NDB No. 43205 Beverage, instant breakfast powder, chocolate, not reconstituted

Refuse: 0%

| | | <u>A</u> : | mount in 100 grams | of edil | ole portio | <u>n</u> | Amount in edible portion 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 | |
| D | | | | | | | | | | |
| Proximates: Water | q | 7.40 | 0 | | 1 | | 0.55 | 2.74 | | |
| Energy | | 353 | 0 | | 1 | | 26 | 131 | | |
| Energy | | 1477 | 0 | | 1 | | 109 | 546 | | |
| Protein | | 19.90 | 0 | | 1 | | 1.47 | 7.36 | | |
| Total lipid (fat) | - | 1.40 | 0 | | 1 | | 0.10 | 0.52 | | |
| Ash | | 5.10 | 0 | NR | 4 | | 0.38 | 1.89 | | |
| Carbohydrate, by difference | | 66.20 | 0 | NC | 4 | | 4.90 | 24.49 | | |
| Fiber, total dietary | | 0.4 | 0 | | 4 | | 0.0 | 0.1 | | |
| Sugars, total | | 65.80 | 0 | NR | 4 | | 4.87 | 24.35 | | |
| Starch | | 00.00 | · | | - | | 1.0. | 24.55 | | |
| Staren | 9 | | | | | | | | | |
| <u> Minerals:</u> | | | | | | | | | | |
| Calcium, Ca | - | 285 | 0 | | 1 | | 21 | 105 | | |
| Iron, Fe | | 12.82 | 0 | | 1 | | 0.95 | 4.74 | | |
| Magnesium, Mg | | 228 | 0 | | 1 | | 17 | 84 | | |
| Phosphorus, P | _ | 427 | 0 | | 1 | | 32 | 158 | | |
| Potassium, K | | 947 | 0 | | 1 | | 70 | 350 | | |
| Sodium, Na | | 385 | 0 | | 1 | | 28 | 142 | | |
| Zinc, Zn | | 8.55 | 0 | | 1 | | 0.63 | 3.16 | | |
| Copper, Cu | | 1.425 | 0 | | 1 | | 0.105 | 0.527 | | |
| Manganese, Mn | | | | | | | | | | |
| Selenium, Se | mcg | 12.1 | 0 | BFPN | 4 | | 0.9 | 4.5 | | |
| Vitamins: | | | | | | | | | | |
| Vitamin C, total ascorbic acid | ma | 76.9 | 0 | | 1 | | 5.7 | 28.5 | | |
| Thiamin | | 0.850 | | | 1 | | 0.063 | 0.315 | | |
| Riboflavin | | 0.200 | | | 1 | | 0.015 | 0.074 | | |
| Niacin | | 14.240 | | | 1 | | 1.054 | 5.269 | | |
| Pantothenic acid | _ | | • | | _ | | | | | |
| Vitamin B-6 | | 1.140 | 0 | | 1 | | 0.084 | 0.422 | | |
| Folate, total | | 285 | 0 | | 1 | | 21 | 105 | | |
| Folic acid | | 285 | 0 | NR | 4 | | 21 | 105 | | |
| Folate, food | - | 0 | 0 | z | 7 | | 0 | 0 | | |
| Folate, DFE | mca DFE | 485 | 0 | NC | 4 | | 36 | 179 | | |
| Vitamin B-12 | | 1.71 | 0 | | 1 | | 0.13 | 0.63 | | |
| Vitamin A, IU | | 4987 | 0 | NC | 4 | | 369 | 1845 | | |
| Vitamin A, RAE | mca RAE | 1496 | 0 | NC | 4 | | 111 | 554 | | |
| Retinol | | 1496 | 0 | NR | 4 | | 111 | 554 | | |
| Vitamin E (alpha-tocopherol) | | 9.37 | 0 | LC | 8 | | 0.69 | 3.47 | | |
| Tocopherol, beta | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | |
| Vitamin D | | | | | | | | | | |
| Vitamin K (phylloquinone) | | 90.0 | 0 | 0 | 4 | | 6.7 | 33.3 | | |
| | | | | | | | | | | |
| Lipids: | _ | | | | | | | | | |
| Fatty acids, total saturated | | 0.560 | | | 4 | | 0.041 | 0.207 | | |
| 4:0 | | 0.010 | | | 4 | | 0.001 | 0.004 | | |
| 6:0 | | 0.002 | | | 4 | | 0.000 | 0.001 | | |
| 8:0 | _ | 0.003 | | | 4 | | 0.000 | 0.001 | | |
| 10:0 | _ | 0.005 | | | 4 | | 0.000 | 0.002 | | |
| 12:0 | - | 0.003 | 0 | | 4 | | 0.000 | 0.001 | | |
| 13:0 | | | | | _ | | | | | |
| 14:0 | _ | 0.023 | 0 | | 4 | | 0.002 | 0.009 | | |
| 15:0 | _ | | | | _ | | | | | |
| 16:0 | _ | 0.286 | 0 | | 4 | | 0.021 | 0.106 | | |
| 17:0 | _ | | | | _ | | _ | | | |
| 18:0 | | 0.216 | 0 | | 4 | | 0.016 | 0.080 | | |
| 20:0 | _ | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

| | | <u>Ar</u> | | Number | • | | _ | 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 | - | 0.314 | | 0 | | 4 | | 0.023 | 0.116 | | |
| 14:1 | | | | | | | | | | | |
| 15:1 | _ | | | | | | | | | | |
| 16:1 undifferentiated | _ | 0.008 | | 0 | | 4 | | 0.001 | 0.003 | | |
| 17:1 | | | | | | | | | | | |
| 18:1 undifferentiated | _ | 0.302 | | 0 | | 4 | | 0.022 | 0.112 | | |
| 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 | | 0.278 | | 0 | | 4 | | 0.021 | 0.103 | | |
| 18:2 undifferentiated | | 0.247 | | 0 | | 4 | | 0.018 | 0.091 | | |
| 18:3 undifferentiated | - | 0.031 | | 0 | | 4 | | 0.002 | 0.011 | | |
| 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 | | 12 | | 0 | | 4 | | 1 | 4 | | |
| Phytosterols | nig | | | | | | | | | | |
| Others: | | | | | | | | | | | |
| Alcohol, ethyl | - | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | | |
| Caffeine | - | 25 | | 0 | BFZN | 4 | | 2 | 9 | | |
| Theobromine | mg | 290 | | 0 | BFZN | 4 | | 21 | 107 | | |
| 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 = 7.4g: 1 tbsp Measure 2 = 37g: 1 envelope

Calories Factors: Protein Fat Carbohydrate

> Food Group: 01 Dairy and Egg Products USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 43260 Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted

| | | <u>A</u> | mount in 100 grams | of edil | ole portio | <u>n</u> | Amount in edible portion of common | | | |
|--------------------------------------|-----|--------------|--------------------|----------|------------|------------|------------------------------------|-----------------|-----------|--|
| | | | Numbe | r | | | m | easures of food | | |
| | | | | | Source | Confidence | | | | |
| Nutrients and Uni | ts | Mean | Std. Error Points | Code | Code | Code | Measure 1 | Measure 2 | Measure 3 | |
| Proximates: | | | | | | | | | | |
| Water | g | 7.40 | 0 | | 4 | | 0.41 | 1.48 | | |
| Energy | | 358 | 0 | | 1 | | 20 | 72 | | |
| Energy | | 1498 | 0 | | 1 | | 84 | 300 | | |
| Protein | | 35.80 | 0 | | 1 | | 2.00 | 7.16 | | |
| Total lipid (fat) | g | 5.10 | 0 | | 1 | | 0.29 | 1.02 | | |
| Ash | g | 10.70 | 0 | NR | 4 | | 0.60 | 2.14 | | |
| Carbohydrate, by difference | g | 41.00 | 0 | NC | 4 | | 2.30 | 8.20 | | |
| Fiber, total dietary | g | 2.0 | 0 | | 4 | | 0.1 | 0.4 | | |
| Sugars, total | g | 39.00 | 0 | NC | 4 | | 2.18 | 7.80 | | |
| Starch | g | | | | | | | | | |
| Minovola | | | | | | | | | | |
| Minerals: Calcium, Ca | ma | 500 | 0 | | 1 | | 28 | 100 | | |
| Iron, Fe | - | 2.30 | 0 | | 1 | | 0.13 | 0.46 | | |
| Magnesium, Mg | | 410 | 0 | | 1 | | 23 | 82 | | |
| Phosphorus, P | | 500 | 0 | | 1 | | 28 | 100 | | |
| Potassium, K | - | 1705 | 0 | | 4 | | 95 | 341 | | |
| Sodium, Na | | 717 | 0 | | 1 | | 40 | 143 | | |
| Zinc, Zn | mg | 15.40 | 0 | | 1 | | 0.86 | 3.08 | | |
| Copper, Cu | mg | 2.600 | 0 | | 1 | | 0.146 | 0.520 | | |
| Manganese, Mn | | | | | | | | | | |
| Selenium, Se | mcg | 21.8 | 0 | BFPN | 4 | | 1.2 | 4.4 | | |
| Vitamins: | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 138.0 | 0 | | 1 | | 7.7 | 27.6 | | |
| Thiamin | | 1.500 | 0 | | 1 | | 0.084 | 0.300 | | |
| Riboflavin | | 0.350 | 0 | | 1 | | 0.020 | 0.070 | | |
| Niacin | mg | 25.600 | 0 | | 1 | | 1.434 | 5.120 | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | | 2.000 | 0 | | 1 | | 0.112 | 0.400 | | |
| Folate, total | | 500 | 0 | | 1 | | 28 | 100 | | |
| Folic acid | - | 500 | 0 | NR | 4 | | 28 | 100 | | |
| Folate, food | mcg | 0 | 0 | Z | 7 | | 0 | 0 | | |
| Folate, DFE | | 850 | 0 | NC | 4 | | 48 | 170 | | |
| Vitamin B-12 | | 3.10 | 0 | | 1 | | 0.17 | 0.62 | | |
| Vitamin A, IU | IU | 8962 2686 | 0 | NC NC | 4 4 | | 502 150 | 1792 | | |
| Vitamin A, RAE | | 2686 | 0 | NR NR | 4 | | 150 | 537 537 | | |
| Retinol Vitamin E (alpha-tocopherol) | | 16.88 | 0 | LC | 8 | | 0.95 | 3.38 | | |
| Tocopherol, beta | | 10.00 | v | шс | o | | 0.33 | 3.36 | | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | |
| Vitamin D | - | | | | | | | | | |
| Vitamin K (phylloquinone) | | 120.0 | 0 | T | 4 | | 6.7 | 24.0 | | |
| Lipids: | | | | | | | | | | |
| Fatty acids, total saturated | a | 2.162 | 2 0 | | 4 | | 0.121 | 0.432 | | |
| 4:0 | | 0.036 | | | 4 | | 0.121 | 0.007 | | |
| 6:0 | | 0.009 | | | 4 | | 0.001 | 0.002 | | |
| 8:0. | | 0.009 | | | 4 | | 0.001 | 0.002 | | |
| 10:0 | | 0.019 | | | 4 | | 0.001 | 0.004 | | |
| 12:0 | _ | 0.010 | | | 4 | | 0.001 | 0.002 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | - | 0.085 | 0 | | 4 | | 0.005 | 0.017 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | _ | 1.100 | 0 | | 4 | | 0.062 | 0.220 | | |
| 17:0 | _ | | | | | | | | | |
| 18:0 | | 0.841 | . 0 | | 4 | | 0.047 | 0.168 | | |
| 20:0 | _ | | | | | | | | | |
| 22:0 | - | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

NDB No. 43260 Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted

| | <u>Am</u> | 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 |
| Fatty acids, total monounsaturatedg | 1.189 | | 0 | | 4 | | 0.067 | 0.238 | |
| 14:1g | | | | | | | | | |
| 15:1g | | | | | | | | | |
| 16:1 undifferentiatedg | 0.031 | | 0 | | 4 | | 0.002 | 0.006 | |
| 17:1g | | | | | | | | | |
| 18:1 undifferentiatedg | 1.147 | | 0 | | 4 | | 0.064 | 0.229 | |
| 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 | 1.027 | | 0 | | 4 | | 0.058 | 0.205 | |
| 18:2 undifferentiatedg | 0.911 | | 0 | | 4 | | 0.051 | 0.182 | |
| 18:3 undifferentiatedg | 0.114 | | 0 | | 4 | | 0.006 | 0.023 | |
| 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 | 44 | | 0 | | 4 | | 2 | 9 | |
| Phytosterols mg | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethylg | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine mg | 52 | | 0 | BFAN | 4 | | 3 | 10 | |
| Theobromine mg | 608 | | 0 | BFAN | 4 | | 34 | 122 | |
| Carotenoids: | | | | | | | | | |
| Carotene, betamcg | 5 | | 0 | NR | 4 | | 0.280 | 1.000 | |
| Carotene, alphamcg | 0 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| Cryptoxanthin, betamcg | 0 | | 0 | z | 7 | | 0.000 | 0.000 | |
| Lycopene mcg | 0 | | 0 | z | 7 | | 0.000 | 0.000 | |
| Lutein + zeaxanthin mcg | 0 | | 0 | Z | 7 | | 0.000 | 0.000 | |

Common Measures:

Measure 1 = 5.6g: 1 tbsp Measure 2 = 20g: 1 envelope

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

| | | <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 Un | its | Mean | Std. Error | Points | Code | Code | Code | Measure 1 | Measure 2 | Measure 3 | |
| Proximates: | | | | | | | | | | | |
| Water | g | 12.80 | | | | 4 | | 0.90 | 2.69 | | |
| Energy | kcal | 328 | | | | 4 | | 23 | 69 | | |
| Energy | kj | 1372 | | | | 4 | | 96 | 288 | | |
| Protein | g | 23.50 | | | | 4 | | 1.65 | 4.94 | | |
| Total lipid (fat) | g | 2.60 | | | | 4 | | 0.18 | 0.55 | | |
| Ash | | 8.20 | | 0 | NR | 4 | | 0.57 | 1.72 | | |
| Carbohydrate, by difference | g | 52.90 | | | | 4 | | 3.70 | 11.11 | | |
| Fiber, total dietary | g | 1.6 | | | | 4 | | 0.1 | 0.3 | | |
| Sugars, total | g | 51.30 | | 0 | NR | 4 | | 3.59 | 10.77 | | |
| Starch | g | | | | | | | | | | |
| Minerals: | | | | | | | | | | | |
| Calcium. Ca | ma | 880 | | | | 4 | | 62 | 185 | | |
| Iron. Fe. | • | 7.70 | | | | 4 | | 0.54 | 1.62 | | |
| Magnesium, Mg | • | 200 | | | | 4 | | 14 | 42 | | |
| Phosphorus, P | | 150 | | | | 4 | | 11 | 32 | | |
| Potassium, K | _ | 2200 | | | | 4 | | 154 | 462 | | |
| Sodium, Na | | 780 | | | | 4 | | 55 | 164 | | |
| Zinc, Zn | mg | 3.60 | | | | 4 | | 0.25 | 0.76 | | |
| Copper, Cu | mg | 0.800 | 1 | | | 4 | | 0.056 | 0.168 | | |
| Manganese, Mn | mg | | | | | | | | | | |
| Selenium, Se | mcg | 14.3 | | 0 | BFPN | 4 | | 1.0 | 3.0 | | |
| Vitamins: | | | | | | | | | | | |
| Vitamin C, total ascorbic acid | ma | 1.2 | | | | 4 | | 0.1 | 0.3 | | |
| Thiamin | _ | 0.110 | | | | 4 | | 0.008 | 0.023 | | |
| Riboflavin | - | 0.340 | | | | 4 | | 0.024 | 0.071 | | |
| Niacin | - | 1.250 | | | | 4 | | 0.088 | 0.263 | | |
| Pantothenic acid | _ | | | | | | | | | | |
| Vitamin B-6 | _ | 0.110 | ı | | | 4 | | 0.008 | 0.023 | | |
| Folate, total | mcg | 42 | | | | 4 | | 3 | 9 | | |
| Folic acid | | 0 | | 0 | Z | 7 | | 0 | 0 | | |
| Folate, food | mcg | 42 | | | | 4 | | 3 | 9 | | |
| Folate, DFE | mcg_DFE | 42 | | 0 | NC | 4 | | 3 | 9 | | |
| Vitamin B-12 | | 2.39 | | | | 4 | | 0.17 | 0.50 | | |
| Vitamin A, IU | | 875 | | 0 | NC | 4 | | 61 | 184 | | |
| Vitamin A, RAE | | 246 | | 0 | NC | 4 | | 17 | 52 | | |
| Retinol | | 243 | | 0 | NR | 4 | | 17 | 51 | | |
| Vitamin E (alpha-tocopherol) | | 0.05 | | 0 | BFFN | 4 | | 0.00 | 0.01 | | |
| Tocopherol, beta | | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | | |
| Tocopherol, deltaVitamin D | | | | | | | | | | | |
| Vitamin K (phylloquinone) | | 0.2 | | 0 | BFFN | 4 | | 0.0 | 0.0 | | |
| vitanini K (phynoquinone) | g | 0.2 | | Ū | 22211 | - | | 0.0 | 0.0 | | |
| <u>Lipids:</u> | | | | | | | | | | | |
| Fatty acids, total saturated | | 2.059 | | | | 4 | | 0.144 | 0.432 | | |
| 4:0 | - | 0.042 | | | | 4 | | 0.003 | 0.009 | | |
| 6:0 | | 0.019 | | | | 4 | | 0.001 | 0.004 | | |
| 8:0 | - | 0.140 | | | | 4 | | 0.010 | 0.029 | | |
| 10:0 | | 0.124 | | | | 4 | | 0.009 | 0.026 | | |
| 12:0 | - | 0.789 | 1 | | | 4 | | 0.055 | 0.166 | | |
| 13:0 | | 0 277 | | | | 4 | | 0.026 | 0.070 | | |
| 14:0 | | 0.377 | | | | 4 | | 0.026 | 0.079 | | |
| 15:0 16:0 | | 0.406 | : | | | 4 | | 0.028 | 0.085 | | |
| 17:0 | | 0.406 | • | | | 4 | | 0.028 | 0.085 | | |
| 18:0 | | 0.133 | | | | 4 | | 0.009 | 0.028 | | |
| 20:0 | | 0.133 | | | | • | | 3.003 | 0.028 | | |
| 22:0 | - | | | | | | | | | | |
| 24:0 | - | | | | | | | | | | |

| | <u>A</u> 1 | mount in 10 | Number | | | _ | Amount in edible portion of common measures of food | | | |
|-------------------------------------|------------|-------------|-------------------|----|----------------|--------------------|---|-----------|-----------|--|
| Nutrients and Units | Mean | Std. Error | of Data Points | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 | |
| | | | | | | | | | | |
| Fatty acids, total monounsaturatedg | 0.332 | | | | 4 | | 0.023 | 0.070 | | |
| 14:1g | | | | | | | | | | |
| 15:1 | 0.024 | | | | 4 | | 0.002 | 0.005 | | |
| 16:1 undifferentiated | 0.024 | | | | 4 | | 0.002 | 0.005 | | |
| 18:1 undifferentiated | 0.294 | | | | 4 | | 0.021 | 0.062 | | |
| 20:1g | 0.000 | | | | 4 | | 0.021 | 0.002 | | |
| 22:1 undifferentiated | 0.000 | | | | 4 | | 0.000 | 0.000 | | |
| 24:1 cg | 0.000 | | | | - | | 0.000 | 0.000 | | |
| Fatty acids, total polyunsaturated9 | 0.060 | | | | 4 | | 0.004 | 0.013 | | |
| 18:2 undifferentiatedg | 0.051 | | | | 4 | | 0.004 | 0.011 | | |
| 18:3 undifferentiatedg | 0.009 | | | | 4 | | 0.001 | 0.002 | | |
| 18:4g | 0.000 | | | | 4 | | 0.000 | 0.000 | | |
| 20:2 n-6 c.cg | | | | | _ | | | | | |
| 20:3 undifferentiated9 | | | | | | | | | | |
| 20:4 undifferentiated | 0.000 | | | | 4 | | 0.000 | 0.000 | | |
| 20:5 n-3g | 0.000 | | | | 4 | | 0.000 | 0.000 | | |
| 22:5 n-3g | 0.000 | ı | | | 4 | | 0.000 | 0.000 | | |
| 22:6 n-3g | 0.000 | ı | | | 4 | | 0.000 | 0.000 | | |
| Fatty acids, total transg | | | | | | | | | | |
| Cholesterolmg | 14 | | | | 4 | | 1 | 3 | | |
| Phytosterolsmg | | | | | | | | | | |
| Others: | | | | | | | | | | |
| Alcohol, ethylg | 0.0 | | | | 7 | | 0.0 | 0.0 | | |
| Caffeinemg | 0 | | 0 | Z | 7 | | 0 | 0 | | |
| Theobromine mg | 0 | | 0 | Z | 7 | | 0 | 0 | | |
| Carotenoids: | | | | | | | | | | |
| Carotene, betamcg | 39 | | 0 | NR | 4 | | 2.730 | 8.190 | | |
| Carotene, alphamcg | 0 | | 0 | Z | 7 | | 0.000 | 0.000 | | |
| Cryptoxanthin, beta mcg | 0 | | 0 | Z | 7 | | 0.000 | 0.000 | | |
| Lycopenemcg | 0 | | 0 | Z | 7 | | 0.000 | 0.000 | | |
| Lutein + zeaxanthin mcg | 0 | | 0 | Z | 7 | | 0.000 | 0.000 | | |

Common Measures:

Measure 1 = 7.0g: 1 tbsp Measure 2 = 21g: 1 envelope

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products USDA National Nutrient Database for Standard Reference, Release 17 (2004)

| | | <u>A</u> : | mount in 100 | grams) | of edib | le portio | <u>n</u> | | edible portion | |
|--------------------------------|-------|---------------|--------------|-------------------|---------|----------------|--------------------|----------------|-----------------|----------|
| | | | ı | Number | | | | <u>me</u> | easures of food | <u>l</u> |
| Nutrients and Uni | ts | Mean | Std. Error | of Data Points | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure |
| | | | | | | | | | | |
| Proximates: Water | 0 | 0.24 | | 1 | | 1 | | 0.49 | 0.03 | |
| | | 876 | | 0 | NC | 4 | | | | |
| Energy | | 3665 | | U | NC | 4 | | 1796 7514 | 112 | |
| Energy | | | | 1 | | 1 | | | 469 | |
| Protein (N x 6.38) | | 0.28 99.48 | | 1 | | 1 | | 0.57 203.93 | 0.04 | |
| Total lipid (fat) | | 0.00 | | 1 | | 1 | | 0.00 | 12.73 | |
| Ash | | | | 0 | | 1 | | | 0.00 | |
| Carbohydrate, by difference | | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Fiber, total dietary | | 0.0 | | | | | | 0.0 | 0.0 | |
| Sugars, total | | 0.00 | | 0 | NR | 4 | | 0.00 | 0.00 | |
| Starch | g | | | | | | | | | |
| Minerals: | | | | | | | | | | |
| Calcium, Ca | mg | 4 | | 0 | | 4 | | 8 | 0 | |
| Iron, Fe | _ | 0.00 | | 0 | | 4 | | 0.00 | 0.00 | |
| Magnesium, Mg | | 0 | | 0 | | 4 | | 1 | 0 | |
| Phosphorus, P | | 3 | | 0 | | 4 | | 6 | 0 | |
| Potassium, K | | 5 | | 0 | | 4 | | 10 | 1 | |
| Sodium, Na | | 2 | | 0 | | 4 | | 3 | 0 | |
| Zinc, Zn | | 0.01 | | 0 | | 4 | | 0.02 | 0.00 | |
| Copper, Cu | mg | 0.001 | L | 0 | | 1 | | 0.002 | 0.000 | |
| Manganese, Mn | | 0.000 |) | 0 | | 1 | | 0.000 | 0.000 | |
| Selenium, Se | mcg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Vitamins | | | | | | | | | | |
| Vitamins: | ma | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | |
| Vitamin C, total ascorbic acid | _ | 0.001 | | 0 | | 4 | | 0.002 | 0.000 | |
| ThiaminRiboflavin | | 0.001 | | 0 | | 4 | | 0.002 | 0.000 | |
| Niacin | | 0.003 | | 0 | | 4 | | 0.010 | 0.000 | |
| Pantothenic acid | | 0.003 | | 0 | | 4 | | 0.000 | 0.001 | |
| Vitamin B-6 | _ | 0.010 | | 0 | | 4 | | 0.021 | 0.001 | |
| Folate, total | _ | 0.001 | - | 0 | | 4 | | 0.002 | 0.000 | |
| Folic acid | | 0 | | 0 | z | 7 | | 0 | 0 | |
| Folate, food | | 0 | | 0 | 4 | 4 | | 0 | 0 | |
| Folate, DFE | | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Vitamin B-12 | | 0.01 | | 0 | 140 | 4 | | 0.02 | 0.00 | |
| Vitamin A, IU | IIIOg | 3069 | | 0 | NC | 4 | | 6291 | 393 | |
| Vitamin A, RAE | | 840 | | 0 | NC | 4 | | 1722 | 108 | |
| Retinol | | 824 | | 0 | NC | 4 | | 1689 | 105 | |
| Vitamin E (alpha-tocopherol) | | 2.80 | | 0 | 140 | 4 | | 5.74 | 0.36 | |
| Tocopherol, beta | _ | 2.00 | | · | | • | | 3.74 | 0.50 | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | |
| Vitamin D | | | | | | | | | | |
| Vitamin K (phylloquinone) | | 8.6 | | 0 | BFFN | 4 | | 17.6 | 1.1 | |
| | | | | | | | | | | |
| <u>Lipids:</u> | | | | | | | | | | |
| Fatty acids, total saturated | | 61.924 | | 0 | | 1 | | 126.944 | 7.926 | |
| 4:0 | | 3.226 | | 0 | | 1 | | 6.613 | 0.413 | |
| 6:0 | - | 1.910 | | 0 | | 1 | | 3.916 | 0.244 | |
| 8:0 | _ | 1.112 | | 0 | | 1 | | 2.280 | 0.142 | |
| 10:0 | | 2.495 | | 0 | | 1 | | 5.115 | 0.319 | |
| 12:0 | - | 2.793 | 3 | 0 | | 1 | | 5.726 | 0.358 | |
| 13:0 | - | | _ | _ | | _ | | | | |
| 14:0 | - | 10.005 | | 0 | | 1 | | 20.510 | 1.281 | |
| 15:0 | - | | _ | _ | | _ | | | | |
| 16:0 | | 26.166 | 5 | 0 | | 1 | | 53.640 | 3.349 | |
| 17:0 | - | | | | | | | | | |
| 18:0 | - | 12.056 | 5 | 0 | | 1 | | 24.715 | 1.543 | |
| 20:0 | - | | | | | | | | | |
| 22:0 | α . | | | | | | | | | |

| | | <u>A</u> | mount in 100 gra | | ble portic | <u>on</u> | Amount in edible portion of common measures of food | | | |
|----------------------------------|---|----------|--------------------------|----------|------------|--------------------|---|-----------------|-----------|--|
| | | | Numi | | | | <u>m</u> | easures of food | i | |
| Nutrients and | Units | Mean | of Da Std. Error Poin | ta Deriv | | Confidence Code | Measure 1 | Measure 2 | Measure 3 | |
| | | | | | | | | | | |
| Fatty acids, total monounsatura | | 28.732 | |) | 1 | | 58.901 | 3.678 | | |
| 14:1 | _ | | | | | | | | | |
| 15:1 | _ | | | | | | | | | |
| 16:1 undifferentiated | _ | 2.228 | (| 1 | 1 | | 4.567 | 0.285 | | |
| 17:1 | • | 05.00 | | | _ | | | | | |
| 18:1 undifferentiated | • | 25.026 | |) | 1 | | 51.303 | 3.203 | | |
| 20:1 | _ | 0.000 | |) | 1 | | 0.000 | 0.000 | | |
| 22:1 undifferentiated | • | 0.000 | (|) | 1 | | 0.000 | 0.000 | | |
| 24:1 c | | 0.60 | | | _ | | | | | |
| Fatty acids, total polyunsaturat | | 3.694 | |) | 1 | | 7.573 | 0.473 | | |
| 18:2 undifferentiated | | 2.247 | |) | 1 | | 4.606 | 0.288 | | |
| 18:3 undifferentiated | - | 1.447 | |) | 1 | | 2.966 | 0.185 | | |
| 18:4 | _ | 0.000 | (|) | 1 | | 0.000 | 0.000 | | |
| 20:2 n-6 c,c | • | | | | | | | | | |
| 20:3 undifferentiated | _ | 0.000 | | | | | | 2 225 | | |
| 20:4 undifferentiated | _ | 0.000 | |) | 1 | | 0.000 | 0.000 | | |
| 20:5 n-3 | _ | 0.000 | |) | 1 | | 0.000 | 0.000 | | |
| 22:5 n-3 | _ | 0.000 | |) | 1 | | 0.000 | 0.000 | | |
| 22:6 n-3 | | 0.000 | (|) | 1 | | 0.000 | 0.000 | | |
| Fatty acids, total trans | | 0.5 | | • | _ | | | | | |
| Cholesterol | _ | 256 | 0.000 1 | 9 | 1 | | 525 | 33 | | |
| Phytosterols | mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan | g | 0.004 | , |) | 4 | | 0.008 | 0.001 | | |
| Threonine | | 0.013 | |) | 4 | | 0.027 | 0.002 | | |
| Isoleucine | - | 0.017 | |) | 4 | | 0.035 | 0.002 | | |
| Leucine | _ | 0.027 | |) | 4 | | 0.055 | 0.003 | | |
| Lysine | _ | 0.022 | |) | 4 | | 0.045 | 0.003 | | |
| Methionine | | 0.007 | |) | 4 | | 0.014 | 0.001 | | |
| Cystine | | 0.003 | |) | 4 | | 0.006 | 0.000 | | |
| Phenylalanine | | 0.014 | |) | 4 | | 0.029 | 0.002 | | |
| Tyrosine | | 0.014 | |) | 4 | | 0.029 | 0.002 | | |
| Valine | _ | 0.019 | |) | 4 | | 0.039 | 0.002 | | |
| Arginine | | 0.010 | |) | 4 | | 0.021 | 0.001 | | |
| Histidine | | 0.008 | |) | 4 | | 0.016 | 0.001 | | |
| Alanine | _ | 0.010 | | ,) | 4 | | 0.021 | 0.001 | | |
| Aspartic acid | | 0.021 | |) | 4 | | 0.043 | 0.003 | | |
| Glutamic acid | | 0.059 | | ,) | 4 | | 0.121 | 0.008 | | |
| Glycine | - | 0.006 | |) | 4 | | 0.012 | 0.001 | | |
| Proline | | 0.027 | |) | 4 | | 0.055 | 0.003 | | |
| Serine | _ | 0.015 | | ,) | 4 | | 0.031 | 0.002 | | |
| Hydroxyproline | | 0.010 | · · | | • | | 0.051 | 0.002 | | |
| | | | | | | | | | | |
| Others: | | | | | | | | | | |
| Alcohol, ethyl | g | 0.0 | (|) | 7 | | 0.0 | 0.0 | | |
| Caffeine | - | 0 | |) z | 7 | | 0 | 0 | | |
| Theobromine | mg | 0 | (|) z | 7 | | 0 | 0 | | |
| Carotenoids: | | | | | | | | | | |
| Carotene, beta | mca | 193 | |) BFFN | 1 4 | | 396.001 | 24.726 | | |
| Carotene, alpha | | 0 | |) Z | 7 | | 0.000 | 0.000 | | |
| Cryptoxanthin, beta | | 0 | |) Z | 7 | | 0.000 | 0.000 | | |
| Lycopene | | 0 | |) Z | 7 | | 0.000 | 0.000 | | |
| | | 0 | |) Z | 7 | | 0.000 | 0.000 | | |
| Lutein + zeaxanthin | | 0 | ' | | | | 0.000 | 0.000 | | |

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

NDB No. 01003 Butter oil, anhydrous

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>Ar</u> | nount in 100 g | ırams | of edib | ole portio | <u>n</u> | | edible portion | |
|--------------------------------|---------|-----------|----------------|-------|---------|------------|------------|-----------|-----------------|----------|
| | | | Nu | mber | | | | <u>m</u> | easures of food | <u> </u> |
| | | | of | Data | Deriv | Source | Confidence | | | |
| Nutrients and Uni | its | Mean | Std. Error Po | oints | Code | Code | Code | Measure 1 | Measure 2 | Measure |
| Proximates: | | | | | | | | | | |
| Water | g | 15.87 | 0.061 | 522 | | 1 | | 36.02 | 2.25 | 0.79 |
| Energy | | 717 | | 0 | NC | 4 | | 1628 | 102 | 36 |
| Energy | | 3000 | | 0 | | 4 | | 6810 | 426 | 150 |
| Protein (N x 6.38) | | 0.85 | 0.074 | 16 | | 1 | | 1.93 | 0.12 | 0.04 |
| Total lipid (fat) | | 81.11 | 0.065 | 580 | | 1 | | 184.12 | 11.52 | 4.06 |
| Ash | | 2.11 | 0.054 | 35 | | 1 | | 4.79 | 0.30 | 0.11 |
| Carbohydrate, by difference | | 0.06 | | 0 | NC | 4 | | 0.14 | 0.01 | 0.00 |
| Fiber, total dietary | | 0.0 | | 0 | 0 | 4 | | 0.0 | 0.0 | 0.0 |
| | | 0.06 | | 0 | NR | 4 | | 0.14 | 0.01 | 0.00 |
| Sugars, total | | 0.06 | | U | NK | 4 | | 0.14 | 0.01 | 0.00 |
| Starch | 9 | | | | | | | | | |
| Minerals: | | | | | | | | | | |
| Calcium, Ca | mg | 24 | 0.789 | 17 | A | 1 | | 55 | 3 | 1 |
| Iron, Fe. | | 0.02 | 0.011 | 18 | A | 1 | | 0.04 | 0.00 | 0.0 |
| Magnesium, Mg | | 2 | 0.047 | 18 | A | 1 | | 4 | 0 | 0 |
| Phosphorus, P | | 24 | 0.463 | 17 | A | 1 | | 54 | 3 | 1 |
| Potassium, K | | 24 | 0.622 | 18 | A | 1 | | 54 | 3 | 1 |
| Sodium, Na | | 576 | 12.006 | 18 | A | 1 | | 1306 | 82 | 29 |
| Zinc, Zn | | 0.09 | 0.011 | 18 | A | 1 | | 0.20 | 0.01 | 0.0 |
| Copper, Cu | - | 0.000 | 0.000 | 18 | A | 1 | | 0.000 | 0.000 | 0.0 |
| Manganese, Mn | | 0.000 | 0.000 | 18 | A | 1 | | 0.000 | 0.000 | 0.0 |
| Selenium, Se | | 1.0 | 0.820 | 37 | A | 1 | | 2.3 | 0.1 | 0.1 |
| ŕ | _ | | | | | | | | | |
| <u> Vitamins:</u> | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | 0.0 |
| Thiamin | | 0.005 | | 3 | | 1 | | 0.011 | 0.001 | 0.0 |
| Riboflavin | mg | 0.034 | | 9 | | 1 | | 0.077 | 0.005 | 0.0 |
| Niacin | mg | 0.042 | | 2 | | 1 | | 0.095 | 0.006 | 0.0 |
| Pantothenic acid | - | 0.110 | | 0 | | 4 | | 0.250 | 0.016 | 0.0 |
| Vitamin B-6 | mg | 0.003 | | 1 | | 1 | | 0.007 | 0.000 | 0.0 |
| Folate, total | | 3 | | 2 | | 1 | | 7 | 0 | 0 |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food | | 3 | | 2 | | 1 | | 7 | 0 | 0 |
| Folate, DFE | mcg_DFE | 3 | | 0 | NC | 4 | | 7 | 0 | 0 |
| Vitamin B-12 | | 0.17 | | 4 | | 1 | | 0.39 | 0.02 | 0.0 |
| Vitamin A, IU | IU | 2499 | | 0 | NC | 4 | | 5673 | 355 | 125 |
| Vitamin A, RAE | mcg_RAE | 684 | | 0 | NC | 4 | | 1553 | 97 | 34 |
| Retinol | mcg | 671 | | 0 | NC | 4 | | 1523 | 95 | 34 |
| Vitamin E (alpha-tocopherol) | mg | 2.32 | | 1 | | 1 | | 5.27 | 0.33 | 0.1 |
| Tocopherol, beta | mg | 0.00 | | 1 | | 1 | | 0.00 | 0.00 | 0.0 |
| Tocopherol, gamma | | 0.00 | | 1 | | 1 | | 0.00 | 0.00 | 0.0 |
| Tocopherol, delta | | 0.00 | | 1 | | 1 | | 0.00 | 0.00 | 0.0 |
| Vitamin D | | 56.000 | | 0 | T | 4 | | 127.120 | 7.952 | 2.8 |
| Vitamin K (phylloquinone) | | 7.0 | | 1 | | 1 | | 15.9 | 1.0 | 0.4 |
| | ŭ | | | | | | | | | |
| <u> ipids:</u> | | | | | | | | | | |
| Fatty acids, total saturated | - | 51.368 | | 0 | NC | 4 | | 116.606 | 7.294 | 2.5 |
| 4:0 | | 3.226 | | 3 | A | 1 | | 7.323 | 0.458 | 0.1 |
| 6:0 | - | 2.007 | | 3 | A | 1 | | 4.557 | 0.285 | 0.1 |
| 8:0 | - | 1.190 | | 3 | A | 1 | | 2.701 | 0.169 | 0.0 |
| 10:0 | _ | 2.529 | | 3 | A | 1 | | 5.740 | 0.359 | 0.1 |
| 12:0 | _ | 2.587 | 0.046 | 3 | A | 1 | | 5.872 | 0.367 | 0.1 |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 7.436 | 0.020 | 3 | A | 1 | | 16.880 | 1.056 | 0.3 |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 21.697 | 0.270 | 3 | A | 1 | | 49.253 | 3.081 | 1.0 |
| 17:0 | g | 0.560 | 0.015 | 3 | A | 1 | | 1.270 | 0.079 | 0.0 |
| 18:0 | g | 9.999 | 0.096 | 3 | A | 1 | | 22.698 | 1.420 | 0.5 |
| 20.0 | a | 0.138 | 0.002 | 3 | A | 1 | | 0.312 | 0.020 | 0.0 |
| 20:0 | | | | | | | | | | |

| Nutrients and Units Nutrients Nutrient | | | <u>Ar</u> | mount in 10 | 0 grams | of edil | ble portic | <u>on</u> | Amount in | edible portion of | of common |
|--|---|------|-----------|-------------|---------|---------|------------|------------|-----------|-------------------|----------------|
| Nutrients and Units | | | | | Number | | | | | | |
| Ferry mode, tend monomenturated 9 2 21,021 0 NC 4 47,718 2,985 1. 161 9 | | | | | | | Source | Confidence | _ | | • |
| | Nutrients and Uni | ts | Mean | Std. Error | Points | Code | Code | Code | Measure 1 | Measure 2 | Measure 3 |
| | | - | 01 001 | | • | | | | 45.540 | | 1 051 |
| 15:1 | | | 21.021 | | U | NC | 4 | | 47.718 | 2.985 | 1.051 |
| Total | | | | | | | | | | | |
| 161 9 | 16:1 undifferentiated | g | 0.961 | | | | | | 2.181 | 0.136 | 0.048 |
| 17:1 | | | 0.961 | 0.00 | 8 3 | A | 1 | | 2.181 | 0.136 | 0.048 |
| INST underflerentated 9 19.961 0 AS 1 35.311 2.834 1 181 | | _ | | | | | | | | | |
| Ris C. | | | 19.961 | | 0 | AS | 1 | | 45 311 | 2 834 | 0.998 |
| SEL | | | | | | | | | | | 0.849 |
| 22 Lundifferentiated | | _ | 2.982 | 0.11 | .2 3 | A | 1 | | 6.770 | 0.423 | 0.149 |
| 24 C | 20:1 | g | | | | | | | | 0.014 | 0.005 |
| Fatty acids, both polyumaturated | | _ | 0.000 | 0.00 | 00 3 | A | 1 | | 0.000 | 0.000 | 0.000 |
| S 2 undifferentiated | | | 2 042 | | • | NG | | | 6 000 | 0.430 | 0.152 |
| B2 C C G G C C G C C C | | | | | | | | | | | 0.132 |
| 18.2 CLAs. G 0.267 0.017 3 A 1 0.605 0.038 0. 18.2 Lc. G 18.3 Lc. G 18.3 Lc. G 18.3 Lc. G 18.3 Lc. G 18.4 Lc. | | | | | | | | | | | 0.108 |
| 182 L. | · · | | 0.267 | 0.01 | .7 3 | A | 1 | | | | 0.013 |
| 182 1 | 18:2 c,t | g | | | | | | | | | |
| 182 | ,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,, | | | | | | | | | | |
| 18-2 Instituther defined. 9 | · · · · · · · · · · · · · · · · · · · | _ | 0.006 | 0.04 | | | | | 0 670 | 0.040 | 0.015 |
| IS3 undifferentiated | | - | 0.296 | 0.04 | 18 3 | A | 1 | | 0.672 | 0.042 | 0.015 |
| 18.4 | | - | 0.315 | | 0 | AS | 1 | | 0.715 | 0.045 | 0.016 |
| 203 undifferentiated | | _ | | | | | | | | | 0.000 |
| 204 undifferentiated | 20:2 n-6 c,c | g | | | | | | | | | |
| 20.5 m.3. | | | | | | | | | | | |
| \$\ \text{22.5 n-3} | | | | | | | | | | | 0.000 |
| 22.6 n-3 | | | | | | | | | | | 0.000 |
| Fatty acids, total trans | | | | | | | | | | | 0.000 |
| Cholesterol | | _ | 0.000 | 0.00 | | | - | | 0.000 | 0.000 | 0.000 |
| Sigmasterol mg 0 | | | 215 | 1.26 | 3 | A | 1 | | 489 | 31 | 11 |
| Campesterol. mg 0 0.000 3 A 1 0 0 0 Beta-sitosterol. mg 4 0.118 3 A 1 9 1 0 Amino Accides: "Tryptophan 9 0.012 0 1 0.027 0.002 0 Threonine 9 0.038 0 1 0.086 0.005 0 Isoleucine 9 0.051 0 1 0.166 0.007 0 Isoleucine 9 0.051 0 1 0.166 0.005 0 Leucine 9 0.051 0 1 0.188 0.012 0 Lysine 9 0.067 0 1 0.188 0.012 0 Lysine 9 0.067 0 1 0.152 0.010 0 Cystine 9 0.001 0 1 0.018 0.001 0 Lys | Phytosterols | mg | | | | | | | | | |
| Beta-sitosterol | _ | | | | | | | | | | |
| Amino Acids: Tryptophan g 0.012 0 1 0.027 0.002 0 Threonine g 0.038 0 1 0.086 0.005 0 Isoleucine g 0.051 0 1 0.116 0.007 0 Leucine g 0.083 0 1 0.188 0.012 0 Lysine g 0.067 0 1 0.188 0.012 0 Lysine g 0.0021 0 1 0.048 0.003 0 Lysine g 0.0021 0 1 0.048 0.003 0 Cystine g 0.008 0 1 0.018 0.001 0 Phenylalanine g 0.041 0 1 0.018 0.001 0 Yystine g 0.041 0 1 0.093 0.006 0 Yystine g 0 0.057 0 <td></td> | | | | | | | | | | | |
| Tryptophan .9 0.012 0 1 0.027 0.002 0. Threonine .9 0.038 0 1 0.086 0.005 0. Isoleucine .9 0.051 0 1 0.116 0.007 0. Leucine .9 0.083 0 1 0.188 0.012 0. Lysine .9 0.067 0 1 0.152 0.010 0. Lysine .9 0.021 0 1 0.048 0.003 0. Cystine .9 0.008 0 1 0.018 0.001 0. Pkenylalanine .9 0.041 0 1 0.093 0.066 0. Tyrosine .9 0.041 0 1 0.093 0.066 0. Valine .9 0.057 0 1 0.129 0.008 0. Arginie .9 0.052 0 1 | Beta-sitosteroi | IIIg | 4 | 0.11 | .0 3 | A | 1 | | 9 | 1 | U |
| Threonine | Amino Acids: | | | | | | | | | | |
| Soleucine | 7. · | | | | | | | | | | 0.001 |
| Leucine 9 0.083 0 1 0.188 0.012 0 Lysine 9 0.067 0 1 0.152 0.010 0 Methionine 9 0.021 0 1 0.048 0.003 0 Cystine 9 0.008 0 1 0.018 0.001 0 Cystine 9 0.008 0 1 0.018 0.001 0 Phenylalanine 9 0.041 0 1 0.093 0.066 0 Tyosine 9 0.041 0 1 0.093 0.066 0 Valine 9 0.041 0 1 0.129 0.068 0 Valine 9 0.031 0 1 0.070 0.004 0 Arginine 9 0.023 0 1 0.070 0.004 0 Histidine 9 0.023 0 1 0.066 | | | | | | | | | | | 0.002 0.003 |
| Lysine 9 0.067 0 1 0.152 0.010 0 Methionine 9 0.021 0 1 0.048 0.003 0 Cystine 9 0.008 0 1 0.048 0.001 0 Phenylalanine 9 0.041 0 1 0.093 0.066 0 Tyrosine 9 0.041 0 1 0.093 0.066 0 Valine 9 0.041 0 1 0.093 0.006 0 Valine 9 0.041 0 1 0.093 0.006 0 Valine 9 0.057 0 1 0.129 0.008 0 Arginine 9 0.031 0 1 0.070 0.004 0 Histdine 9 0.023 0 1 0.056 0.004 0 Alanine 9 0.029 0 1 0.046 < | | - | | | • | | _ | | | | 0.003 |
| Methionine 9 0.021 0 1 0.048 0.003 0. Cystine 9 0.008 0 1 0.018 0.001 0. Phenylalanine 9 0.041 0 1 0.093 0.006 0. Tyrosine 9 0.041 0 1 0.093 0.006 0. Valine 9 0.041 0 1 0.093 0.006 0. Valine 9 0.057 0 1 0.129 0.008 0. Arginine 9 0.031 0 1 0.070 0.004 0. Histidine 9 0.023 0 1 0.052 0.003 0. Alanine 9 0.023 0 1 0.066 0.004 0. Aspartic acid 9 0.064 0 1 0.145 0.009 0. Glycine 9 0.018 0 1 0 | | | | | | | | | | | 0.003 |
| Phenylalanine | Methionine | g | 0.021 | | 0 | | 1 | | 0.048 | 0.003 | 0.001 |
| Tyrosine 9 0.041 0 1 0.093 0.006 0. Valine 9 0.057 0 1 0.129 0.008 0. Arginine 9 0.031 0 1 0.070 0.004 0. Histidine 9 0.023 0 1 0.052 0.003 0. Alanine 9 0.029 0 1 0.052 0.003 0. Alanine 9 0.029 0 1 0.052 0.003 0. Aspartic acid 9 0.064 0 1 0.145 0.009 0. Glutamic acid 9 0.178 0 1 0.404 0.025 0. Glycine 9 0.018 0 1 0.041 0.003 0. Proline 9 0.082 0 1 0.186 0.012 0. Serine 9 0.046 0 7 0.0< | Cystine | g | 0.008 | | 0 | | | | 0.018 | 0.001 | 0.000 |
| Valine g 0.057 0 1 0.129 0.008 0. Arginine g 0.031 0 1 0.070 0.004 0. Histidine g 0.023 0 1 0.052 0.003 0. Alanine g 0.029 0 1 0.066 0.004 0. Aspartic acid g 0.064 0 1 0.145 0.009 0. Glutamic acid g 0.178 0 1 0.404 0.025 0. Glycine g 0.018 0 1 0.404 0.025 0. Proline g 0.082 0 1 0.186 0.012 0. Serine g 0.046 0 1 0.186 0.012 0. Hydroxyproline g Others: Alcohol, ethyl g 0 0 7 0.0 0 0 Carfeine mg 0 0 2 7 | 2 | | | | - | | | | | | 0.002 |
| Arginine g 0.031 0 1 0.070 0.004 0 Histidine g 0.023 0 1 0.052 0.003 0 Alanine g 0.029 0 1 0.066 0.004 0 Aspartic acid g 0.064 0 1 0.145 0.009 0 Glutamic acid g 0.178 0 1 0.404 0.025 0 Glycine g 0.018 0 1 0.041 0.003 0 Proline g 0.082 0 1 0.146 0.012 0 Serine g 0.046 0 1 0.104 0.007 0 Hydroxyproline g 0.046 0 1 0.104 0.007 0 Hydroxyproline g 0 0 7 0.0 0.0 0 Caffeine mg 0 0 7 0 0 0 Theobromine mg 0 0 2 7 | • | | | | | | | | | | 0.002 |
| Histidine | | | | | - | | | | | | 0.003 0.002 |
| Alanine 9 0.029 0 1 0.066 0.004 0 Aspartic acid 9 0.064 0 1 0.145 0.009 0 Glutamic acid 9 0.178 0 1 0.404 0.025 0 Glycine 9 0.018 0 1 0.041 0.003 0 Proline 9 0.082 0 1 0.186 0.012 0 Serine 9 0.046 0 1 0.186 0.012 0 Hydroxyproline 9 0.046 0 1 0.104 0.007 0 Others: Alcohol, ethyl 9 0 0 7 0 0 0 0 Caffeine mg 0 0 z 7 0 0 0 0 Theobromine mg 0 z 7 0 0 0 0 Carotenoids: | | | | | | | | | | | 0.002 |
| Aspartic acid | | | | | 0 | | | | | | 0.001 |
| Glycine | | | 0.064 | | 0 | | 1 | | 0.145 | 0.009 | 0.003 |
| Proline g 0.082 0 1 0.186 0.012 0 Serine g 0.046 0 1 0.104 0.007 0 Hydroxyproline g 0 0 7 0.104 0.00 0 0 Caffeine mg 0 0 7 0.0 0.0 0 0 Caffeine mg 0 0 z 7 0 0 0 0 Theobromine mg 0 0 z 7 0 0 0 0 Carotenoids: 2 A 1 357.525 22.365 7.8 | Glutamic acid | g | 0.178 | | 0 | | | | 0.404 | 0.025 | 0.009 |
| Serine g 0.046 0 1 0.104 0.007 0 Hydroxyproline g Others: Alcohol, ethyl g 0.0 0 7 0.0 0.0 0.0 Caffeine mg 0 0 z 7 0 0 0 0 Theobromine mg 0 0 z 7 0 0 0 0 Carotenoids: Carotene, beta mcg 158 2 A 1 357.525 22.365 7.8 | | | | | • | | | | | | 0.001 |
| Hydroxyproline 9 Others: Alcohol, ethyl g 0.0 0 7 0.0 0.0 0.0 Caffeine mg 0 0 z 7 0 0 0 0 Theobromine mg 0 0 z 7 0 0 0 0 Carotenoids: Carotene, beta mcg 158 2 A 1 357.525 22.365 7.8 | | | | | | | | | | | 0.004 |
| Others: Alcohol, ethyl. g 0.0 0.0 7 0.0 0.0 0.0 Caffeine. mg 0 0 z 7 0 0 0 0 Theobromine. mg 0 0 z 7 0 0 0 0 Carotenoids: Carotene, beta. mcg 158 2 A 1 357.525 22.365 7.8 | | | 0.046 | | U | | 1 | | 0.104 | 0.007 | 0.002 |
| Alcohol, ethyl. 9 0.0 0 7 0.0 0.0 0.0 Caffeine mg 0 0 z 7 0 0 0 Theobromine mg 0 0 z 7 0 0 0 Carotenoids: Carotene, beta. mcg 158 2 A 1 357.525 22.365 7.8 | Others: | | | | | | | | | | |
| Theobromine mg 0 0 z 7 0 0 0 Carotenoids: Carotene, beta mcg 158 2 A 1 357.525 22.365 7.8 | | g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 |
| Carotenoids: Carotene, beta | | _ | | | | | | | | | |
| Carotene, beta | | mg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| | Carotenoids: | | | | | | | | | | |
| Carotene, alpha | - | | | | | | | | | | 7.875 |
| | Carotene, alpha | mcg | 0 | | 2 | A | 1 | | 0.000 | 0.000 | 0.000 |

| | <u>A</u> | mount in 100 gram | | 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 |
| Cryptoxanthin, betamcg | 0 | 2 2 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Lycopene mcg Lutein + zeaxanthin mcg | 0 | 2 | A A | 1 | | 0.000 | 0.000 | 0.000 0.000 |

Common Measures:

Measure 1 = 227g: 1 cup Measure 2 = 14.2g: 1 tbsp

Measure 3 = 5.0g: 1 pat (1" sq, 1/3" high)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>Aı</u> | mount in 100 g | grams | of edib | le portio | <u>n</u> | | edible portion | |
|--------------------------------|------|-----------|----------------|-------|---------|-----------|------------|-----------|-----------------|----------|
| | | | Nι | ımber | • | | | <u>m</u> | easures of food | <u> </u> |
| | | | of | Data | Deriv | Source | Confidence | | | |
| Nutrients and Un | its | Mean | Std. Error Po | oints | Code | Code | Code | Measure 1 | Measure 2 | Measure |
| Proximates: | | | | | | | | | | |
| Water | g | 15.87 | 0.061 | 522 | | 1 | | 23.96 | 1.49 | 0.60 |
| Energy | kcal | 717 | | 0 | NC | 4 | | 1082 | 67 | 27 |
| Energy | | 2999 | | | | 4 | | 4529 | 282 | 114 |
| Protein (N x 6.38) | | 0.85 | 0.074 | 16 | | 1 | | 1.28 | 0.08 | 0.03 |
| Total lipid (fat) | | 81.11 | 0.065 | 580 | | 1 | | 122.48 | 7.62 | 3.08 |
| Ash | | 2.11 | 0.054 | 35 | | 1 | | 3.19 | 0.20 | 0.08 |
| Carbohydrate, by difference | | 0.06 | | 0 | NC | 4 | | 0.09 | 0.01 | 0.00 |
| Fiber, total dietary | | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 |
| Sugars, total | | 0.06 | | 0 | NR | 4 | | 0.09 | 0.01 | 0.00 |
| Starch | | 0.00 | | U | MIX | - | | 0.03 | 0.01 | 0.00 |
| Starch | 9 | | | | | | | | | |
| Minerals: | | | | | | | | | | |
| Calcium, Ca | mg | 24 | 3.945 | 6 | | 1 | | 35 | 2 | 1 |
| Iron, Fe | mg | 0.16 | 0.017 | 4 | | 1 | | 0.24 | 0.02 | 0.0 |
| Magnesium, Mg | mg | 2 | 0.188 | 6 | | 1 | | 3 | 0 | 0 |
| Phosphorus, P | mg | 23 | 2.508 | 6 | | 1 | | 34 | 2 | 1 |
| Potassium, K | mg | 26 | 2.333 | 26 | | 1 | | 39 | 2 | 1 |
| Sodium, Na | mg | 827 | 26.698 | 12 | | 1 | | 1248 | 78 | 31 |
| Zinc, Zn | mg | 0.05 | 0.006 | 5 | | 1 | | 0.08 | 0.00 | 0.0 |
| Copper, Cu | mg | 0.016 | ; | 0 | | 1 | | 0.024 | 0.002 | 0.0 |
| Manganese, Mn | mg | 0.004 | | 0 | | 1 | | 0.006 | 0.000 | 0.0 |
| Selenium, Se | mcg | 1.0 | 0.820 | 37 | A | 1 | | 1.5 | 0.1 | 0.0 |
| /itamina. | | | | | | | | | | |
| <u>Vitamins:</u> | | 0.0 | | • | | | | 0.0 | | |
| Vitamin C, total ascorbic acid | = | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | 0.0 |
| Thiamin | | 0.005 | | 3 | | 1 | | 0.008 | 0.000 | 0.0 |
| Riboflavin | | 0.034 | | 9 | | 1 | | 0.051 | 0.003 | 0.0 |
| Niacin | - | 0.042 | | 2 | | 1 | | 0.063 | 0.004 | 0.0 |
| Pantothenic acid | - | 0.110 | | 0 | | 4 | | 0.166 | 0.010 | 0.0 |
| Vitamin B-6 | - | 0.003 | , | 1 | | 1 | | 0.005 | 0.000 | 0.0 |
| Folate, total | | 3 | | 2 | _ | 1 | | 4 | 0 | 0 |
| Folic acid | | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food | | 3 | | 2 | | 1 | | 4 | 0 | 0 |
| Folate, DFE | | 3 | | 0 | NC | 4 | | 4 | 0 | 0 |
| Vitamin B-12 | mcg | 0.13 | | 0 | | 4 | | 0.19 | 0.01 | 0.0 |
| Vitamin A, IU | | 2499 | | 0 | NC | 4 | | 3774 | 235 | 95 |
| Vitamin A, RAE | | 684 | | 0 | NC | 4 | | 1033 | 64 | 26 |
| Retinol | | 671 | | 0 | NC | 4 | | 1013 | 63 | 25 |
| Vitamin E (alpha-tocopherol) | - | 2.32 | | 0 | BFFN | 4 | | 3.50 | 0.22 | 0.0 |
| Tocopherol, beta | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | |
| Vitamin D | | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 7.0 | | 0 | BFFN | 4 | | 10.6 | 0.7 | 0.3 |
| Lipids: | | | | | | | | | | |
| Fatty acids, total saturated | q | 50.489 |) | 0 | | 1 | | 76.238 | 4.746 | 1.9 |
| 4:0 | _ | 2.630 | | 52 | | 1 | | 3.971 | 0.247 | 0.1 |
| 6:0 | | 1.557 | | 68 | | 1 | | 2.351 | 0.146 | 0.0 |
| 8:0 | - | 0.906 | | 89 | | 1 | | 1.368 | 0.085 | 0.0 |
| 10:0 | - | 2.034 | | 89 | | 1 | | 3.071 | 0.191 | 0.0 |
| 12:0 | _ | 2.277 | | 89 | | 1 | | 3.438 | 0.214 | 0.0 |
| 13:0 | - | | 2.230 | | | - | | | - · | |
| 14:0 | - | 8.157 | 0.101 | 88 | | 1 | | 12.317 | 0.767 | 0.3 |
| 15:0 | - | 2.20. | | | | - | | | , | |
| 16:0 | _ | 21.334 | 0.270 | 88 | | 1 | | 32.214 | 2.005 | 0.8 |
| 17:0 | | | 0.270 | | | - | | 52.214 | 2.003 | |
| 18:0 | _ | 9.829 | 0.132 | 88 | | 1 | | 14.842 | 0.924 | 0.3 |
| 20:0 | _ | 5.025 | 0.102 | | | - | | 22.532 | 0.524 | 0.5 |
| 22:0 | _ | | | | | | | | | |
| 24:0 | _ | | | | | | | | | |

| | | <u>Ar</u> | nount in 100 | grams | of edil | ole portio | <u>on</u> | Amount in | edible portion | of common |
|----------------------------------|---|----------------|--------------|-------|---------------|----------------|--------------------|----------------|-----------------|----------------|
| | | | | lumbe | | _ | | | easures of food | _ |
| Nutrients and | Units | Mean | Std. Error | | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total monounsatura | ated 0 | 23.426 | | 0 | | 1 | | 35.373 | 2.202 | 0.890 |
| 14:1 | | 201120 | | · | | _ | | 33.373 | 2.202 | 0.000 |
| 15:1 | g | | | | | | | | | |
| 16:1 undifferentiated | g | 1.816 | 0.059 | 71 | | 1 | | 2.742 | 0.171 | 0.069 |
| 17:1 | g | | | | | | | | | |
| 18:1 undifferentiated | g | 20.405 | 0.266 | 78 | | 1 | | 30.812 | 1.918 | 0.775 |
| 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 | g | | | | | | | | | |
| Fatty acids, total polyunsaturat | edg | 3.012 | | 0 | | 1 | | 4.548 | 0.283 | 0.114 |
| 18:2 undifferentiated | g | 1.832 | 0.064 | 1 74 | | 1 | | 2.766 | 0.172 | 0.070 |
| 18:3 undifferentiated | g | 1.180 | 0.064 | | | 1 | | 1.782 | 0.111 | 0.045 |
| 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 | 219 | 6.371 | L 7 | | 1 | | 331 | 21 | 8 |
| Phytosterols | mg | | | | | | | | | |
| Amino Asidsi | | | | | | | | | | |
| Amino Acids: | a | 0.012 | | 0 | | 1 | | 0.018 | 0.001 | 0.000 |
| Tryptophan | | 0.012 | | 0 | | 1 | | 0.018 | 0.001 | 0.000 |
| Threonine | = | 0.051 | | 0 | | 1 | | 0.037 | 0.004 | 0.001 |
| Isoleucine | - | 0.083 | | 0 | | 1 | | 0.125 | 0.008 | 0.002 |
| Leucine | | 0.063 | | 0 | | 1 | | 0.125 | 0.008 | 0.003 |
| Lysine Methionine | | 0.007 | | 0 | | 1 | | 0.101 | 0.008 | 0.003 |
| | | 0.021 | | 0 | | 1 | | 0.012 | | |
| Cystine | | 0.008 | | 0 | | 1 | | 0.012 | 0.001 0.004 | 0.000 |
| Phenylalanine | | 0.041 | | 0 | | 1 | | 0.062 | | 0.002 |
| Tyrosine | | 0.041 | | 0 | | 1 | | 0.082 | 0.004 0.005 | 0.002 0.002 |
| Valine | - | | | 0 | | 1 | | | | |
| Arginine | | 0.031 0.023 | | 0 | | 1 | | 0.047 0.035 | 0.003 | 0.001 |
| Histidine | - | | | 0 | | 1 | | | 0.002 | 0.001 |
| Alanine | - | 0.029 | | 0 | | 1 | | 0.044 | 0.003 | 0.001 |
| Aspartic acid | | 0.064 | | | | 1 | | 0.097 | 0.006 | 0.002 |
| Glutamic acid | • | 0.178 | | 0 | | 1 | | 0.269 | 0.017 | 0.007 |
| Glycine | | 0.018 | | 0 | | 1 | | 0.027 | 0.002 | 0.001 |
| Proline | = | 0.082 | | 0 | | 1 | | 0.124 | 0.008 | 0.003 |
| Serine | | 0.046 | | 0 | | 1 | | 0.069 | 0.004 | 0.002 |
| Hydroxyproline | 9 | | | | | | | | | |
| Others: | | | | | | | | | | |
| Alcohol, ethyl | g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine | mg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Theobromine | | 0 | | 0 | z | 7 | | 0 | 0 | 0 |
| Carotenoids: | | | | | | | | | | |
| | maa | 150 | | ^ | D | | | 027 005 | 14 005 | - 00- |
| Carotene, beta | - | 158 0 | | 0 | BFFN | 4 7 | | 237.825 | 14.805 | 5.985 |
| Carotene, alpha | | - | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| Cryptoxanthin, beta | | 0 | | 0 | Z | | | 0.000 | 0.000 | 0.000 |
| Lycopene | | 0 | | 0 | z | 7 | | 0.000 | 0.000 | 0.000 |
| Lutein + zeaxanthin | riicg | 0 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |

Common Measures:

Measure 1 = 151g: 1 cup Measure 2 = 9.4g: 1 tbsp

Measure 3 = 3.8g: 1 pat (1" sq, 1/3" high)

NDB No. 01002 Butter, whipped, with salt

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>Aı</u> | mount in 100 g | rams (| of edik | le portio | <u>n</u> | Amount in edible portion of common | | | |
|--------------------------------|--------|------------|----------------|---------------|---------|-----------|------------|------------------------------------|-----------------|---|--|
| | | | Nu | mber | | | | <u>m</u> | easures of food | | |
| | | | of | Data | Deriv | Source | Confidence | | | | |
| Nutrients and Un | its | Mean | Std. Error Po | oints | Code | Code | Code | Measure 1 | Measure 2 | Measure | |
| Proximates: | | | | | | | | | | | |
| Water | g | 17.94 | | 0 | | 1 | | 40.72 | 2.55 | 0.90 | |
| Energy | kcal | 717 | | 0 | NC | 4 | | 1627 | 102 | 36 | |
| Energy | kj | 2999 | | 0 | NC | 4 | | 6808 | 426 | 150 | |
| Protein (N x 6.38) | g | 0.85 | | 0 | | 1 | | 1.93 | 0.12 | 0.04 | |
| Total lipid (fat) | g | 81.11 | | 0 | | 1 | | 184.12 | 11.52 | 4.06 | |
| Ash | g | 0.04 | | 0 | | 1 | | 0.09 | 0.01 | 0.00 | |
| Carbohydrate, by difference | g | 0.06 | | 0 | NC | 4 | | 0.14 | 0.01 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 | |
| Sugars, total | g | 0.06 | | 0 | NR | 4 | | 0.14 | 0.01 | 0.00 | |
| Starch | g | | | | | | | | | | |
| M: | | | | | | | | | | | |
| Minerals: Calcium, Ca | ma | 24 | 0.789 | 17 | A | 1 | | 55 | 3 | 1 | |
| Iron, Fe | | 0.02 | 0.789 | 18 | A | 1 | | 0.04 | 0.00 | 0.00 | |
| Magnesium, Mg | | 2 | 0.011 | 18 | A | 1 | | 4 | 0.00 | 0.0 | |
| Phosphorus, P | | 24 | 0.463 | 17 | A | 1 | | 54 | 3 | 1 | |
| Potassium, K | | 24 | 0.622 | 18 | A | 1 | | 54 | 3 | 1 | |
| Sodium, Na | | 11 | 0.022 | 0 | | 1 | | 25 | 2 | 1 | |
| Zinc, Zn. | - | 0.09 | 0.011 | 18 | A | 1 | | 0.20 | 0.01 | 0.00 | |
| Copper, Cu | | 0.016 | | 0 | | 1 | | 0.036 | 0.002 | 0.00 | |
| Manganese, Mn | | 0.004 | | 0 | | 1 | | 0.009 | 0.001 | 0.0 | |
| Selenium, Se | | 1.0 | 0.820 | 37 | A | 1 | | 2.3 | 0.1 | 0.1 | |
| • | | | | | | | | | | | |
| <u>Vitamins:</u> | | | | | | | | | | | |
| Vitamin C, total ascorbic acid | = | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | 0.0 | |
| Thiamin | | 0.005 | | 0 | | 1 | | 0.011 | 0.001 | 0.00 | |
| Riboflavin | | 0.034 | | 0 | | 1 | | 0.077 | 0.005 | 0.00 | |
| Niacin | - | 0.042 | | 0 | | 1 | | 0.095 | 0.006 | 0.0 | |
| Pantothenic acid | _ | 0.110 | | 0 | | 4 | | 0.250 | 0.016 | 0.0 | |
| Vitamin B-6 | | 0.003 | 5 | 0 | | 1 | | 0.007 | 0.000 | 0.00 | |
| Folate, total | | 3 | | 0 | _ | 1 7 | | 6 | 0 | 0 | |
| Folic acid | | 0 | | 0 | Z | | | 0 | 0 | 0 | |
| Folate, food | | 3 | | 0 | NG | 1 | | 6 | 0 | 0 | |
| Folate, DFE | | 3 | | 0 | NC | 4 | | 6 | 0 | 0 | |
| Vitamin B-12 | mcg | 0.17 | | 4 0 | | 1 4 | | 0.39 | 0.02 | 0.0 | |
| Vitamin A, IU | | 2499 | | - | NC | _ | | 5673 | 355 | 125 | |
| Vitamin A, RAE | | 684 671 | | 0 | NC | 4 4 | | 1553 | 97 | 34 | |
| Retinol | | 2.32 | | 1 | NC A | 1 | | 1523 | 95 | 34 0.1 | |
| Vitamin E (alpha-tocopherol) | _ | | | 1 | A | 1 | | 5.27 0.00 | 0.33 | | |
| Tocopherol, beta | | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 0.00 | 0.0 | |
| Tocopherol, gamma | | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | 0.00 | |
| Tocopherol, delta Vitamin D | | 0.00 | | _ | Α. | _ | | 0.00 | 0.00 | 0.00 | |
| Vitamin K (phylloquinone) | | 7.0 | | 1 | A | 1 | | 15.9 | 1.0 | 0.4 | |
| viamini it (phynoquinone) | | | | | | | | | | • | |
| <u>Lipids:</u> | | | | | | | | | | | |
| Fatty acids, total saturated | - | 51.368 | | 0 | NC | 4 | | 116.606 | 7.294 | 2.50 | |
| 4:0 | | 3.226 | | 3 | A | 1 | | 7.323 | 0.458 | 0.1 | |
| 6:0 | - | 2.007 | | 3 | A | 1 | | 4.557 | 0.285 | 0.1 | |
| 8:0 | - | 1.190 | | 3 | A | 1 | | 2.701 | 0.169 | 0.0 | |
| 10:0 | | 2.529 | | 3 | A | 1 | | 5.740 | 0.359 | 0.1 | |
| 12:0 | | 2.587 | 0.046 | 3 | A | 1 | | 5.872 | 0.367 | 0.1 | |
| 13:0 | - | | | _ | | | | | | • - | |
| 14:0 | - | 7.436 | 0.020 | 3 | A | 1 | | 16.880 | 1.056 | 0.3 | |
| 15:0 | - | 64 65- | | _ | _ | _ | | 40.050 | 2 225 | | |
| 16:0 | - | 21.697 | | 3 | A | 1 | | 49.253 | 3.081 | 1.0 | |
| 17:0 | - | 0.560 | | 3 | A | 1 | | 1.270 | 0.079 | 0.0 | |
| 18:0 | | 9.999 | | 3 | A | 1 | | 22.698 | 1.420 | 0.5 | |
| 20:0 | | 0.138 | 0.002 | 3 | A | 1 | | 0.312 | 0.020 | 0.0 | |
| 22:0 | g g | | | | | | | | | | |

| | | <u>Ar</u> | mount in 100 |) grams | of edil | ble portic | <u>on</u> | | edible portion | |
|---|------|-----------|--------------|---------|----------|------------|------------|----------------|-----------------|----------------|
| | | | 1 | Number | • | | | <u>m</u> | easures of food | |
| | | | | of Data | Deriv | Source | Confidence | | | |
| Nutrients and Un | iits | Mean | Std. Error | Points | Code | Code | Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | | |
| Fatty acids, total monounsaturated. | | 21.021 | | 0 | NC | 4 | | 47.718 | 2.985 | 1.051 |
| 14:1 | | | | | | | | | | |
| 15:1 16:1 undifferentiated | | 0.961 | | 0 | AS | 1 | | 2.181 | 0.136 | 0.048 |
| 16:1 c | _ | 0.961 | | | A | 1 | | 2.181 | 0.136 | 0.048 |
| 16:1 t | | 0.502 | 0.00 | | | - | | 2.101 | 0.150 | 0.010 |
| 17:1 | | | | | | | | | | |
| 18:1 undifferentiated | | 19.961 | | 0 | AS | 1 | | 45.311 | 2.834 | 0.998 |
| 18:1 c | g | 16.978 | 0.39 | 7 3 | A | 1 | | 38.541 | 2.411 | 0.849 |
| 18:1 t | _ | 2.982 | | | A | 1 | | 6.770 | 0.423 | 0.149 |
| 20:1 | - | 0.100 | | | A | 1 | | 0.227 | 0.014 | 0.005 |
| 22:1 undifferentiated | _ | 0.000 | 0.00 | 0 3 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 24:1 c | | 3.043 | | 0 | NG | 4 | | 6.908 | 0.432 | 0 150 |
| Fatty acids, total polyunsaturated 18:2 undifferentiated | | 2.728 | | 0 | NC AS | 1 | | 6.194 | 0.432 | 0.152 0.136 |
| 18:2 n-6 c,c | | 2.166 | | | A | 1 | | 4.916 | 0.308 | 0.138 |
| 18:2 CLAs | | 0.267 | | | A | 1 | | 0.605 | 0.038 | 0.013 |
| 18:2 c.t | _ | 0.20. | 0.02 | | | _ | | 0.000 | 0.000 | 0.025 |
| 18:2 t.c | _ | | | | | | | | | |
| 18:2 t,t | _ | | | | | | | | | |
| 18:2 i | g | 0.296 | 0.04 | 8 3 | A | 1 | | 0.672 | 0.042 | 0.015 |
| 18:2 t not further defined | g | | | | | | | | | |
| 18:3 undifferentiated | g | 0.315 | | 0 | AS | 1 | | 0.715 | 0.045 | 0.016 |
| 18:4 | - | 0.000 | 0.00 | 0 3 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c | | | | | | | | | | |
| 20:3 undifferentiated | | | | | | | | | | |
| 20:4 undifferentiated | | 0.000 | | | A | 1 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3 | | 0.000 | | | A A | 1 1 | | 0.000 | 0.000 | 0.000 |
| 22:5 n-3 | | 0.000 | | | A | 1 | | 0.000 0.000 | 0.000 0.000 | 0.000 |
| 22:6 n-3Fatty acids, total trans | _ | 0.000 | 0.00 | 0 3 | A | - | | 0.000 | 0.000 | 0.000 |
| Cholesterol | | 215 | 1.26 | 1 3 | A | 1 | | 489 | 31 | 11 |
| Phytosterols | - | | | | | | | | | |
| Stigmasterol | | 0 | 0.00 | 0 3 | A | 1 | | 0 | 0 | 0 |
| Campesterol | mg | 0 | 0.00 | 0 3 | A | 1 | | 0 | 0 | 0 |
| Beta-sitosterol | mg | 4 | 0.11 | 8 3 | A | 1 | | 9 | 1 | 0 |
| Amino Acids: | | | | | | | | | | |
| Tryptophan | a | 0.012 | | 0 | | 1 | | 0.027 | 0.002 | 0.001 |
| Threonine | | 0.012 | | 0 | | 1 | | 0.027 | 0.002 | 0.001 |
| Isoleucine | | 0.051 | | 0 | | 1 | | 0.116 | 0.003 | 0.002 |
| Leucine | _ | 0.083 | | 0 | | 1 | | 0.188 | 0.012 | 0.004 |
| Lysine | _ | 0.067 | | 0 | | 1 | | 0.152 | 0.010 | 0.003 |
| Methionine | | 0.021 | | 0 | | 1 | | 0.048 | 0.003 | 0.001 |
| Cystine | | 0.008 | | 0 | | 1 | | 0.018 | 0.001 | 0.000 |
| Phenylalanine | g | 0.041 | | 0 | | 1 | | 0.093 | 0.006 | 0.002 |
| Tyrosine | g | 0.041 | | 0 | | 1 | | 0.093 | 0.006 | 0.002 |
| Valine | g | 0.057 | | 0 | | 1 | | 0.129 | 0.008 | 0.003 |
| Arginine | g | 0.031 | | 0 | | 1 | | 0.070 | 0.004 | 0.002 |
| Histidine | | 0.023 | | 0 | | 1 | | 0.052 | 0.003 | 0.001 |
| Alanine | | 0.029 | | 0 | | 1 | | 0.066 | 0.004 | 0.001 |
| Aspartic acid | | 0.064 | | 0 | | 1 | | 0.145 | 0.009 | 0.003 |
| Glutamic acid | | 0.178 | | 0 | | 1 | | 0.404 | 0.025 | 0.009 |
| Glycine | | 0.018 | | 0 0 | | 1 1 | | 0.041 | 0.003 | 0.001 |
| Proline | _ | 0.082 | | 0 | | | | 0.186 | 0.012 | 0.004 |
| Serine Hydroxyproline | | 0.046 | | U | | 1 | | 0.104 | 0.007 | 0.002 |
| Others: | | | | | | | | | | |
| Alcohol, ethyl | g | 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 | mca | 158 | | 2 | A | 1 | | 357.525 | 22.365 | 7.875 |
| Carotene, alpha | | 0 | | 2 | A | 1 | | 0.000 | 0.000 | 0.000 |
| | 3 | - | | - | | ·- | | | | |

| | Δ | mount in 100 | 0 grams Number | Amount in edible portion of common measures of food | | | | | |
|------------------------|------|--------------|-------------------|---|--------|--------------------|----------------|-----------|----------------|
| Nutrients and Units | Mean | - | of Data | Deriv | | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Cryptoxanthin, betamcg | 0 | | 2 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Lutein + zeaxanthin | 0 | | 2 2 | A A | 1 1 | | 0.000 0.000 | 0.000 | 0.000 0.000 |

Common Measures:

Measure 1 = 227g: 1 cup Measure 2 = 14.2g: 1 tbsp

Measure 3 = 5.0g: 1 pat (1" sq, 1/3" high)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>A</u> 1 | mount in 10 | <u>0 grams</u> | of edil | ole portio | <u>n</u> | | edible portion | |
|--------------------------------|---|------------|-------------|----------------|---------|------------|------------|-----------|-----------------|----------|
| | | | I | Number | • | | | <u>m</u> | easures of food | <u>.</u> |
| | | | | of Data | Deriv | Source | Confidence | | | |
| Nutrients and Uni | its | Mean | Std. Error | Points | Code | Code | Code | Measure 1 | Measure 2 | Measure |
| Proximates: | | | | | | | | | | |
| Water | g | 61.61 | | 0 | | 4 | | 132.46 | 66.54 | |
| Energy | kcal | 229 | | 0 | | 4 | | 492 | 247 | |
| Energy | kj | 958 | | | | 4 | | 2060 | 1035 | |
| Protein (N x 6.38) | g | 14.23 | | 0 | | 4 | | 30.59 | 15.37 | |
| Total lipid (fat) | g | 13.47 | | 0 | | 4 | | 28.96 | 14.55 | |
| Ash | g | 1.85 | | 0 | | 4 | | 3.98 | 2.00 | |
| Carbohydrate, by difference | g | 3.77 | | 0 | | 4 | | 8.11 | 4.07 | |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Sugars, total | g | | | | | | | | | |
| Starch | | | | | | | | | | |
| | | | | | | | | | | |
| <u> Minerals:</u> | | | | | | | | | | |
| Calcium, Ca | • | 476 | | 0 | | 4 | | 1023 | 514 | |
| Iron, Fe | | 0.39 | | 0 | | 4 | | 0.84 | 0.42 | |
| Magnesium, Mg | | 23 | | 0 | | 4 | | 49 | 25 | |
| Phosphorus, P | _ | 306 | | 0 | | 4 | | 658 | 330 | |
| Potassium, K | | 105 | | 0 | | 4 | | 226 | 113 | |
| Sodium, Na | _ | 132 | | 0 | | 4 | | 284 | 143 | |
| Zinc, Zn | _ | 1.96 | - | 0 | | 4 | | 4.21 | 2.12 | |
| Copper, Cu | | 0.026 | | 0 | | 4 | | 0.056 | 0.028 | |
| Manganese, Mn | | 0.099 | • | 0 | | 4 | | 0.213 | 0.107 | |
| Selenium, Se | mcg | 9.0 | | 0 | RA | 4 | | 19.4 | 9.7 | |
| itamins: | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Thiamin | _ | 0.027 | 7 | 0 | | 4 | | 0.058 | 0.029 | |
| Riboflavin | | 0.196 | 5 | 0 | | 4 | | 0.421 | 0.212 | |
| Niacin | | 0.190 |) | 0 | | 4 | | 0.409 | 0.205 | |
| Pantothenic acid | | 0.233 | 3 | 0 | | 4 | | 0.501 | 0.252 | |
| Vitamin B-6 | | 0.055 | 5 | 0 | | 4 | | 0.118 | 0.059 | |
| Folate, total | - | 8 | | 0 | RA | 4 | | 17 | 9 | |
| Folic acid | | 4 | | 0 | NC | 4 | | 9 | 4 | |
| Folate, food | | 4 | | 0 | | 4 | | 9 | 4 | |
| Folate, DFE | | 11 | | 0 | NC | 4 | | 23 | 12 | |
| Vitamin B-12 | | 0.83 | | 0 | | 4 | | 1.78 | 0.90 | |
| Vitamin A, IU | | 414 | | 0 | | 4 | | 890 | 447 | |
| Vitamin A, RAE | | 109 | | 0 | NC | 4 | | 234 | 118 | |
| Retinol | | 107 | | 0 | NC | 4 | | 230 | 116 | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| ipids: | | | | | | | | | | |
| Fatty acids, total saturated | a | 8.721 | | 0 | | 4 | | 18.750 | 9.419 | |
| 4:0 | | 0.540 | | 0 | | 4 | | 1.161 | 0.583 | |
| 6:0 | - | 0.239 | | 0 | | 4 | | 0.514 | 0.258 | |
| 8:0 | _ | 0.142 | | 0 | | 4 | | 0.305 | 0.153 | |
| 10:0 | - | 0.306 | | 0 | | 4 | | 0.658 | 0.330 | |
| 12:0 | | 0.255 | | 0 | | 4 | | 0.548 | 0.330 | |
| 13:0 | | 0.230 | - | · | | 7 | | 3.340 | 0.273 | |
| 14:0 | - | 1.501 | L | 0 | | 4 | | 3.227 | 1.621 | |
| 15:0 | _ | 1.501 | - | · | | • | | J.221 | 1.021 | |
| 16:0 | | 3.821 | L | 0 | | 4 | | 8.215 | 4.127 | |
| 17:0 | | 3.021 | - | · | | • | | 3.213 | 2.22/ | |
| 18:0 | | 1.592 | 2 | 0 | | 4 | | 3.423 | 1.719 | |
| 20:0 | | , | | • | | - | | 3.423 | 1.713 | |
| 22:0 | - | | | | | | | | | |
| 24:0 | - | | | | | | | | | |

| | | <u>Aı</u> | mount in 100 grams | | <u>on</u> | Amount in edible portion of common measures of food | | | |
|------------------------------------|-----|-----------|---------------------------------------|--------------|--------------------|---|-----------|-----------|--|
| Nutrients and Un | its | Mean | Numbe of Data Std. Error Points | Deriv Source | Confidence Code | Measure 1 | Measure 2 | Measure 3 | |
| | | | | | | | | | |
| Fatty acids, total monounsaturated | | 3.563 | 0 | 4 | | 7.660 | 3.848 | | |
| 14:1 | | | | | | | | | |
| 15:1 | - | 0 421 | • | 4 | | 0 007 | 0.465 | | |
| 16:1 undifferentiated | - | 0.431 | 0 | 4 | | 0.927 | 0.465 | | |
| 18:1 undifferentiated | - | 2.951 | 0 | 4 | | 6.345 | 3.187 | | |
| 20:1 | - | 2.931 | U | - | | 6.345 | 3.107 | | |
| 22:1 undifferentiated | - | | | | | | | | |
| 24:1 c | | | | | | | | | |
| Fatty acids, total polyunsaturated | | 0.484 | 0 | 4 | | 1.041 | 0.523 | | |
| 18:2 undifferentiated | | 0.311 | | 4 | | 0.669 | 0.336 | | |
| 18:3 undifferentiated | - | 0.311 | | 4 | | 0.372 | 0.187 | | |
| 18:4 | | 0.173 | v | - | | 3.372 | 0.107 | | |
| 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 | | 45 | 0 | 4 | | 97 | 49 | | |
| Phytosterols | | | | | | | | | |
| mino Acids: | | | | | | | | | |
| Tryptophan | g | 0.179 | 0 | 4 | | 0.385 | 0.193 | | |
| Threonine | g | 0.466 | 0 | 4 | | 1.002 | 0.503 | | |
| Isoleucine | g | 0.689 | 0 | 4 | | 1.481 | 0.744 | | |
| Leucine | | 1.328 | 0 | 4 | | 2.855 | 1.434 | | |
| Lysine | | 1.160 | 0 | 4 | | 2.494 | 1.253 | | |
| Methionine | | 0.352 | 0 | 4 | | 0.757 | 0.380 | | |
| Cystine | | 0.129 | 0 | 4 | | 0.277 | 0.139 | | |
| Phenylalanine | | 0.746 | 0 | 4 | | 1.604 | 0.806 | | |
| Tyrosine | | 0.759 | 0 | 4 | | 1.632 | 0.820 | | |
| Valine | | 0.961 | 0 | 4 | | 2.066 | 1.038 | | |
| Arginine | | 0.416 | 0 | 4 | | 0.894 | 0.449 | | |
| Histidine | - | 0.477 | 0 | 4 | | 1.026 | 0.515 | | |
| Alanine | | 0.409 | 0 | 4 | | 0.879 | 0.442 | | |
| Aspartic acid | - | 0.705 | 0 | 4 | | 1.516 | 0.761 | | |
| Glutamic acid | - | 2.562 | 0 | 4 | | 5.508 | 2.767 | | |
| Glycine | | 0.228 | | 4 | | 0.490 | 0.246 | | |
| Proline | | 1.656 | | 4 | | 3.560 | 1.788 | | |
| Serine | - | 0.735 | | 4 | | 1.580 | 0.794 | | |
| Hydroxyproline | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl | g | 0.3 | 0 | 4 | | 0.6 | 0.3 | | |
| Caffeine | | | | | | | | | |
| Theobromine | - | | | | | | | | |

Common Measures:

Measure 1 = 215g: 1 cup Measure 2 = 108g: .5 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

| | | <u>A</u> : | mount in 100 g | rams | of edib | ole portio | <u>n</u> | Amount in edible portion of common | | | |
|--------------------------------|------|----------------|----------------|---------|---------|------------|------------|------------------------------------|-----------------|----------|--|
| | | | Nu | mber | | | | <u>m</u> | easures of food | <u>l</u> | |
| | | | of | Data | Deriv | Source | Confidence | | | | |
| Nutrients and Uni | its | Mean | Std. Error Po | ints | Code | Code | Code | Measure 1 | Measure 2 | Measure | |
| Proximates: | | | | | | | | | | | |
| Water | g | 43.12 | 0.169 | 5 | | 1 | | 12.22 | 97.88 | | |
| Energy | kcal | 331 | | 0 | NC | 4 | | 94 | 752 | | |
| Energy | kj | 1386 | | | | 4 | | 393 | 3145 | | |
| Protein (N x 6.38) | g | 19.66 | 1.241 | 5 | | 1 | | 5.57 | 44.63 | | |
| Total lipid (fat) | g | 24.46 | 0.242 | 5 | | 1 | | 6.93 | 55.52 | | |
| Ash | g | 4.44 | 0.103 | 5 | | 1 | | 1.26 | 10.08 | | |
| Carbohydrate, by difference | g | 8.32 | | 0 | NC | 4 | | 2.36 | 18.89 | | |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | | |
| Sugars, total | g | | | | | | | | | | |
| Starch | g | | | | | | | | | | |
| Minauala | | | | | | | | | | | |
| Minerals: | ma | 497 | 6.851 | 5 | | 1 | | 141 | 1129 | | |
| Calcium, Ca | - | 0.84 | 0.831 | 0 | | 1 | | 0.24 | 1.91 | | |
| Magnesium, Mg | - | 30 | | 1 | | 1 | | 8 | 67 | | |
| Phosphorus, P | | 400 | | 1 | | 1 | | 113 | 908 | | |
| Potassium, K | • | 363 | | 1 | | 1 | | 103 | 824 | | |
| Sodium, Na | _ | 966 | | 1 | | 1 | | 274 | 2193 | | |
| Zinc, Zn | - | 3.01 | | 0 | | 1 | | 0.85 | 6.83 | | |
| Copper, Cu | | 0.030 |) | 0 | | 1 | | 0.009 | 0.068 | | |
| Manganese, Mn | | 0.010 | | 0 | | 1 | | 0.003 | 0.023 | | |
| Selenium, Se | | 16.2 | | 0 | BFNN | 4 | | 4.6 | 36.8 | | |
| ŕ | - | | | | | | | | | | |
| Vitamins: | | | | • | | _ | | | | | |
| Vitamin C, total ascorbic acid | - | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | | |
| Thiamin | | 0.030 | | 0 | | 1 | | 0.009 | 0.068 | | |
| Riboflavin | | 0.446 | | 8 | | 1 | | 0.126 | 1.012 | | |
| Niacin | | 0.074 | | 20 | | 1 | | 0.021 | 0.168 | | |
| Pantothenic acid | | 0.977 | | 32 | | 1 | | 0.277 | 2.218 | | |
| Vitamin B-6 | _ | 0.141 | | 26 | | 1 | | 0.040 | 0.320 | | |
| Folate, total | | 5 0 | 0.349 | 21 | | 1 7 | | 2 0 | 12 | | |
| Folic acid | | 5 | 0.240 | 0 | Z | 1 | | 2 | 0 | | |
| Folate, food | | 5 5 | 0.349 | 21 0 | NC | 4 | | 2 | 12 12 | | |
| Folate, DFE | | 1.28 | | 1 | NC | 1 | | 0.36 | 2.91 | | |
| Vitamin B-12 Vitamin A, IU | | 705 | 27.316 | 5 | | 1 | | 200 | | | |
| Vitamin A, RAE | | 159 | 27.316 | 0 | NC | 4 | | 45 | 1600 360 | | |
| Retinol | | 148 | | 0 | NC | 4 | | 42 | 336 | | |
| Vitamin E (alpha-tocopherol) | | 140 | | U | NC | - | | 42 | 336 | | |
| Tocopherol, beta | | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | | |
| Vitamin D | | | | | | | | | | | |
| Vitamin K (phylloquinone) | | | | | | | | | | | |
| | - | | | | | | | | | | |
| Lipids: | ~ | 15 255 | | • | | | | 4 353 | 24 055 | | |
| Fatty acids, total saturated | | 15.355 | | 0 | | 1 1 | | 4.353 | 34.856 | | |
| 4:0 | - | 0.793 0.470 | | 0 | | 1 | | 0.225 | 1.800 | | |
| 6:0 | | | | 0 | | 1 | | 0.133 | 1.067 | | |
| 8:0 | | 0.358 0.591 | | 0 | | 1 | | 0.101 | 0.813 | | |
| 10:0 | - | 0.591 | | 0 | | 1 | | 0.168 0.206 | 1.342 1.653 | | |
| 12:0 13:0 | _ | 0.728 | • | U | | 1 | | 0.206 | 1.653 | | |
| 13:0 | - | 2.513 | ł | 0 | | 1 | | 0.712 | 5.705 | | |
| | | 2.513 | , | U | | 1 | | 0.712 | 5.705 | | |
| 15:0 | | 6.807 | , | 0 | | 1 | | 1.930 | 15.452 | | |
| 16:0 | | 0.807 | | U | | 1 | | 1.930 | 13.432 | | |
| 17:0 18:0 | | 2.805 | | 0 | | 1 | | 0.795 | 6.367 | | |
| 20:0 | | 2.803 | • | Ü | | 1 | | 0.795 | 0.307 | | |
| | _ | | | | | | | | | | |
| 22:0 24:0 | _ | | | | | | | | | | |

| | | <u>Aı</u> | mount in 100 | | | ole portic | <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 | | 7.165 | | 0 | | 1 | | 2.031 | 16.265 | | |
| 14:1 | - | | | | | | | | | | |
| 15:1 | | | | | | | | | | | |
| 16:1 undifferentiated | - | 0.646 | | 0 | | 1 | | 0.183 | 1.466 | | |
| 17:1 | | | | | | | | | | | |
| 18:1 undifferentiated | _ | 6.015 | | 0 | | 1 | | 1.705 | 13.654 | | |
| 20:1 | | | | | | | | | | | |
| 22:1 undifferentiated | | | | | | | | | | | |
| 24:1 c | | | | | | | | | | | |
| Fatty acids, total polyunsaturated | | 0.719 | | 0 | | 1 | | 0.204 | 1.632 | | |
| 18:2 undifferentiated | g | 0.461 | | 0 | | 1 | | 0.131 | 1.046 | | |
| 18:3 undifferentiated | g | 0.257 | | 0 | | 1 | | 0.073 | 0.583 | | |
| 18:4 | g | | | | | | | | | | |
| 20:2 n-6 c,c | g | | | | | | | | | | |
| 20:3 undifferentiated | g | | | | | | | | | | |
| 20:4 undifferentiated | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | | |
| 20:5 n-3 | g | | | | | | | | | | |
| 22:5 n-3 | g | | | | | | | | | | |
| 22:6 n-3 | g | | | | | | | | | | |
| Fatty acids, total trans | g | | | | | | | | | | |
| Cholesterol | mg | 64 | | 0 | | 1 | | 18 | 144 | | |
| Phytosterols | <u>mg</u> | | | | | | | | | | |
| Amino Acids: | | | | | | | | | | | |
| Tryptophan | g | 0.287 | | 0 | | 4 | | 0.081 | 0.651 | | |
| Threonine | g | 0.638 | | 0 | | 4 | | 0.181 | 1.448 | | |
| Isoleucine | g | 0.909 | | 0 | | 4 | | 0.258 | 2.063 | | |
| Leucine | g | 1.738 | | 0 | | 4 | | 0.493 | 3.945 | | |
| Lysine | g | 1.951 | | 0 | | 4 | | 0.553 | 4.429 | | |
| Methionine | _ | 0.509 | | 0 | | 4 | | 0.144 | 1.155 | | |
| Cystine | _ | 0.126 | | 0 | | 4 | | 0.036 | 0.286 | | |
| Phenylalanine | | 0.999 | | 0 | | 4 | | 0.283 | 2.268 | | |
| Tyrosine | | 1.076 | | 0 | | 4 | | 0.305 | 2.443 | | |
| Valine | - | 1.177 | | 0 | | 4 | | 0.334 | 2.672 | | |
| Arginine | | 0.823 | | 0 | | 4 | | 0.233 | 1.868 | | |
| Histidine | | 0.801 | | 0 | | 4 | | 0.227 | 1.818 | | |
| Alanine | • | 0.493 | | 0 | | 4 | | 0.140 | 1.119 | | |
| Aspartic acid | _ | 1.208 | | 0 | | 4 | | 0.342 | 2.742 | | |
| Glutamic acid | | 4.080 | | 0 | | 4 | | 1.157 | 9.262 | | |
| | - | | | 0 | | 4 | | 0.092 | | | |
| Glycine | _ | 0.324 | | | | _ | | | 0.735 | | |
| Proline | • | 2.000 | | 0 | | 4 4 | | 0.567 | 4.540 | | |
| Serine | - | 0.949 | | 0 | | 4 | | 0.269 | 2.154 | | |
| Hydroxyproline | g | | | | | | | | | | |

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 227g: 1 package (8 oz)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>Aı</u> | mount in 10 | 00 grams | of edib | le portio | <u>on</u> | | edible portion | |
|--------------------------------|---------|-----------|-------------|----------|---------|----------------|--------------------|------------------------|----------------------------|-----------|
| Nutrients and Un | iits | Mean | Std. Error | | Deriv | Source Code | Confidence Code | <u>mo</u> Measure 1 | easures of food Measure 2 | Measure 3 |
| | | | | | | | | | | |
| Proximates: | | | | | | | | | | |
| Water | g | 63.80 | | | | 4 | | | | |
| Energy | kcal | 141 | | | | 4 | | | | |
| Energy | kj | 590 | | | | 4 | | | | |
| Protein | - | 22.40 | | | | 4 | | | | |
| Total lipid (fat) | | 1.30 | | | | 4 | | | | |
| Ash | | 3.70 | | 0 | NR | 4 | | | | |
| Carbohydrate, by difference | g | 8.80 | | | | 4 | | | | |
| Fiber, total dietary | g | 0.0 | | | | 7 | | | | |
| Sugars, total | g | 8.21 | | 0 | BFNN | 4 | | | | |
| Starch | g | | | | | | | | | |
| Minerals: | | | | | | | | | | |
| Calcium, Ca | ma | 552 | | | | 4 | | | | |
| Iron, Fe | _ | 0.91 | | | | 4 | | | | |
| Magnesium, Mg | | 35 | | | | 4 | | | | |
| Phosphorus, P | | 499 | | | | 4 | | | | |
| Potassium, K | | 336 | | | | 4 | | | | |
| Sodium, Na | | 1239 | | | | 4 | | | | |
| Zinc, Zn | mg | 3.29 | | | | 4 | | | | |
| Copper, Cu | mg | 0.030 |) | | | 4 | | | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | mcg | 17.4 | | 0 | BFNN | 4 | | | | |
| Vitamins: | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mα | 0.0 | | | | 7 | | | | |
| Thiamin | | 0.030 | 1 | | | 4 | | | | |
| Riboflavin | - | 0.480 | | | | 4 | | | | |
| Niacin | _ | 0.150 | | | | 4 | | | | |
| Pantothenic acid | | | | | | | | | | |
| Vitamin B-6 | | 0.130 |) | | | 4 | | | | |
| Folate, total | | 8 | | | | 4 | | | | |
| Folic acid | | 0 | | 0 | Z | 7 | | | | |
| Folate, food | mcg | 8 | | 0 | NR | 4 | | | | |
| Folate, DFE | mcg_DFE | 8 | | 0 | NC | 4 | | | | |
| Vitamin B-12 | mcg | 1.23 | | | | 4 | | | | |
| Vitamin A, IU | IU | 39 | | 0 | NC | 4 | | | | |
| Vitamin A, RAE | mcg_RAE | 10 | | 0 | NC | 4 | | | | |
| Retinol | mcg | 10 | | 0 | BFFN | 4 | | | | |
| Vitamin E (alpha-tocopherol) | | 0.01 | | 0 | BFFN | 4 | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | |
| Vitamin D | | 0.0 | | • | | | | | | |
| Vitamin K (phylloquinone) | nicg | 0.2 | | 0 | BFFN | 4 | | | | |
| Lipids: | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.810 |) | | | 4 | | | | |
| 4:0 | g | 0.042 | ! | | | 4 | | | | |
| 6:0 | g | 0.025 | i | | | 4 | | | | |
| 8:0 | g | 0.015 | i | | | 4 | | | | |
| 10:0 | g | 0.033 | } | | | 4 | | | | |
| 12:0 | - | 0.036 | i | | | 4 | | | | |
| 13:0 | | | | | | | | | | |
| 14:0 | | 0.131 | | | | 4 | | | | |
| 15:0 | | | | | | | | | | |
| 16:0 | | 0.341 | • | | | 4 | | | | |
| 17:0 | | | | | | | | | | |
| 18:0 | | 0.158 | 1 | | | 4 | | | | |
| 20:0 | - | | | | | | | | | |
| 22:0 | - | | | | | | | | | |
| 24:0 | q | | | | | | | | | |

| | <u>Ar</u> | mount in 10 | 00 grams | of edib | ole portio | <u>on</u> | Amount in | edible portion of | of common |
|------------------------------------|-----------|-------------|----------|---------|----------------|--------------------|-----------|-------------------|-----------|
| | | | Number | | | | <u>m</u> | easures of food | |
| Nutrients and Units | Mean | Std. Error | | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total monounsaturated | 0.380 | | | | 4 | | | | |
| 14:1g | 0.380 | | | | - | | | | |
| 15:1 | | | | | | | | | |
| 16:1 undifferentiated. | 0.029 | | | | 4 | | | | |
| 17:1g | | | | | _ | | | | |
| 18:1 undifferentiated | 0.327 | | | | 4 | | | | |
| 20:1g | 0.020 | | | | 4 | | | | |
| 22:1 undifferentiatedg | 0.000 | | | | 4 | | | | |
| 24:1 cg | | | | | | | | | |
| Fatty acids, total polyunsaturated | 0.048 | | | | 4 | | | | |
| 18:2 undifferentiatedg | 0.029 | | | | 4 | | | | |
| 18:3 undifferentiatedg | 0.019 | | | | 4 | | | | |
| 18:4g | 0.000 | | | | 4 | | | | |
| 20:2 n-6 c,cg | | | | | | | | | |
| 20:3 undifferentiatedg | | | | | | | | | |
| 20:4 undifferentiatedg | 0.000 | | | | 4 | | | | |
| 20:5 n-3g | 0.000 | | | | 4 | | | | |
| 22:5 n-3g | 0.000 | | | | 4 | | | | |
| 22:6 n-3g | 0.000 | | | | 4 | | | | |
| Fatty acids, total trans9 | | | | | | | | | |
| Cholesterolmg | 6 | | | | 4 | | | | |
| Phytosterolsmg | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethylg | 0.0 | | | | 7 | | | | |
| Caffeine mg | 0 | | 0 | Z | 7 | | | | |
| Theobromine mg | 0 | | 0 | Z | 7 | | | | |
| Carotenoids: | | | | | | | | | |
| Carotene, betamcg | 3 | | 0 | BFFN | 4 | | | | |
| Carotene, alphamcg | 0 | | 0 | z | 7 | | | | |
| Cryptoxanthin, betamcg | 0 | | 0 | z | 7 | | | | |
| Lycopene mcg | 0 | | 0 | z | 7 | | | | |
| Lutein + zeaxanthinmcg | 0 | | 0 | Z | 7 | | | | |

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

NDB No. 01149 Cheese food, pasteurized process, american, with di sodium phosphate

| | | <u>Aı</u> | mount in 100 gram | s of edil | ole portio | <u>n</u> | Amount in | edible portion | of common |
|--|---------|-------------|-------------------|-----------|------------|------------|-------------|-----------------|-----------|
| | | | Numbe | r | | | <u>m</u> | easures of food | |
| | | | of Data | Deriv | Source | Confidence | | | |
| Nutrients and Uni | its | Mean | Std. Error Points | Code | Code | Code | Measure 1 | Measure 2 | Measure 3 |
| Duranian adam | | | | | | | | | |
| Proximates: Water | a | 43.15 | 0 | | 1 | | 12.23 | 97.95 | |
| Energy | | 328 | 0 | NC | 4 | | 93 | 745 | |
| Energy | | 1373 | | | 4 | | 389 | 3117 | |
| Protein (N x 6.38) | | 19.61 | 0 | | 1 | | 5.56 | 44.51 | |
| Total lipid (fat) | | 24.60 | 0 | | 1 | | 6.97 | 55.84 | |
| Ash | | 5.35 | 0 | | 1 | | 1.52 | 12.14 | |
| Carbohydrate, by difference | | 7.29 | 0 | NC | 4 | | 2.07 | 16.55 | |
| Fiber, total dietary | g | 0.0 | 0 | | 4 | | 0.0 | 0.0 | |
| Sugars, total | g | | | | | | | | |
| Starch | g | | | | | | | | |
| | | | | | | | | | |
| Minerals: | ma | E74 | • | | 4 | | 162 | 1202 | |
| Calcium, Ca | - | 574 0.84 | 0 | | 1 1 | | 163 0.24 | 1303 1.91 | |
| Iron, Fe | | 31 | 2.515 9 | | 1 | | 0.24 9 | 69 | |
| Phosphorus, P | | 75 4 | 2.515 9 | | 1 | | 214 | 1712 | |
| Potassium, K | - | 279 | 0 | | 1 | | 79 | 633 | |
| Sodium, Na | | 1596 | 0 | | 1 | | 452 | 3623 | |
| Zinc, Zn | | 2.99 | 0.340 4 | | 1 | | 0.85 | 6.79 | |
| Copper, Cu | | 0.030 | | | 1 | | 0.009 | 0.068 | |
| Manganese, Mn | | 0.010 | 0 | | 1 | | 0.003 | 0.023 | |
| Selenium, Se | mcg | 16.0 | 2.960 4 | A | 1 | | 4.5 | 36.3 | |
| Vitamins: | | | | | | | | | |
| | ma | 0.0 | 0 | | 1 | | 0.0 | 0.0 | |
| Vitamin C, total ascorbic acid Thiamin | | 0.029 | | | 1 | | 0.008 | 0.066 | |
| Riboflavin | | 0.442 | | | 1 | | 0.125 | 1.003 | |
| Niacin | | 0.140 | | | 1 | | 0.040 | 0.318 | |
| Pantothenic acid | - | 0.558 | | | 1 | | 0.158 | 1.267 | |
| Vitamin B-6 | | 0.141 | | | 4 | | 0.040 | 0.320 | |
| Folate, total | - | 7 | 0 | | 4 | | 2 | 17 | |
| Folic acid | | 0 | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 7 | 0 | | 4 | | 2 | 17 | |
| Folate, DFE | mcg_DFE | 7 | 0 | NC | 4 | | 2 | 17 | |
| Vitamin B-12 | | 1.12 | 0.109 5 | | 1 | | 0.32 | 2.54 | |
| Vitamin A, IU | | 913 | 0 | | 1 | | 259 | 2073 | |
| Vitamin A, RAE | mcg_RAE | 207 | 0 | NC | 4 | | 59 | 469 | |
| Retinol | | 193 | 0 | NC | 4 | | 55 | 438 | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | |
| Tocopherol, beta | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | |
| Vitamin D Vitamin K (phylloquinone) | | | | | | | | | |
| vitamin K (phynoquinone) | Illog | | | | | | | | |
| <u>Lipids:</u> | | | | | | | | | |
| Fatty acids, total saturated | g | 15.443 | | | 1 | | 4.378 | 35.056 | |
| 4:0 | | 0.798 | | | 1 | | 0.226 | 1.811 | |
| 6:0 | _ | 0.472 | | | 1 | | 0.134 | 1.071 | |
| 8:0 | - | 0.361 | | | 1 | | 0.102 | 0.819 | |
| 10:0 | | 0.594 | | | 1 | | 0.168 | 1.348 | |
| 12:0 | - | 0.732 | 2 0 | | 1 | | 0.208 | 1.662 | |
| 13:0 | - | 2 500 | 3 0 | | 1 | | 0 717 | E 730 | |
| 14:0 15:0 | | 2.528 | , 0 | | 1 | | 0.717 | 5.739 | |
| 16:0 | - | 6.846 | 5 0 | | 1 | | 1.941 | 15.540 | |
| 17:0 | - | 0.040 | | | 1 | | 1.341 | 13.340 | |
| 18:0 | | 2.821 | . 0 | | 1 | | 0.800 | 6.404 | |
| 20:0 | | | v | | - | | 0.000 | 0.101 | |
| 22:0 | - | | | | | | | | |
| 24:0 | | | | | | | | | |

| | | <u>Aı</u> | mount in 10 | | ole portio | <u>n</u> | | edible portion | |
|-------------------------------------|-----|-----------|-------------|-------------------|--------------------|--------------------|-----------|-----------------|-----------|
| | | | | Number | _ | | m | easures of food | |
| Nutrients and Un | its | Mean | Std. Error | of Data Points | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total monounsaturated. | g | 7.206 | | 0 | 1 | | 2.043 | 16.358 | |
| 14:1 | | | | | | | | | |
| 15:1 | - | | | | | | | | |
| 16:1 undifferentiated | _ | 0.649 | | 0 | 1 | | 0.184 | 1.473 | |
| 17:1 | | | | • | | | | | |
| 18:1 undifferentiated | | 6.050 | | 0 | 1 | | 1.715 | 13.734 | |
| 20:1 | - | | | | | | | | |
| 22:1 undifferentiated 24:1 c | | | | | | | | | |
| Fatty acids, total polyunsaturated | - | 0.723 | | 0 | 1 | | 0.205 | 1.641 | |
| 18:2 undifferentiated | | 0.723 | | 0 | 1 | | 0.203 | 1.053 | |
| 18:3 undifferentiated | - | 0.404 | | 0 | 1 | | 0.132 | 0.588 | |
| 18:4 | | 0.233 | | · | - | | 0.073 | 0.500 | |
| 20:2 n-6 c,c | _ | | | | | | | | |
| 20:3 undifferentiated | | | | | | | | | |
| 20:4 undifferentiated | | 0.000 | | 0 | 4 | | 0.000 | 0.000 | |
| 20:5 n-3 | | | | | | | | | |
| 22:5 n-3 | | | | | | | | | |
| 22:6 n-3 | - | | | | | | | | |
| Fatty acids, total trans | g | | | | | | | | |
| Cholesterol | mg | 64 | | 0 | 1 | | 18 | 145 | |
| Phytosterols | mg | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan | a | 0.286 | | 0 | 4 | | 0.081 | 0.649 | |
| Threonine. | | 0.637 | | 0 | 4 | | 0.181 | 1.446 | |
| Isoleucine | | 0.907 | | 0 | 4 | | 0.257 | 2.059 | |
| Leucine | _ | 1.733 | | 0 | 4 | | 0.491 | 3.934 | |
| Lysine | - | 1.946 | | 0 | 4 | | 0.552 | 4.417 | |
| Methionine | | 0.507 | | 0 | 4 | | 0.144 | 1.151 | |
| Cystine | g | 0.126 | | 0 | 4 | | 0.036 | 0.286 | |
| Phenylalanine | g | 0.996 | | 0 | 4 | | 0.282 | 2.261 | |
| Tyrosine | | 1.073 | | 0 | 4 | | 0.304 | 2.436 | |
| Valine | g | 1.174 | | 0 | 4 | | 0.333 | 2.665 | |
| Arginine | g | 0.821 | | 0 | 4 | | 0.233 | 1.864 | |
| Histidine | g | 0.799 | | 0 | 4 | | 0.227 | 1.814 | |
| Alanine | g | 0.491 | | 0 | 4 | | 0.139 | 1.115 | |
| Aspartic acid | g | 1.205 | | 0 | 4 | | 0.342 | 2.735 | |
| Glutamic acid | g | 4.070 | | 0 | 4 | | 1.154 | 9.239 | |
| Glycine | | 0.323 | | 0 | 4 | | 0.092 | 0.733 | |
| Proline | | 1.995 | | 0 | 4 | | 0.566 | 4.529 | |
| Serine | _ | 0.946 | | 0 | 4 | | 0.268 | 2.147 | |
| Hydroxyproline | g | | | | | | | | |

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 227g: 1 package (8 oz)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

NDB No. 01046 Cheese food, pasteurized process, american, without di sodium phosphate

| | | <u>A</u> | mount in 100 gı | Amount in edible portion of common | | | | | | |
|---|--------|----------------|------------------|------------------------------------|--------|--------|------------|----------------|-----------------|------------|
| | | | Nur | nber | | | | <u>m</u> | easures of food | _ |
| | | | of I | Data D | Deriv | Source | Confidence | | | |
| Nutrients and Uni | its | Mean | Std. Error Po | ints C | | Code | Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | | |
| Proximates: | α. | 43.21 | 0.907 | 5 | A | 1 | | 48.82 | 10.05 | 9.07 |
| Water | - | 330 | 0.907 | 0 | NC | 4 | | 48.82 373 | 12.25 94 | 9.07 69 |
| Energy | | 1382 | | 0 | NC | 4 | | 1561 | 94 392 | 290 |
| Energy | | 18.40 | 0.261 | 5 | A | 1 | | 20.80 | 5.22 | 3.86 |
| Protein (N x 6.38) Total lipid (fat) | | 25.18 | 0.122 | 5 | A | 1 | | 28.46 | 5.22 7.14 | 5.29 |
| Ash | | 5.38 | 0.062 | 5 | A | 1 | | 6.08 | 1.53 | 1.13 |
| Carbohydrate, by difference | | 7.83 | 0.002 | 0 | NC | 4 | | 8.84 | 2.22 | 1.64 |
| Fiber, total dietary | | 0.0 | | 0 | 110 | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total | | 7.43 | | 0 | NR | 4 | | 8.40 | 2.11 | 1.56 |
| Sucrose | | ,,,,, | | • | | - | | 0.10 | 2.11 | 2.00 |
| Glucose (dextrose) | g | 2.64 | | 2 | A | 1 | | 2.99 | 0.75 | 0.56 |
| Fructose | g a | 0.98 | 0.209 | 3 | | 1 | | 1.10 | 0.28 | 0.21 |
| Lactose | g | 3.81 | 0.111 | 5 | JA | 6 | | 4.31 | 1.08 | 0.80 |
| Maltose | | | | | | | | | 2.00 | |
| Galactose | | | | | | | | | | |
| Starch | | | | | | | | | | |
| | | | | | | | | | | |
| Minerals: | | | | _ | | | | | | |
| Calcium, Ca | _ | 570 | 8.192 | 5 | A | 1 | | 644 | 161 | 120 |
| Iron, Fe | _ | 0.57 | 0.040 | 5 | A | 1 | | 0.64 | 0.16 | 0.12 |
| Magnesium, Mg | | 31 | 1.134 | 5 5 | A | 1 1 | | 35 | 9 | 6 92 |
| Phosphorus, P | | 439 291 | 14.893 17.452 | 5 5 | A A | 1 | | 496 329 | 124 82 | 92 61 |
| Potassium, K Sodium, Na | | 1265 | 10.102 | 5 | A | 1 | | 1429 | 359 | 266 |
| Zinc, Zn | - | 3.19 | 0.099 | 5 | A | 1 | | 3.60 | 0.90 | 0.67 |
| Copper, Cu | | 0.085 | | 5 | A | 1 | | 0.096 | 0.024 | 0.01 |
| Manganese, Mn | | 0.073 | | 5 | A | 1 | | 0.082 | 0.021 | 0.01 |
| Selenium, Se | | 16.1 | 2.960 | 4 | A | 1 | | 18.2 | 4.6 | 3.4 |
| Vitamins: | | | | | | | | | | |
| Vitamin C, total ascorbic acid | | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | 0.0 |
| Thiamin | _ | 0.068 | | 2 | A | 1 | | 0.077 | 0.019 | 0.01 |
| Riboflavin | = | 0.517 | | 2 | A | 1 | | 0.584 | 0.147 | 0.10 |
| Niacin | - | 0.170 | | 2 | A | 1 | | 0.192 | 0.048 | 0.03 |
| Pantothenic acid | _ | 0.974 | | 2 | A | 1 1 | | 1.100 | 0.276 | 0.20 |
| Vitamin B-6 | | 0.073 7 | 3 | 2 | A | 4 | | 0.082 8 | 0.021 2 | 0.01 |
| Foliate, total | | 0 | | 0 | z | 7 | | 0 | 0 | 0 |
| Folic acidFolate, food | mca | 7 | | 0 | 4 | 4 | | 8 | 2 | 2 |
| Folate, DFE | | 7 | | 0 | NC | 4 | | 8 | 2 | 2 |
| Vitamin B-12 | | 1.26 | | 2 | A | 1 | | 1.43 | 0.36 | 0.27 |
| Vitamin A, IU | | 761 | | 0 | NC | 4 | | 860 | 216 | 160 |
| Vitamin A, RAE | | 201 | | 0 | NC | 4 | | 228 | 57 | 42 |
| Retinol | | 196 | | | BFFN | 4 | | 222 | 56 | 41 |
| Vitamin E (alpha-tocopherol) | | 0.22 | | | BFFN | 4 | | 0.24 | 0.06 | 0.05 |
| Tocopherol, beta | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 3.4 | | 1 | A | 1 | | 3.8 | 1.0 | 0.7 |
| Lipids: | | | | | | | | | | |
| Fatty acids, total saturated | | 14.895 | | 0 | NC | 4 | | 16.831 | 4.223 | 3.12 |
| 4:0 | | 0.798 | | 0 | | 1 | | 0.902 | 0.226 | 0.16 |
| 6:0 | _ | 0.472 | | 0 | | 1 | | 0.533 | 0.134 | 0.09 |
| 8:0 | | 0.361 | | 0 | 7. | 1 | | 0.408 | 0.102 | 0.07 |
| 10:0 | | 0.482 | | 3 3 | A A | 1 1 | | 0.544 | 0.137 | 0.10 |
| 12:0 13:0 | | 0.704 0.025 | | 3 | A A | 1 | | 0.796 0.028 | 0.200 0.007 | 0.14 |
| 14:0 | - | 2.340 | | 3 | A | 1 | | 0.028 2.645 | 0.007 | 0.49 |
| 15:0 | _ | 0.273 | | 3 | A | 1 | | 0.308 | 0.663 | 0.49 |

NDB No. 01046 Cheese food, pasteurized process, american, without di sodium phosphate

| | <u>Ar</u> | nount in 100 g Nu | <u>rams</u> mber | | Amount in edible portion of common measures of food | | | | |
|---|----------------|----------------------|---------------------|---------------|---|--------------------|-----------------|-----------------|-----------------|
| Nutrients and Units | Mean | of Std. Error Po | | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| 16:0g | 6.560 | | 3 | A | 1 | | 7.413 | 1.860 | 1.378 |
| 17:0g | 0.147 | | 3 | A | 1 | | 0.166 | 0.042 | 0.031 |
| 18:0g | 2.680 | | 3 | A | 1 | | 3.028 | 0.760 | 0.563 |
| 20:0g | 0.052 | 0.002 | 3 | A | 1 | | 0.059 | 0.015 | 0.011 |
| 22:0g 24:0g | | | | | | | | | |
| Fatty acids, total monounsaturatedg | 7.214 | | 0 | NC | 4 | | 8.152 | 2.045 | 1.515 |
| 14:1g | 0.256 | | 3 | A | 1 | | 0.289 | 0.072 | 0.054 |
| 15:1g | | | | | | | | | |
| 16:1 undifferentiatedg | 0.452 | 0.023 | 3 | A | 1 | | 0.511 | 0.128 | 0.095 |
| 17:1g | 0.148 | 0.011 | 3 | A | 1 | | 0.167 | 0.042 | 0.031 |
| 18:1 undifferentiatedg | 6.218 | | 3 | A | 1 | | 7.026 | 1.763 | 1.306 |
| 20:1g | 0.141 | | 3 | A | 1 | | 0.159 | 0.040 | 0.030 |
| 22:1 undifferentiated | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 24:1 c | 1.108 | | 0 | NC | 4 | | 1.252 | 0.314 | 0.233 |
| Fatty acids, total polyunsaturated9 18:2 undifferentiated | 0.800 | | 3 | A. | 1 | | 0.904 | 0.314 | 0.233 |
| 18:3 undifferentiated | 0.194 | | 3 | A | 1 | | 0.219 | 0.227 | 0.041 |
| 18:4g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,cg | 0.043 | | 3 | A | 1 | | 0.049 | 0.012 | 0.009 |
| 20:3 undifferentiated | 0.031 | 0.002 | 3 | A | 1 | | 0.035 | 0.009 | 0.007 |
| 20:4 undifferentiatedg | 0.040 | 0.001 | 3 | A | 1 | | 0.046 | 0.011 | 0.008 |
| 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 trans9 | | | | | | | | | |
| Cholesterolmg | 80 | | 2 | A | 1 | | 90 | 23 | 17 |
| Phytosterolsmg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophang | 0.263 | | 0 | A | 1 | | 0.298 | 0.075 | 0.055 |
| Threonineg | 0.786 | | 0 | A | 1 | | 0.889 | 0.223 | 0.165 |
| Isoleucine9 | 0.937 | | 0 | A | 1 | | 1.059 | 0.266 | 0.197 |
| Leucineg | 1.738 | | 0 | A | 1 | | 1.964 | 0.493 | 0.365 |
| Lysineg | 1.421 | | 0 | A A | 1 1 | | 1.606 | 0.403 | 0.298 |
| Methionine | 0.415 0.190 | | 0 | A | 1 | | 0.469 0.215 | 0.118 0.054 | 0.087 0.040 |
| Phenylalanine | 0.190 | | 0 | A | 1 | | 1.023 | 0.054 | 0.190 |
| Tyrosine | 0.909 | | 0 | A | 1 | | 1.028 | 0.258 | 0.190 |
| Valineg | 1.103 | | 0 | A | 1 | | 1.246 | 0.313 | 0.232 |
| Arginine | 0.670 | | 0 | A | 1 | | 0.757 | 0.190 | 0.141 |
| Histidineg | 0.489 | | 0 | A | 1 | | 0.552 | 0.139 | 0.103 |
| Alanineg | 0.566 | | 0 | A | 1 | | 0.639 | 0.160 | 0.119 |
| Aspartic acidg | 1.300 | | 0 | A | 1 | | 1.469 | 0.369 | 0.273 |
| Glutamic acid9 | 3.816 | | 0 | A | 1 | | 4.312 | 1.082 | 0.801 |
| Glycineg | 0.351 | | 0 | A | 1 | | 0.397 | 0.100 | 0.074 |
| Prolineg | 2.017 | | 0 | A | 1 | | 2.279 | 0.572 | 0.424 |
| Serineg | 1.017 | | 0 | A | 1 | | 1.149 | 0.288 | 0.214 |
| Hydroxyprolineg | | | | | | | | | |
| Others: | | | | | _ | | | | |
| Alcohol, ethyl | 0.0 | | 0 | _ | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine mg | 0 | | 0 | z z | 7 7 | | 0 | 0 0 | 0 0 |
| Theobrominemg | U | | U | Z | , | | U | U | U |
| Carotenoids: | 65 | | ^ | | | | 70.000 | 10.010 | 10 |
| Carotene, beta | 65 0 | | 0 | BFFN Z | 4 7 | | 72.988 0.000 | 18.312 0.000 | 13.564 0.000 |
| Carotene, alpha mcg 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 |

NDB No. 01046

Cheese food, pasteurized process, american, without di sodium phosphate

Common Measures:

Measure 1 = 113g: 1 cup Measure 2 = 28.35g: 1 oz

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

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>A</u> : | mount in 100 g | rams | of edik | ole portio | <u>n</u> | Amount in edible portion of common | | |
|--------------------------------|---------|------------|----------------|-------|---------|------------|------------|------------------------------------|-----------------|-----------|
| | | | Nu | mber | | | | <u>m</u> | easures of food | |
| | | | of | Data | Deriv | Source | Confidence | | | |
| Nutrients and Uni | its | Mean | Std. Error Po | oints | Code | Code | Code | Measure 1 | Measure 2 | Measure 3 |
| D | | | | | | | | | | |
| Proximates: Water | a | 43.67 | 0.138 | 10 | | 1 | | 12.38 | 99.13 | |
| Energy | | 323 | | 0 | NC | 4 | | 92 | 734 | |
| Energy | | 1352 | | | | 4 | | 383 | 3070 | |
| Protein (N x 6.38) | ·= | 21.92 | 0.695 | 10 | | 1 | | 6.21 | 49.76 | |
| Total lipid (fat) | | 24.14 | 0.249 | 10 | | 1 | | 6.84 | 54.80 | |
| Ash | | 5.77 | 0.067 | 10 | | 1 | | 1.64 | 13.10 | |
| Carbohydrate, by difference | | 4.50 | | 0 | NC | 4 | | 1.28 | 10.22 | |
| Fiber, total dietary | | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Sugars, total | | | | | | | | | 0.0 | |
| Starch | | | | | | | | | | |
| Starch | 9 | | | | | | | | | |
| Minerals: | | | | | | | | | | |
| Calcium, Ca | - | 723 | 31.542 | 10 | | 1 | | 205 | 1642 | |
| Iron, Fe | | 0.60 | | 1 | | 1 | | 0.17 | 1.36 | |
| Magnesium, Mg | | 28 | | 1 | | 1 | | 8 | 64 | |
| Phosphorus, P | - | 526 | | 1 | | 1 | | 149 | 1194 | |
| Potassium, K | | 284 | | 1 | | 1 | | 81 | 645 | |
| Sodium, Na | | 1552 | | 1 | | 1 | | 440 | 3523 | |
| Zinc, Zn | | 3.55 | | 0 | | 1 | | 1.01 | 8.06 | |
| Copper, Cu | | 0.030 | | 0 | | 1 | | 0.009 | 0.068 | |
| Manganese, Mn | | 0.010 |) | 0 | | 1 | | 0.003 | 0.023 | |
| Selenium, Se | mcg | 16.1 | | 0 | BFNN | 4 | | 4.6 | 36.5 | |
| Vitamins: | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.014 | Į. | 0 | | 1 | | 0.004 | 0.032 | |
| Riboflavin | | 0.400 | 0.023 | 10 | | 1 | | 0.113 | 0.908 | |
| Niacin | | 0.104 | 0.004 | 7 | | 1 | | 0.029 | 0.236 | |
| Pantothenic acid | mg | 0.500 |) | 1 | | 1 | | 0.142 | 1.135 | |
| Vitamin B-6 | mg | 0.035 | i | 0 | | 4 | | 0.010 | 0.079 | |
| Folate, total | mcg | 6 | | 0 | | 4 | | 2 | 13 | |
| Folic acid | | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 6 | | 0 | | 4 | | 2 | 13 | |
| Folate, DFE | mcg_DFE | 6 | | 0 | NC | 4 | | 2 | 13 | |
| Vitamin B-12 | | 2.30 | | 1 | | 1 | | 0.65 | 5.22 | |
| Vitamin A, IU | | 856 | 58.062 | 10 | | 1 | | 243 | 1943 | |
| Vitamin A, RAE | mcg_RAE | 237 | | 0 | NC | 4 | | 67 | 538 | |
| Retinol | | 233 | | 0 | NC | 4 | | 66 | 529 | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | |
| Vitamin D | | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| Lipids: | | | | | | | | | | |
| Fatty acids, total saturated | а | 15.487 | , | 0 | | 4 | | 4.391 | 35.155 | |
| 4:0 | | 0.787 | | 0 | | 4 | | 0.223 | 1.786 | |
| 6:0 | | 0.472 | | 0 | | 4 | | 0.134 | 1.071 | |
| 8:0 | _ | 0.265 | | 0 | | 4 | | 0.075 | 0.602 | |
| 10:0 | - | 0.552 | | 0 | | 4 | | 0.156 | 1.253 | |
| 12:0 | _ | 0.546 | | 0 | | 4 | | 0.155 | 1.239 | |
| 13:0 | - | | | | | | | | | |
| 14:0 | - | 2.695 | i | 0 | | 4 | | 0.764 | 6.118 | |
| 15:0 | - | | | | | | | | | |
| 16:0 | - | 6.938 | 1 | 0 | | 4 | | 1.967 | 15.749 | |
| 17:0 | - | | | | | | | | | |
| 18:0 | | 2.511 | | 0 | | 4 | | 0.712 | 5.700 | |
| 20:0 | | | | | | | | | | |
| 22:0 | - | | | | | | | | | |
| 24:0 | | | | | | | | | | |

| | | <u>A</u> | mount in 10 | | Amount in edible portion of common measures of food | | | | | |
|------------------------------------|---|----------|-------------|---|---|----------------|--------------------|----------------|-----------|-----------|
| Nutrients and Units | | Mean | Std. Error | | Deriv | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | | |
| Fatty acids, total monounsaturated | | 6.801 | - | 0 | | 4 | | 1.928 | 15.438 | |
| 14:1 | - | | | | | | | | | |
| 15:1 | | | | | | | | | | |
| 16:1 undifferentiated | - | 0.653 | 3 | 0 | | 4 | | 0.185 | 1.482 | |
| 17:1 | | | | | | | | | | |
| 18:1 undifferentiated | - | 5.691 | | 0 | | 4 | | 1.613 | 12.919 | |
| 20:1 | | 0.000 |) | 0 | | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated | g | 0.000 |) | 0 | | 4 | | 0.000 | 0.000 | |
| 24:1 c | g | | | | | | | | | |
| Fatty acids, total polyunsaturated | g | 0.600 |) | 0 | | 4 | | 0.170 | 1.362 | |
| 18:2 undifferentiated | g | 0.330 |) | 0 | | 4 | | 0.094 | 0.749 | |
| 18:3 undifferentiated | g | 0.270 |) | 0 | | 4 | | 0.077 | 0.613 | |
| 18:4 | g | 0.000 |) | 0 | | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c | g | | | | | | | | | |
| 20:3 undifferentiated | g | | | | | | | | | |
| 20:4 undifferentiated | | | | | | | | | | |
| 20:5 n-3 | g | 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 | - | 82 | | 0 | | 1 | | 23 | 186 | |
| Phytosterols | | | | | | | | | | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan | a | 0.319 |) | 0 | | 4 | | 0.090 | 0.724 | |
| Threonine | | 0.711 | | 0 | | 4 | | 0.202 | 1.614 | |
| Isoleucine | _ | 1.013 | | 0 | | 4 | | 0.287 | 2.300 | |
| Leucine | | 1.938 | | 0 | | 4 | | 0.549 | 4.399 | |
| Lysine | | 2.175 | | 0 | | 4 | | 0.617 | 4.937 | |
| Methionine | | 0.567 | | 0 | | 4 | | 0.161 | 1.287 | |
| Cystine | | 0.141 | | 0 | | 4 | | 0.040 | 0.320 | |
| Phenylalanine | _ | 1.113 | | 0 | | 4 | | 0.316 | 2.527 | |
| Tyrosine | | 1.113 | | 0 | | 4 | | 0.310 | 2.527 | |
| Valine | - | 1.313 | | 0 | | 4 | | 0.372 | 2.981 | |
| Arginine | | 0.917 | | 0 | | 4 | | 0.260 | 2.981 | |
| Histidine | _ | 0.917 | | 0 | | 4 | | 0.253 | 2.082 | |
| | _ | 0.893 | | 0 | | 4 | | 0.253 | 1.249 | |
| Alanine | | | | 0 | | 4 | | | | |
| Aspartic acid | | 1.346 | | 0 | | 4 | | 0.382 1.290 | 3.055 | |
| Glutamic acid | | 4.549 | | - | | _ | | | 10.326 | |
| Glycine | - | 0.361 | | 0 | | 4 | | 0.102 | 0.819 | |
| Proline | | 2.230 | | 0 | | 4 | | 0.632 | 5.062 | |
| Serine | | 1.058 | 3 | 0 | | 4 | | 0.300 | 2.402 | |
| Hydroxyproline | g | | | | | | | | | |

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 227g: 1 package (8 oz)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>Aı</u> | mount in 10 | | | le portic | <u>n</u> | Amount in edible portion of common | | | |
|--------------------------------|---------|----------------|-------------|---|--------|----------------|--------------------|------------------------------------|-----------|-----------|--|
| Nutrients and Un | its | Mean | Std. Error | | Deriv | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 | |
| | | | | | | | | | | | |
| Proximates: | _ | 54 00 | | | | | | | | | |
| Water | = | 51.80 | | | | 4 | | | | | |
| Energy | | 240 | | | | 4 | | | | | |
| Energy | | 1004 | | | | 4 | | | | | |
| Protein | | 17.60 14.10 | | | | 4 | | | | | |
| Total lipid (fat) | | 5.90 | | 0 | NR | 4 | | | | | |
| AshCarbohydrate, by difference | | 10.60 | | U | NK | 4 | | | | | |
| Fiber, total dietary | | 0.0 | | | | 7 | | | | | |
| Sugars, total | | 8.02 | | 0 | BFNN | 4 | | | | | |
| Starch | | 0.02 | | Ů | 221111 | - | | | | | |
| Starch | 9 | | | | | | | | | | |
| Minerals: | | | | | | | | | | | |
| Calcium, Ca | - | 529 | | | | 4 | | | | | |
| Iron, Fe | | 0.20 | | | | 4 | | | | | |
| Magnesium, Mg | | 33 | | | | 4 | | | | | |
| Phosphorus, P | | 829 | | | | 4 | | | | | |
| Potassium, K | | 330 1587 | | | | 4 | | | | | |
| Sodium, NaZinc, Zn | | 2.36 | | | | 4 | | | | | |
| Copper, Cu | - | 0.030 | | | | 4 | | | | | |
| Manganese, Mn | | 0.000 | | | | - | | | | | |
| Selenium, Se | | 12.4 | | 0 | BFNN | 4 | | | | | |
| | | | | | | | | | | | |
| <u>Vitamins:</u> | | | | | | | | | | | |
| Vitamin C, total ascorbic acid | | 0.0 | | | | 4 | | | | | |
| Thiamin | | 0.070 0.480 | | | | 4 | | | | | |
| Riboflavin | | 0.480 | | | | 4 | | | | | |
| Pantothenic acid | - | 0.100 | | | | 7 | | | | | |
| Vitamin B-6 | | 0.080 | ı | | | 4 | | | | | |
| Folate, total | - | 18 | | | | 4 | | | | | |
| Folic acid | | 0 | | 0 | z | 7 | | | | | |
| Folate, food | mcg | 18 | | 0 | NR | 4 | | | | | |
| Folate, DFE | mcg_DFE | 18 | | 0 | NC | 4 | | | | | |
| Vitamin B-12 | | 1.11 | | | | 4 | | | | | |
| Vitamin A, IU | IU | 961 | | 0 | NC | 4 | | | | | |
| Vitamin A, RAE | | 254 | | 0 | NC | 4 | | | | | |
| Retinol | | 247 | | 0 | BFZN | 4 | | | | | |
| Vitamin E (alpha-tocopherol) | | 0.27 | | 0 | BFZN | 4 | | | | | |
| Tocopherol, beta | | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | | |
| Tocopherol, delta Vitamin D | | | | | | | | | | | |
| Vitamin K (phylloquinone) | | 2.7 | | 0 | BFZN | 4 | | | | | |
| vitanini ix (phynoquinone) | 9 | | | • | 22 220 | - | | | | | |
| <u>Lipids:</u> | | | | | | | | | | | |
| Fatty acids, total saturated | | 8.850 | | | | 4 | | | | | |
| 4:0 | | 0.460 | | | | 4 | | | | | |
| 6:0 | | 0.270 | | | | 4 | | | | | |
| 8:0 | - | 0.210 | | | | 4 | | | | | |
| 10:0 12:0 | - | 0.340 0.420 | | | | 4 | | | | | |
| 13:0 | - | 0.420 | | | | - | | | | | |
| 14:0 | | 1.450 | 1 | | | 4 | | | | | |
| 15:0 | - | 00 | | | | - | | | | | |
| 16:0 | | 3.930 | ı | | | 4 | | | | | |
| 17:0 | | | | | | | | | | | |
| 18:0 | | 1.610 | ı | | | 4 | | | | | |
| 20:0 | | | | | | | | | | | |
| 22:0 | g | | | | | | | | | | |
| 24:0 | q | | | | | | | | | | |

| | <u>A</u> 1 | mount in 10 | 00 grams Number | Amount in edible portion of common measures of food | | | | | |
|-------------------------------------|------------|-------------|--------------------|---|----------------|--------------------|-----------|-----------|-----------|
| Nutrients and Units | Mean | Std. Error | of Data | Deriv | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total monounsaturatedg | 4.130 | ı | | | 4 | | | | |
| 14:1g | 1.150 | | | | • | | | | |
| 15:1 | | | | | | | | | |
| 16:1 undifferentiated | 0.370 | ı | | | 4 | | | | |
| 17:1g | | | | | | | | | |
| 18:1 undifferentiatedg | 3.470 | ı | | | 4 | | | | |
| 20:1g | 0.000 | ı | | | 4 | | | | |
| 22:1 undifferentiatedg | 0.000 | ı | | | 4 | | | | |
| 24:1 cg | | | | | | | | | |
| Fatty acids, total polyunsaturatedg | 0.410 | ı | | | 4 | | | | |
| 18:2 undifferentiatedg | 0.270 | 1 | | | 4 | | | | |
| 18:3 undifferentiatedg | 0.150 | 1 | | | 4 | | | | |
| 18:4g | 0.000 | 1 | | | 4 | | | | |
| 20:2 n-6 c,cg | | | | | | | | | |
| 20:3 undifferentiatedg | | | | | | | | | |
| 20:4 undifferentiatedg | 0.000 | 1 | | | 4 | | | | |
| 20:5 n-3g | 0.000 | 1 | | | 4 | | | | |
| 22:5 n-3g | 0.000 | ı | | | 4 | | | | |
| 22:6 n-3g | 0.000 | 1 | | | 4 | | | | |
| Fatty acids, total transg | | | | | | | | | |
| Cholesterolmg | 53 | | | | 4 | | | | |
| Phytosterolsmg | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethylg | 0.0 | | | | 7 | | | | |
| Caffeine mg | 0 | | 0 | Z | 7 | | | | |
| Theobromine mg | 0 | | 0 | Z | 7 | | | | |
| Carotenoids: | | | | | | | | | |
| Carotene, betamcg | 82 | | 0 | BFZN | 4 | | | | |
| Carotene, alphamcg | 0 | | 0 | Z | 7 | | | | |
| Cryptoxanthin, beta mcg | 0 | | 0 | z | 7 | | | | |
| Lycopene mcg | 0 | | 0 | Z | 7 | | | | |
| Lutein + zeaxanthin mcg | 0 | | 0 | Z | 7 | | | | |

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

| Nutrients and Units | Amount in edible portion of common | | | |
|--|------------------------------------|---------|--|--|
| Nutrients and Units | measures of food | | | |
| Proximates: | | | | |
| Water. | Measure 2 | Measure | | |
| Water. | | | | |
| Energy | 20.06 | | | |
| Energy | 59 | | | |
| Total lipid (fair) | 247 | | | |
| Ash | 3.10 | | | |
| Carbohydrate, by difference. 9 5.48 0 NC 4 13.32 Fiber, total dictary. 9 0.1 0 4 0.2 Starch. 9 8 8 8 Minerals: Calcium, Ca. mg 311 0 1 756 Calcium, Ca. mg 0.35 0 1 0.85 Magnesium, Mg. mg 19 0 1 46 Phosphorns, P. mg 229 0 1 345 Sodium, Na. mg 493 0 1 1196 Schium, Na. mg 1.26 0 1 3.06 Copper, Cu. mg 0.040 0 1 0.044 Mangames, Mm. mg 0.040 0 1 0.097 Selenium, Se. mcg 6.6 0 RA 4 16.0 Vitaminia mg 0.04 0 1 1.5 | 4.48 | | | |
| Fiber, total dietary | 0.72 | | | |
| Sugars, total | 1.64 | | | |
| Ninerals: Calcium, Ca. | 0.0 | | | |
| Minerals: Calcium, Ca. | | | | |
| Calcium, Ca. mg 311 0 1 756 Iron, Fe. mg 0.955 0 1 0.85 Magnesium, Mg. mg 19 0 1 46 Phosphorus, P. mg 229 0 1 356 Potassium, K. mg 142 0 1 345 Sodium, Na. mg 493 0 1 3.06 Copper, Cu. mg 0.019 0 1 0.046 Copper, Cu. mg 0.040 0 1 0.047 Manganese, Mm. mg 0.040 0 1 0.040 Vitamins. mcg 6.6 0 RA 4 16.0 Vitamins. mg 0.044 0 1 1.5 1 Thiamin. mg 0.044 0 1 0.10 1 0.10 1 0.10 1 0.10 1 0.10 1 0.10 <t< td=""><td></td><td></td></t<> | | | | |
| Laleium, Ca. mg 311 0 1 756 Iron, Fe. mg 0.355 0 1 0.85 Magnesium, Mg. mg 19 0 1 46 Phosphorus, P. mg 122 0 1 345 Pobassium, K. mg 142 0 1 345 Sodium, Na. mg 493 0 1 3.06 Copper, Cu. mg 0.019 0 1 0.046 Copper, Cu. mg 0.040 0 1 0.047 Manganese, Mn. mg 0.040 0 1 0.049 Selenium, Se. mcg 6.6 0 RA 4 16.0 Vitaminis. mg 0.044 0 1 1.5 1 Thiamin. mg 0.044 0 1 0.10 1 Vitamin. mg 0.224 0 1 0.15 0.15 | | | | |
| Iron, Fe. mg 0.35 0 1 0.85 Magnesium, Mg. mg 19 0 1 46 Phosphorus, P. mg 229 0 1 556 Potassium, K. mg 142 0 1 345 Sodium, Na. mg 493 0 1 3.06 Copper, Cu. mg 0.019 0 1 0.045 Manganese, Mn. mg 0.040 0 1 0.097 Selemiun, Se. mcg 6.6 0 RA 4 16.0 Vitamin C, total ascorbic acid mg 0.6 0 RA 4 16.0 Vitamin M, mg 0.6 0 1 1.5 1.5 Thiamin. mg 0.6 0 1 1.5 1.5 Thiamin. mg 0.243 0 1 0.107 Riboflavin. mg 0.204 0 1 0.256 | 93 | | | |
| Magnesium, Mg. mg 19 0 1 46 Phosphorus, P. mg 229 0 1 556 Potassium, K. mg 142 0 1 345 Sodium, Na. mg 493 0 1 1198 Zine, Zn. mg 1.26 0 1 0.045 Manganese, Mm. mg 0.019 0 1 0.045 Manganese, Mm. mg 0.019 0 1 0.097 Sclenium, Se. mcg 6.6 0 RA 4 16.0 Witamins. mg 0.6 0 1 0.097 15.0 Vitamins. mg 0.6 0 1 0.10 16.0 1 0.10 10.0 1 0.10 1 0.10 1 0.10 1 0.10 1 0.10 1 0.10 0.1 0.10 0.1 0.10 0.1 0.1 0.10 0.1 | 0.11 | | | |
| Phosphorus, P. mg 229 0 1 556 Potassium, K. mg 142 0 1 345 Sodium, Na. mg 493 0 1 345 Sodium, Na. mg 1.26 0 1 3.06 Copper, Cu. mg 0.019 0 1 0.046 Manganese, Mm. mg 0.040 0 RA 4 16.0 Vitamins. Vitamins C, fotal ascorbic acid. mg 0.66 0 RA 4 16.0 Vitamins C, fotal ascorbic acid. mg 0.044 0 1 1.5 Vitamins C, fotal ascorbic acid. mg 0.044 0 1 0.10 Niacim C, fotal ascorbic acid. mg 0.044 0 1 0.10 Niacim C, fotal ascorbic acid. mg 0.243 0 1 0.10 Niacim B-6 mg 0.045 0 1 <td>6</td> <td></td> | 6 | | | |
| Potassium, K. | 69 | | | |
| Sodium, Na | 43 | | | |
| Copper, Cu mg 0.019 0 1 0.046 Manganese, Mn mg 0.040 0 1 0.097 Sclenium, Se mcg 6.6 0 RA 4 16.0 Vitamins: Vitamin C, total ascorbic acid mg 0.6 0 1 1.5 Thiamin mg 0.044 0 1 0.107 Ribollavin mg 0.243 0 1 0.590 Niacin mg 0.243 0 1 0.496 Partothenic acid mg 0.204 0 1 0.496 Viamin B-6 mg 0.045 0 1 0.109 Folate, total mcg 1 0 1 0.109 Folate, total mcg 2 0 NC 4 24 Folate, DFE mcg 8 0 1 1 0.85 Vitamin A, IU IU | 148 | | | |
| Manganese, Mn. mg 0.040 0 1 0.097 Selenium, Se. mcg 6.6 0 RA 4 16.0 Vitamins: "** Vitamin, total ascorbic acid mg 0.6 0 1 1.5 Thiamin mg 0.044 0 1 0.107 Riboflavin mg 0.243 0 1 0.590 Niacin mg 0.243 0 1 0.590 Niacin mg 0.243 0 1 0.496 Pantothenic acid mg 0.233 0 1 0.566 Path acid mg 0.045 0 1 0.109 Folate, food mg 10 0 RA 4 24 Folate, DFE mcg 2 0 NC 4 28 Vitamin B-12 mcg 0 1 1473 Vitamin A, RAE mcg_ARE 166 0 | 0.38 | | | |
| Selenium, Se. | 0.006 | | | |
| Vitamins: Vitamin C, total ascorbic acid mg 0.6 | 0.012 | | | |
| Vitamin C, total ascorbic acid mg | 2.0 | | | |
| Vitamin C, total ascorbic acid | | | | |
| Thiamin | 0.2 | | | |
| Riboflavin | 0.013 | | | |
| Niacin mg 0.204 0 1 0.496 Pantothenic acid mg 0.233 0 1 0.566 Vitamin B-6 mg 0.045 0 1 0.109 Folate, footal mcg 10 RA 4 24 Folate, food mcg 2 0 NC 4 25 Folate, food mcg 8 0 1 19 6 5 Folate, food mcg 8 0 NC 4 28 Vitamin B-12 mcg 0.355 0 1 0.85 Vitamin B-12 mcg 0.35 0 NC 4 403 Retinol mcg 166 0 NC 4 403 Retinol mcg 163 0 NC 4 403 Retinol mcg 163 0 NC 4 403 Retinol mcg 163 0 | 0.073 | | | |
| Pantothenic acid mg 0.233 0 1 0.566 Vitamin B-6 mg 0.045 0 1 0.109 Folate, total mcg 10 0 RA 4 24 Folate, total mcg 2 0 NC 4 5 Folate, DFE mcg B 0 1 19 Folate, DFE mcg_DFE 11 0 NC 4 28 Vitamin B-12 mcg 0.35 0 1 0.85 Vitamin A, IU IU 606 0 NC 4 403 Retinol mcg 163 0 NC 4 403 Retinol mcg 166 0 NC 4 403 Retinol mcg 166 0 NC 4 403 Retinol mcg 166 0 NC 4 403 Totopherol, beta mcg 1 | 0.061 | | | |
| Folate, total | 0.070 | | | |
| Folic acid | 0.014 | | | |
| Folate, food. | 3 | | | |
| Folate, DFE. mcg_DFE 11 0 NC 4 28 Vitamin B-12. mcg 0.35 0 1 0.85 Vitamin A, IU. IU 606 0 NC 4 403 Retinol. mcg 163 0 NC 4 403 Retinol. mcg 163 0 NC 4 396 Vitamin E (alpha-tocopherol). mg Tocopherol, beta mg Tocopherol, delta mg Vitamin D. IU Vitamin K (phylloquinone). mcg Eatly acids, total saturated g 8 8.034 0 1 19.523 40 9 0.385 0 1 10.936 60 9 0.199 0 1 10.484 80 9 0.230 0 1 10.258 100 9 0.230 0 1 10.559 12:0. 9 0.215 0 1 0.552 13:0. 9 1.231 0 1 2.991 15:0. 9 16:0. 9 3.952 0 1 1 9.603 17:0. 9 16:0. 9 9 3.952 0 1 1 9.603 | 1 | | | |
| Vitamin B-12 mcg 0.35 0 1 0.85 Vitamin A, IU IU 606 0 1 1473 Vitamin A, RAE mcg 166 0 NC 4 403 Retinol mcg 163 0 NC 4 403 Retinol mcg 163 0 NC 4 403 Vitamin E (alpha-tocopherol) mg 7 400 NC 4 396 Vitamin E (alpha-tocopherol) mg 7 400 NC 4 396 Vitamin E (alpha-tocopherol) mg 7 400 NC 4 396 Tocopherol, beta mg 7 400 NC 4 396 Tocopherol, gamma mg 7 400 | 2 | | | |
| Vitamin A, IU IU 606 0 1 1473 Vitamin A, RAE mcg_RAE 166 0 NC 4 403 Retinol mcg 163 0 NC 4 396 Vitamin E (alpha-tocopherol) mg 7 7 4 396 Vitamin E (alpha-tocopherol) mg 7 8 7 8 8 9 8 9 <td>3</td> <td></td> | 3 | | | |
| Vitamin A, RAE mcg RAE 166 0 NC 4 403 Retinol mcg 163 0 NC 4 396 Vitamin E (alpha-tocopherol) mg 100 NC 4 396 Tocopherol, beta mg 100 NC 4 396 Tocopherol, beta mg 100 NC 4 400 396 Tocopherol, beta mg NC 4 400 NC 4 396 Tocopherol, beta mg NC 4 400 NC 4 400 NC 4 400 400 NC 4 400 10 | 0.11 | | | |
| Retinol | 182 | | | |
| Vitamin E (alpha-tocopherol) | 50 | | | |
| Tocopherol, beta | 49 | | | |
| Tocopherol, gamma mg Tocopherol, delta mg Vitamin D UU Vitamin K (phylloquinone) mcg Lipids: Fatty acids, total saturated g 8.034 0 1 19.523 4:0 g 0.385 0 1 0.936 6:0 g 0.199 0 1 0.484 8:0 g 0.199 0 1 0.484 8:0 g 0.106 0 1 0.258 10:0 g 0.230 0 1 0.258 10:0 g 0.215 0 1 0.559 12:0 g 0.215 0 1 0.522 13:0 g 14:0 g 1.231 0 1 2.991 15:0 g 1.231 0 1 2.991 15:0 g 3.952 0 1 9.603 17:0 9 | | | | |
| Tocopherol, delta | | | | |
| Vitamin D. IU Vitamin K (phylloquinone) Lipids: Fatty acids, total saturated g 8.034 0 1 19.523 4:0 g 0.385 0 1 0.936 6:0 g 0.199 0 1 0.484 8:0 g 0.106 0 1 0.258 10:0 g 0.230 0 1 0.559 12:0 g 0.215 0 1 0.522 13:0 g 14:0 g 1.231 0 1 2.991 15:0 g 16:0 g 3.952 0 1 9.603 17:0 g | | | | |
| Vitamin K (phylloquinone) mcg Lipids: Fatty acids, total saturated g 8.034 0 1 19.523 4:0 g 0.385 0 1 0.936 6:0 g 0.199 0 1 0.484 8:0 g 0.106 0 1 0.258 10:0 g 0.230 0 1 0.559 12:0 g 0.215 0 1 0.522 13:0 g 1.231 0 1 2.991 15:0 g 16:0 g 3.952 0 1 9.603 17:0 g | | | | |
| Lipids: Fatty acids, total saturated g 8.034 0 1 19.523 4:0 g 0.385 0 1 0.936 6:0 g 0.199 0 1 0.484 8:0 g 0.106 0 1 0.258 10:0 g 0.230 0 1 0.559 12:0 g 0.215 0 1 0.522 13:0 g 14:0 g 1.231 0 1 2.991 15:0 g 16:0 g 3.952 0 1 9.603 17:0 g | | | | |
| Fatty acids, total saturated g 8.034 0 1 19.523 4:0 g 0.385 0 1 0.936 6:0 g 0.199 0 1 0.484 8:0 g 0.106 0 1 0.258 10:0 g 0.230 0 1 0.559 12:0 g 0.215 0 1 0.522 13:0 g 1.231 0 1 2.991 15:0 g 3.952 0 1 9.603 17:0 g 3.952 0 1 9.603 | | | | |
| 4:0 | | | | |
| 6:0 9 0.199 0 1 0.484 8:0 9 0.106 0 1 0.258 10:0 9 0.230 0 1 0.559 12:0 9 0.215 0 1 0.522 13:0 9 1.231 0 1 2.991 15:0 9 16:0 9 3.952 0 1 9.603 17:0 9 | 2.410 | | | |
| 8:0 | 0.116 | | | |
| 10:0 g 0.230 0 1 0.559 12:0 g 0.215 0 1 0.522 13:0 g 1.231 0 1 2.991 15:0 g 3.952 0 1 9.603 17:0 g | 0.060 | | | |
| 12:0 g 0.215 0 1 0.522 13:0 g 14:0 g 1.231 0 1 2.991 15:0 g 16:0 g 3.952 0 1 9.603 17:0 g | 0.032 | | | |
| 13:0 | 0.069 | | | |
| 14:0 | 0.065 | | | |
| 15:0g 16:0g 3.952 0 1 9.603 17:09 | 0.369 | | | |
| 16:0g 3.952 0 1 9.603 17:0g | 0.369 | | | |
| 17:09 | 1.186 | | | |
| | 1.130 | | | |
| 18:0g 1.712 0 1 4.160 | 0.514 | | | |
| 20:0 | 0.024 | | | |
| 22:0 | | | | |

| | | <u>Ar</u> | nount in 10 | | Amount in edible portion of common | | | | | |
|------------------------------------|----------|----------------|-------------|-------------------|------------------------------------|--------------------|------------------|----------------|-----------|--|
| | | | | Number | _ | | measures of food | | | |
| Nutrients and Unit | ts | Mean | Std. Error | of Data Points | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 | |
| Fatty acids, total monounsaturated | g | 4.735 | | 0 | 1 | | 11.506 | 1.421 | | |
| 14:1 | | | | | | | | | | |
| 15:1 | - | | | | | | | | | |
| 16:1 undifferentiated | - | 0.358 | | 0 | 1 | | 0.870 | 0.107 | | |
| 17:1 | | | | | | | | | | |
| 18:1 undifferentiated | | 4.375 | | 0 | 1 | | 10.631 | 1.313 | | |
| 20:1 | - | | | | | | | | | |
| 22:1 undifferentiated | | | | | | | | | | |
| 24:1 c | - | 1.397 | | 0 | 1 | | 2 205 | 0.410 | | |
| Fatty acids, total polyunsaturated | | 1.397 | | 0 | 1 | | 3.395 2.948 | 0.419 0.364 | | |
| 18:2 undifferentiated | - | 0.184 | | 0 | 1 | | 2.948 0.447 | | | |
| | | 0.104 | | U | _ | | 0.447 | 0.055 | | |
| 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 | - | 38 | | 0 | 1 | | 92 | 11 | | |
| Phytosterols | - | 11 | | 0 | 1 | | 27 | 3 | | |
| A mino A side | | | | | | | | | | |
| Amino Acids: | ~ | 0 100 | | • | | | 0.000 | 0.007 | | |
| Tryptophan | | 0.123 0.355 | | 0 0 | 1 1 | | 0.299 0.863 | 0.037 | | |
| Threonine | | 0.355 | | 0 | 1 | | 1.405 | 0.107 | | |
| Isoleucine | - | | | - | 1 | | 1.405 2.192 | 0.173 0.271 | | |
| Leucine | _ | 0.902 0.772 | | 0 0 | 1 | | 2.192 1.876 | | | |
| Lysine | | 0.772 | | 0 | 1 | | 0.590 | 0.232 0.073 | | |
| Methionine | | 0.243 | | 0 | 1 | | 0.590 | 0.073 | | |
| Cystine | | 0.484 | | 0 | 1 | | 1.176 | 0.017 | | |
| Phenylalanine Tyrosine | | 0.484 | | 0 | 1 | | 1.176 | 0.145 | | |
| Valine | _ | 0.452 | | 0 | 1 | | 1.524 | 0.136 | | |
| Arginine | _ | 0.827 | | 0 | 1 | | 0.853 | 0.188 | | |
| Histidine | | 0.331 | | 0 | 1 | | 0.756 | 0.103 | | |
| Alanine | • | 0.311 | | 0 | 1 | | 0.738 | 0.093 | | |
| Aspartic acid | _ | 0.628 | | 0 | 1 | | 1.526 | 0.188 | | |
| Glutamic acid | | 2.214 | | 0 | 1 | | 5.380 | 0.664 | | |
| Glycine | _ | 0.170 | | 0 | 1 | | 0.413 | 0.051 | | |
| Proline | | 1.021 | | 0 | 1 | | 2.481 | 0.306 | | |
| | | 0.539 | | 0 | 1 | | 1.310 | 0.162 | | |
| Serine | u | | | | | | | | | |

Common Measures:

Measure 1 = 243g: 1 cup Measure 2 = 30g: 2 tbsp

Calories Factors: Protein 4.08 Fat 8.92 Carbohydrate 3.95

Food Group: 01 Dairy and Egg Products

| | | <u>Aı</u> | mount in 10 | 0 grams | of edib | Amount in 100 grams of edible portion | | | | | | | |
|---------------------------------|------|-----------|-------------|---------|---------|---------------------------------------|------------|------------------|-----------|---------|--|--|--|
| | | | | 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 | g | 58.50 | | | | 1 | | 140.40 | 16.58 | | | | |
| Energy | kcal | 295 | | | | 1 | | 708 | 84 | | | | |
| Energy | kj | 1234 | | | | 1 | | 2962 | 350 | | | | |
| Protein | g | 7.10 | | | | 1 | | 17.04 | 2.01 | | | | |
| Total lipid (fat) | g | 28.60 | | | | 1 | | 68.64 | 8.11 | | | | |
| Ash | g | 2.30 | | 0 | NR | 4 | | 5.52 | 0.65 | | | | |
| Carbohydrate, by difference | g | 3.50 | | | NC | 4 | | 8.40 | 0.99 | | | | |
| Fiber, total dietary | g | 0.0 | | | | 7 | | 0.0 | 0.0 | | | | |
| Sugars, total | g | 3.50 | | 0 | NR | 4 | | 8.40 | 0.99 | | | | |
| Starch | g | | | | | | | | | | | | |
| * ** 1 | | | | | | | | | | | | | |
| Minerals: | ma | 71 | | | | 1 | | 170 | 20 | | | | |
| Calcium, Ca | - | 1.13 | | | | 4 | | 2.71 | 0.32 | | | | |
| Magnesium, Mg | - | 6 | | | | 4 | | 2.71 14 | 2 | | | | |
| Phosphorus, P | | 91 | | | | 1 | | 218 | 26 | | | | |
| Potassium, K | • | 112 | | | | 4 | | 269 | 32 | | | | |
| Sodium, Na | _ | 673 | | | | 1 | | 1615 | 191 | | | | |
| Zinc, Zn | - | 0.51 | | | | 4 | | 1.22 | 0.14 | | | | |
| Copper, Cu | | 0.015 | i | | | 4 | | 0.036 | 0.004 | | | | |
| Manganese, Mn | | | | | | | | | | | | | |
| Selenium, Se | | 2.7 | | 0 | BFNN | 4 | | 6.5 | 0.8 | | | | |
| | _ | | | | | | | | | | | | |
| /itamins: | | | | | | _ | | | | | | | |
| Vitamin C, total ascorbic acid | - | 0.0 | | | | 7 | | 0.0 | 0.0 | | | | |
| Thiamin | - | 0.020 | | | | 4 | | 0.048 | 0.006 | | | | |
| Riboflavin | | 0.190 | | | | 4 | | 0.456 | 0.054 | | | | |
| Niacin | - | 0.950 | • | | | 4 | | 2.280 | 0.269 | | | | |
| Pantothenic acid Vitamin B-6 | - | 0.040 | | | | 4 | | 0.096 | 0.011 | | | | |
| Folate, total | | 12 | | | | 4 | | 29 | 3 | | | | |
| Folic acid | | 0 | | 0 | z | 7 | | 0 | 0 | | | | |
| Folate, food | | 12 | | Ū | | 4 | | 29 | 3 | | | | |
| Folate, DFE | | 12 | | 0 | NC | 4 | | 29 | 3 | | | | |
| Vitamin B-12 | | 0.40 | | • | 2.0 | 4 | | 0.96 | 0.11 | | | | |
| Vitamin A, IU | | 1162 | | 0 | NC | 4 | | 2788 | 329 | | | | |
| Vitamin A, RAE | | 341 | | 0 | NC | 4 | | 817 | 97 | | | | |
| Retinol | | 339 | | 0 | NR | 4 | | 814 | 96 | | | | |
| Vitamin E (alpha-tocopherol) | | 0.77 | | 0 | NR | 4 | | 1.85 | 0.22 | | | | |
| Tocopherol, beta | | | | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | | | | |
| Vitamin D | | | | | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 2.4 | | 0 | BFFN | 4 | | 5.7 | 0.7 | | | | |
| ipids: | | | | | | | | | | | | | |
| Fatty acids, total saturated | а | 18.020 |) | | | 4 | | 43.248 | 5.109 | | | | |
| 4:0 | | 0.820 | | | | 4 | | 1.968 | 0.232 | | | | |
| 6:0 | | 0.238 | | | | 4 | | 0.571 | 0.067 | | | | |
| 8:0 | | 0.279 | | | | 4 | | 0.670 | 0.079 | | | | |
| 10:0 | | 0.550 | | | | 4 | | 1.320 | 0.156 | | | | |
| 12:0 | | 0.377 | | | | 4 | | 0.905 | 0.107 | | | | |
| 13:0 | - | | | | | | | | | | | | |
| 14:0 | | 2.953 | } | | | 4 | | 7.087 | 0.837 | | | | |
| 15:0 | | | | | | | | | | | | | |
| 16:0 | | 8.645 | i | | | 4 | | 20.748 | 2.451 | | | | |
| 17:0 | | | | | | | | | | | | | |
| 18:0 | | 3.314 | | | | 4 | | 7.954 | 0.940 | | | | |
| 20:0 | g | | | | | | | | | | | | |
| 22:0 | g | | | | | | | | | | | | |
| | g | | | | | | | | | | | | |

| | <u>Ar</u> | nount in 10 | 00 grams | of edil | ole portio | <u>on</u> | Amount in edible portion of common measures of food | | |
|-------------------------------------|-----------|-------------|----------|---------|----------------|--------------------|---|-----------|-----------|
| Nutrients and Units | Mean | Std. Error | | Deriv | Source Code | Confidence Code | <u>m</u> Measure 1 | Measure 2 | Measure 3 |
| Fetter vide total management d | 8.071 | | | | 4 | | 19.370 | 2.288 | |
| Fatty acids, total monounsaturated9 | 8.071 | | | | 4 | | 19.370 | 2.288 | |
| 14:1g 15:1g | | | | | | | | | |
| 16:1 undifferentiated | 0.804 | | | | 4 | | 1.930 | 0.228 | |
| 17:1g | 0.004 | | | | - | | 1.550 | 0.220 | |
| 18:1 undifferentiated | 6.874 | | | | 4 | | 16.498 | 1.949 | |
| 20:1g | 0.000 | | | | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated | 0.000 | | | | 4 | | 0.000 | 0.000 | |
| 24:1 cg | 0.000 | | | | • | | 0.000 | 0.000 | |
| Fatty acids, total polyunsaturatedg | 1.033 | | | | 4 | | 2.479 | 0.293 | |
| 18:2 undifferentiatedg | 0.632 | | | | 4 | | 1.517 | 0.179 | |
| 18:3 undifferentiated | 0.402 | | | | 4 | | 0.965 | 0.114 | |
| 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 | | | | | | | | | |
| Cholesterol mg | 90 | | | | 4 | | 216 | 26 | |
| 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, betamcg | 19 | | 0 | NR | 4 | | 45.600 | 5.387 | |
| Carotene, alphamcg | 0 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| Cryptoxanthin, beta mcg | 0 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| Lycopene mcg | 0 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| Lutein + zeaxanthin mcg | 0 | | 0 | Z | 7 | | 0.000 | 0.000 | |

Common Measures:

Measure 1 = 240g: 1 cup Measure 2 = 28.35g: 1 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 01150 Cheese spread, pasteurized process, american, with di sodium phosphate

| | | <u>A</u> 1 | mount in 100 g | rams of | edib | le portio | <u>n</u> | Amount in | edible portion | of common |
|--------------------------------|---|------------|----------------|---------|------|-----------|------------|-----------|-----------------|-----------|
| | | | Nu | mber | | | | <u>m</u> | easures of food | |
| | | | of | Data De | eriv | Source | Confidence | | | |
| Nutrients and Uni | ts | Mean | Std. Error Po | ints Co | ode | Code | Code | Measure 1 | Measure 2 | Measure |
| | | | | | | | | | | |
| Proximates: Water | а | 47.65 | | 0 | | 1 | | 13.51 | 67.66 | |
| Energy | - | 290 | | 0 | NC | 4 | | 82 | 412 | |
| Energy | | 1215 | | U | NC | 4 | | 345 | 1726 | |
| 63 | - | | | ^ | | _ | | | | |
| Protein (N x 6.38) | | 16.41 | | 0 | | 1 | | 4.65 | 23.30 | |
| Total lipid (fat) | | 21.23 | | 0 | | 1 | | 6.02 | 30.15 | |
| Ash | | 5.98 | | 0 | | 1 | | 1.70 | 8.49 | |
| Carbohydrate, by difference | | 8.73 | | 0 | NC | 4 | | 2.47 | 12.40 | |
| Fiber, total dietary | | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Sugars, total | - | | | | | | | | | |
| Starch | g | | | | | | | | | |
| Ainerals: | | | | | | | | | | |
| Calcium. Ca | ma | 562 | | 0 | | 1 | | 159 | 798 | |
| Iron. Fe. | | 0.33 | | 0 | | 1 | | 0.09 | 0.47 | |
| Magnesium, Mg | • | 29 | 2.799 | 4 | | 1 | | 8 | 40 | |
| Phosphorus, P | | 875 | 2.133 | 0 | | 1 | | 248 | 1243 | |
| Potassium, K | - | 242 | | 0 | | 1 | | 69 | 343 | |
| Sodium, Na | | 1625 | | 0 | | 1 | | 461 | 2308 | |
| Zinc, Zn | | 2.59 | 0.170 | 5 | | 1 | | 0.73 | 3.68 | |
| Copper, Cu | | 0.033 | | 0 | | 1 | | 0.009 | 0.047 | |
| Manganese, Mn | | 0.033 | | 0 | | 1 | | 0.009 | 0.028 | |
| Selenium, Se | | 11.3 | 1.070 | 9 | A | 1 | | 3.2 | 16.0 | |
| Seiemum, Se | Ilicg | 11.3 | 1.070 | , | _ | _ | | 3.2 | 10.0 | |
| <u> Vitamins:</u> | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.048 | 3 | 0 | | 1 | | 0.014 | 0.068 | |
| Riboflavin | mg | 0.431 | L | 0 | | 1 | | 0.122 | 0.612 | |
| Niacin | mg | 0.131 | L | 0 | | 1 | | 0.037 | 0.186 | |
| Pantothenic acid | mg | 0.686 | 5 | 15 | | 1 | | 0.194 | 0.974 | |
| Vitamin B-6 | mg | 0.117 | 0.004 | 24 | | 1 | | 0.033 | 0.166 | |
| Folate, total | mcg | 7 | 0.585 | 3 | | 1 | | 2 | 10 | |
| Folic acid | | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | | 7 | 0.585 | 3 | | 1 | | 2 | 10 | |
| Folate, DFE | mcg DFE | 7 | | 0 | NC | 4 | | 2 | 10 | |
| Vitamin B-12 | | 0.40 | | 1 | | 1 | | 0.11 | 0.57 | |
| Vitamin A, IU | | 788 | | 0 | | 1 | | 223 | 1119 | |
| Vitamin A, RAE | | 179 | | 0 | NC | 4 | | 51 | 253 | |
| Retinol | | 167 | | | NC | 4 | | 47 | 237 | |
| Vitamin E (alpha-tocopherol) | | | | | | | | | | |
| Tocopherol, beta | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | |
| Vitamin D | | | | | | | | | | |
| Vitamin K (phylloquinone) | | | | | | | | | | |
| | | | | | | | | | | |
| <u> Lipids:</u> | | | | | | | | | | |
| Fatty acids, total saturated | | 13.327 | | 0 | | 1 | | 3.778 | 18.924 | |
| 4:0 | | 0.688 | | 0 | | 1 | | 0.195 | 0.977 | |
| 6:0 | - | 0.408 | | 0 | | 1 | | 0.116 | 0.579 | |
| 8:0 | - | 0.311 | | 1 | | 1 | | 0.088 | 0.442 | |
| 10:0 | - | 0.513 | | 2 | | 1 | | 0.145 | 0.728 | |
| 12:0 | - | 0.632 | 0.044 | 4 | | 1 | | 0.179 | 0.897 | |
| 13:0 | | | | | | | | | | |
| 14:0 | g | 2.181 | 0.077 | 4 | | 1 | | 0.618 | 3.097 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 5.908 | 0.137 | 4 | | 1 | | 1.675 | 8.389 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 2.434 | 0.108 | 4 | | 1 | | 0.690 | 3.456 | |
| 20:0 | | | | | | | | | | |
| 22:0 | q | | | | | | | | | |

| | | <u>Ar</u> | nount in 100 | | | ole portio | <u>n</u> | Amount in edible portion of common measures of food | | | |
|-------------------------------------|-----|-----------|--------------|--------|------------|------------|------------|---|-----------------|-----------|--|
| | | | | lumbei | r Deriv | Source | Confidence | <u></u> | easures or roou | | |
| Nutrients and Un | its | Mean | Std. Error | | | Code | Code | Measure 1 | Measure 2 | Measure 3 | |
| Fatty acids, total monounsaturated. | g | 6.219 | | 0 | | 1 | | 1.763 | 8.831 | | |
| 14:1 | | | | | | | | | | | |
| 15:1 | - | | | | | | | | | | |
| 16:1 undifferentiated | - | 0.560 | 0.044 | 4 4 | | 1 | | 0.159 | 0.795 | | |
| 17:1 | | F 001 | | • | | | | | | | |
| 18:1 undifferentiated | | 5.221 | | 0 | | 1 | | 1.480 | 7.414 | | |
| 20:1 | _ | | | | | | | | | | |
| 22:1 undifferentiated 24:1 c | | | | | | | | | | | |
| Fatty acids, total polyunsaturated | - | 0.624 | | 0 | | 1 | | 0.177 | 0.886 | | |
| 18:2 undifferentiated | | 0.400 | | 0 | | 1 | | 0.177 | 0.568 | | |
| 18:3 undifferentiated | - | 0.400 | 0.02 | - | | 1 | | 0.113 | 0.317 | | |
| 18:4 | | 0.223 | 0.02 | , , | | - | | 0.003 | 0.317 | | |
| 20:2 n-6 c,c | - | | | | | | | | | | |
| 20:3 undifferentiated | | | | | | | | | | | |
| 20:4 undifferentiated | | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | | |
| 20:5 n-3 | | | | | | | | | | | |
| 22:5 n-3 | | | | | | | | | | | |
| 22:6 n-3 | _ | | | | | | | | | | |
| Fatty acids, total trans | g | | | | | | | | | | |
| Cholesterol | mg | 55 | | 0 | | 1 | | 16 | 78 | | |
| Phytosterols | mg | | | | | | | | | | |
| Amino Acids: | | | | | | | | | | | |
| Tryptophan | g | 0.239 | | 0 | | 4 | | 0.068 | 0.339 | | |
| Threonine | | 0.628 | | 0 | | 1 | | 0.178 | 0.892 | | |
| Isoleucine | g | 0.833 | | 0 | | 1 | | 0.236 | 1.183 | | |
| Leucine | g | 1.780 | | 0 | | 1 | | 0.505 | 2.528 | | |
| Lysine | | 1.507 | | 0 | | 1 | | 0.427 | 2.140 | | |
| Methionine | g | 0.538 | | 0 | | 1 | | 0.153 | 0.764 | | |
| Cystine | g | 0.105 | | 0 | | 4 | | 0.030 | 0.149 | | |
| Phenylalanine | g | 0.931 | | 0 | | 1 | | 0.264 | 1.322 | | |
| Tyrosine | g | 0.890 | | 0 | | 1 | | 0.252 | 1.264 | | |
| Valine | g | 1.366 | | 0 | | 1 | | 0.387 | 1.940 | | |
| Arginine | g | 0.545 | | 0 | | 1 | | 0.155 | 0.774 | | |
| Histidine | g | 0.509 | | 0 | | 1 | | 0.144 | 0.723 | | |
| Alanine | - | 0.602 | | 0 | | 1 | | 0.171 | 0.855 | | |
| Aspartic acid | g | 1.103 | | 0 | | 1 | | 0.313 | 1.566 | | |
| Glutamic acid | g | 3.475 | | 0 | | 1 | | 0.985 | 4.935 | | |
| Glycine | | 0.311 | | 0 | | 1 | | 0.088 | 0.442 | | |
| Proline | | 2.320 | | 0 | | 1 | | 0.658 | 3.294 | | |
| Serine | _ | 1.037 | | 0 | | 1 | | 0.294 | 1.473 | | |
| Hydroxyproline | g | | | | | | | | | | |

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 142g: 1 jar (5 oz)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

NDB No. 01048 Cheese spread, pasteurized process, american, without di sodium phosphate

| | | <u>Aı</u> | mount in 100 g | grams | of edib | le portio | <u>n</u> | Amount in edible portion of common | | | |
|--|---|-----------|----------------|-------|---------|-----------|------------|------------------------------------|-----------------|-----------|--|
| | | | Nι | ımbeı | r | | | <u>m</u> | easures of food | | |
| | | | of | Data | Deriv | Source | Confidence | | | | |
| Nutrients and Uni | its | Mean | Std. Error Po | oints | Code | Code | Code | Measure 1 | Measure 2 | Measure 3 | |
| Proximates: | | | | | | | | | | | |
| Water | g | 47.65 | 0.517 | 31 | | 1 | | 66.71 | 116.27 | 13.51 | |
| Energy | kcal | 290 | | 0 | NC | 4 | | 407 | 709 | 82 | |
| Energy | kj | 1215 | | | | 4 | | 1701 | 2965 | 345 | |
| Protein (N x 6.38) | g | 16.41 | 0.449 | 23 | | 1 | | 22.97 | 40.04 | 4.65 | |
| Total lipid (fat) | g | 21.23 | 0.382 | 28 | | 1 | | 29.72 | 51.80 | 6.02 | |
| Ash | | 5.98 | 0.109 | 19 | | 1 | | 8.37 | 14.59 | 1.70 | |
| Carbohydrate, by difference | g | 8.73 | | 0 | NC | 4 | | 12.22 | 21.30 | 2.47 | |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 | |
| Sugars, total | | 7.32 | | 0 | BFNN | 4 | | 10.25 | 17.86 | 2.07 | |
| Starch | g | | | | | | | | | | |
| Minerals: | | | | | | | | | | | |
| Calcium. Ca | ma | 562 | 14.121 | 9 | | 1 | | 787 | 1371 | 159 | |
| Iron, Fe | • | 0.33 | 0.028 | 4 | | 1 | | 0.46 | 0.81 | 0.09 | |
| Magnesium, Mg | - | 29 | 2.799 | 4 | | 1 | | 40 | 70 | 8 | |
| Phosphorus, P | | 712 | 33.300 | 4 | | 1 | | 997 | 1737 | 202 | |
| Potassium, K | - | 242 | 66.976 | 4 | | 1 | | 339 | 590 | 69 | |
| Sodium, Na | | 1345 | 50.997 | 9 | | 1 | | 1883 | 3282 | 381 | |
| Zinc, Zn | mg | 2.59 | 0.170 | 5 | | 1 | | 3.63 | 6.32 | 0.73 | |
| Copper, Cu | mg | 0.033 | 1 | 0 | | 1 | | 0.046 | 0.081 | 0.009 | |
| Manganese, Mn | mg | 0.020 | 1 | 0 | | 1 | | 0.028 | 0.049 | 0.006 | |
| Selenium, Se | mcg | 11.3 | 1.073 | 9 | A | 1 | | 15.8 | 27.6 | 3.2 | |
| Vitamins: | | | | | | | | | | | |
| Vitamin C, total ascorbic acid | ma | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | 0.0 | |
| Thiamin | - | 0.048 | 0.002 | 9 | | 1 | | 0.067 | 0.117 | 0.014 | |
| Riboflavin | | 0.431 | | 11 | | 1 | | 0.603 | 1.052 | 0.122 | |
| Niacin | _ | 0.131 | | 32 | | 1 | | 0.183 | 0.320 | 0.037 | |
| Pantothenic acid | - | 0.686 | | 15 | | 1 | | 0.960 | 1.674 | 0.194 | |
| Vitamin B-6 | _ | 0.117 | 0.004 | 24 | | 1 | | 0.164 | 0.285 | 0.033 | |
| Folate, total | mcg | 7 | 0.585 | 3 | | 1 | | 10 | 17 | 2 | |
| Folic acid | | 0 | | 0 | Z | 7 | | 0 | 0 | 0 | |
| Folate, food | mcg | 7 | 0.585 | 3 | | 1 | | 10 | 17 | 2 | |
| Folate, DFE | mcg_DFE | 7 | | 0 | NC | 4 | | 10 | 17 | 2 | |
| Vitamin B-12 | mcg | 0.40 | | 1 | | 1 | | 0.56 | 0.98 | 0.11 | |
| Vitamin A, IU | IU | 653 | | 0 | NC | 4 | | 914 | 1593 | 185 | |
| Vitamin A, RAE | | 173 | | 0 | NC | 4 | | 242 | 421 | 49 | |
| Retinol | | 168 | | 0 | BFFN | 4 | | 235 | 410 | 48 | |
| Vitamin E (alpha-tocopherol) | mg | 0.19 | | 0 | BFFN | 4 | | 0.26 | 0.45 | 0.05 | |
| Tocopherol, beta | | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | | |
| Vitamin D Vitamin K (phylloquinone) | | 1.8 | | 0 | BFFN | 4 | | 2.5 | 4.4 | 0.5 | |
| Vitamin K (phylloquinone) | illeg | 1.8 | | U | BFFN | 4 | | 2.5 | 4.4 | 0.5 | |
| Lipids: | | | | | | | | | | | |
| Fatty acids, total saturated | g | 13.327 | | 0 | | 1 | | 18.658 | 32.518 | 3.778 | |
| 4:0 | g | 0.688 | | 0 | | 1 | | 0.963 | 1.679 | 0.195 | |
| 6:0 | g | 0.408 | | 0 | | 1 | | 0.571 | 0.996 | 0.116 | |
| 8:0 | g | 0.311 | | 1 | | 1 | | 0.435 | 0.759 | 0.088 | |
| 10:0 | - | 0.513 | | 2 | | 1 | | 0.718 | 1.252 | 0.145 | |
| 12:0 | | 0.632 | 0.044 | 4 | | 1 | | 0.885 | 1.542 | 0.179 | |
| 13:0 | | | | | | | | | | | |
| 14:0 | - | 2.181 | 0.077 | 4 | | 1 | | 3.053 | 5.322 | 0.618 | |
| 15:0 | | | | | | | | | | | |
| 16:0 | - | 5.908 | 0.137 | 4 | | 1 | | 8.271 | 14.416 | 1.675 | |
| 17:0 | - | | | | | | | | | | |
| 18:0 | - | 2.434 | 0.108 | 4 | | 1 | | 3.408 | 5.939 | 0.690 | |
| 20:0 | - | | | | | | | | | | |
| 22:0 | - | | | | | | | | | | |
| 24:0 | g | | | | | | | | | | |

| | | <u>Aı</u> | mount in 100 g | | | ole portio | <u>n</u> | | edible portion of | |
|-----------------------------------|--------|-----------|----------------|----------|-----------|------------|------------|-----------|-------------------|-----------|
| | | | | ımbeı | | | | m | easures of 1000 | |
| | | | | | Deriv | | Confidence | | | |
| Nutrients and | Units | Mean | Std. Error Po | oints | Code | Code | Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total monounsatura | ated 0 | 6.219 | | 0 | | 1 | | 8.707 | 15.174 | 1.763 |
| 14:1 | g | | | - | | _ | | | 201271 | |
| 15:1 | g | 0.560 | 0.044 | 4 | | 1 | | 0.784 | 1.366 | 0.159 |
| 18:1 undifferentiated | g | 5.221 | | 4 | | 1 | | 7.309 | 12.739 | 1.480 |
| 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 |
| Fatty acids, total polyunsaturate | edg | 0.624 | | 0 | | 1 | | 0.874 | 1.523 | 0.177 |
| 18:2 undifferentiated | g | 0.400 | 0.040 | 4 | | 1 | | 0.560 | 0.976 | 0.113 |
| 18:3 undifferentiated | g | 0.223 | 0.027 | 3 | | 1 | | 0.312 | 0.544 | 0.063 |
| 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 | 55 | | 0 | | 1 | | 77 | 135 | 16 |
| Phytosterols | mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan | α | 0.239 | | 0 | | 4 | | 0.335 | 0.583 | 0.068 |
| Threonine | | 0.628 | | 0 | | 1 | | 0.879 | 1.532 | 0.178 |
| Isoleucine | _ | 0.833 | | 0 | | 1 | | 1.166 | 2.033 | 0.236 |
| Leucine | _ | 1.780 | | 0 | | 1 | | 2.492 | 4.343 | 0.505 |
| Lysine | _ | 1.507 | | 0 | | 1 | | 2.110 | 3.677 | 0.427 |
| Methionine | | 0.538 | | 0 | | 1 | | 0.753 | 1.313 | 0.153 |
| Cystine | | 0.105 | | 0 | | 4 | | 0.147 | 0.256 | 0.030 |
| Phenylalanine | | 0.931 | | 0 | | 1 | | 1.303 | 2.272 | 0.264 |
| Tyrosine | | 0.890 | | 0 | | 1 | | 1.246 | 2.172 | 0.252 |
| Valine | | 1.366 | | 0 | | 1 | | 1.912 | 3.333 | 0.387 |
| Arginine | | 0.545 | | 0 | | 1 | | 0.763 | 1.330 | 0.155 |
| Histidine | | 0.509 | | 0 | | 1 | | 0.713 | 1.242 | 0.144 |
| Alanine | | 0.602 | | 0 | | 1 | | 0.843 | 1.469 | 0.171 |
| Aspartic acid | | 1.103 | | 0 | | 1 | | 1.544 | 2.691 | 0.313 |
| Glutamic acid | | 3.475 | | 0 | | 1 | | 4.865 | 8.479 | 0.985 |
| Glycine | | 0.311 | | 0 | | 1 | | 0.435 | 0.759 | 0.088 |
| Proline | | 2.320 | | 0 | | 1 | | 3.248 | 5.661 | 0.658 |
| Serine | | 1.037 | | 0 | | 1 | | 1.452 | 2.530 | 0.294 |
| Hydroxyproline | | | | | | | | | | |
| Others: | | | | | | | | | | |
| | a | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 |
| Alcohol, ethyl | | 0.0 | | 0 | z | 7 | | 0.0 | 0.0 | 0.0 |
| Theobromine | - | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| | 9 | v | | Ū | | , | | U | U | U |
| Carotenoids: | meg | 55 | | 0 | BFFN | 4 | | 77.539 | 135.140 | 15.702 |
| Carotene, beta | - | 0 | | 0 | BFFN Z | 7 | | 0.000 | 0.000 | 0.000 |
| Carotene, alpha | | 0 | | 0 | z | 7 | | 0.000 | 0.000 | |
| Cryptoxanthin, beta | | 0 | | 0 | z Z | 7 | | 0.000 | 0.000 | 0.000 |
| Lycopene Lutein + zeaxanthin | | 0 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| Luteni + zeaxantnin | | <u> </u> | | <u> </u> | 4 | ' | | 0.000 | 0.000 | 0.000 |

Common Measures:

Measure 1 = 140g: 1 cup, diced

Measure 2 = 244g: 1 cup Measure 3 = 28.35g: 1 oz NDB No. 01048

Cheese spread, pasteurized process, american, without di sodium phosphate

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>Aı</u> | mount in 100 gı | ams of | f edib | le portio | <u>n</u> | Amount in edible portion of common | | | |
|--------------------------------|---------|-----------|-----------------|--------|------------|-----------|------------|------------------------------------|-----------------|----------|--|
| | | | Nur | nber | | | | <u>m</u> | easures of food | <u>.</u> | |
| | | | of I | Data D | eriv | Source | Confidence | | | | |
| Nutrients and Uni | ts | Mean | Std. Error Po | ints C | ode | Code | Code | Measure 1 | Measure 2 | Measure | |
| Proximates: | | | | | | | | | | | |
| Water | g | 47.36 | 0.718 | 4 | | 1 | | 53.52 | 13.43 | 8.52 | |
| Energy | kcal | 248 | | 0 | NC | 4 | | 280 | 70 | 45 | |
| Energy | kj | 1038 | | | | 4 | | 1173 | 294 | 187 | |
| Protein (N x 6.38) | g | 11.47 | 0.589 | 4 | | 1 | | 12.96 | 3.25 | 2.06 | |
| Total lipid (fat) | g | 12.22 | 0.422 | 4 | | 1 | | 13.81 | 3.46 | 2.20 | |
| Ash | | 5.27 | 0.085 | 4 | | 1 | | 5.96 | 1.49 | 0.95 | |
| Carbohydrate, by difference | g | 23.67 | | 0 | NC | 4 | | 26.75 | 6.71 | 4.26 | |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 | |
| Sugars, total | g | 23.67 | | 0 | NR | 4 | | 26.75 | 6.71 | 4.26 | |
| Starch | g | | | | | | | | | | |
| Ainerals: | | | | | | | | | | | |
| Calcium. Ca | ma | 610 | 182.345 | 4 | | 1 | | 689 | 173 | 110 | |
| Iron, Fe | | 0.40 | | 0 | | 1 | | 0.45 | 0.11 | 0.0 | |
| Magnesium, Mg | - | 41 | 6.332 | 4 | | 1 | | 46 | 12 | 7 | |
| Phosphorus, P | | 583 | 155.892 | 4 | | 1 | | 659 | 165 | 105 | |
| Potassium, K | _ | 455 | 233.722 | 4 | | 1 | | 514 | 129 | 82 | |
| Sodium, Na | mg | 685 | 272.760 | 4 | | 1 | | 774 | 194 | 123 | |
| Zinc, Zn | mg | 1.92 | 0.932 | 4 | | 1 | | 2.17 | 0.54 | 0.3 | |
| Copper, Cu | mg | 0.110 | 0.063 | 4 | | 1 | | 0.124 | 0.031 | 0.0 | |
| Manganese, Mn | mg | 0.028 | 0.009 | 4 | | 1 | | 0.032 | 0.008 | 0.0 | |
| Selenium, Se | mcg | 19.2 | | 0 1 | BFNN | 4 | | 21.7 | 5.4 | 3.5 | |
| itamins: | | | | | | | | | | | |
| Vitamin C, total ascorbic acid | ma | 0.1 | 0.039 | 4 | | 1 | | 0.1 | 0.0 | 0.0 | |
| Thiamin | _ | 0.026 | | 4 | | 1 | | 0.029 | 0.007 | 0.0 | |
| Riboflavin | - | 0.444 | | 4 | | 1 | | 0.502 | 0.126 | 0.0 | |
| Niacin | | 0.317 | | 4 | | 1 | | 0.358 | 0.090 | 0.0 | |
| Pantothenic acid | - | 0.083 | | 4 | | 1 | | 0.094 | 0.024 | 0.0 | |
| Vitamin B-6 | _ | 0.051 | 0.018 | 4 | | 1 | | 0.058 | 0.014 | 0.0 | |
| Folate, total | _ | 11 | 6.394 | 4 | | 1 | | 12 | 3 | 2 | |
| Folic acid | | 0 | | 0 | Z | 7 | | 0 | 0 | 0 | |
| Folate, food | | 11 | 6.394 | 4 | | 1 | | 12 | 3 | 2 | |
| Folate, DFE | | 11 | | 0 | NC | 4 | | 12 | 3 | 2 | |
| Vitamin B-12 | | 0.81 | 0.042 | 4 | | 1 | | 0.92 | 0.23 | 0.1 | |
| Vitamin A, IU | | 1457 | | 0 | NC | 4 | | 1646 | 413 | 262 | |
| Vitamin A, RAE | mcg_RAE | 437 | | 0 | NC | 4 | | 494 | 124 | 79 | |
| Retinol | mcg | 437 | | 0 | NC | 4 | | 494 | 124 | 79 | |
| Vitamin E (alpha-tocopherol) | mg | 0.11 | | 0 1 | BFFN | 4 | | 0.12 | 0.03 | 0.0 | |
| Tocopherol, beta | | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | | |
| Vitamin D | | 1.0 | | | ואים ים כו | 4 | | 1 2 | 0.3 | 0.0 | |
| Vitamin K (phylloquinone) | nicg | 1.0 | | 0 1 | BFFN | 4 | | 1.2 | 0.3 | 0.2 | |
| ipids: | | | | | | | | | | | |
| Fatty acids, total saturated | g | 3.711 | | 0 | | 1 | | 4.193 | 1.052 | 0.6 | |
| 4:0 | | 0.000 |) | 0 | | 1 | | 0.000 | 0.000 | 0.0 | |
| 6:0 | g | 0.000 |) | 0 | | 1 | | 0.000 | 0.000 | 0.0 | |
| 8:0 | g | 0.012 | ! | 1 | | 1 | | 0.014 | 0.003 | 0.0 | |
| 10:0 | g | 0.012 | ! | 1 | | 1 | | 0.014 | 0.003 | 0.0 | |
| 12:0 | | 0.048 | 1 | 1 | | 1 | | 0.054 | 0.014 | 0.0 | |
| 13:0 | | | | | | | | | | | |
| 14:0 | g | 0.049 | 1 | 1 | | 1 | | 0.055 | 0.014 | 0.0 | |
| 15:0 | | | | | | | | | | | |
| 16:0 | g | 2.369 | 1 | 1 | | 1 | | 2.677 | 0.672 | 0.4 | |
| 17:0 | - | | | | | | | | | | |
| 18:0 | - | 1.222 | ! | 1 | | 1 | | 1.381 | 0.346 | 0.2 | |
| 20:0 | - | | | | | | | | | | |
| 22:0 | n | | | | | | | | | | |

| | | <u>Aı</u> | mount in 10 | 00 grams | of edil | ole portio | <u>n</u> | Amount in edible portion of common | | | |
|---------------------------------|---|----------------|-------------|-------------------|---------|----------------|--------------------|------------------------------------|-----------------|----------------|--|
| | | | | Number | | _ | | | easures of food | | |
| 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 Q | 6.243 | | 0 | | 1 | | 7.055 | 1.770 | 1.124 | |
| 14:1 | | | | | | | | | | | |
| 15:1 | • | | | | | | | | | | |
| 16:1 undifferentiated | • | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 | |
| 17:1 | _ | 6.243 | | 1 | | 1 | | 7 055 | 1 770 | 1.124 | |
| 18:1 undifferentiated | _ | 0.000 | | 0 | | 1 | | 7.055 0.000 | 1.770 0.000 | 0.000 | |
| 20:1 22:1 undifferentiated | | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 | |
| 24:1 c | • | 0.000 | | U | | 1 | | 0.000 | 0.000 | 0.000 | |
| Fatty acids, total polyunsatura | | 1.738 | | 0 | | 1 | | 1.964 | 0.493 | 0.313 | |
| 18:2 undifferentiated | | 1.664 | | 1 | | 1 | | 1.880 | 0.472 | 0.300 | |
| 18:3 undifferentiated | | 0.074 | | 1 | | 1 | | 0.084 | 0.021 | 0.013 | |
| 18:4 | | 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 | _ | | | | | | | | | | |
| Cholesterol | | 0 | 0.0 | 00 4 | | 1 | | 0 | 0 | 0 | |
| Phytosterols | | | | | | | | | | | |
| | | | | | | | | | | | |
| Amino Acids: | | | | _ | | _ | | | | | |
| Tryptophan | | 0.151 | | 0 | | 1 | | 0.171 | 0.043 | 0.027 | |
| Threonine | = | 0.397 | | 0 | | 1 1 | | 0.449 | 0.113 | 0.071 | |
| Isoleucine | _ | 0.570 | | 0 | | 1 | | 0.644 | 0.162 | 0.103 | |
| Leucine | | 0.924 0.793 | | 0 | | 1 | | 1.044 0.896 | 0.262 0.225 | 0.166 0.143 | |
| Lysine Methionine | | 0.793 | | 0 | | 1 | | 0.319 | 0.225 | 0.143 | |
| Cystine | | 0.050 | | 0 | | 1 | | 0.057 | 0.014 | 0.031 | |
| Phenylalanine | | 0.525 | | 0 | | 1 | | 0.593 | 0.149 | 0.009 | |
| Tyrosine | | 0.572 | | 0 | | 1 | | 0.646 | 0.149 | 0.103 | |
| Valine | | 0.680 | | 0 | | 1 | | 0.768 | 0.193 | 0.103 | |
| Arginine | _ | 0.388 | | 0 | | 1 | | 0.438 | 0.110 | 0.070 | |
| Histidine | | 0.286 | | 0 | | 1 | | 0.323 | 0.081 | 0.070 | |
| Alanine | = | 0.273 | | 0 | | 1 | | 0.308 | 0.077 | 0.031 | |
| Aspartic acid | | 0.682 | | 0 | | 1 | | 0.771 | 0.193 | 0.123 | |
| Glutamic acid | | 2.172 | | 0 | | 1 | | 2.454 | 0.616 | 0.123 | |
| Glycine | | 0.167 | | 0 | | 1 | | 0.189 | 0.047 | 0.030 | |
| Proline | | 1.036 | | 0 | | 1 | | 1.171 | 0.294 | 0.186 | |
| Serine | = | 0.532 | | 0 | | 1 | | 0.601 | 0.151 | 0.096 | |
| Hydroxyproline | | | | | | | | | | | |
| | | | | | | | | | | | |
| Others: | ~ | 0.0 | | • | | 7 | | 0.0 | 0.0 | 0.0 | |
| Alcohol, ethyl | | 0.0 | | 0 | _ | 7 | | 0.0 | 0.0 | 0.0 | |
| Caffeine | | 0 | | 0 0 | Z Z | 7 | | 0 | 0 0 | 0 | |
| Theobromine | mg | U | | U | Z | , | | 0 | U | 0 | |
| <u>Carotenoids:</u> | | | | | | | | | | | |
| 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 = 113g: 1 cup, shredded

Measure 2 = 28.35g: 1 oz Measure 3 = 18g: 1 cubic inch NDB No. 01161

Cheese substitute, mozzarella

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>Aı</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 | <u> </u> | |
| Nutrients and Uni | its | Mean | Std. Error F | of Data Points | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure | |
| | | | | | | | | | | | |
| Proximates: Water | a | 53.10 | | | | 1 | | 118.94 | 9.56 | 11.15 | |
| Energy | | 239 | | | | 1 | | 535 | 43 | 50 | |
| Energy | | 1000 | | | | 1 | | 2240 | 180 | 210 | |
| 63 | · · | 16.70 | | | | 1 | | 37.41 | 3.01 | 3.51 | |
| Protein | | 14.00 | | | | 1 | | 31.36 | 2.52 | 2.94 | |
| Total lipid (fat) | | 4.60 | | 0 | NR | 4 | | 10.30 | 0.83 | 0.97 | |
| Ash | | 11.60 | | U | NC | 4 | | 25.98 | 2.09 | 2.44 | |
| Carbohydrate, by difference | | 0.0 | | | NC | 7 | | 0.0 | 0.0 | 0.0 | |
| Fiber, total dietary | | 7.74 | | 0 | BFNN | 4 | | | | | |
| Sugars, total | | 7.74 | | U | BFNN | 4 | | 17.33 | 1.39 | 1.62 | |
| Starch | 9 | | | | | | | | | | |
| Minerals: | | | | | | | | | | | |
| Calcium, Ca | mg | 562 | | | | 4 | | 1259 | 101 | 118 | |
| Iron, Fe | mg | 0.33 | | | | 4 | | 0.74 | 0.06 | 0.0 | |
| Magnesium, Mg | mg | 29 | | | | 4 | | 65 | 5 | 6 | |
| Phosphorus, P | mg | 712 | | | | 4 | | 1595 | 128 | 150 | |
| Potassium, K | mg | 242 | | | | 4 | | 542 | 44 | 51 | |
| Sodium, Na | mg | 1345 | | | | 4 | | 3013 | 242 | 282 | |
| Zinc, Zn | mg | 2.59 | | | | 4 | | 5.80 | 0.47 | 0.5 | |
| Copper, Cu | mg | 0.033 | 3 | | | 4 | | 0.074 | 0.006 | 0.0 | |
| Manganese, Mn | mg | | | | | | | | | | |
| Selenium, Se | mcg | 15.2 | | 0 | BFNN | 4 | | 34.0 | 2.7 | 3.2 | |
| Vitamins: | | | | | | | | | | | |
| Vitamin C, total ascorbic acid | ma | 0.0 | | | | 7 | | 0.0 | 0.0 | 0.0 | |
| Thiamin | - | 0.050 |) | | | 4 | | 0.112 | 0.009 | 0.0 | |
| Riboflavin | | 0.430 | | | | 4 | | 0.963 | 0.077 | 0.0 | |
| Niacin | | 0.130 | | | | 4 | | 0.291 | 0.023 | 0.0 | |
| Pantothenic acid | _ | | | | | | | | | | |
| Vitamin B-6 | _ | 0.120 |) | | | 4 | | 0.269 | 0.022 | 0.0 | |
| Folate, total | - | 7 | | | | 4 | | 16 | 1 | 1 | |
| Folic acid | | 0 | | 0 | z | 7 | | 0 | 0 | 0 | |
| Folate, food | | 7 | | 0 | NR | 4 | | 16 | 1 | 1 | |
| Folate, DFE | | 7 | | 0 | NC | 4 | | 16 | 1 | 1 | |
| Vitamin B-12 | | 0.40 | | | | 4 | | 0.90 | 0.07 | 0.0 | |
| Vitamin A, IU | | 430 | | 0 | NC | 4 | | 964 | 77 | 90 | |
| Vitamin A, RAE | | 114 | | 0 | NC | 4 | | 255 | 21 | 24 | |
| Retinol | | 111 | | 0 | BFFN | 4 | | 248 | 20 | 23 | |
| Vitamin E (alpha-tocopherol) | | 0.27 | | 0 | BFZN | 4 | | 0.61 | 0.05 | 0.0 | |
| Tocopherol, beta | _ | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | | |
| Vitamin D. | | | | | | | | | | | |
| Vitamin K (phylloquinone) | | 2.7 | | 0 | BFZN | 4 | | 5.9 | 0.5 | 0.6 | |
| inida | | | | | | | | | | | |
| ipids: | a | 8.790 | | | | 4 | | 10 600 | 1 500 | 1.8 | |
| Fatty acids, total saturated | | | | | | 4 | | 19.690 | 1.582 | | |
| 4:0 6:0 | | 0.455 0.270 | | | | 4 | | 1.019 0.605 | 0.082 0.049 | 0.0 | |
| 8:0 | | 0.270 | | | | 4 | | | | 0.0 | |
| 8:0 10:0. | | 0.204 | | | | 4 | | 0.457 0.753 | 0.037 0.060 | 0.0 | |
| 12:0 | | 0.336 | | | | - <u>+</u> | | 0.753 | 0.080 | 0.0 | |
| 13:0 | | 0.415 | • | | | -2 | | 0.930 | 0.075 | 0.0 | |
| 14:0 | - | 1.438 | 1 | | | Λ | | 3.221 | 0.259 | 0.3 | |
| 15:0 | | 1.438 | , | | | 4 | | 3.221 | 0.239 | 0.3 | |
| 16:0 | - | 3.897 | , | | | Λ | | 8.729 | 0.701 | 0.8 | |
| 17:0 | - | 3.697 | | | | -2 | | 0.123 | 0.701 | 0.0 | |
| 18:0 | - | 1.603 | 1 | | | Λ | | 3.591 | 0.289 | 0.3 | |
| | | 1.603 | • | | | * | | 3.391 | 0.289 | 0.3 | |
| 20:0 | - | | | | | | | | | | |
| 22:0 | g | | | | | | | | | | |

| | An | nount in 100 gram Numbe | | ole 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 | |
| Fatty acids, total monounsaturatedg | 4.102 | | | 4 | | 9.188 | 0.738 | 0.861 | |
| 14:1g | | | | | | | | | |
| 15:1g | | | | | | | | | |
| 16:1 undifferentiatedg | 0.369 | | | 4 | | 0.827 | 0.066 | 0.077 | |
| 17:1g | | | | | | | | | |
| 18:1 undifferentiatedg | 3.442 | | | 4 | | 7.710 | 0.620 | 0.723 | |
| 20:1g | 0.000 | | | 4 | | 0.000 | 0.000 | 0.000 | |
| 22:1 undifferentiatedg | 0.000 | | | 4 | | 0.000 | 0.000 | 0.000 | |
| 24:1 cg | | | | | | | | | |
| Fatty acids, total polyunsaturatedg | 0.409 | | | 4 | | 0.916 | 0.074 | 0.086 | |
| 18:2 undifferentiatedg | 0.264 | | | 4 | | 0.591 | 0.048 | 0.055 | |
| 18:3 undifferentiatedg | 0.145 | | | 4 | | 0.325 | 0.026 | 0.030 | |
| 18:4g | 0.000 | | | 4 | | 0.000 | 0.000 | 0.000 | |
| 20:2 n-6 c,cg | | | | | | | | | |
| 20:3 undifferentiatedg | | | | | | | | | |
| 20:4 undifferentiatedg | 0.000 | | | 4 | | 0.000 | 0.000 | 0.000 | |
| 20:5 n-3g | 0.000 | | | 4 | | 0.000 | 0.000 | 0.000 | |
| 22:5 n-3g | 0.000 | | | 4 | | 0.000 | 0.000 | 0.000 | |
| 22:6 n-3g | 0.000 | | | 4 | | 0.000 | 0.000 | 0.000 | |
| Fatty acids, total transg | | | | | | | | | |
| Cholesterol mg | 36 | | | 4 | | 81 | 6 | 8 | |
| Phytosterolsmg | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethylg | 0.0 | | | 7 | | 0.0 | 0.0 | 0.0 | |
| Caffeine mg | 0 | 0 | Z | 7 | | 0 | 0 | 0 | |
| Theobromine mg | 0 | 0 | Z | 7 | | 0 | 0 | 0 | |
| Carotenoids: | | | | | | | | | |
| Carotene, beta mcg | 37 | 0 | BFFN | 4 | | 81.812 | 6.574 | 7.670 | |
| Carotene, alphamcg | 0 | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 | |
| Cryptoxanthin, betamcg | 0 | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 | |
| Lycopenemcg | 0 | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 | |
| Lutein + zeaxanthin mcg | 0 | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 | |

Common Measures:

Measure 1 = 224g: 1 cup Measure 2 = 18g: 1 cubic inch Measure 3 = 21g: 1 slice

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

| | | <u>Aı</u> | mount in 100 g | grams | of edib | le portion | <u>1</u> | Amount in edible portion of common | | | |
|--------------------------------|-------|-------------|-------------------|----------|---------|------------|------------|------------------------------------|-----------------|-------------|--|
| | | | Nι | ımber | | | | <u>m</u> | easures of food | <u> </u> | |
| | | | of | Data | Deriv | Source | Confidence | | | | |
| Nutrients and Un | its | Mean | Std. Error Po | oints | Code | Code | Code | Measure 1 | Measure 2 | Measure | |
| Proximates: | | | | | | | | | | | |
| Water | g | 42.41 | 0.649 | 29 | | 1 | | 12.02 | 7.21 | 57.25 | |
| Energy | kcal | 353 | | 0 | NC | 4 | | 100 | 60 | 477 | |
| Energy | kj | 1477 | | | | 4 | | 419 | 251 | 1994 | |
| Protein (N x 6.38) | g | 21.40 | 0.339 | 19 | | 1 | | 6.07 | 3.64 | 28.89 | |
| Total lipid (fat) | | 28.74 | 0.399 | 20 | | 1 | | 8.15 | 4.89 | 38.80 | |
| Ash | g | 5.11 | 0.138 | 15 | | 1 | | 1.45 | 0.87 | 6.90 | |
| Carbohydrate, by difference | g | 2.34 | | 0 | NC | 4 | | 0.66 | 0.40 | 3.16 | |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 | |
| Sugars, total | | 0.50 | | 0 | BFNN | 4 | | 0.14 | 0.09 | 0.68 | |
| Starch | | | | | | | | | | | |
| | | | | | | | | | | | |
| <u>Minerals:</u> | | = - | | | | _ | | 4.50 | • | | |
| Calcium, Ca | | 528 | 21.680 | 17 | | 1 | | 150 | 90 | 712 | |
| Iron, Fe | | 0.31 | 0.010 | 4 | | 1 | | 0.09 | 0.05 | 0.4 | |
| Magnesium, Mg | | 23 387 | 0.724 8.294 | 11 12 | | 1 1 | | 7 | 4 | 31 523 | |
| Phosphorus, P | | 38 / 256 | | 12 | | 1 | | 110 | 66 | | |
| Potassium, K | | 1395 | 41.094 102.223 | 12 | | 1 | | 73 396 | 44 237 | 346 1884 | |
| Sodium, Na | | 2.66 | 0.065 | 4 | | 1 | | 0.75 | 0.45 | 3.5 | |
| Zinc, Zn | - | 0.040 | | 0 | | 1 | | 0.75 | 0.45 | 0.0 | |
| Copper, Cu | | 0.040 | | 0 | | 1 | | 0.003 | 0.007 | 0.0 | |
| Selenium, Se | | 14.5 | | 0 | CAZN | 4 | | 4.1 | 2.5 | 19.6 | |
| Scienium, Sc | 1110g | 14.5 | | Ū | CAZI | • | | 4.1 | 2.3 | 15.0 | |
| <u>/itamins:</u> | | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | 0.0 | |
| Thiamin | | 0.029 | 0.006 | 11 | | 1 | | 0.008 | 0.005 | 0.0 | |
| Riboflavin | mg | 0.382 | 0.022 | 16 | | 1 | | 0.108 | 0.065 | 0.5 | |
| Niacin | mg | 1.016 | 0.097 | 44 | | 1 | | 0.288 | 0.173 | 1.3 | |
| Pantothenic acid | - | 1.729 | | 16 | | 1 | | 0.490 | 0.294 | 2.3 | |
| Vitamin B-6 | - | 0.166 | | 32 | | 1 | | 0.047 | 0.028 | 0.2 | |
| Folate, total | | 36 | 0.892 | 34 | | 1 | | 10 | 6 | 49 | |
| Folic acid | | 0 | | 0 | Z | 7 | | 0 | 0 | 0 | |
| Folate, food | | 36 | 0.892 | 34 | | 1 | | 10 | 6 | 49 | |
| Folate, DFE | | 36 | | 0 | NC | 4 | | 10 | 6 | 49 | |
| Vitamin B-12 | | 1.22 | 0.113 | 22 | | 1 | | 0.35 | 0.21 | 1.6 | |
| Vitamin A, IU | | 763 | | 0 | NC | 4 | | 216 | 130 | 1030 | |
| Vitamin A, RAE | | 198 | | 0 | NC | 4 | | 56 | 34 | 267 | |
| Retinol | | 192 | | 0 | NC | 4 | | 54 | 33 | 259 | |
| Vitamin E (alpha-tocopherol) | _ | 0.25 | | 0 | BFFN | 4 | | 0.07 | 0.04 | 0.3 | |
| Tocopherol, beta | | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | | |
| Tocopherol, delta Vitamin D | | | | | | | | | | | |
| Vitamin K (phylloquinone) | | 2.4 | | 0 | BFFN | 4 | | 0.7 | 0.4 | 3.2 | |
| vitanini K (phynoquilone) | g | | | · | DIII | • | | 0.7 | 0.4 | 3.2 | |
| <u> ipids:</u> | | | | | | | | | | | |
| Fatty acids, total saturated | g | 18.669 | | 0 | | 1 | | 5.293 | 3.174 | 25.2 | |
| 4:0 | | 0.658 | | 2 | | 1 | | 0.187 | 0.112 | 0.8 | |
| 6:0 | - | 0.361 | | 2 | | 1 | | 0.102 | 0.061 | 0.4 | |
| 8:0 | - | 0.247 | | 10 | | 1 | | 0.070 | 0.042 | 0.3 | |
| 10:0 | | 0.601 | | 10 | | 1 | | 0.170 | 0.102 | 0.8 | |
| 12:0 | - | 0.491 | 0.074 | 10 | | 1 | | 0.139 | 0.083 | 0.6 | |
| 13:0 | - | _ | _ | _ | | _ | | | | | |
| 14:0 | - | 3.301 | 0.102 | 10 | | 1 | | 0.936 | 0.561 | 4.4 | |
| 15:0 | - | | | | | | | | | | |
| 16:0 | - | 9.153 | 0.296 | 10 | | 1 | | 2.595 | 1.556 | 12.3 | |
| 17:0 | - | | | | | | | | | _ | |
| 18:0 | - | 3.235 | 0.152 | 10 | | 1 | | 0.917 | 0.550 | 4.3 | |
| 20:0 | - | | | | | | | | | | |
| 22:0 | g | | | | | | | | | | |

| | <u>Aı</u> | mount in 100 g | rams of ed | ible portio | <u>on</u> | Amount in edible portion of common measures of food | | | |
|------------------------------------|-----------|----------------|------------|-------------|--------------------|---|-----------|-----------|--|
| Nutrients and Units | Mean | | Data Deri | | Confidence Code | Measure 1 | Measure 2 | Measure 3 | |
| Fatty acids, total monounsaturated | q 7.778 | | 0 | 1 | | 2.205 | 1.322 | 10.500 | |
| 14:1 | | | | | | | | | |
| 15:1 | g | | | | | | | | |
| 16:1 undifferentiated | g 0.816 | 0.103 | 10 | 1 | | 0.231 | 0.139 | 1.102 | |
| 17:1 | g | | | | | | | | |
| 18:1 undifferentiated | g 6.622 | 0.175 | 10 | 1 | | 1.877 | 1.126 | 8.940 | |
| 20:1 | g 0.000 | ı | 0 | 1 | | 0.000 | 0.000 | 0.000 | |
| 22:1 undifferentiated | g 0.000 | 1 | 0 | 1 | | 0.000 | 0.000 | 0.000 | |
| 24:1 c | g | | | | | | | | |
| Fatty acids, total polyunsaturated | g 0.800 | ı | 0 | 1 | | 0.227 | 0.136 | 1.080 | |
| 18:2 undifferentiated | g 0.536 | 0.056 | 10 | 1 | | 0.152 | 0.091 | 0.724 | |
| 18:3 undifferentiated | g 0.264 | 0.030 | 9 | 1 | | 0.075 | 0.045 | 0.356 | |
| 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 | 1 | 0 | 1 | | 0.000 | 0.000 | 0.000 | |
| 20:5 n-3 | g 0.000 | ı | 0 | 1 | | 0.000 | 0.000 | 0.000 | |
| 22:5 n-3 | g 0.000 | 1 | 0 | 1 | | 0.000 | 0.000 | 0.000 | |
| 22:6 n-3 | g 0.000 | 1 | 0 | 1 | | 0.000 | 0.000 | 0.000 | |
| Fatty acids, total trans | g | | | | | | | | |
| Cholesterol | mg 75 | 5.349 | 4 | 1 | | 21 | 13 | 102 | |
| Phytosterols | mg | | | | | | | | |
| Austral Autilia | | | | | | | | | |
| Amino Acids: | | | • | _ | | | | | |
| Tryptophan | | | 0 | 1 | | 0.088 | 0.053 | 0.421 | |
| Threonine. | - | | 0 | 1 | | 0.223 | 0.133 | 1.060 | |
| Isoleucine | • | | 0 | 1 | | 0.319 | 0.191 | 1.517 | |
| Leucine | - | | 0 | 1 | | 0.544 | 0.326 | 2.591 | |
| Lysine | | | 0 | 1 | | 0.525 | 0.315 | 2.500 | |
| Methionine | | | 0 | 1 | | 0.166 | 0.099 | 0.788 | |
| Cystine | | | 0 | 1 | | 0.030 | 0.018 | 0.144 | |
| Phenylalanine | | | 0 | 1 | | 0.308 | 0.185 | 1.467 | |
| Tyrosine | = | | 0 | 1 | | 0.367 | 0.220 | 1.748 | |
| Valine | | | 0 | 1 | | 0.441 | 0.265 | 2.101 | |
| Arginine | | | 0 | 1 | | 0.202 | 0.121 | 0.960 | |
| Histidine | | | 0 | 1 | | 0.215 | 0.129 | 1.023 | |
| Alanine | - | | 0 | 1 | | 0.183 | 0.109 | 0.869 | |
| Aspartic acid | | | 0 | 1 | | 0.407 | 0.244 | 1.939 | |
| Glutamic acid | = | | 0 | 1 | | 1.468 | 0.880 | 6.992 | |
| Glycine | | | 0 | 1 | | 0.115 | 0.069 | 0.548 | |
| Proline | - | | 0 | 1 | | 0.595 | 0.357 | 2.835 | |
| Serine | - | | 0 | 1 | | 0.318 | 0.190 | 1.512 | |
| Hydroxyproline | g | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl | 0.0 | | 0 | 7 | | 0.0 | 0.0 | 0.0 | |
| Caffeine m | | | 0 z | 7 | | 0.0 | 0.0 | 0.0 | |
| Theobromine m | • | | 0 Z | 7 | | 0 | 0 | 0 | |
| | 9 | | · · · · | , | | U | J | U | |
| <u>Carotenoids:</u> | | | | | | | | | |
| Carotene, betam | | | 0 BFF | | | 20.898 | 12.531 | 99.515 | |
| Carotene, alpham | | | 0 z | 7 | | 0.000 | 0.000 | 0.000 | |
| Cryptoxanthin, betam | | | 0 z | 7 | | 0.000 | 0.000 | 0.000 | |
| Lycopenem | ncg 0 | | 0 z | 7 | | 0.000 | 0.000 | 0.000 | |
| Lutein + zeaxanthin. | ncg 0 | | 0 z | 7 | | 0.000 | 0.000 | 0.000 | |

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 17g: 1 cubic inch

Measure 3 = 135g: 1 cup, crumbled, not packed

NDB No. 01004 Cheese, blue

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>Aı</u> | mount in 100 g | grams | of edib | le portion | <u>1</u> | Amount in edible portion of common | | | |
|--------------------------------|--------|-----------|----------------|-------|---------|------------|------------|------------------------------------|-----------------|---------|--|
| | | | Nι | ımber | | | | <u>m</u> | easures of food | | |
| | | | of | Data | Deriv | Source | Confidence | | | | |
| Nutrients and Un | its | Mean | Std. Error Po | oints | Code | Code | Code | Measure 1 | Measure 2 | Measure | |
| Proximates: | | | | | | | | | | | |
| Water | g | 41.11 | 0.258 | 26 | | 1 | | 54.27 | 46.45 | 11.65 | |
| Energy | _ | 371 | | 0 | NC | 4 | | 490 | 419 | 105 | |
| Energy | | 1552 | | | | 4 | | 2049 | 1754 | 440 | |
| Protein (N x 6.38) | | 23.24 | 0.607 | 14 | | 1 | | 30.68 | 26.26 | 6.59 | |
| Total lipid (fat) | | 29.68 | 0.319 | 16 | | 1 | | 39.18 | 33.54 | 8.41 | |
| Ash | | 3.18 | 0.178 | 14 | | 1 | | 4.20 | 3.59 | 0.90 | |
| Carbohydrate, by difference | | 2.79 | 0.170 | 0 | NC | 4 | | 3.68 | 3.15 | 0.79 | |
| | | 0.0 | | 0 | NC | 4 | | 0.0 | 0.0 | 0.73 | |
| Fiber, total dietary | | | | 0 | | | | | | | |
| Sugars, total | | 0.51 | | U | BFNN | 4 | | 0.67 | 0.57 | 0.14 | |
| Starch | 9 | | | | | | | | | | |
| Ainerals: | | | | | | | | | | | |
| Calcium, Ca | mq | 674 | 31.843 | 13 | | 1 | | 889 | 761 | 191 | |
| Iron, Fe | | 0.43 | 0.074 | 3 | | 1 | | 0.57 | 0.49 | 0.1 | |
| Magnesium, Mg | | 24 | 1.144 | 9 | | 1 | | 32 | 27 | 7 | |
| Phosphorus, P | | 451 | 18.350 | 9 | | 1 | | 595 | 510 | 128 | |
| Potassium, K | | 136 | 22.337 | 9 | | 1 | | 179 | 153 | 38 | |
| Sodium, Na | | 560 | 37.232 | 9 | | 1 | | 739 | 632 | 159 | |
| Zinc, Zn | | 2.60 | 571252 | 2 | | 1 | | 3.43 | 2.94 | 0.7 | |
| Copper, Cu | - | 0.024 | | 0 | | 1 | | 0.032 | 0.027 | 0.0 | |
| Manganese, Mn | | 0.012 | | 0 | | 1 | | 0.016 | 0.014 | 0.0 | |
| Selenium, Se | | 14.5 | | 0 | CAZN | 4 | | 19.1 | 16.4 | 4.1 | |
| Scientini, Sc | 9 | | | · | 011211 | - | | | | | |
| <u> Vitamins:</u> | | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.014 | 0.001 | 6 | | 1 | | 0.018 | 0.016 | 0.0 | |
| Riboflavin | mg | 0.351 | 0.010 | 11 | | 1 | | 0.463 | 0.397 | 0.1 | |
| Niacin | mg | 0.118 | 0.013 | 22 | | 1 | | 0.156 | 0.133 | 0.0 | |
| Pantothenic acid | mg | 0.288 | 0.040 | 17 | | 1 | | 0.380 | 0.325 | 0.0 | |
| Vitamin B-6 | mg | 0.065 | 0.004 | 34 | | 1 | | 0.086 | 0.073 | 0.0 | |
| Folate, total | mcg | 20 | 3.104 | 30 | | 1 | | 27 | 23 | 6 | |
| Folic acid | | 0 | | 0 | Z | 7 | | 0 | 0 | 0 | |
| Folate, food | | 20 | 3.104 | 30 | | 1 | | 27 | 23 | 6 | |
| Folate, DFE | | 20 | | 0 | NC | 4 | | 27 | 23 | 6 | |
| Vitamin B-12 | | 1.26 | 0.147 | 7 | | 1 | | 1.66 | 1.42 | 0.3 | |
| Vitamin A, IU | IU | 1080 | | 0 | NC | 4 | | 1426 | 1221 | 306 | |
| Vitamin A, RAE | | 292 | | 0 | NC | 4 | | 386 | 330 | 83 | |
| Retinol | | 286 | | 0 | NC | 4 | | 378 | 323 | 81 | |
| Vitamin E (alpha-tocopherol) | | 0.26 | | 0 | BFFN | 4 | | 0.34 | 0.29 | 0.0 | |
| Tocopherol, beta | _ | 0.20 | | Ū | DEFIN | • | | 0.54 | 0.23 | 0.0 | |
| Tocopherol, gamma | | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | | |
| Vitamin D | | | | | | | | | | | |
| Vitamin K (phylloquinone) | | 2.5 | | 0 | BFFN | 4 | | 3.3 | 2.8 | 0.7 | |
| Vitamin K (phylloquillone) | niog | 2.5 | | U | DEFN | - | | 3.3 | 2.0 | 0.7 | |
| ipids: | | | | | | | | | | | |
| Fatty acids, total saturated | g | 18.764 | | 0 | | 1 | | 24.768 | 21.203 | 5.3 | |
| 4:0 | _ | 0.914 | | 2 | | 1 | | 1.206 | 1.033 | 0.2 | |
| 6:0 | | 0.373 | | 2 | | 1 | | 0.492 | 0.421 | 0.1 | |
| 8:0 | _ | 0.299 | | 7 | | 1 | | 0.395 | 0.338 | 0.0 | |
| 10:0 | - | 0.585 | | 7 | | 1 | | 0.772 | 0.661 | 0.1 | |
| 12:0 | | 0.482 | | 7 | | 1 | | 0.636 | 0.545 | 0.1 | |
| 13:0 | _ | 0.402 | 0.071 | , | | - | | 2.050 | 0.545 | 0.1 | |
| 14:0 | _ | 3.227 | 0.147 | 7 | | 1 | | 4.260 | 3.647 | 0.9 | |
| 15:0 | _ | 5.221 | 0.14/ | ' | | - | | 4.200 | 3.04/ | 0.9 | |
| | - | 8.655 | 0.366 | 7 | | 1 | | 11.425 | 0.700 | 2.4 | |
| 16:0 | | 0.035 | 0.366 | , | | 1 | | 11.425 | 9.780 | 2.4 | |
| 17:0 | - | 2 455 | 0 100 | - | | - | | A EC1 | 2 004 | 0 0 | |
| 18:0 | - | 3.455 | 0.138 | 7 | | 1 | | 4.561 | 3.904 | 0.9 | |
| 20:0 | - | | | | | | | | | | |
| 22:0 | g g | | | | | | | | | | |

| | | <u>Aı</u> | mount in 100 g | | of edil | ole portio | <u>on</u> | Amount in edible portion of common measures of food | | | |
|--|----------|-----------|----------------|---|---------------|----------------|--------------------|---|-----------|-----------|--|
| Nutrients and U | Inits | Mean | | | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 | |
| | | | | | | | | | | | |
| Fatty acids, total monounsaturate 14:1 | | 8.598 | | 0 | | 1 | | 11.349 | 9.716 | 2.438 | |
| 15:1 16:1 undifferentiated | | 0.817 | 0.070 | 7 | | 1 | | 1.078 | 0.923 | 0.232 | |
| 17:118:1 undifferentiated | g | 7.401 | 0.245 | 7 | | 1 | | 9.769 | 8.363 | 2.098 | |
| 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 | | U | | 1 | | 0.000 | 0.000 | 0.000 | |
| Fatty acids, total polyunsaturated | | 0.784 | | 0 | | 1 | | 1.035 | 0.886 | 0.222 | |
| 18:2 undifferentiated | | 0.491 | | 7 | | 1 | | 0.648 | 0.555 | 0.139 | |
| 18:3 undifferentiated | | 0.293 | | 7 | | 1 | | 0.387 | 0.331 | 0.083 | |
| 18:4 | - | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 | |
| 20:2 n-6 c.c | | 0.000 | | Ū | | - | | 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 | = | 0.000 | | Ū | | - | | 0.000 | 0.000 | 0.000 | |
| Cholesterol | | 94 | | 0 | | 1 | | 125 | 107 | 27 | |
| Phytosterols | _ | 34 | | U | | _ | | 123 | 107 | 21 | |
| Filytosterois | | | | | | | | | | | |
| Amino Acids: | | | | | | | | | | | |
| Tryptophan | g | 0.324 | | 0 | | 1 | | 0.428 | 0.366 | 0.092 | |
| Threonine | g | 0.882 | | 0 | | 1 | | 1.164 | 0.997 | 0.250 | |
| Isoleucine | g | 1.137 | | 0 | | 1 | | 1.501 | 1.285 | 0.322 | |
| Leucine | g | 2.244 | | 0 | | 1 | | 2.962 | 2.536 | 0.636 | |
| Lysine | g | 2.124 | | 0 | | 1 | | 2.804 | 2.400 | 0.602 | |
| Methionine | | 0.565 | | 0 | | 1 | | 0.746 | 0.638 | 0.160 | |
| Cystine | g | 0.131 | | 0 | | 1 | | 0.173 | 0.148 | 0.037 | |
| Phenylalanine | g | 1.231 | | 0 | | 1 | | 1.625 | 1.391 | 0.349 | |
| Tyrosine | | 1.115 | | 0 | | 1 | | 1.472 | 1.260 | 0.316 | |
| Valine | g | 1.472 | | 0 | | 1 | | 1.943 | 1.663 | 0.417 | |
| Arginine | | 0.874 | | 0 | | 1 | | 1.154 | 0.988 | 0.248 | |
| Histidine | | 0.823 | | 0 | | 1 | | 1.086 | 0.930 | 0.233 | |
| Alanine | | 0.670 | | 0 | | 1 | | 0.884 | 0.757 | 0.190 | |
| Aspartic acid | | 1.588 | | 0 | | 1 | | 2.096 | 1.794 | 0.450 | |
| Glutamic acid | | 5.515 | | 0 | | 1 | | 7.280 | 6.232 | 1.564 | |
| Glycine | | 0.437 | | 0 | | 1 | | 0.577 | 0.494 | 0.124 | |
| Proline | | 2.575 | | 0 | | 1 | | 3.399 | 2.910 | 0.730 | |
| Serine | | 1.289 | | 0 | | 1 | | 1.701 | 1.457 | 0.365 | |
| Hydroxyproline | - | | | | | | | | | | |
| | | | | | | | | | | | |
| 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 | |
| <u>Carotenoids:</u> | | | | | | | | | | | |
| Carotene, beta | mcg | 76 | | 0 | BFFN | 4 | | 100.486 | 86.022 | 21.582 | |
| 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 | |
| J F | J | 0 | | | z | | | | | | |

Common Measures:

Measure 1 = 132g: 1 cup, diced Measure 2 = 113g: 1 cup, shredded

Measure 3 = 28.35g: 1 oz

NDB No. 01005 Cheese, brick

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | AI | nount in 100 g | II aiiis | or eur | ne portio | <u>on</u> | Amount in edible portion of common | | | |
|--------------------------------|-----------|--------|----------------|----------|--------|-----------|------------|------------------------------------|-----------------|----------|--|
| | | | Nu | mber | | | | <u>m</u> | easures of food | <u> </u> | |
| | | | | | | Source | Confidence | | | | |
| Nutrients and Unit | ts | Mean | Std. Error Po | | | Code | Code | Measure 1 | Measure 2 | Measure | |
| | | | | | | | | | | | |
| Proximates: Water | a | 48.42 | 1.290 | 9 | | 1 | | 116.21 | 69.72 | 13.73 | |
| Energy | - | 334 | | 0 | NC | 4 | | 801 | 480 | 95 | |
| Energy | | 1396 | | · | 110 | 4 | | 3350 | 2010 | 396 | |
| 0.7 | | 20.75 | 0.210 | 7 | | 1 | | 49.80 | 29.88 | 5.88 | |
| Protein (N x 6.38) | | 27.68 | 1.841 | 4 | | 1 | | 66.43 | 39.86 | 7.85 | |
| Total lipid (fat) | | 27.00 | 1.041 | 1 | | 1 | | 6.48 | 39.86 | 0.77 | |
| | | 0.45 | | 0 | NC | 4 | | 1.08 | 0.65 | 0.13 | |
| Carbohydrate, by difference | | 0.45 | | 0 | NC | 4 | | 0.0 | 0.65 | 0.13 | |
| Fiber, total dietary | | | | 0 | | | | | | | |
| Sugars, total | | 0.45 | | U | NR | 4 | | 1.08 | 0.65 | 0.13 | |
| Starch | 9 | | | | | | | | | | |
| <u> Ainerals:</u> | | | | | | | | | | | |
| Calcium, Ca | - | 184 | 9.135 | 3 | | 1 | | 442 | 265 | 52 | |
| Iron, Fe | - | 0.50 | | 1 | | 1 | | 1.20 | 0.72 | 0.1 | |
| Magnesium, Mg | | 20 | _ | 0 | | 4 | | 48 | 29 | 6 | |
| Phosphorus, P | • | 188 | 7.446 | 3 | | 1 | | 451 | 271 | 53 | |
| Potassium, K | - | 152 | | 1 | | 1 | | 365 | 219 | 43 | |
| Sodium, Na | | 629 | | 0 | | 1 | | 1511 | 906 | 178 | |
| Zinc, Zn | | 2.38 | | 0 | | 4 | | 5.71 | 3.43 | 0.6 | |
| Copper, Cu | | 0.019 | | 0 | | 1 | | 0.046 | 0.027 | 0.0 | |
| Manganese, Mn | | 0.034 | | 0 | | 1 | | 0.082 | 0.049 | 0.0 | |
| Selenium, Se | mcg | 14.5 | | 0 | CAZN | 4 | | 34.8 | 20.9 | 4.1 | |
| <u>'itamins:</u> | | | | | | | | | | | |
| Vitamin C, total ascorbic acid | <u>mg</u> | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.070 | | 1 | | 1 | | 0.168 | 0.101 | 0.0 | |
| Riboflavin | mg | 0.520 | 0.191 | 3 | | 1 | | 1.248 | 0.749 | 0.1 | |
| Niacin | <u>mg</u> | 0.380 | | 2 | | 1 | | 0.912 | 0.547 | 0.10 | |
| Pantothenic acid | mg | 0.690 | | 2 | | 1 | | 1.656 | 0.994 | 0.1 | |
| Vitamin B-6 | mg | 0.235 | | 6 | | 1 | | 0.564 | 0.338 | 0.0 | |
| Folate, total | mcg | 65 | | 1 | | 1 | | 156 | 94 | 18 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 | |
| Folate, food | | 65 | | 1 | | 1 | | 156 | 94 | 18 | |
| Folate, DFE | mcg_DFE | 65 | | 0 | NC | 4 | | 156 | 94 | 18 | |
| Vitamin B-12 | | 1.65 | 0.156 | 12 | | 1 | | 3.96 | 2.38 | 0.4 | |
| Vitamin A, IU | IU | 592 | | 0 | NC | 4 | | 1420 | 852 | 168 | |
| Vitamin A, RAE | mcg_RAE | 174 | | 0 | NC | 4 | | 417 | 250 | 49 | |
| Retinol | mcg | 173 | | 0 | NC | 4 | | 415 | 249 | 49 | |
| Vitamin E (alpha-tocopherol) | mg | 0.24 | | 0 | BFFN | 4 | | 0.57 | 0.34 | 0.0 | |
| Tocopherol, beta | mg | | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | | |
| Vitamin D | | | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 2.3 | | 0 | BFFN | 4 | | 5.5 | 3.3 | 0.7 | |
| <u>ipids:</u> | | | | | | | | | | | |
| Fatty acids, total saturated | g | 17.410 | | 0 | | 4 | | 41.784 | 25.070 | 4.9 | |
| 4:0 | g | 0.564 | | 0 | | 4 | | 1.354 | 0.812 | 0.1 | |
| 6:0 | g | 0.323 | | 0 | | 4 | | 0.775 | 0.465 | 0.0 | |
| 8:0 | g | 0.297 | | 0 | | 4 | | 0.713 | 0.428 | 0.0 | |
| 10:0 | g | 0.673 | | 0 | | 4 | | 1.615 | 0.969 | 0.1 | |
| 12:0 | g | 0.504 | | 0 | | 4 | | 1.210 | 0.726 | 0.1 | |
| 13:0 | | | | | | | | | | | |
| 14:0 | g | 3.065 | | 0 | | 4 | | 7.356 | 4.414 | 0.8 | |
| 15:0 | g | | | | | | | | | | |
| 16:0 | | 8.246 | | 0 | | 4 | | 19.790 | 11.874 | 2.3 | |
| 17:0 | _ | | | | | | | | | | |
| | - | 2.880 | | 0 | | 4 | | 6.912 | 4.147 | 0.8 | |
| 18:0 | y | 2.000 | | U | | 4 | | 0.312 | | 0.0 | |
| 18:0 20:0 | - | 2.860 | | U | | 4 | | 0.312 | 2.227 | 0.0 | |

| | | <u>A</u> 1 | mount in 10 | | | ole portic | <u>on</u> | | edible portion | |
|---------------------------------------|-------|----------------|-------------|---------|-------|------------|------------|----------------|-----------------|----------------|
| | | | | of Data | Deriv | | Confidence | | easures of food | • |
| Nutrients and | Units | Mean | Std. Error | Points | Code | Code | Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total monounsatur | atedg | 8.013 | | 0 | | 4 | | 19.231 | 11.539 | 2.272 |
| 14:1 | | | | | | | | | | |
| 15:1 | - | | | | | | | | | |
| 16:1 undifferentiated | - | 1.007 | | 0 | | 4 | | 2.417 | 1.450 | 0.285 |
| 17:1 | | | | • | | | | 45 554 | | 1 061 |
| 18:1 undifferentiated | _ | 6.563 | | 0 | | 4 | | 15.751 | 9.451 | 1.861 |
| 20:1 | | 0.000 | | 0 0 | | 4 4 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated | • | 0.000 | | U | | 4 | | 0.000 | 0.000 | 0.000 |
| 24:1 cFatty acids, total polyunsatura | | 0.826 | | 0 | | 4 | | 1.982 | 1.189 | 0.234 |
| 18:2 undifferentiated | | 0.513 | | 0 | | 4 | | 1.231 | 0.739 | 0.145 |
| 18:3 undifferentiated | | 0.313 | | 0 | | 4 | | 0.751 | 0.451 | 0.089 |
| 18:4 | | 0.000 | | 0 | | 4 | | 0.751 | 0.451 | 0.009 |
| 20:2 n-6 c.c. | - | 0.000 | | · | | - | | 0.000 | 0.000 | 0.000 |
| 20:3 undifferentiated | | | | | | | | | | |
| 20:4 undifferentiated | _ | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3 | _ | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 22:5 n-3 | _ | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3 | - | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans | | | | | | | | | | |
| Cholesterol | _ | 100 | | 1 | | 1 | | 240 | 144 | 28 |
| Phytosterols | _ | | | | | | | | | |
| - | _ | | | | | | | | | |
| Amino Acids: | | | | _ | | | | | | |
| Tryptophan | | 0.322 | | 0 | | 1 | | 0.773 | 0.464 | 0.091 |
| Threonine | | 0.751 | | 0 | | 1 | | 1.802 | 1.081 | 0.213 |
| Isoleucine | - | 1.015 | | 0 | | 1 1 | | 2.436 | 1.462 | 0.288 |
| Leucine | _ | 1.929 | | 0 0 | | 1 | | 4.630 | 2.778 | 0.547 |
| Lysine | | 1.851 0.592 | | 0 | | 1 | | 4.442 1.421 | 2.665 | 0.525 |
| Methionine | | 0.592 | | 0 | | 1 | | 0.274 | 0.852 | 0.168 |
| Cystine | | | | 0 | | 1 | | 2.779 | 0.164 | 0.032 |
| Phenylalanine | | 1.158 1.200 | | 0 | | 1 | | 2.779 | 1.668 | 0.328 |
| Tyrosine | | 1.200 | | 0 | | 1 | | 3.216 | 1.728 1.930 | 0.340 0.380 |
| Valine | - | 0.735 | | 0 | | 1 | | 1.764 | 1.058 | 0.380 |
| Histidine | _ | 0.716 | | 0 | | 1 | | 1.718 | 1.038 | 0.208 |
| | | 0.859 | | 0 | | 1 | | 2.062 | 1.031 | 0.203 |
| Alanine | | 1.350 | | 0 | | 1 | | 3.240 | 1.944 | 0.383 |
| Glutamic acid | | 4.387 | | 0 | | 1 | | 10.529 | 6.317 | 1.244 |
| Glycine | | 0.397 | | 0 | | 1 | | 0.953 | 0.572 | 0.113 |
| Proline | | 2.459 | | 0 | | 1 | | 5.902 | 3.541 | 0.113 |
| Serine | _ | 1.168 | | 0 | | 1 | | 2.803 | 1.682 | 0.331 |
| Hydroxyproline | | 1.100 | | · | | - | | 2.003 | 1.002 | 0.551 |
| 11ydroxypromic | 9 | | | | | | | | | |
| 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 | 9 | | 0 | NR | 4 | | 21.600 | 12.960 | 2.552 |
| 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 = 240g: 1 cup, melted Measure 2 = 144g: 1 cup, sliced

Measure 3 = 28.35g: 1 oz

NDB No. 01006 Cheese, brie

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | | | | | Amount in edible portion of common | | | |
|--------|--------|---|-----------------------------|---|-------------------------------------|--|--|--|------------|
| | | Nu | ımber | • | | | <u>m</u> | easures of food | _ |
| | | of | Data | Deriv | Source | Confidence | | | |
| s | Mean | Std. Error Po | oints | Code | Code | Code | Measure 1 | Measure 2 | Measure |
| | | | | | | | | | |
| g | 51.80 | 0.493 | 14 | | 1 | | 127.43 | 14.69 | 8.81 |
| kcal | 300 | | 0 | NC | 4 | | 737 | 85 | 51 |
| kj | 1253 | | | | 4 | | 3083 | 355 | 213 |
| g | 19.80 | 0.367 | 12 | | 1 | | 48.71 | 5.61 | 3.37 |
| g | 24.26 | 0.608 | 13 | | 1 | | 59.68 | 6.88 | 4.12 |
| | 3.68 | 0.135 | 8 | | 1 | | 9.05 | 1.04 | 0.63 |
| | 0.46 | | 0 | NC | _ | | 1.13 | 0.13 | 0.08 |
| | | | | | | | 0.0 | 0.0 | 0.0 |
| | 0.46 | | 0 | NR | 4 | | 1.13 | 0.13 | 0.08 |
| g | | | | | | | | | |
| | | | | | | | | | |
| mg | 388 | 52.899 | 11 | | 1 | | 953 | 110 | 66 |
| mg | 0.33 | 0.065 | 5 | | 1 | | 0.81 | 0.09 | 0.0 |
| | 20 | 1.484 | 10 | | 1 | | 49 | 6 | 3 |
| • | 347 | 20.812 | 10 | | 1 | | 853 | 98 | 59 |
| | 187 | 21.500 | 9 | | | | | 53 | 32 |
| | | | | | | | | | 143 |
| _ | | | | | | | | | 0.4 |
| | | | | | | | | | 0.0 |
| | | | | CAZN | | | | | 0.0 2.5 |
| Tillog | 14.5 | | U | CAZN | 4 | | 33.7 | 4.1 | 2.5 |
| | | | | | | | | | |
| - | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | 0.0 |
| | | | 11 | | | | 0.069 | 0.008 | 0.0 |
| | | | | | | | | | 0.0 |
| _ | | | | | _ | | | | 0.1 |
| - | | | | | _ | | | | 0.2 |
| - | | | | | | | | | 0.0 |
| | | 8.839 | | | | | | | 11 0 |
| | | 0 030 | | 4 | | | | | 11 |
| | | 0.039 | | NC | | | | | 11 |
| | | 0.086 | | 110 | | | | | 0.2 |
| | 820 | 0.000 | 0 | NC | 4 | | 2017 | | 139 |
| | 241 | | 0 | NC | 4 | | 593 | 68 | 41 |
| | 240 | | 0 | NC | 4 | | 590 | 68 | 41 |
| | 0.21 | | 0 | BFFN | 4 | | 0.51 | 0.06 | 0.0 |
| mg | | | | | | | | | |
| mg | | | | | | | | | |
| | | | | | | | | | |
| | | | | | - | | | | 2.0 |
| mcg | 2.0 | | U | BFFN | 4 | | 5.0 | 0.6 | 0.3 |
| | | | | | | | | | |
| g | 15.259 | ı | 0 | | 1 | | 37.537 | 4.326 | 2.5 |
| g | 0.494 | | 2 | | 1 | | 1.215 | 0.140 | 0.0 |
| | | | 2 | | 1 | | 0.696 | 0.080 | 0.0 |
| - | | | 7 | | 1 | | 0.640 | 0.074 | 0.0 |
| | | | 7 | | | | 1.451 | 0.167 | 0.1 |
| | 0.442 | 0.063 | 7 | | 1 | | 1.087 | 0.125 | 0.0 |
| | 0.000 | 0.000 | - | | 4 | | | 0 761 | |
| _ | 2.686 | 0.086 | , | | 1 | | 6.608 | 0.761 | 0.4 |
| - | 7 007 | 0 241 | 7 | | 1 | | 17 770 | 2 040 | 1.2 |
| - | 1.221 | 0.341 | ′ | | 1 | | 17.770 | 2.049 | 1.2 |
| - | 2.524 | 0.166 | 7 | | 1 | | 6 209 | 0 716 | 0.4 |
| ٠ | | 0.100 | • | | _ | | 0.203 | 0.710 | U. T |
| g | | | | | | | | | |
| | g | g 51.80 kcal 300 kj 1253 g 19.80 g 24.26 g 3.68 g 0.46 g 0.0 g 0.46 g 0.0 g 0.46 g 0.33 mg 0.33 mg 20 mg 347 mg 187 mg 842 mg 0.038 mg 0.021 mg 0.038 mcg 14.5 mg 0.028 mg 0.488 mg 0.227 mg 0.227 mg 0.21 mg 0.220 mcg 62 mcg 62 mcg 1.30 lU 820 mcg 62 mcg 1.30 lU 820 mcg AEE mg 0.21 mg mg 0.21 mg mg mg mg lU 12.000 mg mg mg mg mg mg lU 12.000 mcg 2.0 g 0.494 g 0.283 g 0.260 g 0.590 g 0.442 g g 2.686 g 9 g 7.227 | Mean Std. Error Policy S | s Mean Std. Error Points Std. Error Points Std. Error Points | ## Mean Std. Error Points Code g | Search Std. Error Points Code Code | S Mean Std. Error Points Code Code Code Code Code Code Code Code | Second S | S |

| | | <u>Aı</u> | mount in 100 g | | | ole portic | <u>on</u> | | edible portion of easures of food | |
|------------------------------------|-------|-----------|----------------|---|-------|----------------|--------------------|-----------|-----------------------------------|-----------|
| Nutrients and U | Jnits | Mean | | | Deriv | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | | |
| Fatty acids, total monounsaturate | | 7.023 | | 0 | | 1 | | 17.277 | 1.991 | 1.194 |
| 15:1 | - | | | | | | | | | |
| 16:1 undifferentiated | | 0.883 | 0.056 | 7 | | 1 | | 2.172 | 0.250 | 0.150 |
| 17:1 | - | | | | | | | | | |
| 18:1 undifferentiated | g | 5.752 | 0.302 | 7 | | 1 | | 14.150 | 1.631 | 0.978 |
| 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 | g | | | | | | | | | |
| Fatty acids, total polyunsaturated | lg | 0.724 | | 0 | | 1 | | 1.781 | 0.205 | 0.123 |
| 18:2 undifferentiated | | 0.450 | 0.041 | 7 | | 1 | | 1.107 | 0.128 | 0.077 |
| 18:3 undifferentiated | g | 0.274 | 0.022 | 7 | | 1 | | 0.674 | 0.078 | 0.047 |
| 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 | 72 | 4.445 | 4 | | 1 | | 177 | 20 | 12 |
| Phytosterols | mg | | | | | | | | | |
| | | | | | | | | | | |
| Amino Acids: | _ | | | _ | | _ | | | | |
| Tryptophan | | 0.307 | | 0 | | 1 | | 0.755 | 0.087 | 0.052 |
| Threonine | - | 0.717 | | 0 | | 1 | | 1.764 | 0.203 | 0.122 |
| Isoleucine | | 0.968 | | 0 | | 1 | | 2.381 | 0.274 | 0.165 |
| Leucine | - | 1.840 | | 0 | | 1 1 | | 4.526 | 0.522 | 0.313 |
| Lysine | | 1.766 | | 0 | | 1 | | 4.344 | 0.501 | 0.300 |
| Methionine | | 0.565 | | 0 | | 1 | | 1.390 | 0.160 | 0.096 |
| Cystine | | 0.109 | | | | | | 0.268 | 0.031 | 0.019 |
| Phenylalanine | | 1.105 | | 0 | | 1 | | 2.718 | 0.313 | 0.188 |
| Tyrosine | = | 1.145 | | 0 | | 1 | | 2.817 | 0.325 | 0.195 |
| Valine | | 1.279 | | 0 | | 1 | | 3.146 | 0.363 | 0.217 |
| Arginine | | 0.701 | | 0 | | 1 | | 1.724 | 0.199 | 0.119 |
| Histidine | | 0.683 | | 0 | | 1 | | 1.680 | 0.194 | 0.116 |
| Alanine | | 0.819 | | 0 | | 1 | | 2.015 | 0.232 | 0.139 |
| Aspartic acid | | 1.288 | | 0 | | 1 | | 3.168 | 0.365 | 0.219 |
| Glutamic acid | | 4.187 | | 0 | | 1 | | 10.300 | 1.187 | 0.712 |
| Glycine | | 0.379 | | 0 | | 1 | | 0.932 | 0.107 | 0.064 |
| Proline | | 2.346 | | 0 | | 1 | | 5.771 | 0.665 | 0.399 |
| Serine | _ | 1.114 | | 0 | | 1 | | 2.740 | 0.316 | 0.189 |
| Hydroxyproline | g | | | | | | | | | |
| Others: | | | | | | | | | | |
| Alcohol, ethyl | а | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine | | 0 | | 0 | z | 7 | | 0 | 0 | 0 |
| Theobromine | | 0 | | 0 | z | 7 | | 0 | 0 | 0 |
| Carotenoids: | 9 | | | | | | | · · | · | · · |
| <u> </u> | | | | | | | | | | |
| Carotene, beta | | 12 | | 0 | NR | 4 | | 29.520 | 3.402 | 2.040 |
| 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 = 246g: 1 cup Measure 2 = 28.35g: 1 oz Measure 3 = 17g: 1 cubic inch NDB No. 01007 Cheese, camembert

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>Aı</u> | mount in 100 gı | rams o | t edib | ie portio | <u>on</u> | Amount in | edible portion | of common |
|--------------------------------|---|----------------|-----------------|--------|--------|-----------|------------|----------------|-----------------|-----------|
| | | | Nur | nber | | | | <u>m</u> | easures of food | <u> </u> |
| | | | | | Deriv | Source | Confidence | | | |
| Nutrients and Unit | ts | Mean | Std. Error Po | | | Code | Code | Measure 1 | Measure 2 | Measure |
| | | | | | | | | | | |
| Proximates: | | | | | | | | | | |
| Water | = | 39.28 | 0.550 | 4 | | 1 | | 11.14 | | |
| Energy | kcal | 376 | | 0 | NC | 4 | | 107 | | |
| Energy | | 1573 | | | | 4 | | 446 | | |
| Protein (N x 6.38) | | 25.18 | 0.189 | 4 | | 1 | | 7.14 | | |
| Total lipid (fat) | - | 29.20 | 1.389 | 4 | | 1 | | 8.28 | | |
| Ash | | 3.28 | 0.155 | 4 | | 1 | | 0.93 | | |
| Carbohydrate, by difference | | 3.06 | | 0 | NC | 4 | | 0.87 | | |
| Fiber, total dietary | | 0.0 | | 0 | | 4 | | 0.0 | | |
| Sugars, total | = | | | | | | | | | |
| Starch | g | | | | | | | | | |
| Minerals: | | | | | | | | | | |
| Calcium, Ca | mg | 673 | 9.821 | 3 | | 1 | | 191 | | |
| Iron, Fe | • | 0.64 | | 0 | | 4 | | 0.18 | | |
| Magnesium, Mg | - | 22 | | 1 | | 1 | | 6 | | |
| Phosphorus, P | | 490 | | 1 | | 1 | | 139 | | |
| Potassium, K | mg | 93 | | 0 | | 4 | | 26 | | |
| Sodium, Na | mg | 690 | | 0 | | 1 | | 196 | | |
| Zinc, Zn | | 2.94 | | 0 | | 4 | | 0.83 | | |
| Copper, Cu | - | 0.024 | | 0 | | 1 | | 0.007 | | |
| Manganese, Mn | | 0.021 | | 0 | | 1 | | 0.006 | | |
| Selenium, Se | mcg | 14.5 | | 0 | CAZN | 4 | | 4.1 | | |
| Vitamins: | | | | | | | | | | |
| Vitamin C, total ascorbic acid | - | 0.0 | | 0 | | 1 | | 0.0 | | |
| Thiamin | - | 0.031 | | 1 | | 1 | | 0.009 | | |
| Riboflavin | - | 0.450 | | 3 1 | | 1 1 | | 0.128 | | |
| Niacin Pantothenic acid | - | 0.180 0.190 | | 1 | | 1 | | 0.051 0.054 | | |
| Vitamin B-6 | | 0.190 | | 0 | | 4 | | 0.034 | | |
| Folate, total | | 18 | ı | 0 | | 4 | | 5 | | |
| Folic acid | | 0 | | 0 | z | 7 | | 0 | | |
| Folate, food | | 18 | | 0 | 4 | 4 | | 5 | | |
| Folate, DFE | | 18 | | 0 | NC | 4 | | 5 | | |
| Vitamin B-12 | | 0.27 | | 1 | | 1 | | 0.08 | | |
| Vitamin A, IU | | 1054 | 38.549 | 4 | | 1 | | 299 | | |
| Vitamin A, RAE | mca RAE | 271 | | 0 | NC | 4 | | 77 | | |
| Retinol | | 262 | | 0 | NC | 4 | | 74 | | |
| Vitamin E (alpha-tocopherol) | | | | | | | | | | |
| Tocopherol, beta | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| Lipids: | | | | | | | | | | |
| Fatty acids, total saturated | g | 18.584 | | 0 | | 4 | | 5.269 | | |
| 4:0 | | 0.922 | | 0 | | 4 | | 0.261 | | |
| 6:0 | | 0.466 | | 0 | | 4 | | 0.132 | | |
| 8:0 | _ | 0.246 | | 0 | | 4 | | 0.070 | | |
| 10:0 | _ | 0.529 | | 0 | | 4 | | 0.150 | | |
| 12:0 | _ | 0.477 | , | 0 | | 4 | | 0.135 | | |
| 13:0 | | | | • | | | | | | |
| 14:0 | | 2.934 | ŀ | 0 | | 4 | | 0.832 | | |
| 15:0 | | | | • | | | | | | |
| 16:0 | | 8.638 | i | 0 | | 4 | | 2.449 | | |
| 17:0 | | 2 521 | | • | | 4 | | 1 001 | | |
| 18:0 | | 3.531 | • | 0 | | 4 | | 1.001 | | |
| 20:0 | | | | | | | | | | |
| 22:0 24:0 | | | | | | | | | | |

| | | <u>Ar</u> | nount in 10 | 00 grams | of edib | ole portio | <u>n</u> | | edible portion o | of common |
|------------------------------------|----|-----------|-------------|-------------------|---------|----------------|--------------------|-----------|------------------|-----------|
| | | | | Number | | | | <u>m</u> | easures of food | |
| Nutrients and Uni | ts | Mean | Std. Error | of Data Points | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total monounsaturated | g | 8.275 | | 0 | | 4 | | 2.346 | | |
| 14:1 | g | | | | | | | | | |
| 15:1 | g | | | | | | | | | |
| 16:1 undifferentiated | _ | 0.885 | | 0 | | 4 | | 0.251 | | |
| 17:1 | | | | | | | | | | |
| 18:1 undifferentiated | g | 6.965 | | 0 | | 4 | | 1.975 | | |
| 20:1 | g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 22:1 undifferentiated | - | 0.000 | | 0 | | 4 | | 0.000 | | |
| 24:1 c | | | | | | | | | | |
| Fatty acids, total polyunsaturated | g | 0.830 | | 0 | | 4 | | 0.235 | | |
| 18:2 undifferentiated | | 0.508 | | 0 | | 4 | | 0.144 | | |
| 18:3 undifferentiated | | 0.322 | | 0 | | 4 | | 0.091 | | |
| 18:4 | g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 20:2 n-6 c,c | g | | | | | | | | | |
| 20:3 undifferentiated | _ | | | | | | | | | |
| 20:4 undifferentiated | _ | | | | | | | | | |
| 20:5 n-3 | g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 22:5 n-3 | g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 22:6 n-3 | _ | 0.000 | | 0 | | 4 | | 0.000 | | |
| Fatty acids, total trans | - | | | | | | | | | |
| Cholesterol | mg | 93 | | 0 | | 4 | | 26 | | |
| Phytosterols | mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan | g | 0.324 | | 0 | | 4 | | 0.092 | | |
| Threonine | g | 0.896 | | 0 | | 4 | | 0.254 | | |
| Isoleucine | g | 1.563 | | 0 | | 4 | | 0.443 | | |
| Leucine | g | 2.412 | | 0 | | 4 | | 0.684 | | |
| Lysine | g | 2.095 | | 0 | | 4 | | 0.594 | | |
| Methionine | g | 0.659 | | 0 | | 4 | | 0.187 | | |
| Cystine | g | 0.126 | | 0 | | 4 | | 0.036 | | |
| Phenylalanine | g | 1.326 | | 0 | | 4 | | 0.376 | | |
| Tyrosine | g | 1.216 | | 0 | | 4 | | 0.345 | | |
| Valine | g | 1.682 | | 0 | | 4 | | 0.477 | | |
| Arginine | g | 0.952 | | 0 | | 4 | | 0.270 | | |
| Histidine | g | 0.884 | | 0 | | 4 | | 0.251 | | |
| Alanine | g | 0.711 | | 0 | | 4 | | 0.202 | | |
| Aspartic acid | g | 1.618 | | 0 | | 4 | | 0.459 | | |
| Glutamic acid | g | 6.160 | | 0 | | 4 | | 1.746 | | |
| Glycine | g | 0.439 | | 0 | | 4 | | 0.124 | | |
| Proline | g | 2.838 | | 0 | | 4 | | 0.805 | | |
| Serine | g | 1.472 | | 0 | | 4 | | 0.417 | | |
| Hydroxyproline | g | | | | | | | | | |

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products tent Database for Standard Reference, Release 17 (2004)

| | | <u>Aı</u> | mount in 100 g | | | ole portio | <u>on</u> | | edible portion | |
|--------------------------------|------|-----------|----------------|-------|-------|------------|------------|------------|-----------------|---------|
| | | | Nu | ımber | | | | <u>m</u> e | easures of food | _ |
| | | | of | Data | Deriv | Source | Confidence | | | |
| Nutrients and Uni | ts | Mean | Std. Error Po | oints | Code | Code | Code | Measure 1 | Measure 2 | Measure |
| | | | | | | | | | | |
| Proximates: Water | g | 36.75 | 0.175 | 108 | | 1 | | 48.51 | 89.67 | 41.53 |
| Energy | - | 403 | | 0 | NC | 4 | | 531 | 982 | 455 |
| Energy | | 1684 | | | | 4 | | 2223 | 4110 | 1903 |
| Protein (N x 6.38) | | 24.90 | 0.275 | 42 | | 1 | | 32.87 | 60.76 | 28.14 |
| Total lipid (fat) | | 33.14 | 0.206 | 106 | | 1 | | 43.74 | 80.86 | 37.45 |
| Ash | | 3.93 | 0.146 | 79 | | 1 | | 5.19 | 9.59 | 4.44 |
| | | 1.28 | 0.140 | 0 | NC | 4 | | 1.69 | | 1.45 |
| Carbohydrate, by difference | | | | 0 | NC | 4 | | | 3.12 | 0.0 |
| Fiber, total dietary | | 0.0 | | | | | | 0.0 | 0.0 | |
| Sugars, total | | 0.52 | 0.003 | 3 | | 1 | | 0.69 | 1.28 | 0.59 |
| Sucrose | g | 0.24 | 0.023 | 3 | | 1 | | 0.32 | 0.59 | 0.27 |
| Glucose (dextrose) | g | | | | | | | | | |
| Fructose | g | | | | | | | | | |
| Lactose | g | 0.23 | 0.056 | 3 | | 1 | | 0.30 | 0.55 | 0.26 |
| Maltose | g | 0.15 | | 1 | | 1 | | 0.20 | 0.37 | 0.17 |
| Galactose | | | | | | | | | | |
| Starch | | | | | | | | | | |
| | | | | | | | | | | |
| <u>Minerals:</u> | | | | | | _ | | | | |
| Calcium, Ca | | 721 | 10.770 | 33 | | 1 | | 952 | 1760 | 815 |
| Iron, Fe | | 0.68 | 0.054 | 10 | | 1 | | 0.90 | 1.66 | 0.7 |
| Magnesium, Mg | | 28 | 1.064 | 25 | | 1 | | 37 | 68 | 31 |
| Phosphorus, P | | 512 | 18.133 | 23 | | 1 | | 676 | 1250 | 579 |
| Potassium, K | | 98 | 4.682 | 64 | | 1 | | 130 | 240 | 111 |
| Sodium, Na | | 621 | 21.149 | 24 | | 1 | | 819 | 1514 | 701 |
| Zinc, Zn | | 3.11 | 0.201 | 11 | | 1 | | 4.11 | 7.59 | 3.5 |
| Copper, Cu | | 0.031 | | 0 | | 1 | | 0.041 | 0.076 | 0.0 |
| Manganese, Mn | | 0.010 | | 0 | _ | 1 | | 0.013 | 0.024 | 0.0 |
| Selenium, Se | rncg | 13.9 | 0.539 | 37 | A | 1 | | 18.3 | 33.9 | 15.7 |
| Vitamins: | ma | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | 0.0 |
| Vitamin C, total ascorbic acid | | 0.027 | 0.004 | 18 | | 1 | | 0.036 | 0.0 0.066 | 0.0 |
| ThiaminRiboflavin | _ | 0.027 | | 25 | | 1 | | 0.495 | 0.066 | 0.0 |
| | _ | 0.080 | | 52 | | 1 | | 0.106 | 0.915 | 0.4 |
| Niacin | | | | 38 | | 1 | | | | |
| Pantothenic acid | _ | 0.413 | | | | _ | | 0.545 | 1.008 | 0.4 |
| Vitamin B-6. | | 0.074 | | 81 | | 1 | | 0.098 | 0.181 | 0.0 |
| Folate, total | | 18 | 2.918 | 12 | _ | 1 | | 24 | 44 | 21 |
| Folic acid | | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food | | 18 | 2.918 | 12 | | 1 | | 24 | 44 | 21 |
| Folate, DFE | | 18 | | 0 | NC | 4 | | 24 | 44 | 21 |
| Vitamin B-12 | | 0.83 | 0.053 | 21 | | 1 | | 1.09 | 2.02 | 0.9 |
| Vitamin A, IU | IU | 1002 | | 0 | NC | 4 | | 1322 | 2444 | 1132 |
| Vitamin A, RAE | | 265 | | 0 | NC | 4 | | 350 | 647 | 300 |
| Retinol | - | 258 | | 0 | NC | 4 | | 341 | 630 | 292 |
| Vitamin E (alpha-tocopherol) | mg | 0.29 | | 2 | A | 1 | | 0.38 | 0.70 | 0.3 |
| Tocopherol, beta | | | | | | | | | | |
| Tocopherol, gamma | | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | 0.0 |
| Tocopherol, delta | _ | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | 0.0 |
| Vitamin D | | 12.000 | | 0 | T | 4 | | 15.840 | 29.280 | 13.5 |
| Vitamin K (phylloquinone) | mcg | 2.8 | 0.067 | 3 | JO | 11 | | 3.7 | 6.8 | 3.1 |
| Lipids: | | | | | | | | | | |
| Fatty acids, total saturated | g | 21.092 | | 0 | | 1 | | 27.841 | 51.464 | 23.8 |
| 4:0 | g | 1.046 | 0.072 | 6 | | 1 | | 1.381 | 2.552 | 1.1 |
| 6:0 | g | 0.529 | 0.078 | 5 | | 1 | | 0.698 | 1.291 | 0.5 |
| 8:0 | g | 0.279 | 0.025 | 17 | | 1 | | 0.368 | 0.681 | 0.3 |
| 10:0 | g | 0.600 | 0.037 | 18 | | 1 | | 0.792 | 1.464 | 0.6 |
| 12:0 | g | 0.541 | 0.059 | 18 | | 1 | | 0.714 | 1.320 | 0.6 |
| 13:0 | g | | | | | | | | | |
| 14:0 | - | 3.330 | 0.059 | 18 | | 1 | | 4.396 | 8.125 | 3.7 |
| 15:0 | - | | | | | | | | | |

| | | An | nount in 100 gr | ams of ed | ble portio | <u>on</u> | | edible portion o | f common |
|--|------|----------------|-----------------|------------|------------|--------------------|----------------|------------------|----------------|
| Nutrients and Ur | nits | Mean | | Data Deriv | | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| 16:0 17:0 | - | 9.803 | 0.315 | 18 | 1 | | 12.940 | 23.919 | 11.077 |
| 18:0 | - | 4.007 | 0.162 | 18 | 1 | | 5.289 | 9.777 | 4.528 |
| 20:0 | - | | | | | | | | |
| 22:0 | g | | | | | | | | |
| 24:0 | | | | | | | | | |
| Fatty acids, total monounsaturated | | 9.391 | | 0 | 1 | | 12.396 | 22.914 | 10.612 |
| 14:1 15:1 | | | | | | | | | |
| 16:1 undifferentiated | - | 1.004 | 0.042 | 18 | 1 | | 1.325 | 2.450 | 1.135 |
| 17:1 | | | | | | | | | |
| 18:1 undifferentiated | g | 7.905 | 0.234 | 18 | 1 | | 10.435 | 19.288 | 8.933 |
| 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 | | 0.040 | | 0 | 1 | | 1 042 | 0.000 | 1.064 |
| Fatty acids, total polyunsaturated 18:2 undifferentiated | | 0.942 0.577 | 0.041 | 18 | 1 | | 1.243 0.762 | 2.298 1.408 | 0.652 |
| 18:3 undifferentiated | | 0.377 | | 17 | 1 | | 0.482 | 0.891 | 0.412 |
| 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 | - | 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 | | 105 | 1.617 | 9 | 1 | | 138 | 256 | 119 |
| Phytosterols | | 103 | 1.017 | • | - | | 130 | 230 | 117 |
| , | | | | | | | | | |
| Amino Acids: | ~ | 0.320 | | 0 | 1 | | 0.400 | 0.701 | 0.000 |
| TryptophanThreonine | | 0.320 | | 0 | 1 | | 0.422 1.170 | 0.781 2.162 | 0.362 1.001 |
| Isoleucine | - | 1.546 | | 0 | 1 | | 2.041 | 3.772 | 1.747 |
| Leucine | - | 2.385 | | 0 | 1 | | 3.148 | 5.819 | 2.695 |
| Lysine | - | 2.072 | | 0 | 1 | | 2.735 | 5.056 | 2.341 |
| Methionine | g | 0.652 | | 0 | 1 | | 0.861 | 1.591 | 0.737 |
| Cystine | g | 0.125 | | 0 | 1 | | 0.165 | 0.305 | 0.141 |
| Phenylalanine | | 1.311 | | 0 | 1 | | 1.731 | 3.199 | 1.481 |
| Tyrosine | | 1.202 | | 0 | 1 | | 1.587 | 2.933 | 1.358 |
| Valine | - | 1.663 0.941 | | 0 | 1 1 | | 2.195 1.242 | 4.058 2.296 | 1.879 1.063 |
| Arginine Histidine | | 0.941 | | 0 | 1 | | 1.154 | 2.133 | 0.988 |
| Alanine | - | 0.703 | | 0 | 1 | | 0.928 | 1.715 | 0.794 |
| Aspartic acid | | 1.600 | | 0 | 1 | | 2.112 | 3.904 | 1.808 |
| Glutamic acid | | 6.092 | | 0 | 1 | | 8.041 | 14.864 | 6.884 |
| Glycine | g | 0.429 | | 0 | 1 | | 0.566 | 1.047 | 0.485 |
| Proline | g | 2.806 | | 0 | 1 | | 3.704 | 6.847 | 3.171 |
| Serine | | 1.456 | | 0 | 1 | | 1.922 | 3.553 | 1.645 |
| Hydroxyproline | g | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl | g | 0.0 | | 0 | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine | | 0 | | 0 z | 7 | | 0 | 0 | 0 |
| Theobromine | mg | 0 | | 0 z | 7 | | 0 | 0 | 0 |
| Carotenoids: | | | | | | | | | |
| Carotene, beta | | 85 | | 2 A | 1 | | 112.200 | 207.400 | 96.050 |
| Carotene, alpha | | 0 | | 2 A | 1 | | 0.000 | 0.000 | 0.000 |
| Cryptoxanthin, beta | | 0 | | 2 A | 1 | | 0.000 | 0.000 | 0.000 |
| Lycopene | | 0 | | 2 A 2 A | 1 1 | | 0.000 0.000 | 0.000 0.000 | 0.000 0.000 |
| Lutein + zeaxanthin | g | U | | _ A | 1 | | 0.000 | 0.000 | 0.000 |

NDB No. 01009 Cheese, cheddar

Common Measures:

Measure 1 = 132g: 1 cup, diced Measure 2 = 244g: 1 cup, melted Measure 3 = 113g: 1 cup, shredded

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>Aı</u> | mount in 100 g | rams | ot edik | ole portio | <u>n</u> | Amount in | edible portion | of common |
|--------------------------------|---|-----------|----------------|------|---------|------------|------------|-----------|-----------------|-----------|
| | | | Nu | mber | | | | m | easures of food | |
| | | | | | Deriv | Source | Confidence | | | |
| Nutrients and Uni | its | Mean | Std. Error Po | | | Code | Code | Measure 1 | Measure 2 | Measure |
| | | | | | | | | | | |
| Proximates: | | | | | | | | | | |
| Water | g | 37.65 | 0.752 | 20 | | 1 | | 10.67 | | |
| Energy | kcal | 387 | | 0 | NC | 4 | | 110 | | |
| Energy | kj | 1620 | | | | 4 | | 459 | | |
| Protein (N x 6.38) | g | 23.37 | | 12 | | 1 | | 6.63 | | |
| Total lipid (fat) | g | 30.60 | | 4 | | 1 | | 8.68 | | |
| Ash | g | 3.60 | 0.101 | 3 | | 1 | | 1.02 | | |
| Carbohydrate, by difference | g | 4.78 | | 0 | NC | 4 | | 1.36 | | |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| Ainerals: | | | | | | | | | | |
| Calcium, Ca | ma | 643 | | 7 | | 1 | | 182 | | |
| Iron. Fe. | _ | 0.21 | | 4 | | 1 | | 0.06 | | |
| Magnesium, Mg | • | 21 | | 4 | | 1 | | 6 | | |
| Phosphorus, P | | 464 | | 7 | | 1 | | 131 | | |
| Potassium, K | - | 95 | | 4 | | 1 | | 27 | | |
| Sodium, Na | | 700 | | 4 | | 1 | | 198 | | |
| Zinc, Zn | _ | 2.79 | | 0 | | 4 | | 0.79 | | |
| Copper, Cu | | 0.042 | , | 0 | | 1 | | 0.012 | | |
| Manganese, Mn | | 0.012 | | 0 | | 1 | | 0.003 | | |
| Selenium, Se | | 14.5 | • | 0 | CAZN | 4 | | 4.1 | | |
| Scientini, Sc | 9 | | | · | 021221 | - | | | | |
| <u>/itamins:</u> | | | | | | | | | | |
| Vitamin C, total ascorbic acid | | 0.0 | | 0 | | 1 | | 0.0 | | |
| Thiamin | | 0.046 | 0.001 | 11 | | 1 | | 0.013 | | |
| Riboflavin | mg | 0.293 | 0.014 | 11 | | 1 | | 0.083 | | |
| Niacin | mg | 0.080 | 1 | 0 | | 4 | | 0.023 | | |
| Pantothenic acid | mg | 0.413 | 1 | 0 | | 4 | | 0.117 | | |
| Vitamin B-6 | mg | 0.074 | | 0 | | 4 | | 0.021 | | |
| Folate, total | mcg | 18 | | 0 | | 4 | | 5 | | |
| Folic acid | | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food | mcg | 18 | | 0 | | 4 | | 5 | | |
| Folate, DFE | mcg_DFE | 18 | | 0 | NC | 4 | | 5 | | |
| Vitamin B-12 | mcg | 0.83 | | 0 | | 4 | | 0.23 | | |
| Vitamin A, IU | | 985 | | 2 | | 1 | | 279 | | |
| Vitamin A, RAE | mcg_RAE | 233 | | 0 | NC | 4 | | 66 | | |
| Retinol | | 220 | | 0 | NC | 4 | | 62 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| ipids: | | | | | | | | | | |
| Fatty acids, total saturated | a | 19.475 | i | 0 | | 4 | | 5.521 | | |
| 4:0 | | 0.966 | | 0 | | 4 | | 0.274 | | |
| 6:0 | | 0.488 | | 0 | | 4 | | 0.138 | | |
| 8:0 | | 0.258 | | 0 | | 4 | | 0.138 | | |
| 10:0 | _ | 0.554 | | 0 | | 4 | | 0.073 | | |
| 12:0 | | 0.500 | | 0 | | 4 | | 0.137 | | |
| 13:0 | _ | 0.500 | | 3 | | 7 | | V.142 | | |
| 14:0 | _ | 3.075 | • | 0 | | 4 | | 0.872 | | |
| 15:0 | | 3.075 | • | J | | * | | 0.072 | | |
| | - | 9.052 | • | 0 | | 4 | | 2.566 | | |
| 16:0 | | 9.052 | • | U | | 4 | | 2.300 | | |
| 17:0 | | 3.700 | | 0 | | 4 | | 1 040 | | |
| 18:0 | | 3.700 | • | J | | 4 | | 1.049 | | |
| 20:0 | - | | | | | | | | | |
| 22:0 24:0 | | | | | | | | | | |

| | | <u>Ar</u> | mount in 10 | | | <u>on</u> | Amount in edible portion of common measures of food | | | |
|-------------------------------------|------|-----------|-------------|--------|--|-----------|---|-----------|-----------------|-----------|
| | | | | Number | | 0 | Confidence | 1111 | easures or root | <u> </u> |
| Nutrients and Un | iits | Mean | Std. Error | | | Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total monounsaturated. | a | 8.671 | | 0 | | 4 | | 2.458 | | |
| 14:1 | | 0.071 | | Ū | | - | | 2.430 | | |
| 15:1 | | | | | | | | | | |
| 16:1 undifferentiated | | 0.927 | | 0 | | 4 | | 0.263 | | |
| 17:1 | - | | | | | | | | | |
| 18:1 undifferentiated | | 7.299 | | 0 | | 4 | | 2.069 | | |
| 20:1 | _ | 0.000 | | 0 | | 4 | | 0.000 | | |
| 22:1 undifferentiated | - | 0.000 | | 0 | | 4 | | 0.000 | | |
| 24:1 c | | 2.000 | | - | | = | | | | |
| Fatty acids, total polyunsaturated | | 0.870 | | 0 | | 4 | | 0.247 | | |
| 18:2 undifferentiated | | 0.533 | | 0 | | 4 | | 0.151 | | |
| 18:3 undifferentiated | - | 0.337 | | 0 | | 4 | | 0.096 | | |
| 18:4 | | 0.000 | | 0 | | 4 | | 0.000 | | |
| 20:2 n-6 c.c. | | 0.000 | | · | | - | | 0.000 | | |
| 20:3 undifferentiated | - | | | | | | | | | |
| 20:4 undifferentiated | - | | | | | | | | | |
| 20:5 n-3 | - | 0.000 | | 0 | | 4 | | 0.000 | | |
| 22:5 n-3 | _ | 0.000 | | 0 | | 4 | | 0.000 | | |
| 22:6 n-3 | | 0.000 | | 0 | | 4 | | 0.000 | | |
| Fatty acids, total trans | | 0.000 | | · | | - | | 0.000 | | |
| Cholesterol | - | 103 | | 1 | | 1 | | 29 | | |
| Phytosterols | - | | | | | | | | | |
| - | | | | | | | | | | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan | - | 0.300 | | 0 | | 1 | | 0.085 | | |
| Threonine | _ | 0.832 | | 0 | | 1 | | 0.236 | | |
| Isoleucine | g | 1.451 | | 0 | | 1 | | 0.411 | | |
| Leucine | g | 2.238 | | 0 | | 1 | | 0.634 | | |
| Lysine | _ | 1.945 | | 0 | | 1 | | 0.551 | | |
| Methionine | _ | 0.612 | | 0 | | 1 | | 0.174 | | |
| Cystine | | 0.117 | | 0 | | 1 | | 0.033 | | |
| Phenylalanine | g | 1.231 | | 0 | | 1 | | 0.349 | | |
| Tyrosine | g | 1.128 | | 0 | | 1 | | 0.320 | | |
| Valine | g | 1.560 | | 0 | | 1 | | 0.442 | | |
| Arginine | g | 0.883 | | 0 | | 1 | | 0.250 | | |
| Histidine | g | 0.821 | | 0 | | 1 | | 0.233 | | |
| Alanine | g | 0.659 | | 0 | | 1 | | 0.187 | | |
| Aspartic acid | g | 1.502 | | 0 | | 1 | | 0.426 | | |
| Glutamic acid | g | 5.718 | | 0 | | 1 | | 1.621 | | |
| Glycine | g | 0.403 | | 0 | | 1 | | 0.114 | | |
| Proline | g | 2.634 | | 0 | | 1 | | 0.747 | | |
| Serine | g | 1.366 | | 0 | | 1 | | 0.387 | | |
| Hydroxyproline | g | | | | | | | | | |

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products USDA National Nutrient Database for Standard Reference, Release 17 (2004)

| | | <u>Aı</u> | mount in 100 g | grams | of edib | le portion | 1 | Amount in | edible portion | of common |
|---------------------------------------|--------|------------|----------------|---------|---------|------------|------------|------------|-----------------|-----------|
| | | | Nı | ımber | | | | me | easures of food | |
| | | | | | Deriv | Source | Confidence | | | |
| Nutrients and Un | its | Mean | Std. Error Po | | | Code | Code | Measure 1 | Measure 2 | Measure |
| | | | | | | | | | | |
| Proximates: | _ | | | | | _ | | 50.40 | | 10.00 |
| Water | = | 38.20 | 0.326 | 28 | | 1 | | 50.42 | 43.17 | 10.83 |
| Energy | | 394 | | 0 | NC | 4 | | 520 | 445 | 112 |
| Energy | | 1647 | | | | 4 | | 2174 | 1861 | 467 |
| Protein (N x 6.38) | | 23.76 | 0.431 | 20 | | 1 | | 31.36 | 26.85 | 6.74 |
| Total lipid (fat) | g | 32.11 | 0.359 | 32 | | 1 | | 42.39 | 36.28 | 9.10 |
| Ash | 9 | 3.36 | 0.168 | 16 | | 1 | | 4.44 | 3.80 | 0.95 |
| Carbohydrate, by difference | g | 2.57 | | 0 | NC | 4 | | 3.39 | 2.90 | 0.73 |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total | g | 0.52 | | 0 | BFNN | 4 | | 0.68 | 0.58 | 0.15 |
| Starch | g | | | | | | | | | |
| M:1 | | | | | | | | | | |
| Minerals: | ma | 685 | 15.598 | 16 | | 1 | | 904 | 774 | 194 |
| Calcium, Ca | | 0.76 | 0.046 | 16 4 | | 1 | | 1.00 | 0.86 | 0.2 |
| Iron, Fe | | 26 | 1.373 | 4 12 | | 1 | | 1.00 34 | 29 | 7 |
| Magnesium, Mg | | 26 457 | 7.800 | 12 | | 1 | | 34 603 | 29 516 | 129 |
| Phosphorus, P | | 457 127 | 16.038 | 12 | | 1 | | 603 167 | 516 143 | 129 36 |
| Potassium, K | | 604 | 26.255 | 12 | | 1 | | 167 798 | 143 683 | 36 171 |
| Sodium, Na | | 3.07 | 0.023 | 4 | | 1 | | 4.05 | 3.47 | 0.8 |
| Zinc, Zn | | 0.042 | | 0 | | 1 | | 0.055 | 0.047 | 0.8 |
| Copper, Cu | | 0.042 | | 0 | | 1 | | 0.035 | 0.047 | 0.0 |
| Manganese, Mn | | 14.5 | | 0 | CAZN | 4 | | 19.1 | 16.4 | 4.1 |
| Selenium, Se | Ilicy | 14.5 | | U | CAZN | 4 | | 19.1 | 16.4 | 4.1 |
| Vitamins: | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | 0.0 |
| Thiamin | mg | 0.015 | 0.001 | 8 | | 1 | | 0.020 | 0.017 | 0.0 |
| Riboflavin | | 0.375 | 0.017 | 13 | | 1 | | 0.495 | 0.424 | 0.10 |
| Niacin | | 0.093 | 0.024 | 9 | | 1 | | 0.123 | 0.105 | 0.0 |
| Pantothenic acid | - | 0.210 |) | 1 | | 1 | | 0.277 | 0.237 | 0.0 |
| Vitamin B-6 | - | 0.079 | 0.023 | 7 | | 1 | | 0.104 | 0.089 | 0.0 |
| Folate, total | - | 18 | | 0 | | 4 | | 24 | 21 | 5 |
| Folic acid | | 0 | | 0 | z | 7 | | 0 | 0 | 0 |
| Folate, food | | 18 | | 0 | | 4 | | 24 | 21 | 5 |
| Folate, DFE | | 18 | | 0 | NC | 4 | | 24 | 21 | 5 |
| Vitamin B-12 | | 0.83 | 0.079 | 7 | | 1 | | 1.09 | 0.93 | 0.2 |
| Vitamin A, IU | | 994 | | 0 | NC | 4 | | 1312 | 1123 | 282 |
| Vitamin A, RAE | | 264 | | 0 | NC | 4 | | 348 | 298 | 75 |
| Retinol | | 257 | | 0 | NC | 4 | | 339 | 290 | 73 |
| Vitamin E (alpha-tocopherol) | | 0.28 | | 0 | BFFN | 4 | | 0.36 | 0.31 | 0.0 |
| Tocopherol, beta | | 0.20 | | Ū | DEEM | - | | 0.50 | 0.31 | 0.00 |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | |
| Vitamin D | | | | | | | | | | |
| Vitamin K (phylloquinone) | | 2.7 | | 0 | BFFN | 4 | | 3.5 | 3.0 | 0.8 |
| , , , , , , , , , , , , , , , , , , , | ······ | | | | | | | | | |
| Lipids: | | | | | | | | | | |
| Fatty acids, total saturated | g | 20.218 | | 0 | | 1 | | 26.688 | 22.846 | 5.7 |
| 4:0 | g | 1.041 | | 1 | | 1 | | 1.374 | 1.176 | 0.2 |
| 6:0 | g | 0.259 | 0.020 | 8 | | 1 | | 0.342 | 0.293 | 0.0 |
| 8:0 | g | 0.324 | 0.024 | 8 | | 1 | | 0.428 | 0.366 | 0.0 |
| 10:0 | g | 0.597 | 0.042 | 8 | | 1 | | 0.788 | 0.675 | 0.1 |
| 12:0 | g | 0.422 | 0.016 | 8 | | 1 | | 0.557 | 0.477 | 0.1 |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 3.831 | 0.149 | 8 | | 1 | | 5.057 | 4.329 | 1.0 |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 8.232 | 0.361 | 8 | | 1 | | 10.866 | 9.302 | 2.3 |
| 17:0 | - | | | | | | | | | |
| 18:0 | - | 3.630 | 0.277 | 8 | | 1 | | 4.792 | 4.102 | 1.0 |
| 20:0 | - | | | | | | | | | |
| 22:0 | - | | | | | | | | | |
| 24:0 | - | | | | | | | | | |

| | | <u>Ar</u> | mount in 100 g | | Amount in edible portion of common measures of food | | | | | |
|-----------------------------------|---|-----------|----------------|---|---|----------------|--------------------|-----------|-----------|-----------|
| Nutrients and | llnits | Mean | | | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Nutrients and | Omis | Wican | Ota. Error | | | | | Wedsure 1 | Measure 2 | Wedsure 0 |
| Fatty acids, total monounsatura | itedg | 9.280 | | 0 | | 1 | | 12.250 | 10.486 | 2.631 |
| 14:1 | | | | | | | | | | |
| 15:1 | g | | | | | | | | | |
| 16:1 undifferentiated | g | 0.979 | 0.050 | 8 | | 1 | | 1.292 | 1.106 | 0.278 |
| 17:1 | _ | | | | | | | | | |
| 18:1 undifferentiated | _ | 7.813 | 0.335 | 8 | | 1 | | 10.313 | 8.829 | 2.215 |
| 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 | g | | | | | | | | | |
| Fatty acids, total polyunsaturate | edg | 0.953 | | 0 | | 1 | | 1.258 | 1.077 | 0.270 |
| 18:2 undifferentiated | g | 0.676 | | 8 | | 1 | | 0.892 | 0.764 | 0.192 |
| 18:3 undifferentiated | g | 0.277 | 0.049 | 8 | | 1 | | 0.366 | 0.313 | 0.079 |
| 18:4 | _ | 0.000 | | 0 | | 1 | | 0.000 | 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 | 0.000 |
| 20:5 n-3 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 22:5 n-3 | _ | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 95 | 2.962 | 4 | | 1 | | 125 | 107 | 27 |
| Phytosterols | mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan | а | 0.305 | | 0 | | 1 | | 0.403 | 0.345 | 0.086 |
| Threonine | | 0.845 | | 0 | | 1 | | 1.115 | 0.955 | 0.240 |
| Isoleucine | _ | 1.475 | | 0 | | 1 | | 1.947 | 1.667 | 0.418 |
| Leucine | - | 2.275 | | 0 | | 1 | | 3.003 | 2.571 | 0.645 |
| Lysine | _ | 1.978 | | 0 | | 1 | | 2.611 | 2.235 | 0.561 |
| Methionine | | 0.622 | | 0 | | 1 | | 0.821 | 0.703 | 0.176 |
| Cystine | | 0.119 | | 0 | | 1 | | 0.157 | 0.134 | 0.034 |
| Phenylalanine | | 1.251 | | 0 | | 1 | | 1.651 | 1.414 | 0.355 |
| Tyrosine | | 1.147 | | 0 | | 1 | | 1.514 | 1.296 | 0.325 |
| Valine | _ | 1.586 | | 0 | | 1 | | 2.094 | 1.792 | 0.450 |
| Arginine. | - | 0.898 | | 0 | | 1 | | 1.185 | 1.015 | 0.255 |
| Histidine | • | 0.834 | | 0 | | 1 | | 1.101 | 0.942 | 0.236 |
| Alanine | - | 0.670 | | 0 | | 1 | | 0.884 | 0.757 | 0.190 |
| Aspartic acid | | 1.527 | | 0 | | 1 | | 2.016 | 1.726 | 0.433 |
| Glutamic acid | | 5.813 | | 0 | | 1 | | 7.673 | 6.569 | 1.648 |
| Glycine | _ | 0.410 | | 0 | | 1 | | 0.541 | 0.463 | 0.116 |
| Proline | | 2.678 | | 0 | | 1 | | 3.535 | 3.026 | 0.759 |
| Serine | _ | 1.389 | | 0 | | 1 | | 1.833 | 1.570 | 0.394 |
| Hydroxyproline | | 1.505 | | Ü | | - | | 1.055 | 1.370 | 0.334 |
| Trydroxypromic | 9 | | | | | | | | | |
| 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 | mca | 82 | | 0 | BFFN | 4 | | 108.713 | 93.065 | 23.349 |
| 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 |
| -, -vp• | | 0 | | 0 | z | 7 | | 0.000 | 0.000 | 0.000 |

Common Measures:

Measure 1 = 132g: 1 cup, diced Measure 2 = 113g: 1 cup, shredded

Measure 3 = 28.35g: 1 oz

NDB No. 01011 Cheese, colby

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | Amount in 100 grams of edible portion | | | | | | | Amount in edible portion of common | | |
|--------------------------------|------|---------------------------------------|---------------|-------|-------|--------|------------|------------|------------------------------------|---------|--|
| | | | Nu | mber | - | | | <u>m</u> e | easures of food | | |
| | | | of | Data | Deriv | Source | Confidence | | | | |
| Nutrients and Units | | Mean | Std. Error Po | oints | Code | Code | Code | Measure 1 | Measure 2 | Measure | |
| roximates: | | | | | | | | | | | |
| Water | g | 78.96 | 0.089 | 301 | | 1 | | 89.22 | 165.82 | 177.66 | |
| Energy | kcal | 103 | | 0 | NC | 4 | | 117 | 217 | 233 | |
| Energy | kj | 432 | | | | 4 | | 489 | 908 | 973 | |
| Protein (N x 6.38) | g | 12.49 | 0.159 | 69 | | 1 | | 14.11 | 26.23 | 28.10 | |
| Total lipid (fat) | g | 4.51 | 0.052 | 279 | | 1 | | 5.10 | 9.47 | 10.15 | |
| Ash | g | 1.36 | 0.063 | 17 | | 1 | | 1.54 | 2.86 | 3.06 | |
| Carbohydrate, by difference | g | 2.68 | | 0 | NC | 4 | | 3.03 | 5.63 | 6.03 | |
| Fiber, total dietary | | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 | |
| Sugars, total | g | 0.29 | | 0 | BFNN | 4 | | 0.32 | 0.60 | 0.65 | |
| Starch | | | | | | | | | | | |
| · | | | | | | | | | | | |
| <u>linerals:</u> | | | 2 22- | | | _ | | | 105 | | |
| Calcium, Ca | - | 60 | 2.085 | 50 | | 1 | | 68 | 126 | 135 | |
| Iron, Fe | | 0.14 | 0.013 | 5 | | 1 | | 0.16 | 0.29 | 0.3 | |
| Magnesium, Mg | | 5 | 0.263 | 25 | | 1 | | 6 | 11 | 12 | |
| Phosphorus, P | - | 132 | 3.504 | 35 | | 1 | | 149 | 277 | 297 | |
| Potassium, K | - | 84 | 8.694 | 12 | | 1 | | 95 | 177 | 190 | |
| Sodium, Na | | 405 | 25.487 | 22 | | 1 | | 457 | 850 | 911 | |
| Zinc, Zn | - | 0.37 | 0.029 | 11 | | 1 | | 0.42 | 0.78 | 0.8 | |
| Copper, Cu | | 0.028 | | 0 | | 1 | | 0.032 | 0.059 | 0.0 | |
| Manganese, Mn | | 0.003 | | 0 | _ | 1 | | 0.003 | 0.006 | 0.0 | |
| Selenium, Se | mcg | 9.0 | 0.371 | 102 | A | 1 | | 10.2 | 18.9 | 20.3 | |
| itamins: | | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | 0.0 | |
| Thiamin | - | 0.021 | 0.003 | 16 | | 1 | | 0.024 | 0.044 | 0.0 | |
| Riboflavin | | 0.163 | | 26 | | 1 | | 0.184 | 0.342 | 0.3 | |
| Niacin | | 0.126 | | 22 | | 1 | | 0.142 | 0.265 | 0.2 | |
| Pantothenic acid | - | 0.213 | | 29 | | 1 | | 0.241 | 0.447 | 0.4 | |
| Vitamin B-6 | - | 0.067 | | 47 | | 1 | | 0.076 | 0.141 | 0.1 | |
| Folate, total | - | 12 | 1.350 | 4 | | 1 | | 14 | 26 | 27 | |
| Folic acid | | 0 | 2.555 | 0 | z | 7 | | 0 | 0 | 0 | |
| Folate, food | | 12 | 1.350 | 4 | _ | 1 | | 14 | 26 | 27 | |
| Folate, DFE | | 12 | 1.550 | 0 | NC | 4 | | 14 | 26 | 27 | |
| Vitamin B-12 | | 0.62 | 0.097 | 15 | 110 | 1 | | 0.70 | 1.31 | 1.4 | |
| Vitamin A, IU | | 163 | 0.037 | 0 | NC | 4 | | 184 | 341 | 366 | |
| Vitamin A, RAE | | 44 | | 0 | NC | 4 | | 50 | 92 | 99 | |
| Retinol | | 43 | | 0 | NC | 4 | | 49 | 90 | 97 | |
| Vitamin E (alpha-tocopherol) | | 0.04 | | 0 | BFFN | 4 | | 0.04 | 0.08 | 0.0 | |
| Tocopherol, beta | | 0.04 | | Ü | DEFN | - | | 0.04 | 0.08 | 0.0 | |
| Tocopherol, gamma | | | | | | | | | | | |
| | | | | | | | | | | | |
| Tocopherol, delta Vitamin D | | | | | | | | | | | |
| Vitamin K (phylloquinone) | | 0.4 | | 0 | BFFN | 4 | | 0.4 | 0.8 | 0.8 | |
| | | | | | | | | | | | |
| <u>ipids:</u> | | | | | | | | | | | |
| Fatty acids, total saturated | | 2.853 | | 0 | | 1 | | 3.224 | 5.991 | 6.4 | |
| 4:0 | | 0.145 | | 1 | | 1 | | 0.164 | 0.305 | 0.3 | |
| 6:0 | - | 0.032 | | 1 | | 1 | | 0.036 | 0.067 | 0.0 | |
| 8:0 | | 0.036 | | 7 | | 1 | | 0.041 | 0.076 | 0.0 | |
| 10:0 | | 0.082 | | 7 | | 1 | | 0.093 | 0.172 | 0.1 | |
| 12:0 | | 0.072 | 0.013 | 7 | | 1 | | 0.081 | 0.151 | 0.1 | |
| 13:0 | | _ | _ | _ | | _ | | | | | |
| 14:0 | | 0.472 | 0.015 | 7 | | 1 | | 0.533 | 0.991 | 1.0 | |
| 15:0 | | | | | | | | | | | |
| 16:0 | _ | 1.363 | 0.027 | 7 | | 1 | | 1.540 | 2.862 | 3.0 | |
| 17:0 | _ | | | | | | | | | | |
| 18:0 | _ | 0.515 | 0.021 | 7 | | 1 | | 0.582 | 1.082 | 1.1 | |
| 20:0 | g | | | | | | | | | | |
| | | | | | | | | | | | |

| | | <u>Aı</u> | mount in 100 | | 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 monounsatura 14:1 | | 1.285 | | 0 | | 1 | | 1.452 | 2.699 | 2.891 |
| 15:1 | g | | | | | | | | | |
| 16:1 undifferentiated | g | 0.161 | 0.013 | 7 | | 1 | | 0.182 | 0.338 | 0.362 |
| 17:1 | • | | | | | | | | | |
| 18:1 undifferentiated | _ | 1.056 | | 7 | | 1 | | 1.193 | 2.218 | 2.376 |
| 20:1 | - | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated | • | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 24:1 c | | | | _ | | _ | | | | |
| Fatty acids, total polyunsaturate | | 0.139 | | 0 | | 1 | | 0.157 | 0.292 | 0.313 |
| 18:2 undifferentiated | | 0.099 | | 7 | | 1 | | 0.112 | 0.208 | 0.223 |
| 18:3 undifferentiated | _ | 0.040 | | 7 | | 1 | | 0.045 | 0.084 | 0.090 |
| 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 | | 1.5 | 1.483 | - | | 1 | | 17 | 21 | 24 |
| Cholesterol | - | 15 | 1.483 | 5 | | 1 | | 17 | 31 | 34 |
| Phytosterols | Ing | | | | | | | | | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan | g | 0.139 | | 0 | | 1 | | 0.157 | 0.292 | 0.313 |
| Threonine | g | 0.554 | | 0 | | 1 | | 0.626 | 1.163 | 1.247 |
| Isoleucine | g | 0.734 | | 0 | | 1 | | 0.829 | 1.541 | 1.652 |
| Leucine | g | 1.284 | | 0 | | 1 | | 1.451 | 2.696 | 2.889 |
| Lysine | g | 1.010 | | 0 | | 1 | | 1.141 | 2.121 | 2.273 |
| Methionine | g | 0.376 | | 0 | | 1 | | 0.425 | 0.790 | 0.846 |
| Cystine | g | 0.116 | | 0 | | 1 | | 0.131 | 0.244 | 0.261 |
| Phenylalanine | g | 0.673 | | 0 | | 1 | | 0.760 | 1.413 | 1.514 |
| Tyrosine | g | 0.666 | | 0 | | 1 | | 0.753 | 1.399 | 1.499 |
| Valine | g | 0.773 | | 0 | | 1 | | 0.873 | 1.623 | 1.739 |
| Arginine | g | 0.570 | | 0 | | 1 | | 0.644 | 1.197 | 1.283 |
| Histidine | g | 0.415 | | 0 | | 1 | | 0.469 | 0.872 | 0.934 |
| Alanine | g | 0.648 | | 0 | | 1 | | 0.732 | 1.361 | 1.458 |
| Aspartic acid | g | 0.846 | | 0 | | 1 | | 0.956 | 1.777 | 1.904 |
| Glutamic acid | g | 2.706 | | 0 | | 1 | | 3.058 | 5.683 | 6.089 |
| Glycine | g | 0.272 | | 0 | | 1 | | 0.307 | 0.571 | 0.612 |
| Proline | g | 1.447 | | 0 | | 1 | | 1.635 | 3.039 | 3.256 |
| Serine | g | 0.701 | | 0 | | 1 | | 0.792 | 1.472 | 1.577 |
| Hydroxyproline | g | | | | | | | | | |
| 041 | | | | | | | | | | |
| Others: | _ | | | | | _ | | | | |
| Alcohol, ethyl | | 0.0 | | 0 | _ | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine | | 0 | | 0 | z z | 7 7 | | 0 | 0 | 0 |
| Theobromine | g | U | | U | Z | , | | 0 | U | 0 |
| Carotenoids: | | | | | | | | | | |
| Carotene, beta | mcg | 12 | | 0 | BFFN | 4 | | 13.071 | 24.292 | 26.027 |
| Carotene, alpha | mcg | 0 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| Cryptoxanthin, beta | mcg | 0 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| Lycopene | | 0 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| Lutein + zeaxanthin | mca | 0 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |

Common Measures:

Measure 1 = 113g: 4 oz

Measure 2 = 210g: 1 cup, large curd (not packed)

Measure 3 = 225g: 1 cup, small curd (not packed)

NDB No. 01012

Cheese, cottage, creamed, large or small curd

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>A</u> i | mount in 100 |) grams | of edil | ole portio | <u>n</u> | | edible portion of | of common |
|--------------------------------|---|----------------|--------------|---------|----------|------------|------------|----------------|-------------------|-----------|
| | | | ı | 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 3 |
| Proximates: | | | | | | | | | | |
| Water | g | 79.64 | | 0 | RA | 4 | | 179.99 | 90.00 | |
| Energy | kcal | 97 | | 0 | RA | 4 | | 219 | 109 | |
| Energy | kj | 405 | | 0 | RA | 4 | | 916 | 458 | |
| Protein (N x 6.38) | g | 10.69 | | 0 | RA | 4 | | 24.17 | 12.08 | |
| Total lipid (fat) | g | 3.85 | | 0 | RA | 4 | | 8.70 | 4.35 | |
| Ash | g | 1.20 | | 0 | RA | 4 | | 2.72 | 1.36 | |
| Carbohydrate, by difference | g | 4.61 | | 0 | RA | 4 | | 10.42 | 5.21 | |
| Fiber, total dietary | g | 0.2 | | 0 | RA | 4 | | 0.5 | 0.2 | |
| Sugars, total | | 2.38 | | 0 | RA | 4 | | 5.39 | 2.69 | |
| Starch | | | | | | | | | | |
| | | | | | | | | | | |
| Minerals: | | | | _ | | _ | | | | |
| Calcium, Ca | - | 53 | | 0 | RA | 4 | | 121 | 60 | |
| Iron, Fe | - | 0.16 | | 0 | RA | 4 | | 0.36 | 0.18 | |
| Magnesium, Mg | | 7 | | 0 | RA | 4 | | 15 | 8 | |
| Phosphorus, P | - | 113 | | 0 | RA | 4 | | 255 | 128 | |
| Potassium, K | - | 90 | | 0 | RA | 4 | | 204 | 102 | |
| Sodium, Na | • | 344 | | 0 | RA | 4 | | 778 | 389 | |
| Zinc, Zn | | 0.33 | | 0 | RA | 4 | | 0.75 | 0.37 | |
| Copper, Cu | | 0.040 | | 0 | RA | 4 | | 0.090 | 0.045 | |
| Manganese, Mn | | 0.003 | 3 | 0 | RA | 4 | | 0.006 | 0.003 | |
| Selenium, Se | mcg | 7.7 | | 0 | RA | 4 | | 17.4 | 8.7 | |
| Vitamins: | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 1.4 | | 0 | RA | 4 | | 3.2 | 1.6 | |
| Thiamin | - | 0.033 | 3 | 0 | RA | 4 | | 0.075 | 0.037 | |
| Riboflavin | - | 0.142 | 2 | 0 | RA | 4 | | 0.320 | 0.160 | |
| Niacin | = | 0.150 |) | 0 | RA | 4 | | 0.338 | 0.169 | |
| Pantothenic acid | - | 0.181 | L | 0 | RA | 4 | | 0.409 | 0.205 | |
| Vitamin B-6 | = | 0.068 | 3 | 0 | RA | 4 | | 0.154 | 0.077 | |
| Folate, total | - | 11 | | 0 | RA | 4 | | 25 | 13 | |
| Folic acid | | 0 | | 0 | RA | 4 | | 0 | 0 | |
| Folate, food | | 11 | | 0 | RA | 4 | | 25 | 13 | |
| Folate, DFE | | 11 | | 0 | NC | 4 | | 25 | 13 | |
| Vitamin B-12 | | 0.53 | | 0 | RA | 4 | | 1.20 | 0.60 | |
| Vitamin A, IU | | 146 | | 0 | RA | 4 | | 329 | 165 | |
| Vitamin A, RAE | | 38 | | 0 | RA | 4 | | 85 | 43 | |
| Retinol | | 37 | | 0 | RA | 4 | | 83 | 41 | |
| Vitamin E (alpha-tocopherol) | | 0.04 | | 0 | RA | 4 | | 0.08 | 0.04 | |
| Tocopherol, beta | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.4 | | 0 | RA | 4 | | 1.0 | 0.5 | |
| I inida. | | | | | | | | | | |
| Lipids: | | 0 211 | | • | | | | F 222 | 0 611 | |
| Fatty acids, total saturated | | 2.311 | | 0 0 | RA | 4 4 | | 5.222 | 2.611 | |
| 4:0 | | 0.123 | | 0 | RA | 4 | | 0.279 | 0.139 | |
| 6:0 | _ | 0.027 | | 0 | RA DA | 4 | | 0.061 | 0.031 | |
| 8:0 | _ | 0.031 0.070 | | 0 | RA RA | 4 | | 0.069 0.158 | 0.035 0.079 | |
| 10:0 | - | | | 0 | RA RA | 4 | | 0.158 0.138 | | |
| 12:0 | | 0.061 | • | U | KA | 4 | | 0.138 | 0.069 | |
| 13:0 | | 0 401 | | 0 | RA | 4 | | 0.907 | 0.453 | |
| 14:0 | | 0.401 | • | U | KA | 4 | | 0.907 | 0.453 | |
| 15:0 | | 1.159 | 2 | 0 | D.7 | 4 | | 2 600 | 1 210 | |
| 16:0 | | 1.159 | , | U | RA | 4 | | 2.620 | 1.310 | |
| 17:0 | _ | 0.400 | . | ^ | - | 4 | | 0 000 | 0.405 | |
| 18:0 20:0 | _ | 0.438 | • | 0 | RA | 4 | | 0.990 | 0.495 | |
| 70:0 | | | | | | | | | | |
| 22:0 | _ | | | | | | | | | |

| | | <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 | l Units | Mean | Std. Error | of Data Points | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total monounsatur | rated 0 | 1.036 | | 0 | RA | 4 | | 2.342 | 1.171 | |
| 14:1 | | | | | | | | | | |
| 15:1 | g | | | | | | | | | |
| 16:1 undifferentiated | g | 0.137 | | 0 | RA | 4 | | 0.310 | 0.155 | |
| 17:1 | - | | | | | | | | | |
| 18:1 undifferentiated | - | 0.899 | | 0 | RA | 4 | | 2.033 | 1.016 | |
| 20:1 | | 0.000 | | 0 | RA | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated | • | 0.000 | | 0 | RA | 4 | | 0.000 | 0.000 | |
| 24:1 c | | | | | | | | | | |
| Fatty acids, total polyunsatura | | 0.124 | | 0 | RA | 4 | | 0.281 | 0.140 | |
| 18:2 undifferentiated | | 0.088 | | 0 | RA | 4 | | 0.198 | 0.099 | |
| 18:3 undifferentiated | g | 0.037 | | 0 | RA | 4 | | 0.083 | 0.041 | |
| 18:4 | - | 0.000 | | 0 | RA | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c | - | | | | | | | | | |
| 20:3 undifferentiated | • | | | | | | | | | |
| 20:4 undifferentiated | | 0.000 | | 0 | RA | 4 | | 0.000 | 0.000 | |
| 20:5 n-3 | - | 0.000 | | 0 | RA | 4 | | 0.000 | 0.000 | |
| 22:5 n-3 | | 0.000 | | 0 | RA | 4 | | 0.000 | 0.000 | |
| 22:6 n-3 | | 0.000 | | 0 | RA | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 13 | | 0 | RA | 4 | | 29 | 14 | |
| Phytosterols | mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan | n | 0.118 | | 0 | RA | 4 | | 0.267 | 0.134 | |
| Threonine | | 0.471 | | 0 | RA | 4 | | 1.064 | 0.532 | |
| Isoleucine | - | 0.624 | | 0 | RA | 4 | | 1.410 | 0.705 | |
| Leucine | | 1.091 | | 0 | RA | 4 | | 2.467 | 1.233 | |
| Lysine | | 0.859 | | 0 | RA | 4 | | 1.940 | 0.970 | |
| Methionine | | 0.320 | | 0 | RA | 4 | | 0.722 | 0.361 | |
| Cystine | | 0.099 | | 0 | RA | 4 | | 0.223 | 0.111 | |
| Phenylalanine | | 0.572 | | 0 | RA | 4 | | 1.293 | 0.646 | |
| Tyrosine | | 0.566 | | 0 | RA | 4 | | 1.279 | 0.640 | |
| Valine | | 0.657 | | 0 | RA | 4 | | 1.485 | 0.742 | |
| Arginine | - | 0.485 | | 0 | RA | 4 | | 1.095 | 0.547 | |
| Histidine | | 0.353 | | 0 | RA | 4 | | 0.797 | 0.399 | |
| Alanine | - | 0.553 | | 0 | RA | 4 | | 1.245 | 0.622 | |
| Aspartic acid | | 0.719 | | 0 | RA | 4 | | 1.625 | 0.813 | |
| Glutamic acid | - | 2.300 | | 0 | RA | 4 | | 5.198 | 2.599 | |
| | | 0.231 | | 0 | RA RA | 4 | | 0.523 | 0.261 | |
| Glycine | | | | 0 | | 4 | | | | |
| Proline | | 1.230 0.596 | | 0 | RA RA | 4 | | 2.780 1.347 | 1.390 0.673 | |
| Serine | | 0.596 | | U | KA | 4 | | 1.347 | 0.673 | |
| Hydroxyproline | 9 | | | | | | | | | |
| Others: | | | | | | | | | | |
| Alcohol, ethyl | g | 0.0 | | 0 | RA | 4 | | 0.0 | 0.0 | |
| Caffeine | mg | 0 | | 0 | RA | 4 | | 0 | 0 | |
| Theobromine | mg | 0 | | 0 | RA | 4 | | 0 | 0 | |
| Carotenoids: | | | | | | | | | | |
| Carotene, beta | mca | 14 | | 0 | RA | 4 | | 32.391 | 16.196 | |
| | _ | 0 | | 0 | RA RA | 4 | | 0.000 | 0.000 | |
| Carotene, alpha | | 0 | | 0 | RA RA | 4 | | 0.000 | 0.000 | |
| Cryptoxanthin, beta | | 0 | | 0 | RA RA | 4 | | 0.000 | 0.000 | |
| Lycopene | | 0 | | 0 | | 4 | | 0.000 | 0.000 | |
| Lutein + zeaxanthin | IIICY | U | | U | RA | 4 | | 0.000 | 0.000 | |

Common Measures:

Measure 1 = 226g: 1 cup (not packed)

Measure 2 = 113g: 4 oz

NDB No. 01013

Cheese, cottage, creamed, with fruit

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>A</u> 1 | mount in 100 g | rams | of edib | ole portio | <u>n</u> | | edible portion | |
|------------------------------------|------|----------------|----------------|--------|---------|------------|------------|----------------|-----------------|-----------|
| | | | Nui | mber | | | | <u>m</u> | easures of food | <u> </u> |
| | | | of | Data | Deriv | Source | Confidence | | | |
| Nutrients and Uni | its | Mean | Std. Error Po | ints | Code | Code | Code | Measure 1 | Measure 2 | Measure 3 |
| Proximates: | | | | | | | | | | |
| Water | g | 82.48 | | 0 | | 1 | | 186.40 | 93.20 | |
| Energy | kcal | 72 | | 0 | NC | 4 | | 164 | 82 | |
| Energy | kj | 303 | | | | 4 | | 685 | 342 | |
| Protein (N x 6.38) | g | 12.39 | 0.455 | 8 | | 1 | | 28.00 | 14.00 | |
| Total lipid (fat) | g | 1.02 | 0.097 | 5 | | 1 | | 2.31 | 1.15 | |
| Ash | g | 1.39 | 0.064 | 7 | | 1 | | 3.14 | 1.57 | |
| Carbohydrate, by difference | g | 2.72 | | 0 | NC | 4 | | 6.15 | 3.07 | |
| Fiber, total dietary | | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Sugars, total | g | 2.72 | | 0 | NR | 4 | | 6.15 | 3.07 | |
| Starch | g | | | | | | | | | |
| Minerals: | | | | | | | | | | |
| Calcium, Ca | mg | 61 | | 0 | | 1 | | 138 | 69 | |
| Iron, Fe | _ | 0.14 | | 0 | | 1 | | 0.32 | 0.16 | |
| Magnesium, Mg | _ | 5 | | 0 | | 1 | | 12 | 6 | |
| Phosphorus, P | | 134 | | 0 | | 1 | | 302 | 151 | |
| Potassium, K | _ | 86 | | 0 | | 1 | | 193 | 97 | |
| Sodium, Na | mg | 406 | | 0 | | 1 | | 918 | 459 | |
| Zinc, Zn | mg | 0.38 | | 0 | | 1 | | 0.86 | 0.43 | |
| Copper, Cu | mg | 0.028 | | 0 | | 1 | | 0.063 | 0.032 | |
| Manganese, Mn | | 0.003 | 3 | 0 | | 1 | | 0.007 | 0.003 | |
| Selenium, Se | mcg | 9.0 | | 0 | BFNN | 4 | | 20.3 | 10.2 | |
| Vitamins: | | | | | | | | | | |
| Vitamin C, total ascorbic acid | ma | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | |
| Thiamin | _ | 0.021 | _ | 0 | | 1 | | 0.047 | 0.024 | |
| Riboflavin | _ | 0.165 | 5 | 0 | | 1 | | 0.373 | 0.186 | |
| Niacin | mg | 0.128 | 3 | 0 | | 1 | | 0.289 | 0.145 | |
| Pantothenic acid | mg | 0.215 | i | 0 | | 1 | | 0.486 | 0.243 | |
| Vitamin B-6 | mg | 0.068 | 3 | 0 | | 1 | | 0.154 | 0.077 | |
| Folate, total | mcg | 12 | | 0 | | 1 | | 28 | 14 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | | 12 | | 0 | | 1 | | 28 | 14 | |
| Folate, DFE | | 12 | | 0 | NC | 4 | | 28 | 14 | |
| Vitamin B-12 | | 0.63 | | 0 | | 1 | | 1.43 | 0.72 | |
| Vitamin A, IU | | 41 | | 0 | NC | 4 | | 93 | 46 | |
| Vitamin A, RAE | | 11 | | 0 | NC | 4 | | 25 | 13 | |
| Retinol | | 11 | | 0 | NC | 4 | | 25 | 12 | |
| Vitamin E (alpha-tocopherol) | | 0.01 | | U | BFFN | 4 | | 0.02 | 0.01 | |
| Tocopherol, beta Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | |
| Vitamin D | | | | | | | | | | |
| Vitamin K (phylloquinone) | | 0.1 | | 0 | BFFN | 4 | | 0.2 | 0.1 | |
| | | | | | | | | | | |
| <u>Lipids:</u> | | | | | | | | | | |
| Fatty acids, total saturated | | 0.645 | | 0 | | 1 | | 1.458 | 0.729 | |
| 4:0 | | 0.033 | | 1 | | 1 | | 0.075 | 0.037 | |
| 6:0 | - | 0.007 | | 1 | | 1 | | 0.016 | 0.008 | |
| 8:0 | - | 0.008 | | 7 7 | | 1 1 | | 0.018 | 0.009 | |
| 10:0 | | 0.019 0.016 | | 7 | | 1 | | 0.043 0.036 | 0.021 0.018 | |
| 12:0 13:0 | | 0.016 | 0.003 | , | | 1 | | 0.036 | 0.018 | |
| 14:0 | | 0.107 | 0.011 | 7 | | 1 | | 0.242 | 0.121 | |
| 15:0 | | 0.107 | 0.011 | , | | 1 | | 0.242 | 0.121 | |
| 16:0 | | 0.308 | 0.030 | 7 | | 1 | | 0.696 | 0.348 | |
| 17:0 | | 0.500 | 0.050 | • | | - | | 3.050 | 0.540 | |
| 18:0 | - | 0.116 | 0.012 | 7 | | 1 | | 0.262 | 0.131 | |
| 20:0 | - | J.110 | 0.012 | • | | - | | 0.202 | 3.131 | |
| 22:0 | - | | | | | | | | | |
| 24:0 | - | | | | | | | | | |

| | | <u>Aı</u> | mount in 100 | | | ole portic | <u>on</u> | | edible portion of easures of food | |
|------------------------------------|------|-----------|--------------|---|-------|----------------|--------------------|-----------|-----------------------------------|-----------|
| Nutrients and Ur | nits | Mean | | | Deriv | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | | |
| Fatty acids, total monounsaturated | lg | 0.291 | | 0 | | 1 | | 0.658 | 0.329 | |
| 14:1 | g | | | | | | | | | |
| 15:1 | | | | | | | | | | |
| 16:1 undifferentiated | - | 0.036 | 0.005 | 7 | | 1 | | 0.081 | 0.041 | |
| 17:1 | - | | | | | | | | | |
| 18:1 undifferentiated | _ | 0.239 | | 7 | | 1 | | 0.540 | 0.270 | |
| 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 | | 0.031 | | 0 | | 1 | | 0.070 | 0.035 | |
| 18:2 undifferentiated | g | 0.022 | | | | 1 | | 0.050 | 0.025 | |
| 18:3 undifferentiated | - | 0.009 | | | | 1 | | 0.020 | 0.010 | |
| 18:4 | | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c | g | | | | | | | | | |
| 20:3 undifferentiated | g | | | | | | | | | |
| 20:4 undifferentiated | - | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:5 n-3 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 4 | | 0 | | 1 | | 10 | 5 | |
| Phytosterols | mg | | | | | | | | | |
| Amina Aaida | | | | | | | | | | |
| Amino Acids: | ~ | 0 120 | | • | | 1 | | 0.210 | 0.156 | |
| Tryptophan | | 0.138 | | 0 | | | | 0.312 | 0.156 | |
| Threonine | - | 0.550 | | 0 | | 1 | | 1.243 | 0.622 | |
| Isoleucine | | 0.728 | | 0 | | 1 | | 1.645 | 0.823 | |
| Leucine | _ | 1.274 | | 0 | | 1 | | 2.879 | 1.440 | |
| Lysine | | 1.002 | | 0 | | 1 | | 2.265 | 1.132 | |
| Methionine | | 0.373 | | 0 | | 1 | | 0.843 | 0.421 | |
| Cystine | | 0.115 | | 0 | | 1 | | 0.260 | 0.130 | |
| Phenylalanine | | 0.668 | | 0 | | 1 | | 1.510 | 0.755 | |
| Tyrosine | - | 0.660 | | 0 | | 1 | | 1.492 | 0.746 | |
| Valine | - | 0.767 | | 0 | | 1 | | 1.733 | 0.867 | |
| Arginine | | 0.565 | | 0 | | 1 | | 1.277 | 0.638 | |
| Histidine | | 0.412 | | 0 | | 1 | | 0.931 | 0.466 | |
| Alanine | | 0.643 | | 0 | | 1 | | 1.453 | 0.727 | |
| Aspartic acid | | 0.839 | | 0 | | 1 | | 1.896 | 0.948 | |
| Glutamic acid | - | 2.684 | | 0 | | 1 | | 6.066 | 3.033 | |
| Glycine | | 0.270 | | 0 | | 1 | | 0.610 | 0.305 | |
| Proline | g | 1.435 | | 0 | | 1 | | 3.243 | 1.622 | |
| Serine | | 0.695 | | 0 | | 1 | | 1.571 | 0.785 | |
| Hydroxyproline | g | | | | | | | | | |
| Others: | | | | | | | | | | |
| Alcohol, ethyl | а | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine | | 0 | | 0 | z | 7 | | 0 | 0.0 | |
| Theobromine | | 0 | | 0 | Z | 7 | | 0 | 0 | |
| | 9 | v | | Ū | | , | | Ū | J | |
| Carotenoids: | | | | | | | | | | |
| Carotene, beta | | 3 | | 0 | BFFN | 4 | | 5.913 | 2.956 | |
| 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 = 226g: 1 cup (not packed)

Measure 2 = 113g: 4 oz

NDB No. 01016

Cheese, cottage, lowfat, 1% milkfat

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>Aı</u> | mount in 10 | 00 grams | of edil | ole portio | <u>n</u> | | edible portion | |
|--------------------------------|---------|-----------|-------------|----------|---------|------------|------------|-----------|-----------------|----------|
| | | | | Number | | | | <u>m</u> | easures of food | <u>l</u> |
| | | | | of Data | Deriv | Source | Confidence | | | |
| Nutrients and Unit | ts | Mean | Std. Error | Points | Code | Code | Code | Measure 1 | Measure 2 | Measure |
| Proximates: | | | | | | | | | | |
| Water | g | 82.50 | | | | 1 | | 187.28 | | |
| Energy | kcal | 74 | | | | 1 | | 168 | | |
| Energy | kj | 310 | | | | 1 | | 703 | | |
| Protein | g | 12.40 | | | | 1 | | 28.15 | | |
| Total lipid (fat) | g | 1.00 | | | | 1 | | 2.27 | | |
| Ash | g | 0.90 | | 0 | NR | 4 | | 2.04 | | |
| Carbohydrate, by difference | g | 3.20 | | | NC | 4 | | 7.26 | | |
| Fiber, total dietary | g | 0.6 | | | | 4 | | 1.4 | | |
| Sugars, total | | 2.60 | | 0 | NR | 4 | | 5.90 | | |
| Starch | | | | | | | | | | |
| | _ | | | | | | | | | |
| Minerals: | | _ | | | | _ | | | | |
| Calcium, Ca | - | 53 | | | | 4 | | 120 | | |
| Iron, Fe | - | 0.14 | | | | 1 | | 0.32 | | |
| Magnesium, Mg | | 5 | | | | 1 | | 11 | | |
| Phosphorus, P | - | 134 | | | | 1 | | 304 | | |
| Potassium, K | | 86 | | | | 1 | | 195 | | |
| Sodium, Na | - | 220 | | | | 4 | | 499 | | |
| Zinc, Zn | | 0.38 | | | | 1 | | 0.86 | | |
| Copper, Cu | - | 0.028 | 3 | | | 4 | | 0.064 | | |
| Manganese, Mn | | | | | | _ | | | | |
| Selenium, Se | mcg | 9.0 | | 0 | BFNN | 4 | | 20.4 | | |
| Vitamins: | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | | | 1 | | 0.0 | | |
| Thiamin | - | 0.020 |) | | | 1 | | 0.045 | | |
| Riboflavin | - | 0.160 |) | | | 1 | | 0.363 | | |
| Niacin | | 0.130 |) | | | 1 | | 0.295 | | |
| Pantothenic acid | - | | | | | | | | | |
| Vitamin B-6 | - | 0.070 |) | | | 1 | | 0.159 | | |
| Folate, total | | 12 | | | | 1 | | 27 | | |
| Folic acid | | 0 | | 0 | z | 7 | | 0 | | |
| Folate, food | | 12 | | | | 1 | | 27 | | |
| Folate, DFE | mcg_DFE | 12 | | 0 | NC | 4 | | 27 | | |
| Vitamin B-12 | | 0.63 | | | | 1 | | 1.43 | | |
| Vitamin A, IU | IU | 40 | | 0 | NC | 4 | | 91 | | |
| Vitamin A, RAE | | 11 | | 0 | NC | 4 | | 25 | | |
| Retinol | | 11 | | 0 | BFFN | 4 | | 24 | | |
| Vitamin E (alpha-tocopherol) | | 0.01 | | 0 | BFFN | 4 | | 0.02 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.1 | | 0 | BFFN | 4 | | 0.2 | | |
| Lipids: | | | | | | | | | | |
| | 0 | 0.640 | | | | 1 | | 1.453 | | |
| Fatty acids, total saturated | | 0.030 | | | | 1 | | 0.068 | | |
| 4:0 6:0 | | 0.010 | | | | 1 | | 0.008 | | |
| 8:0 | | 0.010 | | | | 1 | | 0.023 | | |
| | - | 0.020 | | | | 1 | | 0.023 | | |
| 10:0 12:0 | - | 0.020 | | | | 1 | | 0.045 | | |
| 13:0 | _ | 0.020 | • | | | _ | | 0.045 | | |
| | | 0.110 | , | | | 1 | | 0.250 | | |
| 14:0 | | 0.110 | , | | | 1 | | 0.250 | | |
| 15:0 | | 0.310 | , | | | 1 | | 0.704 | | |
| 16:0 | | 0.310 | • | | | 1 | | 0.704 | | |
| 17:0 | | 0 100 | | | | 1 | | 0.070 | | |
| 18:0 | | 0.120 | , | | | 1 | | 0.272 | | |
| 20.0 | | | | | | | | | | |
| 20:0 | - | | | | | | | | | |

| | <u>Ar</u> | mount in 10 | 00 grams | of edil | ole portio | <u>en</u> | Amount in edible portion of common | | | |
|-------------------------------------|-----------|-------------|----------|---------|----------------|--------------------|------------------------------------|-----------------|-----------|--|
| Nutricute and Units | Maan | Std. Error | | Deriv | Source Code | Confidence Code | | easures of food | • | |
| Nutrients and Units | Mean | Sta. Error | FUIILS | Code | Code | Code | Measure 1 | Measure 2 | Measure 3 | |
| Fatty acids, total monounsaturatedg | 0.290 | | | | 1 | | 0.658 | | | |
| 14:1g | | | | | | | 0.000 | | | |
| 15:1 9 | | | | | | | | | | |
| 16:1 undifferentiated | 0.040 | | | | 1 | | 0.091 | | | |
| 17:1g | | | | | | | | | | |
| 18:1 undifferentiatedg | 0.240 | | | | 1 | | 0.545 | | | |
| 20:1g | 0.000 | | | | 1 | | 0.000 | | | |
| 22:1 undifferentiatedg | 0.000 | | | | 1 | | 0.000 | | | |
| 24:1 cg | | | | | | | | | | |
| Fatty acids, total polyunsaturated | 0.030 | | | | 1 | | 0.068 | | | |
| 18:2 undifferentiatedg | 0.020 | | | | 1 | | 0.045 | | | |
| 18:3 undifferentiatedg | 0.010 | | | | 1 | | 0.023 | | | |
| 18:4g | 0.000 | | | | 1 | | 0.000 | | | |
| 20:2 n-6 c,cg | | | | | | | | | | |
| 20:3 undifferentiatedg | | | | | | | | | | |
| 20:4 undifferentiatedg | 0.000 | | | | 1 | | 0.000 | | | |
| 20:5 n-3g | 0.000 | | | | 1 | | 0.000 | | | |
| 22:5 n-3g | 0.000 | | | | 1 | | 0.000 | | | |
| 22:6 n-3g | 0.000 | | | | 1 | | 0.000 | | | |
| Fatty acids, total transg | | | | | | | | | | |
| Cholesterolmg | 4 | | | | 1 | | 9 | | | |
| Phytosterolsmg | | | | | | | | | | |
| Others: | | | | | | | | | | |
| Alcohol, ethylg | 0.0 | | | | 7 | | 0.0 | | | |
| Caffeineg | 0 | | 0 | Z | 7 | | 0 | | | |
| Theobromine mg | 0 | | 0 | Z | 7 | | 0 | | | |
| Carotenoids: | | | | | | | | | | |
| Carotene, betamcg | 3 | | 0 | BFFN | 4 | | 5.822 | | | |
| Carotene, alphamcg | 0 | | 0 | z | 7 | | 0.000 | | | |
| Cryptoxanthin, betamcg | 0 | | 0 | z | 7 | | 0.000 | | | |
| Lycopenemcg | 0 | | 0 | z | 7 | | 0.000 | | | |
| Lutein + zeaxanthinmcg | 0 | | 0 | z | 7 | | 0.000 | | | |

Common Measures:

Measure 1 = 227g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

| | | | | | | | Amount in edible portion of common measures of food | | | |
|-------------------------------------|------|-------|------------|---------|-------|--------|---|------------|-----------------|----------|
| | | | | 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 | 83.50 | | | | 4 | | 188.71 | | |
| Energy | kcal | 72 | | | | 1 | | 163 | | |
| Energy | kj | 301 | | | | 1 | | 681 | | |
| Protein | g | 12.40 | | | | 1 | | 28.02 | | |
| Total lipid (fat) | g | 1.00 | | | | 1 | | 2.26 | | |
| Ash | g | 0.40 | | 0 | NR | 4 | | 0.90 | | |
| Carbohydrate, by difference | g | 2.70 | | | NC | 4 | | 6.10 | | |
| Fiber, total dietary | g | 0.0 | | | | 7 | | 0.0 | | |
| Sugars, total | g | 2.70 | | 0 | NR | 4 | | 6.10 | | |
| Starch | g | | | | | | | | | |
| M: | | | | | | | | | | |
| Minerals: | ma | 61 | | | | 1 | | 138 | | |
| Calcium, Ca | _ | 0.14 | | | | 1 | | 0.32 | | |
| Magnesium, Mg | _ | 5 | | | | 1 | | 0.32 11 | | |
| Phosphorus, P | | 134 | | | | 1 | | 303 | | |
| Potassium, K | _ | 86 | | | | 1 | | 194 | | |
| Sodium, Na | _ | 13 | | | | 1 | | 29 | | |
| Zinc, Zn | - | 0.38 | | | | 1 | | 0.86 | | |
| Copper, Cu | | 0.028 | t | | | 1 | | 0.063 | | |
| Manganese, Mn | _ | 0.020 | | | | - | | 0.000 | | |
| Selenium, Se | | 8.4 | | 0 | BFNN | 4 | | 19.0 | | |
| ŕ | | | | | | | | | | |
| <u> Vitamins:</u> | | | | | | | | | | |
| Vitamin C, total ascorbic acid | _ | 0.0 | | | | 7 | | 0.0 | | |
| Thiamin | - | 0.020 | | | | 1 | | 0.045 | | |
| Riboflavin | | 0.160 | | | | 1 | | 0.362 | | |
| Niacin | _ | 0.130 |) | | | 1 | | 0.294 | | |
| Pantothenic acid | - | | | | | | | | | |
| Vitamin B-6 | | 0.070 |) | | | 1 | | 0.158 | | |
| Folate, total | | 12 | | | _ | 1 | | 27 | | |
| Folic acid | | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food | | 12 | | • | *** | 1 | | 27 | | |
| Folate, DFE | | 12 | | 0 | NC | 4 | | 27 | | |
| Vitamin B-12 | | 0.63 | | • | *** | 1 | | 1.42 | | |
| Vitamin A, IU | | 40 | | 0 | NC | 4 | | 91 | | |
| Vitamin A, RAE | | 11 | | - | NC | 4 | | 25 | | |
| Retinol | | 11 | | 0 | BFFN | 4 | | 24 | | |
| Vitamin E (alpha-tocopherol) | | 0.01 | | U | BFFN | 4 | | 0.02 | | |
| Tocopherol, beta | | | | | | | | | | |
| Tocopherol, gamma Tocopherol, delta | | | | | | | | | | |
| Vitamin D | | | | | | | | | | |
| Vitamin K (phylloquinone) | | 0.1 | | 0 | BFFN | 4 | | 0.2 | | |
| vitamin K (phynoquinone) | g | 0.1 | | · | 22211 | • | | 0.2 | | |
| <u> Lipids:</u> | | | | | | | | | | |
| Fatty acids, total saturated | | 0.632 | | | | 4 | | 1.428 | | |
| 4:0 | | 0.031 | | | | 4 | | 0.070 | | |
| 6:0 | | 0.007 | | | | 4 | | 0.016 | | |
| 8:0 | - | 0.009 | | | | 4 | | 0.020 | | |
| 10:0 | - | 0.018 | | | | 4 | | 0.041 | | |
| 12:0 | - | 0.016 | j. | | | 4 | | 0.036 | | |
| 13:0 | | | | | | | | _ | | |
| 14:0 | | 0.104 | Į. | | | 4 | | 0.235 | | |
| 15:0 | | | | | | | | | | |
| 16:0 | | 0.302 | ? | | | 4 | | 0.683 | | |
| 17:0 | | | | | | | | | | |
| 18:0 | g | 0.115 | 5 | | | 4 | | 0.260 | | |
| 10.0 | | | | | | | | | | |
| 20:0 22:0 | - | | | | | | | | | |

| | | <u>Ar</u> | nount in 10 | 00 grams Number | | <u>on</u> | Amount in edible portion of common measures of food | | | |
|-----------------------------------|---|-----------|-------------|--------------------|------|----------------|---|-----------|-----------|-----------|
| Nutrients and | Units | Mean | Std. Error | | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | | |
| Fatty acids, total monounsatura | | 0.284 | | | | 4 | | 0.642 | | |
| 14:1 | | | | | | | | | | |
| 15:1 | - | | | | | | | | | |
| 16:1 undifferentiated | - | 0.036 | | | | 4 | | 0.081 | | |
| 17:1 | - | | | | | | | | | |
| 18:1 undifferentiated | - | 0.235 | | | | 4 | | 0.531 | | |
| 20:1 | - | 0.000 | | | | 4 | | 0.000 | | |
| 22:1 undifferentiated | • | 0.000 | | | | 4 | | 0.000 | | |
| 24:1 c | | | | | | | | | | |
| Fatty acids, total polyunsaturate | | 0.031 | | | | 4 | | 0.070 | | |
| 18:2 undifferentiated | | 0.022 | | | | 4 | | 0.050 | | |
| 18:3 undifferentiated | | 0.009 | | | | 4 | | 0.020 | | |
| 18:4 | | 0.000 | | | | 4 | | 0.000 | | |
| 20:2 n-6 c,c | • | | | | | | | | | |
| 20:3 undifferentiated | • | 0.000 | | | | 4 | | | | |
| 20:4 undifferentiated | - | | | | | 4 | | 0.000 | | |
| 20:5 n-3 | • | 0.000 | | | | 4 | | 0.000 | | |
| 22:5 n-3 | • | 0.000 | | | | 4 | | 0.000 | | |
| 22:6 n-3 | - | 0.000 | | | | 4 | | 0.000 | | |
| Fatty acids, total trans | | 4 | | | | 1 | | • | | |
| Cholesterol | _ | 4 | | | | 1 | | 9 | | |
| Phytosterols | Ing | | | | | | | | | |
| Others: | | | | | | | | | | |
| Alcohol, ethyl | g | 0.0 | | | | 7 | | 0.0 | | |
| Caffeine | mg | 0 | | 0 | Z | 7 | | 0 | | |
| Theobromine | mg | 0 | | 0 | Z | 7 | | 0 | | |
| Carotenoids: | | | | | | | | | | |
| Carotene, beta | mcg | 3 | | 0 | BFFN | 4 | | 5.797 | | |
| 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 = 226g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

| | | <u>Aı</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 Un | its | Mean | Std. Error | Points | Code | Code | Code | Measure 1 | Measure 2 | Measure |
| Proximates: | | | | | | | | | | |
| Water | g | 83.50 | | | | 4 | | 188.71 | | |
| Energy | kcal | 67 | | | | 4 | | 151 | | |
| Energy | kj | 280 | | | | 4 | | 634 | | |
| Protein | | 10.90 | | | | 4 | | 24.63 | | |
| Total lipid (fat) | g | 1.00 | | | | 4 | | 2.26 | | |
| Ash | | 1.60 | | 0 | NR | 4 | | 3.62 | | |
| Carbohydrate, by difference | | 3.00 | | | | 4 | | 6.78 | | |
| Fiber, total dietary | | 0.0 | | | | 7 | | 0.0 | | |
| Sugars, total | | 3.00 | | 0 | NR | 4 | | 6.78 | | |
| Starch | | | | | | | | | | |
| Survii | | | | | | | | | | |
| <u>Minerals:</u> | | | | | | | | | | |
| Calcium, Ca | - | 56 | | | | 4 | | 127 | | |
| Iron, Fe | - | 0.10 | | | | 4 | | 0.23 | | |
| Magnesium, Mg | mg | 4 | | | | 4 | | 9 | | |
| Phosphorus, P | mg | 128 | | | | 4 | | 289 | | |
| Potassium, K | | 86 | | | | 4 | | 194 | | |
| Sodium, Na | - | 403 | | | | 4 | | 911 | | |
| Zinc, Zn | | 0.29 | | | | 4 | | 0.66 | | |
| Copper, Cu | mg | 0.028 | 3 | | | 4 | | 0.063 | | |
| Manganese, Mn | <u>mg</u> | | | | | | | | | |
| Selenium, Se | mcg | 4.5 | | 0 | BFNN | 4 | | 10.2 | | |
| Vitamins: | | | | | | | | | | |
| Vitamin C, total ascorbic acid | ma | 4.0 | | | | 4 | | 9.0 | | |
| Thiamin | - | 0.010 | , | | | 4 | | 0.023 | | |
| Riboflavin | - | 0.010 | | | | 4 | | 0.294 | | |
| Niacin | | 0.100 | | | | 4 | | 0.234 | | |
| Pantothenic acid | - | 0.100 | • | | | - | | 0.220 | | |
| Vitamin B-6 | - | 0.050 | 1 | | | 4 | | 0.113 | | |
| Folate, total | | 10 | • | | | 4 | | 23 | | |
| Folic acid | | 0 | | 0 | z | 7 | | 0 | | |
| Folate, food | | 10 | | Ū | | 4 | | 23 | | |
| Folate, DFE | | 10 | | 0 | NC | 4 | | 23 | | |
| Vitamin B-12 | | 0.49 | | Ū | мс | 4 | | 1.11 | | |
| Vitamin A, IU | | 89 | | 0 | NC | 4 | | 200 | | |
| Vitamin A, RAE | | 13 | | 0 | NC | 4 | | 28 | | |
| | | 10 | | 0 | BFFN | 4 | | 22 | | |
| Retinol Vitamin E (alpha-tocopherol) | | 0.01 | | 0 | BFFN | 4 | | 0.03 | | |
| | | 0.01 | | U | DEEN | - | | 0.03 | | |
| Tocopherol, beta | | | | | | | | | | |
| Tocopherol, gamma Tocopherol, delta | | | | | | | | | | |
| Vitamin D | | | | | | | | | | |
| Vitamin K (phylloquinone) | | 2.6 | | 0 | BFFN | 4 | | 5.9 | | |
| ramin K (phynoquinone) | g | 2.0 | | Ū | DE E IN | 7 | | 5.5 | | |
| <u> Lipids:</u> | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.619 | • | | | 4 | | 1.399 | | |
| 4:0 | g | 0.029 | • | | | 4 | | 0.066 | | |
| 6:0 | g | 0.010 |) | | | 4 | | 0.023 | | |
| 8:0 | g | 0.010 |) | | | 4 | | 0.023 | | |
| 10:0 | g | 0.019 | • | | | 4 | | 0.043 | | |
| 12:0 | g | 0.019 | • | | | 4 | | 0.043 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.106 | 5 | | | 4 | | 0.240 | | |
| 15:0 | | | | | | | | | | |
| 16:0 | g | 0.302 | ! | | | 4 | | 0.683 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | | 0.116 | 5 | | | 4 | | 0.262 | | |
| 20:0 | | | | | | | | | | |
| 22:0 | - | | | | | | | | | |
| 24:0 | - | | | | | | | | | |

| | <u>Ar</u> | nount in 100 | grams | of edib | <u>n</u> | Amount in edible portion of common | | | |
|-------------------------------------|-----------|--------------|--------|---------|----------------|------------------------------------|------------|-----------------|-----------|
| | | | lumber | | | | <u>m</u> e | easures of food | |
| Nutrients and Units | Mean | Std. Error F | | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total monounsaturatedg | 0.282 | | | | 4 | | 0.637 | | |
| 14:1g | | | | | | | 0.00. | | |
| 15:1g | | | | | | | | | |
| 16:1 undifferentiatedg | 0.039 | | | | 4 | | 0.088 | | |
| 17:1g | | | | | | | | | |
| 18:1 undifferentiatedg | 0.233 | | | | 4 | | 0.527 | | |
| 20:1g | 0.000 | | | | 4 | | 0.000 | | |
| 22:1 undifferentiatedg | 0.000 | | | | 4 | | 0.000 | | |
| 24:1 cg | | | | | | | | | |
| Fatty acids, total polyunsaturatedg | 0.039 | | | | 4 | | 0.088 | | |
| 18:2 undifferentiatedg | 0.029 | | | | 4 | | 0.066 | | |
| 18:3 undifferentiatedg | 0.010 | | | | 4 | | 0.023 | | |
| 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 | 3 | | | | 4 | | 7 | | |
| Phytosterolsmg | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethylg | 0.0 | | | | 7 | | 0.0 | | |
| Caffeinemg | 0 | | 0 | Z | 7 | | 0 | | |
| Theobrominemg | 0 | | 0 | Z | 7 | | 0 | | |
| Carotenoids: | | | | | | | | | |
| Carotene, betamcg | 34 | | 0 | BFFN | 4 | | 76.183 | | |
| 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 | 16 | | 0 | BFZN | 4 | | 36.499 | | |

Common Measures:

Measure 1 = 226g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

| | | <u>Aı</u> | mount in 100 g | grams | of edib | le portio | <u>n</u> | | edible portion | |
|--------------------------------|------|-----------|----------------|-------|---------|-----------|------------|-----------|-----------------|----------|
| | | | Nι | ımber | • | | | <u>m</u> | easures of food | <u> </u> |
| | | | of | Data | Deriv | Source | Confidence | | | |
| Nutrients and Unit | s | Mean | Std. Error Po | oints | Code | Code | Code | Measure 1 | Measure 2 | Measure |
| Proximates: | | | | | | | | | | |
| Water | g | 79.31 | 0.491 | 7 | | 1 | | 179.24 | 89.62 | |
| Energy | kcal | 90 | | 0 | NC | 4 | | 203 | 101 | |
| Energy | kj | 375 | | | | 4 | | 848 | 424 | |
| Protein (N x 6.38) | g | 13.74 | 0.626 | 7 | | 1 | | 31.05 | 15.53 | |
| Total lipid (fat) | g | 1.93 | 0.061 | 11 | | 1 | | 4.36 | 2.18 | |
| Ash | g | 1.39 | | 0 | | 1 | | 3.14 | 1.57 | |
| Carbohydrate, by difference | g | 3.63 | | 0 | NC | 4 | | 8.20 | 4.10 | |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Sugars, total | g | 0.33 | | 0 | BFNN | 4 | | 0.74 | 0.37 | |
| Starch | g | | | | | | | | | |
| Ainerals: | | | | | | | | | | |
| Calcium, Ca | ma | 69 | | 0 | | 1 | | 155 | 77 | |
| Iron, Fe | - | 0.16 | | 0 | | 1 | | 0.36 | 0.18 | |
| Magnesium, Mg | - | 6 | | 0 | | 1 | | 14 | 7 | |
| Phosphorus, P | | 151 | | 0 | | 1 | | 340 | 170 | |
| Potassium, K | • | 96 | | 0 | | 1 | | 217 | 109 | |
| Sodium, Na | - | 406 | | 0 | | 1 | | 918 | 459 | |
| Zinc, Zn | - | 0.42 | | 0 | | 1 | | 0.95 | 0.47 | |
| Copper, Cu | mg | 0.028 | | 0 | | 1 | | 0.063 | 0.032 | |
| Manganese, Mn | mg | 0.003 | 1 | 0 | | 1 | | 0.007 | 0.003 | |
| Selenium, Se | mcg | 10.2 | | 0 | BFNN | 4 | | 23.1 | 11.5 | |
| itamins: | | | | | | | | | | |
| Vitamin C, total ascorbic acid | ma | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | |
| Thiamin | - | 0.024 | | 0 | | 1 | | 0.054 | 0.027 | |
| Riboflavin | - | 0.185 | | 0 | | 1 | | 0.418 | 0.209 | |
| Niacin | | 0.144 | | 0 | | 1 | | 0.325 | 0.163 | |
| Pantothenic acid | | 0.242 | | 0 | | 1 | | 0.547 | 0.273 | |
| Vitamin B-6 | - | 0.076 | | 0 | | 1 | | 0.172 | 0.086 | |
| Folate, total | - | 13 | | 0 | | 1 | | 30 | 15 | |
| Folic acid | | 0 | | 0 | z | 7 | | 0 | 0 | |
| Folate, food | | 13 | | 0 | | 1 | | 30 | 15 | |
| Folate, DFE | | 13 | | 0 | NC | 4 | | 30 | 15 | |
| Vitamin B-12 | | 0.71 | | 0 | | 1 | | 1.61 | 0.80 | |
| Vitamin A, IU | | 78 | | 0 | NC | 4 | | 177 | 88 | |
| Vitamin A, RAE | | 21 | | 0 | NC | 4 | | 48 | 24 | |
| Retinol | mcg | 21 | | 0 | NC | 4 | | 47 | 24 | |
| Vitamin E (alpha-tocopherol) | mg | 0.02 | | 0 | BFFN | 4 | | 0.04 | 0.02 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | |
| Vitamin D | | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.2 | | 0 | BFFN | 4 | | 0.4 | 0.2 | |
| ipids: | | | | | | | | | | |
| Fatty acids, total saturated | g | 1.221 | | 0 | | 1 | | 2.759 | 1.380 | |
| 4:0 | | 0.062 | | 1 | | 1 | | 0.140 | 0.070 | |
| 6:0 | | 0.014 | | 1 | | 1 | | 0.032 | 0.016 | |
| 8:0 | - | 0.015 | | 7 | | 1 | | 0.034 | 0.017 | |
| 10:0 | | 0.035 | | 7 | | 1 | | 0.079 | 0.040 | |
| 12:0 | - | 0.031 | | 7 | | 1 | | 0.070 | 0.035 | |
| 13:0 | | | | | | | | | | |
| 14:0 | | 0.202 | 0.009 | 7 | | 1 | | 0.457 | 0.228 | |
| 15:0 | | | | | | | | | | |
| 16:0 | | 0.583 | 0.021 | 7 | | 1 | | 1.318 | 0.659 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | q | 0.220 | 0.011 | 7 | | 1 | | 0.497 | 0.249 | |
| 10.0 | | | | | | | | | | |
| 20:0 | - | | | | | | | | | |

| | | <u>Aı</u> | mount in 100 g | | | ole portic | <u>on</u> | | edible portion easures of food | |
|-------------------------------------|------------|-----------|----------------|---|---------|----------------|--------------------|----------------|--------------------------------|-----------|
| Nutrients and U | nits | Mean | | | Deriv | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | | |
| Fatty acids, total monounsaturated | | 0.550 | | 0 | | 1 | | 1.243 | 0.622 | |
| 14:1 | - | | | | | | | | | |
| 15:1 | | 0.060 | 0.006 | 7 | | 1 | | 0 156 | 0.070 | |
| 16:1 undifferentiated | - | 0.069 | 0.006 | 7 | | 1 | | 0.156 | 0.078 | |
| 17:1 18:1 undifferentiated | - | 0.452 | 0.021 | 7 | | 1 | | 1.022 | 0.511 | |
| | | 0.432 | | 0 | | 1 | | | | |
| 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 | |
| | | 0.059 | | 0 | | 1 | | 0.133 | 0.067 | |
| Fatty acids, total polyunsaturated. | | 0.039 | | 7 | | 1 | | 0.133 | 0.067 | |
| 18:2 undifferentiated | | | | 7 | | 1 | | | | |
| 18:3 undifferentiated | _ | 0.017 | | 0 | | 1 | | 0.038 | 0.019 | |
| 18:4 | _ | 0.000 | | U | | 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 | _ | 8 | | 0 | | 1 | | 19 | 9 | |
| Phytosterols | mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan | a | 0.153 | | 0 | | 1 | | 0.346 | 0.173 | |
| Threonine | | 0.609 | | 0 | | 1 | | 1.376 | 0.688 | |
| Isoleucine | - | 0.808 | | 0 | | 1 | | 1.826 | 0.913 | |
| Leucine | | 1.413 | | 0 | | 1 | | 3.193 | 1.597 | |
| Lysine | _ | 1.111 | | 0 | | 1 | | 2.511 | 1.255 | |
| Methionine | | 0.413 | | 0 | | 1 | | 0.933 | 0.467 | |
| Cystine | | 0.127 | | 0 | | 1 | | 0.287 | 0.144 | |
| Phenylalanine | | 0.741 | | 0 | | 1 | | 1.675 | 0.837 | |
| Tyrosine | | 0.741 | | 0 | | 1 | | 1.654 | 0.827 | |
| • | _ | 0.851 | | 0 | | 1 | | 1.923 | 0.962 | |
| Valine | | 0.627 | | 0 | | 1 | | 1.417 | 0.709 | |
| Arginine | | 0.457 | | 0 | | 1 | | 1.417 | | |
| Histidine | | | | 0 | | 1 | | | 0.516 | |
| Alanine | | 0.713 | | | | 1 | | 1.611 | 0.806 | |
| Aspartic acid | | 0.930 | | 0 | | | | 2.102 | 1.051 | |
| Glutamic acid | _ | 2.976 | | 0 | | 1 | | 6.726 | 3.363 | |
| Glycine | | 0.299 | | 0 | | 1 | | 0.676 | 0.338 | |
| Proline | | 1.592 | | 0 | | 1 | | 3.598 | 1.799 | |
| Serine | - | 0.771 | | 0 | | 1 | | 1.742 | 0.871 | |
| Hydroxyproline | g | | | | | | | | | |
| Others: | | | | | | | | | | |
| Alcohol, ethyl | g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine | | 0 | | 0 | z | 7 | | 0 | 0 | |
| Theobromine | | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotenoids: | u | | | | | | | | - | |
| | *** | _ | | _ | | | | 11 100 | F = 5.4 | |
| Carotene, beta | | 5 | | 0 | BFFN | 4 | | 11.187 | 5.594 | |
| 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 = 226g: 1 cup (not packed)

Measure 2 = 113g: 4 oz

NDB No. 01015

Cheese, cottage, lowfat, 2% milkfat

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>Ar</u> | mount in 100 g | rams | of edib | ole portio | <u>n</u> | | edible portion | |
|---------------------------------|------|-----------|----------------|------|---------|------------|------------|-----------|-----------------|----------|
| | | | Nu | mber | • | | | <u>m</u> | easures of food | <u>.</u> |
| | | | of | Data | Deriv | Source | Confidence | | | |
| Nutrients and Uni | ts | Mean | Std. Error Po | ints | Code | Code | Code | Measure 1 | Measure 2 | Measure |
| Proximates: | | | | | | | | | | |
| Water | g | 79.77 | 0.452 | 31 | | 1 | | 115.67 | 90.14 | |
| Energy | kcal | 85 | | 0 | NC | 4 | | 123 | 96 | |
| Energy | kj | 354 | | | | 4 | | 513 | 400 | |
| Protein (N x 6.38) | g | 17.27 | 0.509 | 24 | | 1 | | 25.04 | 19.52 | |
| Total lipid (fat) | g | 0.42 | 0.048 | 31 | | 1 | | 0.61 | 0.47 | |
| Ash | g | 0.69 | 0.047 | 14 | | 1 | | 1.00 | 0.78 | |
| Carbohydrate, by difference | g | 1.85 | | 0 | NC | 4 | | 2.68 | 2.09 | |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Sugars, total | g | 1.85 | | 0 | NR | 4 | | 2.68 | 2.09 | |
| Starch | g | | | | | | | | | |
| Ain analas | | | | | | | | | | |
| <u>linerals:</u> Calcium, Ca | ma | 32 | 2.668 | 18 | | 1 | | 46 | 36 | |
| Iron, Fe | - | 0.23 | 2.000 | 1 | | 1 | | 0.33 | 0.26 | |
| Magnesium, Mg | - | 4 | 0.491 | 17 | | 1 | | 6 | 4 | |
| Phosphorus, P | | 104 | 6.111 | 17 | | 1 | | 151 | 118 | |
| Potassium, K | - | 32 | 5.991 | 8 | | 1 | | 47 | 37 | |
| Sodium, Na | | 13 | 3.607 | 6 | | 1 | | 19 | 14 | |
| Zinc, Zn | - | 0.47 | 0.078 | 8 | | 1 | | 0.68 | 0.53 | |
| Copper, Cu | | 0.028 | | 0 | | 1 | | 0.041 | 0.032 | |
| Manganese, Mn | | 0.003 | | 0 | | 1 | | 0.004 | 0.003 | |
| Selenium, Se | mcg | 10.8 | | 0 | BFNN | 4 | | 15.7 | 12.2 | |
| itamins: | | | | | | | | | | |
| Vitamin C, total ascorbic acid | ma | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | |
| Thiamin | - | 0.025 | 0.003 | 15 | | 1 | | 0.036 | 0.028 | |
| Riboflavin | - | 0.023 | | 16 | | 1 | | 0.206 | 0.160 | |
| Niacin | | 0.155 | | 21 | | 1 | | 0.225 | 0.175 | |
| Pantothenic acid | - | 0.163 | | 18 | | 1 | | 0.236 | 0.184 | |
| Vitamin B-6 | - | 0.082 | | 30 | | 1 | | 0.119 | 0.093 | |
| Folate, total | - | 15 | | 0 | | 1 | | 21 | 17 | |
| Folic acid | | 0 | | 0 | z | 7 | | 0 | 0 | |
| Folate, food | | 15 | | 0 | | 1 | | 21 | 17 | |
| Folate, DFE | | 15 | | 0 | NC | 4 | | 21 | 17 | |
| Vitamin B-12 | | 0.83 | 0.127 | 16 | | 1 | | 1.20 | 0.93 | |
| Vitamin A, IU | | 30 | | 0 | NC | 4 | | 44 | 34 | |
| Vitamin A, RAE | | 9 | | 0 | NC | 4 | | 13 | 10 | |
| Retinol | mcg | 9 | | 0 | NC | 4 | | 13 | 10 | |
| Vitamin E (alpha-tocopherol) | mg | 0.00 | | 0 | BFFN | 4 | | 0.01 | 0.00 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | |
| Vitamin D | | | | _ | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.0 | | 0 | BFFN | 4 | | 0.1 | 0.0 | |
| ipids: | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.273 | | 0 | | 1 | | 0.396 | 0.308 | |
| 4:0 | | 0.018 | | 1 | | 1 | | 0.026 | 0.020 | |
| 6:0 | g | 0.003 | | 1 | | 1 | | 0.004 | 0.003 | |
| 8:0 | g | 0.005 | 0.001 | 7 | | 1 | | 0.007 | 0.006 | |
| 10:0 | g | 0.009 | 0.001 | 7 | | 1 | | 0.013 | 0.010 | |
| 12:0 | g | 0.006 | 0.001 | 7 | | 1 | | 0.009 | 0.007 | |
| 13:0 | | | | | | | | | | |
| 14:0 | g | 0.042 | 0.005 | 7 | | 1 | | 0.061 | 0.047 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.131 | 0.015 | 7 | | 1 | | 0.190 | 0.148 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.045 | 0.006 | 7 | | 1 | | 0.065 | 0.051 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | _ | | | | | | | | | |

| Nutrients and Units | | | <u>Aı</u> | mount in 100 g | | of edil | ole portio | <u>on</u> | | edible portion of easures of food | |
|---|---------------------------------------|---|-----------|----------------|------|---------|------------|-----------|-------|-----------------------------------|-----------|
| 14-1 | Nutrients and | Units | Mean | of | Data | | | | | | Measure 3 |
| 14-1 | | | | | | | | | | | |
| 15 | Fatty acids, total monounsatura | itedg | 0.110 | | 0 | | 1 | | 0.160 | 0.124 | |
| 161 undifferentiated | 14:1 | g | | | | | | | | | |
| 17-1 | | - | | | | | | | | | |
| 18.1 undifferentiated. 9 0.003 0.011 7 1 0.135 0.105 20-1 9 0.000 1 1 0.000 0.000 22.1 undifferentiated. 9 0.000 0 1 0.000 0.000 22.1 undifferentiated. 9 0.015 0 1 0.002 0.000 18.2 undifferentiated. 9 0.015 0 1 0.002 0.001 18.2 undifferentiated. 9 0.011 0.002 7 1 0.000 0.000 18.3 undifferentiated. 9 0.001 0.002 7 1 0.000 0.000 20.2 n 6 × c 9 0.000 0 1 0.000 0.000 20.2 n 6 × c 9 0.000 0 1 0.000 0.000 20.2 n 6 × c 9 0.000 0 1 0.000 0.000 20.2 n 6 × c 9 0.000 0 1 0.000 0.000 20.2 n 6 × c 9 0.000 0 1 0.000 0.000 20.2 n 6 × c 9 0.000 0 1 0.000 0.000 20.2 n 6 × c 9 0.000 0 1 0.000 0.000 20.2 n 6 × c 9 0.000 0 1 0.000 0.000 20.2 n 6 × c 9 0.000 0 1 0.000 0.000 20.2 n 6 × c 9 0.000 0 1 0.000 0.000 20.2 n 6 × c 9 0.000 0 1 0.000 0.000 20.2 n 6 × c 9 0.000 0 1 0.000 0.000 20.2 n 6 × c 9 0.000 0 1 0.000 0.000 20.2 n 6 × c 9 0.000 0 1 0.000 0.000 20.2 n 6 × c 9 0.000 0 1 0.000 0.000 20.2 n 6 × c 9 0.000 0 1 0.000 0.000 20.2 n 6 × c 9 0.000 0 1 0.000 0.000 20.2 n 6 × c 9 0.000 0 1 0.000 0.000 20.2 n 6 × c 9 0.000 0 1 0.000 0.000 20.2 n 7 0.000 0.000 20.2 n 8 0 0.000 0 1 0.000 0.000 20.2 n 8 0 0.000 0 1 0.000 0.000 20.2 n 8 0 0.000 0 1 0.000 0.000 20.2 n 8 0 0.000 0 1 0.000 0.000 20.2 n 8 0 0.000 0 1 0.000 0.000 20.2 n 8 0 0.000 0 1 0.000 0.000 20.2 n 8 0 0.000 0 1 0.000 0.000 20.2 n 8 0 0.000 0 1 0.000 0.000 20.2 n 8 0 0.000 0 1 0.000 0.000 20.000 0.000 0.000 20.000 0 0 0 0 0 0 0 0 0 0 0 0.000 20.000 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 | | _ | 0.012 | 0.002 | 7 | | 1 | | 0.017 | 0.014 | |
| 201 | | - | | | _ | | | | | | |
| 22-1 undifferentiated | | _ | | | | | | | | | |
| 241 c | | - | | | | | | | | | |
| Fatty sacids, total polyunsaturated. g 0.015 0 1 0.002 0.017 18.2 undifferentiated | | • | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 18.2 mudifferentiated. g | | | | | | | | | | | |
| 18.3 midifferentiated. g | | | | | | | | | | | |
| 184_ | | | | | | | | | | | |
| 202 - 16 c.c. 9 | | _ | | | | | | | | | |
| 20.3 undifferentiated. 9 0.000 0 1 0.000 0.000 | | • | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20-4 undifferentiated | · · · · · · · · · · · · · · · · · · · | _ | | | | | | | | | |
| 20.5 n-3 | | _ | | | _ | | _ | | | | |
| 22.5 n-3 | | _ | | | | | | | | | |
| 22-6 n-3 | | _ | | | | | | | | | |
| Fatty acids, total trans. | | - | | | | | | | | | |
| Cholesterol mg mg mg mg mg mg mg m | | | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Phytosterols. mg Phytosterols. Phytosterols. mg Phytosterols. Phytosterols. Phytosterols. Phytosterols. mg Phytosterols. Phytosterols. | - | | | | _ | | | | | _ | |
| Amino Acids: Tryptophan 9 0.192 0 1 0.278 0.217 Threonine 9 0.766 0 1 1.111 0.866 Isoleucine 9 1.015 0 1 1.472 1.147 Leucine 9 1.776 0 1 2.575 2.007 Lysine 9 0.520 0 1 0.754 0.588 Cystine 9 0.160 0 1 0.754 0.588 Cystine 9 0.160 0 1 0.232 0.181 Phenylalanine 9 0.931 0 1 0.232 0.181 Phenyladinine 9 0.920 0 1 1.334 1.040 Valine 9 0.920 0 1 1.334 1.040 Valine 9 0.788 0 1 1.550 1.208 Arginine 9 0.788 0 1 | | _ | 7 | 0.675 | 5 | | 1 | | 10 | 8 | |
| Tryptophan | Phytosterols | mg | | | | | | | | | |
| Tryptophan | Amino Acids: | | | | | | | | | | |
| Threonine | | q | 0.192 | | 0 | | 1 | | 0.278 | 0.217 | |
| Isoleucine | ** * | | 0.766 | | 0 | | 1 | | 1.111 | 0.866 | |
| Leucine 9 1.776 0 1 2.575 2.007 Lysine 9 1.337 0 1 2.026 1.579 Methionine 9 0.520 0 1 0.754 0.588 Cystine 9 0.160 0 1 0.232 0.181 Phenylalanine 9 0.931 0 1 1.350 1.052 Tyrosine 9 0.920 0 1 1.334 1.040 Valine 9 1.069 0 1 1.350 1.208 Arginine 9 1.069 0 1 1.550 1.208 Arginine 9 0.788 0 1 1.143 0.890 Histdine 9 0.574 0 1 1.829 1.012 Alanine 9 0.886 0 1 1.299 1.012 Alanine 9 0.374 0 1 1.695 1.321 | | = | 1.015 | | 0 | | 1 | | 1.472 | | |
| Lysine | | - | 1.776 | | 0 | | 1 | | 2.575 | 2.007 | |
| Methionine .9 0.520 0 1 0.754 0.588 Cystine 9 0.160 0 1 0.232 0.181 Phenylalanie 9 0.931 0 1 1.350 1.052 Tyrosine 9 0.920 0 1 1.334 1.040 Valine 9 0.920 0 1 1.550 1.208 Arginine 9 0.788 0 1 1.143 0.890 Histidine 9 0.574 0 1 0.832 0.649 Alanine 9 0.574 0 1 1.299 1.012 Aspartic acid 9 1.169 0 1 1.695 1.321 Glutamic acid 9 3.741 0 1 0.545 0.425 Glycine 9 0.376 0 1 0.545 0.425 Proline 9 0.069 0 1 0.05 0. | | - | 1.397 | | 0 | | 1 | | 2.026 | | |
| Cystine g 0.160 0 1 0.232 0.181 Phenylalanine g 0.931 0 1 1.350 1.052 Tyrosine g 0.920 0 1 1.334 1.040 Valine g 0.920 0 1 1.355 1.208 Arginine g 0.788 0 1 1.143 0.890 Histidine g 0.574 0 1 1.143 0.890 Histidine g 0.574 0 1 0.832 0.649 Alanine g 0.896 0 1 1.299 1.012 Aspartic acid g 0.896 0 1 1.299 1.012 Aspartic acid g 3.741 0 1 5.424 4.227 Glycine g 0.376 0 1 5.454 4.227 Glycine g 0.969 0 1 1.405 1. | | | 0.520 | | 0 | | 1 | | 0.754 | 0.588 | |
| Phenylalanine 9 0.931 0 1 1.350 1.052 Tyrosine 9 0.920 0 1 1.334 1.040 Valine 9 1.069 0 1 1.550 1.208 Arginine 9 0.788 0 1 1.143 0.890 Histidine 9 0.574 0 1 0.832 0.649 Alanine 9 0.896 0 1 1.299 1.012 Aspartic acid 9 1.169 0 1 1.695 1.321 Glutamic acid 9 3.741 0 1 5.424 4.227 Glycine 9 0.376 0 1 0.545 0.425 Proline 9 0.969 0 1 2.900 2.260 Serine 9 0.969 0 1 1.405 1.095 Hydroxyproline 9 0 7 0 0 0 | | | 0.160 | | 0 | | 1 | | | | |
| Tyrosine 9 0.920 0 1 1.334 1.040 Valine 9 1.069 0 1 1.550 1.208 Arginine 9 0.788 0 1 1.143 0.890 Histidine 9 0.574 0 1 0.832 0.649 Alanine 9 0.896 0 1 1.299 1.012 Alanine 9 0.896 0 1 1.299 1.012 Aspartic acid 9 1.169 0 1 1.695 1.321 Glutamic acid 9 3.741 0 1 5.424 4.227 Glycine 9 0.376 0 1 0.545 0.425 Proline 9 0.969 0 1 1.405 1.995 Hydroxyproline 9 0 0 7 0.0 0 0 Carliere mg 0 0 7 0 | • | | | | 0 | | 1 | | | | |
| Valine g 1.069 0 1 1.550 1.208 Arginine g 0.788 0 1 1.143 0.890 Histidine g 0.574 0 1 0.832 0.649 Alanine g 0.896 0 1 1.299 1.012 Aspartic acid g 0.896 0 1 1.695 1.321 Glutamic acid g 1.169 0 1 1.695 1.321 Glutamic acid g 3.741 0 1 5.424 4.227 Glycine g 0.376 0 1 0.545 0.425 Proline g 2.000 0 1 2.900 2.260 Serine g 0.969 0 1 1.405 1.095 Hydroxyproline g 0 7 0.0 0 0 Caffeine mg 0 0 2 7 0 | 2 | | | | 0 | | 1 | | | | |
| Arginine 9 0.788 0 1 1.143 0.890 Histidine 9 0.574 0 1 0.832 0.649 Alanine 9 0.896 0 1 1.299 1.012 Aspartic acid 9 1.1699 0 1 1.695 1.321 Glutamic acid 9 3.741 0 1 5.424 4.227 Glycine 9 0.376 0 1 0.545 0.425 Proline 9 2.000 0 1 2.900 2.260 Serine 9 0.969 0 1 1.405 1.095 Hydroxyproline 9 0 0 7 0.0 0 Hydroxyproline 9 0 0 7 0 0 Caffeine mg 0 0 7 0 0 Caffeine mg 0 0 2 7 0 0 Carotene, beta mcg 0 0 2 7 0.000 0 | 2 | = | | | 0 | | 1 | | 1.550 | | |
| Histidine 9 0.574 0 1 0.832 0.649 Alanine 9 0.896 0 1 1.299 1.012 Aspartic acid. 9 1.169 0 1 1.695 1.321 Glutamic acid. 9 3.741 0 1 5.424 4.227 Glycine 9 0.376 0 1 0.545 0.425 Proline. 9 2.000 0 1 2.900 2.260 Serine 9 0.969 0 1 1.405 1.095 Hydroxyproline 9 0 0 1 1.405 1.095 Hydroxyproline 9 0 0 7 0 0 0 Garliere mg 0 0 2 7 0 0 0 Cardiene mg 0 0 2 7 0.000 0.000 Carotene, beta mcg 0 0 </td <td></td> <td>-</td> <td></td> <td></td> <td>0</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> | | - | | | 0 | | | | | | |
| Alanine 9 0.896 0 1 1.299 1.012 Aspartic acid 9 1.1699 0 1 1.695 1.321 Glutamic acid 9 3.741 0 1 5.424 4.227 Glycine 9 0.376 0 1 0.545 0.425 Proline 9 2.000 0 1 2.900 2.260 Serine 9 0.969 0 1 1.405 1.095 Hydroxyproline 9 0 0 1 1.405 1.095 Hydroxyproline 9 0 0 7 0.0 0 0 Hydroxyproline 9 0 0 7 0.0 0 0 Hydroxyproline 9 0 0 7 0.0 0 0 Carleine mg 0 0 2 7 0 0 0 Carleine mg 0 0 2 7 0 0 0 Carotene, alpha mcg <td>2</td> <td></td> <td></td> <td></td> <td>0</td> <td></td> <td>1</td> <td></td> <td></td> <td></td> <td></td> | 2 | | | | 0 | | 1 | | | | |
| Aspartic acid 9 1.1699 0 1 1.695 1.321 Glutamic acid 9 3.741 0 1 5.424 4.227 Glycine 9 0.376 0 1 0.545 0.425 Proline 9 2.000 0 1 2.900 2.260 Serine 9 0.969 0 1 1.405 1.095 Hydroxyproline Others: Alcohol, ethyl 9 0.0 7 0.0 0 Caffeine mg 0 0 7 0 0 Caffeine mg 0 0 2 7 0 0 Caffeine mg 0 0 2 7 0 0 Carotenoids: Carotene, beta mg 0 0 2 7 0.000 0.000 Cryptoxanthin, beta mcg 0 0 2 7 0.000 0.000 Lycopene mcg 0 | | | | | | | | | | | |
| Glutamic acid. g 3.741 0 1 5.424 4.227 Glycine. g 0.376 0 1 0.545 0.425 Proline. g 2.000 0 1 2.900 2.260 Serine. g 0.969 0 1 1.405 1.095 Hydroxyproline. g Others: Alcohol, ethyl. g 0.0 7 0.0 0.0 Caffeine. mg 0 0 7 0 0 0 Caffeine. mg 0 0 z 7 0 0 0 Theobromine. mg 0 0 z 7 0 0 0 Carotene, beta mcg 0 0 z 7 0.000 0.000 Carotene, alpha. mcg 0 0 z 7 0.000 0.000 Cypopene. mcg 0 0 <td></td> | | | | | | | | | | | |
| Glycine g 0.376 0 1 0.545 0.425 Proline g 2.000 0 1 2.900 2.260 Serine g 0.969 0 1 1.405 1.095 Hydroxyproline g 0 0 1 1.405 1.095 Others: Alcohol, ethyl g 0 0 7 0.0 0 Caffeine mg 0 0 z 7 0 0 Theobromine mg 0 0 z 7 0 0 Carotene, beta mg 0 0 z 7 0.000 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 <td>•</td> <td></td> | • | | | | | | | | | | |
| Proline. g 2.000 0 1 2.900 2.260 Serine. g 0.969 0 1 1.405 1.095 Hydroxyproline. g Others: Alcohol, ethyl. g 0.0 0 7 0.0 0 Caffeine. mg 0 0 z 7 0 0 Theobromine. mg 0 0 z 7 0 0 Carotene, beta. mg 0 0 z 7 0.000 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 | | - | | | 0 | | 1 | | | | |
| Serine g 0.969 0 1 1.405 1.095 Hydroxyproline g 0 0 7 0.0 0.0 Chers: 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 Carotene, beta mg 0 0 z 7 0.000 0.000 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 | 2 | | | | 0 | | 1 | | | | |
| Hydroxyproline g Others: Alcohol, ethyl g 0.0 0 7 0.0 0.0 | | - | | | | | | | | | |
| 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 | | | | | | | _ | | | | |
| 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 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 | | و | | | | | | | | | |
| Caffeine mg 0 0 z 7 0 0 Theobromine mg 0 0 z 7 0 0 Carotene, beta mcg 0 0 z 7 0.000 0.000 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 | Others: | | | | | | | | | | |
| Theobromine mg 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 | Alcohol, ethyl | g | 0.0 | | 0 | | | | 0.0 | 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 | | _ | | | | | | | | | |
| Carotene, beta | Theobromine | <u>mg</u> | 0 | | 0 | Z | 7 | | 0 | 0 | |
| 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 | Carotenoids: | | | | | | | | | | |
| 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 | · | mca | n | | 0 | 7. | 7 | | 0 000 | 0 000 | |
| Cryptoxanthin, beta | - | | | | - | | | | | | |
| Lycopene | | | - | | Ū | | | | | | |
| =) ++ <u>F</u> | | | • | | - | | | | | | |
| Lutein + zeaxanthin mcg 0 0 z 7 0.000 0.000 | | | 0 | | 0 | Z | 7 | | 0.000 | 0.000 | |

Common Measures:

Measure 1 = 145g: 1 cup (not packed)

Measure 2 = 113g: 4 oz

NDB No. 01014

Cheese, cottage, nonfat, uncreamed, dry, large or small curd

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>A</u> | mount in 100 | υ grams | ot edib | ie portio | <u>n</u> | Amount in | edible portion | of common |
|--------------------------------|---------|----------|--------------|---------|----------|-----------|------------|-----------|-----------------|-----------|
| | | | 1 | Number | | | | <u>m</u> | easures of food | |
| | | | | | | Source | Confidence | | | |
| Nutrients and Uni | its | Mean | Std. Error | | | Code | Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | | |
| Proximates: | | | | | | | | | | |
| Water | g | 80.30 | | | | 1 | | 181.48 | | |
| Energy | kcal | 95 | | | | 1 | | 215 | | |
| Energy | kj | 397 | | | | 1 | | 898 | | |
| Protein | - | 10.90 | | | | 1 | | 24.63 | | |
| Total lipid (fat) | | 4.20 | | | | 1 | | 9.49 | | |
| Ash | | 1.34 | | 0 | RA | 4 | | 3.03 | | |
| Carbohydrate, by difference | | 3.00 | | | NC | 4 | | 6.78 | | |
| Fiber, total dietary | | 0.1 | | 0 | RA | 4 | | 0.3 | | |
| Sugars, total | - | 0.37 | | 0 | RA | 4 | | 0.83 | | |
| Starch | g | | | | | | | | | |
| Minerals: | | | | | | | | | | |
| Calcium, Ca | mg | 56 | | | | 1 | | 127 | | |
| Iron, Fe | mg | 0.10 | | | | 1 | | 0.23 | | |
| Magnesium, Mg | mg | 4 | | | | 1 | | 9 | | |
| Phosphorus, P | | 128 | | | | 1 | | 289 | | |
| Potassium, K | | 86 | | | | 1 | | 194 | | |
| Sodium, Na | | 403 | | | | 1 | | 911 | | |
| Zinc, Zn | | 0.29 | | | | 4 | | 0.66 | | |
| Copper, Cu | | 0.028 | 3 | | | 4 | | 0.063 | | |
| Manganese, Mn | | | | | | | | 10.0 | | |
| Selenium, Se | mcg | 4.5 | | 0 | BFNN | 4 | | 10.2 | | |
| <u>Vitamins:</u> | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 4.0 | | | | 1 | | 9.0 | | |
| Thiamin | _ | 0.010 | | | | 1 | | 0.023 | | |
| Riboflavin | mg | 0.130 | | | | 4 | | 0.294 | | |
| Niacin | _ | 0.100 |) | | | 4 | | 0.226 | | |
| Pantothenic acid | _ | | | | | | | | | |
| Vitamin B-6 | - | 0.050 |) | | | 4 | | 0.113 | | |
| Folate, total | | 17 0 | | 0 | RA | 4 | | 38 | | |
| Folic acid | | 17 | | 0 0 | RA | 4 4 | | 0 | | |
| Folate, food | | 17 | | 0 | RA NC | 4 | | 38 38 | | |
| Folate, DFEVitamin B-12 | | 0.49 | | U | NC | 4 | | 1.11 | | |
| Vitamin A, IU | | 372 | | 0 | NC | 4 | | 841 | | |
| Vitamin A, RAE | mca RAF | 53 | | 0 | NC | 4 | | 119 | | |
| Retinol | | 41 | | 0 | RA | 4 | | 92 | | |
| Vitamin E (alpha-tocopherol) | | 0.05 | | 0 | RA | 4 | | 0.11 | | |
| Tocopherol, beta | | 0.00 | | · | | - | | V | | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | |
| Vitamin D | | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 11.0 | | 0 | RA | 4 | | 24.8 | | |
| Lipids: | | | | | | | | | | |
| Fatty acids, total saturated | а | 2.646 | 5 | | | 4 | | 5.980 | | |
| 4:0 | | 0.130 | | | | 4 | | 0.294 | | |
| 6:0 | | 0.130 | | | | 4 | | 0.063 | | |
| 8:0 | - | 0.037 | | | | 4 | | 0.084 | | |
| 10:0 | - | 0.074 | | | | 4 | | 0.167 | | |
| 12:0 | - | 0.065 | | | | 4 | | 0.147 | | |
| 13:0 | - | | | | | | | | | |
| 14:0 | | 0.436 | 5 | | | 4 | | 0.985 | | |
| 15:0 | | | | | | | | | | |
| 16:0 | | 1.264 | ı | | | 4 | | 2.857 | | |
| 17:0 | | | | | | | | | | |
| 18:0 | | 0.482 | 2 | | | 4 | | 1.089 | | |
| 20:0 | | | | | | | | | | |
| 22:0 | - | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

| | | <u>Aı</u> | mount in 10 | 00 grams | of edil | ole portio | <u>on</u> | | edible portion | |
|-------------------------------------|------|-----------|-------------|----------|----------|------------|------------|-----------|-----------------|-----------|
| | | | | Number | • | | | <u>m</u> | easures of food | i |
| | | | | of Data | Deriv | Source | Confidence | | | |
| Nutrients and Un | nits | Mean | Std. Error | Points | Code | Code | Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | | |
| Fatty acids, total monounsaturated. | | 1.189 | | | | 4 | | 2.687 | | |
| 14:1 | _ | | | | | | | | | |
| 15:1 | _ | | | | | | | | | |
| 16:1 undifferentiated | _ | 0.148 | | | | 4 | | 0.334 | | |
| 17:1 | _ | | | | | _ | | | | |
| 18:1 undifferentiated | _ | 0.985 | | | | 4 | | 2.226 | | |
| 20:1 | _ | 0.000 | | | | 4 | | 0.000 | | |
| 22:1 undifferentiated | • | 0.000 | | | | 4 | | 0.000 | | |
| 24:1 c | | | | | | _ | | | | |
| Fatty acids, total polyunsaturated | | 0.140 | | | | 4 | | 0.316 | | |
| 18:2 undifferentiated | | 0.103 | | | | 4 | | 0.233 | | |
| 18:3 undifferentiated | | 0.037 | | | | 4 | | 0.084 | | |
| 18:4 | | 0.000 | | | | 4 | | 0.000 | | |
| 20:2 n-6 c,c | _ | | | | | | | | | |
| 20:3 undifferentiated | _ | | | | | | | | | |
| 20:4 undifferentiated | | 0.000 | | | | 4 | | 0.000 | | |
| 20:5 n-3 | _ | 0.000 | | | | 4 | | 0.000 | | |
| 22:5 n-3 | | 0.000 | | | | 4 | | 0.000 | | |
| 22:6 n-3 | | 0.000 | | | | 4 | | 0.000 | | |
| Fatty acids, total trans | | | | _ | | | | | | |
| Cholesterol | | 14 | | 0 | RA | 4 | | 32 | | |
| Phytosterols | mg | 0 | | 0 | RA | 4 | | 1 | | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan | а | 0.134 | | 0 | RA | 4 | | 0.303 | | |
| Threonine | | 0.533 | | 0 | RA | 4 | | 1.204 | | |
| Isoleucine | _ | 0.704 | | 0 | RA | 4 | | 1.592 | | |
| Leucine | | 1.230 | | 0 | RA | 4 | | 2.779 | | |
| Lysine | _ | 0.968 | | 0 | RA | 4 | | 2.187 | | |
| Methionine | | 0.359 | | 0 | RA | 4 | | 0.811 | | |
| Cystine | | 0.110 | | 0 | RA | 4 | | 0.249 | | |
| Phenylalanine | _ | 0.645 | | 0 | RA | 4 | | 1.457 | | |
| Tyrosine | | 0.637 | | 0 | RA | 4 | | 1.441 | | |
| Valine | | 0.742 | | 0 | RA | 4 | | 1.676 | | |
| Arginine | _ | 0.553 | | 0 | RA | 4 | | 1.251 | | |
| Histidine | _ | 0.397 | | 0 | RA | 4 | | 0.897 | | |
| Alanine | _ | 0.623 | | 0 | RA | 4 | | 1.408 | | |
| Aspartic acid. | _ | 0.819 | | 0 | RA | 4 | | 1.851 | | |
| Glutamic acid | | 2.605 | | 0 | RA | 4 | | 5.886 | | |
| Glycine | - | 0.267 | | 0 | RA | 4 | | 0.602 | | |
| Proline | | 1.385 | | 0 | RA | 4 | | 3.131 | | |
| Serine | - | 0.673 | | 0 | RA | 4 | | 1.522 | | |
| Hydroxyproline | | 0.073 | | Ū | IV. | - | | 1.522 | | |
| пушохургонне | 9 | | | | | | | | | |
| Others: | | | | | | | | | | |
| Alcohol, ethyl | g | 0.0 | | | | 7 | | 0.0 | | |
| Caffeine | mg | 0 | | 0 | RA | 4 | | 0 | | |
| Theobromine | mg | 0 | | 0 | RA | 4 | | 0 | | |
| Carotenoids: | | | | | | | | | | |
| | med | 142 | | 0 | 73.78 | 4 | | 319.969 | | |
| Carotene, beta | | 0 | | 0 | RA RA | 4 | | 0.000 | | |
| Cryptoventhin bete | | 0 | | 0 | RA RA | 4 | | 0.000 | | |
| Cryptoxanthin, beta | | 0 | | 0 | RA RA | 4 | | 0.000 | | |
| Lycopene | | 16 | | 0 | RA RA | 4 | | 36.499 | | |
| Lutein + zeaxanthin | g | 10 | | U | RA | 4 | | 30.433 | | |

Common Measures:

Measure 1 = 226g: 1 cup

NDB No. 43273

Cheese, cottage, with vegetables

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

| | | <u>Aı</u> | mount in 100 g | ırams | of edib | le portio | <u>n</u> | | edible portion | |
|--------------------------------|---|-----------|----------------|---------|---------|-----------|------------|----------------|-----------------|----------|
| | | | Nu | ımber | • | | | <u>m</u> | easures of food | <u> </u> |
| | | | of | Data | Deriv | Source | Confidence | | | |
| Nutrients and Uni | its | Mean | Std. Error Po | oints | Code | Code | Code | Measure 1 | Measure 2 | Measure |
| Proximates: | | | | | | | | | | |
| Water | g | 53.75 | 0.615 | 32 | | 1 | | 124.70 | 7.79 | 5.38 |
| Energy | kcal | 349 | | 0 | NC | 4 | | 810 | 51 | 35 |
| Energy | kj | 1460 | | | | 4 | | 3388 | 212 | 146 |
| Protein (N x 6.38) | g | 7.55 | 0.242 | 31 | | 1 | | 17.52 | 1.09 | 0.76 |
| Total lipid (fat) | g | 34.87 | 0.670 | 39 | | 1 | | 80.90 | 5.06 | 3.49 |
| Ash | g | 1.17 | 0.066 | 26 | | 1 | | 2.71 | 0.17 | 0.12 |
| Carbohydrate, by difference | g | 2.66 | | 0 | NC | 4 | | 6.17 | 0.39 | 0.27 |
| Fiber, total dietary | | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total | g | 0.20 | | 0 | BFNN | 4 | | 0.46 | 0.03 | 0.02 |
| Starch | g | | | | | | | | | |
| M: | | | | | | | | | | |
| <u>linerals:</u> | ma | 80 | 5.228 | 25 | | 1 | | 185 | 12 | 8 |
| Calcium, Ca | - | 1.20 | 0.106 | 25 4 | | 1 | | 2.78 | 0.17 | 0.1 |
| Magnesium, Mg | | 6 | 0.106 | 18 | | 1 | | 2.78 15 | 1 | 1 |
| Phosphorus, P | | 104 | 2.759 | 20 | | 1 | | 242 | 15 | 10 |
| Potassium, K | - | 119 | 8.558 | 16 | | 1 | | 242 277 | 17 | 10 |
| Sodium. Na | - | 296 | 16.881 | 18 | | 1 | | 686 | 43 | 30 |
| Zinc, Zn | • | 0.54 | 0.087 | 4 | | 1 | | 1.25 | 0.08 | 0.0 |
| Copper, Cu | - | 0.016 | | 0 | | 1 | | 0.037 | 0.002 | 0.0 |
| Manganese, Mn | | 0.004 | | 0 | | 1 | | 0.009 | 0.001 | 0.0 |
| Selenium, Se | | 2.4 | | 2 | A | 1 | | 5.6 | 0.3 | 0.2 |
| | | | | | | | | | | |
| <u>'itamins:</u> | | | | _ | | _ | | | | |
| Vitamin C, total ascorbic acid | - | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | 0.0 |
| Thiamin | | 0.017 | | 12 | | 1 | | 0.039 | 0.002 | 0.0 |
| Riboflavin | | 0.197 | | 21 | | 1 | | 0.457 | 0.029 | 0.0 |
| Niacin | - | 0.101 | | 31 | | 1 | | 0.234 | 0.015 | 0.0 |
| Pantothenic acid | - | 0.271 | | 35 | | 1 | | 0.629 | 0.039 | 0.0 |
| Vitamin B-6 | - | 0.047 | | 51 | | 1 | | 0.109 | 0.007 | 0.0 |
| Folate, total | | 13 | 0.350 | 4 | | 1 | | 31 | 2 | 1 |
| Folic acid | | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food | | 13 | 0.350 | 4 | | 1 | | 31 | 2 | 1 |
| Folate, DFE | | 13 | | 0 | NC | 4 | | 31 | 2 | 1 |
| Vitamin B-12 | | 0.42 | 0.107 | 16 | | 1 | | 0.98 | 0.06 | 0.0 |
| Vitamin A, IU | | 1346 | | 0 | NC | 4 | | 3122 | 195 | 135 |
| Vitamin A, RAE | | 366 | | 0 | NC | 4 | | 850 | 53 | 37 |
| Retinol | | 359 | | 0 | NC | 4 | | 833 | 52 | 36 |
| Vitamin E (alpha-tocopherol) | | 0.30 | | 0 | BFFN | 4 | | 0.70 | 0.04 | 0.0 |
| Tocopherol, beta | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta Vitamin D | | | | | | | | | | |
| Vitamin K (phylloquinone) | | 2.9 | | 1 | A | 1 | | 6.7 | 0.4 | 0.3 |
| | • | | | | | | | | | |
| <u>ipids:</u> | _ | 01 066 | | • | | _ | | F0 001 | 0.105 | |
| Fatty acids, total saturated | | 21.966 | | 0 | | 1 1 | | 50.961 | 3.185 | 2.1 |
| 4:0 | | 0.998 | | 1 | | | | 2.315 | 0.145 | 0.1 |
| 6:0 | - | 0.294 | | 4 | | 1 | | 0.682 | 0.043 | 0.0 |
| 8:0 | - | 0.335 | | 10 | | 1 | | 0.777 | 0.049 | 0.0 |
| 10:0 | - | 0.667 | | 11 | | 1 1 | | 1.547 1.079 | 0.097 | 0.0 |
| 12:0 | | 0.465 | 0.059 | 11 | | 1 | | 1.079 | 0.067 | 0.0 |
| 13:0 | | 3.603 | 0.102 | 11 | | 1 | | 0 350 | 0 500 | ^ - |
| 14:0 | | 3.003 | 0.102 | 11 | | 1 | | 8.359 | 0.522 | 0.3 |
| 15:0 16:0 | | 10.538 | 0.392 | 11 | | 1 | | 24.448 | 1 500 | 1.0 |
| | _ | 10.538 | 0.392 | | | _ | | ∠4.440 | 1.528 | 1.0 |
| 17:0 | - | 4.045 | 0 150 | 11 | | 1 | | 9.384 | 0.587 | 0.4 |
| 18:0 | - | 4.045 | 0.150 | 11 | | 1 | | 9.384 | 0.58/ | 0.4 |
| 20:0 | - | | | | | | | | | |
| 22:0 24:0 | - | | | | | | | | | |

| | | <u>Ar</u> | nount in 10 | grams | of edil | ole portio | <u>on</u> | Amount in | edible portion | of common |
|----------------------------------|--------------|-----------|-------------|-------|---------------|------------|--------------------|-----------|-----------------|-----------|
| | | | | Numbe | | | 0 51 | | easures of food | |
| Nutrients and | Units | Mean | Std. Error | | Deriv Code | Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total monounsature | atedg | 9.838 | | 0 | | 1 | | 22.824 | 1.427 | 0.984 |
| 14:1 | | | | | | | | | | |
| 15:1 | g | | | | | | | | | |
| 16:1 undifferentiated | g | 0.984 | 0.06 | 0 11 | | 1 | | 2.283 | 0.143 | 0.098 |
| 17:1 | g | | | | | | | | | |
| 18:1 undifferentiated | | 8.381 | 0.34 | | | 1 | | 19.444 | 1.215 | 0.838 |
| 20:1 | g | 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 | g | | | | | | | | | |
| Fatty acids, total polyunsaturat | tedg | 1.265 | | 0 | | 1 | | 2.935 | 0.183 | 0.127 |
| 18:2 undifferentiated | g | 0.774 | 0.08 | | | 1 | | 1.796 | 0.112 | 0.077 |
| 18:3 undifferentiated | | 0.491 | 0.05 | | | 1 | | 1.139 | 0.071 | 0.049 |
| 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 | - | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3 | | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 22:5 n-3 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 110 | 2.64 | 9 8 | | 1 | | 255 | 16 | 11 |
| Phytosterols | mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan | a | 0.067 | | 0 | | 1 | | 0.155 | 0.010 | 0.007 |
| ** * | | 0.321 | | 0 | | 1 | | 0.745 | 0.010 | 0.007 |
| Threonine | - | 0.321 | | 0 | | 1 | | 0.745 | 0.047 | 0.032 |
| Isoleucine | _ | 0.399 | | 0 | | 1 | | 1.696 | 0.106 | 0.040 |
| Leucine | | 0.731 | | 0 | | 1 | | 1.568 | 0.106 | 0.073 |
| Lysine | | | | 0 | | 1 | | 0.420 | | |
| Methionine | | 0.181 | | 0 | | 1 | | | 0.026 | 0.018 |
| Cystine | | 0.066 | | | | | | 0.153 | 0.010 | 0.007 |
| Phenylalanine | | 0.419 | | 0 | | 1 | | 0.972 | 0.061 | 0.042 |
| Tyrosine | | 0.360 | | 0 | | 1 | | 0.835 | 0.052 | 0.036 |
| Valine | _ | 0.443 | | 0 | | 1 1 | | 1.028 | 0.064 | 0.044 |
| Arginine | | 0.286 | | 0 | | | | 0.664 | 0.041 | 0.029 |
| Histidine | _ | 0.271 | | 0 | | 1 | | 0.629 | 0.039 | 0.027 |
| Alanine | _ | 0.230 | | 0 | | 1 | | 0.534 | 0.033 | 0.023 |
| Aspartic acid | | 0.533 | | 0 | | 1 | | 1.237 | 0.077 | 0.053 |
| Glutamic acid | | 1.714 | | 0 | | 1 | | 3.976 | 0.249 | 0.171 |
| Glycine | | 0.149 | | 0 | | 1 | | 0.346 | 0.022 | 0.015 |
| Proline | - | 0.689 | | 0 | | 1 | | 1.598 | 0.100 | 0.069 |
| Serine | | 0.398 | | 0 | | 1 | | 0.923 | 0.058 | 0.040 |
| Hydroxyproline | g | | | | | | | | | |
| Others: | | | | | | | | | | |
| Alcohol, ethyl | a | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine | | 0 | | 0 | z | 7 | | 0 | 0 | 0 |
| Theobromine | | 0 | | ō | z | 7 | | 0 | 0 | 0 |
| Carotenoids: | | | | | | | | | | |
| <u>-</u> | | | | | | | | | | |
| Carotene, beta | - | 89 | | 0 | BFFN | 4 | | 207.494 | 12.968 | 8.944 |
| 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 = 232g: 1 cup Measure 2 = 14.5g: 1 tbsp

Measure 3 = 10.0g: 1 tbsp, whipped

NDB No. 01017 Cheese, cream

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>A</u> 1 | mount in 10 | 00 grams | of edib | le portio | <u>n</u> | | edible portion | |
|-------------------------------------|-----|------------|-------------|----------|---------|----------------|--------------------|------------------------|---------------------------|-----------------------|
| Nutrients and Un | its | Mean | Std. Error | | Deriv | Source Code | Confidence Code | <u>me</u> Measure 1 | easures of food Measure 2 | <u>l</u> Measure 3 |
| | | | | | | | | | | |
| Proximates: | a | 75.53 | | 2 | A | 1 | | | | |
| Water Energy | _ | 96 | | 0 | NC | 4 | | | | |
| Energy | | 402 | | U | NC | 4 | | | | |
| Protein (N x 6.38) | | 14.41 | | 2 | A | 1 | | | | |
| Total lipid (fat) | | 1.36 | | 2 | A | 1 | | | | |
| Ash | | 2.57 | | 2 | A | 1 | | | | |
| Carbohydrate, by difference | | 5.80 | | 0 | NC | 4 | | | | |
| Fiber, total dietary | | 0.0 | | 0 | Z | 7 | | | | |
| Sugars, total | | 0.40 | | 0 | BFNN | 4 | | | | |
| Starch | | 0.10 | | · | | - | | | | |
| Starch | 9 | | | | | | | | | |
| Minerals: | | | | | | | | | | |
| Calcium, Ca | - | 185 | | 2 | A | 1 | | | | |
| Iron, Fe | | 0.18 | | 2 | A | 1 | | | | |
| Magnesium, Mg | | 14 | | 2 | A | 1 | | | | |
| Phosphorus, P | | 434 | | 2 | A | 1 | | | | |
| Potassium, K | | 163 | | 2 | A | 1 | | | | |
| Sodium, Na | | 545 | | 2 | A | 1 1 | | | | |
| Zinc, Zn | | 0.88 | , | 2 2 | A A | 1 | | | | |
| Copper, Cu | | 0.050 | | 2 | A | 1 | | | | |
| Manganese, Mn Selenium, Se | | 4.9 | , | 0 | BFNN | 4 | | | | |
| Selemum, Se | nog | 4.9 | | U | DENN | - | | | | |
| Vitamins: | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | Z | 7 | | | | |
| Thiamin | mg | 0.050 |) | 2 | A | 1 | | | | |
| Riboflavin | mg | 0.172 | 2 | 2 | A | 1 | | | | |
| Niacin | _ | 0.160 | | 2 | A | 1 | | | | |
| Pantothenic acid | | 0.194 | | 2 | A | 1 | | | | |
| Vitamin B-6 | - | 0.050 |) | 2 | A | 1 | | | | |
| Folate, total | | 37 | | 2 | A | 1 | | | | |
| Folic acid | | 0 | | 0 | Z | 7 | | | | |
| Folate, food | | 37 | | 2 | A | 1 | | | | |
| Folate, DFE | | 37 | | 0 | NC | 4 | | | | |
| Vitamin B-12 | | 0.55 | | 2 | A | 1 | | | | |
| Vitamin A, IU | | 936 | | 0 | NC | 4 | | | | |
| Vitamin A, RAE | | 279 | | 0 | NC | 4 | | | | |
| Retinol | | 279 | | 0 | NC | 4 | | | | |
| Vitamin E (alpha-tocopherol) | | 0.01 | | 0 | BFFN | 4 | | | | |
| Tocopherol, beta | | | | | | | | | | |
| Tocopherol, gamma Tocopherol, delta | | | | | | | | | | |
| Vitamin D | | | | | | | | | | |
| Vitamin K (phylloquinone) | | 0.1 | | 0 | BFFN | 4 | | | | |
| vitanini ix (phynoquinone) | 9 | · · - | | • | | - | | | | |
| Lipids: | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.899 | | 2 | A | 1 | | | | |
| 4:0 | | 0.069 | | 2 | A | 1 | | | | |
| 6:0 | - | 0.036 | | 2 | A | 1 | | | | |
| 8:0 | | 0.021 | | 2 | A | 1 | | | | |
| 10:0 | | 0.049 | | 2 | A | 1 | | | | |
| 12:0 | | 0.053 | 5 | 2 | A | 1 | | | | |
| 13:0 | | 0 155 | | _ | - | | | | | |
| 14:0 | | 0.155 | • | 2 | A | 1 | | | | |
| 15:0 | | 0 0== | , | _ | - | | | | | |
| 16:0 | | 0.377 | , | 2 | A | 1 | | | | |
| 17:0 | - | 0 111 | | ^ | - | | | | | |
| 18:0 | - | 0.111 | <u>.</u> | 2 | A | 1 | | | | |
| 20:0 22:0 | - | | | | | | | | | |
| 7.7:0 | u | | | | | | | | | |

| | <u>An</u> | nount in 10 | 00 grams | of edib | le portio | <u>on</u> | Amount in edible portion of common | | | |
|-------------------------------------|-----------|-------------|----------|---------|----------------|--------------------|------------------------------------|-----------------|-----------|--|
| | | | Number | | | | <u>m</u> | easures of food | | |
| Nutrients and Units | Mean | Std. Error | | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 | |
| Fatty acids, total monounsaturatedg | 0.333 | | 2 | A | 1 | | | | | |
| 14:1g | 0.333 | | _ | A | - | | | | | |
| 15:1g | | | | | | | | | | |
| 16:1 undifferentiated 9 | 0.021 | | 2 | A | 1 | | | | | |
| 17:1g | | | | | | | | | | |
| 18:1 undifferentiated 9 | 0.293 | | 2 | A | 1 | | | | | |
| 20:1g | 0.004 | | 2 | A | 1 | | | | | |
| 22:1 undifferentiatedg | 0.000 | | 2 | A | 1 | | | | | |
| 24:1 cg | | | | | | | | | | |
| Fatty acids, total polyunsaturated | 0.059 | | 2 | A | 1 | | | | | |
| 18:2 undifferentiatedg | 0.045 | | 2 | A | 1 | | | | | |
| 18:3 undifferentiatedg | 0.009 | | 2 | A | 1 | | | | | |
| 18:4g | 0.000 | | 2 | A | 1 | | | | | |
| 20:2 n-6 c,cg | | | | | | | | | | |
| 20:3 undifferentiatedg | | | | | | | | | | |
| 20:4 undifferentiatedg | 0.003 | | 2 | A | 1 | | | | | |
| 20:5 n-3g | 0.000 | | 2 | A | 1 | | | | | |
| 22:5 n-3g | 0.001 | | 2 | A | 1 | | | | | |
| 22:6 n-3g | 0.000 | | 2 | A | 1 | | | | | |
| Fatty acids, total trans9 | | | | | | | | | | |
| Cholesterolmg | 8 | | 2 | A | 1 | | | | | |
| Phytosterolsmg | | | | | | | | | | |
| Others: | | | | | | | | | | |
| Alcohol, ethylg | 0.0 | | 0 | Z | 7 | | | | | |
| Caffeine mg | 0 | | 0 | Z | 7 | | | | | |
| Theobromine mg | 0 | | 0 | Z | 7 | | | | | |
| Carotenoids: | | | | | | | | | | |
| Carotene, betamcg | 3 | | 0 | BFFN | 4 | | | | | |
| Carotene, alphamcg | 0 | | 0 | z | 7 | | | | | |
| Cryptoxanthin, betamcg | 0 | | 0 | z | 7 | | | | | |
| Lycopenemcg | 0 | | 0 | Z | 7 | | | | | |
| Lutein + zeaxanthinmcg | 0 | | 0 | Z | 7 | | | | | |

Common Measures:

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>Aı</u> | mount in 100 | grams | of edib | le portio | <u>n</u> | | edible portion o | |
|--|---------|-----------|--------------|---------|---------|-----------|------------|------------|------------------|-----------|
| | | | N | lumber | | | | <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 : |
| Proximates: | | | | | | | | | | |
| Water | g | 63.60 | | | | 4 | | 152.64 | 9.54 | 6.36 |
| Energy | kcal | 231 | | | | 1 | | 554 | 35 | 23 |
| Energy | kj | 967 | | | | 1 | | 2320 | 145 | 97 |
| Protein | g | 10.60 | | | | 1 | | 25.44 | 1.59 | 1.06 |
| Total lipid (fat) | g | 17.60 | | | | 1 | | 42.24 | 2.64 | 1.76 |
| Ash | g | 1.17 | | 0 | BFZN | 4 | | 2.81 | 0.18 | 0.12 |
| Carbohydrate, by difference | g | 7.00 | | | NC | 4 | | 16.80 | 1.05 | 0.70 |
| Fiber, total dietary | g | 0.0 | | | | 7 | | 0.0 | 0.0 | 0.0 |
| Sugars, total | g | 0.20 | | 0 | BFZN | 4 | | 0.47 | 0.03 | 0.02 |
| Starch | g | | | | | | | | | |
| Minerals: | | | | | | | | | | |
| Calcium, Ca | ma | 112 | | | | 4 | | 269 | 17 | 11 |
| Iron, Fe | | 1.68 | | | | 4 | | 4.03 | 0.25 | 0.17 |
| Magnesium, Mg | | 8 | | | | 4 | | 19 | 1 | 1 |
| Phosphorus, P | | 146 | | | | 4 | | 350 | 22 | 15 |
| Potassium, K | - | 167 | | | | 4 | | 401 | 25 | 17 |
| Sodium, Na | | 296 | | | | 4 | | 710 | 44 | 30 |
| Zinc, Zn | mg | 0.76 | | | | 4 | | 1.82 | 0.11 | 0.08 |
| Copper, Cu | mg | 0.022 | 2 | | | 4 | | 0.053 | 0.003 | 0.00 |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | mcg | 4.0 | | 0 | BFNN | 4 | | 9.6 | 0.6 | 0.4 |
| Vitamins: | | | | | | | | | | |
| Vitamin C, total ascorbic acid | ma | 0.0 | | | | 7 | | 0.0 | 0.0 | 0.0 |
| Thiamin | _ | 0.020 |) | | | 4 | | 0.048 | 0.003 | 0.00 |
| Riboflavin | - | 0.280 | | | | 4 | | 0.672 | 0.042 | 0.02 |
| Niacin | | 0.140 |) | | | 4 | | 0.336 | 0.021 | 0.01 |
| Pantothenic acid | _ | | | | | | | | | |
| Vitamin B-6 | - | 0.070 |) | | | 4 | | 0.168 | 0.011 | 0.00 |
| Folate, total | | 18 | | | | 4 | | 43 | 3 | 2 |
| Folic acid | mcg | 0 | | 0 | BFZN | 4 | | 0 | 0 | 0 |
| Folate, food | | 18 | | | | 4 | | 43 | 3 | 2 |
| Folate, DFE | mcg_DFE | 18 | | 0 | NC | 4 | | 43 | 3 | 2 |
| Vitamin B-12 | mcg | 0.60 | | | | 4 | | 1.44 | 0.09 | 0.06 |
| Vitamin A, IU | | 679 | | 0 | NC | 4 | | 1630 | 102 | 68 |
| Vitamin A, RAE | | 185 | | 0 | NC | 4 | | 444 | 28 | 18 |
| Retinol | | 181 | | 0 | BFFN | 4 | | 435 | 27 | 18 |
| Vitamin E (alpha-tocopherol) | - | 0.15 | | 0 | BFFN | 4 | | 0.36 | 0.02 | 0.02 |
| Tocopherol, beta | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | |
| Vitamin D Vitamin K (phylloquinone) | | 1.5 | | 0 | BFFN | 4 | | 3.5 | 0.2 | 0.1 |
| Vitamin K (pnylloquinone) | Incg | 1.5 | | U | DIIN | 4 | | 3.5 | 0.2 | 0.1 |
| Lipids: | | | | | | | | | | |
| Fatty acids, total saturated | g | 11.089 | • | | | 4 | | 26.614 | 1.663 | 1.10 |
| 4:0 | g | 0.505 | 5 | | | 4 | | 1.212 | 0.076 | 0.05 |
| 6:0 | g | 0.146 | 5 | | | 4 | | 0.350 | 0.022 | 0.01 |
| 8:0 | g | 0.172 | 2 | | | 4 | | 0.413 | 0.026 | 0.01 |
| 10:0 | - | 0.338 | | | | 4 | | 0.811 | 0.051 | 0.03 |
| 12:0 | - | 0.232 | 2 | | | 4 | | 0.557 | 0.035 | 0.02 |
| 13:0 | - | | | | | | | | | |
| 14:0 | - | 1.817 | , | | | 4 | | 4.361 | 0.273 | 0.18 |
| 15:0 | - | | | | | _ | | | | _ |
| 16:0 | - | 5.320 |) | | | 4 | | 12.768 | 0.798 | 0.53 |
| 17:0 | - | | | | | | | | _ | = . |
| 18:0 | | 2.039 | • | | | 4 | | 4.894 | 0.306 | 0.20 |
| 20:0 | - | | | | | | | | | |
| 22:0 | q | | | | | | | | | |

| | Amo | unt in 100 grams Numbe | | ole portio | <u>n</u> | Amount in edible portion of common measures of food | | | |
|------------------------------------|----------------|-----------------------------|---------------|----------------|--------------------|---|----------------|----------------|--|
| Nutrients and Units | Mean S | of Data td. Error Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 | |
| Fatty acids, total monounsaturated | 4.967 | | | 4 | | 11.921 | 0.745 | 0.497 | |
| 14:1g | | | | | | | | | |
| 15:1g | | | | | | | | | |
| 16:1 undifferentiatedg | 0.495 | | | 4 | | 1.188 | 0.074 | 0.050 | |
| 17:1g | | | | | | | | | |
| 18:1 undifferentiatedg | 4.230 | | | 4 | | 10.152 | 0.635 | 0.423 | |
| 20:1g | 0.000 | | | 4 | | 0.000 | 0.000 | 0.000 | |
| 22:1 undifferentiatedg | 0.000 | | | 4 | | 0.000 | 0.000 | 0.000 | |
| 24:1 cg | | | | | | | | | |
| Fatty acids, total polyunsaturated | 0.636 | | | 4 | | 1.526 | 0.095 | 0.064 | |
| 18:2 undifferentiatedg | 0.389 | | | 4 | | 0.934 | 0.058 | 0.039 | |
| 18:3 undifferentiatedg | 0.247 | | | 4 | | 0.593 | 0.037 | 0.025 | |
| 18:4g | 0.000 | | | 4 | | 0.000 | 0.000 | 0.000 | |
| 20:2 n-6 c,cg | | | | | | | | | |
| 20:3 undifferentiated | 0.000 | | | 4 | | 0.000 | 0.000 | 0.000 | |
| 20:4 undifferentiated | 0.000 0.000 | | | 4 | | 0.000 | 0.000 0.000 | 0.000 0.000 | |
| 20:5 n-3g | 0.000 | | | 4 | | 0.000 | 0.000 | 0.000 | |
| 22:5 n-3g 22:6 n-3g | 0.000 | | | 4 | | 0.000 | 0.000 | 0.000 | |
| Fatty acids, total trans | 0.000 | | | 4 | | 0.000 | 0.000 | 0.000 | |
| Cholesterolg | 56 | | | 4 | | 134 | 8 | 6 | |
| Phytosterolsmg | 30 | | | • | | 154 | Ü | · · | |
| Others: | | | | | | | | | |
| Alcohol, ethylg | 0.0 | | | 7 | | 0.0 | 0.0 | 0.0 | |
| Caffeine mg | 0 | 0 | Z | 7 | | 0 | 0 | 0 | |
| Theobromine mg | 0 | 0 | Z | 7 | | 0 | 0 | 0 | |
| Carotenoids: | | | | | | | | | |
| Carotene, betamcg | 45 | 0 | BFFN | 4 | | 108.347 | 6.772 | 4.514 | |
| Carotene, alphamcg | 0 | 0 | z | 7 | | 0.000 | 0.000 | 0.000 | |
| Cryptoxanthin, betamcg | 0 | 0 | z | 7 | | 0.000 | 0.000 | 0.000 | |
| Lycopenemcg | 0 | 0 | z | 7 | | 0.000 | 0.000 | 0.000 | |
| Lutein + zeaxanthin mcg | 0 | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 | |

Common Measures:

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

Measure 3 = 10.0g: 1 tbsp, whipped

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

| | | <u>A</u> : | mount in 100 g | grams | of edib | ole portio | <u>n</u> | | edible portion | _ |
|--------------------------------|---|-------------|-----------------|---------|---------|------------|------------|-------------|-----------------|-----------|
| | | | Nι | ımbeı | • | | | <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 | 41.56 | 0.741 | 15 | | 1 | | 11.78 | 82.29 | |
| Energy | kcal | 357 | | 0 | NC | 4 | | 101 | 706 | |
| Energy | kj | 1492 | | | | 4 | | 423 | 2954 | |
| Protein (N x 6.38) | g | 24.99 | 0.330 | 15 | | 1 | | 7.08 | 49.48 | |
| Total lipid (fat) | g | 27.80 | 0.565 | 19 | | 1 | | 7.88 | 55.04 | |
| Ash | g | 4.22 | 0.194 | 12 | | 1 | | 1.20 | 8.36 | |
| Carbohydrate, by difference | g | 1.43 | | 0 | NC | 4 | | 0.41 | 2.83 | |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Sugars, total | g | 1.43 | | 0 | NR | 4 | | 0.41 | 2.83 | |
| Starch | g | | | | | | | | | |
| 3.61 | | | | | | | | | | |
| Minerals: | ma | 721 | 32.550 | 1 = | | 4 | | 207 | 1447 | |
| Calcium, Ca | • | 731 0.44 | 32.550 0.097 | 15 4 | | 1 1 | | 207 0.12 | 1447 0.87 | |
| Iron, Fe | _ | 30 | 1.705 | 9 | | 1 | | 0.12 8 | 0.87 59 | |
| Magnesium, Mg Phosphorus, P | | 536 | 18.811 | 10 | | 1 | | 8 152 | 1060 | |
| Potassium, K | _ | 188 | 39.814 | 9 | | 1 | | 53 | 372 | |
| Sodium. Na | | 965 | 121.715 | 9 | | 1 | | 274 | 1911 | |
| Zinc, Zn | • | 3.75 | 0.542 | 4 | | 1 | | 1.06 | 7.43 | |
| Copper, Cu | | 0.036 | | 0 | | 1 | | 0.010 | 0.071 | |
| Manganese, Mn | | 0.011 | | 0 | | 1 | | 0.013 | 0.022 | |
| Selenium, Se | | 14.5 | • | 0 | CAZN | 4 | | 4.1 | 28.7 | |
| Scientifi, Sci | | | | | | _ | | | | |
| Vitamins: | | | | | | | | | | |
| Vitamin C, total ascorbic acid | - | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | |
| Thiamin | | 0.037 | | 11 | | 1 | | 0.010 | 0.073 | |
| Riboflavin | mg | 0.389 | | 17 | | 1 | | 0.110 | 0.770 | |
| Niacin | <u>mg</u> | 0.082 | | 16 | | 1 | | 0.023 | 0.162 | |
| Pantothenic acid | <u>mg</u> | 0.281 | | 15 | | 1 | | 0.080 | 0.556 | |
| Vitamin B-6 | - | 0.076 | 0.004 | 29 | | 1 | | 0.022 | 0.150 | |
| Folate, total | | 16 | 1.468 | 41 | | 1 | | 5 | 32 | |
| Folic acid | | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | | 16 | 1.468 | 41 | | 1 | | 5 | 32 | |
| Folate, DFE | | 16 | | 0 | NC | 4 | | 5 | 32 | |
| Vitamin B-12 | | 1.54 | 0.129 | 15 | | 1 | | 0.44 | 3.04 | |
| Vitamin A, IU | | 825 | | 0 | NC | 4 | | 234 | 1634 | |
| Vitamin A, RAE | | 243 | | 0 | NC | 4 | | 69 | 481 | |
| Retinol | | 242 | | 0 | NC | 4 | | 69 | 479 | |
| Vitamin E (alpha-tocopherol) | mg | 0.24 | | 0 | BFFN | 4 | | 0.07 | 0.47 | |
| Tocopherol, beta | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta | | | | | _ | | | | | |
| Vitamin D | | 36.000 | 1 | 0 | T | 4 | | 10.206 | 71.280 | |
| Vitamin K (phylloquinone) | mcg | 2.3 | | 0 | BFFN | 4 | | 0.7 | 4.6 | |
| Lipids: | | | | | | | | | | |
| Fatty acids, total saturated | g | 17.572 | ! | 0 | | 1 | | 4.982 | 34.793 | |
| 4:0 | | 1.000 |) | 2 | | 1 | | 0.284 | 1.980 | |
| 6:0 | g | 0.461 | | 2 | | 1 | | 0.131 | 0.913 | |
| 8:0 | - | 0.300 | | 7 | | 1 | | 0.085 | 0.594 | |
| 10:0 | | 0.589 | | 7 | | 1 | | 0.167 | 1.166 | |
| 12:0 | | 0.496 | 0.124 | 7 | | 1 | | 0.141 | 0.982 | |
| 13:0 | | | | | | | | | | |
| 14:0 | | 2.943 | 0.127 | 7 | | 1 | | 0.834 | 5.827 | |
| 15:0 | | | | | | | | | | |
| 16:0 | - | 8.067 | 0.287 | 7 | | 1 | | 2.287 | 15.973 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | - | 2.983 | 0.113 | 7 | | 1 | | 0.846 | 5.906 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | - | | | | | | | | | |
| 24:0 | a | | | | | | | | | |

| | | <u>Aı</u> | mount in 100 | | | ole portic | <u>on</u> | | edible portion of easures of food | |
|---------------------------------------|----------|-----------|--------------|-------|---------------|----------------|--------------------|-----------|-----------------------------------|-----------|
| | | | | ımbeı | | | | 1111 | easures or roou | |
| Nutrients and U | nits | Mean | Std. Error P | | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Esternish total managements | . a | 8.125 | | 0 | | 1 | | 2.303 | 16.088 | |
| Fatty acids, total monounsaturated | | 6.123 | | U | | 1 | | 2.303 | 16.088 | |
| 15:1 | - | | | | | | | | | |
| 16:1 undifferentiated | - | 0.813 | 0.090 | 7 | | 1 | | 0.230 | 1.610 | |
| 17:1 | - | | | | | | | | | |
| 18:1 undifferentiated | - | 6.911 | | 7 | | 1 | | 1.959 | 13.684 | |
| 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 | | 0.665 | | 0 | | 1 | | 0.189 | 1.317 | |
| 18:2 undifferentiated | | 0.418 | | 7 | | 1 | | 0.119 | 0.828 | |
| 18:3 undifferentiated | - | 0.247 | | 7 | | 1 | | 0.070 | 0.489 | |
| 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 | _ | 89 | 1.301 | 4 | | 1 | | 25 | 177 | |
| Phytosterols | mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan | а | 0.352 | | 0 | | 4 | | 0.100 | 0.697 | |
| Threonine | | 0.932 | | 0 | | 1 | | 0.264 | 1.845 | |
| Isoleucine | - | 1.308 | | 0 | | 1 | | 0.371 | 2.590 | |
| Leucine | | 2.570 | | 0 | | 1 | | 0.729 | 5.089 | |
| Lysine | = | 2.660 | | 0 | | 1 | | 0.754 | 5.267 | |
| Methionine | | 0.721 | | 0 | | 1 | | 0.204 | 1.428 | |
| Cystine | | 0.255 | | 0 | | 4 | | 0.072 | 0.505 | |
| Phenylalanine | | 1.434 | | 0 | | 1 | | 0.407 | 2.839 | |
| Tyrosine | | 1.457 | | 0 | | 1 | | 0.413 | 2.885 | |
| Valine | = | 1.810 | | 0 | | 1 | | 0.513 | 3.584 | |
| Arginine | | 0.964 | | 0 | | 1 | | 0.273 | 1.909 | |
| Histidine | | 1.034 | | 0 | | 1 | | 0.293 | 2.047 | |
| Alanine | | 0.764 | | 0 | | 1 | | 0.217 | 1.513 | |
| Aspartic acid | | 1.747 | | 0 | | 1 | | 0.495 | 3.459 | |
| Glutamic acid | | 6.150 | | 0 | | 1 | | 1.744 | 12.177 | |
| Glycine | - | 0.486 | | 0 | | 1 | | 0.138 | 0.962 | |
| Proline | | 3.251 | | 0 | | 1 | | 0.922 | 6.437 | |
| Serine | | 1.547 | | 0 | | 1 | | 0.439 | 3.063 | |
| Hydroxyproline | - | 1.547 | | · | | - | | 0.433 | 3.003 | |
| · · · · · · · · · · · · · · · · · · · | 9 | | | | | | | | | |
| Others: | a | 0.0 | | ^ | | 7 | | 0.0 | 0.0 | |
| Alcohol, ethyl | | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine | | 0 | | 0 | z z | 7 | | 0 | 0 0 | |
| Theobromine | 9 | U | | U | Z | , | | U | U | |
| Carotenoids: | | | | | | | | | | |
| Carotene, beta | mcg | 11 | | 0 | NR | 4 | | 3.119 | 21.780 | |
| 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 = 28.35g: 1 oz

Measure 2 = 198g: 1 package (7 oz)

NDB No. 01018 Cheese, edam

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | Amount in 100 grams of edible portion | | | | | | | Amount in edible portion of common | | | |
|-------------------------------------|----------|---------------------------------------|---------------|--------|-------|--------|------------|-----------------|------------------------------------|--------------|--|--|
| | | | Nu | mber | | | | <u>m</u> | easures of food | <u> </u> | | |
| | | | of | Data | Deriv | Source | Confidence | | | | | |
| Nutrients and Units | | Mean | Std. Error Po | | | Code | Code | Measure 1 | Measure 2 | Measure | | |
| _ | | | | | | | | | | | | |
| Proximates: Water | a | 55.22 | 1.126 | 23 | | 1 | | 82.83 | 15.65 | 9.39 | | |
| Energy | - | 264 | | 0 | NC | 4 | | 395 | 75 | 45 | | |
| Energy | | 1103 | | · | | 4 | | 1654 | 313 | 187 | | |
| Protein (N x 6.38) | | 14.21 | 0.515 | 9 | | 1 | | 21.32 | 4.03 | 2.42 | | |
| , , | - | 21.28 | 0.893 | 23 | | 1 | | 31.92 | 6.03 | 3.62 | | |
| Total lipid (fat) | | 5.20 | 0.693 | 2 | | 1 | | 7.80 | | 0.88 | | |
| Ash | | | | 0 | *** | 4 | | | 1.47 | | | |
| Carbohydrate, by difference | | 4.09 | | | NC | | | 6.14 | 1.16 | 0.70 | | |
| Fiber, total dietary | | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 | | |
| Sugars, total | | 4.09 | | 0 | NR | 4 | | 6.14 | 1.16 | 0.70 | | |
| Starch | g | | | | | | | | | | | |
| <u> Ainerals:</u> | | | | | | | | | | | | |
| Calcium, Ca | mg | 493 | 42.411 | 4 | | 1 | | 739 | 140 | 84 | | |
| Iron, Fe | mg | 0.65 | 0.148 | 4 | | 1 | | 0.98 | 0.18 | 0.1 | | |
| Magnesium, Mg | mg | 19 | 2.199 | 4 | | 1 | | 29 | 5 | 3 | | |
| Phosphorus, P | mg | 337 | 15.985 | 4 | | 1 | | 506 | 96 | 57 | | |
| Potassium, K | mg | 62 | 5.702 | 5 | | 1 | | 93 | 18 | 11 | | |
| Sodium, Na | mg | 1116 | 100.389 | 4 | | 1 | | 1674 | 316 | 190 | | |
| Zinc, Zn | mg | 2.88 | 0.202 | 4 | | 1 | | 4.32 | 0.82 | 0.4 | | |
| Copper, Cu | mg | 0.032 | ? | 0 | | 1 | | 0.048 | 0.009 | 0.0 | | |
| Manganese, Mn | mg | 0.028 | 3 | 0 | | 1 | | 0.042 | 0.008 | 0.0 | | |
| Selenium, Se | mcg | 15.0 | | 2 | A | 1 | | 22.5 | 4.3 | 2.6 | | |
| itamins: | | | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | 0.0 | | |
| Thiamin | _ | 0.154 | Į | 0 | | 4 | | 0.231 | 0.044 | 0.0 | | |
| Riboflavin | _ | 0.844 | | 0 | | 4 | | 1.266 | 0.239 | 0.1 | | |
| Niacin | | 0.991 | | 0 | | 4 | | 1.487 | 0.281 | 0.1 | | |
| Pantothenic acid | _ | 0.967 | | 0 | | 4 | | 1.451 | 0.274 | 0.1 | | |
| Vitamin B-6 | | 0.424 | | 0 | | 4 | | 0.636 | 0.120 | 0.0 | | |
| Folate, total | - | 32 | • | 0 | | 4 | | 48 | 9 | 5 | | |
| Folic acid | | 0 | | 0 | z | 7 | | 0 | 0 | 0 | | |
| Folate, food | | 32 | | 0 | _ | 4 | | 48 | 9 | 5 | | |
| Folate, DFE | | 32 | | 0 | NC | 4 | | 48 | 9 | 5 | | |
| Vitamin B-12 | | 1.69 | | 0 | -1.0 | 4 | | 2.54 | 0.48 | 0.2 | | |
| Vitamin A, IU | | 422 | | 0 | NC | 4 | | 632 | 120 | 72 | | |
| Vitamin A, RAE | | 125 | | 0 | NC | 4 | | 188 | 36 | 21 | | |
| Retinol | | 125 | | 0 | NC | 4 | | 188 | 35 | 21 | | |
| Vitamin E (alpha-tocopherol) | | 0.18 | | 0 | BFFN | 4 | | 0.27 | 0.05 | 0.0 | | |
| | | 0.10 | | U | DEFN | - | | 0.27 | 0.03 | 0.0 | | |
| Tocopherol, beta | | | | | | | | | | | | |
| Tocopherol, gamma Tocopherol, delta | | | | | | | | | | | | |
| Vitamin D | | | | | | | | | | | | |
| Vitamin K (phylloquinone) | | 1.8 | | 0 | BFFN | 4 | | 2.7 | 0.5 | 0.3 | | |
| | | | | | | | | | | | | |
| <u>ipids:</u> | a | 14 046 | | ^ | | | | 22 410 | 4 227 | 2.5 | | |
| Fatty acids, total saturated | | 14.946 0.775 | | 0 1 | | 1 1 | | 22.419 1.163 | 4.237 0.220 | 2.54 0.13 | | |
| | | | | 1 | | 1 | | | | | | |
| 6:0 | - | 0.573 | | _ | | _ | | 0.860 | 0.162 | 0.0 | | |
| 8:0 | - | 0.546 | | 1 | | 1 | | 0.819 | 0.155 | 0.0 | | |
| 10:0 | - | 1.977 | | 1 | | 1 | | 2.966 | 0.560 | 0.3 | | |
| 12:0 | | 1.159 | , | 1 | | 1 | | 1.739 | 0.329 | 0.1 | | |
| 13:0 | | 0 7.55 | | | | - | | 4 4 4 4 5 | | • - | | |
| 14:0 | - | 2.761 | - | 1 | | 1 | | 4.142 | 0.783 | 0.4 | | |
| 15:0 | | | | | | _ | | | | | | |
| 16:0 | - | 5.151 | • | 1 | | 1 | | 7.727 | 1.460 | 0.8 | | |
| 17:0 | - | _ | | | | | | | _ | | | |
| 18:0 | - | 1.488 | 3 | 1 | | 1 | | 2.232 | 0.422 | 0.2 | | |
| 20:0 | - | | | | | | | | | | | |
| 22:0 | g | | | | | | | | | | | |

| | | <u>Ar</u> | nount in 100 | | Amount in edible portion of common measures of food | | | | | |
|------------------------------------|------------|-----------|--------------|-----------------------------|---|----------------|--------------------|-----------|-----------|-----------|
| Nutrients and Ur | nits | Mean | | Number of Data Points | Deriv | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | | |
| Fatty acids, total monounsaturated | | 4.623 | | 0 | | 1 | | 6.935 | 1.311 | 0.786 |
| 15:1 | - | | | | | | | | | |
| 16:1 undifferentiated | - | 0.385 | | 1 | | 1 | | 0.578 | 0.109 | 0.065 |
| 17:1 | - | | | | | | | | | |
| 18:1 undifferentiated | g | 3.975 | | 1 | | 1 | | 5.963 | 1.127 | 0.676 |
| 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 | g | | | | | | | | | |
| Fatty acids, total polyunsaturated | g | 0.591 | | 0 | | 1 | | 0.887 | 0.168 | 0.100 |
| 18:2 undifferentiated | | 0.326 | | 1 | | 1 | | 0.489 | 0.092 | 0.055 |
| 18:3 undifferentiated | g | 0.265 | | 1 | | 1 | | 0.398 | 0.075 | 0.045 |
| 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 | | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | | 89 | | 1 | | 1 | | 134 | 25 | 15 |
| Phytosterols | _ | | | | | | | | | |
| , | • | | | | | | | | | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan | g | 0.200 | | 0 | | 4 | | 0.300 | 0.057 | 0.034 |
| Threonine | g | 0.637 | | 0 | | 4 | | 0.956 | 0.181 | 0.108 |
| Isoleucine | g | 0.803 | | 0 | | 4 | | 1.205 | 0.228 | 0.137 |
| Leucine | g | 1.395 | | 0 | | 4 | | 2.093 | 0.395 | 0.237 |
| Lysine | g | 1.219 | | 0 | | 4 | | 1.829 | 0.346 | 0.207 |
| Methionine | g | 0.368 | | 0 | | 4 | | 0.552 | 0.104 | 0.063 |
| Cystine | g | 0.083 | | 0 | | 4 | | 0.125 | 0.024 | 0.014 |
| Phenylalanine | g | 0.675 | | 0 | | 4 | | 1.013 | 0.191 | 0.115 |
| Tyrosine | g | 0.668 | | 0 | | 4 | | 1.002 | 0.189 | 0.114 |
| Valine | g | 1.065 | | 0 | | 4 | | 1.598 | 0.302 | 0.181 |
| Arginine | g | 0.470 | | 0 | | 4 | | 0.705 | 0.133 | 0.080 |
| Histidine | g | 0.397 | | 0 | | 4 | | 0.596 | 0.113 | 0.067 |
| Alanine | g | 0.639 | | 0 | | 4 | | 0.959 | 0.181 | 0.109 |
| Aspartic acid | g | 0.779 | | 0 | | 4 | | 1.169 | 0.221 | 0.132 |
| Glutamic acid | g | 2.421 | | 0 | | 4 | | 3.632 | 0.686 | 0.412 |
| Glycine | g | 0.097 | | 0 | | 4 | | 0.146 | 0.027 | 0.016 |
| Proline | | 1.378 | | 0 | | 4 | | 2.067 | 0.391 | 0.234 |
| Serine | g | 1.169 | | 0 | | 4 | | 1.754 | 0.331 | 0.199 |
| Hydroxyproline | - | | | | | | | | | |
| 041 | _ | | | | | | | | | |
| Others: | | | | | | _ | | | | |
| Alcohol, ethyl | | 0.0 | | 0 | _ | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine | | 0 | | 0 | z | 7 | | 0 | 0 | 0 |
| Theobromine | <u>m</u> g | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| <u>Carotenoids:</u> | | | | | | | | | | |
| Carotene, beta | mcg | 3 | | 0 | NR | 4 | | 4.500 | 0.851 | 0.510 |
| 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 |
| LVCODEHE | | | | | | | | | | |

Common Measures:

Measure 1 = 150g: 1 cup, crumbled

Measure 2 = 28.35g: 1 oz Measure 3 = 17g: 1 cubic inch NDB No. 01019 Cheese, feta

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>A</u> | mount in 100 g | rams c | of edib | le portio | <u>n</u> | | edible portion | |
|--------------------------------|-------|-------------|----------------|---------|---------|-----------|------------|----------------|-----------------|------------|
| | | | Nu | mber | | | | <u>m</u> | easures of food | <u> </u> |
| | | | | Data I | | | Confidence | | | |
| Nutrients and Units | | Mean | Std. Error Po | oints (| Code | Code | Code | Measure 1 | Measure 2 | Measure |
| Proximates: | | | | | | | | | | |
| Water | g | 37.92 | | 17 | | 1 | | 50.05 | 40.95 | 10.75 |
| Energy | kcal | 389 | | 0 | NC | 4 | | 514 | 420 | 110 |
| Energy | kj | 1628 | | | | 4 | | 2149 | 1758 | 461 |
| Protein (N x 6.38) | g | 25.60 | | 16 | | 1 | | 33.79 | 27.65 | 7.26 |
| Total lipid (fat) | g | 31.14 | | 17 | | 1 | | 41.10 | 33.63 | 8.83 |
| Ash | g | 3.79 | | 17 | | 1 | | 5.00 | 4.09 | 1.07 |
| Carbohydrate, by difference | g | 1.55 | | 0 | NC | 4 | | 2.05 | 1.67 | 0.44 |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total | g | 1.55 | | 0 | NR | 4 | | 2.05 | 1.67 | 0.44 |
| Starch | g | | | | | | | | | |
| | | | | | | | | | | |
| Minerals: | ma | EFO | | 1 | | 4 | | 726 | E04 | 156 |
| Calcium, Ca | | 550 0.23 | | 1 1 | | 1 1 | | 726 | 594 | 156 0.0 |
| Iron, Fe | | 0.23 14 | | 1 | | 1 | | 0.30 | 0.25 | |
| Magnesium, Mg | | 346 | | 0 | | 4 | | 18 457 | 15 374 | 4 98 |
| Phosphorus, P | | | | 0 | | 4 | | 457 84 | 374 69 | 98 18 |
| Potassium, K | | 64 | | 0 | | | | | | 18 227 |
| Sodium, Na | _ | 800 | | 1 | | 4 1 | | 1056 4.62 | 864 | |
| Zinc, Zn | _ | 3.50 | | 0 | | 1 | | | 3.78 0.027 | 0.9 |
| Copper, Cu | | 0.025 | | 0 | | 1 | | 0.033 0.018 | 0.027 | 0.0 |
| Manganese, Mn | | 14.5 | ł | 0 | CAZN | 4 | | 19.1 | 15.7 | 4.1 |
| Selenium, Se | Ilicy | 14.5 | | U | CAZN | 4 | | 19.1 | 15.7 | 4.1 |
| /itamins: | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | 0.0 |
| Thiamin | mg | 0.021 | L | 1 | | 1 | | 0.028 | 0.023 | 0.0 |
| Riboflavin | | 0.204 | 1 | 1 | | 1 | | 0.269 | 0.220 | 0.0 |
| Niacin | | 0.150 |) | 1 | | 1 | | 0.198 | 0.162 | 0.0 |
| Pantothenic acid | - | 0.429 | 9 | 0 | | 4 | | 0.566 | 0.463 | 0.1 |
| Vitamin B-6 | _ | 0.083 | 3 | 0 | | 4 | | 0.110 | 0.090 | 0.0 |
| Folate, total | _ | 6 | | 0 | | 4 | | 8 | 6 | 2 |
| Folic acid | | 0 | | 0 | z | 7 | | 0 | 0 | 0 |
| Folate, food | | 6 | | 0 | | 4 | | 8 | 6 | 2 |
| Folate, DFE | | 6 | | 0 | NC | 4 | | 8 | 6 | 2 |
| Vitamin B-12 | | 1.68 | | 0 | | 4 | | 2.21 | 1.81 | 0.4 |
| Vitamin A, IU | IU | 913 | | 0 | NC | 4 | | 1206 | 986 | 259 |
| Vitamin A, RAE | | 261 | | 0 | NC | 4 | | 344 | 282 | 74 |
| Retinol | | 258 | | 0 | NC | 4 | | 341 | 279 | 73 |
| Vitamin E (alpha-tocopherol) | | 0.27 | | 0 | BFFN | 4 | | 0.35 | 0.29 | 0.0 |
| Tocopherol, beta | - | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | |
| Vitamin D | | | | | | | | | | |
| Vitamin K (phylloquinone) | | 2.6 | | 0 | BFFN | 4 | | 3.4 | 2.8 | 0.7 |
| | | | | | | | | | | |
| <u> ipids:</u> | | | | | | | | | | |
| Fatty acids, total saturated | g | 19.196 | | 0 | | 1 | | 25.339 | 20.732 | 5.4 |
| 4:0 | | 0.715 | | 2 | | 1 | | 0.944 | 0.772 | 0.2 |
| 6:0 | - | 0.489 | 9 | 2 | | 1 | | 0.645 | 0.528 | 0.1 |
| 8:0 | - | 0.314 | | 2 | | 1 | | 0.414 | 0.339 | 0.0 |
| 10:0 | | 0.651 | L | 2 | | 1 | | 0.859 | 0.703 | 0.1 |
| 12:0 | - | 0.804 | 1 | 2 | | 1 | | 1.061 | 0.868 | 0.2 |
| 13:0 | - | | | | | | | | | |
| 14:0 | g | 2.964 | 1 | 2 | | 1 | | 3.912 | 3.201 | 0.8 |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 8.458 | 3 | 2 | | 1 | | 11.165 | 9.135 | 2.3 |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 2.655 | 5 | 2 | | 1 | | 3.505 | 2.867 | 0.7 |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | а | | | | | | | | | |

| | | <u>Aı</u> | mount in 10 | | | Amount in edible portion of common measures of food | | | | |
|-----------------------------------|-------|-----------|-------------|----------------|--------|---|--------------------|-----------|-----------|-----------|
| | | | Std. Error | Number of Data | Deriv | Source Code | Confidence Code | | | • |
| Nutrients and I | Units | Mean | Std. Error | Points | Code | Code | Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total monounsaturat | tedg | 8.687 | | 0 | | 1 | | 11.467 | 9.382 | 2.463 |
| 14:1 | | | | | | | | | | |
| 15:1 | g | | | | | | | | | |
| 16:1 undifferentiated | g | 0.890 | | 2 | | 1 | | 1.175 | 0.961 | 0.252 |
| 17:1 | g | | | | | | | | | |
| 18:1 undifferentiated | - | 7.100 | | 2 | | 1 | | 9.372 | 7.668 | 2.013 |
| 20:1 | | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated | • | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 24:1 c | | | | | | | | | | |
| Fatty acids, total polyunsaturate | | 1.654 | | 0 | | 1 | | 2.183 | 1.786 | 0.469 |
| 18:2 undifferentiated | | 0.864 | | 2 | | 1 | | 1.140 | 0.933 | 0.245 |
| 18:3 undifferentiated | - | 0.790 | | 2 | | 1 | | 1.043 | 0.853 | 0.224 |
| 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 | | | | _ | | _ | | 450 | 405 | |
| Cholesterol | | 116 | | 1 | | 1 | | 153 | 125 | 33 |
| Phytosterols | mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan | g | 0.361 | | 0 | | 4 | | 0.477 | 0.390 | 0.102 |
| Threonine | g | 0.935 | | 0 | | 4 | | 1.234 | 1.010 | 0.265 |
| Isoleucine | g | 1.384 | | 0 | | 4 | | 1.827 | 1.495 | 0.392 |
| Leucine | g | 2.664 | | 0 | | 4 | | 3.516 | 2.877 | 0.755 |
| Lysine | g | 2.328 | | 0 | | 4 | | 3.073 | 2.514 | 0.660 |
| Methionine | g | 0.706 | | 0 | | 4 | | 0.932 | 0.762 | 0.200 |
| Cystine | g | 0.261 | | 0 | | 4 | | 0.345 | 0.282 | 0.074 |
| Phenylalanine | g | 1.497 | | 0 | | 4 | | 1.976 | 1.617 | 0.424 |
| Tyrosine | g | 1.524 | | 0 | | 4 | | 2.012 | 1.646 | 0.432 |
| Valine | g | 1.926 | | 0 | | 4 | | 2.542 | 2.080 | 0.546 |
| Arginine | g | 0.835 | | 0 | | 4 | | 1.102 | 0.902 | 0.237 |
| Histidine | g | 0.959 | | 0 | | 4 | | 1.266 | 1.036 | 0.272 |
| Alanine | g | 0.823 | | 0 | | 4 | | 1.086 | 0.889 | 0.233 |
| Aspartic acid | g | 1.413 | | 0 | | 4 | | 1.865 | 1.526 | 0.401 |
| Glutamic acid | g | 5.136 | | 0 | | 4 | | 6.780 | 5.547 | 1.456 |
| Glycine | g | 0.457 | | 0 | | 4 | | 0.603 | 0.494 | 0.130 |
| Proline | g | 3.323 | | 0 | | 4 | | 4.386 | 3.589 | 0.942 |
| Serine | g | 1.477 | | 0 | | 4 | | 1.950 | 1.595 | 0.419 |
| Hydroxyproline | g | | | | | | | | | |
| 04 | | | | | | | | | | |
| Others: | _ | | | | | _ | | | | |
| Alcohol, ethyl | | 0.0 | | 0 | _ | 7 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine | | 0 | | 0 | z z | 7 | | 0 | 0 0 | 0 |
| Theobromine | | U | | U | z | , | | U | U | 0 |
| Carotenoids: | | | | | | | | | | |
| Carotene, beta | mcg | 32 | | 0 | NR | 4 | | 42.240 | 34.560 | 9.072 |
| Carotene, alpha | mcg | 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 = 132g: 1 cup, diced Measure 2 = 108g: 1 cup, shredded

Measure 3 = 28.35g: 1 oz

NDB No. 01020 Cheese, fontina

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>Aı</u> | mount in 100 g | grams | of edib | ole portio | <u>n</u> | | edible portion | |
|--|---|-----------|----------------|--------|---------|------------|------------|-----------|-----------------|----------|
| | | | Nι | umber | • | | | <u>m</u> | easures of food | <u> </u> |
| | | | of | f Data | Deriv | Source | Confidence | | | |
| Nutrients and Uni | ts | Mean | Std. Error P | oints | Code | Code | Code | Measure 1 | Measure 2 | Measure |
| Proximates: | | | | | | | | | | |
| Water | g | 13.44 | | 8 | | 1 | | 3.81 | 30.51 | |
| Energy | kcal | 466 | | 0 | NC | 4 | | 132 | 1057 | |
| Energy | kj | 1948 | | | | 4 | | 552 | 4423 | |
| Protein (N x 6.38) | g | 9.65 | | 2 | | 1 | | 2.74 | 21.91 | |
| Total lipid (fat) | g | 29.51 | 0.267 | 3 | | 1 | | 8.37 | 66.99 | |
| Ash | g | 4.75 | | 2 | | 1 | | 1.35 | 10.78 | |
| Carbohydrate, by difference | g | 42.65 | | 0 | NC | 4 | | 12.09 | 96.82 | |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| Minorals | | | | | | | | | | |
| Minerals: Calcium. Ca | ma | 400 | | 1 | | 1 | | 113 | 908 | |
| Iron, Fe | • | 0.52 | | 0 | | 4 | | 0.15 | 908 1.18 | |
| Magnesium, Mg | _ | 70 | | 0 | | 4 | | 20 | 1.18 | |
| Phosphorus, P | | 444 | | 1 | | 1 | | 126 | 1008 | |
| Potassium, K | - | 1409 | | 0 | | 4 | | 399 | 3198 | |
| Sodium, Na | - | 600 | | 1 | | 1 | | 170 | 1362 | |
| Zinc, Zn | _ | 1.14 | | 0 | | 4 | | 0.32 | 2.59 | |
| Copper, Cu | | 0.080 | | 0 | | 1 | | 0.023 | 0.182 | |
| Manganese, Mn. | | 0.040 | | 0 | | 1 | | 0.011 | 0.091 | |
| Selenium, Se | | 14.5 | | 0 | CAZN | 4 | | 4.1 | 32.9 | |
| Scientifi, Sci | | | | | | _ | | | | |
| <u> Vitamins:</u> | | | | | | | | | | |
| Vitamin C, total ascorbic acid | _ | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | |
| Thiamin | | 0.315 | | 0 | | 4 | | 0.089 | 0.715 | |
| Riboflavin | | 1.382 | | 0 | | 4 | | 0.392 | 3.137 | |
| Niacin | | 0.813 | | 5 | | 1 | | 0.230 | 1.846 | |
| Pantothenic acid | | 3.351 | | 0 | | 4 | | 0.950 | 7.607 | |
| Vitamin B-6 | - | 0.271 | | 0 | | 4 | | 0.077 | 0.615 | |
| Folate, total | | 5 | 0.849 | 8 | | 1 | | 1 | 10 | |
| Folic acid | | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | | 5 | 0.849 | 8 | | 1 | | 1 | 10 | |
| Folate, DFE | | 5 | | 0 | NC | 4 | | 1 | 10 | |
| Vitamin B-12 | | 2.42 | | 0 | | 4 | | 0.69 | 5.50 | |
| Vitamin A, IU | | 1113 | | 0 | | 4 | | 316 | 2527 | |
| Vitamin A, RAE | | 334 | | 0 | | 4 | | 95 | 759 | |
| Retinol | | 334 | | 0 | | 4 | | 95 | 759 | |
| Vitamin E (alpha-tocopherol) | | | | | | | | | | |
| Tocopherol, beta | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | |
| Vitamin D Vitamin K (phylloquinone) | | | | | | | | | | |
| v namni K (pilynoquinone) | nog | | | | | | | | | |
| <u> Lipids:</u> | | | | | | | | | | |
| Fatty acids, total saturated | g | 19.160 | | 0 | | 1 | | 5.432 | 43.493 | |
| 4:0 | - | 0.957 | | 1 | | 1 | | 0.271 | 2.172 | |
| 6:0 | g | 0.566 | | 1 | | 1 | | 0.160 | 1.285 | |
| 8:0 | g | 0.330 | | 1 | | 1 | | 0.094 | 0.749 | |
| 10:0 | _ | 0.576 | | 1 | | 1 | | 0.163 | 1.308 | |
| 12:0 | - | 0.831 | | 1 | | 1 | | 0.236 | 1.886 | |
| 13:0 | - | | | | | | | | | |
| 14:0 | _ | 3.270 | | 1 | | 1 | | 0.927 | 7.423 | |
| 15:0 | | | | | | | | | | |
| 16:0 | | 8.662 | | 1 | | 1 | | 2.456 | 19.663 | |
| 17:0 | | | | | | | | | | |
| 18:0 | | 3.477 | | 1 | | 1 | | 0.986 | 7.893 | |
| 20:0 | - | | | | | | | | | |
| 22:0 | a | | | | | | | | | |

| | | <u>Aı</u> | mount in 100 | | of edib | ole portio | <u>n</u> | | edible portion of | f common |
|-------------------------------------|---|-----------|--------------|-----------------|---------|------------|------------|-----------|-------------------|-----------|
| | | | | umber f Data | Deriv | Source | Confidence | <u> </u> | easures or 1000 | |
| Nutrients and Un | nits | Mean | Std. Error P | | | Code | Code | Measure 1 | Measure 2 | Measure 3 |
| B | | 7.070 | | 0 | | 1 | | | 45.005 | |
| Fatty acids, total monounsaturated. | _ | 7.879 | • | U | | 1 | | 2.234 | 17.885 | |
| 15:1 | | | | | | | | | | |
| 16:1 undifferentiated | • | 0.534 | ļ | 1 | | 1 | | 0.151 | 1.212 | |
| 17:1 | | | | _ | | _ | | ***** | | |
| 18:1 undifferentiated | _ | 6.955 | i | 1 | | 1 | | 1.972 | 15.788 | |
| 20:1 | | | | | | | | | | |
| 22:1 undifferentiated | - | | | | | | | | | |
| 24:1 c | _ | | | | | | | | | |
| Fatty acids, total polyunsaturated | _ | 0.938 | 3 | 0 | | 1 | | 0.266 | 2.129 | |
| 18:2 undifferentiated | | 0.508 | 3 | 1 | | 1 | | 0.144 | 1.153 | |
| 18:3 undifferentiated | g | 0.429 |) | 1 | | 1 | | 0.122 | 0.974 | |
| 18:4 | g | | | | | | | | | |
| 20:2 n-6 c,c | g | | | | | | | | | |
| 20:3 undifferentiated | g | | | | | | | | | |
| 20:4 undifferentiated | g | 0.000 |) | 0 | | 4 | | 0.000 | 0.000 | |
| 20:5 n-3 | g | | | | | | | | | |
| 22:5 n-3 | g | | | | | | | | | |
| 22:6 n-3 | g | | | | | | | | | |
| Fatty acids, total trans | | | | | | | | | | |
| Cholesterol | _ | 94 | | 0 | | 4 | | 27 | 213 | |
| Phytosterols | mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan | g | 0.135 | 5 | 0 | | 1 | | 0.038 | 0.306 | |
| Threonine | g | 0.393 | 3 | 0 | | 1 | | 0.111 | 0.892 | |
| Isoleucine | g | 0.519 |) | 0 | | 1 | | 0.147 | 1.178 | |
| Leucine | g | 0.992 | 2 | 0 | | 1 | | 0.281 | 2.252 | |
| Lysine | g | 0.814 | Į | 0 | | 1 | | 0.231 | 1.848 | |
| Methionine | g | 0.318 | 3 | 0 | | 1 | | 0.090 | 0.722 | |
| Cystine | g | 0.057 | 1 | 0 | | 1 | | 0.016 | 0.129 | |
| Phenylalanine | g | 0.540 |) | 0 | | 1 | | 0.153 | 1.226 | |
| Tyrosine | g | 0.541 | - | 0 | | 1 | | 0.153 | 1.228 | |
| Valine | g | 0.765 | i | 0 | | 1 | | 0.217 | 1.737 | |
| Arginine | | 0.330 |) | 0 | | 1 | | 0.094 | 0.749 | |
| Histidine | | 0.293 | | 0 | | 1 | | 0.083 | 0.665 | |
| Alanine | _ | 0.325 | | 0 | | 1 | | 0.092 | 0.738 | |
| Aspartic acid | g | 0.709 | | 0 | | 1 | | 0.201 | 1.609 | |
| Glutamic acid | | 1.987 | | 0 | | 1 | | 0.563 | 4.510 | |
| Glycine | _ | 0.189 |) | 0 | | 1 | | 0.054 | 0.429 | |
| Proline | • | 1.180 | | 0 | | 1 | | 0.335 | 2.679 | |
| Serine | _ | 0.470 |) | 0 | | 1 | | 0.133 | 1.067 | |
| Hydroxyproline | g | | | | | | | | | |

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 227g: 1 package (8 oz)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>Aı</u> | mount in 100 gra | ams of ed | ible portic | <u>on</u> | | edible portion | |
|-------------------------------------|------|--------------|------------------|------------|-------------|------------|-------------|-----------------|----------|
| | | | Num | nber | | | <u>m</u> | easures of food | <u>l</u> |
| | | | of D | ata Deri | / Source | Confidence | | | |
| Nutrients and Uni | ts | Mean | Std. Error Poi | nts Code | Code | Code | Measure 1 | Measure 2 | Measure |
| Proximates: | | | | | | | | | |
| Water | g | 29.01 | 1.211 | 7 | 1 | | 8.22 | | |
| Energy | kcal | 452 | | 0 N | 4 | | 128 | | |
| Energy | kj | 1891 | | | 4 | | 536 | | |
| Protein (N x 6.38) | g | 30.52 | 0.771 | 7 | 1 | | 8.65 | | |
| Total lipid (fat) | g | 35.59 | 1.008 | 7 | 1 | | 10.09 | | |
| Ash | g | 3.72 | 0.099 | 6 | 1 | | 1.05 | | |
| Carbohydrate, by difference | g | 2.17 | | 0 N | 4 | | 0.62 | | |
| Fiber, total dietary | g | 0.0 | | 0 | 4 | | 0.0 | | |
| Sugars, total | g | 2.17 | | 0 N | 4 | | 0.62 | | |
| Starch | g | | | | | | | | |
| <i>r</i> : 1 | | | | | | | | | |
| Minerals: | ma | 905 | 117 056 | 7 | 4 | | 254 | | |
| Calcium, Ca | - | 895 1.88 | 117.856 0.709 | 7 6 | 1 1 | | 254 0.53 | | |
| Iron, Fe | - | 1.88 54 | 0.709 4.849 | 6 7 | 1 | | 0.53 15 | | |
| Magnesium, Mg Phosphorus, P | | 729 | 5.713 | 6 | 1 | | 207 | | |
| • | - | 48 | 15.479 | 6 | 1 | | 14 | | |
| Potassium, K | | 48 346 | 74.739 | 7 | 1 | | 98 | | |
| Zinc, Zn | - | 1.59 | 0.562 | 4 | 1 | | 0.45 | | |
| Copper, Cu | | 0.627 | | 6 | 1 | | 0.178 | | |
| Manganese, Mn | - | 0.252 | | 6 | 1 | | 0.071 | | |
| Selenium, Se | | 5.5 | 0.210 | 0 BFN | | | 1.6 | | |
| • | | | | | | | | | |
| <u>'itamins:</u> | | | | | | | | | |
| Vitamin C, total ascorbic acid | - | 0.0 | | 0 | 1 | | 0.0 | | |
| Thiamin | - | 0.140 | | 1 | 1 | | 0.040 | | |
| Riboflavin | | 1.190 | | 1 | 1 | | 0.337 | | |
| Niacin | - | 2.400 | | 1 | 1 | | 0.680 | | |
| Pantothenic acid | _ | 0.410 | | 0 | 1 | | 0.116 | | |
| Vitamin B-6 | _ | 0.080 | | 0 | 1 | | 0.023 | | |
| Folate, total | | 4 | | 0 | 1 | | 1 | | |
| Folic acid | | 0 | | 0 z | 7 | | 0 | | |
| Folate, food | | 4 | | 0 | 1 | | 1 | | |
| Folate, DFE | | 4 | | 0 NC | | | 1 | | |
| Vitamin B-12 | | 0.12 | | 0 | 1 | | 0.03 | | |
| Vitamin A, IU | | 1745 | | 0 NC | | | 495 | | |
| Vitamin A, RAE | | 486 | | 0 NC | | | 138 | | |
| Retinol | | 478 | | 0 NC | | | 136 | | |
| Vitamin E (alpha-tocopherol) | | 0.31 | | 0 BFF | N 4 | | 0.09 | | |
| Tocopherol, beta | | | | | | | | | |
| Tocopherol, gamma Tocopherol, delta | | | | | | | | | |
| Vitamin D | | | | | | | | | |
| Vitamin K (phylloquinone) | | 3.0 | | 0 BFF | N 4 | | 0.8 | | |
| vitanini ik (phynoquinone) | 9 | 3.0 | | | | | 0.0 | | |
| <u> ipids:</u> | | | | | | | | | |
| Fatty acids, total saturated | g | 24.609 | | 0 | 1 | | 6.977 | | |
| 4:0 | | 1.784 | | 20 | 1 | | 0.506 | | |
| 6:0 | | 0.782 | | 20 | 1 | | 0.222 | | |
| 8:0 | - | 0.961 | | 20 | 1 | | 0.272 | | |
| 10:0 | _ | 3.432 | | 20 | 1 | | 0.973 | | |
| 12:0 | | 1.572 | | 20 | 1 | | 0.446 | | |
| 13:0 | | | | •• | | | _ | | |
| 14:0 | | 3.609 | | 20 | 1 | | 1.023 | | |
| 15:0 | | <u>.</u> - : | | •• | | | _ | | |
| 16:0 | | 9.312 | | 20 | 1 | | 2.640 | | |
| 17:0 | - | | | •• | _ | | | | |
| 18:0 | - | 3.158 | | 20 | 1 | | 0.895 | | |
| 20:0 | - | | | | | | | | |
| 22:0 | a | | | | | | | | |

| | | <u>Aı</u> | mount in 10 | 0 grams | of edil | ole portio | <u>on</u> | | edible portion of | |
|-----------------------------------|---|-----------|-------------|-------------------|---------|----------------|--------------------|----------------|-------------------|-----------|
| | | | | Number | | | | <u>m</u> | easures of food | |
| Nutrients and | Units | Mean | Std. Error | of Data Points | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total monounsatura | ted 9 | 8.117 | | 0 | | 1 | | 2.301 | | |
| 14:1 | | | | | | | | | | |
| 15:1 | g | | | | | | | | | |
| 16:1 undifferentiated | - | 0.846 | | 20 | | 1 | | 0.240 | | |
| 17:1 | - | | | | | | | | | |
| 18:1 undifferentiated | _ | 7.272 | | 20 | | 1 | | 2.062 | | |
| 20:1 | - | 0.000 | | 0 | | 1 | | 0.000 | | |
| 22:1 undifferentiated | • | 0.000 | | 0 | | 1 | | 0.000 | | |
| 24:1 c | | 0.845 | | 0 | | 1 | | 0.040 | | |
| Fatty acids, total polyunsaturate | | 0.845 | | 20 | | 1 | | 0.240 0.240 | | |
| 18:2 undifferentiated | | 0.845 | | 0 | | 1 | | 0.240 | | |
| 18:3 undifferentiated | | 0.000 | | 0 | | 1 | | 0.000 | | |
| 20:2 n-6 c.c. | • | 0.000 | | U | | 1 | | 0.000 | | |
| 20:3 undifferentiated | • | | | | | | | | | |
| 20:4 undifferentiated | - | 0.000 | | 0 | | 1 | | 0.000 | | |
| 20:5 n-3 | | 0.000 | | 0 | | 1 | | 0.000 | | |
| 22:5 n-3 | - | 0.000 | | 0 | | 1 | | 0.000 | | |
| 22:6 n-3 | | 0.000 | | 0 | | 1 | | 0.000 | | |
| Fatty acids, total trans | | 0.000 | | · | | - | | 0.000 | | |
| Cholesterol | | 105 | | 1 | | 1 | | 30 | | |
| Phytosterols | | 200 | | - | | _ | | | | |
| 1 Hy tosterois | | | | | | | | | | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan | | 0.321 | | 0 | | 1 | | 0.091 | | |
| Threonine | - | 1.139 | | 0 | | 1 | | 0.323 | | |
| Isoleucine | • | 1.263 | | 0 | | 1 | | 0.358 | | |
| Leucine | | 2.631 | | 0 | | 1 | | 0.746 | | |
| Lysine | | 2.191 | | 0 | | 1 | | 0.621 | | |
| Methionine | | 0.813 | | 0 | | 1 | | 0.230 | | |
| Cystine | | 0.139 | | 0 | | 1 | | 0.039 | | |
| Phenylalanine | | 1.215 | | 0 | | 1 | | 0.344 | | |
| Tyrosine | = | 1.191 | | 0 | | 1 | | 0.338 | | |
| Valine | | 2.100 | | 0 | | 1 | | 0.595 | | |
| Arginine | | 0.904 | | 0 | | 1 | | 0.256 | | |
| Histidine | = | 0.832 | | 0 | | 1 | | 0.236 | | |
| Alanine | | 0.526 | | 0 | | 1 | | 0.149 | | |
| Aspartic acid | | 1.517 | | 0 | | 1 | | 0.430 | | |
| Glutamic acid | - | 5.688 | | 0 | | 1 | | 1.613 | | |
| Glycine | | 0.344 | | 0 | | 1 | | 0.098 | | |
| Proline | • | 3.693 | | 0 0 | | 1 | | 1.047 | | |
| Serine | - | 1.172 | | U | | 1 | | 0.332 | | |
| Hydroxyproline | 9 | | | | | | | | | |
| Others: | | | | | | | | | | |
| Alcohol, ethyl | g | 0.0 | | 0 | | 7 | | 0.0 | | |
| Caffeine | mg | 0 | | 0 | Z | 7 | | 0 | | |
| Theobromine | mg | 0 | | 0 | Z | 7 | | 0 | | |
| Carotenoids: | | | | | | | | | | |
| Carotene, beta | mca | 91 | | 0 | BFFN | 4 | | 25.879 | | |
| Carotene, alpha | | 0 | | 0 | Z | 7 | | 0.000 | | |
| Cryptoxanthin, beta | | 0 | | 0 | z | 7 | | 0.000 | | |
| Lycopene | | 0 | | 0 | z | 7 | | 0.000 | | |
| Lutein + zeaxanthin | | 0 | | 0 | z | 7 | | 0.000 | | |

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 01156 Cheese, goat, hard type

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>Ar</u> | mount in 100 g | grams | of edik | le portio | <u>n</u> | | edible portion | |
|--------------------------------|---------|----------------|----------------|-------|---------|-----------|------------|----------------|-----------------|----------|
| | | | Nι | ımber | r | | | <u>m</u> | easures of food | <u>l</u> |
| | | | of | Data | Deriv | Source | Confidence | | | |
| Nutrients and Uni | ts | Mean | Std. Error Po | | | Code | Code | Measure 1 | Measure 2 | Measure |
| | | | | | | | | | | |
| Proximates: Water | a | 45.52 | 0.438 | 464 | | 1 | | 12.90 | | |
| Energy | - | 364 | 0.150 | 0 | NC | 4 | | 103 | | |
| Energy | | 1523 | | Ū | МС | 4 | | 432 | | |
| Protein (N x 6.38) | | 21.58 | 0.920 | 26 | | 1 | | 6.12 | | |
| | | 29.84 | 0.419 | 464 | | 1 | | 8.46 | | |
| Total lipid (fat) | | 29.84 | 0.419 | 11 | | 1 | | 0.83 | | |
| Ash | | | 0.157 | | | 4 | | | | |
| Carbohydrate, by difference | | 2.54 | | 0 | NC | - | | 0.72 | | |
| Fiber, total dietary | | 0.0 | | 0 | | 4 | | 0.0 | | |
| Sugars, total | | 2.54 | | 0 | NR | 4 | | 0.72 | | |
| Starch | 9 | | | | | | | | | |
| Ainerals: | | | | | | | | | | |
| Calcium, Ca | mg | 298 | 54.499 | 29 | | 1 | | 84 | | |
| Iron, Fe | - | 1.62 | 0.616 | 6 | | 1 | | 0.46 | | |
| Magnesium, Mg | - | 29 | 3.355 | 24 | | 1 | | 8 | | |
| Phosphorus, P | | 375 | 27.884 | 16 | | 1 | | 106 | | |
| Potassium, K | | 158 | 13.493 | 11 | | 1 | | 45 | | |
| Sodium, Na | | 515 | 64.410 | 25 | | 1 | | 146 | | |
| Zinc, Zn | _ | 0.66 | 0.088 | 21 | | 1 | | 0.19 | | |
| Copper, Cu | | 0.564 | | 9 | | 1 | | 0.160 | | |
| Manganese, Mn | - | 0.093 | | 9 | | 1 | | 0.026 | | |
| Selenium, Se | | 3.8 | | 0 | BFNN | 4 | | 1.1 | | |
| • | | | | | | | | | | |
| <u>/itamins:</u> | | | | | | | | | | |
| Vitamin C, total ascorbic acid | - | 0.0 | | 0 | | 1 | | 0.0 | | |
| Thiamin | _ | 0.072 | | 14 | | 1 | | 0.020 | | |
| Riboflavin | mg | 0.676 | | 14 | | 1 | | 0.192 | | |
| Niacin | - | 1.148 | | 14 | | 1 | | 0.325 | | |
| Pantothenic acid | - | 0.190 | | 0 | | 1 | | 0.054 | | |
| Vitamin B-6 | - | 0.060 | | 0 | | 1 | | 0.017 | | |
| Folate, total | | 2 | | 0 | | 1 | | 1 | | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food | | 2 | | 0 | | 1 | | 1 | | |
| Folate, DFE | mcg_DFE | 2 | | 0 | NC | 4 | | 1 | | |
| Vitamin B-12 | | 0.22 | | 0 | | 1 | | 0.06 | | |
| Vitamin A, IU | IU | 1464 | | 0 | NC | 4 | | 415 | | |
| Vitamin A, RAE | mcg_RAE | 407 | | 0 | NC | 4 | | 115 | | |
| Retinol | mcg | 401 | | 0 | NC | 4 | | 114 | | |
| Vitamin E (alpha-tocopherol) | mg | 0.26 | | 0 | BFFN | 4 | | 0.07 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 2.5 | | 0 | BFFN | 4 | | 0.7 | | |
| ipids: | | | | | | | | | | |
| | a | 20.639 | | 0 | | 1 | | 5.851 | | |
| Fatty acids, total saturated | | 1.496 | | 20 | | 1 | | 0.424 | | |
| 6:0 | | 0.656 | | 20 | | 1 | | 0.186 | | |
| | | | | 20 | | 1 | | | | |
| 8:0 | - | 0.806 2.879 | | 20 | | 1 | | 0.229 0.816 | | |
| 10:0 | - | | | 20 | | 1 | | 0.816 | | |
| 12:0 | | 1.318 | | 20 | | 1 | | 0.3/4 | | |
| 13:0 | | 3 026 | | 20 | | 1 | | 0.050 | | |
| 14:0 | | 3.026 | | 20 | | 1 | | 0.858 | | |
| 15:0 | | 7 000 | | 20 | | 4 | | 0.014 | | |
| 16:0 | | 7.809 | | 20 | | 1 | | 2.214 | | |
| 17:0 | - | | | 0.0 | | _ | | | | |
| 18:0 | - | 2.648 | | 20 | | 1 | | 0.751 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | | | | | | | | | | |

| | | <u>Ar</u> | nount in 10 | 0 grams | of edil | ole portio | <u>on</u> | _ | edible portion | |
|------------------------------------|---|----------------|-------------|---------|---------|------------|------------|----------------|-----------------|-----------|
| | | | | Number | | | | <u>m</u> | easures of food | <u>[</u> |
| | | | | of Data | Deriv | Source | Confidence | | | |
| Nutrients and Ur | nits | Mean | Std. Error | Points | Code | Code | Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | | |
| Fatty acids, total monounsaturated | | 6.808 | | 0 | | 1 | | 1.930 | | |
| 14:1 | _ | | | | | | | | | |
| 15:1 | - | 0.700 | | 20 | | 1 | | 0 201 | | |
| 16:1 undifferentiated | | 0.709 | | 20 | | 1 | | 0.201 | | |
| 17:1 | - | 6 000 | | 00 | | | | 4 500 | | |
| 18:1 undifferentiated | _ | 6.099 | | 20 | | 1 | | 1.729 | | |
| 20:1 | | 0.000 | | 0 | | 1 | | 0.000 | | |
| 22:1 undifferentiated | - | 0.000 | | 0 | | 1 | | 0.000 | | |
| 24:1 c | | | | | | | | | | |
| Fatty acids, total polyunsaturated | | 0.709 | | 0 | | 1 | | 0.201 | | |
| 18:2 undifferentiated | | 0.709 | | 20 | | 1 | | 0.201 | | |
| 18:3 undifferentiated | | 0.000 | | 0 | | 1 | | 0.000 | | |
| 18:4 | g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 20:2 n-6 c,c | g | | | | | | | | | |
| 20:3 undifferentiated | - | | | | | | | | | |
| 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 | - | 0.000 | | 0 | | 1 | | 0.000 | | |
| Fatty acids, total trans | | | | | | | | | | |
| Cholesterol | | 79 | 2.0 | 40 7 | | 1 | | 22 | | |
| Phytosterols | - | | | | | | | | | |
| 1 113 103 1010 13 | | | | | | | | | | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan | g | 0.227 | | 0 | | 1 | | 0.064 | | |
| Threonine | g | 0.805 | | 0 | | 1 | | 0.228 | | |
| Isoleucine | g | 0.893 | | 0 | | 1 | | 0.253 | | |
| Leucine | g | 1.861 | | 0 | | 1 | | 0.528 | | |
| Lysine | g | 1.549 | | 0 | | 1 | | 0.439 | | |
| Methionine | | 0.575 | | 0 | | 1 | | 0.163 | | |
| Cystine | | 0.098 | | 0 | | 1 | | 0.028 | | |
| Phenylalanine | | 0.859 | | 0 | | 1 | | 0.244 | | |
| Tyrosine | | 0.842 | | 0 | | 1 | | 0.239 | | |
| Valine | - | 1.485 | | 0 | | 1 | | 0.421 | | |
| Arginine | - | 0.639 | | 0 | | 1 | | 0.181 | | |
| 0 | - | | | 0 | | 1 | | | | |
| Histidine | - | 0.589 0.372 | | 0 | | 1 | | 0.167 0.105 | | |
| Alanine | | | | | | | | | | |
| Aspartic acid | | 1.072 | | 0 | | 1 | | 0.304 | | |
| Glutamic acid | • | 4.022 | | 0 | | 1 | | 1.140 | | |
| Glycine | | 0.244 | | 0 | | 1 | | 0.069 | | |
| Proline | - | 2.612 | | 0 | | 1 | | 0.741 | | |
| Serine | | 0.829 | | 0 | | 1 | | 0.235 | | |
| Hydroxyproline | g | | | | | | | | | |
| Others: | | | | | | | | | | |
| Alcohol, ethyl | a | 0.0 | | 0 | | 7 | | 0.0 | | |
| · · | - | 0.0 | | 0 | z | 7 | | 0.0 | | |
| Caffeine | | | | 0 | z Z | 7 | | | | |
| Theobromine | !!!!Y | 0 | | U | z | , | | 0 | | |
| <u>Carotenoids:</u> | | | | | | | | | | |
| Carotene, beta | mcg | 77 | | 0 | BFFN | 4 | | 21.698 | | |
| Carotene, alpha | | 0 | | 0 | z | 7 | | 0.000 | | |
| Cryptoxanthin, beta | - | 0 | | 0 | Z | 7 | | 0.000 | | |
| | | 0 | | 0 | z | 7 | | 0.000 | | |
| Lycopene | | | | | | | | | | |

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 01157

Cheese, goat, semisoft type

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>Aı</u> | mount in 100 g | grams | of edik | ole portio | <u>n</u> | Amount in | edible portion | of common |
|--------------------------------|---------|-----------|----------------|-------|---------|------------|------------|-----------|-----------------|-----------|
| | | | Nι | ımber | | | | m | easures of food | l |
| | | | | | Deriv | Source | Confidence | | | |
| Nutrients and Uni | its | Mean | Std. Error Po | | | Code | Code | Measure 1 | Measure 2 | Measure |
| Traction to and on | | | Otal Ello | | | | | mououro r | | mououre |
| Proximates: | | | | | | | | | | |
| Water | g | 60.75 | 0.738 | 83 | | 1 | | 17.22 | | |
| Energy | kcal | 268 | | 0 | NC | 4 | | 76 | | |
| Energy | kj | 1121 | | | | 4 | | 318 | | |
| Protein (N x 6.38) | g | 18.52 | 0.614 | 69 | | 1 | | 5.25 | | |
| Total lipid (fat) | g | 21.08 | 0.527 | 83 | | 1 | | 5.98 | | |
| Ash | g | 1.58 | 0.093 | 65 | | 1 | | 0.45 | | |
| Carbohydrate, by difference | g | 0.89 | | 0 | NC | 4 | | 0.25 | | |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | | |
| Sugars, total | g | 0.89 | | 0 | NR | 4 | | 0.25 | | |
| Starch | g | | | | | | | | | |
| Minerals: | | | | | | | | | | |
| Vimerais: Calcium, Ca | ma | 140 | 15.343 | 69 | | 1 | | 40 | | |
| Iron, Fe | | 1.90 | 0.245 | 65 | | 1 | | 0.54 | | |
| Magnesium, Mg | | 16 | 0.584 | 69 | | 1 | | 5 | | |
| Phosphorus, P | | 256 | 10.853 | 65 | | 1 | | 73 | | |
| Potassium, K | - | 26 | 3.238 | 65 | | 1 | | 7 | | |
| Sodium, Na | | 368 | 18.572 | 69 | | 1 | | 104 | | |
| Zinc, Zn | mg | 0.92 | 0.086 | 69 | | 1 | | 0.26 | | |
| Copper, Cu | mg | 0.732 | 0.041 | 65 | | 1 | | 0.208 | | |
| Manganese, Mn | mg | 0.100 | 0.003 | 65 | | 1 | | 0.028 | | |
| Selenium, Se | mcg | 2.8 | | 0 | BFNN | 4 | | 0.8 | | |
| Vitamins: | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | | 1 | | 0.0 | | |
| Thiamin | _ | 0.070 | | 4 | | 1 | | 0.020 | | |
| Riboflavin | mg | 0.380 | | 4 | | 1 | | 0.108 | | |
| Niacin | _ | 0.430 | | 4 | | 1 | | 0.122 | | |
| Pantothenic acid | | 0.680 | | 0 | | 1 | | 0.193 | | |
| Vitamin B-6 | - | 0.250 | | 0 | | 1 | | 0.071 | | |
| Folate, total | | 12 | | 0 | _ | 1 | | 3 | | |
| Folic acid | | 0 12 | | 0 | Z | 7 1 | | 0 3 | | |
| Folate, food | | 12 | | 0 | NC | 4 | | 3 | | |
| Folate, DFEVitamin B-12 | | 0.19 | | 0 | NC | 1 | | 0.05 | | |
| Vitamin A, IU | | 1033 | | 0 | NC | 4 | | 293 | | |
| Vitamin A, RAE | mca RAF | 288 | | 0 | NC | 4 | | 82 | | |
| Retinol | | 283 | | 0 | NC | 4 | | 80 | | |
| Vitamin E (alpha-tocopherol) | | 0.18 | | 0 | BFFN | 4 | | 0.05 | | |
| Tocopherol, beta | | 0.20 | | · | 2223 | - | | 0.00 | | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | |
| Vitamin D | | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 1.8 | | 0 | BFFN | 4 | | 0.5 | | |
| ipids: | | | | | | | | | | |
| Fatty acids, total saturated | g | 14.575 | i | 0 | | 1 | | 4.132 | | |
| 4:0 | | 1.057 | | 20 | | 1 | | 0.300 | | |
| 6:0 | | 0.463 | 1 | 20 | | 1 | | 0.131 | | |
| 8:0 | g | 0.569 | ı | 20 | | 1 | | 0.161 | | |
| 10:0 | g | 2.033 | | 20 | | 1 | | 0.576 | | |
| 12:0 | - | 0.931 | | 20 | | 1 | | 0.264 | | |
| 13:0 | - | | | | | | | | | |
| 14:0 | - | 2.137 | | 20 | | 1 | | 0.606 | | |
| 15:0 | - | | | | | | | | | |
| 16:0 | | 5.515 | | 20 | | 1 | | 1.564 | | |
| 17:0 | - | | | | | | | _ | | |
| 18:0 | - | 1.870 | | 20 | | 1 | | 0.530 | | |
| 20:0 | - | | | | | | | | | |
| 22:0 | 9 | | | | | | | | | |

| | | <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 | Units | Mean | Std. Error | of Data Points | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | 4 000 | | • | | | | | | |
| Fatty acids, total monounsatura | | 4.807 | | 0 | | 1 | | 1.363 | | |
| 15:1 | g | | | | | | | | | |
| 16:1 undifferentiated | g | 0.501 | | 20 | | 1 | | 0.142 | | |
| 17:1 | g | | | | | | | | | |
| 18:1 undifferentiated | g | 4.307 | | 20 | | 1 | | 1.221 | | |
| 20:1 | g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 22:1 undifferentiated | g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 24:1 c | g | | | | | | | | | |
| Fatty acids, total polyunsaturate | edg | 0.501 | | 0 | | 1 | | 0.142 | | |
| 18:2 undifferentiated | g | 0.501 | | 20 | | 1 | | 0.142 | | |
| 18:3 undifferentiated | g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 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 | 46 | | 1 | | 1 | | 13 | | |
| Phytosterols | mg | | | | | | | | | |
| | | | | | | | | | | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan | | 0.195 | | 0 | | 1 | | 0.055 | | |
| Threonine | - | 0.691 | | 0 | | 1 | | 0.196 | | |
| Isoleucine | - | 0.766 | | 0 | | 1 | | 0.217 | | |
| Leucine | | 1.597 | | 0 | | 1 | | 0.453 | | |
| Lysine | | 1.330 | | 0 | | 1 | | 0.377 | | |
| Methionine | | 0.494 | | 0 | | 1 | | 0.140 | | |
| Cystine | | 0.084 | | 0 | | 1 | | 0.024 | | |
| Phenylalanine | | 0.737 | | 0 | | 1 | | 0.209 | | |
| Tyrosine | - | 0.723 | | 0 | | 1 | | 0.205 | | |
| Valine | - | 1.274 | | 0 | | 1 | | 0.361 | | |
| Arginine | - | 0.549 | | 0 | | 1 | | 0.156 | | |
| Histidine | - | 0.505 | | 0 | | 1 | | 0.143 | | |
| Alanine | - | 0.319 | | 0 | | 1 | | 0.090 | | |
| Aspartic acid | | 0.920 | | 0 | | 1 | | 0.261 | | |
| Glutamic acid | - | 3.452 | | 0 | | 1 | | 0.979 | | |
| Glycine | g | 0.209 | | 0 | | 1 | | 0.059 | | |
| Proline | g | 2.241 | | 0 | | 1 | | 0.635 | | |
| Serine | | 0.711 | | 0 | | 1 | | 0.202 | | |
| Hydroxyproline | g | | | | | | | | | |
| Others: | | | | | | | | | | |
| | a | 0.0 | | 0 | | 7 | | 0.0 | | |
| Alcohol, ethyl | | 0.0 | | 0 | z | 7 | | 0.0 | | |
| Caffeine | | 0 | | 0 | Z | 7 | | 0 | | |
| Theobromine | y | U | | U | Z | , | | U | | |
| Carotenoids: | | | | | | | | | | |
| Carotene, beta | mcg | 54 | | 0 | BFFN | 4 | | 15.328 | | |
| Carotene, alpha | mcg | 0 | | 0 | Z | 7 | | 0.000 | | |
| Cryptoxanthin, beta | mcg | 0 | | 0 | Z | 7 | | 0.000 | | |
| Lycopene | mcg | 0 | | 0 | Z | 7 | | 0.000 | | |
| Lutein + zeaxanthin | mcg | 0 | | 0 | Z | 7 | | 0.000 | | |

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 01159 Cheese, goat, soft type

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>Aı</u> | mount in 100 | grams | of edib | le portio | <u>n</u> | | edible portion | |
|--------------------------------|-------|-----------|----------------|----------|---------|-----------|------------|----------------|---------------------|-----------|
| | | | Nu | umber | • | | | <u>m</u> | easures of food | <u> </u> |
| | | | of | f Data | Deriv | Source | Confidence | | | |
| Nutrients and Un | its | Mean | Std. Error P | oints | Code | Code | Code | Measure 1 | Measure 2 | Measure 3 |
| Proximates: | | | | | | | | | | |
| Water | g | 41.46 | 0.374 | 20 | | 1 | | 11.75 | 82.09 | |
| Energy | kcal | 356 | | 0 | NC | 4 | | 101 | 705 | |
| Energy | kj | 1491 | | | | 4 | | 423 | 2952 | |
| Protein (N x 6.38) | g | 24.94 | 0.193 | 6 | | 1 | | 7.07 | 49.38 | |
| Total lipid (fat) | g | 27.44 | 0.564 | 13 | | 1 | | 7.78 | 54.33 | |
| Ash | g | 3.94 | 0.124 | 7 | | 1 | | 1.12 | 7.80 | |
| Carbohydrate, by difference | g | 2.22 | | 0 | NC | 4 | | 0.63 | 4.40 | |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Sugars, total | g | 2.22 | | 0 | NR | 4 | | 0.63 | 4.40 | |
| Starch | g | | | | | | | | | |
| Minovola | | | | | | | | | | |
| Minerals: Calcium, Ca | ma | 700 | 29.984 | 8 | | 1 | | 198 | 1386 | |
| Iron, Fe | - | 0.24 | 29.984 | 1 | | 1 | | 0.07 | 0.48 | |
| Magnesium, Mg | | 29 | | 1 | | 1 | | 8 | 57 | |
| Phosphorus, P | | 546 | 21.530 | 7 | | 1 | | 155 | 1082 | |
| Potassium, K | | 121 | 22.550 | 8 | | 1 | | 34 | 239 | |
| Sodium, Na | | 819 | | 3 | | 1 | | 232 | 1622 | |
| Zine, Zn | - | 3.90 | | 1 | | 1 | | 1.11 | 7.72 | |
| Copper, Cu | - | 0.036 | 5 | 0 | | 1 | | 0.010 | 0.071 | |
| Manganese, Mn | | 0.011 | | 0 | | 1 | | 0.003 | 0.022 | |
| Selenium, Se | | 14.5 | | 0 | CAZN | 4 | | 4.1 | 28.7 | |
| E7*, * | | | | | | | | | | |
| Vitamins: | | | | | | _ | | | | |
| Vitamin C, total ascorbic acid | - | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | |
| Thiamin | | 0.030 | | 1 | | 1 | | 0.009 | 0.059 | |
| Riboflavin | | 0.334 | | 5 | | 1 | | 0.095 | 0.661 | |
| Niacin | | 0.063 | | 10 | | 1 | | 0.018 | 0.125 | |
| Pantothenic acid | - | 0.340 | | 15 | | 1 1 | | 0.096 0.023 | 0.673 | |
| Vitamin B-6 | - | 21 | 0.005 2.594 | 20 20 | | 1 | | 6 | 0.158 4 1 | |
| Folate, total | | 0 | 2.594 | 0 | z | 7 | | 0 | 0 | |
| Folate, food | | 21 | 2.594 | 20 | 4 | 1 | | 6 | 41 | |
| Folate, DFE | | 21 | 2.594 | 0 | NC | 4 | | 6 | 41 | |
| Vitamin B-12 | | 1.54 | | 0 | NC | 4 | | 0.44 | 3.04 | |
| Vitamin B-12 Vitamin A, IU | IIIOG | 563 | | 0 | NC | 4 | | 160 | 1115 | |
| Vitamin A, RAE | | 165 | | 0 | NC | 4 | | 47 | 326 | |
| Retinol | | 164 | | 0 | NC | 4 | | 46 | 325 | |
| Vitamin E (alpha-tocopherol) | | 0.24 | | 0 | BFFN | 4 | | 0.07 | 0.47 | |
| Tocopherol, beta | - | 0.24 | | Ū | DIII | • | | 0.07 | 0.17 | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | |
| Vitamin D | | | | | | | | | | |
| Vitamin K (phylloquinone) | | 2.3 | | 0 | BFFN | 4 | | 0.6 | 4.5 | |
| | | | | | | | | | | |
| <u>Lipids:</u> | | | | | | | | | | |
| Fatty acids, total saturated | | 17.614 | | 0 | | 1 | | 4.994 | 34.876 | |
| 4:0 | | 0.999 | | 1 | | 1 | | 0.283 | 1.978 | |
| 6:0 | - | 0.640 | | 1 | | 1 | | 0.181 | 1.267 | |
| 8:0 | - | 0.427 | | 1 | | 1 | | 0.121 | 0.845 | |
| 10:0 | | 0.918 | | 1 | | 1 | | 0.260 | 1.818 | |
| 12:0 | | 1.211 | | 1 | | 1 | | 0.343 | 2.398 | |
| 13:0 | - | 2 242 | | 4 | | | | 0.000 | | |
| 14:0 | _ | 3.040 |) | 1 | | 1 | | 0.862 | 6.019 | |
| 15:0 | - | | | _ | | _ | | | | |
| 16:0 | | 6.851 | | 1 | | 1 | | 1.942 | 13.565 | |
| 17:0 | - | | | _ | | _ | | | | |
| 18:0 | - | 2.918 | 5 | 1 | | 1 | | 0.827 | 5.778 | |
| 20:0 | - | | | | | | | | | |
| 22:0 | g | | | | | | | | | |

| | <u>Ar</u> | nount in 100 grams | | e portio | <u>n</u> | | edible portion of easures of food | |
|-------------------------------------|----------------|--------------------|---------|----------------|------------|----------------|-----------------------------------|-----------|
| | | | Deriv S | Source Code | Confidence | | | • |
| Nutrients and Units | Mean | Std. Error Points | Code | Code | Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total monounsaturatedg | 7.747 | 0 | | 1 | | 2.196 | 15.339 | |
| 14:1g | | | | | | | | |
| 15:1g | | | | | | | | |
| 16:1 undifferentiatedg | 0.889 | 1 | | 1 | | 0.252 | 1.760 | |
| 17:1g | | | | _ | | | | |
| 18:1 undifferentiated | 6.388 | 1 | | 1 | | 1.811 | 12.648 | |
| 20:1g | 0.000 | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiatedg | 0.000 | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c | 0 657 | 0 | | 1 | | 0.106 | 1 201 | |
| Fatty acids, total polyunsaturated9 | 0.657 | 1 | | 1 | | 0.186 | 1.301 | |
| 18:2 undifferentiated | 0.263 0.394 | 1 | | 1 | | 0.075 | 0.521 0.780 | |
| 18:3 undifferentiated | | 0 | | 1 | | 0.112 0.000 | | |
| 18:4g 20:2 n-6 c.cg | 0.000 | Ü | | 1 | | 0.000 | 0.000 | |
| , | | | | | | | | |
| 20:3 undifferentiated | 0.000 | 0 | | 1 | | 0.000 | 0.000 | |
| 20:5 n-3 | 0.000 | 0 | | 1 | | 0.000 | 0.000 | |
| 20:5 n-3 | 0.000 | 0 | | 1 | | 0.000 | 0.000 | |
| | 0.000 | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3 | 0.000 | U | | _ | | 0.000 | 0.000 | |
| Fatty acids, total trans | g 114 | 1 | | 1 | | 32 | 226 | |
| Phytosterols me | 9 | - | | - | | 32 | 220 | |
| Filytosterois | 9 | | | | | | | |
| Amino Acids: | | | | | | | | |
| Tryptophang | 0.352 | 0 | | 4 | | 0.100 | 0.697 | |
| Threonineg | 0.930 | 0 | | 1 | | 0.264 | 1.841 | |
| Isoleucineg | 1.306 | 0 | | 1 | | 0.370 | 2.586 | |
| Leucineg | 2.564 | 0 | | 1 | | 0.727 | 5.077 | |
| Lysineg | 2.654 | 0 | | 1 | | 0.752 | 5.255 | |
| Methionineg | 0.719 | 0 | | 1 | | 0.204 | 1.424 | |
| Cystineg | 0.254 | 0 | | 4 | | 0.072 | 0.503 | |
| Phenylalanineg | 1.431 | 0 | | 1 | | 0.406 | 2.833 | |
| Tyrosineg | 1.454 | 0 | | 1 | | 0.412 | 2.879 | |
| Valineg | 1.806 | 0 | | 1 | | 0.512 | 3.576 | |
| Arginineg | 0.962 | 0 | | 1 | | 0.273 | 1.905 | |
| Histidineg | 1.032 | 0 | | 1 | | 0.293 | 2.043 | |
| Alanineg | 0.762 | 0 | | 1 | | 0.216 | 1.509 | |
| Aspartic acid | 1.743 | 0 | | 1 | | 0.494 | 3.451 | |
| Glutamic acid | 6.137 | 0 | | 1 | | 1.740 | 12.151 | |
| Glycine9 | 0.485 | 0 | | 1 | | 0.137 | 0.960 | |
| Prolineg | 3.245 | 0 | | 1 | | 0.920 | 6.425 | |
| Serineg | 1.544 | 0 | | 1 | | 0.438 | 3.057 | |
| Hydroxyproline | | | | | | | | |
| Others: | | | | | | | | |
| · | 0.0 | 0 | | 7 | | 0.0 | 0.0 | |
| Alcohol, ethylg. Caffeinemg | 0.0 | 0 | Z | 7 | | 0.0 | 0.0 | |
| Theobromine mg | 0 | 0 | Z | 7 | | 0 | 0 | |
| | V | · · | 4 | • | | · · | J | |
| <u>Carotenoids:</u> | | | | | | | | |
| Carotene, betamcg | | 0 | NR | 4 | | 2.835 | 19.800 | |
| Carotene, alphamcg | | 0 | Z | 7 | | 0.000 | 0.000 | |
| Cryptoxanthin, beta mcg | | 0 | Z | 7 | | 0.000 | 0.000 | |
| Lycopene mcg | | 0 | Z | 7 | | 0.000 | 0.000 | |
| Lutein + zeaxanthinmcg | 0 | 0 | Z | 7 | | 0.000 | 0.000 | |

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 198g: 1 package (7 oz)

NDB No. 01022 Cheese, gouda

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>A</u> 1 | mount in 100 | grams | or ear | ne portio | <u>n</u> | Amount in | edible portion | of common |
|--------------------------------|------|----------------|--------------|--------|--------|----------------|--------------------|----------------|-----------------|-----------|
| | | | Nu | umber | | | | | easures of food | |
| Nutrients and Un | its | Mean | Std. Error P | | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure |
| Proximates: | | | | | | | | | | |
| Water | - | 33.19 | 0.598 | 12 | | 1 | | 43.81 | 35.85 | 9.41 |
| Energy | kcal | 413 | | 0 | NC | 4 | | 545 | 446 | 117 |
| Energy | | 1728 | | | | 4 | | 2281 | 1866 | 490 |
| Protein (N x 6.38) | | 29.81 | 0.292 | | | 1 | | 39.35 | 32.19 | 8.45 |
| Total lipid (fat) | | 32.34 | | 5 | | 1 | | 42.69 | 34.93 | 9.17 |
| Ash | | 4.30 | | 1 | | 1 | | 5.68 | 4.64 | 1.22 |
| Carbohydrate, by difference | | 0.36 | | 0 | NC | 4 | | 0.48 | 0.39 | 0.10 |
| Fiber, total dietary | | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total | | 0.36 | | 0 | NR | 4 | | 0.48 | 0.39 | 0.10 |
| Starch | 9 | | | | | | | | | |
| Ainerals: | | | | | | | | | | |
| Calcium, Ca | mg | 1011 | 48.952 | 3 | | 1 | | 1335 | 1092 | 287 |
| Iron, Fe. | - | 0.17 | | 0 | | 4 | | 0.22 | 0.18 | 0.0 |
| Magnesium, Mg | _ | 36 | | 0 | | 4 | | 47 | 39 | 10 |
| Phosphorus, P | | 605 | 52.818 | 3 | | 1 | | 799 | 654 | 172 |
| Potassium, K | | 81 | | 1 | | 1 | | 107 | 87 | 23 |
| Sodium, Na | | 336 | | 0 | | 1 | | 444 | 363 | 95 |
| Zinc, Zn | mg | 3.90 | | 0 | | 4 | | 5.15 | 4.21 | 1.1 |
| Copper, Cu | mg | 0.032 | | 0 | | 1 | | 0.042 | 0.035 | 0.0 |
| Manganese, Mn | mg | 0.017 | | 0 | | 1 | | 0.022 | 0.018 | 0.0 |
| Selenium, Se | mcg | 14.5 | | 0 | CAZN | 4 | | 19.1 | 15.7 | 4.1 |
| /itamins: | | | | | | | | | | |
| Vitamin C, total ascorbic acid | ma | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | 0.0 |
| Thiamin | _ | 0.060 | | 2 | | 1 | | 0.079 | 0.065 | 0.0 |
| Riboflavin | | 0.000 | | | | 1 | | 0.368 | 0.301 | 0.0 |
| Niacin | | 0.106 | | | | 1 | | 0.140 | 0.114 | 0.0 |
| Pantothenic acid | | 0.562 | | | | 1 | | 0.742 | 0.607 | 0.1 |
| Vitamin B-6 | - | 0.081 | | | | 1 | | 0.107 | 0.087 | 0.0 |
| Folate, total | | 10 | 1.218 | | | 1 | | 14 | 11 | 3 |
| Folic acid | | 0 | 1.210 | 0 | z | 7 | | 0 | 0 | 0 |
| Folate, food | | 10 | 1.218 | | - | 1 | | 14 | 11 | 3 |
| Folate, DFE | | 10 | 1.210 | 0 | NC | 4 | | 14 | 11 | 3 |
| Vitamin B-12 | | 1.60 | 0.559 | | 110 | 1 | | 2.11 | 1.73 | 0.4 |
| Vitamin A, IU | | 948 | 0.555 | 0 | NC | 4 | | 1252 | 1024 | 269 |
| Vitamin A, RAE | | 271 | | 0 | NC | 4 | | 357 | 292 | 77 |
| Retinol | | 268 | | Ö | NC | 4 | | 354 | 289 | 76 |
| Vitamin E (alpha-tocopherol) | | 0.28 | | 0 | BFFN | 4 | | 0.37 | 0.30 | 0.0 |
| Tocopherol, beta | | | | - | | _ | | | | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | |
| Vitamin D | | | | | | | | | | |
| Vitamin K (phylloquinone) | | 2.7 | | 0 | BFFN | 4 | | 3.6 | 2.9 | 0.8 |
| • • • | | | | | | | | | | |
| <u> ipids:</u> | ~ | 10 010 | | • | | | | 04.065 | 00 406 | F 2 |
| Fatty acids, total saturated | | 18.913 | | 0 1 | | 1 1 | | 24.965 | 20.426 | 5.3 |
| 4:0 | | 1.049 | | 1 | | 1 | | 1.385 | 1.133 | 0.2 |
| 6:0 | - | 0.621 | | | | _ | | 0.820 | 0.671 | 0.1 |
| 8:0 | - | 0.355 0.751 | | 1 1 | | 1 1 | | 0.469 | 0.383 | 0.1 |
| 10:0 12:0 | - | 0.751 | | 1 | | 1 | | 0.991 1.203 | 0.811 0.984 | 0.2 |
| 13:0 | | 0.911 | | 1 | | 1 | | 1.203 | 0.904 | 0.2 |
| 14:0 | | 3.369 | | 1 | | 1 | | 4.447 | 3.639 | 0.9 |
| 15:0 | - | 3.363 | | _ | | 1 | | 4.44/ | 3.039 | 0.9 |
| 16:0 | | 8.753 | | 1 | | 1 | | 11.554 | 9.453 | 2.4 |
| 17:0 | - | 0.733 | | - | | - | | 11.334 | 3.433 | 2.4 |
| 18:0 | - | 2.324 | | 1 | | 1 | | 3.068 | 2.510 | 0.6 |
| 20:0 | - | 2.324 | | - | | _ | | 3.000 | 2.510 | 0.6 |
| 22:0 | - | | | | | | | | | |
| 24:0 | - | | | | | | | | | |

| | | <u>Aı</u> | mount in 100 | | | ole portio | <u>on</u> | | edible portion | |
|----------------------------------|-------|-----------|--------------|-------------------|-------|------------|------------|-----------|-----------------|-----------|
| | | | | 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 monounsatura | atedg | 10.043 | | 0 | | 1 | | 13.257 | 10.846 | 2.847 |
| 14:1 | _ | | | | | | | | | |
| 15:1 16:1 undifferentiated | _ | 0.724 | | 1 | | 1 | | 0.956 | 0.782 | 0.205 |
| 17:1 | _ | 0.724 | | 1 | | 1 | | 0.956 | 0.782 | 0.205 |
| 18:1 undifferentiated | | 8.582 | | 1 | | 1 | | 11.328 | 9.269 | 2.433 |
| 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 polyunsaturat | edg | 1.733 | | 0 | | 1 | | 2.288 | 1.872 | 0.491 |
| 18:2 undifferentiated | g | 1.300 | | 1 | | 1 | | 1.716 | 1.404 | 0.369 |
| 18:3 undifferentiated | g | 0.433 | | 1 | | 1 | | 0.572 | 0.468 | 0.123 |
| 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 | _ | 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 | _ | 110 | | 0 | | 1 | | 145 | 119 | 31 |
| Phytosterols | mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan | g | 0.421 | | 0 | | 1 | | 0.556 | 0.455 | 0.119 |
| Threonine | g | 1.089 | | 0 | | 1 | | 1.437 | 1.176 | 0.309 |
| Isoleucine | g | 1.612 | | 0 | | 1 | | 2.128 | 1.741 | 0.457 |
| Leucine | g | 3.102 | | 0 | | 1 | | 4.095 | 3.350 | 0.879 |
| Lysine | g | 2.710 | | 0 | | 1 | | 3.577 | 2.927 | 0.768 |
| Methionine | g | 0.822 | | 0 | | 1 | | 1.085 | 0.888 | 0.233 |
| Cystine | g | 0.304 | | 0 | | 1 | | 0.401 | 0.328 | 0.086 |
| Phenylalanine | g | 1.743 | | 0 | | 1 | | 2.301 | 1.882 | 0.494 |
| Tyrosine | g | 1.776 | | 0 | | 1 | | 2.344 | 1.918 | 0.503 |
| Valine | g | 2.243 | | 0 | | 1 | | 2.961 | 2.422 | 0.636 |
| Arginine | g | 0.972 | | 0 | | 1 | | 1.283 | 1.050 | 0.276 |
| Histidine | g | 1.117 | | 0 | | 1 | | 1.474 | 1.206 | 0.317 |
| Alanine | g | 0.958 | | 0 | | 1 | | 1.265 | 1.035 | 0.272 |
| Aspartic acid | g | 1.645 | | 0 | | 1 | | 2.171 | 1.777 | 0.466 |
| Glutamic acid | g | 5.981 | | 0 | | 1 | | 7.895 | 6.459 | 1.696 |
| Glycine | g | 0.533 | | 0 | | 1 | | 0.704 | 0.576 | 0.151 |
| Proline | g | 3.869 | | 0 | | 1 | | 5.107 | 4.179 | 1.097 |
| Serine | | 1.719 | | 0 | | 1 | | 2.269 | 1.857 | 0.487 |
| Hydroxyproline | g | | | | | | | | | |
| Others: | | | | | | | | | | |
| Alcohol, ethyl | g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine | | 0 | | 0 | z | 7 | | 0 | 0 | 0 |
| Theobromine | | 0 | | 0 | z | 7 | | 0 | 0 | 0 |
| Carotenoids: | - | | | | | | | | | |
| Carotene, beta | mea | 33 | | 0 | NR | 4 | | 43.560 | 35.640 | 9.356 |
| 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 |
| Ly copenc | mcg | 0 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |

Common Measures:

Measure 1 = 132g: 1 cup, diced Measure 2 = 108g: 1 cup, shredded

Measure 3 = 28.35g: 1 oz

NDB No. 01023 Cheese, gruyere

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>Aı</u> | mount in 100 g | rams | of edib | le portio | <u>n</u> | | edible portion | |
|--------------------------------|--------------|-----------|----------------|-------|---------|-----------|------------|------------|-----------------|---------|
| | | | Nu | mber | r | | | <u>m</u> e | easures of food | - |
| | | | Ψ. | | Deriv | | Confidence | | | |
| Nutrients and Un | its | Mean | Std. Error Po | oints | Code | Code | Code | Measure 1 | Measure 2 | Measure |
| Proximates: | | | | | | | | | | |
| Water | _ | 48.42 | | 26 | | 1 | | 64.88 | 13.73 | 8.72 |
| Energy | kcal | 327 | | 0 | NC | 4 | | 438 | 93 | 59 |
| Energy | kj | 1368 | | | | 4 | | 1834 | 388 | 246 |
| Protein (N x 6.38) | | 20.05 | 0.487 | 4 | | 1 | | 26.87 | 5.68 | 3.61 |
| Total lipid (fat) | | 27.25 | 0.313 | 6 | | 1 | | 36.52 | 7.73 | 4.91 |
| Ash | | 3.79 | 0.088 | 4 | | 1 | | 5.08 | 1.07 | 0.68 |
| Carbohydrate, by difference | | 0.49 | | 0 | NC | 4 | | 0.66 | 0.14 | 0.09 |
| Fiber, total dietary | | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total | | 0.49 | | 0 | NR | 4 | | 0.66 | 0.14 | 0.09 |
| Starch | g | | | | | | | | | |
| Minerals: | | | | | | | | | | |
| Calcium, Ca | mg | 497 | 100.812 | 3 | | 1 | | 666 | 141 | 89 |
| Iron, Fe | | 0.13 | | 1 | | 1 | | 0.17 | 0.04 | 0.0 |
| Magnesium, Mg | | 21 | | 1 | | 1 | | 28 | 6 | 4 |
| Phosphorus, P | mg | 393 | | 2 | | 1 | | 527 | 111 | 71 |
| Potassium, K | mg | 128 | | 1 | | 1 | | 172 | 36 | 23 |
| Sodium, Na | mg | 800 | | 1 | | 1 | | 1072 | 227 | 144 |
| Zinc, Zn | <u>mg</u> | 2.10 | | 1 | | 1 | | 2.81 | 0.60 | 0.3 |
| Copper, Cu | mg | 0.021 | | 0 | | 1 | | 0.028 | 0.006 | 0.0 |
| Manganese, Mn | mg | 0.038 | 3 | 0 | | 1 | | 0.051 | 0.011 | 0.0 |
| Selenium, Se | mcg | 14.5 | | 0 | CAZN | 4 | | 19.4 | 4.1 | 2.6 |
| Vitamins: | | | | | | | | | | |
| Vitamin C, total ascorbic acid | ma | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | 0.0 |
| Thiamin | - | 0.080 |) | 1 | | 1 | | 0.107 | 0.023 | 0.0 |
| Riboflavin | | 0.503 | | 3 | | 1 | | 0.674 | 0.143 | 0.0 |
| Niacin | | 0.158 | | 12 | | 1 | | 0.212 | 0.045 | 0.0 |
| Pantothenic acid | _ | 1.177 | | 16 | | 1 | | 1.577 | 0.334 | 0.2 |
| Vitamin B-6 | - | 0.086 | | 23 | | 1 | | 0.115 | 0.024 | 0.0 |
| Folate, total | - | 58 | 5.300 | 25 | | 1 | | 77 | 16 | 10 |
| Folic acid | | 0 | | 0 | z | 7 | | 0 | 0 | 0 |
| Folate, food | | 58 | 5.300 | 25 | | 1 | | 77 | 16 | 10 |
| Folate, DFE | | 58 | | 0 | NC | 4 | | 77 | 16 | 10 |
| Vitamin B-12 | | 1.04 | | 1 | | 1 | | 1.39 | 0.29 | 0.1 |
| Vitamin A, IU | IU - | 1155 | | 0 | NC | 4 | | 1548 | 327 | 208 |
| Vitamin A, RAE | | 340 | | 0 | NC | 4 | | 456 | 96 | 61 |
| Retinol | | 339 | | 0 | NC | 4 | | 454 | 96 | 61 |
| Vitamin E (alpha-tocopherol) | | 0.23 | | 0 | BFFN | 4 | | 0.31 | 0.07 | 0.0 |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 2.3 | | 0 | BFFN | 4 | | 3.0 | 0.6 | 0.4 |
| ipids: | | | | | | | | | | |
| Fatty acids, total saturated | а | 16.746 | ; | 0 | | 1 | | 22.440 | 4.747 | 3.0 |
| 4:0 | | 0.803 | | 1 | | 1 | | 1.076 | 0.228 | 0.1 |
| 6:0 | | 0.489 | | 1 | | 1 | | 0.655 | 0.139 | 0.0 |
| 8:0 | - | 0.275 | | 1 | | 1 | | 0.369 | 0.078 | 0.0 |
| 10:0 | | 0.481 | | 1 | | 1 | | 0.645 | 0.136 | 0.0 |
| 12:0 | | 0.870 | | 1 | | 1 | | 1.166 | 0.247 | 0.1 |
| 13:0 | - | | | - | | - | | | | |
| 14:0 | _ | 2.787 | , | 1 | | 1 | | 3.735 | 0.790 | 0.5 |
| 15:0 | | | | | | | | | | |
| 16:0 | - | 7.401 | | 1 | | 1 | | 9.917 | 2.098 | 1.3 |
| 17:0 | | | | | | | | | , | |
| 18:0 | - | 3.054 | ! | 1 | | 1 | | 4.092 | 0.866 | 0.5 |
| 20:0 | - | | | | | | | | | |
| 22:0 | - | | | | | | | | | |
| 24:0 | - | | | | | | | | | |

| | | <u>Ar</u> | mount in 10 | | | ole portio | <u>on</u> | | edible portion of easures of food | |
|------------------------------------|---------------|-----------|-------------|----------------|-------|----------------|--------------------|-----------|-----------------------------------|-----------|
| Noteinate and I | In its | Maan | | Number of Data | Deriv | Source Code | Confidence Code | | | • |
| Nutrients and U | Jnits | Mean | Sta. Error | Folitis | Code | Code | Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total monounsaturate | edg | 8.606 | | 0 | | 1 | | 11.532 | 2.440 | 1.549 |
| 14:1 | g | | | | | | | | | |
| 15:1 undifferentiated | g | 1.013 | | 1 | | 1 | | 1.357 | 0.287 | 0.182 |
| 17:1 18:1 undifferentiated | | 7.179 | | 1 | | 1 | | 9.620 | 2.035 | 1.292 |
| 20:1 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated 24:1 c | • | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total polyunsaturated | | 0.495 | | 0 | | 1 | | 0.663 | 0.140 | 0.089 |
| 18:2 undifferentiated | | 0.339 | | 1 | | 1 | | 0.454 | 0.096 | 0.061 |
| 18:3 undifferentiated | | 0.156 | | 1 | | 1 | | 0.209 | 0.044 | 0.028 |
| 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 | | | | | | | | | | |
| Cholesterol | mg | 90 | | 1 | | 1 | | 121 | 26 | 16 |
| Phytosterols | mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan | α | 0.289 | | 0 | | 1 | | 0.387 | 0.082 | 0.052 |
| Threonine | | 0.739 | | 0 | | 1 | | 0.990 | 0.210 | 0.133 |
| Isoleucine | - | 1.219 | | 0 | | 1 | | 1.633 | 0.346 | 0.219 |
| Leucine | | 2.093 | | 0 | | 1 | | 2.805 | 0.593 | 0.377 |
| Lysine | - | 1.675 | | 0 | | 1 | | 2.245 | 0.475 | 0.302 |
| Methionine | | 0.619 | | 0 | | 1 | | 0.829 | 0.175 | 0.111 |
| Cystine | | 0.110 | | 0 | | 4 | | 0.147 | 0.031 | 0.020 |
| Phenylalanine | | 1.116 | | 0 | | 1 | | 1.495 | 0.316 | 0.201 |
| Tyrosine | | 1.197 | | 0 | | 1 | | 1.604 | 0.339 | 0.215 |
| Valine | - | 1.439 | | 0 | | 1 | | 1.928 | 0.408 | 0.259 |
| Arginine | | 0.698 | | 0 | | 1 | | 0.935 | 0.198 | 0.126 |
| Histidine | | 0.578 | | 0 | | 1 | | 0.775 | 0.164 | 0.104 |
| Alanine | - | 0.666 | | 0 | | 1 | | 0.892 | 0.189 | 0.120 |
| Aspartic acid | | 1.477 | | 0 | | 1 | | 1.979 | 0.419 | 0.266 |
| Glutamic acid | | 4.510 | | 0 | | 1 | | 6.043 | 1.279 | 0.812 |
| Glycine | | 0.409 | | 0 | | 1 | | 0.548 | 0.116 | 0.074 |
| Proline | | 2.439 | | 0 | | 1 | | 3.268 | 0.691 | 0.439 |
| Serine | | 1.144 | | 0 | | 1 | | 1.533 | 0.324 | 0.206 |
| Hydroxyproline | - | 1.144 | | Ū | | - | | 1.555 | 0.324 | 0.200 |
| | 9 | | | | | | | | | |
| Others: | a | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 |
| Alcohol, ethyl | | 0.0 | | 0 | z | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine Theobromine. | | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Carotenoids: | 9 | · · | | Ū | | , | | U | · · | Ū |
| <u></u> | me~ | 1.5 | | ^ | | | | 20 122 | 4 050 | 0.700 |
| Carotene, beta | | 15 | | 0 | NR | 4 | | 20.100 | 4.253 | 2.700 |
| 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 | rinc g | 0 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |

Common Measures:

Measure 1 = 134g: 1 cup Measure 2 = 28.35g: 1 oz Measure 3 = 18g: 1 cubic inch NDB No. 01024 Cheese, limburger

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>A</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> |
| | | | 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 | 63.10 | | 0 | | 1 | | 83.29 | 71.30 | 17.89 |
| Energy | kcal | 173 | | 0 | NC | 4 | | 228 | 195 | 49 |
| Energy | kj | 724 | | | | 4 | | 955 | 818 | 205 |
| Protein (N x 6.38) | g | 24.35 | 0.256 | 62 | | 1 | | 32.14 | 27.52 | 6.90 |
| Total lipid (fat) | g | 7.00 | | 0 | | 1 | | 9.24 | 7.91 | 1.98 |
| Ash | g | 3.64 | 0.111 | 95 | | 1 | | 4.80 | 4.11 | 1.03 |
| Carbohydrate, by difference | g | 1.91 | | 0 | NC | 4 | | 2.52 | 2.16 | 0.54 |
| Fiber, total dietary | | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 |
| Sugars, total | | 0.52 | | 0 | BFNN | 4 | | 0.69 | 0.59 | 0.15 |
| Starch | g | | | | | | | | | |
| Minerals: | | | | | | | | | | |
| Calcium. Ca | mg | 415 | | 0 | | 1 | | 548 | 469 | 118 |
| Iron, Fe | | 0.42 | | 0 | | 1 | | 0.55 | 0.47 | 0.12 |
| Magnesium, Mg | _ | 16 | | 0 | | 1 | | 21 | 18 | 5 |
| Phosphorus, P | | 484 | 9.869 | 35 | | 1 | | 639 | 547 | 137 |
| Potassium, K | _ | 66 | | 0 | | 1 | | 87 | 75 | 19 |
| Sodium, Na | | 612 | 16.858 | 36 | | 1 | | 808 | 692 | 174 |
| Zinc, Zn | mg | 1.82 | | 0 | | 1 | | 2.40 | 2.06 | 0.5 |
| Copper, Cu | mg | 0.021 | | 0 | | 1 | | 0.028 | 0.024 | 0.0 |
| Manganese, Mn | mg | 0.006 | 5 | 0 | | 1 | | 0.008 | 0.007 | 0.0 |
| Selenium, Se | mcg | 14.5 | | 0 | CAZN | 4 | | 19.1 | 16.4 | 4.1 |
| /itamins: | | | | | | | | | | |
| Vitamin C, total ascorbic acid | ma | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | 0.0 |
| Thiamin | - | 0.012 | • | 0 | | 1 | | 0.016 | 0.014 | 0.0 |
| Riboflavin | | 0.221 | | 0 | | 1 | | 0.292 | 0.250 | 0.0 |
| Niacin | | 0.051 | | 0 | | 1 | | 0.067 | 0.058 | 0.0 |
| Pantothenic acid | _ | 0.183 | | 0 | | 1 | | 0.242 | 0.207 | 0.0 |
| Vitamin B-6 | - | 0.045 | i | 0 | | 1 | | 0.059 | 0.051 | 0.0 |
| Folate, total | - | 11 | | 0 | | 1 | | 15 | 12 | 3 |
| Folic acid | | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food | | 11 | | 0 | | 1 | | 15 | 12 | 3 |
| Folate, DFE | | 11 | | 0 | NC | 4 | | 15 | 12 | 3 |
| Vitamin B-12 | | 0.49 | | 0 | | 1 | | 0.65 | 0.55 | 0.1 |
| Vitamin A, IU | | 207 | | 0 | NC | 4 | | 273 | 234 | 59 |
| Vitamin A, RAE | mcg_RAE | 60 | | 0 | NC | 4 | | 80 | 68 | 17 |
| Retinol | mcg | 60 | | 0 | NC | 4 | | 79 | 68 | 17 |
| Vitamin E (alpha-tocopherol) | mg | 0.06 | | 0 | BFFN | 4 | | 0.08 | 0.07 | 0.02 |
| Tocopherol, beta | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | |
| Vitamin D | | 0.6 | | ^ | | | | 0.0 | | |
| Vitamin K (phylloquinone) | riicg | 0.6 | | 0 | BFFN | 4 | | 0.8 | 0.7 | 0.2 |
| ipids: | | | | | | | | | | |
| Fatty acids, total saturated | g | 4.342 | <u> </u> | 0 | | 1 | | 5.731 | 4.906 | 1.2 |
| 4:0 | | 0.222 | ? | 0 | | 1 | | 0.293 | 0.251 | 0.0 |
| 6:0 | g | 0.063 | 3 | 0 | | 1 | | 0.083 | 0.071 | 0.0 |
| 8:0 | g | 0.072 | 2 | 0 | | 1 | | 0.095 | 0.081 | 0.0 |
| 10:0 | g | 0.137 | • | 0 | | 1 | | 0.181 | 0.155 | 0.0 |
| 12:0 | | 0.101 | | 0 | | 1 | | 0.133 | 0.114 | 0.0 |
| 13:0 | | | | | | | | | | |
| 14:0 | g | 0.889 |) | 0 | | 1 | | 1.173 | 1.005 | 0.2 |
| 15:0 | | | | | | | | | | |
| 16:0 | g | 1.984 | Į. | 0 | | 1 | | 2.619 | 2.242 | 0.5 |
| 17:0 | - | | | | | | | | | |
| 18:0 | - | 0.873 | 3 | 0 | | 1 | | 1.152 | 0.986 | 0.2 |
| 20:0 | - | | | | | | | | | |
| 22:0 | a | | | | | | | | | |

| | | <u>Aı</u> | mount in 10 | | | ole portio | <u>on</u> | | edible portion of easures of food | |
|---|-------|-----------|-------------|-----------------------------|-------|----------------|--------------------|-----------|-----------------------------------|-----------|
| Nutrients and | Units | Mean | Std. Error | Number of Data Points | Deriv | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | | |
| Fatty acids, total monounsaturat | | 2.082 | | 0 | | 1 | | 2.748 | 2.353 | 0.590 |
| 15:1 | - | | | | | | | | | |
| 16:1 undifferentiated | - | 0.231 | | 0 | | 1 | | 0.305 | 0.261 | 0.065 |
| 17:1 | | 1 051 | | • | | | | | | 0 505 |
| 18:1 undifferentiated | - | 1.851 | | 0 | | 1 | | 2.443 | 2.092 | 0.525 |
| 20:1 | - | 0.000 | | 0 0 | | 4 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated | • | 0.000 | | U | | 4 | | 0.000 | 0.000 | 0.000 |
| 24:1 cFatty acids, total polyunsaturate | | 0.222 | | 0 | | 1 | | 0.293 | 0.251 | 0.063 |
| 18:2 undifferentiated | | 0.156 | | 0 | | 1 | | 0.293 | 0.231 | 0.044 |
| 18:3 undifferentiated | | 0.150 | | 0 | | 1 | | 0.200 | 0.176 | 0.019 |
| 18:4 | = | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | 0.019 |
| 20:2 n-6 c.c | - | 0.000 | | U | | - | | 0.000 | 0.000 | 0.000 |
| 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 | - | 0.000 | | · | | • | | 0.000 | 0.000 | 0.000 |
| Cholesterol | | 21 | | 0 | | 1 | | 28 | 24 | 6 |
| Phytosterols | | 21 | | Ū | | - | | 20 | 24 | Ü |
| T Hytostcrois | | | | | | | | | | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan | g | 0.286 | | 0 | | 1 | | 0.378 | 0.323 | 0.081 |
| Threonine | g | 0.798 | | 0 | | 1 | | 1.053 | 0.902 | 0.226 |
| Isoleucine | g | 1.389 | | 0 | | 1 | | 1.833 | 1.570 | 0.394 |
| Leucine | g | 2.145 | | 0 | | 1 | | 2.831 | 2.424 | 0.608 |
| Lysine | g | 1.866 | | 0 | | 1 | | 2.463 | 2.109 | 0.529 |
| Methionine | g | 0.588 | | 0 | | 1 | | 0.776 | 0.664 | 0.167 |
| Cystine | g | 0.111 | | 0 | | 1 | | 0.147 | 0.125 | 0.031 |
| Phenylalanine | g | 1.179 | | 0 | | 1 | | 1.556 | 1.332 | 0.334 |
| Tyrosine | g | 1.080 | | 0 | | 1 | | 1.426 | 1.220 | 0.306 |
| Valine | g | 1.496 | | 0 | | 1 | | 1.975 | 1.690 | 0.424 |
| Arginine | g | 0.847 | | 0 | | 1 | | 1.118 | 0.957 | 0.240 |
| Histidine | g | 0.786 | | 0 | | 1 | | 1.038 | 0.888 | 0.223 |
| Alanine | g | 0.633 | | 0 | | 1 | | 0.836 | 0.715 | 0.179 |
| Aspartic acid | g | 1.439 | | 0 | | 1 | | 1.899 | 1.626 | 0.408 |
| Glutamic acid | g | 5.480 | | 0 | | 1 | | 7.234 | 6.192 | 1.554 |
| Glycine | g | 0.385 | | 0 | | 1 | | 0.508 | 0.435 | 0.109 |
| Proline | g | 2.526 | | 0 | | 1 | | 3.334 | 2.854 | 0.716 |
| Serine | | 1.309 | | 0 | | 1 | | 1.728 | 1.479 | 0.371 |
| Hydroxyproline | g | | | | | | | | | |
| Others | | | | | | | | | | |
| Others: | a | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 |
| Alcohol, ethyl | | 0.0 | | 0 | z | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine Theobromine | | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| | 9 | · · | | U | 4 | , | | U | 0 | U |
| Carotenoids: | | | | | | | | | | |
| Carotene, beta | | 4 | | 0 | NR | 4 | | 5.280 | 4.520 | 1.134 |
| 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 = 132g: 1 cup, diced Measure 2 = 113g: 1 cup, shredded

Measure 3 = 28.35g: 1 oz

NDB No. 01168

Cheese, low fat, cheddar or colby

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| Nutrients and Unit | | | NI. | | | | Amount in edible portion of common measures of food | | | |
|--|---------|-----------|--------------|----------|-------|--------|---|------------|-----------------|---------|
| Nutrients and Unit | | | INU | umber | • | | | <u>m</u> e | easures of food | 1 |
| Nutrients and Unit | | | of | Data | Deriv | Source | Confidence | | | |
| | ts | Mean | Std. Error P | oints | Code | Code | Code | Measure 1 | Measure 2 | Measure |
| Proximates: | | | | | | | | | | |
| Water | g | 38.98 | | 0 | | 4 | | 51.45 | 44.05 | 11.05 |
| Energy | kcal | 398 | | 0 | | 4 | | 525 | 450 | 113 |
| Energy | kj | 1665 | | | | 4 | | 2198 | 1882 | 472 |
| Protein (N x 6.38) | g | 24.35 | 0.256 | 62 | | 1 | | 32.14 | 27.52 | 6.90 |
| Total lipid (fat) | | 32.62 | 0.207 | 138 | | 1 | | 43.06 | 36.86 | 9.25 |
| Ash | g | 2.13 | | 0 | | 4 | | 2.81 | 2.41 | 0.60 |
| Carbohydrate, by difference | g | 1.91 | | 0 | NC | 4 | | 2.52 | 2.16 | 0.54 |
| Fiber, total dietary | g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 |
| Sugars, total | g | 0.49 | | 0 | BFNN | 4 | | 0.65 | 0.56 | 0.14 |
| Starch | | | | | | | | | | |
| | | | | | | | | | | |
| <u>/////////////////////////////////////</u> | | | | | | _ | | | =-4 | 100 |
| Calcium, Ca | | 703 | 9.478 | 49 | | 1 | | 928 | 794 | 199 |
| Iron, Fe | | 0.72 | 0.036 | 14 | | 1 | | 0.95 | 0.81 | 0.2 |
| Magnesium, Mg | | 27 | 0.873 | 37 | | 1 | | 36 630 | 31 | 127 |
| Phosphorus, P | | 484 | 9.869 | 35 76 | | 1 1 | | 639 | 547 | 137 |
| Potassium, K | | 112 21 | 8.332 | 76 0 | | 1 | | 148 28 | 127 24 | 32 6 |
| Sodium, Na | | 3.09 | 0.101 | 15 | | 1 | | 4.08 | 3.49 | 0.8 |
| Zinc, Zn | - | 0.036 | | 0 | | 1 | | 0.048 | 0.041 | 0.8 |
| Copper, Cu | | 0.036 | | 0 | | 1 | | 0.048 | 0.041 | 0.0 |
| Manganese, Mn | | 14.5 | | 0 | CAZN | 4 | | 19.1 | 16.4 | 4.1 |
| Selenium, Se | iiicg | 14.5 | | U | CAZN | 4 | | 19.1 | 10.4 | 4.1 |
| <u>'itamins:</u> | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | 0.0 |
| Thiamin | mg | 0.021 | 0.002 | 26 | | 1 | | 0.028 | 0.024 | 0.0 |
| Riboflavin | mg | 0.375 | 0.013 | 38 | | 1 | | 0.495 | 0.424 | 0.1 |
| Niacin | mg | 0.086 | 0.012 | 61 | | 1 | | 0.114 | 0.097 | 0.0 |
| Pantothenic acid | mg | 0.311 | 0.019 | 39 | | 1 | | 0.411 | 0.351 | 0.0 |
| Vitamin B-6 | mg | 0.076 | 0.012 | 88 | | 1 | | 0.100 | 0.086 | 0.0 |
| Folate, total | mcg | 18 | 1.459 | 13 | | 1 | | 24 | 20 | 5 |
| Folic acid | | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food | | 18 | 1.459 | 13 | | 1 | | 24 | 20 | 5 |
| Folate, DFE | mcg_DFE | 18 | | 0 | NC | 4 | | 24 | 20 | 5 |
| Vitamin B-12 | | 0.83 | 0.047 | 28 | | 1 | | 1.10 | 0.94 | 0.2 |
| Vitamin A, IU | | 996 | | 0 | NC | 4 | | 1315 | 1126 | 282 |
| Vitamin A, RAE | | 264 | | 0 | NC | 4 | | 348 | 298 | 75 |
| Retinol | | 257 | | 0 | NC | 4 | | 339 | 290 | 73 |
| Vitamin E (alpha-tocopherol) | - | 0.28 | | 0 | BFFN | 4 | | 0.37 | 0.32 | 0.0 |
| Tocopherol, beta | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | |
| Vitamin D | | | | | | | | | | |
| Vitamin K (phylloquinone) | riicg | 2.7 | | 0 | BFFN | 4 | | 3.6 | 3.1 | 0.8 |
| <u>ipids:</u> | | | | | | | | | | |
| Fatty acids, total saturated | g | 20.768 | | 0 | | 1 | | 27.414 | 23.468 | 5.8 |
| 4:0 | - | 1.079 | | 0 | | 1 | | 1.424 | 1.219 | 0.3 |
| 6:0 | g | 0.546 | | 0 | | 1 | | 0.721 | 0.617 | 0.1 |
| 8:0 | g | 0.288 | | 0 | | 1 | | 0.380 | 0.325 | 0.0 |
| 10:0 | g | 0.619 | | 0 | | 1 | | 0.817 | 0.699 | 0.1 |
| 12:0 | g | 0.558 | | 0 | | 1 | | 0.737 | 0.631 | 0.1 |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 3.435 | | 0 | | 1 | | 4.534 | 3.882 | 0.9 |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 10.111 | | 0 | | 1 | | 13.347 | 11.425 | 2.8 |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 4.133 | | 0 | | 1 | | 5.456 | 4.670 | 1.1 |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |

| | | <u>Aı</u> | mount in 10 | 0 grams | of edil | ole portio | <u>on</u> | | 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 monounsatura | tedg | 9.189 | | 0 | | 1 | | 12.129 | 10.384 | 2.605 |
| 14:1 | _ | | | | | | | | | |
| 15:1 16:1 undifferentiated | - | 1.036 | | 0 | | 1 | | 1.368 | 1.171 | 0.294 |
| 17:1 | - | 1.036 | | U | | 1 | | 1.300 | 1.1/1 | 0.294 |
| 18:1 undifferentiated | | 8.153 | | 0 | | 1 | | 10.762 | 9.213 | 2.311 |
| 20:1 | _ | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated | | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 24:1 c | - | | | | | | | | | |
| Fatty acids, total polyunsaturate | edg | 0.972 | | 0 | | 1 | | 1.283 | 1.098 | 0.276 |
| 18:2 undifferentiated | g | 0.595 | | 0 | | 1 | | 0.785 | 0.672 | 0.169 |
| 18:3 undifferentiated | g | 0.376 | | 0 | | 1 | | 0.496 | 0.425 | 0.107 |
| 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 | _ | 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 | _ | 100 | 1.68 | 37 13 | | 1 | | 132 | 113 | 28 |
| Phytosterols | mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan | g | 0.286 | | 0 | | 1 | | 0.378 | 0.323 | 0.081 |
| Threonine | g | 0.798 | | 0 | | 1 | | 1.053 | 0.902 | 0.226 |
| Isoleucine | g | 1.389 | | 0 | | 1 | | 1.833 | 1.570 | 0.394 |
| Leucine | g | 2.145 | | 0 | | 1 | | 2.831 | 2.424 | 0.608 |
| Lysine | g | 1.866 | | 0 | | 1 | | 2.463 | 2.109 | 0.529 |
| Methionine | g | 0.588 | | 0 | | 1 | | 0.776 | 0.664 | 0.167 |
| Cystine | g | 0.111 | | 0 | | 1 | | 0.147 | 0.125 | 0.031 |
| Phenylalanine | g | 1.179 | | 0 | | 1 | | 1.556 | 1.332 | 0.334 |
| Tyrosine | g | 1.080 | | 0 | | 1 | | 1.426 | 1.220 | 0.306 |
| Valine | g | 1.496 | | 0 | | 1 | | 1.975 | 1.690 | 0.424 |
| Arginine | g | 0.847 | | 0 | | 1 | | 1.118 | 0.957 | 0.240 |
| Histidine | g | 0.786 | | 0 | | 1 | | 1.038 | 0.888 | 0.223 |
| Alanine | g | 0.633 | | 0 | | 1 | | 0.836 | 0.715 | 0.179 |
| Aspartic acid | g | 1.439 | | 0 | | 1 | | 1.899 | 1.626 | 0.408 |
| Glutamic acid | g | 5.480 | | 0 | | 1 | | 7.234 | 6.192 | 1.554 |
| Glycine | g | 0.385 | | 0 | | 1 | | 0.508 | 0.435 | 0.109 |
| Proline | g | 2.526 | | 0 | | 1 | | 3.334 | 2.854 | 0.716 |
| Serine | | 1.309 | | 0 | | 1 | | 1.728 | 1.479 | 0.371 |
| Hydroxyproline | 9 | | | | | | | | | |
| Others: | | | | | | | | | | |
| Alcohol, ethyl | g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine | | 0 | | 0 | z | 7 | | 0 | 0 | 0 |
| Theobromine | | 0 | | 0 | z | 7 | | 0 | 0 | 0 |
| Carotenoids: | - | | | | | | | | | |
| Carotene, beta | mca | 84 | | 0 | BFFN | 4 | | 110.439 | 94.543 | 23.719 |
| Carotene, alpha | | 0 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| Cryptoxanthin, beta | _ | 0 | | 0 | z | 7 | | 0.000 | 0.000 | 0.000 |
| * * | | 0 | | 0 | Z | | | 0.000 | 0.000 | 0.000 |
| Lycopene | | | | | | 7 | | () (1(1() | | |

Common Measures:

Measure 1 = 132g: 1 cup, diced Measure 2 = 113g: 1 cup, shredded

Measure 3 = 28.35g: 1 oz

NDB No. 01169

Cheese, low-sodium, cheddar or colby

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>Aı</u> | mount in 100 | grams | of edib | le portio | <u>n</u> | | edible portion | |
|--------------------------------|-----------|----------------------|--------------|---------|---------|-----------|------------|-------------|-----------------|-----------|
| | | | N | lumber | • | | | <u>m</u> | easures of food | |
| | | | 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 | 38.06 | | 2 | | 1 | | 50.24 | 10.79 | |
| Energy | kcal | 373 | | 0 | NC | 4 | | 492 | 106 | |
| Energy | kj | 1561 | | | | 4 | | 2060 | 442 | |
| Protein (N x 6.38) | g | 21.44 | | 2 | | 1 | | 28.30 | 6.08 | |
| Total lipid (fat) | g | 29.98 | | 2 | | 1 | | 39.57 | 8.50 | |
| Ash | g | 5.89 | | 2 | | 1 | | 7.77 | 1.67 | |
| Carbohydrate, by difference | g | 4.63 | | 0 | NC | 4 | | 6.11 | 1.31 | |
| Fiber, total dietary | g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Sugars, total | g | 4.63 | | 0 | NR | 4 | | 6.11 | 1.31 | |
| Starch | g | | | | | | | | | |
| X.C. 1 | | | | | | | | | | |
| Minerals: | ma | 600 | | • | | 4 | | 906 | 102 | |
| Calcium, Ca | - | 680 0. 4 7 | | 2 2 | | 1 1 | | 898 0.62 | 193 0.13 | |
| Iron, Fe | - | 28 | | 2 | | 1 | | 0.62 37 | 0.13 8 | |
| Magnesium, Mg | | 28 444 | | 2 | | 1 | | 37 586 | 8 126 | |
| Phosphorus, P | - | 444 87 | | 2 | | 1 | | 586 115 | 126 25 | |
| Potassium, K Sodium, Na | | 1131 | 13.589 | | | 1 | | 1493 | 321 | |
| Zinc, Zn | - | 2.94 | 13.565 | 2 | | 1 | | 3.88 | 0.83 | |
| Copper, Cu | | 0.008 | 1 | 2 | | 1 | | 0.011 | 0.002 | |
| Manganese, Mn | | 0.037 | | 2 | | 1 | | 0.011 | 0.010 | |
| Selenium, Se | | 14.5 | | 0 | CAZN | 4 | | 19.1 | 4.1 | |
| Selemani, Se | | | | | | _ | | | | |
| <u>Vitamins:</u> | | | | | | | | | | |
| Vitamin C, total ascorbic acid | - | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | |
| Thiamin | - | 0.020 | | 2 | | 1 | | 0.026 | 0.006 | |
| Riboflavin | mg | 0.209 | | 2 | | 1 | | 0.276 | 0.059 | |
| Niacin | <u>mg</u> | 0.032 | | 2 | | 1 | | 0.042 | 0.009 | |
| Pantothenic acid | _ | 0.252 | | 2 | | 1 | | 0.333 | 0.071 | |
| Vitamin B-6 | _ | 0.047 | 1 | 2 | | 1 | | 0.062 | 0.013 | |
| Folate, total | | 1 | | 2 | | 1 | | 1 | 0 | |
| Folic acid | | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | | 1 | | 2 | | 1 | | 1 | 0 | |
| Folate, DFE | | 1 | | 0 | NC | 4 | | 1 | 0 | |
| Vitamin B-12 | | 1.38 | | 2 | | 1 | | 1.82 | 0.39 | |
| Vitamin A, IU | | 187 | | 0 | NC | 4 | | 246 | 53 | |
| Vitamin A, RAE | | 54 | | 0 | NC | 4 | | 72 | 15 | |
| Retinol | | 54 | | 0 | NC | 4 | | 71 | 15 | |
| Vitamin E (alpha-tocopherol) | | 0.26 | | 0 | BFFN | 4 | | 0.34 | 0.07 | |
| Tocopherol, beta | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, deltaVitamin D | | | | | | | | | | |
| Vitamin K (phylloquinone) | | 2.5 | | 0 | BFFN | 4 | | 3.3 | 0.7 | |
| vitamin K (phynodumone) | 9 | 2.3 | | · | DIIN | • | | 3.3 | 0.7 | |
| <u>Lipids:</u> | | | | | | | | | | |
| Fatty acids, total saturated | g | 19.033 | 3 | 0 | | 1 | | 25.124 | 5.396 | |
| 4:0 | | 0.907 | | 0 | | 1 | | 1.197 | 0.257 | |
| 6:0 | g | 0.474 | ļ | 0 | | 1 | | 0.626 | 0.134 | |
| 8:0 | - | 0.256 | | 0 | | 1 | | 0.338 | 0.073 | |
| 10:0 | | 0.557 | | 0 | | 1 | | 0.735 | 0.158 | |
| 12:0 | | 0.508 | 3 | 0 | | 1 | | 0.671 | 0.144 | |
| 13:0 | | | | | | | | | | |
| 14:0 | | 3.153 | 3 | 0 | | 1 | | 4.162 | 0.894 | |
| 15:0 | | | | | | | | | | |
| 16:0 | | 9.340 |) | 0 | | 1 | | 12.329 | 2.648 | |
| 17:0 | _ | | | | | | | | | |
| 18:0 | _ | 3.838 | 3 | 0 | | 1 | | 5.066 | 1.088 | |
| 20:0 | _ | | | | | | | | | |
| 22:0 | _ | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

| | | <u>Ar</u> | mount in 10 | | | ole portio | <u>on</u> | | edible portion of easures of food | |
|------------------------------------|-------|-----------|-------------|----------------|-------|----------------|--------------------|-----------|-----------------------------------|-----------|
| | | | Std. Error | Number of Data | Deriv | Source Code | Confidence Code | | | • |
| Nutrients and U | inits | Mean | Sta. Error | romis | Code | Code | Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total monounsaturate | ed a | 8.528 | | 0 | | 1 | | 11.257 | 2.418 | |
| 14:1 | g | | | | | | | | | |
| 15:1 16:1 undifferentiated | g | 0.957 | | 0 | | 1 | | 1.263 | 0.271 | |
| 17:1 18:1 undifferentiated | - | 7.571 | | 0 | | 1 | | 9.994 | 2.146 | |
| 20:1 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated | - | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c | | | | | | | | | | |
| Fatty acids, total polyunsaturated | lg | 0.901 | | 0 | | 1 | | 1.189 | 0.255 | |
| 18:2 undifferentiated | g | 0.552 | | 0 | | 1 | | 0.729 | 0.156 | |
| 18:3 undifferentiated | g | 0.349 | | 0 | | 1 | | 0.461 | 0.099 | |
| 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 | - | 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 | | 105 | | 1 | | 1 | | 139 | 30 | |
| Phytosterols | mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan | а | 0.215 | | 0 | | 1 | | 0.284 | 0.061 | |
| Threonine | | 0.731 | | 0 | | 1 | | 0.965 | 0.207 | |
| Isoleucine | - | 1.054 | | 0 | | 1 | | 1.391 | 0.299 | |
| Leucine | | 2.017 | | 0 | | 1 | | 2.662 | 0.572 | |
| Lysine | - | 1.452 | | 0 | | 1 | | 1.917 | 0.412 | |
| Methionine | | 0.541 | | 0 | | 1 | | 0.714 | 0.153 | |
| Cystine | = | 0.084 | | 0 | | 1 | | 0.111 | 0.024 | |
| Phenylalanine | | 1.119 | | 0 | | 1 | | 1.477 | 0.317 | |
| Tyrosine | | 1.190 | | 0 | | 1 | | 1.571 | 0.337 | |
| Valine | = | 1.338 | | 0 | | 1 | | 1.766 | 0.379 | |
| Arginine | | 0.699 | | 0 | | 1 | | 0.923 | 0.198 | |
| Histidine | = | 0.679 | | 0 | | 1 | | 0.896 | 0.192 | |
| Alanine | | 0.618 | | 0 | | 1 | | 0.816 | 0.175 | |
| Aspartic acid | | 1.334 | | 0 | | 1 | | 1.761 | 0.378 | |
| Glutamic acid | | 4.769 | | 0 | | 1 | | 6.295 | 1.352 | |
| Glycine | - | 0.296 | | 0 | | 1 | | 0.391 | 0.084 | |
| Proline | | 2.151 | | 0 | | 1 | | 2.839 | 0.610 | |
| Serine | | 1.160 | | 0 | | 1 | | 1.531 | 0.329 | |
| Hydroxyproline | - | 1.100 | | Ü | | - | | 1.551 | 0.323 | |
| Others: | | | | | | | | | | |
| Alcohol, ethyl | a | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine | | 0.0 | | 0 | z | 7 | | 0.0 | 0.0 | |
| Theobromine | | 0 | | 0 | z | 7 | | 0 | 0 | |
| | 9 | U | | U | 4 | , | | U | J | |
| Carotenoids: | | | | | | | | | | |
| Carotene, beta | | 4 | | 0 | NR | 4 | | 5.280 | 1.134 | |
| 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 = 132g: 1 cup, crumbled

Measure 2 = 28.35g: 1 oz

NDB No. 01165

Cheese, mexican, queso anejo

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>Aı</u> | mount in 100 gra | ams of ed | ible portic | <u>on</u> | | edible portion | |
|--------------------------------|---|-----------|------------------|------------|-------------|------------|-----------|-----------------|----------|
| | | | Num | ber | | | <u>m</u> | easures of food | <u>l</u> |
| | | | of D | ata Deriv | Source | Confidence | | | |
| Nutrients and Uni | its | Mean | Std. Error Poi | nts Code | Code | Code | Measure 1 | Measure 2 | Measure |
| Proximates: | | | | | | | | | |
| Water | g | 42.16 | | 2 | 1 | | 55.65 | 47.64 | 11.95 |
| Energy | kcal | 356 | | 0 NC | 4 | | 470 | 402 | 101 |
| Energy | kj | 1490 | | | 4 | | 1966 | 1683 | 422 |
| Protein (N x 6.38) | g | 22.60 | | 2 | 1 | | 29.83 | 25.54 | 6.41 |
| Total lipid (fat) | g | 28.26 | | 2 | 1 | | 37.30 | 31.93 | 8.01 |
| Ash | g | 4.11 | | 2 | 1 | | 5.43 | 4.64 | 1.17 |
| Carbohydrate, by difference | g | 2.87 | | 0 NC | 4 | | 3.79 | 3.24 | 0.81 |
| Fiber, total dietary | g | 0.0 | | 0 | 7 | | 0.0 | 0.0 | 0.0 |
| Sugars, total | g | 2.87 | | 0 NF | . 4 | | 3.79 | 3.24 | 0.81 |
| Starch | g | | | | | | | | |
| Minerals: | | | | | | | | | |
| viinerais: Calcium, Ca | ma | 661 | | 2 | 1 | | 873 | 747 | 187 |
| Iron, Fe | - | 0.51 | | 2 | 1 | | 0.67 | 0.58 | 0.14 |
| Magnesium, Mg | - | 26 | | 2 | 1 | | 34 | 29 | 7 |
| Phosphorus, P | | 443 | | 2 | 1 | | 585 | 501 | 126 |
| Potassium, K | - | 86 | | 2 | 1 | | 114 | 97 | 24 |
| Sodium. Na | | 655 | 9.476 | 4 | 1 | | 865 | 740 | 186 |
| Zine, Zn | • | 3.02 | | 2 | 1 | | 3.99 | 3.41 | 0.8 |
| Copper, Cu | - | 0.026 | i | 2 | 1 | | 0.034 | 0.029 | 0.0 |
| Manganese, Mn | | 0.036 | | 2 | 1 | | 0.048 | 0.041 | 0.0 |
| Selenium, Se | | 14.5 | | 0 CAZ | 1 4 | | 19.1 | 16.4 | 4.1 |
| · | | | | | | | | | |
| <u>/itamins:</u> | | | | | | | | | |
| Vitamin C, total ascorbic acid | - | 0.0 | | 0 | 1 | | 0.0 | 0.0 | 0.0 |
| Thiamin | | 0.021 | | 2 | 1 | | 0.028 | 0.024 | 0.00 |
| Riboflavin | | 0.223 | | 2 | 1 | | 0.294 | 0.252 | 0.0 |
| Niacin | - | 0.181 | | 2 | 1 | | 0.239 | 0.205 | 0.0 |
| Pantothenic acid | - | 0.231 | | 2 | 1 | | 0.305 | 0.261 | 0.0 |
| Vitamin B-6 | - | 0.053 | 3 | 2 | 1 | | 0.070 | 0.060 | 0.0 |
| Folate, total | | 8 | | 2 | 1 | | 11 | 9 | 2 |
| Folic acid | | 0 | | 0 z | 7 | | 0 | 0 | 0 |
| Folate, food | | 8 | | 2 | 1 | | 11 | 9 | 2 |
| Folate, DFE | | 8 | | 0 NC | 4 | | 11 | 9 | 2 |
| Vitamin B-12 | | 1.00 | | 2 | 1 | | 1.32 | 1.13 | 0.2 |
| Vitamin A, IU | | 190 | | 0 NC | 4 | | 251 | 215 | 54 |
| Vitamin A, RAE | | 55 | | 0 NC | 4 | | 73 | 63 | 16 |
| Retinol | | 55 | | 0 NC | 4 | | 73 | 62 | 16 |
| Vitamin E (alpha-tocopherol) | | 0.24 | | 0 BFF | 1 4 | | 0.32 | 0.27 | 0.0 |
| Tocopherol, beta | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | |
| Tocopherol, delta Vitamin D | | | | | | | | | |
| Vitamin K (phylloquinone) | | 2.4 | | 0 BFF | 1 4 | | 3.1 | 2.7 | 0.7 |
| | | | | | | | | | |
| <u> ipids:</u> | _ | 4 | | | _ | | | 00.074 | |
| Fatty acids, total saturated | | 17.939 | | 0 | 1 1 | | 23.679 | 20.271 | 5.0 |
| 4:0 | | 0.855 | | 0 | | | 1.129 | 0.966 | 0.2 |
| 6:0 | - | 0.447 | | 0 | 1 | | 0.590 | 0.505 | 0.1 |
| 8:0 | - | 0.241 | | 0 | 1 | | 0.318 | 0.272 | 0.0 |
| 10:0 | _ | 0.525 | | • | 1 1 | | 0.693 | 0.593 | 0.1 |
| 12:0 | | 0.479 | , | 0 | T | | 0.632 | 0.541 | 0.1 |
| 13:0 | | 2.972 | • | 0 | 1 | | 2 002 | 3 350 | 0.0 |
| 14:0 | | 2.912 | = | U | 1 | | 3.923 | 3.358 | 0.8 |
| 15:0 | | 0 004 | | 0 | 1 | | 11 601 | 0.040 | 2.4 |
| 16:0 | - | 8.804 | • | 0 | 1 | | 11.621 | 9.949 | 2.4 |
| 17:0 | - | 2 61 5 | , | 0 | 1 | | 4 774 | 4 007 | 1 ^ |
| 18:0 | - | 3.617 | • | 0 | T | | 4.774 | 4.087 | 1.0 |
| 20:0 | - | | | | | | | | |
| 22:0 24:0 | - | | | | | | | | |

| | | <u>A</u> | mount in 100 | grams | of edil | ole portio | <u>on</u> | _ | edible portion | of common |
|---------------------------------|----------|----------|--------------|------------------|---------|----------------|--------------------|-----------|-----------------|-----------|
| | | | o | umber of Data | | Source Code | Confidence Code | | easures of food | |
| Nutrients and | Units | Mean | Std. Error P | romis | Code | Code | Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total monounsatur | ratedg | 8.038 | ı | 0 | | 1 | | 10.610 | 9.083 | 2.279 |
| 14:1 | g | | | | | | | | | |
| 15:1 16:1 undifferentiated | - | 0.902 | | 0 | | 1 | | 1.191 | 1.019 | 0.256 |
| 17:1 | - | 0.302 | • | Ū | | - | | 1.171 | 1.015 | 0.230 |
| 18:1 undifferentiated | - | 7.136 | i | 0 | | 1 | | 9.420 | 8.064 | 2.023 |
| 20:1 | - | 0.000 | 1 | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated | | 0.000 | 1 | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 24:1 c | g | | | | | | | | | |
| Fatty acids, total polyunsatura | tedg | 0.850 | 1 | 0 | | 1 | | 1.122 | 0.961 | 0.241 |
| 18:2 undifferentiated | g | 0.520 | 1 | 0 | | 1 | | 0.686 | 0.588 | 0.147 |
| 18:3 undifferentiated | g | 0.329 | 1 | 0 | | 1 | | 0.434 | 0.372 | 0.093 |
| 18:4 | - | 0.000 | 1 | 0 | | 1 | | 0.000 | 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 | 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 | 1 | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans | | | | | | | | | | |
| Cholesterol | - | 105 | | 1 | | 1 | | 139 | 119 | 30 |
| Phytosterols | mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan | g | 0.269 | 1 | 0 | | 1 | | 0.355 | 0.304 | 0.076 |
| Threonine | | 0.737 | , | 0 | | 1 | | 0.973 | 0.833 | 0.209 |
| Isoleucine | g | 1.225 | i | 0 | | 1 | | 1.617 | 1.384 | 0.347 |
| Leucine | g | 2.123 | 1 | 0 | | 1 | | 2.802 | 2.399 | 0.602 |
| Lysine | g | 1.548 | 1 | 0 | | 1 | | 2.043 | 1.749 | 0.439 |
| Methionine | g | 0.593 | 1 | 0 | | 1 | | 0.783 | 0.670 | 0.168 |
| Cystine | g | 0.103 | 1 | 0 | | 1 | | 0.136 | 0.116 | 0.029 |
| Phenylalanine | g | 1.190 |) | 0 | | 1 | | 1.571 | 1.345 | 0.337 |
| Tyrosine | g | 1.061 | | 0 | | 1 | | 1.401 | 1.199 | 0.301 |
| Valine | g | 1.426 | ; | 0 | | 1 | | 1.882 | 1.611 | 0.404 |
| Arginine | g | 0.760 | 1 | 0 | | 1 | | 1.003 | 0.859 | 0.215 |
| Histidine | g | 0.694 | ŀ | 0 | | 1 | | 0.916 | 0.784 | 0.197 |
| Alanine | g | 0.501 | | 0 | | 1 | | 0.661 | 0.566 | 0.142 |
| Aspartic acid | g | 1.475 | i | 0 | | 1 | | 1.947 | 1.667 | 0.418 |
| Glutamic acid | g | 5.072 | ! | 0 | | 1 | | 6.695 | 5.731 | 1.438 |
| Glycine | g | 0.246 | i | 0 | | 1 | | 0.325 | 0.278 | 0.070 |
| Proline | g | 2.403 | 1 | 0 | | 1 | | 3.172 | 2.715 | 0.681 |
| Serine | g | 1.169 | 1 | 0 | | 1 | | 1.543 | 1.321 | 0.331 |
| Hydroxyproline | g | | | | | | | | | |
| Others: | | | | | | | | | | |
| Alcohol, ethyl | ď | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine | | 0 | | 0 | z | 7 | | 0.0 | 0.0 | 0.0 |
| Theobromine | | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Carotenoids: | <i>9</i> | - | | - | _ | • | | - | • | · |
| | maa | | | ^ | | | | E 000 | 4 500 | |
| Carotene, beta | | 4 | | 0 | NR | 4 7 | | 5.280 | 4.520 | 1.134 |
| Carotene, alpha | | 0 | | 0 | z z | 7 | | 0.000 | 0.000 | 0.000 |
| Cryptoxanthin, beta | | ū | | - | | 7 | | 0.000 | 0.000 | 0.000 |
| Lycopene | | 0 | | 0 | Z | | | 0.000 | 0.000 | 0.000 |
| Lutein + zeaxanthin | tilcg | 0 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |

Common Measures:

Measure 1 = 132g: 1 cup, diced Measure 2 = 113g: 1 cup, shredded

Measure 3 = 28.35g: 1 oz

NDB No. 01166

Cheese, mexican, queso asadero

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>A</u> 1 | mount in 100 g | grams | of edib | le portio | <u>n</u> | | edible portion | |
|---------------------------------|--------------|--------------|----------------|--------|---------|-----------|------------|--------------|-----------------|----------|
| | | | Nι | ımber | | | | <u>m</u> | easures of food | <u> </u> |
| | | | of | Data | Deriv | Source | Confidence | | | |
| Nutrients and Uni | its | Mean | Std. Error Po | oints | Code | Code | Code | Measure 1 | Measure 2 | Measure |
| Proximates: | | | | | | | | | | |
| Water | g | 39.13 | | 2 | | 1 | | 51.65 | 44.22 | 11.09 |
| Energy | kcal | 374 | | 0 | NC | 4 | | 494 | 423 | 106 |
| Energy | kj | 1565 | | | | 4 | | 2066 | 1768 | 444 |
| Protein (N x 6.38) | g | 21.56 | | 2 | | 1 | | 28.46 | 24.36 | 6.11 |
| Total lipid (fat) | g | 29.68 | | 2 | | 1 | | 39.18 | 33.54 | 8.41 |
| Ash | g | 4.06 | | 2 | | 1 | | 5.36 | 4.59 | 1.15 |
| Carbohydrate, by difference | g | 5.56 | | 0 | NC | 4 | | 7.34 | 6.28 | 1.58 |
| Fiber, total dietary | g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 |
| Sugars, total | g | 5.56 | | 0 | NR | 4 | | 7.34 | 6.28 | 1.58 |
| Starch | g | | | | | | | | | |
| Minavalse | | | | | | | | | | |
| <u>Minerals:</u> Calcium, Ca | ma | 651 | | 2 | | 1 | | 859 | 736 | 185 |
| Iron, Fe | | 0.47 | | 2 | | 1 | | 0.62 | 0.53 | 0.1 |
| Magnesium, Mg | | 23 | | 2 | | 1 | | 30 | 26 | 7 |
| Phosphorus, P | | 442 | | 2 | | 1 | | 583 | 499 | , 125 |
| Potassium, K | | 52 | | 2 | | 1 | | 69 | 59 | 15 |
| Sodium, Na | | 617 | 6.112 | 4 | | 1 | | 814 | 697 | 175 |
| Zinc, Zn | | 3.50 | | 2 | | 1 | | 4.62 | 3.96 | 0.9 |
| Copper, Cu | - | 0.024 | | 1 | | 1 | | 0.032 | 0.027 | 0.0 |
| Manganese, Mn | | 0.071 | | 2 | | 1 | | 0.094 | 0.080 | 0.0 |
| Selenium, Se | | 14.5 | | 0 | CAZN | 4 | | 19.1 | 16.4 | 4.1 |
| 7.4 | | | | | | | | | | |
| Vitamins: | | 0.0 | | • | | | | 0.0 | | |
| Vitamin C, total ascorbic acid | - | 0.0 0.018 | | 0 2 | | 1 1 | | 0.0 0.024 | 0.0 0.020 | 0.0 |
| Thiamin | | 0.018 | | 2 | | 1 | | 0.024 | | |
| Riboflavin | | 0.223 | | 2 | | 1 | | 0.198 | 0.254 0.170 | 0.00 |
| Niacin Pantothenic acid | - | 0.130 | | 2 | | 1 | | 0.198 | 0.170 | 0.0 |
| Vitamin B-6 | - | 0.279 | | 2 | | 1 | | 0.368 | 0.313 | 0.0 |
| Folate, total | | 2 | • | 2 | | 1 | | 3 | 2 | 1 |
| Folic acid | | 0 | | 0 | z | 7 | | 0 | 0 | 0 |
| Folate, food | | 2 | | 2 | 4 | 1 | | 3 | 2 | 1 |
| Folate, DFE | | 2 | | 0 | NC | 4 | | 3 | 2 | 1 |
| Vitamin B-12 | | 1.03 | | 2 | NC | 1 | | 1.36 | 1.16 | 0.2 |
| Vitamin A, IU | IIIOg | 193 | | 0 | NC | 4 | | 255 | 218 | 55 |
| Vitamin A, RAE | | 56 | | 0 | NC | 4 | | 74 | 64 | 16 |
| Retinol | | 56 | | 0 | NC | 4 | | 74 74 | 63 | 16 |
| Vitamin E (alpha-tocopherol) | | 0.26 | | 0 | BFFN | 4 | | 0.34 | 0.29 | 0.0 |
| Tocopherol, beta | - | 0.20 | | Ū | DIII | • | | 0.54 | 0.23 | 0.0 |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | |
| Vitamin D | | | | | | | | | | |
| Vitamin K (phylloquinone) | | 2.5 | | 0 | BFFN | 4 | | 3.3 | 2.8 | 0.7 |
| | | | | | | | | | | |
| <u> Lipids:</u> | | | | | | | | | | |
| Fatty acids, total saturated | | 18.843 | | 0 | | 1 | | 24.873 | 21.293 | 5.34 |
| 4:0 | - | 0.898 | | 0 | | 1 | | 1.185 | 1.015 | 0.2 |
| 6:0 | - | 0.470 | | 0 | | 1 | | 0.620 | 0.531 | 0.1 |
| 8:0 | - | 0.253 | | 0 | | 1 | | 0.334 | 0.286 | 0.0 |
| 10:0 | | 0.552 | | 0 | | 1 | | 0.729 | 0.624 | 0.1 |
| 12:0 | | 0.503 | • | 0 | | 1 | | 0.664 | 0.568 | 0.1 |
| 13:0 | - | | | • | | _ | | | | |
| 14:0 | - | 3.121 | - | 0 | | 1 | | 4.120 | 3.527 | 0.8 |
| 15:0 | _ | | | _ | | _ | | | | |
| 16:0 | - | 9.247 | , | 0 | | 1 | | 12.206 | 10.449 | 2.6 |
| 17:0 | - | | | | | _ | | | | |
| 18:0 | _ | 3.800 | 1 | 0 | | 1 | | 5.016 | 4.294 | 1.0 |
| 20:0 | _ | | | | | | | | | |
| 22:0 | g | | | | | | | | | |

| | | <u>A</u> 1 | nount in 10 | 00 grams | of edil | ole portic | <u>on</u> | | edible portion | |
|---------------------------------|--------------|----------------|-------------|-------------------|---------|------------|------------|----------------|-----------------|----------------|
| | | | | Number of Data | Deriv | | Confidence | | easures of food | • |
| Nutrients and | I Units | Mean | Std. Error | Points | Code | Code | Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total monounsatur | ratedg | 8.443 | | 0 | | 1 | | 11.145 | 9.541 | 2.394 |
| 14:1 | - | | | | | | | | | |
| 15:1 | - | | | | | | | | | |
| 16:1 undifferentiated | - | 0.947 | | 0 | | 1 | | 1.250 | 1.070 | 0.268 |
| 17:1 | - | 7 406 | | 0 | | 1 | | 0.005 | 0 470 | 0 105 |
| 18:1 undifferentiated | - | 7.496 0.000 | | 0 | | 1 | | 9.895 0.000 | 8.470 0.000 | 2.125 0.000 |
| 20:1 22:1 undifferentiated | | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 24:1 c | - | 0.000 | | U | | 1 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total polyunsatura | | 0.892 | | 0 | | 1 | | 1.177 | 1.008 | 0.253 |
| 18:2 undifferentiated | | 0.547 | | 0 | | 1 | | 0.722 | 0.618 | 0.155 |
| 18:3 undifferentiated | | 0.346 | | 0 | | 1 | | 0.457 | 0.391 | 0.193 |
| 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 | | 105 | | 1 | | 1 | | 139 | 119 | 30 |
| Phytosterols | mg | | | | | | | | | |
| Austria Autori | | | | | | | | | | |
| Amino Acids: | ~ | 0.100 | | • | | 1 | | 0.061 | | |
| Tryptophan | | 0.198 | | 0 0 | | 1 | | 0.261 1.080 | 0.224 | 0.056 |
| Threonine | - | 0.818 1.076 | | 0 | | 1 | | 1.420 | 0.924 1.216 | 0.232 0.305 |
| Isoleucine | - | 2.017 | | 0 | | 1 | | 2.662 | 2.279 | 0.572 |
| Lysine | - | 1.536 | | 0 | | 1 | | 2.028 | 1.736 | 0.372 |
| Methionine | | 0.608 | | 0 | | 1 | | 0.803 | 0.687 | 0.433 |
| Cystine | | 0.144 | | 0 | | 1 | | 0.190 | 0.163 | 0.172 |
| Phenylalanine | | 1.037 | | 0 | | 1 | | 1.369 | 1.172 | 0.294 |
| Tyrosine | | 1.019 | | 0 | | 1 | | 1.345 | 1.151 | 0.289 |
| Valine | - | 1.266 | | 0 | | 1 | | 1.671 | 1.431 | 0.359 |
| Arginine | - | 0.777 | | 0 | | 1 | | 1.026 | 0.878 | 0.220 |
| Histidine | | 0.598 | | 0 | | 1 | | 0.789 | 0.676 | 0.170 |
| Alanine | - | 0.821 | | 0 | | 1 | | 1.084 | 0.928 | 0.233 |
| Aspartic acid | | 1.397 | | 0 | | 1 | | 1.844 | 1.579 | 0.396 |
| Glutamic acid | | 4.503 | | 0 | | 1 | | 5.944 | 5.088 | 1.277 |
| Glycine | - | 0.384 | | 0 | | 1 | | 0.507 | 0.434 | 0.109 |
| Proline | | 2.249 | | 0 | | 1 | | 2.969 | 2.541 | 0.638 |
| Serine | - | 1.115 | | 0 | | 1 | | 1.472 | 1.260 | 0.316 |
| Hydroxyproline | | | | | | | | | | |
| | | | | | | | | | | |
| Others: | _ | | | | | _ | | | | |
| 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 | Y | U | | U | Z | , | | U | U | U |
| Carotenoids: | | | | | | | | | | |
| Carotene, beta | mcg | 4 | | 0 | NR | 4 | | 5.280 | 4.520 | 1.134 |
| Carotene, alpha | mcg | 0 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| Cryptoxanthin, beta | mcg | 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 = 132g: 1 cup, diced Measure 2 = 113g: 1 cup, shredded

Measure 3 = 28.35g: 1 oz

NDB No. 01167

Cheese, mexican, queso chihuahua

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>Ar</u> | mount in 100 g | grams | of edib | le portio | <u>n</u> | Amount in | edible portion | of common |
|--------------------------------|---------|-----------|----------------|-------|---------|-----------|------------|----------------|-----------------|-----------|
| | | | Nı | ımber | | | | <u>m</u> | easures of food | <u> </u> |
| | | | | | Deriv | Source | Confidence | | | |
| Nutrients and Uni | its | Mean | Std. Error Po | | | Code | Code | Measure 1 | Measure 2 | Measure |
| | | | | | | | | | | |
| Proximates: Water | a | 41.01 | 0.765 | 10 | | 1 | | 54.13 | 46.34 | 11.63 |
| Energy | | 373 | 0.705 | 0 | NC | 4 | | 493 | 422 | 106 |
| Energy | | 1562 | | Ü | МС | 4 | | 2062 | 1765 | 443 |
| 0.7 | | 24.48 | 0.559 | 4 | | 1 | | 32.31 | 27.66 | 6.94 |
| Protein (N x 6.38) | | 30.28 | 0.361 | 10 | | 1 | | 39.97 | 34.22 | 8.58 |
| Total lipid (fat) | | 30.26 | 0.102 | 4 | | 1 | | 4.69 | 4.01 | 1.01 |
| Ash | | 0.68 | 0.102 | 0 | NC | 4 | | 0.90 | 0.77 | 0.19 |
| Carbohydrate, by difference | | 0.68 | | 0 | NC | 4 | | 0.90 | 0.77 | 0.19 |
| Fiber, total dietary | | | | | | | | | | |
| Sugars, total | | 0.50 | | 0 | BFNN | 4 | | 0.66 | 0.56 | 0.14 |
| Starch | g | | | | | | | | | |
| Minerals: | | | | | | | | | | |
| Calcium, Ca | mq | 746 | 21.376 | 6 | | 1 | | 985 | 843 | 212 |
| Iron, Fe | | 0.72 | 0.102 | 4 | | 1 | | 0.95 | 0.81 | 0.20 |
| Magnesium, Mg | | 27 | 1.914 | 4 | | 1 | | 36 | 31 | 8 |
| Phosphorus, P | | 444 | 9.206 | 4 | | 1 | | 586 | 502 | 126 |
| Potassium, K | _ | 81 | 11.148 | 4 | | 1 | | 107 | 91 | 23 |
| Sodium, Na | | 536 | 49.168 | 4 | | 1 | | 708 | 606 | 152 |
| Zinc, Zn | | 3.00 | 0.071 | 4 | | 1 | | 3.96 | 3.39 | 0.8 |
| Copper, Cu | | 0.032 | | 0 | | 1 | | 0.042 | 0.036 | 0.0 |
| Manganese, Mn | | 0.011 | | 0 | | 1 | | 0.015 | 0.012 | 0.00 |
| Selenium, Se | | 14.5 | | 0 | CAZN | 4 | | 19.1 | 16.4 | 4.1 |
| · · | | | | | | | | | | |
| <u>Vitamins:</u> | | | | | | | | | | |
| Vitamin C, total ascorbic acid | - | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | 0.0 |
| Thiamin | - | 0.015 | | 0 | | 4 | | 0.020 | 0.017 | 0.00 |
| Riboflavin | mg | 0.390 | | 2 | | 1 | | 0.515 | 0.441 | 0.11 |
| Niacin | - | 0.093 | | 0 | | 4 | | 0.123 | 0.105 | 0.02 |
| Pantothenic acid | | 0.210 | | 0 | | 4 | | 0.277 | 0.237 | 0.0 |
| Vitamin B-6 | _ | 0.079 | | 0 | | 4 | | 0.104 | 0.089 | 0.0 |
| Folate, total | | 18 | | 0 | | 4 | | 24 | 21 | 5 |
| Folic acid | | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food | | 18 | | 0 | | 4 | | 24 | 21 | 5 |
| Folate, DFE | mcg_DFE | 18 | | 0 | NC | 4 | | 24 | 21 | 5 |
| Vitamin B-12 | | 0.83 | | 0 | | 4 | | 1.09 | 0.93 | 0.23 |
| Vitamin A, IU | | 769 | | 0 | NC | 4 | | 1016 | 869 | 218 |
| Vitamin A, RAE | mcg_RAE | 198 | | 0 | NC | 4 | | 262 | 224 | 56 |
| Retinol | mcg | 192 | | 0 | NC | 4 | | 253 | 217 | 54 |
| Vitamin E (alpha-tocopherol) | mg | 0.26 | | 0 | BFFN | 4 | | 0.34 | 0.29 | 0.0 |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 2.5 | | 0 | BFFN | 4 | | 3.3 | 2.9 | 0.7 |
| Lipids: | | | | | | | | | | |
| | ~ | 19.066 | | 0 | | 4 | | 25.167 | 21.545 | 5.40 |
| Fatty acids, total saturated | | 0.982 | | 0 | | 4 | | 1.296 | 1.110 | 0.2 |
| 4:0 | | | | 0 | | 4 | | | | |
| 6:0 | _ | 0.244 | | 0 | | 4 | | 0.322 0.404 | 0.276 | 0.0 |
| 8:0 10:0. | - | 0.306 | | 0 | | 4 | | | 0.346 | 0.0 |
| 10:0 | | 0.563 | | 0 | | 4 | | 0.743 0.525 | 0.636 0.450 | 0.1 |
| | | 0.398 | | U | | 4 | | 0.525 | 0.450 | 0.1 |
| 13:0 | - | 3 613 | | 0 | | 4 | | 4 760 | 4 000 | 4 0 |
| 14:0 | - | 3.613 | | U | | 4 | | 4.769 | 4.083 | 1.0 |
| 15:0 | _ | | | • | | | | 10 015 | | |
| 16:0 | - | 7.763 | | 0 | | 4 | | 10.247 | 8.772 | 2.2 |
| 17:0 | _ | | | _ | | | | | | <u>.</u> |
| 18:0 | _ | 3.423 | | 0 | | 4 | | 4.518 | 3.868 | 0.9 |
| 20:0 | g | | | | | | | | | |
| 22:0 | _ | | | | | | | | | |

| | | <u>Ar</u> | nount in 10 | 0 grams | of edib | ole portio | <u>n</u> | Amount in | edible portion of | of common | |
|---------------------------------|----------------|-----------|-------------|-------------------|-----------|----------------|--------------------|------------------|-------------------|----------------|--|
| | | | | Number | | _ | | measures 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 Q | 8.751 | | 0 | | 4 | | 11.551 | 9.889 | 2.481 | |
| 14:1 | | | | | | | | | | | |
| 15:1 | _ | | | | | | | | | | |
| 16:1 undifferentiated | _ | 0.923 | | 0 | | 4 | | 1.218 | 1.043 | 0.262 | |
| 17:1 | _ | 7.260 | | • | | | | | | 0.000 | |
| 18:1 undifferentiated | - | 7.368 | | 0 0 | | 4 4 | | 9.726 | 8.326 | 2.089 0.000 | |
| 20:1 | | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | | |
| 22:1 undifferentiated | • | 0.000 | | U | | 4 | | 0.000 | 0.000 | 0.000 | |
| 24:1 c | | 0.899 | | 0 | | 4 | | 1.187 | 1.016 | 0.255 | |
| Fatty acids, total polyunsatura | | 0.637 | | 0 | | 4 | | 0.841 | 0.720 | 0.181 | |
| 18:2 undifferentiated | | 0.837 | | 0 | | 4 | | | 0.720 | 0.181 | |
| 18:3 undifferentiated | | 0.261 | | 0 | | 4 | | 0.345 0.000 | 0.295 | 0.074 | |
| 18:4 20:2 n-6 c.c | _ | 0.000 | | U | | 4 | | 0.000 | 0.000 | 0.000 | |
| 20:2 n-6 c,c | _ | | | | | | | | | | |
| 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 | |
| 20:5 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 | | 0.000 | | Ū | | - | | 0.000 | 0.000 | 0.000 | |
| Cholesterol | | 89 | | 0 | | 4 | | 117 | 101 | 25 | |
| Phytosterols | | 0,5 | | · | | • | | | 101 | 23 | |
| 1 ily tosterois | | | | | | | | | | | |
| <u>Amino Acids:</u> | | | | | | | | | | | |
| Tryptophan | g | 0.315 | | 0 | | 1 | | 0.416 | 0.356 | 0.089 | |
| Threonine | g | 0.871 | | 0 | | 1 | | 1.150 | 0.984 | 0.247 | |
| Isoleucine | _ | 1.519 | | 0 | | 1 | | 2.005 | 1.716 | 0.431 | |
| Leucine | | 2.344 | | 0 | | 1 | | 3.094 | 2.649 | 0.665 | |
| Lysine | | 2.037 | | 0 | | 1 | | 2.689 | 2.302 | 0.577 | |
| Methionine | | 0.641 | | 0 | | 1 | | 0.846 | 0.724 | 0.182 | |
| Cystine | | 0.123 | | 0 | | 1 | | 0.162 | 0.139 | 0.035 | |
| Phenylalanine | | 1.289 | | 0 | | 1 | | 1.701 | 1.457 | 0.365 | |
| Tyrosine | | 1.182 | | 0 | | 1 | | 1.560 | 1.336 | 0.335 | |
| Valine | _ | 1.635 | | 0 | | 1 | | 2.158 | 1.848 | 0.464 | |
| Arginine | | 0.925 | | 0 | | 1 | | 1.221 | 1.045 | 0.262 | |
| Histidine | _ | 0.859 | | 0 | | 1 | | 1.134 | 0.971 | 0.244 | |
| Alanine | _ | 0.691 | | 0 | | 1 | | 0.912 | 0.781 | 0.196 | |
| Aspartic acid | | 1.573 | | 0 | | 1 | | 2.076 | 1.777 | 0.446 | |
| Glutamic acid | | 5.990 | | 0 | | 1 | | 7.907 | 6.769 | 1.698 | |
| Glycine | g | 0.422 | | 0 | | 1 | | 0.557 | 0.477 | 0.120 | |
| Proline | g | 2.759 | | 0 | | 1 | | 3.642 | 3.118 | 0.782 | |
| Serine | | 1.431 | | 0 | | 1 | | 1.889 | 1.617 | 0.406 | |
| Hydroxyproline | g | | | | | | | | | | |
| Others: | | | | | | | | | | | |
| Alcohol, ethyl | a | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 | |
| Caffeine | | 0 | | 0 | z | 7 | | 0 | 0 | 0 | |
| Theobromine | | 0 | | 0 | z | 7 | | 0 | 0 | 0 | |
| Carotenoids: | | | | | | | | | | | |
| <u></u> | w | =- | | _ | - | | | 100 515 | 05.56 | 60 01 - | |
| Carotene, beta | - | 78 0 | | 0 | BFFN | 4 7 | | 102.517 | 87.761 | 22.018 | |
| Carotene, alpha | | 0 | | 0 | z z | 7 | | 0.000 0.000 | 0.000 | 0.000 | |
| Cryptoxanthin, beta | | 0 | | 0 | | 7 | | | 0.000 | 0.000 | |
| Lycopene | | | | | Z | | | 0.000 | 0.000 | 0.000 | |
| Lutein + zeaxanthin | iiicā | 0 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 | |

Common Measures:

Measure 1 = 132g: 1 cup, diced Measure 2 = 113g: 1 cup, shredded

Measure 3 = 28.35g: 1 oz

NDB No. 01025 Cheese, monterey

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>Aı</u> | mount in 10 | <u>0 grams</u> | of edib | le portio | <u>n</u> | | edible portion | |
|--|---|-----------|-------------|----------------|---------|-----------|------------|-----------|-----------------|---------|
| | | | | Number | • | | | <u>m</u> | easures of food | _ |
| | | | | of Data | Deriv | Source | Confidence | | | |
| Nutrients and Uni | its | Mean | Std. Error | Points | Code | Code | Code | Measure 1 | Measure 2 | Measure |
| Proximates: | | | | | | | | | | |
| Water | _ | 46.00 | | | | 4 | | 60.72 | 51.98 | 7.82 |
| Energy | kcal | 313 | | | | 8 | | 413 | 354 | 53 |
| Energy | | 1310 | | | | 8 | | 1729 | 1480 | 223 |
| Protein | | 28.20 | | | | 8 | | 37.22 | 31.87 | 4.79 |
| Total lipid (fat) | | 21.60 | | | | 8 | | 28.51 | 24.41 | 3.67 |
| Ash | | 3.50 | | 0 | NR | 4 | | 4.62 | 3.96 | 0.60 |
| Carbohydrate, by difference | | 0.70 | | | | 4 | | 0.92 | 0.79 | 0.12 |
| Fiber, total dietary | | 0.0 | | | | 7 | | 0.0 | 0.0 | 0.0 |
| Sugars, total | | 0.56 | | 0 | BFNN | 4 | | 0.74 | 0.64 | 0.10 |
| Starch | g | | | | | | | | | |
| Ainerals: | | | | | | | | | | |
| Calcium, Ca | mg | 705 | | | | 8 | | 931 | 797 | 120 |
| Iron, Fe | • | 0.72 | | | | 4 | | 0.95 | 0.81 | 0.1 |
| Magnesium, Mg | mg | 27 | | | | 4 | | 36 | 31 | 5 |
| Phosphorus, P | mg | 444 | | | | 4 | | 586 | 502 | 75 |
| Potassium, K | mg | 81 | | | | 4 | | 107 | 92 | 14 |
| Sodium, Na | mg | 564 | | | | 8 | | 744 | 637 | 96 |
| Zinc, Zn | <u>mg</u> | 3.00 | | | | 4 | | 3.96 | 3.39 | 0.5 |
| Copper, Cu | | 0.032 | 2 | | | 4 | | 0.042 | 0.036 | 0.0 |
| Manganese, Mn | | | | | | | | | | |
| Selenium, Se | mcg | 14.5 | | 0 | CAZN | 4 | | 19.1 | 16.4 | 2.5 |
| itamins: | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | | | 7 | | 0.0 | 0.0 | 0.0 |
| Thiamin | _ | 0.020 |) | | | 4 | | 0.026 | 0.023 | 0.0 |
| Riboflavin | | 0.360 | | | | 8 | | 0.475 | 0.407 | 0.0 |
| Niacin | | 0.090 |) | | | 4 | | 0.119 | 0.102 | 0.0 |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | 0.080 |) | | | 4 | | 0.106 | 0.090 | 0.0 |
| Folate, total | mcg | 18 | | | | 4 | | 24 | 20 | 3 |
| Folic acid | mcg | 0 | | 0 | BFNN | 4 | | 0 | 0 | 0 |
| Folate, food | | 18 | | | | 4 | | 24 | 20 | 3 |
| Folate, DFE | mcg_DFE | 18 | | 0 | NC | 4 | | 24 | 20 | 3 |
| Vitamin B-12 | | 0.83 | | | | 4 | | 1.10 | 0.94 | 0.1 |
| Vitamin A, IU | | 549 | | 0 | NC | 4 | | 725 | 620 | 93 |
| Vitamin A, RAE | | 142 | | 0 | NC | 4 | | 187 | 160 | 24 |
| Retinol | | 137 | | 0 | BFFN | 4 | | 181 | 155 | 23 |
| Vitamin E (alpha-tocopherol) | | 0.19 | | 0 | BFFN | 4 | | 0.25 | 0.21 | 0.03 |
| Tocopherol, beta | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | |
| Vitamin D Vitamin K (phylloquinone) | | 1.8 | | 0 | BFFN | 4 | | 2.4 | 2.0 | 0.3 |
| Vitamin K (pnylloquinone) | nicg | 1.0 | | U | DFFN | 4 | | 2.4 | 2.0 | 0.3 |
| <u> ipids:</u> | | | | | | | | | | |
| Fatty acids, total saturated | g | 14.040 |) | | | 8 | | 18.533 | 15.865 | 2.3 |
| 4:0 | g | 1.080 |) | | | 4 | | 1.426 | 1.220 | 0.1 |
| 6:0 | g | 0.120 |) | | | 4 | | 0.158 | 0.136 | 0.0 |
| 8:0 | g | 0.240 |) | | | 4 | | 0.317 | 0.271 | 0.0 |
| 10:0 | - | 0.480 | | | | 4 | | 0.634 | 0.542 | 0.0 |
| 12:0 | | 0.360 |) | | | 4 | | 0.475 | 0.407 | 0.0 |
| 13:0 | | | | | | | | | | |
| 14:0 | | 2.040 |) | | | 4 | | 2.693 | 2.305 | 0.3 |
| 15:0 | | | | | | | | | | |
| 16:0 | | 6.360 |) | | | 4 | | 8.395 | 7.187 | 1.0 |
| 17:0 | _ | | | | | | | | | |
| 18:0 | - | 2.280 |) | | | 4 | | 3.010 | 2.576 | 0.3 |
| 20:0 | _ | | | | | | | | | |
| 22:0 | a | | | | | | | | | |

| | An | nount in 100 grams | of edit | ole portio | <u>n</u> | Amount in edible portion of common | | |
|-------------------------------------|-------|---------------------------------------|---------|----------------|--------------------|------------------------------------|------------------------------|-----------|
| Nutrients and Units | Mean | Numbe of Data Std. Error Points | Deriv | Source Code | Confidence Code | <u>m</u> Measure 1 | easures of food Measure 2 | Measure 3 |
| | | | | | | | | |
| Fatty acids, total monounsaturatedg | 5.640 | | | 8 | | 7.445 | 6.373 | 0.959 |
| 14:1g | | | | | | | | |
| 15:1g | | | | | | | | |
| 16:1 undifferentiatedg | 0.840 | | | 4 | | 1.109 | 0.949 | 0.143 |
| 17:1g | | | | | | | | |
| 18:1 undifferentiatedg | 4.560 | | | 4 | | 6.019 | 5.153 | 0.775 |
| 20:1g | 0.000 | | | 4 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiatedg | 0.000 | | | 4 | | 0.000 | 0.000 | 0.000 |
| 24:1 cg | | | | | | | | |
| Fatty acids, total polyunsaturatedg | 0.840 | | | 8 | | 1.109 | 0.949 | 0.143 |
| 18:2 undifferentiatedg | 0.600 | | | 4 | | 0.792 | 0.678 | 0.102 |
| 18:3 undifferentiatedg | 0.240 | | | 4 | | 0.317 | 0.271 | 0.041 |
| 18:4g | 0.000 | | | 4 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,cg | | | | | | | | |
| 20:3 undifferentiatedg | | | | | | | | |
| 20:4 undifferentiatedg | 0.000 | | | 4 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3g | 0.000 | | | 4 | | 0.000 | 0.000 | 0.000 |
| 22:5 n-3g | 0.000 | | | 4 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3g | 0.000 | | | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total transg | | | | | | | | |
| Cholesterolmg | 65 | | | 8 | | 86 | 73 | 11 |
| Phytosterolsmg | | | | | | | | |
| Others: | | | | | | | | |
| Alcohol, ethylg | 0.0 | | | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine mg | 0 | 0 | Z | 7 | | 0 | 0 | 0 |
| Theobrominemg | 0 | 0 | Z | 7 | | 0 | 0 | 0 |
| Carotenoids: | | | | | | | | |
| Carotene, betamcg | 55 | 0 | BFFN | 4 | | 73.130 | 62.604 | 9.418 |
| 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 = 132g: 1 cup, diced Measure 2 = 113g: 1 cup, shredded Measure 3 = 17g: 1 cubic inch

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

| | | <u>Aı</u> | mount in 100 | grams | of edib | le portio | <u>n</u> | | edible portion | |
|--------------------------------|---------|------------|--------------|-------------------|---------|----------------|--------------------|-----------|-----------------|---------|
| | | | N | Number | | | | <u>me</u> | easures of food | |
| Nutrients and Un | its | Mean | Std. Error | of Data Points | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure |
| · · · | | | | | | | | | | |
| Proximates: Water | а | 49.90 | | | | 4 | | 65.87 | 56.39 | 8.98 |
| Energy | | 280 | | | | 1 | | 370 | 316 | 50 |
| Energy | | 1172 | | | | 1 | | 1546 | 1324 | 211 |
| Protein | = | 27.50 | | | | 1 | | 36.30 | 31.08 | 4.95 |
| Total lipid (fat) | | 17.10 | | | | 1 | | 22.57 | 19.32 | 3.08 |
| Ash | = | 2.40 | | 0 | NR | 4 | | 3.17 | 2.71 | 0.43 |
| Carbohydrate, by difference | | 3.10 | | | NC | 4 | | 4.09 | 3.50 | 0.56 |
| Fiber, total dietary | | 0.0 | | | | 7 | | 0.0 | 0.0 | 0.0 |
| Sugars, total | | 1.23 | | 0 | BFNN | 4 | | 1.62 | 1.39 | 0.22 |
| Starch | | | | | | | | | | |
| | | | | | | | | | | |
| Minerals: | | | | | | | | | | |
| Calcium, Ca | | 731 | | | | 1 | | 965 | 826 | 132 |
| Iron, Fe | | 0.25 | | | | 1 | | 0.33 | 0.28 | 0.0 |
| Magnesium, Mg | | 26 | | | | 1 | | 34 | 29 | 5 |
| Phosphorus, P | - | 524 | | | | 1 | | 692 | 592 | 94 |
| Potassium, K | | 95 16 | | | | 1 | | 125 21 | 107 | 17 3 |
| Sodium, Na | | 16 3.13 | | | | 4 1 | | 4.13 | 18 3.54 | 0.50 |
| Zinc, Zn | | 0.027 | , | | | 1 | | 0.036 | 0.031 | 0.00 |
| Copper, Cu | | 0.027 | • | | | 1 | | 0.036 | 0.031 | 0.00 |
| Manganese, Mn | | 15.7 | | 0 | BFNN | 4 | | 20.7 | 17.7 | 2.8 |
| Selenium, Se | nicg | 15.7 | | U | DFININ | 4 | | 20.7 | 17.7 | 2.6 |
| <u>Vitamins:</u> | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | | | 7 | | 0.0 | 0.0 | 0.0 |
| Thiamin | mg | 0.020 |) | | | 1 | | 0.026 | 0.023 | 0.00 |
| Riboflavin | mg | 0.340 |) | | | 1 | | 0.449 | 0.384 | 0.0 |
| Niacin | mg | 0.120 |) | | | 1 | | 0.158 | 0.136 | 0.02 |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | 0.080 |) | | | 1 | | 0.106 | 0.090 | 0.0 |
| Folate, total | mcg | 9 | | 0 | NR | 4 | | 12 | 10 | 2 |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food | | 9 | | 0 | BFNN | 4 | | 12 | 10 | 2 |
| Folate, DFE | mcg_DFE | 9 | | 0 | NC | 4 | | 12 | 10 | 2 |
| Vitamin B-12 | mcg | 0.92 | | | | 1 | | 1.21 | 1.04 | 0.1 |
| Vitamin A, IU | IU | 517 | | 0 | NC | 4 | | 682 | 584 | 93 |
| Vitamin A, RAE | mcg_RAE | 137 | | 0 | NC | 4 | | 181 | 155 | 25 |
| Retinol | mcg | 133 | | 0 | BFFN | 4 | | 176 | 150 | 24 |
| Vitamin E (alpha-tocopherol) | mg | 0.15 | | 0 | BFFN | 4 | | 0.19 | 0.17 | 0.03 |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | |
| Vitamin D | | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 1.8 | | 0 | BFFN | 4 | | 2.3 | 2.0 | 0.3 |
| Lipids: | | | | | | | | | | |
| Fatty acids, total saturated | q | 10.867 | , | | | 4 | | 14.344 | 12.280 | 1.9 |
| 4:0 | | 0.559 | | | | 4 | | 0.738 | 0.632 | 0.10 |
| 6:0 | | 0.110 |) | | | 4 | | 0.145 | 0.124 | 0.0 |
| 8:0 | - | 0.120 |) | | | 4 | | 0.158 | 0.136 | 0.0 |
| 10:0 | _ | 0.270 | | | | 4 | | 0.356 | 0.305 | 0.0 |
| 12:0 | - | 0.180 | | | | 4 | | 0.238 | 0.203 | 0.0 |
| 13:0 | _ | | | | | | | | | |
| 14:0 | - | 1.718 | 3 | | | 4 | | 2.268 | 1.941 | 0.30 |
| 15:0 | - | | | | | | | | | |
| 16:0 | - | 5.214 | ı | | | 4 | | 6.882 | 5.892 | 0.9 |
| 17:0 | _ | | | | | | | | | |
| 18:0 | _ | 2.078 | 3 | | | 4 | | 2.743 | 2.348 | 0.3 |
| 20:0 | | | | | | | | | | |
| 22:0 | - | | | | | | | | | |
| 24:0 | _ | | | | | | | | | |

| | <u>Ar</u> | nount in 10 | Number | • | | _ | Amount in edible portion of common measures of food | | | |
|-------------------------------------|-----------|-------------|--------|------|----------------|--------------------|---|-----------|-----------|--|
| Nutrients and Units | Mean | Std. Error | | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 | |
| Fatty acids, total monounsaturatedg | 4.844 | | | | 4 | | 6.394 | 5.474 | 0.872 | |
| 14:1g | | | | | | | 0.001 | 0 | | |
| 15:1 9 | | | | | | | | | | |
| 16:1 undifferentiated | 0.469 | | | | 4 | | 0.619 | 0.530 | 0.084 | |
| 17:1g | | | | | | | | | | |
| 18:1 undifferentiated | 4.165 | | | | 4 | | 5.498 | 4.706 | 0.750 | |
| 20:1g | 0.000 | | | | 4 | | 0.000 | 0.000 | 0.000 | |
| 22:1 undifferentiatedg | 0.000 | | | | 4 | | 0.000 | 0.000 | 0.000 | |
| 24:1 cg | | | | | | | | | | |
| Fatty acids, total polyunsaturated | 0.509 | | | | 4 | | 0.672 | 0.575 | 0.092 | |
| 18:2 undifferentiatedg | 0.360 | | | | 4 | | 0.475 | 0.407 | 0.065 | |
| 18:3 undifferentiatedg | 0.150 | | | | 4 | | 0.198 | 0.170 | 0.027 | |
| 18:4g | 0.000 | | | | 4 | | 0.000 | 0.000 | 0.000 | |
| 20:2 n-6 c,cg | | | | | | | | | | |
| 20:3 undifferentiatedg | | | | | | | | | | |
| 20:4 undifferentiatedg | 0.000 | | | | 4 | | 0.000 | 0.000 | 0.000 | |
| 20:5 n-3g | 0.000 | | | | 4 | | 0.000 | 0.000 | 0.000 | |
| 22:5 n-3g | 0.000 | | | | 4 | | 0.000 | 0.000 | 0.000 | |
| 22:6 n-3g | 0.000 | | | | 4 | | 0.000 | 0.000 | 0.000 | |
| Fatty acids, total transg | | | | | | | | | | |
| Cholesterolmg | 54 | | | | 1 | | 71 | 61 | 10 | |
| Phytosterolsmg | | | | | | | | | | |
| Others: | | | | | | | | | | |
| Alcohol, ethylg | 0.0 | | | | 7 | | 0.0 | 0.0 | 0.0 | |
| Caffeine mg | 0 | | 0 | z | 7 | | 0 | 0 | 0 | |
| Theobrominemg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 | |
| Carotenoids: | | | | | | | | | | |
| Carotene beta mcg | 44 | | 0 | BFFN | 4 | | 57.894 | 49.561 | 7.895 | |
| 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 = 132g: 1 cup, diced Measure 2 = 113g: 1 cup, shredded Measure 3 = 18g: 1 cubic inch

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

| | | <u>Aı</u> | mount in 100 | <u>grams</u> | ot edib | ie portio | <u>on</u> | Amount in | edible portion of | of common |
|--|---|-------------|--------------|--------------|---------|-----------|------------|----------------|-------------------|-----------|
| | | | ı | Number | | | | <u>m</u> | easures of food | |
| | | | | | | Source | Confidence | | | |
| Nutrients and Uni | its | Mean | Std. Error | | | Code | Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | | |
| Proximates: | | | | | | | | | | |
| Water | - | 60.20 | | | | 4 | | 68.03 | | |
| Energy | | 149 | | | | 4 | | 168 | | |
| Energy | - | 623 | | | | 4 | | 704 | | |
| Protein | _ | 31.70 | | | | 4 | | 35.82 | | |
| Total lipid (fat) | | 0.00 | | • | | 4 | | 0.00 | | |
| Ash | | 4.60 | | 0 | NR | 4 4 | | 5.20 3.96 | | |
| Carbohydrate, by difference | | 3.50 1.8 | | | | 12 | | 2.0 | | |
| Fiber, total dietary Sugars, total | | 1.48 | | 0 | BFNN | 4 | | 1.68 | | |
| Starch | - | 1.40 | | U | DEMN | - | | 1.00 | | |
| Minerals: | | | | | | | | | | |
| Calcium, Ca | mg | 961 | | 1 | AI | 13 | | 1086 | | |
| Iron, Fe | • | 0.31 | | | | 4 | | 0.35 | | |
| Magnesium, Mg | | 33 | | | | 4 | | 37 | | |
| Phosphorus, P | | 656 | | | | 4 | | 741 | | |
| Potassium, K | | 106 | | | | 4 | | 120 | | |
| Sodium, Na | | 743 | | 1 | AI | 13 | | 840 | | |
| Zinc, Zn | | 3.92 | _ | | | 4 | | 4.43 | | |
| Copper, Cu | | 0.034 | l . | | | 4 | | 0.038 | | |
| Manganese, Mn Selenium, Se | | 18.9 | | 0 | BFNN | 4 | | 21.4 | | |
| , | | 10.5 | | Ü | DEMM | - | | 21.4 | | |
| Vitamins: Vitamin C, total ascorbic acid | ma | 0.0 | | | | 7 | | 0.0 | | |
| Thiamin | | 0.020 |) | | | 4 | | 0.023 | | |
| Riboflavin | - | 0.300 |) | | | 4 | | 0.339 | | |
| Niacin | mg | 0.120 |) | | | 4 | | 0.136 | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | _ | 0.080 |) | | | 4 | | 0.090 | | |
| Folate, total | | 10 | | | | 4 | | 11 | | |
| Folic acid | | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food | | 10 | | | | 4 | | 11 | | |
| Folate, DFE | | 10 | | 0 | NC | 4 | | 11 | | |
| Vitamin B-12 | | 0.92 481 | | 0 | NC | 4 4 | | 1.04 544 | | |
| Vitamin A, IU Vitamin A, RAE | mca RAF | 127 | | 0 | NC | 4 | | 144 | | |
| Retinol | | 124 | | 0 | BFZN | 4 | | 140 | | |
| Vitamin E (alpha-tocopherol) | | 0.14 | | 0 | BFZN | 4 | | 0.15 | | |
| Tocopherol, beta | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | |
| Vitamin D | | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 1.6 | | 0 | BFZN | 4 | | 1.9 | | |
| Lipids: | _ | <u>.</u> | | | | _ | | _ | | |
| Fatty acids, total saturated | | 0.000 | | | | 7 | | 0.000 | | |
| 4:0 | | 0.000 | | | | 4 | | 0.000 | | |
| 6:0 | | 0.000 | | | | 4 | | 0.000 | | |
| 8:0 10:0 | _ | 0.000 | | | | 4 | | 0.000 0.000 | | |
| 12:0 | _ | 0.000 | | | | 4 | | 0.000 | | |
| 13:0 | | 3.000 | - | | | • | | 0.000 | | |
| 14:0 | - | 0.000 |) | | | 4 | | 0.000 | | |
| 15:0 | _ | | | | | = | | | | |
| 16:0 | | 0.000 |) | | | 4 | | 0.000 | | |
| 17:0 | | | | | | | | | | |
| 18:0 | | 0.000 |) | | | 4 | | 0.000 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

| | <u>Ar</u> | mount in 10 | 00 grams | of edib | le 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 | | | | 7 | | 0.000 | | |
| 14:1g | | | | | | | | | |
| 15:1g | | | | | | | | | |
| 16:1 undifferentiatedg | 0.000 | | | | 4 | | 0.000 | | |
| 17:1g | | | | | | | | | |
| 18:1 undifferentiated | 0.000 | | | | 4 | | 0.000 | | |
| 20:1g | 0.000 | | | | 4 | | 0.000 | | |
| 22:1 undifferentiatedg | 0.000 | | | | 4 | | 0.000 | | |
| 24:1 cg | | | | | | | | | |
| Fatty acids, total polyunsaturated | 0.000 | | | | 7 | | 0.000 | | |
| 18:2 undifferentiatedg | 0.000 | | | | 4 | | 0.000 | | |
| 18:3 undifferentiated | 0.000 | | | | 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 | 18 | | | | 4 | | 20 | | |
| Phytosterolsmg | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethylg | 0.0 | | | | 7 | | 0.0 | | |
| Caffeine mg | 0 | | 0 | z | 7 | | 0 | | |
| Theobromine mg | 0 | | 0 | z | 7 | | 0 | | |
| Carotenoids: | | | | | | | | | |
| Carotene, betamcg | 41 | | 0 | BFZN | 4 | | 46.141 | | |
| Carotene, alphamcg | 0 | | 0 | Z | 7 | | 0.000 | | |
| Cryptoxanthin, betamcg | 0 | | 0 | z | 7 | | 0.000 | | |
| Lycopenemcg | 0 | | 0 | z | 7 | | 0.000 | | |
| Lutein + zeaxanthin mcg | 0 | | 0 | z | 7 | | 0.000 | | |

Common Measures:

Measure 1 = 113g: 1 cup, shredded

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

| | | <u>Aı</u> | mount in 100 g | grams | of edib | le portio | <u>n</u> | | edible portion | |
|--------------------------------|---|-------------|----------------|-------|---------|-----------|------------|-----------|-----------------|----------|
| | | | Nι | ımber | | | | <u>m</u> | easures of food | <u> </u> |
| | | | of | Data | Deriv | Source | Confidence | | | |
| Nutrients and Uni | ts | Mean | Std. Error Po | oints | Code | Code | Code | Measure 1 | Measure 2 | Measure |
| Proximates: | | | | | | | | | | |
| Water | g | 53.78 | 0.872 | 10 | | 1 | | 15.25 | | |
| Energy | kcal | 254 | | 0 | NC | 4 | | 72 | | |
| Energy | kj | 1064 | | 0 | NC | 4 | | 302 | | |
| Protein (N x 6.38) | g | 24.26 | | 0 | | 1 | | 6.88 | | |
| Total lipid (fat) | g | 15.92 | 0.669 | 10 | | 1 | | 4.51 | | |
| Ash | g | 3.27 | | 0 | | 1 | | 0.93 | | |
| Carbohydrate, by difference | g | 2.77 | | 0 | NC | 4 | | 0.79 | | |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | | |
| Sugars, total | g | 1.13 | | 0 | BFNN | 4 | | 0.32 | | |
| Starch | g | | | | | | | | | |
| Minorala. | | | | | | | | | | |
| Minerals: | ma | 782 | | 1 | | 1 | | 222 | | |
| Calcium, Ca | - | 782 0.22 | | 0 | | 1 | | 0.06 | | |
| Magnesium, Mg | - | 23 | | 0 | | 1 | | 7 | | |
| Phosphorus, P | | 463 | | 0 | | 1 | | 131 | | |
| Potassium, K | _ | 463 84 | | 0 | | 1 | | 24 | | |
| Sodium. Na | - | 619 | | 1 | | 1 | | 175 | | |
| Zinc, Zn | • | 2.76 | | 0 | | 1 | | 0.78 | | |
| Copper, Cu | | 0.025 | | 0 | | 1 | | 0.007 | | |
| Manganese, Mn | - | 0.010 | | 0 | | 1 | | 0.003 | | |
| Selenium, Se | | 14.4 | | 0 | BFNN | 4 | | 4.1 | | |
| · | | | | | | | | | | |
| <u>/itamins:</u> | | | | | | | | | | |
| Vitamin C, total ascorbic acid | - | 0.0 | | 0 | | 1 | | 0.0 | | |
| Thiamin | - | 0.018 | | 0 | | 1 | | 0.005 | | |
| Riboflavin | | 0.303 | | 0 | | 1 | | 0.086 | | |
| Niacin | - | 0.105 | | 0 | | 1 | | 0.030 | | |
| Pantothenic acid | _ | 0.079 | | 0 | | 1 | | 0.022 | | |
| Vitamin B-6 | _ | 0.070 | | 0 | | 1 | | 0.020 | | |
| Folate, total | | 9 | | 0 | | 1 | | 2 | | |
| Folic acid | | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food | | 9 | | 0 | | 1 | | 2 | | |
| Folate, DFE | | 9 | | 0 | NC | 4 | | 2 | | |
| Vitamin B-12 | | 0.82 | | 0 | | 1 | | 0.23 | | |
| Vitamin A, IU | | 481 | | 0 | NC | 4 | | 136 | | |
| Vitamin A, RAE | | 127 | | 0 | NC | 4 | | 36 | | |
| Retinol | | 124 | | 0 | BFFN | 4 | | 35 | | |
| Vitamin E (alpha-tocopherol) | | 0.14 | | 0 | BFFN | 4 | | 0.04 | | |
| Tocopherol, beta | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, deltaVitamin D | | | | | | | | | | |
| Vitamin K (phylloquinone) | | 1.6 | | 0 | BFFN | 4 | | 0.5 | | |
| viamini k (phynodumone) | 9 | | | · | 2221 | - | | 0.0 | | |
| <u> ipids:</u> | | | | | | | | | | |
| Fatty acids, total saturated | g | 10.114 | | 0 | | 1 | | 2.867 | | |
| 4:0 | | 0.516 | | 1 | | 1 | | 0.146 | | |
| 6:0 | g | 0.100 | 0.020 | 5 | | 1 | | 0.028 | | |
| 8:0 | _ | 0.117 | | 5 | | 1 | | 0.033 | | |
| 10:0 | - | 0.251 | | 5 | | 1 | | 0.071 | | |
| 12:0 | | 0.164 | 0.054 | 5 | | 1 | | 0.046 | | |
| 13:0 | | | | - | | _ | | _ | | |
| 14:0 | | 1.598 | 0.088 | 5 | | 1 | | 0.453 | | |
| 15:0 | | | | - | | _ | | | | |
| 16:0 | | 4.855 | 0.327 | 5 | | 1 | | 1.376 | | |
| 17:0 | _ | | | | | | | _ | | |
| 18:0 | _ | 1.937 | 0.169 | 5 | | 1 | | 0.549 | | |
| 20:0 | _ | | | | | | | | | |
| 22:0 | 0 | | | | | | | | | |

| Nutrients and Units | | | <u>Aı</u> | mount in 100 | | | ole portic | <u>on</u> | | edible portion easures of food | |
|--|-----------------|-------|-----------|--------------|-------|------|------------|-----------|-----------|--------------------------------|-----------|
| Fatty and Livisal monounisational color State St | | | | Ni | umbei | r | | | <u> </u> | easures or room | <u>.</u> |
| 14-1 | Nutrients and U | Inits | Mean | | | | | | Measure 1 | Measure 2 | Measure 3 |
| 14-1 | | | | | | | | | | | |
| 15 | | | 4.510 | | 0 | | 1 | | 1.279 | | |
| 161 undifferentiated | | - | | | | | | | | | |
| 17-1 | | - | 0.440 | 0.059 | 5 | | 1 | | 0 125 | | |
| 181 undifferentiated. 9 0.000 0 1 0.000 1 0.000 22:1 undifferentiated. 9 0.000 0 1 0.000 22:1 undifferentiated. 9 0.000 0 1 0.000 24:1 0.000 24:1 0.000 24:1 0.000 24:1 0.000 24:1 0.000 24:1 0.000 24:1 0.000 24:1 0.000 24:1 0.000 25:1 0.000 25:1 0.000 25:1 0.000 25:1 0.000 25:1 0.000 25:1 0.000 20:2 0.000 20 | | | 0.440 | 0.033 | 3 | | - | | 0.123 | | |
| 201 | | _ | 3 874 | 0 245 | 5 | | 1 | | 1 098 | | |
| 22-1 undifferentiated. 9 | | - | | | | | | | | | |
| 241 | | _ | | | | | | | | | |
| Fathy acids, total polymasturated. 9 0.472 0 1 0.095 18.2 undifferentiated. 9 0.137 0.019 5 1 0.095 18.3 undifferentiated. 9 0.000 0 1 0.000 20°2 - 6 - 6 | | • | 0.000 | | U | | _ | | 0.000 | | |
| RS_ undifferentiated. 9 | | | 0 472 | | 0 | | 1 | | 0 134 | | |
| 18.3 | | | | | | | | | | | |
| 184 | | | | | | | | | | | |
| 202 and fifterentiated | | | | | | | | | | | |
| 20-3 undifferentiated. 9 0.000 0 1 0.000 20-5 n-3 9 0.000 0 1 0.000 20-5 n-3 9 0.000 0 1 0.000 22-5 n-3 9 0.000 0 1 0.000 22-5 n-3 9 0.000 0 1 0.000 0 22-5 n-3 9 0.000 0 1 0.000 0 0 0 0 0 0 0 0 | | | 0.000 | | U | | _ | | 0.000 | | |
| 20.4 undifferentiated | , | | | | | | | | | | |
| 20:5 n-3 | | _ | 0.000 | ı | 0 | | 1 | | 0 000 | | |
| 22.5 n-3 | | | | | | | | | | | |
| Party acids, total trans. 9 | | _ | | | | | _ | | | | |
| Fatty acids, total trans | | | | | | | | | | | |
| Cholesterol. mg 64 1 1 18 Phytosterols. mg Amino Acids: Tryptopham. g 0.339 0 4 0.096 Threonine. g 0.924 0 1 0.262 Isoleucine. g 1.164 0 1 0.330 Leucine. g 2.365 0 1 0.699 Methionine. g 0.677 0 1 0.699 Methionine. g 0.677 0 1 0.699 Mylam. g 0.144 0 1 0.699 Pbenylalamine. g 0.144 0 1 0.398 Tyrosine. g 1.266 0 1 0.398 Tyrosine. g 1.042 0 1 0.398 Valine. g 1.042 0 1 0.259 Histidine. g 0.913 | | | 0.000 | | U | | _ | | 0.000 | | |
| Phytosterols. mg Phytost | - | | 64 | | - | | 1 | | 10 | | |
| Amino Acids: Tryptophan 9 0.339 0 4 0.096 Threonine 9 0.924 0 1 0.262 Isoleucine 9 1.164 0 1 0.330 Leucine 9 2.365 0 1 0.670 Lysine 9 2.464 0 1 0.699 Methionine 9 0.677 0 1 0.192 Cystine 9 0.144 0 1 0.041 Phenylalamiae 9 1.266 0 1 0.359 Tyrosine 9 1.403 0 1 0.359 Tyrosine 9 1.517 0 1 0.398 Valine 9 1.042 0 1 0.430 Arginine 9 0.913 0 1 0.259 Histidine 9 0.913 0 1 0.259 Histidine 9 0.5677 | | | 04 | | _ | | _ | | 10 | | |
| Tryptophan g 0.339 0 4 0.096 Threonine g 0.924 0 1 0.262 Isoleucine g 1.164 0 1 0.330 Leucine g 2.365 0 1 0.670 Lysine g 0.677 0 1 0.699 Methionine g 0.677 0 1 0.192 Cystine g 0.677 0 1 0.192 Cystine g 0.144 0 1 0.041 Phenylalanine g 1.266 0 1 0.359 Tyrosine g 1.403 0 1 0.359 Yaline g 1.517 0 1 0.430 Arginine g 1.517 0 1 0.259 Alanine g 0.741 0 1 0.259 Histidine g 0.677 0 1 | Phytosterois | | | | | | | | | | |
| Threonine | Amino Acids: | | | | | | | | | | |
| Soleucine | Tryptophan | g | 0.339 | 1 | 0 | | 4 | | 0.096 | | |
| Leucine | Threonine | g | 0.924 | | 0 | | 1 | | 0.262 | | |
| Lysine | Isoleucine | g | 1.164 | | 0 | | 1 | | 0.330 | | |
| Methionine 9 0.677 0 1 0.192 Cystine 9 0.144 0 1 0.041 Phenylalanine 9 1.266 0 1 0.359 Tyrosine 9 1.403 0 1 0.398 Valine 9 1.517 0 1 0.430 Arginine 9 1.042 0 1 0.295 Histidine 9 0.913 0 1 0.259 Alanine 9 0.913 0 1 0.259 Alanine 9 0.741 0 1 0.498 Glutamic acid 9 5.677 0 1 0.609 Glycine 9 0.464 0 1 | Leucine | g | 2.365 | i | 0 | | 1 | | 0.670 | | |
| Methionine .9 0.677 0 1 0.192 Cystine .9 0.144 0 1 0.041 Phenylalnie .9 1.266 0 1 0.359 Tyrosine .9 1.403 0 1 0.398 Valine .9 1.517 0 1 0.430 Arginine .9 1.042 0 1 0.295 Histidine .9 0.913 0 1 0.259 Alanine .9 0.741 0 1 0.498 Glutanic acid .9 5.677 0 1 0.609 Glycine .9 0.464 0 1 0.708 Serine .9 0.498 0 < | Lysine | g | 2.464 | | 0 | | 1 | | 0.699 | | |
| Phenylalanine 9 1.266 0 1 0.359 Tyrosine 9 1.403 0 1 0.398 Valine 9 1.517 0 1 0.430 Arginine 9 1.042 0 1 0.295 Histidine 9 0.913 0 1 0.259 Alanine 9 0.741 0 1 0.259 Alanine 9 0.741 0 1 0.210 Aspartic acid 9 1.757 0 1 0.498 Glutamic acid 9 5.677 0 1 1.609 Glycine 9 0.464 0 1 0.132 Proline 9 1.415 0 1 0.708 Serine 9 1.415 0 1 0.401 Hydroxyproline 9 0 0 7 0.0 Cargle, ethyl 9 0 0 | 2 | | 0.677 | | 0 | | 1 | | 0.192 | | |
| Phenylalanine .9 1.266 0 1 0.359 Tyrosine 9 1.403 0 1 0.398 Valine 9 1.517 0 1 0.430 Arginine 9 1.042 0 1 0.295 Histidine 9 0.913 0 1 0.259 Alanine 9 0.741 0 1 0.259 Alanine 9 0.741 0 1 0.210 Aspartic acid 9 1.757 0 1 0.498 Glutamic acid 9 5.677 0 1 1.609 Glycine 9 0.464 0 1 0.132 Proline 9 1.415 0 1 0.708 Serine 9 1.415 0 7 0.001 Hydroxyproline 9 0 0 7 0.0 Cargeine 9 0 0 | | | 0.144 | | 0 | | 1 | | 0.041 | | |
| Tyrosine g 1.403 0 1 0.398 Valine g 1.517 0 1 0.430 Arginine g 1.042 0 1 0.295 Histidine g 0.913 0 1 0.259 Alanine g 0.741 0 1 0.210 Aspartic acid g 1.757 0 1 0.498 Glutamic acid g 5.677 0 1 1.609 Glycine g 0.464 0 1 0.132 Proline g 2.498 0 1 0.708 Serine g 1.415 0 1 0.401 Hydroxyproline g 0 0 7 0.0 Carliene mg 0 0 2 7 0 Alcohol, ethyl g 0 0 2 7 0 0 Cartenoids: </td <td>•</td> <td></td> <td>1.266</td> <td>i</td> <td>0</td> <td></td> <td>1</td> <td></td> <td>0.359</td> <td></td> <td></td> | • | | 1.266 | i | 0 | | 1 | | 0.359 | | |
| Valine 9 1.517 0 1 0.430 Arginine 9 1.042 0 1 0.295 Histidine 9 0.913 0 1 0.259 Alanine 9 0.741 0 1 0.210 Aspartic acid 9 1.757 0 1 0.498 Glutamic acid 9 5.677 0 1 1.609 Glycine 9 0.464 0 1 0.132 Proline 9 2.498 0 1 0.708 Serine 9 1.415 0 1 0.708 Berine 9 1.415 0 1 0.708 Brine 9 0.0 0 7 0.01 Hydroxyproline 9 0 0 7 0.0 Caffeine mg 0 0 2 7 0 Carotenoids: Carotene, ebta mcg | - | | 1.403 | 1 | 0 | | 1 | | 0.398 | | |
| Arginine 9 1.042 0 1 0.295 Histidine 9 0.913 0 1 0.259 Alanine 9 0.741 0 1 0.210 Aspartic acid 9 1.757 0 1 0.498 Glutamic acid 9 5.677 0 1 1.609 Glycine 9 0.464 0 1 0.132 Proline 9 2.498 0 1 0.708 Serine 9 1.415 0 1 0.401 Hydroxyproline 9 0 0 7 0.0 Caffeine g 0 0 7 0 Hydroxyproline 9 0 0 2 7 0 Caffeine mg 0 0 2 7 0 Cartelopids: 0 0 2 7 0 0 Carotene, alpha mcg 0 </td <td>•</td> <td>-</td> <td>1.517</td> <td></td> <td>0</td> <td></td> <td>1</td> <td></td> <td>0.430</td> <td></td> <td></td> | • | - | 1.517 | | 0 | | 1 | | 0.430 | | |
| Histidine 9 0.913 0 1 0.259 Alanine 9 0.741 0 1 0.210 Aspartic acid 9 1.757 0 1 0.498 Glutamic acid 9 5.677 0 1 1.609 Glycine 9 0.464 0 1 0.132 Proline 9 1.415 0 1 0.401 Hydroxyproline 9 Others: Alcohol, ethyl 9 0 0 7 7 0.0 Caffeine mg 0 0 0 Z 7 0 Theobromine mg 0 0 Z 7 0 Carotene, beta mcg 41 0 BFFN 4 11.576 Carotene, beta mcg 0 0 0 Z 7 0.000 Cryptoxanthin, beta mcg 0 0 0 Z 7 0.000 Cryptoxanthin, beta mcg 0 0 0 Z 7 0.000 Lycopene mcg 0 0 Z 7 0.000 | | | | | 0 | | 1 | | 0.295 | | |
| Alanine g 0.741 0 1 0.210 Aspartic acid g 1.757 0 1 0.498 Glutamic acid g 5.677 0 1 1.609 Glycine g 0.464 0 1 0.132 Proline g 2.498 0 1 0.708 Serine g 1.415 0 1 0.401 Hydroxyproline g 0 1 0.401 Hydroxyproline g 0 0 7 0.0 Carleine g 0 0 7 0 0 Caffeine mg 0 0 Z 7 0 0 Teboromine mg 0 0 Z 7 0 0 Carotene, beta mcg 41 0 BFFN 4 11.576 Carotene, beta mcg 0 0 Z 7 0.000 Cryptoxanthin, beta mcg 0 0 Z 7 0.000 | _ | | | | 0 | | 1 | | | | |
| Aspartic acid. 9 1.757 0 1 0.498 Glutamic acid. 9 5.677 0 1 1.609 Glycine. 9 0.464 0 1 0.132 Proline. 9 2.498 0 1 0.708 Serine. 9 1.415 0 1 0.401 Hydroxyproline. 9 0 0 7 0.0 Chiers: Alcohol, ethyl. 9 0 0 7 0 Caffeine. mg 0 0 Z 7 0 Theobromine. mg 0 0 Z 7 0 Carotene, beta. mcg 41 0 BFFN 4 11.576 Carotene, alpha. mcg 0 0 Z 7 0.000 Cryptoxanthin, beta. mcg 0 0 Z 7 0.000 Lycopene. mcg 0 0 Z 7 0.000 | | - | 0.741 | | 0 | | 1 | | 0.210 | | |
| Glutamic acid g 5.677 0 1 1.609 Glycine g 0.464 0 1 0.132 Proline g 2.498 0 1 0.708 Serine g 1.415 0 1 0.401 Hydroxyproline g 0 0 7 0.401 Others: Alcohol, ethyl g 0.0 0 7 0.0 Caffeine mg 0 0 Z 7 0 Theobromine mg 0 0 Z 7 0 Carotene, beta mcg 41 0 BFFN 4 11.576 Carotene, alpha mcg 0 0 Z 7 0.000 Cryptoxanthin, beta mcg 0 0 Z 7 0.000 Lycopene mcg 0 0 Z 7 0.000 | | | | | 0 | | 1 | | | | |
| Glycine g 0.464 0 1 0.132 Proline g 2.498 0 1 0.708 Serine g 1.415 0 1 0.401 Hydroxyproline g 0 1 0 0.401 Others: Alcohol, ethyl g 0.0 0 7 0.0 Caffeine mg 0 0 2 7 0 Theobromine mg 0 0 z 7 0 Carotene, beta mcg 41 0 BFFN 4 11.576 Carotene, alpha mcg 0 0 z 7 0.000 Cryptoxanthin, beta mcg 0 0 z 7 0.000 Lycopene mcg 0 0 z 7 0.000 | • | | | | 0 | | 1 | | | | |
| Proline g 2.498 0 1 0.708 Serine g 1.415 0 1 0.401 Hydroxyproline g 0 1 0.401 Others: Alcohol, ethyl g 0.0 7 0.0 Caffeine mg 0 2 7 0 Theobromine mg 0 0 z 7 0 Carotenoids: Carotene, beta mcg 41 0 BFFN 4 11.576 Carotene, alpha mcg 0 0 z 7 0.000 Cryptoxanthin, beta mcg 0 0 z 7 0.000 Lycopene mcg 0 0 z 7 0.000 | | - | | | | | 1 | | | | |
| Serine g 1.415 0 1 0.401 Hydroxyproline g 1.415 0 1 0.401 Others: Alcohol, ethyl g 0.0 7 0.0 Caffeine mg 0 0 z 7 0 Theobromine mg 0 0 z 7 0 Carotene, beta mcg 41 0 BFFN 4 11.576 Carotene, alpha mcg 0 0 z 7 0.000 Cryptoxanthin, beta mcg 0 0 z 7 0.000 Lycopene mcg 0 0 z 7 0.000 | - | | | | 0 | | 1 | | | | |
| Hydroxyproline g Others: Alcohol, ethyl g 0.0 7 0.0 Caffeine mg 0 z 7 0 Theobromine mg 0 z 7 0 Carotene, beta mg 4 11.576 Carotene, alpha mcg 0 z 7 0.000 Cryptoxanthin, beta mcg 0 z 7 0.000 Lycopene mcg 0 z 7 0.000 | | = | | | | | | | | | |
| Others: Alcohol, ethyl. g 0.0 0 7 0.0 Caffeine. mg 0 0 z 7 0 Theobromine. mg 0 0 z 7 0 Carotene, beta. mcg 41 0 BFFN 4 11.576 Carotene, alpha. mcg 0 0 z 7 0.000 Cryptoxanthin, beta. mcg 0 0 z 7 0.000 Lycopene. mcg 0 0 z 7 0.000 | | - | | | | | | | | | |
| Alcohol, ethyl. g 0.0 0 7 0.0 Caffeine. mg 0 0 z 7 0 Theobromine. mg 0 0 z 7 0 Carotene, beta. mcg 41 0 BFFN 4 11.576 Carotene, alpha. mcg 0 0 z 7 0.000 Cryptoxanthin, beta. mcg 0 0 z 7 0.000 Lycopene. mcg 0 0 z 7 0.000 | 3 31 | | | | | | | | | | |
| Caffeine. mg 0 0 z 7 0 Theobromine. mg 0 0 z 7 0 Carotenoids: Carotene, beta. mcg 41 0 BFFN 4 11.576 Carotene, alpha mcg 0 0 z 7 0.000 Cryptoxanthin, beta. mcg 0 0 z 7 0.000 Lycopene. mcg 0 0 z 7 0.000 | Others: | | | | | | | | | | |
| Theobromine mg 0 0 z 7 0 Carotenoids: Carotene, beta. mcg 41 0 BFFN 4 11.576 Carotene, alpha mcg 0 0 z 7 0.000 Cryptoxanthin, beta. mcg 0 0 z 7 0.000 Lycopene. mcg 0 0 z 7 0.000 | Alcohol, ethyl | g | | | 0 | | | | | | |
| Carotenoids: Carotene, beta | | | | | | | | | | | |
| Carotene, beta mcg 41 0 BFFN 4 11.576 Carotene, alpha mcg 0 0 z 7 0.000 Cryptoxanthin, beta mcg 0 0 z 7 0.000 Lycopene mcg 0 0 z 7 0.000 | Theobromine | mg | 0 | | 0 | Z | 7 | | 0 | | |
| Carotene, alpha mcg 0 0 z 7 0.000 Cryptoxanthin, beta mcg 0 0 z 7 0.000 Lycopene mcg 0 0 z 7 0.000 | Carotenoids: | | | | | | | | | | |
| Carotene, alpha mcg 0 0 z 7 0.000 Cryptoxanthin, beta mcg 0 0 z 7 0.000 Lycopene mcg 0 0 z 7 0.000 | Carotene beta | mca | 41 | | n | BFFN | 4 | | 11 576 | | |
| Cryptoxanthin, beta mcg 0 0 z 7 0.000 Lycopene mcg 0 0 z 7 0.000 | | _ | | | | | | | | | |
| Lycopene | | | | | - | | | | | | |
| -) F | | | | | - | | | | | | |
| | | | 0 | | 0 | Z | 7 | | 0.000 | | |

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 01028

Cheese, mozzarella, part skim milk

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>Aı</u> | mount in 100 g | rams | of edib | le portio | <u>n</u> | | edible portion | |
|--------------------------------|------|-----------|----------------|------|---------|-----------|------------|-----------|-----------------|---------|
| | | | Nu | mber | | | | <u>m</u> | easures of food | |
| | | | • | | | Source | Confidence | | | |
| Nutrients and Un | its | Mean | Std. Error Po | ints | Code | Code | Code | Measure 1 | Measure 2 | Measure |
| Proximates: | | | | | | | | | | |
| Water | g | 46.46 | 0.417 | 3 | A | 1 | | 61.33 | 52.50 | 13.17 |
| Energy | kcal | 302 | | 0 | NC | 4 | | 398 | 341 | 86 |
| Energy | kj | 1262 | | 0 | NC | 4 | | 1666 | 1426 | 358 |
| Protein (N x 6.38) | g | 25.96 | 0.834 | 3 | A | 1 | | 34.27 | 29.34 | 7.36 |
| Total lipid (fat) | g | 20.03 | 0.722 | 3 | A | 1 | | 26.44 | 22.63 | 5.68 |
| Ash | g | 3.72 | 0.181 | 3 | A | 1 | | 4.91 | 4.21 | 1.06 |
| Carbohydrate, by difference | g | 3.83 | | 0 | NC | 4 | | 5.05 | 4.33 | 1.09 |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total | g | 0.60 | | 0 | BFNN | 4 | | 0.79 | 0.67 | 0.17 |
| Starch | g | | | | | | | | | |
| W: | | | | | | | | | | |
| Minerals: | ma | 731 | 16.942 | 21 | | 1 | | 965 | 826 | 207 |
| Calcium, Ca | | 0.25 | 0.030 | 6 | | 1 | | 0.33 | 0.28 | 0.07 |
| Magnesium, Mg | | 26 | 1.192 | 10 | | 1 | | 35 | 30 | 7 |
| Phosphorus, P | | 524 | 20.253 | 11 | | 1 | | 692 | 592 | 149 |
| Potassium, K | | 95 | 7.922 | 11 | | 1 | | 125 | 107 | 27 |
| Sodium, Na | | 528 | 54.925 | 11 | | 1 | | 697 | 596 | 150 |
| Zinc, Zn | | 3.13 | 0.080 | 4 | | 1 | | 4.13 | 3.54 | 0.8 |
| Copper, Cu | - | 0.027 | | 0 | | 1 | | 0.036 | 0.031 | 0.0 |
| Manganese, Mn | | 0.011 | | 0 | | 1 | | 0.015 | 0.012 | 0.0 |
| Selenium, Se | | 16.3 | 2.019 | 8 | A | 1 | | 21.5 | 18.4 | 4.6 |
| Scientini, Sc | 9 | 20.5 | 2.025 | • | | _ | | 22.0 | 2012 | |
| <u>/itamins:</u> | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | 0.0 |
| Thiamin | | 0.101 | | 2 | A | 1 | | 0.133 | 0.114 | 0.0 |
| Riboflavin | mg | 0.329 | | 2 | A | 1 | | 0.434 | 0.372 | 0.09 |
| Niacin | _ | 0.119 | | 21 | | 1 | | 0.157 | 0.134 | 0.03 |
| Pantothenic acid | - | 0.090 | | 2 | | 1 | | 0.119 | 0.102 | 0.02 |
| Vitamin B-6 | - | 0.079 | | 16 | | 1 | | 0.104 | 0.089 | 0.0 |
| Folate, total | | 10 | 1.113 | 21 | | 1 | | 13 | 11 | 3 |
| Folic acid | | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food | | 10 | 1.113 | 21 | | 1 | | 13 | 11 | 3 |
| Folate, DFE | | 10 | | 0 | NC | 4 | | 13 | 11 | 3 |
| Vitamin B-12 | | 2.31 | | 2 | A | 1 | | 3.06 | 2.62 | 0.6 |
| Vitamin A, IU | | 517 | | 0 | NC | 4 | | 683 | 585 | 147 |
| Vitamin A, RAE | | 137 | | 0 | NC | 4 | | 181 | 155 | 39 |
| Retinol | | 133 | | 0 | BFFN | 4 | | 176 | 151 | 38 |
| Vitamin E (alpha-tocopherol) | _ | 0.37 | | 2 | A | 1 | | 0.49 | 0.42 | 0.1 |
| Tocopherol, beta | | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | 0.0 |
| Tocopherol, gamma | | 0.08 | | 2 | A | 1 | | 0.11 | 0.10 | 0.0 |
| Tocopherol, delta | | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | 0.0 |
| Vitamin D | | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 1.3 | | 2 | A | 1 | | 1.7 | 1.4 | 0.4 |
| <u> Lipids:</u> | | | | | | | | | | |
| Fatty acids, total saturated | q | 12.670 |) | 0 | NC | 4 | | 16.724 | 14.317 | 3.5 |
| 4:0 | - | 0.686 | | 1 | - | 1 | | 0.905 | 0.775 | 0.19 |
| 6:0 | | 0.132 | | 5 | | 1 | | 0.174 | 0.149 | 0.0 |
| 8:0 | | 0.154 | | 5 | | 1 | | 0.204 | 0.174 | 0.0 |
| 10:0 | - | 0.334 | | 5 | | 1 | | 0.440 | 0.377 | 0.0 |
| 12:0 | | 0.219 | | 5 | | 1 | | 0.289 | 0.247 | 0.0 |
| 13:0 | | | | | | | | | | |
| 14:0 | - | 2.123 | 0.078 | 5 | | 1 | | 2.803 | 2.399 | 0.6 |
| 15:0 | - | | | | | | | | | |
| 16:0 | - | 6.449 | 0.310 | 5 | | 1 | | 8.513 | 7.287 | 1.8 |
| 17:0 | - | | | | | | | | | |
| 18:0 | - | 2.573 | 0.169 | 5 | | 1 | | 3.396 | 2.907 | 0.7 |
| 20:0 | _ | | | | | | | | | |
| 22:0 | | | | | | | | | | |
| 24:0 | | | | | | | | | | |

| | | <u>Ar</u> | nount in 10 | 0 grams | of edil | ole portic | <u>on</u> | Amount in | edible portion of | of common |
|---------------------------------|---|----------------|-------------|-------------------|---------|----------------|--------------------|----------------|-------------------|----------------|
| | | | | Number | | | | | easures of food | |
| Nutrients and | l Units | Mean | Std. Error | of Data Points | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total monounsatur | rated Q | 5.730 | | 0 | NC | 4 | | 7.564 | 6.475 | 1.624 |
| 14:1 | | | | | | | | | | |
| 15:1 | g | | | | | | | | | |
| 16:1 undifferentiated | - | 0.584 | 0.06 | 52 5 | | 1 | | 0.771 | 0.660 | 0.166 |
| 17:1 | - | | | | | _ | | | | |
| 18:1 undifferentiated | • | 5.146 | 0.22 | | | 1 | | 6.793 | 5.815 | 1.459 |
| 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 | | 0.626 | | 0 | NC | 4 | | 0 007 | 0.700 | 0.178 |
| Fatty acids, total polyunsatura | | 0.445 | 0.06 | | NC | 1 | | 0.827 0.587 | 0.708 0.502 | 0.178 |
| 18:2 undifferentiated | | 0.445 | | | | 1 | | 0.240 | 0.302 | 0.126 |
| 18:4 | | 0.182 | 0.02 | 20 5 | | 1 | | 0.240 | 0.205 | 0.001 |
| 20:2 n-6 c.c. | - | 0.000 | | U | | 1 | | 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 | | | | | | | | | ***** | |
| Cholesterol | | 54 | 5.57 | 71 7 | | 1 | | 71 | 61 | 15 |
| Phytosterols | | | | | | | | | | |
| - | | | | | | | | | | |
| Amino Acids: | | | | _ | _ | _ | | | | |
| Tryptophan | | 0.603 | | 0 | A | 1 | | 0.795 | 0.681 | 0.171 |
| Threonine | - | 1.151 | | 0 | A | 1 | | 1.520 | 1.301 | 0.326 |
| Isoleucine | - | 1.329 | | 0 | A | 1 | | 1.755 | 1.502 | 0.377 |
| Leucine | | 2.138 | | 0 0 | A | 1 1 | | 2.823 | 2.416 | 0.606 |
| Lysine | | 1.130 | | 0 | A A | 1 | | 1.491 0.795 | 1.277 | 0.320 |
| Methionine | | 0.603 | | 0 | A | 1 | | 0.795 | 0.681 | 0.171 |
| Cystine | | 0.135 1.184 | | 0 | A | 1 | | 1.562 | 0.153 1.338 | 0.038 0.336 |
| Phenylalanine Tyrosine | | 1.222 | | 0 | A | 1 | | 1.612 | 1.380 | 0.336 |
| Valine | | 1.548 | | 0 | A | 1 | | 2.043 | 1.749 | 0.439 |
| Arginine | - | 0.603 | | 0 | A | 1 | | 0.795 | 0.681 | 0.171 |
| Histidine | | 0.603 | | 0 | A | 1 | | 0.795 | 0.681 | 0.171 |
| Alanine | - | 0.828 | | 0 | A | 1 | | 1.093 | 0.935 | 0.171 |
| Aspartic acid | | 1.912 | | 0 | A | 1 | | 2.524 | 2.160 | 0.542 |
| Glutamic acid | | 5.220 | | 0 | A | 1 | | 6.891 | 5.899 | 1.480 |
| Glycine | | 0.603 | | 0 | A | 1 | | 0.795 | 0.681 | 0.171 |
| Proline | | 2.753 | | 0 | A | 1 | | 3.634 | 3.111 | 0.781 |
| Serine | | 0.860 | | 0 | A | 1 | | 1.135 | 0.972 | 0.244 |
| Hydroxyproline | | | | | | _ | | | | ** |
| | | | | | | | | | | |
| 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 | 44 | | 0 | BFFN | 4 | | 57.962 | 49.619 | 12.449 |
| Carotene, alpha | | 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 = 132g: 1 cup, diced Measure 2 = 113g: 1 cup, shredded

Measure 3 = 28.35g: 1 oz

NDB No. 01029

Cheese, mozzarella, part skim milk, low moisture

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>A</u> | mount in 100 g | rams | of edib | le portio | <u>n</u> | | edible portion | |
|--------------------------------|---|------------|---------------------|--------|---------------|----------------|--------------------|------------|-----------------|------------|
| | | | Nu | mber | | | | <u>me</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: Water | a | 50.01 | 0.118 | 6 | A | 1 | | 56.01 | 14.18 | 85.02 |
| Energy | = | 30.01 | 0.116 | 0 | NC | 4 | | 336 | 85 | 509 |
| Energy | | 1254 | | 0 | NC | 4 | | 1404 | 355 | 2131 |
| Protein (N x 6.38) | | 22.17 | 0.182 | 6 | A | 1 | | 24.83 | 6.29 | 37.69 |
| Total lipid (fat) | | 22.35 | 0.244 | 6 | A | 1 | | 25.04 | 6.34 | 38.00 |
| Ash | | 3.28 | 0.030 | 6 | A | 1 | | 3.67 | 0.93 | 5.57 |
| Carbohydrate, by difference | | 2.19 | | 0 | NC | 4 | | 2.45 | 0.62 | 3.72 |
| Fiber, total dietary | | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total | | 1.03 | | 0 | NR | 4 | | 1.15 | 0.29 | 1.75 |
| Sucrose | | 0.03 | 0.000 | 4 | JA | 6 | | 0.03 | 0.01 | 0.04 |
| Glucose (dextrose) | | 0.56 | 0.101 | 6 | JA | 6 | | 0.63 | 0.16 | 0.95 |
| Fructose | | 0.15 | 0.000 | 3 | A | 1 | | 0.17 | 0.04 | 0.25 |
| Lactose | | 0.07 | 0.000 | 6 | JA | 6 | | 0.08 | 0.02 | 0.13 |
| Maltose | g | 0.08 | 0.000 | 4 | JA | 6 | | 0.08 | 0.02 | 0.13 |
| Galactose | q | 0.15 | 0.000 | 3 | A | 1 | | 0.17 | 0.04 | 0.25 |
| Starch | | | | | | | | | | |
| Minerals: | | | | _ | _ | _ | | | 1.10 | 0.50 |
| Calcium, Ca | | 505 | 2.838 | 6 | A | 1 1 | | 566 | 143 | 859 |
| Iron, Fe | | 0.44 20 | 0.084 0.154 | 6 6 | A A | 1 | | 0.49 23 | 0.12 6 | 0.75 35 |
| Magnesium, Mg Phosphorus, P | | 354 | 2.581 | 6 | A | 1 | | 396 | 100 | 601 |
| Potassium, K | | 76 | 2.206 | 6 | A | 1 | | 85 | 21 | 129 |
| Sodium, Na | | 627 | 11.119 | 6 | A | 1 | | 703 | 178 | 1067 |
| Zine, Zn | | 2.92 | 0.074 | 6 | A | 1 | | 3.27 | 0.83 | 4.97 |
| Copper, Cu | | 0.011 | | 6 | A | 1 | | 0.012 | 0.003 | 0.01 |
| Manganese, Mn | | 0.030 | | 6 | A | 1 | | 0.034 | 0.009 | 0.05 |
| Selenium, Se | | 17.0 | 0.524 | 3 | A | 1 | | 19.0 | 4.8 | 28.8 |
| Vitamins: | | | | | | | | | | |
| Vitamin C, total ascorbic acid | | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | 0.0 |
| Thiamin | | 0.030 | | 6 | A | 1 | | 0.033 | 0.008 | 0.05 |
| Riboflavin | | 0.283 | | 6 | A | 1 | | 0.317 | 0.080 | 0.48 |
| Niacin | • | 0.104 | | 6 | A | 1 | | 0.116 | 0.029 | 0.17 |
| Pantothenic acid | - | 0.141 | | 3 3 | A | 1 1 | | 0.158 | 0.040 | 0.24 |
| Vitamin B-6 | | 0.037 7 | 7 0.000 0.000 | 3 | A A | 1 | | 0.042 8 | 0.011 | 0.06 |
| Folate, total | | 0 | 0.000 | 0 | Z | 7 | | 0 | 2 0 | 13 0 |
| Folic acidFolate. food | | 7 | 0.000 | 3 | A. | 1 | | 8 | 2 | 13 |
| Folate, DFE | | 7 | 0.000 | 0 | NC | 4 | | 8 | 2 | 13 |
| Vitamin B-12 | | 2.28 | 0.064 | 6 | A | 1 | | 2.56 | 0.65 | 3.88 |
| Vitamin A, IU | | 676 | 0.001 | 0 | NC | 4 | | 757 | 192 | 1149 |
| Vitamin A, RAE | | 179 | | 0 | NC | 4 | | 200 | 51 | 304 |
| Retinol | | 174 | | 0 | BFFN | 4 | | 195 | 49 | 296 |
| Vitamin E (alpha-tocopherol) | | 0.19 | | 0 | BFFN | 4 | | 0.22 | 0.05 | 0.33 |
| Tocopherol, beta | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | |
| Vitamin D | | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 2.3 | | 2 | A | 1 | | 2.6 | 0.7 | 3.9 |
| <u>Lipids:</u> | | | | | | | | | | |
| Fatty acids, total saturated | | 13.152 | | 0 | | 1 | | 14.730 | 3.729 | 22.35 |
| 4:0 | _ | 0.805 | | 1 | | 1 | | 0.902 | 0.228 | 1.36 |
| 6:0 | _ | 0.446 | | 1 | | 1 | | 0.500 | 0.126 | 0.75 |
| 8:0 | _ | 0.257 | | 1 | | 1 | | 0.288 | 0.073 | 0.43 |
| 10:0 | - | 0.582 | | 1 | | 1 | | 0.652 | 0.165 | 0.98 |
| 12:0 | | 0.690 |) | 1 | | 1 | | 0.773 | 0.196 | 1.17 |
| 13:0 | | _ | | | | | | | | |
| 14:0 | ~ | 2.189 | 1 | 1 | | 1 | | 2.452 | 0.621 | 3.72 |

| | <u>Ar</u> | <u>mount in 100</u> N | grams lumber | | ole portio | <u>on</u> | Amount in edible portion of common measures of food | | | |
|--|----------------|--------------------------|-----------------|--------|----------------|--------------------|---|----------------|----------------|--|
| Nutrients and Units | Mean | Std. Error | | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 | |
| 16:0g | 5.331 | | 1 | | 1 | | 5.971 | 1.511 | 9.063 | |
| 17:0 | 2.442 | | 1 | | 1 | | 2.735 | 0.692 | 4.151 | |
| 22:0g 24:0g | | | | | | | | | | |
| Fatty acids, total monounsaturated9 14:1 | 6.573 | | 0 | | 1 | | 7.362 | 1.863 | 11.174 | |
| 16:1 undifferentiated | 0.597 | | 1 | | 1 | | 0.669 | 0.169 | 1.015 | |
| 18:1 undifferentiatedg | 5.649 | | 1 | | 1 | | 6.327 | 1.601 | 9.603 | |
| 20:1 | 0.000 | | 0 | | 1 1 | | 0.000 0.000 | 0.000 0.000 | 0.000 0.000 | |
| 22:1 undifferentiatedg 24:1 cg | 0.000 | | U | | 1 | | 0.000 | 0.000 | 0.000 | |
| Fatty acids, total polyunsaturatedg | 0.765 | | 0 | | 1 | | 0.857 | 0.217 | 1.301 | |
| 18:2 undifferentiatedg | 0.393 | | 1 | | 1 | | 0.440 | 0.111 | 0.668 | |
| 18:3 undifferentiatedg | 0.372 | | 1 | | 1 | | 0.417 | 0.105 | 0.632 | |
| 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 1 | | 0.000 | 0.000 0.000 | 0.000 0.000 | |
| 22:6 n-3g Fatty acids, total transg | 0.000 | | U | | 1 | | 0.000 | 0.000 | 0.000 | |
| Cholesterolmg | 79 | 3.649 | 9 6 | A | 1 | | 89 | 22 | 135 | |
| Phytosterols mg | | | | | | | | | | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan9 | 0.515 | | 0 | A | 1 | | 0.576 | 0.146 | 0.875 | |
| Threonine | 0.983 | | 0 | A | 1 | | 1.101 | 0.279 | 1.671 | |
| Isoleucineg | 1.135 | | 0 | A | 1 | | 1.271 | 0.322 | 1.930 | |
| Leucineg | 1.826 | | 0 | A | 1 | | 2.045 | 0.518 | 3.104 | |
| Lysineg | 0.965 | | 0 | A | 1 | | 1.081 | 0.274 | 1.640 | |
| Methionine9 | 0.515 | | 0 | A | 1 | | 0.576 | 0.146 | 0.875 | |
| Cystineg | 0.115 | | 0 | A | 1 | | 0.129 | 0.033 | 0.196 | |
| Phenylalanineg | 1.011 | | 0 | A | 1 | | 1.132 | 0.287 | 1.718 | |
| Tyrosineg | 1.043 | | 0 | A | 1 | | 1.168 | 0.296 | 1.773 | |
| Valineg | 1.322 | | 0 | A | 1 | | 1.480 | 0.375 | 2.247 | |
| Arginine | 0.515 | | 0 | A | 1 | | 0.576 | 0.146 | 0.875 | |
| Histidine9 | 0.515 | | 0 | A | 1 1 | | 0.576 | 0.146 0.200 | 0.875 | |
| Alanine | 0.707 1.633 | | 0 | A A | 1 | | 0.792 1.829 | 0.200 | 1.202 2.775 | |
| Glutamic acid | 4.458 | | 0 | A | 1 | | 4.993 | 1.264 | 7.579 | |
| Glycine 9 | 0.515 | | 0 | A | 1 | | 0.576 | 0.146 | 0.875 | |
| Proline | 2.351 | | 0 | A | 1 | | 2.633 | 0.667 | 3.997 | |
| Serineg | 0.735 | | 0 | A | 1 | | 0.823 | 0.208 | 1.249 | |
| Hydroxyprolineg | | | | | | | | | | |
| Others: | | | | | | | | | | |
| Alcohol, ethylg | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 | |
| Caffeinemg | 0 | | 0 | z | 7 | | 0 | 0 | 0 | |
| Theobromine mg | 0 | | 0 | z | 7 | | 0 | 0 | 0 | |
| Carotenoids: | | | | | | | | | | |
| Carotene, betamcg | 57 | | 0 | BFFN | 4 | | 64.214 | 16.254 | 97.467 | |
| Carotene, alphamcg | 0 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 | |
| Cryptoxanthin, betamcg | 0 | | 0 | z | 7 | | 0.000 | 0.000 | 0.000 | |
| Lycopenemcg | 0 | | 0 | z | 7 | | 0.000 | 0.000 | 0.000 | |
| | | | | | | | | | | |

NDB No. 01026

Cheese, mozzarella, whole milk

Common Measures:

Measure 1 = 112g: 1 cup, shredded

Measure 2 = 28.35g: 1 oz Measure 3 = 170g: 6 slices

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>A</u> | mount in 100 gra | ms of edil | ole portic | <u>on</u> | Amount in edible portion of common | | |
|--------------------------------|---------|----------------|------------------|------------|------------|------------|------------------------------------|-----------------|-----------|
| | | | Numi | oer | | | <u>m</u> | easures of food | |
| | | | | | Source | Confidence | | | |
| Nutrients and Uni | its | Mean | Std. Error Poin | ts Code | Code | Code | Measure 1 | Measure 2 | Measure 3 |
| Proximates: | | | | | | | | | |
| Water | g | 48.38 | 1 | 8 | 1 | | 13.72 | 8.71 | |
| Energy | | 318 | |) NC | 4 | | 90 | 57 | |
| Energy | | 1332 | | | 4 | | 378 | 240 | |
| Protein (N x 6.38) | | 21.60 | |) | 1 | | 6.12 | 3.89 | |
| Total lipid (fat) | | 24.64 | 1.386 | 1 | 1 | | 6.99 | 4.44 | |
| Ash | | 2.91 | 1 |) | 1 | | 0.82 | 0.52 | |
| Carbohydrate, by difference | g | 2.47 | 1 |) NC | 4 | | 0.70 | 0.44 | |
| Fiber, total dietary | g | 0.0 | |) | 4 | | 0.0 | 0.0 | |
| Sugars, total | g | 1.01 | |) BFNN | 1 4 | | 0.29 | 0.18 | |
| Starch | g | | | | | | | | |
| Minarala | | | | | | | | | |
| Minerals: Calcium, Ca | ma | 575 | (|) | 1 | | 163 | 103 | |
| Iron, Fe | - | 0.20 | · · | | 1 | | 0.06 | 0.04 | |
| Magnesium, Mg | | 21 | | ,) | 1 | | 6 | 4 | |
| Phosphorus, P | | 412 | (|) | 1 | | 117 | 74 | |
| Potassium, K | - | 75 | (|) | 1 | | 21 | 13 | |
| Sodium, Na | | 415 | (|) | 1 | | 118 | 75 | |
| Zinc, Zn | mg | 2.46 | (|) | 1 | | 0.70 | 0.44 | |
| Copper, Cu | mg | 0.022 | 2 (|) | 1 | | 0.006 | 0.004 | |
| Manganese, Mn | | 0.009 | | | 1 | | 0.003 | 0.002 | |
| Selenium, Se | mcg | 16.1 | (|) BFNN | 4 | | 4.6 | 2.9 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid | ma | 0.0 | (|) | 1 | | 0.0 | 0.0 | |
| Thiamin | | 0.016 | | | 1 | | 0.005 | 0.003 | |
| Riboflavin | | 0.270 | |) | 1 | | 0.077 | 0.049 | |
| Niacin | | 0.094 | . (|) | 1 | | 0.027 | 0.017 | |
| Pantothenic acid | - | 0.071 | . (|) | 1 | | 0.020 | 0.013 | |
| Vitamin B-6 | mg | 0.062 | ? |) | 1 | | 0.018 | 0.011 | |
| Folate, total | mcg | 8 | (|) | 1 | | 2 | 1 | |
| Folic acid | | 0 | (|) z | 7 | | 0 | 0 | |
| Folate, food | mcg | 8 | (|) | 1 | | 2 | 1 | |
| Folate, DFE | mcg_DFE | 8 | (|) NC | 4 | | 2 | 1 | |
| Vitamin B-12 | | 0.73 | (|) | 1 | | 0.21 | 0.13 | |
| Vitamin A, IU | | 745 | |) NC | 4 | | 211 | 134 | |
| Vitamin A, RAE | | 197 | |) NC | 4 | | 56 | 35 | |
| Retinol | | 192 | (| | | | 54 | 35 | |
| Vitamin E (alpha-tocopherol) | | 0.21 | (|) BFFN | 4 | | 0.06 | 0.04 | |
| Tocopherol, beta | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | |
| Tocopherol, deltaVitamin D | | | | | | | | | |
| Vitamin K (phylloquinone) | | 2.5 | (|) BFFN | 4 | | 0.7 | 0.5 | |
| | | | | | | | | 0.0 | |
| <u>Lipids:</u> | | | | | | | | | |
| Fatty acids, total saturated | | 15.561 | | | 1 | | 4.412 | 2.801 | |
| 4:0 | | 0.844 | | | 1 | | 0.239 | 0.152 | |
| 6:0 | | 0.177 | | | 1 | | 0.050 | 0.032 | |
| 8:0 | | 0.203 | | | 1 | | 0.058 | 0.037 | |
| 10:0 | _ | 0.412 0.255 | | | 1 1 | | 0.117 0.072 | 0.074 0.046 | |
| 12:0 13:0 | - | 0.255 | • | - | 1 | | 0.072 | 0.046 | |
| 14:0 | - | 2.683 | 3 | | 1 | | 0.761 | 0.483 | |
| 15:0 | _ | 2.00. | | • | - | | 3.701 | 0.403 | |
| 16:0 | _ | 7.491 | | L | 1 | | 2.124 | 1.348 | |
| 17:0 | | | • | | _ | | 2,127 | 1.540 | |
| 18:0 | _ | 2.880 |) | L | 1 | | 0.816 | 0.518 | |
| 20:0 | _ | | | | _ | | | | |
| 22:0 | _ | | | | | | | | |
| 24:0 | - | | | | | | | | |

| | | <u>Ar</u> | nount in 10 | | of edil | ole portio | <u>n</u> | Amount in edible portion of common measures of food | | | |
|-------------------------------------|------|-----------|-------------|-----------------------------|---------|----------------|--------------------|---|----------------|-----------|--|
| Nutrients and U | nits | Mean | Std. Error | Number of Data Points | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 | |
| | | | | | | | | | | | |
| Fatty acids, total monounsaturated | dg | 7.027 | | 0 | | 1 | | 1.992 | 1.265 | | |
| 14:1 | _ | | | | | | | | | | |
| 15:1 | | | | | | | | | | | |
| 16:1 undifferentiated | _ | 0.822 | | 1 | | 1 | | 0.233 | 0.148 | | |
| 17:1 | _ | F 00F | | 1 | | | | 1 600 | 1 067 | | |
| 18:1 undifferentiated | - | 5.925 | | 1 | | 1 | | 1.680 | 1.067 | | |
| 20:1 | _ | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | | |
| 22:1 undifferentiated | • | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | | |
| 24:1 c | | 0.770 | | 0 | | 1 | | 0.001 | 0 140 | | |
| Fatty acids, total polyunsaturated. | | 0.778 | | 1 | | 1 | | 0.221 | 0.140 | | |
| 18:2 undifferentiated | | 0.566 | | 1 | | 1 | | 0.160 | 0.102 | | |
| 18:3 undifferentiated | _ | 0.212 | | 0 | | 1 | | 0.060 | 0.038 | | |
| 18:4 | | 0.000 | | U | | 1 | | 0.000 | 0.000 | | |
| 20:2 n-6 c,c | - | | | | | | | | | | |
| 20:3 undifferentiated | | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | | |
| 20:4 undifferentiated | - | | | 0 | | 1 | | | | | |
| 20:5 n-3 | _ | 0.000 | | 0 | | 1 | | 0.000 | 0.000 0.000 | | |
| 22:5 n-3 | | 0.000 | | 0 | | 1 | | 0.000 | | | |
| 22:6 n-3 | | 0.000 | | U | | _ | | 0.000 | 0.000 | | |
| Fatty acids, total trans | | 89 | | ^ | | 1 | | 25 | 1.0 | | |
| Cholesterol | | 89 | | 0 | | 1 | | 25 | 16 | | |
| Phytosterols | Illy | | | | | | | | | | |
| Amino Acids: | | | | | | | | | | | |
| Tryptophan | g | 0.302 | | 0 | | 4 | | 0.086 | 0.054 | | |
| Threonine | | 0.823 | | 0 | | 1 | | 0.233 | 0.148 | | |
| Isoleucine | g | 1.036 | | 0 | | 1 | | 0.294 | 0.186 | | |
| Leucine | g | 2.106 | | 0 | | 1 | | 0.597 | 0.379 | | |
| Lysine | g | 2.194 | | 0 | | 1 | | 0.622 | 0.395 | | |
| Methionine | | 0.603 | | 0 | | 1 | | 0.171 | 0.109 | | |
| Cystine | g | 0.129 | | 0 | | 1 | | 0.037 | 0.023 | | |
| Phenylalanine | | 1.127 | | 0 | | 1 | | 0.320 | 0.203 | | |
| Tyrosine | | 1.249 | | 0 | | 1 | | 0.354 | 0.225 | | |
| Valine | - | 1.351 | | 0 | | 1 | | 0.383 | 0.243 | | |
| Arginine | | 0.928 | | 0 | | 1 | | 0.263 | 0.167 | | |
| Histidine | - | 0.813 | | 0 | | 1 | | 0.230 | 0.146 | | |
| Alanine | | 0.660 | | 0 | | 1 | | 0.187 | 0.119 | | |
| Aspartic acid | | 1.564 | | 0 | | 1 | | 0.443 | 0.282 | | |
| Glutamic acid | | 5.055 | | 0 | | 1 | | 1.433 | 0.910 | | |
| Glycine | - | 0.413 | | 0 | | 1 | | 0.117 | 0.074 | | |
| Proline | | 2.224 | | 0 | | 1 | | 0.631 | 0.400 | | |
| Serine | | 1.259 | | 0 | | 1 | | 0.357 | 0.227 | | |
| Hydroxyproline | _ | | | | | | | | | | |
| | | | | | | | | | | | |
| Others: | | | | | | | | | | | |
| Alcohol, ethyl | | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | | |
| Caffeine | | 0 | | 0 | Z | 7 | | 0 | 0 | | |
| Theobromine | mg | 0 | | 0 | Z | 7 | | 0 | 0 | | |
| Carotenoids: | | | | | | | | | | | |
| Carotene, beta | mca | 63 | | 0 | BFFN | 4 | | 17.917 | 11.376 | | |
| Carotene, alpha | | 0 | | 0 | Z | 7 | | 0.000 | 0.000 | | |
| Cryptoxanthin, beta | | 0 | | 0 | z | 7 | | 0.000 | 0.000 | | |
| Lycopene | | 0 | | 0 | z | 7 | | 0.000 | 0.000 | | |
| | | | | | | | | | | | |

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 18g: 1 cubic inch NDB No. 01027

Cheese, mozzarella, whole milk, low moisture

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>Aı</u> | mount in 100 g | grams | of edib | le portio | <u>n</u> | | edible portion of | |
|--------------------------------|----------|-----------------|----------------|--------|---------|-----------|------------|-----------------|-------------------|-------------|
| | | | Nu | ımber | - | | | <u>m</u> | easures of food | • |
| | | | of | Data | Deriv | Source | Confidence | | | |
| Nutrients and Uni | its | Mean | Std. Error P | oints | Code | Code | Code | Measure 1 | Measure 2 | Measure |
| | | | | | | | | | | |
| Proximates: Water | a | 41.77 | 0.506 | 14 | | 1 | | 55.14 | 47.20 | 11.84 |
| | - | 368 | 0.300 | 0 | NC | 4 | | 486 | 416 | 104 |
| Energy | | 1541 | | U | NC | 4 | | 2034 | 416 1742 | 437 |
| Energy | | | 0 200 | 1.4 | | 1 | | | | |
| Protein (N x 6.38) | | 23.41 | 0.328 | 14 | | _ | | 30.90 | 26.45 | 6.64 |
| Total lipid (fat) | | 30.04 | 0.498 | 17 | | 1 | | 39.65 | 33.95 | 8.52 |
| Ash | | 3.66 | 0.110 | 10 | | 1 | | 4.83 | 4.14 | 1.04 |
| Carbohydrate, by difference | | 1.12 | | 0 | NC | 4 | | 1.48 | 1.27 | 0.32 |
| Fiber, total dietary | | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total | | 1.12 | | 0 | NR | 4 | | 1.48 | 1.27 | 0.32 |
| Starch | g | | | | | | | | | |
| Minerals: | | | | | | | | | | |
| Calcium, Ca | mg | 717 | 25.274 | 14 | | 1 | | 947 | 811 | 203 |
| Iron, Fe | | 0.41 | 0.063 | 5 | | 1 | | 0.54 | 0.46 | 0.1 |
| Magnesium, Mg | | 27 | 0.955 | 10 | | 1 | | 36 | 31 | 8 |
| Phosphorus, P | | 468 | 9.092 | 11 | | 1 | | 617 | 529 | 133 |
| Potassium, K | | 134 | 15.673 | 11 | | 1 | | 177 | 152 | 38 |
| Sodium, Na | | 628 | 27.405 | 11 | | 1 | | 829 | 709 | 178 |
| Zinc, Zn | | 2.81 | 0.066 | 4 | | 1 | | 3.71 | 3.18 | 0.8 |
| Copper, Cu | | 0.031 | | 0 | | 1 | | 0.041 | 0.035 | 0.0 |
| Manganese, Mn | | 0.008 | | 0 | | 1 | | 0.011 | 0.009 | 0.0 |
| Selenium, Se | | 14.5 | | 0 | CAZN | 4 | | 19.1 | 16.4 | 4.1 |
| · · | | | | | | | | | | |
| <u>Vitamins:</u> | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | 0.0 |
| Thiamin | | 0.013 | 0.001 | 6 | | 1 | | 0.017 | 0.015 | 0.0 |
| Riboflavin | mg | 0.320 | 0.031 | 10 | | 1 | | 0.422 | 0.362 | 0.0 |
| Niacin | mg | 0.103 | 0.017 | 18 | | 1 | | 0.136 | 0.116 | 0.0 |
| Pantothenic acid | mg | 0.190 | 1 | 1 | | 1 | | 0.251 | 0.215 | 0.0 |
| Vitamin B-6 | mg | 0.056 | 0.007 | 15 | | 1 | | 0.074 | 0.063 | 0.0 |
| Folate, total | mcg | 12 | 1.680 | 25 | | 1 | | 16 | 14 | 3 |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food | | 12 | 1.680 | 25 | | 1 | | 16 | 14 | 3 |
| Folate, DFE | mcg_DFE | 12 | | 0 | NC | 4 | | 16 | 14 | 3 |
| Vitamin B-12 | | 1.47 | 0.092 | 19 | | 1 | | 1.94 | 1.66 | 0.42 |
| Vitamin A, IU | IU | 1012 | | 0 | NC | 4 | | 1335 | 1143 | 287 |
| Vitamin A, RAE | mcg_RAE | 298 | | 0 | NC | 4 | | 393 | 337 | 85 |
| Retinol | mcg | 297 | | 0 | NC | 4 | | 392 | 336 | 84 |
| Vitamin E (alpha-tocopherol) | mg | 0.26 | | 0 | BFFN | 4 | | 0.34 | 0.29 | 0.0 |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 2.5 | | 0 | BFFN | 4 | | 3.3 | 2.8 | 0.7 |
| Lipids: | | | | | | | | | | |
| | a | 10 112 | | 0 | | 1 | | 25 220 | 21 500 | E 4 |
| Fatty acids, total saturated | | 19.113 1.042 | | 0 6 | | 1 | | 25.229 1.375 | 21.598 1.177 | 5.41 0.2 |
| 4:0 | | | | 6 | | 1 | | | | 0.2 |
| 6:0 | - | 0.243 | | 6 | | 1 | | 0.321 0.363 | 0.275 | |
| 8:0 10:0. | - | 0.275 0.586 | | 6 | | 1 | | | 0.311 | 0.0 |
| 10:0 | | | | 6 | | 1 | | 0.774 0.484 | 0.662 0.415 | |
| | | 0.367 | 0.021 | О | | 1 | | 0.484 | 0.415 | 0.1 |
| 13:0 | - | 2 070 | 0.005 | 6 | | 1 | | 4 055 | 2 455 | 2 2 |
| 14:0 | = | 3.072 | 0.085 | ь | | 1 | | 4.055 | 3.471 | 0.8 |
| 15:0 | - | 0.010 | 2 222 | _ | | | | 10 100 | 40.44 | |
| 16:0 | = | 9.218 | 0.219 | 6 | | 1 | | 12.168 | 10.416 | 2.6 |
| 17:0 | - | _ = : | | _ | | _ | | | | _ |
| 18:0 | - | 3.569 | 0.091 | 6 | | 1 | | 4.711 | 4.033 | 1.0 |
| 20:0 | - | | | | | | | | | |
| 22:0 | q | | | | | | | | | |

| | | <u>Ar</u> | mount in 10 | 0 grams | of edil | ole portio | <u>n</u> | Amount in | edible portion | of common |
|---------------------------------|---|----------------|-------------|-------------------|---------|----------------|--------------------|----------------|-----------------|----------------|
| | | | | Number | | _ | | | easures of food | |
| Nutrients and | l Units | Mean | Std. Error | of Data Points | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total monounsatur | rated O | 8.711 | | 0 | | 1 | | 11.499 | 9.843 | 2.470 |
| 14:1 | | | | | | | | | | |
| 15:1 | - | | | | | | | | | |
| 16:1 undifferentiated | | 0.973 | 0.0 | 49 6 | | 1 | | 1.284 | 1.099 | 0.276 |
| 17:1 | - | | | | | _ | | | | |
| 18:1 undifferentiated | • | 7.338 0.000 | 0.1 | 82 6 0 | | 1 1 | | 9.686 | 8.292 | 2.080 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 | | 0.661 | | 0 | | 1 | | 0.873 | 0.747 | 0.187 |
| 18:2 undifferentiated | | 0.431 | 0.0 | | | 1 | | 0.569 | 0.487 | 0.122 |
| 18:3 undifferentiated | | 0.230 | 0.0 | | | 1 | | 0.304 | 0.260 | 0.065 |
| 18:4 | | 0.000 | 0.0 | 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 | - | | | | | | | | | |
| Cholesterol | | 96 | 3.4 | 02 4 | | 1 | | 126 | 108 | 27 |
| Phytosterols | | | | | | | | | | |
| | | | | | | | | | | |
| Amino Acids: | | | | _ | | _ | | | | |
| Tryptophan | | 0.327 | | 0 | | 1 | | 0.432 | 0.370 | 0.093 |
| Threonine | - | 0.888 | | 0 | | 1 | | 1.172 | 1.003 | 0.252 |
| Isoleucine | - | 1.145 | | 0 | | 1 1 | | 1.511 | 1.294 | 0.325 |
| Leucine | | 2.260 2.139 | | 0 | | 1 | | 2.983 2.823 | 2.554 2.417 | 0.641 0.606 |
| Lysine Methionine | | 0.569 | | 0 | | 1 | | 0.751 | 0.643 | 0.161 |
| Cystine | | 0.132 | | 0 | | 1 | | 0.174 | 0.149 | 0.161 |
| • | | 1.240 | | 0 | | 1 | | 1.637 | 1.401 | 0.037 |
| Phenylalanine Tyrosine | | 1.123 | | 0 | | 1 | | 1.482 | 1.269 | 0.332 |
| Valine | | 1.482 | | 0 | | 1 | | 1.956 | 1.675 | 0.420 |
| Arginine | - | 0.881 | | 0 | | 1 | | 1.163 | 0.996 | 0.250 |
| Histidine | | 0.829 | | 0 | | 1 | | 1.094 | 0.937 | 0.235 |
| Alanine | - | 0.675 | | 0 | | 1 | | 0.891 | 0.763 | 0.191 |
| Aspartic acid | - | 1.600 | | 0 | | 1 | | 2.112 | 1.808 | 0.454 |
| Glutamic acid | | 5.555 | | 0 | | 1 | | 7.333 | 6.277 | 1.575 |
| Glycine | | 0.440 | | 0 | | 1 | | 0.581 | 0.497 | 0.125 |
| Proline | | 2.594 | | 0 | | 1 | | 3.424 | 2.931 | 0.735 |
| Serine | | 1.299 | | 0 | | 1 | | 1.715 | 1.468 | 0.368 |
| Hydroxyproline | | | | · | | _ | | 21725 | 200 | 0.500 |
| | | | | | | | | | | |
| 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 |
| <u>Carotenoids:</u> | | | | | | | | | | |
| Carotene, beta | mcg | 13 | | 0 | NR | 4 | | 17.160 | 14.690 | 3.686 |
| 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 = 132g: 1 cup, diced Measure 2 = 113g: 1 cup, shredded

Measure 3 = 28.35g: 1 oz

NDB No. 01030 Cheese, muenster

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>A</u> : | mount in 10 | 0 grams | of edib | ole portio | <u>n</u> | Amount in edible portion of common | | | |
|---------------------------------|---|------------|-------------|---------|---------|------------|------------|------------------------------------|-----------------|----------|--|
| | | | | Number | | | | <u>m</u> | easures of food | <u>.</u> | |
| | | | | of Data | Deriv | Source | Confidence | | | | |
| Nutrients and Uni | its | Mean | Std. Error | Points | Code | Code | Code | Measure 1 | Measure 2 | Measure | |
| Proximates: | | | | | | | | | | | |
| Water | g | 50.50 | | | | 4 | | 57.07 | 9.09 | 14.14 | |
| Energy | kcal | 274 | | | | 4 | | 310 | 49 | 77 | |
| Energy | kj | 1146 | | | | 4 | | 1295 | 206 | 321 | |
| Protein | - | 24.70 | | | | 4 | | 27.91 | 4.45 | 6.92 | |
| Total lipid (fat) | g | 17.60 | | | | 4 | | 19.89 | 3.17 | 4.93 | |
| Ash | g | 3.70 | | 0 | NR | 4 | | 4.18 | 0.67 | 1.04 | |
| Carbohydrate, by difference | g | 3.50 | | | | 4 | | 3.96 | 0.63 | 0.98 | |
| Fiber, total dietary | g | 0.0 | | | | 7 | | 0.0 | 0.0 | 0.0 | |
| Sugars, total | g | 3.50 | | 0 | NR | 4 | | 3.96 | 0.63 | 0.98 | |
| Starch | g | | | | | | | | | | |
| Minerals: | | | | | | | | | | | |
| Calcium. Ca | ma | 529 | | | | 4 | | 598 | 95 | 148 | |
| Iron. Fe. | • | 0.41 | | | | 4 | | 0.46 | 0.07 | 0.11 | |
| Magnesium, Mg | • | 27 | | | | 4 | | 31 | 5 | 8 | |
| Phosphorus, P | | 468 | | | | 4 | | 529 | 84 | 131 | |
| Potassium, K | - | 134 | | | | 4 | | 151 | 24 | 38 | |
| Sodium. Na. | | 600 | | | | 4 | | 678 | 108 | 168 | |
| Zinc, Zn | • | 2.81 | | | | 4 | | 3.18 | 0.51 | 0.7 | |
| Copper, Cu | - | 0.031 | _ | | | 4 | | 0.035 | 0.006 | 0.0 | |
| Manganese, Mn | | | | | | | | | | | |
| Selenium, Se | | 14.5 | | 0 | CAZN | 4 | | 16.4 | 2.6 | 4.1 | |
| 7:4 : | | | | | | | | | | | |
| <u>Vitamins:</u> | | | | | | _ | | 0.0 | | | |
| Vitamin C, total ascorbic acid | _ | 0.0 | | | | 7 4 | | 0.0 | 0.0 | 0.0 | |
| Thiamin | | 0.010 | | | | 4 | | 0.011 0.407 | 0.002 | 0.00 | |
| Riboflavin | | 0.360 | | | | 4 | | 0.407 | 0.065 0.018 | 0.10 | |
| Niacin | - | 0.100 | , | | | 4 | | 0.113 | 0.018 | 0.0 | |
| Pantothenic acid Vitamin B-6 | - | 0.060 | , | | | 4 | | 0.068 | 0.011 | 0.03 | |
| Folate, total | | 12 | • | | | 4 | | 14 | 2 | 3 | |
| Folic acid | | 0 | | 0 | z | 7 | | 0 | 0 | 0 | |
| Folate, food | | 12 | | Ū | | 4 | | 14 | 2 | 3 | |
| Folate, DFE | | 12 | | 0 | NC | 4 | | 14 | 2 | 3 | |
| Vitamin B-12 | | 1.47 | | v | 110 | 4 | | 1.66 | 0.26 | 0.4 | |
| Vitamin A, IU | | 593 | | 0 | NC | 4 | | 670 | 107 | 166 | |
| Vitamin A, RAE | | 175 | | 0 | NC | 4 | | 197 | 31 | 49 | |
| Retinol | | 174 | | 0 | BFFN | 4 | | 197 | 31 | 49 | |
| Vitamin E (alpha-tocopherol) | | 0.15 | | 0 | BFFN | 4 | | 0.17 | 0.03 | 0.0 | |
| Tocopherol, beta | | 0.20 | | · | | - | | V | 0.03 | 0.0 | |
| Tocopherol, gamma | | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | | |
| Vitamin K (phylloquinone) | | 1.5 | | 0 | BFFN | 4 | | 1.7 | 0.3 | 0.4 | |
| | | | | | | | | | | | |
| <u> ipids:</u> | | | | | | | | | | | |
| Fatty acids, total saturated | | 10.950 | | | | 4 | | 12.374 | 1.971 | 3.00 | |
| 4:0 | - | 0.571 | | | | 4 | | 0.645 | 0.103 | 0.10 | |
| 6:0 | _ | 0.337 | | | | 4 | | 0.381 | 0.061 | 0.0 | |
| 8:0 | _ | 0.197 | | | | 4 | | 0.223 | 0.035 | 0.0 | |
| 10:0 | _ | 0.442 | | | | 4 | | 0.499 | 0.080 | 0.1 | |
| 12:0 | - | 0.494 | ı | | | 4 | | 0.558 | 0.089 | 0.1 | |
| 13:0 | | | | | | | | 1 000 | | • - | |
| 14:0 | | 1.769 | , | | | 4 | | 1.999 | 0.318 | 0.4 | |
| 15:0 | | | | | | | | | | | |
| 16:0 | | 4.622 | 1 | | | 4 | | 5.223 | 0.832 | 1.2 | |
| 17:0 | _ | 0.101 | | | | | | 0 | 2 224 | <u> </u> | |
| 18:0 | - | 2.136 | • | | | 4 | | 2.414 | 0.384 | 0.5 | |
| 20:0 | _ | | | | | | | | | | |
| 22:0 | g g | | | | | | | | | | |

| | <u>Ar</u> | mount in 100 gra | ms of edi | ble portic | <u>on</u> | Amount in edible portion of common | | | |
|-------------------------------------|-----------|------------------|-----------|------------|------------|------------------------------------|-----------------|-----------|--|
| | | Numl of Da | | Source | Confidence | <u>m</u> | easures of food | | |
| Nutrients and Units | Mean | Std. Error Poin | ts Code | Code | Code | Measure 1 | Measure 2 | Measure 3 | |
| Fatty acids, total monounsaturatedg | 5.090 | | | 4 | | 5.752 | 0.916 | 1.425 | |
| 14:1g | | | | | | | | | |
| 15:1g | | | | | | | | | |
| 16:1 undifferentiatedg | 0.394 | | | 4 | | 0.445 | 0.071 | 0.110 | |
| 17:1g | | | | | | | | | |
| 18:1 undifferentiatedg | 4.421 | | | 4 | | 4.996 | 0.796 | 1.238 | |
| 20:1g | 0.265 | | | 4 | | 0.299 | 0.048 | 0.074 | |
| 22:1 undifferentiatedg | 0.000 | | | 7 | | 0.000 | 0.000 | 0.000 | |
| 24:1 cg | | | | | | | | | |
| Fatty acids, total polyunsaturatedg | 0.650 | | | 4 | | 0.735 | 0.117 | 0.182 | |
| 18:2 undifferentiatedg | 0.397 | | | 4 | | 0.449 | 0.071 | 0.111 | |
| 18:3 undifferentiatedg | 0.257 | | | 4 | | 0.290 | 0.046 | 0.072 | |
| 18:4g | 0.000 | | | 7 | | 0.000 | 0.000 | 0.000 | |
| 20:2 n-6 c,cg | | | | | | | | | |
| 20:3 undifferentiatedg | | | | _ | | | | | |
| 20:4 undifferentiatedg | 0.000 | | | 7 | | 0.000 | 0.000 | 0.000 | |
| 20:5 n-3g | 0.000 | | | 7 | | 0.000 | 0.000 | 0.000 | |
| 22:5 n-3g | 0.000 | | | 7 | | 0.000 | 0.000 | 0.000 | |
| 22:6 n-3g | 0.000 | | | 7 | | 0.000 | 0.000 | 0.000 | |
| Fatty acids, total transg | 63 | | | | | 71 | | 18 | |
| Cholesterolmg Phytosterolsmg | 63 | | | 4 | | /1 | 11 | 18 | |
| Others: | | | | | | | | | |
| Alcohol, ethyl | 0.0 | | | 7 | | 0.0 | 0.0 | 0.0 | |
| Caffeineg | 0.0 | (|) z | 7 | | 0.0 | 0.0 | 0.0 | |
| Theobromine mg | 0 | (| | 7 | | 0 | 0 | 0 | |
| Carotenoids: | v | ` | , 4 | , | | Ü | v | v | |
| Carotene beta mcg | 8 | (|) BFFN | 4 | | 8.607 | 1.371 | 2.133 | |
| Carotene, alpha mcg | 0 | , | | 7 | | 0.000 | 0.000 | 0.000 | |
| Cryptoxanthin, betamcg | 0 | | | 7 | | 0.000 | 0.000 | 0.000 | |
| Lycopene mcg | 0 | (|) z | 7 | | 0.000 | 0.000 | 0.000 | |
| Lutein + zeaxanthinmcg | 0 | | | 7 | | 0.000 | 0.000 | 0.000 | |

Common Measures:

Measure 1 = 113g: 1 cup, shredded

Measure 2 = 18g: 1 cubic inch Measure 3 = 28g: 1 slice

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

| | | <u>Aı</u> | mount in 100 g | | | ole portio | <u>n</u> | | edible portion | |
|--|---|------------|----------------|-------|-------|------------|------------|-----------|-----------------|---------|
| | | | Nu | ımber | • | | | <u>m</u> | easures of food | _ |
| | | | of | Data | Deriv | Source | Confidence | | | |
| Nutrients and Uni | ts | Mean | Std. Error Po | oints | Code | Code | Code | Measure 1 | Measure 2 | Measure |
| Proximates: | | | | | | | | | | |
| Water | g | 62.21 | 0.514 | 13 | | 1 | | 17.64 | 52.88 | |
| Energy | kcal | 260 | | 0 | NC | 4 | | 74 | 221 | |
| Energy | kj | 1087 | | | | 4 | | 308 | 924 | |
| Protein (N x 6.38) | g | 9.96 | 0.530 | 12 | | 1 | | 2.82 | 8.47 | |
| Total lipid (fat) | g | 23.43 | 0.226 | 12 | | 1 | | 6.64 | 19.92 | |
| Ash | g | 1.46 | 0.046 | 12 | | 1 | | 0.41 | 1.24 | |
| Carbohydrate, by difference | g | 2.94 | | 0 | NC | 4 | | 0.83 | 2.50 | |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| 1 : | | | | | | | | | | |
| <u>Ainerals:</u> Calcium. Ca | ma | 75 | 1.800 | 11 | | 1 | | 21 | 64 | |
| Iron, Fe | • | 75 0.28 | 0.041 | 5 | | 1 | | 0.08 | 0.24 | |
| Magnesium, Mg | - | 8 | 0.369 | 11 | | 1 | | 2 | 6 | |
| Phosphorus, P | | 136 | 5.694 | 11 | | 1 | | 39 | 116 | |
| Potassium, K | • | 114 | 14.014 | 11 | | 1 | | 32 | 97 | |
| Sodium, Na | - | 399 | 20.208 | 12 | | 1 | | 113 | 339 | |
| Zine, Zn | - | 0.52 | 0.034 | 5 | | 1 | | 0.15 | 0.44 | |
| Copper, Cu | | 0.016 | i | 0 | | 1 | | 0.005 | 0.014 | |
| Manganese, Mn | | 0.004 | Į. | 0 | | 1 | | 0.001 | 0.003 | |
| Selenium, Se | mcg | 3.0 | | 0 | BFNN | 4 | | 0.9 | 2.6 | |
| 7itamina | | | | | | | | | | |
| Vitamins: | ma | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | |
| Vitamin C, total ascorbic acid Thiamin | - | 0.0 | 0.001 | 5 | | 1 | | 0.004 | 0.0 0.013 | |
| Riboflavin | - | 0.195 | | 12 | | 1 | | 0.055 | 0.166 | |
| Niacin | | 0.126 | | 19 | | 1 | | 0.036 | 0.107 | |
| Pantothenic acid | - | 0.566 | | 5 | | 1 | | 0.160 | 0.481 | |
| Vitamin B-6 | - | 0.041 | | 11 | | 1 | | 0.012 | 0.035 | |
| Folate, total | - | 11 | 0.777 | 13 | | 1 | | 3 | 10 | |
| Folic acid | | 0 | | 0 | z | 7 | | 0 | 0 | |
| Folate, food | | 11 | 0.777 | 13 | | 1 | | 3 | 10 | |
| Folate, DFE | | 11 | | 0 | NC | 4 | | 3 | 10 | |
| Vitamin B-12 | | 0.26 | 0.017 | 10 | | 1 | | 0.07 | 0.22 | |
| Vitamin A, IU | | 1134 | 61.212 | 11 | | 1 | | 321 | 964 | |
| Vitamin A, RAE | | 298 | | 0 | NC | 4 | | 84 | 253 | |
| Retinol | mcg | 289 | | 0 | NC | 4 | | 82 | 246 | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | |
| Vitamin D | | | | | | | | | | |
| Vitamin K (phylloquinone) | nicy | | | | | | | | | |
| <u>ipids:</u> | | | | | | | | | | |
| Fatty acids, total saturated | g | 14.797 | , | 0 | | 1 | | 4.195 | 12.577 | |
| 4:0 | | 0.609 | 0.067 | 6 | | 1 | | 0.173 | 0.518 | |
| 6:0 | g | 0.210 | 0.009 | 6 | | 1 | | 0.060 | 0.179 | |
| 8:0 | g | 0.215 | | 6 | | 1 | | 0.061 | 0.183 | |
| 10:0 | g | 0.435 | | 6 | | 1 | | 0.123 | 0.370 | |
| 12:0 | _ | 0.286 | 0.009 | 6 | | 1 | | 0.081 | 0.243 | |
| 13:0 | - | | | | | | | | | |
| 14:0 | | 2.352 | 0.046 | 6 | | 1 | | 0.667 | 1.999 | |
| 15:0 | | | | | | | | | | |
| 16:0 | | 6.877 | 0.093 | 6 | | 1 | | 1.950 | 5.845 | |
| 17:0 | | | | _ | | | | _ | | |
| 18:0 | | 2.985 | 0.103 | 6 | | 1 | | 0.846 | 2.537 | |
| 20:0 | _ | | | | | | | | | |
| 22:0 | g | | | | | | | | | |

| | | <u>Ar</u> | | grams o umber | of edible portion | <u>on</u> | Amount in edible portion of common measures of food | | | |
|------------------------------------|-----|-----------|-------|------------------|---------------------------|--------------------|---|-----------|-----------|--|
| Nutrients and Uni | its | Mean | | f Data D | Deriv Source Code Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 | |
| | | | | | | | | | | |
| | | | | | | | | | | |
| Fatty acids, total monounsaturated | | 6.772 | | 0 | 1 | | 1.920 | 5.756 | | |
| 14:1 | | | | | | | | | | |
| 15:1 | - | | | | | | | | | |
| 16:1 undifferentiated | - | 0.737 | 0.030 | 6 | 1 | | 0.209 | 0.626 | | |
| 17:1 | | | | | | | | | | |
| 18:1 undifferentiated | | 5.656 | 0.107 | 6 | 1 | | 1.603 | 4.808 | | |
| 20:1 | _ | | | | | | | | | |
| 22:1 undifferentiated | _ | | | | | | | | | |
| 24:1 c | - | _ | | _ | | | | | | |
| Fatty acids, total polyunsaturated | | 0.650 | | 0 | 1 | | 0.184 | 0.553 | | |
| 18:2 undifferentiated | • | 0.448 | 0.021 | | 1 | | 0.127 | 0.381 | | |
| 18:3 undifferentiated | - | 0.202 | 0.011 | 6 | 1 | | 0.057 | 0.172 | | |
| 18:4 | - | | | | | | | | | |
| 20:2 n-6 c,c | _ | | | | | | | | | |
| 20:3 undifferentiated | - | | | | | | | | | |
| 20:4 undifferentiated | | 0.000 | | 0 | 4 | | 0.000 | 0.000 | | |
| 20:5 n-3 | | | | | | | | | | |
| 22:5 n-3 | - | | | | | | | | | |
| 22:6 n-3 | - | | | | | | | | | |
| Fatty acids, total trans | _ | | | | | | | | | |
| Cholesterol | - | 76 | | 0 | 1 | | 22 | 65 | | |
| Phytosterols | mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan | g | 0.089 | | 0 | 1 | | 0.025 | 0.076 | | |
| Threonine | g | 0.423 | | 0 | 1 | | 0.120 | 0.360 | | |
| Isoleucine | g | 0.526 | | 0 | 1 | | 0.149 | 0.447 | | |
| Leucine | g | 0.965 | | 0 | 1 | | 0.274 | 0.820 | | |
| Lysine | g | 0.891 | | 0 | 1 | | 0.253 | 0.757 | | |
| Methionine | g | 0.239 | | 0 | 1 | | 0.068 | 0.203 | | |
| Cystine | g | 0.087 | | 0 | 1 | | 0.025 | 0.074 | | |
| Phenylalanine | g | 0.553 | | 0 | 1 | | 0.157 | 0.470 | | |
| Tyrosine | g | 0.475 | | 0 | 1 | | 0.135 | 0.404 | | |
| Valine | g | 0.584 | | 0 | 1 | | 0.166 | 0.496 | | |
| Arginine | g | 0.378 | | 0 | 1 | | 0.107 | 0.321 | | |
| Histidine | g | 0.357 | | 0 | 1 | | 0.101 | 0.303 | | |
| Alanine | g | 0.303 | | 0 | 1 | | 0.086 | 0.258 | | |
| Aspartic acid | | 0.703 | | 0 | 1 | | 0.199 | 0.598 | | |
| Glutamic acid | g | 2.261 | | 0 | 1 | | 0.641 | 1.922 | | |
| Glycine | g | 0.197 | | 0 | 1 | | 0.056 | 0.167 | | |
| Proline | | 0.909 | | 0 | 1 | | 0.258 | 0.773 | | |
| Serine | g | 0.525 | | 0 | 1 | | 0.149 | 0.446 | | |
| Hydroxyproline | a | | | | | | | | | |

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 85g: 1 package (3 oz)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

Refuse: 0%

| | | <u>A</u> | mount in 100 gra | ms of edi | ble portion | <u>on</u> | Amount in edible portion of common | | | |
|--------------------------------|---|-------------|------------------|--------------|-------------|------------|------------------------------------|-----------------|-------------------|--|
| | | | Num | oer | | | <u>m</u> | easures of food | <u>_</u> | |
| | | | of Da | ıta Deriv | Source | Confidence | | | | |
| Nutrients and Unit | ts | Mean | Std. Error Poin | | | Code | Measure 1 | Measure 2 | Measure 3 | |
| | | | | | | | | | | |
| Proximates: Water | g | 20.84 | 0.774 | 5 A | 1 | | 20.84 | 1.04 | 5.91 | |
| Energy | | 431 | |) NC | 4 | | 431 | 22 | 122 | |
| Energy | | 1805 | |) NC | 4 | | 1805 | 90 | 512 | |
| Protein (N x 6.38) | | 38.46 | 0.132 | 5 A | 1 | | 38.46 | 1.92 | 10.90 | |
| Total lipid (fat) | | 28.61 | 0.148 | 5 A | 1 | | 28.61 | 1.43 | 8.11 | |
| Ash | | 8.03 | 0.389 | 5 A | 1 | | 8.03 | 0.40 | 2.28 | |
| Carbohydrate, by difference | g | 4.06 | |) NC | 4 | | 4.06 | 0.20 | 1.15 | |
| Fiber, total dietary | g | 0.0 | |) | 4 | | 0.0 | 0.0 | 0.0 | |
| Sugars, total | g | 0.90 | 0.000 | 3 A | 1 | | 0.90 | 0.04 | 0.25 | |
| Sucrose | g | 0.15 | 0.000 | 3 A | 1 | | 0.15 | 0.01 | 0.04 | |
| Glucose (dextrose) | | 0.15 | 0.000 | 3 A | 1 | | 0.15 | 0.01 | 0.04 | |
| Fructose | | 0.15 | 0.000 | 3 A | 1 | | 0.15 | 0.01 | 0.04 | |
| Lactose | g | 0.15 | 0.000 | 3 A | 1 | | 0.15 | 0.01 | 0.04 | |
| Maltose | g | 0.15 | 0.000 | 3 A | 1 | | 0.15 | 0.01 | 0.04 | |
| Galactose | g | 0.15 | 0.000 | 3 A | 1 | | 0.15 | 0.01 | 0.04 | |
| Starch | | | | | | | | | | |
| Minerals: | | | | _ | | | | | | |
| Calcium, Ca | - | 1109 | | 5 A | 1 | | 1109 | 55 | 315 | |
| Iron, Fe | - | 0.90 | | 5 A | 1 | | 0.90 | 0.04 | 0.25 | |
| Magnesium, Mg | | 38 | | 5 A | 1 | | 38 | 2 | 11 | |
| Phosphorus, P | - | 729 125 | | 5 A 5 A | 1 1 | | 729 125 | 36 | 207 | |
| Potassium, K | - | 1529 | | 5 A 5 A | 1 | | 1529 | 6 76 | 35 43 3 | |
| Sodium, NaZinc, Zn | - | 3.87 | | A A | 1 | | 3.87 | 0.19 | 1.10 | |
| Copper, Cu | | 0.238 | | A A | 1 | | 0.238 | 0.19 | 0.067 | |
| Manganese, Mn | | 0.085 | | A A | 1 | | 0.085 | 0.004 | 0.024 | |
| Selenium, Se | | 17.7 | | A A | 1 | | 17.7 | 0.9 | 5.0 | |
| Vitamins: | | | | | | | | | | |
| Vitamin C, total ascorbic acid | <u>mg</u> | 0.0 | |) | 1 | | 0.0 | 0.0 | 0.0 | |
| Thiamin | mg | 0.029 | | B A | 1 | | 0.029 | 0.001 | 0.008 | |
| Riboflavin | - | 0.486 | | B A | 1 | | 0.486 | 0.024 | 0.138 | |
| Niacin | | 0.114 | | B A | 1 | | 0.114 | 0.006 | 0.032 | |
| Pantothenic acid | | 0.325 | | 2 A | 1 | | 0.325 | 0.016 | 0.092 | |
| Vitamin B-6 | | 0.049 | | B A | 1 | | 0.049 | 0.002 | 0.014 | |
| Folate, total | - | 10 | | 2 A | 1 | | 10 | 1 | 3 | |
| Folic acid | • | 0 | |) Z | 7 | | 0 | 0 | 0 | |
| Folate, food | | 10 | | 2 A | 1 | | 10 | 1 | 3 | |
| Folate, DFE | | 10 | 0.237 | NC A | 4 1 | | 10 | 1 | 3 | |
| Vitamin B-12 | | 2.26 442 | | A NC | 4 | | 2.26 | 0.11 | 0.64 | |
| Vitamin A, IU | | 120 | | | 4 | | 442 120 | 22 6 | 125 34 | |
| Vitamin A, RAE | | 117 | |) NC) NR | 4 | | 120 | 6 | 33 | |
| Vitamin E (alpha-tocopherol) | | 0.26 | |) BFFN | | | 0.26 | 0.01 | 0.07 | |
| Tocopherol, beta | | 0.20 | , | , beer | | | 0.20 | 0.01 | 0.07 | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | |
| Vitamin D | | | | | | | | | | |
| Vitamin K (phylloquinone) | | 1.9 | : | 2 A | 1 | | 1.9 | 0.1 | 0.5 | |
| Lipids: | | | | | | | | | | |
| Fatty acids, total saturated | | 17.301 | |) NC | 4 | | 17.301 | 0.865 | 4.905 | |
| 4:0 | | 1.510 | | _ | 1 | | 1.510 | 0.076 | 0.428 | |
| 6:0 | - | 0.565 | | | 1 | | 0.565 | 0.028 | 0.160 | |
| 8:0 | | 0.052 | | | 1 | | 0.052 | 0.003 | 0.015 | |
| 10:0 | g | 0.518 | 0.018 | B A | 1 | | 0.518 | 0.026 | 0.147 | |
| 12:0 | | 0.787 | 0.024 | B A | 1 | | 0.787 | 0.039 | 0.223 | |

| | <u>Aı</u> | mount in 100 g | ırams | | ole portic | <u>on</u> | | edible portion of easures of food | |
|-------------------------------------|----------------|---------------------|--------|--------|----------------|--------------------|----------------|-----------------------------------|----------------|
| Nutrients and Units | Mean | of Std. Error Po | | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| 14:0g | 2.617 | | 3 | A | 1 | | 2.617 | 0.131 | 0.742 |
| 15:0g | 0.307 | | 3 | A | 1 | | 0.307 | 0.015 | 0.087 |
| 16:0g | 7.388 | | 3 | A | 1 | | 7.388 | 0.369 | 2.094 |
| 17:0g | 0.168 | | 3 | A | 1 | | 0.168 | 0.008 | 0.048 |
| 18:0g | 3.251 | | 3 | A | 1 | | 3.251 | 0.163 | 0.922 |
| 20:0g | 0.068 | | 3 3 | A A | 1 1 | | 0.068 0.037 | 0.003 0.002 | 0.019 0.010 |
| 22:0g 24:0g | 0.037 | 0.003 | 3 | A | 1 | | 0.037 | 0.002 | 0.010 |
| Fatty acids, total monounsaturatedg | 8.375 | | 0 | NC | 4 | | 8.375 | 0.419 | 2.374 |
| 14:1g | 0.280 | | 3 | A | 1 | | 0.280 | 0.014 | 0.079 |
| 15:1g | 0.200 | 0.003 | | | - | | 0.200 | 0.014 | 0.075 |
| 16:1 undifferentiated | 0.497 | 0.012 | 3 | A | 1 | | 0.497 | 0.025 | 0.141 |
| 17:1g | 0.148 | 0.009 | 3 | A | 1 | | 0.148 | 0.007 | 0.042 |
| 18:1 undifferentiated | 7.273 | | 3 | A | 1 | | 7.273 | 0.364 | 2.062 |
| 20:1g | 0.177 | | 2 | A | 1 | | 0.177 | 0.009 | 0.050 |
| 22:1 undifferentiatedg | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 24:1 cg | | | | | | | | | |
| Fatty acids, total polyunsaturated | 1.173 | | 0 | NC | 4 | | 1.173 | 0.059 | 0.333 |
| 18:2 undifferentiatedg | 0.943 | | 3 | A | 1 | | 0.943 | 0.047 | 0.267 |
| 18:3 undifferentiated | 0.190 | | 3 | A | 1 | | 0.190 | 0.009 | 0.054 |
| 18:4g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,cg | | | _ | | | | | | |
| 20:3 undifferentiated | 0.041 | | 3 | A | 1 | | 0.041 | 0.002 | 0.012 |
| 20:4 undifferentiated | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3g | 0.000 | | 0 | | 1 1 | | 0.000 | 0.000 | 0.000 |
| 22:5 n-3g | 0.000 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3g Fatty acids, total transg | 0.000 | | U | | 1 | | 0.000 | 0.000 | 0.000 |
| Cholesterolg | 88 | 6.080 | 3 | A | 1 | | 88 | 4 | 25 |
| Phytosterols mg | 00 | 0.000 | | | - | | 00 | • | |
| • | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan9 | 0.518 | | 0 | A | 1 | | 0.518 | 0.026 | 0.147 |
| Threonine | 1.455 | | 0 | A | 1 | | 1.455 | 0.073 | 0.412 |
| Isoleucine | 1.969 3.718 | | 0 | A A | 1 1 | | 1.969 3.718 | 0.098 | 0.558 |
| Leucine | 2.980 | | 0 | A | 1 | | 2.980 | 0.186 0.149 | 1.054 0.845 |
| Lysine | 1.016 | | 0 | A | 1 | | 1.016 | 0.149 | 0.288 |
| Cystine | 0.122 | | 0 | A | 1 | | 0.122 | 0.006 | 0.288 |
| Phenylalanine | 2.081 | | 0 | A | 1 | | 2.081 | 0.104 | 0.590 |
| Tyrosineg | 2.328 | | 0 | A | 1 | | 2.328 | 0.116 | 0.660 |
| Valine | 2.524 | | 0 | A | 1 | | 2.524 | 0.126 | 0.716 |
| Arginine | 1.567 | | 0 | A | 1 | | 1.567 | 0.078 | 0.444 |
| Histidineg | 1.092 | | 0 | A | 1 | | 1.092 | 0.055 | 0.309 |
| Alanineg | 1.163 | | 0 | A | 1 | | 1.163 | 0.058 | 0.330 |
| Aspartic acidg | 2.673 | | 0 | A | 1 | | 2.673 | 0.134 | 0.758 |
| Glutamic acidg | 8.696 | | 0 | A | 1 | | 8.696 | 0.435 | 2.465 |
| Glycineg | 0.759 | | 0 | A | 1 | | 0.759 | 0.038 | 0.215 |
| Prolineg | 4.622 | | 0 | A | 1 | | 4.622 | 0.231 | 1.310 |
| Serineg | 2.292 | | 0 | A | 1 | | 2.292 | 0.115 | 0.650 |
| Hydroxyprolineg | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethylg | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine mg | 0 | | 0 | z | 7 | | 0 | 0 | 0 |
| Theobromine mg | 0 | | 0 | z | 7 | | 0 | 0 | 0 |
| Carotenoids: | | | | | | | | | |
| Carotene, betamcg | 31 | | 0 | NR | 4 | | 31.000 | 1.550 | 8.789 |
| Carotene, alphamcg | 0 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| Cryptoxanthin, betamcg | 0 | | 0 | z | 7 | | 0.000 | 0.000 | 0.000 |
| Lycopenemcg | 0 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| Lutein + zeaxanthinmcg | 0 | | 0 | Z | 7 | | 0.000 | 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.

NDB No. 01032 Cheese, parmesan, grated

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Std. Error Points Code Code Code

Measure 1 Measure 2

Measure 3

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 = 100g: 1 cup Measure 2 = 5.0g: 1 tbsp Measure 3 = 28.35g: 1 oz

Nutrients and Units

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Mean

Food Group: 01 Dairy and Egg Products

| | | Amount in 100 grams of edible portion | | | | | | | edible portion | of common |
|--------------------------------|------|---------------------------------------|---------------|-------|-------|--------|------------|----------------|-----------------|--------------|
| | | | Nu | ımbeı | r | | | <u>m</u> | easures of food | <u> </u> |
| | | | | | | Source | Confidence | | | |
| Nutrients and Units | | Mean | Std. Error Po | | | Code | Code | Measure 1 | Measure 2 | Measure |
| | | | | | | | | | | |
| Proximates: Water | a | 29.16 | 0.623 | 10 | | 1 | | 8.27 | 3.00 | 41.41 |
| Energy | _ | 392 | | 0 | NC | 4 | | 111 | 40 | 557 |
| Energy | | 1641 | | ŭ | 110 | 4 | | 465 | 169 | 2330 |
| Protein (N x 6.38) | | 35.75 | 0.793 | 13 | | 1 | | 10.14 | 3.68 | 50.77 |
| Total lipid (fat) | | 25.83 | 0.726 | 24 | | 1 | | 7.32 | 2.66 | 36.68 |
| Ash | | 6.04 | 0.720 | 8 | | 1 | | 1.71 | 0.62 | 8.58 |
| Carbohydrate, by difference | | 3.22 | 0.514 | 0 | NC | 4 | | 0.91 | 0.82 | 4.57 |
| | | 0.0 | | 0 | NC | 4 | | 0.91 | 0.33 | 0.0 |
| Fiber, total dietary | | | | 0 | | | | | | |
| Sugars, total | | 0.80 | | U | BFNN | 4 | | 0.23 | 0.08 | 1.14 |
| Starch | 9 | | | | | | | | | |
| <u> </u> | | | | | | _ | | | | |
| Calcium, Ca | - | 1184 | 29.713 | 23 | | 1 | | 336 | 122 | 1681 |
| Iron, Fe | - | 0.82 | 0.193 | 4 | | 1 1 | | 0.23 | 0.08 | 1.1 |
| Magnesium, Mg | | 44 | 0.872 | 4 | | _ | | 12 | 5 | 62 |
| Phosphorus, P | _ | 694 | 20.997 | 19 | | 1 | | 197 | 72 | 986 |
| Potassium, K | - | 92 | 5.964 | 4 | | 1 | | 26 | 9 | 131 |
| Sodium, Na | | 1602 | 255.188 | 4 | | 1 | | 454 | 165 | 2274 |
| Zinc, Zn | | 2.75 | 0.043 | 4 | | 1 1 | | 0.78 | 0.28 | 3.9 |
| Copper, Cu | | 0.032 | | 0 | | | | 0.009 | 0.003 | 0.0 |
| Manganese, Mn | | 0.020 | , | 0 | DENIN | 1 4 | | 0.006 | 0.002 | 0.0 |
| Selenium, Se | nicg | 22.5 | | U | BFNN | 4 | | 6.4 | 2.3 | 32.0 |
| /itamins: | | | | | | _ | | | | |
| Vitamin C, total ascorbic acid | - | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | 0.0 |
| Thiamin | - | 0.039 | | 1 | | 1 | | 0.011 | 0.004 | 0.0 |
| Riboflavin | | 0.332 | | 4 | | 1 | | 0.094 | 0.034 | 0.4 |
| Niacin | - | 0.271 | | 12 | | 1 | | 0.077 | 0.028 | 0.3 |
| Pantothenic acid | = | 0.453 | | 1 | | 1 1 | | 0.128 | 0.047 | 0.6 |
| Vitamin B-6 | _ | 0.091 | | 15 | | _ | | 0.026 | 0.009 | 0.1 |
| Folate, total | | 7 | 0.737 | 20 | _ | 1 | | 2 | 1 | 10 |
| Folic acid | | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Foliate, food | | 7 7 | 0.737 | 20 | *** | 1 | | 2 2 | 1 | 10 |
| Folate, DFE | | - | | 0 | NC | 4 | | | 1 | 10 |
| Vitamin B-12 | | 1.20 | | 0 | *** | 4 | | 0.34 | 0.12 | 1.7 |
| Vitamin A, IU | | 399 | | 0 | NC | 4 | | 113 | 41 | 566 |
| Vitamin A, RAE | | 108 | | 0 | NC | 4 | | 31 | 11 | 153 |
| Retinol | | 106 | | 0 | BFFN | 4 | | 30 | 11 | 150 |
| Vitamin E (alpha-tocopherol) | | 0.23 | | 0 | BFFN | 4 | | 0.07 | 0.02 | 0.3 |
| Tocopherol, beta | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta Vitamin D | | 28.000 | , | 0 | т | 4 | | 7.938 | 2.884 | 39.70 |
| Vitamin K (phylloquinone) | | 1.7 | , | 0 | BFFN | 4 | | 0.5 | 0.2 | 2.4 |
| | | | | | | _ | | | | |
| Lipids: | a | 16.410 | 1 | 0 | | 1 | | 4 652 | 1 690 | 22 3 |
| Fatty acids, total saturated | | 1.299 | | 1 | | 1 | | 4.652 0.368 | 1.690 0.134 | 23.30 1.8 |
| 6:0 | | 0.487 | | 1 | | 1 | | 0.138 | 0.134 | 0.69 |
| 8:0 | - | 0.467 | | 1 | | 1 | | 0.138 | 0.030 | 0.3 |
| | _ | | | 1 | | 1 | | 0.184 | 0.027 | |
| 10:0 12:0 | | 0.648 0.873 | | 1 | | 1 | | 0.184 | 0.087 | 0.9 1.2 |
| | | 0.673 | • | 1 | | 1 | | 0.24/ | 0.090 | 1.2 |
| 13:0 14:0 | | 2.911 | | 1 | | 1 | | 0.825 | 0.300 | 4.1 |
| | | 2.911 | • | _ | | _ | | 0.825 | 0.300 | 4.1 |
| 15:0 | - | 6.966 | : | 1 | | 1 | | 1.975 | 0.717 | 9.8 |
| 16:0 17:0 | - | 0.900 | • | 1 | | 1 | | 1.9/3 | 0.717 | 9.6 |
| 18:0 | - | 2.301 | | 1 | | 1 | | 0.652 | 0.237 | 3.2 |
| | - | 2.301 | - | - | | _ | | 0.632 | 0.237 | 3.2 |
| 20:0 22:0 | - | | | | | | | | | |
| 24:0 | - | | | | | | | | | |

| | | <u>Ar</u> | mount in 100 | Amount in edible portion of common | | | | | | |
|--------------------------------------|----------|-----------|--------------|------------------------------------|------|----------------|--------------------|-----------|-----------|-----------|
| Nutrients and Units | | | | Number | | | measures of food | | | |
| | Units | Mean | Std. Error | | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Eatty saids total manaymeetime | tod () | 7.515 | | 0 | | 1 | | 2.131 | 0.774 | 10.671 |
| Fatty acids, total monounsatura 14:1 | | 7.515 | | Ū | | - | | 2.131 | 0.774 | 10.071 |
| 15:1 | - | 0.204 | | | | | | 0 110 | 0.041 | 0.550 |
| 16:1 undifferentiated 17:1 | | 0.394 | | 1 | | 1 | | 0.112 | 0.041 | 0.559 |
| 18:1 undifferentiated | _ | 6.656 | | 1 | | 1 | | 1.887 | 0.686 | 9.452 |
| 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 | g | | | | | | | | | |
| Fatty acids, total polyunsaturate | edg | 0.569 | | 0 | | 1 | | 0.161 | 0.059 | 0.808 |
| 18:2 undifferentiated | g | 0.272 | | 1 | | 1 | | 0.077 | 0.028 | 0.386 |
| 18:3 undifferentiated | g | 0.297 | | 1 | | 1 | | 0.084 | 0.031 | 0.422 |
| 18:4 | _ | 0.000 | | 0 | | 1 | | 0.000 | 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 | 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 | | 68 | 2.99 | 8 4 | | 1 | | 19 | 7 | 96 |
| Phytosterols | mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan | q | 0.482 | | 0 | | 1 | | 0.137 | 0.050 | 0.684 |
| Threonine | | 1.317 | | 0 | | 1 | | 0.373 | 0.136 | 1.870 |
| Isoleucine | | 1.894 | | 0 | | 1 | | 0.537 | 0.195 | 2.689 |
| Leucine | _ | 3.452 | | 0 | | 1 | | 0.979 | 0.356 | 4.902 |
| Lysine | | 3.306 | | 0 | | 1 | | 0.937 | 0.341 | 4.695 |
| Methionine | | 0.958 | | 0 | | 1 | | 0.272 | 0.099 | 1.360 |
| Cystine | g | 0.235 | | 0 | | 1 | | 0.067 | 0.024 | 0.334 |
| Phenylalanine | g | 1.922 | | 0 | | 1 | | 0.545 | 0.198 | 2.729 |
| Tyrosine | | 1.995 | | 0 | | 1 | | 0.566 | 0.205 | 2.833 |
| Valine | g | 2.454 | | 0 | | 1 | | 0.696 | 0.253 | 3.485 |
| Arginine | g | 1.317 | | 0 | | 1 | | 0.373 | 0.136 | 1.870 |
| Histidine | g | 1.384 | | 0 | | 1 | | 0.392 | 0.143 | 1.965 |
| Alanine | g | 1.048 | | 0 | | 1 | | 0.297 | 0.108 | 1.488 |
| Aspartic acid | g | 2.236 | | 0 | | 1 | | 0.634 | 0.230 | 3.175 |
| Glutamic acid | g | 8.209 | | 0 | | 1 | | 2.327 | 0.846 | 11.657 |
| Glycine | g | 0.622 | | 0 | | 1 | | 0.176 | 0.064 | 0.883 |
| Proline | | 4.180 | | 0 | | 1 | | 1.185 | 0.431 | 5.936 |
| Serine | g | 2.068 | | 0 | | 1 | | 0.586 | 0.213 | 2.937 |
| Hydroxyproline | g | | | | | | | | | |
| Others: | | | | | | | | | | |
| Alcohol, ethyl | a | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine | - | 0.0 | | 0 | z | 7 | | 0.0 | 0.0 | 0.0 |
| Theobromine | | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Carotenoids: | . | · · | | • | _ | • | | · | ŭ | ŭ |
| | mog | 28 | | 0 | BFFN | 4 | | 7.935 | 2.883 | 39.744 |
| Carotene, beta | - | 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 |
| Lycopene Lutein + zeaxanthin | | 0 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| Luiciii + zcaxallillilli | ucg | U | | U | 4 | , | | 3.000 | 0.000 | 0.000 |

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 10.3g: 1 cubic inch

Measure 3 = 142g: 5 package (5 oz)

NDB No. 01033

Cheese, parmesan, hard

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | Amount in 100 grams of edible portion | | | | | | | Amount in edible portion of common | | |
|--------------------------------|------|---------------------------------------|------------|---------|-------|--------|------------|------------|------------------------------------|-----------|--|
| | | | | Number | - | | | <u>m</u> | easures of food | _ | |
| | | | | of Data | Deriv | Source | Confidence | | | | |
| Nutrients and Units | | Mean | Std. Error | Points | Code | Code | Code | Measure 1 | Measure 2 | Measure 3 | |
| Proximates: | | | | | | | | | | | |
| Water | g | 22.20 | | | | 4 | | 22.20 | 1.11 | | |
| Energy | kcal | 456 | | | | 1 | | 456 | 23 | | |
| Energy | kj | 1908 | | | | 1 | | 1908 | 95 | | |
| Protein | g | 41.60 | | | | 1 | | 41.60 | 2.08 | | |
| Total lipid (fat) | g | 29.99 | | | | 1 | | 29.99 | 1.50 | | |
| Ash | | 2.51 | | 0 | NR | 4 | | 2.51 | 0.13 | | |
| Carbohydrate, by difference | g | 3.70 | | | NC | 4 | | 3.70 | 0.19 | | |
| Fiber, total dietary | g | 0.0 | | | | 7 | | 0.0 | 0.0 | | |
| Sugars, total | g | 0.85 | | 0 | BFNN | 4 | | 0.85 | 0.04 | | |
| Starch | g | | | | | | | | | | |
| M: | | | | | | | | | | | |
| Minerals: | ma | 1376 | | | | 1 | | 1376 | 69 | | |
| Calcium, Ca Iron, Fe | - | 0.95 | | | | 1 | | 0.95 | 0.05 | | |
| Magnesium, Mg | - | 51 | | | | 1 | | 0.95 51 | 3 | | |
| Phosphorus, P | | 807 | | | | 1 | | 807 | 40 | | |
| Potassium, K | • | 107 | | | | 1 | | 107 | 5 | | |
| Sodium, Na | | 63 | | | | 4 | | 63 | 3 | | |
| Zinc, Zn | - | 3.19 | | | | 1 | | 3.19 | 0.16 | | |
| Copper, Cu | | 0.037 | , | | | 1 | | 0.037 | 0.002 | | |
| Manganese, Mn | | 0.037 | | | | - | | 0.037 | 0.002 | | |
| Selenium, Se | | 23.9 | | 0 | BFNN | 4 | | 23.9 | 1.2 | | |
| | | | | | | | | | | | |
| <u>Vitamins:</u> | | | | | | | | | | | |
| Vitamin C, total ascorbic acid | - | 0.0 | | | | 7 | | 0.0 | 0.0 | | |
| Thiamin | - | 0.040 | | | | 1 | | 0.040 | 0.002 | | |
| Riboflavin | | 0.390 | | | | 1 | | 0.390 | 0.020 | | |
| Niacin | - | 0.320 |) | | | 1 | | 0.320 | 0.016 | | |
| Pantothenic acid | - | | | | | | | | | | |
| Vitamin B-6 | - | 0.100 |) | | | 1 | | 0.100 | 0.005 | | |
| Folate, total | | 10 | | 0 | NR | 4 | | 10 | 0 | | |
| Folic acid | - | 0 | | 0 | BFNN | 4 | | 0 | 0 | | |
| Folate, food | mcg | 10 | | 0 | BFNN | 4 | | 10 | 0 | | |
| Folate, DFE | | 10 | | 0 | NC | 4 | | 10 | 0 | | |
| Vitamin B-12 | | 1.40 | | | | 1 | | 1.40 | 0.07 | | |
| Vitamin A, IU | | 463 | | 0 | NC | 4 | | 463 | 23 | | |
| Vitamin A, RAE | | 125 | | 0 | NC | 4 | | 125 | 6 | | |
| Retinol | | 123 | | 0 | BFFN | 4 | | 123 | 6 | | |
| Vitamin E (alpha-tocopherol) | | 0.27 | | 0 | BFFN | 4 | | 0.27 | 0.01 | | |
| Tocopherol, beta | | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | | |
| Tocopherol, delta Vitamin D | | | | | | | | | | | |
| Vitamin K (phylloquinone) | | 2.0 | | 0 | BFFN | 4 | | 2.0 | 0.1 | | |
| | 9 | | | | | - | | 2.0 | V | | |
| <u>Lipids:</u> | | | | | | | | | | | |
| Fatty acids, total saturated | g | 19.051 | - | | | 4 | | 19.051 | 0.953 | | |
| 4:0 | - | 1.509 | | | | 4 | | 1.509 | 0.075 | | |
| 6:0 | _ | 0.559 | | | | 4 | | 0.559 | 0.028 | | |
| 8:0 | _ | 0.300 | | | | 4 | | 0.300 | 0.015 | | |
| 10:0 | _ | 0.749 | | | | 4 | | 0.749 | 0.037 | | |
| 12:0 | - | 1.019 | • | | | 4 | | 1.019 | 0.051 | | |
| 13:0 | | | _ | | | | | _ | | | |
| 14:0 | | 3.377 | • | | | 4 | | 3.377 | 0.169 | | |
| 15:0 | | | | | | | | | | | |
| 16:0 | | 8.092 | ! | | | 4 | | 8.092 | 0.405 | | |
| 17:0 | | | | | | | | | | | |
| 18:0 | | 2.677 | • | | | 4 | | 2.677 | 0.134 | | |
| 20:0 | _ | | | | | | | | | | |
| 22:0 | _ | | | | | | | | | | |
| 24:0 | g | | | | | | | | | | |

| | Amount in 100 grams of edible portion | | | | | | | 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 | |
| | 8.721 | | | | | | | 0.406 | | |
| Fatty acids, total monounsaturated9 | 8.721 | | | | 4 | | 8.721 | 0.436 | | |
| 14:1g 15:1g | | | | | | | | | | |
| 16:1 undifferentiated | 0.460 | | | | 4 | | 0.460 | 0.023 | | |
| 17:1g | 0.400 | | | | - | | 0.400 | 0.025 | | |
| 18:1 undifferentiated | 7.732 | | | | 4 | | 7.732 | 0.387 | | |
| 20:1g | 0.000 | | | | 4 | | 0.000 | 0.000 | | |
| 22:1 undifferentiated | 0.000 | | | | 4 | | 0.000 | 0.000 | | |
| 24:1 c | 0.000 | | | | - | | 0.000 | 0.000 | | |
| Fatty acids, total polyunsaturated9 | 0.659 | | | | 4 | | 0.659 | 0.033 | | |
| 18:2 undifferentiatedg | 0.320 | | | | 4 | | 0.320 | 0.016 | | |
| 18:3 undifferentiated | 0.340 | | | | 4 | | 0.340 | 0.017 | | |
| 18:4g | 0.000 | | | | 4 | | 0.000 | 0.000 | | |
| 20:2 n-6 c.cg | | | | | | | | | | |
| 20:3 undifferentiated | | | | | | | | | | |
| 20:4 undifferentiated | 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 | | | | | | | | | | |
| Cholesterol mg | 79 | | | | 1 | | 79 | 4 | | |
| Phytosterolsmg | | | | | | | | | | |
| Others: | | | | | | | | | | |
| Alcohol, ethylg | 0.0 | | | | 7 | | 0.0 | 0.0 | | |
| Caffeine mg | 0 | | 0 | Z | 7 | | 0 | 0 | | |
| Theobromine mg | 0 | | 0 | Z | 7 | | 0 | 0 | | |
| Carotenoids: | | | | | | | | | | |
| Carotene, betamcg | 32 | | 0 | BFFN | 4 | | 32.497 | 1.625 | | |
| 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 = 100g: 1 cup, grated

Measure 2 = 5.0g: 1 tbsp

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

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

| | | <u>A</u> 1 | mount in 100 g | rams | of edik | ole portio | <u>n</u> | Amount in edible portion of common | | | |
|--------------------------------|-------|------------|----------------|---------|---------|------------|------------|------------------------------------|-----------------|---------|--|
| | | | Nu | mber | | | | m | easures of food | | |
| | | | | | Deriv | Source | Confidence | | | | |
| Nutrients and Uni | ts | Mean | Std. Error Po | | | Code | Code | Measure 1 | Measure 2 | Measure | |
| | | | | | | | | | | | |
| roximates: | | | | | | | | | | | |
| Water | g | 25.00 | | 0 | | 1 | | 1.25 | | | |
| Energy | kcal | 415 | | 0 | NC | 4 | | 21 | | | |
| Energy | kj | 1736 | | | | 4 | | 87 | | | |
| Protein (N x 6.38) | g | 37.86 | | 0 | | 1 | | 1.89 | | | |
| Total lipid (fat) | g | 27.34 | | 0 | | 1 | | 1.37 | | | |
| Ash | g | 6.39 | | 0 | | 1 | | 0.32 | | | |
| Carbohydrate, by difference | | 3.41 | | 0 | NC | 4 | | 0.17 | | | |
| Fiber, total dietary | | 0.0 | | 0 | | 4 | | 0.0 | | | |
| Sugars, total | | | | | | | | | | | |
| Starch | | | | | | | | | | | |
| Starcii | 9 | | | | | | | | | | |
| <u> Iinerals:</u> | | | | | | | | | | | |
| Calcium, Ca | mg | 1253 | | 0 | | 1 | | 63 | | | |
| Iron, Fe | mg | 0.87 | | 0 | | 1 | | 0.04 | | | |
| Magnesium, Mg | mg | 51 | 1.014 | 4 | | 1 | | 3 | | | |
| Phosphorus, P | | 735 | | 0 | | 1 | | 37 | | | |
| Potassium, K | mg | 97 | | 0 | | 1 | | 5 | | | |
| Sodium, Na | | 1696 | | 0 | | 1 | | 85 | | | |
| Zinc, Zn | | 3.19 | 0.050 | 4 | | 1 | | 0.16 | | | |
| Copper, Cu | | 0.037 | • | 0 | | 1 | | 0.002 | | | |
| Manganese, Mn | | 0.023 | 3 | 0 | | 1 | | 0.001 | | | |
| Selenium, Se | | 23.9 | | 0 | BFNN | 4 | | 1.2 | | | |
| itamins: | | | | | | | | | | | |
| Vitamin C, total ascorbic acid | ma | 0.0 | | 0 | | 1 | | 0.0 | | | |
| Thiamin | | 0.041 | | 0 | | 1 | | 0.002 | | | |
| Riboflavin | | 0.352 | | 0 | | 1 | | 0.018 | | | |
| Niacin | | 0.332 | | 0 | | 1 | | 0.014 | | | |
| Pantothenic acid | - | 0.527 | | 1 | | 1 | | 0.014 | | | |
| Vitamin B-6 | | 0.327 | | 15 | | 1 | | 0.026 | | | |
| | - | 8 | | | | 1 | | 0.005 | | | |
| Folate, total | | 0 | 0.856 | 20 0 | - | 7 | | 0 | | | |
| Folic acid | | | | | Z | | | | | | |
| Folate, food | Ilicg | 8 | 0.856 | 20 | | 1 | | 0 | | | |
| Folate, DFE | | 8 | | 0 | NC | 4 | | 0 | | | |
| Vitamin B-12 | | 1.40 | | 0 | | 4 | | 0.07 | | | |
| Vitamin A, IU | | 639 | | 0 | | 1 | | 32 | | | |
| Vitamin A, RAE | | 122 | | 0 | NC | 4 | | 6 | | | |
| Retinol | | 108 | | 0 | NC | 4 | | 5 | | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | | |
| Vitamin D | | | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | | |
| ipids: | | | | | | | | | | | |
| Fatty acids, total saturated | g | 17.370 |) | 0 | | 1 | | 0.869 | | | |
| 4:0 | g | 1.375 | i | 1 | | 1 | | 0.069 | | | |
| 6:0 | g | 0.515 | 5 | 1 | | 1 | | 0.026 | | | |
| 8:0 | g | 0.275 | 5 | 1 | | 1 | | 0.014 | | | |
| 10:0 | g | 0.686 | 5 | 1 | | 1 | | 0.034 | | | |
| 12:0 | _ | 0.920 |) | 1 | | 1 | | 0.046 | | | |
| 13:0 | - | | | | | | | | | | |
| 14:0 | _ | 3.079 |) | 1 | | 1 | | 0.154 | | | |
| 15:0 | _ | | | | | | | = - | | | |
| 16:0 | - | 7.378 | 3 | 1 | | 1 | | 0.369 | | | |
| 17:0 | | ,.570 | • | - | | - | | 3.303 | | | |
| 18:0 | | 2.432 | • | 1 | | 1 | | 0.122 | | | |
| 20:0 | | 2.432 | - | - | | - | | V.122 | | | |
| | _ | | | | | | | | | | |
| 22:0 24:0 | | | | | | | | | | | |

| | <u>A</u> | mount in 100 grams | s of edible portion | <u>on</u> | Amount in edible portion of common | | | |
|------------------------------------|-----------------|------------------------------|---------------------|--------------------|------------------------------------|-----------------|-----------|--|
| | | Numbe | =' | | <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 monounsaturated | g 8.73 4 | ٥ . | 1 | | 0.437 | | | |
| 14:1 | g | | | | | | | |
| 15:1 | g | | | | | | | |
| 16:1 undifferentiated | g 0.458 | 1 | 1 | | 0.023 | | | |
| 17:1 | g | | | | | | | |
| 18:1 undifferentiated | g 7.050 | 0 | 1 | | 0.353 | | | |
| 20:1 | g | | | | | | | |
| 22:1 undifferentiated | g | | | | | | | |
| 24:1 c | g | | | | | | | |
| Fatty acids, total polyunsaturated | g 0.661 | . 0 | 1 | | 0.033 | | | |
| 18:2 undifferentiated | g 0.290 | 0 | 1 | | 0.015 | | | |
| 18:3 undifferentiated | g 0.345 | 5 1 | 1 | | 0.017 | | | |
| 18:4 | g | | | | | | | |
| 20:2 n-6 c,c | g | | | | | | | |
| 20:3 undifferentiated | g | | | | | | | |
| 20:4 undifferentiated | g 0.000 | 0 | 4 | | 0.000 | | | |
| 20:5 n-3 | g | | | | | | | |
| 22:5 n-3 | g | | | | | | | |
| 22:6 n-3 | | | | | | | | |
| Fatty acids, total trans | - | | | | | | | |
| Cholesterol | = | 0 | 1 | | 4 | | | |
| Phytosterols | mg | | | | | | | |
| Amino Acids: | | | | | | | | |
| Tryptophan | q 0.560 | 0 | 1 | | 0.028 | | | |
| Threonine | | . 0 | 1 | | 0.077 | | | |
| Isoleucine | • | 2 0 | 1 | | 0.110 | | | |
| Leucine | - | 3 0 | 1 | | 0.201 | | | |
| Lysine | - | | 1 | | 0.192 | | | |
| Methionine. | • | | 1 | | 0.056 | | | |
| Cystine | • | . 0 | 1 | | 0.014 | | | |
| Phenylalanine | | . 0 | 1 | | 0.112 | | | |
| Tyrosine | | 0 | 1 | | 0.116 | | | |
| Valine | • | | 1 | | 0.143 | | | |
| Arginine | - | | 1 | | 0.077 | | | |
| Histidine | | 0 | 1 | | 0.080 | | | |
| Alanine | • | 0 | 1 | | 0.061 | | | |
| Aspartic acid | - | 0 | 1 | | 0.130 | | | |
| Glutamic acid | | | 1 | | 0.477 | | | |
| Glycine | - | | 1 | | 0.036 | | | |
| Proline | • | | 1 | | 0.243 | | | |
| Serine | • | | 1 | | 0.120 | | | |
| Hydroxyproline | • | | | | | | | |

Common Measures:

Measure 1 = 5.0g: 1 tbsp

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>Aı</u> | mount in 10 | 0 grams | of edib | le portio | <u>n</u> | Amount in edible portion of common | | | |
|---|---|-----------|-------------|---------|---------|-----------|------------|------------------------------------|-----------------|-----------|--|
| | | | | Number | • | | | <u>m</u> e | easures of food | | |
| | | | | of Data | Deriv | Source | Confidence | | | | |
| fater | ts | Mean | Std. Error | Points | Code | Code | Code | Measure 1 | Measure 2 | Measure 3 | |
| Proximates: | | | | | | | | | | | |
| | _ | 58.90 | | | | 4 | | 82.46 | 66.56 | 10.60 | |
| | | 180 | | | | 1 | | 252 | 203 | 32 | |
| Energy | kj | 753 | | | | 1 | | 1054 | 851 | 136 | |
| | - | 24.60 | | | | 1 | | 34.44 | 27.80 | 4.43 | |
| - · · · | | 7.00 | | | | 1 | | 9.80 | 7.91 | 1.26 | |
| | | 6.00 | | 0 | NR | 4 | | 8.40 | 6.78 | 1.08 | |
| | | 3.50 | | | NC | 4 | | 4.90 | 3.96 | 0.63 | |
| | | 0.0 | | | | 7 | | 0.0 | 0.0 | 0.0 | |
| S , | | 0.59 | | 0 | BFNN | 4 | | 0.83 | 0.67 | 0.11 | |
| Starch | g | | | | | | | | | | |
| Minerals: | | | | | | | | | | | |
| | mg | 684 | | | | 4 | | 958 | 773 | 123 | |
| , | | 0.43 | | | | 4 | | 0.60 | 0.49 | 0.08 | |
| , | • | 24 | | | | 4 | | 34 | 27 | 4 | |
| | | 827 | | | | 4 | | 1158 | 935 | 149 | |
| • . | - | 180 | | | | 4 | | 252 | 203 | 32 | |
| Sodium, Na | mg | 1430 | | | | 4 | | 2002 | 1616 | 257 | |
| Zinc, Zn | <u>mg</u> | 3.32 | | | | 4 | | 4.65 | 3.75 | 0.60 | |
| Copper, Cu | mg | 0.033 | 1 | | | 4 | | 0.046 | 0.037 | 0.00 | |
| 9 | | | | | | | | | | | |
| Selenium, Se | mcg | 16.6 | | 0 | BFNN | 4 | | 23.2 | 18.8 | 3.0 | |
| Vitamins: | | | | | | | | | | | |
| | ma | 0.0 | | | | 7 | | 0.0 | 0.0 | 0.0 | |
| * | - | 0.030 | 1 | | | 4 | | 0.042 | 0.034 | 0.00 | |
| | | 0.390 | | | | 4 | | 0.546 | 0.441 | 0.07 | |
| | | 0.080 |) | | | 4 | | 0.112 | 0.090 | 0.01 | |
| | - | | | | | | | | | | |
| Vitamin B-6 | mg | 0.080 |) | | | 4 | | 0.112 | 0.090 | 0.01 | |
| Folate, total | mcg | 9 | | 0 | NR | 4 | | 13 | 10 | 2 | |
| | | 0 | | 0 | Z | 7 | | 0 | 0 | 0 | |
| Folate, food | | 9 | | 0 | BFNN | 4 | | 13 | 10 | 2 | |
| Folate, DFE | mcg_DFE | 9 | | 0 | NC | 4 | | 13 | 10 | 2 | |
| Vitamin B-12 | mcg | 0.77 | | | | 4 | | 1.08 | 0.87 | 0.14 | |
| Vitamin A, IU | IU | 215 | | 0 | NC | 4 | | 301 | 243 | 39 | |
| Vitamin A, RAE | | 57 | | 0 | NC | 4 | | 80 | 64 | 10 | |
| Retinol | | 55 | | 0 | BFFN | 4 | | 78 | 63 | 10 | |
| Vitamin E (alpha-tocopherol) | mg | 0.27 | | 0 | BFZN | 4 | | 0.38 | 0.31 | 0.05 | |
| Tocopherol, beta | | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | | |
| Vitamin D | | 0.7 | | • | | | | 2.7 | 2.0 | ٥. ٦ | |
| Vitamin K (phylloquinone) | riicg | 2.7 | | 0 | BFZN | 4 | | 3.7 | 3.0 | 0.5 | |
| <u>Lipids:</u> | | | | | | | | | | | |
| Fatty acids, total saturated | g | 4.410 |) | | | 4 | | 6.174 | 4.983 | 0.79 | |
| 4:0 | | 0.233 | 1 | | | 4 | | 0.326 | 0.263 | 0.04 | |
| 6:0 | g | 0.081 | | | | 4 | | 0.113 | 0.092 | 0.01 | |
| 8:0 | g | 0.085 | i | | | 4 | | 0.119 | 0.096 | 0.01 | |
| 10:0 | g | 0.143 | 1 | | | 4 | | 0.200 | 0.162 | 0.02 | |
| 12:0 | g | 0.108 | | | | 4 | | 0.151 | 0.122 | 0.01 | |
| 13:0 | g | | | | | | | | | | |
| 14:0 | g | 0.719 |) | | | 4 | | 1.007 | 0.812 | 0.12 | |
| 15:0 | g | | | | | | | | | | |
| 16:0 | g | 2.038 | | | | 4 | | 2.853 | 2.303 | 0.36 | |
| 17:0 | g | | | | | | | | | | |
| 18:0 | g | 0.851 | | | | 4 | | 1.191 | 0.962 | 0.15 | |
| 20:0 | g | | | | | | | | | | |
| | | | | | | | | | | | |

| | <u>An</u> | - | Number | | | _ | Amount in edible portion of common measures of food | | | |
|-------------------------------------|-----------|------------|--------|------|----------------|--------------------|---|-----------|-----------|--|
| Nutrients and Units | Mean | Std. Error | | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 | |
| Fatty acids, total monounsaturatedg | 2.005 | | | | 4 | | 2.807 | 2.266 | 0.361 | |
| 14:1g | 2.003 | | | | - | | 2.807 | 2.200 | 0.301 | |
| 15:1g | | | | | | | | | | |
| 16:1 undifferentiated | 0.231 | | | | 4 | | 0.323 | 0.261 | 0.042 | |
| 17:1g | | | | | | | | | | |
| 18:1 undifferentiatedg | 1.682 | | | | 4 | | 2.355 | 1.901 | 0.303 | |
| 20:1g | 0.000 | | | | 4 | | 0.000 | 0.000 | 0.000 | |
| 22:1 undifferentiatedg | 0.000 | | | | 4 | | 0.000 | 0.000 | 0.000 | |
| 24:1 cg | | | | | | | | | | |
| Fatty acids, total polyunsaturated | 0.222 | | | | 4 | | 0.311 | 0.251 | 0.040 | |
| 18:2 undifferentiatedg | 0.137 | | | | 4 | | 0.192 | 0.155 | 0.025 | |
| 18:3 undifferentiatedg | 0.085 | | | | 4 | | 0.119 | 0.096 | 0.015 | |
| 18:4g | 0.000 | | | | 4 | | 0.000 | 0.000 | 0.000 | |
| 20:2 n-6 c,cg | | | | | | | | | | |
| 20:3 undifferentiatedg | | | | | | | | | | |
| 20:4 undifferentiatedg | 0.000 | | | | 4 | | 0.000 | 0.000 | 0.000 | |
| 20:5 n-3g | 0.000 | | | | 4 | | 0.000 | 0.000 | 0.000 | |
| 22:5 n-3g | 0.000 | | | | 4 | | 0.000 | 0.000 | 0.000 | |
| 22:6 n-3g | 0.000 | | | | 4 | | 0.000 | 0.000 | 0.000 | |
| Fatty acids, total transg | | | | | | | | | | |
| Cholesterolmg | 35 | | | | 1 | | 49 | 40 | 6 | |
| Phytosterolsmg | | | | | | | | | | |
| Others: | | | | | | | | | | |
| Alcohol, ethylg | 0.0 | | | | 7 | | 0.0 | 0.0 | 0.0 | |
| Caffeine mg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 | |
| Theobromine mg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 | |
| Carotenoids: | | | | | | | | | | |
| Carotene, betamcg | 18 | | 0 | BFFN | 4 | | 25.563 | 20.633 | 3.287 | |
| 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 = 140g: 1 cup, diced Measure 2 = 113g: 1 cup, shredded Measure 3 = 18g: 1 cubic inch

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

NDB No. 01042 Cheese, pasteurized process, american, with di sodium phosphate

| | | <u>Aı</u> | mount in 100 g | grams | of edib | le portio | <u>n</u> | Amount in edible portion of common | | | |
|----------------------------------|--------|-----------|----------------|---------|---------|-----------|------------|------------------------------------|-----------------|-------------|--|
| | | | Nι | ımber | • | | | <u>m</u> e | easures of food | _ | |
| | | | of | Data | Deriv | Source | Confidence | | | | |
| Nutrients and Uni | ts | Mean | Std. Error Po | oints | Code | Code | Code | Measure 1 | Measure 2 | Measure | |
| Proximates: | | | | | | | | | | | |
| Water | g | 39.16 | 0.041 | 274 | | 1 | | 54.82 | 95.55 | 44.25 | |
| Energy | kcal | 375 | | 0 | NC | 4 | | 526 | 916 | 424 | |
| Energy | kj | 1571 | | | | 4 | | 2199 | 3833 | 1775 | |
| Protein (N x 6.38) | g | 22.15 | 0.247 | 31 | | 1 | | 31.01 | 54.05 | 25.03 | |
| Total lipid (fat) | g | 31.25 | 0.064 | 262 | | 1 | | 43.75 | 76.25 | 35.31 | |
| Ash | | 5.84 | 0.134 | 16 | | 1 | | 8.18 | 14.25 | 6.60 | |
| Carbohydrate, by difference | g | 1.60 | | 0 | NC | 4 | | 2.24 | 3.90 | 1.81 | |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 | |
| Sugars, total | g | 0.51 | | 0 | BFNN | 4 | | 0.72 | 1.25 | 0.58 | |
| Starch | g | | | | | | | | | | |
| Ainavals. | | | | | | | | | | | |
| <u>/Iinerals:</u> Calcium. Ca | ma | 552 | 10.371 | 19 | A | 1 | | 773 | 1348 | 624 | |
| Iron, Fe | | 0.19 | 0.006 | 18 | A | 1 | | 0.27 | 0.47 | 0.2 | |
| Magnesium, Mg | _ | 27 | 0.470 | 19 | A | 1 | | 38 | 66 | 30 | |
| Phosphorus, P | | 513 | 15.024 | 17 | A | 1 | | 718 | 1252 | 580 | |
| Potassium, K | - | 169 | 9.295 | 19 | A | 1 | | 237 | 413 | 191 | |
| Sodium, Na | - | 1489 | 27.592 | 18 | A | 1 | | 2085 | 3634 | 1683 | |
| Zinc, Zn. | - | 2.84 | 0.069 | 19 | A | 1 | | 3.97 | 6.92 | 3.2 | |
| Copper, Cu | _ | 0.016 | | 19 | A | 1 | | 0.022 | 0.039 | 0.0 | |
| Manganese, Mn | | 0.008 | | 19 | A | 1 | | 0.012 | 0.021 | 0.0 | |
| Selenium, Se | | 14.4 | 0.563 | 57 | A | 1 | | 20.2 | 35.1 | 16.3 | |
| • | - | | | | | | | | | | |
| <u>/itamins:</u> | | | | | | _ | | | | | |
| Vitamin C, total ascorbic acid | - | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | 0.0 | |
| Thiamin | - | 0.027 | | 14 | | 1 | | 0.038 | 0.066 | 0.0 | |
| Riboflavin | | 0.353 | | 12 | | 1 | | 0.494 | 0.861 | 0.3 | |
| Niacin | _ | 0.069 | | 19 | | 1 | | 0.097 | 0.168 | 0.0 | |
| Pantothenic acid | - | 0.482 | | 1 | | 1 | | 0.675 | 1.176 | 0.5 | |
| Vitamin B-6 | - | 0.071 | | 23 | | 1 | | 0.099 | 0.173 | 0.0 | |
| Folate, total | | 8 0 | 0.235 | 26 | _ | 1 7 | | 11 0 | 19 | 9 | |
| Folic acid | | 8 | 0.235 | 0 | Z | 1 | | | 0 | 0 9 | |
| Folate, food | | 8 | 0.235 | 26 0 | NC | 4 | | 11 11 | 19 | 9 | |
| Folate, DFE | | 0.70 | 0.001 | | NC | 1 | | 0.97 | 19 1.70 | 9 0.7 | |
| Vitamin B-12 | | 961 | 0.081 | 9 0 | NC | 4 | | 1345 | | | |
| Vitamin A, RAE | | 254 | | 0 | NC | 4 | | 356 | 2344 620 | 1086 287 | |
| Retinol | | 254 | | 0 | BFFN | 4 | | 346 | 620 | 287 | |
| Vitamin E (alpha-tocopherol) | | 0.27 | | 0 | BFFN | 4 | | 0.38 | 0.67 | 0.3 | |
| Tocopherol, beta | | 0.27 | | U | DEEN | - | | 0.38 | 0.07 | 0.3 | |
| Tocopherol, gamma | | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | | |
| Vitamin D | | | | | | | | | | | |
| Vitamin K (phylloquinone) | | 2.7 | | 0 | BFFN | 4 | | 3.7 | 6.5 | 3.0 | |
| | • | | | | | | | | | | |
| <u>ipids:</u> | | | | | | | | | | | |
| Fatty acids, total saturated | | 19.694 | | 0 | | 1 | | 27.572 | 48.053 | 22.2 | |
| 4:0 | | 1.043 | | 1 | | 1 | | 1.460 | 2.545 | 1.1 | |
| 6:0 | - | 0.356 | | 1 | | 1 | | 0.498 | 0.869 | 0.4 | |
| 8:0 | | 0.375 | | 6 | | 1 | | 0.525 | 0.915 | 0.4 | |
| 10:0 | - | 0.642 | | 6 | | 1 | | 0.899 | 1.566 | 0.7 | |
| 12:0 | | 0.484 | 0.051 | 7 | | 1 | | 0.678 | 1.181 | 0.5 | |
| 13:0 | | 2 22 2 | 0 101 | - | | | | 4 40- | | | |
| 14:0 | | 3.211 | 0.134 | 7 | | 1 | | 4.495 | 7.835 | 3.6 | |
| 15:0 | | 0 10. | 0 101 | - | | | | 10 746 | 00 01 - | 10.0 | |
| 16:0 | - | 9.104 | 0.121 | 7 | | 1 | | 12.746 | 22.214 | 10.2 | |
| 17:0 | - | 2 522 | | - | | | | E 014 | 0.000 | | |
| 18:0 | - | 3.796 | 0.132 | 7 | | 1 | | 5.314 | 9.262 | 4.2 | |
| 20:0 | - | | | | | | | | | | |
| 22:0 | g g | | | | | | | | | | |

| | | <u>Aı</u> | mount in 100 g | | | ole portic | <u>on</u> | Amount in edible portion of common measures of food | | | |
|-----------------------------------|-------|-----------|----------------|-------|-------|---------------|------------|---|-----------------|-----------|--|
| | | | | ımbeı | | | | <u>m</u> | easures 01 1000 | | |
| | | | | | Deriv | Source | Confidence | | | | |
| Nutrients and | Units | Mean | Std. Error Po | oints | Code | Code | Code | Measure 1 | Measure 2 | Measure 3 | |
| Fatty acids, total monounsatura | ited9 | 8.951 | | 0 | | 1 | | 12.531 | 21.840 | 10.115 | |
| 14:1 15:1 | g | | | | | | | | | | |
| 16:1 undifferentiated | g | 1.027 | 0.044 | 7 | | 1 | | 1.438 | 2.506 | 1.161 | |
| 17:1 18:1 undifferentiated | - | 7.511 | 0.152 | 7 | | 1 | | 10.515 | 18.327 | 8.487 | |
| 20:1 | _ | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 | |
| 22:1 undifferentiated | | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 | |
| 24:1 c | - | | | | | | | | | | |
| Fatty acids, total polyunsaturate | edg | 0.990 | | 0 | | 1 | | 1.386 | 2.416 | 1.119 | |
| 18:2 undifferentiated | g | 0.607 | 0.040 | 7 | | 1 | | 0.850 | 1.481 | 0.686 | |
| 18:3 undifferentiated | g | 0.383 | 0.027 | 6 | | 1 | | 0.536 | 0.935 | 0.433 | |
| 18:4 | g | 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 | | | | _ | | _ | | 100 | 222 | 405 | |
| Cholesterol | - | 94 | 5.148 | 7 | | 1 | | 132 | 230 | 107 | |
| Phytosterols | mg | | | | | | | | | | |
| Amino Acids: | | | | | | | | | | | |
| Tryptophan | g | 0.323 | | 0 | | 1 | | 0.452 | 0.788 | 0.365 | |
| Threonine | g | 0.719 | | 0 | | 1 | | 1.007 | 1.754 | 0.812 | |
| Isoleucine | g | 1.024 | | 0 | | 1 | | 1.434 | 2.499 | 1.157 | |
| Leucine | g | 1.958 | | 0 | | 1 | | 2.741 | 4.778 | 2.213 | |
| Lysine | g | 2.198 | | 0 | | 1 | | 3.077 | 5.363 | 2.484 | |
| Methionine | g | 0.573 | | 0 | | 1 | | 0.802 | 1.398 | 0.647 | |
| Cystine | g | 0.142 | | 0 | | 1 | | 0.199 | 0.346 | 0.160 | |
| Phenylalanine | g | 1.125 | | 0 | | 1 | | 1.575 | 2.745 | 1.271 | |
| Tyrosine | g | 1.212 | | 0 | | 1 | | 1.697 | 2.957 | 1.370 | |
| Valine | g | 1.326 | | 0 | | 1 | | 1.856 | 3.235 | 1.498 | |
| Arginine | g | 0.927 | | 0 | | 1 | | 1.298 | 2.262 | 1.048 | |
| Histidine | g | 0.903 | | 0 | | 1 | | 1.264 | 2.203 | 1.020 | |
| Alanine | g | 0.555 | | 0 | | 1 | | 0.777 | 1.354 | 0.627 | |
| Aspartic acid | g | 1.361 | | 0 | | 1 | | 1.905 | 3.321 | 1.538 | |
| Glutamic acid | g | 4.597 | | 0 | | 1 | | 6.436 | 11.217 | 5.195 | |
| Glycine | g | 0.365 | | 0 | | 1 | | 0.511 | 0.891 | 0.412 | |
| Proline | g | 2.253 | | 0 | | 1 | | 3.154 | 5.497 | 2.546 | |
| Serine | g | 1.069 | | 0 | | 1 | | 1.497 | 2.608 | 1.208 | |
| Hydroxyproline | g | | | | | | | | | | |
| Others: | | | | | | | | | | | |
| Alcohol, ethyl | α | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 | |
| Caffeine | | 0 | | 0 | z | 7 | | 0 | 0.0 | 0 | |
| Theobromine | | 0 | | 0 | z | 7 | | 0 | 0 | 0 | |
| Carotenoids: | | - | | - | = | • | | - | • | · | |
| | | 2- | | _ | | | | | 100 | 20 | |
| Carotene, beta | | 82 0 | | 0 | BFFN | 4 7 | | 114.136 | 198.922 | 92.124 | |
| Carotene, alpha | - | 0 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 | |
| Cryptoxanthin, beta | | - | | - | Z | 7 | | 0.000 | 0.000 | 0.000 | |
| Lycopene | | 0 | | 0 | Z | | | 0.000 | 0.000 | 0.000 | |
| Lutein + zeaxanthin | iiicg | 0 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 | |

Common Measures:

Measure 1 = 140g: 1 cup, diced Measure 2 = 244g: 1 cup, melted Measure 3 = 113g: 1 cup, shredded NDB No. 01042

Cheese, pasteurized process, american, with di sodium phosphate

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

NDB No. 01147 Cheese, pasteurized process, american, without di sodium phosphate

| | | <u>A</u> 1 | 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 | _ | |
| | | | 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 | 39.16 | | 0 | 1 | | 11.10 | 7.05 | | |
| Energy | kcal | 375 | | 0 NC | 4 | | 106 | 68 | | |
| Energy | | 1571 | | | 4 | | 445 | 283 | | |
| Protein (N x 6.38) | g | 22.15 | | 0 | 1 | | 6.28 | 3.99 | | |
| Total lipid (fat) | g | 31.25 | | 0 | 1 | | 8.86 | 5.63 | | |
| Ash | | 5.84 | | 0 | 1 | | 1.66 | 1.05 | | |
| Carbohydrate, by difference | g | 1.60 | | 0 NC | 4 | | 0.45 | 0.29 | | |
| Fiber, total dietary | g | 0.0 | | 0 | 4 | | 0.0 | 0.0 | | |
| Sugars, total | g | 0.51 | | 0 BFZ | N 4 | | 0.15 | 0.09 | | |
| Starch | g | | | | | | | | | |
| M. 1 | | | | | | | | | | |
| Minerals: | ma | 616 | | 0 | 1 | | 174 | 111 | | |
| Calcium, Ca Iron, Fe | - | 0.39 | | 0 | 1 | | 0.11 | 0.07 | | |
| Magnesium, Mg | | 22 | 0.839 | 11 | 1 | | 6 | 4 | | |
| Phosphorus, P | | 444 | 0.055 | 0 | 1 | | 126 | 80 | | |
| Potassium, K | - | 162 | | 0 | 1 | | 46 | 29 | | |
| Sodium, Na | | 650 | | 0 | 1 | | 184 | 117 | | |
| Zinc, Zn | | 2.99 | 0.297 | 6 | 1 | | 0.85 | 0.54 | | |
| Copper, Cu | | 0.030 | 1 | 0 | 1 | | 0.009 | 0.005 | | |
| Manganese, Mn | | 0.015 | i | 0 | 1 | | 0.004 | 0.003 | | |
| Selenium, Se | mcg | 14.4 | 0.560 | 57 A | 1 | | 4.1 | 2.6 | | |
| Vitamins: | | | | | | | | | | |
| | ma | 0.0 | | 0 | 1 | | 0.0 | 0.0 | | |
| Vitamin C, total ascorbic acid Thiamin | | 0.027 | , | 0 | 1 | | 0.008 | 0.0 | | |
| Riboflavin | | 0.353 | | 0 | 1 | | 0.100 | 0.064 | | |
| Niacin | | 0.069 | | 0 | 1 | | 0.020 | 0.012 | | |
| Pantothenic acid | - | 0.482 | | 1 | 1 | | 0.137 | 0.087 | | |
| Vitamin B-6 | | 0.071 | | 23 | 1 | | 0.020 | 0.013 | | |
| Folate, total | - | 8 | | 26 | 1 | | 2 | 1 | | |
| Folic acid | | 0 | | 0 z | 7 | | 0 | 0 | | |
| Folate, food | | 8 | 0.235 | 26 | 1 | | 2 | 1 | | |
| Folate, DFE | | 8 | | 0 NC | 4 | | 2 | 1 | | |
| Vitamin B-12 | | 0.70 | 0.081 | 9 | 1 | | 0.20 | 0.13 | | |
| Vitamin A, IU | | 961 | | 0 NC | 4 | | 272 | 173 | | |
| Vitamin A, RAE | mcg_RAE | 254 | | 0 NC | 4 | | 72 | 46 | | |
| Retinol | mcg | 247 | | 0 BFZN | 1 4 | | 70 | 45 | | |
| Vitamin E (alpha-tocopherol) | mg | 0.27 | | 0 BFZN | 1 4 | | 0.08 | 0.05 | | |
| Tocopherol, beta | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | |
| Vitamin D Vitamin K (phylloquinone) | | 2.7 | | 0 BFZN | ı 4 | | 0.8 | 0.5 | | |
| vitamin K (phynoquinone) | niog | 2.7 | | O BEZE | | | 0.6 | 0.5 | | |
| <u>Lipids:</u> | | | | | | | | | | |
| Fatty acids, total saturated | g | 19.694 | | 0 | 1 | | 5.583 | 3.545 | | |
| 4:0 | | 1.043 | 1 | 1 | 1 | | 0.296 | 0.188 | | |
| 6:0 | | 0.356 | | 1 | 1 | | 0.101 | 0.064 | | |
| 8:0 | | 0.375 | | 6 | 1 | | 0.106 | 0.068 | | |
| 10:0 | - | 0.642 | | 6 | 1 | | 0.182 | 0.116 | | |
| 12:0 | - | 0.484 | 0.051 | 7 | 1 | | 0.137 | 0.087 | | |
| 13:0 | - | | | _ | _ | | | | | |
| 14:0 | - | 3.211 | 0.134 | 7 | 1 | | 0.910 | 0.578 | | |
| 15:0 | - | 0.10 | 0.101 | 7 | | | 0 -01 | | | |
| 16:0 | | 9.104 | 0.121 | 7 | 1 | | 2.581 | 1.639 | | |
| 17:0 | - | 2 704 | 0 130 | 7 | 1 | | 1 076 | 0.603 | | |
| 18:0 | - | 3.796 | 0.132 | 7 | 1 | | 1.076 | 0.683 | | |
| 20:0 22:0 | - | | | | | | | | | |
| 44.U | g g | | | | | | | | | |

| | | <u>Aı</u> | mount in 100 grar | | ble portio | <u>on</u> | Amount in edible portion of common measures of food | | |
|-----------------------------------|---|-----------|---------------------------|-------------------|----------------|--------------------|---|-----------------|-----------|
| | | | Numb | | _ | | <u></u> | easures or roou | 1 |
| Nutrients and l | Units | Mean | of Da Std. Error Point | a Deriv s Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Fatty acids, total monounsaturat | | 8.951 | . 0 | | 1 | | 2.538 | 1.611 | |
| 14:1 | _ | | | | | | | | |
| 15:1 | _ | 4 00 | | | _ | | | 0.105 | |
| 16:1 undifferentiated | _ | 1.027 | 0.044 7 | | 1 | | 0.291 | 0.185 | |
| 17:1 | | 7 511 | • | | 1 | | 0.100 | 1 250 | |
| 18:1 undifferentiated | _ | 7.511 | | | 1 4 | | 2.129 | 1.352 | |
| 20:1 | _ | 0.000 | | BFZN | | | 0.000 | 0.000 | |
| 22:1 undifferentiated | • | 0.000 | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 24:1 c | | 0.000 | | | | | | | |
| Fatty acids, total polyunsaturate | | 0.990 | | | 1 | | 0.281 | 0.178 | |
| 18:2 undifferentiated | | 0.607 | | | 1 | | 0.172 | 0.109 | |
| 18:3 undifferentiated | | 0.383 | | | 1 | | 0.109 | 0.069 | |
| 18:4 | _ | 0.000 | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c | | | | | | | | | |
| 20:3 undifferentiated | _ | | _ | | _ | | | | |
| 20:4 undifferentiated | _ | 0.000 | | | 4 | | 0.000 | 0.000 | |
| 20:5 n-3 | _ | 0.000 | | BFZN | | | 0.000 | 0.000 | |
| 22:5 n-3 | • | 0.000 | | BFZN | | | 0.000 | 0.000 | |
| 22:6 n-3 | g | 0.000 | 0 | BFZN | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans | g | | | | | | | | |
| Cholesterol | mg | 94 | 0 | | 1 | | 27 | 17 | |
| Phytosterols | mg | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| | a | 0.323 | 0 | | 1 | | 0.092 | 0.050 | |
| Tryptophan | | | | | 1 | | | 0.058 | |
| Threonine | | 0.719 | | | _ | | 0.204 | 0.129 | |
| Isoleucine | _ | 1.024 | | | 1 | | 0.290 | 0.184 | |
| Leucine | _ | 1.958 | | | 1 | | 0.555 | 0.352 | |
| Lysine | | 2.198 | | | 1 | | 0.623 | 0.396 | |
| Methionine | | 0.573 | | | 1 | | 0.162 | 0.103 | |
| Cystine | | 0.142 | | | 1 | | 0.040 | 0.026 | |
| Phenylalanine | | 1.125 | | | 1 | | 0.319 | 0.203 | |
| Tyrosine | | 1.212 | | | 1 | | 0.344 | 0.218 | |
| Valine | - | 1.326 | | | 1 | | 0.376 | 0.239 | |
| Arginine | | 0.927 | | | 1 | | 0.263 | 0.167 | |
| Histidine | | 0.903 | 0 | | 1 | | 0.256 | 0.163 | |
| Alanine | g | 0.555 | 0 | | 1 | | 0.157 | 0.100 | |
| Aspartic acid | g | 1.361 | . 0 | | 1 | | 0.386 | 0.245 | |
| Glutamic acid | g | 4.597 | 0 | | 1 | | 1.303 | 0.827 | |
| Glycine | g | 0.365 | 0 | | 1 | | 0.103 | 0.066 | |
| Proline | g | 2.253 | 0 | | 1 | | 0.639 | 0.406 | |
| Serine | g | 1.069 | 0 | | 1 | | 0.303 | 0.192 | |
| Hydroxyproline | g | | | | | | | | |
| | | | | | | | | | |
| Others: | _ | | | | _ | | | _ | |
| Alcohol, ethyl | | 0.0 | 0 | BFZN | | | 0.0 | 0.0 | |
| Caffeine | - | 0 | 0 | Z | 7 | | 0 | 0 | |
| Theobromine | mg | 0 | 0 | Z | 7 | | 0 | 0 | |
| Carotenoids: | | | | | | | | | |
| Carotene, beta | mcg | 82 | 0 | BFZN | 4 | | 23.112 | 14.675 | |
| 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 | |
| | mcg | 0 | 0 | z | 7 | | 0.000 | 0.000 | |

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 18g: 1 cubic inch NDB No. 01147

Cheese, pasteurized process, american, without di sodium phosphate

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>Aı</u> | mount in 10 | 0 grams | of edib | le portio | <u>on</u> | Amount in edible portion of common | | | |
|--------------------------------|----------|----------------|-------------|---------|---------|-----------|------------|------------------------------------|-----------------|-----------|--|
| | | | | Number | • | | | <u>m</u> | easures of food | _ | |
| | | | | of Data | Deriv | Source | Confidence | | | | |
| Nutrients and Un | its | Mean | Std. Error | Points | Code | Code | Code | Measure 1 | Measure 2 | Measure 3 | |
| Proximates: | | | | | | | | | | | |
| Water | g | 56.90 | | | | 1 | | 9.10 | 11.95 | | |
| Energy | kcal | 148 | | | | 1 | | 24 | 31 | | |
| Energy | kj | 619 | | | | 1 | | 99 | 130 | | |
| Protein | g | 22.50 | | | | 1 | | 3.60 | 4.73 | | |
| Total lipid (fat) | g | 0.80 | | | | 1 | | 0.13 | 0.17 | | |
| Ash | | 6.40 | | 0 | NR | 4 | | 1.02 | 1.34 | | |
| Carbohydrate, by difference | g | 13.40 | | | NC | 4 | | 2.14 | 2.81 | | |
| Fiber, total dietary | g | 0.0 | | | | 7 | | 0.0 | 0.0 | | |
| Sugars, total | g | 9.95 | | 0 | BFNN | 4 | | 1.59 | 2.09 | | |
| Starch | g | | | | | | | | | | |
| Minopole | | | | | | | | | | | |
| Minerals: Calcium, Ca | ma | 689 | | | | 1 | | 110 | 145 | | |
| Iron, Fe | _ | 0.28 | | | | 1 | | 0.04 | 0.06 | | |
| Magnesium, Mg | _ | 36 | | | | 1 | | 6 | 8 | | |
| Phosphorus, P | | 936 | | | | 1 | | 150 | 197 | | |
| Potassium, K | _ | 288 | | | | 1 | | 46 | 60 | | |
| Sodium, Na | | 1528 | | | | 1 | | 244 | 321 | | |
| Zinc, Zn | - | 3.42 | | | | 1 | | 0.55 | 0.72 | | |
| Copper, Cu | | 0.019 |) | | | 1 | | 0.003 | 0.004 | | |
| Manganese, Mn | | | | | | | | | | | |
| Selenium, Se | - | 20.6 | | 0 | BFNN | 4 | | 3.3 | 4.3 | | |
| | | | | | | | | | | | |
| Vitamins: | | 0.0 | | | | 7 | | 0.0 | | | |
| Vitamin C, total ascorbic acid | _ | 0.0 | | | | 1 | | 0.0 | 0.0 | | |
| ThiaminRiboflavin | - | 0.060 0.480 | | | | 1 | | 0.010 0.077 | 0.013 | | |
| | <u>-</u> | 0.480 | | | | 1 | | 0.077 | 0.101 0.044 | | |
| Niacin Pantothenic acid | _ | 0.210 | , | | | 1 | | 0.034 | 0.044 | | |
| Vitamin B-6 | _ | 0.090 | 1 | | | 1 | | 0.014 | 0.019 | | |
| Folate, total | - | 27 | • | | | 1 | | 4 | 6 | | |
| Folic acid | | 0 | | 0 | z | 7 | | 0 | 0 | | |
| Folate, food | | 27 | | 0 | NR | 4 | | 4 | 6 | | |
| Folate, DFE | mca DFE | 27 | | 0 | NC | 4 | | 4 | 6 | | |
| Vitamin B-12 | | 1.12 | | | | 1 | | 0.18 | 0.24 | | |
| Vitamin A, IU | | 1467 | | 0 | NC | 4 | | 235 | 308 | | |
| Vitamin A, RAE | | 440 | | 0 | NC | 4 | | 70 | 92 | | |
| Retinol | | 440 | | 0 | NC | 4 | | 70 | 92 | | |
| Vitamin E (alpha-tocopherol) | | 0.27 | | 0 | BFZN | 4 | | 0.04 | 0.06 | | |
| Tocopherol, beta | mg | | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | | |
| Vitamin D | | | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 2.7 | | 0 | BFZN | 4 | | 0.4 | 0.6 | | |
| Lipids: | | | | | | | | | | | |
| Fatty acids, total saturated | q | 0.504 | ļ | | | 1 | | 0.081 | 0.106 | | |
| 4:0 | | 0.027 | | | | 4 | | 0.004 | 0.006 | | |
| 6:0 | | 0.009 | | | | 4 | | 0.001 | 0.002 | | |
| 8:0 | - | 0.010 |) | | | 4 | | 0.002 | 0.002 | | |
| 10:0 | - | 0.016 | | | | 4 | | 0.003 | 0.003 | | |
| 12:0 | - | 0.012 | | | | 4 | | 0.002 | 0.003 | | |
| 13:0 | - | | | | | | | | | | |
| 14:0 | | 0.082 | 2 | | | 4 | | 0.013 | 0.017 | | |
| 15:0 | | | | | | | | | | | |
| 16:0 | | 0.233 | 3 | | | 4 | | 0.037 | 0.049 | | |
| 17:0 | | | | | | | | | | | |
| 18:0 | | 0.097 | , | | | 4 | | 0.016 | 0.020 | | |
| 20:0 | | | | | | | | | | | |
| 22:0 | g | | | | | | | | | | |
| 24:0 | a | | | | | | | | | | |

| | <u>Ar</u> | mount in 10 | | | ole portio | <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 | <u>m</u> Measure 1 | Measure 2 | Measure 3 |
| | 0.000 | | | | | | | | |
| Fatty acids, total monounsaturatedg | 0.229 | | | | 1 | | 0.037 | 0.048 | |
| 14:1g 15:1g | | | | | | | | | |
| 16:1 undifferentiated | 0.026 | | | | 4 | | 0.004 | 0.005 | |
| 17:1g | 0.020 | | | | - | | 0.004 | 0.005 | |
| 18:1 undifferentiated | 0.192 | | | | 4 | | 0.031 | 0.040 | |
| 20:1g | 0.000 | | | | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated | 0.000 | | | | 4 | | 0.000 | 0.000 | |
| 24:1 cg | 0.000 | | | | - | | 0.000 | 0.000 | |
| Fatty acids, total polyunsaturated9 | 0.025 | | | | 1 | | 0.004 | 0.005 | |
| 18:2 undifferentiated | 0.016 | | | | 4 | | 0.003 | 0.003 | |
| 18:3 undifferentiated | 0.010 | | | | 4 | | 0.002 | 0.002 | |
| 18:4g | 0.000 | | | | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c.cg | | | | | | | | | |
| 20:3 undifferentiatedg | | | | | | | | | |
| 20:4 undifferentiatedg | 0.000 | | | | 4 | | 0.000 | 0.000 | |
| 20:5 n-3g | 0.000 | | | | 4 | | 0.000 | 0.000 | |
| 22:5 n-3g | 0.000 | | | | 4 | | 0.000 | 0.000 | |
| 22:6 n-3g | 0.000 | | | | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans9 | | | | | | | | | |
| Cholesterolmg | 11 | | | | 1 | | 2 | 2 | |
| Phytosterolsmg | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethylg | 0.0 | | | | 7 | | 0.0 | 0.0 | |
| Caffeine mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| <u>Carotenoids:</u> | | | | | | | | | |
| Carotene, 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 = 16g: 1 cubic inch Measure 2 = 21g: 1 slice (3/4 oz)

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 43398 Cheese, pasteurized process, cheddar or american, low sodium

| | | <u>A</u> : | mount in 10 | 0 grams | of edib | le portio | <u>n</u> | Amount in edible portion of common | | | |
|--------------------------------|------|------------|-------------|---------|---------|-----------|------------|------------------------------------|-----------------|-----------|--|
| | | | | Number | | | | <u>m</u> | easures of food | _ | |
| | | | | of Data | Deriv | Source | Confidence | | | | |
| Nutrients and Un | its | Mean | Std. Error | Points | Code | Code | Code | Measure 1 | Measure 2 | Measure 3 | |
| Proximates: | | | | | | | | | | | |
| Water | g | 42.80 | | | | 4 | | 59.92 | 48.36 | 7.70 | |
| Energy | kcal | 375 | | | | 4 | | 525 | 424 | 68 | |
| Energy | kj | 1569 | | | | 4 | | 2197 | 1773 | 282 | |
| Protein | g | 22.20 | | | | 4 | | 31.08 | 25.09 | 4.00 | |
| Total lipid (fat) | g | 31.19 | | | | 4 | | 43.66 | 35.24 | 5.61 | |
| Ash | g | 2.21 | | 0 | NR | 4 | | 3.10 | 2.50 | 0.40 | |
| Carbohydrate, by difference | g | 1.60 | | | | 4 | | 2.24 | 1.81 | 0.29 | |
| Fiber, total dietary | g | 0.0 | | | | 7 | | 0.0 | 0.0 | 0.0 | |
| Sugars, total | g | 0.45 | | 0 | BFNN | 4 | | 0.63 | 0.51 | 0.08 | |
| Starch | g | | | | | | | | | | |
| Minerals: | | | | | | | | | | | |
| Calcium, Ca | ma | 616 | | | | 4 | | 862 | 696 | 111 | |
| Iron, Fe | - | 0.39 | | | | 4 | | 0.55 | 0.44 | 0.07 | |
| Magnesium, Mg | - | 22 | | | | 4 | | 31 | 25 | 4 | |
| Phosphorus, P | | 745 | | | | 4 | | 1043 | 842 | 134 | |
| Potassium, K | - | 162 | | | | 4 | | 227 | 183 | 29 | |
| Sodium, Na | | 7 | | | | 4 | | 10 | 8 | 1 | |
| Zinc, Zn | | 2.99 | | | | 4 | | 4.19 | 3.38 | 0.54 | |
| Copper, Cu | mg | 0.030 |) | | | 4 | | 0.042 | 0.034 | 0.005 | |
| Manganese, Mn | mg | | | | | | | | | | |
| Selenium, Se | mcg | 12.7 | | 0 | BFNN | 4 | | 17.8 | 14.4 | 2.3 | |
| Vitamins: | | | | | | | | | | | |
| Vitamin C, total ascorbic acid | ma | 0.0 | | | | 7 | | 0.0 | 0.0 | 0.0 | |
| Thiamin | - | 0.030 | 1 | | | 4 | | 0.042 | 0.034 | 0.005 | |
| Riboflavin | | 0.350 | | | | 4 | | 0.490 | 0.396 | 0.063 | |
| Niacin | = | 0.070 | | | | 4 | | 0.098 | 0.079 | 0.013 | |
| Pantothenic acid | - | 0.070 | | | | - | | 0.000 | 0.0.5 | 0.020 | |
| Vitamin B-6 | - | 0.070 |) | | | 4 | | 0.098 | 0.079 | 0.013 | |
| Folate, total | - | 8 | | | | 4 | | 11 | 9 | 1 | |
| Folic acid | | 0 | | 0 | z | 7 | | 0 | 0 | 0 | |
| Folate, food | | 8 | | 0 | NR | 4 | | 11 | 9 | 1 | |
| Folate, DFE | | 8 | | 0 | NC | 4 | | 11 | 9 | 1 | |
| Vitamin B-12 | | 0.70 | | | | 4 | | 0.98 | 0.79 | 0.13 | |
| Vitamin A, IU | IU | 959 | | 0 | NC | 4 | | 1342 | 1083 | 173 | |
| Vitamin A, RAE | | 254 | | 0 | NC | 4 | | 355 | 287 | 46 | |
| Retinol | mcg | 247 | | 0 | BFFN | 4 | | 346 | 279 | 44 | |
| Vitamin E (alpha-tocopherol) | mg | 0.27 | | 0 | BFFN | 4 | | 0.38 | 0.31 | 0.05 | |
| Tocopherol, beta | | | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | | |
| Vitamin D | | | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 2.6 | | 0 | BFFN | 4 | | 3.7 | 3.0 | 0.5 | |
| Lipids: | | | | | | | | | | | |
| Fatty acids, total saturated | g | 19.651 | L | | | 4 | | 27.511 | 22.206 | 3.537 | |
| 4:0 | | 1.038 | 3 | | | 4 | | 1.453 | 1.173 | 0.187 | |
| 6:0 | g | 0.359 |) | | | 4 | | 0.503 | 0.406 | 0.065 | |
| 8:0 | g | 0.379 | • | | | 4 | | 0.531 | 0.428 | 0.068 | |
| 10:0 | g | 0.639 |) | | | 4 | | 0.895 | 0.722 | 0.115 | |
| 12:0 | g | 0.479 |) | | | 4 | | 0.671 | 0.541 | 0.086 | |
| 13:0 | g | | | | | | | | | | |
| 14:0 | g | 3.204 | l | | | 4 | | 4.486 | 3.621 | 0.577 | |
| 15:0 | g | | | | | | | | | | |
| 16:0 | g | 9.082 | 2 | | | 4 | | 12.715 | 10.263 | 1.635 | |
| 17:0 | g | | | | | | | | | | |
| 18:0 | g | 3.792 | 2 | | | 4 | | 5.309 | 4.285 | 0.683 | |
| 20:0 | g | | | | | | | | | | |
| 22:0 | g | | | | | | | | | | |
| 24:0 | q | | | | | | | | | | |

| | <u>Aı</u> | mount in 10 | Number | Amount in edible portion of common measures of food | | | | | |
|-------------------------------------|-----------|-------------|--------|---|----------------|--------------------|-----------|-----------|-----------|
| Nutrients and Units | Mean | Std. Error | | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total monounsaturatedg | 8.932 | | | | 4 | | 12.505 | 10.093 | 1.608 |
| 14:1g | 0.332 | | | | • | | 12.303 | 10.093 | 1.000 |
| 15:1g | | | | | | | | | |
| 16:1 undifferentiatedg | 1.028 | | | | 4 | | 1.439 | 1.162 | 0.185 |
| 17:1g | | | | | | | | | |
| 18:1 undifferentiatedg | 7.495 | | | | 4 | | 10.493 | 8.469 | 1.349 |
| 20:1g | 0.000 | | | | 4 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiatedg | 0.000 | | | | 4 | | 0.000 | 0.000 | 0.000 |
| 24:1 cg | | | | | | | | | |
| Fatty acids, total polyunsaturated | 0.988 | | | | 4 | | 1.383 | 1.116 | 0.178 |
| 18:2 undifferentiatedg | 0.609 | | | | 4 | | 0.853 | 0.688 | 0.110 |
| 18:3 undifferentiatedg | 0.379 | | | | 4 | | 0.531 | 0.428 | 0.068 |
| 18:4g | 0.000 | | | | 4 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,cg | | | | | | | | | |
| 20:3 undifferentiatedg | | | | | | | | | |
| 20:4 undifferentiatedg | 0.000 | | | | 4 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3g | 0.000 | | | | 4 | | 0.000 | 0.000 | 0.000 |
| 22:5 n-3g | 0.000 | | | | 4 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3g | 0.000 | | | | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total transg | | | | | | | | | |
| Cholesterol mg | 94 | | | | 4 | | 132 | 106 | 17 |
| Phytosterolsmg | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethylg | 0.0 | | | | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine mg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Theobrominemg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Carotenoids: | | | | | | | | | |
| Carotene, betamcg | 81 | | 0 | BFFN | 4 | | 113.909 | 91.941 | 14.645 |
| 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 + zeaxanthinmcg | 0 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |

Common Measures:

Measure 1 = 140g: 1 cup, diced Measure 2 = 113g: 1 cup, shredded Measure 3 = 18g: 1 cubic inch

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

| | | <u>A</u> : | mount in 100 | <u>grams</u> | of edib | ole portio | <u>on</u> | | edible portion | |
|--------------------------------|------|------------|--------------|--------------|---------|------------|------------|-----------|-----------------|----------|
| | | | ı | 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 | 39.08 | | 0 | | 1 | | 54.71 | 95.36 | 44.16 |
| Energy | kcal | 375 | | 0 | NC | 4 | | 526 | 916 | 424 |
| Energy | kj | 1571 | | | | 4 | | 2199 | 3833 | 1775 |
| Protein (N x 6.38) | g | 22.13 | | 0 | | 1 | | 30.98 | 54.00 | 25.01 |
| Total lipid (fat) | g | 31.20 | | 0 | | 1 | | 43.68 | 76.13 | 35.26 |
| Ash | g | 5.84 | | 0 | | 1 | | 8.18 | 14.25 | 6.60 |
| Carbohydrate, by difference | g | 1.73 | | 0 | NC | 4 | | 2.42 | 4.22 | 1.95 |
| Fiber, total dietary | g | 0.1 | | 0 | RA | 4 | | 0.1 | 0.2 | 0.1 |
| Sugars, total | g | 0.63 | | 0 | RA | 4 | | 0.88 | 1.54 | 0.71 |
| Starch | g | | | | | | | | | |
| Minerals: | | | | | | | | | | |
| Calcium. Ca | ma | 614 | | 0 | | 1 | | 860 | 1499 | 694 |
| Iron, Fe | | 0.42 | | 0 | | 1 | | 0.59 | 1.02 | 0.47 |
| Magnesium, Mg | - | 22 | | 0 | | 1 | | 31 | 54 | 25 |
| Phosphorus, P | | 744 | | 0 | | 1 | | 1041 | 1815 | 840 |
| Potassium, K | - | 162 | | 0 | | 1 | | 226 | 395 | 183 |
| Sodium, Na | | 1428 | | 0 | | 1 | | 1999 | 3483 | 1613 |
| Zinc, Zn | - | 2.98 | | 0 | | 1 | | 4.17 | 7.27 | 3.3 |
| Copper, Cu | - | 0.033 | 3 | 0 | | 1 | | 0.046 | 0.081 | 0.0 |
| Manganese, Mn | | 0.016 | | 0 | | 1 | | 0.022 | 0.039 | 0.0 |
| Selenium, Se | | 14.5 | | 0 | BFNN | 4 | | 20.3 | 35.4 | 16.4 |
| • | | | | | | | | | | |
| <u>/itamins:</u> | | | | | | | | | | |
| Vitamin C, total ascorbic acid | - | 2.3 | _ | 0 | | 4 | | 3.2 | 5.5 | 2.5 |
| Thiamin | - | 0.027 | | 0 | | 1 | | 0.038 | 0.066 | 0.03 |
| Riboflavin | | 0.354 | | 0 | | 1 | | 0.496 | 0.864 | 0.40 |
| Niacin | - | 0.078 | | 0 | | 1 | | 0.109 | 0.190 | 0.0 |
| Pantothenic acid | - | 0.485 | | 0 | | 1 | | 0.679 | 1.183 | 0.5 |
| Vitamin B-6 | - | 0.071 | • | 0 | | 1 | | 0.099 | 0.173 | 0.0 |
| Folate, total | | 8 | | 0 | | 1 | | 11 | 19 | 9 |
| Folic acid | | 0 | | 0 | RA | 4 | | 0 | 0 | 0 |
| Folate, food | | 8 | | 0 | | 1 | | 11 | 19 | 9 |
| Folate, DFE | | 8 | | 0 | NC | 4 | | 11 | 19 | 9 |
| Vitamin B-12 | | 0.70 | | 0 | | 1 | | 0.97 | 1.70 | 0.7 |
| Vitamin A, IU | | 1045 | | 0 | NC | 4 | | 1464 | 2551 | 1181 |
| Vitamin A, RAE | | 248 | | 0 | NC | 4 | | 347 | 606 | 280 |
| Retinol | | 235 | | 0 | RA | 4 | | 329 | 574 | 266 |
| Vitamin E (alpha-tocopherol) | | 0.29 | | 0 | RA | 4 | | 0.41 | 0.72 | 0.3 |
| Tocopherol, beta | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta Vitamin D | | | | | | | | | | |
| Vitamin K (phylloquinone) | | 2.9 | | 0 | RA | 4 | | 4.1 | 7.1 | 3.3 |
| | 9 | 2.5 | | · | | • | | | ,. <u>+</u> | 3.3 |
| <u> ipids:</u> | | | | | | | | | | |
| Fatty acids, total saturated | g | 19.663 | 3 | 0 | | 1 | | 27.528 | 47.978 | 22.2 |
| 4:0 | | 1.041 | | 0 | | 1 | | 1.457 | 2.540 | 1.1 |
| 6:0 | _ | 0.355 | | 0 | | 1 | | 0.497 | 0.866 | 0.4 |
| 8:0 | | 0.374 | | 0 | | 1 | | 0.524 | 0.913 | 0.4 |
| 10:0 | _ | 0.641 | | 0 | | 1 | | 0.897 | 1.564 | 0.7 |
| 12:0 | | 0.483 | 3 | 0 | | 1 | | 0.676 | 1.179 | 0.5 |
| 13:0 | | | _ | | | | | | | |
| 14:0 | | 3.206 | 5 | 0 | | 1 | | 4.488 | 7.823 | 3.6 |
| 15:0 | | | | | | | | | | |
| 16:0 | - | 9.090 |) | 0 | | 1 | | 12.726 | 22.180 | 10.2 |
| 17:0 | - | | | | | | | | | |
| 18:0 | - | 3.790 |) | 0 | | 1 | | 5.306 | 9.248 | 4.2 |
| 20:0 | - | | | | | | | | | |
| 22:0 | ~ | | | | | | | | | |

| | | <u>A</u> | mount in 10 | | | ole portio | <u>on</u> | | edible portion | |
|---------------------------------|----------------|----------|-------------|---------|--------|----------------|--------------------|-----------|-----------------|-----------|
| | | <u> </u> | Std. Error | of Data | Deriv | Source Code | Confidence Code | | easures of food | |
| Nutrients and | Units | Mean | Std. Error | Points | Code | Code | Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total monounsatur | rated Q | 8.937 | , | 0 | | 1 | | 12.512 | 21.806 | 10.099 |
| 14:1 | g | | | | | | | | | |
| 15:1 16:1 undifferentiated | - | 1.026 | ; | 0 | | 1 | | 1.436 | 2.503 | 1.159 |
| 17:1 | = | 1.020 | • | · | | - | | 1.450 | 2.303 | 1.133 |
| 18:1 undifferentiated | - | 7.499 |) | 0 | | 1 | | 10.499 | 18.298 | 8.474 |
| 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 | g | | | | | | | | | |
| Fatty acids, total polyunsatura | tedg | 0.988 | | 0 | | 1 | | 1.383 | 2.411 | 1.116 |
| 18:2 undifferentiated | g | 0.606 | | 0 | | 1 | | 0.848 | 1.479 | 0.685 |
| 18:3 undifferentiated | g | 0.382 | | 0 | | 1 | | 0.535 | 0.932 | 0.432 |
| 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 | g | | | | | | | | | |
| Cholesterol | - | 94 | | 0 | | 1 | | 132 | 230 | 106 |
| Phytosterols | mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan | а | 0.323 | 3 | 0 | | 1 | | 0.452 | 0.788 | 0.365 |
| Threonine | | 0.718 | | 0 | | 1 | | 1.005 | 1.752 | 0.811 |
| Isoleucine | | 1.023 | | 0 | | 1 | | 1.432 | 2.496 | 1.156 |
| Leucine | - | 1.956 | | 0 | | 1 | | 2.738 | 4.773 | 2.210 |
| Lysine | _ | 2.196 | | 0 | | 1 | | 3.074 | 5.358 | 2.481 |
| Methionine | | 0.572 | | 0 | | 1 | | 0.801 | 1.396 | 0.646 |
| Cystine | | 0.142 | | 0 | | 1 | | 0.199 | 0.346 | 0.160 |
| Phenylalanine | | 1.124 | | 0 | | 1 | | 1.574 | 2.743 | 1.270 |
| Tyrosine | | 1.211 | | 0 | | 1 | | 1.695 | 2.955 | 1.368 |
| Valine | | 1.325 | | 0 | | 1 | | 1.855 | 3.233 | 1.497 |
| Arginine | - | 0.926 | | 0 | | 1 | | 1.296 | 2.259 | 1.046 |
| Histidine | | 0.902 | | 0 | | 1 | | 1.263 | 2.201 | 1.019 |
| Alanine | | 0.555 | | 0 | | 1 | | 0.777 | 1.354 | 0.627 |
| Aspartic acid | | 1.360 | | 0 | | 1 | | 1.904 | 3.318 | 1.537 |
| Glutamic acid | | 4.592 | | 0 | | 1 | | 6.429 | 11.204 | 5.189 |
| Glycine | _ | 0.364 | | 0 | | 1 | | 0.510 | 0.888 | 0.411 |
| Proline | | 2.251 | | 0 | | 1 | | 3.151 | 5.492 | 2.544 |
| Serine | _ | 1.068 | | 0 | | 1 | | 1.495 | 2.606 | 1.207 |
| Hydroxyproline | | 1.000 | • | · | | - | | 1.133 | 2.000 | 1.207 |
| | | | | | | | | | | |
| Others: | 0 | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 |
| Alcohol, ethyl | | 0.0 | | 0 | z | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine | | 0 | | 0 | z Z | 7 | | 0 | 0 | 0 |
| Theobromine | 9 | U | | U | 4 | , | | U | U | U |
| Carotenoids: | | | | | | | | | | |
| Carotene, beta | mcg | 151 | | 0 | RA | 4 | | 211.602 | 368.793 | 170.793 |
| Carotene, alpha | mcg | 12 | | 0 | RA | 4 | | 16.673 | 29.059 | 13.457 |
| Cryptoxanthin, beta | mcg | 0 | | 0 | RA | 4 | | 0.000 | 0.000 | 0.000 |
| Lycopene | | 0 | | 0 | RA | 4 | | 0.000 | 0.000 | 0.000 |
| Lutein + zeaxanthin | mcg | 20 | | 0 | RA | 4 | | 28.579 | 49.809 | 23.067 |

Common Measures:

Measure 1 = 140g: 1 cup, diced Measure 2 = 244g: 1 cup, melted Measure 3 = 113g: 1 cup, shredded NDB No. 01043

Cheese, pasteurized process, pimento

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>Aı</u> | mount in 100 g | grams | of edib | le portio | <u>n</u> | | edible portion | |
|--------------------------------|--------|-----------|---------------------|-------|---------|----------------|--------------------|------------|-----------------|---------|
| | | | Nι | umber | | | | <u>m</u> | easures of food | |
| Nutrients and Uni | its | Mean | of Std. Error Po | | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure |
| Proximates: | | | | | | | | | | |
| Water | g | 59.10 | | | | 4 | | 82.74 | 66.78 | 10.64 |
| Energy | kcal | 170 | | | | 4 | | 238 | 192 | 31 |
| Energy | | 711 | | | | 4 | | 996 | 804 | 128 |
| Protein | | 25.50 | | | | 4 | | 35.70 | 28.82 | 4.59 |
| Total lipid (fat) | | 5.10 | | | | 4 | | 7.14 | 5.76 | 0.92 |
| Ash | | 6.00 | | 0 | NR | 4 | | 8.40 | 6.78 | 1.08 |
| Carbohydrate, by difference | | 4.30 | | | | 4 | | 6.02 | 4.86 | 0.77 |
| Fiber, total dietary | | 0.0 | | | | 7 | | 0.0 | 0.0 | 0.0 |
| Sugars, total | | 1.35 | | 0 | BFNN | 4 | | 1.89 | 1.52 | 0.24 |
| Starch | | 2.55 | | · | 22111 | - | | 2.00 | 1.32 | 0.2 |
| Starch | 9 | | | | | | | | | |
| <u>Minerals:</u> | | | | | | | | | | |
| Calcium, Ca | mg | 684 | | | | 4 | | 958 | 773 | 123 |
| Iron, Fe | mg | 0.43 | | | | 4 | | 0.60 | 0.49 | 0.0 |
| Magnesium, Mg | mg | 24 | | | | 4 | | 34 | 27 | 4 |
| Phosphorus, P | mg | 827 | | | | 4 | | 1158 | 935 | 149 |
| Potassium, K | mg | 180 | | | | 4 | | 252 | 203 | 32 |
| Sodium, Na | mg | 1430 | | | | 4 | | 2002 | 1616 | 257 |
| Zinc, Zn | mg | 3.32 | | | | 4 | | 4.65 | 3.75 | 0.6 |
| Copper, Cu | mg | 0.033 | 3 | | | 4 | | 0.046 | 0.037 | 0.0 |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | mcg | 17.4 | | 0 | BFNN | 4 | | 24.4 | 19.7 | 3.1 |
| /itamins: | | | | | | | | | | |
| | ma | 0.0 | | | | 7 | | 0.0 | 0.0 | 0.0 |
| Vitamin C, total ascorbic acid | | | | | | 4 | | 0.042 | 0.0 | 0.0 |
| Thiamin | | 0.030 | | | | 4 | | 0.042 | | |
| Riboflavin | | | | | | 4 | | | 0.441 | 0.0 |
| Niacin | - | 0.080 | , | | | 4 | | 0.112 | 0.090 | 0.0 |
| Pantothenic acid | - | 0.080 | | | | 4 | | 0.112 | 0.000 | 0.0 |
| Vitamin B-6 | - | 9 | , | | | 4 | | 13 | 0.090 10 | 2 |
| Foliate, total | | 0 | | 0 | z | 7 | | 0 | | 0 |
| Folic acid | | 9 | | 0 | NR | 4 | | 13 | 0 10 | 2 |
| Folate, food | | 9 | | 0 | | 4 | | | | 2 |
| Folate, DFE | | 0.77 | | U | NC | | | 13 1.08 | 10 | |
| Vitamin B-12 | | | | • | | 4 | | | 0.87 | 0.1 |
| Vitamin A, IU | | 152 40 | | 0 | NC | 4 4 | | 213 | 172 | 27 |
| Vitamin A, RAE | | | | 0 | NC | _ | | 56 | 46 | 7 |
| Retinol | | 39 | | 0 | BFFN | 4 | | 55 | 44 | 7 |
| Vitamin E (alpha-tocopherol) | | 0.07 | | 0 | BFFN | 4 | | 0.10 | 0.08 | 0.0 |
| Tocopherol, beta | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | |
| Vitamin D | | ٥ | | • | | | | 0.6 | 0.5 | 0.1 |
| Vitamin K (phylloquinone) | nicg | 0.5 | | 0 | BFFN | 4 | | 0.6 | 0.5 | 0.1 |
| Lipids: | | | | | | | | | | |
| Fatty acids, total saturated | g | 3.303 | 3 | | | 4 | | 4.624 | 3.732 | 0.5 |
| 4:0 | | 0.204 | | | | 4 | | 0.286 | 0.231 | 0.0 |
| 6:0 | | 0.091 | | | | 4 | | 0.127 | 0.103 | 0.0 |
| 8:0 | - | 0.054 | | | | 4 | | 0.076 | 0.061 | 0.0 |
| 10:0 | | 0.115 | | | | 4 | | 0.161 | 0.130 | 0.0 |
| 12:0. | - | 0.097 | | | | 4 | | 0.136 | 0.110 | 0.0 |
| 13:0 | | | | | | | | | | |
| 14:0 | - | 0.569 |) | | | 4 | | 0.797 | 0.643 | 0.1 |
| 15:0 | - | 2.203 | | | | - | | | 0.015 | |
| 16:0 | - | 1.447 | , | | | 4 | | 2.026 | 1.635 | 0.2 |
| 17:0 | - | | | | | - | | 2.020 | 1.000 | ٧.2 |
| 18:0 | - | 0.604 | Ļ | | | 4 | | 0.846 | 0.683 | 0.1 |
| 20:0 | | 0.004 | - | | | - | | 0.040 | 0.003 | 0.1 |
| 22:0 | - | | | | | | | | | |
| | g g | | | | | | | | | |

| | <u>Ar</u> | nount in 100 | | of edib | ole portio | <u>n</u> | Amount in edible portion of common measures of food | | |
|-------------------------------------|-----------|--------------|---|---------|----------------|--------------------|---|-----------|-----------|
| Nutrients and Units | Mean | | | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total monounsaturatedg | 1.351 | | | | 4 | | 1.891 | 1.527 | 0.243 |
| 14:1g | | | | | | | | | |
| 15:1g | | | | | | | | | |
| 16:1 undifferentiatedg | 0.164 | | | | 4 | | 0.230 | 0.185 | 0.030 |
| 17:1g | | | | | | | | | |
| 18:1 undifferentiatedg | 1.118 | | | | 4 | | 1.565 | 1.263 | 0.201 |
| 20:1g | 0.000 | | | | 4 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiatedg | 0.000 | | | | 4 | | 0.000 | 0.000 | 0.000 |
| 24:1 cg | | | | | | | | | |
| Fatty acids, total polyunsaturatedg | 0.180 | | | | 4 | | 0.252 | 0.203 | 0.032 |
| 18:2 undifferentiatedg | 0.115 | | | | 4 | | 0.161 | 0.130 | 0.021 |
| 18:3 undifferentiatedg | 0.065 | | | | 4 | | 0.091 | 0.073 | 0.012 |
| 18:4g | 0.000 | | | | 4 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,cg | | | | | | | | | |
| 20:3 undifferentiatedg | | | | | | | | | |
| 20:4 undifferentiatedg | 0.000 | | | | 4 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3g | 0.000 | | | | 4 | | 0.000 | 0.000 | 0.000 |
| 22:5 n-3g | 0.000 | | | | 4 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3g | 0.000 | | | | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total transg | | | | | | | | | |
| Cholesterolmg | 35 | | | | 4 | | 49 | 40 | 6 |
| Phytosterolsmg | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethylg | 0.0 | | | | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine mg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Theobromine mg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Carotenoids: | | | | | | | | | |
| Carotene, betamcg | 13 | | 0 | BFFN | 4 | | 18.081 | 14.594 | 2.325 |
| 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 = 140g: 1 cup, diced Measure 2 = 113g: 1 cup, shredded Measure 3 = 18g: 1 cubic inch

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

NDB No. 01044 Cheese, pasteurized process, swiss, with di sodium phosphate

| | | <u>Aı</u> | mount in 100 g | rams | of edib | le portio | <u>n</u> | | edible portion | |
|--------------------------------|--------|-----------|----------------|-------|--------------|-----------|------------|------------|-----------------|-----------|
| | | | Nu | mber | • | | | <u>m</u> | easures of food | <u>.</u> |
| | | | of | Data | Deriv | Source | Confidence | | | |
| Nutrients and Uni | ts | Mean | Std. Error Po | oints | Code | Code | Code | Measure 1 | Measure 2 | Measure 3 |
| Proximates: | | | | | | | | | | |
| Water | g | 42.31 | 0.355 | 10 | | 1 | | 59.23 | 47.81 | 11.99 |
| Energy | kcal | 334 | | 0 | NC | 4 | | 467 | 377 | 95 |
| Energy | kj | 1396 | | | | 4 | | 1954 | 1577 | 396 |
| Protein (N x 6.38) | g | 24.73 | 0.211 | 9 | | 1 | | 34.62 | 27.94 | 7.01 |
| Total lipid (fat) | g | 25.01 | 0.294 | 10 | | 1 | | 35.01 | 28.26 | 7.09 |
| Ash | | 5.85 | 0.160 | 8 | | 1 | | 8.19 | 6.61 | 1.66 |
| Carbohydrate, by difference | g | 2.10 | | 0 | NC | 4 | | 2.94 | 2.37 | 0.60 |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total | g | 1.23 | | 0 | BFNN | 4 | | 1.72 | 1.39 | 0.35 |
| Starch | g | | | | | | | | | |
| Minerals: | | | | | | | | | | |
| Calcium. Ca | ma | 772 | 32.904 | 6 | | 1 | | 1081 | 872 | 219 |
| Iron, Fe | | 0.61 | 32.304 | 0 | | 1 | | 0.85 | 0.69 | 0.17 |
| Magnesium, Mg | | 29 | 0.929 | 6 | | 1 | | 41 | 33 | 8 |
| Phosphorus, P | | 762 | 59.538 | 7 | | 1 | | 1066 | 860 | 216 |
| Potassium, K | - | 216 | 14.471 | 6 | | 1 | | 302 | 244 | 61 |
| Sodium, Na | - | 1370 | 64.664 | 6 | | 1 | | 1918 | 1548 | 388 |
| Zinc, Zn | - | 3.61 | | 0 | | 1 | | 5.05 | 4.08 | 1.02 |
| Copper, Cu | _ | 0.027 | | 0 | | 1 | | 0.038 | 0.031 | 0.00 |
| Manganese, Mn | | 0.014 | | 0 | | 1 | | 0.020 | 0.016 | 0.00 |
| Selenium, Se | | 15.9 | | 0 | BFNN | 4 | | 22.3 | 18.0 | 4.5 |
| 57*4 * | | | | | | | | | | |
| Vitamins: | | | | | | _ | | | | |
| Vitamin C, total ascorbic acid | - | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | 0.0 |
| Thiamin | - | 0.014 | | 6 | | 1 | | 0.020 | 0.016 | 0.00 |
| Riboflavin | | 0.276 | | 8 | | 1 | | 0.386 | 0.312 | 0.07 |
| Niacin | _ | 0.038 | | 7 | | 1 | | 0.053 | 0.043 | 0.01 |
| Pantothenic acid | - | 0.260 | | 1 | | 1 | | 0.364 | 0.294 | 0.07 |
| Vitamin B-6 | - | 0.036 | 0.004 | 7 | | 1 | | 0.050 | 0.041 | 0.01 |
| Folate, total | | 6 | | 0 | _ | 4 | | 8 | 7 | 2 |
| Folic acid | | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food | | 6 | | 0 | *** | 4 | | 8 | 7 | 2 |
| Folate, DFE | | 6 | | 0 | NC | 4 | | 8 | 7 | 2 |
| Vitamin B-12 | | 1.23 | 0.238 | 7 | *** | 1 4 | | 1.72 | 1.39 | 0.35 |
| Vitamin A, IU | | 746 | | 0 | NC | _ | | 1045 | 843 | 212 |
| Vitamin A, RAE | | 198 | | 0 | NC | 4 4 | | 277 269 | 223 | 56 |
| Retinol | | 192 | | 0 | BFFN BFFN | 4 | | | 217 | 55 |
| Vitamin E (alpha-tocopherol) | | 0.34 | | U | BFFN | 4 | | 0.48 | 0.39 | 0.10 |
| Tocopherol, beta | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta Vitamin D | | | | | | | | | | |
| Vitamin K (phylloquinone) | | 2.2 | | 0 | BFFN | 4 | | 3.1 | 2.5 | 0.6 |
| | • | | | | | | | | | |
| <u>Lipids:</u> | | | | | | _ | | | | |
| Fatty acids, total saturated | | 16.045 | | 0 | | 1 | | 22.463 | 18.131 | 4.54 |
| 4:0 | | 0.815 | | 5 | | 1 | | 1.141 | 0.921 | 0.23 |
| 6:0 | - | 0.489 | | 5 | | 1 | | 0.685 | 0.553 | 0.13 |
| 8:0 | - | 0.275 | | 11 | | 1 | | 0.385 | 0.311 | 0.07 |
| 10:0 | - | 0.572 | | 12 | | 1 | | 0.801 | 0.646 | 0.16 |
| 12:0 | | 0.566 | 0.072 | 12 | | 1 | | 0.792 | 0.640 | 0.16 |
| 13:0 | | 0.700 | 0.050 | 10 | | 4 | | 2 000 | 2 155 | |
| 14:0 | | 2.792 | 0.058 | 12 | | 1 | | 3.909 | 3.155 | 0.79 |
| 15:0 | | | 0.010 | 10 | | | | 10 000 | 2 425 | 0.00 |
| 16:0 | - | 7.188 | 0.210 | 12 | | 1 | | 10.063 | 8.122 | 2.03 |
| 17:0 | - | 0 600 | 0.00= | 10 | | | | 2 642 | 0.040 | 0.55 |
| 18:0 | - | 2.602 | 0.085 | 12 | | 1 | | 3.643 | 2.940 | 0.73 |
| 20:0 | - | | | | | | | | | |
| 22:0 | g g | | | | | | | | | |

| | | <u>A</u> 1 | mount in 100 g | | | ole portic | <u>on</u> | | edible portion of easures of food | |
|-----------------------------------|---|------------|----------------|----|-------|----------------|--------------------|-----------|-----------------------------------|-----------|
| Nutrients and | Units | Mean | | | Deriv | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | | |
| Fatty acids, total monounsatura | | 7.046 | | 0 | | 1 | | 9.864 | 7.962 | 1.998 |
| 15:1 | - | | | | | | | | | |
| 16:1 undifferentiated | g | 0.677 | 0.064 | 12 | | 1 | | 0.948 | 0.765 | 0.192 |
| 17:1 | g | | | | | | | | | |
| 18:1 undifferentiated | g | 5.896 | 0.122 | 12 | | 1 | | 8.254 | 6.662 | 1.672 |
| 20:1 | - | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated | • | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 24:1 c | | | | | | | | | | |
| Fatty acids, total polyunsaturate | | 0.622 | | 0 | | 1 | | 0.871 | 0.703 | 0.176 |
| 18:2 undifferentiated | g | 0.342 | | 12 | | 1 | | 0.479 | 0.386 | 0.097 |
| 18:3 undifferentiated | _ | 0.280 | | 11 | | 1 | | 0.392 | 0.316 | 0.079 |
| 18:4 | | 0.000 | | 0 | | 1 | | 0.000 | 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 | 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 | | | | | | | | | | |
| Cholesterol | mg | 85 | | 0 | | 1 | | 119 | 96 | 24 |
| Phytosterols | mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan | а | 0.360 | | 0 | | 1 | | 0.504 | 0.407 | 0.102 |
| Threonine | | 0.802 | | 0 | | 1 | | 1.123 | 0.906 | 0.227 |
| Isoleucine | _ | 1.143 | | 0 | | 1 | | 1.600 | 1.292 | 0.324 |
| Leucine | | 2.186 | | 0 | | 1 | | 3.060 | 2.470 | 0.620 |
| Lysine | _ | 2.454 | | 0 | | 1 | | 3.436 | 2.773 | 0.696 |
| Methionine | | 0.640 | | 0 | | 1 | | 0.896 | 0.723 | 0.181 |
| Cystine | | 0.159 | | 0 | | 1 | | 0.223 | 0.180 | 0.045 |
| Phenylalanine | | 1.256 | | 0 | | 1 | | 1.758 | 1.419 | 0.356 |
| Tyrosine | | 1.353 | | 0 | | 1 | | 1.894 | 1.529 | 0.384 |
| Valine | | 1.481 | | 0 | | 1 | | 2.073 | 1.674 | 0.420 |
| Arginine | | 1.035 | | 0 | | 1 | | 1.449 | 1.170 | 0.293 |
| Histidine | | 1.008 | | 0 | | 1 | | 1.411 | 1.139 | 0.286 |
| Alanine | | 0.620 | | 0 | | 1 | | 0.868 | 0.701 | 0.176 |
| Aspartic acid | | 1.519 | | 0 | | 1 | | 2.127 | 1.716 | 0.431 |
| Glutamic acid | | 5.132 | | 0 | | 1 | | 7.185 | 5.799 | 1.455 |
| Glycine | _ | 0.407 | | 0 | | 1 | | 0.570 | 0.460 | 0.115 |
| Proline | | 2.516 | | 0 | | 1 | | 3.522 | 2.843 | 0.713 |
| Serine | | 1.194 | | 0 | | 1 | | 1.672 | 1.349 | 0.338 |
| Hydroxyproline | • | 1.134 | | Ū | | - | | 1.072 | 1.343 | 0.550 |
| Trydroxypronne | 9 | | | | | | | | | |
| 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 | 63 | | 0 | BFFN | 4 | | 88.670 | 71.569 | 17.956 |
| 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 |
| Lucin - Zearanunn | 9 | • | | | - | | | 5.000 | 3.000 | 0.000 |

Common Measures:

Measure 1 = 140g: 1 cup, diced Measure 2 = 113g: 1 cup, shredded

Measure 3 = 28.35g: 1 oz

NDB No. 01044

Cheese, pasteurized process, swiss, with di sodium phosphate

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

NDB No. 01148 Cheese, pasteurized process, swiss, without di sodium phosphate

| | | <u>A</u> | mount in 100 g | rams | of edik | ole portic | <u>n</u> | Amount in | edible portion of | of common |
|-------------------------------------|---|----------------|----------------|------|---------|------------|------------|---|-------------------|-----------|
| | | | Nu | mber | | | | <u>m</u> | easures of food | |
| | | | | | Deriv | Source | Confidence | | | |
| Nutrients and Uni | its | Mean | Std. Error Po | | | Code | Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | | |
| Proximates: Water | a | 42.31 | | 0 | | 1 | | 11.99 | 7.62 | |
| Energy | = | 334 | | 0 | NC | 4 | | 95 | 60 | |
| Energy | | 1396 | | Ū | 110 | 4 | | 396 | 251 | |
| Protein (N x 6.38) | | 24.73 | | 0 | | 1 | | 7.01 | 4.45 | |
| Total lipid (fat) | | 25.01 | | 0 | | 1 | | 7.09 | 4.50 | |
| Ash | | 5.85 | | 0 | | 1 | | 1.66 | 1.05 | |
| Carbohydrate, by difference | | 2.10 | | 0 | NC | 4 | | 0.60 | 0.38 | |
| Fiber, total dietary | | 0.0 | | 0 | 110 | 4 | | 0.0 | 0.0 | |
| Sugars, total | | | | • | | - | | • | 0.0 | |
| Starch | = | | | | | | | | | |
| Starch | 9 | | | | | | | | | |
| Minerals: | | | | | | | | | | |
| Calcium, Ca | _ | 772 | | 0 | | 1 | | 219 | 139 | |
| Iron, Fe | • | 0.61 | | 0 | | 1 | | 0.17 | 0.11 | |
| Magnesium, Mg | | 29 | 0.929 | 6 | | 1 | | 8 | 5 | |
| Phosphorus, P | | 540 | | 0 | | 1 | | 153 | 97 | |
| Potassium, K | | 216 | | 0 | | 1 | | 61 | 39 | |
| Sodium, Na | - | 681 | | 0 | | 1 | | 193 | 123 | |
| Zinc, Zn | | 3.61 | | 0 | | 1 | | 1.02 | 0.65 | |
| Copper, Cu | | 0.027 0.014 | | 0 | | 1 1 | | 0.008 0.004 | 0.005 0.003 | |
| Manganese, Mn Selenium, Se | | 15.9 | · | 0 | BFNN | 4 | | 4.5 | 2.9 | |
| Seiemum, Se | nicg | 13.9 | | U | DENN | - | | 4.5 | 2.9 | |
| Vitamins: | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.014 | 1 | 0 | | 1 | | 0.004 | 0.003 | |
| Riboflavin | mg | 0.276 | 5 | 0 | | 1 | | 0.078 | 0.050 | |
| Niacin | | 0.038 | 3 | 0 | | 1 | | 0.011 | 0.007 | |
| Pantothenic acid | | 0.260 | | 1 | | 1 | | 0.074 | 0.047 | |
| Vitamin B-6 | | 0.036 | 0.004 | 7 | | 1 | | 0.010 | 0.006 | |
| Folate, total | | 6 | | 0 | | 4 | | 2 | 1 | |
| Folic acid | | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | | 6 | | 0 | | 4 | | 2 | 1 | |
| Folate, DFE | | 6 | | 0 | NC | 4 | | 2 | 1 | |
| Vitamin B-12 | | 1.23 | 0.238 | 7 | | 1 | | 0.35 | 0.22 | |
| Vitamin A, IU | IU | 808 | | 0 | | 1 | | 229 | 145 | |
| Vitamin A, RAE | | 225 | | 0 | NC | 4 | | 64 | 40 | |
| Retinol | - | 221 | | 0 | NC | 4 | | 63 | 40 | |
| Vitamin E (alpha-tocopherol) | | | | | | | | | | |
| Tocopherol, beta | | | | | | | | | | |
| Tocopherol, gamma Tocopherol, delta | | | | | | | | | | |
| Vitamin D | | | | | | | | | | |
| Vitamin K (phylloquinone) | | | | | | | | | | |
| | | | | | | | | | | |
| <u>Lipids:</u> | | | | | | | | | | |
| Fatty acids, total saturated | | 16.045 | | 0 | | 1 | | 4.549 | 2.888 | |
| 4:0 | | 0.815 | | 5 | | 1 | | 0.231 | 0.147 | |
| 6:0 | - | 0.489 | | 5 | | 1 | | 0.139 | 0.088 | |
| 8:0 | | 0.275 | | 11 | | 1 | | 0.078 | 0.050 | |
| 10:0 | - | 0.572 | | 12 | | 1 | | 0.162 | 0.103 | |
| 12:0 | - | 0.566 | 0.072 | 12 | | 1 | | 0.160 | 0.102 | |
| 13:0 | - | 0.700 | 0.050 | 10 | | | | | | |
| 14:0 | - | 2.792 | 0.058 | 12 | | 1 | | 0.792 | 0.503 | |
| 15:0 | | 7 100 | 0 010 | 10 | | 4 | | 2 020 | 1 004 | |
| 16:0 | | 7.188 | 0.210 | 12 | | 1 | | 2.038 | 1.294 | |
| 17:0 | | 2.602 | 0.085 | 10 | | 1 | | 0.730 | 0.460 | |
| 18:0 | | 2.002 | 0.085 | 12 | | 1 | | 0.738 | 0.468 | |
| 20:0 | | | | | | | | | | |
| 22:0 | | | | | | | | | | |
| 24:0 | 9 | | | | | | | | | |

| | | <u>Ar</u> | mount in 100 | | of edib | ole portic | <u>on</u> | | edible portion o | of common |
|------------------------------------|---|-----------|--------------|-------|---------|------------|------------|-----------|------------------|-----------|
| | | | | umber | Doriv | Source | Confidence | <u></u> | | |
| Nutrients and Units | 5 | Mean | Std. Error P | | | Code | Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total monounsaturated | g | 7.046 | | 0 | | 1 | | 1.998 | 1.268 | |
| 14:1 | g | | | | | | | | | |
| 15:1 | | | | | | | | | | |
| 16:1 undifferentiated | - | 0.677 | 0.064 | 12 | | 1 | | 0.192 | 0.122 | |
| 17:1 | | | | | | | | | | |
| 18:1 undifferentiated | | 5.896 | | 0 | | 1 | | 1.672 | 1.061 | |
| 20:1 | | | | | | | | | | |
| 22:1 undifferentiated | - | | | | | | | | | |
| 24:1 c | | | | _ | | _ | | | | |
| Fatty acids, total polyunsaturated | | 0.622 | | 0 | | 1 | | 0.176 | 0.112 | |
| 18:2 undifferentiated | • | 0.342 | | 0 | | 1 | | 0.097 | 0.062 | |
| 18:3 undifferentiated | - | 0.280 | 0.027 | 11 | | 1 | | 0.079 | 0.050 | |
| 18:4 | | | | | | | | | | |
| 20:2 n-6 c,c | | | | | | | | | | |
| 20:3 undifferentiated | | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 20:4 undifferentiated 20:5 n-3 | - | 0.000 | | U | | 4 | | 0.000 | 0.000 | |
| 20.5 n-3 | | | | | | | | | | |
| 22:6 n-3 | - | | | | | | | | | |
| Fatty acids, total trans | - | | | | | | | | | |
| Cholesterol | | 85 | | 0 | | 1 | | 24 | 15 | |
| Phytosterols | - | | | - | | _ | | | | |
| • | 5 | | | | | | | | | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan | | 0.360 | | 0 | | 1 | | 0.102 | 0.065 | |
| Threonine | _ | 0.802 | | 0 | | 1 | | 0.227 | 0.144 | |
| Isoleucine | | 1.143 | | 0 | | 1 | | 0.324 | 0.206 | |
| Leucine | | 2.186 | | 0 | | 1 | | 0.620 | 0.393 | |
| Lysine | - | 2.454 | | 0 | | 1 | | 0.696 | 0.442 | |
| Methionine | - | 0.640 | | 0 | | 1 | | 0.181 | 0.115 | |
| Cystine | | 0.159 | | 0 | | 1 | | 0.045 | 0.029 | |
| Phenylalanine | | 1.256 | | 0 | | 1 | | 0.356 | 0.226 | |
| Tyrosine | _ | 1.353 | | 0 | | 1 | | 0.384 | 0.244 | |
| Valine | | 1.481 | | 0 | | 1 | | 0.420 | 0.267 | |
| Arginine | | 1.035 | | 0 | | 1 | | 0.293 | 0.186 | |
| Histidine | • | 1.008 | | 0 | | 1 | | 0.286 | 0.181 | |
| Alanine | - | 0.620 | | 0 | | 1 | | 0.176 | 0.112 | |
| Aspartic acid | | 1.519 | | 0 | | 1 | | 0.431 | 0.273 | |
| Glutamic acid | - | 5.132 | | 0 | | 1 | | 1.455 | 0.924 | |
| Glycine | | 0.407 | | 0 | | 1 | | 0.115 | 0.073 | |
| Proline | • | 2.516 | | 0 | | 1 1 | | 0.713 | 0.453 | |
| Serine | _ | 1.194 | | 0 | | 1 | | 0.338 | 0.215 | |
| Hydroxyproline | 9 | | | | | | | | | |

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 18g: 1 cubic inch

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>Aı</u> | mount in 100 g | rams | of edib | le portio | <u>n</u> | Amount in | edible portion | of common |
|--------------------------------|----------|-----------------|----------------|--------|---------|-----------|------------|-----------|-----------------|-----------|
| | | | Nu | mber | | | | <u>m</u> | easures of food | <u>l</u> |
| | | | | | | Source | Confidence | | | |
| Nutrients and Uni | ts | Mean | Std. Error Po | | | Code | Code | Measure 1 | Measure 2 | Measure |
| _ | | | | | | | | | | |
| Proximates: Water | a | 45.45 | 0.353 | 13 | | 1 | | 59.99 | 51.36 | 12.89 |
| Energy | | 352 | | 0 | NC | 4 | | 464 | 397 | 100 |
| Energy | | 1471 | | · | | 4 | | 1942 | 1662 | 417 |
| Protein (N x 6.38) | | 23.78 | 0.246 | 9 | | 1 | | 31.39 | 26.87 | 6.74 |
| Total lipid (fat) | | 28.20 | 0.240 | 1 | | 1 | | 37.22 | 31.87 | 7.99 |
| Ash | | 2.00 | | 0 | | 1 | | 2.64 | 2.26 | 0.57 |
| Carbohydrate, by difference | | 0.57 | | 0 | NC | 4 | | 0.75 | 0.64 | 0.16 |
| | | 0.0 | | 0 | NC | 4 | | 0.75 | 0.04 | 0.10 |
| Fiber, total dietary | | | | 0 | MD | 4 | | | | |
| Sugars, total | | 0.57 | | U | NR | 4 | | 0.75 | 0.64 | 0.16 |
| Starch | 9 | | | | | | | | | |
| <u> Iinerals:</u> | | | | | | | | | | |
| Calcium, Ca | - | 650 | | 4 | | 1 | | 858 | 734 | 184 |
| Iron, Fe | _ | 0.43 | | 0 | | 4 | | 0.57 | 0.49 | 0.1 |
| Magnesium, Mg | | 24 | | 0 | | 4 | | 32 | 27 | 7 |
| Phosphorus, P | • | 360 | | 4 | | 1 | | 475 | 407 | 102 |
| Potassium, K | _ | 136 | | 0 | | 4 | | 179 | 153 | 38 |
| Sodium, Na | | 534 | | 0 | | 1 | | 705 | 603 | 151 |
| Zinc, Zn | | 2.60 | | 0 | | 4 | | 3.43 | 2.94 | 0.7 |
| Copper, Cu | | 0.022 | | 0 | | 1 | | 0.029 | 0.025 | 0.0 |
| Manganese, Mn | | 0.011 | | 0 | | 1 | | 0.015 | 0.012 | 0.0 |
| Selenium, Se | mcg | 14.5 | | 0 | CAZN | 4 | | 19.1 | 16.4 | 4.1 |
| itamins: | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | 0.0 |
| Thiamin | _ | 0.014 | | 0 | | 4 | | 0.018 | 0.016 | 0.0 |
| Riboflavin | _ | 0.240 | | 2 | | 1 | | 0.317 | 0.271 | 0.0 |
| Niacin | | 0.060 | | 10 | | 1 | | 0.079 | 0.068 | 0.0 |
| Pantothenic acid | _ | 0.210 | | 1 | | 1 | | 0.277 | 0.237 | 0.0 |
| Vitamin B-6 | - | 0.053 | 0.004 | 8 | | 1 | | 0.070 | 0.060 | 0.0 |
| Folate, total | - | 18 | 1.835 | 19 | | 1 | | 24 | 21 | 5 |
| Folic acid | | 0 | | 0 | z | 7 | | 0 | 0 | 0 |
| Folate, food | | 18 | 1.835 | 19 | | 1 | | 24 | 21 | 5 |
| Folate, DFE | | 18 | | 0 | NC | 4 | | 24 | 21 | 5 |
| Vitamin B-12 | | 1.50 | 0.171 | 11 | | 1 | | 1.98 | 1.70 | 0.4 |
| Vitamin A, IU | | 1092 | *** | 0 | NC | 4 | | 1441 | 1234 | 309 |
| Vitamin A, RAE | | 315 | | 0 | NC | 4 | | 416 | 356 | 89 |
| Retinol | | 313 | | 0 | NC | 4 | | 413 | 354 | 89 |
| Vitamin E (alpha-tocopherol) | | 0.24 | | 0 | BFFN | 4 | | 0.32 | 0.27 | 0.0 |
| Tocopherol, beta | | 0.24 | | · | DIII | - | | 0.52 | 0.27 | 0.0 |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | |
| Vitamin D | | | | | | | | | | |
| Vitamin K (phylloquinone) | | 2.4 | | 0 | BFFN | 4 | | 3.1 | 2.7 | 0.7 |
| | | | | | | | | | | |
| ipids: | a | 16 601 | | 0 | | 1 | | 22 022 | 10 061 | 4 7 |
| Fatty acids, total saturated | | 16.691 1.027 | | 1 | | 1 | | 22.032 | 18.861 | 4.73 |
| 4:0 | | | | 1 | | 1 | | 1.356 | 1.161 | 0.2 |
| 6:0 | - | 0.556 | | | | _ | | 0.734 | 0.628 | 0.1 |
| 8:0 | | 0.336 | | 1 1 | | 1 1 | | 0.444 | 0.380 0.770 | 0.0 |
| 10:0 | | 0.681 | | 1 | | 1 | | 0.899 | | 0.1 |
| 12:0 | | 0.768 | | 1 | | 1 | | 1.014 | 0.868 | 0.2 |
| 13:0 | - | 0.70 | | -1 | | 4 | | 2 525 | 2 252 | • - |
| 14:0 | | 2.724 | | 1 | | 1 | | 3.596 | 3.078 | 0.7 |
| 15:0 | | | | | | _ | | | | |
| 16:0 | _ | 6.638 | | 1 | | 1 | | 8.762 | 7.501 | 1.8 |
| 17:0 | - | | | _ | | _ | | | | _ |
| 18:0 | - | 3.350 | 1 | 1 | | 1 | | 4.422 | 3.786 | 0.9 |
| 20:0 | - | | | | | | | | | |
| 22:0 | g | | | | | | | | | |

| Nutrients and Units | 0.833 0.833 0.000 0.000 0.000 0.000 0.372 0.372 0.353 0.000 | Std. Error Points 0 1 1 0 0 1 1 0 0 0 0 0 0 | a Deriv | Source Co Code | onfidence Code | Measure 1 12.326 1.100 10.627 0.000 0.000 0.962 | Measure 2 10.552 0.941 9.098 0.000 0.000 | Measure 3 2.647 0.236 2.282 0.000 0.000 |
|--|--|--|---------|-------------------|-------------------|---|---|--|
| Fatty acids, total monounsaturated. 14:1 | 9.338 9.338 9.338 9.338 9.338 9.338 9.338 9.3000 9.300 9.300 9.300 9.300 9.300 9.300 9.300 9.300 9.3000 9.300 9.300 9.300 9.300 9.300 9.300 9.300 9.300 9.3000 9.300 9.300 9.300 9.300 9.300 9.300 9.300 9.300 9.3000 9.300 9.300 9.300 9.300 9.300 9.300 9.300 9.300 9.3000 9.300 9.300 9.300 9.300 9.300 9.300 9.300 9.300 9.3000 9.300 9.300 9.300 9.300 9.300 9.300 9.300 9.300 9.3000 9.300 9.300 9.300 9.300 9.300 9.300 9.300 9.300 9.3000 9.300 9.300 9.300 9.300 9.300 9.300 9.300 9.300 9.3000 9.300 9.300 9.300 9.300 9.300 9.300 9.300 9.300 9.3000 9.300 9.300 9.300 9.300 9.300 9.300 9.300 9.300 9.3000 9.300 9.300 9.300 9.300 9.300 9.300 9.300 9.300 9.3000 9.300 9.300 9.300 9.300 9.300 9.300 9.300 9.300 9.3000 9.300 9.300 9.300 9.300 9.300 9.300 9.300 9.300 9.3 | | Sout | 1 1 1 1 1 1 1 1 | Couc | 12.326 1.100 10.627 0.000 0.000 | 10.552 0.941 9.098 0.000 | 2.647 0.236 2.282 0.000 |
| 14:1 | 0.833 0.833 0.000 0.000 0.000 0.372 0.373 0.000 0.351 0.000 | 1 1 0 0 0 0 0 1 1 1 0 0 0 | | 1 1 1 1 | | 1.100 10.627 0.000 0.000 | 0.9 4 1 9.098 0.000 | 0.236 2.282 0.000 |
| 14:1 | 0.833 0.833 0.000 0.000 0.000 0.000 0.372 0.372 0.353 0.000 | 1 0 0 0 0 0 1 1 1 0 0 0 0 0 0 0 0 0 0 0 | | 1 1 1 1 | | 10.627 0.000 0.000 | 9.098 0.000 | 2.282 0.000 |
| 16:1 undifferentiated | 0.833 0.805 0.000 0.000 0.000 0.378 0.353 0.000 0.000 | 1 0 0 0 0 0 1 1 1 0 0 0 0 0 0 0 0 0 0 0 | | 1 1 1 1 | | 10.627 0.000 0.000 | 9.098 0.000 | 2.282 0.000 |
| 18:1 undifferentiated C 20:1 C 20:1 C 22:1 undifferentiated C 24:1 c C Fatty acids, total polyunsaturated C 18:2 undifferentiated C 18:3 undifferentiated C 20:2 n-6 c,c C 20:3 undifferentiated C 20:4 undifferentiated C 20:5 n-3 C 22:5 n-3 C 22:5 n-3 C 22:6 n-3 C Fatty acids, total trans C Cholesterol n Phytosterols n Tryptophan C Threonine C Isoleucine C Leucine C Methionine C | 8.051 9.0000 9.000 9.000 9.000 9.000 9.000 9.000 9.000 9.000 9.0000 9.000 9.000 9.000 9.000 9.000 9.000 9.000 9.000 9.0000 9.000 9.000 9.000 9.000 9.000 9.000 9.000 9.000 9.0000 9.000 9.000 9.000 9.000 9.000 9.000 9.000 9.000 9.0000 9.000 9.000 9.000 9.000 9.000 9.000 9.000 9.000 9.0000 9.000 9.000 9.000 9.000 9.000 9.000 9.000 9.000 9.0000 9.000 9.000 9.000 9.000 9.000 9.000 9.000 9.000 9.0000 9.000 9.000 9.000 9.000 9.000 9.000 9.000 9.000 9.0000 9.000 9.000 9.000 9.000 9.000 9.000 9.000 9.000 9.0000 9.000 9.000 9.000 9.000 9.000 9.000 9.000 9.000 9.0000 9.000 9.000 9.000 9.000 9.000 9.000 9.000 9.000 9.0000 9.000 9.000 9.000 9.000 9.000 9.000 9.000 9.000 9.0000 9.000 9.000 9.000 9.000 9.000 9.000 9.000 9.000 9.0 | 0 0 0 1 1 1 0 | | 1 1 1 | | 0.000 | 0.000 | 0.000 |
| 20:1 | 0.000 0.000 0.000 0.729 0.375 0.000 0.000 0.000 | 0 0 1 1 1 0 | | 1 1 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated C 24:1 c C 24:1 c C Fatty acids, total polyunsaturated C 18:2 undifferentiated C 18:3 undifferentiated C 18:4 C 20:2 n-6 c,c C 20:3 undifferentiated C 20:4 undifferentiated C 20:5 n-3 C 22:5 n-3 C 22:6 n-3 C Fatty acids, total trans C Cholesterol F Phytosterols F Amino Acids: T Tryptophan C Isoleucine C Leucine C Leysine C Methionine C | 0.000 0.729 0.378 0.351 0.000 0.000 0.000 | 0 0 1 1 1 0 | | 1 1 | | 0.000 | | |
| 24:1 c | 0.729 0.378 0.378 0.351 0.000 | 0 1 1 0 | | 1 | | | | |
| Fatty acids, total polyunsaturated \$ 18:2 undifferentiated \$ 2 18:3 undifferentiated \$ 2 18:3 undifferentiated \$ 2 18:4 \$ 2 20:2 n-6 c,c \$ 20:3 undifferentiated \$ 2 20:3 undifferentiated \$ 2 20:4 undifferentiated \$ 2 20:5 n-3 \$ 20:5 20:5 n-3 \$ 20:5 20:5 n-3 \$ 20:5 20:5 20:5 20:5 20:5 20:5 20:5 20:5 20:5 20:5 | 9 0.729 9 0.378 9 0.351 9 0.000 | 1 1 0 | | 1 | | 0.962 | | |
| 18:2 undifferentiated C 18:3 undifferentiated C 18:4 C 20:2 n-6 c,c C 20:3 undifferentiated C 20:4 undifferentiated C 20:5 n-3 C 22:5 n-3 C 22:6 n-3 C Fatty acids, total trans C Cholesterol F Phytosterols F Amino Acids: T Tryptophan C Isoleucine C Leucine C Leysine C Methionine C | 0.378 0.353 0.000 0.000 0.000 0.000 | . 1 | | | | | 0.824 | 0.207 |
| 18:4 | 0.000 0.000 0.000 0.000 | 0 | | 1 | | 0.499 | 0.427 | 0.107 |
| 20:2 n-6 c,c | 0.000 0.000 0.000 | | | | | 0.463 | 0.397 | 0.100 |
| 20:3 undifferentiated | g 0.000 | | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:4 undifferentiated | g 0.000 g 0.000 | | | | | | | |
| 20:5 n-3 | 0.000 | | | | | | | |
| 22:5 n-3 S 22:6 n-3 S 22:6 n-3 S Fatty acids, total trans S Cholesterol r Phytosterols r Amino Acids: Tryptophan S Threonine S Isoleucine S Leucine S Lysine S Methionine S | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3 | | | | 1 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans C Cholesterol r Phytosterols r Amino Acids: Tryptophan C Threonine C Isoleucine C Leucine C Lysine C Methionine C | | | | 1 | | 0.000 | 0.000 | 0.000 |
| Cholesterol r Phytosterols r Amino Acids: Tryptophan g Threonine g Isoleucine g Leucine g Lysine g Methionine g | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Phytosterols r Amino Acids: S Tryptophan Q Threonine Q Isoleucine Q Leucine Q Lysine Q Methionine Q | | | | | | | | |
| Amino Acids: S Tryptophan S Threonine S Isoleucine S Leucine S Lysine S Methionine S | - | 1 | | 1 | | 162 | 139 | 35 |
| Tryptophan 9 Threonine 9 Isoleucine 9 Leucine 9 Lysine 9 Methionine 9 | ng | | | | | | | |
| Tryptophan 9 Threonine 9 Isoleucine 9 Leucine 9 Lysine 9 Methionine 9 | | | | | | | | |
| Threonine. 9 Isoleucine. 9 Leucine. 9 Lysine. 9 Methionine. 9 | 0.343 | 0 | | 1 | | 0.453 | 0.388 | 0.097 |
| Isoleucine. 9 Leucine. 9 Lysine. 9 Methionine. 9 | | 0 | | 1 | | 1.156 | 0.990 | 0.248 |
| Leucine Q Lysine Q Methionine Q | | | | 1 | | 1.909 | 1.634 | 0.410 |
| Lysine | | . 0 | | 1 | | 3.276 | 2.805 | 0.704 |
| Methionine | = | 0 | | 1 | | 2.623 | 2.245 | 0.563 |
| | | 0 | | 1 | | 0.969 | 0.829 | 0.208 |
| Cystine | | 0 | | 4 | | 0.177 | 0.151 | 0.038 |
| Phenylalanine | | 0 | | 1 | | 1.746 | 1.495 | 0.375 |
| Tyrosine | | 0 | | 1 | | 1.874 | 1.605 | 0.403 |
| Valine | | 0 | | 1 | | 2.253 | 1.929 | 0.484 |
| Arginine | | 0 | | 1 | | 1.092 | 0.935 | 0.234 |
| Histidine | | 0 | | 1 | | 0.906 | 0.775 | 0.194 |
| Alanine | | 0 | | 1 | | 1.043 | 0.893 | 0.224 |
| Aspartic acid | | . 0 | | 1 | | 2.313 | 1.980 | 0.497 |
| Glutamic acid | = | 0 | | 1 | | 7.061 | 6.044 | 1.516 |
| Glycine | = | 0 | | 1 | | 0.640 | 0.548 | 0.137 |
| Proline | | . 0 | | 1 | | 3.817 | 3.268 | 0.820 |
| Serine C | | | | 1 | | 1.791 | 1.533 | 0.385 |
| Hydroxyproline | • | | | | | | | |
| Others: | | | | | | | | |
| Alcohol, ethylg | 0.0 | 0 | | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine mg | | 0 | z | 7 | | 0 | 0 | 0 |
| Theobromine mo | • | 0 | Z | 7 | | 0 | 0 | 0 |
| Carotenoids: | J - | v | - | - | | ~ | J | ŭ |
| | cq 29 | 0 | NR | 4 | | 38.280 | 32.770 | 8.222 |
| Carotene, beta | • | 0 | NK Z | 7 | | 0.000 | 0.000 | 0.000 |
| Cryptoxanthin, beta | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| Lycopene | ~ y 0 | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| Lutein + zeaxanthin mo | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |

Common Measures:

Measure 1 = 132g: 1 cup, diced Measure 2 = 113g: 1 cup, shredded

Measure 3 = 28.35g: 1 oz

NDB No. 01034 Cheese, port de salut

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>Ar</u> | mount in 100 g | grams | of edib | le portion | <u>n</u> | | edible portion | |
|---------------------------------|---------|-----------|----------------|-------|---------|------------|------------|------------|-----------------|---------|
| | | | Nι | umber | • | | | <u>m</u> e | easures of food | |
| | | | • | | Deriv | Source | Confidence | | | |
| Nutrients and Un | its | Mean | Std. Error P | oints | Code | Code | Code | Measure 1 | Measure 2 | Measure |
| Proximates: | | | | | | | | | | |
| Water | g | 40.95 | 0.661 | 21 | | 1 | | 54.05 | 11.61 | 6.96 |
| Energy | kcal | 351 | | 0 | NC | 4 | | 464 | 100 | 60 |
| Energy | kj | 1471 | | | | 4 | | 1941 | 417 | 250 |
| Protein (N x 6.38) | g | 25.58 | 0.349 | 16 | | 1 | | 33.77 | 7.25 | 4.35 |
| Total lipid (fat) | g | 26.62 | 0.341 | 24 | | 1 | | 35.14 | 7.55 | 4.53 |
| Ash | g | 4.71 | 0.155 | 14 | | 1 | | 6.22 | 1.34 | 0.80 |
| Carbohydrate, by difference | g | 2.14 | | 0 | NC | 4 | | 2.82 | 0.61 | 0.36 |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total | g | 0.56 | | 0 | BFNN | 4 | | 0.74 | 0.16 | 0.10 |
| Starch | g | | | | | | | | | |
| Minorala. | | | | | | | | | | |
| <u>Minerals:</u> Calcium, Ca | ma | 756 | 17.043 | 18 | | 1 | | 998 | 214 | 129 |
| Iron, Fe | | 0.52 | 0.065 | 5 | | 1 | | 0.69 | 0.15 | 0.09 |
| Magnesium, Mg | | 28 | 0.776 | 13 | | 1 | | 36 | 8 | 5 |
| Phosphorus, P | | 496 | 16.404 | 13 | | 1 | | 655 | 141 | 84 |
| Potassium, K | | 138 | 12.835 | 11 | | 1 | | 183 | 39 | 24 |
| Sodium, Na | | 876 | 50.221 | 12 | | 1 | | 1156 | 248 | 149 |
| Zinc, Zn | | 3.23 | 0.170 | 5 | | 1 | | 4.26 | 0.92 | 0.5 |
| Copper, Cu | mg | 0.026 | i | 0 | | 1 | | 0.034 | 0.007 | 0.0 |
| Manganese, Mn | mg | 0.010 | 1 | 0 | | 1 | | 0.013 | 0.003 | 0.00 |
| Selenium, Se | mcg | 14.5 | | 0 | CAZN | 4 | | 19.1 | 4.1 | 2.5 |
| Vitamins: | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mα | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | 0.0 |
| Thiamin | _ | 0.019 | 0.004 | 9 | | 1 | | 0.025 | 0.005 | 0.00 |
| Riboflavin | | 0.321 | | 13 | | 1 | | 0.424 | 0.091 | 0.0 |
| Niacin | | 0.156 | | 18 | | 1 | | 0.206 | 0.044 | 0.02 |
| Pantothenic acid | - | 0.476 | | 6 | | 1 | | 0.628 | 0.135 | 0.08 |
| Vitamin B-6 | - | 0.073 | 0.006 | 28 | | 1 | | 0.096 | 0.021 | 0.0 |
| Folate, total | - | 10 | 1.110 | 15 | | 1 | | 14 | 3 | 2 |
| Folic acid | | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food | | 10 | 1.110 | 15 | | 1 | | 14 | 3 | 2 |
| Folate, DFE | mcg_DFE | 10 | | 0 | NC | 4 | | 14 | 3 | 2 |
| Vitamin B-12 | mcg | 1.46 | 0.136 | 8 | | 1 | | 1.93 | 0.41 | 0.25 |
| Vitamin A, IU | IU | 880 | | 0 | NC | 4 | | 1162 | 250 | 150 |
| Vitamin A, RAE | mcg_RAE | 236 | | 0 | NC | 4 | | 311 | 67 | 40 |
| Retinol | | 230 | | 0 | NC | 4 | | 304 | 65 | 39 |
| Vitamin E (alpha-tocopherol) | - | 0.23 | | 0 | BFFN | 4 | | 0.30 | 0.06 | 0.04 |
| Tocopherol, beta | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | |
| Vitamin D | | 2.2 | | 0 | BFFN | 4 | | 2.9 | 0.6 | 0.4 |
| Vitamin K (phylloquinone) | Illog | 2.2 | | U | DEEN | 4 | | 2.9 | 0.6 | 0.4 |
| <u> </u> | | | | | | | | | | |
| Fatty acids, total saturated | g | 17.078 | | 0 | | 1 | | 22.543 | 4.842 | 2.9 |
| 4:0 | g | 0.981 | | 2 | | 1 | | 1.295 | 0.278 | 0.1 |
| 6:0 | - | 0.370 | | 2 | | 1 | | 0.488 | 0.105 | 0.0 |
| 8:0 | - | 0.256 | | 10 | | 1 | | 0.338 | 0.073 | 0.0 |
| 10:0 | - | 0.482 | | 10 | | 1 | | 0.636 | 0.137 | 0.0 |
| 12:0 | - | 0.355 | 0.061 | 10 | | 1 | | 0.469 | 0.101 | 0.0 |
| 13:0 | - | | | | | | | | | |
| 14:0 | - | 2.748 | 0.084 | 10 | | 1 | | 3.627 | 0.779 | 0.4 |
| 15:0 | - | | | | | | | | | |
| 16:0 | - | 8.159 | 0.190 | 10 | | 1 | | 10.770 | 2.313 | 1.3 |
| 17:0 | - | | | | | | | | | |
| 18:0 | - | 3.063 | 0.121 | 10 | | 1 | | 4.043 | 0.868 | 0.5 |
| 20:0 | - | | | | | | | | | |
| 22:0 | а | | | | | | | | | |

| | | <u>Aı</u> | mount in 100 | | | ole portio | <u>on</u> | | edible portion of easures of food | |
|----------------------------------|---|-----------|--------------|----|-------|----------------|--------------------|-----------|-----------------------------------|-----------|
| Nutrients and | Units | Mean | | | Deriv | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| B | | 7 202 | | • | | - | | | 0.005 | 1 057 |
| Fatty acids, total monounsatura | | 7.393 | | 0 | | 1 | | 9.759 | 2.096 | 1.257 |
| 15:1 | _ | | | | | | | | | |
| 16:1 undifferentiated | • | 0.878 | 0.064 | 10 | | 1 | | 1.159 | 0.249 | 0.149 |
| 17:1 | _ | | | | | | | | | |
| 18:1 undifferentiated | • | 6.164 | 0.174 | 10 | | 1 | | 8.136 | 1.747 | 1.048 |
| 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 | g | | | | | | | | | |
| Fatty acids, total polyunsaturat | | 0.769 | | 0 | | 1 | | 1.015 | 0.218 | 0.131 |
| 18:2 undifferentiated | | 0.494 | 0.050 | 10 | | 1 | | 0.652 | 0.140 | 0.084 |
| 18:3 undifferentiated | | 0.275 | 0.022 | 10 | | 1 | | 0.363 | 0.078 | 0.047 |
| 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 | | 69 | 4.603 | 4 | | 1 | | 91 | 20 | 12 |
| Phytosterols | mg | | | | | | | | | |
| | | | | | | | | | | |
| Amino Acids: | _ | | | _ | | _ | | 0 455 | | |
| Tryptophan | | 0.345 | | 0 | | 4 | | 0.455 | 0.098 | 0.059 |
| Threonine | - | 0.982 | | 0 | | 1 | | 1.296 | 0.278 | 0.167 |
| Isoleucine | • | 1.091 | | 0 | | 1 | | 1.440 | 0.309 | 0.185 |
| Leucine | - | 2.297 | | 0 | | 1 | | 3.032 | 0.651 | 0.390 |
| Lysine | | 2.646 | | 0 | | 1 | | 3.493 | 0.750 | 0.450 |
| Methionine | | 0.686 | | 0 | | 1 | | 0.906 | 0.194 | 0.117 |
| Cystine | | 0.116 | | 0 | | 1 | | 0.153 | 0.033 | 0.020 |
| Phenylalanine | | 1.287 | | 0 | | 1 | | 1.699 | 0.365 | 0.219 |
| Tyrosine | = | 1.520 | | 0 | | 1 | | 2.006 | 0.431 | 0.258 |
| Valine | | 1.640 | | 0 | | 1 | | 2.165 | 0.465 | 0.279 |
| Arginine | | 1.022 | | 0 | | 1 | | 1.349 | 0.290 | 0.174 |
| Histidine | | 1.115 | | 0 | | 1 | | 1.472 | 0.316 | 0.190 |
| Alanine | | 0.706 | | 0 | | 1 | | 0.932 | 0.200 | 0.120 |
| Aspartic acid | | 1.744 | | 0 | | 1 | | 2.302 | 0.494 | 0.296 |
| Glutamic acid | | 6.235 | | 0 | | 1 | | 8.230 | 1.768 | 1.060 |
| Glycine | | 0.433 | | 0 | | 1 | | 0.572 | 0.123 | 0.074 |
| Proline | | 2.766 | | 0 | | 1 | | 3.651 | 0.784 | 0.470 |
| Serine | - | 1.471 | | 0 | | 1 | | 1.942 | 0.417 | 0.250 |
| Hydroxyproline | g | | | | | | | | | |
| Others: | | | | | | | | | | |
| Alcohol, ethyl | g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine | | 0 | | 0 | z | 7 | | 0 | 0 | 0 |
| Theobromine | | 0 | | 0 | z | 7 | | 0 | 0 | 0 |
| Carotenoids: | | - | | - | _ | • | | - | • | ū |
| <u> </u> | | | | _ | _ | _ | | | | <u>.</u> |
| Carotene, beta | | 68 | | 0 | BFFN | 4 | | 90.126 | 19.357 | 11.607 |
| 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 | riicg | 0 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |

Common Measures:

Measure 1 = 132g: 1 cup, diced

Measure 2 = 28.35g: 1 oz

Measure 3 = 17g: 1 cubic inch

NDB No. 01035 Cheese, provolone

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | Amount in 100 grams of edible portion | | | | | | | edible portion | |
|--------------------------------|----------|---------------------------------------|---------------|-------|-------|----------|------------|------------|-----------------|---------|
| | | | Nι | ımber | • | | | <u>m</u> e | easures of food | _ |
| | | | • | | Deriv | Source (| Confidence | | | |
| Nutrients and Units | | Mean | Std. Error Po | oints | Code | Code | Code | Measure 1 | Measure 2 | Measure |
| Proximates: | | | | | | | | | | |
| Water | g | 74.41 | 0.891 | 12 | | 1 | | 183.05 | 21.10 | 92.27 |
| Energy | kcal | 138 | | 0 | NC | 4 | | 340 | 39 | 171 |
| Energy | kj | 578 | | | | 4 | | 1421 | 164 | 716 |
| Protein (N x 6.38) | | 11.39 | 0.767 | 9 | | 1 | | 28.02 | 3.23 | 14.12 |
| Total lipid (fat) | g | 7.91 | 0.612 | 12 | | 1 | | 19.46 | 2.24 | 9.81 |
| Ash | | 1.15 | 0.098 | 7 | | 1 | | 2.83 | 0.33 | 1.43 |
| Carbohydrate, by difference | | 5.14 | | 0 | NC | 4 | | 12.64 | 1.46 | 6.37 |
| Fiber, total dietary | | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total | | 0.31 | | 0 | BFNN | 4 | | 0.76 | 0.09 | 0.38 |
| Starch | g | | | | | | | | | |
| Minerals: | | | | | | | | | | |
| Calcium, Ca | mg | 272 | 28.960 | 8 | | 1 | | 669 | 77 | 337 |
| Iron, Fe | | 0.44 | | 2 | | 1 | | 1.08 | 0.12 | 0.5 |
| Magnesium, Mg | | 15 | 1.325 | 8 | | 1 | | 36 | 4 | 18 |
| Phosphorus, P | mg | 183 | 18.455 | 8 | | 1 | | 449 | 52 | 226 |
| Potassium, K | | 125 | 9.806 | 8 | | 1 | | 308 | 35 | 155 |
| Sodium, Na | mg | 125 | 27.243 | 8 | | 1 | | 307 | 35 | 155 |
| Zinc, Zn | mg | 1.34 | | 2 | | 1 | | 3.30 | 0.38 | 1.6 |
| Copper, Cu | | 0.034 | | 0 | | 1 | | 0.084 | 0.010 | 0.0 |
| Manganese, Mn | | 0.010 | 1 | 0 | | 1 | | 0.025 | 0.003 | 0.0 |
| Selenium, Se | mcg | 16.7 | | 0 | BFNN | 4 | | 41.1 | 4.7 | 20.7 |
| Vitamins: | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | 0.0 |
| Thiamin | <u>-</u> | 0.021 | 0.003 | 7 | | 1 | | 0.052 | 0.006 | 0.0 |
| Riboflavin | | 0.185 | 0.013 | 7 | | 1 | | 0.455 | 0.052 | 0.2 |
| Niacin | | 0.078 | 0.014 | 6 | | 1 | | 0.192 | 0.022 | 0.0 |
| Pantothenic acid | mg | 0.242 | | 0 | | 4 | | 0.595 | 0.069 | 0.3 |
| Vitamin B-6 | mg | 0.020 | 0.002 | 6 | | 1 | | 0.049 | 0.006 | 0.0 |
| Folate, total | mcg | 13 | | 0 | | 4 | | 32 | 4 | 16 |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food | | 13 | | 0 | | 4 | | 32 | 4 | 16 |
| Folate, DFE | mcg_DFE | 13 | | 0 | NC | 4 | | 32 | 4 | 16 |
| Vitamin B-12 | | 0.29 | 0.038 | 5 | | 1 | | 0.72 | 0.08 | 0.3 |
| Vitamin A, IU | | 384 | | 0 | NC | 4 | | 944 | 109 | 476 |
| Vitamin A, RAE | | 107 | | 0 | NC | 4 | | 262 | 30 | 132 |
| Retinol | | 105 | | 0 | NC | 4 | | 258 | 30 | 130 |
| Vitamin E (alpha-tocopherol) | _ | 0.07 | | 0 | BFFN | 4 | | 0.17 | 0.02 | 0.0 |
| Tocopherol, beta | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta Vitamin D | | | | | | | | | | |
| Vitamin K (phylloquinone) | | 0.7 | | 0 | BFFN | 4 | | 1.6 | 0.2 | 0.8 |
| vitamin K (phynoquinone) | g | 0., | | Ū | DIII | • | | 1.0 | 0.2 | 0.0 |
| Lipids: | | | | | | | | | | |
| Fatty acids, total saturated | g | 4.927 | | 0 | | 1 | | 12.120 | 1.397 | 6.10 |
| 4:0 | g | 0.254 | | 1 | | 1 | | 0.625 | 0.072 | 0.3 |
| 6:0 | - | 0.065 | | 2 | | 1 | | 0.160 | 0.018 | 0.0 |
| 8:0 | - | 0.073 | | 6 | | 1 | | 0.180 | 0.021 | 0.0 |
| 10:0 | | 0.151 | | 7 | | 1 | | 0.371 | 0.043 | 0.1 |
| 12:0 | - | 0.105 | 0.020 | 7 | | 1 | | 0.258 | 0.030 | 0.1 |
| 13:0 | - | | | _ | | _ | | | | - |
| 14:0 | | 0.808 | 0.063 | 7 | | 1 | | 1.988 | 0.229 | 1.0 |
| 15:0 | - | | | _ | | | | | | |
| 16:0 | | 2.442 | 0.197 | 7 | | 1 | | 6.007 | 0.692 | 3.0 |
| 17:0 | - | | | _ | | | | 0.100 | 2 24 - | |
| 18:0 | - | 0.866 | 0.069 | 7 | | 1 | | 2.130 | 0.246 | 1.0 |
| 20:0 | - | | | | | | | | | |
| 22:0 | y | | | | | | | | | |

| | | <u>Ar</u> | Amount in edible portion of common | | | | | | | |
|---------------------------------|---|----------------|------------------------------------|-------------------|------|----------------|--------------------|----------------|----------------|----------------|
| Nutrients and U | | | Number | | | | measures of food | | | |
| | Units | Mean | Std. Error | of Data Points | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total monounsatur | ated 0 | 2.314 | | 0 | | 1 | | 5.692 | 0.656 | 2.869 |
| 14:1 | | | | | | | | | | |
| 15:1 | g | | | | | | | | | |
| 16:1 undifferentiated | g | 0.277 | 0.0 | 31 7 | | 1 | | 0.681 | 0.079 | 0.343 |
| 17:1 | = | | | | | | | | | |
| 18:1 undifferentiated | - | 1.920 | 0.1 | | | 1 | | 4.723 | 0.544 | 2.381 |
| 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 | | 0.260 | | 0 | | 1 | | 0.640 | 0.074 | 0.322 |
| Fatty acids, total polyunsatura | | 0.260 | 0.0 | | | 1 | | 0.640 0.467 | 0.074 0.054 | 0.322 |
| 18:2 undifferentiated | | 0.190 | 0.0 | | | 1 | | 0.467 | 0.054 | 0.236 |
| | | 0.070 | 0.0 | 09 6 | | 1 | | 0.172 | 0.020 | 0.007 |
| 18:4 20:2 n-6 c.c | - | 0.000 | | U | | 1 | | 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 | - | 0.000 | | · | | _ | | 0.000 | 0.000 | 0.000 |
| Cholesterol | | 31 | | 0 | | 1 | | 76 | 9 | 38 |
| Phytosterols | | | | · | | _ | | | • | |
| | ······ 3 | | | | | | | | | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan | | 0.127 | | 0 | | 4 | | 0.312 | 0.036 | 0.157 |
| Threonine | | 0.523 | | 0 | | 1 | | 1.287 | 0.148 | 0.649 |
| Isoleucine | - | 0.596 | | 0 | | 1 | | 1.466 | 0.169 | 0.739 |
| Leucine | | 1.235 | | 0 | | 1 | | 3.038 | 0.350 | 1.531 |
| Lysine | | 1.353 | | 0 | | 1 | | 3.328 | 0.384 | 1.678 |
| Methionine | | 0.284 | | 0 | | 1 | | 0.699 | 0.081 | 0.352 |
| Cystine | | 0.100 | | 0 | | 1 | | 0.246 | 0.028 | 0.124 |
| Phenylalanine | | 0.562 | | 0 | | 1 | | 1.383 | 0.159 | 0.697 |
| Tyrosine | | 0.596 | | 0 | | 1 | | 1.466 | 0.169 | 0.739 |
| Valine | _ | 0.700 | | 0 | | 1 1 | | 1.722 | 0.198 | 0.868 |
| Arginine | | 0.639 | | 0 | | 1 | | 1.572 | 0.181 | 0.792 |
| Histidine | | 0.464 | | 0 | | 1 | | 1.141 | 0.132 | 0.575 |
| Alanine | | 0.505 1.007 | | 0 | | 1 | | 1.242 2.477 | 0.143 | 0.626 |
| Aspartic acid | | 2.474 | | 0 | | 1 | | 6.086 | 0.285 0.701 | 1.249 3.068 |
| | • | 0.298 | | 0 | | 1 | | 0.733 | 0.084 | 0.370 |
| Glycine | | | | 0 | | 1 | | | | |
| Proline | - | 1.078 0.582 | | 0 | | 1 | | 2.652 1.432 | 0.306 0.165 | 1.337 0.722 |
| Serine Hydroxyproline | | 0.362 | | U | | _ | | 1.432 | 0.103 | 0.722 |
| Trydroxypronne | 9 | | | | | | | | | |
| 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 | 20 | | 0 | BFFN | 4 | | 49.909 | 5.752 | 25.157 |
| 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 |
| | · · · · · · · | - | | - | | | | | | |

Common Measures:

Measure 1 = 246g: 1 cup Measure 2 = 28.35g: 1 oz

Measure 3 = 124g: .5 cup

NDB No. 01037

Cheese, ricotta, part skim milk

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | Amount in 100 grams of edible portion | | | | | | | Amount in edible portion of common | | |
|---------------------------------|---------|---------------------------------------|---------------|------|-------|--------|------------|-----------|------------------------------------|----------|--|
| | | | Nu | mber | | | | <u>m</u> | easures of food | <u> </u> | |
| | | | of | Data | Deriv | Source | Confidence | | | | |
| Nutrients and Units | | Mean | Std. Error Po | ints | Code | Code | Code | Measure 1 | Measure 2 | Measure | |
| Proximates: | | | | | | | | | | | |
| Water | g | 71.70 | 1.224 | 9 | | 1 | | 176.38 | 88.91 | | |
| Energy | kcal | 174 | | 0 | NC | 4 | | 428 | 216 | | |
| Energy | kj | 728 | | | | 4 | | 1790 | 902 | | |
| Protein (N x 6.38) | g | 11.26 | 0.630 | 9 | | 1 | | 27.70 | 13.96 | | |
| Total lipid (fat) | g | 12.98 | 0.761 | 9 | | 1 | | 31.93 | 16.10 | | |
| Ash | g | 1.02 | 0.124 | 6 | | 1 | | 2.51 | 1.26 | | |
| Carbohydrate, by difference | g | 3.04 | | 0 | NC | 4 | | 7.48 | 3.77 | | |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | | |
| Sugars, total | g | 0.27 | | 0 | BFNN | 4 | | 0.66 | 0.33 | | |
| Starch | g | | | | | | | | | | |
| Ainorals: | | | | | | | | | | | |
| <u>Ainerals:</u> Calcium, Ca | ma | 207 | 37.765 | 4 | | 1 | | 509 | 257 | | |
| Iron, Fe | - | 0.38 | 505 | 0 | | 1 | | 0.93 | 0.47 | | |
| Magnesium, Mg | - | 11 | 0.901 | 4 | | 1 | | 28 | 14 | | |
| Phosphorus, P | | 158 | 27.395 | 4 | | 1 | | 389 | 196 | | |
| Potassium, K | - | 105 | 12.944 | 4 | | 1 | | 257 | 130 | | |
| Sodium, Na | | 84 | 29.332 | 4 | | 1 | | 207 | 104 | | |
| Zinc, Zn | mg | 1.16 | | 0 | | 1 | | 2.85 | 1.44 | | |
| Copper, Cu | mg | 0.021 | | 0 | | 1 | | 0.052 | 0.026 | | |
| Manganese, Mn | mg | 0.006 | i | 0 | | 1 | | 0.015 | 0.007 | | |
| Selenium, Se | mcg | 14.5 | | 0 | CAZN | 4 | | 35.7 | 18.0 | | |
| itamins: | | | | | | | | | | | |
| Vitamin C, total ascorbic acid | ma | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | | |
| Thiamin | - | 0.013 | 0.002 | 4 | | 1 | | 0.032 | 0.016 | | |
| Riboflavin | - | 0.015 | | 4 | | 1 | | 0.480 | 0.242 | | |
| Niacin | | 0.104 | | 4 | | 1 | | 0.256 | 0.129 | | |
| Pantothenic acid | - | 0.213 | | 0 | | 4 | | 0.524 | 0.264 | | |
| Vitamin B-6 | - | 0.043 | | 4 | | 1 | | 0.106 | 0.053 | | |
| Folate, total | - | 12 | | 0 | | 4 | | 30 | 15 | | |
| Folic acid | | 0 | | 0 | z | 7 | | 0 | 0 | | |
| Folate, food | | 12 | | 0 | | 4 | | 30 | 15 | | |
| Folate, DFE | | 12 | | 0 | NC | 4 | | 30 | 15 | | |
| Vitamin B-12 | | 0.34 | 0.061 | 4 | | 1 | | 0.83 | 0.42 | | |
| Vitamin A, IU | | 445 | | 0 | NC | 4 | | 1096 | 552 | | |
| Vitamin A, RAE | mcg_RAE | 120 | | 0 | NC | 4 | | 295 | 149 | | |
| Retinol | | 117 | | 0 | NC | 4 | | 288 | 145 | | |
| Vitamin E (alpha-tocopherol) | mg | 0.11 | | 0 | BFFN | 4 | | 0.27 | 0.14 | | |
| Tocopherol, beta | mg | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | | |
| Vitamin D | | | | • | | | | 0.7 | | | |
| Vitamin K (phylloquinone) | mcg | 1.1 | | 0 | BFFN | 4 | | 2.7 | 1.3 | | |
| <u>ipids:</u> | | | | | | | | | | | |
| Fatty acids, total saturated | g | 8.295 | i | 0 | | 1 | | 20.406 | 10.286 | | |
| 4:0 | | 0.574 | 0.200 | 4 | | 1 | | 1.412 | 0.712 | | |
| 6:0 | g | 0.093 | 0.008 | 4 | | 1 | | 0.229 | 0.115 | | |
| 8:0 | g | 0.119 | 0.008 | 4 | | 1 | | 0.293 | 0.148 | | |
| 10:0 | g | 0.229 | 0.020 | 4 | | 1 | | 0.563 | 0.284 | | |
| 12:0 | | 0.158 | 0.020 | 4 | | 1 | | 0.389 | 0.196 | | |
| 13:0 | | | | | | | | | | | |
| 14:0 | g | 1.364 | 0.090 | 4 | | 1 | | 3.355 | 1.691 | | |
| 15:0 | | | | | | | | | | | |
| 16:0 | g | 4.057 | 0.274 | 4 | | 1 | | 9.980 | 5.031 | | |
| 17:0 | - | | | | | | | | | | |
| 18:0 | - | 1.281 | 0.104 | 4 | | 1 | | 3.151 | 1.588 | | |
| 20:0 | - | | | | | | | | | | |
| 22:0 | a | | | | | | | | | | |

| | <u>Aı</u> | mount in 100 gram | Amount in edible portion of common measures of food | | | | | |
|-------------------------------------|-----------|-------------------|---|----------------|--------------------|-----------|-----------|-----------|
| Nutrients and Units | Mean | Number of Data | a Deriv | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | |
| Fatty acids, total monounsaturatedg | 3.627 | 0 | | 1 | | 8.922 | 4.497 | |
| 15:1g | | | | | | | | |
| 16:1 undifferentiatedg | 0.532 | 0.077 4 | | 1 | | 1.309 | 0.660 | |
| 17:1g | | | | | | | | |
| 18:1 undifferentiatedg | 2.872 | | | 1 | | 7.065 | 3.561 | |
| 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 | 0.385 | 0 | | 1 | | 0.947 | 0.477 | |
| 18:2 undifferentiatedg | 0.273 | | | 1 | | 0.672 | 0.339 | |
| 18:3 undifferentiatedg | 0.112 | 0.022 4 | | 1 | | 0.276 | 0.139 | |
| 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-3 | 0.000 | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3g | 0.000 | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans9 | | | | | | | | |
| Cholesterolmg | 51 | 0 | | 1 | | 124 | 63 | |
| Phytosterolsmg | 9 | | | | | | | |
| Amino Asids | | | | | | | | |
| Amino Acids: | 0 105 | • | | | | 0.200 | 0 155 | |
| Tryptophan | 0.125 | | | 4 | | 0.308 | 0.155 | |
| Threonine | 0.517 | | | 1 | | 1.272 | 0.641 | |
| Isoleucine | 0.589 | | | 1 | | 1.449 | 0.730 | |
| Leucine | 1.221 | | | 1 | | 3.004 | 1.514 | |
| Lysine | 1.338 | | | 1 1 | | 3.291 | 1.659 | |
| Methionine | 0.281 | | | | | 0.691 | 0.348 | |
| Cystine | 0.099 | | | 1 | | 0.244 | 0.123 | |
| Phenylalanine | 0.556 | | | 1 | | 1.368 | 0.689 | |
| Tyrosine | 0.589 | | | 1 | | 1.449 | 0.730 | |
| Valine | 0.692 | | | 1 | | 1.702 | 0.858 | |
| Arginine | 0.632 | | | 1 | | 1.555 | 0.784 | |
| Histidine | 0.459 | | | 1 | | 1.129 | 0.569 | |
| Alanineg | 0.499 | | | 1 | | 1.228 | 0.619 | |
| Aspartic acid | 0.995 | | | 1 | | 2.448 | 1.234 | |
| Glutamic acid | 2.446 | | | 1 | | 6.017 | 3.033 | |
| Glycine | 0.295 | | | 1 | | 0.726 | 0.366 | |
| Prolineg | 1.066 | | | 1 | | 2.622 | 1.322 | |
| Serineg | 0.575 | 0 | | 1 | | 1.415 | 0.713 | |
| Hydroxyprolineg | | | | | | | | |
| Others: | | | | | | | | |
| Alcohol, ethylg | 0.0 | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine mg | 0 | 0 | z | 7 | | 0 | 0 | |
| Theobromine mg | 0 | 0 | z | 7 | | 0 | 0 | |
| | · | · · | _ | • | | ŭ | · · | |
| Carotenoids: | | | | | | | | |
| Carotene, beta mcg | | 0 | BFFN | 4 | | 81.899 | 41.282 | |
| Carotene, alphamcg | | 0 | Z | 7 | | 0.000 | 0.000 | |
| Cryptoxanthin, betamcg | | 0 | Z | 7 | | 0.000 | 0.000 | |
| Lycopene mcg | | 0 | Z | 7 | | 0.000 | 0.000 | |
| Lutein + zeaxanthin mcg | 0 | 0 | Z | 7 | | 0.000 | 0.000 | |

Common Measures:

Measure 1 = 246g: 1 cup Measure 2 = 124g: .5 cup NDB No. 01036

Cheese, ricotta, whole milk

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>Ar</u> | mount in 100 | grams | of edib | le portio | <u>n</u> | Amount in edible portion of common | | | |
|--------------------------------|------|-----------|--------------|-------|---------|-----------|------------|------------------------------------|-----------------|----------|--|
| | | | Nu | umber | • | | | <u>m</u> e | easures of food | <u>l</u> | |
| | | | | | | Source | Confidence | | | | |
| Nutrients and Un | its | Mean | Std. Error P | oints | Code | Code | Code | Measure 1 | Measure 2 | Measure | |
| Proximates: | | | | | | | | | | | |
| Water | g | 30.91 | 0.410 | 47 | | 1 | | 8.76 | 43.89 | | |
| Energy | kcal | 387 | | 0 | NC | 4 | | 110 | 549 | | |
| Energy | kj | 1618 | | | | 4 | | 459 | 2297 | | |
| Protein (N x 6.38) | | 31.80 | 1.404 | 11 | | 1 | | 9.02 | 45.16 | | |
| Total lipid (fat) | g | 26.94 | 0.969 | 7 | | 1 | | 7.64 | 38.25 | | |
| Ash | | 6.72 | 0.670 | 8 | | 1 | | 1.91 | 9.54 | | |
| Carbohydrate, by difference | | 3.63 | | 0 | NC | 4 | | 1.03 | 5.15 | | |
| Fiber, total dietary | | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | | |
| Sugars, total | | 0.73 | | 0 | BFNN | 4 | | 0.21 | 1.04 | | |
| Starch | g | | | | | | | | | | |
| Minerals: | | | | | | | | | | | |
| Calcium, Ca | mg | 1064 | 64.972 | 6 | | 1 | | 302 | 1511 | | |
| Iron, Fe. | - | 0.77 | | 0 | | 4 | | 0.22 | 1.09 | | |
| Magnesium, Mg | | 41 | | 0 | | 4 | | 12 | 58 | | |
| Phosphorus, P | mg | 760 | | 2 | | 1 | | 215 | 1079 | | |
| Potassium, K | | 86 | | 0 | | 4 | | 24 | 123 | | |
| Sodium, Na | mg | 1200 | | 1 | | 1 | | 340 | 1704 | | |
| Zinc, Zn | mg | 2.58 | | 0 | | 4 | | 0.73 | 3.66 | | |
| Copper, Cu | | 0.030 | | 0 | | 1 | | 0.009 | 0.043 | | |
| Manganese, Mn | | 0.020 | | 0 | | 1 | | 0.006 | 0.028 | | |
| Selenium, Se | mcg | 14.5 | | 0 | CAZN | 4 | | 4.1 | 20.6 | | |
| Vitamins: | | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | | |
| Thiamin | _ | 0.037 | | 0 | | 4 | | 0.010 | 0.053 | | |
| Riboflavin | | 0.370 | 0.009 | 4 | | 1 | | 0.105 | 0.525 | | |
| Niacin | | 0.077 | 0.017 | 10 | | 1 | | 0.022 | 0.109 | | |
| Pantothenic acid | | 0.424 | | 0 | | 4 | | 0.120 | 0.602 | | |
| Vitamin B-6 | mg | 0.085 | | 0 | | 4 | | 0.024 | 0.121 | | |
| Folate, total | mcg | 7 | 1.000 | 24 | | 1 | | 2 | 10 | | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | | |
| Folate, food | | 7 | 1.000 | 24 | | 1 | | 2 | 10 | | |
| Folate, DFE | | 7 | | 0 | NC | 4 | | 2 | 10 | | |
| Vitamin B-12 | mcg | 1.12 | | 0 | | 4 | | 0.32 | 1.60 | | |
| Vitamin A, IU | | 415 | | 0 | NC | 4 | | 118 | 590 | | |
| Vitamin A, RAE | | 96 | | 0 | NC | 4 | | 27 | 136 | | |
| Retinol | | 90 | | 0 | NC | 4 | | 26 | 128 | | |
| Vitamin E (alpha-tocopherol) | _ | 0.23 | | 0 | BFFN | 4 | | 0.07 | 0.33 | | |
| Tocopherol, beta | | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | | |
| Tocopherol, deltaVitamin D | | | | | | | | | | | |
| Vitamin K (phylloquinone) | | 2.2 | | 0 | BFFN | 4 | | 0.6 | 3.2 | | |
| vitanini k (phynoquinone) | nog | 2.2 | | Ū | DEEM | - | | 0.0 | 3.2 | | |
| <u>Lipids:</u> | | | | | | | | | | | |
| Fatty acids, total saturated | g | 17.115 | | 0 | | 4 | | 4.852 | 24.303 | | |
| 4:0 | g | 1.355 | | 0 | | 4 | | 0.384 | 1.924 | | |
| 6:0 | - | 0.508 | | 0 | | 4 | | 0.144 | 0.721 | | |
| 8:0 | | 0.271 | | 0 | | 4 | | 0.077 | 0.385 | | |
| 10:0 | | 0.671 | | 0 | | 4 | | 0.190 | 0.953 | | |
| 12:0 | | 0.911 | | 0 | | 4 | | 0.258 | 1.294 | | |
| 13:0 | - | | | _ | | _ | | _ | | | |
| 14:0 | - | 3.036 | | 0 | | 4 | | 0.861 | 4.311 | | |
| 15:0 | _ | | | | | | | | | | |
| 16:0 | - | 7.265 | | 0 | | 4 | | 2.060 | 10.316 | | |
| 17:0 | - | | | _ | | _ | | <u> </u> | | | |
| 18:0 | _ | 2.400 | | 0 | | 4 | | 0.680 | 3.408 | | |
| 20:0 | _ | | | | | | | | | | |
| 22:0 | g | | | | | | | | | | |

| | | <u>Ar</u> | mount in 10 | | | ole portio | <u>on</u> | | edible portion of easures of food | |
|------------------------------------|-----|----------------|-------------|----------------|-------|------------|------------|-----------|-----------------------------------|-----------|
| | | | | Number of Data | Deriv | | Confidence | | | • |
| Nutrients and Unit | ts | Mean | Std. Error | Points | Code | Code | Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total monounsaturated | g | 7.838 | | 0 | | 4 | | 2.222 | 11.130 | |
| 14:1 | _ | | | | | | | | | |
| 15:1 | | | | | | | | | | |
| 16:1 undifferentiated | - | 0.411 | | 0 | | 4 | | 0.117 | 0.584 | |
| 17:1 | _ | 6 040 | | • | | | | 1 000 | 0.050 | |
| 18:1 undifferentiated | _ | 6.942 | | 0 | | 4 | | 1.968 | 9.858 | |
| 20:1 | | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated | • | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 24:1 c | | 0 503 | | ^ | | | | 0.160 | 0.040 | |
| Fatty acids, total polyunsaturated | | 0.593 | | 0 | | 4 4 | | 0.168 | 0.842 | |
| 18:2 undifferentiated | | 0.284 0.310 | | 0 | | 4 | | 0.081 | 0.403 | |
| 18:3 undifferentiated | | | | 0 | | 4 | | 0.088 | 0.440 | |
| 18:4 | - | 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 | |
| | | 0.000 | | 0 | | 4 | | | | |
| 20:5 n-3 | _ | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 22:5 n-3 | | | | 0 | | 4 | | 0.000 | 0.000 | |
| 22:6 n-3 | | 0.000 | | U | | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans | | 104 | | 1 | | 1 | | 20 | 140 | |
| Cholesterol | - | 104 | | 1 | | 1 | | 29 | 148 | |
| Phytosterols | | | | | | | | | | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan | g | 0.429 | | 0 | | 4 | | 0.122 | 0.609 | |
| Threonine | | 1.171 | | 0 | | 4 | | 0.332 | 1.663 | |
| Isoleucine | - | 1.685 | | 0 | | 4 | | 0.478 | 2.393 | |
| Leucine | g | 3.071 | | 0 | | 4 | | 0.871 | 4.361 | |
| Lysine | g | 2.941 | | 0 | | 4 | | 0.834 | 4.176 | |
| Methionine | | 0.852 | | 0 | | 4 | | 0.242 | 1.210 | |
| Cystine | g | 0.209 | | 0 | | 4 | | 0.059 | 0.297 | |
| Phenylalanine | | 1.710 | | 0 | | 4 | | 0.485 | 2.428 | |
| Tyrosine | | 1.775 | | 0 | | 4 | | 0.503 | 2.521 | |
| Valine | - | 2.183 | | 0 | | 4 | | 0.619 | 3.100 | |
| Arginine | - | 1.171 | | 0 | | 4 | | 0.332 | 1.663 | |
| Histidine | | 1.231 | | 0 | | 4 | | 0.349 | 1.748 | |
| Alanine | | 0.932 | | 0 | | 4 | | 0.264 | 1.323 | |
| Aspartic acid | | 1.989 | | 0 | | 4 | | 0.564 | 2.824 | |
| Glutamic acid | | 7.302 | | 0 | | 4 | | 2.070 | 10.369 | |
| Glycine | | 0.553 | | 0 | | 4 | | 0.157 | 0.785 | |
| Proline | | 3.718 | | 0 | | 4 | | 1.054 | 5.280 | |
| Serine | - | 1.840 | | 0 | | 4 | | 0.522 | 2.613 | |
| Hydroxyproline | - | | | | | | | | | |
| 11ydroxypromic | | | | | | | | | | |
| Others: | | | | | | | | | | |
| Alcohol, ethyl | | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine | | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine | mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotenoids: | | | | | | | | | | |
| Carotene, beta | mca | 69 | | 0 | BFFN | 4 | | 19.589 | 98.119 | |
| Carotene, alpha | | 0 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| Cryptoxanthin, beta | | 0 | | Ö | z | 7 | | 0.000 | 0.000 | |
| Lycopene | | 0 | | 0 | z | 7 | | 0.000 | 0.000 | |
| - , - OP-110 | | • | | • | z | 7 | | 0.000 | 0.000 | |

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 142g: 5 package (5 oz)

NDB No. 01038 Cheese, romano

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>Aı</u> | mount in 100 g | grams | of edib | ole portio | <u>n</u> | Amount in edible portion of common | | | |
|--------------------------------|--------|-----------|----------------|-------|---------|------------|------------|------------------------------------|-----------------|----------|--|
| | | | Nι | ımber | • | | | <u>m</u> | easures of food | <u> </u> | |
| | | | • | | | | Confidence | | | | |
| Nutrients and Un | its | Mean | Std. Error Po | oints | Code | Code | Code | Measure 1 | Measure 2 | Measure | |
| Proximates: | | | | | | | | | | | |
| Water | g | 39.38 | 0.703 | 15 | | 1 | | 11.16 | 33.47 | | |
| Energy | kcal | 369 | | 0 | NC | 4 | | 105 | 314 | | |
| Energy | kj | 1544 | | | | 4 | | 438 | 1312 | | |
| Protein (N x 6.38) | | 21.54 | 0.281 | 3 | | 1 | | 6.11 | 18.31 | | |
| Total lipid (fat) | g | 30.64 | 0.926 | 8 | | 1 | | 8.69 | 26.04 | | |
| Ash | | 6.44 | 0.190 | 4 | | 1 | | 1.83 | 5.47 | | |
| Carbohydrate, by difference | | 2.00 | | 0 | NC | 4 | | 0.57 | 1.70 | | |
| Fiber, total dietary | | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | | |
| Sugars, total | | | | | | | | | | | |
| Starch | g | | | | | | | | | | |
| Minerals: | | | | | | | | | | | |
| Calcium, Ca | mg | 662 | 34.969 | 12 | | 1 | | 188 | 563 | | |
| Iron, Fe. | - | 0.56 | 0.197 | 4 | | 1 | | 0.16 | 0.48 | | |
| Magnesium, Mg | | 30 | 1.885 | 4 | | 1 | | 8 | 25 | | |
| Phosphorus, P | | 392 | 17.766 | 11 | | 1 | | 111 | 333 | | |
| Potassium, K | mg | 91 | 10.115 | 3 | | 1 | | 26 | 77 | | |
| Sodium, Na | mg | 1809 | 157.400 | 4 | | 1 | | 513 | 1538 | | |
| Zinc, Zn | mg | 2.08 | 0.122 | 4 | | 1 | | 0.59 | 1.77 | | |
| Copper, Cu | | 0.034 | | 0 | | 1 | | 0.010 | 0.029 | | |
| Manganese, Mn | | 0.030 | | 0 | | 1 | | 0.009 | 0.026 | | |
| Selenium, Se | mcg | 14.5 | | 0 | CAZN | 4 | | 4.1 | 12.3 | | |
| Vitamins: | | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | | |
| Thiamin | _ | 0.040 | 1 | 2 | | 1 | | 0.011 | 0.034 | | |
| Riboflavin | | 0.586 | 0.071 | 8 | | 1 | | 0.166 | 0.498 | | |
| Niacin | | 0.734 | 0.078 | 15 | | 1 | | 0.208 | 0.624 | | |
| Pantothenic acid | | 1.731 | 0.183 | 18 | | 1 | | 0.491 | 1.471 | | |
| Vitamin B-6 | mg | 0.124 | 0.010 | 26 | | 1 | | 0.035 | 0.105 | | |
| Folate, total | mcg | 49 | 7.757 | 24 | | 1 | | 14 | 42 | | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | | |
| Folate, food | | 49 | 7.757 | 24 | | 1 | | 14 | 42 | | |
| Folate, DFE | | 49 | | 0 | NC | 4 | | 14 | 42 | | |
| Vitamin B-12 | mcg | 0.64 | 0.056 | 9 | | 1 | | 0.18 | 0.55 | | |
| Vitamin A, IU | | 1047 | | 1 | | 1 | | 297 | 890 | | |
| Vitamin A, RAE | | 294 | | 0 | NC | 4 | | 83 | 250 | | |
| Retinol | | 290 | | 0 | NC | 4 | | 82 | 247 | | |
| Vitamin E (alpha-tocopherol) | - | | | | | | | | | | |
| Tocopherol, beta | | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | | |
| Tocopherol, deltaVitamin D | | | | | | | | | | | |
| Vitamin K (phylloquinone) | | | | | | | | | | | |
| ramini K (phynoquinone) | g | | | | | | | | | | |
| <u>Lipids:</u> | | | | | | | | | | | |
| Fatty acids, total saturated | | 19.263 | | 0 | | 1 | | 5.461 | 16.374 | | |
| 4:0 | | 0.877 | | 1 | | 1 | | 0.249 | 0.745 | | |
| 6:0 | - | 0.660 | | 1 | | 1 | | 0.187 | 0.561 | | |
| 8:0 | _ | 0.674 | | 1 | | 1 | | 0.191 | 0.573 | | |
| 10:0 | _ | 2.163 | | 1 | | 1 | | 0.613 | 1.839 | | |
| 12:0 | - | 1.295 | 1 | 1 | | 1 | | 0.367 | 1.101 | | |
| 13:0 | | 2 25- | | | | | | | | | |
| 14:0 | - | 3.250 | | 1 | | 1 | | 0.921 | 2.763 | | |
| 15:0 | - | | | _ | | _ | | 1 000 | | | |
| 16:0 | - | 6.570 | | 1 | | 1 | | 1.863 | 5.585 | | |
| 17:0 | | 2 141 | | - | | 4 | | 0.000 | 0 (70 | | |
| 18:0 | | 3.141 | | 1 | | 1 | | 0.890 | 2.670 | | |
| 20:0 | | | | | | | | | | | |
| 22:0 | g g | | | | | | | | | | |

| | | <u>Aı</u> | mount in 100 g | rams of edi | ble portio | <u>on</u> | | edible portion of | common |
|-------------------------------------|-----|-----------|------------------|-------------|------------|--------------------|-----------|-------------------|-----------|
| | | | Nui | mber | | | <u>m</u> | easures of food | |
| Nutrients and Un | its | Mean | of Std. Error Po | | | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| F-44 | a | 8.474 | | 0 | 1 | | 2.402 | 7.203 | |
| Fatty acids, total monounsaturated. | | 8.4/4 | | U | _ | | 2.402 | 7.203 | |
| 15:1 | - | | | | | | | | |
| 16:1 undifferentiated | | 0.730 | 1 | 1 | 1 | | 0.207 | 0.621 | |
| 17:1 | _ | 0.750 | | - | • | | 0.207 | 0.021 | |
| 18:1 undifferentiated | | 7.456 | ; | 1 | 1 | | 2.114 | 6.338 | |
| 20:1 | _ | | | | | | | 0.000 | |
| 22:1 undifferentiated | - | | | | | | | | |
| 24:1 c | _ | | | | | | | | |
| Fatty acids, total polyunsaturated | | 1.320 | 1 | 0 | 1 | | 0.374 | 1.122 | |
| 18:2 undifferentiated | | 0.616 | i | 1 | 1 | | 0.175 | 0.524 | |
| 18:3 undifferentiated | • | 0.704 | | 1 | 1 | | 0.200 | 0.598 | |
| 18:4 | - | | | | | | | | |
| 20:2 n-6 c,c | | | | | | | | | |
| 20:3 undifferentiated | | | | | | | | | |
| 20:4 undifferentiated | g | 0.000 | ı | 0 | 4 | | 0.000 | 0.000 | |
| 20:5 n-3 | g | | | | | | | | |
| 22:5 n-3 | g | | | | | | | | |
| 22:6 n-3 | g | | | | | | | | |
| Fatty acids, total trans | g | | | | | | | | |
| Cholesterol | mg | 90 | | 1 | 1 | | 26 | 77 | |
| Phytosterols | mg | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan | 0 | 0.303 | | 0 | 4 | | 0.086 | 0.258 | |
| Threonine | - | 0.965 | | 0 | 4 | | 0.036 | 0.820 | |
| Isoleucine | - | 1.217 | | 0 | 4 | | 0.274 | 1.034 | |
| Leucine | | 2.114 | | 0 | 4 | | 0.543 | 1.797 | |
| Lysine | | 1.848 | | 0 | 4 | | 0.524 | 1.571 | |
| Methionine | | 0.558 | | 0 | 4 | | 0.158 | 0.474 | |
| Cystine | - | 0.126 | | 0 | 4 | | 0.036 | 0.107 | |
| Phenylalanine | | 1.023 | | 0 | 4 | | 0.290 | 0.870 | |
| Tyrosine | | 1.023 | | 0 | 4 | | 0.287 | 0.860 | |
| Valine | - | 1.614 | | 0 | 4 | | 0.458 | 1.372 | |
| Arginine | | 0.713 | | 0 | 4 | | 0.202 | 0.606 | |
| Histidine | | 0.602 | | 0 | 4 | | 0.171 | 0.512 | |
| Alanine | • | 0.969 | | 0 | 4 | | 0.275 | 0.824 | |
| Aspartic acid | - | 1.181 | | 0 | 4 | | 0.275 | 1.004 | |
| Glutamic acid | | 3.670 | | 0 | 4 | | 1.040 | 3.120 | |
| Glycine | | 0.148 | | 0 | 4 | | 0.042 | 0.126 | |
| Proline | | 2.089 | | 0 | 4 | | 0.592 | 1.776 | |
| Serine | _ | 1.772 | | 0 | 4 | | 0.502 | 1.506 | |
| Hydroxyproline | - | 2.,,2 | | - | - | | 0.032 | 1.500 | |
| ттушолургонис | 9 | | | | | | | | |

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 85g: 1 package (3 oz)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>A</u> | mount in 100 g | grams | of ear | <u>on</u> | Amount in edible portion of common | | | |
|--------------------------------|---|----------|----------------|-------|--------|-----------|------------------------------------|-----------|-----------------|---------|
| | | | Ni | ımber | | | | me | easures of food | |
| | | | | | Deriv | Source | Confidence | | | |
| Nutrients and Uni | its | Mean | Std. Error Po | | | Code | Code | Measure 1 | Measure 2 | Measure |
| | | | | | | | | | | |
| Proximates: | | | | | | | | | | |
| Water | g | 37.12 | 0.793 | 6 | A | 1 | | 49.00 | 90.58 | 40.09 |
| Energy | kcal | 380 | | 0 | NC | 4 | | 502 | 928 | 411 |
| Energy | kj | 1591 | | 0 | NC | 4 | | 2100 | 3881 | 1718 |
| Protein (N x 6.38) | g | 26.93 | 0.552 | 6 | A | 1 | | 35.55 | 65.71 | 29.08 |
| Total lipid (fat) | g | 27.80 | 0.956 | 6 | A | 1 | | 36.70 | 67.84 | 30.03 |
| Ash | g | 2.77 | 0.061 | 6 | A | 1 | | 3.65 | 6.76 | 2.99 |
| Carbohydrate, by difference | g | 5.38 | | 0 | NC | 4 | | 7.10 | 13.12 | 5.81 |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total | g | 1.32 | | 2 | | 1 | | 1.74 | 3.22 | 1.43 |
| Sucrose | g | 0.14 | | 2 | | 1 | | 0.18 | 0.34 | 0.15 |
| Glucose (dextrose) | g | 0.48 | | 2 | | 1 | | 0.63 | 1.17 | 0.52 |
| Fructose | | | | | | | | | | |
| Lactose | | 0.06 | | 3 | | 1 | | 0.07 | 0.14 | 0.06 |
| Maltose | g | 0.62 | | 2 | | 1 | | 0.82 | 1.51 | 0.67 |
| Galactose | | | | | | | | | | |
| Starch | | | | | | | | | | |
| Minanala | | | | | | | | | | |
| Minerals: Calcium, Ca | ma | 791 | 39.355 | 17 | A | 1 | | 1045 | 1931 | 855 |
| Iron, Fe | - | 0.20 | 0.012 | 18 | A | 1 | | 0.26 | 0.48 | 0.2 |
| - | | 38 | 0.409 | 18 | A | 1 | | 50 | 92 | 41 |
| Magnesium, Mg Phosphorus, P | | 567 | 8.387 | 18 | A | 1 | | 749 | 1384 | 613 |
| Potassium, K | | 77 | 1.061 | 18 | A | 1 | | 102 | 188 | 83 |
| Sodium, Na | | 192 | 7.955 | 18 | A | 1 | | 254 | 469 | 208 |
| Zinc, Zn | | 4.36 | 0.067 | 18 | A | 1 | | 5.75 | 10.63 | 4.7 |
| Copper, Cu | | 0.043 | | 18 | A | 1 | | 0.057 | 0.105 | 0.04 |
| Manganese, Mn | | 0.043 | | 18 | A | 1 | | 0.037 | 0.103 | 0.04 |
| Selenium, Se | | 18.2 | 1.475 | 18 | A | 1 | | 24.0 | 44.4 | 19.7 |
| Scientini, Sci | | | | | | _ | | | | |
| <u>Vitamins:</u> | | | | | | | | | | |
| Vitamin C, total ascorbic acid | | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | 0.0 |
| Thiamin | - | 0.063 | | 3 | A | 1 | | 0.083 | 0.153 | 0.06 |
| Riboflavin | - | 0.296 | | 3 | A | 1 | | 0.391 | 0.723 | 0.32 |
| Niacin | • | 0.092 | | 16 | | 1 | | 0.121 | 0.224 | 0.09 |
| Pantothenic acid | - | 0.429 | | 15 | | 1 | | 0.566 | 1.047 | 0.46 |
| Vitamin B-6 | | 0.083 | | 41 | | 1 | | 0.110 | 0.203 | 0.09 |
| Folate, total | - | 6 | 0.255 | 26 | | 1 | | 8 | 16 | 7 |
| Folic acid | | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food | | 6 | 0.255 | 26 | | 1 | | 8 | 16 | 7 |
| Folate, DFE | | 6 | | 0 | NC | 4 | | 8 | 16 | 7 |
| Vitamin B-12 | | 3.34 | 0.295 | 3 | A | 1 | | 4.40 | 8.14 | 3.60 |
| Vitamin A, IU | | 830 | | 0 | NC | 4 | | 1095 | 2024 | 896 |
| Vitamin A, RAE | mcg_RAE | 220 | | 0 | NC | 4 | | 290 | 536 | 237 |
| Retinol. | | 214 | | 0 | BFFN | 4 | | 282 | 521 | 231 |
| Vitamin E (alpha-tocopherol) | mg | 0.38 | 0.021 | 3 | A | 1 | | 0.50 | 0.93 | 0.43 |
| Tocopherol, beta | | 0.00 | 0.000 | 3 | A | 1 | | 0.00 | 0.00 | 0.0 |
| Tocopherol, gamma | mg | 0.03 | 0.002 | 5 | JO | 11 | | 0.03 | 0.06 | 0.0 |
| Tocopherol, delta | | 0.00 | 0.000 | 5 | JO | 11 | | 0.00 | 0.00 | 0.0 |
| Vitamin D | | 44.000 | | 0 | T | 4 | | 58.080 | 107.360 | 47.5 |
| Vitamin K (phylloquinone) | mcg | 2.5 | 0.033 | 3 | A | 1 | | 3.3 | 6.0 | 2.7 |
| Lipids: | | | | | | | | | | |
| Fatty acids, total saturated | a | 17.779 |) | 0 | | 1 | | 23.468 | 43.381 | 19.20 |
| 4:0 | | 1.102 | | 3 | | 1 | | 1.455 | 2.689 | 1.1 |
| 6:0 | | 0.488 | | 3 | | 1 | | 0.644 | 1.191 | 0.5 |
| 8:0 | | 0.289 | | 10 | | 1 | | 0.381 | 0.705 | 0.3 |
| 10:0 | _ | 0.625 | | 11 | | 1 | | 0.825 | 1.525 | 0.6 |
| 12:0 | - | 0.523 | | 11 | | 1 | | 0.625 | 1.271 | 0.5 |
| 13:0 | - | 0.521 | 0.092 | -11 | | _ | | 0.000 | 1.2/1 | 0.50 |
| 14:0 | | 3.062 | 0.092 | 11 | | 1 | | 4.042 | 7.471 | 3.3 |
| 15:0 | | 3.002 | . 0.092 | | | _ | | 4.042 | /.4/1 | 3.30 |

| | | <u>Am</u> | ount in 100 gr | ams of ed | lible portic | <u>on</u> | | edible portion o | |
|------------------------------------|-------|----------------|----------------|------------|--------------|--------------------|----------------|------------------|----------------|
| Nutrients and Uni | ts | Mean | | Data Deri | | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| 16:0 | _ | 7.790 | 0.259 | 11 | 1 | | 10.283 | 19.008 | 8.413 |
| 17:0 18:0 | | 3.248 | 0.350 | 11 | 1 | | 4.287 | 7.925 | 3.508 |
| 20:0 | | 3.248 | 0.350 | 11 | 1 | | 4.287 | 7.925 | 3.508 |
| 22:0 | - | | | | | | | | |
| 24:0 | | | | | | | | | |
| Fatty acids, total monounsaturated | | 7.274 | | 0 | 1 | | 9.602 | 17.749 | 7.856 |
| 14:1 | g | | | | | | | | |
| 15:1 | g | | | | | | | | |
| 16:1 undifferentiated | - | 0.879 | 0.063 | 10 | 1 | | 1.160 | 2.145 | 0.949 |
| 17:1 | | | | | | | | | |
| 18:1 undifferentiated | | 6.017 | 0.253 | 11 | 1 | | 7.942 | 14.681 | 6.498 |
| 20:1 | - | 0.000 | | 0 | 1 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated 24:1 c | - | 0.000 | | 0 | 1 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total polyunsaturated | | 0.972 | | 0 | 1 | | 1.283 | 2.372 | 1.050 |
| 18:2 undifferentiated | | 0.620 | 0.074 | 11 | 1 | | 0.818 | 1.513 | 0.670 |
| 18:3 undifferentiated | | 0.352 | 0.087 | 10 | 1 | | 0.465 | 0.859 | 0.380 |
| 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 | - | 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 | | 92 | 3.839 | 10 | 1 | | 121 | 224 | 99 |
| Phytosterols | | 92 | 3.839 | 10 | - | | 121 | 224 | 99 |
| - | | | | | | | | | |
| Amino Acids: | | | | _ | _ | | | | |
| Tryptophan | | 0.401 | | 0 | 1 | | 0.529 | 0.978 | 0.433 |
| Threonine | | 1.038 1.537 | | 0 | 1 1 | | 1.370 2.029 | 2.533 3.750 | 1.121 1.660 |
| IsoleucineLeucine | _ | 2.959 | | 0 | 1 | | 3.906 | 7.220 | 3.196 |
| Lysine | | 2.585 | | 0 | 1 | | 3.412 | 6.307 | 2.792 |
| Methionine | _ | 0.784 | | 0 | 1 | | 1.035 | 1.913 | 0.847 |
| Cystine | | 0.290 | | 0 | 1 | | 0.383 | 0.708 | 0.313 |
| Phenylalanine | | 1.662 | | 0 | 1 | | 2.194 | 4.055 | 1.795 |
| Tyrosine | g | 1.693 | | 0 | 1 | | 2.235 | 4.131 | 1.828 |
| Valine | g | 2.139 | | 0 | 1 | | 2.823 | 5.219 | 2.310 |
| Arginine | g | 0.927 | | 0 | 1 | | 1.224 | 2.262 | 1.001 |
| Histidine | _ | 1.065 | | 0 | 1 | | 1.406 | 2.599 | 1.150 |
| Alanine | - | 0.914 | | 0 | 1 | | 1.206 | 2.230 | 0.987 |
| Aspartic acid | | 1.569 | | 0 | 1 | | 2.071 | 3.828 | 1.695 |
| Glutamic acid | | 5.704 | | 0 | 1 | | 7.529 | 13.918 | 6.160 |
| Glycine | | 0.508 3.690 | | 0 | 1 1 | | 0.671 4.871 | 1.240 | 0.549 |
| ProlineSerine | - | 1.640 | | 0 | 1 | | 2.165 | 9.004 4.002 | 3.985 1.771 |
| Hydroxyproline | | 1.040 | | Ü | - | | 2.103 | 4.002 | 1.,,1 |
| 2 2. | 9 | | | | | | | | |
| 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 | | 70 | | 0 BFF | | | 92.936 | 171.790 | 76.038 |
| Carotene, alpha | | 0 | | 0 z | 7 | | 0.000 | 0.000 | 0.000 |
| Cryptoxanthin, beta | | 0 | | 0 z 0 z | 7 7 | | 0.000 | 0.000 | 0.000 |
| LycopeneLutein + zeaxanthin | | 0 | | 0 z 0 z | | | 0.000 0.000 | 0.000 0.000 | 0.000 0.000 |
| Luteiii + zeaxaiithin | tire9 | U | | 5 Z | , | | 0.000 | 0.000 | 0.000 |

NDB No. 01040 Cheese, swiss

Common Measures:

Measure 1 = 132g: 1 cup, diced Measure 2 = 244g: 1 cup, melted Measure 3 = 108g: 1 cup, shredded

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>Aı</u> | mount in 10 | u grams | ot edib | ie portio | <u>on</u> | Amount in edible portion of common | | | |
|--|---|-----------|-------------|---------|---------|-----------|------------|------------------------------------|-----------------|---------|--|
| | | | | Number | • | | | <u>m</u> | easures of food | ı | |
| | | | | of Data | Deriv | Source | Confidence | | | | |
| Nutrients and Uni | ts | Mean | Std. Error | Points | Code | Code | Code | Measure 1 | Measure 2 | Measure | |
| | | | | | | | | | | | |
| Proximates: Water | ď | 59.60 | | | | 4 | | 78.67 | 64.37 | 8.94 | |
| Energy | - | 179 | | | | 4 | | 236 | 193 | 27 | |
| Energy | | 749 | | | | 4 | | 989 | 809 | 112 | |
| Protein | | 28.40 | | | | 4 | | 37.49 | 30.67 | 4.26 | |
| Total lipid (fat) | - | 5.10 | | | | 4 | | 6.73 | 5.51 | 0.77 | |
| Ash | | 3.50 | | 0 | NR | 4 | | 4.62 | 3.78 | 0.53 | |
| Carbohydrate, by difference | | 3.40 | | • | | 4 | | 4.49 | 3.67 | 0.51 | |
| Fiber, total dietary | | 0.0 | | | | 7 | | 0.0 | 0.0 | 0.0 | |
| Sugars, total | | 1.33 | | 0 | BFNN | 4 | | 1.75 | 1.43 | 0.20 | |
| Starch | - | 2.00 | | · | | - | | 21.10 | 1.15 | 0.20 | |
| Minerals: | | | | | | | | | | | |
| Calcium, Ca | mg | 961 | | | | 4 | | 1269 | 1038 | 144 | |
| Iron, Fe. | • | 0.17 | | | | 4 | | 0.22 | 0.18 | 0.0 | |
| Magnesium, Mg | mg | 36 | | | | 4 | | 48 | 39 | 5 | |
| Phosphorus, P | _ | 605 | | | | 4 | | 799 | 653 | 91 | |
| Potassium, K | mg | 111 | | | | 4 | | 147 | 120 | 17 | |
| Sodium, Na | - | 260 | | | | 4 | | 343 | 281 | 39 | |
| Zinc, Zn | _ | 3.90 | | | | 4 | | 5.15 | 4.21 | 0.5 | |
| Copper, Cu | | 0.027 | | | | 4 | | 0.036 | 0.029 | 0.00 | |
| Manganese, Mn Selenium, Se | | 12.7 | | 0 | BFNN | 4 | | 16.8 | 13.7 | 1.9 | |
| ŕ | Thog | 12.7 | | O | BENN | - | | 10.8 | 13.7 | 1.9 | |
| Vitamins: Vitamin C, total ascorbic acid | ma | 0.0 | | | | 7 | | 0.0 | 0.0 | 0.0 | |
| Thiamin | | 0.020 | | | | 4 | | 0.026 | 0.022 | 0.0 | |
| Riboflavin | | 0.360 | | | | 4 | | 0.475 | 0.389 | 0.0 | |
| Niacin | | 0.090 | | | | 4 | | 0.119 | 0.097 | 0.03 | |
| Pantothenic acid | _ | 0.000 | | | | - | | 0.122 | 0.05. | 0.0. | |
| Vitamin B-6 | _ | 0.080 |) | | | 4 | | 0.106 | 0.086 | 0.0 | |
| Folate, total | - | 6 | | | | 4 | | 8 | 6 | 1 | |
| Folic acid | | 0 | | 0 | Z | 7 | | 0 | 0 | 0 | |
| Folate, food | | 6 | | | | 4 | | 8 | 6 | 1 | |
| Folate, DFE | | 6 | | 0 | NC | 4 | | 8 | 6 | 1 | |
| Vitamin B-12 | | 1.68 | | | | 4 | | 2.22 | 1.81 | 0.2 | |
| Vitamin A, IU | IU | 152 | | 0 | NC | 4 | | 201 | 164 | 23 | |
| Vitamin A, RAE | | 40 | | 0 | NC | 4 | | 53 | 44 | 6 | |
| Retinol | mcg | 39 | | 0 | BFFN | 4 | | 52 | 42 | 6 | |
| Vitamin E (alpha-tocopherol) | mg | 0.07 | | 0 | BFFN | 4 | | 0.09 | 0.08 | 0.03 | |
| Tocopherol, beta | mg | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | | |
| Vitamin D Vitamin K (phylloquinone) | | 0.5 | | 0 | BFFN | 4 | | 0.6 | 0.5 | 0.1 | |
| | nog | 0.5 | | · | DIIN | • | | 0.0 | 0.3 | 0.1 | |
| Lipids: Fatty acids, total saturated | g | 3.304 | | | | 4 | | 4.361 | 3.568 | 0.4 | |
| 4:0 | | 0.204 | | | | 4 | | 0.269 | 0.220 | 0.0 | |
| 6:0 | | 0.091 | | | | 4 | | 0.120 | 0.098 | 0.0 | |
| 8:0 | | 0.054 | | | | 4 | | 0.071 | 0.058 | 0.0 | |
| 10:0 | - | 0.115 | | | | 4 | | 0.152 | 0.124 | 0.0 | |
| 12:0 | - | 0.097 | | | | 4 | | 0.128 | 0.105 | 0.0 | |
| 13:0 | g | | | | | | | | | | |
| 14:0 | | 0.569 |) | | | 4 | | 0.751 | 0.615 | 0.0 | |
| 15:0 | | | | | | | | | | | |
| 16:0 | | 1.447 | | | | 4 | | 1.910 | 1.563 | 0.2 | |
| 17:0 | g | | | | | | | | | | |
| 18:0 | g | 0.604 | | | | 4 | | 0.797 | 0.652 | 0.0 | |
| 20:0 | g | | | | | | | | | | |
| 22:0 | g | | | | | | | | | | |
| 24:0 | g | | | | | | | | | | |

| | | <u>Aı</u> | nount in 10 | | | ole portio | <u>n</u> | Amount in edible portion of common measures of food | | | |
|-------------------------------------|---|-----------|-------------|-----------------------------|-------|----------------|--------------------|---|----------------|-----------|--|
| Nutrients and U | nits | Mean | Std. Error | Number of Data Points | Deriv | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 | |
| | | | | | | | | | | | |
| Fatty acids, total monounsaturated | | 1.351 | | | | 4 | | 1.783 | 1.459 | 0.203 | |
| 14:1 | | | | | | | | | | | |
| 15:1 | | | | | | | | | | | |
| 16:1 undifferentiated | | 0.164 | | | | 4 | | 0.216 | 0.177 | 0.025 | |
| 17:1 | - | 1.119 | | | | 4 | | 1.477 | 1 000 | 0.168 | |
| 18:1 undifferentiated | | 0.000 | | | | 4 | | 0.000 | 1.209 0.000 | 0.168 | |
| 20:1 | - | | | | | 4 | | 0.000 | 0.000 | 0.000 | |
| 22:1 undifferentiated 24:1 c | • | 0.000 | | | | 4 | | 0.000 | 0.000 | 0.000 | |
| Fatty acids, total polyunsaturated. | | 0.180 | | | | 4 | | 0.238 | 0.194 | 0.027 | |
| 18:2 undifferentiated | | 0.115 | | | | 4 | | 0.236 | 0.194 | 0.027 | |
| 18:3 undifferentiated | | 0.113 | | | | 4 | | 0.132 | 0.124 | 0.017 | |
| 18:4 | - | 0.000 | | | | 4 | | 0.000 | 0.000 | 0.010 | |
| 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 | | 0.000 | | | | - | | 0.000 | 0.000 | 0.000 | |
| Cholesterol | - | 35 | | | | 4 | | 46 | 38 | 5 | |
| Phytosterols | • | | | | | _ | | | | _ | |
| Others: | | | | | | | | | | | |
| Alcohol, ethyl | g | 0.0 | | | | 7 | | 0.0 | 0.0 | 0.0 | |
| Caffeine | _ | 0 | | 0 | z | 7 | | 0 | 0 | 0 | |
| Theobromine | - | 0 | | 0 | z | 7 | | 0 | 0 | 0 | |
| Carotenoids: | | | | | | | | | | | |
| Carotene, beta | mcg | 13 | | 0 | BFFN | 4 | | 17.048 | 13.949 | 1.937 | |
| 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 = 132g: 1 cup, diced Measure 2 = 108g: 1 cup, shredded Measure 3 = 15.0g: 1 cubic inch

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

| | | <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> | |
| Nutrients and Uni | its | Mean | Std. Error | of Data Points | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure | |
| Proximates: | | | | | | | | | | | |
| Water | g | 37.80 | | | | 4 | | 49.90 | 40.82 | 5.67 | |
| Energy | kcal | 376 | | | | 1 | | 496 | 406 | 56 | |
| Energy | | 1573 | | | | 1 | | 2077 | 1699 | 236 | |
| Protein | g | 28.40 | | | | 1 | | 37.49 | 30.67 | 4.26 | |
| Total lipid (fat) | g | 27.40 | | | | 1 | | 36.16 | 29.59 | 4.11 | |
| Ash | g | 3.01 | | 0 | NR | 4 | | 3.97 | 3.25 | 0.45 | |
| Carbohydrate, by difference | | 3.40 | | | NC | 4 | | 4.49 | 3.67 | 0.51 | |
| Fiber, total dietary | | 0.0 | | | | 7 | | 0.0 | 0.0 | 0.0 | |
| Sugars, total | | 1.31 | | 0 | BFNN | 4 | | 1.73 | 1.41 | 0.20 | |
| Starch | | | | | | | | | | | |
| | | | | | | | | | | | |
| <u>Minerals:</u> | | | | | | | | | | | |
| Calcium, Ca | | 961 | | | | 1 | | 1269 | 1038 | 144 | |
| Iron, Fe | | 0.17 | | | | 1 | | 0.22 | 0.18 | 0.0 | |
| Magnesium, Mg | | 36 | | | | 1 | | 48 | 39 | 5 | |
| Phosphorus, P | | 605 | | | | 1 | | 799 | 653 | 91 | |
| Potassium, K | | 111 | | | | 1 | | 147 | 120 | 17 | |
| Sodium, Na | | 14 | | | | 4 | | 18 | 15 | 2 | |
| Zinc, Zn | - | 3.90 | | | | 1 | | 5.15 | 4.21 | 0.5 | |
| Copper, Cu | | 0.032 | 2 | | | 1 | | 0.042 | 0.035 | 0.0 | |
| Manganese, Mn | | | | _ | | | | | | | |
| Selenium, Se | mcg | 12.5 | | 0 | BFNN | 4 | | 16.5 | 13.5 | 1.9 | |
| /itamins: | | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | | | 7 | | 0.0 | 0.0 | 0.0 | |
| Thiamin | - | 0.020 |) | | | 1 | | 0.026 | 0.022 | 0.0 | |
| Riboflavin | | 0.370 | | | | 1 | | 0.488 | 0.400 | 0.0 | |
| Niacin | | 0.090 |) | | | 1 | | 0.119 | 0.097 | 0.0 | |
| Pantothenic acid | _ | | | | | | | | | | |
| Vitamin B-6 | _ | 0.080 |) | | | 1 | | 0.106 | 0.086 | 0.0 | |
| Folate, total | - | 6 | | | | 1 | | 8 | 6 | 1 | |
| Folic acid | | 0 | | 0 | Z | 7 | | 0 | 0 | 0 | |
| Folate, food | | 6 | | | | 1 | | 8 | 6 | 1 | |
| Folate, DFE | | 6 | | 0 | NC | 4 | | 8 | 6 | 1 | |
| Vitamin B-12 | | 1.68 | | | | 1 | | 2.22 | 1.81 | 0.2 | |
| Vitamin A, IU | | 818 | | 0 | NC | 4 | | 1079 | 883 | 123 | |
| Vitamin A, RAE | | 216 | | 0 | NC | 4 | | 286 | 234 | 32 | |
| Retinol | | 211 | | 0 | BFFN | 4 | | 278 | 227 | 32 | |
| Vitamin E (alpha-tocopherol) | | 0.37 | | 0 | BFFN | 4 | | 0.49 | 0.40 | 0.0 | |
| Tocopherol, beta | - | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | | |
| Vitamin D | | | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 2.4 | | 0 | BFFN | 4 | | 3.2 | 2.6 | 0.4 | |
| 11.4 | | | | | | | | | | | |
| <u>Lipids:</u> | ~ | 17 74 | • | | | | | 00.400 | | 0.6 | |
| Fatty acids, total saturated | | 17.744 | | | | 4 | | 23.422 | 19.164 1.186 | 2.6 | |
| 4:0 6:0 | | 1.098 | | | | 4 | | 1.449 | | 0.1 | |
| | _ | 0.489 | | | | 4 | | 0.645 | 0.528 | 0.0 | |
| 8:0 10:0 | - | 0.289 | | | | 4 | | 0.381 | 0.312 | 0.0 | |
| 10:0 12:0 | | 0.619 0.519 | | | | 4 | | 0.817 0.685 | 0.669 | 0.0 | |
| | | 0.519 | , | | | 4 | | 0.685 | 0.561 | 0.0 | |
| 13:0 | - | 2 054 | | | | 4 | | 4 021 | 2 000 | 2.4 | |
| 14:0 | - | 3.054 | • | | | 4 | | 4.031 | 3.298 | 0.4 | |
| 15:0 16:0 | - | 7.774 | i | | | А | | 10.262 | 8.396 | 1.1 | |
| | - | 7.774 | • | | | * | | 10.202 | 0.396 | 1.1 | |
| 17:0 | - | 3.244 | 1 | | | 4 | | 4 202 | 2 504 | 0.4 | |
| 18:0 | | 3.244 | • | | | 4 | | 4.282 | 3.504 | 0.4 | |
| 20:0 | - | | | | | | | | | | |
| 22:0 | g g | | | | | | | | | | |

| | <u>An</u> | nount in 10 | 0 grams | of edib | le portio | <u>on</u> | Amount in edible portion of common measures of food | | | |
|-------------------------------------|-----------|-------------|---------|---------|----------------|--------------------|---|-----------|-----------|--|
| Nutrients and Units | Mean | Std. Error | of Data | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 | |
| Fatty acids, total monounsaturatedg | 7.256 | | | | 4 | | 9.578 | 7.836 | 1.088 | |
| 14:1g | | | | | | | | | | |
| 15:1g | | | | | | | | | | |
| 16:1 undifferentiatedg | 0.878 | | | | 4 | | 1.159 | 0.948 | 0.132 | |
| 17:1g | | | | | | | | | | |
| 18:1 undifferentiatedg | 6.008 | | | | 4 | | 7.931 | 6.489 | 0.901 | |
| 20:1g | 0.000 | | | | 4 | | 0.000 | 0.000 | 0.000 | |
| 22:1 undifferentiatedg | 0.000 | | | | 4 | | 0.000 | 0.000 | 0.000 | |
| 24:1 cg | | | | | | | | | | |
| Fatty acids, total polyunsaturatedg | 0.968 | | | | 4 | | 1.278 | 1.045 | 0.145 | |
| 18:2 undifferentiatedg | 0.619 | | | | 4 | | 0.817 | 0.669 | 0.093 | |
| 18:3 undifferentiatedg | 0.349 | | | | 4 | | 0.461 | 0.377 | 0.052 | |
| 18:4g | 0.000 | | | | 4 | | 0.000 | 0.000 | 0.000 | |
| 20:2 n-6 c,cg | | | | | | | | | | |
| 20:3 undifferentiatedg | | | | | | | | | | |
| 20:4 undifferentiatedg | 0.000 | | | | 4 | | 0.000 | 0.000 | 0.000 | |
| 20:5 n-3g | 0.000 | | | | 4 | | 0.000 | 0.000 | 0.000 | |
| 22:5 n-3g | 0.000 | | | | 4 | | 0.000 | 0.000 | 0.000 | |
| 22:6 n-3g | 0.000 | | | | 4 | | 0.000 | 0.000 | 0.000 | |
| Fatty acids, total transg | | | | | | | | | | |
| Cholesterolmg | 92 | | | | 1 | | 121 | 99 | 14 | |
| Phytosterolsmg | | | | | | | | | | |
| Others: | | | | | | | | | | |
| Alcohol, ethylg | 0.0 | | | | 7 | | 0.0 | 0.0 | 0.0 | |
| Caffeine mg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 | |
| Theobromine mg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 | |
| Carotenoids: | | | | | | | | | | |
| Carotene, beta mcg | 69 | | 0 | BFFN | 4 | | 91.575 | 74.925 | 10.406 | |
| 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 = 132g: 1 cup, diced Measure 2 = 108g: 1 cup, shredded Measure 3 = 15.0g: 1 cubic inch

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

| | | <u>Aı</u> | mount in 100 g | ırams | of edib | ole portio | <u>n</u> | Amount in edible portion of common | | | |
|------------------------------------|--------|--------------|----------------|--------|---------|------------|------------|------------------------------------|-----------------|----------|--|
| | | | Nu | mber | • | | | <u>m</u> | easures of food | <u> </u> | |
| | | | Ψ. | | | Source | Confidence | | | | |
| Nutrients and Un | its | Mean | Std. Error Po | oints | Code | Code | Code | Measure 1 | Measure 2 | Measure | |
| Proximates: | | | | | | | | | | | |
| Water | g | 42.86 | 1.003 | 18 | | 1 | | 12.15 | 72.86 | | |
| Energy | kcal | 340 | | 0 | NC | 4 | | 96 | 578 | | |
| Energy | kj | 1422 | | | | 4 | | 403 | 2417 | | |
| Protein (N x 6.38) | g | 24.41 | 0.820 | 4 | | 1 | | 6.92 | 41.50 | | |
| Total lipid (fat) | g | 25.98 | 1.014 | 15 | | 1 | | 7.37 | 44.17 | | |
| Ash | g | 4.87 | 0.075 | 10 | | 1 | | 1.38 | 8.28 | | |
| Carbohydrate, by difference | g | 1.88 | | 0 | NC | 4 | | 0.53 | 3.20 | | |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | | |
| Sugars, total | g | | | | | | | | | | |
| Starch | g | | | | | | | | | | |
| M:1 | | | | | | | | | | | |
| Minerals: | ma | 700 | | 2 | | 1 | | 198 | 1190 | | |
| Calcium, Ca | _ | 0.23 | | 1 | | 1 | | 0.07 | 0.39 | | |
| Magnesium, Mg | | 13 | | 1 | | 1 | | 4 | 22 | | |
| Phosphorus, P | | 500 | | 1 | | 1 | | 142 | 850 | | |
| Potassium, K | | 65 | | 2 | | 1 | | 18 | 110 | | |
| Sodium, Na | | 753 | | 2 | | 1 | | 213 | 1280 | | |
| Zinc, Zn | _ | 3.50 | | 1 | | 1 | | 0.99 | 5.95 | | |
| Copper, Cu | | 0.026 | | 0 | | 1 | | 0.007 | 0.044 | | |
| Manganese, Mn | | 0.013 | | 0 | | 1 | | 0.004 | 0.022 | | |
| Selenium, Se | | 14.5 | | 0 | CAZN | 4 | | 4.1 | 24.7 | | |
| | | | | | | | | | | | |
| <u>Vitamins:</u> | | | | | | | | | | | |
| Vitamin C, total ascorbic acid | _ | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | | |
| Thiamin | | 0.061 | | 4 | | 1 | | 0.017 | 0.104 | | |
| Riboflavin | | 0.359 | | 4 | | 1 | | 0.102 | 0.610 | | |
| Niacin | | 0.205 | | 4 | | 1 | | 0.058 | 0.349 | | |
| Pantothenic acid | _ | 0.346 | | 4 | | 1 | | 0.098 | 0.588 | | |
| Vitamin B-6 | _ | 0.065 | 1 | 0 | | 4 | | 0.018 | 0.111 | | |
| Folate, total | | 20 0 | | 0 | z | 4 7 | | 6 0 | 34 | | |
| Folic acid | | | | 0 | Z | | | 6 | 0 34 | | |
| Folate, food | | 20 20 | | 0 | NC | 4 4 | | 6 | 34 34 | | |
| Folate, DFE | | | | | NC | 1 | | | | | |
| Vitamin B-12 Vitamin A, IU | IIICG | 2.10 1045 | | 2 1 | | 1 | | 0.60 296 | 3.57 1777 | | |
| | | 249 | | 0 | NC | 4 | | 71 | 423 | | |
| Vitamin A, RAE | | 236 | | 0 | NC | 4 | | 67 | 401 | | |
| | | 236 | | U | NC | 4 | | 67 | 401 | | |
| Vitamin E (alpha-tocopherol) | _ | | | | | | | | | | |
| Tocopherol, beta Tocopherol, gamma | | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | | |
| Vitamin D | | | | | | | | | | | |
| Vitamin K (phylloquinone) | | | | | | | | | | | |
| | | | | | | | | | | | |
| <u>Lipids:</u> | | | | | | | | | | | |
| Fatty acids, total saturated | | 16.775 | | 0 | | 1 | | 4.756 | 28.518 | | |
| 4:0 | | 0.878 | | 1 | | 1 | | 0.249 | 1.493 | | |
| 6:0 | | 0.536 | | 1 | | 1 | | 0.152 | 0.911 | | |
| 8:0 | _ | 0.381 | | 1 | | 1 | | 0.108 | 0.648 | | |
| 10:0 | _ | 0.748 | | 1 | | 1 | | 0.212 | 1.272 | | |
| 12:0 | - | 1.073 | | 1 | | 1 | | 0.304 | 1.824 | | |
| 13:0 | | 0.000 | | 4 | | | | | | | |
| 14:0 | _ | 2.608 | | 1 | | 1 | | 0.739 | 4.434 | | |
| 15:0 | - | | | 4 | | | | 0 151 | 10.040 | | |
| 16:0 | _ | 7.675 | | 1 | | 1 | | 2.176 | 13.048 | | |
| 17:0 | | 0.100 | | 4 | | | | 0 505 | 0 705 | | |
| 18:0 | | 2.190 | | 1 | | 1 | | 0.621 | 3.723 | | |
| 20:0 | | | | | | | | | | | |
| 22:0 | g g | | | | | | | | | | |

| | <u>Aı</u> | mount in 100 grams | Amount in edible portion of common | | | | |
|-------------------------------------|-----------|--------------------|------------------------------------|------|-----------|-----------------|-----------|
| | | Number | =' | 0 | m | easures of food | |
| Nutrients and Units | Mean | Std. Error Points | Deriv Source Code Code | Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total monounsaturatedg | 7.136 | ; | 1 | | 2.023 | 12.131 | |
| 14:1g | 7.130 | v | - | | 2.023 | 12.131 | |
| 15:1g | | | | | | | |
| 16:1 undifferentiatedg | 0.668 | 1 | 1 | | 0.189 | 1.136 | |
| 17:1g | | | | | | | |
| 18:1 undifferentiatedg | 6.073 | 1 | 1 | | 1.722 | 10.324 | |
| 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 | 0.721 | . 0 | 1 | | 0.204 | 1.226 | |
| 18:2 undifferentiatedg | 0.398 | 1 | 1 | | 0.113 | 0.677 | |
| 18:3 undifferentiatedg | 0.323 | 1 | 1 | | 0.092 | 0.549 | |
| 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 | 102 | 1 | 1 | | 29 | 173 | |
| Phytosterolsmg | | | | | | | |
| Amino Acids: | | | | | | | |
| Tryptophang | 0.352 | . 0 | 1 | | 0.100 | 0.598 | |
| Threonineg | 0.899 | 0 | 1 | | 0.255 | 1.528 | |
| Isoleucineg | 1.484 | 0 | 1 | | 0.421 | 2.523 | |
| Leucineg | 2.548 | 0 | 1 | | 0.722 | 4.332 | |
| Lysineg | 2.039 | 0 | 1 | | 0.578 | 3.466 | |
| Methionineg | 0.754 | 0 | 1 | | 0.214 | 1.282 | |
| Cystineg | 0.138 | 0 | 4 | | 0.039 | 0.235 | |
| Phenylalanineg | 1.358 | 0 | 1 | | 0.385 | 2.309 | |
| Tyrosineg | 1.458 | 0 | 1 | | 0.413 | 2.479 | |
| Valineg | 1.752 | 0 | 1 | | 0.497 | 2.978 | |
| Arginineg | 0.849 | 0 | 1 | | 0.241 | 1.443 | |
| Histidineg | 0.704 | 0 | 1 | | 0.200 | 1.197 | |
| Alanineg | 0.811 | . 0 | 1 | | 0.230 | 1.379 | |
| Aspartic acidg | 1.798 | 0 | 1 | | 0.510 | 3.057 | |
| Glutamic acidg | 5.490 | 0 | 1 | | 1.556 | 9.333 | |
| Glycine9 | 0.497 | 0 | 1 | | 0.141 | 0.845 | |
| Prolineg | 2.969 | 0 | 1 | | 0.842 | 5.047 | |
| Serineg | 1.393 | 0 | 1 | | 0.395 | 2.368 | |
| Hydroxyprolineg | | | | | | | |
| Others: | | | | | | | |
| Alcohol, ethylg | 0.0 | 0 | 7 | | 0.0 | 0.0 | |
| Caffeine mg | | | | | | | |
| Theobromine mg | | | | | | | |

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 170g: 1 package (6 oz)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <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 Un | its | Mean | Std. Error | Points | Code | Code | Code | Measure 1 | Measure 2 | Measure 3 |
| Proximates: | | | | | | | | | | |
| Water | g | 86.20 | | | | 1 | | 208.60 | 25.86 | |
| Energy | kcal | 69 | | | | 1 | | 167 | 21 | |
| Energy | kj | 289 | | | | 1 | | 699 | 87 | |
| Protein | g | 0.80 | | | | 1 | | 1.94 | 0.24 | |
| Total lipid (fat) | g | 3.50 | | | | 1 | | 8.47 | 1.05 | |
| Ash | | 0.40 | | 0 | NR | 4 | | 0.97 | 0.12 | |
| Carbohydrate, by difference | g | 9.10 | | | NC | 4 | | 22.02 | 2.73 | |
| Fiber, total dietary | g | 0.0 | | | | 7 | | 0.0 | 0.0 | |
| Sugars, total | g | 9.10 | | 0 | NR | 4 | | 22.02 | 2.73 | |
| Starch | g | | | | | | | | | |
| Minorals | | | | | | | | | | |
| Minerals: Calcium, Ca | ma | 1 | | | | 1 | | 2 | 0 | |
| Iron, Fe | - | 0.56 | | | | 1 | | 1.36 | 0.17 | |
| Magnesium, Mg | - | 0.30 | | | | 1 | | 0 | 0.17 | |
| Phosphorus, P | | 75 | | | | 1 | | 182 | 23 | |
| Potassium, K | - | 177 | | | | 1 | | 428 | 53 | |
| Sodium, Na | | 60 | | | | 1 | | 145 | 18 | |
| Zinc, Zn | - | 0.05 | | | | 1 | | 0.12 | 0.02 | |
| Copper, Cu | | 0.000 |) | | | 1 | | 0.000 | 0.000 | |
| Manganese, Mn. | | | | | | _ | | | | |
| Selenium, Se | - | 0.9 | | 0 | BFNN | 4 | | 2.2 | 0.3 | |
| ŕ | | | | | | | | | | |
| <u>Vitamins:</u> | | | | | | | | | | |
| Vitamin C, total ascorbic acid | - | 0.0 | | | | 1 | | 0.0 | 0.0 | |
| Thiamin | - | 0.000 | | | | 1 | | 0.000 | 0.000 | |
| Riboflavin | mg | 0.000 | | | | 1 | | 0.000 | 0.000 | |
| Niacin | <u>mg</u> | 0.000 |) | | | 1 | | 0.000 | 0.000 | |
| Pantothenic acid | - | | | | | | | | | |
| Vitamin B-6 | - | 0.000 |) | | | 1 | | 0.000 | 0.000 | |
| Folate, total | | 0 | | | | 1 | | 0 | 0 | |
| Folic acid | _ | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | | 0 | | | | 1 | | 0 | 0 | |
| Folate, DFE | | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Vitamin B-12 | | 0.00 | | | | 1 | | 0.00 | 0.00 | |
| Vitamin A, IU | | 5 | | 0 | NC | 4 | | 13 | 2 | |
| Vitamin A, RAE | | 0 | | 0 | NC | 4 | | 1 | 0 | |
| Retinol | | 0 | | 0 | BFFN | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | | 0.28 | | 0 | BFFN | 4 | | 0.69 | 0.09 | |
| Tocopherol, beta | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | |
| Vitamin D | | 0.0 | | 0 | DEEM | | | 2.1 | 0.2 | |
| Vitamin K (phylloquinone) | nicg | 0.9 | | U | BFFN | 4 | | 2.1 | 0.3 | |
| Lipids: | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.896 | 5 | | | 1 | | 2.168 | 0.269 | |
| 4:0 | g | 0.000 |) | | | 4 | | 0.000 | 0.000 | |
| 6:0 | g | 0.000 |) | | | 4 | | 0.000 | 0.000 | |
| 8:0 | g | 0.000 |) | | | 4 | | 0.000 | 0.000 | |
| 10:0 | g | 0.000 |) | | | 4 | | 0.000 | 0.000 | |
| 12:0 | g | 0.000 |) | | | 4 | | 0.000 | 0.000 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.018 | 3 | | | 4 | | 0.044 | 0.005 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.455 | 5 | | | 4 | | 1.101 | 0.137 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | | 0.424 | 1 | | | 4 | | 1.026 | 0.127 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | a | | | | | | | | | |

| | Ar | mount in 10 | 00 grams | of edib | ole portio | <u>n</u> | Amount in edible portion of common | | |
|-------------------------------------|-------|-------------|-----------------------------|---------|----------------|--------------------|------------------------------------|----------------------------|-----------|
| Nutrients and Units | Mean | Std. Error | Number of Data Points | | Source Code | Confidence Code | <u>m</u> Measure 1 | easures of food Measure 2 | Measure 3 |
| | | | | | | | | | |
| Fatty acids, total monounsaturatedg | 2.030 | | | | 1 | | 4.913 | 0.609 | |
| 14:1g | 2.000 | | | | _ | | 1.515 | 0.003 | |
| 15:1 9 | | | | | | | | | |
| 16:1 undifferentiated | 0.000 | | | | 4 | | 0.000 | 0.000 | |
| 17:1g | | | | | _ | | | | |
| 18:1 undifferentiated. | 2.030 | | | | 4 | | 4.913 | 0.609 | |
| 20:1g | 0.000 | | | | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated | 0.000 | | | | 4 | | 0.000 | 0.000 | |
| 24:1 cg | | | | | | | | | |
| Fatty acids, total polyunsaturatedg | 0.420 | | | | 1 | | 1.016 | 0.126 | |
| 18:2 undifferentiated | 0.399 | | | | 4 | | 0.966 | 0.120 | |
| 18:3 undifferentiated | 0.021 | | | | 4 | | 0.051 | 0.006 | |
| 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 | | | | 1 | | 0 | 0 | |
| Phytosterolsmg | | | | | | | | | |
| Others: | | | | | _ | | | | |
| Alcohol, ethylg | 0.0 | | | | 7 | | 0.0 | 0.0 | |
| Caffeine mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotenoids: | | | | | | | | | |
| Carotene, betamcg | 3 | | 0 | BFFN | 4 | | 7.646 | 0.948 | |
| 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 = 242g: 1 cup Measure 2 = 30.0g: 1 fl oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 01067 Cream substitute, liquid, with hydrogenated vegetable oil and soy protein

| | | <u>A</u> 1 | mount in 100 g | rams | of edib | ole portio | <u>n</u> | | edible portion | _ |
|--------------------------------|---------|------------|----------------|-------|---------|------------|------------|-----------|-----------------|-----------|
| | | | Nu | mber | • | | | <u>m</u> | easures of food | _ |
| | | | 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 | 77.27 | 1.107 | 11 | | 1 | | 185.45 | 23.18 | 11.59 |
| Energy | kcal | 136 | | 0 | NC | 4 | | 326 | 41 | 20 |
| Energy | kj | 568 | | | | 4 | | 1362 | 170 | 85 |
| Protein (N x 5.71) | g | 1.00 | 0.118 | 14 | | 1 | | 2.40 | 0.30 | 0.15 |
| Total lipid (fat) | g | 9.97 | 0.276 | 42 | | 1 | | 23.93 | 2.99 | 1.50 |
| Ash | g | 0.38 | 0.091 | 6 | | 1 | | 0.91 | 0.11 | 0.06 |
| Carbohydrate, by difference | g | 11.38 | | 0 | NC | 4 | | 27.31 | 3.41 | 1.71 |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total | g | 11.38 | | 0 | NR | 4 | | 27.31 | 3.41 | 1.71 |
| Starch | g | | | | | | | | | |
| Minerals: | | | | | | | | | | |
| Calcium, Ca | ma | 9 | 2.463 | 8 | | 1 | | 22 | 3 | 1 |
| Iron, Fe | - | 0.03 | 0.030 | 5 | | 1 | | 0.07 | 0.01 | 0.00 |
| Magnesium, Mg | - | 0 | 0.333 | 3 | | 1 | | 1 | 0 | 0 |
| Phosphorus, P | | 64 | 13.333 | 8 | | 1 | | 154 | 19 | 10 |
| Potassium, K | • | 191 | 39.601 | 6 | | 1 | | 457 | 57 | 29 |
| Sodium, Na | | 79 | 17.019 | 8 | | 1 | | 190 | 24 | 12 |
| Zine, Zn | mg | 0.02 | | 1 | | 1 | | 0.05 | 0.01 | 0.00 |
| Copper, Cu | | 0.000 | ı | 0 | | 1 | | 0.000 | 0.000 | 0.00 |
| Manganese, Mn | mg | 0.000 | 1 | 0 | | 1 | | 0.000 | 0.000 | 0.00 |
| Selenium, Se | mcg | 1.1 | | 0 | BFNN | 4 | | 2.6 | 0.3 | 0.2 |
| Vitamins: | | | | | | | | | | |
| Vitamin C, total ascorbic acid | ma | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | 0.0 |
| Thiamin | - | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.00 |
| Riboflavin | - | 0.000 | | 3 | | 1 | | 0.000 | 0.000 | 0.00 |
| Niacin | | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.00 |
| Pantothenic acid | - | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.00 |
| Vitamin B-6 | _ | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.00 |
| Folate, total | _ | 0 | | 0 | | 1 | | 0 | 0 | 0 |
| Folic acid | | 0 | | 0 | z | 7 | | 0 | 0 | 0 |
| Folate, food | | 0 | | 0 | | 1 | | 0 | 0 | 0 |
| Folate, DFE | | 0 | | 0 | NC | 4 | | 0 | 0 | 0 |
| Vitamin B-12 | | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 |
| Vitamin A, IU | | 15 | | 0 | NC | 4 | | 36 | 5 | 2 |
| Vitamin A, RAE | mcg_RAE | 1 | | 0 | NC | 4 | | 2 | 0 | 0 |
| Retinol | | 0 | | 0 | z | 7 | | 0 | 0 | 0 |
| Vitamin E (alpha-tocopherol) | mg | 0.81 | | 0 | BFFN | 4 | | 1.94 | 0.24 | 0.12 |
| Tocopherol, beta | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | |
| Vitamin D | | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 2.5 | | 0 | BFFN | 4 | | 5.9 | 0.7 | 0.4 |
| Lipids: | | | | | | | | | | |
| Fatty acids, total saturated | а | 1.937 | | 0 | | 1 | | 4.649 | 0.581 | 0.29 |
| 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 | - | 0.005 | | 7 | | 1 | | 0.012 | 0.002 | 0.00 |
| 10:0 | | 0.013 | | 7 | | 1 | | 0.031 | 0.004 | 0.00 |
| 12:0 | | 0.062 | | 7 | | 1 | | 0.149 | 0.019 | 0.00 |
| 13:0 | | | | | | | | | | |
| 14:0 | | 0.019 | 0.006 | 7 | | 1 | | 0.046 | 0.006 | 0.00 |
| 15:0 | | | | | | | | | | |
| 16:0 | | 0.884 | 0.106 | 7 | | 1 | | 2.122 | 0.265 | 0.13 |
| 17:0 | - | | | | | | | | | |
| 18:0 | _ | 0.976 | 0.056 | 7 | | 1 | | 2.342 | 0.293 | 0.14 |
| 20:0 | _ | | | | | | | | | |
| 22:0 | _ | | | | | | | | | |
| 24:0 | q | | | | | | | | | |

| | <u>A</u> | mount in 10 | | | ble portic | <u>on</u> | | edible portion of easures of food | |
|------------------------------------|--------------|-------------|-----------------------------|--------|----------------|--------------------|----------------|-----------------------------------|-----------|
| Nutrients and Units | Mean | | Number of Data Points | Deriv | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Fatty acids, total monounsaturated | | 1 | 0 | | 1 | | 18.122 | 2.265 | 1.133 |
| 15:1 | | n | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 17:1 | g | | | | | | 0.000 | 0.000 | |
| 18:1 undifferentiated | - | | | | 1 1 | | 18.142 | 2.268 | 1.134 |
| 20:1 | | | 0 0 | | 1 | | 0.000 0.000 | 0.000 0.000 | 0.000 |
| 24:1 c | • | U | U | | 1 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total polyunsaturated | | 7 | 0 | | 1 | | 0.065 | 0.008 | 0.004 |
| 18:2 undifferentiated | | 2 0.00 | 8 7 | | 1 | | 0.053 | 0.007 | 0.003 |
| 18:3 undifferentiated | g 0.00 | 0 | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 18:4 | g 0.00 | 0 | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c | g | | | | | | | | |
| 20:3 undifferentiated | | | | | | | | | |
| 20:4 undifferentiated | - | | 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 | | 1 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3 | | U | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans | | | 0 | | 1 | | 0 | 0 | 0 |
| CholesterolPhytosterols | 0 | | 0 | | 4 | | 31 | 4 | 2 |
| F llytosterois | ing 13 | | Ū | | - | | 31 | - | - |
| Amino Acids: | | | | | | | | | |
| Tryptophan | | | 0 | | 1 | | 0.036 | 0.005 | 0.002 |
| Threonine | - | | 0 | | 1 | | 0.103 | 0.013 | 0.006 |
| Isoleucine | | | 0 | | 1 | | 0.134 | 0.017 | 0.008 |
| Leucine | | | 0 | | 1 | | 0.204 | 0.026 | 0.013 |
| Lysine | | | 0 | | 1 | | 0.163 | 0.020 | 0.010 |
| Methionine | | | 0 | | 1 1 | | 0.036 | 0.005 | 0.002 |
| Cystine | - | | 0 0 | | 1 | | 0.043 0.132 | 0.005 0.017 | 0.003 |
| Phenylalanine | | | 0 | | 1 | | 0.132 | 0.017 | 0.008 |
| TyrosineValine | | | 0 | | 1 | | 0.134 | 0.011 | 0.008 |
| Arginine | | | 0 | | 1 | | 0.134 | 0.017 | 0.008 |
| Histidine | 0 | | 0 | | 1 | | 0.132 | 0.008 | 0.012 |
| Alanine | 0 | | 0 | | 1 | | 0.113 | 0.014 | 0.007 |
| Aspartic acid | 0 | | 0 | | 1 | | 0.300 | 0.038 | 0.019 |
| Glutamic acid | 0 | | 0 | | 1 | | 0.482 | 0.060 | 0.030 |
| Glycine | - | | 0 | | 1 | | 0.113 | 0.014 | 0.007 |
| Proline | - | | 0 | | 1 | | 0.144 | 0.018 | 0.009 |
| Serine | = | | 0 | | 1 | | 0.137 | 0.017 | 0.009 |
| Hydroxyproline | | | | | | | | | |
| Othors | | | | | | | | | |
| Others: Alcohol, ethyl | g 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine | | | 0 | z | 7 | | 0 | 0 | 0 |
| Theobromine | | | 0 | Z | 7 | | 0 | 0 | 0 |
| Carotenoids: | 9 | | v | - | • | | · | • | v |
| · | mog C | | ^ | | | | 01 600 | 0.700 | 1 252 |
| Carotene, beta | | | 0 | NR | 4 7 | | 21.600 | 2.700 | 1.350 |
| Carotene, alpha | 9 | | 0 0 | Z Z | 7 | | 0.000 0.000 | 0.000 0.000 | 0.000 |
| Cryptoxanthin, beta Lycopene | | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| LycopeneLutein + zeaxanthin | | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| Luciii + Zeaxanuniii | 9 | | U | 4 | , | | 3.000 | 3.000 | 0.000 |

Common Measures:

Measure 1 = 240g: 1 cup Measure 2 = 30.0g: 1 fl oz

Measure 3 = 15.0g: 1 container, individual

NDB No. 01067

Cream substitute, liquid, with hydrogenated vegetable oil and soy protein

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

NDB No. 01068 Cream substitute, liquid, with lauric acid oil and sodium caseinate

| | | <u>A</u> : | mount in 100 g | rams | of edil | ole portic | <u>on</u> | Amount in | edible portion | of common |
|---------------------------------|---|------------|------------------------|--------|---------|------------|------------|-----------|-----------------|-----------|
| | | | Nu | mber | | | | | easures of food | |
| | | | | | | Source | Confidence | | | |
| Nutrients and Uni | its | Mean | Std. Error Po | oints | Code | Code | Code | Measure 1 | Measure 2 | Measure 3 |
| Proximates: | | | | | | | | | | |
| Water | g | 77.27 | 1.107 | 11 | | 1 | | 11.59 | 92.72 | |
| Energy | kcal | 136 | | 0 | NC | 4 | | 20 | 164 | |
| Energy | kj | 571 | | | | 4 | | 86 | 685 | |
| Protein (N x 6.29) | g | 1.00 | 0.118 | 14 | | 1 | | 0.15 | 1.20 | |
| Total lipid (fat) | g | 9.97 | 0.276 | 42 | | 1 | | 1.50 | 11.96 | |
| Ash | g | 0.38 | 0.091 | 6 | | 1 | | 0.06 | 0.46 | |
| Carbohydrate, by difference | | 11.38 | | 0 | NC | 4 | | 1.71 | 13.66 | |
| Fiber, total dietary | | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Sugars, total | | | | | | | | | | |
| Starch | _ | | | | | | | | | |
| | | | | | | | | | | |
| Minerals: | ··· | • | 2 - 2- | _ | | _ | | _ | | |
| Calcium, Ca | • | 9 | 2.463 | 8 | | 1 | | 1 | 11 | |
| Iron, Fe | • | 0.03 | 0.030 0.333 | 5 3 | | 1 1 | | 0.00 0 | 0.04 0 | |
| Magnesium, Mg | | 64 | | | | 1 | | 10 | 77 | |
| Phosphorus, P | | 191 | 13.333 39.601 | 8 6 | | 1 | | 29 | 229 | |
| Potassium, KSodium, Na | | 79 | 17.019 | 8 | | 1 | | 12 | 95 | |
| Zinc, Zn | | 0.02 | 17.019 | 1 | | 1 | | 0.00 | 0.02 | |
| Copper, Cu | | 0.025 | ; | 0 | | 1 | | 0.004 | 0.030 | |
| Manganese, Mn | | 0.040 | | 0 | | 1 | | 0.004 | 0.048 | |
| Selenium, Se | | 1.1 | | 0 | BFNN | 4 | | 0.2 | 1.3 | |
| · | | | | | | | | | | |
| <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 | | 3 | | 1 | | 0.000 | 0.000 | |
| Niacin | | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 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 | 0 | |
| Folate, DFE | | 0 | | 0 | NC | 4 | | 0.00 | 0 0.00 | |
| Vitamin B-12 | | 0.00 89 | 32.776 | 5 | | 1 1 | | 13 | | |
| Vitamin A, IU Vitamin A, RAE | mca DAE | 4 | 1.639 | 5 | | 1 | | 1 | 107 5 | |
| Retinol | | 0 | 1.639 | 0 | z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | - | O | | U | 2 | , | | U | U | |
| Tocopherol, beta | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | |
| Vitamin D | | | | | | | | | | |
| Vitamin K (phylloquinone) | | | | | | | | | | |
| Lipids: | | | | | | | | | | |
| Fatty acids, total saturated | а | 9.304 | Į | 0 | | 1 | | 1.396 | 11.165 | |
| 4:0 | | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 6:0 | | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 8:0 | | 0.349 | | 18 | | 1 | | 0.052 | 0.419 | |
| 10:0 | - | 0.277 | | 18 | | 1 | | 0.042 | 0.332 | |
| 12:0 | - | 6.614 | | 18 | | 1 | | 0.992 | 7.937 | |
| 13:0 | - | | | - | | | | | | |
| 14:0 | - | 1.001 | 0.092 | 18 | | 1 | | 0.150 | 1.201 | |
| 15:0 | - | | | - | | _ | | 3.203 | | |
| 16:0 | | 0.432 | 0.052 | 18 | | 1 | | 0.065 | 0.518 | |
| 17:0 | | | | - | | - | | | | |
| 18:0 | | 0.597 | 0.092 | 18 | | 1 | | 0.090 | 0.716 | |
| 20:0 | | | - · · · · - | - | | | | ,, | | |
| 22:0 | | | | | | | | | | |
| 24:0 | | | | | | | | | | |
| | | | | | | | | | | |

| | | <u>Ar</u> | | | f edible portion | <u>on</u> | Amount in edible portion of common measures of food | | | |
|------------------------------------|----|-----------|--------------|---------|------------------|------------|---|-----------|-----------|--|
| | | | 0 | | eriv Source | Confidence | <u></u> | <u> </u> | | |
| Nutrients and Unit | s | Mean | Std. Error P | oints C | ode Code | Code | Measure 1 | Measure 2 | Measure 3 | |
| Fatty acids, total monounsaturated | q | 0.106 | | 0 | 1 | | 0.016 | 0.127 | | |
| 14:1 | | | | | | | | | | |
| 15:1 | g | | | | | | | | | |
| 16:1 undifferentiated | | 0.000 | | 0 | 4 | | 0.000 | 0.000 | | |
| 17:1 | g | | | | | | | | | |
| 18:1 undifferentiated | g | 0.106 | 0.036 | 18 | 1 | | 0.016 | 0.127 | | |
| 20:1 | g | | | | | | | | | |
| 22:1 undifferentiated | g | | | | | | | | | |
| 24:1 c | | | | | | | | | | |
| Fatty acids, total polyunsaturated | g | 0.003 | | 0 | 1 | | 0.000 | 0.004 | | |
| 18:2 undifferentiated | | 0.003 | 0.002 | 18 | 1 | | 0.000 | 0.004 | | |
| 18:3 undifferentiated | g | 0.000 | | 0 | 4 | | 0.000 | 0.000 | | |
| 18:4 | g | | | | | | | | | |
| 20:2 n-6 c,c | | | | | | | | | | |
| 20:3 undifferentiated | g | | | | | | | | | |
| 20:4 undifferentiated | - | 0.000 | | 0 | 4 | | 0.000 | 0.000 | | |
| 20:5 n-3 | | | | | | | | | | |
| 22:5 n-3 | _ | | | | | | | | | |
| 22:6 n-3 | _ | | | | | | | | | |
| Fatty acids, total trans | | | | | | | | | | |
| Cholesterol | - | 0 | | 0 | 1 | | 0 | 0 | | |
| Phytosterols | mg | 9 | | 0 | 4 | | 1 | 11 | | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan | а | 0.014 | | 0 | 1 | | 0.002 | 0.017 | | |
| Threonine | | 0.042 | | 0 | 1 | | 0.006 | 0.050 | | |
| Isoleucine | - | 0.061 | | 0 | 1 | | 0.009 | 0.073 | | |
| Leucine | | 0.099 | | 0 | 1 | | 0.015 | 0.119 | | |
| Lysine | | 0.080 | | 0 | 1 | | 0.012 | 0.096 | | |
| Methionine | - | 0.030 | | 0 | 1 | | 0.005 | 0.036 | | |
| Cystine | - | 0.004 | | 0 | 1 | | 0.001 | 0.005 | | |
| Phenylalanine | | 0.054 | | 0 | 1 | | 0.008 | 0.065 | | |
| Tyrosine | | 0.057 | | 0 | 1 | | 0.009 | 0.068 | | |
| Valine | _ | 0.072 | | 0 | 1 | | 0.011 | 0.086 | | |
| Arginine | | 0.040 | | 0 | 1 | | 0.006 | 0.048 | | |
| Histidine | - | 0.030 | | 0 | 1 | | 0.005 | 0.036 | | |
| Alanine | - | 0.031 | | 0 | 1 | | 0.005 | 0.037 | | |
| Aspartic acid | | 0.071 | | 0 | 1 | | 0.011 | 0.085 | | |
| Glutamic acid | | 0.227 | | 0 | 1 | | 0.034 | 0.272 | | |
| Glycine | _ | 0.020 | | 0 | 1 | | 0.003 | 0.024 | | |
| Proline | _ | 0.113 | | 0 | 1 | | 0.017 | 0.136 | | |
| Serine | | 0.062 | | 0 | 1 | | 0.009 | 0.074 | | |
| Hydroxyproline | - | 3.002 | | • | - | | 0.000 | 0.074 | | |
| 11, at oxyptomic | ə | | | | | | | | | |

Common Measures:

Measure 1 = 15.0g: 1 container, individual

Measure 2 = 120g: .5 cup

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>A</u> 1 | mount in 100 g | grams | of edib | ole portio | <u>n</u> | Amount in edible portion of common | | | |
|--------------------------------|-----|------------|----------------|-------|---------|------------|------------|------------------------------------|-----------------|---------|--|
| | | | Nι | ımbeı | r | | | <u>m</u> | easures of food | | |
| | | | of | Data | Deriv | Source | Confidence | | | | |
| Nutrients and Uni | its | Mean | Std. Error Po | | | Code | Code | Measure 1 | Measure 2 | Measure | |
| | | | | | | | | | | | |
| Proximates: Water | a | 2.21 | 0.137 | 25 | | 1 | | 2.08 | 0.04 | 0.07 | |
| Energy | | 546 | | 0 | NC | 4 | | 514 | 11 | 16 | |
| Energy | | 2286 | | · | | 4 | | 2149 | 46 | 69 | |
| Protein (N x 6.29) | | 4.79 | 0.179 | 26 | | 1 | | 4.50 | 0.10 | 0.14 | |
| | | 35.48 | 0.420 | 40 | | 1 | | 33.35 | 0.10 | 1.06 | |
| Total lipid (fat) | | 2.64 | 0.420 | 23 | | 1 | | 2.48 | 0.71 | 0.08 | |
| Ash | | 54.88 | 0.091 | 0 | NC | 4 | | 51.59 | 1.10 | 1.65 | |
| Carbohydrate, by difference | | 0.0 | | 0 | NC | 4 | | 0.0 | 0.0 | 0.0 | |
| Fiber, total dietary | | | | 0 | MD | 4 | | | | | |
| Sugars, total | | 54.88 | | U | NR | 4 | | 51.59 | 1.10 | 1.65 | |
| Starch | 9 | | | | | | | | | | |
| <u> Minerals:</u> | | | | | | | | | | | |
| Calcium, Ca | mg | 22 | 3.338 | 16 | | 1 | | 21 | 0 | 1 | |
| Iron, Fe | mg | 1.15 | 0.356 | 9 | | 1 | | 1.08 | 0.02 | 0.0 | |
| Magnesium, Mg | mg | 4 | 1.112 | 8 | | 1 | | 4 | 0 | 0 | |
| Phosphorus, P | - | 422 | 29.420 | 19 | | 1 | | 397 | 8 | 13 | |
| Potassium, K | | 812 | 41.384 | 18 | | 1 | | 763 | 16 | 24 | |
| Sodium, Na | mg | 181 | 21.326 | 23 | | 1 | | 170 | 4 | 5 | |
| Zinc, Zn | mg | 0.51 | | 1 | | 1 | | 0.48 | 0.01 | 0.0 | |
| Copper, Cu | mg | 0.115 | i | 0 | | 1 | | 0.108 | 0.002 | 0.0 | |
| Manganese, Mn | | 0.220 | | 0 | | 1 | | 0.207 | 0.004 | 0.00 | |
| Selenium, Se | mcg | 0.6 | 0.228 | 12 | A | 1 | | 0.6 | 0.0 | 0.0 | |
| itamins: | | | | | | | | | | | |
| Vitamin C, total ascorbic acid | ma | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | 0.0 | |
| Thiamin | - | 0.000 | 1 | 0 | | 1 | | 0.000 | 0.000 | 0.00 | |
| Riboflavin | - | 0.165 | | 5 | | 1 | | 0.155 | 0.003 | 0.00 | |
| Niacin | | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.00 | |
| Pantothenic acid | - | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.00 | |
| Vitamin B-6 | | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.00 | |
| Folate, total | _ | 0 | | 0 | | 1 | | 0 | 0 | 0 | |
| Folic acid | | 0 | | 0 | z | 7 | | 0 | 0 | 0 | |
| Folate, food | | 0 | | 0 | | 1 | | 0 | 0 | 0 | |
| Folate, DFE | | 0 | | 0 | NC | 4 | | 0 | 0 | 0 | |
| Vitamin B-12 | | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.0 | |
| Vitamin A, IU | | 33 | | 0 | NC | 4 | | 31 | 1 | 1 | |
| Vitamin A, RAE | | 2 | | 0 | NC | 4 | | 2 | 0 | 0 | |
| Retinol | | 0 | | 0 | Z | 7 | | 0 | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | | 0.59 | | 1 | A | 1 | | 0.55 | 0.01 | 0.0 | |
| Tocopherol, beta | | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | 0.00 | |
| Tocopherol, gamma | | 0.47 | | 1 | A | 1 | | 0.44 | 0.01 | 0.0 | |
| Tocopherol, delta | | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | 0.0 | |
| Vitamin D | | | | _ | | _ | | 0.00 | 0.00 | | |
| Vitamin K (phylloquinone) | | 8.8 | | 0 | BFFN | 4 | | 8.3 | 0.2 | 0.3 | |
| ipids: | | | | | | | | | | | |
| Fatty acids, total saturated | a | 32.525 | i | 0 | | 1 | | 30.574 | 0.651 | 0.9 | |
| 4:0 | | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.00 | |
| 6:0 | - | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.0 | |
| 8:0 | | 1.332 | | 8 | | 1 | | 1.252 | 0.027 | 0.0 | |
| 10:0 | | 1.457 | | 8 | | 1 | | 1.370 | 0.029 | 0.0 | |
| 12:0 | | 13.579 | | 8 | | 1 | | 12.764 | 0.272 | 0.4 | |
| 13:0 | | | 0.415 | - | | - | | 12.704 | V.212 | 0.4 | |
| 14:0 | _ | 5.987 | 0.328 | 8 | | 1 | | 5.628 | 0.120 | 0.1 | |
| 15:0 | - | 3.307 | 0.320 | Ü | | - | | 5.020 | 0.120 | 0.1 | |
| 16:0 | _ | 3.753 | 0.266 | 8 | | 1 | | 3.528 | 0.075 | 0.1 | |
| 17:0 | _ | 5.755 | 0.200 | · | | - | | 3.320 | 0.075 | 0.1. | |
| 18:0 | - | 6.339 | 0.931 | 8 | | 1 | | 5.959 | 0.127 | 0.1 | |
| 20:0 | _ | 0.555 | 0.331 | · | | - | | 3.333 | 0.127 | 0.1 | |
| 22:0 | - | | | | | | | | | | |
| 24:0 | - | | | | | | | | | | |

| | | <u>Ar</u> | mount in 100 | | | ole portio | <u>n</u> | Amount in edible portion of common measures of food | | | |
|------------------------------------|------|-----------|--------------|-------------------|-------|------------|------------|---|-----------|-----------|--|
| | | | | Number of Data | Deriv | | Confidence | <u>m</u> | | | |
| Nutrients and Units | N | /lean | Std. Error | Points | Code | Code | Code | Measure 1 | Measure 2 | Measure 3 | |
| Fatty acids, total monounsaturated | g | 0.968 | | 0 | | 1 | | 0.910 | 0.019 | 0.029 | |
| 14:1 | g | | | | | | | | | | |
| 15:1 | - | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 | |
| 17:1 | - | 0.000 | | v | | - | | 0.000 | 0.000 | 0.000 | |
| 18:1 undifferentiated | - | 0.969 | 0.16 | 3 8 | | 1 | | 0.911 | 0.019 | 0.029 | |
| 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 | g | | | | | | | | | | |
| Fatty acids, total polyunsaturated | g | 0.014 | | 0 | | 1 | | 0.013 | 0.000 | 0.000 | |
| 18:2 undifferentiated | | 0.003 | 0.00 | | | 1 | | 0.003 | 0.000 | 0.000 | |
| 18:3 undifferentiated | g | 0.010 | 0.00 | | | 1 | | 0.009 | 0.000 | 0.000 | |
| 18:4 | - | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 | |
| 20:2 n-6 c,c | - | | | | | | | | | | |
| 20:3 undifferentiated | - | | | | | | | | | | |
| 20:4 undifferentiated | - | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 | |
| 20:5 n-3 | - | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 | |
| 22:5 n-3 | - | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 | |
| 22:6 n-3 | | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 | |
| Fatty acids, total trans | | _ | | _ | | | | _ | _ | | |
| Cholesterol | - | 0 | | 0 | | 1 | | 0 | 0 | 0 | |
| Phytosterols | riig | 32 | | 0 | | 4 | | 30 | 1 | 1 | |
| Amino Acids: | | | | | | | | | | | |
| Tryptophan | g | 0.066 | | 0 | | 1 | | 0.062 | 0.001 | 0.002 | |
| Threonine | g | 0.203 | | 0 | | 1 | | 0.191 | 0.004 | 0.006 | |
| Isoleucine | g | 0.294 | | 0 | | 1 | | 0.276 | 0.006 | 0.009 | |
| Leucine | g | 0.473 | | 0 | | 1 | | 0.445 | 0.009 | 0.014 | |
| Lysine | g | 0.385 | | 0 | | 1 | | 0.362 | 0.008 | 0.012 | |
| Methionine | g | 0.145 | | 0 | | 1 | | 0.136 | 0.003 | 0.004 | |
| Cystine | g | 0.021 | | 0 | | 1 | | 0.020 | 0.000 | 0.001 | |
| Phenylalanine | g | 0.257 | | 0 | | 1 | | 0.242 | 0.005 | 0.008 | |
| Tyrosine | g | 0.274 | | 0 | | 1 | | 0.258 | 0.005 | 0.008 | |
| Valine | g | 0.343 | | 0 | | 1 | | 0.322 | 0.007 | 0.010 | |
| Arginine | g | 0.190 | | 0 | | 1 | | 0.179 | 0.004 | 0.006 | |
| Histidine | g | 0.142 | | 0 | | 1 | | 0.133 | 0.003 | 0.004 | |
| Alanine | g | 0.150 | | 0 | | 1 | | 0.141 | 0.003 | 0.005 | |
| Aspartic acid | g | 0.339 | | 0 | | 1 | | 0.319 | 0.007 | 0.010 | |
| Glutamic acid | g | 1.088 | | 0 | | 1 | | 1.023 | 0.022 | 0.033 | |
| Glycine | g | 0.096 | | 0 | | 1 | | 0.090 | 0.002 | 0.003 | |
| Proline | g | 0.540 | | 0 | | 1 | | 0.508 | 0.011 | 0.016 | |
| Serine | | 0.295 | | 0 | | 1 | | 0.277 | 0.006 | 0.009 | |
| Hydroxyproline | g | | | | | | | | | | |
| Others: | | | | | | | | | | | |
| Alcohol, ethyl | g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 | |
| Caffeine | .mg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 | |
| Theobromine | mg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 | |
| <u>Carotenoids:</u> | | | | | | | | | | | |
| Carotene, beta | mcq | 20 | | 0 | NR | 4 | | 18.800 | 0.400 | 0.600 | |
| 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 = 94g: 1 cup Measure 2 = 2.0g: 1 tsp Measure 3 = 3.0g: 1 packet NDB No. 01069

Cream substitute, powdered

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>A</u> | mount in 10 | 0 grams | of edil | ole portio | <u>n</u> | | edible portion | |
|--------------------------------|----------|----------|-------------|---------|---------|------------|------------|-----------|-----------------|-----------|
| | | | | Number | • | | | <u>m</u> | easures of food | _ |
| | | | | of Data | Deriv | Source | Confidence | | | |
| Nutrients and Un | its | Mean | Std. Error | Points | Code | Code | Code | Measure 1 | Measure 2 | Measure 3 |
| Proximates: | | | | | | | | | | |
| Water | g | 6.20 | | | | 1 | | 5.83 | 0.19 | |
| Energy | kcal | 431 | | | | 1 | | 405 | 13 | |
| Energy | kj | 1803 | | | | 1 | | 1695 | 54 | |
| Protein | g | 1.90 | | | | 1 | | 1.79 | 0.06 | |
| Total lipid (fat) | g | 15.70 | | | | 1 | | 14.76 | 0.47 | |
| Ash | g | 2.80 | | 0 | NR | 4 | | 2.63 | 0.08 | |
| Carbohydrate, by difference | g | 73.40 | | | NC | 4 | | 69.00 | 2.20 | |
| Fiber, total dietary | | 0.0 | | | | 7 | | 0.0 | 0.0 | |
| Sugars, total | g | 73.40 | | 0 | NR | 4 | | 69.00 | 2.20 | |
| Starch | g | | | | | | | | | |
| Minerals: | | | | | | | | | | |
| Calcium, Ca | ma | 1 | | | | 1 | | 1 | 0 | |
| Iron, Fe | _ | 0.03 | | | | 1 | | 0.03 | 0.00 | |
| Magnesium, Mg | _ | 0 | | | | 1 | | 0 | 0 | |
| Phosphorus, P | | 136 | | | | 1 | | 128 | 4 | |
| Potassium, K | • | 902 | | | | 1 | | 848 | 27 | |
| Sodium, Na | | 229 | | | | 1 | | 215 | 7 | |
| Zinc, Zn | mg | 0.02 | | | | 1 | | 0.02 | 0.00 | |
| Copper, Cu | mg | 0.010 |) | | | 1 | | 0.009 | 0.000 | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | mcg | 0.8 | | 0 | BFNN | 4 | | 0.8 | 0.0 | |
| Vitamins: | | | | | | | | | | |
| Vitamin C, total ascorbic acid | ma | 0.0 | | | | 1 | | 0.0 | 0.0 | |
| Thiamin | _ | 0.000 | 1 | | | 1 | | 0.000 | 0.000 | |
| Riboflavin | _ | 0.000 | | | | 1 | | 0.000 | 0.000 | |
| Niacin | <u>-</u> | 0.000 | | | | 1 | | 0.000 | 0.000 | |
| Pantothenic acid | _ | 0.000 | • | | | _ | | 0.000 | 0.000 | |
| Vitamin B-6 | _ | 0.000 |) | | | 1 | | 0.000 | 0.000 | |
| Folate, total | - | 1 | | | | 1 | | 1 | 0 | |
| Folic acid | | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 1 | | | | 1 | | 1 | 0 | |
| Folate, DFE | mcg_DFE | 1 | | 0 | NC | 4 | | 1 | 0 | |
| Vitamin B-12 | | 0.00 | | | | 1 | | 0.00 | 0.00 | |
| Vitamin A, IU | IU | 15 | | 0 | NC | 4 | | 14 | 0 | |
| Vitamin A, RAE | mcg_RAE | 1 | | 0 | NC | 4 | | 1 | 0 | |
| Retinol | mcg | 0 | | 0 | BFFN | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 0.26 | | 0 | BFFN | 4 | | 0.25 | 0.01 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | |
| Vitamin D | | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 3.9 | | 0 | BFFN | 4 | | 3.7 | 0.1 | |
| Lipids: | | | | | | | | | | |
| Fatty acids, total saturated | g | 3.800 |) | | | 1 | | 3.572 | 0.114 | |
| 4:0 | | 0.000 |) | | | 4 | | 0.000 | 0.000 | |
| 6:0 | g | 0.000 |) | | | 4 | | 0.000 | 0.000 | |
| 8:0 | g | 0.000 |) | | | 4 | | 0.000 | 0.000 | |
| 10:0 | g | 0.000 |) | | | 4 | | 0.000 | 0.000 | |
| 12:0 | g | 0.000 |) | | | 4 | | 0.000 | 0.000 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | | 0.000 |) | | | 4 | | 0.000 | 0.000 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 1.115 | 5 | | | 4 | | 1.048 | 0.033 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 2.690 |) | | | 4 | | 2.529 | 0.081 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | q | | | | | | | | | |

| | An | nount in 10 | 00 grams | of edib | Amount in edible portion of common measures of food | | | | |
|-------------------------------------|--------|-------------|----------|---------|---|--------------------|-----------------------|------------------------------|-----------|
| Nutrients and Units | Mean | Std. Error | | Deriv | Source Code | Confidence Code | <u>m</u> Measure 1 | easures of food Measure 2 | Measure 3 |
| | | | | | | | | | |
| Fatty acids, total monounsaturatedg | 11.500 | | | | 1 | | 10.810 | 0.345 | |
| 14:1g | | | | | _ | | 20.020 | 0.010 | |
| 15:1 | | | | | | | | | |
| 16:1 undifferentiatedg | 0.000 | | | | 4 | | 0.000 | 0.000 | |
| 17:1g | | | | | | | | | |
| 18:1 undifferentiated | 11.500 | | | | 4 | | 10.810 | 0.345 | |
| 20:1g | 0.000 | | | | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated | 0.000 | | | | 4 | | 0.000 | 0.000 | |
| 24:1 cg | | | | | | | | | |
| Fatty acids, total polyunsaturated | 0.198 | | | | 1 | | 0.186 | 0.006 | |
| 18:2 undifferentiated | 0.198 | | | | 4 | | 0.186 | 0.006 | |
| 18:3 undifferentiated | 0.000 | | | | 4 | | 0.000 | 0.000 | |
| 18:4g | 0.000 | | | | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,cg | | | | | | | | | |
| 20:3 undifferentiated | | | | | | | | | |
| 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 | | | | | | | | | |
| Cholesterol mg | 0 | | | | 1 | | 0 | 0 | |
| Phytosterolsmg | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethylg | 0.0 | | | | 7 | | 0.0 | 0.0 | |
| Caffeine mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| <u>Carotenoids:</u> | | | | | | | | | |
| Carotene, betamcg | 9 | | 0 | BFFN | 4 | | 8.319 | 0.266 | |
| Carotene, alphamcg | 0 | | 0 | z | 7 | | 0.000 | 0.000 | |
| Cryptoxanthin, betamcg | 0 | | 0 | z | 7 | | 0.000 | 0.000 | |
| Lycopene mcg | 0 | | 0 | z | 7 | | 0.000 | 0.000 | |
| Lutein + zeaxanthin mcg | 0 | | 0 | z | 7 | | 0.000 | 0.000 | |

Common Measures:

Measure 1 = 94g: 1 cup Measure 2 = 3.0g: 1 packet

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products USDA National Nutrient Database for Standard Reference, Release 17 (2004)

| | | Al | mount in 100 g | rams | or earn | <u>u</u> | Amount in edible portion of common | | | |
|--------------------------------|---|-------|---------------------|------|---------|----------------|------------------------------------|-----------|-----------------|---------|
| | | | | mber | | | | me | easures of food | |
| Nutrients and Un | its | Mean | of Std. Error Po | | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure |
| Proximates: | | | | | | | | | | |
| Water | - | 80.57 | 0.233 | 7 | | 1 | | 194.98 | 12.09 | 24.33 |
| Energy | | 130 | | 0 | NC | 4 | | 315 | 20 | 39 |
| Energy | | 545 | | | | 4 | | 1320 | 82 | 165 |
| Protein (N x 6.38) | | 2.96 | 0.039 | 19 | | 1 | | 7.16 | 0.44 | 0.89 |
| Total lipid (fat) | | 11.50 | 0.031 | 76 | | 1 | | 27.83 | 1.73 | 3.47 |
| Ash | | 0.67 | | 0 | | 1 | | 1.62 | 0.10 | 0.20 |
| Carbohydrate, by difference | | 4.30 | | 0 | NC | 4 | | 10.41 | 0.65 | 1.30 |
| Fiber, total dietary | | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total | | 0.16 | | 0 | BFNN | 4 | | 0.38 | 0.02 | 0.05 |
| Starch | g | | | | | | | | | |
| Ainerals: | | | | | | | | | | |
| Calcium, Ca | mg | 105 | 2.849 | 7 | | 1 | | 254 | 16 | 32 |
| Iron, Fe | • | 0.07 | 0.009 | 4 | | 1 | | 0.17 | 0.01 | 0.0 |
| Magnesium, Mg | | 10 | 0.509 | 7 | | 1 | | 25 | 2 | 3 |
| Phosphorus, P | | 95 | 4.875 | 6 | | 1 | | 230 | 14 | 29 |
| Potassium, K | mg | 130 | 4.423 | 6 | | 1 | | 314 | 19 | 39 |
| Sodium, Na | mg | 41 | 1.124 | 7 | | 1 | | 98 | 6 | 12 |
| Zinc, Zn | mg | 0.51 | 0.067 | 14 | | 1 | | 1.23 | 0.08 | 0.1 |
| Copper, Cu | mg | 0.010 |) | 0 | | 1 | | 0.024 | 0.002 | 0.0 |
| Manganese, Mn | mg | 0.001 | - | 0 | | 1 | | 0.002 | 0.000 | 0.0 |
| Selenium, Se | mcg | 1.8 | 0.422 | 11 | A | 1 | | 4.4 | 0.3 | 0.5 |
| /itamins: | | | | | | | | | | |
| Vitamin C, total ascorbic acid | ma | 0.9 | | 0 | | 1 | | 2.1 | 0.1 | 0.3 |
| Thiamin | - | 0.035 | | 0 | | 1 | | 0.085 | 0.005 | 0.0 |
| Riboflavin | | 0.033 | | 0 | | 1 | | 0.361 | 0.022 | 0.0 |
| Niacin | | 0.078 | | 0 | | 1 | | 0.189 | 0.012 | 0.0 |
| Pantothenic acid | | 0.289 | | 0 | | 1 | | 0.699 | 0.043 | 0.0 |
| Vitamin B-6 | - | 0.039 | | 0 | | 1 | | 0.094 | 0.006 | 0.0 |
| Folate, total | | 3 | 0.252 | 3 | | 1 | | 6 | 0 | 1 |
| Folic acid | | 0 | 0.202 | 0 | z | 7 | | 0 | 0 | 0 |
| Folate, food | | 3 | 0.252 | 3 | | 1 | | 6 | 0 | 1 |
| Folate, DFE | | 3 | | 0 | NC | 4 | | 6 | 0 | 1 |
| Vitamin B-12 | | 0.33 | | 0 | | 1 | | 0.80 | 0.05 | 0.1 |
| Vitamin A, IU | | 354 | | 0 | NC | 4 | | 856 | 53 | 107 |
| Vitamin A, RAE | | 97 | | 0 | NC | 4 | | 234 | 15 | 29 |
| Retinol | | 95 | | 0 | NC | 4 | | 230 | 14 | 29 |
| Vitamin E (alpha-tocopherol) | | 0.33 | | 0 | BFFN | 4 | | 0.80 | 0.05 | 0.1 |
| Tocopherol, beta | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 1.3 | | 1 | A | 1 | | 3.1 | 0.2 | 0.4 |
| ipids: | | | | | | | | | | |
| Fatty acids, total saturated | а | 7.158 | 1 | 0 | | 1 | | 17.322 | 1.074 | 2.1 |
| 4:0 | | 0.373 | | 0 | | 1 | | 0.903 | 0.056 | 0.1 |
| 6:0 | | 0.221 | | 0 | | 1 | | 0.535 | 0.033 | 0.0 |
| 8:0 | - | 0.129 | | 0 | | 1 | | 0.333 | 0.019 | 0.0 |
| 10:0 | - | 0.123 | | 0 | | 1 | | 0.697 | 0.043 | 0.0 |
| 12:0 | - | 0.323 | | 0 | | 1 | | 0.782 | 0.048 | 0.0 |
| 13:0 | | | | - | | _ | | | | 5.0 |
| 14:0 | | 1.157 | , | 0 | | 1 | | 2.800 | 0.174 | 0.3 |
| 15:0 | | | | | | | | | - · - · - | |
| 16:0 | | 3.025 | i | 0 | | 1 | | 7.321 | 0.454 | 0.9 |
| 17:0 | | | | | | | | | - / | |
| 18:0 | - | 1.394 | ! | 0 | | 1 | | 3.373 | 0.209 | 0.4 |
| 20:0 | - | | | | | | | | | |
| 22:0 | - | | | | | | | | | |
| 24:0 | - | | | | | | | | | |

| | | <u>Aı</u> | mount in 10 | | | ole portio | <u>on</u> | | edible portion of easures of food | |
|--------------------------------------|----------|-----------|-------------|-----------------------------|--------|----------------|--------------------|-----------|-----------------------------------|-----------|
| Nutrients and | Units | Mean | | Number of Data Points | Deriv | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | | |
| Fatty acids, total monounsatura 14:1 | | 3.321 | • | 0 | | 1 | | 8.037 | 0.498 | 1.003 |
| 15:1 | - | | | | | | | | | |
| 16:1 undifferentiated | - | 0.258 | 3 | 0 | | 1 | | 0.624 | 0.039 | 0.078 |
| 18:1 undifferentiated | | 2.893 | 1 | 0 | | 1 | | 7.001 | 0.434 | 0.874 |
| 20:1 | _ | 0.000 | | 0 | | 1 | | 0.000 | 0.434 | 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 polyunsaturate | | 0.427 | , | 0 | | 1 | | 1.033 | 0.064 | 0.129 |
| 18:2 undifferentiated | | 0.260 |) | 0 | | 1 | | 0.629 | 0.039 | 0.079 |
| 18:3 undifferentiated | | 0.167 | • | 0 | | 1 | | 0.404 | 0.025 | 0.050 |
| 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 | 37 | | 1 | | 1 | | 89 | 6 | 11 |
| Phytosterols | mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan | α | 0.042 | , | 0 | | 1 | | 0.102 | 0.006 | 0.013 |
| Threonine | | 0.134 | | 0 | | 1 | | 0.324 | 0.020 | 0.040 |
| Isoleucine | - | 0.179 | | 0 | | 1 | | 0.433 | 0.027 | 0.054 |
| Leucine | | 0.290 | | 0 | | 1 | | 0.702 | 0.044 | 0.088 |
| Lysine | = | 0.235 | 5 | 0 | | 1 | | 0.569 | 0.035 | 0.071 |
| Methionine | | 0.074 | Į. | 0 | | 1 | | 0.179 | 0.011 | 0.022 |
| Cystine | | 0.027 | • | 0 | | 1 | | 0.065 | 0.004 | 0.008 |
| Phenylalanine | | 0.143 | 3 | 0 | | 1 | | 0.346 | 0.021 | 0.043 |
| Tyrosine | | 0.143 | 3 | 0 | | 1 | | 0.346 | 0.021 | 0.043 |
| Valine | g | 0.198 | 3 | 0 | | 1 | | 0.479 | 0.030 | 0.060 |
| Arginine | g | 0.107 | , | 0 | | 1 | | 0.259 | 0.016 | 0.032 |
| Histidine | g | 0.080 |) | 0 | | 1 | | 0.194 | 0.012 | 0.024 |
| Alanine | g | 0.102 | 2 | 0 | | 1 | | 0.247 | 0.015 | 0.031 |
| Aspartic acid | g | 0.225 | 5 | 0 | | 1 | | 0.545 | 0.034 | 0.068 |
| Glutamic acid | g | 0.620 |) | 0 | | 1 | | 1.500 | 0.093 | 0.187 |
| Glycine | g | 0.063 | 3 | 0 | | 1 | | 0.152 | 0.009 | 0.019 |
| Proline | g | 0.287 | 1 | 0 | | 1 | | 0.695 | 0.043 | 0.087 |
| Serine | g | 0.161 | - | 0 | | 1 | | 0.390 | 0.024 | 0.049 |
| Hydroxyproline | g | | | | | | | | | |
| Others: | | | | | | | | | | |
| Alcohol, ethyl | a | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine | | 0 | | 0 | Z | 7 | | 0 | 0.0 | 0.0 |
| Theobromine | | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Carotenoids: | . | ŭ | | • | _ | • | | - | • | ŭ |
| · | | 22 | | • | | | | F4 044 | 2 252 | |
| Carotene, beta | | 22 | | 0 | BFFN | 4 | | 54.041 | 3.350 | 6.744 |
| Carotene, alpha | - | 0 | | 0 | Z | 7 7 | | 0.000 | 0.000 | 0.000 |
| Cryptoxanthin, beta | | 0 | | 0 | Z | | | 0.000 | 0.000 | 0.000 |
| Lycopene | | 0 | | 0 | z z | 7 7 | | 0.000 | 0.000 | 0.000 |
| Lutein + zeaxanthin | g | U | | U | Z | , | | 0.000 | 0.000 | 0.000 |

Common Measures:

Measure 1 = 242g: 1 cup

Measure 2 = 15.0g: 1 tbsp

Measure 3 = 30.2g: 1 fl oz

NDB No. 01049 Cream, fluid, half and half

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common | | | |
|---------------------------------|---------|---------------------------------------|---------------|--------|-------|--------|------------------|------------------------------------|-----------|---------|--|
| | | | Nι | umber | • | | measures of food | | | | |
| | | | of | f Data | Deriv | Source | Confidence | | | | |
| Nutrients and Units | | Mean | Std. Error Po | oints | Code | Code | Code | Measure 1 | Measure 2 | Measure | |
| Proximates: | | | | | | | | | | | |
| Water | g | 57.71 | 0.696 | 7 | | 1 | | 69.25 | 137.35 | 8.66 | |
| Energy | kcal | 345 | | 0 | NC | 4 | | 414 | 821 | 52 | |
| Energy | kj | 1443 | | | | 4 | | 1731 | 3433 | 216 | |
| Protein (N x 6.38) | g | 2.05 | 0.048 | 11 | | 1 | | 2.46 | 4.88 | 0.31 | |
| Total lipid (fat) | g | 37.00 | 0.587 | 10 | | 1 | | 44.40 | 88.06 | 5.55 | |
| Ash | g | 0.45 | 0.015 | 8 | | 1 | | 0.54 | 1.07 | 0.07 | |
| Carbohydrate, by difference | g | 2.79 | | 0 | NC | 4 | | 3.35 | 6.64 | 0.42 | |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 | |
| Sugars, total | g | 0.11 | | 0 | BFNN | 4 | | 0.13 | 0.25 | 0.02 | |
| Starch | g | | | | | | | | | | |
| Min anala. | | | | | | | | | | | |
| <u>Minerals:</u> Calcium, Ca | ma | 65 | 6.787 | 3 | | 1 | | 78 | 154 | 10 | |
| Iron, Fe | | 0.03 | 0.767 | 0 | | 1 | | 0.04 | 0.07 | 0.00 | |
| Magnesium, Mg | | 7 | 1.033 | 3 | | 1 | | 8 | 17 | 1 | |
| Phosphorus, P | | , 62 | 1.832 | 4 | | 1 | | 75 | 149 | 9 | |
| Potassium, K | | 75 | _ | 2 | | 1 | | 90 | 179 | 11 | |
| Sodium, Na | | 38 | 3.253 | 4 | | 1 | | 45 | 89 | 6 | |
| Zinc, Zn | | 0.23 | | 0 | | 1 | | 0.28 | 0.55 | 0.0 | |
| Copper, Cu | | 0.006 | | 0 | | 1 | | 0.007 | 0.014 | 0.0 | |
| Manganese, Mn | mg | 0.001 | | 0 | | 1 | | 0.001 | 0.002 | 0.00 | |
| Selenium, Se | mcg | 0.5 | | 0 | BFNN | 4 | | 0.6 | 1.2 | 0.1 | |
| Vitamins: | | | | | | | | | | | |
| Vitamin C, total ascorbic acid | ma | 0.6 | | 0 | | 1 | | 0.7 | 1.4 | 0.1 | |
| Thiamin | - | 0.022 | 0.003 | 3 | | 1 | | 0.026 | 0.052 | 0.00 | |
| Riboflavin | | 0.110 | | 1 | | 1 | | 0.132 | 0.262 | 0.00 | |
| Niacin | | 0.039 | | 2 | | 1 | | 0.047 | 0.093 | 0.00 | |
| Pantothenic acid | _ | 0.255 | | 2 | | 1 | | 0.306 | 0.607 | 0.0 | |
| Vitamin B-6 | - | 0.026 | | 0 | | 1 | | 0.031 | 0.062 | 0.00 | |
| Folate, total | - | 4 | | 0 | | 1 | | 4 | 9 | 1 | |
| Folic acid | | 0 | | 0 | Z | 7 | | 0 | 0 | 0 | |
| Folate, food | | 4 | | 0 | | 1 | | 4 | 9 | 1 | |
| Folate, DFE | | 4 | | 0 | NC | 4 | | 4 | 9 | 1 | |
| Vitamin B-12 | | 0.18 | | 1 | | 1 | | 0.22 | 0.43 | 0.03 | |
| Vitamin A, IU | IU | 1470 | | 0 | NC | 4 | | 1764 | 3498 | 220 | |
| Vitamin A, RAE | mcg_RAE | 411 | | 0 | NC | 4 | | 493 | 978 | 62 | |
| Retinol | mcg | 405 | | 0 | NC | 4 | | 486 | 964 | 61 | |
| Vitamin E (alpha-tocopherol) | mg | 1.06 | | 0 | BFFN | 4 | | 1.27 | 2.52 | 0.16 | |
| Tocopherol, beta | | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | | |
| Tocopherol, delta | | FO 000 | | ^ | _ | | | 60 400 | 100 760 | | |
| Vitamin D. | | 52.000 | | 0 | T | 4 | | 62.400 | 123.760 | 7.80 | |
| Vitamin K (phylloquinone) | ilicg | 3.2 | | U | BFFN | 4 | | 3.8 | 7.6 | 0.5 | |
| <u> ipids:</u> | | | | | | | | | | | |
| Fatty acids, total saturated | g | 23.032 | | 0 | | 1 | | 27.638 | 54.816 | 3.4 | |
| 4:0 | g | 1.200 | | 0 | | 1 | | 1.440 | 2.856 | 0.18 | |
| 6:0 | g | 0.710 | | 0 | | 1 | | 0.852 | 1.690 | 0.1 | |
| 8:0 | g | 0.413 | | 0 | | 1 | | 0.496 | 0.983 | 0.0 | |
| 10:0 | - | 0.928 | | 0 | | 1 | | 1.114 | 2.209 | 0.1 | |
| 12:0 | - | 1.039 | | 0 | | 1 | | 1.247 | 2.473 | 0.1 | |
| 13:0 | - | | | | | | | | | | |
| 14:0 | | 3.721 | | 0 | | 1 | | 4.465 | 8.856 | 0.5 | |
| 15:0 | - | | | | | | | | | | |
| 16:0 | - | 9.732 | | 0 | | 1 | | 11.678 | 23.162 | 1.4 | |
| 17:0 | - | | | _ | | _ | | | | - | |
| 18:0 | - | 4.484 | | 0 | | 1 | | 5.381 | 10.672 | 0.6 | |
| 20:0 | - | | | | | | | | | | |
| 22:0 | g | | | | | | | | | | |

| | <u>Ar</u> | nount in 100 grams | Amount in edible portion of common measures of food | | | | | | |
|-------------------------------------|-----------|------------------------------|---|--------|--------------------|-----------|-----------|-----------|--|
| | | Numbe | | 0 0 51 | | | | | |
| Nutrients and Units | Mean | of Data Std. Error Points | Deriv Code | Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 | |
| | 10.686 | 0 | | 1 | | 12.823 | 05 422 | 1.603 | |
| Fatty acids, total monounsaturatedg | 10.000 | Ū | | _ | | 12.023 | 25.433 | 1.003 | |
| 15:1 | 0.829 | 0 | | 1 | | 0.995 | 1.973 | 0.124 | |
| 16:1 undifferentiated | 0.829 | U | | 1 | | 0.995 | 1.9/3 | 0.124 | |
| 18:1 undifferentiated | 9.308 | 0 | | 1 | | 11.170 | 22.153 | 1.396 | |
| 20:1 | 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 | 1.374 | 0 | | 1 | | 1.649 | 3.270 | 0.206 | |
| 18:2 undifferentiatedg | 0.836 | 0 | | 1 | | 1.003 | 1.990 | 0.125 | |
| 18:3 undifferentiatedg | 0.538 | 0 | | 1 | | 0.646 | 1.280 | 0.081 | |
| 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 trans9 | | | | | | | | | |
| Cholesterol mg | | 2.421 4 | | 1 | | 165 | 326 | 21 | |
| Phytosterolsmg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophang | 0.029 | 0 | | 1 | | 0.035 | 0.069 | 0.004 | |
| Threonine | 0.093 | 0 | | 1 | | 0.112 | 0.221 | 0.014 | |
| Isoleucine 9 | 0.124 | 0 | | 1 | | 0.149 | 0.295 | 0.019 | |
| Leucineg | 0.201 | 0 | | 1 | | 0.241 | 0.478 | 0.030 | |
| Lysineg | 0.163 | 0 | | 1 | | 0.196 | 0.388 | 0.024 | |
| Methionineg | 0.051 | 0 | | 1 | | 0.061 | 0.121 | 0.008 | |
| Cystineg | 0.019 | 0 | | 1 | | 0.023 | 0.045 | 0.003 | |
| Phenylalanine | 0.099 | 0 | | 1 | | 0.119 | 0.236 | 0.015 | |
| Tyrosineg | 0.099 | 0 | | 1 | | 0.119 | 0.236 | 0.015 | |
| Valineg | 0.137 | 0 | | 1 | | 0.164 | 0.326 | 0.021 | |
| Arginineg | 0.074 | 0 | | 1 | | 0.089 | 0.176 | 0.011 | |
| Histidineg | 0.056 | 0 | | 1 | | 0.067 | 0.133 | 0.008 | |
| Alanineg | 0.071 | 0 | | 1 | | 0.085 | 0.169 | 0.011 | |
| Aspartic acidg | 0.156 | 0 | | 1 | | 0.187 | 0.371 | 0.023 | |
| Glutamic acidg | 0.429 | 0 | | 1 | | 0.515 | 1.021 | 0.064 | |
| Glycine9 | 0.043 | 0 | | 1 | | 0.052 | 0.102 | 0.006 | |
| Prolineg | 0.199 | 0 | | 1 | | 0.239 | 0.474 | 0.030 | |
| Serineg | 0.111 | 0 | | 1 | | 0.133 | 0.264 | 0.017 | |
| Hydroxyprolineg | | | | | | | | | |
| Othors | | | | | | | | | |
| Others: | 0.0 | 0 | | 7 | | 0.0 | 0.0 | 0.0 | |
| Alcohol, ethyl | 0.0 | 0 | z | 7 | | 0.0 | 0.0 | 0.0 | |
| Theobromine mg | 0 | 0 | Z | 7 | | 0 | 0 | 0 | |
| | v | O . | 4 | • | | J | J | U | |
| Carotenoids: | | | | | | | | | |
| Carotene, betamcg | 72 | 0 | BFFN | 4 | | 86.216 | 170.996 | 10.777 | |
| Carotene, alphamcg | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 | |
| Cryptoxanthin, beta mcg | | 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 = 120g: 1 cup, whipped

Measure 2 = 238g: 1 cup, fluid (yields 2 cups whipped)

Measure 3 = 15.0g: 1 tbsp

NDB No. 01053 Cream, fluid, heavy whipping

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>Aı</u> | mount in 100 g | rams | Amount in edible portion of common | | | | | | |
|--------------------------------|--------------|-----------|----------------|---------|------------------------------------|------|------------|------------------|-----------|----------|--|
| | | | Nu | mber | | | | measures of food | | | |
| | | | | | Deriv | | Confidence | | | | |
| Nutrients and Units | | Mean | Std. Error Po | ints | Code | Code | Code | Measure 1 | Measure 2 | Measure | |
| Proximates: | | | | | | | | | | | |
| Water | g | 73.75 | | 10 | | 1 | | 177.00 | 11.06 | 22.13 | |
| Energy | kcal | 195 | | 0 | NC | 4 | | 469 | 29 | 59 | |
| Energy | kj | 818 | | | | 4 | | 1962 | 123 | 245 | |
| Protein (N x 6.38) | | 2.70 | 0.076 | 4 | | 1 | | 6.48 | 0.41 | 0.81 | |
| Total lipid (fat) | g | 19.31 | 0.340 | 9 | | 1 | | 46.34 | 2.90 | 5.79 | |
| Ash | | 0.58 | 0.014 | 5 | | 1 | | 1.39 | 0.09 | 0.17 | |
| Carbohydrate, by difference | | 3.66 | | 0 | NC | 4 | | 8.78 | 0.55 | 1.10 | |
| Fiber, total dietary | | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 | |
| Sugars, total | | 0.14 | | 0 | BFNN | 4 | | 0.33 | 0.02 | 0.04 | |
| Starch | g | | | | | | | | | | |
| Minerals: | | | | | | | | | | | |
| Calcium, Ca | mq | 96 | 6.669 | 5 | | 1 | | 231 | 14 | 29 | |
| Iron, Fe | | 0.04 | | 0 | | 1 | | 0.10 | 0.01 | 0.0 | |
| Magnesium, Mg | | 9 | 0.801 | 4 | | 1 | | 21 | 1 | 3 | |
| Phosphorus, P | | 80 | 1.454 | 6 | | 1 | | 192 | 12 | 24 | |
| Potassium, K | | 122 | 4.962 | 4 | | 1 | | 292 | 18 | 37 | |
| Sodium, Na | | 40 | | 0 | | 1 | | 95 | 6 | 12 | |
| Zinc, Zn | | 0.27 | | 1 | | 1 | | 0.65 | 0.04 | 0.0 | |
| Copper, Cu | mg | 0.008 | | 0 | | 1 | | 0.019 | 0.001 | 0.0 | |
| Manganese, Mn | | 0.001 | | 0 | | 1 | | 0.002 | 0.000 | 0.0 | |
| Selenium, Se | mcg | 0.6 | | 1 | A | 1 | | 1.4 | 0.1 | 0.2 | |
| /itamins: | | | | | | | | | | | |
| | ma | 0.8 | | 0 | | 1 | | 1.8 | 0.1 | 0.2 | |
| Vitamin C, total ascorbic acid | = | 0.8 | 0.003 | 3 | | 1 | | 0.077 | 0.1 | 0.2 | |
| ThiaminRiboflavin | | 0.032 | | 3 10 | | 1 | | 0.077 | 0.005 | 0.0 | |
| | | 0.140 | | 4 | | 1 | | 0.333 | 0.022 | 0.0 | |
| Niacin Pantothenic acid | - | 0.037 | | 0 | | 1 | | 0.137 | 0.041 | 0.0 | |
| Vitamin B-6 | - | 0.276 | | 8 | | 1 | | 0.662 | 0.041 | 0.0 | |
| | - | 2 | 0.116 | 3 | | 1 | | 6 | 0.005 | 1 | |
| Folic acid | | 0 | 0.116 | 0 | z | 7 | | 0 | 0 | 0 | |
| Folate, food | | 2 | 0.116 | 3 | 2 | 1 | | 6 | 0 | 1 | |
| Folate, DFE | | 2 | 0.110 | 0 | NC | 4 | | 6 | 0 | 1 | |
| Vitamin B-12 | | 0.22 | 0.020 | 3 | МС | 1 | | 0.53 | 0.03 | 0.0 | |
| Vitamin A, IU | | 656 | 0.020 | 0 | NC | 4 | | 1574 | 98 | 197 | |
| Vitamin A, RAE | | 181 | | 0 | NC | 4 | | 435 | 27 | 54 | |
| Retinol | | 178 | | 0 | NC | 4 | | 427 | 27 | 53 | |
| Vitamin E (alpha-tocopherol) | | 0.55 | | 0 | BFFN | 4 | | 1.33 | 0.08 | 0.1 | |
| Tocopherol, beta | - | 0.55 | | · | DIII | • | | 1.33 | 0.00 | 0.1 | |
| Tocopherol, gamma | | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | | |
| Vitamin D | | | | | | | | | | | |
| Vitamin K (phylloquinone) | | 1.7 | | 0 | BFFN | 4 | | 4.0 | 0.2 | 0.5 | |
| | | | | | | | | | | | |
| <u> ipids:</u> | | | | | | | | | | | |
| Fatty acids, total saturated | | 12.020 | | 0 | | 1 | | 28.848 | 1.803 | 3.6 | |
| 4:0 | - | 0.626 | | 0 | | 1 | | 1.502 | 0.094 | 0.1 | |
| 6:0 | - | 0.371 | | 0 | | 1 | | 0.890 | 0.056 | 0.1 | |
| 8:0 | - | 0.216 | | 0 | | 1 | | 0.518 | 0.032 | 0.0 | |
| 10:0 | _ | 0.484 | | 0 | | 1 | | 1.162 | 0.073 | 0.1 | |
| 12:0 | - | 0.542 | | 0 | | 1 | | 1.301 | 0.081 | 0.1 | |
| 13:0 | - | | | • | | _ | | | | _ = | |
| 14:0 | - | 1.942 | | 0 | | 1 | | 4.661 | 0.291 | 0.5 | |
| 15:0 | _ | | | | | _ | | | | <u> </u> | |
| 16:0 | - | 5.079 | 1 | 0 | | 1 | | 12.190 | 0.762 | 1.5 | |
| 17:0 | - | | | | | | | | | _ | |
| 18:0 | _ | 2.340 | 1 | 0 | | 1 | | 5.616 | 0.351 | 0.7 | |
| 20:0 | _ | | | | | | | | | | |
| 22:0 | g | | | | | | | | | | |

| | | <u>Aı</u> | mount in 10 | | Amount in edible portion of common measures of food | | | | | |
|------------------------------------|---|-----------|-------------|----------------|---|----------------|--------------------|-----------|-----------|------------|
| Nutrients and l | Inite | Mean | Std. Error | Number of Data | Deriv | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Nutitetits allu U | Jilles | Weari | Stu. Entor | 1 Omits | | Oouc | Jour | Wedsure i | Measure 2 | Wiedsure 3 |
| Fatty acids, total monounsaturat | ed Q | 5.577 | | 0 | | 1 | | 13.385 | 0.837 | 1.673 |
| 14:1 | | | | | | | | | | |
| 15:1 | g | | | | | | | | | |
| 16:1 undifferentiated | - | 0.432 | | 0 | | 1 | | 1.037 | 0.065 | 0.130 |
| 17:1 | | | | | | | | | | |
| 18:1 undifferentiated | - | 4.858 | | 0 | | 1 | | 11.659 | 0.729 | 1.457 |
| 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 | | 0.717 | | 0 | | 1 | | 1.721 | 0.108 | 0.215 |
| Fatty acids, total polyunsaturated | | 0.436 | | 0 | | 1 | | 1.721 | 0.108 | 0.215 |
| 18:2 undifferentiated | | 0.436 | | 0 | | 1 | | 0.674 | 0.042 | 0.131 |
| 18:4 | - | 0.281 | | 0 | | 1 | | 0.000 | 0.042 | 0.004 |
| 20:2 n-6 c.c | | 0.000 | | U | | 1 | | 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 | - | 0.000 | | Ū | | - | | 0.000 | 0.000 | 0.000 |
| Cholesterol | | 66 | 2.7 | 28 5 | | 1 | | 159 | 10 | 20 |
| Phytosterols | | 00 | 2., | 20 3 | | - | | 133 | 10 | 20 |
| T Hytosterois | | | | | | | | | | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan | g | 0.038 | | 0 | | 1 | | 0.091 | 0.006 | 0.011 |
| Threonine | g | 0.122 | | 0 | | 1 | | 0.293 | 0.018 | 0.037 |
| Isoleucine | g | 0.163 | | 0 | | 1 | | 0.391 | 0.024 | 0.049 |
| Leucine | g | 0.264 | | 0 | | 1 | | 0.634 | 0.040 | 0.079 |
| Lysine | g | 0.214 | | 0 | | 1 | | 0.514 | 0.032 | 0.064 |
| Methionine | g | 0.068 | | 0 | | 1 | | 0.163 | 0.010 | 0.020 |
| Cystine | g | 0.025 | | 0 | | 1 | | 0.060 | 0.004 | 0.008 |
| Phenylalanine | | 0.130 | | 0 | | 1 | | 0.312 | 0.020 | 0.039 |
| Tyrosine | g | 0.130 | | 0 | | 1 | | 0.312 | 0.020 | 0.039 |
| Valine | | 0.181 | | 0 | | 1 | | 0.434 | 0.027 | 0.054 |
| Arginine | g | 0.098 | | 0 | | 1 | | 0.235 | 0.015 | 0.029 |
| Histidine | g | 0.073 | | 0 | | 1 | | 0.175 | 0.011 | 0.022 |
| Alanine | - | 0.093 | | 0 | | 1 | | 0.223 | 0.014 | 0.028 |
| Aspartic acid | | 0.205 | | 0 | | 1 | | 0.492 | 0.031 | 0.062 |
| Glutamic acid | - | 0.565 | | 0 | | 1 | | 1.356 | 0.085 | 0.170 |
| Glycine | | 0.057 | | 0 | | 1 | | 0.137 | 0.009 | 0.017 |
| Proline | | 0.262 | | 0 | | 1 | | 0.629 | 0.039 | 0.079 |
| Serine | - | 0.147 | | 0 | | 1 | | 0.353 | 0.022 | 0.044 |
| Hydroxyproline | g | | | | | | | | | |
| Others: | | | | | | | | | | |
| Alcohol, ethyl | а | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine | | 0 | | 0 | z | 7 | | 0 | 0.0 | 0.0 |
| Theobromine | | 0 | | 0 | z | 7 | | 0 | 0 | 0 |
| Carotenoids: | | • | | • | _ | • | | - | • | ŭ |
| | | | | | | | | | | |
| Carotene, beta | | 37 | | 0 | BFFN | 4 | | 89.991 | 5.624 | 11.249 |
| 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 = 240g: 1 cup

Measure 2 = 15.0g: 1 tbsp

Measure 3 = 30.0g: 1 fl oz

NDB No. 01050

Cream, fluid, light (coffee cream or table cream)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>Aı</u> | mount in 100 g | rams | <u>n</u> | | edible portion | | | |
|--------------------------------|------|-----------|----------------|-------|----------|--------|----------------|------------------|-----------|---------|
| | | | Nu | mber | r | | | measures of food | | |
| | | | Ψ. | | Deriv | Source | Confidence | | | |
| Nutrients and Units | | Mean | Std. Error Po | oints | Code | Code | Code | Measure 1 | Measure 2 | Measure |
| Proximates: | | | | | | | | | | |
| Water | g | 63.50 | 0.873 | 9 | | 1 | | 76.20 | 151.77 | 9.53 |
| Energy | kcal | 292 | | 0 | NC | 4 | | 351 | 699 | 44 |
| Energy | kj | 1223 | | | | 4 | | 1468 | 2924 | 184 |
| Protein (N x 6.38) | | 2.17 | 0.046 | 9 | | 1 | | 2.60 | 5.19 | 0.33 |
| Total lipid (fat) | g | 30.91 | 0.498 | 8 | | 1 | | 37.09 | 73.87 | 4.64 |
| Ash | | 0.46 | 0.028 | 5 | | 1 | | 0.55 | 1.10 | 0.07 |
| Carbohydrate, by difference | | 2.96 | | 0 | NC | 4 | | 3.55 | 7.07 | 0.44 |
| Fiber, total dietary | | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total | | 0.11 | | 0 | BFNN | 4 | | 0.13 | 0.27 | 0.02 |
| Starch | g | | | | | | | | | |
| Ainerals: | | | | | | | | | | |
| Calcium, Ca | mg | 69 | 4.267 | 9 | | 1 | | 83 | 166 | 10 |
| Iron, Fe | | 0.03 | | 0 | | 1 | | 0.04 | 0.07 | 0.0 |
| Magnesium, Mg | | 7 | 0.337 | 6 | | 1 | | 9 | 17 | 1 |
| Phosphorus, P | | 61 | 3.359 | 8 | | 1 | | 73 | 146 | 9 |
| Potassium, K | | 97 | 7.582 | 8 | | 1 | | 116 | 231 | 15 |
| Sodium, Na | mg | 34 | 2.229 | 9 | | 1 | | 41 | 82 | 5 |
| Zinc, Zn | mg | 0.25 | | 0 | | 1 | | 0.30 | 0.60 | 0.0 |
| Copper, Cu | mg | 0.007 | | 0 | | 1 | | 0.008 | 0.017 | 0.0 |
| Manganese, Mn | mg | 0.001 | | 0 | | 1 | | 0.001 | 0.002 | 0.0 |
| Selenium, Se | mcg | 0.5 | | 0 | BFNN | 4 | | 0.6 | 1.2 | 0.1 |
| Vitamins: | | | | | | | | | | |
| Vitamin C, total ascorbic acid | ma | 0.6 | | 0 | | 1 | | 0.7 | 1.5 | 0.1 |
| Thiamin | - | 0.024 | 0.001 | 9 | | 1 | | 0.029 | 0.057 | 0.0 |
| Riboflavin | | 0.125 | | 8 | | 1 | | 0.150 | 0.299 | 0.0 |
| Niacin | | 0.042 | | 0 | | 1 | | 0.050 | 0.100 | 0.0 |
| Pantothenic acid | - | 0.259 | | 0 | | 1 | | 0.311 | 0.619 | 0.0 |
| Vitamin B-6 | _ | 0.028 | | 8 | | 1 | | 0.034 | 0.067 | 0.0 |
| Folate, total | _ | 4 | 0.265 | 3 | | 1 | | 4 | 9 | 1 |
| Folic acid | | 0 | | 0 | z | 7 | | 0 | 0 | 0 |
| Folate, food | | 4 | 0.265 | 3 | | 1 | | 4 | 9 | 1 |
| Folate, DFE | | 4 | | 0 | NC | 4 | | 4 | 9 | 1 |
| Vitamin B-12 | | 0.20 | 0.009 | 6 | | 1 | | 0.23 | 0.47 | 0.0 |
| Vitamin A, IU | | 1013 | | 0 | NC | 4 | | 1216 | 2422 | 152 |
| Vitamin A, RAE | | 279 | | 0 | NC | 4 | | 335 | 667 | 42 |
| Retinol | | 274 | | 0 | NC | 4 | | 329 | 655 | 41 |
| Vitamin E (alpha-tocopherol) | | 0.88 | | 0 | BFFN | 4 | | 1.06 | 2.11 | 0.1 |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 2.7 | | 0 | BFFN | 4 | | 3.2 | 6.4 | 0.4 |
| ipids: | | | | | | | | | | |
| Fatty acids, total saturated | a | 19.337 | | 0 | | 1 | | 23.204 | 46.215 | 2.9 |
| 4:0 | _ | 1.083 | | 1 | | 1 | | 1.300 | 2.588 | 0.1 |
| 6:0 | | 0.302 | | 9 | | 1 | | 0.362 | 0.722 | 0.1 |
| 8:0 | - | 0.302 | | 9 | | 1 | | 0.362 | 0.722 | 0.0 |
| 10:0 | - | 0.629 | | 9 | | 1 | | 0.371 | 1.503 | 0.0 |
| 12:0 | - | 0.366 | | 9 | | 1 | | 0.439 | 0.875 | 0.0 |
| 13:0 | | 0.500 | 0.023 | - | | - | | 3.433 | 0.075 | 0.0 |
| 14:0 | - | 3.290 | 0.191 | 9 | | 1 | | 3.948 | 7.863 | 0.4 |
| 15:0 | | 230 | | - | | - | | 2.340 | | · · · |
| 16:0 | _ | 8.840 | 0.338 | 9 | | 1 | | 10.608 | 21.128 | 1.3 |
| 17:0 | - | | | - | | - | | | | |
| 18:0 | - | 3.370 | 0.175 | 9 | | 1 | | 4.044 | 8.054 | 0.5 |
| 20:0 | _ | 2.270 | 0.2.0 | - | | - | | | 0.001 | 0.0 |
| 22:0 | _ | | | | | | | | | |
| 24:0 | _ | | | | | | | | | |

| | | <u>Ar</u> | nount in 10 | 0 grams | Amount in edible portion of common | | | | | | | |
|------------------------------------|--------------|----------------|-------------|-------------------|------------------------------------|----------------|--------------------|------------------|----------------|----------------|--|--|
| | | | | Number | | | | measures of food | | | | |
| Nutrients and U | Units | Mean | Std. Error | of Data Points | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 | | |
| F-44 | 0 | 9.093 | | 0 | | 1 | | 10.912 | 21.732 | 1.364 | | |
| Fatty acids, total monounsaturate | | 9.093 | | O | | - | | 10.912 | 21.732 | 1.504 | | |
| 15:1 | g | | | | | | | | | | | |
| 16:1 undifferentiated | g | 1.010 | 0.0 | 42 9 | | 1 | | 1.212 | 2.414 | 0.152 | | |
| 17:1 | g | | | | | | | | | | | |
| 18:1 undifferentiated | g | 7.658 | | 92 9 | | 1 | | 9.190 | 18.303 | 1.149 | | |
| 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 | g | | | | | | | | | | | |
| Fatty acids, total polyunsaturated | dg | 0.884 | | 0 | | 1 | | 1.061 | 2.113 | 0.133 | | |
| 18:2 undifferentiated | g | 0.618 | 0.0 | 50 9 | | 1 | | 0.742 | 1.477 | 0.093 | | |
| 18:3 undifferentiated | g | 0.266 | 0.0 | 15 9 | | 1 | | 0.319 | 0.636 | 0.040 | | |
| 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 | - | 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 | g | | | | | | | | | | | |
| Cholesterol | | 111 | | 0 | | 1 | | 133 | 265 | 17 | | |
| Phytosterols | mg | | | | | | | | | | | |
| Amino Acids: | | | | | | | | | | | | |
| Tryptophan | ď | 0.031 | | 0 | | 1 | | 0.037 | 0.074 | 0.005 | | |
| Threonine | | 0.098 | | 0 | | 1 | | 0.118 | 0.234 | 0.005 | | |
| Isoleucine | - | 0.131 | | 0 | | 1 | | 0.157 | 0.313 | 0.020 | | |
| Leucine | _ | 0.213 | | 0 | | 1 | | 0.256 | 0.509 | 0.032 | | |
| Lysine | | 0.172 | | 0 | | 1 | | 0.206 | 0.411 | 0.026 | | |
| Methionine | | 0.054 | | 0 | | 1 | | 0.065 | 0.129 | 0.008 | | |
| Cystine | | 0.020 | | 0 | | 1 | | 0.024 | 0.048 | 0.003 | | |
| Phenylalanine | | 0.105 | | 0 | | 1 | | 0.126 | 0.251 | 0.016 | | |
| Tyrosine | | 0.105 | | 0 | | 1 | | 0.126 | 0.251 | 0.016 | | |
| Valine | | 0.145 | | 0 | | 1 | | 0.174 | 0.347 | 0.022 | | |
| Arginine | _ | 0.079 | | 0 | | 1 | | 0.095 | 0.189 | 0.012 | | |
| Histidine | | 0.059 | | 0 | | 1 | | 0.071 | 0.141 | 0.009 | | |
| Alanine | _ | 0.035 | | 0 | | 1 | | 0.090 | 0.179 | 0.009 | | |
| Aspartic acid | _ | 0.165 | | 0 | | 1 | | 0.198 | 0.394 | 0.011 | | |
| Glutamic acid | _ | 0.454 | | 0 | | 1 | | 0.545 | 1.085 | 0.023 | | |
| Glycine | | 0.434 | | 0 | | 1 | | 0.055 | 0.110 | 0.003 | | |
| Proline | | | | 0 | | 1 | | | | | | |
| | - | 0.210 0.118 | | 0 | | 1 | | 0.252 0.142 | 0.502 0.282 | 0.032 0.018 | | |
| Serine Hydroxyproline | | 0.116 | | U | | _ | | 0.142 | 0.262 | 0.016 | | |
| пуспохургонне | 9 | | | | | | | | | | | |
| 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 | 60 | | 0 | BFFN | 4 | | 72.026 | 143.451 | 9.003 | | |
| Carotene, beta | _ | 0 | | 0 | BFFN Z | 7 | | 0.000 | 0.000 | 0.000 | | |
| Cryptoxanthin, beta | _ | 0 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 | | |
| | | 0 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 | | |
| Lycopene Lutein + zeaxanthin | | 0 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 | | |
| Luiciii T Zeaxallillill | y | U | | U | 4 | , | | 0.000 | 0.000 | 0.000 | | |

Common Measures:

Measure 1 = 120g: 1 cup, whipped

Measure 2 = 239g: 1 cup, fluid (yields 2 cups whipped)

Measure 3 = 15.0g: 1 tbsp

Cream, fluid, light whipping

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>A</u> | mount in 100 gr | ams of ed | ble portio | <u>on</u> | Amount in edible portion of common | | | |
|--------------------------------|---------|------------|------------------------|----------------|------------|--------------------|------------------------------------|-----------------|-----------|--|
| | | | Nur | nber | | | <u>m</u> | easures of food | <u> </u> | |
| Nutrients and Un | its | Mean | of I Std. Error Poi | Data Deriv | | Confidence Code | Measure 1 | Measure 2 | Measure | |
| Proximates: | | | | | | | | | | |
| Water | g | 86.00 | | 1 NC | 4 | | 208.12 | 12.90 | 25.97 | |
| Energy | kcal | 59 | | 0 NC | 4 | | 143 | 9 | 18 | |
| Energy | kj | 247 | | 0 NC | 4 | | 597 | 37 | 75 | |
| Protein (N x 6.38) | g | 2.60 | | 1 LC | 8 | | 6.29 | 0.39 | 0.79 | |
| Total lipid (fat) | g | 1.40 | | 1 LC | 8 | | 3.39 | 0.21 | 0.42 | |
| Ash | g | 1.00 | | 1 NC | 4 | | 2.42 | 0.15 | 0.30 | |
| Carbohydrate, by difference | g | 9.00 | | 1 LC | 8 | | 21.78 | 1.35 | 2.72 | |
| Fiber, total dietary | g | 0.0 | | 1 LC | 8 | | 0.0 | 0.0 | 0.0 | |
| Sugars, total | g | 5.00 | | 1 LC | 8 | | 12.10 | 0.75 | 1.51 | |
| Starch | g | 0.00 | | 1 z | 7 | | 0.00 | 0.00 | 0.00 | |
| | | | | | | | | | | |
| Minerals: | ma | 0.6 | | 1 | c | | 222 | 1.4 | 20 | |
| Calcium, Ca | | 96 0.00 | | 1 LC | 8 | | 232 0.00 | 14 0.00 | 29 0.0 | |
| Iron, Fe | | 16 | | 1 LC 0 BFNI | 8 1 4 | | 0.00 39 | 0.00 2 | 0.0 5 | |
| Magnesium, Mg | | 151 | | 0 BFNI | | | 39 366 | 2 23 | 5 46 | |
| Phosphorus, P Potassium, K | | 206 | | 0 BFNI | | | 498 | 23 31 | 4 6 62 | |
| - | | 144 | | 1 LC | 8 | | 348 | 22 | 43 | |
| Sodium, NaZinc, Zn | | 0.81 | | 0 BFNI | | | 1.96 | 0.12 | 0.2 | |
| Copper, Cu | - | 0.016 | | 0 BFN | | | 0.038 | 0.002 | 0.2 | |
| Manganese, Mn | | 0.010 | | 0 BFNI | | | 0.004 | 0.002 | 0.0 | |
| Selenium, Se | | 2.9 | - | 0 BFNI | | | 6.9 | 0.4 | 0.0 | |
| Scienium, Sc | Illog | 2.5 | | O DIN | | | 0.5 | 0.4 | 0.5 | |
| <u>/itamins:</u> | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.7 | | 1 LC | 8 | | 1.7 | 0.1 | 0.2 | |
| Thiamin | mg | 0.056 | 5 | 0 BFN | 1 4 | | 0.135 | 0.008 | 0.0 | |
| Riboflavin | mg | 0.237 | 7 | 0 BFN | 1 4 | | 0.573 | 0.036 | 0.0 | |
| Niacin | mg | 0.124 | l | 0 BFN | 1 4 | | 0.300 | 0.019 | 0.0 | |
| Pantothenic acid | mg | 0.459 |) | 0 BFN | 1 4 | | 1.111 | 0.069 | 0.1 | |
| Vitamin B-6 | mg | 0.062 | 2 | 0 BFN | 1 4 | | 0.150 | 0.009 | 0.0 | |
| Folate, total | mcg | 4 | | 0 NR | 4 | | 10 | 1 | 1 | |
| Folic acid | mcg | 0 | | 1 z | 7 | | 0 | 0 | 0 | |
| Folate, food | | 4 | | 0 BFN | 1 4 | | 10 | 1 | 1 | |
| Folate, DFE | mcg_DFE | 4 | | 0 NC | 4 | | 10 | 1 | 1 | |
| Vitamin B-12 | | 0.52 | | 0 BFN | 1 4 | | 1.27 | 0.08 | 0.1 | |
| Vitamin A, IU | IU | 43 | | 0 NC | 4 | | 104 | 6 | 13 | |
| Vitamin A, RAE | mcg_RAE | 12 | | 0 NC | 4 | | 29 | 2 | 4 | |
| Retinol | mcg | 12 | | 0 BFF | 1 4 | | 28 | 2 | 3 | |
| Vitamin E (alpha-tocopherol) | mg | 0.04 | | 0 BFF | 1 4 | | 0.10 | 0.01 | 0.0 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | |
| Vitamin D | | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.2 | | 0 BFF | 1 4 | | 0.4 | 0.0 | 0.0 | |
| ipids: | | | | | | | | | | |
| Fatty acids, total saturated | a | 0.841 | l | 0 NC | 4 | | 2.036 | 0.126 | 0.2 | |
| 4:0 | | 0.045 | | 0 BFF | | | 0.110 | 0.007 | 0.0 | |
| 6:0 | | 0.027 | | 0 BFF | | | 0.065 | 0.004 | 0.0 | |
| 8:0 | - | 0.016 | | 0 BFF | | | 0.038 | 0.002 | 0.0 | |
| 10:0 | - | 0.035 | | 0 BFF | | | 0.085 | 0.005 | 0.0 | |
| 12:0 | | 0.039 | | 0 BFF | | | 0.095 | 0.006 | 0.0 | |
| 13:0 | | | | _ | = | | | | | |
| 14:0 | - | 0.141 | L | 0 BFF | 1 4 | | 0.341 | 0.021 | 0.0 | |
| 15:0 | - | | | _ | - | | | 0.021 | 2.0 | |
| 16:0 | - | 0.368 | 3 | 0 BFF | 1 4 | | 0.891 | 0.055 | 0.1 | |
| 17:0 | | | | | - | | 3.031 | 0.000 | | |
| 18:0 | - | 0.170 |) | 0 BFF | 1 4 | | 0.411 | 0.025 | 0.0 | |
| 20:0 | - | J.170 | | . 2111 | • | | J. 111 | 3.025 | 0.0 | |
| 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 | 0.384 | | 0 | NC | 4 | | 0.928 | 0.058 | 0.116 |
| 14:1g | 0.304 | | · | | - | | 0.320 | 0.030 | 0.110 |
| 15:1g | | | | | | | | | |
| 16:1 undifferentiatedg | 0.031 | | 0 | BFFN | 4 | | 0.076 | 0.005 | 0.009 |
| 17:1g | | | | | | | | | |
| 18:1 undifferentiated | 0.352 | | 0 | BFFN | 4 | | 0.852 | 0.053 | 0.106 |
| 20:1g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiatedg | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | 0.000 |
| 24:1 cg | | | | | | | | | |
| Fatty acids, total polyunsaturated9 | 0.052 | | 0 | NC | 4 | | 0.126 | 0.008 | 0.016 |
| 18:2 undifferentiated | 0.032 | | 0 | BFFN | 4 | | 0.077 | 0.005 | 0.010 |
| 18:3 undifferentiatedg | 0.020 | | 0 | BFFN | 4 | | 0.049 | 0.003 | 0.006 |
| 18:4g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,cg | | | | | | | | | |
| 20:3 undifferentiatedg | | | | | | | | | |
| 20:4 undifferentiatedg | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | 0.000 |
| 22:5 n-3g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total transg | | | | | | | | | |
| Cholesterolmg | 5 | | 1 | rc | 8 | | 12 | 1 | 2 |
| Phytosterolsmg | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethylg | 0.0 | | 1 | LC | 8 | | 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 | 3 | | 0 | BFFN | 4 | | 6.579 | 0.408 | 0.821 |
| Carotene, alphamcg | 0 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| Cryptoxanthin, betamcg | 0 | | 0 | z | 7 | | 0.000 | 0.000 | 0.000 |
| Lycopenemcg | 0 | | 0 | z | 7 | | 0.000 | 0.000 | 0.000 |
| Lutein + zeaxanthin mcg | 0 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |

Common Measures:

Measure 1 = 242g: 1 cupMeasure 2 = 15.0g: 1 tbsp Measure 3 = 30.2g: 1 fl oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

| Nutrients and Units roximates: Water. | 2 | | Nu | mber | | | | m | easures of food | |
|--|---|--------|---------------|---------|-------|--------|------------|-----------|-----------------|---------|
| roximates: | e | | | 1111001 | | | | <u></u> | easures or root | |
| roximates: | • | | of | Data | Deriv | Source | Confidence | | | |
| | • | Mean | Std. Error Po | oints | Code | Code | Code | Measure 1 | Measure 2 | Measure |
| | | | | | | | | | | |
| water | g | 70.95 | | 0 | | 1 | | 163.19 | 8.51 | |
| Energy | kcal | 214 | | 0 | NC | 4 | | 493 | 26 | |
| Energy | kj | 896 | | | | 4 | | 2062 | 108 | |
| Protein (N x 6.38) | g | 3.16 | 0.129 | 11 | | 1 | | 7.27 | 0.38 | |
| Total lipid (fat) | g | 20.96 | 0.220 | 145 | | 1 | | 48.21 | 2.52 | |
| Ash | 9 | 0.66 | | 0 | | 1 | | 1.52 | 0.08 | |
| Carbohydrate, by difference | g | 4.27 | | 0 | NC | 4 | | 9.82 | 0.51 | |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Sugars, total | g | 0.16 | | 0 | BFNN | 4 | | 0.37 | 0.02 | |
| Starch | g | | | | | | | | | |
| linovals. | | | | | | | | | | |
| linerals: Calcium, Ca | ma | 116 | 5.929 | 6 | | 1 | | 268 | 14 | |
| Iron, Fe | _ | 0.06 | 0.003 | 4 | | 1 | | 0.14 | 0.01 | |
| Magnesium, Mg | _ | 11 | 0.544 | 5 | | 1 | | 26 | 1 | |
| Phosphorus, P | | 85 | 4.306 | 5 | | 1 | | 195 | 10 | |
| Potassium, K | _ | 144 | 7.400 | 5 | | 1 | | 331 | 17 | |
| Sodium. Na | | 53 | 4.794 | 6 | | 1 | | 123 | 6 | |
| Zinc, Zn | • | 0.27 | | 1 | | 1 | | 0.62 | 0.03 | |
| Copper, Cu | | 0.019 | | 0 | | 1 | | 0.044 | 0.002 | |
| Manganese, Mn | mg | 0.003 | | 0 | | 1 | | 0.007 | 0.000 | |
| Selenium, Se | mcg | 2.2 | | 2 | A | 1 | | 5.1 | 0.3 | |
| itamins: | | | | | | | | | | |
| Vitamin C, total ascorbic acid | ma | 0.9 | | 0 | | 1 | | 2.0 | 0.1 | |
| Thiamin | _ | 0.035 | | 0 | | 1 | | 0.081 | 0.004 | |
| Riboflavin | - | 0.033 | | 0 | | 1 | | 0.343 | 0.018 | |
| Niacin | | 0.067 | | 1 | | 1 | | 0.154 | 0.008 | |
| Pantothenic acid | _ | 0.360 | | 1 | | 1 | | 0.828 | 0.043 | |
| Vitamin B-6 | - | 0.016 | | 1 | | 1 | | 0.037 | 0.002 | |
| Folate, total | - | 11 | | 1 | | 1 | | 25 | 1 | |
| Folic acid | | 0 | | 0 | z | 7 | | 0 | 0 | |
| Folate, food | | 11 | | 1 | | 1 | | 25 | 1 | |
| Folate, DFE | | 11 | | 0 | NC | 4 | | 25 | 1 | |
| Vitamin B-12 | | 0.30 | | 1 | | 1 | | 0.69 | 0.04 | |
| Vitamin A, IU | | 648 | | 0 | NC | 4 | | 1490 | 78 | |
| Vitamin A, RAE | | 177 | | 0 | NC | 4 | | 408 | 21 | |
| Retinol | mcg | 174 | | 0 | NC | 4 | | 400 | 21 | |
| Vitamin E (alpha-tocopherol) | mg | 0.60 | | 0 | BFFN | 4 | | 1.38 | 0.07 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | |
| Vitamin D | | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 1.0 | | 1 | A | 1 | | 2.3 | 0.1 | |
| ipids: | | | | | | | | | | |
| Fatty acids, total saturated | q | 13.047 | | 0 | | 1 | | 30.008 | 1.566 | |
| 4:0 | | 0.680 | | 0 | | 1 | | 1.564 | 0.082 | |
| 6:0 | | 0.402 | | 0 | | 1 | | 0.925 | 0.048 | |
| 8:0 | - | 0.234 | | 0 | | 1 | | 0.538 | 0.028 | |
| 10:0 | - | 0.526 | | 0 | | 1 | | 1.210 | 0.063 | |
| 12:0 | - | 0.588 | | 0 | | 1 | | 1.352 | 0.071 | |
| 13:0 | | | | | | | | | | |
| 14:0 | | 2.108 | | 0 | | 1 | | 4.848 | 0.253 | |
| 15:0 | | | | | | | | | | |
| 16:0 | | 5.513 | | 0 | | 1 | | 12.680 | 0.662 | |
| 17:0 | | | | | | | | | | |
| 18:0 | - | 2.540 | | 0 | | 1 | | 5.842 | 0.305 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |

| | <u>Ar</u> | nount in 100 gr | | ible portic | <u>on</u> | Amount in edible portion of common measures of food | | |
|------------------------------------|-----------|------------------------|------------|-------------|--------------------|---|-----------------|-----------|
| | | | nber | _ | | <u></u> | easures or roou | 1 |
| Nutrients and Units | Mean | of I Std. Error Poi | Data Deriv | | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | |
| Fatty acids, total monounsaturated | | | 0 | 1 | | 13.924 | 0.726 | |
| 14:1 | = | | | | | | | |
| 16:1 undifferentiated. | = | | 0 | 1 | | 1.079 | 0.056 | |
| 17:1 | = | | U | _ | | 1.079 | 0.030 | |
| 18:1 undifferentiated | | | 0 | 1 | | 12.128 | 0.633 | |
| 20:1 | • | | 0 | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated. | = | | 0 | 1 | | 0.000 | 0.000 | |
| 24:1 c | | | U | _ | | 0.000 | 0.000 | |
| Fatty acids, total polyunsaturated | | | 0 | 1 | | 1.789 | 0.093 | |
| 18:2 undifferentiated | | | 0 | 1 | | 1.789 | 0.053 | |
| | | | 0 | 1 | | 0.702 | | |
| 18:3 undifferentiated | | | 0 | 1 | | 0.702 | 0.037 0.000 | |
| | • | | U | _ | | 0.000 | 0.000 | |
| 20:2 n-6 c,c | = | | | | | | | |
| 20:4 undifferentiated | | | 0 | 1 | | 0.000 | 0.000 | |
| 20:5 n-3 | • | | 0 | 1 | | 0.000 | 0.000 | |
| | = | | 0 | 1 | | 0.000 | 0.000 | |
| 22:5 n-3 | | | 0 | 1 | | | | |
| 22:6 n-3 | | | U | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans | | 2 004 | | | | 100 | - | |
| Cholesterol | | 3.904 | 4 | 1 | | 102 | 5 | |
| Phytosterols | ng | | | | | | | |
| Amino Acids: | | | | | | | | |
| Tryptophan | 0.044 | | 0 | 4 | | 0.101 | 0.005 | |
| Threonine | | | 0 | 4 | | 0.329 | 0.017 | |
| Isoleucine | • | | 0 | 4 | | 0.439 | 0.023 | |
| Leucine | • | | 0 | 4 | | 0.711 | 0.037 | |
| Lysine | • | | 0 | 4 | | 0.577 | 0.030 | |
| Methionine | • | | 0 | 4 | | 0.184 | 0.010 | |
| Cystine | | | 0 | 4 | | 0.067 | 0.003 | |
| Phenylalanine | | | 0 | 4 | | 0.352 | 0.018 | |
| Tyrosine | • | | 0 | 4 | | 0.352 | 0.018 | |
| Valine | • | | 0 | 4 | | 0.485 | 0.025 | |
| Arginine | • | | 0 | 4 | | 0.262 | 0.014 | |
| Histidine | | | 0 | 4 | | 0.196 | 0.010 | |
| Alanine | | | 0 | 4 | | 0.251 | 0.013 | |
| | | | 0 | 4 | | 0.552 | | |
| Aspartic acid | • | | 0 | 4 | | 1.523 | 0.029 0.079 | |
| Glutamic acid | | | 0 | 4 | | | | |
| Glycine | | | | 4 | | 0.154 | 0.008 | |
| Proline | • | | 0 | 4 | | 0.704 | 0.037 | |
| Serine | | | 0 | 4 | | 0.396 | 0.021 | |
| Hydroxyproline | d | | | | | | | |
| Others: | | | | | | | | |
| Alcohol, ethylg | 0.0 | | 0 | 7 | | 0.0 | 0.0 | |
| Caffeinem | | | 0 z | 7 | | 0 | 0 | |
| Theobromine. m | • | | 0 Z | 7 | | 0 | 0 | |
| Carotenoids: | - | | - | • | | - | • | |
| | | | | | | | | |
| Carotene, betam | | | 0 BFF | | | 93.611 | 4.884 | |
| Carotene, alpham | = | | 0 z | 7 | | 0.000 | 0.000 | |
| Cryptoxanthin, beta | - | | 0 z | 7 | | 0.000 | 0.000 | |
| Lycopenem | | | 0 z | 7 | | 0.000 | 0.000 | |
| Lutein + zeaxanthin. m | cg 0 | | 0 z | 7 | | 0.000 | 0.000 | |

Common Measures:

Measure 1 = 230g: 1 cup

Measure 2 = 12.0g: 1 tbsp

NDB No. 01056 Cream, sour, cultured

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| Water. | |
|---|-------------------------------------|
| Nutrients and Units | .02 .44 .80 .10 .64 |
| Proximates: | .02 .44 .80 .10 .64 |
| Energy | . 44 . 80 . 10 . 64 |
| Energy | . 44 . 80 . 10 . 64 |
| Energy | . 80 . 10 . 64 |
| Protein (N x 6.38) 9 2 . 94 0 1 7 . 11 0 Total lipid (fat) 9 12 . 00 0 1 29 . 04 1 Ash 9 0 . 66 0 1 1 . 60 0 Carbohydrate, by difference 9 4 . 26 0 NC 4 10 . 31 0 Fiber, total dietary 9 0 . 0 0 4 0 . 0 0 Sugars, total 9 0 . 16 0 BFNN 4 0 . 38 0 Starch 9 0 . 16 0 BFNN 4 0 . 38 0 g 0 . 16 0 BFNN 4 0 . 38 0 mg 0 . 07 0 1 253 16 Iron, Fe mg 0 . 07 0 1 253 16 Iron, Fe mg 10 0 1 229 14 Pobasphorus, P | . 80 . 10 . 64 |
| Total lipid (fat) 9 12.00 0 1 29.04 1 Ash 9 0.66 0 1 1.60 0 Carbohydrate, by difference 9 4.26 0 NC 4 10.31 0 Fiber, total dietary 9 0.0 0 A 0.0 0 Sugars, total 9 0.16 0 BFNN 4 0.38 0 Starch 9 0 16 0 BFNN 4 0.38 0 Starch 9 0 16 0 BFNN 4 0.38 0 Starch 9 0 16 0 BFNN 4 0.38 0 Starch 9 0 0 1 253 16 16 16 16 16 16 16 16 12 12 12 12 12 12 14 12 14 12 12 12 | . 80 . 10 . 64 |
| Ash | .10 .64 |
| Carbohydrate, by difference 9 4.26 0 NC 4 10.31 0 Fiber, total dietary 9 0.0 0 4 0.0 0 Sugars, total 9 0.16 0 BFNN 4 0.38 0 Starch 9 Minerals: Calcium, Ca mg 104 0 1 253 16 Iron, Fe mg 0.07 0 1 0.17 0 Magnesium, Mg mg 10 0 1 244 22 Phosphorus, P mg 95 0 1 229 14 Potassium, K mg 129 0 1 312 19 Sodium, Na mg 41 0 1 1221 0 Copper, Cu mg 0.50 0 1 1.21 0 Copper, Cu mg 0.016 0 1 0.007 | . 6 4 . 0 |
| Fiber, total dietary | . 0 |
| Sugars, total | |
| Minerals: Calcium, Ca | . 02 |
| Minerals: Calcium, Ca. mg 104 0 1 253 16 Iron, Fe. mg 0.07 0 1 0.17 0 Magnesium, Mg. mg 10 0 1 24 2 Phosphorus, P. mg 95 0 1 229 14 Potassium, K. mg 129 0 1 312 19 Sodium, Na. mg 129 0 1 98 6 Zinc, Zn. mg 0.50 0 1 1.21 0 Copper, Cu. mg 0.016 0 1 0.039 0 Manganese, Mn. mg 0.003 0 1 0.007 0 Selenium, Se. mcg 2.1 0 BFNN 4 5.1 0 Vitamins: T Vitamin C, total ascorbic acid mg 0.9 0 1 0.085 0 Riboflavin. | |
| Calcium, Ca. mg 104 0 1 253 16 Iron, Fe. mg 0.07 0 1 0.17 0 Magnesium, Mg. mg 10 0 1 24 2 Phosphorus, P. mg 95 0 1 229 14 Potassium, K. mg 129 0 1 312 19 Sodium, Na. mg 129 0 1 98 6 Zinc, Zn. mg 0.50 0 1 1.21 0 Copper, Cu. mg 0.016 0 1 0.039 0 Manganese, Mn. mg 0.003 0 1 0.007 0 Selenium, Se. mcg 2.1 0 BFNN 4 5.1 0 Vitamins: Vitamins. mg 0.9 0 1 2.1 0 Niacin. mg 0.035 0 <td< td=""><td></td></td<> | |
| Calcium, Ca. mg 104 0 1 253 16 Iron, Fe. mg 0.07 0 1 0.17 0 Magnesium, Mg. mg 10 0 1 24 2 Phosphorus, P. mg 95 0 1 229 14 Potassium, K. mg 129 0 1 312 19 Sodium, Na. mg 129 0 1 312 19 Sodium, Na. mg 41 0 1 98 6 Zinc, Zn. mg 0.50 0 1 1.21 0 Copper, Cu. mg 0.016 0 1 0.039 0 Manganese, Mn. mg 0.003 0 1 0.007 0 Selenium, Se. mcg 2.1 0 BFNN 4 5.1 0 Vitamins: Vitamins: Vitamins: Vitamins: <t< td=""><td></td></t<> | |
| Iron, Fe. mg 0.07 0 1 0.17 0 Magnesium, Mg. mg 10 0 1 24 2 Phosphorus, P. mg 95 0 1 229 14 Potassium, K. mg 129 0 1 312 19 Sodium, Na. mg 41 0 1 98 6 Zinc, Zn. mg 0.50 0 1 1.21 0 Copper, Cu. mg 0.016 0 1 0.039 0 Manganese, Mn. mg 0.003 0 1 0.007 0 Selenium, Se. mcg 2.1 0 BFNN 4 5.1 0 Vitamins: Vitamins C, total ascorbic acid mg 0.9 0 1 2.1 0 Thiamin mg 0.035 0 1 0.085 0 Riboflavin mg 0.149 0 | |
| Magnesium, Mg. mg 10 0 1 24 2 Phosphorus, P. mg 95 0 1 229 14 Potassium, K. mg 129 0 1 312 19 Sodium, Na. mg 41 0 1 98 6 Zinc, Zn. mg 0.50 0 1 1.21 0 Copper, Cu. mg 0.016 0 1 0.039 0 Manganese, Mn. mg 0.003 0 1 0.007 0 Selenium, Se. mcg 2.1 0 BFNN 4 5.1 0 Vitamins: Vitamin C, total ascorbic acid mg 0.9 0 1 2.1 0 Vitamin C, total ascorbic acid mg 0.9 0 1 0.085 0 Riboflavin mg 0.045 0 1 0.085 0 Riboflavin | .01 |
| Phosphorus, P. mg 95 0 1 229 14 Potassium, K. mg 129 0 1 312 19 Sodium, Na mg 41 0 1 98 6 Zinc, Zn. mg 0.50 0 1 1.21 0 Copper, Cu. mg 0.016 0 1 0.039 0 Manganese, Mn. mg 0.003 0 1 0.007 0 Selenium, Se. mcg 2.1 0 BFNN 4 5.1 0 Vitamins: Vitamin C, total ascorbic acid. mg 0.9 0 1 2.1 0 Vitamin C, total ascorbic acid. mg 0.035 0 1 0.085 0 Vitamin C, total ascorbic acid. mg 0.035 0 1 0.085 0 Niacin. mg 0.035 0 1 0.361 0 | |
| Potassium, K. mg 129 0 1 312 19 Sodium, Na. mg 41 0 1 98 6 Zinc, Zn. mg 0.50 0 1 1.21 0 Copper, Cu. mg 0.016 0 1 0.039 0 Manganese, Mn. mg 0.003 0 1 0.007 0 Selenium, Se. mcg 2.1 0 BFNN 4 5.1 0 Vitamins: Vitamin C, total ascorbic acid mg 0.9 0 1 2.1 0 Thiamin. mg 0.035 0 1 0.085 0 Riboflavin. mg 0.149 0 1 0.361 0 Niacin. mg 0.067 0 1 0.361 0 Pantothenic acid. mg 0.363 0 1 0.878 0 Vitamin B-6 mg | |
| Sodium, Na. mg 41 0 1 98 6 Zinc, Zn. mg 0.50 0 1 1.21 0 Copper, Cu. mg 0.016 0 1 0.039 0 Manganese, Mn. mg 0.003 0 1 0.007 0 Selenium, Se. mcg 2.1 0 BFNN 4 5.1 0 Vitaminse. mcg 0.9 0 1 2.1 0 Vitamin C, total ascorbic acid. mg 0.99 0 1 2.1 0 Vitamin C, total ascorbic acid. mg 0.035 0 1 0.085 0 Riboflavin. mg 0.035 0 1 0.085 0 Riboflavin. mg 0.149 0 1 0.361 0 Niacin. mg 0.067 0 1 0.162 0 Pantothenic acid. mg 0.066 <td></td> | |
| Zinc, Zn. mg 0.50 0 1 1.21 0 Copper, Cu. mg 0.016 0 1 0.039 0 Manganese, Mn. mg 0.003 0 1 0.007 0 Selenium, Se. mcg 2.1 0 BFNN 4 5.1 0 Vitamins. Vitamin C, total ascorbic acid. mg 0.9 0 1 2.1 0 Thiamin. mg 0.035 0 1 0.085 0 Riboflavin. mg 0.149 0 1 0.361 0 Niacin. mg 0.067 0 1 0.162 0 Pantothenic acid. mg 0.363 0 1 0.878 0 Vitamin B-6 mg 0.016 0 1 0.039 0 Folate, total. mcg 0 0 2 7 0 0 Folate, food. mcg | |
| Copper, Cu. mg 0.016 0 1 0.039 0 Manganese, Mn. mg 0.003 0 1 0.007 0 Selenium, Se. mcg 2.1 0 BFNN 4 5.1 0 Vitamins: Vitamin C, total ascorbic acid. mg 0.9 0 1 2.1 0 Thiamin. mg 0.035 0 1 0.085 0 Riboflavin. mg 0.149 0 1 0.361 0 Niacin. mg 0.067 0 1 0.162 0 Pantothenic acid. mg 0.363 0 1 0.878 0 Vitamin B-6 mg 0.016 0 1 0.039 0 Folic acid. mcg 0 0 2 7 0 0 Folate, food. mcg 0 0 2 7 0 0 Folate, DFE. | .08 |
| Manganese, Mn mg 0.003 0 1 0.007 0 Selenium, Se mcg 2.1 0 BFNN 4 5.1 0 Vitamins: Vitamin C, total ascorbic acid. mg 0.9 0 1 2.1 0 Thiamin. mg 0.035 0 1 0.085 0 Riboflavin. mg 0.149 0 1 0.361 0 Niacin. mg 0.067 0 1 0.162 0 Pantothenic acid. mg 0.363 0 1 0.878 0 Vitamin B-6 mg 0.016 0 1 0.039 0 Foliate, total. mcg 11 0 1 26 2 Foliate, food. mcg 0 0 2 7 0 0 Folate, DFE. mcg 0 0 0 1 0.73 0 Vitamin B-12. mcg </td <td>.002</td> | .002 |
| Selenium, Se. mcg 2.1 0 BFNN 4 5.1 0 | .000 |
| Vitamins: Vitamin C, total ascorbic acid. mg 0.9 0 1 2.1 0 Thiamin. mg 0.035 0 1 0.085 0 Riboflavin. mg 0.149 0 1 0.361 0 Niacin. mg 0.067 0 1 0.162 0 Pantothenic acid. mg 0.363 0 1 0.878 0 Vitamin B-6. mg 0.016 0 1 0.039 0 Folate, total. mcg 11 0 1 26 2 Folic acid. mcg 0 0 z 7 0 0 Folate, food. mcg 11 0 1 26 2 Folate, DFE mcg_DFE 11 0 NC 4 26 2 Vitamin B-12. mcg 0.30 0 1 0.73 0 | .3 |
| Vitamin C, total ascorbic acid mg 0.9 0 1 2.1 0 Thiamin mg 0.035 0 1 0.085 0 Riboflavin mg 0.149 0 1 0.361 0 Niacin mg 0.067 0 1 0.162 0 Pantothenic acid mg 0.363 0 1 0.878 0 Vitamin B-6 mg 0.016 0 1 0.039 0 Folate, total mcg 11 0 1 26 2 Folic acid mcg 0 0 z 7 0 0 Folate, food mcg 11 0 1 26 2 Folate, DFE mcg_DFE 11 0 NC 4 26 2 Vitamin B-12 mcg 0.30 0 1 0.73 0 | |
| Thiamin mg 0.035 0 1 0.085 0 Riboflavin mg 0.149 0 1 0.361 0 Niacin mg 0.067 0 1 0.162 0 Pantothenic acid mg 0.363 0 1 0.878 0 Vitamin B-6 mg 0.016 0 1 0.039 0 Folate, total mcg 11 0 1 26 2 Folic acid mcg 0 0 z 7 0 0 Folate, food mcg 11 0 1 26 2 Folate, DFE mcg_DFE 11 0 NC 4 26 2 Vitamin B-12 mcg 0.30 0 1 0.73 0 | |
| Riboflavin mg 0.149 0 1 0.361 0 Niacin mg 0.067 0 1 0.162 0 Pantothenic acid mg 0.363 0 1 0.878 0 Vitamin B-6 mg 0.016 0 1 0.039 0 Folate, total mcg 11 0 1 26 2 Folic acid mcg 0 0 z 7 0 0 Folate, food mcg 11 0 1 26 2 Folate, DFE mcg_DFE 11 0 NC 4 26 2 Vitamin B-12 mcg 0.30 0 1 0.73 0 | .1 |
| Niacin mg 0.067 0 1 0.162 0 Pantothenic acid mg 0.363 0 1 0.878 0 Vitamin B-6 mg 0.016 0 1 0.039 0 Folate, total mcg 11 0 1 26 2 Folic acid mcg 0 0 z 7 0 0 Folate, food mcg 11 0 1 26 2 Folate, DFE mcg_DFE 11 0 NC 4 26 2 Vitamin B-12 mcg 0.30 0 1 0.73 0 | .005 |
| Pantothenic acid. mg 0.363 0 1 0.878 0 Vitamin B-6. mg 0.016 0 1 0.039 0 Folate, total. mcg 11 0 1 26 2 Folic acid. mcg 0 0 z 7 0 0 Folate, food. mcg 11 0 1 26 2 Folate, DFE. mcg_DFE 11 0 NC 4 26 2 Vitamin B-12. mcg 0.30 0 1 0.73 0 | .022 |
| Vitamin B-6. mg 0.016 0 1 0.039 0 Folate, total. mcg 11 0 1 26 2 Folic acid. mcg 0 0 z 7 0 0 Folate, food. mcg 11 0 1 26 2 Folate, DFE. mcg_DFE 11 0 NC 4 26 2 Vitamin B-12. mcg 0.30 0 1 0.73 0 | .010 |
| Folate, total. mcg 11 0 1 26 2 Folic acid. mcg 0 0 z 7 0 0 Folate, food. mcg 11 0 1 26 2 Folate, DFE. mcg_DFE 11 0 NC 4 26 2 Vitamin B-12. mcg 0.30 0 1 0.73 0 | .054 |
| Folic acid. mcg 0 0 z 7 0 0 Folate, food. mcg 11 0 1 26 2 Folate, DFE. mcg_DFE 11 0 NC 4 26 2 Vitamin B-12. mcg 0.30 0 1 0.73 0 | .002 |
| Folate, food. mcg 11 0 1 26 2 Folate, DFE. mcg_DFE 11 0 NC 4 26 2 Vitamin B-12. mcg 0.30 0 1 0.73 0 | |
| Folate, DFE | |
| Vitamin B-12mcg 0.30 0 1 0.73 | |
| | |
| Vitamin A, IU | .05 |
| | |
| Vitamin A, RAEmcg_RAE 102 0 NC 4 247 15 | |
| Retinolmcg 100 0 NC 4 242 15 | |
| · · · · · · · · · · · · · · · · · · · | .05 |
| Tocopherol, betamg | |
| Tocopherol, gammamg | |
| Tocopherol, deltang Vitamin DIU | |
| | .1 |
| Vitaliiii K (phylioquinolic) | |
| <u>Lipids:</u> | |
| Fatty acids, total saturatedg 7.470 0 1 18.077 | 121 |
| 4:0g 0.389 0 1 0.941 0 | 0.058 |
| 6:0g 0.230 0 1 0.557 0 | 0.035 |
| 8:0g 0.134 0 1 0.324 | 0.020 |
| | 0.045 |
| | .051 |
| 13:0g | |
| 14:0g 1.207 0 1 2.921 | .181 |
| 15:0g | |
| 16:0g 3.156 0 1 7.638 | .473 |
| 17:0g | |
| 18:0g 1.454 0 1 3.519 | 010 |
| 20:0g | .218 |
| 22:0g | 7.218 |
| 24:0g | 1.218 |

| | <u>Ar</u> | nount in 100 grams | Amount in edible portion of common measures of food | | | | | |
|-------------------------------------|-----------|--------------------|---|-----|------------|-----------|-----------|-----------|
| | | Numbe of Data | Deriv Sc | | Confidence | <u></u> | <u> </u> | |
| Nutrients and Units | Mean | Std. Error Points | Code C | ode | Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total monounsaturatedg | 3.466 | 0 | | 1 | | 8.388 | 0.520 | |
| 14:1g | | | | | | | | |
| 15:1g | | | | _ | | | | |
| 16:1 undifferentiatedg | 0.269 | 0 | | 1 | | 0.651 | 0.040 | |
| 17:1 | 3.019 | 0 | | 1 | | 7.306 | 0.453 | |
| 20:1 | 0.000 | 0 | | 1 | | 0.000 | 0.433 | |
| 22:1 undifferentiated | 0.000 | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 cg | 0.000 | · · | | - | | 0.000 | 0.000 | |
| Fatty acids, total polyunsaturated9 | 0.446 | 0 | | 1 | | 1.079 | 0.067 | |
| 18:2 undifferentiated | 0.271 | 0 | | 1 | | 0.656 | 0.041 | |
| 18:3 undifferentiatedg | 0.175 | 0 | | 1 | | 0.424 | 0.026 | |
| 18:4g | 0.000 | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,cg | | | | | | | | |
| 20:3 undifferentiatedg | | | | | | | | |
| 20:4 undifferentiatedg | 0.000 | 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 | 39 | 0 | | 1 | | 93 | 6 | |
| Phytosterolsmg | | | | | | | | |
| Amino Acids: | | | | | | | | |
| Tryptophang | 0.041 | 0 | | 4 | | 0.099 | 0.006 | |
| Threonine | 0.133 | 0 | | 4 | | 0.322 | 0.020 | |
| Isoleucine | 0.178 | 0 | | 4 | | 0.431 | 0.027 | |
| Leucineg | 0.288 | 0 | | 4 | | 0.697 | 0.043 | |
| Lysineg | 0.233 | 0 | | 4 | | 0.564 | 0.035 | |
| Methionineg | 0.074 | 0 | | 4 | | 0.179 | 0.011 | |
| Cystineg | 0.027 | 0 | | 4 | | 0.065 | 0.004 | |
| Phenylalanineg | 0.142 | 0 | | 4 | | 0.344 | 0.021 | |
| Tyrosineg | 0.142 | 0 | | 4 | | 0.344 | 0.021 | |
| Valineg | 0.197 | 0 | | 4 | | 0.477 | 0.030 | |
| Arginineg | 0.106 | 0 | | 4 | | 0.257 | 0.016 | |
| Histidineg | 0.080 | 0 | | 4 | | 0.194 | 0.012 | |
| Alanineg | 0.101 | 0 | | 4 | | 0.244 | 0.015 | |
| Aspartic acidg | 0.223 | 0 | | 4 | | 0.540 | 0.033 | |
| Glutamic acidg | 0.616 | 0 | | 4 | | 1.491 | 0.092 | |
| Glycine | 0.063 | 0 | | 4 | | 0.152 | 0.009 | |
| Prolineg | 0.285 | 0 | | 4 | | 0.690 | 0.043 | |
| Serine | 0.160 | 0 | | 4 | | 0.387 | 0.024 | |
| Hydroxyproline | | | | | | | | |
| Others: | | | | | | | | |
| Alcohol, ethylg | 0.0 | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine mg | 0 | 0 | Z | 7 | | 0 | 0 | |
| Theobrominemg | 0 | 0 | Z | 7 | | 0 | 0 | |
| Carotenoids: | | | | | | | | |
| Carotene, betamcg | 23 | 0 | BFFN | 4 | | 56.390 | 3.495 | |
| Carotene, alphamcg | 0 | 0 | Z | 7 | | 0.000 | 0.000 | |
| Cryptoxanthin, beta mcg | 0 | 0 | Z | 7 | | 0.000 | 0.000 | |
| Lycopene mcg | 0 | 0 | Z | 7 | | 0.000 | 0.000 | |
| Lutein + zeaxanthin mcg | 0 | 0 | Z | 7 | | 0.000 | 0.000 | |

Common Measures:

Measure 1 = 242g: 1 cup

Measure 2 = 15.0g: 1 tbsp

Cream, sour, reduced fat, cultured

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>Aı</u> | mount in 100 g | rams | Amount in edible portion of common | | | | | |
|--------------------------------|--------------|----------------|----------------|--------|------------------------------------|--------|------------|----------------|-----------------|-----------|
| | | | Nu | mber | | | | <u>m</u> | easures of food | <u> </u> |
| | | | of | Data | Deriv | Source | Confidence | | | |
| Nutrients and Uni | its | Mean | Std. Error Po | oints | Code | Code | Code | Measure 1 | Measure 2 | Measure 3 |
| Proximates: | | | | | | | | | | |
| Water | g | 61.33 | 1.676 | 3 | | 1 | | 36.80 | 1.84 | |
| Energy | kcal | 257 | | 0 | NC | 4 | | 154 | 8 | |
| Energy | kj | 1077 | | | | 4 | | 646 | 32 | |
| Protein (N x 6.38) | g | 3.20 | 0.458 | 3 | | 1 | | 1.92 | 0.10 | |
| Total lipid (fat) | g | 22.22 | 1.936 | 3 | | 1 | | 13.33 | 0.67 | |
| Ash | g | 0.76 | 0.134 | 3 | | 1 | | 0.46 | 0.02 | |
| Carbohydrate, by difference | g | 12.49 | | 0 | NC | 4 | | 7.49 | 0.37 | |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Sugars, total | g | 0.33 | | 0 | BFNN | 4 | | 0.20 | 0.01 | |
| Starch | g | | | | | | | | | |
| Minl. | | | | | | | | | | |
| Minerals: | ma | 101 | 10.536 | 3 | | 1 | | 61 | 3 | |
| Calcium, Ca Iron, Fe | _ | 0.05 | 10.536 | 0 | | 1 | | 0.03 | 0.00 | |
| Magnesium, Mg | _ | 11 | | 0 | | 1 | | 6 | 0.00 | |
| Phosphorus, P | | 89 | 15.070 | 3 | | 1 | | 54 | 3 | |
| Potassium, K | _ | 147 | 13.070 | 0 | | 1 | | 88 | 4 | |
| Sodium, Na | | 130 | | 2 | | 1 | | 78 | 4 | |
| Zinc, Zn | - | 0.37 | | 0 | | 1 | | 0.22 | 0.01 | |
| Copper, Cu | | 0.010 |) | 0 | | 1 | | 0.006 | 0.000 | |
| Manganese, Mn | | 0.001 | | 0 | | 1 | | 0.001 | 0.000 | |
| Selenium, Se | mcg | 1.4 | | 0 | BFNN | 4 | | 0.8 | 0.0 | |
| ¥7:4 | | | | | | | | | | |
| <u>Vitamins:</u> | | | | | | | | 0.0 | | |
| Vitamin C, total ascorbic acid | - | 0.0 | , | 1 0 | | 1 1 | | 0.0 | 0.0 | |
| Thiamin | | 0.037 0.065 | | 2 | | 1 | | 0.022 0.039 | 0.001 | |
| Riboflavin | | 0.065 | | 0 | | 1 | | 0.039 | 0.002 0.002 | |
| Niacin Pantothenic acid | _ | 0.305 | | 0 | | 1 | | 0.183 | 0.002 | |
| Vitamin B-6 | - | 0.041 | | 0 | | 1 | | 0.183 | 0.009 | |
| Folate, total | - | 3 | • | 0 | | 4 | | 2 | 0.001 | |
| Folic acid | | 0 | | 0 | z | 7 | | 0 | Ö | |
| Folate, food | | 3 | | 0 | _ | 4 | | 2 | 0 | |
| Folate, DFE | | 3 | | 0 | NC | 4 | | 2 | 0 | |
| Vitamin B-12 | | 0.29 | | 0 | | 1 | | 0.18 | 0.01 | |
| Vitamin A, IU | | 685 | | 0 | NC | 4 | | 411 | 21 | |
| Vitamin A, RAE | | 188 | | 0 | NC | 4 | | 113 | 6 | |
| Retinol | | 184 | | 0 | NC | 4 | | 110 | 6 | |
| Vitamin E (alpha-tocopherol) | | 0.64 | | 0 | BFFN | 4 | | 0.38 | 0.02 | |
| Tocopherol, beta | | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | |
| Vitamin D | | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 1.9 | | 0 | BFFN | 4 | | 1.2 | 0.1 | |
| Lipids: | | | | | | | | | | |
| Fatty acids, total saturated | a | 13.831 | | 0 | | 1 | | 8.299 | 0.415 | |
| 4:0 | | 0.721 | | 0 | | 1 | | 0.433 | 0.022 | |
| 6:0 | | 0.427 | | 0 | | 1 | | 0.256 | 0.013 | |
| 8:0 | - | 0.248 | | 0 | | 1 | | 0.149 | 0.007 | |
| 10:0. | - | 0.557 | | 0 | | 1 | | 0.334 | 0.017 | |
| 12:0 | | 0.624 | | 0 | | 1 | | 0.374 | 0.017 | |
| 13:0 | | 0.02- | | - | | - | | 3. 3 | 0.023 | |
| 14:0 | | 2.235 | ; | 0 | | 1 | | 1.341 | 0.067 | |
| 15:0 | | | | - | | _ | | | 3.007 | |
| 16:0 | | 5.844 | ! | 0 | | 1 | | 3.506 | 0.175 | |
| 17:0 | | | | - | | | | | | |
| 18:0 | - | 2.693 | 3 | 0 | | 1 | | 1.616 | 0.081 | |
| 20:0 | - | | | - | | | | | | |
| 22:0 | - | | | | | | | | | |
| 24:0 | - | | | | | | | | | |

| | <u>Ar</u> | mount in 100 gram | Amount in edible portion of common measures of food | | | | | |
|------------------------------------|-----------|-------------------|---|------|------------|-----------|-----------|-----------|
| | | | Deriv | | Confidence | | | |
| Nutrients and Units | Mean | Std. Error Points | Code | Code | Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total monounsaturated | 6.418 | 0 | | 1 | | 3.851 | 0.193 | |
| 14:1 | | | | | | | | |
| 15:1 | | _ | | _ | | | | |
| 16:1 undifferentiated | | 0 | | 1 | | 0.299 | 0.015 | |
| 17:1 | | 0 | | 1 | | 3.354 | 0.168 | |
| 20:1 | • | | | 1 | | 0.000 | 0.168 | |
| 22:1 undifferentiated | • | | | 1 | | 0.000 | 0.000 | |
| 24:1 c | | · · | | _ | | 0.000 | 0.000 | |
| Fatty acids, total polyunsaturated | | 0 | | 1 | | 0.495 | 0.025 | |
| 18:2 undifferentiated | | | | 1 | | 0.301 | 0.015 | |
| 18:3 undifferentiated | | | | 1 | | 0.194 | 0.010 | |
| 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 | 0.000 | 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 |) | | | | | | | |
| Cholesterolr | ng 76 | 0 | | 1 | | 46 | 2 | |
| Phytosterolsr | ng | | | | | | | |
| Amino Acids: | | | | | | | | |
| Tryptophan | 0.045 | 0 | | 1 | | 0.027 | 0.001 | |
| Threonine | • | | | 1 | | 0.027 | 0.001 | |
| Isoleucine | • | | | 1 | | 0.116 | 0.004 | |
| Leucine | | | | 1 | | 0.188 | 0.009 | |
| Lysine | | | | 1 | | 0.152 | 0.008 | |
| Methionine | • | | | 1 | | 0.048 | 0.002 | |
| Cystine | | | | 1 | | 0.018 | 0.001 | |
| Phenylalanine | | | | 1 | | 0.092 | 0.005 | |
| Tyrosine | • | | | 1 | | 0.092 | 0.005 | |
| Valine | | | | 1 | | 0.128 | 0.006 | |
| Arginine | | 0 | | 1 | | 0.070 | 0.003 | |
| Histidine | | 0 | | 1 | | 0.052 | 0.003 | |
| Alanine | | 0 | | 1 | | 0.066 | 0.003 | |
| Aspartic acid | | 0 | | 1 | | 0.146 | 0.007 | |
| Glutamic acid | 0.670 | 0 | | 1 | | 0.402 | 0.020 | |
| Glycine | 0.068 | 0 | | 1 | | 0.041 | 0.002 | |
| Proline | | 0 | | 1 | | 0.186 | 0.009 | |
| Serine | 0.174 | 0 | | 1 | | 0.104 | 0.005 | |
| Hydroxyproline |] | | | | | | | |
| Others: | | | | | | | | |
| Alcohol, ethylg | 0.0 | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine me | g 0 | 0 | Z | 7 | | 0 | 0 | |
| Theobromine me | | 0 | Z | 7 | | 0 | 0 | |
| Carotenoids: | | | | | | | | |
| Carotene, betame | cq 43 | 0 | BFFN | 4 | | 25.888 | 1.294 | |
| Carotene, alpha me | • | 0 | Z | 7 | | 0.000 | 0.000 | |
| Cryptoxanthin, beta | | 0 | Z | 7 | | 0.000 | 0.000 | |
| Lycopenem | - 3 | 0 | Z | 7 | | 0.000 | 0.000 | |
| Lutein + zeaxanthin m | | 0 | Z | 7 | | 0.000 | 0.000 | |

Common Measures:

Measure 1 = 60g: 1 cup Measure 2 = 3.0g: 1 tbsp

Cream, whipped, cream topping, pressurized

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>A</u> 1 | mount in 100 g | rams | of edik | le portio | <u>n</u> | Amount in edible portion of common | | |
|--------------------------------|---------|------------|----------------|------|---------|-----------|------------|------------------------------------|-----------------|-----------|
| | | | Nu | mber | • | | | <u>m</u> | easures of food | _ |
| | | | of | Data | Deriv | Source | Confidence | | | |
| Nutrients and Uni | its | Mean | Std. Error Po | ints | Code | Code | Code | Measure 1 | Measure 2 | Measure 3 |
| Proximates: | | | | | | | | | | |
| Water | g | 1.47 | 0.914 | 3 | | 1 | | 0.63 | 0.02 | |
| Energy | kcal | 577 | | 0 | NC | 4 | | 248 | 8 | |
| Energy | | 2415 | | | | 4 | | 1038 | 31 | |
| Protein (N x 6.29) | g | 4.90 | 0.314 | 3 | | 1 | | 2.11 | 0.06 | |
| Total lipid (fat) | g | 39.92 | 1.073 | 9 | | 1 | | 17.17 | 0.52 | |
| Ash | g | 1.17 | 0.384 | 3 | | 1 | | 0.50 | 0.02 | |
| Carbohydrate, by difference | g | 52.54 | | 0 | NC | 4 | | 22.59 | 0.68 | |
| Fiber, total dietary | | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Sugars, total | | 52.54 | | 0 | NR | 4 | | 22.59 | 0.68 | |
| Starch | | | | | | | | | | |
| | | | | | | | | | | |
| Minerals: | | | 2 22- | _ | | _ | | _ | • | |
| Calcium, Ca | - | 17 | 2.633 | 3 | | 1 | | 7 | 0 | |
| Iron, Fe | - | 0.03 7 | | 0 | | 4 | | 0.01 | 0.00 | |
| Magnesium, Mg | | | 24 060 | 0 | | 4 | | 3 | 0 | |
| Phosphorus, P | - | 7 4 | 34.968 | 3 | | 1 | | 32 71 | 1 | |
| Potassium, K | | 166 | 22 525 | 2 | | 1 1 | | 71 52 | 2 2 | |
| Sodium, Na | - | 122 | 33.506 | 4 | | | | | | |
| Zinc, Zn | | 0.08 | • | 0 | | 4 | | 0.03 | 0.00 | |
| Copper, Cu | | 0.118 | | 0 | | 1 | | 0.051 | 0.002 | |
| Manganese, Mn | | 0.225 |) | 0 | DENDI | 1 4 | | 0.097 | 0.003 | |
| Selenium, Se | Ilicy | 0.6 | | U | BFNN | 4 | | 0.3 | 0.0 | |
| Vitamins: | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.000 |) | 0 | | 1 | | 0.000 | 0.000 | |
| Riboflavin | mg | 0.000 |) | 2 | | 1 | | 0.000 | 0.000 | |
| Niacin | mg | 0.000 |) | 0 | | 1 | | 0.000 | 0.000 | |
| Pantothenic acid | mg | 0.000 |) | 0 | | 1 | | 0.000 | 0.000 | |
| 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 | mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Vitamin B-12 | mcg | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | |
| Vitamin A, IU | IU | 180 | | 0 | NC | 4 | | 77 | 2 | |
| Vitamin A, RAE | mcg_RAE | 9 | | 0 | NC | 4 | | 4 | 0 | |
| Retinol | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 1.52 | | 0 | BFFN | 4 | | 0.65 | 0.02 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | |
| Vitamin D | | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 9.9 | | 0 | BFFN | 4 | | 4.2 | 0.1 | |
| Lipids: | | | | | | | | | | |
| Fatty acids, total saturated | а | 36.723 | 3 | 0 | | 1 | | 15.791 | 0.477 | |
| 4:0 | | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0 | | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0 | | 0.669 | | 3 | | 1 | | 0.288 | 0.009 | |
| 10:0 | _ | 0.964 | | 3 | | 1 | | 0.415 | 0.013 | |
| 12:0 | - | 14.507 | | 3 | | 1 | | 6.238 | 0.189 | |
| 13:0 | | | | - | | | | | | |
| 14:0 | | 5.746 | 0.296 | 3 | | 1 | | 2.471 | 0.075 | |
| 15:0 | | | | | | | | | | |
| 16:0 | | 5.429 | 0.268 | 3 | | 1 | | 2.334 | 0.071 | |
| 17:0 | | | | | | | | | | |
| 18:0 | _ | 9.408 | 0.538 | 3 | | 1 | | 4.045 | 0.122 | |
| 20:0 | _ | 2.100 | 0.000 | - | | - | | 2.0.0 | V | |
| 22:0 | _ | | | | | | | | | |
| 24:0 | _ | | | | | | | | | |

| | | <u>Aı</u> | mount in 100 |) grams Numbei | | ble portic | <u>on</u> | Amount in edible portion of common measures of food | | |
|---|-------|----------------|--------------|-------------------|-------|----------------|--------------------|---|----------------|-----------|
| Nutrients and Un | nits | Mean | | of Data | Deriv | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total monounsaturated. | g | 0.600 | | 0 | | 1 | | 0.258 | 0.008 | |
| 14:1 | g | | | | | | | | | |
| 15:1 | _ | | | | | | | | | |
| 16:1 undifferentiated | _ | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 17:1 | _ | | | | | _ | | | | |
| 18:1 undifferentiated | _ | 0.600 | | | | 1 | | 0.258 | 0.008 | |
| 20:1 | _ | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated | • | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c | | 0.447 | | 0 | | 1 | | 0.192 | 0.006 | |
| Fatty acids, total polyunsaturated 18:2 undifferentiated | | 0.447 | | | | 1 | | 0.192 | 0.006 | |
| 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. | _ | 0.000 | | · | | - | | 0.000 | 0.000 | |
| 20:3 undifferentiated | _ | | | | | | | | | |
| 20:4 undifferentiated | | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:5 n-3 | _ | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3 | _ | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3 | | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans | | | | | | | | | | |
| Cholesterol | | 0 | | 0 | | 1 | | 0 | 0 | |
| Phytosterols | mg | 36 | | 0 | | 4 | | 15 | 0 | |
| Amino Acido | | | | | | | | | | |
| Amino Acids: | | 0.060 | | 0 | | | | 0.029 | 0 001 | |
| Tryptophan Threonine | | 0.068 0.207 | | 0 | | 1 1 | | 0.029 | 0.001 0.003 | |
| Isoleucine | _ | 0.301 | | 0 | | 1 | | 0.129 | 0.003 | |
| Leucine | _ | 0.484 | | 0 | | 1 | | 0.208 | 0.004 | |
| Lysine | | 0.394 | | 0 | | 1 | | 0.169 | 0.005 | |
| Methionine | | 0.149 | | 0 | | 1 | | 0.064 | 0.002 | |
| Cystine | | 0.021 | | 0 | | 1 | | 0.009 | 0.000 | |
| Phenylalanine | _ | 0.263 | | 0 | | 1 | | 0.113 | 0.003 | |
| Tyrosine | | 0.280 | | 0 | | 1 | | 0.120 | 0.004 | |
| Valine | _ | 0.351 | | 0 | | 1 | | 0.151 | 0.005 | |
| Arginine | | 0.194 | | 0 | | 1 | | 0.083 | 0.003 | |
| Histidine | | 0.145 | | 0 | | 1 | | 0.062 | 0.002 | |
| Alanine | g | 0.153 | | 0 | | 1 | | 0.066 | 0.002 | |
| Aspartic acid | g | 0.347 | | 0 | | 1 | | 0.149 | 0.005 | |
| Glutamic acid | g | 1.113 | | 0 | | 1 | | 0.479 | 0.014 | |
| Glycine | g | 0.098 | | 0 | | 1 | | 0.042 | 0.001 | |
| Proline | g | 0.552 | | 0 | | 1 | | 0.237 | 0.007 | |
| Serine | g | 0.301 | | 0 | | 1 | | 0.129 | 0.004 | |
| Hydroxyproline | g | | | | | | | | | |
| Others: | | | | | | | | | | |
| Alcohol, ethyl | a | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine | | 0 | | 0 | z | 7 | | 0 | 0 | |
| Theobromine | | 0 | | 0 | z | 7 | | 0 | 0 | |
| Carotenoids: | 9 | · | | · | _ | • | | · · | v | |
| <u> </u> | | | | | | | | | | |
| Carotene, beta | | 108 | | 0 | NR | 4 | | 46.440 | 1.404 | |
| Carotene, alpha | | 0 | | 0 | z | 7 | | 0.000 | 0.000 | |
| Cryptoxanthin, beta | | 0 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| Lycopene | | 0 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| Lutein + zeaxanthin | iiicā | 0 | | 0 | Z | 7 | | 0.000 | 0.000 | |

Common Measures:

Measure 1 = 43g: 1.5 oz

Measure 2 = 1.3g: 1 portion, amount to make 1 tbsp

Dessert topping, powdered

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

NDB No. 01071 Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk

| | | <u>A</u> | mount in 100 grams | Amount in edible portion of common | | | | | |
|--|---------|---------------|--------------------|------------------------------------|--------|------------|---------------|-----------------|--------------|
| | | | Numbe | r | | | m | easures of food | |
| | | | of Data | | Source | Confidence | | | |
| Nutrients and Uni | its | Mean | Std. Error Points | Code | Code | Code | Measure 1 | Measure 2 | Measure 3 |
| Proximates: | | | | | | | | | |
| Water | g | 66.65 | 0 | | 1 | | 53.32 | 2.67 | 106.64 |
| Energy | kcal | 189 | 0 | NC | 4 | | 151 | 8 | 302 |
| Energy | kj | 791 | | | 4 | | 633 | 32 | 1266 |
| Protein (N x 6.35) | g | 3.60 | 0 | | 1 | | 2.88 | 0.14 | 5.76 |
| Total lipid (fat) | g | 12.41 | 0 | | 1 | | 9.93 | 0.50 | 19.86 |
| Ash | g | 0.81 | 0 | | 1 | | 0.65 | 0.03 | 1.30 |
| Carbohydrate, by difference | g | 16.53 | 0 | NC | 4 | | 13.22 | 0.66 | 26.45 |
| Fiber, total dietary | g | 0.0 | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total | g | 16.53 | 0 | NR | 4 | | 13.22 | 0.66 | 26.45 |
| Starch | g | | | | | | | | |
| Minanala | | | | | | | | | |
| Minerals: Calcium, Ca | ma | 90 | 0 | | 1 | | 72 | 4 | 144 |
| Iron, Fe | - | 0.04 | 0 | | 1 | | 0.03 | 0.00 | 0.06 |
| Magnesium, Mg | _ | 10 | 0 | | 1 | | 8 | 0 | 15 |
| Phosphorus, P | | 86 | 0 | | 1 | | 69 | 3 | 137 |
| Potassium, K | • | 151 | 0 | | 1 | | 121 | 6 | 241 |
| Sodium, Na | _ | 66 | 0 | | 1 | | 53 | 3 | 105 |
| Zinc, Zn | | 0.27 | 0 | | 1 | | 0.22 | 0.01 | 0.43 |
| Copper, Cu | mg | 0.012 | 2 0 | | 1 | | 0.010 | 0.000 | 0.01 |
| Manganese, Mn | mg | 0.005 | 5 0 | | 1 | | 0.004 | 0.000 | 0.00 |
| Selenium, Se | mcg | 4.8 | 0 | BFNN | 4 | | 3.8 | 0.2 | 7.7 |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid | ma | 0.7 | 0 | | 1 | | 0.5 | 0.0 | 1.1 |
| Thiamin | | 0.027 | | | 1 | | 0.022 | 0.001 | 0.04 |
| Riboflavin | - | 0.117 | | | 1 | | 0.094 | 0.005 | 0.18 |
| Niacin | | 0.060 | | | 1 | | 0.048 | 0.002 | 0.09 |
| Pantothenic acid | - | 0.226 | 5 0 | | 1 | | 0.181 | 0.009 | 0.36 |
| Vitamin B-6 | | 0.030 | 0 | | 1 | | 0.024 | 0.001 | 0.04 |
| Folate, total. | - | 4 | 0 | | 1 | | 3 | 0 | 6 |
| Folic acid | | 0 | 0 | z | 7 | | 0 | 0 | 0 |
| Folate, food | | 4 | 0 | | 1 | | 3 | 0 | 6 |
| Folate, DFE | mcg_DFE | 4 | 0 | NC | 4 | | 3 | 0 | 6 |
| Vitamin B-12 | mcg | 0.26 | 0 | | 1 | | 0.21 | 0.01 | 0.41 |
| Vitamin A, IU | | 123 | 0 | NC | 4 | | 98 | 5 | 197 |
| Vitamin A, RAE | | 24 | 0 | NC | 4 | | 19 | 1 | 38 |
| Retinol | | 21 | 0 | NC | 4 | | 17 | 1 | 34 |
| Vitamin E (alpha-tocopherol) | mg | 0.44 | 0 | RPI | 6 | | 0.35 | 0.02 | 0.70 |
| Tocopherol, beta | | 0.00 | 0 | RPA | 1 | | 0.00 | 0.00 | 0.00 |
| Tocopherol, gamma | | 0.00 | 0 | RPA | 1 | | 0.00 | 0.00 | 0.01 |
| Tocopherol, delta | | 0.00 | 0 | RPA | 1 | | 0.00 | 0.00 | 0.00 |
| Vitamin D Vitamin K (phylloquinone) | | 29.985 2.7 | 5 0 0 | RPA RPI | 1 6 | | 23.988 2.2 | 1.199 0.1 | 47.97 4.4 |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated | ď | 10.684 | 1 0 | | 1 | | 8.547 | 0.427 | 17.09 |
| 4:0 | | 0.07 | | | 1 | | 0.062 | 0.427 | 0.12 |
| 6:0 | | 0.046 | | | 1 | | 0.037 | 0.003 | 0.12 |
| 8:0 | | 0.194 | | | 1 | | 0.155 | 0.002 | 0.31 |
| 10:0 | | 0.302 | | | 1 | | 0.242 | 0.012 | 0.48 |
| 12:0 | | 3.704 | | | 1 | | 2.963 | 0.148 | 5.92 |
| 13:0 | | | | | | | | | |
| 14:0 | - | 1.682 | 2 0 | | 1 | | 1.346 | 0.067 | 2.69 |
| 15:0 | - | | | | | | | | |
| 16:0 | - | 1.993 | 0 | | 1 | | 1.594 | 0.080 | 3.1 |
| 17:0 | g | | | | | | | | |
| 18:0 | | 2.650 | 0 | | 1 | | 2.120 | 0.106 | 4.2 |
| 20:0 | g | | | | | | | | |
| 22:0 | _ | | | | | | | | |
| 24:0 | g | | | | | | | | |

| | | <u>Aı</u> | mount in 100 grams | s of edil | ole portio | <u>n</u> | | edible portion | |
|--------------------------------------|-------|-----------|--------------------|-----------|------------|------------|----------------|-----------------|-----------|
| | | | Numbe | r | | | <u>m</u> | easures of food | |
| | | | | Deriv | | Confidence | | | |
| Nutrients and I | Units | Mean | Std. Error Points | Code | Code | Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total monounsaturat | tedg | 0.843 | 0 | | 1 | | 0.674 | 0.034 | 1.349 |
| 14:1 15:1 | g | | | | | | | | |
| 16:1 undifferentiated | g | 0.053 | 0 | | 1 | | 0.042 | 0.002 | 0.085 |
| 18:1 undifferentiated | g | 0.754 | | | 1 | | 0.603 | 0.030 | 1.206 |
| 20:1 22:1 undifferentiated | - | 0.000 | | | 1 1 | | 0.000 0.000 | 0.000 0.000 | 0.000 |
| 24:1 c | • | 0.000 | U | | 1 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total polyunsaturate | | 0.201 | . 0 | | 1 | | 0.161 | 0.008 | 0.322 |
| 18:2 undifferentiated | g | 0.166 | 0 | | 1 | | 0.133 | 0.007 | 0.266 |
| 18:3 undifferentiated | g | 0.034 | 0 | | 1 | | 0.027 | 0.001 | 0.054 |
| 18:4 | g | 0.000 | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c | - | | | | | | | | |
| 20:3 undifferentiated | - | | | | | | | | |
| 20:4 undifferentiated | | 0.000 | | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3 | - | 0.000 | | | 1 | | 0.000 | 0.000 | 0.000 |
| 22:5 n-3 | | 0.000 | | | 1 1 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3 Fatty acids, total trans | | 0.000 | · · | | 1 | | 0.000 | 0.000 | 0.000 |
| Cholesterol | | 10 | 0 | | 1 | | 8 | 0 | 16 |
| Phytosterols | | 0 | 1 | | 1 | | 0 | 0 | 0 |
| - | | | | | | | | | |
| Amino Acids: | a | 0.050 | 0 | | 1 | | 0.040 | 0.002 | 0.080 |
| Tryptophan Threonine | | 0.159 | | | 1 | | 0.127 | 0.002 | 0.080 |
| Isoleucine | - | 0.133 | | | 1 | | 0.175 | 0.009 | 0.254 |
| Leucine | - | 0.354 | | | 1 | | 0.283 | 0.014 | 0.566 |
| Lysine | _ | 0.287 | | | 1 | | 0.230 | 0.011 | 0.459 |
| Methionine | | 0.097 | 0 | | 1 | | 0.078 | 0.004 | 0.155 |
| Cystine | | 0.028 | 0 | | 1 | | 0.022 | 0.001 | 0.045 |
| Phenylalanine | - | 0.180 | 0 | | 1 | | 0.144 | 0.007 | 0.288 |
| Tyrosine | | 0.185 | 0 | | 1 | | 0.148 | 0.007 | 0.296 |
| Valine | g | 0.247 | 0 | | 1 | | 0.198 | 0.010 | 0.395 |
| Arginine | g | 0.134 | 0 | | 1 | | 0.107 | 0.005 | 0.214 |
| Histidine | g | 0.101 | . 0 | | 1 | | 0.081 | 0.004 | 0.162 |
| Alanine | g | 0.120 | 0 | | 1 | | 0.096 | 0.005 | 0.192 |
| Aspartic acid | g | 0.267 | | | 1 | | 0.214 | 0.011 | 0.427 |
| Glutamic acid | | 0.776 | | | 1 | | 0.621 | 0.031 | 1.242 |
| Glycine | | 0.075 | | | 1 | | 0.060 | 0.003 | 0.120 |
| Proline | | 0.369 | | | 1 | | 0.295 | 0.015 | 0.590 |
| Serine | - | 0.205 | 0 | | 1 | | 0.164 | 0.008 | 0.328 |
| Hydroxyproline | 9 | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl | | 0.0 | 0 | | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine | | 0 | 0 | RPI | 6 | | 0 | 0 | 0 |
| Theobromine | g | 0 | 0 | RPI | 6 | | 0 | 0 | 0 |
| Carotenoids: | | | | | _ | | | | |
| Carotene, beta | | 32 | 0 | RPI | 6 | | 25.406 | 1.270 | 50.813 |
| 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 | ilicg | 0 | 0 | RPI | 6 | | 0.000 | 0.000 | 0.000 |

Common Measures:

Measure 1 = 80g: 1 cup Measure 2 = 4.0g: 1 tbsp

Measure 3 = 160g: 1 package yields

Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>Aı</u> | mount in 100 | grams | of edib | le portio | <u>n</u> | Amount in edible portion of common | | | |
|---------------------------------|-------|-----------|--------------|--------|---------|-----------|------------|------------------------------------|-----------------|-----------|--|
| | | | Nu | umber | - | | | <u>m</u> | easures of food | _ | |
| | | | - | | | | Confidence | | | | |
| Nutrients and Uni | its | Mean | Std. Error P | oints | Code | Code | Code | Measure 1 | Measure 2 | Measure : | |
| Proximates: | | | | | | | | | | | |
| Water | | 60.37 | 0.437 | 3 | | 1 | | 42.26 | 2.41 | | |
| Energy | kcal | 264 | | 0 | NC | 4 | | 184 | 11 | | |
| Energy | kj | 1103 | | | | 4 | | 772 | 44 | | |
| Protein (N x 6.29) | | 0.98 | 0.669 | 4 | | 1 | | 0.69 | 0.04 | | |
| Total lipid (fat) | g | 22.30 | 0.995 | 13 | | 1 | | 15.61 | 0.89 | | |
| Ash | | 0.28 | 0.080 | 3 | | 1 | | 0.20 | 0.01 | | |
| Carbohydrate, by difference | g | 16.07 | | 0 | NC | 4 | | 11.25 | 0.64 | | |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | | |
| Sugars, total | g | 16.07 | | 0 | NR | 4 | | 11.25 | 0.64 | | |
| Starch | g | | | | | | | | | | |
| Minerals: | | | | | | | | | | | |
| Calcium, Ca | ma | 5 | 1.627 | 5 | | 1 | | 4 | 0 | | |
| Iron, Fe. | | 0.02 | | 2 | | 1 | | 0.01 | 0.00 | | |
| Magnesium, Mg | | 1 | | 1 | | 1 | | 1 | 0 | | |
| Phosphorus, P | | 18 | 7.637 | 4 | | 1 | | 13 | 1 | | |
| Potassium, K | | 19 | 13.518 | 3 | | 1 | | 13 | 1 | | |
| Sodium, Na | | 62 | 14.442 | 5 | | 1 | | 43 | 2 | | |
| Zinc, Zn | | 0.01 | | 1 | | 1 | | 0.01 | 0.00 | | |
| Copper, Cu | | 0.024 | | 0 | | 1 | | 0.017 | 0.001 | | |
| Manganese, Mn | | 0.045 | i | 0 | | 1 | | 0.032 | 0.002 | | |
| Selenium, Se | | 1.5 | | 0 | BFNN | 4 | | 1.1 | 0.1 | | |
| ¥7:4 | | | | | | | | | | | |
| <u>Vitamins:</u> | | 0.0 | | • | | | | 0.0 | | | |
| Vitamin C, total ascorbic acid | _ | 0.0 | | 0 | | 1 1 | | 0.0 | 0.0 | | |
| Thiamin | | 0.000 | | 1 3 | | 1 | | 0.000 0.000 | 0.000 | | |
| Riboflavin | | 0.000 | | 1 | | 1 | | 0.000 | 0.000 0.000 | | |
| Niacin | - | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | | |
| Pantothenic acid Vitamin B-6 | _ | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | | |
| Folate, total | | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | | |
| Folic acid | | 0 | | 0 | z | 7 | | 0 | 0 | | |
| Folate, food | | 0 | | 0 | 2 | 1 | | 0 | 0 | | |
| Folate, DFE | | 0 | | 0 | NC | 4 | | 0 | 0 | | |
| Vitamin B-12 | | 0.00 | | 0 | МС | 1 | | 0.00 | 0.00 | | |
| Vitamin A, IU | | 78 | | 0 | NC | 4 | | 55 | 3 | | |
| Vitamin A, RAE | | 4 | | 0 | NC | 4 | | 3 | 0 | | |
| Retinol | | 0 | | 0 | Z | 7 | | 0 | 0 | | |
| Vitamin E (alpha-tocopherol) | - | 0.85 | | 0 | BFFN | 4 | | 0.59 | 0.03 | | |
| Tocopherol, beta | | 0.05 | | Ū | DIII | • | | 0.55 | 0.03 | | |
| Tocopherol, gamma | | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | | |
| Vitamin D | | | | | | | | | | | |
| Vitamin K (phylloquinone) | | 5.5 | | 0 | BFFN | 4 | | 3.9 | 0.2 | | |
| | ••••• | | | | | | | | | | |
| <u>Lipids:</u> | | | | | | | | | | | |
| Fatty acids, total saturated | - | 18.912 | | 0 | | 1 | | 13.238 | 0.756 | | |
| 4:0 | | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | | |
| 6:0 | _ | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | | |
| 8:0 | _ | 0.449 | | 3 | | 1 | | 0.314 | 0.018 | | |
| 10:0 | - | 0.642 | | 3 | | 1 | | 0.449 | 0.026 | | |
| 12:0 | | 8.014 | 1.076 | 3 | | 1 | | 5.610 | 0.321 | | |
| 13:0 | - | 2 040 | 0.434 | 3 | | 1 | | 0.070 | 0 100 | | |
| 14:0 | - | 3.246 | 0.431 | 3 | | 1 | | 2.272 | 0.130 | | |
| 15:0 | | 0.400 | 0.001 | 2 | | 1 | | 1 606 | 2 222 | | |
| 16:0 | | 2.408 | 0.201 | 3 | | 1 | | 1.686 | 0.096 | | |
| 17:0 | _ | 4 100 | 0.000 | 2 | | 4 | | 0.016 | 0 165 | | |
| 18:0 | _ | 4.166 | 0.680 | 3 | | 1 | | 2.916 | 0.167 | | |
| 20:0 | _ | | | | | | | | | | |
| 22:0 | y | | | | | | | | | | |

| | <u>A</u> | mount in 100 | | | ble portic | <u>on</u> | Amount in edible portion of common measures of food | | | |
|-------------------------------------|----------------|--------------|-------|-------|------------|------------|---|-----------------|-----------|--|
| | | O | | Deriv | Source | Confidence | <u>1111</u> | easures or roou | 1 | |
| Nutrients and Units | Mean | Std. Error F | oints | Code | Code | Code | Measure 1 | Measure 2 | Measure 3 | |
| Fatty acids, total monounsaturatedg | 1.927 | , | 0 | | 1 | | 1.349 | 0.077 | | |
| 14:1g | | | | | | | | | | |
| 15:1g | 0.000 | | • | | | | 0.000 | 0.000 | | |
| 16:1 undifferentiated | 0.000 | • | 0 | | 1 | | 0.000 | 0.000 | | |
| 18:1 undifferentiatedg | 1.929 | 1.457 | 3 | | 1 | | 1.350 | 0.077 | | |
| 20:1 | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | | |
| 22:1 undifferentiated | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | | |
| 24:1 cg | | | | | | | | | | |
| Fatty acids, total polyunsaturated9 | 0.241 | • | 0 | | 1 | | 0.169 | 0.010 | | |
| 18:2 undifferentiatedg | 0.241 | 0.192 | 3 | | 1 | | 0.169 | 0.010 | | |
| 18:3 undifferentiatedg | 0.000 | 1 | 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 1 | | 0.000 | 0.000 | | |
| 22:5 n-3g 22:6 n-3g | 0.000 | | 0 | | 1 | | 0.000 0.000 | 0.000 0.000 | | |
| Fatty acids, total trans | 0.000 | | U | | _ | | 0.000 | 0.000 | | |
| Cholesterolg | 0 | | 1 | | 1 | | 0 | 0 | | |
| Phytosterolsmg | 20 | | 0 | | 4 | | 14 | 1 | | |
| | | | | | | | | _ | | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan | 0.014 | | 0 | | 1 | | 0.010 | 0.001 | | |
| Threonineg | 0.041 | | 0 | | 1 1 | | 0.029 | 0.002 | | |
| Isoleucine | 0.060 0.097 | | 0 | | 1 | | 0.042 0.068 | 0.002 0.004 | | |
| Lysineg | 0.079 | | 0 | | 1 | | 0.055 | 0.004 | | |
| Methionineg | 0.030 | | 0 | | 1 | | 0.021 | 0.001 | | |
| Cystineg | 0.004 | | 0 | | 1 | | 0.003 | 0.000 | | |
| Phenylalanineg | 0.053 | | 0 | | 1 | | 0.037 | 0.002 | | |
| Tyrosineg | 0.056 | i | 0 | | 1 | | 0.039 | 0.002 | | |
| Valineg | 0.070 |) | 0 | | 1 | | 0.049 | 0.003 | | |
| Arginineg | 0.039 |) | 0 | | 1 | | 0.027 | 0.002 | | |
| Histidineg | 0.029 |) | 0 | | 1 | | 0.020 | 0.001 | | |
| Alanineg | 0.031 | | 0 | | 1 | | 0.022 | 0.001 | | |
| Aspartic acidg | 0.069 | | 0 | | 1 | | 0.048 | 0.003 | | |
| Glutamic acid | 0.223 | | 0 | | 1 | | 0.156 | 0.009 | | |
| Glycineg | 0.020 | | 0 | | 1 | | 0.014 | 0.001 | | |
| Prolineg | 0.110 | | 0 | | 1 | | 0.077 | 0.004 | | |
| Serineg | 0.060 | 1 | 0 | | 1 | | 0.042 | 0.002 | | |
| Hydroxyprolineg | | | | | | | | | | |
| Others: | | | | | | | | | | |
| Alcohol, ethylg | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | | |
| Caffeine mg | 0 | | 0 | Z | 7 | | 0 | 0 | | |
| Theobromine mg | 0 | | 0 | Z | 7 | | 0 | 0 | | |
| Carotenoids: | | | | | | | | | | |
| Carotene, beta mcg | 47 | | 0 | NR | 4 | | 32.900 | 1.880 | | |
| 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 + zeaxanthinmcg | 0 | | 0 | Z | 7 | | 0.000 | 0.000 | | |

Common Measures:

Measure 1 = 70g: 1 cup Measure 2 = 4.0g: 1 tbsp

Dessert topping, pressurized

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | | | | | | Amount in edible portion of common | | | |
|--------------------------------|---|----------------|---------------|-------|-------|--------|------------------------------------|-------------------------|-----------------|-----------|
| | | | Nu | mber | r | | | <u>m</u> | easures of food | |
| | | | of | Data | Deriv | Source | Confidence | | | |
| Nutrients and Unit | ts | Mean | Std. Error Po | oints | Code | Code | Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | | |
| Proximates: Water | a | 50.21 | 1.046 | 17 | | 1 | | 37.66 | 2.01 | |
| Energy | - | 318 | 1.040 | 0 | NC | 4 | | 239 | 13 | |
| 63 | | 1332 | | U | NC | 4 | | 999 | 53 | |
| Energy | | 1.25 | 0.240 | 17 | | 1 | | 0.94 | | |
| Protein (N x 6.29) | | | 0.240 | 19 | | 1 | | | 0.05 | |
| Total lipid (fat) | | 25.31 | | | | 1 | | 18.98 | 1.01 | |
| Ash | | 0.18 | 0.063 | 13 | | | | 0.14 | 0.01 | |
| Carbohydrate, by difference | | 23.05 | | 0 | NC | 4 | | 17.29 | 0.92 | |
| Fiber, total dietary | | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Sugars, total | | 23.05 | | 0 | NR | 4 | | 17.29 | 0.92 | |
| Starch | g | | | | | | | | | |
| Minerals: | | | | | | | | | | |
| Calcium. Ca | ma | 6 | 0.380 | 13 | | 1 | | 5 | 0 | |
| Iron, Fe | • | 0.12 | 0.018 | 7 | | 1 | | 0.09 | 0.00 | |
| Magnesium, Mg | _ | 2 | 0.018 | 10 | | 1 | | 1 | 0 | |
| Phosphorus, P | | 8 | 0.703 | 13 | | 1 | | 6 | 0 | |
| Potassium, K | _ | 18 | 1.020 | 10 | | 1 | | 14 | 1 | |
| Sodium, Na | | 25 | 4.216 | 14 | | 1 | | 19 | 1 | |
| Zinc, Zn | | 0.03 | 0.002 | 11 | | 1 | | 0.02 | 0.00 | |
| Copper, Cu | | 0.030 | | 0 | | 1 | | 0.023 | 0.001 | |
| Manganese, Mn | | 0.058 | | 0 | | 1 | | 0.044 | 0.002 | |
| Selenium, Se | | 2.1 | | 0 | BFNN | 4 | | 1.6 | 0.1 | |
| Scientifi, Sci | 9 | | | • | | = | | | | |
| <u>Vitamins:</u> | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | |
| Thiamin | _ | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Riboflavin | mg | 0.000 |) | 2 | | 1 | | 0.000 | 0.000 | |
| Niacin | _ | 0.000 |) | 0 | | 1 | | 0.000 | 0.000 | |
| Pantothenic acid | mg | 0.000 |) | 0 | | 1 | | 0.000 | 0.000 | |
| 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 | mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Vitamin B-12 | mcg | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | |
| Vitamin A, IU | | 143 | | 0 | NC | 4 | | 107 | 6 | |
| Vitamin A, RAE | mcg_RAE | 7 | | 0 | NC | 4 | | 5 | 0 | |
| Retinol | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 0.96 | | 0 | BFFN | 4 | | 0.72 | 0.04 | |
| Tocopherol, beta | | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 6.3 | | 0 | BFFN | 4 | | 4.7 | 0.3 | |
| inide: | | | | | | | | | | |
| Lipids: | 0 | 21.783 | | 0 | | 1 | | 16.337 | 0.871 | |
| Fatty acids, total saturated | | 0.000 | | 0 | | 1 | | 0.000 | 0.871 | |
| 4:0 | | 0.000 | | 0 | | 1 | | | | |
| 6:0 8:0 | - | | | 2 | | 1 | | 0.000 0. 4 79 | 0.000 0.026 | |
| 8:0 10:0. | | 0.638 0.905 | | 2 | | 1 | | 0.479 | | |
| 12:0 | | | | 2 | | 1 | | 6.627 | 0.036 | |
| 12:0 | | 8.836 | • | 2 | | 1 | | 0.02/ | 0.353 | |
| | | 2 756 | | 2 | | 1 | | 0 017 | 0 150 | |
| 14:0 | - | 3.756 | • | 2 | | 1 | | 2.817 | 0.150 | |
| 15:0 | - | 2 000 | | • | | 1 | | 0.010 | 0.101 | |
| 16:0 17:0 | | 3.092 | | 2 | | T | | 2.319 | 0.124 | |
| 1.7711 | 9 | | | | | | | | | |
| | ~ | 4 500 | | | | | | | | |
| 18:0 | - | 4.580 | 1 | 2 | | 1 | | 3.435 | 0.183 | |
| | g | 4.580 | 1 | 2 | | 1 | | 3.435 | 0.183 | |

| | | <u>Aı</u> | mount in 100 g | | lible portic | <u>on</u> | Amount in edible portion of common measures of food | | | |
|--|------|-------------------------|----------------|--------------------------------|--------------|--------------------|---|----------------|-----------|--|
| Nutrients and U | nits | Mean | | nber Data Deri ints Code | | Confidence Code | Measure 1 | Measure 2 | Measure 3 | |
| E w . H l | | 1.616 | | 0 | 1 | | 1 010 | 0.065 | | |
| Fatty acids, total monounsaturated | g | 1.010 | | U | 1 | | 1.212 | 0.065 | | |
| 15:1 | g | 0.241 | | 2 | 1 | | 0.181 | 0.010 | | |
| 17:1 18:1 undifferentiated | g | 1.375 | | 2 | 1 | | 1.031 | 0.055 | | |
| 20:1 22:1 undifferentiated | g | 0.000 0.000 | | 0 | 1 1 | | 0.000 0.000 | 0.000 0.000 | | |
| 24:1 cFatty acids, total polyunsaturated. | | 0.523 | | 0 | 1 | | 0.392 | 0.021 | | |
| 18:2 undifferentiated | | 0.305 0.218 | | 2 2 | 1 1 | | 0.229 0.164 | 0.012 0.009 | | |
| 18:4 20:2 n-6 c,c | _ | 0.000 | 1 | 0 | 1 | | 0.000 | 0.000 | | |
| 20:3 undifferentiated 20:4 undifferentiated | _ | 0.000 | | 0 | 1 | | 0.000 | 0.000 | | |
| 20:5 n-322:5 n-3 | g | 0.000 0.000 | | 0 | 1 1 | | 0.000 0.000 | 0.000 0.000 | | |
| 22:6 n-3Fatty acids, total trans | | 0.000 | 1 | 0 | 1 | | 0.000 | 0.000 | | |
| CholesterolPhytosterols | - | 0 23 | | 0 | 1 4 | | 0 17 | 0 1 | | |
| Amino Acids: | | 0.017 | | 0 | 1 | | 0.013 | 0.001 | | |
| TryptophanThreonine | g | 0.053 | ; | 0 | 1 | | 0.040 | 0.001 | | |
| Isoleucine | g | 0.077 0.123 | • | 0 | 1 | | 0.058 | 0.003 | | |
| Lysine | g | 0.101 | | 0 | 1 | | 0.076 | 0.004 | | |
| CystinePhenylalanine | g | 0.005 | | 0 | 1 | | 0.004 0.050 | 0.000 | | |
| TyrosineValine | g | 0.072 | 1 | 0 | 1 | | 0.054 | 0.003 | | |
| Arginine | g | 0.049 | | 0 | 1 | | 0.037 0.028 | 0.002 0.001 | | |
| Alanine | g | 0.039 | | 0 | 1 | | 0.029 | 0.002 | | |
| Glycine | g | 0.284 | i . | 0 | 1 | | 0.213 0.019 | 0.011 0.001 | | |
| Proline | g | 0.1 4 1 0.077 | | 0 | 1 1 | | 0.106 0.058 | 0.006 0.003 | | |
| Hydroxyproline Others: | g | | | | | | | | | |
| Alcohol, ethyl | | 0.0 | | 0 0 z | 7 7 | | 0.0 0 | 0.0 0 | | |
| Theobromine | mg | 0 | | 0 z | 7 | | 0 | 0 | | |
| Carotene, beta | | 86 | | 0 NF | | | 64.500 | 3.440 | | |
| Carotene, alpha Cryptoxanthin, beta | mcg | 0 | | 0 z 0 z | 7 7 | | 0.000 | 0.000 | | |
| LycopeneLutein + zeaxanthin | | 0 | | 0 z 0 z | 7 7 | | 0.000 0.000 | 0.000 0.000 | | |

Common Measures:

Measure 1 = 75g: 1 cup Measure 2 = 4.0g: 1 tbsp

Dessert topping, semi solid, frozen

Calories Factors: Protein 4.27 Fat 8.84 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>Aı</u> | mount in 100 gra | ams of ed | lible porti | <u>on</u> | Amount in edible portion of common | | | |
|--------------------------------|-------|-----------|------------------|-----------|-------------|------------|------------------------------------|-----------------|----------|--|
| | | | Num | ber | | | <u>m</u> | easures of food | <u>l</u> | |
| | | | of D | ata Deri | v Source | Confidence | | | | |
| Nutrients and Uni | ts | Mean | Std. Error Poi | nts Cod | e Code | Code | Measure 1 | Measure 2 | Measure | |
| Proximates: | | | | | | | | | | |
| Water | g | 73.10 | | 1 | 1 | | 175.44 | 43.86 | | |
| Energy | kcal | 160 | | 0 N | C 4 | | 384 | 96 | | |
| Energy | kj | 669 | | | 4 | | 1605 | 401 | | |
| Protein (N x 6.25) | g | 11.29 | 0.195 | 3 | 1 | | 27.10 | 6.77 | | |
| Total lipid (fat) | g | 11.11 | 0.793 | 4 | 1 | | 26.66 | 6.67 | | |
| Ash | g | 1.30 | | 1 | 1 | | 3.12 | 0.78 | | |
| Carbohydrate, by difference | g | 3.20 | | 0 N | C 4 | | 7.68 | 1.92 | | |
| Fiber, total dietary | | 0.0 | | 0 | 4 | | 0.0 | 0.0 | | |
| Sugars, total | | 3.20 | | 0 N | R 4 | | 7.68 | 1.92 | | |
| Starch | | | | | | | | | | |
| | | | | | | | | | | |
| <u>Minerals:</u> | | | | _ | - | | | | | |
| Calcium, Ca | - | 73 | | 2 | 1 | | 175 | 44 | | |
| Iron, Fe | - | 1.98 | | 2 | 1 | | 4.75 | 1.19 | | |
| Magnesium, Mg | | 15 | | 0 | 4 | | 36 | 9 | | |
| Phosphorus, P | - | 72 | | 1 | 1 | | 172 | 43 | | |
| Potassium, K | | 213 | | 1 | 1 | | 512 | 128 | | |
| Sodium, Na | - | 199 | | 2 | 1 | | 479 | 120 | | |
| Zinc, Zn | | 0.98 | | 0 | 1 | | 2.35 | 0.59 | | |
| Copper, Cu | | 0.022 | | | 1 | | 0.053 | 0.013 | | |
| Manganese, Mn | | 0.006 | | 0 | 1 | | 0.014 | 0.004 | | |
| Selenium, Se | fficg | 41.3 | | 0 BFS | SN 4 | | 99.1 | 24.8 | | |
| itamins: | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.5 | | 0 | 4 | | 1.1 | 0.3 | | |
| Thiamin | mg | 0.120 | | 2 | 1 | | 0.288 | 0.072 | | |
| Riboflavin | mg | 0.386 | | 2 | 1 | | 0.926 | 0.232 | | |
| Niacin | mg | 0.140 | | 0 | 4 | | 0.336 | 0.084 | | |
| Pantothenic acid | | 1.660 | | 1 | 1 | | 3.984 | 0.996 | | |
| Vitamin B-6 | mg | 0.133 | | 1 | 1 | | 0.319 | 0.080 | | |
| Folate, total | mcg | 16 | | 0 | 4 | | 39 | 10 | | |
| Folic acid | | 0 | | 0 z | 7 | | 0 | 0 | | |
| Folate, food | | 16 | | 0 | 4 | | 39 | 10 | | |
| Folate, DFE | | 16 | | 0 NO | 4 | | 39 | 10 | | |
| Vitamin B-12 | | 0.34 | | 0 | 4 | | 0.81 | 0.20 | | |
| Vitamin A, IU | IU | 225 | | 0 NO | 4 | | 540 | 135 | | |
| Vitamin A, RAE | | 11 | | 0 NO | 4 | | 27 | 7 | | |
| Retinol | mcg | 0 | | 0 z | 7 | | 0 | 0 | | |
| Vitamin E (alpha-tocopherol) | mg | 1.59 | | 0 BFI | 'N 4 | | 3.81 | 0.95 | | |
| Tocopherol, beta | | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.2 | | 0 BFI | TN 4 | | 0.5 | 0.1 | | |
| ipids: | | | | | | | | | | |
| Fatty acids, total saturated | a | 1.930 | | 0 | 1 | | 4.632 | 1.158 | | |
| 4:0 | | 0.000 | | 0 | 1 | | 0.000 | 0.000 | | |
| 6:0 | ····· | 0.000 | | 0 | 1 | | 0.000 | 0.000 | | |
| 8:0 | - | 0.000 | | 0 | 1 | | 0.000 | 0.000 | | |
| 10:0 | | 0.000 | | 0 | 1 | | 0.000 | 0.000 | | |
| 12:0 | - | 0.000 | | 0 | 1 | | 0.000 | 0.000 | | |
| 13:0 | | 0.000 | | • | - | | 3.000 | 0.000 | | |
| 14:0 | | 0.011 | | 1 | 1 | | 0.026 | 0.007 | | |
| 15:0 | | 0.011 | | - | - | | 0.020 | 0.007 | | |
| 16:0 | | 1.503 | | 1 | 1 | | 3.607 | 0.902 | | |
| 17:0 | | 1.505 | | - | - | | 3.007 | 0.902 | | |
| 18:0 | _ | 0.436 | | 1 | 1 | | 1.046 | 0.262 | | |
| 20:0 | _ | 0.430 | | - | 1 | | 1.040 | 0.202 | | |
| 22:0 | _ | | | | | | | | | |
| 24:0 | _ | | | | | | | | | |

| | | <u>Ar</u> | mount in 10 | | | ole portio | <u>on</u> | | edible portion of easures of food | |
|------------------------------------|-----------|----------------|-------------|----------------|--------|----------------|--------------------|----------------|-----------------------------------|-----------|
| Nodel and a soul I | I 14 | | Std. Error | Number of Data | Deriv | Source Code | Confidence Code | | | |
| Nutrients and U | Inits | Mean | Sta. Error | Funts | Code | Code | Coue | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total monounsaturate | edg | 2.435 | | 0 | | 1 | | 5.844 | 1.461 | |
| 14:1 | g | | | | | | | | | |
| 15:1 | - | | | | | | | | | |
| 16:1 undifferentiated | - | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 17:1 | _ | 2 427 | | | | 1 | | 5 040 | 1 460 | |
| 18:1 undifferentiated | | 2.437 | | 1 0 | | 1 | | 5.849 | 1.462 | |
| 20:1 22:1 undifferentiated | - | 0.000 0.000 | | 0 | | 1 | | 0.000 0.000 | 0.000 0.000 | |
| 24:1 c | • | 0.000 | | U | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total polyunsaturated | | 6.241 | | 0 | | 1 | | 14.978 | 3.745 | |
| 18:2 undifferentiated | | 6.177 | | 1 | | 1 | | 14.825 | 3.706 | |
| 18:3 undifferentiated | | 0.064 | | 1 | | 1 | | 0.154 | 0.038 | |
| 18:4 | | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c.c. | - | | | | | | | | | |
| 20:3 undifferentiated | g | | | | | | | | | |
| 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 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 2 | | 2 | | 1 | | 5 | 1 | |
| Phytosterols | <u>mg</u> | 95 | | 0 | | 4 | | 228 | 57 | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan | a | 0.164 | | 0 | | 4 | | 0.394 | 0.098 | |
| Threonine | | 0.484 | | 0 | | 4 | | 1.162 | 0.290 | |
| Isoleucine | - | 0.660 | | 0 | | 4 | | 1.584 | 0.396 | |
| Leucine | | 0.972 | | 0 | | 4 | | 2.333 | 0.583 | |
| Lysine | | 0.713 | | 0 | | 4 | | 1.711 | 0.428 | |
| Methionine | | 0.387 | | 0 | | 4 | | 0.929 | 0.232 | |
| Cystine | | 0.229 | | 0 | | 4 | | 0.550 | 0.137 | |
| Phenylalanine | - | 0.645 | | 0 | | 4 | | 1.548 | 0.387 | |
| Tyrosine | | 0.456 | | 0 | | 4 | | 1.094 | 0.274 | |
| Valine | g | 0.792 | | 0 | | 4 | | 1.901 | 0.475 | |
| Arginine | g | 0.577 | | 0 | | 4 | | 1.385 | 0.346 | |
| Histidine | g | 0.257 | | 0 | | 4 | | 0.617 | 0.154 | |
| Alanine | g | 0.624 | | 0 | | 4 | | 1.498 | 0.374 | |
| Aspartic acid | g | 0.928 | | 0 | | 4 | | 2.227 | 0.557 | |
| Glutamic acid | g | 1.690 | | 0 | | 4 | | 4.056 | 1.014 | |
| Glycine | g | 0.365 | | 0 | | 4 | | 0.876 | 0.219 | |
| Proline | g | 0.558 | | 0 | | 4 | | 1.339 | 0.335 | |
| Serine | g | 0.751 | | 0 | | 4 | | 1.802 | 0.451 | |
| Hydroxyproline | g | | | | | | | | | |
| Others: | | | | | | | | | | |
| Alcohol, ethyl | a | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine | | 0 | | 0 | z | 7 | | 0 | 0 | |
| Theobromine | | 0 | | 0 | z | 7 | | 0 | 0 | |
| Carotenoids: | | | | | | | | | | |
| <u> </u> | mo~ | 105 | | ^ | ••• | | | 204 202 | 01 000 | |
| Carotene, beta | | 135 | | 0 | NR | 4 | | 324.000 | 81.000 | |
| Carotene, alpha | | 0 | | 0 | z z | 7 7 | | 0.000 0.000 | 0.000 0.000 | |
| Cryptoxanthin, beta | | 0 | | 0 | z Z | 7 | | 0.000 | 0.000 | |
| Lycopene | | 0 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| Lutein + zeaxanthin | g | U | | U | Z | , | | 0.000 | 0.000 | |

Common Measures:

Measure 1 = 240g: 1 cup Measure 2 = 60g: .25 cup NDB No. 01142 Egg substitute, frozen

Calories Factors: Protein 4.36 Fat 8.84 Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products

| | | <u>A</u> 1 | mount in 100 |) grams | of edib | le 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 |
| Proximates: | | | | | | | | | | |
| Water | g | 82.75 | | 0 | | 1 | | 207.70 | 13.24 | 38.89 |
| Energy | kcal | 84 | | 0 | NC | 4 | | 211 | 13 | 40 |
| Energy | kj | 352 | | | | 4 | | 883 | 56 | 165 |
| Protein (N x 6.25) | g | 12.00 | | 1 | | 1 | | 30.12 | 1.92 | 5.64 |
| Total lipid (fat) | g | 3.31 | 0.04 | 2 4 | | 1 | | 8.31 | 0.53 | 1.56 |
| Ash | g | 1.30 | | 0 | | 1 | | 3.26 | 0.21 | 0.61 |
| Carbohydrate, by difference | g | 0.64 | | 0 | | 4 | | 1.61 | 0.10 | 0.30 |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total | g | 0.64 | | 0 | NR | 4 | | 1.61 | 0.10 | 0.30 |
| Starch | g | | | | | | | | | |
| M: | | | | | | | | | | |
| <u>Minerals:</u> Calcium, Ca | ma | 53 | | 1 | | 1 | | 133 | 8 | 25 |
| Iron, Fe | | 2.10 | | 1 | | 1 | | 5.27 | 0.34 | 0.99 |
| Magnesium, Mg | | 9 | | 0 | | 4 | | 22 | 1 | 4 |
| Phosphorus, P | | 121 | | 1 | | 1 | | 304 | 19 | 57 |
| Potassium, K | | 330 | | 1 | | 1 | | 828 | 53 | 155 |
| Sodium, Na | | 177 | | 1 | | 1 | | 444 | 28 | 83 |
| Zinc, Zn | | 1.30 | | 1 | | 1 | | 3.26 | 0.21 | 0.6 |
| Copper, Cu | | 0.023 | 3 | 0 | | 1 | | 0.058 | 0.004 | 0.0 |
| Manganese, Mn | | 0.007 | | 0 | | 1 | | 0.018 | 0.001 | 0.00 |
| Selenium, Se | | 24.9 | | 0 | BFSN | 4 | | 62.5 | 4.0 | 11.7 |
| · · | • | | | | | | | | | |
| <u>Vitamins:</u> | | | | | | | | | | |
| Vitamin C, total ascorbic acid | - | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | 0.0 |
| Thiamin | | 0.110 | | 1 | | 1 | | 0.276 | 0.018 | 0.05 |
| Riboflavin | | 0.300 | | 1 | | 1 | | 0.753 | 0.048 | 0.14 |
| Niacin | _ | 0.110 | | 1 | | 1 | | 0.276 | 0.018 | 0.0 |
| Pantothenic acid | _ | 2.700 | | 1 | | 1 | | 6.777 | 0.432 | 1.2 |
| Vitamin B-6 | - | 0.003 | 3 | 0 | | 4 | | 0.008 | 0.000 | 0.00 |
| Folate, total | | 15 | | 0 | _ | 4 | | 37 | 2 | 7 |
| Folic acid | | 0 | | 0 | Z | 7 | | 0 | 0 2 | 0 7 |
| Folate, food | | 15 | | 0 | | 4 | | 37 | | |
| Folate, DFE | | 15 | | 0 | NC | 4 | | 37 | 2 | 7 |
| Vitamin B-12 | mcg | 0.30 | | 1 0 | | 1 4 | | 0.75 | 0.05 | 0.14 |
| Vitamin A, IU | | 360 | | - | NC | _ | | 904 | 58 | 169 |
| Vitamin A, RAE | | 18 0 | | 0 0 | NC Z | 4 7 | | 45 0 | 3 | 8 |
| Retinol | | 0.27 | | 0 | BFFN | 4 | | 0.67 | 0 0.04 | 0 0.1 |
| Vitamin E (alpha-tocopherol) | • | 0.27 | | U | BFFN | 4 | | 0.67 | 0.04 | 0.1. |
| Tocopherol, beta Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | |
| Vitamin D | | | | | | | | | | |
| Vitamin K (phylloquinone) | | 0.8 | | 0 | BFFN | 4 | | 2.1 | 0.1 | 0.4 |
| , | | | | | | | | | V | 0 |
| <u> Lipids:</u> | | | | | | | | | | |
| Fatty acids, total saturated | | 0.659 | | 0 | | 1 | | 1.654 | 0.105 | 0.33 |
| 4:0 | | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.00 |
| 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 | - | 0.003 | 3 | 1 | | 1 | | 0.008 | 0.000 | 0.0 |
| 13:0 | - | | _ | _ | | _ | | | _ | |
| 14:0 | | 0.006 | | 1 | | 1 | | 0.015 | 0.001 | 0.0 |
| 15:0 | | _ | | | | _ | | | | |
| 16:0 | | 0.350 |) | 1 | | 1 | | 0.879 | 0.056 | 0.1 |
| 17:0 | - | | | _ | | _ | | | | _ |
| 18:0 | - | 0.308 | 3 | 1 | | 1 | | 0.773 | 0.049 | 0.1 |
| 20:0 | - | | | | | | | | | |
| 22:0 | a | | | | | | | | | |

| | | <u>Aı</u> | mount in 10 | | | ole portio | <u>on</u> | Amount in edible portion of common measures of food | | | |
|------------------------------------|-----|-----------|-------------|----------------|-------|----------------|--------------------|---|----------------|-----------|--|
| Nutrients and Units | | Maan | Std. Error | Number of Data | Deriv | Source Code | Confidence Code | <u>m</u> Measure 1 | | | |
| Nutrients and Units | 5 | Mean | Sta. Error | romis | Code | Code | Code | Measure 1 | Measure 2 | Measure 3 | |
| Fatty acids, total monounsaturated | g | 0.896 | | 0 | | 1 | | 2.249 | 0.143 | 0.421 | |
| 14:1 | | | | | | | | | | | |
| 15:1 | - | | | | | | | | | | |
| 16:1 undifferentiated | - | 0.003 | | 1 | | 1 | | 0.008 | 0.000 | 0.001 | |
| 17:1 | - | | | _ | | _ | | | | | |
| 18:1 undifferentiated | | 0.894 | | 1 | | 1 | | 2.244 | 0.143 | 0.420 | |
| 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 | | 1 603 | | 0 | | 1 | | 4 004 | 0.056 | 0.753 | |
| Fatty acids, total polyunsaturated | | 1.603 | | 1 | | 1 | | 4.024 | 0.256 0.225 | | |
| 18:2 undifferentiated | | 1.406 | | 1 | | 1 | | 3.529 | | 0.661 | |
| 18:3 undifferentiated | - | 0.184 | | 0 | | 1 | | 0.462 | 0.029 | 0.086 | |
| 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 20:5 n-3 | - | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 | |
| | | | | 0 | | 1 | | 0.000 | 0.000 | 0.000 | |
| 22:5 n-3 | | 0.000 | | 0 | | 1 | | | | 0.000 | |
| 22:6 n-3 | - | 0.000 | | U | | 1 | | 0.000 | 0.000 | 0.000 | |
| Fatty acids, total trans | | 1 | | 1 | | 1 | | 3 | 0 | 0 | |
| Cholesterol | | 4 | | 0 | | 4 | | 10 | 1 | 2 | |
| Phytosterols | ing | 4 | | U | | 4 | | 10 | 1 | 2 | |
| Amino Acids: | | | | | | | | | | | |
| Tryptophan | g | 0.191 | | 0 | | 4 | | 0.479 | 0.031 | 0.090 | |
| Threonine | g | 0.553 | | 0 | | 4 | | 1.388 | 0.088 | 0.260 | |
| Isoleucine | g | 0.748 | | 0 | | 4 | | 1.877 | 0.120 | 0.352 | |
| Leucine | g | 1.082 | | 0 | | 4 | | 2.716 | 0.173 | 0.509 | |
| Lysine | g | 0.788 | | 0 | | 4 | | 1.978 | 0.126 | 0.370 | |
| Methionine | g | 0.425 | | 0 | | 4 | | 1.067 | 0.068 | 0.200 | |
| Cystine | g | 0.292 | | 0 | | 4 | | 0.733 | 0.047 | 0.137 | |
| Phenylalanine | g | 0.766 | | 0 | | 4 | | 1.923 | 0.123 | 0.360 | |
| Tyrosine | g | 0.495 | | 0 | | 4 | | 1.242 | 0.079 | 0.233 | |
| Valine | g | 0.887 | | 0 | | 4 | | 2.226 | 0.142 | 0.417 | |
| Arginine | g | 0.784 | | 0 | | 4 | | 1.968 | 0.125 | 0.368 | |
| Histidine | g | 0.296 | | 0 | | 4 | | 0.743 | 0.047 | 0.139 | |
| Alanine | g | 0.762 | | 0 | | 4 | | 1.913 | 0.122 | 0.358 | |
| Aspartic acid | g | 1.197 | | 0 | | 4 | | 3.004 | 0.192 | 0.563 | |
| Glutamic acid | g | 1.897 | | 0 | | 4 | | 4.761 | 0.304 | 0.892 | |
| Glycine | g | 0.492 | | 0 | | 4 | | 1.235 | 0.079 | 0.231 | |
| Proline | g | 0.525 | | 0 | | 4 | | 1.318 | 0.084 | 0.247 | |
| Serine | g | 0.881 | | 0 | | 4 | | 2.211 | 0.141 | 0.414 | |
| Hydroxyproline | g | | | | | | | | | | |
| 04 | | | | | | | | | | | |
| 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 | |
| <u>Carotenoids:</u> | | | | | | | | | | | |
| Carotene, beta | mcg | 216 | | 0 | NR | 4 | | 542.160 | 34.560 | 101.520 | |
| 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 = 251g: 1 cup Measure 2 = 16g: 1 tbsp Measure 3 = 47g: 1.5 fl oz NDB No. 01143 Egg substitute, liquid

Calories Factors: Protein 4.36 Fat 8.84 Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products

| | | <u>A</u> | mount in 10 | 0 grams | of edib | le portio | <u>n</u> | | edible portion | |
|--------------------------------|------|-------------|-------------|---------|---------|----------------|--------------------|------------------|------------------|-----------|
| | | | | Number | | | | <u>m</u> | easures of food | <u> </u> |
| Nutrients and Uni | its | Mean | Std. Error | | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Proximates: | | | | | | | | | | |
| Water | g | 3.86 | | 1 | | 1 | | 0.38 | 0.77 | |
| Energy | kcal | 444 | | 0 | NC | 4 | | 44 | 89 | |
| Energy | kj | 1856 | | | | 4 | | 184 | 371 | |
| Protein (N x 6.25) | g | 55.50 | | 1 | | 1 | | 5.49 | 11.10 | |
| Total lipid (fat) | g | 13.00 | | 1 | | 1 | | 1.29 | 2.60 | |
| Ash | g | 5.84 | | 1 | | 1 | | 0.58 | 1.17 | |
| Carbohydrate, by difference | g | 21.80 | | 0 | | 4 | | 2.16 | 4.36 | |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Sugars, total | g | 21.80 | | 0 | NR | 4 | | 2.16 | 4.36 | |
| Starch | g | | | | | | | | | |
| 3.61 | | | | | | | | | | |
| Minerals: | ma | 226 | | - | | 1 | | 32 | 65 | |
| Calcium, Ca | | 326 3.16 | | 1 1 | | 1 1 | | 32 0.31 | 65 0.63 | |
| Iron, Fe | | 65 | | 0 | | 4 | | 6 | 13 | |
| Magnesium, Mg Phosphorus, P | | 478 | | 1 | | 1 | | 47 | 13 96 | |
| Potassium, K | _ | 744 | | 1 | | 1 | | 74 | 149 | |
| Sodium, Na | | 800 | | 1 | | 1 | | 7 <u>4</u> 79 | 160 | |
| Zine, Zn | | 1.82 | | 0 | | 4 | | 0.18 | 0.36 | |
| Copper, Cu | | 0.207 | , | 0 | | 1 | | 0.020 | 0.041 | |
| Manganese, Mn | | 0.080 | | 0 | | 1 | | 0.008 | 0.016 | |
| Selenium, Se | | 127.7 | | 0 | BFSN | 4 | | 12.6 | 25.5 | |
| · | | | | | | | | | | |
| Vitamins: | | | | | | | | | | |
| Vitamin C, total ascorbic acid | _ | 0.8 | _ | 1 | | 1 | | 0.1 | 0.2 | |
| Thiamin | | 0.226 | | 1 | | 1 | | 0.022 | 0.045 | |
| Riboflavin | | 1.760 | | 1 | | 1 | | 0.174 | 0.352 | |
| Niacin | - | 0.577 | | 1 | | 1 | | 0.057 | 0.115 | |
| Pantothenic acid | = | 3.384 | | 0 | | 4 | | 0.335 | 0.677 | |
| Vitamin B-6 | _ | 0.143 | 3 | 0 | | 4 | | 0.014 | 0.029 | |
| Folate, total | | 125 0 | | 0 | z | 4 7 | | 12 0 | 25 0 | |
| Folic acid | | 125 | | 0 | Z | 4 | | 12 | 25 | |
| Folate, foodFolate, DFE | | 125 | | 0 | NC | 4 | | 12 | 25 | |
| Vitamin B-12 | | 3.52 | | 0 | NC | 4 | | 0.35 | 0.70 | |
| Vitamin B-12 Vitamin A, IU | | 1230 | | 0 | NC | 4 | | 122 | 246 | |
| Vitamin A, RAE | | 369 | | 0 | NC | 4 | | 37 | 74 | |
| Retinol | | 369 | | 0 | NC | 4 | | 37 | 7 <u>4</u> 74 | |
| Vitamin E (alpha-tocopherol) | - | 1.26 | | 0 | BFFN | 4 | | 0.13 | 0.25 | |
| Tocopherol, beta | | 1.20 | | Ū | DEFIN | - | | 0.15 | 0.23 | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | |
| Vitamin D | | | | | | | | | | |
| Vitamin K (phylloquinone) | | 0.4 | | 0 | BFFN | 4 | | 0.0 | 0.1 | |
| **** | | | | | | | | | | |
| <u>Lipids:</u> | _ | | | | | _ | | | | |
| Fatty acids, total saturated | - | 3.766 | | 0 | | 1 | | 0.373 | 0.753 | |
| 4:0 | | 0.000 | | 0 | | 1 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 | 0.000 | |
| 10:0 12:0 | _ | 0.000 | | 0 | | 1 | | 0.000 | 0.000 0.000 | |
| 13:0 | _ | 0.000 | • | J | | _ | | 0.000 | 0.000 | |
| 14:0 | - | 0.065 | , | 1 | | 1 | | 0.006 | 0.013 | |
| 15:0 | - | 0.00 | - | - | | - | | 0.000 | 0.013 | |
| 16:0 | | 2.687 | , | 1 | | 1 | | 0.266 | 0.537 | |
| 17:0 | | 2.00 | | - | | - | | 0.200 | 0.557 | |
| 18:0 | _ | 0.993 | 3 | 1 | | 1 | | 0.098 | 0.199 | |
| 20:0 | _ | J. J.J. | - | - | | - | | 0.050 | 0.199 | |
| 22:0 | _ | | | | | | | | | |
| 22.V | g | | | | | | | | | |

| | <u>Ar</u> | nount in 100 gra | ıms of ed | ible portio | <u>on</u> | Amount in edible portion of common | | | |
|-------------------------------------|-----------|--------------------------------|-----------|-------------|--------------------|------------------------------------|------------------------------|-----------|--|
| Nutrients and Units | Mean | Num of D Std. Error Poir | ata Deriv | | Confidence Code | <u>m</u> Measure 1 | easures of food Measure 2 | Measure 3 | |
| | | | | | | | | | |
| Fatty acids, total monounsaturatedg | 5.341 | | 0 | 1 | | 0.529 | 1.068 | | |
| 14:1g | | | | | | | | | |
| 15:1g | | | | | | | | | |
| 16:1 undifferentiatedg | 0.496 | | 1 | 1 | | 0.049 | 0.099 | | |
| 17:1g | | | | | | | | | |
| 18:1 undifferentiated | 4.845 | | 1 | 1 | | 0.480 | 0.969 | | |
| 20:1g | 0.000 | | 0 | 1 | | 0.000 | 0.000 | | |
| 22:1 undifferentiatedg | 0.000 | | 0 | 1 | | 0.000 | 0.000 | | |
| 24:1 cg | | | | | | | | | |
| Fatty acids, total polyunsaturated | 1.683 | | 0 | 1 | | 0.167 | 0.337 | | |
| 18:2 undifferentiatedg | 1.413 | | 1 | 1 | | 0.140 | 0.283 | | |
| 18:3 undifferentiatedg | 0.086 | | 1 | 1 | | 0.009 | 0.017 | | |
| 18:4g | 0.000 | | 0 | 1 | | 0.000 | 0.000 | | |
| 20:2 n-6 c,cg | | | | | | | | | |
| 20:3 undifferentiatedg | | | | | | | | | |
| 20:4 undifferentiatedg | 0.109 | | 0 | 4 | | 0.011 | 0.022 | | |
| 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 | 572 | | 1 | 1 | | 57 | 114 | | |
| Phytosterolsmg | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethylg | 0.0 | | 0 | 7 | | 0.0 | 0.0 | | |
| Caffeine mg | 0 | | 0 z | 7 | | 0 | 0 | | |
| Theobromine mg | 0 | | 0 z | 7 | | 0 | 0 | | |
| Carotenoids: | | | | | | | | | |
| Carotene, 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 = 9.9g: .35 oz Measure 2 = 20g: .7 oz

Calories Factors: Protein 4.36 Fat 9.02 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Refuse: 12% Shell

| | | <u>Aı</u> | mount in 100 g | | | le portio | <u>n</u> | Amount in edible portion of common measures of food | | | |
|---------------------------------|-----|----------------|------------------|--------|------|----------------|--------------------|---|-----------------|-----------|--|
| | | | | mber | | | | <u>m</u> | easures of 1000 | _ | |
| Nutrients and Un | its | Mean | of Std. Error | | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 | |
| | | | | | | | | | | | |
| Proximates: | a | 70.83 | 0.467 | 13 | | 1 | | 49.58 | | | |
| Water | = | 185 | 0.467 | 0 | NC | 4 | | 130 | | | |
| Energy | | 776 | | U | NC | 4 | | 543 | | | |
| Protein (N x 6.25) | | 12.81 | 0.240 | 13 | | 1 | | 8.97 | | | |
| Total lipid (fat) | | 13.77 | 0.240 | 18 | | 1 | | 9.64 | | | |
| Ash | | 1.14 | 0.217 | 17 | | 1 | | 0.80 | | | |
| Carbohydrate, by difference | | 1.45 | 0.077 | 0 | NC | 4 | | 1.02 | | | |
| Fiber, total dietary | | 0.0 | | 0 | 110 | 4 | | 0.0 | | | |
| Sugars, total | | 0.93 | | 0 | BFSN | 4 | | 0.65 | | | |
| Starch | | 0.55 | | · | DIDN | • | | 0.03 | | | |
| Starch | 9 | | | | | | | | | | |
| <u>Minerals:</u> | | | | | | | | | | | |
| Calcium, Ca | _ | 64 | 4.333 | 6 | | 1 | | 45 | | | |
| Iron, Fe | | 3.85 | 0.475 | 7 | | 1 | | 2.70 | | | |
| Magnesium, Mg | | 17 | 10 015 | 1 | | 1 1 | | 12 | | | |
| Phosphorus, P | | 220 222 | 12.345 79.951 | 7 | | 1 | | 154 | | | |
| Potassium, K | | 146 | 79.951 | 3 2 | | 1 | | 156 102 | | | |
| Sodium, NaZinc, Zn | | 1.41 | | 1 | | 1 | | 0.99 | | | |
| Copper, Cu | | 0.062 | | 0 | | 1 | | 0.043 | | | |
| Manganese, Mn | | 0.038 | | 0 | | 1 | | 0.027 | | | |
| Selenium, Se | | 36.4 | | 0 | BFSN | 4 | | 25.5 | | | |
| | | | | | | | | | | | |
| <u>Vitamins:</u> | | | | | | | | | | | |
| Vitamin C, total ascorbic acid | | 0.0 | | 0 | | 1 | | 0.0 | | | |
| Thiamin | - | 0.156 | | 7 | | 1 | | 0.109 | | | |
| Riboflavin | | 0.404 | | 7 | | 1 | | 0.283 | | | |
| Niacin | - | 0.200 1.862 | | 5 0 | | 1 4 | | 0.140 | | | |
| Pantothenic acid Vitamin B-6 | | 0.250 | | 2 | | 1 | | 1.303 0.175 | | | |
| Folate, total | _ | 80 | | 1 | | 1 | | 56 | | | |
| Folic acid | | 0 | | 0 | z | 7 | | 0 | | | |
| Folate, food | - | 80 | | 1 | - | 1 | | 56 | | | |
| Folate, DFE | | 80 | | 0 | NC | 4 | | 56 | | | |
| Vitamin B-12 | | 5.40 | | 2 | | 1 | | 3.78 | | | |
| Vitamin A, IU | | 674 | | 0 | NC | 4 | | 472 | | | |
| Vitamin A, RAE | | 194 | | 0 | NC | 4 | | 136 | | | |
| Retinol | | 192 | | 0 | BFFN | 4 | | 135 | | | |
| Vitamin E (alpha-tocopherol) | | 1.34 | | 0 | BFFN | 4 | | 0.94 | | | |
| Tocopherol, beta | | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | | |
| Vitamin D | | | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.4 | | 0 | BFFN | 4 | | 0.3 | | | |
| Lipids: | | | | | | | | | | | |
| Fatty acids, total saturated | q | 3.681 | | 0 | | 1 | | 2.577 | | | |
| 4:0 | | 0.000 | | 0 | | 1 | | 0.000 | | | |
| 6:0 | g | 0.000 | 1 | 0 | | 1 | | 0.000 | | | |
| 8:0 | g | 0.000 | 1 | 0 | | 1 | | 0.000 | | | |
| 10:0 | g | 0.000 |) | 0 | | 1 | | 0.000 | | | |
| 12:0 | g | 0.000 |) | 0 | | 1 | | 0.000 | | | |
| 13:0 | | | | | | | | | | | |
| 14:0 | g | 0.054 | 0.009 | 4 | | 1 | | 0.038 | | | |
| 15:0 | g | | | | | | | | | | |
| 16:0 | | 2.996 | 0.122 | 4 | | 1 | | 2.097 | | | |
| 17:0 | - | | | | | | | | | | |
| 18:0 | _ | 0.632 | 0.075 | 4 | | 1 | | 0.442 | | | |
| 20:0 | _ | | | | | | | | | | |
| 22:0 | q | | | | | | | | | | |

| | | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|------|---------------------------------------|---------------|-------|-------|--------|------------|---|-----------------|-----------|
| | | | Nu | mber | | | | <u>1111</u> | easures or room | _ |
| | | | of | Data | Deriv | Source | Confidence | | | |
| Nutrients and Ur | nits | Mean | Std. Error Po | oints | Code | Code | Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | | |
| Fatty acids, total monounsaturated 14:1 | | 6.525 | | 0 | | 1 | | 4.568 | | |
| 15:1 | g | | | | | | | | | |
| 16:1 undifferentiated | g | 0.441 | 0.032 | 4 | | 1 | | 0.309 | | |
| 17:1 | g | | | | | | | | | |
| 18:1 undifferentiated | g | 6.084 | 0.239 | 4 | | 1 | | 4.259 | | |
| 20:1 | g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 22:1 undifferentiated | g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 24:1 c | | | | | | | | | | |
| Fatty acids, total polyunsaturated | g | 1.223 | | 0 | | 1 | | 0.856 | | |
| 18:2 undifferentiated | g | 0.558 | 0.168 | 4 | | 1 | | 0.391 | | |
| 18:3 undifferentiated | g | 0.102 | 0.068 | 4 | | 1 | | 0.071 | | |
| 18:4 | g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 20:2 n-6 c,c | g | | | | | | | | | |
| 20:3 undifferentiated | g | | | | | | | | | |
| 20:4 undifferentiated | g | 0.319 | 0.058 | 4 | | 1 | | 0.223 | | |
| 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 | 884 | | 3 | | 1 | | 619 | | |
| Phytosterols | mg | | | | | | | | | |
| A A | | | | | | | | | | |
| Amino Acids: | _ | | | • | | _ | | | | |
| Tryptophan | | 0.260 | | 0 | | 1 | | 0.182 | | |
| Threonine | - | 0.736 | | 0 | | 1 | | 0.515 | | |
| Isoleucine | | 0.598 | | 0 | | 1 | | 0.419 | | |
| Leucine | | 1.097 | | 0 | | 1 | | 0.768 | | |
| Lysine | | 0.951 | | 0 | | 1 1 | | 0.666 | | |
| Methionine | | 0.576 | | | | | | 0.403 | | |
| Cystine | | 0.285 | | 0 | | 1 | | 0.200 | | |
| Phenylalanine | | 0.840 | | 0 | | 1 | | 0.588 | | |
| Tyrosine | - | 0.613 | | 0 | | 1 | | 0.429 | | |
| Valine | - | 0.885 | | 0 | | 1 | | 0.620 | | |
| Arginine | | 0.765 | | 0 | | 1 | | 0.536 | | |
| Histidine | _ | 0.320 | | 0 | | 1 | | 0.224 | | |
| Alanine | | 0.631 | | 0 | | 1 | | 0.442 | | |
| Aspartic acid | | 0.777 | | 0 | | 1 | | 0.544 | | |
| Glutamic acid | _ | 1.789 | | 0 | | 1 | | 1.252 | | |
| Glycine | | 0.422 | | 0 | | 1 | | 0.295 | | |
| Proline | - | 0.480 | | 0 | | 1 | | 0.336 | | |
| Serine | - | 0.963 | | 0 | | 1 | | 0.674 | | |
| Hydroxyproline | g | | | | | | | | | |
| Others: | | | | | | | | | | |
| Alcohol, ethyl | a | 0.0 | | 0 | | 7 | | 0.0 | | |
| Caffeine | | 0 | | 0 | z | 7 | | 0 | | |
| Theobromine | | 0 | | 0 | z | 7 | | 0 | | |
| | | - | | - | _ | - | | · | | |
| Carotenoids: | | | | | | | | | | |
| Carotene, beta | | 14 | | 0 | BFFN | 4 | | 9.799 | | |
| Carotene, alpha | | 0 | | 0 | BFFN | 4 | | 0.000 | | |
| Cryptoxanthin, beta | | 12 | | 0 | BFFN | 4 | | 8.671 | | |
| Lycopene | | 0 | | 0 | BFFN | 4 | | 0.000 | | |
| Lutein + zeaxanthin | mcg | 459 | | 0 | BFFN | 4 | | 321.129 | | |

Common Measures:

Measure 1 = 70g: 1 egg

Egg, duck, whole, fresh, raw

Calories Factors: Protein 4.36 Fat 9.02 Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products

Refuse: 13% Shell

| | | <u>A</u> 1 | mount in 100 gra | | ble portic | <u>on</u> | Amount in edible portion of common measures of food | | | |
|--|----------|---------------|--------------------------|-------------|----------------|--------------------|---|-----------------|-----------|--|
| | | | Num | | | | <u>m</u> | easures of food | <u>l</u> | |
| Nutrients and Uni | ts | Mean | of Da Std. Error Poin | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 | |
| | | | | | | | | | | |
| Proximates: | a | 70.43 | 0.498 | 3 | 1 | | 101.42 | | | |
| Water | - | 185 | | 3 0 NC | 4 | | 267 | | | |
| Energy | | 185 775 | | U NC | 4 | | 1115 | | | |
| Energy Protein (N x 6.25) | | 13.87 | 0.120 | 3 | 1 | | 19.97 | | | |
| Total lipid (fat) | | 13.07 | | 3 | 1 | | 19.11 | | | |
| Ash | | 1.08 | | 3 | 1 | | 1.56 | | | |
| Carbohydrate, by difference | | 1.35 | | 0 NC | 4 | | 1.94 | | | |
| Fiber, total dietary | | 0.0 | | 0 | 4 | | 0.0 | | | |
| Sugars, total | | 0.94 | | O BFSI | | | 1.35 | | | |
| Starch | | 0.54 | | 5 210. | | | 1.55 | | | |
| Starch | 9 | | | | | | | | | |
| <u> Minerals:</u> | | | | | | | | | | |
| Calcium, Ca | - | 60 | |) | 4 | | 87 | | | |
| Iron, Fe | | 3.64 | |) | 4 | | 5.24 | | | |
| Magnesium, Mg | | 16 | |) | 4 | | 22 | | | |
| Phosphorus, P | | 208 | |) | 4 | | 299 | | | |
| Potassium, K | | 210 | |) | 4 | | 302 | | | |
| Sodium, Na | | 138 | |) | 4 | | 199 | | | |
| Zinc, Zn | | 1.33 0.062 | |) | 4 1 | | 1.92 0.089 | | | |
| Copper, Cu | | 0.062 | |) | 1 | | 0.089 | | | |
| Manganese, Mn Selenium, Se | | 36.9 | |) D BFSN | | | 53.1 | | | |
| Selemum, Se | | 30.5 | | , DISI | - | | 33.1 | | | |
| <u>Vitamins:</u> | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | |) | 1 | | 0.0 | | | |
| Thiamin | mg | 0.147 | 1 |) | 4 | | 0.212 | | | |
| Riboflavin | mg | 0.382 | ? |) | 4 | | 0.550 | | | |
| Niacin | | 0.189 | |) | 4 | | 0.272 | | | |
| Pantothenic acid | | 1.759 | |) | 4 | | 2.533 | | | |
| Vitamin B-6 | - | 0.236 | |) | 4 | | 0.340 | | | |
| Folate, total | | 76 | |) | 4 | | 109 | | | |
| Folic acid | _ | 0 | |) z | 7 | | 0 | | | |
| Folate, food | | 76 | |) | 4 | | 109 | | | |
| Folate, DFE | | 76 | |) NC | 4 | | 109 | | | |
| Vitamin B-12 | | 5.10 | |) | 4 | | 7.34 | | | |
| Vitamin A, IU | | 650 | |) NC | 4 | | 936 | | | |
| Vitamin A, RAE | | 187 | |) NC | 4 | | 269 | | | |
| Retinol | | 185 | |) BFFN | | | 267 | | | |
| Vitamin E (alpha-tocopherol) | | 1.29 | |) BFFN | 4 | | 1.86 | | | |
| Tocopherol, beta | | | | | | | | | | |
| Tocopherol, gamma Tocopherol, delta | | | | | | | | | | |
| Vitamin D | | | | | | | | | | |
| Vitamin K (phylloquinone) | | 0.4 | |) BFFN | 4 | | 0.6 | | | |
| vitanini k (priyrioquiione) | 9 | · · · | | | - | | 0.0 | | | |
| <u>Lipids:</u> | | | | | | | | | | |
| Fatty acids, total saturated | g | 3.595 | |) | 1 | | 5.177 | | | |
| 4:0 | | 0.000 | |) | 1 | | 0.000 | | | |
| 6:0 | | 0.000 | |) | 1 | | 0.000 | | | |
| 8:0 | - | 0.000 | |) | 1 | | 0.000 | | | |
| 10:0 | - | 0.000 | |) | 1 | | 0.000 | | | |
| 12:0 | | 0.000 |) |) | 1 | | 0.000 | | | |
| 13:0 | | | | _ | _ | | _ | | | |
| 14:0 | | 0.050 |) | 2 | 1 | | 0.072 | | | |
| 15:0 | | | | _ | | | | | | |
| 16:0 | | 2.849 |) | 2 | 1 | | 4.103 | | | |
| 17:0 | - | _ | | _ | | | _ | | | |
| 18:0 | - | 0.696 | 5 | 2 | 1 | | 1.002 | | | |
| 20:0 | - | | | | | | | | | |
| 22:0 | g | | | | | | | | | |

| | | <u>A</u> 1 | mount 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 l | Units | Mean | Std. Error | of Data Points | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | | |
| Fatty acids, total monounsaturat | | 5.747 | | 0 | | 1 | | 8.276 | | |
| 14:1 | - | | | | | | | | | |
| 15:1 | - | | | | | | | | | |
| 16:1 undifferentiated | _ | 0.394 | | 2 | | 1 | | 0.567 | | |
| 17:1 | | | | _ | | _ | | | | |
| 18:1 undifferentiated | - | 5.353 | | 2 | | 1 | | 7.708 | | |
| 20:1 | | 0.000 | | 0 | | 1 | | 0.000 | | |
| 22:1 undifferentiated | - | 0.000 | | 0 | | 1 | | 0.000 | | |
| 24:1 c | | 4 680 | | | | _ | | | | |
| Fatty acids, total polyunsaturate | | 1.672 | | 0 | | 1 | | 2.408 | | |
| 18:2 undifferentiated | | 0.680 | | 2 | | 1 | | 0.979 | | |
| 18:3 undifferentiated | | 0.554 | | 2 | | 1 | | 0.798 | | |
| 18:4 | | 0.000 | | 0 | | 1 | | 0.000 | | |
| 20:2 n-6 c,c | - | | | | | | | | | |
| 20:3 undifferentiated | _ | 2 2== | | _ | | | | | | |
| 20:4 undifferentiated | | 0.279 | | 2 | | 1 | | 0.402 | | |
| 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 | | 050 | | | | _ | | 1000 | | |
| Cholesterol | - | 852 | | 0 | | 4 | | 1227 | | |
| Phytosterols | mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan | g | 0.282 | | 0 | | 4 | | 0.406 | | |
| Threonine | | 0.797 | | 0 | | 4 | | 1.148 | | |
| Isoleucine | _ | 0.647 | | 0 | | 4 | | 0.932 | | |
| Leucine | _ | 1.188 | | 0 | | 4 | | 1.711 | | |
| Lysine | g | 1.030 | | 0 | | 4 | | 1.483 | | |
| Methionine | | 0.624 | | 0 | | 4 | | 0.899 | | |
| Cystine | | 0.309 | | 0 | | 4 | | 0.445 | | |
| Phenylalanine | | 0.910 | | 0 | | 4 | | 1.310 | | |
| Tyrosine | | 0.664 | | 0 | | 4 | | 0.956 | | |
| Valine | _ | 0.958 | | 0 | | 4 | | 1.380 | | |
| Arginine | - | 0.828 | | 0 | | 4 | | 1.192 | | |
| Histidine | _ | 0.346 | | 0 | | 4 | | 0.498 | | |
| Alanine | - | 0.683 | | 0 | | 4 | | 0.984 | | |
| Aspartic acid | _ | 0.841 | | 0 | | 4 | | 1.211 | | |
| Glutamic acid | | 1.937 | | 0 | | 4 | | 2.789 | | |
| Glycine | _ | 0.457 | | 0 | | 4 | | 0.658 | | |
| Proline | | 0.520 | | 0 | | 4 | | 0.749 | | |
| Serine | _ | 1.043 | | 0 | | 4 | | 1.502 | | |
| Hydroxyproline | | | | | | | | | | |
| | | | | | | | | | | |
| Others: | | | | | | _ | | | | |
| Alcohol, ethyl | | 0.0 | | 0 | | 7 | | 0.0 | | |
| Caffeine | | 0 | | 0 | Z | 7 | | 0 | | |
| Theobromine | mg | 0 | | 0 | z | 7 | | 0 | | |
| Carotenoids: | | | | | | | | | | |
| Carotene, beta | mcq | 13 | | 0 | BFFN | 4 | | 19.427 | | |
| Carotene, alpha | | 0 | | 0 | BFFN | 4 | | 0.000 | | |
| Cryptoxanthin, beta | | 12 | | 0 | BFFN | 4 | | 17.190 | | |
| Lycopene | | 0 | | 0 | BFFN | 4 | | 0.000 | | |
| Lutein + zeaxanthin | | 442 | | 0 | BFFN | 4 | | 636.621 | | |

Common Measures:

Measure 1 = 144g: 1 egg

NDB No. 01139

Egg, goose, whole, fresh, raw

Calories Factors: Protein 4.36 Fat 9.02 Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products

Refuse: 8% Shell

| | | <u>A</u> 1 | mount in 100 | u grams | of edil | ole portio | <u>on</u> | Amount in edible portion of common | | | |
|--|---|--------------|--------------|-----------|---------|------------|------------|------------------------------------|-----------------|-----------|--|
| | | | | Numbei | 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 | = | 74.35 | | 2 | | 1 | | 6.69 | | | |
| Energy | | 158 | | 0 | NC | 4 | | 14 | | | |
| Energy | | 663 | | | | 4 | | 60 | | | |
| Protein (N x 6.25) | | 13.05 | 0.04 | 2 | | 1 | | 1.17 | | | |
| Total lipid (fat) | _ | 11.09 | 0.24 | 13 6 2 | | 1 1 | | 1.00 0.10 | | | |
| Ash | | 1.10 0.41 | | 0 | NC | 4 | | 0.10 | | | |
| Carbohydrate, by difference | | 0.41 | | 0 | NC | 4 | | 0.04 | | | |
| Fiber, total dietary Sugars, total | | 0.41 | | 0 | NR | 4 | | 0.04 | | | |
| Starch | = | 0.41 | | U | NK | - | | 0.04 | | | |
| Starcii | 9 | | | | | | | | | | |
| <u>Minerals:</u> | | | | | | | | | | | |
| Calcium, Ca | • | 64 | | 2 | | 1 | | 6 | | | |
| Iron, Fe | • | 3.65 | | 2 | | 1 | | 0.33 | | | |
| Magnesium, Mg | | 13 | | 0 | | 4 | | 1 | | | |
| Phosphorus, P | | 226 132 | | 2 0 | | 1 4 | | 20 12 | | | |
| Potassium, K | | 132 | | 0 | | 4 | | 12 | | | |
| Zinc, Zn | | 1.47 | | 0 | | 4 | | 0.13 | | | |
| Copper, Cu | - | 0.062 | • | 0 | | 1 | | 0.006 | | | |
| Manganese, Mn | | 0.038 | | 0 | | 1 | | 0.003 | | | |
| Selenium, Se | | 32.0 | | 0 | BFSN | 4 | | 2.9 | | | |
| • | - | | | | | | | | | | |
| Vitamins: | | 0.0 | | • | | | | 0.0 | | | |
| Vitamin C, total ascorbic acid Thiamin | | 0.0 0.130 | , | 0 2 | | 1 1 | | 0.0 0.012 | | | |
| Riboflavin | - | 0.790 | | 2 | | 1 | | 0.012 | | | |
| Niacin | | 0.750 | | 2 | | 1 | | 0.014 | | | |
| Pantothenic acid | | 1.761 | | 0 | | 4 | | 0.158 | | | |
| Vitamin B-6 | | 0.150 | | 1 | | 1 | | 0.014 | | | |
| Folate, total | _ | 66 | | 0 | | 4 | | 6 | | | |
| Folic acid | | 0 | | 0 | z | 7 | | 0 | | | |
| Folate, food | | 66 | | 0 | | 4 | | 6 | | | |
| Folate, DFE | mcg_DFE | 66 | | 0 | NC | 4 | | 6 | | | |
| Vitamin B-12 | | 1.58 | | 0 | | 4 | | 0.14 | | | |
| Vitamin A, IU | | 543 | | 0 | NC | 4 | | 49 | | | |
| Vitamin A, RAE | | 156 | | 0 | NC | 4 | | 14 | | | |
| Retinol | | 155 | | 0 | BFFN | 4 | | 14 | | | |
| Vitamin E (alpha-tocopherol) | mg | 1.08 | | 0 | BFFN | 4 | | 0.10 | | | |
| Tocopherol, beta | | | | | | | | | | | |
| Tocopherol, gamma Tocopherol, delta | | | | | | | | | | | |
| Vitamin D | | | | | | | | | | | |
| Vitamin K (phylloquinone) | | 0.3 | | 0 | BFFN | 4 | | 0.0 | | | |
| | | | | | | | | | | | |
| <u>Lipids:</u> | | | _ | _ | | _ | | | | | |
| Fatty acids, total saturated | | 3.557 | | 0 | | 1 | | 0.320 | | | |
| 4:0 | | 0.000 | | 0 | | 1 1 | | 0.000 | | | |
| 6:0 | _ | 0.000 | | 0 | | 1 | | 0.000 | | | |
| 8:0 | _ | 0.000 | | 0 | | 1 | | 0.000 0.000 | | | |
| 10:0 12:0 | | 0.000 | | 0 | | 1 | | 0.000 | | | |
| 13:0 | | 0.000 | • | J | | - | | 3.000 | | | |
| 14:0 | | 0.053 | 0.00 | 7 6 | | 1 | | 0.005 | | | |
| 15:0 | - | | | - | | • | | | | | |
| 16:0 | | 2.666 | 0.07 | 76 8 | | 1 | | 0.240 | | | |
| 17:0 | | | | | | | | | | | |
| 18:0 | _ | 0.838 | 0.05 | 3 8 | | 1 | | 0.075 | | | |
| 20:0 | g | | | | | | | | | | |
| 22:0 | g | | | | | | | | | | |
| 24:0 | g | | | | | | | | | | |

| | | <u>Aı</u> | mount in 100 g | | | ole portic | <u>on</u> | Amount in edible portion of common measures of food | | | |
|-------------------------------------|------|-----------|----------------|-------|-------|------------|------------|---|-----------------|-----------|--|
| | | | Nu | ımber | • | | | 1110 | easures or room | <u>.</u> | |
| | | | | | Deriv | Source | Confidence | | | | |
| Nutrients and Un | nits | Mean | Std. Error Po | oints | Code | Code | Code | Measure 1 | Measure 2 | Measure 3 | |
| | | | | | | | | | | | |
| Fatty acids, total monounsaturated. | | 4.324 | | 0 | | 1 | | 0.389 | | | |
| 14:1 | _ | | | | | | | | | | |
| 15:1 | _ | | | _ | | | | | | | |
| 16:1 undifferentiated | _ | 0.473 | 0.051 | 8 | | 1 | | 0.043 | | | |
| 17:1 | _ | | | _ | | | | | | | |
| 18:1 undifferentiated | _ | 3.851 | | 8 | | 1 | | 0.347 | | | |
| 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 | 1.324 | | 0 | | 1 | | 0.119 | | | |
| 18:2 undifferentiated | g | 0.940 | 0.081 | 8 | | 1 | | 0.085 | | | |
| 18:3 undifferentiated | g | 0.044 | 0.020 | 6 | | 1 | | 0.004 | | | |
| 18:4 | g | 0.000 | | 0 | | 1 | | 0.000 | | | |
| 20:2 n-6 c,c | g | | | | | | | | | | |
| 20:3 undifferentiated | g | | | | | | | | | | |
| 20:4 undifferentiated | g | 0.122 | 0.016 | 8 | | 1 | | 0.011 | | | |
| 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 | | 0.000 | | 0 | | 1 | | 0.000 | | | |
| Fatty acids, total trans | | | | | | | | | | | |
| Cholesterol | | 844 | | 12 | | 1 | | 76 | | | |
| Phytosterols | _ | | | | | | | | | | |
| 1 Hytosterois | 9 | | | | | | | | | | |
| Amino Acids: | | | | | | | | | | | |
| Tryptophan | g | 0.209 | | 0 | | 4 | | 0.019 | | | |
| Threonine | g | 0.641 | | 0 | | 4 | | 0.058 | | | |
| Isoleucine | g | 0.816 | | 0 | | 4 | | 0.073 | | | |
| Leucine | g | 1.146 | | 0 | | 4 | | 0.103 | | | |
| Lysine | g | 0.881 | | 0 | | 4 | | 0.079 | | | |
| Methionine | g | 0.421 | | 0 | | 4 | | 0.038 | | | |
| Cystine | | 0.311 | | 0 | | 4 | | 0.028 | | | |
| Phenylalanine | | 0.737 | | 0 | | 4 | | 0.066 | | | |
| Tyrosine | | 0.543 | | 0 | | 4 | | 0.049 | | | |
| Valine | - | 0.940 | | 0 | | 4 | | 0.085 | | | |
| Arginine | | 0.835 | | 0 | | 4 | | 0.075 | | | |
| Histidine | | 0.315 | | 0 | | 4 | | 0.028 | | | |
| Alanine | | 0.762 | | 0 | | 4 | | 0.069 | | | |
| Aspartic acid | | 1.294 | | 0 | | 4 | | 0.116 | | | |
| • | | 1.662 | | 0 | | 4 | | 0.110 | | | |
| Glutamic acid | - | 0.434 | | 0 | | 4 | | | | | |
| Glycine | | | | | | 4 | | 0.039 | | | |
| Proline | = | 0.518 | | 0 | | 4 | | 0.047 | | | |
| Serine | - | 0.992 | | 0 | | 4 | | 0.089 | | | |
| Hydroxyproline | g | | | | | | | | | | |
| Others: | | | | | | | | | | | |
| Alcohol, ethyl | a | 0.0 | | 0 | | 7 | | 0.0 | | | |
| Caffeine | | 0 | | 0 | z | 7 | | 0 | | | |
| Theobromine | | 0 | | 0 | z | 7 | | 0 | | | |
| | | ŭ | | • | - | • | | • | | | |
| Carotenoids: | | | | | | | | | | | |
| Carotene, beta | | 11 | | 0 | BFFN | 4 | | 1.015 | | | |
| Carotene, alpha | | 0 | | 0 | BFFN | 4 | | 0.000 | | | |
| Cryptoxanthin, beta | | 10 | | 0 | BFFN | 4 | | 0.898 | | | |
| Lycopene | mcg | 0 | | 0 | BFFN | 4 | | 0.000 | | | |
| Lutein + zeaxanthin | mcq | 369 | | 0 | BFFN | 4 | | 33.252 | | | |

Common Measures:

Measure 1 = 9.0g: 1 egg

NDB No. 01140

Egg, quail, whole, fresh, raw

Calories Factors: Protein 4.36 Fat 9.02 Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products

Refuse: 12% Shell

| | | <u>A</u> 1 | mount in 100 g | rams | of edib | ole portio | <u>on</u> | Amount in edible portion of common | | | |
|---|---|------------|---------------------|------|---------|----------------|--------------------|------------------------------------|-----------------|---------|--|
| | | | | mber | | | | <u>m</u> | easures of food | 1 | |
| Nutrients and Uni | its | Mean | of Std. Error Po | | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure | |
| | | | | | | | | | | | |
| Proximates: Water | a | 72.50 | 0.372 | 5 | | 1 | | 57.28 | | | |
| Energy | | 171 | 0.372 | 0 | NC | 4 | | 135 | | | |
| Energy | | 716 | | U | NC | 4 | | 565 | | | |
| | | 13.68 | 0.613 | 5 | | 1 | | 10.81 | | | |
| Protein (N x 6.25) Total lipid (fat) | | 11.88 | 0.188 | 5 | | 1 | | 9.39 | | | |
| Ash | | 0.79 | 0.049 | 4 | | 1 | | 0.62 | | | |
| Carbohydrate, by difference | | 1.15 | 0.015 | 0 | NC | 4 | | 0.91 | | | |
| Fiber, total dietary | | 0.0 | | 0 | 110 | 4 | | 0.0 | | | |
| Sugars, total | | 0.0 | | · | | • | | 0.0 | | | |
| Starch | | | | | | | | | | | |
| | | | | | | | | | | | |
| Minerals: Calcium, Ca | ma | 99 | | 1 | | 1 | | 78 | | | |
| Iron, Fe | - | 4.10 | | 1 | | 1 | | 3.24 | | | |
| Magnesium, Mg | | 13 | | 0 | | 4 | | 11 | | | |
| Phosphorus, P | | 170 | | 1 | | 1 | | 134 | | | |
| Potassium, K | | 142 | | 0 | | 4 | | 112 | | | |
| Sodium, Na | | 151 | | 0 | | 4 | | 120 | | | |
| Zinc, Zn | | 1.58 | | 0 | | 4 | | 1.25 | | | |
| Copper, Cu | | 0.062 | 2 | 0 | | 1 | | 0.049 | | | |
| Manganese, Mn | <u>mg</u> | 0.038 | 3 | 0 | | 1 | | 0.030 | | | |
| Selenium, Se | mcg | 34.3 | | 0 | BFSN | 4 | | 27.1 | | | |
| Vitamins: | | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | | 1 | | 0.0 | | | |
| Thiamin | _ | 0.110 |) | 1 | | 1 | | 0.087 | | | |
| Riboflavin | mg | 0.470 |) | 1 | | 1 | | 0.371 | | | |
| Niacin | | 0.024 | | 2 | | 1 | | 0.019 | | | |
| Pantothenic acid | | 1.889 | | 0 | | 4 | | 1.492 | | | |
| Vitamin B-6 | _ | 0.131 | - | 0 | | 4 | | 0.103 | | | |
| Folate, total | | 71 | | 0 | _ | 4 | | 56 | | | |
| Folic acid | _ | 0 | | 0 | Z | 7 | | 0 | | | |
| Folate, food | | 71 71 | | 0 | *** | 4 | | 56 56 | | | |
| Folate, DFE | | 1.69 | | 0 | NC | 4 4 | | 1.34 | | | |
| Vitamin B-12 | • | 554 | | 0 | | 4 | | 438 | | | |
| Vitamin A, IU Vitamin A, RAE | mca DAE | 166 | | 0 | | 4 | | 131 | | | |
| Retinol | | 166 | | 0 | | 4 | | 131 | | | |
| Vitamin E (alpha-tocopherol) | _ | 100 | | Ů | | • | | 131 | | | |
| Tocopherol, beta | | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | | |
| Vitamin D | | | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | | |
| Lipids: | | | | | | | | | | | |
| Fatty acids, total saturated | g | 3.632 | ? | 0 | | 1 | | 2.869 | | | |
| 4:0 | g | 0.000 |) | 0 | | 4 | | 0.000 | | | |
| 6:0 | g | 0.000 |) | 0 | | 4 | | 0.000 | | | |
| 8:0 | g | 0.000 | | 0 | | 4 | | 0.000 | | | |
| 10:0 | - | 0.000 | | 0 | | 4 | | 0.000 | | | |
| 12:0 | | 0.000 |) | 0 | | 4 | | 0.000 | | | |
| 13:0 | - | _ | | _ | | _ | | | | | |
| 14:0 | | 0.036 | 0.007 | 3 | | 1 | | 0.028 | | | |
| 15:0 | - | | | | | _ | | | | | |
| 16:0 | | 2.719 | 0.075 | 4 | | 1 | | 2.148 | | | |
| 17:0 | | 0 0== | | , | | | | | | | |
| 18:0 | | 0.877 | 0.053 | 4 | | 1 | | 0.693 | | | |
| 20:0 | | | | | | | | | | | |
| 22:0 | g g | | | | | | | | | | |

| | | <u>Ar</u> | mount in 100 | grams | of edi | ole portio | <u>on</u> | Amount in edible portion of common | | |
|-------------------------------------|-----|----------------|--------------|------------|--------|------------|------------|------------------------------------|-----------------|-----------|
| | | | | Numbe | r | | | <u>m</u> | easures of food | |
| | | | | | | Source | Confidence | | | |
| Nutrients and Un | its | Mean | Std. Error | | | Code | Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | | |
| Fatty acids, total monounsaturated. | | 4.571 | | 0 | | 1 | | 3.611 | | |
| 14:1 | - | | | | | | | | | |
| 15:1 | - | | | | | | | | | |
| 16:1 undifferentiated | - | 0.672 | 0.09 | 9 4 | | 1 | | 0.531 | | |
| 17:1 | | | | | | _ | | | | |
| 18:1 undifferentiated | - | 3.899 | 0.13 | 7 4 | | 1 | | 3.080 | | |
| 20:1 | _ | | | | | | | | | |
| 22:1 undifferentiated | - | | | | | | | | | |
| 24:1 c | | 1.658 | | 0 | | 1 | | 1 212 | | |
| Fatty acids, total polyunsaturated | | | | | | 1 | | 1.310 0.921 | | |
| 18:2 undifferentiated | • | 1.166 0.079 | | | | 1 | | | | |
| 18:3 undifferentiated | | 0.079 | 0.02 | 4 4 | | 1 | | 0.062 | | |
| 18:4 20:2 n-6 c,c | | | | | | | | | | |
| 20:2 n-6 c,c | | | | | | | | | | |
| 20:4 undifferentiated | - | 0.127 | 0.00 | 9 4 | | 1 | | 0.100 | | |
| 20:5 n-3 | - | 0.127 | 0.00 | <i>y</i> 4 | | _ | | 0.100 | | |
| 22:5 n-3 | | | | | | | | | | |
| 22:6 n-3 | - | | | | | | | | | |
| Fatty acids, total trans | - | | | | | | | | | |
| Cholesterol | | 933 | | 10 | | 1 | | 737 | | |
| Phytosterols | - | | | | | | | | | |
| - | | | | | | | | | | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan | - | 0.219 | | 0 | | 4 | | 0.173 | | |
| Threonine | - | 0.672 | | 0 | | 4 | | 0.531 | | |
| Isoleucine | | 0.855 | | 0 | | 4 | | 0.675 | | |
| Leucine | | 1.201 | | 0 | | 4 | | 0.949 | | |
| Lysine | | 0.924 | | 0 | | 4 | | 0.730 | | |
| Methionine | - | 0.442 | | 0 | | 4 | | 0.349 | | |
| Cystine | | 0.326 | | 0 | | 4 | | 0.258 | | |
| Phenylalanine | | 0.773 | | 0 | | 4 | | 0.611 | | |
| Tyrosine | - | 0.569 | | 0 | | 4 | | 0.450 | | |
| Valine | | 0.985 | | 0 | | 4 | | 0.778 | | |
| Arginine | | 0.876 | | 0 | | 4 | | 0.692 | | |
| Histidine | • | 0.330 | | 0 | | 4 | | 0.261 | | |
| Alanine | | 0.799 | | 0 | | 4 | | 0.631 | | |
| Aspartic acid | | 1.357 | | 0 | | 4 | | 1.072 | | |
| Glutamic acid | | 1.742 | | 0 | | 4 | | 1.376 | | |
| Glycine | | 0.455 | | 0 | | 4 | | 0.359 | | |
| Proline | - | 0.543 | | 0 | | 4 | | 0.429 | | |
| Serine | - | 1.040 | | 0 | | 4 | | 0.822 | | |
| Hydroxyproline | g | | | | | | | | | |

Common Measures:

Measure 1 = 79g: 1 egg

Calories Factors: Protein 4.36 Fat 9.02 Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products

| Nutrients and Units | Code | onfidence Code | _ | easures of food | |
|---|------|-------------------|-----------|-----------------|-----------|
| Water | | | Measure 1 | Measure 2 | Measure 3 |
| Water. | | | | | |
| Energy | | | | | |
| Finergy | | | | | |
| Protein (N x 6.25) .9 81.10 2 A Total lipid (fat) .9 0.00 0 z Ash .9 5.30 2 A Carbohydrate, by difference .9 7.80 0 MC Fiber, total dietary .9 0.0 0 Z Sugars, total .9 5.40 0 BFSI Starch .9 0 DESI Starch .9 0 0 E Starch .9 0 0 BFSI Starch .9 0 0 DESI Magnesium, Ma 9 0 1 1 2 A A Inc, Fe 2 A Inc, Can | 4 | | | | |
| Total lipid (fat) | 1 | | | | |
| Ash | 7 | | | | |
| Carbohydrate, by difference. 9 7.80 0 NC Fiber, total dietary. 9 0.0 0 Z Sugars, total. 9 5.40 0 BFSI Starch. 9 0 0 2 A Minerals: Calcium, Ca. mg 62 2 A Iron, Fe. mg 0.15 2 A Magnesium, Mg. mg 88 2 A Phosphorus, P. mg 111 2 A Polosphorus, P. mg 112 D A Scodium, Na. mg 112 D B | 1 | | | | |
| Fiber, total dietary | | | | | |
| Sugars, total | 7 | | | | |
| Minerals: | | | | | |
| Minerals: Calcium, Ca | N 4 | | | | |
| Calcium, Ca. mg 62 2 A Iron, Fe. mg 0.15 2 A Magnesium, Mg. mg 88 2 A Magnesium, Mg. mg 111 2 A Phosphorus, P. mg 111 2 A Potassium, K. mg 1125 2 A Sodium, Na. mg 1280 2 A Sodium, Na. mg 1280 2 A Sodium, Na. mg 1280 2 A Sodium, Na. mg 0.10 2 A Copper, Cu. mg 0.11 2 A Manganese, Mn. mg 0.10 0 D B Vitamin S. . mcg 1.25.1 D BFAN Vitamin C, total ascorbic acid mg 0.00 0 Z A Riboflavin. mg 0.005 2 A Nian <td< td=""><td></td><td></td><td></td><td></td><td></td></td<> | | | | | |
| Iron, Fe. | | | | | |
| Magnesium, Mg. mg 88 2 A Photsphorus, P. mg 1111 2 A Potassium, K. mg 1125 2 A Sodium, Na mg 1280 2 A Zinc, Zn. mg 0.10 2 A Zinc, Zn. mg 0.10 2 A Manganese, Mn. mg 0.007 2 A Manganese, Mn. mg 0.0007 2 A Selenium, Se. mcg 125.1 0 BFAN Vitaminse. Vitaminse. mcg 10.0 0 Z Thiamin. mg 0.005 2 A Riboflavin. mg 0.005 2 A Riboflavin. mg 0.865 2 A Vitamin B6 mg 0.775 2 A Vitamin B-6 mg 0.036 2 A Folica cid. | 1 | | | | |
| Phosphorus, P. | 1 | | | | |
| Potassium, K. | 1 | | | | |
| Sodium, Na | 1 | | | | |
| Zinc, Zn | 1 | | | | |
| Copper, Cu mg 0.114 2 A Manganese, Mn mg 0.007 2 A Selenium, Se mcg 125.1 0 BFAN Vitamins: Vitamin C, total ascorbic acid mg 0.0 0 Z Thiamin mg 0.005 2 A Riboflavin mg 0.005 2 A Niacin mg 0.565 2 A Pantothenic acid mg 0.775 2 A Vitamin B-6 mg 0.036 2 A Folate, total mcg 18 2 A Folate, total mcg 0 0 Z Folate, food mcg 18 2 A Folate, port mcg 0 0 Z Folate, port mcg 0 0 As Vitamin B-12 mcg 0.18 2 A Vitamin A, RAE </td <td>1</td> <td></td> <td></td> <td></td> <td></td> | 1 | | | | |
| Manganese, Mn. mg 0.007 2 A Selenium, Se. mcg 125.1 0 BFAN Vitamins. Vitamin C, total ascorbic acid mg 0.00 0 Z Thiamin. mg 0.005 2 A Riboflavin. mg 0.005 2 A Niacin. mg 0.865 2 A Niacin. mg 0.775 2 A Vitamin B-6. mg 0.036 2 A Vitamin B-6. mg 0.036 2 A Folate, total. mcg 18 2 A Folate, total. mcg 18 2 A Folate, food. mcg 18 2 A Folate, food. mcg 18 2 A Vitamin B-12. mcg 0.18 2 A Vitamin A, IU. IU 0 As Retinol. | 1 | | | | |
| Selenium, Se. mcg 125.1 0 BFAN Vitamins: Vitamin C, total ascorbic acid mg 0.00 0 Z Thiamin. mg 0.005 2 A Riboflavin. mg 0.005 2 A Niacin. mg 0.865 2 A Pantothenic acid. mg 0.775 2 A Vitamin B-6. mg 0.036 2 A Folate, total mcg 18 2 A Folic acid. mcg 0 0 Z Folate, food. mcg 18 2 A Folate, food. mcg 18 2 A Folate, food. mcg 0 0 Z Vitamin B-12 mcg 0.18 2 A Vitamin B-12 mcg 0.18 2 A Retinol. mcg_RAE 0 As Retinol. Mcg | 1 | | | | |
| Vitamins: Vitamin C, total ascorbic acid. mg 0.0 2 Thiamin. mg 0.005 2 A Riboflavin. mg 2.530 2 A Niacin. mg 0.865 2 A Pantothenic acid. mg 0.7775 2 A Vitamin B-6. mg 0.036 2 A Folic total. mcg 18 2 A Folic acid. mcg 0 0 Z Folate, food. mcg 18 2 A Folate, DFE. mcg 18 2 A Folate, DFE. mcg 0.18 2 A Vitamin B-12 mcg 0.18 2 A Vitamin A, IU. IU 0 0 AS Retinol. mcg 0 0 2 Vitamin E (alpha-tocopherol) mg 0 0 BFSN Tocopherol, delta mg <td< td=""><td>1</td><td></td><td></td><td></td><td></td></td<> | 1 | | | | |
| Vitamin C, total ascorbic acid mg 0.0 0 Z Thiamin mg 0.005 2 A Riboflavin mg 0.865 2 A Niacin mg 0.865 2 A Pantothenic acid mg 0.775 2 A Vitamin B-6 mg 0.036 2 A Folate, total mcg 18 2 A Folate, total mcg 0 0 Z Folate, food mcg 18 2 A Vitamin B-12 mcg 0.18 2 A Vitamin A, IU IU 0 0 AS Retinol mcg 0 0 <t< td=""><td>1 4</td><td></td><td></td><td></td><td></td></t<> | 1 4 | | | | |
| Thiamin mg 0.005 2 A Riboflavin mg 2.530 2 A Niacin mg 0.865 2 A Pantothenic acid mg 0.775 2 A Vitamin B-6 mg 0.036 2 A Vitamin B-6 mg 0.036 2 A Folate, total mcg 18 2 A Folate, total mcg 0 0 Z Folate, food mcg 18 2 A Vitamin Poll IU 0 0 AS Vitamin A, IU IU 0 0 AS Retinol mcg 0 0 0 <td< td=""><td></td><td></td><td></td><td></td><td></td></td<> | | | | | |
| Thiamin mg 0.005 2 A Riboflavin mg 2.530 2 A Niacin mg 0.865 2 A Pantothenic acid mg 0.775 2 A Vitamin B-6 mg 0.036 2 A Vitamin B-6 mg 0.036 2 A Folic exid mcg 18 2 A Folic pode mcg 0 0 Z Folate, food mcg 18 2 A Vitamin B-12 mcg 0.18 2 A Vitamin A, IU IU 0 0 AS Retinol mcg 0 0 0 BF | 7 | | | | |
| Riboflavin mg 2.530 2 A Niacin mg 0.865 2 A Pantothenic acid mg 0.775 2 A Vitamin B-6 mg 0.036 2 A Vitamin B-16 mcg 18 2 A Folate, total mcg 0 0 Z Folate, food mcg 18 2 A Vitamin Folde mcg 0.18 2 A Vitamin B-12 mcg 0.18 2 A Vitamin A, RAE mcg 0 0 Z Tocopherol, gamma mg 0 0 0 | 1 | | | | |
| Pantothenic acid. mg 0.775 2 A Vitamin B-6. mg 0.036 2 A Folate, total. mcg 18 2 A Folate, total. mcg 0 0 Z Folate, total. mcg 0 0 Z Folate, total. mcg 0 0 Z Folate, food. mcg 18 2 A Folate, food. mcg 18 2 A Folate, DFE. mcg_DFE 18 0 NC Vitamin B-12. mcg 0.18 2 A Vitamin A, IU. IU 0 0 As Retinol. mcg 0 0 0 BFSN Tocopherol, beta. mg 0.00 0 BFSN Tocopherol, delta. mg 0.00 0 BFSN Lipids: IU 0 0 0 BFSN Lipids: T< | 1 | | | | |
| Vitamin B-6. mg 0.036 2 A Folate, total. mcg 18 2 A Folic acid. mcg 0 0 Z Folate, food. mcg 18 2 A Folate, DFE. mcg_DFE 18 0 NC Vitamin B-12. mcg 0.18 2 A Vitamin A, IU. IU 0 0 As Vitamin A, RAE. mcg_RAE 0 0 As Retinol. mcg 0 0 D As Retinol. mcg 0 0 D BFSN Tocopherol, beta. mg 0 0 BFSN Tocopherol, gamma. mg 0 0 BFSN Vitamin D. IU Vitamin K (phylloquinone) mcg 0 0 BFSN Lipids: Testy acids, total saturated. g 0 0 0 Z 4:0. g 0 <td>1</td> <td></td> <td></td> <td></td> <td></td> | 1 | | | | |
| Folate, total mcg 18 2 A Folic acid. mcg 0 0 Z Folate, food. mcg 18 2 A Folate, DFE. mcg_DFE 18 0 NC Vitamin B-12. mcg 0.18 2 A Vitamin A, IU. IU 0 0 AS Vitamin A, RAE. mcg_RAE 0 0 AS Retinol. mcg 0 0 Z Vitamin E (alpha-tocopherol). mg 0.00 0 BFSN Tocopherol, beta. mg mg Tocopherol, delta mg Tocopherol, delta mg U Vitamin D. IU Vitamin K (phylloquinone) mcg 0.0 0 BFSN Eipids: Fatty acids, total saturated. g 0.000 0 Z 4:0. g 0.000 0 Z 6:0. g 0.000 0 Z | 1 | | | | |
| Folic acid. mcg 0 0 Z Folate, food. mcg 18 2 A Folate, DFE. mcg_DFE 18 0 NC Vitamin B-12. mcg 0.18 2 A Vitamin A, IU. IU 0 0 0 AS Vitamin A, RAE mcg_RAE 0 0 AS Retinol. mcg 0.00 0 Z Vitamin E (alpha-tocopherol). mg 0.00 BFSN Tocopherol, beta. mg Tocopherol, gamma. mg Tocopherol, delta mg Vitamin D. IU Vitamin K (phylloquinone) mcg 0.00 0 BFSN Lipids: Fatty acids, total saturated. 9 0.000 0 Z 4:0. 9 0.000 0 Z 8:0. 9 0.000 0 Z 10:0. 9 0.000 0 Z 11:0. 9 0.000 0 Z | 1 | | | | |
| Folate, food mcg 18 2 A Folate, DFE mcg_DFE 18 0 NC Vitamin B-12 mcg 0.18 2 A Vitamin A, IU IU 0 0 0 AS Vitamin A, RAE mcg_RAE 0 0 0 Z Vitamin E (alpha-tocopherol) mg 0.00 0 BFSN Tocopherol, beta mg Tocopherol, gamma mg Tocopherol, delta mg Vitamin D IU Vitamin K (phylloquinone) mcg 0.00 0 BFSN Lipids: Fatty acids, total saturated 9 0.000 0 Z 4:0 9 0.000 0 Z 8:0 9 0.000 0 Z 10:0 9 0.000 0 Z 11:0 9 0.000 0 Z | 1 | | | | |
| Folate, DFE mcg_DFE 18 0 NC Vitamin B-12 mcg 0.18 2 A Vitamin A, IU IU 0 0 0 AS Vitamin A, RAE mcg_RAE 0 0 AS Retinol mcg 0.00 0 Z Vitamin E (alpha-tocopherol) mg 0.00 0 BFSN Tocopherol, beta mg Tocopherol, delta mg Vitamin D IU Vitamin K (phylloquinone) mcg 0.00 0 BFSN Lipids: Fatty acids, total saturated 9 0.000 0 Z 4:0 9 0.000 0 Z 8:0 9 0.000 0 Z 10:0 9 0.000 0 Z 11:0 9 0.000 0 Z | 7 | | | | |
| Vitamin B-12 mcg 0.18 2 A Vitamin A, IU IU 0 0 AS Vitamin A, RAE mcg_RAE 0 0 AS Retinol mcg 0 0 Z Vitamin E (alpha-tocopherol) mg 0.00 0 BFSN Tocopherol, beta mg Tocopherol, gamma mg Tocopherol, gamma mg Vitamin D UU Vitamin D IU UV Vitamin K (phylloquinone) 0 0 BFSN Lipids: Fatty acids, total saturated g 0.000 0 Z 4:0 g 0.000 0 Z 6:0 g 0.000 0 Z 8:0 g 0.000 0 Z 10:0 g 0.000 < | 1 | | | | |
| Vitamin A, IU | 4 | | | | |
| Vitamin A, RAE mcg_RAE 0 as Retinol mcg 0 0 z Vitamin E (alpha-tocopherol) mg 0.00 0 BFSN Tocopherol, beta mg 0.00 0 BFSN Tocopherol, delta mg Vitamin D U Vitamin K (phylloquinone) IU Vitamin K (phylloquinone) 0.00 0 BFSN Lipids: Fatty acids, total saturated g 0.000 0 z 4:0 g 0.000 0 z 6:0 g 0.000 0 z 8:0 g 0.000 0 z 10:0 g 0.000 0 z 11:0 g 0.000 0 z | 1 | | | | |
| Retinol mcg 0 Z Vitamin E (alpha-tocopherol) mg 0.00 0 BFSN Tocopherol, beta mg | 1 | | | | |
| Vitamin E (alpha-tocopherol). mg 0.00 0 BFSN Tocopherol, beta. mg | 1 | | | | |
| Tocopherol, beta | 7 | | | | |
| Tocopherol, gamma | 1 4 | | | | |
| Tocopherol, delta | | | | | |
| Vitamin D | | | | | |
| Vitamin K (phylloquinone) mcg 0.0 0 BFSN Lipids: | | | | | |
| Lipids: Fatty acids, total saturated. g 0.000 0 Z 4:0. g 0.000 0 Z 6:0. g 0.000 0 Z 8:0. g 0.000 0 Z 10:0. g 0.000 0 Z 12:0. g 0.000 0 Z | | | | | |
| Fatty acids, total saturated g 0.000 0 Z 4:0 g 0.000 0 Z 6:0 g 0.000 0 Z 8:0 g 0.000 0 Z 10:0 g 0.000 0 Z 12:0 g 0.000 0 Z | 1 4 | | | | |
| 4:0 g 0.000 0 z 6:0 g 0.000 0 z 8:0 g 0.000 0 z 10:0 g 0.000 0 z 12:0 g 0.000 0 z | | | | | |
| 4:0 | 7 | | | | |
| 6:0 | 7 | | | | |
| 10:0 | 7 | | | | |
| 12:0 | 7 | | | | |
| ·=·· | 7 | | | | |
| 12.0 | 7 | | | | |
| 13:0g | | | | | |
| 14:0g 0.000 0 z | 7 | | | | |
| 15:0g | | | | | |
| 16:0g 0.000 0 z | 7 | | | | |
| 17:0g | | | | | |
| 18:0g 0.000 0 z | 7 | | | | |
| 20:0g | | | | | |
| 22:0g 24:0g | | | | | |

| | | <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 | |
| | | | | of Data | Deriv | Source | Confidence | | | |
| Nutrients and Units | | Mean | Std. Error | Points | Code | Code | Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | | |
| Fatty acids, total monounsaturated | | 0.000 | | 0 | z | 7 | | | | |
| 14:1 15:1 | - | | | | | | | | | |
| 16:1 undifferentiated | | 0.000 | | 0 | z | 7 | | | | |
| 17:1 | - | 0.000 | | U | 4 | , | | | | |
| 18:1 undifferentiated | - | 0.000 | | 0 | z | 7 | | | | |
| 20:1 | - | 0.000 | | 0 | z | 7 | | | | |
| 22:1 undifferentiated | - | 0.000 | | 0 | z | 7 | | | | |
| 24:1 c | | 0.000 | | U | 4 | , | | | | |
| Fatty acids, total polyunsaturated | | 0.000 | | 0 | z | 7 | | | | |
| 18:2 undifferentiated | 9 | 0.000 | | 0 | z | 7 | | | | |
| 18:3 undifferentiated | | 0.000 | | 0 | z | 7 | | | | |
| 18:4 | | 0.000 | | 0 | Z | 7 | | | | |
| 20:2 n-6 c.c. | - | 0.000 | | U | 4 | , | | | | |
| * | - | | | | | | | | | |
| 20:3 undifferentiated 20:4 undifferentiated | | 0.000 | | 0 | z | 7 | | | | |
| 20:5 n-3 | | 0.000 | | 0 | z | 7 | | | | |
| | - | 0.000 | | 0 | Z | 7 | | | | |
| 22:5 n-3 22:6 n-3 | | 0.000 | | 0 | z | 7 | | | | |
| | | 0.000 | | U | 4 | , | | | | |
| Fatty acids, total trans | | 0 | | 0 | z | 7 | | | | |
| CholesterolPhytosterols | | U | | U | 4 | , | | | | |
| Phytosterois | | | | | | | | | | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan | g | 0.999 | | 0 | | 1 | | | | |
| Threonine | g | 3.685 | | 0 | | 1 | | | | |
| Isoleucine | g | 4.581 | | 0 | | 1 | | | | |
| Leucine | g | 6.838 | | 0 | | 1 | | | | |
| Lysine | g | 5.515 | | 0 | | 1 | | | | |
| Methionine | | 2.790 | | 0 | | 1 | | | | |
| Cystine | | 2.102 | | 0 | | 1 | | | | |
| Phenylalanine | | 4.736 | | 0 | | 1 | | | | |
| Tyrosine | | 3.153 | | 0 | | 1 | | | | |
| Valine | - | 5.164 | | 0 | | 1 | | | | |
| Arginine | | 4.412 | | 0 | | 1 | | | | |
| Histidine | | 1.830 | | 0 | | 1 | | | | |
| Alanine | - | 4.684 | | 0 | | 1 | | | | |
| Aspartic acid | | 8.253 | | 0 | | 1 | | | | |
| Glutamic acid. | | 10.770 | | 0 | | 1 | | | | |
| Glycine | | 2.842 | | 0 | | 1 | | | | |
| Proline | | 3.153 | | 0 | | 1 | | | | |
| Serine | - | 5.593 | | 0 | | 1 | | | | |
| Hydroxyproline | | | | | | | | | | |
| Try droxy promite | 9 | | | | | | | | | |
| Others: | | | | | | | | | | |
| Alcohol, ethyl | | 0.0 | | 0 | BFSN | 4 | | | | |
| Caffeine | mg | 0 | | 0 | Z | 7 | | | | |
| Theobromine | mg | 0 | | 0 | Z | 7 | | | | |
| Carotenoids: | | | | | | | | | | |
| Carotene, beta | mca | 0 | | 0 | Z | 7 | | | | |
| Carotene, alpha | | 0 | | n | Z | 7 | | | | |
| Cryptoxanthin, beta | | 0 | | n | Z | 7 | | | | |
| Lycopene | | 0 | | 0 | Z | 7 | | | | |
| | | 0 | | 0 | Z | 7 | | | | |
| Lutein + zeaxanthin | iiog | U | | U | 4 | , | | | | |

Common Measures:

Calories Factors: Protein 4.36 Fat 9.02 Carbohydrate 3.68

NDB No. 01173 Egg, white, dried

Food Group: 01 Dairy and Egg Products

| | | <u>Aı</u> | mount in 100 | grams | of edib | ole portio | <u>n</u> | | edible portion | |
|--------------------------------|-------|----------------|--------------|---------|---------|------------|------------|----------------|-----------------|-----------|
| | | | N | lumber | | | | <u>m</u> | easures of food | <u>l</u> |
| | | | (| of Data | Deriv | Source | Confidence | | | |
| Nutrients and Un | its | Mean | Std. Error | Points | Code | Code | Code | Measure 1 | Measure 2 | Measure 3 |
| Proximates: | | | | | | | | | | |
| Water | g | 14.62 | 0.545 | 5 5 | | 1 | | 33.19 | | |
| Energy | kcal | 351 | | 0 | NC | 4 | | 797 | | |
| Energy | kj | 1469 | | | | 4 | | 3334 | | |
| Protein (N x 6.25) | g | 76.92 | | 0 | | 1 | | 174.61 | | |
| Total lipid (fat) | g | 0.04 | | 0 | | 1 | | 0.09 | | |
| Ash | g | 4.25 | | 0 | | 1 | | 9.65 | | |
| Carbohydrate, by difference | g | 4.17 | | 0 | NC | 4 | | 9.47 | | |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | | |
| Sugars, total | g | 4.17 | | 0 | NR | 4 | | 9.47 | | |
| Starch | g | | | | | | | | | |
| Minopole | | | | | | | | | | |
| Minerals: Calcium, Ca | ma | 83 | | 0 | | 1 | | 189 | | |
| Iron, Fe | - | 0.23 | | 0 | | 1 | | 0.52 | | |
| Magnesium, Mg | _ | 67 | | 0 | | 1 | | 152 | | |
| Phosphorus, P | | 83 | | 0 | | 1 | | 189 | | |
| Potassium, K | | 1042 | | 0 | | 1 | | 2364 | | |
| Sodium, Na | | 1156 | | 0 | | 1 | | 2624 | | |
| Zinc, Zn | | 0.15 | | 0 | | 1 | | 0.34 | | |
| Copper, Cu | | 0.230 |) | 0 | | 1 | | 0.522 | | |
| Manganese, Mn | | 0.070 |) | 0 | | 1 | | 0.159 | | |
| Selenium, Se | _ | 116.8 | | 0 | BFSN | 4 | | 265.1 | | |
| * Y*. | | | | | | | | | | |
| Vitamins: | | | | | | _ | | | | |
| Vitamin C, total ascorbic acid | - | 0.0 | | 0 | | 1 | | 0.0 | | |
| Thiamin | | 0.035 | | 0 | | 1 1 | | 0.079 | | |
| Riboflavin | | 2.162 | | 0 | | | | 4.908 | | |
| Niacin | | 0.675 1.829 | | 0 | | 1 1 | | 1.532 | | |
| Pantothenic acid | _ | 0.023 | | 0 | | 1 | | 4.152 0.052 | | |
| Vitamin B-6 | - | 89 | • | 0 | | 1 | | 203 | | |
| Folic acid | | 0 | | 0 | z | 7 | | 0 | | |
| Folate, food | | 89 | | 0 | 2 | 1 | | 203 | | |
| Folate, DFE | | 89 | | 0 | NC | 4 | | 203 | | |
| Vitamin B-12 | | 0.49 | | 0 | NC | 1 | | 1.12 | | |
| Vitamin A, IU | IIIO9 | 0.49 | | 0 | NC | 4 | | 0 | | |
| Vitamin A, RAE | | 0 | | 0 | NC | 4 | | 0 | | |
| Retinol | | 0 | | 0 | Z | 7 | | 0 | | |
| Vitamin E (alpha-tocopherol) | | 0.00 | | 0 | BFSN | 4 | | 0.00 | | |
| Tocopherol, beta | | 0.00 | | ŭ | 21 511 | • | | 0.00 | | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | |
| Vitamin D | | | | | | | | | | |
| Vitamin K (phylloquinone) | | 0.0 | | 0 | BFSN | 4 | | 0.0 | | |
| | _ | | | | | | | | | |
| <u>Lipids:</u> | | | | | | | | | | |
| Fatty acids, total saturated | | 0.000 | | 0 | | 1 | | 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 | | 0.000 | 1 | 0 | | 1 | | 0.000 | | |
| 14:0 | _ | 0.000 | , | U | | 1 | | 0.000 | | |
| 15:0 | | 0.000 | 1 | 0 | | 1 | | 0 000 | | |
| 16:0 | | 0.000 | , | U | | 1 | | 0.000 | | |
| 17:0 | - | 0.000 | 1 | 0 | | 1 | | 0.000 | | |
| 18:0 | - | 0.000 | , | U | | 1 | | 0.000 | | |
| 20:0 | - | | | | | | | | | |
| 44.U | g | | | | | | | | | |

| | | <u>Ar</u> | nount in 10 | 00 grams | of edil | ole portio | <u>on</u> | Amount in edible portion of common measures of food | | | |
|------------------------------------|------|-----------|-------------|-------------------|---------|----------------|--------------------|---|-----------------|-----------|--|
| | | | | Number | • | | | <u>m</u> | easures of food | | |
| Nutrients and Ur | nits | Mean | Std. Error | of Data Points | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 | |
| | | | | | | | | | | | |
| Fatty acids, total monounsaturated | | 0.000 | | 0 | | 1 | | 0.000 | | | |
| 15:1 | - | | | | | | | | | | |
| 16:1 undifferentiated | g | 0.000 | | 0 | | 1 | | 0.000 | | | |
| 17:1 | g | | | | | | | | | | |
| 18:1 undifferentiated | g | 0.000 | | 0 | | 1 | | 0.000 | | | |
| 20:1 | g | 0.000 | | 0 | | 4 | | 0.000 | | | |
| 22:1 undifferentiated | g | 0.000 | | 0 | | 4 | | 0.000 | | | |
| 24:1 c | g | | | | | | | | | | |
| Fatty acids, total polyunsaturated | g | 0.000 | | 0 | | 1 | | 0.000 | | | |
| 18:2 undifferentiated | | 0.000 | | 0 | | 1 | | 0.000 | | | |
| 18:3 undifferentiated | g | 0.000 | | 0 | | 1 | | 0.000 | | | |
| 18:4 | g | 0.000 | | 0 | | 4 | | 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 | | 4 | | 0.000 | | | |
| 22:5 n-3 | g | 0.000 | | 0 | | 4 | | 0.000 | | | |
| 22:6 n-3 | g | 0.000 | | 0 | | 4 | | 0.000 | | | |
| Fatty acids, total trans | g | | | | | | | | | | |
| Cholesterol | mg | 0 | | 0 | | 1 | | 0 | | | |
| Phytosterols | mg | | | | | | | | | | |
| Amino Acids: | | | | | | | | | | | |
| | σ. | 1.181 | | 0 | | 1 | | 2.681 | | | |
| Tryptophan Threonine | | 3.421 | | 0 | | 1 | | 7.766 | | | |
| Isoleucine | _ | 4.689 | | 0 | | 1 | | 10.644 | | | |
| Leucine | | 6.695 | | 0 | | 1 | | 15.198 | | | |
| Lysine | _ | 4.738 | | 0 | | 1 | | 10.755 | | | |
| Methionine | | 2.991 | | 0 | | 1 | | 6.790 | | | |
| Cystine | | 1.908 | | 0 | | 1 | | 4.331 | | | |
| • | | 4.837 | | 0 | | 1 | | 10.980 | | | |
| Phenylalanine Tyrosine | | 3.089 | | 0 | | 1 | | 7.012 | | | |
| Valine | _ | 5.760 | | 0 | | 1 | | 13.075 | | | |
| Arginine | _ | 4.492 | | 0 | | 1 | | 10.197 | | | |
| Histidine | | 1.748 | | 0 | | 1 | | 3.968 | | | |
| | | 4.960 | | 0 | | 1 | | 11.259 | | | |
| AlanineAspartic acid | | 6.806 | | 0 | | 1 | | 15.450 | | | |
| Glutamic acid | _ | 10.732 | | 0 | | 1 | | 24.362 | | | |
| Glycine | - | 2.880 | | 0 | | 1 | | 6.538 | | | |
| Proline | | 2.892 | | 0 | | 1 | | 6.565 | | | |
| | = | 5.674 | | 0 | | 1 | | 12.880 | | | |
| Serine | _ | 5.6/4 | | U | | 1 | | 12.880 | | | |
| Hydroxyproline | 9 | | | | | | | | | | |
| Others: | | | | | | | | | | | |
| Alcohol, ethyl | g | 0.0 | | 0 | Z | 7 | | 0.0 | | | |
| Caffeine | mg | 0 | | 0 | Z | 7 | | 0 | | | |
| Theobromine | | 0 | | 0 | Z | 7 | | 0 | | | |
| Carotenoids: | | | | | | | | | | | |
| | mcc | 0 | | 0 | BFSN | 4 | | 0.000 | | | |
| Carotene, beta | | 0 | | 0 | BFSN | 4 | | 0.000 | | | |
| Cryptoxanthin, beta | | 0 | | 0 | BFSN | 4 | | 0.000 | | | |
| | | 0 | | 0 | BFSN | 4 | | 0.000 | | | |
| LycopeneLutein + zeaxanthin | | 0 | | 0 | BFSN | 4 | | 0.000 | | | |
| Luteni + zeaxantinin | g | U | | U | DE SN | 4 | | 0.000 | | | |

Common Measures:

Measure 1 = 227g: .5 lb

NDB No. 01135

Egg, white, dried, flakes, glucose reduced

Calories Factors: Protein 4.36 Fat 9.02 Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products

| | | <u>A</u> 1 | mount in 100 grams | of edil | ole portio | <u>n</u> | Amount in edible portion of common | | | |
|--------------------------------|---------|---------------|--------------------|---------|------------|------------|------------------------------------|-----------------|-----------|--|
| | | | Numbe | r | | | 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 | 8.54 | 0.538 5 | | 1 | | 9.14 | 1.20 | | |
| Energy | kcal | 376 | 0 | NC | 4 | | 402 | 53 | | |
| Energy | | 1573 | | | 4 | | 1684 | 220 | | |
| Protein (N x 6.25) | g | 82.40 | 0 | | 1 | | 88.17 | 11.54 | | |
| Total lipid (fat) | | 0.04 | 0 | | 1 | | 0.04 | 0.01 | | |
| Ash | | 4.55 | 0 | | 1 | | 4.87 | 0.64 | | |
| Carbohydrate, by difference | | 4.47 | 0 | NC | 4 | | 4.78 | 0.63 | | |
| Fiber, total dietary | | 0.0 | 0 | | 4 | | 0.0 | 0.0 | | |
| Sugars, total | | 4.47 | 0 | NR | 4 | | 4.78 | 0.63 | | |
| Starch | | | | | | | | | | |
| | | | | | | | | | | |
| Minerals: | | | | | | | | | | |
| Calcium, Ca | - | 89 | 0 | | 1 | | 96 | 13 | | |
| Iron, Fe | | 0.24 | 0 | | 1 | | 0.26 | 0.03 | | |
| Magnesium, Mg | | 72 | 0 | | 1 | | 77 | 10 | | |
| Phosphorus, P | - | 89 1116 | 0 | | 1 1 | | 96 1194 | 13 156 | | |
| Potassium, K | | | | | 1 | | | | | |
| Sodium, Na | | 1238 | 0 | | 1 | | 1325 0.17 | 173 0.02 | | |
| Zinc, Zn | | 0.16 0.170 | | | 1 | | 0.17 | 0.02 | | |
| Copper, Cu | | 0.170 | | | 1 | | 0.182 | 0.024 | | |
| Manganese, Mn Selenium, Se | | 125.1 | 0 | BFAN | 4 | | 133.9 | 17.5 | | |
| Scienium, Se | Illog | 125.1 | U | DEAN | - | | 133.9 | 17.3 | | |
| Vitamins: | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | 0 | | 1 | | 0.0 | 0.0 | | |
| Thiamin | mg | 0.037 | 0 | | 1 | | 0.040 | 0.005 | | |
| Riboflavin | mg | 2.316 | 0 | | 1 | | 2.478 | 0.324 | | |
| Niacin | mg | 0.723 | 0 | | 1 | | 0.774 | 0.101 | | |
| Pantothenic acid | mg | 1.958 | 0 | | 1 | | 2.095 | 0.274 | | |
| Vitamin B-6 | mg | 0.024 | . 0 | | 1 | | 0.026 | 0.003 | | |
| Folate, total | mcg | 96 | 0 | | 1 | | 102 | 13 | | |
| Folic acid | | 0 | 0 | Z | 7 | | 0 | 0 | | |
| Folate, food | mcg | 96 | 0 | | 1 | | 102 | 13 | | |
| Folate, DFE | mcg_DFE | 96 | 0 | NC | 4 | | 102 | 13 | | |
| Vitamin B-12 | mcg | 0.53 | 0 | | 1 | | 0.56 | 0.07 | | |
| Vitamin A, IU | | 0 | 0 | AS | 1 | | 0 | 0 | | |
| Vitamin A, RAE | mcg_RAE | 0 | 0 | AS | 1 | | 0 | 0 | | |
| Retinol | mcg | 0 | 0 | Z | 7 | | 0 | 0 | | |
| Vitamin E (alpha-tocopherol) | mg | 0.00 | 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 | 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 | - | | | | | | | | | |
| | | | | | | | | | | |

| | | <u>Ar</u> | mount in 10 | | | ole portio | <u>on</u> | Amount in edible portion of common measures of food | | | |
|-------------------------------------|------|----------------|-------------|-----------------------|--------|----------------|--------------------|---|----------------|-----------|--|
| Nutrients and Un | ite | Mean | Std. Error | Number of Data Points | Deriv | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 | |
| ryptophan | 1115 | Wearr | Stu. Elloi | | - | | | Weasure i | Weasure 2 | weasure 3 | |
| Fatty acids, total monounsaturated. | g | 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 | | |
| | | 0.000 | | 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 | | |
| | - | | | | | | | | | | |
| 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 | | |
| | | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | | |
| 2 | | | | | | | | | | | |
| | _ | 0 | | 0 | | 1 | | 0 | 0 | | |
| Phytosterols | mg | | | | | | | | | | |
| Amino Acids: | | | | | | | | | | | |
| Tryptophan | g | 1.266 | | 0 | | 1 | | 1.355 | 0.177 | | |
| Threonine | g | 3.665 | | 0 | | 1 | | 3.922 | 0.513 | | |
| Isoleucine | g | 5.023 | | 0 | | 1 | | 5.375 | 0.703 | | |
| Leucine | g | 7.172 | | 0 | | 1 | | 7.674 | 1.004 | | |
| Lysine | g | 5.076 | | 0 | | 1 | | 5.431 | 0.711 | | |
| | | 3.204 | | 0 | | 1 | | 3.428 | 0.449 | | |
| • | | 2.044 | | 0 | | 1 | | 2.187 | 0.286 | | |
| 2 | | 5.181 | | 0 | | 1 | | 5.544 | 0.725 | | |
| , | - | 3.309 | | 0 | | 1 | | 3.541 | 0.463 | | |
| | - | 6.170 | | 0 | | 1 1 | | 6.602 | 0.864 | | |
| _ | | 4.812 | | 0 0 | | 1 | | 5.149 | 0.674 | | |
| | - | 1.872 5.313 | | 0 | | 1 | | 2.003 5.685 | 0.262 0.744 | | |
| Aspartic acid | | 7.291 | | 0 | | 1 | | 7.801 | 1.021 | | |
| Glutamic acid | | 11.496 | | 0 | | 1 | | 12.301 | 1.609 | | |
| Glycine | - | 3.085 | | 0 | | 1 | | 3.301 | 0.432 | | |
| Proline | | 3.098 | | 0 | | 1 | | 3.315 | 0.434 | | |
| Serine. | | 6.078 | | 0 | | 1 | | 6.503 | 0.851 | | |
| Hydroxyproline | | | | | | | | | | | |
| Others: | | | | | | | | | | | |
| Alcohol, ethyl | a | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | | |
| Caffeine | | 0.0 | | 0 | Z | , 7 | | 0 | 0.0 | | |
| Theobromine | | 0 | | 0 | z | 7 | | 0 | 0 | | |
| Carotenoids: | | Ü | | Ū | - | • | | v | • | | |
| | mos | ^ | | ^ | _ | - | | 0.000 | 0.000 | | |
| Carotene, beta | | 0 | | 0 0 | Z | 7 7 | | 0.000 | 0.000 | | |
| Carotene, alpha | | 0 | | 0 | Z Z | 7 7 | | 0.000 0.000 | 0.000 0.000 | | |
| Cryptoxanthin, beta Lycopene | | 0 | | 0 | Z | 7 | | 0.000 | 0.000 | | |
| | | U | | U | 4 | , | | 0.000 | 0.000 | | |

Common Measures:

Measure 1 = 107g: 1 cup, sifted

Measure 2 = 14.0g: 1 tbsp

NDB No. 01136

Egg, white, dried, powder, glucose reduced

Calories Factors: Protein 4.36 Fat 9.02 Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products

| | | <u>A</u> : | mount in 100 g | ırams | of edib | ole portio | <u>n</u> | | edible portion | |
|-------------------------------------|----|---------------|---------------------|----------|---------|----------------|--------------------|---------------|-----------------|----------|
| | | | Nu | ımber | • | | | <u>me</u> | easures of food | <u>.</u> |
| | | | of Std. Error Po | | Deriv | Source Code | Confidence Code | | | |
| Nutrients and Uni | ts | Mean | Sta. Error | JIIIG | Code | Code | Code | Measure 1 | Measure 2 | Measure |
| Proximates: | | | | | | | | | | |
| Water | | 87.57 | 0.124 | 12 | A | 1 | | 212.78 | 28.90 | |
| Energy | | 52 | | 0 | NC | 4 | | 126 | 17 | |
| Energy | | 216 | | 0 | NC | 4 | | 526 | 71 | |
| Protein (N x 6.25) | | 10.90 | 0.137 | 12 | A | 1 | | 26.48 | 3.60 | |
| Total lipid (fat) | | 0.17 | 0.018 | 12 | A | 1 | | 0.41 | 0.06 | |
| Ash | | 0.63 | 0.029 | 12 | A | 1 | | 1.54 | 0.21 | |
| Carbohydrate, by difference | | 0.73 | | 0 | NC | 4 | | 1.79 | 0.24 | |
| Fiber, total dietary | | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total | | 0.71 | | 1 | A | 1 | | 1.73 | 0.24 | |
| Sucrose | | 0.07 | | 1 | A | 1 | | 0.18 | 0.02 | |
| Glucose (dextrose) | | 0.34 | | 1 | A | 1 | | 0.83 | 0.11 | |
| Fructose | | 0.07 | | 1 | A | 1 | | 0.18 | 0.02 | |
| Lactose | 9 | 0.07 | | 1 1 | A A | 1 1 | | 0.18 | 0.02 | |
| Maltose | 9 | 0.07 | | 1 | A A | 1 | | 0.18 | 0.02 | |
| Galactose | | 0.07 | | 1 | A | 1 | | 0.18 | 0.02 | |
| <u> Iinerals:</u> | | | | | | | | | | |
| Calcium, Ca | mg | 7 | 0.320 | 12 | A | 1 | | 16 | 2 | |
| Iron, Fe | mg | 0.08 | 0.004 | 12 | A | 1 | | 0.19 | 0.03 | |
| Magnesium, Mg | mg | 11 | 0.178 | 12 | A | 1 | | 26 | 4 | |
| Phosphorus, P | | 15 | 0.409 | 12 | A | 1 | | 36 | 5 | |
| Potassium, K | | 163 | 1.848 | 12 | A | 1 | | 395 | 54 | |
| Sodium, Na | | 166 | 1.842 | 12 | A | 1 | | 404 | 55 | |
| Zinc, Zn | | 0.03 | 0.004 | 12 | A | 1 | | 0.07 | 0.01 | |
| Copper, Cu | | 0.023 | | 12 12 | A A | 1 1 | | 0.056 | 0.008 | |
| Manganese, Mn | | 0.011 20.0 | 0.000 5.364 | 4 | A | 1 | | 0.027 48.7 | 0.004 6.6 | |
| itamins: | - | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | A | 1 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.004 | l | 1 | A | 1 | | 0.009 | 0.001 | |
| Riboflavin | mg | 0.439 | 0.008 | 12 | A | 1 | | 1.066 | 0.145 | |
| Niacin | mg | 0.105 | 0.002 | 4 | A | 1 | | 0.254 | 0.035 | |
| Pantothenic acid | mg | 0.190 |) | 1 | A | 1 | | 0.461 | 0.063 | |
| Vitamin B-6 | | 0.005 | 5 | 1 | A | 1 | | 0.013 | 0.002 | |
| Folate, total | | 4 | 0.000 | 4 | A | 1 | | 11 | 1 | |
| Folic acid | | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | | 4 | 0.000 | 4 | A | 1 | | 11 | 1 | |
| Folate, DFE | | 4 | | 0 | NC | 4 | | 11 | 1 | |
| Vitamin B-12 | | 0.09 | 0.000 | 4 | A | 1 | | 0.22 | 0.03 | |
| Vitamin A, IU | | 0 | | 0 | AS | 1 | | 0 | 0 | |
| Vitamin A, RAE | | 0 | | 0 | AS | 1 | | 0 | 0 | |
| Retinol | | 0 | | 0 | z | 7 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | | 0.00 | | U | Z | , | | 0.00 | 0.00 | |
| Tocopherol, beta | | | | | | | | | | |
| Tocopherol, gamma Tocopherol, delta | | | | | | | | | | |
| Vitamin D | | 0.000 |) | 0 | т | 4 | | 0.000 | 0.000 | |
| Vitamin K (phylloquinone) | | 0.0 | , | 1 | A | 1 | | 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 | | 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 | g | | | | | | | | | |
| | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |

| | | Amount in 10 | 00 grams | of edib | ole portio | <u>on</u> | | edible portion o | f common |
|--|--------|--------------|-------------------|---------|----------------|--------------------|----------------|------------------|-----------|
| | | | Number | • | | | 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 0.0 | 00 | 0 | | 4 | | 0.000 | 0.000 | |
| 17:0 | | •• | | | | | | | |
| 18:0 20:0 | | 00 | 0 | | 4 | | 0.000 | 0.000 | |
| 22:0 | | | | | | | | | |
| 24:0 | | | | | | | | | |
| Fatty acids, total monounsaturated | | 00 | 0 | | 1 | | 0.000 | 0.000 | |
| 14:1 15:1 | | | | | | | | | |
| 16:1 undifferentiated | | 00 | 0 | | 4 | | 0.000 | 0.000 | |
| 17:1 | | | | | | | | | |
| 18:1 undifferentiated | - | | 0 | | 4 | | 0.000 | 0.000 | |
| 20:1 | | | 0 | | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated | - | 00 | 0 | | 4 | | 0.000 | 0.000 | |
| 24:1 cFatty acids, total polyunsaturated | | 00 | 0 | | 1 | | 0.000 | 0.000 | |
| 18:2 undifferentiated | | | 0 | | 4 | | 0.000 | 0.000 | |
| 18:3 undifferentiated | | | 0 | | 4 | | 0.000 | 0.000 | |
| 18:4 | g 0.0 | 00 | 0 | | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c | | | | | | | | | |
| 20:3 undifferentiated | | 00 | 0 | | | | 0.000 | 0.000 | |
| 20:4 undifferentiated 20:5 n-3 | | | 0 | | 4 4 | | 0.000 0.000 | 0.000 0.000 | |
| 22:5 n-3 | | | 0 | | 4 | | 0.000 | 0.000 | |
| 22:6 n-3 | | | 0 | | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans | g | | | | | | | | |
| Cholesterol | .mg 0 | | 0 | | 1 | | 0 | 0 | |
| Phytosterols | mg | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan | | | 0 | A | 1 | | 0.304 | 0.041 | |
| Threonine | - | | 0 | A | 1 | | 1.090 | 0.148 | |
| Isoleucine | | | 0 | A A | 1 1 | | 1.607 2.469 | 0.218 | |
| LeucineLysine | | | 0 | A | 1 | | 1.959 | 0.335 0.266 | |
| Methionine | | | 0 | A | 1 | | 0.969 | 0.132 | |
| Cystine | | 87 | 0 | A | 1 | | 0.698 | 0.095 | |
| Phenylalanine | .g 0.6 | 86 | 0 | A | 1 | | 1.668 | 0.227 | |
| Tyrosine | | | 0 | A | 1 | | 1.110 | 0.151 | |
| Valine | - | | 0 | A | 1 | | 1.966 | 0.267 | |
| Arginine Histidine | - | | 0 | A A | 1 1 | | 1.575 0.705 | 0.214 0.096 | |
| Alanine | | | 0 | A | 1 | | 1.710 | 0.030 | |
| Aspartic acid | | | 0 | A | 1 | | 2.965 | 0.403 | |
| Glutamic acid | | 50 | 0 | A | 1 | | 3.766 | 0.511 | |
| Glycine | - | | 0 | A | 1 | | 1.004 | 0.136 | |
| Proline | | | 0 | A | 1 | | 1.057 | 0.144 | |
| Serine | | 98 | 0 | A | 1 | | 1.939 | 0.263 | |
| Hydroxyproline | y | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl | | | 0 | _ | 7 | | 0.0 | 0.0 | |
| Caffeine | - | | 0 0 | Z | 7 | | 0 | 0 0 | |
| Theobromine | iig 0 | | U | Z | 7 | | U | U | |
| | | | _ | _ | _ | | | | |
| Carotene, beta | | | 0 | z z | 7 7 | | 0.000 0.000 | 0.000 0.000 | |
| Carotene, alpha | | | 0 | z Z | 7 | | 0.000 | 0.000 | |
| Lycopene | | | 0 | Z | 7 | | 0.000 | 0.000 | |
| Lutein + zeaxanthin | | | 0 | z | 7 | | 0.000 | 0.000 | |

NDB No. 01124 Egg, white, raw, fresh

Common Measures:

Measure 1 = 243g: 1 cup Measure 2 = 33g: 1 large

Calories Factors: Protein 4.36 Fat 9.02 Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products

| | | <u>A</u> : | mount in 10 | | | ole portio | <u>on</u> | | edible portion | |
|--------------------------------|---------|------------|-------------|-------|-------|----------------|--------------------|-----------|----------------|-----------|
| Nutrients and Un | its | Mean | Std. Error | | Deriv | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | | |
| Proximates: Water | a | 88.55 | | 2 | A | 1 | | | | |
| Energy | _ | 47 | | 0 | NC | 4 | | | | |
| Energy | | 197 | | U | NC | 4 | | | | |
| 0, | | 9.80 | | 2 | A | 1 | | | | |
| Protein (N x 6.25) | | 0.00 | | 0 | Z | 7 | | | | |
| Total lipid (fat) | | 0.60 | | 2 | A | 1 | | | | |
| Ash | | 1.05 | | 0 | NC | 4 | | | | |
| Carbohydrate, by difference | | 0.0 | | 0 | Z | 7 | | | | |
| Fiber, total dietary | | 0.0 | | U | 4 | , | | | | |
| Sugars, total | | | | | | | | | | |
| Starch | 9 | | | | | | | | | |
| Minerals: | | | | | | | | | | |
| Calcium, Ca | mg | 7 | | 2 | A | 1 | | | | |
| Iron, Fe | mg | 0.05 | | 2 | A | 1 | | | | |
| Magnesium, Mg | mg | 10 | | 2 | A | 1 | | | | |
| Phosphorus, P | mg | 13 | | 2 | A | 1 | | | | |
| Potassium, K | mg | 136 | | 2 | A | 1 | | | | |
| Sodium, Na | | 158 | | 2 | A | 1 | | | | |
| Zinc, Zn | | 0.02 | | 2 | A | 1 | | | | |
| Copper, Cu | | 0.012 | | 2 | A | 1 | | | | |
| Manganese, Mn | | 0.007 | | 2 | A | 1 | | | | |
| Selenium, Se | mcg | 17.6 | 2.3 | 70 10 | A | 1 | | | | |
| Vitamins: | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | z | 7 | | | | |
| Thiamin | | 0.005 | i | 2 | A | 1 | | | | |
| Riboflavin | | 0.400 |) | 2 | A | 1 | | | | |
| Niacin | mg | 0.100 |) | 2 | A | 1 | | | | |
| Pantothenic acid | mg | 0.155 | i | 2 | A | 1 | | | | |
| Vitamin B-6 | mg | 0.004 | | 2 | A | 1 | | | | |
| Folate, total | mcg | 3 | | 2 | A | 1 | | | | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | | | |
| Folate, food | mcg | 3 | | 2 | A | 1 | | | | |
| Folate, DFE | mcg_DFE | 3 | | 0 | NC | 4 | | | | |
| Vitamin B-12 | | 0.06 | | 2 | A | 1 | | | | |
| Vitamin A, IU | IU | 0 | | 0 | Z | 7 | | | | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | Z | 7 | | | | |
| Retinol | mcg | 0 | | 0 | Z | 7 | | | | |
| Vitamin E (alpha-tocopherol) | | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | |
| Vitamin D | | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| Lipids: | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.000 |) | 0 | z | 7 | | | | |
| 4:0 | | 0.000 | | 0 | z | 7 | | | | |
| 6:0 | | 0.000 |) | 0 | z | 7 | | | | |
| 8:0 | _ | 0.000 | | 0 | z | 7 | | | | |
| 10:0 | - | 0.000 | | 0 | z | 7 | | | | |
| 12:0 | - | 0.000 | | 0 | z | 7 | | | | |
| 13:0 | - | | | | | | | | | |
| 14:0 | - | 0.000 |) | 0 | z | 7 | | | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | | 0.000 |) | 0 | Z | 7 | | | | |
| 17:0 | | | | | | | | | | |
| 18:0 | | 0.000 |) | 0 | Z | 7 | | | | |
| 20:0 | | | | | | | | | | |
| 22:0 | | | | | | | | | | |
| 24:0 | | | | | | | | | | |

| | | <u>Ar</u> | nount in 10 | | | ole portic | <u>on</u> | | edible portion of easures of food | |
|------------------------------------|---|-----------|-------------|--------|---|------------|--------------------|-----------|-----------------------------------|-----------|
| | | | | Number | | _ | | <u></u> | easures or 1000 | • |
| Nutrients and Units | | Mean | Std. Error | | | Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total monounsaturated | q | 0.000 | | 0 | z | 7 | | | | |
| 14:1 | | | | | | | | | | |
| 15:1 | g | | | | | | | | | |
| 16:1 undifferentiated | | 0.000 | | 0 | Z | 7 | | | | |
| 17:1 | - | | | | | | | | | |
| 18:1 undifferentiated | g | 0.000 | | 0 | Z | 7 | | | | |
| 20:1 | | 0.000 | | 0 | z | 7 | | | | |
| 22:1 undifferentiated | | 0.000 | | 0 | Z | 7 | | | | |
| 24:1 c | • | | | | | | | | | |
| Fatty acids, total polyunsaturated | | 0.000 | | 0 | z | 7 | | | | |
| 18:2 undifferentiated | | 0.000 | | 0 | Z | 7 | | | | |
| 18:3 undifferentiated | | 0.000 | | 0 | Z | 7 | | | | |
| 18:4 | | 0.000 | | 0 | Z | 7 | | | | |
| 20:2 n-6 c,c | - | | | | | | | | | |
| 20:3 undifferentiated | - | | | | | | | | | |
| 20:4 undifferentiated | | 0.000 | | 0 | z | 7 | | | | |
| 20:5 n-3 | _ | 0.000 | | 0 | z | 7 | | | | |
| 22:5 n-3 | | 0.000 | | 0 | z | 7 | | | | |
| 22:6 n-3 | | 0.000 | | 0 | z | 7 | | | | |
| Fatty acids, total trans | - | | | _ | _ | - | | | | |
| Cholesterol | - | 0 | | 0 | z | 7 | | | | |
| Phytosterols | | - | | • | _ | - | | | | |
| - | | | | | | | | | | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan | g | 0.121 | | 0 | | 1 | | | | |
| Threonine | g | 0.445 | | 0 | | 1 | | | | |
| Isoleucine | g | 0.554 | | 0 | | 1 | | | | |
| Leucine | g | 0.826 | | 0 | | 1 | | | | |
| Lysine | g | 0.666 | | 0 | | 1 | | | | |
| Methionine | g | 0.337 | | 0 | | 1 | | | | |
| Cystine | g | 0.254 | | 0 | | 1 | | | | |
| Phenylalanine | g | 0.572 | | 0 | | 1 | | | | |
| Tyrosine | g | 0.381 | | 0 | | 1 | | | | |
| Valine | g | 0.624 | | 0 | | 1 | | | | |
| Arginine | g | 0.533 | | 0 | | 1 | | | | |
| Histidine | g | 0.221 | | 0 | | 1 | | | | |
| Alanine | g | 0.566 | | 0 | | 1 | | | | |
| Aspartic acid | g | 0.997 | | 0 | | 1 | | | | |
| Glutamic acid | g | 1.301 | | 0 | | 1 | | | | |
| Glycine | 9 | 0.343 | | 0 | | 1 | | | | |
| Proline | g | 0.381 | | 0 | | 1 | | | | |
| Serine | g | 0.676 | | 0 | | 1 | | | | |
| Hydroxyproline | g | | | | | | | | | |

Common Measures:

Calories Factors: Protein 4.36 Fat 9.02 Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products

| | | <u>A</u> | mount in 100 gr | | ble portic | <u>on</u> | | edible portion | |
|--------------------------------|------|----------|-----------------|--------------|------------|------------|-----------|-----------------|----------|
| | | | Nun | nber | | | <u>m</u> | easures of food | <u>!</u> |
| | | | of [| Data Deriv | Source | Confidence | | | |
| Nutrients and Uni | its | Mean | Std. Error Poi | nts Code | Code | Code | Measure 1 | Measure 2 | Measure |
| Proximates: | | | | | | | | | |
| Water | g | 69.13 | | 0 RA | 4 | | 31.80 | | |
| Energy | kcal | 201 | | 0 NC | 4 | | 92 | | |
| Energy | kj | 840 | | 0 NC | 4 | | 386 | | |
| Protein (N x 6.25) | g | 13.63 | | 0 RA | 4 | | 6.27 | | |
| Total lipid (fat) | g | 15.31 | | 0 RA | 4 | | 7.04 | | |
| Ash | g | 1.05 | | 0 RA | 4 | | 0.48 | | |
| Carbohydrate, by difference | g | 0.88 | | 0 RA | 4 | | 0.40 | | |
| Fiber, total dietary | g | 0.0 | | 0 RA | 4 | | 0.0 | | |
| Sugars, total | g | 0.83 | | 0 RA | 4 | | 0.38 | | |
| Sucrose | g | 0.12 | | 0 RA | 4 | | 0.06 | | |
| Glucose (dextrose) | | 0.23 | | 0 RA | 4 | | 0.10 | | |
| Fructose | | 0.12 | | 0 RA | 4 | | 0.06 | | |
| Lactose | g | 0.12 | | 0 RA | 4 | | 0.06 | | |
| Maltose | g | 0.12 | | 0 RA | 4 | | 0.06 | | |
| Galactose | | 0.12 | | 0 RA | 4 | | 0.06 | | |
| Starch | | | | | | | | | |
| Minouala | | | | | | | | | |
| Minerals: Calcium, Ca | ma | 59 | | 0 RA | 4 | | 27 | | |
| Iron, Fe | | 1.98 | | 0 RA | 4 | | 0.91 | | |
| Magnesium, Mg | | 13 | | 0 RA | 4 | | 6 | | |
| Phosphorus, P | | 208 | | 0 RA | 4 | | 95 | | |
| Potassium, K | | 147 | | 0 RA | 4 | | 68 | | |
| Sodium, Na | | 204 | | 0 RA | 4 | | 94 | | |
| Zinc, Zn | | 1.20 | | 0 RA | 4 | | 0.55 | | |
| Copper, Cu | | 0.111 | L | 0 RA | 4 | | 0.051 | | |
| Manganese, Mn | | 0.041 | L | 0 RA | 4 | | 0.019 | | |
| Selenium, Se | mcg | 34.2 | | 0 RA | 4 | | 15.8 | | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid | | 0.0 | | 0 RA | 4 | | 0.0 | | |
| Thiamin | | 0.075 | | 0 RA | 4 | | 0.034 | | |
| Riboflavin | = | 0.518 | | 0 RA | 4 | | 0.239 | | |
| Niacin | | 0.077 | | 0 RA | 4 | | 0.035 | | |
| Pantothenic acid | | 1.558 | | 0 RA | 4 | | 0.717 | | |
| Vitamin B-6 | - | 0.155 |) | 0 RA | 4 | | 0.071 | | |
| Folate, total | | 51 0 | | 0 RA | 4 | | 23 0 | | |
| Folic acid | | 51 | | 0 RA 0 RA | 4 4 | | 23 | | |
| Folate, foodFolate, DFE | | 51 | | 0 NC | 4 | | 23 | | |
| Vitamin B-12 | | 1.39 | | 0 RA | 4 | | 0.64 | | |
| Vitamin A, IU | | 729 | | 0 RA | 4 | | 335 | | |
| Vitamin A, RAE | | 198 | | 0 RA | 4 | | 91 | | |
| Retinol | | 193 | | 0 RA | 4 | | 89 | | |
| Vitamin E (alpha-tocopherol) | | 1.22 | | 0 RA | 4 | | 0.56 | | |
| Tocopherol, beta | | 0.02 | | 0 RA | 4 | | 0.01 | | |
| Tocopherol, gamma | | 0.54 | | 0 RA | 4 | | 0.25 | | |
| Tocopherol, delta | | 0.02 | | 0 RA | 4 | | 0.01 | | |
| Vitamin D | | 37.296 | 5 | 0 RA | 4 | | 17.156 | | |
| Vitamin K (phylloquinone) | | 5.6 | | 0 RA | 4 | | 2.6 | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated | g | 4.294 | 1 | 0 RA | 4 | | 1.975 | | |
| 4:0 | | 0.000 |) | 0 RA | 4 | | 0.000 | | |
| 6:0 | | 0.000 |) | 0 RA | 4 | | 0.000 | | |
| 8:0 | | 0.003 | 3 | 0 RA | 4 | | 0.001 | | |
| 10:0 | _ | 0.003 | 3 | 0 RA | 4 | | 0.001 | | |
| 12:0 | g | 0.003 | 3 | 0 RA | 4 | | 0.001 | | |
| 13:0 | g | | | | | | | | |
| 14:0 | g | 0.048 | 3 | 0 RA | 4 | | 0.022 | | |
| 15:0 | α | 0.004 | 1 | 0 RA | 4 | | | | |

| | | <u>Aı</u> | nount in 10 | 00 grams | of edil | ole portio | <u>n</u> | | edible portion of | f common |
|------------------------------------|----------|-----------|-------------|----------|----------|------------|------------|------------|-------------------|-----------|
| | | | | Number | | | | <u>m</u> e | easures of food | |
| | | | | | | Source | Confidence | | | |
| Nutrients and Uni | ts | Mean | Std. Error | | | Code | Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | | |
| 15:0 | a | 0.004 | | | RA | 4 | | 0.002 | | |
| 16:0 | - | 2.949 | | 0 | RA | 4 | | 1.356 | | |
| 17:0 | | 0.018 | | 0 | RA | 4 | | 0.008 | | |
| 18:0 | | 1.238 | | 0 | RA. | 4 | | 0.570 | | |
| 20:0 | - | 0.011 | | 0 | RA | 4 | | 0.005 | | |
| 22:0 | - | 0.013 | | 0 | RA | 4 | | 0.006 | | |
| 24:0 | - | 0.003 | | 0 | RA | 4 | | 0.001 | | |
| Fatty acids, total monounsaturated | | 6.346 | | 0 | RA | 4 | | 2.919 | | |
| 14:1 | | 0.009 | | 0 | RA | 4 | | 0.004 | | |
| 15:1 | | | | | | | | | | |
| 16:1 undifferentiated | | 0.333 | | 0 | RA | 4 | | 0.153 | | |
| 17:1 | | | | | | | | | | |
| 18:1 undifferentiated | | 5.971 | | 0 | RA | 4 | | 2.747 | | |
| 20:1 | | 0.030 | | 0 | RA | 4 | | 0.014 | | |
| 22:1 undifferentiated | - | 0.003 | | 0 | RA | 4 | | 0.001 | | |
| 24:1 c | | | | | | | | | | |
| Fatty acids, total polyunsaturated | | 2.660 | | 0 | RA | 4 | | 1.224 | | |
| 18:2 undifferentiated | | 2.342 | | 0 | RA | 4 | | 1.077 | | |
| 18:3 undifferentiated | - | 0.121 | | 0 | RA | 4 | | 0.056 | | |
| 18:4 | | 0.000 | | 0 | RA | 4 | | 0.000 | | |
| 20:2 n-6 c,c | | | | | | _ | | 0.000 | | |
| 20:3 undifferentiated | | | | | | | | | | |
| 20:4 undifferentiated | | 0.153 | | 0 | RA | 4 | | 0.071 | | |
| 20:5 n-3 | | 0.004 | | 0 | RA | 4 | | 0.002 | | |
| 22:5 n-3 | | 0.000 | | 0 | RA | 4 | | 0.000 | | |
| 22:6 n-3 | _ | 0.040 | | 0 | RA | 4 | | 0.018 | | |
| Fatty acids, total trans | | 0.010 | | · | | - | | 0.020 | | |
| Cholesterol | _ | 457 | | 0 | RA | 4 | | 210 | | |
| Phytosterols | | 8 | | 0 | RA | 4 | | 4 | | |
| | | | | | | | | | | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan | | 0.180 | | 0 | RA | 4 | | 0.083 | | |
| Threonine | | 0.601 | | 0 | RA | 4 | | 0.276 | | |
| Isoleucine | _ | 0.726 | | 0 | RA | 4 | | 0.334 | | |
| Leucine | | 1.174 | | 0 | RA | 4 | | 0.540 | | |
| Lysine | | 0.986 | | 0 | RA | 4 | | 0.454 | | |
| Methionine | | 0.410 | | 0 | RA | 4 | | 0.189 | | |
| Cystine | | 0.294 | | 0 | RA | 4 | | 0.135 | | |
| Phenylalanine | | 0.735 | | 0 | RA | 4 | | 0.338 | | |
| Tyrosine | _ | 0.539 | | 0 | RA | 4 | | 0.248 | | |
| Valine | _ | 0.928 | | 0 | RA | 4 | | 0.427 | | |
| Arginine | | 0.887 | | 0 | RA | 4 | | 0.408 | | |
| Histidine | _ | 0.334 | | 0 | RA | 4 | | 0.154 | | |
| Alanine | | 0.794 | | 0 | RA | 4 | | 0.365 | | |
| Aspartic acid | | 1.436 | | 0 | RA | 4 | | 0.661 | | |
| Glutamic acid | | 1.809 | | 0 | RA | 4 | | 0.832 | | |
| Glycine | _ | 0.467 | | 0 | RA | 4 | | 0.215 | | |
| Proline | | 0.554 | | 0 | RA | 4 | | 0.255 | | |
| Serine | _ | 1.050 | | 0 | RA | 4 | | 0.483 | | |
| Hydroxyproline | g | | | | | | | | | |
| Others: | | | | | | | | | | |
| Alcohol, ethyl | g | 0.0 | | 0 | | 7 | | 0.0 | | |
| Caffeine | | 0 | | 0 | RA | 4 | | 0 | | |
| Theobromine | | 0 | | 0 | RA | 4 | | 0 | | |
| Carotenoids: | . | - | | - | | • | | - | | |
| | mca | 46 | | 0 | RA | 4 | | 20.963 | | |
| Carotene, beta Carotene, alpha | | 46 | | 0 | RA RA | 4 | | 0.000 | | |
| Cryptoxanthin, beta | | 10 | | 0 | RA RA | 4 | | 4.442 | | |
| Lycopene | | 0 | | 0 | RA RA | 4 | | 0.000 | | |
| Lutein + zeaxanthin | | 358 | | 0 | RA. | 4 | | 164.496 | | |
| Eutem / Zeaxanunn | 9 | 226 | | U | | - | | 101.170 | | |

NDB No. 01128 Egg, whole, cooked, fried Common Measures:

Measure 1 = 46g: 1 large

Calories Factors: Protein 4.36 Fat 9.02 Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products

Refuse: 12% Shell

| | | AI | mount in 100 g | rams | or ear | ne portio | <u>on</u> | Amount in | edible portion of | of common |
|---|--------------|---------------|----------------|----------|--------|-----------|------------|-----------------------|-------------------|-------------|
| | | | Nu | mber | | | | <u>m</u> | easures of food | • |
| | | | | | Deriv | Source | Confidence | | | |
| Nutrients and Unit | ts | Mean | Std. Error Po | ints | | Code | Code | Measure 1 | Measure 2 | Measure |
| | | | | | | | | | | |
| Proximates: Water | a | 74.62 | 0.140 | 14 | | 1 | | 101.48 | 6.34 | 37.31 |
| Energy | _ | 155 | | 0 | NC | 4 | | 211 | 13 | 78 |
| Energy | | 649 | | | | 4 | | 882 | 55 | 324 |
| Protein (N x 6.25) | | 12.58 | 0.180 | 14 | | 1 | | 17.11 | 1.07 | 6.29 |
| Total lipid (fat) | | 10.61 | 0.050 | 7 | | 1 | | 14.43 | 0.90 | 5.31 |
| Ash | - | 1.08 | 0.022 | 14 | | 1 | | 1.47 | 0.09 | 0.54 |
| Carbohydrate, by difference | | 1.12 | | 0 | NC | 4 | | 1.52 | 0.10 | 0.56 |
| Fiber, total dietary | | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total. | | 1.12 | | 0 | NR | 4 | | 1.52 | 0.10 | 0.56 |
| Starch | _ | | | | | | | | | |
| <u> Minerals:</u> | | | | | | | | | | |
| Calcium, Ca | mg | 50 | 0.650 | 14 | | 1 | | 68 | 4 | 25 |
| Iron, Fe | - | 1.19 | 0.047 | 14 | | 1 | | 1.62 | 0.10 | 0.6 |
| Magnesium, Mg | | 10 | 0.275 | 14 | | 1 | | 14 | 1 | 5 |
| Phosphorus, P | - | 172 | 3.551 | 14 | | 1 | | 234 | 15 | 86 |
| Potassium, K | | 126 | 2.228 | 14 | | 1 | | 171 | 11 | 63 |
| Sodium, Na | _ | 124 | 1.845 | 14 | | 1 | | 169 | 11 | 62 |
| Zinc, Zn | | 1.05 | 0.047 | 14 | | 1 | | 1.43 | 0.09 | 0.5 |
| Copper, Cu | | 0.013 | | 14 | | 1 1 | | 0.018 | 0.001 | 0.0 |
| Manganese, Mn. | | 0.026 30.8 | 0.001 1.160 | 14 69 | A | 1 | | 0.035 41 .9 | 0.002 2.6 | 0.0 15.4 |
| Selenium, Se | Tricg | 30.8 | 1.160 | 69 | A | 1 | | 41.9 | 2.6 | 15.4 |
| /itamins: Vitamin C, total ascorbic acid | ma | 0.0 | | 2 | | 1 | | 0.0 | 0.0 | 0.0 |
| Thiamin | | 0.066 | 0.003 | 14 | | 1 | | 0.090 | 0.006 | 0.0 |
| Riboflavin | | 0.513 | | 14 | | 1 | | 0.698 | 0.044 | 0.2 |
| Niacin | | 0.064 | | 14 | | 1 | | 0.087 | 0.005 | 0.0 |
| Pantothenic acid | _ | 1.398 | | 14 | | 1 | | 1.901 | 0.119 | 0.6 |
| Vitamin B-6 | - | 0.121 | 0.003 | 14 | | 1 | | 0.165 | 0.010 | 0.0 |
| Folate, total | | 44 | 2.248 | 14 | | 1 | | 60 | 4 | 22 |
| Folic acid | | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food | | 44 | 2.248 | 14 | | 1 | | 60 | 4 | 22 |
| Folate, DFE | | 44 | | 0 | NC | 4 | | 60 | 4 | 22 |
| Vitamin B-12 | | 1.11 | 0.060 | 14 | | 1 | | 1.51 | 0.09 | 0.5 |
| Vitamin A, IU | | 586 | | 0 | NC | 4 | | 797 | 50 | 293 |
| Vitamin A, RAE | mcg_RAE | 169 | | 0 | NC | 4 | | 230 | 14 | 85 |
| Retinol | | 168 | | 0 | NC | 4 | | 228 | 14 | 84 |
| Vitamin E (alpha-tocopherol) | mg | 1.03 | | 0 | BFFN | 4 | | 1.40 | 0.09 | 0.5 |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | |
| Vitamin D Vitamin K (phylloquinone) | | 0.3 | | 0 | BFFN | 4 | | 0.4 | 0.0 | 0.2 |
| | | | | | | | | | | |
| .ipids: Fatty acids, total saturated | g | 3.267 | | 0 | | 1 | | 4.443 | 0.278 | 1.6 |
| 4:0 | | 0.000 | 1 | 0 | | 1 | | 0.000 | 0.000 | 0.0 |
| 6:0 | - | 0.000 | ı | 0 | | 1 | | 0.000 | 0.000 | 0.0 |
| 8:0 | g | 0.003 | 1 | 37 | | 1 | | 0.004 | 0.000 | 0.0 |
| 10:0 | g | 0.003 | | 37 | | 1 | | 0.004 | 0.000 | 0.0 |
| 12:0 | | 0.003 | | 37 | | 1 | | 0.004 | 0.000 | 0.0 |
| 13:0 | g | | | | | | | | | |
| 14:0 | | 0.035 | i | 37 | | 1 | | 0.048 | 0.003 | 0.0 |
| 15:0 | | | | | | | | | | |
| 16:0 | g | 2.349 | 1 | 37 | | 1 | | 3.195 | 0.200 | 1.1 |
| 17:0 | - | | | | | | | | | |
| 18:0 | - | 0.828 | | 37 | | 1 | | 1.126 | 0.070 | 0.4 |
| 20:0 | g | | | | | | | | | |
| 22:0 | | | | | | | | | | |

| | | <u>Aı</u> | mount in 10 | | | ole portio | <u>on</u> | | edible portion of easures of food | |
|------------------------------------|----------|----------------|-------------|----------------|-------|------------|------------|----------------|-----------------------------------|----------------|
| | | | | Number of Data | Deriv | | Confidence | <u></u> | easures or roou | |
| Nutrients and U | Inits | Mean | Std. Error | Points | Code | Code | Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total monounsaturate | edg | 4.077 | | 0 | | 1 | | 5.545 | 0.347 | 2.039 |
| 14:1 | - | | | | | | | | | |
| 15:1 16:1 undifferentiated | - | 0.310 | | 37 | | 1 | | 0.422 | 0.026 | 0.155 |
| 17:1 | - | 0.010 | | | | _ | | V | 0.020 | 0.200 |
| 18:1 undifferentiated | g | 3.725 | | 37 | | 1 | | 5.066 | 0.317 | 1.863 |
| 20:1 | g | 0.030 | | 37 | | 1 | | 0.041 | 0.003 | 0.015 |
| 22:1 undifferentiated | • | 0.003 | | 37 | | 1 | | 0.004 | 0.000 | 0.002 |
| 24:1 c | | | | | | | | | | |
| Fatty acids, total polyunsaturated | | 1.414 | | 0 | | 1 | | 1.923 | 0.120 | 0.707 |
| 18:2 undifferentiated | | 1.188 | | 37 | | 1 | | 1.616 | 0.101 | 0.594 |
| 18:3 undifferentiated | - | 0.035 | | 37 | | 1 | | 0.048 | 0.003 | 0.018 |
| 18:4 | | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c | - | | | | | | | | | |
| 20:3 undifferentiated | | 0.149 | | 37 | | 1 | | 0.000 | 0.013 | 0.075 |
| 20:4 undifferentiated 20:5 n-3 | - | 0.149 | | 37 37 | | 1 | | 0.203 0.007 | 0.013 0.000 | 0.075 |
| | = | 0.003 | | 0 | | 1 | | 0.007 | 0.000 | 0.003 |
| 22:5 n-3 22:6 n-3 | | 0.038 | | 37 | | 1 | | 0.052 | 0.003 | 0.000 |
| Fatty acids, total trans | - | 0.030 | | 3, | | - | | 0.032 | 0.003 | 0.013 |
| Cholesterol | | 424 | 4.3 | 37 7 | | 1 | | 577 | 36 | 212 |
| Phytosterols | _ | | | | | _ | | 5 | | |
| - | ······ J | | | | | | | | | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan | | 0.153 | | 0 | | 1 | | 0.208 | 0.013 | 0.077 |
| Threonine | - | 0.604 | | 0 | | 1 | | 0.821 | 0.051 | 0.302 |
| Isoleucine | | 0.686 | | 0 | | 1 | | 0.933 | 0.058 | 0.343 |
| Leucine | = | 1.075 | | 0 | | 1 | | 1.462 | 0.091 | 0.538 |
| Lysine | | 0.904 | | 0 | | 1 | | 1.229 | 0.077 | 0.452 |
| Methionine | | 0.392 | | 0 | | 1 | | 0.533 | 0.033 | 0.196 |
| Cystine | | 0.292 | | 0 | | 1 | | 0.397 | 0.025 | 0.146 |
| Phenylalanine | | 0.668 | | 0 | | 1 1 | | 0.908 | 0.057 | 0.334 |
| Tyrosine | = | 0.513 | | 0 0 | | 1 | | 0.698 | 0.044 | 0.257 |
| Valine | | 0.767 | | 0 | | 1 | | 1.043 | 0.065 | 0.384 |
| Arginine | | 0.755 0.298 | | 0 | | 1 | | 1.027 0.405 | 0.064 | 0.378 |
| Histidine | | 0.298 | | 0 | | 1 | | 0.405 | 0.025 0.060 | 0.149 0.350 |
| Alanine | | 1.264 | | 0 | | 1 | | 1.719 | 0.060 | 0.330 |
| Aspartic acidGlutamic acid | | 1.644 | | 0 | | 1 | | 2.236 | 0.107 | 0.832 |
| Glycine | | 0.423 | | 0 | | 1 | | 0.575 | 0.036 | 0.322 |
| Proline Proline | | 0.501 | | 0 | | 1 | | 0.681 | 0.043 | 0.212 |
| Serine | | 0.936 | | 0 | | 1 | | 1.273 | 0.080 | 0.468 |
| Hydroxyproline | | 0.330 | | Ū | | - | | 1.275 | 0.000 | 0.400 |
| | 9 | | | | | | | | | |
| 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 |
| <u>Carotenoids:</u> | | | | | | | | | | |
| Carotene, beta | mcg | 11 | | 0 | BFFN | 4 | | 14.670 | 0.917 | 5.393 |
| Carotene, alpha | | 0 | | 0 | BFFN | 4 | | 0.000 | 0.000 | 0.000 |
| Cryptoxanthin, beta | | 10 | | 0 | BFFN | 4 | | 12.980 | 0.811 | 4.772 |
| Lycopene | mcg | 0 | | 0 | BFFN | 4 | | 0.000 | 0.000 | 0.000 |
| Lutein + zeaxanthin | | 353 | | 0 | BFFN | 4 | | 480.731 | 30.046 | 176.739 |

Common Measures:

Measure 1 = 136g: 1 cup, chopped

Measure 2 = 8.5g: 1 tbsp Measure 3 = 50g: 1 large NDB No. 01129

Egg, whole, cooked, hard-boiled

Calories Factors: Protein 4.36 Fat 9.02 Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products

| | | <u>A</u> | mount in 100 gra | | ble portic | <u>on</u> | | edible portion | |
|--------------------------------|-----------|----------|------------------|----------|------------|------------|-----------|-----------------|----------|
| | | | Numb | er | | | <u>m</u> | easures of food | <u>l</u> |
| | | | of Da | ta Deriv | Source | Confidence | | | |
| Nutrients and Unit | s | Mean | Std. Error Point | s Code | Code | Code | Measure 1 | Measure 2 | Measure |
| Proximates: | | | | | | | | | |
| Water | g | 75.83 | (| RA | 4 | | 11.37 | 46.26 | |
| Energy | kcal | 153 | (| RA | 4 | | 23 | 94 | |
| Energy | kj | 642 | (| RA | 4 | | 96 | 392 | |
| Protein (N x 6.25) | g | 10.62 | (| RA | 4 | | 1.59 | 6.48 | |
| Total lipid (fat) | g | 12.02 | (| RA | 4 | | 1.80 | 7.33 | |
| Ash | g | 0.84 | (| RA | 4 | | 0.13 | 0.51 | |
| Carbohydrate, by difference | g | 0.69 | (| RA | 4 | | 0.10 | 0.42 | |
| Fiber, total dietary | g | 0.0 | (| RA | 4 | | 0.0 | 0.0 | |
| Sugars, total | g | 0.65 | (| RA | 4 | | 0.10 | 0.39 | |
| Sucrose | g | 0.09 | (| RA | 4 | | 0.01 | 0.06 | |
| Glucose (dextrose) | g | 0.18 | (| RA | 4 | | 0.03 | 0.11 | |
| Fructose | g | 0.09 | (| RA | 4 | | 0.01 | 0.06 | |
| Lactose | g | 0.09 | (| RA | 4 | | 0.01 | 0.06 | |
| Maltose | g | 0.09 | (| RA | 4 | | 0.01 | 0.06 | |
| Galactose | | 0.09 | (| RA | 4 | | 0.01 | 0.06 | |
| Starch | | | | | | | | | |
| M:I | | | | | | | | | |
| Minerals: | ma | 47 | | | | | 7 | 20 | |
| Calcium, Ca | - | 1.54 | 0 | | 4 4 | | 0.23 | 28 0.94 | |
| Iron, Fe | | 1.54 | 0 | | 4 | | 0.23 | 0.94 6 | |
| Magnesium, Mg | | 162 | 0 | | 4 | | 24 | 99 | |
| Phosphorus, P Potassium, K | | 114 | 0 | | 4 | | 17 | 70 | |
| Sodium, Na | | 161 | C | | 4 | | 24 | 98 | |
| Zinc, Zn | | 0.93 | C | | 4 | | 0.14 | 0.57 | |
| Copper, Cu | | 0.088 | | | 4 | | 0.013 | 0.054 | |
| Manganese, Mn | | 0.032 | | | 4 | | 0.005 | 0.020 | |
| Selenium, Se | | 26.7 | - 0 | | 4 | | 4.0 | 16.3 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | C | RA | 4 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.058 | 3 0 | RA | 4 | | 0.009 | 0.036 | |
| Riboflavin | mg | 0.404 | 4 0 | RA | 4 | | 0.061 | 0.246 | |
| Niacin | <u>mg</u> | 0.060 |) (| RA | 4 | | 0.009 | 0.037 | |
| Pantothenic acid | mg | 1.213 | 3 0 | RA | 4 | | 0.182 | 0.740 | |
| Vitamin B-6 | | 0.12 | | | 4 | | 0.018 | 0.074 | |
| Folate, total | | 39 | C | RA | 4 | | 6 | 24 | |
| Folic acid | mcg | 0 | C | RA | 4 | | 0 | 0 | |
| Folate, food | - | 39 | C | RA | 4 | | 6 | 24 | |
| Folate, DFE | mcg_DFE | 39 | C | | 4 | | 6 | 24 | |
| Vitamin B-12 | - | 1.09 | С | | 4 | | 0.16 | 0.66 | |
| Vitamin A, IU | | 572 | С | | 4 | | 86 | 349 | |
| Vitamin A, RAE | | 155 | C | | 4 | | 23 | 95 | |
| Retinol. | | 152 | С | | 4 | | 23 | 92 | |
| Vitamin E (alpha-tocopherol) | | 0.95 | 0 | | 4 | | 0.14 | 0.58 | |
| Tocopherol, beta | | 0.02 | С | | 4 | | 0.00 | 0.01 | |
| Tocopherol, gamma | | 0.42 | C | | 4 | | 0.06 | 0.26 | |
| Tocopherol, delta | | 0.02 | 0 | | 4 | | 0.00 | 0.01 | |
| Vitamin D | | 29.052 | | | 4 | | 4.358 | 17.722 | |
| Vitamin K (phylloquinone) | nicg | 4.5 | C | RA | 4 | | 0.7 | 2.7 | |
| Lipids: | a | 2 20 | | | , | | 0 505 | 2 052 | |
| Fatty acids, total saturated | | 3.36 | | | 4 4 | | 0.505 | 2.053 | |
| 4:0 | | 0.000 | | | | | 0.000 | 0.000 | |
| 6:0 | | 0.000 | | | 4 | | 0.000 | 0.000 | |
| 8:0 | - | 0.003 | | | 4 4 | | 0.000 | 0.002 | |
| 10:0 | - | 0.003 | | | | | 0.000 | 0.002 | |
| 12:0 | - | 0.003 | 3 0 | RA | 4 | | 0.000 | 0.002 | |
| 13:0 | y | | | | | | | | |
| 14:0 | | 0.038 | 3 0 | RA | 4 | | 0.006 | 0.023 | |

| | | <u>Ar</u> | nount in 10 | 00 grams | | ole portic | <u>on</u> | | edible portion o | f common |
|--|-----------|-----------|-------------|----------|----------|----------------|--------------------|----------------|------------------|-----------|
| Nutrients and Unit | s | Mean | Std. Error | of Data | Deriv | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | | |
| 15:0 | g | 0.003 | | | RA | 4 | | 0.001 | 0.002 | |
| 16:0 | g | 2.308 | | 0 | RA | 4 | | 0.346 | 1.408 | |
| 17:0 | g | 0.014 | | 0 | RA | 4 | | 0.002 | 0.009 | |
| 18:0 | g | 0.973 | | 0 | RA | 4 | | 0.146 | 0.593 | |
| 20:0 | g | 0.008 | | 0 | RA | 4 | | 0.001 | 0.005 | |
| 22:0 | _ | 0.010 | | 0 | RA | 4 | | 0.002 | 0.006 | |
| 24:0 | | 0.003 | | 0 | RA | 4 | | 0.000 | 0.002 | |
| Fatty acids, total monounsaturated | | 4.990 | | 0 | RA | 4 | | 0.749 | 3.044 | |
| 14:1 | | 0.007 | | 0 | RA | 4 | | 0.001 | 0.004 | |
| 15:1 | _ | | | _ | | | | | | |
| 16:1 undifferentiated | _ | 0.260 | | 0 | RA | 4 | | 0.039 | 0.158 | |
| 17:1 | - | | | | | | | | | |
| 18:1 undifferentiated | | 4.698 | | 0 | RA | 4 | | 0.705 | 2.866 | |
| 20:1 | _ | 0.024 | | 0 | RA | 4 4 | | 0.004 | 0.014 | |
| 22:1 undifferentiated | | 0.003 | | U | RA | 4 | | 0.000 | 0.002 | |
| 24:1 c Fatty acids, total polyunsaturated | | 2.097 | | 0 | RA | 4 | | 0.315 | 1.279 | |
| 18:2 undifferentiated | | 1.847 | | 0 | RA RA | 4 | | 0.313 | 1.127 | |
| 18:3 undifferentiated | | 0.096 | | 0 | RA. | 4 | | 0.277 | 0.059 | |
| 18:4 | | 0.000 | | 0 | RA | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c | | 0.000 | | · | | • | | 0.000 | 0.000 | |
| 20:3 undifferentiated | | | | | | | | | | |
| 20:4 undifferentiated | | 0.119 | | 0 | RA | 4 | | 0.018 | 0.073 | |
| 20:5 n-3 | | 0.003 | | 0 | RA | 4 | | 0.001 | 0.002 | |
| 22:5 n-3 | _ | 0.000 | | 0 | RA | 4 | | 0.000 | 0.000 | |
| 22:6 n-3 | _ | 0.031 | | 0 | RA | 4 | | 0.005 | 0.019 | |
| Fatty acids, total trans | | | | | | | | | | |
| Cholesterol | mg | 356 | | 0 | RA | 4 | | 53 | 217 | |
| Phytosterols | <u>mg</u> | 7 | | 0 | RA | 4 | | 1 | 4 | |
| A A .: 3 | | | | | | | | | | |
| Amino Acids: | ~ | 0.140 | | 0 | RA | 4 | | 0 001 | 0.086 | |
| TryptophanThreonine | | 0.140 | | 0 | RA RA | 4 | | 0.021 0.070 | 0.086 | |
| Isoleucine | | 0.565 | | 0 | RA. | 4 | | 0.075 | 0.285 | |
| Leucine | _ | 0.915 | | 0 | RA | 4 | | 0.137 | 0.558 | |
| Lysine | | 0.768 | | 0 | RA | 4 | | 0.115 | 0.469 | |
| Methionine | | 0.320 | | 0 | RA | 4 | | 0.048 | 0.195 | |
| Cystine | _ | 0.229 | | 0 | RA | 4 | | 0.034 | 0.140 | |
| Phenylalanine | | 0.572 | | 0 | RA | 4 | | 0.086 | 0.349 | |
| Tyrosine | - | 0.420 | | 0 | RA | 4 | | 0.063 | 0.256 | |
| Valine | | 0.723 | | 0 | RA | 4 | | 0.108 | 0.441 | |
| Arginine | _ | 0.691 | | 0 | RA | 4 | | 0.104 | 0.421 | |
| Histidine | | 0.260 | | 0 | RA | 4 | | 0.039 | 0.159 | |
| Alanine | | 0.619 | | 0 | RA | 4 | | 0.093 | 0.377 | |
| Aspartic acid | | 1.119 | | 0 | RA | 4 | | 0.168 | 0.682 | |
| Glutamic acid | - | 1.409 | | 0 | RA | 4 | | 0.211 | 0.859 | |
| Glycine | g | 0.363 | | 0 | RA | 4 | | 0.055 | 0.222 | |
| Proline | g | 0.431 | | 0 | RA | 4 | | 0.065 | 0.263 | |
| Serine | g | 0.818 | | 0 | RA | 4 | | 0.123 | 0.499 | |
| Hydroxyproline | g | | | | | | | | | |
| Others: | | | | | | | | | | |
| | a | 0.0 | | 0 | RA | 4 | | 0.0 | 0.0 | |
| Alcohol, ethyl Caffeine | | 0.0 | | 0 | RA RA | 4 | | 0.0 | 0.0 | |
| Theobromine | | 0 | | 0 | RA RA | 4 | | 0 | 0 | |
| Carotenoids: | | U | | J | NA. | - | | J | v | |
| | | | | | | | | _ | | |
| Carotene, beta | | 36 | | 0 | RA | 4 | | 5.434 | 22.099 | |
| Carotene, alpha | _ | 0 | | 0 | RA | 4 | | 0.000 | 0.000 | |
| Cryptoxanthin, beta | | 8 | | 0 | RA | 4 | | 1.128 | 4.588 | |
| Lycopene | | 0 279 | | 0 | RA RA | 4 4 | | 0.000 | 0.000 | |
| Lutein + zeaxanthin | iiicA | 279 | | U | KA | 4 | | 41.783 | 169.916 | |

NDB No. 01130

Egg, whole, cooked, omelet

Common Measures:

Measure 1 = 15g: 1 tbsp Measure 2 = 61g: 1 large

Calories Factors: Protein 4.36 Fat 9.02 Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products

| | | <u>A</u> | mount in 100 g | <u>grams</u> | of edit | ie portio | <u>on</u> | Amount in | edible portion | of common |
|--------------------------------|------|-------------|----------------|--------------|------------|-----------|------------|-------------|-----------------|-----------|
| | | | Nı | umber | | | | m | easures of food | |
| | | | | | Deriv | Source | Confidence | | | - |
| Nutrients and Uni | ite | Mean | Std. Error P | | | Code | Code | Measure 1 | Measure 2 | Measure 3 |
| Nutrients and on | | Moun | Ota. Elloi | | | | | Micasare 1 | measure 2 | Wicasarc |
| Proximates: | | | | | | | | | | |
| Water | g | 75.54 | | 0 | RKA | 1 | | 37.77 | | |
| Energy | kcal | 147 | | 0 | NC | 4 | | 73 | | |
| Energy | kj | 614 | | 0 | NC | 4 | | 307 | | |
| Protein (N x 6.25) | g | 12.53 | | 0 | RKA | 1 | | 6.27 | | |
| Total lipid (fat) | g | 9.90 | | 0 | RKA | 1 | | 4.95 | | |
| Ash | g | 1.26 | | 0 | RKA | 1 | | 0.63 | | |
| Carbohydrate, by difference | g | 0.76 | | 0 | RKI | 6 | | 0.38 | | |
| Fiber, total dietary | | 0.0 | | 0 | RKI | 6 | | 0.0 | | |
| Sugars, total | | 0.77 | | 0 | RKI | 6 | | 0.38 | | |
| Sucrose | g | 0.11 | | 0 | RKA | 1 | | 0.06 | | |
| Glucose (dextrose) | g | 0.21 | | 0 | RKA | 1 | | 0.10 | | |
| Fructose | g | 0.11 | | 0 | RKA | 1 | | 0.06 | | |
| Lactose | g | 0.11 | | 0 | RKA | 1 | | 0.06 | | |
| Maltose | g | 0.11 | | 0 | RKA | 1 | | 0.06 | | |
| Galactose | g | 0.11 | | 0 | RKA | 1 | | 0.06 | | |
| Starch | | | | | | | | | | |
| Minerals: | | | | | | | | | | |
| Calcium, Ca | ma | 53 | | 0 | RKA | 1 | | 27 | | |
| Iron, Fe | - | 1.83 | | Ö | RKA | 1 | | 0.91 | | |
| Magnesium, Mg | | 12 | | Ö | RKA | 1 | | 6 | | |
| Phosphorus, P | | 190 | | 0 | RKA | 1 | | 95 | | |
| Potassium, K | | 133 | | 0 | RKA | 1 | | 67 | | |
| Sodium, Na | | 294 | | 0 | RKA | 1 | | 147 | | |
| Zinc, Zn | | 1.10 | | 0 | RKA | 1 | | 0.55 | | |
| Copper, Cu | mg | 0.102 | 2 | 0 | RKA | 1 | | 0.051 | | |
| Manganese, Mn | mg | 0.039 | 9 | 0 | RKA | 1 | | 0.019 | | |
| Selenium, Se | mcg | 31.6 | | 0 | RKA | 1 | | 15.8 | | |
| Vitamins: | | | | | | | | | | |
| Vitamin C, total ascorbic acid | | 0.0 | | 0 | RKA | 1 | | 0.0 | | |
| Thiamin | _ | 0.069 | | 0 | RKA | 1 | | 0.034 | | |
| Riboflavin | - | 0.476 | | 0 | RKA | 1 | | 0.238 | | |
| Niacin | | 0.070 | | 0 | RKA | 1 | | 0.035 | | |
| Pantothenic acid | - | 1.433 | | 0 | RKA | 1 | | 0.716 | | |
| Vitamin B-6 | | 0.142 47 | 2 | 0 | RKI | 6 6 | | 0.071 23 | | |
| Folate, total | | 47 | | 0 | RKI RKI | 6 | | 0 | | |
| Folic acidFolate, food | nicg | 47 | | 0 | RKI | 6 | | 23 | | |
| Folate, DFE | | 47 | | 0 | NC | 4 | | 23 | | |
| Vitamin B-12 | | 1.28 | | 0 | RKI | 6 | | 0.64 | | |
| Vitamin A, IU | | 485 | | 0 | RKA | 1 | | 243 | | |
| Vitamin A, RAE | | 139 | | 0 | RKA | 1 | | 70 | | |
| Retinol | | 138 | | 0 | RKI | 6 | | 69 | | |
| Vitamin E (alpha-tocopherol) | | 0.96 | | 0 | RKI | 6 | | 0.48 | | |
| Tocopherol, beta | | 0.02 | | 0 | RKA | 1 | | 0.01 | | |
| Tocopherol, gamma | | 0.50 | | 0 | RKA | 1 | | 0.25 | | |
| Tocopherol, delta | | 0.02 | | 0 | RKA | 1 | | 0.01 | | |
| Vitamin D | | 34.410 | 0 | 0 | RKA | 1 | | 17.205 | | |
| Vitamin K (phylloquinone) | | 0.3 | | 0 | RKI | 6 | | 0.1 | | |
| Lipids: | | | | | | | | | | |
| Fatty acids, total saturated | g | 3.087 | 7 | 0 | RKI | 6 | | 1.543 | | |
| 4:0 | | 0.000 | | 0 | RKA | 1 | | 0.000 | | |
| 6:0 | | 0.000 | 0 | 0 | RKA | 1 | | 0.000 | | |
| 8:0 | | 0.003 | 3 | 0 | RKA | 1 | | 0.002 | | |
| 10:0 | - | 0.003 | 3 | 0 | RKA | 1 | | 0.002 | | |
| 12:0 | g | 0.003 | 3 | 0 | RKA | 1 | | 0.002 | | |
| 13:0 | | | | | | | | | | |
| 14:0 | g | 0.034 | 4 | 0 | RKA | 1 | | 0.017 | | |
| 15:0 | a | 0.004 | 4 | 0 | RKA | 1 | | | | |

| | | <u>Ar</u> | nount in 10 | 00 grams | of edik | ole portio | <u>on</u> | | edible portion o | f common |
|------------------------------------|--------------|-----------|-------------|----------|---------|----------------|--------------------|-----------|------------------|-----------|
| | | | | Number | • | | | <u>me</u> | easures of food | |
| Nutrients and Uni | ts | Mean | Std. Error | | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | | |
| 15:0 | a | 0.004 | | | RKA | 1 | | 0.002 | | |
| 16:0 | _ | 2.217 | | 0 | RKA | 1 | | 1.109 | | |
| 17:0 | | 0.017 | | 0 | RKA | 1 | | 0.008 | | |
| 18:0 | | 0.781 | | 0 | RKA | 1 | | 0.390 | | |
| 20:0 | | 0.010 | | 0 | RKA | 1 | | 0.005 | | |
| 22:0 | _ | 0.012 | | 0 | RKA | 1 | | 0.006 | | |
| 24:0 | _ | 0.003 | | 0 | RKA | 1 | | 0.001 | | |
| Fatty acids, total monounsaturated | | 3.795 | | 0 | RKI | 6 | | 1.897 | | |
| 14:1 | | 0.008 | | 0 | RKA | 1 | | 0.004 | | |
| 15:1 | | | | | | | | | | |
| 16:1 undifferentiated | g | 0.297 | | 0 | RKA | 1 | | 0.148 | | |
| 17:1 | g | | | | | | | | | |
| 18:1 undifferentiated | g | 3.459 | | 0 | RKA | 1 | | 1.730 | | |
| 20:1 | g | 0.028 | | 0 | RKA | 1 | | 0.014 | | |
| 22:1 undifferentiated | g | 0.003 | | 0 | RKA | 1 | | 0.002 | | |
| 24:1 c | | | | | | | | | | |
| Fatty acids, total polyunsaturated | g | 1.359 | | 0 | RKI | 6 | | 0.679 | | |
| 18:2 undifferentiated | | 1.143 | | 0 | RKA | 1 | | 0.572 | | |
| 18:3 undifferentiated | g | 0.033 | | 0 | RKA | 1 | | 0.016 | | |
| 18:4 | g | 0.000 | | 0 | RKA | 1 | | 0.000 | | |
| 20:2 n-6 c,c | | | | | | | | | | |
| 20:3 undifferentiated | g | | | | | | | | | |
| 20:4 undifferentiated | g | 0.141 | | 0 | RKA | 1 | | 0.071 | | |
| 20:5 n-3 | g | 0.004 | | 0 | RKA | 1 | | 0.002 | | |
| 22:5 n-3 | g | 0.000 | | 0 | RKA | 1 | | 0.000 | | |
| 22:6 n-3 | g | 0.037 | | 0 | RKA | 1 | | 0.018 | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 422 | | 0 | RKI | 6 | | 211 | | |
| Phytosterols | mg | 0 | | 0 | RKA | 1 | | 0 | | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan | a | 0.166 | | 0 | RKA | 1 | | 0.083 | | |
| Threonine | | 0.554 | | 0 | RKA | 1 | | 0.277 | | |
| Isoleucine | | 0.670 | | 0 | RKA | 1 | | 0.335 | | |
| Leucine | - | 1.083 | | 0 | RKA | 1 | | 0.542 | | |
| Lysine | | 0.910 | | 0 | RKA | 1 | | 0.455 | | |
| Methionine | | 0.379 | | 0 | RKA | 1 | | 0.189 | | |
| Cystine | | 0.271 | | 0 | RKA | 1 | | 0.136 | | |
| Phenylalanine | | 0.678 | | 0 | RKA | 1 | | 0.339 | | |
| Tyrosine | | 0.498 | | 0 | RKA | 1 | | 0.249 | | |
| Valine | | 0.498 | | 0 | RKA | 1 | | 0.428 | | |
| Arginine | | 0.818 | | 0 | RKA | 1 | | 0.428 | | |
| Histidine | | 0.308 | | 0 | RKA | 1 | | 0.154 | | |
| Alanine | | 0.733 | | 0 | RKA | 1 | | 0.366 | | |
| Aspartic acid | - | 1.325 | | 0 | RKA | 1 | | 0.662 | | |
| Glutamic acid | - | 1.669 | | 0 | RKA | 1 | | 0.834 | | |
| Glycine | | 0.430 | | 0 | RKA | 1 | | 0.215 | | |
| Proline | - | 0.430 | | 0 | RKA | 1 | | 0.215 | | |
| Serine | | 0.969 | | 0 | RKA | 1 | | 0.484 | | |
| Hydroxyproline | | 0.505 | | v | | - | | 3.404 | | |
| | 9 | | | | | | | | | |
| Others: | | | | | | | | | | |
| Alcohol, ethyl | | 0.0 | | 0 | RKI | 6 | | 0.0 | | |
| Caffeine | mg | 0 | | 0 | RKI | 6 | | 0 | | |
| Theobromine | mg | 0 | | 0 | RKI | 6 | | 0 | | |
| Carotenoids: | | | | | | | | | | |
| Carotene, beta | mcq | 10 | | 0 | RKI | 6 | | 5.034 | | |
| Carotene, alpha | | 0 | | 0 | RKI | 6 | | 0.000 | | |
| Cryptoxanthin, beta | | 9 | | 0 | RKI | 6 | | 4.454 | | |
| Lycopene | | 0 | | 0 | RKI | 6 | | 0.000 | | |
| | | | | | | | | | | |

NDB No. 01131

Egg, whole, cooked, poached

Common Measures:

Measure 1 = 50g: 1 large

Calories Factors: Protein 4.36 Fat 9.02 Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products

| Nutrients and Units | - ral 10 69 | | | 0 0 0 0 0 | Deriv | 1 4 4 1 1 1 | Confidence Code | Measure 1 160.93 365 1528 24.40 | Measure 2 10.02 23 95 1.52 | Measure 3 44.62 101 424 6.76 |
|---|-------------------|---|------------|---------------------------------|----------|-----------------------|--------------------|----------------------------------|-----------------------------|----------------------------------|
| Proximates: 9 Energy kc 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 Sucrose 9 Glucose (dextrose) 9 Fructose 9 Maltose 9 Galactose 9 Starch 9 Minerals: Calcium, Ca Calcium, Fe m Magnesium, Mg m Photassium, K m Sodium, Na m Zinc, Zn m Copper, Cu m Manganese, Mn m | - ral 10 69 | 73.15 566 95 11.09 12.21 1.36 2.20 0.0 1.73 0.08 0.16 | | Points 0 0 0 0 0 0 0 0 0 0 0 0 | Code | 1 4 4 1 1 1 | | 160.93 365 1528 24.40 | 10.02 23 95 | 44.62 101 424 |
| Proximates: 9 Energy kc 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 Sucrose 9 Glucose (dextrose) 9 Fructose 9 Maltose 9 Galactose 9 Starch 9 Minerals: Calcium, Ca Calcium, Fe m Magnesium, Mg m Photassium, K m Sodium, Na m Zinc, Zn m Copper, Cu m Manganese, Mn m | - ral 10 69 | 73.15 566 95 11.09 12.21 1.36 2.20 0.0 1.73 0.08 0.16 | Std. Error | 0 0 0 0 0 | NC | 1 4 4 1 1 | Code | 160.93 365 1528 24.40 | 10.02 23 95 | 44.62 101 424 |
| Water | eal 16 69 | 566 95 11.09 12.21 1.36 2.20 0.0 1.73 0.08 0.16 | | 0 0 0 0 | | 4 4 1 1 | | 365 1528 24.40 | 23 95 | 101 424 |
| Energy kc 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 Glucose (dextrose) 9 Fructose 9 Lactose 9 Maltose 9 Starch 9 Minerals: 2 Calcium, Ca m Iron, Fe m Magnesium, Mg m Potassium, K m Sodium, Na m Zinc, Zn m Manganese, Mn m | eal 16 69 | 566 95 11.09 12.21 1.36 2.20 0.0 1.73 0.08 0.16 | | 0 0 0 0 | | 4 4 1 1 | | 365 1528 24.40 | 23 95 | 101 424 |
| 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 Glucose (dextrose) 9 Fructose 9 Lactose 9 Maltose 9 Starch 9 Minerals: 2 Calcium, Ca m Iron, Fe m Magnesium, Mg m Potassium, K m Sodium, Na m Zinc, Zn m Manganese, Mn m | 69 | 05 11.09 12.21 1.36 2.20 0.0 1.73 0.08 0.16 | | 0 0 0 0 | | 4 1 1 | | 1528 24.40 | 95 | 424 |
| Protein (N x 6.25) 9 Total lipid (fat) 9 Ash 9 Carbohydrate, by difference 9 Fiber, total dietary 9 Sugars, total 9 Glucose (dextrose) 9 Fructose 9 Lactose 9 Maltose 9 Starch 9 Minerals: Calcium, Ca Calcium, Ca m Iron, Fe m Magnesium, Mg m Potassium, K m Sodium, Na m Zinc, Zn m Manganese, Mn m | 1 | 11.09 12.21 1.36 2.20 0.0 1.73 0.08 0.16 | | 0 0 0 | NC | 1 | | 24.40 | | |
| Total lipid (fat). 9 Ash. 9 Carbohydrate, by difference. 9 Fiber, total dietary. 9 Sugars, total. 9 Sucrose. 9 Glucose (dextrose). 9 Fructose. 9 Lactose. 9 Maltose. 9 Starch. 9 Minerals: Calcium, Ca. Calcium, Ca. m Iron, Fe. m Magnesium, Mg. m Potassium, K. m Sodium, Na. m Zinc, Zn. m Manganese, Mn. m | | 12.21 1.36 2.20 0.0 1.73 0.08 0.16 | | 0 0 0 | NC: | 1 | | | 1.52 | 6 76 |
| Ash | • | 1.36 2.20 0.0 1.73 0.08 0.16 | | 0 0 | NC: | | | | | 0.76 |
| Carbohydrate, by difference | | 2.20 0.0 1.73 0.08 0.16 | | 0 | NC: | | | 26.86 | 1.67 | 7.45 |
| Fiber, total dietary 9 Sugars, total 9 Sucrose 9 Glucose (dextrose) 9 Fructose 9 Lactose 9 Maltose 9 Galactose 9 Starch 9 Inerals: 2 Calcium, Ca me Iron, Fe me Magnesium, Mg me Potassium, K me Sodium, Na me Zinc, Zn me Copper, Cu me Manganese, Mn me | | 0.0 1.73 0.08 0.16 | | 0 | NC | 1 | | 2.99 | 0.19 | 0.83 |
| Sugars, total 9 Sucrose 9 Glucose (dextrose) 9 Fructose 9 Lactose 9 Maltose 9 Galactose 9 Starch 9 Minerals: Calcium, Ca me Iron, Fe me Magnesium, Mg me Potassium, K me Sodium, Na me Zinc, Zn me Copper, Cu me Manganese, Mn me | | 1.73 0.08 0.16 | | | | 4 | | 4.84 | 0.30 | 1.34 |
| Sucrose. 9 Glucose (dextrose). 9 Fructose. 9 Lactose. 9 Maltose. 9 Galactose. 9 Starch. 9 Incrals: 2 Calcium, Ca. me Iron, Fe. me Magnesium, Mg. me Potassium, K. me Sodium, Na. me Zinc, Zn. me Copper, Cu. me Manganese, Mn. me | | 0.08 0.16 | | | | 4 | | 0.0 | 0.0 | 0.0 |
| Glucose (dextrose) 9 Fructose 9 Lactose 9 Maltose 9 Galactose 9 Starch 9 Inerals: Calcium, Ca me Iron, Fe me Magnesium, Mg me Potassium, K me Sodium, Na me Zinc, Zn me Copper, Cu me Manganese, Mn me | | 0.16 | | 0 | RA | 4 | | 3.80 | 0.24 | 1.05 |
| Fructose. 9 Lactose. 9 Maltose. 9 Galactose. 9 Starch. 9 Incerals: 2 Calcium, Ca. me Iron, Fe. me Magnesium, Mg. me Potassium, K. me Sodium, Na. me Zinc, Zn. me Copper, Cu. me Manganese, Mn. me | | | | 0 | RA | 4 | | 0.18 | 0.01 | 0.05 |
| Lactose 9 Maltose 9 Galactose 9 Starch 9 Starch 9 Inorals: Calcium, Ca me Iron, Fe me Magnesium, Mg me Potassium, K me Sodium, Na me Zinc, Zn me Copper, Cu me Manganese, Mn me | | 0.08 | | 0 | RA | 4 | | 0.34 | 0.02 | 0.09 |
| Maltose 9 Galactose 9 Starch 9 Inerals: Calcium, Ca me Iron, Fe me Magnesium, Mg me Phosphorus, P me Sodium, Na me Zinc, Zn me Copper, Cu me Manganese, Mn me | | | | 0 | RA | 4 | | 0.18 | 0.01 | 0.05 |
| Maltose 9 Galactose 9 Starch 9 Incrals: Calcium, Ca me Iron, Fe me Magnesium, Mg me Phosphorus, P me Sodium, Na me Zinc, Zn me Copper, Cu me Manganese, Mn me | | 1.24 | | 0 | RA | 4 | | 2.73 | 0.17 | 0.76 |
| Starch | | 0.08 | | 0 | RA | 4 | | 0.18 | 0.01 | 0.05 |
| Inerals: 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 | | 0.08 | | 0 | RA | 4 | | 0.18 | 0.01 | 0.05 |
| 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 | | | | | | | | | | |
| Iron, Fe | ~ | 7.1 | | • | | 1 | | 156 | 10 | 43 |
| Magnesium, Mg | 0 | 71 1.20 | | 0 | | 1 1 | | 156 2.64 | 10 0.16 | 43 0.73 |
| Phosphorus, P | | 1.20 L2 | | 0 | | 1 | | 2.64 | 2 | 7 |
| Potassium, K. m Sodium, Na. m Zinc, Zn. m Copper, Cu. m Manganese, Mn. m | 5 | | | 0 | | 1 | | 374 | 23 | 104 |
| Sodium, Na. m Zinc, Zn. m Copper, Cu. m Manganese, Mn. m | 0 | | | 0 | | 1 | | 304 | 19 | 84 |
| Zinc, Zn | | | | 0 | | 1 | | 616 | 38 | 171 |
| Copper, Cumg Manganese, Mnmg | 0 | 1.00 | | 0 | | 1 | | 2.20 | 0.14 | 0.61 |
| Manganese, Mnmg | | 0.014 | | 0 | | 1 | | 0.031 | 0.002 | 0.00 |
| | | 0.022 | | 0 | | 1 | | 0.048 | 0.003 | 0.01 |
| Selenium, Seme | | 22.5 | 1.10 | 2 33 | A | 1 | | 49.5 | 3.1 | 13.7 |
| litamins: | | | | | | | | | | |
| Vitamin C, total ascorbic acidmg | g | 0.2 | | 0 | | 1 | | 0.4 | 0.0 | 0.1 |
| Thiaminm | | 0.052 | | 0 | | 1 | | 0.114 | 0.007 | 0.03 |
| Riboflavinmg | | 0.437 | | 0 | | 1 | | 0.961 | 0.060 | 0.26 |
| Niacin me | - | 0.079 | | 0 | | 1 | | 0.174 | 0.011 | 0.04 |
| Pantothenic acidmg | • | 1.007 | | 0 | | 1 | | 2.215 | 0.138 | 0.61 |
| Vitamin B-6mg | - | 0.118 | | 0 | | 1 | | 0.260 | 0.016 | 0.07 |
| Folate, totalmo | | 30 | | 0 | _ | 1 | | 66 | 4 | 18 |
| Folic acidmo | | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, foodmo | -3 | 30 | | 0 | *** | 1 | | 66 | 4 | 18 |
| Folate, DFEmo | | 30 | | 0 | NC | 4 1 | | 66 | 4 | 18 |
| Vitamin B-12 mo | | 0.77 | | | 170 | | | 1.69 | 0.11 | 0.47 |
| Vitamin A, IUIU | | 26 | | 0 | NC | 4 | | 1157 | 72 | 321 |
| Vitamin A, RAEmo | | | | 0 | NC | 4 4 | | 314 | 20 | 87 |
| Retinol mo | | | | 0 | RA | 4 | | 307 | 19 0.12 | 85 |
| Vitamin E (alpha-tocopherol)mg | | 0.85 | | 0 | RA RA | 4 | | 1.87 0.03 | 0.12 | 0.5 |
| Tocopherol, betamg | | 0.01 | | 0 | | 4 | | 0.03 | 0.05 | 0.0 |
| Tocopherol, gammame | | 0.02 | | 0 | RA RA | 4 | | 0.82 | 0.00 | 0.0 |
| Vitamin DIU | | 34.460 | | 0 | RA. | 4 | | 75.813 | 4.721 | 21.0 |
| Vitamin K (phylloquinone)mo | | 4.0 | | 0 | RA | 4 | | 8.8 | 0.5 | 2.4 |
| ipids: | | | | | | | | | | |
| Fatty acids, total saturated | | 3.679 | | 0 | | 1 | | 8.094 | 0.504 | 2.2 |
| 4:0g | | 0.026 | | 0 | | 1 | | 0.057 | 0.004 | 0.0 |
| 6:0g | | 0.016 | | 0 | | 1 | | 0.035 | 0.002 | 0.0 |
| 8:0g | | 0.012 | | 0 | | 1 | | 0.026 | 0.002 | 0.0 |
| 10:0g | | 0.024 | | 0 | | 1 | | 0.053 | 0.003 | 0.0 |
| 12:0g | | 0.027 | | 0 | | 1 | | 0.059 | 0.004 | 0.0 |
| 13:0g | | | | | | | | | | |

| | | <u>Aı</u> | mount in 100 gra | ms of edi | Amount in edible portion of common | | | | |
|--|-----|----------------|--------------------------|----------------------|------------------------------------|--------------------|------------------|----------------|----------------|
| | | | Number | | | | measures of food | | |
| Nutrients and Un | its | Mean | of Da Std. Error Poin | ita Deriv ts Code | | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| 16:0 | g | 2.434 | (|) | 1 | | 5.355 | 0.333 | 1.485 |
| 17:0 | - | | | | | | | | |
| 18:0 | - | 0.981 | (|) | 1 | | 2.158 | 0.134 | 0.598 |
| 20:0 22:0 | | | | | | | | | |
| 24:0 | | | | | | | | | |
| Fatty acids, total monounsaturated. | - | 4.768 | (|) | 1 | | 10.490 | 0.653 | 2.908 |
| 14:1 | | | | | | | | | |
| 15:1 | - | | | | | | | | |
| 16:1 undifferentiated | | 0.263 | (|) | 1 | | 0.579 | 0.036 | 0.160 |
| 17:1 18:1 undifferentiated | _ | 4.473 | (| 1 | 1 | | 9.841 | 0.613 | 2.729 |
| 20:1 | _ | 0.023 | | | 1 | | 0.051 | 0.003 | 0.014 |
| 22:1 undifferentiated | | 0.002 | | | 1 | | 0.004 | 0.000 | 0.001 |
| 24:1 c | | | | | | | | | |
| Fatty acids, total polyunsaturated | g | 2.148 | (|) | 1 | | 4.726 | 0.294 | 1.310 |
| 18:2 undifferentiated | | 1.916 | | | 1 | | 4.215 | 0.262 | 1.169 |
| 18:3 undifferentiated | | 0.083 | | | 1 | | 0.183 | 0.011 | 0.051 |
| 18:4 | | 0.000 | (|) | 1 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c | | | | | | | | | |
| 20:3 undifferentiated 20:4 undifferentiated | - | 0.116 | (|) | 1 | | 0.255 | 0.016 | 0.071 |
| 20:5 n-3 | - | 0.003 | | | 1 | | 0.007 | 0.000 | 0.002 |
| 22:5 n-3 | _ | 0.000 | (|) | 1 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3 | g | 0.030 | (|) | 1 | | 0.066 | 0.004 | 0.018 |
| Fatty acids, total trans | g | | | | | | | | |
| Cholesterol | | 352 | (| | 1 | | 774 | 48 | 215 |
| Phytosterols | mg | 10 | (|) | 1 | | 22 | 1 | 6 |
| Amino Acids: | | | | | | | | | |
| Tryptophan | | 0.136 | | | 1 | | 0.299 | 0.019 | 0.083 |
| Threonine | _ | 0.528 0.608 | | | 1 1 | | 1.162 1.338 | 0.072 | 0.322 |
| Isoleucine | - | 0.954 | | | 1 | | 2.099 | 0.083 0.131 | 0.371 0.582 |
| Lysine | - | 0.800 | | | 1 | | 1.760 | 0.110 | 0.488 |
| Methionine | | 0.340 | |) | 1 | | 0.748 | 0.047 | 0.207 |
| Cystine | | 0.245 | (|) | 1 | | 0.539 | 0.034 | 0.149 |
| Phenylalanine | g | 0.583 | (|) | 1 | | 1.283 | 0.080 | 0.356 |
| Tyrosine | | 0.457 | | | 1 | | 1.005 | 0.063 | 0.279 |
| Valine | - | 0.678 | | | 1 | | 1.492 | 0.093 | 0.414 |
| Arginine | | 0.644 | | | 1 | | 1.417 | 0.088 | 0.393 |
| Histidine | | 0.264 0.598 | | | 1 1 | | 0.581 1.316 | 0.036 0.082 | 0.161 0.365 |
| AlanineAspartic acid | | 1.090 | | | 1 | | 2.398 | 0.082 | 0.365 |
| Glutamic acid | _ | 1.508 | | | 1 | | 3.318 | 0.207 | 0.920 |
| Glycine | _ | 0.361 | |) | 1 | | 0.794 | 0.049 | 0.220 |
| Proline | g | 0.487 | (|) | 1 | | 1.071 | 0.067 | 0.297 |
| Serine | g | 0.806 | (|) | 1 | | 1.773 | 0.110 | 0.492 |
| Hydroxyproline | g | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl | | 0.0 | (| | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine | | 0 | (| | 4 | | 0 | 0 | 0 |
| Theobromine | mg | 0 | (|) RA | 4 | | 0 | 0 | 0 |
| Carotenoids: | | | | | | | | | |
| Carotene, beta | - | 33 | (| | 4 | | 72.652 | 4.524 | 20.144 |
| Carotene, alpha | | 0 7 | (| | 4 4 | | 0.000 14.561 | 0.000 0.907 | 0.000 4.037 |
| Cryptoxanthin, beta Lycopene | | 0 | (| | 4 | | 0.000 | 0.907 | 0.000 |
| Lutein + zeaxanthin | | 245 | (| | 4 | | 539.275 | 33.582 | 149.526 |
| | | - | | | | | | | |

NDB No. 01132

Egg, whole, cooked, scrambled

Common Measures:

Measure 1 = 220g: 1 cup Measure 2 = 13.7g: 1 tbsp Measure 3 = 61g: 1 large

Calories Factors: Protein 4.36 Fat 9.02 Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products

| | | <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> |
| Nutrients and Uni | its | Mean | Std. Error | | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure |
| Proximates: | | | | | | | | | | |
| Water | g | 3.10 | | 2 | A | 1 | | 2.64 | 0.16 | |
| Energy | kcal | 594 | | 0 | NC | 4 | | 505 | 30 | |
| Energy | | 2485 | | | | 4 | | 2113 | 124 | |
| Protein (N x 6.25) | g | 47.35 | | 2 | A | 1 | | 40.25 | 2.37 | |
| Total lipid (fat) | | 40.95 | | 2 | A | 1 | | 34.81 | 2.05 | |
| Ash | | 3.65 | | 2 | A | 1 | | 3.10 | 0.18 | |
| Carbohydrate, by difference | | 4.95 | | 0 | NC | 4 | | 4.21 | 0.25 | |
| Fiber, total dietary | g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total | | 3.08 | | 0 | BFSN | 4 | | 2.62 | 0.15 | |
| Starch | | | | | | | | | | |
| | | | | | | | | | | |
| Minerals: | | 001 | | _ | _ | _ | | 106 | 10 | |
| Calcium, Ca | | 231 | | 2 | A | 1 | | 196 | 12 | |
| Iron, Fe. | | 6.79 4 2 | | 2 2 | A A | 1 1 | | 5.77 36 | 0.34 2 | |
| Magnesium, Mg | | 831 | | 2 | A | 1 | | 36 706 | 42 | |
| Phosphorus, P Potassium, K | | 493 | | 2 | A | 1 | | 419 | 25 | |
| Sodium, Na | | 523 | | 2 | A | 1 | | 445 | 26 | |
| Zinc, Zn | | 5.28 | | 2 | A | 1 | | 4.49 | 0.26 | |
| Copper, Cu | | 0.196 | : | 2 | A | 1 | | 0.167 | 0.010 | |
| Manganese, Mn | | 0.125 | | 2 | A | 1 | | 0.107 | 0.006 | |
| Selenium, Se | | 119.6 | , | 0 | BFAN | 4 | | 101.7 | 6.0 | |
| Scientini, Sc | 9 | | | · | | - | | | • | |
| Vitamins: | | | | | | | | | | |
| Vitamin C, total ascorbic acid | _ | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin | | 0.195 | | 2 | A | 1 | | 0.166 | 0.010 | |
| Riboflavin | mg | 1.540 | | 2 | A | 1 | | 1.309 | 0.077 | |
| Niacin | - | 0.305 | | 2 | A | 1 | | 0.259 | 0.015 | |
| Pantothenic acid | = | 5.905 | | 2 | A | 1 | | 5.019 | 0.295 | |
| Vitamin B-6 | _ | 0.388 | 3 | 2 | A | 1 | | 0.330 | 0.019 | |
| Folate, total | | 171 | | 2 | A | 1 | | 145 | 9 | |
| Folic acid | | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | | 171 | | 2 | A | 1 | | 145 | 9 | |
| Folate, DFE | | 171 | | 0 | NC | 4 | | 145 | 9 | |
| Vitamin B-12 | | 3.95 | | 2 | A | 1 | | 3.36 | 0.20 | |
| Vitamin A, IU | | 997 | | 0 | NC | 4 | | 848 | 50 | |
| Vitamin A, RAE | | 275 | | 0 | NC | 4 | | 234 | 14 | |
| Retinol | | 270 | | 0 | NC | 4 | | 230 | 14 | |
| Vitamin E (alpha-tocopherol) | | 3.88 | | 0 | BFSN | 4 | | 3.30 | 0.19 | |
| Tocopherol, beta | | | | | | | | | | |
| Tocopherol, gamma Tocopherol, delta | | | | | | | | | | |
| Vitamin D | | 188.000 |) | 0 | T | 4 | | 159.800 | 9.400 | |
| Vitamin K (phylloquinone) | | 1.2 | , | 0 | BFSN | 4 | | 1.0 | 0.1 | |
| 4 , 1 , | 9 | | | • | 22 32. | - | | | V | |
| <u>Lipids:</u> | | | | | | | | | | |
| Fatty acids, total saturated | | 12.727 | | 0 | A | 1 | | 10.818 | 0.636 | |
| 4:0 | - | 0.000 | | 0 | A | 1 | | 0.000 | 0.000 | |
| 6:0 | | 0.000 | | 0 | A | 1 | | 0.000 | 0.000 | |
| 8:0 | _ | 0.000 | | 0 | A | 1 | | 0.000 | 0.000 | |
| 10:0 | - | 0.000 | | 0 | A | 1 | | 0.000 | 0.000 | |
| 12:0 | - | 0.000 | J | 0 | A | 1 | | 0.000 | 0.000 | |
| 13:0 | | | | _ | _ | _ | | | | |
| 14:0 | | 0.139 | , | 2 | A | 1 | | 0.118 | 0.007 | |
| 15:0 | _ | | | _ | _ | _ | | | | |
| 16:0 | _ | 9.233 | 5 | 2 | A | 1 | | 7.848 | 0.462 | |
| 17:0 | _ | 2 22 | | _ | _ | | | | | |
| 18:0 | _ | 3.291 | L | 2 | A | 1 | | 2.797 | 0.165 | |
| 20:0 | _ | | | | | | | | | |
| 22:0 | g | | | | | | | | | |

| | <u>Ar</u> | nount in 100 gram | | ble portic | <u>on</u> | | edible portion of easures of food | |
|-------------------------------------|-----------|-------------------|-----------------|------------|------------|-----------|-----------------------------------|-----------|
| | | Numbe | | Cauras | Confidence | 111 | easures or roou | |
| Nutrients and Units | Mean | Std. Error Points | a Deriv Code | Code | Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total monounsaturatedg | 15.337 | 0 | A | 1 | | 13.036 | 0.767 | |
| 14:1g | 20.00. | | | _ | | 13.030 | 0.707 | |
| 15:1g | 1 000 | 2 | | | | 0.050 | 0.050 | |
| 16:1 undifferentiated | 1.009 | 2 | A | 1 | | 0.858 | 0.050 | |
| 18:1 undifferentiated | 14.162 | 2 | A | 1 | | 12.038 | 0.708 | |
| 20:1g | 0.116 | 2 | A | 1 | | 0.099 | 0.006 | |
| 22:1 undifferentiatedg | 0.000 | 0 | A | 1 | | 0.000 | 0.000 | |
| 24:1 cg | 0.000 | · | | _ | | 0.000 | 0.000 | |
| Fatty acids, total polyunsaturated9 | 5.804 | 0 | A | 1 | | 4.933 | 0.290 | |
| 18:2 undifferentiatedg | 4.614 | 2 | A | 1 | | 3.922 | 0.231 | |
| 18:3 undifferentiatedg | 0.111 | 2 | A | 1 | | 0.094 | 0.006 | |
| 18:4g | 0.056 | 2 | A | 1 | | 0.048 | 0.003 | |
| 20:2 n-6 c,cg | | | | | | | | |
| 20:3 undifferentiatedg | | | | | | | | |
| 20:4 undifferentiatedg | 0.569 | 2 | A | 1 | | 0.484 | 0.028 | |
| 20:5 n-3g | 0.278 | 2 | A | 1 | | 0.236 | 0.014 | |
| 22:5 n-3g | 0.000 | 0 | A | 1 | | 0.000 | 0.000 | |
| 22:6 n-3g | 0.176 | 2 | A | 1 | | 0.150 | 0.009 | |
| Fatty acids, total trans9 | | | | | | | | |
| Cholesterolmg | 1715 | 2 | A | 1 | | 1458 | 86 | |
| Phytosterolsmg | | | | | | | | |
| Amino Acids: | | | | | | | | |
| Tryptophan | 0.576 | 0 | A | 1 | | 0.490 | 0.029 | |
| Threonineg | 2.273 | 0 | A | 1 | | 1.932 | 0.114 | |
| Isoleucineg | 2.583 | 0 | A | 1 | | 2.196 | 0.129 | |
| Leucineg | 4.046 | 0 | A | 1 | | 3.439 | 0.202 | |
| Lysineg | 3.402 | 0 | A | 1 | | 2.892 | 0.170 | |
| Methionineg | 1.477 | 0 | A | 1 | | 1.255 | 0.074 | |
| Cystineg | 1.099 | 0 | A | 1 | | 0.934 | 0.055 | |
| Phenylalanineg | 2.515 | 0 | A | 1 | | 2.138 | 0.126 | |
| Tyrosineg | 1.932 | 0 | A | 1 | | 1.642 | 0.097 | |
| Valineg | 2.886 | 0 | A | 1 | | 2.453 | 0.144 | |
| Arginineg | 2.841 | 0 | A | 1 | | 2.415 | 0.142 | |
| Histidineg | 1.121 | 0 | A | 1 | | 0.953 | 0.056 | |
| Alanineg | 2.636 | | A | 1 | | 2.241 | 0.132 | |
| Aspartic acid9 | 4.758 | 0 | A | 1 | | 4.044 | 0.238 | |
| Glutamic acidg | 6.190 | 0 | A | 1 | | 5.262 | 0.310 | |
| Glycine9 | 1.591 | 0 | A | 1 | | 1.352 | 0.080 | |
| Prolineg | 1.886 | | A | 1 | | 1.603 | 0.094 | |
| Serineg | 3.523 | 0 | A | 1 | | 2.995 | 0.176 | |
| Hydroxyprolineg | | | | | | | | |
| Others: | | | | | | | | |
| Alcohol, ethylg | 0.0 | 0 | Z | 7 | | 0.0 | 0.0 | |
| Caffeine mg | 0 | 0 | Z | 7 | | 0 | 0 | |
| Theobromine mg | 0 | 0 | Z | 7 | | 0 | 0 | |
| Carotenoids: | | | | | | | | |
| Carotene, betamcg | 41 | 0 | BFSN | 4 | | 34.465 | 2.027 | |
| Carotene, alpha mcg | 0 | 0 | BFSN | | | 0.000 | 0.000 | |
| Cryptoxanthin, betamcg | 36 | 0 | BFSN | | | 30.497 | 1.794 | |
| Lycopenemcg | 0 | 0 | BFSN | | | 0.000 | 0.000 | |
| Lycopeneinog | 1329 | · · | 21 31 | - | | 3.000 | 3.000 | |

Common Measures:

Measure 1 = 85g: 1 cup, sifted Measure 2 = 5.0g: 1 tbsp NDB No. 01133 Egg, whole, dried

Calories Factors: Protein 4.36 Fat 9.02 Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products

| | | <u>A</u> : | mount in 100 g | grams | of edit | ole portio | <u>n</u> | | edible portion | |
|--------------------------------|--------|------------|----------------|------------|---------|------------|------------|--------------|-----------------|----------|
| | | | Nι | umber | | | | <u>m</u> | easures of food | <u> </u> |
| | | | of | f Data | Deriv | Source | Confidence | | | |
| Nutrients and Uni | ts | Mean | Std. Error Po | oints | Code | Code | Code | Measure 1 | Measure 2 | Measure |
| Proximates: | | | | | | | | | | |
| Water | - | 1.87 | 0.099 | 14 | | 1 | | 1.59 | 0.09 | |
| Energy | kcal | 615 | | 0 | NC | 4 | | 523 | 31 | |
| Energy | kj | 2574 | | | | 4 | | 2188 | 129 | |
| Protein (N x 6.25) | | 48.17 | | 0 | | 1 | | 40.94 | 2.41 | |
| Total lipid (fat) | g | 43.95 | | 0 | | 1 | | 37.36 | 2.20 | |
| Ash | | 3.63 | | 0 | | 1 | | 3.09 | 0.18 | |
| Carbohydrate, by difference | g | 2.38 | | 0 | NC | 4 | | 2.02 | 0.12 | |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| Ainerals: | | | | | | | | | | |
| Calcium. Ca | ma | 222 | | 0 | | 1 | | 189 | 11 | |
| Iron, Fe | | 8.28 | | 0 | | 1 | | 7.04 | 0.41 | |
| Magnesium, Mg | _ | 49 | | 0 | | 1 | | 41 | 2 | |
| Phosphorus, P | | 715 | | 0 | | 1 | | 607 | 36 | |
| Potassium, K | - | 515 | | 0 | | 1 | | 438 | 26 | |
| Sodium, Na | - | 548 | | 0 | | 1 | | 466 | 27 | |
| Zine, Zn | - | 5.71 | | 0 | | 1 | | 4.85 | 0.29 | |
| Copper, Cu | | 0.270 |) | 0 | | 1 | | 0.230 | 0.014 | |
| Manganese, Mn | | 0.150 |) | 0 | | 1 | | 0.128 | 0.008 | |
| Selenium, Se | | 121.1 | | 0 | BFSN | 4 | | 102.9 | 6.1 | |
| 7•. • | | | | | | | | | | |
| <u>/itamins:</u> | | | | • | | _ | | | | |
| Vitamin C, total ascorbic acid | _ | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | |
| Thiamin | | 0.325 | | 0 | | 1 | | 0.276 | 0.016 | |
| Riboflavin | | 1.232 | | 0 | | 1 | | 1.047 | 0.062 | |
| Niacin | | 0.259 | | 0 | | 1 | | 0.220 | 0.013 | |
| Pantothenic acid | - | 6.710 | | 0 | | 1 | | 5.704 | 0.336 | |
| Vitamin B-6 | - | 0.420 |) | 0 | | 1 | | 0.357 | 0.021 | |
| Folate, total | | 193 | | 0 | z | 1 7 | | 164 | 10 | |
| Folic acid | | 0 | | | z | | | 0 | 0 | |
| Folate, food | | 193 193 | | 0 | NC | 1 4 | | 164 164 | 10 | |
| Folate, DFE | | 193 | | 0 | NC | 1 | | 8.94 | 10 0.53 | |
| Vitamin A, IU | | 2050 | | 0 | | 1 | | 8.94 1743 | | |
| Vitamin A, RAE | | 616 | | 0 | | 1 | | 523 | 103 31 | |
| Retinol | | 616 | | 0 | | 1 | | 523 523 | 31 | |
| Vitamin E (alpha-tocopherol) | | 010 | | U | | _ | | 323 | 31 | |
| Tocopherol, beta | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | |
| Vitamin D | | | | | | | | | | |
| Vitamin K (phylloquinone) | | | | | | | | | | |
| | | | | | | | | | | |
| <u> </u> | | | | | | | | | | |
| Fatty acids, total saturated | | 13.198 | | 0 | | 1 | | 11.218 | 0.660 | |
| 4:0 | - | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 6:0 | - | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 8:0 | | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 10:0 | - | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 12:0 | - | 0.000 |) | 0 | | 4 | | 0.000 | 0.000 | |
| 13:0 | | 0 100 | , | 40 | | 4 | | 0.100 | 0.000 | |
| 14:0 | - | 0.120 | J | 42 | | 1 | | 0.102 | 0.006 | |
| 15:0 | | 0 =0= | , | C 2 | | | | 0.010 | 0 105 | |
| 16:0 | | 9.703 | • | 69 | | 1 | | 8.248 | 0.485 | |
| 17:0 | | 2 274 | • | 60 | | 1 | | 0.000 | 0 100 | |
| 18:0 | | 3.374 | ı | 69 | | 1 | | 2.868 | 0.169 | |
| 20:0 | - | | | | | | | | | |
| 22:0 | g g | | | | | | | | | |

| | <u>Aı</u> | mount in 100 gram | portion | <u>n</u> | Amount in edible portion of common measures of food | | | |
|-------------------------------------|-----------|------------------------------|-------------------|--------------------|---|-----------------|-----------|--|
| | | Numbe | | | <u> </u> | easures or roou | | |
| Nutrients and Units | Mean | of Data Std. Error Points | ource Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 | |
| Fatty acids, total monounsaturatedg | 17.564 | 0 | 1 | | 14.929 | 0.878 | | |
| 14:1g | | | | | | | | |
| 15:1g | | | | | | | | |
| 16:1 undifferentiatedg | 1.463 | 69 | 1 | | 1.244 | 0.073 | | |
| 17:1g | | | | | | | | |
| 18:1 undifferentiatedg | 16.102 | 69 | 1 | | 13.687 | 0.805 | | |
| 20:1g | | | | | | | | |
| 22:1 undifferentiatedg | | | | | | | | |
| 24:1 cg | | | | | | | | |
| Fatty acids, total polyunsaturatedg | 5.713 | | 1 | | 4.856 | 0.286 | | |
| 18:2 undifferentiatedg | 4.881 | | 1 | | 4.149 | 0.244 | | |
| 18:3 undifferentiatedg | 0.124 | 32 | 1 | | 0.105 | 0.006 | | |
| 18:4g | | | | | | | | |
| 20:2 n-6 c,cg | | | | | | | | |
| 20:3 undifferentiatedg | | | | | | | | |
| 20:4 undifferentiatedg | 0.368 | 47 | 1 | | 0.313 | 0.018 | | |
| 20:5 n-3g | | | | | | | | |
| 22:5 n-3g | | | | | | | | |
| 22:6 n-3g | | | | | | | | |
| Fatty acids, total transg | | | | | | | | |
| Cholesterol mg | 2017 | 0 | 1 | | 1714 | 101 | | |
| Phytosterolsmg | | | | | | | | |
| Amino Acids: | | | | | | | | |
| Tryptophang | 0.771 | | 1 | | 0.655 | 0.039 | | |
| Threonineg | 2.366 | 0 | 1 | | 2.011 | 0.118 | | |
| Isoleucineg | 3.014 | 0 | 1 | | 2.562 | 0.151 | | |
| Leucineg | 4.231 | 0 | 1 | | 3.596 | 0.212 | | |
| Lysineg | 3.252 | 0 | 1 | | 2.764 | 0.163 | | |
| Methionineg | 1.557 | 0 | 1 | | 1.323 | 0.078 | | |
| Cystineg | 1.148 | 0 | 1 | | 0.976 | 0.057 | | |
| Phenylalanineg | 2.721 | 0 | 1 | | 2.313 | 0.136 | | |
| Tyrosineg | 2.004 | | 1 | | 1.703 | 0.100 | | |
| Valineg | 3.468 | 0 | 1 | | 2.948 | 0.173 | | |
| Arginineg | 3.083 | 0 | 1 | | 2.621 | 0.154 | | |
| Histidineg | 1.164 | | 1 | | 0.989 | 0.058 | | |
| Alanineg | 2.813 | 0 | 1 | | 2.391 | 0.141 | | |
| Aspartic acidg | 4.778 | | 1 | | 4.061 | 0.239 | | |
| Glutamic acid | 6.135 | 0 | 1 | | 5.215 | 0.307 | | |
| Glycineg | 1.603 | 0 | 1 | | 1.363 | 0.080 | | |
| Prolineg | 1.911 | 0 | 1 | | 1.624 | 0.096 | | |
| Serineg | 3.661 | 0 | 1 | | 3.112 | 0.183 | | |
| Hydroxyprolineg | | | | | | | | |

Common Measures:

Measure 1 = 85g: 1 cup, sifted Measure 2 = 5.0g: 1 tbsp

Calories Factors: Protein 4.36 Fat 9.02 Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products

Refuse: 12% Shell

| | | <u>A</u> | mount in 100 gr | ams or ec | ible porti | <u>on</u> | | edible portion | |
|---------------------------------------|------|----------|-----------------|-------------|------------|------------|-----------|-----------------|-----------|
| | | | Nun | nber | | | <u>m</u> | easures of food | <u>l</u> |
| | | | of [| Data Deri | v Source | Confidence | | | |
| Nutrients and Uni | its | Mean | Std. Error Poi | nts Cod | | Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Proximates: | | | | | | | | | |
| Water | - | 75.84 | 0.103 | 23 I | | | 184.30 | 43.99 | 49.30 |
| Energy | | 147 | | 0 N | | | 358 | 85 | 96 |
| Energy | | 617 | | 0 N | | | 1498 | 358 | 401 |
| Protein (N x 6.25) | | 12.58 | 0.050 | 23 <i>I</i> | | | 30.57 | 7.30 | 8.18 |
| Total lipid (fat) | | 9.94 | 0.136 | 23 <i>I</i> | | | 24.16 | 5.77 | 6.46 |
| Ash | | 0.86 | 0.012 | 23 <i>I</i> | | | 2.10 | 0.50 | 0.56 |
| Carbohydrate, by difference | | 0.77 | | 0 N | | | 1.86 | 0.45 | 0.50 |
| Fiber, total dietary | | 0.0 | | 1 7 | | | 0.0 | 0.0 | 0.0 |
| Sugars, total | | 0.77 | | 2 <i>I</i> | | | 1.87 | 0.45 | 0.50 |
| Sucrose | g | 0.11 | | 2 <i>I</i> | . 1 | | 0.27 | 0.06 | 0.07 |
| Glucose (dextrose) | g | 0.21 | | 2 <i>I</i> | | | 0.51 | 0.12 | 0.14 |
| Fructose | g | 0.11 | | 2 <i>I</i> | | | 0.27 | 0.06 | 0.07 |
| Lactose | g | 0.11 | | 2 <i>I</i> | | | 0.27 | 0.06 | 0.07 |
| Maltose | g | 0.11 | | 2 7 | | | 0.27 | 0.06 | 0.07 |
| Galactose | g | 0.11 | | 2 7 | . 1 | | 0.27 | 0.06 | 0.07 |
| Starch | | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca | ma | 53 | 0.711 | 23 A | 1 | | 129 | 31 | 35 |
| * | - | 1.83 | | 23 A | 1 | | 4.46 | 1.06 | 1.19 |
| Iron, Fe. | | 12 | | 23 A | 1 | | 29 | 7 | 8 |
| Magnesium, Mg | | 191 | | 23 A | 1 | | 464 | 111 | 124 |
| Phosphorus, P | | 134 | | 23 A | 1 | | 325 | 78 | 87 |
| Potassium, K | | 140 | | 23 A | 1 | | 339 | 78 81 | 91 |
| · · · · · · · · · · · · · · · · · · · | - | 1.11 | | 23 A | 1 | | 2.69 | 0.64 | 0.72 |
| Zinc, Zn Copper, Cu | | 0.102 | | 23 A | 1 | | 0.249 | 0.059 | 0.72 |
| Manganese, Mn | | 0.102 | | 23 A | 1 | | 0.093 | 0.033 | 0.00 |
| Selenium, Se | | 31.7 | 4.518 | 4 A | 1 | | 77.1 | 18.4 | 20.6 |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 2 A | 1 | | 0.0 | 0.0 | 0.0 |
| Thiamin | | 0.069 | 0.003 | 8 A | 1 | | 0.167 | 0.040 | 0.04 |
| Riboflavin | mg | 0.478 | 0.010 | 23 A | 1 | | 1.162 | 0.277 | 0.31 |
| Niacin | mg | 0.070 | 0.004 | 4 A | 1 | | 0.170 | 0.041 | 0.04 |
| Pantothenic acid | mg | 1.438 | 3 | 2 A | 1 | | 3.495 | 0.834 | 0.93 |
| Vitamin B-6 | mg | 0.143 | 3 | 1 A | 1 | | 0.347 | 0.083 | 0.09 |
| Folate, total | | 47 | 4.966 | 23 A | 1 | | 114 | 27 | 30 |
| Folic acid | | 0 | | 0 z | 7 | | 0 | 0 | 0 |
| Folate, food | mcg | 47 | 4.966 | 23 A | 1 | | 114 | 27 | 30 |
| Folate, DFE | | 47 | | 0 NO | 4 | | 114 | 27 | 30 |
| Vitamin B-12 | | 1.29 | 0.131 | 23 A | 1 | | 3.12 | 0.75 | 0.84 |
| Vitamin A, IU | IU - | 487 | | AS | 1 | | 1183 | 282 | 317 |
| Vitamin A, RAE | | 140 | | AS | 1 | | 340 | 81 | 91 |
| Retinol | | 139 | 9.245 | 8 A | 1 | | 337 | 81 | 90 |
| Vitamin E (alpha-tocopherol) | | 0.97 | 0.058 | 6 A | 1 | | 2.35 | 0.56 | 0.63 |
| Tocopherol, beta | | 0.02 | 0.004 | 8 A | 1 | | 0.04 | 0.01 | 0.01 |
| Tocopherol, gamma | | 0.50 | 0.031 | 8 A | | | 1.21 | 0.29 | 0.32 |
| Tocopherol, delta | | 0.02 | 0.003 | 8 A | | | 0.05 | 0.01 | 0.01 |
| Vitamin D | | 34.548 | | 20 A | | | 83.952 | 20.038 | 22.45 |
| Vitamin K (phylloquinone) | | 0.3 | | 2 A | | | 0.7 | 0.2 | 0.2 |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated | g | 3.099 | • | 0 NO | 4 | | 7.531 | 1.797 | 2.01 |
| 4:0 | g | 0.000 |) | 0 | 1 | | 0.000 | 0.000 | 0.00 |
| 6:0 | g | 0.000 |) | 0 | 1 | | 0.000 | 0.000 | 0.00 |
| 8:0 | g | 0.003 | 3 | 33 | 1 | | 0.007 | 0.002 | 0.00 |
| 10:0 | g | 0.003 | 3 | 33 | 1 | | 0.007 | 0.002 | 0.00 |
| 12:0 | g | 0.003 | 3 | 33 | 1 | | 0.007 | 0.002 | 0.00 |
| 13:0 | g | | | | | | | | |
| 14:0 | g | 0.034 | 1 | 33 | 1 | | 0.083 | 0.020 | 0.02 |
| 15:0 | _ | 0.004 | | 1 | 1 | | | | 0.00 |

| | | <u>Ar</u> | nount in 100 | grams | of edil | ole portio | <u>on</u> | Amount in | edible portion | of common |
|------------------------------------|---|-----------|--------------|-------------------|---------|----------------|--------------------|-----------|-----------------|-----------|
| | | | ı | 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 |
| 15:0 | a | 0.004 | | | | 1 | | 0.010 | 0.002 | |
| 16:0 | | 2.226 | | 33 | | 1 | | 5.409 | 1.291 | 1.447 |
| 17:0 | | 0.017 | | 1 | | 1 | | 0.041 | 0.010 | 0.011 |
| 18:0 | | 0.784 | | 33 | | 1 | | 1.905 | 0.455 | 0.510 |
| 20:0 | _ | 0.010 | | 1 | | 1 | | 0.024 | 0.006 | 0.007 |
| 22:0 | | 0.012 | | 1 | | 1 | | 0.029 | 0.007 | 0.008 |
| 24:0 | | 0.003 | | 1 | | 1 | | 0.007 | 0.002 | 0.002 |
| Fatty acids, total monounsaturated | | 3.810 | | 0 | NC | 4 | | 9.258 | 2.210 | 2.477 |
| 14:1 | | 0.008 | | 1 | | 1 | | 0.019 | 0.005 | 0.005 |
| 15:1 | | 0.000 | | - | | - | | 0.013 | 0.003 | 0.000 |
| 16:1 undifferentiated | | 0.298 | | 33 | | 1 | | 0.724 | 0.173 | 0.194 |
| 17:1 | • | 0.250 | | | | _ | | 0.724 | 0.173 | 0.134 |
| 18:1 undifferentiated | | 3.473 | | 33 | | 1 | | 8.439 | 2.014 | 2.257 |
| 20:1 | | 0.028 | | 33 | | 1 | | 0.068 | 0.016 | 0.018 |
| 22:1 undifferentiated | - | 0.003 | | 33 | | 1 | | 0.007 | 0.002 | 0.002 |
| 24:1 c | | 0.000 | | | | _ | | 0.007 | 0.002 | 0.002 |
| Fatty acids, total polyunsaturated | | 1.364 | | 0 | NC | 4 | | 3.315 | 0.791 | 0.887 |
| 18:2 undifferentiated | | 1.148 | | 33 | | 1 | | 2.790 | 0.666 | 0.746 |
| 18:3 undifferentiated | | 0.033 | | 33 | | 1 | | 0.080 | 0.019 | 0.021 |
| 18:4 | _ | 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 | - | 0.142 | | 33 | | 1 | | 0.345 | 0.082 | 0.092 |
| 20:5 n-3 | | 0.004 | | 33 | | 1 | | 0.010 | 0.002 | 0.003 |
| 22:5 n-3 | - | 0.000 | | 0 | | 1 | | 0.000 | 0.002 | 0.000 |
| 22:6 n-3 | | 0.037 | | 33 | | 1 | | 0.090 | 0.021 | 0.024 |
| Fatty acids, total trans | | 0.037 | | 33 | | - | | 0.030 | 0.021 | 0.024 |
| Cholesterol | | 423 | 6.64 | 6 23 | A | 1 | | 1029 | 245 | 275 |
| Phytosterols | _ | | 0.01 | | | _ | | 1023 | 240 | 2,3 |
| Others: | | | | | | | | | | |
| Alcohol, ethyl | g | 0.0 | | 0 | z | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine | | 0 | | 0 | z | 7 | | 0 | 0 | 0 |
| Theobromine | • | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Carotenoids: | | | | | | | | | | |
| Carotene, beta | mcg | 10 | 2.76 | 7 5 | A | 1 | | 24.563 | 5.863 | 6.570 |
| Carotene, alpha | | 0 | 0.00 | 0 5 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Cryptoxanthin, beta | | 9 | 2.23 | 6 5 | A | 1 | | 21.735 | 5.188 | 5.814 |
| Lycopene | | 0 | 0.00 | 0 5 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Lutein + zeaxanthin | | 331 | | 0 | NR | 4 | | 804.938 | 192.125 | 215.313 |

Common Measures:

Measure 1 = 243g: 1 cup (4.86 large eggs)

Measure 2 = 58g: 1 extra large Measure 3 = 65g: 1 jumbo

Calories Factors: Protein 4.36 Fat 9.02 Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products

| | | <u>Aı</u> | mount in 10 | 00 grams | of edil | ole portio | <u>n</u> | Amount in edible portion of common measures of food | | | |
|--------------------------------|-----|----------------|-------------|----------|---------|----------------|--------------------|---|-----------|-----------|--|
| Nutrients and Uni | its | Mean | Std. Error | | Deriv | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 | |
| | | | | | | | | | | | |
| Proximates: Water | a | 75.85 | | 2 | A | 1 | | | | | |
| Energy | - | 148 | | 0 | NC | 4 | | | | | |
| Energy | | 619 | | U | NC | 4 | | | | | |
| Protein (N x 6.25) | | 11.95 | | 2 | A | 1 | | | | | |
| Total lipid (fat) | | 10.20 | | 2 | A | 1 | | | | | |
| Ash | | 0.95 | | 2 | A | 1 | | | | | |
| Carbohydrate, by difference | | 1.05 | | 0 | NC | 4 | | | | | |
| Fiber, total dietary | | 0.0 | | 0 | Z | 7 | | | | | |
| Sugars, total | | | | | | | | | | | |
| Starch | | | | | | | | | | | |
| Surci | 9 | | | | | | | | | | |
| Minerals: | | | | | | | | | | | |
| Calcium, Ca | - | 59 | | 2 | A | 1 | | | | | |
| Iron, Fe. | | 1.85 | | 2 | A | 1 | | | | | |
| Magnesium, Mg | | 11 | | 2 | A | 1 | | | | | |
| Phosphorus, P | | 202 130 | | 2 2 | A A | 1 1 | | | | | |
| Potassium, K | | 130 | | 2 | A A | 1 | | | | | |
| Sodium, NaZinc, Zn | | 1.38 | | 2 | A | 1 | | | | | |
| Copper, Cu | | 0.053 | ı | 2 | A | 1 | | | | | |
| Manganese, Mn | | 0.034 | | 2 | A | 1 | | | | | |
| Selenium, Se | | 30.8 | 1.6 | | A | 1 | | | | | |
| | | | | | | | | | | | |
| <u>Vitamins:</u> | | | | | | | | | | | |
| Vitamin C, total ascorbic acid | | 0.0 | | 0 | Z | 7 | | | | | |
| Thiamin | | 0.060 | | 2 | A | 1 | | | | | |
| Riboflavin | | 0.460 | | 2 | A | 1 | | | | | |
| Niacin | _ | 0.075 | | 2 2 | A A | 1 1 | | | | | |
| Pantothenic acid | _ | 1.480 0.162 | | 2 | A | 1 | | | | | |
| Vitamin B-6 Folate, total | - | 73 | • | 2 | A | 1 | | | | | |
| Folic acid | | 0 | | 0 | Z | 7 | | | | | |
| Folate, food | | 73 | | 2 | A | 1 | | | | | |
| Folate, DFE | | 73 73 | | 0 | NC | 4 | | | | | |
| Vitamin B-12 | | 1.07 | | 2 | A | 1 | | | | | |
| Vitamin A, IU | | 525 | | 2 | A | 1 | | | | | |
| Vitamin A, RAE | | 158 | | 2 | A | 1 | | | | | |
| Retinol | | 158 | | 2 | A | 1 | | | | | |
| Vitamin E (alpha-tocopherol) | | | | | | | | | | | |
| Tocopherol, beta | | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | | |
| Vitamin D | | | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | | |
| Lipids: | | | | | | | | | | | |
| Fatty acids, total saturated | a | 3.147 | , | 0 | | 1 | | | | | |
| 4:0 | | 0.000 | | 0 | | 1 | | | | | |
| 6:0 | | 0.000 | | 0 | | 1 | | | | | |
| 8:0 | | 0.000 |) | 0 | | 1 | | | | | |
| 10:0 | - | 0.000 | | 0 | | 1 | | | | | |
| 12:0 | g | 0.000 |) | 0 | | 1 | | | | | |
| 13:0 | g | | | | | | | | | | |
| 14:0 | g | 0.037 | 1 | 2 | A | 1 | | | | | |
| 15:0 | g | | | | | | | | | | |
| 16:0 | | 2.280 |) | 2 | A | 1 | | | | | |
| 17:0 | | | | | | | | | | | |
| 18:0 | | 0.812 | ? | 2 | A | 1 | | | | | |
| 20:0 | | | | | | | | | | | |
| 22:0 | g | | | | | | | | | | |

| | | Amount in 100 grams of edible portion | | | | | | | Amount in edible portion of common | | | |
|------------------------------------|----|---------------------------------------|------------|--------|---|--------|------------|-----------|------------------------------------|-----------|--|--|
| | | | | Number | • | | | m | easures of food | | | |
| | | | | | | Source | Confidence | | | | | |
| Nutrients and Unit | s | Mean | Std. Error | | | Code | Code | Measure 1 | Measure 2 | Measure 3 | | |
| | | | | | | | | | | | | |
| Fatty acids, total monounsaturated | g | 3.886 | | 0 | | 1 | | | | | | |
| 14:1 | | | | | | | | | | | | |
| 15:1 | | | | | | | | | | | | |
| 16:1 undifferentiated | | 0.258 | | 2 | A | 1 | | | | | | |
| 17:1 | _ | | | | | | | | | | | |
| 18:1 undifferentiated | | 3.581 | | 2 | A | 1 | | | | | | |
| 20:1 | - | 0.028 | | 2 | A | 1 | | | | | | |
| 22:1 undifferentiated | • | 0.000 | | 0 | | 1 | | | | | | |
| 24:1 c | g | | | | | | | | | | | |
| Fatty acids, total polyunsaturated | g | 1.412 | | 0 | | 1 | | | | | | |
| 18:2 undifferentiated | g | 1.098 | | 2 | A | 1 | | | | | | |
| 18:3 undifferentiated | g | 0.028 | | 2 | A | 1 | | | | | | |
| 18:4 | g | 0.009 | | 2 | A | 1 | | | | | | |
| 20:2 n-6 c,c | | | | | | | | | | | | |
| 20:3 undifferentiated | g | | | | | | | | | | | |
| 20:4 undifferentiated | g | 0.143 | | 2 | A | 1 | | | | | | |
| 20:5 n-3 | g | 0.088 | | 2 | A | 1 | | | | | | |
| 22:5 n-3 | g | 0.000 | | 0 | | 1 | | | | | | |
| 22:6 n-3 | g | 0.046 | | 2 | A | 1 | | | | | | |
| Fatty acids, total trans | g | | | | | | | | | | | |
| Cholesterol | mg | 432 | | 2 | A | 1 | | | | | | |
| Phytosterols | mg | | | | | | | | | | | |
| Amino Acids: | | | | | | | | | | | | |
| Tryptophan | g | 0.145 | | 0 | | 1 | | | | | | |
| Threonine | g | 0.574 | | 0 | | 1 | | | | | | |
| Isoleucine | g | 0.652 | | 0 | | 1 | | | | | | |
| Leucine | - | 1.021 | | 0 | | 1 | | | | | | |
| Lysine | _ | 0.858 | | 0 | | 1 | | | | | | |
| Methionine | - | 0.373 | | 0 | | 1 | | | | | | |
| Cystine | q | 0.277 | | 0 | | 1 | | | | | | |
| Phenylalanine | | 0.635 | | 0 | | 1 | | | | | | |
| Tyrosine | | 0.488 | | 0 | | 1 | | | | | | |
| Valine | | 0.728 | | 0 | | 1 | | | | | | |
| Arginine | | 0.717 | | 0 | | 1 | | | | | | |
| Histidine | | 0.283 | | 0 | | 1 | | | | | | |
| Alanine | _ | 0.665 | | 0 | | 1 | | | | | | |
| Aspartic acid | _ | 1.201 | | 0 | | 1 | | | | | | |
| Glutamic acid | | 1.562 | | 0 | | 1 | | | | | | |
| Glycine | _ | 0.402 | | 0 | | 1 | | | | | | |
| Proline | | 0.476 | | 0 | | 1 | | | | | | |
| Serine | _ | 0.889 | | 0 | | 1 | | | | | | |
| Hydroxyproline | | 0.003 | | · | | - | | | | | | |
| | 9 | | | | | | | | | | | |

Common Measures:

Calories Factors: Protein 4.36 Fat 9.02 Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products

| | | <u>A</u> | mount in 100 | grams) | of edib | le portio | <u>n</u> | | Amount in edible portion of common | | | |
|--------------------------------|---|------------|--------------|--------|---------|----------------|--------------------|------------|------------------------------------|----------|--|--|
| | | | 1 | Number | | | | <u>m</u> | easures of food | <u>l</u> | | |
| Nutrients and Un | its | Mean | Std. Error | | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure | | |
| Proximates: | | | | | | | | | | | | |
| Water | a | 2.95 | | 2 | A | 1 | | 1.98 | 0.12 | | | |
| Energy | - | 666 | | 0 | NC | 4 | | 446 | 27 | | | |
| Energy | | 2787 | | | | 4 | | 1867 | 111 | | | |
| Protein (N x 6.25) | | 34.25 | | 2 | A | 1 | | 22.95 | 1.37 | | | |
| Total lipid (fat) | | 55.80 | | 2 | A | 1 | | 37.39 | 2.23 | | | |
| Ash | | 3.40 | | 2 | A | 1 | | 2.28 | 0.14 | | | |
| Carbohydrate, by difference | | 3.60 | | 0 | NC | 4 | | 2.41 | 0.14 | | | |
| Fiber, total dietary | | 0.0 | | 0 | z | 7 | | 0.0 | 0.0 | | | |
| Sugars, total | | 3.60 | | 0 | NR | 4 | | 2.41 | 0.14 | | | |
| Starch | | | | | | | | | | | | |
| | | | | | | | | | | | | |
| Minerals: | | | | _ | _ | _ | | 100 | | | | |
| Calcium, Ca | - | 284 | | 2 | A | 1 | | 190 | 11 | | | |
| Iron, Fe | | 5.42 | | 2 | A | 1 | | 3.63 | 0.22 | | | |
| Magnesium, Mg | | 13 920 | | 2 2 | A | 1 1 | | 9 | 1 37 | | | |
| Phosphorus, P. | | | | 2 | A A | 1 | | 616 163 | 37 10 | | | |
| Potassium, K | | 244 135 | | 2 | A | 1 | | 90 | 10 5 | | | |
| Sodium, Na | _ | 4.93 | | 2 | A | 1 | | 3.30 | 0.20 | | | |
| Zinc, Zn | - | 0.012 | | 2 | A | 1 | | 0.008 | 0.20 | | | |
| Copper, Cu | | 0.012 | | 2 | A | 1 | | 0.080 | 0.005 | | | |
| Manganese, Mn Selenium, Se | | 86.8 | • | 0 | BFAN | 4 | | 58.2 | 3.5 | | | |
| Selenium, Se | Tilog | 80.8 | | U | DEAN | • | | 30.2 | 3.3 | | | |
| <u> Vitamins:</u> | | | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | | | |
| Thiamin | mg | 0.290 |) | 2 | A | 1 | | 0.194 | 0.012 | | | |
| Riboflavin | mg | 1.880 |) | 2 | A | 1 | | 1.260 | 0.075 | | | |
| Niacin | mg | 0.095 | 5 | 2 | A | 1 | | 0.064 | 0.004 | | | |
| Pantothenic acid | mg | 7.765 | 5 | 2 | A | 1 | | 5.203 | 0.311 | | | |
| Vitamin B-6 | mg | 0.660 | ס | 2 | A | 1 | | 0.442 | 0.026 | | | |
| Folate, total | mcg | 244 | | 2 | A | 1 | | 163 | 10 | | | |
| Folic acid | | 0 | | 0 | Z | 7 | | 0 | 0 | | | |
| Folate, food | | 244 | | 2 | A | 1 | | 163 | 10 | | | |
| Folate, DFE | | 244 | | 0 | NC | 4 | | 163 | 10 | | | |
| Vitamin B-12 | mcg | 5.33 | | 2 | A | 1 | | 3.57 | 0.21 | | | |
| Vitamin A, IU | | 1751 | | 0 | NC | 4 | | 1173 | 70 | | | |
| Vitamin A, RAE | | 417 | | 0 | NC | 4 | | 279 | 17 | | | |
| Retinol | | 395 | | 0 | NC | 4 | | 265 | 16 | | | |
| Vitamin E (alpha-tocopherol) | • | 5.42 | | 0 | BFFN | 4 | | 3.63 | 0.22 | | | |
| Tocopherol, beta | | | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | | | |
| Vitamin D | | | | • | | | | 1 0 | | | | |
| Vitamin K (phylloquinone) | mcg | 1.5 | | 0 | BFFN | 4 | | 1.0 | 0.1 | | | |
| Lipids: | | | | | | | | | | | | |
| Fatty acids, total saturated | g | 17.154 | 1 | 0 | A | 1 | | 11.493 | 0.686 | | | |
| 4:0 | | 0.000 | | 0 | A | 1 | | 0.000 | 0.000 | | | |
| 6:0 | | 0.000 | | 0 | A | 1 | | 0.000 | 0.000 | | | |
| 8:0 | _ | 0.000 | | 0 | A | 1 | | 0.000 | 0.000 | | | |
| 10:0 | - | 0.000 |) | 0 | A | 1 | | 0.000 | 0.000 | | | |
| 12:0 | | 0.000 |) | 0 | A | 1 | | 0.000 | 0.000 | | | |
| 13:0 | g | | | | | | | | | | | |
| 14:0 | g | 0.180 |) | 2 | A | 1 | | 0.121 | 0.007 | | | |
| 15:0 | g | | | | | | | | | | | |
| 16:0 | g | 12.559 | 9 | 2 | A | 1 | | 8.415 | 0.502 | | | |
| 17:0 | g | | | | | | | | | | | |
| 18:0 | g | 4.326 | 6 | 2 | A | 1 | | 2.898 | 0.173 | | | |
| 20:0 | g | | | | | | | | | | | |
| 22:0 | g | | | | | | | | | | | |
| 24:0 | а | | | | | | | | | | | |

| | | <u>Aı</u> | mount in 10 | | | ole portio | <u>on</u> | | edible portion of easures of food | |
|------------------------------------|---|-----------|-------------|---------|-------|------------|------------|-----------|-----------------------------------|-----------|
| | | | | Number | • | | | m | easures of 1000 | |
| | | | | of Data | Deriv | Source | Confidence | | | |
| Nutrients and U | nits | Mean | Std. Error | Points | Code | Code | Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | | |
| Fatty acids, total monounsaturated | | 21.129 | | 0 | A | 1 | | 14.156 | 0.845 | |
| 15:1 | g | | | | | | | | | |
| 16:1 undifferentiated | - | 1.373 | | 2 | A | 1 | | 0.920 | 0.055 | |
| 17:1 | • | | | | | | | | | |
| 18:1 undifferentiated | - | 19.536 | | 2 | A | 1 | | 13.089 | 0.781 | |
| 20:1 | g | 0.149 | | 2 | A | 1 | | 0.100 | 0.006 | |
| 22:1 undifferentiated | • | 0.000 | | 0 | A | 1 | | 0.000 | 0.000 | |
| 24:1 c | g | | | | | | | | | |
| Fatty acids, total polyunsaturated | g | 7.895 | | 0 | A | 1 | | 5.290 | 0.316 | |
| 18:2 undifferentiated | g | 6.423 | | 2 | A | 1 | | 4.303 | 0.257 | |
| 18:3 undifferentiated | g | 0.126 | | 2 | A | 1 | | 0.084 | 0.005 | |
| 18:4 | g | 0.068 | | 2 | A | 1 | | 0.046 | 0.003 | |
| 20:2 n-6 c,c | g | | | | | | | | | |
| 20:3 undifferentiated | g | | | | | | | | | |
| 20:4 undifferentiated | g | 0.837 | | 2 | A | 1 | | 0.561 | 0.033 | |
| 20:5 n-3 | g | 0.203 | | 2 | A | 1 | | 0.136 | 0.008 | |
| 22:5 n-3 | g | 0.000 | | 0 | A | 1 | | 0.000 | 0.000 | |
| 22:6 n-3 | g | 0.239 | | 2 | A | 1 | | 0.160 | 0.010 | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 2335 | | 2 | A | 1 | | 1564 | 93 | |
| Phytosterols | mg | | | | | | | | | |
| Aing Asida. | | | | | | | | | | |
| Amino Acids: | _ | 0.400 | | • | _ | | | 2 060 | | |
| Tryptophan | | 0.400 | | 0 | A | 1 | | 0.268 | 0.016 | |
| Threonine | _ | 1.819 | | 0 | A | 1 | | 1.219 | 0.073 | |
| Isoleucine | • | 1.732 | | 0 | A | 1 | | 1.160 | 0.069 | |
| Leucine | _ | 3.009 | | 0 | A | 1 | | 2.016 | 0.120 | |
| Lysine | | 2.718 | | 0 | A | 1 | | 1.821 | 0.109 | |
| Methionine | | 0.849 | | 0 | A | 1 | | 0.569 | 0.034 | |
| Cystine | | 0.614 | | 0 | A | 1 | | 0.411 | 0.025 | |
| Phenylalanine | | 1.463 | | 0 | A | 1 | | 0.980 | 0.059 | |
| Tyrosine | _ | 1.523 | | 0 | A | 1 | | 1.020 | 0.061 | |
| Valine | - | 1.907 | | 0 | A | 1 | | 1.278 | 0.076 | |
| Arginine | g | 2.444 | | 0 | A | 1 | | 1.637 | 0.098 | |
| Histidine | | 0.888 | | 0 | A | 1 | | 0.595 | 0.036 | |
| Alanine | g | 1.759 | | 0 | A | 1 | | 1.179 | 0.070 | |
| Aspartic acid | g | 3.348 | | 0 | A | 1 | | 2.243 | 0.134 | |
| Glutamic acid | - | 4.340 | | 0 | A | 1 | | 2.908 | 0.174 | |
| Glycine | g | 1.058 | | 0 | A | 1 | | 0.709 | 0.042 | |
| Proline | g | 1.430 | | 0 | A | 1 | | 0.958 | 0.057 | |
| Serine | g | 2.926 | | 0 | A | 1 | | 1.960 | 0.117 | |
| Hydroxyproline | g | | | | | | | | | |
| Others: | | | | | | | | | | |
| Alcohol, ethyl | g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Caffeine | mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine | | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotenoids: | | | | | | | | | | |
| | | 106 | | • | | | | 104 472 | 7 401 | |
| Carotene, beta | - | 186 | | 0 | BFFN | 4 | | 124.473 | 7.431 | |
| Carotene, alpha | | 79 70 | | 0 | BFFN | 4 | | 53.169 | 3.174 | |
| Cryptoxanthin, beta | - | 70 | | 0 | BFFN | 4 | | 47.007 | 2.806 | |
| Lycopene | | 0 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| Lutein + zeaxanthin | mcg | 2299 | | 0 | BFFN | 4 | | 1540.392 | 91.964 | |

Common Measures:

Measure 1 = 67g: 1 cup, sifted Measure 2 = 4.0g: 1 tbsp NDB No. 01137 Egg, yolk, dried

Calories Factors: Protein 4.36 Fat 9.02 Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products

| | Amount in 100 grams of edible portion | | | | | | | Amount in edible portion of common | | | |
|-------------------------------------|---|----------|------------|----------|------|----------------|--------------------|------------------------------------|-----------------|---------|--|
| | | | N | lumber | | | | | easures of food | | |
| Nutrients and Units | s | Mean | Std. Error | | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure | |
| roximates: | | | | | | | | | | | |
| Water | g | 52.31 | 0.204 | 1 12 | A | 1 | | 127.10 | 8.89 | | |
| Energy | kcal | 322 | | 0 | NC | 4 | | 782 | 55 | | |
| Energy | kj | 1346 | | 0 | NC | 4 | | 3271 | 229 | | |
| Protein (N x 6.25) | | 15.86 | 0.08 | 7 12 | A | 1 | | 38.53 | 2.70 | | |
| Total lipid (fat) | | 26.54 | 0.240 | | A | 1 | | 64.50 | 4.51 | | |
| Ash | | 1.71 | 0.028 | | A | 1 | | 4.15 | 0.29 | | |
| Carbohydrate, by difference | | 3.59 | | 0 | NC | 4 | | 8.71 | 0.61 | | |
| Fiber, total dietary | | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | | |
| Sugars, total | | 0.56 | | 1 | A | 1 | | 1.35 | 0.09 | | |
| Sucrose | | 0.07 | | 1 | A | 1 | | 0.18 | 0.01 | | |
| Glucose (dextrose) | g | 0.18 | | 1 | A | 1 | | 0.45 | 0.03 | | |
| Fructose | g | 0.07 | | 1 | A | 1 | | 0.18 | 0.01 | | |
| Lactose | | 0.07 | | 1 1 | A | 1 1 | | 0.18 | 0.01 | | |
| Maltose | | 0.07 | | | A | | | 0.18 | 0.01 | | |
| Galactose | | 0.07 | | 1 | A | 1 | | 0.18 | 0.01 | | |
| Staten | 9 | | | | | | | | | | |
| Calcium, Ca | mg | 129 | 2.670 | 12 | A | 1 | | 313 | 22 | | |
| Iron, Fe | - | 2.73 | 0.14 | | A | 1 | | 6.64 | 0.46 | | |
| Magnesium, Mg | | 5 | 0.22 | 5 12 | A | 1 | | 11 | 1 | | |
| Phosphorus, P | | 390 | 9.89 | 7 12 | A | 1 | | 948 | 66 | | |
| Potassium, K | | 109 | 3.859 | 9 12 | A | 1 | | 265 | 19 | | |
| Sodium, Na | mg | 48 | 1.65 | 7 12 | A | 1 | | 116 | 8 | | |
| Zinc, Zn | _. mg | 2.30 | 0.08 | | A | 1 | | 5.59 | 0.39 | | |
| Copper, Cu | | 0.077 | | | A | 1 | | 0.186 | 0.013 | | |
| Manganese, Mn | | 0.055 | | | A | 1 | | 0.135 | 0.009 | | |
| Selenium, Se | mcg | 56.0 | 8.030 | 0 4 | A | 1 | | 136.0 | 9.5 | | |
| <u>itamins:</u> | | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | | |
| Thiamin | - | 0.176 | | | A | 1 | | 0.427 | 0.030 | | |
| Riboflavin | • | 0.528 | | | A | 1 | | 1.284 | 0.090 | | |
| Niacin | - | 0.024 | | | A | 1 | | 0.059 | 0.004 | | |
| Pantothenic acid | _ | 2.990 | | 1 | A | 1 | | 7.266 | 0.508 | | |
| Vitamin B-6 | | 0.350 | | 1 9 7 | A | 1 | | 0.850 | 0.059 | | |
| Folate, total | | 146 0 | 6.989 | 0 | Z | 1 7 | | 355 0 | 25 0 | | |
| Folic acidFolate, food | mca | 146 | 6.989 | | 4 | 1 | | 355 | 25 | | |
| Folate, DFE | mcg DFF | 146 | 0.90 | 0 | NC | 4 | | 355 | 25 | | |
| Vitamin B-12 | | 1.95 | 0.316 | 5 12 | A | 1 | | 4.75 | 0.33 | | |
| Vitamin A, IU | - | 1442 | 0.02 | 0 | NC | 4 | | 3503 | 245 | | |
| Vitamin A, RAE | | 381 | | 0 | NC | 4 | | 926 | 65 | | |
| Retinol | | 371 | | 0 | BFFN | 4 | | 900 | 63 | | |
| Vitamin E (alpha-tocopherol) | | 2.58 | | 0 | BFFN | 4 | | 6.27 | 0.44 | | |
| Tocopherol, beta | | 0.05 | | 0 | BFFN | 4 | | 0.12 | 0.01 | | |
| Tocopherol, gamma | | 1.33 | | 0 | BFFN | 4 | | 3.24 | 0.23 | | |
| Tocopherol, delta | | 0.06 | | 0 | BFFN | 4 | | 0.14 | 0.01 | | |
| Vitamin D | IU | 107.423 | 43.75 | 1 12 | A | 1 | | 261.039 | 18.262 | | |
| Vitamin K (phylloquinone) | mcg | 0.7 | | 1 | A | 1 | | 1.7 | 0.1 | | |
| ipids: Fatty acids, total saturated | α | 9.551 | l | 0 | NC | 4 | | 23.209 | 1.624 | | |
| 4:0 | | 0.000 | | 0 | 1.0 | 1 | | 0.000 | 0.000 | | |
| 6:0 | | 0.000 | | ō | | 1 | | 0.000 | 0.000 | | |
| 8:0 | | 0.009 | | 33 | | 1 | | 0.022 | 0.002 | | |
| | _ | 0.009 | | 33 | | 1 | | 0.022 | 0.002 | | |
| 10:0 | | | | | | | | | - | | |
| 10:0 12:0 | _ | 0.009 |) | 33 | | 1 | | 0.022 | 0.002 | | |
| | g | 0.009 |) | 33 | | 1 | | 0.022 | 0.002 | | |

| | | <u>Ar</u> | nount in 10 | 0 grams Number | | ole portio | <u>on</u> | Amount in edible portion of common measures of food | | | |
|------------------------------------|-------|----------------|-------------|-------------------|--------|----------------|--------------------|---|----------------|-----------|--|
| Nutrients and Unit | s | Mean | Std. Error | of Data | Deriv | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 | |
| | | | | | | | | | | | |
| 15:0 | g | 0.013 | | | | 1 | | 0.032 | 0.002 | | |
| 16:0 | g | 6.860 | | 33 | | 1 | | 16.670 | 1.166 | | |
| 17:0 | g | 0.051 | | 1 | | 1 | | 0.124 | 0.009 | | |
| 18:0 | g | 2.417 | | 33 | | 1 | | 5.873 | 0.411 | | |
| 20:0 | g | 0.032 | | 1 | | 1 | | 0.078 | 0.005 | | |
| 22:0 | _ | 0.038 | | 1 | | 1 | | 0.092 | 0.006 | | |
| 24:0 | | 0.009 | | 1 | | 1 | | 0.022 | 0.002 | | |
| Fatty acids, total monounsaturated | | 11.738 | | 0 | NC | 4 | | 28.523 | 1.995 | | |
| 14:1 | | 0.024 | | 1 | | 1 | | 0.058 | 0.004 | | |
| 15:1 | - | | | | | _ | | | | | |
| 16:1 undifferentiated | - | 0.918 | | 33 | | 1 | | 2.231 | 0.156 | | |
| 17:1 | _ | 40.704 | | | | _ | | | | | |
| 18:1 undifferentiated | | 10.701 | | 33 | | 1 | | 26.003 | 1.819 | | |
| 20:1 | _ | 0.086 | | 33 | | 1 | | 0.209 | 0.015 | | |
| 22:1 undifferentiated | - | 0.009 | | 33 | | 1 | | 0.022 | 0.002 | | |
| 24:1 c | | 4.204 | | 0 | NC | 4 | | 10.216 | 0.715 | | |
| Fatty acids, total polyunsaturated | | 3.538 | | 33 | NC | 1 | | 8.597 | 0.715 | | |
| 18:2 undifferentiated | | 0.103 | | 33 | | 1 | | 0.250 | 0.018 | | |
| 18:3 undifferentiated | | 0.000 | | 0 | | 1 | | 0.250 | 0.018 | | |
| 20:2 n-6 c,c | | 0.000 | | U | | _ | | 0.000 | 0.000 | | |
| 20:2 n-6 c,c | | | | | | | | | | | |
| 20:4 undifferentiated | | 0.438 | | 33 | | 1 | | 1.064 | 0.074 | | |
| 20:5 n-3 | | 0.011 | | 33 | | 1 | | 0.027 | 0.002 | | |
| 20:5 n-3 | - | 0.000 | | 0 | | 1 | | 0.000 | 0.002 | | |
| 22:6 n-3 | - | 0.114 | | 33 | | 1 | | 0.277 | 0.019 | | |
| Fatty acids, total trans | | 0.111 | | 33 | | • | | 0.277 | 0.013 | | |
| Cholesterol | | 1234 | 27.89 | 7 10 | A | 1 | | 2999 | 210 | | |
| Phytosterols | | | | | | | | | | | |
| - | • | | | | | | | | | | |
| Amino Acids: | | | | _ | _ | _ | | | | | |
| Tryptophan | | 0.177 | | 0 | A | 1 | | 0.430 | 0.030 | | |
| Threonine | - | 0.687 | | 0 | A | 1 1 | | 1.670 | 0.117 | | |
| Isoleucine | | 0.866 | | 0 0 | A A | 1 | | 2.104 | 0.147 | | |
| Leucine | _ | 1.399 | | 0 | | 1 | | 3.399 | 0.238 | | |
| Lysine | - | 1.217 | | 0 | A | | | 2.957 | 0.207 | | |
| Methionine | | 0.378 0.264 | | 0 | A A | 1 1 | | 0.917 0.642 | 0.064 0.045 | | |
| Cystine | | 0.264 | | 0 | A | 1 | | 1.654 | 0.045 | | |
| Phenylalanine | | 0.678 | | 0 | A | 1 | | 1.649 | 0.116 | | |
| TyrosineValine | | 0.949 | | 0 | A | 1 | | 2.306 | 0.115 | | |
| Arginine | • | 1.099 | | 0 | A | 1 | | 2.670 | 0.187 | | |
| Histidine | | 0.416 | | 0 | A | 1 | | 1.011 | 0.187 | | |
| Alanine | _ | 0.836 | | 0 | A | 1 | | 2.031 | 0.142 | | |
| Aspartic acid | _ | 1.550 | | 0 | A | 1 | | 3.766 | 0.142 | | |
| Glutamic acid | - | 1.970 | | 0 | A | 1 | | 4.788 | 0.335 | | |
| Glycine | _ | 0.488 | | 0 | A | 1 | | 1.186 | 0.083 | | |
| Proline | | 0.646 | | 0 | A | 1 | | 1.570 | 0.110 | | |
| Serine | | 1.326 | | 0 | A | 1 | | 3.221 | 0.225 | | |
| Hydroxyproline | _ | | | | | | | | 0.220 | | |
| , | | | | | | | | | | | |
| Others: | | | | | | | | | | | |
| Alcohol, ethyl | | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | | |
| Caffeine | | 0 | | 0 | z | 7 | | 0 | 0 | | |
| Theobromine | mg | 0 | | 0 | Z | 7 | | 0 | 0 | | |
| <u>Carotenoids:</u> | | | | | | | | | | | |
| Carotene, beta | | 88 | 12.17 | | A | 1 | | 214.751 | 15.024 | | |
| Carotene, alpha | | 38 | 4.87 | | A | 1 | | 91.732 | 6.417 | | |
| Cryptoxanthin, beta | | 33 | 2.86 | | A | 1 | | 81.101 | 5.674 | | |
| Lycopene | | 0 | 0.00 | | A | 1 | | 0.000 | 0.000 | | |
| Lutein + zeaxanthin | iinc@ | 1094 | | 0 | NR | 4 | | 2657.618 | 185.924 | | |

NDB No. 01125 Egg, yolk, raw, fresh

Common Measures:

Measure 1 = 243g: 1 cup Measure 2 = 17g: 1 large

Calories Factors: Protein 4.36 Fat 9.02 Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products

| | | <u>A</u> : | mount in 100 | grams | of edib | le portio | <u>n</u> | | edible portion | |
|--|------|------------|--------------|-------------------|---------|----------------|--------------------|------------|-----------------|-----------|
| | | | N | lumber | | | | <u>m</u> : | easures of food | <u> </u> |
| Nutrients and Un | its | Mean | Std. Error F | of Data Points | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure : |
| Proximates: | | | | | | | | | | |
| Water | g | 56.20 | | 2 | A | 1 | | 127.57 | | |
| Energy | kcal | 303 | | 0 | NC | 4 | | 688 | | |
| Energy | kj | 1268 | | | | 4 | | 2878 | | |
| Protein (N x 6.25) | g | 15.50 | | 2 | A | 1 | | 35.19 | | |
| Total lipid (fat) | g | 25.60 | | 2 | A | 1 | | 58.11 | | |
| Ash | g | 1.55 | | 2 | A | 1 | | 3.52 | | |
| Carbohydrate, by difference | g | 1.15 | | 0 | NC | 4 | | 2.61 | | |
| Fiber, total dietary | g | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Sugars, total | g | 0.51 | | 0 | BFSN | 4 | | 1.16 | | |
| Starch | g | | | | | | | | | |
| Minarala | | | | | | | | | | |
| Minerals: | ma | 138 | | 2 | A | 1 | | 313 | | |
| Calcium, Ca Iron, Fe | | 3.34 | | 2 | A | 1 | | 7.58 | | |
| Magnesium, Mg | | 9 | | 2 | A | 1 | | 20 | | |
| Phosphorus, P | | 417 | | 2 | A | 1 | | 947 | | |
| Potassium, K | - | 118 | | 2 | A | 1 | | 268 | | |
| Sodium, Na | | 67 | | 2 | A | 1 | | 152 | | |
| Zinc, Zn | - | 2.88 | | 2 | A | 1 | | 6.54 | | |
| Copper, Cu | - | 0.024 | 1 | 2 | A | 1 | | 0.054 | | |
| Manganese, Mn | | 0.062 | 2 | 2 | A | 1 | | 0.141 | | |
| Selenium, Se | mcg | 41.8 | | 0 | | 1 | | 94.9 | | |
| Vitamins | | | | | | | | | | |
| Vitamins: | ma | 0.0 | | 0 | z | 7 | | 0.0 | | |
| Vitamin C, total ascorbic acid Thiamin | _ | 0.0 | | 2 | A | 1 | | 0.352 | | |
| Riboflavin | _ | 0.133 | | 2 | A | 1 | | 1.180 | | |
| Niacin | | 0.045 | | 2 | A | 1 | | 0.102 | | |
| Pantothenic acid | | 3.530 | | 2 | A | 1 | | 8.013 | | |
| Vitamin B-6 | | 0.345 | | 2 | A | 1 | | 0.783 | | |
| Folate, total | - | 116 | | 2 | A | 1 | | 263 | | |
| Folic acid | | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food | | 116 | | 2 | A | 1 | | 263 | | |
| Folate, DFE | | 116 | | 0 | NC | 4 | | 263 | | |
| Vitamin B-12 | | 1.82 | | 2 | A | 1 | | 4.13 | | |
| Vitamin A, IU | | 1609 | | 0 | NC | 4 | | 3653 | | |
| Vitamin A, RAE | | 433 | | 0 | NC | 4 | | 983 | | |
| Retinol | mcg | 423 | | 0 | NC | 4 | | 960 | | |
| Vitamin E (alpha-tocopherol) | mg | 2.49 | | 0 | BFFN | 4 | | 5.65 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | |
| Vitamin D | | | | _ | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.7 | | 0 | BFFN | 4 | | 1.5 | | |
| Lipids: | | | | | | | | | | |
| Fatty acids, total saturated | q | 7.820 |) | 0 | A | 1 | | 17.751 | | |
| 4:0 | | 0.000 | | 0 | | 1 | | 0.000 | | |
| 6:0 | | 0.000 |) | 0 | | 1 | | 0.000 | | |
| 8:0 | | 0.000 | | 0 | A | 1 | | 0.000 | | |
| 10:0 | | 0.000 | | 0 | A | 1 | | 0.000 | | |
| 12:0 | g | 0.000 |) | 0 | A | 1 | | 0.000 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.085 | 5 | 2 | A | 1 | | 0.193 | | |
| 15:0 | g | 0.000 |) | 0 | A | 1 | | 0.000 | | |
| 16:0 | g | 5.678 | 3 | 2 | A | 1 | | 12.889 | | |
| 17:0 | g | 0.000 |) | 0 | A | 1 | | 0.000 | | |
| 18:0 | g | 2.017 | 7 | 2 | A | 1 | | 4.579 | | |
| 20:0 | g | 0.000 |) | 0 | A | 1 | | 0.000 | | |
| 22:0 | g | 0.000 |) | 0 | A | 1 | | 0.000 | | |
| 24:0 | 0 | 0.000 |) | 0 | A | 1 | | 0.000 | | |

| | <u>Aı</u> | mount in 10 | 0 grams | <u>on</u> | Amount in edible portion of common measures of food | | | | |
|--------------------------------------|----------------|-------------|----------------|-----------|---|--------------------|----------------|-----------------|-----------|
| | | | Number | • | | | <u>m</u> | easures of food | |
| Nutrients and Units | Mean | Std. Error | of Data Points | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Fatty acids, total monounsaturatedg | 9.747 | | 0 | A | 1 | | 22.126 | | |
| 14:1g | 0.000 | | 0 | A | 1 | | 0.000 | | |
| 15:1g 16:1 undifferentiatedg | 0.641 | | 2 | A | 1 | | 1.455 | | |
| 17:1g 18:1 undifferentiatedg | 9.007 | | 2 | A | 1 | | 20.446 | | |
| 20:1g | 0.063 | | 2 | A | 1 | | 0.143 | | |
| 22:1 undifferentiatedg | 0.000 | | 0 | A | 1 | | 0.000 | | |
| 24:1 c | 2 620 | | 0 | 7 | 1 | | 0 226 | | |
| Fatty acids, total polyunsaturated9 | 3.628 2.944 | | 2 | A A | 1 | | 8.236 6.683 | | |
| 18:2 undifferentiated | 0.063 | | 2 | A | 1 | | 0.143 | | |
| 18:3 undifferentiated | 0.063 | | 2 | A A | 1 | | 0.143 | | |
| 20:2 n-6 c.c | 0.036 | | 2 | A | 1 | | 0.082 | | |
| 20:2 n-6 c,cg 20:3 undifferentiatedg | | | | | | | | | |
| 20:4 undifferentiatedg | 0.426 | | 2 | A | 1 | | 0.967 | | |
| 20:4 undifferentiatedg 20:5 n-3g | 0.426 | | 2 | A | 1 | | 0.967 | | |
| 20:5 n-3g 22:5 n-3g | 0.000 | | 0 | A | 1 | | 0.000 | | |
| 22:5 n-3g 22:6 n-3g | 0.125 | | 2 | A | 1 | | 0.000 | | |
| Fatty acids, total trans | 0.125 | | 2 | A | 1 | | 0.204 | | |
| Cholesterolmg | 1075 | | 2 | A | 1 | | 2440 | | |
| | 1075 | | 2 | A | _ | | 2440 | | |
| Phytosterolsmg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophang | 0.181 | | 0 | A | 1 | | 0.411 | | |
| Threonineg | 0.823 | | 0 | A | 1 | | 1.868 | | |
| Isoleucineg | 0.784 | | 0 | A | 1 | | 1.780 | | |
| Leucineg | 1.362 | | 0 | A | 1 | | 3.092 | | |
| Lysineg | 1.230 | | 0 | A | 1 | | 2.792 | | |
| Methionineg | 0.384 | | 0 | A | 1 | | 0.872 | | |
| Cystineg | 0.278 | | 0 | A | 1 | | 0.631 | | |
| Phenylalanineg | 0.662 | | 0 | A | 1 | | 1.503 | | |
| Tyrosineg | 0.689 | | 0 | A | 1 | | 1.564 | | |
| Valineg | 0.863 | | 0 | A | 1 | | 1.959 | | |
| Arginineg | 1.106 | | 0 | A | 1 | | 2.511 | | |
| Histidine | 0.402 | | 0 | A | 1 | | 0.913 | | |
| Alanineg | 0.796 | | 0 | A | 1 | | 1.807 | | |
| Aspartic acidg | 1.515 | | 0 | A | 1 | | 3.439 | | |
| Glutamic acidg | 1.964 | | 0 | A | 1 | | 4.458 | | |
| Glycineg | 0.479 | | 0 | A | 1 | | 1.087 | | |
| Prolineg | 0.647 | | 0 | A | 1 | | 1.469 | | |
| Serineg | 1.324 | | 0 | A | 1 | | 3.005 | | |
| Hydroxyprolineg | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethylg | 0.0 | | 0 | | 7 | | 0.0 | | |
| Caffeine mg | 0 | | 0 | z | 7 | | 0 | | |
| Theobrominemg | 0 | | 0 | z | 7 | | 0 | | |
| Carotenoids: | | | | | | | | | |
| Carotene, betamcg | 85 | | 0 | BFFN | 4 | | 193.478 | | |
| Carotene, alpha mcg | 36 | | 0 | BFFN | 4 | | 82.645 | | |
| Cryptoxanthin, betamcg | 32 | | 0 | BFFN | 4 | | 73.067 | | |
| Lycopenemcg | 0 | | 0 | BFFN | 4 | | 0.000 | | |
| | • | | - | | | | | | |

Common Measures:

Measure 1 = 227g: .5 lb

NDB No. 01126 Egg, yolk, raw, frozen

Calories Factors: Protein 4.36 Fat 9.02 Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products

| | | <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 | | |
| | | | | | | Source | Confidence | | | | |
| Nutrients and Uni | ts | Mean | Std. Error | | | Code | Code | Measure 1 | Measure 2 | Measure | |
| Proximates: | | | | | | | | | | | |
| Water | g | 50.80 | | 1 | A | 1 | | 115.32 | | | |
| Energy | kcal | 274 | | 0 | NC | 4 | | 622 | | | |
| Energy | kj | 1146 | | | | 4 | | 2602 | | | |
| Protein (N x 6.25) | g | 14.00 | | 1 | A | 1 | | 31.78 | | | |
| Total lipid (fat) | | 23.00 | | 1 | A | 1 | | 52.21 | | | |
| Ash | | 10.60 | | 1 | A | 1 | | 24.06 | | | |
| Carbohydrate, by difference | | 1.60 | | 0 | NC | 4 | | 3.63 | | | |
| Fiber, total dietary | | 0.0 | | 0 | z | 7 | | 0.0 | | | |
| Sugars, total | | | | | | | | | | | |
| Starch | | | | | | | | | | | |
| Staren | 9 | | | | | | | | | | |
| <u>Minerals:</u> | | | | | | | | | | | |
| Calcium, Ca | mg | 114 | | 1 | A | 1 | | 259 | | | |
| Iron, Fe | - | 3.75 | | 1 | A | 1 | | 8.51 | | | |
| Magnesium, Mg | mg | 10 | | 1 | A | 1 | | 23 | | | |
| Phosphorus, P | mg | 431 | | 1 | A | 1 | | 978 | | | |
| Potassium, K | mg | 117 | | 1 | A | 1 | | 266 | | | |
| Sodium, Na | mg | 3780 | | 1 | A | 1 | | 8581 | | | |
| Zinc, Zn | mg | 2.84 | | 1 | A | 1 | | 6.45 | | | |
| Copper, Cu | mg | 0.109 | • | 1 | A | 1 | | 0.247 | | | |
| Manganese, Mn | | 0.062 | 2 | 1 | A | 1 | | 0.141 | | | |
| Selenium, Se | mcg | 37.7 | | 0 | RK | 4 | | 85.6 | | | |
| Vitamina | | | | | | | | | | | |
| Vitamins: | ma | 0.0 | | 0 | z | 7 | | 0.0 | | | |
| Vitamin C, total ascorbic acid | - | | , | 1 | | 1 | | | | | |
| Thiamin | - | 0.130 | | 1 | A A | 1 | | 0.295 | | | |
| Riboflavin | | 0.430 | | | | | | 0.976 | | | |
| Niacin | - | 0.040 | | 1 | A | 1 | | 0.091 | | | |
| Pantothenic acid | | 3.230 | | 1 | A | 1 | | 7.332 | | | |
| Vitamin B-6 | _ | 0.261 | - | 1 | A | 1 | | 0.592 | | | |
| Folate, total | | 107 | | 1 | A | 1 | | 243 | | | |
| Folic acid | | 0 | | 0 | Z | 7 | | 0 | | | |
| Folate, food | | 107 | | 1 | A | 1 | | 243 | | | |
| Folate, DFE | | 107 | | 0 | NC | 4 | | 243 | | | |
| Vitamin B-12 | | 2.52 | | 1 | A | 1 | | 5.72 | | | |
| Vitamin A, IU | | 1190 | | 1 | A | 1 | | 2701 | | | |
| Vitamin A, RAE | | 357 | | 1 | A | 1 | | 811 | | | |
| Retinol | | 357 | | 1 | A | 1 | | 811 | | | |
| Vitamin E (alpha-tocopherol) | | | | | | | | | | | |
| Tocopherol, beta | | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | | |
| Vitamin D | | | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | | |
| Lipids: | | | | | | | | | | | |
| Fatty acids, total saturated | a | 7.028 | 3 | 0 | A | 1 | | 15.954 | | | |
| 4:0 | | | | • | | - | | | | | |
| 6:0 | | | | | | | | | | | |
| 8:0 | | 0.000 |) | 0 | A | 1 | | 0.000 | | | |
| 10:0 | - | 0.000 | | 0 | A | 1 | | 0.000 | | | |
| 12:0 | _ | 0.000 | | 0 | A | 1 | | 0.000 | | | |
| 13:0 | - | 2.200 | | - | | - | | | | | |
| 14:0 | | 0.073 | 3 | 1 | A | 1 | | 0.166 | | | |
| 15:0 | | | | - | | - | | 0.100 | | | |
| 16:0 | _ | 5.098 | 3 | 1 | A | 1 | | 11.572 | | | |
| 17:0 | _ | 3.030 | - | - | | - | | | | | |
| 18:0 | _ | 1.821 | L | 1 | A | 1 | | 4.134 | | | |
| 20:0 | _ | 1.021 | - | - | Α. | - | | 4.134 | | | |
| | | | | | | | | | | | |
| 22:0 24:0 | | | | | | | | | | | |

| Fatty acids, total monounsaturated | 1 20.087 1 1.303 |
|--|--------------------|
| Nutrients and Units Mean Std. Error Points Code Code Fatty acids, total monounsaturated 9 8.849 0 A 1 14:1 9 15:1 9 16:1 undifferentiated 9 0.574 1 A 1 17:1 9 18:1 undifferentiated 9 8.175 1 A 1 20:1 A 1 <th>1 20.087 1 1.303</th> | 1 20.087 1 1.303 |
| 14:1 9 15:1 9 16:1 undifferentiated 9 0.574 1 A 1 17:1 9 18:1 undifferentiated 9 8.175 1 A 1 20:1 9 0.064 1 A 1 22:1 undifferentiated 9 0.000 0 A 1 24:1 c 9 Fatty acids, total polyunsaturated 9 3.150 0 A 1 18:2 undifferentiated 9 2.513 1 A 1 18:3 undifferentiated 9 0.064 1 A 1 18:4 9 20:2 n-6 c,c 9 20:3 undifferentiated 9 20:4 undifferentiated 9 | 1 1.303 |
| 14:1 | 1 1.303 |
| 15:1 | |
| 16:1 undifferentiated 9 0.574 1 A 1 17:1 9 18:1 undifferentiated 9 8.175 1 A 1 20:1 9 0.064 1 A 1 22:1 undifferentiated 9 0.000 0 A 1 24:1 c 9 Fatty acids, total polyunsaturated 9 3.150 0 A 1 18:2 undifferentiated 9 2.513 1 A 1 18:3 undifferentiated 9 0.064 1 A 1 18:4 9 20:2 n-6 c,c 9 20:3 undifferentiated 9 20:4 undifferentiated 9 20:4 undifferentiated 9 | |
| 17:1 | |
| 18:1 undifferentiated g 8.175 1 A 1 20:1 g 0.064 1 A 1 22:1 undifferentiated g 0.000 0 A 1 24:1 c g 3.150 0 A 1 18:2 undifferentiated g 2.513 1 A 1 18:3 undifferentiated g 0.064 1 A 1 18:4 g 20:2 n-6 c,c g 20:3 undifferentiated g 20:4 undifferentiated g 0.355 1 A 1 | |
| 20:1 | 1 18.557 |
| 22:1 undifferentiated g 0.000 0 A 1 24:1 c g 3.150 0 A 1 Fatty acids, total polyunsaturated g 3.150 0 A 1 18:2 undifferentiated g 2.513 1 A 1 18:3 undifferentiated g 0.064 1 A 1 18:4 g 20:2 n-6 c,c g 20:3 undifferentiated g 20:4 undifferentiated g 0.355 1 A 1 | 1 0.145 |
| 24:1 c | ** |
| Fatty acids, total polyunsaturated 9 3.150 0 A 1 18:2 undifferentiated 9 2.513 1 A 1 18:3 undifferentiated 9 0.064 1 A 1 18:4 9 20:2 n-6 c,c 9 20:3 undifferentiated 9 20:4 undifferentiated 9 0.355 1 A 1 | 0.000 |
| 18:2 undifferentiated g 2.513 1 A 1 18:3 undifferentiated g 0.064 1 A 1 18:4 g 20:2 n-6 c,c g 20:3 undifferentiated g 20:4 undifferentiated g 0.355 1 A 1 | 1 7.151 |
| 18:3 undifferentiated. | 1 5.705 |
| 18:4 | 1 0.145 |
| 20:2 n-6 c,c. g 20:3 undifferentiated. g 20:4 undifferentiated. g 0 . 355 1 A 1 | - 0.145 |
| 20:3 undifferentiated | |
| 20:4 undifferentiated | |
| - | 1 0.806 |
| | 1 0.247 |
| 22:5 n-3g | |
| | 1 0.247 |
| Fatty acids, total trans | |
| - | 1 2168 |
| Phytosterolsmg | |
| Amino Acids: | |
| | 1 0.372 |
| | 1 1.689 |
| Timeonine | 1 1.607 |
| 1001040110 | 1 2.792 |
| 100000000000000000000000000000000000000 | 1 2.522 |
| 2) 0.110 | 1 0.788 |
| | 1 0.570 |
| Cystine | 1 1.357 |
| 1 Henry Management | 1 1.414 |
| 1,100,110 | 1 1.771 |
| 7 4444 | 1 2.268 |
| 7115111110 | 1 0.824 |
| 1110000110 | 1 1.632 |
| | 1 3.108 |
| | 1 4.027 |
| | 1 0.981 |
| Glyenie | |
| 110 | 1 1.328 |
| Hydroxyproline | 1 1.328 1 2.715 |

Common Measures:

Measure 1 = 227g: .5 lb

Calories Factors: Protein 4.36 Fat 9.02 Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products

| | | <u>A</u> | mount in 100 | grams | of edil | ole portio | <u>n</u> | Amount in | edible portion | of common |
|--------------------------------|---------|----------|--------------|--------|---------|------------|------------|------------|-----------------|-----------|
| | | | N | umber | | | | <u>m</u> e | easures of food | <u> </u> |
| | | | 0 | f Data | Deriv | Source | Confidence | | | |
| Nutrients and Uni | ts | Mean | Std. Error P | oints | Code | Code | Code | Measure 1 | Measure 2 | Measure |
| _ | | | | | | | | | | |
| Proximates: Water | а | 51.25 | | 2 | A | 1 | | 116.34 | | |
| Energy | - | 307 | | 0 | NC | 4 | | 697 | | |
| 0, | | 1284 | | U | NC | 4 | | 2916 | | |
| Energy | | | | • | | - | | | | |
| Protein (N x 6.25) | - | 13.80 | | 2 | A | 1 | | 31.33 | | |
| Total lipid (fat) | | 22.75 | | 2 | A | 1 | | 51.64 | | |
| Ash | | 1.40 | | 2 | A | 1 | | 3.18 | | |
| Carbohydrate, by difference | | 10.80 | | 0 | NC | 4 | | 24.52 | | |
| Fiber, total dietary | | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Sugars, total | | | | | | | | | | |
| Starch | g | | | | | | | | | |
| Minerals: | | | | | | | | | | |
| Calcium, Ca | ma | 123 | | 2 | A | 1 | | 279 | | |
| Iron, Fe | _ | 3.14 | | 2 | A | 1 | | 7.13 | | |
| Magnesium, Mg | - | 10 | | 2 | A | 1 | | 23 | | |
| Phosphorus, P | | 384 | | 2 | A | 1 | | 872 | | |
| Potassium, K | - | 103 | | 2 | A | 1 | | 234 | | |
| Sodium, Na | | 67 | | 2 | A | 1 | | 152 | | |
| Zinc, Zn | | 2.81 | | 2 | A | 1 | | 6.38 | | |
| Copper, Cu | | 0.012 | > | 2 | A | 1 | | 0.027 | | |
| Manganese, Mn | | 0.059 | | 2 | A | 1 | | 0.134 | | |
| Selenium, Se | | 37.7 | | 0 | RK | 4 | | 85.6 | | |
| · · | | | | | | | | | | |
| <u>Vitamins:</u> | | | | | | | | | | |
| Vitamin C, total ascorbic acid | | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Thiamin | | 0.135 | | 2 | A | 1 | | 0.306 | | |
| Riboflavin | | 0.530 |) | 2 | A | 1 | | 1.203 | | |
| Niacin | | 0.023 | | 2 | A | 1 | | 0.052 | | |
| Pantothenic acid | mg | 3.200 |) | 2 | A | 1 | | 7.264 | | |
| Vitamin B-6 | _ | 0.284 | 1 | 2 | A | 1 | | 0.645 | | |
| Folate, total | | 139 | | 2 | A | 1 | | 316 | | |
| Folic acid | | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food | mcg | 139 | | 2 | A | 1 | | 316 | | |
| Folate, DFE | mcg_DFE | 139 | | 0 | NC | 4 | | 316 | | |
| Vitamin B-12 | mcg | 1.77 | | 2 | A | 1 | | 4.02 | | |
| Vitamin A, IU | | 1315 | | 2 | A | 1 | | 2985 | | |
| Vitamin A, RAE | mcg_RAE | 395 | | 2 | A | 1 | | 896 | | |
| Retinol | | 395 | | 2 | A | 1 | | 896 | | |
| 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 | а | 6.970 | 1 | 0 | A | 1 | | 15.822 | | |
| 4:0 | | 0.970 | , | J | A | 1 | | 13.022 | | |
| 6:0 | | | | | | | | | | |
| 8:0 | _ | 0.000 |) | 0 | A | 1 | | 0.000 | | |
| 10:0 | | 0.000 | | 0 | A | 1 | | 0.000 | | |
| 12:0 | | 0.000 | | 0 | A | 1 | | 0.000 | | |
| 13:0 | _ | 0.000 | • | J | • | 1 | | 0.000 | | |
| 14:0 | _ | 0.073 | 3 | 2 | A | 1 | | 0.166 | | |
| 15:0 | _ | 0.073 | • | _ | • | 1 | | 0.100 | | |
| 16:0 | _ | 5.066 | 5 | 2 | A | 1 | | 11.500 | | |
| 17:0 | - | 5.066 | , | 2 | A | 1 | | 11.500 | | |
| 17:0 18:0 | _ | 1.795 | | 2 | A | 1 | | 4.075 | | |
| | _ | 1.795 | , | 2 | A | 1 | | 4.0/5 | | |
| 20:0 22:0 | - | | | | | | | | | |
| | U | | | | | | | | | |

| | | <u>Aı</u> | mount in 10 | 00 grams | of edil | ole portio | <u>on</u> | | edible portion o | f common |
|------------------------------------|-----------|-----------|-------------|----------|---------|----------------|--------------------|-----------|------------------|-----------|
| | | | | Number | • | | | <u>m</u> | easures of food | |
| Nutrients and Uni | ts | Mean | Std. Error | | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | | |
| Fatty acids, total monounsaturated | а | 8.614 | | 0 | A | 1 | | 19.554 | | |
| 14:1 | - | 0.014 | | Ū | | - | | 19.334 | | |
| 15:1 | | | | | | | | | | |
| 16:1 undifferentiated | | 0.550 |) | 2 | A | 1 | | 1.249 | | |
| 17:1 | | | | | | | | | | |
| 18:1 undifferentiated | _ | 7.983 | 1 | 2 | A | 1 | | 18.121 | | |
| 20:1 | | 0.055 | i | 2 | A | 1 | | 0.125 | | |
| 22:1 undifferentiated | - | 0.000 |) | 0 | A | 1 | | 0.000 | | |
| 24:1 c | g | | | | | | | | | |
| Fatty acids, total polyunsaturated | _ | 3.244 | | 0 | A | 1 | | 7.364 | | |
| 18:2 undifferentiated | | 2.599 | 1 | 2 | A | 1 | | 5.900 | | |
| 18:3 undifferentiated | g | 0.055 | i | 2 | A | 1 | | 0.125 | | |
| 18:4 | g | | | | | | | | | |
| 20:2 n-6 c.c | g | | | | | | | | | |
| 20:3 undifferentiated | g | | | | | | | | | |
| 20:4 undifferentiated | g | 0.363 | 1 | 2 | A | 1 | | 0.824 | | |
| 20:5 n-3 | g | 0.100 |) | 2 | A | 1 | | 0.227 | | |
| 22:5 n-3 | g | | | | | | | | | |
| 22:6 n-3 | g | 0.104 | | 2 | A | 1 | | 0.236 | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 959 | | 2 | A | 1 | | 2177 | | |
| Phytosterols | <u>mg</u> | | | | | | | | | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan | g | 0.161 | | 0 | A | 1 | | 0.365 | | |
| Threonine | g | 0.733 | 1 | 0 | A | 1 | | 1.664 | | |
| Isoleucine | g | 0.698 | | 0 | A | 1 | | 1.584 | | |
| Leucine | g | 1.212 | | 0 | A | 1 | | 2.751 | | |
| Lysine | g | 1.095 | i | 0 | A | 1 | | 2.486 | | |
| Methionine | g | 0.342 | | 0 | A | 1 | | 0.776 | | |
| Cystine | g | 0.247 | | 0 | A | 1 | | 0.561 | | |
| Phenylalanine | g | 0.590 | 1 | 0 | A | 1 | | 1.339 | | |
| Tyrosine | g | 0.614 | | 0 | A | 1 | | 1.394 | | |
| Valine | g | 0.768 | | 0 | A | 1 | | 1.743 | | |
| Arginine | g | 0.985 | i | 0 | A | 1 | | 2.236 | | |
| Histidine | g | 0.358 | | 0 | A | 1 | | 0.813 | | |
| Alanine | | 0.709 |) | 0 | A | 1 | | 1.609 | | |
| Aspartic acid | | 1.349 | | 0 | A | 1 | | 3.062 | | |
| Glutamic acid | g | 1.749 |) | 0 | A | 1 | | 3.970 | | |
| Glycine | g | 0.426 | i | 0 | A | 1 | | 0.967 | | |
| Proline | g | 0.576 | i | 0 | A | 1 | | 1.308 | | |
| Serine | g | 1.179 |) | 0 | A | 1 | | 2.676 | | |
| Hydroxyproline | g | | | | | | | | | |

Common Measures:

Measure 1 = 227g: .5 lb

Calories Factors: Protein 4.36 Fat 9.02 Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products

| | | <u>Aı</u> | mount in 100 g | grams | of edib | le portion | 1 | | edible portion | | |
|--------------------------------|------|-----------|----------------|-------|---------|------------|------------|-----------|-----------------|-----------|--|
| | | | Nι | ımber | • | | | <u>m</u> | easures of food | | |
| | | | of | Data | Deriv | Source | Confidence | | | | |
| Nutrients and Un | its | Mean | Std. Error Po | oints | Code | Code | Code | Measure 1 | Measure 2 | Measure 3 | |
| Proximates: | | | | | | | | | | | |
| Water | g | 74.37 | 0.592 | 6 | | 1 | | 188.90 | 23.65 | 755.60 | |
| Energy | kcal | 135 | | 0 | NC | 4 | | 342 | 43 | 1368 | |
| Energy | kj | 563 | | | | 4 | | 1430 | 179 | 5722 | |
| Protein (N x 6.37) | g | 3.81 | 0.171 | 11 | | 1 | | 9.68 | 1.21 | 38.71 | |
| Total lipid (fat) | g | 7.48 | 0.213 | 79 | | 1 | | 19.00 | 2.38 | 76.00 | |
| Ash | g | 0.80 | 0.052 | 6 | | 1 | | 2.03 | 0.25 | 8.13 | |
| Carbohydrate, by difference | g | 13.54 | | 0 | NC | 4 | | 34.39 | 4.31 | 137.57 | |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 | |
| Sugars, total | g | 8.41 | | 0 | RC | 4 | | 21.35 | 2.67 | 85.41 | |
| Starch | g | | | | | | | | | | |
| Minorala | | | | | | | | | | | |
| Minerals: Calcium, Ca | ma | 130 | 4.803 | 7 | | 1 | | 330 | 41 | 1321 | |
| Iron, Fe | | 0.20 | 4.803 | 3 | | 1 | | 0.51 | 0.06 | 2.03 | |
| Magnesium, Mg | | 19 | | 2 | | 1 | | 47 | 6 | 188 | |
| Phosphorus, P | | 109 | 4.561 | 6 | | 1 | | 47 278 | 35 | 1112 | |
| Potassium, K | | 165 | 9.997 | 6 | | 1 | | 420 | 53 | 1678 | |
| Sodium, Na | | 54 | 2.014 | 6 | | 1 | | 138 | 17 | 553 | |
| Zinc, Zn | | 0.46 | 2.014 | 0 | | 1 | | 1.17 | 0.15 | 4.67 | |
| Copper, Cu | | 0.013 | | 0 | | 1 | | 0.033 | 0.004 | 0.13 | |
| Manganese, Mn | | 0.005 | | 0 | | 1 | | 0.013 | 0.002 | 0.05 | |
| Selenium, Se | | 4.2 | | 0 | BFNN | 4 | | 10.7 | 1.3 | 42.7 | |
| • | | | | | | | | | | | |
| <u>Vitamins:</u> | | | | | | | | | | | |
| Vitamin C, total ascorbic acid | - | 1.5 | 0.289 | 3 | | 1 | | 3.8 | 0.5 | 15.2 | |
| Thiamin | | 0.034 | | 6 | | 1 | | 0.086 | 0.011 | 0.34 | |
| Riboflavin | | 0.190 | | 7 | | 1 | | 0.483 | 0.060 | 1.93 | |
| Niacin | _ | 0.105 | | 4 | | 1 | | 0.267 | 0.033 | 1.06 | |
| Pantothenic acid | - | 0.417 | | 0 | | 1 | | 1.059 | 0.133 | 4.23 | |
| Vitamin B-6 | | 0.050 | | 0 | | 1 | | 0.127 | 0.016 | 0.50 | |
| Folate, total | | 1 | 0.153 | 3 | | 1 | | 2 | 0 | 9 | |
| Folic acid | | 0 | | 0 | Z | 7 | | 0 | 0 | 0 | |
| Folate, food | | 1 | 0.153 | 3 | | 1 | | 2 | 0 | 9 | |
| Folate, DFE | | 1 | | 0 | NC | 4 | | 2 | 0 | 9 | |
| Vitamin B-12 | mcg | 0.45 | | 0 | | 1 | | 1.14 | 0.14 | 4.57 | |
| Vitamin A, IU | | 160 | | 0 | NC | 4 | | 407 | 51 | 1627 | |
| Vitamin A, RAE | | 45 | | 0 | NC | 4 | | 115 | 14 | 460 | |
| Retinol | | 45 | | 0 | RC | 4 | | 114 | 14 | 455 | |
| Vitamin E (alpha-tocopherol) | _ | 0.20 | | 0 | RC | 4 | | 0.52 | 0.06 | 2.07 | |
| Tocopherol, beta | | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | | |
| Vitamin D | | 0.2 | | 0 | RC | 4 | | 0.6 | 0.1 | 2.3 | |
| Vitamin K (phylloquinone) | nicg | 0.2 | | U | RC | 4 | | 0.6 | 0.1 | 2.3 | |
| Lipids: | | | | | | | | | | | |
| Fatty acids, total saturated | g | 4.443 | 1 | 0 | | 1 | | 11.285 | 1.413 | 45.14 | |
| 4:0 | | 0.221 | | 0 | | 1 | | 0.561 | 0.070 | 2.24 | |
| 6:0 | g | 0.131 | | 0 | | 1 | | 0.333 | 0.042 | 1.33 | |
| 8:0 | g | 0.076 | i | 0 | | 1 | | 0.193 | 0.024 | 0.77 | |
| 10:0 | g | 0.171 | | 0 | | 1 | | 0.434 | 0.054 | 1.73 | |
| 12:0 | g | 0.192 | | 0 | | 1 | | 0.488 | 0.061 | 1.95 | |
| 13:0 | g | | | | | | | | | | |
| 14:0 | g | 0.688 | | 0 | | 1 | | 1.748 | 0.219 | 6.99 | |
| 15:0 | g | | | | | | | | | | |
| 16:0 | g | 1.940 | 1 | 0 | | 1 | | 4.928 | 0.617 | 19.71 | |
| 17:0 | g | | | | | | | | | | |
| 18:0 | g | 0.877 | | 0 | | 1 | | 2.228 | 0.279 | 8.93 | |
| 20:0 | g | | | | | | | | | | |
| 22:0 | g | | | | | | | | | | |
| 24:0 | a | | | | | | | | | | |

| | | <u>Aı</u> | mount in 10 | | | ole portio | <u>on</u> | | edible portion of easures of food | of common |
|----------------------------------|-------|-----------|-------------|-----------------------------|-------|----------------|--------------------|-----------|-----------------------------------|-----------|
| 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 | | 2.233 | | 0 | | 1 | | 5.672 | 0.710 | 22.687 |
| 15:1 | = | | | | | | | | | |
| 16:1 undifferentiated | - | 0.174 | | 0 | | 1 | | 0.442 | 0.055 | 1.768 |
| 17:1 | - | 0.174 | | · | | - | | 0.442 | 0.033 | 1.700 |
| 18:1 undifferentiated | | 1.958 | | 0 | | 1 | | 4.973 | 0.623 | 19.893 |
| 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 | | Ū | | - | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total polyunsaturat | | 0.339 | | 0 | | 1 | | 0.861 | 0.108 | 3.444 |
| 18:2 undifferentiated | | 0.227 | | 0 | | 1 | | 0.577 | 0.072 | 2.306 |
| 18:3 undifferentiated | | 0.101 | | 0 | | 1 | | 0.257 | 0.032 | 1.026 |
| 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 | | 0.006 | | 0 | | 1 | | 0.015 | 0.002 | 0.061 |
| 20:5 n-3 | = | 0.000 | | 0 | | 1 | | 0.013 | 0.002 | 0.001 |
| | - | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 22:5 n-3 | | 0.000 | | 0 | | 1 | | | | 0.000 |
| 22:6 n-3 | = | 0.000 | | U | | 1 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans | | 59 | | 0 | | 1 | | 149 | 10 | 596 |
| Cholesterol | - | 39 | | U | | 1 | | 149 | 19 | 396 |
| Phytosterols | Ing | | | | | | | | | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan | g | 0.054 | | 0 | | 1 | | 0.137 | 0.017 | 0.549 |
| Threonine | | 0.175 | | 0 | | 1 | | 0.445 | 0.056 | 1.778 |
| Isoleucine | _ | 0.230 | | 0 | | 1 | | 0.584 | 0.073 | 2.337 |
| Leucine | | 0.369 | | 0 | | 1 | | 0.937 | 0.117 | 3.749 |
| Lysine | | 0.298 | | 0 | | 1 | | 0.757 | 0.095 | 3.028 |
| Methionine | | 0.087 | | 0 | | 1 | | 0.221 | 0.028 | 0.884 |
| Cystine | | 0.038 | | 0 | | 1 | | 0.097 | 0.012 | 0.386 |
| Phenylalanine | | 0.182 | | 0 | | 1 | | 0.462 | 0.058 | 1.849 |
| Tyrosine | | 0.182 | | 0 | | 1 | | 0.462 | 0.058 | 1.849 |
| Valine | | 0.253 | | 0 | | 1 | | 0.643 | 0.080 | 2.570 |
| Arginine | | 0.149 | | 0 | | 1 | | 0.378 | 0.047 | 1.514 |
| Histidine | | 0.095 | | 0 | | 1 | | 0.241 | 0.030 | 0.965 |
| Alanine | | 0.136 | | 0 | | 1 | | 0.345 | 0.043 | 1.382 |
| Aspartic acid | | 0.291 | | 0 | | 1 | | 0.739 | 0.093 | 2.957 |
| Glutamic acid | | 0.769 | | 0 | | 1 | | 1.953 | 0.245 | 7.813 |
| Glycine | | 0.084 | | 0 | | 1 | | 0.213 | 0.243 | 0.853 |
| Proline | | 0.350 | | 0 | | 1 | | 0.889 | 0.111 | 3.556 |
| | | 0.330 | | 0 | | 1 | | 0.551 | 0.069 | 2.205 |
| Serine Hydroxyproline | _ | 0.217 | | U | | 1 | | 0.551 | 0.069 | 2.205 |
| Hydroxypronne | 9 | | | | | | | | | |
| Others: | | | | | | | | | | |
| Alcohol, ethyl | g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine | | 0 | | 0 | z | 7 | | 0 | 0 | 0 |
| Theobromine | | 0 | | 0 | z | 7 | | 0 | 0 | 0 |
| Carotenoids: | | | | | | | | | | |
| <u> </u> | maa | | | ^ | 50 | 4 | | 14 650 | 1 024 | E0 E00 |
| Carotene, beta | | 6 0 | | 0 | RC | 4 | | 14.650 | 1.834 | 58.598 |
| Carotene, alpha | | - | | - | RC | 4 | | 0.000 | 0.000 | 0.000 |
| Cryptoxanthin, beta | | 1 | | 0 | RC | 4 | | 3.693 | 0.462 | 14.774 |
| Lycopene | | 0 | | 0 | RC | 4 | | 0.000 | 0.000 | 0.000 |
| Lutein + zeaxanthin | iica | 54 | | 0 | RC | 4 | | 136.787 | 17.125 | 547.147 |

Common Measures:

Measure 1 = 254g: 1 cup Measure 2 = 31.8g: 1 fl oz Measure 3 = 1016g: 1 quart NDB No. 01057

Eggnog

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.9

Food Group: 01 Dairy and Egg Products

| | | <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 | | |
| | | | | of Data | Deriv | Source | Confidence | | | | |
| Nutrients and Uni | ts | Mean | Std. Error | Points | Code | Code | Code | Measure 1 | Measure 2 | Measure 3 | |
| | | | | | | | | | | | |
| Proximates: Water | q | 72.70 | | | | 4 | | | | | |
| Energy | - | 131 | | | | 1 | | | | | |
| Energy | | 548 | | | | 1 | | | | | |
| Protein | = | 13.10 | | | | 1 | | | | | |
| Total lipid (fat) | - | 5.60 | | | | 1 | | | | | |
| Ash | | 1.10 | | 0 | NR | 4 | | | | | |
| Carbohydrate, by difference | | 7.50 | | | NC | 4 | | | | | |
| Fiber, total dietary | g | 0.0 | | | | 7 | | | | | |
| Sugars, total | | 7.50 | | 0 | NR | 4 | | | | | |
| Starch | | | | | | | | | | | |
| Minerals: | | | | | | | | | | | |
| Calcium, Ca | ma | 17 | | | | 4 | | | | | |
| Iron, Fe | _ | 0.23 | | | | 4 | | | | | |
| Magnesium, Mg | - | 10 | | | | 4 | | | | | |
| Phosphorus, P | | 30 | | | | 4 | | | | | |
| Potassium, K | - | 147 | | | | 4 | | | | | |
| Sodium, Na | | 162 | | | | 4 | | | | | |
| Zinc, Zn | mg | 0.14 | | | | 4 | | | | | |
| Copper, Cu | mg | 0.030 |) | | | 4 | | | | | |
| Manganese, Mn | mg | | | | | | | | | | |
| Selenium, Se | mcg | 22.9 | | 0 | BFSN | 4 | | | | | |
| Vitamins: | | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | | | 4 | | | | | |
| Thiamin | | 0.010 |) | | | 4 | | | | | |
| Riboflavin | mg | 0.300 |) | | | 4 | | | | | |
| Niacin | mg | 0.090 |) | | | 4 | | | | | |
| Pantothenic acid | mg | | | | | | | | | | |
| Vitamin B-6 | mg | 0.010 |) | | | 4 | | | | | |
| Folate, total | | 17 | | | | 4 | | | | | |
| Folic acid | | 0 | | 0 | Z | 7 | | | | | |
| Folate, food | | 17 | | | | 4 | | | | | |
| Folate, DFE | | 17 | | 0 | NC | 4 | | | | | |
| Vitamin B-12 | | 0.17 | | _ | | 4 | | | | | |
| Vitamin A, IU | IU | 410 | | 0 | NC | 4 | | | | | |
| Vitamin A, RAE | | 21 | | 0 | NC | 4 | | | | | |
| Retinol | | 0 0.84 | | 0 | NR NR | 4 4 | | | | | |
| Vitamin E (alpha-tocopherol) | | 0.84 | | U | NK | 4 | | | | | |
| Tocopherol, beta | | | | | | | | | | | |
| Tocopherol, gamma Tocopherol, delta | | | | | | | | | | | |
| Vitamin D | | | | | | | | | | | |
| Vitamin K (phylloquinone) | | 1.8 | | 0 | BFFN | 4 | | | | | |
| | | | | | | | | | | | |
| Lipids: Fatty acids, total saturated | ď | 1.052 | • | | | 4 | | | | | |
| 4:0 | | 0.000 | | | | 4 | | | | | |
| 6:0 | - | 0.000 | | | | 4 | | | | | |
| 8:0 | | 0.000 | | | | 4 | | | | | |
| 10:0 | - | 0.000 | | | | 4 | | | | | |
| 12:0 | | 0.000 | | | | 4 | | | | | |
| 13:0 | | | | | | • | | | | | |
| 14:0 | | 0.009 |) | | | 4 | | | | | |
| 15:0 | | | | | | | | | | | |
| 16:0 | | 0.717 | , | | | 4 | | | | | |
| 17:0 | | | | | | | | | | | |
| 18:0 | | 0.318 | 3 | | | 4 | | | | | |
| 20:0 | | | | | | | | | | | |
| 22:0 | - | | | | | | | | | | |
| 24:0 | - | | | | | | | | | | |

| | An | nount in 10 | 00 grams | of edib | ole portio | <u>on</u> | | edible portion | |
|-------------------------------------|-------|-------------|----------|---------|----------------|--------------------|-----------|-----------------|-----------|
| | | | Number | | | | <u>m</u> | easures of food | |
| Nutrients and Units | Mean | Std. Error | | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total monounsaturatedg | 2.339 | | | | 4 | | | | |
| 14:1 | 2.333 | | | | - | | | | |
| 15:1 | | | | | | | | | |
| 16:1 undifferentiated 9 | 0.057 | | | | 4 | | | | |
| 17:1g | | | | | | | | | |
| 18:1 undifferentiated | 2.272 | | | | 4 | | | | |
| 20:1g | 0.004 | | | | 4 | | | | |
| 22:1 undifferentiatedg | 0.000 | | | | 4 | | | | |
| 24:1 cg | | | | | | | | | |
| Fatty acids, total polyunsaturated | 1.778 | | | | 4 | | | | |
| 18:2 undifferentiated | 1.635 | | | | 4 | | | | |
| 18:3 undifferentiated | 0.115 | | | | 4 | | | | |
| 18:4g | 0.000 | | | | 4 | | | | |
| 20:2 n-6 c,cg | | | | | | | | | |
| 20:3 undifferentiatedg | | | | | | | | | |
| 20:4 undifferentiatedg | 0.019 | | | | 4 | | | | |
| 20:5 n-3g | 0.001 | | | | 4 | | | | |
| 22:5 n-3g | 0.000 | | | | 4 | | | | |
| 22:6 n-3g | 0.005 | | | | 4 | | | | |
| Fatty acids, total trans | | | | | | | | | |
| Cholesterolmg | 65 | | | | 1 | | | | |
| Phytosterols mg | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethylg | 0.0 | | | | 7 | | | | |
| Caffeinemg | 0 | | 0 | Z | 7 | | | | |
| Theobrominemg | 0 | | 0 | z | 7 | | | | |
| Carotenoids: | | | | | | | | | |
| Carotene, beta mcg | 246 | | 0 | NR | 4 | | | | |
| Carotene, alphamcg | 0 | | 0 | z | 7 | | | | |
| Cryptoxanthin, beta mcg | 0 | | 0 | z | 7 | | | | |
| Lycopene mcg | 0 | | 0 | z | 7 | | | | |
| Lutein + zeaxanthin mcg | 0 | | 0 | z | 7 | | | | |

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

| | | <u>A</u> : | mount in 10 | 0 grams | of edil | ole portio | <u>n</u> | | edible portion | of common |
|-------------------------------------|------|---------------------|-------------|---------|----------|------------|------------|------------|-----------------|-----------|
| | | | | Number | | | | <u>m</u> | easures of food | |
| | | | | of Data | Deriv | Source | Confidence | | | |
| Nutrients and Uni | ts | Mean | Std. Error | Points | Code | Code | Code | Measure 1 | Measure 2 | Measure 3 |
| Proximates: | | | | | | | | | | |
| Water | g | 69.84 | | 1 | MC | 9 | | 176.00 | 22.00 | |
| Energy | kcal | 141 | | 0 | NC | 4 | | 355 | 44 | |
| Energy | kj | 589 | | 0 | NC | 4 | | 1485 | 186 | |
| Protein | g | 5.16 | | 1 | MC | 9 | | 13.00 | 1.63 | |
| Total lipid (fat) | g | 4.52 | | 1 | MC | 9 | | 11.40 | 1.43 | |
| Ash | g | 0.60 | | 0 | NR | 4 | | 1.50 | 0.19 | |
| Carbohydrate, by difference | g | 19.88 | | 1 | MC | 9 | | 50.10 | 6.26 | |
| Fiber, total dietary | g | 0.0 | | 1 | MC | 9 | | 0.0 | 0.0 | |
| Sugars, total | g | 19.88 | | 0 | NR | 4 | | 50.10 | 6.26 | |
| Starch | g | 0.00 | | 1 | MC | 9 | | 0.00 | 0.00 | |
| Minorals | | | | | | | | | | |
| Minerals: Calcium, Ca | ma | 79 | | 1 | MC | 9 | | 200 | 25 | |
| Iron, Fe | _ | 1.79 | | 1 | MC | 9 | | 4.50 | 0.56 | |
| Magnesium, Mg | _ | 40 | | 1 | MC | 9 | | 100 | 13 | |
| Phosphorus, P | | 79 | | 1 | MC | 9 | | 200 | 25 | |
| Potassium, K | _ | 175 | | 1 | MC | 9 | | 440 | 55 | |
| Sodium, Na | | 95 | | 1 | MC | 9 | | 240 | 30 | |
| Zinc, Zn | _ | 1.51 | | 1 | MC | 9 | | 3.80 | 0.48 | |
| Copper, Cu | | 0.198 | 3 | 1 | MC | 9 | | 0.500 | 0.062 | |
| Manganese, Mn | | 0.516 | 5 | 1 | MC | 9 | | 1.300 | 0.163 | |
| Selenium, Se | | 7.1 | | 1 | MC | 9 | | 18.0 | 2.3 | |
| **** | | | | | | | | | | |
| Vitamins: | | | | _ | | • | | | | |
| Vitamin C, total ascorbic acid | _ | 11.9 | | 1 | MC | 9 | | 30.0 | 3.8 | |
| Thiamin | _ | 0.151 | | 1 | MC | 9 | | 0.380 | 0.048 | |
| Riboflavin | | 0.171 | | 1 | MC | 9 | | 0.430 | 0.054 | |
| Niacin | _ | 1.984 | | 1 | MC | 9 | | 5.000 | 0.625 | |
| Pantothenic acid | - | 0.992 | | 1 | MC | 9 | | 2.500 | 0.313 | |
| Vitamin B-6 | - | 0.198 | \$ | 1 | MC | 9 | | 0.500 | 0.062 | |
| Folate, total | | 40 | | 1 | MC | 9 | | 100 | 13 | |
| Folic acid | | 40 | | 1 | MC | 9 | | 100 | 13 0 | |
| Folate, food | | 0 67 | | 1 0 | AS NC | 1 4 | | 0 170 | | |
| Folate, DFE | | | | | | | | | 21 0.19 | |
| Vitamin B-12 | | 0.60 49 7 | | 1 0 | MC | 9 4 | | 1.50 | | |
| Vitamin A, IU | | | | - | NC | | | 1252 | 156 | |
| Vitamin A, RAE | | 149 149 | | 0 0 | NC NR | 4 4 | | 375 375 | 47 47 | |
| Retinol | | 1.34 | | 0 | LC | 8 | | 3.38 | 0.42 | |
| Vitamin E (alpha-tocopherol) | | 1.34 | | U | TC | 8 | | 3.38 | 0.42 | |
| Tocopherol, beta | | | | | | | | | | |
| Tocopherol, gamma Tocopherol, delta | | | | | | | | | | |
| Vitamin D | | 39.683 | 1 | 1 | MC | 9 | | 100.000 | 12.500 | |
| Vitamin K (phylloquinone) | | 7.9 | | 1 | MC | 9 | | 20.0 | 2.5 | |
| | | | | | | | | | | |
| <u>Lipids:</u> | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.673 | | 0 | NC | 4 | | 1.696 | 0.212 | |
| 4:0 | - | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 6:0 | - | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 8:0 | | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 10:0 | | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 12:0 | | 0.000 |) | 0 | | 4 | | 0.000 | 0.000 | |
| 13:0 | | _ | | | | _ | | | | |
| 14:0 | | 0.000 |) | 0 | | 4 | | 0.000 | 0.000 | |
| 15:0 | - | | | | | | | | | |
| 16:0 | - | 0.578 | 3 | 0 | | 4 | | 1.457 | 0.182 | |
| 17:0 | - | | | _ | | _ | | _ | | |
| 18:0 | - | 0.095 | • | 0 | | 4 | | 0.239 | 0.030 | |
| 20:0 | - | | | | | | | | | |
| 22:0 | α . | | | | | | | | | |

| | <u>Am</u> | ount in 10 | | | ole portio | <u>on</u> | | edible portion of easures of food | of common |
|-------------------------------------|-----------|------------|---|-------|----------------|--------------------|-----------|-----------------------------------|-----------|
| Nutrients and Units | Mean | Std. Error | | Deriv | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total monounsaturatedg | 1.283 | | 0 | NC | 4 | | 3.233 | 0.404 | |
| 14:1g | | | | | | | | | |
| 15:1g | | | | | | | | | |
| 16:1 undifferentiatedg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 17:1g | | | | | | | | | |
| 18:1 undifferentiatedg | 1.283 | | 0 | | 4 | | 3.233 | 0.404 | |
| 20:1g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiatedg | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 24:1 cg | | | | | | | | | |
| Fatty acids, total polyunsaturatedg | 3.111 | | 0 | NC | 4 | | 7.840 | 0.980 | |
| 18:2 undifferentiatedg | 3.074 | | 0 | | 4 | | 7.746 | 0.968 | |
| 18:3 undifferentiatedg | 0.037 | | 0 | | 4 | | 0.093 | 0.012 | |
| 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 | 2 | | 1 | MC | 9 | | 4 | 1 | |
| Phytosterolsmg | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethylg | 0.0 | | 1 | MC | 9 | | 0.0 | 0.0 | |
| Caffeine mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotenoids: | | | | | | | | | |
| Carotene, betamcg | 0 | | 0 | z | 7 | | 0.000 | 0.000 | |
| Carotene, alphamcg | 0 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| Cryptoxanthin, betamcg | 0 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| Lycopene mcg | 0 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| Lutein + zeaxanthin mcg | 0 | | 0 | z | 7 | | 0.000 | 0.000 | |

Common Measures:

Measure 1 = 252g: 1 cup Measure 2 = 31.5g: 1 fl oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 42117 Imitation cheese, american or cheddar, low cholesterol

| | | <u>Aı</u> | mount in 100 gra | Amount in edible portion of common | | | | | |
|--------------------------------|---|----------------|------------------|------------------------------------|---------------|------------|----------------|----------------|---------|
| | | | Numl | measures of food | | | | | |
| | | | | ta Deriv | Source | Confidence | | | |
| Nutrients and Units | | Mean | Std. Error Poin | s Code | Code | Code | Measure 1 | Measure 2 | Measure |
| Proximates: | | | | | | | | | |
| Water | g | 38.00 | | | 4 | | 42.94 | 6.84 | |
| Energy | = | 390 | | | 4 | | 441 | 70 | |
| Energy | | 1632 | | | 4 | | 1844 | 294 | |
| Protein | | 25.00 | | | 4 | | 28.25 | 4.50 | |
| Total lipid (fat) | | 32.00 | | | 4 | | 36.16 | 5.76 | |
| Ash | | 4.00 | (| NR. | 4 | | 4.52 | 0.72 | |
| Carbohydrate, by difference | | 1.00 | | | 4 | | 1.13 | 0.18 | |
| Fiber, total dietary | | 0.0 | | | 7 | | 0.0 | 0.0 | |
| Sugars, total | | 1.00 | (| NR. | 4 | | 1.13 | 0.18 | |
| Starch | - | | | | | | | 0.20 | |
| Suren | 9 | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca | • | 705 | | | 4 | | 797 | 127 | |
| Iron, Fe | _ | 0.70 | | | 4 | | 0.79 | 0.13 | |
| Magnesium, Mg | | 30 | | | 4 | | 34 | 5 | |
| Phosphorus, P | • | 530 | | | 4 | | 599 | 95 | |
| Potassium, K | | 55 | | | 4 | | 62 | 10 | |
| Sodium, Na | | 670 | | | 4 | | 757 | 121 | |
| Zinc, Zn | | 3.00 | | | 4 | | 3.39 | 0.54 | |
| Copper, Cu | | 0.030 | | | 4 | | 0.034 | 0.005 | |
| Manganese, Mn | | | | | | | 46.5 | | |
| Selenium, Se | mcg | 14.6 | (| BFNN | 4 | | 16.5 | 2.6 | |
| itamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | | 4 | | 0.0 | 0.0 | |
| Thiamin | | 0.030 | | | 4 | | 0.034 | 0.005 | |
| Riboflavin | | 0.360 | | | 4 | | 0.407 | 0.065 | |
| Niacin | | 0.080 | | | 4 | | 0.090 | 0.014 | |
| Pantothenic acid | | | | | | | | | |
| Vitamin B-6 | | 0.070 | | | 4 | | 0.079 | 0.013 | |
| Folate, total | | 18 | | | 4 | | 20 | 3 | |
| Folic acid | | 0 | (| Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 18 | | | 4 | | 20 | 3 | |
| Folate, DFE | | 18 | (| NC | 4 | | 20 | 3 | |
| Vitamin B-12 | mcg | 0.83 | | | 4 | | 0.94 | 0.15 | |
| Vitamin A, IU | | 423 | (| NC | 4 | | 478 | 76 | |
| Vitamin A, RAE | | 115 | (| NC | 4 | | 130 | 21 | |
| Retinol | mcg | 113 | (| NR | 4 | | 128 | 20 | |
| Vitamin E (alpha-tocopherol) | | 0.28 | (| BFFN | 4 | | 0.31 | 0.05 | |
| Tocopherol, beta | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | |
| Vitamin D | IU | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 2.7 | (| BFFN | 4 | | 3.0 | 0.5 | |
| inide | | | | | | | | | |
| ipids: | a | 5 015 | | | 4 | | 6 571 | 1 047 | |
| Fatty acids, total saturated | | 5.815 0.035 | | | 4 | | 6.571 0.040 | 1.047 0.006 | |
| 4:0 6:0 | | 0.035 | | | <u>4</u> 1 | | 0.040 | 0.008 | |
| 8:0 | - | 0.018 | | | 4 | | 0.020 | 0.003 | |
| 10:0 | - | 0.012 | | | 4 | | 0.014 | 0.002 | |
| 12:0 | - | 0.025 | | | -± Λ | | 0.028 | 0.005 | |
| 13:0 | - | 0.027 | | | - | | 0.031 | 0.005 | |
| 14:0 | - | 0.131 | | | 4 | | 0.148 | 0.024 | |
| 15:0 | - | 0.131 | | | - | | V.140 | 0.024 | |
| 16:0 | - | 3.780 | | | Δ | | 4.271 | 0.680 | |
| 17:0 | - | 5.780 | | | - | | 7.2/1 | 0.000 | |
| 18:0 | | 1.789 | | | 4 | | 2.022 | 0.322 | |
| 20:0 | - | 1.709 | | | - | | 2.022 | 0.322 | |
| 22:0 | - | | | | | | | | |
| | | | | | | | | | |

| | Amount in 100 grams of edible portion | | | | | | | 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 | 14.127 | | | | 4 | | 15.964 | 2.543 | | |
| 14:1g | | | | | | | | | | |
| 15:1g | | | | | | | | | | |
| 16:1 undifferentiatedg | 0.025 | | | | 4 | | 0.028 | 0.005 | | |
| 17:1g | | | | | | | | | | |
| 18:1 undifferentiatedg | 14.090 | | | | 4 | | 15.922 | 2.536 | | |
| 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 | 10.615 | | | | 4 | | 11.995 | 1.911 | | |
| 18:2 undifferentiatedg | 10.439 | | | | 4 | | 11.796 | 1.879 | | |
| 18:3 undifferentiatedg | 0.179 | | | | 4 | | 0.202 | 0.032 | | |
| 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 | | | | | | | | | | |
| Cholesterol mg | 15 | | | | 4 | | 17 | 3 | | |
| Phytosterolsmg | | | | | | | | | | |
| Others: | | | | | | | | | | |
| Alcohol, ethylg | 0.0 | | | | 7 | | 0.0 | 0.0 | | |
| Caffeinemg | 0 | | 0 | Z | 7 | | 0 | 0 | | |
| Theobrominemg | 0 | | 0 | Z | 7 | | 0 | 0 | | |
| Carotenoids: | | | | | | | | | | |
| Carotene, beta mcg | 28 | | 0 | NR | 4 | | 31.640 | 5.040 | | |
| Carotene, alphamcg | 0 | | 0 | z | 7 | | 0.000 | 0.000 | | |
| Cryptoxanthin, betamcg | 0 | | 0 | z | 7 | | 0.000 | 0.000 | | |
| Lycopene mcg | 0 | | 0 | z | 7 | | 0.000 | 0.000 | | |
| Lutein + zeaxanthin mcg | 0 | | 0 | z | 7 | | 0.000 | 0.000 | | |

Common Measures:

Measure 1 = 113g: 1 cup, shredded Measure 2 = 18g: 1 cubic inch

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

| | | Amount in 100 grams of edible portion | | | | | | 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 |
| | | | | | | | | | | |
| Proximates: Water | g | 77.70 | | 0 | MC | 9 | | 24.86 | | |
| Energy | kcal | 91 | | 0 | MC | 9 | | 29 | | |
| Energy | | 381 | | | | 9 | | 122 | | |
| Protein | | 4.70 | | 0 | MC | 9 | | 1.50 | | |
| Total lipid (fat) | - | 1.30 | | 0 | NR | 4 | | 0.42 | | |
| Ash | | 1.20 | | 0 | MC | 9 | | 0.38 | | |
| | | 15.10 | | 0 | MC | 9 | | 4.83 | | |
| Carbohydrate, by difference | | | | 0 | MC MC | 9 | | | | |
| Fiber, total dietary | | 0.0 | | | | | | 0.0 | | |
| Sugars, total | | 7.20 | | 0 | MC | 9 | | 2.30 | | |
| Minerals: | | | | | | | | | | |
| Calcium, Ca | ma | 141 | | 0 | MC | 9 | | 45 | | |
| Iron, Fe | - | 0.05 | | 0 | MC | 9 | | 0.02 | | |
| Magnesium, Mg | | 0.05 | | · · | мс | | | 0.02 | | |
| Phosphorus, P | - | 116 | | 0 | MC | 9 | | 37 | | |
| Potassium, K | | 219 | | 0 | MC | 9 | | 70 | | |
| | | 72 | | 0 | MC | 9 | | 23 | | |
| Sodium, Na | - | 12 | | U | MC | 9 | | 23 | | |
| Zinc, Zn | - | | | | | | | | | |
| Copper, Cu | | | | | | | | | | |
| Manganese, Mn | | | | | | | | | | |
| Selenium, Se | Illog | | | | | | | | | |
| Vitamins: | | | | _ | | | | | | |
| Vitamin C, total ascorbic acid | | 1.2 | | 0 | MC | 9 | | 0.4 | | |
| Thiamin | _ | | | | | | | | | |
| Riboflavin | - | | | | | | | | | |
| Niacin | | | | | | | | | | |
| Pantothenic acid | | | | | | | | | | |
| Vitamin B-6 | | | | | | | | | | |
| Folate, total | | | | | | | | | | |
| Folate, DFE | mcg_DFE | | | | | | | | | |
| Vitamin B-12 | mcg | | | | | | | | | |
| Vitamin A, IU | IU | 679 | | 0 | MC | 9 | | 217 | | |
| Vitamin A, 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 | | 0.256 | | |
| Fatty acids, total monounsaturated | g | | | | | | | | | |
| Fatty acids, total polyunsaturated | g | | | | | | | | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 9 | | 0 | MC | 9 | | 3 | | |
| Phytosterols | ma | | | | | | | | | |

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

Common Measures:

Measure 1 = 32g: 2 tbsp

Calories Factors: Protein Fat Carbohydrate

NDB No. 01194 KRAFT BREAKSTONE'S FREE Fat Free Sour Cream

Food Group: 01 Dairy and Egg Products

| | | Amount in 100 grams of edible portion | | | | | | | edible portion | |
|------------------------------------|------|---------------------------------------|------------|--------|----|----------------|--------------------|------------------|----------------|---------|
| | | | | Number | | _ | | measures of food | | |
| Nutrients and Units | | Mean | Std. Error | | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure |
| Proximates: | | | | | | | | | | |
| Water | | 76.20 | | 0 | MC | 9 | | 23.62 | | |
| Energy | kcal | 152 | | 0 | MC | 9 | | 47 | | |
| Energy | kj | 636 | | | | 9 | | 197 | | |
| Protein | g | 4.50 | | 0 | MC | 9 | | 1.40 | | |
| Total lipid (fat) | g | 12.00 | | 0 | NR | 4 | | 3.72 | | |
| Ash | g | 0.80 | | 0 | MC | 9 | | 0.25 | | |
| Carbohydrate, by difference | g | 6.50 | | 0 | MC | 9 | | 2.02 | | |
| Fiber, total dietary | | 0.1 | | 0 | MC | 9 | | 0.0 | | |
| Sugars, total | | 6.40 | | 0 | MC | 9 | | 1.98 | | |
| Starch | _ | | | | | | | | | |
| Minerals: | | | | | | | | | | |
| Calcium, Ca | mg | 161 | | 0 | MC | 9 | | 50 | | |
| Iron, Fe | | 0.06 | | 0 | MC | 9 | | 0.02 | | |
| Magnesium, Mg | mg | | | | | | | | | |
| Phosphorus, P | mg | 110 | | 0 | MC | 9 | | 34 | | |
| Potassium, K | mg | 210 | | 0 | MC | 9 | | 65 | | |
| Sodium, Na | mg | 59 | | 0 | MC | 9 | | 18 | | |
| Zinc, Zn | mg | | | | | | | | | |
| Copper, Cu | mg | | | | | | | | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | mcg | | | | | | | | | |
| Vitamins: | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 1.1 | | 0 | MC | 9 | | 0.3 | | |
| Thiamin | | | | | | | | | | |
| Riboflavin | - | | | | | | | | | |
| Niacin | - | | | | | | | | | |
| Pantothenic acid | | | | | | | | | | |
| Vitamin B-6 | | | | | | | | | | |
| Folate, total | | | | | | | | | | |
| Folate, DFE | | | | | | | | | | |
| Vitamin B-12 | | | | | | | | | | |
| Vitamin A, IU | | 1053 | | 0 | MC | 9 | | 326 | | |
| Vitamin A, RAE | | | | | | | | | | |
| Vitamin E (alpha-tocopherol) | | | | | | | | | | |
| Tocopherol, beta | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | |
| Vitamin D. | | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| Lipids: | | | | | | | | | | |
| Fatty acids, total saturated | | 7.600 | ס | 0 | MC | 9 | | 2.356 | | |
| Fatty acids, total monounsaturated | | | | | | | | | | |
| Fatty acids, total polyunsaturated | g | | | | | | | | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 50 | | 0 | MC | 9 | | 16 | | |
| Phytosterols | ma | | | | | | | | | |

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

Common Measures:

Measure 1 = 31g: 2 tbsp

Calories Factors: Protein Fat Carbohydrate

NDB No. 01193 KRAFT BREAKSTONE'S Reduced Fat Sour Cream

Food Group: 01 Dairy and Egg Products

| | | <u>A</u> | mount in 100 |) grams | of edil | ole portio | <u>on</u> | Amount in | edible portion | of common |
|------------------------------------|---------|----------|--------------|---------|---------|------------|------------|-----------|-----------------|-----------|
| | | | | Number | , | | | | easures of food | |
| | | | | | | Source | Confidence | | | |
| Nutrients and Uni | ts | Mean | Std. Error | | | Code | Code | Measure 1 | Measure 2 | Measure : |
| Proximates: | | | | | | | | | | |
| Water | | 73.30 | | 0 | MC | 9 | | 91.63 | | |
| Energy | kcal | 108 | | 0 | MC | 9 | | 135 | | |
| Energy | kj | 452 | | | | 9 | | 565 | | |
| Protein | g | 3.20 | | 0 | MC | 9 | | 4.00 | | |
| Total lipid (fat) | g | 0.80 | | 0 | NR | 4 | | 1.00 | | |
| Ash | g | 0.60 | | 0 | MC | 9 | | 0.75 | | |
| Carbohydrate, by difference | g | 21.90 | | 0 | MC | 9 | | 27.38 | | |
| Fiber, total dietary | g | 0.2 | | 0 | MC | 9 | | 0.3 | | |
| Sugars, total | | 19.60 | | 0 | MC | 9 | | 24.50 | | |
| Starch | | | | | | | | | | |
| Ainerals: | | | | | | | | | | |
| Calcium, Ca | mg | 91 | | 0 | MC | 9 | | 114 | | |
| Iron, Fe. | mg | 0.11 | | 0 | MC | 9 | | 0.14 | | |
| Magnesium, Mg | mg | | | | | | | | | |
| Phosphorus, P | mg | 67 | | 0 | MC | 9 | | 84 | | |
| Potassium, K | | 151 | | 0 | MC | 9 | | 189 | | |
| Sodium, Na | mg | 45 | | 0 | MC | 9 | | 56 | | |
| Zinc, Zn | | | | | | | | | | |
| Copper, Cu | | | | | | | | | | |
| Manganese, Mn | | | | | | | | | | |
| Selenium, Se | | | | | | | | | | |
| Vitamins: | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | MC | 9 | | 0.0 | | |
| Thiamin | mg | | | | | | | | | |
| Riboflavin | mg | 0.140 |) | 0 | MC | 9 | | 0.175 | | |
| Niacin | mg | | | | | | | | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | | | | | | | | | |
| Folate, total | mcg | | | | | | | | | |
| Folate, DFE | mcg_DFE | | | | | | | | | |
| Vitamin B-12 | mcg | 0.46 | | 0 | MC | 9 | | 0.58 | | |
| Vitamin A, IU | | 30 | | 0 | MC | 9 | | 38 | | |
| Vitamin A, 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 | | 0.500 |) | 0 | MC | 9 | | 0.625 | | |
| Fatty acids, total monounsaturated | | | | | | | | | | |
| Fatty acids, total polyunsaturated | | | | | | | | | | |
| Fatty acids, total trans | | | | | | | | | | |
| Cholesterol | | 9 | | 0 | MC | 9 | | 11 | | |
| 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 = 125g: 1 container (4.4 oz)

KRAFT BREYERS LIGHT N' LIVELY Lowfat Strawberry Yogurt (1% Milkfat)

Food Group: 01 Dairy and Egg Products

| | | <u>A</u> | mount in 10 | 00 grams | of edit | ole portio | <u>on</u> | | edible portion | |
|------------------------------------|---------|----------|-------------|----------|---------|------------|--------------------|-----------|-----------------|---------|
| | | | | Number | | Sauras | Confidence | <u>m</u> | easures of food | L |
| Nutrients and Uni | its | Mean | Std. Error | | | Code | Confidence Code | Measure 1 | Measure 2 | Measure |
| Proximates: | | | | | | | | | | |
| Water | | 86.00 | | 0 | MC | 9 | | 195.22 | | |
| Energy | kcal | 55 | | 0 | MC | 9 | | 125 | | |
| Energy | kj | 230 | | | | 9 | | 522 | | |
| Protein | g | 3.40 | | 0 | MC | 9 | | 7.72 | | |
| Total lipid (fat) | g | 0.20 | | 0 | NR | 4 | | 0.45 | | |
| Ash | g | 0.60 | | 0 | MC | 9 | | 1.36 | | |
| Carbohydrate, by difference | | 9.90 | | 0 | MC | 9 | | 22.47 | | |
| Fiber, total dietary | | 0.0 | | 0 | MC | 9 | | 0.0 | | |
| Sugars, total | | 7.70 | | 0 | MC | 9 | | 17.48 | | |
| Starch | - | | | · | | - | | 277.20 | | |
| Tinerals: | | | | | | | | | | |
| Calcium, Ca | mg | 95 | | 0 | MC | 9 | | 216 | | |
| Iron, Fe. | mg | 0.11 | | 0 | MC | 9 | | 0.25 | | |
| Magnesium, Mg | mg | | | | | | | | | |
| Phosphorus, P | mg | 68 | | 0 | MC | 9 | | 154 | | |
| Potassium, K | mg | 146 | | 0 | MC | 9 | | 331 | | |
| Sodium, Na | mg | 45 | | 0 | MC | 9 | | 102 | | |
| Zinc, Zn | | | | | | | | | | |
| Copper, Cu | | | | | | | | | | |
| Manganese, Mn | | | | | | | | | | |
| Selenium, Se | mcg | | | | | | | | | |
| Vitamins: | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.6 | | 0 | MC | 9 | | 1.4 | | |
| Thiamin | | | | | | | | | | |
| Riboflavin | mg | 0.140 |) | 0 | MC | 9 | | 0.318 | | |
| Niacin | mg | | | | | | | | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | - | | | | | | | | | |
| Folate, total | mcg | | | | | | | | | |
| Folate, DFE | mcg_DFE | | | | | | | | | |
| Vitamin B-12 | | 0.41 | | 0 | MC | 9 | | 0.93 | | |
| Vitamin A, IU | IU | 4 | | 0 | MC | 9 | | 9 | | |
| Vitamin A, RAE | mcg RAE | | | | | | | | | |
| Vitamin E (alpha-tocopherol) | | | | | | | | | | |
| Tocopherol, beta | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | | | | | | | | | | |
| <u> ipids:</u> | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.100 |) | 0 | MC | 9 | | 0.227 | | |
| Fatty acids, total monounsaturated | | | | | | | | | | |
| Fatty acids, total polyunsaturated | | | | | | | | | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | | 5 | | 0 | MC | 9 | | 11 | | |
| Phytosterols | | | | | | | | | | |

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

Common Measures:

Measure 1 = 227g: 1 container (8 oz)

KRAFT BREYERS LIGHT Nonfat Strawberry Yogurt (with Aspartame and Fructose Sweeteners)

Food Group: 01 Dairy and Egg Products

| | | <u>A</u> | mount in 10 | 00 grams | of edit | ole portio | <u>on</u> | | edible portion | |
|------------------------------------|---------|----------|-------------|----------|---------|----------------|--------------------|-----------|-----------------|----------|
| | | | | Number | | _ | | <u>m</u> | easures of food | <u> </u> |
| Nutrients and Uni | its | Mean | Std. Error | | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure |
| Proximates: | | | | | | | | | | |
| Water | | 76.50 | | 0 | MC | 9 | | 173.66 | | |
| Energy | kcal | 96 | | 0 | MC | 9 | | 218 | | |
| Energy | kj | 402 | | | | 9 | | 912 | | |
| Protein | g | 3.80 | | 0 | MC | 9 | | 8.63 | | |
| Total lipid (fat) | g | 0.80 | | 0 | NR | 4 | | 1.82 | | |
| Ash | g | 0.70 | | 0 | MC | 9 | | 1.59 | | |
| Carbohydrate, by difference | | 18.20 | | 0 | MC | 9 | | 41.31 | | |
| Fiber, total dietary | | 0.2 | | 0 | MC | 9 | | 0.5 | | |
| Sugars, total | | 17.40 | | 0 | MC | 9 | | 39.50 | | |
| Starch | - | 220 | | · | | - | | 33.30 | | |
| Ainerals: | | | | | | | | | | |
| Calcium, Ca | mg | 125 | | 0 | MC | 9 | | 284 | | |
| Iron, Fe. | mg | 0.10 | | 0 | MC | 9 | | 0.23 | | |
| Magnesium, Mg | mg | | | | | | | | | |
| Phosphorus, P | mg | 89 | | 0 | MC | 9 | | 202 | | |
| Potassium, K | mg | 192 | | 0 | MC | 9 | | 436 | | |
| Sodium, Na | mg | 52 | | 0 | MC | 9 | | 118 | | |
| Zinc, Zn | | | | | | | | | | |
| Copper, Cu | | | | | | | | | | |
| Manganese, Mn | | | | | | | | | | |
| Selenium, Se | mcg | | | | | | | | | |
| Vitamins: | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | MC | 9 | | 0.0 | | |
| Thiamin | | | | | | | | | | |
| Riboflavin | mg | 0.190 |) | 0 | MC | 9 | | 0.431 | | |
| Niacin | mg | | | | | | | | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | - | | | | | | | | | |
| Folate, total | mcg | | | | | | | | | |
| Folate, DFE | mcg_DFE | | | | | | | | | |
| Vitamin B-12 | | 0.53 | | 0 | MC | 9 | | 1.20 | | |
| Vitamin A, IU | IU | 34 | | 0 | MC | 9 | | 77 | | |
| Vitamin A, RAE | mcg RAE | | | | | | | | | |
| Vitamin E (alpha-tocopherol) | | | | | | | | | | |
| Tocopherol, beta | | | | | | | | | | |
| Tocopherol, gamma | - | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | |
| Vitamin D | | | | | | | | | | |
| Vitamin K (phylloquinone) | | | | | | | | | | |
| Lipids: | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.500 |) | 0 | MC | 9 | | 1.135 | | |
| Fatty acids, total monounsaturated | g | | | | | | | | | |
| Fatty acids, total polyunsaturated | g | | | | | | | | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 9 | | 0 | MC | 9 | | 20 | | |
| Phytosterols | ma | | | | | | | | | |

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

Common Measures:

Measure 1 = 227g: 1 container (8 oz)

KRAFT BREYERS Lowfat Strawberry Yogurt (1% Milkfat)

Food Group: 01 Dairy and Egg Products

| | | <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 | |
| | | | | of Data | Deriv | Source | Confidence | | | |
| Nutrients and Uni | its | Mean | Std. Error | Points | Code | Code | Code | Measure 1 | Measure 2 | Measure |
| Proximates: | | | | | | | | | | |
| Water | | 74.80 | | 0 | MC | 9 | | 169.80 | | |
| Energy | kcal | 102 | | 0 | MC | 9 | | 232 | | |
| Energy | kj | 427 | | | | 9 | | 969 | | |
| Protein | g | 3.80 | | 0 | MC | 9 | | 8.63 | | |
| Total lipid (fat) | g | 0.90 | | 0 | NR | 4 | | 2.04 | | |
| Ash | g | 0.70 | | 0 | MC | 9 | | 1.59 | | |
| Carbohydrate, by difference | g | 19.90 | | 0 | MC | 9 | | 45.17 | | |
| Fiber, total dietary | g | 0.3 | | 0 | MC | 9 | | 0.7 | | |
| Sugars, total | | 17.20 | | 0 | MC | 9 | | 39.04 | | |
| Starch | | | | | | | | | | |
| Ainerals: | | | | | | | | | | |
| Calcium, Ca | mg | 108 | | 0 | MC | 9 | | 245 | | |
| Iron, Fe | mg | 0.13 | | 0 | MC | 9 | | 0.30 | | |
| Magnesium, Mg | mg | | | | | | | | | |
| Phosphorus, P | mg | 78 | | 0 | MC | 9 | | 177 | | |
| Potassium, K | | 177 | | 0 | MC | 9 | | 402 | | |
| Sodium, Na | mg | 55 | | 0 | MC | 9 | | 125 | | |
| Zinc, Zn | | | | | | | | | | |
| Copper, Cu | | | | | | | | | | |
| Manganese, Mn | | | | | | | | | | |
| Selenium, Se | | | | | | | | | | |
| Vitamins: | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | MC | 9 | | 0.0 | | |
| Thiamin | mg | | | | | | | | | |
| Riboflavin | mg | 0.180 |) | 0 | MC | 9 | | 0.409 | | |
| Niacin | mg | | | | | | | | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | | | | | | | | | |
| Folate, total | mcg | | | | | | | | | |
| Folate, DFE | mcg_DFE | | | | | | | | | |
| Vitamin B-12 | | 0.52 | | 0 | MC | 9 | | 1.18 | | |
| Vitamin A, IU | | 31 | | 0 | MC | 9 | | 70 | | |
| 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 | | 0.500 |) | 0 | MC | 9 | | 1.135 | | |
| Fatty acids, total monounsaturated | | | | | | | | | | |
| Fatty acids, total polyunsaturated | | | | | | | | | | |
| Fatty acids, total trans | | | | | | | | | | |
| Cholesterol | | 9 | | 0 | MC | 9 | | 20 | | |
| 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 = 227g: 1 container (8 oz)

KRAFT BREYERS Smooth & Creamy Lowfat Strawberry Yogurt (1% Milkfat)

Food Group: 01 Dairy and Egg Products

| | | <u>A</u> | mount in 10 | u grams | 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 | | 51.50 | | 0 | MC | 9 | | 18.03 | | |
| Energy | kcal | 215 | | 0 | MC | 9 | | 75 | | |
| Energy | kj | 900 | | | | 9 | | 315 | | |
| Protein | g | 16.30 | | 0 | MC | 9 | | 5.71 | | |
| Total lipid (fat) | g | 9.50 | | 0 | NR | 4 | | 3.33 | | |
| Ash | g | 6.40 | | 0 | MC | 9 | | 2.24 | | |
| Carbohydrate, by difference | g | 16.20 | | 0 | MC | 9 | | 5.67 | | |
| Fiber, total dietary | g | 0.2 | | 0 | MC | 9 | | 0.1 | | |
| Sugars, total | g | 8.20 | | 0 | MC | 9 | | 2.87 | | |
| Starch | | | | | | | | | | |
| Ainerals: | | | | | | | | | | |
| Calcium, Ca | mg | 418 | | 0 | MC | 9 | | 146 | | |
| Iron, Fe | | 0.16 | | 0 | MC | 9 | | 0.06 | | |
| Magnesium, Mg | | | | | | | | | | |
| Phosphorus, P | | 943 | | 0 | MC | 9 | | 330 | | |
| Potassium, K | | 297 | | 0 | MC | 9 | | 104 | | |
| Sodium, Na | mg | 1705 | | 0 | MC | 9 | | 597 | | |
| Zinc, Zn | | 2.36 | | 0 | MC | 9 | | 0.83 | | |
| Copper, Cu | mg | | | | | | | | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | mcg | | | | | | | | | |
| Vitamins: | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.4 | | 0 | MC | 9 | | 0.1 | | |
| Thiamin | mg | | | | | | | | | |
| Riboflavin | mg | 0.330 |) | 0 | MC | 9 | | 0.116 | | |
| Niacin | mg | | | | | | | | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | | | | | | | | | |
| Folate, total | mcg | | | | | | | | | |
| Folate, DFE | mcg_DFE | | | | | | | | | |
| Vitamin B-12 | | | | | | | | | | |
| Vitamin A, IU | | 628 | | 0 | MC | 9 | | 220 | | |
| Vitamin A, RAE | | | | | | | | | | |
| Vitamin E (alpha-tocopherol) | | | | | | | | | | |
| Tocopherol, beta | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | |
| Vitamin D | | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| Lipids: | | | | _ | | _ | | _ | | |
| Fatty acids, total saturated | | 6.400 |) | 0 | MC | 9 | | 2.240 | | |
| Fatty acids, total monounsaturated | | | | | | | | | | |
| Fatty acids, total polyunsaturated | | | | | | | | | | |
| Fatty acids, total trans | | | | | | | | | | |
| Cholesterol | | 35 | | 0 | MC | 9 | | 12 | | |
| 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 = 35g: 2 tbsp

KRAFT CHEEZ WHIZ LIGHT Pasteurized Process Cheese Product

Food Group: 01 Dairy and Egg Products

| | | <u>A</u> | mount in 10 | 00 grams | of edit | ole portio | <u>on</u> | | edible portion | |
|------------------------------------|---------|----------|-------------|----------|---------|------------|--------------------|-----------|-----------------|----------|
| | | | | Number | | 0 | Canfidanaa | <u>m</u> | easures of food | <u>l</u> |
| Nutrients and Uni | its | Mean | Std. Error | | | Code | Confidence Code | Measure 1 | Measure 2 | Measure |
| Proximates: | | | | | | | | | | |
| Water | | 51.50 | | 0 | MC | 9 | | 17.00 | | |
| Energy | kcal | 276 | | 0 | MC | 9 | | 91 | | |
| Energy | kj | 1155 | | | | 9 | | 381 | | |
| Protein | g | 12.00 | | 0 | MC | 9 | | 3.96 | | |
| Total lipid (fat) | g | 21.00 | | 0 | NR | 4 | | 6.93 | | |
| Ash | g | 5.80 | | 0 | MC | 9 | | 1.91 | | |
| Carbohydrate, by difference | | 9.20 | | 0 | MC | 9 | | 3.04 | | |
| Fiber, total dietary | | 0.3 | | 0 | MC | 9 | | 0.1 | | |
| Sugars, total | | 6.70 | | 0 | MC | 9 | | 2.21 | | |
| Starch | - | 00 | | · | | | | | | |
| Ainerals: | | | | | | | | | | |
| Calcium, Ca | ma | 359 | | 0 | MC | 9 | | 118 | | |
| Iron, Fe. | _ | 0.19 | | 0 | MC | 9 | | 0.06 | | |
| Magnesium, Mg | | | | | | | | | | |
| Phosphorus, P | - | 806 | | 0 | MC | 9 | | 266 | | |
| Potassium, K | | 240 | | 0 | MC | 9 | | 79 | | |
| Sodium, Na | - | 1638 | | 0 | MC | 9 | | 541 | | |
| Zine, Zn | | 1.64 | | 0 | MC | 9 | | 0.54 | | |
| Copper, Cu | | | | - | | - | | | | |
| Manganese, Mn | | | | | | | | | | |
| Selenium, Se | | | | | | | | | | |
| Vitamins: | | | | | | | | | | |
| Vitamin C, total ascorbic acid | ma | 0.4 | | 0 | MC | 9 | | 0.1 | | |
| Thiamin | | | | | | | | | | |
| Riboflavin | _ | 0.240 |) | 0 | MC | 9 | | 0.079 | | |
| Niacin | - | | | | | | | | | |
| Pantothenic acid | - | | | | | | | | | |
| Vitamin B-6 | - | | | | | | | | | |
| Folate, total | _ | | | | | | | | | |
| Folate, DFE | | | | | | | | | | |
| Vitamin B-12 | | | | | | | | | | |
| Vitamin A, IU | | 649 | | 0 | MC | 9 | | 214 | | |
| Vitamin A, RAE | mcg RAE | | | - | | - | | • | | |
| Vitamin E (alpha-tocopherol) | | | | | | | | | | |
| Tocopherol, beta | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | |
| Vitamin D | 11.1 | | | | | | | | | |
| Vitamin K (phylloquinone) | | | | | | | | | | |
| Lipids: | | | | | | | | | | |
| | a | 13.100 | 1 | 0 | MC | 9 | | 4.323 | | |
| Fatty acids, total saturated | | 13.100 | , | U | MC | 9 | | 4.323 | | |
| Fatty acids, total monounsaturated | | | | | | | | | | |
| Fatty acids, total polyunsaturated | | | | | | | | | | |
| Fatty acids, total trans | | | | • | | • | | 0.5 | | |
| Cholesterol | | 75 | | 0 | MC | 9 | | 25 | | |
| 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 = 33g: 2 tbsp

KRAFT CHEEZ WHIZ Pasteurized Process Cheese Sauce

Food Group: 01 Dairy and Egg Products

NDB No. 01190 KRAFT FREE Singles American Nonfat Pasteurized Process Cheese Product

| | | <u>A</u> | mount in 10 | | | ole portic | <u>on</u> | | edible portion o | f common |
|------------------------------------|---|----------|-------------|-------------------|----|----------------|--------------------|-----------|------------------|-----------|
| | | | | Number | | _ | | <u></u> | <u> </u> | |
| Nutrients and Unit | s | Mean | Std. Error | of Data Points | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Proximates: | | | | | | | | | | |
| Water | g | 58.00 | | 0 | MC | 9 | | 12.18 | | |
| Energy | kcal | 148 | | 0 | MC | 9 | | 31 | | |
| Energy | | 619 | | | | 9 | | 130 | | |
| Protein | | 22.70 | | 0 | MC | 9 | | 4.77 | | |
| Total lipid (fat) | - | 1.00 | | 0 | NR | 4 | | 0.21 | | |
| Ash | | 6.10 | | 0 | MC | 9 | | 1.28 | | |
| Carbohydrate, by difference | | 11.70 | | 0 | MC | 9 | | 2.46 | | |
| | | 0.2 | | 0 | MC | 9 | | 0.0 | | |
| Fiber, total dietary | | | | 0 | | 9 | | | | |
| Sugars, totalStarch | | 6.70 | | U | MC | 9 | | 1.41 | | |
| Minerals: | | | | | | | | | | |
| Calcium, Ca | mg | 712 | | 0 | MC | 9 | | 150 | | |
| Iron, Fe | - | 0.05 | | 0 | MC | 9 | | 0.01 | | |
| Magnesium, Mg | | | | | | | | | | |
| Phosphorus, P | | 923 | | 0 | MC | 9 | | 194 | | |
| Potassium, K | | 236 | | 0 | MC | 9 | | 50 | | |
| Sodium, Na | - | 1298 | | 0 | MC | 9 | | 273 | | |
| Zine, Zn | | 2.50 | | 0 | MC | 9 | | 0.53 | | |
| Copper, Cu | | | | · | | • | | 0.00 | | |
| Manganese, Mn | | | | | | | | | | |
| Selenium, Se | | | | | | | | | | |
| Vitamins: | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.2 | | 0 | MC | 9 | | 0.0 | | |
| Thiamin | mg | | | | | | | | | |
| Riboflavin | mg | 0.280 |) | 0 | MC | 9 | | 0.059 | | |
| Niacin | mg | | | | | | | | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | | | | | | | | | |
| Folate, total | mcg | | | | | | | | | |
| Folate, DFE | mcg_DFE | | | | | | | | | |
| Vitamin B-12 | | | | | | | | | | |
| Vitamin A, IU | IU | 2166 | | 0 | MC | 9 | | 455 | | |
| Vitamin A, RAE | mcg_RAE | | | | | | | | | |
| Vitamin E (alpha-tocopherol) | | | | | | | | | | |
| Tocopherol, beta | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | | | | | | | | | | |
| Vitamin K (phylloquinone) | | | | | | | | | | |
| Lipids: | | | | | | | | | | |
| Fatty acids, total saturated | | 0.700 |) | 0 | MC | 9 | | 0.147 | | |
| Fatty acids, total monounsaturated | | | | | | | | | | |
| Fatty acids, total polyunsaturated | | | | | | | | | | |
| Fatty acids, total trans | | | | | | | | | | |
| Cholesterol | • | 16 | | 0 | MC | 9 | | 3 | | |
| Phytosterols | <u>mg</u> | | | | | | | | | |

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

Common Measures:

Measure 1 = 21g: 1 slice

KRAFT FREE Singles American Nonfat Pasteurized Process Cheese Product

Food Group: 01 Dairy and Egg Products

NDB No. 01192 KRAFT VELVEETA LIGHT Reduced Fat Pasteurized Process Cheese Product

| | | <u>A</u> | mount in 10 | 00 grams | of edik | ole portio | <u>n</u> | Amount in | edible portion | of common |
|------------------------------------|------|----------|-------------|----------|---------|----------------|--------------------|-----------|-----------------|-----------|
| | | | | Number | | | | me | easures of food | |
| Nutrients and Uni | ts | Mean | Std. Error | | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure |
| Proximates: | | | | | | | | | | |
| Water | | 51.30 | | 0 | MC | 9 | | 14.36 | | |
| Energy | kcal | 222 | | 0 | MC | 9 | | 62 | | |
| Energy | kj | 929 | | | | 9 | | 260 | | |
| Protein | g | 19.60 | | 0 | MC | 9 | | 5.49 | | |
| Total lipid (fat) | g | 10.60 | | 0 | NR | 4 | | 2.97 | | |
| Ash | g | 6.60 | | 0 | MC | 9 | | 1.85 | | |
| Carbohydrate, by difference | | 11.80 | | 0 | MC | 9 | | 3.30 | | |
| Fiber, total dietary | | 0.0 | | 0 | MC | 9 | | 0.0 | | |
| Sugars, total | | 8.50 | | 0 | MC | 9 | | 2.38 | | |
| Starch | | 0.50 | | ŭ | 110 | , | | 2.30 | | |
| Minerals: | | | | | | | | | | |
| Calcium, Ca | mg | 574 | | 0 | MC | 9 | | 161 | | |
| Iron, Fe | mg | 0.14 | | 0 | MC | 9 | | 0.04 | | |
| Magnesium, Mg | mg | | | | | | | | | |
| Phosphorus, P | mg | 1024 | | 0 | MC | 9 | | 287 | | |
| Potassium, K | mg | 345 | | 0 | MC | 9 | | 97 | | |
| Sodium, Na | | 1586 | | 0 | MC | 9 | | 444 | | |
| Zinc, Zn | mg | 2.49 | | 0 | MC | 9 | | 0.70 | | |
| Copper, Cu | mg | | | | | | | | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | mcg | | | | | | | | | |
| <u>Vitamins:</u> | | | | | | | | | | |
| Vitamin C, total ascorbic acid | | 0.1 | | 0 | MC | 9 | | 0.0 | | |
| Thiamin | | | | | | | | | | |
| Riboflavin | | 0.650 |) | 0 | MC | 9 | | 0.182 | | |
| Niacin | mg | | | | | | | | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | | | | | | | | | |
| Folate, total | | | | | | | | | | |
| Folate, DFE | | | | | | | | | | |
| Vitamin B-12 | - | | | | | | | | | |
| Vitamin A, IU | | 982 | | 0 | MC | 9 | | 275 | | |
| Vitamin A, RAE | | | | | | | | | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| Lipids: | | | | _ | | _ | | | | |
| Fatty acids, total saturated | | 7.100 |) | 0 | MC | 9 | | 1.988 | | |
| Fatty acids, total monounsaturated | - | | | | | | | | | |
| Fatty acids, total polyunsaturated | | | | | | | | | | |
| Fatty acids, total trans | | | | | | | | | | |
| Cholesterol | | 42 | | 0 | MC | 9 | | 12 | | |
| 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 = 28g: 1 oz

KRAFT VELVEETA LIGHT Reduced Fat Pasteurized Process Cheese Product

Food Group: 01 Dairy and Egg Products

| | | <u>A</u> | mount in 10 | u grams | of edil | ne portio | <u>on</u> | Amount in | edible portion | of common |
|------------------------------------|------|----------|-------------|---------|---------|-----------|------------|-----------|-----------------|-----------|
| | | | | Number | | | | | easures of food | |
| | | | | | | Source | Confidence | | | |
| Nutrients and Uni | ts | Mean | Std. Error | | | Code | Code | Measure 1 | Measure 2 | Measure |
| Proximates: | | | | | | | | | | |
| Water | g | 45.80 | | 0 | MC | 9 | | 12.82 | | |
| Energy | kcal | 303 | | 0 | MC | 9 | | 85 | | |
| Energy | kj | 1268 | | | | 9 | | 355 | | |
| Protein | g | 16.30 | | 0 | MC | 9 | | 4.56 | | |
| Total lipid (fat) | g | 22.00 | | 0 | NR | 4 | | 6.16 | | |
| Ash | g | 6.00 | | 0 | MC | 9 | | 1.68 | | |
| Carbohydrate, by difference | g | 9.80 | | 0 | MC | 9 | | 2.74 | | |
| Fiber, total dietary | | 0.0 | | 0 | MC | 9 | | 0.0 | | |
| Sugars, total | | 8.10 | | 0 | MC | 9 | | 2.27 | | |
| Starch | | | | | | | | | | |
| | | | | | | | | | | |
| Minerals: Calcium, Ca | ma | 466 | | 0 | MC | 9 | | 130 | | |
| Iron, Fe | | 0.18 | | 0 | MC | 9 | | 0.05 | | |
| Magnesium, Mg. | | 0.10 | | | 110 | | | 0.03 | | |
| Phosphorus, P | _ | 863 | | 0 | MC | 9 | | 242 | | |
| Potassium, K | | 335 | | 0 | MC | 9 | | 94 | | |
| Sodium, Na | • | 1499 | | 0 | MC | 9 | | 420 | | |
| Zinc, Zn | | 1.84 | | 0 | MC | 9 | | 0.52 | | |
| Copper, Cu | | 1.04 | | Ū | мс | | | 0.52 | | |
| Manganese, Mn | | | | | | | | | | |
| Selenium, Se | _ | | | | | | | | | |
| Vitamins: | | | | | | | | | | |
| Vitamin C, total ascorbic acid | ma | 0.2 | | 0 | MC | 9 | | 0.1 | | |
| Thiamin | | 0.2 | | | 110 | | | 0.1 | | |
| Riboflavin | | 0.350 | 1 | 0 | MC | 9 | | 0.098 | | |
| Niacin | _ | 0.550 | • | | 110 | | | 0.030 | | |
| Pantothenic acid | | | | | | | | | | |
| Vitamin B-6 | - | | | | | | | | | |
| Folate, total | - | | | | | | | | | |
| Folate, DFE | | | | | | | | | | |
| Vitamin B-12 | | | | | | | | | | |
| Vitamin A, IU | | 1107 | | 0 | MC | 9 | | 310 | | |
| Vitamin A, RAE | | | | - | | - | | | | |
| Vitamin E (alpha-tocopherol) | | | | | | | | | | |
| Tocopherol, beta | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | |
| Vitamin D | | | | | | | | | | |
| Vitamin K (phylloquinone) | | | | | | | | | | |
| Lipids: | | | | | | | | | | |
| Fatty acids, total saturated | g | 14.400 |) | 0 | MC | 9 | | 4.032 | | |
| Fatty acids, total monounsaturated | | | | | | | | | | |
| Fatty acids, total polyunsaturated | | | | | | | | | | |
| Fatty acids, total trans | | | | | | | | | | |
| Cholesterol | | 80 | | 0 | MC | 9 | | 22 | | |
| Phytosterols | | | | | | | | | | |

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

Common Measures:

Measure 1 = 28g: 1 oz

KRAFT VELVEETA Pasteurized Process Cheese Spread

Food Group: 01 Dairy and Egg Products

| | | <u>A</u> : | mount in 100 gra | ms of edi | ble portic | <u>on</u> | Amount in | edible portion | of common |
|--------------------------------|---------|--------------|------------------|-----------|------------|------------|--------------|-----------------|-----------|
| | | | Num | ber | | | <u>m</u> | easures of food | _ |
| | | | of D | ata Deriv | Source | Confidence | | | |
| Nutrients and Uni | ts | Mean | Std. Error Poir | ts Code | Code | Code | Measure 1 | Measure 2 | Measure 3 |
| D | | | | | | | | | |
| Proximates: Water | а | 72.20 | 0.950 | 7 | 1 | | 20.50 | 216.60 | |
| Energy | | 119 | | 0 NC | 4 | | 34 | 356 | |
| Energy | | 496 | | | 4 | | 141 | 1489 | |
| Protein (N x 6.38) | | 3.05 | 0.261 | 7 | 1 | | 0.87 | 9.15 | |
| Total lipid (fat) | | 2.70 | | 1 | 1 | | 0.77 | 8.10 | |
| Ash | | 0.90 | 0.071 | 7 | 1 | | 0.26 | 2.70 | |
| Carbohydrate, by difference | | 21.15 | | 0 NC | 4 | | 6.01 | 63.45 | |
| Fiber, total dietary | | 0.3 | | 0 | 4 | | 0.1 | 0.9 | |
| Sugars, total | | 20.85 | | 0 NR | 4 | | 5.92 | 62.55 | |
| Starch | | | | | | | | | |
| | | | | | | | | | |
| Minerals: | m~ | 100 | | | - | | 27 | 206 | |
| Calcium, Ca | _ | 132 | | 1 | 1 | | 37 | 396 | |
| Iron, Fe | | 0.31 16 | | 1 1 | 1 1 | | 0.09 5 | 0.93 48 | |
| Phosphorus, P | | 126 | | 1 | 1 | | 36 | 48 378 | |
| Potassium, K | - | 224 | | 1 | 1 | | 64 | 672 | |
| Sodium, Na | | 111 | | 1 | 1 | | 32 | 333 | |
| Zinc, Zn | | 0.48 | | - 1 | 1 | | 0.14 | 1.44 | |
| Copper, Cu | | 0.065 | | 0 | 1 | | 0.018 | 0.195 | |
| Manganese, Mn | | 0.039 | | 0 | 1 | | 0.011 | 0.117 | |
| Selenium, Se | | 1.9 | | 0 BFPN | 4 | | 0.5 | 5.7 | |
| ¥7:4: | | | | | | | | | |
| <u>Vitamins:</u> | | 0.0 | | _ | | | 0.0 | | |
| Vitamin C, total ascorbic acid | | 0.0 0.047 | | 6 7 | 1 1 | | 0.0 0.013 | 0.0 0.141 | |
| ThiaminRiboflavin | | 0.047 | | , 7 | 1 | | 0.013 | 0.141 | |
| Niacin | | 0.124 | | , 7 | 1 | | 0.035 | 0.372 | |
| Pantothenic acid | - | 0.363 | | , 6 | 1 | | 0.103 | 1.089 | |
| Vitamin B-6 | | 0.025 | | 7 | 1 | | 0.007 | 0.075 | |
| Folate, total | _ | 5 | | 7 | 1 | | 1 | 15 | |
| Folic acid | | 0 | | 0 Z | 7 | | 0 | 0 | |
| Folate, food | | 5 | 0.761 | 7 | 1 | | 1 | 15 | |
| Folate, DFE | mcg DFE | 5 | | 0 NC | 4 | | 1 | 15 | |
| Vitamin B-12 | | 0.32 | 0.051 | 7 | 1 | | 0.09 | 0.95 | |
| Vitamin A, IU | | 67 | | 0 NC | 4 | | 19 | 201 | |
| Vitamin A, RAE | mcg_RAE | 18 | | 0 NC | 4 | | 5 | 55 | |
| Retinol | | 18 | | 0 NC | 4 | | 5 | 54 | |
| Vitamin E (alpha-tocopherol) | mg | 0.05 | | 0 BFFN | 4 | | 0.01 | 0.14 | |
| Tocopherol, beta | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | |
| Vitamin D | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.2 | | 0 BFFN | 1 4 | | 0.1 | 0.5 | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated | g | 1.681 | | 0 | 1 | | 0.477 | 5.043 | |
| 4:0 | | 0.088 | 3 | 0 | 1 | | 0.025 | 0.264 | |
| 6:0 | g | 0.052 | ? | 0 | 1 | | 0.015 | 0.156 | |
| 8:0 | g | 0.030 |) | 0 | 1 | | 0.009 | 0.090 | |
| 10:0 | g | 0.068 | 3 | 0 | 1 | | 0.019 | 0.204 | |
| 12:0 | _ | 0.076 | 5 | 0 | 1 | | 0.022 | 0.228 | |
| 13:0 | _ | | | | | | | | |
| 14:0 | _ | 0.272 | ? | 0 | 1 | | 0.077 | 0.816 | |
| 15:0 | _ | | | _ | | | | | |
| 16:0 | | 0.710 |) | 0 | 1 | | 0.202 | 2.130 | |
| 17:0 | _ | | | _ | | | | | |
| 18:0 | _ | 0.327 | • | 0 | 1 | | 0.093 | 0.981 | |
| 20:0 | _ | | | | | | | | |
| | | | | | | | | | |

| | | <u>Ar</u> | nount in 10 | | of edil | ole portio | <u>on</u> | | edible portion of easures of food | |
|-------------------------------------|------|-----------|-------------|----------------|---------|----------------|--------------------|-----------|-----------------------------------|-----------|
| Nutrients and U | nito | Moon | Std. Error | Number of Data | | Source Code | Confidence Code | Measure 1 | Measure 2 | • |
| Nutrients and Of | mits | Mean | Sia. Error | Tomis | Oode | Oode | Oode | Weasure 1 | Measure 2 | Measure 3 |
| Fatty acids, total monounsaturated | I q | 0.780 | | 0 | | 1 | | 0.222 | 2.340 | |
| 14:1 | g | | | | | | | | | |
| 15:1 | 9 | 0.060 | | 0 | | 1 | | 0.017 | 0.180 | |
| 17:1 18:1 undifferentiated | - | 0.679 | | 0 | | 1 | | 0.193 | 2.037 | |
| 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. | | 0.100 | | 0 | | 1 | | 0.028 | 0.300 | |
| 18:2 undifferentiated | | 0.061 | | 0 | | 1 | | 0.017 | 0.183 | |
| 18:3 undifferentiated | - | 0.039 | | 0 | | 1 | | 0.011 | 0.117 | |
| 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 | - | 11 | | 0 | | 1 | | 3 | 32 | |
| Phytosterols | mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan | а | 0.043 | | 0 | | 1 | | 0.012 | 0.129 | |
| Threonine | | 0.138 | | 0 | | 1 | | 0.039 | 0.414 | |
| Isoleucine | - | 0.185 | | 0 | | 1 | | 0.053 | 0.555 | |
| Leucine | | 0.299 | | 0 | | 1 | | 0.085 | 0.897 | |
| Lysine | _ | 0.242 | | 0 | | 1 | | 0.069 | 0.726 | |
| Methionine | | 0.076 | | 0 | | 1 | | 0.022 | 0.228 | |
| Cystine | | 0.028 | | 0 | | 1 | | 0.022 | 0.084 | |
| Phenylalanine | | 0.147 | | 0 | | 1 | | 0.042 | 0.441 | |
| Tyrosine | | 0.147 | | 0 | | 1 | | 0.042 | 0.441 | |
| Valine | - | 0.204 | | 0 | | 1 | | 0.058 | 0.612 | |
| Arginine | - | 0.110 | | 0 | | 1 | | 0.031 | 0.330 | |
| Histidine | | 0.083 | | 0 | | 1 | | 0.024 | 0.249 | |
| | _ | 0.105 | | 0 | | 1 | | 0.030 | 0.249 | |
| Alanine | | 0.105 | | 0 | | 1 | | 0.030 | 0.315 | |
| | - | 0.231 | | 0 | | 1 | | 0.066 | 1.917 | |
| Glutamic acid | - | 0.639 | | 0 | | 1 | | 0.181 | | |
| Glycine | | 0.065 | | 0 | | 1 | | 0.018 | 0.195 0.885 | |
| | | 0.166 | | 0 | | 1 | | 0.047 | 0.885 | |
| Serine | - | 0.166 | | U | | 1 | | 0.047 | 0.496 | |
| | 9 | | | | | | | | | |
| Others: | | | | | | | | | | |
| Alcohol, ethyl | | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine | | 2 | | 0 | BFZN | 4 | | 1 | 6 | |
| Theobromine | mg | 23 | | 0 | BFZN | 4 | | 7 | 69 | |
| Carotenoids: | | | | | | | | | | |
| Carotene, beta | mca | 4 | | 0 | BFFN | 4 | | 1.176 | 12.421 | |
| 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 | |
| | | | | | | | | | | |

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 = 28.4g: 1 fl oz

Measure 2 = 300g: 1 container (10.6 oz)

Milk shakes, thick chocolate

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <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> |
| | | | 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 | 74.45 | 0.833 | 10 | | 1 | | 21.14 | 233.03 | |
| Energy | kcal | 112 | | 0 | NC | 4 | | 32 | 350 | |
| Energy | kj | 468 | | | | 4 | | 133 | 1464 | |
| Protein (N x 6.38) | g | 3.86 | 0.098 | 10 | | 1 | | 1.10 | 12.08 | |
| Total lipid (fat) | g | 3.03 | 0.140 | 10 | | 1 | | 0.86 | 9.48 | |
| Ash | g | 0.91 | 0.022 | 10 | | 1 | | 0.26 | 2.85 | |
| Carbohydrate, by difference | g | 17.75 | | 0 | NC | 4 | | 5.04 | 55.56 | |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Sugars, total | g | 17.75 | | 0 | NR | 4 | | 5.04 | 55.56 | |
| Starch | g | | | | | | | | | |
| M: | | | | | | | | | | |
| <u>finerals:</u> | ma | 146 | 5.810 | 10 | | 1 | | 41 | 457 | |
| Calcium, Ca | _ | 0.10 | 0.006 | 10 | | 1 | | 0.03 | 457 0.31 | |
| Magnesium, Mg | _ | 12 | 0.510 | 10 | | 1 | | 3 | 37 | |
| Phosphorus, P | | 115 | 4.081 | 10 | | 1 | | 3 33 | 3 <i>1</i> 361 | |
| Potassium, K | - | 183 | 9.417 | 10 | | 1 | | 52 | 572 | |
| Sodium, Na | - | 95 | 2.244 | 10 | | 1 | | 27 | 299 | |
| Zinc, Zn | _ | 0.39 | 0.045 | 10 | | 1 | | 0.11 | 1.22 | |
| Copper, Cu | | 0.051 | | 0 | | 1 | | 0.014 | 0.160 | |
| Manganese, Mn | | 0.014 | | 0 | | 1 | | 0.004 | 0.044 | |
| Selenium, Se | | 2.3 | | 0 | BFPN | 4 | | 0.7 | 7.2 | |
| | | | | | | | | | | |
| <u>'itamins:</u> | | | | | | | | | | |
| Vitamin C, total ascorbic acid | _ | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | |
| Thiamin | | 0.030 | | 1 | | 1 | | 0.009 | 0.094 | |
| Riboflavin | | 0.195 | | 1 | | 1 | | 0.055 | 0.610 | |
| Niacin | | 0.146 | | 1 | | 1 | | 0.041 | 0.457 | |
| Pantothenic acid | - | 0.368 | | 0 | | 4 | | 0.105 | 1.152 | |
| Vitamin B-6 | - | 0.042 | | 1 | | 1 | | 0.012 | 0.131 | |
| Folate, total | | 7 | | 1 | _ | 1 | | 2 | 21 | |
| Folic acid | | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | | 7 7 | | 1 | *** | 1 | | 2 | 21 | |
| Folate, DFE | | • | | 0 | NC | 4 | | 2 | 21 | |
| Vitamin B-12 | | 0.52 | | 1 | *** | 1 4 | | 0.15 | 1.63 | |
| Vitamin A, IU | | 91 | | 0 | NC | _ | | 26 7 | 286 | |
| Vitamin A, RAE | | 25 | | 0 | NC | 4 4 | | 7 | 80 | |
| Retinol | | 25 0.05 | | 0 | NC BFFN | 4 | | 0.02 | 78 0.17 | |
| Vitamin E (alpha-tocopherol) | | 0.05 | | U | BFFN | 4 | | 0.02 | 0.17 | |
| Tocopherol, beta | | | | | | | | | | |
| Tocopherol, gamma Tocopherol, delta | | | | | | | | | | |
| Vitamin D | | | | | | | | | | |
| Vitamin K (phylloquinone) | | 0.2 | | 0 | BFFN | 4 | | 0.1 | 0.7 | |
| | | | | | | | | | | |
| <u>ipids:</u> | | | | | | | | | | |
| Fatty acids, total saturated | | 1.886 | | 0 | | 1 | | 0.536 | 5.903 | |
| 4:0 | | 0.098 | | 0 | | 1 | | 0.028 | 0.307 | |
| 6:0 | - | 0.058 | | 0 | | 1 | | 0.016 | 0.182 | |
| 8:0 | | 0.034 | | 0 | | 1 | | 0.010 | 0.106 | |
| 10:0 | | 0.076 | | 0 | | 1 | | 0.022 | 0.238 | |
| 12:0 | | 0.085 | | 0 | | 1 | | 0.024 | 0.266 | |
| 13:0 | | 0 00- | | ^ | | | | | | |
| 14:0 | | 0.305 | | 0 | | 1 | | 0.087 | 0.955 | |
| 15:0 | | 0 707 | | ^ | | | | 0.000 | 2 42- | |
| 16:0 | | 0.797 | | 0 | | 1 | | 0.226 | 2.495 | |
| 17:0 | - | 0.00 | | • | | 4 | | 0 104 | 1 140 | |
| 18:0 | - | 0.367 | | 0 | | 1 | | 0.104 | 1.149 | |
| 20:0 | - | | | | | | | | | |
| 22:0 | g | | | | | | | | | |

| | | <u>Ar</u> | nount in 10 | 0 grams | of edik | le portio | <u>n</u> | Amount in | Amount in edible portion of common | | | |
|---------------------------------|---------|-----------|-------------|-------------------|---------|----------------|--------------------|-----------|------------------------------------|-----------|--|--|
| | | | | Number | | | | | easures of food | | | |
| Nutrients and | l Units | Mean | Std. Error | of Data Points | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 | | |
| D | | 0.075 | | • | | 1 | | | 0.700 | | | |
| Fatty acids, total monounsatur | | 0.875 | | 0 | | 1 | | 0.249 | 2.739 | | | |
| 15:1 | g | | | | | | | | | | | |
| 16:1 undifferentiated | g | 0.068 | | 0 | | 1 | | 0.019 | 0.213 | | | |
| 17:1 | g | | | | | | | | | | | |
| 18:1 undifferentiated | g | 0.762 | | 0 | | 1 | | 0.216 | 2.385 | | | |
| 20:1 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | | | |
| 22:1 undifferentiated | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | | | |
| 24:1 c | g | | | | | | | | | | | |
| Fatty acids, total polyunsatura | tedg | 0.113 | | 0 | | 1 | | 0.032 | 0.354 | | | |
| 18:2 undifferentiated | g | 0.068 | | 0 | | 1 | | 0.019 | 0.213 | | | |
| 18:3 undifferentiated | | 0.044 | | 0 | | 1 | | 0.012 | 0.138 | | | |
| 18:4 | | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | | | |
| 20:2 n-6 c,c | g | | | | | | | | | | | |
| 20:3 undifferentiated | g | | | | | | | | | | | |
| 20:4 undifferentiated | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | | | |
| 20:5 n-3 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | | | |
| 22:5 n-3 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | | | |
| 22:6 n-3 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | | | |
| Fatty acids, total trans | g | | | | | | | | | | | |
| Cholesterol | mg | 12 | | 0 | | 1 | | 3 | 37 | | | |
| Phytosterols | mg | | | | | | | | | | | |
| | | | | | | | | | | | | |
| Amino Acids: | | | | | | | | | | | | |
| Tryptophan | | 0.054 | | 0 | | 1 | | 0.015 | 0.169 | | | |
| Threonine | - | 0.174 | | 0 | | 1 | | 0.049 | 0.545 | | | |
| Isoleucine | - | 0.234 | | 0 | | 1 | | 0.066 | 0.732 | | | |
| Leucine | | 0.378 | | 0 | | 1 | | 0.107 | 1.183 | | | |
| Lysine | | 0.306 | | 0 | | 1 | | 0.087 | 0.958 | | | |
| Methionine | | 0.097 | | 0 | | 1 | | 0.028 | 0.304 | | | |
| Cystine | g | 0.036 | | 0 | | 1 | | 0.010 | 0.113 | | | |
| Phenylalanine | | 0.186 | | 0 | | 1 | | 0.053 | 0.582 | | | |
| Tyrosine | | 0.186 | | 0 | | 1 | | 0.053 | 0.582 | | | |
| Valine | g | 0.258 | | 0 | | 1 | | 0.073 | 0.808 | | | |
| Arginine | g | 0.140 | | 0 | | 1 | | 0.040 | 0.438 | | | |
| Histidine | g | 0.105 | | 0 | | 1 | | 0.030 | 0.329 | | | |
| Alanine | g | 0.133 | | 0 | | 1 | | 0.038 | 0.416 | | | |
| Aspartic acid | g | 0.293 | | 0 | | 1 | | 0.083 | 0.917 | | | |
| Glutamic acid | g | 0.808 | | 0 | | 1 | | 0.229 | 2.529 | | | |
| Glycine | g | 0.082 | | 0 | | 1 | | 0.023 | 0.257 | | | |
| Proline | g | 0.374 | | 0 | | 1 | | 0.106 | 1.171 | | | |
| Serine | | 0.210 | | 0 | | 1 | | 0.060 | 0.657 | | | |
| Hydroxyproline | g | | | | | | | | | | | |
| Others: | | | | | | | | | | | | |
| Alcohol, ethyl | a | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | | | |
| , , | = | 0.0 | | 0 | 17 | 7 | | 0.0 | 0.0 | | | |
| Caffeine | | 0 | | 0 | z z | 7 | | 0 | 0 | | | |
| Theobromine | Y | U | | U | Z | , | | U | U | | | |
| <u>Carotenoids:</u> | | | | | | | | | | | | |
| Carotene, beta | mcg | 5 | | 0 | BFFN | 4 | | 1.376 | 15.169 | | | |
| 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 | | 0 | | 0 | Z | 7 | | 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 = 28.4g: 1 fl oz

Measure 2 = 313g: 1 container (11 oz)

Milk shakes, thick vanilla

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>A</u> 1 | mount in 100 g | grams | of edit | ole portio | <u>n</u> | Amount in edible portion of common | | | |
|--------------------------------|------|----------------|----------------|--------|---------|------------|------------|------------------------------------|-----------------|-----------|--|
| | | | Nu | ımbeı | r | | | <u>m</u> | easures of food | _ | |
| | | | of | Data | Deriv | Source | Confidence | | | | |
| Nutrients and Uni | its | Mean | Std. Error Po | oints | Code | Code | Code | Measure 1 | Measure 2 | Measure 3 | |
| Proximates: | | | | | | | | | | | |
| Water | g | 88.18 | 0.111 | 20 | | 1 | | 215.16 | 26.89 | 860.64 | |
| Energy | kcal | 61 | | 0 | NC | 4 | | 150 | 19 | 600 | |
| Energy | kj | 257 | | | | 4 | | 627 | 78 | 2510 | |
| Protein (N x 6.29) | g | 1.75 | 0.214 | 21 | | 1 | | 4.27 | 0.53 | 17.08 | |
| Total lipid (fat) | g | 3.41 | 0.118 | 18 | | 1 | | 8.32 | 1.04 | 33.28 | |
| Ash | | 0.50 | 0.026 | 16 | | 1 | | 1.22 | 0.15 | 4.88 | |
| Carbohydrate, by difference | g | 6.16 | | 0 | NC | 4 | | 15.03 | 1.88 | 60.12 | |
| Fiber, total dietary | | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 | |
| Sugars, total | g | 6.16 | | 0 | NR | 4 | | 15.03 | 1.88 | 60.12 | |
| Starch | g | | | | | | | | | | |
| Minerals: | | | | | | | | | | | |
| Calcium, Ca | mg | 33 | 7.938 | 14 | | 1 | | 79 | 10 | 317 | |
| Iron, Fe | _ | 0.39 | 0.133 | 13 | | 1 | | 0.95 | 0.12 | 3.81 | |
| Magnesium, Mg | _ | 6 | 1.238 | 14 | | 1 | | 16 | 2 | 62 | |
| Phosphorus, P | | 74 | 7.432 | 15 | | 1 | | 181 | 23 | 724 | |
| Potassium, K | _ | 114 | 15.039 | 12 | | 1 | | 279 | 35 | 1116 | |
| Sodium, Na | mg | 78 | 9.507 | 14 | | 1 | | 191 | 24 | 764 | |
| Zinc, Zn | | 1.18 | 1.035 | 13 | | 1 | | 2.88 | 0.36 | 11.52 | |
| Copper, Cu | mg | 0.051 | | 0 | | 1 | | 0.124 | 0.016 | 0.49 | |
| Manganese, Mn | | 0.097 | | 0 | | 1 | | 0.237 | 0.030 | 0.94 | |
| Selenium, Se | mcg | 1.9 | | 0 | BFNN | 4 | | 4.6 | 0.6 | 18.5 | |
| Vitamins: | | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | 0.0 | |
| Thiamin | _ | 0.012 | 0.004 | 13 | | 1 | | 0.029 | 0.004 | 0.11 | |
| Riboflavin | - | 0.088 | 0.029 | 14 | | 1 | | 0.215 | 0.027 | 0.85 | |
| Niacin | | 0.000 | 1 | 0 | | 1 | | 0.000 | 0.000 | 0.00 | |
| Pantothenic acid | mg | 0.000 |) | 0 | | 1 | | 0.000 | 0.000 | 0.00 | |
| Vitamin B-6 | mg | 0.000 |) | 0 | | 1 | | 0.000 | 0.000 | 0.00 | |
| 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 | | 0 | | 0 | NC | 4 | | 0 | 0 | 0 | |
| Vitamin B-12 | | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | 0.00 | |
| Vitamin A, IU | IU | 0 | | 0 | AS | 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) | | 0.28 | | 0 | BFFN | 4 | | 0.67 | 0.08 | 2.70 | |
| Tocopherol, beta | | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | | |
| Tocopherol, deltaVitamin D | | | | | | | | | | | |
| Vitamin K (phylloquinone) | | 0.8 | | 0 | BFFN | 4 | | 2.1 | 0.3 | 8.2 | |
| | - | | | | | | | | | | |
| Lipids: | _ | | | _ | | _ | | | | | |
| Fatty acids, total saturated | | 0.767 | | 0 | | 1 | | 1.871 | 0.234 | 7.48 | |
| 4:0 | | 0.000 | | 0 | | 1 1 | | 0.000 | 0.000 | 0.00 | |
| 6:0 | - | 0.000 | | | | 1 | | 0.000 | 0.000 | 0.00 | |
| 8:0 10:0 | - | 0.003 0.004 | | 8 8 | | 1 | | 0.007 0.010 | 0.001 0.001 | 0.02 | |
| 12:0 | - | 0.004 | | 9 | | 1 | | 0.010 | 0.001 | 0.03 | |
| 13:0 | | 0.013 | 0.006 | , | | - | | 0.040 | 0.000 | 0.10 | |
| 14:0 | | 0.026 | 0.007 | 9 | | 1 | | 0.063 | 0.008 | 0.25 | |
| 15:0 | | 0.020 | 0.007 | _ | | - | | 0.003 | 0.008 | 0.25 | |
| 16:0 | | 0.412 | 0.039 | 9 | | 1 | | 1.005 | 0.126 | 4.02 | |
| 17:0 | _ | | | - | | _ | | | 3.123 | | |
| 18:0 | - | 0.311 | 0.022 | 9 | | 1 | | 0.759 | 0.095 | 3.03 | |
| 20:0 | - | | - | - | | | | | | 2.30 | |
| 22:0 | - | | | | | | | | | | |
| 24:0 | - | | | | | | | | | | |

| | | | | | Amount in edible portion of common | | | | | |
|-------------------------------------|------|-------|---------------|-------|------------------------------------|--------|------------|----------------|-----------------|-----------|
| | | | Nu | mber | | | | <u>m</u> e | 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 | - A | 1.998 | | 0 | | 1 | | 4.875 | 0.609 | 19.500 |
| 14:1 | g | | | | | _ | | 1.070 | 0.005 | |
| 15:1 16:1 undifferentiated | g | 0.021 | 0.005 | 9 | | 1 | | 0.051 | 0.006 | 0.205 |
| 17:1 18:1 undifferentiated | - | 1.979 | 0.080 | 9 | | 1 | | 4.829 | 0.604 | 19.31 |
| 20:1 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated 24:1 c | - | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total polyunsaturated. | | 0.488 | | 0 | | 1 | | 1.191 | 0.149 | 4.763 |
| 18:2 undifferentiated | | 0.364 | 0.053 | 9 | | 1 | | 0.888 | 0.111 | 3.553 |
| 18:3 undifferentiated | | 0.039 | 0.008 | 9 | | 1 | | 0.095 | 0.012 | 0.381 |
| 18:4 | | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c.c | - | | | | | | | | | |
| 20:3 undifferentiated | g | | | | | | | | | |
| 20:4 undifferentiated | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 22:5 n-3 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans | | | | | | | | | | |
| Cholesterol | | 0 | | 10 | | 1 | | 0 | 0 | 2 |
| Phytosterols | mg | 7 | | 0 | | 4 | | 17 | 2 | 68 |
| | | | | | | | | | | |
| Amino Acids: | _ | | | • | | _ | | | | |
| Tryptophan | | 0.024 | | 0 | | 1 | | 0.059 | 0.007 | 0.234 |
| Threonine | | 0.074 | | 0 | | 1 1 | | 0.181 | 0.023 | 0.722 |
| Isoleucine | - | 0.107 | | 0 | | _ | | 0.261 | 0.033 | 1.044 |
| Leucine | | 0.173 | | 0 | | 1 1 | | 0.422 | 0.053 | 1.688 |
| Lysine | | 0.141 | | 0 | | 1 | | 0.344 | 0.043 | 1.376 |
| Methionine | | 0.053 | | | | 1 | | 0.129 | 0.016 | 0.517 |
| Cystine | - | 0.008 | | 0 | | 1 | | 0.020 0.229 | 0.002 | 0.078 |
| Phenylalanine | | 0.094 | | 0 | | 1 | | | 0.029 | 0.917 |
| Tyrosine | - | 0.100 | | 0 | | 1 | | 0.244 | 0.031 | 0.976 |
| Valine | - | 0.125 | | 0 | | 1 | | 0.305 | 0.038 | 1.220 |
| Arginine | | 0.069 | | 0 | | 1 | | 0.168 | 0.021 | 0.673 |
| Histidine | - | 0.052 | | 0 | | 1 | | 0.127 | 0.016 | 0.508 |
| Alanine | | 0.055 | | | | 1 | | 0.134 | 0.017 | 0.537 |
| Aspartic acid | | 0.124 | | 0 | | 1 | | 0.303 | 0.038 | 1.210 |
| Glutamic acid | _ | 0.398 | | 0 | | 1 | | 0.971 | 0.121 | 3.884 |
| Glycine | | 0.035 | | | | _ | | 0.085 | 0.011 | 0.342 |
| Proline | | 0.197 | | 0 | | 1 1 | | 0.481 | 0.060 | 1.923 |
| Serine | - | 0.108 | | U | | 1 | | 0.264 | 0.033 | 1.054 |
| Hydroxyproline | g | | | | | | | | | |
| Others: | | | | • | | _ | | | • • | |
| Alcohol, ethyl | | 0.0 | | 0 | _ | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine | | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Theobromine | g | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Carotenoids: | mca | 0 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| 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 |
| LycopeneLutein + zeaxanthin | | 0 | | 0 | Z | 7 | | 0.000 | 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 = 244g: 1 cup Measure 2 = 30.5g: 1 fl oz Measure 3 = 976g: 1 quart

Milk substitutes, fluid with hydrogenated vegetable oils

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>A</u> 1 | mount in 10 | <u>0 grams</u> | of edib | ole portio | <u>n</u> | Amount in edible portion of common | | | |
|--------------------------------|--------|------------|-------------|----------------|---------|------------|------------|------------------------------------|-----------------|----------|--|
| | | | I | Number | • | | | <u>m</u> | easures of food | <u> </u> | |
| | | | | of Data | Deriv | Source | Confidence | | | | |
| Nutrients and Uni | ts | Mean | Std. Error | Points | Code | Code | Code | Measure 1 | Measure 2 | Measure | |
| Proximates: | | | | | | | | | | | |
| Water | g | 88.18 | | 0 | | 1 | | 215.16 | 860.64 | | |
| Energy | kcal | 61 | | 0 | NC | 4 | | 150 | 600 | | |
| Energy | kj | 257 | | | | 4 | | 627 | 2510 | | |
| Protein (N x 6.29) | g | 1.75 | | 0 | | 1 | | 4.27 | 17.08 | | |
| Total lipid (fat) | g | 3.41 | | 0 | | 1 | | 8.32 | 33.28 | | |
| Ash | g | 0.50 | | 0 | | 1 | | 1.22 | 4.88 | | |
| Carbohydrate, by difference | g | 6.16 | | 0 | NC | 4 | | 15.03 | 60.12 | | |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | | |
| Sugars, total | g | | | | | | | | | | |
| Starch | g | | | | | | | | | | |
| Minerals: | | | | | | | | | | | |
| viinerais: Calcium, Ca | ma | 33 | | 0 | | 1 | | 79 | 317 | | |
| Iron, Fe | _ | 0.39 | | 0 | | 1 | | 0.95 | 3.81 | | |
| Magnesium, Mg | _ | 6 | | 0 | | 1 | | 16 | 62 | | |
| Phosphorus, P | | 74 | | 0 | | 1 | | 181 | 724 | | |
| Potassium, K | - | 114 | | Ö | | 1 | | 279 | 1116 | | |
| Sodium, Na | - | 78 | | 0 | | 1 | | 191 | 764 | | |
| Zinc, Zn | _ | 1.18 | | 0 | | 1 | | 2.88 | 11.52 | | |
| Copper, Cu | | 0.051 | L | 0 | | 1 | | 0.124 | 0.498 | | |
| Manganese, Mn | | 0.097 | 7 | 0 | | 1 | | 0.237 | 0.947 | | |
| Selenium, Se | | 1.9 | | 0 | BFNN | 4 | | 4.6 | 18.5 | | |
| 7*4 | | | | | | | | | | | |
| /itamins: | | | | | | | | | | | |
| Vitamin C, total ascorbic acid | _ | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | | |
| Thiamin | | 0.012 | | 0 | | 1 | | 0.029 | 0.117 | | |
| Riboflavin | | 0.088 | | 0 | | 1 | | 0.215 | 0.859 | | |
| Niacin | | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | | |
| 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 1 | | 0 0 | 0 0 | | |
| Folate, food | | 0 | | 0 | NC | 4 | | 0 | 0 | | |
| Folate, DFE | | 0.00 | | 0 | NC | 1 | | 0.00 | 0.00 | | |
| Vitamin A, IU | | 0.00 | | 0 | | 1 | | 0.00 | 0.00 | | |
| Vitamin A, RAE | | 0 | | 0 | | 1 | | 0 | 0 | | |
| Retinol | | 0 | | 0 | z | 7 | | 0 | 0 | | |
| Vitamin E (alpha-tocopherol) | | U | | U | 2 | , | | O | U | | |
| Tocopherol, beta | | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | | |
| Vitamin D | | | | | | | | | | | |
| Vitamin K (phylloquinone) | | | | | | | | | | | |
| | | | | | | | | | | | |
| <u> ipids:</u> | | | | | | | | | | | |
| Fatty acids, total saturated | | 3.037 | | 0 | | 1 | | 7.410 | 29.641 | | |
| 4:0 | - | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | | |
| 6:0 | | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | | |
| 8:0 | - | 0.192 | | 2 | | 1 | | 0.468 | 1.874 | | |
| 10:0 | - | 0.176 | | 2 | | 1 | | 0.429 | 1.718 | | |
| 12:0 | - | 1.421 | L | 2 | | 1 | | 3.467 | 13.869 | | |
| 13:0 | - | | | _ | | _ | | | | | |
| 14:0 | | 0.592 | 2 | 2 | | 1 | | 1.444 | 5.778 | | |
| 15:0 | | 0.00 | - | _ | | | | 0 505 | 2 122 | | |
| 16:0 | | 0.326 | • | 2 | | 1 | | 0.795 | 3.182 | | |
| 17:0 | | 0.000 | , | ^ | | 4 | | 0 555 | 2 245 | | |
| 18:0 | | 0.312 | 1 | 2 | | 1 | | 0.761 | 3.045 | | |
| 20:0 | - | | | | | | | | | | |
| 22:0 | g g | | | | | | | | | | |

| | | <u>Aı</u> | mount in 10 | | ole portio | <u>n</u> | Amount in edible portion of common | | |
|------------------------------------|---|-----------|-------------|-------------------|--------------------|--------------------|------------------------------------|-----------------|-----------|
| | | | | Number | | | <u>m</u> | easures of food | |
| Nutrients and Ur | nits | Mean | Std. Error | of Data Points | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total monounsaturated | lg | 0.176 | | 0 | 1 | | 0.429 | 1.718 | |
| 14:1 | g | | | | | | | | |
| 15:1 | g | | | | | | | | |
| 16:1 undifferentiated | g | 0.000 | | 2 | 1 | | 0.000 | 0.000 | |
| 17:1 | | | | | | | | | |
| 18:1 undifferentiated | g | 0.176 | | 2 | 1 | | 0.429 | 1.718 | |
| 20:1 | g | | | | | | | | |
| 22:1 undifferentiated | g | | | | | | | | |
| 24:1 c | g | | | | | | | | |
| Fatty acids, total polyunsaturated | g | 0.008 | | 0 | 1 | | 0.020 | 0.078 | |
| 18:2 undifferentiated | g | 0.008 | | 2 | 1 | | 0.020 | 0.078 | |
| 18:3 undifferentiated | g | 0.000 | | 2 | 1 | | 0.000 | 0.000 | |
| 18:4 | g | | | | | | | | |
| 20:2 n-6 c,c | g | | | | | | | | |
| 20:3 undifferentiated | g | | | | | | | | |
| 20:4 undifferentiated | g | 0.000 | | 0 | 4 | | 0.000 | 0.000 | |
| 20:5 n-3 | g | | | | | | | | |
| 22:5 n-3 | g | | | | | | | | |
| 22:6 n-3 | | | | | | | | | |
| Fatty acids, total trans | _ | | | | | | | | |
| Cholesterol | - | 0 | | 0 | 1 | | 0 | 2 | |
| Phytosterols | mg | 3 | | 0 | 4 | | 7 | 29 | |
| Amino Acids: | | | | | | | | | |
| Tryptophan | a | 0.024 | | 0 | 1 | | 0.059 | 0.234 | |
| Threonine | | 0.074 | | 0 | 1 | | 0.181 | 0.722 | |
| Isoleucine | | 0.107 | | 0 | 1 | | 0.261 | 1.044 | |
| Leucine | | 0.173 | | 0 | 1 | | 0.422 | 1.688 | |
| Lysine | - | 0.141 | | 0 | 1 | | 0.344 | 1.376 | |
| Methionine | | 0.053 | | 0 | 1 | | 0.129 | 0.517 | |
| Cystine | | 0.008 | | 0 | 1 | | 0.020 | 0.078 | |
| Phenylalanine | - | 0.094 | | 0 | 1 | | 0.229 | 0.070 | |
| Tyrosine | | 0.100 | | 0 | 1 | | 0.244 | 0.976 | |
| Valine | | 0.125 | | 0 | 1 | | 0.305 | 1.220 | |
| Arginine | - | 0.069 | | 0 | 1 | | 0.168 | 0.673 | |
| Histidine | - | 0.052 | | 0 | 1 | | 0.100 | 0.508 | |
| Alanine | _ | 0.052 | | 0 | 1 | | 0.134 | 0.537 | |
| Aspartic acid | - | 0.124 | | 0 | 1 | | 0.303 | 1.210 | |
| Glutamic acid | | 0.398 | | 0 | 1 | | 0.971 | 3.884 | |
| Glycine | _ | 0.035 | | 0 | 1 | | 0.085 | 0.342 | |
| Proline | - | 0.033 | | 0 | 1 | | 0.481 | 1.923 | |
| Serine | _ | 0.108 | | 0 | 1 | | 0.264 | 1.054 | |
| Hydroxyproline | • | 0.100 | | · | - | | 0.204 | 1.034 | |
| ттушолургонне | 9 | | | | | | | | |

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

Common Measures:

Measure 1 = 244g: 1 cup Measure 2 = 976g: 1 quart

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>Aı</u> | mount in 100 | grams | of edib | ole portio | <u>n</u> | Amount in edible portion of common | | |
|--------------------------------|---------|-----------|--------------|--------|---------|------------|------------|------------------------------------|-----------------|-----------|
| | | | N | umber | • | | | <u>m</u> | easures of food | <u>l</u> |
| | | | 0 | f Data | Deriv | Source | Confidence | | | |
| Nutrients and Uni | its | Mean | Std. Error P | oints | Code | Code | Code | Measure 1 | Measure 2 | Measure 3 |
| Proximates: | | | | | | | | | | |
| Water | g | 2.97 | 0.038 | 170 | | 1 | | 3.56 | 0.19 | |
| Energy | kcal | 387 | | 0 | NC | 4 | | 464 | 25 | |
| Energy | kj | 1619 | | | | 4 | | 1943 | 105 | |
| Protein (N x 6.38) | g | 34.30 | 0.333 | 3 | | 1 | | 41.16 | 2.23 | |
| Total lipid (fat) | g | 5.78 | 0.077 | 163 | | 1 | | 6.94 | 0.38 | |
| Ash | g | 7.95 | | 2 | | 1 | | 9.54 | 0.52 | |
| Carbohydrate, by difference | g | 49.00 | | 0 | NC | 4 | | 58.80 | 3.19 | |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Sugars, total | g | 49.00 | | 0 | NR | 4 | | 58.80 | 3.19 | |
| Starch | g | | | | | | | | | |
| Minerals: | | | | | | | | | | |
| Calcium, Ca | ma | 1184 | | 0 | | 1 | | 1421 | 77 | |
| Iron, Fe. | | 0.30 | | 0 | | 1 | | 0.36 | 0.02 | |
| Magnesium, Mg | | 110 | | 0 | | 1 | | 131 | 7 | |
| Phosphorus, P | | 933 | | 0 | | 1 | | 1119 | 61 | |
| Potassium, K | _ | 1592 | 5.486 | 340 | | 1 | | 1910 | 103 | |
| Sodium, Na | | 517 | | 0 | | 1 | | 621 | 34 | |
| Zinc, Zn | mg | 4.02 | | 0 | | 1 | | 4.82 | 0.26 | |
| Copper, Cu | mg | 0.111 | | 0 | | 1 | | 0.133 | 0.007 | |
| Manganese, Mn | mg | 0.023 | | 0 | | 1 | | 0.028 | 0.001 | |
| Selenium, Se | mcg | 20.3 | | 0 | BFNN | 4 | | 24.4 | 1.3 | |
| Vitamins: | | | | | | | | | | |
| Vitamin C, total ascorbic acid | ma | 5.7 | | 0 | | 1 | | 6.8 | 0.4 | |
| Thiamin | _ | 0.392 | | 0 | | 1 | | 0.470 | 0.025 | |
| Riboflavin | | 1.579 | | Ö | | 1 | | 1.895 | 0.103 | |
| Niacin | | 0.876 | | 0 | | 1 | | 1.051 | 0.057 | |
| Pantothenic acid | - | 3.170 | | 3 | | 1 | | 3.804 | 0.206 | |
| Vitamin B-6 | = | 0.338 | | 0 | | 1 | | 0.406 | 0.022 | |
| Folate, total | _ | 47 | | 0 | | 1 | | 57 | 3 | |
| Folic acid | | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | | 47 | | 0 | | 1 | | 57 | 3 | |
| Folate, DFE | | 47 | | 0 | NC | 4 | | 57 | 3 | |
| Vitamin B-12 | mcg | 3.82 | | 0 | | 1 | | 4.59 | 0.25 | |
| Vitamin A, IU | IU | 175 | | 0 | NC | 4 | | 210 | 11 | |
| Vitamin A, RAE | mcg_RAE | 49 | | 0 | NC | 4 | | 59 | 3 | |
| Retinol | - | 48 | | 0 | NC | 4 | | 58 | 3 | |
| Vitamin E (alpha-tocopherol) | | 0.10 | | 0 | BFFN | 4 | | 0.12 | 0.01 | |
| Tocopherol, beta | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | |
| Vitamin D | | 0.4 | | 0 | BFFN | 4 | | 0.5 | 0.0 | |
| Vitamin K (phylloquinone) | nog | 0.4 | | U | DEEN | - | | 0.5 | 0.0 | |
| <u>Lipids:</u> | | | | | | | | | | |
| Fatty acids, total saturated | g | 3.598 | | 0 | | 1 | | 4.318 | 0.234 | |
| 4:0 | g | 0.187 | | 0 | | 1 | | 0.224 | 0.012 | |
| 6:0 | - | 0.111 | | 0 | | 1 | | 0.133 | 0.007 | |
| 8:0 | - | 0.065 | | 0 | | 1 | | 0.078 | 0.004 | |
| 10:0 | _ | 0.145 | | 0 | | 1 | | 0.174 | 0.009 | |
| 12:0 | | 0.162 | | 0 | | 1 | | 0.194 | 0.011 | |
| 13:0 | _ | | | _ | | _ | | _ | _ | |
| 14:0 | - | 0.581 | | 0 | | 1 | | 0.697 | 0.038 | |
| 15:0 | | | | _ | | _ | | | | |
| 16:0 | | 1.520 | | 0 | | 1 | | 1.824 | 0.099 | |
| 17:0 | - | | | _ | | _ | | 0.040 | | |
| 18:0 | - | 0.700 | | 0 | | 1 | | 0.840 | 0.046 | |
| 20:0 | - | | | | | | | | | |
| 22:0 | y | | | | | | | | | |

| | <u>Ar</u> | nount in 100 grams | | rtion | | Amount in edible portion of common measures of food | | |
|-------------------------------------|----------------|------------------------------|--------|---------------------------|----------------|---|-----------|--|
| | | Number | | | <u></u> | easures or root | • | |
| Nutrients and Units | Mean | of Data Std. Error Points | | rce Confidence de Code | Measure 1 | Measure 2 | Measure 3 | |
| | | | | | | | | |
| Fatty acids, total monounsaturatedg | 1.669 | 0 | 1 | | 2.003 | 0.108 | | |
| 15:1g | | | | | | | | |
| 16:1 undifferentiatedg | 0.129 | 0 | 1 | • | 0.155 | 0.008 | | |
| 17:1g | | _ | _ | | | | | |
| 18:1 undifferentiatedg | 1.454 | 0 | 1 | | 1.745 | 0.095 | | |
| 20:1g | 0.000 | 0 | 1 | | 0.000 | 0.000 | | |
| 22:1 undifferentiatedg | 0.000 | 0 | 1 | • | 0.000 | 0.000 | | |
| 24:1 cg | 0.015 | 0 | 1 | | 0.050 | 0.014 | | |
| Fatty acids, total polyunsaturated9 | 0.215 | 0 | | | 0.258 | 0.014 | | |
| 18:2 undifferentiated | 0.131 0.084 | 0 | | | 0.157 0.101 | 0.009 | | |
| 18:3 undifferentiated | | 0 | | | 0.101 | 0.005 | | |
| 18:4g 20:2 n-6 c.cg | 0.000 | U | | | 0.000 | 0.000 | | |
| , | | | | | | | | |
| 20:3 undifferentiated | 0.000 | 0 | 1 | | 0.000 | 0.000 | | |
| 20:5 n-3 | 0.000 | 0 | 1 | | 0.000 | 0.000 | | |
| 20.5 li-5 | 0.000 | 0 | 1 | | 0.000 | 0.000 | | |
| | 0.000 | 0 | 1 | | 0.000 | 0.000 | | |
| 22:6 n-3 | 0.000 | U | - | • | 0.000 | 0.000 | | |
| Fatty acids, total trans | a 69 | 0 | 1 | | 83 | 5 | | |
| Phytosterols m | 5 | v | - | | 03 | J | | |
| T Hytosterois | 9 | | | | | | | |
| Amino Acids: | | | | | | | | |
| Tryptophang | 0.484 | 0 | 1 | • | 0.581 | 0.031 | | |
| Threonine | 1.548 | 0 | 1 | • | 1.858 | 0.101 | | |
| Isoleucineg | 2.075 | 0 | 1 | | 2.490 | 0.135 | | |
| Leucineg | 3.360 | 0 | 1 | | 4.032 | 0.218 | | |
| Lysineg | 2.720 | 0 | 1 | | 3.264 | 0.177 | | |
| Methionineg | 0.860 | 0 | 1 | | 1.032 | 0.056 | | |
| Cystineg | 0.317 | 0 | 1 | • | 0.380 | 0.021 | | |
| Phenylalanineg | 1.656 | 0 | 1 | | 1.987 | 0.108 | | |
| Tyrosineg | 1.656 | 0 | 1 | • | 1.987 | 0.108 | | |
| Valineg | 2.296 | | 1 | | 2.755 | 0.149 | | |
| Arginineg | 1.242 | 0 | 1 | | 1.490 | 0.081 | | |
| Histidineg | 0.930 | 0 | 1 | | 1.116 | 0.060 | | |
| Alanineg | 1.183 | | 1 | | 1.420 | 0.077 | | |
| Aspartic acidg | 2.602 | 0 | 1 | • | 3.122 | 0.169 | | |
| Glutamic acid | 7.183 | 0 | 1 | | 8.620 | 0.467 | | |
| Glycine9 | 0.726 | 0 | 1 | | 0.871 | 0.047 | | |
| Prolineg | 3.322 | 0 | 1 | | 3.986 | 0.216 | | |
| Serineg | 1.866 | 0 | 1 | • | 2.239 | 0.121 | | |
| Hydroxyprolineg | | | | | | | | |
| Others: | | | | | | | | |
| Alcohol, ethyl | 0.0 | 0 | 7 | , | 0.0 | 0.0 | | |
| Caffeineg | 0.0 | 0 | z 7 | | 0 | 0.0 | | |
| Theobromine mg | 0 | 0 | z 7 | | 0 | 0 | | |
| Carotenoids: | · · | v | | | • | ŭ | | |
| | | | | | | | | |
| Carotene, beta mc | | 0 | BFFN 4 | | 11.094 | 0.601 | | |
| Carotene, alpha mcc | | 0 | z 7 | | 0.000 | 0.000 | | |
| Cryptoxanthin, betamcc | | 0 | Z 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 | | |

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 = 120g: 1 cup Measure 2 = 6.5g: 1 tbsp NDB No. 01094 Milk, buttermilk, dried

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>Aı</u> | mount in 100 g | grams | of edib | le portio | <u>n</u> | Amount in edible portion of common | | | |
|--|------|------------|----------------|----------|---------|-----------|------------|------------------------------------|-----------------|-------------|--|
| | | | Nu | ımber | | | | <u>me</u> | easures of food | | |
| | | | | | Deriv | Source | Confidence | | | | |
| Nutrients and Uni | its | Mean | Std. Error Po | | | Code | Code | Measure 1 | Measure 2 | Measure | |
| Proximates: | | | | | | | | | | | |
| Water | а | 90.13 | 0.093 | 62 | | 1 | | 220.82 | 27.58 | 883.27 | |
| Energy | _ | 40 | | 0 | NC | 4 | | 99 | 12 | 396 | |
| Energy | | 169 | | | | 4 | | 414 | 52 | 1657 | |
| Protein (N x 6.38) | = | 3.31 | 0.024 | 65 | | 1 | | 8.11 | 1.01 | 32.44 | |
| Total lipid (fat) | | 0.88 | 0.174 | 19 | | 1 | | 2.16 | 0.27 | 8.62 | |
| Ash | | 0.89 | 0.045 | 8 | | 1 | | 2.18 | 0.27 | 8.72 | |
| Carbohydrate, by difference | | 4.79 | | 0 | NC | 4 | | 11.74 | 1.47 | 46.94 | |
| Fiber, total dietary | | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 | |
| Sugars, total | | 4.79 | | 0 | NR | 4 | | 11.74 | 1.47 | 46.94 | |
| Starch | | | | | | | | | | | |
| | | | | | | | | | | | |
| Minerals: | | | | | | _ | | 005 | 0.5 | | |
| Calcium, Ca | | 116 | 2.751 | 12 | | 1 | | 285 | 36 | 1141 | |
| Iron, Fe | | 0.05 11 | 0.011 0.717 | 6 9 | | 1 1 | | 0.12 | 0.02 | 0.49 | |
| Magnesium, Mg | | | | | | _ | | 27 | 3 | 107 | |
| Phosphorus, P | | 89 151 | 4.732 6.264 | 12 14 | | 1 1 | | 219 371 | 27 46 | 874 1483 | |
| Potassium, K | | 105 | 7.849 | 11 | | 1 | | 371 257 | 46 32 | 1028 | |
| Sodium, Na | _ | 0.42 | 0.061 | 5 | | 1 | | 1.03 | 0.13 | 4.12 | |
| Zinc, Zn Copper, Cu | | 0.42 | | 0 | | 1 | | 0.027 | 0.003 | 0.10 | |
| Manganese, Mn | | 0.011 | | 0 | | 1 | | 0.005 | 0.003 | 0.0 | |
| Selenium, Se | | 2.0 | 0.563 | 12 | A | 1 | | 4.9 | 0.6 | 19.6 | |
| Scientini, Sc | 9 | | 0.000 | | | _ | | | 0.0 | | |
| <u>Vitamins:</u> | | | | | | | | | | | |
| Vitamin C, total ascorbic acid | - | 1.0 | | 0 | | 1 | | 2.4 | 0.3 | 9.6 | |
| Thiamin | | 0.034 | | 0 | | 1 | | 0.083 | 0.010 | 0.33 | |
| Riboflavin | mg | 0.154 | | 7 | | 1 | | 0.377 | 0.047 | 1.50 | |
| Niacin | _ | 0.058 | | 6 | | 1 | | 0.142 | 0.018 | 0.50 | |
| Pantothenic acid | - | 0.275 | | 3 | | 1 | | 0.674 | 0.084 | 2.69 | |
| Vitamin B-6 | | 0.034 | 0.001 | 7 | | 1 | | 0.083 | 0.010 | 0.3 | |
| Folate, total | | 5 | | 0 | | 4 | | 12 | 2 | 49 | |
| Folic acid | | 0 | | 0 | Z | 7 | | 0 | 0 | 0 | |
| Folate, food | | 5 | | 0 | | 4 | | 12 | 2 | 49 | |
| Folate, DFE | | 5 | | 0 | NC | 4 | | 12 | 2 | 49 | |
| Vitamin B-12 | | 0.22 | | 2 | | 1 | | 0.54 | 0.07 | 2.1 | |
| Vitamin A, IU | | 26 | | 0 | NC | 4 | | 63 | 8 | 252 | |
| Vitamin A, RAE | | 7 | | 0 | NC | 4 | | 17 | 2 | 70 | |
| Retinol | | 7 | | 0 | NC | 4 | | 17 | 2 | 69 | |
| Vitamin E (alpha-tocopherol) | _ | 0.05 | | 1 | A | 1 | | 0.12 | 0.02 | 0.4 | |
| Tocopherol, beta | | 0.02 | | 1 | A | 1 | | 0.05 | 0.01 | 0.20 | |
| Tocopherol, gamma | | 0.03 | | 1 | A | 1 | | 0.07 | 0.01 | 0.29 | |
| Tocopherol, delta | | 0.02 | | 1 | A | 1 | | 0.05 | 0.01 | 0.20 | |
| Vitamin D Vitamin K (phylloquinone) | | 0.1 | | 0 | BFFN | 4 | | 0.1 | 0.0 | 0.6 | |
| vitamin K (phytioquinone) | nicg | 0.1 | | U | DEFN | - | | 0.1 | 0.0 | 0.6 | |
| <u>Lipids:</u> | | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.548 | | 0 | | 1 | | 1.343 | 0.168 | 5.37 | |
| 4:0 | g | 0.029 | 1 | 0 | | 1 | | 0.071 | 0.009 | 0.28 | |
| 6:0 | g | 0.017 | | 0 | | 1 | | 0.042 | 0.005 | 0.1 | |
| 8:0 | g | 0.010 | 1 | 0 | | 1 | | 0.025 | 0.003 | 0.0 | |
| 10:0 | | 0.022 | | 0 | | 1 | | 0.054 | 0.007 | 0.2 | |
| 12:0 | g | 0.025 | i | 0 | | 1 | | 0.061 | 0.008 | 0.2 | |
| 13:0 | - | | | | | | | | | | |
| 14:0 | - | 0.089 |) | 0 | | 1 | | 0.218 | 0.027 | 0.8 | |
| 15:0 | - | | | | | | | | | | |
| 16:0 | - | 0.231 | | 0 | | 1 | | 0.566 | 0.071 | 2.2 | |
| 17:0 | - | | | | | | | | | | |
| 18:0 | | 0.107 | | 0 | | 1 | | 0.262 | 0.033 | 1.0 | |
| 20:0 | | | | | | | | | | | |
| 22:0 | ~ | | | | | | | | | | |

| | | <u>Aı</u> | mount in 10 | | | ole portio | <u>on</u> | Amount in edible portion of common measures of food | | | |
|---|---|----------------|-------------|----------------|-----------|----------------|--------------------|---|----------------|-----------------|--|
| Nutrients and | l laita | Maan | Std. Error | Number of Data | Deriv | Source Code | Confidence Code | Measure 1 | | Magazina 2 | |
| Nutrients and | Units | Mean | Sta. Error | Foints | Code | Code | Code | Measure 1 | Measure 2 | Measure 3 | |
| Fatty acids, total monounsatura | ntedg | 0.254 | | 0 | | 1 | | 0.622 | 0.078 | 2.489 | |
| 14:1 | | | | | | | | | | | |
| 15:1 | - | | | _ | | | | | | | |
| 16:1 undifferentiated | - | 0.020 | | 0 | | 1 | | 0.049 | 0.006 | 0.196 | |
| 18:1 undifferentiated | | 0.221 | | 0 | | 1 | | 0.541 | 0.068 | 2.166 | |
| 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 | g | | | | | | | | | | |
| Fatty acids, total polyunsaturat | edg | 0.033 | | 0 | | 1 | | 0.081 | 0.010 | 0.323 | |
| 18:2 undifferentiated | | 0.020 | | 0 | | 1 | | 0.049 | 0.006 | 0.196 | |
| 18:3 undifferentiated | = | 0.013 | | 0 | | 1 | | 0.032 | 0.004 | 0.127 | |
| 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 | | 4 | 0.9 | 35 4 | | 1 | | 9 | 1 | 34 | |
| Phytosterols | mg | | | | | | | | | | |
| Amino Acids: | | | | | | | | | | | |
| Tryptophan | а | 0.036 | | 0 | | 1 | | 0.088 | 0.011 | 0.353 | |
| Threonine | | 0.158 | | 0 | | 1 | | 0.387 | 0.048 | 1.548 | |
| Isoleucine | - | 0.204 | | 0 | | 1 | | 0.500 | 0.062 | 1.999 | |
| Leucine | | 0.329 | | 0 | | 1 | | 0.806 | 0.101 | 3.224 | |
| Lysine | g | 0.277 | | 0 | | 1 | | 0.679 | 0.085 | 2.715 | |
| Methionine | g | 0.081 | | 0 | | 1 | | 0.198 | 0.025 | 0.794 | |
| Cystine | g | 0.031 | | 0 | | 1 | | 0.076 | 0.009 | 0.304 | |
| Phenylalanine | g | 0.174 | | 0 | | 1 | | 0.426 | 0.053 | 1.705 | |
| Tyrosine | = | 0.139 | | 0 | | 1 | | 0.341 | 0.043 | 1.362 | |
| Valine | | 0.243 | | 0 | | 1 | | 0.595 | 0.074 | 2.381 | |
| Arginine | | 0.126 | | 0 | | 1 | | 0.309 | 0.039 | 1.235 | |
| Histidine | | 0.095 0.119 | | 0 | | 1 1 | | 0.233 0.292 | 0.029 0.036 | 0.931 1.166 | |
| AlanineAspartic acid | | 0.119 | | 0 | | 1 | | 0.292 | 0.036 | 2.587 | |
| Glutamic acid | | 0.643 | | 0 | | 1 | | 1.575 | 0.197 | 6.301 | |
| Glycine | | 0.073 | | 0 | | 1 | | 0.179 | 0.022 | 0.715 | |
| Proline | | 0.334 | | 0 | | 1 | | 0.818 | 0.102 | 3.273 | |
| Serine | g | 0.172 | | 0 | | 1 | | 0.421 | 0.053 | 1.686 | |
| Hydroxyproline | g | | | | | | | | | | |
| Othors | | | | | | | | | | | |
| Others: | 0 | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 | |
| Alcohol, ethyl | | 0.0 | | 0 | z | 7 | | 0.0 | 0.0 | 0.0 | |
| Theobromine | | 0 | | 0 | Z | 7 | | 0 | 0 | 0 | |
| Carotenoids: | | - | | - | _ | • | | - | • | ū | |
| · | moa | 1 | | ^ | Deme | 4 | | 2 440 | 0 421 | 12 704 | |
| Carotene, beta | - | 1 0 | | 0 | BFFN Z | 4 7 | | 3.448 0.000 | 0.431 0.000 | 13.794 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 | |
| | mcg | 0 | | 0 | z | 7 | | 0.000 | 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 = 245g: 1 cup Measure 2 = 30.6g: 1 fl oz Measure 3 = 980g: 1 quart

Milk, buttermilk, fluid, cultured, lowfat

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>A</u> : | mount in 100 | grams) | of edib | ole 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 Un | its | Mean | Std. Error | Points | Code | Code | Code | Measure 1 | Measure 2 | Measure 3 |
| Proximates: | | | | | | | | | | |
| Water | g | 87.70 | | | | 4 | | 214.87 | 26.84 | |
| Energy | kcal | 56 | | | | 8 | | 137 | 17 | |
| Energy | kj | 234 | | | | 8 | | 574 | 72 | |
| Protein | g | 4.10 | | | | 8 | | 10.05 | 1.25 | |
| Total lipid (fat) | g | 2.00 | | | | 8 | | 4.90 | 0.61 | |
| Ash | | 0.90 | | 0 | NR | 4 | | 2.21 | 0.28 | |
| Carbohydrate, by difference | g | 5.30 | | | | 8 | | 12.99 | 1.62 | |
| Fiber, total dietary | | 0.0 | | | | 7 | | 0.0 | 0.0 | |
| Sugars, total | g | 5.30 | | 0 | NR | 4 | | 12.99 | 1.62 | |
| Starch | g | | | | | | | | | |
| Minerals: | | | | | | | | | | |
| Calcium, Ca | ma | 143 | | | | 8 | | 350 | 44 | |
| Iron, Fe | - | 0.06 | | | | 4 | | 0.15 | 0.02 | |
| Magnesium, Mg | - | 13 | | | | 8 | | 32 | 4 | |
| Phosphorus, P | | 82 | | | | 8 | | 201 | 25 | |
| Potassium, K | • | 180 | | | | 4 | | 441 | 55 | |
| Sodium, Na | | 86 | | | | 8 | | 211 | 26 | |
| Zinc, Zn | - | 0.24 | | | | 8 | | 0.59 | 0.07 | |
| Copper, Cu | mg | 0.008 | 3 | | | 4 | | 0.020 | 0.002 | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | mcg | 2.3 | | 0 | BFNN | 4 | | 5.6 | 0.7 | |
| Vitamins: | | | | | | | | | | |
| Vitamin C, total ascorbic acid | ma | 1.5 | | | | 8 | | 3.7 | 0.5 | |
| Thiamin | - | 0.050 | 1 | | | 8 | | 0.123 | 0.015 | |
| Riboflavin | - | 0.030 | | | | 8 | | 0.123 | 0.064 | |
| Niacin | | 0.100 | | | | 4 | | 0.245 | 0.031 | |
| Pantothenic acid | - | 0.200 | • | | | - | | 0.210 | 0.002 | |
| Vitamin B-6 | - | 0.030 |) | | | 8 | | 0.074 | 0.009 | |
| Folate, total | - | 6 | | | | 4 | | 15 | 2 | |
| Folic acid | | 0 | | 0 | z | 7 | | 0 | 0 | |
| Folate, food | _ | 6 | | | | 4 | | 15 | 2 | |
| Folate, DFE | | 6 | | 0 | NC | 4 | | 15 | 2 | |
| Vitamin B-12 | | 0.37 | | | | 8 | | 0.91 | 0.11 | |
| Vitamin A, IU | IU | 58 | | 0 | NC | 4 | | 143 | 18 | |
| Vitamin A, RAE | | 16 | | 0 | NC | 4 | | 40 | 5 | |
| Retinol | mcg | 16 | | 0 | BFFN | 4 | | 39 | 5 | |
| Vitamin E (alpha-tocopherol) | mg | 0.11 | | 0 | BFFN | 4 | | 0.28 | 0.03 | |
| Tocopherol, beta | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | |
| Vitamin D | | | | | | | | | | |
| Vitamin K (phylloquinone) | riicg | 0.1 | | 0 | BFFN | 4 | | 0.3 | 0.0 | |
| Lipids: | | | | | | | | | | |
| Fatty acids, total saturated | g | 1.242 | 2 | | | 4 | | 3.043 | 0.380 | |
| 4:0 | g | 0.061 | = | | | 4 | | 0.149 | 0.019 | |
| 6:0 | g | 0.040 |) | | | 4 | | 0.098 | 0.012 | |
| 8:0 | g | 0.020 |) | | | 4 | | 0.049 | 0.006 | |
| 10:0 | g | 0.051 | - | | | 4 | | 0.125 | 0.016 | |
| 12:0 | g | 0.061 | - | | | 4 | | 0.149 | 0.019 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | | 0.202 | ! | | | 4 | | 0.495 | 0.062 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.525 | i | | | 4 | | 1.286 | 0.161 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.242 | ? | | | 4 | | 0.593 | 0.074 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | а | | | | | | | | | |

| | <u>An</u> | nount in 10 | 00 grams | of edil | ole portio | <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 | <u>m</u> Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Fatty acids, total monounsaturatedg | 0.576 | | | | 4 | | 1.411 | 0.176 | |
| 14:1g | | | | | | | | | |
| 15:1g | 0.040 | | | | 4 | | 0.098 | 0.012 | |
| 16:1 undifferentiated | 0.040 | | | | 4 | | 0.098 | 0.012 | |
| 17:1 | 0.505 | | | | 4 | | 1.237 | 0.155 | |
| 20:1 | 0.000 | | | | 4 | | 0.000 | 0.155 | |
| 22:1 undifferentiated | 0.000 | | | | 4 | | 0.000 | 0.000 | |
| 24:1 cg | 0.000 | | | | 4 | | 0.000 | 0.000 | |
| Fatty acids, total polyunsaturatedg | 0.071 | | | | 4 | | 0.174 | 0.022 | |
| 18:2 undifferentiatedg | 0.040 | | | | 4 | | 0.174 | 0.022 | |
| 18:3 undifferentiated | 0.030 | | | | 4 | | 0.038 | 0.009 | |
| 18:4g | 0.000 | | | | 4 | | 0.000 | 0.009 | |
| 20:2 n-6 c.cg | 0.000 | | | | - | | 0.000 | 0.000 | |
| 20:3 undifferentiated | | | | | | | | | |
| 20:4 undifferentiated | 0.000 | | | | 4 | | 0.000 | 0.000 | |
| 20:5 n-3 | 0.000 | | | | 4 | | 0.000 | 0.000 | |
| 22:5 n-3g | 0.000 | | | | 4 | | 0.000 | 0.000 | |
| 22:6 n-3g | 0.000 | | | | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans9 | 0.000 | | | | - | | 0.000 | 0.000 | |
| Cholesterol mg | 8 | | | | 4 | | 20 | 2 | |
| 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 | 3 | | 0 | BFFN | 4 | | 7.837 | 0.979 | |
| 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 cupMeasure 2 = 30.6g: 1 fl oz

Calories Factors: Protein Fat Carbohydrate

> Food Group: 01 Dairy and Egg Products USDA National Nutrient Database for Standard Reference, Release 17 (2004)

| | | <u>Aı</u> | mount in 100 g | ırams | of edib | ole portion | <u>n</u> | Amount in edible portion of common | | | |
|--------------------------------|------|-----------|----------------|-------|---------|-------------|------------|------------------------------------|-----------------|-----------|--|
| | | | Nu | ımber | • | | | <u>m</u> | easures of food | <u>.</u> | |
| | | | of | Data | Deriv | Source | Confidence | | | | |
| Nutrients and Un | its | Mean | Std. Error Po | oints | Code | Code | Code | Measure 1 | Measure 2 | Measure 3 | |
| Proximates: | | | | | | | | | | | |
| Water | g | 27.16 | 0.060 | 21 | | 1 | | 83.11 | 10.38 | | |
| Energy | kcal | 321 | | 0 | NC | 4 | | 982 | 123 | | |
| Energy | kj | 1342 | | | | 4 | | 4107 | 513 | | |
| Protein (N x 6.38) | g | 7.91 | 0.110 | 5 | | 1 | | 24.20 | 3.02 | | |
| Total lipid (fat) | g | 8.70 | 0.025 | 23 | | 1 | | 26.62 | 3.32 | | |
| Ash | g | 1.83 | | 2 | | 1 | | 5.60 | 0.70 | | |
| Carbohydrate, by difference | g | 54.40 | | 0 | NC | 4 | | 166.46 | 20.78 | | |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | | |
| Sugars, total | g | 54.40 | | 0 | NR | 4 | | 166.46 | 20.78 | | |
| Starch | g | | | | | | | | | | |
| Minerals: | | | | | | | | | | | |
| Calcium, Ca | ma | 284 | 6.767 | 3 | | 1 | | 868 | 108 | | |
| Iron, Fe | _ | 0.19 | 0.757 | 1 | | 1 | | 0.58 | 0.07 | | |
| Magnesium, Mg | _ | 26 | | 1 | | 1 | | 78 | 10 | | |
| Phosphorus, P | | 253 | 17.271 | 3 | | 1 | | 775 | 97 | | |
| Potassium, K | - | 371 | 20.004 | 6 | | 1 | | 1136 | 142 | | |
| Sodium, Na | _ | 127 | 4.716 | 6 | | 1 | | 389 | 49 | | |
| Zinc, Zn | | 0.94 | | 0 | | 1 | | 2.88 | 0.36 | | |
| Copper, Cu | | 0.015 | | 0 | | 1 | | 0.046 | 0.006 | | |
| Manganese, Mn | mg | 0.006 | | 0 | | 1 | | 0.018 | 0.002 | | |
| Selenium, Se | mcg | 14.8 | | 0 | BFNN | 4 | | 45.3 | 5.7 | | |
| Vitamins: | | | | | | | | | | | |
| Vitamin C, total ascorbic acid | ma | 2.6 | 0.560 | 10 | | 1 | | 8.0 | 1.0 | | |
| Thiamin | - | 0.090 | | 12 | | 1 | | 0.275 | 0.034 | | |
| Riboflavin | | 0.416 | | 13 | | 1 | | 1.273 | 0.159 | | |
| Niacin | _ | 0.210 | | 2 | | 1 | | 0.643 | 0.080 | | |
| Pantothenic acid | _ | 0.750 | | 1 | | 1 | | 2.295 | 0.287 | | |
| Vitamin B-6 | _ | 0.051 | | 5 | | 1 | | 0.156 | 0.019 | | |
| Folate, total | - | 11 | | 0 | | 1 | | 34 | 4 | | |
| Folic acid | | 0 | | 0 | z | 7 | | 0 | 0 | | |
| Folate, food | | 11 | | 0 | | 1 | | 34 | 4 | | |
| Folate, DFE | | 11 | | 0 | NC | 4 | | 34 | 4 | | |
| Vitamin B-12 | | 0.44 | 0.082 | 4 | | 1 | | 1.36 | 0.17 | | |
| Vitamin A, IU | IU - | 267 | | 0 | NC | 4 | | 816 | 102 | | |
| Vitamin A, RAE | | 74 | | 0 | NC | 4 | | 227 | 28 | | |
| Retinol | mcg | 73 | | 0 | NC | 4 | | 223 | 28 | | |
| Vitamin E (alpha-tocopherol) | mg | 0.16 | | 0 | BFFN | 4 | | 0.48 | 0.06 | | |
| Tocopherol, beta | mg | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | | |
| Vitamin D | | | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.6 | | 0 | BFFN | 4 | | 1.8 | 0.2 | | |
| Lipids: | | | | | | | | | | | |
| Fatty acids, total saturated | q | 5.486 | | 0 | | 1 | | 16.787 | 2.096 | | |
| 4:0 | | 0.282 | | 1 | | 1 | | 0.863 | 0.108 | | |
| 6:0 | g | 0.167 | | 1 | | 1 | | 0.511 | 0.064 | | |
| 8:0 | g | 0.097 | | 1 | | 1 | | 0.297 | 0.037 | | |
| 10:0 | g | 0.073 | | 2 | | 1 | | 0.223 | 0.028 | | |
| 12:0 | | 0.180 | | 2 | | 1 | | 0.551 | 0.069 | | |
| 13:0 | | | | | | | | | | | |
| 14:0 | g | 0.783 | | 2 | | 1 | | 2.396 | 0.299 | | |
| 15:0 | g | | | | | | | | | | |
| 16:0 | g | 2.396 | | 2 | | 1 | | 7.332 | 0.915 | | |
| 17:0 | g | | | | | | | | | | |
| 18:0 | g | 1.209 | | 2 | | 1 | | 3.700 | 0.462 | | |
| 20:0 | g | | | | | | | | | | |
| 22:0 | g | | | | | | | | | | |
| 24:0 | g | | | | | | | | | | |

| | | <u>Ar</u> | nount in 10 | | <u>on</u> | Amount in edible portion of common measures of food | | | | |
|------------------------------------|-------|-----------|-------------|-----------------------|-----------|---|--------------------|-----------|-----------|-----------|
| Nutrients and U | Inits | Mean | Std. Error | Number of Data Points | Deriv | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | | |
| Fatty acids, total monounsaturate | edg | 2.427 | | 0 | | 1 | | 7.427 | 0.927 | |
| 14:1 | g | | | | | | | | | |
| 15:1 | g | | | | | | | | | |
| 16:1 undifferentiated | _ | 0.137 | | 2 | | 1 | | 0.419 | 0.052 | |
| 17:1 | - | | | | | | | | | |
| 18:1 undifferentiated | | 2.188 | | 2 | | 1 | | 6.695 | 0.836 | |
| 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 | | 0.337 | | 0 | | 1 | | 1.031 | 0.129 | |
| 18:2 undifferentiated | | 0.216 | | 2 | | 1 | | 0.661 | 0.083 | |
| 18:3 undifferentiated | _ | 0.121 | | 1 | | 1 | | 0.370 | 0.046 | |
| 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 | | 34 | | 0 | | 1 | | 104 | 13 | |
| Phytosterols | mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan | a | 0.112 | | 0 | | 1 | | 0.343 | 0.043 | |
| Threonine | | 0.357 | | 0 | | 1 | | 1.092 | 0.136 | |
| Isoleucine | _ | 0.479 | | 0 | | 1 | | 1.466 | 0.183 | |
| Leucine | | 0.775 | | 0 | | 1 | | 2.372 | 0.296 | |
| Lysine | _ | 0.627 | | 0 | | 1 | | 1.919 | 0.240 | |
| Methionine | | 0.198 | | 0 | | 1 | | 0.606 | 0.076 | |
| Cystine | | 0.073 | | 0 | | 1 | | 0.223 | 0.028 | |
| Phenylalanine | | 0.382 | | 0 | | 1 | | 1.169 | 0.146 | |
| Tyrosine | | 0.382 | | 0 | | 1 | | 1.169 | 0.146 | |
| Valine | - | 0.529 | | 0 | | 1 | | 1.619 | 0.202 | |
| Arginine | | 0.286 | | 0 | | 1 | | 0.875 | 0.109 | |
| Histidine | - | 0.214 | | 0 | | 1 | | 0.655 | 0.082 | |
| Alanine | | 0.273 | | 0 | | 1 | | 0.835 | 0.104 | |
| Aspartic acid | | 0.600 | | 0 | | 1 | | 1.836 | 0.229 | |
| Glutamic acid | | 1.656 | | 0 | | 1 | | 5.067 | 0.633 | |
| Glycine | - | 0.167 | | 0 | | 1 | | 0.511 | 0.064 | |
| Proline | | 0.766 | | 0 | | 1 | | 2.344 | 0.084 | |
| Serine | | 0.430 | | 0 | | 1 | | 1.316 | 0.164 | |
| Hydroxyproline | _ | 0.430 | | Ü | | - | | 1.510 | 0.104 | |
| 2 2. | | | | | | | | | | |
| Others: | | | | _ | | _ | | | | |
| Alcohol, ethyl | | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine | - | 0 | | 0 | z | 7 | | 0 | 0 | |
| Theobromine | mg | 0 | | 0 | z | 7 | | 0 | 0 | |
| Carotenoids: | | | | | | | | | | |
| Carotene, beta | mcg | 14 | | 0 | BFFN | 4 | | 42.582 | 5.316 | |
| Carotene, alpha | | 0 | | 0 | z | 7 | | 0.000 | 0.000 | |
| Cryptoxanthin, beta | | 0 | | 0 | z | 7 | | 0.000 | 0.000 | |
| Lycopene | | 0 | | 0 | z | 7 | | 0.000 | 0.000 | |
| Lutein + zeaxanthin | | 0 | | 0 | z | 7 | | 0.000 | 0.000 | |

Common Measures:

Measure 1 = 306g: 1 cup

Measure 2 = 38.2g: 1 fl oz

Milk, canned, condensed, sweetened

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>Ar</u> | mount in 100 | grams | of edib | ole portion | <u>n</u> | Amount in edible portion of common | | | |
|--------------------------------|-----------|-----------|--------------|---------|---------|-------------|------------|------------------------------------|-----------------|----------|--|
| | | | 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 | |
| Proximates: | | | | | | | | | | | |
| Water | g | 79.40 | | 2 | | 1 | | 203.26 | 25.33 | 101.63 | |
| Energy | kcal | 78 | | 0 | NC | 4 | | 199 | 25 | 100 | |
| Energy | kj | 326 | | | | 4 | | 835 | 104 | 417 | |
| Protein (N x 6.38) | g | 7.55 | 0.096 | 10 | | 1 | | 19.33 | 2.41 | 9.66 | |
| Total lipid (fat) | g | 0.20 | 0.018 | 10 | | 1 | | 0.51 | 0.06 | 0.26 | |
| Ash | g | 1.50 | | 1 | | 1 | | 3.84 | 0.48 | 1.92 | |
| Carbohydrate, by difference | g | 11.35 | | 0 | NC | 4 | | 29.06 | 3.62 | 14.53 | |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 | |
| Sugars, total | | 11.35 | | 0 | NR | 4 | | 29.06 | 3.62 | 14.53 | |
| Starch | | | | | | | | | | | |
| | | | | | | | | | | | |
| <u>Minerals:</u> | <u></u> . | | | | | _ | | | | | |
| Calcium, Ca | | 290 | 14.084 | | | 1 | | 741 | 92 | 371 | |
| Iron, Fe | | 0.29 | 0.057 | | | 1 | | 0.74 | 0.09 | 0.3 | |
| Magnesium, Mg | | 27 | | 1 | | 1 | | 69 | 9 | 35 | |
| Phosphorus, P. | | 195 | 9.946 | | | 1 | | 499 | 62 | 249 | |
| Potassium, K | | 332 | | 2 | | 1 | | 849 | 106 | 424 | |
| Sodium, Na | | 115 | | 2 | | 1 | | 294 | 37 | 147 | |
| Zinc, Zn | - | 0.90 | | 0 | | 1 | | 2.30 | 0.29 | 1.1 | |
| Copper, Cu | | 0.016 | | 0 | | 1 | | 0.041 | 0.005 | | |
| Manganese, Mn | | 0.006 | 1 | 0 | | 1 4 | | 0.015 | 0.002 | 0.0 | |
| Selenium, Se | rricg | 2.5 | | U | BFNN | 4 | | 6.4 | 0.8 | 3.2 | |
| Vitamins: | | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 1.2 | 0.127 | 9 | | 1 | | 3.2 | 0.4 | 1.6 | |
| Thiamin | mg | 0.045 | 0.004 | 10 | | 1 | | 0.115 | 0.014 | 0.0 | |
| Riboflavin | mg | 0.309 | 0.015 | 10 | | 1 | | 0.791 | 0.099 | 0.3 | |
| Niacin | mg | 0.174 | 0.008 | 10 | | 1 | | 0.445 | 0.056 | 0.2 | |
| Pantothenic acid | mg | 0.738 | | 2 | | 1 | | 1.889 | 0.235 | 0.9 | |
| Vitamin B-6 | mg | 0.055 | i | 1 | | 1 | | 0.141 | 0.018 | 0.0 | |
| Folate, total | mcg | 9 | | 1 | | 1 | | 22 | 3 | 11 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 | |
| Folate, food | mcg | 9 | | 1 | | 1 | | 22 | 3 | 11 | |
| Folate, DFE | mcg_DFE | 9 | | 0 | NC | 4 | | 22 | 3 | 11 | |
| Vitamin B-12 | mcg | 0.24 | | 1 | | 1 | | 0.61 | 0.08 | 0.3 | |
| Vitamin A, IU | IU | 394 | | 0 | NC | 4 | | 1008 | 126 | 504 | |
| Vitamin A, RAE | mcg_RAE | 118 | | 0 | NC | 4 | | 302 | 38 | 151 | |
| Retinol | mcg | 118 | | 0 | NC | 4 | | 302 | 38 | 151 | |
| Vitamin E (alpha-tocopherol) | mg | 0.00 | | 0 | BFFN | 4 | | 0.01 | 0.00 | 0.0 | |
| Tocopherol, beta | mg | | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | | |
| Vitamin D | | 80.000 | | 0 | T | 4 | | 204.800 | 25.520 | 102.4 | |
| Vitamin K (phylloquinone) | mcg | 0.0 | | 0 | BFFN | 4 | | 0.0 | 0.0 | 0.0 | |
| .ipids: | | | | | | | | | | | |
| Fatty acids, total saturated | а | 0.121 | | 0 | | 1 | | 0.310 | 0.039 | 0.1 | |
| 4:0 | | 0.005 | | 1 | | 1 | | 0.013 | 0.002 | 0.0 | |
| 6:0 | | 0.004 | | 1 | | 1 | | 0.010 | 0.001 | 0.0 | |
| 8:0 | | 0.001 | | 2 | | 1 | | 0.003 | 0.000 | 0.0 | |
| 10:0 | _ | 0.003 | | | | 1 | | 0.008 | 0.001 | 0.0 | |
| 12:0 | - | 0.004 | | | | 1 | | 0.010 | 0.001 | 0.0 | |
| 13:0 | - | | | | | | | | - / = | | |
| 14:0 | _ | 0.019 | 0.002 | 12 | | 1 | | 0.049 | 0.006 | 0.0 | |
| 15:0 | | | | | | | | | | | |
| 16:0 | - | 0.054 | 0.005 | 12 | | 1 | | 0.138 | 0.017 | 0.0 | |
| 17:0 | _ | | | | | | | | | | |
| 18:0 | - | 0.024 | 0.002 | 12 | | 1 | | 0.061 | 0.008 | 0.0 | |
| 20:0 | _ | | | | | | | | | | |
| 22:0 | _ | | | | | | | | | | |
| 24:0 | _ | | | | | | | | | | |

| | | <u>Ar</u> | nount in 10 | 0 grams | Amount in edible portion of common | | | | | |
|---------------------------------|----------|-----------|-------------|-------------------|------------------------------------|--------|--------------------|-----------|-----------------|-----------|
| | | | | Numbe | | | 0 51 | | easures of food | |
| Nutrients and | d Units | Mean | Std. Error | of Data Points | | Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total monounsatur | roted (I | 0.062 | | 0 | | 1 | | 0.159 | 0.020 | 0.079 |
| 14:1 | | 0.002 | | Ů | | - | | 0.133 | 0.020 | 0.075 |
| 15:1 | g | | | | | | | | | |
| 16:1 undifferentiated | g | 0.004 | 0.00 | 1 12 | | 1 | | 0.010 | 0.001 | 0.005 |
| 17:1 | g | | | | | | | | | |
| 18:1 undifferentiated | _ | 0.056 | 0.00 | | | 1 | | 0.143 | 0.018 | 0.072 |
| 20:1 | g | 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 | g | | | | | | | | | |
| Fatty acids, total polyunsatura | ntedg | 0.006 | | 0 | | 1 | | 0.015 | 0.002 | 0.008 |
| 18:2 undifferentiated | | 0.004 | 0.00 | | | 1 | | 0.010 | 0.001 | 0.005 |
| 18:3 undifferentiated | g | 0.002 | | 2 | | 1 | | 0.005 | 0.001 | 0.003 |
| 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 | _ | 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 | 4 | | 0 | | 1 | | 9 | 1 | 5 |
| Phytosterols | mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan | 0 | 0.107 | | 0 | | 1 | | 0.274 | 0.034 | 0.137 |
| Threonine | | 0.341 | | 0 | | 1 | | 0.873 | 0.109 | 0.436 |
| Isoleucine | = | 0.457 | | 0 | | 1 | | 1.170 | 0.146 | 0.585 |
| Leucine | _ | 0.437 | | 0 | | 1 | | 1.894 | 0.236 | 0.947 |
| Lysine | | 0.599 | | 0 | | 1 | | 1.533 | 0.191 | 0.767 |
| Methionine | | 0.189 | | 0 | | 1 | | 0.484 | 0.060 | 0.242 |
| Cystine | | 0.070 | | 0 | | 1 | | 0.179 | 0.022 | 0.090 |
| • | | 0.364 | | 0 | | 1 | | 0.932 | 0.022 | 0.090 |
| Phenylalanine Tyrosine | | 0.364 | | 0 | | 1 | | 0.932 | 0.116 | 0.466 |
| Valine | | 0.505 | | 0 | | 1 | | 1.293 | 0.161 | 0.466 |
| Arginine | _ | 0.273 | | 0 | | 1 | | 0.699 | 0.087 | 0.349 |
| Histidine | | 0.275 | | 0 | | 1 | | 0.525 | 0.065 | 0.349 |
| | = | 0.260 | | 0 | | 1 | | 0.666 | 0.083 | 0.262 |
| Alanine | | 0.573 | | 0 | | 1 | | 1.467 | 0.183 | 0.333 |
| Aspartic acid | | 1.581 | | 0 | | 1 | | 4.047 | 0.183 | 2.024 |
| Glutamic acid | | 0.160 | | 0 | | 1 | | 0.410 | 0.051 | 0.205 |
| Glycine | | | | 0 | | 1 | | | | |
| Proline | = | 0.731 | | 0 | | 1 | | 1.871 | 0.233 | 0.936 |
| Serine | | 0.411 | | U | | 1 | | 1.052 | 0.131 | 0.526 |
| Hydroxyproline | g | | | | | | | | | |
| Others: | | | | | | | | | | |
| Alcohol, ethyl | g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine | mg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Theobromine | mg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Carotenoids: | | | | | | | | | | |
| | moa | 0 | | 0 | BFFN | 4 | | 0.819 | 0 102 | 0.409 |
| Carotene, beta | - | 0 | | 0 | BFFN Z | 4 7 | | 0.819 | 0.102 0.000 | 0.409 |
| Carotene, alpha | | 0 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| Cryptoxanthin, beta | | 0 | | 0 | z Z | 7 | | 0.000 | 0.000 | 0.000 |
| Lycopene | | 0 | | 0 | z Z | 7 | | 0.000 | | 0.000 |
| Lutein + zeaxanthin | iica | U | | U | Z | , | | 0.000 | 0.000 | 0.000 |

Common Measures:

Measure 1 = 256g: 1 cup Measure 2 = 31.9g: 1 fl oz

Measure 3 = 128g: .5 cup

Milk, canned, evaporated, nonfat

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>A</u> 1 | mount in 100 gr | ams of e | dible porti | <u>on</u> | Amount in edible portion of common | | | |
|--|---------|------------|-----------------|----------|-------------|------------|------------------------------------|-----------------|-----------|--|
| | | | Nur | nber | | | <u>m</u> | easures of food | <u></u> | |
| | | | | | v Source | Confidence | | | | |
| Nutrients and Uni | its | Mean | Std. Error Poi | nts Cod | e Code | Code | Measure 1 | Measure 2 | Measure 3 | |
| Proximates: | | | | | | | | | | |
| Water | g | 74.04 | | 0 | 1 | | 23.32 | 93.29 | | |
| Energy | kcal | 134 | | 0 N | C 4 | | 42 | 169 | | |
| Energy | | 562 | | | 4 | | 177 | 708 | | |
| Protein (N x 6.38) | | 6.81 | | 0 | 1 | | 2.15 | 8.58 | | |
| Total lipid (fat) | g | 7.56 | | 0 | 1 | | 2.38 | 9.53 | | |
| Ash | | 1.55 | | 0 | 1 | | 0.49 | 1.95 | | |
| Carbohydrate, by difference | g | 10.04 | | 0 1 | C 4 | | 3.16 | 12.65 | | |
| Fiber, total dietary | g | 0.0 | | 0 | 4 | | 0.0 | 0.0 | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| Mr. 1 | | | | | | | | | | |
| Minerals: | ma | 261 | | 0 | 1 | | 82 | 329 | | |
| Calcium, Ca Iron, Fe | - | 0.19 | | 0 | 1 | | 0.06 | 0.24 | | |
| Magnesium, Mg | | 24 | 0.716 | 6 | 1 | | 8 | 30 | | |
| Phosphorus, P | | 203 | 0.710 | 0 | 1 | | 64 | 255 | | |
| Potassium, K | - | 303 | | 0 | 1 | | 95 | 382 | | |
| Sodium, Na | | 106 | | 0 | 1 | | 33 | 133 | | |
| Zinc, Zn | | 0.77 | 0.027 | 26 | 1 | | 0.24 | 0.97 | | |
| Copper, Cu | | 0.016 | 5 | 0 | 1 | | 0.005 | 0.020 | | |
| Manganese, Mn | | 0.006 | i | 0 | 1 | | 0.002 | 0.008 | | |
| Selenium, Se | mcg | 2.3 | 0.280 | 13 P | . 1 | | 0.7 | 2.9 | | |
| Vitamins: | | | | | | | | | | |
| | ma | 1.9 | | 0 | 1 | | 0.6 | 2.4 | | |
| Vitamin C, total ascorbic acid Thiamin | | 0.047 | , | 0 | 1 | | 0.015 | 0.059 | | |
| Riboflavin | | 0.047 | | 0 | 1 | | 0.100 | 0.398 | | |
| Niacin | | 0.194 | | 0 | 1 | | 0.061 | 0.244 | | |
| Pantothenic acid | - | 0.638 | | 5 | 1 | | 0.201 | 0.804 | | |
| Vitamin B-6 | | 0.050 | | 21 | 1 | | 0.016 | 0.063 | | |
| Folate, total | - | 8 | | 1 | 1 | | 2 | 10 | | |
| Folic acid | | 0 | | 0 2 | 7 | | 0 | 0 | | |
| Folate, food | | 8 | | 1 | 1 | | 2 | 10 | | |
| Folate, DFE | mcg_DFE | 8 | | 0 N | 2 4 | | 2 | 10 | | |
| Vitamin B-12 | | 0.16 | 0.015 | 9 | 1 | | 0.05 | 0.21 | | |
| Vitamin A, IU | | 397 | | 0 | 1 | | 125 | 500 | | |
| Vitamin A, RAE | mcg_RAE | 112 | | 0 N | 4 | | 35 | 140 | | |
| Retinol | mcg | 110 | | 0 N | 2 4 | | 35 | 139 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta | - | | | | | | | | | |
| Vitamin D | | | | | | | | | | |
| Vitamin K (phylloquinone) | nicg | | | | | | | | | |
| Lipids: | | | | | | | | | | |
| Fatty acids, total saturated | g | 4.591 | | 0 | 1 | | 1.446 | 5.785 | | |
| 4:0 | | 0.195 | | 1 | 1 | | 0.061 | 0.246 | | |
| 6:0 | g | 0.134 | ļ | 1 | 1 | | 0.042 | 0.169 | | |
| 8:0 | | 0.054 | | 2 | 1 | | 0.017 | 0.068 | | |
| 10:0 | - | 0.110 | | 11 | 1 | | 0.035 | 0.139 | | |
| 12:0 | _ | 0.161 | 0.015 | 12 | 1 | | 0.051 | 0.203 | | |
| 13:0 | - | | | 10 | _ | | | | | |
| 14:0 | - | 0.733 | 0.035 | 12 | 1 | | 0.231 | 0.924 | | |
| 15:0 | - | 0.005 | 0.000 | 10 | 4 | | 0 630 | 0 554 | | |
| 16:0 | - | 2.027 | 0.060 | 12 | 1 | | 0.639 | 2.554 | | |
| 17:0 | | 0.921 | 0.027 | 12 | 1 | | 0.290 | 1.160 | | |
| 18:0 20:0 | | 0.921 | . 0.027 | 14 | 1 | | 0.290 | 1.160 | | |
| 22:0 | - | | | | | | | | | |
| 24:0 | | | | | | | | | | |

| | | <u>Ar</u> | mount in 100 | grams | of edil | ole portio | <u>n</u> | Amount in edible portion of common measures of food | | |
|------------------------------------|----|-----------|--------------|--------|---------|----------------|--------------------|---|-----------------|-----------|
| | | | N | lumbei | ſ | | | <u>m</u> | easures of food | |
| Nutrients and Uni | ts | Mean | Std. Error | | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total monounsaturated | a | 2.335 | | 0 | | 1 | | 0.736 | 2.942 | |
| 14:1 | | 2.333 | | ŭ | | • | | 0.750 | 2.342 | |
| 15:1 | - | | | | | | | | | |
| 16:1 undifferentiated | | 0.159 | 0.012 | 2 12 | | 1 | | 0.050 | 0.200 | |
| 17:1 | _ | | | | | | | | | |
| 18:1 undifferentiated | | 2.101 | | 0 | | 1 | | 0.662 | 2.647 | |
| 20:1 | | | | | | | | | | |
| 22:1 undifferentiated | g | | | | | | | | | |
| 24:1 c | g | | | | | | | | | |
| Fatty acids, total polyunsaturated | | 0.245 | | 0 | | 1 | | 0.077 | 0.309 | |
| 18:2 undifferentiated | | 0.167 | | 0 | | 1 | | 0.053 | 0.210 | |
| 18:3 undifferentiated | g | 0.078 | | 2 | | 1 | | 0.025 | 0.098 | |
| 18:4 | g | | | | | | | | | |
| 20:2 n-6 c,c | g | | | | | | | | | |
| 20:3 undifferentiated | g | | | | | | | | | |
| 20:4 undifferentiated | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 20:5 n-3 | g | | | | | | | | | |
| 22:5 n-3 | g | | | | | | | | | |
| 22:6 n-3 | g | | | | | | | | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 29 | | 0 | | 1 | | 9 | 37 | |
| Phytosterols | mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan | g | 0.096 | | 0 | | 1 | | 0.030 | 0.121 | |
| Threonine | g | 0.307 | | 0 | | 1 | | 0.097 | 0.387 | |
| Isoleucine | g | 0.412 | | 0 | | 1 | | 0.130 | 0.519 | |
| Leucine | g | 0.667 | | 0 | | 1 | | 0.210 | 0.840 | |
| Lysine | g | 0.540 | | 0 | | 1 | | 0.170 | 0.680 | |
| Methionine | g | 0.171 | | 0 | | 1 | | 0.054 | 0.215 | |
| Cystine | g | 0.063 | | 0 | | 1 | | 0.020 | 0.079 | |
| Phenylalanine | g | 0.329 | | 0 | | 1 | | 0.104 | 0.415 | |
| Tyrosine | - | 0.329 | | 0 | | 1 | | 0.104 | 0.415 | |
| Valine | g | 0.456 | | 0 | | 1 | | 0.144 | 0.575 | |
| Arginine | g | 0.247 | | 0 | | 1 | | 0.078 | 0.311 | |
| Histidine | g | 0.185 | | 0 | | 1 | | 0.058 | 0.233 | |
| Alanine | g | 0.235 | | 0 | | 1 | | 0.074 | 0.296 | |
| Aspartic acid | | 0.517 | | 0 | | 1 | | 0.163 | 0.651 | |
| Glutamic acid | | 1.426 | | 0 | | 1 | | 0.449 | 1.797 | |
| Glycine | | 0.144 | | 0 | | 1 | | 0.045 | 0.181 | |
| Proline | _ | 0.660 | | 0 | | 1 | | 0.208 | 0.832 | |
| Serine | - | 0.370 | | 0 | | 1 | | 0.117 | 0.466 | |
| Hydroxyproline | g | | | | | | | | | |

Common Measures:

Measure 1 = 31.5g: 1 fl oz Measure 2 = 126g: .5 cup

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

Refuse: 0%

| | | <u>Aı</u> | mount in 100 g | rams | of edik | ole portio | <u>n</u> | Amount in edible portion of common | | | |
|--------------------------------|---|-----------|----------------|----------|---------|------------|------------|------------------------------------|-----------------|---------|--|
| | | | Nu | ımber | r | | | <u>m</u> | easures of food | _ | |
| | | | of | Data | Deriv | Source | Confidence | | | | |
| Nutrients and Uni | its | Mean | Std. Error Po | oints | Code | Code | Code | Measure 1 | Measure 2 | Measure | |
| Proximates: | | | | | | | | | | | |
| Water | g | 74.04 | 0.085 | 15 | | 1 | | 186.58 | 23.32 | 273.21 | |
| Energy | kcal | 134 | | 0 | NC | 4 | | 339 | 42 | 496 | |
| Energy | kj | 562 | | | | 4 | | 1417 | 177 | 2075 | |
| Protein (N x 6.38) | g | 6.81 | 0.033 | 55 | | 1 | | 17.16 | 2.15 | 25.13 | |
| Total lipid (fat) | g | 7.56 | 0.005 | 15 | | 1 | | 19.05 | 2.38 | 27.90 | |
| Ash | g | 1.55 | 0.023 | 5 | | 1 | | 3.91 | 0.49 | 5.72 | |
| Carbohydrate, by difference | g | 10.04 | | 0 | NC | 4 | | 25.30 | 3.16 | 37.05 | |
| Fiber, total dietary | | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 | |
| Sugars, total | g | 10.04 | | 0 | NR | 4 | | 25.30 | 3.16 | 37.05 | |
| Starch | g | | | | | | | | | | |
| M: | | | | | | | | | | | |
| <u>linerals:</u> | ma | 261 | 8.978 | 39 | | 1 | | 657 | 82 | 962 | |
| Calcium, Ca | - | 0.19 | 8.978 0.011 | 59 59 | | 1 | | 0.48 | 0.06 | 962 | |
| Magnesium, Mg | • | 24 | 0.716 | 6 | | 1 | | 61 | 8 | 89 | |
| Phosphorus, P | | 203 | 8.254 | 37 | | 1 | | 510 | 64 | 747 | |
| Potassium, K | - | 303 | 8.254 8.691 | 10 | | 1 | | 764 | 95 | 1118 | |
| Sodium. Na | | 106 | 3.361 | 10 | | 1 | | 267 | 33 | 390 | |
| Zinc, Zn | • | 0.77 | 0.027 | 26 | | 1 | | 1.94 | 0.24 | 2.8 | |
| Copper, Cu | - | 0.016 | | 0 | | 1 | | 0.040 | 0.005 | 0.0 | |
| Manganese, Mn | | 0.006 | | 0 | | 1 | | 0.015 | 0.002 | 0.0 | |
| Selenium, Se | | 2.3 | 0.280 | 13 | A | 1 | | 5.8 | 0.7 | 8.5 | |
| | | | | | | _ | | | | | |
| <u>'itamins:</u> | | | | | | | | | | | |
| Vitamin C, total ascorbic acid | - | 1.9 | 0.217 | 32 | | 1 | | 4.7 | 0.6 | 6.9 | |
| Thiamin | | 0.047 | | 42 | | 1 | | 0.118 | 0.015 | 0.1 | |
| Riboflavin | | 0.316 | | 41 | | 1 | | 0.796 | 0.100 | 1.1 | |
| Niacin | - | 0.194 | | 36 | | 1 | | 0.489 | 0.061 | 0.7 | |
| Pantothenic acid | - | 0.638 | | 5 | | 1 | | 1.608 | 0.201 | 2.3 | |
| Vitamin B-6 | - | 0.050 | 0.002 | 21 | | 1 | | 0.126 | 0.016 | 0.1 | |
| Folate, total | | 8 | | 1 | | 1 | | 20 | 2 | 29 | |
| Folic acid | | 0 | | 0 | Z | 7 | | 0 | 0 | 0 | |
| Folate, food | | 8 | | 1 | | 1 | | 20 | 2 | 29 | |
| Folate, DFE | | 8 | | 0 | NC | 4 | | 20 | 2 | 29 | |
| Vitamin B-12 | | 0.16 | 0.015 | 9 | | 1 | | 0.41 | 0.05 | 0.6 | |
| Vitamin A, IU | | 233 | | 0 | NC | 4 | | 588 | 74 | 862 | |
| Vitamin A, RAE | | 65 | | 0 | NC | 4 | | 164 | 20 | 240 | |
| Retinol | | 64 | | 0 | NC | 4 | | 161 | 20 | 236 | |
| Vitamin E (alpha-tocopherol) | | 0.14 | | 0 | BFFN | 4 | | 0.34 | 0.04 | 0.5 | |
| Tocopherol, beta | | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | | |
| Tocopherol, delta Vitamin D | | | | | | | | | | | |
| Vitamin K (phylloquinone) | | 0.5 | | 0 | BFFN | 4 | | 1.3 | 0.2 | 1.9 | |
| ipids: | | | | | | | | | | | |
| | a | 4.591 | | 0 | | 1 | | 11.569 | 1.446 | 16.9 | |
| Fatty acids, total saturated | | 0.195 | | 1 | | 1 | | 0.491 | 0.061 | 0.7 | |
| 4:0 6:0 | | 0.134 | | 1 | | 1 | | 0.431 | 0.042 | 0.7 | |
| 8:0 | _ | 0.154 | | 2 | | 1 | | 0.336 | 0.017 | 0.1 | |
| 10:0 | _ | 0.034 | | 11 | | 1 | | 0.130 | 0.017 | 0.4 | |
| 12:0 | - | 0.110 | | 12 | | 1 | | 0.277 | 0.033 | 0.4 | |
| 13:0 | | 0.101 | 0.013 | | | - | | 0.400 | 0.051 | 0.5 | |
| 14:0 | | 0.733 | 0.035 | 12 | | 1 | | 1.847 | 0.231 | 2.7 | |
| 15:0 | | 0.733 | 0.033 | | | - | | 1.04/ | 0.231 | 2.1 | |
| 16:0 | | 2.027 | 0.060 | 12 | | 1 | | 5.108 | 0.639 | 7.4 | |
| 17:0 | - | 2.027 | 0.000 | | | - | | 3.100 | 0.039 | , | |
| 18:0 | _ | 0.921 | 0.027 | 12 | | 1 | | 2.321 | 0.290 | 3.3 | |
| 20:0 | _ | 0.521 | 0.027 | | | - | | 2.521 | 0.230 | 5.5 | |
| 22:0 | _ | | | | | | | | | | |
| 24:0 | _ | | | | | | | | | | |

| | | <u>A</u> 1 | mount in 100 | | | ole portic | <u>on</u> | Amount in edible portion of common measures of food | | | |
|------------------------------------|---|------------|--------------|----|-------|----------------|--------------------|---|-----------|-----------|--|
| Nutrients and U | Jnits | Mean | | | Deriv | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 | |
| | | | | | | | | | | | |
| Fatty acids, total monounsaturate | | 2.335 | | 0 | | 1 | | 5.884 | 0.736 | 8.616 | |
| 15:1 | _ | | | | | | | | | | |
| 16:1 undifferentiated | - | 0.159 | 0.012 | 12 | | 1 | | 0.401 | 0.050 | 0.587 | |
| 17:1 | _ | | | | | | | | | | |
| 18:1 undifferentiated | g | 2.101 | 0.049 | 12 | | 1 | | 5.295 | 0.662 | 7.753 | |
| 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 | g | | | | | | | | | | |
| Fatty acids, total polyunsaturated | ig | 0.245 | | 0 | | 1 | | 0.617 | 0.077 | 0.904 | |
| 18:2 undifferentiated | | 0.167 | 0.017 | 12 | | 1 | | 0.421 | 0.053 | 0.616 | |
| 18:3 undifferentiated | g | 0.078 | | 2 | | 1 | | 0.197 | 0.025 | 0.288 | |
| 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 | 29 | | 0 | | 1 | | 74 | 9 | 108 | |
| Phytosterols | mg | | | | | | | | | | |
| A . A . T | | | | | | | | | | | |
| Amino Acids: | _ | | | | | _ | | | | | |
| Tryptophan | | 0.096 | | 0 | | 1 | | 0.242 | 0.030 | 0.354 | |
| Threonine | - | 0.307 | | 0 | | 1 | | 0.774 | 0.097 | 1.133 | |
| Isoleucine | • | 0.412 | | 0 | | 1 | | 1.038 | 0.130 | 1.520 | |
| Leucine | _ | 0.667 | | 0 | | 1 1 | | 1.681 | 0.210 | 2.461 | |
| Lysine | | 0.540 | | 0 | | 1 | | 1.361 | 0.170 | 1.993 | |
| Methionine | | 0.171 | | 0 | | 1 | | 0.431 | 0.054 | 0.631 | |
| Cystine | | 0.063 | | | | | | 0.159 | 0.020 | 0.232 | |
| Phenylalanine | | 0.329 | | 0 | | 1 | | 0.829 | 0.104 | 1.214 | |
| Tyrosine | _ | 0.329 | | 0 | | 1 | | 0.829 | 0.104 | 1.214 | |
| Valine | | 0.456 | | 0 | | 1 | | 1.149 | 0.144 | 1.683 | |
| Arginine | | 0.247 | | 0 | | 1 | | 0.622 | 0.078 | 0.911 | |
| Histidine | | 0.185 | | 0 | | 1 | | 0.466 | 0.058 | 0.683 | |
| Alanine | | 0.235 | | 0 | | 1 | | 0.592 | 0.074 | 0.867 | |
| Aspartic acid | | 0.517 | | 0 | | 1 | | 1.303 | 0.163 | 1.908 | |
| Glutamic acid | • | 1.426 | | 0 | | 1 | | 3.594 | 0.449 | 5.262 | |
| Glycine | | 0.144 | | 0 | | 1 | | 0.363 | 0.045 | 0.531 | |
| Proline | | 0.660 | | 0 | | 1 | | 1.663 | 0.208 | 2.435 | |
| Serine | - | 0.370 | | 0 | | 1 | | 0.932 | 0.117 | 1.365 | |
| Hydroxyproline | g | | | | | | | | | | |
| Others: | | | | | | | | | | | |
| Alcohol, ethyl | а | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 | |
| Caffeine | | 0 | | 0 | z | 7 | | 0 | 0 | 0 | |
| Theobromine | _ | 0 | | 0 | z | 7 | | 0 | 0 | 0 | |
| Carotenoids: | | | | | | | | • | - | • | |
| <u> </u> | | | | _ | _ | _ | | | | | |
| Carotene, beta | | 12 | | 0 | BFFN | 4 | | 30.472 | 3.809 | 44.620 | |
| 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 = 252g: 1 cup Measure 2 = 31.5g: 1 fl oz

Measure 3 = 369g: 1 can (13 oz)

Milk, canned, evaporated, without added vitamin A

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

Refuse: 0%

| | | <u>A</u> | mount in 100 gram | s of edil | ole portio | <u>on</u> | Amount in edible portion of common | | | |
|--|----------|---------------|-------------------|------------|---------------|------------|------------------------------------|-----------------|-----------|--|
| | | | Numbe | r | | | <u>m</u> | easures of food | | |
| | | | of Data | Deriv | Source | Confidence | | | | |
| Nutrients and Un | its | Mean | Std. Error Points | | Code | Code | Measure 1 | Measure 2 | Measure 3 | |
| | | | | | | | | | | |
| Proximates: Water | a | 82.57 | 0 | RPI | 6 | | 206.41 | 25.76 | | |
| Energy | | 77 | 0 | RPI | 6 | | 192 | 24 | | |
| Energy | | 322 | 0 | RPI | 6 | | 805 | 100 | | |
| Protein | | 3.52 | 0 | RPI | | | 8.79 | 1.10 | | |
| Total lipid (fat) | - | 2.33 | 0 | RPI | | | 5.83 | 0.73 | | |
| Ash | | 0.65 | 0 | RPA | | | 1.64 | 0.73 | | |
| | | 10.63 | 0 | RPI | | | 26.58 | 3.32 | | |
| Carbohydrate, by difference | | 1.0 | 0 | RPI | | | 26.56 | 0.3 | | |
| Fiber, total dietary | | 9.67 | 0 | RPI | | | 24.17 | | | |
| Sugars, total | | | 0 | | | | | 3.02 | | |
| Sucrose | g | 0.01 | | RPA | | | 0.02 | 0.00 | | |
| Glucose (dextrose) | | 0.01 | 0 | RPA | | | 0.02 | 0.00 | | |
| Fructose | | 0.01 | 0 | RPA | | | 0.02 | 0.00 | | |
| Lactose | g | 4.63 | 0 | RPA | | | 11.57 | 1.44 | | |
| Maltose | | 0.01 | 0 | RPA | | | 0.02 | 0.00 | | |
| Galactose | | 0.01 | 0 | RPA | 1 | | 0.04 | 0.00 | | |
| Starch | g | | | | | | | | | |
| Minerals: | | | | | | | | | | |
| Calcium, Ca | | 105 | 0 | RPI | 6 | | 263 | 33 | | |
| Iron, Fe | mg | 0.48 | 0 | RPI | 6 | | 1.20 | 0.15 | | |
| Magnesium, Mg | mg | 23 | 0 | RPI | 6 | | 58 | 7 | | |
| Phosphorus, P | | 105 | 0 | RPI | 6 | | 262 | 33 | | |
| Potassium, K | | 197 | 0 | RPI | 6 | | 492 | 61 | | |
| Sodium, Na | | 44 | 0 | RPI | 6 | | 109 | 14 | | |
| Zinc, Zn | | 0.63 | 0 | RPI | 6 | | 1.57 | 0.20 | | |
| Copper, Cu | | 0.103 | | RPI | 6 | | 0.256 | 0.032 | | |
| Manganese, Mn | | 0.013 | | RPA | 1 | | 0.032 | 0.004 | | |
| Selenium, Se | mcg | 2.7 | 0 | RPI | 6 | | 6.7 | 0.8 | | |
| <u>Vitamins:</u> | ma | 0.2 | 0 | RPI | 6 | | 0.4 | 0.1 | | |
| Vitamin C, total ascorbic acid | | 0.039 | | RPI | 6 | | 0.4 | 0.1 | | |
| Thiamin | _ | 0.03 | | RPI | 6 | | 0.096 | | | |
| Riboflavin | - | 0.182 | | RPI | 6 | | 0.334 | 0.057 0.042 | | |
| Niacin | _ | 0.133 | | RPA | 1 | | 0.334 | | | |
| Pantothenic acid | _ | 0.040 | | RPI | 6 | | 0.101 | 0.102 0.013 | | |
| Vitamin B-6 | | 5 | 0 | RPA | 1 | | 13 | 0.013 | | |
| Folate, total | | 0 | 0 | RPI | 6 | | 0 | 0 | | |
| Folic acidFolate, food | nicy | 5 | 0 | RPA | 1 | | 13 | 2 | | |
| | | 5 | 0 | | | | 13 | 2 | | |
| Folate, DFEVitamin B-12 | | 0.42 | 0 | NC RPI | 4 6 | | | 0.13 | | |
| | | | 0 | RPI | 6 | | 1.05 4 37 | | | |
| Vitamin A, IU | | 175 | 0 | | 6 | | 128 | 54 | | |
| Vitamin A, RAE | | 51 51 | 0 | RPI RPI | 6 | | 128 | 16 16 | | |
| Retinol | | | 0 | | 6 | | | | | |
| Vitamin E (alpha-tocopherol) | | 0.03 | | RPI | | | 0.07 | 0.01 | | |
| Tocopherol, beta | | 0.00 | 0 | RPA RPA | 1 1 | | 0.00 0.00 | 0.00 0.00 | | |
| Tocopherol, gamma | _ | | 0 | RPA | 1 | | | | | |
| Tocopherol, delta | | 0.00 | | | 1 | | 0.00 | 0.00 | | |
| Vitamin D Vitamin K (phylloquinone) | | 39.648 0.2 | 0 | RPA RPA | 1 | | 99.121 0.4 | 12.370 0.1 | | |
| Lipids: | y | | | | | | | - | | |
| Fatty acids, total saturated | а | 1.431 | L 0 | RPI | 6 | | 3.578 | 0.447 | | |
| 4:0 | | 0.071 | | RPI | 6 | | 0.177 | 0.022 | | |
| 6:0 | | 0.03 | | RPI | 6 | | 0.093 | 0.012 | | |
| 8:0 | | 0.019 | | RPI | 6 | | 0.047 | 0.006 | | |
| 10:0 | _ | 0.015 | | RPI | 6 | | 0.113 | 0.014 | | |
| 12:0 | _ | 0.050 | | RPI | 6 | | 0.113 | 0.014 | | |
| 13:0 | - | 0.002 | | RPA | 1 | | 0.005 | 0.001 | | |
| 14:0 | | 0.163 | | RPI | 6 | | 0.406 | 0.051 | | |
| 17.0 | | J.10. | . 0 | | 5 | | 0.400 | 0.001 | | |

| | | <u>A</u> | mount in 10 | 00 grams | of edib | ole portio | <u>on</u> | Amount in | edible portion of | f common |
|------------------------------------|----------|----------------|-------------|----------|------------|------------|------------|-------------------------|------------------------|-----------|
| | | | | Number | | | | | easures of food | |
| | | | | of Data | Deriv | Source | Confidence | | | |
| Nutrients and Units | Me | an | Std. Error | Points | Code | Code | Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | | |
| 15:0 | a | 0.018 | ł | 0 | RPA | 1 | | 0.046 | 0.006 | |
| 16:0. | - | 0.640 | | 0 | RPI | 6 | | 1.601 | 0.200 | |
| 17:0 | | 0.010 |) | 0 | RPA | 1 | | 0.026 | 0.003 | |
| 18:0 | g | 369 |) | 0 | RPI | 6 | | 0.923 | 0.115 | |
| 20:0 | g | 0.004 | Į. | 0 | RPA | 1 | | 0.009 | 0.001 | |
| 22:0 | - | 0.002 | ? | 0 | RPA | 1 | | 0.005 | 0.001 | |
| 24:0 | | | | | | | | | | |
| Fatty acids, total monounsaturated | | 0.677 | | 0 | RPI | 6 | | 1.691 | 0.211 | |
| 14:1 | | 0.013 0.004 | | 0 0 | RPA RPA | 1 1 | | 0.033 0.009 | 0.00 4 0.001 | |
| 15:1 | 0 | 0.004 | | 0 | RPI | 6 | | 0.009 | 0.001 | |
| 16:1 c | | 0.025 | | 0 | RPA | 1 | | 0.061 | 0.008 | |
| 16:1 t | 0 | | | · | | _ | | 0.001 | 0.000 | |
| 17:1 | | 0.005 | i | 0 | RPA | 1 | | 0.011 | 0.001 | |
| 18:1 undifferentiated | | . 628 | | 0 | RPI | 6 | | 1.570 | 0.196 | |
| 18:1 c | g | .397 | , | 0 | RPA | 1 | | 0.992 | 0.124 | |
| 18:1 t | g | 0.072 | 2 | 0 | RPA | 1 | | 0.179 | 0.022 | |
| 20:1 | g | 0.002 | 2 | 0 | RPI | 6 | | 0.005 | 0.001 | |
| 22:1 undifferentiated | 9 | 0.000 |) | 0 | RPI | 6 | | 0.001 | 0.000 | |
| 24:1 c | | | | | | | | | | |
| Fatty acids, total polyunsaturated | | 0.034 | | 0 | RPI | 6 | | 0.084 | 0.010 | |
| 18:2 undifferentiated | | 0.023 | | 0 | RPI | 6 | | 0.058 | 0.007 | |
| 18:2 n-6 c,c | 0 | 0.050 |) | 0 | RPA | 1 | | 0.126 | 0.016 | |
| 18:2 CLAs | | | | | | | | | | |
| 18:2 c,t | | | | | | | | | | |
| 18:2 t,c 18:2 t,t | | | | | | | | | | |
| 18:2 i | | 0.007 | , | 0 | RPA | 1 | | 0.016 | 0.002 | |
| 18:2 t not further defined | | | | v | | - | | 0.010 | 0.002 | |
| 18:3 undifferentiated | | 0.008 | 3 | 0 | RPI | 6 | | 0.019 | 0.002 | |
| 18:4 | | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 20:2 n-6 c.c | | | | | | | | | | |
| 20:3 undifferentiated | g | 0.003 | 3 | 0 | RPA | 1 | | 0.007 | 0.001 | |
| 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 | - | 0.000 |) | 0 | RPI | 6 | | 0.000 | 0.000 | |
| 22:6 n-3 | | 0.000 | | 0 | RPI | 6 | | 0.000 | 0.000 | |
| Fatty acids, total trans | | 0.072 | | 0 | NC | 4 | | 0.179 | 0.022 | |
| Fatty acids, total trans-monoenoic | g | 0.072 | <u> </u> | 0 | NC | 4 | | 0.179 | 0.022 | |
| Fatty acids, total trans-polyenoic | g | | | • | | • | | 10 | • | |
| Cholesterol. | 5 | 3 | | 0 | RPI | 6 | | 19 | 2 | |
| Phytosterols | |) | | 0 | RPA | 1 | | 0 | 0 | |
| Campesterol | |) | | 0 | RPA | 1 | | 0 | 0 | |
| Beta-sitosterol | 9 |) | | 0 | RPA | 1 | | 0 | 0 | |
| | 9 | - | | - | | _ | | - | - | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan | 0 | 0.037 | | 0 | RPA | 1 | | 0.093 | 0.012 | |
| Threonine | 5 | 0.095 | | 0 | RPA | 1 | | 0.238 | 0.030 | |
| Isoleucine | | 0.169 | | 0 | RPA | 1 | | 0.421 | 0.053 | |
| Leucine | | 305 | | 0 | RPA | 1 | | 0.763 | 0.095 | |
| Lysine | - | 215 | | 0 | RPA | 1 | | 0.537 | 0.067 | |
| Methionine | | 0.076 0.099 | | 0 0 | RPA RPA | 1 1 | | 0.191 0.2 4 7 | 0.02 4 0.031 | |
| CystinePhenylalanine | | 0.150 | | 0 | RPA | 1 | | 0.247 | 0.031 | |
| Tyrosine | | 0.141 | | 0 | RPA | 1 | | 0.353 | 0.044 | |
| Valine | | 0.201 | | 0 | RPA | 1 | | 0.502 | 0.044 | |
| Arginine | | 0.099 | | 0 | RPA | 1 | | 0.248 | 0.031 | |
| Histidine | | 0.067 | | 0 | RPA | 1 | | 0.168 | 0.021 | |
| Alanine | | 0.102 | | 0 | RPA | 1 | | 0.256 | 0.032 | |
| Aspartic acid | | .276 | | 0 | RPA | 1 | | 0.691 | 0.086 | |
| Glutamic acid | | .719 |) | 0 | RPA | 1 | | 1.798 | 0.224 | |
| Glycine | | 0.056 | i | 0 | RPA | 1 | | 0.140 | 0.017 | |
| Proline | g | 340 |) | 0 | RPA | 1 | | 0.850 | 0.106 | |
| Serine | g | | | | | | | | | |

| | <u>on</u> | Amount in edible portion of common | | | | | | |
|------------------------|-----------|------------------------------------|-------|---|--------------------|-----------------------|------------------------------|-----------|
| Nutrients and Units | Mean Std. | Number of Data Error Points | Deriv | | Confidence Code | <u>m</u> Measure 1 | easures of food Measure 2 | Measure 3 |
| Hudowanilin | 0.000 | 0 | RPA | 1 | | 0.000 | 0.000 | |
| Hydroxyproline | 0.000 | O | RPA | 1 | | 0.000 | 0.000 | |
| Others: | | | | | | | | |
| Alcohol, ethylg | 0.0 | 0 | RPI | 6 | | 0.0 | 0.0 | |
| Caffeine mg | 2 | 0 | RPI | 6 | | 5 | 1 | |
| Theobrominemg | 68 | 0 | RPI | 6 | | 170 | 21 | |
| Carotenoids: | | | | | | | | |
| Carotene, betamcg | 3 | 0 | RPI | 6 | | 7.271 | 0.907 | |
| Carotene, alphamcg | 0 | 0 | RPI | 6 | | 0.000 | 0.000 | |
| Cryptoxanthin, betamcg | 0 | 0 | RPI | 6 | | 0.000 | 0.000 | |
| Lycopene mcg | 0 | 0 | RPI | 6 | | 0.000 | 0.000 | |
| Lutein + zeaxanthinmcg | 0 | 0 | RPI | 6 | | 0.000 | 0.000 | |

Common Measures:

Measure 1 = 250g: 1 cup Measure 2 = 31.2g: 1 fl oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

| | | <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 | |
| | | | of | Data | Deriv | Source | Confidence | | | |
| Nutrients and Uni | its | Mean | Std. Error Po | oints | Code | Code | Code | Measure 1 | Measure 2 | Measure |
| Proximates: | | | | | | | | | | |
| Water | g | 82.30 | 0.231 | 8 | | 1 | | 205.75 | 25.68 | 823.00 |
| Energy | kcal | 83 | | 0 | NC | 4 | | 208 | 26 | 834 |
| Energy | kj | 349 | | | | 4 | | 872 | 109 | 3487 |
| Protein (N x 6.38) | g | 3.17 | 0.041 | 11 | | 1 | | 7.93 | 0.99 | 31.70 |
| Total lipid (fat) | g | 3.39 | 0.037 | 10 | | 1 | | 8.48 | 1.06 | 33.90 |
| Ash | g | 0.80 | | 0 | | 1 | | 2.00 | 0.25 | 8.00 |
| Carbohydrate, by difference | g | 10.34 | | 0 | NC | 4 | | 25.85 | 3.23 | 103.40 |
| Fiber, total dietary | g | 0.8 | | 0 | | 1 | | 2.0 | 0.2 | 8.0 |
| Sugars, total | g | 9.54 | | 0 | NR | 4 | | 23.85 | 2.98 | 95.40 |
| Starch | g | | | | | | | | | |
| K * 1 | | | | | | | | | | |
| Minerals: | ma | 110 | 2 007 | | | 4 | | 200 | 25 | 1101 |
| Calcium, Ca | _ | 112 0.24 | 3.987 | 8 | | 1 1 | | 280 | 35 0.07 | 1121 2.4 |
| Iron, Fe. | _ | 0.24 13 | 0.622 | 0 5 | | 1 | | 0.60 | | 130 |
| Magnesium, Mg | | 101 | 0.622 5.381 | 5 5 | | 1 | | 33 251 | 4 31 | 130 |
| Phosphorus, P | _ | 167 | | 5 | | 1 | | 251 417 | 52 | |
| Potassium, K | | 60 | 7.479 | 5 5 | | 1 | | 417 149 | 19 | 1669 596 |
| Sodium, Na | • | 0.41 | 5.193 0.022 | 5 5 | | 1 | | 1.03 | 0.13 | 4.1 |
| Zinc, Zn | _ | 0.41 | | 0 | | 1 | | 0.163 | 0.13 | 0.6 |
| Copper, Cu | | 0.065 | | 0 | | 1 | | 0.163 | 0.020 | 0.8 |
| Manganese, Mn | | 1.9 | | 0 | BFNN | 4 | | 4.8 | 0.024 | 19.0 |
| Selemum, Se | Tilog | 1.9 | | U | DEMN | • | | 4.0 | 0.0 | 19.0 |
| <u>/itamins:</u> | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.9 | | 0 | | 1 | | 2.3 | 0.3 | 9.1 |
| Thiamin | <u>mg</u> | 0.037 | | 0 | | 1 | | 0.093 | 0.012 | 0.3 |
| Riboflavin | mg | 0.162 | | 0 | | 1 | | 0.405 | 0.051 | 1.6 |
| Niacin | <u>mg</u> | 0.125 | | 0 | | 1 | | 0.313 | 0.039 | 1.2 |
| Pantothenic acid | <u>mg</u> | 0.295 | | 0 | | 1 | | 0.738 | 0.092 | 2.9 |
| Vitamin B-6 | mg | 0.040 | | 0 | | 1 | | 0.100 | 0.012 | 0.4 |
| Folate, total | mcg | 5 | | 0 | | 1 | | 12 | 1 | 47 |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food | | 5 | | 0 | | 1 | | 12 | 1 | 47 |
| Folate, DFE | mcg_DFE | 5 | | 0 | NC | 4 | | 12 | 1 | 47 |
| Vitamin B-12 | | 0.33 | | 0 | | 1 | | 0.84 | 0.10 | 3.3 |
| Vitamin A, IU | IU | 95 | | 0 | NC | 4 | | 238 | 30 | 953 |
| Vitamin A, RAE | | 26 | | 0 | NC | 4 | | 66 | 8 | 264 |
| Retinol | | 26 | | 0 | NC | 4 | | 65 | 8 | 260 |
| Vitamin E (alpha-tocopherol) | mg | 0.06 | | 0 | BFZN | 4 | | 0.15 | 0.02 | 0.5 |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | 40.000 | | 0 | T | 4 | | 100.000 | 12.480 | 400.0 |
| Vitamin K (phylloquinone) | mcg | 0.2 | | 0 | BFZN | 4 | | 0.6 | 0.1 | 2.3 |
| ipids: | | | | | | | | | | |
| | a | 2.104 | | 0 | | 1 | | 5.260 | 0.656 | 21.0 |
| Fatty acids, total saturated | | 0.101 | | 0 | | 1 | | 0.253 | 0.032 | 1.0 |
| 6:0 | - | 0.060 | | 0 | | 1 | | 0.253 | 0.019 | 0.6 |
| | | 0.080 | | 0 | | 1 | | | | 0.8 |
| 8:0 10:0 | - | 0.035 | | 0 | | 1 | | 0.088 0.195 | 0.011 0.024 | 0.3 |
| 12:0 | | 0.078 | | 0 | | 1 | | 0.195 | 0.024 | 0.7 |
| 13:0 | | 0.000 | | 5 | | 1 | | 0.220 | 0.027 | 0.0 |
| | - | 0.315 | | 0 | | 1 | | 0.788 | 0.000 | 3.1 |
| 14:0 | _ | 0.315 | | J | | 1 | | 0.788 | 0.098 | 3.1 |
| 15:0 | - | 0.000 | | 0 | | 1 | | 2.223 | 0 077 | 0.0 |
| 16:0 | - | 0.889 | | U | | 1 | | 2.223 | 0.277 | 8.8 |
| 17:0 | - | 0.466 | | 0 | | 1 | | 1 165 | 0 145 | 4 6 |
| 18:0 | _ | 0.466 | | U | | 1 | | 1.165 | 0.145 | 4.6 |
| 20:0 | - | | | | | | | | | |
| 22:0 24:0 | - | | | | | | | | | |

| | | <u>An</u> | nount in 10 | 0 grams | of edib | ole portio | <u>n</u> | Amount in | edible portion of | 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 Q | 0.990 | | 0 | | 1 | | 2.475 | 0.309 | 9.900 |
| 14:1 | | | | | | | | | | |
| 15:1 | _ | | | | | | | | | |
| 16:1 undifferentiated | • | 0.071 | | 0 | | 1 | | 0.178 | 0.022 | 0.710 |
| 17:1 | • | | | | | | | | | |
| 18:1 undifferentiated | • | 0.872 0.000 | | 0 | | 1 1 | | 2.180 | 0.272 | 8.720 0.000 |
| 20:1 | _ | | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated | • | 0.000 | | U | | 1 | | 0.000 | 0.000 | 0.000 |
| 24:1 c | | 0.124 | | 0 | | 1 | | 0.310 | 0.039 | 1.240 |
| Fatty acids, total polyunsatura | | 0.124 | | 0 | | 1 | | 0.310 | 0.039 | 0.780 |
| 18:2 undifferentiated 18:3 undifferentiated | | 0.078 | | 0 | | 1 | | 0.195 | 0.014 | 0.780 |
| | | 0.046 | | 0 | | 1 | | 0.115 | 0.014 | 0.460 |
| 18:4 20:2 n-6 c.c | _ | 0.000 | | U | | 1 | | 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 | _ | 0.000 | | · | | _ | | 0.000 | 0.000 | 0.000 |
| Cholesterol | | 12 | | 0 | | 1 | | 31 | 4 | 122 |
| Phytosterols | | | | · | | _ | | | - | |
| 1 ily tostorois | | | | | | | | | | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan | g | 0.045 | | 0 | | 1 | | 0.113 | 0.014 | 0.450 |
| Threonine | g | 0.143 | | 0 | | 1 | | 0.358 | 0.045 | 1.430 |
| Isoleucine | _ | 0.192 | | 0 | | 1 | | 0.480 | 0.060 | 1.920 |
| Leucine | | 0.311 | | 0 | | 1 | | 0.778 | 0.097 | 3.110 |
| Lysine | | 0.251 | | 0 | | 1 | | 0.628 | 0.078 | 2.510 |
| Methionine | | 0.079 | | 0 | | 1 | | 0.198 | 0.025 | 0.790 |
| Cystine | | 0.029 | | 0 | | 1 | | 0.073 | 0.009 | 0.290 |
| Phenylalanine | | 0.153 | | 0 | | 1 | | 0.383 | 0.048 | 1.530 |
| Tyrosine | | 0.153 | | 0 | | 1 | | 0.383 | 0.048 | 1.530 |
| Valine | _ | 0.212 | | 0 | | 1 | | 0.530 | 0.066 | 2.120 |
| Arginine | | 0.115 | | 0 | | 1 | | 0.288 | 0.036 | 1.150 |
| Histidine | = | 0.086 | | 0 | | 1 | | 0.215 | 0.027 | 0.860 |
| Alanine | | 0.109 | | 0 | | 1 | | 0.273 | 0.034 | 1.090 |
| Aspartic acid | | 0.240 | | 0 | | 1 | | 0.600 | 0.075 | 2.400 |
| Glutamic acid | | 0.664 | | 0 | | 1 | | 1.660 | 0.207 | 6.640 |
| Glycine | g | 0.067 | | 0 | | 1 | | 0.168 | 0.021 | 0.670 |
| Proline | = | 0.307 | | 0 | | 1 | | 0.768 | 0.096 | 3.070 |
| Serine | | 0.172 | | 0 | | 1 | | 0.430 | 0.054 | 1.720 |
| Hydroxyproline | g | | | | | | | | | |
| Others: | | | | | | | | | | |
| Alcohol, ethyl | g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine | | 2 | | 0 | RA | 4 | | 5 | 1 | 20 |
| Theobromine | | 23 | | 0 | RA | 4 | | 58 | 7 | 230 |
| Carotenoids: | | | | | | | | | | |
| | ma | - | | ^ | D== | | | 10 000 | 1 (00 | F1 000 |
| Carotene, beta | - | 5 0 | | 0 | BFZN | 4 7 | | 12.996 | 1.622 | 51.983 |
| Carotene, alpha | | 0 | | 0 | z z | 7 | | 0.000 0.000 | 0.000 | 0.000 |
| Cryptoxanthin, beta | | 0 | | 0 | | 7 | | | 0.000 | 0.000 |
| Lycopene | | | | | Z | | | 0.000 | 0.000 | 0.000 |
| Lutein + zeaxanthin | iiicā | 0 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |

Common Measures:

Measure 1 = 250g: 1 cup Measure 2 = 31.2g: 1 fl oz Measure 3 = 1000g: 1 quart

Milk, chocolate, fluid, commercial,

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>A</u> 1 | mount in 100 gr | ams of ed | lible portio | <u>on</u> | | edible portion | |
|------------------------------------|--------------|------------|-----------------|---------------|--------------|------------|-----------|-----------------|-----------|
| | | | Nun | nber | | | <u>m</u> | easures of food | <u> </u> |
| | | | of E | ata Deri | v Source | Confidence | | | |
| Nutrients and Uni | its | Mean | Std. Error Poi | nts Cod | e Code | Code | Measure 1 | Measure 2 | Measure 3 |
| Proximates: | | | | | | | | | |
| Water | g | 84.50 | | 0 | 1 | | 211.25 | 845.00 | |
| Energy | kcal | 63 | | 0 N | 2 4 | | 158 | 630 | |
| Energy | kj | 264 | | | 4 | | 659 | 2637 | |
| Protein (N x 6.38) | g | 3.24 | | 0 | 1 | | 8.10 | 32.40 | |
| Total lipid (fat) | g | 1.00 | | 0 | 1 | | 2.50 | 10.00 | |
| Ash | g | 0.82 | | 0 | 1 | | 2.05 | 8.20 | |
| Carbohydrate, by difference | g | 10.44 | | 0 N | 2 4 | | 26.10 | 104.40 | |
| Fiber, total dietary | g | 0.5 | | 0 | 4 | | 1.3 | 5.0 | |
| Sugars, total | g | 9.94 | | 0 N | R 4 | | 24.85 | 99.40 | |
| Starch | g | | | | | | | | |
| Min and a | | | | | | | | | |
| Minerals: Calcium. Ca | ma | 115 | | 0 | 1 | | 287 | 1147 | |
| Iron, Fe | | 0.24 | | 0 | 1 | | 0.60 | 2.40 | |
| Magnesium, Mg | _ | 13 | | 0 | 1 | | 33 | 133 | |
| Phosphorus, P | | 103 | | 0 | 1 | | 257 | 1026 | |
| 1 / | • | 170 | | 0 | 1 | | 426 | 1702 | |
| Potassium, K Sodium, Na | | 61 | | 0 | 1 | | 152 | 607 | |
| Zinc, Zn | _ | 0.41 | | 0 | 1 | | 1.03 | 4.10 | |
| Copper, Cu | | 0.065 | ; | 0 | 1 | | 0.163 | 0.650 | |
| Manganese, Mn | | 0.077 | | 0 | 1 | | 0.193 | 0.770 | |
| Selenium, Se | | 1.9 | | 12 A | 1 | | 4.8 | 19.0 | |
| · | | | | | | | | | |
| <u>Vitamins:</u> | | | | | | | | | |
| Vitamin C, total ascorbic acid | _ | 0.9 | | 0 | 1 | | 2.3 | 9.3 | |
| Thiamin | _ | 0.038 | | 0 | 1 | | 0.095 | 0.380 | |
| Riboflavin | - | 0.166 | | 0 | 1 | | 0.415 | 1.660 | |
| Niacin | _ | 0.127 | | 0 | 1 | | 0.318 | 1.270 | |
| Pantothenic acid | - | 0.302 | | 0 | 1 | | 0.755 | 3.020 | |
| Vitamin B-6 | - | 0.041 | • | 0 | 1 | | 0.103 | 0.410 | |
| Folate, total | | 5 | | 0 | 1 | | 12 | 48 | |
| Folic acid | | 0 | | 0 z | 7 | | 0 | 0 | |
| Folate, food | | 5 | | 0 | 1 | | 12 | 48 | |
| Folate, DFE | | 5 | | 0 NO | | | 12 | 48 | |
| Vitamin B-12 | | 0.34 | | 0 | 1 | | 0.86 | 3.42 | |
| Vitamin A, IU | | 196 | | 0 NO | | | 490 | 1960 | |
| Vitamin A, RAE | | 58 | | 0 NO | | | 145 | 581 | |
| Retinol | | 58 | | 0 NO 0 BFI | | | 145 | 580 | |
| Vitamin E (alpha-tocopherol) | | 0.02 | | U Bri | N 4 | | 0.04 | 0.18 | |
| Tocopherol, beta Tocopherol, gamma | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | |
| Vitamin D | | 40.000 |) | 0 т | 4 | | 100.000 | 400.000 | |
| Vitamin K (phylloquinone) | | 0.1 | • | 0 BFF | | | 0.2 | 0.7 | |
| | | | | | | | | | |
| <u>Lipids:</u> | | | | | | | | | |
| Fatty acids, total saturated | | 0.616 | | 0 | 1 | | 1.540 | 6.160 | |
| 4:0 | - | 0.024 | | 0 | 1 | | 0.060 | 0.240 | |
| 6:0 | | 0.014 | | 0 | 1 | | 0.035 | 0.140 | |
| 8:0 | | 0.008 | | 0 | 1 | | 0.020 | 0.080 | |
| 10:0 | | 0.019 | | 0 | 1 | | 0.048 | 0.190 | |
| 12:0 | | 0.021 | • | 0 | 1 | | 0.053 | 0.210 | |
| 13:0 | - | 2 25- | | 0 | | | | | |
| 14:0 | | 0.075 | • | 0 | 1 | | 0.188 | 0.750 | |
| 15:0 | - | | | • | _ | | | | |
| 16:0 | - | 0.261 | • | 0 | 1 | | 0.653 | 2.610 | |
| 17:0 | - | 0 150 | | 0 | 1 | | 0 440 | 1 760 | |
| 18:0 | - | 0.176 |) | 0 | T | | 0.440 | 1.760 | |
| 20:0 | - | | | | | | | | |
| 22:0 | g g | | | | | | | | |

| | | <u>A</u> | mount in 100 | 0 grams | of edil | ole portio | <u>on</u> | | edible portion o | |
|----------------------------------|--------------|----------|--------------|----------------|---------|------------|------------|-----------|------------------|-----------|
| | | | | Number of Data | | Source | Confidence | <u>m</u> | easures of food | |
| Nutrients and | Units | Mean | Std. Error | | | Code | Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total monounsatura | ntedg | 0.300 | | 0 | | 1 | | 0.750 | 3.000 | |
| 14:1 | - | | | | | | | | | |
| 15:1 16:1 undifferentiated | | 0.018 | 1 | 0 | | 1 | | 0.045 | 0.180 | |
| 17:1 | = | 0.010 | • | v | | - | | 0.045 | 0.100 | |
| 18:1 undifferentiated | - | 0.271 | | 0 | | 1 | | 0.678 | 2.710 | |
| 20:1 | g | 0.000 |) | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated | g | 0.000 |) | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c | g | | | | | | | | | |
| Fatty acids, total polyunsaturat | edg | 0.035 | | 0 | | 1 | | 0.088 | 0.350 | |
| 18:2 undifferentiated | | 0.024 | | 0 | | 1 | | 0.060 | 0.240 | |
| 18:3 undifferentiated | - | 0.011 | | 0 | | 1 | | 0.028 | 0.110 | |
| 18:4 | = | 0.000 | 1 | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c | = | | | | | | | | | |
| 20:3 undifferentiated | = | | | | | _ | | | | |
| 20:4 undifferentiated | = | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:5 n-3 | = | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3 | - | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3 | | 0.000 | 1 | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans | | 3 | | 0 | | 1 | | 7 | 29 | |
| Cholesterol | - | 3 | | U | | 1 | | , | 29 | |
| Phytosterols | | | | | | | | | | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan | g | 0.046 | i | 0 | | 1 | | 0.115 | 0.460 | |
| Threonine | g | 0.146 | i | 0 | | 1 | | 0.365 | 1.460 | |
| Isoleucine | g | 0.196 | i | 0 | | 1 | | 0.490 | 1.960 | |
| Leucine | - | 0.317 | ' | 0 | | 1 | | 0.793 | 3.170 | |
| Lysine | | 0.257 | | 0 | | 1 | | 0.643 | 2.570 | |
| Methionine | | 0.081 | | 0 | | 1 | | 0.203 | 0.810 | |
| Cystine | | 0.030 | | 0 | | 1 | | 0.075 | 0.300 | |
| Phenylalanine | | 0.156 | | 0 | | 1 | | 0.390 | 1.560 | |
| Tyrosine | | 0.156 | | 0 | | 1 | | 0.390 | 1.560 | |
| Valine | - | 0.217 | | 0 | | 1 | | 0.543 | 2.170 | |
| Arginine | _ | 0.117 | | 0 | | 1 | | 0.293 | 1.170 | |
| Histidine | - | 0.088 | | 0 | | 1 | | 0.220 | 0.880 | |
| Alanine | | 0.112 | | 0 | | 1 | | 0.280 | 1.120 | |
| Aspartic acid | | 0.246 | | 0 | | 1 | | 0.615 | 2.460 | |
| Glutamic acid | | 0.678 | | 0 | | 1 1 | | 1.695 | 6.780 | |
| Glycine | - | | | - | | _ | | 0.173 | 0.690 | |
| Proline | _ | 0.314 | | 0 | | 1 1 | | 0.785 | 3.140 | |
| Serine | | 0.176 | 1 | U | | 1 | | 0.440 | 1.760 | |
| Hydroxyproline | g | | | | | | | | | |
| Others: | | | | | | | | | | |
| Alcohol, ethyl | g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine | - | 2 | | 0 | BFZN | 4 | | 5 | 20 | |
| Theobromine | mg | 23 | | 0 | BFZN | 4 | | 58 | 230 | |
| Carotenoids: | | | | | | | | | | |
| Carotene, beta | mca | 2 | | 0 | BFFN | 4 | | 3.999 | 15.995 | |
| Carotene, alpha | | 0 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| Cryptoxanthin, beta | _ | 0 | | 0 | z | 7 | | 0.000 | 0.000 | |
| Lycopene | - | 0 | | 0 | z | 7 | | 0.000 | 0.000 | |
| Lutein + zeaxanthin | | 0 | | 0 | Z | 7 | | 0.000 | 0.000 | |

Common Measures:

Measure 1 = 250g: 1 cup Measure 2 = 1000g: 1 quart

Milk, chocolate, fluid, commercial, lowfat

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>Aı</u> | mount in 100 g | grams | of edib | le portio | <u>n</u> | | edible portion | |
|--------------------------------|---------|-----------|----------------|-------|-----------|-----------|------------|-----------|-----------------|---------|
| | | | Nu | umber | | | | <u>me</u> | easures of food | |
| | | | | | Deriv | Source | Confidence | | | |
| Nutrients and Un | its | Mean | Std. Error P | oints | Code | Code | Code | Measure 1 | Measure 2 | Measure |
| Proximates: | | | | | | | | | | |
| Water | g | 83.58 | | 0 | | 1 | | 208.95 | 26.08 | 835.80 |
| Energy | kcal | 72 | | 0 | NC | 4 | | 179 | 22 | 715 |
| Energy | kj | 299 | | | | 4 | | 748 | 93 | 2993 |
| Protein (N x 6.38) | g | 3.21 | | 0 | | 1 | | 8.03 | 1.00 | 32.10 |
| Total lipid (fat) | g | 2.00 | 0.008 | 94 | | 1 | | 5.00 | 0.62 | 20.00 |
| Ash | g | 0.81 | | 0 | | 1 | | 2.03 | 0.25 | 8.10 |
| Carbohydrate, by difference | g | 10.40 | | 0 | NC | 4 | | 26.00 | 3.24 | 104.00 |
| Fiber, total dietary | g | 0.5 | | 0 | | 1 | | 1.3 | 0.2 | 5.0 |
| Sugars, total | g | 9.90 | | 0 | NR | 4 | | 24.75 | 3.09 | 99.00 |
| Starch | g | | | | | | | | | |
| Minavalse | | | | | | | | | | |
| Minerals: Calcium, Ca | ma | 114 | | 0 | | 1 | | 284 | 35 | 1136 |
| Iron, Fe | | 0.24 | | 0 | | 1 | | 0.60 | 0.07 | 2.40 |
| Magnesium, Mg | | 13 | | 0 | | 1 | | 33 | 4 | 132 |
| Phosphorus, P | | 102 | | 0 | | 1 | | 254 | 32 | 1017 |
| Potassium, K | | 169 | | 0 | | 1 | | 422 | 53 | 1688 |
| Sodium, Na | | 60 | | 0 | | 1 | | 151 | 19 | 602 |
| Zinc, Zn | mg | 0.41 | | 0 | | 1 | | 1.03 | 0.13 | 4.10 |
| Copper, Cu | mg | 0.063 | 3 | 0 | | 1 | | 0.158 | 0.020 | 0.63 |
| Manganese, Mn | mg | 0.075 | | 0 | | 1 | | 0.188 | 0.023 | 0.75 |
| Selenium, Se | mcg | 1.9 | 0.335 | 12 | A | 1 | | 4.8 | 0.6 | 19.0 |
| Vitamins: | | | | | | | | | | |
| Vitamin C, total ascorbic acid | ma | 0.9 | | 0 | | 1 | | 2.3 | 0.3 | 9.2 |
| Thiamin | = | 0.037 | , | 0 | | 1 | | 0.093 | 0.012 | 0.37 |
| Riboflavin | | 0.164 | | 0 | | 1 | | 0.410 | 0.051 | 1.64 |
| Niacin | | 0.126 | | 0 | | 1 | | 0.315 | 0.039 | 1.26 |
| Pantothenic acid | - | 0.299 | | 0 | | 1 | | 0.748 | 0.093 | 2.99 |
| Vitamin B-6 | - | 0.041 | _ | 0 | | 1 | | 0.103 | 0.013 | 0.41 |
| Folate, total | | 5 | | 0 | | 1 | | 12 | 1 | 48 |
| Folic acid | | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food | | 5 | | 0 | | 1 | | 12 | 1 | 48 |
| Folate, DFE | mcg_DFE | 5 | | 0 | NC | 4 | | 12 | 1 | 48 |
| Vitamin B-12 | mcg | 0.34 | | 0 | | 1 | | 0.85 | 0.11 | 3.39 |
| Vitamin A, IU | IU | 189 | | 0 | NC | 4 | | 472 | 59 | 1887 |
| Vitamin A, RAE | | 55 | | 0 | NC | 4 | | 138 | 17 | 553 |
| Retinol | | 55 | | 0 | NC | 4 | | 138 | 17 | 550 |
| Vitamin E (alpha-tocopherol) | | 0.04 | | 0 | BFFN | 4 | | 0.09 | 0.01 | 0.36 |
| Tocopherol, beta | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta | | 40.000 | | • | _ | | | 100 000 | 10.100 | 400.00 |
| Vitamin D. | | 40.000 |) | 0 | T BFFN | 4 | | 100.000 | 12.480 | 400.00 |
| Vitamin K (phylloquinone) | rricg | 0.1 | | U | BFFN | 4 | | 0.3 | 0.0 | 1.4 |
| Lipids: | | | | | | | | | | |
| Fatty acids, total saturated | g | 1.239 |) | 0 | | 1 | | 3.098 | 0.387 | 12.39 |
| 4:0 | g | 0.056 | 5 | 0 | | 1 | | 0.140 | 0.017 | 0.56 |
| 6:0 | g | 0.033 | 3 | 0 | | 1 | | 0.083 | 0.010 | 0.33 |
| 8:0 | g | 0.019 |) | 0 | | 1 | | 0.048 | 0.006 | 0.19 |
| 10:0 | g | 0.044 | l . | 0 | | 1 | | 0.110 | 0.014 | 0.44 |
| 12:0 | - | 0.049 |) | 0 | | 1 | | 0.123 | 0.015 | 0.49 |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.175 | i | 0 | | 1 | | 0.438 | 0.055 | 1.7 |
| 15:0 | - | | | | | | | | | |
| 16:0 | g | 0.524 | Į. | 0 | | 1 | | 1.310 | 0.163 | 5.2 |
| 17:0 | - | | | | | | | | | |
| 18:0 | - | 0.297 | , | 0 | | 1 | | 0.743 | 0.093 | 2.9 |
| 20:0 | - | | | | | | | | | |
| 22:0 | g | | | | | | | | | |

| | | <u>A</u> 1 | mount in 10 | 0 grams | of edil | ole portio | <u>n</u> | _ | edible portion | |
|--|---------|------------|-------------|---------|---------|------------|------------|-------------|-----------------|-----------|
| | | | | Number | • | | | <u>m</u> | easures of food | • |
| | | | | of Data | | Source | Confidence | | | |
| Nutrients and | Units | Mean | Std. Error | Points | Code | Code | Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total monounsatura | oted (I | 0.588 | | 0 | | 1 | | 1.470 | 0.183 | 5.880 |
| 14:1 | g | 0.000 | | · | | _ | | 1.470 | 0.103 | 3.33 |
| 15:1 16:1 undifferentiated | g | 0.040 | | 0 | | 1 | | 0.100 | 0.012 | 0.400 |
| 17:1 18:1 undifferentiated | | 0.523 | | 0 | | 1 | | 1.308 | 0.163 | 5.23 |
| 20:1 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.00 |
| 22:1 undifferentiated | - | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.00 |
| 24:1 cFatty acids, total polyunsaturat | | 0.072 | | 0 | | 1 | | 0.180 | 0.022 | 0.72 |
| | | 0.047 | | 0 | | 1 | | 0.180 | 0.015 | 0.47 |
| 18:2 undifferentiated | | 0.026 | | 0 | | 1 | | 0.118 | 0.015 | 0.47 |
| 18:4 | | 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 | 0.00 |
| 20:5 n-3 | - | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.00 |
| 22:5 n-3 | - | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.00 |
| 22:6 n-3 | - | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.00 |
| Fatty acids, total trans | | 0.000 | | · | | - | | 0.000 | 0.000 | 0.00 |
| Cholesterol | | 7 | | 0 | | 1 | | 17 | 2 | 68 |
| Phytosterols | - | • | | · | | - | | -, | - | 00 |
| T Hy tosterois | | | | | | | | | | |
| <u>Amino Acids:</u> | | | | | | | | | | |
| Tryptophan | g | 0.045 | | 0 | | 1 | | 0.113 | 0.014 | 0.450 |
| Threonine | - | 0.145 | | 0 | | 1 | | 0.363 | 0.045 | 1.450 |
| Isoleucine | g | 0.194 | | 0 | | 1 | | 0.485 | 0.061 | 1.94 |
| Leucine | - | 0.314 | | 0 | | 1 | | 0.785 | 0.098 | 3.140 |
| Lysine | | 0.255 | | 0 | | 1 | | 0.638 | 0.080 | 2.55 |
| Methionine | | 0.081 | | 0 | | 1 | | 0.203 | 0.025 | 0.81 |
| Cystine | g | 0.030 | | 0 | | 1 | | 0.075 | 0.009 | 0.300 |
| Phenylalanine | | 0.155 | | 0 | | 1 | | 0.388 | 0.048 | 1.55 |
| Tyrosine | - | 0.155 | | 0 | | 1 | | 0.388 | 0.048 | 1.550 |
| Valine | - | 0.215 | | 0 | | 1 | | 0.538 | 0.067 | 2.150 |
| Arginine | | 0.116 | | 0 | | 1 | | 0.290 | 0.036 | 1.160 |
| Histidine | - | 0.087 | | 0 | | 1 | | 0.218 | 0.027 | 0.870 |
| Alanine | | 0.111 | | 0 | | 1 | | 0.278 | 0.035 | 1.110 |
| Aspartic acid | | 0.244 | | 0 | | 1 | | 0.610 | 0.076 | 2.440 |
| Glutamic acid | - | 0.672 | | 0 | | 1 | | 1.680 | 0.210 | 6.72 |
| Glycine | | 0.068 | | 0 | | 1 | | 0.170 | 0.021 | 0.680 |
| Proline | - | 0.311 | | 0 | | 1 | | 0.778 | 0.097 | 3.110 |
| Serine | | 0.175 | | 0 | | 1 | | 0.438 | 0.055 | 1.750 |
| Hydroxyproline | g | | | | | | | | | |
| Others: | | | | | | | | | | |
| Alcohol, ethyl | a | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine | - | 2 | | 0 | BFZN | 4 | | 5 | 1 | 20 |
| Theobromine | | 23 | | 0 | BFZN | 4 | | 58 | 7 | 230 |
| Carotenoids: | | | | - | | = | | | • | |
| Carotene, beta | mca | 3 | | 0 | BFFN | 4 | | 7.997 | 0.998 | 31.990 |
| 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 |
| Luiciii T Zeaxdiiliiii | uiog | U | | U | | , | | 0.000 | 0.000 | 0.00 |

Common Measures:

Measure 1 = 250g: 1 cup Measure 2 = 31.2g: 1 fl oz Measure 3 = 1000g: 1 quart

Milk, chocolate, fluid, commercial, reduced fat

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>Aı</u> | mount in 100 | grams | of edil | ole portio | <u>n</u> | | edible portion | |
|--------------------------------|---|-----------|--------------|---------|---------|------------|------------|-----------|-----------------|-----------|
| | | | N | lumber | • | | | <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 | 4.90 | | 1 | | 1 | | 1.39 | 5.54 | |
| Energy | kcal | 354 | | 0 | NC | 4 | | 100 | 400 | |
| Energy | kj | 1480 | | | | 4 | | 420 | 1673 | |
| Protein (N x 6.38) | g | 35.50 | | 1 | | 1 | | 10.06 | 40.12 | |
| Total lipid (fat) | g | 0.20 | | 1 | | 1 | | 0.06 | 0.23 | |
| Ash | g | 7.60 | | 1 | | 1 | | 2.15 | 8.59 | |
| Carbohydrate, by difference | g | 51.80 | | 0 | | 4 | | 14.69 | 58.53 | |
| Fiber, total dietary | | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| Minerals: | | | | | | | | | | |
| Calcium, Ca | ma | 280 | | 1 | | 1 | | 79 | 316 | |
| Iron. Fe. | - | 0.32 | | 0 | | 4 | | 0.09 | 0.36 | |
| Magnesium, Mg | • | 60 | | 1 | | 1 | | 17 | 68 | |
| Phosphorus, P | | 1011 | | 1 | | 1 | | 287 | 1142 | |
| Potassium, K | _ | 680 | | 1 | | 1 | | 193 | 768 | |
| Sodium, Na | | 2280 | | 1 | | 1 | | 646 | 2576 | |
| Zinc, Zn | mg | 4.03 | | 0 | | 4 | | 1.14 | 4.55 | |
| Copper, Cu | mg | 0.016 | 5 | 0 | | 1 | | 0.005 | 0.018 | |
| Manganese, Mn | | 0.008 | | 0 | | 1 | | 0.002 | 0.009 | |
| Selenium, Se | mcg | 27.3 | 2.950 | 0 9 | A | 1 | | 7.7 | 30.8 | |
| Vitamins: | | | | | | | | | | |
| Vitamin C, total ascorbic acid | ma | 6.7 | | 0 | | 4 | | 1.9 | 7.5 | |
| Thiamin | _ | 0.163 | 3 | 0 | | 1 | | 0.046 | 0.184 | |
| Riboflavin | _ | 1.642 | | 0 | | 1 | | 0.466 | 1.855 | |
| Niacin | - | 0.665 | | 0 | | 1 | | 0.189 | 0.751 | |
| Pantothenic acid | _ | 3.312 | | 0 | | 1 | | 0.939 | 3.743 | |
| Vitamin B-6 | - | 0.298 | 3 | 0 | | 1 | | 0.084 | 0.337 | |
| Folate, total | - | 50 | | 0 | | 4 | | 14 | 56 | |
| Folic acid | | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | | 50 | | 0 | | 4 | | 14 | 56 | |
| Folate, DFE | | 50 | | 0 | NC | 4 | | 14 | 56 | |
| Vitamin B-12 | | 3.98 | | 0 | | 1 | | 1.13 | 4.49 | |
| Vitamin A, IU | IU | 8 | | 0 | | 1 | | 2 | 9 | |
| Vitamin A, RAE | mcg_RAE | 2 | | 0 | NC | 4 | | 0 | 2 | |
| Retinol | | 1 | | 0 | NC | 4 | | 0 | 1 | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | |
| Vitamin D | | | | | | | | | | |
| Vitamin K (phylloquinone) | nicg | | | | | | | | | |
| Lipids: | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.124 | 1 | 0 | | 1 | | 0.035 | 0.140 | |
| 4:0 | g | 0.006 | 5 | 0 | | 1 | | 0.002 | 0.007 | |
| 6:0 | g | 0.004 | 1 | 0 | | 1 | | 0.001 | 0.005 | |
| 8:0 | g | 0.002 | 2 | 0 | | 1 | | 0.001 | 0.002 | |
| 10:0 | g | 0.005 | | 0 | | 1 | | 0.001 | 0.006 | |
| 12:0 | - | 0.006 | 5 | 0 | | 1 | | 0.002 | 0.007 | |
| 13:0 | - | | | | | | | | | |
| 14:0 | - | 0.020 |) | 0 | | 1 | | 0.006 | 0.023 | |
| 15:0 | | | | | | | | | | |
| 16:0 | | 0.053 | 3 | 0 | | 1 | | 0.015 | 0.060 | |
| 17:0 | | _ | _ | | | | | | | |
| 18:0 | | 0.024 | 1 | 0 | | 1 | | 0.007 | 0.027 | |
| 20:0 | | | | | | | | | | |
| 22:0 | g | | | | | | | | | |

| | <u>Am</u> | ount in 100 grams Number | | e portior | 1 | | edible portion o | of common |
|--|----------------|------------------------------|---|----------------|--------------------|----------------|------------------|-----------|
| Nutrients and Units | Mean | of Data Std. Error Points | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total monounsaturatedg | 0.058 | 0 | | 1 | | 0.016 | 0.066 | |
| 14:1g | 0.038 | · · | | - | | 0.016 | 0.066 | |
| 15:1 | 0.004 | 0 | | 1 | | 0.001 | 0.005 | |
| 17:1 | 0.050 | 0 | | 1 | | 0.014 | 0.057 | |
| 22:1 undifferentiated | | | | | | | | |
| Fatty acids, total polyunsaturated9 | 0.007 | 0 | | 1 | | 0.002 | 0.008 | |
| 18:2 undifferentiatedg 18:3 undifferentiated | 0.005 0.003 | 0 | | 1 1 | | 0.001 0.001 | 0.006 0.003 | |
| 18:4 | | | | | | | | |
| 20:4 undifferentiated | 0.000 | 0 | | 4 | | 0.000 | 0.000 | |
| 22:5 n-3 | | | | | | | | |
| Cholesterolmg Phytosterolsmg | 2 | 0 | | 1 | | 1 | 2 | |
| Amino Acids: | | | | | | | | |
| Tryptophang | 0.501 | 0 | | 1 | | 0.142 | 0.566 | |
| Threonineg | 1.603 | 0 | | 1 | | 0.454 | 1.811 | |
| Isoleucineg | 2.148 | 0 | | 1 | | 0.609 | 2.427 | |
| Leucineg | 3.478 | 0 | | 1 | | 0.986 | 3.930 | |
| Lysineg | 2.816 | 0 | | 1 | | 0.798 | 3.182 | |
| Methionineg | 0.890 | 0 | | 1 | | 0.252 | 1.006 | |
| Cystineg | 0.328 | 0 | | 1 | | 0.093 | 0.371 | |
| Phenylalanineg | 1.714 | 0 | | 1 | | 0.486 | 1.937 | |
| Tyrosineg | 1.714 | 0 | | 1 | | 0.486 | 1.937 | |
| Valineg | 2.376 | 0 | | 1 | | 0.674 | 2.685 | |
| Arginineg | 1.285 | 0 | | 1 | | 0.364 | 1.452 | |
| Histidineg | 0.963 | 0 | | 1 | | 0.273 | 1.088 | |
| Alanineg | 1.224 | 0 | | 1 | | 0.347 | 1.383 | |
| Aspartic acidg | 2.693 | 0 | | 1 | | 0.763 | 3.043 | |
| Glutamic acid | 7.434 | 0 | | 1 | | 2.108 | 8.400 | |
| Glycineg | 0.751 | 0 | | 1 | | 0.213 | 0.849 | |
| Prolineg | 3.439 | 0 | | 1 | | 0.975 | 3.886 | |
| Serineg | 1.931 | 0 | | 1 | | 0.547 | 2.182 | |
| Hydroxyproline9 | | | | | | | | |
| Others: | | _ | _ | _ | | • | | |
| Alcohol, ethylg | 0.0 | 0 | Z | 7 | | 0.0 | 0.0 | |
| Caffeine mg | | | | | | | | |
| Theobromine mg | | | | | | | | |

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 113g: .25 lb

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products USDA National Nutrient Database for Standard Reference, Release 17 (2004)

| | | <u>A</u> 1 | mount in 100 g | grams | of edib | ole portio | <u>n</u> | | edible portion | |
|---------------------------------|---|------------|----------------|-------|---------|------------|------------|-----------|-----------------|----------|
| | | | Nι | ımbeı | • | | | <u>m</u> | easures of food | <u>.</u> |
| | | | of | Data | Deriv | Source | Confidence | | | |
| Nutrients and Uni | ts | Mean | Std. Error Po | oints | Code | Code | Code | Measure 1 | Measure 2 | Measure |
| Proximates: | | | | | | | | | | |
| Water | g | 3.96 | 0.044 | 216 | | 1 | | 2.69 | 3.60 | 0.91 |
| Energy | kcal | 358 | | 0 | NC | 4 | | 244 | 326 | 82 |
| Energy | kj | 1499 | | | | 4 | | 1019 | 1364 | 345 |
| Protein (N x 6.38) | g | 35.10 | 0.139 | 89 | | 1 | | 23.87 | 31.94 | 8.07 |
| Total lipid (fat) | g | 0.72 | 0.018 | 164 | | 1 | | 0.49 | 0.66 | 0.17 |
| Ash | g | 8.03 | 0.073 | 14 | | 1 | | 5.46 | 7.31 | 1.85 |
| Carbohydrate, by difference | g | 52.19 | | 0 | NC | 4 | | 35.49 | 47.49 | 12.00 |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total | g | 52.19 | | 0 | NR | 4 | | 35.49 | 47.49 | 12.00 |
| Starch | g | | | | | | | | | |
| Ainovale. | | | | | | | | | | |
| <u>Ainerals:</u> Calcium. Ca | ma | 1231 | 25.365 | 16 | | 1 | | 837 | 1120 | 283 |
| Iron, Fe | • | 0.31 | 0.038 | 13 | | 1 | | 0.21 | 0.28 | 0.0 |
| Magnesium, Mg | _ | 117 | 11.071 | 14 | | 1 | | 80 | 107 | 27 |
| Phosphorus, P | | 985 | 21.031 | 17 | | 1 | | 670 | 896 | 226 |
| Potassium, K | • | 1705 | 51.818 | 11 | | 1 | | 1160 | 1552 | 392 |
| Sodium, Na | - | 549 | 15.570 | 7 | | 1 | | 373 | 499 | 126 |
| Zinc, Zn | | 4.41 | 0.124 | 10 | | 1 | | 3.00 | 4.01 | 1.0 |
| Copper, Cu | mg | 0.041 | | 0 | | 1 | | 0.028 | 0.037 | 0.0 |
| Manganese, Mn | mg | 0.020 |) | 0 | | 1 | | 0.014 | 0.018 | 0.0 |
| Selenium, Se | mcg | 27.3 | 2.953 | 9 | A | 1 | | 18.6 | 24.8 | 6.3 |
| itamins: | | | | | | | | | | |
| Vitamin C, total ascorbic acid | ma | 5.6 | 0.445 | 28 | | 1 | | 3.8 | 5.1 | 1.3 |
| Thiamin | _ | 0.413 | | 31 | | 1 | | 0.281 | 0.376 | 0.0 |
| Riboflavin | - | 1.744 | | 31 | | 1 | | 1.186 | 1.587 | 0.4 |
| Niacin | | 0.891 | | 29 | | 1 | | 0.606 | 0.811 | 0.4 |
| Pantothenic acid | _ | 3.235 | | 34 | | 1 | | 2.200 | 2.944 | 0.7 |
| Vitamin B-6 | _ | 0.345 | | 31 | | 1 | | 0.235 | 0.314 | 0.0 |
| Folate, total | _ | 50 | | 0 | | 1 | | 34 | 45 | 11 |
| Folic acid | | 0 | | 0 | z | 7 | | 0 | 0 | 0 |
| Folate, food | | 50 | | 0 | | 1 | | 34 | 45 | 11 |
| Folate, DFE | | 50 | | 0 | NC | 4 | | 34 | 45 | 11 |
| Vitamin B-12 | | 3.99 | 0.327 | 17 | | 1 | | 2.72 | 3.63 | 0.9 |
| Vitamin A, IU | | 2365 | | 0 | NC | 4 | | 1608 | 2152 | 544 |
| Vitamin A, RAE | mcg_RAE | 709 | | 0 | NC | 4 | | 482 | 645 | 163 |
| Retinol | | 709 | | 0 | NC | 4 | | 482 | 645 | 163 |
| Vitamin E (alpha-tocopherol) | mg | 0.01 | | 0 | BFFN | 4 | | 0.01 | 0.01 | 0.0 |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | |
| Vitamin D | | 440.000 | 1 | 0 | Т | 4 | | 299.200 | 400.400 | 101.2 |
| Vitamin K (phylloquinone) | mcg | 0.0 | | 0 | BFFN | 4 | | 0.0 | 0.0 | 0.0 |
| ipids: | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.467 | | 0 | | 1 | | 0.318 | 0.425 | 0.1 |
| 4:0 | | 0.026 | 0.005 | 4 | | 1 | | 0.018 | 0.024 | 0.0 |
| 6:0 | g | 0.006 | 0.001 | 4 | | 1 | | 0.004 | 0.005 | 0.0 |
| 8:0 | g | 0.007 | 0.001 | 5 | | 1 | | 0.005 | 0.006 | 0.0 |
| 10:0 | g | 0.017 | 0.003 | 5 | | 1 | | 0.012 | 0.015 | 0.0 |
| 12:0 | g | 0.013 | 0.005 | 5 | | 1 | | 0.009 | 0.012 | 0.0 |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.078 | 0.005 | 5 | | 1 | | 0.053 | 0.071 | 0.0 |
| 15:0 | g | | | | | | | | | |
| 16:0 | - | 0.220 | 0.010 | 5 | | 1 | | 0.150 | 0.200 | 0.0 |
| 17:0 | - | | | | | | | | | |
| 18:0 | - | 0.080 | 0.003 | 5 | | 1 | | 0.054 | 0.073 | 0.0 |
| 20:0 | - | | | | | | | | | |
| 22:0 | g | | | | | | | | | |

| | | <u>Aı</u> | nount in 100 | | | ole portio | <u>on</u> | | edible portion of | |
|------------------------------------|-------------|-----------|--------------|-----|-------|----------------|--------------------|-----------|-------------------|-----------|
| Nutrients and l | Jnits | Mean | | | Deriv | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | | |
| Fatty acids, total monounsaturat | | 0.187 | | 0 | | 1 | | 0.127 | 0.170 | 0.04 |
| 15:1 | - | | | | | | | | | |
| 16:1 undifferentiated | - | 0.021 | 0.00 | 2 5 | | 1 | | 0.014 | 0.019 | 0.00 |
| 17:1 | - | 0.021 | 0.00 | 2 3 | | _ | | 0.014 | 0.019 | 0.00 |
| 18:1 undifferentiated | | 0.156 | 0.00 | 4 5 | | 1 | | 0.106 | 0.142 | 0.03 |
| 20:1 | - | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.00 |
| 22:1 undifferentiated | | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.00 |
| 24:1 c | • | 0.000 | | Ū | | - | | 0.000 | 0.000 | 0.00 |
| Fatty acids, total polyunsaturated | | 0.028 | | 0 | | 1 | | 0.019 | 0.025 | 0.00 |
| 18:2 undifferentiated | | 0.018 | | | | 1 | | 0.012 | 0.016 | 0.00 |
| 18:3 undifferentiated | | 0.011 | | | | 1 | | 0.007 | 0.010 | 0.00 |
| 18:4 | = | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.00 |
| 20:2 n-6 c.c | - | 0.500 | | Ū | | - | | 3.000 | 0.000 | 0.00 |
| 20:3 undifferentiated | - | | | | | | | | | |
| 20:4 undifferentiated | | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.00 |
| 20:5 n-3 | - | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.00 |
| 22:5 n-3 | - | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.00 |
| 22:6 n-3 | | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.00 |
| Fatty acids, total trans | | 0.000 | | · | | _ | | 0.000 | 0.000 | 0.00 |
| Cholesterol | | 18 | 1.85 | 3 8 | | 1 | | 12 | 17 | 4 |
| Phytosterols | | | 2.00 | | | _ | | | | - |
| 1 hytosterois | | | | | | | | | | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan | g | 0.495 | | 0 | | 1 | | 0.337 | 0.450 | 0.11 |
| Threonine | g | 1.584 | | 0 | | 1 | | 1.077 | 1.441 | 0.36 |
| Isoleucine | g | 2.124 | | 0 | | 1 | | 1.444 | 1.933 | 0.48 |
| Leucine | g | 3.438 | | 0 | | 1 | | 2.338 | 3.129 | 0.79 |
| Lysine | g | 2.784 | | 0 | | 1 | | 1.893 | 2.533 | 0.64 |
| Methionine | g | 0.880 | | 0 | | 1 | | 0.598 | 0.801 | 0.20 |
| Cystine | g | 0.325 | | 0 | | 1 | | 0.221 | 0.296 | 0.07 |
| Phenylalanine | g | 1.694 | | 0 | | 1 | | 1.152 | 1.542 | 0.39 |
| Tyrosine | g | 1.694 | | 0 | | 1 | | 1.152 | 1.542 | 0.39 |
| Valine | g | 2.349 | | 0 | | 1 | | 1.597 | 2.138 | 0.54 |
| Arginine | g | 1.271 | | 0 | | 1 | | 0.864 | 1.157 | 0.29 |
| Histidine | g | 0.952 | | 0 | | 1 | | 0.647 | 0.866 | 0.21 |
| Alanine | g | 1.210 | | 0 | | 1 | | 0.823 | 1.101 | 0.27 |
| Aspartic acid | | 2.663 | | 0 | | 1 | | 1.811 | 2.423 | 0.61 |
| Glutamic acid | | 7.350 | | 0 | | 1 | | 4.998 | 6.689 | 1.69 |
| Glycine | - | 0.743 | | 0 | | 1 | | 0.505 | 0.676 | 0.17 |
| Proline | | 3.400 | | 0 | | 1 | | 2.312 | 3.094 | 0.78 |
| Serine | g | 1.909 | | 0 | | 1 | | 1.298 | 1.737 | 0.43 |
| 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 | 1 | | 0 | BFFN | 4 | | 0.783 | 1.048 | 0.26 |
| Carotene, alpha | mcg | 0 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.00 |
| Cryptoxanthin, beta | mcg | 0 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.00 |
| Lycopene | <u>m</u> cg | 0 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.00 |
| Lutein + zeaxanthin | moa | 0 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.00 |

Common Measures:

Measure 1 = 68g: 1 cup

Measure 2 = 91g: 1 envelope (1-1/3 cup)

Measure 3 = 23g: .333 cup (makes 1 cup reconstituted milk)

Milk, dry, nonfat, instant, with added vitamin A

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>A</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> |
| | | | 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 | 3.96 | | 0 | | 1 | | 2.69 | 3.60 | |
| Energy | kcal | 358 | | 0 | | 4 | | 243 | 326 | |
| Energy | kj | 1498 | | | | 4 | | 1019 | 1363 | |
| Protein (N x 6.38) | g | 35.10 | | 0 | | 1 | | 23.87 | 31.94 | |
| Total lipid (fat) | g | 0.72 | | 0 | | 1 | | 0.49 | 0.66 | |
| Ash | g | 8.03 | | 0 | | 1 | | 5.46 | 7.31 | |
| Carbohydrate, by difference | g | 52.19 | | 0 | | 4 | | 35.49 | 47.49 | |
| Fiber, total dietary | g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Sugars, total | g | 52.19 | | 0 | BFZN | 4 | | 35.49 | 47.49 | |
| Starch | g | | | | | | | | | |
| Min and a | | | | | | | | | | |
| Minerals: | ma | 1231 | | 0 | | 1 | | 837 | 1120 | |
| Calcium, CaIron, Fe | - | 0.31 | | 0 | | 1 | | 0.21 | 0.28 | |
| Magnesium, Mg | - | 117 | 11.071 | 14 | | 1 | | 80 | 106 | |
| Phosphorus, P | | 985 | 11.071 | 0 | | 1 | | 670 | 896 | |
| Potassium, K | • | 1705 | | 0 | | 1 | | 1159 | 1552 | |
| Sodium, Na | | 549 | | 0 | | 1 | | 373 | 500 | |
| Zinc, Zn | - | 4.41 | 0.124 | 10 | | 1 | | 3.00 | 4.01 | |
| Copper, Cu | | 0.041 | | 0 | | 4 | | 0.028 | 0.037 | |
| Manganese, Mn. | | 0.020 | | 0 | | 4 | | 0.014 | 0.018 | |
| Selenium, Se | | 27.3 | 2.950 | 9 | A | 1 | | 18.6 | 24.8 | |
| | | | | | | | | | | |
| <u>Vitamins:</u> | | | | | | | | | | |
| Vitamin C, total ascorbic acid | - | 5.6 | | 0 | | 1 | | 3.8 | 5.1 | |
| Thiamin | - | 0.413 | | 0 | | 1 | | 0.281 | 0.376 | |
| Riboflavin | | 1.744 | | 0 | | 1 | | 1.186 | 1.587 | |
| Niacin | - | 0.891 | | 0 | | 1 | | 0.606 | 0.811 | |
| Pantothenic acid | - | 3.230 | | 34 | | 1 | | 2.196 | 2.939 | |
| Vitamin B-6 | - | 0.345 | 0.007 | 31 | | 1 | | 0.235 | 0.314 | |
| Folate, total | | 50 0 | | 0 | Z | 4 7 | | 34 | 46 | |
| Folic acid | | 50 | | 0 | z | | | 0 34 | 0 46 | |
| Folate, food | | 50 50 | | 0 | NC | 4 4 | | 34 34 | | |
| Folate, DFE | | 3.99 | 0.327 | 17 | NC | 1 | | 2.72 | 46 3.63 | |
| Vitamin B-12 Vitamin A, IU | | 3.99 15 | 0.327 | 0 | NC | 4 | | 10 | | |
| Vitamin A, IU | | 4 | | 0 | NC | 4 | | 3 | 14 4 | |
| Retinol | | 4 | | 0 | NC NC | 4 | | 3 | 4 | |
| Vitamin E (alpha-tocopherol) | | 0.01 | | 0 | BFZN | 4 | | 0.01 | 0.01 | |
| Tocopherol, beta | | 0.01 | | Ū | DI ZIN | - | | 0.01 | 0.01 | |
| 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 | | 0.470 | | 0 | | 1 1 | | 0.320 | 0.428 | |
| 4:0 | | 0.026 | | 4 | | 1 | | 0.018 | 0.024 | |
| 6:0 | - | 0.006 | | 4 | | | | 0.004 | 0.005 | |
| 8:0 10:0. | - | 0.007 0.017 | | 5 5 | | 1 1 | | 0.005 0.012 | 0.006 0.015 | |
| 12:0 | | 0.017 | | 5 5 | | 1 | | 0.012 | 0.015 | |
| 13:0 | | 0.013 | , 0.005 | J | | 1 | | 0.009 | 0.012 | |
| 14:0 | | 0.078 | 0.005 | 5 | | 1 | | 0.053 | 0.071 | |
| 15:0 | | 0.076 | . 0.003 | J | | - | | 0.055 | 0.071 | |
| 16:0 | | 0.220 | 0.010 | 5 | | 1 | | 0.150 | 0.200 | |
| 17:0 | | 0.220 | 0.010 | - | | - | | 3.130 | 0.200 | |
| 18:0 | - | 0.080 | 0.003 | 5 | | 1 | | 0.054 | 0.073 | |
| 20:0 | - | 0.000 | 0.003 | - | | - | | 3.034 | 0.075 | |
| 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 |
|-----------------------------------|-------|-----------|-------------|-------------------|---------|----------------|--------------------|-----------|-----------------|-----------|
| | | | | Number | | _ | | | easures of food | _ |
| Nutrients and l | Units | Mean | Std. Error | of Data Points | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| P | | 0.100 | | • | | | | | 0.450 | |
| Fatty acids, total monounsaturat | | 0.190 | | 0 | | 1 | | 0.129 | 0.173 | |
| 15:1 | - | | | | | | | | | |
| 16:1 undifferentiated | - | 0.021 | 0.0 | 02 5 | | 1 | | 0.014 | 0.019 | |
| 17:1 | - | | | | | | | | | |
| 18:1 undifferentiated | g | 0.156 | 0.0 | 04 5 | | 1 | | 0.106 | 0.142 | |
| 20:1 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 24:1 c | g | | | | | | | | | |
| Fatty acids, total polyunsaturate | edg | 0.030 | | 0 | | 1 | | 0.020 | 0.027 | |
| 18:2 undifferentiated | g | 0.018 | 0.0 | 04 5 | | 1 | | 0.012 | 0.016 | |
| 18:3 undifferentiated | g | 0.011 | 0.0 | 03 5 | | 1 | | 0.007 | 0.010 | |
| 18:4 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c | g | | | | | | | | | |
| 20:3 undifferentiated | g | | | | | | | | | |
| 20:4 undifferentiated | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:5 n-3 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 22:5 n-3 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 22:6 n-3 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 18 | | 0 | | 1 | | 12 | 16 | |
| Phytosterols | mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan | а | 0.495 | | 0 | | 1 | | 0.337 | 0.450 | |
| Threonine | | 1.584 | | 0 | | 1 | | 1.077 | 1.441 | |
| Isoleucine | - | 2.124 | | 0 | | 1 | | 1.444 | 1.933 | |
| Leucine | - | 3.438 | | 0 | | 1 | | 2.338 | 3.129 | |
| Lysine | | 2.784 | | 0 | | 1 | | 1.893 | 2.533 | |
| Methionine | | 0.880 | | 0 | | 1 | | 0.598 | 0.801 | |
| Cystine | | 0.325 | | 0 | | 1 | | 0.221 | 0.296 | |
| Phenylalanine | | 1.694 | | 0 | | 1 | | 1.152 | 1.542 | |
| Tyrosine | | 1.694 | | 0 | | 1 | | 1.152 | 1.542 | |
| Valine | - | 2.349 | | 0 | | 1 | | 1.597 | 2.138 | |
| Arginine | - | 1.271 | | 0 | | 1 | | 0.864 | 1.157 | |
| Histidine | - | 0.952 | | 0 | | 1 | | 0.647 | 0.866 | |
| Alanine | g | 1.210 | | 0 | | 1 | | 0.823 | 1.101 | |
| Aspartic acid | - | 2.663 | | 0 | | 1 | | 1.811 | 2.423 | |
| Glutamic acid | | 7.350 | | 0 | | 1 | | 4.998 | 6.689 | |
| Glycine | g | 0.743 | | 0 | | 1 | | 0.505 | 0.676 | |
| Proline | | 3.400 | | 0 | | 1 | | 2.312 | 3.094 | |
| Serine | g | 1.909 | | 0 | | 1 | | 1.298 | 1.737 | |
| Hydroxyproline | g | | | | | | | | | |
| | | | | | | | | | | |
| Others: | _ | | | | | _ | | | | |
| Alcohol, ethyl | | 0.0 | | 0 | _ | 7 | | 0.0 | 0.0 | |
| Caffeine | | 0 | | 0 | Z Z | 7 7 | | 0 | 0 | |
| Theobromine | | U | | U | z | , | | 0 | 0 | |
| Carotenoids: | | | | | | | | | | |
| Carotene, beta | mcg | 1 | | 0 | BFZN | 4 | | 0.783 | 1.048 | |
| Carotene, alpha | - | 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 = 68g: 1 cup

Measure 2 = 91g: 1 envelope (1-1/3 cup)

Milk, dry, nonfat, instant, without added vitamin A

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | Amount in 100 grams of edible portion | | | | | | | Amount in edible portion of common | | |
|--------------------------------|---------|---------------------------------------|--------------|--------|-------|--------|------------|-----------|------------------------------------|-----------|--|
| | | Number | | | | | | <u>m</u> | easures of food | <u>l</u> | |
| | | | of | f Data | Deriv | Source | Confidence | | | | |
| Nutrients and Units | | Mean | Std. Error P | oints | Code | Code | Code | Measure 1 | Measure 2 | Measure 3 | |
| Proximates: | | | | | | | | | | | |
| Water | g | 3.16 | | 0 | | 1 | | 3.79 | 0.95 | | |
| Energy | kcal | 362 | | 0 | NC | 4 | | 435 | 109 | | |
| Energy | kj | 1516 | | | | 4 | | 1819 | 455 | | |
| Protein (N x 6.38) | g | 36.16 | | 0 | | 1 | | 43.39 | 10.85 | | |
| Total lipid (fat) | g | 0.77 | | 0 | | 1 | | 0.92 | 0.23 | | |
| Ash | g | 7.93 | | 0 | | 1 | | 9.52 | 2.38 | | |
| Carbohydrate, by difference | g | 51.98 | | 0 | NC | 4 | | 62.38 | 15.59 | | |
| Fiber, total dietary | | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | | |
| Sugars, total | g | 51.98 | | 0 | BFZN | 4 | | 62.38 | 15.59 | | |
| Starch | g | | | | | | | | | | |
| Minerals: | | | | | | | | | | | |
| Calcium, Ca | ma | 1257 | | 0 | | 1 | | 1508 | 377 | | |
| Iron, Fe | _ | 0.32 | | 0 | | 1 | | 0.38 | 0.10 | | |
| Magnesium, Mg | _ | 110 | 3.072 | | | 1 | | 132 | 33 | | |
| Phosphorus, P | | 968 | | 0 | | 1 | | 1162 | 290 | | |
| Potassium, K | _ | 1794 | | 0 | | 1 | | 2153 | 538 | | |
| Sodium, Na | | 535 | | 0 | | 1 | | 642 | 161 | | |
| Zinc, Zn | mg | 4.08 | 0.108 | 7 | | 1 | | 4.90 | 1.22 | | |
| Copper, Cu | mg | 0.041 | | 0 | | 1 | | 0.049 | 0.012 | | |
| Manganese, Mn | | 0.020 |) | 0 | | 1 | | 0.024 | 0.006 | | |
| Selenium, Se | mcg | 27.3 | 2.950 | 9 | A | 1 | | 32.8 | 8.2 | | |
| Vitamins: | | | | | | | | | | | |
| Vitamin C, total ascorbic acid | ma | 6.8 | | 0 | | 1 | | 8.1 | 2.0 | | |
| Thiamin | - | 0.415 | • | 0 | | 1 | | 0.498 | 0.125 | | |
| Riboflavin | | 1.550 | | Ö | | 1 | | 1.860 | 0.465 | | |
| Niacin | = | 0.951 | | 0 | | 1 | | 1.141 | 0.285 | | |
| Pantothenic acid | _ | 3.568 | | 16 | | 1 | | 4.282 | 1.070 | | |
| Vitamin B-6 | = | 0.361 | 0.015 | 28 | | 1 | | 0.433 | 0.108 | | |
| Folate, total | - | 50 | | 0 | | 1 | | 60 | 15 | | |
| Folic acid | | 0 | | 0 | Z | 7 | | 0 | 0 | | |
| Folate, food | | 50 | | 0 | | 1 | | 60 | 15 | | |
| Folate, DFE | | 50 | | 0 | NC | 4 | | 60 | 15 | | |
| Vitamin B-12 | | 4.03 | 0.348 | 15 | | 1 | | 4.84 | 1.21 | | |
| Vitamin A, IU | IU | 2179 | | 0 | NC | 4 | | 2614 | 654 | | |
| Vitamin A, RAE | mcg_RAE | 653 | | 0 | NC | 4 | | 784 | 196 | | |
| Retinol | | 653 | | 0 | NC | 4 | | 784 | 196 | | |
| Vitamin E (alpha-tocopherol) | mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | | |
| Tocopherol, beta | | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | | |
| Vitamin D | | 0.1 | | 0 | DEGN | | | 0.1 | 0.0 | | |
| Vitamin K (phylloquinone) | rricg | 0.1 | | 0 | BFZN | 4 | | 0.1 | 0.0 | | |
| Lipids: | | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.499 |) | 0 | | 1 | | 0.599 | 0.150 | | |
| 4:0 | g | 0.028 | 0.005 | 4 | | 1 | | 0.034 | 0.008 | | |
| 6:0 | g | 0.006 | 0.001 | 4 | | 1 | | 0.007 | 0.002 | | |
| 8:0 | g | 0.007 | 0.001 | 5 | | 1 | | 0.008 | 0.002 | | |
| 10:0 | | 0.018 | 0.003 | 5 | | 1 | | 0.022 | 0.005 | | |
| 12:0 | | 0.014 | 0.005 | 5 | | 1 | | 0.017 | 0.004 | | |
| 13:0 | | | | | | | | | | | |
| 14:0 | g | 0.083 | 0.005 | 5 | | 1 | | 0.100 | 0.025 | | |
| 15:0 | | | | | | | | | | | |
| 16:0 | | 0.235 | 0.010 | 5 | | 1 | | 0.282 | 0.071 | | |
| 17:0 | - | | | | | | | | | | |
| 18:0 | - | 0.085 | 0.003 | 5 | | 1 | | 0.102 | 0.026 | | |
| 20:0 | - | | | | | | | | | | |
| 22:0 | - | | | | | | | | | | |
| 24:0 | g | | | | | | | | | | |

| | | <u>Aı</u> | mount in 100 g | | Amount in edible portion of common measures of food | | | | | |
|-----------------------------------|-------|-----------|----------------|---|---|----------------|--------------------|-----------|-----------|-----------|
| Nutrients and | Units | Mean | | | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | | |
| Fatty acids, total monounsatural | | 0.200 | | 0 | | 1 | | 0.240 | 0.060 | |
| 14:1 | - | | | | | | | | | |
| 15:1 | - | 0.000 | 0.000 | - | | | | 0.006 | 0 007 | |
| 16:1 undifferentiated | - | 0.022 | 0.002 | 5 | | 1 | | 0.026 | 0.007 | |
| 17:1 18:1 undifferentiated | - | 0.167 | | 0 | | 1 | | 0.200 | 0.050 | |
| 20:1 | - | 0.000 | | 0 | | 1 | | 0.200 | 0.000 | |
| 22:1 undifferentiated | - | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c | • | 0.000 | | U | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total polyunsaturate | | 0.030 | | 0 | | 1 | | 0.036 | 0.009 | |
| 18:2 undifferentiated | | 0.019 | | 0 | | 1 | | 0.038 | 0.009 | |
| 18:3 undifferentiated | | 0.013 | | 5 | | 1 | | 0.023 | 0.003 | |
| 18:4 | - | 0.000 | | 0 | | 1 | | 0.000 | 0.003 | |
| 20:2 n-6 c.c | - | 0.000 | | J | | 1 | | 0.000 | 0.000 | |
| 20:3 undifferentiated | - | | | | | | | | | |
| 20:4 undifferentiated | | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:5 n-3 | - | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3 | | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3 | | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans | | 0.000 | | Ū | | - | | 0.000 | 0.000 | |
| Cholesterol | | 20 | | 0 | | 1 | | 24 | 6 | |
| Phytosterols | _ | 20 | | Ū | | - | | 24 | · · | |
| 1 Hytosterois | 9 | | | | | | | | | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan | g | 0.510 | | 0 | | 1 | | 0.612 | 0.153 | |
| Threonine | g | 1.632 | | 0 | | 1 | | 1.958 | 0.490 | |
| Isoleucine | g | 2.188 | | 0 | | 1 | | 2.626 | 0.656 | |
| Leucine | g | 3.542 | | 0 | | 1 | | 4.250 | 1.063 | |
| Lysine | | 2.868 | | 0 | | 1 | | 3.442 | 0.860 | |
| Methionine | g | 0.907 | | 0 | | 1 | | 1.088 | 0.272 | |
| Cystine | g | 0.334 | | 0 | | 1 | | 0.401 | 0.100 | |
| Phenylalanine | g | 1.746 | | 0 | | 1 | | 2.095 | 0.524 | |
| Tyrosine | g | 1.746 | | 0 | | 1 | | 2.095 | 0.524 | |
| Valine | g | 2.420 | | 0 | | 1 | | 2.904 | 0.726 | |
| Arginine | g | 1.309 | | 0 | | 1 | | 1.571 | 0.393 | |
| Histidine | g | 0.981 | | 0 | | 1 | | 1.177 | 0.294 | |
| Alanine | g | 1.247 | | 0 | | 1 | | 1.496 | 0.374 | |
| Aspartic acid | g | 2.743 | | 0 | | 1 | | 3.292 | 0.823 | |
| Glutamic acid | _ | 7.572 | | 0 | | 1 | | 9.086 | 2.272 | |
| Glycine | g | 0.765 | | 0 | | 1 | | 0.918 | 0.230 | |
| Proline | g | 3.503 | | 0 | | 1 | | 4.204 | 1.051 | |
| Serine | g | 1.967 | | 0 | | 1 | | 2.360 | 0.590 | |
| Hydroxyproline | g | | | | | | | | | |
| Others | | | | | | | | | | |
| Others: | a | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Alcohol, ethyl | | 0.0 | | 0 | z | 7 | | 0.0 | 0.0 | |
| Caffeine Theobromine | | 0 | | 0 | Z | 7 | | 0 | 0 | |
| | 9 | · · | | J | - | , | | U | J | |
| Carotenoids: | | | | | | | | | | |
| Carotene, beta | | 1 | | 0 | BFZN | 4 | | 1.478 | 0.369 | |
| 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 = 120g: 1 cup Measure 2 = 30g: .25 cup

Milk, dry, nonfat, regular, with added vitamin A

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | Amount in 100 grams of edible portion Number | | | | | | Amount in edible portion of common | | |
|--------------------------------|---|---|-----------------|----------|-------|--------|------------|------------------------------------|----------------|-----------|
| | | | | | | | | measures of food | | |
| | | | of | f Data | Deriv | Source | Confidence | | | |
| Nutrients and Units | | Mean | Std. Error P | | | Code | Code | Measure 1 | Measure 2 | Measure 3 |
| Proximates: | | | | | | | | | | |
| Water | g | 3.16 | 0.021 | 382 | | 1 | | 3.79 | 0.95 | |
| Energy | kcal | 362 | | 0 | NC | 4 | | 435 | 109 | |
| Energy | kj | 1516 | | | | 4 | | 1819 | 455 | |
| Protein (N x 6.38) | g | 36.16 | 0.081 | 183 | | 1 | | 43.39 | 10.85 | |
| Total lipid (fat) | g | 0.77 | 0.009 | 351 | | 1 | | 0.92 | 0.23 | |
| Ash | g | 7.93 | | 104 | | 1 | | 9.52 | 2.38 | |
| Carbohydrate, by difference | g | 51.98 | | 0 | NC | 4 | | 62.38 | 15.59 | |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Sugars, total | g | 51.98 | | 0 | NR | 4 | | 62.38 | 15.59 | |
| Starch | g | | | | | | | | | |
| M.C. 1 | | | | | | | | | | |
| Minerals: | ma | 1057 | 20 555 | 10 | | 4 | | 1500 | 277 | |
| Calcium, Ca | _ | 1257 0.32 | 30.776 0.058 | 12 6 | | 1 1 | | 1508 0.38 | 377 0.10 | |
| Iron, Fe | _ | 110 | 3.072 | 9 | | 1 | | 132 | 33 | |
| Magnesium, Mg Phosphorus, P | | 968 | 25.372 | 13 | | 1 | | 132 | 33 290 | |
| Potassium, K | _ | 1794 | 3.503 | | | 1 | | 2153 | 538 | |
| Sodium. Na | | 535 | 17.449 | 6 | | 1 | | 642 | 161 | |
| Zinc, Zn | • | 4.08 | 0.108 | 7 | | 1 | | 4.90 | 1.22 | |
| Copper, Cu | | 0.041 | | 0 | | 1 | | 0.049 | 0.012 | |
| Manganese, Mn | | 0.020 |) | 0 | | 1 | | 0.024 | 0.006 | |
| Selenium, Se | | 27.3 | 2.953 | 9 | A | 1 | | 32.8 | 8.2 | |
| | | | | | | | | | | |
| Vitamins: | | | | | | _ | | | | |
| Vitamin C, total ascorbic acid | - | 6.8 | 0.725 | 14 | | 1 | | 8.1 | 2.0 | |
| Thiamin | | 0.415 | | 24 | | 1 | | 0.498 | 0.125 | |
| Riboflavin | - | 1.550 | | 24 | | 1 1 | | 1.860 | 0.465 | |
| Niacin | _ | 0.951 3.568 | | 25 16 | | 1 | | 1.141 4.282 | 0.285 1.070 | |
| Pantothenic acid | - | 0.361 | | 28 | | 1 | | 0.433 | 0.108 | |
| Vitamin B-6 | - | 50 | 0.015 | 0 | | 1 | | 60 | 15 | |
| Folate, totalFolic acid | | 0 | | 0 | z | 7 | | 0 | 0 | |
| Folate, food | | 50 | | 0 | | 1 | | 60 | 15 | |
| Folate, DFE | | 50 | | 0 | NC | 4 | | 60 | 15 | |
| Vitamin B-12 | | 4.03 | 0.348 | 15 | 110 | 1 | | 4.84 | 1.21 | |
| Vitamin A, IU | | 22 | 0.010 | 0 | NC | 4 | | 26 | 7 | |
| Vitamin A, RAE | | 6 | | 0 | NC | 4 | | 7 | 2 | |
| Retinol | | 6 | | 0 | NC | 4 | | 7 | 2 | |
| Vitamin E (alpha-tocopherol) | | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | |
| Tocopherol, beta | | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | |
| Tocopherol, gamma | | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | |
| Tocopherol, delta | | 0.00 | | 1 | A | 1 | | 0.00 | 0.00 | |
| Vitamin D | | 332.000 |) | 0 | T | 4 | | 398.400 | 99.600 | |
| Vitamin K (phylloquinone) | mcg | 0.1 | | 0 | BFFN | 4 | | 0.1 | 0.0 | |
| T:-:3 | | | | | | | | | | |
| Lipids: | 0 | 0.499 | • | 0 | | 1 | | 0.599 | 0.150 | |
| Fatty acids, total saturated | | 0.499 | | 4 | | 1 | | 0.034 | 0.130 | |
| 4:0 6:0 | | 0.028 | | 4 | | 1 | | 0.034 | 0.008 | |
| 8:0 | | 0.000 | | 5 | | 1 | | 0.007 | 0.002 | |
| 10:0 | | 0.007 | | 5 | | 1 | | 0.022 | 0.002 | |
| 12:0 | | 0.014 | | 5 | | 1 | | 0.022 | 0.003 | |
| 13:0 | - | 0.014 | 0.005 | 3 | | - | | 3.017 | 0.004 | |
| 14:0 | - | 0.083 | 0.005 | 5 | | 1 | | 0.100 | 0.025 | |
| 15:0 | - | 0.000 | 0.005 | 3 | | - | | 3.100 | 0.025 | |
| 16:0 | - | 0.235 | 0.010 | 5 | | 1 | | 0.282 | 0.071 | |
| 17:0 | - | | | - | | = | | 3.202 | J.J. 1 | |
| 18:0 | - | 0.085 | 0.003 | 5 | | 1 | | 0.102 | 0.026 | |
| 20:0 | - | | | - | | | | | - · · · · · | |
| 22:0 | - | | | | | | | | | |
| 24:0 | - | | | | | | | | | |

| | | <u>Ar</u> | nount in 10 | 0 grams | of edil | ole portio | <u>n</u> | Amount in | edible portion | of common |
|------------------------------------|---|-----------|-------------|-------------------|---------|----------------|--------------------|-----------|-----------------|-----------|
| | | | | Number | | | | | easures of food | |
| Nutrients and l | Jnits | Mean | Std. Error | of Data Points | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | · ~ | 0.201 | | | | | | | 0.000 | |
| Fatty acids, total monounsaturate | | 0.201 | | 0 | | 1 | | 0.241 | 0.060 | |
| 15:1 | _ | | | | | | | | | |
| 16:1 undifferentiated | _ | 0.022 | 0.00 |)2 5 | | 1 | | 0.026 | 0.007 | |
| 17:1 | _ | 0.022 | | ,_ , | | _ | | 0.020 | 0.007 | |
| 18:1 undifferentiated | _ | 0.167 | 0.00 | 3 5 | | 1 | | 0.200 | 0.050 | |
| 20:1 | _ | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated | | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c | • | 0.000 | | • | | _ | | 0.000 | 0.000 | |
| Fatty acids, total polyunsaturated | | 0.030 | | 0 | | 1 | | 0.036 | 0.009 | |
| 18:2 undifferentiated | | 0.019 | 0.00 | | | 1 | | 0.023 | 0.006 | |
| 18:3 undifferentiated | | 0.011 | 0.00 | | | 1 | | 0.013 | 0.003 | |
| 18:4 | | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c.c | _ | 0.000 | | · | | - | | 0.000 | 0.000 | |
| 20:3 undifferentiated | _ | | | | | | | | | |
| 20:4 undifferentiated | _ | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:5 n-3 | _ | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3 | _ | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3 | _ | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans | | 0.000 | | • | | _ | | 0.000 | 0.000 | |
| Cholesterol | | 20 | | 0 | | 1 | | 24 | 6 | |
| Phytosterols | - | | | • | | _ | | | · · | |
| 1 Hy tosterois | | | | | | | | | | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan | g | 0.510 | | 0 | | 1 | | 0.612 | 0.153 | |
| Threonine | g | 1.632 | | 0 | | 1 | | 1.958 | 0.490 | |
| Isoleucine | g | 2.188 | | 0 | | 1 | | 2.626 | 0.656 | |
| Leucine | g | 3.542 | | 0 | | 1 | | 4.250 | 1.063 | |
| Lysine | g | 2.868 | | 0 | | 1 | | 3.442 | 0.860 | |
| Methionine | g | 0.907 | | 0 | | 1 | | 1.088 | 0.272 | |
| Cystine | g | 0.334 | | 0 | | 1 | | 0.401 | 0.100 | |
| Phenylalanine | g | 1.746 | | 0 | | 1 | | 2.095 | 0.524 | |
| Tyrosine | g | 1.746 | | 0 | | 1 | | 2.095 | 0.524 | |
| Valine | g | 2.420 | | 0 | | 1 | | 2.904 | 0.726 | |
| Arginine | g | 1.309 | | 0 | | 1 | | 1.571 | 0.393 | |
| Histidine | g | 0.981 | | 0 | | 1 | | 1.177 | 0.294 | |
| Alanine | g | 1.247 | | 0 | | 1 | | 1.496 | 0.374 | |
| Aspartic acid | g | 2.743 | | 0 | | 1 | | 3.292 | 0.823 | |
| Glutamic acid | g | 7.572 | | 0 | | 1 | | 9.086 | 2.272 | |
| Glycine | g | 0.765 | | 0 | | 1 | | 0.918 | 0.230 | |
| Proline | | 3.503 | | 0 | | 1 | | 4.204 | 1.051 | |
| Serine | g | 1.967 | | 0 | | 1 | | 2.360 | 0.590 | |
| Hydroxyproline | g | | | | | | | | | |
| | | | | | | | | | | |
| Others: | | | | | | _ | | | | |
| Alcohol, ethyl | | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine | | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine | mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotenoids: | | | | | | | | | | |
| Carotene, beta | mcg | 1 | | 0 | BFFN | 4 | | 1.478 | 0.369 | |
| 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 | |
| | | 0 | | | z | | | 0.000 | 0.000 | |

Common Measures:

Measure 1 = 120g: 1 cup Measure 2 = 30g: .25 cup NDB No. 01091

Milk, dry, nonfat, regular, without added vitamin A

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>Aı</u> | mount in 100 g | ırams | of edib | le portion | 1 | 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 | 2.47 | 0.130 | 25 | | 1 | | 3.16 | 0.79 | | |
| Energy | kcal | 496 | | 0 | NC | 4 | | 635 | 159 | | |
| Energy | kj | 2075 | | | | 4 | | 2656 | 664 | | |
| Protein (N x 6.38) | g | 26.32 | 0.175 | 22 | | 1 | | 33.69 | 8.42 | | |
| Total lipid (fat) | g | 26.71 | 0.250 | 30 | | 1 | | 34.19 | 8.55 | | |
| Ash | g | 6.08 | 0.092 | 20 | | 1 | | 7.78 | 1.95 | | |
| Carbohydrate, by difference | g | 38.42 | | 0 | NC | 4 | | 49.18 | 12.29 | | |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | | |
| Sugars, total | g | 38.42 | | 0 | NR | 4 | | 49.18 | 12.29 | | |
| Starch | g | | | | | | | | | | |
| Minerals: | | | | | | | | | | | |
| Calcium. Ca | ma | 912 | 17.766 | 18 | | 1 | | 1168 | 292 | | |
| Iron, Fe | • | 0.47 | 0.065 | 12 | | 1 | | 0.60 | 0.15 | | |
| Magnesium, Mg | - | 85 | 1.465 | 15 | | 1 | | 108 | 27 | | |
| Phosphorus, P | | 776 | 14.251 | 18 | | 1 | | 993 | 248 | | |
| Potassium, K | - | 1330 | 41.231 | 15 | | 1 | | 1702 | 426 | | |
| Sodium, Na | | 371 | 15.131 | 7 | | 1 | | 475 | 119 | | |
| Zinc, Zn | mg | 3.34 | | 1 | | 1 | | 4.28 | 1.07 | | |
| Copper, Cu | mg | 0.080 | | 0 | | 1 | | 0.102 | 0.026 | | |
| Manganese, Mn | | 0.040 | | 0 | | 1 | | 0.051 | 0.013 | | |
| Selenium, Se | mcg | 16.3 | | 0 | BFNN | 4 | | 20.9 | 5.2 | | |
| Vitamins: | | | | | | | | | | | |
| Vitamin C, total ascorbic acid | ma | 8.6 | 0.454 | 11 | | 1 | | 11.1 | 2.8 | | |
| Thiamin | - | 0.283 | | 18 | | 1 | | 0.362 | 0.091 | | |
| Riboflavin | | 1.205 | | 23 | | 1 | | 1.542 | 0.386 | | |
| Niacin | | 0.646 | 0.024 | 22 | | 1 | | 0.827 | 0.207 | | |
| Pantothenic acid | - | 2.271 | 0.086 | 20 | | 1 | | 2.907 | 0.727 | | |
| Vitamin B-6 | mg | 0.302 | 0.028 | 41 | | 1 | | 0.387 | 0.097 | | |
| Folate, total | mcg | 37 | | 0 | | 1 | | 47 | 12 | | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | | |
| Folate, food | | 37 | | 0 | | 1 | | 47 | 12 | | |
| Folate, DFE | mcg_DFE | 37 | | 0 | NC | 4 | | 47 | 12 | | |
| Vitamin B-12 | | 3.25 | 0.289 | 31 | | 1 | | 4.16 | 1.04 | | |
| Vitamin A, IU | | 915 | | 0 | NC | 4 | | 1171 | 293 | | |
| Vitamin A, RAE | | 257 | | 0 | NC | 4 | | 328 | 82 | | |
| Retinol | | 253 | | 0 | NC | 4 | | 324 | 81 | | |
| Vitamin E (alpha-tocopherol) | | 0.48 | | 0 | BFFN | 4 | | 0.61 | 0.15 | | |
| Tocopherol, beta | | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | | |
| Tocopherol, delta Vitamin D | | 312.000 | | 0 | т | 4 | | 399.360 | 99.840 | | |
| Vitamin K (phylloquinone) | | 1.8 | | 0 | BFFN | 4 | | 2.4 | 0.6 | | |
| vitamin K (phynodumone) | g | 1.0 | | · | DIIN | • | | 2.4 | 0.0 | | |
| Lipids: | | | | | | | | | | | |
| Fatty acids, total saturated | g | 16.742 | | 0 | | 1 | | 21.430 | 5.357 | | |
| 4:0 | - | 0.866 | | 1 | | 1 | | 1.108 | 0.277 | | |
| 6:0 | | 0.240 | | 2 | | 1 | | 0.307 | 0.077 | | |
| 8:0 | | 0.269 | | 2 | | 1 | | 0.344 | 0.086 | | |
| 10:0 | | 0.596 | | 2 | | 1 | | 0.763 | 0.191 | | |
| 12:0 | | 0.614 | | 2 | | 1 | | 0.786 | 0.196 | | |
| 13:0 | | 2.820 | | 2 | | 1 | | 2 (10 | 2 222 | | |
| 14:0 | | 2.820 | | 2 | | 1 | | 3.610 | 0.902 | | |
| 15:0 16:0 | _ | 7.522 | | 2 | | 1 | | 9.628 | 2.407 | | |
| 17:0 | _ | 7.522 | | _ | | 1 | | 3.020 | 2.407 | | |
| 18:0 | _ | 2.853 | | 2 | | 1 | | 3.652 | 0.913 | | |
| 20:0 | _ | 2.000 | | _ | | - | | 3.032 | 0.515 | | |
| 22:0 | - | | | | | | | | | | |
| 24:0 | - | | | | | | | | | | |

| | | <u>A</u> | mount in 100 | | of edil | ole portio | <u>on</u> | Amount in edible portion of common measures of food | | | |
|----------------------------------|-------|----------------|--------------|--------|---------|------------|------------|---|-----------------|-----------|--|
| | | | O | | Deriv | | Confidence | <u>m</u> . | easures of food | | |
| Nutrients and | Units | Mean | Std. Error P | oints | Code | Code | Code | Measure 1 | Measure 2 | Measure 3 | |
| Fatty acids, total monounsatura | ntedg | 7.924 | | 0 | | 1 | | 10.143 | 2.536 | | |
| 14:1 | - | | | | | | | | | | |
| 15:1 16:1 undifferentiated | - | 1.196 | i | 2 | | 1 | | 1.531 | 0.383 | | |
| 17:1 | - | 6 100 | | • | | 1 | | 7.006 | 1 001 | | |
| 18:1 undifferentiated 20:1 | - | 6.192 0.000 | | 2 0 | | 1 | | 7.926 0.000 | 1.981 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 polyunsaturat | | 0.665 | i | 0 | | 1 | | 0.851 | 0.213 | | |
| 18:2 undifferentiated | g | 0.460 |) | 2 | | 1 | | 0.589 | 0.147 | | |
| 18:3 undifferentiated | g | 0.204 | | 2 | | 1 | | 0.261 | 0.065 | | |
| 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 1 | | 0.000 | 0.000 | | |
| 22:5 n-3 | - | 0.000 | | 0 | | 1 | | 0.000 0.000 | 0.000 0.000 | | |
| Fatty acids, total trans | | 0.000 | | U | | _ | | 0.000 | 0.000 | | |
| Cholesterol | | 97 | | 2 | | 1 | | 124 | 31 | | |
| Phytosterols | _ | · · | | _ | | _ | | | | | |
| - | | | | | | | | | | | |
| Amino Acids: | | | | | | | | | | | |
| Tryptophan | | 0.371 | | 0 | | 1 | | 0.475 | 0.119 | | |
| Threonine | = | 1.188 | | 0 | | 1 | | 1.521 | 0.380 | | |
| Isoleucine | - | 1.592 | | 0 | | 1 1 | | 2.038 3.300 | 0.509 | | |
| LeucineLysine | - | 2.578 | | 0 | | 1 | | 2.671 | 0.825 0.668 | | |
| Methionine | | 0.660 | | 0 | | 1 | | 0.845 | 0.211 | | |
| Cystine | | 0.243 | | 0 | | 1 | | 0.311 | 0.078 | | |
| Phenylalanine | | 1.271 | | 0 | | 1 | | 1.627 | 0.407 | | |
| Tyrosine | | 1.271 | | 0 | | 1 | | 1.627 | 0.407 | | |
| Valine | = | 1.762 | | 0 | | 1 | | 2.255 | 0.564 | | |
| Arginine | - | 0.953 | 1 | 0 | | 1 | | 1.220 | 0.305 | | |
| Histidine | g | 0.714 | | 0 | | 1 | | 0.914 | 0.228 | | |
| Alanine | g | 0.908 | | 0 | | 1 | | 1.162 | 0.291 | | |
| Aspartic acid | g | 1.997 | | 0 | | 1 | | 2.556 | 0.639 | | |
| Glutamic acid | g | 5.512 | | 0 | | 1 | | 7.055 | 1.764 | | |
| Glycine | g | 0.557 | | 0 | | 1 | | 0.713 | 0.178 | | |
| Proline | - | 2.549 | | 0 | | 1 | | 3.263 | 0.816 | | |
| Serine | | 1.432 | | 0 | | 1 | | 1.833 | 0.458 | | |
| Hydroxyproline | g | | | | | | | | | | |
| Others: | | | | | | | | | | | |
| Alcohol, ethyl | g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | | |
| Caffeine | mg | 0 | | 0 | Z | 7 | | 0 | 0 | | |
| Theobromine | mg | 0 | | 0 | Z | 7 | | 0 | 0 | | |
| Carotenoids: | | | | | | | | | | | |
| Carotene, beta | mca | 43 | | 0 | BFFN | 4 | | 54.685 | 13.671 | | |
| 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 = 128g: 1 cup Measure 2 = 32g: .25 cup NDB No. 01090 Milk, dry, whole

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| g kcal kj g | Mean 87.67 63 | Std. Error | | Deriv | Source Code | Confidence | | easures of food | • |
|----------------------|---|---|---|--------|----------------|------------|-----------|-----------------|-----------|
| kcal kj | 87.67 | Std. Error | | | | | Manager 4 | | |
| kcal kj | 87.67 | Std. Error | Points | Code | Code | Codo | M | | |
| kcal kj | | | | | | Code | Measure 1 | Measure 2 | Measure 3 |
| kcal kj | | | | | | | | | |
| kj | 63 | | 0 | | 1 | | 213.91 | 855.66 | |
| | | | 0 | NC | 4 | | 154 | 616 | |
| g | 264 | | | | 4 | | 645 | 2579 | |
| - | 3.33 | | 0 | | 1 | | 8.13 | 32.50 | |
| g | 3.46 | 0.07 | 78 9 | | 1 | | 8.44 | 33.77 | |
| g | 0.80 | | 0 | | 1 | | 1.95 | 7.81 | |
| g | 4.74 | | 0 | NC | 4 | | 11.57 | 46.26 | |
| g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| 9 | | | | | | | | | |
| 9 | | | | | | | | | |
| | | | | | | | | | |
| mg | 128 | | 0 | | 1 | | 312 | 1247 | |
| - | 0.05 | | 0 | | 1 | | 0.12 | 0.49 | |
| - | 13 | | 0 | | 1 | | 32 | 130 | |
| | 97 | | 0 | | 1 | | 236 | 946 | |
| | 139 | | 0 | | 1 | | 339 | 1357 | |
| | 57 | | 0 | | 1 | | 138 | 553 | |
| | 0.36 | | 0 | | 1 | | 0.88 | 3.51 | |
| | | | | | | | | | |
| | | 2 | | | | | | | |
| mcg | 2.0 | | 0 | BFNN | 4 | | 4.9 | 19.5 | |
| | | | | | | | | | |
| mg | 0.9 | | 0 | | 1 | | 2.2 | 8.8 | |
| mg | 0.030 |) | 0 | | 1 | | 0.073 | 0.293 | |
| _ | 0.123 | 3 | 0 | | 1 | | 0.300 | 1.200 | |
| mg | 0.087 | , | 0 | | 1 | | 0.212 | 0.849 | |
| mg | 0.301 | - | 0 | | 1 | | 0.734 | 2.938 | |
| mg | 0.040 |) | 0 | | 1 | | 0.098 | 0.390 | |
| | 5 | | 0 | | 1 | | 12 | 47 | |
| | | | 0 | Z | | | | 0 | |
| | | | | | | | | | |
| | | | | NC | | | | | |
| | | | - | | | | | | |
| | | | - | | | | | | |
| | | | | | | | | | |
| | 2 | | U | | 1 | | 5 | 21 | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| _ | 0.760 | | • | | | | 1 074 | 7.406 | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | _ | | | | |
| - | | | | | _ | | | | |
| - | | | | | 1 | | | | |
| - | 0.01/ | 2.00 | | | - | | 3.4 | 0.200 | |
| - | 0.030 | 0.00 | 9 | | 1 | | 0.073 | 0.293 | |
| - | | | | | | | | - | |
| | 0.490 | 0.03 | 31 9 | | 1 | | 1.196 | 4.782 | |
| - | | | | | | | | | |
| | 0.232 | 0.01 | L3 9 | | 1 | | 0.566 | 2.264 | |
| g | | | | | | | | | |
| 9 | | | | | | | | | |
| | ggmcgmgmggg | mg 128mg 0.05mg 13mg 97mg 139mg 57mg 0.36mg 0.010mg 0.002mg 0.002mg 0.002mg 0.0030mg 0.030mg 0.040mg 0.040mg 0.040mg 0.301mg 0.301mg 0.301mg 0.301mg 0.303mg 0.303mg 0.303mg 0.303mg 0.303mg 0.303mg 0.303mg 0.040mcg 5mcg 0mcg 0mc | mg 128mg 0.05mg 13mg 97mg 139mg 57mg 0.36mg 0.010mg 0.002mg 0.002mcg 2.0mg 0.030mg 0.033mg 0.040mg 0.040mg 0.301mg 0.040mcg 5mcg 0mcg 5mcg 2mcg 2mcg 2mcg 2mcg 0.34lU 7mcg_RAE 2mcg 2mg . | mg 128 | mg | mg | mg | mg | |

| | <u>Ar</u> | nount in 100 gr | | ole portion | | Amount in edible portion of common measures of food | | | |
|-------------------------------------|-----------|-----------------|---------------------------------|------------------------------|-------|---|-----------|--|--|
| Nutrients and Units | Mean | | mber Data Deriv ints Code | Source Confider Code Code | nce | Measure 2 | Measure 3 | | |
| | | | | | | | | | |
| Fatty acids, total monounsaturatedg | 1.783 | | 0 | 1 | 4.351 | 17.402 | | | |
| 14:1g | | | | | | | | | |
| 15:1g | | | | | | | | | |
| 16:1 undifferentiatedg | 0.001 | 0.001 | 9 | 1 | 0.002 | 0.010 | | | |
| 17:1g | | | | | | | | | |
| 18:1 undifferentiatedg | 1.785 | 0.051 | 9 | 1 | 4.355 | 17.422 | | | |
| 20:1g | | | | | | | | | |
| 22:1 undifferentiatedg | | | | | | | | | |
| 24:1 cg | | | | | | | | | |
| Fatty acids, total polyunsaturatedg | 0.750 | | 0 | 1 | 1.830 | 7.320 | | | |
| 18:2 undifferentiatedg | 0.717 | 0.023 | 9 | 1 | 1.749 | 6.998 | | | |
| 18:3 undifferentiatedg | 0.027 | 0.006 | 9 | 1 | 0.066 | 0.264 | | | |
| 18:4g | | | | | | | | | |
| 20:2 n-6 c,cg | | | | | | | | | |
| 20:3 undifferentiatedg | | | | | | | | | |
| 20:4 undifferentiatedg | 0.000 | | 0 | 4 | 0.000 | 0.000 | | | |
| 20:5 n-3g | | | | | | | | | |
| 22:5 n-3g | | | | | | | | | |
| 22:6 n-3g | | | | | | | | | |
| Fatty acids, total transg | | | | | | | | | |
| Cholesterolmg | 2 | | 0 | 1 | 4 | 18 | | | |
| Phytosterolsmg | 6 | | 0 | 4 | 15 | 59 | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophang | 0.047 | | 0 | 1 | 0.115 | 0.459 | | | |
| Threonineg | 0.150 | | 0 | 1 | 0.366 | 1.464 | | | |
| Isoleucineg | 0.201 | | 0 | 1 | 0.490 | 1.962 | | | |
| Leucineg | 0.326 | | 0 | 1 | 0.795 | 3.182 | | | |
| Lysineg | 0.264 | | 0 | 1 | 0.644 | 2.577 | | | |
| Methionineg | 0.084 | | 0 | 1 | 0.205 | 0.820 | | | |
| Cystineg | 0.031 | | 0 | 1 | 0.076 | 0.303 | | | |
| Phenylalanineg | 0.161 | | 0 | 1 | 0.393 | 1.571 | | | |
| Tyrosineg | 0.161 | | 0 | 1 | 0.393 | 1.571 | | | |
| Valineg | 0.223 | | 0 | 1 | 0.544 | 2.176 | | | |
| Arginineg | 0.121 | | 0 | 1 | 0.295 | 1.181 | | | |
| Histidineg | 0.090 | | 0 | 1 | 0.220 | 0.878 | | | |
| Alanineg | 0.115 | | 0 | 1 | 0.281 | 1.122 | | | |
| Aspartic acidg | 0.253 | | 0 | 1 | 0.617 | 2.469 | | | |
| Glutamic acidg | 0.697 | | 0 | 1 | 1.701 | 6.803 | | | |
| Glycineg | 0.070 | | 0 | 1 | 0.171 | 0.683 | | | |
| Prolineg | 0.323 | | 0 | 1 | 0.788 | 3.152 | | | |
| Serineg | 0.181 | | 0 | 1 | 0.442 | 1.767 | | | |
| Hydroxyprolineg | | | | | | | | | |

Common Measures:

Measure 1 = 244g: 1 cup Measure 2 = 976g: 1 quart

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| Proximates: Water. g 87.73 0.099 60 1 214.06 26.76 Energy. kcal 63 0 NC 4 153 19 Energy. kj 262 4 639 80 2 Protein (N x 6.38). g 3.33 0.082 18 1 8.13 1.02 Total lipid (fat). g 3.40 0.024 56 1 8.30 1.04 Ash. g 0.80 0.031 4 1 1.95 0.24 Carbohydrate, by difference g 4.74 0 NC 4 11.57 1.45 Fiber, total dietary g 0.0 0 4 0.0 0 0 Starch g 4.74 0 NR 4 11.57 1.45 Starch g 1 7 1 312 39 Iron, Fe mg 0.05 1 | | | <u>A</u> 1 | mount in 100 g | grams | of edib | ole portio | <u>n</u> | Amount in edible portion of common | | | |
|--|-----------------------------|---|------------|----------------|-------|---------|------------|------------|------------------------------------|----------------------|----------|--|
| Nutrients and Units | | | | Nu | ımbeı | r | | | <u>m</u> | easures of food | <u>.</u> | |
| Water | | | | of | Data | Deriv | Source | Confidence | | | | |
| Water | Nutrients and Un | its | Mean | Std. Error Po | oints | Code | Code | Code | Measure 1 | Measure 2 | Measure | |
| Water | Proximates: | | | | | | | | | | | |
| Energy | | g | 87.73 | 0.099 | 60 | | 1 | | 214.06 | 26.76 | 856.24 | |
| Peccent NY 6.38 | Energy | kcal | 63 | | 0 | NC | 4 | | 153 | 19 | 611 | |
| Total lipid (101) | Energy | kj | 262 | | | | 4 | | 639 | 80 | 2557 | |
| Ash | Protein (N x 6.38) | g | 3.33 | 0.082 | 18 | | 1 | | 8.13 | 1.02 | 32.50 | |
| Carbohydrain, by difference | Total lipid (fat) | g | 3.40 | 0.024 | 56 | | 1 | | 8.30 | 1.04 | 33.18 | |
| Finer, total dietary. | Ash | g | 0.80 | 0.031 | 4 | | 1 | | 1.95 | 0.24 | 7.81 | |
| Sugara, total | Carbohydrate, by difference | g | 4.74 | | 0 | NC | 4 | | 11.57 | 1.45 | 46.26 | |
| Since Sinc | Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 | |
| | Sugars, total | g | 4.74 | | 0 | NR | 4 | | 11.57 | 1.45 | 46.26 | |
| Calcium, Ca. mg 128 5.984 7 1 1 312 39 Inton FC. mg 0.05 1 1 1 0.12 0.02 Magresium, Mg. mg 13 1 1 1 32 4 4 Pleophorus, P. mg 139 1.1 1 236 30 Potassium, K. mg 139 7.5.864 6 1 1 236 30 Potassium, K. mg 139 7.5.864 6 1 1 236 30 Potassium, K. mg 139 7.5.864 6 1 1 236 30 Potassium, K. mg 139 7.5.864 6 1 1 236 30 Potassium, K. mg 139 1.7 1 139 1.7 1 1 138 1.7 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 | Starch | g | | | | | | | | | | |
| Calcium, Ca. mg | Ainavals: | | | | | | | | | | | |
| Iron, Fe. | | ma | 128 | 5 924 | 7 | | 1 | | 312 | 39 | 1247 | |
| Magnesium Mg. | , | _ | | 3.304 | | | | | | | 0.4 | |
| Placy plous P. mg | , | _ | | | | | | | | | 130 | |
| Potassium, K. | | | | 5.864 | | | | | | | 946 | |
| Sodium, Na. | • . | _ | | 0.004 | | | | | | | 1357 | |
| Zinc, Zn | | | 57 | 3.287 | 3 | | 1 | | 138 | 17 | 553 | |
| Copper, Cu mg 0.010 0 1 0.024 0.031 Manganesc, Mn mg 0.002 0 BFNN 4 4.9 0.6 Flamins: "Filmins: Vitamin C, total ascorbic acid. mg 0.9 0 1 2.2 0.3 Thismin. mg 0.030 2 1 0.073 0.009 Ribollavin. mg 0.032 0.019 7 1 0.300 0.038 Niacin. mg 0.042 0.003 3 1 0.212 0.027 Patothenic acid. mg 0.040 0 1 0.734 0.092 Vitamin B-6. mg 0.301 0 1 12 0 0 Folate, fold. mg 0.404 0 1 12 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 | | • | 0.36 | | 0 | | 1 | | 0.88 | 0.11 | 3.5 | |
| Manganese, Mn. mg 0.002 0 EFNN 4 4.9 0.06 (Fitamins): Vitamin C, total ascorbic acid. mg 0.9 0 1 2.2 0.3 Thiamin. mg 0.123 0.019 7 1 0.0073 0.009 Ribollavin. mg 0.123 0.019 7 1 0.300 0.038 Niacin. mg 0.123 0.019 7 1 0.300 0.032 Plantolhenic acid. mg 0.301 0 1 0.734 0.022 Plantolhenic acid. mg 0.301 0 1 0.073 0.022 Vitamin B-6. mg 0.040 0 1 1 0.098 0.012 Folita cid. mcg 0 0 2 7 0 0 0 1 12 1 1 1 1 1 1 1 1 1 1 1 <td< td=""><td></td><td></td><td>0.010</td><td>)</td><td>0</td><td></td><td>1</td><td></td><td>0.024</td><td>0.003</td><td>0.0</td></td<> | | | 0.010 |) | 0 | | 1 | | 0.024 | 0.003 | 0.0 | |
| Titumins: Vitamin C, total ascorbic acid mg 0.9 0 1 2.2 0.3 Thiamin mg 0.030 2 1 0.0733 0.009 Ribolfavin mg 0.123 0.019 7 1 0.300 0.038 Niacin mg 0.087 0.003 3 1 0.212 0.027 Pantothenic acid mg 0.301 0 1 0.734 0.092 Vitamin B-6 mg 0.040 0 1 0.098 0.012 Folate, fold mcg 5 0 0 1 12 1 Folate, fold mcg 0 0 2 7 0 0 Folate, fold mcg 5 0 0 1 122 1 Vitamin B-12 mcg 5 0 0 1 0 0.8 0.10 Vitamin A, U U 7 0 0 0 1 </td <td></td> <td></td> <td>0.002</td> <td><u> </u></td> <td>0</td> <td></td> <td>1</td> <td></td> <td>0.005</td> <td>0.001</td> <td>0.0</td> | | | 0.002 | <u> </u> | 0 | | 1 | | 0.005 | 0.001 | 0.0 | |
| Vitamin C, total ascorbic acid | Selenium, Se | mcg | 2.0 | | 0 | BFNN | 4 | | 4.9 | 0.6 | 19.5 | |
| Vitamin C, total ascorbic acid | itamins | | | | | | | | | | | |
| Thiamin | | ma | 0.0 | | 0 | | - | | 2.2 | 0.2 | 8.8 | |
| Riboflavin | * | _ | | | | | | | | | 0.2 | |
| Niacin. mg 0.087 0.003 3 1 0.212 0.027 Pantohenic acid. mg 0.301 0 1 0.734 0.092 Vitamin B-6 mg 0.040 0 1 0.098 0.012 Folate, food. mcg 5 0 1 12 1 Folate, food. mcg 5 0 1 12 1 Folate, food. mcg 5 0 nC 4 12 1 Folate, food. mcg 0.34 0 nC 4 12 1 Folate, food. mcg 0.34 0 nC 4 12 1 Vitamin B. L. mcg 0.34 0 NC 4 16 2 Vitamin B. Calpha-tocopherol. mg 0.13 0 NC 4 5 1 Vitamin C. (apha-tocopherol.) mg 0.13 0 BFFN 4 2.1 0.3 | | _ | | | | | | | | | 1.2 | |
| Pantothenic acid. mg 0.301 0 1 0.734 0.092 Vitamin B-6. mg 0.040 0 1 0.098 0.012 Folica (cold. mcg 5 0 1 12 1 Folica acid. mcg 5 0 0 2 7 0 0 Folica cid. mcg 5 0 NC 4 12 1 Folica cid. mcg 5 0 NC 4 12 1 Folica cid. mcg DFE 5 0 NC 4 12 1 Folica cid. mcg DFE 5 0 NC 4 16 2 Vitamin B-12. mcg 0 1 NC 4 16 2 Vitamin A, IU. IU 7 0 NC 4 5 1 Vitamin E alpha-teopherol). mg 0.13 BFFN 4 2.1 | | | | | | | | | | | 0.8 | |
| Vitamin B-6. mg 0.040 0 1 0.098 0.012 Folate, total mcg 5 0 1 12 1 Folate, total mcg 0 2 7 0 0 Folate, food mcg 5 0 1 12 1 Folate, DFE mcg DFE 5 0 Nc 4 12 1 Vitamin B-12 mcg 0.34 0 1 0.83 0.10 Vitamin A, RU IU 7 0 Nc 4 16 2 Vitamin A, RAE mcgRAE 2 0 Nc 4 5 1 Retinol mcg 2 0 Nc 4 5 1 Vitamin E (alpha-tocopherol) mg 0.13 0 BFFN 4 0.32 0.04 Tocopherol, delta mg 1 0 1 0 0 0 0 0 0 | | _ | | | | | | | | | 2.9 | |
| Folate, total | | - | | | | | _ | | | | 0.3 | |
| Folic acid meg 0 0 0 2 7 7 0 0 0 Folate, food meg 5 0 0 1 1 12 1 1 1 1 1 1 1 1 1 1 1 1 1 1 | | - | | • | | | | | | | 47 | |
| Folate, food meg 5 | | | | | | z | | | | | 0 | |
| Folate, DFE | | | | | | _ | | | | | 47 | |
| Vitamin B-12 mcg 0.34 0 1 0.83 0.10 Vitamin A, IU. IU 7 0 NC 4 16 2 Vitamin A, RAE mcg_RAE 2 0 NC 4 5 1 Retinol mcg 2 0 NC 4 5 1 Vitamin E (alpha-tocopherol) mg 0.13 0 BFFN 4 0.32 0.04 Tocopherol, gamma mg 1 FFN 4 0.32 0.04 Tocopherol, gamma mg 1 FFN 4 2.1 0.32 Tocopherol, gamma mg 1 FFN 4 2.1 0.32 Tocopherol, gamma mg 1 FFN 4 2.1 0.3 Tocopherol, gamma mg 1 FFN 4 2.1 0.3 Tocopherol, gamma mg 1 EFFN 4 2.1 0.3 FERTAL STATE | | | | | | NC | | | | | 47 | |
| Vitamin A, IU. IU 7 0 NC 4 16 2 Vitamin A, RAE. mcg_RAE 2 0 NC 4 5 1 Retinol. mcg 2 0 NC 4 5 1 Vitamin E (alpha-tocopherol). mg 0.13 0 BFFN 4 0.32 0.04 Tocopherol, beta. mg 7 0 BFFN 4 0.32 0.04 Tocopherol, gamma mg 7 0 BFFN 4 0.32 0.04 Tocopherol, deta. mg 7 0 BFFN 4 2.1 0.32 Vitamin D. IU VItamin K (phylloquinone) mcg 0.8 0 BFFN 4 2.1 0.3 Lipids: Total Color of the | | | 0.34 | | 0 | | 1 | | 0.83 | | 3.3 | |
| Vitamin A, RAE mcg_RAE 2 0 NC 4 5 1 Retinol mcg 2 0 NC 4 5 1 Vitamin E (alpha-tocopherol) mg 0.13 0 BFFN 4 0.32 0.04 Tocopherol, beta mg 7 Ferror Sepherol, delta 7 Ferror Sepherol, delta 7 Ferror Sepherol, delta 7 Ferror Sepherol, delta 8 2 1 2 1 0.3 3 3 3 1 2 1 2 1 0.00 0 0 0 0 0 0 0 0 <t< td=""><td></td><td></td><td></td><td></td><td></td><td>NC</td><td></td><td></td><td></td><td></td><td>65</td></t<> | | | | | | NC | | | | | 65 | |
| Retinol mcg 2 0 NC 4 5 1 Vitamin E (alpha-tocopherol) mg 0.13 0 BFFN 4 0.32 0.04 Tocopherol, beta mg Tocopherol, gamma mg Vitamin Coopherol, delta mg Vitamin D U Vitamin D U Vitamin K (phylloquinone) mcg 0.8 0 BFFN 4 2.1 0.3 Patty acids, total saturated g 0.8 0 BFFN 4 2.1 0.3 Patty acids, total saturated g 3.101 0 1 7.566 0.946 0.946 0.000 0 1 0.000 <td>Vitamin A. RAE</td> <td>mcg RAE</td> <td>2</td> <td></td> <td>0</td> <td>NC</td> <td>4</td> <td></td> <td>5</td> <td></td> <td>20</td> | Vitamin A. RAE | mcg RAE | 2 | | 0 | NC | 4 | | 5 | | 20 | |
| Vitamin E (alpha-tocopherol) mg 0.13 0 BFFN 4 0.32 0.04 Tocopherol, beta. mg 1 8 1 8 1 1 1 1 1 1 1 0.32 0.04 1 1 1 1 1 1 1 1 1 1 1 0.3 3 1 1 1 1 1 0.3 3 1 1 1 1 0.3 3 1 1 0.3 1 0.3 3 1 0.3 3 1 0.3 3 1 0.3 3 1 0.3 1 0.3 0.3 3 0.3 0.3 0.3 0.3 0.3 0.3 0.3 0.3 0.3 0.3 0.3 0.3 0.3 0.3 0.3 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0 | | | 2 | | 0 | NC | 4 | | 5 | 1 | 20 | |
| Tocopherol, beta | | | 0.13 | | 0 | BFFN | 4 | | 0.32 | 0.04 | 1.2 | |
| Tocopherol, delta | | | | | | | | | | | | |
| Vitamin D. IU Vitamin K (phylloquinone). mcg 0.8 0 BFFN 4 2.1 0.3 Aipids: Fatty acids, total saturated. g 3.101 0 1 7.566 0.946 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 0.173 0.010 29 1 0.422 0.053 10:0. g 0.130 0.008 29 1 0.317 0.040 12:0. g 2.047 0.074 29 1 4.995 0.624 13:0. g 0.399 0.026 29 1 0.974 0.122 15:0. g 0.191 0.018 29 1 0.466 0.058 17:0. g 0.148 0.012 29 1 0.361 0.045 | Tocopherol, gamma | mg | | | | | | | | | | |
| Vitamin K (phylloquinone) mcg 0.8 0 BFFN 4 2.1 0.3 Lipids: Fatty acids, total saturated. g 3.101 0 1 7.566 0.946 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 0.173 0.010 29 1 0.422 0.053 10:0. g 0.130 0.008 29 1 0.317 0.040 12:0. g 2.047 0.074 29 1 4.995 0.624 13:0. g 0.399 0.026 29 1 0.974 0.122 15:0. g 0.191 0.018 29 1 0.466 0.058 17:0. g 0.148 0.012 29 1 0.361 0.045 | Tocopherol, delta | mg | | | | | | | | | | |
| Lipids: Fatty acids, total saturated g 3.101 0 1 7.566 0.946 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 0.173 0.010 29 1 0.422 0.053 10:0 g 0.130 0.008 29 1 0.317 0.040 12:0 g 2.047 0.074 29 1 4.995 0.624 13:0 g 14:0 g 0.399 0.026 29 1 0.974 0.122 15:0 g 16:0 g 0.191 0.018 29 1 0.466 0.058 17:0 g 18:0 g 0.148 0.012 29 1 0.361 0.045 | | | | | | | | | | | | |
| Fatty acids, total saturated. g 3.101 0 1 7.566 0.946 4:0 | Vitamin K (phylloquinone) | mcg | 0.8 | | 0 | BFFN | 4 | | 2.1 | 0.3 | 8.2 | |
| Fatty acids, total saturated. g 3.101 0 1 7.566 0.946 4:0 | inids: | | | | | | | | | | | |
| 4:0. 9 0.000 0 1 0.000 0.000 6:0. 9 0.000 0 1 0.000 0.000 8:0. 9 0.173 0.010 29 1 0.422 0.053 10:0. 9 0.130 0.008 29 1 0.317 0.040 12:0. 9 2.047 0.074 29 1 4.995 0.624 13:0. 9 14:0. 9 0.399 0.026 29 1 0.974 0.122 15:0. 9 0.191 0.018 29 1 0.466 0.058 17:0. 9 18:0. 9 0.148 0.012 29 1 0.361 0.045 | | a | 3.101 | | 0 | | 1 | | 7.566 | 0.946 | 30.2 | |
| 6:0. g 0.000 0 1 0.000 0.000 8:0. g 0.173 0.010 29 1 0.422 0.053 10:0. g 0.130 0.008 29 1 0.317 0.040 12:0. g 2.047 0.074 29 1 4.995 0.624 13:0. g 9 0.399 0.026 29 1 0.974 0.122 15:0. g 0.191 0.018 29 1 0.466 0.058 17:0. g 18:0. g 0.148 0.012 29 1 0.361 0.045 | | | | | | | | | | | 0.0 | |
| 8:0. g 0.173 0.010 29 1 0.422 0.053 10:0. g 0.130 0.008 29 1 0.317 0.040 12:0. g 2.047 0.074 29 1 4.995 0.624 13:0. g 9 0.399 0.026 29 1 0.974 0.122 15:0. g 0.191 0.018 29 1 0.466 0.058 17:0. g 18:0. g 0.148 0.012 29 1 0.361 0.045 | | | | | 0 | | 1 | | | | 0.0 | |
| 10:0 g 0.130 0.008 29 1 0.317 0.040 12:0 g 2.047 0.074 29 1 4.995 0.624 13:0 g 14:0 g 0.399 0.026 29 1 0.974 0.122 15:0 g 16:0 g 0.191 0.018 29 1 0.466 0.058 17:0 g 18:0 g 0.148 0.012 29 1 0.361 0.045 | | | | | | | _ | | | | 1.6 | |
| 12:0 g 2.047 0.074 29 1 4.995 0.624 13:0 g 14:0 g 0.399 0.026 29 1 0.974 0.122 15:0 g 16:0 g 0.191 0.018 29 1 0.466 0.058 17:0 g 18:0 g 0.148 0.012 29 1 0.361 0.045 | | - | | | | | | | | | 1.2 | |
| 13:0. | | | | | | | | | | | 19.9 | |
| 14:0 | | | | | | | _ | | | - · · | | |
| 15:0 | | | 0.399 | 0.026 | 29 | | 1 | | 0.974 | 0.122 | 3.8 | |
| 16:0 | | | | | | | | | | - · · · - | | |
| 17:0g 18:0g 0.148 0.012 29 1 0.361 0.045 | | | 0.191 | 0.018 | 29 | | 1 | | 0.466 | 0.058 | 1.8 | |
| 18:0g 0.148 0.012 29 1 0.361 0.045 | | _ | | | | | | | | | | |
| | | - | 0.148 | 0.012 | 29 | | 1 | | 0.361 | 0.045 | 1.4 | |
| - | | - | | | | | | | | | | |
| 22:0g | | - | | | | | | | | | | |

| | <u>Ar</u> | nount in 100 gra | | ble portio | <u>on</u> | Amount in edible portion of common measures of food | | | |
|-------------------------------------|-----------|-----------------------------------|----------|------------|--------------------|---|-----------|-----------|--|
| Nutrients and Units | Mean | Numb of Da Std. Error Point | ta Deriv | | Confidence Code | Measure 1 | Measure 2 | Measure 3 | |
| | | | | | | | | | |
| Fatty acids, total monounsaturatedg | 0.100 | C | | 1 | | 0.244 | 0.031 | 0.976 | |
| 15:1g | | | | | | | | | |
| 16:1 undifferentiatedg | 0.000 | C | | 1 | | 0.000 | 0.000 | 0.000 | |
| 17:1g | | | | | | | | | |
| 18:1 undifferentiatedg | 0.100 | 0.014 2 | | 1 | | 0.244 | 0.031 | 0.976 | |
| 20:1g | 0.000 | C | | 1 | | 0.000 | 0.000 | 0.000 | |
| 22:1 undifferentiatedg | 0.000 | C | | 1 | | 0.000 | 0.000 | 0.000 | |
| 24:1 cg | | _ | | | | | | | |
| Fatty acids, total polyunsaturated | 0.010 | (| | 1 | | 0.024 | 0.003 | 0.098 | |
| 18:2 undifferentiatedg | 0.008 | 0.003 2 | | 1 | | 0.020 | 0.002 | 0.078 | |
| 18:3 undifferentiated | 0.000 | 0.000 2 | | 1 | | 0.000 | 0.000 | 0.000 | |
| 18:4g | 0.000 | C | | 1 | | 0.000 | 0.000 | 0.000 | |
| 20:2 n-6 c,cg | | | | | | | | | |
| 20:3 undifferentiated | | | | | | | | | |
| 20:4 undifferentiated | 0.000 | (| | 1 | | 0.000 | 0.000 | 0.000 | |
| 20:5 n-3g | 0.000 | (| | 1 | | 0.000 | 0.000 | 0.000 | |
| 22:5 n-3g | 0.000 | (| | 1 | | 0.000 | 0.000 | 0.000 | |
| 22:6 n-3 | 0.000 | C | | 1 | | 0.000 | 0.000 | 0.000 | |
| Fatty acids, total trans | _ | _ | | | | | _ | | |
| Cholesterol mg | | (| | 1 | | 4 | 1 | 18 | |
| Phytosterolsmg | 3 | C | | 4 | | 7 | 1 | 29 | |
| Amino Acids: | | | | | | | | | |
| Tryptophan | 0.047 | C | | 1 | | 0.115 | 0.014 | 0.459 | |
| Threonineg | 0.150 | (| | 1 | | 0.366 | 0.046 | 1.464 | |
| Isoleucineg | 0.201 | C | | 1 | | 0.490 | 0.061 | 1.962 | |
| Leucineg | 0.326 | C | | 1 | | 0.795 | 0.099 | 3.182 | |
| Lysineg | 0.264 | C | | 1 | | 0.644 | 0.081 | 2.577 | |
| Methionineg | 0.084 | C | | 1 | | 0.205 | 0.026 | 0.820 | |
| Cystineg | 0.031 | C | | 1 | | 0.076 | 0.009 | 0.303 | |
| Phenylalanine | 0.161 | C | | 1 | | 0.393 | 0.049 | 1.571 | |
| Tyrosineg | 0.161 | C | | 1 | | 0.393 | 0.049 | 1.571 | |
| Valineg | 0.223 | C | | 1 | | 0.544 | 0.068 | 2.176 | |
| Arginine | 0.121 | C | | 1 | | 0.295 | 0.037 | 1.181 | |
| Histidineg | 0.090 | C | | 1 | | 0.220 | 0.027 | 0.878 | |
| Alanineg | 0.115 | C | | 1 | | 0.281 | 0.035 | 1.122 | |
| Aspartic acidg | 0.253 | C | | 1 | | 0.617 | 0.077 | 2.469 | |
| Glutamic acid | 0.697 | C | | 1 | | 1.701 | 0.213 | 6.803 | |
| Glycineg | 0.070 | C | | 1 | | 0.171 | 0.021 | 0.683 | |
| Proline | 0.323 | C | | 1 | | 0.788 | 0.099 | 3.152 | |
| Serineg | 0.181 | (| | 1 | | 0.442 | 0.055 | 1.767 | |
| Hydroxyproline | | | | | | | | | |
| | | | | | | | | | |
| Others: | 0.0 | , | | 7 | | 0.0 | 0.0 | 0.0 | |
| Alcohol, ethyl | 0.0 | (| | 7 | | | 0.0 0 | 0.0 | |
| Caffeine mg | 0 | (| | 7 | | 0 | | 0 | |
| Theobromine mg | U | · | Z | , | | U | 0 | 0 | |
| Carotenoids: | | | | | | | | | |
| Carotene, beta mcg | | C | | 7 | | 0.000 | 0.000 | 0.000 | |
| Carotene, alpha mcg | | (| _ | 7 | | 0.000 | 0.000 | 0.000 | |
| Cryptoxanthin, betamcg | | (| | 7 | | 0.000 | 0.000 | 0.000 | |
| Lycopene mcg | | (| | 7 | | 0.000 | 0.000 | 0.000 | |
| Lutein + zeaxanthinmcg | 0 | (| Z | 7 | | 0.000 | 0.000 | 0.000 | |

Common Measures:

Measure 1 = 244g: 1 cup Measure 2 = 30.5g: 1 fl oz Measure 3 = 976g: 1 quart NDB No. 01060

Milk, filled, fluid, with lauric acid oil

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>A</u> 1 | mount in 100 | <u>grams</u> | of edib | ole portio | <u>n</u> | Amount in edible portion of common | | | |
|--------------------------------|---------|------------|--------------|--------------|---------|------------|------------|------------------------------------|-----------------|-----------|--|
| | | | ļ | Number | r | | | <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 | | 90.80 | | | | 4 | | 224.28 | 28.06 | | |
| Energy | | 35 | | | | 4 | | 86 | 11 | | |
| Energy | | 146 | | | | 4 | | 362 | 45 | | |
| Protein | | 3.40 | | | | 4 | | 8.40 | 1.05 | | |
| Total lipid (fat) | | 0.18 | | | | 4 | | 0.44 | 0.06 | | |
| Ash | | 0.77 | | 0 | NR | 4 | | 1.90 | 0.24 | | |
| Carbohydrate, by difference | | 4.85 | | | | 4 | | 11.98 | 1.50 | | |
| Fiber, total dietary | | 0.0 | | | | 7 | | 0.0 | 0.0 | | |
| Sugars, total | | 4.85 | | 0 | NR | 4 | | 11.98 | 1.50 | | |
| Starch | g | | | | | | | | | | |
| Minerals: | | | | | | | | | | | |
| Calcium, Ca | mg | 204 | | | | 4 | | 504 | 63 | | |
| Iron, Fe | - | 0.04 | | | | 4 | | 0.10 | 0.01 | | |
| Magnesium, Mg | - | 11 | | | | 4 | | 28 | 4 | | |
| Phosphorus, P | | 101 | | | | 4 | | 249 | 31 | | |
| Potassium, K | mg | 166 | | | | 4 | | 409 | 51 | | |
| Sodium, Na | mg | 52 | | | | 4 | | 127 | 16 | | |
| Zinc, Zn | mg | 0.40 | | | | 4 | | 0.99 | 0.12 | | |
| Copper, Cu | mg | 0.011 | = | | | 4 | | 0.027 | 0.003 | | |
| Manganese, Mn | | | | | | | | | | | |
| Selenium, Se | mcg | 2.1 | 0.19 | 0 25 | A | 1 | | 5.2 | 0.6 | | |
| Vitamins: | | | | | | | | | | | |
| Vitamin C, total ascorbic acid | ma | 1.0 | | | | 4 | | 2.4 | 0.3 | | |
| Thiamin | - | 0.036 | 3 | | | 4 | | 0.089 | 0.011 | | |
| Riboflavin | - | 0.140 | | | | 4 | | 0.346 | 0.043 | | |
| Niacin | | 0.088 | 3 | | | 4 | | 0.217 | 0.027 | | |
| Pantothenic acid | - | | | | | | | | | | |
| Vitamin B-6 | - | 0.040 |) | | | 4 | | 0.099 | 0.012 | | |
| Folate, total | mcg | 5 | | | | 4 | | 13 | 2 | | |
| Folic acid | | 0 | | 0 | Z | 7 | | 0 | 0 | | |
| Folate, food | mcg | 5 | | | | 4 | | 13 | 2 | | |
| Folate, DFE | mcg_DFE | 5 | | 0 | NC | 4 | | 13 | 2 | | |
| Vitamin B-12 | | 0.38 | | | | 4 | | 0.93 | 0.12 | | |
| Vitamin A, IU | | 458 | | 0 | NC | 4 | | 1132 | 142 | | |
| Vitamin A, RAE | | 137 | | 0 | NC | 4 | | 339 | 42 | | |
| Retinol | | 137 | | 0 | BFFN | 4 | | 339 | 42 | | |
| Vitamin E (alpha-tocopherol) | | 0.01 | | 0 | BFFN | 4 | | 0.03 | 0.00 | | |
| Tocopherol, beta | | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | | |
| Vitamin D | | 0.0 | | • | | | | 0.0 | 0.0 | | |
| Vitamin K (phylloquinone) | riicg | 0.0 | | 0 | BFFN | 4 | | 0.0 | 0.0 | | |
| Lipids: | | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.117 | , | | | 4 | | 0.289 | 0.036 | | |
| 4:0 | g | 0.009 |) | | | 1 | | 0.022 | 0.003 | | |
| 6:0 | g | 0.001 | | | | 1 | | 0.002 | 0.000 | | |
| 8:0 | g | 0.002 | ? | | | 1 | | 0.005 | 0.001 | | |
| 10:0 | g | 0.004 | | | | 1 | | 0.010 | 0.001 | | |
| 12:0 | - | 0.003 | 3 | | | 1 | | 0.007 | 0.001 | | |
| 13:0 | | | | | | | | | | | |
| 14:0 | g | 0.017 | • | | | 1 | | 0.042 | 0.005 | | |
| 15:0 | g | | | | | | | | | | |
| 16:0 | | 0.053 | 3 | | | 1 | | 0.131 | 0.016 | | |
| 17:0 | | | | | | | | | | | |
| 18:0 | | 0.019 |) | | | 1 | | 0.047 | 0.006 | | |
| 20:0 | - | | | | | | | | | | |
| 22:0 | g | | | | | | | | | | |
| 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 | |
| | | | | | | | | | | |
| Fatty acids, total monounsaturatedg | 0.047 | | | | 4 | | 0.116 | 0.015 | | |
| 14:1g | | | | | | | | | | |
| 15:1g | | | | | _ | | | | | |
| 16:1 undifferentiatedg | 0.007 | | | | 1 | | 0.017 | 0.002 | | |
| 17:1 | 0.038 | | | | 1 | | 0.004 | 0.010 | | |
| 18:1 undifferentiated | | | | | 1 | | 0.094 | 0.012 | | |
| 20:1 | 0.000 | | | | 1 | | 0.000 | 0.000 | | |
| 22:1 undifferentiatedg | 0.000 | | | | 1 | | 0.000 | 0.000 | | |
| 24:1 c | 0.007 | | | | 4 | | 0.017 | 0.002 | | |
| Fatty acids, total polyunsaturatedg | 0.007 | | | | 1 | | 0.017 | 0.002 | | |
| 18:2 undifferentiated | 0.003 | | | | 1 | | 0.012 | 0.002 | | |
| 18:4g | 0.002 | | | | 1 | | 0.005 | 0.001 | | |
| 20:2 n-6 c.cg | 0.000 | | | | 1 | | 0.000 | 0.000 | | |
| 20:2 in-6 c,cg | | | | | | | | | | |
| 20:4 undifferentiated | 0.000 | | | | 1 | | 0.000 | 0.000 | | |
| 20:5 n-3g | 0.000 | | | | 1 | | 0.000 | 0.000 | | |
| 20.5 n-3g | 0.000 | | | | 1 | | 0.000 | 0.000 | | |
| 22:6 n-3g | 0.000 | | | | 1 | | 0.000 | 0.000 | | |
| Fatty acids, total trans9 | 0.000 | | | | - | | 0.000 | 0.000 | | |
| Cholesterolg | 2 | | | | 4 | | 4 | 1 | | |
| Phytosterols mg | _ | | | | - | | - | _ | | |
| Others: | | | | | | | | | | |
| Alcohol, ethylg | 0.0 | | | | 7 | | 0.0 | 0.0 | | |
| Caffeinemg | 0 | | 0 | Z | 7 | | 0 | 0 | | |
| Theobrominemg | 0 | | 0 | Z | 7 | | 0 | 0 | | |
| <u>Carotenoids:</u> | | | | | | | | | | |
| Carotene, betamcg | 0 | | 0 | BFFN | 4 | | 0.711 | 0.089 | | |
| 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 = 247g: 1 cup Measure 2 = 30.9g: 1 fl oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products USDA National Nutrient Database for Standard Reference, Release 17 (2004)

| | | <u>Aı</u> | mount in 100 g | grams | of edit | ole portio | <u>n</u> | Amount in edible portion of common | | | |
|--------------------------------|---|-----------|----------------|-------|---------|------------|------------|------------------------------------|-----------------|---------|--|
| | | | Nι | ımber | • | | | <u>m</u> | easures of food | _ | |
| | | | of | Data | Deriv | Source | Confidence | | | | |
| Nutrients and Uni | ts | Mean | Std. Error Po | oints | Code | Code | Code | Measure 1 | Measure 2 | Measure | |
| Proximates: | | | | | | | | | | | |
| Water | g | 87.03 | 0.146 | 196 | | 1 | | 212.35 | 26.54 | 849.41 | |
| Energy | kcal | 69 | | 0 | NC | 4 | | 168 | 21 | 672 | |
| Energy | kj | 288 | | | | 4 | | 703 | 88 | 2810 | |
| Protein (N x 6.38) | g | 3.56 | 0.033 | 132 | | 1 | | 8.69 | 1.09 | 34.75 | |
| Total lipid (fat) | g | 4.14 | 0.053 | 269 | | 1 | | 10.10 | 1.26 | 40.41 | |
| Ash | | 0.82 | 0.002 | 229 | | 1 | | 2.00 | 0.25 | 8.00 | |
| Carbohydrate, by difference | g | 4.45 | | 0 | NC | 4 | | 10.86 | 1.36 | 43.43 | |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 | |
| Sugars, total | g | 4.45 | | 0 | NR | 4 | | 10.86 | 1.36 | 43.43 | |
| Starch | g | | | | | | | | | | |
| Minerals: | | | | | | | | | | | |
| Calcium, Ca | ma | 134 | 1.675 | 94 | | 1 | | 326 | 41 | 1303 | |
| Iron, Fe | _ | 0.05 | 0.004 | 23 | | 1 | | 0.12 | 0.02 | 0.49 | |
| Magnesium, Mg | _ | 14 | 1.224 | 63 | | 1 | | 34 | 4 | 136 | |
| Phosphorus, P | | 111 | 2.054 | 60 | | 1 | | 270 | 34 | 1080 | |
| Potassium, K | _ | 204 | 7.139 | 96 | | 1 | | 499 | 62 | 1995 | |
| Sodium, Na | | 50 | 1.512 | 68 | | 1 | | 122 | 15 | 486 | |
| Zinc, Zn | • | 0.30 | | 1 | | 1 | | 0.73 | 0.09 | 2.9 | |
| Copper, Cu | mg | 0.046 | i | 0 | | 1 | | 0.112 | 0.014 | 0.4 | |
| Manganese, Mn | mg | 0.018 | | 0 | | 1 | | 0.044 | 0.005 | 0.1 | |
| Selenium, Se | mcg | 1.4 | 0.410 | 5 | A | 1 | | 3.4 | 0.4 | 13.7 | |
| Vitamins: | | | | | | | | | | | |
| Vitamin C, total ascorbic acid | ma | 1.3 | 0.108 | 57 | | 1 | | 3.1 | 0.4 | 12.6 | |
| Thiamin | - | 0.048 | | 22 | | 1 | | 0.117 | 0.015 | 0.4 | |
| Riboflavin | | 0.048 | | 61 | | 1 | | 0.337 | 0.042 | 1.3 | |
| Niacin | | 0.277 | | 21 | | 1 | | 0.676 | 0.084 | 2.70 | |
| Pantothenic acid | _ | 0.310 | | 23 | | 1 | | 0.756 | 0.095 | 3.02 | |
| Vitamin B-6 | - | 0.046 | | 3 | | 1 | | 0.112 | 0.014 | 0.4 | |
| Folate, total | - | 1 | | 18 | | 1 | | 1 | 0 | 6 | |
| Folic acid | | 0 | | 0 | z | 7 | | 0 | 0 | 0 | |
| Folate, food | | 1 | | 18 | | 1 | | 1 | 0 | 6 | |
| Folate, DFE | | 1 | | 0 | NC | 4 | | 1 | 0 | 6 | |
| Vitamin B-12 | | 0.07 | 0.005 | 45 | | 1 | | 0.16 | 0.02 | 0.63 | |
| Vitamin A, IU | | 198 | | 0 | NC | 4 | | 482 | 60 | 1930 | |
| Vitamin A, RAE | | 57 | | 0 | NC | 4 | | 138 | 17 | 552 | |
| Retinol | | 56 | | 0 | NC | 4 | | 137 | 17 | 547 | |
| Vitamin E (alpha-tocopherol) | mg | 0.07 | | 0 | BFFN | 4 | | 0.18 | 0.02 | 0.72 | |
| Tocopherol, beta | mg | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | | |
| Vitamin D | | 12.000 | | 0 | T | 4 | | 29.280 | 3.660 | 117.1 | |
| Vitamin K (phylloquinone) | mcg | 0.3 | | 0 | BFFN | 4 | | 0.7 | 0.1 | 2.8 | |
| ipids: | | | | | | | | | | | |
| Fatty acids, total saturated | g | 2.667 | | 0 | | 1 | | 6.507 | 0.813 | 26.0 | |
| 4:0 | | 0.128 | 0.010 | 14 | | 1 | | 0.312 | 0.039 | 1.2 | |
| 6:0 | g | 0.094 | 0.007 | 14 | | 1 | | 0.229 | 0.029 | 0.9 | |
| 8:0 | | 0.096 | | 15 | | 1 | | 0.234 | 0.029 | 0.9 | |
| 10:0 | g | 0.260 | 0.031 | 15 | | 1 | | 0.634 | 0.079 | 2.5 | |
| 12:0 | | 0.124 | 0.012 | 15 | | 1 | | 0.303 | 0.038 | 1.2 | |
| 13:0 | | | | | | | | | | | |
| 14:0 | g | 0.325 | 0.020 | 17 | | 1 | | 0.793 | 0.099 | 3.1 | |
| 15:0 | g | | | | | | | | | | |
| 16:0 | g | 0.911 | 0.043 | 17 | | 1 | | 2.223 | 0.278 | 8.8 | |
| 17:0 | g | | | | | | | | | | |
| 18:0 | g | 0.441 | 0.037 | 17 | | 1 | | 1.076 | 0.135 | 4.3 | |
| 20:0 | g | | | | | | | | | | |
| 22:0 | 0 | | | | | | | | | | |

| | | <u>Aı</u> | mount in 100 | | | ole portic | <u>on</u> | Amount in edible portion of common measures of food | | | |
|---------------------------------------|----------|-----------|--------------|---------|-------|----------------|--------------------|---|-----------|----------------|--|
| Nutrients and | Units | Mean | | | Deriv | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 | |
| | | | | | | | | | | | |
| Fatty acids, total monounsatura | | 1.109 | | 0 | | 1 | | 2.706 | 0.338 | 10.824 | |
| 15:1 | g | | | | | | | | | | |
| 16:1 undifferentiated | g | 0.082 | 0.014 | 7 | | 1 | | 0.200 | 0.025 | 0.800 | |
| 17:1 | - | | | | | | | | | | |
| 18:1 undifferentiated | - | 0.977 | | 17 | | 1 | | 2.384 | 0.298 | 9.536 | |
| 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 | | 0.140 | | ^ | | | | | | 1 454 | |
| Fatty acids, total polyunsaturate | | 0.149 | | 0 13 | | 1 1 | | 0.364 | 0.045 | 1.454 | |
| 18:2 undifferentiated | | 0.109 | | 10 | | 1 | | 0.266 | 0.033 | 1.064 0.390 | |
| 18:3 undifferentiated | - | 0.040 | | 0 | | 1 | | 0.098 | 0.012 | | |
| 18:4 | | 0.000 | | U | | 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 | - | 0.000 | | U | | _ | | 0.000 | 0.000 | 0.000 | |
| Cholesterol | | 11 | 0.801 | 36 | | 1 | | 28 | 3 | 111 | |
| Phytosterols | | | 0.001 | 50 | | - | | 20 | 3 | | |
| 1 Hytosterois | | | | | | | | | | | |
| Amino Acids: | | | | | | | | | | | |
| Tryptophan | g | 0.044 | | 0 | | 1 | | 0.107 | 0.013 | 0.429 | |
| Threonine | g | 0.163 | | 0 | | 1 | | 0.398 | 0.050 | 1.591 | |
| Isoleucine | g | 0.207 | | 0 | | 1 | | 0.505 | 0.063 | 2.020 | |
| Leucine | g | 0.314 | | 0 | | 1 | | 0.766 | 0.096 | 3.065 | |
| Lysine | | 0.290 | | 0 | | 1 | | 0.708 | 0.088 | 2.830 | |
| Methionine | | 0.080 | | 0 | | 1 | | 0.195 | 0.024 | 0.781 | |
| Cystine | g | 0.046 | | 0 | | 1 | | 0.112 | 0.014 | 0.449 | |
| Phenylalanine | | 0.155 | | 0 | | 1 | | 0.378 | 0.047 | 1.513 | |
| Tyrosine | - | 0.179 | | 0 | | 1 | | 0.437 | 0.055 | 1.747 | |
| Valine | | 0.240 | | 0 | | 1 | | 0.586 | 0.073 | 2.342 | |
| Arginine | | 0.119 | | 0 | | 1 | | 0.290 | 0.036 | 1.161 | |
| Histidine | - | 0.089 | | 0 | | 1 | | 0.217 | 0.027 | 0.869 | |
| Alanine | | 0.118 | | 0 | | 1 | | 0.288 | 0.036 | 1.152 | |
| Aspartic acid | | 0.210 | | 0 | | 1 | | 0.512 | 0.064 | 2.050 | |
| Glutamic acid | - | 0.626 | | 0 | | 1 | | 1.527 | 0.191 | 6.110 | |
| Glycine | | 0.050 | | 0 | | 1 | | 0.122 | 0.015 | 0.488 | |
| Proline | | 0.368 | | 0 | | 1 | | 0.898 | 0.112 | 3.592 | |
| Serine | - | 0.181 | | 0 | | 1 | | 0.442 | 0.055 | 1.767 | |
| Hydroxyproline | g | | | | | | | | | | |
| Others: | | | | | | | | | | | |
| Alcohol, ethyl | a | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 | |
| Caffeine | | 0 | | 0 | z | 7 | | 0 | 0 | 0 | |
| Theobromine | | 0 | | 0 | Z | 7 | | 0 | 0 | 0 | |
| Carotenoids: | s | | | | | | | | | | |
| | maa | - | | ^ | D==- | | | 16 157 | 0 000 | 64 600 | |
| Carotene, beta | - | 7 0 | | 0 | BFFN | 4 | | 16.157 | 2.020 | 64.630 | |
| Carotene, alpha | _ | - | | 0 | Z | 7 7 | | 0.000 | 0.000 | 0.000 | |
| Cryptoxanthin, beta | | 0 | | 0 | Z | | | 0.000 | 0.000 | 0.000 | |
| Lycopene | | 0 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 | |
| Lutein + zeaxanthin | iiica | U | | U | Z | 7 | | 0.000 | 0.000 | 0.000 | |

Common Measures:

Measure 1 = 244g: 1 cup Measure 2 = 30.5g: 1 fl oz Measure 3 = 976g: 1 quart NDB No. 01106 Milk, goat, fluid

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>Aı</u> | mount in 100 g | grams | of edil | ole portio | <u>n</u> | Amount in edible portion of common | | | |
|--|------|-----------|----------------|-------|---------|------------|------------|------------------------------------|-----------------|----------|--|
| | | | Nι | ımber | • | | | <u>m</u> | easures of food | <u> </u> | |
| | | | of | Data | Deriv | Source | Confidence | | | | |
| Nutrients and Uni | ts | Mean | Std. Error Po | oints | Code | Code | Code | Measure 1 | Measure 2 | Measure | |
| Proximates: | | | | | | | | | | | |
| Water | g | 87.50 | 0.043 | 616 | | 1 | | 215.25 | 26.95 | | |
| Energy | kcal | 70 | | 0 | NC | 4 | | 171 | 21 | | |
| Energy | kj | 291 | | | | 4 | | 716 | 90 | | |
| Protein (N x 6.38) | g | 1.03 | 0.018 | 591 | | 1 | | 2.53 | 0.32 | | |
| Total lipid (fat) | g | 4.38 | 0.048 | 415 | | 1 | | 10.77 | 1.35 | | |
| Ash | g | 0.20 | 0.001 | 396 | | 1 | | 0.49 | 0.06 | | |
| Carbohydrate, by difference | g | 6.89 | | 0 | NC | 4 | | 16.95 | 2.12 | | |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | | |
| Sugars, total | g | 6.89 | | 0 | NR | 4 | | 16.95 | 2.12 | | |
| Starch | g | | | | | | | | | | |
| Aim awala. | | | | | | | | | | | |
| <u> 1inerals:</u> Calcium, Ca | ma | 32 | 0.248 | 755 | | 1 | | 79 | 10 | | |
| Iron, Fe | - | 0.03 | 0.002 | 277 | | 1 | | 0.07 | 0.01 | | |
| Magnesium, Mg | - | 3 | 0.039 | 303 | | 1 | | 8 | 1 | | |
| Phosphorus, P | | 14 | 0.095 | 632 | | 1 | | 34 | 4 | | |
| Potassium, K | - | 51 | 0.610 | 172 | | 1 | | 126 | 16 | | |
| Sodium, Na | - | 17 | 0.252 | 342 | | 1 | | 42 | 5 | | |
| Zinc, Zn | - | 0.17 | 0.006 | 281 | | 1 | | 0.42 | 0.05 | | |
| Copper, Cu | | 0.052 | | 0 | | 1 | | 0.128 | 0.016 | | |
| Manganese, Mn | mg | 0.026 | ; | 0 | | 1 | | 0.064 | 0.008 | | |
| Selenium, Se | mcg | 1.8 | 0.017 | 101 | A | 1 | | 4.4 | 0.6 | | |
| itamins: | | | | | | | | | | | |
| | ma | 5.0 | 0.118 | 233 | | 1 | | 12.3 | 1.5 | | |
| Vitamin C, total ascorbic acid Thiamin | - | 0.014 | | 279 | | 1 | | 0.034 | 0.004 | | |
| Riboflavin | - | 0.014 | | | | 1 | | 0.034 | 0.011 | | |
| Niacin | | 0.177 | | 271 | | 1 | | 0.435 | 0.055 | | |
| Pantothenic acid | - | 0.223 | | 416 | | 1 | | 0.549 | 0.069 | | |
| Vitamin B-6 | - | 0.011 | | 88 | | 1 | | 0.027 | 0.003 | | |
| Folate, total | - | 5 | 0.346 | 7 | | 1 | | 13 | 2 | | |
| Folic acid | | 0 | | 0 | z | 7 | | 0 | 0 | | |
| Folate, food | | 5 | 0.346 | 7 | | 1 | | 13 | 2 | | |
| Folate, DFE | | 5 | | 0 | NC | 4 | | 13 | 2 | | |
| Vitamin B-12 | | 0.05 | | 32 | | 1 | | 0.11 | 0.01 | | |
| Vitamin A, IU | | 212 | | 0 | NC | 4 | | 521 | 65 | | |
| Vitamin A, RAE | | 61 | | 0 | NC | 4 | | 149 | 19 | | |
| Retinol | mcg | 60 | | 0 | NC | 4 | | 148 | 18 | | |
| Vitamin E (alpha-tocopherol) | mg | 0.08 | | 0 | BFFN | 4 | | 0.19 | 0.02 | | |
| Tocopherol, beta | mg | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | | |
| Vitamin D | | 4.000 | 1 | 0 | T | 4 | | 9.840 | 1.232 | | |
| Vitamin K (phylloquinone) | mcg | 0.3 | | 0 | BFFN | 4 | | 0.7 | 0.1 | | |
| ipids: | | | | | | | | | | | |
| Fatty acids, total saturated | g | 2.009 |) | 0 | | 1 | | 4.942 | 0.619 | | |
| 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 | - | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | | |
| 10:0 | g | 0.063 | 0.006 | 16 | | 1 | | 0.155 | 0.019 | | |
| 12:0 | g | 0.256 | 0.023 | 18 | | 1 | | 0.630 | 0.079 | | |
| 13:0 | | | | | | | | | | | |
| 14:0 | | 0.321 | 0.019 | 20 | | 1 | | 0.790 | 0.099 | | |
| 15:0 | g | | | | | | | | | | |
| 16:0 | g | 0.919 | 0.023 | 20 | | 1 | | 2.261 | 0.283 | | |
| 17:0 | g | | | | | | | | | | |
| 18:0 | g | 0.293 | 0.018 | 20 | | 1 | | 0.721 | 0.090 | | |
| 20:0 | - | | | | | | | | | | |
| 22:0 | q | | | | | | | | | | |

| | | <u>Aı</u> | mount in 100 g | | | ole portic | <u>on</u> | Amount in edible portion of common measures of food | | | |
|----------------------------------|---|-----------|----------------|----|-------|----------------|--------------------|---|-----------|-----------|--|
| Nutrients and | Units | Mean | | | Deriv | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 | |
| | | | | | | | | | | | |
| Fatty acids, total monounsatura | | 1.658 | | 0 | | 1 | | 4.079 | 0.511 | | |
| 14:1 | - | | | | | | | | | | |
| 15:1 | - | 0.129 | 0.012 | 17 | | 1 | | 0.317 | 0.040 | | |
| 16:1 undifferentiated | - | 0.129 | 0.012 | 17 | | 1 | | 0.317 | 0.040 | | |
| 17:1 18:1 undifferentiated | - | 1.475 | 0.037 | 20 | | 1 | | 3.629 | 0.454 | | |
| 20:1 | - | 0.040 | | 12 | | 1 | | 0.098 | 0.454 | | |
| 22:1 undifferentiated | - | 0.000 | | 0 | | 1 | | 0.098 | 0.000 | | |
| 24:1 c | • | 0.000 | | U | | 1 | | 0.000 | 0.000 | | |
| Fatty acids, total polyunsaturat | | 0.497 | | 0 | | 1 | | 1.223 | 0.153 | | |
| 18:2 undifferentiated | | 0.374 | | 20 | | 1 | | 0.920 | 0.115 | | |
| 18:3 undifferentiated | | 0.052 | | 15 | | 1 | | 0.128 | 0.016 | | |
| 18:4 | = | 0.002 | | 0 | | 1 | | 0.128 | 0.000 | | |
| 20:2 n-6 c.c | - | 0.000 | | J | | - | | 3.000 | 0.000 | | |
| 20:3 undifferentiated | | | | | | | | | | | |
| 20:4 undifferentiated | - | 0.026 | 0.004 | 14 | | 1 | | 0.064 | 0.008 | | |
| 20:5 n-3 | | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | | |
| 22:5 n-3 | - | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | | |
| 22:6 n-3 | - | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | | |
| Fatty acids, total trans | | 0.000 | | Ŭ | | - | | 0.000 | 0.000 | | |
| Cholesterol | | 14 | 0.366 | 54 | | 1 | | 34 | 4 | | |
| Phytosterols | _ | | 0.500 | - | | - | | 34 | • | | |
| 1 Hytosterois | | | | | | | | | | | |
| Amino Acids: | | | | | | | | | | | |
| Tryptophan | g | 0.017 | | 0 | | 1 | | 0.042 | 0.005 | | |
| Threonine | g | 0.046 | | 0 | | 1 | | 0.113 | 0.014 | | |
| Isoleucine | g | 0.056 | | 0 | | 1 | | 0.138 | 0.017 | | |
| Leucine | - | 0.095 | | 0 | | 1 | | 0.234 | 0.029 | | |
| Lysine | | 0.068 | | 0 | | 1 | | 0.167 | 0.021 | | |
| Methionine | | 0.021 | | 0 | | 1 | | 0.052 | 0.006 | | |
| Cystine | | 0.019 | | 0 | | 1 | | 0.047 | 0.006 | | |
| Phenylalanine | | 0.046 | | 0 | | 1 | | 0.113 | 0.014 | | |
| Tyrosine | g | 0.053 | | 0 | | 1 | | 0.130 | 0.016 | | |
| Valine | - | 0.063 | | 0 | | 1 | | 0.155 | 0.019 | | |
| Arginine | | 0.043 | | 0 | | 1 | | 0.106 | 0.013 | | |
| Histidine | • | 0.023 | | 0 | | 1 | | 0.057 | 0.007 | | |
| Alanine | g | 0.036 | | 0 | | 1 | | 0.089 | 0.011 | | |
| Aspartic acid | g | 0.082 | | 0 | | 1 | | 0.202 | 0.025 | | |
| Glutamic acid | g | 0.168 | | 0 | | 1 | | 0.413 | 0.052 | | |
| Glycine | g | 0.026 | | 0 | | 1 | | 0.064 | 0.008 | | |
| Proline | g | 0.082 | | 0 | | 1 | | 0.202 | 0.025 | | |
| Serine | g | 0.043 | | 0 | | 1 | | 0.106 | 0.013 | | |
| Hydroxyproline | g | | | | | | | | | | |
| Others: | | | | | | | | | | | |
| Alcohol, ethyl | a | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | | |
| Caffeine | | 0.0 | | 0 | z | 7 | | 0.0 | 0.0 | | |
| Theobromine | _ | 0 | | 0 | Z | 7 | | 0 | 0 | | |
| | 9 | v | | J | 4 | • | | Ū | 3 | | |
| Carotenoids: | | | | | | | | | | | |
| Carotene, beta | | 7 | | 0 | BFFN | 4 | | 17.234 | 2.158 | | |
| 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 = 246g: 1 cup

Measure 2 = 30.8g: 1 fl oz

NDB No. 01107

Milk, human, mature, fluid

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <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> e | 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 | 90.00 | | | | 4 | | 219.60 | 27.45 | | |
| Energy | kcal | 46 | | | | 8 | | 112 | 14 | | |
| Energy | kj | 192 | | | | 8 | | 470 | 59 | | |
| Protein | g | 1.60 | | | | 8 | | 3.90 | 0.49 | | |
| Total lipid (fat) | g | 2.00 | | | | 8 | | 4.88 | 0.61 | | |
| Ash | g | 1.10 | | 0 | NR | 4 | | 2.68 | 0.34 | | |
| Carbohydrate, by difference | g | 5.30 | | | | 8 | | 12.93 | 1.62 | | |
| Fiber, total dietary | g | 0.0 | | | | 7 | | 0.0 | 0.0 | | |
| Sugars, total | g | 5.30 | | 0 | NR | 4 | | 12.93 | 1.62 | | |
| Starch | | | | | | | | | | | |
| | - | | | | | | | | | | |
| Minerals: | | | | | | • | | 000 | 0- | | |
| Calcium, Ca | _ | 82 | | | | 8 | | 200 | 25 | | |
| Iron, Fe. | _ | 0.10 | | | | 4 4 | | 0.24 | 0.03 | | |
| Magnesium, Mg | | 1 | | | | 4 | | 2 | 0 | | |
| Phosphorus, P | _ | 100 | | | | 4 | | 244 | 31 46 | | |
| Potassium, K | | 150 | | | | 4 8 | | 366 | | | |
| Sodium, Na | - | 55 | | | | 8 4 | | 134 0.24 | 17 | | |
| Zinc, Zn | | 0.10 0.020 | | | | 4 | | 0.24 | 0.03 0.006 | | |
| Copper, Cu | | 0.020 | , | | | 4 | | 0.049 | 0.006 | | |
| Manganese, Mn | | 1.8 | | 0 | BFNN | 4 | | 4.4 | 0.5 | | |
| Selenium, Se | Ilicy | 1.0 | | U | DEMN | 4 | | 4.4 | 0.5 | | |
| <u> itamins:</u> | | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | | | 4 | | 0.0 | 0.0 | | |
| Thiamin | mg | 0.000 |) | | | 4 | | 0.000 | 0.000 | | |
| Riboflavin | mg | 0.000 |) | | | 4 | | 0.000 | 0.000 | | |
| Niacin | mg | 0.100 |) | | | 4 | | 0.244 | 0.031 | | |
| Pantothenic acid | mg | | | | | | | | | | |
| Vitamin B-6 | mg | 0.000 |) | | | 4 | | 0.000 | 0.000 | | |
| Folate, total | mcg | 0 | | | | 4 | | 0 | 0 | | |
| Folic acid | mcg | 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 | | 203 | | 0 | NC | 4 | | 496 | 62 | | |
| Vitamin A, RAE | | 61 | | 0 | NC | 4 | | 149 | 19 | | |
| Retinol | | 61 | | 0 | NR | 4 | | 149 | 19 | | |
| 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 | | |
| ipids: | | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.254 | ļ | | | 4 | | 0.620 | 0.077 | | |
| 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 | g | | | | | | | | | | |
| 14:0 | | 0.000 |) | | | 4 | | 0.000 | 0.000 | | |
| 15:0 | | | | | | | | | | | |
| 16:0 | | 0.218 | 3 | | | 4 | | 0.532 | 0.066 | | |
| 17:0 | | | | | | | | | | | |
| 18:0 | | 0.036 | 5 | | | 4 | | 0.088 | 0.011 | | |
| 20:0 | _ | | | | | | | | | | |
| 22:0 | - | | | | | | | | | | |
| 24:0 | - | | | | | | | | | | |

| | <u>Ar</u> | mount in 10 | | | ole portio | <u>on</u> | Amount in edible portion of common measures of food | | |
|-------------------------------------|-----------|-------------|-----------------------------|-------|----------------|--------------------|---|-----------|-----------|
| Nutrients and Units | Mean | Std. Error | Number of Data Points | Deriv | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Fatty acids, total monounsaturatedg | 0.484 | | | | 4 | | 1.181 | 0.148 | |
| 14:1g | | | | | | | | | |
| 15:1g 16:1 undifferentiated | 0.000 | | | | 4 | | 0.000 | 0.000 | |
| 16:1 undifferentiated | 0.000 | | | | 4 | | 0.000 | 0.000 | |
| 18:1 undifferentiated | 0.484 | | | | 4 | | 1.181 | 0.148 | |
| 20:1g | 0.000 | | | | 4 | | 0.000 | 0.148 | |
| 22:1 undifferentiated | 0.000 | | | | 4 | | 0.000 | 0.000 | |
| 24:1 cg | 0.000 | | | | • | | 0.000 | 0.000 | |
| Fatty acids, total polyunsaturatedg | 1.174 | | | | 4 | | 2.865 | 0.358 | |
| 18:2 undifferentiatedg | 1.160 | | | | 4 | | 2.830 | 0.354 | |
| 18:3 undifferentiated | 0.014 | | | | 4 | | 0.034 | 0.004 | |
| 18:4g | 0.000 | | | | 4 | | 0.000 | 0.000 | |
| 20:2 n-6 c,cg | | | | | | | | | |
| 20:3 undifferentiatedg | | | | | | | | | |
| 20:4 undifferentiated 9 | 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 trans | | | | | | | | | |
| Cholesterol mg | 0 | | | | 8 | | 0 | 0 | |
| Phytosterolsmg | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethylg | 0.0 | | | | 7 | | 0.0 | 0.0 | |
| Caffeinemg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobrominemg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotenoids: | | | | | | | | | |
| Carotene, betamcg | 0 | | 0 | z | 7 | | 0.000 | 0.000 | |
| Carotene, alphamcg | 0 | | 0 | z | 7 | | 0.000 | 0.000 | |
| Cryptoxanthin, betamcg | 0 | | 0 | z | 7 | | 0.000 | 0.000 | |
| 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 = 244g: 1 cup Measure 2 = 30.5g: 1 fl oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products USDA National Nutrient Database for Standard Reference, Release 17 (2004)

| | | <u>Aı</u> | mount in 100 g | | | 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 | ts | Mean | Std. Error Po | oints | Code | Code | Code | Measure 1 | Measure 2 | Measure | |
| Proximates: | | | | | | | | | | | |
| Water | g | 83.39 | 0.546 | 8 | | 1 | | 203.47 | 813.89 | | |
| Energy | kcal | 97 | | 0 | NC | 4 | | 236 | 943 | | |
| Energy | kj | 404 | | | | 4 | | 986 | 3946 | | |
| Protein (N x 6.38) | g | 3.75 | 0.057 | 96 | | 1 | | 9.15 | 36.60 | | |
| Total lipid (fat) | g | 6.89 | 0.130 | 113 | | 1 | | 16.81 | 67.25 | | |
| Ash | g | 0.79 | 0.010 | 97 | | 1 | | 1.93 | 7.71 | | |
| Carbohydrate, by difference | g | 5.18 | | 0 | NC | 4 | | 12.64 | 50.56 | | |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | | |
| Sugars, total | g | | | | | | | | | | |
| Starch | g | | | | | | | | | | |
| Minerals: | | | | | | | | | | | |
| Calcium, Ca | ma | 169 | 1.899 | 164 | | 1 | | 412 | 1649 | | |
| Iron, Fe | - | 0.12 | 0.016 | 10 | | 1 | | 0.29 | 1.17 | | |
| Magnesium, Mg | - | 31 | 1.417 | 110 | | 1 | | 76 | 304 | | |
| Phosphorus, P | | 117 | 1.580 | 113 | | 1 | | 286 | 1146 | | |
| Potassium, K | _ | 178 | 3.024 | 101 | | 1 | | 434 | 1734 | | |
| Sodium, Na | _ | 52 | 1.603 | 101 | | 1 | | 127 | 509 | | |
| Zinc, Zn | mg | 0.22 | | 1 | | 1 | | 0.54 | 2.15 | | |
| Copper, Cu | mg | 0.046 | ; | 0 | | 1 | | 0.112 | 0.449 | | |
| Manganese, Mn | <u>mg</u> | 0.018 | | 0 | | 1 | | 0.044 | 0.176 | | |
| Selenium, Se | mcg | | | | | | | | | | |
| Vitamins: | | | | | | | | | | | |
| Vitamin C, total ascorbic acid | ma | 2.3 | 0.627 | 3 | | 1 | | 5.5 | 22.0 | | |
| Thiamin | - | 0.052 | | 14 | | 1 | | 0.127 | 0.508 | | |
| Riboflavin | - | 0.032 | | 26 | | 1 | | 0.329 | 1.318 | | |
| Niacin | | 0.091 | | 4 | | 1 | | 0.222 | 0.888 | | |
| Pantothenic acid | - | 0.192 | | 12 | | 1 | | 0.468 | 1.874 | | |
| Vitamin B-6 | _ | 0.023 | | 2 | | 1 | | 0.056 | 0.224 | | |
| Folate, total | - | 6 | | 1 | | 1 | | 14 | 55 | | |
| Folic acid | | 0 | | 0 | z | 7 | | 0 | 0 | | |
| Folate, food | | 6 | | 1 | | 1 | | 14 | 55 | | |
| Folate, DFE | | 6 | | 0 | NC | 4 | | 14 | 55 | | |
| Vitamin B-12 | | 0.36 | 0.032 | 4 | | 1 | | 0.89 | 3.54 | | |
| Vitamin A, IU | | 178 | 9.423 | 32 | | 1 | | 434 | 1737 | | |
| Vitamin A, RAE | | 53 | 2.830 | 32 | | 1 | | 130 | 522 | | |
| Retinol | mcg | 53 | 2.830 | 32 | | 1 | | 130 | 522 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | | |
| Vitamin D | | | | | | | | | | | |
| Vitamin K (phylloquinone) | Incg | | | | | | | | | | |
| <u> ipids:</u> | | | | | | | | | | | |
| Fatty acids, total saturated | g | 4.597 | | 0 | | 1 | | 11.217 | 44.867 | | |
| 4:0 | - | 0.276 | 0.013 | 23 | | 1 | | 0.673 | 2.694 | | |
| 6:0 | | 0.153 | 0.008 | 23 | | 1 | | 0.373 | 1.493 | | |
| 8:0 | - | 0.071 | | 24 | | 1 | | 0.173 | 0.693 | | |
| 10:0 | _ | 0.141 | | 24 | | 1 | | 0.344 | 1.376 | | |
| 12:0 | | 0.167 | 0.008 | 24 | | 1 | | 0.407 | 1.630 | | |
| 13:0 | - | | | | | _ | | | | | |
| 14:0 | _ | 0.703 | 0.022 | 24 | | 1 | | 1.715 | 6.861 | | |
| 15:0 | | | | | | _ | | , | | | |
| 16:0 | | 1.999 | 0.057 | 24 | | 1 | | 4.878 | 19.510 | | |
| 17:0 | | 0.600 | 0.001 | 2.4 | | 4 | | 1 664 | | | |
| 18:0 | | 0.682 | 0.031 | 24 | | 1 | | 1.664 | 6.656 | | |
| 20:0 | _ | | | | | | | | | | |
| 22:0 | g g | | | | | | | | | | |

| | | <u>Ar</u> | nount in 100 و | grams of umber | f edible portion | <u>on</u> | Amount in edible portion of common measures of food | | | |
|------------------------------------|---|----------------|----------------|-------------------|------------------|--------------------|---|-----------|-----------|--|
| Nutrients and Un | its | Mean | | Data D | | Confidence Code | Measure 1 | Measure 2 | Measure 3 | |
| F " | a | 1.787 | | 0 | 1 | | 4 260 | 17 441 | | |
| Fatty acids, total monounsaturated | | 1.787 | | U | 1 | | 4.360 | 17.441 | | |
| 14:1 | _ | | | | | | | | | |
| 15:1 | • | 0 140 | 0.000 | 24 | 1 | | 0.246 | 1 206 | | |
| 16:1 undifferentiated | - | 0.142 | 0.009 | 24 | 1 | | 0.346 | 1.386 | | |
| 17:1 | | 1 500 | 0.050 | 0.4 | | | 0.001 | 45.004 | | |
| 18:1 undifferentiated | _ | 1.566 | 0.053 | 24 | 1 | | 3.821 | 15.284 | | |
| 20:1 | | | | | | | | | | |
| 22:1 undifferentiated | | | | | | | | | | |
| 24:1 c | | | | • | _ | | | | | |
| Fatty acids, total polyunsaturated | | 0.146 | | 0 | 1 | | 0.356 | 1.425 | | |
| 18:2 undifferentiated | • | 0.070 | 0.007 | 23 | 1 | | 0.171 | 0.683 | | |
| 18:3 undifferentiated | _ | 0.076 | 0.008 | 23 | 1 | | 0.185 | 0.742 | | |
| 18:4 | | | | | | | | | | |
| 20:2 n-6 c,c | | | | | | | | | | |
| 20:3 undifferentiated | | | | | _ | | | | | |
| 20:4 undifferentiated | - | 0.000 | | 0 | 4 | | 0.000 | 0.000 | | |
| 20:5 n-3 | | | | | | | | | | |
| 22:5 n-3 | _ | | | | | | | | | |
| 22:6 n-3 | _ | | | | | | | | | |
| Fatty acids, total trans | | | | | _ | | | | | |
| Cholesterol | _ | 19 | 0.204 | 25 | 1 | | 46 | 185 | | |
| Phytosterols | <u>mg</u> | | | | | | | | | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan | a | 0.053 | | 0 | 1 | | 0.129 | 0.517 | | |
| Threonine | | 0.182 | | 0 | 1 | | 0.444 | 1.776 | | |
| Isoleucine | | 0.203 | | 0 | 1 | | 0.495 | 1.981 | | |
| Leucine | | 0.203 | | 0 | 1 | | 0.493 | 3.572 | | |
| Lysine | | 0.280 | | 0 | 1 | | 0.683 | 2.733 | | |
| Methionine | - | 0.200 | | 0 | 1 | | 0.003 | 0.947 | | |
| Cystine | - | 0.048 | | 0 | 1 | | 0.117 | 0.468 | | |
| _ | | 0.162 | | 0 | 1 | | 0.117 | 1.581 | | |
| Phenylalanine | | | | 0 | 1 | | 0.395 | 1.581 | | |
| Tyrosine | _ | 0.183 0.219 | | 0 | 1 | | 0.447 | | | |
| Valine | | | | 0 | 1 | | 0.534 | 2.137 | | |
| Arginine | | 0.114 | | 0 | 1 | | | 1.113 | | |
| Histidine | • | 0.078 | | 0 | 1 | | 0.190 | 0.761 | | |
| Alanine | - | 0.132 | | - | _ | | 0.322 | 1.288 | | |
| Aspartic acid | | 0.309 | | 0 | 1 | | 0.754 | 3.016 | | |
| Glutamic acid | _ | 0.477 | | 0 | 1 | | 1.164 | 4.656 | | |
| Glycine | - | 0.080 | | 0 | 4 | | 0.195 | 0.781 | | |
| Proline | • | 0.364 | | 0 | 4 | | 0.888 | 3.553 | | |
| Serine | _ | 0.227 | | 0 | 1 | | 0.554 | 2.216 | | |
| Hydroxyproline | g | | | | | | | | | |

Common Measures:

Measure 1 = 244g: 1 cup Measure 2 = 976g: 1 quart

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>Aı</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 | _ | |
| | | | of D | ata Deriv | Source | Confidence | | | | |
| Nutrients and Uni | its | Mean | Std. Error Poin | ts Code | Code | Code | Measure 1 | Measure 2 | Measure | |
| Proximates: | | | | | | | | | | |
| Water | g | 88.20 | | 7 | 1 | | 215.21 | 26.90 | 860.83 | |
| Energy | kcal | 61 | | 0 NC | 4 | | 149 | 19 | 594 | |
| Energy | kj | 255 | | | 4 | | 622 | 78 | 2487 | |
| Protein (N x 6.38) | g | 3.10 | | 8 | 1 | | 7.56 | 0.95 | 30.26 | |
| Total lipid (fat) | g | 3.46 | | 7 | 1 | | 8.44 | 1.06 | 33.77 | |
| Ash | g | 0.78 | | 7 | 1 | | 1.90 | 0.24 | 7.61 | |
| Carbohydrate, by difference | g | 4.46 | | 0 NC | 4 | | 10.88 | 1.36 | 43.53 | |
| Fiber, total dietary | g | 0.0 | | 0 | 4 | | 0.0 | 0.0 | 0.0 | |
| Sugars, total | g | 4.46 | | 0 NR | 4 | | 10.88 | 1.36 | 43.53 | |
| Starch | g | | | | | | | | | |
| Aimonala. | | | | | | | | | | |
| <u> Iinerals:</u> Calcium, Ca | ma | 101 | 1 | .1 | 1 | | 246 | 31 | 984 | |
| Iron, Fe | _ | 0.05 | | 0 | 4 | | 0.12 | 0.02 | 0.49 | |
| Magnesium, Mg | _ | 5 | | 1 | 1 | | 12 | 2 | 49 | |
| Phosphorus, P | | 86 | | 9 | 1 | | 209 | 26 | 834 | |
| Potassium, K | _ | 253 | | .1 | 1 | | 617 | 77 | 2467 | |
| Sodium. Na | | 3 | | .0 | 1 | | 6 | 1 | 24 | |
| Zinc, Zn | • | 0.38 | | 0 | 4 | | 0.93 | 0.12 | 3.7 | |
| Copper, Cu | _ | 0.010 | | 0 | 1 | | 0.024 | 0.003 | 0.0 | |
| Manganese, Mn | | 0.004 | | 0 | 1 | | 0.010 | 0.001 | 0.0 | |
| Selenium, Se | | 2.0 | | 7 A | 1 | | 4.9 | 0.6 | 19.5 | |
| • | | | | | | | | | | |
| <u>'itamins:</u> | | | | _ | | | | | | |
| Vitamin C, total ascorbic acid | - | 0.9 | | 0 | 4 | | 2.3 | 0.3 | 9.2 | |
| Thiamin | | 0.020 | | 8 | 1 | | 0.049 | 0.006 | 0.1 | |
| Riboflavin | | 0.105 | | 8 | 1 | | 0.256 | 0.032 | 1.0 | |
| Niacin | _ | 0.043 | | 7 | 1 | | 0.105 | 0.013 | 0.4 | |
| Pantothenic acid | - | 0.304 | | 0 | 1 | | 0.742 | 0.093 | 2.9 | |
| Vitamin B-6 | - | 0.034 | | 7 | 1 | | 0.083 | 0.010 | 0.3 | |
| Folate, total | | 5 | | 0 - | 4 | | 12 | 2 | 49 | |
| Folic acid | | 0 | | 0 z | 7 | | 0 | 0 | 0 | |
| Folate, food | | 5 | | 0 | 4 | | 12 | 2 | 49 | |
| Folate, DFE | | 5 | | 0 NC | 4 | | 12 | 2 | 49 | |
| Vitamin B-12 | | 0.36 | | 7 | 1 | | 0.88 | 0.11 | 3.5 | |
| Vitamin A, IU | IU | 103 | | 0 NC | 4 | | 250 | 31 | 1001 | |
| Vitamin A, RAE | | 28 | | 0 NC | 4 | | 69 | 9 | 278 | |
| Retinol | | 28 | | 0 NC | 4 | | 68 | 9 | 273 | |
| Vitamin E (alpha-tocopherol) | | 0.06 | | 0 BFFN | 1 4 | | 0.15 | 0.02 | 0.6 | |
| Tocopherol, beta | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, deltaVitamin D | | | | | | | | | | |
| Vitamin K (phylloquinone) | | 0.2 | | 0 BFFN | 1 4 | | 0.6 | 0.1 | 2.3 | |
| | | | | | | | | | | |
| <u>ipids:</u> | _ | 0.154 | | • | _ | | | | | |
| Fatty acids, total saturated | | 2.154 | | 0 | 1 | | 5.256 | 0.657 | 21.0 | |
| 4:0 | | 0.112 | | i2 i8 | 1 1 | | 0.273 | 0.034 | 1.0 | |
| 6:0 | - | 0.066 | | | 1 | | 0.161 | 0.020 | 0.6 | |
| 8:0 | | 0.039 | | 19 | | | 0.095 | 0.012 | 0.3 | |
| 10:0 | | 0.087 | | 19 | 1 1 | | 0.212 | 0.027 | 0.8 | |
| 12:0 | | 0.097 | | 19 | 1 | | 0.237 | 0.030 | 0.9 | |
| 13:0 | | 0.240 | , | 8 | 1 | | 0.040 | 0 100 | 2.2 | |
| 14:0 | | 0.348 | | | 1 | | 0.849 | 0.106 | 3.3 | |
| 15:0 | | 0 010 | | | 1 | | 2 222 | 0.070 | 8.8 | |
| 16:0 | _ | 0.910 | | 8 | 1 | | 2.220 | 0.278 | 8.8 | |
| 17:0 | - | 0 410 | | | 1 | | 1 000 | 0 100 | 4 ^ | |
| 18:0 | - | 0.419 | ٠ | 8 | 1 | | 1.022 | 0.128 | 4.0 | |
| 20:0 | - | | | | | | | | | |
| 22:0 24:0 | - | | | | | | | | | |

| | | <u>Ar</u> | nount in 10 | 0 grams | of edib | le portio | <u>n</u> | Amount in edible portion of common | | | |
|---------------------------------|---|----------------|-------------|-------------------|---------|----------------|--------------------|------------------------------------|-----------------|----------------|--|
| | | | | Number | | | | | easures of food | | |
| Nutrients and | l Units | Mean | Std. Error | of Data Points | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 | |
| Fatty acids, total monounsatur | rated 0 | 0.999 | | 0 | | 1 | | 2.438 | 0.305 | 9.750 | |
| 14:1 | | | | | | | | | | | |
| 15:1 | - | | | | | | | | | | |
| 16:1 undifferentiated | • | 0.077 | | 71 | | 1 | | 0.188 | 0.023 | 0.752 | |
| 17:1 | | | | | | _ | | | | | |
| 18:1 undifferentiated | • | 0.870 0.000 | | 78 | | 1 1 | | 2.123 | 0.265 | 8.491 0.000 | |
| 20:1 | - | 0.000 | | 0 0 | | 1 | | 0.000 0.000 | 0.000 0.000 | 0.000 | |
| 22:1 undifferentiated 24:1 c | • | 0.000 | | U | | _ | | 0.000 | 0.000 | 0.000 | |
| Fatty acids, total polyunsatura | | 0.128 | | 0 | | 1 | | 0.312 | 0.039 | 1.249 | |
| 18:2 undifferentiated | | 0.078 | | 74 | | 1 | | 0.190 | 0.024 | 0.761 | |
| 18:3 undifferentiated | | 0.050 | | 65 | | 1 | | 0.122 | 0.015 | 0.488 | |
| 18:4 | | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 | |
| 20:2 n-6 c.c | - | 0.000 | | v | | - | | 0.000 | 0.000 | 0.000 | |
| 20:3 undifferentiated | - | | | | | | | | | | |
| 20:4 undifferentiated | - | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 | |
| 20:5 n-3 | - | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 | |
| 22:5 n-3 | - | 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 | | 14 | | 0 | | 1 | | 33 | 4 | 133 | |
| Phytosterols | | | | | | | | | | | |
| | | | | | | | | | | | |
| Amino Acids: | | | | _ | | | | | | | |
| Tryptophan | | 0.044 | | 0 | | 1 | | 0.107 | 0.013 | 0.429 | |
| Threonine | - | 0.140 | | 0 | | 1 | | 0.342 | 0.043 | 1.366 | |
| Isoleucine | - | 0.188 | | 0 | | 1 1 | | 0.459 | 0.057 | 1.835 | |
| Leucine | | 0.304 | | 0 0 | | 1 | | 0.742 | 0.093 | 2.967 | |
| Lysine | | 0.246 0.078 | | 0 | | 1 | | 0.600 | 0.075 | 2.401 | |
| Methionine | | 0.078 | | 0 | | 1 | | 0.190 0.071 | 0.024 | 0.761 | |
| Cystine | | 0.029 | | 0 | | 1 | | 0.366 | 0.009 0.046 | 0.283 1.464 | |
| Phenylalanine Tyrosine | | 0.150 | | 0 | | 1 | | 0.366 | 0.046 | 1.464 | |
| Valine | | 0.130 | | 0 | | 1 | | 0.505 | 0.046 | 2.020 | |
| Arginine | - | 0.207 | | 0 | | 1 | | 0.303 | 0.083 | 1.093 | |
| Histidine | | 0.112 | | 0 | | 1 | | 0.205 | 0.034 | 0.820 | |
| Alanine | - | 0.004 | | 0 | | 1 | | 0.261 | 0.026 | 1.044 | |
| Aspartic acid | | 0.107 | | 0 | | 1 | | 0.573 | 0.033 | 2.294 | |
| Glutamic acid | | 0.649 | | 0 | | 1 | | 1.584 | 0.198 | 6.334 | |
| Glycine | | 0.049 | | 0 | | 1 | | 0.161 | 0.020 | 0.534 | |
| Proline | | 0.300 | | 0 | | 1 | | 0.732 | | | |
| Serine | - | 0.169 | | 0 | | 1 | | 0.412 | 0.092 0.052 | 2.928 1.649 | |
| Hydroxyproline | | 0.103 | | Ū | | - | | 0.412 | 0.032 | 1.043 | |
| | 9 | | | | | | | | | | |
| Others: | | | | | | | | | | | |
| Alcohol, ethyl | | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 | |
| Caffeine | <u>mg</u> | 0 | | 0 | Z | 7 | | 0 | 0 | 0 | |
| Theobromine | mg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 | |
| Carotenoids: | | | | | | | | | | | |
| Carotene, beta | mca | 6 | | 0 | BFFN | 4 | | 13.504 | 1.688 | 54.014 | |
| 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 | |
| | | | | | | | | | | | |

Common Measures:

Measure 1 = 244g: 1 cup Measure 2 = 30.5g: 1 fl oz Measure 3 = 976g: 1 quart NDB No. 01089 Milk, low sodium, fluid

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>A</u> | mount in 100 g | grams | of edil | ole portio | <u>n</u> | Amount in edible portion of common | | | |
|--|---|----------|----------------|--------|---------|------------|------------|------------------------------------|-----------------|-----------|--|
| | | | Nι | umber | • | | | <u>m</u> | easures of food | <u> </u> | |
| | | | of | f Data | Deriv | Source | Confidence | | | | |
| Nutrients and Uni | its | Mean | Std. Error Po | oints | Code | Code | Code | Measure 1 | Measure 2 | Measure 3 | |
| Proximates: | | | | | | | | | | | |
| Water | g | 88.74 | 0.028 | 28 | | 1 | | 218.30 | 873.20 | | |
| Energy | kcal | 48 | | 0 | NC | 4 | | 119 | 477 | | |
| Energy | kj | 203 | | | | 4 | | 498 | 1994 | | |
| Protein (N x 6.38) | g | 3.93 | 0.028 | 25 | | 1 | | 9.67 | 38.67 | | |
| Total lipid (fat) | g | 1.17 | 0.024 | 30 | | 1 | | 2.88 | 11.51 | | |
| Ash | g | 0.86 | | 0 | | 1 | | 2.12 | 8.46 | | |
| Carbohydrate, by difference | g | 5.52 | | 0 | NC | 4 | | 13.58 | 54.32 | | |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | | |
| Sugars, total | g | | | | | | | | | | |
| Starch | g | | | | | | | | | | |
| Minorals | | | | | | | | | | | |
| Minerals: Calcium, Ca | ma | 142 | | 0 | | 1 | | 349 | 1397 | | |
| Iron, Fe | - | 0.06 | | 0 | | 1 | | 0.15 | 0.59 | | |
| Magnesium, Mg | - | 16 | | 0 | | 1 | | 39 | 157 | | |
| Phosphorus, P | | 111 | | 0 | | 1 | | 273 | 1093 | | |
| Potassium, K | - | 180 | | 0 | | 1 | | 444 | 1774 | | |
| Sodium. Na | | 58 | | 0 | | 1 | | 143 | 574 | | |
| Zine, Zn | • | 0.45 | | 0 | | 1 | | 1.11 | 4.43 | | |
| Copper, Cu | | 0.010 |) | 0 | | 1 | | 0.025 | 0.098 | | |
| Manganese, Mn | | 0.002 | <u> </u> | 0 | | 1 | | 0.005 | 0.020 | | |
| Selenium, Se | mcg | 2.5 | | 0 | BFNN | 4 | | 6.2 | 24.6 | | |
| Vitamins: | | | | | | | | | | | |
| | ma | 1.2 | | 0 | | 1 | | 2.8 | 11.3 | | |
| Vitamin C, total ascorbic acid Thiamin | - | 0.045 | | 0 | | 1 | | 0.111 | 0.443 | | |
| Riboflavin | - | 0.192 | | 0 | | 1 | | 0.472 | 1.889 | | |
| Niacin | = | 0.100 | | 0 | | 1 | | 0.246 | 0.984 | | |
| Pantothenic acid | - | 0.373 | | 0 | | 1 | | 0.918 | 3.670 | | |
| Vitamin B-6 | = | 0.050 | | 0 | | 1 | | 0.123 | 0.492 | | |
| Folate, total | - | 6 | | 0 | | 1 | | 15 | 58 | | |
| Folic acid | | 0 | | 0 | z | 7 | | 0 | 0 | | |
| Folate, food | | 6 | | 0 | | 1 | | 15 | 58 | | |
| Folate, DFE | | 6 | | 0 | NC | 4 | | 15 | 58 | | |
| Vitamin B-12 | | 0.43 | | 0 | | 1 | | 1.05 | 4.18 | | |
| Vitamin A, IU | IU - | 203 | | 0 | | 1 | | 499 | 1998 | | |
| Vitamin A, RAE | | 61 | | 0 | | 1 | | 150 | 600 | | |
| Retinol | mcg | 61 | | 0 | | 1 | | 150 | 600 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | | |
| Vitamin D | | 40.000 |) | 0 | s | 4 | | 98.400 | 393.600 | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | | |
| Lipids: | | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.728 | 3 | 0 | | 1 | | 1.791 | 7.164 | | |
| 4:0 | | 0.038 | 0.001 | 52 | | 1 | | 0.093 | 0.374 | | |
| 6:0 | g | 0.022 | 0.001 | 68 | | 1 | | 0.054 | 0.216 | | |
| 8:0 | g | 0.013 | 0.000 | 89 | | 1 | | 0.032 | 0.128 | | |
| 10:0 | g | 0.029 | 0.001 | 89 | | 1 | | 0.071 | 0.285 | | |
| 12:0 | g | 0.033 | 0.001 | 89 | | 1 | | 0.081 | 0.325 | | |
| 13:0 | | | | | | | | | | | |
| 14:0 | g | 0.118 | 0.003 | 88 | | 1 | | 0.290 | 1.161 | | |
| 15:0 | | | | | | | | | | | |
| 16:0 | g | 0.308 | 0.007 | 88 | | 1 | | 0.758 | 3.031 | | |
| 17:0 | | | | | | | | | | | |
| 18:0 | | 0.142 | 0.003 | 88 | | 1 | | 0.349 | 1.397 | | |
| 20:0 | _ | | | | | | | | | | |
| 22:0 | g | | | | | | | | | | |
| 24:0 | g | | | | | | | | | | |

| | | <u>Ar</u> | nount in 100 g | | edible portic | <u>on</u> | Amount in edible portion of common measures of food | | | |
|------------------------------------|---|-----------|----------------|-------|---------------|------------|---|-----------|-----------|--|
| | | | | ımber | | Confidence | <u></u> | | | |
| Nutrients and Units | 5 | Mean | Std. Error Po | | | Confidence | Measure 1 | Measure 2 | Measure 3 | |
| Fatty acids, total monounsaturated | g | 0.338 | | 0 | 1 | | 0.831 | 3.326 | | |
| 14:1 | g | | | | | | | | | |
| 15:1 | | | | | | | | | | |
| 16:1 undifferentiated | - | 0.026 | 0.001 | 71 | 1 | | 0.064 | 0.256 | | |
| 17:1 | | | | | | | | | | |
| 18:1 undifferentiated | | 0.294 | 0.007 | 78 | 1 | | 0.723 | 2.893 | | |
| 20:1 | | | | | | | | | | |
| 22:1 undifferentiated | - | | | | | | | | | |
| 24:1 c | | | | _ | _ | | | | | |
| Fatty acids, total polyunsaturated | | 0.043 | | 0 | 1 | | 0.106 | 0.423 | | |
| 18:2 undifferentiated | • | 0.026 | 0.001 | 74 | 1 | | 0.064 | 0.256 | | |
| 18:3 undifferentiated | _ | 0.017 | 0.001 | 65 | 1 | | 0.042 | 0.167 | | |
| 18:4 | | | | | | | | | | |
| 20:2 n-6 c,c | | | | | | | | | | |
| 20:3 undifferentiated | | 0.000 | | 0 | 4 | | 0.000 | 0.000 | | |
| 20:4 undifferentiated 20:5 n-3 | - | 0.000 | | U | 4 | | 0.000 | 0.000 | | |
| 20:5 n-3 | | | | | | | | | | |
| 22:5 n-3 | _ | | | | | | | | | |
| Fatty acids, total trans | _ | | | | | | | | | |
| Cholesterol | | 4 | | 2 | 1 | | 10 | 39 | | |
| Phytosterols | _ | • | | - | - | | 10 | 33 | | |
| T Hytosterois | 9 | | | | | | | | | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan | g | 0.055 | | 0 | 1 | | 0.135 | 0.541 | | |
| Threonine | g | 0.177 | | 0 | 1 | | 0.435 | 1.742 | | |
| Isoleucine | g | 0.238 | | 0 | 1 | | 0.585 | 2.342 | | |
| Leucine | g | 0.385 | | 0 | 1 | | 0.947 | 3.788 | | |
| Lysine | g | 0.312 | | 0 | 1 | | 0.768 | 3.070 | | |
| Methionine | - | 0.099 | | 0 | 1 | | 0.244 | 0.974 | | |
| Cystine | | 0.036 | | 0 | 1 | | 0.089 | 0.354 | | |
| Phenylalanine | g | 0.190 | | 0 | 1 | | 0.467 | 1.870 | | |
| Tyrosine | g | 0.190 | | 0 | 1 | | 0.467 | 1.870 | | |
| Valine | g | 0.263 | | 0 | 1 | | 0.647 | 2.588 | | |
| Arginine | g | 0.142 | | 0 | 1 | | 0.349 | 1.397 | | |
| Histidine | g | 0.107 | | 0 | 1 | | 0.263 | 1.053 | | |
| Alanine | _ | 0.136 | | 0 | 1 | | 0.335 | 1.338 | | |
| Aspartic acid | | 0.298 | | 0 | 1 | | 0.733 | 2.932 | | |
| Glutamic acid | - | 0.823 | | 0 | 1 | | 2.025 | 8.098 | | |
| Glycine | | 0.083 | | 0 | 1 | | 0.204 | 0.817 | | |
| Proline | • | 0.381 | | 0 | 1 | | 0.937 | 3.749 | | |
| Serine | - | 0.214 | | 0 | 1 | | 0.526 | 2.106 | | |
| Hydroxyproline | g | | | | | | | | | |

Common Measures:

Measure 1 = 246g: 1 cup Measure 2 = 984g: 1 quart

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>A</u> | mount in 100 g | rams | of edik | ole portio | <u>n</u> | Amount in edible portion of common | | | |
|--|------|----------|----------------|-------|---------|------------|------------|------------------------------------|-----------------|-----------|--|
| | | | Nu | mber | | | | m | easures of food | <u> </u> | |
| | | | | | | Source | Confidence | | | | |
| Nutrients and Uni | its | Mean | Std. Error Po | oints | Code | Code | Code | Measure 1 | Measure 2 | Measure 3 | |
| | | | | | | | | | | | |
| Proximates: Water | a | 89.81 | | 0 | | 1 | | 220.03 | 880.14 | | |
| Energy | | 43 | | 0 | NC | 4 | | 104 | 418 | | |
| Energy | | 178 | | | | 4 | | 437 | 1748 | | |
| Protein (N x 6.38) | | 3.48 | | 0 | | 1 | | 8.53 | 34.10 | | |
| Total lipid (fat) | | 0.97 | 0.020 | 391 | | 1 | | 2.38 | 9.51 | | |
| Ash | | 0.77 | 0.020 | 0 | | 1 | | 1.89 | 7.55 | | |
| Carbohydrate, by difference | | 4.97 | | 0 | NC | 4 | | 12.18 | 48.71 | | |
| | | 0.0 | | 0 | NC | 4 | | 0.0 | 0.0 | | |
| Fiber, total dietary | | 0.0 | | U | | - | | 0.0 | 0.0 | | |
| Sugars, total | | | | | | | | | | | |
| Starch | 9 | | | | | | | | | | |
| Minerals: | | | | | | | | | | | |
| Calcium, Ca | mg | 128 | | 0 | | 1 | | 313 | 1251 | | |
| Iron, Fe | - | 0.05 | | 0 | | 1 | | 0.12 | 0.49 | | |
| Magnesium, Mg | | 14 | | 0 | | 1 | | 35 | 141 | | |
| Phosphorus, P | | 100 | | 0 | | 1 | | 245 | 979 | | |
| Potassium, K | mg | 162 | | 0 | | 1 | | 397 | 1589 | | |
| Sodium, Na | | 52 | | 0 | | 1 | | 128 | 514 | | |
| Zinc, Zn | | 0.40 | | 0 | | 1 | | 0.98 | 3.92 | | |
| Copper, Cu | | 0.010 |) | 0 | | 1 | | 0.025 | 0.098 | | |
| Manganese, Mn | | 0.002 | <u> </u> | 0 | | 1 | | 0.005 | 0.020 | | |
| Selenium, Se | mcg | 2.3 | | 0 | BFNN | 4 | | 5.6 | 22.5 | | |
| Vitamina | | | | | | | | | | | |
| Vitamins: | | 1.0 | | ^ | | | | 0.5 | | | |
| Vitamin C, total ascorbic acid | | 1.0 | | 0 | | 1 1 | | 2.5 | 9.8 | | |
| Thiamin | | 0.040 | | 0 | | 1 | | 0.098 | 0.392 | | |
| Riboflavin | | 0.173 | | 0 | | 1 | | 0.424 | 1.695 | | |
| Niacin | - | 0.090 | | 0 | | | | 0.221 | 0.882 | | |
| Pantothenic acid | | 0.336 | | - | | 1 | | 0.823 | 3.293 | | |
| Vitamin B-6 | - | 0.045 |) | 0 | | 1 | | 0.110 | 0.441 | | |
| Folate, total | | 5 | | 0 | _ | 1 | | 13 | 52 | | |
| Folic acid | | 0 | | 0 | Z | 7 | | 0 | 0 | | |
| Folate, food | mcg | 5 5 | | 0 | *** | 1 | | 13 | 52 | | |
| Folate, DFE | | | | 0 | NC | 4 | | 13 | 52 | | |
| Vitamin B-12 | | 0.38 | | 0 | | 1 | | 0.94 | 3.74 | | |
| Vitamin A, IU | | 204 | | 0 | | 1 | | 500 | 1999 | | |
| Vitamin A, RAE | | 59 | | 0 | NC | 4 | | 143 | 573 | | |
| Retinol | | 58 | | 0 | NC | 4 | | 142 | 568 | | |
| Vitamin E (alpha-tocopherol) | | | | | | | | | | | |
| Tocopherol, beta | | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | | |
| Tocopherol, delta | | 40.000 | | ^ | • | | | 00 000 | 202 000 | | |
| Vitamin D Vitamin K (phylloquinone) | | 40.000 | , | 0 | S | 4 | | 98.000 | 392.000 | | |
| vitamin K (phynoquinone) | nicg | | | | | | | | | | |
| <u>Lipids:</u> | | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.604 | ļ | 0 | | 1 | | 1.480 | 5.919 | | |
| 4:0 | g | 0.031 | 0.001 | 52 | | 1 | | 0.076 | 0.304 | | |
| 6:0 | g | 0.019 | 0.001 | 68 | | 1 | | 0.047 | 0.186 | | |
| 8:0 | g | 0.011 | 0.000 | 89 | | 1 | | 0.027 | 0.108 | | |
| 10:0 | g | 0.024 | 0.001 | 89 | | 1 | | 0.059 | 0.235 | | |
| 12:0 | g | 0.027 | 0.001 | 89 | | 1 | | 0.066 | 0.265 | | |
| 13:0 | g | | | | | | | | | | |
| 14:0 | g | 0.098 | 0.002 | 88 | | 1 | | 0.240 | 0.960 | | |
| 15:0 | g | | | | | | | | | | |
| 16:0 | | 0.255 | 0.006 | 88 | | 1 | | 0.625 | 2.499 | | |
| 17:0 | | | | | | | | | | | |
| 18:0 | | 0.118 | 0.003 | 88 | | 1 | | 0.289 | 1.156 | | |
| 20:0 | | | | | | | | | | | |
| 22:0 | - | | | | | | | | | | |
| 24:0 | - | | | | | | | | | | |

| | | <u>Ar</u> | <u>nount in 100 ç</u> Nւ | grams of umber | fedible portio | <u>on</u> | Amount in edible portion of common measures of food | | | |
|------------------------------------|----|-----------|-----------------------------|-------------------|-------------------------|--------------------|---|-----------|-----------|--|
| Nutrients and Unit | s | Mean | of Std. Error Po | | eriv Source ode Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 | |
| Fatty acids, total monounsaturated | a | 0.280 | | 0 | 1 | | 0.686 | 2.744 | | |
| 14:1 | | 0.280 | | U | _ | | 0.686 | 2.744 | | |
| 15:1 | g | | | | | | | | | |
| 16:1 undifferentiated | g | 0.022 | 0.001 | 71 | 1 | | 0.054 | 0.216 | | |
| 17:1 | g | | | | | | | | | |
| 18:1 undifferentiated | | 0.244 | 0.006 | 78 | 1 | | 0.598 | 2.391 | | |
| 20:1 | g | 0.000 | | 0 | 1 | | 0.000 | 0.000 | | |
| 22:1 undifferentiated | g | 0.000 | | 0 | 1 | | 0.000 | 0.000 | | |
| 24:1 c | g | | | | | | | | | |
| Fatty acids, total polyunsaturated | - | 0.036 | | 0 | 1 | | 0.088 | 0.353 | | |
| 18:2 undifferentiated | g | 0.022 | 0.001 | 74 | 1 | | 0.054 | 0.216 | | |
| 18:3 undifferentiated | g | 0.014 | 0.001 | 65 | 1 | | 0.034 | 0.137 | | |
| 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 | 4 | | 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 | | 4 | | 0 | 1 | | 10 | 39 | | |
| Phytosterols | mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan | g | 0.049 | | 0 | 1 | | 0.120 | 0.480 | | |
| Threonine | g | 0.157 | | 0 | 1 | | 0.385 | 1.539 | | |
| Isoleucine | g | 0.211 | | 0 | 1 | | 0.517 | 2.068 | | |
| Leucine | g | 0.341 | | 0 | 1 | | 0.835 | 3.342 | | |
| Lysine | g | 0.276 | | 0 | 1 | | 0.676 | 2.705 | | |
| Methionine | g | 0.087 | | 0 | 1 | | 0.213 | 0.853 | | |
| Cystine | g | 0.032 | | 0 | 1 | | 0.078 | 0.314 | | |
| Phenylalanine | | 0.168 | | 0 | 1 | | 0.412 | 1.646 | | |
| Tyrosine | | 0.168 | | 0 | 1 | | 0.412 | 1.646 | | |
| Valine | g | 0.233 | | 0 | 1 | | 0.571 | 2.283 | | |
| Arginine | g | 0.126 | | 0 | 1 | | 0.309 | 1.235 | | |
| Histidine | g | 0.094 | | 0 | 1 | | 0.230 | 0.921 | | |
| Alanine | g | 0.120 | | 0 | 1 | | 0.294 | 1.176 | | |
| Aspartic acid | g | 0.264 | | 0 | 1 | | 0.647 | 2.587 | | |
| Glutamic acid | g | 0.729 | | 0 | 1 | | 1.786 | 7.144 | | |
| Glycine | g | 0.074 | | 0 | 1 | | 0.181 | 0.725 | | |
| Proline | g | 0.337 | | 0 | 1 | | 0.826 | 3.303 | | |
| Serine | g | 0.189 | | 0 | 1 | | 0.463 | 1.852 | | |
| Hydroxyproline | g | | | | | | | | | |
| Others: | | | | | | | | | | |
| Alcohol, ethyl | g | 0.0 | | 0 | 7 | | 0.0 | 0.0 | | |
| Caffeine | | | | | | | | | | |
| Theobromine | - | | | | | | | | | |

Common Measures:

Measure 1 = 245g: 1 cup Measure 2 = 980g: 1 quart

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>A</u> | mount in 100 g | rams | or ean | ole portic | <u>on</u> | Amount in edible portion of common | | | |
|--|---|----------|----------------|-------|--------|------------|------------|------------------------------------|-----------------|-----------|--|
| | | | Nu | ımber | | | | m | easures of food | | |
| | | | | | Deriv | Source | Confidence | | | | |
| Nutrients and Unit | ts | Mean | Std. Error Po | | | Code | Code | Measure 1 | Measure 2 | Measure 3 | |
| | | | | | | | | | | | |
| Proximates: Water | a | 89.92 | 0.174 | 12 | A | 1 | | 219.40 | 27.43 | 877.62 | |
| Energy | = | 42 | V | 0 | NC | 4 | | 103 | 13 | 412 | |
| Energy | | 177 | | 0 | NC | 4 | | 431 | 54 | 1724 | |
| Protein (N x 6.38) | | 3.37 | 0.061 | 12 | A | 1 | | 8.21 | 1.03 | 32.86 | |
| Total lipid (fat) | | 0.97 | 0.026 | 6 | JO | 11 | | 2.37 | 0.30 | 9.47 | |
| Ash | | 0.75 | 0.014 | 12 | A | 1 | | 1.83 | 0.23 | 7.32 | |
| Carbohydrate, by difference | | 4.99 | **** | 0 | NC | 4 | | 12.18 | 1.52 | 48.74 | |
| Fiber, total dietary | | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 | |
| Sugars, total | | 5.20 | 0.104 | 12 | A | 1 | | 12.68 | 1.58 | 50.72 | |
| Sucrose | | 0.00 | 0.000 | 12 | A | 1 | | 0.00 | 0.00 | 0.00 | |
| Sucrose | 9 | 0.00 | 0.000 | 12 | A | 1 | | 0.00 | 0.00 | 0.00 | |
| Glucose (dextrose) | | 0.00 | 0.000 | 12 | A | 1 | | 0.00 | 0.00 | 0.00 | |
| Fructose | | 5.20 | 0.104 | 12 | A | 1 | | 12.68 | 1.58 | 50.72 | |
| Lactose | 9 | 0.00 | 0.000 | 12 | A | 1 | | 0.00 | 0.00 | 0.00 | |
| Maltose | | 0.00 | 0.000 | 12 | A | 1 | | 0.00 | 0.00 | 0.00 | |
| GalactoseStarch | | 0.00 | 0.000 | 12 | n | - | | 0.00 | 0.00 | 0.00 | |
| Starcii | 9 | | | | | | | | | | |
| Minerals: | | | | | | | | | | | |
| Calcium, Ca | mg | 119 | 0.700 | 22 | A | 1 | | 290 | 36 | 1158 | |
| Iron, Fe | mg | 0.03 | 0.001 | 11 | A | 1 | | 0.07 | 0.01 | 0.28 | |
| Magnesium, Mg | mg | 11 | 0.093 | 22 | A | 1 | | 26 | 3 | 106 | |
| Phosphorus, P | mg | 95 | 0.368 | 21 | A | 1 | | 233 | 29 | 930 | |
| Potassium, K | mg | 150 | 1.088 | 11 | A | 1 | | 365 | 46 | 1461 | |
| Sodium, Na | | 44 | 0.760 | 23 | A | 1 | | 107 | 13 | 429 | |
| Zinc, Zn | mg | 0.42 | 0.003 | 11 | A | 1 | | 1.03 | 0.13 | 4.12 | |
| Copper, Cu | | 0.010 | | 12 | A | 1 | | 0.023 | 0.003 | 0.09 | |
| Manganese, Mn | | 0.003 | | 12 | A | 1 | | 0.006 | 0.001 | 0.02 | |
| Selenium, Se | mcg | 3.3 | 0.301 | 12 | A | 1 | | 8.1 | 1.0 | 32.3 | |
| Vitamins: | ma | 0.0 | 0.000 | 4 | A | 1 | | 0.0 | 0.0 | 0.0 | |
| Vitamin C, total ascorbic acid Thiamin | | 0.020 | | 12 | A | 1 | | 0.049 | 0.006 | 0.0 | |
| Riboflavin | - | 0.185 | | 12 | A | 1 | | 0.451 | 0.056 | 1.80 | |
| Niacin | _ | 0.093 | | 12 | A | 1 | | 0.226 | 0.028 | 0.90 | |
| Pantothenic acid. | _ | 0.361 | | 4 | A | 1 | | 0.880 | 0.110 | 3.51 | |
| Vitamin B-6 | • | 0.037 | | 12 | A | 1 | | 0.090 | 0.011 | 0.36 | |
| Folate, total | | 5 | 0.083 | 12 | A | 1 | | 12 | 1 | 48 | |
| Folic acid | | 0 | 0.003 | 0 | z | 7 | | 0 | 0 | 0 | |
| Folate, food | mca | 5 | 0.083 | 12 | A | 1 | | 12 | 1 | 48 | |
| Folate, DFE | | 5 | 0.003 | 0 | NC | 4 | | 12 | 1 | 48 | |
| Vitamin B-12 | | 0.44 | 0.018 | 12 | A | 1 | | 1.07 | 0.13 | 4.26 | |
| Vitamin A, IU | | 196 | 0.010 | 0 | NC | 4 | | 478 | 60 | 1912 | |
| Vitamin A, RAE | | 58 | | 0 | NC | 4 | | 142 | 18 | 567 | |
| Retinol | | 58 | | 0 | NC | 4 | | 142 | 18 | 566 | |
| Vitamin E (alpha-tocopherol) | | 0.01 | 0.002 | 12 | A | 1 | | 0.03 | 0.00 | 0.11 | |
| | | 0.01 | 0.002 | 12 | A | 1 | | 0.03 | 0.00 | 0.11 | |
| Tocopherol, beta | | 0.00 | 0.000 | 12 | A | 1 | | 0.00 | 0.00 | 0.00 | |
| Tocopherol, gamma | | 0.00 | 0.000 | 12 | A | 1 | | 0.00 | 0.00 | 0.00 | |
| Tocopherol, deltaVitamin D | | 51.955 | | 12 | A | 1 | | 126.771 | 15.846 | 507.08 | |
| Vitamin D Vitamin K (phylloquinone) | | 0.1 | 0.000 | 4 | A | 1 | | 0.2 | 0.0 | 1.0 | |
| Lipids: | | | | | | | | | | | |
| Fatty acids, total saturated | q | 0.633 | 3 | 0 | NC | 4 | | 1.543 | 0.193 | 6.17 | |
| 4:0 | | 0.024 | | 4 | A | 1 | | 0.058 | 0.007 | 0.23 | |
| 6:0 | | 0.018 | | 4 | A | 1 | | 0.043 | 0.005 | 0.17 | |
| 8:0 | | 0.013 | | 4 | A | 1 | | 0.031 | 0.004 | 0.12 | |
| 10:0 | - | 0.027 | | 4 | A | 1 | | 0.067 | 0.008 | 0.26 | |
| 12:0 | - | 0.029 | | 4 | A | 1 | | 0.072 | 0.009 | 0.28 | |
| 13:0 | | | | · | == | _ | | | | 2.20 | |
| 14:0 | | 0.091 | 0.002 | 4 | A | 1 | | 0.222 | 0.028 | 0.88 | |
| 15:0 | - | 0.010 | | 4 | A | 1 | | | 0.020 | 0.09 | |

| | | <u>Ar</u> | nount in 100 |) grams | of edil | ole portio | <u>on</u> | Amount in edible portion of commo | | | | | | |
|--|----|----------------|--------------|---------|---------|------------|------------|-----------------------------------|----------------|----------------|--|--|--|--|
| | | | Number | | | | | measures of food | | | | | | |
| | | | | | | Source | Confidence | | | | | | | |
| Nutrients and Uni | ts | Mean | Std. Error | | | Code | Code | Measure 1 | Measure 2 | Measure 3 | | | | |
| | | | | | | | | | | | | | | |
| 15:0 | g | 0.010 | 0.00 | 0 | A | 1 | | 0.024 | 0.003 | | | | | |
| 16:0 | _ | 0.287 | 0.00 | | A | 1 | | 0.700 | 0.088 | 2.801 | | | | |
| 17:0 | | 0.006 | 0.00 | | A | 1 | | 0.014 | 0.002 | 0.055 | | | | |
| 18:0 | | 0.126 | 0.00 | | A | 1 | | 0.308 | 0.038 | 1.230 | | | | |
| 20:0 | _ | 0.002 | 0.00 | 0 4 | A | 1 | | 0.005 | 0.001 | 0.019 | | | | |
| 22:0 | _ | | | | | | | | | | | | | |
| 24:0 Fatty acids, total monounsaturated | - | 0.277 | | 0 | NC | 4 | | 0.676 | 0.085 | 2.706 | | | | |
| 14:1 | _ | 0.007 | 0.00 | | A | 1 | | 0.017 | 0.002 | 0.066 | | | | |
| 15:1 | | 0.002 | 0.00 | | A | 1 | | 0.005 | 0.001 | 0.020 | | | | |
| 16:1 undifferentiated | g | 0.017 | | 0 | AS | 1 | | 0.040 | 0.005 | 0.162 | | | | |
| 16:1 c | g | 0.017 | 0.00 | 0 4 | A | 1 | | 0.040 | 0.005 | 0.162 | | | | |
| 16:1 t | g | | | | | | | | | | | | | |
| 17:1 | | 0.002 | 0.00 | | A | 1 | | 0.005 | 0.001 | 0.020 | | | | |
| 18:1 undifferentiated | _ | 0.250 | | 0 | AS | 1 | | 0.610 | 0.076 | 2.438 | | | | |
| 18:1 c | _ | 0.213 | 0.00 | | A | 1 | | 0.519 | 0.065 | 2.076 | | | | |
| 18:1 t | - | 0.037 0.000 | 0.00 | | A A | 1 1 | | 0.090 | 0.011 | 0.362 0.000 | | | | |
| 20:122:1 undifferentiated | - | 0.000 | 0.00 | | A | 1 | | 0.000 | 0.000 0.000 | 0.000 | | | | |
| 24:1 c | | 0.000 | 0.00 | 0 4 | A | - | | 0.000 | 0.000 | 0.000 | | | | |
| Fatty acids, total polyunsaturated | g | 0.035 | | 0 | NC | 4 | | 0.085 | 0.011 | 0.339 | | | | |
| 18:2 undifferentiated | | 0.030 | | 0 | AS | 1 | | 0.074 | 0.009 | 0.295 | | | | |
| 18:2 n-6 c.c. | | 0.027 | 0.00 | 1 4 | A | 1 | | 0.066 | 0.008 | 0.266 | | | | |
| 18:2 CLAs | g | | | | | | | | | | | | | |
| 18:2 c,t | g | | | | | | | | | | | | | |
| 18:2 t,c | _ | | | | | | | | | | | | | |
| 18:2 t,t | _ | | | | | | | | | | | | | |
| 18:2 i | _ | 0.003 | 0.00 | 0 4 | A | 1 | | 0.007 | 0.001 | 0.030 | | | | |
| 18:2 t not further defined | - | 0.004 | | 0 | 3.0 | 1 | | 0.011 | 0.001 | 0.043 | | | | |
| 18:3 undifferentiated | | 0.004 | 0.00 | | AS A | 1 | | 0.000 | 0.001 | 0.000 | | | | |
| 20:2 n-6 c,c | | 0.000 | 0.00 | • | | - | | 0.000 | 0.000 | 0.000 | | | | |
| 20:3 undifferentiated | | | | | | | | | | | | | | |
| 20:4 undifferentiated | | 0.000 | 0.00 | 0 4 | A | 1 | | 0.000 | 0.000 | 0.000 | | | | |
| 20:5 n-3 | g | 0.000 | 0.00 | 0 4 | A | 1 | | 0.000 | 0.000 | 0.000 | | | | |
| 22:5 n-3 | g | 0.000 | 0.00 | 0 4 | A | 1 | | 0.000 | 0.000 | 0.000 | | | | |
| 22:6 n-3 | _ | 0.000 | 0.00 | 0 4 | A | 1 | | 0.000 | 0.000 | 0.000 | | | | |
| Fatty acids, total trans | | _ | | | | | | | | | | | | |
| Cholesterol | | 5 | 0.10 | 9 4 | A | 1 | | 12 | 1 | 46 | | | | |
| Phytosterols | - | 0 | 0.00 | 0 4 | A | 1 | | 0 | 0 | 0 | | | | |
| Stigmasterol | | 0 | 0.00 | | A | 1 | | 0 | 0 | 0 | | | | |
| Beta-sitosterol | | 0 | 0.00 | | A | 1 | | 0 | 0 | 0 | | | | |
| | | | | | | | | | | | | | | |
| Amino Acids: | | | | | | | | | | | | | | |
| Tryptophan | | 0.040 | | 0 | A | 1 1 | | 0.099 | 0.012 | 0.394 | | | | |
| Threonine | | 0.089 | | 0 | A | | | 0.216 | 0.027 | 0.865 | | | | |
| Isoleucine | _ | 0.187 0.375 | | 0 | A A | 1 1 | | 0.457 0.915 | 0.057 0.114 | 1.827 3.660 | | | | |
| Lysine | | 0.373 | | 0 | A | 1 | | 0.699 | 0.114 | 2.796 | | | | |
| Methionine | | 0.083 | | 0 | A | 1 | | 0.204 | 0.025 | 0.814 | | | | |
| Cystine | | 0.116 | | 0 | A | 1 | | 0.284 | 0.035 | 1.135 | | | | |
| Phenylalanine | | 0.167 | | 0 | A | 1 | | 0.407 | 0.051 | 1.629 | | | | |
| Tyrosine | | 0.142 | | 0 | A | 1 | | 0.346 | 0.043 | 1.385 | | | | |
| Valine | _ | 0.217 | | 0 | A | 1 | | 0.531 | 0.066 | 2.123 | | | | |
| Arginine | - | 0.096 | | 0 | A | 1 | | 0.235 | 0.029 | 0.939 | | | | |
| Histidine | g | 0.084 | | 0 | A | 1 | | 0.204 | 0.025 | 0.815 | | | | |
| Alanine | g | 0.106 | | 0 | A | 1 | | 0.260 | 0.032 | 1.038 | | | | |
| Aspartic acid | | 0.311 | | 0 | A | 1 | | 0.759 | 0.095 | 3.038 | | | | |
| Glutamic acid | | 0.782 | | 0 | A | 1 | | 1.908 | 0.239 | 7.633 | | | | |
| Glycine | | 0.063 | | 0 | A | 1 | | 0.154 | 0.019 | 0.616 | | | | |
| Proline | - | 0.359 | | 0 | A | 1 | | 0.877 | 0.110 | 3.506 | | | | |
| Serine | - | 0.208 | | 0 | A | 1 | | 0.506 | 0.063 | 2.025 | | | | |
| Hydroxyproline | g | | | | | | | | | | | | | |

| | | <u>A</u> | mount in 10 | 00 grams | grams of edible portion Amount in edible portion of cor | | | | | | | |
|---------------------|--------------|----------|-------------|----------|---|---|--------------------|-----------|-----------|-----------|--|--|
| | | | Number | <u>m</u> | easures of food | • | | | | | | |
| Nutrients and Units | | Mean | Std. Error | | | | Confidence Code | Measure 1 | Measure 2 | Measure 3 | | |
| Others: | | | | • | | 7 | | 0.0 | | | | |
| Alcohol, ethyl | | 0.0 0 | | 0 | z | 7 | | 0.0 | 0.0 | 0.0 0 | | |
| Theobromine | - | 0 | | 0 | z | 7 | | 0 | 0 | 0 | | |
| Carotenoids: | _ | | | | | | | | | | | |
| Carotene, beta | mcg | 2 | | 0 | BFFN | 4 | | 3.786 | 0.473 | 15.142 | | |
| Carotene, alpha | | 0 | | 0 | BFFN | 4 | | 0.000 | 0.000 | 0.000 | | |
| Cryptoxanthin, beta | | 0 | | 0 | BFFN | 4 | | 0.000 | 0.000 | 0.000 | | |
| Lycopene | mcg | 0 | | 0 | BFFN | 4 | | 0.000 | 0.000 | 0.000 | | |
| Lutein + zeaxanthin | | 0 | | 0 | BFFN | 4 | | 0.000 | 0.000 | 0.000 | | |

Common Measures:

Measure 1 = 244g: 1 cup Measure 2 = 30.5g: 1 fl oz Measure 3 = 976g: 1 quart

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>A</u> | mount in 100 g | rams | Amount in | edible portion | of common | | | |
|--|--------------|----------|----------------|------|-----------|----------------|------------|-----------|-----------------|-----------|
| | | | Nu | mber | | | | m | easures of food | |
| | | | | | | Source | Confidence | | | |
| Nutrients and Uni | its | Mean | Std. Error Po | ints | Code | Code | Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | | |
| Proximates: Water | a | 89.36 | | 0 | | 1 | | 219.83 | 879.30 | |
| Energy | | 41 | | 0 | NC | 4 | | 100 | 400 | |
| Energy | | 170 | | · | 110 | 4 | | 418 | 1673 | |
| Protein (N x 6.38) | | 3.96 | 0.029 | 5 | | 1 | | 9.74 | 38.97 | |
| Total lipid (fat) | - | 0.25 | 0.029 | 296 | | 1 | | 0.62 | 2.46 | |
| Ash | | 0.23 | 0.011 | 0 | | 1 | | 2.14 | 8.56 | |
| Carbohydrate, by difference | | 5.56 | | 0 | NC | 4 | | 13.68 | 54.71 | |
| | | 0.0 | | 0 | NC | 4 | | 0.0 | 0.0 | |
| Fiber, total dietary | | 0.0 | | U | | 4 | | 0.0 | 0.0 | |
| Sugars, total | | | | | | | | | | |
| Starch | 9 | | | | | | | | | |
| Minerals: | | | | | | | | | | |
| Calcium, Ca | mg | 143 | | 0 | | 1 | | 352 | 1407 | |
| Iron, Fe | - | 0.06 | | 0 | | 1 | | 0.15 | 0.59 | |
| Magnesium, Mg | mg | 16 | | 0 | | 1 | | 40 | 158 | |
| Phosphorus, P | | 112 | | 0 | | 1 | | 275 | 1101 | |
| Potassium, K | mg | 182 | | 0 | | 1 | | 446 | 1786 | |
| Sodium, Na | | 59 | | 0 | | 1 | | 144 | 578 | |
| Zinc, Zn | mg | 0.45 | | 0 | | 1 | | 1.11 | 4.43 | |
| Copper, Cu | | 0.011 | L | 0 | | 1 | | 0.027 | 0.108 | |
| Manganese, Mn | | 0.002 | 2 | 0 | | 1 | | 0.005 | 0.020 | |
| Selenium, Se | mcg | 2.4 | | 0 | BFNN | 4 | | 5.9 | 23.6 | |
| Vitamins: | | | | | | | | | | |
| | ma | 1.1 | | 0 | | 1 | | 2.8 | 11.0 | |
| Vitamin C, total ascorbic acid Thiamin | | 0.045 | | 0 | | 1 | | 0.111 | 0.443 | |
| Riboflavin | | 0.194 | | 0 | | 1 | | 0.477 | 1.909 | |
| | | 0.194 | | 0 | | 1 | | 0.477 | 0.994 | |
| Niacin Pantothenic acid | - | 0.101 | | 0 | | 1 | | 0.248 | 3.700 | |
| Vitamin B-6 | | 0.050 | | 0 | | 1 | | 0.123 | 0.492 | |
| | - | 6 | , | 0 | | 1 | | 15 | 59 | |
| Folic acid | | 0 | | 0 | z | 7 | | 0 | 0 | |
| Folate, food | | 6 | | 0 | 4 | 1 | | 15 | 59 | |
| Folate, DFE | mcg DFF | 6 | | 0 | NC | 4 | | 15 | 59 | |
| Vitamin B-12 | | 0.43 | | 0 | NC | 1 | | 1.05 | 4.20 | |
| Vitamin B-12 Vitamin A, IU | | 203 | | 0 | | 1 | | 499 | 1998 | |
| Vitamin A, RAE | | 61 | | 0 | | 1 | | 150 | 600 | |
| Retinol | | 61 | | 0 | | 1 | | 150 | 600 | |
| Vitamin E (alpha-tocopherol) | | 01 | | Ü | | - | | 130 | 800 | |
| Tocopherol, beta | - | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | |
| Vitamin D | | 40.000 |) | 0 | s | 4 | | 98.400 | 393.600 | |
| Vitamin K (phylloquinone) | | 10.000 | | · | ~ | - | | 30.100 | 333.000 | |
| | ······ | | | | | | | | | |
| <u>Lipids:</u> | | | | | | | | | | |
| Fatty acids, total saturated | | 0.162 | | 0 | | 1 | | 0.399 | 1.594 | |
| 4:0 | | 0.013 | | 8 | | 1 | | 0.032 | 0.128 | |
| 6:0 | - | 0.002 | | 12 | | 1 | | 0.005 | 0.020 | |
| 8:0 | | 0.003 | | 12 | | 1 | | 0.007 | 0.030 | |
| 10:0 | - | 0.005 | | 12 | | 1 | | 0.012 | 0.049 | |
| 12:0 | - | 0.003 | 0.000 | 12 | | 1 | | 0.007 | 0.030 | |
| 13:0 | - | | | | | _ | | | | |
| 14:0 | - | 0.024 | 0.001 | 12 | | 1 | | 0.059 | 0.236 | |
| 15:0 | | | | | | _ | | | | |
| 16:0 | | 0.073 | 0.004 | 12 | | 1 | | 0.180 | 0.718 | |
| 17:0 | | | | | | _ | | _ | | |
| 18:0 | | 0.026 | 0.001 | 12 | | 1 | | 0.064 | 0.256 | |
| 20:0 | - | | | | | | | | | |
| 22:0 | - | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

| | | <u>A</u> | mount in 10 | 0 grams | Amount in edible portion of common | | | | | |
|------------------------------------|----|----------|-------------|---------|------------------------------------|----------------|--------------------|-----------|-----------------|-----------|
| | | | | Numbe | r | | | <u>m</u> | easures of food | |
| Nutrients and Units | | Mean | Std. Error | | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total monounsaturated | a | 0.065 | | 0 | | 1 | | 0.160 | 0.640 | |
| 14:1 | | 0.000 | , | · | | - | | 0.100 | 0.040 | |
| 15:1 | - | | | | | | | | | |
| 16:1 undifferentiated | 0 | 0.009 | 0.00 | 12 | | 1 | | 0.022 | 0.089 | |
| 17:1 | - | | | | | | | | | |
| 18:1 undifferentiated | | 0.053 | 0.00 | 3 12 | | 1 | | 0.130 | 0.522 | |
| 20:1 | - | | | | | | | | | |
| 22:1 undifferentiated | - | | | | | | | | | |
| 24:1 c | - | | | | | | | | | |
| Fatty acids, total polyunsaturated | | 0.009 | • | 0 | | 1 | | 0.022 | 0.089 | |
| 18:2 undifferentiated | | 0.006 | 0.00 | 00 12 | | 1 | | 0.015 | 0.059 | |
| 18:3 undifferentiated | g | 0.003 | 0.00 | 00 11 | | 1 | | 0.007 | 0.030 | |
| 18:4 | g | | | | | | | | | |
| 20:2 n-6 c,c | g | | | | | | | | | |
| 20:3 undifferentiated | g | | | | | | | | | |
| 20:4 undifferentiated | g | 0.000 |) | 0 | | 4 | | 0.000 | 0.000 | |
| 20:5 n-3 | g | | | | | | | | | |
| 22:5 n-3 | g | | | | | | | | | |
| 22:6 n-3 | g | | | | | | | | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | - | 2 | | 0 | | 1 | | 5 | 20 | |
| Phytosterols | mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan | q | 0.056 | 5 | 0 | | 1 | | 0.138 | 0.551 | |
| Threonine | - | 0.179 | • | 0 | | 1 | | 0.440 | 1.761 | |
| Isoleucine | - | 0.240 |) | 0 | | 1 | | 0.590 | 2.362 | |
| Leucine | | 0.388 | 3 | 0 | | 1 | | 0.954 | 3.818 | |
| Lysine | | 0.314 | l | 0 | | 1 | | 0.772 | 3.090 | |
| Methionine | | 0.099 | • | 0 | | 1 | | 0.244 | 0.974 | |
| Cystine | g | 0.037 | 7 | 0 | | 1 | | 0.091 | 0.364 | |
| Phenylalanine | | 0.191 | L | 0 | | 1 | | 0.470 | 1.879 | |
| Tyrosine | | 0.191 | L | 0 | | 1 | | 0.470 | 1.879 | |
| Valine | _ | 0.265 | 5 | 0 | | 1 | | 0.652 | 2.608 | |
| Arginine | g | 0.143 | 3 | 0 | | 1 | | 0.352 | 1.407 | |
| Histidine | | 0.107 | 7 | 0 | | 1 | | 0.263 | 1.053 | |
| Alanine | g | 0.137 | 7 | 0 | | 1 | | 0.337 | 1.348 | |
| Aspartic acid | | 0.300 |) | 0 | | 1 | | 0.738 | 2.952 | |
| Glutamic acid | | 0.829 |) | 0 | | 1 | | 2.039 | 8.157 | |
| Glycine | g | 0.084 | ı | 0 | | 1 | | 0.207 | 0.827 | |
| Proline | | 0.384 | ı | 0 | | 1 | | 0.945 | 3.779 | |
| Serine | g | 0.215 | 5 | 0 | | 1 | | 0.529 | 2.116 | |
| Hydroxyproline | g | | | | | | | | | |

Common Measures:

Measure 1 = 246g: 1 cup Measure 2 = 984g: 1 quart

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

NDB No. 01086 Milk, nonfat, fluid, with added nonfat milk solids and vitamin A (fat free or skim)

| | | <u>A</u> : | mount in 100 g | Amount in edible portion of common | | | | | | |
|--------------------------------|---------|------------|----------------|------------------------------------|-------|--------|------------|-----------|-----------------|----------|
| | | | Nu | ımber | • | | | <u>m</u> | easures of food | <u>.</u> |
| | | | of | Data | Deriv | Source | Confidence | | | |
| Nutrients and Units | | Mean | Std. Error Po | oints | Code | Code | Code | Measure 1 | Measure 2 | Measure |
| Proximates: | | | | | | | | | | |
| Water | g | 90.38 | | 0 | | 1 | | 221.43 | 27.66 | 885.72 |
| Energy | kcal | 37 | | 0 | NC | 4 | | 90 | 11 | 361 |
| Energy | kj | 154 | | | | 4 | | 378 | 47 | 1512 |
| Protein (N x 6.38) | g | 3.57 | 0.030 | 56 | | 1 | | 8.75 | 1.09 | 34.99 |
| Total lipid (fat) | g | 0.25 | 0.011 | 296 | | 1 | | 0.61 | 0.08 | 2.45 |
| Ash | g | 0.78 | | 0 | | 1 | | 1.91 | 0.24 | 7.64 |
| Carbohydrate, by difference | g | 5.02 | | 0 | NC | 4 | | 12.30 | 1.54 | 49.20 |
| Fiber, total dietary | | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total | g | 5.02 | | 0 | NR | 4 | | 12.30 | 1.54 | 49.20 |
| Starch | g | | | | | | | | | |
| Minerals: | | | | | | | | | | |
| Calcium. Ca | ma | 129 | | 0 | | 1 | | 316 | 40 | 1265 |
| Iron, Fe | | 0.05 | | 0 | | 1 | | 0.12 | 0.02 | 0.4 |
| Magnesium, Mg | _ | 15 | | 0 | | 1 | | 36 | 4 | 142 |
| Phosphorus, P | | 104 | | 0 | | 1 | | 255 | 32 | 1019 |
| Potassium, K | _ | 171 | | 0 | | 1 | | 418 | 52 | 1673 |
| Sodium, Na | | 53 | | 0 | | 1 | | 130 | 16 | 519 |
| Zinc, Zn | mg | 0.41 | | 0 | | 1 | | 1.00 | 0.13 | 4.0 |
| Copper, Cu | mg | 0.011 | - | 0 | | 1 | | 0.027 | 0.003 | 0.1 |
| Manganese, Mn | mg | 0.002 | ? | 0 | | 1 | | 0.005 | 0.001 | 0.0 |
| Selenium, Se | mcg | 2.2 | | 0 | BFNN | 4 | | 5.4 | 0.7 | 21.6 |
| /itamins: | | | | | | | | | | |
| Vitamin C, total ascorbic acid | ma | 1.0 | | 0 | | 1 | | 2.5 | 0.3 | 9.9 |
| Thiamin | - | 0.041 | | 0 | | 1 | | 0.100 | 0.013 | 0.4 |
| Riboflavin | - | 0.175 | | 0 | | 1 | | 0.429 | 0.054 | 1.7 |
| Niacin | | 0.091 | | 0 | | 1 | | 0.223 | 0.028 | 0.8 |
| Pantothenic acid | _ | 0.339 | | 0 | | 1 | | 0.831 | 0.104 | 3.3 |
| Vitamin B-6 | - | 0.046 | 5 | 0 | | 1 | | 0.113 | 0.014 | 0.4 |
| Folate, total | - | 5 | | 0 | | 1 | | 13 | 2 | 53 |
| Folic acid | | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food | | 5 | | 0 | | 1 | | 13 | 2 | 53 |
| Folate, DFE | | 5 | | 0 | NC | 4 | | 13 | 2 | 53 |
| Vitamin B-12 | | 0.39 | | 0 | | 1 | | 0.95 | 0.12 | 3.7 |
| Vitamin A, IU | IU | 203 | | 0 | NC | 4 | | 498 | 62 | 1993 |
| Vitamin A, RAE | mcg_RAE | 61 | | 0 | NC | 4 | | 149 | 19 | 598 |
| Retinol | | 61 | | 0 | NC | 4 | | 149 | 19 | 598 |
| Vitamin E (alpha-tocopherol) | mg | 0.00 | | 0 | BFFN | 4 | | 0.01 | 0.00 | 0.0 |
| Tocopherol, beta | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta | | | | _ | _ | _ | | | | |
| Vitamin D | | 40.000 |) | 0 | s | 4 | | 98.000 | 12.240 | 392.0 |
| Vitamin K (phylloquinone) | rncg | 0.0 | | 0 | BFFN | 4 | | 0.0 | 0.0 | 0.2 |
| <u>ipids:</u> | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.162 | ? | 0 | | 1 | | 0.397 | 0.050 | 1.5 |
| 4:0 | | 0.013 | 0.001 | 8 | | 1 | | 0.032 | 0.004 | 0.1 |
| 6:0 | g | 0.002 | 0.000 | 12 | | 1 | | 0.005 | 0.001 | 0.0 |
| 8:0 | g | 0.003 | 0.000 | 12 | | 1 | | 0.007 | 0.001 | 0.0 |
| 10:0 | g | 0.005 | 0.001 | 12 | | 1 | | 0.012 | 0.002 | 0.0 |
| 12:0 | g | 0.003 | 0.000 | 12 | | 1 | | 0.007 | 0.001 | 0.0 |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.024 | 0.001 | 12 | | 1 | | 0.059 | 0.007 | 0.2 |
| 15:0 | g | | | | | | | | | |
| 16:0 | - | 0.073 | 0.004 | 12 | | 1 | | 0.179 | 0.022 | 0.7 |
| 17:0 | - | | | | | | | | | |
| 18:0 | - | 0.026 | 0.001 | 12 | | 1 | | 0.064 | 0.008 | 0.2 |
| 20:0 | - | | | | | | | | | |
| 22:0 | g | | | | | | | | | |

| | | <u>Ar</u> | mount in 100 g | Amount in edible portion of common | | | | | | |
|----------------------------------|-------|-----------|----------------|------------------------------------|-------|--------|------------|------------------|-----------|-----------|
| | | | | ımber | | | | measures of food | | |
| | | | | | Deriv | Source | Confidence | | | |
| Nutrients and Uni | Units | Mean | Std. Error P | oints | Code | Code | Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total monounsatura | ntedg | 0.065 | | 0 | | 1 | | 0.159 | 0.020 | 0.637 |
| 14:1 15:1 | g | | | | | | | | | |
| 16:1 undifferentiated | g | 0.009 | 0.001 | 12 | | 1 | | 0.022 | 0.003 | 0.088 |
| 17:1 18:1 undifferentiated | - | 0.053 | 0.003 | 12 | | 1 | | 0.130 | 0.016 | 0.519 |
| 20:1 | g | 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 | g | | | | | | | | | |
| Fatty acids, total polyunsaturat | edg | 0.009 | | 0 | | 1 | | 0.022 | 0.003 | 0.088 |
| 18:2 undifferentiated | g | 0.006 | | 12 | | 1 | | 0.015 | 0.002 | 0.059 |
| 18:3 undifferentiated | g | 0.003 | 0.000 | 11 | | 1 | | 0.007 | 0.001 | 0.029 |
| 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 | - | 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 | - | 2 | | 0 | | 1 | | 5 | 1 | 20 |
| Phytosterols | mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan | g | 0.050 | | 0 | | 1 | | 0.123 | 0.015 | 0.490 |
| Threonine | g | 0.161 | | 0 | | 1 | | 0.394 | 0.049 | 1.578 |
| Isoleucine | g | 0.216 | | 0 | | 1 | | 0.529 | 0.066 | 2.117 |
| Leucine | g | 0.350 | | 0 | | 1 | | 0.858 | 0.107 | 3.430 |
| Lysine | g | 0.283 | | 0 | | 1 | | 0.693 | 0.087 | 2.773 |
| Methionine | g | 0.090 | | 0 | | 1 | | 0.221 | 0.028 | 0.882 |
| Cystine | g | 0.033 | | 0 | | 1 | | 0.081 | 0.010 | 0.323 |
| Phenylalanine | g | 0.172 | | 0 | | 1 | | 0.421 | 0.053 | 1.686 |
| Tyrosine | g | 0.172 | | 0 | | 1 | | 0.421 | 0.053 | 1.686 |
| Valine | g | 0.239 | | 0 | | 1 | | 0.586 | 0.073 | 2.342 |
| Arginine | g | 0.129 | | 0 | | 1 | | 0.316 | 0.039 | 1.264 |
| Histidine | g | 0.097 | | 0 | | 1 | | 0.238 | 0.030 | 0.951 |
| Alanine | g | 0.123 | | 0 | | 1 | | 0.301 | 0.038 | 1.205 |
| Aspartic acid | g | 0.271 | | 0 | | 1 | | 0.664 | 0.083 | 2.656 |
| Glutamic acid | g | 0.748 | | 0 | | 1 | | 1.833 | 0.229 | 7.330 |
| Glycine | g | 0.076 | | 0 | | 1 | | 0.186 | 0.023 | 0.745 |
| Proline | g | 0.346 | | 0 | | 1 | | 0.848 | 0.106 | 3.391 |
| Serine | g | 0.194 | | 0 | | 1 | | 0.475 | 0.059 | 1.901 |
| Hydroxyproline | g | | | | | | | | | |
| Others: | | | | | | | | | | |
| Alcohol, ethyl | g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine | | 0 | | 0 | z | 7 | | 0 | 0 | 0 |
| Theobromine | | 0 | | 0 | z | 7 | | 0 | 0 | 0 |
| Carotenoids: | | | | | | | | | | |
| Carotene, beta | 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 = 245g: 1 cup Measure 2 = 30.6g: 1 fl oz Measure 3 = 980g: 1 quart NDB No. 01086

Milk, nonfat, fluid, with added nonfat milk solids and vitamin A (fat free or skim)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

Refuse: 0%

| | | <u>A</u> | mount in 100 g | <u>irams</u> | or ean | ne portio | <u>on</u> | Amount in edible portion of common | | |
|--|---------|---------------|----------------|--------------|--------|-----------|------------|------------------------------------|-----------------|---------------|
| | | | Nu | ımber | | | | me | easures of food | |
| | | | | | Deriv | Source | Confidence | | | |
| Nutrients and Uni | ts | Mean | Std. Error Po | | | Code | Code | Measure 1 | Measure 2 | Measure : |
| | | | | | | | | | | |
| Proximates: | | | | | | | | | | |
| Water | - | 90.84 | 0.032 | 12 | A | 1 | | 222.56 | 27.80 | 890.22 |
| Energy | | 34 | | 0 | NC | 4 | | 84 | 10 | 336 |
| Energy | | 143 | | 0 | NC | 4 | | 351 | 44 | 1406 |
| Protein (N x 6.38) | - | 3.37 | 0.032 | 12 | A | 1 | | 8.26 | 1.03 | 33.03 |
| Total lipid (fat) | | 0.08 | 0.009 | 12 | A | 1 | | 0.20 | 0.02 | 0.78 |
| Ash | | 0.75 | 0.006 | 12 | A | 1 | | 1.85 | 0.23 | 7.38 |
| Carbohydrate, by difference | | 4.96 | | 0 | NC | 4 | | 12.14 | 1.52 | 48.58 |
| Fiber, total dietary | | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total | | 5.09 | 0.048 | 12 | A | 1 | | 12.48 | 1.56 | 49.93 |
| Sucrose | | 0.00 | 0.000 | 12 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Glucose (dextrose) | | 0.00 | 0.000 | 12 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Fructose | | 0.00 | 0.000 | 12 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Lactose | g | 5.09 | 0.048 | 12 12 | A | 1 1 | | 12.48 | 1.56 | 49.93 |
| Maltose | | 0.00 | | | A | | | 0.00 | 0.00 | 0.00 |
| Galactose | | 0.00 | 0.000 | 12 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Starch | 9 | | | | | | | | | |
| Minerals: | | | | | | | | | | |
| Calcium, Ca | mg | 125 | 0.499 | 27 | A | 1 | | 306 | 38 | 1223 |
| Iron, Fe | mg | 0.03 | 0.001 | 12 | A | 1 | | 0.07 | 0.01 | 0.30 |
| Magnesium, Mg | mg | 11 | 0.071 | 41 | A | 1 | | 27 | 3 | 106 |
| Phosphorus, P | | 101 | 0.424 | 39 | A | 1 | | 247 | 31 | 989 |
| Potassium, K | | 156 | 0.764 | 26 | A | 1 | | 382 | 48 | 1527 |
| Sodium, Na | | 42 | 0.421 | 40 | A | 1 | | 103 | 13 | 411 |
| Zinc, Zn | | 0.42 | 0.003 | 27 | A | 1 | | 1.03 | 0.13 | 4.12 |
| Copper, Cu | | 0.013 | | 24 12 | A A | 1 1 | | 0.032 0.006 | 0.004 0.001 | 0.12 0.02 |
| Manganese, Mn Selenium, Se | | 3.1 | 0.260 | 11 | A | 1 | | 7.6 | 1.0 | 30.5 |
| Vitamins: | | | | | | | | | | |
| Vitamin C, total ascorbic acid | ma | 0.0 | 0.000 | 4 | A | 1 | | 0.0 | 0.0 | 0.0 |
| Thiamin | | 0.045 | | 12 | A | 1 | | 0.110 | 0.014 | 0.43 |
| Riboflavin | _ | 0.182 | | 12 | A | 1 | | 0.445 | 0.056 | 1.78 |
| Niacin | - | 0.094 | 0.004 | 12 | A | 1 | | 0.231 | 0.029 | 0.92 |
| Pantothenic acid | - | 0.357 | 0.005 | 4 | A | 1 | | 0.876 | 0.109 | 3.50 |
| Vitamin B-6 | mg | 0.037 | 0.001 | 12 | A | 1 | | 0.092 | 0.011 | 0.36 |
| Folate, total | | 5 | 0.000 | 10 | A | 1 | | 12 | 2 | 49 |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food | mcg | 5 | 0.000 | 10 | A | 1 | | 12 | 2 | 49 |
| Folate, DFE | mcg_DFE | 5 | | 0 | NC | 4 | | 12 | 2 | 49 |
| Vitamin B-12 | | 0.53 | 0.046 | 12 | A | 1 | | 1.30 | 0.16 | 5.19 |
| Vitamin A, IU | | 204 | | 0 | NC | 4 | | 499 | 62 | 1995 |
| Vitamin A, RAE | | 61 | | 0 | NC | 4 | | 149 | 19 | 598 |
| Retinol | | 61 | | 0 | NC | 4 | | 149 | 19 | 598 |
| Vitamin E (alpha-tocopherol) | | 0.01 | 0.002 | 12 | A | 1 | | 0.01 | 0.00 | 0.05 |
| Tocopherol, beta | | 0.00 | 0.000 | 12 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Tocopherol, gamma | | 0.00 | 0.000 | 12 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Tocopherol, delta | _ | 0.00 | 0.000 | 12 12 | A | 1 1 | | 0.00 | 0.00 | 0.00 |
| Vitamin D Vitamin K (phylloquinone) | | 41.446 0.0 | 3.219 0.000 | 12 4 | A A | 1 | | 101.542 0.0 | 12.682 0.0 | 406.16 0.0 |
| | | | 2.000 | - | | - | | J. J | 0.0 | 0.0 |
| Lipids: | | 0 115 | , | • | | 4 | | 0 207 | 0.036 | 4 4 4 |
| Fatty acids, total saturated | | 0.117 | | 0 | | 1 1 | | 0.287 | 0.036 | 1.14 |
| 4:0 | | 0.004 | | 8 12 | | 1 | | 0.010 | 0.001 | 0.04 |
| 6:0 | _ | 0.000 | | 12 | | 1 | | 0.001 0.002 | 0.000 0.000 | 0.00 |
| 8:0 10:0 | - | 0.001 | | 12 | | 1 | | 0.002 | 0.000 | 0.00 |
| 12:0 | _ | 0.002 | | 12 | | 1 | | 0.003 | 0.001 | 0.01 |
| 13:0 | | 0.001 | 0.000 | | | - | | 0.005 | 0.000 | 0.01 |
| 14:0 | | 0.008 | 0.001 | 12 | | 1 | | 0.020 | 0.002 | 0.07 |
| 15:0 | - | | | _ | | _ | | | 0.002 | |

| | <u>An</u> | nount in 100 g Nu | rams o | of edib | le portio | <u>on</u> | | edible portion o | of common |
|---|----------------|----------------------|---------------|---------|----------------|--------------------|----------------|------------------|----------------|
| Nutrients and Units | Mean | of Std. Error Po | Data pints | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 16:0g | 0.025 | 0.002 | 12 | | 1 | | 0.062 | 0.008 | 0.247 |
| 17:0g | 0.023 | 0.002 | 12 | | - | | 0.002 | 0.008 | 0.247 |
| 18:0g | 0.009 | 0.001 | 12 | | 1 | | 0.022 | 0.003 | 0.088 |
| 20:0g | | | | | | | | | |
| 22:0g | | | | | | | | | |
| 24:0 | 0.047 | | 0 | | 1 | | 0 115 | 0.014 | 0.461 |
| Fatty acids, total monounsaturatedg 14:1g | 0.047 | | U | | 1 | | 0.115 | 0.014 | 0.461 |
| 14.1g 15:1g | | | | | | | | | |
| 16:1 undifferentiatedg | 0.003 | 0.001 | 12 | | 1 | | 0.008 | 0.001 | 0.033 |
| 17:1g | | | | | | | | | |
| 18:1 undifferentiatedg | 0.018 | 0.002 | 12 | | 1 | | 0.044 | 0.006 | 0.177 |
| 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 |
| Fatty acids, total polyunsaturated9 | 0.007 | | 0 | | 1 | | 0.017 | 0.002 | 0.069 |
| 18:2 undifferentiatedg | 0.002 | 0.000 | 12 | | 1 | | 0.006 | 0.001 | 0.023 |
| 18:3 undifferentiatedg | 0.001 | 0.000 | 11 | | 1 | | 0.002 | 0.000 | 0.009 |
| 18:4g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,cg | | | | | | | | | |
| 20:3 undifferentiated | 0 000 | | • | | | | 0.000 | 0.000 | 0.000 |
| 20:4 undifferentiated | 0.000 | | 0 | | 1 1 | | 0.000 0.000 | 0.000 0.000 | 0.000 |
| 20.5 n-3 | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3g | 0.000 | | o | | 1 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total transg | | | | | | | | | |
| Cholesterolmg | 2 | 0.070 | 4 | | 1 | | 4 | 1 | 18 |
| Phytosterolsmg | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan9 | 0.040 | | 0 | A | 1 | | 0.098 | 0.012 | 0.391 |
| Threonineg | 0.082 | | 0 | A | 1 | | 0.201 | 0.025 | 0.806 |
| Isoleucine | 0.150 | | 0 | A | 1 | | 0.368 | 0.046 | 1.471 |
| Leucine | 0.327 0.252 | | 0 | A A | 1 1 | | 0.802 0.618 | 0.100 0.077 | 3.209 2.473 |
| Lysine | 0.252 | | 0 | A | 1 | | 0.618 | 0.019 | 0.612 |
| Cystineg | 0.123 | | 0 | A | 1 | | 0.301 | 0.038 | 1.202 |
| Phenylalanineg | 0.145 | | 0 | A | 1 | | 0.355 | 0.044 | 1.421 |
| Tyrosineg | 0.148 | | 0 | A | 1 | | 0.362 | 0.045 | 1.447 |
| Valineg | 0.180 | | 0 | A | 1 | | 0.441 | 0.055 | 1.764 |
| Arginineg | 0.072 | | 0 | A | 1 | | 0.178 | 0.022 | 0.710 |
| Histidine | 0.075 | | 0 | A | 1 | | 0.184 | 0.023 | 0.734 |
| Alanine | 0.100 0.243 | | 0 0 | A A | 1 1 | | 0.245 0.594 | 0.031 0.074 | 0.979 2.378 |
| Glutamic acid9 | 0.673 | | 0 | A | 1 | | 1.648 | 0.206 | 6.591 |
| Glycine | 0.050 | | 0 | A | 1 | | 0.123 | 0.015 | 0.490 |
| Proline | 0.343 | | 0 | A | 1 | | 0.840 | 0.105 | 3.358 |
| Serineg | 0.168 | | 0 | A | 1 | | 0.411 | 0.051 | 1.642 |
| Hydroxyprolineg | 0.000 | 0.000 | 4 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Others: | | | | | | | | | |
| Alcohol, ethyl | 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 |
| <u>Carotenoids:</u> | | | | | | | | | |
| Carotene, betamcg | 0 | | 0 | BFFN | 4 | | 0.313 | 0.039 | 1.253 |
| Carotene, alpha mcg | 0 | | 0 | BFFN | 4 | | 0.000 | 0.000 | 0.000 |
| Cryptoxanthin, betamcg | 0 | | 0 | BFFN | 4 | | 0.000 | 0.000 | 0.000 |
| Lycopene mcg | 0 | | 0 | BFFN | 4 | | 0.000 | 0.000 | 0.000 |

NDB No. 01085

Milk, nonfat, fluid, with added vitamin A (fat free or skim)

Common Measures:

Measure 1 = 245g: 1 cup Measure 2 = 30.6g: 1 fl oz Measure 3 = 980g: 1 quart

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>A</u> | mount in 100 gram | s of edi | ble portio | <u>n</u> | Amount in | edible portion | of common |
|--------------------------------|---------|----------|-------------------|----------|------------|------------|-----------|-----------------|-----------|
| | | | Numb | er | | | <u>m</u> | easures of food | <u> </u> |
| | | | | | Source | Confidence | | | |
| Nutrients and Uni | its | Mean | Std. Error Points | Code | Code | Code | Measure 1 | Measure 2 | Measure 3 |
| Proximates: | | | | | | | | | |
| Water | | 90.80 | 0 | | 1 | | 222.46 | 889.84 | |
| Energy | kcal | 35 | 0 | | 4 | | 86 | 343 | |
| Energy | kj | 146 | | | 4 | | 359 | 1435 | |
| Protein (N x 6.38) | g | 3.41 | 0 | | 1 | | 8.35 | 33.42 | |
| Total lipid (fat) | g | 0.18 | 0 | | 1 | | 0.44 | 1.76 | |
| Ash | g | 0.76 | 0 | | 1 | | 1.86 | 7.45 | |
| Carbohydrate, by difference | g | 4.85 | 0 | | 4 | | 11.88 | 47.53 | |
| Fiber, total dietary | | 0.0 | 0 | | 7 | | 0.0 | 0.0 | |
| Sugars, total | g | | | | | | | | |
| Starch | g | | | | | | | | |
| Minerals: | | | | | | | | | |
| Calcium, Ca | mg | 123 | 0 | | 1 | | 301 | 1205 | |
| Iron, Fe | - | 0.04 | 0 | | 1 | | 0.10 | 0.39 | |
| Magnesium, Mg | | 11 | 0 | | 1 | | 27 | 108 | |
| Phosphorus, P | | 101 | 0 | | 1 | | 247 | 990 | |
| Potassium, K | - | 166 | 0 | | 1 | | 407 | 1627 | |
| Sodium, Na | | 52 | 0 | | 1 | | 127 | 510 | |
| Zinc, Zn | mg | 0.40 | 0 | | 1 | | 0.98 | 3.92 | |
| Copper, Cu | mg | 0.011 | 0 | | 4 | | 0.027 | 0.108 | |
| Manganese, Mn | mg | 0.002 | 2 0 | | 4 | | 0.005 | 0.020 | |
| Selenium, Se | mcg | 2.1 | 0.190 25 | A | 1 | | 5.1 | 20.6 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid | ma | 1.0 | 0 | | 4 | | 2.4 | 9.6 | |
| Thiamin | | 0.036 | | | 1 | | 0.088 | 0.353 | |
| Riboflavin | | 0.140 | | | 1 | | 0.343 | 1.372 | |
| Niacin | | 0.088 | | | 1 | | 0.216 | 0.862 | |
| Pantothenic acid | - | 0.329 | | | 4 | | 0.806 | 3.224 | |
| Vitamin B-6 | | 0.040 | | | 1 | | 0.098 | 0.392 | |
| Folate, total | - | 5 | 0 | | 4 | | 12 | 49 | |
| Folic acid | | 0 | 0 | z | 7 | | 0 | 0 | |
| Folate, food | | 5 | 0 | | 4 | | 12 | 49 | |
| Folate, DFE | mcg_DFE | 5 | 0 | NC | 4 | | 12 | 49 | |
| Vitamin B-12 | | 0.38 | 0 | | 1 | | 0.93 | 3.70 | |
| Vitamin A, IU | IU | 7 | 0 | | 4 | | 17 | 69 | |
| Vitamin A, RAE | mcg_RAE | 2 | 0 | | 4 | | 5 | 21 | |
| Retinol | | 2 | 0 | | 4 | | 5 | 21 | |
| Vitamin E (alpha-tocopherol) | mg | 0.04 | 0 | | 4 | | 0.10 | 0.39 | |
| Tocopherol, beta | mg | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | |
| Tocopherol, delta | | | | | | | | | |
| Vitamin D | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated | g | 0.117 | 0 | | 1 | | 0.287 | 1.147 | |
| 4:0 | | 0.009 | 0 | | 1 | | 0.022 | 0.088 | |
| 6:0 | | 0.001 | . 0 | | 1 | | 0.002 | 0.010 | |
| 8:0 | _ | 0.002 | 2 0 | | 1 | | 0.005 | 0.020 | |
| 10:0 | _ | 0.004 | 0 | | 1 | | 0.010 | 0.039 | |
| 12:0 | - | 0.003 | 0 | | 1 | | 0.007 | 0.029 | |
| 13:0 | g | | | | | | | | |
| 14:0 | - | 0.017 | 0 | | 1 | | 0.042 | 0.167 | |
| 15:0 | g | | | | | | | | |
| 16:0 | g | 0.053 | 0 | | 1 | | 0.130 | 0.519 | |
| 17:0 | | | | | | | | | |
| 18:0 | g | 0.019 | 0 | | 1 | | 0.047 | 0.186 | |
| 20:0 | g | | | | | | | | |
| 22:0 | g | | | | | | | | |
| 24:0 | g | | | | | | | | |

| | <u>Ar</u> | nount in 100 grams Numbei | | <u>on</u> | | edible portion of easures of food | |
|---|-----------|------------------------------|---|--------------------|-----------|-----------------------------------|-----------|
| Nutrients and Units | Mean | of Data Std. Error Points | | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| F (1) (1) (1) (2) | 0.047 | 0 | 1 | | 0 115 | 0.461 | |
| Fatty acids, total monounsaturatedg 14:1g | 0.047 | U | 1 | | 0.115 | 0.461 | |
| 15:1 | | | | | | | |
| 16:1 undifferentiated | 0.007 | 0 | 1 | | 0.017 | 0.069 | |
| 17:1g | 0.00. | · | _ | | 0.02. | 0.005 | |
| 18:1 undifferentiatedg | 0.038 | 0 | 1 | | 0.093 | 0.372 | |
| 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 | 0.007 | 0 | 1 | | 0.017 | 0.069 | |
| 18:2 undifferentiatedg | 0.005 | 0 | 1 | | 0.012 | 0.049 | |
| 18:3 undifferentiatedg | 0.002 | 0 | 1 | | 0.005 | 0.020 | |
| 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 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3g | 0.000 | 0 | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans9 | 0.000 | • | - | | 0.000 | 0.000 | |
| Cholesterolg | 2 | 0 | 1 | | 5 | 20 | |
| Phytosterolsmg | _ | · | _ | | · · | | |
| • | | | | | | | |
| Amino Acids: | | _ | | | | | |
| Tryptophan9 | 0.048 | 0 | 1 | | 0.118 | 0.470 | |
| Threonineg | 0.154 | 0 | 1 | | 0.377 | 1.509 | |
| Isoleucineg | 0.206 | 0 | 1 | | 0.505 | 2.019 | |
| Leucineg | 0.334 | 0 | 1 | | 0.818 | 3.273 | |
| Lysineg | 0.270 | 0 | 1 | | 0.662 | 2.646 | |
| Methionineg | 0.086 | | 1 | | 0.211 | 0.843 | |
| Cystineg | 0.032 | 0 | 1 | | 0.078 | 0.314 | |
| Phenylalanineg | 0.165 | 0 | 1 | | 0.404 | 1.617 | |
| Tyrosineg | 0.165 | 0 | 1 | | 0.404 | 1.617 | |
| Valineg | 0.228 | 0 | 1 | | 0.559 | 2.234 | |
| Arginineg | 0.123 | 0 | 1 | | 0.301 | 1.205 | |
| Histidineg | 0.092 | 0 | 1 | | 0.225 | 0.902 | |
| Alanineg | 0.118 | 0 | 1 | | 0.289 | 1.156 | |
| Aspartic acidg | 0.259 | 0 | 1 | | 0.635 | 2.538 | |
| Glutamic acidg | 0.714 | 0 | 1 | | 1.749 | 6.997 | |
| Glycine9 | 0.072 | 0 | 1 | | 0.176 | 0.706 | |
| Prolineg | 0.330 | | 1 | | 0.809 | 3.234 | |
| Serineg | 0.185 | 0 | 1 | | 0.453 | 1.813 | |
| Hydroxyprolineg | | | | | | | |
| Others: | | | | | | | |
| Alcohol, ethylg | 0.0 | 0 | 7 | | 0.0 | 0.0 | |
| Caffeine mg | 0.0 | U | , | | 0.0 | 3.0 | |
| Caricine | | | | | | | |

Common Measures:

Measure 1 = 245g: 1 cup Measure 2 = 980g: 1 quart

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>A</u> | mount in 100 gran | is of edi | ole portio | <u>on</u> | Amount in | edible portion | of common |
|--------------------------------|-----|-----------|-------------------|-----------|------------|------------|-------------|-----------------|-----------|
| | | | Numb | er | | | <u>m</u> | easures of food | |
| | | | | a Deriv | Source | Confidence | | | |
| Nutrients and Uni | ts | Mean | Std. Error Point | Code | Code | Code | Measure 1 | Measure 2 | Measure |
| Proximates: | | | | | | | | | |
| Water | g | 87.69 | 0 | | 1 | | 213.96 | 855.85 | |
| Energy | - | 64 | 0 | NC | 4 | | 157 | 626 | |
| Energy | | 268 | | | 4 | | 655 | 2621 | |
| Protein (N x 6.38) | | 3.28 | 0 | | 1 | | 8.00 | 32.01 | |
| Total lipid (fat) | | 3.66 | 0 | | 1 | | 8.93 | 35.72 | |
| Ash | | 0.72 | 0 | | 1 | | 1.76 | 7.03 | |
| Carbohydrate, by difference | | 4.65 | 0 | NC | 4 | | 11.35 | 45.38 | |
| Fiber, total dietary | | 0.0 | 0 | | 4 | | 0.0 | 0.0 | |
| Sugars, total | | | | | | | | | |
| Starch | - | | | | | | | | |
| Survii | 9 | | | | | | | | |
| <u>Minerals:</u> | | | | | | | | | |
| Calcium, Ca | | 119 | 0 | | 1 | | 290 | 1161 | |
| Iron, Fe | _ | 0.05 | 0 | | 1 | | 0.12 | 0.49 | |
| Magnesium, Mg | | 13 | 0 | | 1 | | 33 | 131 | |
| Phosphorus, P | • | 93 | 0 | | 1 | | 227 | 909 | |
| Potassium, K | | 151 49 | 0 | | 1 1 | | 368 | 1474 | |
| Sodium, Na | | 0.38 | 0 | | 1 | | 119 0.93 | 476 3.71 | |
| Zinc, Zn | | 0.38 | | | 1 | | 0.93 | 0.098 | |
| Copper, Cu | | 0.010 | | | 1 | | 0.010 | 0.039 | |
| Selenium, Se | | 2.0 | . 0 | BFNN | 4 | | 4.9 | 19.5 | |
| Scientini, Sc. | 9 | 2.0 | v | Dilli | • | | 1.5 | 15.5 | |
| <u> Vitamins:</u> | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 1.5 | 0 | | 1 | | 3.6 | 14.3 | |
| Thiamin | | 0.038 | 0 | | 1 | | 0.093 | 0.371 | |
| Riboflavin | mg | 0.161 | . 0 | | 1 | | 0.393 | 1.571 | |
| Niacin | _ | 0.084 | 1 0 | | 1 | | 0.205 | 0.820 | |
| Pantothenic acid | | 0.313 | | | 1 | | 0.764 | 3.055 | |
| Vitamin B-6 | - | 0.042 | | | 1 | | 0.102 | 0.410 | |
| Folate, total | mcg | 5 | 0 | | 1 | | 12 | 49 | |
| Folic acid | | 0 | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 5 | 0 | | 1 | | 12 | 49 | |
| Folate, DFE | | 5 | 0 | NC | 4 | | 12 | 49 | |
| Vitamin B-12 | | 0.36 | 0 | | 1 | | 0.87 | 3.47 | |
| Vitamin A, IU | | 138 | 0 | | 1 | | 337 | 1347 | |
| Vitamin A, RAE | | 33 | 0 | NC | 4 | | 79 | 317 | |
| Retinol | | 31 | 0 | NC | 4 | | 76 | 303 | |
| Vitamin E (alpha-tocopherol) | | | | | | | | | |
| Tocopherol, beta | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | |
| Tocopherol, deltaVitamin D | | | | | | | | | |
| Vitamin K (phylloquinone) | | | | | | | | | |
| | | | | | | | | | |
| <u>Lipids:</u> | | | | | | | | | |
| Fatty acids, total saturated | | 2.278 | | | 1 | | 5.558 | 22.233 | |
| 4:0 | | 0.119 | | | 1 | | 0.290 | 1.161 | |
| 6:0 | | 0.070 | | | 1 | | 0.171 | 0.683 | |
| 8:0 | - | 0.041 | | | 1 | | 0.100 | 0.400 | |
| 10:0 | | 0.092 | | | 1 | | 0.224 | 0.898 | |
| 12:0 | - | 0.103 | 89 | | 1 | | 0.251 | 1.005 | |
| 13:0 | - | | | | _ | | | | |
| 14:0 | - | 0.368 | 88 | | 1 | | 0.898 | 3.592 | |
| 15:0 | - | | | | _ | | | 2 22- | |
| 16:0 | - | 0.963 | 88 | | 1 | | 2.350 | 9.399 | |
| 17:0 | | 0.44 | | | | | 1 222 | | |
| 18:0 | | 0.444 | l 88 | | 1 | | 1.083 | 4.333 | |
| 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 | | | |
|-------------------------------------|----------|--------------------|-------------------|------------|---|-----------|-----------|--|
| | | Number | r Deriv Source | Canfidanaa | | <u> </u> | | |
| Nutrients and Units | Mean | Std. Error Points | | Code | Measure 1 | Measure 2 | Measure 3 | |
| Fatty acids, total monounsaturatedg | 1.057 | , 0 | 1 | | 2.579 | 10.316 | | |
| 14:1g | | | | | | | | |
| 15:1g | | | | | | | | |
| 16:1 undifferentiatedg | 0.082 | 71 | 1 | | 0.200 | 0.800 | | |
| 17:1g | | | | | | | | |
| 18:1 undifferentiatedg | 0.921 | | 1 | | 2.247 | 8.989 | | |
| 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 polyunsaturatedg | 0.136 | | 1 | | 0.332 | 1.327 | | |
| 18:2 undifferentiated | 0.083 | | 1 | | 0.203 | 0.810 | | |
| 18:3 undifferentiatedg | 0.053 | | 1 | | 0.129 | 0.517 | | |
| 18:4g | 0.000 | 0 | 1 | | 0.000 | 0.000 | | |
| 20:2 n-6 c,cg | | | | | | | | |
| 20:3 undifferentiatedg | 0.000 | | | | | | | |
| 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-3 | 0.000 | U | 1 | | 0.000 | 0.000 | | |
| Fatty acids, total trans | 14 | 0 | 1 | | 35 | 140 | | |
| Cholesterol mg | 0 | 0 | 1 | | 0 | 0 | | |
| Phytosterolsmg | U | U | 1 | | U | U | | |
| Amino Acids: | | | | | | | | |
| Tryptophang | 0.046 | | 1 | | 0.112 | 0.449 | | |
| Threonineg | 0.148 | 0 | 1 | | 0.361 | 1.444 | | |
| Isoleucineg | 0.198 | | 1 | | 0.483 | 1.932 | | |
| Leucineg | 0.321 | | 1 | | 0.783 | 3.133 | | |
| Lysineg | 0.260 | | 1 | | 0.634 | 2.538 | | |
| Methionineg | 0.082 | 0 | 1 | | 0.200 | 0.800 | | |
| Cystineg | 0.030 | | 1 | | 0.073 | 0.293 | | |
| Phenylalanineg | 0.158 | | 1 | | 0.386 | 1.542 | | |
| Tyrosineg | 0.158 | | 1 | | 0.386 | 1.542 | | |
| Valineg | 0.220 | 0 | 1 | | 0.537 | 2.147 | | |
| Arginineg | 0.119 | | 1 | | 0.290 | 1.161 | | |
| Histidineg | 0.089 | | 1 | | 0.217 | 0.869 | | |
| Alanineg | 0.113 | | 1 | | 0.276 | 1.103 | | |
| Aspartic acidg | 0.249 | | 1 | | 0.608 | 2.430 | | |
| Glutamic acidg | 0.687 | | 1 | | 1.676 | 6.705 | | |
| Glycineg | 0.069 | | 1 | | 0.168 | 0.673 | | |
| Proline | 0.318 | | 1 | | 0.776 | 3.104 | | |
| Serineg | 0.178 | 0 | 1 | | 0.434 | 1.737 | | |
| Hydroxyprolineg | | | | | | | | |
| Others: | | | | | | | | |
| Alcohol, ethylg | 0.0 | 0 | 7 | | 0.0 | 0.0 | | |
| Caffeine mg | - · · · | - | | | | | | |
| Theobrominemg | | | | | | | | |

Common Measures:

Measure 1 = 244g: 1 cup Measure 2 = 976g: 1 quart

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>A</u> | mount in 100 g | grams | of edib | le portio | <u>n</u> | | edible portion | _ |
|--------------------------------|------|----------|----------------|--------|---------|-----------|------------|-----------|-----------------|-----------|
| | | | Nu | umber | • | | | <u>m</u> | easures of food | <u>[</u> |
| | | | of | f Data | Deriv | Source | Confidence | | | |
| Nutrients and Un | its | Mean | Std. Error P | oints | Code | Code | Code | Measure 1 | Measure 2 | Measure 3 |
| Proximates: | | | | | | | | | | |
| Water | g | 87.71 | 0.021 | 119 | | 1 | | 215.77 | 863.07 | |
| Energy | kcal | 56 | | 0 | NC | 4 | | 137 | 546 | |
| Energy | kj | 232 | | | | 4 | | 571 | 2286 | |
| Protein (N x 6.38) | g | 3.95 | 0.009 | 104 | | 1 | | 9.72 | 38.87 | |
| Total lipid (fat) | g | 1.98 | 0.010 | 114 | | 1 | | 4.87 | 19.48 | |
| Ash | g | 0.87 | | 0 | | 1 | | 2.14 | 8.56 | |
| Carbohydrate, by difference | g | 5.49 | | 0 | NC | 4 | | 13.51 | 54.02 | |
| Fiber, total dietary | | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Sugars, total | | 5.26 | | 0 | BFZN | 4 | | 12.94 | 51.74 | |
| Starch | g | | | | | | | | | |
| Minerals: | | | | | | | | | | |
| Calcium, Ca | ma | 143 | | 0 | | 1 | | 352 | 1408 | |
| Iron, Fe | - | 0.06 | | 0 | | 1 | | 0.15 | 0.59 | |
| Magnesium, Mg | - | 16 | | 0 | | 1 | | 40 | 158 | |
| Phosphorus, P | | 112 | | 0 | | 1 | | 276 | 1102 | |
| Potassium, K | - | 182 | | 0 | | 1 | | 447 | 1788 | |
| Sodium, Na | | 59 | | 0 | | 1 | | 145 | 579 | |
| Zinc, Zn | mg | 0.45 | | 0 | | 1 | | 1.11 | 4.43 | |
| Copper, Cu | mg | 0.008 | 3 | 0 | | 1 | | 0.020 | 0.079 | |
| Manganese, Mn | mg | 0.002 | 2 | 0 | | 1 | | 0.005 | 0.020 | |
| Selenium, Se | mcg | 2.6 | | 0 | BFNN | 4 | | 6.4 | 25.6 | |
| Vitamins: | | | | | | | | | | |
| Vitamin C, total ascorbic acid | ma | 1.1 | | 0 | | 1 | | 2.8 | 11.0 | |
| Thiamin | - | 0.045 | | 0 | | 1 | | 0.111 | 0.443 | |
| Riboflavin | - | 0.194 | | 0 | | 1 | | 0.477 | 1.909 | |
| Niacin | = | 0.101 | | 0 | | 1 | | 0.248 | 0.994 | |
| Pantothenic acid | - | 0.376 | | 0 | | 1 | | 0.925 | 3.700 | |
| Vitamin B-6 | - | 0.051 | | 0 | | 1 | | 0.125 | 0.502 | |
| Folate, total | - | 6 | | 0 | | 1 | | 15 | 59 | |
| Folic acid | | 0 | | 0 | z | 7 | | 0 | 0 | |
| Folate, food | | 6 | | 0 | | 1 | | 15 | 59 | |
| Folate, DFE | | 6 | | 0 | NC | 4 | | 15 | 59 | |
| Vitamin B-12 | | 0.43 | | 0 | | 1 | | 1.05 | 4.21 | |
| Vitamin A, IU | IU - | 5 | | 0 | NC | 4 | | 13 | 52 | |
| Vitamin A, RAE | | 0 | | 0 | NC | 4 | | 1 | 3 | |
| Retinol | mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol) | mg | 0.04 | | 0 | BFFN | 4 | | 0.09 | 0.35 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | |
| Vitamin D | | 40.000 |) | 0 | S | 4 | | 98.400 | 393.600 | |
| Vitamin K (phylloquinone) | mcg | 0.1 | | 0 | BFFN | 4 | | 0.3 | 1.3 | |
| Lipids: | | | | | | | | | | |
| Fatty acids, total saturated | g | 1.232 | 2 | 0 | | 1 | | 3.031 | 12.123 | |
| 4:0 | | 0.064 | 0.001 | 52 | | 1 | | 0.157 | 0.630 | |
| 6:0 | g | 0.038 | 0.001 | 68 | | 1 | | 0.093 | 0.374 | |
| 8:0 | g | 0.022 | 0.001 | 89 | | 1 | | 0.054 | 0.216 | |
| 10:0 | g | 0.050 | 0.001 | 89 | | 1 | | 0.123 | 0.492 | |
| 12:0 | | 0.056 | 0.001 | 89 | | 1 | | 0.138 | 0.551 | |
| 13:0 | | | | | | | | | | |
| 14:0 | g | 0.199 | 0.003 | 88 | | 1 | | 0.490 | 1.958 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.521 | 0.007 | 88 | | 1 | | 1.282 | 5.127 | |
| 17:0 | - | | | | | | | | | |
| 18:0 | - | 0.240 | 0.003 | 88 | | 1 | | 0.590 | 2.362 | |
| 20:0 | - | | | | | | | | | |
| 22:0 | - | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

| | | <u>Aı</u> | mount in 100 g | grams umbei | | ole portic | <u>on</u> | Amount in edible portion of common measures of food | | |
|----------------------------------|-------|-----------|----------------|----------------|-------|----------------|--------------------|---|----------------|-----------|
| Nutrients and | Units | Mean | | Data | Deriv | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | | |
| Fatty acids, total monounsatura | | 0.572 | | 0 | | 1 | | 1.407 | 5.628 | |
| 14:1 | - | | | | | | | | | |
| 15:1 | - | 0.044 | 0 000 | 71 | | | | 0 100 | 0 422 | |
| 16:1 undifferentiated | - | 0.044 | 0.002 | 71 | | 1 | | 0.108 | 0.433 | |
| 18:1 undifferentiated | | 0.498 | 0.007 | 78 | | 1 | | 1.225 | 4.900 | |
| | - | 0.496 | | 0 | BFFN | 4 | | | | |
| 20:1 | - | | | 0 | | | | 0.000 | 0.000 | |
| 22:1 undifferentiated | • | 0.000 | | U | BFFN | 4 | | 0.000 | 0.000 | |
| 24:1 c | | 0.074 | | 0 | | 1 | | 0 100 | 0.728 | |
| Fatty acids, total polyunsaturat | | 0.045 | | 74 | | 1 | | 0.182 0.111 | 0.728 | |
| 18:2 undifferentiated | | | | 65 | | 1 | | | | |
| 18:3 undifferentiated | - | 0.029 | | 0 | BFFN | 4 | | 0.071 0.000 | 0.285 0.000 | |
| 18:4 | - | 0.000 | | U | BFFN | 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 | - | | | | DEEM | 4 | | 0.000 | 0.000 | |
| 20:5 n-3 | - | 0.000 | | 0 | BFFN | | | 0.000 | 0.000 | |
| 22:5 n-3 | - | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 22:6 n-3 | | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans | | • | | ^ | | | | 10 | 7.6 | |
| Cholesterol | - | 8 | | 0 | | 1 | | 19 | 76 | |
| Phytosterols | riig | | | | | | | | | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan | g | 0.056 | | 0 | | 1 | | 0.138 | 0.551 | |
| Threonine | | 0.178 | | 0 | | 1 | | 0.438 | 1.752 | |
| Isoleucine | - | 0.239 | | 0 | | 1 | | 0.588 | 2.352 | |
| Leucine | - | 0.387 | | 0 | | 1 | | 0.952 | 3.808 | |
| Lysine | g | 0.313 | | 0 | | 1 | | 0.770 | 3.080 | |
| Methionine | | 0.099 | | 0 | | 1 | | 0.244 | 0.974 | |
| Cystine | | 0.037 | | 0 | | 1 | | 0.091 | 0.364 | |
| Phenylalanine | | 0.191 | | 0 | | 1 | | 0.470 | 1.879 | |
| Tyrosine | | 0.191 | | 0 | | 1 | | 0.470 | 1.879 | |
| Valine | - | 0.264 | | 0 | | 1 | | 0.649 | 2.598 | |
| Arginine | - | 0.143 | | 0 | | 1 | | 0.352 | 1.407 | |
| Histidine | | 0.107 | | 0 | | 1 | | 0.263 | 1.053 | |
| Alanine | - | 0.136 | | 0 | | 1 | | 0.335 | 1.338 | |
| Aspartic acid | | 0.300 | | 0 | | 1 | | 0.738 | 2.952 | |
| Glutamic acid | | 0.827 | | 0 | | 1 | | 2.034 | 8.138 | |
| Glycine | - | 0.084 | | 0 | | 1 | | 0.207 | 0.827 | |
| Proline | | 0.383 | | 0 | | 1 | | 0.942 | 3.769 | |
| Serine | - | 0.215 | | 0 | | 1 | | 0.529 | 2.116 | |
| Hydroxyproline | | 0.220 | | · | | _ | | 0.025 | | |
| | g | | | | | | | | | |
| Others: | | | | | | | | | | |
| Alcohol, ethyl | g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Caffeine | mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine | mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotenoids: | | | | | | | | | | |
| Carotene, beta | mca | 3 | | 0 | BFFN | 4 | | 7.791 | 31.163 | |
| 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 | |
| | | 0 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| Lutein + zeaxanthin | | U | | U | 4 | | | 0.000 | 0.000 | |

Common Measures:

Measure 1 = 246g: 1 cup Measure 2 = 984g: 1 quart NDB No. 01081

Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>A</u> | mount in 100 g | rams | of edil | ole portio | <u>n</u> | Amount in | edible portion | of common |
|--------------------------------|---------|----------|----------------|-------|---------|------------|------------|-----------|-----------------|-----------|
| | | | Nu | ımber | • | | | <u>m</u> | easures of food | • |
| | | | | | | Source | Confidence | | | |
| Nutrients and Uni | its | Mean | Std. Error Po | | | Code | Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | | |
| Proximates: Water | а | 88.86 | | 0 | | 1 | | 217.71 | 870.83 | |
| Energy | | 51 | | 0 | NC | 4 | | 125 | 500 | |
| Energy | | 213 | | · | 110 | 4 | | 522 | 2090 | |
| | | 3.48 | 0.024 | 59 | | 1 | | 8.53 | 34.10 | |
| Protein (N x 6.38) | | 1.92 | 0.024 | 559 | | 1 | | 4.70 | 18.82 | |
| Total lipid (fat) | | 0.77 | 0.010 | 0 | | 1 | | 1.89 | | |
| Ash | | 4.97 | | 0 | NC | 4 | | 12.18 | 7.55 | |
| Carbohydrate, by difference | | 0.0 | | 0 | NC | 4 | | 0.0 | 48.71 | |
| Fiber, total dietary | | 0.0 | | U | | 4 | | 0.0 | 0.0 | |
| Sugars, total | | | | | | | | | | |
| Starch | 9 | | | | | | | | | |
| Minerals: | | | | | | | | | | |
| Calcium, Ca | mg | 128 | | 0 | | 1 | | 313 | 1251 | |
| Iron, Fe | mg | 0.05 | | 0 | | 1 | | 0.12 | 0.49 | |
| Magnesium, Mg | mg | 14 | | 0 | | 1 | | 35 | 141 | |
| Phosphorus, P | mg | 100 | | 0 | | 1 | | 245 | 979 | |
| Potassium, K | mg | 162 | | 0 | | 1 | | 397 | 1589 | |
| Sodium, Na | mg | 52 | | 0 | | 1 | | 128 | 514 | |
| Zinc, Zn | mg | 0.40 | | 0 | | 1 | | 0.98 | 3.92 | |
| Copper, Cu | mg | 0.008 | 3 | 0 | | 1 | | 0.020 | 0.078 | |
| Manganese, Mn | mg | 0.002 | 2 | 0 | | 1 | | 0.005 | 0.020 | |
| Selenium, Se | mcg | 2.3 | | 0 | BFNN | 4 | | 5.6 | 22.5 | |
| Vitamins: | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 1.0 | | 0 | | 1 | | 2.5 | 9.8 | |
| Thiamin | | 0.040 |) | 0 | | 1 | | 0.098 | 0.392 | |
| Riboflavin | | 0.173 | | 0 | | 1 | | 0.424 | 1.695 | |
| Niacin | | 0.090 |) | 0 | | 1 | | 0.221 | 0.882 | |
| Pantothenic acid | - | 0.336 | 5 | 0 | | 1 | | 0.823 | 3.293 | |
| Vitamin B-6 | | 0.045 | 5 | 0 | | 1 | | 0.110 | 0.441 | |
| Folate, total | mcg | 5 | | 0 | | 1 | | 13 | 52 | |
| Folic acid | | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 5 | | 0 | | 1 | | 13 | 52 | |
| Folate, DFE | mcg_DFE | 5 | | 0 | NC | 4 | | 13 | 52 | |
| Vitamin B-12 | | 0.38 | | 0 | | 1 | | 0.94 | 3.74 | |
| Vitamin A, IU | IU | 204 | | 0 | | 1 | | 500 | 1999 | |
| Vitamin A, RAE | mcg_RAE | 56 | | 0 | NC | 4 | | 137 | 549 | |
| Retinol | | 55 | | 0 | NC | 4 | | 135 | 539 | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | |
| Vitamin D | | 40.000 |) | 0 | s | 4 | | 98.000 | 392.000 | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| <u>Lipids:</u> | | | | | | | | | | |
| Fatty acids, total saturated | g | 1.195 | 5 | 0 | | 1 | | 2.928 | 11.711 | |
| 4:0 | | 0.062 | 0.001 | 52 | | 1 | | 0.152 | 0.608 | |
| 6:0 | | 0.037 | 0.001 | 68 | | 1 | | 0.091 | 0.363 | |
| 8:0 | g | 0.021 | 0.001 | 89 | | 1 | | 0.051 | 0.206 | |
| 10:0 | g | 0.048 | 0.001 | 89 | | 1 | | 0.118 | 0.470 | |
| 12:0 | g | 0.054 | 0.001 | 89 | | 1 | | 0.132 | 0.529 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | - | 0.193 | 0.003 | 88 | | 1 | | 0.473 | 1.891 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.505 | 0.007 | 88 | | 1 | | 1.237 | 4.949 | |
| 17:0 | | | | | | | | | | |
| 18:0 | g | 0.233 | 0.003 | 88 | | 1 | | 0.571 | 2.283 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | a | | | | | | | | | |

| | | <u>Am</u> | ount in 100 g Nu | rams of edi | ble portion | | edible portion of easures of food | |
|------------------------------------|-----------|-----------|---------------------|-------------|--------------------------------|-----------|-----------------------------------|-----------|
| Nutrients and Uni | ts | Mean S | of Std. Error Po | | Source Confidence Code Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | |
| Fatty acids, total monounsaturated | | 0.555 | | 0 | 1 | 1.360 | 5.439 | |
| 14:1 15:1 | | | | | | | | |
| 16:1 undifferentiated | | 0.043 | 0.001 | 71 | 1 | 0.105 | 0.421 | |
| 17:1 | | 0.013 | 0.001 | , - | - | 0.103 | 0.121 | |
| 18:1 undifferentiated | - | 0.483 | 0.007 | 78 | 1 | 1.183 | 4.733 | |
| 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 | | 0.071 | | 0 | 1 | 0.174 | 0.696 | |
| 18:2 undifferentiated | - | 0.043 | 0.002 | 74 | 1 | 0.105 | 0.421 | |
| 18:3 undifferentiated | - | 0.028 | 0.002 | 65 | 1 | 0.069 | 0.274 | |
| 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 | 4 | 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 | | 8 | | 0 | 1 | 18 | 74 | |
| Phytosterols | | | | | | | | |
| Amino Acids: | | | | | | | | |
| Tryptophan | g | 0.049 | | 0 | 1 | 0.120 | 0.480 | |
| Threonine | g | 0.157 | | 0 | 1 | 0.385 | 1.539 | |
| Isoleucine | g | 0.211 | | 0 | 1 | 0.517 | 2.068 | |
| Leucine | | 0.341 | | 0 | 1 | 0.835 | 3.342 | |
| Lysine | g | 0.276 | | 0 | 1 | 0.676 | 2.705 | |
| Methionine | g | 0.087 | | 0 | 1 | 0.213 | 0.853 | |
| Cystine | g | 0.032 | | 0 | 1 | 0.078 | 0.314 | |
| Phenylalanine | | 0.168 | | 0 | 1 | 0.412 | 1.646 | |
| Tyrosine | g | 0.168 | | 0 | 1 | 0.412 | 1.646 | |
| Valine | g | 0.233 | | 0 | 1 | 0.571 | 2.283 | |
| Arginine | g | 0.126 | | 0 | 1 | 0.309 | 1.235 | |
| Histidine | g | 0.094 | | 0 | 1 | 0.230 | 0.921 | |
| Alanine | g | 0.120 | | 0 | 1 | 0.294 | 1.176 | |
| Aspartic acid | g | 0.264 | | 0 | 1 | 0.647 | 2.587 | |
| Glutamic acid | g | 0.729 | | 0 | 1 | 1.786 | 7.144 | |
| Glycine | g | 0.074 | | 0 | 1 | 0.181 | 0.725 | |
| Proline | g | 0.337 | | 0 | 1 | 0.826 | 3.303 | |
| Serine | g | 0.189 | | 0 | 1 | 0.463 | 1.852 | |
| Hydroxyproline | g | | | | | | | |
| Others: | | | | | | | | |
| Alcohol, ethyl | - | 0.0 | | 0 | 7 | 0.0 | 0.0 | |
| Caffeine | _ | | | | | | | |
| Theobromine | <u>mg</u> | | | | | | | |

Common Measures:

Measure 1 = 245g: 1 cup Measure 2 = 980g: 1 quart

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

NDB No. 01152 Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A

| | | <u>A</u> | mount in 100 gra | ims ot eai | bie portio | <u>on</u> | Amount in | edible portion | of common |
|--------------------------------|---------|----------|------------------|------------|------------|------------|-----------|-----------------|-----------|
| | | | Num | ber | | | <u>m</u> | easures of food | |
| | | | | ata Deriv | Source | Confidence | | | |
| Nutrients and Unit | s | Mean | Std. Error Poir | nts Code | Code | Code | Measure 1 | Measure 2 | Measure |
| Proximates: | | | | | | | | | |
| Water | q | 87.71 | | 0 | 1 | | 214.89 | 859.56 | |
| Energy | _ | 56 | | 0 NC | 4 | | 136 | 544 | |
| Energy | | 232 | | | 4 | | 569 | 2276 | |
| Protein (N x 6.38) | | 3.95 | | 0 | 1 | | 9.68 | 38.71 | |
| Total lipid (fat) | | 1.98 | | 0 | 1 | | 4.85 | 19.40 | |
| Ash | | 0.87 | | 0 | 1 | | 2.13 | 8.53 | |
| Carbohydrate, by difference | | 5.49 | | 0 NC | 4 | | 13.45 | 53.80 | |
| Fiber, total dietary | | 0.0 | | 0 | 4 | | 0.0 | 0.0 | |
| Sugars, total | | | | | | | | | |
| Starch | - | | | | | | | | |
| Survii | 9 | | | | | | | | |
| <u> Minerals:</u> | | | | | | | | | |
| Calcium, Ca | _ | 143 | | 0 | 1 | | 351 | 1402 | |
| Iron, Fe | _ | 0.06 | | 0 | 1 | | 0.15 | 0.59 | |
| Magnesium, Mg | | 15 | | 0 | 1 | | 36 | 142 | |
| Phosphorus, P | • | 112 | | 0 | 1 | | 274 | 1098 | |
| Potassium, K | _ | 182 | | 0 | 1 | | 445 | 1781 | |
| Sodium, Na | | 59 | | 0 | 1 | | 144 | 576 | |
| Zinc, Zn | | 0.41 | | 0 | 1 | | 1.00 | 4.02 | |
| Copper, Cu | | 0.011 | | 0 | 1 | | 0.027 | 0.108 | |
| Manganese, Mn | | 0.002 | | 0 | 1 | | 0.005 | 0.020 | |
| Selenium, Se | Tricg | 2.6 | | 0 BFNN | 4 | | 6.4 | 25.5 | |
| /itamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 1.1 | | 0 | 1 | | 2.7 | 11.0 | |
| Thiamin | mg | 0.045 | 5 | 0 | 1 | | 0.110 | 0.441 | |
| Riboflavin | | 0.194 | l | 0 | 1 | | 0.475 | 1.901 | |
| Niacin | | 0.101 | L | 0 | 1 | | 0.247 | 0.990 | |
| Pantothenic acid | mg | 0.339 |) | 0 | 1 | | 0.831 | 3.322 | |
| Vitamin B-6 | mg | 0.046 | 5 | 0 | 1 | | 0.113 | 0.451 | |
| Folate, total | mcg | 5 | | 0 | 1 | | 13 | 53 | |
| Folic acid | | 0 | | 0 z | 7 | | 0 | 0 | |
| Folate, food | mcg | 5 | | 0 | 1 | | 13 | 53 | |
| Folate, DFE | mcg_DFE | 5 | | 0 NC | 4 | | 13 | 53 | |
| Vitamin B-12 | | 0.39 | | 0 | 1 | | 0.95 | 3.78 | |
| Vitamin A, IU | | 75 | | 0 | 1 | | 184 | 735 | |
| Vitamin A, RAE | mcg_RAE | 17 | | 0 NC | 4 | | 42 | 167 | |
| Retinol | | 16 | | 0 NC | 4 | | 39 | 157 | |
| Vitamin E (alpha-tocopherol) | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | |
| Vitamin D | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | |
| ipids: | | | | | | | | | |
| Fatty acids, total saturated | а | 1.232 | <u> </u> | 0 | 1 | | 3.018 | 12.074 | |
| 4:0 | | 0.013 | | 8 | 1 | | 0.032 | 0.127 | |
| 6:0 | - | 0.002 | | 12 | 1 | | 0.005 | 0.020 | |
| 8:0 | | 0.002 | | 12 | 1 | | 0.003 | 0.029 | |
| 10:0 | - | 0.005 | | 12 | 1 | | 0.012 | 0.049 | |
| 12:0 | | 0.003 | | 12 | 1 | | 0.007 | 0.029 | |
| 13:0 | - | 0.000 | | • | - | | 3.00. | 0.023 | |
| 14:0 | | 0.024 | 0.001 | 12 | 1 | | 0.059 | 0.235 | |
| 15:0 | - | | | | = | | 3.000 | 0.200 | |
| 16:0 | - | 0.073 | 0.004 | 12 | 1 | | 0.179 | 0.715 | |
| 17:0 | | | | | = | | 2 | | |
| * / .V | | | | 10 | | | 0.064 | 0.255 | |
| 18:0 | q | 0.026 | 0.001 | 12 | 1 | | | U.ZDD | |
| 18:0 20:0 | | 0.026 | 0.001 | 12 | 1 | | 0.004 | 0.255 | |

| | | <u>Ar</u> | nount in 100 | grams umber | of edik | ole portio | <u>n</u> | Amount in edible portion of common measures of food | | |
|-------------------------------------|-----|-----------|--------------|----------------|---------|----------------|--------------------|---|-----------|-----------|
| Nutrients and Un | its | Mean | | f Data | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total monounsaturated. | a | 0.065 | | 0 | | 1 | | 0.159 | 0.637 | |
| 14:1 | | | | | | | | 0.200 | 0.00. | |
| 15:1 | | | | | | | | | | |
| 16:1 undifferentiated | _ | 0.009 | 0.001 | 12 | | 1 | | 0.022 | 0.088 | |
| 17:1 | _ | | | | | | | | | |
| 18:1 undifferentiated | | 0.498 | | 0 | | 1 | | 1.220 | 4.880 | |
| 20:1 | g | | | | | | | | | |
| 22:1 undifferentiated | g | | | | | | | | | |
| 24:1 c | g | | | | | | | | | |
| Fatty acids, total polyunsaturated | g | 0.009 | | 0 | | 1 | | 0.022 | 0.088 | |
| 18:2 undifferentiated | g | 0.045 | | 0 | | 1 | | 0.110 | 0.441 | |
| 18:3 undifferentiated | g | 0.003 | 0.000 | 11 | | 1 | | 0.007 | 0.029 | |
| 18:4 | g | | | | | | | | | |
| 20:2 n-6 c,c | g | | | | | | | | | |
| 20:3 undifferentiated | g | | | | | | | | | |
| 20:4 undifferentiated | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 20:5 n-3 | | | | | | | | | | |
| 22:5 n-3 | g | | | | | | | | | |
| 22:6 n-3 | | | | | | | | | | |
| Fatty acids, total trans | | | | | | | | | | |
| Cholesterol | _ | 8 | | 0 | | 1 | | 19 | 75 | |
| Phytosterols | mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan | а | 0.050 | | 0 | | 1 | | 0.123 | 0.490 | |
| Threonine | | 0.161 | | 0 | | 1 | | 0.394 | 1.578 | |
| Isoleucine | | 0.216 | | 0 | | 1 | | 0.529 | 2.117 | |
| Leucine | _ | 0.350 | | 0 | | 1 | | 0.858 | 3.430 | |
| Lysine | | 0.283 | | 0 | | 1 | | 0.693 | 2.773 | |
| Methionine | | 0.090 | | 0 | | 1 | | 0.221 | 0.882 | |
| Cystine | g | 0.033 | | 0 | | 1 | | 0.081 | 0.323 | |
| Phenylalanine | | 0.172 | | 0 | | 1 | | 0.421 | 1.686 | |
| Tyrosine | | 0.172 | | 0 | | 1 | | 0.421 | 1.686 | |
| Valine | | 0.239 | | 0 | | 1 | | 0.586 | 2.342 | |
| Arginine | g | 0.129 | | 0 | | 1 | | 0.316 | 1.264 | |
| Histidine | | 0.097 | | 0 | | 1 | | 0.238 | 0.951 | |
| Alanine | g | 0.123 | | 0 | | 1 | | 0.301 | 1.205 | |
| Aspartic acid | g | 0.271 | | 0 | | 1 | | 0.664 | 2.656 | |
| Glutamic acid | g | 0.748 | | 0 | | 1 | | 1.833 | 7.330 | |
| Glycine | g | 0.076 | | 0 | | 1 | | 0.186 | 0.745 | |
| Proline | g | 0.346 | | 0 | | 1 | | 0.848 | 3.391 | |
| Serine | g | 0.194 | | 0 | | 1 | | 0.475 | 1.901 | |
| Hydroxyproline | g | | | | | | | | | |

Common Measures:

Measure 1 = 245g: 1 cup Measure 2 = 980g: 1 quart

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>A</u> | mount in 100 gr | rams of e | dible po | <u>ortion</u> | | edible portion | |
|--------------------------------|---|-------------------|-----------------|-----------|----------|----------------|----------------|-----------------|--------------|
| | | | Nur | nber | | | <u>m</u> | easures of food | <u>l</u> |
| | | | of I | Data De | riv Sou | rce Confidence | | | |
| Nutrients and Uni | its | Mean | Std. Error Poi | ints Co | | | Measure 1 | Measure 2 | Measure |
| Proximates: | | | | | | | | | |
| Water | g | 89.33 | 0.252 | 13 | A | 1 | 217.97 | 27.25 | 871.88 |
| Energy | kcal | 50 | | 0 | NC . | 4 | 121 | 15 | 485 |
| Energy | | 208 | | 0 | NC . | 4 | 507 | 63 | 2029 |
| Protein | g | 3.30 | 0.033 | 13 | A | 1 | 8.06 | 1.01 | 32.25 |
| Total lipid (fat) | g | 1.97 | 0.011 | 10 | JO 1 | .1 | 4.81 | 0.60 | 19.23 |
| Ash | g | 0.71 | 0.035 | 13 | A : | 1 | 1.73 | 0.22 | 6.92 |
| Carbohydrate, by difference | g | 4.68 | | 0 | NC · | 4 | 11.43 | 1.43 | 45.72 |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | 0.0 | 0.0 | 0.0 |
| Sugars, total | g | 5.06 | 0.061 | 13 | A : | 1 | 12.35 | 1.54 | 49.40 |
| Sucrose | g | 0.01 | 0.000 | 13 | A : | 1 | 0.02 | 0.00 | 0.08 |
| Glucose (dextrose) | | 0.01 | 0.000 | 13 | A : | 1 | 0.02 | 0.00 | 0.08 |
| Fructose | g | 0.01 | 0.000 | 13 | | 1 | 0.02 | 0.00 | 0.08 |
| Lactose | g | 5.01 | 0.062 | 13 | | 1 | 12.23 | 1.53 | 48.94 |
| Maltose | g | 0.01 | 0.000 | 13 | | 1 | 0.02 | 0.00 | 0.08 |
| Galactose | | 0.02 | 0.008 | 13 | A | 1 | 0.04 | 0.00 | 0.16 |
| Starch | g | | | | | | | | |
| <u> Minerals:</u> | | | | | | | | | |
| Calcium, Ca | | 117 | 0.656 | | | 1 | 284 | 36 | 1137 |
| Iron, Fe | | 0.03 | 0.001 | | | 1 | 0.08 | 0.01 | 0.31 |
| Magnesium, Mg | | 11 | 0.041 | | | 1 | 27 | 3 | 109 |
| Phosphorus, P | | 9 4 150 | 0.348 1.053 | | | 1 1 | 230 367 | 29 46 | 922 |
| Potassium, K | | 41 | 0.344 | | | 1 | 100 | 46 12 | 1467 399 |
| Sodium, NaZinc, Zn | | 0.43 | 0.004 | | | 1 | 1.05 | 0.13 | 4.21 |
| Copper, Cu | | 0.43 | | | | 1 | 0.028 | 0.004 | 0.11 |
| Manganese, Mn | | 0.003 | | | | - 1 | 0.006 | 0.001 | 0.02 |
| Selenium, Se | | 2.5 | 0.174 | 30 | A : | 1 | 6.1 | 0.8 | 24.3 |
| Vitamins: | | | | _ | | _ | | | |
| Vitamin C, total ascorbic acid | | 0.2 | 0.000 | | | 1 | 0.5 | 0.1 | 1.8 |
| Thiamin | - | 0.039 | | | | 1 | 0.096 | 0.012 | 0.38 |
| Riboflavin | | 0.185 | | | | 1 1 | 0.452 | 0.056 | 1.80 |
| Niacin | | 0.092 | | | | 1 | 0.224 0.868 | 0.028 | 0.89 |
| Pantothenic acid | | 0.336 | | | | 1 | 0.093 | 0.108 0.012 | 3.47 0.37 |
| Vitamin B-6 | | 5 | 0.149 | | | 1 | 11 | 1 | 45 |
| Folic acid | | 0 | 0.145 | | | 7 | 0 | 0 | 0 |
| Folate, food | | 5 | 0.149 | | | , 1 | 11 | 1 | 45 |
| Folate, DFE | | 5 | 0.2.5 | | ' | 4 | 11 | 1 | 45 |
| Vitamin B-12 | | 0.46 | 0.021 | | | 1 | 1.11 | 0.14 | 4.46 |
| Vitamin A, IU | • | 189 | | | | 4 | 460 | 58 | 1841 |
| Vitamin A, RAE | | 55 | | 0 1 | IC . | 4 | 135 | 17 | 539 |
| Retinol | | 55 | | 0 1 | ic . | 4 | 134 | 17 | 537 |
| Vitamin E (alpha-tocopherol) | | 0.03 | 0.003 | 12 | A : | 1 | 0.08 | 0.01 | 0.30 |
| Tocopherol, beta | mg | 0.00 | 0.000 | 12 | A | 1 | 0.00 | 0.00 | 0.00 |
| Tocopherol, gamma | mg | 0.00 | 0.000 | 12 | A : | 1 | 0.00 | 0.00 | 0.00 |
| Tocopherol, delta | | 0.00 | 0.000 | 12 | A : | 1 | 0.00 | 0.00 | 0.00 |
| Vitamin D | IU | 42.956 | 2.810 | 13 | A : | 1 | 104.812 | 13.102 | 419.24 |
| Vitamin K (phylloquinone) | mcg | 0.2 | 0.048 | 4 | A | 1 | 0.4 | 0.1 | 1.7 |
| ipids: | | | _ | | | | _ | | |
| Fatty acids, total saturated | | 1.257 | | | | 4 | 3.068 | 0.383 | 12.27 |
| 4:0 | | 0.077 | | | | 1 | 0.187 | 0.023 | 0.74 |
| 6:0 | | 0.040 | | | | 1 | 0.098 | 0.012 | 0.39 |
| 8:0 | _ | 0.020 | | | | 1 | 0.050 | 0.006 | 0.19 |
| 10:0 | - | 0.049 | | | | 1 | 0.120 | 0.015 | 0.47 |
| 12:0 | _ | 0.055 | | | | 1 | 0.133 | 0.017 | 0.53 |
| 13:0 | 9 | 0.002 0.175 | | 1 5 | | 1 1 | 0.005 0.428 | 0.001 | 0.02 |

| Nutrients and Units | | <u>Ar</u> | nount in 100 |) grams | of edil | ole portic | <u>on</u> | Amount in | edible portion of | of common | |
|--|--------------------------|-----------|--------------|---------|---------|------------|-----------|-----------|-------------------|-----------|-----------|
| Nutrients and Units | | | | | Numbe | r | | | | | |
| 1-0.0 | Nutrients and Unit | ts | Mean | | of Data | Deriv | | | | | Measure 3 |
| 1-0.0 | | | | | | | | | | | |
| 17:0 | | | | | | | | | | | |
| 180 | | _ | | | | | | | | | |
| 200 | | _ | | | | | | | | | |
| 22-0. 9 | | _ | | | | | | | | | |
| Paty acids, loss in monomaturated 9 | | • | | 0.00 | | | | | | | |
| Fate seads, bald monomentation | | - | 0.002 | | 1 | A | 1 | | 0.005 | 0.001 | 0.020 |
| 141. | | | 0.560 | | 0 | NC | 4 | | 1.366 | 0.171 | 5.465 |
| 15 | | | | 0.00 | | | | | | | |
| 16 1 | | _ | | 0.00 | 0 5 | A | 1 | | | | 0.040 |
| 16-11 | 16:1 undifferentiated | g | 0.027 | | 0 | AS | 1 | | 0.065 | 0.008 | 0.259 |
| 17- | 16:1 c | g | 0.027 | 0.00 | 1 4 | A | 1 | | 0.065 | 0.008 | 0.259 |
| 18.1 undifferentiated. 0 | 16:1 t | g | | | | | | | | | |
| File | | _ | | 0.00 | | | | | | | |
| 1811 | | - | | | | | | | | | |
| 201 | | - | | | | | | | | | |
| 221 undifferentiated | | | | | | | | | | | |
| 24 C. 9 | | - | | | | | | | | | |
| Fathy socials, total polymenturated. 9 0.073 0 NC 4 0.178 0.022 0.713 18.2 undifferentiated. 9 0.062 0 AS 1 0.151 0.019 0.6602 18.2 n-6 c.c. 9 0.095 0.003 4 A 1 0.133 0.017 0.533 18.2 CLAs. 9 18.2 t.c. 9 18.2 t | | | 0.000 | 0.00 | 0 3 | • | _ | | 0.001 | 0.000 | 0.004 |
| 18.2 undifferentiated. 9 | | | 0.073 | | 0 | NC | 4 | | 0.178 | 0.022 | 0.713 |
| R18.2 P-6 c. | | | | | | | | | | | |
| 182 CLAs. 9 | | - | | 0.00 | 3 4 | A | | | | | |
| 18.2 tc. | 18:2 CLAs | g | | | | | | | | | |
| R8.2 L. | | | | | | | | | | | |
| No. | 18:2 t,c | g | | | | | | | | | |
| RS2 tnot further defined | 18:2 t,t | g | | | | | | | | | |
| R183 undifferentiated | | | 0.007 | 0.00 | 0 4 | A | 1 | | 0.017 | 0.002 | 0.070 |
| R8.4 | | _ | | | | | _ | | | | |
| 202 n-6 c, c. 9 203 undifferentiated 9 0.003 1 A 1 0.007 0.001 0.029 204 undifferentiated 9 0.000 | | - | | 0.00 | | | | | | | |
| 20.3 undifferentiated | | | 0.000 | 0.00 | 0 4 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 20-4 undifferentiated | | | 0 003 | | 1 | Δ | 1 | | 0 007 | 0 001 | 0 029 |
| Q0.5 m-3 | | | | 0.00 | | | | | | | |
| 22:5 n-3. g 0.000 0.000 4 A 1 0.000 0.000 0.000 22:6 n-3. g 0.000 0.000 4 A 1 0.000 0.000 0.000 Eatity acids, total trans. g Tentose states of the color of | | | 0.000 | 0.00 | 0 4 | A | 1 | | | | 0.000 |
| Patry acids, total trans | | - | 0.000 | 0.00 | 0 4 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Cholesterol mg mg mg mg mg mg mg m | 22:6 n-3 | g | 0.000 | 0.00 | 0 4 | A | 1 | | 0.000 | 0.000 | 0.000 |
| Phytosterols. mg Sigmasterol mg O O.000 4 A A 1 O O O O O O O O O | Fatty acids, total trans | g | | | | | | | | | |
| Stigmasterol mg 0 0.000 4 A 1 0 0 0 Campesterol mg 0 0.000 4 A 1 0 0 0 Beta-sitosterol mg 0 0.000 4 A 1 0 0 0 Amino Acids: Tryptophan g 0.040 0 A 1 0.098 0.012 0.394 Threonine g 0.103 0 A 1 0.252 0.031 1.008 Isoleucine g 0.183 0 A 1 0.446 0.056 1.782 Leucine g 0.331 0 A 1 0.807 0.101 3.229 Lysine g 0.233 0 A 1 0.262 0.025 0.808 Cystine g 0.107 0 A 1 0.261 0.033 1.046 | Cholesterol | | 8 | 0.09 | 0 5 | A | 1 | | 20 | 2 | 80 |
| Campesterol mg 0 0.000 4 A 1 0 0 0 Amino Acids: Trypophan g 0.040 0 A 1 0.098 0.012 0.394 Threonine g 0.103 0 A 1 0.252 0.031 1.008 Isoleucine g 0.183 0 A 1 0.446 0.056 1.782 Leucine g 0.331 0 A 1 0.807 0.101 3.229 Lysine g 0.233 0 A 1 0.807 0.101 3.229 Lysine g 0.083 0 A 1 0.807 0.101 3.229 Lysine g 0.083 0 A 1 0.202 0.025 0.808 Cystine g 0 0.162 0 A 1 0.333 1.046 Phenylalanine g 0.16 | - | | | | | | | | | | |
| Reta-sitosterol mg | | | | | | | | | | | |
| Amino Acids: | • | | | | | | | | | | - |
| Tryptophan 9 0.040 0 A 1 0.098 0.012 0.394 Threonine 9 0.103 0 A 1 0.252 0.031 1.008 Isoleucine 9 0.183 0 A 1 0.446 0.056 1.782 Leucine 9 0.331 0 A 1 0.807 0.101 3.229 Lysine 9 0.233 0 A 1 0.807 0.101 3.229 Lysine 9 0.233 0 A 1 0.568 0.071 2.272 Methionine 9 0.083 0 A 1 0.202 0.025 0.808 Cystine 9 0.107 0 A 1 0.261 0.033 1.046 Phenylalanine 9 0.153 0 A 1 0.373 0.047 1.491 Valine 9 0.153 0 A | Beta-sitosterol | mg | U | 0.00 | 0 4 | A | 1 | | 0 | 0 | U |
| Threonine 9 0.103 0 A 1 0.252 0.031 1.008 Isoleucine 9 0.183 0 A 1 0.446 0.056 1.782 Leucine 9 0.331 0 A 1 0.807 0.101 3.229 Lysine 9 0.233 0 A 1 0.807 0.101 3.229 Lysine 9 0.233 0 A 1 0.568 0.071 2.272 Methionine 9 0.083 0 A 1 0.202 0.025 0.808 Cystine 9 0.107 0 A 1 0.261 0.033 1.046 Phenylalanine 9 0.162 0 A 1 0.396 0.049 1.582 Tyrosine 9 0.153 0 A 1 0.373 0.047 1.491 Valine 9 0.218 0 A <t< td=""><td>Amino Acids:</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></t<> | Amino Acids: | | | | | | | | | | |
| Soleucine. g | Tryptophan | g | 0.040 | | 0 | A | 1 | | 0.098 | 0.012 | 0.394 |
| Leucine g 0.331 0 A 1 0.807 0.101 3.229 Lysine g 0.233 0 A 1 0.568 0.071 2.272 Methionine g 0.083 0 A 1 0.202 0.025 0.808 Cystine g 0.107 0 A 1 0.261 0.033 1.046 Phenylalanine g 0.162 0 A 1 0.261 0.033 1.046 Phenylalanine g 0.162 0 A 1 0.396 0.049 1.582 Tyrosine g 0.153 0 A 1 0.373 0.047 1.491 Valine g 0.218 0 A 1 0.531 0.066 2.125 Arginine g 0.107 0 A 1 0.262 0.033 1.049 Histidine g 0.073 0 A | Threonine | g | 0.103 | | 0 | A | 1 | | 0.252 | 0.031 | 1.008 |
| Lysine 9 0.233 0 A 1 0.568 0.071 2.272 Methionine 9 0.083 0 A 1 0.202 0.025 0.808 Cystine 9 0.107 0 A 1 0.261 0.033 1.046 Phenylalanine 9 0.162 0 A 1 0.396 0.049 1.582 Tyrosine 9 0.153 0 A 1 0.373 0.047 1.491 Valine 9 0.218 0 A 1 0.531 0.066 2.125 Arginine 9 0.107 0 A 1 0.531 0.066 2.125 Alainine 9 0.073 0 A 1 0.177 0.022 0.709 Alainine 9 0.111 0 A 1 0.270 0.034 1.082 Aspartic acid 9 0.299 0 A 1 0.731 0.091 2.923 Glutamic acid 9 0.061 | Isoleucine | g | 0.183 | | 0 | A | | | 0.446 | | |
| Methionine g 0.083 0 A 1 0.202 0.025 0.808 Cystine g 0.107 0 A 1 0.261 0.033 1.046 Phenylalanine g 0.162 0 A 1 0.396 0.049 1.582 Tyrosine g 0.153 0 A 1 0.373 0.047 1.491 Valine g 0.218 0 A 1 0.531 0.066 2.125 Arginine g 0.107 0 A 1 0.262 0.033 1.049 Histidine g 0.073 0 A 1 0.177 0.022 0.709 Alanine g 0.111 0 A 1 0.270 0.034 1.082 Aspartic acid g 0.299 0 A 1 0.731 0.091 2.923 Glutamic acid g 0.0779 0 A <td></td> | | | | | | | | | | | |
| Cystine. g 0.107 0 A 1 0.261 0.033 1.046 Phenylalanine. g 0.162 0 A 1 0.396 0.049 1.582 Tyrosine. g 0.153 0 A 1 0.373 0.047 1.491 Valine. g 0.218 0 A 1 0.531 0.066 2.125 Arginine. g 0.107 0 A 1 0.262 0.033 1.049 Histidine. g 0.073 0 A 1 0.177 0.022 0.709 Alanine. g 0.111 0 A 1 0.270 0.034 1.082 Aspartic acid. g 0.299 0 A 1 0.731 0.091 2.923 Glutamic acid. g 0.779 0 A 1 1.901 0.238 7.606 Glycine. g 0.061 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<> | | | | | | | | | | | |
| Phenylalanine g 0.162 0 A 1 0.396 0.049 1.582 Tyrosine g 0.153 0 A 1 0.373 0.047 1.491 Valine g 0.218 0 A 1 0.531 0.066 2.125 Arginine g 0.107 0 A 1 0.262 0.033 1.049 Histidine g 0.073 0 A 1 0.177 0.022 0.709 Alanine g 0.111 0 A 1 0.270 0.034 1.082 Aspartic acid g 0.299 0 A 1 0.731 0.091 2.923 Glutamic acid g 0.779 0 A 1 1.901 0.238 7.606 Glycine g 0.061 0 A 1 0.148 0.018 0.591 Proline g 0.368 0 A | | _ | | | | | | | | | |
| Tyrosine. 9 0.153 0 A 1 0.373 0.047 1.491 Valine. 9 0.218 0 A 1 0.531 0.066 2.125 Arginine. 9 0.107 0 A 1 0.262 0.033 1.049 Histidine. 9 0.073 0 A 1 0.177 0.022 0.709 Alanine. 9 0.111 0 A 1 0.270 0.034 1.082 Aspartic acid. 9 0.299 0 A 1 0.731 0.091 2.923 Glutamic acid. 9 0.779 0 A 1 1.901 0.238 7.606 Glycine. 9 0.061 0 A 1 0.148 0.018 0.591 Proline. 9 0.368 0 A 1 0.898 0.112 3.593 Serine. 9 | 2 | - | | | | | | | | | |
| Valine g 0.218 0 A 1 0.531 0.066 2.125 Arginine g 0.107 0 A 1 0.262 0.033 1.049 Histidine g 0.073 0 A 1 0.177 0.022 0.709 Alanine g 0.111 0 A 1 0.270 0.034 1.082 Aspartic acid g 0.299 0 A 1 0.731 0.091 2.923 Glutamic acid g 0.779 0 A 1 1.901 0.238 7.606 Glycine g 0.061 0 A 1 0.148 0.018 0.591 Proline g 0.368 0 A 1 0.898 0.112 3.593 Serine g | - | | | | - | | | | | | |
| Arginine 9 0.107 0 A 1 0.262 0.033 1.049 Histidine 9 0.073 0 A 1 0.177 0.022 0.709 Alanine 9 0.111 0 A 1 0.270 0.034 1.082 Aspartic acid 9 0.299 0 A 1 0.731 0.091 2.923 Glutamic acid 9 0.779 0 A 1 1.901 0.238 7.606 Glycine 9 0.061 0 A 1 0.148 0.018 0.591 Proline 9 0.368 0 A 1 0.898 0.112 3.593 Serine 9 | | | | | | | | | | | |
| Histidine g 0.073 0 A 1 0.177 0.022 0.709 Alanine g 0.111 0 A 1 0.270 0.034 1.082 Aspartic acid g 0.299 0 A 1 0.731 0.091 2.923 Glutamic acid g 0.779 0 A 1 1.901 0.238 7.606 Glycine g 0.061 0 A 1 0.148 0.018 0.591 Proline g 0.368 0 A 1 0.898 0.112 3.593 Serine g | | _ | | | | | | | | | |
| Alanine g 0.111 0 A 1 0.270 0.034 1.082 Aspartic acid g 0.299 0 A 1 0.731 0.091 2.923 Glutamic acid g 0.779 0 A 1 1.901 0.238 7.606 Glycine g 0.061 0 A 1 0.148 0.018 0.591 Proline g 0.368 0 A 1 0.898 0.112 3.593 Serine g 0 | 9 | | | | | | | | | | |
| Aspartic acid g 0.299 0 A 1 0.731 0.091 2.923 Glutamic acid g 0.779 0 A 1 1.901 0.238 7.606 Glycine g 0.061 0 A 1 0.148 0.018 0.591 Proline g 0.368 0 A 1 0.898 0.112 3.593 Serine g | | | | | | | | | | | |
| Glutamic acid g 0.779 0 A 1 1.901 0.238 7.606 Glycine g 0.061 0 A 1 0.148 0.018 0.591 Proline g 0.368 0 A 1 0.898 0.112 3.593 Serine g | | | | | | | | | | | |
| Glycine g 0.061 0 A 1 0.148 0.018 0.591 Proline g 0.368 0 A 1 0.898 0.112 3.593 Serine g | - | | | | 0 | A | 1 | | | | |
| Prolineg 0.368 0 A 1 0.898 0.112 3.593 Serineg | | | | | 0 | A | 1 | | | | |
| Serineg | 3 | | 0.368 | | 0 | A | 1 | | 0.898 | 0.112 | |
| Hydroxyproline | | | | | | | | | | | |
| | Hydroxyproline | g | 0.000 | 0.00 | 0 4 | A | 1 | | 0.000 | 0.000 | 0.000 |

| | | <u>on</u> | Amount in edible portion of common | | | | | | | |
|---------------------|--------------|-----------|------------------------------------|--------|--------|---|--------------------|-----------|-----------------|-----------|
| | | | | Number | | | | <u>m</u> | easures of food | • |
| Nutrients an | d Units | Mean | Std. Error | | | | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Others: | | 0.0 | | ٥ | | 7 | | 0.0 | 0.0 | 0.0 |
| Alcohol, ethyl | | 0.0 0 | | 0 | Z Z | 7 | | 0.0 | 0.0 | 0.0 0 |
| Theobromine | - | 0 | | 0 | z | 7 | | 0 | 0 | 0 |
| Carotenoids: | | | | | | | | | | |
| Carotene, beta | mcg | 3 | | 0 | BFFN | 4 | | 7.689 | 0.961 | 30.756 |
| Carotene, alpha | | 0 | | 0 | BFFN | 4 | | 0.000 | 0.000 | 0.000 |
| Cryptoxanthin, beta | | 0 | | 0 | BFFN | 4 | | 0.000 | 0.000 | 0.000 |
| Lycopene | mcg | 0 | | 0 | BFFN | 4 | | 0.000 | 0.000 | 0.000 |
| Lutein + zeaxanthin | mcg | 0 | | 0 | BFFN | 4 | | 0.000 | 0.000 | 0.000 |

Common Measures:

Measure 1 = 244g: 1 cup Measure 2 = 30.5g: 1 fl oz Measure 3 = 976g: 1 quart

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

| | | <u>A</u> : | mount in 100 grar | ns of edi | ble portio | <u>n</u> | | edible portion | |
|--------------------------------|---------|------------|-------------------|-----------|------------|------------|-----------|-----------------|----------|
| | | | Numb | er | | | <u>m</u> | easures of food | <u> </u> |
| | | | of Da | a Deriv | Source | Confidence | | | |
| Nutrients and Un | its | Mean | Std. Error Point | s Code | Code | Code | Measure 1 | Measure 2 | Measure |
| Proximates: | | | | | | | | | |
| Water | g | 80.70 | 3: | | 1 | | 197.72 | 790.86 | |
| Energy | kcal | 108 | 0 | NC | 4 | | 264 | 1057 | |
| Energy | kj | 451 | | | 4 | | 1105 | 4420 | |
| Protein (N x 6.38) | g | 5.98 | 11 | 2 | 1 | | 14.65 | 58.60 | |
| Total lipid (fat) | g | 7.00 | 10 | 4 | 1 | | 17.15 | 68.60 | |
| Ash | g | 0.96 | 7 | Į. | 1 | | 2.35 | 9.41 | |
| Carbohydrate, by difference | g | 5.36 | 0 | NC | 4 | | 13.13 | 52.53 | |
| Fiber, total dietary | g | 0.0 | 0 | | 4 | | 0.0 | 0.0 | |
| Sugars, total | g | | | | | | | | |
| Starch | g | | | | | | | | |
| Minorals | | | | | | | | | |
| Minerals: Calcium, Ca | ma | 193 | 92 | ! | 1 | | 474 | 1895 | |
| Iron, Fe | - | 0.10 | 1 | | 1 | | 0.25 | 0.98 | |
| Magnesium, Mg | | 18 | 62 | ! | 1 | | 45 | 180 | |
| Phosphorus, P | | 158 | 92 | | 1 | | 387 | 1548 | |
| Potassium, K | | 137 | 74 | | 1 | | 334 | 1338 | |
| Sodium, Na | | 44 | 74 | | 1 | | 108 | 432 | |
| Zinc, Zn | mg | 0.54 | 0 | | 4 | | 1.32 | 5.29 | |
| Copper, Cu | mg | 0.046 | 5 0 | | 1 | | 0.113 | 0.451 | |
| Manganese, Mn | mg | 0.018 | | | 1 | | 0.044 | 0.176 | |
| Selenium, Se | mcg | 1.7 | 0 | BFZN | 4 | | 4.2 | 16.7 | |
| Vitamins: | | | | | | | | | |
| Vitamin C, total ascorbic acid | ma | 4.2 | 7 | | 1 | | 10.2 | 40.8 | |
| Thiamin | - | 0.065 | | | 1 | | 0.159 | 0.637 | |
| Riboflavin | | 0.355 | | | 1 | | 0.870 | 3.479 | |
| Niacin | | 0.417 | | | 1 | | 1.022 | 4.087 | |
| Pantothenic acid | | 0.407 | | | 1 | | 0.997 | 3.989 | |
| Vitamin B-6 | - | 0.060 | 0 | | 4 | | 0.147 | 0.588 | |
| Folate, total | - | 7 | 0 | | 4 | | 17 | 69 | |
| Folic acid | | 0 | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | | 7 | 0 | | 4 | | 17 | 69 | |
| Folate, DFE | mcg_DFE | 7 | 0 | NC | 4 | | 17 | 69 | |
| Vitamin B-12 | mcg | 0.71 | 14 | | 1 | | 1.74 | 6.97 | |
| Vitamin A, IU | IU | 147 | 11 | | 1 | | 360 | 1441 | |
| Vitamin A, RAE | | 44 | 0.000 11 | | 1 | | 108 | 433 | |
| Retinol | mcg | 44 | 0.000 11 | | 1 | | 108 | 433 | |
| Vitamin E (alpha-tocopherol) | - | | | | | | | | |
| Tocopherol, beta | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | |
| Vitamin D | | | | | | | | | |
| Vitamin K (phylloquinone) | g | | | | | | | | |
| <u>Lipids:</u> | | | | | | | | | |
| Fatty acids, total saturated | g | 4.603 | 3 0 | | 1 | | 11.277 | 45.109 | |
| 4:0 | g | 0.204 | 1 13 | 1 | 1 | | 0.500 | 1.999 | |
| 6:0 | g | 0.145 | | | 1 | | 0.355 | 1.421 | |
| 8:0 | _ | 0.138 | | | 1 | | 0.338 | 1.352 | |
| 10:0 | _ | 0.400 | | | 1 | | 0.980 | 3.920 | |
| 12:0 | - | 0.239 | 14 | | 1 | | 0.586 | 2.342 | |
| 13:0 | | | | | | | | | |
| 14:0 | - | 0.660 | 14 | | 1 | | 1.617 | 6.468 | |
| 15:0 | - | | | | | | | | |
| 16:0 | - | 1.622 | 2 14 | | 1 | | 3.974 | 15.896 | |
| 17:0 | | | | | _ | | _ | | |
| 18:0 | | 0.899 | 14 | | 1 | | 2.203 | 8.810 | |
| 20:0 | | | | | | | | | |
| 22:0 | g | | | | | | | | |

| | | <u>A</u> 1 | mount in 100 gra | ns of edi | <u>on</u> | Amount in edible portion of common | | | |
|--|-----|----------------|--------------------------|-----------|-----------|------------------------------------|----------------|-----------------|-----------|
| | | | Numl | er | | | <u>m</u> | easures of food | |
| Nutrients and Un | its | Mean | of Da Std. Error Poin | | | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Fatty acids, total monounsaturated | | 1.724 | | 1 | 1 | | 4.224 | 16.895 | |
| 14:1 | - | | | | | | | | |
| 15:1 | | | | • | _ | | | | |
| 16:1 undifferentiated | - | 0.128 | 1 | 2 | 1 | | 0.314 | 1.254 | |
| 17:1 | | 1 550 | | | 1 | | 2 017 | 15.000 | |
| 18:1 undifferentiated | - | 1.558 | 1 | 4 | 1 | | 3.817 | 15.268 | |
| 20:1 22:1 undifferentiated | - | | | | | | | | |
| | - | | | | | | | | |
| 24:1 c Fatty acids, total polyunsaturated | | 0.308 | (| 1 | 1 | | 0.755 | 3.018 | |
| 18:2 undifferentiated | | 0.181 | | | 1 | | 0.733 | 1.774 | |
| 18:3 undifferentiated | • | 0.131 | | | 1 | | 0.311 | 1.774 | |
| 18:4 | - | 0.127 | - | - | - | | 0.311 | 1.245 | |
| 20:2 n-6 c,c | | | | | | | | | |
| 20:3 undifferentiated | | | | | | | | | |
| 20:4 undifferentiated | - | 0.000 | | ı | 4 | | 0.000 | 0.000 | |
| 20:5 n-3 | - | 0.000 | · | | - | | 0.000 | 0.000 | |
| 22:5 n-3 | | | | | | | | | |
| 22:6 n-3 | - | | | | | | | | |
| Fatty acids, total trans | - | | | | | | | | |
| Cholesterol | | 27 | (| J | 4 | | 66 | 265 | |
| Phytosterols | mg | | | | | | | | |
| A . A . 1 | | | | | | | | | |
| Amino Acids: | | | | | _ | | | | |
| Tryptophan | - | 0.084 | | | 1 | | 0.206 | 0.823 | |
| Threonine | - | 0.268 | | | 1 | | 0.657 | 2.626 | |
| Isoleucine | | 0.338 | | | 1 | | 0.828 | 3.312 | |
| Leucine | | 0.587 | | | 1 | | 1.438 | 5.753 | |
| Lysine | | 0.513 | | | 1 | | 1.257 | 5.027 | |
| Methionine | - | 0.155 | | | 1 1 | | 0.380 | 1.519 | |
| Cystine | | 0.035 | | | | | 0.086 | 0.343 | |
| Phenylalanine | | 0.284 | | | 1 | | 0.696 | 2.783 | |
| Tyrosine | - | 0.281 | | | 1 1 | | 0.688 | 2.754 | |
| Valine | | 0.448 | | | | | 1.098 | 4.390 | |
| Arginine | | 0.198 | | | 1 1 | | 0.485 | 1.940 | |
| Histidine | • | 0.167 | | | 1 | | 0.409 | 1.637 | |
| Alanine | - | 0.269 | | | 1 | | 0.659 | 2.636 | |
| Aspartic acid | | 0.328 1.019 | | | 1 | | 0.804 2.497 | 3.214 9.986 | |
| Glutamic acid | | | | | 1 | | | | |
| Glycine | | 0.041 0.580 | | | 4 | | 0.100 | 0.402 5.684 | |
| Proline | _ | 0.580 | | | 1 | | 1.421 1.205 | 4.822 | |
| Serine | - | 0.492 | | | 1 | | 1.205 | 4.822 | |
| Hydroxyproline | y | | | | | | | | |

Common Measures:

Measure 1 = 245g: 1 cup Measure 2 = 980g: 1 quart

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>A</u> 1 | mount in 100 g | rams | of edib | le portio | <u>n</u> | | edible portion | |
|--------------------------------|---------|----------------|----------------|----------|--------------|-----------|------------|------------------------|-----------------|--------------|
| | | | Nu | mber | | | | <u>m</u> e | easures of food | |
| | | | of | Data | Deriv | Source | Confidence | | | |
| Nutrients and Un | its | Mean | Std. Error Po | ints | Code | Code | Code | Measure 1 | Measure 2 | Measure 3 |
| Proximates: | | | | | | | | | | |
| Water | g | 88.32 | 0.096 | 12 | A | 1 | | 215.49 | 13.25 | 26.94 |
| Energy | kcal | 60 | | 0 | NC | 4 | | 146 | 9 | 18 |
| Energy | kj | 250 | | 0 | NC | 4 | | 611 | 38 | 76 |
| Protein (N x 6.38) | g | 3.22 | 0.015 | 15 | A | 1 | | 7.86 | 0.48 | 0.98 |
| Total lipid (fat) | g | 3.25 | | 0 | s | 4 | | 7.93 | 0.49 | 0.99 |
| Ash | g | 0.69 | 0.003 | 12 | A | 1 | | 1.68 | 0.10 | 0.21 |
| Carbohydrate, by difference | g | 4.52 | | 0 | NC | 4 | | 11.03 | 0.68 | 1.38 |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total | | 5.26 | 0.050 | 12 | A | 1 | | 12.83 | 0.79 | 1.60 |
| Sucrose | g | 0.00 | 0.000 | 12 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Glucose (dextrose) | g | 0.00 | 0.000 | 12 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Fructose | g | 0.00 | 0.000 | 12 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Lactose | g | 5.26 | 0.050 | 12 | A | 1 | | 12.83 | 0.79 | 1.60 |
| Maltose | | 0.00 | 0.000 | 12 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Galactose | | 0.00 | 0.000 | 12 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Starch | g | | | | | | | | | |
| <u>Minerals:</u> | | | | _ | | | | | | |
| Calcium, Ca | | 113 | | 0 | BFNN | 4 | | 276 | 17 | 34 |
| Iron, Fe | | 0.03 | | 0 | BFNN | 4 | | 0.07 24 | 0.00 2 | 0.01 |
| Magnesium, Mg | | 10 91 | | 0 | BFNN BFNN | 4 4 | | 24 | 2 14 | 3 28 |
| Phosphorus, P Potassium, K | | 143 | | 0 | BFNN | 4 | | 349 | 21 | 44 |
| Sodium, Na | | 40 | | 0 | BFNN | 4 | | 98 | 6 | 12 |
| Zinc, Zn | | 0.40 | | 0 | BFNN | 4 | | 0.98 | 0.06 | 0.12 |
| Copper, Cu | | 0.011 | L | 0 | BFNN | 4 | | 0.027 | 0.002 | 0.00 |
| Manganese, Mn | | 0.003 | | 0 | BFNN | 4 | | 0.007 | 0.000 | 0.00 |
| Selenium, Se | | 3.7 | 0.185 | 29 | A | 1 | | 9.0 | 0.6 | 1.1 |
| Vitamins: | | | | | | | | | | |
| Vitamin C, total ascorbic acid | | 0.0 | 0.000 | 4 | A | 1 | | 0.0 | 0.0 | 0.0 |
| Thiamin | - | 0.044 0.183 | | 12 11 | A A | 1 1 | | 0.107 0.446 | 0.007 | 0.01 0.05 |
| Riboflavin | | 0.183 | | 12 | A | 1 | | 0.446 | 0.027 0.016 | 0.05 |
| Niacin Pantothenic acid | | 0.107 | | 4 | A | 1 | | 0.282 | 0.016 | 0.03 |
| Vitamin B-6 | | 0.302 | | 12 | A | 1 | | 0.089 | 0.005 | 0.11 |
| Folate, total | - | 5 | 0.534 | 8 | | 1 | | 12 | 1 | 2 |
| Folic acid | | 0 | 0.001 | 0 | z | 7 | | 0 | 0 | 0 |
| Folate, food | | 5 | 0.534 | 8 | | 1 | | 12 | 1 | 2 |
| Folate, DFE | - | 5 | | 0 | NC | 4 | | 12 | 1 | 2 |
| Vitamin B-12 | | 0.44 | 0.028 | 10 | A | 1 | | 1.07 | 0.07 | 0.13 |
| Vitamin A, IU | IU | 102 | | 0 | NC | 4 | | 249 | 15 | 31 |
| Vitamin A, RAE | mcg_RAE | 28 | | 0 | NC | 4 | | 69 | 4 | 9 |
| Retinol | | 28 | | 0 | 0 | 4 | | 68 | 4 | 9 |
| Vitamin E (alpha-tocopherol) | mg | 0.06 | 0.003 | 12 | A | 1 | | 0.14 | 0.01 | 0.02 |
| Tocopherol, beta | mg | 0.00 | 0.000 | 12 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Tocopherol, gamma | mg | 0.01 | 0.001 | 12 | A | 1 | | 0.01 | 0.00 | 0.00 |
| Tocopherol, delta | mg | 0.00 | 0.000 | 12 | A | 1 | | 0.00 | 0.00 | 0.00 |
| Vitamin D | | 40.431 | | 12 | A | 1 | | 98.651 | 6.065 | 12.33 |
| Vitamin K (phylloquinone) | mcg | 0.2 | 0.014 | 4 | A | 1 | | 0.5 | 0.0 | 0.1 |
| <u> Lipids:</u> | _ | | _ | - | | | | | | |
| Fatty acids, total saturated | | 1.865 | | 0 | NC | 4 | | 4.551 | 0.280 | 0.56 |
| 4:0 | | 0.075 | | 12 | A | 1 | | 0.182 | 0.011 | 0.02 |
| 6:0 | | 0.075 | | 12 | A | 1 | | 0.182 | 0.011 | 0.02 |
| 8:0 | - | 0.075 | | 12 | A | 1 | | 0.182 | 0.011 | 0.02 |
| 10:0 | - | 0.075 | | 12 | A | 1 | | 0.182 | 0.011 | 0.02 |
| 12:0 | | 0.077 | | 12 | A | 1 | | 0.187 | 0.011 | 0.02 |
| 13:0 | g g | 0.000 0.297 | | 1 | A A | 1 1 | | 0.000 0.72 4 | 0.000 0.045 | 0.00 0.09 |

| Nutrients and Units | | | <u>An</u> | nount in 100 g | arams | | ole portio | <u>on</u> | | edible portion of easures of food | |
|---|-----------------------------|--------------|-----------|----------------|-------|-------|------------|-----------|--------|-----------------------------------|-----------|
| 16 | Nutrients and Units | 8 | Mean | of | Data | Deriv | | | | | Measure 3 |
| 16.0 | | | | | | | | | | | |
| 16.0 | | | | | | | | | | | |
| 17.0 | | | | | | | | | | | |
| 188 | | - | | | | | | | | | |
| 200 | | - | | | | | | | | | |
| 22.0 | | - | | | | | | | | | |
| 24.0. | | - | | | | | | | | | |
| Fatty soids, total monounesshared | | - | | | | | | | | | |
| 141 | | - | | 0.000 | | | | | | | |
| 15.1 | * | | | 0 000 | | | | | | | |
| 16.1 undifferentiated | | | 0.000 | 0.000 | 12 | • | _ | | 0.000 | 0.000 | 0.000 |
| 17-1 | | | 0.000 | 0.000 | 12 | A | 1 | | 0 000 | 0.000 | 0 000 |
| 181 undifferentiated | | | 0.000 | 0.000 | | | - | | 0.000 | 0.000 | 0.000 |
| 201 | | | 0.812 | 0.032 | 12 | A | 1 | | 1.982 | 0.122 | 0.248 |
| 22-1 undifferentiated. 9 | | - | | | | | | | | | 0.000 |
| 24 1 c 9 Fatty acids, total polywasturated. 9 0.195 0.05 12 A 1 0.233 0.16 0.35 18.2 midifferentiated. 9 0.120 0.005 12 A 1 0.233 0.016 0.35 18.3 midifferentiated. 9 0.000 0.000 12 A 1 0.023 0.016 0.35 18.3 midifferentiated. 9 0.000 0.000 12 A 1 0.022 0.011 0.022 0.000 | | - | | | | | | | | | 0.000 |
| Fathy acids, fortal polymenturated. 9 0.195 0 NC 4 0.475 0.029 0.055 18.2 and fiferentiated. 9 0.075 0.000 12 A 1 0.292 0.011 0.022 18.4 1 0.293 0.011 0.022 18.4 1 0.293 0.011 0.022 18.4 1 0.293 0.011 0.022 18.4 1 0.000 0.000 0.000 0.000 12.8 A 1 0.000 0.000 0.000 0.000 12.5 A 1 0.000 0.000 0.000 0.000 12.5 A 1 0.000 0.000 0.000 0.000 0.000 0.225 n-3 9 0.000 0.000 12.8 A 1 0.0000 0.000 0.000 0.000 0.000 0.000 0.000 0.0000 | | | 2.200 | 2.230 | | | _ | | 3.000 | 0.000 | 0.000 |
| 18.2 undifferentiated. g | | - | 0.195 | | 0 | NC | 4 | | 0.475 | 0.029 | 0.059 |
| 18.3 midifferentiated | , , | - | | 0.005 | | | | | | | 0.037 |
| 18-4. | | | | | | | | | | | |
| 202 n of Cc. 9 203 undifferentiated 9 203 undifferentiated 9 204 undifferentiated 9 0.000 0.000 12 A 1 0.000 0.000 0.000 0.000 205 n 3 9 0.000 0.000 12 A 1 0.000 0.000 0.000 0.200 225 n 3 9 0.000 0.000 12 A 1 0.000 0.000 0.000 0.000 225 n 3 9 0.000 0.000 12 A 1 0.000 0. | | - | | | | | | | | | |
| December Part Par | | | | | | | _ | | 0.000 | 0.000 | 0.000 |
| 20-4 undifferentiated | * | - | | | | | | | | | |
| QS Fr. Q | | | 0.000 | 0.000 | 12 | A | 1 | | 0.000 | 0.000 | 0.000 |
| \$\frac{9}{22:5 \text{ n-3} } \text{ g} \text{ 0.000 } \text{ 0.0000 } \text{ 0.0000 } \text{ 0.0000 } \ | | | | | | | | | | | |
| 22-6 n-3 | | - | | | | | | | | | |
| Fatty acids, total trans. 9 | | - | | | | | | | | | |
| Cholesterol. mg 10 0.549 12 A 1 25 2 3 Phytosterols. mg | | | 0.000 | 0.000 | | | _ | | 0.000 | 0.000 | 0.000 |
| Phytosterols | | | 10 | 0.549 | 12 | A | 1 | | 25 | 2 | 3 |
| Namio Acids: Trypoplam | | - | | | | | | | | _ | J |
| Tryptophan | - | 9 | | | | | | | | | |
| Threonine | Amino Acids: | | | | | | | | | | |
| Soleucine | Tryptophan | g | 0.075 | | 0 | A | | | 0.183 | 0.011 | 0.023 |
| Leucine | | | | | | | | | | 0.021 | 0.044 |
| Lysine | Isoleucine | g | 0.165 | | 0 | A | | | 0.403 | 0.025 | 0.050 |
| Methionine 9 0.075 0 A 1 0.183 0.011 0.02 Cystine 9 0.017 0 A 1 0.041 0.003 0.00 Phenylalanine 9 0.147 0 A 1 0.0461 0.022 0.045 Tyrosine 9 0.152 0 A 1 0.370 0.023 0.046 Valine 9 0.152 0 A 1 0.469 0.029 0.055 Arginine 9 0.075 0 A 1 0.183 0.011 0.022 Alistidine 9 0.075 0 A 1 0.183 0.011 0.022 Alanine 9 0.103 0 A 1 0.183 0.011 0.022 Alanine 9 0.103 0 A 1 0.579 0.036 0.07 Glutamic acid 9 0 0.237 0 | | - | 0.265 | | 0 | A | | | 0.648 | 0.040 | 0.081 |
| Cystine g 0.017 0 A 1 0.041 0.003 0.005 Phenylalanine. g 0.147 0 A 1 0.359 0.022 0.044 Tyrosine. g 0.152 0 A 1 0.370 0.023 0.04 Valine. g 0.152 0 A 1 0.370 0.023 0.04 Valine. g 0.192 0 A 1 0.469 0.029 0.05 Arginine. g 0.075 0 A 1 0.183 0.011 0.022 Histidine. g 0.075 0 A 1 0.183 0.011 0.023 Alanine. g 0.103 0 A 1 0.251 0.015 0.03 Aspartic acid g 0 0.237 0 A 1 0.579 0.036 0.07 Glycine. g 0.075 0 | Lysine | g | 0.140 | | 0 | A | 1 | | 0.342 | 0.021 | 0.043 |
| Phenylalanine | Methionine | g | 0.075 | | 0 | A | 1 | | 0.183 | 0.011 | 0.023 |
| Tyrosine 9 0.152 0 A 1 0.370 0.023 0.044 Valine 9 0.192 0 A 1 0.469 0.029 0.055 Arginine 9 0.075 0 A 1 0.183 0.011 0.022 Histidine 9 0.075 0 A 1 0.183 0.011 0.022 Alainine 9 0.103 0 A 1 0.183 0.011 0.022 Alainine 9 0.103 0 A 1 0.251 0.015 0.033 Aspartic acid 9 0.237 0 A 1 0.579 0.036 0.077 Glutamic acid 9 0.648 0 A 1 1.581 0.097 0.194 Glycine 9 0.075 0 A 1 0.183 0.011 0.022 Proline 9 0.1007 0 A | Cystine | g | 0.017 | | 0 | A | 1 | | 0.041 | 0.003 | 0.005 |
| Valine 9 0.192 0 A 1 0.469 0.029 0.055 Arginine 9 0.075 0 A 1 0.183 0.011 0.023 Histidine 9 0.075 0 A 1 0.183 0.011 0.023 Alanine 9 0.103 0 A 1 0.183 0.011 0.023 Aspartic acid 9 0.237 0 A 1 0.579 0.036 0.077 Glutamic acid 9 0.648 0 A 1 1.581 0.097 0.196 Glycine 9 0.648 0 A 1 0.183 0.011 0.022 Glycine 9 0.342 0 A 1 0.183 0.011 0.023 Proline 9 0.342 0 A 1 0.834 0.051 0.104 Serine 9 0.107 0 A < | Phenylalanine | g | 0.147 | | 0 | A | 1 | | 0.359 | 0.022 | 0.045 |
| Arginine 9 0.075 0 A 1 0.183 0.011 0.023 Histidine 9 0.075 0 A 1 0.183 0.011 0.023 Alanine 9 0.103 0 A 1 0.251 0.015 0.03 Aspartic acid 9 0.648 0 A 1 0.579 0.036 0.077 Glycine 9 0.648 0 A 1 0.183 0.011 0.022 Glycine 9 0.648 0 A 1 0.183 0.011 0.022 Proline 9 0.075 0 A 1 0.183 0.011 0.022 Proline 9 0.342 0 A 1 0.834 0.051 0.104 Serine 9 0.107 0 A 1 0.261 0.016 0.033 Hydroxyroline 9 0 0 7 0 | Tyrosine | g | 0.152 | | 0 | A | 1 | | 0.370 | 0.023 | 0.046 |
| Histidine | Valine | g | 0.192 | | 0 | A | 1 | | 0.469 | 0.029 | 0.059 |
| Alanine g 0.103 0 A 1 0.251 0.015 0.033 Aspartic acid g 0.237 0 A 1 0.579 0.036 0.072 Glutamic acid g 0.648 0 A 1 1.581 0.097 0.196 Glycine g 0.075 0 A 1 0.183 0.011 0.02 Proline g 0.342 0 A 1 0.834 0.051 0.104 Serine g 0.107 0 A 1 0.261 0.016 0.033 Hydroxyproline g 0 0 7 0.0 0 <td>Arginine</td> <td>g</td> <td>0.075</td> <td></td> <td>0</td> <td>A</td> <td>1</td> <td></td> <td>0.183</td> <td>0.011</td> <td>0.023</td> | Arginine | g | 0.075 | | 0 | A | 1 | | 0.183 | 0.011 | 0.023 |
| Aspartic acid. g 0.237 0 A 1 0.579 0.036 0.072 Glutamic acid. g 0.648 0 A 1 1.581 0.097 0.196 Glycine. g 0.075 0 A 1 0.183 0.011 0.022 Proline. g 0.342 0 A 1 0.834 0.051 0.104 Serine. g 0.107 0 A 1 0.261 0.016 0.033 Hydroxyproline. g 0 0 7 0 0 0.016 0.033 Hydroxyproline. g 0 0 7 0 <td< td=""><td>Histidine</td><td>g</td><td>0.075</td><td></td><td>0</td><td>A</td><td>1</td><td></td><td>0.183</td><td>0.011</td><td>0.023</td></td<> | Histidine | g | 0.075 | | 0 | A | 1 | | 0.183 | 0.011 | 0.023 |
| Aspartic acid. g 0.237 0 A 1 0.579 0.036 0.072 Glutamic acid. .g 0.648 0 A 1 1.581 0.097 0.198 Glycine. .g 0.075 0 A 1 0.183 0.011 0.023 Proline. .g 0.342 0 A 1 0.834 0.051 0.104 Serine. .g 0.107 0 A 1 0.261 0.016 0.033 Hydroxyproline. .g 0 0 7 0.0 0.0 0.0 Others: Algorithms 0 0 7 0.0 0.0 0.0 Caffeine. .mg 0 0 2 7 0 0 0 0 Theobromine. .mg 0 0 2 7 0 0 0 0 Carotene, beta. .mcg </td <td>Alanine</td> <td>g</td> <td>0.103</td> <td></td> <td>0</td> <td>A</td> <td>1</td> <td></td> <td>0.251</td> <td>0.015</td> <td>0.031</td> | Alanine | g | 0.103 | | 0 | A | 1 | | 0.251 | 0.015 | 0.031 |
| Glutamic acid g 0.648 0 A 1 1.581 0.097 0.196 Glycine g 0.075 0 A 1 0.183 0.011 0.023 Proline g 0.342 0 A 1 0.834 0.051 0.104 Serine g 0.107 0 A 1 0.261 0.016 0.033 Hydroxyproline g 0 0 7 0.0 0.0 0.0 Caffeine mg 0 0 7 0.0 0 0 Caffeine mg 0 0 2 7 0 0 0 Theobromine mg 0 0 2 7 0 0 0 Carotene, beta mcg 5 0.815 6 A 1 12.684 0.780 1.585 Carotene, alpha mcg 0 0.000 6 A 1 0.000< | | | 0.237 | | 0 | A | 1 | | 0.579 | 0.036 | 0.072 |
| Glycine g 0.075 0 A 1 0.183 0.011 0.022 Proline g 0.342 0 A 1 0.834 0.051 0.104 Serine g 0.107 0 A 1 0.261 0.016 0.033 Hydroxyproline g 0 0 7 0.0 0.0 0.0 Carleine mg 0 0 7 0 0 0 0 Carffeine mg 0 0 2 7 0 0 0 0 Theobromine mg 0 0 2 7 0 0 0 0 Carotene, beta mg 5 0.815 6 A 1 12.684 0.780 1.585 Carotene, alpha mcg 0 0.000 A 1 0.000 0.000 0.000 Cryptoxanthin, beta mcg 0 0.000 | • | | 0.648 | | 0 | A | 1 | | 1.581 | 0.097 | 0.198 |
| Proline g 0.342 0 A 1 0.834 0.051 0.104 Serine g 0.107 0 A 1 0.261 0.016 0.033 Hydroxyproline g Others: Alcohol, ethyl g 0.0 0 7 0.0 0.0 0.0 Caffeine mg 0 0 z 7 0 0 0 Theobromine mg 0 0 z 7 0 0 0 Carotene, beta mg 0 0 z 7 0 0 0 Carotene, beta mcg 5 0.815 6 A 1 1.585 1.585 Carotene, alpha mcg 0 0.000 6 A 1 0.000 0.000 0.000 Cryptoxanthin, beta mcg 0 0.000 6 A 1 0.000 0.000 | | _ | 0.075 | | 0 | A | 1 | | 0.183 | 0.011 | 0.023 |
| Serine 9 0.107 0 A 1 0.261 0.016 0.033 Hydroxyproline 9 Others: Alcohol, ethyl 9 0.0 0 7 0.0 0.0 0.0 Caffeine mg 0 0 z 7 0 0 0 0 Theobromine mg 0 0 z 7 0 0 0 0 Carotene, beta mg 0 0 z 7 0 0 0 0 Carotene, alpha mcg 5 0.815 6 A 1 12.684 0.780 1.585 Carotene, alpha mcg 0 0.000 6 A 1 0.000 0.000 0.000 Cryptoxanthin, beta mcg 0 0.000 6 A 1 0.000 0.000 0.000 Lycopene mcg 0 0.000 6 <td><u> </u></td> <td></td> <td>0.342</td> <td></td> <td>0</td> <td>A</td> <td>1</td> <td></td> <td>0.834</td> <td></td> <td>0.104</td> | <u> </u> | | 0.342 | | 0 | A | 1 | | 0.834 | | 0.104 |
| Hydroxyproline g Others: Alcohol, ethyl g 0.0 0 7 0.0 0.0 0.0 Caffeine mg 0 0 z 7 0 0 0 0 Theobromine mg 0 0 z 7 0 0 0 0 Carotenoids: Carotene, beta mcg 5 0.815 6 A 1 12.684 0.780 1.585 Carotene, alpha mcg 0 0.000 6 A 1 0.000 0.000 0.000 Cryptoxanthin, beta mcg 0 0.000 6 A 1 0.000 0.000 0.000 Lycopene mcg 0 0.000 6 A 1 0.000 0.000 0.000 | Serine | g | 0.107 | | 0 | A | 1 | | 0.261 | 0.016 | 0.033 |
| Alcohol, ethyl. g 0.0 0 7 0.0 0.0 0.0 Caffeine. mg 0 0 z 7 0 0 0 0 Theobromine. mg 0 0 z 7 0 0 0 0 Carotene. mg 0 0 z 7 0 0 0 0 Carotene, alpha mcg 0 0.815 6 A 1 12.684 0.780 1.585 Carotene, alpha mcg 0 0.000 6 A 1 0.000 0.000 0.000 Cryptoxanthin, beta mcg 0 0.000 6 A 1 0.000 0.000 0.000 Lycopene mcg 0 0.000 6 A 1 0.000 0.000 0.000 | Hydroxyproline | g | | | | | | | | | |
| Alcohol, ethyl g 0.0 0 7 0.0 0.0 0.0 Caffeine mg 0 0 Z 7 0 0 0 0 Theobromine mg 0 0 Z 7 0 0 0 0 Carotenel mg 0 0 Z 7 0 0 0 0 Carotene, beta mcg 5 0.815 6 A 1 12.684 0.780 1.585 Carotene, alpha mcg 0 0.000 6 A 1 0.000 0.000 0.000 Cryptoxanthin, beta mcg 0 0.000 6 A 1 0.000 0.000 0.000 Lycopene mcg 0 0.000 6 A 1 0.000 0.000 0.000 | | | | | | | | | | | |
| Caffeine mg 0 0 z 7 0 0 0 0 Theobromine mg 0 0 z 7 0 0 0 0 Carotene, olds Carotene, beta mcg 5 0.815 6 A 1 12.684 0.780 1.585 Carotene, alpha mcg 0 0.000 6 A 1 0.000 0.000 0.000 Cryptoxanthin, beta mcg 0 0.000 6 A 1 0.000 0.000 0.000 Lycopene mcg 0 0.000 6 A 1 0.000 0.000 0.000 | | a | 0.0 | | n | | 7 | | 0 0 | 0.0 | 0 0 |
| Theobromine mg 0 0 z 7 0 0 0 Carotenoids: Carotene, beta mcg 5 0.815 6 A 1 12.684 0.780 1.585 Carotene, alpha mcg 0 0.000 6 A 1 0.000 0.000 0.000 Cryptoxanthin, beta mcg 0 0.000 6 A 1 0.000 0.000 0.000 Lycopene mcg 0 0.000 6 A 1 0.000 0.000 0.000 | | | | | | 7. | | | | | |
| Carotenoids: Carotene, beta. mcg 5 0.815 6 A 1 12.684 0.780 1.585 Carotene, alpha. mcg 0 0.000 6 A 1 0.000 0.000 0.000 Cryptoxanthin, beta. mcg 0 0.000 6 A 1 0.000 0.000 0.000 Lycopene. mcg 0 0.000 6 A 1 0.000 0.000 0.000 | | | | | | | | | | | |
| Carotene, beta | | <i>!</i> ''3 | ŭ | | Ü | - | • | | · | • | • |
| Carotene, alpha mcg 0 0.000 6 A 1 0.000 0.000 0.000 Cryptoxanthin, beta mcg 0 0.000 6 A 1 0.000 0.000 0.000 Lycopene mcg 0 0.000 6 A 1 0.000 0.000 0.000 | | mca | 5 | 0 815 | 6 | Δ | 1 | | 12.684 | 0.780 | 1.585 |
| Cryptoxanthin, beta mcg 0 0.000 6 A 1 0.000 0.000 0.000 Lycopene mcg 0 0.000 6 A 1 0.000 0.000 0.000 | | | | | | | | | | | |
| Lycopene | | | | | | | | | | | |
| 2) ************************************ | | | | | | | | | | | |
| Lutern + 799 yearthin IIICO () () () () () () () () () () () () () | LycopeneLutein + zeaxanthin | | 0 | 0.000 | 6 | A | 1 | | 0.000 | 0.000 | 0.000 |

NDB No. 01077

Milk, whole, 3.25% milkfat

Common Measures:

Measure 1 = 244g: 1 cup Measure 2 = 15g: 1 tbsp Measure 3 = 30.5g: 1 fl oz

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | Aı | mount in 10 | | | o <u>n</u> | | edible portion o | of common | |
|--|---|----------------|-------------|---|--------------|----------------|--------------------|------------------|-----------|-----------|
| Nutrients and Ur | iits | Mean | Std. Error | | Deriv | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Proximates: | | | | | | | | | | |
| Water | | 8.60 | | | | 4 | | | | |
| Energy. | | 370 1548 | | | NC | 4 4 | | | | |
| Energy Protein | | 40.00 | | | LC | 8 | | | | |
| Total lipid (fat) | - | 5.00 | | | LC | 8 | | | | |
| Ash | _ | 6.40 | | | BFZN | 4 | | | | |
| Carbohydrate, by difference | | 40.00 | | | LC | 8 | | | | |
| Fiber, total dietary | | 0.0 | | | LC | 8 | | | | |
| Sugars, total | | 1.50 | | 0 | BFNN | 4 | | | | |
| Starch | | | | | | | | | | |
| Minanala | | | | | | | | | | |
| Minerals: Calcium. Ca | ma | 800 | | | LC | 8 | | | | |
| Iron. Fe. | • | 5.00 | | | LC | 8 | | | | |
| Magnesium, Mg | • | 40 | | | BFZN | 4 | | | | |
| Phosphorus, P | | 700 | | | BFZN | 4 | | | | |
| Potassium, K | - | 600 | | | LC | 8 | | | | |
| Sodium, Na | mg | 1150 | | | LC | 8 | | | | |
| Zinc, Zn | mg | 3.00 | | | BFZN | 4 | | | | |
| Copper, Cu | | 0.020 |) | | BFZN | 4 | | | | |
| Manganese, Mn | | | | | | | | | | |
| Selenium, Se | mcg | 43.3 | | 0 | BFNN | 4 | | | | |
| Vitamins: | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | | LC | 8 | | | | |
| Thiamin | mg | 0.050 | 1 | | BFZN | 4 | | | | |
| Riboflavin | - | 0.050 | | | BFZN | 4 | | | | |
| Niacin | | 0.200 |) | | BFZN | 4 | | | | |
| Pantothenic acid | | | | | | | | | | |
| Vitamin B-6 | | 0.100 25 | 1 | | BFZN BFZN | 4 4 | | | | |
| Folite, totalFolic acid | | 0 | | 0 | Brzn Z | 7 | | | | |
| Folate, food | | 25 | | Ū | BFZN | 4 | | | | |
| Folate, DFE | | 25 | | 0 | NC | 4 | | | | |
| Vitamin B-12 | | 1.10 | | | BFZN | 4 | | | | |
| Vitamin A, IU | | 151 | | 0 | NC | 4 | | | | |
| Vitamin A, RAE | mcg_RAE | 40 | | 0 | NC | 4 | | | | |
| Retinol | | 39 | | 0 | BFFN | 4 | | | | |
| Vitamin E (alpha-tocopherol) | mg | 0.04 | | 0 | BFFN | 4 | | | | |
| Tocopherol, beta | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | |
| Vitamin D Vitamin K (phylloquinone) | | 0.4 | | 0 | BFFN | 4 | | | | |
| | 9 | 0 | | · | | - | | | | |
| <u>Lipids:</u> | | | | | | | | | | |
| Fatty acids, total saturated | | 3.110 | | | BFZN | 4 | | | | |
| 4:0 | | 0.162 | | | BFZN | 4 | | | | |
| 6:0 | _ | 0.096 | | | BFZN | 4 | | | | |
| 8:0 10:0 | - | 0.056 0.126 | | | BFZN BFZN | 4 | | | | |
| 12:0 | - | 0.120 | | | BFZN | 4 | | | | |
| 13:0 | | 0.110 | | | DI DI | • | | | | |
| 14:0 | | 0.502 | | | BFZN | 4 | | | | |
| 15:0 | | | | | - | | | | | |
| 16:0 | | 1.303 | } | | BFZN | 4 | | | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.606 | i | | BFZN | 4 | | | | |
| 20:0 | | | | | | | | | | |
| 22:0 | | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

| | <u>Aı</u> | mount in 10 | 00 grams Number | | ole portic | <u>on</u> | Amount in edible portion of common measures of food | | |
|---|-----------|-------------|--------------------|--------------|----------------|--------------------|---|-----------|-----------|
| Nutrients and Units | Mean | Std. Error | of Data | Deriv | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Fatty acids, total monounsaturatedg | 1.446 | | | BFZN | 4 | | | | |
| 14:1g | | | | | | | | | |
| 15:1g | 0 110 | | | | | | | | |
| 16:1 undifferentiated | 0.112 | | | BFZN | 4 | | | | |
| 17:1g | 1.256 | | | DEGN | 4 | | | | |
| 18:1 undifferentiatedg 20:1g | | | | BFZN | 4 | | | | |
| 20:1 | 0.076 | | | BFZN BFZN | 4 | | | | |
| | 0.000 | | | BFZN | 4 | | | | |
| 24:1 cg Fatty acids, total polyunsaturatedg | 0.186 | | | BFZN | 4 | | | | |
| 18:2 undifferentiatedg | 0.130 | | | BFZN | 4 | | | | |
| 18:2 undifferentiated | 0.113 | | | BFZN | 4 | | | | |
| 18:4g | 0.000 | | | BFZN | 4 | | | | |
| 20:2 n-6 c.cg | 0.000 | | | DF ZN | 4 | | | | |
| 20:2 in-6 c,c | | | | | | | | | |
| 20:4 undifferentiated | 0.000 | | | BFZN | 4 | | | | |
| 20:5 n-3 | 0.000 | | | BFZN | 4 | | | | |
| 22:5 n-3g | 0.000 | | | BFZN | 4 | | | | |
| 22:6 n-3g | 0.000 | | | BFZN | 4 | | | | |
| Fatty acids, total trans9 | 0.000 | | | 21 211 | • | | | | |
| Cholesterolg | 20 | | | LC | 8 | | | | |
| Phytosterolsmg | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethylg | 0.0 | | | Z | 7 | | | | |
| Caffeine mg | 0 | | 0 | Z | 7 | | | | |
| Theobrominemg | 0 | | 0 | Z | 7 | | | | |
| Carotenoids: | | | | | | | | | |
| Carotene, betamcg | 13 | | 0 | BFFN | 4 | | | | |
| Carotene, alphamcg | 0 | | 0 | z | 7 | | | | |
| Cryptoxanthin, betamcg | 0 | | 0 | z | 7 | | | | |
| Lycopene mcg | 0 | | 0 | z | 7 | | | | |
| Lutein + zeaxanthinmcg | 0 | | 0 | z | 7 | | | | |

Common Measures:

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>A</u> 1 | mount in 10 | 00 grams | of edib | ole portio | <u>on</u> | | edible portion | |
|--------------------------------|---|------------|-------------|----------|---------|------------|------------|-----------|-----------------|----------|
| | | | | Number | | | | <u>m</u> | easures of food | <u>.</u> |
| | | | | | | Source | Confidence | | | |
| Nutrients and Uni | ts | Mean | Std. Error | Points | Code | Code | Code | Measure 1 | Measure 2 | Measure |
| Proximates: | | | | | | | | | | |
| Water | g | 66.44 | | 0 | 0 | 4 | | | | |
| Energy | kcal | 149 | | 1 | A | 1 | | | | |
| Energy | kj | 623 | | 0 | A | 1 | | | | |
| Protein (N x 6.38) | g | 3.00 | | 1 | A | 1 | | | | |
| Total lipid (fat) | g | 5.00 | | 1 | A | 1 | | | | |
| Ash | g | 0.56 | | 0 | 0 | 4 | | | | |
| Carbohydrate, by difference | g | 25.00 | | 1 | A | 1 | | | | |
| Fiber, total dietary | g | 0.4 | | 1 | A | 1 | | | | |
| Sugars, total | g | 16.00 | | 1 | A | 1 | | | | |
| Starch | | | | | | | | | | |
| | | | | | | | | | | |
| <u>Minerals:</u> | | | | | | | | | | |
| Calcium, Ca | • | 108 | | 1 | A | 1 | | | | |
| Iron, Fe | • | 0.03 | | 0 | BFAN | 4 | | | | |
| Magnesium, Mg | | 8 | | 0 | BFAN | 4 | | | | |
| Phosphorus, P | | 68 | | 0 | BFAN | 4 | | | | |
| Potassium, K | - | 108 | | 0 | BFAN | 4 | | | | |
| Sodium, Na | • | 72 | | 1 | A | 1 | | | | |
| Zinc, Zn | | 0.31 | | 0 | BFAN | 4 | | | | |
| Copper, Cu | | 0.019 |) | 0 | BFAN | 4 | | | | |
| Manganese, Mn | | | | | | | | | | |
| Selenium, Se | mcg | 3.0 | | 0 | BFAN | 4 | | | | |
| /itamins: | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | BFNN | 4 | | | | |
| Thiamin | - | 0.148 | 3 | 0 | BFNN | 4 | | | | |
| Riboflavin | - | 0.619 | | 0 | BFNN | 4 | | | | |
| Niacin | | 0.364 | | 0 | BFNN | 4 | | | | |
| Pantothenic acid | - | | | | | | | | | |
| Vitamin B-6 | - | 0.123 | 3 | 0 | BFNN | 4 | | | | |
| Folate, total | | 17 | | 0 | NR | 4 | | | | |
| Folic acid | | 0 | | 0 | BFNN | 4 | | | | |
| Folate, food | | 17 | | 0 | BFNN | 4 | | | | |
| Folate, DFE | | 17 | | 0 | NC | 4 | | | | |
| Vitamin B-12 | | 1.48 | | 0 | BFNN | 4 | | | | |
| Vitamin A, IU | | 175 | | 1 | A | 1 | | | | |
| Vitamin A, RAE | | 49 | | 0 | NC | 4 | | | | |
| Retinol | | 48 | | 0 | BNA | 4 | | | | |
| Vitamin E (alpha-tocopherol) | | 0.09 | | 0 | BFFN | 4 | | | | |
| Tocopherol, beta | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | |
| Vitamin D | | | | | | | | | | |
| Vitamin K (phylloquinone) | | 0.3 | | 0 | BFFN | 4 | | | | |
| | | | | | | | | | | |
| <u> Lipids:</u> | _ | | | | _ | _ | | | | |
| Fatty acids, total saturated | | 2.500 | | 1 | A | 1 | | | | |
| 4:0 | | 0.115 | | 0 | BFFN | 4 | | | | |
| 6:0 | | 0.115 | | 0 | BFFN | 4 | | | | |
| 8:0 | _ | 0.115 | | 0 | BFFN | 4 | | | | |
| 10:0 | _ | 0.115 | | 0 | BFFN | 4 | | | | |
| 12:0 | - | 0.118 | • | 0 | BFFN | 4 | | | | |
| 13:0 | | 0 4 | , | ^ | D== | | | | | |
| 14:0 | | 0.457 | 1 | 0 | BFFN | 4 | | | | |
| 15:0 | | 1 075 | | ^ | Dam. | 4 | | | | |
| 16:0 | | 1.275 | , | 0 | BFFN | 4 | | | | |
| 17:0 | | 0 501 | | ^ | Dam. | 4 | | | | |
| 18:0 | | 0.561 | • | 0 | BFFN | 4 | | | | |
| 20:0 | _ | | | | | | | | | |
| 22:0 | g g | | | | | | | | | |

| | <u>Ar</u> | mount in 10 | 0 grams | of edit | ole portio | <u>on</u> | | edible portion | |
|-------------------------------------|-----------|-------------|-----------------------------|---------|----------------|--------------------|-----------------------|------------------------------|-----------|
| Nutrients and Units | Mean | Std. Error | Number of Data Points | Deriv | Source Code | Confidence Code | <u>m</u> Measure 1 | easures of food Measure 2 | Measure 3 |
| | | | | | | | | | |
| Fatty acids, total monounsaturatedg | 1.250 | | 0 | BFFN | 4 | | | | |
| 14:1g | | | | | | | | | |
| 15:1g | | | | | | | | | |
| 16:1 undifferentiatedg | 0.000 | | 0 | BFFN | 4 | | | | |
| 17:1g | | | | | | | | | |
| 18:1 undifferentiatedg | 1.250 | | 0 | BFFN | 4 | | | | |
| 20:1g | 0.000 | | 0 | BFFN | 4 | | | | |
| 22:1 undifferentiatedg | 0.000 | | 0 | BFFN | 4 | | | | |
| 24:1 cg | | | | | | | | | |
| Fatty acids, total polyunsaturatedg | 0.299 | | 0 | BFFN | 4 | | | | |
| 18:2 undifferentiatedg | 0.185 | | 0 | BFFN | 4 | | | | |
| 18:3 undifferentiatedg | 0.115 | | 0 | BFFN | 4 | | | | |
| 18:4g | 0.000 | | 0 | BFFN | 4 | | | | |
| 20:2 n-6 c,cg | | | | | | | | | |
| 20:3 undifferentiatedg | | | | | | | | | |
| 20:4 undifferentiatedg | 0.000 | | 0 | BFFN | 4 | | | | |
| 20:5 n-3g | 0.000 | | 0 | BFFN | 4 | | | | |
| 22:5 n-3g | 0.000 | | 0 | BFFN | 4 | | | | |
| 22:6 n-3g | 0.000 | | 0 | BFFN | 4 | | | | |
| Fatty acids, total trans | | | | | | | | | |
| Cholesterolmg | 16 | | 1 | A | 1 | | | | |
| Phytosterolsmg | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethylg | 0.0 | | 0 | Z | 7 | | | | |
| Caffeine mg | 0 | | 0 | Z | 7 | | | | |
| Theobrominemg | 0 | | 0 | Z | 7 | | | | |
| Carotenoids: | | | | | | | | | |
| Carotene, beta mcg | 9 | | 0 | BNA | 4 | | | | |
| Carotene, alphamcg | 0 | | 0 | z | 7 | | | | |
| Cryptoxanthin, betamcg | 0 | | 0 | z | 7 | | | | |
| Lycopenemcg | 0 | | 0 | z | 7 | | | | |
| Lutein + zeaxanthinmcg | 0 | | 0 | Z | 7 | | | | |

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

| | | <u>A</u> | mount in 10 | | | le portic | <u>on</u> | | edible portion | |
|--------------------------------|---------|----------|-------------|---|-------|----------------|--------------------|-----------|------------------------------|-----------|
| Nutrients and Un | nits | Mean | Std. Error | | Deriv | Source Code | Confidence Code | Measure 1 | easures of food Measure 2 | Measure 3 |
| | | | | | | | | | | |
| Proximates: | | | | | | | | | | |
| Water | g | 80.60 | | | | 4 | | | | |
| Energy | kcal | 74 | | | | 4 | | | | |
| Energy | kj | 310 | | | | 4 | | | | |
| Protein | | 3.10 | | | | 8 | | | | |
| Total lipid (fat) | | 0.00 | | | | 8 | | | | |
| Ash | g | 0.70 | | | | 4 | | | | |
| Carbohydrate, by difference | g | 15.60 | | | | 8 | | | | |
| Fiber, total dietary | g | 0.0 | | | | 8 | | | | |
| Sugars, total | g | 0.39 | | 0 | BFNN | 4 | | | | |
| Starch | g | | | | | | | | | |
| Minerals: | | | | | | | | | | |
| Calcium, Ca | ma | 125 | | | | 8 | | | | |
| Iron, Fe | _ | 0.00 | | | | 8 | | | | |
| Magnesium, Mg | | 10 | | | | 4 | | | | |
| Phosphorus, P | | 95 | | | | 4 | | | | |
| Potassium, K | | 129 | | | | 4 | | | | |
| Sodium, Na | | 141 | | | | 8 | | | | |
| Zine, Zn | | 0.50 | | | | 4 | | | | |
| Copper, Cu | mg | 0.016 | 5 | | | 4 | | | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | mcg | 5.3 | | 0 | BFNN | 4 | | | | |
| Vitamins: | | | | | | | | | | |
| Vitamin C, total ascorbic acid | ma | 0.0 | | | | 8 | | | | |
| Thiamin | | 0.040 |) | | | 4 | | | | |
| Riboflavin | | 0.150 | | | | 4 | | | | |
| Niacin | = | 0.070 | | | | 4 | | | | |
| Pantothenic acid | - | 0.0.0 | | | | - | | | | |
| Vitamin B-6 | | 0.020 |) | | | 4 | | | | |
| Folate, total | | 11 | | | | 4 | | | | |
| Folic acid | | 0 | | 0 | Z | 7 | | | | |
| Folate, food | | 11 | | | | 4 | | | | |
| Folate, DFE | | 11 | | 0 | NC | 4 | | | | |
| Vitamin B-12 | | 0.30 | | | | 4 | | | | |
| Vitamin A, IU | IU | 255 | | 0 | NC | 4 | | | | |
| Vitamin A, RAE | mcg_RAE | 73 | | 0 | NC | 4 | | | | |
| Retinol | | 72 | | 0 | NC | 4 | | | | |
| Vitamin E (alpha-tocopherol) | mg | 0.00 | | 0 | BFFN | 4 | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | |
| Vitamin D | | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.0 | | 0 | BFFN | 4 | | | | |
| Lipids: | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.000 |) | | | 7 | | | | |
| 4:0 | | 0.000 |) | | | 7 | | | | |
| 6:0 | | 0.000 |) | | | 7 | | | | |
| 8:0 | g | 0.000 |) | | | 7 | | | | |
| 10:0 | g | 0.000 |) | | | 7 | | | | |
| 12:0 | g | 0.000 |) | | | 7 | | | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | | 0.000 |) | | | 7 | | | | |
| 15:0 | | | | | | | | | | |
| 16:0 | g | 0.000 |) | | | 7 | | | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.000 |) | | | 7 | | | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | a | | | | | | | | | |

| | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common | | | |
|-------------------------------------|---------------------------------------|------------|--------|----|----------------|--------------------|------------------------------------|-----------|-----------|--|
| | | | Number | | | | <u>m</u> | | | |
| Nutrients and Units | Mean | Std. Error | | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 | |
| | | | | | | | | | | |
| Fatty acids, total monounsaturated9 | 0.000 | | | | 7 | | | | | |
| 14:1g | | | | | | | | | | |
| 15:1 | 0.000 | | | | 7 | | | | | |
| 16:1 undifferentiatedg 17:1g | 0.000 | | | | , | | | | | |
| 18:1 undifferentiated | 0.000 | | | | 7 | | | | | |
| 20:1g | 0.000 | | | | 7 | | | | | |
| 22:1 undifferentiatedg | 0.000 | | | | 7 | | | | | |
| 24:1 cg | 0.000 | | | | • | | | | | |
| Fatty acids, total polyunsaturated9 | 0.000 | | | | 7 | | | | | |
| 18:2 undifferentiatedg | 0.000 | | | | 7 | | | | | |
| 18:3 undifferentiatedg | 0.000 | | | | 7 | | | | | |
| 18:4g | 0.000 | | | | 7 | | | | | |
| 20:2 n-6 c.cg | | | | | | | | | | |
| 20:3 undifferentiatedg | | | | | | | | | | |
| 20:4 undifferentiatedg | 0.000 | | | | 7 | | | | | |
| 20:5 n-3g | 0.000 | | | | 7 | | | | | |
| 22:5 n-3g | 0.000 | | | | 7 | | | | | |
| 22:6 n-3g | 0.000 | | | | 7 | | | | | |
| Fatty acids, total transg | | | | | | | | | | |
| Cholesterolmg | 9 | | | | 8 | | | | | |
| Phytosterolsmg | | | | | | | | | | |
| Others: | | | | | | | | | | |
| Alcohol, ethylg | 0.0 | | | | 7 | | | | | |
| Caffeinemg | 0 | | 0 | Z | 7 | | | | | |
| Theobrominemg | 0 | | 0 | Z | 7 | | | | | |
| Carotenoids: | | | | | | | | | | |
| Carotene, beta mcg | 9 | | 0 | NR | 4 | | | | | |
| Carotene, alphamcg | 0 | | 0 | Z | 7 | | | | | |
| Cryptoxanthin, betamcg | 0 | | 0 | Z | 7 | | | | | |
| Lycopene mcg | 0 | | 0 | Z | 7 | | | | | |
| Lutein + zeaxanthin mcg | 0 | | 0 | Z | 7 | | | | | |

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

| | | <u>A</u> : | mount in 100 g | grams | 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 | | | Code | Code | Measure 1 | Measure 2 | Measure 3 |
| Proximates: | | | | | | | | | | |
| Water | g | 71.15 | | 2 | | 1 | | 163.65 | 20.17 | |
| Energy | kcal | 208 | | 0 | NC | 4 | | 479 | 59 | |
| Energy | kj | 872 | | | | 4 | | 2006 | 247 | |
| Protein (N x 6.29) | g | 2.40 | 0.721 | 3 | | 1 | | 5.52 | 0.68 | |
| Total lipid (fat) | g | 19.52 | 0.418 | 9 | | 1 | | 44.90 | 5.53 | |
| Ash | g | 0.30 | | 1 | | 1 | | 0.69 | 0.09 | |
| Carbohydrate, by difference | g | 6.63 | | 0 | NC | 4 | | 15.25 | 1.88 | |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Sugars, total | g | 6.63 | | 0 | NR | 4 | | 15.25 | 1.88 | |
| Starch | g | | | | | | | | | |
| M: 1 | | | | | | | | | | |
| Minerals: Calcium, Ca | ma | 3 | | 2 | | 1 | | 6 | 1 | |
| Iron. Fe. | - | 0.39 | | 0 | | 4 | | 0.90 | 0.11 | |
| Magnesium, Mg | | 6 | | 0 | | 4 | | 15 | 2 | |
| Phosphorus, P | | 45 | | 2 | | 1 | | 102 | 13 | |
| Potassium, K | _ | 161 | | 2 | | 1 | | 369 | 46 | |
| Sodium. Na | | 102 | 28.006 | 3 | | 1 | | 235 | 29 | |
| Zinc, Zn | • | 1.18 | | 0 | | 4 | | 2.71 | 0.33 | |
| Copper, Cu | | 0.058 | 3 | 0 | | 1 | | 0.133 | 0.016 | |
| Manganese, Mn | | 0.110 |) | 0 | | 1 | | 0.253 | 0.031 | |
| Selenium, Se | mcg | 2.5 | | 0 | BFNN | 4 | | 5.8 | 0.7 | |
| Vitamins: | | | | | | | | | | |
| | ma | 0.0 | | 0 | | 1 | | 0.0 | 0.0 | |
| Vitamin C, total ascorbic acid Thiamin | _ | 0.000 | , | 0 | | 1 | | 0.000 | 0.000 | |
| Riboflavin | - | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Niacin | - | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 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 | AS | 1 | | 0 | 0 | |
| Vitamin A, RAE | | 0 | | 0 | AS | 1 | | 0 | 0 | |
| Retinol | | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | | 0.74 | | 0 | BFFN | 4 | | 1.71 | 0.21 | |
| Tocopherol, beta | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, deltaVitamin D | | | | | | | | | | |
| Vitamin D Vitamin K (phylloquinone) | | 4.8 | | 0 | BFFN | 4 | | 11.1 | 1.4 | |
| vitamin K (phynodumone) | g | 4.0 | | Ŭ | DIII | • | | | 1.1 | |
| <u>Lipids:</u> | | | | | | | | | | |
| Fatty acids, total saturated | | 17.791 | | 0 | | 1 | | 40.919 | 5.044 | |
| 4:0 | | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0 | | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0 | - | 1.028 | | 2 | | 1 | | 2.364 | 0.291 | |
| 10:0 | - | 1.006 | | 2 | | 1 | | 2.314 | 0.285 | |
| 12:0 | | 8.138 | • | 2 | | 1 | | 18.717 | 2.307 | |
| 13:0 14:0 | | 3.364 | l. | 2 | | 1 | | 7.737 | 0.954 | |
| | | 3.364 | • | _ | | 1 | | 1.131 | 0.954 | |
| 15:0 16:0 | | 1.981 | | 2 | | 1 | | 4.556 | 0.562 | |
| 17:0 | | 1.301 | - | _ | | 1 | | 4.336 | 0.562 | |
| 18:0 | - | 2.244 | Ļ | 2 | | 1 | | 5.161 | 0.636 | |
| 20:0 | - | 2.237 | - | - | | - | | 3.101 | 0.050 | |
| 22:0 | - | | | | | | | | | |
| 24:0 | - | | | | | | | | | |

| | <u>A</u> 1 | nount in 100 gran | Amount in edible portion of common measures of food | | | | | |
|-------------------------------------|----------------|-----------------------------------|---|--------|--------------------|----------------|----------------|-----------|
| Nutrients and Units | Mean | Numb of Da Std. Error Point | a Deriv | | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Nutrients and Onits | Weari | Stu. Error 1 omit | | | 9040 | Weasure 1 | WiedSure 2 | weasure 3 |
| Fatty acids, total monounsaturatedg | 0.588 | 0 | | 1 | | 1.352 | 0.167 | |
| 14:1g | | | | | | | | |
| 15:1 | 0.000 | 0 | | 1 | | 0.000 | 0.000 | |
| 16:1 undifferentiated | 0.000 | U | | 1 | | 0.000 | 0.000 | |
| 18:1 undifferentiated | 0.589 | 2 | | 1 | | 1.355 | 0.167 | |
| 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 | 0.056 | | | 1 | | 0.129 | 0.016 | |
| 18:2 undifferentiatedg | 0.056 | | | 1 | | 0.129 | 0.016 | |
| 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 | 0 | | 1 | | 0.000 | 0.000 | |
| 20:4 undifferentiated | 0.000 | | | 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 | |
| Fatty acids, total trans | 0.000 | ŭ | | - | | 0.000 | 0.000 | |
| Cholesterolg | 0 | 0 | | 1 | | 0 | 0 | |
| Phytosterols mg | 18 | 0 | | 4 | | 41 | 5 | |
| | | | | | | | | |
| Amino Acids: | | _ | | | | | | |
| Tryptophan | 0.033 | 0 | | 4 | | 0.076 | 0.009 | |
| Threonine | 0.101 | 0 | | 4 4 | | 0.232 | 0.029 | |
| Isoleucine | 0.147 0.237 | 0 | | 4 | | 0.338 0.545 | 0.042 0.067 | |
| Lysine | 0.237 | | | 4 | | 0.444 | 0.057 | |
| Methionine | 0.073 | | | 4 | | 0.168 | 0.033 | |
| Cystineg | 0.010 | | | 4 | | 0.023 | 0.003 | |
| Phenylalanineg | 0.129 | | | 4 | | 0.297 | 0.037 | |
| Tyrosineg | 0.137 | | | 4 | | 0.315 | 0.039 | |
| Valineg | 0.172 | | | 4 | | 0.396 | 0.049 | |
| Arginineg | 0.095 | 0 | | 4 | | 0.219 | 0.027 | |
| Histidine | 0.071 | 0 | | 4 | | 0.163 | 0.020 | |
| Alanineg | 0.075 | 0 | | 4 | | 0.173 | 0.021 | |
| Aspartic acidg | 0.170 | 0 | | 4 | | 0.391 | 0.048 | |
| Glutamic acidg | 0.545 | | | 4 | | 1.254 | 0.155 | |
| Glycineg | 0.048 | 0 | | 4 | | 0.110 | 0.014 | |
| Prolineg | 0.271 | 0 | | 4 | | 0.623 | 0.077 | |
| Serineg | 0.148 | 0 | | 4 | | 0.340 | 0.042 | |
| Hydroxyproline | | | | | | | | |
| Others: | | | | | | | | |
| Alcohol, ethylg | 0.0 | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeinemg | 0 | 0 | Z | 7 | | 0 | 0 | |
| Theobromine mg | 0 | 0 | Z | 7 | | 0 | 0 | |
| Carotenoids: | | | | | | | | |
| Carotene, betamcg | 0 | 0 | z | 7 | | 0.000 | 0.000 | |
| Carotene, alphamcg | 0 | 0 | Z | 7 | | 0.000 | 0.000 | |
| Cryptoxanthin, beta mcg | 0 | 0 | Z | 7 | | 0.000 | 0.000 | |
| Lycopenemcg | 0 | 0 | Z | 7 | | 0.000 | 0.000 | |
| Lutein + zeaxanthinmcg | 0 | 0 | Z | 7 | | 0.000 | 0.000 | |

Common Measures:

Measure 1 = 230g: 1 cup Measure 2 = 28.35g: 1 oz NDB No. 01074

Sour cream, imitation, cultured

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | A | mount in 10 | 00 grams Number | | Amount in edible portion of common measures of food | | | | | |
|------------------------------------|-----|-------------|--------------------|---------|---|----------------|--------------------|-----------|-----------|-----------|
| Nutrients and Un | its | Mean | Std. Error | of Data | Deriv | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Proximates: | | | | | | | | | | |
| Water | | 78.10 | | | | 4 | | | | |
| Energy | | 136 | | | | 4 | | | | |
| Energy | | 569 3.50 | | | | 4 8 | | | | |
| Protein Total lipid (fat) | | 10.60 | | | | 8 | | | | |
| Ash | | 0.70 | | | | 4 | | | | |
| Carbohydrate, by difference | | 7.10 | | | | 8 | | | | |
| Fiber, total dietary | | 0.0 | | | | 7 | | | | |
| Sugars, total | | 0.22 | | 0 | BFNN | 4 | | | | |
| Starch | | | | | | | | | | |
| | _ | | | | | | | | | |
| Minerals: | ma | 141 | | | | 8 | | | | |
| Calcium, Ca Iron, Fe | - | 0.07 | | | | 8 4 | | | | |
| Magnesium, Mg | _ | 10 | | | | 4 | | | | |
| Phosphorus, P | | 71 | | | | 8 | | | | |
| Potassium, K | - | 212 | | | | 8 | | | | |
| Sodium, Na | mg | 71 | | | | 8 | | | | |
| Zinc, Zn | mg | 0.50 | | | | 4 | | | | |
| Copper, Cu | | 0.016 | i | | | 4 | | | | |
| Manganese, Mn | | | | | | | | | | |
| Selenium, Se | mcg | 3.1 | | 0 | BFNN | 4 | | | | |
| Vitamins: | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.9 | | | | 4 | | | | |
| Thiamin | _ | 0.040 |) | | | 4 | | | | |
| Riboflavin | _ | 0.120 | | | | 8 | | | | |
| Niacin | | 0.070 |) | | | 4 | | | | |
| Pantothenic acid Vitamin B-6 | | 0.020 | | | | 4 | | | | |
| Folate, total | | 11 | • | | | 4 | | | | |
| Folic acid | | 0 | | 0 | z | 7 | | | | |
| Folate, food | | 11 | | | | 4 | | | | |
| Folate, DFE | | 11 | | 0 | NC | 4 | | | | |
| Vitamin B-12 | mcg | 0.42 | | | | 8 | | | | |
| Vitamin A, IU | IU | 328 | | 0 | NC | 4 | | | | |
| Vitamin A, RAE | | 90 | | 0 | NC | 4 | | | | |
| Retinol | | 88 | | 0 | BFFN | 4 | | | | |
| Vitamin E (alpha-tocopherol) | - | 0.30 | | 0 | BFFN | 4 | | | | |
| Tocopherol, beta Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | |
| Vitamin D | | | | | | | | | | |
| Vitamin K (phylloquinone) | | 0.5 | | 0 | BFFN | 4 | | | | |
| Lipids: | | | | | | | | | | |
| Fatty acids, total saturated | a | 6.600 |) | | | 4 | | | | |
| 4:0 | | 0.340 | | | | 4 | | | | |
| 6:0 | | 0.200 | | | | 4 | | | | |
| 8:0 | g | 0.110 |) | | | 4 | | | | |
| 10:0 | g | 0.260 |) | | | 4 | | | | |
| 12:0 | | 0.300 |) | | | 4 | | | | |
| 13:0 | _ | | | | | | | | | |
| 14:0 | | 1.060 |) | | | 4 | | | | |
| 15:0 | | 0.50 | | | | | | | | |
| 16:0 | | 2.780 | 1 | | | 4 | | | | |
| 17:0 | | 1.280 | 1 | | | 4 | | | | |
| 18:0 20:0 | | 1.280 | • | | | * | | | | |
| 22:0 | | | | | | | | | | |
| 24:0 | | | | | | | | | | |
| 44.U | 9 | | | | | | | | | |

| | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common | | | | |
|---|---------------------------------------|------------|---|------|----------------|--------------------|------------------------------------|-----------|-----------|--|--|
| | Number | | | | | | measures of food | | | | |
| Nutrients and Units | Mean | Std. Error | | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 | | |
| | 2 100 | | | | 4 | | | | | | |
| Fatty acids, total monounsaturatedg 14:1g | 3.100 | | | | 4 | | | | | | |
| 14:1 | | | | | | | | | | | |
| 16:1 undifferentiated | 0.240 | | | | 4 | | | | | | |
| 17:1g | 0.240 | | | | - | | | | | | |
| 18:1 undifferentiated | 2.660 | | | | 4 | | | | | | |
| 20:1 | 0.000 | | | | 4 | | | | | | |
| 22:1 undifferentiatedg | 0.000 | | | | 4 | | | | | | |
| 24:1 cg | | | | | | | | | | | |
| Fatty acids, total polyunsaturated9 | 0.400 | | | | 4 | | | | | | |
| 18:2 undifferentiated | 0.240 | | | | 4 | | | | | | |
| 18:3 undifferentiated | 0.160 | | | | 4 | | | | | | |
| 18:4g | 0.000 | | | | 4 | | | | | | |
| 20:2 n-6 c,cg | | | | | | | | | | | |
| 20:3 undifferentiatedg | | | | | | | | | | | |
| 20:4 undifferentiatedg | 0.000 | | | | 4 | | | | | | |
| 20:5 n-3g | 0.000 | | | | 4 | | | | | | |
| 22:5 n-3g | 0.000 | | | | 4 | | | | | | |
| 22:6 n-3g | 0.000 | | | | 4 | | | | | | |
| Fatty acids, total trans | | | | | | | | | | | |
| Cholesterolmg | 35 | | | | 8 | | | | | | |
| Phytosterolsmg | | | | | | | | | | | |
| Others: | | | | | | | | | | | |
| Alcohol, ethylg | 0.0 | | | | 7 | | | | | | |
| Caffeine mg | 0 | | 0 | Z | 7 | | | | | | |
| Theobrominemg | 0 | | 0 | Z | 7 | | | | | | |
| Carotenoids: | | | | | | | | | | | |
| Carotene, betamcg | 21 | | 0 | BFFN | 4 | | | | | | |
| Carotene, alpha mcg | 0 | | 0 | Z | 7 | | | | | | |
| Cryptoxanthin, betamcg | 0 | | 0 | z | 7 | | | | | | |
| Lycopene mcg | 0 | | 0 | z | 7 | | | | | | |
| Lutein + zeaxanthin mcg | 0 | | 0 | z | 7 | | | | | | |

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

| | | <u>A</u> 1 | mount in 10 | | | Amount in edible portion of common | | | | |
|--------------------------------|---|------------|-------------|---|-------|------------------------------------|--------------------|------------------------|------------------------------|-----------|
| Nutrients and Un | nits | Mean | Std. Error | | Deriv | Source Code | Confidence Code | <u>mo</u> Measure 1 | easures of food Measure 2 | Measure 3 |
| | | | | | | | | | | |
| Proximates: | | | | | | | | | | |
| Water | g | 71.00 | | | | 4 | | | | |
| Energy | kcal | 181 | | | | 4 | | | | |
| Energy | kj | 757 | | | | 4 | | | | |
| Protein | g | 7.00 | | | | 8 | | | | |
| Total lipid (fat) | g | 14.10 | | | | 8 | | | | |
| Ash | g | 0.90 | | | | 4 | | | | |
| Carbohydrate, by difference | g | 7.00 | | | | 8 | | | | |
| Fiber, total dietary | g | 0.0 | | | | 7 | | | | |
| Sugars, total | | 0.30 | | 0 | BFNN | 4 | | | | |
| Starch | | | | | | | | | | |
| | | | | | | | | | | |
| Minerals: | | | | | | | | | | |
| Calcium, Ca | • | 141 | | | | 8 | | | | |
| Iron, Fe | | 0.06 | | | | 4 | | | | |
| Magnesium, Mg | mg | 11 | | | | 4 | | | | |
| Phosphorus, P | mg | 85 | | | | 4 | | | | |
| Potassium, K | mg | 211 | | | | 8 | | | | |
| Sodium, Na | mg | 70 | | | | 8 | | | | |
| Zinc, Zn | mg | 0.27 | | | | 4 | | | | |
| Copper, Cu | mg | 0.010 |) | | | 4 | | | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | mcg | 4.1 | | 0 | BFNN | 4 | | | | |
| ¥7:4 | | | | | | | | | | |
| <u>Vitamins:</u> | | | | | | | | | | |
| Vitamin C, total ascorbic acid | | 0.9 | | | | 4 | | | | |
| Thiamin | - | 0.040 | | | | 4 | | | | |
| Riboflavin | _ | 0.240 | | | | 8 | | | | |
| Niacin | | 0.070 |) | | | 4 | | | | |
| Pantothenic acid | | | | | | | | | | |
| Vitamin B-6 | | 0.020 |) | | | 4 | | | | |
| Folate, total | | 11 | | | | 4 | | | | |
| Folic acid | | 0 | | 0 | Z | 7 | | | | |
| Folate, food | | 11 | | | | 4 | | | | |
| Folate, DFE | | 11 | | 0 | NC | 4 | | | | |
| Vitamin B-12 | | 0.30 | | | | 4 | | | | |
| Vitamin A, IU | IU | 436 | | 0 | NC | 4 | | | | |
| Vitamin A, RAE | | 119 | | 0 | NC | 4 | | | | |
| Retinol | mcg | 117 | | 0 | BFFN | 4 | | | | |
| Vitamin E (alpha-tocopherol) | | 0.40 | | 0 | BFFN | 4 | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.7 | | 0 | BFFN | 4 | | | | |
| I inide: | | | | | | | | | | |
| Lipids: | 0 | 8.700 | | | | 4 | | | | |
| Fatty acids, total saturated | | | | | | 4 | | | | |
| 4:0 | | 0.460 | | | | 4 | | | | |
| 6:0 | - | 0.270 | | | | 4 | | | | |
| 8:0 | - | 0.150 | | | | 4 | | | | |
| 10:0 | | 0.360 | | | | 4 | | | | |
| 12:0 | - | 0.400 | , | | | 4 | | | | |
| 13:0 | | | | | | | | | | |
| 14:0 | _ | 1.410 |) | | | 4 | | | | |
| 15:0 | | | | | | | | | | |
| 16:0 | | 3.690 |) | | | 4 | | | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 1.700 |) | | | 4 | | | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | a | | | | | | | | | |

| | <u>Ar</u> | nount in 10 | 00 grams | 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 |
| F | 4.100 | | | | 4 | | | | |
| Fatty acids, total monounsaturatedg | 4.100 | | | | 4 | | | | |
| 14:1 | | | | | | | | | |
| 16:1 undifferentiated | 0.310 | | | | 4 | | | | |
| 17:1g | 0.310 | | | | - | | | | |
| 18:1 undifferentiatedg | 3.530 | | | | 4 | | | | |
| 20:1g | 0.000 | | | | 4 | | | | |
| 22:1 undifferentiatedg | 0.000 | | | | 4 | | | | |
| 24:1 cg | 0.000 | | | | - | | | | |
| Fatty acids, total polyunsaturated9 | 0.500 | | | | 4 | | | | |
| 18:2 undifferentiatedg | 0.310 | | | | 4 | | | | |
| 18:3 undifferentiatedg | 0.200 | | | | 4 | | | | |
| 18:4g | 0.000 | | | | 4 | | | | |
| 20:2 n-6 c.cg | | | | | | | | | |
| 20:3 undifferentiatedg | | | | | | | | | |
| 20:4 undifferentiated | 0.000 | | | | 4 | | | | |
| 20:5 n-3g | 0.000 | | | | 4 | | | | |
| 22:5 n-3g | 0.000 | | | | 4 | | | | |
| 22:6 n-3g | 0.000 | | | | 4 | | | | |
| Fatty acids, total trans | | | | | | | | | |
| Cholesterolmg | 35 | | | | 8 | | | | |
| Phytosterolsmg | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethylg | 0.0 | | | | 7 | | | | |
| Caffeine mg | 0 | | 0 | Z | 7 | | | | |
| Theobrominemg | 0 | | 0 | Z | 7 | | | | |
| Carotenoids: | | | | | | | | | |
| Carotene, betamcg | 27 | | 0 | BFFN | 4 | | | | |
| Carotene, alphamcg | 0 | | 0 | z | 7 | | | | |
| Cryptoxanthin, betamcg | 0 | | 0 | z | 7 | | | | |
| Lycopene mcg | 0 | | 0 | z | 7 | | | | |
| Lutein + zeaxanthin mcg | 0 | | 0 | Z | 7 | | | | |

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

| | | <u>A</u> 1 | mount in 100 | grams | of edib | ole 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 F | Points | Code | Code | Code | Measure 1 | Measure 2 | Measure 3 | |
| Proximates: | | | | | | | | | | | |
| Water | g | 74.79 | | 0 | | 1 | | 175.76 | 8.97 | | |
| Energy | kcal | 178 | | 0 | NC | 4 | | 417 | 21 | | |
| Energy | kj | 743 | | | | 4 | | 1747 | 89 | | |
| Protein (N x 6.38) | g | 3.25 | | 0 | | 1 | | 7.64 | 0.39 | | |
| Total lipid (fat) | g | 16.57 | | 0 | | 1 | | 38.94 | 1.99 | | |
| Ash | g | 0.71 | | 0 | | 1 | | 1.67 | 0.09 | | |
| Carbohydrate, by difference | g | 4.68 | | 0 | NC | 4 | | 11.00 | 0.56 | | |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | | |
| Sugars, total | g | 4.68 | | 0 | NR | 4 | | 11.00 | 0.56 | | |
| Starch | g | | | | | | | | | | |
| Minorals | | | | | | | | | | | |
| Minerals: Calcium, Ca | ma | 113 | | 0 | | 1 | | 266 | 14 | | |
| Iron, Fe | - | 0.03 | | 0 | | 1 | | 0.07 | 0.00 | | |
| Magnesium, Mg | - | 10 | | 0 | | 1 | | 23 | 1 | | |
| Phosphorus, P | | 87 | | 0 | | 1 | | 205 | 10 | | |
| Potassium, K | • | 162 | | o | | 1 | | 380 | 19 | | |
| Sodium, Na | | 48 | | 0 | | 1 | | 113 | 6 | | |
| Zinc, Zn | - | 0.37 | | 0 | | 1 | | 0.87 | 0.04 | | |
| Copper, Cu | | 0.010 |) | 0 | | 1 | | 0.024 | 0.001 | | |
| Manganese, Mn | mg | 0.002 | 2 | 0 | | 1 | | 0.005 | 0.000 | | |
| Selenium, Se | mcg | 2.3 | | 0 | BFNN | 4 | | 5.4 | 0.3 | | |
| Vitamins: | | | | | | | | | | | |
| | ma | 0.9 | | 0 | | 1 | | 2.2 | 0.1 | | |
| Vitamin C, total ascorbic acid Thiamin | - | 0.9 | , | 0 | | 1 | | 0.089 | 0.1 | | |
| Riboflavin | - | 0.036 | | 0 | | 1 | | 0.383 | 0.003 | | |
| Niacin | = | 0.103 | | 0 | | 1 | | 0.174 | 0.009 | | |
| Pantothenic acid | - | 0.398 | | 0 | | 1 | | 0.935 | 0.048 | | |
| Vitamin B-6 | = | 0.017 | | 0 | | 1 | | 0.040 | 0.002 | | |
| Folate, total | - | 12 | | 0 | | 1 | | 28 | 1 | | |
| Folic acid | | 0 | | 0 | Z | 7 | | 0 | 0 | | |
| Folate, food | | 12 | | 0 | | 1 | | 28 | 1 | | |
| Folate, DFE | | 12 | | 0 | NC | 4 | | 28 | 1 | | |
| Vitamin B-12 | | 0.33 | | 0 | | 1 | | 0.77 | 0.04 | | |
| Vitamin A, IU | | 10 | | 0 | NC | 4 | | 24 | 1 | | |
| Vitamin A, RAE | | 3 | | 0 | NC | 4 | | 7 | 0 | | |
| Retinol | | 3 | | 0 | NC | 4 | | 7 | 0 | | |
| Vitamin E (alpha-tocopherol) | mg | 1.34 | | 0 | BFFN | 4 | | 3.15 | 0.16 | | |
| Tocopherol, beta | | | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | | |
| Vitamin D | | | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 4.1 | | 0 | BFFN | 4 | | 9.6 | 0.5 | | |
| Lipids: | | | | | | | | | | | |
| Fatty acids, total saturated | а | 13.272 | 2 | 0 | | 1 | | 31.189 | 1.593 | | |
| 4:0 | | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | | |
| 6:0 | | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | | |
| 8:0 | | 0.319 | | 2 | | 1 | | 0.750 | 0.038 | | |
| 10:0 | - | 0.824 | | 2 | | 1 | | 1.936 | 0.099 | | |
| 12:0 | | 2.256 | | 2 | | 1 | | 5.302 | 0.271 | | |
| 13:0 | | | | | | | | | | | |
| 14:0 | | 2.793 | 3 | 2 | | 1 | | 6.564 | 0.335 | | |
| 15:0 | | | | | | | | | | | |
| 16:0 | | 2.819 |) | 2 | | 1 | | 6.625 | 0.338 | | |
| 17:0 | | | | | | | | | | | |
| 18:0 | g | 4.310 |) | 2 | | 1 | | 10.129 | 0.517 | | |
| 20:0 | g | | | | | | | | | | |
| 22:0 | g | | | | | | | | | | |
| 24:0 | a | | | | | | | | | | |

| | <u>A</u> 1 | mount in 100 grams | | <u>on</u> | | edible portion o | f 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 3 |
| Fatty acids, total monounsaturated | g 1.958 | 0 | 1 | | 4.601 | 0.235 | |
| 14:1 | - | | | | | | |
| 15:1 | - | 2 | 1 | | 0.204 | 0.010 | |
| 17:1 | - | | | | | | |
| 18:1 undifferentiated | = | | 1 | | 4.402 | 0.225 | |
| 20:1 | • | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated | • | 0 | 1 | | 0.000 | 0.000 | |
| 24:1 c | | 0 | 1 | | 1 100 | 0.056 | |
| Fatty acids, total polyunsaturated | • | | 1 | | 1.100 1.100 | 0.056 0.056 | |
| 18:2 undifferentiated | • | | 1 | | 0.000 | 0.000 | |
| 18:4 | - | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c.c | • | · | - | | 0.000 | 0.000 | |
| 20:3 undifferentiated. | • | | | | | | |
| 20:4 undifferentiated | - | 0 | 1 | | 0.000 | 0.000 | |
| 20:5 n-3 | 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 | 1 | | 13 | 1 | |
| Phytosterols | mg 15 | 0 | 4 | | 35 | 2 | |
| Amino Acids: | | | | | | | |
| Tryptophan | g 0.045 | 0 | 4 | | 0.106 | 0.005 | |
| Threonine | g 0.147 | 0 | 4 | | 0.345 | 0.018 | |
| Isoleucine | g 0.197 | 0 | 4 | | 0.463 | 0.024 | |
| Leucine | | | 4 | | 0.747 | 0.038 | |
| Lysine | | | 4 | | 0.606 | 0.031 | |
| Methionine | | | 4 | | 0.193 | 0.010 | |
| Cystine | - | | 4 | | 0.071 | 0.004 | |
| Phenylalanine | | | 4 | | 0.369 | 0.019 | |
| Tyrosine | - | | 4 4 | | 0.369 | 0.019 | |
| Valine | - | | 4 | | 0.510 0.277 | 0.026 | |
| Arginine | 5 | | 4 | | 0.277 | 0.01 4 0.011 | |
| Histidine | - | | 4 | | 0.263 | 0.011 | |
| Alanine | | | 4 | | 0.580 | 0.013 | |
| Aspartic acid | • | | 4 | | 1.600 | 0.030 | |
| Glycine | • | | 4 | | 0.162 | 0.008 | |
| Proline | • | | 4 | | 0.740 | 0.038 | |
| Serine | - | | 4 | | 0.416 | 0.021 | |
| Hydroxyproline | • | • | _ | | | 0.022 | |
| Others: | | | | | | | |
| Alcohol, ethylg | 0.0 | 0 | 7 | | 0.0 | 0.0 | |
| Caffeine m | | 0 | z 7 | | 0 | 0 | |
| Theobromine m | • | 0 | z 7 | | 0 | 0 | |
| Carotenoids: | | · | - | | - | - | |
| Carotene, beta | nca 0 | 0 | BFFN 4 | | 0.000 | 0.000 | |
| Carotene, alpham | 9 | 0 | z 7 | | 0.000 | 0.000 | |
| Cryptoxanthin, beta | | 0 | z 7 | | 0.000 | 0.000 | |
| Lycopenem | | 0 | z 7 | | 0.000 | 0.000 | |
| Lutein + zeaxanthinm | | 0 | z 7 | | 0.000 | 0.000 | |

Common Measures:

Measure 1 = 235g: 1 cup

Measure 2 = 12.0g: 1 tbsp

NDB No. 01058

Sour dressing, non-butterfat, cultured, filled cream-type

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>Ar</u> | mount in 100 | grams | of edib | ole portio | <u>n</u> | Amount in edible portion of common | | | |
|--|---------|-----------|--------------|--------|---------|------------|------------|------------------------------------|-----------------|-----------|--|
| | | | N | umber | • | | | <u>m</u> | easures of food | <u>!</u> | |
| | | | 0 | f Data | Deriv | Source | Confidence | | | | |
| Nutrients and Uni | ts | Mean | Std. Error P | oints | Code | Code | Code | Measure 1 | Measure 2 | Measure 3 | |
| Proximates: | | | | | | | | | | | |
| Water | g | 3.51 | 0.174 | 52 | | 1 | | 2.00 | 0.10 | | |
| Energy | kcal | 339 | | 0 | NC | 4 | | 193 | 10 | | |
| Energy | kj | 1419 | | | | 4 | | 809 | 41 | | |
| Protein (N x 6.38) | g | 11.73 | 0.182 | 57 | | 1 | | 6.69 | 0.34 | | |
| Total lipid (fat) | g | 0.54 | 0.031 | 49 | | 1 | | 0.31 | 0.02 | | |
| Ash | g | 10.77 | 0.223 | 48 | | 1 | | 6.14 | 0.31 | | |
| Carbohydrate, by difference | g | 73.45 | | 0 | NC | 4 | | 41.87 | 2.13 | | |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | | |
| Sugars, total | g | 73.45 | | 0 | NR | 4 | | 41.87 | 2.13 | | |
| Starch | g | | | | | | | | | | |
| Minerals: | | | | | | | | | | | |
| Calcium, Ca | ma | 2054 | 105.458 | 23 | | 1 | | 1171 | 60 | | |
| Iron, Fe. | | 1.24 | 0.179 | | | 1 | | 0.71 | 0.04 | | |
| Magnesium, Mg | | 199 | 9.641 | | | 1 | | 113 | 6 | | |
| Phosphorus, P | | 1349 | 82.507 | 20 | | 1 | | 769 | 39 | | |
| Potassium, K | | 2289 | 97.644 | 20 | | 1 | | 1304 | 66 | | |
| Sodium, Na | | 968 | 85.329 | 18 | | 1 | | 552 | 28 | | |
| Zinc, Zn | mg | 6.31 | 0.549 | 19 | | 1 | | 3.60 | 0.18 | | |
| Copper, Cu | mg | 0.050 | | 0 | | 1 | | 0.029 | 0.001 | | |
| Manganese, Mn | mg | 0.015 | | 0 | | 1 | | 0.009 | 0.000 | | |
| Selenium, Se | mcg | 27.3 | | 0 | BFNN | 4 | | 15.6 | 0.8 | | |
| Vitamins: | | | | | | | | | | | |
| Vitamin C, total ascorbic acid | ma | 0.9 | 0.332 | 13 | | 1 | | 0.5 | 0.0 | | |
| Thiamin | _ | 0.622 | | | | 1 | | 0.355 | 0.018 | | |
| Riboflavin | | 2.060 | | | | 1 | | 1.174 | 0.060 | | |
| Niacin | | 1.160 | | | | 1 | | 0.661 | 0.034 | | |
| Pantothenic acid | _ | 5.632 | | 0 | | 1 | | 3.210 | 0.163 | | |
| Vitamin B-6 | - | 0.620 | 0.051 | 10 | | 1 | | 0.353 | 0.018 | | |
| Folate, total | _ | 33 | 4.603 | 10 | | 1 | | 19 | 1 | | |
| Folic acid | | 0 | | 0 | Z | 7 | | 0 | 0 | | |
| Folate, food | | 33 | 4.603 | 10 | | 1 | | 19 | 1 | | |
| Folate, DFE | mcg_DFE | 33 | | 0 | NC | 4 | | 19 | 1 | | |
| Vitamin B-12 | mcg | 2.50 | 0.175 | 10 | | 1 | | 1.43 | 0.07 | | |
| Vitamin A, IU | IU | 59 | | 0 | NC | 4 | | 34 | 2 | | |
| Vitamin A, RAE | mcg_RAE | 17 | | 0 | NC | 4 | | 10 | 0 | | |
| Retinol | - | 17 | | 0 | NC | 4 | | 10 | 0 | | |
| Vitamin E (alpha-tocopherol) | | 0.00 | | 0 | BFFN | 4 | | 0.00 | 0.00 | | |
| Tocopherol, beta | | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | | |
| Vitamin D Vitamin K (phylloquinone) | | 0.0 | | 0 | BFFN | 4 | | 0.0 | 0.0 | | |
| vitamin K (pnylloquinone) | Illog | 0.0 | | U | DEFN | 4 | | 0.0 | 0.0 | | |
| Lipids: | | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.342 | | 0 | | 1 | | 0.195 | 0.010 | | |
| 4:0 | g | 0.023 | | 2 | | 1 | | 0.013 | 0.001 | | |
| 6:0 | - | 0.008 | | 2 | | 1 | | 0.005 | 0.000 | | |
| 8:0 | - | 0.005 | | 4 | | 1 | | 0.003 | 0.000 | | |
| 10:0 | | 0.010 | | | | 1 | | 0.006 | 0.000 | | |
| 12:0 | | 0.006 | 0.002 | 4 | | 1 | | 0.003 | 0.000 | | |
| 13:0 | - | <u>.</u> | | _ | | _ | | | _ | | |
| 14:0 | - | 0.046 | 0.005 | 4 | | 1 | | 0.026 | 0.001 | | |
| 15:0 | | | | | | | | | | | |
| 16:0 | | 0.150 | 0.013 | 4 | | 1 | | 0.086 | 0.004 | | |
| 17:0 | - | | | _ | | _ | | | | | |
| 18:0 | - | 0.060 | 0.004 | 4 | | 1 | | 0.034 | 0.002 | | |
| 20:0 22:0 | - | | | | | | | | | | |
| | | | | | | | | | | | |

| | <u>Ar</u> | nount in 100 gram | | ble portic | <u>on</u> | Amount in edible portion of common measures of food | | | |
|-------------------------------------|-----------|---------------------------------|---------|----------------|--------------------|---|-----------|-----------|--|
| Nutrients and Units | Mean | Number of Dat Std. Error Points | a Deriv | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 | |
| | | | | | | | | | |
| Fatty acids, total monounsaturatedg | 0.149 | 0 | | 1 | | 0.085 | 0.004 | | |
| 15:1 | | | | | | | | | |
| 16:1 undifferentiated | 0.026 | 0.007 4 | | 1 | | 0.015 | 0.001 | | |
| 17:1 | | | | | | | | | |
| 18:1 undifferentiated | 0.114 | 0.009 4 | | 1 | | 0.065 | 0.003 | | |
| 20:1 | 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 | 0.021 | 0 | | 1 | | 0.012 | 0.001 | | |
| 18:2 undifferentiated | 0.018 | 0.003 4 | | 1 | | 0.010 | 0.001 | | |
| 18:3 undifferentiatedg | 0.003 | 2 | | 1 | | 0.002 | 0.000 | | |
| 18:4g | 0.000 | 0 | | 1 | | 0.000 | 0.000 | | |
| 20:2 n-6 c.c | | | | | | | | | |
| 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 trans | | | | | | | | | |
| Cholesterol mg | 3 | 0 | | 4 | | 2 | 0 | | |
| Phytosterols mg | | | | | | | | | |
| | | | | | | | | | |
| Amino Acids: | | | | | | | | | |
| Tryptophan9 | 0.241 | 0 | | 1 | | 0.137 | 0.007 | | |
| Threonine9 | 0.590 | 0 | | 1 | | 0.336 | 0.017 | | |
| Isoleucineg | 0.581 | 0 | | 1 | | 0.331 | 0.017 | | |
| Leucine9 | 1.116 | 0 | | 1 | | 0.636 | 0.032 | | |
| Lysineg | 1.008 | 0 | | 1 | | 0.575 | 0.029 | | |
| Methionineg | 0.221 | 0 | | 1 | | 0.126 | 0.006 | | |
| Cystineg | 0.211 | 0 | | 1 | | 0.120 | 0.006 | | |
| Phenylalanine | 0.386 | 0 | | 1 | | 0.220 | 0.011 | | |
| Tyrosine9 | 0.300 | 0 | | 1 | | 0.171 | 0.009 | | |
| Valineg | 0.579 | 0 | | 1 | | 0.330 | 0.017 | | |
| Arginineg | 0.327 | 0 | | 1 | | 0.186 | 0.009 | | |
| Histidine9 | 0.230 | 0 | | 1 | | 0.131 | 0.007 | | |
| Alanine | 0.506 | 0 | | 1 | | 0.288 | 0.015 | | |
| Aspartic acid9 | 1.149 | 0 | | 1 | | 0.655 | 0.033 | | |
| Glutamic acidg | 2.096 | 0 | | 1 | | 1.195 | 0.061 | | |
| Glycine9 | 0.211 | 0 | | 1 | | 0.120 | 0.006 | | |
| Prolineg | 0.699 | 0 | | 1 | | 0.398 | 0.020 | | |
| Serine9 | 0.541 | 0 | | 1 | | 0.308 | 0.016 | | |
| Hydroxyprolineg | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethylg | 0.0 | 0 | | 7 | | 0.0 | 0.0 | | |
| Caffeine mg | 0 | 0 | z | 7 | | 0 | 0.0 | | |
| Theobromine mg | 0 | 0 | Z | 7 | | 0 | 0 | | |
| | v | v | | , | | U | U | | |
| <u>Carotenoids:</u> | | | | | | | | | |
| Carotene, betamcg | 1 | 0 | BFFN | | | 0.789 | 0.040 | | |
| Carotene, alphamcg | 0 | 0 | Z | 7 | | 0.000 | 0.000 | | |
| Cryptoxanthin, beta mcg | 0 | 0 | Z | 7 | | 0.000 | 0.000 | | |
| Lycopene mcg | 0 | 0 | Z | 7 | | 0.000 | 0.000 | | |
| Lutein + zeaxanthin mcg | 0 | 0 | Z | 7 | | 0.000 | 0.000 | | |

Common Measures:

Measure 1 = 57g: 1 cup Measure 2 = 2.9g: 1 tbsp NDB No. 01113 Whey, acid, dried

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>Ar</u> | mount in 100 g | grams | of edib | le portio | <u>n</u> | Amount in edible portion of common | | | |
|--|------|-----------|----------------|--------|---------|-----------|------------|------------------------------------|-----------------|-----------|--|
| | | | Nι | umber | • | | | <u>m</u> | easures of food | <u> </u> | |
| | | | of | f Data | Deriv | Source | Confidence | | | | |
| Nutrients and Uni | its | Mean | Std. Error P | oints | Code | Code | Code | Measure 1 | Measure 2 | Measure 3 | |
| Proximates: | | | | | | | | | | | |
| Water | g | 93.42 | 0.098 | 10 | | 1 | | 229.81 | 919.25 | | |
| Energy | kcal | 24 | | 0 | NC | 4 | | 59 | 235 | | |
| Energy | kj | 100 | | | | 4 | | 245 | 982 | | |
| Protein (N x 6.38) | g | 0.76 | 0.028 | 21 | | 1 | | 1.87 | 7.48 | | |
| Total lipid (fat) | g | 0.09 | 0.024 | 6 | | 1 | | 0.22 | 0.89 | | |
| Ash | g | 0.61 | 0.038 | 9 | | 1 | | 1.50 | 6.00 | | |
| Carbohydrate, by difference | g | 5.12 | | 0 | NC | 4 | | 12.60 | 50.38 | | |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | | |
| Sugars, total | g | 5.12 | | 0 | NR | 4 | | 12.60 | 50.38 | | |
| Starch | g | | | | | | | | | | |
| Min and a | | | | | | | | | | | |
| Minerals: Calcium, Ca | ma | 103 | 3.539 | 15 | | 1 | | 253 | 1011 | | |
| Iron, Fe | | 0.08 | 3.339 | 0 | | 1 | | 0.20 | 0.79 | | |
| Magnesium, Mg | | 10 | 0.452 | 15 | | 1 | | 24 | 96 | | |
| Phosphorus, P | | 78 | 3.746 | 14 | | 1 | | 191 | 764 | | |
| Potassium, K | - | 143 | 5.269 | 5 | | 1 | | 352 | 1408 | | |
| Sodium, Na | | 48 | 3.250 | 5 | | 1 | | 118 | 473 | | |
| Zinc, Zn | | 0.43 | | 0 | | 1 | | 1.06 | 4.23 | | |
| Copper, Cu | | 0.003 | | 0 | | 1 | | 0.007 | 0.030 | | |
| Manganese, Mn | | 0.002 | | 0 | | 1 | | 0.005 | 0.020 | | |
| Selenium, Se | mcg | 1.8 | | 0 | BFNN | 4 | | 4.4 | 17.7 | | |
| Vitamins: | | | | | | | | | | | |
| | ma | 0.1 | | 0 | | 1 | | 0.1 | 0.6 | | |
| Vitamin C, total ascorbic acid Thiamin | - | 0.1 | | 0 | | 1 | | 0.1 | 0.6 | | |
| Riboflavin | | 0.042 | | 0 | | 1 | | 0.344 | 1.378 | | |
| Niacin | | 0.140 | | 0 | | 1 | | 0.194 | 0.777 | | |
| Pantothenic acid | - | 0.381 | | 0 | | 1 | | 0.937 | 3.749 | | |
| Vitamin B-6 | - | 0.042 | | 0 | | 1 | | 0.103 | 0.413 | | |
| Folate, total | - | 2 | | 0 | | 1 | | 5 | 22 | | |
| Folic acid | | 0 | | 0 | z | 7 | | 0 | 0 | | |
| Folate, food | | 2 | | 0 | | 1 | | 5 | 22 | | |
| Folate, DFE | | 2 | | 0 | NC | 4 | | 5 | 22 | | |
| Vitamin B-12 | | 0.18 | 0.017 | 14 | | 1 | | 0.44 | 1.76 | | |
| Vitamin A, IU | | 7 | | 0 | NC | 4 | | 17 | 69 | | |
| Vitamin A, RAE | | 2 | | 0 | NC | 4 | | 5 | 20 | | |
| Retinol | mcg | 2 | | 0 | NC | 4 | | 5 | 20 | | |
| Vitamin E (alpha-tocopherol) | mg | 0.00 | | 0 | BFFN | 4 | | 0.00 | 0.01 | | |
| Tocopherol, beta | mg | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | | |
| Vitamin D | | | | | | _ | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.0 | | 0 | BFFN | 4 | | 0.0 | 0.1 | | |
| Lipids: | | | | | | | | | | | |
| Fatty acids, total saturated | q | 0.057 | | 0 | | 1 | | 0.140 | 0.561 | | |
| 4:0 | | 0.004 | | 2 | | 1 | | 0.010 | 0.039 | | |
| 6:0 | | 0.001 | | 2 | | 1 | | 0.002 | 0.010 | | |
| 8:0 | _ | 0.001 | 0.000 | 4 | | 1 | | 0.002 | 0.010 | | |
| 10:0 | _ | 0.002 | | 4 | | 1 | | 0.005 | 0.020 | | |
| 12:0 | g | 0.001 | 0.000 | 4 | | 1 | | 0.002 | 0.010 | | |
| 13:0 | g | | | | | | | | | | |
| 14:0 | g | 0.008 | 0.002 | 4 | | 1 | | 0.020 | 0.079 | | |
| 15:0 | g | | | | | | | | | | |
| 16:0 | g | 0.025 | 0.007 | 4 | | 1 | | 0.062 | 0.246 | | |
| 17:0 | g | | | | | | | | | | |
| 18:0 | g | 0.010 | 0.003 | 4 | | 1 | | 0.025 | 0.098 | | |
| 20:0 | _ | | | | | | | | | | |
| 22:0 | _ | | | | | | | | | | |
| 24:0 | a | | | | | | | | | | |

| | | <u>Aı</u> | mount in 100 | | | ole portic | <u>on</u> | Amount in edible portion of common measures of food | | | |
|------------------------------------|------|-----------|--------------|-------|---------------|------------|--------------------|---|-----------------|-----------|--|
| | | | | umbei | | _ | | <u></u> | 0404100 01 1004 | • | |
| Nutrients and Ur | nits | Mean | Std. Error P | | Deriv Code | Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 | |
| | | | | | | | | | | | |
| Fatty acids, total monounsaturated | | 0.025 | | 0 | | 1 | | 0.062 | 0.246 | | |
| 15:1 | g | | | | | | | | | | |
| 16:1 undifferentiated | g | 0.004 | 0.002 | 4 | | 1 | | 0.010 | 0.039 | | |
| 17:1 | g | | | | | | | | | | |
| 18:1 undifferentiated | _ | 0.019 | 0.005 | | | 1 | | 0.047 | 0.187 | | |
| 20:1 | - | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | | |
| 22:1 undifferentiated | • | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | | |
| 24:1 c | | | | | | | | | | | |
| Fatty acids, total polyunsaturated | g | 0.004 | | 0 | | 1 | | 0.010 | 0.039 | | |
| 18:2 undifferentiated | g | 0.003 | 0.001 | 4 | | 1 | | 0.007 | 0.030 | | |
| 18:3 undifferentiated | g | 0.000 | | 2 | | 1 | | 0.000 | 0.000 | | |
| 18:4 | g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | | |
| 20:2 n-6 c,c | g | | | | | | | | | | |
| 20:3 undifferentiated | g | | | | | | | | | | |
| 20:4 undifferentiated | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | | |
| 20:5 n-3 | g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | | |
| 22:5 n-3 | g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | | |
| 22:6 n-3 | g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | | |
| Fatty acids, total trans | g | | | | | | | | | | |
| Cholesterol | mg | 1 | | 0 | | 4 | | 1 | 5 | | |
| Phytosterols | mg | | | | | | | | | | |
| Amina Aaids | | | | | | | | | | | |
| Amino Acids: | ~ | 0.016 | | • | | 1 | | 0.020 | 0 157 | | |
| Tryptophan | | 0.016 | | 0 | | | | 0.039 | 0.157 | | |
| Threonine | - | 0.038 | | 0 | | 1 | | 0.093 | 0.374 | | |
| Isoleucine | | 0.038 | | 0 | | 1 | | 0.093 | 0.374 | | |
| Leucine | _ | 0.072 | | 0 | | 1 | | 0.177 | 0.708 | | |
| Lysine | | 0.065 | | 0 | | 1 | | 0.160 | 0.640 | | |
| Methionine | | 0.014 | | 0 | | 1 | | 0.034 | 0.138 | | |
| Cystine | | 0.014 | | 0 | | 1 | | 0.034 | 0.138 | | |
| Phenylalanine | | 0.025 | | 0 | | 1 | | 0.062 | 0.246 | | |
| Tyrosine | _ | 0.019 | | 0 | | 1 | | 0.047 | 0.187 | | |
| Valine | | 0.038 | | 0 | | 1 | | 0.093 | 0.374 | | |
| Arginine | | 0.021 | | 0 | | 1 | | 0.052 | 0.207 | | |
| Histidine | | 0.015 | | 0 | | 1 | | 0.037 | 0.148 | | |
| Alanine | | 0.033 | | 0 | | 1 | | 0.081 | 0.325 | | |
| Aspartic acid | - | 0.074 | | 0 | | 1 | | 0.182 | 0.728 | | |
| Glutamic acid | _ | 0.136 | | 0 | | 1 | | 0.335 | 1.338 | | |
| Glycine | | 0.014 | | 0 | | 1 | | 0.034 | 0.138 | | |
| Proline | g | 0.045 | | 0 | | 1 | | 0.111 | 0.443 | | |
| Serine | - | 0.035 | | 0 | | 1 | | 0.086 | 0.344 | | |
| Hydroxyproline | g | | | | | | | | | | |
| Others: | | | | | | | | | | | |
| Alcohol, ethyl | a | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | | |
| Caffeine | | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | | |
| Theobromine | | 0 | | 0 | Z | 7 | | 0 | 0 | | |
| | 9 | U | | U | 4 | , | | U | J | | |
| Carotenoids: | | | | | | | | | | | |
| Carotene, beta | mcg | 0 | | 0 | BFFN | 4 | | 0.568 | 2.271 | | |
| Carotene, alpha | mcg | 0 | | 0 | Z | 7 | | 0.000 | 0.000 | | |
| Cryptoxanthin, beta | | 0 | | 0 | Z | 7 | | 0.000 | 0.000 | | |
| Lycopene | mcg | 0 | | 0 | Z | 7 | | 0.000 | 0.000 | | |
| Lutein + zeaxanthin | mcg | 0 | | 0 | Z | 7 | | 0.000 | 0.000 | | |

Common Measures:

Measure 1 = 246g: 1 cup Measure 2 = 984g: 1 quart NDB No. 01112 Whey, acid, fluid

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>Ar</u> | nount in 100 | grams | of edib | le portio | <u>n</u> | Amount in edible portion of common | | | |
|--------------------------------------|------|----------------|--------------|--------|----------|-----------|------------|------------------------------------|-----------------|----------|--|
| | | | Nu | umber | • | | | <u>m</u> | easures of food | <u>l</u> | |
| | | | of | Data | Deriv | Source | Confidence | | | | |
| Nutrients and Uni | ts | Mean | Std. Error P | oints | Code | Code | Code | Measure 1 | Measure 2 | Measure | |
| Proximates: | | | | | | | | | | | |
| Water | g | 3.19 | 0.089 | 151 | | 1 | | 4.63 | 0.24 | | |
| Energy | kcal | 353 | | 0 | NC | 4 | | 512 | 26 | | |
| Energy | kj | 1476 | | | | 4 | | 2140 | 111 | | |
| Protein (N x 6.38) | g | 12.93 | 0.087 | 165 | | 1 | | 18.75 | 0.97 | | |
| Total lipid (fat) | g | 1.07 | 0.033 | 148 | | 1 | | 1.55 | 0.08 | | |
| Ash | g | 8.35 | 0.061 | 147 | | 1 | | 12.11 | 0.63 | | |
| Carbohydrate, by difference | g | 74.46 | | 0 | NC | 4 | | 107.97 | 5.58 | | |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | | |
| Sugars, total | g | 74.46 | | 0 | NR | 4 | | 107.97 | 5.58 | | |
| Starch | g | | | | | | | | | | |
| Minerals: | | | | | | | | | | | |
| Calcium, Ca | mg | 796 | 31.447 | 66 | | 1 | | 1154 | 60 | | |
| Iron, Fe | - | 0.88 | 0.033 | 41 | | 1 | | 1.28 | 0.07 | | |
| Magnesium, Mg | | 176 | 5.179 | 41 | | 1 | | 255 | 13 | | |
| Phosphorus, P | | 932 | 39.872 | 65 | | 1 | | 1351 | 70 | | |
| Potassium, K | mg | 2080 | 50.040 | 60 | | 1 | | 3016 | 156 | | |
| Sodium, Na | mg | 1079 | 67.132 | 62 | | 1 | | 1565 | 81 | | |
| Zinc, Zn | _ | 1.97 | 0.156 | 43 | | 1 | | 2.86 | 0.15 | | |
| Copper, Cu | | 0.070 | | 0 | | 1 | | 0.102 | 0.005 | | |
| Manganese, Mn | | 0.009 | | 0 | | 1 | | 0.013 | 0.001 | | |
| Selenium, Se | mcg | 27.2 | | 0 | BFNN | 4 | | 39.4 | 2.0 | | |
| Vitamins: | | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 1.5 | 0.335 | 41 | | 1 | | 2.2 | 0.1 | | |
| Thiamin | mg | 0.519 | 0.014 | 44 | | 1 | | 0.753 | 0.039 | | |
| Riboflavin | mg | 2.208 | 0.061 | 44 | | 1 | | 3.202 | 0.166 | | |
| Niacin | mg | 1.258 | 0.051 | 43 | | 1 | | 1.824 | 0.094 | | |
| Pantothenic acid | mg | 5.620 | | 0 | | 1 | | 8.149 | 0.422 | | |
| Vitamin B-6 | mg | 0.584 | 0.016 | 41 | | 1 | | 0.847 | 0.044 | | |
| Folate, total | | 12 | 0.944 | 40 | | 1 | | 17 | 1 | | |
| Folic acid | | 0 | | 0 | Z | 7 | | 0 | 0 | | |
| Folate, food | | 12 | 0.944 | 40 | | 1 | | 17 | 1 | | |
| Folate, DFE | | 12 | | 0 | NC | 4 | | 17 | 1 | | |
| Vitamin B-12 | mcg | 2.37 | 0.097 | 48 | | 1 | | 3.44 | 0.18 | | |
| Vitamin A, IU | | 30 8 | | 0 | NC | 4 4 | | 43 | 2 | | |
| Vitamin A, RAE | | 8 | | 0 | NC NC | 4 | | 12 12 | 1 1 | | |
| Retinol Vitamin E (alpha-tocopherol) | | 0.02 | | 0 | BFFN | 4 | | 0.03 | 0.00 | | |
| Tocopherol, beta | _ | 0.02 | | U | DEFN | - | | 0.03 | 0.00 | | |
| Tocopherol, gamma | | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | | |
| Vitamin D | | | | | | | | | | | |
| Vitamin K (phylloquinone) | | 0.1 | | 0 | BFFN | 4 | | 0.1 | 0.0 | | |
| | | | | | | | | | | | |
| Lipids: | a | 0.604 | | 0 | | 1 | | 0 000 | 0.051 | | |
| Fatty acids, total saturated | | 0.684 0.059 | | 0 4 | | 1 | | 0.992 0.086 | 0.051 | | |
| 4:0 6:0 | | 0.009 | | 4 | | 1 | | 0.086 | 0.004 | | |
| 8:0 | - | 0.009 | | 4 | | 1 | | 0.015 | 0.001 | | |
| 10:0 | - | 0.010 | | 4 | | 1 | | 0.015 | 0.001 | | |
| 12:0 | | 0.012 | | 4 | | 1 | | 0.017 | 0.001 | | |
| 13:0 | _ | | | - | | - | | | | | |
| 14:0 | - | 0.104 | 0.005 | 4 | | 1 | | 0.151 | 0.008 | | |
| 15:0 | g | | | | | | | | | | |
| 16:0 | | 0.326 | 0.016 | 4 | | 1 | | 0.473 | 0.024 | | |
| 17:0 | g | | | | | | | | | | |
| 18:0 | g | 0.097 | 0.006 | 4 | | 1 | | 0.141 | 0.007 | | |
| 20:0 | - | | | | | | | | | | |
| 22:0 | ~ | | | | | | | | | | |

| | | <u>Ar</u> | nount in 10 | 0 grams | of edil | ole portic | <u>on</u> | Amount in | edible portion | of common |
|-----------------------------------|-------|-----------|-------------|-------------------|---------|------------|--------------------|-----------|-----------------|-----------|
| | | | | Number | | | 0 51 | | easures of food | |
| Nutrients and l | Units | Mean | Std. Error | of Data Points | | Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | | |
| Fatty acids, total monounsaturat | | 0.297 | | 0 | | 1 | | 0.431 | 0.022 | |
| 15:1 | - | | | | | | | | | |
| 16:1 undifferentiated | - | 0.033 | 0.0 | 03 4 | | 1 | | 0.048 | 0.002 | |
| 17:1 | - | | | | | | | | | |
| 18:1 undifferentiated | - | 0.251 | 0.0 | 10 4 | | 1 | | 0.364 | 0.019 | |
| 20:1 | - | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated | | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c | • | 0.000 | | · | | _ | | 0.000 | 0.000 | |
| Fatty acids, total polyunsaturate | | 0.034 | | 0 | | 1 | | 0.049 | 0.003 | |
| 18:2 undifferentiated | | 0.025 | | | | 1 | | 0.036 | 0.002 | |
| 18:3 undifferentiated | | 0.009 | | | | 1 | | 0.013 | 0.001 | |
| 18:4 | | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c.c. | - | 0.000 | | · | | _ | | 0.000 | 0.000 | |
| 20:3 undifferentiated | - | | | | | | | | | |
| 20:4 undifferentiated | - | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:5 n-3 | - | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3 | - | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3 | _ | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans | | 0.000 | | · | | _ | | 0.000 | 0.000 | |
| Cholesterol | | 6 | | 0 | | 1 | | 9 | 0 | |
| Phytosterols | - | · | | · | | _ | | - | · · | |
| 1 Hy tosterois | | | | | | | | | | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan | g | 0.205 | | 0 | | 1 | | 0.297 | 0.015 | |
| Threonine | g | 0.817 | | 0 | | 1 | | 1.185 | 0.061 | |
| Isoleucine | g | 0.719 | | 0 | | 1 | | 1.043 | 0.054 | |
| Leucine | g | 1.186 | | 0 | | 1 | | 1.720 | 0.089 | |
| Lysine | g | 1.030 | | 0 | | 1 | | 1.494 | 0.077 | |
| Methionine | g | 0.241 | | 0 | | 1 | | 0.349 | 0.018 | |
| Cystine | g | 0.253 | | 0 | | 1 | | 0.367 | 0.019 | |
| Phenylalanine | g | 0.407 | | 0 | | 1 | | 0.590 | 0.031 | |
| Tyrosine | g | 0.363 | | 0 | | 1 | | 0.526 | 0.027 | |
| Valine | g | 0.697 | | 0 | | 1 | | 1.011 | 0.052 | |
| Arginine | g | 0.375 | | 0 | | 1 | | 0.544 | 0.028 | |
| Histidine | g | 0.237 | | 0 | | 1 | | 0.344 | 0.018 | |
| Alanine | g | 0.598 | | 0 | | 1 | | 0.867 | 0.045 | |
| Aspartic acid | g | 1.269 | | 0 | | 1 | | 1.840 | 0.095 | |
| Glutamic acid | g | 2.248 | | 0 | | 1 | | 3.260 | 0.169 | |
| Glycine | g | 0.280 | | 0 | | 1 | | 0.406 | 0.021 | |
| Proline | | 0.786 | | 0 | | 1 | | 1.140 | 0.059 | |
| Serine | g | 0.622 | | 0 | | 1 | | 0.902 | 0.047 | |
| Hydroxyproline | g | | | | | | | | | |
| | | | | | | | | | | |
| Others: | | | | | | _ | | | | |
| Alcohol, ethyl | | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine | | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine | mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotenoids: | | | | | | | | | | |
| Carotene, beta | mcg | 2 | | 0 | BFFN | 4 | | 2.482 | 0.128 | |
| Carotene, alpha | _ | 0 | | 0 | z | 7 | | 0.000 | 0.000 | |
| Cryptoxanthin, beta | _ | 0 | | 0 | z | 7 | | 0.000 | 0.000 | |
| Lycopene | | 0 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| Lutein + zeaxanthin | | 0 | | 0 | z | 7 | | 0.000 | 0.000 | |

Common Measures:

Measure 1 = 145g: 1 cup Measure 2 = 7.5g: 1 tbsp NDB No. 01115 Whey, sweet, dried

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>Aı</u> | mount in 100 g | grams | of edib | le portio | <u>1</u> | Amount in edible portion of common | | | |
|--------------------------------|-----------|------------|----------------|----------|---------|-----------|------------|------------------------------------|-----------------|---------|--|
| | | | Nι | umber | • | | | <u>m</u> | easures of food | _ | |
| | | | of | Data | Deriv | Source | Confidence | | | | |
| Nutrients and Un | its | Mean | Std. Error Po | oints | Code | Code | Code | Measure 1 | Measure 2 | Measure | |
| Proximates: | | | | | | | | | | | |
| Water | g | 93.12 | 0.028 | 32 | | 1 | | 229.08 | 916.30 | | |
| Energy | kcal | 27 | | 0 | NC | 4 | | 66 | 263 | | |
| Energy | kj | 112 | | | | 4 | | 275 | 1099 | | |
| Protein (N x 6.38) | g | 0.85 | 0.017 | 16 | | 1 | | 2.09 | 8.36 | | |
| Total lipid (fat) | g | 0.36 | 0.013 | 31 | | 1 | | 0.89 | 3.54 | | |
| Ash | | 0.53 | 0.017 | 7 | | 1 | | 1.30 | 5.22 | | |
| Carbohydrate, by difference | g | 5.14 | | 0 | NC | 4 | | 12.64 | 50.58 | | |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | | |
| Sugars, total | g | 5.14 | | 0 | NR | 4 | | 12.64 | 50.58 | | |
| Starch | g | | | | | | | | | | |
| | | | | | | | | | | | |
| Minerals: | ma | 47 | 1 051 | 27 | | 1 | | 115 | 461 | | |
| Calcium, Ca | | 47 0.06 | 1.851 | 37 0 | | 1 | | 115 0.15 | 461 0.59 | | |
| Iron, Fe | | 8 | 0.286 | 7 | | 1 | | 20 | 0.59 81 | | |
| Magnesium, Mg | | 46 | 0.286 | , 37 | | 1 | | 20 112 | 449 | | |
| Phosphorus, P | | 46 161 | 3.987 | 37 11 | | 1 | | 396 | 449 1584 | | |
| Potassium, K Sodium, Na | | 54 | 4.221 | 9 | | 1 | | 396 132 | 1584 526 | | |
| Zinc, Zn | | 0.13 | 4.221 | 0 | | 1 | | 0.32 | 1.28 | | |
| Copper, Cu | - | 0.13 | | 0 | | 1 | | 0.010 | 0.039 | | |
| Manganese, Mn | | 0.004 | | 0 | | 1 | | 0.010 | 0.010 | | |
| Selenium, Se | | 1.9 | | 0 | BFNN | 4 | | 4.7 | 18.7 | | |
| Scientini, Sc | g | 1.5 | | · | 21111 | • | | | 10.7 | | |
| <u> Vitamins:</u> | | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.1 | | 0 | | 1 | | 0.2 | 1.0 | | |
| Thiamin | | 0.036 | 0.002 | 19 | | 1 | | 0.089 | 0.354 | | |
| Riboflavin | mg | 0.158 | 0.004 | 26 | | 1 | | 0.389 | 1.555 | | |
| Niacin | mg | 0.074 | | 13 | | 1 | | 0.182 | 0.728 | | |
| Pantothenic acid | <u>mg</u> | 0.383 | 0.008 | 8 | | 1 | | 0.942 | 3.769 | | |
| Vitamin B-6 | - | 0.031 | 0.006 | 13 | | 1 | | 0.076 | 0.305 | | |
| Folate, total | | 1 | | 0 | | 1 | | 2 | 8 | | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | | |
| Folate, food | | 1 | | 0 | | 1 | | 2 | 8 | | |
| Folate, DFE | | 1 | | 0 | NC | 4 | | 2 | 8 | | |
| Vitamin B-12 | mcg | 0.28 | 0.030 | 17 | | 1 | | 0.68 | 2.73 | | |
| Vitamin A, IU | IU | 12 | | 0 | NC | 4 | | 28 | 114 | | |
| Vitamin A, RAE | | 3 | | 0 | NC | 4 | | 8 | 30 | | |
| Retinol | mcg | 3 | | 0 | NC | 4 | | 7 | 30 | | |
| Vitamin E (alpha-tocopherol) | - | 0.00 | | 0 | BFFN | 4 | | 0.01 | 0.03 | | |
| Tocopherol, beta | | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | | |
| Vitamin D | | | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.0 | | 0 | BFFN | 4 | | 0.1 | 0.3 | | |
| Lipids: | | | | | | | | | | | |
| Fatty acids, total saturated | а | 0.230 | ı | 0 | | 1 | | 0.566 | 2.263 | | |
| 4:0 | | 0.020 | | 4 | | 1 | | 0.049 | 0.197 | | |
| 6:0 | | 0.003 | | 4 | | 1 | | 0.043 | 0.030 | | |
| 8:0 | - | 0.003 | | 4 | | 1 | | 0.007 | 0.030 | | |
| 10:0 | - | 0.005 | | 4 | | 1 | | 0.015 | 0.059 | | |
| 12:0 | | 0.004 | | 4 | | 1 | | 0.010 | 0.039 | | |
| 13:0 | | | 2.230 | - | | - | | | | | |
| 14:0 | - | 0.035 | 0.002 | 4 | | 1 | | 0.086 | 0.344 | | |
| 15:0 | | | | - | | - | | 0.000 | 0.044 | | |
| 16:0 | | 0.110 | 0.006 | 4 | | 1 | | 0.271 | 1.082 | | |
| 17:0 | | 3.220 | 0.000 | - | | - | | J.2/1 | 1.002 | | |
| 18:0 | - | 0.033 | 0.002 | 4 | | 1 | | 0.081 | 0.325 | | |
| 20:0 | - | 2.033 | 3.002 | - | | - | | 0.001 | 3.323 | | |
| 22:0 | - | | | | | | | | | | |
| 24:0 | - | | | | | | | | | | |

| | | <u>Ar</u> | nount in 10 | 00 grams | of edik | ole portic | <u>on</u> | Amount in | edible portion | of common |
|------------------------------------|---|----------------|-------------|-------------------|---------|----------------|--------------------|----------------|-----------------|-----------|
| | | | | Number | | | | | easures of food | |
| Nutrients and U | Jnits | Mean | Std. Error | of Data Points | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total monounsaturate | ed q | 0.100 | | 0 | | 1 | | 0.246 | 0.984 | |
| 14:1 | | | | | | | | | | |
| 15:1 | g | | | | | | | | | |
| 16:1 undifferentiated | g | 0.011 | 0.0 | 01 4 | | 1 | | 0.027 | 0.108 | |
| 17:1 | - | | | | | | | | | |
| 18:1 undifferentiated | _ | 0.084 | 0.0 | | | 1 | | 0.207 | 0.827 | |
| 20:1 | | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated | • | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 24:1 c | | 0.011 | | • | | | | | 0.100 | |
| Fatty acids, total polyunsaturated | | 0.011 | 0.0 | 0 | | 1 1 | | 0.027 | 0.108 | |
| 18:2 undifferentiated | | 0.008 0.003 | | | | 1 | | 0.020 | 0.079 | |
| 18:3 undifferentiated | | 0.003 | 0.0 | 0 0 | BFFN | 4 | | 0.007 0.000 | 0.030 0.000 | |
| 18:4 20:2 n-6 c.c. | - | 0.000 | | U | DFFN | 4 | | 0.000 | 0.000 | |
| 20:3 undifferentiated | | | | | | | | | | |
| 20:4 undifferentiated | • | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 20:5 n-3 | - | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 22:5 n-3 | | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 22:6 n-3 | • | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| Fatty acids, total trans | - | | | | | | | | | |
| Cholesterol | - | 2 | | 1 | | 1 | | 5 | 20 | |
| Phytosterols | | | | | | | | | | |
| | | | | | | | | | | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan | | 0.013 | | 0 | | 1 | | 0.032 | 0.128 | |
| Threonine | - | 0.054 | | 0 | | 1 | | 0.133 | 0.531 | |
| Isoleucine | - | 0.047 | | 0 | | 1 1 | | 0.116 | 0.462 | |
| Leucine | | 0.078 | | 0 | | 1 | | 0.192 | 0.768 | |
| Lysine | | 0.068 | | 0 | | 1 | | 0.167 | 0.669 | |
| Methionine | | 0.016 0.017 | | 0 | | 1 | | 0.039 0.042 | 0.157 | |
| Cystine | | 0.017 | | 0 | | 1 | | 0.042 | 0.167 0.266 | |
| Phenylalanine Tyrosine | | 0.027 | | 0 | | 1 | | 0.059 | 0.286 | |
| Valine | | 0.024 | | 0 | | 1 | | 0.113 | 0.453 | |
| Arginine | - | 0.040 | | 0 | | 1 | | 0.062 | 0.246 | |
| Histidine | | 0.016 | | 0 | | 1 | | 0.039 | 0.157 | |
| Alanine | - | 0.039 | | 0 | | 1 | | 0.096 | 0.384 | |
| Aspartic acid | | 0.083 | | 0 | | 1 | | 0.204 | 0.817 | |
| Glutamic acid | | 0.148 | | 0 | | 1 | | 0.364 | 1.456 | |
| Glycine | | 0.018 | | 0 | | 1 | | 0.044 | 0.177 | |
| Proline | | 0.052 | | 0 | | 1 | | 0.128 | 0.512 | |
| Serine | | 0.041 | | 0 | | 1 | | 0.101 | 0.403 | |
| Hydroxyproline | | | | | | | | | | |
| | | | | | | | | | | |
| Others: | | | | | | | | | | |
| Alcohol, ethyl | | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Caffeine | | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine | <u>mg</u> | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotenoids: | | | | | | | | | | |
| Carotene, beta | mcg | 1 | | 0 | BFFN | 4 | | 2.271 | 9.086 | |
| 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 | | 0 | | 0 | Z | 7 | | 0.000 | 0.000 | |

Common Measures:

Measure 1 = 246g: 1 cup Measure 2 = 984g: 1 quart NDB No. 01114 Whey, sweet, fluid

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>Ai</u> | mount in 10 | <u>0 grams</u> | of edik | ole portio | <u>n</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 | <u>m</u> Measure 1 | Measure 2 | <u>l</u> Measure 3 | |
| | | | | | | | | | | | |
| Proximates: | | | | | | | | | | | |
| Water | g | 82.30 | | | | 4 | | 65.84 | | | |
| Energy | kcal | 53 | | | | 1 | | 42 | | | |
| Energy | kj | 222 | | | | 1 | | 177 | | | |
| Protein | g | 0.90 | | | | 4 | | 0.72 | | | |
| Total lipid (fat) | g | 6.00 | | | | 4 | | 4.80 | | | |
| Ash | g | 0.20 | | 0 | NR | 4 | | 0.16 | | | |
| Carbohydrate, by difference | g | 10.60 | | | | 4 | | 8.48 | | | |
| Fiber, total dietary | g | 0.0 | | | | 7 | | 0.0 | | | |
| Sugars, total | | 10.60 | | 0 | NR | 4 | | 8.48 | | | |
| Starch | | | | | | | | | | | |
| Surviv | 9 | | | | | | | | | | |
| <u> Minerals:</u> | | | | | | | | | | | |
| Calcium, Ca | _ | 3 | | | | 4 | | 2 | | | |
| Iron, Fe | mg | 0.01 | | | | 4 | | 0.01 | | | |
| Magnesium, Mg | mg | 1 | | | | 4 | | 1 | | | |
| Phosphorus, P | mg | 30 | | | | 4 | | 24 | | | |
| Potassium, K | mg | 26 | | | | 1 | | 21 | | | |
| Sodium, Na | mg | 106 | | | | 1 | | 85 | | | |
| Zinc, Zn | <u>mg</u> | 0.01 | | | | 4 | | 0.01 | | | |
| Copper, Cu | mg | 0.022 | 2 | | | 1 | | 0.018 | | | |
| Manganese, Mn | <u>mg</u> | | | | | | | | | | |
| Selenium, Se | mcg | 0.5 | | 0 | BFPN | 4 | | 0.4 | | | |
| Vitamina | | | | | | | | | | | |
| Vitamins: | ma | 0.0 | | | | 7 | | 0.0 | | | |
| Vitamin C, total ascorbic acid | | | | | | 7 | | | | | |
| Thiamin | | 0.000 | | | | 7 | | 0.000 | | | |
| Riboflavin | | 0.000 | | | | | | 0.000 | | | |
| Niacin | - | 0.000 |) | | | 7 | | 0.000 | | | |
| Pantothenic acid | | 0.000 | | | | 7 | | 0 000 | | | |
| Vitamin B-6. | - | 0.000 | , | | | - | | 0.000 | | | |
| Folate, total | | 0 | | • | _ | 7 7 | | 0 | | | |
| Folic acid | - | 0 | | 0 | Z | | | 0 | | | |
| Folate, food | | 0 | | | | 7 | | 0 | | | |
| Folate, DFE | | 0 | | 0 | NC | 4 | | 0 | | | |
| Vitamin B-12 | | 0.00 | | | | 7 | | 0.00 | | | |
| Vitamin A, IU | IU | 0 | | 0 | NC | 4 | | 0 | | | |
| Vitamin A, RAE | | 0 | | 0 | NC | 4 | | 0 | | | |
| Retinol | | 0 | | 0 | NR | 4 | | 0 | | | |
| Vitamin E (alpha-tocopherol) | | 0.05 | | 0 | NR | 4 | | 0.04 | | | |
| Tocopherol, beta | | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | | |
| Vitamin D | | | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.0 | | 0 | Z | 7 | | 0.0 | | | |
| <u>Lipids:</u> | | | | | | | | | | | |
| Fatty acids, total saturated | a | 3.186 | 5 | | | 4 | | 2.549 | | | |
| 4:0 | | 0.001 | | | | 4 | | 0.001 | | | |
| 6:0 | | 0.000 | | | | 4 | | 0.001 | | | |
| 8:0 | | 0.129 | | | | <u>.</u> 1 | | 0.103 | | | |
| 10:0 | | 0.129 | | | | 4 | | 0.103 | | | |
| 12:0 | - | 1.071 | | | | 4 | | 0.103 | | | |
| 13:0 | _ | 1.071 | - | | | * | | 0.657 | | | |
| 14:0 | - | 0.435 | | | | 4 | | 0.348 | | | |
| | | 0.435 | , | | | 4 | | 0.348 | | | |
| 15:0 | - | 0 610 | , | | | 4 | | 0 404 | | | |
| 16:0 | | 0.618 | , | | | 4 | | 0.494 | | | |
| 17:0 | | 0.000 | - | | | | | 0 6:- | | | |
| 18:0 | | 0.806 | • | | | 4 | | 0.645 | | | |
| 20:0 | - | | | | | | | | | | |
| 22:0 | | | | | | | | | | | |

| | | Amount in 1 | 00 grams | of edil | <u>on</u> | Amount in edible portion of common | | | |
|------------------------------------|-------|-------------|-------------------|---------|-----------|------------------------------------|-----------|-----------------|-----------|
| | | | Number of Data | | Source | Confidence | | easures of food | |
| Nutrients and Units | Mear | Std. Erroi | Points | Code | Code | Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | |
| Fatty acids, total monounsaturated | 5 | 357 | | | 4 | | 1.086 | | |
| 14:1 | - | | | | | | | | |
| 15:1 | | 010 | | | | | 0.010 | | |
| 16:1 undifferentiated | - | 012 | | | 4 | | 0.010 | | |
| 17:1 | | 342 | | | Λ | | 1.074 | | |
| 20:1 | - | 000 | | | 4 | | 0.000 | | |
| 22:1 undifferentiated | | 000 | | | 4 | | 0.000 | | |
| 24:1 c | | 000 | | | - | | 0.000 | | |
| Fatty acids, total polyunsaturated | - | 158 | | | 4 | | 0.926 | | |
| 18:2 undifferentiated | | 077 | | | 4 | | 0.862 | | |
| 18:3 undifferentiated | - | 078 | | | 4 | | 0.062 | | |
| 18:4 | | 000 | | | 4 | | 0.000 | | |
| 20:2 n-6 c,c | - | | | | | | | | |
| 20:3 undifferentiated | | | | | | | | | |
| 20:4 undifferentiated | g 0. | 000 | | | 4 | | 0.000 | | |
| 20:5 n-3 | g 0. | 000 | | | 4 | | 0.000 | | |
| 22:5 n-3 | g 0. | 000 | | | 4 | | 0.000 | | |
| 22:6 n-3 | g 0. | 000 | | | 4 | | 0.000 | | |
| Fatty acids, total trans | g | | | | | | | | |
| Cholesterol | mg 0 | | | | 7 | | 0 | | |
| Phytosterols | mg | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethyl | g. 0. | 0 | | | 7 | | 0.0 | | |
| Caffeine | mg 0 | | 0 | Z | 7 | | 0 | | |
| Theobromine | mg 0 | | 0 | Z | 7 | | 0 | | |
| Carotenoids: | | | | | | | | | |
| Carotene, beta | mcg 0 | | 0 | z | 7 | | 0.000 | | |
| Carotene, alpha | - | | 0 | z | 7 | | 0.000 | | |
| Cryptoxanthin, beta | | | 0 | z | 7 | | 0.000 | | |
| Lycopene | | | 0 | z | 7 | | 0.000 | | |
| Lutein + zeaxanthin | mcg 0 | | 0 | Z | 7 | | 0.000 | | |

Common Measures:

Measure 1 = 80g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

| | | | Amount in 1 | 00 grams | of edit | 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 | s | Mean | Std. Erro | r Points | Code | Code | Code | Measure 1 | Measure 2 | Measure | |
| Proximates: | | | | | | | | | | | |
| Water | g | 59. | 70 | | | 4 | | 44.78 | | | |
| Energy | kcal | 220 | | | | 1 | | 165 | | | |
| Energy | kj | 920 | | | | 1 | | 690 | | | |
| Protein | g | 3.0 | 00 | | | 1 | | 2.25 | | | |
| Total lipid (fat) | g | 13. | LO | | | 1 | | 9.83 | | | |
| Ash | g | 0. | 50 | 0 | NR | 4 | | 0.45 | | | |
| Carbohydrate, by difference | g | 23. | 50 | | NC | 4 | | 17.70 | | | |
| Fiber, total dietary | g | 0.0 |) | | | 7 | | 0.0 | | | |
| Sugars, total | g | 23. | 50 | 0 | NR | 4 | | 17.70 | | | |
| Starch | g | | | | | | | | | | |
| Minorals: | | | | | | | | | | | |
| Minerals: Calcium, Ca | ma | 71 | | | | 1 | | 53 | | | |
| Iron, Fe | _ | 0.: | LO | | | 1 | | 0.08 | | | |
| Magnesium, Mg | _ | 7 | | | | 1 | | 5 | | | |
| Phosphorus, P | | 74 | | | | 1 | | 56 | | | |
| Potassium, K | _ | 101 | | | | 1 | | 76 | | | |
| Sodium, Na | _ | 72 | | | | 1 | | 54 | | | |
| Zinc, Zn | - | 0.: | LO | | | 4 | | 0.08 | | | |
| Copper, Cu | mg | 0.0 | 010 | | | 1 | | 0.008 | | | |
| Manganese, Mn | mg | | | | | | | | | | |
| Selenium, Se | mcg | 2. | 1 | 0 | BFNN | 4 | | 1.8 | | | |
| Vitamins: | | | | | | | | | | | |
| Vitamin C, total ascorbic acid | ma | 0.0 | ` | | | 7 | | 0.0 | | | |
| Thiamin | _ | | 020 | | | 1 | | 0.015 | | | |
| Riboflavin | - | | 90 | | | 1 | | 0.068 | | | |
| Niacin | | | 100 | | | 1 | | 0.075 | | | |
| Pantothenic acid | _ | • | | | | _ | | 0.0.0 | | | |
| Vitamin B-6 | - | 0.0 | 020 | | | 1 | | 0.015 | | | |
| Folate, total | | 3 | | | | 1 | | 2 | | | |
| Folic acid | | 0 | | 0 | Z | 7 | | 0 | | | |
| Folate, food | mcg | 3 | | | | 1 | | 2 | | | |
| Folate, DFE | mcg_ | DFE 3 | | 0 | NC | 4 | | 2 | | | |
| Vitamin B-12 | | 0.: | 20 | | | 1 | | 0.15 | | | |
| Vitamin A, IU | IU | 74 | | 0 | NC | 4 | | 56 | | | |
| Vitamin A, RAE | mcg_ | RAE 4 | | 0 | NC | 4 | | 3 | | | |
| Retinol | mcg | 0 | | 0 | BFFN | 4 | | 0 | | | |
| Vitamin E (alpha-tocopherol) | mg | 0.9 | 50 | 0 | BFFN | 4 | | 0.37 | | | |
| Tocopherol, beta | mg | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | | |
| Vitamin D | | | | | | | | | | | |
| Vitamin K (phylloquinone) | rncg | 3.: | 4 | 0 | BFFN | 4 | | 2.4 | | | |
| Lipids: | | | | | | | | | | | |
| Fatty acids, total saturated | g | 11.: | 273 | | | 1 | | 8.455 | | | |
| 4:0 | | 0.0 | 000 | | | 4 | | 0.000 | | | |
| 6:0 | | 0.0 | 000 | | | 4 | | 0.000 | | | |
| 8:0 | g | 0.3 | 331 | | | 4 | | 0.248 | | | |
| 10:0 | g | 0.4 | 166 | | | 4 | | 0.350 | | | |
| 12:0 | _ | 4. | 575 | | | 4 | | 3.431 | | | |
| 13:0 | g | | | | | | | | | | |
| 14:0 | g | 1.9 | 946 | | | 4 | | 1.460 | | | |
| 15:0 | g | | | | | | | | | | |
| 16:0 | g | 1. | 599 | | | 4 | | 1.199 | | | |
| 17:0 | | | | | | | | | | | |
| | _ | 2 . | 371 | | | 4 | | 1.778 | | | |
| 18:0 | 9 | 2 | ,,_ | | | _ | | | | | |
| 18:0 20:0 | | 2 | ,,_ | | | _ | | | | | |

| | <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 monounsaturated9 | 0.838 | | | | 1 | | 0.629 | | |
| 14:1g | | | | | | | | | |
| 15:1g | | | | | | | | | |
| 16:1 undifferentiatedg | 0.124 | | | | 4 | | 0.093 | | |
| 17:1g | | | | | | | | | |
| 18:1 undifferentiatedg | 0.714 | | | | 4 | | 0.536 | | |
| 20:1g | 0.000 | | | | 4 | | 0.000 | | |
| 22:1 undifferentiatedg | 0.000 | | | | 4 | | 0.000 | | |
| 24:1 cg | | | | | | | | | |
| Fatty acids, total polyunsaturated | 0.269 | | | | 1 | | 0.202 | | |
| 18:2 undifferentiatedg | 0.155 | | | | 4 | | 0.116 | | |
| 18:3 undifferentiatedg | 0.114 | | | | 4 | | 0.086 | | |
| 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 | 2 | | | | 1 | | 2 | | |
| Phytosterolsmg | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethylg | 0.0 | | | | 7 | | 0.0 | | |
| Caffeine mg | 0 | | 0 | z | 7 | | 0 | | |
| Theobromine mg | 0 | | 0 | z | 7 | | 0 | | |
| Carotenoids: | | | | | | | | | |
| Carotene, beta mcg | 45 | | 0 | BFFN | 4 | | 33.384 | | |
| Carotene, alpha mcg | 0 | | 0 | Z | 7 | | 0.000 | | |
| Cryptoxanthin, beta mcg | 0 | | 0 | z | 7 | | 0.000 | | |
| Lycopene mcg | 0 | | 0 | z | 7 | | 0.000 | | |
| Lutein + zeaxanthin mcg | 0 | | 0 | z | 7 | | 0.000 | | |
| Editorii - Zeaxantiniiiiog | | | • | | | | 0.000 | | |

Common Measures:

Measure 1 = 75g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

| | | <u>A</u> | mount in 100 | grams | ot edib | ie portio | <u>on</u> | Amount in | edible portion o | f common |
|--|---------|------------|--------------|---------|----------|-----------|------------|-----------|------------------|----------|
| | | | N | lumber | | | | <u>m</u> | easures of food | |
| | | | (| of Data | Deriv | Source | Confidence | | | |
| Nutrients and Uni | ts | Mean | Std. Error | Points | Code | Code | Code | Measure 1 | Measure 2 | Measure |
| _ | | | | | | | | | | |
| Proximates: Water | а | 71.57 | | 0 | NC | 4 | | | | |
| Energy | - | 112 | | 0 | MC | 9 | | | | |
| Energy | | 469 | | · | | 9 | | | | |
| Protein | | 3.53 | | 0 | MC | 9 | | | | |
| Total lipid (fat) | - | 0.00 | | 0 | MC | 9 | | | | |
| Ash | - | 1.37 | | 0 | RA | 4 | | | | |
| Carbohydrate, by difference | | 23.53 | | 0 | MC | 9 | | | | |
| Fiber, total dietary | | 1.2 | | 0 | MC | 9 | | | | |
| Sugars, total | | 14.97 | | 0 | BFNN | 4 | | | | |
| Starch | | | | | | | | | | |
| | 0 | | | | | | | | | |
| Minerals: | ma | 00 | | 0 | мс | • | | | | |
| Calcium, Ca | _ | 88 0.42 | | 0 0 | MC MC | 9 9 | | | | |
| Iron, Fe | - | 40 | | 0 | MC RA | 4 | | | | |
| Phosphorus, P | | 166 | | 0 | RA | 4 | | | | |
| Potassium, K | - | 339 | | 0 | RA | 4 | | | | |
| Sodium, Na | | 135 | | 0 | MC | 9 | | | | |
| Zine, Zn | | 1.13 | | 0 | RA | 4 | | | | |
| Copper, Cu | | 0.209 |) | 0 | RA | 4 | | | | |
| Manganese, Mn | | | | | | | | | | |
| Selenium, Se | - | 7.0 | | 0 | BFNN | 4 | | | | |
| Vitamina | | | | | | | | | | |
| Vitamins: Vitamin C, total ascorbic acid | ma | 0.0 | | 0 | MC | 9 | | | | |
| Thiamin | | 0.047 | , | 0 | RA. | 4 | | | | |
| Riboflavin | _ | 0.215 | | 0 | RA | 4 | | | | |
| Niacin | | 0.223 | | 0 | RA | 4 | | | | |
| Pantothenic acid | | | | | | _ | | | | |
| Vitamin B-6 | _ | 0.047 | , | 0 | RA | 4 | | | | |
| Folate, total. | | 12 | | 0 | RA | 4 | | | | |
| Folic acid | | 0 | | 0 | Z | 7 | | | | |
| Folate, food | mcg | 12 | | 0 | RA | 4 | | | | |
| Folate, DFE | mcg_DFE | 12 | | 0 | NC | 4 | | | | |
| Vitamin B-12 | mcg | 0.50 | | 0 | RA | 4 | | | | |
| Vitamin A, IU | IU | 0 | | 0 | MC | 9 | | | | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | NC | 4 | | | | |
| Retinol | | 0 | | 0 | BFFN | 4 | | | | |
| Vitamin E (alpha-tocopherol) | | 0.00 | | 0 | BFFN | 4 | | | | |
| Tocopherol, beta | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | |
| Vitamin D Vitamin K (phylloquinone) | | 0.0 | | 0 | BFFN | 4 | | | | |
| | inog | 0.0 | | Ū | DEEN | - | | | | |
| <u>Lipids:</u> | | | | | | | | | | |
| Fatty acids, total saturated | | 0.000 | | 0 | MC | 9 | | | | |
| 4:0 | | 0.000 | | 0 | RA | 4 | | | | |
| 6:0 | | 0.000 | | 0 | RA | 4 | | | | |
| 8:0 | - | 0.000 | | 0 | RA | 4 | | | | |
| 10:0 | | 0.000 | | 0 | RA | 4 | | | | |
| 12:0 | | 0.000 | J | 0 | RA | 4 | | | | |
| 13:0 | - | | | _ | | | | | | |
| 14:0 | | 0.000 | J | 0 | RA | 4 | | | | |
| 15:0 | | | | _ | | | | | | |
| 16:0 | | 0.000 |) | 0 | RA | 4 | | | | |
| 17:0 | | 2 222 | | ^ | | | | | | |
| 18:0 | | 0.000 | , | 0 | RA | 4 | | | | |
| 20:0 | - | | | | | | | | | |
| 22:0 | y | | | | | | | | | |

| | <u>Am</u> | ount in 10 | 0 grams | of edib | le portio | <u>on</u> | Amount in | edible portion o | f common |
|-------------------------------------|-----------|------------|---------|---------|----------------|--------------------|-----------|------------------|-----------|
| | | | Number | | | | | easures of food | |
| Nutrients and Units | Mean S | Std. Error | | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| F | 0.000 | | 0 | RA | 4 | | | | |
| Fatty acids, total monounsaturated9 | 0.000 | | U | KA | 4 | | | | |
| 15:1g | | | | | | | | | |
| 16:1 undifferentiated | 0.000 | | 0 | RA | 4 | | | | |
| 17:1 | 0.000 | | · | | - | | | | |
| 18:1 undifferentiated | 0.000 | | 0 | RA | 4 | | | | |
| 20:1g | 0.000 | | 0 | RA | 4 | | | | |
| 22:1 undifferentiatedg | 0.000 | | 0 | RA | 4 | | | | |
| 24:1 cg | | | | | | | | | |
| Fatty acids, total polyunsaturated | 0.000 | | 0 | RA | 4 | | | | |
| 18:2 undifferentiatedg | 0.000 | | 0 | RA | 4 | | | | |
| 18:3 undifferentiatedg | 0.000 | | 0 | RA | 4 | | | | |
| 18:4g | 0.000 | | 0 | RA | 4 | | | | |
| 20:2 n-6 c,cg | | | | | | | | | |
| 20:3 undifferentiatedg | | | | | | | | | |
| 20:4 undifferentiatedg | 0.000 | | 0 | RA | 4 | | | | |
| 20:5 n-3g | 0.000 | | 0 | RA | 4 | | | | |
| 22:5 n-3g | 0.000 | | 0 | RA | 4 | | | | |
| 22:6 n-3g | 0.000 | | 0 | RA | 4 | | | | |
| Fatty acids, total transg | | | | | | | | | |
| Cholesterolmg | 1 | | 0 | RA | 4 | | | | |
| Phytosterolsmg | | | | | | | | | |
| Others: | | | | | | | | | |
| Alcohol, ethylg | 0.0 | | 0 | z | 7 | | | | |
| Caffeine mg | 2 | | 0 | BFZN | 4 | | | | |
| Theobrominemg | 23 | | 0 | BFZN | 4 | | | | |
| Carotenoids: | | | | | | | | | |
| Carotene, betamcg | 0 | | 0 | BFFN | 4 | | | | |
| Carotene, alpha mcg | 0 | | 0 | Z | 7 | | | | |
| Cryptoxanthin, betamcg | 0 | | 0 | z | 7 | | | | |
| Lycopenemcg | 0 | | 0 | z | 7 | | | | |
| Lutein + zeaxanthinmcg | 0 | | 0 | Z | 7 | | | | |
| Eutem - Zeazantiniiiiog | | | | | • | | | | |

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

| | | <u>Aı</u> | mount in 100 | grams) | of edib | ole portio | <u>n</u> | | edible portion | |
|--------------------------------|-----------|-----------|--------------|--------|---------|----------------|--------------------|------------|-----------------|-----------|
| | | | P | Number | | | | <u>m</u> | easures of food | |
| Nutrients and Uni | ts | Mean | Std. Error | | | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure |
| Proximates: | | | | | | | | | | |
| Water | g | 75.40 | | | | 4 | | 184.73 | 94.25 | 128.18 |
| Energy | kcal | 94 | | | | 4 | | 230 | 118 | 160 |
| Energy | kj | 393 | | | | 4 | | 964 | 492 | 669 |
| Protein | g | 4.40 | | | | 4 | | 10.78 | 5.50 | 7.48 |
| Total lipid (fat) | g | 0.20 | | | | 4 | | 0.49 | 0.25 | 0.34 |
| Ash | g | 1.00 | | 0 | NR | 4 | | 2.45 | 1.25 | 1.70 |
| Carbohydrate, by difference | g | 19.00 | | | | 4 | | 46.55 | 23.75 | 32.30 |
| Fiber, total dietary | | 0.0 | | | | 7 | | 0.0 | 0.0 | 0.0 |
| Sugars, total | | 19.00 | | 0 | NR | 4 | | 46.55 | 23.75 | 32.30 |
| Starch | | | | | | | | | | |
| | | | | | | | | | | |
| Minerals: | m~ | 150 | | | | | | 270 | 100 | 252 |
| Calcium, Ca | | 152 | | | | 4 | | 372 | 190 | 258 |
| Iron, Fe. | | 0.07 | | | | 4 4 | | 0.17 | 0.09 | 0.1 |
| Magnesium, Mg | | 15 119 | | | | 4 | | 37 292 | 19 | 26 202 |
| Phosphorus, P | | 119 | | | | 4 | | 475 | 149 | |
| Potassium, K | | 194 58 | | | | 4 | | 475 142 | 243 73 | 330 99 |
| Sodium, Na | | 0.74 | | | | 4 | | 1.81 | 0.93 | 1.2 |
| Zinc, Zn | _ | 0.74 | | | | 4 | | 0.027 | 0.93 | 0.0 |
| Copper, Cu | | 0.011 | | 0 | RA | 4 | | 0.027 | 0.014 | 0.0 |
| Manganese, Mn | | 6.0 | | 0 | BFNN | 4 | | 14.7 | 7.5 | 10.2 |
| Selemum, Se | 1110g | 0.0 | | Ū | DIM | - | | 14.7 | 7.3 | 10.2 |
| <u>/itamins:</u> | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.7 | | | | 4 | | 1.7 | 0.9 | 1.2 |
| Thiamin | | 0.040 |) | | | 4 | | 0.098 | 0.050 | 0.0 |
| Riboflavin | mg | 0.180 |) | | | 4 | | 0.441 | 0.225 | 0.3 |
| Niacin | <u>mg</u> | 0.100 |) | | | 4 | | 0.245 | 0.125 | 0.1 |
| Pantothenic acid | - | | | | | | | | | |
| Vitamin B-6 | _ | 0.040 | 1 | | | 4 | | 0.098 | 0.050 | 0.0 |
| Folate, total | | 9 | | | | 4 | | 22 | 11 | 15 |
| Folic acid | | 0 | | 0 | RA | 4 | | 0 | 0 | 0 |
| Folate, food | | 9 | | | | 4 | | 22 | 11 | 15 |
| Folate, DFE | | 9 | | 0 | NC | 4 | | 22 | 11 | 15 |
| Vitamin B-12 | | 0.47 | | | | 4 | | 1.15 | 0.59 | 0.8 |
| Vitamin A, IU | | 12 | | 0 | NC | 4 | | 28 | 14 | 20 |
| Vitamin A, RAE | | 2 | | 0 | NC | 4 | | 5 | 2 | 3 |
| Retinol | | 2 | | 0 | RA | 4 | | 4 | 2 | 3 |
| Vitamin E (alpha-tocopherol) | = | 0.06 | | 0 | RA | 4 | | 0.15 | 0.07 | 0.1 |
| Tocopherol, beta | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | |
| Vitamin D | | 1.1 | | 0 | RA | 4 | | 2.8 | 1.4 | 1.9 |
| Vitamin K (phylloquinone) | Ilicy | 1.1 | | U | RA | 4 | | 2.8 | 1.4 | 1.9 |
| <u> ipids:</u> | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.119 |) | | | 4 | | 0.292 | 0.149 | 0.2 |
| 4:0 | g | 0.009 |) | | | 4 | | 0.022 | 0.011 | 0.0 |
| 6:0 | g | 0.001 | - | | | 4 | | 0.002 | 0.001 | 0.0 |
| 8:0 | g | 0.002 | ! | | | 4 | | 0.005 | 0.003 | 0.0 |
| 10:0 | g | 0.004 | l . | | | 4 | | 0.010 | 0.005 | 0.0 |
| 12:0 | | 0.003 | 1 | | | 4 | | 0.007 | 0.004 | 0.0 |
| 13:0 | _ | | | | | | | | | |
| 14:0 | _ | 0.017 | • | | | 4 | | 0.042 | 0.021 | 0.0 |
| 15:0 | | | | | | | | | | |
| 16:0 | | 0.055 | i | | | 4 | | 0.135 | 0.069 | 0.0 |
| 17:0 | | | | | | | | | | |
| 18:0 | | 0.019 |) | | | 4 | | 0.047 | 0.024 | 0.0 |
| 20:0 | _ | | | | | | | | | |
| 22:0 | ~ | | | | | | | | | |

| | | <u>A</u> 1 | mount in 10 | 00 grams | of edil | ole portio | <u>on</u> | Amount in edible portion of common | | | |
|---------------------------------|---|----------------|-------------|-------------------|----------|------------|--------------------|------------------------------------|-----------------|----------------|--|
| | | | | Number | | 0 | 0 6 - 1 | me | easures of food | | |
| Nutrients and | d Units | Mean | Std. Error | of Data Points | | Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 | |
| Fatty acids, total monounsatu | rated9 | 0.050 | | | | 4 | | 0.123 | 0.063 | 0.085 | |
| 14:1 | | | | | | | | | | | |
| 15:1 | - | | | | | | | | | | |
| 16:1 undifferentiated | - | 0.007 | | | | 4 | | 0.017 | 0.009 | 0.012 | |
| 17:1 18:1 undifferentiated | - | 0.041 | | | | 4 | | 0.100 | 0.051 | 0.070 | |
| 20:1 | | 0.000 | | | | 4 | | 0.100 | 0.000 | 0.070 | |
| 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 polyunsatura | | 0.016 | | | | 4 | | 0.039 | 0.020 | 0.027 | |
| 18:2 undifferentiated | | 0.010 | | | | 4 | | 0.025 | 0.013 | 0.017 | |
| 18:3 undifferentiated | | 0.006 | | | | 4 | | 0.015 | 0.008 | 0.010 | |
| 18:4 | g | 0.000 | | | | 4 | | 0.000 | 0.000 | 0.000 | |
| 20:2 n-6 c,c | g | | | | | | | | | | |
| 20:3 undifferentiated | g | | | | | | | | | | |
| 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 | | • | | | | | | _ | • | • | |
| Cholesterol | | 2 | | | | 4 | | 5 | 3 | 3 | |
| Phytosterols | nig | | | | | | | | | | |
| Amino Acids: | | | | | | | | | | | |
| Tryptophan | g | 0.028 | | 0 | RA | 4 | | 0.068 | 0.035 | 0.047 | |
| Threonine | g | 0.202 | | 0 | RA | 4 | | 0.496 | 0.253 | 0.344 | |
| Isoleucine | g | 0.269 | | 0 | RA | 4 | | 0.659 | 0.336 | 0.457 | |
| Leucine | | 0.496 | | 0 | RA | 4 | | 1.216 | 0.620 | 0.844 | |
| Lysine | | 0.439 | | 0 | RA | 4 | | 1.075 | 0.548 | 0.746 | |
| Methionine | | 0.145 | | 0 | RA | 4 | | 0.356 | 0.181 | 0.247 | |
| Cystine | | 0.045 | | 0 | RA | 4 | | 0.111 | 0.057 | 0.077 | |
| Phenylalanine | | 0.270 | | 0 | RA | 4 | | 0.660 | 0.337 | 0.458 | |
| Tyrosine | | 0.247 | | 0 | RA | 4 | | 0.605 | 0.309 | 0.420 | |
| Valine | - | 0.407 | | 0 | RA | 4 | | 0.997 | 0.509 | 0.692 | |
| Arginine | | 0.151 | | 0 | RA | 4 | | 0.370 | 0.189 | 0.257 | |
| Histidine | - | 0.122 | | 0 | RA | 4 4 | | 0.299 | 0.153 | 0.208 | |
| Alanine | | 0.212 0.394 | | 0 | RA RA | 4 | | 0.521 0.964 | 0.266 0.492 | 0.361 0.669 | |
| Aspartic acid | | 0.966 | | 0 | RA. | 4 | | 2.366 | 1.207 | 1.642 | |
| Glycine | | 0.121 | | 0 | RA. | 4 | | 0.297 | 0.152 | 0.206 | |
| Proline | | 0.581 | | 0 | RA | 4 | | 1.423 | | | |
| Serine | - | 0.305 | | 0 | RA | 4 | | 0.747 | 0.726 0.381 | 0.987 0.518 | |
| Hydroxyproline | | 0.505 | | · | | • | | 0.747 | 0.301 | 0.510 | |
| 3 31 | | | | | | | | | | | |
| Others: | | | | | | _ | | | | | |
| Alcohol, ethyl | | 0.0 | | | _ | 7 | | 0.0 | 0.0 | 0.0 | |
| Caffeine | | 0 | | 0 | z z | 7 7 | | 0 | 0 0 | 0 | |
| Theobromine | <u>m</u> g | U | | U | Z | , | | 0 | 0 | 0 | |
| Carotenoids: | | | | | | | | | | | |
| Carotene, beta | _ | 4 | | 0 | RA | 4 | | 8.584 | 4.380 | 5.956 | |
| Carotene, alpha | | 0 | | 0 | RA | 4 | | 0.000 | 0.000 | 0.000 | |
| Cryptoxanthin, beta | | 0 | | 0 | RA | 4 | | 0.000 | 0.000 | 0.000 | |
| Lycopene | | 0 | | 0 | RA | 4 | | 0.000 | 0.000 | 0.000 | |
| Lutein + zeaxanthin | mcg | 8 | | 0 | RA | 4 | | 19.616 | 10.008 | 13.611 | |

Common Measures:

Measure 1 = 245g: 1 cup (8 fl oz) Measure 2 = 125g: 1 container (4.4 oz) Measure 3 = 170g: 1 container (6 oz) NDB No. 43261 Yogurt, fruit variety, nonfat

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

| | | <u>Aı</u> | mount in 100 g | grams | of edib | ole portio | <u>n</u> | | edible portion | |
|-------------------------------------|--------|-----------|----------------|-------|------------|------------|------------|------------|-----------------|-----------|
| | | | Nι | ımber | | | | <u>m</u> | easures of food | <u> </u> |
| | | | of | Data | Deriv | Source | Confidence | | | |
| Nutrients and Un | its | Mean | Std. Error Po | oints | Code | Code | Code | Measure 1 | Measure 2 | Measure |
| Proximates: | | | | | | | | | | |
| Water | g | 74.48 | 0.610 | 26 | | 1 | | 182.48 | 126.62 | 169.07 |
| Energy | kcal | 102 | | 0 | NC | 4 | | 250 | 173 | 231 |
| Energy | kj | 426 | | | | 4 | | 1044 | 725 | 968 |
| Protein (N x 6.38) | g | 4.37 | 0.026 | 26 | | 1 | | 10.71 | 7.43 | 9.92 |
| Total lipid (fat) | g | 1.08 | 0.052 | 26 | | 1 | | 2.65 | 1.84 | 2.45 |
| Ash | g | 1.02 | 0.027 | 12 | | 1 | | 2.50 | 1.73 | 2.32 |
| Carbohydrate, by difference | g | 19.05 | | 0 | NC | 4 | | 46.67 | 32.39 | 43.24 |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total | g | 19.05 | | 0 | NR | 4 | | 46.67 | 32.39 | 43.24 |
| Starch | g | | | | | | | | | |
| W: | | | | | | | | | | |
| Minerals: Calcium, Ca | ma | 152 | | 0 | | 1 | | 372 | 258 | 345 |
| Iron, Fe | | 0.07 | | 0 | | 1 | | 0.17 | 0.12 | 0.10 |
| Magnesium, Mg | | 15 | | 0 | | 1 | | 36 | 25 | 33 |
| Phosphorus, P | | 119 | | 0 | | 1 | | 293 | 203 | 271 |
| Potassium, K | | 195 | | 0 | | 1 | | 477 | 331 | 442 |
| Sodium, Na | | 58 | | 0 | | 1 | | 143 | 99 | 133 |
| Zinc, Zn | | 0.74 | | 0 | | 1 | | 1.81 | 1.26 | 1.6 |
| Copper, Cu | | 0.080 |) | 0 | | 1 | | 0.196 | 0.136 | 0.1 |
| Manganese, Mn | | 0.065 | | 0 | | 1 | | 0.159 | 0.111 | 0.1 |
| Selenium, Se | | 3.1 | | 0 | BFNN | 4 | | 7.6 | 5.3 | 7.0 |
| ŕ | | | | | | | | | | |
| <u>Vitamins:</u> | | | | _ | | | | | | |
| Vitamin C, total ascorbic acid | _ | 0.7 | | 0 | | 1 | | 1.6 | 1.1 | 1.5 |
| Thiamin | | 0.037 | | 0 | | 1 | | 0.091 | 0.063 | 0.08 |
| Riboflavin | | 0.178 | | 0 | | 1 | | 0.436 | 0.303 | 0.40 |
| Niacin | - | 0.095 | | 0 | | 1 | | 0.233 | 0.162 | 0.23 |
| Pantothenic acid | _ | 0.489 | | 0 | | 1 | | 1.198 | 0.831 | 1.1 |
| Vitamin B-6 | | 0.040 | 1 | 0 | | 1 | | 0.098 | 0.068 | 0.0 |
| Folate, total | | 9 | | 0 | _ | 1 | | 23 | 16 | 21 |
| Folic acid | | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food | | 9 9 | | 0 | *** | 1 | | 23 | 16 | 21 |
| Folate, DFE | | _ | | 0 | NC | 4 | | 23 | 16 | 21 |
| Vitamin B-12 | mcg | 0.47 | | 0 | *** | 1 4 | | 1.14 89 | 0.79 | 1.00 |
| Vitamin A, IU | | 36 10 | | - | NC | _ | | | 62 | 82 |
| Vitamin A, RAE | | 10 | | 0 | NC | 4 4 | | 25 25 | 17 | 23 |
| Retinol | | 0.02 | | 0 | NC BFFN | 4 | | 0.05 | 17 0.03 | 23 0.0 |
| Vitamin E (alpha-tocopherol) | | 0.02 | | U | BFFN | 4 | | 0.05 | 0.03 | 0.0 |
| Tocopherol, beta | | | | | | | | | | |
| Tocopherol, gamma Tocopherol, delta | | | | | | | | | | |
| Vitamin D | | | | | | | | | | |
| Vitamin K (phylloquinone) | | 0.1 | | 0 | BFFN | 4 | | 0.2 | 0.1 | 0.2 |
| 4 7 1 | | | | | | | | | | |
| <u> </u> | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.697 | | 0 | | 1 | | 1.708 | 1.185 | 1.58 |
| 4:0 | | 0.032 | | 3 | | 1 | | 0.078 | 0.054 | 0.0 |
| 6:0 | _ | 0.022 | | 3 | | 1 | | 0.054 | 0.037 | 0.0 |
| 8:0 | - | 0.014 | | 3 | | 1 | | 0.034 | 0.024 | 0.0 |
| 10:0 | | 0.031 | | 3 | | 1 | | 0.076 | 0.053 | 0.0 |
| 12:0 | - | 0.037 | 0.002 | 3 | | 1 | | 0.091 | 0.063 | 0.0 |
| 13:0 | - | | | _ | | _ | | | | _ |
| 14:0 | - | 0.114 | 0.006 | 3 | | 1 | | 0.279 | 0.194 | 0.2 |
| 15:0 | _ | | | _ | | _ | | | _ | _ |
| 16:0 | | 0.294 | 0.014 | 3 | | 1 | | 0.720 | 0.500 | 0.6 |
| 17:0 | - | | | - | | _ | | | | _ |
| 18:0 | _ | 0.105 | 0.005 | 3 | | 1 | | 0.257 | 0.179 | 0.2 |
| 20:0 | _ | | | | | | | | | |
| 22:0 | g g | | | | | | | | | |

| | | <u>A</u> 1 | mount in 100 | | | ole portic | <u>on</u> | | edible portion of easures of food | |
|----------------------------------|---------|------------|--------------|---|--------|----------------|--------------------|----------------|-----------------------------------|----------------|
| Nutrients and | Units | Mean | | | Deriv | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Fatty acids, total monounsatura | ntad () | 0.297 | | 0 | | 1 | | 0.728 | 0.505 | 0.674 |
| 14:1 | | 0.25. | | · | | _ | | 0.720 | 0.505 | 0.07.1 |
| 15:1 | - | | | | | | | | | |
| 16:1 undifferentiated | - | 0.024 | 0.001 | 3 | | 1 | | 0.059 | 0.041 | 0.054 |
| 17:1 | g | | | | | | | | | |
| 18:1 undifferentiated | g | 0.247 | 0.012 | 3 | | 1 | | 0.605 | 0.420 | 0.561 |
| 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 polyunsaturat | edg | 0.031 | | 0 | | 1 | | 0.076 | 0.053 | 0.070 |
| 18:2 undifferentiated | g | 0.022 | | 3 | | 1 | | 0.054 | 0.037 | 0.050 |
| 18:3 undifferentiated | - | 0.009 | | 3 | | 1 | | 0.022 | 0.015 | 0.020 |
| 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 | _ | 4 | | 0 | | 1 | | 10 | 7 | 10 |
| Phytosterols | mg | | | | | | | | | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan | g | 0.025 | | 0 | | 1 | | 0.061 | 0.043 | 0.057 |
| Threonine | g | 0.179 | | 0 | | 1 | | 0.439 | 0.304 | 0.406 |
| Isoleucine | g | 0.238 | | 0 | | 1 | | 0.583 | 0.405 | 0.540 |
| Leucine | g | 0.440 | | 0 | | 1 | | 1.078 | 0.748 | 0.999 |
| Lysine | g | 0.392 | | 0 | | 1 | | 0.960 | 0.666 | 0.890 |
| Methionine | g | 0.129 | | 0 | | 1 | | 0.316 | 0.219 | 0.293 |
| Cystine | g | 0.040 | | 0 | | 4 | | 0.098 | 0.068 | 0.091 |
| Phenylalanine | g | 0.238 | | 0 | | 1 | | 0.583 | 0.405 | 0.540 |
| Tyrosine | g | 0.221 | | 0 | | 1 | | 0.541 | 0.376 | 0.502 |
| Valine | g | 0.362 | | 0 | | 1 | | 0.887 | 0.615 | 0.822 |
| Arginine | g | 0.132 | | 0 | | 1 | | 0.323 | 0.224 | 0.300 |
| Histidine | g | 0.108 | | 0 | | 1 | | 0.265 | 0.184 | 0.245 |
| Alanine | | 0.187 | | 0 | | 1 | | 0.458 | 0.318 | 0.424 |
| Aspartic acid | | 0.347 | | 0 | | 1 | | 0.850 | 0.590 | 0.788 |
| Glutamic acid | | 0.856 | | 0 | | 1 | | 2.097 | 1.455 | 1.943 |
| Glycine | | 0.105 | | 0 | | 1 | | 0.257 | 0.179 | 0.238 |
| Proline | | 0.518 | | 0 | | 1 | | 1.269 | 0.881 | 1.176 |
| Serine | | 0.271 | | 0 | | 1 | | 0.664 | 0.461 | 0.615 |
| Hydroxyproline | g | | | | | | | | | |
| Others: | | | | | | | | | | |
| Alcohol, ethyl | a | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine | | 0 | | 0 | z | 7 | | 0 | 0 | 0 |
| Theobromine | | 0 | | 0 | z | 7 | | 0 | 0 | 0 |
| Carotenoids: | | | | | | | | | | |
| <u> </u> | maa | • | | ^ | D==- | | | 4 000 | 0 007 | 2 201 |
| Carotene, beta | | 2 0 | | 0 | BFFN | 4 7 | | 4.232 0.000 | 2.937 | 3.921 0.000 |
| Carotene, alpha | - | 0 | | 0 | z z | 7 | | 0.000 | 0.000 0.000 | |
| Cryptoxanthin, beta | | 0 | | 0 | z Z | 7 | | 0.000 | 0.000 | 0.000 0.000 |
| Lycopene Lutein + zeaxanthin | | 0 | | 0 | z Z | 7 | | 0.000 | 0.000 | 0.000 |
| Luteiii + zeaxantnin | tiicg | U | | U | 4 | ′ | | 0.000 | 0.000 | 0.000 |

Common Measures:

Measure 1 = 245g: 1 cup (8 fl oz) Measure 2 = 170g: 1 container (6 oz) Measure 3 = 227g: 1 container (8 oz) NDB No. 01121

Yogurt, fruit, low fat, 10 grams protein per 8 ounce

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>A</u> 1 | mount in 100 g | rams | ot edik | ole portio | <u>n</u> | Amount in | edible portion | of common |
|--|---------|-------------|----------------|------|---------|------------|------------|-------------|-----------------|-----------|
| | | | Nu | mber | | | | <u>m</u> | easures of food | |
| | | | of | Data | Deriv | Source | Confidence | | | |
| Nutrients and Uni | its | Mean | Std. Error Po | ints | Code | Code | Code | Measure 1 | Measure 2 | Measure 3 |
| D | | | | | | | | | | |
| Proximates: Water | a | 74.10 | 0.514 | 20 | | 1 | | 168.21 | 83.73 | |
| Energy | | 105 | | 0 | NC | 4 | | 239 | 119 | |
| Energy | | 440 | | | | 4 | | 998 | 497 | |
| Protein (N x 6.38) | - | 4.86 | 0.052 | 20 | | 1 | | 11.03 | 5.49 | |
| Total lipid (fat) | | 1.41 | 0.106 | 17 | | 1 | | 3.20 | 1.59 | |
| Ash | | 1.03 | 0.034 | 12 | | 1 | | 2.34 | 1.16 | |
| Carbohydrate, by difference | | 18.60 | | 0 | NC | 4 | | 42.22 | 21.02 | |
| Fiber, total dietary | | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| NC: 1 | | | | | | | | | | |
| Minerals: | ma | 160 | | 0 | | 1 | | 303 | 1.01 | |
| Calcium, Ca | - | 169 0.07 | | 0 | | 1 1 | | 383 0.16 | 191 0.08 | |
| Iron, FeMagnesium, Mg | | 16 | | 0 | | 1 | | 37 | 18 | |
| Phosphorus, P | | 133 | | 0 | | 1 | | 301 | 150 | |
| Potassium, K | - | 216 | | 0 | | 1 | | 491 | 244 | |
| Sodium, Na | | 65 | | 0 | | 1 | | 147 | 73 | |
| Zinc, Zn | | 0.82 | | 0 | | 1 | | 1.86 | 0.93 | |
| Copper, Cu | | 0.080 |) | 0 | | 1 | | 0.182 | 0.090 | |
| Manganese, Mn | | 0.065 | 5 | 0 | | 1 | | 0.148 | 0.073 | |
| Selenium, Se | | 3.1 | | 0 | BFNN | 4 | | 7.0 | 3.5 | |
| Vitamins: | | | | | | | | | | |
| | ma | 0.7 | | 0 | | 1 | | 1.7 | 0.8 | |
| Vitamin C, total ascorbic acid Thiamin | | 0.7 | | 0 | | 1 | | 0.093 | 0.8 | |
| Riboflavin | | 0.198 | | 0 | | 1 | | 0.449 | 0.224 | |
| Niacin | | 0.105 | | 0 | | 1 | | 0.238 | 0.119 | |
| Pantothenic acid | - | 0.544 | | 0 | | 1 | | 1.235 | 0.615 | |
| Vitamin B-6 | | 0.045 | | 0 | | 1 | | 0.102 | 0.051 | |
| Folate, total | - | 10 | | 0 | | 1 | | 24 | 12 | |
| Folic acid | | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 10 | | 0 | | 1 | | 24 | 12 | |
| Folate, DFE | mcg_DFE | 10 | | 0 | NC | 4 | | 24 | 12 | |
| Vitamin B-12 | | 0.52 | | 0 | | 1 | | 1.18 | 0.59 | |
| Vitamin A, IU | | 60 | | 0 | | 1 | | 136 | 68 | |
| Vitamin A, RAE | mcg_RAE | 16 | | 0 | NC | 4 | | 35 | 18 | |
| Retinol | | 15 | | 0 | NC | 4 | | 34 | 17 | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | |
| Vitamin D Vitamin K (phylloquinone) | | | | | | | | | | |
| vitamin K (pnylloquinone) | nicg | | | | | | | | | |
| <u>Lipids:</u> | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.909 | • | 0 | | 1 | | 2.063 | 1.027 | |
| 4:0 | _ | 0.042 | 0.003 | 3 | | 1 | | 0.095 | 0.047 | |
| 6:0 | g | 0.029 | 0.002 | 3 | | 1 | | 0.066 | 0.033 | |
| 8:0 | | 0.018 | | 3 | | 1 | | 0.041 | 0.020 | |
| 10:0 | - | 0.040 | | 3 | | 1 | | 0.091 | 0.045 | |
| 12:0 | - | 0.048 | 0.004 | 3 | | 1 | | 0.109 | 0.054 | |
| 13:0 | _ | | | _ | | _ | | | | |
| 14:0 | | 0.149 | 0.011 | 3 | | 1 | | 0.338 | 0.168 | |
| 15:0 | - | 0.304 | | 2 | | 4 | | 0.070 | 0.434 | |
| 16:0 | - | 0.384 | 0.029 | 3 | | 1 | | 0.872 | 0.434 | |
| 17:0 | | 0.137 | 0.010 | 3 | | 1 | | 0.311 | 0 155 | |
| 18:0 20:0 | | 0.137 | 0.010 | 3 | | 1 | | 0.311 | 0.155 | |
| 22:0 | - | | | | | | | | | |
| 24:0 | | | | | | | | | | |

| | | <u>Ar</u> | nount in 100 | | ole portic | <u>on</u> | Amount in edible portion of common measures of food | | | |
|------------------------------------|-----|-----------|--------------|-----------------|------------|------------|---|-----------|-----------|--|
| | | | | umber f Doto | Source | Confidence | <u></u> | | | |
| Nutrients and Units | | Mean | Std. Error P | | Code | Code | Measure 1 | Measure 2 | Measure 3 | |
| Fatty acids, total monounsaturated | g | 0.387 | | 0 | 1 | | 0.878 | 0.437 | | |
| 14:1 | _ | | | | | | | | | |
| 15:1 | | | | | | | | | | |
| 16:1 undifferentiated | - | 0.031 | 0.002 | 3 | 1 | | 0.070 | 0.035 | | |
| 17:1 | | | | | | | | | | |
| 18:1 undifferentiated | | 0.322 | 0.024 | 3 | 1 | | 0.731 | 0.364 | | |
| 20:1 | | | | | | | | | | |
| 22:1 undifferentiated | - | | | | | | | | | |
| 24:1 c | | | | _ | | | | | | |
| Fatty acids, total polyunsaturated | | 0.040 | | 0 | 1 | | 0.091 | 0.045 | | |
| 18:2 undifferentiated | • | 0.028 | 0.002 | | 1 | | 0.064 | 0.032 | | |
| 18:3 undifferentiated | - | 0.012 | 0.001 | 3 | 1 | | 0.027 | 0.014 | | |
| 18:4 | | | | | | | | | | |
| 20:2 n-6 c,c | | | | | | | | | | |
| 20:3 undifferentiated | | | | • | | | | | | |
| 20:4 undifferentiated | - | 0.000 | | 0 | 4 | | 0.000 | 0.000 | | |
| 20:5 n-3 | | | | | | | | | | |
| 22:5 n-3 | - | | | | | | | | | |
| 22:6 n-3 | - | | | | | | | | | |
| Fatty acids, total trans | | 6 | | 0 | 1 | | 12 | 6 | | |
| Phytosterols | - | 0 | | U | _ | | 12 | 0 | | |
| Phytosterois | ing | | | | | | | | | |
| Amino Acids: | | | | | | | | | | |
| Tryptophan | g | 0.027 | | 0 | 1 | | 0.061 | 0.031 | | |
| Threonine | g | 0.200 | | 0 | 1 | | 0.454 | 0.226 | | |
| Isoleucine | g | 0.265 | | 0 | 1 | | 0.602 | 0.299 | | |
| Leucine | g | 0.490 | | 0 | 1 | | 1.112 | 0.554 | | |
| Lysine | g | 0.436 | | 0 | 1 | | 0.990 | 0.493 | | |
| Methionine | g | 0.143 | | 0 | 1 | | 0.325 | 0.162 | | |
| Cystine | g | 0.044 | | 0 | 4 | | 0.100 | 0.050 | | |
| Phenylalanine | g | 0.265 | | 0 | 1 | | 0.602 | 0.299 | | |
| Tyrosine | g | 0.245 | | 0 | 1 | | 0.556 | 0.277 | | |
| Valine | g | 0.402 | | 0 | 1 | | 0.913 | 0.454 | | |
| Arginine | g | 0.146 | | 0 | 1 | | 0.331 | 0.165 | | |
| Histidine | g | 0.120 | | 0 | 1 | | 0.272 | 0.136 | | |
| Alanine | g | 0.208 | | 0 | 1 | | 0.472 | 0.235 | | |
| Aspartic acid | g | 0.385 | | 0 | 1 | | 0.874 | 0.435 | | |
| Glutamic acid | - | 0.951 | | 0 | 1 | | 2.159 | 1.075 | | |
| Glycine | g | 0.117 | | 0 | 1 | | 0.266 | 0.132 | | |
| Proline | g | 0.576 | | 0 | 1 | | 1.308 | 0.651 | | |
| Serine | g | 0.301 | | 0 | 1 | | 0.683 | 0.340 | | |
| Hydroxyproline | g | | | | | | | | | |

Common Measures:

Measure 1 = 227g: 1 container (8 oz) Measure 2 = 113g: .5 container (4 oz)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>A</u> 1 | mount in 100 g | grams | of edik | le portio | <u>n</u> | | edible portion | |
|----------------------------------|---|------------|----------------|-------|---------|-----------|------------|-----------|-----------------|----------|
| | | | Nu | ımber | • | | | <u>m</u> | easures of food | <u>.</u> |
| | | | of | Data | Deriv | Source | Confidence | | | |
| Nutrients and Uni | its | Mean | Std. Error Po | oints | Code | Code | Code | Measure 1 | Measure 2 | Measure |
| Proximates: | | | | | | | | | | |
| Water | g | 75.30 | 0.595 | 17 | | 1 | | 184.49 | 94.13 | 106.93 |
| Energy | kcal | 99 | | 0 | NC | 4 | | 243 | 124 | 141 |
| Energy | kj | 415 | | | | 4 | | 1017 | 519 | 590 |
| Protein (N x 6.38) | g | 3.98 | 0.030 | 19 | | 1 | | 9.75 | 4.98 | 5.65 |
| Total lipid (fat) | g | 1.15 | 0.086 | 17 | | 1 | | 2.82 | 1.44 | 1.63 |
| Ash | g | 0.93 | 0.049 | 9 | | 1 | | 2.28 | 1.16 | 1.32 |
| Carbohydrate, by difference | g | 18.64 | | 0 | NC | 4 | | 45.67 | 23.30 | 26.47 |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total | g | 18.64 | | 0 | NR | 4 | | 45.67 | 23.30 | 26.47 |
| Starch | g | | | | | | | | | |
| Cin anala. | | | | | | | | | | |
| <u>/Iinerals:</u> Calcium. Ca | ma | 138 | | 0 | | 1 | | 339 | 173 | 196 |
| Iron, Fe | | 0.06 | | 0 | | 1 | | 0.15 | 0.08 | 0.0 |
| Magnesium, Mg | _ | 13 | | 0 | | 1 | | 33 | 17 | 19 |
| Phosphorus, P | | 109 | | 0 | | 1 | | 266 | 136 | 154 |
| Potassium, K | _ | 177 | | 0 | | 1 | | 434 | 221 | 251 |
| Sodium. Na | | 53 | | 0 | | 1 | | 130 | 67 | 76 |
| Zinc, Zn | • | 0.67 | | 0 | | 1 | | 1.64 | 0.84 | 0.9 |
| Copper, Cu | | 0.079 | 1 | 0 | | 1 | | 0.194 | 0.099 | 0.3 |
| Manganese, Mn | - | 0.073 | | 0 | | 1 | | 0.157 | 0.080 | 0.0 |
| Selenium, Se | _ | 2.8 | • | 0 | BFNN | 4 | | 6.9 | 3.5 | 4.0 |
| Scientini, Sc | 9 | 2.0 | | Ū | 221111 | • | | 0.5 | 3.3 | 1.0 |
| <u>'itamins:</u> | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.6 | | 0 | | 1 | | 1.5 | 0.8 | 0.9 |
| Thiamin | mg | 0.034 | <u> </u> | 0 | | 1 | | 0.083 | 0.043 | 0.0 |
| Riboflavin | mg | 0.162 | ? | 0 | | 1 | | 0.397 | 0.203 | 0.2 |
| Niacin | mg | 0.086 | 5 | 0 | | 1 | | 0.211 | 0.108 | 0.1 |
| Pantothenic acid | mg | 0.446 | 5 | 0 | | 1 | | 1.093 | 0.558 | 0.6 |
| Vitamin B-6 | mg | 0.037 | 1 | 0 | | 1 | | 0.091 | 0.046 | 0.0 |
| Folate, total | mcg | 9 | | 0 | | 1 | | 21 | 11 | 12 |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Folate, food | | 9 | | 0 | | 1 | | 21 | 11 | 12 |
| Folate, DFE | mcg_DFE | 9 | | 0 | NC | 4 | | 21 | 11 | 12 |
| Vitamin B-12 | | 0.43 | | 0 | | 1 | | 1.04 | 0.53 | 0.6 |
| Vitamin A, IU | IU | 40 | | 0 | NC | 4 | | 97 | 50 | 56 |
| Vitamin A, RAE | mcg_RAE | 11 | | 0 | NC | 4 | | 27 | 14 | 16 |
| Retinol | mcg | 11 | | 0 | NC | 4 | | 27 | 14 | 16 |
| Vitamin E (alpha-tocopherol) | mg | 0.02 | | 0 | BFFN | 4 | | 0.05 | 0.03 | 0.0 |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | |
| Vitamin D | | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.1 | | 0 | BFFN | 4 | | 0.2 | 0.1 | 0.1 |
| ipids: | | | | | | | | | | |
| Fatty acids, total saturated | n | 0.742 | • | 0 | | 1 | | 1.818 | 0.928 | 1.0 |
| 4:0 | | 0.034 | | 3 | | 1 | | 0.083 | 0.043 | 0.0 |
| 6:0 | | 0.023 | | 3 | | 1 | | 0.056 | 0.029 | 0.0 |
| 8:0 | - | 0.015 | | 3 | | 1 | | 0.037 | 0.019 | 0.0 |
| 10:0 | | 0.013 | | 3 | | 1 | | 0.037 | 0.019 | 0.0 |
| 12:0 | - | 0.033 | | 3 | | 1 | | 0.081 | 0.041 | 0.0 |
| 13:0 | | 0.053 | 0.003 | , | | - | | 3.030 | 0.049 | 0.0 |
| 14:0 | | 0.121 | 0.009 | 3 | | 1 | | 0.296 | 0.151 | 0.1 |
| 15:0 | | V.121 | 0.009 | _ | | - | | 0.230 | 0.131 | 0.1 |
| 16:0 | | 0.313 | 0.024 | 3 | | 1 | | 0.767 | 0.391 | 0.4 |
| 17:0 | _ | 0.513 | 0.024 | , | | - | | 0.767 | 0.391 | 0.4 |
| 18:0 | - | 0.112 | 0.008 | 3 | | 1 | | 0.274 | 0.140 | 0.1 |
| 20:0 | - | 0.112 | . 0.008 | ی | | _ | | 0.2/4 | 0.140 | 0.1 |
| | - | | | | | | | | | |
| 22:0 24:0 | - | | | | | | | | | |

| | | AI | nount in 100 g | | | <u>on</u> | Amount in edible portion of common measures of food | | | |
|--|-----|----------------|----------------|--------|-------------|----------------|---|------------------------|------------------------|----------------|
| Nutrients and Units | | Mean | | | Deriv | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| | | | | | | | | | | |
| Fatty acids, total monounsaturated | | 0.316 | | 0 | | 1 | | 0.774 | 0.395 | 0.449 |
| 15:1 | g | 0.025 | 0.002 | 3 | | 1 | | 0.061 | 0.031 | 0.036 |
| 17:1 | g | 0.263 | 0.020 | 3 | | 1 | | 0.644 | 0.329 | 0.373 |
| 20:122:1 undifferentiated | | 0.000 0.000 | | 0 | | 1 1 | | 0.000 0.000 | 0.000 0.000 | 0.000 0.000 |
| 24:1 cFatty acids, total polyunsaturated | | 0.033 | | 0 | | 1 | | 0.081 | 0.041 | 0.047 |
| 18:2 undifferentiated | g | 0.023 0.010 | 0.002 0.001 | 3 3 | | 1 1 | | 0.056 0.025 | 0.029 0.013 | 0.033 0.014 |
| 18:4 20:2 n-6 c.c | - | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:3 undifferentiated | | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3 22:5 n-3 | | 0.000 | | 0 | | 1 1 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3Fatty acids, total trans | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 |
| CholesterolPhytosterols | mg | 5 | | 0 | | 1 | | 11 | 6 | 6 |
| Amino Acids: | - | | | | | | | | | |
| TryptophanThreonine | | 0.022 0.163 | | 0 0 | | 1 1 | | 0.05 4 0.399 | 0.028 0.204 | 0.031 0.231 |
| Isoleucine | | 0.217 0.401 | | 0 | | 1 1 | | 0.532 0.982 | 0.271 0.501 | 0.308 0.569 |
| Lysine Methionine | | 0.357 0.117 | | 0 | | 1 1 | | 0.875 0.287 | 0.446 0.146 | 0.507 0.166 |
| CystinePhenylalanine | | 0.036 0.217 | | 0 | | 4 1 | | 0.088 0.532 | 0.045 0.271 | 0.051 0.308 |
| TyrosineValine | _ | 0.201 0.329 | | 0 | | 1 1 | | 0.492 0.806 | 0.251 0.411 | 0.285 0.467 |
| ArginineHistidine | | 0.120 0.099 | | 0 | | 1 1 | | 0.294 0.243 | 0.150 0.124 | 0.170 0.141 |
| AlanineAspartic acid | | 0.170 0.316 | | 0 | | 1 1 | | 0.417 0.774 | 0.213 0.395 | 0.241 0.449 |
| Glutamic acidGlycine | | 0.779 0.096 | | 0 | | 1 1 | | 1.909 0.235 | 0.97 4 0.120 | 1.106 0.136 |
| Proline | g | 0.472 0.246 | | 0 | | 1 1 | | 1.156 0.603 | 0.590 0.308 | 0.670 0.349 |
| Hydroxyproline | - | | | | | | | | | |
| Others: Alcohol, ethyl | .g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 |
| CaffeineTheobromine | _ | 0 0 | | 0 0 | z z | 7 7 | | 0 0 | 0 0 | 0 0 |
| Carotenoids: | mea | 2 | | 0 | BFFN | 4 | | 4.507 | 2.299 | 2.612 |
| Carotene, beta | mcg | 0 | | 0 | Z Z | 4 7 7 | | 0.000 0.000 | 0.000 0.000 | 0.000 |
| Cryptoxanthin, beta Lycopene Lutein + zeaxanthin | mcg | 0 | | 0 | z z z | 7 7 7 | | 0.000 | 0.000 | 0.000 |

Common Measures:

Measure 1 = 245g: 1 cup (8 fl oz) Measure 2 = 125g: 1 container (4.4 oz) Measure 3 = 142g: 1 container (5 oz) NDB No. 01120

Yogurt, fruit, low fat, 9 grams protein per 8 ounce

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| Nutrients and Units Proximates: Water. Energy Energy Protein (N x 6.38) Total lipid (fat) Ash. Carbohydrate, by difference. Fiber, total dietary Sugars, total Starch Vinerals: Calcium, Ca. Iron, Fe Magnesium, Mg Phosphorus, P. Potassium, K. Sodium, Na Zinc, Zn Copper, Cu Manganese, Mn. | kcalkj999999 | 85.07 63 265 5.25 1.55 1.09 7.04 0.0 7.04 | | | Deriv | Source Code 1 4 4 1 1 4 4 4 4 4 4 | Confidence Code | 208.42 155 649 12.86 3.80 2.67 17.25 0.0 | 193.11 144 601 11.92 3.52 2.47 15.98 0.0 15.98 | 96.13 72 299 5.93 1.75 1.23 7.96 0.0 7.96 |
|--|---------------------------------|---|----------------------------------|-------------------------------------|----------|--------------------------------------|--------------------|---|--|---|
| Proximates: Water Energy Energy Protein (N x 6.38) 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 | kcalkj999999 | 85.07 63 265 5.25 1.55 1.09 7.04 0.0 7.04 | 0.304 0.104 0.072 0.034 | 28 0 30 38 16 0 0 | NC NC | 1 4 4 1 1 1 4 4 4 | | 208.42 155 649 12.86 3.80 2.67 17.25 0.0 | 193.11 144 601 11.92 3.52 2.47 15.98 0.0 | 96.13 72 299 5.93 1.75 1.23 7.96 0.0 |
| Proximates: Water Energy Energy Protein (N x 6.38) 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 | kcalkj999999 | 85.07 63 265 5.25 1.55 1.09 7.04 0.0 7.04 | 0.304 0.104 0.072 0.034 | 28 0 30 38 16 0 0 | NC NC | 1 4 4 1 1 1 4 4 | Code | 208.42 155 649 12.86 3.80 2.67 17.25 0.0 | 193.11 144 601 11.92 3.52 2.47 15.98 0.0 | 96.13 72 299 5.93 1.75 1.23 7.96 0.0 |
| Water Energy Energy Protein (N x 6.38) 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 | kcalkj999999 | 63 265 5.25 1.55 1.09 7.04 0.0 7.04 | 0.104 0.072 0.034 | 0 30 38 16 0 0 | NC | 4 4 1 1 4 4 | | 155 649 12.86 3.80 2.67 17.25 0.0 | 144 601 11.92 3.52 2.47 15.98 0.0 | 72 299 5.93 1.75 1.23 7.96 0.0 |
| Energy Energy Protein (N x 6.38) 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 | kcalkj999999 | 63 265 5.25 1.55 1.09 7.04 0.0 7.04 | 0.104 0.072 0.034 | 0 30 38 16 0 0 | NC | 4 4 1 1 4 4 | | 155 649 12.86 3.80 2.67 17.25 0.0 | 144 601 11.92 3.52 2.47 15.98 0.0 | 72 299 5.93 1.75 1.23 7.96 0.0 |
| Energy | kjggggggggggmgmgmgmgmg | 265 5.25 1.55 1.09 7.04 0.0 7.04 | 0.072 0.034 5.716 | 30 38 16 0 0 | NC | 4 1 1 4 4 | | 12.86 3.80 2.67 17.25 0.0 | 601 11.92 3.52 2.47 15.98 0.0 | 299 5.93 1.75 1.23 7.96 0.0 |
| Protein (N x 6.38) 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 | ggggggggmgmgmgmgmgmgmg | 5.25 1.55 1.09 7.04 0.0 7.04 | 0.072 0.034 5.716 | 38 16 0 0 | | 1 1 1 4 | | 12.86 3.80 2.67 17.25 0.0 | 11.92 3.52 2.47 15.98 0.0 | 5.93 1.75 1.23 7.96 0.0 |
| Total lipid (fat) | gggggggmgmgmgmgmgmgmg | 1.55 1.09 7.04 0.0 7.04 | 0.072 0.034 5.716 | 38 16 0 0 | | 1 1 4 4 | | 3.80 2.67 17.25 0.0 | 3.52 2.47 15.98 0.0 | 1.75 1.23 7.96 0.0 |
| 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. | gggggmgmgmgmgmgmgmgmg | 1.09 7.04 0.0 7.04 183 0.08 | 0.03 4 5.716 | 16 0 0 0 | | 1 4 4 | | 2.67 17.25 0.0 | 2.47 15.98 0.0 | 1.23 7.96 0.0 |
| 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 | gggmgmgmgmgmgmgmgmg | 7.04 0.0 7.04 183 0.08 | 5.716 | 0 0 0 | | 4 4 | | 17.25 0.0 | 15.98 0.0 | 7.96 0.0 |
| Fiber, total dietary | ggmgmgmgmgmgmgmgmg | 0.0 7.04 183 0.08 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total | gmgmgmgmgmgmgmgmgmg | 7.04 183 0.08 17 | | 0 | NR | | | | | |
| Starch | g mg mg mg mg mg | 183 0.08 17 | | | NR | 4 | | 17.25 | 15.98 | 7.96 |
| Minerals: Calcium, Ca | mg mg mg mg mg | 0.08 17 | | 14 | | | | | | |
| Calcium, Ca. Iron, Fe. Magnesium, Mg Phosphorus, P. Potassium, K. Sodium, Na. Zinc, Zn Copper, Cu | mg mg mg mg mg | 0.08 17 | | 14 | | | | | | |
| Calcium, Ca. Iron, Fe. Magnesium, Mg Phosphorus, P. Potassium, K. Sodium, Na. Zinc, Zn Copper, Cu | mg mg mg mg mg | 0.08 17 | | 14 | | | | | | |
| Iron, Fe. Magnesium, Mg Phosphorus, P. Potassium, K. Sodium, Na. Zinc, Zn Copper, Cu | mg mg mg mg mg | 0.08 17 | | | | 1 | | 447 | 415 | 206 |
| Magnesium, Mg Phosphorus, P Potassium, K Sodium, Na Zinc, Zn Copper, Cu | mg mg mg mg | 17 | | 4 | | 1 | | 0.20 | 0.18 | 0.09 |
| Phosphorus, P | mg mg mg | | 1.036 | 4 | | 1 | | 43 | 40 | 20 |
| Potassium, K. Sodium, Na. Zinc, Zn. Copper, Cu. | mg mg | 144 | 5.951 | 16 | | 1 | | 352 | 326 | 162 |
| Sodium, NaZinc, ZnCopper, Cu | mg | 234 | | 7 | | 1 | | 573 | 531 | 264 |
| Zinc, Zn Copper, Cu | | 70 | | 9 | | 1 | | 172 | 159 | 79 |
| • • | mg | 0.89 | 0.102 | 12 | | 1 | | 2.18 | 2.02 | 1.01 |
| Manganese Mn | mg | 0.013 | | 0 | | 1 | | 0.032 | 0.030 | 0.01 |
| ividiiganese, iviii | mg | 0.004 | | 0 | | 1 | | 0.010 | 0.009 | 0.00 |
| Selenium, Se | mcg | 3.3 | 0.332 | 17 | A | 1 | | 8.1 | 7.5 | 3.7 |
| Vitamins: | | | | | | | | | | |
| Vitamin C, total ascorbic acid | ma | 0.8 | 0.199 | 8 | | 1 | | 2.0 | 1.8 | 0.9 |
| Thiamin | _ | 0.044 | | 26 | | 1 | | 0.108 | 0.100 | 0.9 |
| Riboflavin | | 0.044 | | 11 | | 1 | | 0.524 | 0.486 | 0.03 |
| Niacin | | 0.114 | | 2 | | 1 | | 0.279 | 0.259 | 0.12 |
| Pantothenic acid | - | 0.591 | | 9 | | 1 | | 1.448 | 1.342 | 0.66 |
| Vitamin B-6 | _ | 0.049 | | 10 | | 1 | | 0.120 | 0.111 | 0.05 |
| Folate, total | _ | 11 | 1.300 | 4 | | 1 | | 27 | 25 | 13 |
| Folic acid | | 0 | | 0 | z | 7 | | 0 | 0 | 0 |
| Folate, food | | 11 | 1.300 | 4 | | 1 | | 27 | 25 | 13 |
| Folate, DFE | | 11 | | 0 | NC | 4 | | 27 | 25 | 13 |
| Vitamin B-12 | | 0.56 | 0.054 | 8 | | 1 | | 1.38 | 1.28 | 0.64 |
| Vitamin A, IU | | 51 | | 0 | NC | 4 | | 124 | 115 | 57 |
| Vitamin A, RAE | | 14 | | 0 | NC | 4 | | 35 | 32 | 16 |
| Retinol | | 14 | | 0 | NC | 4 | | 34 | 32 | 16 |
| Vitamin E (alpha-tocopherol) | mg | 0.03 | | 0 | BFFN | 4 | | 0.07 | 0.06 | 0.03 |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | | | | _ | | _ | | | | |
| Vitamin K (phylloquinone) | mcg | 0.2 | 0.120 | 9 | A | 1 | | 0.5 | 0.5 | 0.2 |
| Lipids: | | | | | | | | | | |
| Fatty acids, total saturated | q | 1.000 | | 0 | | 1 | | 2.450 | 2.270 | 1.13 |
| 4:0 | | 0.046 | | 3 | | 1 | | 0.113 | 0.104 | 0.05 |
| 6:0 | | 0.032 | | 3 | | 1 | | 0.078 | 0.073 | 0.03 |
| 8:0 | - | 0.020 | | 3 | | 1 | | 0.049 | 0.045 | 0.02 |
| 10:0 | - | 0.044 | | 3 | | 1 | | 0.108 | 0.100 | 0.05 |
| 12:0 | g | 0.053 | 0.003 | 3 | | 1 | | 0.130 | 0.120 | 0.06 |
| 13:0 | | | | | | | | | | |
| 14:0 | | 0.163 | 0.008 | 3 | | 1 | | 0.399 | 0.370 | 0.18 |
| 15:0 | | | | | | | | | | |
| 16:0 | | 0.422 | 0.020 | 3 | | 1 | | 1.034 | 0.958 | 0.4 |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.151 | 0.007 | 3 | | 1 | | 0.370 | 0.343 | 0.17 |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |

| | | <u>Aı</u> | nount in 100 g | | | ole portio | <u>on</u> | Amount in edible portion of common measures of food | | | |
|----------------------------------|---|-----------|----------------|---|-------|----------------|--------------------|---|-----------|-----------|--|
| Nutrients and | Units | Mean | | | Deriv | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 | |
| B | . 1 ~ | 0.400 | | • | | 1 | | | | 0.401 | |
| Fatty acids, total monounsatura | | 0.426 | | 0 | | 1 | | 1.044 | 0.967 | 0.481 | |
| 15:1 | - | | | | | | | | | | |
| 16:1 undifferentiated | - | 0.034 | 0.002 | 3 | | 1 | | 0.083 | 0.077 | 0.038 | |
| 17:1 | - | | | | | | | | | | |
| 18:1 undifferentiated | g | 0.354 | 0.017 | 3 | | 1 | | 0.867 | 0.804 | 0.400 | |
| 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 | g | | | | | | | | | | |
| Fatty acids, total polyunsaturat | edg | 0.044 | | 0 | | 1 | | 0.108 | 0.100 | 0.050 | |
| 18:2 undifferentiated | | 0.031 | 0.001 | 3 | | 1 | | 0.076 | 0.070 | 0.035 | |
| 18:3 undifferentiated | | 0.013 | 0.001 | 3 | | 1 | | 0.032 | 0.030 | 0.015 | |
| 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 | 6 | 0.589 | 5 | | 1 | | 15 | 14 | 7 | |
| Phytosterols | mg | | | | | | | | | | |
| Amino Acids: | | | | | | | | | | | |
| | a | 0.030 | | 0 | | 1 | | 0.074 | 0.068 | 0.034 | |
| Tryptophan Threonine | | 0.030 | | 0 | | 1 | | 0.529 | 0.490 | 0.034 | |
| Isoleucine | - | 0.210 | | 0 | | 1 | | 0.701 | 0.490 | 0.323 | |
| Leucine | | 0.529 | | 0 | | 1 | | 1.296 | 1.201 | 0.598 | |
| Lysine | - | 0.471 | | 0 | | 1 | | 1.154 | 1.069 | 0.532 | |
| Methionine | | 0.155 | | 0 | | 1 | | 0.380 | 0.352 | 0.175 | |
| Cystine | | 0.048 | | 0 | | 4 | | 0.118 | 0.109 | 0.054 | |
| Phenylalanine | | 0.286 | | 0 | | 1 | | 0.701 | 0.649 | 0.323 | |
| Tyrosine | | 0.265 | | 0 | | 1 | | 0.649 | 0.602 | 0.299 | |
| Valine | - | 0.434 | | 0 | | 1 | | 1.063 | 0.985 | 0.490 | |
| Arginine | | 0.158 | | 0 | | 1 | | 0.387 | 0.359 | 0.179 | |
| Histidine | | 0.130 | | 0 | | 1 | | 0.319 | 0.295 | 0.147 | |
| Alanine | | 0.225 | | 0 | | 1 | | 0.551 | 0.511 | 0.254 | |
| Aspartic acid | | 0.416 | | 0 | | 1 | | 1.019 | 0.944 | 0.470 | |
| Glutamic acid | | 1.028 | | 0 | | 1 | | 2.519 | 2.334 | 1.162 | |
| Glycine | | 0.127 | | 0 | | 1 | | 0.311 | 0.288 | 0.144 | |
| Proline | | 0.622 | | 0 | | 1 | | 1.524 | 1.412 | 0.703 | |
| Serine | • | 0.325 | | 0 | | 1 | | 0.796 | 0.738 | 0.367 | |
| Hydroxyproline | | 0.525 | | · | | - | | 0.750 | 0.750 | 0.507 | |
| 11ydroxyprome | 9 | | | | | | | | | | |
| Others: | | | | | | | | | | | |
| Alcohol, ethyl | g | 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 | mca | 2 | | 0 | BFFN | 4 | | 6.074 | 5.628 | 2.802 | |
| 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 | |
| / L | mcg | 0 | | 0 | z | 7 | | 0.000 | 0.000 | 0.000 | |

Common Measures:

Measure 1 = 245g: 1 cup (8 fl oz) Measure 2 = 227g: 1 container (8 oz) Measure 3 = 113g: .5 container (4 oz) NDB No. 01117

Yogurt, plain, low fat, 12 grams protein per 8 ounce

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

Refuse: 0%

| | | <u>A</u> : | mount in 100 | grams | of edib | ole portio | <u>n</u> | Amount in edible portion of common | | | |
|--|---|------------|--------------|---------|------------|------------|------------|------------------------------------|-----------|-----------|--|
| | | | N | 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 | 85.23 | | 0 | | 1 | | 208.81 | 193.47 | 96.31 | |
| Energy | kcal | 56 | | 0 | NC | 4 | | 137 | 127 | 63 | |
| Energy | kj | 233 | | | | 4 | | 572 | 530 | 264 | |
| Protein (N x 6.38) | g | 5.73 | | 0 | | 1 | | 14.04 | 13.01 | 6.47 | |
| Total lipid (fat) | g | 0.18 | | 0 | | 1 | | 0.44 | 0.41 | 0.20 | |
| Ash | g | 1.18 | | 0 | | 1 | | 2.89 | 2.68 | 1.33 | |
| Carbohydrate, by difference | g | 7.68 | | 0 | NC | 4 | | 18.82 | 17.43 | 8.68 | |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 | |
| Sugars, total | g | 7.68 | | 0 | NR | 4 | | 18.82 | 17.43 | 8.68 | |
| Starch | g | | | | | | | | | | |
| Minerals: | | | | | | | | | | | |
| Calcium. Ca | ma | 199 | | 0 | | 1 | | 488 | 452 | 225 | |
| Iron, Fe | | 0.09 | | 0 | | 1 | | 0.22 | 0.20 | 0.10 | |
| Magnesium, Mg | - | 19 | | 0 | | 1 | | 47 | 43 | 22 | |
| Phosphorus, P | | 157 | | 0 | | 1 | | 383 | 355 | 177 | |
| Potassium, K | - | 255 | | 0 | | 1 | | 625 | 579 | 288 | |
| Sodium. Na. | | 77 | | 0 | | 1 | | 187 | 174 | 86 | |
| Zinc, Zn | • | 0.97 | | 0 | | 1 | | 2.38 | 2.20 | 1.10 | |
| Copper, Cu | | 0.015 | 5 | 0 | | 1 | | 0.037 | 0.034 | 0.01 | |
| Manganese, Mn. | | 0.005 | | 0 | | 1 | | 0.012 | 0.011 | 0.00 | |
| Selenium, Se | | 3.6 | | 0 | BFNN | 4 | | 8.8 | 8.2 | 4.1 | |
| | - | | | | | | | | | | |
| <u>/itamins:</u> | | | | | | | | | | | |
| Vitamin C, total ascorbic acid | - | 0.9 | | 0 | | 1 | | 2.1 | 2.0 | 1.0 | |
| Thiamin | - | 0.048 | | 0 | | 1 | | 0.118 | 0.109 | 0.05 | |
| Riboflavin | | 0.234 | | 0 | | 1 | | 0.573 | 0.531 | 0.26 | |
| Niacin | - | 0.124 | | 0 | | 1 | | 0.304 | 0.281 | 0.14 | |
| Pantothenic acid | _ | 0.641 | | 0 | | 1 | | 1.570 | 1.455 | 0.72 | |
| Vitamin B-6 | _ | 0.053 | 3 | 0 | | 1 | | 0.130 | 0.120 | 0.06 | |
| Folate, total | | 12 0 | | 0 0 | _ | 1 7 | | 30 | 28 | 14 | |
| Folic acid | | | | | Z | | | 0 | 0 | 0 | |
| Folate, food | | 12 12 | | 0 0 | 27.0 | 1 4 | | 30 30 | 28 | 14 | |
| Folate, DFE | | 0.61 | | | NC | | | 1.50 | 28 | 14 | |
| Vitamin B-12 | | 7 | | 0 0 | NC | 1 4 | | 1.50 | 1.39 | 0.69 | |
| Vitamin A, IU | | 2 | | 0 | | 4 | | 5 | 16 5 | 8 2 | |
| Vitamin A, RAE | | 2 | | 0 | NC | 4 | | 5 5 | | | |
| Retinol | | | | 0 | NC BFFN | 4 | | 0.01 | 5 | 2 0.00 | |
| Vitamin E (alpha-tocopherol) | | 0.00 | | U | BFFN | 4 | | 0.01 | 0.01 | 0.00 | |
| Tocopherol, beta | | | | | | | | | | | |
| Tocopherol, gamma Tocopherol, delta | | | | | | | | | | | |
| Vitamin D | | | | | | | | | | | |
| Vitamin K (phylloquinone) | | 0.2 | 0.12 | 0 9 | A | 1 | | 0.5 | 0.5 | 0.2 | |
| | ••••• | | | | | | | | | | |
| <u> Lipids:</u> | | _ | _ | _ | | _ | | | _ | | |
| Fatty acids, total saturated | | 0.116 | | 0 | | 1 | | 0.284 | 0.263 | 0.13 | |
| 4:0 | | 0.005 | | 3 | | 1 | | 0.012 | 0.011 | 0.00 | |
| 6:0 | - | 0.004 | | 3 | | 1 | | 0.010 | 0.009 | 0.00 | |
| 8:0 | | 0.002 | | 3 | | 1 | | 0.005 | 0.005 | 0.00 | |
| 10:0 | - | 0.005 | | 3 | | 1 | | 0.012 | 0.011 | 0.00 | |
| 12:0 | | 0.006 | | 3 | | 1 | | 0.015 | 0.014 | 0.00 | |
| 13:0 | | | | _ | | _ | | | | | |
| 14:0 | | 0.019 | , | 3 | | 1 | | 0.047 | 0.043 | 0.02 | |
| 15:0 | | | | _ | | _ | | | | | |
| 16:0 | _ | 0.049 | , | 3 | | 1 | | 0.120 | 0.111 | 0.05 | |
| 17:0 | _ | | | _ | | _ | | | | = | |
| 18:0 | _ | 0.018 | 5 | 3 | | 1 | | 0.044 | 0.041 | 0.02 | |
| 20:0 | _ | | | | | | | | | | |
| 22:0 | a | | | | | | | | | | |

| | | <u>Aı</u> | mount in 10 | | | ole portio | <u>on</u> | | Amount in edible portion of common measures of food | | | |
|---|----------|-------------------------|-------------|-----------------------------|-------------|----------------|--------------------|-------------------------|---|-------------------------|--|--|
| Nutrients and Units | s | Mean | Std. Error | Number of Data Points | Deriv | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 | | |
| | | | | | | | | | | | | |
| Fatty acids, total monounsaturated | | 0.049 | | 0 | | 1 | | 0.120 | 0.111 | 0.055 | | |
| 15:1 | g | 0.004 | | 3 | | 1 | | 0.010 | 0.009 | 0.005 | | |
| 17:1 18:1 undifferentiated 20:1 | 9 | 0.041 | | 3 0 | | 1 1 | | 0.100 0.000 | 0.093 0.000 | 0.0 4 6 0.000 | | |
| 22:1 undifferentiated | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 | | |
| Fatty acids, total polyunsaturated | 9 | 0.005 0.004 | | 0 3 | | 1 1 | | 0.012 0.010 | 0.011 0.009 | 0.006 0.005 | | |
| 18:3 undifferentiated | - | 0.001 0.000 | | 3 0 | | 1 1 | | 0.002 0.000 | 0.002 0.000 | 0.001 0.000 | | |
| 20:2 n-6 c,c | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 | | |
| 20:4 undifferentiated 20:5 n-3 22:5 n-3 | 9 | 0.000 | | 0 | | 1 | | 0.000 0.000 0.000 | 0.000 0.000 0.000 | 0.000 0.000 0.000 | | |
| 22:6 n-3Fatty acids, total trans | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 | | |
| CholesterolPhytosterols | | 2 | | 0 | | 1 | | 4 | 4 | 2 | | |
| Amino Acids: | 0 | 0.032 | | 0 | | 1 | | 0.078 | 0.073 | 0.036 | | |
| Tryptophan Threonine Isoleucine. | g | 0.032 | | 0 | | 1 | | 0.576 0.767 | 0.533 0.711 | 0.266 0.354 | | |
| Leucine | 9 | 0.513 0.577 0.514 | | 0 | | 1 | | 1.414 | 1.310 1.167 | 0.652 0.581 | | |
| Methionine | g | 0.169 | | 0 | | 1 4 | | 0.414 0.127 | 0.384 | 0.191 | | |
| Phenylalanine Tyrosine | | 0.313 0.289 | | 0 0 | | 1 1 | | 0.767 0.708 | 0.711 0.656 | 0.35 4 0.327 | | |
| Valine | g | 0.474 | | 0 | | 1 | | 1.161 0.421 | 1.076 | 0.536 0.194 | | |
| Histidine Alanine Aspartic acid | g | 0.142 0.245 0.454 | | 0 0 0 | | 1 1 1 | | 0.348 0.600 1.112 | 0.322 0.556 1.031 | 0.160 0.277 0.513 | | |
| Glutamic acid | g | 1.122 | | 0 | | 1 | | 2.749 | 2.547 0.313 | 1.268 0.156 | | |
| Proline | g | 0.679 0.355 | | 0 0 | | 1 1 | | 1.664 0.870 | 1.5 4 1 0.806 | 0.767 0.401 | | |
| Hydroxyproline Others: | g | | | | | | | | | | | |
| Alcohol, ethyl | | 0.0 | | 0 0 | z | 7 7 | | 0.0 | 0.0 | 0.0 | | |
| Theobromine | - | 0 | | 0 | Z | 7 | | 0 | 0 | 0 | | |
| Carotene, beta | | 0 | | 0 | BFFN | 4 | | 0.705 | 0.654 | 0.325 | | |
| Carotene, alphaCryptoxanthin, beta | mcg | 0 0 0 | | 0 0 0 | z z z | 7 7 7 | | 0.000 0.000 0.000 | 0.000 0.000 0.000 | 0.000 0.000 0.000 | | |
| LycopeneLutein + zeaxanthin | | 0 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 | | |

Common Measures:

Measure 1 = 245g: 1 cup (8 fl oz) Measure 2 = 227g: 1 container (8 oz) Measure 3 = 113g: .5 container (4 oz) NDB No. 01118

Yogurt, plain, skim milk, 13 grams protein per 8 ounce

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

Refuse: 0%

| | | <u>A</u> | mount in 100 grams | of edib | ole portio | <u>n</u> | Amount in | edible portion | of common |
|--|---|----------|--------------------|---------|------------|------------|-----------|-----------------|-----------|
| | | | Numbe | r | | | <u>m</u> | easures of food | <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 | 87.90 | 0 | | 1 | | 215.36 | 199.53 | 99.33 |
| Energy | kcal | 61 | 0 | NC | 4 | | 150 | 139 | 69 |
| Energy | kj | 257 | | | 4 | | 630 | 583 | 290 |
| Protein (N x 6.38) | g | 3.47 | 0 | | 1 | | 8.50 | 7.88 | 3.92 |
| Total lipid (fat) | g | 3.25 | 0 | | 1 | | 7.96 | 7.38 | 3.67 |
| Ash | g | 0.72 | 0 | | 1 | | 1.76 | 1.63 | 0.81 |
| Carbohydrate, by difference | g | 4.66 | 0 | NC | 4 | | 11.42 | 10.58 | 5.27 |
| Fiber, total dietary | g | 0.0 | 0 | | 4 | | 0.0 | 0.0 | 0.0 |
| Sugars, total | g | 4.66 | 0 | NR | 4 | | 11.42 | 10.58 | 5.27 |
| Starch | g | | | | | | | | |
| Minavalse | | | | | | | | | |
| Minerals: Calcium. Ca | ma | 121 | 0 | | 1 | | 296 | 274 | 136 |
| Iron, Fe | • | 0.05 | 0 | | 1 | | 0.12 | 0.11 | 0.06 |
| Magnesium, Mg | - | 12 | 0 | | 1 | | 28 | 26 | 13 |
| Phosphorus, P | | 95 | 0 | | 1 | | 233 | 215 | 107 |
| Potassium, K | _ | 155 | 0 | | 1 | | 379 | 351 | 175 |
| Sodium, Na | - | 46 | 0 | | 1 | | 114 | 105 | 52 |
| Zinc, Zn | | 0.59 | 0 | | 1 | | 1.45 | 1.34 | 0.67 |
| Copper, Cu | mg | 0.009 | 9 0 | | 1 | | 0.022 | 0.020 | 0.01 |
| Manganese, Mn | <u>mg</u> | 0.004 | 4 0 | | 1 | | 0.010 | 0.009 | 0.00 |
| Selenium, Se | mcg | 2.2 | 0 | BFNN | 4 | | 5.4 | 5.0 | 2.5 |
| Vitamins: | | | | | | | | | |
| | ma | 0.5 | 0 | | 1 | | 1.3 | 1.2 | 0.6 |
| Vitamin C, total ascorbic acid Thiamin | | 0.029 | | | 1 | | 0.071 | 0.066 | 0.6 |
| Riboflavin | - | 0.023 | | | 1 | | 0.348 | 0.322 | 0.16 |
| Niacin | | 0.075 | | | 1 | | 0.184 | 0.170 | 0.08 |
| Pantothenic acid | - | 0.389 | | | 1 | | 0.953 | 0.883 | 0.44 |
| Vitamin B-6 | | 0.032 | | | 1 | | 0.078 | 0.073 | 0.03 |
| Folate, total | _ | 7 | 0 | | 1 | | 18 | 17 | 8 |
| Folic acid | | 0 | 0 | z | 7 | | 0 | 0 | 0 |
| Folate, food | | 7 | 0 | | 1 | | 18 | 17 | 8 |
| Folate, DFE | | 7 | 0 | NC | 4 | | 18 | 17 | 8 |
| Vitamin B-12 | | 0.37 | 0 | | 1 | | 0.91 | 0.84 | 0.42 |
| Vitamin A, IU | | 99 | 0 | NC | 4 | | 242 | 224 | 111 |
| Vitamin A, RAE | mcg_RAE | 27 | 0 | NC | 4 | | 67 | 62 | 31 |
| Retinol | | 27 | 0 | NC | 4 | | 66 | 61 | 31 |
| Vitamin E (alpha-tocopherol) | mg | 0.06 | 0 | BFFN | 4 | | 0.14 | 0.13 | 0.07 |
| Tocopherol, beta | mg | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | |
| Tocopherol, delta | | | | | | | | | |
| Vitamin D | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 0.2 | 0 | BFFN | 4 | | 0.6 | 0.5 | 0.3 |
| Lipids: | | | | | | | | | |
| Fatty acids, total saturated | g | 2.096 | 6 0 | | 1 | | 5.135 | 4.758 | 2.368 |
| 4:0 | | 0.096 | | | 1 | | 0.235 | 0.218 | 0.10 |
| 6:0 | | 0.066 | | | 1 | | 0.162 | 0.150 | 0.07 |
| 8:0 | - | 0.042 | | | 1 | | 0.103 | 0.095 | 0.04 |
| 10:0 | g | 0.093 | 3 | | 1 | | 0.228 | 0.211 | 0.10 |
| 12:0 | g | 0.111 | 1 3 | | 1 | | 0.272 | 0.252 | 0.12 |
| 13:0 | - | | | | | | | | |
| 14:0 | g | 0.343 | 3 | | 1 | | 0.840 | 0.779 | 0.38 |
| 15:0 | g | | | | | | | | |
| 16:0 | g | 0.886 | 3 | | 1 | | 2.171 | 2.011 | 1.00 |
| 17:0 | | | | | | | | | |
| 18:0 | g | 0.317 | 7 3 | | 1 | | 0.777 | 0.720 | 0.35 |
| 20:0 | g | | | | | | | | |
| 22:0 | g | | | | | | | | |
| 24:0 | g | | | | | | | | |
| | | | | | | | | | |

| | | <u>A</u> | mount in 10 | 0 grams | of edil | ole portic | <u>on</u> | Amount in edible portion of common measures of food | | | |
|--------------------------------|---|----------------|-------------|---------|---------|------------|------------|---|----------------|----------------|--|
| | | | | of Data | Deriv | | Confidence | | | | |
| Nutrients and Units | Units | Mean | Std. Error | Points | Code | Code | Code | Measure 1 | Measure 2 | Measure 3 | |
| Fatty acids, total monounsatur | atedg | 0.893 | 3 | 0 | | 1 | | 2.188 | 2.027 | 1.009 | |
| • | | | | | | | | | | | |
| | _ | | | | | | | | | | |
| | _ | 0.071 | = | 3 | | 1 | | 0.174 | 0.161 | 0.080 | |
| | _ | 0.740 | | • | | | | | 4 600 | 0.040 | |
| | _ | 0.743 | | 3 0 | | 1 1 | | 1.820 | 1.687 | 0.840 | |
| | | | | 0 | | 1 | | 0.000 | 0.000 | 0.000 | |
| | _ | 0.000 | , | U | | 1 | | 0.000 | 0.000 | 0.000 | |
| | | 0.092 | • | 0 | | 1 | | 0.225 | 0.209 | 0.104 | |
| | | 0.065 | | 3 | | 1 | | 0.159 | 0.148 | 0.104 | |
| | | 0.003 | | 3 | | 1 | | 0.159 | 0.061 | 0.073 | |
| | | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 | |
| | _ | 0.000 | | · | | _ | | 0.000 | 0.000 | 0.000 | |
| , | _ | | | | | | | | | | |
| | _ | 0.000 |) | 0 | | 1 | | 0.000 | 0.000 | 0.000 | |
| | _ | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 | |
| | • | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 | |
| | _ | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | 0.000 | |
| | | | | | | | | | | | |
| • | | 13 | | 0 | | 1 | | 31 | 29 | 14 | |
| | _ | | | | | | | | | | |
| - | _ | | | | | | | | | | |
| | | | | | | | | | | | |
| ** * | | 0.020 | | 0 | | 1 | | 0.049 | 0.045 | 0.023 | |
| | - | 0.142 | | 0 | | 1 | | 0.348 | 0.322 | 0.160 | |
| | _ | 0.189 | | 0 | | 1 1 | | 0.463 | 0.429 | 0.214 | |
| | _ | 0.350 | | 0 0 | | 1 | | 0.858 | 0.795 | 0.396 | |
| 2 | | 0.311 0.102 | | 0 | | 1 | | 0.762 0.250 | 0.706 0.232 | 0.351 | |
| | | 0.102 | | 0 | | 4 | | 0.230 | 0.232 | 0.115 | |
| • | | 0.032 | | 0 | | 1 | | 0.463 | 0.073 | 0.036 0.214 | |
| • | | 0.175 | | 0 | | 1 | | 0.429 | 0.429 | 0.214 | |
| 2 | _ | 0.175 | | 0 | | 1 | | 0.703 | 0.397 | 0.198 | |
| Arginine | - | 0.104 | | 0 | | 1 | | 0.703 | 0.236 | 0.324 | |
| Histidine | ••••••••••••••••••••••••••••••••••••••• | 0.086 | | 0 | | 1 | | 0.211 | 0.195 | 0.118 | |
| Alanine | _ | 0.148 | | 0 | | 1 | | 0.363 | 0.195 | 0.097 | |
| Aspartic acid | | 0.275 | | 0 | | 1 | | 0.674 | 0.624 | 0.107 | |
| Glutamic acid | | 0.679 | | 0 | | 1 | | 1.664 | 1.541 | 0.767 | |
| Glycine | _ | 0.084 | | 0 | | 1 | | 0.206 | 0.191 | 0.707 | |
| Proline | | 0.411 | | 0 | | 1 | | 1.007 | 0.933 | 0.464 | |
| Serine | _ | 0.215 | | 0 | | 1 | | 0.527 | 0.488 | 0.243 | |
| Hydroxyproline | | 0.210 | • | · | | - | | 0.327 | 0.400 | 0.243 | |
| | 9 | | | | | | | | | | |
| 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 | 5 | | 0 | BFFN | 4 | | 12.736 | 11.800 | 5.874 | |
| 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 = 245g: 1 cup (8 fl oz) Measure 2 = 227g: 1 container (8 oz) Measure 3 = 113g: .5 container (4 oz) NDB No. 01116

Yogurt, plain, whole milk, 8 grams protein per 8 ounce

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

| | | <u>Aı</u> | mount in 10 | 00 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 Uni | ts | Mean | Std. Error | Points | Code | Code | Code | Measure 1 | Measure 2 | Measure | |
| Proximates: | | | | | | | | | | | |
| Water | g | 87.43 | | | | 4 | | | | | |
| Energy | kcal | 43 | | | LC | 8 | | | | | |
| Energy | kj | 180 | | | | 8 | | | | | |
| Protein | g | 3.86 | | 0 | LC | 8 | | | | | |
| Total lipid (fat) | g | 0.18 | | 0 | BFZN | 4 | | | | | |
| Ash | g | 1.00 | | 0 | BFZN | 4 | | | | | |
| Carbohydrate, by difference | g | 7.50 | | 0 | LC | 8 | | | | | |
| Fiber, total dietary | g | 0.0 | | | Z | 7 | | | | | |
| Sugars, total | g | 7.50 | | 0 | NR | 4 | | | | | |
| Starch | g | | | | | | | | | | |
| Minorals | | | | | | | | | | | |
| Minerals: Calcium, Ca | ma | 143 | | | LC | 8 | | | | | |
| Iron. Fe. | - | 0.12 | | | LC | 8 | | | | | |
| Magnesium, Mg | | 13 | | | BFZN | 4 | | | | | |
| Phosphorus, P | | 109 | | | BFZN | 4 | | | | | |
| Potassium, K | - | 177 | | | BFZN | 4 | | | | | |
| Sodium, Na | - | 59 | | | LC | 8 | | | | | |
| Zinc, Zn | - | 0.67 | | | BFZN | 4 | | | | | |
| Copper, Cu | | 0.079 |) | | BFZN | 4 | | | | | |
| Manganese, Mn. | | | | | | | | | | | |
| Selenium, Se | | 3.1 | | 0 | BFNN | 4 | | | | | |
| | | | | | | | | | | | |
| Vitamins: | | | | | | | | | | | |
| Vitamin C, total ascorbic acid | - | 1.1 | | | LC | 8 | | | | | |
| Thiamin | - | 0.034 | | | BFZN | 4 | | | | | |
| Riboflavin | | 0.162 | | | BFZN | 4 | | | | | |
| Niacin | - | 0.086 | • | | BFZN | 4 | | | | | |
| Pantothenic acid | - | 0.027 | , | | DEEN | 4 | | | | | |
| Vitamin B-6. | | 0.037 8 | | | BFZN BFZN | 4 | | | | | |
| Folate, total | | 0 | | 0 | DF ZN Z | 7 | | | | | |
| Folate, food | | 8 | | U | BFZN | 4 | | | | | |
| Folate, DFE | | | | 0 | NC | 4 | | | | | |
| Vitamin B-12 | | 0.43 | | | BFZN | 4 | | | | | |
| Vitamin A, IU | | 0 | | 0 | NC | 4 | | | | | |
| Vitamin A, RAE | | | | 0 | NC | 4 | | | | | |
| Retinol | | 0 | | 0 | NC | 4 | | | | | |
| Vitamin E (alpha-tocopherol) | | 0.00 | | 0 | BFFN | 4 | | | | | |
| Tocopherol, beta | | | | - | • | = | | | | | |
| Tocopherol, gamma | | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | | |
| Vitamin D | | | | | | | | | | | |
| Vitamin K (phylloquinone) | | 0.0 | | 0 | BFFN | 4 | | | | | |
| | | | | | | | | | | | |
| Lipids: Fatty acids, total saturated | C | 0.116 | | | BFZN | 4 | | | | | |
| Fatty acids, total saturated | | 0.005 | | | BFZN | 4 | | | | | |
| 6:0 | | 0.005 | | | BFZN | 4 | | | | | |
| 8:0 | | 0.002 | | | BFZN | 4 | | | | | |
| 10:0 | - | 0.002 | | | BFZN | 4 | | | | | |
| 12:0 | - | 0.006 | | | BFZN | 4 | | | | | |
| 13:0 | _ | 3.300 | | | | • | | | | | |
| 14:0 | | 0.019 |) | | BFZN | 4 | | | | | |
| 15:0 | | 0.013 | | | UN | - | | | | | |
| 16:0 | | 0.049 | 1 | | BFZN | 4 | | | | | |
| 17:0 | | 0.043 | | | | • | | | | | |
| 18:0 | | 0.018 | 1 | | BFZN | 4 | | | | | |
| 20:0 | | 0.010 | | | un | • | | | | | |
| 22:0 | - | | | | | | | | | | |
| 24:0 | - | | | | | | | | | | |

| | <u>Am</u> | ount in 10 | 0 grams | of edib | le portio | <u>on</u> | Amount in edible portion of common | | | |
|-------------------------------------|-----------|------------|---------|---------|----------------|--------------------|------------------------------------|-----------------|-----------|--|
| | | | Number | | | | <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 | 0.049 | | | BFZN | 4 | | | | | |
| 15:1g | | | | | | | | | | |
| 16:1 undifferentiated | 0.004 | | | BFZN | 4 | | | | | |
| 17:1g | 0.001 | | | 21 211 | • | | | | | |
| 18:1 undifferentiated | 0.041 | | | BFZN | 4 | | | | | |
| 20:1g | 0.000 | | | BFZN | 4 | | | | | |
| 22:1 undifferentiatedg | 0.000 | | | BFZN | 4 | | | | | |
| 24:1 cg | | | | | | | | | | |
| Fatty acids, total polyunsaturated | 0.005 | | | BFZN | 4 | | | | | |
| 18:2 undifferentiatedg | 0.004 | | | BFZN | 4 | | | | | |
| 18:3 undifferentiatedg | 0.001 | | | BFZN | 4 | | | | | |
| 18:4g | 0.000 | | | BFZN | 4 | | | | | |
| 20:2 n-6 c,cg | | | | | | | | | | |
| 20:3 undifferentiatedg | | | | | | | | | | |
| 20:4 undifferentiatedg | 0.000 | | | BFZN | 4 | | | | | |
| 20:5 n-3g | 0.000 | | | BFZN | 4 | | | | | |
| 22:5 n-3g | 0.000 | | | BFZN | 4 | | | | | |
| 22:6 n-3g | 0.000 | | | BFZN | 4 | | | | | |
| Fatty acids, total trans | | | | | | | | | | |
| Cholesterolmg | 2 | | | LC | 8 | | | | | |
| Phytosterolsmg | | | | | | | | | | |
| Others: | | | | | | | | | | |
| Alcohol, ethylg | 0.0 | | | z | 7 | | | | | |
| Caffeine mg | 0 | | 0 | z | 7 | | | | | |
| Theobromine mg | 0 | | 0 | z | 7 | | | | | |
| Carotenoids: | | | | | | | | | | |
| Carotene, betamcg | 0 | | 0 | z | 7 | | | | | |
| Carotene, alpha mcg | 0 | | 0 | z | 7 | | | | | |
| Cryptoxanthin, betamcg | 0 | | 0 | z | 7 | | | | | |
| Lycopene mcg | 0 | | 0 | z | 7 | | | | | |
| Lutein + zeaxanthin mcg | 0 | | 0 | Z | 7 | | | | | |

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

Refuse: 0%

| | | <u>A</u> | mount in 100 | grams | of edib | ole portio | <u>n</u> | Amount in edible portion of common | | | |
|--------------------------------|-----------|----------|--------------|---------|---------|------------|------------|------------------------------------|-----------------|----------|--|
| | | | N | Number | | | | <u>me</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 | - | 79.00 | | 0 | | 1 | | 193.55 | 179.33 | 89.27 | |
| Energy | | 85 | | 0 | NC | 4 | | 209 | 194 | 97 | |
| Energy | | 358 | | | | 4 | | 876 | 812 | 404 | |
| Protein (N x 6.38) | | 4.93 | | 3 | | 1 | | 12.08 | 11.19 | 5.57 | |
| Total lipid (fat) | | 1.25 | | 3 | | 1 | | 3.06 | 2.84 | 1.41 | |
| Ash | | 1.02 | | 0 | | 1 | | 2.50 | 2.32 | 1.15 | |
| Carbohydrate, by difference | | 13.80 | | 0 | | 4 | | 33.81 | 31.33 | 15.59 | |
| Fiber, total dietary | | 0.0 | | 0 | | 4 | | 0.0 | 0.0 | 0.0 | |
| Sugars, total | | 13.80 | | 0 | NR | 4 | | 33.81 | 31.33 | 15.59 | |
| Starch | g | | | | | | | | | | |
| Minerals: | | | | | | | | | | | |
| Calcium, Ca | mg | 171 | | 0 | | 1 | | 420 | 389 | 194 | |
| Iron, Fe | | 0.07 | | 0 | | 1 | | 0.17 | 0.16 | 0.08 | |
| Magnesium, Mg | - | 16 | | 0 | | 1 | | 40 | 37 | 19 | |
| Phosphorus, P | | 135 | | 0 | | 1 | | 330 | 306 | 152 | |
| Potassium, K | - | 219 | | 0 | | 1 | | 537 | 498 | 248 | |
| Sodium, Na | | 66 | | 0 | | 1 | | 161 | 149 | 74 | |
| Zinc, Zn | <u>mg</u> | 0.83 | | 0 | | 1 | | 2.03 | 1.88 | 0.9 | |
| Copper, Cu | mg | 0.013 | 3 | 0 | | 1 | | 0.032 | 0.030 | 0.0 | |
| Manganese, Mn | | 0.004 | l | 0 | | 1 | | 0.010 | 0.009 | 0.0 | |
| Selenium, Se | mcg | 4.9 | | 0 | BFNN | 4 | | 12.0 | 11.1 | 5.5 | |
| /itamins: | | | | | | | | | | | |
| Vitamin C, total ascorbic acid | ma | 0.8 | | 0 | | 1 | | 1.8 | 1.7 | 0.8 | |
| Thiamin | - | 0.042 | 2 | 0 | | 1 | | 0.103 | 0.095 | 0.0 | |
| Riboflavin | - | 0.201 | | 0 | | 1 | | 0.492 | 0.456 | 0.2 | |
| Niacin | | 0.107 | | 0 | | 1 | | 0.262 | 0.243 | 0.1 | |
| Pantothenic acid | - | 0.552 | | 0 | | 1 | | 1.352 | 1.253 | 0.6 | |
| Vitamin B-6 | - | 0.045 | 5 | 0 | | 1 | | 0.110 | 0.102 | 0.0 | |
| Folate, total | - | 11 | | 0 | | 1 | | 26 | 24 | 12 | |
| Folic acid | | 0 | | 0 | Z | 7 | | 0 | 0 | 0 | |
| Folate, food | | 11 | | 0 | | 1 | | 26 | 24 | 12 | |
| Folate, DFE | | 11 | | 0 | NC | 4 | | 26 | 24 | 12 | |
| Vitamin B-12 | | 0.53 | | 0 | | 1 | | 1.29 | 1.20 | 0.6 | |
| Vitamin A, IU | IU | 43 | | 0 | NC | 4 | | 106 | 98 | 49 | |
| Vitamin A, RAE | mcg_RAE | 12 | | 0 | NC | 4 | | 30 | 28 | 14 | |
| Retinol | mcg | 12 | | 0 | NC | 4 | | 29 | 27 | 14 | |
| Vitamin E (alpha-tocopherol) | mg | 0.02 | | 0 | BFFN | 4 | | 0.05 | 0.05 | 0.0 | |
| Tocopherol, beta | | | | | | | | | | | |
| Tocopherol, gamma | | | | | | | | | | | |
| Tocopherol, delta | | | | | | | | | | | |
| Vitamin D | | 0.1 | | • | | | | 0.0 | | | |
| Vitamin K (phylloquinone) | nicg | 0.1 | | 0 | BFFN | 4 | | 0.2 | 0.2 | 0.1 | |
| <u>ipids:</u> | | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.806 | 5 | 0 | | 1 | | 1.975 | 1.830 | 0.9 | |
| 4:0 | | 0.037 | , | 3 | | 1 | | 0.091 | 0.084 | 0.0 | |
| 6:0 | g | 0.025 | 5 | 3 | | 1 | | 0.061 | 0.057 | 0.0 | |
| 8:0 | g | 0.016 | 5 | 3 | | 1 | | 0.039 | 0.036 | 0.0 | |
| 10:0 | g | 0.036 | 5 | 3 | | 1 | | 0.088 | 0.082 | 0.0 | |
| 12:0 | | 0.043 | 3 | 3 | | 1 | | 0.105 | 0.098 | 0.0 | |
| 13:0 | | | | | | | | | | | |
| 14:0 | g | 0.132 | 2 | 3 | | 1 | | 0.323 | 0.300 | 0.1 | |
| 15:0 | g | | | | | | | | | | |
| 16:0 | g | 0.341 | L | 3 | | 1 | | 0.835 | 0.774 | 0.3 | |
| 17:0 | g | | | | | | | | | | |
| 18:0 | - | 0.122 | 2 | 3 | | 1 | | 0.299 | 0.277 | 0.1 | |
| 20:0 | - | | | | | | | | | | |
| 22:0 | 0 | | | | | | | | | | |

| | | <u>A</u> 1 | mount in 10 | | | ole portio | <u>on</u> | Amount in edible portion of common measures of food | | | |
|---------------------------------------|-------|----------------|-------------|-----------------------------|-------|----------------|--------------------|---|----------------|-------------------------|--|
| Nutrients and | Units | Mean | Std. Error | Number of Data Points | Deriv | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 | |
| | | | | | | | | | | | |
| Fatty acids, total monounsatura | | 0.343 | | 0 | | 1 | | 0.840 | 0.779 | 0.388 | |
| 15:1 | g | 0.027 | | 3 | | 1 | | 0.066 | 0.061 | 0.031 | |
| 17:1 18:1 undifferentiated 20:1 | g | 0.286 | | 3 0 | | 1 1 | | 0.701 | 0.649 | 0.323 0.000 | |
| 20:1 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 0.000 | 0.000 | |
| Fatty acids, total polyunsaturat | edg | 0.036 0.025 | | 0 3 | | 1 1 | | 0.088 0.061 | 0.082 0.057 | 0.0 4 1 0.028 | |
| 18:3 undifferentiated | g | 0.010 | | 3 | | 1 1 | | 0.025 | 0.023 | 0.011 | |
| 20:2 n-6 c,c 20:3 undifferentiated | g | | | | | | | | | | |
| 20:4 undifferentiated 20:5 n-3 | - | 0.000 | | 0 0 | | 1 1 | | 0.000 0.000 | 0.000 0.000 | 0.000 0.000 | |
| 22:5 n-3 22:6 n-3 | g | 0.000 0.000 | | 0 0 | | 1 1 | | 0.000 0.000 | 0.000 0.000 | 0.000 0.000 | |
| Fatty acids, total trans | mg | 5 | | 0 | | 1 | | 12 | 11 | 6 | |
| Phytosterols Amino Acids: | | | | | | | | | | | |
| Tryptophan | g | 0.028 | | 0 | | 1 | | 0.069 | 0.064 | 0.032 | |
| Threonine | - | 0.202 | | 0 | | 1 | | 0.495 | 0.459 | 0.228 | |
| Isoleucine | | 0.269 | | 0 | | 1 | | 0.659 | 0.611 | 0.304 | |
| Leucine | - | 0.497 | | 0 | | 1 | | 1.218 | 1.128 | 0.562 | |
| Lysine | | 0.442 | | 0 | | 1 | | 1.083 | 1.003 | 0.499 | |
| Methionine | | 0.145 | | 0 | | 1 | | 0.355 | 0.329 | 0.164 | |
| Cystine | | 0.045 | | 0 | | 4 | | 0.110 | 0.102 | 0.051 | |
| Phenylalanine | | 0.269 | | 0 | | 1 | | 0.659 | 0.611 | 0.304 | |
| Tyrosine | - | 0.249 | | 0 | | 1 1 | | 0.610 | 0.565 | 0.281 | |
| Valine | | 0.408 | | 0 | | 1 | | 1.000 | 0.926 | 0.461 | |
| Arginine | | 0.148 | | 0 | | | | 0.363 | 0.336 | 0.167 | |
| Histidine | | 0.122 | | 0 | | 1 | | 0.299 | 0.277 | 0.138 | |
| Alanine | | 0.211 | | 0 | | 1 | | 0.517 | 0.479 | 0.238 | |
| Aspartic acid | | 0.391 | | 0 | | 1 | | 0.958 | 0.888 | 0.442 | |
| Glutamic acid | | 0.965 | | 0 | | 1 | | 2.364 | 2.191 | 1.090 | |
| Glycine | | 0.119 | | 0 | | 1 | | 0.292 | 0.270 | 0.134 | |
| Proline | | 0.584 | | 0 | | 1 | | 1.431 | 1.326 | 0.660 | |
| Serine | | 0.305 | | 0 | | 1 | | 0.747 | 0.692 | 0.345 | |
| Hydroxyproline | g | | | | | | | | | | |
| Others: Alcohol, ethyl | g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | 0.0 | |
| Caffeine | mg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 | |
| Theobromine | mg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 | |
| Carotenoids: | | | | | | | | | | | |
| Carotene, beta | | 2 | | 0 | BFFN | 4 | | 4.898 | 4.539 | 2.259 | |
| 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 = 245g: 1 cup (8 fl oz) Measure 2 = 227g: 1 container (8 oz) Measure 3 = 113g: .5 container (4 oz) NDB No. 01119

Yogurt, vanilla, low fat, 11 grams protein per 8 ounce

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products