54	7	
Potassium, K	-	124		0 RPA	1		307	38	
Sodium, Na	-	8		0 RPA	1		21	3	
Zinc, Zn		0.02	-	0 RPA 0 RPI	1 6		0.05 0.039	0.01 0.005	
Copper, Cu		0.016		0 RPI 0 RPI	6		0.039	0.005	
Manganese, Mn Selenium, Se		0.00	•	0 RPI	6		0.021	0.003	
Selemum, Se	g	0.1		0 KFI	•		0.2	0.0	
<u> Vitamins:</u>									
Vitamin C, total ascorbic acid	mg	69.2		0 RPI	6		171.6	21.5	
Thiamin	mg	0.120	)	0 RPI	6		0.298	0.037	
Riboflavin	mg	0.038	3	0 RPI	6		0.094	0.012	
Niacin	-	0.000	)	0 RPI	6		0.000	0.000	
Pantothenic acid	mg	0.007		0 RPI	6		0.018	0.002	
Vitamin B-6	-	0.000	)	0 RPI	6		0.000	0.000	
Folate, total	mcg	9		0 RPI	6		22	3	
Folic acid		0		0 RPI	6		0	0	
Folate, food	mcg	9		0 RPI	6		22	3	
Folate, DFE		9		0 NC	4		22	3	
Vitamin B-12		0.00		0 RPI	6		0.00	0.00	
Vitamin A, IU		0		0 RPI	6		0	0	
Vitamin A, RAE		0		0 RPI	6		0	0	
Retinol		0		0 RPI	6		0	0	
Vitamin E (alpha-tocopherol)	<del>-</del>								
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D Vitamin K (phylloquinone)									
ipids:	-								
	a	0.022	<b>,</b>	0 RPA	1		0.055	0.007	
Fatty acids, total saturated		0.022		0 RPA	1		0.000	0.007	
6:0		0.000		0 RPA	1		0.000	0.000	
8:0		0.000		0 RPA	1		0.000	0.000	
10:0	-	0.000		0 RPA	1		0.000	0.000	
12:0	-	0.000		0 RPA	1		0.000	0.000	
13:0	-				-		2		
14:0.	-	0.000	)	0 RPA	1		0.001	0.000	
15:0									
16:0	-	0.015	5	0 RPA	1		0.036	0.005	
17:0					=				
18:0		0.007	7	0 RPA	1		0.018	0.002	
20:0									

NDB No. 14425 Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water

		<u>A</u>	mount in 100			ole portic	<u>on</u>	Amount in edible portion of common measures of food		
			(	Number of Data	Deriv		Confidence	<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	0.064	ŀ	0	RPA	1		0.159	0.020	
14:1 15:1	_									
16:1 undifferentiated	g	0.001		0	RPA	1		0.001	0.000	
17:1 18:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.063	1	0	RPA	1		0.157	0.020	
20:1	g	0.000	)	0	RPA	1		0.000	0.000	
22:1 undifferentiated	g	0.000	)	0	RPA	1		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsaturat	tedg	0.056	i	0	RPA	1		0.139	0.017	
18:2 undifferentiated		0.052		0	RPA	1		0.129	0.016	
18:3 undifferentiated	g	0.004		0	RPA	1		0.010	0.001	
18:4	_	0.000	1	0	RPA	1		0.000	0.000	
20:2 n-6 c,c	• • • • • • • • • • • • • • • • • • • •									
20:3 undifferentiated	_									
20:4 undifferentiated	_	0.000		0	RPA	1		0.000	0.000	
20:5 n-3	_	0.000		0	RPA	1		0.000	0.000	
22:5 n-3	• • • • • • • • • • • • • • • • • • • •	0.000		0	RPA	1		0.000	0.000	
22:6 n-3		0.000	1	0	RPA	1		0.000	0.000	
Fatty acids, total trans				_				_		
Cholesterol	_	0		0	RPI	6		0	0	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.000	1	0	RPA	1		0.000	0.000	
Threonine		0.000	1	0	RPA	1		0.000	0.000	
Isoleucine	g	0.000	1	0	RPA	1		0.000	0.000	
Leucine	g	0.000	)	0	RPA	1		0.000	0.000	
Lysine	g	0.000	)	0	RPA	1		0.000	0.000	
Methionine	g	0.000	)	0	RPA	1		0.000	0.000	
Cystine	g	0.000	)	0	RPA	1		0.000	0.000	
Phenylalanine	g	0.000	)	0	RPA	1		0.000	0.000	
Tyrosine	g	0.000	)	0	RPA	1		0.000	0.000	
Valine	g	0.000	)	0	RPA	1		0.000	0.000	
Arginine	g	0.000	)	0	RPA	1		0.000	0.000	
Histidine	g	0.000	)	0	RPA	1		0.000	0.000	
Alanine	g	0.000	)	0	RPA	1		0.000	0.000	
Aspartic acid	g	0.000	1	0	RPA	1		0.000	0.000	
Glutamic acid	g	0.000	)	0	RPA	1		0.000	0.000	
Glycine	g	0.000	1	0	RPA	1		0.000	0.000	
Proline	g	0.000	)	0	RPA	1		0.000	0.000	
Serine	g	0.000	)	0	RPA	1		0.000	0.000	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	a	0.0		0	RPI	6		0.0	0.0	
Caffeine		0.0		0	RPI	6		0.0	0.0	
Theobromine		Ö		0	RPI	6		0	0	
		v		Ū		Ū		•	•	
Carotenoids:										
Carotene, beta		0		0	RPI	6		0.000	0.000	
Carotene, alpha		0		0	RPI	6		0.000	0.000	
Cryptoxanthin, beta		0		0	RPI	6		0.000	0.000	
Lycopene		0		0	RPI	6		0.000	0.000	
Lutein + zeaxanthin	mcg	0		0	RPI	6		0.000	0.000	

#### **Common Measures:**

Measure 1 = 248g: 1 cup (8 fl oz)

Measure 2 = 31.0g: 1 fl oz

NDB No. 14425

Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

		<u>A</u> 1	mount in 100 grar	ns of edil	ole portic	<u>on</u>	Amount in edible portion of common			
			Numb	er			<u>m</u>	easures of food	<u> </u>	
			of Da	ta Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	87.90	7		1		219.75	27.51		
Energy	kcal	47	0	NC	4		118	15		
Energy	kj	197			4		492	62		
Protein (N x 6.25)	g	0.20	8		1		0.50	0.06		
Total lipid (fat)	g	0.10	7		1		0.25	0.03		
Ash	g	0.20	7		1		0.50	0.06		
Carbohydrate, by difference	g	11.60	0	NC	4		29.00	3.63		
Fiber, total dietary	g	0.1	0	FLA	4		0.2	0.0		
Sugars, total	g	11.52	O	FLA	4		28.79	3.60		
Starch	g									
Minerals:										
Calcium. Ca	ma	7	8		1		18	2		
Iron. Fe.	• • • • • • • • • • • • • • • • • • • •	0.31	7		1		0.78	0.10		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	6	8		1		15	2		
Phosphorus, P		6	8		1		15	2		
Potassium, K	-	61	8		1		153	19		
Sodium, Na		14	5		1		35	4		
Zinc, Zn	-	0.06	7		1		0.15	0.02		
Copper, Cu		0.045			1		0.113	0.014		
Manganese, Mn		0.413			1		1.033	0.129		
Selenium, Se		0.1	0	FLA	4		0.2	0.0		
•										
Vitamins:										
Vitamin C, total ascorbic acid	-	46.0	1'		1		115.0	14.4		
Thiamin	-	0.030			1		0.075	0.009		
Riboflavin	=	0.016			1		0.040	0.005		
Niacin	-	0.267			1		0.668	0.084		
Pantothenic acid	_	0.053			1		0.133	0.017		
Vitamin B-6	_	0.042			1		0.105	0.013		
Folate, total		9 0	0	FLA	4		23 0	3		
Folic acid		9	0	FLA	4			0 3		
Folate, food		9	0	FLA NC	4 4		23 23			
Folate, DFE			0				0.00	3 0.00		
Vitamin B-12		0.00 2	0	FLA FLA	4 4		6			
Vitamin A, IU		0	0				0	1 0		
Vitamin A, RAE		0	0	FLA FLA	4 4		0	0		
Retinol		0.01	0	FLA	4		0.03	0.00		
Vitamin E (alpha-tocopherol) Tocopherol, beta		0.01	0	FLIA	4		0.03	0.00		
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.1	0	FLA	4		0.3	0.0		
<u>Lipids:</u>										
Fatty acids, total saturated		0.006			1		0.015	0.002		
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		0 000			4		0.000	0.000		
14:0		0.000	0		1		0.000	0.000		
15:0		2 22-						2 22-		
16:0		0.005	0		1		0.013	0.002		
17:0	_	0 000	•		1		0 005	0 001		
18:0	_	0.002	0		1		0.005	0.001		
20:0	_									
22:0	9									

An	nount in 100 g	rams of ed	ible portio	<u>on</u>	Amount in edible portion of common			
	of	Data Deriv			_			
Mean	Std. Error Po	ints Code	Code	Code	Measure 1	Measure 2	Measure 3	
0.010		0	1		0.025	0.003		
0.001		0	1		0.003	0.000		
0.009		0	1		0.023	0.003		
0.000		0	1		0.000	0.000		
0.000		0	1		0.000	0.000		
0.028		0	1		0.070	0.009		
0.017		0	1		0.043	0.005		
0.011		0	1		0.028	0.003		
0.000		0	1		0.000	0.000		
0.000		0	1		0.000	0.000		
0.000		0	1		0.000	0.000		
0.000		0	1		0.000	0.000		
0.000		0	1		0.000	0.000		
0		0 FLA	. 4		0	0		
0.0		0 FLA	. 4		0.0	0.0		
0		0 FLA	. 4		0	0		
0		0 FLA	. 4		0	0		
1		0 FLA	. 4		3.315	0.415		
0		0 FLA	. 4		0.342	0.043		
0		0 FLA	. 4		0.141	0.018		
0		0 FLA	. 4		0.000	0.000		
1		0 FLA	. 4		1.900	0.238		
	0.010 0.010 0.009 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0 0 0 1 0 0 0 0	Mean Std. Error Po  0.010  0.001  0.009 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.000	Mean   Std. Error   Of Data   Derivor Code	Number   Of Data   Deriv   Code	Mean         Std. Error         of Data Points         Deriv Code         Source Code         Code           0.010         0         1         0.00         1           0.001         0         1         0.00         1           0.000         0         1         0.00         1           0.028         0         1         0.00         1           0.017         0         1         0.00         1           0.001         0         1         0.00         1           0.000         0         1         0.00         1           0.000         0         1         0.00         1           0.000         0         FLA         4           0         0         FLA         4 <t< td=""><td>  Number</td><td>  Number</td></t<>	Number	Number	

# **Common Measures:**

Measure 1 = 250g: 1 cup (8 fl oz)

Measure 2 = 31.3g: 1 fl oz

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.9

Food Group: 14 Beverages

		<u>Aı</u>	mount in 100 g	ırams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	ımber	•			<u>m</u>	easures of food	_	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	86.90	0.026	15		1		217.25	27.20		
Energy	kcal	50		0	NC	4		125	16		
Energy		209				4		523	65		
Protein (N x 6.25)	g	1.30	0.000	15		1		3.25	0.41		
Total lipid (fat)	g	0.00	0.000	15		1		0.00	0.00		
Ash	g	0.10	0.000	22		1		0.25	0.03		
Carbohydrate, by difference	g	11.80		0	NC	4		29.50	3.69		
Fiber, total dietary		0.1		0	FLA	4		0.2	0.0		
Sugars, total		11.59		0	FLA	4		28.98	3.63		
Starch											
Minerals:		_				_		10	•		
Calcium, Ca	_	5	0.248	15		1		13	2		
Iron, Fe	_	0.27	0.023	15		1		0.68	0.08		
Magnesium, Mg		6	0.153	15		1		15	2		
Phosphorus, P	-	4	0.091	15		1		10	1		
Potassium, K	_	46	1.540	22		1		115	14		
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	3	0.163	15		1		8	1		
Zinc, Zn		0.06	0.002	15		1 1		0.15	0.02		
Copper, Cu		0.041		15				0.103	0.013		
Manganese, Mn		0.361		0		1 4		0.903	0.113		
Selenium, Se	Ilicy	0.1		U	FLA	4		0.2	0.0		
Vitamins:											
Vitamin C, total ascorbic acid	mg	22.5	0.423	27		1		56.3	7.0		
Thiamin	mg	0.030	0.000	15		1		0.075	0.009		
Riboflavin	mg	0.019	0.000	15		1		0.048	0.006		
Niacin	mg	0.207	0.007	15		1		0.518	0.065		
Pantothenic acid	mg	0.057		0		1		0.143	0.018		
Vitamin B-6	mg	0.047		0		1		0.118	0.015		
Folate, total	mcg	9		0	FLA	4		23	3		
Folic acid		0		0	FLA	4		0	0		
Folate, food		9		0	FLA	4		23	3		
Folate, DFE		9		0	NC	4		23	3		
Vitamin B-12		0.00		0	FLA	4		0.00	0.00		
Vitamin A, IU	IU	19		0	FLA	4		48	6		
Vitamin A, RAE		1		0	FLA	4		2	0		
Retinol	mcg	0		0	FLA	4		0	0		
Vitamin E (alpha-tocopherol)	mg	0.03		0	FLA	4		0.07	0.01		
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta	mg										
Vitamin D											
Vitamin K (phylloquinone)	mcg	0.1		0	FLA	4		0.3	0.0		
Lipids:											
Fatty acids, total saturated	α	0.000		0		1		0.000	0.000		
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		2.200		•		-		3.000	0.000		
14:0		0.000		0		1		0.000	0.000		
15:0		2.200		•		-		3.000	0.000		
16:0		0.000		0		1		0.000	0.000		
17:0		2.200		•		-		3.000	0.000		
18:0	-	0.000		0		1		0.000	0.000		
20:0	-	0.000		•		-		3.000	0.000		
22:0	-										
24:0	-										

	<u>Ar</u>	nount in 100 g	rams of e	dible portio	<u>on</u>	Amount in edible portion of common			
		of	nber Data Der		Confidence	<u>m</u>	easures of food		
Nutrients and Units	Mean	Std. Error Po	ints Cod	le Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.000		0	1		0.000	0.000		
14:1g									
15:1									
16:1 undifferentiatedg	0.000		0	1		0.000	0.000		
17:1g									
18:1 undifferentiatedg	0.000		0	1		0.000	0.000		
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	0.000		0	1		0.000	0.000		
18:2 undifferentiatedg	0.000		0	1		0.000	0.000		
18:3 undifferentiatedg	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		0	1		0.000	0.000		
Fatty acids, total transg									
Cholesterol mg	0		0 FI	.A 4		0	0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0 FI	.A. 4		0.0	0.0		
Caffeinemg	0		0 FI	.A. 4		0	0		
Theobromine mg	0		0 FI	.A. 4		0	0		
Carotenoids:									
Carotene, betamcg	4		0 FI	.A. 4		9.536	1.194		
Carotene, alphamcg	0		0 FI	.A 4		1.207	0.151		
Cryptoxanthin, betamcg	15		0 FI	.A 4		37.000	4.632		
Lycopene mcg	0		0 FI	.A 4		0.000	0.000		
Lutein + zeaxanthin mcg	12		0 FI	.A 4		28.757	3.600		

## **Common Measures:**

Measure 1 = 250g: 1 cup (8 fl oz) Measure 2 = 31.3g: 1 fl oz

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.9

Food Group: 14 Beverages

NDB No. 14342 Rice beverage, RICE DREAM, canned

Imagine Foods, Inc.

Nutrients and Units  Proximates:  Water	9 9 9 9 9 9 9 9	Mean  88.77 49 205 0.17 0.81 0.10 10.14 0.0	Std. Error		A NC A A NC A	Source Code 1 4 4 1 1 1	Confidence Code	Measure 1  217.49 120 502 0.42 1.98 0.25 24.84 0.0	27.16 15 63 0.05 0.25 0.03 3.10 0.0	Measure
Proximates:  Water	9 9 9 9 9 9 9 9	88.77 49 205 0.17 0.81 0.10 10.14 0.0	Std. Error	Points  2 0 2 2 2 0 2 2 2 2 0 2	A NC A A NC A	1 4 4 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1		217.49 120 502 0.42 1.98 0.25 24.84	27.16 15 63 0.05 0.25 0.03 3.10	Measure
Proximates:  Water	9 9 9 9 9 9 9 9	88.77 49 205 0.17 0.81 0.10 10.14 0.0	Std. Error	2 0 2 2 2 0 2	A NC A A NC A	1 4 4 1 1 4	Code	217.49 120 502 0.42 1.98 0.25 24.84	27.16 15 63 0.05 0.25 0.03 3.10	Measure
Water         9           Energy         kc           Energy         kj           Protein (N x 5.95)         9           Total lipid (fat)         9           Ash         9           Carbohydrate, by difference         9           Fiber, total dietary         9           Sugars, total         9           Starch         9           Minerals:         Calcium, Ca           Calcium, Ca         m           Iron, Fe         m           Magnesium, Mg         m           Phosphorus, P         m           Potassium, K         m           Sodium, Na         m           Zinc, Zn         m           Copper, Cu         m           Manganese, Mn         m           Selenium, Se         m           Vitamins:         vitamin C, total ascorbic acid         m           Niacin         m           Pantothenic acid         m           Folate, total         m           Folate, food         m           Folate, DFE         m           Vitamin B-12         m           Vitamin A, IU         IU	9 9 9 9 9 9 9 9	49 205 0.17 0.81 0.10 10.14 0.0		0 2 2 2 0 2	NC A A A NC A	4 4 1 1 4 1		120 502 0.42 1.98 0.25 24.84	15 63 0.05 0.25 0.03 3.10	
Energy kc Energy kj Protein (N x 5.95)	9 9 9 9 9 9 9 9	49 205 0.17 0.81 0.10 10.14 0.0		0 2 2 2 0 2	NC A A A NC A	4 4 1 1 4 1		120 502 0.42 1.98 0.25 24.84	15 63 0.05 0.25 0.03 3.10	
Energy	9 9 9 9 9 9 9 9	205 0.17 0.81 0.10 10.14 0.0		2 2 2 0 2	A A A NC A	4 1 1 4 1		502 0.42 1.98 0.25 24.84	63 0.05 0.25 0.03 3.10	
Protein (N x 5.95)	g g g g g g g	0.17 0.81 0.10 10.14 0.0		2 2 0 2	A A NC A	1 1 1 4 1		0.42 1.98 0.25 24.84	0.05 0.25 0.03 3.10	
Total lipid (fat)	g g g g g g g	0.81 0.10 10.14 0.0		2 2 0 2	A A NC A	1 1 4 1		1.98 0.25 24.84	0.25 0.03 3.10	
Ash. 9 Carbohydrate, by difference. 9 Fiber, total dietary. 9 Sugars, total. 9 Starch. 9  Vinerals:  Calcium, Ca. m. Iron, Fe. m. Magnesium, Mg. m. Phosphorus, P. m. Sodium, Na. m. Copper, Cu. m. Manganese, Mn. m. Selenium, Se. m. Vitamins:  Vitamin C, total ascorbic acid. m. Thiamin m. Riboflavin m. Niacin m. Pantothenic acid. m. Folate, total m. Folate, food. m. Folate, DFE. m. Vitamin A, IU. IU	g g g g g g g	0.10 10.14 0.0		2 0 2	A NC A	1 4 1		0.25 24.84	0.03 3.10	
Carbohydrate, by difference	g g g g g g g	10.14 0.0		0 2 2	NC A	4 1		24.84	3.10	
Fiber, total dietary	g g g g g g g	8 0.08 4 14 28 35		2	A	1				
Sugars, total	g g g g g g g	8 0.08 4 14 28 35		2	A			0.0	0.0	
Starch	g g g g g g g	0.08 4 14 28 35				4				
Alinerals:  Calcium, Ca	g g g g g g g	0.08 4 14 28 35				4				
Calcium, Ca	g g g g g g g	0.08 4 14 28 35				1				
Calcium, Ca	g g g g g g g	0.08 4 14 28 35				4				
Iron, Fe	g g g g g g g	0.08 4 14 28 35						20	2	
Magnesium, Mg	g g g g g g	4 14 28 35		_	A	1		0.20	0.02	
Phosphorus, P	g g g g g	14 28 35		2	A	1		10	1	
Potassium, K	g g g g	28 35		2	A	1		34	4	
Sodium, Na	g g g	35		2	A	1		69	9	
Zinc, Zn	g g g			2	A	1		86	11	
Copper, Cu	g g	0.10		2	A	1		0.25	0.03	
Manganese, Mn	g	0.050	)	2	A	1		0.123	0.015	
Selenium, Se.         m           /itamins:         Vitamin C, total ascorbic acid.         m           Thiamin         m           Riboflavin         m           Niacin         m           Pantothenic acid         m           Vitamin B-6         m           Folica cid         m           Folica plocated         m           Folate, food         m           Folate, DFE         m           Vitamin B-12         m           Vitamin A, IU         IU		0.050		2	A	1		0.123	0.015	
Vitamins:         Vitamin C, total ascorbic acid.         m.           Thiamin         m.         Riboflavin.         m.           Niacin         m.         M.           Pantothenic acid.         m.         M.           Vitamin B-6.         m.         Folate, total.         m.           Folic acid.         m.         Folate, food.         m.           Folate, DFE.         m.         Vitamin B-12.         m.           Vitamin A, IU.         IU         IU										
Vitamin C, total ascorbic acid										
Thiamin         m           Riboflavin         m           Niacin         m           Pantothenic acid         m           Vitamin B-6         m           Folate, total         m           Folic acid         m           Folate, food         m           Folate, DFE         m           Vitamin B-12         m           Vitamin A, IU         IU	_				_	_				
Riboflavin         m           Niacin         m           Pantothenic acid         m           Vitamin B-6         m           Folate, total         m           Folic acid         m           Folate, food         m           Folate, DFE         m           Vitamin B-12         m           Vitamin A, IU         IU	-	0.5		2	A -	1		1.2	0.2	
Niacin         m           Pantothenic acid         m           Vitamin B-6         m           Folate, total         m           Folic acid         m           Folate, food         m           Folate, DFE         m           Vitamin B-12         m           Vitamin A, IU         IU		0.031		2	A	1		0.076	0.009	
Pantothenic acid. m. Vitamin B-6. m. Folate, total m. Folic acid. m. Folate, food. m. Folate, DFE. m. Vitamin B-12. m. Vitamin A, IU. IU		0.005			A	1		0.012	0.002	
Vitamin B-6. m. Folate, total m. Folic acid m. Folate, food m. Folate, DFE m. Vitamin B-12 m. Vitamin A, IU. IU		0.779 0.059		2	A A	1 1		1.909 0.145	0.238	
Folate, total         m           Folic acid.         m           Folate, food.         m           Folate, DFE.         m           Vitamin B-12.         m           Vitamin A, IU.         IU		0.059		2	A	1		0.145	0.018 0.006	
Folic acid.         m           Folate, food.         m           Folate, DFE.         m           Vitamin B-12.         m           Vitamin A, IU.         IU	-	37	•	2	A	1		91	11	
Folate, food.         m           Folate, DFE.         m           Vitamin B-12.         m           Vitamin A, IU.         IU		0		0	z	7		0	0	
Folate, DFE		37		2	A	1		91	11	
Vitamin B-12mı Vitamin A, IUIU		37		0	NC	4		91	11	
Vitamin A, IUIU		0.00		0	z	7		0.00	0.00	
		2		2	A	1		5	1	
Vitamin A, RAEme		0		0	NC	4		0	0	
Retinol m		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)m										
Tocopherol, betam										
Tocopherol, gammam										
Tocopherol, deltam	g									
Vitamin DIU										
Vitamin K (phylloquinone)m	cg									
Lipids:										
Fatty acids, total saturated9		0.068	<b>:</b>	2	A	1		0.167	0.021	
4:0g		0.000		2	A	1		0.000	0.000	
6:0g		0.000		2	A	1		0.000	0.000	
8:0g		0.000		2	A	1		0.000	0.000	
10:0g		0.000		2	A	1		0.000	0.000	
12:0g		0.000		2	A	1		0.000	0.000	
13:0g										
14:0g		0.000	)	2	A	1		0.000	0.000	
15:0g										
16:0g		0.049	)	2	A	1		0.120	0.015	
17:0g										
18:0g		0.020	)	2	A	1		0.049	0.006	
20:0g										
22:0g										

	<u>Ar</u>	mount in 100 gram	s of edi	<u>on</u>	Amount in edible portion of common			
		Numbe	r			<u>m</u>	easures of food	
Nutrients and Units	Mean	of Data Std. Error Points			Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.549	2	A	1		1.345	0.168	
14:1g								
15:1	0.000	2	A	1		0.000	0.000	
18:1 undifferentiatedg	0.549	2	A	1		1.345	0.168	
20:1g	0.000	2	A	1		0.000	0.000	
22:1 undifferentiatedg	0.000	2	A	1		0.000	0.000	
24:1 cg								
Fatty acids, total polyunsaturatedg	0.126	2	A	1		0.309	0.039	
18:2 undifferentiatedg	0.126	2	A	1		0.309	0.039	
18:3 undifferentiatedg	0.000	2	A	1		0.000	0.000	
18:4g	0.000	2	A	1		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	2	A	1		0.000	0.000	
20:5 n-3g	0.000	2	A	1		0.000	0.000	
22:5 n-3g	0.000	2	A	1		0.000	0.000	
22:6 n-3g	0.000	2	A	1		0.000	0.000	
Fatty acids, total transg								
Cholesterol mg	0	0	Z	7		0	0	
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	Z	7		0.0	0.0	
Caffeine mg								
Theobrominemg								

## **Common Measures:**

Measure 1 = 245g: 1 cup Measure 2 = 30.6g: 1 fl oz

Calories Factors: Protein 3.41 Fat 8.37 Carbohydrate 4.12

Food Group: 14 Beverages

## NDB No. 14123 SNAPPLE, SNAPPLE Kiwi Strawberry Cocktail, ready-to-drink

Snapple Beverage Corporation

Refuse: 0%

		<u>A</u>	mount in 10	00 grams	of edib	ole portio	<u>on</u>	Amount in edible portion of common		
				Number				<u>m</u>	easures of food	<u> </u>
Nutrients and Uni	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water		88.00		1	A	1		214.72		
Energy		48		0	NC	4		116		
Energy	kj	199				4		486		
Protein	g	0.10		1	A	1		0.24		
Total lipid (fat)	g	0.00		1	A	1		0.00		
Ash	g	0.10		1	A	1		0.24		
Carbohydrate, by difference	g	11.80		0	NC	4		28.79		
Fiber, total dietary		0.0		1	LC	8		0.0		
Sugars, total		9.30		1	A	1		22.69		
Starch				_		_				
Minerals:										
Calcium, Ca	mg	0		1	LC	8		0		
Iron, Fe	mg	0.15		1	LC	8		0.36		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	3		1	A	1		6		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	_	0.0		1	LC	8		0.0		
Thiamin	_									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	<u>mg</u>									
Vitamin B-6	mg									
Folate, total										
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	123		1	LC	8		300		
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:	_			_		_				
Fatty acids, total saturated	-	0.000	)	1	LC	8		0.000		
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol	mg	0		1	LC	8		0		
Phytosterols	mg									

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

#### **Common Measures:**

Measure 1 = 244g: 8 fl oz

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

NDB No. 14123

SNAPPLE, SNAPPLE Kiwi Strawberry Cocktail, ready-to-drink

Food Group: 14 Beverages

		<u>Aı</u>	mount in 100 gran	ns 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	ta Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:										
Water		71.50	10		1		118.69	14.87	327.47	
Energy	kcal	127	0	NC	4		211	26	582	
Energy	kj	531			4		882	111	2434	
Protein (N x 6.38)	g	3.40	1:	L	1		5.64	0.71	15.57	
Total lipid (fat)	g	3.70	14	l	1		6.14	0.77	16.95	
Ash	g	0.90	10	)	1		1.49	0.19	4.12	
Carbohydrate, by difference	g	20.50	0	NC	4		34.03	4.26	93.89	
Fiber, total dietary	g	1.9	0	FLA	4		3.1	0.4	8.6	
Sugars, total		18.60	0	NR	4		30.88	3.87	85.19	
Starch										
<u>Minerals:</u>					_		4			
Calcium, Ca	_	113	19		1		188	24	518	
Iron, Fe	_	0.31	15		1		0.51	0.06	1.4	
Magnesium, Mg		17	13		1		28	4	78	
Phosphorus, P	_	102	11		1		169	21	467	
Potassium, K		200	15		1		332	42	916	
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	97	20		1		161	20	444	
Zinc, Zn	_	0.41	18		1		0.68	0.09	1.8	
Copper, Cu		0.065			1		0.108	0.014	0.2	
Manganese, Mn		0.039			1		0.065	0.008	0.1	
Selenium, Se	mcg	1.7	0.283 13	A	1		2.8	0.4	7.8	
itamins:										
Vitamin C, total ascorbic acid	ma	0.4	5		1		0.7	0.1	1.8	
Thiamin	-	0.058			1		0.096	0.012	0.2	
Riboflavin		0.030			1		0.407	0.051	1.1	
Niacin		0.161			1		0.267	0.033	0.7	
Pantothenic acid	_	0.101			1		0.647	0.033	1.7	
Vitamin B-6	-	0.050			1		0.047	0.010	0.2	
	-	5	, 3	FLA	4		8	1	22	
Foliate, total		5	0	FLA	4		0	1	22	
Folic acid		5	0	FLA	4		8	1	22	
Folate, foodFolate, DFE		5	0	FLA	4		8	1	22	
			3	FLA					1.5	
Vitamin B-12		0.34 93	3		1 1		0.56 154	0.07		
Vitamin A, IU								19	426	
Vitamin A, RAE		26	0	FLA	4		43	5	117	
Retinol		25	0	FLA	4		42	5	116	
Vitamin E (alpha-tocopherol)		0.11	0	FLA	4		0.19	0.02	0.5	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta		24 661	. 0				E7 E20	7.010	150 7	
Vitamin D		34.661	. 0	FLA	4		57.538	7.210	158.7	
Vitamin K (phylloquinone)	riicg	1.5	U	FLA	4		2.5	0.3	6.8	
<u>ipids:</u>										
Fatty acids, total saturated	g	2.313	3 0		1		3.840	0.481	10.5	
4:0		0.121			1		0.201	0.025	0.5	
6:0	-	0.073			1		0.121	0.015	0.3	
8:0.	-	0.043			1		0.071	0.009	0.1	
10:0		0.094			1		0.156	0.020	0.4	
12:0		0.103			1		0.171	0.021	0.4	
13:0								- /		
14:0	-	0.373	3 0		1		0.619	0.078	1.7	
15:0	_		·		=		3.023	0.0.0		
16:0	-	0.978	3 0		1		1.623	0.203	4.4	
17:0	-	0.570	•		-		025	0.203		
18:0	-	0.449	0		1		0.745	0.093	2.0	
20:0	_	V.443	•		-		0.743	0.093	2.0	
22:0	-									
24:0	-									

		<u>Ar</u>	nount in 10	00 grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
				Number		_			easures of food		
Nutrients and	d Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsatur	rated 0	1.075		0		1		1.785	0.224	4.924	
14:1		2.0.0		·		_		1.703	0.224		
15:1	_			_		_					
16:1 undifferentiated 17:1	• • • • • • • • • • • • • • • • • • • •	0.022		0		1		0.037	0.005	0.101	
18:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.935		0		1		1.552	0.194	4.282	
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	•	0.000		·		_		0.000	0.000	0.000	
Fatty acids, total polyunsatura		0.140		0		1		0.232	0.029	0.641	
18:2 undifferentiated		0.085		0		1		0.141	0.018	0.389	
18:3 undifferentiated		0.055		0		1		0.091	0.011	0.252	
18:4		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	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	13		7		1		22	3	60	
Phytosterols	mg										
Amino Acids:											
Tryptophan	α	0.048		0		1		0.080	0.010	0.220	
Threonine		0.154		0		1		0.256	0.032	0.705	
Isoleucine	=	0.206		0		1		0.342	0.043	0.943	
Leucine	_	0.334		0		1		0.554	0.069	1.530	
Lysine		0.270		0		1		0.448	0.056	1.237	
Methionine		0.085		0		1		0.141	0.018	0.389	
Cystine		0.031		0		1		0.051	0.006	0.142	
Phenylalanine		0.164		0		1		0.272	0.034	0.751	
Tyrosine		0.164		0		1		0.272	0.034	0.751	
Valine		0.228		0		1		0.378	0.047	1.044	
Arginine	g	0.123		0		1		0.204	0.026	0.563	
Histidine	g	0.093		0		1		0.154	0.019	0.426	
Alanine	g	0.117		0		1		0.194	0.024	0.536	
Aspartic acid	g	0.257		0		1		0.427	0.053	1.177	
Glutamic acid	g	0.713		0		1		1.184	0.148	3.266	
Glycine	g	0.072		0		1		0.120	0.015	0.330	
Proline		0.329		0		1		0.546	0.068	1.507	
Serine	g	0.185		0		1		0.307	0.038	0.847	
Hydroxyproline	g										
Others:											
Alcohol, ethyl	a	0.0		0	FLA	4		0.0	0.0	0.0	
Caffeine		1		0	FLA	4		2	0.0	6	
Theobromine		45		0	FLA	4		75	9	207	
Carotenoids:				•		-		.5	,	201	
<u></u>	-	_		_	_	_					
Carotene, beta	-	5		0	FLA	4		7.646	0.958	21.096	
Carotene, alpha		0		0	FLA	4		0.000	0.000	0.000	
Cryptoxanthin, beta		0		0	FLA	4		0.000	0.000	0.000	
Lycopene		0		0	FLA	4		0.000	0.000	0.000	
Lutein + zeaxanthin	ijcg	1		0	FLA	4		1.077	0.135	2.972	

#### **Common Measures:**

Measure 1 = 166g: 1 cup (8 fl oz)

Measure 2 = 20.8g: 1 fl oz

Measure 3 = 458g: 1 large McDonald's shake (22 fl oz)

NDB No. 14346

Shake, fast food, chocolate

Calories Factors: Protein 4.27 Fat 8.8 Carbohydrate 3.9

Food Group: 14 Beverages

		<u>A</u> 1	mount in 100	grams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			N	lumber				<u>m</u>	easures of food	<u>[</u>	
				of Data		Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error F	Points	Code	Code	Code	Measure 1	Measure 2	Measure :	
Proximates:											
Water		74.10		6		1		209.70			
Energy	kcal	113		0	NC	4		320			
Energy	kj	473				4		1338			
Protein (N x 6.38)	g	3.40		3		1		9.62			
Total lipid (fat)	g	2.80		6		1		7.92			
Ash		0.90		3		1		2.55			
Carbohydrate, by difference		18.90		0	NC	4		53.49			
Fiber, total dietary		0.4		0	BFZN	4		1.1			
Sugars, total											
Starch	9										
Minerals:											
Calcium, Ca	mg	113		3		1		320			
Iron, Fe		0.11		3		1		0.31			
Magnesium, Mg		13		3		1		37			
Phosphorus, P		100		3		1		283			
Potassium, K		182		3		1		515			
Sodium, Na		83		3		1		235			
Zinc, Zn		0.36		3		1		1.02			
Copper, Cu		0.022 0.015		3 3		1 1		0.062 0.042			
Manganese, Mn Selenium, Se		2.1	•	0	BFPN	4		5.9			
Selemum, Se	1110g	2.1		Ū	DEFIN	•		3.3			
Vitamins:											
Vitamin C, total ascorbic acid	-	0.8		3		1		2.3			
Thiamin	-	0.045		3		1		0.127			
Riboflavin		0.195		3		1		0.552			
Niacin		0.175		3		1		0.495			
Pantothenic acid		0.492 0.044		3 3		1 1		1.392 0.125			
Vitamin B-6	-	3	•	3		1		8			
Folic acid		0		0	z	7		0			
Folate, food		3		3	-	1		8			
Folate, DFE		3		0	NC	4		8			
Vitamin B-12		0.31		3		1		0.88			
Vitamin A, IU	IU	120		2		1		340			
Vitamin A, RAE		26		0	NC	4		75			
Retinol		26		0	0	4		75			
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta			_		_						
Vitamin D		8.000	)	0	T	4		22.640			
Vitamin K (phylloquinone)	nicg										
<u>Lipids:</u>											
Fatty acids, total saturated	g	1.734	1	0		4		4.907			
Fatty acids, total monounsaturated											
14:1	_										
15:1											
16:1 undifferentiated											
17:1	_	0.701	1	0		4		1.984			
20:1		0.701	•	Ū		-2		1.704			
22:1 undifferentiated	_										
24:1 c	_										
Fatty acids, total polyunsaturated	-										
18:2 undifferentiated		0.063	3	0		4		0.178			
18:3 undifferentiated											
18:4	g										
20:2 n-6 c.c	q										

		<u>Aı</u>	mount in 10	00 grams	Amount in edible portion of common					
				Number			measures of food			
Nutrients and l	Units	Mean	Std. Error		 Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
20:3 undifferentiated. 20:4 undifferentiated. 20:5 n-3. 22:5 n-3. 22:6 n-3. Fatty acids, total trans. Cholesterol. Phytosterols.	g g g g g g	11		5	1		31			
Amino Acids:  Tryptophan. Threonine. Isoleucine. Leucine. Lysine. Methionine. Cystine. Phenylalanine. Tyrosine. Valine. Arginine. Histidine. Alanine Aspartic acid. Glutamic acid. Glycine. Proline. Serine	9 9 9 9 9 9 9 9 9 9	0.047 0.152 0.204 0.329 0.266 0.084 0.031 0.162 0.162 0.225 0.121 0.092 0.116 0.254 0.703 0.072			1 1 1 1 1 1 1 1 1 1 1 1 1		0.133 0.430 0.577 0.931 0.753 0.238 0.088 0.458 0.458 0.637 0.342 0.260 0.328 0.719 1.989 0.204 0.920 0.518			

## **Common Measures:**

Measure 1 = 283g: 10 fl oz

Calories Factors: Protein 4.27 Fat 8.8 Carbohydrate 3.9

Food Group: 14 Beverages

		<u>A</u> :	mount in 100 g	grams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			Nu	ımber				<u>m</u>	easures of food	<u> </u>	
Nutrients and Un	its	Mean	of Std. Error Po			Source Code	Confidence Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	74.70		11		1		124.00	15.54	342.13	
Energy	_	111		0	NC	4		184	23	508	
Energy		464				4		771	97	2127	
Protein (N x 6.38)		3.50		6		1		5.81	0.73	16.03	
Total lipid (fat)		3.00		9		1		4.98	0.62	13.74	
Ash		0.90		6		1		1.49	0.19	4.12	
Carbohydrate, by difference		17.90		0	NC	4		29.71	3.72	81.98	
Fiber, total dietary		0.1		0	FLA	4		0.1	0.0	0.3	
Sugars, total		17.80		0	NR	4		29.55	3.70	81.52	
Starch		200		·		-		27.00	3.70	02.02	
Starch	9										
<u>Minerals:</u>											
Calcium, Ca	mg	122		8		1		203	25	559	
Iron, Fe	mg	0.09		8		1		0.15	0.02	0.4	
Magnesium, Mg	mg	12		8		1		20	2	55	
Phosphorus, P	mg	102		6		1		169	21	467	
Potassium, K	mg	174		8		1		289	36	797	
Sodium, Na	mg	82		8		1		136	17	376	
Zinc, Zn	mg	0.36		8		1		0.60	0.07	1.6	
Copper, Cu	mg	0.051	L	8		1		0.085	0.011	0.2	
Manganese, Mn	mg	0.014	l	8		1		0.023	0.003	0.0	
Selenium, Se	mcg	3.4		0	FLA	4		5.6	0.7	15.3	
7*4 *											
<u>/itamins:</u>				_		_					
Vitamin C, total ascorbic acid	-	0.8	_	3		1		1.3	0.2	3.7	
Thiamin		0.045		3		1		0.075	0.009	0.2	
Riboflavin		0.182		3		1		0.302	0.038	0.8	
Niacin	-	0.185		3		1		0.307	0.038	0.8	
Pantothenic acid	-	0.418		3		1		0.694	0.087	1.9	
Vitamin B-6	-	0.052	2	3		1		0.086	0.011	0.2	
Folate, total		5		0	FLA	4		8	1	21	
Folic acid				0	FLA	4					
Folate, food		5		0	FLA	4		8	1	21	
Folate, DFE		5		0	FLA	4		8	1	21	
Vitamin B-12	mcg	0.36		3		1		0.60	0.07	1.6	
Vitamin A, IU	IU	130		2		1		216	27	595	
Vitamin A, RAE	mcg_RAE	37		0	FLA	4		61	8	169	
Retinol	mcg	36		0	FLA	4		61	8	167	
Vitamin E (alpha-tocopherol)	mg	0.06		0	FLA	4		0.10	0.01	0.2	
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta	mg										
Vitamin D	IU	36.416	5	0	FLA	4		60.451	7.575	166.7	
Vitamin K (phylloquinone)	mcg	0.3		0	FLA	4		0.5	0.1	1.3	
inida.											
<u>ipids:</u>	0	1 050	•	0		1		2 224	0.000		
Fatty acids, total saturated		1.858		0				3.084	0.386	8.5	
4:0		0.098		0		1		0.163	0.020	0.4	
6:0		0.056		0		1		0.093	0.012	0.2	
8:0	-	0.033		0		1		0.055	0.007	0.1	
10:0	-	0.074		0		1		0.123	0.015	0.3	
12:0	-	0.085	)	0		1		0.141	0.018	0.3	
13:0	-			_		_				<u> </u>	
14:0		0.300	)	0		1		0.498	0.062	1.3	
15:0	-		_								
16:0	-	0.786	5	0		1		1.305	0.163	3.6	
17:0	-										
18:0	-	0.362	2	0		1		0.601	0.075	1.6	
20:0	-										
22:0	g										

		<u>Ar</u>	nount in 10	Amount in edible portion of common measures of food						
Nutrients and Un	iits	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.	g	0.862		0		1		1.431	0.179	3.948
14:1	-									
15:1										
16:1 undifferentiated	-	0.067		0		1		0.111	0.014	0.307
17:1						_				
18:1 undifferentiated		0.751		0		1		1.247	0.156	3.440
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 polyunsaturated		0.111		0		1		0.184	0.023	0.508
18:2 undifferentiated		0.067		0		1		0.111	0.014	0.307
18:3 undifferentiated	_	0.043		0		1		0.071	0.009	0.197
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	-	11		5		1		18	2	50
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.049		0		1		0.081	0.010	0.224
Threonine		0.158		0		1		0.262	0.033	0.724
Isoleucine	-	0.211		0		1		0.350	0.044	0.966
Leucine		0.341		0		1		0.566	0.071	1.562
Lysine	_	0.276		0		1		0.458	0.057	1.264
Methionine		0.087		0		1		0.144	0.018	0.398
Cystine		0.032		0		1		0.053	0.007	0.147
Phenylalanine		0.168		0		1		0.279	0.035	0.769
Tyrosine		0.168		0		1		0.279	0.035	0.769
Valine	_	0.233		0		1		0.387	0.048	1.067
Arginine		0.125		0		1		0.208	0.026	0.573
Histidine.		0.095		0		1		0.158	0.020	0.435
Alanine		0.120		0		1		0.199	0.025	0.550
Aspartic acid		0.120		0		1		0.133	0.055	1.205
Glutamic acid		0.729		0		1		1.210	0.152	3.339
Glycine		0.729		0		1		0.123	0.015	0.339
Proline		0.336		0		1		0.558	0.013	1.539
		0.189		0		1		0.314	0.039	0.866
Serine	-	0.169		U		1		0.314	0.039	0.866
пушохургонне	y									
Others:										
Alcohol, ethyl	g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine	mg	0		0	FLA	4		0	0	0
Theobromine	mg	0		0	FLA	4		0	0	0
<u>Carotenoids:</u>										
Carotene, beta	mca	5		0	FLA	4		7.981	1.000	22.019
Carotene, alpha		0		0	FLA	4		0.000	0.000	0.000
		0		0	FLA	4		0.000	0.000	0.000
('ryntoxanthin beta				-					3.000	
Cryptoxanthin, beta Lycopene		0		0	FLA	4		0.000	0.000	0.000

#### **Common Measures:**

Measure 1 = 166g: 1 cup (8 fl oz)

Measure 2 = 20.8g: 1 fl oz

Measure 3 = 458g: 1 large McDonald's shake (22 fl oz)

NDB No. 14347 Shake, fast food, vanilla

Calories Factors: Protein 4.27 Fat 8.8 Carbohydrate 3.9

Food Group: 14 Beverages

		<u>Aı</u>	mount in 10		edible portion					
				Number	•			<u>m</u> e	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	0.40		8		1		0.09		
Energy	kcal	387		0	NC	4		85		
Energy	kj	1619				4		356		
Protein (N x 6.25)	g	0.10		8		1		0.02		
Total lipid (fat)	g	0.20		8		1		0.04		
Ash	g	0.20		8		1		0.04		
Carbohydrate, by difference	g	99.10		0	NC	4		21.80		
Fiber, total dietary	g	0.0		0	FLA	4		0.0		
Sugars, total	g	84.93		0	FLA	4		18.68		
Starch	g									
<i>r</i> : 1										
Minerals:	ma	3		^	ET A			1		
Calcium, Ca	-	3 0.44		0 7	FLA	4 1		1 0.10		
Iron, Fe		0.44		0	FLA	4		0.10		
Magnesium, Mg Phosphorus, P		3		0	FLA	4		1		
	_	5		0	FLA	4		1		
Potassium, K		38		7	FLIA	1		8		
Zinc, Zn	_	0.00		0	FLA	4		0.00		
Copper, Cu		0.000	1	0	FLA	4		0.000		
Manganese, Mn		0.000		0	FLA	4		0.000		
Selenium, Se		0.5		0	FLA	4		0.1		
•										
<u>/itamins:</u>										
Vitamin C, total ascorbic acid	_	0.3		7		1		0.1		
Thiamin	_	0.003		7		1		0.001		
Riboflavin		0.110		2		1		0.024		
Niacin		0.073		7		1		0.016		
Pantothenic acid	-	0.000		0	FLA	4		0.000		
Vitamin B-6	-	0.002	0.00			1		0.000		
Folate, total		0		0	FLA	4		0		
Folic acid		0		0	FLA	4		0		
Folate, food		0		0	FLA	4		0		
Folate, DFE		0		0	NC	4		0		
Vitamin B-12		0.00		0	FLA	4		0.00		
Vitamin A, IU		0		0	FLA	4		0		
Vitamin A, RAE		0		0	FLA	4		0		
Retinol		0		0	FLA	4		0		
Vitamin E (alpha-tocopherol)		0.00		0	FLA	4		0.00		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)		0.0		0	FLA	4		0.0		
				-		_				
<u> zipids:</u>										
Fatty acids, total saturated		0.035		0		4		0.008		
4:0		0.000		0		4		0.000		
6:0		0.000		0		4		0.000		
8:0	-	0.000		0		4		0.000		
10:0	-	0.000		0		4		0.000		
12:0		0.000	1	0		4		0.000		
13:0		0.000		_						
14:0		0.000	1	0		4		0.000		
15:0				_						
16:0		0.035	•	0		4		0.008		
17:0	-	0.00		_				0.001		
18:0	-	0.004	ŀ	0		4		0.001		
20:0 22:0	-									

	<u>Am</u>	ount in 100 gram	Amount in edible portion of common					
Nutrients and Units	Mean S	Number of Dat Std. Error Points	a Deriv	Source Code	Confidence Code	<u>me</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.062	0		4		0.014		
14:1g	0.002	·		-		0.014		
15:1								
16:1 undifferentiated	0.000	0		4		0.000		
17:1g								
18:1 undifferentiated.	0.062	0		4		0.014		
20:1g	0.000	0		4		0.000		
22:1 undifferentiatedg	0.000	0		4		0.000		
24:1 cg								
Fatty acids, total polyunsaturated9	0.098	0		4		0.022		
18:2 undifferentiated	0.098	0		4		0.022		
18:3 undifferentiated	0.000	0		4		0.000		
18:4g	0.000	0		4		0.000		
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0		4		0.000		
20:5 n-3g	0.000	0		4		0.000		
22:5 n-3g	0.000	0		4		0.000		
22:6 n-3g	0.000	0		4		0.000		
Fatty acids, total transg								
Cholesterol mg	0	0	FLA	4		0		
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	FLA	4		0.0		
Caffeine mg	0	0	FLA	4		0		
Theobromine mg	0	0	FLA	4		0		
Carotenoids:								
Carotene, betamcg	0	0	FLA	4		0.000		
Carotene, alphamcg	0	0	FLA	4		0.000		
Cryptoxanthin, beta mcg	0	0	FLA	4		0.000		
Lycopene mcg	0	0	FLA	4		0.000		
Lutein + zeaxanthin mcg	0	0	FLA	4		0.000		

# **Common Measures:**

Measure 1 = 22g: 1 serving (2-3 heaping tsp)

Calories Factors: Protein 3.9 Fat 8.37 Carbohydrate 3.9

Food Group: 14 Beverages

NDB No. 14351 Strawberry-flavor beverage mix, powder, prepared with whole milk

		<u>A</u>	Amount in edible portion of common measures of food							
Nutrients and Uni	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	Measure 2	<u>1</u> Measure 3
Proximates:										
Water	g	80.90		0		1		215.19		
Energy	kcal	88		0	NC	4		234		
Energy	kj	368				4		979		
Protein	g	3.00		0		1		7.98		
Total lipid (fat)	g	3.10		0		1		8.25		
Ash	g	0.70		0		1		1.86		
Carbohydrate, by difference	g	12.30		0	NC	4		32.72		
Fiber, total dietary		0.0		0		4		0.0		
Sugars, total										
Starch										
<u> Minerals:</u>										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	110		0		1		293		
Iron, Fe		0.08		0		1		0.21		
Magnesium, Mg		12		0		1		32		
Phosphorus, P		86		0		1		229		
Potassium, K		139		0		1		370		
Sodium, Na		48		0		1		128		
Zinc, Zn	-	0.35		0		1		0.93		
Copper, Cu	mg	0.009		0		1		0.024		
Manganese, Mn		0.002	2	0		1		0.005		
Selenium, Se	mcg	1.8		0	RP	4		4.8		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.9		0		1		2.4		
Thiamin		0.035	5	0		1		0.093		
Riboflavin	-	0.158		0		1		0.420		
Niacin		0.083		0		1		0.221		
Pantothenic acid		0.288		0		1		0.766		
Vitamin B-6		0.039		0		1		0.104		
Folate, total	-	5		0		1		12		
Folic acid		0		0	z	7		0		
Folate, food	-	5		0	_	1		12		
Folate, DFE		5		0	NC	4		12		
Vitamin B-12		0.33		0	140	1		0.88		
Vitamin A, IU		116		0		1		309		
Vitamin A, RAE		26		0	NC	4		69		
Retinol		26		0	0	4		69		
Vitamin E (alpha-tocopherol)		20		·	Ü	-		05		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)										
vitanini K (phynoquinone)	g									
<u> ipids:</u>										
Fatty acids, total saturated	g	1.910	)	0		1		5.081		
4:0	g	0.099	•	0		1		0.263		
6:0	g	0.059	•	0		1		0.157		
8:0	g	0.034	Į.	0		1		0.090		
10:0	g	0.077	7	0		1		0.205		
12:0	g	0.086	5	0		1		0.229		
13:0	g									
14:0	g	0.309	•	0		1		0.822		
15:0	g									
16:0	g	0.808	3	0		1		2.149		
17:0	g									
18:0		0.372	2	0		1		0.990		
20:0										
22:0										
24:0										

		<u>Aı</u>	mount in 10		ole portic	<u>on</u>	Amount in edible portion of common measures of food		
				Number	Cauras	Confidence	1111	easures or 1000	
Nutrients and Unit	ts	Mean	Std. Error		Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	0.886		0	1		2.357		
14:1		0.000		ŭ	_		2.337		
15:1									
16:1 undifferentiated	g	0.069		0	1		0.184		
17:1	g								
18:1 undifferentiated	g	0.772		0	1		2.054		
20:1	g	0.000		0	1		0.000		
22:1 undifferentiated		0.000		0	1		0.000		
24:1 c	g								
Fatty acids, total polyunsaturated	g	0.114		0	1		0.303		
18:2 undifferentiated	-	0.069		0	1		0.184		
18:3 undifferentiated		0.045		0	1		0.120		
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	-	10		•			20		
Cholesterol	_	12 0		0	1 1		32 0		
Phytosterols	III	U		U	1		U		
Amino Acids:									
Tryptophan	g	0.042		0	1		0.112		
Threonine		0.137		0	1		0.364		
Isoleucine		0.183		0	1		0.487		
Leucine	g	0.296		0	1		0.787		
Lysine	g	0.240		0	1		0.638		
Methionine	g	0.076		0	1		0.202		
Cystine	g	0.028		0	1		0.074		
Phenylalanine	g	0.146		0	1		0.388		
Tyrosine	g	0.146		0	1		0.388		
Valine	g	0.202		0	1		0.537		
Arginine	g	0.109		0	1		0.290		
Histidine	g	0.082		0	1		0.218		
Alanine	-	0.104		0	1		0.277		
Aspartic acid		0.230		0	1		0.612		
Glutamic acid	_	0.633		0	1		1.684		
Glycine		0.064		0	1		0.170		
Proline	-	0.293		0	1		0.779		
Serine	_	0.164		0	1		0.436		
Hydroxyproline	9								

## **Common Measures:**

Measure 1 = 266g: 1 cup (8 fl oz)

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

TABASCO Tomato Cocktail, bloody mary mix, mild, ready-to-drink

McIlhenny Co.

Refuse: 0%

		<u>Aı</u>	mount in 10	00 grams	of edib	ole portio	<u>on</u>	Amount in edible portion of common		
Nutrients and U	Inits	Mean	Std. Error		Deriv		Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Proximates:										
Water	g	92.30		1	A	1		223.37		
Energy	kcal	23		0	NC	4		56		
Energy	kj	97				4		235		
Protein		0.90		1	A	1		2.18		
Total lipid (fat)	g	0.00		1	A	1		0.00		
Ash	g	1.90		1	A	1		4.60		
Carbohydrate, by difference	g	4.90		0	NC	4		11.86		
Fiber, total dietary		0.4		1	LC	8		1.0		
Sugars, total	g	2.60		1	A	1		6.29		
Starch	g									
Minerals:										
Calcium, Ca	mg	25		1	LC	8		60		
Iron, Fe	mg	0.72		1	A	1		1.74		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	_									
Sodium, Na	_	485		1	A	1		1174		
Zinc, Zn	•									
Copper, Cu	•									
Manganese, Mn	•									
Selenium, Se	mcg									

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

#### **Common Measures:**

Measure 1 = 242g: 8 fl oz

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 14 Beverages

NDB No. 14139
TROPICANA TWISTER Orange Strawberry Banana Drink, frozen concentrate

Tropicana Products, Inc.

Refuse: 0%

		<u>A</u>	mount in 10			ole portio	<u>n</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	
Proximates:											
Water	g	52.30		1	A	1					
Energy	kcal	191		0	NC	4					
Energy		799				4					
Protein		0.40		1	A	1					
Total lipid (fat)	-	0.40		1	A	1					
Ash		0.40		1	A	1					
Carbohydrate, by difference		46.50		0	NC	4					
		0.0		1	LC	8					
Fiber, total dietary		36.60		1	A	1					
Sugars, totalStarch		36.60		1	A	1					
Minerals:											
Calcium, Ca	mg										
Iron, Fe	mg										
Magnesium, Mg	mg										
Phosphorus, P	mg										
Potassium, K	mg										
Sodium, Na	mg	26		1	A	1					
Zinc, Zn	mg										
Copper, Cu	mg										
Manganese, Mn	mg										
Selenium, Se	mcg										
Vitamins:											
* Vitamin C, total ascorbic acid		10.4		1	A	1					
Thiamin	-										
Riboflavin	-										
Niacin											
Pantothenic acid											
Vitamin B-6											
Folate, total											
Folate, DFE	mcg_DFE										
Vitamin B-12	mcg										
Vitamin A, IU	IU										
Vitamin A, RAE											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta Vitamin D											
Vitamin D Vitamin K (phylloquinone)											
Lipids:	<b>.</b>										
Fatty acids, total saturated	a										
Fatty acids, total monounsaturated											
Fatty acids, total polyunsaturated											
Fatty acids, total polyulisaturated											
Cholesterol		0		1	LC	8					
Phytosterols	-	•		_		•					

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

### **Common Measures:**

\*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

TROPICANA TWISTER Orange Strawberry Banana Drink, frozen concentrate

Food Group: 14 Beverages

NDB No. 14544 Tea, brewed, prepared with distilled water

black tea
Refuse: 0%

		<u>A</u> 1	mount in 100			e portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Un	nits	Mean		Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:	_			_				00.51		
Water		99.70		4		1		29.51	177.47	
Energy		1 4		0	NC	4 4		0 1	2 7	
Energy				1.4		1				
Protein (N x 6.25)		0.00		14		1		0.00	0.00	
Total lipid (fat)		0.00		10 6		1		0.00	0.00	
Ash		0.00			***	4		0.00	0.00	
Carbohydrate, by difference		0.30		0 0	NC	-		0.09	0.53	
Fiber, total dietary		0.0		U	BFZN	4		0.0	0.0	
Sugars, total										
Starch	9									
Minerals:										
Calcium, Ca	mg	0		0		1		0	0	
Iron, Fe	_	0.01		0		1		0.00	0.02	
Magnesium, Mg	mg	1		0		1		0	2	
Phosphorus, P		1		0		1		0	2	
Potassium, K		21		0		1		6	37	
Sodium, Na	mg	0		0		1		0	0	
Zinc, Zn	mg	0.01		0		1		0.00	0.02	
Copper, Cu		0.008		0		1		0.002	0.014	
Manganese, Mn	_	0.219	•	0		4		0.065	0.390	
Selenium, Se	mcg	0.0		0	BFZN	4		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	_	0.000	)	1		1		0.000	0.000	
Riboflavin	-	0.014		8		1		0.004	0.025	
Niacin		0.000		1		1		0.000	0.000	
Pantothenic acid		0.011	L	0		4		0.003	0.020	
Vitamin B-6		0.000	)	1		1		0.000	0.000	
Folate, total	mcg	5	0.61	.0 7		1		2	9	
Folic acid		0		0	Z	7		0	0	
Folate, food	mcg	5	0.61	.0 7		1		2	9	
Folate, DFE		5		0	NC	4		2	9	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	0		0		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	nicg									
Lipids:										
Fatty acids, total saturated	g	0.002	2	0		1		0.001	0.004	
4:0										
6:0	g									
8:0	g									
10:0	-									
12:0	-									
13:0	-									
14:0	-									
15:0	_									
16:0	_	0.001	L	0		1		0.000	0.002	
17:0	-	_				_				
18:0		0.000	)	0		1		0.000	0.000	
20:0										
22:0										
24:0	g									

	<u>Ar</u>	nount in 100 grams Number		<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	of Data Std. Error Points	Deriv Source Code Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.001	0	1		0.000	0.002	
14:1g					0.000	0.002	
15:1g 16:1 undifferentiatedg	0.000	0	1		0.000	0.000	
17:1g							
18:1 undifferentiated	0.000	0	1		0.000	0.000	
22:1 undifferentiatedg 24:1 cg							
Fatty acids, total polyunsaturatedg	0.004	0	1		0.001	0.007	
18:2 undifferentiatedg	0.001	0	1		0.000	0.002	
18:3 undifferentiatedg	0.003	0	1		0.001	0.005	
18:4g							
20:2 n-6 c,cg							
20:3 undifferentiated							
20:4 undifferentiated							
20:5 n-3g							
22:5 n-3							
22:6 n-3							
Cholesterolg	0	0	1		0	0	
Phytosterols mg	•	•	_		-	-	
Amino Acids:							
Tryptophang	0.000	0	1		0.000	0.000	
Threonine	0.000	0	1		0.000	0.000	
Isoleucine	0.000	0	1		0.000	0.000	
Leucineg	0.000	0	1		0.000	0.000	
Lysineg	0.000	0	1		0.000	0.000	
Methionineg	0.000	0	1		0.000	0.000	
Cystineg	0.000	0	1		0.000	0.000	
Phenylalanineg	0.000	0	1		0.000	0.000	
Tyrosineg	0.000	0	1		0.000	0.000	
Valineg	0.000	0	1		0.000	0.000	
Arginine	0.000	0	1		0.000	0.000	
Histidine	0.000	0	1 1		0.000 0.000	0.000 0.000	
Alanine	0.000	0	1		0.000	0.000	
Aspartic acid	0.000	0	1		0.000	0.000	
Glycine	0.000	0	1		0.000	0.000	
Proline	0.000	0	1		0.000	0.000	
Serineg	0.000	0	1		0.000	0.000	
Hydroxyproline							
Others:							
Alcohol, ethylg							
Caffeine mg	20	41	1		6	36	
Theobromine mg							

## **Common Measures:**

Measure 1 = 29.6g: 1 fl oz Measure 2 = 178g: 6 fl oz

Calories Factors: Protein 2.44 Fat 8.37 Carbohydrate 3.57

Food Group: 14 Beverages

NDB No. 14355 Tea, brewed, prepared with tap water

black tea
Refuse: 0%

		<u>A</u> 1	mount in 100 gra		ble portio	<u>on</u>		edible portion easures of food	
Nutrients and Uni	its	Mean	Numb of Da Std. Error Point	ta Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	99.70	4		1		236.29	29.51	177.47
Energy	kcal	1	(	NC	4		2	0	2
Energy	kj	4			4		10	1	7
Protein (N x 6.25)	-	0.00	1	4	1		0.00	0.00	0.00
Total lipid (fat)	-	0.00	1		1		0.00	0.00	0.00
Ash	g	0.00	•		1		0.00	0.00	0.00
Carbohydrate, by difference		0.30	(		4		0.71	0.09	0.53
Fiber, total dietary		0.0	(		4		0.0	0.0	0.0
Sugars, total		0.00	(	Z	7		0.00	0.00	0.00
Starch	g								
Minerals:									
Calcium, Ca	mg	0	2		1		0	0	0
Iron, Fe	mg	0.02	1		1		0.05	0.01	0.04
Magnesium, Mg	mg	3	2		1		7	1	5
Phosphorus, P	mg	1	2		1		2	0	2
Potassium, K		37	2		1		88	11	66
Sodium, Na		3	2		1		7	1	5
Zinc, Zn		0.02	2		1		0.05	0.01	0.04
Copper, Cu		0.010			1		0.024	0.003	0.018
Manganese, Mn	-	0.219	) (		4 1		0.519	0.065	0.390
Selenium, Se	fileg	0.0	2	A	1		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.0	C		4		0.0	0.0	0.0
Thiamin		0.000			1		0.000	0.000	0.000
Riboflavin		0.014			1		0.033	0.004	0.025
Niacin		0.000			1		0.000	0.000	0.000
Pantothenic acid		0.011			4		0.026	0.003	0.020
Vitamin B-6		0.000			1		0.000	0.000	0.000
Folate, total		5 0	0.610 7		1 7		12 0	2	9
Folic acid		5	0.610 7		1		12	0 2	0 9
Folate, foodFolate, DFE		5	0.610		4		12	2	9
Vitamin B-12		0.00	Č		4		0.00	0.00	0.00
Vitamin A, IU		0.00	Č		4		0.00	0	0.00
Vitamin A, RAE	mca RAE	ō			1		0	0	0
Retinol		0			7		0	0	0
Vitamin E (alpha-tocopherol)		0.00	2	A	1		0.00	0.00	0.00
Tocopherol, beta									
Tocopherol, gamma	mg	0.00	2	A	1		0.00	0.00	0.00
Tocopherol, delta		0.00	2	A	1		0.00	0.00	0.00
Vitamin D	IU								
Vitamin K (phylloquinone)	mcg	0.0	1	A	1		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated	g	0.002	: 0		1		0.005	0.001	0.004
4:0		0.000			4		0.000	0.000	0.000
6:0	-	0.000			4		0.000	0.000	0.000
8:0	g	0.000			4		0.000	0.000	0.000
10:0		0.000			4		0.000	0.000	0.000
12:0		0.000			4		0.000	0.000	0.000
13:0	-								
14:0		0.000			4		0.000	0.000	0.000
15:0					_		_		
16:0		0.000			1		0.000	0.000	0.000
17:0	-	0 000					0.000	0.000	2 222
18:0	-	0.000	0		1		0.000	0.000	0.000
20:0	-								
44.V	g								

		<u>A</u>	mount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food		
				Number of Data	Deriv		Confidence			
Nutrients and	l Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatur	atedg	0.001		0		1		0.002	0.000	0.002
14:1	_									
15:1 16:1 undifferentiated	-	0.000	1	0		1		0.000	0.000	0.000
17:1	_	0.000	,	U		-		0.000	0.000	0.000
18:1 undifferentiated	-	0.000	)	0		1		0.000	0.000	0.000
20:1	g	0.000	)	0		4		0.000	0.000	0.000
22:1 undifferentiated	g	0.000	)	0		4		0.000	0.000	0.000
24:1 c	g									
Fatty acids, total polyunsatura	tedg	0.004	ļ	0		1		0.009	0.001	0.007
18:2 undifferentiated		0.000		0		1		0.000	0.000	0.000
18:3 undifferentiated		0.000		0		1		0.000	0.000	0.000
18:4	_	0.000	)	0		4		0.000	0.000	0.000
20:2 n-6 c,c	_									
20:3 undifferentiated	_	0.000		0		4		0.000	0.000	0.000
20:4 undifferentiated	_	0.000		0		4		0.000	0.000	0.000
20:5 n-3	_	0.000		0		4		0.000 0.000	0.000 0.000	0.000
22:6 n-3	-	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans		0.000	•	U		-		0.000	0.000	0.000
Cholesterol		0		0		1		0	0	0
Phytosterols	_	·		·		_		·	· ·	•
,										
Amino Acids:										
Tryptophan		0.000		0		1		0.000	0.000	0.000
Threonine		0.000		0		1		0.000	0.000	0.000
Isoleucine	_	0.000		0		1		0.000	0.000	0.000
Leucine	_	0.000		0		1		0.000	0.000	0.000
Lysine		0.000		0		1		0.000	0.000	0.000
Methionine		0.000		0		1		0.000	0.000	0.000
Cystine		0.000		0		1 1		0.000	0.000	0.000
Phenylalanine		0.000		0		1		0.000 0.000	0.000	0.000
Tyrosine	_	0.000		0		1		0.000	0.000 0.000	0.000 0.000
Valine	-	0.000		0		1		0.000	0.000	0.000
Histidine	_	0.000		0		1		0.000	0.000	0.000
Alanine	-	0.000		0		1		0.000	0.000	0.000
Aspartic acid		0.000		0		1		0.000	0.000	0.000
Glutamic acid		0.000		0		1		0.000	0.000	0.000
Glycine		0.000		0		1		0.000	0.000	0.000
Proline		0.000		0		1		0.000	0.000	0.000
Serine	_	0.000		0		1		0.000	0.000	0.000
Hydroxyproline		0.000		·		_		0.000	0.000	0.000
	······									
Others:	~	0.0		•		_		0.0		
Alcohol, ethyl		0.0		0		7		0.0	0.0	0.0
Caffeine		20 2		41 0		1 1		<b>4</b> 7 5	6 1	36 4
Theobromine	9	2		U		1		3	1	4
Carotenoids:										
Carotene, beta		0		0	Z	7		0.000	0.000	0.000
Carotene, alpha		0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000	0.000
Lycopene		0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000	0.000	0.000

## **Common Measures:**

Measure 1 = 237g: 1 cup (8 fl oz)

Measure 2 = 29.6g: 1 fl oz Measure 3 = 178g: 6 fl oz

Tea, brewed, prepared with tap water

Calories Factors: Protein 2.44 Fat 8.37 Carbohydrate 3.57

Food Group: 14 Beverages

NDB No. 14352 Tea, brewed, prepared with tap water, decaffeinated

black tea
Refuse: 0%

		<u>A</u>	mount in 10			le portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Uni	its	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	99.70		0	BFZN	4		236.29	29.51	177.47
Energy	kcal	1		0	BFZN	4		2	0	2
Energy	kj	4				4		10	1	7
Protein	g	0.00		0	BFZN	4		0.00	0.00	0.00
Total lipid (fat)		0.00		0	BFZN	4		0.00	0.00	0.00
Ash	g	0.00		0	BFZN	4		0.00	0.00	0.00
Carbohydrate, by difference	g	0.30		0	BFZN	4		0.71	0.09	0.53
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0	BFZN	4		0	0	0
Iron, Fe	mg	0.02		0	BFZN	4		0.05	0.01	0.04
Magnesium, Mg	mg	3		0	BFZN	4		7	1	5
Phosphorus, P		1		0	BFZN	4		2	0	2
Potassium, K		37		0	BFZN	4		88	11	66
Sodium, Na		3		0	BFZN	4		7	1	5
Zinc, Zn		0.02		0	BFZN	4		0.05	0.01	0.04
Copper, Cu		0.010		0	BFZN	4		0.024	0.003	0.018
Manganese, Mn	_	0.219	)	0	BFZN	4		0.519	0.065	0.390
Selenium, Se	mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	<u>mg</u>	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin	mg	0.000	)	0	BFZN	4		0.000	0.000	0.000
Riboflavin	mg	0.014	ļ	0	BFZN	4		0.033	0.004	0.025
Niacin		0.000	)	0	BFZN	4		0.000	0.000	0.000
Pantothenic acid		0.011		0	BFZN	4		0.026	0.003	0.020
Vitamin B-6		0.000	)	0	BFZN	4		0.000	0.000	0.000
Folate, total		5		0	BFZN	4		12	1	9
Folic acid		0		0	Z	7		0	0	0
Folate, food		5		0	BFZN	4		12	1	9
Folate, DFE		5		0	NC	4		12	1	9
Vitamin B-12		0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, IU	IU			0 0	BFZN	4		0	0	0
Vitamin A, RAERetinol		0 0		0	AS Z	1 7		0	0	0
Vitamin E (alpha-tocopherol)		0.00		0	BFZN	4		0.00	0.00	0.00
Tocopherol, beta		0.00		U	DE ZN	-		0.00	0.00	0.00
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0		0	T	4		0.1	0.0	0.1
Lipids:										
Fatty acids, total saturated	а	0.002	•	0	BFZN	4		0.005	0.001	0.004
4:0		0.002		0	BFZN	4		0.000	0.000	0.000
6:0		0.000		0	BFZN	4		0.000	0.000	0.000
8:0.	-	0.000		0	BFZN	4		0.000	0.000	0.000
10:0		0.000		0	BFZN	4		0.000	0.000	0.000
12:0	-	0.000		0	BFZN	4		0.000	0.000	0.000
13:0	-									
14:0	g	0.000	)	0	BFZN	4		0.000	0.000	0.000
15:0	g									
16:0	g	0.000	)	0	BFZN	4		0.000	0.000	0.000
17:0	g									
18:0	g	0.000	)	0	BFZN	4		0.000	0.000	0.000
20:0	-									
22:0	-									
24:0	g									

		<u>A</u> 1	mount in 100 gram	s of edil	ole portic	<u>on</u>	Amount in edible portion of common		
			Numbe	r			<u>m</u>	easures of food	
				Deriv		Confidence			
Nutrients and	Units	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	ted9	0.001	0	BFZN	4		0.002	0.000	0.002
14:1	g								
16:1 undifferentiated17:1	9	0.000	0	BFZN	4		0.000	0.000	0.000
18:1 undifferentiated20:1	9	0.000		BFZN BFZN	4 4		0.000	0.000	0.000
22:1 undifferentiated	9	0.000		BFZN	4		0.000	0.000	0.000
Fatty acids, total polyunsaturate	edg	0.004		BFZN	4		0.009	0.001	0.007
18:3 undifferentiated	g	0.000	0	BFZN BFZN	4		0.000	0.000	0.000
18:4 20:2 n-6 c,c	9	0.000	0	BFZN	4		0.000	0.000	0.000
20:3 undifferentiated 20:4 undifferentiated	9	0.000		BFZN	4		0.000	0.000	0.000
20:5 n-322:5 n-3	g	0.000 0.000	0	BFZN BFZN	4 4		0.000 0.000	0.000 0.000	0.000 0.000
22:6 n-3 Fatty acids, total trans	g	0.000		BFZN	4		0.000	0.000	0.000
CholesterolPhytosterols		0	0	BFZN	4		0	0	0
Amino Acids:			•						
TryptophanThreonine	g	0.000	0	BFZN BFZN	4		0.000	0.000	0.000
IsoleucineLeucine	9	0.000 0.000	0	BFZN BFZN	4 4		0.000 0.000	0.000 0.000	0.000 0.000
Lysine Methionine		0.000	0	BFZN BFZN	4 4		0.000 0.000	0.000 0.000	0.000 0.000
CystinePhenylalanine		0.000		BFZN BFZN	4 4		0.000 0.000	0.000 0.000	0.000 0.000
TyrosineValine		0.000		BFZN BFZN	4 4		0.000 0.000	0.000 0.000	0.000 0.000
Arginine		0.000		BFZN BFZN	4 4		0.000	0.000 0.000	0.000
Alanine		0.000		BFZN BFZN	4 4		0.000	0.000	0.000
Glutamic acidGlycine	g	0.000		BFZN BFZN	4 4		0.000	0.000	0.000
Proline	g	0.000	0	BFZN BFZN	4 4		0.000	0.000	0.000
Hydroxyproline		0.000	v	DI DI	•		0.000	0.000	0.000
Others: Alcohol, ethyl	g	0.0	0	BFZN	4		0.0	0.0	0.0
Caffeine Theobromine		1 0	0	BFZN Z	<b>4</b> 7		2 0	0 0	2 0
Carotenoids:		_	_	_	_				
Carotene, beta Carotene, alpha	mcg	0 0	0	z z	7 7		0.000 0.000	0.000 0.000	0.000
Cryptoxanthin, beta		0 0	0	z z	7 7		0.000 0.000	0.000 0.000	0.000
Lutein + zeaxanthin		0	0	z	7		0.000	0.000	0.000

#### **Common Measures:**

Measure 1 = 237g: 1 cup (8 fl oz)

Measure 2 = 29.6g: 1 fl oz Measure 3 = 178g: 6 fl oz

Tea, brewed, prepared with tap water, decaffeinated

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

		<u>A</u>	mount in 100	<u>grams</u>	of edib	ole portio	<u>on</u>	Amount in edible portion of common		
			ı	Number	•			<u>m</u>	easures of food	<u> </u>
				of Data			Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	_	99.70		21		1		236.29	29.51	177.47
Energy		1		0	NC	4		2	0	2
Energy		4				4		10	1	7
Protein (N x 6.25)		0.00		28		1		0.00	0.00	0.00
Total lipid (fat)		0.00		28		1		0.00	0.00	0.00
Ash		0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference		0.20		0	NC	4		0.47	0.06	0.36
Fiber, total dietary		0.0		0		4		0.0	0.0	0.0
Sugars, total		0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	2		10		1		5	1	4
Iron, Fe.	_	0.08		3		1		0.19	0.02	0.14
Magnesium, Mg	_	1		3		1		2	0	2
Phosphorus, P		0		0		1		0	0	0
Potassium, K	mg	9		33		1		21	3	16
Sodium, Na	mg	1		32		1		2	0	2
Zinc, Zn	mg	0.04		32		1		0.09	0.01	0.07
Copper, Cu	mg	0.015	5	28		1		0.036	0.004	0.02
Manganese, Mn	mg	0.044	1	3		1		0.104	0.013	0.07
Selenium, Se	mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0		1		0.0	0.0	0.0
Thiamin	_	0.010	)	3		1		0.024	0.003	0.01
Riboflavin	-	0.004		3		1		0.009	0.001	0.00
Niacin		0.000		0		1		0.000	0.000	0.00
Pantothenic acid	_	0.011		3		1		0.026	0.003	0.02
Vitamin B-6	-	0.000		0		1		0.000	0.000	0.00
Folate, total	-	1		5		1		1	0	1
Folic acid		0		0	z	7		0	0	0
Folate, food		1		5		1		1	0	1
Folate, DFE		1		0	NC	4		1	0	1
Vitamin B-12		0.00		0		4		0.00	0.00	0.00
Vitamin A, IU		20		0		1		47	6	36
Vitamin A, RAE		1		0	NC	4		2	0	2
Retinol		0		0	z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.00		0	z	7		0.00	0.00	0.00
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.0		0	Z	7		0.0	0.0	0.0
Lipids:										
Fatty acids, total saturated	q	0.002	2	0		1		0.005	0.001	0.00
4:0		0.000		0		4		0.000	0.000	0.00
6:0		0.000	)	0		4		0.000	0.000	0.00
8:0	-	0.000		0		4		0.000	0.000	0.00
10:0	-	0.000		0		4		0.000	0.000	0.00
12:0	-	0.000		0		4		0.000	0.000	0.00
13:0										
14:0		0.000	)	0		4		0.000	0.000	0.00
15:0										
16:0		0.000	)	0		1		0.000	0.000	0.00
17:0										
18:0	-	0.000	)	0		1		0.000	0.000	0.00
20:0	-									
22:0	-									
24:0	q									

	<u>Am</u>	Numbe	•		Amount in 100 grams of edible portion  Number  of Data Deriv Source Confidence								
Nutrients and Units	Mean :	of Data Std. Error Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3					
Fatty acids, total monounsaturatedg	0.001	0		1		0.002	0.000	0.002					
14:1g	0.001	U		-		0.002	0.000	0.002					
15:1g													
16:1 undifferentiated	0.000	0		1		0.000	0.000	0.000					
17:1g													
18:1 undifferentiatedg	0.000	0		1		0.000	0.000	0.000					
20:1g	0.000	0		4		0.000	0.000	0.000					
22:1 undifferentiatedg	0.000	0		4		0.000	0.000	0.000					
24:1 cg													
Fatty acids, total polyunsaturated	0.005	0		1		0.012	0.001	0.009					
18:2 undifferentiatedg	0.000	0		1		0.000	0.000	0.000					
18:3 undifferentiatedg	0.000	0		1		0.000	0.000	0.000					
18:4g	0.000	0		4		0.000	0.000	0.000					
20:2 n-6 c,cg													
20:3 undifferentiatedg													
20:4 undifferentiatedg	0.000	0		4		0.000	0.000	0.000					
20:5 n-3g	0.000	0		4		0.000	0.000	0.000					
22:5 n-3g	0.000	0		4		0.000	0.000	0.000					
22:6 n-3g	0.000	0		4		0.000	0.000	0.000					
Fatty acids, total transg													
Cholesterolmg	0	0		1		0	0	0					
Phytosterolsmg													
Others:													
Alcohol, ethylg	0.0	0		7		0.0	0.0	0.0					
Caffeine mg	0	1		1		0	0	0					
Theobromine mg	0	0	Z	7		0	0	0					
Carotenoids:													
Carotene, betamcg	12	0	NR	4		28.440	3.552	21.360					
Carotene, alphamcg	0	0	Z	7		0.000	0.000	0.000					
Cryptoxanthin, betamcg	0	0	Z	7		0.000	0.000	0.000					
Lycopene mcg	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 = 237g: 1 cup (8 fl oz)

Measure 2 = 29.6g: 1 fl oz Measure 3 = 178g: 6 fl oz

Calories Factors: Protein 2.44 Fat 8.37 Carbohydrate 3.57

Food Group: 14 Beverages

		<u>A</u>	mount in 100 gr	ams of ed	lible portic	<u>on</u>	Amount in edible portion of common			
			Nun	nber			<u>m</u>	easures of food	<u>!</u>	
Nutrients and Unit	s	Mean	of I Std. Error Poi	Data Deri nts Cod		Confidence Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	99.70		21	1		236.29	29.51	177.47	
Energy		1		0 N			2	0	2	
Energy		4			4		10	1	7	
Protein (N x 6.25)		0.00		28	1		0.00	0.00	0.00	
Total lipid (fat)		0.00		28	1		0.00	0.00	0.00	
Ash		0.00		21	1		0.00	0.00	0.00	
Carbohydrate, by difference		0.20		0 N			0.47	0.06	0.36	
Fiber, total dietary		0.0		0	4		0.0	0.0	0.0	
Sugars, total		0.00		0 2			0.00	0.00	0.00	
Starch		0.00			•		0.00	0.00	0.00	
Starch	9									
<u>Minerals:</u>										
Calcium, Ca	mg	2		10	1		5	1	4	
Iron, Fe		0.08		3	1		0.19	0.02	0.1	
Magnesium, Mg		1		3	1		2	0	2	
Phosphorus, P		0		0	1		0	0	0	
Potassium, K	mg	9		33	1		21	3	16	
Sodium, Na		1		32	1		2	0	2	
Zinc, Zn	-	0.04		32	1		0.09	0.01	0.0	
Copper, Cu		0.015		28	1		0.036	0.004	0.0	
Manganese, Mn		0.044	l	3	1		0.104	0.013	0.0	
Selenium, Se	mcg	0.0		0 BF2	N 4		0.0	0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	1		0.0	0.0	0.0	
Thiamin	-	0.010	)	3	1		0.024	0.003	0.0	
Riboflavin		0.004		3	1		0.009	0.001	0.00	
Niacin		0.000		0	1		0.000	0.000	0.00	
Pantothenic acid	_	0.011		3	1		0.026	0.003	0.02	
Vitamin B-6	_	0.000		0	1		0.000	0.000	0.00	
Folate, total	-	1		5	1		1	0	1	
Folic acid		0		0 z	7		0	0	0	
Folate, food		1		5	1		1	0	1	
Folate, DFE		1		0 NO			1	0	1	
Vitamin B-12		0.00		0	4		0.00	0.00	0.00	
Vitamin A, IU		0		0	1		0	0	0	
Vitamin A, RAE		0		0 NO	4		0	0	0	
Retinol		0		0 Z	7		0	0	0	
Vitamin E (alpha-tocopherol)		0.00		0 z	7		0.00	0.00	0.00	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0		0 z	7		0.0	0.0	0.0	
<u>Lipids:</u>		_		_			_	_		
Fatty acids, total saturated		0.002		0	1		0.005	0.001	0.00	
4:0	<del>-</del>	0.000		0	4		0.000	0.000	0.0	
6:0	-	0.000		0	4		0.000	0.000	0.0	
8:0	-	0.000		0	4		0.000	0.000	0.0	
10:0		0.000		0	4		0.000	0.000	0.0	
12:0	-	0.000	)	0	4		0.000	0.000	0.0	
13:0	-			_	_		_			
14:0	-	0.000	)	0	4		0.000	0.000	0.0	
15:0		_		_						
16:0		0.000	)	0	1		0.000	0.000	0.0	
17:0	-									
18:0	-	0.000	)	0	1		0.000	0.000	0.0	
20:0 22:0	-									

		<u>An</u>	nount in 10	0 grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
Nutrients and	Units	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure (	
Fatty acids, total monounsatura	tedg	0.001		0		1		0.002	0.000	0.00	
14:1											
15:1	g										
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	0.00	
17:1	g										
18:1 undifferentiated	g	0.000		0		1		0.000	0.000	0.00	
20:1	g	0.000		0		4		0.000	0.000	0.00	
22:1 undifferentiated	g	0.000		0		4		0.000	0.000	0.00	
24:1 c	g										
Fatty acids, total polyunsaturate	edg	0.005		0		1		0.012	0.001	0.00	
18:2 undifferentiated	g	0.000		0		1		0.000	0.000	0.00	
18:3 undifferentiated	g	0.000		0		1		0.000	0.000	0.00	
18:4	g	0.000		0		4		0.000	0.000	0.00	
20:2 n-6 c,c	g										
20:3 undifferentiated	g										
20:4 undifferentiated	g	0.000		0		4		0.000	0.000	0.00	
20:5 n-3	g	0.000		0		4		0.000	0.000	0.00	
22:5 n-3	g	0.000		0		4		0.000	0.000	0.00	
22:6 n-3	g	0.000		0		4		0.000	0.000	0.00	
Fatty acids, total trans	g										
Cholesterol	mg	0		0		1		0	0	0	
Phytosterols	mg										
Others:											
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	0.0	
Caffeine	mg	0		1		1		0	0	0	
Theobromine	mg	0		0	Z	7		0	0	0	
Carotenoids:											
Carotene, beta	mcg	0		0	z	7		0.000	0.000	0.000	
Carotene, alpha		0		0	z	7		0.000	0.000	0.000	
Cryptoxanthin, beta		0		0	z	7		0.000	0.000	0.000	
Lycopene		0		0	z	7		0.000	0.000	0.000	
Lutein + zeaxanthin		0		0	z	7		0.000	0.000	0.00	

# Common Measures:

Measure 1 = 237g: 1 cup (8 fl oz)

Measure 2 = 29.6g: 1 fl oz Measure 3 = 178g: 6 fl oz

Calories Factors: Protein 2.44 Fat 8.37 Carbohydrate 3.57

Food Group: 14 Beverages

NDB No. 14375
Tea, instant, sweetened with sodium saccharin, lemon-flavored, powder

		<u>A</u>	mount in 10	00 grams	of edil	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	<u>m</u> Measure 1	Measure 2	Measure :	
Proximates:											
Water	g	3.50		3		1		0.04	0.50		
Energy	kcal	338		0	NC	4		4	49		
Energy	kj	1412		0	NC	4		17	203		
Protein (N x 6.25)	g	3.30		3		1		0.04	0.48		
Total lipid (fat)	g	0.60		1		1		0.01	0.09		
Ash	g	7.20		3		1		0.09	1.04		
Carbohydrate, by difference	g	85.40		0	NC	4		1.02	12.30		
Fiber, total dietary	g	1.2		0	FLA	4		0.0	0.2		
Sugars, total		0.00		1	LC	8		0.00	0.00		
Starch											
<u>Minerals:</u>											
Calcium, Ca	-	21		1		1		0	3		
Iron, Fe		8.87		1		1		0.11	1.28		
Magnesium, Mg	mg	125		1		1		2	18		
Phosphorus, P		140		1		1		2	20		
Potassium, K		2550		3		1		31	367		
Sodium, Na	mg	412		1	LC	8		5	59		
Zinc, Zn	mg	0.89		1		1		0.01	0.13		
Copper, Cu	mg	0.120	ס	1		1		0.001	0.017		
Manganese, Mn	mg	30.370	ס	1		1		0.364	4.373		
Selenium, Se	mcg	1.6		0	FLA	4		0.0	0.2		
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		0	FLA	4		0.0	0.0		
Thiamin	mg	0.017	7	0	FLA	4		0.000	0.002		
Riboflavin		0.214	1	0	FLA	4		0.003	0.031		
Niacin		3.880	)	1		1		0.047	0.559		
Pantothenic acid		1.134	4	0	FLA	4		0.014	0.163		
Vitamin B-6		0.225	5	0	FLA	4		0.003	0.032		
Folate, total	-	32		0	FLA	4		0	5		
Folic acid		0		0	FLA	4		0	0		
Folate, food	_	32		0	FLA	4		0	5		
Folate, DFE		32		0	NC	4		0	5		
Vitamin B-12		0.00		0	FLA	4		0.00	0.00		
Vitamin A, IU		0		0	FLA	4		0	0		
Vitamin A, RAE		0		0	FLA	4		0	0		
Retinol		0		0	FLA	4		0	0		
Vitamin E (alpha-tocopherol)		0.00		0	FLA	4		0.00	0.00		
Tocopherol, beta		3.00		·	- 46			0.00	0.00		
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		0.0		0	FLA	4		0.0	0.0		
vitanini K (pirynoquinone)	g	0.0		·		-		0.0	0.0		
<u>Lipids:</u>											
Fatty acids, total saturated		0.074	1	0		1		0.001	0.011		
4:0											
6:0											
8:0											
10:0	<del>-</del>										
12:0											
13:0											
14:0											
15:0			_								
16:0		0.064	1	0		1		0.001	0.009		
17:0	-										
18:0	-	0.010	)	0		1		0.000	0.001		
20:0	_										
22:0	g										
20:0	g g										

	<u>Aı</u>	nount in 10			ole portic	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units		Mean	Std. Error	Number of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Nutrients and Onits		Weari	Sta. Error	1 Omito		Jouc	- Couc	Weasure i	WedSure 2	Weasure 3
Fatty acids, total monounsaturated	а	0.023		0		1		0.000	0.003	
14:1	g							0.000	0.000	
15:1	g	0.003		0		1		0.000	0.000	
17:1 18:1 undifferentiated	g	0.020		0		1		0.000	0.003	
20:1 undifferentiated	-									
24:1 cFatty acids, total polyunsaturated		0.182		0		1		0.002	0.026	
18:2 undifferentiated		0.060		0		1		0.001	0.009	
18:3 undifferentiated		0.123		0		1		0.001	0.018	
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	g									
Cholesterol	mg	0		0	FLA	4		0	0	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.032		0		1		0.000	0.005	
Threonine	g	0.015		0		1		0.000	0.002	
Isoleucine	g	0.011		0		1		0.000	0.002	
Leucine	g	0.011		0		1		0.000	0.002	
Lysine	g	0.013		0		1		0.000	0.002	
Methionine	g	0.002		0		1		0.000	0.000	
Cystine		0.017		0		1		0.000	0.002	
Phenylalanine		0.011		0		1		0.000	0.002	
Tyrosine	_	0.014		0		1		0.000	0.002	
Valine		0.013		0		1		0.000	0.002	
Arginine	-	0.018		0		1		0.000	0.003	
Histidine		0.005		0 0		1 1		0.000	0.001	
Alanine		0.019 0.096		0		1		0.000 0.001	0.003	
Aspartic acidGlutamic acid	-	0.096		0		1		0.001	0.01 <b>4</b> 0.025	
Glycine	-	0.026		0		1		0.002	0.023	
Proline		0.011		0		1		0.000	0.002	
Serine		0.024		0		1		0.000	0.003	
Hydroxyproline										
Others:	-									
Alcohol, ethyl	a	0.0		0	FLA	4		0.0	0.0	
Caffeine		1344		0	FLA	4		16	194	
Theobromine		90		0	FLA	4		1	13	
Carotenoids:				-	_					
	mca	0		0	FLA	4		0.000	0.000	
Carotene, beta		0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta		0		0	FLA	4		0.000	0.000	
Lycopene		0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin		0		0	FLA	4		0.000	0.000	

## **Common Measures:**

Measure 1 = 1.2g: 1 serving 1 tsp

Measure 2 = 14.4g: 4 tbsp (1/4 cup)

<sup>\*</sup>Vitamin or mineral added for enrichment or fortification

Tea, instant, sweetened with sodium saccharin, lemon-flavored, powder

Calories Factors: Protein 2.44 Fat 8.37 Carbohydrate 3.8

Food Group: 14 Beverages

NDB No. 14356
Tea, instant, sweetened with sodium saccharin, lemon-flavored, powder, decaffeinated

		<u>A</u> :	mount in 10	0 grams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food		
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	3.50		0	BFZN	4		0.06	0.50		
Energy	kcal	338		0	BFZN	4		5	49		
Energy	kj	1412		0	BFZN	4		23	203		
Protein (N x 6.25)	g	3.30		0	BFZN	4		0.05	0.48		
Total lipid (fat)	g	0.60		0	BFZN	4		0.01	0.09		
Ash	g	7.20		0	BFZN	4		0.12	1.04		
Carbohydrate, by difference	g	85.40		0	BFZN	4		1.37	12.30		
Fiber, total dietary	g	1.2		0	BFZN	4		0.0	0.2		
Sugars, total	g	0.00		0	Z	7		0.00	0.00		
Starch	g										
Minorals											
Minerals: Calcium, Ca	ma	21		0	BFZN	4		0	3		
Iron. Fe.	-	8.87		0	BFZN	4		0.14	1.28		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	125		0	BFZN	4		2	18		
Phosphorus, P		140		0	BFZN	4		2	20		
Potassium, K	-	2550		0	BFZN	4		41	367		
* Sodium, Na		412		0	BFZN	4		7	59		
Zinc, Zn		0.89		0	BFZN	4		0.01	0.13		
Copper, Cu		0.120	)	0	BFZN	4		0.002	0.017		
Manganese, Mn		30.370		0	BFZN	4		0.486	4.373		
Selenium, Se		3.4		0	BFZN	4		0.1	0.5		
	-										
Vitamins:											
Vitamin C, total ascorbic acid	_	0.0	_	0	BFZN	4		0.0	0.0		
Thiamin	_	0.017		0	BFZN	4		0.000	0.002		
Riboflavin		0.214		0	BFZN	4		0.003	0.031		
Niacin	_	3.880		0	BFZN	4		0.062	0.559		
Pantothenic acid	-	1.211		0	BFZN	4		0.019	0.174		
Vitamin B-6	-	0.225	)	0	BFZN	4		0.004	0.032		
Folate, total		32 0		0	BFZN	4 4		1 0	5		
Folic acid		32		0	BFZN	4		1	0 5		
Folate, food		32 32		0	BFZN NC	4		1	5		
Folate, DFEVitamin B-12.		0.00		0	BFZN	4		0.00	0.00		
Vitamin B-12 Vitamin A, IU		0.00		0	BFZN	4		0.00	0.00		
Vitamin A, IU Vitamin A, RAE		0		0	BFZN	4		0	0		
Retinol		0		0	DF ZN Z	7		0	0		
Vitamin E (alpha-tocopherol)		0.00		0	BFZN	4		0.00	0.00		
Tocopherol, beta		0.00		Ū	DI ZIN	-		0.00	0.00		
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		0.074		0	BFZN	4		0.001	0.011		
4:0		0.000		0		4		0.000	0.000		
6:0	-	0.000		0		4		0.000	0.000		
8:0	-	0.000		0 0		4		0.000 0.000	0.000 0.000		
10:0	-	0.000		0		4		0.000	0.000		
12:0		0.000	,	U		4		0.000	0.000		
13:0		0.000	,	0		4		0 000	0 000		
14:0		0.000	,	U		4		0.000	0.000		
15:0		0.064		0	BFZN	4		0 001	0 000		
16:0		0.064	•	U	DE AN	4		0.001	0.009		
17:0	-	0.010	,	0	BFZN	4		0.000	0.001		
18:0	-	0.010	,	U	DIZN	4		0.000	0.001		
20:0	-										
22:0	y										

	<u>Ar</u>	nount in 10	00 grams	of edib	<u>en</u>	Amount in edible portion of common			
			Number				<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.023		0	BFZN	4		0.000	0.003	
14:1g									
15:1	0.003		0	BFZN	4		0.000	0.000	
18:1 undifferentiated	0.020		0	BFZN	4		0.000	0.003	
20:1g	0.000		0		4		0.000	0.000	
22:1 undifferentiated	0.000		0		4		0.000	0.000	
Fatty acids, total polyunsaturated	0.182		0	BFZN	4		0.003	0.026	
18:2 undifferentiatedg	0.060		0	BFZN	4		0.001	0.009	
18:3 undifferentiatedg	0.123		0	BFZN	4		0.002	0.018	
18:4g	0.000		0		4		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg	0.000		•		4				
20:4 undifferentiated	0.000		0 0		4		0.000	0.000	
20:5 n-3	0.000		0		4		0.000	0.000	
22:6 n-3g	0.000		0		4		0.000	0.000	
Fatty acids, total trans9	0.000		Ū		-		0.000	0.000	
Cholesterol mg	0		0	BFZN	4		0	0	
Phytosterolsmg	-		-		_		-	-	
Others:									
Alcohol, ethylg	0.0		0	BFZN	4		0.0	0.0	
Caffeine mg	87		0	BFZN	4		1	13	
Theobrominemg	0		0	z	7		0	0	
Carotenoids:									
Carotene, betamcg	0		0	z	7		0.000	0.000	
Carotene, alpha mcg	0		0	BFZN	4		0.000	0.000	
Cryptoxanthin, betamcg	0		0	BFZN	4		0.000	0.000	
Lycopenemcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthinmcg	0		0	BFZN	4		0.000	0.000	

## **Common Measures:**

Measure 1 = 1.6g: 2 tsp

Measure 2 = 14.4g: 4 tbsp (1/4 cup)

\*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 2.44 Fat 8.37 Carbohydrate 3.8

Food Group: 14 Beverages

NDB No. 14376
Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared

		<u>A</u>	mount in 10	<u>0 grams</u>	of edib	le portio	<u>n</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food	_	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	_	99.41		0	RPI	6		235.60	29.42	471.20	
Energy		2		0	RPI	6		4	1	8	
Energy		7		0	RPI	6		17	2	34	
Protein (N x 0)	-	0.02		0	RPI	6		0.04	0.00	0.08	
Total lipid (fat)		0.00		0	RPI	6		0.01	0.00	0.01	
Ash		0.14		0	RPI	6		0.32	0.04	0.65	
Carbohydrate, by difference		0.44		0	RPI	6		1.03	0.13	2.06	
Fiber, total dietary		0.0		0	RPI	6		0.0	0.0	0.0	
Sugars, total		0.00		0	RPI	6		0.00	0.00	0.00	
Starch	g										
Minerals:											
Calcium, Ca	mg	3		0	RPA	1		6	1	12	
Iron, Fe	_	0.05		0	RPA	1		0.12	0.01	0.23	
Magnesium, Mg	_	1		0	RPA	1		3	0	6	
Phosphorus, P		1		0	RPA	1		2	0	3	
Potassium, K	-	13		0	RPA	1		31	4	62	
Sodium. Na	-	10		0		1		24	3	47	
Zinc, Zn	mg	0.01		0	RPA	1		0.02	0.00	0.04	
Copper, Cu		0.007	•	0	RPA	1		0.017	0.002	0.03	
Manganese, Mn		0.155	<b>i</b>	0	RPA	1		0.368	0.046	0.73	
Selenium, Se	mcg	0.0		0	RPI	6		0.0	0.0	0.0	
Vitamins:											
	ma	0.0		0	DDT	6		0.0	0.0	0.0	
Vitamin C, total ascorbic acid	_	0.00		0	RPI RPI	6		0.000	0.0 0.000	0.0	
ThiaminRiboflavin	-	0.000		0	RPI	6		0.003	0.000	0.00	
Niacin		0.001		0	RPI	6		0.003	0.006	0.00	
Pantothenic acid	_	0.020		0	RPI	6		0.014	0.000	0.09	
Vitamin B-6	-	0.001		0	RPI	6		0.003	0.002	0.02	
Folate, total	-	0	_	0	RPI	6		0	0.000	1	
Folic acid		Ö		0	RPI	6		0	0	0	
Folate, food		0		0	RPI	6		0	0	1	
Folate, DFE		0		0	NC	4		0	0	1	
Vitamin B-12		0.00		0	RPI	6		0.00	0.00	0.00	
Vitamin A, IU		0		0	RPI	6		0	0	0	
Vitamin A, RAE		0		0	RPI	6		0	0	0	
Retinol		0		0	RPI	6		0	0	0	
Vitamin E (alpha-tocopherol)		0.00		0	RPI	6		0.00	0.00	0.00	
Tocopherol, beta											
Tocopherol, gamma	mg										
Tocopherol, delta	mg										
Vitamin D											
Vitamin K (phylloquinone)	mcg	0.0		0	RPI	6		0.0	0.0	0.0	
Lipids:											
Fatty acids, total saturated	a	0.000	1	0	RPA	1		0.001	0.000	0.00	
4:0		0.000		0	RPA	1		0.001	0.000	0.00	
6:0		0.000		0	RPA	1		0.000	0.000	0.00	
8:0	-	0.000		0	RPA	1		0.000	0.000	0.00	
10:0	-	0.000		0	RPA	1		0.000	0.000	0.00	
12:0	-	0.000		0	RPA	1		0.000	0.000	0.00	
13:0				-		_				2.00	
14:0	_	0.000	)	0	RPA	1		0.000	0.000	0.00	
15:0											
16:0		0.000	)	0	RPA	1		0.001	0.000	0.00	
17:0	_										
18:0	-	0.000	)	0	RPA	1		0.000	0.000	0.00	
20:0	-										
22:0	-										
24:0	-										

		<u>A</u> 1	mount in 10			ole portic	<u>on</u>		edible portion of	of common
Nutrients and	l Unite	Mean	Std. Error	of Data Points	Deriv	Source Code	Confidence Code	Measure 1	easures of food Measure 2	Measure 3
Nutrients and	i Omits	Weali	Std. Liloi					weasure i	Wedsure 2	Wiedsure 3
Fatty acids, total monounsatur	ratedg	0.000		0	RPA	1		0.000	0.000	0.001
14:1	g									
15:1	-									
16:1 undifferentiated	-	0.000		0	RPA	1		0.000	0.000	0.000
17:1	• • • • • • • • • • • • • • • • • • • •	0.000		0	RPA	1		0.000	0.000	0.000
18:1 undifferentiated 20:1	-	0.000		0	RPA	1		0.000 0.000	0.000 0.000	0.000
22:1 undifferentiated	-	0.000		0	RPA	1		0.000	0.000	0.000
24:1 c	-	0.000		U	KPA	1		0.000	0.000	0.000
Fatty acids, total polyunsatura		0.001		0	RPA	1		0.002	0.000	0.004
18:2 undifferentiated		0.000		0	RPA	1		0.001	0.000	0.001
18:3 undifferentiated		0.001		0	RPA	1		0.001	0.000	0.001
18:4		0.000		0	RPA	1		0.000	0.000	0.000
20:2 n-6 c.c	-									
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.000		0	RPA	1		0.000	0.000	0.000
20:5 n-3	• • • • • • • • • • • • • • • • • • • •	0.000		0	RPA	1		0.000	0.000	0.000
22:5 n-3		0.000		0	RPA	1		0.000	0.000	0.000
22:6 n-3	-	0.000		0	RPA	1		0.000	0.000	0.000
Fatty acids, total trans	-									
Cholesterol		0		0	RPI	6		0	0	0
Phytosterols	mg									
A A										
Amino Acids:	~	0.000		0				0.000		
Tryptophan		0.000		0	RPA	1 1		0.000	0.000	0.001
Threonine	<del>-</del>	0.000		0	RPA	1		0.000	0.000	0.000
Isoleucine	-	0.000		0	RPA RPA	1		0.000 0.000	0.000 0.000	0.000
Leucine	-	0.000		0	RPA	1		0.000	0.000	0.000
Lysine Methionine		0.000		0	RPA	1		0.000	0.000	0.000
		0.000		0	RPA	1		0.000	0.000	0.000
Cystine		0.000		0	RPA	1		0.000	0.000	0.000
Phenylalanine Tyrosine		0.000		0	RPA	1		0.000	0.000	0.000
Valine	-	0.000		0	RPA	1		0.000	0.000	0.000
Arginine	• • • • • • • • • • • • • • • • • • • •	0.000		0	RPA	1		0.000	0.000	0.000
Histidine		0.000		0	RPA	1		0.000	0.000	0.000
Alanine	<del>-</del>	0.000		0	RPA	1		0.000	0.000	0.000
Aspartic acid		0.000		0	RPA	1		0.001	0.000	0.002
Glutamic acid		0.001		0	RPA	1		0.002	0.000	0.002
Glycine	<del>-</del>	0.000		0	RPA	1		0.002	0.000	0.001
Proline		0.000		0	RPA	1		0.000	0.000	0.001
Serine	<del>-</del>	0.000		0	RPA	1		0.000	0.000	0.000
Hydroxyproline		0.000		Ū	KIA	-		0.000	0.000	0.001
	9									
Others:				_		_				
Alcohol, ethyl		0.0		0	RPI	6		0.0	0.0	0.0
Caffeine		7		0	RPI	6		16	2	32
Theobromine	<u>III</u> Y	0		0	RPI	6		1	0	2
<u>Carotenoids:</u>										
Carotene, beta	mcg	0		0	RPI	6		0.000	0.000	0.000
Carotene, alpha	mcg	0		0	RPI	6		0.000	0.000	0.000
Cryptoxanthin, beta	mcg	0		0	RPI	6		0.000	0.000	0.000
Lycopene	mcg	0		0	RPI	6		0.000	0.000	0.000
Lutein + zeaxanthin	mcg	0		0	RPI	6		0.000	0.000	0.000

#### **Common Measures:**

Measure 1 = 237g: 1 cup (8 fl oz)

Measure 2 = 29.6g: 1 fl oz

Measure 3 = 474g: 1 bottle (10 fl oz)

Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

NDB No. 14548
Tea, instant, sweetened with sugar, lemon-flavored, with added ascorbic acid, powder

		<u>Ar</u>	mount in 100 g	rams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber				<u>m</u>	easures of food	<u> </u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	0.30	0.048	4		1		0.55	0.07		
Energy	kcal	385		0	NC	4		701	89		
Energy	kj	1611				4		2932	370		
Protein (N x 6.25)	g	0.60		4		1		1.09	0.14		
Total lipid (fat)	g	0.30	0.070	4		1		0.55	0.07		
Ash	g	1.10	0.388	4		1		2.00	0.25		
Carbohydrate, by difference	g	97.60		0	NC	4		177.63	22.45		
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0		
Sugars, total	g										
Starch	g										
Ain anals:											
<u>/Iinerals:</u> Calcium, Ca	ma	3	0.601	4		1		5	1		
Iron, Fe	_	0.16	0.008	4		1		0.29	0.04		
Magnesium, Mg	_	11	0.459	4		1		20	3		
Phosphorus, P		14	0.396	4		1		25	3		
Potassium, K	-	217	9.635	4		1		395	50		
Sodium, Na	-	5		0		4		9	1		
Zinc, Zn	_	0.10	0.004	4		1		0.18	0.02		
Copper, Cu		0.025	0.003	4		1		0.046	0.006		
Manganese, Mn	<u>mg</u>	2.965	0.076	4		1		5.396	0.682		
Selenium, Se	mcg	0.7		0	BFZN	4		1.3	0.2		
itamins:											
Vitamin C, total ascorbic acid	ma	100.0		1		1		182.0	23.0		
Thiamin	_	0.000		0		1		0.000	0.000		
Riboflavin		0.200		3		1		0.364	0.046		
Niacin		0.407		3		1		0.741	0.094		
Pantothenic acid		0.110		0		4		0.200	0.025		
Vitamin B-6		0.022		0		4		0.040	0.005		
Folate, total	-	43		2		1		77	10		
Folic acid		0		0	z	7		0	0		
Folate, food		43		2		1		77	10		
Folate, DFE		43		0	NC	4		77	10		
Vitamin B-12		0.00		0		4		0.00	0.00		
Vitamin A, IU		0		0		1		0	0		
Vitamin A, RAE		0		0	NC	4		0	0		
Retinol	mcg	0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	rncg										
Lipids:											
Fatty acids, total saturated	g	0.037		0		1		0.067	0.009		
4:0											
6:0	g										
8:0	g										
10:0	-										
12:0	-										
13:0											
14:0	_										
15:0	-					_		_			
16:0		0.032		0		1		0.058	0.007		
17:0				_		_		_			
18:0	-	0.005		0		1		0.009	0.001		
20:0	-										
22:0	g										

	<u>Am</u>	ount in 100 grams Numbe		<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean S	of Data Std. Error Points	Deriv Source Code Code		Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.011	0	1		0.020	0.003	
14:1	0.011	v	-		0.020	0.003	
16:1 undifferentiated	0.001	0	1		0.002	0.000	
18:1 undifferentiated	0.010	0	1		0.018	0.002	
24:1 cg							
Fatty acids, total polyunsaturatedg	0.091	0	1		0.166	0.021	
18:2 undifferentiatedg	0.030	0	1		0.055	0.007	
18:3 undifferentiated	0.061	0	1		0.111	0.014	
20:3 undifferentiatedg							
20:4 undifferentiatedg							
20:5 n-3g							
22:5 n-3g							
22:6 n-3							
Cholesterolg	0	0	1		0	0	
Phytosterols mg	-	-	_				
Amino Acids:							
Tryptophang	0.005	0	1		0.009	0.001	
Threonine	0.003	0	1		0.005	0.001	
Isoleucine	0.003	0	1		0.005	0.001	
Leucineg	0.003	0	1		0.005	0.001	
Lysine	0.003	0	1		0.005	0.001	
Methionine	0.000	0	1		0.000	0.000	
Cystineg	0.003	0	1		0.005	0.001	
Phenylalanine	0.001	0	1		0.002	0.000	
Tyrosine9	0.003	0	1		0.005	0.001	
Valineg	0.003	0	1		0.005	0.001	
Arginineg	0.003	0	1		0.005	0.001	
Histidineg	0.001	0	1		0.002	0.000	
Alanine	0.004	0	1		0.007	0.001	
Aspartic acidg	0.017	0	1		0.031	0.004	
Glutamic acidg	0.031	0	1		0.056	0.007	
Glycineg	0.005	0	1		0.009	0.001	
Prolineg	0.003	0	1		0.005	0.001	
Serineg	0.004	0	1		0.007	0.001	
Hydroxyprolineg							
Others:							
Alcohol, ethylg							
Caffeine mg	124	19.934 6	1		226	29	
Theobromine mg							

## **Common Measures:**

Measure 1 = 182g: 1 cup

Measure 2 = 23g: 1 serving (3 heaping tsp)

Calories Factors: Protein 2.44 Fat 8.37 Carbohydrate 3.9

Food Group: 14 Beverages

NDB No. 14549
Tea, instant, sweetened with sugar, lemon-flavored, with added ascorbic acid, powder, prepared

		<u>A</u>	mount in 10	00 grams	of edib	le portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	ts	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	Measure 2	Measure	
Proximates:											
Water		91.20		0		1		236.21			
Energy	kcal	34		0	NC	4		88			
Energy	kj	142				4		368			
Protein (N x 0)	g	0.10		0		1		0.26			
Total lipid (fat)	g	0.00		0		1		0.00			
Ash		0.10		0		1		0.26			
Carbohydrate, by difference	g	8.50		0	NC	4		22.02			
Fiber, total dietary		0.0		0	BFZN	4		0.0			
Sugars, total											
Starch											
Suici	9										
<u>Minerals:</u>											
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	2		0		1		5			
Iron, Fe	mg	0.02		0		1		0.05			
Magnesium, Mg	mg	2		0		1		5			
Phosphorus, P	mg	1		0		1		3			
Potassium, K	mg	19		0		1		49			
Sodium, Na	mg	3		0		1		8			
Zinc, Zn	mg	0.03		0		1		0.08			
Copper, Cu	mg	0.008	3	0		1		0.021			
Manganese, Mn	mg	0.260	)	0		1		0.673			
Selenium, Se		0.1		0	BFZN	4		0.3			
17:4 :											
Vitamins:				•				00.0			
Vitamin C, total ascorbic acid		9.0		0		1		23.3			
Thiamin		0.000		0		1		0.000			
Riboflavin	_	0.018		0		1		0.047			
Niacin		0.036		0		1		0.093			
Pantothenic acid		0.010		0		4		0.026			
Vitamin B-6	mg	0.002	2	0		4		0.005			
Folate, total		4		0		1		10			
Folic acid	mcg	0		0	Z	7		0			
Folate, food		4		0		1		10			
Folate, DFE	mcg_DFE	4		0	NC	4		10			
Vitamin B-12	mcg	0.00		0		1		0.00			
Vitamin A, IU	IU	0		0		1		0			
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0			
Retinol		0		0	Z	7		0			
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
<u> Lipids:</u>											
Fatty acids, total saturated		0.003	3	0		1		0.008			
4:0											
6:0	_										
8:0	_										
10:0	_										
12:0	_										
13:0	-										
14:0	g										
15:0	g										
16:0	g	0.003	3	0		1		0.008			
17:0	g										
18:0	g	0.000	)	0		1		0.000			
20:0	g										
22:0	_										
24:0	-										

	<u>An</u>	nount in 100 gr Nun	ams of ed	ible portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean		Data Deriv		Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.001		0	1		0.003			
14:1g									
15:1g 16:1 undifferentiatedg	0.000		0	1		0.000			
17:1g									
18:1 undifferentiatedg	0.001		0	1		0.003			
20:1g									
22:1 undifferentiated									
24:1 cg  Fatty acids, total polyunsaturatedg	0.008		0	1		0.021			
18:2 undifferentiatedg	0.003		0	1		0.021			
18:3 undifferentiated	0.005		0	1		0.013			
18:4g						0.025			
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	0		0	1		0			
Cholesterolmg Phytosterolsmg	U		U	1		U			
-									
Amino Acids:									
Tryptophan9	0.000		0	1		0.000			
Threonine	0.000		0	1 1		0.000			
Isoleucine	0.000		0	1		0.000 0.000			
Lysine	0.000		0	1		0.000			
Methionineg	0.000		0	1		0.000			
Cystineg	0.000		0	1		0.000			
Phenylalanine	0.000		0	1		0.000			
Tyrosineg	0.000		0	1		0.000			
Valineg	0.000		0	1		0.000			
Arginineg	0.000		0	1		0.000			
Histidineg	0.000		0	1		0.000			
Alanineg	0.000		0	1		0.000			
Aspartic acid	0.001		0	1 1		0.003			
Glutamic acid	0.002		0	1		0.005 0.000			
Proline	0.000		0	1		0.000			
Serine	0.000		0	1		0.000			
Hydroxyproline				=					
Others:									
Alcohol, ethyl									
Caffeine mg	11		0	1		28			
Theobrominemg									

## **Common Measures:**

Measure 1 = 259g: 1 cup (8 fl oz)

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

NDB No. 14370
Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder

		<u>Aı</u>	mount in 100 g	rams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	mbei	r			m	easures of food	<u>.</u>	
					Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	0.30	0.048	4		1		0.55	0.07		
Energy	kcal	385		0	NC	4		701	89		
Energy		1611		0		4		2932	370		
Protein (N x 6.25)	g	0.60		4		1		1.09	0.14		
Total lipid (fat)	g	0.30	0.070	4		1		0.55	0.07		
Ash		1.10	0.388	4		1		2.00	0.25		
Carbohydrate, by difference	g	97.60		0	NC	4		177.63	22.45		
Fiber, total dietary	g	0.2		0	FLA	4		0.3	0.0		
Sugars, total	g	95.00		2	JO	11		172.89	21.85		
Starch	g										
3.6° 1											
Minerals:	ma	3	0.601	4		1		5	1		
Calcium, Ca Iron, Fe	-	0.16	0.601	4		1		0.29	0.04		
Magnesium, Mg		11	0.459	4		1		20	3		
Phosphorus, P		14	0.396	4		1		25	3		
Potassium, K	-	217	9.635	4		1		395	50		
Sodium, Na		7		0	FLA	4		13	2		
Zinc, Zn		0.10	0.004	4		1		0.18	0.02		
Copper, Cu		0.025	0.003	4		1		0.046	0.006		
Manganese, Mn		2.965	0.076	4		1		5.396	0.682		
Selenium, Se	mcg	0.7		0	FLA	4		1.3	0.2		
Vitamins											
Vitamins:	ma	0.6		0	FLA	4		1.1	0.1		
Vitamin C, total ascorbic acid Thiamin		0.005		0	FLA	4		0.009	0.1		
Riboflavin		0.003		3	FLIA	1		0.364	0.046		
Niacin		0.407		3		1		0.741	0.094		
Pantothenic acid	-	0.124		0	FLA	4		0.225	0.028		
Vitamin B-6		0.027		0	FLA	4		0.049	0.006		
Folate, total	-	4		0	FLA	4		7	1		
Folic acid		0		0	FLA	4		0	0		
Folate, food		4		0	FLA	4		7	1		
Folate, DFE	mcg_DFE	4		0	NC	4		7	1		
Vitamin B-12		0.00		0	FLA	4		0.00	0.00		
Vitamin A, IU	IU	1		0	FLA	4		2	0		
Vitamin A, RAE	mcg_RAE	0		0	FLA	4		0	0		
Retinol		0		0	FLA	4		0	0		
Vitamin E (alpha-tocopherol)	mg	0.02		0	FLA	4		0.03	0.00		
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D				•							
Vitamin K (phylloquinone)	mcg	0.0		0	FLA	4		0.0	0.0		
Lipids:											
Fatty acids, total saturated	g	0.037		0		1		0.067	0.009		
4:0		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	g	0.000		0		1		0.000	0.000		
13:0	-										
14:0		0.000		0		1		0.000	0.000		
15:0	_										
16:0		0.032		0		1		0.058	0.007		
17:0	_			-		_					
18:0	_	0.005	1	0		1		0.009	0.001		
20:0	_										
22:0											

#### Amount in 100 grams of edible portion Amount in edible portion of common measures of food Number of Data Deriv Source Confidence Std. Error Points Code **Nutrients and Units** Code Code Mean Measure 1 Measure 2 Measure 3 0.011 Fatty acids, total monounsaturated..........g 0 1 0.020 0.003 14:1.....g 15:1.....g 16:1 undifferentiated......g 0.001 0 0.002 0.000 1 17:1.....g 0.010 0 0.018 18:1 undifferentiated......g 1 0.002 0.000 0 1 0.000 0.000 20:1.....g 0.000 0 1 0.000 0.000 24:1 c.....g 0.091 1 0.166 0.021 Fatty acids, total polyunsaturated......g 18:2 undifferentiated......g 0.030 0 1 0.055 0.007 0.061 0 1 0.111 0.014 0.000 0 1 0.000 0.000 18:4.....g 20:2 n-6 c c q 20:3 undifferentiated......g 0.000 0 1 0.000 0.000 0.000 20:5 n-3.....g 0 1 0.000 0.000 0.000 0.000 1 0.000 22:5 n-3.....g 0 0.000 0.000 22:6 n-3.....g 1 0.000 0 FLA 4 0 0 Cholesterol...mg Phytosterols....mg Amino Acids: 0.005 0 1 0.009 Tryptophan......g 0.001 0.005 0.003 0 1 0.001 0.003 1 0.005 0.001 Isoleucine 9 0 1 0.003 0 0.005 0.001 0.003 0 1 0.005 0.001 Lysine.....g 0.000 0 1 0.000 0.000 Methionine......g 0.003 0 1 0.005 Cystine.....g 0.001 0 1 0.001 0.002 0.000 Tyrosine.....g 0.003 0 1 0.005 0.001 0.003 1 0 0.005 0.001 Valine......g Arginine.....g 0.003 0 1 0.005 0.001 0.001 0 1 0.002 0.000 Histidine.....g Alanine.....g 0.004 0 1 0.007 0.001 0.017 1 0.031 0 0.004 0.031 0 1 0.056 0.007 0 0.005 1 0.009 0.001 Glycine......9 0.003 0 1 0.005 0.001 0.004 1 0.007 0.001 Serine......g Hydroxyproline......9 Others: Alcohol, ethyl.....g 0.0 0 FLA 4 0.0 0.0 19.934 124 1 226 29 Caffeine mg 6 Theobromine mg 9 0 FLA 4 16 Carotenoids: 0.241 0.031 Carotene, beta.....mcg 0 0 FLA 4 0.038 0.005 Carotene, alpha....mcg 0 FLA 4 Cryptoxanthin, beta....mcg 1 0 FLA 4 1.509 0.191 0 0 FLA 4 0.000 0.000 Lycopene....mcg

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

FT.A

1.184

0.150

#### **Common Measures:**

Measure 1 = 182g: 1 cup

Lutein + zeaxanthin mcg

Measure 2 = 23g: 1 serving (3 heaping tsp)

Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder

Calories Factors: Protein 2.44 Fat 8.37 Carbohydrate 3.9

Food Group: 14 Beverages

NDB No. 14357
Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, decaffeinated

		<u>A</u> :	mount in 10	0 grams	Amount in edible portion of common					
Nutrients and Un	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food  Measure 2	Measure 3
Proximates:										
Water	=	0.30		0	BFZN	4		0.55	0.07	
Energy		396		0	NC	4		720	91	
Energy		1655		0	NC	4		3012	381	
Protein (N x 6.25)		0.60		0	BFZN	4		1.09	0.14	
Total lipid (fat)		0.30		0	BFZN	4		0.55	0.07	
Ash		1.10		0	BFZN	4		2.00	0.25	
Carbohydrate, by difference		97.60		0	BFZN	4		177.63	22.45	
Fiber, total dietary		0.0		0	BFZN	4		0.0	0.0	
Sugars, total		95.00		0	BFZN	4		172.89	21.85	
Starch	g									
Minerals:										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	3		0	BFZN	4		5	1	
Iron, Fe		0.16		0	BFZN	4		0.29	0.04	
Magnesium, Mg		11		0	BFZN	4		20	3	
Phosphorus, P	-	14		0	BFZN	4		25	3	
Potassium, K		217		0	BFZN	4		395	50	
Sodium, Na		7		0	BFZN	4		13	2	
Zinc, Zn		0.10		0	BFZN	4		0.18	0.02	
Copper, Cu		0.025		0	BFZN	4		0.046	0.006	
Manganese, Mn		2.965 0.7	)	0 0	BFZN BFZN	4 4		5.396 1.3	0.682 0.2	
Selenium, Se	Tricg	0.7		U	DF ZN	4		1.3	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	_	0.6		0	BFZN	4		1.1	0.1	
Thiamin		0.005	5	0	BFZN	4		0.009	0.001	
Riboflavin	_	0.200		0	BFZN	4		0.364	0.046	
Niacin		0.407		0	BFZN	4		0.741	0.094	
Pantothenic acid		0.110		0	BFZN	4		0.200	0.025	
Vitamin B-6	_	0.027	'	0	BFZN	4		0.049	0.006	
Folate, total		4		0	BFZN	4		7	1	
Folic acid		0		0	BFZN	4		0	0	
Folate, food		4		0	BFZN	4		7	1	
Folate, DFE		4		0	NC	4		7	1	
Vitamin B-12		0.00 1		0 0	BFZN	4 4		0.00 2	0.00	
Vitamin A, IU Vitamin A, RAE	IU	0		0	BFZN BFZN	4		0	0	
Retinol		0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol)		0.00		0	BFZN	4		0.00	0.00	
Tocopherol, beta		0.00		U	DE ZIN	-		0.00	0.00	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0		0	BFZN	4		0.0	0.0	
Lipids: Fatty acids, total saturated	а	0.037	,	0	BFZN	4		0.067	0.009	
4:0		0.000		0	BFZN	4		0.000	0.000	
6:0		0.000		0	BFZN	4		0.000	0.000	
8:0	_	0.000		0	BFZN	4		0.000	0.000	
10:0	-	0.000		0	BFZN	4		0.000	0.000	
12:0	_	0.000		0	BFZN	4		0.000	0.000	
13:0	-	2.200		-		-				
14:0	-	0.000	)	0	BFZN	4		0.000	0.000	
15:0	-			-	-					
16:0		0.032	2	0	BFZN	4		0.058	0.007	
17:0										
18:0	_	0.005	<b>i</b>	0	BFZN	4		0.009	0.001	
20:0	_									
22:0	_									
24:0	_									

NDB No. 14357
Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, decaffeinated

	<u>A</u>	Amount in 100 grams of edible portion							Amount in edible portion of common measures of food			
			umber				<u>me</u>	easures of food				
Nutrients and Units	Mean	Std. Error P	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3			
Fatty acids, total monounsaturated			0	BFZN	4		0.020	0.003				
15:1	-											
16:1 undifferentiated	-		0	BFZN	4		0.002	0.000				
17:1			_									
18:1 undifferentiated			0	BFZN	4		0.018	0.002				
20:1	-		0	BFZN	4		0.000	0.000				
22:1 undifferentiated	•	1	0	BFZN	4		0.000	0.000				
24:1 c			0	BFZN	4		0 166	0.001				
Fatty acids, total polyunsaturated			0	BFZN	4		0.166 0.055	0.021 0.007				
18:2 undifferentiated			0	BFZN	4		0.055					
18:4			0	BFZN	4		0.111	0.01 <b>4</b> 0.000				
20:2 n-6 c,c			U	DF ZN	4		0.000	0.000				
20:3 undifferentiated	-											
20:4 undifferentiated	-	1	0	BFZN	4		0.000	0.000				
20:5 n-3	0		0	BFZN	4		0.000	0.000				
20.3 n-3	-		0	BFZN	4		0.000	0.000				
			0	BFZN	4		0.000	0.000				
22:6 n-3	0	•	U	DE ZIN	-		0.000	0.000				
Fatty acids, total trans			0	BFZN	4		0	0				
CholesterolPhytosterols	5		U	DE ZIN	-		U	U				
rnytosterois	9											
Amino Acids:												
Tryptophan	g 0.005	i	0	BFZN	4		0.009	0.001				
Threonine	g 0.003	1	0	BFZN	4		0.005	0.001				
Isoleucine	g 0.003	1	0	BFZN	4		0.005	0.001				
Leucine	g 0.003	1	0	BFZN	4		0.005	0.001				
Lysine	g 0.003	1	0	BFZN	4		0.005	0.001				
Methionine	g 0.000	1	0	BFZN	4		0.000	0.000				
Cystine	g 0.003	1	0	BFZN	4		0.005	0.001				
Phenylalanine	g 0.001	•	0	BFZN	4		0.002	0.000				
Tyrosine	g 0.003	1	0	BFZN	4		0.005	0.001				
Valine	g 0.003	1	0	BFZN	4		0.005	0.001				
Arginine	g 0.003	1	0	BFZN	4		0.005	0.001				
Histidine	g 0.001	•	0	BFZN	4		0.002	0.000				
Alanine	g 0.004		0	BFZN	4		0.007	0.001				
Aspartic acid	g 0.017	•	0	BFZN	4		0.031	0.004				
Glutamic acid	g 0.031		0	BFZN	4		0.056	0.007				
Glycine	g 0.005	i	0	BFZN	4		0.009	0.001				
Proline		1	0	BFZN	4		0.005	0.001				
Serine	g 0.004		0	BFZN	4		0.007	0.001				
Hydroxyproline	g											
Others:	~ ^ -		•	<b></b> -			0.0	• •				
Alcohol, ethyl			0	BFZN	4		0.0	0.0				
Caffeine			0	BFZN	4		9	1				
Theobromine	mg 0		0	BFZN	4		0	0				
Carotenoids:	moa ^		^	DER			0.000	0.000				
Carotene, beta			0	BFZN	4		0.000	0.000				
Carotene, alpha			0	BFZN	4 4			0.000				
Cryptoxanthin, beta	5		0	BFZN			0.000	0.000				
Lycopene			0 0	BFZN	4 4		0.000	0.000				
Lutein + zeaxanthin	ilica n		<u> </u>	BFZN	4		0.000	0.000				

#### **Common Measures:**

Measure 1 = 182g: 1 cup

Measure 2 = 23g: 1 serving (3 heaping tsp)

Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, decaffeinated

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 14 Beverages

NDB No. 14371
Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared

	Amount in 100 grams of edible portion							Amount in edible portion of common		
Nutrients and Un	its	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	<u>!</u> Measure 3
Proximates:										
Water	-	91.19		0	RPI	6		236.19		
Energy	kcal	34		0	RPI	6		87		
Energy	kj	141		0	RPI	6		364		
Protein (N x 0)		0.05		0	RPI	6		0.14		
Total lipid (fat)	g	0.03		0	RPI	6		0.07		
Ash	g	0.19		0	RPI	6		0.49		
Carbohydrate, by difference	g	8.53		0	RPI	6		22.10		
Fiber, total dietary	g	0.0		0	RPI	6		0.0		
Sugars, total	g	8.30		0	RPI	6		21.51		
Starch	g									
Minerals:										
Calcium, Ca	mg	2		0	RPA	1		6		
Iron, Fe	mg	0.02		0	RPA	1		0.05		
Magnesium, Mg	mg	2		0	RPA	1		4		
Phosphorus, P	-	1		0	RPA	1		3		
Potassium, K	mg	19		0	RPA	1		49		
Sodium, Na	mg	3		0	RPI	6		7		
Zine, Zn	mg	0.01		0	RPA	1		0.03		
Copper, Cu	mg	0.008	3	0	RPA	1		0.022		
Manganese, Mn	mg	0.260	)	0	RPA	1		0.672		
Selenium, Se	mcg	0.1		0	RPI	6		0.2		
Vitamins:										
Vitamin C, total ascorbic acid	<u>mg</u>	0.1		0	RPI	6		0.1		
Thiamin	mg	0.000	)	0	RPI	6		0.001		
Riboflavin	mg	0.017	7	0	RPI	6		0.045		
Niacin	mg	0.036	5	0	RPI	6		0.092		
Pantothenic acid	mg	0.011	L	0	RPI	6		0.028		
Vitamin B-6	mg	0.002	2	0	RPI	6		0.006		
Folate, total	mcg	0		0	RPI	6		1		
Folic acid	mcg	0		0	RPI	6		0		
Folate, food		0		0	RPI	6		1		
Folate, DFE	mcg_DFE	0		0	NC	4		1		
Vitamin B-12	mcg	0.00		0	RPI	6		0.00		
Vitamin A, IU		0		0	RPI	6		0		
Vitamin A, RAE	mcg_RAE	0		0	RPI	6		0		
Retinol	mcg	0		0	RPI	6		0		
Vitamin E (alpha-tocopherol)		0.00		0	RPI	6		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.0		0	RPI	6		0.0		
Lipids:										
Fatty acids, total saturated	g	0.003	3	0	RPA	1		0.008		
4:0		0.000	)	0	RPA	1		0.000		
6:0	g	0.000	)	0	RPA	1		0.000		
8:0	g	0.000	)	0	RPA	1		0.000		
10:0	-	0.000	)	0	RPA	1		0.000		
12:0	-	0.000	)	0	RPA	1		0.000		
13:0	-									
14:0	g	0.000	)	0	RPA	1		0.000		
15:0	g									
16:0	g	0.003	3	0	RPA	1		0.007		
17:0	g									
18:0	g	0.000	)	0	RPA	1		0.001		
20:0	g									
22:0	g									
24:0	a									

	Amount in 100 grams of edible p				<u>on</u>	Amount in edible portion of common		
		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
Fatty acids, total monounsaturatedg	0.001	. 0	RPA	1		0.003		
14:1g								
15:1g								
16:1 undifferentiatedg	0.000	0	RPA	1		0.000		
17:1 <b>9</b>								
18:1 undifferentiatedg	0.001	. 0	RPA	1		0.002		
20:1g	0.000	0	RPA	1		0.000		
22:1 undifferentiatedg	0.000	0	RPA	1		0.000		
24:1 cg								
Fatty acids, total polyunsaturated	0.008	0	RPA	1		0.021		
18:2 undifferentiated	0.003	0	RPA	1		0.007		
18:3 undifferentiatedg	0.005	0	RPA	1		0.014		
18:4g	0.000	0	RPA	1		0.000		
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0	RPA	1		0.000		
20:5 n-3g	0.000	0	RPA	1		0.000		
22:5 n-3g	0.000	0	RPA	1		0.000		
22:6 n-3g	0.000	0	RPA	1		0.000		
Fatty acids, total trans9								
Cholesterolmg	0	0	RPI	6		0		
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.000	0	RPA	1		0.001		
Threonine	0.000		RPA	1		0.001		
Isoleucineg	0.000		RPA	1		0.001		
Leucineg	0.000		RPA	1		0.001		
Lysineg	0.000		RPA	1		0.001		
Methionineg	0.000		RPA	1		0.000		
Cystineg	0.000		RPA	1		0.001		
Phenylalanineg	0.000		RPA	1		0.000		
Tyrosineg	0.000		RPA	1		0.001		
Valineg	0.000		RPA	1		0.001		
Arginine9	0.000		RPA	1		0.001		
Histidine9	0.000		RPA	1		0.001		
Alanineg	0.000		RPA	1		0.001		
Aspartic acid	0.000		RPA	1		0.001		
Glutamic acid	0.001		RPA	1		0.007		
	0.000		RPA	1		0.001		
Glycine	0.000		RPA	1		0.001		
Serine	0.000		RPA	1		0.001		
Hydroxyproline	0.000	0	KFA	_		0.001		
rrydroxypronneg								
Others:								
Alcohol, ethylg	0.0	0	RPI	6		0.0		
Caffeinemg	11	0	RPI	6		28		
Theobrominemg	1	0	RPI	6		2		
Carotenoids:								
	0	0	RPI	6		0.000		
Carotene, betamcg Carotene, alphamcg	0	0	RPI	6		0.000		
Cryptoxanthin, beta mcg	0	0	RPI	6		0.000		
Lycopenemcg	0	0	RPI	6		0.000		
•	0	0	RPI	6		0.000		
Lutein + zeaxanthinmcg		<u> </u>	KPI	0		0.000		

#### **Common Measures:**

Measure 1 = 259g: 1 cup (8 fl oz)

NDB No. 14371

Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

		<u>A</u> :	mount in 100	0 grams	of edib	ole portio	<u>on</u>		edible portion	
			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	4.30		1		1		0.06	0.49	
Energy	kcal	297		0	NC	4		4	34	
Energy	kj	1243				4		17	140	
Protein (N x 6.25)	g	7.40		1		1		0.10	0.84	
Total lipid (fat)	g	0.40		1		1		0.01	0.05	
Ash	g	9.60		1		1		0.13	1.08	
Carbohydrate, by difference	g	75.10		0	NC	4		1.05	8.49	
Fiber, total dietary		0.0		0		4		0.0	0.0	
Sugars, total	g	2.59		0	FLA	4		0.04	0.29	
Starch	g									
Minerals:										
Calcium, Ca	ma	28		1		1		0	3	
Iron, Fe	-	0.75		1		1		0.01	0.08	
Magnesium, Mg	-	139		1		1		2	16	
Phosphorus, P		107		1		1		1	12	
Potassium, K	•	3453		1		1		48	390	
Sodium, Na		517		1		1		7	58	
Zinc, Zn	mg	1.23		1		1		0.02	0.14	
Copper, Cu	mg	0.340	)	1		1		0.005	0.038	
Manganese, Mn	mg	30.670	)	1		1		0.429	3.466	
Selenium, Se	mcg	2.8		0	FLA	4		0.0	0.3	
Vitamins:										
Vitamin C, total ascorbic acid	ma	2.9		0	FLA	4		0.0	0.3	
Thiamin	-	0.045	:	0	FLA	4		0.001	0.005	
Riboflavin	_	1.250		1	LIM	1		0.018	0.141	
Niacin	_	6.520		1		1		0.091	0.737	
Pantothenic acid	-	1.940		0	FLA	4		0.027	0.219	
Vitamin B-6	-	0.397		0	FLA	4		0.006	0.045	
Folate, total	-	56		0	FLA	4		1	6	
Folic acid		0		0	FLA	4		0	0	
Folate, food		56		0	FLA	4		1	6	
Folate, DFE		56		0	NC	4		1	6	
Vitamin B-12		0.00		0	FLA	4		0.00	0.00	
Vitamin A, IU		4		0	FLA	4		0	1	
Vitamin A, RAE		0		0	FLA	4		0	0	
Retinol	mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	ıncg	0.0		0	FLA	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	0.050	)	0		1		0.001	0.006	
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	g	0.000	)	0		1		0.000	0.000	
12:0		0.000	)	0		1		0.000	0.000	
13:0										
14:0	g	0.000	)	0		1		0.000	0.000	
15:0	g									
16:0	g	0.043	3	0		1		0.001	0.005	
17:0	g									
18:0	-	0.007	7	0		1		0.000	0.001	
20:0	-									
22:0	-									
24:0	g									

		<u>A</u>	mount in 10			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 monounsatura	atedg	0.015	i	0		1		0.000	0.002		
14:1	-										
15:1 16:1 undifferentiated	-	0.002		0		1		0.000	0.000		
17:1	-										
18:1 undifferentiated	-	0.013		0		1		0.000	0.001		
20:1		0.000		0		1		0.000	0.000		
22:1 undifferentiated	•	0.000	1	0		1		0.000	0.000		
24:1 cFatty acids, total polyunsaturat		0.122		0		1		0.002	0.014		
18:2 undifferentiated		0.040		0		1		0.002	0.014		
18:3 undifferentiated		0.082		0		1		0.001	0.009		
18:4	=	0.000		0		1		0.000	0.000		
20:2 n-6 c,c	-										
20:3 undifferentiated	g										
20:4 undifferentiated	g	0.000	1	0		1		0.000	0.000		
20:5 n-3	g	0.000	)	0		1		0.000	0.000		
22:5 n-3	-	0.000		0		1		0.000	0.000		
22:6 n-3		0.000	1	0		1		0.000	0.000		
Fatty acids, total trans	-	_		_				_	_		
Cholesterol	_	0		0	FLA	4		0	0		
Phytosterols	Ing										
Amino Acids:											
Tryptophan	g	0.072		0		1		0.001	0.008		
Threonine	g	0.033		0		1		0.000	0.004		
Isoleucine	-	0.025		0		1		0.000	0.003		
Leucine	-	0.025		0		1		0.000	0.003		
Lysine		0.028		0 0		1 1		0.000	0.003		
Methionine		0.004		0		1		0.000 0.001	0.000		
CystinePhenylalanine		0.023		0		1		0.001	0.004 0.003		
Tyrosine		0.023		0		1		0.000	0.003		
Valine	-	0.030		0		1		0.000	0.003		
Arginine	• • • • • • • • • • • • • • • • • • • •	0.041		0		1		0.001	0.005		
Histidine		0.011		0		1		0.000	0.001		
Alanine	-	0.043	1	0		1		0.001	0.005		
Aspartic acid		0.213	1	0		1		0.003	0.024		
Glutamic acid	g	0.390	)	0		1		0.005	0.044		
Glycine	g	0.058		0		1		0.001	0.007		
Proline	-	0.025		0		1		0.000	0.003		
Serine		0.000	)	0		1		0.000	0.000		
Hydroxyproline	g										
Others:											
Alcohol, ethyl	g	0.0		0	FLA	4		0.0	0.0		
Caffeine	mg	1794		1		1		25	203		
Theobromine	mg	121		0		4		2	14		
Carotenoids:											
Carotene, beta	mcg	0		0	FLA	4		0.000	0.000		
Carotene, alpha		0		0	FLA	4		0.000	0.000		
Cryptoxanthin, beta		0		0	FLA	4		0.000	0.000		
Lycopene	mcg	0		0	FLA	4		0.000	0.000		
Lutein + zeaxanthin	mcg	0		0	FLA	4		0.000	0.000		

#### **Common Measures:**

Measure 1 = 1.4g: 1 tsp, rounded Measure 2 = 11.3g: 2 tbsp, rounded NDB No. 14368

Tea, instant, unsweetened, lemon-flavored, powder

Calories Factors: Protein 2.44 Fat 8.37 Carbohydrate 3.57

Food Group: 14 Beverages

		<u>A</u>	mount in 100 gr	ams of ec	lible portion	<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	Code	Code	Measure 1	Measure 2	Measure
Proximates:									
Water	g	99.40		0	1		236.57		
Energy	-	2		0 N	2 4		5		
Energy		8			4		20		
Protein (N x 0)		0.00		0	1		0.00		
Total lipid (fat)		0.00		0	1		0.00		
Ash		0.10		0	1		0.24		
Carbohydrate, by difference		0.40		0 N	2 4		0.95		
Fiber, total dietary		0.0		0 R			0.0		
Sugars, total									
Starch									
States									
Minerals:									
Calcium, Ca	_	2		0	1		5		
Iron, Fe		0.01		0	1		0.02		
Magnesium, Mg		2		0	1		5		
Phosphorus, P	_	1		0	1		2		
Potassium, K		21 6		0	1 1		50		
Sodium, Na		0.03		0	1		14 0.07		
Zinc, Zn		0.03		0	1		0.019		
Copper, Cu Manganese, Mn		0.181		0	1		0.431		
Selenium, Se		0.0	-	0 BFF			0.0		
Scientini, Sc	9	0.0		0 211	., .		0.0		
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid	mg	0.0		0	1		0.0		
Thiamin		0.000	)	0	1		0.000		
Riboflavin		0.008	3	0	1		0.019		
Niacin		0.038		0	1		0.090		
Pantothenic acid		0.011		0	4		0.026		
Vitamin B-6	-	0.002	2	0	4		0.005		
Folate, total		0		0	4		1		
Folic acid		0		0 z	7		0		
Folate, food	mcg	0		0	4		1		
Folate, DFE		0		0 NC			1		
Vitamin B-12		0.00		0	1		0.00		
Vitamin A, IU		0		0	1		0		
Vitamin A, RAE		0		0 NC	4 7		0 0		
Retinol		U		0 Z	,		U		
Vitamin E (alpha-tocopherol)									
Tocopherol, beta Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)									
4 3 1									
<u>Lipids:</u>			_						
Fatty acids, total saturated		0.000	ט	0	1		0.000		
4:0									
6:0									
8:0									
10:0									
12:0 13:0									
14:0									
15:0	-								
16:0		0.000	)	0	1		0.000		
17:0		0.000	•	•	1		0.000		
18:0		0.000	)	0	1		0.000		
		0.000	,	•	1		0.000		
20:0	-								
22:0	y								

	<u>A</u>	mount in 100 grams		<u>on</u>		edible portion o	f common
		Number		0 51	<u> </u>	easures or roou	
Nutrients and Units	Mean	Std. Error Points	Deriv Source Code Code	Code	Measure 1	Measure 2	Measure 3
Du il del g	0.000	0	1		0.000		
Fatty acids, total monounsaturated	0.000	· · ·	1		0.000		
15:1	0.000	0	1		0.000		
18:1 undifferentiated	0.000	0	1		0.000		
24:1 cg Fatty acids, total polyunsaturatedg	0.001	. 0	1		0.002		
18:2 undifferentiatedg	0.000		1		0.002		
18:3 undifferentiated	0.001		1		0.002		
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							
Cholesterol mg	0	0	1		0		
Phytosterolsmg							
Amino Acids:							
Tryptophang	0.000	0	1		0.000		
Threonineg	0.000	0	1		0.000		
Isoleucine	0.000	0	1		0.000		
Leucineg	0.000	0	1		0.000		
Lysineg	0.000	0	1		0.000		
Methionineg	0.000	0	1		0.000		
Cystineg	0.000	0	1		0.000		
Phenylalanineg	0.000		1		0.000		
Tyrosineg	0.000	0	1		0.000		
Valineg	0.000		1		0.000		
Arginineg	0.000		1		0.000		
Histidineg	0.000		1		0.000		
Alanineg	0.000		1		0.000		
Aspartic acidg	0.001		1		0.002		
Glutamic acidg	0.002		1		0.005		
Glycineg	0.000		1		0.000		
Prolineg	0.000		1		0.000		
Serineg	0.000	0	1		0.000		
Hydroxyprolineg							
Others:							
Alcohol, ethylg							
Caffeine mg	11	0	1		26		
Theobromine mg							

## **Common Measures:**

Measure 1 = 238g: 1 cup (8 fl oz)

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

Nutrients and Units  Proximates:  Water	5.30 256 1071 11.70 0.40 17.10 57.00 3.7 5.03  55 4.04 363 442 6596 130 3.20 0.80 74.04 5.3  0.0 0.05 0.69 12.56	1 2 0.:	7 0 0 0 7 4 13 0 0 1 1 13 6 6 6 6 14 13 6 6 6 6 6 318 3	Deriv	Source Code  1	Confidence Code	0.04 2 7 0.08 0.00 0.12 0.40 0.0 0.04  0 0.03 3 46 1 0.02 0.006 0.518 0.0	Measure 2	Measure
Proximates:         9           Energy         kcal           Energy         kj           Protein (N x 6.25)         9           Total lipid (fat)         9           Ash         9           Carbohydrate, by difference         9           Fiber, total dietary         9           Sugars, total         9           Starch         9           Minerals:         Calcium, Ca         mg           Iron, Fe         mg         mg           Magnesium, Mg         mg         mg           Phosphorus, P         mg         mg           Potassium, K         mg         mg           Sodium, Na         mg         mg           Zinc, Zn         mg         mcg           Witamins:         wcg         wcj           Vitamin C, total ascorbic acid         mg           Riboflavin         mg         mg           Niacin         mg         pantothenic acid         mg           Vitamin B-6         mg         mg           Folate, food         mcg         rolate, food         mcg           Folate, food         mcg         vitamin A, IU         IU           V	5.30 256 1071 11.70 0.40 17.10 57.00 3.7 5.03 55 4.04 363 442 6596 130 3.20 0.80 74.04 5.3	1 2 0.:	7 0 0 0 7 4 13 0 0 1 1 13 6 6 6 6 14 13 6 6 6 6 6 318 3	NC NC AI	Code  1 4 4 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1		0.04 2 7 0.08 0.00 0.12 0.40 0.0 0.04	Measure 2	Measure
Proximates:         9           Energy         kcal           Energy         kj           Protein (N x 6.25)         9           Total lipid (fat)         9           Ash         9           Carbohydrate, by difference         9           Fiber, total dietary         9           Sugars, total         9           Starch         9           Minerals:         Calcium, Ca         mg           Iron, Fe         mg         mg           Magnesium, Mg         mg         mg           Phosphorus, P         mg         mg           Potassium, K         mg         mg           Sodium, Na         mg         mg           Zinc, Zn         mg         mcg           Witamins:         wcg         wcj           Vitamin C, total ascorbic acid         mg           Riboflavin         mg         mg           Niacin         mg         pantothenic acid         mg           Vitamin B-6         mg         mg           Folate, food         mcg         rolate, food         mcg           Folate, food         mcg         vitamin A, IU         IU           V	5.30 256 1071 11.70 0.40 17.10 57.00 3.7 5.03 55 4.04 363 442 6596 130 3.20 0.80 74.04 5.3	1 2 0.:	7 0 0 0 7 4 13 0 0 1 1 13 6 6 6 6 14 13 6 6 6 6 318 3 0 4	NC NC AI	1 4 4 1 1 1 4 4 13	Code	0.04 2 7 0.08 0.00 0.12 0.40 0.0 0.04	Measure 2	Measure
Water         g           Energy         kcal           Energy         kj           Protein (N x 6.25)         g           Total lipid (fat)         g           Ash         g           Carbohydrate, by difference         g           Fiber, total dietary         g           Sugars, total         g           Starch         g           Minerals:         Calcium, Ca           Calcium, Ca         mg           Iron, Fe         mg           Magnesium, Mg         mg           Phosphorus, P         mg           Potassium, K         mg           Sodium, Na         mg           Zinc, Zn         mg           Copper, Cu         mg           Manganese, Mn         mg           Selenium, Se         mcg           Vitamins:         mcg           Vitamin C, total ascorbic acid         mg           Niacin         mg           Pantothenic acid         mg           Vitamin B-6         mg           Folate, total         mcg           Folate, food         mcg           Folate, DFE         mcg           Vitamin A, RAE	256 1071 11.70 0.40 17.10 57.00 3.7 5.03 55 4.04 363 442 6596 130 3.20 0.80 74.04 5.3	1 2 0.:	0 0 7 4 13 0 0 1 1 13 6 6 6 6 14 13 6 6 6 6 6 3 3 18 3 3 6 6 6 4 3 1 3 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6	NC AI	4 4 1 1 1 4 4 13		2 7 0.08 0.00 0.12 0.40 0.0 0.04		
Energy         kcal           Energy         kj           Protein (N x 6.25)         g           Total lipid (fat)         g           Ash         g           Carbohydrate, by difference         g           Fiber, total dietary         g           Sugars, total         g           Starch         g           Minerals:         Calcium, Ca         mg           Calcium, Ca         mg           Iron, Fe         mg           Magnesium, Mg         mg           Phosphorus, P         mg           Potassium, K         mg           Sodium, Na         mg           Zinc, Zn         mg           Copper, Cu         mg           Manganese, Mn         mg           Selenium, Se         mcg           Vitamins:         vitamin C           Vitamin C, total ascorbic acid         mg           Niacin         mg           Pantothenic acid         mg           Vitamin B-6         mg           Folate, total         mcg           Folate, food         mcg           Folate, DFE         mcg           Vitamin A, IU         IU	256 1071 11.70 0.40 17.10 57.00 3.7 5.03 55 4.04 363 442 6596 130 3.20 0.80 74.04 5.3	1 2 0.:	0 0 7 4 13 0 0 1 1 13 6 6 6 6 14 13 6 6 6 6 6 3 3 18 3 3 6 6 6 4 3 1 3 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6	NC AI	4 4 1 1 1 4 4 13		2 7 0.08 0.00 0.12 0.40 0.0 0.04		
Energy	1071 11.70 0.40 17.10 57.00 3.7 5.03 55 4.04 363 442 6596 130 3.20 0.80 74.04 5.3	1 2 0.:	13 0 0 0 1 13 6 6 6 6 14 13 6 6 6 6 6 3318 3	NC AI	4 1 1 4 4 13		7 0.08 0.00 0.12 0.40 0.0 0.04		
Protein (N x 6.25)         g           Total lipid (fat)         g           Ash         g           Carbohydrate, by difference         g           Fiber, total dietary         g           Sugars, total         g           Starch         g           Winerals:         Tolicium, Ca         mg           Calcium, Ca         mg           Iron, Fe         mg           Magnesium, Mg         mg           Phosphorus, P         mg           Potassium, K         mg           Sodium, Na         mg           Zinc, Zn         mg           Copper, Cu         mg           Manganese, Mn         mg           Selenium, Se         mcg           Vitamins:         Vitamin C, total ascorbic acid         mg           Thiamin         mg           Riboflavin         mg           Niacin         mg           Polate, total         mcg           Folic acid         mcg           Folate, food         mcg           Folate, DFE         mcg           Vitamin B-12         mcg           Vitamin A, RAE         mcg           Retinol         <	11.70 0.40 17.10 57.00 3.7 5.03 55 4.04 363 442 6596 130 3.20 0.80 74.04 5.3	1 2 0.:	77 4 13 0 0 1 13 6 6 6 14 13 6 6 6 6 3318 3	AI	1 1 4 4 13		0.08 0.00 0.12 0.40 0.0 0.04 0 0.03 3 3 46 1 0.02 0.006 0.518		
Total lipid (fat).         9           Ash.         9           Carbohydrate, by difference.         9           Fiber, total dietary.         9           Sugars, total.         9           Starch.         9           Vinerals:         2           Calcium, Ca.         mg           Iron, Fe.         mg           Magnesium, Mg.         mg           Phosphorus, P.         mg           Potassium, K.         mg           Sodium, Na.         mg           Zinc, Zn.         mg           Copper, Cu.         mg           Manganese, Mn.         mg           Selenium, Se.         mcg           Vitamins:         Vitamins:           Vitamin C, total ascorbic acid.         mg           Riboflavin.         mg           Niacin.         mg           Pantothenic acid.         mg           Vitamin B-6.         mg           Foliae, total.         mcg           Foliae, OFE.         mcg           Vitamin B-12.         mcg           Vitamin A, IU.         IU           Vitamin A, RAE.         mcg           Vitamin E (alpha-tocopherol). <td< td=""><td>0.40 17.10 57.00 3.7 5.03 55 4.04 363 442 6596 130 3.20 0.80 74.04 5.3</td><td>1 2 0.:</td><td>13 0 0 1 13 6 6 6 6 14 13 6 6 6 6 3 3 3</td><td>AI</td><td>1 1 4 4 13</td><td></td><td>0.00 0.12 0.40 0.0 0.04 0 0.03 3 3 46 1 0.02 0.006 0.518</td><td></td><td></td></td<>	0.40 17.10 57.00 3.7 5.03 55 4.04 363 442 6596 130 3.20 0.80 74.04 5.3	1 2 0.:	13 0 0 1 13 6 6 6 6 14 13 6 6 6 6 3 3 3	AI	1 1 4 4 13		0.00 0.12 0.40 0.0 0.04 0 0.03 3 3 46 1 0.02 0.006 0.518		
Ash.         9           Carbohydrate, by difference.         9           Fiber, total dietary.         9           Sugars, total.         9           Starch.         9           Minerals:         2           Calcium, Ca.         mg           Iron, Fe.         mg           Magnesium, Mg.         mg           Phosphorus, P.         mg           Potassium, K.         mg           Sodium, Na.         mg           Copper, Cu.         mg           Manganese, Mn.         mg           Selenium, Se.         mcg           Vitamins:         Vitamin C, total ascorbic acid.         mg           Niacin.         mg           Niacin.         mg           Pantothenic acid.         mg           Vitamin B-6.         mg           Folate, total.         mcg           Folic acid.         mcg           Folate, DFE.         mcg           Vitamin A, IU.         IU           Vitamin A, RAE         mcg           Retinol.         mg           Vitamin E (alpha-tocopherol).         mg           Tocopherol, beta.         mg	17.10 57.00 3.7 5.03 55 4.04 363 442 6596 130 3.20 0.80 74.04 5.3	1 2 0.:	13 0 0 1 13 6 6 6 6 14 13 6 6 6 6 3 3	AI	1 4 4 13		0.12 0.40 0.0 0.04 0 0.03 3 3 46 1 0.02 0.006 0.518		
Carbohydrate, by difference	57.00 3.7 5.03 55 4.04 363 442 6596 130 3.20 0.80 74.04 5.3	1 2 0	13 6 6 6 14 13 6 6 6 6 3318 3	AI	4 4 13		0.40 0.0 0.04 0 0.03 3 46 1 0.02 0.006 0.518		
Fiber, total dietary         9           Sugars, total         9           Starch         9           Minerals:         2           Calcium, Ca         mg           Iron, Fe         mg           Magnesium, Mg         mg           Phosphorus, P         mg           Potassium, K         mg           Sodium, Na         mg           Copper, Cu         mg           Manganese, Mn         mg           Selenium, Se         mcg           Vitamin S:         Vitamin C, total ascorbic acid         mg           Witamin B.         mg           Niacin         mg           Pantothenic acid         mg           Vitamin B-6         mg           Folate, total         mcg           Folic acid         mcg           Folate, DFE         mcg           Vitamin A, IU         IU           Vitamin A, RAE         mcg           Retinol         mg           Vitamin E (alpha-tocopherol)         mg           Tocopherol, beta         mg	3.7 5.03 55 4.04 363 442 6596 130 3.20 0.80 74.04 5.3	1 2 0.:	13 6 6 6 14 13 6 6 6 6 3318 3	AI	4 13 1 1 1 1 1 1 1 1 1		0.0 0.04 0.03 3 46 1 0.02 0.006 0.518		
Sugars, total         9           Starch         9           Minerals:         Calcium, Ca         mg           Iron, Fe         mg           Magnesium, Mg         mg           Phosphorus, P         mg           Potassium, K         mg           Sodium, Na         mg           Zinc, Zn         mg           Copper, Cu         mg           Manganese, Mn         mg           Selenium, Se         mcg           Vitamins:         Vitamin C, total ascorbic acid         mg           Thiamin         mg           Riboflavin         mg           Niacin         mg           Pantothenic acid         mg           Vitamin B-6         mg           Folate, total         mcg           Folic acid         mcg           Folate, food         mcg           Folate, DFE         mcg           Vitamin B-12         mcg           Vitamin A, IU         IU           Vitamin A, RAE         mcg           Retinol         mg           Vitamin E (alpha-tocopherol)         mg           Tocopherol, beta         mg	5.03  55 4.04 363 442 6596 130 3.20 0.80 74.04 5.3	1 2 0.:	13 6 6 6 14 13 6 6 6 6 3 3 3		1 1 1 1 1 1 1 1 1 1		0.04 0 0.03 3 46 1 0.02 0.006 0.518		
Starch         g           Minerals:         Calcium, Ca	55 4.04 363 442 6596 130 3.20 0.80 74.04 5.3	1 2 0.:	13 6 6 6 14 13 6 6 6 6 3318 3		1 1 1 1 1 1 1 1 1		0 0.03 3 3 46 1 0.02 0.006 0.518		
Minerals:         Calcium, Ca	4.04 363 442 6596 130 3.20 0.80 74.04 5.3	1 2 0.:	6 6 6 14 13 6 6 6 318 3	A	1 1 1 1 1 1 1 1		0.03 3 3 46 1 0.02 0.006 0.518		
Calcium, Ca	4.04 363 442 6596 130 3.20 0.80 74.04 5.3	1 2 0.:	6 6 6 14 13 6 6 6 318 3	Α	1 1 1 1 1 1 1 1		0.03 3 3 46 1 0.02 0.006 0.518		
Calcium, Ca	4.04 363 442 6596 130 3.20 0.80 74.04 5.3	1 2 0.:	6 6 6 14 13 6 6 6 318 3	A	1 1 1 1 1 1 1 1		0.03 3 3 46 1 0.02 0.006 0.518		
Iron, Fe	4.04 363 442 6596 130 3.20 0.80 74.04 5.3	1 2 0.:	6 6 6 14 13 6 6 6 318 3	A	1 1 1 1 1 1 1 1		0.03 3 3 46 1 0.02 0.006 0.518		
Magnesium, Mg	363 442 6596 130 3.20 0.80 74.04 5.3	1 2 0.:	6 6 14 13 6 6 6 6 318 3	A	1 1 1 1 1 1 1		3 46 1 0.02 0.006 0.518		
Phosphorus, P	442 6596 130 3.20 0.80 74.04 5.3	1 2 0.3 4 3 0.4	6 14 13 6 6 6 6 318 3	A	1 1 1 1 1 1		3 46 1 0.02 0.006 0.518		
Potassium, K         mg           Sodium, Na         mg           Zinc, Zn         mg           Copper, Cu         mg           Manganese, Mn         mg           Selenium, Se         mcg           Vitamins:         vitamin C, total ascorbic acid         mg           Thiamin         mg           Riboflavin         mg           Niacin         mg           Pantothenic acid         mg           Vitamin B-6         mg           Folate, total         mcg           Folate, food         mcg           Folate, DFE         mcg           Vitamin B-12         mcg           Vitamin A, IU         IU           Vitamin A, RAE         mcg           Retinol         mcg           Vitamin E (alpha-tocopherol)         mg           Tocopherol, beta         mg	6596 130 3.20 0.80 74.04 5.3 0.0 0.05	1 2 0.3 4 3 0.4	14 13 6 6 6 6 318 3	A	1 1 1 1 1		46 1 0.02 0.006 0.518		
Sodium, Na	130 3.20 0.80 74.04 5.3 0.0 0.05 0.69	1 2 0.3 4 3 0.4	13 6 6 6 318 3	A	1 1 1 1		1 0.02 0.006 0.518		
Zinc, Zn	3.20 0.80 74.04 5.3 0.0 0.05 0.69	1 2 0.3 4 3 0.4	6 6 6 6 318 3	A	1 1 1		0.02 0.006 0.518		
Copper, Cu	0.80 74.04 5.3 0.0 0.05 0.69	1 2 0.3 4 3 0.4	6 318 3	A	1 1		0.006 0.518		
Manganese, Mn	74.04 5.3 0.0 0.05 0.69	2 0.3 4 3 0.4	318 3 0 4	A	1		0.518		
Selenium, Se	0.0 0.05 0.69	4 3 0.0	0 4	A			0.0		
Vitamins:  Vitamin C, total ascorbic acid	0.05 0.69	3 0.	4		1				
Vitamin C, total ascorbic acid. mg Thiamin mg Riboflavin mg Niacin mg Pantothenic acid mg Vitamin B-6 mg Folate, total mcg Folate, food mcg Folate, DFE mcg Vitamin B-12 mcg Vitamin A, IU IU Vitamin A, RAE mcg Retinol mcg Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg	0.05 0.69	3 0.	4		1				
Thiamin	0.05 0.69	3 0.	4		1				
Riboflavin.         mg           Niacin.         mg           Pantothenic acid.         mg           Vitamin B-6.         mg           Folate, total.         mcg           Folic acid.         mcg           Folate, food.         mcg           Folate, DFE.         mcg_           Vitamin B-12.         mcg           Vitamin A, IU.         IU           Vitamin A, RAE         mcg_           Retinol.         mcg           Vitamin E (alpha-tocopherol).         mg           Tocopherol, beta.         mg	0.69	3 0.					0.0		
Niacin					1		0.000		
Pantothenic acid	10 50				1		0.005		
Vitamin B-6.         mg           Folate, total.         mcg           Folic acid.         mcg           Folate, food.         mcg           Folate, DFE.         mcg           Vitamin B-12.         mcg           Vitamin A, IU.         IU           Vitamin A, RAE.         mcg           Retinol.         mcg           Vitamin E (alpha-tocopherol).         mg           Tocopherol, beta.         mg			4		1		0.088		
Folate, total         mcg           Folic acid.         mcg           Folate, food.         mcg           Folate, DFE.         mcg_           Vitamin B-12.         mcg           Vitamin A, IU.         IU           Vitamin A, RAE.         mcg_           Retinol.         mcg           Vitamin E (alpha-tocopherol)         mg           Tocopherol, beta.         mg	3.67		416 3		1		0.026		
Folic acid.         mcg           Folate, food.         mcg           Folate, DFE.         mcg_           Vitamin B-12.         mcg           Vitamin A, IU.         IU           Vitamin A, RAE.         mcg_           Retinol.         mcg           Vitamin E (alpha-tocopherol)         mg           Tocopherol, beta.         mg	0.72	8 0.1	139 3		1		0.005		
Folate, food.         mcg           Folate, DFE.         mcg_           Vitamin B-12.         mcg           Vitamin A, IU.         IU           Vitamin A, RAE.         mcg_           Retinol.         mcg           Vitamin E (alpha-tocopherol)         mg           Tocopherol, beta.         mg	103		5	_	1		1		
Folate, DFE         mcg_           Vitamin B-12         mcg           Vitamin A, IU         IU           Vitamin A, RAE         mcg_           Retinol         mcg           Vitamin E (alpha-tocopherol)         mg           Tocopherol, beta         mg	0		0	Z	7		0		
Vitamin B-12	103		5		1		1		
Vitamin A, IU			0	NC	4		1		
Vitamin A, RAE	0.00		0		4		0.00		
Retinolmcg Vitamin E (alpha-tocopherol)mg Tocopherol, betamg	0		0		1		0		
Vitamin E (alpha-tocopherol)mg Tocopherol, betamg			0	AS	1		0		
Tocopherol, betamg	0		0	z	7		0		
-	0.00		0	Z	7		0.00		
Locopherol gamma									
Tocopherol, deltamg Vitamin DIU									
Vitamin K (phylloquinone)mcg	0.0		0	z	7		0.0		
vitanini K (phynoquinone)	0.0		·	-	•		0.0		
<u> Lipids:</u>									
Fatty acids, total saturatedg	0.05	0	0		1		0.000		
4:0g	0.00	0	0		1		0.000		
6:0g	0.00	0	0		1		0.000		
8:0g	0.00		0		1		0.000		
10:0g	0.00		0		1		0.000		
12:0g	0.00	0	0		1		0.000		
13:0g									
14:0g	0.00	0	0		1		0.000		
15:0g									
16:0g	0.04	3	0		1		0.000		
17:0g									
18:0g	0.00	7	0		1		0.000		
20:0g									
22:0g									

		<u>A</u> 1	mount in 10			ble portio	<u>on</u>		edible portion	
				Number		0	0 5 - 1	m	easures of food	<u>.</u>
Nutrients and Ur	nits	Mean	Std. Error	of Data Points		Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	lg	0.015		0		1		0.000		
14:1	_									
15:1	-	0.000		•				0.000		
16:1 undifferentiated	-	0.002		0		1		0.000		
18:1 undifferentiated	-	0.013		0		1		0.000		
20:1		0.000		0		1		0.000		
22:1 undifferentiated		0.000		0		1		0.000		
24:1 c	•	0.000		·		_		0.000		
Fatty acids, total polyunsaturated		0.122		0		1		0.001		
18:2 undifferentiated		0.040		0		1		0.000		
18:3 undifferentiated		0.082		0		1		0.001		
18:4		0.000		0		1		0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
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		1		0		
Phytosterols	Ing									
Amino Acids:										
Tryptophan	g	0.112		0		1		0.001		
Threonine	g	0.052		0		1		0.000		
Isoleucine		0.039		0		1		0.000		
Leucine	g	0.039		0		1		0.000		
Lysine		0.045		0		1		0.000		
Methionine		0.006		0		1		0.000		
Cystine		0.060		0		1		0.000		
Phenylalanine		0.037		0		1		0.000		
Tyrosine	-	0.051		0		1		0.000		
Valine		0.047		0		1 1		0.000		
Arginine		0.064		0		1		0.000		
Histidine		0.017 0.067		0		1		0.000 0.000		
AlanineAspartic acid		0.067		0		1		0.000		
Glutamic acid		0.618		0		1		0.002		
Glycine	-	0.092		0		1		0.001		
Proline		0.039		0		1		0.001		
Serine	=	0.086		0		1		0.001		
Hydroxyproline	-			-		_		****		
Others:						_				
Alcohol, ethyl		0.0		0		7		0.0		
Caffeine		4352		4		1		30		
Theobromine	IIIY	293		0		1		2		
Carotenoids:										
Carotene, beta		0		0	Z	7		0.000		
Carotene, alpha		0		0	Z	7		0.000		
Cryptoxanthin, beta		0		0	Z	7		0.000		
Lycopene		0		0	Z	7		0.000		
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000		

## **Common Measures:**

Measure 1 = 0.7g: 1 tsp

NDB No. 14366

Tea, instant, unsweetened, powder

Calories Factors: Protein 2.44 Fat 8.37 Carbohydrate 3.57

Food Group: 14 Beverages

		<u>A</u> :	mount in 10	0 grams	of edib	le portio	<u>n</u>		edible portion of	of common
				Number				<u>m</u> e	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	5.30		0	BFZN	4		0.04		
Energy	kcal	256		0	BFZN	4		2		
Energy	kj	1071		0	BFZN	4		7		
Protein (N x 6.25)	g	11.70		0	BFZN	4		0.08		
Total lipid (fat)	g	0.40		0	BFZN	4		0.00		
Ash	g	17.10		0	BFZN	4		0.12		
Carbohydrate, by difference	g	65.50		0	NC	4		0.46		
Fiber, total dietary	g	3.7		0	BFZN	4		0.0		
Sugars, total	g	5.03		0	BFZN	4		0.04		
Starch	g									
M. 1										
Minerals:	ma			^	DECT			0		
Calcium, Ca	_	55 4.04		0 0	BFZN	4 4		0.03		
Iron, Fe	_	4.04 363		0	BFZN BFZN	4		0.03 3		
Magnesium, Mg Phosphorus, P		442		0	BFZN	4		3 3		
Potassium, K	-	6596		0	BFZN	4		46		
Sodium, Na	-	130		0	BFZN	4		1		
Zinc, Zn	-	3.20		0	BFZN	4		0.02		
Copper, Cu	-	0.801		0	BFZN	4		0.006		
Manganese, Mn		74.042		0	BFZN	4		0.518		
Selenium, Se	-	5.3	_	0	BFZN	4		0.0		
Scientini, Sc						_				
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	_	0.0		0	BFZN	4		0.0		
Thiamin	-	0.054		0	BFZN	4		0.000		
Riboflavin	mg	0.693		0	BFZN	4		0.005		
Niacin	mg	12.562		0	BFZN	4		0.088		
Pantothenic acid	-	3.670		0	BFZN	4		0.026		
Vitamin B-6	-	0.728	3	0	BFZN	4		0.005		
Folate, total		103		0	BFZN	4		1		
Folic acid		0		0	BFZN	4		0		
Folate, food		103		0	BFZN	4		1		
Folate, DFE		103		0	NC	4		1		
Vitamin B-12		0.00		0	BFZN	4		0.00		
Vitamin A, IU		0		0	BFZN	4		0		
Vitamin A, RAE		0		0	BFZN	4		0		
Retinol		0 0.00		0 0	BFZN BFZN	4 4		0.00		
Vitamin E (alpha-tocopherol)		0.00		U	BFZN	4		0.00		
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0		0	BFZN	4		0.0		
,										
<u>Lipids:</u>										
Fatty acids, total saturated		0.050		0	BFZN	4		0.000		
4:0		0.000		0	BFZN	4		0.000		
6:0	-	0.000		0	BFZN	4		0.000		
8:0	-	0.000		0	BFZN	4		0.000		
10:0	-	0.000		0	BFZN	4		0.000		
12:0		0.000	,	0	BFZN	4		0.000		
13:0		0.000		^	DEG			0.000		
14:0		0.000	,	0	BFZN	4		0.000		
15:0		0.01		^	DE21-			0 000		
16:0		0.043		0	BFZN	4		0.000		
17:0	-	0 005	,	^	DEG			0 000		
18:0	-	0.007	•	0	BFZN	4		0.000		
20:0	-									
22:0	y									

	Ar	nount in 10	0 grams	of edib	ole portio	<u>on</u>		edible portion o	of common
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.015		0	BFZN	4		0.000		
14:1g									
15:1g									
16:1 undifferentiatedg	0.002		0	BFZN	4		0.000		
17:1g									
18:1 undifferentiatedg	0.013		0	BFZN	4		0.000		
20:1g	0.000		0	BFZN	4		0.000		
22:1 undifferentiatedg	0.000		0	BFZN	4		0.000		
24:1 cg									
Fatty acids, total polyunsaturated	0.122		0	BFZN	4		0.001		
18:2 undifferentiatedg	0.040		0	BFZN	4		0.000		
18:3 undifferentiatedg	0.082		0	BFZN	4		0.001		
18:4g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	BFZN	4		0.000		
20:5 n-3g	0.000		0	BFZN	4		0.000		
22:5 n-3g	0.000		0	BFZN	4		0.000		
22:6 n-3g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans9									
Cholesterol mg	0		0	BFZN	4		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	BFZN	4		0.0		
Caffeine mg	169		0	BFZN	4		1		
Theobromine mg	11		0	BFZN	4		0		
Carotenoids:									
Carotene, beta mcg	0		0	BFZN	4		0.000		
Carotene, alphamcg	0		0	BFZN	4		0.000		
Cryptoxanthin, betamcg	0		0	BFZN	4		0.000		
Lycopenemcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin mcg	0		0	BFZN	4		0.000		

## **Common Measures:**

Measure 1 = 0.7g: 1 tsp

Calories Factors: Protein 2.44 Fat 3.348 Carbohydrate 3.57

Food Group: 14 Beverages

		<u>A</u> :	mount in 10	<u>0 grams</u>	of edib	ole portio	<u>on</u>	Amount in edible portion of common			
			ļ	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	_	99.62		0	RPI	6		236.10	29.49	177.33	
Energy		1		0	RPI	6		2	0	1	
Energy		3		0	RPI	6		7	1	5	
Protein (N x 0)	-	0.03		0	RPI	6		0.08	0.01	0.06	
Total lipid (fat)		0.00		0	RPI	6		0.00	0.00	0.00	
Ash		0.15		0	RPI	6		0.36	0.04	0.27	
Carbohydrate, by difference		0.17		0	RPI	6		0.40	0.05	0.30	
Fiber, total dietary		0.0		0	RPI	6		0.0	0.0	0.0	
Sugars, total		0.01		0	RPI	6		0.04	0.00	0.03	
Starch	g										
Minerals:											
Calcium, Ca	mg	3		0	RPA	1		6	1	5	
Iron, Fe	_	0.02		0	RPA	1		0.04	0.00	0.03	
Magnesium, Mg	_	2		0	RPA	1		4	0	3	
Phosphorus, P	mg	1		0	RPA	1		3	0	2	
Potassium, K	mg	20		0	RPA	1		46	6	35	
Sodium, Na	mg	3		0	RPA	1		6	1	5	
Zinc, Zn	-	0.01		0	RPA	1		0.03	0.00	0.02	
Copper, Cu		0.009		0	RPA	1		0.022	0.003	0.01	
Manganese, Mn		0.218	3	0	RPA	1		0.518	0.065	0.389	
Selenium, Se	mcg	0.0		0	RPI	6		0.0	0.0	0.0	
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		0	RPI	6		0.0	0.0	0.0	
Thiamin	_	0.000	)	0	RPI	6		0.000	0.000	0.000	
Riboflavin	-	0.002	2	0	RPI	6		0.005	0.001	0.004	
Niacin		0.037	,	0	RPI	6		0.088	0.011	0.06	
Pantothenic acid	mg	0.011	_	0	RPI	6		0.026	0.003	0.019	
Vitamin B-6	mg	0.002	<u> </u>	0	RPI	6		0.005	0.001	0.004	
Folate, total	mcg	0		0	RPI	6		1	0	1	
Folic acid	mcg	0		0	RPI	6		0	0	0	
Folate, food		0		0	RPI	6		1	0	1	
Folate, DFE	mcg_DFE	0		0	NC	4		1	0	1	
Vitamin B-12		0.00		0	RPI	6		0.00	0.00	0.00	
Vitamin A, IU		0		0	RPI	6		0	0	0	
Vitamin A, RAE		0		0	RPA	1		0	0	0	
Retinol		0		0	RPI	6		0	0	0	
Vitamin E (alpha-tocopherol)		0.00		0	RPI	6		0.00	0.00	0.00	
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D Vitamin K (phylloquinone)		0.0		0	RPI	6		0.0	0.0	0.0	
Lipids: Fatty acids, total saturated	a	0.000	,	0	RPA	1		0.000	0.000	0.000	
4:0		0.000		0	RPA	1		0.000	0.000	0.000	
6:0	·····	0.000		0	RPA	1		0.000	0.000	0.000	
8:0	-	0.000		0	RPA	1		0.000	0.000	0.00	
10:0	-	0.000		0	RPA	1		0.000	0.000	0.000	
12:0	-	0.000		0	RPA	1		0.000	0.000	0.00	
13:0		5.000		Ū		-		2.000	2.000	0.00	
14:0	-	0.000	)	0	RPA	1		0.000	0.000	0.00	
15:0				•		_		2.000	2.000	0.00	
16:0		0.000	)	0	RPA	1		0.000	0.000	0.00	
17:0				-		•			2.000		
18:0	-	0.000	)	0	RPA	1		0.000	0.000	0.00	
20:0	-										
22:0	-										
24:0	-										

		<u>A</u> 1	mount in 10			ole portic	<u>on</u>		edible portion of easures of food	_
Nutrients and	I Units	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatur	atedg	0.000		0	RPA	1		0.000	0.000	0.000
14:1	g									
15:1	-									
16:1 undifferentiated		0.000		0	RPA	1		0.000	0.000	0.000
17:1	-			_						
18:1 undifferentiated	-	0.000		0	RPA	1		0.000	0.000	0.000
20:1	-	0.000		0	RPA	1		0.000	0.000	0.000
22:1 undifferentiated	•	0.000		0	RPA	1		0.000	0.000	0.000
24:1 c						_				
Fatty acids, total polyunsatura		0.000		0	RPA	1		0.001	0.000	0.001
18:2 undifferentiated		0.000		0	RPA	1		0.000	0.000	0.000
18:3 undifferentiated		0.000		0	RPA	1		0.001	0.000	0.000
18:4		0.000		0	RPA	1		0.000	0.000	0.000
20:2 n-6 c,c	-									
20:3 undifferentiated						_				
20:4 undifferentiated	-	0.000		0	RPA	1		0.000	0.000	0.000
20:5 n-3	-	0.000		0	RPA	1		0.000	0.000	0.000
22:5 n-3		0.000		0	RPA	1		0.000	0.000	0.000
22:6 n-3		0.000		0	RPA	1		0.000	0.000	0.000
Fatty acids, total trans										
Cholesterol		0		0	RPA	1		0	0	0
Phytosterols	mg									
Amino Acids:										
Tryptophan	α	0.000		0	RPA	1		0.001	0.000	0.001
Threonine		0.000		0	RPA	1		0.000	0.000	0.000
Isoleucine	-	0.000		0	RPA	1		0.000	0.000	0.000
Leucine		0.000		0	RPA	1		0.000	0.000	0.000
Lysine	<del>-</del>	0.000		0	RPA	1		0.000	0.000	0.000
Methionine		0.000		0	RPA	1		0.000	0.000	0.000
Cystine		0.000		0	RPA	1		0.000	0.000	0.000
Phenylalanine		0.000		0	RPA	1		0.000	0.000	0.000
Tyrosine		0.000		0	RPA	1		0.000	0.000	0.000
Valine	<del>-</del>	0.000		0	RPA	1		0.000	0.000	0.000
Arginine		0.000		0	RPA	1		0.000	0.000	0.000
Histidine		0.000		0	RPA	1		0.000	0.000	0.000
Alanine	<del>-</del>	0.000		0	RPA	1		0.000	0.000	0.000
Aspartic acid		0.000		0	RPA	1		0.002	0.000	0.000
Glutamic acid		0.001		0	RPA	1		0.002	0.001	0.002
	-	0.002		0	RPA	1		0.004	0.000	0.003
Glycine				0	RPA	1		0.001	0.000	
		0.000		0	RPA	1		0.000	0.000	0.000
Serine	• • • • • • • • • • • • • • • • • • • •	0.000		U	KPA	_		0.001	0.000	0.000
Hydroxyproline	9									
Others:										
Alcohol, ethyl	g	0.0		0	RPI	6		0.0	0.0	0.0
Caffeine		13		0	RPI	6		30	4	23
Theobromine		1		0	RPI	6		2	0	2
Carotenoids:										
·	m	•		^		_		0.000	0.000	0.000
Carotene, beta		0		0	RPI	6		0.000	0.000	0.000
Carotene, alpha	-	0		0	RPI	6		0.000	0.000	0.000
Cryptoxanthin, beta		0		0	RPI	6		0.000	0.000	0.000
Lycopene		0		0	RPI	6		0.000	0.000	0.000
Lutein + zeaxanthin	mcg	0		0	RPI	6		0.000	0.000	0.000

#### **Common Measures:**

Measure 1 = 237g: 1 cup (8 fl oz)

Measure 2 = 29.6g: 1 fl oz Measure 3 = 178g: 6 fl oz NDB No. 14367

Tea, instant, unsweetened, powder, prepared

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

		<u>A</u> 1	mount in 100	<u>0 grams</u>	of edil	ole portio	<u>n</u>		edible portion	
			ı	Number	•			<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	93.50		4		1		225.34	28.14	
Energy	kcal	25		0	NC	4		60	8	
Energy	kj	105				4		252	31	
Protein (N x 6.25)	g	0.00		5		1		0.00	0.00	
Total lipid (fat)	g	0.00		4		1		0.00	0.00	
Ash	g	0.20		3		1		0.48	0.06	
Carbohydrate, by difference	g	6.30		0	NC	4		15.18	1.90	
Fiber, total dietary	g	0.0		0	FLA	4		0.0	0.0	
Sugars, total	g	5.40		0	NR	4		13.01	1.63	
Starch	g									
Ainerals:										
Calcium, Ca	ma	0		1		1		0	0	
Iron, Fe	-	0.05		1		1		0.12	0.02	
Magnesium, Mg	-	1		1		1		2	0	
Phosphorus, P		9		3		1		22	3	
Potassium, K	-	11		5		1		27	3	
Sodium, Na		40		5		1		96	12	
Zinc, Zn	mg	0.02		1		1		0.05	0.01	
Copper, Cu		0.020	)	1		1		0.048	0.006	
Manganese, Mn	mg	0.000	)	0		1		0.000	0.000	
Selenium, Se	mcg	0.3		1	A	1		0.7	0.1	
itamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	FLA	4		0.0	0.0	
Thiamin	-	0.005	5	1		1		0.012	0.002	
Riboflavin	-	0.001		0	FLA	4		0.003	0.000	
Niacin		0.000	)	1		1		0.000	0.000	
Pantothenic acid		0.000	)	0	FLA	4		0.001	0.000	
Vitamin B-6	mg	0.000	)	1		1		0.000	0.000	
Folate, total	mcg	0		1		1		0	0	
Folic acid		0		0	FLA	4		0	0	
Folate, food		0		0	FLA	4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12		0.00		0	FLA	4		0.00	0.00	
Vitamin A, IU	IU	0		0	FLA	4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	FLA	4		0	0	
Retinol	mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)		0.0		0	FLA	4		0.0	0.0	
	g	0.0		Ū	гши	-		0.0	0.0	
<u>ipids:</u>	_					_				
Fatty acids, total saturated		0.000		0		1 1		0.000	0.000	
4:0		0.000		0		1		0.000	0.000	
6:0 8:0	-	0.000		0		1		0.000 0.000	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	•	Ū		-		3.000	0.000	
14:0		0.000	)	0		1		0.000	0.000	
15:0				•		_		2.000	2.000	
16:0		0.000	)	0		1		0.000	0.000	
17:0				-		•				
18:0	-	0.000	)	0		1		0.000	0.000	
20:0	-									
22:0	-									
24:0	-									

	<u>Aı</u>	nount in 100 g		of edik	ole portio	<u>n</u>		edible portion o	
Nutrients and Units	Mean		umber f Data oints		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Numerica una critica	Moun	Ota. Error					measure 1	Micasare 2	medsare o
Fatty acids, total monounsaturatedg	0.000		0		1		0.000	0.000	
14:1g									
15:1g									
16:1 undifferentiatedg	0.000		0		1		0.000	0.000	
17:1g	0.000		•						
18:1 undifferentiatedg	0.000		0		1		0.000	0.000	
20:1g	0.000		0		1		0.000	0.000	
22:1 undifferentiatedg	0.000		0		1		0.000	0.000	
24:1 cg	0.000		^		1		0.000	0.000	
Fatty acids, total polyunsaturated9	0.000		0		1		0.000	0.000	
18:2 undifferentiated	0.000		0		1		0.000	0.000	
18:3 undifferentiatedg	0.000		0		1		0.000 0.000	0.000 0.000	
18:4g	0.000		U		_		0.000	0.000	
20:2 n-6 c,c									
20:3 undifferentiated	0.000		0		1		0.000	0.000	
20:4 undifferentiatedg	0.000		0		1				
20:5 n-3g			0		1		0.000	0.000	
22:5 n-3g	0.000		0		1			0.000	
22:6 n-3g	0.000		U		_		0.000	0.000	
Fatty acids, total trans	0		0		4		0	0	
Cholesterol mg	U		U	FLA	4		U	U	
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.000		0		1		0.000	0.000	
Threonineg	0.000		0		1		0.000	0.000	
Isoleucineg	0.000		0		1		0.000	0.000	
Leucineg	0.000		0		1		0.000	0.000	
Lysineg	0.000		0		1		0.000	0.000	
Methionineg	0.000		0		1		0.000	0.000	
Cystineg	0.000		0		1		0.000	0.000	
Phenylalanineg	0.000		0		1		0.000	0.000	
Tyrosineg	0.000		0		1		0.000	0.000	
Valineg	0.000		0		1		0.000	0.000	
Arginine9	0.000		0		1		0.000	0.000	
Histidineg	0.000		0		1		0.000	0.000	
Alanineg	0.000		0		1		0.000	0.000	
Aspartic acidg	0.000		0		1		0.000	0.000	
Glutamic acid	0.000		0		1		0.000	0.000	
Glycine	0.000		0		1		0.000	0.000	
Proline 9	0.000		0		1		0.000	0.000	
Serine	0.000		0		1		0.000	0.000	
Hydroxyprolineg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0	
Theobromine mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, betamcg	0		0	FLA	4		0.000	0.000	
Carotene, alphamcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, betamcg	0		0	FLA	4		0.000	0.000	
Lycopenemcg	0		0	FLA	4		0.000	0.000	
L, copenc	•		•		-		0.000	3.000	

## **Common Measures:**

Measure 1 = 241g: 1 cup (8 fl oz)

Measure 2 = 30.1g: 1 fl oz

NDB No. 14382

Thirst quencher drink, bottled

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.9

Food Group: 14 Beverages

# NDB No. 14122 VERYFINE APPLE QUENCHERS Apple Raspberry Cherry Juice Cocktail, ready-to-drink

Veryfine Products, Inc.

Refuse: 0%

	Amount in 100 grams of edible portion  Number  of Data Deriv Source Confidence							edible portion of easures of food		
Nutrients and Un	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	-	86.80		1	A	1				
Energy		52		0	NC	4				
Energy	kj	219				4				
Protein	g	0.10		1	A	1				
Total lipid (fat)	g	0.00		1	A	1				
Ash	g	0.10		1	A	1				
Carbohydrate, by difference	g	13.00		0	NC	4				
Fiber, total dietary	g									
Sugars, total	g	10.00		1	A	1				
Starch										
Minerals:										
Calcium, Ca	ma									
Iron, Fe.	_									
Magnesium, Mg										
Phosphorus, P										
Potassium, K										
Sodium, Na	_	5		1	A	1				
Zinc, Zn	_									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se										
Vitamins:										
Vitamin C, total ascorbic acid	mg	32.3		1	A	1				
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12										
Vitamin A, IU										
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									

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

## **Common Measures:**

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 14 Beverages

# NDB No. 14141 WELCH'S ORCHARD TROPICALS Passion Fruit Drink, frozen concentrate

Welch Foods, Inc.

Refuse: 0%

		Amount in 100 grams of edible portion  Number							edible portion of easures of food	
Nutrients and Ur	nits	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	50.00		1	A	1				
Energy	kcal	198		0	NC	4				
Energy		830				4				
Protein		0.30		1	A	1				
Total lipid (fat)		0.00		1	A	1				
Ash		0.40		1	A	1				
Carbohydrate, by difference		49.30		0	NC	4				
		49.30		U	NC	-				
Fiber, total dietary				_	_					
Sugars, total	-	38.40		1	A	1				
Starch	g									
Minerals:										
Calcium, Ca	mg									
Iron, Fe	mg									
Magnesium, Mg										
Phosphorus, P										
Potassium, K										
Sodium, Na	mg	44		1	A	1				
Zinc, Zn	mg									
Copper, Cu	-									
Manganese, Mn										
Selenium, Se										
Vitamins:										
Vitamin C, total ascorbic acid	ma	14.5		1	A	1				
Thiamin	-	14.5		_	A	_				
Riboflavin	-									
Niacin										
Pantothenic acid.										
Vitamin B-6	• • • • • • • • • • • • • • • • • • • •									
Folate, total	-									
Folate, DFE										
Vitamin B-12										
Vitamin A, IU										
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
v mannin K (priyrioquinone)										

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

# **Common Measures:**

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 14 Beverages

# NDB No. 14384 Water, bottled, PERRIER

The PERRIER Group of America

		<u>A</u>	mount in 100 g	rams	of edib	le portio	<u>n</u>	Amount in	edible portion	of common
				mber				m	easures of food	
Nutrients and Un	its	Mean	of Std. Error Po			Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water	_	99.90		1		1		236.76	29.57	191.81
Energy		0		0	NC	4		0	0	0
Energy		0				4		0	0	0
Protein (N x 6.25)		0.00		0		4		0.00	0.00	0.00
Total lipid (fat)		0.00		0		4		0.00	0.00	0.00
Ash		0.10		1		1		0.24	0.03	0.19
Carbohydrate, by difference		0.00		0		1		0.00	0.00	0.00
Fiber, total dietary		0.0		0		4		0.0	0.0	0.0
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	mg	14		41		1		33	4	27
Iron, Fe	-	0.00		1		1		0.00	0.00	0.00
Magnesium, Mg		0	0.024	40		1		0	0	0
Phosphorus, P		0		1		1		0	0	0
Potassium, K	mg	0		42		1		0	0	0
Sodium, Na	_	1		44		1		2	0	2
Zinc, Zn		0.00		1		1		0.00	0.00	0.00
Copper, Cu		0.000		0		1		0.000	0.000	0.00
Manganese, Mn		0.000	)	0		1		0.000	0.000	0.00
Selenium, Se	mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin		0.000	)	0		4		0.000	0.000	0.00
Riboflavin		0.000	)	0		4		0.000	0.000	0.00
Niacin		0.000	)	0		4		0.000	0.000	0.00
Pantothenic acid		0.000	)	0		4		0.000	0.000	0.00
Vitamin B-6	mg	0.000	)	0		4		0.000	0.000	0.00
Folate, total	mcg	0		0		4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food		0		0		4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12		0.00		0		4		0.00	0.00	0.00
Vitamin A, IU		0		0		4		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
v панни к (риуноципопе)	nog									
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.000	)	0		1		0.000	0.000	0.00
4:0	g	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	_	0.000	)	0		1		0.000	0.000	0.00
15:0								_		
16:0		0.000	)	0		1		0.000	0.000	0.00
17:0				_		_			_	
18:0		0.000	)	0		1		0.000	0.000	0.00
20:0										
22:0	σ.									

		<u>Aı</u>	nount in 10	<u>0 grams</u> Number		ole portio	<u>on</u>	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	0.000		0		1		0.000	0.000	0.000	
14:1											
15:1											
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	0.000	
17:1	_										
18:1 undifferentiated	g	0.000		0		1		0.000	0.000	0.000	
20:1	g	0.000		0		1		0.000	0.000	0.000	
22:1 undifferentiated	g	0.000		0		1		0.000	0.000	0.000	
24:1 c											
Fatty acids, total polyunsaturated		0.000		0		1		0.000	0.000	0.000	
18:2 undifferentiated		0.000		0		1		0.000	0.000	0.000	
18:3 undifferentiated	-	0.000		0		1		0.000	0.000	0.000	
18:4	g	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	-	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		0		1		0	0	0	
Phytosterols	-										
A											
Amino Acids:						_					
Tryptophan		0.000		0		1		0.000	0.000	0.000	
Threonine		0.000		0		1		0.000	0.000	0.000	
Isoleucine	-	0.000		0		1		0.000	0.000	0.000	
Leucine		0.000		0		1		0.000	0.000	0.000	
Lysine		0.000		0		1		0.000	0.000	0.000	
Methionine	-	0.000		0		1		0.000	0.000	0.000	
Cystine		0.000		0		1		0.000	0.000	0.000	
Phenylalanine		0.000		0		1		0.000	0.000	0.000	
Tyrosine	-	0.000		0		1		0.000	0.000	0.000	
Valine	-	0.000		0		1		0.000	0.000	0.000	
Arginine	-	0.000		0		1		0.000	0.000	0.000	
Histidine		0.000		0		1		0.000	0.000	0.000	
Alanine	-	0.000		0		1		0.000	0.000	0.000	
Aspartic acid	-	0.000		0		1		0.000	0.000	0.000	
Glutamic acid	-	0.000		0		1		0.000	0.000	0.000	
Glycine		0.000		0		1		0.000	0.000	0.000	
Proline		0.000		0		1		0.000	0.000	0.000	
Serine	-	0.000		0		1		0.000	0.000	0.000	
Hydroxyproline	g										

## **Common Measures:**

Measure 1 = 237g: 1 cup (8 fl oz)

Measure 2 = 29.6g: 1 fl oz

Measure 3 = 192g: 1 bottle (6.5 fl oz)

## **Footnotes**

1 One fl oz = 29.57 g.

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

		<u>A</u>	mount in 100 g	rams of	r edibl	e portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber				<u>m</u>	easures of food		
			of	Data D	eriv	Source	Confidence				
Nutrients and Unit	ts	Mean	Std. Error Po	oints Co	ode	Code	Code	Measure 1	Measure 2	Measure	
Duovimatas											
<u>Proximates:</u> Water	a	100.00	0.002	3		1		237.00			
Energy	-	0		0	NC	4		0			
Energy		0				4		0			
Protein (N x 6.25)		0.00		0		4		0.00			
Total lipid (fat)		0.00		0		4		0.00			
Ash	g	0.00		2		1		0.00			
Carbohydrate, by difference	g	0.00		0		1		0.00			
Fiber, total dietary	g	0.0		0		4		0.0			
Sugars, total	-										
Starch	g										
Minerals:											
Calcium, Ca	mg	1		1		1		2			
Iron, Fe.	-	0.01		2		1		0.02			
Magnesium, Mg	mg	1		1		1		2			
Phosphorus, P		0		0		4		0			
Potassium, K		0		1		1		0			
Sodium, Na		1		3 0		1 4		2 0.00			
Zinc, Zn Copper, Cu		0.00	•	0		4		0.00			
Manganese, Mn		0.000		0		4		0.000			
Selenium, Se		0.0	,		BFZN	4		0.0			
Vitamins:		0.0		•				0.0			
Vitamin C, total ascorbic acid		0.0		0		4 4		0.0			
ThiaminRiboflavin	-	0.000		0		4		0.000 0.000			
Niacin		0.000		0		4		0.000			
Pantothenic acid		0.000		0		4		0.000			
Vitamin B-6		0.000		0		4		0.000			
Folate, total	-	0		0		4		0			
Folic acid		0		0	Z	7		0			
Folate, food		0		0		4		0			
Folate, DFE		0		0	NC	4		0			
Vitamin B-12		0.00		0		4		0.00			
Vitamin A, IU		0		0		4		0			
Vitamin A, RAE		0		0 0	NC	4 7		0 0			
Retinol Vitamin E (alpha-tocopherol)		0		U	Z	,		U			
Tocopherol, beta	 ma										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	g	0.000	)	0		1		0.000			
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	g	0.000	)	0		1		0.000			
12:0		0.000	)	0		1		0.000			
13:0		_		_		_					
14:0		0.000	)	0		1		0.000			
15:0				•		_					
16:0		0.000	,	0		1		0.000			
17:0		0.000	1	0		1		0.000			
18:0 20:0		0.000	•	Ü		1		0.000			
22:0											
24:0											

		<u>Aı</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>	casares or rood	i	
Nutrients and Unit	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	q	0.000		0		1		0.000			
14:1											
15:1	g										
16:1 undifferentiated	g	0.000		0		1		0.000			
17:1	-										
18:1 undifferentiated	-	0.000		0		1		0.000			
20:1	-	0.000		0		1		0.000			
22:1 undifferentiated		0.000		0		1		0.000			
24:1 c											
Fatty acids, total polyunsaturated		0.000		0		1		0.000			
18:2 undifferentiated	-	0.000		0		1		0.000			
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		0.000		0		1		0 000			
20:4 undifferentiated	-	0.000		0		1		0.000			
20:5 n-3	-			0		1		0.000			
22:5 n-3	-	0.000		0		1		0.000 0.000			
22:6 n-3Fatty acids, total trans		0.000		U		1		0.000			
Cholesterol	-	0		0		1		0			
Phytosterols	-	v		v		-		v			
-											
Amino Acids:											
Tryptophan		0.000		0		1		0.000			
Threonine		0.000		0		1		0.000			
Isoleucine	_	0.000		0		1		0.000			
Leucine		0.000		0		1		0.000			
Lysine		0.000		0		1		0.000			
Methionine	-	0.000		0		1		0.000			
Cystine		0.000		0		1		0.000			
Phenylalanine		0.000		0		1		0.000			
Tyrosine	-	0.000		0		1		0.000			
Valine	_	0.000		0 0		1 1		0.000			
Arginine		0.000		0		1		0.000			
Histidine		0.000		0		1		0.000			
Alanine	_	0.000		0		1		0.000 0.000			
Aspartic acid	-	0.000		0		1		0.000			
Glutamic acid	-	0.000		0		1		0.000			
GlycineProline		0.000		0		1		0.000			
Serine		0.000		0		1		0.000			
Hydroxyproline	_	0.000		U		1		0.000			
11ydroxypronne	9										

## **Common Measures:**

Measure 1 = 237g: 1 cup (8 fl oz)

## **Footnotes**

1 One fl oz = 29.57 g.

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

		<u>A</u> 1	mount in 100 grams	of ear	ne portio	<u>n</u>	Amount in	edible portion	of common
			Number	r			<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	q	99.90	0		4		236.76	29.57	63.94
Energy	-	0	0		4		0	0	0
Energy		0	0		4		0	0	0
Protein (N x 6.25)		0.00	0		4		0.00	0.00	0.00
Total lipid (fat)		0.00	0		4		0.00	0.00	0.00
Ash		0.10	0		4		0.24	0.03	0.0
Carbohydrate, by difference		0.00	0		4		0.00	0.00	0.0
Fiber, total dietary		0.0	0		4		0.0	0.0	0.0
Sugars, total		0.00	0	Z	7		0.00	0.00	0.0
Starch									
Minerals:	ma	•	0 120 140	-	4		•	4	^
Calcium, Ca		2 0.00	0.132 149 0.000 153	A A	1 1		6 0.01	1 0.00	2 0.0
Iron, Fe		1	0.000 153	A A	1		0.01	0.00	0.0
Phosphorus, P		0	0.037 150	A	1		0	0	0
Potassium, K	_	0	0.002 133	A	1		0	0	0
Sodium, Na		2	0.247 141	A	1		5	1	1
Zinc, Zn	-	0.00	0.000 151	A	1		0.01	0.00	0.0
Copper, Cu		0.007		A	1		0.016	0.002	0.0
Manganese, Mn		0.000	0.000 151	A	1		0.001	0.000	0.0
Selenium, Se		0.0	0	BFZN	4		0.0	0.0	0.0
<u> Vitamins:</u>									
Vitamin C, total ascorbic acid		0.0	0		4		0.0	0.0	0.0
Thiamin		0.000			4		0.000	0.000	0.0
Riboflavin		0.000			4		0.000	0.000	0.0
Niacin	-	0.000			4		0.000	0.000	0.0
Pantothenic acid		0.000			4		0.000	0.000	0.0
Vitamin B-6.	-	0.000	0		4 4		0.000 0	0.000 0	0.0
Folate, total		0	0	z	7		0	0	0
Folate, food		0	0	4	4		0	0	0
Folate, DFE		0	0	NC	4		0	0	0
Vitamin B-12		0.00	0	NO	4		0.00	0.00	0.0
Vitamin A, IU		0	0		4		0	0	0
Vitamin A, RAE	mca RAE	0	0	AS	1		0	0	o
Retinol		0	0	z	7		0	0	0
Vitamin E (alpha-tocopherol)		0.00	0	z	7		0.00	0.00	0.0
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta	mg								
Vitamin D									
Vitamin K (phylloquinone)	mcg	0.0	0	Z	7		0.0	0.0	0.0
<u>lipids:</u>	σ.	0.000			4		0.000	0.000	0.0
Fatty acids, total saturated		0.000			1 1		0.000	0.000	0.0
4:0		0.000			1		0.000	0.000	0.0
6:0 8:0	-	0.000			1		0.000 0.000	0.000 0.000	0.0
10:0	-	0.000			1		0.000	0.000	0.0
12:0	-	0.000			1		0.000	0.000	0.0
13:0	-	0.000	•		-		0.000	0.000	0.0
14:0	-	0.000	0		1		0.000	0.000	0.0
15:0		0.000	v		-		2.000	0.000	٠.٠
16:0		0.000	0		1		0.000	0.000	0.0
17:0		0.000	v		-		2.000	0.000	
18:0	-	0.000	0		1		0.000	0.000	0.0
20:0	-	5.000	•		-		2.500	3.000	0.0
22:0	-								
24:0	-								

		<u>Ar</u>	nount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in	edible portion	of common
				Number		_			easures of food	
Nutrients and	d Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatur	rated <b>Q</b>	0.000		0		1		0.000	0.000	0.000
14:1										
15:1	g									
16:1 undifferentiated	-	0.000		0		1		0.000	0.000	0.000
17:1	-			•		_				
18:1 undifferentiated	-	0.000 0.000		0 0		1 1		0.000 0.000	0.000	0.000
20:1 22:1 undifferentiated		0.000		0		1		0.000	0.000 0.000	0.000
24:1 c	•	0.000		U		1		0.000	0.000	0.000
Fatty acids, total polyunsatura		0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated		0.000		0		1		0.000	0.000	0.000
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	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	-	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans										
Cholesterol	-	0		0		1		0	0	0
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.000		0		1		0.000	0.000	0.000
Threonine	g	0.000		0		1		0.000	0.000	0.000
Isoleucine	g	0.000		0		1		0.000	0.000	0.000
Leucine		0.000		0		1		0.000	0.000	0.000
Lysine		0.000		0		1		0.000	0.000	0.000
Methionine		0.000		0		1		0.000	0.000	0.000
Cystine		0.000		0		1		0.000	0.000	0.000
Phenylalanine		0.000		0		1		0.000	0.000	0.000
Tyrosine		0.000		0		1		0.000	0.000	0.000
Valine	-	0.000		0		1 1		0.000	0.000	0.000
Arginine	-	0.000		0 0		1		0.000 0.000	0.000	0.000
Histidine	-	0.000		0		1		0.000	0.000 0.000	0.000
Alanine	-	0.000		0		1		0.000	0.000	0.000
Glutamic acid	-	0.000		0		1		0.000	0.000	0.000
Glycine		0.000		0		1		0.000	0.000	0.000
Proline		0.000		0		1		0.000	0.000	0.000
Serine	<del>-</del>	0.000		0		1		0.000	0.000	0.000
Hydroxyproline		0.000		·		-		0.000	0.000	0.000
Others:	_					_				
Alcohol, ethyl	-	0.0		0	_	7		0.0	0.0	0.0
Caffeine		0		0 0	z z	7 7		0	0 0	0
Theobromine	mg	U		U	z	,		0	U	0
Carotenoids:										
Carotene, beta	• • • • • • • • • • • • • • • • • • • •	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha		0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000	0.000
Lycopene		0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000	0.000	0.000

## **Common Measures:**

Measure 1 = 237g: 1 cup (8 fl oz)

Measure 2 = 29.6g: 1 fl oz

Measure 3 = 64g: 3 ice cube (3/4 fl oz)

NDB No. 14429 Water, municipal Footnotes 1 One fl oz = 29.57 g.

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages

		<u>A</u>	mount in 100	grams	of edit	ole portio	<u>n</u>		edible portion	
			N	Number				<u>m</u>	easures of food	<u>l</u>
Nutrients and Un	iits	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water	a	78.20		2		1		24.16	50.83	
Energy	=	87		0	NC	4		27	56	
Energy		364		0	NC	4		112	236	
Protein (N x 6.25)		0.10		2		1		0.03	0.07	
Total lipid (fat)		0.10		2		1		0.03	0.07	
Ash		0.20		2		1		0.06	0.13	
Carbohydrate, by difference		21.40		0	NC	4		6.61	13.91	
Fiber, total dietary		0.0		0		4		0.0	0.0	
Sugars, total		21.40		0	NR	4		6.61	13.91	
Starch				_		_			20.02	
Starch	9									
<u>Minerals:</u>										
Calcium, Ca	mg	2		2		1		1	1	
Iron, Fe.		0.11		2		1		0.03	0.07	
Magnesium, Mg		1		2		1		0	1	
Phosphorus, P		6		2		1		2	4	
Potassium, K		28		1		1		9	18	
Sodium, Na		102		1		1		32	66	
Zinc, Zn		0.07		2		1		0.02	0.05	
Copper, Cu		0.000		0		1		0.000	0.000	
Manganese, Mn		0.000	)	0		1		0.000	0.000	
Selenium, Se	mcg	0.4		0	FLA	4		0.1	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mα	2.7		2		1		0.8	1.8	
Thiamin	_	0.013	2	2		1		0.004	0.008	
Riboflavin		0.010		2		1		0.003	0.007	
Niacin		0.000		0		1		0.000	0.000	
Pantothenic acid		0.013		2		1		0.004	0.008	
Vitamin B-6	_	0.000		0		1		0.000	0.000	
Folate, total	_	0		0	FLA	4		0	0	
Folic acid		Ö		0	FLA	4		Ö	0	
Folate, food		0		0	FLA	4		0	0	
Folate, DFE		0		0	NC	4		0	0	
Vitamin B-12		0.00		0	110	4		0.00	0.00	
Vitamin A, IU	II I	0.00		0	FLA	4		0.00	0	
Vitamin A, RAE		0		0	FLA	4		0	0	
Retinol		0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)		0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta		0.00		·	LIM	-		0.00	0.00	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0		0	FLA	4		0.0	0.0	
,										
<u> Lipids:</u>										
Fatty acids, total saturated	g	0.008		0		1		0.002	0.005	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000	)	0		1		0.000	0.000	
8:0	-	0.000	)	0		1		0.000	0.000	
10:0	g	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	0.000	)	0		1		0.000	0.000	
15:0	g									
16:0	g	0.008	3	0		1		0.002	0.005	
17:0	g									
18:0	g	0.000	)	0		1		0.000	0.000	
20:0	g									
22:0	g									
24:0	а									

	<u>Ar</u>	nount in 100			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean		Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
			•							
Fatty acids, total monounsaturatedg	0.002		0		1		0.001	0.001		
14:1g										
15:1g 16:1 undifferentiatedg	0.000		0		1		0.000	0.000		
17:1g	0.000		U		_		0.000	0.000		
18:1 undifferentiated	0.002		0		1		0.001	0.001		
20:1g	0.002		0		1		0.001	0.000		
22:1 undifferentiated	0.000		0		1		0.000	0.000		
24:1 cg	0.000		·		-		0.000	0.000		
Fatty acids, total polyunsaturatedg	0.020		0		1		0.006	0.013		
18:2 undifferentiatedg	0.013		0		1		0.004	0.008		
18:3 undifferentiatedg	0.005		0		1		0.002	0.003		
18:4g	0.000		0		1		0.000	0.000		
20:2 n-6 c,cg										
20:3 undifferentiatedg										
20:4 undifferentiated	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	FLA	4		0	0		
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0		0		7		0.0	0.0		
Caffeine mg	0		0	FLA	4		0	0		
Theobromine mg	0		0	FLA	4		0	0		
Carotenoids:										
Carotene, betamcg	0		0	FLA	4		0.000	0.000		
Carotene, alpha mcg	0		0	FLA	4		0.000	0.000		
Cryptoxanthin, betamcg	0		0	FLA	4		0.000	0.000		
Lycopene mcg	0		0	FLA	4		0.000	0.000		
Lutein + zeaxanthin mcg	0		0	FLA	4		0.000	0.000		

## **Common Measures:**

Measure 1 = 30.9g: 1 fl oz Measure 2 = 65g: 2 fl oz

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 14 Beverages

NDB No. 14530 Whiskey sour mix, bottled, with added potassium and sodium

		<u>A</u>	mount in 100	grams	of edib	le portic	<u>on</u>	Amount in	edible portion o	f common
			N	lumber	•			m	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	78.20		2		1		25.26	50.83	
Energy	kcal	84		0	NC	4		27	55	
Energy	kj	351				4		114	228	
Protein (N x 6.25)	g	0.10		2		1		0.03	0.07	
Total lipid (fat)	g	0.10		2		1		0.03	0.07	
Ash	g	0.20		2		1		0.06	0.13	
Carbohydrate, by difference	g	21.40		0	NC	4		6.91	13.91	
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minanala										
Minerals: Calcium, Ca	ma	2		2		1		1	1	
Iron, Fe	-	0.11		2		1		0.04	0.07	
Magnesium, Mg	_	1		2		1		0.04	1	
Phosphorus, P		6		2		1		2	4	
Potassium, K		7		1		1		2	5	
Sodium, Na		33		1		1		11	21	
Zinc, Zn		0.07		2		1		0.02	0.05	
Copper, Cu	mg	0.000	ס	0		1		0.000	0.000	
Manganese, Mn	mg	0.000	)	0		1		0.000	0.000	
Selenium, Se	mcg	0.1		0	BFZN	4		0.0	0.1	
Vitamins:										
Vitamin C, total ascorbic acid	ma	2.7		2		1		0.9	1.8	
Thiamin		0.013	3	2		1		0.004	0.008	
Riboflavin		0.010		2		1		0.003	0.007	
Niacin	_	0.000	)	0		1		0.000	0.000	
Pantothenic acid		0.013	3	2		1		0.004	0.008	
Vitamin B-6	mg	0.000	)	0		1		0.000	0.000	
Folate, total	mcg	0		0		1		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food		0		0		1		0	0	
Folate, DFE		0		0	NC	4		0	0	
Vitamin B-12		0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	21		2		1		7	14	
Vitamin A, RAE		1		0	NC	4		0	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>	~	0.00		•				0.003	0.005	
Fatty acids, total saturated		0.008	•	0		1		0.003	0.005	
6:0										
8:0	-									
10:0	_									
12:0										
13:0	g									
14:0	g	0.000	)	0		1		0.000	0.000	
15:0	g									
16:0	g	0.008	3	0		1		0.003	0.005	
17:0	_									
18:0	_	0.000	)	0		1		0.000	0.000	
20:0	_									
22:0	_									
24:0	g									

		<u>Aı</u>	mount in 10	00 grams	of edib	<u>n</u>	Amount in edible portion of common			
				Number				<u>me</u>	easures of food	
Nutrients and Units	;	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	0.002		0		1		0.001	0.001	
14:1	g									
15:1	-									
16:1 undifferentiated	-	0.000	)	0		1		0.000	0.000	
17:1										
18:1 undifferentiated		0.002		0		1		0.001	0.001	
20:1										
22:1 undifferentiated										
24:1 c										
Fatty acids, total polyunsaturated		0.020		0		1		0.006	0.013	
18:2 undifferentiated	•	0.013		0		1		0.004	0.008	
18:3 undifferentiated		0.005	i	0		1		0.002	0.003	
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		1		0	0	
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0		4		0.0	0.0	
Caffeine	mg									
Theobromine	mg									

## **Common Measures:**

Measure 1 = 32.3g: 1 fl oz Measure 2 = 65g: 2 fl oz

Calories Factors: Protein 3.4 Fat 8.4 Carbohydrate 3.9

Food Group: 14 Beverages

		Amount in 100 grams of edible portion						Amount in edible portion of common			
			N	Number			<u>me</u>	easures of food			
Nutrients and Units		Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	0.60		1		1		0.10			
Energy	kcal	383		0	NC	4		65			
Energy	kj	1602				4		272			
Protein (N x 6.25)	g	0.60		1		1		0.10			
Total lipid (fat)	g	0.10		1		1		0.02			
Ash		1.40		1		1		0.24			
Carbohydrate, by difference	g	97.30		0	NC	4		16.54			
Fiber, total dietary	g	0.0		0		4		0.0			
Sugars, total	g	97.30		0	NR	4		16.54			
Starch	g										
3.61											
Minerals:	ma	272		1		1		46			
Calcium, Ca Iron, Fe		0.39		1 1		1		46 0.07			
· ·	-	19		1		1		3			
Magnesium, Mg Phosphorus, P		13		1		1		2			
Potassium, K		19		1		1		3			
Sodium, Na		274		1		1		47			
Zinc, Zn		0.14		1		1		0.02			
Copper, Cu	-	0.130	)	1		1		0.022			
Manganese, Mn		0.000		0		1		0.000			
Selenium, Se		0.6		0	FLA	4		0.1			
· ·	•••••										
<u>Vitamins:</u>				_							
Vitamin C, total ascorbic acid	_	2.7	_	1		1		0.5			
Thiamin		0.005		1		1		0.001			
Riboflavin		0.000		0		1		0.000			
Niacin		0.000		0		1		0.000			
Pantothenic acid	-	0.060		1		1		0.010			
Vitamin B-6	_	0.000	)	0		1		0.000			
Folate, total		0 0		0 0	z	1 7		0 0			
Folic acid		0		0	Z	1		0			
Folate, foodFolate, DFE		0		0	NC	4		0			
Vitamin B-12		0.01		0	NC	4		0.00			
Vitamin A, IU	IIIOG	30		1		1		5			
Vitamin A, RAE		2		0	NC	4		0			
Retinol		0		0	Z	7		0			
Vitamin E (alpha-tocopherol)		· ·		·	_	•		·			
Tocopherol, beta	-										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
	-										
<u>Lipids:</u>	~	0.019		•				0.003			
Fatty acids, total saturated		0.019	,	0		1		0.003			
4:0 6:0											
8:0											
10:0	-										
12:0											
13:0											
14:0		0.000	)	0		1		0.000			
15:0				•		=					
16:0		0.012	2	0		1		0.002			
17:0											
18:0	-	0.000	)	0		1		0.000			
20:0	-										
22:0	-										
24:0	-										

	<u>Ar</u>	mount in 100	grams	Amount in edible portion of common					
					Source	Confidence	m	easures of food	
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g 0.006		0		1		0.001		
14:1									
15:1	. •								
16:1 undifferentiated	g 0.000		0		1		0.000		
17:1	.g								
18:1 undifferentiated	g 0.006		0		1		0.001		
20:1	.g								
22:1 undifferentiated	g								
24:1 c	g								
Fatty acids, total polyunsaturated	g 0.037		0		1		0.006		
18:2 undifferentiated	g 0.025		0		1		0.004		
18:3 undifferentiated	g 0.012		0		1		0.002		
18:4	.g								
20:2 n-6 c,c	g								
20:3 undifferentiated	.g								
20:4 undifferentiated	g								
20:5 n-3	.g								
22:5 n-3	.g								
22:6 n-3	.g								
Fatty acids, total trans	=								
Cholesterol			0		1		0		
Phytosterols	mg								
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0		
Caffeinen	ng 0		0	Z	7		0		
Theobrominen	ng 0		0	Z	7		0		

## **Common Measures:**

Measure 1 = 17g: 1 packet

Calories Factors: Protein 3.4 Fat 8.4 Carbohydrate 3.9

Food Group: 14 Beverages

		Amount in 100 grams of edible portion							Amount in edible portion of common			
			N	umber				m	easures of food			
				f Data	Deriv	Source	Confidence					
Nutrients and Uni	ite	Mean	Std. Error P			Code	Code	Measure 1	Measure 2	Measure		
maniones and onles		Weari	Otal Ellor		0000			Wedsure 1	Wicasure 2	Measure		
Proximates:												
Water	g	98.20				4		28.48				
Energy	kcal	6				4		2				
Energy	kj	25				4		7				
Protein	g	0.50				4		0.15				
Total lipid (fat)	g	0.00				4		0.00				
Ash	g	0.20		0	BFZN	4		0.06				
Carbohydrate, by difference	g	1.10				4		0.32				
Fiber, total dietary	g	0.0				4		0.0				
Sugars, total	g	1.10		0	NR	4		0.32				
Starch	g											
Ainerals:												
Calcium, Ca	ma	9				4		3				
Iron, Fe	_	0.40				4		0.12				
Magnesium, Mg		10				4		3				
Phosphorus, P		15				4		4				
Potassium, K	-	88				4		26				
Sodium, Na		7				4		2				
Zinc, Zn		0.08				4		0.02				
Copper, Cu		0.011	L			4		0.003				
Manganese, Mn												
Selenium, Se	mcg	0.2		0	BFZN	4		0.1				
itamins:												
Vitamin C, total ascorbic acid	ma	0.0				4		0.0				
Thiamin		0.000	)			4		0.000				
Riboflavin		0.010				4		0.003				
Niacin		0.100				4		0.029				
Pantothenic acid												
Vitamin B-6		0.020	)			4		0.006				
Folate, total		1				4		0				
Folic acid		0		0	Z	7		0				
Folate, food		1				4		0				
Folate, DFE		1		0	NC	4		0				
Vitamin B-12	mcg	0.00				7		0.00				
Vitamin A, IU		0				4		0				
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0				
Retinol		0		0	Z	7		0				
Vitamin E (alpha-tocopherol)	mg	0.00		0	Z	7		0.00				
Tocopherol, beta	mg											
Tocopherol, gamma	mg											
Tocopherol, delta	mg											
Vitamin D	IU											
Vitamin K (phylloquinone)	mcg	0.0		0	BFZN	4		0.0				
Lipids:												
Fatty acids, total saturated	g	0.000	)			4		0.000				
4:0		0.000		0		4		0.000				
6:0		0.000		0		4		0.000				
8:0		0.000	)	0		4		0.000				
10:0	-	0.000		0		4		0.000				
12:0		0.000		0		4		0.000				
13:0	-											
14:0	-	0.000	)	0		4		0.000				
15:0	-											
16:0	-	0.000	)	0		4		0.000				
17:0												
18:0		0.000	)	0		4		0.000				
20:0												
22:0	-											
24:0	-											

				00 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		0.000				4		0.000		
14:1										
15:1						_				
16:1 undifferentiated		0.000		0		4		0.000		
17:1				•						
18:1 undifferentiated		0.000		0		4		0.000		
20:1	-	0.000		0		4		0.000		
22:1 undifferentiated	•	0.000		0		4		0.000		
24:1 c										
Fatty acids, total polyunsaturated		0.000		•		4		0.000		
18:2 undifferentiated	-	0.000		0		4		0.000		
18:3 undifferentiated	-	0.000		-		-		0.000		
18:4		0.000		0		4		0.000		
20:2 n-6 c,c										
20:3 undifferentiated	-	0.000		0		4		0.000		
				0				0.000		
20:5 n-3		0.000		-		4		0.000		
22:5 n-3		0.000		0		4		0.000		
22:6 n-3		0.000		0		4		0.000		
Fatty acids, total trans		0				7		•		
Cholesterol	• • • • • • • • • • • • • • • • • • • •	U				,		0		
Phytosterols	<u>rrig</u>									
Others:										
Alcohol, ethyl	g	0.0				4		0.0		
Caffeine	mg	0		0	Z	7		0		
Theobromine	mg	0		0	Z	7		0		
Carotenoids:	-									
Carotene, beta	mca	0		0	Z	7		0.000		
Carotene, alpha	-	0		0	z	7		0.000		
Cryptoxanthin, beta		0		0	z	7		0.000		
Lycopene		0		0	z	7		0.000		
Lutein + zeaxanthin		0		0	z	7		0.000		

## **Common Measures:**

Measure 1 = 29.0g: 1 fl oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 14 Beverages