		<u>Aı</u>	mount in 100 g	grams	of edil	ole portio	<u>n</u>		edible portion	
			Nι	ımbei	r			<u>m</u>	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	9.84	0.748	11		1		19.19		
Energy	kcal	374		0	NC	4		729		
Energy		1565				4		3051		
Protein (N x 5.85)	g	14.45	0.688	12		1		28.18		
Total lipid (fat)		6.51	0.327	12		1		12.69		
Ash	g	3.04	0.651	11		1		5.93		
Carbohydrate, by difference	g	66.17		0	NC	4		129.03		
Fiber, total dietary		15.2		0		1		29.6		
Sugars, total										
Starch										
Minerals:	ma	150	C 050	1.0				200		
Calcium, Ca	-	153	6.859	10		1		298		
Iron, Fe	-	7.59 266	0.552 9.715	9 10		1 1		14.80		
Magnesium, Mg		455	9.715	2		1		519 887		
Phosphorus, P Potassium, K	-	455 366	26.193	10		1		887 714		
Sodium, Na		21	4.696	11		1		714 41		
Zinc, Zn	-	3.18	0.192	10		1		6.20		
Copper, Cu		0.777		10		1		1.515		
Manganese, Mn		2.260		10		1		4.407		
Selenium, Se										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	4.2		1		1		8.2		
Thiamin	-	0.080		2		1		0.156		
Riboflavin		0.208		3		1		0.406		
Niacin	-	1.286		5		1		2.508		
Pantothenic acid		1.047		2		1 1		2.042		
Vitamin B-6.		0.223 49	1	2		1		0.435		
Folate, total		0		0	z	7		96 0		
Folic acid		49		2	4	1		96		
Folate, foodFolate, DFE		49		0	NC	4		96		
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin A, IU		0.00		0	-	4		0		
Vitamin A, RAE		0		0		4		0		
Retinol		0		0	z	7		0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)										
l inide:										
Lipids:	a	1.662		0		1		3.241		
Fatty acids, total saturated		1.002		U		1		J. 241		
6:0	-									
8:0	-									
10:0	-									
12:0	_									
13:0										
14:0	-	0.011		7		1		0.021		
15:0										
16:0		1.284		7		1		2.504		
17:0										
18:0		0.220	1	7		1		0.429		
20:0										
22:0	_									
24:0	-									

		<u>Aı</u>	mount in 100 gr		ible portio	<u>on</u>		edible portion of easures of food	
			Nun		_		<u></u>	easures or 1000	
Nutrients and Ur	nits	Mean	Std. Error Poi			Confidence Code	Measure 1	Measure 2	Measure 3
	_			•	_				
Fatty acids, total monounsaturated		1.433		0	1		2.794		
14:1									
15:1									
16:1 undifferentiated									
17:1	-	1.433		7	1		2.794		
18:1 undifferentiated		1.433		,	1		2.794		
20:1	_								
22:1 undifferentiated									
24:1 c		0.001		•					
Fatty acids, total polyunsaturated		2.891		0	1		5.637		
18:2 undifferentiated		2.834		7	1		5.526		
18:3 undifferentiated	•	0.057		7	1		0.111		
18:4									
20:2 n-6 c,c	g								
20:3 undifferentiated	g								
20:4 undifferentiated	g								
20:5 n-3	g								
22:5 n-3	g								
22:6 n-3	g								
Fatty acids, total trans	g								
Cholesterol	mg	0		0 z	7		0		
Phytosterols	mg	24		1	1		47		
Amino Acids:									
Tryptophan	g	0.181		10	1		0.353		
Threonine	g	0.558		38	1		1.088		
Isoleucine	g	0.582		38	1		1.135		
Leucine	q	0.879		38	1		1.714		
Lysine	_	0.747		38	1		1.457		
Methionine	_	0.226		32	1		0.441		
Cystine		0.191		28	1		0.372		
Phenylalanine		0.542		32	1		1.057		
Tyrosine		0.329		32	1		0.642		
2	_	0.529		38	1		1.324		
Valine					1				
Arginine		1.060		30	_		2.067		
Histidine	_	0.389		32	1		0.759		
Alanine		0.799		30	1		1.558		
Aspartic acid		1.261		30	1		2.459		
Glutamic acid		2.259		30	1		4.405		
Glycine	g	1.636		32	1		3.190		
Proline	g	0.698		28	1		1.361		
Serine	g	1.148		32	1		2.239		
Hydroxyproline	g								
Others:									
Alcohol, ethyl	g	0.0		0 <b>z</b>	7		0.0		
Caffeine									

# **Common Measures:**

Measure 1 = 195g: 1 cup

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

**Food Group:** 20 Cereal Grains and Pasta USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Nutrients and Units  Proximates:  Water. 9 Energy. k Energy. k Protein (N x 6.25). 9 Total lipid (fat). 9 Ash. 9 Carbohydrate, by difference. 9 Fiber, total dietary 9 Sugars, total. 9 Starch. 9  Minerals:  Carlon, Fe. n Magnesium, Ca. n Iron, Fe. n Magnesium, Mg. n Phosphorus, P. n Potassium, K Sodium, Na. n Zinc, Zn. n Copper, Cu. n Manganese, Mn. n Selenium, Se. n Stelenium, Se. n Witamins:  Vitamin C, total ascorbic acid n Riboflavin n Riboflavin n Niacin n Pantothenic acid n Vitamin B-6. n	cal	Mean  11.37 357 1494 0.30 0.10 0.08 88.15 3.4		2 0	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:         9           Benergy         k           Energy         k           Protein (N x 6.25)         9           Total lipid (fat)         9           Ash         9           Carbohydrate, by difference         9           Fiber, total dietary         9           Sugars, total         9           Starch         9           Minerals:         Calcium, Ca.         n           Iron, Fe.         n           Magnesium, Mg.         n           Phosphorus, P.         n           Potassium, K         n           Sodium, Na.         n           Zinc, Zn.         n           Copper, Cu.         n           Manganese, Mn.         n           Selenium, Se.         n           Vitamins:         n           Vitamin C, total ascorbic acid         n           Niacin         n           Pantothenic acid         n           Vitamin B-6         n	cal	11.37 357 1494 0.30 0.10 0.08 88.15	Std. Error	Points  2 0 2	Code	Code		Measure 1	Measure 2	Measure 3
Water         9           Energy         k           Energy         k           Protein (N x 6.25)         9           Total lipid (fat)         9           Ash         9           Carbohydrate, by difference         9           Fiber, total dietary         9           Sugars, total         9           Starch         9           Minerals:         Calcium, Ca.           Calcium, Ca.         m           Iron, Fe.         m           Magnesium, Mg         m           Phosphorus, P.         m           Potassium, K         m           Sodium, Na         m           Zinc, Zn         m           Copper, Cu         m           Manganese, Mn         m           Selenium, Se         m           Vitamins:         m           Vitamin C, total ascorbic acid         m           Riboflavin         m           Niacin         m           Pantothenic acid         m           Vitamin B-6         m	cal	357 1494 0.30 0.10 0.08 88.15	0.10	0	NC	1				
Water         9           Energy         k           Energy         k           Protein (N x 6.25)         9           Total lipid (fat)         9           Ash         9           Carbohydrate, by difference         9           Fiber, total dietary         9           Sugars, total         9           Starch         9           Minerals:         Calcium, Ca.           Calcium, Ca.         m           Iron, Fe.         m           Magnesium, Mg.         m           Phosphorus, P.         m           Potassium, K.         m           Sodium, Na.         m           Zinc, Zn.         m           Copper, Cu.         m           Manganese, Mn.         m           Selenium, Se.         m           Vitamin C, total ascorbic acid         m           Riboflavin.         m           Niacin.         m           Pantothenic acid.         m           Vitamin B-6.         m	cal	357 1494 0.30 0.10 0.08 88.15	0.10	0	NC	1				
Energy	İ	1494 0.30 0.10 0.08 88.15	0.10	2	NC			14.55		
Protein (N x 6.25)		0.30 0.10 0.08 88.15	0.10			4		457		
Total lipid (fat)		0.10 0.08 88.15	0.10			4		1912		
Ash		0.08 88.15	0.10	JU 3		1		0.38		
Carbohydrate, by difference 9 Fiber, total dietary 9 Sugars, total 9 Starch 9  Minerals: Calcium, Ca		88.15		,, ,		1		0.13		
Fiber, total dietary				2		1		0.10		
Sugars, total		3.4		0	NC	4		112.83		
Starch				0		1		4.4		
Minerals:         Calcium, Ca										
Calcium, Ca										
Calcium, Ca										
Iron, Fe	na	40		2		1		51		
Magnesium, Mg	_	0.33		2		1		0.42		
Phosphorus, P		3		2		1		4		
Potassium, K		5		2		1		6		
Sodium, Na	-	11		2		1		14		
Zinc, Zn		2		2		1		3		
Copper, Cu		0.07		2		1		0.09		
Manganese, Mn.         n           Selenium, Se.         n           Vitamins:         n           Vitamin C, total ascorbic acid.         n           Thiamin.         n           Riboflavin.         n           Niacin.         n           Pantothenic acid.         n           Vitamin B-6.         n		0.040	1	2		1		0.051		
Vitamins:         n           Vitamin C, total ascorbic acid		0.470	)	2		1		0.602		
Vitamin C, total ascorbic acid         m           Thiamin         m           Riboflavin         m           Niacin         m           Pantothenic acid         m           Vitamin B-6         m	ncg									
Vitamin C, total ascorbic acid         m           Thiamin         m           Riboflavin         m           Niacin         m           Pantothenic acid         m           Vitamin B-6         m										
Thiamin         m           Riboflavin         m           Niacin         m           Pantothenic acid.         m           Vitamin B-6         m	na.	0.0		0		4		0.0		
Riboflavin.         n           Niacin.         n           Pantothenic acid.         n           Vitamin B-6.         n	_	0.001		2		1		0.001		
Niacin n Pantothenic acid n Vitamin B-6 n	-	0.001		2		1		0.001		
Pantothenic acid		0.000		2		1		0.000		
Vitamin B-6n		0.130		2		1		0.166		
	_	0.005		2		1		0.006		
Folate, totaln	_	7		2		1		9		
Folic acidn		0		0	z	7		0		
Folate, foodn		7		2		1		9		
Folate, DFEn	ncg DFE	7		0	NC	4		9		
Vitamin B-12n		0.00		0	Z	7		0.00		
Vitamin A, IUIl	J	0		0		4		0		
Vitamin A, RAEn		0		0		4		0		
Retinoln		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)n	ng									
Tocopherol, betan	ng									
Tocopherol, gamman										
Tocopherol, deltan										
Vitamin Dll										
Vitamin K (phylloquinone)n	ıcg									
Lipids:										
Fatty acids, total saturated		0.019	1	0		1		0.024		
4:0g										
6:0g										
8:0g										
10:0g										
12:0g										
13:0g		_				_				
14:0g		0.001		1		1		0.001		
15:0g		_				_		_		
16:0g		0.017		1		1		0.022		
17:09				_		_				
18:0		0.001		1		1		0.001		
20:0g										
22:0g 24:0g										

		<u>Aı</u>	nount in 10	00 grams	of edil	ole portio	<u>n</u>		edible portion o	of common
				Number of Data		Cauras	Confidence	<u>m</u>	easures of food	
Nutrients and Un	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.	g	0.002		0		1		0.003		
14:1										
15:1	-									
16:1 undifferentiated	_	0.000		1		1		0.000		
17:1										
18:1 undifferentiated		0.002		1		1		0.003		
20:1	-									
22:1 undifferentiated										
24:1 c	-	0.04=		•						
Fatty acids, total polyunsaturated		0.045		0		1 1		0.058		
18:2 undifferentiated	-	0.036		1 1		1		0.046		
18:3 undifferentiated		0.009		1		1		0.012		
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-3Fatty acids, total trans										
Cholesterol	_	0		0	z	7		0		
Phytosterols	_	v		Ū	_	•		v		
1 113 tosterois										
Amino Acids:										
Tryptophan	g	0.004		1		1		0.005		
Threonine		0.012		1		1		0.015		
Isoleucine	-	0.010		1		1		0.013		
Leucine	_	0.019		1		1		0.024		
Lysine		0.013		1		1		0.017		
Methionine	-	0.006		0		1		0.008		
Cystine		0.006		1		1		0.008		
Phenylalanine		0.012		1		1		0.015		
Tyrosine	-	0.009		1		1		0.012		
Valine	_	0.014		1		1		0.018		
Arginine		0.012		1		1		0.015		
Histidine		0.004		1		1		0.005		
Alanine	_	0.014		1		1		0.018		
Aspartic acid	_	0.047		1		1		0.060		
Glutamic acid		0.050		1		1		0.064		
Glycine	-	0.014		1		1		0.018		
Proline		0.009		1		1		0.012		
Serine	_	0.013		1		1		0.017		
Hydroxyproline	g									

## **Common Measures:**

Measure 1 = 128g: 1 cup

Calories Factors: Protein 2.78 Fat 8.37 Carbohydrate 4.03

Food Group: 20 Cereal Grains and Pasta

		<u>Aı</u>	mount in 100 g	rams	of edib	le portior	<u>1</u>		edible portion	
			Nu	mber	-			<u>m</u> :	easures of food	
						Source	Confidence			
Nutrients and Un	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure :
Proximates:										
Water	g	9.44	0.554	7		1		17.37		
Energy	kcal	354		0	NC	4		651		
Energy	kj	1481				4		2725		
Protein (N x 5.83)		12.48	0.574	12		1		22.96		
Total lipid (fat)	g	2.30	0.253	6		1		4.23		
Ash		2.29	0.077	14		1		4.21		
Carbohydrate, by difference		73.48		0	NC	4		135.20		
Fiber, total dietary	g	17.3		0		1		31.8		
Sugars, total	g	0.80		0	BFZN	4		1.47		
Starch	g									
Minerals:										
Calcium, Ca	ma	33	1.773	16		1		61		
Iron, Fe		3.60	0.154	19		1		6.62		
Magnesium, Mg		133	3.571	16		1		245		
Phosphorus, P		264	24.799	9		1		486		
Potassium, K		452	8.962	16		1		832		
Sodium, Na		12	1.241	15		1		22		
Zinc, Zn	mg	2.77	0.081	28		1		5.10		
Copper, Cu	mg	0.498		25		1		0.916		
Manganese, Mn	mg	1.943	0.149	21		1		3.575		
Selenium, Se	mcg	37.7		0	BFZN	4		69.4		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0		
Thiamin	_	0.646	i	2		1		1.189		
Riboflavin		0.285	i	2		1		0.524		
Niacin		4.604		0		4		8.471		
Pantothenic acid		0.282		0		4		0.519		
Vitamin B-6	mg	0.318	0.038	3		1		0.585		
Folate, total	mcg	19	1.847	6		1		35		
Folic acid	mcg	0		0	Z	7		0		
Folate, food		19	1.847	6		1		35		
Folate, DFE	mcg_DFE	19		0	NC	4		35		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU	IU	22		0		4		40		
Vitamin A, RAE		1		0	NC	4		2		
Retinol	=	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	-	0.57		0		1		1.05		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)		2.2		0	BFZN	4		4.0		
Vitamin K (pnylloquinone)	nicg	2.2		U	DF ZN	4		4.0		
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.482		0		1		0.887		
4:0	g	0.000	)	0	Z	7		0.000		
6:0	g	0.000	)	0	Z	7		0.000		
8:0	-	0.000		0	Z	7		0.000		
10:0		0.000	1	0	Z	7		0.000		
12:0	-	0.006	i	299		1		0.011		
13:0	-									
14:0	-	0.011		299		1		0.020		
15:0										
16:0	g	0.411		299		1		0.756		
17:0	-									
18:0	_	0.017		299		1		0.031		
20:0	_									
22:0	α .									

		<u>A</u> 1	mount in 10			ole portic	<u>on</u>		edible portion o	f common
				Number				<u>m</u>	easures of food	
Nutrients and	Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
F		0.005		•		1		0.540		
Fatty acids, total monounsatura		0.295		0		1		0.543		
15:1	-									
16:1 undifferentiated	-	0.006		299		1		0.011		
17:1	• • • • • • • • • • • • • • • • • • • •	0.000		233		-		0.011		
18:1 undifferentiated	-	0.241		299		1		0.443		
20:1	-	0.000		0	z	7		0.000		
22:1 undifferentiated		0.000		0	z	7		0.000		
24:1 c	-	0.000		·	_	•		0.000		
Fatty acids, total polyunsaturat		1.108		0		1		2.039		
18:2 undifferentiated		0.999		299		1		1.838		
18:3 undifferentiated		0.110		299		1		0.202		
18:4		0.000		0	z	7		0.000		
20:2 n-6 c,c	-									
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.000		0	z	7		0.000		
20:5 n-3	• • • • • • • • • • • • • • • • • • • •	0.000		0	z	7		0.000		
22:5 n-3		0.000		0	z	7		0.000		
22:6 n-3	-	0.000		0	z	7		0.000		
Fatty acids, total trans										
Cholesterol		0		0	z	7		0		
Phytosterols	-									
-										
Amino Acids:										
Tryptophan		0.208		28		1		0.383		
Threonine	-	0.424		60		1		0.780		
Isoleucine	-	0.456		60		1		0.839		
Leucine	-	0.848		60		1		1.560		
Lysine		0.465		65		1		0.856		
Methionine		0.240		61		1		0.442		
Cystine		0.276		38		1		0.508		
Phenylalanine		0.700		60		1		1.288		
Tyrosine	-	0.358		58		1		0.659		
Valine		0.612		60		1		1.126		
Arginine		0.625		60		1		1.150		
Histidine	-	0.281		60		1		0.517		
Alanine		0.486		58		1		0.894		
Aspartic acid	-	0.779		58		1		1.433		
Glutamic acid	-	3.261		58		1		6.000		
Glycine		0.452		58		1		0.832		
Proline	-	1.484		58		1		2.731		
Serine		0.527		54		1		0.970		
Hydroxyproline	g									
Others:										
Alcohol, ethyl	а	0.0		0	z	7		0.0		
Caffeine	-	0		0	z	7		0		
Theobromine		0		0	Z	7		0		
Carotenoids:		-		-	_	•		-		
Carotene, beta		13		0	0	4		24.288		
Carotene, alpha		0		0	Z	7		0.000		
Cryptoxanthin, beta		0		0	Z	7		0.000		
Lycopene		0		0	Z	7		0.000		
Lutein + zeaxanthin	mcg	160		0	BFZN	4		294.400		

## **Common Measures:**

Measure 1 = 184g: 1 cup

NDB No. 20004

Barley

Calories Factors: Protein 3.55 Fat 8.37 Carbohydrate 3.95

Food Group: 20 Cereal Grains and Pasta

		<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	ts	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	12.11		2	A	1		17.92		
Energy	kcal	345		0	NC	4		511		
Energy	kj	1443				4		2136		
Protein (N x 5.83)	g	10.50		2	A	1		15.54		
Total lipid (fat)	g	1.60		2	A	1		2.37		
Ash	g	1.28		2	A	1		1.89		
Carbohydrate, by difference	g	74.52		0	NC	4		110.29		
Fiber, total dietary	g	10.1		2	A	1		14.9		
Sugars, total	g	0.80		0	BFZN	4		1.18		
Starch	g									
Minanala										
Minerals: Calcium, Ca	ma	32		2	A	1		47		
Iron, Fe	_	2.68		2	A	1		3.97		
Magnesium, Mg	-	96		2	A	1		142		
Phosphorus, P		296		2	A	1		438		
Potassium, K		309		2	A	1		457		
Sodium, Na		4		2	A	1		6		
Zinc, Zn		2.00		2	A	1		2.96		
Copper, Cu	mg	0.343	3	2	A	1		0.508		
Manganese, Mn	<u>mg</u>	1.034	1	2	A	1		1.530		
Selenium, Se	mcg	37.7		0	BFZN	4		55.8		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		2	A	1		0.0		
Thiamin	_	0.370	1	2	A	1		0.548		
Riboflavin		0.114		2	A	1		0.169		
Niacin		6.269		2	A	1		9.278		
Pantothenic acid		0.145		2	A	1		0.215		
Vitamin B-6	-	0.396		2	A	1		0.586		
Folate, total	_	8		2	A	1		12		
Folic acid		0		0	z	7		0		
Folate, food		8		2	A	1		12		
Folate, DFE		8		0	NC	4		12		
Vitamin B-12		0.00		0	z	7		0.00		
Vitamin A, IU	IU	0	0.0	00 3	A	1		0		
Vitamin A, RAE	mcg_RAE	0	0.0	00 3	A	1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.57		0	BFZN	4		0.84		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		0.0			_			2.2		
Vitamin K (phylloquinone)	mcg	2.2		1	A	1		3.3		
Lipids:										
Fatty acids, total saturated	g	0.335	5	0	BFFN	4		0.496		
4:0		0.000	)	0	z	7		0.000		
6:0		0.000	)	0	z	7		0.000		
8:0	g	0.000	)	0	z	7		0.000		
10:0	g	0.000	)	0	Z	7		0.000		
12:0	g	0.004	1	0	BFFN	4		0.006		
13:0	g									
14:0	g	0.008	3	0	BFFN	4		0.012		
15:0	g									
16:0	g	0.286	5	0	BFFN	4		0.423		
17:0	g									
18:0	g	0.012	2	0	BFFN	4		0.018		
20.0	а									
20:0 22:0	-									

		<u>Ar</u>	mount in 10	0 grams	of edib	ole portic	<u>on</u>		edible portion	
				Number	•			<u>m</u>	easures of food	<u>.</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		0.205		0	BFFN	4		0.303		
14:1	-									
15:1	-					_				
16:1 undifferentiated		0.004		0	BFFN	4		0.006		
17:1	-					_				
18:1 undifferentiated	-	0.168		0	BFFN	4		0.249		
20:1	-	0.000		0	Z	7		0.000		
22:1 undifferentiated	•	0.000		0	Z	7		0.000		
24:1 c										
Fatty acids, total polyunsaturated	g	0.771		0	BFFN	4		1.141		
18:2 undifferentiated	g	0.695		0	BFFN	4		1.029		
18:3 undifferentiated	g	0.077		0	BFFN	4		0.114		
18:4		0.000		0	Z	7		0.000		
20:2 n-6 c,c										
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.000		0	z	7		0.000		
20:5 n-3		0.000		0	z	7		0.000		
22:5 n-3	-	0.000		0	z	7		0.000		
		0.000		0	Z	7				
22:6 n-3		0.000		U	4	,		0.000		
Fatty acids, total trans		•			_	_		•		
Cholesterol		0		0	Z	7		0		
Phytosterols	mg									
Amino Acids:										
	0	0.175		0		1		0.259		
Tryptophan		0.356		0		1		0.527		
Threonine	-					1				
Isoleucine		0.383		0				0.567		
Leucine		0.713		0		1		1.055		
Lysine		0.391		0		1		0.579		
Methionine		0.202		0		1		0.299		
Cystine	g	0.232		0		1		0.343		
Phenylalanine	g	0.589		0		1		0.872		
Tyrosine	g	0.301		0		1		0.445		
Valine	g	0.515		0		1		0.762		
Arginine	g	0.526		0		1		0.778		
Histidine		0.236		0		1		0.349		
Alanine	-	0.409		0		1		0.605		
Aspartic acid		0.405		0		1		0.969		
Glutamic acid		2.741		0		1		4.057		
Glycine	_	0.380		0		1		0.562		
2								1.846		
Proline	-	1.247		0		1				
Serine		0.443		0		1		0.656		
Hydroxyproline	g									
Others:										
Alcohol, ethyl	a	0.0		0	Z	7		0.0		
Caffeine		0		0	Z	7		0.0		
		0		0	Z	7		0		
Theobromine	!!!!9	U		U	Z	,		U		
<u>Carotenoids:</u>										
Carotene, beta	mcg	0	0.0	00 3	A	1		0.000		
Carotene, alpha		0		2	A	1		0.000		
Cryptoxanthin, beta		0		2	A	1		0.000		
Lycopene		0		0	z	7		0.000		
-, - vp	mcg	160		1	A	1		236.800		

## **Common Measures:**

Measure 1 = 148g: 1 cup

NDB No. 20130 Barley flour or meal

Calories Factors: Protein 3.55 Fat 8.37 Carbohydrate 3.95

Food Group: 20 Cereal Grains and Pasta

		<u>A</u>	mount in 100	grams	of edib	le portio	<u>n</u>	Amount in	edible portion	of common
			N	lumber				m	easures of food	
				of Data		Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error F			Code	Code	Measure 1	Measure 2	Measure
rathents and on		Wicum	Otal Error					Micasare 1	Micasare 2	Micasarc
Proximates:										
Water	g	8.21		2	A	1		13.30		
Energy	kcal	361		0	NC	4		585		
Energy	kj	1510				4		2447		
Protein (N x 5.83)	g	10.28		2	A	1		16.65		
Total lipid (fat)	g	1.84		2	A	1		2.98		
Ash	g	1.37		2	A	1		2.22		
Carbohydrate, by difference	g	78.30		0	NC	4		126.85		
Fiber, total dietary	g	7.1		2	A	1		11.5		
Sugars, total	g	0.80		0	BFZN	4		1.30		
Starch	g									
<i>x</i> : 1										
<u>Ainerals:</u>		27		•	_			60		
Calcium, Ca	-	37		2	A	1		60		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	4.71 97		2	A A	1 1		7.63 157		
Magnesium, Mg				2		1				
Phosphorus, P	_	303 224		2	A A	1		491 363		
Potassium, K		11		2	A	1		18		
Sodium, Na	-	2.06		2	A	1		3.34		
Zinc, Zn		0.270	,	2	A	1		0.437		
Copper, Cu		1.193		2	A	1		1.933		
Manganese, Mn		37.7	•	0	BFZN	4		61.1		
Selenium, Se	nicg	37.7		U	DF ZN	4		61.1		
<u>'itamins:</u>										
Vitamin C, total ascorbic acid	mg	0.6		2	A	1		1.0		
Thiamin	mg	0.309	9	2	A	1		0.501		
Riboflavin	mg	0.308	3	2	A	1		0.499		
Niacin	mg	5.636	5	2	A	1		9.130		
Pantothenic acid	mg	0.577	7	2	A	1		0.935		
Vitamin B-6	mg	0.655	5	2	A	1		1.061		
Folate, total	mcg	38		2	A	1		62		
Folic acid	mcg	0		0	Z	7		0		
Folate, food		38		2	A	1		62		
Folate, DFE	mcg_DFE	38		0	NC	4		62		
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin A, IU	IU	19		2	A	1		31		
Vitamin A, RAE	mcg_RAE	1		2	A	1		2		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)		0.57		0	BFZN	4		0.92		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.2		0	BFZN	4		3.6		
inide:										
ipids:	a	0.386	•	0	יאשקם	А		0.625		
Fatty acids, total saturated		0.386		0	BFFN	4 4				
4:0					BFFN			0.000		
6:0		0.000		0 0	BFFN	4 4		0.000		
8:0 10:0		0.000		0	BFFN	4		0.000		
		0.000		0	BFFN	4		0.000		
12:0	-	0.005	,	U	BFFN	4		0.008		
13:0	-	0.009	2	0	District	А		0.015		
14:0	-	0.009	,	U	BFFN	4		0.015		
15:0	-	0 0=0		^	D.E					
16:0		0.353	•	0	BFFN	4		0.572		
17:0	-	0.011		^	D.E			0.004		
18:0	-	0.015	•	0	BFFN	4		0.024		
20:0	-									
22:0	g									

		<u>Am</u>	ount in 10	0 grams	of edib	le portio	<u>n</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	0.254		0	BFFN	4		0.411		
14:1										
15:1	g									
16:1 undifferentiated	-	0.005		0	BFFN	4		0.008		
17:1	-									
18:1 undifferentiated	-	0.207		0	BFFN	4		0.335		
20:1		0.000		0	BFFN	4		0.000		
22:1 undifferentiated	•	0.000		0	BFFN	4		0.000		
24:1 c		0.953		0	DEEM			1 544		
Fatty acids, total polyunsaturated		0.953		0	BFFN BFFN	4 4		1.544 1.392		
18:2 undifferentiated 18:3 undifferentiated		0.095		0	BFFN	4		0.154		
18:4	=	0.000		0	BFFN	4		0.134		
20:2 n-6 c.c.	-	0.000		· ·	DEFN	•		0.000		
20:3 undifferentiated										
20:4 undifferentiated	_	0.000		0	BFFN	4		0.000		
20:5 n-3		0.000		0	BFFN	4		0.000		
22:5 n-3	g	0.000		0	BFFN	4		0.000		
22:6 n-3	_	0.000		0	BFFN	4		0.000		
Fatty acids, total trans	g									
Cholesterol	mg	0		0	z	7		0		
Phytosterols	mg									
Amino Acide:										
Amino Acids:	a	0.132		0		1		0.214		
Tryptophan Threonine		0.132		0		1		0.659		
Isoleucine	-	0.361		0		1		0.585		
Leucine	-	0.746		0		1		1.209		
Lysine		0.535		0		1		0.867		
Methionine		0.294		0		1		0.476		
Cystine		0.157		0		1		0.254		
Phenylalanine		0.225		0		1		0.365		
Tyrosine		0.341		0		1		0.552		
Valine		0.503		0		1		0.815		
Arginine	g	0.836		0		1		1.354		
Histidine	g	0.275		0		1		0.446		
Alanine	g	0.516		0		1		0.836		
Aspartic acid	g	0.776		0		1		1.257		
Glutamic acid		1.825		0		1		2.957		
Glycine	g	0.440		0		1		0.713		
Proline	g	1.123		0		1		1.819		
Serine		0.465		0		1		0.753		
Hydroxyproline	g									
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:										
Carotene, beta	mca	11		0	0	4		18.468		
Carotene, beta		0		0	z	7		0.000		
Cryptoxanthin, beta		0		0	Z	7		0.000		
				-						
Lycopene	mca	0		0	Z	7		0.000		

## **Common Measures:**

Measure 1 = 162g: 1 cup

NDB No. 20131 Barley malt flour

Calories Factors: Protein 3.55 Fat 8.37 Carbohydrate 3.95

Food Group: 20 Cereal Grains and Pasta

		<u>Aı</u>	mount in 100 g	ırams	of edib	le portio	<u>n</u>	Amount in	edible portion	of common
			Nu	mber				<u>m</u>	easures of food	<u> </u>
					Deriv	Source	Confidence			
Nutriente and Uni	i4a	Maan	Std. Error Po			Code	Code	Magazira 1	Magazira 2	Measure
Nutrients and Uni	its	Mean	Sta. Error	Jiillo	Coue	Code	Code	Measure 1	Measure 2	weasure
Proximates:										
Water	g	68.80	2.514	5		1		108.02		
Energy	=	123		0	NC	4		193		
Energy		515				4		808		
Protein (N x 5.83)		2.26	0.151	4		1		3.55		
Total lipid (fat)		0.44	0.058	5		1		0.69		
Ash		0.27	0.011	5		1		0.42		
Carbohydrate, by difference		28.22	0.022	0	NC	4		44.31		
Fiber, total dietary		3.8		0	МС	1		6.0		
		0.28		0	BFSN	4		0.44		
Sugars, total		0.28		U	Brsn	4		0.44		
Starch	g									
linerals:										
Calcium, Ca	mg	11	2.387	4		1		17		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	1.33	0.331	5		1		2.09		
Magnesium, Mg	-	22	2.160	5		1		35		
Phosphorus, P		54	2.338	5		1		85		
Potassium, K	-	93	21.316	5		1		146		
Sodium, Na		3		1		4		5		
Zinc, Zn		0.82	0.125	5		1		1.29		
Copper, Cu		0.105		5		1		0.165		
Manganese, Mn		0.259		2		1		0.407		
Selenium, Se		8.6		0	BFSN	4		13.5		
Scientini, Sci										
'itamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.083	0.017	4		1		0.130		
Riboflavin	mg	0.062	0.002	3		1		0.097		
Niacin	mg	2.063	0.630	3		1		3.239		
Pantothenic acid	mg	0.135	0.063	3		1		0.212		
Vitamin B-6	mg	0.115	0.032	3		1		0.181		
Folate, total	mcg	16	8.849	3		1		25		
Folic acid		0		0	Z	7		0		
Folate, food	mcg	16	8.849	3		1		25		
Folate, DFE	mcg DFE	16		0	NC	4		25		
Vitamin B-12		0.00		0	z	7		0.00		
Vitamin A, IU		7		0		4		11		
Vitamin A, RAE		0		0	NC	4		1		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)		0.01		0	BFSN	4		0.01		
Tocopherol, beta		0.02		·	22011	-		0.02		
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.8		0	BFSN	4		1.2		
				-		-		= · <del>-</del>		
<u>ipids:</u>										
Fatty acids, total saturated	g	0.093		0		1		0.146		
4:0		0.000		0		1		0.000		
6:0	g	0.000		0		1		0.000		
8:0	g	0.000	1	0		1		0.000		
10:0	g	0.000	ı	0		1		0.000		
12:0	_	0.001		0		1		0.002		
13:0	-									
14:0	-	0.002		0		1		0.003		
15:0	-			-						
16:0		0.079	ı	0		1		0.124		
17:0		0.073		•		-		V.124		
18:0	_	0.003		0		1		0.005		
20:0	-	0.003		J		_		0.005		
	_									
22:0 24:0	-									

	<u>A</u>	mount in 10			ole portio	<u>on</u>		edible portion o	of common
			Number	•			<u>1111</u>	easures or roou	
			of Data	Deriv	Source	Confidence			
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		1	0		1		0.089		
15:1	g								
16:1 undifferentiated	g 0.00:	L	0		1		0.002		
17:1	g								
18:1 undifferentiated	g 0.04'	7	0		1		0.074		
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 polyunsaturated	g 0.21	l	0		1		0.336		
18:2 undifferentiated	_g 0.19	3	0		1		0.303		
18:3 undifferentiated	g 0.02:	L	0		1		0.033		
18:4	g 0.00	)	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 0.00	)	0		1		0.000		
22:6 n-3	.g 0.000	)	0		1		0.000		
Fatty acids, total trans	g								
Cholesterol	mg 0		0	z	7		0		
Phytosterols	mg								
Amino Acids:			_		_				
Tryptophan			0		1		0.060		
Threonine	-		0		1		0.121		
Isoleucine	_		0		1		0.130		
Leucine	_		0		1		0.242		
Lysine			0		1		0.132		
Methionine			0		1		0.068		
Cystine			0		1		0.079		
Phenylalanine			0		1		0.199		
Tyrosine	_		0		1		0.102		
Valine	-		0		1		0.174		
Arginine	g 0.11:	3	0		1		0.177		
Histidine			0		1		0.080		
Alanine			0		1		0.138		
Aspartic acid	g 0.14:	L	0		1		0.221		
Glutamic acid	_		0		1		0.928		
Glycine	.g 0.08:	2	0		1		0.129		
Proline	.g 0.26	•	0		1		0.422		
Serine	g 0.09!	5	0		1		0.149		
Hydroxyproline	g								
Others:									
Alcohol, ethyl	g. 0.0		0		7		0.0		
Caffeine!	mg 0		0	Z	7		0		
Theobromine!			0	z	7		0		
Carotenoids:									
	moa F		^	DHOT	4		7 003		
Caratana alpha			0	BFSN Z	<b>4</b> 7		7.083 0.000		
Carotene, alpha			0	z Z	7		0.000		
Cryptoxanthin, beta	3		0	z Z	7		0.000		
Lycopene!			0						
Lutein + zeaxanthin	mcg 56		U	BFSN	4		87.170		

## **Common Measures:**

Measure 1 = 157g: 1 cup

NDB No. 20006 Barley, pearled, cooked

Calories Factors: Protein 3.55 Fat 8.37 Carbohydrate 3.95

Food Group: 20 Cereal Grains and Pasta

		<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>1</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	10.09	0.366	18		1		20.18		
Energy	kcal	352		0	NC	4		704		
Energy	kj	1473				4		2946		
Protein (N x 5.83)	g	9.91	0.425	23		1		19.82		
Total lipid (fat)	g	1.16	0.060	18		1		2.32		
Ash	g	1.11	0.063	18		1		2.22		
Carbohydrate, by difference	g	77.72		0	NC	4		155.44		
Fiber, total dietary	g	15.6		0		1		31.2		
Sugars, total		0.80		0	BFZN	4		1.60		
Starch	g									
Minerals:										
Calcium, Ca	ma	29	1.599	11		1		58		
Iron, Fe	-	2.50	0.137	27		1		5.00		
Magnesium, Mg	-	79	3.972	11		1		158		
Phosphorus, P		221	11.212	15		1		442		
Potassium, K	_	280	10.233	13		1		560		
Sodium, Na	_	9	2.228	13		1		18		
Zinc, Zn	mg	2.13	0.108	23		1		4.26		
Copper, Cu	mg	0.420	0.025	22		1		0.840		
Manganese, Mn	mg	1.322	0.080	20		1		2.644		
Selenium, Se	mcg	37.7		6	A	1		75.4		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0		
Thiamin	-	0.191	0.015	15		1		0.382		
Riboflavin	-	0.114		10		1		0.228		
Niacin		4.604		12		1		9.208		
Pantothenic acid	-	0.282		10		1		0.564		
Vitamin B-6	_	0.260	0.020	11		1		0.520		
Folate, total	_	23	1.222	8		1		46		
Folic acid		0		0	Z	7		0		
Folate, food		23	1.222	8		1		46		
Folate, DFE		23		0	NC	4		46		
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin A, IU	IU	22		2		1		44		
Vitamin A, RAE	mcg_RAE	1		0	NC	4		2		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.02		0		1		0.04		
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	2.2		0	BFZN	4		4.4		
Lipids:										
Fatty acids, total saturated	g	0.244		0		1		0.488		
4:0		0.000		0		1		0.000		
6:0		0.000		0		1		0.000		
8:0	g	0.000		0		1		0.000		
10:0	g	0.000		0		1		0.000		
12:0	g	0.003		0		1		0.006		
13:0										
14:0	g	0.006		0		1		0.012		
15:0	g									
16:0	g	0.208		0		1		0.416		
17:0	g									
18:0	g	0.008		0		1		0.016		
20:0	g									
22:0	g									
24:0	g									

		<u>Ar</u>	mount in 10	0 grams	of edil	ole portio	<u>on</u>		edible portion	
				Number				<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
Fatty acids, total monounsaturated.		0.149		0		1		0.298		
14:1	-									
15:1	_	0.003		0		1		0.006		
16:1 undifferentiated	_	0.003		U		1		0.006		
18:1 undifferentiated	_	0.122		0		1		0.244		
20:1	_	0.000		0		1		0.000		
22:1 undifferentiated		0.000		0		1		0.000		
24:1 c	•	0.000		U		1		0.000		
Fatty acids, total polyunsaturated		0.560		0		1		1.120		
18:2 undifferentiated		0.505		0		1		1.010		
18:3 undifferentiated		0.055		0		1		0.110		
18:4		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		0		0	z	7		0		
Phytosterols		v		·		•		Ü		
Filytosterois										
Amino Acids:										
Tryptophan	g	0.165		0		1		0.330		
Threonine	g	0.337		0		1		0.674		
Isoleucine	g	0.362		0		1		0.724		
Leucine	g	0.673		0		1		1.346		
Lysine	g	0.369		0		1		0.738		
Methionine	g	0.190		0		1		0.380		
Cystine	g	0.219		0		1		0.438		
Phenylalanine	g	0.556		0		1		1.112		
Tyrosine	g	0.284		0		1		0.568		
Valine	g	0.486		0		1		0.972		
Arginine	g	0.496		0		1		0.992		
Histidine	g	0.223		0		1		0.446		
Alanine	g	0.386		0		1		0.772		
Aspartic acid	g	0.619		0		1		1.238		
Glutamic acid	g	2.588		0		1		5.176		
Glycine	g	0.359		0		1		0.718		
Proline	g	1.178		0		1		2.356		
Serine	g	0.418		0		1		0.836		
Hydroxyproline	g									
Oth										
Others:	_			•		_				
Alcohol, ethyl		0.0		0	_	7		0.0		
Caffeine		0		0	Z	7		0		
Theobromine	g	0		0	Z	7		0		
Carotenoids:										
Carotene, beta	mcg	13		0	0	4		26.000		
Carotene, alpha	mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta		0		0	z	7		0.000		
Lycopene		0		0	z	7		0.000		
Lutein + zeaxanthin		160		0	BFZN	4		320.000		

## **Common Measures:**

Measure 1 = 200g: 1 cup

NDB No. 20005 Barley, pearled, raw

Calories Factors: Protein 3.55 Fat 8.37 Carbohydrate 3.95

Food Group: 20 Cereal Grains and Pasta

		<u>A</u> :	mount in 10	<u>0 grams</u>	of edib	ole portio	<u>n</u>		edible portion	
				Number				<u>m</u>	easures of food	<u>l</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	9.75		2		1		16.58		
Energy	kcal	343		0	NC	4		583		
Energy	kj	1435				4		2440		
Protein (N x 6.25)	g	13.25		2		1		22.53		
Total lipid (fat)	g	3.40		2		1		5.78		
Ash	g	2.10		2		1		3.57		
Carbohydrate, by difference	g	71.50		0	NC	4		121.55		
Fiber, total dietary	g	10.0		0		4		17.0		
Sugars, total	g									
Starch	g									
Minerals:	ma	10		1		4		21		
Calcium, Ca	-	18 2.20		1 1		1 1		31 3.74		
Iron, Fe	-	2.20		1		1		3.74 393		
		347		1		1		590		
Phosphorus, P Potassium, K	-	460		1		1		782		
Sodium, Na	-	1		1		1		2		
Zinc, Zn	-	2.40		1		1		4.08		
Copper, Cu		1.100	)	1		1		1.870		
Manganese, Mn		1.300		1		1		2.210		
Selenium, Se		8.3		0	BFSN	4		14.1		
· ·										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.0		0		4		0.0		
Thiamin	-	0.101		1		1		0.172		
Riboflavin		0.425		1		1		0.723		
Niacin		7.020		1		1		11.934		
Pantothenic acid	-	1.233		0		4		2.096		
Vitamin B-6	-	0.210	)	1		1		0.357		
Folate, total		30 0		1 0	_	1 7		51		
Folic acid		30			Z			0 51		
Folate, food		30		1 0	NC	1 4		51		
Folate, DFE		0.00		0	NC Z	7		0.00		
Vitamin B-12 Vitamin A, IU		0.00		0	Z	4		0.00		
Vitamin A, RAE		0		0		4		0		
Retinol		0		0	z	7		0		
Vitamin E (alpha-tocopherol)		Ü		Ū		•		Ü		
Tocopherol, beta	-									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:	a	0.741		0		1		1.260		
Fatty acids, total saturated		0.741		0		1		0.000		
4:0 6:0		0.000		0		1		0.000		
8:0		0.000		13		1		0.060		
10:0	-	0.038		13		1		0.080		
12:0	-	0.010		13		1		0.031		
13:0	-	0.010	-	13		-		0.017		
14:0	-	0.025	5	13		1		0.043		
15:0	-	0.020	-			-		0.045		
16:0		0.450	)	13		1		0.765		
17:0		0.150				-		2		
18:0		0.047	7	13		1		0.080		
20:0						_		2.000		
22:0	-									
24:0	-									

		<u>Aı</u>	mount in 100 g	grams o	f edib	le portio	<u>n</u>	Amount in	edible portion of	of common
				umber		0	0		easures of food	
Nutrients and Units		Mean	Std. Error Po			Code	Confidence Code	Measure 1	Measure 2	Measure 3
En lled	<b>a</b>	1.040		0		1		1 760		
Fatty acids, total monounsaturated	g	1.040		U		1		1.768		
15:1	g	0.023		13		1		0.039		
17:1		0.988		13		1		1.680		
20:1	-	0.000		0		1		0.000		
20:1 undifferentiated		0.000		13		1		0.000		
24:1 c	•	0.022				_		0.020		
Fatty acids, total polyunsaturated		1.039		0		1		1.766		
18:2 undifferentiated		0.961		13		1		1.634		
18:3 undifferentiated	-	0.078		13		1		0.133		
18:4		0.000		0		1		0.000		
20:2 n-6 c,c		0.000		Ū		-		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		
Cholesterol		0		0	z	7		0		
Phytosterols										
Amino Acids:										
	a	0.192		5		1		0.326		
Tryptophan Threonine		0.506		17		1		0.860		
		0.498		17		1		0.847		
Isoleucine		0.498		17		1		1.414		
Leucine		0.632		17		1		1.142		
Lysine		0.672		17		1		0.292		
Methionine		0.172		10		1		0.292		
Cystine		0.529		16		1		0.884		
Phenylalanine	_	0.320		15		1		0.410		
Tyrosine		0.241		17		1		1.153		
Valine		0.678		17		1		1.153		
E	-	0.309		16		1		0.525		
Histidine		0.748		14		1		1.272		
AlanineAspartic acid		1.133		13		1		1.926		
Glutamic acid	-	2.046		14		1		3.478		
Glycine		1.031		14		1		1.753		
Proline		0.507		14		1		0.862		
Serine	-	0.685		14		1		1.165		
Hydroxyproline		0.003		14		1		1.103		
Others:	α.	0.0		0		7		0 0		
Alcohol, ethyl		0.0		U		7		0.0		
Caffeine	-									
Theobromine	mg									

### **Common Measures:**

Measure 1 = 170g: 1 cup

Calories Factors: Protein 3.37 Fat 8.37 Carbohydrate 3.78

**Food Group:** 20 Cereal Grains and Pasta USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u>	mount in 100	grams	of edit	ole portio	<u>n</u>	Amount in	edible portion	of common
			N	umber					easures of food	
Nutrients and Unit	ts	Mean	Std. Error P			Source Code	Confidence Code	Measure 1	Measure 2	Measure
D										
Proximates: Water	g	11.15	0.404	6		1		13.38		
Energy	kcal	335		0	NC	4		402		
Energy	kj	1402				4		1682		
Protein (N x 6.25)	g	12.62	0.213	6		1		15.14		
Total lipid (fat)	g	3.10	0.088	6		1		3.72		
Ash	g	2.54	0.161	6		1		3.05		
Carbohydrate, by difference	g	70.59		0	NC	4		84.71		
Fiber, total dietary	g	10.0		0		1		12.0		
Sugars, total		2.60		0	T	4		3.12		
Sucrose		1.70		1		1		2.04		
Glucose (dextrose)	g									
Fructose	g									
Lactose	g									
Maltose	g									
Galactose										
Starch	g									
Minerals:										
Calcium, Ca	mg	41	4.070	4		1		49		
Iron, Fe		4.06	1.473	4		1		4.87		
Magnesium, Mg		251	19.246			1		301		
Phosphorus, P		337	101.189			1		404		
Potassium, K		577	18.677			1		692		
Sodium, Na		11		0		4		13		
Zinc, Zn		3.12	0.127			1 1		3.74 0.618		
Copper, Cu		0.515 2.030		4 2		1		2.436		
Manganese, Mn		5.7	,	1	A	1		6.8		
	9			_		_		0.0		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.0		0		4		0.0		
Thiamin		0.417				1 1		0.500		
Riboflavin		0.190				1		0.228		
Niacin	_	6.150 0.440				1		7.380 0.528		
Pantothenic acid Vitamin B-6		0.582				1		0.528		
Folate, total	_	54	6.750			1		65		
Folic acid		0	0.750	0	z	7		0		
Folate, food	mca	54	6.750		-	1		65		
Folate, DFE	mca DFE	54		0	NC	4		65		
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin A, IU		0		0		4		0		
Vitamin A, RAE		0		0	NC	4		0		
Retinol		0		0	z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.32		1		1		0.38		
Tocopherol, beta	mg									
Tocopherol, gamma	mg	7.14		1		1		8.57		
Tocopherol, delta	mg	0.45		1		1		0.54		
Vitamin D										
Vitamin K (phylloquinone)	mcg	7.0		0	T	4		8.4		
Lipids:										
Fatty acids, total saturated	g	0.677	,	0		1		0.812		
4:0		0.000	)	0		1		0.000		
6:0		0.000	)	0		1		0.000		
8:0		0.032	2	0		1		0.038		
10:0	g	0.016	5	0		1		0.019		
12:0	g	0.009	•	0		1		0.011		
13:0	-									
14:0	~	0.023	•	0		1		0.028		

Nutrients and Units			Amount in 1	00 grams	of edib	ole portio	o <u>n</u>	Amount in	edible portion of	common
Nutrients and Units				Numbo						
Nutrients and Units						Source	Confidence			
170	Nutrients and Units	Mean	Std. Erro					Measure 1	Measure 2	Measure 3
170										
170	16:0	g 0.4	11	0		1		0.493		
180		-								
22.0			43	0		1		0.052		
24-0.   9										
Fatty acids, total monountrated   9										
1-1			40	•						
15-1	-		49	Ü		1		1.139		
First   Indifferentiated										
17-			21	0		1		0 025		
St.   undifferentiated   g				·		-		0.023		
201.		-	02	0		1		1.082		
24-1 c.		=	00	0		1		0.000		
Fatty acids, total polymenturated	22:1 undifferentiated	<u>g</u> 0.0	11	0		1		0.013		
R.2 undifferentiated	24:1 c	g								
183 undifferentiated.   9	Fatty acids, total polyunsaturated	g 0.9	49	0		1		1.139		
18-4	18:2 undifferentiated							1.052		
20.2 n-6 c.c. 99 20.3 undifferentiated. 99 20.4 undifferentiated. 99 20.5 n-3. 99 20.000 20.5 n-3. 99 20.0		5						0.085		
20.3 undifferentiated.		-	00	0		1		0.000		
20-4 undifferentiated	*									
20.5 n - 3		=	00	•				0.000		
22.5 n-3										
22.6 n-3.		-		-		_				
Fatty acids, total trans		0								
Choiserol   mg   mg   mg   mg   mg   mg   mg   m			00	Ū		-		0.000		
Phytosterols.   Phytosterols.   Phytosterols.   Phytosterols.   Phytosterols.   Phytosterols.   Phytophan.   9	· · · · · · · · · · · · · · · · · · ·			0	z	7		0		
Tryptophan										
Tryptophan	Amino Acids:									
Isoleucine		g 0.1	83	0		1		0.220		
Leucine       9       0.792       0       1       0.950         Lysine       9       0.640       0       1       0.768         Methionine       9       0.164       0       1       0.197         Cystine       9       0.218       0       1       0.262         Phenylalanine       9       0.495       0       1       0.594         Tyrosine       9       0.230       0       1       0.276         Valine       9       0.646       0       1       0.775         Arginine       9       0.935       0       1       0.775         Arginine       9       0.935       0       1       0.353         Alanine       9       0.712       0       1       0.353         Alanine       9       0.712       0       1       0.854         Aspartic acid       9       1.948       0       1       1.294         Glutamic acid       9       0.981       0       1       0.578         Serine       9       0.652       0       1       0.578         Hydroxyproline       9       0       0       7       0	Threonine	g 0.4	82	0		1		0.578		
Lysine       9       0.640       0       1       0.768         Methionine       9       0.164       0       1       0.197         Cystine       9       0.218       0       1       0.262         Phenylalanine       9       0.495       0       1       0.594         Tyrosine       9       0.230       0       1       0.276         Valine       9       0.646       0       1       0.775         Arginine       9       0.935       0       1       1.122         Histidine       9       0.294       0       1       0.353         Alanine       9       0.712       0       1       0.854         Aspartic acid       9       1.078       0       1       1.294         Glutanic acid       9       1.948       0       1       1.294         Glycine       9       0.981       0       1       1.177         Proline       9       0.482       0       1       0.578         Serine       9       0.652       0       1       0.782         Hydroxyproline       9       0       0       7       0 <td>Isoleucine</td> <td>g 0.4</td> <td>74</td> <td>0</td> <td></td> <td>1</td> <td></td> <td>0.569</td> <td></td> <td></td>	Isoleucine	g 0.4	74	0		1		0.569		
Methionine       9       0.164       0       1       0.197         Cystine       9       0.218       0       1       0.262         Phenylalanine       9       0.495       0       1       0.594         Tyrosine       9       0.230       0       1       0.276         Valine       9       0.646       0       1       0.775         Arginine       9       0.935       0       1       0.353         Alanine       9       0.294       0       1       0.353         Alanine       9       0.712       0       1       0.854         Aspartic acid       9       1.078       0       1       1.294         Glutamic acid       9       1.948       0       1       1.294         Glutamic acid       9       0.981       0       1       1.177         Proline       9       0.482       0       1       0.578         Serine       9       0.652       0       1       0.782         Hydroxyproline       9       0       0       7       0.0         Caffeine       mg       0       0       2       7 <td></td>										
Cystine       9       0.218       0       1       0.262         Phenylalanine       9       0.495       0       1       0.594         Tyrosine       9       0.230       0       1       0.276         Valine       9       0.646       0       1       0.775         Arginine       9       0.935       0       1       1.122         Histidine       9       0.294       0       1       0.353         Alanine       9       0.712       0       1       0.854         Aspartic acid       9       1.078       0       1       1.294         Glutamic acid       9       1.948       0       1       2.338         Glycine       9       0.981       0       1       1.177         Proline       9       0.482       0       1       0.578         Serine       9       0.652       0       1       0.782         Hydroxyproline       9       0       0       7       0.0         Caffeine       mg       0       0       2       7       0         Theobrowine       mg       0       0       2       <	<u> </u>									
Phenylalanine.       g       0.495       0       1       0.594         Tyrosine.       g       0.230       0       1       0.276         Valine.       g       0.646       0       1       0.775         Arginine.       g       0.935       0       1       1.122         Histidine.       g       0.294       0       1       0.353         Alanine.       g       0.712       0       1       0.854         Aspartic acid.       g       0.712       0       1       0.854         Aspartic acid.       g       1.078       0       1       1.294         Glutamic acid.       g       1.948       0       1       1.294         Glycine.       g       0.981       0       1       1.177         Proline.       g       0.482       0       1       0.578         Serine.       g       0.652       0       1       0.782         Hydroxyproline.       g       0       0       7       0.0         Carleine.       mg       0       0       2       7       0         Carotenoids:       Caroteno, beta.       mg										
Tyrosine         9         0.230         0         1         0.276           Valine         9         0.646         0         1         0.775           Arginine         9         0.935         0         1         1.122           Histidine         9         0.294         0         1         0.353           Alanine         9         0.712         0         1         0.854           Aspartic acid         9         1.078         0         1         1.294           Glutamic acid         9         1.948         0         1         2.338           Glycine         9         0.981         0         1         1.177           Proline         9         0.482         0         1         0.578           Serine         9         0.652         0         1         0.782           Hydroxyproline         9         0.652         0         1         0.782           Hydroxyproline         9         0         0         7         0.0           Caffeine         mg         0         0         z         7         0           Theobromine         mg         0         0		5								
Valine	-									
Arginine       g       0.935       0       1       1.122         Histidine       g       0.294       0       1       0.353         Alanine       g       0.712       0       1       0.854         Aspartic acid       g       1.078       0       1       1.294         Glutamic acid       g       1.948       0       1       2.338         Glycine       g       0.981       0       1       1.177         Proline       g       0.482       0       1       0.578         Serine       g       0.652       0       1       0.782         Hydroxyproline       g       0       0       1       0.782         Hydroxyproline       g       0       0       7       0.0         Caffeine       mg       0       0       7       0         Caffeine       mg       0       0       2       7       0         Carotene, beta       mcg       0       0       2       7       0.000	<u> </u>	0								
Histidine       g       0.294       0       1       0.353         Alanine       g       0.712       0       1       0.854         Aspartic acid       g       1.078       0       1       1.294         Glutamic acid       g       1.948       0       1       2.338         Glycine       g       0.981       0       1       1.177         Proline       g       0.482       0       1       0.578         Serine       g       0.652       0       1       0.782         Hydroxyproline       g       0       0       1       0.782         Hydroxyproline       g       0       0       7       0.0         Caffeine       mg       0       0       2       7       0         Caffeine       mg       0       0       z       7       0         Carotenoids:       Carotene, beta       mcg       0       0       z       7       0.000		5		-		_				
Alanine       9       0.712       0       1       0.854         Aspartic acid       9       1.078       0       1       1.294         Glutamic acid       9       1.948       0       1       2.338         Glycine       9       0.981       0       1       1.177         Proline       9       0.482       0       1       0.578         Serine       9       0.652       0       1       0.782         Hydroxyproline       9       0       0       7       0.0         Caffeine       9       0       0       7       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	8									
Aspartic acid										
Glycine       g       0.981       0       1       1.177         Proline       g       0.482       0       1       0.578         Serine       g       0.652       0       1       0.782         Hydroxyproline       g       0       0       7       0.00         Carleine       mg       0       0       7       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		1		1.294		
Proline       g       0.482       0       1       0.578         Serine       g       0.652       0       1       0.782         Hydroxyproline       g       0       0       7       0.0         Carbenoid, ethyl       g       0.0       0       7       0.0         Carffeine       mg       0       0       z       7       0         Theobromine       mg       0       0       z       7       0         Carotenoids:         Carotene, beta       mcg       0       0       z       7       0.000	Glutamic acid	g 1.9	48	0		1		2.338		
Serine     g     0.652     0     1     0.782       Hydroxyproline     g     0     0     7     0.0       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     mcg     0     0     z     7     0.000	Glycine	g 0.9	81	0		1		1.177		
Hydroxyproline       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     mcg     0     0     z     7     0.000	Proline	g 0.4	82	0		1		0.578		
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.     mcg     0     0     z     7     0.000			52	0		1		0.782		
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.       mcg       0       0       z       7       0.000	Hydroxyproline	g								
Caffeine         mg         0         z         7         0           Theobromine         mg         0         0         z         7         0           Carotenoids:         Carotene, beta         mcg         0         0         z         7         0.000	Others:									
Theobromine										
Carotenoids:         Carotene, beta		=								
Carotene, beta		ing 0		0	Z	7		O		
Catowing, Seattlement, Seattlem		mca o		0		7		0 000		
Caroliche, aipha		3								
Cryptoxanthin, betamcg 0 0 z 7 0.000	· -	3		-						
Lycopene	·			-						
Lutein + zeaxanthin	• •	3		0						

NDB No. 20011 Buckwheat flour, whole-groat

**Common Measures:** 

Measure 1 = 120g: 1 cup

Calories Factors: Protein 3.37 Fat 8.37 Carbohydrate 3.78

Food Group: 20 Cereal Grains and Pasta

kasha Refuse: 0%

		<u>A</u>	mount in 100 g	rams o	ot ear	ole portio	<u>on</u>	Amount in	edible portion	of common
			Nu	mber					easures of food	
				Data I	Deriv	Source	Confidence			
Nutrients and Uni	ite	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure
Nutrients and on	113	Weari	Ota: Elloi 1 3					Wedsure 1	Wedsule 2	Measure
Proximates:										
Water	_	75.63	2.133	5		1		127.06		
Energy		92		0	NC	4		155		
Energy		385				4		647		
Protein (N x 6.25)		3.38	0.114	5		1		5.68		
Total lipid (fat)		0.62	0.051	8		1		1.04		
Ash		0.43	0.043	5		1		0.72		
Carbohydrate, by difference		19.94		0	NC	4		33.50		
Fiber, total dietary		2.7		0		4		4.5		
Sugars, total		0.90		1	A	1		1.51		
Sucrose		0.40		1	A	1		0.67		
Glucose (dextrose)		0.20		1	A	1		0.34		
Fructose		0.10		1	A	1		0.17		
Lactose	g									
Maltose										
Galactose										
Starch	g									
Minerals:										
Calcium, Ca	mg	7	0.664	5		1		12		
Iron, Fe.		0.80	0.126	5		1		1.34		
Magnesium, Mg		51	7.520	5		1		86		
Phosphorus, P		70	19.311	4		1		118		
Potassium, K	mg	88	19.635	4		1		148		
Sodium, Na	mg	4	0.198	5		1		7		
Zine, Zn	mg	0.61	0.039	5		1		1.02		
Copper, Cu		0.146		5		1		0.245		
Manganese, Mn		0.403	3	2		1		0.677		
Selenium, Se	mcg	2.2		0	BFSN	4		3.7		
Vitamins:		0.0		•				2.2		
Vitamin C, total ascorbic acid		0.0	0.017	0		4 1		0.0		
ThiaminRiboflavin	-	0.040		6 6		1		0.067 0.066		
Niacin	_	0.039		4		1		1.579		
Pantothenic acid	• • • • • • • • • • • • • • • • • • • •	0.359		5		1		0.603		
Vitamin B-6	_	0.077		4		1		0.129		
Folate, total		14	7.187	4		1		24		
Folic acid	-	0		0	z	7		0		
Folate, food	mcq	14	7.187	4	_	1		24		
Folate, DFE		14		0	NC	4		24		
Vitamin B-12		0.00		0	z	7		0.00		
Vitamin A, IU		0		0		4		0		
Vitamin A, RAE		0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)		0.09		0	BFSN	4		0.15		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D		4 ^		•	D=0			2.0		
Vitamin K (phylloquinone)	mcg	1.9		0	BFSN	4		3.2		
Lipids:										
Fatty acids, total saturated	g	0.134	1	0		1		0.225		
4:0		0.000		0		1		0.000		
6:0		0.000	)	0		1		0.000		
8:0	-	0.006		0		1		0.010		
10:0	-	0.003		0		1		0.005		
12:0		0.002		0		1		0.003		
13:0										
14:0		0.004	l	0		1		0.007		
15:0	a									

	<u>Ar</u>	nount in 10			ole portio	<u>on</u>		edible portion o	f common
			Number		_		1115	easures or roou	
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0g	0.082		0		1		0.138		
17:0g									
18:0g	0.009		0		1		0.015		
20:0g									
22:0g									
24:0g	0 100		•				0.216		
Fatty acids, total monounsaturatedg 14:1g	0.188		0		1		0.316		
15:1g									
16:1 undifferentiatedg	0.004		0		1		0.007		
17:1g									
18:1 undifferentiatedg	0.179		0		1		0.301		
20:1g	0.000		0		1		0.000		
22:1 undifferentiated	0.002		0		1		0.003		
24:1 cg	_				_				
Fatty acids, total polyunsaturated	0.188		0		1		0.316		
18:2 undifferentiated	0.174		0		1 1		0.292		
18:3 undifferentiated	0.014		0 0		1		0.024		
20:2 n-6 c.cg	0.000		U		1		0.000		
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0		1		0.000		
20:5 n-3g	0.000		0		1		0.000		
22:5 n-3g	0.000		0		1		0.000		
22:6 n-3g	0.000		0		1		0.000		
Fatty acids, total transg									
Cholesterolmg	0		0	Z	7		0		
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.049		0		1		0.082		
Threonineg	0.129		0		1		0.217		
Isoleucineg	0.127		0		1		0.213		
Leucine	0.212		0		1 1		0.356		
Lysine	0.172 0.044		0		1		0.289 0.074		
Cystine	0.058		0		1		0.097		
Phenylalanine	0.133		0		1		0.223		
Tyrosineg	0.062		0		1		0.104		
Valineg	0.173		0		1		0.291		
Arginineg	0.250		0		1		0.420		
Histidineg	0.079		0		1		0.133		
Alanineg	0.191		0		1		0.321		
Aspartic acid	0.289		0		1		0.486		
Glutamic acid	0.522		0		1		0.877		
Glycine	0.263		0		1		0.442		
Proline	0.129 0.175		0 0		1 1		0.217 0.294		
Serine	0.1/5		U		1		0.294		
Others:			•		-				
Alcohol, ethyl	0.0		0 0		7 7		0.0		
Caffeine mg Theobromine mg	0 0		0	z z	7		0		
Carotenoids:	U		U	4	,		U		
	0		^		7		0 000		
Carotene, betamcg Carotene, alphamcg	0		0	Z Z	7		0.000 0.000		
Cryptoxanthin, betamcg	0		0	Z	7		0.000		
Lycopenemcg	0		0	Z	7		0.000		
Lutein + zeaxanthin mcg	60		0	BFSN	4		100.381		

NDB No. 20010 Buckwheat groats, roasted, cooked

Common Measures: Measure 1 = 168g: 1 cup

Calories Factors: Protein 3.37 Fat 8.37 Carbohydrate 3.78

Food Group: 20 Cereal Grains and Pasta

kasha **Refuse:** 0%

		<u>A</u> 1	mount in 100 g		of edik	ole portio	<u>n</u>		edible portion	
				mber				<u>m</u>	easures of food	<u> </u>
Nutrients and Uni	its	Mean	of Std. Error Po			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:	0	8.41	0.569	5		1		13.79		
Water	-	346	0.569	0	NC	4		567		
Energy		1448		U	NC	4		2374		
Protein (N x 6.25)		11.73	1.464	5		1		19.24		
Total lipid (fat)		2.71	0.555	5		1		4.44		
Ash		2.71	0.460	5		1		3.61		
Carbohydrate, by difference		74.95	0.400	0	NC	4		122.92		
Fiber, total dietary		10.3		0	110	4		16.9		
Sugars, total		10.5		·		-		10.5		
Starch										
Starch	9									
Minerals:										
Calcium, Ca	_	17	1.271	5		1		28		
Iron, Fe		2.47	0.605	4		1		4.05		
Magnesium, Mg		221	39.768	4		1		362		
Phosphorus, P		319 320	114.955 103.806	4 5		1 1		523 525		
Potassium, K		320 11	103.806	2		1		18		
Zinc, Zn	_	2.42	0.326	5		1		3.97		
Copper, Cu		0.624		5		1		1.023		
Manganese, Mn		1.618		2		1		2.654		
Selenium, Se		8.4	•	1	A	1		13.8		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.0		0		4		0.0		
Thiamin	-	0.224		5		1		0.367		
Riboflavin		0.271		5		1		0.444		
Niacin		5.135		4		1 1		8.421		
Pantothenic acid		1.233 0.353		5 4		1		2.022 0.579		
Vitamin B-6	_	42	4.005	3		1		69		
Folic acid		0	4.005	0	z	7		0		
Folate, food	-	42	4.005	3		1		69		
Folate, DFE		42	1.005	0	NC	4		69		
Vitamin B-12		0.00		0	z	7		0.00		
Vitamin A, IU		0		0		4		0		
Vitamin A, RAE		0		0		4		0		
Retinol		0		0	z	7		0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.591		0		1		0.969		
4:0		0.000		0		1		0.000		
6:0		0.000	)	0		1		0.000		
8:0	g	0.028	3	0		1		0.046		
10:0	g	0.014	Į.	0		1		0.023		
12:0	g	0.008	3	0		1		0.013		
13:0	g									
14:0	_	0.020	)	0		1		0.033		
15:0	-									
16:0		0.359	)	0		1		0.589		
17:0						_		_		
18:0		0.038	3	0		1		0.062		
20:0										
22:0	g g									

		<u>Aı</u>	mount in 100 gram		ole portio	<u>on</u>		edible portion easures of food	
			Numbe		_		<u> </u>	easures or 1000	<u>.</u>
Nutrients and Un	its	Mean	of Data Std. Error Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.	a	0.828	0		1		1.358		
14:1	g	0.020	v		-		1.550		
15:1 16:1 undifferentiated 17:1	g	0.018	0		1		0.030		
18:1 undifferentiated	_	0.788	0		1		1.292		
20:1		0.000	0		1		0.000		
22:1 undifferentiated		0.000	0		1		0.000		
24:1 c	-	0.009	U		_		0.013		
Fatty acids, total polyunsaturated		0.828	0		1		1.358		
18:2 undifferentiated		0.766			1		1.256		
18:3 undifferentiated	-	0.760	0		1		0.102		
18:4	_	0.002	0		1		0.000		
20:2 n-6 c.c	-	0.000	· ·		-		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	ŭ		-		0.000		
Cholesterol		0	0	z	7		0		
Phytosterols		·	·	_	•		·		
•									
Amino Acids:			_		_				
Tryptophan		0.170	0		1		0.279		
Threonine	-	0.448	0		1		0.735		
Isoleucine		0.441	0		1		0.723		
Leucine		0.736			1		1.207		
Lysine		0.595			1		0.976		
Methionine		0.153			1		0.251		
Cystine		0.202	0		1		0.331		
Phenylalanine		0.461	0		1		0.756		
Tyrosine	_	0.213			1		0.349		
Valine		0.600	0		1		0.984		
Arginine		0.869			1		1.425		
Histidine		0.273			1		0.448		
Alanine	-	0.662			1		1.086		
Aspartic acid		1.003			1		1.645		
Glutamic acid		1.811			1		2.970		
Glycine	<del>-</del>	0.912			1		1.496		
Proline		0.449			1		0.736		
Serine	_	0.606	0		1		0.994		
Hydroxyproline	9								
Others:					_				
Alcohol, ethyl		0.0	0		7		0.0		
Caffeine	-								
Theobromine	mg								

### **Common Measures:**

Measure 1 = 164g: 1 cup

Calories Factors: Protein 3.37 Fat 8.37 Carbohydrate 3.78

**Food Group:** 20 Cereal Grains and Pasta USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Nutrients and Units  Proximates:  Water	g kj g g g g g g g g	77.76 83 347 3.08 0.24 0.34 18.58 4.5 0.10			Deriv	1 4 4 1 1 1 4 4	Confidence Code	Measure 1  141.52 151 632 5.61 0.44 0.62	6.53 7 29 0.26 0.02	Measure 3
Proximates:  Water	g kj g g g g g g g g	77.76 83 347 3.08 0.24 0.34 18.58 4.5 0.10	1.005 0.438 0.023	7 0 4 7 4 0 0	NC NC	1 4 4 1 1 1 4 4		141.52 151 632 5.61 0.44	6.53 7 29 0.26 0.02	Measure :
Proximates:  Water	g kj g g g g g g g g	77.76 83 347 3.08 0.24 0.34 18.58 4.5 0.10	1.005 0.438 0.023	7 0 4 7 4 0	NC NC	1 4 4 1 1 1	Code	141.52 151 632 5.61 0.44	6.53 7 29 0.26 0.02	Measure :
Water Energy Energy Protein (N x 5.83) 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 Zine, Zn	kcal kj g g g g g g g	83 347 3.08 0.24 0.34 18.58 4.5 0.10	0.438 0.023	0 4 7 4 0	NC	4 4 1 1 1		151 632 5.61 0.44	7 29 0.26 0.02	
Water Energy Energy Protein (N x 5.83) 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 Zine, Zn	kcal kj g g g g g g g	83 347 3.08 0.24 0.34 18.58 4.5 0.10	0.438 0.023	0 4 7 4 0	NC	4 4 1 1 1		151 632 5.61 0.44	7 29 0.26 0.02	
Energy	kj g g g g g g g mg	347 3.08 0.24 0.34 18.58 4.5 0.10	0.023	4 7 4 0 0	NC	4 1 1 1		632 5.61 0.44	29 0.26 0.02	
Protein (N x 5.83).  Total lipid (fat)	gggggggggg	3.08 0.24 0.34 18.58 4.5 0.10	0.023	7 4 0 0		1 1 1 4		5.61 0.44	0.26 0.02	
Total lipid (fat)	g g g g g g mg	0.24 0.34 18.58 4.5 0.10	0.023	7 4 0 0		1 1 4		0.44	0.02	
Ash	g g g g g mg	0.34 18.58 4.5 0.10		<b>4</b> 0 0		1 4				
Carbohydrate, by difference. Fiber, total dietary. Sugars, total. Starch.  Minerals: Calcium, Ca	g g g g mg mg	18.58 4.5 0.10	0.013	0 0		4		0.62		
Fiber, total dietary  Sugars, total  Starch  Minerals: Calcium, Ca Iron, Fe Magnesium, Mg Phosphorus, P. Potassium, K. Sodium, Na Zinc, Zn	g g mg mg mg	4.5 0.10		0					0.03	
Sugars, total	g g mg mg	0.10			BFSN			33.82	1.56	
Starch	g mg mg mg	10		0	BFSN	1		8.2	0.4	
Minerals: Calcium, Ca	mg mg mg					4		0.18	0.01	
Calcium, Ca. Iron, Fe. Magnesium, Mg Phosphorus, P. Potassium, K. Sodium, Na Zinc, Zn.	mg mg									
Calcium, Ca Iron, Fe Magnesium, Mg Phosphorus, P Potassium, K Sodium, Na Zinc, Zn	mg mg									
Iron, Fe	mg mg		0.036	3		1		18	1	
Magnesium, Mg	mg	0.96	0.036	3		1		1.75	0.08	
Phosphorus, P		32	1.947	3		1		58	3	
Potassium, K		40	9.664	3		1		73	3	
Sodium, NaZinc, Zn		68	8.771	3		1		124	6	
Zinc, Zn		5	0.058	3		1		9	0	
		0.57	0.058	3		1		1.04	0.05	
Copper, Cu	_	0.075		3		1		0.137	0.006	
Manganese, Mn		0.609		1		1		1.108	0.051	
Selenium, Se		0.6		0	BFSN	4		1.1	0.1	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.0		0		4		0.0	0.0	
Thiamin		0.057		5		1		0.104	0.005	
Riboflavin		0.028		5		1		0.051	0.002	
Niacin		1.000		3		1		1.820	0.084	
Pantothenic acid	_	0.344		4		1		0.626	0.029	
Vitamin B-6	-	0.083		3		1		0.151	0.007	
Folate, total		18	3.538	3	_	1		33	2	
Folic acid		0	3.538	0	Z	7		0	0 2	
Folate, food		18	3.538	3	***	1		33		
Folate, DFE		18		0	NC	4		33	2	
Vitamin B-12	mcg	0.00 2		0	Z	7		0.00	0.00	
Vitamin A, IU		0		-	NC	4		4	0 0	
Vitamin A, RAE		0		0	NC Z	4 7		0		
Retinol		-		0	BFSN	4		0.03	0 0.00	
Vitamin E (alpha-tocopherol)		0.01		U	BFSN	4		0.03	0.00	
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.5		0	BFSN	4		0.8	0.0	
viamini k (phynoquinone)		0.0		·	22 511	-		0.0	0.0	
<u> Lipids:</u>										
Fatty acids, total saturated	g	0.042		0		1		0.076	0.004	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	-	0.002		0		1		0.004	0.000	
10:0		0.000		0		1		0.000	0.000	
12:0	-	0.000		0		1		0.000	0.000	
13:0	-									
14:0	-	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.037		0		1		0.067	0.003	
17:0	-									
18:0	_	0.002		0		1		0.004	0.000	
20:0	_									
22:0 24:0	_									

	<u>Ar</u>	nount in 100 gram		ole portic	<u>on</u>		edible portion of easures of food	
Nutrients and Units	Mean	Number of Data Std. Error Points	a Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.031	0		1		0.056	0.003	
14:1g								
15:1g								
16:1 undifferentiatedg	0.001	0		1		0.002	0.000	
17:1g				_				
18:1 undifferentiatedg	0.030	0		1		0.055	0.003	
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	0.098	0		1		0.178	0.008	
18:2 undifferentiatedg	0.094	0		1		0.171	0.008	
18:3 undifferentiatedg	0.004	0		1		0.007	0.000	
18:4g	0.000	0		1		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0		1		0.000	0.000	
20:5 n-3g	0.000	0		1		0.000	0.000	
22:5 n-3g	0.000	0		1		0.000	0.000	
22:6 n-3g	0.000	0		1		0.000	0.000	
Fatty acids, total trans9								
Cholesterolmg	0	0	Z	7		0	0	
Phytosterolsmg								
Amino Acids:								
Tryptophan	0.048	0		1		0.087	0.004	
Threonineg	0.089	0		1		0.162	0.007	
Isoleucine	0.114	0		1		0.207	0.010	
Leucine	0.208	0		1		0.207	0.017	
Lysine	0.085	0		1		0.155	0.007	
Methionine	0.048	0		1		0.133	0.004	
Cystine	0.071	0		1		0.129	0.004	
	0.145	0		1		0.264	0.012	
Phenylalanine	0.090	0		1		0.164	0.008	
Valineg	0.139	0		1		0.253	0.008	
=	0.139	0		1		0.262	0.012	
Arginine	0.144	0		1		0.262		
Histidine		0		1		0.129	0.006 0.009	
Alanine	0.109 0.158	0		1		0.198		
Aspartic acid							0.013	
Glutamic acid	0.973	0		1		1.771	0.082	
Glycine9	0.124			1		0.226	0.010	
Proline	0.320	0		1		0.582	0.027	
Serineg	0.145	0		1		0.264	0.012	
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:	<del>-</del>	· ·	_	•		-	•	
Carotene, beta mcg	1	0	BFSN	4		2.357	0.109	
Carotene, alphamcg	0	0	BFSN	4		0.000	0.000	
Cryptoxanthin, betamcg	0	0	BFSN	4		0.000	0.000	
Lycopene mcg	0	0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin mcg	54	0	BFSN	4		97.856	4.516	

## **Common Measures:**

Measure 1 = 182g: 1 cup Measure 2 = 8.4g: 1 tbsp NDB No. 20013 Bulgur, cooked

Calories Factors: Protein 3.59 Fat 8.37 Carbohydrate 3.78

Food Group: 20 Cereal Grains and Pasta

		Amount in 100 grams of edible portion							Amount in edible portion of common			
		Number					measures of food					
			of	Data	Deriv	Source	Confidence					
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3		
Proximates: Water	n	9.00	0.462	6		1		12.60				
Energy	-	342	0.402	0	NC	4		479				
Energy		1431		Ū	мс	4		2003				
Protein (N x 5.83)		12.29	0.432	5		1		17.21				
Total lipid (fat)		1.33	0.114	7		1		1.86				
Ash	<del>-</del>	1.51	0.027	7		1		2.11				
Carbohydrate, by difference		75.87	0.02	0	NC	4		106.22				
Fiber, total dietary		18.3		0		1		25.6				
Sugars, total		0.41		0	BFZN	4		0.57				
Starch	-	****		·		-		0.07				
Minerals:	ma	25	E 604	10		1		40				
Calcium, Ca Iron, Fe	-	35 2.46	5.694 0.294	10 9		1		49 3.44				
Magnesium, Mg	-	164	23.365	9		1		230				
Phosphorus, P		300	36.990	9		1		420				
Potassium, K		410	37.960	9		1		574				
Sodium, Na	_	17	5.124	6		1		24				
Zine, Zn	_	1.93	0.251	11		1		2.70				
Copper, Cu		0.335	0.028	11		1		0.469				
Manganese, Mn	-	3.048	0.222	4		1		4.267				
Selenium, Se		2.3		2	A	1		3.2				
Vitamins:												
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0				
Thiamin		0.232	0.018	6		1		0.325				
Riboflavin	mg	0.115	0.043	6		1		0.161				
Niacin	mg	5.114	0.384	5		1		7.160				
Pantothenic acid	mg	1.045	0.250	6		1		1.463				
Vitamin B-6	mg	0.342	0.025	5		1		0.479				
Folate, total		27	3.034	5		1		38				
Folic acid		0		0	Z	7		0				
Folate, food		27	3.034	5		1		38				
Folate, DFE		27		0	NC	4		38				
Vitamin B-12		0.00		0		7		0.00				
Vitamin A, IU	IU	9		0	NC	4		12				
Vitamin A, RAE		0		0	NC Z	4 7		1 0				
Retinol Vitamin E (alpha-tocopherol)		0.06		0	Z	1		0.08				
Tocopherol, beta	ma	0.06		U		1		0.08				
Tocopherol, gamma												
Tocopherol, delta												
Vitamin D												
Vitamin K (phylloquinone)		1.9		0	BFZN	4		2.6				
Lipids: Fatty acids, total saturated	а	0.232		0		1		0.325				
4:0		0.000		0		1		0.000				
6:0	<del>-</del>	0.000		0		1		0.000				
8:0	_	0.013		0		1		0.018				
10:0	-	0.000		0		1		0.000				
12:0		0.000		0		1		0.000				
13:0												
14:0		0.001		0		1		0.001				
15:0												
16:0		0.203	1	0		1		0.284				
17:0												
18:0	g	0.011		0		1		0.015				
20:0	g											
22:0	g											
24:0	g											

	<u>Aı</u>	mount in 100 gra	Amount in edible portion of common					
		Num	er			measures of food		
		of Da	ta Deriv	Source	Confidence			
Nutrients and Units	Mean	Std. Error Poin	s Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.173	(	1	1		0.242		
15:1								
16:1 undifferentiated	0.007		1	1		0.010		
17:1g	0.007	·		-		0.010		
18:1 undifferentiated 9	0.166		1	1		0.232		
	0.000			1				
20:1g						0.000		
22:1 undifferentiatedg	0.000	•	l	1		0.000		
24:1 cg	0.544			_				
Fatty acids, total polyunsaturated	0.541			1		0.757		
18:2 undifferentiatedg	0.518			1		0.725		
18:3 undifferentiatedg	0.023			1		0.032		
18:4g	0.000	(	1	1		0.000		
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	•	1	1		0.000		
20:5 n-3g	0.000	(	)	1		0.000		
22:5 n-3g	0.000	(	1	1		0.000		
22:6 n-3g	0.000	(	)	1		0.000		
Fatty acids, total trans9								
Cholesterolmg	0	(	١	7		0		
Phytosterolsmg								
1 11/100101010								
Amino Acids:								
Tryptophang	0.190	•	1	1		0.266		
Threonineg	0.354		1	1		0.496		
Isoleucineg	0.455	(	1	1		0.637		
Leucineg	0.830	(	)	1		1.162		
Lysineg	0.339	(	1	1		0.475		
Methionineg	0.190	(	)	1		0.266		
Cystineg	0.285		)	1		0.399		
Phenylalanineg	0.580		)	1		0.812		
Tyrosineg	0.358		)	1		0.501		
Valine	0.554			1		0.776		
Arginine	0.575			1		0.805		
	0.285			1		0.399		
Histidine				1				
Alanineg	0.436			1		0.610		
Aspartic acid	0.630					0.882		
Glutamic acidg	3.878			1		5.429		
Glycine9	0.495			1		0.693		
Prolineg	1.275			1		1.785		
Serineg	0.580	(	1	1		0.812		
Hydroxyprolineg								
Others:								
	0.0	(		7		0.0		
Alcohol, ethyl	0.0			7		0.0		
Caffeine mg				7				
Theobromine mg	0	(	Z	,		0		
<u>Carotenoids:</u>								
Carotene, betamcg	5	(	BFZN	1 4		7.420		
Carotene, alphamcg	0	(	BFZN	1 4		0.000		
Cryptoxanthin, beta mcg	0	(	BFZN	1 4		0.000		
Lycopene mcg	0	(	BFZN	1 4		0.000		
Lutein + zeaxanthinmcg	220					308.000		

## **Common Measures:**

Measure 1 = 140g: 1 cup

NDB No. 20012 Bulgur, dry

Calories Factors: Protein 3.59 Fat 8.37 Carbohydrate 3.78

Food Group: 20 Cereal Grains and Pasta

		<u>Aı</u>	mount in 100 gra	Amount in edible portion of common					
			Num	ber			<u>m</u>	easures of food	<u> </u>
					Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error Poi			Code	Measure 1	Measure 2	Measure
Proximates:									
Water	_	4.71	0.554	6	1		3.58		
Energy		224		0 NC			170		
Energy		937		0	4		712		
Protein (N x 6.25)		8.36	1.760	6	1		6.35		
Total lipid (fat)		0.92	0.097	6	1		0.70		
Ash		0.36	0.019	6	1		0.27		
Carbohydrate, by difference		85.64		0 NC			65.09		
Fiber, total dietary		79.0	4.474	3 A	1		60.0		
Sugars, total		0.00		0 z	7		0.00		
Starch	9								
Minerals:									
Calcium, Ca	mg	42	2.640	5	1		32		
Iron, Fe.	• • • • • • • • • • • • • • • • • • • •	2.79	0.006	3	1		2.12		
Magnesium, Mg		64	6.385	5	1		49		
Phosphorus, P		72	5.429	4	1		55		
Potassium, K		44	2.601	5	1		33		
Sodium, Na		7	0.157	5	1		5		
Zinc, Zn		1.56	0.139	5	1		1.19		
Copper, Cu		0.248		5	1		0.188		
Manganese, Mn		0.140		2 0 BFSI	1 1 4		0.106		
Selenium, Se	Tricg	16.5		0 BFSI	N 4		12.5		
Vitamins:				_					
Vitamin C, total ascorbic acid		0.0		0	4		0.0		
Thiamin		0.010		5	1		0.008		
Riboflavin		0.100		6	1		0.076		
Niacin		2.735		4	1		2.079		
Pantothenic acid		0.636		4	1		0.483		
Vitamin B-6	_	0.152		4	1		0.116		
Folate, total		<b>4</b> 0	1.435	4 0 z	1 7		3 0		
Folic acid		4	1.435	0 Z	1		3		
Folate, DFE		4	1.435	4 0 NC	4		3		
Vitamin B-12		0.00		0 NC	7		0.00		
Vitamin A, IU		71		2	1		54		
Vitamin A, RAE		4		2	1		3		
Retinol		0		0 z	7		0		
Vitamin E (alpha-tocopherol)		0.42		0 BFZI			0.32		
Tocopherol, beta	ma								
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)	mcg	0.3		0 BFZI	1 4		0.2		
Lipids:									
Fatty acids, total saturated	q	0.130	ı	0	1		0.099		
4:0		0.000		0	1		0.000		
6:0		0.000		0	1		0.000		
8:0	_	0.000	ı	0	1		0.000		
10:0	_	0.000	1	0	1		0.000		
12:0	g	0.000	1	0	1		0.000		
13:0									
14:0		0.000		0	1		0.000		
15:0	g								
16:0	g	0.111		0	1		0.084		
17:0	g								
18:0	_	0.015	i	0	1		0.011		
20:0	g								
22:0									

	Ame	ount in 100 grams	of edib	le portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean S	Number of Data Std. Error Points	Deriv	Source Code	Confidence Code	Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.243	0		1		0.185		
14:1g								
15:1g								
16:1 undifferentiatedg	0.001	0		1		0.001		
17:19								
18:1 undifferentiated	0.243	0		1		0.185		
20:1g	0.000	0		1		0.000		
22:1 undifferentiatedg	0.000	0		1		0.000		
24:1 cg								
Fatty acids, total polyunsaturated9	0.421	0		1		0.320		
18:2 undifferentiatedg	0.408	0		1		0.310		
18:3 undifferentiatedg	0.013	0		1		0.010		
18:4g	0.000	0		1		0.000		
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0		1		0.000		
20:5 n-3g	0.000	0		1		0.000		
22:5 n-3g	0.000	0		1		0.000		
22:6 n-3g	0.000	0		1		0.000		
Fatty acids, total trans9								
Cholesterolmg	0	0	Z	7		0		
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0		
Caffeine mg	0	0	Z	7		0		
Theobromine mg	0	0	Z	7		0		
Carotenoids:								
Carotene, beta mcg	32	0	BNA	4		24.392		
Carotene, alphamcg	21	0	BNA	4		15.967		
Cryptoxanthin, betamcg	0	0	BNA	4		0.000		
Lycopenemcg	0	0	BFZN	4		0.000		
Lutein + zeaxanthin mcg	1355	0	BFZN	4		1029.800		

## **Common Measures:**

Measure 1 = 76g: 1 cup

Calories Factors: Protein 1.82 Fat 8.37 Carbohydrate 2.35

Food Group: 20 Cereal Grains and Pasta

		<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> e	easures of food	<u>l</u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	9.81		2	A	1		12.36			
Energy	kcal	375		0	NC	4		473			
Energy	kj	1569				4		1977			
Protein (N x 6.25)	g	5.59		2	A	1		7.04			
Total lipid (fat)	g	1.39		2	A	1		1.75			
Ash	g	0.46		2	A	1		0.58			
Carbohydrate, by difference	g	82.75		0	NC	4		104.27			
Fiber, total dietary	g	1.9		2	A	1		2.4			
Sugars, total	g	0.64		0	BFZN	4		0.81			
Starch	g										
Minerals:	ma	•		•	3	4		2			
Calcium, Ca	-	2 0.91		2 2	A A	1 1		3 1.15			
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	18		2	A A	1		1.15 23			
Magnesium, Mg Phosphorus, P		60		2	A	1		23 76			
Potassium, K	-	90		2	A	1		113			
Sodium, Na	-	1		2	A	1		1			
Zinc, Zn	-	0.37		2	A	1		0.47			
Copper, Cu		0.142	•	2	A	1		0.179			
Manganese, Mn		0.056		2	A	1		0.071			
Selenium, Se		8.0	•	0	BFSN	4		10.1			
•				_		_					
<u>/itamins:</u>											
Vitamin C, total ascorbic acid	-	0.0		2	A	1		0.0			
Thiamin	-	0.074		2	A	1		0.093			
Riboflavin		0.058		2	A	1		0.073			
Niacin	-	2.656		2	A	1		3.347			
Pantothenic acid	-	0.052		2	A	1		0.066			
Vitamin B-6	-	0.097	1	2	A	1		0.122			
Folate, total		48		0	BFZN	4		60			
Folic acid		0		0	Z	7		0			
Folate, food		48		0	BFZN	4		60			
Folate, DFE		48		0	NC	4		60			
Vitamin B-12		0.00		0	Z	7		0.00			
Vitamin A, IU		214		0	NC	4		270			
Vitamin A, RAE		11		0	NC -	4		13			
Retinol		0		0	Z	7		0			
Vitamin E (alpha-tocopherol)		0.15		0	BFZN	4		0.19			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, deltaVitamin D											
Vitamin K (phylloquinone)		0.3		0	BFZN	4		0.4			
vitanini ik (phynoquinone)	9	0.5		·		-		V			
<u> ipids:</u>											
Fatty acids, total saturated	g	0.171		0	A	1		0.215			
4:0		0.000		0	BFFN	4		0.000			
6:0		0.000		0	BFFN	4		0.000			
8:0	-	0.000		0	BFFN	4		0.000			
10:0	-	0.000		0	BFFN	4		0.000			
12:0		0.001	-	0	BFFN	4		0.001			
13:0				_		_					
14:0		0.001	=	0	BFFN	4		0.001			
15:0					_	_					
16:0		0.140	)	1	A	1		0.176			
17:0	-			_	_	_					
18:0	-	0.025	•	1	A	1		0.032			
20:0	-										
22:0	a										

		<u>Ar</u>	nount in 10	0 grams	of edib	le portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and L	Inits	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate		0.274		0	A	1		0.345		
14:1	g									
15:1	_									
16:1 undifferentiated	_	0.004		0	BFFN	4		0.005		
17:1										
18:1 undifferentiated		0.274		1	A	1		0.345		
20:1	_	0.000		0	BFFN	4		0.000		
22:1 undifferentiated	•	0.000		0	BFFN	4		0.000		
24:1 c	_									
Fatty acids, total polyunsaturated		0.695		0	A	1		0.876		
18:2 undifferentiated		0.673		1	A	1		0.848		
18:3 undifferentiated		0.022		1	A	1		0.028		
18:4		0.000		0	BFFN	4		0.000		
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated	-	0.000		0	BFFN	4		0.000		
20:5 n-3	g	0.000		0	BFFN	4		0.000		
22:5 n-3	g	0.000		0	BFFN	4		0.000		
22:6 n-3		0.000		0	BFFN	4		0.000		
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	Z	7		0.0		
Caffeine	mg	0		0	Z	7		0		
Theobromine	mg	0		0	Z	7		0		
Carotenoids:										
Carotene, beta	mcg	97		0	BFZN	4		121.842		
Carotene, alpha		63		0	BFZN	4		79.758		
Cryptoxanthin, beta		0		0	BFZN	4		0.000		
Lycopene	mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin		1355		0	BFZN	4		1707.300		

### **Common Measures:**

Measure 1 = 126g: 1 cup

Calories Factors: Protein 3.46 Fat 8.37 Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

		<u>Ar</u>	mount in 100 g	grams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			Nu	ımber	•			<u>m</u>	easures of food	<u>l</u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	9.03	0.242	24		1		10.29			
Energy	kcal	365		0	NC	4		416			
Energy	kj	1527				4		1741			
Protein (N x 6.25)	g	9.34	0.144	24		1		10.65			
Total lipid (fat)	g	3.78	0.099	24		1		4.31			
Ash	g	1.57	0.023	24		1		1.79			
Carbohydrate, by difference	g	76.27		0	NC	4		86.95			
Fiber, total dietary	g	9.6		0		1		10.9			
Sugars, total	g	0.64		0	BFZN	4		0.73			
Starch	g										
Minanala											
Minerals: Calcium, Ca	ma	141	10.103	29		1		161			
Iron, Fe		7.21	0.503	30		1		8.22			
Magnesium, Mg		110	0.285	3		1		125			
Phosphorus, P		223	27.332	8		1		254			
Potassium, K		298	20.888	9		1		340			
Sodium, Na		5	1.172	6		1		6			
Zinc, Zn		1.78	0.181	4		1		2.03			
Copper, Cu	mg	0.169	0.023	9		1		0.193			
Manganese, Mn	mg	0.484	0.022	10		1		0.552			
Selenium, Se	mcg	15.0		1	A	1		17.1			
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0			
Thiamin	-	1.429	0.087	22		1		1.629			
Riboflavin		0.753		22		1		0.858			
Niacin		9.843		22		1		11.221			
Pantothenic acid		0.658		1		4		0.750			
Vitamin B-6	-	0.370		3		1		0.422			
Folate, total	-	233		0	BFZN	4		266			
Folic acid		209		0	NC	4		238			
Folate, food		24	10.437	3		1		27			
Folate, DFE		380		0	NC	4		433			
Vitamin B-12		0.00		0	Z	7		0.00			
Vitamin A, IU	IU	3		1	A	1		4			
Vitamin A, RAE	mcg_RAE	0		1	A	1		0			
Retinol	mcg	0		0	Z	7		0			
Vitamin E (alpha-tocopherol)	mg	0.15		0	BFZN	4		0.17			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D		0.0		•				0.0			
Vitamin K (phylloquinone)	mcg	0.3		0	BFZN	4		0.3			
Lipids:											
Fatty acids, total saturated	g	0.532		0		1		0.606			
4:0		0.000		0		1		0.000			
6:0	g	0.000		0		1		0.000			
8:0	g	0.000		0		1		0.000			
10:0	g	0.000		0		1		0.000			
12:0	g	0.000		0		1		0.000			
13:0	g										
14:0	g	0.000		0		1		0.000			
15:0	g										
16:0	g	0.453		197		1		0.516			
17:0	g										
18:0	g	0.060		197		1		0.068			
20:0	g										
22:0											

		<u>A</u> 1	mount in 100 gran		ble portio	<u>on</u>		edible portion of	
			Numb				<u>m</u>	easures of food	
Nutrients and I	Units	Mean	of Da Std. Error Point	ta Deriv s Code		Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturat		0.997	0		1		1.137		
14:1	_								
15:1	_	0.003	19	,	1		0.003		
16:1 undifferentiated	_	0.003	13	′	1		0.003		
18:1 undifferentiated		0.994	19	7	1		1.133		
	_	0.000		,	1				
20:1 22:1 undifferentiated					1		0.000		
	_	0.000	U		1		0.000		
24:1 c		1 724	0		1		1 065		
Fatty acids, total polyunsaturate		1.724 1.672		7	1		1.965 1.906		
18:2 undifferentiated		0.052			1				
		0.052			1		0.059 0.000		
18:4		0.000	U		1		0.000		
20:2 n-6 c,c 20:3 undifferentiated	_								
20:4 undifferentiated	_	0.000	0		1		0.000		
		0.000			1				
20:5 n-3	_	0.000			1		0.000 0.000		
		0.000			1				
22:6 n-3		0.000	·		_		0.000		
Fatty acids, total trans Cholesterol		0	0	z	7		0		
Phytosterols	• • • • • • • • • • • • • • • • • • • •	U	·	4	'		U		
Phytosterois									
Amino Acids:									
Tryptophan	g	0.066	0		1		0.075		
Threonine	g	0.351	0		1		0.400		
Isoleucine	g	0.334	0		1		0.381		
Leucine	g	1.146	0		1		1.306		
Lysine	g	0.263	0		1		0.300		
Methionine	g	0.196	0		1		0.223		
Cystine	g	0.168	0		1		0.192		
Phenylalanine	g	0.459	0		1		0.523		
Tyrosine	g	0.380	0		1		0.433		
Valine	g	0.473	0		1		0.539		
Arginine	g	0.466	0		1		0.531		
Histidine	g	0.285	0		1		0.325		
Alanine	g	0.699	0		1		0.797		
Aspartic acid	g	0.650	0		1		0.741		
Glutamic acid	g	1.754	0		1		2.000		
Glycine	g	0.383	0		1		0.437		
Proline	g	0.815	0		1		0.929		
Serine	g	0.444	0		1		0.506		
Hydroxyproline									
	-								
Others:					_				
Alcohol, ethyl	_	0.0	0		7		0.0		
Caffeine		0	0	Z	7		0		
Theobromine	<u>m</u> g	0	0	Z	7		0		
Carotenoids:									
Carotene, beta	mcg	1	1	A	1		1.436		
Carotene, alpha	-	0	1	A	1		0.068		
Cryptoxanthin, beta	-	1	1	A	1		1.471		
Lycopene		0	1	A	1		0.000		
Lutein + zeaxanthin		5	1	A	1		5.529		

### **Common Measures:**

Measure 1 = 114g: 1 cup

NDB No. 20017

Corn flour, masa, enriched

Calories Factors: Protein 2.73 Fat 8.37 Carbohydrate 4.03

Food Group: 20 Cereal Grains and Pasta

		<u>Ar</u>	mount in 100 g	ırams	of edib	le portio	<u>n</u>		edible portion	
			Nu	mber	•			<u>m</u>	easures of food	<u></u>
Nutrients and Un	its	Mean	of Std. Error Po			Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:	<b>a</b>	9.03	0.242	24				10.00		
Water			0.242	24	***	1		10.29		
Energy		365		0	NC	4		416		
Energy		1527				4		1741		
Protein (N x 6.25)		9.34	0.144	24		1		10.65		
Total lipid (fat)	g	3.78	0.099	24		1		4.31		
Ash		1.57	0.023	24		1		1.79		
Carbohydrate, by difference		76.27		0	NC	4		86.95		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minorals:										
Minerals: Calcium. Ca	ma	141	10.103	29		1		161		
Iron, Fe		7.21	0.503	30		1		8.22		
Magnesium, Mg		110	0.285	3		1		125		
Phosphorus, P		223	27.332	8		1		254		
Potassium, K		298	20.888	9		1		340		
Sodium, Na		5	1.172	6		1		6		
Zinc, Zn		1.78	0.181	4		1		2.03		
Copper, Cu	_	0.169		9		1		0.193		
Manganese, Mn		0.484		10		1		0.552		
Selenium, Se		0.101	0.022			_		0.002		
Scientini, Sc	9									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.0		0		4		0.0		
Thiamin		1.429		22		1		1.629		
Riboflavin		0.753	0.051	22		1		0.858		
Niacin		9.843		22		1		11.221		
Pantothenic acid	_	0.658		1		4		0.750		
Vitamin B-6	-	0.370	0.070	3		1		0.422		
Folate, total		233		0	BFZN	4		266		
Folic acid		209		0	NC	4		238		
Folate, food	mcg	24	10.437	3		1		27		
Folate, DFE		380		0	NC	4		433		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU	IU	214		0	NC	4		244		
Vitamin A, RAE		11		0	NC	4		12		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	a	0.532		0		1		0.606		
4:0		0.002		·		_		0.000		
6:0										
8:0										
10:0										
12:0										
13:0										
14:0										
15:0										
16:0		0.453		197		1		0.516		
17:0						-		3.323		
18:0		0.060		197		1		0.068		
20:0		2.000		'		-		2.000		
22:0										
44.V										

		<u>Aı</u>	mount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Notebooks and I	11-14-	••	Std. Error		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	ted9	0.997		0		1		1.137		
14:1 15:1	g									
16:1 undifferentiated	g	0.003		197		1		0.003		
18:1 undifferentiated	g	0.994		197		1		1.133		
22:1 undifferentiated 24:1 c	_									
Fatty acids, total polyunsaturate 18:2 undifferentiated		1.724 1.672		0 197		1 1		1.965 1.906		
18:3 undifferentiated	g	0.052		197		1		0.059		
20:2 n-6 c,c	g									
20:4 undifferentiated	g									
22:5 n-3	g									
22:6 n-3 Fatty acids, total trans	g				_	_		_		
CholesterolPhytosterols		0		0	Z	7		0		
Amino Acids:	0	0.066		0		1		0.075		
Tryptophan Threonine		0.351		0		1		0.400		
Isoleucine	_	0.334		0		1		0.381		
Leucine		1.146		0		1		1.306		
	_			0		1		0.300		
Lysine		0.263				1				
Methionine		0.196		0		_		0.223		
Cystine		0.168		0		1		0.192		
Phenylalanine	g	0.459		0		1		0.523		
Tyrosine	g	0.380		0		1		0.433		
Valine	g	0.473		0		1		0.539		
Arginine	g	0.466		0		1		0.531		
Histidine	g	0.285		0		1		0.325		
Alanine	g	0.699		0		1		0.797		
Aspartic acid		0.650		0		1		0.741		
Glutamic acid		1.754		0		1		2.000		
Glycine		0.383		0		1		0.437		
Proline		0.815		0		1		0.929		
				0		1				
Serine		0.444		U		1		0.506		
Hydroxyproline Carotenoids:	9									
Carotene, beta	mcg	97		0	BFZN	4		110.238		
Carotene, alpha		63		0	BFZN	4		72.162		
		0		0	BFZN	4		0.000		
Cryptoxanthin, beta										
Cryptoxanthin, beta Lycopene		0		0	BFZN	4		0.000		

### **Common Measures:**

Measure 1 = 114g: 1 cup

Calories Factors: Protein 2.73 Fat 8.37 Carbohydrate 4.03

Food Group: 20 Cereal Grains and Pasta

		<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	<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	10.91		2		1		12.76			
Energy	kcal	361		0	NC	4		422			
Energy		1510				4		1767			
Protein (N x 6.25)		6.93		2		1		8.11			
Total lipid (fat)		3.86		2		1		4.52			
Ash		1.45		2		1		1.70			
Carbohydrate, by difference		76.85		0	NC	4		89.91			
Fiber, total dietary		9.6		0	2.0	4		11.2			
Sugars, total		0.64		0	BFZN	4		0.75			
Starch		0.04		·	DEZIN	-		0.75			
Starcn	9										
Minerals:											
Calcium, Ca	mg	7		2		1		8			
Iron, Fe	-	2.38		2		1		2.78			
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	93		2		1		109			
Phosphorus, P		272		2		1		318			
Potassium, K	-	315		2		1		369			
Sodium, Na	-	5		1		4		6			
Zinc, Zn	_	1.73		2		1		2.02			
Copper, Cu		0.230	)	2		1		0.269			
Manganese, Mn		0.460		2		1		0.538			
Selenium, Se		15.4		0	BFSN	4		18.0			
, se											
<u>'itamins:</u>											
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0			
Thiamin	_	0.246	5	2		1		0.288			
Riboflavin	mg	0.080	)	2		1		0.094			
Niacin	<u>mg</u>	1.900	)	2		1		2.223			
Pantothenic acid	mg	0.658	3	2		1		0.770			
Vitamin B-6	mg	0.370	)	0		4		0.433			
Folate, total	mcg	25		2		1		29			
Folic acid		0		0	Z	7		0			
Folate, food		25		2		1		29			
Folate, DFE		25		0	NC	4		29			
Vitamin B-12		0.00		0	z	7		0.00			
Vitamin A, IU		3		0	NC	4		4			
Vitamin A, RAE		0		0	NC	4		0			
Retinol		0		0	z	7		0			
Vitamin E (alpha-tocopherol)		0.42		0	BFZN	4		0.49			
Tocopherol, beta		0.42		v	21 211	•		0.45			
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		0.3		0	BFZN	4		0.4			
Vitamini K (phynoquinone)	niog	0.5		Ū	DI ZIN	-		0.4			
<u> ipids:</u>											
Fatty acids, total saturated	g	0.543	3	0		1		0.635			
4:0		0.000	)	0		1		0.000			
6:0		0.000	)	0		1		0.000			
8:0		0.000		0		1		0.000			
10:0	-	0.000		0		1		0.000			
12:0	-	0.000		0		1		0.000			
13:0				-		-					
14:0	-	0.000	)	0		1		0.000			
15:0		2.000		ŭ		-		0.000			
16:0		0.463	1	197		1		0.542			
17:0		0.405	-	101		-		0.542			
18:0	-	0.061		197		1		0.071			
20:0	-	0.061	-	131		-		0.071			
	-										
22:0 24:0	-										

		<u>A</u> 1	nount in 100 gr		edible porti	<u>on</u>	_	edible portion of	of common
				nber			<u>m</u>	easures of food	
Nutrients and l	Units	Mean	of I Std. Error Poi	Data De nts Co		Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturat		1.018		0	1		1.191		
14:1	-								
15:1					_				
16:1 undifferentiated	-	0.003		197	1		0.004		
17:1	-	1 015		107					
18:1 undifferentiated	-	1.015		197	1		1.188		
20:1		0.000		0	1		0.000		
22:1 undifferentiated	-	0.000		0	1		0.000		
24:1 c		1 750		0	1				
Fatty acids, total polyunsaturate		1.759					2.058		
18:2 undifferentiated		1.706		197	1		1.996		
18:3 undifferentiated		0.053		197	1		0.062		
18:4		0.000		0	1		0.000		
20:2 n-6 c,c	-								
20:3 undifferentiated	-	0.000		•	1		0.000		
20:4 undifferentiated		0.000		0	1		0.000		
20:5 n-3				0	_		0.000		
22:5 n-3	• • • • • • • • • • • • • • • • • • • •	0.000		0	1		0.000		
22:6 n-3		0.000		U	1		0.000		
Fatty acids, total trans		0		0	z 7		•		
Cholesterol	• • • • • • • • • • • • • • • • • • • •	U		U	z /		0		
Phytosterols	Illy								
Amino Acids:									
Tryptophan	g	0.049		0	1		0.057		
Threonine		0.261		0	1		0.305		
Isoleucine	g	0.248		0	1		0.290		
Leucine	_	0.850		0	1		0.995		
Lysine	g	0.195		0	1		0.228		
Methionine		0.145		0	1		0.170		
Cystine		0.125		0	1		0.146		
Phenylalanine		0.340		0	1		0.398		
Tyrosine		0.282		0	1		0.330		
Valine	g	0.351		0	1		0.411		
Arginine	g	0.345		0	1		0.404		
Histidine	g	0.211		0	1		0.247		
Alanine	g	0.518		0	1		0.606		
Aspartic acid		0.482		0	1		0.564		
Glutamic acid		1.300		0	1		1.521		
Glycine	g	0.284		0	1		0.332		
Proline		0.605		0	1		0.708		
Serine	_	0.329		0	1		0.385		
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	1		0 в	FZN 4		1.474		
Carotene, alpha		0			FZN 4		0.070		
Cryptoxanthin, beta	_	1			FZN 4		1.509		
Lycopene		0			FZN 4		0.000		
Lutein + zeaxanthin		5			FZN 4		5.675		

### **Common Measures:**

Measure 1 = 117g: 1 cup

NDB No. 20316

Corn flour, whole-grain, white

Calories Factors: Protein 2.73 Fat 8.37 Carbohydrate 4.03

Food Group: 20 Cereal Grains and Pasta

		<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	<u>l</u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	10.91		2		1		12.76			
Energy	kcal	361		0	NC	4		422			
Energy	kj	1510				4		1767			
Protein (N x 6.25)		6.93		2		1		8.11			
Total lipid (fat)	g	3.86		2		1		4.52			
Ash	g	1.45		2		1		1.70			
Carbohydrate, by difference	g	76.85		0	NC	4		89.91			
Fiber, total dietary	g	13.4		0		1		15.7			
Sugars, total	g	0.64		0	BFZN	4		0.75			
Starch											
Minerals:		_		•		_		•			
Calcium, Ca	_	7		2		1		8			
Iron, Fe.		2.38		2		1		2.78			
Magnesium, Mg		93		2		1		109			
Phosphorus, P	-	272		2 2		1 1		318 369			
Potassium, K		315									
Sodium, Na	-	5		1 2		4		6 2.02			
Zinc, Zn		1.73		2		1 1		0.269			
Copper, Cu		0.230		2		1		0.269			
Manganese, Mn		15.4	,	0	BFSN	4		18.0			
Selenium, Se	Illog	15.4		U	DESN	4		18.0			
<u>/itamins:</u>											
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0			
Thiamin	mg	0.246	5	2		1		0.288			
Riboflavin	mg	0.080	)	2		1		0.094			
Niacin	mg	1.900	)	2		1		2.223			
Pantothenic acid	mg	0.658	3	2		1		0.770			
Vitamin B-6	mg	0.370	)	0		4		0.433			
Folate, total	mcg	25		2		1		29			
Folic acid	mcg	0		0	Z	7		0			
Folate, food	mcg	25		2		1		29			
Folate, DFE	mcg_DFE	25		0	NC	4		29			
Vitamin B-12		0.00		0	Z	7		0.00			
Vitamin A, IU	IU	214		0	NC	4		250			
Vitamin A, RAE		11		0	NC	4		13			
Retinol	mcg	0		0	Z	7		0			
Vitamin E (alpha-tocopherol)	mg	0.42		0	BFZN	4		0.49			
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	0.3		0	BFZN	4		0.4			
ipids:											
Fatty acids, total saturated	а	0.543	3	0		1		0.635			
4:0		0.000		0		1		0.000			
6:0		0.000		0		1		0.000			
8:0		0.000		0		1		0.000			
10:0	_	0.000		0		1		0.000			
12:0	-	0.000		0		1		0.000			
13:0		2.000		ŭ		-		2.000			
14:0	-	0.000	)	0		1		0.000			
15:0				-		-		3.000			
16:0		0.463	3	197		1		0.542			
17:0						-		3. <b>3.2.</b>			
18:0	_	0.061	L	197		1		0.071			
20:0	_	2.202				-		3.4.=			
22:0	_										
24:0	_										

		<u>A</u> 1	mount in 10	0 grams	Amount in edible portion of common measures of food					
			ļ	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	ted9	1.018		0		1		1.191		
14:1										
15:1	g									
16:1 undifferentiated	-	0.003	i	197		1		0.004		
17:1	-									
18:1 undifferentiated	-	1.015		197		1		1.188		
20:1	-	0.000		0		1		0.000		
22:1 undifferentiated	•	0.000		0		1		0.000		
24:1 c		1.759		0		1		0.050		
Fatty acids, total polyunsaturate		1.706		197		1		2.058 1.996		
18:2 undifferentiated		0.053		197		1		0.062		
18:4		0.000		0		1		0.002		
20:2 n-6 c.c		0.000		U		1		0.000		
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.000	ı	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		0		0	z	7		0		
Phytosterols										
,										
Amino Acids:										
Tryptophan		0.049		0		1		0.057		
Threonine	-	0.261		0		1		0.305		
Isoleucine		0.248		0		1		0.290		
Leucine	=	0.850		0		1		0.995		
Lysine		0.195		0		1		0.228		
Methionine		0.145		0		1		0.170		
Cystine		0.125		0		1		0.146		
Phenylalanine		0.340		0		1 1		0.398		
Tyrosine	=	0.282		0		1		0.330		
Valine		0.351		0 0		1		0.411		
Arginine		0.345 0.211		0		1		0.404		
Histidine		0.211		0		1		0.247 0.606		
AlanineAspartic acid		0.318		0		1		0.564		
Glutamic acid		1.300		0		1		1.521		
Glycine	-	0.284		0		1		0.332		
Proline		0.605		0		1		0.708		
Serine		0.329		0		1		0.385		
Hydroxyproline	-	0.525		v		-		3.505		
	g									
Others:										
Alcohol, ethyl	=	0.0		0		7		0.0		
Caffeine		0		0	Z	7		0		
Theobromine	mg	0		0	Z	7		0		
<u>Carotenoids:</u>										
Carotene, beta	mcg	97		0	BFZN	4		113.139		
Carotene, alpha		63		0	BFZN	4		74.061		
Cryptoxanthin, beta		0		0	BFZN	4		0.000		
Lycopene	mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin		1355		0	BFZN	4		1585.350		

### **Common Measures:**

Measure 1 = 117g: 1 cup

NDB No. 20016

Corn flour, whole-grain, yellow

Calories Factors: Protein 2.73 Fat 8.37 Carbohydrate 4.03

Food Group: 20 Cereal Grains and Pasta

		<u>Aı</u>	mount in 100 g	rams	of edil	ole portio	<u>n</u>		edible portion	
			Nu	mber				<u>m</u>	easures of food	<u>l</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	10.37	1.037	10		1		17.21		
Energy	kcal	365		0	NC	4		606		
Energy	kj	1527				4		2535		
Protein (N x 6.25)	g	9.42	0.337	7		1		15.64		
Total lipid (fat)	g	4.74	0.456	4		1		7.87		
Ash	g	1.20	0.070	4		1		1.99		
Carbohydrate, by difference	g	74.26		0	NC	4		123.27		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Mi										
Minerals: Calcium. Ca	ma	7	0.886	4		1		12		
Iron. Fe.	• • • • • • • • • • • • • • • • • • • •	, 2.71	0.886	4 6		1		4.50		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	127	0.403	1		4		211		
Phosphorus, P		210	28.792	5		1		349		
Potassium, K	_	287	20.732	1		4		476		
Sodium, Na	_	35		1		4		58		
Zinc, Zn	-	2.21	0.478	5		1		3.67		
Copper, Cu		0.314	0.071	6		1		0.521		
Manganese, Mn		0.485	0.125	3		1		0.805		
Selenium, Se	mcg	15.5	3.023	5	A	1		25.7		
¥7:4										
<u>Vitamins:</u>		0.0		•				0.0		
Vitamin C, total ascorbic acid	-	0.0		0 1		4 4		0.0		
Thiamin	-	0.385 0.201		1		4		0.639 0.334		
Riboflavin		3.627		1		4		6.021		
Niacin Pantothenic acid	-	0.424		1		4		0.704		
Vitamin B-6	-	0.424		2		1		1.033		
Folate, total	-	0.022		2		_		1.033		
Folate, DFE	mca DFF									
Vitamin B-12		0.00		0	z	7		0.00		
Vitamin A, IU		0		1	_	1		0		
Vitamin A, RAE	mca RAE	0		1		1		0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Linida										
Lipids:	0	0.667		0		1		1.107		
Fatty acids, total saturated		0.667		U		_		1.107		
4:0 6:0										
8:0	_									
10:0	_									
12:0	_									
13:0	_									
14:0	_									
15:0	_									
16:0	_	0.569		197		1		0.945		
17:0	_									
18:0	g	0.075		197		1		0.125		
20:0	g									
22:0	g									
24:0										
Fatty acids, total monounsaturated		1.251		0		1		2.077		
14:1	_									
15:1	g									

		<u>Ar</u>	nount in 100 grams	•			Amount in edible portion of common measures of food			
Nutrients and Un	nits	Mean	of Data Std. Error Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
16:1 undifferentiated	a	0.004	197		1		0.007			
17:117:1	_	0.004	137		-		0.007			
18:1 undifferentiated		1.247	197		1		2.070			
20:1		1.247	137		-		2.070			
22:1 undifferentiated	-									
24:1 c										
Fatty acids, total polyunsaturated		2.163	0		1		3.591			
18:2 undifferentiated		2.103	197		1		3.481			
18:3 undifferentiated	_	0.065	197		1		0.108			
18:4	•	0.065	197		1		0.108			
	_									
20:2 n-6 c,c 20:3 undifferentiated										
20:4 undifferentiated										
20:5 n-3	-									
20.5 n-3										
22:6 n-3										
Fatty acids, total trans Cholesterol		0	0	z	7		0			
Phytosterols	• • • • • • • • • • • • • • • • • • • •	O	U	4	,		U			
Filytosterois										
Amino Acids:										
Tryptophan	g	0.067	0		1		0.111			
Threonine	g	0.354	0		1		0.588			
Isoleucine	g	0.337	0		1		0.559			
Leucine	g	1.155	0		1		1.917			
Lysine	g	0.265	0		1		0.440			
Methionine	g	0.197	0		1		0.327			
Cystine	g	0.170	0		1		0.282			
Phenylalanine	g	0.463	0		1		0.769			
Tyrosine		0.383	0		1		0.636			
Valine		0.477	0		1		0.792			
Arginine	-	0.470	0		1		0.780			
Histidine		0.287	0		1		0.476			
Alanine		0.705	0		1		1.170			
Aspartic acid		0.655	0		1		1.087			
Glutamic acid		1.768	0		1		2.935			
Glycine	_	0.386	0		1		0.641			
Proline		0.822	0		1		1.365			
Serine		0.447	0		1		0.742			
Hydroxyproline		0.11	·		-		· · · · · ·			
11ya10xyp1011116	9									

### **Common Measures:**

Measure 1 = 166g: 1 cup

Calories Factors: Protein 2.73 Fat 8.37 Carbohydrate 4.03

Food Group: 20 Cereal Grains and Pasta

		<u>Aı</u>	mount in 100 g	rams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			Nu	ımber	•			<u>m</u>	easures of food	<u>l</u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Un	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	10.37	1.037	10		1		17.21			
Energy	• • • • • • • • • • • • • • • • • • • •	365	1.037	0	NC	4		606			
		1527		U	NC	4		2535			
Energy			0 227	7		1					
Protein (N x 6.25)		9.42	0.337			1		15.64 7.87			
Total lipid (fat)		4.74 1.20	0.456 0.070	4		1		1.99			
Ash			0.070	4	***						
Carbohydrate, by difference		74.26		0	NC	4		123.27			
Fiber, total dietary		7.3		0	BFZN	4		12.1			
Sugars, total		0.64		0	BFZN	4		1.06			
Starch	g										
Minerals:											
Calcium, Ca	ma	7	0.886	4		1		12			
Iron, Fe		2.71	0.403	6		1		4.50			
Magnesium, Mg		127	0.403	1		4		211			
Phosphorus, P		210	28.792	5		1		349			
Potassium, K	-	287	20.792	1		4		476			
Sodium, Na		35		1		4		58			
Zinc, Zn		2.21	0.478	5		1		3.67			
Copper, Cu	-	0.314		6		1		0.521			
Manganese, Mn		0.485		3		1		0.805			
Selenium, Se		15.5	3.023	5	A	1		25.7			
Selemum, Se	nog	13.3	3.023	3	A	-		23.7			
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0			
Thiamin	mg	0.385		1		4		0.639			
Riboflavin	mg	0.201		1		4		0.334			
Niacin	mg	3.627		1		4		6.021			
Pantothenic acid		0.424		1		4		0.704			
Vitamin B-6		0.622		2		1		1.033			
Folate, total	mcg	19		0		4		32			
Folic acid		0		0	Z	7		0			
Folate, food		19		0		4		32			
Folate, DFE		19		0	NC	4		32			
Vitamin B-12		0.00		0	z	7		0.00			
Vitamin A, IU	IU	214		0	NC	4		355			
Vitamin A, RAE		11		0	NC	4		18			
Retinol		0		0	Z	7		0			
Vitamin E (alpha-tocopherol)		0.49		0		1		0.81			
Tocopherol, beta						_		****			
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		0.3		0	BFZN	4		0.5			
rammir (phynoquinone)						_					
<u>Lipids:</u>											
Fatty acids, total saturated	g	0.667		0		1		1.107			
4:0	g										
6:0	g										
8:0	g										
10:0	g										
12:0	g										
13:0	g										
14:0	g										
15:0	g										
16:0	g	0.569		197		1		0.945			
17:0	g										
18:0	g	0.075		197		1		0.125			
20:0	g										
22:0											
24:0	-										

		<u>Aı</u>	mount in 100 gran		ble portio	<u>on</u>	Amount in edible portion of common measures of food		
				a Deriv		Confidence	<u></u>	easures or roou	
Nutrients and Unit	:s	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	1.251	0		1		2.077		
14:1	g								
16:1 undifferentiated	g	0.004	19'	,	1		0.007		
17:1	g	1.247	19	,	1		2.070		
20:122:1 undifferentiated	g								
24:1 cFatty acids, total polyunsaturated		2.163	0		1		3.591		
18:2 undifferentiated	_	2.097			1		3.481		
18:3 undifferentiated		0.065	19'	′	1		0.108		
20:2 n-6 c,c	-								
20:3 undifferentiated 20:4 undifferentiated									
20:5 n-3									
22:5 n-3	g								
22:6 n-3	-								
Fatty acids, total trans			_	_	_		_		
Cholesterol	_	0	0	Z	7		0		
Phytosterols	friig								
Amino Acids:									
Tryptophan		0.067			1		0.111		
Threonine	-	0.354			1		0.588		
Isoleucine	-	0.337			1		0.559		
Leucine	-	1.155			1		1.917		
Lysine		0.265 0.197			1 1		0.440 0.327		
Methionine	-	0.197			1		0.327		
CystinePhenylalanine		0.170			1		0.769		
Tyrosine		0.383			1		0.636		
Valine	-	0.477			1		0.792		
Arginine	-	0.470			1		0.780		
Histidine		0.287			1		0.476		
Alanine		0.705	29		1		1.170		
Aspartic acid		0.655	29		1		1.087		
Glutamic acid		1.768	29		1		2.935		
Glycine	g	0.386	29		1		0.641		
Proline	g	0.822	28		1		1.365		
Serine	g	0.447	29		1		0.742		
Hydroxyproline	g								
Others:									
Alcohol, ethyl	g	0.0	0	Z	7		0.0		
Caffeine		0	0	Z	7		0		
Theobromine		0	0	z	7		0		
Carotenoids:									
Carotene, beta	mcg	97	0	BFZN	1 4		160.522		
Carotene, alpha		63	0	BFZN			105.078		
Cryptoxanthin, beta		0	0	BFZN	1 4		0.000		
Lycopene		0	0	BFZN	1 4		0.000		
Lutein + zeaxanthin	mcg	1355	0	BFZN	1 4		2249.300		

### **Common Measures:**

Measure 1 = 166g: 1 cup

NDB No. 20014 Corn, yellow

Calories Factors: Protein 2.73 Fat 8.37 Carbohydrate 4.03

Food Group: 20 Cereal Grains and Pasta

		<u>Ar</u>	nount in 100 g	grams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			Nι	ımber	•			<u>m</u>	easures of food	<u>l</u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	11.59	0.049	513		1		15.99			
Energy	kcal	366		0	NC	4		505			
Energy	kj	1531				4		2113			
Protein (N x 6.25)	g	8.48	0.060	127		1		11.70			
Total lipid (fat)	g	1.65	0.032	128		1		2.28			
Ash	g	0.60	0.010	127		1		0.83			
Carbohydrate, by difference	g	77.68		0	NC	4		107.20			
Fiber, total dietary	g	7.4		0		4		10.2			
Sugars, total	g	0.64		0	BFZN	4		0.88			
Starch	g										
Minerals:	ma	5	1.366	8		1		7			
Calcium, Ca	_	5 4.13	0.055	8 207		1		, 5.70			
Magnesium, Mg	_	40	5.045	8		1		55			
Phosphorus, P		84	10.675	8		1		116			
Potassium, K	•	162	13.315	24		1		224			
Sodium, Na	-	3	0.637	114		1		4			
Zinc, Zn	-	0.72	0.058	27		1		0.99			
Copper, Cu		0.078	0.006	23		1		0.108			
Manganese, Mn		0.105	0.006	3		1		0.145			
Selenium, Se		7.8		0	BFSN	4		10.8			
Vitamina											
Vitamins:	ma ar	0.0		^				0.0			
Vitamin C, total ascorbic acid	_	0.0 0.715	0.014	0 128		4 1		0.0 0.987			
ThiaminRiboflavin	-	0.715		128		1		0.562			
Niacin		5.034		133		1		6.947			
Pantothenic acid	_	0.312		25		1		0.431			
Vitamin B-6	-	0.257		5		1		0.355			
Folate, total	-	233	0.011	0	BFZN	4		322			
Folic acid		185		0	NC	4		255			
Folate, food		48	3.385	23		1		66			
Folate, DFE		363		0	NC	4		501			
Vitamin B-12		0.00		0	z	7		0.00			
Vitamin A, IU		3		1	A	1		4			
Vitamin A, RAE		0		1	A	1		0			
Retinol		0		0	z	7		0			
Vitamin E (alpha-tocopherol)		0.15		0	BFZN	4		0.21			
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D								_			
Vitamin K (phylloquinone)	mcg	0.3		0	BFZN	4		0.4			
Lipids:											
Fatty acids, total saturated	a	0.225		0		1		0.311			
4:0		0.000		0		1		0.000			
6:0		0.000		0		1		0.000			
8:0	-	0.000		0		1		0.000			
10:0	-	0.000		327		1		0.000			
12:0	-	0.001		327		1		0.001			
13:0											
14:0		0.001		327		1		0.001			
15:0											
16:0		0.186		327		1		0.257			
17:0											
18:0	-	0.025		327		1		0.035			
20:0	-										
22:0	-										
24:0	-										

	Ar	nount in 100 gram	s of edi	ble portio	<u>on</u>	Amount in edible portion of common		
Nutrients and Units	Mean	Numbe of Data Std. Error Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.412	0		1		0.569		
14:1g								
15:1g								
16:1 undifferentiatedg	0.005	327		1		0.007		
17:1g								
18:1 undifferentiatedg	0.407	327		1		0.562		
20:1g	0.000	0		1		0.000		
22:1 undifferentiatedg	0.000	0		1		0.000		
24:1 cg								
Fatty acids, total polyunsaturated	0.710	0		1		0.980		
18:2 undifferentiatedg	0.690	327		1		0.952		
18:3 undifferentiatedg	0.020	327		1		0.028		
18:4g	0.000	0		1		0.000		
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0		1		0.000		
20:5 n-3g	0.000	0		1		0.000		
22:5 n-3g	0.000	0		1		0.000		
22:6 n-3g	0.000	0		1		0.000		
Fatty acids, total transg								
Cholesterolmg	0	0	Z	7		0		
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0		
Caffeine mg	0	0	Z	7		0		
Theobrominemg	0	0	Z	7		0		
<u>Carotenoids:</u>								
Carotene, beta mcg	1	1	A	1		1.739		
Carotene, alphamcg	0	1	A	1		0.083		
Cryptoxanthin, betamcg	1	1	A	1		1.780		
Lycopenemcg	0	1	A	1		0.000		
Lutein + zeaxanthinmcg	5	1	A	1		6.693		

# **Common Measures:**

Measure 1 = 138g: 1 cup

Calories Factors: Protein 3.46 Fat 8.37 Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

		<u>Aı</u>	nount in 100 g	grams	of edib	ole portion	<u>n</u>	Amount in edible portion of common			
			Nι	umber	•			<u>m</u>	easures of food	<u>l</u>	
			of	f Data	Deriv	Source	Confidence				
Nutrients and Un	iits	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	11.59	0.049	513		1		15.99			
Energy	kcal	366		0	NC	4		505			
Energy	kj	1531				4		2113			
Protein (N x 6.25)	g	8.48	0.060	127		1		11.70			
Total lipid (fat)	g	1.65	0.032	128		1		2.28			
Ash	g	0.60	0.010	127		1		0.83			
Carbohydrate, by difference	g	77.68		0	NC	4		107.20			
Fiber, total dietary	g	7.4		0		1		10.2			
Sugars, total	g	0.64		1		1		0.88			
Starch	g										
Minanala											
Minerals: Calcium, Ca	ma	5	1.366	8		1		7			
Iron, Fe		4.13	0.055	207		1		, 5.70			
Magnesium, Mg		40	5.045	8		1		55			
Phosphorus, P		84	10.675	8		1		116			
Potassium, K		162	13.315	24		1		224			
Sodium, Na		3	0.637			1		4			
Zinc, Zn		0.72	0.058	27		1		0.99			
Copper, Cu	mg	0.078	0.006	23		1		0.108			
Manganese, Mn	mg	0.105	0.006	3		1		0.145			
Selenium, Se	mcg	7.8	0.965	13	A	1		10.8			
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0			
Thiamin	-	0.715	0.014	128		1		0.987			
Riboflavin		0.407		129		1		0.562			
Niacin		5.034		133		1		6.947			
Pantothenic acid	-	0.312		25		1		0.431			
Vitamin B-6	-	0.257		5		1		0.355			
Folate, total	-	233	39.250	21	A	1		322			
Folic acid		185		0	NC	4		255			
Folate, food		48	3.385	23		1		66			
Folate, DFE		363		0	NC	4		501			
Vitamin B-12		0.00		0	Z	7		0.00			
Vitamin A, IU	IU	214		3	A	1		295			
Vitamin A, RAE	mcg_RAE	11		3	A	1		15			
Retinol	mcg	0		0	Z	7		0			
Vitamin E (alpha-tocopherol)	mg	0.15		0		1		0.21			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D		0.0		^	_			0.4			
Vitamin K (phylloquinone)	mcg	0.3		0	0	4		0.4			
<u>Lipids:</u>											
Fatty acids, total saturated	g	0.225		0		1		0.311			
4:0		0.000		0		1		0.000			
6:0		0.000		0		1		0.000			
8:0	-	0.000		0		1		0.000			
10:0	g	0.000		327		1		0.000			
12:0	g	0.001		327		1		0.001			
13:0	g										
14:0	g	0.001		327		1		0.001			
15:0	g										
16:0	g	0.186		327		1		0.257			
17:0	g										
18:0	g	0.025		327		1		0.035			
20:0	-										
22:0	g										
24:0	g										

	<u>An</u>	nount in 100 grams		ole portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Number of Data Std. Error Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
F. (1.44)	0.412	0		1		0.500		
Fatty acids, total monounsaturatedg	0.412	U		1		0.569		
14:1g								
15:1	0.005	327		1		0.007		
17:1g	0.003	327		1		0.007		
18:1 undifferentiated	0.407	327		1		0.562		
20:1g	0.000	0		1		0.000		
22:1 undifferentiated	0.000	0		1		0.000		
24:1 c	0.000	v		-		0.000		
Fatty acids, total polyunsaturated9	0.710	0		1		0.980		
18:2 undifferentiated	0.690	327		1		0.952		
18:3 undifferentiated	0.020	327		1		0.028		
18:4g	0.000	0		1		0.000		
20:2 n-6 c,cg								
20:3 undifferentiated								
20:4 undifferentiatedg	0.000	0		1		0.000		
20:5 n-3g	0.000	0		1		0.000		
22:5 n-3g	0.000	0		1		0.000		
22:6 n-3g	0.000	0		1		0.000		
Fatty acids, total transg								
Cholesterolmg	0	0	Z	7		0		
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0		
Caffeine mg	0	0	Z	7		0		
Theobromine mg	0	0	Z	7		0		
Carotenoids:								
Carotene, betamcg	97	3	A	1		133.446		
Carotene, alphamcg	63	3	A	1		87.354		
Cryptoxanthin, beta mcg	0	3	A	1		0.000		
Lycopene mcg	0	3	A	1		0.000		
Lutein + zeaxanthin mcg	1355	3	A	1		1869.900		

### **Common Measures:**

Measure 1 = 138g: 1 cup

Calories Factors: Protein 3.46 Fat 8.37 Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

		<u>Aı</u>	mount in 100 g	grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
			Nι	ımber	r			<u>m</u>	easures of food	<u>l</u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	11.59	0.049	513		1		15.99			
Energy	kcal	366		0	NC	4		505			
Energy	kj	1531				4		2113			
Protein (N x 6.25)	g	8.48	0.060	127		1		11.70			
Total lipid (fat)	g	1.65	0.032	128		1		2.28			
Ash	g	0.60	0.010	127		1		0.83			
Carbohydrate, by difference	g	77.68		0	NC	4		107.20			
Fiber, total dietary	g	7.4		0		4		10.2			
Sugars, total	g										
Starch	g										
Minerals:											
Calcium, Ca	ma	5	1.366	8		1		7			
Iron. Fe.	_	1.10		1		1		1.52			
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	40	5.045	8		1		55			
Phosphorus, P		84	10.675	8		1		116			
Potassium, K	_	162	13.315	24		1		224			
Sodium, Na	-	3	0.637	114		1		4			
Zinc, Zn	mg	0.72	0.058	27		1		0.99			
Copper, Cu	mg	0.078	0.006	23		1		0.108			
Manganese, Mn	mg	0.105		3		1		0.145			
Selenium, Se	mcg	7.8	0.965	13	A	1		10.8			
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0			
Thiamin	-	0.140	1	1		1		0.193			
Riboflavin	-	0.050		1		1		0.069			
Niacin		1.000		1		1		1.380			
Pantothenic acid		0.312		25		1		0.431			
Vitamin B-6	_	0.257	0.041	5		1		0.355			
Folate, total	_	48	3.385	23		1		66			
Folic acid		0		0	Z	7		0			
Folate, food		48	3.385	23		1		66			
Folate, DFE		48		0	NC	4		66			
Vitamin B-12		0.00		0	Z	7		0.00			
Vitamin A, IU	IU	0		1		1		0			
Vitamin A, RAE	mcg_RAE	0		1		1		0			
Retinol	mcg	0		0	z	7		0			
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	nicg										
Lipids:											
Fatty acids, total saturated	g	0.225	i	0		1		0.311			
4:0											
6:0	g										
8:0											
10:0		0.000		327		1		0.000			
12:0	-	0.001		327		1		0.001			
13:0	_							_			
14:0	_	0.001		327		1		0.001			
15:0	_										
16:0	_	0.186	i	327		1		0.257			
17:0	_					_					
18:0	_	0.025	1	327		1		0.035			
20:0	_										
22:0	g										

	<u>A</u>	mount in 100 grams	s of edible por	tion	Amount in edible portion of common		
Nutrients and Units	Mean	Numbe of Data Std. Error Points	Deriv Source	ce Confidence e Code	me Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturated	g 0. <b>4</b> 12	2 0	1		0.569		
14:1	g						
15:1							
16:1 undifferentiated	-	327	1		0.007		
17:1							
18:1 undifferentiated	•	327	1		0.562		
20:1							
22:1 undifferentiated							
24:1 c							
Fatty acids, total polyunsaturated			1		0.980		
18:2 undifferentiated			1		0.952		
18:3 undifferentiated		327	1		0.028		
18:4							
20:2 n-6 c,c	_						
20:3 undifferentiated							
20:4 undifferentiated							
20:5 n-3	_						
22:5 n-3	•						
22:6 n-3	-						
Fatty acids, total trans			_				
Cholesterol	•	0	z 7		0		
Phytosterols	mg						
Others:							
Alcohol, ethyl	g. 0.0	0	z 7		0.0		
Caffeine	mg						
Theobromine	mg						

### **Common Measures:**

Measure 1 = 138g: 1 cup

Calories Factors: Protein 3.46 Fat 8.37 Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

		<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>	easures of food	<u> </u>	
			of	f Data	Deriv	Source	Confidence				
Nutrients and Un	nits	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	11.59	0.049	513		1		15.99			
Energy	kcal	366		0	NC	4		505			
Energy	kj	1531				4		2113			
Protein (N x 6.25)	g	8.48	0.060	127		1		11.70			
Total lipid (fat)	g	1.65	0.032	128		1		2.28			
Ash	g	0.60	0.010	127		1		0.83			
Carbohydrate, by difference	g	77.68		0	NC	4		107.20			
Fiber, total dietary	g	7.4		0		4		10.2			
Sugars, total	g	0.64		0	BFZN	4		0.88			
Starch	g										
Minauala											
Minerals: Calcium, Ca	ma	5	1.366	8		1		7			
Iron, Fe		1.10	1.300	1		1		, 1.52			
Magnesium, Mg		40	5.045	8		1		55			
Phosphorus, P		84	10.675			1		116			
Potassium, K		162	13.315			1		224			
Sodium, Na		3	0.637			1		4			
Zinc, Zn		0.72	0.058	27		1		0.99			
Copper, Cu	-	0.078	0.006	23		1		0.108			
Manganese, Mn		0.105	0.006	3		1		0.145			
Selenium, Se	mcg	7.8	0.965	13	A	1		10.8			
Vitamins:											
	ma	0.0		0		4		0.0			
Vitamin C, total ascorbic acid Thiamin	-	0.0		1		1		0.193			
Riboflavin		0.140		1		1		0.193			
Niacin		1.000		1		1		1.380			
Pantothenic acid		0.312				1		0.431			
Vitamin B-6	-	0.257		5		1		0.355			
Folate, total	-	48	3.385			1		66			
Folic acid		0		0	z	7		0			
Folate, food		48	3.385	23		1		66			
Folate, DFE		48		0	NC	4		66			
Vitamin B-12		0.00		0	Z	7		0.00			
Vitamin A, IU	IU	214		0	NC	4		295			
Vitamin A, RAE		11		0	NC	4		15			
Retinol	mcg	0		0	Z	7		0			
Vitamin E (alpha-tocopherol)	mg	0.15		0	BFZN	4		0.21			
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D				_							
Vitamin K (phylloquinone)	mcg	0.3		0	BFZN	4		0.4			
Lipids:											
Fatty acids, total saturated	а	0.225		0		1		0.311			
4:0		0.000		0		1		0.000			
6:0	<del>-</del>	0.000		0		1		0.000			
8:0	-	0.000		0		1		0.000			
10:0		0.000		327		1		0.000			
12:0		0.001		327		1		0.001			
13:0	-										
14:0	-	0.001		327		1		0.001			
15:0	-										
16:0		0.186		327		1		0.257			
17:0											
18:0	g	0.025		327		1		0.035			
20:0	g										
22:0	g										
24:0	g										

	<u>Ar</u>	mount in 100 grams	s of edit	ole portio	<u>on</u>	Amount in edible portion of common			
Nutrients and Units	Mean	Numbe of Data Std. Error Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.412	0		1		0.569			
14:1g									
15:1g									
16:1 undifferentiatedg	0.005	327		1		0.007			
17:1g									
18:1 undifferentiatedg	0.407	327		1		0.562			
20:1g	0.000	0		1		0.000			
22:1 undifferentiatedg	0.000	0		1		0.000			
24:1 cg									
Fatty acids, total polyunsaturated	0.710	0		1		0.980			
18:2 undifferentiatedg	0.690	327		1		0.952			
18:3 undifferentiatedg	0.020	327		1		0.028			
18:4g	0.000	0		1		0.000			
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000	0		1		0.000			
20:5 n-3g	0.000	0		1		0.000			
22:5 n-3g	0.000	0		1		0.000			
22:6 n-3g	0.000	0		1		0.000			
Fatty acids, total transg									
Cholesterolmg	0	0	Z	7		0			
Phytosterols mg									
Others:									
Alcohol, ethylg	0.0	0		7		0.0			
Caffeine mg	0	0	Z	7		0			
Theobrominemg	0	0	Z	7		0			
Carotenoids:									
Carotene, betamcg	97	0	BFZN	4		133.446			
Carotene, alphamcg	63	0	BFZN	4		87.354			
Cryptoxanthin, betamcg	0	0	BFZN	4		0.000			
Lycopenemcg	0	0	BFZN	4		0.000			
Lutein + zeaxanthinmcg	1355	0	BFZN	4		1869.900			

### **Common Measures:**

Measure 1 = 138g: 1 cup

Calories Factors: Protein 3.46 Fat 8.37 Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

	<u>A</u> 1	mount in 100 g	<u>ırams</u>	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
		Nu	ımber	•			<u>m</u>	easures of food	<u> </u>	
		of	Data	Deriv	Source	Confidence				
s	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
g	12.59	0.037	442		1		15.36			
kcal	334		0	NC	4		407			
kj	1397				4		1705			
g	8.28	0.111	17		1		10.10			
g	3.40		2		1		4.15			
g	5.45	0.046	17		1		6.65			
g	70.28		0	NC	4		85.74			
g	6.7		0		4		8.2			
g										
g										
ma	361	6.875	16		1		440			
-	5.76	2.0.5	1		1		7.03			
• • • • • • • • • • • • • • • • • • • •	86		1		1		105			
	804	16.370	16		1		981			
-	255	48.005	3		1		311			
mg	1247	156.251	3		1		1521			
mg	2.00		1		1		2.44			
mg	0.150	)	1		1		0.183			
mcg										
mg	0.0		0		4		0.0			
_		=	1		4		0.806			
_	0.400	)	1		1		0.488			
mg	5.291	=	1		4		6.455			
mg	0.425	5	1		4		0.519			
mg	0.540	)	1		1		0.659			
	233		0	BFZN	4		284			
	176		0	NC	4		215			
				NC						
mcg				Z						
-	0		U	z	7		0			
	0.478	\$	U		1		0.583			
-										
-										
-										
-										
-										
g	0.408	1	197		1		0.498			
g										
g	0.054	Į	197		1		0.066			
g										
	g	S Mean    S   12.59     kcal   334     kj   1397     S   8.28     S   9   3.40     S   9   5.45     S   9   70.28     S   9   6.7     S   9     S   S   9     S   S   9     S   S   9     S   S   9     S   S   9     S   S   9     S   S   9     S   S   9     S   S   9     S   S	S         Mean         Std. Error         Point           s         Mean         Std. Error         Point           s         Mean         Std. Error         Point           s         kcal         334         334         334           g         8.28         0.111         0.046 <td>  Sample   Std. Error   Points   Std. Error   Std. Error   Points   Std. Error   Points   Std. Error   Std. Error   Std. Error   Points   Std. Error   Points   Std. Error   Points   Std. Error   Std. Error   Points   Std. Error   Std. Error   Points   Std. Error   Std.</td> <td>  Sample   S</td> <td>  Sample</td> <td>  Std. Error   Std</td> <td>  Number</td> <td>  Number</td>	Sample   Std. Error   Points   Std. Error   Std. Error   Points   Std. Error   Points   Std. Error   Std. Error   Std. Error   Points   Std. Error   Points   Std. Error   Points   Std. Error   Std. Error   Points   Std. Error   Std. Error   Points   Std. Error   Std.	Sample   S	Sample	Std. Error   Std	Number	Number	

		<u>Ar</u>	mount in 100 gra		ible portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	<b>S</b>	Mean	Num of D Std. Error Poir	ata Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	0.897		0	1		1.094		
14:1	g								
15:1									
16:1 undifferentiated	-	0.003	1	97	1		0.004		
17:1									
18:1 undifferentiated	g	0.894	1	97	1		1.091		
20:1	g								
22:1 undifferentiated	g								
24:1 c									
Fatty acids, total polyunsaturated	g	1.550		0	1		1.891		
18:2 undifferentiated		1.503	1	97	1		1.834		
18:3 undifferentiated	g	0.047	1	97	1		0.057		
18:4	g								
20:2 n-6 c,c	g								
20:3 undifferentiated	g								
20:4 undifferentiated	g								
20:5 n-3	g								
22:5 n-3	g								
22:6 n-3	g								
Fatty acids, total trans	g								
Cholesterol	mg	0		0 z	7		0		
Phytosterols	mg								
Amino Acids:									
Tryptophan	g	0.058		0	1		0.071		
Threonine	g	0.311		0	1		0.379		
Isoleucine	g	0.296		0	1		0.361		
Leucine	g	1.015		0	1		1.238		
Lysine	g	0.233		0	1		0.284		
Methionine	g	0.174		0	1		0.212		
Cystine	g	0.149		0	1		0.182		
Phenylalanine	g	0.407		0	1		0.497		
Tyrosine		0.337		0	1		0.411		
Valine	-	0.419		0	1		0.511		
Arginine		0.413		0	1		0.504		
Histidine		0.253		0	1		0.309		
Alanine	-	0.620		0	1		0.756		
Aspartic acid	-	0.576		0	1		0.703		
Glutamic acid		1.554		0	1		1.896		
Glycine	-	0.339		0	1		0.414		
Proline	-	0.723		0	1		0.882		
Serine	-	0.393		0	1		0.479		
Hydroxyproline	-	0.555		-	_		0.175		
	g								

### **Common Measures:**

Measure 1 = 122g: 1 cup

Calories Factors: Protein 2.73 Fat 8.37 Carbohydrate 4.03

Food Group: 20 Cereal Grains and Pasta

		<u>A</u> :	mount in 100 g	grams	Amount in edible portion of common					
			Nι	ımber				<u>m</u>	easures of food	<u>[</u>
						Source	Confidence			
Nutrients and Units		Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		12.59	0.037	442		1		15.36		
Energy	kcal	334		0	NC	4		407		
Energy	kj	1397				4		1705		
Protein (N x 6.25)	g	8.28	0.111	17		1		10.10		
Total lipid (fat)	g	3.40		2		1		4.15		
Ash	g	5.45	0.046	17		1		6.65		
Carbohydrate, by difference	g	70.28		0	NC	4		85.74		
Fiber, total dietary	g	6.7		0		4		8.2		
Sugars, total	g									
Starch	g									
Minoueles										
Minerals:	ma	361	6.875	16		1		440		
Calcium, Ca Iron, Fe		5.76	0.075	1		1		7.03		
Magnesium, Mg	-	86		1		1		105		
Phosphorus, P		804	16.370	16		1		981		
Potassium, K	_	255	48.005	3		1		311		
Sodium, Na		1247	156.251	3		1		1521		
Zinc, Zn		2.00		1		1		2.44		
Copper, Cu		0.150	)	1		1		0.183		
Manganese, Mn		0.498	3	0		4		0.608		
Selenium, Se	mcg									
Vitamins:										
	ma	0.0		0		4		0.0		
Vitamin C, total ascorbic acid Thiamin	_	0.661		1		4		0.806		
Riboflavin	-	0.400		1		1		0.488		
Niacin		5.291		1		4		6.455		
Pantothenic acid		0.425		1		4		0.519		
Vitamin B-6		0.540		1		1		0.659		
Folate, total	_	233	•	0	BFZN	4		284		
Folic acid		176		0	NC	4		215		
Folate, food		57		1		1		70		
Folate, DFE	mcg DFE	356		0	NC	4		435		
Vitamin B-12		0.00		0	z	7		0.00		
Vitamin A, IU	IU	469		0		4		572		
Vitamin A, RAE		0		0	AS	1		0		
Retinol		0		0	z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	а	0.478	3	0		1		0.583		
4:0		0.1.0		ŭ		_		0.000		
6:0										
8:0										
10:0										
12:0										
13:0										
14:0										
15:0										
16:0	g	0.408	3	197		1		0.498		
17:0	g									
18:0	g	0.054	l .	197		1		0.066		
20:0	g									
22:0	g									
24:0	а									

	<u>A</u> 1	nount in 100 gran	s of edi	ble portio	<u>n</u>	Amount in edible portion of common measures of food		
		Numb	er			<u>m</u>	easures of food	
Nutrients and Units	Mean	of Da Std. Error Point	a Deriv S Code		Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.897	0		1		1.094		
14:1g								
15:1g								
16:1 undifferentiatedg	0.003	19	7	1		0.004		
17:1g								
18:1 undifferentiatedg	0.894	19	7	1		1.091		
20:1g								
22:1 undifferentiatedg								
24:1 cg								
Fatty acids, total polyunsaturated	1.550	0		1		1.891		
18:2 undifferentiatedg	1.503			1		1.834		
18:3 undifferentiatedg	0.047	19	7	1		0.057		
18:4g								
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg								
20:5 n-3g								
22:5 n-3g								
22:6 n-3g								
Fatty acids, total transg	_	_	_	_		_		
Cholesterol mg	0	0	Z	7		0		
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.058	0		1		0.071		
Threonineg	0.311	0		1		0.379		
Isoleucineg	0.296	0		1		0.361		
Leucineg	1.015	0		1		1.238		
Lysineg	0.233	0		1		0.284		
Methionineg	0.174	0		1		0.212		
Cystineg	0.149	0		1		0.182		
Phenylalanine	0.407	0		1		0.497		
Tyrosineg	0.337	0		1		0.411		
Valineg	0.419	0		1		0.511		
Arginineg	0.413	0		1		0.504		
Histidineg	0.253	0		1		0.309		
Alanineg	0.620	0		1		0.756		
Aspartic acidg	0.576	0		1		0.703		
Glutamic acidg	1.554	0		1		1.896		
Glycineg	0.339	0		1		0.414		
Prolineg	0.723	0		1		0.882		
Serineg	0.393	0		1		0.479		
Hydroxyprolineg								

### **Common Measures:**

Measure 1 = 122g: 1 cup

Calories Factors: Protein 2.73 Fat 8.37 Carbohydrate 4.03

Food Group: 20 Cereal Grains and Pasta

NDB No. 20324 Cornmeal, self-rising, bolted, with wheat flour added, enriched, white

		<u>Aı</u>	mount in 100 g	ırams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber	r			<u>m</u>	easures of food	<u>l</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	10.33	0.101	43		1		17.56			
Energy	kcal	348		0	NC	4		592			
Energy	kj	1456				4		2475			
Protein (N x 6.18)	g	8.41	0.060	39		1		14.30			
Total lipid (fat)	g	2.85	0.168	43		1		4.85			
Ash	g	4.98	0.049	43		1		8.47			
Carbohydrate, by difference	g	73.43		0	NC	4		124.83			
Fiber, total dietary	g	6.3		0		4		10.7			
Sugars, total	g										
Starch	g										
M:											
<u>Minerals:</u> Calcium, Ca	ma	299	5.521	38		1		508			
Iron. Fe.	-	4.95	0.937	6		1		8.42			
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	54	0.557	2		1		92			
Phosphorus, P		651	13.495	37		1		1107			
Potassium, K	-	207	20.553	8		1		352			
Sodium. Na	-	1319	22.355	8		1		2242			
Zinc, Zn	mg	1.39	0.082	10		1		2.36			
Copper, Cu		0.139	0.007	10		1		0.236			
Manganese, Mn	mg										
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0			
Thiamin	-	0.713	0.160	6		1		1.212			
Riboflavin	-	0.713		6		1		0.736			
Niacin		5.202		8		1		8.843			
Pantothenic acid		0.383		10		1		0.651			
Vitamin B-6	-	0.385		2		1		0.655			
Folate, total		264		2	A	1		448			
Folic acid		198		0	NC	4		336			
Folate, food		66	2.705	10		1		112			
Folate, DFE	mcg_DFE	402		0	NC	4		683			
Vitamin B-12		0.00		0	Z	7		0.00			
Vitamin A, IU	IU	0		1		1		0			
Vitamin A, RAE		0		1		1		0			
Retinol	mcg	0		0	Z	7		0			
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	rncg										
Lipids:											
Fatty acids, total saturated	g	0.400		0		1		0.680			
4:0											
6:0											
8:0											
10:0											
12:0											
13:0	-										
14:0	-										
15:0	-					_		_			
16:0		0.341		0		1		0.580			
17:0						_					
18:0		0.045		0		1		0.077			
20:0	-										
22:0	a										

		<u>Aı</u>	nount in 10			ole portio	<u>n</u>	Amount in edible portion of common measures of food						
				Number				<u>m</u>	easures of food					
Nutrients and Units		Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3				
Fatty acids, total monounsaturated.	g	0.751		0		1		1.277						
14:1	g													
15:1	g													
16:1 undifferentiated	g	0.002		0		1		0.003						
17:1	g													
18:1 undifferentiated	g	0.748		0		1		1.272						
20:1	g													
22:1 undifferentiated	g													
24:1 c	g													
Fatty acids, total polyunsaturated	g	1.297		0		1		2.205						
18:2 undifferentiated	g	1.258		0		1		2.139						
18:3 undifferentiated	g	0.039		0		1		0.066						
18:4	g													
20:2 n-6 c,c	g													
20:3 undifferentiated	g													
20:4 undifferentiated	g													
20:5 n-3	g													
22:5 n-3	g													
22:6 n-3	g													
Fatty acids, total trans	g													
Cholesterol	mg	0		0	Z	7		0						
Phytosterols	mg													
Amino Acids:														
Tryptophan	a	0.065		0		1		0.111						
Threonine		0.305		0		1		0.519						
Isoleucine		0.300		0		1		0.510						
Leucine	_	0.973		0		1		1.654						
Lysine	-	0.373		0		1		0.391						
Methionine		0.230		0		1		0.391						
	-	0.175		0		1		0.264						
Cystine		0.155		0		1		0.264						
Phenylalanine		0.414		0		1		0.704						
Tyrosine	_	0.332		0		1		0.364						
Valine	-	0.415		0		1		0.706						
Arginine		0.410		0		1		0.423						
Histidine				0		1								
Alanine	-	0.584 0.555		0		1		0.993 0.944						
Aspartic acid	-			0		1		0.944 2.951						
Glutamic acid		1.736		0		1								
Glycine	_	0.340						0.578						
Proline		0.765		0		1		1.301						
Serine	-	0.402		0		1		0.683						
Hydroxyproline	g													

### **Common Measures:**

Measure 1 = 170g: 1 cup

Calories Factors: Protein 3.13 Fat 8.37 Carbohydrate 4.06

Food Group: 20 Cereal Grains and Pasta

NDB No. 20024 Cornmeal, self-rising, bolted, with wheat flour added, enriched, yellow

		<u>Ar</u>	mount in 100 g	Amount in edible portion of common						
			Nι	ımber	•			<u>m</u>	easures of food	_
						Source	Confidence			
<b>Nutrients and Units</b>		Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	g	10.33	0.101	43		1		17.56		
Energy	-	348		0	NC	4		592		
Energy		1456				4		2475		
Protein (N x 6.18)		8.41	0.060	39		1		14.30		
Total lipid (fat)		2.85	0.168	43		1		4.85		
Ash		4.98	0.049	43		1		8.47		
Carbohydrate, by difference		73.43	0.015	0	NC	4		124.83		
Fiber, total dietary		6.3		0	110	4		10.7		
· · · · · · · · · · · · · · · · ·		0.5		U		-		10.7		
Sugars, total										
Starch	g									
<u> Minerals:</u>										
Calcium, Ca	mg	299	5.521	38		1		508		
Iron, Fe	-	4.95	0.937	6		1		8.42		
Magnesium, Mg	mg	54		2		1		92		
Phosphorus, P	mg	651	13.495	37		1		1107		
Potassium, K	mg	207	20.553	8		1		352		
Sodium, Na	-	1319	22.355	8		1		2242		
Zinc, Zn		1.39	0.082	10		1		2.36		
Copper, Cu		0.139	0.007	10		1		0.236		
Manganese, Mn		0.516	i	0		4		0.877		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	-	0.713	0.160	6		1		1.212		
Riboflavin	-	0.433		6		1		0.736		
Niacin		5.202		8		1		8.843		
Pantothenic acid	-	0.383	0.065	10		1		0.651		
Vitamin B-6		0.385	i	2		1		0.655		
Folate, total	-	264		2	A	1		448		
Folic acid		198		0	NC	4		336		
Folate, food		66	2.705	10		1		112		
Folate, DFE		402		0	NC	4		683		
Vitamin B-12		0.00		0	z	7		0.00		
Vitamin A, IU		287		1		1		488		
Vitamin A, RAE		14		1		1		24		
Retinol		0		0	z	7		0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
inide										
Lipids:	0	0.400		0		1		0.680		
Fatty acids, total saturated		0.400		U		_		0.000		
6:0										
8:0	-									
10:0										
12:0										
13:0										
14:0										
15:0	-									
16:0	-	0.341		0		1		0.580		
17:0	-	0.541		•		-		0.500		
18:0		0.045		0		1		0.077		
20:0		0.043		•		-		0.077		
22:0										
24:0										

		<u>Ar</u>	mount in 10			ole portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units		Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	0.751		0		1		1.277		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.002		0		1		0.003		
17:1	g									
18:1 undifferentiated	g	0.748		0		1		1.272		
20:1	g									
22:1 undifferentiated										
24:1 c										
Fatty acids, total polyunsaturated		1.297		0		1		2.205		
18:2 undifferentiated		1.258		0		1		2.139		
18:3 undifferentiated	•	0.039		0		1		0.066		
18:4	-									
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated										
20:5 n-3	-									
22:5 n-3										
22:6 n-3	-									
Fatty acids, total trans	-									
Cholesterol		0		0	z	7		0		
Phytosterols	-									
Amino Acids:										
Tryptophan	q	0.065		0		1		0.111		
Threonine		0.305		0		1		0.519		
Isoleucine	-	0.300		0		1		0.510		
Leucine	-	0.973		0		1		1.654		
Lysine	-	0.230		0		1		0.391		
Methionine	-	0.173		0		1		0.294		
Cystine		0.155		0		1		0.264		
Phenylalanine		0.133		0		1		0.704		
Tyrosine		0.332		0		1		0.564		
Valine	-	0.332		0		1		0.706		
Arginine		0.410		0		1		0.697		
Histidine		0.410		0		1		0.423		
Alanine	-	0.584		0		1		0.423		
	-	0.555		0		1		0.944		
Aspartic acidGlutamic acid		1.736		0		1		2.951		
	-	0.340		0		1		0.578		
Glycine	-	0.340		0		1		1.301		
Proline	_					1				
Serine	-	0.402		0		1		0.683		
Hydroxyproline	y									

### **Common Measures:**

Measure 1 = 170g: 1 cup

Calories Factors: Protein 3.13 Fat 8.37 Carbohydrate 4.06

Food Group: 20 Cereal Grains and Pasta

		<u>Aı</u>	mount in 100 g	rams c	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			Nui	mber				<u>m</u>	easures of food	L	
			of	Data I	Deriv	Source	Confidence				
Nutrients and Units		Mean	Std. Error Po	ints (	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	10.17	0.217	21		1		14.03			
Energy	kcal	355		0	NC	4		490			
Energy	kj	1485				4		2050			
Protein (N x 6.25)	g	8.41	0.079	20		1		11.61			
Total lipid (fat)	g	1.72	0.106	21		1		2.37			
Ash	g	4.91	0.039	21		1		6.78			
Carbohydrate, by difference	g	74.79		0	NC	4		103.21			
Fiber, total dietary	g	7.1		0		4		9.8			
Sugars, total	g										
Starch	g										
Minerals:											
Calcium, Ca	ma	350	5.142	20		1		483			
Iron. Fe.	-	4.73	0.163	20		1		6.53			
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	49	0.203	1		1		68			
Phosphorus, P		623	8.900	19		1		860			
Potassium, K	-	170	7.475	4		1		235			
Sodium, Na	-	1348	47.041	4		1		1860			
Zinc, Zn	mg	1.00		1		1		1.38			
Copper, Cu	mg	0.130	)	1		1		0.179			
Manganese, Mn	mg										
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0			
Thiamin	-	0.678	0.025	20		1		0.936			
Riboflavin	-	0.387		21		1		0.534			
Niacin		4.566		21		1		6.301			
Pantothenic acid	-										
Vitamin B-6	-	0.390	)	1		1		0.538			
Folate, total		233		0	BFZN	4		322			
Folic acid		202		0	NC	4		279			
Folate, food		31		1		1		43			
Folate, DFE	mcg_DFE	375		0	NC	4		517			
Vitamin B-12	mcg	0.00		0	Z	7		0.00			
Vitamin A, IU	IU	0		1		1		0			
Vitamin A, RAE		0		0	AS	1		0			
Retinol	mcg	0		0	Z	7		0			
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	incg										
<u>Lipids:</u>											
Fatty acids, total saturated	g	0.234		0		1		0.323			
4:0	g										
6:0	g										
8:0											
10:0		0.000		0		1		0.000			
12:0		0.001		0		1		0.001			
13:0								_			
14:0		0.001		0		1		0.001			
15:0											
16:0		0.194		0		1		0.268			
17:0	_					_		_			
18:0	_	0.026	i	0		1		0.036			
20:0	_										
22:0	a										

		An	nount in 100 gram	s of edib	ole portio	<u>n</u>		edible portion	of common
			0. 2 4	Deriv		Confidence	<u>m</u> (	easures of food	
Nutrients and Unit	s	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	а	0.429	0		1		0.592		
14:1							0.052		
15:1									
16:1 undifferentiated	g	0.005	0		1		0.007		
17:1	g								
18:1 undifferentiated	g	0.424	0		1		0.585		
20:1	g								
22:1 undifferentiated	g								
24:1 c	g								
Fatty acids, total polyunsaturated	g	0.739	0		1		1.020		
18:2 undifferentiated	g	0.719	0		1		0.992		
18:3 undifferentiated	g	0.020	0		1		0.028		
18:4	g								
20:2 n-6 c,c	g								
20:3 undifferentiated									
20:4 undifferentiated	g								
20:5 n-3									
22:5 n-3									
22:6 n-3									
Fatty acids, total trans	-								
Cholesterol	_	0	0	Z	7		0		
Phytosterols	mg								

# **Common Measures:**

Measure 1 = 138g: 1 cup

Calories Factors: Protein 2.73 Fat 8.37 Carbohydrate 4.03

Food Group: 20 Cereal Grains and Pasta

Proximates:       Water.     g     10.17     0.217     21     1       Energy.     kcal     355     0     NC     4       Energy.     kj     1485     4     2       Protein (N x 6.25)     g     8.41     0.079     20     1       Total lipid (fat).     g     1.72     0.106     21     1       Ash.     g     4.91     0.039     21     1       Carbohydrate, by difference.     g     74.79     0     NC     4       Fiber, total dietary.     g     7.1     0     4       Sugars, total.     g       Starch.     g       Minerals:       Calcium, Ca.     mg     350     5.142     20     1       Iron, Fe.     mg     4.73     0.163     20     1       Magnesium, Mg.     mg     49     1     1       Phosphorus, P.     mg     623     8.900     19     1       Potassium, K.     mg     170     7.475     4     1	Amount in edible portion of common			
Nutrients and Units	<u>m</u>	neasures of food	<u>d</u>	
Proximates:				
Walter	Measure 1	Measure 2	Measure 3	
Water.				
Finergy	14.03			
Protein (N x 6.25)	490			
Total lipid (fat)	2050			
Ash	11.61			
Carbohydrate, by difference 9 74.79 0 NC 4 Fiber, total dictary 9 7.1 0 0 4 Sugars, total 9 Starch 9  Minerals:  Calcium, Ca mg 350 5.142 20 1 Iron, Fe mg 4.73 0.163 20 1 Iron, Fe mg 523 8.900 19 1 Iron, Fe mg 623 8.900 19 1 Iron, Fe mg 10.00 1 1 1 Iron, Fe mg 10.00 1 0 4 Iron, Fe mg 10.00 1 0 4 Iron, Fe mg 10.00 1 0 4 Iron, Fe mg 10.00 1 0 1 Iron, Fe mg 10.00 1 1 Iron, Fiber, Fibe	2.37			
Fiber, total dictary	6.78			
Sugars, total	103.21			
Starch	9.8			
Minerals:   Calcium, Ca.				
Edelum Ca				
Calcium, Ca.				
Iron, Fe.	483			
Magnesium, Mg         mg         49         1         1           Phosphorus, P.         mg         623         8.900         19         1           Potassium, K.         mg         170         7.475         4         1           Sodium, Na         mg         1348         47.041         4         1           Sodium, Na         mg         0.100         1         1           Copper, Cu.         mg         0.130         1         1           Magnaese, Mn.         mg         0.105         0         4           Mangaese, Mn.         mg         0.105         0         4           Sclenium, Se.         mcg         0         0         4           Vitamins.         mg         0.678         0.025         0         4           Thiamin.         mg         0.678         0.025         20         1         1           Riborlavin.         mg         0.678         0.016         21         1         1           Niacin.         mg         0.387         0.016         21         1         1           Patotheric acid.         mg         0.332         0         BEXN         4 <td>483 6.53</td> <td></td> <td></td>	483 6.53			
Phosphorus, P.         mg         623         8.900         19         1           Potassium, K.         mg         170         7.475         4         1           Sodium, Na.         mg         1348         47.041         4         1           Zinc, Zn.         mg         1.00         1         1           Copper, Cu.         mg         0.130         1         1           Manganese, Mn.         mg         0.105         0         4           Selenium, Se.         mcg         0.105         0         4           Vitamins:         Vitamins.         Witamin C, total ascorbic acid         mg         0.0         0         4           Thiamin.         mg         0.678         0.025         20         1           Riboflavin.         mg         0.387         0.016         21         1           Niacin.         mg         4.566         0.196         21         1           Pattoribenic acid.         mg         0.312         0         4           Vitamin B-6.         mg         0.390         1         1         1           Folate, Cod.         mcg         233         0         BFZN	6.53 68			
Potassium, K.	860			
Sodium, Na	235			
Zinc, Zn	1860			
Copper, Cu.	1.38			
Manganese, Mn.         mg         0.105         0         4           Selenium, Se.         mcg	0.179			
Selenium, Se.   mcg   Nitamins:   Vitamins:   Nitamin C, total ascorbic acid.   mg   0.0   0.0   4	0.145			
Vitamin C, total ascorbic acid				
Vitamin C, total ascorbic acid				
Thiamin	0 0			
Riboflavin	0.0 0.936			
Niacin.         mg         4.566         0.196         21         1           Pantothenic acid.         mg         0.3122         0         4           Vitamin B-6.         mg         0.390         1         1           Folate, fotal.         mcg         233         0         BFZN         4           Folic acid.         mcg         202         0         NC         4           Folate, food.         mcg         31         1         1         1           Folate, food.         mcg         31         1         1         1           Folate, food.         mcg         375         0         NC         4           Vitamin B-12         mcg         0.00         0         z         7           Vitamin A, IU.         IU         413         0         4         4           Vitamin A, RAE         mcg RAE         0         0         as         1           Retinol.         mg         0         0         z         7           Vitamin E (alpha-tocopherol)         mg         0         0         z         7           Vitamin K (phylloquinone)         mcg         0         1         1	0.534			
Pantothenic acid	6.301			
Vitamin B-6.         mg         0.390         1         1           Folate, total.         mcg         233         0         BFZN         4           Folicacid.         mcg         202         0         NC         4           Folate, food.         mcg         31         1         1           Folate, DFE.         mcg DFE         375         0         NC         4           Vitamin B-12.         mcg         0.00         0         Z         7           Vitamin A, RAE         mcg RAE         0         0         As         1           Retinol.         mcg RAE         0         0         As         1           Retinol.         mcg         0         0         Z         7           Vitamin E (alpha-tocopherol)         mg         T         T         T           Tocopherol, beta.         mg         mg         T	0.431			
Folate, total	0.538			
Folic acid	322			
Folate, food	279			
Folate, DFE	43			
Vitamin B-12       mcg       0 . 00       2       7         Vitamin A, IU       IU       413       0       4         Vitamin A, RAE       mcg       0       0       as       1         Retinol       mcg       0       0       z       7         Vitamin E (alpha-tocopherol)       mg       0       z       7         Tocopherol, beta       mg       7       7       7       7         Tocopherol, gamma       mg       7 <t< td=""><td>517</td><td></td><td></td></t<>	517			
Vitamin A, IU	0.00			
Retinol       mcg       0       2       7         Vitamin E (alpha-tocopherol)       mg       7       7         Tocopherol, beta       mg       7       7         Tocopherol, gamma       mg       7       7         Tocopherol, delta       mg       7       7         Vitamin D       IU       10       10       1         Vitamin K (phylloquinone)       mcg       8       1       1       1         Eipids:       Fatty acids, total saturated       9       0 . 234       0       1 </td <td>570</td> <td></td> <td></td>	570			
Retinol       mcg       0       2       7         Vitamin E (alpha-tocopherol)       mg       7         Tocopherol, beta       mg       7         Tocopherol, gamma       mg       7         Tocopherol, delta       mg         Vitamin D       IU         Vitamin K (phylloquinone)       mcg         Lipids:       S         Fatty acids, total saturated       9       0.234       0       1         4:0       9       9       0.00       1       1         8:0       9       0.00       0       1	0			
Tocopherol, beta	0			
Tocopherol, gamma mg Tocopherol, delta				
Tocopherol, delta				
Vitamin D.     IU       Vitamin K (phylloquinone)       Lipids:       Fatty acids, total saturated.     g     0.234     0     1       4:0.     g     6:0.     9       8:0.     g     0.000     0     1       10:0.     g     0.001     0     1       12:0.     g     0.001     0     1       13:0.     g       14:0.     g     0.001     0     1       15:0.     g       16:0.     g     0.194     0     1       17:0.     g				
Vitamin K (phylloquinone)       Lipids:       Fatty acids, total saturated     g     0.234     0     1       4:0     g       6:0     g       8:0     g       10:0     g     0.000     0     1       12:0     g     0.001     0     1       13:0     g       14:0     g     0.001     0     1       15:0     g       16:0     g     0.194     0     1       17:0     g				
Lipids:       Fatty acids, total saturated     g     0.234     0     1       4:0     g       6:0     g       8:0     g       10:0     g     0.000     0     1       12:0     g     0.001     0     1       13:0     g       14:0     g     0.001     0     1       15:0     g       16:0     g     0.194     0     1       17:0     g				
Fatty acids, total saturated       9       0.234       0       1         4:0       9         6:0       9       0.000       0       1         8:0       9       0.000       0       1         10:0       9       0.001       0       1         13:0       9       0.001       0       1         15:0       9       0.001       0       1         16:0       9       0.194       0       1         17:0       9       0.194       0       1				
Fatty acids, total saturated       9       0.234       0       1         4:0       9         6:0       9       0.000       0       1         10:0       9       0.000       0       1         12:0       9       0.001       0       1         13:0       9       0.001       0       1         15:0       9       0.001       0       1         16:0       9       0.194       0       1         17:0       9       0.194       0       1				
4:0	0.323			
6:0				
10:0       g       0.000       0       1         12:0       g       0.001       0       1         13:0       g       0.001       0       1         14:0       g       0.001       0       1         15:0       g       0.194       0       1         17:0       g       0.194       0       1				
12:0				
13:0	0.000			
14:0     g     0.001     0     1       15:0     g       16:0     g     0.194     0     1       17:0     g	0.001			
15:0				
16:0g 0.194 0 1 17:0g	0.001			
17:0g				
	0.268			
18·0 q 0.026 0 1				
	0.036			
20:0g				
22:0				

		Amo	ount in 100 grams	of edible	e portio	<u>n</u>		edible portion o	
Nutrients and Unit	s	Mean S	Number of Data Std. Error Points	Deriv :	Source Code	Confidence Code	<u>me</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturated	g	0.429	0		1		0.592		
15:1 16:1 undifferentiated 17:1	g	0.005	0		1		0.007		
18:1 undifferentiated 20:1	g	0.424	0		1		0.585		
22:1 undifferentiated 24:1 c Fatty acids, total polyunsaturated	g	0.739	0		1		1.020		
18:2 undifferentiated	g	0.719 0.020	0		1 1		0.992 0.028		
18:4 20:2 n-6 c,c	g								
20:3 undifferentiated 20:4 undifferentiated 20:5 n-3	g								
22:5 n-3	g								
Fatty acids, total trans	mg	0	0	z	7		0		
Phytosterols	mg								

### **Common Measures:**

Measure 1 = 138g: 1 cup

Calories Factors: Protein 2.73 Fat 8.37 Carbohydrate 4.03

Food Group: 20 Cereal Grains and Pasta

Nutrients and Units  Proximates:  Water	gkcalkjggggggg	10.26 362 1515 8.12 3.59 1.13 76.89 7.3 0.64			Deriv Code NC	Source Code	Confidence Code	12.52 442 1848 9.91 4.38	Measure 2	Measure :
Proximates: Water. Energy Energy Protein (N x 6.25). 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	gkcalkjggggggg	10.26 362 1515 8.12 3.59 1.13 76.89 7.3 0.64	0.140 0.306 0.227	10 0 7 7 7 0	NC	1 4 4 1 1 1 1		12.52 442 1848 9.91 4.38	Measure 2	Measure :
Proximates: Water. Energy Energy Protein (N x 6.25). 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	gkcalkjggggggg	10.26 362 1515 8.12 3.59 1.13 76.89 7.3 0.64	0.140 0.306 0.227	10 0 7 7 7 0 0	NC NC	1 4 4 1 1	Code	12.52 442 1848 9.91 4.38	Measure 2	Measure
Water Energy Energy Protein (N x 6.25) 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	kcalkjggggggggggggg	362 1515 8.12 3.59 1.13 76.89 7.3 0.64	0.306 0.227	0 7 7 7 0 0	NC	4 4 1 1		442 1848 9.91 4.38		
Energy	kcalkjggggggggggggg	362 1515 8.12 3.59 1.13 76.89 7.3 0.64	0.306 0.227	0 7 7 7 0 0	NC	4 4 1 1		442 1848 9.91 4.38		
Energy	kj 9 9 9 9 9 g mg	8.12 3.59 1.13 76.89 7.3 0.64	0.227	7 7 7 0 0	NC	4 1 1 1		1848 9.91 4.38		
Protein (N x 6.25)  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.	99999999gmg	8.12 3.59 1.13 76.89 7.3 0.64	0.227	7 7 0 0		1 1 1		9.91 4.38		
Total lipid (fat)	ggggggggmgmg	3.59 1.13 76.89 7.3 0.64	0.227	7 7 0 0		1 1		4.38		
Ash	9 9 9 9 g mg	1.13 76.89 7.3 0.64		7 0 0		1				
Carbohydrate, by difference Fiber, total dietary Sugars, total Starch  Minerals: Calcium, Ca Iron, Fe Magnesium, Mg. Phosphorus, P. Potassium, K. Sodium, Na.	9 9 9 g mg mg	76.89 7.3 0.64	0.032	0 0						
Fiber, total dietary  Sugars, total  Starch  Minerals: Calcium, Ca Iron, Fe Magnesium, Mg. Phosphorus, P. Potassium, K. Sodium, Na.	g g g mg mg	7.3 0.64		0		4		1.38		
Sugars, total Starch  Minerals: Calcium, Ca Iron, Fe Magnesium, Mg Phosphorus, P Potassium, K Sodium, Na	g g mg mg	0.64				4		93.81		
Starch	g mg mg			0		4		8.9		
Ainerals: Calcium, Ca	mg mg mg	6			BFZN	4		0.78		
Calcium, Ca	mg mg	6								
Calcium, Ca Iron, Fe Magnesium, Mg Phosphorus, P Potassium, K Sodium, Na	mg mg	6								
Iron, Fe	mg mg	O	1.029	9		1		7		
Magnesium, Mg	mg	3.45	0.371	9		1		, 4.21		
Phosphorus, P		3.45 127	18.535	6		1		155		
Potassium, K		241	9.435	3		1		155 294		
Sodium, Na	-	241	9.435	6		1		350		
,	-	35	5.498	6		1		43		
	-	1.82	0.109	6		1		2.22		
Copper, Cu		0.193		6		1		0.235		
Manganese, Mn		0.498		3		1		0.608		
Selenium, Se		15.5		0	BFSN	4		18.9		
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.0		0		4		0.0		
Thiamin	-	0.385		8		1		0.470		
Riboflavin	-	0.201		9		1		0.245		
Niacin		3.632		8		1		4.431		
Pantothenic acid	-	0.425		6		1		0.519		
Vitamin B-6	-	0.304	0.035	3		1		0.371		
Folate, total		25		0	_	4		31		
Folic acid		0		0	Z	7		0		
Folate, food		25		0	***	4		31		
Folate, DFE		25		0	NC	4		31		
Vitamin B-12		0.00		0	Z	7 4		0.00		
Vitamin A, IU		3 0		-	NC	_		<b>4</b> 0		
Vitamin A, RAE		0		0	NC Z	4 7		0		
Retinol		0.42		0	z BFZN	4		0.51		
Vitamin E (alpha-tocopherol)		0.42		U	BFZN	4		0.51		
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.3		0	BFZN	4		0.4		
viamini k (phynoquinone)	9	0.5		·	22 221	-		• • •		
<u> ipids:</u>										
Fatty acids, total saturated	g	0.505		0		1		0.616		
4:0		0.000		0		1		0.000		
6:0		0.000		0		1		0.000		
8:0		0.000		0		1		0.000		
10:0	-	0.000		0		1		0.000		
12:0		0.000		0		1		0.000		
13:0				_		_				
14:0		0.000		0		1		0.000		
15:0				_						
16:0		0.431		0		1		0.526		
17:0	-									
18:0	-	0.057		0		1		0.070		
20:0	-									
22:0 24:0	-									

		<u>Aı</u>	nount in 10	0 grams	of edil	ole portio	o <u>n</u>		edible portion	
				Number				<u>m</u>	easures of food	•
Nutrients and	Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	tedg	0.948		0		1		1.157		
14:1	g									
15:1	-									
16:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.003		0		1		0.004		
17:1				_		_				
18:1 undifferentiated	-	0.945		0		1		1.153		
20:1		0.000		0		1		0.000		
22:1 undifferentiated	•	0.000		0		1		0.000		
24:1 cFatty acids, total polyunsaturate		1.638		0		1		1.998		
18:2 undifferentiated		1.589		0		1		1.939		
18:3 undifferentiated		0.049		0		1		0.060		
18:3 undifferentiated		0.049		0		1		0.000		
20:2 n-6 c.c		0.000		Ū		-		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		
Cholesterol		0		0	z	7		0		
Phytosterols										
-										
Amino Acids:										
Tryptophan		0.057		0		1		0.070		
Threonine	-	0.305		0		1		0.372		
Isoleucine		0.291		0		1		0.355		
Leucine	-	0.996		0 0		1 1		1.215		
Lysine		0.228 0.170		0		1		0.278 0.207		
Methionine		0.146		0		1		0.207		
Cystine		0.146		0		1		0.487		
Phenylalanine Tyrosine		0.339		0		1		0.403		
Valine	-	0.411		0		1		0.501		
Arginine		0.411		0		1		0.494		
Histidine	-	0.248		0		1		0.303		
Alanine	-	0.608		0		1		0.742		
Aspartic acid		0.565		0		1		0.689		
Glutamic acid		1.525		0		1		1.861		
Glycine	_	0.333		0		1		0.406		
Proline		0.709		0		1		0.865		
Serine	-	0.386		0		1		0.471		
Hydroxyproline	-	2.200		-		=		, <u></u>		
	<b>3</b>									
Others:								_		
Alcohol, ethyl		0.0		0		7		0.0		
Caffeine		0		0	z	7		0		
Theobromine	<u>mg</u>	0		0	Z	7		0		
<u>Carotenoids:</u>										
Carotene, beta	mcg	1		0	BFZN	4		1.537		
Carotene, alpha		0		0	BFZN	4		0.073		
Cryptoxanthin, beta		1		0	BFZN	4		1.574		
Lycopene	mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin	mcg	5		0	BFZN	4		5.917		

## **Common Measures:**

Measure 1 = 122g: 1 cup

NDB No. 20320

Cornmeal, whole-grain, white

Calories Factors: Protein 2.73 Fat 8.37 Carbohydrate 4.03

Food Group: 20 Cereal Grains and Pasta

		<u>Aı</u>	mount in 100 g	ırams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber	r			<u>m</u>	easures of food	<u>l</u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	10.26	0.140	10		1		12.52			
Energy	kcal	362		0	NC	4		442			
Energy	kj	1515				4		1848			
Protein (N x 6.25)	g	8.12	0.306	7		1		9.91			
Total lipid (fat)	g	3.59	0.227	7		1		4.38			
Ash	g	1.13	0.032	7		1		1.38			
Carbohydrate, by difference	g	76.89		0	NC	4		93.81			
Fiber, total dietary	g	7.3		0		1		8.9			
Sugars, total	g	0.64		0	BFZN	4		0.78			
Starch	g										
Minerals:											
Calcium, Ca	ma	6	1.029	9		1		7			
Iron, Fe	_	3.45	0.371	9		1		4.21			
Magnesium, Mg	_	127	18.535	6		1		155			
Phosphorus, P		241	9.435	3		1		294			
Potassium, K	-	287	9.760	6		1		350			
Sodium, Na	-	35	5.498	6		1		43			
Zinc, Zn	<u>mg</u>	1.82	0.109	6		1		2.22			
Copper, Cu	mg	0.193	0.021	6		1		0.235			
Manganese, Mn	mg	0.498	0.020	3		1		0.608			
Selenium, Se	mcg	15.5		0	BFSN	4		18.9			
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0			
Thiamin	_	0.385	0.052	8		1		0.470			
Riboflavin	-	0.201		9		1		0.245			
Niacin	=	3.632		8		1		4.431			
Pantothenic acid	_	0.425		6		1		0.519			
Vitamin B-6	-	0.304		3		1		0.371			
Folate, total	-	25		0		4		31			
Folic acid		0		0	Z	7		0			
Folate, food		25		0		4		31			
Folate, DFE		25		0	NC	4		31			
Vitamin B-12		0.00		0	Z	7		0.00			
Vitamin A, IU		214		0	NC	4		261			
Vitamin A, RAE		11		0	NC	4		13			
Retinol	mcg	0		0	Z	7		0			
Vitamin E (alpha-tocopherol)	mg	0.42		1	A	1		0.51			
Tocopherol, beta		0.00		1	A	1		0.00			
Tocopherol, gamma	mg	1.86		1	A	1		2.27			
Tocopherol, delta		0.00		1	A	1		0.00			
Vitamin D											
Vitamin K (phylloquinone)	mcg	0.3		0	BFZN	4		0.4			
Lipids:											
Fatty acids, total saturated	g	0.505	i	0		1		0.616			
4:0		0.000		ō		1		0.000			
6:0		0.000		0		1		0.000			
8:0		0.000		0		1		0.000			
10:0		0.000		0		1		0.000			
12:0	-	0.000		0		1		0.000			
13:0											
14:0	-	0.000	1	0		1		0.000			
15:0	-										
16:0	_	0.431		0		1		0.526			
17:0	-										
18:0	_	0.057	,	0		1		0.070			
20:0	-										
22:0											
24:0	_										

		<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	Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	atedg	0.948		0		1		1.157		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.003		0		1		0.004		
17:1	_									
18:1 undifferentiated	g	0.945		0		1		1.153		
20:1		0.000		0		1		0.000		
22:1 undifferentiated	g	0.000		0		1		0.000		
24:1 c	g									
Fatty acids, total polyunsaturat	tedg	1.638		0		1		1.998		
18:2 undifferentiated		1.589		0		1		1.939		
18:3 undifferentiated		0.049		0		1		0.060		
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	g	0.000		0		1		0.000		
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.057		0		1		0.070		
Threonine		0.305		0		1		0.372		
Isoleucine	_	0.291		0		1		0.355		
Leucine	_	0.996		0		1		1.215		
Lysine	_	0.228		0		1		0.278		
Methionine		0.170		0		1		0.207		
Cystine		0.146		0		1		0.178		
Phenylalanine		0.399		0		1		0.487		
Tyrosine		0.330		0		1		0.403		
Valine	_	0.411		0		1		0.501		
Arginine	_	0.411		0		1		0.494		
Histidine	_	0.403		0		1		0.494		
Alanine	_	0.246		0		1		0.742		
Aspartic acid		0.565		0		1		0.742		
Glutamic acid		1.525		0		1		1.861		
		0.333		0		1		0.406		
Glycine		0.709		0		1		0.406		
Proline	_	0.709		0		1		0.471		
Serine Hydroxyproline		0.386		U		1		0.4/1		
11yuroxypronne	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:										
	mca	97		0	BFZN	4		117.974		
Carotene, beta		63		0	BFZN	4		77.226		
Carotene, alpha Cryptoxanthin, beta		0		0	BFZN	4		0.000		
		0		0	BFZN	4		0.000		
Lycopene		1355		0	BFZN	4		1653.100		
Lutein + zeaxanthin	ticy	1333		U	DF 4N	4		1033.100		

## **Common Measures:**

Measure 1 = 122g: 1 cup

NDB No. 20020

Cornmeal, whole-grain, yellow

Calories Factors: Protein 2.73 Fat 8.37 Carbohydrate 4.03

Food Group: 20 Cereal Grains and Pasta

		<u>Aı</u>	mount in 100 gr	100 grams of edible portion			Amount in edible portion of common		
			Nur	nber			m	easures of food	1
					v Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Poi			Code	Measure 1	Measure 2	Measure
Proximates:									
Water		8.32	0.705	5	1		10.65		
Energy	kcal	381		0 N	C 4		488		
Energy	kj	1594			4		2040		
Protein (N x 6.25)	g	0.26	0.026	5	1		0.33		
Total lipid (fat)	g	0.05	0.025	3	1		0.06		
Ash	g	0.09	0.003	4	1		0.12		
Carbohydrate, by difference	g	91.27		0 N	C 4		116.83		
Fiber, total dietary	g	0.9		0	4		1.2		
Sugars, total	g	0.00		1	1		0.00		
Starch	g								
Minerals:									
Calcium, Ca	mg	2	0.534	7	1		3		
Iron, Fe	-	0.47	0.125	6	1		0.60		
Magnesium, Mg		3	0.124	7	1		4		
Phosphorus, P		13	0.598	3	1		17		
Potassium, K	_	3	0.398	7	1		4		
Sodium, Na		9	2.545	4	1		12		
Zinc, Zn		0.06	0.018	6	1		0.08		
Copper, Cu		0.050	ı	2	1		0.064		
Manganese, Mn		0.053	0.023	3	1		0.068		
Selenium, Se		2.8	0.336	8 A	. 1		3.6		
Vitamins:									
Vitamin C, total ascorbic acid	ma	0.0		0	4		0.0		
Thiamin		0.000	ı	1	4		0.000		
Riboflavin		0.000		1	4		0.000		
Niacin		0.000		1	4		0.000		
Pantothenic acid	_	0.000		1	4		0.000		
Vitamin B-6		0.000		1	4		0.000		
Folate, total	-	0		1	4		0		
Folic acid		0		0 z	7		0		
Folate, food		0		1	4		0		
Folate, DFE		0		0 No	2 4		0		
Vitamin B-12		0.00		0 z	7		0.00		
Vitamin A, IU		0		0	4		0		
Vitamin A, RAE		0		0 A	3 1		0		
Retinol		0		0 z	7		0		
Vitamin E (alpha-tocopherol)		0.00		1 A	1		0.00		
Tocopherol, beta		0.00		1 A	1		0.00		
Tocopherol, gamma		0.00		1 A	1		0.00		
Tocopherol, delta		0.00		1 A			0.00		
Vitamin D	IU								
Vitamin K (phylloquinone)		0.0		0 z	7		0.0		
Lipids:									
Fatty acids, total saturated	g	0.009	ı	0	1		0.012		
4:0		0.000		0	1		0.000		
6:0	-	0.000		0	1		0.000		
8:0	-	0.000		0	1		0.000		
10:0		0.000		0	1		0.000		
12:0		0.000		0	1		0.000		
13:0									
14:0	-	0.000	ı	0	1		0.000		
15:0									
16:0	-	0.009	ı	1	1		0.012		
17:0	-								
18:0	-	0.001		1	1		0.001		
20:0	-								
22:0									
24:0									

	<u>Aı</u>	mount in 100 gr		ible porti	<u>on</u>		edible portion	
		Nun	ıber			<u>m</u>	easures of food	<u>.</u>
		of D	ata Deriv	/ Source	Confidence			
<b>Nutrients and Units</b>	Mean	Std. Error Poi	nts Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.016	i	0	1		0.020		
14:1g								
15:1	0.000		0	1		0.000		
16:1 undifferentiatedg	0.000		U	1		0.000		
17:1g	0.016		1	1		0.000		
18:1 undifferentiated						0.020		
20:1g	0.000		0	1		0.000		
22:1 undifferentiatedg	0.000		0	1		0.000		
24:1 cg			_	_				
Fatty acids, total polyunsaturated	0.025		0	1		0.032		
18:2 undifferentiatedg	0.025		1	1		0.032		
18:3 undifferentiatedg	0.000		1	1		0.000		
18:4g	0.000	1	0	1		0.000		
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	1	0	1		0.000		
20:5 n-3g	0.000	)	0	1		0.000		
22:5 n-3g	0.000	1	0	1		0.000		
22:6 n-3g	0.000	)	0	1		0.000		
Fatty acids, total trans								
Cholesterol mg	0		0 z	7		0		
Phytosterolsmg								
T if to storois								
Amino Acids:								
Tryptophang	0.001		76	1		0.001		
Threonineg	0.009	)	11	1		0.012		
Isoleucineg	0.010	)	11	1		0.013		
Leucineg	0.036	i	11	1		0.046		
Lysineg	0.006	i	68	1		0.008		
Methionineg	0.006	;	10	1		0.008		
Cystineg	0.006		10	1		0.008		
Phenylalanineg	0.013		11	1		0.017		
Tyrosineg	0.010		 11	1		0.013		
Valineg	0.014		10	1		0.018		
Arginine	0.012		11	1		0.015		
9			11	1				
Histidine	0.008			1		0.010		
Alanineg	0.019		10			0.024		
Aspartic acidg	0.020		11	1		0.026		
Glutamic acidg	0.053		11	1		0.068		
Glycine9	0.009		11	1		0.012		
Prolineg	0.024		11	1		0.031		
Serineg	0.012		11	1		0.015		
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0		0	7		0.0		
Caffeine mg	0		0 z	7		0		
	0		0 Z	7		0		
Theobromine mg	U		. z	′		U		
Carotenoids:								
Carotene, betamcg	0		0 z	7		0.000		
Carotene, alphamcg	0		0 <b>z</b>	7		0.000		
Cryptoxanthin, betamcg	0		0 z	7		0.000		
Lycopene mcg	0		0 z	7		0.000		
Lutein + zeaxanthin mcg	0		0 z	7		0.000		

## **Common Measures:**

Measure 1 = 128g: 1 cup

NDB No. 20027 Cornstarch

Calories Factors: Protein 3.46 Fat 8.37 Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

		<u>Aı</u>	mount in 100 g	grams	of edib	le portio	<u>n</u>		edible portion	
			Nu	ımber	•			<u>m</u> e	easures of food	
			Ψ.				Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	72.57	0.155	7		1		113.93	383.17	62.41
Energy	kcal	112		0	NC	4		176	591	96
Energy	kj	469				4		736	2474	403
Protein (N x 5.7)		3.79	0.149	3		1		5.95	20.01	3.26
Total lipid (fat)	g	0.16	0.061	7		1		0.25	0.84	0.14
Ash		0.26	0.008	4		1		0.41	1.37	0.22
Carbohydrate, by difference		23.22		0	NC	4		36.46	122.60	19.97
Fiber, total dietary	g	1.4		0		4		2.2	7.4	1.2
Sugars, total	g	0.10		0	BFSN	4		0.15	0.52	0.08
Starch	g									
Minerals:										
Vimerais: Calcium, Ca	ma	8	0.248	4		1		13	42	7
Iron, Fe		0.38	0.248	4		1		0.60	2.01	0.3
Magnesium, Mg		8	1.181	4		1		13	42	7
Phosphorus, P		22	13.273	4		1		35	116	19
Potassium, K		58	4.557	3		1		91	306	50
Sodium, Na		5	0.495	4		1		8	26	4
Zinc, Zn	_	0.26	0.493	4		1		0.41	1.37	0.2
Copper, Cu	_	0.24		3		1		0.064	0.216	0.0
Manganese, Mn		0.041		1		1		0.132	0.444	0.0
Selenium, Se		27.5		0	BFSN	4		43.2	145.2	23.7
Selemum, Se	nog	27.5		Ū	DI SI	-		43.2	143.2	23.7
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.063	0.006	5		1		0.099	0.333	0.0
Riboflavin	mg	0.027	0.011	5		1		0.042	0.143	0.0
Niacin	mg	0.983	0.155	3		1		1.543	5.190	0.8
Pantothenic acid	mg	0.371	0.148	4		1		0.582	1.959	0.3
Vitamin B-6	mg	0.051	0.001	3		1		0.080	0.269	0.0
Folate, total	mcg	15	8.665	3		1		24	79	13
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food		15	8.665	3		1		24	79	13
Folate, DFE	mcg_DFE	15		0	NC	4		24	79	13
Vitamin B-12		0.00		0	Z	7		0.00	0.00	0.0
Vitamin A, IU	IU	0		0		4		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.13		0	BFSN	4		0.20	0.67	0.1
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.1		0	BFSN	4		0.1	0.5	0.1
• • •										
<u>Lipids:</u>	~	0.000		•				0.046	0 150	
Fatty acids, total saturated	_	0.029		0		1 1		0.046	0.153	0.0
4:0		0.000				1		0.000	0.000	0.0
6:0	_	0.000		0				0.000	0.000	0.0
8:0	_	0.000		0		1		0.000	0.000	0.0
10:0		0.000		0		1		0.000	0.000	0.0
12:0		0.000		0		1		0.000	0.000	0.0
13:0	_	0.000		~~						
14:0	_	0.000	1	29		1		0.000	0.000	0.0
15:0	_							_		_
16:0		0.027		29		1		0.042	0.143	0.0
17:0	_							_		
18:0	_	0.001		29		1		0.002	0.005	0.0
20:0 22:0	_									

		<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 monounsatural		0.022	!	0		1		0.035	0.116	0.019
15:1 16:1 undifferentiated	g	0.001	-	29		1		0.002	0.005	0.001
17:1	9	0.022		29 0		1 1		0.035	0.116	0.019
20:1 22:1 undifferentiated 24:1 c	g	0.000		0		1		0.000 0.000	0.000 0.000	0.000 0.000
Fatty acids, total polyunsaturate 18:2 undifferentiated	edg	0.064		0 29		1 1		0.100 0.094	0.338 0.317	0.055 0.052
18:3 undifferentiated	g	0.003	3	29 0		1		0.005	0.016 0.000	0.003
20:2 n-6 c,c	g	0.000		·		_		0.000	0.000	0.000
20:4 undifferentiated 20:5 n-3	g	0.000		0 0		1 1		0.000 0.000	0.000	0.000 0.000
22:5 n-3 22:6 n-3		0.000		0 0		1 1		0.000 0.000	0.000 0.000	0.000 0.000
Fatty acids, total trans	mg	0		0	z	7		0	0	0
Phytosterols  Amino Acids:	mg									
Tryptophan	g	0.049	)	0		1		0.077	0.259	0.042
Threonine	g	0.100	)	0		1		0.157	0.528	0.086
Isoleucine	g	0.147	1	0		1		0.231	0.776	0.126
Leucine	g	0.259		0		1		0.407	1.368	0.223
Lysine	g	0.073		0		1		0.115	0.385	0.063
Methionine	g	0.059	)	0		1		0.093	0.312	0.051
Cystine	g	0.107	'	0		1		0.168	0.565	0.092
Phenylalanine	g	0.184	ļ	0		1		0.289	0.972	0.158
Tyrosine	g	0.100	)	0		1		0.157	0.528	0.086
Valine	g	0.162	2	0		1		0.254	0.855	0.139
Arginine	g	0.140		0		1		0.220	0.739	0.120
Histidine	g	0.077	•	0		1		0.121	0.407	0.066
Alanine	g	0.111		0		1		0.174	0.586	0.095
Aspartic acid	g	0.155	5	0		1		0.243	0.818	0.133
Glutamic acid	g	1.367	'	0		1		2.146	7.218	1.176
Glycine	g	0.120	)	0		1		0.188	0.634	0.103
Proline	g	0.417	,	0		1		0.655	2.202	0.359
Serine	g	0.179	)	0		1		0.281	0.945	0.154
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		0		0	BFSN	4		0.398	1.337	0.218
Carotene, alpha	-	0		0	BFSN	4		0.104	0.351	0.057
Cryptoxanthin, beta		0		0	BFSN	4		0.169	0.568	0.093
Lycopene		0		0	BFSN	4		0.000	0.000	0.000
Lutein + zeaxanthin	mcg	25		0	BFSN	4		39.183	131.775	21.463

## **Common Measures:**

Measure 1 = 157g: 1 cup, cooked Measure 2 = 528g: 1 cup, dry, yields Measure 3 = 86g: 1 oz, dry, yields NDB No. 20029 Couscous, cooked

Calories Factors: Protein 4.05 Fat 8.37 Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

		<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>	
					Deriv		Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water		8.56	0.377	6		1		14.81			
Energy	kcal	376		0	NC	4		650			
Energy	kj	1573				4		2722			
Protein (N x 5.7)		12.76	0.820	6		1		22.07			
Total lipid (fat)	g	0.64	0.244	6		1		1.11			
Ash		0.62	0.110	6		1		1.07			
Carbohydrate, by difference		77.43		0	NC	4		133.95			
Fiber, total dietary		5.0		0		1		8.7			
Sugars, total											
Starch	g										
Minerals:											
Calcium, Ca	mg	24	2.132	6		1		42			
Iron, Fe		1.08	0.180	6		1		1.87			
Magnesium, Mg	_	44	2.856	6		1		76			
Phosphorus, P		170	11.311	5		1		294			
Potassium, K	mg	166	17.521	6		1		287			
Sodium, Na	mg	10	2.073	5		1		17			
Zinc, Zn		0.83	0.243	5		1		1.44			
Copper, Cu		0.247		6		1		0.427			
Manganese, Mn		0.780	1	2		1		1.349			
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0			
Thiamin	_	0.163	0.018	5		1		0.282			
Riboflavin	-	0.078	0.013	5		1		0.135			
Niacin		3.490	0.083	4		1		6.038			
Pantothenic acid	mg	1.243	0.275	5		1		2.150			
Vitamin B-6	mg	0.110	0.024	4		1		0.190			
Folate, total	mcg	20	2.876	4		1		35			
Folic acid		0		0	Z	7		0			
Folate, food	mcg	20	2.876	4		1		35			
Folate, DFE		20		0	NC	4		35			
Vitamin B-12	mcg	0.00		0	Z	7		0.00			
Vitamin A, IU		0		0		4		0			
Vitamin A, RAE		0		0		4		0			
Retinol		0		0	Z	7		0			
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D Vitamin K (phylloquinone)											
ramm x (phynoquillone)	g										
<u>Lipids:</u>											
Fatty acids, total saturated		0.117	•	0		1		0.202			
4:0	_										
6:0											
8:0	-										
10:0											
12:0											
13:0		0.001		0		1		0.000			
14:0	_	0.001	•	U		1		0.002			
15:0		0.109	1	0		1		0.189			
16:0		0.109	•	U		1		0.189			
17:0		0.006	<b>:</b>	0		1		0.010			
18:0 20:0		0.006	•	U		1		0.010			
22:0	-										
44.U	9										

		<u>Ar</u>	nount in 10	00 grams	of edil	ole portio	<u>n</u>		edible portion o	of common
				Number of Data		0	Confidence	<u>m</u>	easures of food	
Nutrients and Un	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.	g	0.089		0		1		0.154		
14:1										
15:1	_									
16:1 undifferentiated	-	0.002		0		1		0.003		
17:1										
18:1 undifferentiated		0.086		0		1		0.149		
20:1	_									
22:1 undifferentiated										
24:1 c	-	0.252		0		1		0.436		
Fatty acids, total polyunsaturated  18:2 undifferentiated		0.232		0		1		0.436		
18:3 undifferentiated	_	0.240		0		1		0.415		
18:4		0.012		U		_		0.021		
20:2 n-6 c,c	-									
20:3 undifferentiated										
20:4 undifferentiated										
20:5 n-3										
22:5 n-3										
22:6 n-3	_									
Fatty acids, total trans										
Cholesterol	-	0		0	Z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.163		2		1		0.282		
Threonine		0.337		6		1		0.583		
Isoleucine		0.493		6		1		0.853		
Leucine	_	0.872		6		1		1.509		
Lysine	-	0.245		6		1		0.424		
Methionine		0.199		6		1		0.344		
Cystine	_	0.360		6		1		0.623		
Phenylalanine		0.620		6		1		1.073		
Tyrosine		0.335		6		1		0.580		
Valine	_	0.544		6		1		0.941		
Arginine	-	0.470		6		1		0.813		
Histidine		0.259		6		1		0.448		
Alanine	g	0.374		6		1		0.647		
Aspartic acid	g	0.521		6		1		0.901		
Glutamic acid	g	4.600		6		1		7.958		
Glycine	g	0.403		6		1		0.697		
Proline	g	1.404		6		1		2.429		
Serine	g	0.601		6		1		1.040		
Hydroxyproline	g									

## **Common Measures:**

Measure 1 = 173g: 1 cup

Calories Factors: Protein 4.05 Fat 8.37 Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

		<u>Aı</u>	mount in 100 g	rams	of edib	le portio	<u>n</u>		edible portion	
			Nu	mber	•			<u>m</u> e	easures of food	<u>l</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	82.53	1.910	9		1		136.17		
Energy	kcal	72		0	NC	4		119		
Energy	kj	301				4		497		
Protein (N x 6.25)	g	1.48	0.237	7		1		2.44		
Total lipid (fat)	g	0.88	0.176	7		1		1.45		
Ash	g	0.86	0.085	7		1		1.42		
Carbohydrate, by difference	g	14.26		0	NC	4		23.53		
Fiber, total dietary	g	2.5		0		1		4.1		
Sugars, total	g	1.82		0	BFSN	4		3.00		
Starch	g									
<i>r</i> : 1										
Minerals:	ma	10	0 154	0		4		17		
Calcium, Ca	-	10 0.62	2.154 0.099	9 9		1 1		17 1.02		
Iron, Fe	-	0.62 16	0.099	9 7		1		1.02 26		
Magnesium, Mg Phosphorus, P		35	3.020	7		1		26 58		
•	_	35 9	2.049	7		1		15		
Potassium, K	_	210	19.570	7		1		15 347		
Zinc, Zn	-	1.05	0.103	6		1		1.73		
Copper, Cu		0.030		5		1		0.050		
Manganese, Mn		0.030		2		1		0.116		
Selenium, Se		3.0		0	BFSN	4		5.0		
Scientifi, Sci				-		_				
<u>/itamins:</u>										
Vitamin C, total ascorbic acid	-	0.0		0		4		0.0		
Thiamin	_	0.003		8		1		0.005		
Riboflavin	_	0.006		8		1		0.010		
Niacin		0.033		6		1		0.054		
Pantothenic acid	_	0.154		4		1		0.254		
Vitamin B-6	_	0.005		4		1		0.008		
Folate, total		1	0.122	4		1		2		
Folic acid		0		0	Z	7		0		
Folate, food		1	0.122	4		1		2		
Folate, DFE		1		0	NC	4		2		
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin A, IU		1		0	NC	4		2		
Vitamin A, RAE		0		0	NC	4		0		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)		0.05		0	BFSN	4		0.09		
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.2		0	BFSN	4		0.4		
viamin K (phynodumone)	9	٠.ــ		·	22 021	-		V		
<u> ipids:</u>										
Fatty acids, total saturated	g	0.123		0		1		0.203		
4:0		0.000		0		4		0.000		
6:0		0.000		0		4		0.000		
8:0	_	0.000		0		4		0.000		
10:0	_	0.000		0		4		0.000		
12:0		0.000	1	0		4		0.000		
13:0				_		_				
14:0		0.000	1	0		4		0.000		
15:0								_		
16:0		0.105	i	197		1		0.173		
17:0	_							_		
18:0	_	0.014		197		1		0.023		
20:0	_									
22:0										

		<u>Ar</u>	nount in 10	00 grams	of edik	ole portio	<u>n</u>	Amount in	edible portion	of common
				Number					easures of food	
Nutrients and	d Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatur	roted (1	0.231		0		1		0.381		
14:1				-		_		0.001		
15:1	g									
16:1 undifferentiated	g	0.001		197		1		0.002		
17:1	g									
18:1 undifferentiated	g	0.230		197		1		0.380		
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 polyunsatura	ntedg	0.399		0		1		0.658		
18:2 undifferentiated	g	0.387		197		1		0.639		
18:3 undifferentiated	g	0.012		197		1		0.020		
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		4		0.000		
20:5 n-3	g	0.000		0		4		0.000		
22:5 n-3	g	0.000		0		4		0.000		
22:6 n-3	g	0.000		0		4		0.000		
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mg									
A A										
Amino Acids:	_			•						
Tryptophan		0.008		0		1		0.013		
Threonine	-	0.050		0		1		0.083		
Isoleucine	-	0.058		0		1 1		0.096		
Leucine		0.202		0		_		0.333		
Lysine		0.033		0		1 1		0.054		
Methionine		0.031		0				0.051		
Cystine		0.033		0		1		0.054		
Phenylalanine		0.076		0		1		0.125		
Tyrosine		0.056		0		1		0.092		
Valine	-	0.077		0		1		0.127		
Arginine		0.068		0		1		0.112		
Histidine	-	0.045		0		1		0.074		
Alanine		0.107		0		1		0.177		
Aspartic acid		0.115		0		1		0.190		
Glutamic acid		0.299		0		1		0.493		
Glycine		0.052		0		1		0.086		
Proline		0.138		0		1		0.228		
Serine		0.065		0		1		0.107		
Hydroxyproline	g									
Others:										
Alcohol, ethyl	a	0.0		0		7		0.0		
Caffeine		0		0	Z	7		0		
Theobromine		0		0	Z	7		0		
	B	·		v	_	•		•		
Carotenoids:										
Carotene, beta		0		0	BFSN	4		0.666		
Carotene, alpha		0		0	BFSN	4		0.051		
Cryptoxanthin, beta		0		0	BFSN	4		0.716		
Lycopene	mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin	mcg	30		0	BFSN	4		49.849		

## **Common Measures:**

Measure 1 = 165g: 1 cup

NDB No. 20030 Hominy, canned, white

Calories Factors: Protein 3.46 Fat 8.37 Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

		<u>Aı</u>	mount in 100 g	grams	of edik	ole portio	<u>n</u>		edible portion	
			Nι	ımber				<u>m</u>	easures of food	<u>l</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	82.53	1.910	9		1		132.05		
Energy	kcal	72		0	NC	4		115		
Energy		301				4		482		
Protein (N x 6.25)		1.48	0.237	7		1		2.37		
Total lipid (fat)		0.88	0.176	7		1		1.41		
Ash		0.86	0.085	7		1		1.38		
Carbohydrate, by difference		14.26		0	NC	4		22.82		
Fiber, total dietary		2.5		0		4		4.0		
Sugars, total.										
Starch										
Minerals:										
Calcium, Ca		10	2.154	9		1		16		
Iron, Fe		0.62	0.099	9		1		0.99		
Magnesium, Mg		16	0.883	7		1		26		
Phosphorus, P	-	35	3.020	7		1		56		
Potassium, K		9	2.049	7		1		14		
Sodium, Na		210	19.570	7		1		336		
Zinc, Zn		1.05	0.103	6		1		1.68		
Copper, Cu		0.030		5		1		0.048		
Manganese, Mn		0.070	1	2 0		1 4		0.112 4.8		
Selenium, Se	Tricg	3.0		U	BFSN	4		4.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.003	0.002	8		1		0.005		
Riboflavin	mg	0.006	0.003	8		1		0.010		
Niacin	mg	0.033	0.013	6		1		0.053		
Pantothenic acid	mg	0.154	0.052	4		1		0.246		
Vitamin B-6	mg	0.005	0.003	4		1		0.008		
Folate, total	mcg	1	0.122	4		1		2		
Folic acid	mcg	0		0	Z	7		0		
Folate, food		1	0.122	4		1		2		
Folate, DFE	mcg_DFE	1		0	NC	4		2		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU	IU	110		1		1		176		
Vitamin A, RAE	mcg_RAE	6		1		1		9		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	а	0.123	1	0		1		0.197		
4:0										
6:0	-									
8:0										
10:0										
12:0										
13:0										
14:0										
15:0										
16:0		0.105	i	197		1		0.168		
17:0	g									
18:0		0.014		197		1		0.022		
20:0										
22:0	_									
24:0	_									

		<u>Aı</u>	nount in 10			ole portio	<u>on</u>		edible portion o	of common
				Number				<u>m</u>	easures of food	
Nutrients and Un	iits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.	g	0.231		0		1		0.370		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.001		197		1		0.002		
17:1	g									
18:1 undifferentiated	g	0.230		197		1		0.368		
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.399		0		1		0.638		
18:2 undifferentiated	g	0.387		197		1		0.619		
18:3 undifferentiated	g	0.012		197		1		0.019		
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	0	0.008		0		1		0.013		
Threonine		0.050		0		1		0.013		
		0.058		0		1		0.093		
Isoleucine	-	0.202		0		1		0.093		
Leucine	-	0.202		0		1		0.323		
Lysine		0.033		0		1		0.053		
Methionine	_			-		1				
Cystine		0.033 0.076		0		1		0.053		
Phenylalanine				0		1		0.122		
Tyrosine	-	0.056		-		_		0.090		
Valine	-	0.077		0		1 1		0.123		
Arginine		0.068		0		_		0.109		
Histidine		0.045		0		1		0.072		
Alanine	-	0.107		0		1		0.171		
Aspartic acid	-	0.115		0		1		0.184		
Glutamic acid		0.299		0		1		0.478		
Glycine	-	0.052		0		1		0.083		
Proline		0.138		0		1		0.221		
Serine	-	0.065		0		1		0.104		
Hydroxyproline	g									

## **Common Measures:**

Measure 1 = 160g: 1 cup

Calories Factors: Protein 3.46 Fat 8.37 Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

		<u>Ar</u>	mount in 100 g	grams	of edib	ole portion	<u>1</u>		edible portion	
			Nu	ımber				<u>m</u>	easures of food	
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	q	65.99	0.750	38		1		92.39	88.43	75.89
Energy	_	141		0	NC	4		197	189	162
Energy		590				4		826	791	678
Protein (N x 5.7)		4.77	0.114	29		1		6.68	6.39	5.49
Total lipid (fat)		0.67	0.024	29		1		0.94	0.90	0.77
Ash		0.24	0.044	27		1		0.34	0.32	0.28
Carbohydrate, by difference		28.34		0	NC	4		39.68	37.98	32.59
Fiber, total dietary		1.3		0	2.0	1		1.8	1.7	1.5
Sugars, total		0.65	0.048	11	JO	11		0.91	0.87	0.74
Starch		0.05	0.040		00			0.31	0.67	0.74
Starcii	9									
<u>Minerals:</u>										
Calcium, Ca	mg	7	0.417	45		1		10	9	8
Iron, Fe	mg	1.40	0.065	46		1		1.96	1.88	1.6
Magnesium, Mg		18	1.289	46		1		25	24	21
Phosphorus, P	mg	54	2.800	45		1		76	72	62
Potassium, K	mg	31	1.571	46		1		43	42	36
Sodium, Na	mg	1	0.122	33		1		1	1	1
Zinc, Zn	mg	0.53	0.036	46		1		0.74	0.71	0.6
Copper, Cu	mg	0.098	0.004	37		1		0.137	0.131	0.1
Manganese, Mn	mg	0.285	0.015	46		1		0.399	0.382	0.3
Selenium, Se	mcg	21.3	0.810	67	A	1		29.8	28.5	24.5
Vitamins:										
	ma	0.0		0		4		0.0	0.0	0.0
Vitamin C, total ascorbic acid Thiamin	-	0.0	0.010	29		1		0.286	0.0	0.0
Riboflavin		0.204		29		1		0.286	0.273	0.2
Niacin		1.672		29		1		2.341	2.240	1.9
Pantothenic acid	_	0.112		32		1		0.157	0.150	0.1
Vitamin B-6	-	0.112		29		1		0.137	0.130	0.1
Folate, total		77	3.028	12	A	1		108	104	89
Folic acid		66	2.758	12	A	1		92	88	76
Folate, food		12	0.770	12	AS	1		16	16	13
Folate, DFE		123	0.770	0	NC	4		173	165	142
Vitamin B-12		0.00		0	Z	7		0.00	0.00	0.0
Vitamin A, IU		0.00		0	NC	4		0.00	0.00	0.0
		0		0	NC	4		0	0	0
Vitamin A, RAE		0		0	NC Z	7		0	0	0
Retinol Vitamin E (alpha-tocopherol)		0.06	0.006	4	A	1		0.08	0.08	0.0
Tocopherol, beta	-	0.08	0.003	4	A	1		0.05	0.08	0.0
• .		0.03	0.003	4	A	1		0.67	0.64	0.0
Tocopherol, gamma		0.48	0.000	4	A	1			0.00	
Tocopherol, delta		0.00	0.000	4	A	_		0.00	0.00	0.0
Vitamin D Vitamin K (phylloquinone)		0.1	0.113	3	A	1		0.2	0.2	0.2
<u>ipids:</u>	_			•		_				
Fatty acids, total saturated	-	0.095		0		1		0.133	0.127	0.1
4:0		0.000		0		1		0.000	0.000	0.0
6:0		0.000		0		1		0.000	0.000	0.0
8:0	-	0.000		0		1		0.000	0.000	0.0
10:0		0.000		0		1 1		0.000	0.000	0.0
12:0		0.000		U		1		0.000	0.000	0.0
13:0	-	0 001		•		4		0 001	0 001	0 0
14:0	-	0.001		0		1		0.001	0.001	0.0
15:0	-	0 000		^		4		0 110	0 111	
16:0	-	0.083		0		1		0.116	0.111	0.0
17:0	-	0 011		•		4		0.015	0.015	0 0
18:0		0.011		0		1		0.015	0.015	0.0
20:0										
22:0	g									

		<u>Ar</u>	nount in 10	00 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		Code	Confidence Code	Measure 1	Measure 2	Measure 3
Eatty saids total manayassty	rotod (I	0.079		0		1		0.111	0.106	0.091
Fatty acids, total monounsatur		0.073		Ü		-		0.111	0.100	0.031
15:1	• • • • • • • • • • • • • • • • • • • •									
16:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.000		0		1		0.000	0.000	0.000
17:1	_									
18:1 undifferentiated	_	0.079		0		1 1		0.111	0.106	0.091
20:1		0.000		0 0		1		0.000	0.000	0.000
22:1 undifferentiated	•	0.000		U		1		0.000	0.000	0.000
24:1 c		0.273		0		1		0.382	0.366	0.314
Fatty acids, total polyunsatura 18:2 undifferentiated		0.249		0		1		0.349	0.334	0.314
18:3 undifferentiated		0.249		0		1		0.034	0.032	0.280
18:4		0.024		0		1		0.000	0.000	0.020
20:2 n-6 c.c	_	0.000		U		_		0.000	0.000	0.000
20:3 undifferentiated	_									
20:4 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.000		0		1		0.000	0.000	0.000
20:5 n-3	_	0.000		0		1		0.000	0.000	0.000
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	
Cholesterol		0		0	Z	7		0	0	0
Phytosterols										
<u>Amino Acids:</u>										
Tryptophan		0.061		0		1		0.085	0.082	0.070
Threonine	_	0.126		0		1		0.176	0.169	0.145
Isoleucine	_	0.184		0		1		0.258	0.247	0.212
Leucine		0.326		0		1		0.456	0.437	0.375
Lysine		0.091		0		1		0.127	0.122	0.105
Methionine		0.074		0		1		0.104	0.099	0.085
Cystine		0.134		0		1		0.188	0.180	0.154
Phenylalanine		0.231		0		1		0.323	0.310	0.266
Tyrosine		0.125		0		1		0.175	0.168	0.144
Valine	_	0.203		0		1		0.284	0.272	0.233
Arginine		0.176		0		1		0.246	0.236	0.202
Histidine	=	0.097		0		1		0.136	0.130	0.112
Alanine		0.140		0		1		0.196	0.188	0.161
Aspartic acid	_	0.195		0		1		0.273	0.261	0.224
Glutamic acid		1.718		0		1		2.405	2.302	1.976
Glycine	g	0.151		0		1		0.211	0.202	0.174
Proline	g	0.524		0		1		0.734	0.702	0.603
Serine		0.225		0		1		0.315	0.302	0.259
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:										
	w	•		•	D=			0.001		2 22-
Carotene, beta	-	0		0	BFSN	4		0.081	0.078	0.067
Carotene, alpha		0		0 0	BFSN BFSN	4 4		0.038	0.036	0.031
Cryptoxanthin, beta		0						0.054	0.052	0.044
Lycopene		0 7		0	BFSN	4		0.000	0.000	0.000
Lutein + zeaxanthin	iicā	,		0	BFSN	4		9.801	9.381	8.051

## **Common Measures:**

Measure 1 = 140g: 1 cup elbow shaped Measure 2 = 134g: 1 cup spiral shaped Measure 3 = 115g: 1 cup small shells NDB No. 20100

Macaroni, cooked, enriched

Calories Factors: Protein 3.91 Fat 8.37 Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

		<u>Aı</u>	mount in 100 g	rams	of edib	le portio	<u>n</u>		edible portion	
			Nu	mber	r			<u>m</u>	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	65.99	0.750	38		1		92.39		
Energy	kcal	141		0	NC	4		197		
Energy	kj	590				4		826		
Protein (N x 5.7)	g	4.77	0.114	29		1		6.68		
Total lipid (fat)	g	0.67	0.024	29		1		0.94		
Ash	g	0.24	0.044	27		1		0.34		
Carbohydrate, by difference	g	28.34		0	NC	4		39.68		
Fiber, total dietary	g	1.3		0		4		1.8		
Sugars, total	g	0.65		0	BFZN	4		0.91		
Starch	g									
Minerals:										
viinerais: Calcium, Ca	ma	7	0.417	45		1		10		
Iron, Fe	-	0.50	0.41/	1		1		0.70		
Magnesium, Mg	-	18	1.289	46		1		25		
Phosphorus, P		54	2.800	45		1		76		
Potassium, K	-	31	1.571	46		1		43		
Sodium, Na		1	0.122	33		1		1		
Zinc, Zn	-	0.53	0.036	46		1		0.74		
Copper, Cu	mg	0.098	0.004	37		1		0.137		
Manganese, Mn	mg	0.285	0.015	46		1		0.399		
Selenium, Se	mcg	21.3	0.810	67	A	1		29.8		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0		
Thiamin	-	0.020	1	1		1		0.028		
Riboflavin	-	0.020		1		1		0.028		
Niacin		0.400		1		1		0.560		
Pantothenic acid.	-	0.112		32		1		0.157		
Vitamin B-6	-	0.035		29		1		0.049		
Folate, total	-	12		0	NR	4		16		
Folic acid		0		0	Z	7		0		
Folate, food		12		0	BFZN	4		16		
Folate, DFE		12		0	NC	4		16		
Vitamin B-12		0.00		0	z	7		0.00		
Vitamin A, IU		0		0		7		0		
Vitamin A, RAE		0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.06		0	BFZN	4		0.08		
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.1		0	BFZN	4		0.2		
Lipids:										
Fatty acids, total saturated	g	0.095	i	0		1		0.133		
4:0		0.000	)	0		1		0.000		
6:0	g	0.000	)	0		1		0.000		
8:0	g	0.000	)	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	0.001		0		1		0.001		
15:0	g									
16:0	g	0.083	1	0		1		0.116		
17:0	g									
18:0	_	0.011		0		1		0.015		
20:0	q									
22:0	_									

		<u>A</u> 1	nount in 10			ole portic	<u>on</u>	_	edible portion o	f common
				Number	-			<u>m</u>	easures of food	
Nutrients and	Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	atedg	0.079		0		1		0.111		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000		
17:1	-									
18:1 undifferentiated	-	0.079		0		1		0.111		
20:1		0.000		0		1		0.000		
22:1 undifferentiated	g	0.000		0		1		0.000		
24:1 c	g									
Fatty acids, total polyunsaturat	tedg	0.273		0		1		0.382		
18:2 undifferentiated		0.249		0		1		0.349		
18:3 undifferentiated	g	0.024		0		1		0.034		
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	g	0.000		0		1		0.000		
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.061		0		1		0.085		
Threonine		0.126		0		1		0.176		
Isoleucine	-	0.184		0		1		0.258		
Leucine	-	0.326		0		1		0.456		
Lysine	-	0.091		0		1		0.127		
Methionine		0.074		0		1		0.104		
Cystine		0.134		0		1		0.188		
Phenylalanine		0.231		0		1		0.323		
Tyrosine		0.125		0		1		0.323		
Valine	-	0.203		0		1		0.284		
Arginine	-	0.176		0		1		0.246		
Histidine	-	0.176		0		1		0.246		
Alanine		0.140		0		1		0.136		
Aspartic acid		0.140		0		1		0.196		
Glutamic acid		1.718		0		1		2.405		
		0.151		0		1		2.405 0.211		
Glycine		0.151		0		1		0.211		
Serine		0.324		0		1		0.734		
		0.225		U		_		0.313		
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:										
<u> </u>	mea	0		0	BFZN	4		0.081		
Carotene, beta		0		0	BFZN	4		0.081		
Cryptoxanthin, beta	_	0		0	BFZN	4		0.054		
		0		0	BFZN	4		0.000		
Lycopene		7		0	BFZN	4		9.801		
Lutein + zeaxanthin	g			U	DF 4N	4		9.001		

## **Common Measures:**

Measure 1 = 140g: 1 cup elbow shaped

NDB No. 20400

Macaroni, cooked, unenriched

Calories Factors: Protein 3.91 Fat 8.37 Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

		<u>Aı</u>	mount in 100 g	rams	of edik	ole portion	<u>n</u>		edible portion	
			Nu	mber				<u>m</u> e	easures of food	
			•		Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	10.25	0.233	57		1		10.76	8.61	9.53
Energy	kcal	371		0	NC	4		390	312	345
Energy	kj	1552				4		1630	1304	1444
Protein (N x 5.7)	g	12.78	0.161	70		1		13.42	10.74	11.89
Total lipid (fat)	g	1.58	0.064	47		1		1.66	1.33	1.47
Ash	g	0.70	0.014	58		1		0.74	0.59	0.65
Carbohydrate, by difference	g	74.69		0	NC	4		78.42	62.74	69.46
Fiber, total dietary	g	2.4		0		1		2.5	2.0	2.2
Sugars, total	g	1.77		5	A	1		1.86	1.49	1.65
Starch	g									
Min anala.										
<u>Minerals:</u> Calcium, Ca	ma	18	0.544	54		1		19	15	17
Iron, Fe		3.86	0.544	54 67		1		4.05	3.24	3.5
Magnesium, Mg		48	1.981	47		1		50	40	45
Phosphorus, P		150	4.516	41		1		158	126	140
Potassium, K		162	3.566	90		1		170	136	151
Sodium, Na		7	0.520	87		1		7	6	7
Zinc, Zn		1.21	0.057	36		1		1.27	1.02	1.1
Copper, Cu	-	0.254		36		1		0.267	0.213	0.2
Manganese, Mn		0.694		32		1		0.729	0.583	0.6
Selenium, Se		62.2	3.130	23	A	1		65.3	52.2	57.8
· ·										
Vitamins:										
Vitamin C, total ascorbic acid	-	0.0		0		4		0.0	0.0	0.0
Thiamin		1.029		61		1		1.080	0.864	0.9
Riboflavin		0.444		122		1		0.466	0.373	0.43
Niacin	-	7.508		63		1		7.883	6.307	6.9
Pantothenic acid	-	0.431		27		1		0.453	0.362	0.4
Vitamin B-6	-	0.106	0.007	29	_	1 1		0.111	0.089	0.0
Folate, total		278 260		13 0	A NC	4		292 273	233	258
Folic acid		18	1.430	30	NC	1		273 19	218 15	242 17
Folate, DFE		460	1.430	0	NC	4		483	386	427
		0.00		0	NC Z	7		0.00	0.00	0.0
Vitamin B-12 Vitamin A, IU	IIICG	0.00	0.000	7	4	1		0.00	0.00	0.00
Vitamin A, RAE		0	0.000	7		1		0	0	0
		0	0.000	0	z	7		0	0	0
Retinol		0.09		4	A	1		0.09	0.07	0.0
Vitamin E (alpha-tocopherol) Tocopherol, beta	-	0.09		4	A	1		0.09	0.05	0.0
Tocopherol, gamma		0.73		4	A	1		0.76	0.61	0.6
Tocopherol, delta		0.73		4	A	1		0.76	0.00	0.0
Vitamin D		0.01		•	-	-		0.01	0.00	0.0
Vitamin K (phylloquinone)		0.2		1	A	1		0.2	0.1	0.1
viamini it (phynoquinone)									V	V
<u> Lipids:</u>										
Fatty acids, total saturated	_	0.225		0		1		0.236	0.189	0.20
4:0		0.000		0		1		0.000	0.000	0.0
6:0	-	0.000		0		1		0.000	0.000	0.0
8:0	_	0.000		0		1		0.000	0.000	0.0
10:0		0.000		0		1		0.000	0.000	0.0
12:0	<del>-</del>	0.000	1	0		1		0.000	0.000	0.0
13:0	_			_		_				
14:0	_	0.003	1	0		1		0.003	0.003	0.0
15:0	_	_		_		_			_	
16:0	_	0.197		0		1		0.207	0.165	0.1
17:0	_			_		_				<u> </u>
18:0		0.025	•	0		1		0.026	0.021	0.0
20:0										
22:0	g									

		<u>Ar</u>	nount in 10	00 grams	of edib	ole portio	<u>n</u>	Amount in	edible portion of	of common
				Number					easures of food	
Nutrients and I	Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Eatty saids total management was	tod (I	0.186		0		1		0.195	0.156	0.173
Fatty acids, total monounsaturat		0.100		Ü		-		0.193	0.130	0.175
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	0.000
17:1	-									
18:1 undifferentiated	-	0.186		0		1		0.195	0.156	0.173
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		0.647		0		1		0.679	0.543	0.602
18:2 undifferentiated		0.591		0		1		0.621	0.496	0.550
18:3 undifferentiated		0.056		0		1		0.059	0.047	0.052
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	Z	7		0	0	0
Phytosterols	mg									
Amino Acids:										
Tryptophan	q	0.164		0		1		0.172	0.138	0.153
Threonine		0.338		0		1		0.355	0.284	0.314
Isoleucine	-	0.494		0		1		0.519	0.415	0.459
Leucine	-	0.874		0		1		0.918	0.734	0.813
Lysine		0.245		0		1		0.257	0.206	0.228
Methionine		0.199		0		1		0.209	0.167	0.185
Cystine		0.361		0		1		0.379	0.303	0.336
Phenylalanine		0.621		0		1		0.652	0.522	0.578
Tyrosine		0.336		0		1		0.353	0.282	0.312
Valine		0.545		0		1		0.572	0.458	0.507
Arginine	-	0.471		0		1		0.495	0.396	0.438
Histidine		0.259		0		1		0.272	0.218	0.241
Alanine	-	0.375		0		1		0.394	0.315	0.349
Aspartic acid		0.522		0		1		0.548	0.438	0.485
Glutamic acid		4.609		0		1		4.839	3.872	4.286
Glycine		0.404		0		1		0.424	0.339	0.376
Proline		1.406		0		1		1.476	1.181	1.308
Serine		0.602		0		1		0.632	0.506	0.560
Hydroxyproline										
2 21										
Others:										
Alcohol, ethyl	=	0.0		0		7		0.0	0.0	0.0
Caffeine		0		0	Z	7		0	0	0
Theobromine	mg	0		0	Z	7		0	0	0
Carotenoids:										
Carotene, beta	mcg	0		0	BFZN	4		0.158	0.126	0.140
Carotene, alpha		0		0	BFZN	4		0.074	0.059	0.065
Cryptoxanthin, beta	mcg	0		0	BFZN	4		0.105	0.084	0.093
Lycopene	mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin	mca	18		0	BFZN	4		19.037	15.229	16.861

## **Common Measures:**

Measure 1 = 105g: 1 cup elbow shaped Measure 2 = 84g: 1 cup spiral shaped Measure 3 = 93g: 1 cup small shells NDB No. 20099 Macaroni, dry, enriched

Calories Factors: Protein 3.91 Fat 8.37 Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

		<u>Aı</u>	mount in 100 g	<u>ırams</u>	of edik	ole portio	<u>n</u>		edible portion	
			Nu	ımber	•			<u>m</u>	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	10.25	0.233	57		1		10.76	5.84	
Energy	kcal	371		0	NC	4		390	211	
Energy	kj	1552				4		1630	885	
Protein (N x 5.7)	g	12.78	0.161	70		1		13.42	7.28	
Total lipid (fat)	g	1.58	0.064	47		1		1.66	0.90	
Ash	g	0.70	0.014	58		1		0.74	0.40	
Carbohydrate, by difference	g	74.69		0	NC	4		78.42	42.57	
Fiber, total dietary	g	2.4		0		1		2.5	1.4	
Sugars, total	g									
Starch	g									
Ainerals:										
Calcium, Ca	ma	18	0.544	54		1		19	10	
Iron. Fe.	-	1.30		1		1		1.37	0.74	
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	48	1.981	47		1		50	27	
Phosphorus, P		150	4.516	41		1		158	86	
Potassium, K	-	162	3.566	90		1		170	92	
Sodium, Na	-	7	0.520	87		1		7	4	
Zinc, Zn	mg	1.21	0.057	36		1		1.27	0.69	
Copper, Cu	mg	0.254	0.014	36		1		0.267	0.145	
Manganese, Mn	mg	0.694		32		1		0.729	0.396	
Selenium, Se	mcg	62.2	3.130	23	A	1		65.3	35.5	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0	0.0	
Thiamin	_	0.090	ı	1		1		0.095	0.051	
Riboflavin		0.060		1		1		0.063	0.034	
Niacin		1.700	1	1		1		1.785	0.969	
Pantothenic acid		0.431	0.026	27		1		0.453	0.246	
Vitamin B-6	mg	0.106	0.007	29		1		0.111	0.060	
Folate, total	mcg	18	1.430	30		1		19	10	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food		18	1.430	30		1		19	10	
Folate, DFE	mcg_DFE	18		0	NC	4		19	10	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	
Vitamin A, IU		0	0.000	7		1		0	0	
Vitamin A, RAE		0	0.000	7		1		0	0	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
v namni k (pnymoquinone)	u									
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.225	i	0		1		0.236	0.128	
4:0	-									
6:0	-									
8:0	-									
10:0	-									
12:0	-									
13:0	-	0 000		^						
14:0	-	0.003	i	0		1		0.003	0.002	
15:0	-	0.10-		^				•		
16:0		0.197		0		1		0.207	0.112	
17:0	-	0.005		0		1		0.006	0.014	
18:0	-	0.025	1	U		T		0.026	0.014	
20:0	-									
22:0 24:0	-									

	<u>A</u> 1	mount in 100 grams	Amount in edible portion of common measures of food					
			Deriv		Confidence	<u></u>		
Nutrients and Units	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.186	5 0		1		0.195	0.106	
14:19								
15:1g								
16:1 undifferentiated								
17:19								
18:1 undifferentiatedg		0		1		0.195	0.106	
20:1g								
22:1 undifferentiatedg								
24:1 cg								
Fatty acids, total polyunsaturated9				1		0.679	0.369	
18:2 undifferentiatedg				1		0.621	0.337	
18:3 undifferentiatedg		0		1		0.059	0.032	
18:4g								
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg								
20:5 n-3g								
22:5 n-3g								
22:6 n-3g								
Fatty acids, total trans9				_				
Cholesterolm		0	Z	7		0	0	
Phytosterolsn	ng							
Amino Acids:								
Tryptophan	0.164	. 0		1		0.172	0.093	
Threonine		0		1		0.355	0.193	
Isoleucine	0.494	. 0		1		0.519	0.282	
Leucine9		. 0		1		0.918	0.498	
Lysineg		0		1		0.257	0.140	
Methionine		0		1		0.209	0.113	
Cystine9		. 0		1		0.379	0.206	
Phenylalanine		. 0		1		0.652	0.354	
Tyrosine		0		1		0.353	0.192	
Valine		. 0		1		0.572	0.311	
Arginine		. 0		1		0.495	0.268	
Histidine		0		1		0.272	0.148	
Alanine		. 0		1		0.394	0.214	
Aspartic acid				1		0.548	0.298	
Glutamic acid				1		4.839	2.627	
Glycine				1		0.424	0.230	
Proline		· · · · · · · · · · · · · · · · · · ·		1		1.476	0.801	
Serine				1		0.632	0.343	
Hydroxyproline		•		_			0.010	
Others:	•	_	_	_		0 0	2 2	
Alcohol, ethyl	0.0	0	Z	7		0.0	0.0	
Caffeine mg								
Theobromine mg								

## **Common Measures:**

Measure 1 = 105g: 1 cup elbow shaped

Measure 2 = 57g: 2 oz

Calories Factors: Protein 3.91 Fat 8.37 Carbohydrate 4.12

**Food Group:** 20 Cereal Grains and Pasta USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>Aı</u>	mount in 100 gr	Amount in edible portion of common						
			Nur	nber				<u>me</u>	easures of food	<u>l</u>
			of I	Data	Deriv	Source	Confidence			
Nutrients and Units		Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	59.73	3.346	4		1		68.69		
Energy	kcal	164		0	NC	4		189		
Energy	kj	686				4		789		
Protein (N x 5.7)	g	8.08	0.756	4		1		9.29		
Total lipid (fat)	g	0.21	0.096	7		1		0.24		
Ash	g	0.31	0.030	4		1		0.36		
Carbohydrate, by difference	g	31.66		0	NC	4		36.41		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	10	1.443	4		1		12		
Iron. Fe.	-	0.72	0.255	4		1		0.83		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	30	6.998	3		1		35		
Phosphorus, P		50	24.913	3		1		58		
Potassium, K	-	42	1.695	3		1		48		
Sodium, Na	-	5	0.806	3		1		6		
Zinc, Zn	-	0.50	0.060	3		1		0.58		
Copper, Cu	mg	0.084	0.034	3		1		0.097		
Manganese, Mn	mg	0.417		1		1		0.480		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0		
Thiamin	_	0.298	0.020	5		1		0.343		
Riboflavin	-	0.161		5		1		0.185		
Niacin		1.837		3		1		2.113		
Pantothenic acid		0.286		4		1		0.329		
Vitamin B-6	-	0.064		3		1		0.074		
Folate, total		82		0	BFSY	4		94		
Folic acid		71		0	NC	4		82		
Folate, food		11	4.376	3		1		13		
Folate, DFE		132		0	NC	4		151		
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin A, IU		0		0		4		0		
Vitamin A, RAE		0		0		4		0		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.032		0		1		0.037		
4:0										
6:0										
8:0	g									
10:0	g									
12:0										
13:0	-									
14:0	-	0.000		0		1		0.000		
15:0										
16:0		0.028		0		1		0.032		
17:0										
18:0	g	0.003		0		1		0.003		
20:0	-									
22:0	a									

	<u>Aı</u>	nount in 10		Amount in edible portion of common						
			Number			measures of food				
Nutrients and Units		Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.	g	0.026		0		1		0.030		
14:1										
15:1	-									
16:1 undifferentiated	_	0.000		0		1		0.000		
17:1		0.026		0		1		0.000		
18:1 undifferentiated		0.026		U		_		0.030		
20:1	-									
22:1 undifferentiated 24:1 c										
Fatty acids, total polyunsaturated	-	0.095		0		1		0.109		
18:2 undifferentiated		0.086		0		1		0.099		
18:3 undifferentiated	-	0.009		0		1		0.010		
18:4		0.000		·		-		0.010		
20:2 n-6 c,c	_									
20:3 undifferentiated										
20:4 undifferentiated										
20:5 n-3										
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	α	0.103		0		1		0.118		
Threonine		0.228		0		1		0.262		
Isoleucine		0.319		0		1		0.367		
Leucine	-	0.557		0		1		0.641		
Lysine	_	0.191		0		1		0.220		
Methionine		0.129		0		1		0.148		
Cystine	-	0.220		0		1		0.253		
Phenylalanine		0.391		0		1		0.450		
Tyrosine		0.220		0		1		0.253		
Valine	-	0.354		0		1		0.407		
Arginine	_	0.315		0		1		0.362		
Histidine		0.169		0		1		0.194		
Alanine	g	0.259		0		1		0.298		
Aspartic acid	g	0.367		0		1		0.422		
Glutamic acid	g	2.782		0		1		3.199		
Glycine	g	0.269		0		1		0.309		
Proline	g	0.848		0		1		0.975		
Serine	g	0.383		0		1		0.440		
Hydroxyproline	g									

## **Common Measures:**

Measure 1 = 115g: 1 cup small shells

Calories Factors: Protein 3.91 Fat 8.37 Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

		<u>Aı</u>	mount in 100 g	Amount in edible portion of common						
			Nu	mber				<u>m</u>	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Units		Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	59.73	3.346	4		1		68.69		
Energy	kcal	164		0	NC	4		189		
Energy	kj	686				4		789		
Protein (N x 5.7)	g	8.86		1		1		10.19		
Total lipid (fat)	g	0.21	0.096	7		1		0.24		
Ash	g	0.31	0.030	4		1		0.36		
Carbohydrate, by difference	g	30.88		0	NC	4		35.51		
Fiber, total dietary	g	1.5		0		4		1.7		
Sugars, total	g									
Starch	g									
of: 1										
Minerals:	ma	10	1 440	4		1		12		
Calcium, Ca	_	0.72	1.443 0.255	4 4		1 1		0.83		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	30	6.998	3		1		0.83 35		
Phosphorus, P		50 50	24.913	3		1		35 58		
Potassium, K	_	42	1.695	3		1		48		
Sodium, Na	_	5	0.806	3		1		6		
Zinc, Zn	-	0.50	0.060	3		1		0.58		
Copper, Cu		0.084		3		1		0.097		
Manganese, Mn		0.417		1		1		0.480		
Selenium, Se										
ŕ										
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.0		0		4		0.0		
Thiamin	-	0.298		5		1		0.343		
Riboflavin		0.161		5		1		0.185		
Niacin		1.837		3		1		2.113		
Pantothenic acid	_	0.286		4		1		0.329		
Vitamin B-6		0.064	0.007	3		1		0.074		
Folate, total		82		0	BFSY	4		94		
Folic acid		71		0	NC	4		82		
Folate, food		11	4.376	3		1		13		
Folate, DFE		132		0	NC	4		151		
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin A, IU		0		0		4		0		
Vitamin A, RAE		0		0	_	4		0		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	_									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)										
vitamin K (phynoquinone)	9									
<u> Lipids:</u>										
Fatty acids, total saturated		0.032		0		1		0.037		
4:0										
6:0	_									
8:0										
10:0										
12:0										
13:0	-	0.000		0		1		0.000		
14:0	-	0.000	•	U		1		0.000		
15:0		0 000		0		4		0.020		
16:0		0.028		0		1		0.032		
17:0		0 000		0		4		0.000		
18:0		0.003	1	0		1		0.003		
20:0	_									
22:0	g g									

		<u>Ar</u>	mount in 10			ole portic	<u>on</u>		edible portion of easures of food	
Nutrients and Un	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.		0.026		0		1		0.030		
14:1										
15:1										
16:1 undifferentiated	-	0.000		0		1		0.000		
17:1	-			_						
18:1 undifferentiated	_	0.026		0		1		0.030		
20:1	_									
22:1 undifferentiated	_									
24:1 c	-	2 22-		•		_				
Fatty acids, total polyunsaturated		0.095		0		1		0.109		
18:2 undifferentiated	-	0.086		0		1		0.099		
18:3 undifferentiated	_	0.009		0		1		0.010		
18:4	-									
20:2 n-6 c,c	_									
20:3 undifferentiated	-									
20:4 undifferentiated										
20:5 n-3	-									
22:5 n-3	-									
22:6 n-3	_									
Fatty acids, total trans	_	0		0	z	7		0		
Phytosterols		U		U	4	,		U		
-										
Amino Acids:										
Tryptophan	g	0.103		0		1		0.118		
Threonine	g	0.228		0		1		0.262		
Isoleucine	g	0.319		0		1		0.367		
Leucine	g	0.557		0		1		0.641		
Lysine	g	0.191		0		1		0.220		
Methionine	g	0.129		0		1		0.148		
Cystine	g	0.220		0		1		0.253		
Phenylalanine	g	0.391		0		1		0.450		
Tyrosine	-	0.220		0		1		0.253		
Valine	g	0.354		0		1		0.407		
Arginine	g	0.315		0		1		0.362		
Histidine	g	0.169		0		1		0.194		
Alanine	g	0.259		0		1		0.298		
Aspartic acid	g	0.367		0		1		0.422		
Glutamic acid		2.782		0		1		3.199		
Glycine	g	0.269		0		1		0.309		
Proline	g	0.848		0		1		0.975		
Serine	g	0.383		0		1		0.440		
Hydroxyproline	g									

## **Common Measures:**

Measure 1 = 115g: 1 cup small shells

Calories Factors: Protein 3.91 Fat 8.37 Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

	<u>Al</u>	nount in 100 g	rams	or ear	ne portio	<u>n</u>	Amount in edible portion of common measures of food			
		Nu	mber	r			<u>m</u>	easures of food	<u> </u>	
		of	Data	Deriv	Source	Confidence				
s	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
g	9.23	0.620	14		1		8.58	5.26		
kcal	375		0	NC	4		349	214		
kj	1569				4		1459	894		
g	19.86	0.618	17		1		18.47	11.32		
g	2.23	0.249	20		1		2.07	1.27		
g	1.12	0.082	14		1		1.04	0.64		
g	67.56		0	NC	4		62.83	38.51		
g	2.4		0		4		2.2	1.4		
g										
g										
ma	30	5 52 <i>6</i>	10		1		36	22		
_										
• • • • • • • • • • • • • • • • • • • •										
•										
_			10		1		7	5		
-	1.79	0.290	6		1		1.66	1.02		
	0.278	0.053	6		1		0.259	0.158		
	0.910	0.251	3		1		0.846	0.519		
mcg										
	0.0		^				0.0			
-		0.050								
_					_					
-		0.030		BEZN						
		5.073		2.0						
	458		0	NC	4		426			
			0		7					
	0		0		4		0	0		
	0		0	NC	4		0	0		
	0		0	z	7		0	0		
mcg										
a	0.328		0		1		0.305	0.187		
	0.020		•		_		2.000	0.207		
-										
-										
-										
g										
g	0.004		1		1		0.004	0.002		
g										
g	0.291		1		1		0.271	0.166		
g										
g	0.032		1		1		0.030	0.018		
g										
	g	s       Mean	S         Mean         Std. Error         Potential Processor	Sample   Std. Error   Std. Error   Points	Number	Number of Data   Deriv   Source	S Mean Std. Error Points Code Code Code Code Code Code Code Code	Number	Number	

		<u>Ar</u>	mount in 100		of edibl	le portio	o <u>n</u>		edible portion of	f common
				lumber		_		<u></u>	sasares or roou	
Nutrients and Units		Mean	Std. Error			Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		0.271		0		1		0.252	0.154	
14:1	_									
15:1										
16:1 undifferentiated	-	0.001		1		1		0.001	0.001	
17:1										
18:1 undifferentiated		0.270		1		1		0.251	0.154	
20:1										
22:1 undifferentiated	-									
24:1 c		0.000		•		-		0.015	0	
Fatty acids, total polyunsaturated		0.986		0		1		0.917	0.562	
18:2 undifferentiated	•	0.893		1		1 1		0.830	0.509	
18:3 undifferentiated	-	0.093		1		1		0.086	0.053	
18:4										
20:2 n-6 c,c 20:3 undifferentiated										
20:4 undifferentiated										
20:5 n-3	-									
22:5 n-3										
22:6 n-3	-									
Fatty acids, total trans	-									
Cholesterol		0		0		7		0	0	
Phytosterols	-	· ·		Ū		•		· ·	·	
-										
Amino Acids:										
Tryptophan		0.254		0		1		0.236	0.145	
Threonine		0.561		0		1		0.522	0.320	
Isoleucine	-	0.784		0		1		0.729	0.447	
Leucine	_	1.369		0		1		1.273	0.780	
Lysine	-	0.470		0		1		0.437	0.268	
Methionine		0.317		0		1		0.295	0.181	
Cystine		0.540		0		1		0.502	0.308	
Phenylalanine		0.962		0		1		0.895	0.548	
Tyrosine		0.540		0		1		0.502	0.308	
Valine		0.871		0		1		0.810	0.496	
Arginine		0.774		0		1		0.720	0.441	
Histidine	_	0.415		0		1		0.386	0.237	
Alanine	_	0.638		0		1		0.593	0.364	
Aspartic acid		0.902		0		1		0.839	0.514	
Glutamic acid	-	6.840		0		1		6.361	3.899	
Glycine		0.662		0		1		0.616	0.377	
Proline	_	2.084		0		1		1.938	1.188	
Serine	-	0.941		0		1		0.875	0.536	
Hydroxyproline	9									

## **Common Measures:**

Measure 1 = 93g: 1 cup small shells

Measure 2 = 57g: 2 oz

Calories Factors: Protein 3.91 Fat 8.37 Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

		<u>Aı</u>	mount in 100 g			ole portio	<u>n</u>		edible portion	
			Nu	mber	•			<u>m</u>	easures of food	<u>.</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	9.23	0.620	14		1		8.58	5.26	
Energy	kcal	374		0	NC	4		348	213	
Energy	kj	1565				4		1455	892	
Protein (N x 5.7)	g	21.78		1		1		20.26	12.41	
Total lipid (fat)	g	2.23	0.249	20		1		2.07	1.27	
Ash	g	1.12	0.082	14		1		1.04	0.64	
Carbohydrate, by difference	g	65.65		0	NC	4		61.05	37.42	
Fiber, total dietary	g	2.4		0		4		2.2	1.4	
Sugars, total	g									
Starch	g									
Minerals:										
viinerais: Calcium, Ca	ma	39	5.526	19		1		36	22	
Iron. Fe	-	4.15	0.334	19		1		3.86	2.37	
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	65	12.843	6		1		60	37	
Phosphorus, P		163	44.753	5		1		152	93	
Potassium, K	•	201	26.503	6		1		187	115	
Sodium, Na	-	8	2.167	10		1		7	5	
Zinc, Zn	-	1.79	0.290	6		1		1.66	1.02	
Copper, Cu		0.278	0.053	6		1		0.259	0.158	
Manganese, Mn		0.910	0.251	3		1		0.846	0.519	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0	0.0	
Thiamin	-	1.187	0.059	19		1		1.104	0.677	
Riboflavin		0.475		20		1		0.442	0.271	
Niacin		7.654		18		1		7.118	4.363	
Pantothenic acid		0.684		4		1		0.636	0.390	
Vitamin B-6		0.178		5		1		0.166	0.101	
Folate, total	-	278		0	BFZN	4		258	158	
Folic acid		258		0	NC	4		240	147	
Folate, food		20	5.073	5		1		19	11	
Folate, DFE		458		0	NC	4		426	261	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE		0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	rncg									
Lipids:										
Fatty acids, total saturated	g	0.328		0		1		0.305	0.187	
4:0										
6:0	g									
8:0	g									
10:0	_									
12:0	-									
13:0	-									
14:0	_	0.004		1		1		0.004	0.002	
15:0	_							_		
16:0		0.291		1		1		0.271	0.166	
17:0										
18:0		0.032		1		1		0.030	0.018	
20:0	_									
22:0	g									

		<u>Ar</u>	nount in 100			ole portio	<u>on</u>		edible portion or	f common
				Number		_		<u></u>	casares or roou	
Nutrients and Units		Mean	Std. Error			Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		0.271		0		1		0.252	0.154	
14:1	-									
15:1										
16:1 undifferentiated	-	0.001		1		1		0.001	0.001	
17:1										
18:1 undifferentiated		0.270		1		1		0.251	0.154	
20:1										
22:1 undifferentiated	-									
24:1 c				_		_				
Fatty acids, total polyunsaturated		0.986		0		1		0.917	0.562	
18:2 undifferentiated	•	0.893		1		1		0.830	0.509	
18:3 undifferentiated	-	0.093		1		1		0.086	0.053	
18:4										
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated	-									
20:5 n-3										
22:5 n-3	-									
22:6 n-3	-									
Fatty acids, total trans		0		0	z	7		0	0	
Cholesterol	_	U		U	z	,		U	U	
Phytosterols	IIIG									
Amino Acids:										
Tryptophan	g	0.254		0		1		0.236	0.145	
Threonine	g	0.561		0		1		0.522	0.320	
Isoleucine	g	0.784		0		1		0.729	0.447	
Leucine	g	1.369		0		1		1.273	0.780	
Lysine	g	0.470		0		1		0.437	0.268	
Methionine	g	0.317		0		1		0.295	0.181	
Cystine	g	0.540		0		1		0.502	0.308	
Phenylalanine		0.962		0		1		0.895	0.548	
Tyrosine		0.540		0		1		0.502	0.308	
Valine		0.871		0		1		0.810	0.496	
Arginine		0.774		0		1		0.720	0.441	
Histidine		0.415		0		1		0.386	0.237	
Alanine	-	0.638		0		1		0.593	0.364	
Aspartic acid	-	0.902		0		1		0.839	0.514	
Glutamic acid		6.840		0		1		6.361	3.899	
Glycine	-	0.662		0		1		0.616	0.377	
Proline		2.084		0		1		1.938	1.188	
Serine	-	0.941		0		1		0.875	0.536	
Hydroxyproline	-			-					- · · <del>-</del>	
,, p										

## **Common Measures:**

Measure 1 = 93g: 1 cup small shells

Measure 2 = 57g: 2 oz

Calories Factors: Protein 3.91 Fat 8.37 Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

Nutrients and Units  Proximates: Water	1 1 1 5 3 3		Std. Error		Deriv	Source Code  1 4 4 1 1 4 4 4 1 1 1 1 1 1 1 1 1 1 1	Confidence Code	91.62 172 718 6.07 0.15 0.51 35.66 5.8 1.10	Measure 2	Measure
Proximates:         9           Energy.         kca           Energy.         kj           Protein (N x 5.72)         9           Total lipid (fat)         9           Ash         9           Carbohydrate, by difference         9           Fiber, total dietary         9           Sugars, total         9           Starch         9           Minerals:         Calcium, Ca         mg           Calcium, Ca         mg         mg           Magnesium, Mg         mg         mg           Phosphorus, P         mg         mg           Potassium, K         mg         mg           Sodium, Na         mg         mg           Zinc, Zn         mg         mc           Copper, Cu         mg         mc           Witamins:         Vitamin C, total ascorbic acid         mg           Thiamin         mg         mg           Riboflavin         mg         mg           Polate, total         mc         mc           Foliac, food         mc         mc           Folate, food         mc         mc           Folate, food         mc         mc	1 1 1 5 3 3	1 0.49 9 0.11 6 0.44 0.092	Std. Error	Points  0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	NC	1 4 4 1 1 4 4 4 4 1 1 1 1 1 1 1 1 1 1 1		91.62 172 718 6.07 0.15 0.51 35.66 5.8 1.10	Measure 2	Measure
Proximates:         9           Energy.         kca           Energy.         kj           Protein (N x 5.72)         9           Total lipid (fat)         9           Ash         9           Carbohydrate, by difference         9           Fiber, total dietary         9           Sugars, total         9           Starch         9           Minerals:         Calcium, Ca         mg           Calcium, Ca         mg         mg           Magnesium, Mg         mg         mg           Phosphorus, P         mg         mg           Potassium, K         mg         mg           Sodium, Na         mg         mg           Zinc, Zn         mg         mc           Copper, Cu         mg         mc           Witamins:         Vitamin C, total ascorbic acid         mg           Thiamin         mg         mg           Riboflavin         mg         mg           Polate, total         mc         mc           Foliac, food         mc         mc           Folate, food         mc         mc           Folate, food         mc         mc	1 1 1 5 3 3	1 0.49 9 0.11 6 0.44 0.092	Std. Error	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	NC NC	1 4 4 1 1 4 4 4	Code	91.62 172 718 6.07 0.15 0.51 35.66 5.8 1.10	Measure 2	Measure
Water         9           Energy         kca           Energy         kj           Protein (N x 5.72)         9           Total lipid (fat)         9           Ash         9           Carbohydrate, by difference         9           Fiber, total dietary         9           Sugars, total         9           Starch         9           Minerals:         Calcium, Ca         mg           Calcium, Ca         mg           Iron, Fe         mg           Magnesium, Mg         mg           Potassium, K         mg           Sodium, Na         mg           Zinc, Zn         mg           Copper, Cu         mg           Manganese, Mn         mg           Selenium, Se         mc           Vitamins:         vitamin C, total ascorbic acid         mg           Thiamin         mg           Riboflavin         mg           Polate, total         mc           Folica cid         mc           Folica, food         mc           Folate, DFE         mc           Vitamin B-12         mc           Vitamin A, IU         IU <th>al 12 53 2 2 1 1 5 3</th> <th>1 0.49 9 0 1 6 0.44 0.092</th> <th></th> <th>0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0</th> <th>NC</th> <th>4 4 1 1 4 4 4</th> <th></th> <th>172 718 6.07 0.15 0.51 35.66 5.8 1.10</th> <th></th> <th></th>	al 12 53 2 2 1 1 5 3	1 0.49 9 0 1 6 0.44 0.092		0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	NC	4 4 1 1 4 4 4		172 718 6.07 0.15 0.51 35.66 5.8 1.10		
Energy	al 12 53 2 2 1 1 5 3	1 0.49 9 0 1 6 0.44 0.092		0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	NC	4 4 1 1 4 4 4		172 718 6.07 0.15 0.51 35.66 5.8 1.10		
Energy	53 2 1 1 5 3	4.53 0.11 0.38 6.61 4.3 0.82 1 0.49 9		0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	NC	4 1 1 4 4 4		718 6.07 0.15 0.51 35.66 5.8 1.10		
Protein (N x 5.72)         9           Total lipid (fat)         9           Ash         9           Carbohydrate, by difference         9           Fiber, total dietary         9           Sugars, total         9           Starch         9           Minerals:         amg           Calcium, Ca         mg           Iron, Fe         mg           Magnesium, Mg         mg           Potassium, K         mg           Sodium, Na         mg           Zinc, Zn         mg           Manganese, Mn         mg           Selenium, Se         mc           Vitamins:         vitamin C, total ascorbic acid         mg           Thiamin         mg           Riboflavin         mg           Niacin         mg           Pantothenic acid         mg           Vitamin B-6         mg           Folate, total         mc           Folate, food         mc           Vitamin B-12         mc           Vitamin A, IU         IU	1 1 5 3	4.53 0.11 0.38 6.61 4.3 0.82 1 0.49 9 0 11 6 0.44 0.092		0 0 0 0 0 0 0 0 0		1 1 4 4 4 1		6.07 0.15 0.51 35.66 5.8 1.10		
Protein (N x 5.72)         9           Total lipid (fat)         9           Ash         9           Carbohydrate, by difference         9           Fiber, total dietary         9           Sugars, total         9           Starch         9           Minerals:         amg           Calcium, Ca         mg           Iron, Fe         mg           Magnesium, Mg         mg           Potassium, K         mg           Sodium, Na         mg           Zinc, Zn         mg           Copper, Cu         mg           Manganese, Mn         mg           Selenium, Se         mc           Vitamins:         vitamin C, total ascorbic acid         mg           Thiamin         mg           Risoflavin         mg           Pantothenic acid         mg           Vitamin B-6         mg           Folate, total         mc           Folate, food         mc           Vitamin B-12         mc           Vitamin A, IU         IU	1 5 3	0.11 0.38 6.61 4.3 0.82 1 0.49 9 0 1 6 0.44 0.092		0 0 0 0 0 0 0 0 0		1 1 4 4 4 1		0.15 0.51 35.66 5.8 1.10		
Ash.         9           Carbohydrate, by difference.         9           Fiber, total dietary.         9           Sugars, total.         9           Starch.         9           Minerals:         2           Calcium, Ca.         mg           Iron, Fe.         mg           Magnesium, Mg.         mg           Phosphorus, P.         mg           Potassium, K.         mg           Sodium, Na.         mg           Zinc, Zn.         mg           Copper, Cu.         mg           Manganese, Mn.         mg           Selenium, Se.         mc           Vitamins:         vitamin C, total ascorbic acid.         mg           Thiamin.         mg           Riboflavin.         mg           Niacin.         mg           Pantothenic acid.         mg           Vitamin B-6.         mg           Folate, total.         mc           Folate, food.         mc           Vitamin B-12.         mc           Vitamin B-12.         mc           Vitamin A, IU.         IU	1 5 3	0.38 6.61 4.3 0.82 1 0.49 9 0 1 6 0.44 0.092		0 0 0 0 0 0 0		1 4 4 4 1		0.51 35.66 5.8 1.10		
Carbohydrate, by difference	1 5 3	6.61 4.3 0.82 1 0.49 9 0 1 6 0.44 0.092		0 0 0 0 0 0 0		4 4 4 1		35.66 5.8 1.10		
Fiber, total dietary         9           Sugars, total         9           Starch         9           Minerals:         Calcium, Ca         mg           Iron, Fe         mg           Magnesium, Mg         mg           Phosphorus, P         mg           Potassium, K         mg           Sodium, Na         mg           Zinc, Zn         mg           Copper, Cu         mg           Manganese, Mn         mg           Selenium, Se         mc           Vitamins:         Vitamin C, total ascorbic acid         mg           Thiamin         mg           Riboflavin         mg           Niacin         mg           Pantothenic acid         mg           Vitamin B-6         mg           Folate, total         mc           Folate, food         mc           Folate, DFE         mc           Vitamin B-12         mc           Vitamin A, IU         IU	1 5 3	1 0.49 9 0 1 6 0.44 0.092		0 0 0 0 0 0		4 4 1 1		5.8 1.10 15 0.66		
Sugars, total.         9           Starch.         9           Minerals:         Calcium, Ca.         mg           Iron, Fe.         mg           Magnesium, Mg.         mg           Phosphorus, P.         mg           Potassium, K.         mg           Sodium, Na.         mg           Zinc, Zn.         mg           Copper, Cu.         mg           Manganese, Mn.         mg           Selenium, Se.         mc           Vitamins:         mc           Vitamin C, total ascorbic acid.         mg           Thiamin.         mg           Riboflavin.         mg           Niacin.         mg           Pantothenic acid.         mg           Vitamin B-6.         mg           Folate, total.         mc           Folate, food.         mc           Folate, DFE.         mc           Vitamin B-12.         mc           Vitamin A, IU.         IU	1 5 3	1 0.49 9 0 1 6 0.44 0.092		0 0 0 0	RA	4 1 1		1.10 15 0.66		
Starch         g           Minerals:         Calcium, Ca.         mg           Iron, Fe         mg         Magnesium, Mg.         mg           Phosphorus, P.         mg         Potassium, K         mg           Potassium, K.         mg         Sodium, Na.         mg           Zinc, Zn.         mg         Copper, Cu.         mg           Manganese, Mn.         mg         selenium, Se.         mc           Vitamins:         Vitamin C, total ascorbic acid         mg         mg           Thiamin.         mg         mg         michianin         mg           Riboflavin.         mg         Pantothenic acid.         mg           Vitamin B-6.         mg         Folate, total.         mc           Folica acid.         mc         Folate, food.         mc           Folate, DFE.         mc         Vitamin B-12.         mc           Vitamin A, IU.         IU         IU	1 5 3	1 0.49 9 0 1 6 0.44 0.092		0 0 0	RA	1 1		15 0.66		
Minerals:         Calcium, Ca.         mg           Iron, Fe.         mg         mg           Magnesium, Mg.         mg         phosphorus, P         mg           Phosphorus, P.         mg         potassium, K         mg           Sodium, Na.         mg         godium, Se         mg           Copper, Cu.         mg         Manganese, Mn         mg           Selenium, Se.         mc         mc           Vitamins:         Vitamin C, total ascorbic acid.         mg           Riboflavin.         mg         mg           Niacin.         mg         micein.           Pantothenic acid.         mg         mg           Folate, total.         mc         mc           Folate, food.         mc         mc           Folate, DFE.         mc         Vitamin B-12.         mc           Vitamin A, IU.         IU         IU	1 5 3	0.49 9 0 1 6 0.44 0.092		0 0 0		1		0.66		
Calcium, Ca.         mg           Iron, Fe.         mg           Magnesium, Mg.         mg           Phosphorus, P.         mg           Potassium, K.         mg           Sodium, Na.         mg           Zinc, Zn.         mg           Copper, Cu.         mg           Manganese, Mn.         mg           Selenium, Se.         mc           Vitamins:         vitamin C, total ascorbic acid.         mg           Thiamin.         mg           Riboflavin.         mg           Niacin.         mg           Pantothenic acid.         mg           Vitamin B-6.         mg           Folate, total.         mc           Folate, food.         mc           Folate, DFE.         mc           Vitamin B-12.         mc           Vitamin A, IU.         IU	1 5 3	0.49 9 0 1 6 0.44 0.092		0 0 0		1		0.66		
Calcium, Ca	1 5 3	0.49 9 0 1 6 0.44 0.092		0 0 0		1		0.66		
Iron, Fe         mg           Magnesium, Mg         mg           Phosphorus, P         mg           Potassium, K         mg           Sodium, Na         mg           Zinc, Zn         mg           Copper, Cu         mg           Manganese, Mn         mg           Selenium, Se         mc           Vitamins:         Vitamin C, total ascorbic acid         mg           Thiamin         mg           Riboflavin         mg           Niacin         mg           Pantothenic acid         mg           Vitamin B-6         mg           Folate, total         mc           Folic acid         mc           Folate, food         mc           Folate, DFE         mc           Vitamin B-12         mc           Vitamin A, IU         IU	1 5 3	0.49 9 0 1 6 0.44 0.092		0 0 0		1		0.66		
Magnesium, Mg mg Phosphorus, P. mg Potassium, K mg Sodium, Na mg Zinc, Zn. mg Copper, Cu mg Manganese, Mn. mg Selenium, Se mc  Vitamins:  Vitamin C, total ascorbic acid mg Thiamin. mg Riboflavin mg Pantothenic acid mg Vitamin B-6 mg Folate, total mc Folate, food mc Folate, DFE mc Vitamin B-12 mc Vitamin Mg Phosphorus mc  Vitamin B-12 mc Vitamin B-12 mc Vitamin B-12 mc Vitamin Mg Phosphorus mg Magnesium, Mg M	1 5 3	9 0 1 6 0.44 0.092		0						
Phosphorus, P.         mg           Potassium, K.         mg           Sodium, Na.         mg           Zinc, Zn.         mg           Copper, Cu.         mg           Manganese, Mn.         mg           Selenium, Se.         mc           Vitamins:         Vitamin C, total ascorbic acid.         mg           Thiamin.         mg           Riboflavin.         mg           Niacin.         mg           Pantothenic acid.         mg           Vitamin B-6.         mg           Folate, total.         mc           Folate, food.         mc           Folate, Food.         mc           Folate, DFE.         mc           Vitamin B-12.         mc           Vitamin A, IU.         IU	3	0 1 6 0.44 0.092		0				25		
Potassium, K         mg           Sodium, Na         mg           Zinc, Zn         mg           Copper, Cu         mg           Manganese, Mn         mg           Selenium, Se         mc           Vitamins:         Vitamin C, total ascorbic acid         mg           Thiamin         mg           Riboflavin         mg           Niacin         mg           Pantothenic acid         mg           Vitamin B-6         mg           Folic acid         mc           Folate, food         mc           Folate, DFE         mc           Vitamin B-12         mc           Vitamin A, IU         IU	3	1 6 0.44 0.092				1		25 67		
Sodium, Na		6 0.44 0.092		U		1		42		
Zinc, Zn.         mg           Copper, Cu.         mg           Manganese, Mn.         mg           Selenium, Se.         mc           Vitamins:         Vitamin C, total ascorbic acid.         mg           Thiamin.         mg           Riboflavin.         mg           Niacin.         mg           Pantothenic acid.         mg           Vitamin B-6.         mg           Folate, total.         mc           Folic acid.         mc           Folate, food.         mc           Folate, DFE.         mc           Vitamin B-12.         mc           Vitamin A, IU.         IU		0.44 0.092		0		1		8		
Copper, Cu		0.092		0		1		0.59		
Manganese, Mn			•	0		1		0.123		
Selenium, Se		0.900		0		1		1.321		
Vitamins:         Witamin C, total ascorbic acid.         mg           Thiamin.         mg         mg           Riboflavin.         mg         mg           Niacin.         mg         pantothenic acid.         mg           Vitamin B-6.         mg         rolate, total.         mc           Folic acid.         mc         rolate, food.         mc           Folate, DFE.         mc         vitamin B-12.         mc           Vitamin A, IU.         IU         IU	9 -	9.8	•	0	BFSN	4		26.5		
Vitamin C, total ascorbic acid.         mg           Thiamin.         mg           Riboflavin.         mg           Niacin.         mg           Pantothenic acid.         mg           Vitamin B-6.         mg           Folica total.         mc           Folic acid.         mc           Folate, food.         mc           Folate, DFE.         mc           Vitamin B-12.         mc           Vitamin A, IU.         IU				_		_				
Thiamin         mg           Riboflavin         mg           Niacin         mg           Pantothenic acid         mg           Vitamin B-6         mg           Folate, total         mc           Folic acid         mc           Folate, food         mc           Folate, DFE         mc           Vitamin B-12         mc           Vitamin A, IU         IU										
Riboflavin.         mg           Niacin.         mg           Pantothenic acid.         mg           Vitamin B-6.         mg           Folate, total.         mc           Folic acid.         mc           Folate, food.         mc           Folate, DFE.         mc           Vitamin B-12.         mc           Vitamin A, IU.         IU		0.0		0		4		0.0		
Niacin mg Pantothenic acid mg Vitamin B-6. mg Folate, total mc Folic acid mc Folate, food mc Folate, DFE. mc Vitamin B-12 mc Vitamin A, IU. IU		0.112		0		1		0.150		
Pantothenic acid mg Vitamin B-6. mg Folate, total mc Folic acid mc Folate, food mc Folate, DFE. mc Vitamin B-12 mc Vitamin A, IU. IU		0.061		0		1		0.082		
Vitamin B-6. mg Folate, total mc Folic acid mc Folate, food mc Folate, DFE. mc Vitamin B-12 mc Vitamin A, IU. IU		1.071		0		1		1.435		
Folate, total         mc           Folic acid         mc           Folate, food         mc           Folate, DFE         mc           Vitamin B-12         mc           Vitamin A, IU         IU		0.350		0		1		0.469		
Folic acid         mc           Folate, food         mc           Folate, DFE         mc           Vitamin B-12         mc           Vitamin A, IU         IU		0.024		0		1		0.032		
Folate, food		5		0	BFSY	4		87		
Folate, DFE	•	9		0	NC	4		79		
Vitamin B-12mc Vitamin A, IUIU		6		0		1		8		
Vitamin A, IUIU				0	NC	4		142		
		0.00		0	Z	7		0.00		
		2		0	NC	4		123		
Vitamin A, RAEmc		5		0	NC	4		6		
Retinol mc		0		0	z	7		0		
Vitamin E (alpha-tocopherol)mg		0.09		0	RA	4		0.13		
Tocopherol, betamg										
Tocopherol, gammamg										
Tocopherol, deltamg Vitamin DIU										
Vitamin K (phylloquinone)mc	α	0.3		0	RA	4		0.4		
vitamini K (phynoquinone)	9			•		-		V		
<u> Lipids:</u>										
Fatty acids, total saturatedg		0.016	5	0		1		0.021		
4:0g		0.000		0		1		0.000		
6:0g		0.000	)	0		1		0.000		
8:0g		0.000		0		1		0.000		
10:0g		0.000		0		1		0.000		
12:0g		0.000	)	0		1		0.000		
13:0g										
14:0g		0.000	)	0		1		0.000		
15:0g										
16:0g		0.013	3	0		1		0.017		
17:0g										
18:0g		0.002	2	0		1		0.003		
20:0g										
22:0g 24:0g										

		<u>A</u> 1	mount in 10	00 grams	of edil	ole portic	<u>on</u>		edible portion o	of common
				Number				<u>m</u>	easures of food	
Nutrients and	Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatural		0.012		0		1		0.016		
14:1	-									
15:1	-									
16:1 undifferentiated	-	0.000		0		1		0.000		
17:1	-									
18:1 undifferentiated	-	0.012		0		1		0.016		
20:1		0.000		0		1		0.000		
22:1 undifferentiated	-	0.000		0		1		0.000		
24:1 c										
Fatty acids, total polyunsaturate		0.044		0		1		0.059		
18:2 undifferentiated		0.039		0		1		0.052		
18:3 undifferentiated		0.005		0		1		0.007		
18:4		0.000		0		1		0.000		
20:2 n-6 c,c	-									
20:3 undifferentiated	-			_						
20:4 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.000		0		1		0.000		
20:5 n-3	• • • • • • • • • • • • • • • • • • • •	0.000		0		1		0.000		
22:5 n-3	• • • • • • • • • • • • • • • • • • • •	0.000		0		1		0.000		
22:6 n-3		0.000		0		1		0.000		
Fatty acids, total trans				_		_		_		
Cholesterol	• • • • • • • • • • • • • • • • • • • •	0		0	Z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	q	0.058		0		1		0.078		
Threonine		0.122		0		1		0.163		
Isoleucine	-	0.175		0		1		0.235		
Leucine	-	0.309		0		1		0.414		
Lysine	-	0.093		0		1		0.125		
Methionine		0.070		0		1		0.094		
Cystine		0.125		0		1		0.168		
Phenylalanine		0.218		0		1		0.292		
Tyrosine		0.120		0		1		0.161		
Valine	-	0.194		0		1		0.260		
Arginine	-	0.168		0		1		0.225		
Histidine	-	0.092		0		1		0.123		
Alanine	-	0.135		0		1		0.181		
Aspartic acid		0.196		0		1		0.263		
Glutamic acid		1.603		0		1		2.148		
Glycine	-	0.144		0		1		0.193		
Proline		0.483		0		1		0.647		
Serine	-	0.215		0		1		0.288		
Hydroxyproline										
Others:										
Alcohol, ethyl	-	0.0		0		7		0.0		
Caffeine		0		0	Z	7		0		
Theobromine	mg	0		0	Z	7		0		
<b>Carotenoids:</b>										
Carotene, beta	mca	55		0	RA	4		73.560		
Carotene, alpha	_	0		0	RA	4		0.031		
Cryptoxanthin, beta	_	0		0	RA	4		0.045		
Lycopene		245		0	RA	4		328.540		
Lutein + zeaxanthin		13		0	RA	4		17.855		

## **Common Measures:**

Measure 1 = 134g: 1 cup spiral shaped

NDB No. 20106

Macaroni, vegetable, cooked, enriched

Calories Factors: Protein 3.86 Fat 8.37 Carbohydrate 4.11

Food Group: 20 Cereal Grains and Pasta

		<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	_
			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	9.89	0.211	5		1		8.31	5.64	
Energy	kcal	367		0	NC	4		308	209	
Energy	kj	1536				4		1290	875	
Protein (N x 5.72)	g	13.14	0.126	21		1		11.04	7.49	
Total lipid (fat)	g	1.04	0.558	5		1		0.87	0.59	
Ash	g	1.05	0.033	19		1		0.88	0.60	
Carbohydrate, by difference	g	74.88		0	NC	4		62.90	42.68	
Fiber, total dietary	g	4.3		0		1		3.6	2.5	
Sugars, total	g									
Starch	g									
<b>1</b> :										
<u>Minerals:</u> Calcium. Ca	ma	34	6.166	6		1		29	19	
Iron. Fe.		4.28	0.201	6 19		1		3.60	2.44	
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	4.20	0.201	2		1		39	26	
Phosphorus, P		116		2		1		97	66	
Potassium, K	-	285	61.885	5		1		239	162	
Sodium, Na	-	43	20.731	5		1		36	25	
Zinc, Zn	-	0.76		2		1		0.64	0.43	
Copper, Cu		0.200		2		1		0.168	0.114	
Manganese, Mn		3.846		2		1		3.231	2.192	
Selenium, Se										
7*4										
Vitamins:										
Vitamin C, total ascorbic acid	_	0.0	0.001	0		4		0.0	0.0	
Thiamin		1.032		20		1		0.867	0.588	
Riboflavin		0.525		18		1		0.441	0.299	
Niacin		7.328		20		1		6.156	4.177	
Pantothenic acid		0.752		2		1		0.632	0.429	
Vitamin B-6	-	0.129		2		1		0.108	0.074	
Folate, total		278		0	BFZN	4		233	158	
Folic acid		261 17		0 2	NC	4 1		219 14	149 10	
Folate, food		460		0	NC	4		14 387	262	
Folate, DFE		0.00		0	NC Z	7		0.00	0.00	
Vitamin A, IU		160		1	Z	1		134	91	
Vitamin A, RAE		8		1		1		7	5	
Retinol		0		0	z	7		0	0	
Vitamin E (alpha-tocopherol)		O		U	2	,		· ·	U	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u> Lipids:</u>										
Fatty acids, total saturated		0.150		0		1		0.126	0.086	
4:0										
6:0	-									
8:0	-									
10:0 12:0	-									
13:0	-									
14:0	-	0.003		0		1		0.003	0.002	
15:0	-	0.003		5		1		0.003	0.002	
16:0	-	0.130		0		1		0.109	0.074	
17:0		0.130		3		-		3.103	0.074	
18:0		0.017		0		1		0.014	0.010	
20:0		0.017		•		-		0.014	0.010	
22:0	-									
24:0	-									

Nutrients and Units   Nutrients		<u>Am</u>	ount in 100 grams Numbei		ole portion	!		edible portion of easures of food		
He	Nutrients and Uni	ts	Mean S					Measure 1	Measure 2	Measure 3
14-1	Par il col		0.100							
15:	3	-	0.120	O		1		0.101	0.068	
16:1 undifferentiated		-								
Rel undifferentiated			0.001	0		1		0.001	0.001	
20-1										
22-1 undifferentiated	18:1 undifferentiated	g	0.120	0		1		0.101	0.068	
Patty scids, total polymenturated	20:1	g	0.000	0		1		0.000	0.000	
Fatty acids, total polyumsaturated	22:1 undifferentiated	g								
18.2 undifferentiated	24:1 c	g								
18:3 undifferentiated	Fatty acids, total polyunsaturated	g	0.426	0		1		0.358	0.243	
18.4.	18:2 undifferentiated	g	0.376	0		1		0.316	0.214	
202 n.6 c.   9   203 undifferentiated   9   204 undifferentiated   9   205 n.3   9   225 n.3   9   226 n.3   9	18:3 undifferentiated	g	0.049	0		1		0.041	0.028	
203 undifferentiated. 9 204 undifferentiated. 9 205-n-3 9 22:5 n-3 9 22:5 n-3 9 22:5 n-3 9 Fatty acids, total trans. 9 Cholesterol. mg 0 0 0 z 7 0 0 0 Phytosterols. mg    **Torptophan. 9 0.168 0 1 0.297 0.202 Influence. 9 0.508 0 1 0.427 0.202 Isoleucine. 9 0.508 0 1 0.427 0.202 Isoleucine. 9 0.896 0 1 0.427 0.290 Leucine. 9 0.896 0 1 0.427 0.290 Leucine. 9 0.269 0 1 0.753 0.511 Lysine. 9 0.269 0 1 0.753 0.511 Lysine. 9 0.263 0 1 0.226 0.153 Methionine. 9 0.363 0 1 0.271 0.116 Cystine. 9 0.363 0 1 0.271 0.116 Cystine. 9 0.363 0 1 0.271 0.116 Cystine. 9 0.363 0 1 0.371 0.116 Cystine. 9 0.363 0 1 0.305 0.207 Phenylalanine. 9 0.632 0 1 0.531 0.360 Tyrosine. 9 0.349 0 1 0.531 0.360 Tyrosine. 9 0.349 0 1 0.293 0.199 Valine. 9 0.563 0 1 0.293 0.199 Valine. 9 0.487 0 1 0.473 0.321 Arginine. 9 0.487 0 1 0.473 0.321 Arginine. 9 0.486 0 1 0.223 0.152 Alanine. 9 0.486 0 1 0.223 0.152 Alanine. 9 0.486 0 1 0.223 0.152 Alanine. 9 0.487 0 1 0.409 0.278 Histidine. 9 0.266 0 1 0.223 0.152 Alanine. 9 0.4649 0 1 0.330 0.224 Aspartic acid. 9 0.4649 0 1 0.330 0.224 Aspartic acid. 9 0.4649 0 1 0.351 0.323 Glutamic acid. 9 0.4649 0 1 0.351 0.323 Glutamic acid. 9 0.4649 0 1 0.351 0.233 Proline. 9 0.4649 0 1 0.351 0.230 Froline. 9 0.465 0 1 0.555 0.356 Hydroxyproline. 9 0.4625 0 1 0.555 0.356 Hydroxyproline. 9 0.4625 0 1 0.555 0.356	18:4	g								
20.5 n-3	20:2 n-6 c,c	g								
20.5 n-3	20:3 undifferentiated	g								
22.5 n-3.       9         22.6 n-3.       9         Cholesterol.       mg       0       0       z       7       0       0         Phytosterols.         Tryptophan.       9       0.168       0       1       0.141       0.096         Threonine.       9       0.354       0       1       0.227       0.202         Isoleucine.       9       0.508       0       1       0.427       0.290         Isoleucine.       9       0.598       0       1       0.753       0.511         Lysine.       9       0.269       0       1       0.226       0.153         Methionine.       9       0.269       0       1       0.226       0.153         Methionine.       9       0.269       0       1       0.171       0.116         Cystine.       9       0.363       0       1       0.305       0.207         Phenylalanine.       9       0.632       0       1       0.531       0.360         Tyrosine.       9       0.487       0       1       0.293       0.199         Valine.       9       0.487 <td>20:4 undifferentiated</td> <td>g</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>	20:4 undifferentiated	g								
Paty acids, total trans.   9   9   0   0   2   7   0   0   0   0   0   0   0   0   0	20:5 n-3	g								
Fatty acids, total trans.   G   Cholesterol.   mg   0   0   Z   7   0   0   0   0   0   0   0   0   0	22:5 n-3	g								
Cholesterol.   mg   mg   mg   mg   mg   mg   mg   m	22:6 n-3	g								
Phytosterols.   mg   Phytosterols.   mg   Phytosterols.   Ph	Fatty acids, total trans	g								
Amino Acids:       Tryptophan     9     0.168     0     1     0.141     0.096       Threonine     9     0.354     0     1     0.297     0.202       Isoleucine     9     0.508     0     1     0.427     0.290       Leucine     9     0.896     0     1     0.753     0.511       Lysine     9     0.269     0     1     0.226     0.153       Methionine     9     0.204     0     1     0.171     0.116       Cystine     9     0.363     0     1     0.305     0.207       Phenylalanine     9     0.632     0     1     0.531     0.360       Tyrosine     9     0.632     0     1     0.531     0.360       Tyrosine     9     0.632     0     1     0.293     0.199       Valine     9     0.563     0     1     0.293     0.199       Valine     9     0.563     0     1     0.473     0.321       Histidine     9     0.266     0     1     0.409     0.278       Histidine     9     0.567     0     1     0.303     0.224       Aspartic acid     <	Cholesterol	mg	0	0	Z	7		0	0	
Tryptophan         g         0.168         0         1         0.141         0.096           Thronine         g         0.354         0         1         0.297         0.202           Isoleucine         g         0.508         0         1         0.427         0.290           Leucine         g         0.896         0         1         0.753         0.511           Lysine         g         0.269         0         1         0.753         0.511           Lysine         g         0.269         0         1         0.753         0.511           Lysine         g         0.269         0         1         0.171         0.116           Cystine         g         0.204         0         1         0.171         0.116           Cystine         g         0.363         0         1         0.305         0.207           Phenylalanine         g         0.632         0         1         0.531         0.360           Tyrosine         g         0.632         0         1         0.293         0.199           Valine         g         0.543         0         1         0.473         0.321	Phytosterols	mg								
Tryptophan         g         0.168         0         1         0.141         0.096           Threonine         g         0.354         0         1         0.297         0.202           Isoleucine         g         0.508         0         1         0.427         0.290           Leucine         g         0.896         0         1         0.753         0.511           Lysine         g         0.269         0         1         0.171         0.116           Cystine         g         0.363         0         1         0.171         0.116           Cystine         g         0.632         0         1         0.531         0.360           Tyrosine         g         0.632         0         1         0.293         0.199           Valine         g         0.349         0         1         0.473         0.321	Amino Acids:									
Threonine		g	0.168	0		1		0.141	0.096	
Isoleucine	2		0.354	0		1		0.297	0.202	
Lysine.       9       0.269       0       1       0.226       0.153         Methionine.       9       0.204       0       1       0.171       0.116         Cystine.       9       0.363       0       1       0.305       0.207         Phenylalanine.       9       0.632       0       1       0.531       0.360         Tyrosine.       9       0.349       0       1       0.293       0.199         Valine.       9       0.563       0       1       0.473       0.321         Arginine.       9       0.487       0       1       0.409       0.278         Histidine.       9       0.266       0       1       0.223       0.152         Alanine.       9       0.266       0       1       0.330       0.224         Aspartic acid.       9       0.567       0       1       0.476       0.323         Glycine.       9       0.4649       0       1       3.905       2.650         Glycine.       9       0.418       0       1       0.351       0.238         Proline.       9       0.625       0       1       0.525			0.508	0		1		0.427	0.290	
Lysine	Leucine	q	0.896	0		1		0.753	0.511	
Methionine         g         0.204         0         1         0.171         0.116           Cystine         .g         0.363         0         1         0.305         0.207           Phenylalanine         g         0.632         0         1         0.531         0.360           Tyrosine         g         0.349         0         1         0.293         0.199           Valine         .g         0.563         0         1         0.473         0.321           Arginine         .g         0.487         0         1         0.409         0.278           Histidine         .g         0.266         0         1         0.409         0.278           Histidine         .g         0.266         0         1         0.223         0.152           Alanine         .g         0.393         0         1         0.330         0.224           Aspartic acid         .g         0.567         0         1         0.476         0.323           Glycine         .g         0.418         0         1         0.351         0.238           Proline         .g         0.625         0         1         0.525			0.269	0		1		0.226	0.153	
Cystine       9       0.363       0       1       0.305       0.207         Phenylalanine       9       0.632       0       1       0.531       0.360         Tyrosine       9       0.349       0       1       0.293       0.199         Valine       9       0.563       0       1       0.473       0.321         Arginine       9       0.487       0       1       0.409       0.278         Histidine       9       0.266       0       1       0.223       0.152         Alanine       9       0.393       0       1       0.330       0.224         Aspartic acid       9       0.567       0       1       0.476       0.323         Glutamic acid       9       4.649       0       1       0.476       0.323         Glycine       9       0.418       0       1       0.351       0.238         Proline       9       1.401       0       1       0.525       0.356         Hydroxyproline       9       0.625       0       1       0.525       0.356         Others:         Alcohol, ethyl       9       0.0	-		0.204	0		1		0.171		
Phenylalanine       g       0.632       0       1       0.531       0.360         Tyrosine       g       0.349       0       1       0.293       0.199         Valine       g       0.563       0       1       0.473       0.321         Arginine       g       0.487       0       1       0.409       0.278         Histidine       g       0.266       0       1       0.223       0.152         Alanine       g       0.393       0       1       0.330       0.224         Aspartic acid       g       0.567       0       1       0.476       0.323         Glutamic acid       g       4.649       0       1       3.905       2.650         Glycine       g       0.418       0       1       0.351       0.238         Proline       g       1.401       0       1       1.177       0.799         Serine       g       0.625       0       1       0.525       0.356         Hydroxyproline       g         Alcohol, ethyl       g       0.0       0       z       7       0.0       0		_	0.363	0		1		0.305	0.207	
Tyrosine         9         0.349         0         1         0.293         0.199           Valine         9         0.563         0         1         0.473         0.321           Arginine         9         0.487         0         1         0.409         0.278           Histidine         9         0.266         0         1         0.223         0.152           Alanine         9         0.393         0         1         0.330         0.224           Aspartic acid         9         0.567         0         1         0.476         0.323           Glutamic acid         9         4.649         0         1         3.905         2.650           Glycine         9         0.418         0         1         0.351         0.238           Proline         9         1.401         0         1         1.177         0.799           Serine         9         0.625         0         1         0.525         0.356           Hydroxyproline         9         0.00         0         z         7         0.0         0.0	=		0.632	0		1		0.531	0.360	
Valine         g         0.563         0         1         0.473         0.321           Arginine         g         0.487         0         1         0.409         0.278           Histidine         g         0.266         0         1         0.223         0.152           Alanine         g         0.393         0         1         0.330         0.224           Aspartic acid         g         0.567         0         1         0.476         0.323           Glutamic acid         g         4.649         0         1         3.905         2.650           Glycine         g         0.418         0         1         0.351         0.238           Proline         g         1.401         0         1         1.177         0.799           Serine         g         0.625         0         1         0.525         0.356           Hydroxyproline         g         0.0625         0         2         7         0.0         0.0	3	_	0.349	0		1		0.293		
Arginine       9       0.487       0       1       0.409       0.278         Histidine       9       0.266       0       1       0.223       0.152         Alanine       9       0.393       0       1       0.330       0.224         Aspartic acid       9       0.567       0       1       0.476       0.323         Glutamic acid       9       4.649       0       1       3.905       2.650         Glycine       9       0.418       0       1       0.351       0.238         Proline       9       1.401       0       1       1.177       0.799         Serine       9       0.625       0       1       0.525       0.356         Hydroxyproline       9         Others:         Alcohol, ethyl       9       0.0       0       z       7       0.0       0.0	3	_		0		1				
Histidine       g       0.266       0       1       0.223       0.152         Alanine       g       0.393       0       1       0.330       0.224         Aspartic acid       g       0.567       0       1       0.476       0.323         Glutamic acid       g       4.649       0       1       3.905       2.650         Glycine       g       0.418       0       1       0.351       0.238         Proline       g       1.401       0       1       1.177       0.799         Serine       g       0.625       0       1       0.525       0.356         Hydroxyproline       g         Others:         Alcohol, ethyl       g       0.0       0       z       7       0.0       0.0			0.487	0		1		0.409		
Alanine       g       0.393       0       1       0.330       0.224         Aspartic acid       g       0.567       0       1       0.476       0.323         Glutamic acid       g       4.649       0       1       3.905       2.650         Glycine       g       0.418       0       1       0.351       0.238         Proline       g       1.401       0       1       1.177       0.799         Serine       g       0.625       0       1       0.525       0.356         Hydroxyproline       g         Others:         Alcohol, ethyl       g       0.0       0       z       7       0.0       0.0	2	-				_				
Aspartic acid.       g       0.567       0       1       0.476       0.323         Glutamic acid.       g       4.649       0       1       3.905       2.650         Glycine.       g       0.418       0       1       0.351       0.238         Proline.       g       1.401       0       1       1.177       0.799         Serine.       g       0.625       0       1       0.525       0.356         Hydroxyproline.       g         Others:         Alcohol, ethyl.       g       0.0       0       z       7       0.0       0.0		_				1				
Glutamic acid. 9 4.649 0 1 3.905 2.650 Glycine			0.567	0		1		0.476		
Glycine         g         0.418         0         1         0.351         0.238           Proline         g         1.401         0         1         1.177         0.799           Serine         g         0.625         0         1         0.525         0.356           Hydroxyproline         g           Others:           Alcohol, ethyl         g         0.0         0         z         7         0.0         0.0		_		0						
Proline       g       1.401       0       1       1.177       0.799         Serine       g       0.625       0       1       0.525       0.356         Hydroxyproline       g         Others:         Alcohol, ethyl       g       0.0       0       z       7       0.0       0.0		-								
Serine       g       0.625       0       1       0.525       0.356         Hydroxyproline       g             Others:         Alcohol, ethyl       g       0.0       0       z       7       0.0       0.0	-			•		_				
Hydroxyproline		•								
Others:         Alcohol, ethylg         0.0         z         7         0.0         0.0			0	·		-			3.553	
Alcohol, ethylg. 0.0 0 z 7 0.0 0.0										
The vine, vary		a	0 0	^		7		0.0	0.0	
Carrenie iiiq	, ,	-	0.0	U	z	,		0.0	0.0	
Theobrominemg										

# **Common Measures:**

Measure 1 = 84g: 1 cup spiral shaped

Measure 2 = 57g: 2 oz

Calories Factors: Protein 3.86 Fat 8.37 Carbohydrate 4.11

**Food Group:** 20 Cereal Grains and Pasta USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u> :	mount in 100 g	rams	of edil	ole portic	<u>on</u>		edible portion	
			Nu	mber				<u>m</u>	easures of food	<u>l</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and U	nits	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	67.15	0.349	5		1		94.01		
Energy	kcal	124		0	NC	4		174		
Energy	kj	519				4		726		
Protein (N x 5.83)	g	5.33	0.658	5		1		7.46		
Total lipid (fat)	g	0.54	0.222	5		1		0.76		
Ash	g	0.44	0.026	5		1		0.62		
Carbohydrate, by difference	g	26.54		0	NC	4		37.16		
Fiber, total dietary		2.8		0		4		3.9		
Sugars, total	g	0.80		0	T	4		1.12		
Sucrose	g	0.10		1	A	1		0.14		
Glucose (dextrose)										
Fructose	g									
Lactose	g									
Maltose		0.30		1	A	1		0.42		
Galactose										
Starch	g									
Minerals:										
Calcium, Ca	mg	15	1.472	5		1		21		
Iron, Fe		1.06	0.178	5		1		1.48		
Magnesium, Mg		30	9.238	5		1		42		
Phosphorus, P	mg	89	15.799	4		1		125		
Potassium, K	mg	44	7.817	5		1		62		
Sodium, Na	mg	3	0.380	5		1		4		
Zinc, Zn		0.81	0.167	6		1		1.13		
Copper, Cu		0.167		6		1		0.234		
Manganese, Mn		1.379	)	2		1		1.931		
Selenium, Se	mcg	25.9		0	BFSN	4		36.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.108	0.005	6		1		0.151		
Riboflavin	mg	0.045	0.015	6		1		0.063		
Niacin		0.707	0.341	4		1		0.990		
Pantothenic acid	mg	0.419		5		1		0.587		
Vitamin B-6		0.079		4		1		0.111		
Folate, total		5	1.381	3		1		7		
Folic acid		0		0	Z	7		0		
Folate, food		5	1.381	3		1		7		
Folate, DFE		5		0	NC	4 7		7		
Vitamin B-12	• • • • • • • • • • • • • • • • • • • •	0.00		0	Z	-		0.00		
Vitamin A, IU		3 0		0	NC	4		5 0		
Vitamin A, RAE		0		0	NC Z	<b>4</b> 7		0		
Retinol Vitamin E (alpha-tocopherol)		0.30		0	z BFSN	4		0.42		
Tocopherol, beta		0.30		J	DESN	4		0.42		
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.7		0	BFSN	4		0.9		
<u>ipids:</u>										
Fatty acids, total saturated	g	0.099	)	0		1		0.139		
4:0		0.000		0		1		0.000		
6:0		0.000		0		1		0.000		
8:0	-	0.000	)	0		1		0.000		
10:0		0.000	)	0		1		0.000		
12:0		0.000	)	0		1		0.000		
13:0	g									
14:0	g	0.001	L	0		1		0.001		
15:0	g									

	<u>A</u>	mount in 10	00 grams	of edib	le portio	<u>n</u>	Amount in	edible portion of	common
			Number					easures of food	
					Source	Confidence			
Nutrients and Units	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
16:0g	0.092	,	0		1		0.129		
17:0g	0.002		·		-		0.123		
18:0g	0.005	;	0		1		0.007		
20:0g									
22:0g									
24:0g									
Fatty acids, total monounsaturated	0.075	i	0		1		0.105		
14:1g									
15:1	0.000		•				0.000		
16:1 undifferentiated	0.002	•	0		1		0.003		
17:1g 18:1 undifferentiatedg	0.073	1	0		1		0.102		
20:1g	0.000		0		1		0.000		
22:1 undifferentiated	0.000		0		1		0.000		
24:1 cg	0.000		·		-		0.000		
Fatty acids, total polyunsaturatedg	0.213	}	0		1		0.298		
18:2 undifferentiatedg	0.203		0		1		0.284		
18:3 undifferentiated	0.010	1	0		1		0.014		
18:4g	0.000	)	0		1		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0		1		0.000		
20:5 n-3g	0.000		0		1		0.000		
22:5 n-3g	0.000		0		1		0.000		
22:6 n-3g	0.000	1	0		1		0.000		
Fatty acids, total trans	0		0	z	7		0		
Cholesterolmg Phytosterolsmg	U		U	4	,		Ü		
•									
Amino Acids:	0.069		0		1		0.007		
Tryptophan	0.063		0		1		0.097 0.200		
Isoleucineg	0.143		0		1		0.200		
Leucine	0.364		0		1		0.510		
Lysineg	0.118		0		1		0.165		
Methionine	0.086	i	0		1		0.120		
Cystineg	0.111		0		1		0.155		
Phenylalanineg	0.265	i	0		1		0.371		
Tyrosine9	0.139	)	0		1		0.195		
Valineg	0.231		0		1		0.323		
Arginineg	0.188		0		1		0.263		
Histidineg	0.125		0		1		0.175		
Alanineg	0.166		0		1		0.232		
Aspartic acid	0.240		0		1		0.336		
Glutamic acid	1.847		0		1		2.586		
Glycineg Prolineg	0.193 0.568		0 0		1 1		0.270 0.795		
Serine	0.260		0		1		0.364		
Hydroxyproline	0.200	•	Ū		-		0.304		
Others: Alcohol, ethylg	0.0		0		7		0.0		
Caffeineg	0.0		0	z	7		0.0		
Theobromine mg	0		0	Z	7		0		
Carotenoids:	ŭ		ŭ	-	•		ŭ		
Carotene, betamcg	2		0	BFSN	4		2.716		
Carotene, alphamcg	0		0	BFSN	4		0.000		
Cryptoxanthin, betamcg	0		0	BFSN	4		0.000		
Lycopene mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthinmcg	81		0	BFSN	4		112.758		

NDB No. 20108

Macaroni, whole-wheat, cooked

**Common Measures:** 

Measure 1 = 140g: 1 cup elbow shaped

Calories Factors: Protein 3.59 Fat 8.37 Carbohydrate 3.78

Food Group: 20 Cereal Grains and Pasta

		<u>Aı</u>	mount in 100 g		of edik	ole portio	<u>n</u>		edible portion	
			Nu	mber				<u>m</u>	easures of food	<u>.</u>
			of	Data [	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	ints (	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	_	7.34	0.828	8		1		7.71	4.18	
Energy	kcal	348		0	NC	4		365	198	
Energy	kj	1456				4		1529	830	
Protein (N x 5.83)	g	14.63	0.781	7		1		15.36	8.34	
Total lipid (fat)	g	1.40	0.345	8		1		1.47	0.80	
Ash	g	1.60	0.079	8		1		1.68	0.91	
Carbohydrate, by difference	g	75.03		0	NC	4		78.78	42.77	
Fiber, total dietary	g	8.3		0		4		8.7	4.7	
Sugars, total	g									
Starch	g									
	-									
Minerals:	ma			-		_		••	22	
Calcium, Ca	_	40	5.575	7		1		42	23	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	3.63	0.288	7		1		3.81	2.07	
Magnesium, Mg		143	10.035	7		1		150	82	
Phosphorus, P	•	258	36.228	6		1		271	147	
Potassium, K	-	215	43.128	7		1		226	123	
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	8	1.858	7		1		8	5	
Zinc, Zn		2.37	0.284	7		1		2.49	1.35	
Copper, Cu		0.454		8		1		0.477	0.259	
Manganese, Mn		3.055	0.734	4		1		3.208	1.741	
Selenium, Se	mcg									
itamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	-	0.488	0.034	7		1		0.512	0.278	
Riboflavin		0.143	0.040	7		1		0.150	0.082	
Niacin		5.130	0.095	6		1		5.387	2.924	
Pantothenic acid		0.984	0.179	5		1		1.033	0.561	
Vitamin B-6		0.223	0.060	6		1		0.234	0.127	
Folate, total		57	7.296	6		1		60	32	
Folic acid		0		0	Z	7		0	0	
Folate, food		57	7.296	6		1		60	32	
Folate, DFE		57		0	NC	4		60	32	
Vitamin B-12		0.00		0	z	7		0.00	0.00	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE		0		0		4		0	0	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)									·	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u> ipids:</u>				_						
Fatty acids, total saturated		0.258		0		1		0.271	0.147	
4:0	-									
6:0	-									
8:0	-									
10:0	_									
12:0	-									
13:0	-	2 222		•				0 000	2 22-	
14:0	_	0.002		0		1		0.002	0.001	
15:0	_					_				
16:0		0.240		0		1		0.252	0.137	
17:0		<u>.</u> - :				_		_	_	
18:0		0.013		0		1		0.014	0.007	
20:0	_									
22:0	q									

		<u>Aı</u>	mount in 100	) grams	Amount in edible portion of common					
			ı	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
Fatty acids, total monounsaturated.		0.195		0		1		0.205	0.111	
14:1	_									
15:1				_		_				
16:1 undifferentiated	-	0.005		0		1		0.005	0.003	
17:1				_		_				
18:1 undifferentiated		0.190		0		1		0.200	0.108	
20:1	_									
22:1 undifferentiated	-									
24:1 c		<u> </u>				_				
Fatty acids, total polyunsaturated		0.556		0		1		0.584	0.317	
18:2 undifferentiated	•	0.529		0		1		0.555	0.302	
18:3 undifferentiated		0.027		0		1		0.028	0.015	
18:4										
20:2 n-6 c,c										
20:3 undifferentiated	-									
20:4 undifferentiated	-									
20:5 n-3										
22:5 n-3	-									
22:6 n-3	_									
Fatty acids, total trans										
Cholesterol	-	0		0	Z	7		0	0	
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.188		0		1		0.197	0.107	
Threonine		0.392		0		1		0.412	0.223	
Isoleucine	-	0.570		0		1		0.599	0.325	
Leucine		0.999		0		1		1.049	0.569	
Lysine	-	0.324		0		1		0.340	0.185	
Methionine		0.236		0		1		0.248	0.135	
Cystine		0.306		0		1		0.321	0.174	
Phenylalanine		0.728		0		1		0.764	0.415	
Tyrosine		0.382		0		1		0.401	0.218	
Valine	-	0.635		0		1		0.667	0.362	
Arginine		0.517		0		1		0.543	0.295	
Histidine		0.344		0		1		0.361	0.196	
Alanine	-	0.457		0		1		0.480	0.260	
Aspartic acid		0.457		0		1		0.693	0.376	
Glutamic acid		5.073		0		1		5.327	2.892	
Glycine		0.530		0		1		0.557	0.302	
Proline	-	1.561		0		1		1.639	0.302	
Serine		0.713		0		1		0.749	0.890	
		0.713		U		1		0.749	0.400	
Hydroxyproline	y									

## **Common Measures:**

Measure 1 = 105g: 1 cup elbow shaped

Measure 2 = 57g: 2 oz

Calories Factors: Protein 3.59 Fat 8.37 Carbohydrate 3.78

Food Group: 20 Cereal Grains and Pasta

		<u>A</u> 1	mount in 10	<u>0 grams</u>	of edib	le portio	<u>n</u>	Amount in edible portion of common			
				Number	•			<u>m</u>	easures of food	<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	71.41		1		1		124.25			
Energy	kcal	119		0	NC	4		207			
Energy		498				4		866			
Protein (N x 5.83)		3.51		1		1		6.11			
Total lipid (fat)	g	1.00		1		1		1.74			
Ash		0.41		1		1		0.71			
Carbohydrate, by difference		23.67		0	NC	4		41.19			
Fiber, total dietary		1.3		0	2.0	4		2.3			
Sugars, total		0.13		0	BFSN	4		0.23			
Starch		0.13		Ū	DESI	-		0.23			
Starcn	9										
Minerals:											
Calcium, Ca	mg	3		1		1		5			
Iron, Fe	_	0.63		1		1		1.10			
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	44		1		1		77			
Phosphorus, P		100		1		1		174			
Potassium, K	_	62		1		1		108			
Sodium, Na	_	2		1		4		3			
Zinc, Zn	-	0.91		1		1		1.58			
Copper, Cu		0.161	L	1		1		0.280			
Manganese, Mn		0.272		1		1		0.473			
Selenium, Se		0.9		0	BFSN	4		1.6			
, se											
<u>'itamins:</u>											
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0			
Thiamin	-	0.106	5	1		4		0.184			
Riboflavin	mg	0.082	2	1		4		0.143			
Niacin	mg	1.330	)	1		4		2.314			
Pantothenic acid	mg	0.171	L	1		1		0.298			
Vitamin B-6	mg	0.108	3	1		4		0.188			
Folate, total	mcg	19		0		4		33			
Folic acid		0		0	Z	7		0			
Folate, food		19		0		4		33			
Folate, DFE		19		0	NC	4		33			
Vitamin B-12		0.00		0	z	7		0.00			
Vitamin A, IU		3		0	NC	4		5			
Vitamin A, RAE		0		0	NC	4		0			
Retinol		0		0	z	7		0			
Vitamin E (alpha-tocopherol)		0.02		0	BFSN	4		0.03			
Tocopherol, beta		0.02		·	21011	•		0.05			
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		0.3		0	BFSN	4		0.5			
vitamin K (phynoquinone)	niog	0.5		Ū	DI SI	-		0.5			
<u> ipids:</u>											
Fatty acids, total saturated	g	0.172	2	0		1		0.299			
4:0		0.000		0		1		0.000			
6:0		0.000		0		1		0.000			
8:0	-	0.000		0		1		0.000			
10:0		0.000		0		1		0.000			
12:0	-	0.001		0		1		0.002			
13:0				-		-					
14:0		0.000	)	0		1		0.000			
15:0		5.000		•		-		0.000			
16:0		0.126	5	0		1		0.219			
17:0		0.120	-	v		-		0.219			
18:0	_	0.037	,	0		1		0.064			
20:0	_	0.037	•	U		1		0.004			
	_										
22:0 24:0	_										

Nutrients and Units           Fatty acids, total monounsaturated         9           14:1         9           15:1         9           16:1 undifferentiated         9           17:1         9           18:1 undifferentiated         9           20:1         9           22:1 undifferentiated         9           24:1 c         9           Fatty acids, total polyunsaturated         9           18:2 undifferentiated         9           18:3 undifferentiated         9           20:2 n-6 c,c         9           20:3 undifferentiated         9           20:4 undifferentiated         9           20:5 n-3         9           22:5 n-3         9           22:6 n-3         9           Fatty acids, total trans         9           Cholesterol         mg           Phytosterols         mg           Amino Acids:         Tryptophan         9	<b>Mean</b> 0.184	Number of Data Points		Source	Confidence	<u>m(</u>	easures of food	
Fatty acids, total monounsaturated				Source	Confidence			
14:1	0.184			Code	Code	Measure 1	Measure 2	Measure 3
14:1	0.184							
15:1		0		1		0.320		
16:1 undifferentiated       9         17:1       9         18:1 undifferentiated       9         20:1       9         22:1 undifferentiated       9         24:1 c       9         Fatty acids, total polyunsaturated       9         18:2 undifferentiated       9         18:3 undifferentiated       9         18:4       9         20:2 n-6 c,c       9         20:3 undifferentiated       9         20:4 undifferentiated       9         20:5 n-3       9         22:5 n-3       9         22:6 n-3       9         Fatty acids, total trans       9         Cholesterol       mg         Phytosterols       mg         Amino Acids:       Tryptophan								
17:1	0.003	^		1		0.005		
18:1 undifferentiated       9         20:1       9         22:1 undifferentiated       9         24:1 c       9         Fatty acids, total polyunsaturated       9         18:2 undifferentiated       9         18:3 undifferentiated       9         20:2 n-6 c,c       9         20:3 undifferentiated       9         20:4 undifferentiated       9         20:5 n-3       9         22:5 n-3       9         22:6 n-3       9         Fatty acids, total trans       9         Cholesterol       mg         Phytosterols       mg         Amino Acids:       Tryptophan	0.003	0		_		0.005		
20:1       9         22:1 undifferentiated       9         24:1 c       9         Fatty acids, total polyunsaturated       9         18:2 undifferentiated       9         18:3 undifferentiated       9         20:2 n-6 c,c       9         20:3 undifferentiated       9         20:4 undifferentiated       9         20:5 n-3       9         22:5 n-3       9         22:6 n-3       9         Fatty acids, total trans       9         Cholesterol       mg         Phytosterols       mg         Amino Acids:       Tryptophan       9	0.176	0		1		0.306		
22:1 undifferentiated       9         24:1 c       9         Fatty acids, total polyunsaturated       9         18:2 undifferentiated       9         18:3 undifferentiated       9         20:2 n-6 c,c       9         20:3 undifferentiated       9         20:4 undifferentiated       9         20:5 n-3       9         22:5 n-3       9         22:6 n-3       9         Fatty acids, total trans       9         Cholesterol       mg         Phytosterols       mg         Amino Acids:       Tryptophan       9	0.005	0		1				
24:1 c	0.003	0		1		0.009 0.000		
Fatty acids, total polyunsaturated       .9         18:2 undifferentiated       .9         18:3 undifferentiated       .9         18:4       .9         20:2 n-6 c,c.       .9         20:3 undifferentiated       .9         20:4 undifferentiated       .9         20:5 n-3       .9         22:5 n-3       .9         22:6 n-3       .9         Fatty acids, total trans       .9         Cholesterol       .mg         Phytosterols       .mg         Amino Acids:          Tryptophan       .9	0.000	U		_		0.000		
18:2 undifferentiated       .9         18:3 undifferentiated       .9         18:4       .9         20:2 n-6 c,c.       .9         20:3 undifferentiated       .9         20:4 undifferentiated       .9         20:5 n-3       .9         22:5 n-3       .9         22:6 n-3       .9         Fatty acids, total trans       .9         Cholesterol       .mg         Phytosterols       .mg         Amino Acids:          Tryptophan       .9	0.508	0		1		0.884		
18:3 undifferentiated       .g         18:4       .g         20:2 n-6 c,c       .g         20:3 undifferentiated       .g         20:4 undifferentiated       .g         20:5 n-3       .g         22:5 n-3       .g         22:6 n-3       .g         Fatty acids, total trans       .g         Cholesterol       .mg         Phytosterols       .mg         Amino Acids:       .g         Tryptophan       .g		0		1				
18:4.	0.480 0.028	0		1		0.835		
20:2 n-6 c,c       9         20:3 undifferentiated       9         20:4 undifferentiated       9         20:5 n-3       9         22:5 n-3       9         22:6 n-3       9         Fatty acids, total trans       9         Cholesterol       mg         Phytosterols       mg         Amino Acids:       Tryptophan         9       9		0		1		0.049		
20:3 undifferentiated       9         20:4 undifferentiated       9         20:5 n-3       9         22:5 n-3       9         22:6 n-3       9         Fatty acids, total trans       9         Cholesterol       mg         Phytosterols       mg         Amino Acids:       Tryptophan         9       9	0.000	U		1		0.000		
20:4 undifferentiated       9         20:5 n-3       9         22:5 n-3       9         22:6 n-3       9         Fatty acids, total trans       9         Cholesterol       mg         Phytosterols       mg         Amino Acids:       Tryptophan         9       9								
20:5 n-3       g         22:5 n-3       g         22:6 n-3       g         Fatty acids, total trans       g         Cholesterol       mg         Phytosterols       mg         Amino Acids:       Tryptophan       g	0 000	0		1		0.000		
22:5 n-3       g         22:6 n-3       g         Fatty acids, total trans       g         Cholesterol       mg         Phytosterols       mg         Amino Acids:       Tryptophan       g	0.000	0		1		0.000		
22:6 n-3       g         Fatty acids, total trans       g         Cholesterol       mg         Phytosterols       mg         Amino Acids:       Tryptophan         g       g	0.000 0.000			_		0.000		
Fatty acids, total trans		0		1 1				
Cholesterolmg Phytosterolsmg  Amino Acids: Tryptophang	0.000	U		1		0.000		
Phytosterolsmg  Amino Acids:  Tryptophang	0	0	z	7		0		
Amino Acids: Tryptophan	U	U	Z	,		U		
Tryptophang								
Tryptophang								
* *	0.038	0		1		0.066		
Threonineg	0.113	0		1		0.197		
Isoleucineg	0.148	0		1		0.258		
Leucineg	0.446	0		1		0.776		
Lysineg	0.067	0		1		0.117		
Methionineg	0.070	0		1		0.122		
Cystineg	0.067	0		1		0.117		
Phenylalanine	0.185	0		1		0.322		
Tyrosineg	0.108	0		1		0.188		
Valineg	0.184	0		1		0.320		
Arginine	0.122	0		1		0.212		
Histidine	0.075	0		1		0.131		
Alanine	0.314	0		1		0.546		
Aspartic acid	0.231	0		1		0.402		
Glutamic acid	0.763	0		1		1.328		
Glycine9	0.092	0		1		0.160		
Proline	0.279	0		1		0.485		
Serine	0.205	0		1		0.357		
Hydroxyproline	0.200	·		_		0.00.		
11ydroxypromicg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0		
Caffeinemg	0	0	Z	7		0		
Theobrominemg	0	0	Z	7		0		
Carotenoids:								
Carotene, betamcg	2	0	BFSN	4		2.938		
Carotene, alpha mcg	0	0	BFSN	4		0.000		
Cryptoxanthin, betamcg	0	0	BFSN	4		0.000		
Lycopenemcg	0	0	BFSN	4		0.000		
Lutein + zeaxanthinmcg		U						

## **Common Measures:**

Measure 1 = 174g: 1 cup

NDB No. 20032 Millet, cooked

Calories Factors: Protein 3.87 Fat 8.37 Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

		<u>Aı</u>	mount in 100 g	rams	of edib	ole portio	<u>n</u>		Amount in edible portion of common			
			of				Confidence	<u>m</u> .	easures of food	_		
Nutrients and Un	its	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure		
Proximates:												
Water		8.67	0.584	8		1		17.34				
Energy		378		0	NC	4		756				
Energy	kj	1582				4		3163				
Protein (N x 5.83)		11.02	0.685	9		1		22.04				
Total lipid (fat)	g	4.22	0.228	9		1		8.44				
Ash		3.25	0.350	8		1		6.50				
Carbohydrate, by difference		72.85		0	NC	4		145.70				
Fiber, total dietary		8.5		0		1		17.0				
Sugars, total												
Starch	g											
Minerals:												
Calcium, Ca	mq	8	0.388	19		1		16				
Iron, Fe		3.01	0.096	19		1		6.02				
Magnesium, Mg		114	4.733	19		1		228				
Phosphorus, P		285		1		1		570				
Potassium, K		195	5.610	19		1		390				
Sodium, Na		5	0.741	19		1		10				
Zinc, Zn	mg	1.68	0.114	19		1		3.36				
Copper, Cu	mg	0.750	0.028	19		1		1.500				
Manganese, Mn	mg	1.632	0.076	19		1		3.264				
Selenium, Se	mcg	2.7		1	A	1		5.4				
Vitamins:												
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0				
Thiamin	_	0.421		1		1		0.842				
Riboflavin		0.290		1		1		0.580				
Niacin		4.720		1		1		9.440				
Pantothenic acid		0.848		2		1		1.696				
Vitamin B-6	-	0.384		1		1		0.768				
Folate, total	_	85		0		4		170				
Folic acid		0		0	z	7		0				
Folate, food		85		0		4		170				
Folate, DFE		85		0	NC	4		170				
Vitamin B-12		0.00		0	z	7		0.00				
Vitamin A, IU	IU	0		0		4		0				
Vitamin A, RAE		0		0		4		0				
Retinol		0		0	Z	7		0				
Vitamin E (alpha-tocopherol)		0.05		0		1		0.10				
Tocopherol, beta												
Tocopherol, gamma												
Tocopherol, delta	mg											
Vitamin D	IU											
Vitamin K (phylloquinone)	mcg	0.9		0	T	4		1.8				
Linida												
Lipids:	<b>a</b>	0.723		0		1		1.446				
Fatty acids, total saturated		0.723		U		_		1.440				
6:0	<del>-</del>											
8:0												
10:0												
12:0		0.003	1	143		1		0.006				
13:0						-		2.300				
14:0	_											
15:0	_											
16:0	_	0.528		143		1		1.056				
17:0	_											
18:0	-	0.154		143		1		0.308				
20:0	-			-								
22:0	-											
24:0	-											

		<u>Ar</u>	nount in 100			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
			·-	lumber				<u>m</u>	easures of food		
Nutrients and Uni	its	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	g	0.773		0		1		1.546			
14:1											
15:1	_										
16:1 undifferentiated	-	0.014		143		1		0.028			
17:1						_					
18:1 undifferentiated		0.739		143		1		1.478			
20:1	_	0.020		143		1		0.040			
22:1 undifferentiated											
24:1 c	•	2.134		0		1		4.268			
Fatty acids, total polyunsaturated	_	2.134		143		1		4.268			
18:2 undifferentiated		0.118		143		1		0.236			
18:4		0.116		143		1		0.236			
20:2 n-6 c,c	-										
20:3 undifferentiated											
20:4 undifferentiated											
20:5 n-3											
22:5 n-3											
22:6 n-3	_										
Fatty acids, total trans											
Cholesterol	mg	0		0	Z	7		0			
Phytosterols	mg										
Amino Acids:											
Tryptophan	а	0.119		5		1		0.238			
Threonine		0.353		8		1		0.706			
Isoleucine	g	0.465		8		1		0.930			
Leucine	_	1.400		8		1		2.800			
Lysine	-	0.212		8		1		0.424			
Methionine	g	0.221		7		1		0.442			
Cystine	g	0.212		3		1		0.424			
Phenylalanine	g	0.580		7		1		1.160			
Tyrosine	g	0.340		7		1		0.680			
Valine	g	0.578		8		1		1.156			
Arginine	g	0.382		7		1		0.764			
Histidine	g	0.236		7		1		0.472			
Alanine	-	0.986		7		1		1.972			
Aspartic acid		0.726		7		1		1.452			
Glutamic acid	g	2.396		7		1		4.792			
Glycine		0.287		7		1		0.574			
Proline		0.877		7		1		1.754			
Serine	_	0.644		7		1		1.288			
Hydroxyproline	g										

## **Common Measures:**

Measure 1 = 200g: 1 cup

Calories Factors: Protein 3.87 Fat 8.37 Carbohydrate 4.12

**Food Group:** 20 Cereal Grains and Pasta USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>Aı</u>	mount in 100 g	grams	of edik	le portio	<u>n</u>		Amount in edible portion of common			
			Nι	umber	•			<u>m</u>	easures of food	_		
			of	f Data	Deriv	Source	Confidence					
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure		
Proximates:												
Water	g	0.73	0.113	3		1		0.33	0.31			
Energy	kcal	527		0	NC	4		237	227			
Energy	kj	2205				4		992	948			
Protein (N x 5.73)	g	8.38	0.683	3		1		3.77	3.60			
Total lipid (fat)	g	30.76	0.322	3		1		13.84	13.23			
Ash	g	2.60	0.167	3		1		1.17	1.12			
Carbohydrate, by difference	g	57.54		0	NC	4		25.89	24.74			
Fiber, total dietary	g	3.9		0		1		1.8	1.7			
Sugars, total	g	0.26		0	RA	4		0.12	0.11			
Starch	g											
Minavalse												
Minerals: Calcium, Ca	ma	20	2.922	3		1		9	9			
Iron, Fe	_	4.73	0.672	3		1		2.13	2.03			
Magnesium, Mg		52	8.339	3		1		23	22			
Phosphorus, P		161	32.213	3		1		72	69			
Potassium, K		120	48.721	3		1		54	52			
Sodium, Na		439	119.790	3		1		198	189			
Zinc, Zn	mg	1.40	0.357	3		1		0.63	0.60			
Copper, Cu	mg	0.167	0.057	3		1		0.075	0.072			
Manganese, Mn	mg	1.357	0.327	3		1		0.611	0.584			
Selenium, Se	mcg	43.0		2	A	1		19.4	18.5			
Vitamins:												
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0	0.0			
Thiamin	-	0.578	0.121	3		1		0.260	0.249			
Riboflavin		0.421		3		1		0.189	0.181			
Niacin		5.950		3		1		2.678	2.559			
Pantothenic acid		0.533		3		1		0.240	0.229			
Vitamin B-6	_	0.110	0.038	3		1		0.050	0.047			
Folate, total	-	90		0	FLA	4		41	39			
Folic acid		68		0	NC	4		31	29			
Folate, food		22	3.883	3		1		10	9			
Folate, DFE	mcg_DFE	138		0	NC	4		62	59			
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00			
Vitamin A, IU	IU	1		0	NC	4		1	1			
Vitamin A, RAE		0		0	NC	4		0	0			
Retinol	mcg	0		0	Z	7		0	0			
Vitamin E (alpha-tocopherol)	_	3.48		0	RA	4		1.56	1.50			
Tocopherol, beta												
Tocopherol, gamma												
Tocopherol, delta												
Vitamin D		6.7		0				2.0	0.0			
Vitamin K (phylloquinone)	Ilicy	6.7		0	RA	4		3.0	2.9			
<u>Lipids:</u>												
Fatty acids, total saturated	g	4.384		0		1		1.973	1.885			
4:0		0.000		0		1		0.000	0.000			
6:0	g	0.000		0		1		0.000	0.000			
8:0	g	0.000		0		1		0.000	0.000			
10:0	g	0.000		0		1		0.000	0.000			
12:0		0.000		0		1		0.000	0.000			
13:0	-											
14:0	g	0.028		0		1		0.013	0.012			
15:0												
16:0		3.264		0		1		1.469	1.404			
17:0	-											
18:0	-	1.091		0		1		0.491	0.469			
20:0	-											
22:0	0											

		<u>Ar</u>	mount in 10	0 grams	of edit	le portio	<u>n</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
P		7.600		•				2.462	0.005	
Fatty acids, total monounsatura		7.689		0		1		3.460	3.306	
15:1	g									
16:1 undifferentiated	g	0.057		0		1		0.026	0.025	
17:1	g									
18:1 undifferentiated	-	7.576		0		1		3.409	3.258	
20:1	g	0.057		0		1		0.026	0.025	
22:1 undifferentiated	•	0.000		0		1		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsaturat	edg	17.331		0		1		7.799	7.452	
18:2 undifferentiated		15.354		0		1		6.909	6.602	
18:3 undifferentiated		1.976		0		1		0.889	0.850	
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	g	0.000		0		1		0.000	0.000	
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0	0	
Phytosterols	mg									
Amino Acids:										
Tryptophan	0	0.107		0		1		0.048	0.046	
Threonine		0.220		0		1		0.099	0.095	
Isoleucine	-	0.323		0		1		0.145	0.139	
Leucine	-	0.570		0		1		0.143	0.245	
Lysine		0.160		0		1		0.072	0.069	
Methionine		0.130		0		1		0.059	0.056	
Cystine		0.235		0		1		0.106	0.101	
Phenylalanine		0.405		0		1		0.182	0.174	
Tyrosine		0.403		0		1		0.099	0.094	
Valine		0.355		0		1		0.160	0.153	
Arginine	-	0.333		0		1		0.138	0.133	
Histidine		0.307		0		1		0.138	0.132	
	=	0.109		0		1		0.110	0.105	
Alanine		0.243		0		1		0.110	0.147	
Glutamic acid		3.006		0		1		1.353	1.293	
Glycine	-	0.264		0		1		0.119	0.114	
				0		1				
Proline	=	0.917		0		1		0.413 0.177	0.394 0.169	
Serine Hydroxyproline		0.393		U		_		0.177	0.169	
	9									
Others:										
Alcohol, ethyl	-	0.0		0		7		0.0	0.0	
Caffeine		0		0	Z	7		0	0	
Theobromine	mg	0		0	Z	7		0	0	
Carotenoids:										
Carotene, beta	mcq	1		0	RA	4		0.255	0.244	
Carotene, alpha	-	0		0	RA	4		0.067	0.064	
Cryptoxanthin, beta	-	0		0	RA	4		0.108	0.104	
Lycopene		0		0	RA	4		0.000	0.000	

## **Common Measures:**

Measure 1 = 45g: 1 cup Measure 2 = 43g: 1.5 oz NDB No. 20113

Noodles, chinese, chow mein

Calories Factors: Protein 3.93 Fat 8.37 Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

		<u>A</u> :	mount in 100 g	grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	umbei	•			<u>m</u>	easures of food	<u>l</u>	
			of	f Data	Deriv	Source	Confidence				
Nutrients and Un	nits	Mean	Std. Error P			Code	Code	Measure 1	Measure 2	Measure :	
Duovimatori											
Proximates: Water	а	68.70	0.875	23		1		109.92			
Energy	=	133		0	NC	4		213			
Energy		556		•	2.0	4		890			
Protein (N x 5.78)		4.75	0.149	14		1		7.60			
Total lipid (fat)		1.47	0.049	13		1		2.35			
Ash		0.24	0.015			1		0.38			
Carbohydrate, by difference		24.84	0.013	0	NC	4		39.74			
Fiber, total dietary		1.1		0	II.C	1		1.8			
Sugars, total		0.32	0.080	3	A	1		0.51			
		0.00	0.000	1	A	1		0.00			
Sucrose		0.12	0.032	3	A	1		0.19			
Glucose (dextrose)		0.12	0.032	3	A	_		0.19			
Fructose											
Lactose		0.00	0.00	_	_	-		0.01			
Maltose		0.20	0.061	3	A	1		0.31			
Galactose											
Starch	g										
Minerals:											
Calcium, Ca	ma	12	0.629	30		1		19			
Iron, Fe		1.59	0.107	31		1		2.54			
Magnesium, Mg		19	1.186	31		1		30			
Phosphorus, P		69	3.006	30		1		110			
Potassium, K		28	2.026	31		1		45			
Sodium, Na		7	2.457	24		1		11			
Zinc, Zn		0.62	0.032	31		1		0.99			
Copper, Cu		0.086	0.007	24		1		0.138			
Manganese, Mn		0.262	0.016	31		1		0.419			
Selenium, Se		21.7	1.075	52	A	1		34.7			
V:4 :											
Vitamins:		0.0		•				0.0			
Vitamin C, total ascorbic acid		0.0		0		4		0.0			
Thiamin	-	0.186		12		1 1		0.298			
Riboflavin	=	0.083		12		1		0.133			
Niacin	-	1.487		12		1		2.379			
Pantothenic acid		0.145		15 12		1		0.232 0.058			
Vitamin B-6		0.036	0.005	0	DEGV	4					
Folate, total		64			BFSY			102			
Folic acid		57	1 271	0	NC	4 1		91			
Folate, food		7	1.371		***	-		11			
Folate, DFE		104		0	NC	4		166			
Vitamin B-12		0.09		1		1		0.14			
Vitamin A, IU		20		0		4		32			
Vitamin A, RAE		6		0	NC	4		10			
Retinol		6		0	BFSN	4		10			
Vitamin E (alpha-tocopherol)		0.16		0	BFSN	4		0.26			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta	-										
Vitamin D		0 1		-				0 1			
Vitamin K (phylloquinone)	nicg	0.1		1	A	1		0.1			
Lipids:											
Fatty acids, total saturated	g	0.310	)	0		1		0.496			
4:0		0.000		0		1		0.000			
6:0	_	0.000		0		1		0.000			
8:0	_	0.000		0		1		0.000			
10:0	_	0.000		0		1		0.000			
12:0		0.000		0		1		0.000			
13:0		2.200		•		-		2.000			
14:0		0.004	ı	0		1		0.006			
15:0				-							

	<u>A</u> 1	mount in 10	00 grams	of edib	le portio	<u>n</u>	Amount in	edible portion of	common
			Number					easures of food	
					Source	Confidence			
Nutrients and Units	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
16:0g	0.252		0		1		0.403		
17:0g	0.202		·		-		0.403		
18:0g	0.054		0		1		0.086		
20:0g									
22:0g									
24:0g									
Fatty acids, total monounsaturatedg	0.430		0		1		0.688		
14:1g									
15:1	0.033		0		1		0.053		
16:1 undifferentiatedg	0.033		U		1		0.053		
18:1 undifferentiatedg	0.397		0		1		0.635		
20:1g	0.000		0		1		0.000		
22:1 undifferentiated 9	0.000		0		1		0.000		
24:1 cg									
Fatty acids, total polyunsaturated	0.408		0		1		0.653		
18:2 undifferentiatedg	0.386		0		1		0.618		
18:3 undifferentiatedg	0.021		0		1		0.034		
18:4g	0.000		0		1		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.001		0		1		0.002		
20:5 n-3g	0.000		0		1		0.000		
22:5 n-3g	0.000		0		1		0.000		
22:6 n-3	0.000		0		1		0.000		
Fatty acids, total transg  Cholesterolmg	33		1		4		53		
Phytosterols mg	33		_		-		33		
•									
Amino Acids:	2 25				_				
Tryptophan9	0.063		0		1		0.101		
Threonine	0.144 0.202		0		1 1		0.230 0.323		
Isoleucine	0.202		0		1		0.542		
Lysineg	0.130		0		1		0.208		
Methionine	0.087		0		1		0.139		
Cystineg	0.130		0		1		0.208		
Phenylalanine	0.236		0		1		0.378		
Tyrosineg	0.137		0		1		0.219		
Valineg	0.225		0		1		0.360		
Arginineg	0.196		0		1		0.314		
Histidineg	0.099		0		1		0.158		
Alanineg	0.162		0		1		0.259		
Aspartic acidg	0.241		0		1		0.386		
Glutamic acidg	1.516		0		1		2.426		
Glycineg	0.151		0		1		0.242		
Proline	0.463		0		1 1		0.741		
Serine	0.246		U		1		0.394		
Trydroxypronneg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0		
Caffeine mg	0		0	z	7		0		
Theobromine mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, betamcg	1		0	BFSN	4		1.084		
Carotene, alphamcg	0		0	BFSN	4		0.102		
Cryptoxanthin, betamcg	0		0	BFSN	4		0.780		
Lycopene mcg	0 38		0	BFSN BFSN	4 4		0.000 61.071		
Lutein + zeaxanthin mcg	38		U	DESN	4		61.071		

NDB No. 20110 Noodles, egg, cooked, enriched

Common Measures: Measure 1 = 160g: 1 cup

Calories Factors: Protein 3.93 Fat 8.41 Carbohydrate 4.09

Food Group: 20 Cereal Grains and Pasta

Nutrients and Units	Confidence Code Measure 1 Measure 2 Meas  109.92 213 890	sure
Nutrients and Units	Code Measure 1 Measure 2 Meas	sure
Proximates:  Water. 9 68.70 0.875 23 1 Energy. kcal 133 0 NC 4 Energy. kj 556 5 Energy. kj 556 4 Energy. kj 556 4 Energy. kj 556 5 Energy. kj 556 5 Energy. kj 556 4 Energy. kj 556 5 Energy. kj	109.92 213	sure
Water.	213	
Water	213	
Finergy		
Protein (N x 5.78)	890	
Total lipid (fat)		
Ash	7.60	
Carbohydrate, by difference. 9 24.84 0 NC 4 Fiber, total dietary 9 1.1 0 0 4 Sugars, total 9 Starch. 9  ### Sugars, total 9 Starch. 9  ### Sugars, total 1  ### Sugars, total 9	2.35	
Fiber, total dietary	0.38	
Sugars, total	39.74	
Starch	1.8	
Minerals:   Calcium, Ca.		
Calcium, Ca.		
Calcium, Ca.		
Fron, Fe	19	
Magnesium, Mg.         mg         19         1.186         31         1           Phosphorus, P.         mg         69         3.006         30         1           Potassium, K.         mg         28         2.026         31         1           Sodium, Na         mg         165         1         1           Zinc, Zn.         mg         0.62         0.032         31         1           Copper, Cu.         mg         0.086         0.007         24         1           Manganese, Mn.         mg         0.262         0.016         31         1           Vitamins:           Vitamins:           Vitamins.           Vitamin C, total ascorbic acid.         mg         0.186         0.024         12         1           <	2.54	
Phosphorus, P.         mg         69         3.006         30         1           Potassium, K.         mg         28         2.026         31         1           Sodium, Na.         mg         165         1         1           Zinc, Zn.         mg         0.62         0.032         31         1           Copper, Cu.         mg         0.086         0.007         24         1           Manganese, Mn.         mg         0.262         0.016         31         1           Selenium, Se.         mcg         21.7         1.075         52         A         1           Vitamin, Se.         mcg         21.7         1.075         52         A         1           Vitamin, Se.         mcg         21.7         1.075         52         A         1           Vitamin, Se.         mcg         0.0         0         4         4           Vitamin, Se.         mcg         0.186         0.024         12         1           Vitamin, Colad ascorbic acid         mg         0.186         0.024         12         1           Nitamin, Colad ascorbic acid         mg         0	30	
Potassium, K.	110	
Sodium, Na	45	
Zinc, Zn	264	
Copper, Cu	0.99	
Manganese, Mn         mg         0.262         0.016         31         1           Selenium, Se         mcg         21.7         1.075         52         A         1           Vitamins:           Vitamin C, total ascorbic acid.         mg         0.0         0         4           Thiamin         mg         0.186         0.024         12         1           Riboflavin         mg         0.186         0.008         12         1           Niacin         mg         0.186         0.008         12         1           Niacin         mg         0.186         0.008         12         1           Pantothenic acid         mg         0.145         0.014         15         1           Vitamin B-6         mg         0.036         0.005         12         1           Folate, total         mcg         64         0         BFSY         4           Folate, total         mcg         57         0         NC         4           Folate, food         mcg         7         1.371         12         1           Folate, DFE         mcg_DFE         104         0         N	0.138	
Vitamins:         Vitamin C, total ascorbic acid.         mg         0.0         4           Thiamin.         mg         0.186         0.024         12         1           Riboflavin         mg         0.083         0.008         12         1           Niacin.         mg         0.083         0.008         12         1           Pantothenic acid.         mg         0.145         0.014         15         1           Vitamin B-6         mg         0.036         0.005         12         1           Folate, total.         mcg         64         0         BFSY         4           Folate, total.         mcg         57         0         NC         4           Folate, food.         mcg         57         0         NC         4           Folate, Oof.         mcg         7         1.371         12         1           Folate, Oof.         mcg         7         1.371         12         1           Folate, Oof.         mcg         0         0         NC         4           Vitamin B-12         mcg         0         0         NC         4           Vitamin A, RAE         mcg         6 <td>0.419</td> <td></td>	0.419	
Vitamin C, total ascorbic acid.         mg         0.0         4           Thiamin.         mg         0.186         0.024         12         1           Riboflavin.         mg         0.083         0.008         12         1           Niacin.         mg         0.083         0.008         12         1           Pantothenic acid.         mg         0.145         0.014         15         1           Vitamin B-6.         mg         0.036         0.005         12         1           Folate, total.         mcg         64         0         0         BFSY         4           Folic acid.         mcg         57         0         NC         4           Folate, food.         mcg         7         1.371         12         1           Folate, food.         mcg         7         1.371         12         1           Folate, food.         mcg         7         1.371         12         1           Folate, DFE.         mcg_DFE         104         0         NC         4           Vitamin B-12.         mcg         0.09         1         4           Vitamin A, RAE.         mcg         6 <td< td=""><td>34.7</td><td></td></td<>	34.7	
Vitamin C, total ascorbic acid.         mg         0.0         4           Thiamin.         mg         0.186         0.024         12         1           Riboflavin.         mg         0.083         0.008         12         1           Niacin.         mg         0.083         0.008         12         1           Pantothenic acid.         mg         0.145         0.014         15         1           Vitamin B-6.         mg         0.036         0.005         12         1           Folate, total.         mcg         64         0         0         BFSY         4           Folic acid.         mcg         57         0         NC         4           Folate, food.         mcg         7         1.371         12         1           Folate, food.         mcg         7         1.371         12         1           Folate, food.         mcg         7         1.371         12         1           Folate, DFE.         mcg_DFE         104         0         NC         4           Vitamin B-12.         mcg         0.09         1         4           Vitamin A, RAE.         mcg         6 <td< td=""><td></td><td></td></td<>		
Thiamin mg 0.186 0.024 12 1 Riboflavin mg 0.083 0.008 12 1 Niacin mg 1.487 0.137 12 1 Pantothenic acid mg 0.145 0.014 15 1 Vitamin B-6 mg 0.036 0.005 12 1 Folate, total mcg 64 0 BFSY 4 Folic acid mcg 57 0 NC 4 Folate, food mcg 7 1.371 12 1 Folate, DFE mcg 104 0 NC 4 Vitamin B-12 mcg 0.09 1 1 1 Vitamin A, IU U 20 1 1 Vitamin A, RAE mcg RAE 6 1 4 Retinol mcg 66 1 4 Retinol mcg 66 1 4 Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg Tocopherol, delta mg Vitamin D U Vitamin K (phylloquinone) mcg  Lipids: Fatty acids, total saturated 9 0.310 0 1 1 4-0 9 6-0 9 8-0 9	2.2	
Riboflavin.       mg       0.083       0.008       12       1         Niacin.       mg       1.487       0.137       12       1         Pantothenic acid.       mg       0.145       0.014       15       1         Vitamin B-6.       mg       0.036       0.005       12       1         Folate, total.       mcg       64       0       BFSY       4         Folic acid.       mcg       57       0       NC       4         Folate, food.       mcg       7       1.371       12       1         Folate, OFC.       mcg_DFE       104       0       NC       4         Folate, OFC.       mcg_DFE       104       0       NC       4         Vitamin B-12.       mcg       0.09       1       1       1         Vitamin A, IU.       IU       20       1       4       4         Vitamin A, RAE.       mcg_RAE       6       1       4         Vitamin E (alpha-tocopherol).       mg       1       4       1         Tocopherol, gamma.       mg       1       1       4       1       1       4       1       1       1       1 <t< td=""><td>0.0</td><td></td></t<>	0.0	
Niacin         mg         1.487         0.137         12         1           Pantothenic acid         mg         0.145         0.014         15         1           Vitamin B-6         mg         0.036         0.005         12         1           Folate, total         mcg         64         0         BFSY         4           Folic acid         mcg         57         0         NC         4           Folate, food         mcg         7         1.371         12         1           Folate, food         mcg         7         1.371         12         1           Folate, food         mcg         7         1.371         12         1           Folate, food         mcg         0         NC         4           Vitamin B-12         mcg_DFE         104         0         NC         4           Vitamin B-12         mcg         0         0         1         4           Vitamin A, IU         IU         20         1         4           Retinol         mcg         6         1         4           Vitamin E (alpha-tocopherol)         mg         1         1         1	0.298 0.133	
Pantothenic acid.         mg         0.145         0.014         15         1           Vitamin B-6.         mg         0.036         0.005         12         1           Folate, total.         mcg         64         0         BFSY         4           Folic acid.         mcg         57         0         NC         4           Folate, food.         mcg         7         1.371         12         1           Folate, food.         mcg         0.09         1         1         1           Vitamin B-12.         mcg         0.09         1         1         1         4         1         4         1         4         1         4         1         4         1         4         1         4         1         4         1         4         1         4         1         4         1         4         1         4         1         4         1	2.379	
Vitamin B-6.         mg         0.036         0.005         12         1           Folate, total.         mcg         64         0         BFSY         4           Folic acid.         mcg         57         0         NC         4           Folate, food.         mcg         7         1.371         12         1           Folate, DFE.         mcg         7         1.371         12         1           Folate, DFE.         mcg_DFE         104         0         NC         4           Vitamin B-12.         mcg         0.09         1         1         1           Vitamin A, IU.         IU         20         1         4         4           Vitamin A, RAE.         mcg_RAE         6         1         4         4           Retinol.         mcg         6         1         4	0.232	
Folate, total mcg 64 0 BFSY 4 Folic acid. mcg 57 0 NC 4 Folate, food. mcg 7 1.371 12 1 Folate, DFE. mcg_DFE 104 0 NC 4 Vitamin B-12. mcg 0.09 1 1 1 Vitamin A, IU. IU 20 1 1 4 Witamin A, RAE mcg_RAE 6 1 4 4 Retinol. mcg 6 1 1 4 Vitamin E (alpha-tocopherol). mg Tocopherol, beta. mg Tocopherol, gamma. mg Tocopherol, delta. mg Vitamin D. IU Vitamin K (phylloquinone) mcg  Lipids: Folate, total asturated 9 0.310 0 1 4:0. 9 6:0. 9 8:0. g	0.058	
Folic acid. mcg 57 0 NC 4 Folate, food. mcg 7 1.371 12 1 Folate, DFE. mcg_DFE 104 0 NC 4 Vitamin B-12. mcg 0.09 1 1 1 Vitamin A, IU. IU 20 1 4 Vitamin A, RAE mcg_RAE 6 1 4 Retinol mcg 6 1 4 Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg Tocopherol, gamma mg Vitamin D. IU Vitamin K (phylloquinone) mcg  Lipids: Fatty acids, total saturated 9 0.310 0 1 4:0 9 6:0 9 8:0 0	102	
Folate, food mcg 7 1.371 12 1 Folate, DFE	91	
Folate, DFE	11	
Vitamin B-12	166	
Vitamin A, IU.     IU     20     1     4       Vitamin A, RAE.     mcg_RAE     6     1     4       Retinol.     mcg     6     1     4       Vitamin E (alpha-tocopherol).     mg     3     4       Tocopherol, beta.     mg     5     5     6     1     4       Tocopherol, gamma.     mg     6     1     4     6     6     6     6     1     6	0.14	
Vitamin A, RAE       mcg_RAE       6       1       4         Retinol       mcg       6       1       4         Vitamin E (alpha-tocopherol)       mg       1       4         Tocopherol, beta       mg       1	32	
Retinol	10	
Vitamin E (alpha-tocopherol)	10	
Tocopherol, gamma		
Tocopherol, delta		
Vitamin D		
Vitamin K (phylloquinone)       mcg         Lipids:       9       0.310       0       1         Fatty acids, total saturated       9       0.310       0       1         4:0       9         6:0       9         8:0       9		
Lipids:     9     0.310     0     1       Fatty acids, total saturated		
Fatty acids, total saturated		
Fatty acids, total saturated		
4:0g 6:0g 8:0g	0.496	
6:0g 8:0g	0.450	
8:0g		
12:0g		
13:09		
14:0g 0.004 0 1	0.006	
15:0g		
16:0g 0.252 0 1	0.403	
17:0g		
18:0g 0.054 0 1	0.086	
20:0g		
22:0g		

		<u>Aı</u>	mount in 10	0 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common measures of food			
				Number	•			<u>m</u>	easures of food		
Nutrients and Un	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
B	_	0.420		•							
Fatty acids, total monounsaturated	-	0.430		0		1		0.688			
14:1 15:1											
16:1 undifferentiated		0.033		0		1		0.053			
17:1		0.055		U		_		0.055			
18:1 undifferentiated	-	0.397		0		1		0.635			
20:1		0.557		·		-		0.033			
22:1 undifferentiated	_										
24:1 c	-										
Fatty acids, total polyunsaturated	_	0.408		0		1		0.653			
18:2 undifferentiated		0.386		0		1		0.618			
18:3 undifferentiated	•	0.021		0		1		0.034			
18:4	-										
20:2 n-6 c,c	-										
20:3 undifferentiated											
20:4 undifferentiated	g	0.001		0		1		0.002			
20:5 n-3	g										
22:5 n-3	g										
22:6 n-3	g										
Fatty acids, total trans	g										
Cholesterol	mg	33		1		4		53			
Phytosterols	mg										
Amino Acids:											
Tryptophan	g	0.063		0		1		0.101			
Threonine	g	0.144		0		1		0.230			
Isoleucine	g	0.202		0		1		0.323			
Leucine	g	0.339		0		1		0.542			
Lysine	g	0.130		0		1		0.208			
Methionine	g	0.087		0		1		0.139			
Cystine	g	0.130		0		1		0.208			
Phenylalanine	-	0.236		0		1		0.378			
Tyrosine		0.137		0		1		0.219			
Valine	g	0.225		0		1		0.360			
Arginine		0.196		0		1		0.314			
Histidine		0.099		0		1		0.158			
Alanine	_	0.162		0		1		0.259			
Aspartic acid	_	0.241		0		1		0.386			
Glutamic acid		1.516		0		1		2.426			
Glycine	-	0.151		0		1		0.242			
Proline	•	0.463		0		1		0.741			
Serine		0.246		0		1		0.394			
Hydroxyproline	g										

## **Common Measures:**

Measure 1 = 160g: 1 cup

Calories Factors: Protein 3.93 Fat 8.41 Carbohydrate 4.09

Food Group: 20 Cereal Grains and Pasta

		<u>Aı</u>	mount in 100 g	rams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber				<u>m</u>	easures of food	<u>l</u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	68.70	0.875	23		1		109.92			
Energy	kcal	133		0	NC	4		213			
Energy	kj	556				4		890			
Protein (N x 5.78)	g	4.75	0.149	14		1		7.60			
Total lipid (fat)	g	1.47	0.049	13		1		2.35			
Ash	g	0.24	0.015	14		1		0.38			
Carbohydrate, by difference	g	24.84		0	NC	4		39.74			
Fiber, total dietary	g										
Sugars, total	g										
Starch	g										
Mr. 1											
Minerals:	ma	12	0 600	30		1		10			
Calcium, Ca	-	0.60	0.629	30 1		1 1		19 0.96			
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	19	1.186	31		1		30			
Magnesium, Mg Phosphorus, P		69	3.006	30		1		30 110			
Potassium, K	-	28	2.026	31		1		45			
Sodium, Na	-	165	2.020	1		1		264			
Zinc, Zn	-	0.62	0.032	31		1		0.99			
Copper, Cu		0.086		24		1		0.138			
Manganese, Mn		0.262		31		1		0.419			
Selenium, Se		21.7	1.075	52	A	1		34.7			
ŕ											
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	-	0.0		0		4		0.0			
Thiamin	-	0.030		1		1		0.048			
Riboflavin		0.020		1		1		0.032			
Niacin		0.400		1		1		0.640			
Pantothenic acid	-	0.145		15		1		0.232			
Vitamin B-6	-	0.036		12		1		0.058			
Folate, total		7	1.371	12	_	1		11			
Folic acid		0	4 054	0	Z	7		0			
Folate, food		7 7	1.371	12	***	1		11			
Folate, DFE		=		0	NC	4		11			
Vitamin B-12		0.09		1		1 4		0.14			
Vitamin A, IU		20		0		_		32			
Vitamin A, RAE		6 6		0		4 4		10 10			
Retinol		6		U		4		10			
Vitamin E (alpha-tocopherol)											
Tocopherol, beta Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
<u>Lipids:</u>											
Fatty acids, total saturated		0.310		0		1		0.496			
4:0											
6:0	-										
8:0											
10:0											
12:0 13:0											
14:0	-	0.004		0		1		0.006			
15:0	-	0.004		Ü		1		0.006			
16:0	-	0.252		0		1		0.403			
17:0		0.232		v		-		0.403			
18:0	-	0.054		0		1		0.086			
20:0	-	0.034		v		-		0.000			
22:0	-										
24:0	-										

	<u>Ar</u>	nount in 10		Amount in edible portion of common measures of food						
Nutrients and Un	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		0.430		0		1		0.688		
14:1										
15:1		0.000		•				0.050		
16:1 undifferentiated	-	0.033		0		1		0.053		
17:1		0.397		0		1		0 635		
18:1 undifferentiated	_	0.397		U		1		0.635		
20:1 22:1 undifferentiated	_									
24:1 c	_									
Fatty acids, total polyunsaturated	-	0.408		0		1		0.653		
18:2 undifferentiated		0.386		0		1		0.618		
18:3 undifferentiated		0.021		0		1		0.034		
18:4	_	0.022		·		_		0.054		
20:2 n-6 c.c.	-									
20:3 undifferentiated	_									
20:4 undifferentiated	-	0.001		0		1		0.002		
20:5 n-3										
22:5 n-3	-									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg	33		0		4		53		
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.063		0		1		0.101		
Threonine		0.144		0		1		0.230		
Isoleucine		0.202		0		1		0.323		
Leucine	_	0.339		0		1		0.542		
Lysine		0.130		0		1		0.208		
Methionine	_	0.087		0		1		0.139		
Cystine	_	0.130		0		1		0.208		
Phenylalanine		0.236		0		1		0.378		
Tyrosine		0.137		0		1		0.219		
Valine	_	0.225		0		1		0.360		
Arginine	_	0.196		0		1		0.314		
Histidine	_	0.099		0		1		0.158		
Alanine	_	0.162		0		1		0.259		
Aspartic acid		0.241		0		1		0.386		
Glutamic acid		1.516		0		1		2.426		
Glycine	g	0.151		0		1		0.242		
Proline	g	0.463		0		1		0.741		
Serine	g	0.246		0		1		0.394		
Hydroxyproline	g									

## **Common Measures:**

Measure 1 = 160g: 1 cup

Calories Factors: Protein 3.93 Fat 8.41 Carbohydrate 4.09

**Food Group:** 20 Cereal Grains and Pasta USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>Aı</u>	mount in 100 g	Amount in edible portion of common						
			Nu	mber				<u>m</u>	easures of food	<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	68.70	0.875	23		1		109.92		
Energy	kcal	133		0	NC	4		213		
Energy		556				4		890		
Protein (N x 5.78)		4.75	0.149	14		1		7.60		
Total lipid (fat)		1.47	0.049	13		1		2.35		
Ash	g	0.24	0.015	14		1		0.38		
Carbohydrate, by difference	g	24.84		0	NC	4		39.74		
Fiber, total dietary	g	1.1		0		4		1.8		
Sugars, total		0.32		0	BFSN	4		0.51		
Starch										
Minerals:		10	2 22-	20		_		1.0		
Calcium, Ca	_	12	0.629	30		1		19		
Iron, Fe.	_	0.60	1 100	1		1		0.96		
Magnesium, Mg		19 69	1.186	31 30		1 1		30 110		
Phosphorus, P	-	69 28	3.006 2.026	30 31		1		110 45		
Potassium, K Sodium. Na	-	28 7	2.026	24		1		45 11		
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.62	0.032	31		1		0.99		
Copper, Cu		0.02		24		1		0.138		
Manganese, Mn		0.262		31		1		0.419		
Selenium, Se		21.7	1.075	52	A	1		34.7		
·						_				
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid	_	0.0		0		4		0.0		
Thiamin	-	0.030		1		1		0.048		
Riboflavin		0.020		1		1		0.032		
Niacin	_	0.400		1		1		0.640		
Pantothenic acid	-	0.145		15		1		0.232		
Vitamin B-6	-	0.036		12		1		0.058		
Folate, total		7	1.371	12	_	1		11		
Folic acid		0	4 054	0	Z	7		0		
Foliate, food		7 7	1.371	12		1		11		
Folate, DFE				0	NC	4		11		
Vitamin B-12		0.09		1		1		0.14		
Vitamin A, IU		21 6		0	NC	4 4		34 10		
Vitamin A, RAE		6		0	NC BFSN	4		10		
Retinol Vitamin E (alpha-tocopherol)		0.16		0	BFSN	4		0.26		
Tocopherol, beta		0.10		U	DF 3N	•		0.20		
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.1		0	BFSN	4		0.1		
	············									
<u> Lipids:</u>	_			_		_				
Fatty acids, total saturated		0.310		0		1		0.496		
4:0		0.000		0		1		0.000		
6:0		0.000		0		1		0.000		
8:0	-	0.000		0		1 1		0.000		
10:0	-	0.000		0		1		0.000		
12:0		0.000		U		1		0.000		
13:0		0.004		0		1		0 006		
14:0		0.004		U		1		0.006		
15:0		0.252		0		1		0.403		
16:0		0.252		U		1		0.403		
17:0	-	0.054		0		1		0.086		
18:0	-	0.054		U		1		0.086		
20:0	-									
22:0 24:0	-									

		<u>A</u> 1	mount in 10	00 grams	Amount in edible portion of common					
				Number	•		measures of food			
Nutrients and	Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura		0.430		0		1		0.688		
14:1	_									
15:1	-			_						
16:1 undifferentiated	_	0.033	•	0		1		0.053		
17:1		0.00		•						
18:1 undifferentiated	-	0.397		0		1		0.635		
20:1		0.000		0		1		0.000		
22:1 undifferentiated	-	0.000		0		1		0.000		
24:1 c		0.400		0		1				
Fatty acids, total polyunsaturat		0.408						0.653		
18:2 undifferentiated		0.386		0		1 1		0.618		
18:3 undifferentiated		0.021		0				0.034		
18:4		0.000		0		1		0.000		
20:2 n-6 c,c	-									
20:3 undifferentiated	_	0 001		•		1		0.000		
20:4 undifferentiated		0.001		0		1		0.002		
20:5 n-3	_			0				0.000		
22:5 n-3	_	0.000		0		1		0.000		
22:6 n-3		0.000	1	U		1		0.000		
Fatty acids, total trans		33		0				<b>5</b> 0		
Cholesterol	-	33		U		4		53		
Phytosterols	IIIg									
Amino Acids:										
Tryptophan	g	0.063	i .	0		1		0.101		
Threonine	g	0.144		0		1		0.230		
Isoleucine	g	0.202		0		1		0.323		
Leucine	g	0.339	1	0		1		0.542		
Lysine	g	0.130	1	0		1		0.208		
Methionine	g	0.087		0		1		0.139		
Cystine	g	0.130	1	0		1		0.208		
Phenylalanine	g	0.236	i	0		1		0.378		
Tyrosine	g	0.137		0		1		0.219		
Valine	g	0.225	i	0		1		0.360		
Arginine	g	0.196	i	0		1		0.314		
Histidine	g	0.099	ı	0		1		0.158		
Alanine	g	0.162		0		1		0.259		
Aspartic acid		0.241		0		1		0.386		
Glutamic acid	g	1.516	i	0		1		2.426		
Glycine	g	0.151		0		1		0.242		
Proline	g	0.463		0		1		0.741		
Serine	g	0.246	i	0		1		0.394		
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	mcg	1		0	BFSN	4		1.084		
Carotene, alpha		0		0	BFSN	4		0.102		
Cryptoxanthin, beta	-	0		0	BFSN	4		0.780		
Lycopene		0		0	BFSN	4		0.000		
Lutein + zeaxanthin		38		0	BFSN	4		61.071		

## **Common Measures:**

Measure 1 = 160g: 1 cup

NDB No. 20410

Noodles, egg, cooked, unenriched, without added salt

Calories Factors: Protein 3.93 Fat 8.41 Carbohydrate 4.09

Food Group: 20 Cereal Grains and Pasta

		AI	mount in 100 g	Amount in edible portion of common						
			Nu	mber	•			<u>m</u>	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Unit	Nutrients and Units		Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	9.67	0.434	31		1		3.67	5.51	
Energy	kcal	381		0	NC	4		145	217	
Energy	kj	1594				4		606	909	
Protein (N x 5.78)	g	14.02	0.291	43		1		5.33	7.99	
Total lipid (fat)	g	4.21	0.152	42		1		1.60	2.40	
Ash	g	0.97	0.038	28		1		0.37	0.55	
Carbohydrate, by difference	g	71.13		0	NC	4		27.03	40.54	
Fiber, total dietary	g	2.7		0		4		1.0	1.5	
Sugars, total	g	0.95	0.159	3	A	1		0.36	0.54	
Starch	g									
M:										
Minerals:	ma	31	0.874	45		1		12	18	
Calcium, Ca Iron, Fe	-	4.54	0.874	45 32		1		1.73	2.59	
Magnesium, Mg	-	60	2.316	34		1		23	34	
Phosphorus, P		214	5.370	33		1		81	122	
Potassium, K	_	234	4.602	79		1		89	133	
Sodium. Na.	-	21	0.906	85		1		8	12	
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	1.60	0.048	21		1		0.61	0.91	
Copper, Cu		0.298	0.018	21		1		0.113	0.170	
Manganese, Mn		0.716		17		1		0.272	0.408	
Selenium, Se	-	59.2	7.125	7	A	1		22.5	33.7	
Vitamins:				•						
Vitamin C, total ascorbic acid	_	0.0		0		4		0.0	0.0	
Thiamin		1.061		28		1		0.403	0.605	
Riboflavin		0.479		28		1		0.182	0.273	
Niacin	-	8.032		27		1		3.052	4.578	
Pantothenic acid	=	0.700		15		1		0.266	0.399	
Vitamin B-6	_	0.122		13	_	1		0.046	0.070	
Folate, total		245	21.333	12 0	A NC	1 4		93 82	139	
Folic acid		216 29	6.837	12	NC	1		82 11	123 17	
Folate, food		29 396	6.837	0	NC	4		150	17 226	
Folate, DFE		0.40			NC	1				
Vitamin B-12 Vitamin A, IU		62		1 2		1		0.15 24	0.23	
Vitamin A, IU Vitamin A, RAE		17		0	NC	4		7	35 10	
Retinol		17		0	FLA	4		7	10	
Vitamin E (alpha-tocopherol)		0.47		0	FLA	4		0.18	0.27	
Tocopherol, beta		0.47		U	FLIA	-		0.10	0.27	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.3		0	BFSN	4		0.1	0.1	
,	············									
<u>Lipids:</u>										
Fatty acids, total saturated		0.889		0		1		0.338	0.507	
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		0.05-		^						
14:0		0.011		0		1		0.004	0.006	
15:0		<u> </u>		_		_				
16:0		0.723		0		1		0.275	0.412	
17:0	_	0 15-		^				0 0=0	2 222	
18:0	_	0.155		0		1		0.059	0.088	
20:0	9									
22:0	~									

		<u>Ar</u>	nount in 10	Amount in edible portion of common						
Nutrients and Unit				Number		_		measures of food		
	Jnits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
P		1 000		•						
Fatty acids, total monounsaturate 14:1		1.232		0		1		0.468	0.702	
15:1	g									
16:1 undifferentiated	g	0.095		0		1		0.036	0.054	
17:1	g									
18:1 undifferentiated	g	1.137		0		1		0.432	0.648	
20:1	g	0.000		0		1		0.000	0.000	
22:1 undifferentiated	•	0.000		0		1		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsaturated	dg	1.170		0		1		0.445	0.667	
18:2 undifferentiated		1.106		0		1		0.420	0.630	
18:3 undifferentiated	g	0.061		0		1		0.023	0.035	
18:4	-	0.000		0		1		0.000	0.000	
20:2 n-6 c,c	-									
20:3 undifferentiated	-									
20:4 undifferentiated		0.003		0		1		0.001	0.002	
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	g									
Cholesterol		95	2.7	95 48		1		36	54	
Phytosterols	mg									
Amino Acids:										
Tryptophan	а	0.187		0		1		0.071	0.107	
Threonine		0.424		0		1		0.161	0.242	
Isoleucine	-	0.597		0		1		0.227	0.340	
Leucine	-	1.002		0		1		0.381	0.571	
Lysine		0.383		0		1		0.146	0.218	
Methionine		0.257		0		1		0.098	0.146	
Cystine		0.383		0		1		0.146	0.218	
Phenylalanine		0.699		0		1		0.266	0.398	
Tyrosine		0.405		0		1		0.154	0.231	
Valine	-	0.665		0		1		0.253	0.379	
Arginine	-	0.580		0		1		0.233	0.331	
Histidine		0.293		0		1		0.111	0.167	
Alanine	-	0.478		0		1		0.182	0.272	
Aspartic acid	-	0.478		0		1		0.182	0.405	
Glutamic acid		4.480		0		1		1.702	2.554	
Glycine	-	0.446		0		1		0.169	0.254	
Proline				0		1				
		1.368 0.728		0		1		0.520 0.277	0.780 0.415	
Serine Hydroxyproline		0.728		U		1		0.277	0.415	
nydroxypronne	9									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	
Caffeine	mg	0		0	Z	7		0	0	
Theobromine	mg	0		0	Z	7		0	0	
Carotenoids:										
Carotene, beta	mca	2		0	FLA	4		0.743	1.114	
Carotene, alpha	-	0		0	FLA	4		0.743	0.105	
Cryptoxanthin, beta		1		0	FLA	4		0.535	0.103	
Lycopene		0		0	FLA	4		0.000	0.000	
LycopeneLutein + zeaxanthin		110		0	FLA	4		41.859	62.789	
Luiviii + Zvaxallillilli	9	110		U	T TIM	-		41.009	02.703	

## **Common Measures:**

Measure 1 = 38g: 1 cup Measure 2 = 57g: 2 oz NDB No. 20109

Noodles, egg, dry, enriched

Calories Factors: Protein 3.93 Fat 8.41 Carbohydrate 4.09

Food Group: 20 Cereal Grains and Pasta

		<u>Aı</u>	mount in 100 g	rams	of edib	le portio	<u>n</u>		edible portion	
			Nu	ımber				<u>m</u>	easures of food	<u> </u>
Nutrients and Un	:140	Maan	of Std. Error Po			Source Code	Confidence Code	Measure 1	Magazina 2	Magazze
Nutrients and On	iits	Mean	Sid. Error	JIII.3	Oode	Oode	Oode	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	9.67	0.434	31		1		3.67		
Energy	kcal	381		0	NC	4		145		
Energy	kj	1594				4		606		
Protein (N x 5.78)		14.02	0.291	43		1		5.33		
Total lipid (fat)	g	4.21	0.152	42		1		1.60		
Ash		0.97	0.038	28		1		0.37		
Carbohydrate, by difference		71.13		0	NC	4		27.03		
Fiber, total dietary	g	2.7		0		4		1.0		
Sugars, total	g	0.95		0	BFZN	4		0.36		
Starch	g									
Minerals:										
Calcium, Ca	ma	31	0.874	45		1		12		
Iron, Fe.		1.90	0.074	1		1		0.72		
Magnesium, Mg		60	2.316	34		1		23		
Phosphorus, P		214	5.370	33		1		81		
Potassium, K		234	4.602	79		1		89		
Sodium, Na		21	0.906	85		1		8		
Zinc, Zn	_	1.60	0.048	21		1		0.61		
Copper, Cu	_	0.298	0.018	21		1		0.113		
Manganese, Mn		0.716	0.028	17		1		0.272		
Selenium, Se	mcg	59.2	7.125	7	A	1		22.5		
Vitamins:										
	ma	0.0		0		4		0.0		
Vitamin C, total ascorbic acid Thiamin	_	0.0		1		1		0.065		
Riboflavin		0.170		1		1		0.034		
Niacin		2.100		0		1		0.798		
Pantothenic acid	_	0.700		15		1		0.798		
Vitamin B-6	_	0.122		13		1		0.046		
Folate, total	_	29	6.837	12		1		11		
Folic acid		0	0.037	0	z	7		0		
Folate, food		29	6.837	12	_	1		11		
Folate, DFE		29	0.007	0	NC	4		11		
Vitamin B-12		0.40		1		1		0.15		
Vitamin A, IU	IU	62		2		1		24		
Vitamin A, RAE		17		0	NC	4		7		
Retinol		17		0	BFZN	4		7		
Vitamin E (alpha-tocopherol)		0.47		0	BFZN	4		0.18		
Tocopherol, beta	_									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.3		0	BFZN	4		0.1		
Linida										
Lipids:	0	0.889		0		1		0.338		
Fatty acids, total saturated		0.000		0		1		0.000		
4:0 6:0		0.000		0		1		0.000		
8:0	-	0.000		0		1		0.000		
10:0		0.000		0		1		0.000		
12:0		0.000		0		1		0.000		
13:0		5.000		v		-		0.000		
14:0	-	0.011		0		1		0.004		
15:0	-	0.011		•		-		0.004		
16:0		0.723		0		1		0.275		
17:0		0.723		•		-		0.273		
18:0	-	0.155		0		1		0.059		
20:0	-	0.133		J		-		0.000		
22:0	-									
24:0	-									

		<u>A</u> 1	mount in 10	00 grams	of edil	ole portic	<u>on</u>		edible portion o	of common
				Number	•			<u>m</u>	easures of food	
Nutrients and	Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura		1.232		0		1		0.468		
14:1	-									
15:1	-	0.005		•				0.006		
16:1 undifferentiated		0.095		0		1		0.036		
17:1	-	1.137		0		1		0.432		
18:1 undifferentiated	-	0.000		0		1		0.432		
20:1 22:1 undifferentiated				0		1		0.000		
	-	0.000		U		1		0.000		
24:1 c		1.170		0		1		0 445		
Fatty acids, total polyunsaturat		1.170		0		1		0.445 0.420		
18:2 undifferentiated		0.061		0		1		0.420		
18:4		0.001		0		1		0.023		
20:2 n-6 c.c		0.000		U		1		0.000		
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.003		0		1		0.001		
20:5 n-3		0.000		0		1		0.001		
22:5 n-3	-	0.000		0		1		0.000		
22:6 n-3	-	0.000		0		1		0.000		
Fatty acids, total trans		0.000		Ū		-		0.000		
Cholesterol		95	2.7	95 48		1		36		
Phytosterols	-	93	2.7	95 40		_		30		
Fliytosterois	9									
Amino Acids:										
Tryptophan	g	0.187		0		1		0.071		
Threonine	g	0.424		0		1		0.161		
Isoleucine	g	0.597		0		1		0.227		
Leucine	g	1.002		0		1		0.381		
Lysine	g	0.383		0		1		0.146		
Methionine	g	0.257		0		1		0.098		
Cystine	g	0.383		0		1		0.146		
Phenylalanine	g	0.699		0		1		0.266		
Tyrosine	g	0.405		0		1		0.154		
Valine	g	0.665		0		1		0.253		
Arginine	g	0.580		0		1		0.220		
Histidine	g	0.293		0		1		0.111		
Alanine	g	0.478		0		1		0.182		
Aspartic acid	g	0.711		0		1		0.270		
Glutamic acid	g	4.480		0		1		1.702		
Glycine	g	0.446		0		1		0.169		
Proline	g	1.368		0		1		0.520		
Serine	g	0.728		0		1		0.277		
Hydroxyproline	g									
Others:										
Alcohol, ethyl	a	0.0		0		7		0.0		
Caffeine	=	0.0		0	Z	7		0.0		
Theobromine		0		0	Z	7		0		
Carotenoids:		ŭ		•	_	•		•		
Carotene, beta		2		0	BFZN	4		0.743		
Carotene, alpha	-	0		0	BFZN	4		0.070		
Cryptoxanthin, beta		1		0	BFZN	4		0.535		
Lycopene		0		0	BFZN	4		0.000		
Lutein + zeaxanthin	mcg	110		0	BFZN	4		41.859		

### **Common Measures:**

Measure 1 = 38g: 1 cup

NDB No. 20409

Noodles, egg, dry, unenriched

Calories Factors: Protein 3.93 Fat 8.41 Carbohydrate 4.09

Food Group: 20 Cereal Grains and Pasta

		<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>l</u>
Nutrients and Un	iits	Mean	Std. Error F			Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	68.52		0		1		109.63		
Energy	kcal	132		0	NC	4		211		
Energy	kj	552		0		4		884		
Protein (N x 5.79)	g	5.04		0		1		8.06		
Total lipid (fat)		1.57		0		1		2.51		
Ash		0.62		0		1		0.99		
Carbohydrate, by difference	g	24.25		0	NC	4		38.80		
Fiber, total dietary	g	2.3		0		4		3.7		
Sugars, total	g	0.40		0	RA	4		0.64		
Starch	g									
Minerals:	ma	19		0		1		30		
Calcium, Ca	_	1.09		0		1		30 1.74		
Iron, Fe		24		0		1		1.74 38		
Magnesium, Mg Phosphorus, P		24 57		0		1		38 91		
Potassium, K		37		0		1		59		
Sodium, Na		12		0		1		19		
Zinc, Zn		0.63		0		1		1.01		
Copper, Cu	_	0.080	1	0		1		0.128		
Manganese, Mn		0.317		0		1		0.507		
Selenium, Se		21.8	•	0	BFSN	4		34.9		
Scientini, Sc	9			·	22 52.	-		01.0		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.0		0		1		0.0		
Thiamin		0.245		0		1		0.392		
Riboflavin		0.123		0		1		0.197		
Niacin		1.474		0		1		2.358		
Pantothenic acid	_	0.233		0		1		0.373		
Vitamin B-6	-	0.114	1	0		1		0.182		
Folate, total		64		0	BFSY	4		102		
Folic acid		43		0	NC	4		69		
Folate, food		21		0		1		34		
Folate, DFE		94		0	NC	4		151		
Vitamin B-12	mcg	0.14		0		1		0.22		
Vitamin A, IU		103		0		1		165		
Vitamin A, RAE		10		0	NC	4		16		
Retinol		6		0	RA	4		9		
Vitamin E (alpha-tocopherol)		0.58		0	RA	4		0.93		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		101.1		•				161 7		
Vitamin K (phylloquinone)	Ilicy	101.1		0	RA	4		161.7		
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.361	L	0		1		0.578		
4:0	-	0.000	)	0		1		0.000		
6:0		0.000	)	0		1		0.000		
8:0	g	0.000	)	0		1		0.000		
10:0	g	0.000	)	0		1		0.000		
12:0	g	0.000	)	0		1		0.000		
13:0	g									
14:0	g	0.005	5	0		1		0.008		
15:0	g									
16:0	g	0.290	)	0		1		0.464		
17:0	g									
18:0	g	0.065	5	0		1		0.104		
20:0	g									
22:0	g									
24:0	a									

Nutrients and Units   Numary   Std. Error   Points   Code   Code   Code   Code   Numary   N			<u>A</u> 1	mount in 100 gram	s of edil	ble portio	<u>n</u>		edible portion	
Nutrients and Units				Numbe	r			<u>m</u>	easures of food	•
Fatty solids, total monounsiturated						Source	Confidence			
14	Nutrients and Un	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
14										
15.1	Fatty acids, total monounsaturated.	g	0.493	0		1		0.789		
16.1 undifferentiated	-									
17-1	15:1	g								
18.1 undifferentiated. 9 0.001 0 1 0.002 22.1 undifferentiated. 9 0.000 0 1 0.000 24.1 undifferentiated. 9 0.000 0 1 0.000 24.1 undifferentiated. 9 0.349 0 1 1 0.558 18.2 undifferentiated. 9 0.048 0 1 0.077 18.4 undifferentiated. 9 0.000 0 1 0.007 18.4 undifferentiated. 9 0.000 0 1 0.007 20.2 ne 6 c. 9 0.000 0 1 0.000 20.2 ne 6 c. 9 0.000 0 1 0.000 20.2 ne 6 c. 9 0.000 0 1 0.000 20.3 ne 6 c. 9 0.000 0 1 0.000 22.5 n.3 9 0.000 0 1 0.000 23.5 n.3 9 0.000 0 1 0.000 24.5 n.3 9 0.000 0 1 0.000 25.5 n.3 9 0.000 0 1 0.000 26.5 n.3 9 0.000 0 1 0.000 27.5 n.3 9 0.000 0 1 0.000 28.5 n.3 9 0.000 0 1 0.000 29.5 n.3 9 0.000 0 1 0.000 29.5 n.3 9 0.000 0 1 0.000 20.5 n.3 9 0.000 0 1 0.000 21.5 n.3 9 0.000 0 1 0.000 21.5 n.3 9 0.000 22.5 n.3 9 0.000 0 1 0.000 23.5 n.3 9 0.000 0 1 0.000 24.5 n.3 9 0.000 0 1 0.000 25.5 n.3 9 0.000 0 1 0.000 26.5 n.3 9 0.000 0 1 0.000 27.5 n.3 9 0.000 29.5 n.3 9 0.000 0 1 0.000 29.5 n.3 9 0.000 20.5 n.3 9 0.000 20	16:1 undifferentiated	g	0.047	0		1		0.075		
201	17:1	g								
22.1 midiferentiated	18:1 undifferentiated	g	0.445	0		1		0.712		
24   C. 9   9   0.349   0   1   0.558   182   20   11   0.482   182   20   11   0.482   183   20   11   0.482   183   20   11   0.000   184   9   0.000   0   1   0.000   184   9   0.000   0   1   0.000   0   1   0.000   0   1   0.000   0   1   0.000   0   0   0   0   0   0   0   0	20:1	g	0.001	. 0		1		0.002		
Fathy acids, fotal polymasturated.   g   0.349   0   1   0.588     18.2 undifferentiated.   g   0.000   0   1   0.000     18.4	22:1 undifferentiated	g	0.000	0		1		0.000		
18.2 undifferentiated.   g   0.301   0   1   0.482     18.3 undifferentiated.   g   0.048   0   1   0.000     18.4 undifferentiated.   g   0.000   0   1   0.000     20.2 n de c.   g   0.000   0   1   0.000     20.3 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   0.251     22.5 n 3   g   0.157   0   1   0.251     22.5 n 3   g   0.155   0   1   0.349     22.5 n 3   g   0.151   0   1   0.242     22.5 n 3   g   0.151   0   1   0.242     22.5 n 3   g   0.151   0   1   0.242     22.5 n 3   g   0.000   0   1   0.242     22.5 n 3   g   0.000   0   1   0.242     22.5 n 3   g   0.151   0   1   0.242     22.5 n 3   g   0.000   0   1   0.242     22.5 n 3   g   0.251   0   1   0.242     22.5 n 3   g   0.251   0   1   0.242     22.5 n 3   g   0.000   0   0   0   0   0   0     22.5 n 3   g   0.000   0   0   0   0   0     22.5 n	24:1 c	g								
183	Fatty acids, total polyunsaturated	g	0.349	0		1		0.558		
184.	18:2 undifferentiated	g	0.301	. 0		1		0.482		
202 n-6 cc.   9   203 undifferentiated.   9   204 undifferentiated.   9   0.000   0   1   0.0000   0.000   0.0000   0.000   0.000   0.0000   0.000   0.000   0.0000   0.0000   0.0000   0.00	18:3 undifferentiated	g	0.048	0		1		0.077		
203 undifferentiated   9	18:4	g	0.000	0		1		0.000		
20.4 undifferentiated	20:2 n-6 c,c	g								
20.5 n-3		_								
22:5 n-3	20:4 undifferentiated	g	0.000	0		1		0.000		
22:6 n-3	20:5 n-3	g	0.000	0		1		0.000		
Fatty acids, total trans	22:5 n-3	g	0.000	0		1		0.000		
Cholesterol.   mg   mg   mg   mg   mg   mg   mg   m	22:6 n-3	g	0.000	0		1		0.000		
Phytosterols.   mg   Phytosterols.   Phytoster	Fatty acids, total trans	g								
Amino Acids:   Tryptophan	Cholesterol	mg	33	0		1		53		
Tryptophan         g         0.067         0         1         0.107           Threonine         .9         0.157         0         1         0.251           Isoleucine         .9         0.218         0         1         0.349           Leucine         .9         0.364         0         1         0.582           Lysine         .9         0.151         0         1         0.242           Methionine         .9         0.093         0         1         0.149           Cystine         .9         0.133         0         1         0.213           Phenylalanine         .9         0.251         0         1         0.402           Tyrosine         .9         0.133         0         1         0.402           Tyrosine         .9         0.149         0         1         0.402           Tyrosine         .9         0.244         0         1         0.394           Valine         .9         0.244         0         1         0.340           Histdine         .9         0.106         0         1         0.170           Alanine         .9         0.126         0	Phytosterols	mg								
Tryptophan         g         0.067         0         1         0.107           Threonine         g         0.157         0         1         0.251           Isoleucine         g         0.218         0         1         0.349           Leucine         g         0.364         0         1         0.582           Lysine         g         0.151         0         1         0.242           Methionine         g         0.093         0         1         0.149           Cystine         g         0.133         0         1         0.213           Phenylalanine         g         0.251         0         1         0.402           Tyrosine         g         0.133         0         1         0.402           Tyrosine         g         0.251         0         1         0.402           Tyrosine         g         0.244         0         1         0.398           Valine         g         0.244         0         1         0.394           Histidine         g         0.178         0         1         0.264           Histidine         g         0.269         0         1 </td <td>Amino Acids:</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>	Amino Acids:									
Threonine		a	0 067			1		0 107		
Soleucine	** *									
Leucine         9         0.364         0         1         0.582           Lysine         9         0.151         0         1         0.242           Methionine         9         0.093         0         1         0.149           Cystine         9         0.133         0         1         0.213           Phenylalanine         9         0.251         0         1         0.402           Tyrosine         9         0.149         0         1         0.238           Valine         9         0.244         0         1         0.390           Arginie         9         0.244         0         1         0.390           Arginie         9         0.215         0         1         0.344           Histidine         9         0.106         0         1         0.170           Alanine         9         0.178         0         1         0.285           Aspartic acid         9         0.269         0         1         0.430           Glutamic acid         9         0.165         0         1         0.755           Serine         9         0.472         0         1 <td></td> <td>_</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>		_								
Lysine         9         0.151         0         1         0.242           Methionine         9         0.093         0         1         0.149           Cystine         9         0.133         0         1         0.213           Phenylalanine         9         0.251         0         1         0.402           Tyrosine         9         0.149         0         1         0.238           Valine         9         0.244         0         1         0.390           Arginine         9         0.215         0         1         0.344           Histidine         9         0.106         0         1         0.344           Histidine         9         0.178         0         1         0.170           Alanine         9         0.178         0         1         0.285           Aspartic acid         9         0.269         0         1         0.430           Glutamic acid         9         1.543         0         1         0.264           Proline         9         0.472         0         1         0.755           Serine         9         0.258         0         1<		-								
Methionine         9         0.093         0         1         0.149           Cystine         9         0.133         0         1         0.213           Phenylalanine         9         0.251         0         1         0.402           Tyrosine         9         0.149         0         1         0.238           Valine         9         0.149         0         1         0.238           Valine         9         0.244         0         1         0.390           Arginine         9         0.215         0         1         0.344           Histidine         9         0.106         0         1         0.170           Alanine         9         0.178         0         1         0.285           Aspartic acid         9         0.269         0         1         0.430           Glycine         9         0.165         0         1         0.264           Proline         9         0.472         0         1         0.433           Hydroxyproline         9         0         2.5         7         0           Hydroxyproline         9         0         0         2 <td></td> <td>-</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>		-								
Cystine         9         0.133         0         1         0.213           Phenylalanine         9         0.251         0         1         0.402           Tyrosine         9         0.149         0         1         0.238           Valine         9         0.244         0         1         0.390           Arginine         9         0.215         0         1         0.344           Histidine         9         0.106         0         1         0.170           Alanine         9         0.178         0         1         0.285           Aspartic acid         9         0.269         0         1         0.285           Aspartic acid         9         0.269         0         1         0.430           Glycine         9         0.165         0         1         0.264           Proline         9         0.165         0         1         0.755           Serine         9         0.258         0         1         0.413           Hydroxyproline         9         0         2         7         0           Others:           Alcohol, ethyl         9 <td>-</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>	-									
Phenylalanine         9         0.251         0         1         0.402           Tyrosine         9         0.149         0         1         0.238           Valine         9         0.244         0         1         0.390           Arginine         9         0.215         0         1         0.344           Histidine         9         0.106         0         1         0.170           Alanine         9         0.178         0         1         0.285           Aspartic acid         9         0.269         0         1         0.430           Glutamic acid         9         0.269         0         1         0.430           Glutamic acid         9         0.165         0         1         0.264           Proline         9         0.165         0         1         0.264           Proline         9         0.472         0         1         0.413           Hydroxyproline         9         0.258         0         1         0.413           Hydroxyproline         9         0         0         7         0.0           Carfeine         mg         0		-								
Tyrosine         9         0.149         0         1         0.238           Valine         9         0.244         0         1         0.390           Arginine         9         0.215         0         1         0.344           Histidine         9         0.106         0         1         0.170           Alanine         9         0.178         0         1         0.285           Aspartic acid         9         0.269         0         1         0.430           Glutamic acid         9         1.543         0         1         0.430           Glycine         9         0.165         0         1         0.264           Proline         9         0.472         0         1         0.755           Serine         9         0.472         0         1         0.413           Hydroxyproline         9         0.258         0         1         0.413           Hydroxyproline         9         0         0         7         0.0           Caffeine         mg         0         0         2         7         0           Cargine         mg         0         0	•									
Valine         9         0.244         0         1         0.390           Arginine         9         0.215         0         1         0.344           Histidine         9         0.106         0         1         0.170           Alanine         9         0.178         0         1         0.285           Aspartic acid         9         0.269         0         1         0.430           Glutamic acid         9         1.543         0         1         2.469           Glycine         9         0.165         0         1         0.264           Proline         9         0.472         0         1         0.755           Serine         9         0.472         0         1         0.413           Hydroxyproline         9         0         258         0         1         0.413           Hydroxyproline         9         0         0         7         0         0           Caffeine         mg         0         0         2         7         0           Caffeine         mg         0         0         2         7         0           Carotene, beta <th< td=""><td>-</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></th<>	-									
Arginine       9       0.215       0       1       0.344         Histidine       9       0.106       0       1       0.170         Alanine       9       0.178       0       1       0.285         Aspartic acid       9       0.269       0       1       0.430         Glutamic acid       9       1.543       0       1       2.469         Glycine       9       0.165       0       1       0.264         Proline       9       0.472       0       1       0.755         Serine       9       0.258       0       1       0.413         Hydroxyproline       9       0.258       0       1       0.413         Hydroxyproline       9       0.0       0       7       0.0         Carlie       9       0.0       0       7       0.0         Carlie       mg       0       0       2       7       0         Carlie       mg       0       0       2       7       0         Carlie       mg       0       0       2       7       0         Carlie       <	•					_				
Histidine										
Alanine       9       0.178       0       1       0.285         Aspartic acid       9       0.269       0       1       0.430         Glutamic acid       9       1.543       0       1       2.469         Glycine       9       0.165       0       1       0.264         Proline       9       0.472       0       1       0.755         Serine       9       0.258       0       1       0.413         Hydroxyproline       9       0.0258       0       1       0.413         Others:         Alcohol, ethyl       9       0.0       0       7       0.0         Caffeine       mg       0       0       2       7       0         Theobromine       mg       0       0       2       7       0         Carotenoids:         Carotene, beta       mcg       51       0       0       4       80.800         Carotene, alpha       mcg       0       0       2       7       0.000         Cryptoxanthin, beta       mcg       0       0       RA       4       0.000	E	_				_				
Aspartic acid										
Glutamic acid. 9 1.543 0 1 2.469 Glycine. 9 0.165 0 1 0.264 Proline. 9 0.472 0 1 0.755 Serine. 9 0.258 0 1 0.413 Hydroxyproline. 9  Chers:  Alcohol, ethyl. 9 0.0 0 7 0.0 Caffeine mg 0 0 0 z 7 0 Theobromine. mg 0 0 z 7 0  Carotene, beta mcg 51 0 0 z 7 0  Carotene, alpha mcg 0 0 z 7 0.00  Carytoxanthin, beta mcg 0 0 z 7 0.000  Cryptoxanthin, beta mcg 0 0 z 7 0.000  Lycopene. mcg 0 0 RA 4 0.000										
Glycine 9 0.165 0 1 0.264 Proline 9 0.472 0 1 0.755 Serine 9 0.258 0 1 0.413 Hydroxyproline 9  Cthers:  Alcohol, ethyl 9 0.0 7 0.0 Caffeine mg 0 0 0 z 7 0 Theobromine mg 0 0 z 7 0 Carotenoids:  Carotene, beta mcg 51 0 0 4 80.800 Carotene, alpha mcg 0 0 z 7 0.000 Cyptoxanthin, beta mcg 0 0 z 7 0.000 Cyptoxanthin, beta mcg 0 0 z 7 0.000 Lycopene mcg 0 0 RA 4 0.000	•									
Proline										
Serine         g         0.258         0         1         0.413           Hydroxyproline         g         0.258         0         1         0.413           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         51         0         0         4         80.800           Carotene, alpha         mcg         0         0         z         7         0.000           Cryptoxanthin, beta         mcg         0         0         z         7         0.000           Lycopene         mcg         0         0         RA         4         0.000				•		_				
Hydroxyproline       g         Others:         Alcohol, ethyl       g       0.0       7       0.0         Caffeine       mg       0       0       z       7       0.0         Theobromine       mg       0       0       z       7       0         Carotenoids:         Carotene, beta       mcg       51       0       0       4       80.800         Carotene, alpha       mcg       0       0       z       7       0.000         Cryptoxanthin, beta       mcg       0       0       z       7       0.000         Lycopene       mcg       0       0       RA       4       0.000										
Others:           Alcohol, ethyl			0.236	. 0		_		0.413		
Alcohol, ethyl	11ydroxypronne	9								
Caffeine.         mg         0         0         z         7         0           Theobromine.         mg         0         0         z         7         0           Carotenoids:         Carotene, beta.         mcg         51         0         0         4         80.800           Carotene, alpha.         mcg         0         0         z         7         0.000           Cryptoxanthin, beta.         mcg         0         0         z         7         0.000           Lycopene.         mcg         0         0         RA         4         0.000	Others:									
Theobromine         mg         0         0         z         7         0           Carotenoids:         Carotene, beta         mcg         51         0         0         4         80.800           Carotene, alpha         mcg         0         0         z         7         0.000           Cryptoxanthin, beta         mcg         0         0         z         7         0.000           Lycopene         mcg         0         0         RA         4         0.000	Alcohol, ethyl	g	0.0	0				0.0		
Carotenoids:           Carotene, beta	Caffeine	mg						0		
Carotene, beta	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         RA         4         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         RA         4         0.000	Carotene beta	mca	51	n	0	4		80 800		
Cryptoxanthin, beta.         mcg         0         0         z         7         0.000           Lycopene.         mcg         0         0         RA         4         0.000	*	-		0						
Lycopene			-	0						
Lutein + zeavanthin IIICO 2232 (1 RA 4 3571 103	Lutein + zeaxanthin		2232	0	RA	4		3571.103		

### **Common Measures:**

Measure 1 = 160g: 1 cup

NDB No. 20112

Noodles, egg, spinach, cooked, enriched

Calories Factors: Protein 3.88 Fat 8.41 Carbohydrate 4.08

Food Group: 20 Cereal Grains and Pasta

		<u>Aı</u>	mount in 100 gr	ams of	edib	le portio	<u>n</u>	Amount in	edible portion	of common
			Nur	nber				m	easures of food	
				Data De	eriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Poi			Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	8.72	0.266	3		1		3.31	4.97	
Energy.	_	382	0.200	0	NC	4		145	218	
Energy		1598		Ü	140	4		607	911	
Protein (N x 5.79)		14.61	0.663	4		1		5.55	8.33	
Total lipid (fat)		4.55	0.754	4		1		1.73	2.59	
Ash		1.79	0.734	3		1		0.68	1.02	
Carbohydrate, by difference		70.32	0.540	0	NC	4		26.72	40.08	
Fiber, total dietary		6.8		0	110	1		2.6	3.9	
Sugars, total		0.0		Ü		-		2.0	3.3	
Starch	-									
Starcii	9									
Minerals:										
Calcium, Ca		56	10.249	4		1		21	32	
Iron, Fe	_	4.20	0.588	3		1		1.60	2.39	
Magnesium, Mg		82	23.673	3		1		31	47	
Phosphorus, P	-	193	24.052	3		1		73	110	
Potassium, K	-	355	53.161	3		1		135	202	
Sodium, Na	-	72	11.149	3		1		27	41	
Zinc, Zn		1.83	0.209	3		1		0.70	1.04	
Copper, Cu		0.257		3		1		0.098	0.146	
Manganese, Mn		1.020	0.223	3		1		0.388	0.581	
Selenium, Se	Ilicg									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	1.091	0.065	3		1		0.415	0.622	
Riboflavin	mg	0.477	0.009	3		1		0.181	0.272	
Niacin	-	6.575	0.360	4		1		2.499	3.748	
Pantothenic acid		0.899		3		1		0.342	0.512	
Vitamin B-6	-	0.412	0.074	3		1		0.157	0.235	
Folate, total		245			BFZN	4		93	139	
Folic acid		157			NC	4		60	89	
Folate, food	mcg	88		2		1		33	50	
Folate, DFE		354			NC	4		135	202	
Vitamin B-12		0.40		1		4		0.15	0.23	
Vitamin A, IU		315		1		1		120	180	
Vitamin A, RAE										
Retinol										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin K (phylloquinone)										
	9									
<u>Lipids:</u>										
Fatty acids, total saturated		1.047	•	0		1		0.398	0.597	
4:0										
6:0	-									
8:0										
10:0										
12:0										
13:0	-	0.015		0		1		0.000	0.000	
14:0	_	0.015	)	0		1		0.006	0.009	
15:0		0.000	•	^		4		0 200	0 400	
16:0		0.842	1	0		1		0.320	0.480	
17:0		0 100	•	0		1		0.070	0 100	
18:0		0.189	,	0		1		0.072	0.108	
20:0										
22:0	a									

		<u>Aı</u>	mount in 100 g		edible portio	o <u>n</u>		edible portion o	f common
				umber f Data Do	riv Source	Confidence	<u></u>	<u> </u>	
Nutrients and Units	5	Mean	Std. Error P			Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	1.430		0	1		0.543	0.815	
14:1	g								
15:1	g								
16:1 undifferentiated	g	0.137		0	1		0.052	0.078	
17:1	g								
18:1 undifferentiated	g	1.290		0	1		0.490	0.735	
20:1	g	0.003		0	1		0.001	0.002	
22:1 undifferentiated	g								
24:1 c	g								
Fatty acids, total polyunsaturated	g	1.012		0	1		0.385	0.577	
18:2 undifferentiated	g	0.874		0	1		0.332	0.498	
18:3 undifferentiated	g	0.138		0	1		0.052	0.079	
18:4	g								
20:2 n-6 c,c	g								
20:3 undifferentiated	g								
20:4 undifferentiated	g								
20:5 n-3	g								
22:5 n-3	g								
22:6 n-3	g								
Fatty acids, total trans	g								
Cholesterol	mg	95		1	4		36	54	
Phytosterols	<sub>.</sub> mg								
Amino Acids:									
Tryptophan	a	0.194		0	1		0.074	0.111	
Threonine		0.154		0	1		0.174	0.260	
Isoleucine	-	0.437		0	1		0.241	0.361	
Leucine		1.055		0	1		0.401	0.601	
Lysine		0.436		0	1		0.166	0.249	
Methionine	-	0.430		0	1		0.100	0.249	
Cystine	-	0.386		0	1		0.147	0.134	
Phenylalanine		0.380		0	1		0.147	0.220	
-		0.431		0	1		0.164	0.414	
Tyrosine	-	0.431		0	1		0.164	0.246	
Valine				0	1				
Arginine		0.623 0.308		0	1		0.237 0.117	0.355 0.176	
Histidine	•	0.308		0	1		0.117	0.176	
Alanine	-	0.317		0	1		0.196	0.295	
Aspartic acid		0.780 4.476		0	1		1.701	0.445 2.551	
Glutamic acid	-			0	1				
Glycine		0.479			1		0.182	0.273	
Proline	•	1.370		0	1		0.521	0.781	
Serine	-	0.749		0	1		0.285	0.427	
Hydroxyproline	g								

## **Common Measures:**

Measure 1 = 38g: 1 cup Measure 2 = 57g: 2 oz

Calories Factors: Protein 3.88 Fat 8.41 Carbohydrate 4.08

Food Group: 20 Cereal Grains and Pasta

		<u>Aı</u>	mount in 100 gr	ams of e	dible porti	<u>ion</u>		edible portion	
			Nun	nber			<u>m</u>	easures of food	<u>l</u>
			of [	Data De	iv Source	e Confidence			
Nutrients and Uni	ts	Mean	Std. Error Poi	nts Co	de Code	Code	Measure 1	Measure 2	Measure
Proximates:									
Water	-	73.01	0.078	3	1		83.23		
Energy		99		0	NC 4		113		
Energy		414			4		472		
Protein (N x 6.06)		5.06	0.039	3	1		5.77		
Total lipid (fat)		0.10	0.017	3	1		0.11		
Ash		0.39	0.006	3	1		0.44		
Carbohydrate, by difference		21.44		0	NC 4		24.44		
Fiber, total dietary									
Sugars, total									
Starch	g								
Minerals:									
Calcium, Ca	mg	4		2	1		5		
Iron, Fe	_	0.48		2	1		0.55		
Magnesium, Mg	-	9		2	1		10		
Phosphorus, P	mg	25		2	1		29		
Potassium, K	mg	35		2	1		40		
Sodium, Na	-	60		2	1		68		
Zinc, Zn		0.12		2	1		0.14		
Copper, Cu		0.008		2	1		0.009		
Manganese, Mn		0.374		0	4		0.426		
Selenium, Se	mcg								
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.0		0	4		0.0		
Thiamin	_	0.094	0.012	4	1		0.107		
Riboflavin	-	0.026	0.001	6	1		0.030		
Niacin		0.510		2	1		0.581		
Pantothenic acid		0.235		0	4		0.268		
Vitamin B-6	mg	0.040		2	1		0.046		
Folate, total	mcg	7	1.091	3	1		8		
Folic acid	mcg	0		0	z 7		0		
Folate, food		7	1.091	3	1		8		
Folate, DFE	mcg_DFE	7		0 1	C 4		8		
Vitamin B-12		0.00		0	z 7		0.00		
Vitamin A, IU		0		0	4		0		
Vitamin A, RAE		0		0	4		0		
Retinol		0		0	z 7		0		
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D Vitamin K (phylloquinone)									
v панни к (риуноципопе)	y								
<u>Lipids:</u>									
Fatty acids, total saturated		0.019		0	1		0.022		
4:0									
6:0	-								
8:0	-	0 000		0	_				
10:0	-	0.000		0	1		0.000		
12:0		0.000		0	1		0.000		
13:0		0 001		0	1		0 001		
14:0		0.001		U	1		0.001		
15:0	-	0.013		0	1		0.015		
16:0	-	0.013		J	1		0.015		
17:0 18:0	-	0.001		0	1		0.001		
20:0	-	0.001		J	1		0.001		
	-								
22:0	9 g								

		<u>Ar</u>	nount in 10			ole portio	<u>n</u>		edible portion o	f common
				Number				<u>m</u> :	easures of food	
Nutrients and Uni	its	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	0.026		0		1		0.030		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.001		0		1		0.001		
17:1	g									
18:1 undifferentiated	g	0.025		0		1		0.029		
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.031		0		1		0.035		
18:2 undifferentiated	g	0.029		0		1		0.033		
18:3 undifferentiated	g	0.002		0		1		0.002		
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3										
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mg									
Amino Aside										
Amino Acids:	~	0.070		•		1		0.000		
Tryptophan		0.072		0		1		0.082		
Threonine		0.177		0		-		0.202		
Isoleucine	-	0.195		0		1		0.222		
Leucine	-	0.330		0		1		0.376		
Lysine		0.214		0		1		0.244		
Methionine	_	0.072		0		1		0.082		
Cystine		0.094		0		1		0.107		
Phenylalanine		0.217		0		1		0.247		
Tyrosine	-	0.105		0		1		0.120		
Valine	-	0.249		0		1		0.284		
Arginine		0.317		0		1		0.361		
Histidine		0.119		0		1		0.136		
Alanine	-	0.248		0		1		0.283		
Aspartic acid	-	0.372		0		1		0.424		
Glutamic acid	g	1.096		0		1		1.249		
Glycine	g	0.332		0		1		0.378		
Proline	g	0.306		0		1		0.349		
Serine	g	0.260		0		1		0.296		
Hydroxyproline	g									

### **Common Measures:**

Measure 1 = 114g: 1 cup

Calories Factors: Protein 3.37 Fat 8.37 Carbohydrate 3.78

Food Group: 20 Cereal Grains and Pasta

		<u>Aı</u>	mount in 100 gr	rams c	of edib	ole portio	<u>n</u>		edible portion	
			Nur	nber				<u>m</u> e	easures of food	<u>!</u>
			of l	Data [	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	ints (	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	6.88	0.018	3		1		3.92		
Energy	kcal	336		0	NC	4		192		
Energy	kj	1406				4		801		
Protein (N x 6.06)	g	14.38	0.201	3		1		8.20		
Total lipid (fat)	g	0.71	0.017	3		1		0.40		
Ash	g	3.41	0.017	3		1		1.94		
Carbohydrate, by difference	g	74.62		0	NC	4		42.53		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minarals										
Minerals: Calcium, Ca	ma	35		2		1		20		
Iron, Fe	_	2.70		2		1		1.54		
Magnesium, Mg	_	95		2		1		54		
Phosphorus, P		254		2		1		145		
Potassium, K	•	252		2		1		144		
Sodium, Na	_	792		2		1		451		
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	1.71		2		1		0.97		
Copper, Cu		0.230	ı	2		1		0.131		
Manganese, Mn		1.291		0		4		0.736		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0		
Thiamin	_	0.480	0.017	3		1		0.274		
Riboflavin	_	0.130		2		1		0.074		
Niacin		3.210		2		1		1.830		
Pantothenic acid		0.954		0		4		0.544		
Vitamin B-6	-	0.240		2		1		0.137		
Folate, total		60		2		1		34		
Folic acid		0		0	z	7		0		
Folate, food		60		2		1		34		
Folate, DFE		60		0	NC	4		34		
Vitamin B-12		0.00		0	z	7		0.00		
Vitamin A, IU		0		0		4		0		
Vitamin A, RAE		0		0		4		0		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.136	i	0		1		0.078		
4:0										
6:0										
8:0										
10:0	g	0.003		0		1		0.002		
12:0	g	0.002		0		1		0.001		
13:0	g									
14:0	g	0.004		0		1		0.002		
15:0	g									
16:0	g	0.093		0		1		0.053		
17:0										
18:0		0.009	1	0		1		0.005		
20:0	-									
22:0	<b>a</b>									

		<u>Aı</u>	mount in 10	00 grams	of edil	ole portio	<u>on</u>		edible portion o	of common
				Number	•			<u>m</u>	easures of food	
Nutrients and Ur	nits	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
F. (1) (4)		0.185		0		1		0.105		
Fatty acids, total monounsaturated 14:1	-	0.165		U		1		0.105		
15:1										
16:1 undifferentiated		0.004		0		1		0.002		
17:1		0.00		·		_		0.002		
18:1 undifferentiated	-	0.181		0		1		0.103		
20:1								***		
22:1 undifferentiated	-									
24:1 c	-									
Fatty acids, total polyunsaturated	_	0.220		0		1		0.125		
18:2 undifferentiated		0.204		0		1		0.116		
18:3 undifferentiated	g	0.016		0		1		0.009		
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans										
Cholesterol	-	0		0	Z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.204		0		1		0.116		
Threonine		0.503		0		1		0.287		
Isoleucine	g	0.553		0		1		0.315		
Leucine	g	0.937		0		1		0.534		
Lysine	g	0.607		0		1		0.346		
Methionine		0.204		0		1		0.116		
Cystine		0.268		0		1		0.153		
Phenylalanine		0.617		0		1		0.352		
Tyrosine	g	0.299		0		1		0.170		
Valine		0.707		0		1		0.403		
Arginine	g	0.899		0		1		0.512		
Histidine	g	0.339		0		1		0.193		
Alanine	g	0.705		0		1		0.402		
Aspartic acid	g	1.058		0		1		0.603		
Glutamic acid		3.113		0		1		1.774		
Glycine	g	0.942		0		1		0.537		
Proline	g	0.868		0		1		0.495		
Serine	g	0.738		0		1		0.421		
Hydroxyproline	g									

### **Common Measures:**

Measure 1 = 57g: 2 oz

Calories Factors: Protein 3.37 Fat 8.37 Carbohydrate 3.78

Food Group: 20 Cereal Grains and Pasta

		<u>Aı</u>	mount in 100 gr	ams of e	dible porti	<u>ion</u>		edible portion	
			Nur	nber			<u>m</u>	easures of food	<u> </u>
			of I	Data Der	iv Source	e Confidence			
Nutrients and Uni	ts	Mean	Std. Error Poi	nts Cod	de Code	Code	Measure 1	Measure 2	Measure
Proximates:									
Water	_	67.91	8.575	4	1		119.52		
Energy	kcal	131		0 1	NC 4		231		
Energy	kj	548			4		965		
Protein (N x 5.7)	g	4.00	0.910	4	1		7.04		
Total lipid (fat)	g	0.18	0.140	7	1		0.32		
Ash	g	0.36	0.145	4	1		0.63		
Carbohydrate, by difference	g	27.54		0 1	NC 4		48.47		
Fiber, total dietary	g								
Sugars, total	g								
Starch	g								
Minerals:	ma	•	0.610	2	4		1.4		
Calcium, Ca	-	8 0 F2	2.613	3	1		14		
Iron, Fe	-	0.52	0.090	4	1		0.92		
Magnesium, Mg		2 27	0.296	3	1 1		4 48		
Phosphorus, P	•	27	10.868 0.835	4 3	1		48 51		
Potassium, K	_	29 161	0.835 68.422	3	1		283		
Zinc, Zn	-	0.22	0.039	4	1		0.39		
Copper, Cu		0.22		3	1		0.39		
Manganese, Mn		0.023		1	1		0.442		
Selenium, Se		0.231	•	_	_		0.442		
Selellulli, Se	1110g								
<u> Vitamins:</u>									
Vitamin C, total ascorbic acid	-	0.0		0	4		0.0		
Thiamin		0.020		5	1		0.035		
Riboflavin		0.033		5	1		0.058		
Niacin		0.097		3	1		0.171		
Pantothenic acid		0.172		4	1		0.303		
Vitamin B-6		0.013		3	1		0.023		
Folate, total		2	0.321	3	1		4		
Folic acid		0			z 7		0		
Folate, food		2	0.321	3	1		4		
Folate, DFE		2		0 N			4		
Vitamin B-12		0.00			z 7		0.00		
Vitamin A, IU		0		0	4		0		
Vitamin A, RAE		0		0	4		0		
Retinol		0		0	z 7		0		
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta Vitamin D									
Vitamin K (phylloquinone)									
vitannii K (phynoquinone)									
<u> Lipids:</u>									
Fatty acids, total saturated		0.025	<b>i</b>	0	1		0.044		
4:0	-								
6:0	_								
8:0									
10:0									
12:0									
13:0	-	0.000	•	0			0 000		
14:0	_	0.000	,	U	1		0.000		
15:0	_	0 000	•	0	1		0 030		
16:0		0.022	1	0	1		0.039		
17:0		0.003	1	0	1		0 005		
18:0		0.003	,	U	1		0.005		
20:0	_								
22:0	g g								

		<u>Ar</u>	mount in 10			ole portio	<u>on</u>		edible portion o	f common
				Number				1110	easures or roou	
Nutrients and Units		Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	0.021		0		1		0.037		
14:1	g									
15:1	g									
16:1 undifferentiated	g									
17:1	g									
18:1 undifferentiated	g	0.021		0		1		0.037		
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.073		0		1		0.128		
18:2 undifferentiated	g	0.066		0		1		0.116		
18:3 undifferentiated	g	0.006		0		1		0.011		
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan		0.051		0		1		0.090		
Threonine		0.106		0		1		0.187		
Isoleucine	-	0.155		0		1		0.273		
Leucine		0.274		0		1		0.482		
Lysine		0.077		0		1		0.136		
Methionine		0.062		0		1		0.109		
Cystine		0.113		0		1		0.199		
Phenylalanine	-	0.194		0		1		0.341		
Tyrosine		0.105		0		1		0.185		
Valine	-	0.171		0		1		0.301		
Arginine		0.148		0		1		0.260		
Histidine		0.081		0		1		0.143		
Alanine		0.117		0		1		0.206		
Aspartic acid		0.164		0		1		0.289		
Glutamic acid		1.443		0		1		2.540		
Glycine		0.126		0		1		0.222		
Proline	-	0.440		0		1		0.774		
Serine		0.189		0		1		0.333		
Hydroxyproline	g									

### **Common Measures:**

Measure 1 = 176g: 1 cup

Calories Factors: Protein 3.91 Fat 8.37 Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

		<u>Aı</u>	mount in 100 g	rams	of edib	ole portio	<u>n</u>		edible portion	
			Nu	mber				<u>m</u>	easures of food	<u>l</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	9.21	0.787	6		1		5.25		
Energy	kcal	356		0	NC	4		203		
Energy	kj	1490				4		849		
Protein (N x 5.7)	g	11.35	0.317	6		1		6.47		
Total lipid (fat)	g	0.81	0.243	6		1		0.46		
Ash	g	4.54	0.287	6		1		2.59		
Carbohydrate, by difference	g	74.10		0	NC	4		42.24		
Fiber, total dietary	g	4.3		0		1		2.5		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	23	3.531	6		1		13		
Iron. Fe.	_	1.32	0.207	5		1		0.75		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	28	3.652	5		1		16		
Phosphorus, P		80	4.553	6		1		46		
Potassium, K	_	164	33.584	6		1		93		
Sodium, Na	_	1840	344.922	6		1		1049		
Zinc, Zn	mg	0.45	0.068	5		1		0.26		
Copper, Cu	mg	0.144	0.013	4		1		0.082		
Manganese, Mn	mg	0.479	0.044	3		1		0.273		
Selenium, Se	mcg	8.3		0	BFSN	4		4.7		
Vitamins:										
Vitamin C, total ascorbic acid	mα	0.0		0		4		0.0		
Thiamin	_	0.101	0.004	5		1		0.058		
Riboflavin		0.026		5		1		0.015		
Niacin		0.875		4		1		0.499		
Pantothenic acid		0.491		3		1		0.280		
Vitamin B-6	_	0.050	0.006	4		1		0.029		
Folate, total	_	14	1.168	4		1		8		
Folic acid		0		0	Z	7		0		
Folate, food		14	1.168	4		1		8		
Folate, DFE		14		0	NC	4		8		
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin A, IU	IU	0		0		4		0		
Vitamin A, RAE	mcg_RAE	0		0		4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	nicg									
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.115	i	0		1		0.066		
4:0		0.000	1	0		1		0.000		
6:0	g	0.000	1	0		1		0.000		
8:0	g	0.000		0		1		0.000		
10:0	g	0.000		0		1		0.000		
12:0	-	0.000	1	0		1		0.000		
13:0	-									
14:0		0.002		0		1		0.001		
15:0										
16:0		0.101		0		1		0.058		
17:0										
18:0		0.013	<b>;</b>	0		1		0.007		
20:0	-									
22:0	a									

		<u>Aı</u>	mount in 100 g	grams o	of edib	ole portio	<u>n</u>	Amount in edible portion of common		
				umber	Dawie.	<b>C</b>	Cantidanaa		easures of food	
Nutrients and Units	5	Mean	Std. Error Po			Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	0.095		0		1		0.054		
14:1	g	0.093		Ü		-		0.054		
13.1	g	0.000		0		1		0.000		
18:1 undifferentiated	-	0.095		0		1		0.054		
20:1	-	0.000		0		1		0.000		
22:1 undifferentiated	g	0.000		0		1		0.000		
24:1 c										
Fatty acids, total polyunsaturated	g	0.330		0		1		0.188		
18:2 undifferentiated	g	0.302		0		1		0.172		
18:3 undifferentiated	g	0.029		0		1		0.017		
18:4	g	0.000		0		1		0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0		1		0.000		
20:5 n-3	g	0.000		0		1		0.000		
22:5 n-3	g	0.000		0		1		0.000		
22:6 n-3	g	0.000		0		1		0.000		
Fatty acids, total trans	g									
Cholesterol	mg	0		0	z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.145		0		1		0.083		
Threonine	g	0.300		0		1		0.171		
Isoleucine	g	0.439		0		1		0.250		
Leucine		0.776		0		1		0.442		
Lysine	g	0.218		0		1		0.124		
Methionine	g	0.177		0		1		0.101		
Cystine	g	0.320		0		1		0.182		
Phenylalanine		0.551		0		1		0.314		
Tyrosine	g	0.298		0		1		0.170		
Valine	g	0.484		0		1		0.276		
Arginine		0.418		0		1		0.238		
Histidine	g	0.230		0		1		0.131		
Alanine		0.333		0		1		0.190		
Aspartic acid		0.464		0		1		0.264		
Glutamic acid	-	4.092		0		1		2.332		
Glycine		0.359		0		1		0.205		
Proline		1.249		0		1		0.712		
Serine	-	0.535		0		1		0.305		
Hydroxyproline										
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0		
Caffeine										
Theobromine	-									

#### **Common Measures:**

Measure 1 = 57g: 2 oz

Calories Factors: Protein 3.91 Fat 8.37 Carbohydrate 4.12

**Food Group:** 20 Cereal Grains and Pasta USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u> 1	mount in 100	grams	of edib	le portio	<u>n</u>	Amount in	edible portion of	of common
			N	lumber				m	easures of food	
			c	of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error F			Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	84.00		0		1		183.96		
	_	40		0	NC	4		88		
Energy		167		U	NC	4		367		
		3.21		0		1		7.03		
Protein (N x 5.83)		0.86		0		1		1.88		
Total lipid (fat)		0.86		0		1		1.07		
Carbohydrate, by difference		11.44		0	NC	4		25.05		
		2.6		0	NC	4		5.7		
Fiber, total dietary		2.0		U		7		3.7		
<u> </u>										
Starch	g									
<u> Minerals:</u>										
Calcium, Ca	mg	10		0		1		22		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.88		0		1		1.93		
Magnesium, Mg		40		0		1		88		
Phosphorus, P	mg	119		0		1		261		
Potassium, K	mg	92		0		1		201		
Sodium, Na	mg	1		0		1		2		
Zinc, Zn		0.53		0		1		1.16		
Copper, Cu		0.066		0		1		0.145		
Manganese, Mn		0.964	1	0		1		2.111		
Selenium, Se	mcg	7.7		0	BFSN	4		16.9		
<u>'itamins:</u>		0.0		•				0.0		
Vitamin C, total ascorbic acid		0.0		0		4		0.0		
Thiamin		0.160		0		1		0.350		
Riboflavin		0.034		0		1		0.074		
Niacin		0.144		0		1		0.315		
Pantothenic acid		0.217		0		1		0.475		
Vitamin B-6	-	0.025	•	0		1		0.055		
Folate, total		6 0		0	_	1 7		13 0		
Folic acid					Z					
Folate, food	mcg	6 6		0		1		13		
Folate, DFE				0	NC	4		13		
Vitamin B-12		0.00		0	Z	7 4		0.00		
Vitamin A, IU				0		_		0		
Vitamin A, RAE		0		0		4 7		0 0		
Retinol		U		0	Z	,		U		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)										
ipids:										
Fatty acids, total saturated	g	0.163	3	0		1		0.357		
4:0										
6:0	g									
8:0	g									
10:0	g									
12:0	g	0.003	3	0		1		0.007		
13:0	g									
14:0	g	0.002	2	0		1		0.004		
15:0										
16:0	g	0.138	3	0		1		0.302		
17:0	g									
18:0	g	0.009	•	0		1		0.020		
20:0	g									
22:0	g									
24:0	g									

					of edik	<u>on</u>	Amount in edible portion of common measures of food			
				lumber				1111	easures or roou	
Nutrients and Units	<b>,</b>	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	0.291		0		1		0.637		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.002		0		1		0.004		
17:1	g									
18:1 undifferentiated	g	0.290		0		1		0.635		
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.339		0		1		0.742		
18:2 undifferentiated		0.324		0		1		0.710		
18:3 undifferentiated	g	0.015		0		1		0.033		
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated										
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	а	0.057		0		1		0.125		
Threonine		0.086		0		1		0.188		
Isoleucine		0.114		0		1		0.250		
Leucine	-	0.235		0		1		0.515		
Lysine	-	0.130		0		1		0.285		
Methionine	-	0.057		0		1		0.125		
Cystine		0.099		0		1		0.217		
Phenylalanine		0.155		0		1		0.339		
Tyrosine		0.114		0		1		0.250		
Valine		0.165		0		1		0.361		
Arginine		0.219		0		1		0.480		
Histidine		0.070		0		1		0.153		
Alanine	-	0.149		0		1		0.326		
Aspartic acid	-	0.270		0		1		0.520		
Glutamic acid		0.642		0		1		1.406		
Glycine	-	0.162		0		1		0.355		
Proline		0.168		0		1		0.368		
Serine	_	0.152		0		1		0.333		
Hydroxyproline	-	0.152		Ŭ		-		0.555		
тушолургонне	9									

### **Common Measures:**

Measure 1 = 219g: 1 cup

Calories Factors: Protein 1.82 Fat 8.37 Carbohydrate 2.35

Food Group: 20 Cereal Grains and Pasta

	<u>Ai</u>	mount in 100 g	rams	of edib	le portio	<u>on</u>	Amount in edible portion of common			
		Nu	mbei	r			m	easures of food		
					Source	Confidence				
te	Mean						Moasuro 1	Moasuro 2	Measure	
	Moun	Otal Ellor					Wicasare 1	measure 2	Micasarc	
g	6.55	0.850	8		1		6.16			
kcal	246		0	NC	4		231			
kj	1029				4		968			
g	17.30	1.452	9		1		16.26			
g	7.03	0.274	6		1		6.61			
g	2.89	0.493	8		1		2.72			
	66.22		0	NC	4		62.25			
	15.4		0		1		14.5			
	1.45		0	BFZN	4		1.36			
			•	2221	-		2.50			
9										
mg	58	6.316	8		1		55			
mg	5.41	0.626	8		1		5.09			
mg	235	11.707	8		1		221			
mg	734	26.002	5							
mg	566	36.718	8		1		532			
mg	4	0.996	8		1		4			
mg	3.11	0.388	7		1		2.92			
mg	0.403	0.027	7		1		0.379			
mg	5.630	0.094	4		1		5.292			
mcg	45.2		2	A	1		42.5			
ma	0.0		0		4		0 0			
		0 089								
_										
-										
		8.623								
		0.600		Z						
mcg		8.623								
			-	Z						
			-							
			-							
							-			
mg	1.01		1	A	1		0.95			
mg	0.08		1	A	1		0.08			
mg	0.00		1	A	1		0.00			
mg	0.10		1	A	1		0.09			
IU										
mcg	3.2		0	BFZN	4		3.0			
a	1 328	1	0		1		1 248			
-										
-										
			-							
			•							
			•							
	0.026	,	U		1		0.024			
-	0 00		^							
	0.016	•	U		1		0.015			
-										
g	1.128	3	0		1		1.060			
g										
g	0.071		0		1		0.067			
_	0.071	-	-							
g g g	0.072	•								
	kcal  kj  g  g  g  g  g  g  g  g  mg  mg  mg  m	g 6.55 kcal 246 kj 1029 g 17.30 g 7.03 g 7.03 g 9 66.22 g 15.4 g 1.45 g 15.4 g 1.45 g 15.4 g 1.45 g	ts Mean Std. Error Pools (Std.	Number of Data   Std. Error   Points	Second Part   Std. Error   Std. Error   Points   Code	ts	ts   Mean   Std. Error   Points   Code   Cod	Number   OF Data   Deriv   Source   Confidence   Code   Code	Number of Data Deriv Source Confidence ts	

		<u>A</u>	mount in 10			ole portic	<u>on</u>	_	edible portion o	f common
				Number	-			<u>m</u>	easures of food	
Nutrients and	Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	ntedg	2.376	i	0		1		2.233		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.014	<u>l</u>	0		1		0.013		
17:1	g									
18:1 undifferentiated	g	2.362	2	0		1		2.220		
20:1		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	2.766	5	0		1		2.600		
18:2 undifferentiated		2.645	5	0		1		2.486		
18:3 undifferentiated	g	0.121	-	0		1		0.114		
18:4	g	0.000	)	0		1		0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000	)	0		1		0.000		
20:5 n-3	g	0.000	)	0		1		0.000		
22:5 n-3	g	0.000	)	0		1		0.000		
22:6 n-3	g	0.000	)	0		1		0.000		
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mg									
Amino Acids:				_						
Tryptophan		0.335		1		1		0.315		
Threonine	_	0.502		1		1		0.472		
Isoleucine	_	0.668		1		1		0.628		
Leucine	_	1.374		1		1		1.292		
Lysine		0.760		1		1		0.714		
Methionine		0.335		1		1		0.315		
Cystine		0.576		1		1		0.541		
Phenylalanine		0.908		1		1		0.854		
Tyrosine	_	0.668		1		1		0.628		
Valine	_	0.964		1		1		0.906		
Arginine	_	1.279	)	1		1		1.202		
Histidine	g	0.410	)	1		1		0.385		
Alanine	g	0.872	<u>!</u>	1		1		0.820		
Aspartic acid	_	1.576	5	1		1		1.481		
Glutamic acid	g	3.748		1		1		3.523		
Glycine	g	0.947		1		1		0.890		
Proline	g	0.982	?	1		1		0.923		
Serine	g	0.890	)	1		1		0.837		
Hydroxyproline	g									
Others										
Others:	a	0.0		0		7		0.0		
Alcohol, ethyl					-	7				
Caffeine		0		0 0	z z	7		0		
Theobromine	g	0		U	z	,		0		
<u>Carotenoids:</u>										
Carotene, beta	mcg	0		0	BFZN	4		0.000		
Carotene, alpha		0		0	BFZN	4		0.000		
Cryptoxanthin, beta	-	0		0	BFZN	4		0.000		
Lycopene		0		0	BFZN	4		0.000		
Lutein + zeaxanthin		180		0	BFZN	4		169.200		

### **Common Measures:**

Measure 1 = 94g: 1 cup

NDB No. 20033 Oat bran, raw

Calories Factors: Protein 1.82 Fat 8.37 Carbohydrate 2.35

Food Group: 20 Cereal Grains and Pasta

		<u>A</u>	mount in 100	<u>grams</u>	of edil	ole portic	<u>on</u>	Amount in edible portion of common			
			ı	Number				<u>m</u>	easures of food	<u> </u>	
						Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	8.55		2	A	1					
Energy	kcal	404		0	NC	4					
Energy	kj	1688		0	NC	4					
Protein	g	14.66		2	A	1					
Total lipid (fat)	g	9.12		2	A	1					
Ash	g	1.97		2	A	1					
Carbohydrate, by difference	g	65.70		0	NC	4					
Fiber, total dietary	g	6.5		2	A	1					
Sugars, total	g	0.80		1		1					
Sucrose	g	0.50		1		1					
Glucose (dextrose)		0.10		1		1					
Fructose	g	0.00		1		1					
Lactose	g										
Maltose											
Galactose	g										
Starch											
Minovolse											
Minerals: Calcium, Ca	ma	55		2	A	1					
Iron, Fe	_	4.00		2	A	1					
Magnesium, Mg	-	144		2	A	1					
Phosphorus, P	-	452		2	A	1					
Potassium, K		371		2	A	1					
Sodium, Na		19		2	A	1					
Zinc, Zn		3.20		2	A	1					
Copper, Cu		0.437	7	2	A	1					
Manganese, Mn	mg	4.019	9	2	A	1					
Selenium, Se	mcg	34.0		0	BFZN	4					
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		0	BFZN	4					
Thiamin	_	0.692		2	A	1					
Riboflavin	=	0.125		2	A	1					
Niacin	_	1.474		2	A	1					
Pantothenic acid		0.201		2	A	1					
Vitamin B-6		0.125	5	2	A	1					
Folate, total		32		0	BFZN	4					
Folic acid	mcg	0		0	Z	7					
Folate, food		32		0	BFZN	4					
Folate, DFE		32 0.00		0	NC	4 7					
Vitamin B-12 Vitamin A, IU		0.00		1	Z A	1					
Vitamin A, RAE		0		1	A	1					
Retinol		0		0	Z	7					
Vitamin E (alpha-tocopherol)	-	0.70		0	BFZN	4					
Tocopherol, beta		0.70		U	DE AN	-					
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		3.2		0	BFZN	4					
Lipids:											
Fatty acids, total saturated	g	1.607	7	0	BFFN	4					
4:0		0.000		0	BFFN	4					
6:0		0.000		0	BFFN	4					
8:0	_	0.000		0	BFFN	4					
10:0		0.000	)	0	BFFN	4					
12:0		0.029	9	0	BFFN	4					
13:0											
14:0	g	0.014	1	0	BFFN	4					
15:0	n										

	<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		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
16:0g	1.361		0	BFFN	4					
17:0g										
18:0g	0.087		0	BFFN	4					
20:0g										
22:0g										
24:0g  Fatty acids, total monounsaturatedg	2.866	:	0	BFFN	4					
14:1g	2.000	'	Ū	DEFR	-					
15·1										
16:1 undifferentiatedg	0.014		0	BFFN	4					
17:1g										
18:1 undifferentiatedg	2.852		0	BFFN	4					
20:1g	0.000	1	0	BFFN	4					
22:1 undifferentiatedg	0.000	1	0	BFFN	4					
24:1 cg										
Fatty acids, total polyunsaturated9	3.329		0	BFFN	4					
18:2 undifferentiated	3.185 0.145		0	BFFN BFFN	4 4					
18:3 undifferentiatedg 18:4g	0.145		0	BFFN	4					
20:2 n-6 c.c	0.000		U	DFFN	-					
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.000		0	BFFN	4					
20:5 n-3g	0.000	ı	0	BFFN	4					
22:5 n-3g	0.000	1	0	BFFN	4					
22:6 n-3g	0.000	ı	0	BFFN	4					
Fatty acids, total transg										
Cholesterolmg	0		0	Z	7					
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0		0	Z	7					
Caffeine mg	0		0	Z	7					
Theobrominemg	0		0	Z	7					
Carotenoids:										
Carotene, betamcg	0		0	BFZN	4					
Carotene, alphamcg	0		0	BFZN	4					
Cryptoxanthin, beta mcg	0		0	BFZN	4					
Lycopenemcg	0		0	BFZN	4					
Lutein + zeaxanthin mcg	180		1	A	1					

#### **Common Measures:**

Calories Factors: Protein Fat Carbohydrate

Food Group: 20 Cereal Grains and Pasta

		<u>Aı</u>	Amount in 100 grams of edible portion					Amount in edible portion of common			
			Nu	umber	,				easures of food		
						Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water		8.22	0.380	17		1		12.82			
Energy		389		0	NC	4		607			
Energy	kj	1628				4		2539			
Protein (N x 5.83)		16.89	0.326	50		1		26.35			
Total lipid (fat)		6.90	0.705	14		1		10.76			
Ash	g	1.72		2		1		2.68			
Carbohydrate, by difference		66.27		0	NC	4		103.38			
Fiber, total dietary		10.6		0		4		16.5			
Sugars, total											
Starch	g										
Minerals:											
Calcium, Ca	mq	54	2.526	8		1		84			
Iron, Fe	-	4.72	0.137	37		1		7.36			
Magnesium, Mg		177	7.132	14		1		276			
Phosphorus, P		523	18.845	14		1		816			
Potassium, K		429	21.539	14		1		669			
Sodium, Na	mg	2		2		1		3			
Zinc, Zn	mg	3.97	0.180	37		1		6.19			
Copper, Cu	mg	0.626	0.024	32		1		0.977			
Manganese, Mn	mg	4.916	0.420	18		1		7.669			
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0			
Thiamin		0.763	1	0		4		1.190			
Riboflavin		0.139		0		4		0.217			
Niacin		0.961		0		4		1.499			
Pantothenic acid		1.349		0		4		2.104			
Vitamin B-6	_	0.119		0		4		0.186			
Folate, total		56		0		4		87			
Folic acid		0		0	z	7		0			
Folate, food		56		0		4		87			
Folate, DFE	mcg_DFE	56		0	NC	4		87			
Vitamin B-12		0.00		0	Z	7		0.00			
Vitamin A, IU	IU	0		0		4		0			
Vitamin A, RAE	mcg_RAE	0		0		4		0			
Retinol		0		0	Z	7		0			
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	g	1.217	,	0		1		1.899			
4:0											
6:0	g										
8:0	g										
10:0	g										
12:0	g	0.024	Į.	238		1		0.037			
13:0	g										
14:0	g	0.015	i	238		1		0.023			
15:0											
16:0		1.034	l	238		1		1.613			
17:0	-										
18:0	_	0.065	5	238		1		0.101			
20:0	_										
22:0	g										
24:0	q										

	<u>A</u> 1	mount in 100 grams		ole portic	<u>on</u>		edible portion of easures of food	
Notation to and Holto	Maan	Number of Data Std. Error Points	Deriv	Source Code	Confidence Code	_		•
Nutrients and Units	Mean	Sta. Error Folits	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	2.178	0		1		3.398		
14:1g								
15:1	0.013	238		1		0.020		
17:1	2.165	238		1		3.377		
20:1								
24:1 cg Fatty acids, total polyunsaturatedg	2.535	0		1		3.955		
18:2 undifferentiatedg	2.424	238		1		3.781		
18:3 undifferentiated	0.111	. 238		1		0.173		
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg								
20:5 n-3g								
22:5 n-3g								
22:6 n-3g								
Fatty acids, total trans								
Cholesterolmg	0	0	Z	7		0		
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.234			1		0.365		
Threonineg	0.575			1		0.897		
Isoleucineg	0.694			1		1.083		
Leucineg	1.284			1		2.003		
Lysineg	0.701			1		1.094		
Methionineg	0.312			1		0.487		
Cystineg	0.408			1		0.636		
Phenylalanineg	0.895			1		1.396		
Tyrosineg	0.573			1		0.894		
Valineg	0.937			1		1.462		
Arginineg	1.192			1		1.860		
Histidineg	0.405			1		0.632		
Alanineg	0.881			1		1.374		
Aspartic acid	1.448			1		2.259		
Glutamic acidg	3.712			1 1		5.791		
Glycine	0.841			_		1.312		
Prolineg	0.934			1		1.457		
Serineg	0.750	43		1		1.170		
Hydroxyproline9								
Others:								
Alcohol, ethylg	0.0	0	Z	7		0.0		
Caffeinemg								
Theobrominemg								

# **Common Measures:**

Measure 1 = 156g: 1 cup

Calories Factors: Protein 3.46 Fat 8.37 Carbohydrate 4.12

**Food Group:** 20 Cereal Grains and Pasta USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u>	mount in 10	0 grams	of edib	ole portio	<u>on</u>		edible portion	
				Number	•			<u>m</u>	easures of food	<u>l</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	68.31		0		1		95.63		
Energy	kcal	126		0	NC	4		176		
Energy	kj	527				4		738		
Protein (N x 6.25)		2.63		0		1		3.68		
Total lipid (fat)	g	0.73		0		1		1.02		
Ash	g	0.42		0		1		0.59		
Carbohydrate, by difference		27.91		0	NC	4		39.07		
Fiber, total dietary		4.8		0		4		6.7		
Sugars, total										
Starch										
Survii										
<u>Minerals:</u>										
Calcium, Ca	mg	1		0		1		1		
Iron, Fe	-	0.25		0		1		0.35		
Magnesium, Mg		36		0		1		50		
Phosphorus, P	mg	76		0		1		106		
Potassium, K	mg	31		0		1		43		
Sodium, Na	mg	0		0		1		0		
Zinc, Zn		0.63		0		1		0.88		
Copper, Cu	mg	0.064	1	0		1		0.090		
Manganese, Mn	mg	0.153	3	0		1		0.214		
Selenium, Se	mcg	2.8		0	BFSN	4		3.9		
Vitamins:										
	ma	0.0		0		1		0.0		
Vitamin C, total ascorbic acid	-	0.053		0		1		0.074		
ThiaminRiboflavin	-	0.033		0		1		0.074		
		0.023		0		1		0.032		
Niacin		0.556		0		1		0.778		
Pantothenic acid	-	0.128		0		1		0.179		
Vitamin B-6	-	6	•	0		1		8		
Folate, total		0		0	z	7		0		
Folic acid		6		0	Z	1		8		
Folate, food		6		0	NC	4		8		
Folate, DFE		0.00		0	NC Z	7		0.00		
Vitamin B-12		57		0	Z	1		80		
Vitamin A, IU		3		-						
Vitamin A, RAE		0		0 0		1 7		4 0		
Retinol		U		U	Z	,		U		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
Vitainin K (phylloquillone)	Illeg									
<u> ipids:</u>										
Fatty acids, total saturated	g	0.102	2	0		1		0.143		
4:0		0.000	)	0		1		0.000		
6:0	g	0.000	)	0		1		0.000		
8:0		0.000	)	0		1		0.000		
10:0	g	0.000	)	0		1		0.000		
12:0	g	0.000	)	0		1		0.000		
13:0	g									
14:0	-	0.000	)	0		1		0.000		
15:0	g									
16:0		0.087	7	0		1		0.122		
17:0										
18:0		0.011	L	0		1		0.015		
20:0										
22:0	-									
24:0	-									

		<u>Aı</u>	mount in 100 grams	Amount in edible portion of common measures of food					
			Numbe		_		<u>m</u>	easures of 1000	
Nutrients and Un	its	Mean	of Data Std. Error Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.	a	0.191	0		1		0.267		
14:1	g	0.131	· ·		-		0.207		
15:1 16:1 undifferentiated 17:1	g	0.001	0		1		0.001		
18:1 undifferentiated	-	0.191	0		1		0.267		
20:1		0.000	•		1		0.000		
22:1 undifferentiated		0.000			1		0.000		
24:1 c	-	0.000	U		_		0.000		
Fatty acids, total polyunsaturated		0.325	0		1		0.455		
18:2 undifferentiated		0.316			1		0.442		
18:3 undifferentiated	-	0.010			1		0.014		
18:4	-	0.000			1		0.000		
20:2 n-6 c.c	-	0.000	v		-		0.000		
20:3 undifferentiated.	-								
20:4 undifferentiated		0.000	0		1		0.000		
20:5 n-3	-	0.000			1		0.000		
22:5 n-3		0.000			1		0.000		
22:6 n-3	-	0.000			1		0.000		
Fatty acids, total trans		0.000	·		_		0.000		
Cholesterol		0	0	z	7		0		
Phytosterols		·	·	_	•		·		
•	······ 3								
Amino Acids:									
Tryptophan		0.019			1		0.027		
Threonine	-	0.099			1		0.139		
Isoleucine		0.094			1		0.132		
Leucine		0.322			1		0.451		
Lysine		0.074			1		0.104		
Methionine		0.055			1		0.077		
Cystine		0.047			1		0.066		
Phenylalanine		0.129			1		0.181		
Tyrosine	-	0.107			1		0.150		
Valine		0.133			1		0.186		
Arginine		0.131			1		0.183		
Histidine		0.080			1		0.112		
Alanine	-	0.197			1		0.276		
Aspartic acid		0.183			1		0.256		
Glutamic acid		0.493			1 1		0.690		
Glycine	<del>-</del>	0.108			1		0.151		
Proline		0.229 0.125			1		0.321 0.175		
Serine Hydroxyproline	_	0.125	0		1		0.175		
11ydroxypromie	9								
Others:									
Alcohol, ethyl		0.0	0		7		0.0		
Caffeine	-								
Theobromine	mg								

#### **Common Measures:**

Measure 1 = 140g: 1 cup

Calories Factors: Protein 2.73 Fat 8.37 Carbohydrate 4.03

**Food Group:** 20 Cereal Grains and Pasta USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Energy         kj         1494           Protein (N x 6.25)         .9         7 . 46         1           Total lipid (fat)         .9         2 . 08         1           Ash         .9         1 . 20         1		Measure 1	easures of food Measure 2	<u>I</u> Measure 3
Nutrients and Units	1 NC 4 4 1		Measure 2	Mossure 1
Proximates:	1 NC 4 4		Measure 2	Mossure 1
Water.	NC 4 4 1	10.50		wiedsuie .
Water	NC 4 4 1	10.50		
Energy	<b>4</b> 1		5.70	
Energy	<b>4</b> 1	375	203	
Protein (N x 6.25)		1568	851	
Total lipid (fat)	1	7.83	4.25	
Ash		2.18	1.19	
Carbohydrate, by difference	1	1.26	0.68	
Fiber, total dietary	NC 4	83.22	45.18	
Sugars, total.         9           Minerals:         Calcium, Ca.         mg         4         1           Iron, Fe.         mg         0.93         1           Magnesium, Mg.         mg         119         0           Phosphorus, P.         mg         253         0           Potassium, K.         mg         294         0           Sodium, Na.         mg         3         1           Zinc, Zn.         mg         1.79         0           Copper, Cu.         mg         0.202         0           Manganese, Mn.         mg         0.483         0           Selenium, Se.         mcg         7.9         0         BF8           Zitamins:         Vitamin C, total ascorbic acid.         mg         0.0         0         Thiamin         mg         0.231         1         Thiamin         mg         0.231         1         Thiamin         mg         0.087         1         Niacin.         mg         0.087         1         Niacin.         mg         0.484         0         0         Palate, olate, total.         mg         0.206         0         2         0         Folate, total.         mcg         25 <t< td=""><td>4</td><td>11.6</td><td>6.3</td><td></td></t<>	4	11.6	6.3	
Starch	_		0.0	
Minerals:         Calcium, Ca.         mg         4         1           Iron, Fe.         mg         0.93         1           Magnesium, Mg.         mg         119         0           Phosphorus, P.         mg         253         0           Potassium, K.         mg         294         0           Sodium, Na.         mg         3         1           Zinc, Zn.         mg         1.79         0           Copper, Cu.         mg         0.202         0           Manganese, Mn.         mg         0.202         0           Manganese, Mn.         mg         0.483         0           Selenium, Se.         mcg         7.9         0         BF8           //itamins:         Vitamins.         Vitamins.         0         0         0         DF6           //itamins:         Witamins C, total ascorbic acid.         mg         0.00         0         0         DF6           //itamins:         Witamins.         mg         0.231         1         1           Riboflavin.         mg         0.087         1         1           Niacin.         mg         0.484         0         0				
Calcium, Ca.				
Iron, Fe				
Magnesium, Mg         mg         119         0           Phosphorus, P         mg         253         0           Potassium, K         mg         294         0           Sodium, Na         mg         3         1           Zinc, Zn         mg         1.79         0           Copper, Cu         mg         0.202         0           Manganese, Mn         mg         0.483         0           Selenium, Se         mcg         7.9         0         BFS           Vitamins:           Vitamins.         wg         0.0         0         Thiamin.         mg         0.0         0         DFS           Vitamins.         mg         0.00         0         0         Thiamin.         mg         0.00         0         DFS           Vitamins.         mg         0.00         0         0         Thiamin.         mg         0.00         0         DFS         0         DFS         0         DFS         0         0         DFS	1	4	2	
Phosphorus, P.         mg         253         0           Potassium, K.         mg         294         0           Sodium, Na         mg         3         1           Zinc, Zn         mg         1.79         0           Copper, Cu         mg         0.202         0           Manganese, Mn         mg         0.483         0           Selenium, Se         mcg         7.9         0         BFS           /itamins:         Vitamin C, total ascorbic acid         mg         0.0         0         Thiamin.         1         1         Thiamin.         1         1         Thiamin.         1         1         Thiamin.         1         1         1         Thiamin.         1         0         0         2         2         0         1	1	0.98	0.53	
Potassium, K.	4	125	68	
Sodium, Na.         mg         3         1           Zinc, Zn.         mg         1.79         0           Copper, Cu.         mg         0.202         0           Manganese, Mn.         mg         0.483         0           Selenium, Se.         mcg         7.9         0         BFS           Vitamins.           Vitamins.         w         0.0         0         0         1           Thiamin.         mg         0.087         1	4	266	144	
Zinc, Zn.         mg         1.79         0           Copper, Cu.         mg         0.202         0           Manganese, Mn.         mg         0.483         0           Selenium, Se.         mcg         7.9         0         BF8           Vitamins:         Vitamins:           Vitamin C, total ascorbic acid         mg         0.0         0         Thiamin.         1	4	309	168	
Copper, Cu	1	3	2	
Manganese, Mn.         mg         0.483         0           Selenium, Se.         mcg         7.9         0         BFS           Vitamins:         Vitamin C, total ascorbic acid.         mg         0.0         0         0         1           Thiamin.         mg         0.231         1	4	1.88	1.02	
Selenium, Se	4	0.212	0.115	
Vitamins:     Vitamin C, total ascorbic acid.     mg     0.0     0       Thiamin.     mg     0.231     1       Riboflavin.     mg     0.087     1       Niacin.     mg     0.087     1       Pantothenic acid.     mg     0.484     0       Vitamin B-6.     mg     0.206     0       Folate, total.     mcg     25     0       Folate, total.     mcg     0     0     z       Folate, food.     mcg     25     0     No       Folate, DFE.     mcg     0.00     0     z       Vitamin B-12.     mcg     0.00     0     z       Vitamin A, IU.     IU     170     1       Vitamin A, RAE     mcg_RAE     9     1       Retinol.     mcg     0     z       Vitamin E (alpha-tocopherol).     mg     0     z       Tocopherol, beta     mg     0     z       Tocopherol, delta     mg     0     z       Tocopherol, delta     mg     0     z       Vitamin K (phylloquinone)     mcg     0     0       A:0.     g     0.000     0       4:0.     g     0.000     0       4:0.     g<	4	0.507	0.275	
Vitamin C, total ascorbic acid         mg         0.0         0           Thiamin         mg         0.231         1           Riboflavin         mg         0.087         1           Niacin         mg         0.087         1           Pantothenic acid         mg         0.484         0           Vitamin B-6         mg         0.206         0           Folate, total         mcg         25         0           Folate, total         mcg         0         0         z           Folate, food         mcg         25         0         NC           Folate, food         mcg         25         0         NC           Vitamic, food         mcg         25         0         NC           Vitamin B-12         mcg         0.00         0         z           Vitamin A, IU         IU         170         1         1           Vitamin E (alpha-tocopherol)         mg         0         0         z           Tocopherol, beta         mg         0         0         z           Tocopherol, delta         mg         0         0         0         4:0         0         0         0         4:0<	'SN 4	8.3	4.5	
Vitamin C, total ascorbic acid.         mg         0.0         0           Thiamin.         mg         0.231         1           Riboflavin.         mg         0.087         1           Niacin.         mg         0.087         1           Niacin.         mg         0.087         1           Pantothenic acid.         mg         0.484         0           Vitamin B-6.         mg         0.206         0           Folate, total.         mcg         25         0           Folate, total.         mcg         25         0           Folate, food.         mcg         25         0           Folate, food.         mcg         25         0           Vitamic, pFE         mcg_DFE         25         0           Vitamin B-12.         mcg         0.00         0         z           Vitamin A, RU.         IU         170         1         1           Vitamin A, RAE         mcg_RAE         9         1         1         2           Retinol.         mg         0         0         z         z           Vitamin E (alpha-tocopherol).         mg         0         0         2         0				
Thiamin mg 0.231 1 Riboflavin mg 0.087 1 Niacin mg 0.087 1 Niacin mg 2.430 1 Pantothenic acid mg 0.484 0 Vitamin B-6 mg 0.206 0 Folate, total mcg 25 0 Folate, food mcg 25 0 Folate, DFE mcg_DFE 25 0 Vitamin B-12 mcg 0.00 0 z Vitamin A, IU IU 170 1 Vitamin A, RAE mcg_RAE 9 1 Retinol mcg 0 0 z Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg Tocopherol, delta mg Tocopherol, delta mg Tocopherol, delta mg Vitamin D IU Vitamin K (phylloquinone) mcg	4	0.0	0.0	
Riboflavin       mg       0.087       1         Niacin       mg       2.430       1         Pantothenic acid       mg       0.484       0         Vitamin B-6       mg       0.206       0         Folate, total       mcg       25       0         Folic acid       mcg       0       0       z         Folate, food       mcg       25       0       No         Folate, OFE       mcg_DFE       25       0       No         Vitami, OFE       mcg_DFE       25       0       No         Vitamin B-12       mcg       0.00       0       z         Vitamin A, RU       IU       170       1       1         Vitamin A, RAE       mcg_RAE       9       1       1       2         Vitamin E (alpha-tocopherol)       mg       0       0       z       z         Vitamin E (alpha-tocopherol)       mg       0       0       z       z         Vitamin E (alpha-tocopherol)       mg       0       0       z       z         Vitamin D       IU       U       U       U       U       U       U       U       U       U       U	1	0.0	0.0	
Niacin         mg         2.430         1           Pantothenic acid         mg         0.4844         0           Vitamin B-6         mg         0.206         0           Folate, total         mcg         25         0           Folic acid         mcg         0         0         Z           Folate, food         mcg         25         0         No           Vitamin Food         10         10         1         No         No         0         2         2         No         No         0         2         2         1         No         1         1         1         1         1         1         1         1         1         1         1         1         1         2         2         1         1         2         2	1	0.243	0.132	
Pantothenic acid.         mg         0.484         0           Vitamin B-6.         mg         0.206         0           Folate, total.         mcg         25         0           Folic acid.         mcg         0         0         z           Folate, food.         mcg         25         0         No           Folate, DFE.         mcg_DFE         25         0         No           Vitamin B-12.         mcg         0.00         0         z           Vitamin A, IU.         IU         170         1         1           Vitamin A, RAE.         mcg_RAE         9         1         Retinol.         z           Vitamin E (alpha-tocopherol).         mg         0         0         z           Vitamin E (alpha-tocopherol).         mg         Tocopherol, gamma.         g         0         0         4.0         0         0         0         0         0         0         0         0         0         0         0         0         0         0         0 <td>1</td> <td>2.552</td> <td>1.385</td> <td></td>	1	2.552	1.385	
Vitamin B-6.         mg         0.206         0           Folate, total.         mcg         25         0           Folic acid.         mcg         0         0         Z           Folate, food         mcg         25         0         No           Folate, DFE.         mcg_DFE         25         0         No           Vitamin B-12.         mcg         0.00         0         Z           Vitamin A, IU.         IU         170         1         1           Vitamin A, RAE         mcg_RAE         9         1         1           Retinol.         mcg         0         0         Z           Vitamin E (alpha-tocopherol).         mg         0         0         Z           Vitamin E (alpha-tocopherol).         mg         Tocopherol, delta.         mg         Tocopherol, gamma.         mg         Tocopherol, delta.         g         0         0         0         0         0         0         0         0         0         0         0         0         0         0         0         0	4	0.508	0.276	
Folate, total mcg 25 0 Folic acid. mcg 0 0 0 Z Folate, food. mcg 25 0 Folate, DFE. mcg_DFE 25 0 NC Vitamin B-12 mcg 0.00 0 Z Vitamin A, IU IU 170 1 Vitamin A, RAE mcg_RAE 9 1 Retinol. mcg 0 0 0 Z 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 9 0.290 0 4:0 9 0.000 0 8:0 9 0.000 0 10:0. g 0.000 0 11:0. g 0.000 0 12:0. g 0.000 0	4	0.308		
Folic acid	4	26	0.117 14	
Folate, food mcg 25 0 Folate, DFE mcg_DFE 25 0 NC Vitamin B-12 mcg 0.00 1 Vitamin A, IU IU 170 1 Vitamin A, RAE mcg_RAE 9 1 Retinol mcg 0 0 0 z Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg Tocopherol, delta mg Vitamin D IU Vitamin K (phylloquinone) mcg  Lipids: Fatty acids, total saturated 9 0.290 0 4:0 9 0.000 0 8:0 9 0.000 0 10:0 9 0.000 0 12:0 0 9 0.000 0 12:0 0 0 0		0	0	
Folate, DFE	2 / 4	26	14	
Vitamin B-12         mcg         0.00         0         z           Vitamin A, IU         IU         170         1           Vitamin A, RAE         mcg_RAE         9         1           Retinol         mcg         0         0         z           Vitamin E (alpha-tocopherol)         mg         Tocopherol, beta         mg         Tocopherol, gamma         mg         Tocopherol, gamma         mg         Vitamin D         IU         Vitamin K (phylloquinone)         IU         Vitamin K (phylloquinone)         mcg         S         0 </td <td></td> <td>26</td> <td></td> <td></td>		26		
Vitamin A, IU.         IU         170         1           Vitamin A, RAE.         mcg_RAE         9         1           Retinol.         mcg         0         0         z           Vitamin E (alpha-tocopherol).         mg         0         z           Vitamin E (alpha-tocopherol).         mg         0         z           Tocopherol, beta.         mg         Tocopherol, gamma.         mg           Vitamin D.         IU         Vitamin D.         IU           Vitamin K (phylloquinone).         mcg         s           Lipids:         Testry acids, total saturated.         9         0.290         0           4:0.         g         0.000         0           6:0.         g         0.000         0           8:0.         g         0.000         0           10:0.         g         0.000         0           10:0.         g         0.000         0           12:0.         g         0.000         0			14	
Vitamin A, RAE         mcg_RAE         9         1           Retinol         mcg         0         0         z           Vitamin E (alpha-tocopherol)         mg         7	z / 1	0.00	0.00	
Retinol	<del>-</del>	179	97	
Vitamin E (alpha-tocopherol).       mg         Tocopherol, beta.       mg         Tocopherol, gamma.       mg         Vitamin D.       IU         Vitamin K (phylloquinone).       mcg         Lipids:       Stativacids, total saturated.       g       0.290       0         4:0.       g       0.000       0         6:0.       g       0.000       0         8:0.       g       0.000       0         10:0.       g       0.000       0         12:0.       g       0.000       0	1	9	5	
Tocopherol, beta	z 7	0	0	
Tocopherol, gamma				
Tocopherol, delta				
Vitamin D.     IU       Vitamin K (phylloquinone)     mcg       Lipids:     Statistical saturated       Fatty acids, total saturated     9     0.290     0       4:0     9     0.000     0       6:0     9     0.000     0       8:0     9     0.000     0       10:0     9     0.000     0       12:0     9     0.000     0				
Vitamin K (phylloquinone)     mcg       Lipids:     Statty acids, total saturated     9     0.290     0       4:0.     9     0.000     0       6:0.     9     0.000     0       8:0.     9     0.000     0       10:0.     9     0.000     0       12:0.     9     0.000     0				
Lipids:     9     0.290     0       Fatty acids, total saturated     9     0.000     0       4:0     9     0.000     0       6:0     9     0.000     0       8:0     9     0.000     0       10:0     9     0.000     0       12:0     9     0.000     0				
Fatty acids, total saturated       9       0.290       0         4:0       9       0.000       0         6:0       9       0.000       0         8:0       9       0.000       0         10:0       9       0.000       0         12:0       9       0.000       0				
4:0     g     0.000     0       6:0     g     0.000     0       8:0     g     0.000     0       10:0     g     0.000     0       12:0     g     0.000     0				
4:0	1	0.305	0.165	
6:0	1	0.000	0.000	
10:0g 0.000 0 12:0g 0.000 0	1	0.000	0.000	
10:0g 0.000 0 12:0g 0.000 0	1	0.000	0.000	
<del>-</del>	1	0.000	0.000	
	1	0.000	0.000	
14:0g 0.000 0	1	0.000	0.000	
15:0				
16:0g 0.247 0	1	0.259	0.141	
17:0				
18:0	1	0.035	0.019	
20:0	=	3.055	0.013	
22:0g				

		<u>Aı</u>	mount in 100 gram		le portio	<u>n</u>	Amount in edible portion of common measures of food			
			Numbe of Data	-	Source	Confidence	<u></u>	<u> </u>	1	
Nutrients and Un	nits	Mean	Std. Error Points		Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated.	g	0.543	0		1		0.570	0.310		
14:1	g									
15:1 16:1 undifferentiated	g	0.001	0		1		0.001	0.001		
17:1	-	0.541	0		1		0.568	0.308		
18:1 undifferentiated		0.541	-		1					
20:1		0.000			1		0.000	0.000		
22:1 undifferentiated	-	0.000	U		1		0.000	0.000		
24:1 c		0.924	0		1		0.970	0.527		
Fatty acids, total polyunsaturated		0.924			1		0.970	0.527		
18:2 undifferentiated	-	0.896			1		0.941	0.511		
18:3 undifferentiated	-	0.028			1		0.029	0.016		
18:4	-	0.000	U		_		0.000	0.000		
20:2 n-6 c,c 20:3 undifferentiated	-									
20:4 undifferentiated		0.000	0		1		0.000	0.000		
	-	0.000			1		0.000	0.000		
20:5 n-3 22:5 n-3		0.000			1		0.000	0.000		
22:6 n-3	-	0.000			1		0.000	0.000		
		0.000	O .		_		0.000	0.000		
Fatty acids, total trans		0	0	z	7		0	0		
Phytosterols		· ·	· ·	_	,		Ü	· ·		
-	9									
Amino Acids:										
Tryptophan		0.053			1		0.056	0.030		
Threonine	-	0.280			1		0.294	0.160		
Isoleucine		0.267			1		0.280	0.152		
Leucine		0.915			1		0.961	0.522		
Lysine		0.210			1		0.221	0.120		
Methionine		0.156			1		0.164	0.089		
Cystine		0.134			1		0.141	0.076		
Phenylalanine		0.366			1		0.384	0.209		
Tyrosine	g	0.303			1		0.318	0.173		
Valine	g	0.378			1		0.397	0.215		
Arginine		0.372			1		0.391	0.212		
Histidine		0.228			1		0.239	0.130		
Alanine	g	0.558			1		0.586	0.318		
Aspartic acid		0.519			1		0.545	0.296		
Glutamic acid		1.400			1		1.470	0.798		
Glycine	<del>-</del>	0.306			1		0.321	0.174		
Proline	-	0.651			1		0.684	0.371		
Serine	-	0.354	0		1		0.372	0.202		
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0	0		7		0.0	0.0		
Caffeine										
Theobromine	mg									

#### **Common Measures:**

Measure 1 = 105g: 1 cup Measure 2 = 57g: 2 oz

Calories Factors: Protein 2.73 Fat 8.37 Carbohydrate 4.03

**Food Group:** 20 Cereal Grains and Pasta USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u> :	mount in 10	<u>0 grams</u>	Amount in edible portion of common								
				Number				<u>m</u>	measures of food				
				of Data	Deriv	Source	Confidence						
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure			
Proximates:													
Water	g	31.00		1		1		39.68					
Energy	kcal	288		0	NC	4		369					
Energy	kj	1205				4		1542					
Protein (N x 5.78)		11.31		1		1		14.48					
Total lipid (fat)	g	2.30		1		1		2.94					
Ash	g	0.66		1		1		0.84					
Carbohydrate, by difference	g	54.73		0	NC	4		70.05					
Fiber, total dietary	g												
Sugars, total	g												
Starch	g												
Minerals:	ma	15		1		4		1.0					
Calcium, Ca	_	15 3.35		1 1		1 1		19 4.29					
Iron, Fe	_	3.35 46		0		4		4.29 59					
Magnesium, Mg Phosphorus, P		163		0		4		209					
Potassium, K	-	179		0		4		229					
Sodium, Na	-	26		1		1		33					
Zinc, Zn	_	1.22		0		4		1.56					
Copper, Cu		0.228	2	0		4		0.292					
Manganese, Mn		0.547		0		4		0.700					
Selenium, Se		0.547		·		-		0.700					
<u> Vitamins:</u>													
Vitamin C, total ascorbic acid	_	0.0		0		4		0.0					
Thiamin	_	0.705		1		1		0.902					
Riboflavin		0.439		1		1		0.562					
Niacin		3.350		1		1		4.288					
Pantothenic acid		0.535		0		4		0.685					
Vitamin B-6	_	0.093	3	0		4		0.119					
Folate, total		176		0	BFSN	4		225					
Folic acid		154		0	NC	4		197					
Folate, food		22		0		4		28					
Folate, DFE		284		0	NC	4		363					
Vitamin B-12		0.31		0		4		0.40					
Vitamin A, IU		47		0		4		60					
Vitamin A, RAE		14		0	NC	4		18					
Retinol		14		0		4		18					
Vitamin E (alpha-tocopherol)	-												
Tocopherol, beta													
Tocopherol, gamma													
Tocopherol, delta  Vitamin D													
Vitamin K (phylloquinone)													
	9												
<u> Lipids:</u>													
Fatty acids, total saturated		0.328	3	0		1		0.420					
4:0													
6:0	-												
8:0													
10:0													
12:0 13:0													
14:0	-	0.005		0		1		0.006					
	-	0.005	,	U		1		0.006					
15:0		0.287	7	0		1		0.367					
16:0 17:0		0.287	•	U		_		0.307					
		0.037	7	0		1		0.047					
18:0		0.037	•	U		-		0.04/					
20:0	-												
22:0 24:0	-												

		<u>Aı</u>	nount in 10	00 grams	Amount in edible portion of common						
				Number			measures of food				
Nutrients and Ur	nits	Mean	Std. Error	of Data Points	 Source Code	Confidence Code	Measure 1	Measure 2	Measure 3		
Fatty acids, total monounsaturated	g	0.271		0	1		0.347				
14:1											
15:1	g										
16:1 undifferentiated	g										
17:1	g										
18:1 undifferentiated	g	0.271		0	1		0.347				
20:1	g										
22:1 undifferentiated	g										
24:1 c	g										
Fatty acids, total polyunsaturated	g	0.942		0	1		1.206				
18:2 undifferentiated	g	0.860		0	1		1.101				
18:3 undifferentiated	g	0.082		0	1		0.105				
18:4	g										
20:2 n-6 c,c	g										
20:3 undifferentiated	g										
20:4 undifferentiated											
20:5 n-3	g										
22:5 n-3	g										
22:6 n-3											
Fatty acids, total trans	_										
Cholesterol	_	73		1	4		93				
Phytosterols	mg										
Amino Acids:		0.140		•			0 100				
Tryptophan	_	0.143		0	1		0.183				
Threonine	_	0.295		0	1		0.378				
Isoleucine	_	0.431		0	1		0.552				
Leucine		0.763		0	1		0.977				
Lysine		0.214		0	1		0.274				
Methionine	_	0.174		0	1		0.223				
Cystine		0.315		0	1		0.403				
Phenylalanine		0.542		0 0	1 1		0.694				
Tyrosine		0.293		-	_		0.375				
Valine		0.476		0 0	1 1		0.609				
Arginine	_	0.411 0.226		0	1		0.526 0.289				
Histidine	_				1						
Alanine	_	0.327		0 0	1		0.419				
Aspartic acid	_	0.456		0	1		0.584				
Glutamic acid		4.022			1		5.148				
Glycine	_	0.353		0 0	1		0.452 1.571				
Proline	_	1.227			1						
Serine	_	0.526		0	1		0.673				
Hydroxyproline	g										

### **Common Measures:**

Measure 1 = 128g: 4.5 oz

Calories Factors: Protein 3.93 Fat 8.41 Carbohydrate 4.09

Food Group: 20 Cereal Grains and Pasta

		<u>Aı</u>	mount in 100	<u>grams</u>	of edib	ole portio	<u>n</u>		Amount in edible portion of common			
			ı	Number				<u>m</u>	easures of food	_		
Nutrients and Uni	its	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure		
Proximates:												
Water		68.56		0		1		39.08				
Energy	kcal	131		0	NC	4		75				
Energy		548				4		312				
Protein (N x 5.78)	g	5.15		0		1		2.94				
Total lipid (fat)	g	1.05		0		1		0.60				
Ash	g	0.30		0		1		0.17				
Carbohydrate, by difference		24.93		0	NC	4		14.21				
Fiber, total dietary	g											
Sugars, total	g											
Starch	g											
Minerals:												
Calcium, Ca	ma	6		0		1		3				
Iron, Fe		1.14		0		1		0.65				
Magnesium, Mg		18		0		1		10				
Phosphorus, P		63		0		1		36				
Potassium, K		24		0		1		14				
Sodium, Na	mg	6		0		1		3				
Zinc, Zn		0.56		0		1		0.32				
Copper, Cu		0.093	3	0		1		0.053				
Manganese, Mn	mg	0.224	ļ	0		1		0.128				
Selenium, Se	mcg											
Vitamins:												
Vitamin C, total ascorbic acid	ma	0.0		0		1		0.0				
Thiamin	-	0.209	)	0		1		0.119				
Riboflavin	-	0.150		0		1		0.086				
Niacin		0.992	!	0		1		0.565				
Pantothenic acid		0.183	3	0		1		0.104				
Vitamin B-6		0.034	Į	0		1		0.019				
Folate, total	mcg	64		0	BFSY	4		36				
Folic acid		57		0	NC	4		32				
Folate, food	mcg	7		0		4		4				
Folate, DFE		104		0	NC	4		59				
Vitamin B-12	mcg	0.14		0		1		0.08				
Vitamin A, IU		20		0		4		11				
Vitamin A, RAE		6		0		4		3				
Retinol		6		0		4		3				
Vitamin E (alpha-tocopherol)												
Tocopherol, beta												
Tocopherol, gamma												
Tocopherol, delta Vitamin D												
Vitamin K (phylloquinone)												
	9											
<u>Lipids:</u>												
Fatty acids, total saturated		0.150	)	0		1		0.086				
4:0												
6:0	-											
8:0												
10:0												
12:0												
13:0 14:0		0.002	•	0		1		0.001				
	_	0.002	•	U		1		0.001				
15:0		0.131		0		1		0.075				
16:0		0.131	=	U		1		0.075				
17:0		0.017	,	0		1		0.010				
18:0 20:0		0.01/		J		_		0.010				
22:0	-											
۷4.U	9											

		<u>A</u> 1	mount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common			
				Number				<u>m</u>	measures of food		
Nutrients and Units		Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	q	0.124	Į.	0		1		0.071			
14:1											
15:1											
16:1 undifferentiated	-										
17:1	-										
18:1 undifferentiated		0.124	ŀ	0		1		0.071			
20:1	g										
22:1 undifferentiated											
24:1 c											
Fatty acids, total polyunsaturated	-	0.429	1	0		1		0.245			
18:2 undifferentiated		0.392	!	0		1		0.223			
18:3 undifferentiated		0.037	,	0		1		0.021			
18:4	•										
20:2 n-6 c,c											
20:3 undifferentiated											
20:4 undifferentiated	g										
20:5 n-3											
22:5 n-3	g										
22:6 n-3	g										
Fatty acids, total trans	g										
Cholesterol	mg	33		0		1		19			
Phytosterols	mg										
Amino Acids:											
Tryptophan	<b>g</b>	0.065		0		1		0.037			
Threonine	g	0.134	ŀ	0		1		0.076			
Isoleucine	g	0.197	•	0		1		0.112			
Leucine	g	0.348	1	0		1		0.198			
Lysine	g	0.097	'	0		1		0.055			
Methionine	g	0.079	)	0		1		0.045			
Cystine	g	0.143	1	0		1		0.082			
Phenylalanine	g	0.247	,	0		1		0.141			
Tyrosine	g	0.134	ŀ	0		1		0.076			
Valine	g	0.217	•	0		1		0.124			
Arginine	g	0.187	,	0		1		0.107			
Histidine	g	0.103	1	0		1		0.059			
Alanine	g	0.149		0		1		0.085			
Aspartic acid	-	0.208	1	0		1		0.119			
Glutamic acid	g	1.832	!	0		1		1.044			
Glycine	g	0.161		0		1		0.092			
Proline	g	0.559	1	0		1		0.319			
Serine	g	0.240	1	0		1		0.137			
Hydroxyproline	g										

# **Common Measures:**

Measure 1 = 57g: 2 oz

Calories Factors: Protein 3.93 Fat 8.41 Carbohydrate 4.09

Food Group: 20 Cereal Grains and Pasta

		<u>A</u> 1	mount in 10	0 grams	<u>n</u>	Amount in edible portion of common					
				Number				measures of food			
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	_	30.10		1		1		38.53			
Energy	kcal	289		0	NC	4		370			
Energy		1209				4		1548			
Protein (N x 5.79)		11.26		1		1		14.41			
Total lipid (fat)	g	2.10		1		1		2.69			
Ash		0.82		1		1		1.05			
Carbohydrate, by difference		55.72		0	NC	4		71.32			
Fiber, total dietary											
Sugars, total											
Starch	g										
Minerals:											
Calcium, Ca	mg	43		1		1		55			
Iron, Fe	-	3.30		1		1		4.22			
Magnesium, Mg	-	63		0		4		81			
Phosphorus, P		148		0		4		189			
Potassium, K	mg	272		0		4		348			
Sodium, Na	mg	27		1		1		35			
Zine, Zn		1.40		0		4		1.79			
Copper, Cu		0.197		0		4		0.252			
Manganese, Mn		0.781		0		4		1.000			
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0			
Thiamin	-	0.609	ı	1		1		0.780			
Riboflavin	-	0.398		1		1		0.509			
Niacin		3.460	1	1		1		4.429			
Pantothenic acid		0.688		0		4		0.881			
Vitamin B-6		0.315	i	0		4		0.403			
Folate, total	mcg	177		0	BFSN	4		227			
Folic acid		121		0	NC	4		155			
Folate, food	mcg	56		0		4		72			
Folate, DFE		262		0	NC	4		335			
Vitamin B-12	mcg	0.31		0		4		0.40			
Vitamin A, IU	IU	241		0		4		308			
Vitamin A, RAE		25		0	NC	4		31			
Retinol		15		0	NC	4		19			
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	nicg										
<u>Lipids:</u>											
Fatty acids, total saturated	g	0.483		0		1		0.618			
4:0											
6:0	-										
8:0											
10:0											
12:0											
13:0	-			_		_		_			
14:0		0.007		0		1		0.009			
15:0				_		_					
16:0		0.388		0		1		0.497			
17:0											
18:0		0.087		0		1		0.111			
20:0	_										
22:0	q										

		<u>Ar</u>	nount in 10	0 grams	Amount in edible portion of common					
				Number	Source Confidence		measures of food			
Nutrients and Uni	ts	Mean	Std. Error	of Data Points	 Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	g	0.659		0	1		0.844			
14:1										
15:1	-	0.000		0	1		0.001			
16:1 undifferentiated	-	0.063		U	1		0.081			
17:1		0.595		0	1		0.762			
20:1		0.001		0	1		0.762			
22:1 undifferentiated	_	0.001		U	_		0.001			
24:1 c										
Fatty acids, total polyunsaturated	•	0.467		0	1		0.598			
18:2 undifferentiated	-	0.403		0	1		0.516			
18:3 undifferentiated		0.064		0	1		0.082			
18:4										
20:2 n-6 c,c	-									
20:3 undifferentiated										
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg	73		0	4		93			
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.150		0	1		0.192			
Threonine		0.352		0	1		0.451			
Isoleucine	g	0.488		0	1		0.625			
Leucine	g	0.813		0	1		1.041			
Lysine	g	0.336		0	1		0.430			
Methionine	g	0.208		0	1		0.266			
Cystine	g	0.297		0	1		0.380			
Phenylalanine	g	0.560		0	1		0.717			
Tyrosine	g	0.332		0	1		0.425			
Valine	-	0.544		0	1		0.696			
Arginine	g	0.480		0	1		0.614			
Histidine	•	0.237		0	1		0.303			
Alanine	-	0.399		0	1		0.511			
Aspartic acid		0.601		0	1		0.769			
Glutamic acid	-	3.449		0	1		4.415			
Glycine		0.369		0	1		0.472			
Proline		1.056		0	1		1.352			
Serine	_	0.577		0	1		0.739			
Hydroxyproline	g									

#### **Common Measures:**

Measure 1 = 128g: 4.5 oz

Calories Factors: Protein 3.88 Fat 8.41 Carbohydrate 4.08

**Food Group:** 20 Cereal Grains and Pasta USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u> 1	mount in 10	<u>0 grams</u>	Amount in edible portion of common							
				Number	•			measures of food				
				of Data	Deriv	Source	Confidence					
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure		
Proximates:												
Water	g	68.58		0		1		39.09				
Energy	kcal	130		0	NC	4		74				
Energy	kj	544				4		310				
Protein (N x 5.79)	g	5.06		0		1		2.88				
Total lipid (fat)	g	0.94		0		1		0.54				
Ash	g	0.37		0		1		0.21				
Carbohydrate, by difference	g	25.04		0	NC	4		14.27				
Fiber, total dietary												
Sugars, total												
Starch												
Starch	9											
<u>Minerals:</u>												
Calcium, Ca	mg	18		0		1		10				
Iron, Fe	-	1.11		0		1		0.63				
Magnesium, Mg		24		0		1		14				
Phosphorus, P	mg	57		0		1		32				
Potassium, K	mg	37		0		1		21				
Sodium, Na	mg	6		0		1		3				
Zinc, Zn	mg	0.63		0		1		0.36				
Copper, Cu	mg	0.080	)	0		1		0.046				
Manganese, Mn	mg	0.316	5	0		1		0.180				
Selenium, Se	mcg											
/itamins:												
Vitamin C, total ascorbic acid	ma	0.0		0		1		0.0				
Thiamin	-	0.178	<b>,</b>	0		1		0.101				
Riboflavin	-	0.176		0		1		0.076				
Niacin		1.011		0		1		0.576				
Pantothenic acid		0.232		0		1		0.132				
Vitamin B-6		0.232		0		1		0.132				
Folate, total		64	•	0	BFSY	4		36				
		46		0	NC	4		26				
Folic acid		18		0	NC	4		10				
Folate, food		96		0	NC	4		55				
Folate, DFE		0.14		0	NC	1		0.08				
Vitamin A, IU		103		0		4		59				
		103		0	NC	4		6				
Vitamin A, RAE		6		0	NC NC	4		3				
Retinol		6		U	NC	4		3				
Vitamin E (alpha-tocopherol)												
Tocopherol, beta												
Tocopherol, gamma												
Tocopherol, delta Vitamin D												
Vitamin K (phylloquinone)												
vitanini K (priyrioquinone)	niog											
<u> ipids:</u>												
Fatty acids, total saturated	g	0.217	7	0		1		0.124				
4:0	g											
6:0	g											
8:0												
10:0												
12:0												
13:0	-											
14:0	-	0.003	3	0		1		0.002				
15:0	g											
16:0	g	0.174	l .	0		1		0.099				
17:0	g											
18:0	g	0.039	•	0		1		0.022				
20:0	g											
22:0	-											
24:0	a											

		<u>Aı</u>	mount in 10			ole portic	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Unit	s	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated		0.296		0		1		0.169			
14:1	g										
15:1											
16:1 undifferentiated	-	0.028		0		1		0.016			
17:1											
18:1 undifferentiated	g	0.267		0		1		0.152			
20:1	g	0.001		0		1		0.001			
22:1 undifferentiated	g										
24:1 c	g										
Fatty acids, total polyunsaturated	g	0.210		0		1		0.120			
18:2 undifferentiated	g	0.181		0		1		0.103			
18:3 undifferentiated	g	0.029		0		1		0.017			
18:4	g										
20:2 n-6 c,c	g										
20:3 undifferentiated	g										
20:4 undifferentiated	g										
20:5 n-3	g										
22:5 n-3	g										
22:6 n-3	_										
Fatty acids, total trans	g										
Cholesterol		33		0		1		19			
Phytosterols	mg										
Amino Acids:											
Tryptophan	a	0.067		0		1		0.038			
Threonine		0.158		0		1		0.090			
Isoleucine		0.219		0		1		0.125			
Leucine		0.365		0		1		0.208			
Lysine		0.151		0		1		0.086			
Methionine	-	0.131		0		1		0.053			
Cystine	-	0.134		0		1		0.033			
Phenylalanine		0.134		0		1		0.076			
-		0.232		0		1		0.144			
Tyrosine	_	0.149		0		1		0.085			
Valine				0		1		0.140			
Arginine		0.216		0		1					
Histidine	•	0.107		0		1		0.061			
Alanine	_	0.179		-		_		0.102			
Aspartic acid		0.270		0		1		0.154			
Glutamic acid	_	1.550		0		1		0.884			
Glycine	-	0.166		0		1		0.095			
Proline	•	0.474		0		1		0.270			
Serine		0.259		0		1		0.148			
Hydroxyproline	g										

### **Common Measures:**

Measure 1 = 57g: 2 oz

Calories Factors: Protein 3.88 Fat 8.41 Carbohydrate 4.08

**Food Group:** 20 Cereal Grains and Pasta 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	
				Number		0	0 6 -1	<u>m</u> .	easures of food	<u> </u>
Nutrients and Un	its	Mean	Std. Error			Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	68.71		0		1		39.16		
Energy	kcal	130		0	NC	4		74		
Energy	kj	544				4		310		
Protein (N x 5.73)		5.28		0		1		3.01		
Total lipid (fat)	g	1.74		0		1		0.99		
Ash	g	0.73		0		1		0.42		
Carbohydrate, by difference		23.54		0	NC	4		13.42		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	10		0		1		6		
Iron, Fe		1.16		Ō		1		0.66		
Magnesium, Mg	-	14		0		1		8		
Phosphorus, P		52		0		1		30		
Potassium, K		21		0		1		12		
Sodium, Na		83		0		1		47		
Zinc, Zn	mg	0.44		0		1		0.25		
Copper, Cu	mg	0.056	6	0		1		0.032		
Manganese, Mn	<u>mg</u>	0.183	3	0		1		0.104		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	-	0.173	3	0		1		0.099		
Riboflavin		0.174	4	0		1		0.099		
Niacin		1.257	7	0		1		0.716		
Pantothenic acid	mg	0.231	L	0		1		0.132		
Vitamin B-6	mg	0.037	7	0		1		0.021		
Folate, total	mcg	43		0	RA	4		25		
Folic acid	mcg	24		0	NC	4		14		
Folate, food		19		0		1		11		
Folate, DFE		60		0	NC	4		34		
Vitamin B-12	mcg	0.10		0		1		0.06		
Vitamin A, IU		58		0		1		33		
Vitamin A, RAE		17		0		1		10		
Retinol		17		0		1		10		
Vitamin E (alpha-tocopherol)	-									
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>			_							
Fatty acids, total saturated		0.408	3	0		1		0.233		
4:0										
6:0		0 000	,	0		1		0.000		
8:0		0.000		0		1 1		0.000 0.000		
10:0 12:0		0.000		0		1		0.000		
13:0		0.000	-	3		-		0.000		
14:0	-	0.004	1	0		1		0.002		
15:0	-	0.00	-	v		-		0.002		
16:0	-	0.301	L	0		1		0.172		
17:0	-			•		-				
18:0	-	0.097	7	0		1		0.055		
20:0	-			-						
22:0	-									
24:0	-									

		<u>Aı</u>	nount in 10		ole portio	<u>n</u>	Amount in edible portion of common measures of food			
				Number			<u>m</u> :	easures of food		
Nutrients and Units	;	Mean	Std. Error	of Data Points	 Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	g	0.508		0	1		0.290			
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.030		0	1		0.017			
17:1	g									
18:1 undifferentiated	g	0.473		0	1		0.270			
20:1	g	0.004		0	1		0.002			
22:1 undifferentiated	g	0.000		0	1		0.000			
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.521		0	1		0.297			
18:2 undifferentiated		0.459		0	1		0.262			
18:3 undifferentiated	g	0.045		0	1		0.026			
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.014		0	1		0.008			
20:5 n-3	g	0.000		0	1		0.000			
22:5 n-3	g									
22:6 n-3	g	0.004		0	1		0.002			
Fatty acids, total trans	g									
Cholesterol	mg	41		0	1		23			
Phytosterols	mg	1		0	1		1			
Amino Acids:										
Tryptophan	<b>a</b>	0.067		0	1		0.038			
·		0.166		0	1		0.035			
Threonine Isoleucine		0.100		0	1		0.127			
	-	0.223		0	1		0.127			
Leucine	-	0.362		0	1		0.094			
Lysine	-	0.103		0	1		0.054			
Methionine	-	0.143		0	1		0.038			
Cystine				0	1					
Phenylalanine		0.262		0	1		0.149			
Tyrosine	-	0.156		0	1		0.089			
Valine	-	0.247		0	1		0.141			
Arginine		0.223		0	1		0.127			
Histidine		0.111		0	1		0.063			
Alanine	-	0.187		-	1		0.107			
Aspartic acid		0.288		0 0	1 1		0.164			
Glutamic acid	-	1.628					0.928			
Glycine		0.169		0	1 1		0.096			
Proline		0.497		0	_		0.283			
Serine	-	0.282		0	1		0.161			
Hydroxyproline	g									

### **Common Measures:**

Measure 1 = 57g: 2 oz

Calories Factors: Protein 3.93 Fat 8.41 Carbohydrate 4.09

**Food Group:** 20 Cereal Grains and Pasta USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u> 1	mount in 10	<u>0 grams</u>	of edil	ole portio	<u>n</u>	Amount in edible portion of common		
				Number	•			<u>m</u>	easures of food	<u> </u>
Nutrients and Uni	te	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure
Nutrients and Oni	เธ	Weari	Stu. Error	Tomics		Jouc		Measure i	Measure 2	Weasure
Proximates:										
Water	-	68.86		0		1		39.25		
Energy		124		0	NC	4		71		
Energy		519				4		296		
Protein (N x 5.7)	-	4.37		0		1		2.49		
Total lipid (fat)	g	0.98		0		1		0.56		
Ash	g	0.66		0		1		0.38		
Carbohydrate, by difference	g	25.12		0	NC	4		14.32		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:	ma	_		^				2		
Calcium, Ca	_	6		0		1		3		
Iron, Fe	_	1.13		0		1		0.64		
Magnesium, Mg		14		0		1		8		
Phosphorus, P	•	40 19		0		1 1		23 11		
Potassium, K	-			0		1		11 42		
Sodium, Na	_	74		0 0		1		0.21		
Zinc, Zn		0.37		0		1				
Copper, Cu		0.060 0.193		0		1		0.034 0.110		
Manganese, Mn		0.193	•	U		_		0.110		
Selenium, Se	Ilicy									
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	mg	0.182	2	0		1		0.104		
Riboflavin	mg	0.148	3	0		1		0.084		
Niacin	mg	1.343	3	0		1		0.766		
Pantothenic acid		0.150	)	0		1		0.086		
Vitamin B-6	mg	0.028	3	0		1		0.016		
Folate, total		43		0	RA	4		25		
Folic acid		26		0	NC	4		15		
Folate, food		17		0		1		10		
Folate, DFE		61		0	NC	4		35		
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin A, IU		0		0		1		0		
Vitamin A, RAE		0		0		1		0		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:	a	0.140	,	^		1		0.000		
Fatty acids, total saturated		0.140	,	0		1		0.080		
4:0	-									
6:0	-									
8:0										
10:0										
12:0 13:0										
14:0	-	0.001		0		1		0.001		
	-	0.001	-	U		1		0.001		
15:0		0.109	<b>1</b>	0		1		0.062		
16:0		0.109	,	U		1		0.062		
17:0		0.000	<u>,</u>	0		1		0 017		
18:0		0.029	,	U		1		0.017		
20:0	-									
22:0	g g									

		<u>Ar</u>	mount in 10			ole portic	<u>on</u>	Amount in edible portion of common measures of food			
				Number		Source	Confidence	<u></u>	<u> </u>		
Nutrients and Units	<b>i</b>	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	g	0.187		0		1		0.107			
14:1	g										
15:1	g										
16:1 undifferentiated	g	0.001		0		1		0.001			
17:1	g										
18:1 undifferentiated	g	0.185		0		1		0.105			
20:1	g	0.001		0		1		0.001			
22:1 undifferentiated	g										
24:1 c	g										
Fatty acids, total polyunsaturated	g	0.508		0		1		0.290			
18:2 undifferentiated	g	0.453		0		1		0.258			
18:3 undifferentiated	g	0.055		0		1		0.031			
18:4	g										
20:2 n-6 c,c	g										
20:3 undifferentiated	g										
20:4 undifferentiated	g										
20:5 n-3	g										
22:5 n-3	g										
22:6 n-3	g										
Fatty acids, total trans	g										
Cholesterol	mg	0		0	Z	7		0			
Phytosterols	mg	2		0		1		1			
Amino Acids:											
Tryptophan	a	0.056		0		1		0.032			
Threonine		0.116		0		1		0.066			
Isoleucine	-	0.169		0		1		0.096			
Leucine		0.299		0		1		0.170			
Lysine		0.299		0		1		0.048			
Methionine	_	0.068		0		1		0.039			
Cystine	_	0.123		0		1		0.039			
Phenylalanine		0.123		0		1		0.121			
Tyrosine		0.212		0		1		0.121			
•	-	0.115		0		1		0.106			
Valine		0.166		0		1		0.106			
Histidine	_	0.089		0		1		0.051			
Alanine	_	0.128		0		1		0.031			
Aspartic acid	_	0.128		0		1		0.073			
Glutamic acid		1.577		0		1		0.102			
Glycine	-	0.138		0		1		0.899			
Proline	•	0.138		0		1		0.079			
				0		1					
Serine.	-	0.206		U		1		0.117			
Hydroxyproline	9										

### **Common Measures:**

Measure 1 = 57g: 2 oz

Calories Factors: Protein 3.91 Fat 8.37 Carbohydrate 4.12

**Food Group:** 20 Cereal Grains and Pasta 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	
			O				Confidence		easures of food	-
Nutrients and Un	its	Mean	Std. Error F	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	_	9.30		1		1		15.81		
Energy	kcal	374		0	NC	4		636		
Energy	kj	1565				4		2660		
Protein (N x 6.25)	g	13.10		1		1		22.27		
Total lipid (fat)	g	5.80		1		1		9.86		
Ash	g	2.90		1		1		4.93		
Carbohydrate, by difference	g	68.90		0	NC	4		117.13		
Fiber, total dietary		5.9		0		1		10.0		
Sugars, total										
Starch										
<u>Minerals:</u>										
Calcium, Ca	-	60		1		1		102		
Iron, Fe	-	9.25		1		1		15.73		
Magnesium, Mg	mg	210		1		1		357		
Phosphorus, P	mg	410		1		1		697		
Potassium, K	mg	740		1		1		1258		
Sodium, Na	mg	21		0		4		36		
Zinc, Zn	<u>mg</u>	3.30		1		1		5.61		
Copper, Cu	mg	0.820	)	1		1		1.394		
Manganese, Mn	mg	2.260	)	0		4		3.842		
Selenium, Se	mcg									
Vitamina										
Vitamins:		0.0		•				0.0		
Vitamin C, total ascorbic acid	-	0.0		0		4		0.0		
Thiamin		0.198		1		1		0.337		
Riboflavin		0.396		1		1		0.673		
Niacin		2.930		1		1		4.981		
Pantothenic acid	-	1.047		0		4		1.780		
Vitamin B-6	-	0.223	3	0		4		0.379		
Folate, total		49		0		4		83		
Folic acid		0		0	Z	7		0		
Folate, food	mcg	49		0		4		83		
Folate, DFE		49		0	NC	4		83		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU		0		0		4		0		
Vitamin A, RAE	mcg_RAE	0		0		4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>										
Fatty acids, total saturated		0.590	)	0		1		1.003		
4:0										
6:0										
8:0										
10:0										
12:0										
13:0										
14:0										
15:0										
16:0	g	0.541	L	1		1		0.920		
17:0	g									
18:0	g	0.049	•	1		1		0.083		
20:0										
22:0										
24:0										

		<u>Aı</u>	mount in 10			ole portic	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and U	nits	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated		1.535		0		1		2.610			
14:1											
15:1	• • • • • • • • • • • • • • • • • • • •										
16:1 undifferentiated	-	0.010		1		1		0.017			
17:1	-										
18:1 undifferentiated	_	1.525		1		1		2.593			
20:1	-										
22:1 undifferentiated	-										
24:1 c	-										
Fatty acids, total polyunsaturated.		2.347		0		1		3.990			
18:2 undifferentiated	•	2.214		1		1		3.764			
18:3 undifferentiated		0.133		1		1		0.226			
18:4	-										
20:2 n-6 c,c	-										
20:3 undifferentiated	-										
20:4 undifferentiated											
20:5 n-3	-										
22:5 n-3	-										
22:6 n-3	-										
Fatty acids, total trans	-	_			_	_		_			
Cholesterol		0		0	Z	7		0			
Phytosterols	nig										
Amino Acids:											
Tryptophan	g										
Threonine		0.459		1		1		0.780			
Isoleucine	g	0.472		1		1		0.802			
Leucine	g	0.786		1		1		1.336			
Lysine		0.734		1		1		1.248			
Methionine		0.262		1		1		0.445			
Cystine	-										
Phenylalanine		0.537		1		1		0.913			
Tyrosine	-	0.367		1		1		0.624			
Valine	-	0.589		1		1		1.001			
Arginine		0.918		1		1		1.561			
Histidine		0.314		1		1		0.534			
Alanine	-	0.616		1		1		1.047			
Aspartic acid	-	0.956		1		1		1.625			
Glutamic acid		1.559		1		1		2.650			
Glycine		0.681		1		1		1.158			
Proline		0.407		1		1		0.692			
Serine	-	0.484		1		1		0.823			
Hydroxyproline				=		=					
11, aroxypromic											

#### **Common Measures:**

Measure 1 = 170g: 1 cup

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 20 Cereal Grains and Pasta

		<u>A</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 Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	6.13	1.111	10		1		7.23		
Energy	kcal	316		0	NC	4		373		
Energy		1322				4		1560		
Protein (N x 5.95)	g	13.35	0.528	4		1		15.75		
Total lipid (fat)	g	20.85	1.563	6		1		24.60		
Ash	g	9.98	0.659	5		1		11.78		
Carbohydrate, by difference		49.69		0	NC	4		58.63		
Fiber, total dietary	g	21.0		0		1		24.8		
Sugars, total	g	0.90		1		1		1.06		
Sucrose	g	0.50		1		1		0.59		
Glucose (dextrose)	g	0.20		1		1		0.24		
Fructose		0.20		1		1		0.24		
Lactose	g									
Maltose	g									
Galactose	g									
Starch	9									
Minerals:										
Calcium, Ca	ma	57	6.106	5		1		67		
Iron, Fe	-	18.54	3.556	5		1		21.88		
Magnesium, Mg		781	150.607	5		1		922		
Phosphorus, P		1677	236.516	5		1		1979		
Potassium, K	mg	1485	198.479	5		1		1752		
Sodium, Na	mg	5	1.175	5		1		6		
Zinc, Zn	<u>mg</u>	6.04	0.928	5		1		7.13		
Copper, Cu	mg	0.728	0.095	5		1		0.859		
Manganese, Mn		14.210	)	2		1		16.768		
Selenium, Se	mcg	15.6		1	A	1		18.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin		2.753	0.511	6		1		3.249		
Riboflavin		0.284	0.073	4		1		0.335		
Niacin	mg	33.995	9.119	4		1		40.114		
Pantothenic acid	mg	7.390	2.219	4		1		8.720		
Vitamin B-6	mg	4.070	0.277	4		1		4.803		
Folate, total	mcg	63		2		1		74		
Folic acid		0		0	Z	7		0		
Folate, food		63		2		1		74		
Folate, DFE		63		0	NC	4		74		
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin A, IU		0		0		4		0		
Vitamin A, RAE		0		0	AS	1		0		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)		4.92		0	0	4		5.81		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin K (phylloquinone)		1.9		0	BFZN	4		2.2		
		,		-		-				
<u>Lipids:</u>										
Fatty acids, total saturated	g	4.171		0		1		4.922		
4:0		0.000		0		1		0.000		
6:0	_	0.000		0		1		0.000		
8:0	_	0.000		0		1		0.000		
10:0		0.000		0		1		0.000		
12:0		0.019	•	73		1		0.022		
13:0										
14:0		0.078		73		1		0.092		

Number of Data Deriv Source C Nutrients and Units Mean Std. Error Points Code Code	measures of food  Confidence Code Measure 1 Measure 2 Measure 3
Nutrients and Units Mean Std. Error Points Code Code	Code Measure 1 Measure 2 Measure 3
16·0 0 3.557 73 1	
16:0 0 3.557 73 1	
10.0g 3.33/ /3 1	4.197
17:0g	
18:0g 0.373 73 1	0.440
20:0g	
22:0g	
24:0g	0.000
Fatty acids, total monounsaturated	8.908
14.1	
16:1 undifferentiated	0.089
17:1g	
18:1 undifferentiatedg 7.475 73 1	8.821
20:1g 0.000 0 1	0.000
22:1 undifferentiatedg 0.000 0 1	0.000
24:1 cg	0.000
Fatty acids, total polyunsaturated	8.802
18:2 undifferentiated      g       7.143       73       1         18:3 undifferentiated      g       0.316       73       1	8.429 0.373
18:4	0.373
20:2 n-6 c.cg	0.000
20.2 in-0 c,c	
20:4 undifferentiated	0.000
20:5 n-3g 0.000 0 1	0.000
22:5 n-3g 0.000 0 1	0.000
22:6 n-3g 0.000 0 1	0.000
Fatty acids, total transg	
Cholesterolmg 0 0 z 7	0
Phytosterolsmg	
Amino Acids:	
Tryptophang 0.108 4 1	0.127
Threonine	0.655
Isoleucine	0.670
Leucine	1.206
Lysine       .g       0.650       28       1         Methionine       .g       0.306       25       1	0.767 0.361
Cystine	0.374
Phenylalanine	0.749
Tyrosine	0.485
Valineg 0.881 24 1	1.040
Arginine	1.248
Histidine	0.419
Alanine	1.145
Aspartic acid	1.543
Glutamic acid	2.188
Glycine	1.033 0.788
Proline	0.788
Hydroxyproline	0.701
Others:	
Alcohol, ethyl	0.0
Caffeine	0 0
Carotenoids:	v
	0.000
Carotene, beta	0.000 0.000
Carotene, alpha	0.000
Cryptoxantnin, beta	0.000
Lutein + zeaxanthin mcg 220 0 BFZN 4	259.600

NDB No. 20060 Rice bran, crude Common Measures:

Measure 1 = 118g: 1 cup

Calories Factors: Protein 1.82 Fat 8.37 Carbohydrate 2.35

Food Group: 20 Cereal Grains and Pasta

		<u>Aı</u>	nount in 100 g	rams o	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
				mber	Danis	0	Confidence	<u>m</u>	easures of food	<u>.</u>	
Nutrients and Uni	its	Mean	Std. Error Po		_ •	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	11.97	0.973	3		1		18.91			
Energy	kcal	363		0	NC	4		574			
Energy	kj	1519				4		2400			
Protein (N x 5.95)		7.23	0.138	3		1		11.42			
Total lipid (fat)	g	2.78	0.405	3		1		4.39			
Ash		1.54	0.031	3		1		2.43			
Carbohydrate, by difference		76.48		0	NC	4		120.84			
Fiber, total dietary	g	4.6		0		1		7.3			
Sugars, total	g										
Starch	g										
Minerals:											
Calcium, Ca	ma	11	0.628	3		1		17			
Iron, Fe	_	1.98	0.020	2		1		3.13			
Magnesium, Mg		112	25.992	3		1		177			
Phosphorus, P		337	5.748	3		1		532			
Potassium, K		289	19.471	3		1		457			
Sodium, Na		8	1.188	3		1		13			
Zinc, Zn	mg	2.45	0.450	3		1		3.87			
Copper, Cu	mg	0.230		2		1		0.363			
Manganese, Mn	mg	4.013	0.607	3		1		6.341			
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0			
Thiamin	-	0.443	0.062	3		1		0.700			
Riboflavin		0.080		3		1		0.126			
Niacin		6.340		3		1		10.017			
Pantothenic acid		1.591		3		1		2.514			
Vitamin B-6	_	0.736		3		1		1.163			
Folate, total	_	16	2.320	6		1		25			
Folic acid		0		0	z	7		0			
Folate, food		16	2.320	6		1		25			
Folate, DFE	mcg_DFE	16		0	NC	4		25			
Vitamin B-12		0.00		0	z	7		0.00			
Vitamin A, IU	IU	0		0		4		0			
Vitamin A, RAE	mcg_RAE	0		0		4		0			
Retinol	mcg	0		0	Z	7		0			
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	Ilicy										
<u>Lipids:</u>											
Fatty acids, total saturated	g	0.557		0		1		0.880			
4:0	g										
6:0	g										
8:0											
10:0											
12:0		0.003		0		1		0.005			
13:0	-			_							
14:0		0.010		0		1		0.016			
15:0				_		_					
16:0		0.475		0		1		0.751			
17:0	-			•		_					
18:0	-	0.050		0		1		0.079			
20:0	-										
22:0	g										

	<u>A</u>	mount in 100 gram		ble portic	<u>on</u>	Amount in edible portion of common measures of food			
		Numbe		_		<u> </u>	easures or 1000	<u>.</u>	
Nutrients and Units	Mean	of Data Std. Error Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	1.008	0		1		1.593			
15:1	0.010	0		1		0.016			
18:1 undifferentiated	0.998	0		1		1.577			
22:1 undifferentiatedg 24:1 cg									
Fatty acids, total polyunsaturated9	0.996			1		1.574			
18:2 undifferentiated	0.954 0.042			1 1		1.507			
18:4g	0.042	. 0		1		0.066			
20:2 n-6 c,cg 20:3 undifferentiatedg									
20:4 undifferentiated									
20:5 n-3									
20.5 n-3									
22:6 n-3g									
Fatty acids, total trans									
Cholesterol mg	0	0	z	7		0			
Phytosterols mg	-	-	_	·		-			
amino Acids:									
Tryptophang	0.092			1		0.145			
Threonineg	0.265			1		0.419			
Isoleucineg	0.306	0		1		0.483			
Leucineg	0.598	0		1		0.945			
Lysineg	0.276			1		0.436			
Methionineg	0.163	0		1		0.258			
Cystineg	0.088			1		0.139			
Phenylalanine9	0.373			1		0.589			
Tyrosineg	0.271			1		0.428			
Valineg	0.424			1		0.670			
Arginineg	0.548			1		0.866			
Histidine9	0.184			1		0.291			
Alanineg	0.422			1		0.667			
Aspartic acidg	0.677			1		1.070			
Glutamic acidg	1.473			1		2.327			
Glycineg	0.356			1		0.562			
Prolineg	0.339			1		0.536			
Serineg	0.374	0		1		0.591			
Hydroxyprolineg									
thers:									
Alcohol, ethylg	0.0	0	Z	7		0.0			
Caffeinemg									
Theobromine mg									

## **Common Measures:**

Measure 1 = 158g: 1 cup

Calories Factors: Protein 3.41 Fat 8.37 Carbohydrate 4.12

**Food Group:** 20 Cereal Grains and Pasta USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u>	mount in 100 g	grams	of edib	le portio	<u>n</u>	Amount in	edible portion	of common
			Nı	umber				m	easures of food	
				f Data	Deriv	Source	Confidence			
Nutrients and Uni	ite	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure
Nutrients and On	its	IVICALI	Stu. Elloi ·	00				Weasure i	Weasure 2	Weasure
Proximates:										
Water	g	11.89		2		1		18.79		
Energy	kcal	366		0	NC	4		578		
Energy	kj	1531				4		2420		
Protein (N x 5.95)	g	5.95		2		1		9.40		
Total lipid (fat)	g	1.42		2		1		2.24		
Ash	g	0.61		2		1		0.96		
Carbohydrate, by difference	g	80.13		0	NC	4		126.61		
Fiber, total dietary	g	2.4		0		1		3.8		
Sugars, total	g	0.12		0	BFZN	4		0.18		
Starch	g									
Aimonala.										
Minerals:	ma	10		2		1		16		
Calcium, Ca	-	0.35		2		1		0.55		
Magnesium, Mg	_	35		2		1		55		
Phosphorus, P		98		2		1		55 155		
Potassium, K	-	98 76		2		1		120		
Sodium, Na		0		2		1		0		
Zinc, Zn		0.80		2		1		1.26		
Copper, Cu		0.130	1	2		1		0.205		
Manganese, Mn		1.200		2		1		1.896		
Selenium, Se		15.1	,	0	BFSN	4		23.9		
Scientini, Sc	9			·	22 22.	-				
<u>'itamins:</u>										
Vitamin C, total ascorbic acid		0.0		0		4		0.0		
Thiamin		0.138	3	2		1		0.218		
Riboflavin	mg	0.021	L	2		1		0.033		
Niacin		2.590	)	2		1		4.092		
Pantothenic acid	mg	0.819	9	2		1		1.294		
Vitamin B-6	mg	0.436	5	2		1		0.689		
Folate, total	mcg	4		2		1		6		
Folic acid		0		0	Z	7		0		
Folate, food	mcg	4		2		1		6		
Folate, DFE		4		0	NC	4		6		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU		0		0		4		0		
Vitamin A, RAE		0		0	AS	1		0		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.11		0	BFZN	4		0.17		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.0		1	A	1		0.1		
ipids:										
Fatty acids, total saturated	а	0.386	5	0		1		0.610		
4:0		0.000		0		1		0.000		
6:0		0.000		0		1		0.000		
8:0	_	0.000		0		1		0.000		
10:0	-	0.000		0		1		0.000		
12:0	_	0.000		0		1		0.000		
13:0	-	0.000	•	•		-		3.000		
14:0		0.008	3	0		1		0.013		
15:0	_	0.006	-	•		-		0.013		
16:0		0.345	ξ.	0		1		0.545		
17:0		0.343	•	3		1		0.545		
	_	0.026	5	0		1		0.041		
18:0 20:0	-	0.026	,	U		1		0.041		
	_									
22:0 24:0	-									

		<u>Ar</u>	nount in 10	0 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common 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		0.442		0		1		0.698		
14:1	-									
15:1	-									
16:1 undifferentiated	-	0.005		0		1		0.008		
17:1	-					_				
18:1 undifferentiated	-	0.436		0		1		0.689		
20:1		0.000		0		1		0.000		
22:1 undifferentiated	•	0.000		0		1		0.000		
24:1 c						_				
Fatty acids, total polyunsaturated		0.379		0		1		0.599		
18:2 undifferentiated		0.313		0		1		0.495		
18:3 undifferentiated		0.067		0		1		0.106		
18:4		0.000		0		1		0.000		
20:2 n-6 c,c	-									
20:3 undifferentiated	-	2 22		_		_				
20:4 undifferentiated		0.000		0		1		0.000		
20:5 n-3	-	0.000		0		1		0.000		
22:5 n-3		0.000		0		1		0.000		
22:6 n-3		0.000		0		1		0.000		
Fatty acids, total trans						_		_		
Cholesterol		0		0	Z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	а	0.072		20		1		0.114		
Threonine		0.210		30		1		0.332		
Isoleucine	-	0.244		30		1		0.386		
Leucine		0.488		30		1		0.771		
Lysine		0.207		31		1		0.327		
Methionine		0.144		19		1		0.228		
Cystine		0.107		27		1		0.169		
Phenylalanine		0.317		29		1		0.501		
Tyrosine		0.314		29		1		0.496		
Valine	_	0.348		30		1		0.550		
Arginine		0.516		30		1		0.815		
Histidine		0.149		30		1		0.235		
Alanine		0.332		29		1		0.525		
Aspartic acid		0.532		29		1		0.867		
Glutamic acid		1.097		29		1		1.733		
Glycine	_	0.267		29		1		0.422		
Proline		0.278		29		1		0.439		
	<del>-</del>	0.310		29		1		0.490		
SerineHydroxyproline	_	0.310		23		_		0.490		
nydroxyprome	9									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0		
Caffeine	mg	0		0	Z	7		0		
Theobromine		0		0	Z	7		0		
Carotenoids:										
	mea	0		0	z	7		0.000		
Caratana alaha		0		0	z Z	7		0.000		
Carotene, alpha		0		0	z Z	7				
Cryptoxanthin, beta		-		•				0.000		
Lycopene		0		0	Z	7		0.000		
Lutein + zeaxanthin	iicā	0		0	z	7		0.000		

### **Common Measures:**

Measure 1 = 158g: 1 cup

NDB No. 20061 Rice flour, white

Calories Factors: Protein 3.82 Fat 8.37 Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

Nutrients and Units							Amount in edible portion of common			
Nutrients and Units		Number of Data Deriv Source Confidenc							easures of food	<u> </u>
Nutrients and Units			of	Data	Deriv	Source	Confidence			
	S	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.82	1.107	3	A	1		129.92		
Energy	kcal	109		0	NC	4		192		
Energy	kj	456				4		803		
Protein (N x 5.95)	g	0.91	0.509	3	A	1		1.60		
Total lipid (fat)	g	0.20	0.098	3	A	1		0.35		
Ash	g	0.18	0.063	3	A	1		0.32		
Carbohydrate, by difference	g	24.90		0	NC	4		43.82		
Fiber, total dietary	g	1.0		1	A	1		1.8		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	4	2.259	3	A	1		7		
Iron. Fe.	-	0.14	0.025	3	A	1		0.25		
Magnesium, Mg		3	1.668	3	A	1		5		
Phosphorus, P		20	2.654	3	A	1		35		
Potassium, K	•	4	0.536	3	A	1		7		
Sodium, Na	-	19		2	A	1		33		
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.25	0.195	3	A	1		0.44		
Copper, Cu		0.038	0.012	3	A	1		0.067		
Manganese, Mn	<u>mg</u>	0.114	0.053	3	A	1		0.201		
Selenium, Se	mcg	4.5		0	BFSN	4		7.9		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		3	A	1		0.0		
Thiamin	_	0.018	0.007	3	A	1		0.032		
Riboflavin	-	0.010		3	A	1		0.007		
Niacin		0.072		3	A	1		0.127		
Pantothenic acid		0.011		3	A	1		0.019		
Vitamin B-6	_	0.006		3	A	1		0.011		
Folate, total	-	3		1	A	1		5		
Folic acid		0		0	z	7		0		
Folate, food		3		1	A	1		5		
Folate, DFE		3		0	NC	4		5		
Vitamin B-12		0.00		0	z	7		0.00		
Vitamin A, IU		0		0	Z	7		0		
Vitamin A, RAE		0		0	Z	7		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.023	1	0	BFFN	4		0.040		
4:0		0.000		0	BFFN	4		0.000		
6:0		0.000		0	BFFN	4		0.000		
8:0		0.000		0	BFFN	4		0.000		
10:0	-	0.000		0	BFFN	4		0.000		
12:0	_	0.000	ı	0	BFFN	4		0.000		
13:0	-									
14:0	-	0.000	ı	0	BFFN	4		0.000		
15:0	g									
16:0		0.021		0	BFFN	4		0.037		
17:0										
18:0		0.002		0	BFFN	4		0.004		
20:0	g									
22:0	g									

		<u>Aı</u>	mount in 10	0 grams	of edib	le portic	<u>on</u>	Amount in edible portion of common		
				Number	•			<u>m</u>	easures of food	
Nutrients and Units		Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	0.026		0	BFFN	4		0.046		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0	BFFN	4		0.000		
17:1										
18:1 undifferentiated	g	0.026		0	BFFN	4		0.046		
20:1	g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated	g	0.000		0	BFFN	4		0.000		
24:1 c	q									
Fatty acids, total polyunsaturated	-	0.023		0	BFFN	4		0.040		
18:2 undifferentiated		0.019		0	BFFN	4		0.033		
18:3 undifferentiated	-	0.004		0	BFFN	4		0.007		
18:4		0.000		0	BFFN	4		0.000		
20:2 n-6 c.c.				-		-				
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.000		0	BFFN	4		0.000		
20:5 n-3	-	0.000		0	BFFN	4		0.000		
20:5 n-3	-	0.000		0	BFFN	4		0.000		
22:6 n-3		0.000		0	BFFN	4		0.000		
	-	0.000		U	DEFN	-		0.000		
Fatty acids, total trans	-	0		0	z	7		0		
	_	U		U	2	,		O		
Phytosterols	iiig									
Amino Acids:										
Tryptophan	g	0.011		0		1		0.019		
Threonine		0.033		0		1		0.058		
Isoleucine	-	0.039		0		1		0.069		
Leucine	-	0.075		0		1		0.132		
Lysine	_	0.033		0		1		0.058		
Methionine	-	0.021		0		1		0.037		
Cystine	-	0.019		0		1		0.037		
Phenylalanine		0.019		0		1		0.035		
Tyrosine		0.049		0		1		0.053		
-		0.056		0		1		0.099		
Valine		0.036		0		1		0.099		
Arginine				0		1				
Histidine	-	0.021		0		1		0.037		
Alanine	-	0.053		0		1		0.093		
Aspartic acid		0.086		-		_		0.151		
Glutamic acid		0.177		0		1		0.312		
Glycine		0.041		0		1		0.072		
Proline	_	0.043		0		1		0.076		
Serine	-	0.048		0		1		0.084		
Hydroxyproline	g									

### **Common Measures:**

Measure 1 = 176g: 1 cup

### **Footnotes**

1 Imported product

Calories Factors: Protein 3.82 Fat 8.37 Carbohydrate 4.16

**Food Group:** 20 Cereal Grains and Pasta USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>Aı</u>	mount in 100 g	grams	of edil	ole portic	<u>on</u>	Amount in edible portion of common			
			Nι	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	11.91	1.115	3	A	1					
Energy	kcal	364		0	NC	4					
Energy	kj	1523				4					
Protein (N x 5.95)	g	3.44		2	A	1					
Total lipid (fat)	g	0.56	0.212	3	A	1					
Ash	g	0.85	0.377	3	A	1					
Carbohydrate, by difference	g	83.24		0	NC	4					
Fiber, total dietary	g	1.6	0.469	3	A	1					
Sugars, total	g										
Starch	g										
Minerals:											
Calcium, Ca	mg	18	7.914	3	A	1					
Iron, Fe	mg	0.70		2	A	1					
Magnesium, Mg	mg	12	5.860	3	A	1					
Phosphorus, P	mg	153	36.259	3	A	1					
Potassium, K	mg	30	3.580	3	A	1					
Sodium, Na		182		2	A	1					
Zinc, Zn		0.74	0.306	3	A	1					
Copper, Cu		0.078		3	A	1					
Manganese, Mn		0.498	0.095	3	A	1					
Selenium, Se	mcg	15.1		0	BFSN	4					
Vitamins:											
Vitamin C, total ascorbic acid		0.0		3	A	1					
Thiamin	-	0.031		3	A	1					
Riboflavin		0.017		3	A	1					
Niacin		0.221 0.051		3 3	A A	1 1					
Pantothenic acid Vitamin B-6		0.031		3	A	1					
Folate, total		3	0.002	1	A	1					
Folic acid		0		0	z	7					
Folate, food		3		1	A	1					
Folate, DFE		3		0	NC	4					
Vitamin B-12		0.00		0	z	7					
Vitamin A, 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)											
Lipids:	0	0 153	,	^	DEEM	4					
Fatty acids, total saturated		0.153		0	BFFN BFFN	4 4					
6:0		0.000		0	BFFN	4					
8:0		0.000		0	BFFN	4					
10:0		0.000		0	BFFN	4					
12:0	-	0.000		0	BFFN	4					
13:0				-	•	•					
14:0	-	0.003	1	0	BFFN	4					
15:0											
16:0		0.137	,	0	BFFN	4					
17:0											
18:0		0.010	)	0	BFFN	4					
20:0	g										
22:0	g										
24:0	g										

Nutrients and Units   Number   Of Data   Deriv   Source   Confidence   Code   Code   Measure 1   Measure 2   Measure 2   Measure 3   Measure 4   Measure 4   Measure 5   Measure 6   Measure 6   Measure 8   Measure 9   Measure 8   Measure 9   Measure 9   Measure 9   Measure 1   Measure 2   Measure 1   Measure 1   Measure 2   Measure 1   Measure 1   Measure 1   Measure 1   Measure 1   Mea	mmon
Nutrients and Units   Mean   Std. Error   Points   Code   Code   Code   Measure 1   Measure 2   Measure 2   Measure 3   Measure 4   Measure 4   Measure 5   Measure 6   Measure 6   Measure 6   Measure 6   Measure 8   Measure 9   Measure 8   Measure 9   Meas	
Fatty acids, total monounsaturated	
14:1.       9         15:1.       9         16:1 undifferentiated.       9       0.002       0 BFFN 4         17:1.       9         18:1 undifferentiated.       9       0.172       0 BFFN 4         20:1.       9       0.000       0 BFFN 4         22:1 undifferentiated.       9       0.000       0 BFFN 4         24:1 c.       9       0.150       0 BFFN 4         18:2 undifferentiated.       9       0.124       0 BFFN 4         18:3 undifferentiated.       9       0.026       0 BFFN 4         18:4.       9       0.000       0 BFFN 4         20:2 n-6 c,c.       9         20:3 undifferentiated.       9       0.000       0 BFFN 4         20:5 n-3.       9       0.000       0 BFFN 4         20:5 n-3.       9       0.000       0 BFFN 4         22:6 n-3.       9       0.000       0 BFFN 4         22:6 n-3.       9       0.000       0 BFFN 4	easure 3
14:1.       9         15:1.       9         16:1 undifferentiated.       9       0.002       0 BFFN 4         17:1.       9         18:1 undifferentiated.       9       0.172       0 BFFN 4         20:1.       9       0.000       0 BFFN 4         22:1 undifferentiated.       9       0.000       0 BFFN 4         24:1 c.       9       0.150       0 BFFN 4         18:2 undifferentiated.       9       0.124       0 BFFN 4         18:3 undifferentiated.       9       0.026       0 BFFN 4         18:4.       9       0.000       0 BFFN 4         20:2 n-6 c,c.       9         20:3 undifferentiated.       9         20:4 undifferentiated.       9         20:5 n-3.       9       0.000       0 BFFN 4         20:5 n-3.       9       0.000       0 BFFN 4         22:6 n-3.       9       0.000       0 BFFN 4         22:6 n-3.       9       0.000       0 BFFN 4	
15:1	
16:1 undifferentiated	
17:1	
18:1 undifferentiated       9       0.172       0       BFFN       4         20:1       9       0.000       0       BFFN       4         22:1 undifferentiated       9       0.000       0       BFFN       4         24:1 c       9       0       0       BFFN       4         18:2 undifferentiated       9       0.150       0       BFFN       4         18:2 undifferentiated       9       0.026       0       BFFN       4         18:3 undifferentiated       9       0.000       0       BFFN       4         18:4       9       0.000       0       BFFN       4         20:2 n-6 c,c       9         20:3 undifferentiated       9       0.000       0       BFFN       4         20:4 undifferentiated       9       0.000       0       BFFN       4         20:5 n-3       9       0.000       0       BFFN       4         22:5 n-3       9       0.000       0       BFFN       4         22:6 n-3       9       0.000       0       BFFN       4	
20:1	
22:1 undifferentiated       9       0.000       0       BFFN       4         24:1 c       9       0.150       0       BFFN       4         18:2 undifferentiated       9       0.124       0       BFFN       4         18:3 undifferentiated       9       0.026       0       BFFN       4         18:4       9       0.000       0       BFFN       4         20:2 n-6 c,c       9         20:3 undifferentiated       9       0       0       0       BFFN       4         20:5 n-3       9       0       0       0       BFFN       4         20:5 n-3       9       0       0       0       BFFN       4         22:5 n-3       9       0       0       0       BFFN       4         22:6 n-3       9       0       0       0       BFFN       4	
24:1 c	
Fatty acids, total polyunsaturated	
18:2 undifferentiated.       9       0.124       0       BFFN       4         18:3 undifferentiated.       9       0.026       0       BFFN       4         18:4	
18:3 undifferentiated       9       0.026       0 BFFN 4         18:4       9       0.000       0 BFFN 4         20:2 n-6 c,c.       9         20:3 undifferentiated       9         20:4 undifferentiated       9       0.000       0 BFFN 4         20:5 n-3       9       0.000       0 BFFN 4         22:5 n-3       9       0.000       0 BFFN 4         22:6 n-3       9       0.000       0 BFFN 4	
18:4       g       0.000       0       BFFN       4         20:2 n-6 c,c.       g         20:3 undifferentiated.       g         20:4 undifferentiated.       g       0.000       0       BFFN       4         20:5 n-3.       g       0.000       0       BFFN       4         22:5 n-3.       g       0.000       0       BFFN       4         22:6 n-3.       g       0.000       0       BFFN       4	
20:2 n-6 c,c.       g         20:3 undifferentiated.       g         20:4 undifferentiated.       g       0.000       0       BFFN       4         20:5 n-3.       g       0.000       0       BFFN       4         22:5 n-3.       g       0.000       0       BFFN       4         22:6 n-3.       g       0.000       0       BFFN       4	
20:3 undifferentiated	
20:4 undifferentiated	
20:5 n-3.       g       0.000       0 bffn       4         22:5 n-3.       g       0.000       0 bffn       4         22:6 n-3.       g       0.000       0 bffn       4	
22:5 n-3	
22:6 n-3	
==	
Fatty acids, total trans	
Cholesterolmg 0 0 z 7	
Phytosterolsmg	
Amino Acids:	
Tryptophan	
Threonine	
Isoleucine	
Leucine	
Lysine	
Methionine	
Cystine	
Phenylalanine	
Tyrosine 9 0.115 0 1	
Valine	
Arginine	
Histidine	
Alanineg 0.199 0 1	
Aspartic acid	
Glutamic acid	
Glycine	
Proline	
Serineg 0.181 0 1	
Hydroxyproline	

### **Common Measures:**

# **Footnotes**

1 Imported product

Calories Factors: Protein 3.82 Fat 8.37 Carbohydrate 4.16

**Food Group:** 20 Cereal Grains and Pasta USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u> 1	mount in 100 g	rams	of edit	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber				m	easures of food	<u></u>	
					Doriv	Source	Confidence				
Nutrients and Ur	nito	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure	
Nutrients and Or	III.5	Weari	Stu. Elloi 1 9					Weasure i	Weasure 2	Weasure	
Proximates:											
Water	-	73.09	0.985	4		1		142.53			
Energy		111		0	NC	4		216			
Energy		464				4		906			
Protein (N x 5.95)		2.58	0.119	4		1		5.03			
Total lipid (fat)		0.90	0.091	4		1		1.76			
Ash		0.46	0.059	4		1		0.90			
Carbohydrate, by difference		22.96		0	NC	4		44.77			
Fiber, total dietary		1.8		0		1		3.5			
Sugars, total		0.35		0	AS	1		0.68			
Sucrose		0.35	0.100	3	A	1		0.68			
Glucose (dextrose)		0.00		1	A	1		0.00			
Fructose	y	0.00		1	A	1		0.00			
Lactose	g	0.00		1 1	A	1 1		0.00			
Maltose		0.00			A	7		0.00			
Galactose		0.00		0	Z	7		0.00			
Starch	g										
<u>Ainerals:</u> Calcium, Ca	ma	10		1		1		20			
Iron, Fe		0.42		1		1		0.82			
Magnesium, Mg		43		1		1		84			
Phosphorus, P		83		1		1		162			
Potassium, K		43		1		1		84			
Sodium, Na		5		1		1		10			
Zinc, Zn	mg	0.63		1		1		1.23			
Copper, Cu		0.100	)	1		1		0.195			
Manganese, Mn	mg	0.905	<b>i</b>	1		1		1.765			
Selenium, Se	mcg	9.8	1.525	5	A	1		19.1			
<del>'itamins:</del>											
Vitamin C, total ascorbic acid		0.0		0		4		0.0			
Thiamin		0.096		1		4		0.187			
Riboflavin	<del>-</del>	0.025		1		4		0.049			
Niacin		1.528		1		4		2.980			
Pantothenic acid		0.285		1 1		1 4		0.556			
Vitamin B-6		0.145 4	)	1		4		0.283 8			
Foliate, total		0		0	z	7		0			
Folic acid		4		1	4	4		8			
Folate, food		4		0	NC	4		8			
Vitamin B-12		0.00		0	Z	7		0.00			
Vitamin A, IU	-	0		0	_	4		0.00			
Vitamin A, RAE		0		0	NC	4		0			
Retinol		ō		0	z	7		0			
Vitamin E (alpha-tocopherol)		0.03		1	A	1		0.06			
Tocopherol, beta		0.00		1	A	1		0.00			
Tocopherol, gamma		0.00		1	A	1		0.00			
Tocopherol, delta		0.00		1	A	1		0.00			
Vitamin D											
Vitamin K (phylloquinone)		0.6		0	BFSN	4		1.1			
<u>ipids:</u>											
Fatty acids, total saturated		0.180		0		1		0.351			
4:0		0.000		0		1		0.000			
6:0		0.000		0		1		0.000			
8:0		0.000		0		1		0.000			
10:0	-	0.000		0		1		0.000			
12:0	_	0.001	-	0		1		0.002			
13:0	-							_			
14:0	g	0.003	5	0		1		0.006			

	<u>A</u>	mount in 10	00 grams	of edik	ole portio	o <u>n</u>	Amount in edible portion of common		
			Number					easures of food	
					Source	Confidence			
Nutrients and Units	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
16:0g	0.154		0		1		0.300		
17:0g									
18:0g	0.016	i	0		1		0.031		
20:0g									
22:0g									
24:0g									
Fatty acids, total monounsaturatedg	0.327		0		1		0.638		
14:1g									
15:1g 16:1 undifferentiatedg	0.003		0		1		0.006		
17:1g	0.003	•	U		1		0.006		
18:1 undifferentiatedg	0.323		0		1		0.630		
20:1g	0.000		0		1		0.000		
22:1 undifferentiated	0.000		0		1		0.000		
24:1 cg									
Fatty acids, total polyunsaturated9	0.323	<b>;</b>	0		1		0.630		
18:2 undifferentiatedg	0.309	)	0		1		0.603		
18:3 undifferentiatedg	0.014		0		1		0.027		
18:4g	0.000	)	0		1		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiated	0.000		0		1		0.000		
20:5 n-3g	0.000		0		1		0.000		
22:5 n-3g	0.000		0		1		0.000		
22:6 n-3	0.000	1	0		1		0.000		
Fatty acids, total trans	0		0	z	7		0		
Cholesterolmg Phytosterolsmg	U		U	4	,		Ü		
•									
Amino Acids:									
Tryptophan9	0.033		0		1		0.064		
Threonine	0.095		0		1		0.185		
Isoleucine	0.109 0.214		0		1 1		0.213 0.417		
Leucine	0.099		0		1		0.417		
Methionine9	0.058		0		1		0.113		
Cystineg	0.031		0		1		0.060		
Phenylalanine	0.133		0		1		0.259		
Tyrosineg	0.097		0		1		0.189		
Valineg	0.151		0		1		0.294		
Arginineg	0.196	i	0		1		0.382		
Histidine9	0.066	i	0		1		0.129		
Alanineg	0.151		0		1		0.294		
Aspartic acidg	0.242		0		1		0.472		
Glutamic acidg	0.526		0		1		1.026		
Glycineg	0.127		0		1		0.248		
Prolineg	0.121		0		1		0.236		
Serine	0.134		0		1		0.261		
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	0		0	Z	7		0.000		
Carotene, alphamcg	0		0	Z	7		0.000		
Cryptoxanthin, betamcg	0		0	Z	7		0.000		
Lycopene mcg	0		0	z	7		0.000		
Lutein + zeaxanthin mcg	0		0	Z	7		0.000		

NDB No. 20037 Rice, brown, long-grain, cooked

Common Measures:

Measure 1 = 195g: 1 cup

Calories Factors: Protein 3.41 Fat 8.37 Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

		<u>A</u> 1	mount in 100 g	grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	ımbeı	•			<u>m</u>	easures of food	<u> </u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and U	nits	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	10.37	0.494	10		1		19.18			
Energy	kcal	370		0	NC	4		685			
Energy		1548				4		2864			
Protein (N x 5.95)	g	7.94	0.248	10		1		14.69			
Total lipid (fat)	g	2.92	0.216	9		1		5.40			
Ash		1.53	0.098	9		1		2.83			
Carbohydrate, by difference		77.24		0	NC	4		142.89			
Fiber, total dietary	g	3.5		0		1		6.5			
Sugars, total		0.85		0	NR	4		1.57			
Sucrose		0.85		2		1		1.57			
Glucose (dextrose)											
Fructose											
Lactose											
Maltose											
Galactose											
Starch	y										
<u>Ainerals:</u>	ma	23	6.630	5		1		43			
Calcium, CaIron, Fe		1.47	0.272	5		1		2.72			
Magnesium, Mg		143	12.183	4		1		265			
Phosphorus, P		333	36.383	5		1		616			
Potassium, K		223	18.481	4		1		413			
Sodium, Na		7	1.891	5		1		13			
Zinc, Zn	mg	2.02	0.109	4		1		3.74			
Copper, Cu	mg	0.277	0.025	4		1		0.512			
Manganese, Mn		3.743	0.254	4		1		6.925			
Selenium, Se	mcg	23.4		2	A	1		43.3			
/itamins:											
Vitamin C, total ascorbic acid		0.0	0.000	0		4 1		0.0 0.742			
ThiaminRiboflavin	-	0.401 0.093		10 9		1		0.742			
Niacin	<del>-</del>	5.093		10		1		9.418			
Pantothenic acid		1.493		4		1		2.762			
Vitamin B-6	-	0.509		4		1		0.942			
Folate, total		20	4.027	9		1		37			
Folic acid		0		0	Z	7		0			
Folate, food		20	4.027	9		1		37			
Folate, DFE	mcg_DFE	20		0	NC	4		37			
Vitamin B-12	mcg	0.00		0	Z	7		0.00			
Vitamin A, IU		0		0		4		0			
Vitamin A, RAE		0		0	NC	4		0			
Retinol		0		0	Z	7		0			
Vitamin E (alpha-tocopherol)		1.20		1	A	1		2.22			
Tocopherol, beta		0.00		1	A	1		0.00			
Tocopherol, gamma		0.00		1 1	A A	1 1		0.00			
Tocopherol, delta		0.00		1	A	1		0.00			
Vitamin D Vitamin K (phylloquinone)		1.9		0	BFZN	4		3.4			
ipids:											
Fatty acids, total saturated	g	0.584	l	0		1		1.080			
4:0		0.000	)	0		1		0.000			
6:0	g	0.000	)	0		1		0.000			
8:0		0.000		0		1		0.000			
10:0	-	0.000		0		1		0.000			
12:0	<del>-</del>	0.003	3	73		1		0.006			
13:0	-					_					
14:0	g g	0.011	L	73		1		0.020			

	<u>A</u>	mount in 10	00 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common		
			Number					easures of food	
					Source	Confidence			
Nutrients and Units	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
16:0g	0.498	i	73		1		0.921		
17:0g							0.022		
18:0g	0.052	!	73		1		0.096		
20:0g									
22:0g									
24:0g									
Fatty acids, total monounsaturatedg	1.056	i	0		1		1.954		
14:1g									
15:1g 16:1 undifferentiatedg	0.010		73		1		0.019		
17:1g	0.010		73		1		0.019		
18:1 undifferentiatedg	1.046	:	73		1		1.935		
20:1g	0.000		0		1		0.000		
22:1 undifferentiated 9	0.000		0		1		0.000		
24:1 cg									
Fatty acids, total polyunsaturated	1.044		0		1		1.931		
18:2 undifferentiatedg	1.000	)	73		1		1.850		
18:3 undifferentiatedg	0.044	l .	73		1		0.081		
18:4g	0.000	)	0		1		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0		1		0.000		
20:5 n-3g	0.000		0		1		0.000		
22:5 n-3g	0.000		0		1 1		0.000		
22:6 n-3	0.000	•	U		1		0.000		
Cholesterolg	0		0	z	7		0		
Phytosterols mg	·		·	_	•		·		
•									
Amino Acids:	0.101		25		1		0 107		
Tryptophan	0.101		40		1		0.187 0.538		
Isoleucineg	0.231		40		1		0.622		
Leucineg	0.657		40		1		1.215		
Lysineg	0.303		58		1		0.561		
Methionine9	0.179		44		1		0.331		
Cystineg	0.096	i	37		1		0.178		
Phenylalanineg	0.410	)	40		1		0.759		
Tyrosineg	0.298	1	39		1		0.551		
Valineg	0.466	i	40		1		0.862		
Arginineg	0.602		40		1		1.114		
Histidineg	0.202		40		1		0.374		
Alanineg	0.463		39		1		0.857		
Aspartic acid	0.743		40		1		1.375		
Glutamic acid	1.618		40		1		2.993		
Glycine	0.391		40 37		1 1		0.723		
Proline	0.372 0.411		40		1		0.688 0.760		
Hydroxyproline	0.411	•	40		-		0.760		
Others:			_		_				
Alcohol, ethyl	0.0		0	_	7		0.0		
Caffeine mg	0		0	z z	7 7		0		
Theobromine mg	0		0	z	/		0		
Carotenoids:	_		_		_				
Carotene, beta mcg	0		0	Z	7		0.000		
Carotene, alpha mcg	0		0	Z	7		0.000		
Cryptoxanthin, betamcg	0 0		0	Z Z	7 7		0.000 0.000		
Lycopenemcg Lutein + zeaxanthinmcg	0		0	z Z	7		0.000		
Luicii + zeaxanunii	U		U	4	,		0.000		

NDB No. 20036 Rice, brown, long-grain, raw

Common Measures:

Measure 1 = 185g: 1 cup

Calories Factors: Protein 3.41 Fat 8.37 Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

		<u>A</u> :	mount in 10	0 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common			
				Number	•			<u>m</u>	easures of food	<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	_	72.96		0		1		142.27			
Energy		112		0	NC	4		218			
Energy		469				4		914			
Protein (N x 5.95)		2.32		0		1		4.52			
Total lipid (fat)		0.83		0		1		1.62			
Ash		0.39		0		1		0.76			
Carbohydrate, by difference		23.51		0	NC	4		45.84			
Fiber, total dietary		1.8		0		4		3.5			
Sugars, total											
Starch	g										
Minerals:											
Calcium, Ca	mg	10		0		1		20			
Iron, Fe	_	0.53		0		1		1.03			
Magnesium, Mg	mg	44		0		1		86			
Phosphorus, P	mg	77		0		1		150			
Potassium, K		79		0		1		154			
Sodium, Na	-	1		0		1		2			
Zinc, Zn		0.62		0		1		1.21			
Copper, Cu		0.081		0		1		0.158			
Manganese, Mn	-	1.097	<i>'</i>	0		1		2.139			
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0			
Thiamin	_	0.102	2	0		1		0.199			
Riboflavin	mg	0.012	2	0		1		0.023			
Niacin	mg	1.330	)	0		1		2.594			
Pantothenic acid	mg	0.392	2	0		1		0.764			
Vitamin B-6	mg	0.149	9	0		1		0.291			
Folate, total	mcg	4		0		1		8			
Folic acid	mcg	0		0	Z	7		0			
Folate, food		4		0		1		8			
Folate, DFE		4		0	NC	4		8			
Vitamin B-12		0.00		0	Z	7		0.00			
Vitamin A, IU		0		0		1		0			
Vitamin A, RAE		0		0		1		0			
Retinol		0		0	Z	7		0			
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D Vitamin K (phylloquinone)											
viamini K (phynoquinone)	9										
<u>Lipids:</u>											
Fatty acids, total saturated		0.165	5	0		1		0.322			
4:0											
6:0	_										
8:0											
10:0		0.001		0		1		0.002			
12:0		0.001	•	U		_		0.002			
13:0 14:0		0.003	3	0		1		0.006			
15:0	-	0.003	•	U		_		0.006			
16:0		0.141	L	0		1		0.275			
17:0		V.141	-	Ü		-		0.273			
18:0	-	0.015	5	0		1		0.029			
20:0	-	0.010	-	v		-		0.023			
22:0	-										
24:0											

Nutrionts and Units   Nutrionts		<u>Ar</u>	nount in 10	0 grams	of edil	ole portio	<u>n</u>		Amount in edible portion of common				
Nutrients and Units   Mean   Stid. Error   Points   Code   Code   Code   Measure 1   Measure 2   Measure 3					Number	•			<u>m</u>	easures of food			
141	Nutrients and Unit	s	Mean	Std. Error					Measure 1	Measure 2	Measure 3		
15.1	Fatty acids, total monounsaturated	g	0.300		0		1		0.585				
161 undifferentiated	14:1	g											
17-		_											
18.1 undifferentiated.         9         0.297         0         1         0.579           20-1         9         22-1 undifferentiated.         9         0.296         0         1         0.577           18.2 undifferentiated.         9         0.283         0         1         0.552           18.3 undifferentiated.         9         0.013         0         1         0.552           18.4         9         20.2 n-6 c.         9         20.3 undifferentiated.         9         0         20.2 n-6 c.         9           20.3 undifferentiated.         9         0         0         z         7         0           20.5 n-3.         9         2.25 n-		-	0.003		0		1		0.006				
20-1													
22:1 undifferentiated	18:1 undifferentiated	g	0.297		0		1		0.579				
241 c. 9 Fatty acids, total polyunsaturated 9 0.296 0 1 0.577 Fatty acids, total polyunsaturated 9 0.283 0 1 0.552 183 undifferentiated. 9 0.013 0 1 0.552 183 undifferentiated. 9 0.013 0 1 0.025 184 9 20.2 n-6 c. 9 20.3 undifferentiated. 9 20.3 undifferentiated. 9 20.4 undifferentiated. 9 20.5 undifferentiated. 9 20.5 n-3. 9 22.5 n-3. 9 22.5 n-3. 9 22.6 n-3. 9 21.0 n-2 n-3	20:1	g											
Fatty acids, total polyunsturated													
18.2 undifferentiated         g         0.283         0         1         0.552           18.3 undifferentiated         g         0.013         0         1         0.025           18.4	24:1 c	g											
18:3 undifferentiated. 9 0.013 0 1 0.025  18:4. 9 20:2 n-6 c, 9 20:3 undifferentiated. 9 20:4 undifferentiated. 9 20:5 n-3 9 22:5 n-3 9 22:5 n-3 9 22:5 n-3 9  Fatty acids, total trans 9 Cholesterol. mg 0 0 0 2 7 7 0 Phytosterols. mg  Amino Acids:  Tryptophan 9 0.030 0 1 0.059 Phreonine. 9 0.085 0 1 0.166 Isoleucine. 9 0.098 0 1 0.166 Isoleucine. 9 0.098 0 1 0.191 Leucine. 9 0.098 0 1 0.372 Lysine. 9 0.088 0 1 0.372 Lysine. 9 0.088 0 1 0.372 Lysine. 9 0.088 0 1 0.172 Methionine 9 0.052 0 1 0.172 Methionine 9 0.052 0 1 0.172 Methionine 9 0.052 0 1 0.0172 Methionine 9 0.052 0 1 0.0172 Methionine 9 0.052 0 1 0.010 Cystine. 9 0.088 0 1 0.010 Cystine. 9 0.088 0 1 0.010 Cystine. 9 0.028 Tyrosine. 9 0.028 O 1 0.055 Phenylalanine 9 0.119 0 1 0.055 Phenylalanine 9 0.119 0 1 0.232 Tyrosine 9 0.087 0 1 0.232 Tyrosine 9 0.087 0 1 0.232 Tyrosine 9 0.035 0 1 0.265 Arginine 9 0.136 0 1 0.265 Arginine 9 0.135 0 1 0.265 Arginine 9 0.135 0 1 0.263 Aspartic acid. 9 0.472 0 1 0.263 Aspartic acid. 9 0.472 0 1 0.222 Proline. 9 0.114 0 1 0.222 Proline 9 0.109 0 1 0.213													
18.4       9         20.2 n-6 c.c       9         20.3 undifferentiated       9         20.4 undifferentiated       9         20.5 n-3       9         22:5 n-3       9         22:5 n-3       9         22:5 n-3       9         Patty acids, total rans       9         Cholesterol       mg       0       z       7       0         Phytosterols       mg       0       z       7       0         Amino Acide         Tryptophan       9       0.030       0       1       0.059         Threonine       9       0.085       0       1       0.166         Isolate in acide       9       0.098       0       1       0.191         Leucine       9       0.098       0       1       0.372         Lysine       9       0.088       0       1       0.172         Methionine       9       0.052       0       1       0.055         Phenylalanine       9       0.119       0       1       0.232         Tyrosine       9       0.087       0       1       0.170		_							0.552				
20:2 n-6 c c	18:3 undifferentiated	g	0.013		0		1		0.025				
20.3 undifferentiated. 9 20.4 undifferentiated. 9 20.5 n-3	18:4	g											
20.4 undifferentiated   9   20.5 n-3   9   9   22.5 n-3   9   22.5 n-3   9   22.6 n-3   9   9   9   9   11   9   9   11   9   12   9   11   9   12   9   11   9   1	20:2 n-6 c,c	g											
20:5 n-3	20:3 undifferentiated	g											
22:5 n-3       g         22:6 n-3       g         Fatty acids, tolat trans       g         Cholesterol       mg       0       0       z       7       0         Phytosterols         Tryptophan       g       0.030       0       1       0.059         Threonine       g       0.085       0       1       0.166         Isoleucine       g       0.098       0       1       0.176         Isoleucine       g       0.191       0       1       0.372         Lysine       g       0.088       0       1       0.172         Methionine       g       0.052       0       1       0.172         Methionine       g       0.052       0       1       0.055         Phenylalanine       g       0.119       0       1       0.232         Tyrosine       g       0.087       0       1       0.170         Valine       g       0.136       0       1       0.265         Arginine       g       0.175       0       1       0.265         Arginine       g       0.135       0													
Paty acids, total trans													
Fatty acids, total trans.         9           Cholesterol.         mg         0         z         7         0           Phytosterols           Amino Acids:           Tryptophan.         9         0.030         0         1         0.059           Threonine.         9         0.085         0         1         0.166           Isoleucine.         9         0.098         0         1         0.191           Leucine.         9         0.191         0         1         0.372           Lysine.         9         0.088         0         1         0.172           Methionine.         9         0.052         0         1         0.0172           Methionine.         9         0.028         0         1         0.055           Phenylalanine.         9         0.119         0         1         0.055           Phenylalanine.         9         0.136         0         1         0.232           Tyrosine.         9         0.136         0         1         0.265           Arginine.         9         0.136         0         1         0.341           Histidi	22:5 n-3	g											
Cholesterol.         mg         0         z         7         0           Phytosterols.         mg         2         z         7         0           Amino Acids:           Trypophan.         9         0.085         0         1         0.166           Isoleucine.         9         0.088         0         1         0.191           Leucine.         9         0.088         0         1         0.372           Lysine.         9         0.088         0         1         0.101           Cystine.         9         0.052         0         1         0.055           Phenylalanine.         9         0.028         0         1         0.232           Tyrosine.         9         0.119         0         1         0.170           Valine.         9         0.136         0         1         0.265           Arginine.         9         0.136         0         1         0.265           Arginine.         9         0.175         0         1         0.341           Histidine.         9         0.135         0         1         0.263           Aspartic acid. <td></td>													
Phytosterols	2 ,	-											
Amino Acids:           Tryptophan         9         0.030         0         1         0.059           Threonine         9         0.085         0         1         0.166           Isoleucine         9         0.098         0         1         0.191           Leucine         9         0.088         0         1         0.172           Lysine         9         0.088         0         1         0.101           Cystine         9         0.052         0         1         0.055           Phenylalanine         9         0.119         0         1         0.232           Tyrosine         9         0.087         0         1         0.170           Valine         9         0.136         0         1         0.265           Arginine         9         0.175         0         1         0.341           Histidine         9         0.135         0         1         0.265           Aspartic acid         9         0.135         0         1         0.263           Aspartic acid         9         0.472         0         1         0.920           Glycine         9		_	0		0	Z	7		0				
Tryptophan         9         0.030         0         1         0.059           Threonine         9         0.085         0         1         0.166           Isoleucine         9         0.098         0         1         0.191           Leucine         9         0.191         0         1         0.372           Lysine         9         0.088         0         1         0.172           Methionine         9         0.052         0         1         0.101           Cystine         9         0.028         0         1         0.055           Phenylalanine         9         0.028         0         1         0.232           Tyrosine         9         0.087         0         1         0.232           Tyrosine         9         0.136         0         1         0.232           Tyrosine         9         0.136         0         1         0.255           Arginine         9         0.136         0         1         0.341           Histidine         9         0.059         0         1         0.115           Alanine         9         0.135         0         1 <td>Phytosterols</td> <td>mg</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>	Phytosterols	mg											
Tryptophan         9         0.030         0         1         0.059           Threonine         9         0.085         0         1         0.166           Isoleucine         9         0.098         0         1         0.191           Leucine         9         0.191         0         1         0.372           Lysine         9         0.088         0         1         0.172           Methionine         9         0.052         0         1         0.101           Cystine         9         0.028         0         1         0.055           Phenylalanine         9         0.028         0         1         0.232           Tyrosine         9         0.087         0         1         0.232           Tyrosine         9         0.136         0         1         0.232           Tyrosine         9         0.136         0         1         0.255           Arginine         9         0.136         0         1         0.341           Histidine         9         0.059         0         1         0.115           Alanine         9         0.135         0         1 <td>Amino Acids:</td> <td></td>	Amino Acids:												
Threonine         9         0.085         0         1         0.166           Isoleucine         9         0.098         0         1         0.191           Leucine         9         0.191         0         1         0.372           Lysine         9         0.088         0         1         0.172           Methionine         9         0.052         0         1         0.101           Cystine         9         0.028         0         1         0.055           Phenylalanine         9         0.019         0         1         0.232           Tyrosine         9         0.087         0         1         0.170           Valine         9         0.136         0         1         0.265           Arginine         9         0.175         0         1         0.341           Histidine         9         0.135         0         1         0.115           Alanine         9         0.135         0         1         0.263           Aspartic acid         9         0.217         0         1         0.423           Glutamic acid         9         0.472         0 <t< td=""><td></td><td>a</td><td>0.030</td><td></td><td>0</td><td></td><td>1</td><td></td><td>0.059</td><td></td><td></td></t<>		a	0.030		0		1		0.059				
Isoleucine       9       0.098       0       1       0.191         Leucine       9       0.191       0       1       0.372         Lysine       9       0.088       0       1       0.172         Methionine       9       0.052       0       1       0.101         Cystine       9       0.028       0       1       0.055         Phenylalanine       9       0.119       0       1       0.232         Tyrosine       9       0.087       0       1       0.232         Yaline       9       0.136       0       1       0.265         Arginine       9       0.175       0       1       0.341         Histidine       9       0.059       0       1       0.341         Histidine       9       0.135       0       1       0.263         Aspartic acid       9       0.217       0       1       0.423         Glutamic acid       9       0.472       0       1       0.920         Glycine       9       0.114       0       1       0.222         Proline       9       0.120       0       1       0.	· .												
Leucine       9       0.191       0       1       0.372         Lysine       9       0.088       0       1       0.172         Methionine       9       0.052       0       1       0.101         Cystine       9       0.028       0       1       0.055         Phenylalanine       9       0.119       0       1       0.232         Tyrosine       9       0.087       0       1       0.170         Valine       9       0.136       0       1       0.265         Arginine       9       0.175       0       1       0.341         Histidine       9       0.059       0       1       0.115         Alanine       9       0.135       0       1       0.263         Aspartic acid       9       0.217       0       1       0.423         Glutamic acid       9       0.472       0       1       0.920         Glycine       9       0.114       0       1       0.213         Serine       9       0.120       0       1       0.234					0		1						
Lysine       g       0.088       0       1       0.172         Methionine       g       0.052       0       1       0.101         Cystine       g       0.028       0       1       0.055         Phenylalanine       g       0.119       0       1       0.232         Tyrosine       g       0.087       0       1       0.170         Valine       g       0.136       0       1       0.265         Arginine       g       0.175       0       1       0.341         Histidine       g       0.059       0       1       0.115         Alanine       g       0.135       0       1       0.263         Aspartic acid       g       0.217       0       1       0.423         Glutamic acid       g       0.472       0       1       0.920         Glycine       g       0.114       0       1       0.222         Proline       g       0.109       0       1       0.213         Serine       g       0.120       0       1       0.234		_											
Methionine       9       0.052       0       1       0.101         Cystine       9       0.028       0       1       0.055         Phenylalanine       9       0.119       0       1       0.232         Tyrosine       9       0.087       0       1       0.170         Valine       9       0.136       0       1       0.265         Arginine       9       0.175       0       1       0.341         Histidine       9       0.059       0       1       0.115         Alanine       9       0.135       0       1       0.263         Aspartic acid       9       0.217       0       1       0.423         Glutamic acid       9       0.472       0       1       0.920         Glycine       9       0.114       0       1       0.222         Proline       9       0.109       0       1       0.213         Serine       9       0.120       0       1       0.234		_											
Cystine       9       0.028       0       1       0.055         Phenylalanine       9       0.119       0       1       0.232         Tyrosine       9       0.087       0       1       0.170         Valine       9       0.136       0       1       0.265         Arginine       9       0.175       0       1       0.341         Histidine       9       0.059       0       1       0.115         Alanine       9       0.135       0       1       0.263         Aspartic acid       9       0.217       0       1       0.423         Glutamic acid       9       0.472       0       1       0.920         Glycine       9       0.114       0       1       0.222         Proline       9       0.109       0       1       0.213         Serine       9       0.120       0       1       0.234	-												
Phenylalanine         g         0.119         0         1         0.232           Tyrosine         g         0.087         0         1         0.170           Valine         g         0.136         0         1         0.265           Arginine         g         0.175         0         1         0.341           Histidine         g         0.059         0         1         0.115           Alanine         g         0.135         0         1         0.263           Aspartic acid         g         0.217         0         1         0.423           Glutamic acid         g         0.472         0         1         0.920           Glycine         g         0.114         0         1         0.222           Proline         g         0.109         0         1         0.213           Serine         g         0.120         0         1         0.234		-			0		1						
Tyrosine         g         0.087         0         1         0.170           Valine         g         0.136         0         1         0.265           Arginine         g         0.175         0         1         0.341           Histidine         g         0.059         0         1         0.115           Alanine         g         0.135         0         1         0.263           Aspartic acid         g         0.217         0         1         0.423           Glutamic acid         g         0.472         0         1         0.920           Glycine         g         0.114         0         1         0.222           Proline         g         0.109         0         1         0.213           Serine         g         0.120         0         1         0.234	<u> </u>												
Valine       g       0.136       0       1       0.265         Arginine       g       0.175       0       1       0.341         Histidine       g       0.059       0       1       0.115         Alanine       g       0.135       0       1       0.263         Aspartic acid       g       0.217       0       1       0.423         Glutamic acid       g       0.472       0       1       0.920         Glycine       g       0.114       0       1       0.222         Proline       g       0.109       0       1       0.213         Serine       g       0.120       0       1       0.234							_						
Arginine       9       0.175       0       1       0.341         Histidine       9       0.059       0       1       0.115         Alanine       9       0.135       0       1       0.263         Aspartic acid       9       0.217       0       1       0.423         Glutamic acid       9       0.472       0       1       0.920         Glycine       9       0.114       0       1       0.222         Proline       9       0.109       0       1       0.213         Serine       9       0.120       0       1       0.234	3	_			-		_						
Histidine       g       0.059       0       1       0.115         Alanine       g       0.135       0       1       0.263         Aspartic acid       g       0.217       0       1       0.423         Glutamic acid       g       0.472       0       1       0.920         Glycine       g       0.114       0       1       0.222         Proline       g       0.109       0       1       0.213         Serine       g       0.120       0       1       0.234		-			0		1						
Alanine       g       0.135       0       1       0.263         Aspartic acid       g       0.217       0       1       0.423         Glutamic acid       g       0.472       0       1       0.920         Glycine       g       0.114       0       1       0.222         Proline       g       0.109       0       1       0.213         Serine       g       0.120       0       1       0.234	=				0		1						
Aspartic acid       g       0.217       0       1       0.423         Glutamic acid       g       0.472       0       1       0.920         Glycine       g       0.114       0       1       0.222         Proline       g       0.109       0       1       0.213         Serine       g       0.120       0       1       0.234		_											
Glutamic acid     g     0.472     0     1     0.920       Glycine     g     0.114     0     1     0.222       Proline     g     0.109     0     1     0.213       Serine     g     0.120     0     1     0.234		-											
Glycine     g     0.114     0     1     0.222       Proline     g     0.109     0     1     0.213       Serine     g     0.120     0     1     0.234	*	-			0		1						
Proline       g       0.109       0       1       0.213         Serine       g       0.120       0       1       0.234							_						
Serine	<u> </u>												
•							1						
		-			-		_						

### **Common Measures:**

Measure 1 = 195g: 1 cup

Calories Factors: Protein 3.41 Fat 8.37 Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

		<u>Aı</u>	mount in 100 g	grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common		
			Nu	ımber	•			<u>m</u>	easures of food	<u>[</u>
					Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error Po	. Error Points (		Code Code		Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	12.37	0.673	4		1		23.50		
Energy	kcal	362		0	NC	4		688		
Energy	kj	1515				4		2878		
Protein (N x 5.95)	g	7.50	0.289	7		1		14.25		
Total lipid (fat)	g	2.68	0.225	5		1		5.09		
Ash	g	1.27	0.050	4		1		2.41		
Carbohydrate, by difference	g	76.17		0	NC	4		144.72		
Fiber, total dietary	g	3.4		0		4		6.5		
Sugars, total	g									
Starch	g									
Minopole										
Minerals:	ma	33		1		1		63		
Calcium, Ca Iron, Fe		1.80	0.138	5		1		3.42		
Magnesium, Mg	-	143	0.138	1		4		272		
Phosphorus, P		264	17.324	3		1		502		
Potassium, K		268	14.077	4		1		509		
Sodium, Na		4		1		1		8		
Zinc, Zn		2.02		0		4		3.84		
Copper, Cu		0.277	,	0		4		0.526		
Manganese, Mn		3.743	3	0		4		7.112		
Selenium, Se										
T7*.										
Vitamins:				•						
Vitamin C, total ascorbic acid	-	0.0		0		4		0.0		
Thiamin	-	0.413		5		1		0.785		
Riboflavin		0.043		5		1		0.082		
Niacin		4.308		5		1		8.185		
Pantothenic acid		1.493		0		4		2.837		
Vitamin B-6	-	0.509 20	,	0		4 4		0.967		
Foliate, total		0		0	z	7		38 0		
Folic acidFolate, food		20		0	Z	4		38		
Folate, DFE	mcg DFF	20		0	NC	4		38		
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin B-12 Vitamin A, IU	IIICG	0.00		0	4	4		0.00		
Vitamin A, RAE		0		0		4		0		
Retinol		0		0	z	7		0		
Vitamin E (alpha-tocopherol)		· ·		Ŭ	-	•		ŭ		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
	-									
<u>Lipids:</u>	~	0 500		•				1 010		
Fatty acids, total saturated		0.536	)	0		1		1.018		
4:0										
6:0										
8:0 10:0										
12:0		0.002	2	0		1		0.004		
13:0		2		-		-		0.004		
14:0	_	0.010	)	0		1		0.019		
15:0		3.310		•		-		2.025		
16:0		0.457	,	0		1		0.868		
17:0										
18:0	_	0.048	1	0		1		0.091		
20:0	_									
22:0	-									
24:0	-									

	<u>A</u> 1	mount in 100 grams	Amount in edible portion of common measures of food					
		Number		_		<u> </u>	easures or roou	
Nutrients and Units	Mean	of Data Std. Error Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.971	. 0		1		1.845		
14:1g								
15:1g								
16:1 undifferentiated		0		1		0.019		
17:1g								
18:1 undifferentiatedg	0.961	. 0		1		1.826		
20:1g								
22:1 undifferentiatedg								
24:1 cg								
Fatty acids, total polyunsaturated9	0.959	0		1		1.822		
18:2 undifferentiatedg	0.918	0		1		1.744		
18:3 undifferentiatedg	0.041	. 0		1		0.078		
18:4g								
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg								
20:5 n-3g								
22:5 n-3								
22:6 n-3								
Fatty acids, total trans								
Cholesterolm	ng 0	0	Z	7		0		
Phytosterolsn	ng							
Amino Acids:								
Tryptophan	0.096	0		1		0.182		
Threonine 9				1		0.523		
Isoleucine				1		0.604		
Leucine				1		1.178		
Lysine				1		0.543		
Methionine				1		0.321		
Cystine				1		0.173		
Phenylalanine				1		0.735		
Tyrosine				1		0.534		
Valine				1		0.836		
Arginine				1		1.081		
Histidine				1		0.361		
Alanine				1		0.830		
Aspartic acid				1		1.334		
Glutamic acid				1		2.903		
Glycine				1		0.701		
Proline				1		0.669		
Serine				1		0.737		
Hydroxyproline		. •		-		3.737		
Others:								
Alcohol, ethylg	0.0	0	Z	7		0.0		
Caffeine mg								
Theobromine mg								

## **Common Measures:**

Measure 1 = 190g: 1 cup

Calories Factors: Protein 3.41 Fat 8.37 Carbohydrate 4.12

**Food Group:** 20 Cereal Grains and Pasta USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u> :	mount in 10	<u>0 grams</u>	of edib	le portio	<u>n</u>		edible portion		
		Number						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	76.63		1		1		133.34			
Energy	kcal	97		0	NC	4		169			
Energy	kj	406				4		706			
Protein (N x 5.95)		2.02		1		1		3.51			
Total lipid (fat)	g	0.19		1		1		0.33			
Ash	g	0.07		1		1		0.12			
Carbohydrate, by difference	g	21.09		0	NC	4		36.70			
Fiber, total dietary		1.0		0		4		1.7			
Sugars, total.		0.05		0	BFZN	4		0.09			
Starch											
<u> Minerals:</u>											
Calcium, Ca	-	2		1		1		3			
Iron, Fe	-	0.14		1		1		0.24			
Magnesium, Mg		5		1		1		9			
Phosphorus, P	-	8		1		1		14			
Potassium, K	-	10		1		1		17			
Sodium, Na	-	5		1		1		9			
Zinc, Zn		0.41		1		1		0.71			
Copper, Cu		0.049		1		1		0.085			
Manganese, Mn		0.262	2	1		1		0.456			
Selenium, Se	mcg	5.6		0	BFSN	4		9.7			
itamins:											
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0			
Thiamin	-	0.020	)	1		1		0.035			
Riboflavin	-	0.013		0		4		0.023			
Niacin		0.290		1		1		0.505			
Pantothenic acid		0.215		1		1		0.374			
Vitamin B-6	-	0.026		1		1		0.045			
Folate, total	-	1	•	0		4		2			
Folic acid		0		0	z	7		0			
Folate, food		1		0	-	4		2			
Folate, DFE		1		0	NC	4		2			
Vitamin B-12		0.00		0	z	7		0.00			
Vitamin A, IU		0		0	-	4		0			
Vitamin A, RAE		ō		0	NC	4		0			
Retinol		Ö		0	Z	7		0			
Vitamin E (alpha-tocopherol)		0.04		0	BFZN	4		0.07			
Tocopherol, beta		0.01		·	21 211	•		0.07			
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		0.0		0	BFZN	4		0.0			
,	·············										
<u> Lipids:</u>											
Fatty acids, total saturated	g	0.039	)	0		1		0.068			
4:0	g	0.000	)	0		1		0.000			
6:0	g	0.000	)	0		1		0.000			
8:0	g	0.000	)	0		1		0.000			
10:0	-	0.000	)	0		1		0.000			
12:0		0.000	)	0		1		0.000			
13:0	g										
14:0	g	0.001	-	0		1		0.002			
15:0											
16:0	g	0.033	3	0		1		0.057			
17:0	g										
18:0	g	0.003	3	0		1		0.005			
20:0	g										
22:0	g										
24:0	g										

	<u>Aı</u>	mount in 10	00 grams	Amount in edible portion of common						
				Number				<u>m</u>	easures of food	
Nutrients and	Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	ıtedg	0.070		0		1		0.122		
14:1	g									
15:1	_									
16:1 undifferentiated	_	0.001		0		1		0.002		
17:1	• • • • • • • • • • • • • • • • • • • •	0.070		•						
18:1 undifferentiated	_	0.070		0		1		0.122		
20:1	_	0.000		0		1		0.000		
22:1 undifferentiated	•	0.000		0		1		0.000		
Fatty acids, total polyunsaturate		0.069		0		1		0.120		
18:2 undifferentiated		0.066		0		1		0.115		
18:3 undifferentiated		0.003		0		1		0.005		
18:4		0.000		0		1		0.000		
20:2 n-6 c.c	• • • • • • • • • • • • • • • • • • • •									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0		1		0.000		
20:5 n-3	g	0.000		0		1		0.000		
22:5 n-3	g	0.000		0		1		0.000		
22:6 n-3	g	0.000		0		1		0.000		
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	q	0.023		0		1		0.040		
Threonine		0.072		0		1		0.125		
Isoleucine	_	0.087		0		1		0.151		
Leucine	• • • • • • • • • • • • • • • • • • • •	0.167		0		1		0.291		
Lysine	g	0.073		0		1		0.127		
Methionine		0.047		0		1		0.082		
Cystine	g	0.041		0		1		0.071		
Phenylalanine	g	0.108		0		1		0.188		
Tyrosine	g	0.067		0		1		0.117		
Valine	g	0.123		0		1		0.214		
Arginine	g	0.168		0		1		0.292		
Histidine	g	0.047		0		1		0.082		
Alanine	g	0.117		0		1		0.204		
Aspartic acid		0.190		0		1		0.331		
Glutamic acid	-	0.393		0		1		0.684		
Glycine		0.092		0		1		0.160		
Proline		0.095		0		1		0.165		
Serine	-	0.106		0		1		0.184		
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0		
Caffeine	mg	0		0	z	7		0		
Theobromine		0		0	Z	7		0		
Carotenoids:										
Carotene, beta	mca	0		0	BFZN	4		0.000		
Carotene, alpha		0		0	BFZN	4		0.000		
Cryptoxanthin, beta		0		0	BFZN	4		0.000		
Lycopene		0		0	BFZN	4		0.000		
Lutein + zeaxanthin		0		0	BFZN	4		0.000		

### **Common Measures:**

Measure 1 = 174g: 1 cup

NDB No. 20055

Rice, white, glutinous, cooked

Calories Factors: Protein 3.82 Fat 8.37 Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

		<u>Aı</u>	mount in 100 g	grams	of edib	le portio	<u>n</u>		edible portion	
				ımber		Source	Confidence	<u>m</u>	easures of food	<u>.</u>
Nutrients and Un	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	10.46	0.414	3		1		19.35		
Energy	kcal	370		0	NC	4		685		
Energy	kj	1548				4		2864		
Protein (N x 5.95)		6.81	0.931	3		1		12.60		
Total lipid (fat)	g	0.55	0.133	3		1		1.02		
Ash		0.49	0.111	3		1		0.91		
Carbohydrate, by difference		81.68		0	NC	4		151.11		
Fiber, total dietary	g	2.8		0		1		5.2		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	11	1.471	3		1		20		
Iron, Fe		1.60	0.651	3		1		2.96		
Magnesium, Mg		23	1.059	3		1		43		
Phosphorus, P		71	11.635	3		1		131		
Potassium, K		77	14.821	3		1		142		
Sodium, Na		7	5.720	3		1		13		
Zinc, Zn	mg	1.20	0.147	3		1		2.22		
Copper, Cu	mg	0.171		3		1		0.316		
Manganese, Mn		0.974	0.026	3		1		1.802		
Selenium, Se	mcg	15.1		0	BFZN	4		27.9		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0		
Thiamin	_	0.180	)	2		1		0.333		
Riboflavin		0.055	0.055	3		1		0.102		
Niacin		2.145	i	2		1		3.968		
Pantothenic acid		0.824	0.179	4		1		1.524		
Vitamin B-6	mg	0.107	0.006	3		1		0.198		
Folate, total	mcg	7		2		1		13		
Folic acid	mcg	0		0	Z	7		0		
Folate, food		7		2		1		13		
Folate, DFE		7		0	NC	4		13		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU		0		0		1		0		
Vitamin A, RAE		0		0		1		0		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin K (phylloquinone)										
Vitanini K (phynoquinone)	1110g									
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.111		0		1		0.205		
4:0										
6:0										
8:0										
10:0		0.001		72		1		0.000		
12:0		0.001		73		1		0.002		
13:0		0 000		73		1		0 004		
14:0	_	0.002		13		1		0.004		
15:0	-	0.094		73		1		0.174		
16:0 17:0	-	0.094		13		1		0.1/4		
18:0	-	0.010	1	73		1		0.019		
20:0	-	0.010		, ,		1		0.019		
22:0	-									
24:0	-									

				0 grams	Amount in edible portion of common measures of food					
Nutrients and Un	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		0.200		0		1		0.370		
14:1										
15:1										
16:1 undifferentiated	-	0.002		73		1		0.004		
17:1	-									
18:1 undifferentiated	_	0.198		73		1		0.366		
20:1	_									
22:1 undifferentiated	_									
24:1 c	-			_		_				
Fatty acids, total polyunsaturated		0.198		0		1		0.366		
18:2 undifferentiated	-	0.189		73		1		0.350		
18:3 undifferentiated	_	0.008		73		1		0.015		
18:4	-									
20:2 n-6 c,c	_									
20:3 undifferentiated	-									
20:4 undifferentiated										
20:5 n-3	-									
22:5 n-3	-									
22:6 n-3	_									
Fatty acids, total trans	_	0			_	7		0		
Cholesterol		U		0	Z	,		U		
Phytosterols	IIIg									
Amino Acids:										
Tryptophan	g	0.079		0		1		0.146		
Threonine	g	0.244		0		1		0.451		
Isoleucine	g	0.294		0		1		0.544		
Leucine	g	0.563		0		1		1.042		
Lysine	g	0.246		0		1		0.455		
Methionine	g	0.160		0		1		0.296		
Cystine	g	0.140		0		1		0.259		
Phenylalanine	g	0.364		0		1		0.673		
Tyrosine	g	0.228		0		1		0.422		
Valine	g	0.416		0		1		0.770		
Arginine	g	0.568		0		1		1.051		
Histidine	g	0.160		0		1		0.296		
Alanine	g	0.395		0		1		0.731		
Aspartic acid	g	0.640		0		1		1.184		
Glutamic acid		1.328		0		1		2.457		
Glycine	g	0.310		0		1		0.574		
Proline	g	0.321		0		1		0.594		
Serine	g	0.358		0		1		0.662		
Hydroxyproline	g									

### **Common Measures:**

Measure 1 = 185g: 1 cup

Calories Factors: Protein 3.82 Fat 8.37 Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

		<u>A</u> :	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 Uni	its	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3		
Proximates:												
Water	g	72.49	0.516	4		1		126.86				
Energy	kcal	114		0	NC	4		200				
Energy		477				4		835				
Protein (N x 5.95)	g	2.29	0.018	4		1		4.01				
Total lipid (fat)	g	0.27	0.015	4		1		0.47				
Ash	g	0.22	0.028	4		1		0.39				
Carbohydrate, by difference	g	24.73		0	NC	4		43.28				
Fiber, total dietary	g	0.4		0		1		0.7				
Sugars, total	g	0.11		2	A	1		0.19				
Sucrose	g	0.07		2	A	1		0.13				
Glucose (dextrose)	g	0.02		2	A	1		0.03				
Fructose	g	0.02		2	A	1		0.03				
Lactose	g	0.00		2	A	1		0.00				
Maltose		0.00		2	A	1		0.00				
Galactose												
Starch												
Minerals:		10	0.500	2				22				
Calcium, Ca		19	2.500	3		1 1		33				
Iron, Fe		1.13 12	0.577 2.007	3 3		1		1.98 21				
Magnesium, Mg Phosphorus, P		42	3.300	3		1		74				
Potassium, K		37	7.167	3		1		65				
Sodium, Na		3	0.950	3		1		5				
Zinc, Zn		0.31	0.007	3		1		0.54				
Copper, Cu		0.094		3		1		0.165				
Manganese, Mn		0.260		3		1		0.455				
Selenium, Se		8.2	0.696	10	A	1		14.4				
Vitamins:												
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0				
Thiamin	_	0.250		1		1		0.438				
Riboflavin	<del>-</del>	0.018		0		4		0.032				
Niacin	_	1.400		1		1		2.450				
Pantothenic acid		0.324		3		1		0.567				
Vitamin B-6		0.019		1	_	1		0.033				
Folate, total		76	6.807	3	A	1		133				
Folic acid		72	6.936	3	A	1		127				
Folate, food		4	1.856	3	AS	1		6				
Folate, DFE		127 0.00		0	NC Z	4 7		222 0.00				
Vitamin B-12		0.00		0	Z	4		0.00				
Vitamin A, IU		0		0	NC	4		0				
Vitamin A, RAE		0		0	Z	7		0				
Vitamin E (alpha-tocopherol)		0.01		0	BFSN	4		0.02				
Tocopherol, beta		0.01		U	DF 5N	-		0.02				
Tocopherol, gamma												
Tocopherol, delta												
Vitamin D												
Vitamin K (phylloquinone)		0.0		0	BFSN	4		0.0				
<u>lipids:</u>												
Fatty acids, total saturated	g	0.073	3	0		1		0.128				
4:0		0.000		0		1		0.000				
6:0		0.000		0		1		0.000				
8:0	-	0.000		0		1		0.000				
10:0	-	0.000	)	0		1		0.000				
12:0		0.000	)	0		1		0.000				
13:0												
13.0												

	<u>Ar</u>	nount in 100 grams		Amount in edible portion of common measures of food				
		Number		illeasures of 1000				
Nutrients and Units	Mean	of Data Std. Error Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0g	0.065	0		1		0.114		
17:0g								
18:0g	0.005	0		1		0.009		
20:0g								
22:0g								
24:0g Fatty acids, total monounsaturatedg	0.084	0		1		0.147		
14:1g	0.004	U		1		0.147		
15:1g								
16:1 undifferentiatedg	0.001	0		1		0.002		
17:1g								
18:1 undifferentiatedg	0.083	0		1		0.145		
20:1g	0.000	0		1		0.000		
22:1 undifferentiatedg	0.000	0		1		0.000		
24:1 cg		_		_				
Fatty acids, total polyunsaturated9	0.072	0		1		0.126		
18:2 undifferentiated	0.059 0.013	0		1 1		0.103 0.023		
18:3 undifferentiated	0.000	0		1		0.023		
20:2 n-6 c.cg	0.000	v		-		0.000		
20:3 undifferentiatedg								
20:4 undifferentiated	0.000	0		1		0.000		
20:5 n-3g	0.000	0		1		0.000		
22:5 n-3g	0.000	0		1		0.000		
22:6 n-3g	0.000	0		1		0.000		
Fatty acids, total transg								
Cholesterol mg		0	Z	7		0		
Phytosterols mg	)							
Amino Acids:								
Tryptophan9	0.027	0		1		0.047		
Threonineg	0.082	0		1		0.144		
Isoleucineg	0.099	0		1		0.173		
Leucine	0.190	0		1		0.333		
Lysine	0.083 0.054	0		1 1		0.145		
Methionine	0.034	0		1		0.095 0.082		
Phenylalanine	0.122	0		1		0.082		
Tyrosine	0.077	0		1		0.135		
Valine	0.140	0		1		0.245		
Arginineg	0.191	0		1		0.334		
Histidine	0.054	0		1		0.095		
Alanineg	0.133	0		1		0.233		
Aspartic acidg	0.215	0		1		0.376		
Glutamic acid	0.447	0		1		0.782		
Glycine	0.104	0		1		0.182		
Proline	0.108	0		1		0.189		
Serine	0.121	0		1		0.212		
11ydroxypromieg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0		
Caffeine mg	0	0	Z	7		0		
Theobromine mg	0	0	Z	7		0		
<u>Carotenoids:</u>								
Carotene, betamcg		0	Z	7		0.000		
Carotene, alphamcg		0	Z	7		0.000		
Cryptoxanthin, betamcg		0	z	7		0.000		
Lycopene mcg		0	z z	7		0.000		
Lutein + zeaxanthin mcg	0	0	z	7		0.000		

Rice, white, long-grain, parboiled, enriched, cooked

**Common Measures:** 

Measure 1 = 175g: 1 cup

Calories Factors: Protein 3.82 Fat 8.37 Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

Provincintary   Provincint			<u>A</u>	mount in 100 g	rams	of edib	ole portio	<u>n</u>	Amount in	edible portion	of common
Nutrients and Units				Nu	ımber				<u>m</u>	easures of food	<u>[</u>
Nutrients and Units							Source	Confidence			
Water											
Water	Nutrients and U	Jnits	Mean	Std. Error	omis	Code	Code	Code	Measure 1	Measure 2	Measure
Earry   Start   Star	Proximates:										
Energy	Water	g	10.16	0.581	8		1		18.80		
Protein (N. 5.95)	Energy	kcal	371		0	NC	4		686		
Troal lipid (figh)	Energy	kj	1552				4		2872		
Anh.	Protein (N x 5.95)	g	6.79	0.187	9		1		12.56		
Carbohydrab, by difference	Total lipid (fat)	g	0.56	0.106	8		1		1.04		
Fiber, Intel desary.   9	Ash	g	0.77	0.028	8		1		1.42		
Sugars, rotal	Carbohydrate, by difference	g	81.72		0	NC	4		151.18		
Surrow   9	Fiber, total dietary	g	1.7		0		1		3.1		
Surrow   9	Sugars, total	g	0.63		0	AS	1		1.16		
Giluces (destrose). 9 0.02 1 A 1 0.03 Lactore. 9 0.00 1 A 1 0.03 Lactore. 9 0.00 1 A 1 0.00 Galactore. 9 0.00 1 A 1 0.00 Galactore. 9 0.00 0 2 7 0.00 Silverial of the control of the cont	= :		0.48		1	A	1		0.89		
Fractose 9 0.02 1 A 1 0.03  Lactone 9 0.00 1 A 1 0.00  Maltose 9 0.00 1 A 1 0.00  Starch. 9 0.00 1 A 1 0.00  Starch. 9 0.00  S			0.13		1	A	1		0.24		
Lactose			0.02		1	A	1		0.03		
Mattose         g         0.00         1         A         1         0.00           Galactose         g         0.00         0         z         7         0.00           Starch         g         3         0.61         8         1         111           Iron, Fe         mg         3.56         0.613         4         1         57           Phosphors, P         mg         136         8.830         4         1         252           Potassium, K         mg         120         17.867         4         1         222           Sodium, Na         mg         15         1.884         1         1         9           Sodium, Na         mg         0.96         0.155         1         1.78         1.78           Copper, Cu         mg         0.191         0.033         5         1         0.333         1         1.573           Schenium, Sc         mcg         23.0         2.828         8         a         1         0.033           Tibamin:         mg         0.0         1         4         0.0         0           Witamin C, total ascorbic acid         mg         0.0         1	Lactose	g	0.00		1	A	1		0.00		
Starch	Maltose	g	0.00		1	A	1		0.00		
Starch			0.00		0	Z	7		0.00		
Calcium, Ca.   mg   60   6.098   4   1   111   115   10n, FC   mg   3.35   0.613   4   1   5.7											
Iron, Fe.											
Magnesium, Mg.         mg         31         7.846         4         1         57           Phosphous, P.         mg         136         8.830         4         1         252           Potassium, R.         mg         120         17.867         4         1         222           Sodium, Na.         mg         5         1.884         1         9           Zine, Za.         mg         0.96         0.155         5         1         0.353           Zine, Za.         mg         0.191         0.033         5         1         0.353           Manganese, Mn.         mg         0.850         0.063         3         1         1.573           Selenium, Sc.         mcg         23.0         2.828         8         A         1         42.6           ***Itamin Sc.           ***Vatamin C total ascorbic acid         mg         0.0         1         4         0.0           **Vatamin C total ascorbic acid         mg         0.596         0.144         4         1         1.103           Riboflavin.         mg         0.596         0.144         4         1         0.13           Vatamin C tota											
Phosphorus, P.											
Potassium, K.											
Sodium, Na	•										
Zinc, Zn.         Mg         0.96         0.155         5         1         1.78           Copper, Cu.         mg         0.191         0.033         5         1         0.3353           Manganese, Mn.         mg         0.850         0.063         3         1         1.573           Selenium, Se.         mcg         23.0         2.828         8         A         1         42.6           Itamins.           Vitamin C, total ascorbic acid.         mg         0.0         1         4         0.0           Thiamin.         mg         0.0         1         1         1.103           Ribollavin.         mg         0.070         1         1         0.130           Nicain.         mg         3.632         0.426         4         1         0.130           Nicain.         mg         3.532         0.426         4         1         2.096           Vitamin B-G.         mg         0.350         0.029         4         1         2.066           Vitamin B.G.         mg         1.133         0.148         4         1         475           Folate, total.         mcg         257         1											
Copper, Cu.         mg         0.191         0.033         5         1         0.353           Manganese, Mn.         mg         0.850         0.063         3         1         1.573           Selenium, Se.         mcg         23.0         2.828         8         A         1         42.6           (Hamins)           Vitamin C, total ascorbic acid         mg         0.0         1         4         0.0           Thiamin         mg         0.596         0.144         4         1         1.103           Riboflavin         mg         0.596         0.144         4         1         6.719           Pantothenic acid         mg         1.133         0.148         4         1         2.096           Vitamin B-6         mg         0.350         0.029         4         1         0.648           Folate, total         mcg         257         1         A         1         451           Folate, food.         mcg         8         1         As         1         155           Folate, DFE         mcg_DFE         431         0         NC         4         798           Vitamin A, RAE         mcg <td>-</td> <td></td>	-										
Manganese, Mn.         mg         0.850         0.063         3         1         1.573           Selenium, Se.         mcg         23.0         2.828         8         A         1         42.6           Vitamin Sections acid.         mg         0.0         1         4         0.0           Thiamin.         mg         0.596         0.144         4         1         1.103           Riboflavin.         mg         0.070         1         1         1         0.130           Niacin.         mg         3.632         0.426         4         1         6.719           Pantothenic acid.         mg         0.350         0.029         4         1         0.648           Vitamin B-6         mg         0.350         0.029         4         1         0.648           Folia cida.         mcg         257         1         A         1         475           Folia cida.         mcg         249         1         A         1         461           Folia cido.         mcg         8         1         As         1         15           Folate, food.         mcg         8         1         As         <											
Selenium, Se.   mog   23.0   2.828   8											
Vitamin C, total ascorbic acid.						A					
Thiamin	/itamins:										
Riboflavin         mg         0.070         1         1         0.130           Niacin         mg         3.632         0.426 4         1         6.719           Pantothenic acid         mg         1.133         0.148 4         1         2.096           Vitamin B-6         mg         0.350         0.029 4         1         1         0.648           Folic acid         mcg         257         1         A         1         475           Folic acid         mcg         249         1         A         1         461           Folic, food         mcg         8         1         As         1         15           Folate, food         mcg         8         1         As         1         15           Folate, DFE         mcg         B         1         As         1         15           Folate, DFE         mcg         0.00         0         Z         7         0.00           Vitamin A, IU         IU         0         0         Z         7         0           Vitamin A, RAE         mcg         0.03         1         A         1         0.06           Tocopherol, beta         mg </td <td>Vitamin C, total ascorbic acid</td> <td>mg</td> <td>0.0</td> <td></td> <td>1</td> <td></td> <td>4</td> <td></td> <td>0.0</td> <td></td> <td></td>	Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0		
Niacin         mg         3.632         0.426         4         1         6.719           Pantothenic acid         mg         1.133         0.148         4         1         2.096           Vitamin B-6         mg         0.350         0.029         4         1         0.648           Folate, Including Fola		-			4		_				
Pantothenic acid.         mg         1.133         0.148         4         1         2.096           Vitamin B-6.         mg         0.350         0.029         4         1         0.648           Folate, total.         mcg         257         1         A         1         475           Folic acid.         mcg         249         1         A         1         461           Folate, food.         mcg         8         1         AS         1         15           Folate, DFE.         mcg_DFE         431         0         NC         4         798           Vitamin B-12.         mcg         0.00         0         2         7         0.00           Vitamin A, IU.         IU         0         0         1         0           Vitamin A, RAE.         mcg_RAE         0         0         1         0           Retinol.         mcg         0         0         2         7         0           Vitamin E (alpha-tocopherol).         mg         0.03         1         A         1         0.06           Tocopherol, beta.         mg         0.17         1         A         1         0.31	Riboflavin	mg	0.070	)	1		_				
Vitamin B-6.         mg         0.350         0.029         4         1         0.648           Folate, total.         mcg         257         1         A         1         475           Folica cid.         mcg         249         1         A         1         461           Folate, food.         mcg         8         1         As         1         15           Folate, DFE.         mcg         0         0         NC         4         798           Vitamin B-12.         mcg         0         0         Z         7         0.00           Vitamin A, IU.         IU         0         0         1         0         0           Vitamin A, RAE.         mcg_RAE         0         0         1         0         0           Retirol.         mcg         0         0         2         7         0         0           Vitamin E (alpha-tocopherol)         mg         0         0.2         1         A         1         0.04           Tocopherol, beta.         mg         0         0.2         1         A         1         0.31           Tocopherol, delta.         mg         0.17         1		-					_				
Folate, total		-					_				
Folic acid				0.029							
Folate, food											
Folate, DFE											
Vitamin B-12         mcg         0.00         0         z         7         0.00           Vitamin A, IU         IU         0         0         1         0           Vitamin A, RAE         mcg RAE         0         0         z         7         0           Retinol         mcg         0         0         z         7         0           Vitamin E (alpha-tocopherol)         mg         0.03         1         A         1         0.06           Tocopherol, beta         mg         0.02         1         A         1         0.04           Tocopherol, gamma         mg         0.17         1         A         1         0.31           Tocopherol, delta         mg         0.00         1         A         1         0.00           Vitamin K (phylloquinone)         mcg         0.1         0         BFZN         4         0.1           Sipids:         ***           Fatty acids, total saturated         g         0.151         0         1         0.279           4:0.         g         0.000         0         1         0.000           8:0.         g         0.000         0         1	*				_		_				
Vitamin A, IU.         IU         0         1         0           Vitamin A, RAE.         mcg_RAE         0         0         1         0           Retinol.         mcg         0         0         Z         7         0           Vitamin E (alpha-tocopherol)         mg         0.03         1         A         1         0.06           Tocopherol, gamma         mg         0.02         1         A         1         0.04           Tocopherol, gamma         mg         0.17         1         A         1         0.31           Tocopherol, delta         mg         0.00         1         A         1         0.00           Vitamin D.         IU         VI							_				
Vitamin A, RAE         mcg         0         1         0           Retinol         mcg         0         z         7         0           Vitamin E (alpha-tocopherol)         mg         0.03         1         A         1         0.06           Tocopherol, beta         mg         0.02         1         A         1         0.04           Tocopherol, gamma         mg         0.17         1         A         1         0.31           Tocopherol, delta         mg         0.00         1         A         1         0.00           Vitamin D         U         U         U         V         V         V         V         V         O         0.1         D		-				Z					
Retinol         mcg         0         z         7         0           Vitamin E (alpha-tocopherol)         mg         0.03         1         A         1         0.06           Tocopherol, beta         mg         0.02         1         A         1         0.04           Tocopherol, gamma         mg         0.17         1         A         1         0.31           Tocopherol, delta         mg         0.00         1         A         1         0.00           Vitamin D         IU         U         Vitamin K (phylloquinone)         Mcg         0.1         0         BFZN         4         0.1           Lipids:         Fatty acids, total saturated         g         0.151         0         1         0.279           4:0         g         0.000         0         1         0.000           6:0         g         0.000         0         1         0.000           8:0         g         0.000         0         1         0.000           10:0         g         0.000         0         1         0.000           12:0         g         0.000         0         1         0.000 <td< td=""><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></td<>											
Vitamin E (alpha-tocopherol)         mg         0.03         1         A         1         0.06           Tocopherol, beta         mg         0.02         1         A         1         0.04           Tocopherol, gamma         mg         0.17         1         A         1         0.31           Tocopherol, delta         mg         0.00         1         A         1         0.00           Vitamin D         IU         Vitamin K (phylloquinone)         mcg         0.1         0         BFZN         4         0.1           Lipids:         Fatty acids, total saturated         .g         0.151         0         1         0.279           4:0         .g         0.000         0         1         0.000           6:0         .g         0.000         0         1         0.000           8:0         .g         0.000         0         1         0.000           10:0         .g         0.000         0         1         0.000           12:0         .g         0.000         0         1         0.000           13:0         .g         0.000         0         1         0.000 <td></td> <td></td> <td></td> <td></td> <td></td> <td>_</td> <td></td> <td></td> <td></td> <td></td> <td></td>						_					
Tocopherol, beta											
Tocopherol, gamma mg 0.17 1 A 1 0.31 Tocopherol, delta mg 0.00 1 A 1 0.00 Vitamin D IU Vitamin K (phylloquinone) mcg 0.1 0 BFZN 4 0.1  Lipids:  Fatty acids, total saturated 9 0.100 0 1 0.279 4:0 9 0.000 0 1 0.000 6:0 9 0.000 0 1 0.000 8:0 9 0.000 0 1 0.000 8:0 9 0.000 0 1 0.000 10:0 9 0.000 0 1 0.000 11:0 0.000 12:0 9 0.000 0 1 0.000 13:0 9											
Tocopherol, delta mg 0.00 1 A 1 0.00  Vitamin D IU  Vitamin K (phylloquinone) mcg 0.1 0 BFZN 4 0.1  Lipids:  Fatty acids, total saturated g 0.000 0 1 0.279  4:0 g 0.000 0 1 0.000  6:0 g 0.000 0 1 0.000  8:0 g 0.000 0 1 0.000  10:0 g 0.000 0 1 0.000  12:0 g 0.000 0 1 0.000  13:0 g 0.000 0 1 0.000											
Vitamin D         IU           Vitamin K (phylloquinone)         mcg         0.1         BFZN         4         0.1           sipids:         Fatty acids, total saturated         g         0.151         0         1         0.279           4:0         g         0.000         0         1         0.000           6:0         g         0.000         0         1         0.000           8:0         g         0.000         0         1         0.000           10:0         g         0.000         0         1         0.000           12:0         g         0.000         0         1         0.000           13:0         g         0.000         0         1         0.000											
Vitamin K (phylloquinone)     mcg     0.1     BFZN     4     0.1       sipids:     5     5     5     5     5       Fatty acids, total saturated     9     0.151     0     1     0.279       4:0     9     0.000     0     1     0.000       6:0     9     0.000     0     1     0.000       8:0     9     0.000     0     1     0.000       10:0     9     0.000     0     1     0.000       12:0     9     0.000     0     1     0.000       13:0     9	•		0.00		1	A	1		0.00		
Lipids:       Fatty acids, total saturated			0.1		0	BFZN	4		0.1		
Fatty acids, total saturated.       g       0.151       0       1       0.279         4:0.       g       0.000       0       1       0.000         6:0.       g       0.000       0       1       0.000         8:0.       g       0.000       0       1       0.000         10:0.       g       0.000       0       1       0.000         12:0.       g       0.000       0       1       0.000         13:0.       g		-									
4:0.       g       0.000       0       1       0.000         6:0.       g       0.000       0       1       0.000         8:0.       g       0.000       0       1       0.000         10:0.       g       0.000       0       1       0.000         12:0.       g       0.000       0       1       0.000         13:0.       g		g	0.151	L	0		1		0.279		
6:0	-										
8:0					0		1				
10:0g       0.000       0       1       0.000         12:0g       0.000       0       1       0.000         13:0g					0		1				
12:0g 0.000 0 1 0.000 13:0g					0						
13:0g		-			-						
		<del>-</del>									
		-	0.003	3	19		1		0.006		
15:0		-									

	<u>Ar</u>	nount in 100 g		of edib	le portio	<u>n</u>		edible portion o	f common
			mber		_		1116	asures or roou	
Nutrients and Units	Mean	of Std. Error Po		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0g	0.135		19		1		0.250		
17:0g							0.200		
18:0g	0.010		19		1		0.019		
20:0g									
22:0g									
24:0g									
Fatty acids, total monounsaturatedg	0.173		0		1		0.320		
14:1g									
15:1g									
16:1 undifferentiated	0.002		19		1		0.004		
17:1g	0 171		10		1		0.216		
18:1 undifferentiatedg 20:1g	0.171 0.000		19 0		1		0.316 0.000		
20:1	0.000		0		1		0.000		
24:1 cg	3.000		٠		-		0.000		
Fatty acids, total polyunsaturatedg	0.149		0		1		0.276		
18:2 undifferentiatedg	0.122		19		1		0.226		
18:3 undifferentiatedg	0.026		19		1		0.048		
18:4g	0.000		0		1		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0		1		0.000		
20:5 n-3g	0.000		0		1		0.000		
22:5 n-3g	0.000		0		1		0.000		
22:6 n-3g	0.000		0		1		0.000		
Fatty acids, total transg			_		_		_		
Cholesterol mg	0		0	Z	7		0		
Phytosterolsmg									
Amino Acids:									
Tryptophan9	0.079		0		1		0.146		
Threonineg	0.243		0		1		0.450		
Isoleucineg	0.293		0		1		0.542		
Leucine9	0.562		0		1		1.040		
Lysineg	0.246		0		1		0.455		
Methionine9	0.160		0		1		0.296		
Cystine	0.139		0		1		0.257		
Phenylalanine	0.363 0.227		0		1 1		0.672		
Tyrosine	0.227		0		1		0.420 0.766		
Valine	0.414		0		1		1.047		
Histidine	0.160		0		1		0.296		
Alanine	0.394		0		1		0.729		
Aspartic acid	0.638		0		1		1.180		
Glutamic acid	1.325		0		1		2.451		
Glycineg	0.309		0		1		0.572		
Prolineg	0.320		0		1		0.592		
Serineg	0.357		0		1		0.660		
Hydroxyproline9									
Others:									
Alcohol, ethylg	0.0		0	z	7		0.0		
Caffeine mg	0		0	z	7		0.0		
Theobromine mg	0		0	z	7		0		
Carotenoids:									
	0		0	Z	7		0.000		
Carotene, betamcg Carotene, alphamcg	0		0	Z	7		0.000		
Cryptoxanthin, betamcg	0		0	Z	7		0.000		
Lycopenemcg	0		0	Z	7		0.000		
	-		-	_					

Rice, white, long-grain, parboiled, enriched, dry

**Common Measures:** 

Measure 1 = 185g: 1 cup

Calories Factors: Protein 3.82 Fat 8.37 Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

		<u>Aı</u>	mount in 100 g	rams	of edik	ole portio	<u>n</u>		edible portion	
			Nu	mber				<u>m</u>	easures of food	<u>l</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	_	72.49	0.516	4		1		126.86		
Energy		114		0	NC	4		200		
Energy		477				4		835		
Protein (N x 5.95)		2.29	0.018	4		1		4.01		
Total lipid (fat)		0.27	0.015	4		1		0.47		
Ash		0.22	0.028	4		1		0.39		
Carbohydrate, by difference		24.73		0	NC	4		43.28		
Fiber, total dietary		0.4		0		4		0.7		
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	mg	19	2.500	3		1		33		
Iron, Fe	_	0.20		1		1		0.35		
Magnesium, Mg	-	12	2.007	3		1		21		
Phosphorus, P		42	3.300	3		1		74		
Potassium, K	-	37	7.167	3		1		65		
Sodium, Na	mg	3	0.950	3		1		5		
Zinc, Zn		0.31	0.007	3		1		0.54		
Copper, Cu	mg	0.094		3		1		0.165		
Manganese, Mn		0.260		3		1		0.455		
Selenium, Se	mcg	8.2	0.696	10	A	1		14.4		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0		
Thiamin	_	0.020	1	1		1		0.035		
Riboflavin		0.018		0		4		0.032		
Niacin		1.400	ı	1		1		2.450		
Pantothenic acid	mg	0.324	0.038	3		1		0.567		
Vitamin B-6	mg	0.019	1	1		1		0.033		
Folate, total	mcg	4		0		4		7		
Folic acid	mcg	0		0	Z	7		0		
Folate, food		4		0		4		7		
Folate, DFE		4		0	NC	4		7		
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin A, IU										
Vitamin A, RAE										
Retinol										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>										
Fatty acids, total saturated		0.073		0		1		0.128		
4:0										
6:0										
8:0 10:0.										
12:0										
13:0										
14:0	_	0.002		0		1		0.004		
15:0	-	2		-		_				
16:0	-	0.065	i	0		1		0.114		
17:0	_							•		
18:0	-	0.005	i	0		1		0.009		
20:0	_									
22:0	_									
24:0										

		<u>Aı</u>	nount in 10			ole portio	<u>n</u>		edible portion o	of common
				Number				<u>m</u>	easures of food	
Nutrients and Un	its	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.	g	0.084		0		1		0.147		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.001		0		1		0.002		
17:1	g									
18:1 undifferentiated	g	0.083		0		1		0.145		
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.072		0		1		0.126		
18:2 undifferentiated	g	0.059		0		1		0.103		
18:3 undifferentiated	g	0.013		0		1		0.023		
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.027		0		1		0.047		
Threonine		0.027		0		1		0.144		
Isoleucine		0.082		0		1		0.144		
Leucine	-	0.190		0		1		0.173		
	_	0.190		0		1		0.333		
Lysine		0.083		0		1		0.145		
Methionine	-			-		1				
Cystine		0.047 0.122		0		1		0.082		
Phenylalanine				0		1		0.214		
Tyrosine	-	0.077		-		_		0.135		
Valine	_	0.140		0		1 1		0.245		
Arginine		0.191		0		_		0.334		
Histidine		0.054		0		1		0.095		
Alanine	_	0.133		0		1		0.233		
Aspartic acid	_	0.215		0		1		0.376		
Glutamic acid		0.447		0		1		0.782		
Glycine	-	0.104		0		1		0.182		
Proline		0.108		0		1		0.189		
Serine	_	0.121		0		1		0.212		
Hydroxyproline	g									

## **Common Measures:**

Measure 1 = 175g: 1 cup

Calories Factors: Protein 3.82 Fat 8.37 Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

		<u>Aı</u>	mount in 100 g	rams	of edik	ole portio	<u>n</u>		edible portion	
			Nu	mber				<u>m</u>	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	10.16	0.581	8		1		18.80		
Energy	kcal	371		0	NC	4		686		
Energy	kj	1552				4		2872		
Protein (N x 5.95)	g	6.79	0.187	9		1		12.56		
Total lipid (fat)	g	0.56	0.106	8		1		1.04		
Ash	g	0.77	0.028	8		1		1.42		
Carbohydrate, by difference	g	81.72		0	NC	4		151.18		
Fiber, total dietary	g	1.7		0		4		3.1		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	60	6.098	4		1		111		
Iron. Fe.	_	1.50	2.000	1		1		2.78		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	31	7.846	4		1		57		
Phosphorus, P		136	8.830	4		1		252		
Potassium, K	_	120	17.867	4		1		222		
Sodium, Na	-	5	1.884	4		1		9		
Zinc, Zn	<u>mg</u>	0.96	0.155	5		1		1.78		
Copper, Cu	mg	0.191	0.033	5		1		0.353		
Manganese, Mn	mg	0.850		3		1		1.573		
Selenium, Se	mcg	23.0	2.828	8	A	1		42.6		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0		
Thiamin	-	0.100	)	1		1		0.185		
Riboflavin		0.070		1		1		0.130		
Niacin		3.632	0.426	4		1		6.719		
Pantothenic acid		1.133	0.148	4		1		2.096		
Vitamin B-6	-	0.350	0.029	4		1		0.648		
Folate, total	mcg	17	0.477	3		1		31		
Folic acid		0		0	z	7		0		
Folate, food	mcg	17	0.477	3		1		31		
Folate, DFE	mcg_DFE	17		0	NC	4		31		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU		0		0		1		0		
Vitamin A, RAE		0		0		1		0		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	Incg									
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.151	=	0		1		0.279		
4:0	g									
6:0	g									
8:0										
10:0										
12:0										
13:0	-			•		_				
14:0	-	0.003	3	0		1		0.006		
15:0				•		_				
16:0		0.135	<b>i</b>	0		1		0.250		
17:0	_			•		_				
18:0	_	0.010	)	0		1		0.019		
20:0	_									
22:0	g g									

	<u>A</u> 1	mount in 100 grams		ble portic	<u>on</u>		edible portion of easures of food	
		Numbe		_		m	easures of 1000	•
Nutrients and Units	Mean	of Data Std. Error Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.173	0		1		0.320		
15:1	0.002	2 0		1		0.004		
18:1 undifferentiated	0.171	. 0		1		0.316		
24:1 cg Fatty acids, total polyunsaturatedg	0.149	0		1		0.276		
18:2 undifferentiatedg	0.122	2 0		1		0.226		
18:3 undifferentiated	0.026	0		1		0.048		
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg								
20:5 n-3g								
22:5 n-3g								
22:6 n-3g								
Fatty acids, total transg								
Cholesterolmg	0	0	Z	7		0		
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.079			1		0.146		
Threonineg	0.243			1		0.450		
Isoleucineg	0.293			1		0.542		
Leucineg	0.562			1		1.040		
Lysineg	0.246			1		0.455		
Methionineg	0.160			1		0.296		
Cystineg	0.139			1		0.257		
Phenylalanineg	0.363			1		0.672		
Tyrosineg	0.227			1		0.420		
Valineg	0.414			1		0.766		
Arginineg	0.566			1		1.047		
Histidineg	0.160			1		0.296		
Alanineg	0.394			1		0.729		
Aspartic acid	0.638			1		1.180		
Glutamic acidg	1.325			1		2.451		
Glycineg	0.309			1		0.572		
Proline	0.320			1 1		0.592 0.660		
Serineg	0.357	0		1		0.660		
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0	Z	7		0.0		
Caffeine mg								
Theobromine mg								

# **Common Measures:**

Measure 1 = 185g: 1 cup

Calories Factors: Protein 3.82 Fat 8.37 Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

		<u>A</u> 1	mount in 100 g	rams	of edik	ole portio	<u>n</u>		edible portion	
			Nu	mber				<u>m</u>	easures of food	<u>l</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Ur	nits	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	8.14	0.409	8		1		7.73		
Energy	kcal	379		0	NC	4		360		
Energy	kj	1586				4		1506		
Protein (N x 5.95)	g	7.66	0.258	10		1		7.28		
Total lipid (fat)	g	0.29	0.089	6		1		0.28		
Ash	g	0.33	0.029	9		1		0.31		
Carbohydrate, by difference	g	83.59		0	NC	4		79.41		
Fiber, total dietary	g	1.6		0		1		1.5		
Sugars, total	g	0.05		0	AS	1		0.05		
Sucrose	g	0.02		1	A	1		0.02		
Glucose (dextrose)		0.02		1	A	1		0.02		
Fructose	g	0.02		1	A	1		0.02		
Lactose	g	0.00		1	A	1		0.00		
Maltose	g	0.00		1	A	1		0.00		
Galactose		0.00		0	Z	7		0.00		
Starch										
<u>linerals:</u> Calcium. Ca	ma	18	2.390	5		1		17		
Iron, Fe	•	4.19	0.533	9		1		3.98		
Magnesium, Mg		12	3.421	5		1		11		
Phosphorus, P		68	11.089	5		1		65		
Potassium, K		18	3.541	6		1		17		
Sodium, Na		6	1.477	5		1		6		
Zinc, Zn		0.96	0.051	5		1		0.91		
Copper, Cu		0.165	0.042	5		1		0.157		
Manganese, Mn	mg	0.647	0.068	5		1		0.615		
Selenium, Se	mcg	46.9		2	A	1		44.6		
<u>'itamins:</u>										
Vitamin C, total ascorbic acid		0.0		0		4		0.0		
Thiamin	-	0.618		10		1 1		0.587		
Riboflavin		0.060 5. <b>4</b> 71		6 8		1		0.057 5.197		
Niacin Pantothenic acid		0.432		6		1		0.410		
Vitamin B-6		0.432		6		1		0.410		
Folate, total		275	0.007	1	A	1		261		
Folic acid		273		1	A	1		259		
Folate, food		2		1	AS	1		2		
Folate, DFE		466		0	NC	4		443		
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin A, IU	-	0		0		4		0		
Vitamin A, RAE		0		0	NC	4		0		
Retinol		0		0	z	7		0		
Vitamin E (alpha-tocopherol)		0.04		1	A	1		0.04		
Tocopherol, beta		0.01		1	A	1		0.01		
Tocopherol, gamma		0.19		1	A	1		0.18		
Tocopherol, delta	mg	0.04		1	A	1		0.04		
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.1		0	BFZN	4		0.1		
ipids:	~			•		_				
Fatty acids, total saturated		0.078		0		1		0.074		
4:0		0.000		0		1		0.000		
6:0		0.000		0		1		0.000		
8:0		0.000		0		1		0.000		
10:0	_	0.000		0		1		0.000		
12:0	_	0.000	)	0		1		0.000		
13:0	_			•		_		0 000		
14:0	9	0.002	<u> </u>	0		1		0.002		

	<u>A</u>	mount in 10	00 grams	of edik	ole portio	o <u>n</u>	Amount in	edible portion of	common
			Number					easures of food	
					Source	Confidence			
Nutrients and Units	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
16:0g	0.070	1	0		1		0.067		
17:0g	0.0.0		·		_		0.007		
18:0g	0.005	i	0		1		0.005		
20:0g									
22:0g									
24:0g									
Fatty acids, total monounsaturated9	0.089	)	0		1		0.085		
14:1g									
15:1g 16:1 undifferentiatedg	0.001		0		1		0.001		
16:1 undifferentiatedg	0.001	•	U		1		0.001		
18:1 undifferentiatedg	0.088	ı	0		1		0.084		
20:1g	0.000		0		1		0.000		
22:1 undifferentiated	0.000		0		1		0.000		
24:1 cg									
Fatty acids, total polyunsaturated	0.077	,	0		1		0.073		
18:2 undifferentiatedg	0.063	1	0		1		0.060		
18:3 undifferentiatedg	0.014	l .	0		1		0.013		
18:4g	0.000	)	0		1		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0		1		0.000		
20:5 n-3g	0.000		0		1		0.000		
22:5 n-3g	0.000		0		1 1		0.000 0.000		
22:6 n-3g  Fatty acids, total transg	0.000		U		1		0.000		
Cholesterolg	0		0	z	7		0		
Phytosterols mg									
•									
Amino Acids:  Tryptophan	0.089	1	0		1		0.085		
Threonineg	0.274		0		1		0.260		
Isoleucine	0.331		0		1		0.314		
Leucineg	0.633		0		1		0.601		
Lysineg	0.277		0		1		0.263		
Methionine9	0.180	1	0		1		0.171		
Cystineg	0.157	,	0		1		0.149		
Phenylalanineg	0.409	1	0		1		0.389		
Tyrosineg	0.256	i	0		1		0.243		
Valineg	0.467		0		1		0.444		
Arginineg	0.638		0		1		0.606		
Histidine	0.180		0		1		0.171		
Alanineg	0.444 0.719		0		1 1		0.422 0.683		
Aspartic acid	1.493		0		1		1.418		
Glycine	0.349		0		1		0.332		
Prolineg	0.340		0		1		0.342		
Serine	0.403		0		1		0.383		
Hydroxyprolineg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0		
Caffeine mg	0		0	z	7		0.0		
Theobromine mg	0		0	Z	7		0		
Carotenoids:	-		•	-	•		-		
Carotene, betamcg	0		0	Z	7		0.000		
Carotene, alphamcg	0		0	z	7		0.000		
Cryptoxanthin, betamcg	0		0	z	7		0.000		
Lycopenemcg	0		0	Z	7		0.000		
Lutein + zeaxanthin mcg	0		0	Z	7		0.000		

Rice, white, long-grain, precooked or instant, enriched, dry

**Common Measures:** 

Measure 1 = 95g: 1 cup

Calories Factors: Protein 3.82 Fat 8.37 Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

		<u>A</u> :	mount in 100 gr	rams c	of edib	ole portio	<u>n</u>		edible portion	
			Nur	mber				<u>m</u>	easures of food	<u>l</u>
			of	Data I	Deriv	Source	Confidence			
Nutrients and U	nits	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	76.44		1		1		126.13		
Energy	kcal	98		0	NC	4		162		
Energy	kj	410				4		677		
Protein (N x 5.95)	g	2.06		1		1		3.40		
Total lipid (fat)	g	0.16		1		1		0.26		
Ash		0.07		1		1		0.12		
Carbohydrate, by difference	g	21.27		0	NC	4		35.10		
Fiber, total dietary		0.6		0		1		1.0		
Sugars, total	g	0.05	0.000	3	A	1		0.08		
Sucrose	g	0.02	0.000	3	A	1		0.03		
Glucose (dextrose)		0.02	0.000	3	A	1		0.03		
Fructose	g	0.02	0.000	3	A	1		0.03		
Lactose	g	0.00	0.000	3	A	1		0.00		
Maltose	g	0.00	0.000	3	A	1		0.00		
Galactose	g									
Starch										
Minerals:		•						10		
Calcium, Ca		8		1		1		13		
Iron, Fe		0.63		1		1		1.04 8		
Magnesium, Mg		5 14		1 1		1 1		8 23		
Phosphorus, P Potassium, K		4		1		1		23 7		
Sodium, Na		3		1		1		5		
Zinc, Zn		0.24		1		1		0.40		
Copper, Cu		0.065	5	1		1		0.107		
Manganese, Mn		0.235		1		1		0.388		
Selenium, Se		4.2	0.582	10	A	1		6.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.075	5	1		1		0.124		
Riboflavin	mg	0.046	5	1		1		0.076		
Niacin		0.880		1		1		1.452		
Pantothenic acid	mg	0.178	3	2		1		0.294		
Vitamin B-6		0.010		1		1		0.017		
Folate, total		70	21.008	3	A	1		116		
Folic acid		69	20.835	3	A	1		113		
Folate, food		1	0.333	3	AS	1		2		
Folate, DFE		118		0	NC	4		195		
Vitamin B-12	-	0.00		0	Z	7		0.00		
Vitamin A, IU		0		0		4		0		
Vitamin A, RAE		0		0	NC	4 7		0		
Retinol				0	Z					
Vitamin E (alpha-tocopherol)		0.01		U	BFSN	4		0.02		
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0		0	BFSN	4		0.0		
<u> ipids:</u>										
Fatty acids, total saturated	g	0.044	I	0		1		0.073		
4:0		0.000	)	0		1		0.000		
6:0		0.000	)	0		1		0.000		
8:0	-	0.000	)	0		1		0.000		
10:0		0.000	)	0		1		0.000		
12:0		0.000	)	0		1		0.000		
13:0										
14:0		0.001	L	0		1		0.002		
15:0	g									

	<u>Aı</u>	mount in 100 gran		ble portic	<u>on</u>		edible portion	
Nutrients and Units	Mean	Numb of Da Std. Error Point	a Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food  Measure 2	Measure 3
rations and onits	ouii	0.0.1				mododio i	1110000110 2	oaoaro o
16:0g	0.040	0		1		0.066		
17:0g						0.000		
18:0g	0.003	0		1		0.005		
20:0g								
22:0g								
24:0g								
Fatty acids, total monounsaturatedg	0.051	0		1		0.084		
14:1g								
15:1g								
16:1 undifferentiatedg	0.001	0		1		0.002		
17:1g								
18:1 undifferentiatedg	0.050			1		0.083		
20:1g	0.000			1		0.000		
22:1 undifferentiatedg	0.000	0		1		0.000		
24:1 cg		_		_				
Fatty acids, total polyunsaturatedg	0.044			1		0.073		
18:2 undifferentiatedg	0.036			1		0.059		
18:3 undifferentiatedg	0.008			1		0.013		
18:4g	0.000	0		1		0.000		
20:2 n-6 c,cg								
20:3 undifferentiated	0.000	0		1		0.000		
20:4 undifferentiated	0.000			1		0.000		
20.5 n-3g	0.000			1		0.000		
22:6 n-3g	0.000			1		0.000		
Fatty acids, total trans	0.000	ŭ		-		0.000		
Cholesterolg	0	0	z	7		0		
Phytosterols mg								
Amino Acids:								
Tryptophan	0.024	0		1		0.040		
Threonineg	0.074	0		1		0.122		
Isoleucineg	0.089	0		1		0.147		
Leucineg	0.170	0		1		0.281		
Lysineg	0.074	0		1		0.122		
Methionine	0.048	0		1		0.079		
Cystineg	0.042	0		1		0.069		
Phenylalanineg	0.110			1		0.182		
Tyrosine9	0.069			1		0.114		
Valineg	0.126			1		0.208		
Arginineg	0.172			1		0.284		
Histidineg	0.048			1		0.079		
Alanineg	0.119			1		0.196		
Aspartic acidg	0.193			1		0.318		
Glutamic acidg	0.401			1		0.662		
Glycineg	0.094			1		0.155		
Prolineg	0.097			1		0.160		
Serineg	0.108	0		1		0.178		
Hydroxyprolineg								
Others:	0.0			-				
Alcohol, ethyl	0.0	0	_	7 7		0.0		
Caffeine mg	0	0	Z Z	7		0		
Theobromine mg	0	0	z	7		0		
Carotenoids:	^	•	<b>D</b>			0.000		
Carotene, beta mcg	0	0	BFSN			0.000 0.000		
Carotene, alpha mcg	0		BFSN					
Cryptoxanthin, betamcg Lycopenemcg	0	0	BFSN BFSN			0.000 0.000		
	U	U	PESN	-4		0.000		

Rice, white, long-grain, precooked or instant, enriched, prepared

**Common Measures:** 

Measure 1 = 165g: 1 cup

Calories Factors: Protein 3.82 Fat 8.37 Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

		<u>Aı</u>	mount in 100 g	ırams	of edib	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	68.44	0.398	23		1		108.14		
Energy	kcal	130		0	NC	4		205		
Energy	kj	544				4		859		
Protein (N x 5.95)	g	2.69	0.060	20		1		4.25		
Total lipid (fat)	g	0.28	0.030	6		1		0.44		
Ash	g	0.41	0.060	20		1		0.65		
Carbohydrate, by difference	g	28.17		0	NC	4		44.51		
Fiber, total dietary	g	0.4		0		1		0.6		
Sugars, total	g	0.05	0.000	3	A	1		0.08		
Starch	g									
are a										
Minerals:	ma	10	0.060	22		1		16		
Calcium, Ca	-	1.20	0.868 0.093	33 39		1		16 1.90		
Iron, Fe	-	1.20 12	0.093	39		1		1.90 19		
Magnesium, Mg Phosphorus, P		43	1.833	36 27		1		19 68		
Potassium, K	-	43 35	1.833	34		1		55		
Sodium. Na	-	1	0.314	13		1		2		
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.49	0.026	43		1		0.77		
Copper, Cu		0.069		42		1		0.109		
Manganese, Mn		0.472		35		1		0.746		
Selenium, Se		7.5	0.459	47	A	1		11.9		
•				= :		_				
<u>/itamins:</u>										
Vitamin C, total ascorbic acid	-	0.0		0		4		0.0		
Thiamin	-	0.163		17		1		0.258		
Riboflavin	-	0.013		9		1		0.021		
Niacin	-	1.476		17		1		2.332		
Pantothenic acid	-	0.390		13		1		0.616		
Vitamin B-6	-	0.093	0.012	12		1		0.147		
Folate, total		58		0	BFSY	4		92		
Folic acid		55		0	NC	4		87		
Folate, food		3	0.184	8		1		5		
Folate, DFE		97		0	NC	4		152		
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin A, IU		0		0		4		0		
Vitamin A, RAE		0		0	NC	4		0		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)		0.04		0	BFSN	4		0.06		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)		0.0		2	A	1		0.0		
viamini k (phynodumone)	9	0.0		_		_		0.0		
<u> ipids:</u>										
Fatty acids, total saturated	g	0.077		0		1		0.122		
4:0		0.000		0		1		0.000		
6:0		0.000		0		1		0.000		
8:0		0.000		0		1		0.000		
10:0	-	0.000		0		1		0.000		
12:0		0.000		0		1		0.000		
13:0				_		_		_		
14:0		0.002		0		1		0.003		
15:0				_		_				
16:0		0.069	1	0		1		0.109		
17:0	-			_		_				
18:0	-	0.005	1	0		1		0.008		
20:0	-									
22:0	a									

		<u>A</u> 1	mount in 10	00 grams	of edil	ole portic	<u>on</u>		edible portion o	f common
				Number	•			<u>m</u>	easures of food	
Nutrients and	Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	atedg	0.088		0		1		0.139		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.001		0		1		0.002		
17:1	g									
18:1 undifferentiated	g	0.087		0		1		0.137		
20:1		0.000		0		1		0.000		
22:1 undifferentiated	g	0.000		0		1		0.000		
24:1 c	g									
Fatty acids, total polyunsaturat	tedg	0.076		0		1		0.120		
18:2 undifferentiated		0.062		0		1		0.098		
18:3 undifferentiated	g	0.013		0		1		0.021		
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	g	0.000		0		1		0.000		
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	<u>mg</u>									
Amino Acids:										
Tryptophan	a	0.031		0		1		0.049		
Threonine		0.096		0		1		0.152		
Isoleucine	-	0.116		0		1		0.132		
Leucine	-	0.222		0		1		0.351		
Lysine	-	0.097		0		1		0.153		
Methionine		0.063		0		1		0.100		
Cystine		0.055		0		1		0.100		
Phenylalanine		0.144		0		1		0.228		
Tyrosine		0.090		0		1		0.142		
Valine	-	0.164		0		1		0.259		
Arginine	-	0.224		0		1		0.354		
Histidine	-	0.224		0		1		0.334		
Alanine	-	0.156		0		1		0.246		
Aspartic acid		0.156		0		1		0.246		
Glutamic acid		0.524		0		1		0.828		
	=	0.524		0		1		0.828		
Glycine		0.122		0		1		0.193		
Proline	-	0.127		0		1		0.201		
Serine		0.141		U		1		0.223		
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:										
·	mea	0		0	z	7		0.000		
Carotene, beta		0		0	Z	7		0.000		
, ·	_	0		0	Z	7		0.000		
Cryptoxanthin, beta Lycopene		0		0	Z	7		0.000		
2 1		0		0	Z	7		0.000		
Lutein + zeaxanthin				U	4	′		0.000		

## **Common Measures:**

Measure 1 = 158g: 1 cup

Rice, white, long-grain, regular, cooked

Calories Factors: Protein 3.82 Fat 8.37 Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

Nutrients and Units  Proximates: Water Energy Energy Protein (N x 5.95) Total lipid (fat) Ash Carbohydrate, by difference Fiber, total dietary	g kcal kj g	Mean 68.44 130 544			Deriv	Source Code	Confidence Code	me Measure 1	easures of food  Measure 2	<u>l</u> Measure :
Proximates: Water	g kcal kj g	68.44 130	Std. Error Po					Measure 1	Measure 2	Measure
Proximates: Water	g kcal kj g	68.44 130		oints	Code	Code	Code	Measure 1	Measure 2	Mageura
Water Energy Energy Protein (N x 5.95) Total lipid (fat) Ash Carbohydrate, by difference	kcal kj g	130	0.398						measure 2	measule .
Energy  Energy  Protein (N x 5.95)  Total lipid (fat)  Ash  Carbohydrate, by difference	kcal kj g	130	0.398							
Energy	kj g			23		1		108.14		
Protein (N x 5.95)	g	544		0	NC	4		205		
Total lipid (fat)	_	5				4		859		
AshCarbohydrate, by difference	a	2.69	0.060	20		1		4.25		
Carbohydrate, by difference	9	0.28	0.030	6		1		0.44		
	g	0.41	0.060	20		1		0.65		
Fiber, total dietary	g	28.17		0	NC	4		44.51		
	g	0.4		0		1		0.6		
Sugars, total	g	0.05		0	BFZN	4		0.08		
Starch	g									
Minorale.										
<u>Ainerals:</u> Calcium, Ca	ma	10	0.868	33		1		16		
Iron, Fe	-	1.20	0.093	39		1		1.90		
Magnesium, Mg	-	12	0.566	38		1		19		
Phosphorus, P		43	1.833	27		1		68		
Potassium, K	-	35	1.936	34		1		55		
Sodium, Na	-	382		1		1		604		
Zinc, Zn	mg	0.49	0.026	43		1		0.77		
Copper, Cu	mg	0.069	0.005	42		1		0.109		
Manganese, Mn	<u>mg</u>	0.472	0.024	35		1		0.746		
Selenium, Se	mcg	7.5	0.459	47	A	1		11.9		
/itamins:										
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0		
Thiamin	-	0.163	0.014	17		1		0.258		
Riboflavin	_	0.013		9		1		0.021		
Niacin		1.476		17		1		2.332		
Pantothenic acid.	-	0.390		13		1		0.616		
Vitamin B-6	-	0.093		12		1		0.147		
Folate, total	-	58		0	BFSY	4		92		
Folic acid		55		0	NC	4		87		
Folate, food		3	0.184	8		1		5		
Folate, DFE		97		0	NC	4		152		
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin A, IU		0		0		4		0		
Vitamin A, RAE		0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.04		0	BFZN	4		0.06		
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.0		0	BFZN	4		0.0		
_ipids:										
Fatty acids, total saturated	g	0.077		0		1		0.122		
4:0		0.000		0		1		0.000		
6:0	g	0.000		0		1		0.000		
8:0	g	0.000		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	0.002		0		1		0.003		
15:0	g									
16:0	g	0.069		0		1		0.109		
17:0	g									
18:0	g	0.005		0		1		0.008		
20:0	g									
22:0	g									

	<u>Aı</u>	nount in 10	00 grams	of edil	<u>on</u>	Amount in edible portion of common measures of food				
				Number	•			<u>m</u>	easures of food	
Nutrients and Ur	nits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	0.088		0		1		0.139		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.001		0		1		0.002		
17:1	-									
18:1 undifferentiated	g	0.087		0		1		0.137		
20:1		0.000		0		1		0.000		
22:1 undifferentiated	g	0.000		0		1		0.000		
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.076		0		1		0.120		
18:2 undifferentiated		0.062		0		1		0.098		
18:3 undifferentiated	g	0.013		0		1		0.021		
18:4	g	0.000		0		1		0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0		1		0.000		
20:5 n-3	g	0.000		0		1		0.000		
22:5 n-3	g	0.000		0		1		0.000		
22:6 n-3	g	0.000		0		1		0.000		
Fatty acids, total trans										
Cholesterol		0		0	Z	7		0		
Phytosterols	mg									
,	<b>.</b>									
Amino Acids:										
Tryptophan	g	0.031		0		1		0.049		
Threonine	g	0.096		0		1		0.152		
Isoleucine	g	0.116		0		1		0.183		
Leucine	g	0.222		0		1		0.351		
Lysine	g	0.097		0		1		0.153		
Methionine	g	0.063		0		1		0.100		
Cystine	g	0.055		0		1		0.087		
Phenylalanine	g	0.144		0		1		0.228		
Tyrosine	g	0.090		0		1		0.142		
Valine	g	0.164		0		1		0.259		
Arginine	g	0.224		0		1		0.354		
Histidine	g	0.063		0		1		0.100		
Alanine	g	0.156		0		1		0.246		
Aspartic acid		0.253		0		1		0.400		
Glutamic acid		0.524		0		1		0.828		
Glycine	g	0.122		0		1		0.193		
Proline		0.127		0		1		0.201		
Serine	_	0.141		0		1		0.223		
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	mca	0		0	BFZN	4		0.000		
Carotene, alpha		0		0	BFZN	4		0.000		
Cryptoxanthin, beta	_	0		0	BFZN	4		0.000		
Lycopene		0		0	BFZN	4		0.000		
- ·	mcg	0		0	BFZN	4		0.000		

## **Common Measures:**

Measure 1 = 158g: 1 cup

Rice, white, long-grain, regular, cooked, enriched, with salt

Calories Factors: Protein 3.82 Fat 8.37 Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

		<u>Aı</u>	mount in 100 g	grams	of edib	le portio	<u>1</u>	Amount in edible portion of common			
			Nι	ımber	•			<u>m</u>	easures of food	<u>l</u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	68.44	0.398	23		1		108.14			
Energy	kcal	130		0	NC	4		205			
Energy	kj	544		0		4		859			
Protein (N x 5.95)	g	2.69	0.060	20		1		4.25			
Total lipid (fat)	g	0.28	0.030	6		1		0.44			
Ash	g	0.41	0.060	20		1		0.65			
Carbohydrate, by difference	g	28.17		0	NC	4		44.51			
Fiber, total dietary	g	0.4		0		1		0.6			
Sugars, total	g	0.05		0	BFZN	4		0.08			
Starch	g										
Minanalar											
Minerals: Calcium, Ca	ma	10	0.868	33		1		16			
Iron, Fe		0.20	0.000	1		1		0.32			
Magnesium, Mg		12	0.566	38		1		19			
Phosphorus, P		43	1.833	27		1		68			
Potassium, K		35	1.936	34		1		55			
Sodium, Na		382		1		1		604			
Zinc, Zn		0.49	0.026	43		1		0.77			
Copper, Cu	mg	0.069	0.005	42		1		0.109			
Manganese, Mn	mg	0.472	0.024	35		1		0.746			
Selenium, Se	mcg	7.5	0.459	47	A	1		11.9			
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0			
Thiamin	_	0.020	1	1		1		0.032			
Riboflavin		0.013		9		1		0.032			
Niacin		0.400		1		1		0.632			
Pantothenic acid		0.390		13		1		0.616			
Vitamin B-6	_	0.093		12		1		0.147			
Folate, total	_	3	0.184	8		1		5			
Folic acid		0		0	Z	7		0			
Folate, food		3	0.184	8		1		5			
Folate, DFE		3		0	NC	4		5			
Vitamin B-12		0.00		0	Z	7		0.00			
Vitamin A, IU	IU	0		0		4		0			
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0			
Retinol	mcg	0		0	Z	7		0			
Vitamin E (alpha-tocopherol)	mg	0.04		0	BFZN	4		0.06			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D		0.0		^				0.0			
Vitamin K (phylloquinone)	mcg	0.0		0	BFZN	4		0.0			
Lipids:											
Fatty acids, total saturated	g	0.077		0		1		0.122			
4:0		0.000	1	0		1		0.000			
6:0	g	0.000	1	0		1		0.000			
8:0	-	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	g										
14:0	g	0.002		0		1		0.003			
15:0	g										
16:0	g	0.069	1	0		1		0.109			
17:0	g										
18:0	g	0.005	i	0		1		0.008			
20:0	g										
22:0											

	A	mount in 100 grams	s of edib	<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
Nutrients and onits	Mean	Ota. Error				measure r	Micasare 2	ineasure 5
Fatty acids, total monounsaturatedg	0.088	3 0		1		0.139		
14:1	0.000			_		0.133		
16:1 undifferentiated	0.001	. 0		1		0.002		
18:1 undifferentiated9	0.087			1 1		0.137		
20:1g 22:1 undifferentiatedg	0.000			1		0.000 0.000		
24:1 cg  Fatty acids, total polyunsaturatedg	0.076	5 0		1		0.120		
18:2 undifferentiated	0.062 0.013			1 1		0.098 0.021		
18:4g	0.000			1		0.000		
20:2 n-6 c,cg 20:3 undifferentiatedg								
20:4 undifferentiated	0.000			1 1		0.000		
22:5 n-3g	0.000			1 1		0.000		
22:6 n-3						0.000		
Cholesterolmg Phytosterolsmg	0	0	Z	7		0		
Amino Acids:								
Tryptophan	0.031 0.096			1 1		0.049 0.152		
Isoleucineg	0.116			1		0.183		
Leucineg Lysineg	0.222 0.097			1 1		0.351 0.153		
Methionineg  Cystineg	0.063 0.055			1 1		0.100 0.087		
Phenylalanineg	0.144			1		0.228		
Tyrosineg  Valineg	0.090 0.164			1 1		0.142 0.259		
Arginineg	0.224	0		1		0.354		
Histidine	0.063 0.156			1 1		0.100 0.246		
Aspartic acid	0.253			1		0.400		
Glycine 9	0.524 0.122			1 1		0.828 0.193		
Glycine	0.127			1		0.201		
Serine	0.141	. 0		1		0.223		
Others:								
Alcohol, ethylg	0.0	0	_	7		0.0		
Caffeinemg Theobrominemg	0 0	0	z z	7 7		0 0		
Carotenoids:	-	-				-		
Carotene, betamcg	0	0	BFZN	4		0.000		
Carotene, alpha mcg	0	0	BFZN BFZN	4 4		0.000 0.000		
Cryptoxanthin, betamcg Lycopenemcg	0	0	BFZN	4		0.000		
Lutein + zeaxanthin mcg	0	0	BFZN	4		0.000		

## **Common Measures:**

Measure 1 = 158g: 1 cup

Rice, white, long-grain, regular, cooked, unenriched, with salt

Calories Factors: Protein 3.82 Fat 8.37 Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

		<u>Aı</u>	mount in 100 g	rams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			Nu	ımber				m	easures of food		
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	68.44	0.398	23		1		108.14			
	_	130	0.550	0	NC	4		205			
Energy		544		U	NC	4		859			
Energy			0.060	20		-					
Protein (N x 5.95)	_	2.69	0.060	20		1		4.25			
Total lipid (fat)		0.28	0.030	6		1		0.44			
Ash		0.41	0.060	20		1		0.65			
Carbohydrate, by difference		28.17		0	NC	4		44.51			
Fiber, total dietary		0.4		0		1		0.6			
Sugars, total		0.05		0	BFZN	4		0.08			
Starch	g										
Minerals:											
Calcium. Ca	ma	10	0.868	33		1		16			
Iron. Fe.	• • • • • • • • • • • • • • • • • • • •	0.20	0.030	1		1		0.32			
Magnesium, Mg		12	0.566	38		1		19			
Phosphorus, P		43	1.833	27		1		68			
Potassium, K	_	35	1.936	34		1		55			
Sodium, Na		1	0.314	13		1		2			
Zinc, Zn		0.49	0.026	43		1		0.77			
Copper, Cu		0.069		42		1		0.109			
Manganese, Mn		0.472		35		1		0.746			
Selenium, Se		7.5	0.459	47	A	1		11.9			
,											
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid		0.0		0		4		0.0			
Thiamin	_	0.020		1		1		0.032			
Riboflavin		0.013		9		1		0.021			
Niacin	_	0.400		1		1		0.632			
Pantothenic acid		0.390		13		1		0.616			
Vitamin B-6	-	0.093		12		1		0.147			
Folate, total		3	0.184	8		1		5			
Folic acid		0		0	Z	7		0			
Folate, food		3	0.184	8		1		5			
Folate, DFE		3		0	NC	4		5			
Vitamin B-12		0.00		0	Z	7		0.00			
Vitamin A, IU		0		0		4		0			
Vitamin A, RAE		0		0	NC	4		0			
Retinol		0		0	Z	7		0			
Vitamin E (alpha-tocopherol)	mg	0.04		0	BFZN	4		0.06			
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta	mg										
Vitamin D											
Vitamin K (phylloquinone)	mcg	0.0		0	BFZN	4		0.0			
Lipids:											
Fatty acids, total saturated	a	0.077		0		1		0.122			
4:0		0.000		0		1		0.000			
6:0		0.000		0		1		0.000			
8:0		0.000		0		1		0.000			
10:0	-	0.000		0		1		0.000			
12:0	-	0.000		0		1		0.000			
13:0	-	2.200		•		-		2.000			
14:0	-	0.002		0		1		0.003			
15:0	-	0.002		•		-		2.003			
16:0		0.069	1	0		1		0.109			
17:0		5.503		•		-		3.103			
18:0	-	0.005	•	0		1		0.008			
20:0	-	0.000		•		-		2.000			
22:0	-										
24:0	-										

		<u>Aı</u>	mount in 100 g	rams	of edib	ole portio	<u>on</u>	Amount in edible portion of common measures of food			
			Nu	mber				<u>m</u>	easures of food		
					Deriv	Source	Confidence				
Nutrients and U	nits	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	lg	0.088		0		1		0.139			
14:1	g										
15:1	g										
16:1 undifferentiated	g	0.001		0		1		0.002			
17:1	-										
18:1 undifferentiated	-	0.087		0		1		0.137			
20:1		0.000		0		1		0.000			
22:1 undifferentiated	•	0.000		0		1		0.000			
24:1 c											
Fatty acids, total polyunsaturated.		0.076		0		1		0.120			
18:2 undifferentiated		0.062		0		1		0.098			
18:3 undifferentiated	-	0.013		0		1		0.021			
18:4	-	0.000		0		1		0.000			
20:2 n-6 c,c	_										
20:3 undifferentiated	-					_					
20:4 undifferentiated	-	0.000		0		1		0.000			
20:5 n-3		0.000		0		1		0.000			
22:5 n-3		0.000		0		1		0.000			
22:6 n-3		0.000		0		1		0.000			
Fatty acids, total trans				_		_		_			
Cholesterol		0		0	Z	7		0			
Phytosterols	mg										
Amino Acids:											
Tryptophan	q	0.031		0		1		0.049			
Threonine		0.096		0		1		0.152			
Isoleucine	-	0.116		0		1		0.183			
Leucine	_	0.222		0		1		0.351			
Lysine	g	0.097		0		1		0.153			
Methionine		0.063		0		1		0.100			
Cystine	g	0.055		0		1		0.087			
Phenylalanine		0.144		0		1		0.228			
Tyrosine		0.090		0		1		0.142			
Valine		0.164		0		1		0.259			
Arginine	g	0.224		0		1		0.354			
Histidine	-	0.063		0		1		0.100			
Alanine		0.156		0		1		0.246			
Aspartic acid		0.253		0		1		0.400			
Glutamic acid		0.524		0		1		0.828			
Glycine		0.122		0		1		0.193			
Proline		0.127		0		1		0.201			
Serine		0.141		0		1		0.223			
Hydroxyproline											
	=										
Others:	_					_		• •			
Alcohol, ethyl		0.0		0	_	7		0.0			
Caffeine		0		0	z	7		0			
Theobromine	<u>mg</u>	0		0	Z	7		0			
<u>Carotenoids:</u>											
Carotene, beta	mcg	0		0	BFZN	4		0.000			
Carotene, alpha	-	0		0	BFZN	4		0.000			
Cryptoxanthin, beta		0		0	BFZN	4		0.000			
Lycopene	mcg	0		0	BFZN	4		0.000			
Lutein + zeaxanthin	mcg	0		0	BFZN	4		0.000			

## **Common Measures:**

Measure 1 = 158g: 1 cup

Rice, white, long-grain, regular, cooked, unenriched, without salt

Calories Factors: Protein 3.82 Fat 8.37 Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

		<u>A</u>	mount in 100 g	ırams	of edil	ole portio	<u>n</u>		edible portion	
			Nu	ımbeı	r			<u>m</u>	easures of food	<u>l</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and U	nits	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	11.62	0.332	58		1		21.50		
Energy	kcal	365		0	NC	4		675		
Energy	kj	1527				4		2825		
Protein (N x 5.95)	g	7.13	0.134	70		1		13.19		
Total lipid (fat)	g	0.66	0.053	23		1		1.22		
Ash	g	0.64	0.022	60		1		1.18		
Carbohydrate, by difference	g	79.95		0	NC	4		147.91		
Fiber, total dietary	g	1.3		0		1		2.4		
Sugars, total		0.12		0	AS	1		0.22		
Sucrose		0.08		2	A	1		0.15		
Glucose (dextrose)	g	0.02		2	A	1		0.03		
Fructose	g	0.02		2	A	1		0.03		
Lactose	g	0.00		2	A	1		0.00		
Maltose	g	0.00		2	A	1		0.00		
Galactose	g	0.00		0	Z	7		0.00		
Starch	g									
<u>Minerals:</u> Calcium. Ca	ma	28	3.052	22		1		52		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	4.31	0.584	6		1		7.97		
Magnesium, Mg		25	1.776	13		1		46		
Phosphorus, P		115	3.642	15		1		213		
Potassium, K		115	10.363	17		1		213		
Sodium, Na		5	1.051	10		1		9		
Zinc, Zn		1.09	0.068	13		1		2.02		
Copper, Cu		0.220	0.016	13		1		0.407		
Manganese, Mn		1.088	0.049	6		1		2.013		
Selenium, Se	mcg	15.1	5.193	7	A	1		27.9		
Vitamins:										
Vitamin C, total ascorbic acid		0.0		0		4		0.0		
Thiamin	-	0.576		5		1		1.066		
Riboflavin		0.049		19		1		0.091		
Niacin		4.192		12		1		7.755		
Pantothenic acid		1.014		6		1		1.876 0.303		
Vitamin B-6		0.164 231	0.008	7 0	s	1 4		0.303 427		
Foliate, total		231		0	NC	4		427		
Folic acid		8	0.962	5	NC	1		15		
Folate, DFE		387	0.962	0	NC	1		716		
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin B-12	_	0.00		0		4		0.00		
Vitamin A, RAE		0		0	AS	1		0		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)		0.11		0	_	1		0.20		
Tocopherol, beta		- ·		-		=		<del>-</del>		
Tocopherol, gamma	-									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.1		0	BFSN	4		0.1		
<u>ipids:</u>										
Fatty acids, total saturated		0.180		0		1		0.333		
4:0		0.000		0		1		0.000		
6:0	-	0.000		0		1		0.000		
8:0	<del>-</del>	0.000		0		1		0.000		
10:0		0.000		0		1		0.000		
12:0		0.000	)	0		1		0.000		
13:0						_		_		
14:0		0.004	ł	19		1		0.007		
15:0	g									

	<u>A</u> 1	mount in 100 grams		<u>ortion</u>		edible portion o	f common
		Numbe				easures or roou	
Nutrients and Units	Mean	of Data Std. Error Points		urce Confidence ode Code	Measure 1	Measure 2	Measure 3
16:0g	0.161	. 19		1	0.298		
17:0. 9	0.101			-	0.230		
18:0g	0.012	19		1	0.022		
20:0g							
22:0g							
24:0g							
Fatty acids, total monounsaturated	0.206	0		1	0.381		
14:19							
15:1g 16:1 undifferentiatedg	0.002	19		1	0.004		
17:1g	0.002	. 19		-	0.004		
18:1 undifferentiatedg	0.203	19		1	0.376		
20:1g	0.000			1	0.000		
22:1 undifferentiated	0.000			1	0.000		
24:1 cg							
Fatty acids, total polyunsaturated	0.177	0		1	0.327		
18:2 undifferentiatedg	0.146			1	0.270		
18:3 undifferentiatedg	0.031			1	0.057		
18:4g	0.000	0		1	0.000		
20:2 n-6 c,cg							
20:3 undifferentiated	0.000			1	0.000		
20:4 undifferentiatedg 20:5 n-3g	0.000			1	0.000 0.000		
20.5 n-3g	0.000			1	0.000		
22:6 n-3	0.000			1	0.000		
Fatty acids, total trans		-		_	0.000		
Cholesterolmg	0	0		7	0		
Phytosterolsmg							
Amino Acids:							
Tryptophang	0.083	95		1	0.154		
Threonineg	0.255	127		1	0.472		
Isoleucineg	0.308	109		1	0.570		
Leucineg	0.589	125		1	1.090		
Lysineg	0.258			1	0.477		
Methionine9	0.168			1	0.311		
Cystineg	0.146			1	0.270		
Phenylalanine	0.381 0.238			1 1	0.705		
Tyrosineg	0.238			1	0.440 0.805		
Valine	0.435			1	1.099		
Histidine	0.168			1	0.311		
Alanine	0.413			1	0.764		
Aspartic acidg	0.670			1	1.240		
Glutamic acidg	1.389	83		1	2.570		
Glycineg	0.325			1	0.601		
Prolineg	0.335			1	0.620		
Serineg	0.375	84		1	0.694		
Hydroxyprolineg							
Others:							
Alcohol, ethylg	0.0	0		7	0.0		
Caffeinemg	0	0	Z	7	0		
Theobromine mg	0	0	Z	7	0		
<u>Carotenoids:</u>							
Carotene, beta mcg	0	0	Z	7	0.000		
Carotene, alphamcg	0	0	Z	7	0.000		
Cryptoxanthin, betamcg	0	0	Z Z	7 7	0.000 0.000		
Lycopene mcg	0	0	z Z	7	0.000		
Lutein + zeaxanthin mcg	U	0	Z	1	0.000		

Rice, white, long-grain, regular, raw, enriched

**Common Measures:** 

Measure 1 = 185g: 1 cup

Calories Factors: Protein 3.82 Fat 8.37 Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

		<u>Aı</u>	mount in 100 g	grams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			Nu	ımber	r			<u>m</u> e	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	11.62	0.332	58		1		21.50			
Energy	kcal	365		0	NC	4		675			
Energy	kj	1527				4		2825			
Protein (N x 5.95)	g	7.13	0.134	70		1		13.19			
Total lipid (fat)	g	0.66	0.053	23		1		1.22			
Ash	g	0.64	0.022	60		1		1.18			
Carbohydrate, by difference	g	79.95		0	NC	4		147.91			
Fiber, total dietary	g	1.3		0		4		2.4			
Sugars, total	g	0.12		0	BFZN	4		0.22			
Starch	g										
Minerals:											
Calcium, Ca	ma	28	3.052	22		1		52			
Iron, Fe	_	0.80		1		1		1.48			
Magnesium, Mg	_	25	1.776	13		1		46			
Phosphorus, P		115	3.642	15		1		213			
Potassium, K	_	115	10.363	17		1		213			
Sodium, Na		5	1.051	10		1		9			
Zinc, Zn	mg	1.09	0.068	13		1		2.02			
Copper, Cu	mg	0.220	0.016	13		1		0.407			
Manganese, Mn	mg	1.088		6		1		2.013			
Selenium, Se	mcg	15.1	5.193	7	A	1		27.9			
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0			
Thiamin	_	0.070	1	1		1		0.130			
Riboflavin	_	0.049		19		1		0.091			
Niacin	_	1.600	)	1		1		2.960			
Pantothenic acid		1.014	0.194	6		1		1.876			
Vitamin B-6	mg	0.164	0.008	7		1		0.303			
Folate, total	mcg	8	0.962	5		1		15			
Folic acid	mcg	0		0	Z	7		0			
Folate, food		8	0.962	5		1		15			
Folate, DFE	mcg_DFE	8		0	NC	4		15			
Vitamin B-12		0.00		0	Z	7		0.00			
Vitamin A, IU		0		0		7		0			
Vitamin A, RAE		0		0	NC	4		0			
Retinol		0		0	Z	7		0			
Vitamin E (alpha-tocopherol)		0.11		0	BFZN	4		0.20			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D		0.1		0	BFZN	4		0.1			
Vitamin K (phylloquinone)	Ilicy	0.1		U	BFZN	4		0.1			
<u> ipids:</u>											
Fatty acids, total saturated	g	0.180	)	0		1		0.333			
4:0	g	0.000	1	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	-	0.000		0		1		0.000			
12:0		0.000	)	0		1		0.000			
13:0											
14:0		0.004		19		1		0.007			
15:0											
16:0		0.161		19		1		0.298			
17:0	-	_				_					
18:0	-	0.012		19		1		0.022			
20:0	-										
22:0	a										

	<u>A</u> 1	nount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
				Number				<u>m</u>	easures of 1000	
Nutrients and U	Inits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate	edg	0.206		0		1		0.381		
14:1	g									
15:1	g									
16:1 undifferentiated	-	0.002		19		1		0.004		
17:1	-									
18:1 undifferentiated	-	0.203		19		1		0.376		
20:1		0.000		0		1		0.000		
22:1 undifferentiated	-	0.000		0		1		0.000		
24:1 c										
Fatty acids, total polyunsaturated		0.177		0		1		0.327		
18:2 undifferentiated		0.146		19		1		0.270		
18:3 undifferentiated		0.031		19		1		0.057		
18:4	-	0.000		0		1		0.000		
20:2 n-6 c,c	-									
20:3 undifferentiated	-									
20:4 undifferentiated		0.000		0		1		0.000		
20:5 n-3	-	0.000		0		1		0.000		
22:5 n-3	-	0.000		0		1		0.000		
22:6 n-3		0.000		0		1		0.000		
Fatty acids, total trans										
Cholesterol	_	0		0	Z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	а	0.083		95		1		0.154		
Threonine		0.255		127		1		0.472		
Isoleucine	-	0.308		109		1		0.570		
Leucine	-	0.589		125		1		1.090		
Lysine	-	0.258		141		1		0.477		
Methionine		0.168		121		1		0.311		
Cystine		0.146		53		1		0.270		
Phenylalanine		0.381		104		1		0.705		
Tyrosine		0.238		173		1		0.440		
Valine	-	0.435		109		1		0.805		
Arginine		0.594		96		1		1.099		
Histidine		0.168		96		1		0.311		
Alanine	-	0.413		84		1		0.764		
Aspartic acid		0.670		83		1		1.240		
Glutamic acid	-	1.389		83		1		2.570		
Glycine	=	0.325		84		1		0.601		
Proline		0.335		98		1		0.620		
Serine	-	0.375		84		1		0.694		
Hydroxyproline		0.575		0.1		-		0.051		
11, aroxypromic										
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0		
Caffeine	mg	0		0	Z	7		0		
Theobromine	<u>mg</u>	0		0	Z	7		0		
Carotenoids:										
Carotene, beta	mca	0		0	BFZN	4		0.000		
Carotene, alpha		o o		0	BFZN	4		0.000		
Cryptoxanthin, beta	_	0		0	BFZN	4		0.000		
Lycopene		0		0	BFZN	4		0.000		
Lutein + zeaxanthin		0		0	BFZN	4		0.000		

## **Common Measures:**

Measure 1 = 185g: 1 cup

Rice, white, long-grain, regular, raw, unenriched

Calories Factors: Protein 3.82 Fat 8.37 Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

		<u>A</u> :	mount in 100 gra	ıms of ed	ible portic	<u>on</u>	Amount in edible portion of common			
Nutrients and Un	its	Mean	Num of D Std. Error Poir	ata Deriv		Confidence Code	<u>m</u> Measure 1	easures of food  Measure 2	<u>I</u> Measure	
Proximates:	2	68.61		0	1		127.61			
Water	-			0 NC						
Energy		130		0 NC			242			
Energy		544			4		1012			
Protein (N x 5.95)		2.38		0	1		4.43			
Total lipid (fat)		0.21		0	1		0.39			
Ash		0.21		0	1		0.39			
Carbohydrate, by difference		28.59		0 NC			53.18			
Fiber, total dietary	g	0.3		0	1		0.6			
Sugars, total	g									
Starch	g									
W:										
Minerals:	ma	3		0	1		6			
Calcium, Ca		1.49		0	1		2.77			
Iron, Fe	-	1.49		0	1		2.77			
Magnesium, Mg		13 37		0	1		24 69			
Phosphorus, P		37 29		0	1		54			
Potassium, K		0		0	1		0			
Sodium, Na Zinc, Zn	_	0.42		0	1		0.78			
Copper, Cu	_	0.42	)	0	1		0.78			
• • •		0.036		0	1		0.701			
Manganese, Mn		7.5		47 A	1		14.0			
Selenium, Se	nicg	7.5	0.459	#/ A	1		14.0			
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0		0	1		0.0			
Thiamin	mg	0.167	1	0	1		0.311			
Riboflavin		0.016	5	0	1		0.030			
Niacin	mg	1.835	5	0	1		3.413			
Pantothenic acid		0.411	L	0	1		0.764			
Vitamin B-6	-	0.050	)	0	1		0.093			
Folate, total	_	58		0 BFS	7 4		108			
Folic acid		56		0 NC	4		104			
Folate, food		2		0	1		4			
Folate, DFE		97		0 NC	4		181			
Vitamin B-12		0.00		0 z	7		0.00			
Vitamin A, IU	IU	0		0	1		0			
Vitamin A, RAE		0		0	1		0			
Retinol		0		0 z	7		0			
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	-									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
viamim is (phynodumone)										
<u> Lipids:</u>										
Fatty acids, total saturated	g	0.057	1	0	1		0.106			
4:0										
6:0										
8:0	-									
10:0										
12:0										
13:0										
14:0		0.001	L	0	1		0.002			
15:0	g									
16:0	g	0.051	L	0	1		0.095			
17:0	g									
18:0	g	0.004	l	0	1		0.007			
20:0	g									
22:0	g									
24:0	a									

	<u>Aı</u>	mount in 10	0 grams	of edil	<u>on</u>	Amount in edible portion of common				
				Number				<u>m</u>	easures of food	
						Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		0.065		0		1		0.121		
14:1	-									
15:1										
16:1 undifferentiated	_	0.001		0		1		0.002		
17:1	_									
18:1 undifferentiated	_	0.064		0		1		0.119		
20:1	-									
22:1 undifferentiated	-									
24:1 c		_								
Fatty acids, total polyunsaturated		0.056		0		1		0.104		
18:2 undifferentiated	•	0.046		0		1		0.086		
18:3 undifferentiated	-	0.010		0		1		0.019		
18:4										
20:2 n-6 c,c										
20:3 undifferentiated	_									
20:4 undifferentiated	_									
20:5 n-3										
22:5 n-3	_									
22:6 n-3	-									
Fatty acids, total trans										
Cholesterol	-	0		0	z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.028		0		1		0.052		
Threonine		0.085		0		1		0.158		
Isoleucine	_	0.103		0		1		0.192		
Leucine		0.197		0		1		0.366		
Lysine	-	0.086		0		1		0.160		
Methionine		0.056		0		1		0.104		
Cystine		0.049		0		1		0.091		
Phenylalanine		0.127		0		1		0.236		
Tyrosine		0.080		0		1		0.149		
Valine	_	0.145		0		1		0.270		
Arginine		0.198		0		1		0.368		
Histidine		0.056		0		1		0.104		
Alanine	-	0.138		0		1		0.257		
Aspartic acid	-	0.224		0		1		0.417		
Glutamic acid		0.464		0		1		0.863		
Glycine	-	0.108		0		1		0.201		
Proline	-	0.112		0		1		0.208		
Serine	-	0.125		0		1		0.233		
Hydroxyproline	_	0.123		Ü		-		0.233		
ттушолургонне	9									

## **Common Measures:**

Measure 1 = 186g: 1 cup

Calories Factors: Protein 3.82 Fat 8.37 Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

		Amount in 100 grams of edible portion							Amount in edible portion of common			
			N	lumber				<u>me</u>	easures of food	_		
Nutrients and Units		Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure		
Proximates:												
Water	g	68.61		0		1		127.61				
Energy	kcal	130		0	NC	4		242				
Energy	kj	544				4		1012				
Protein (N x 5.95)		2.38		0		1		4.43				
Total lipid (fat)	g	0.21		0		1		0.39				
Ash	g	0.21		0		1		0.39				
Carbohydrate, by difference		28.59		0	NC	4		53.18				
Fiber, total dietary	g											
Sugars, total	g											
Starch	g											
Minerals:												
Calcium, Ca	ma	3		0		1		6				
Iron, Fe		0.20		1		1		0.37				
Magnesium, Mg	_	13		0		1		24				
Phosphorus, P		37		0		1		69				
Potassium, K		29		0		1		54				
Sodium, Na	mg	0		0		1		0				
Zinc, Zn	mg	0.42		0		1		0.78				
Copper, Cu	mg	0.038	3	0		1		0.071				
Manganese, Mn	mg	0.377	7	0		1		0.701				
Selenium, Se	mcg											
Vitamins:												
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0				
Thiamin	_	0.020	)	1		1		0.037				
Riboflavin		0.016	6	0		1		0.030				
Niacin	mg	0.400	)	1		1		0.744				
Pantothenic acid	mg	0.411	L	0		1		0.764				
Vitamin B-6	mg	0.050	)	0		1		0.093				
Folate, total	mcg	2		0		1		4				
Folic acid	mcg	0		0	Z	7		0				
Folate, food		2		0		1		4				
Folate, DFE		2		0	NC	4		4				
Vitamin B-12	mcg	0.00		0	Z	7		0.00				
Vitamin A, IU		0		0		1		0				
Vitamin A, RAE		0		0	_	1		0				
Retinol		0		0	Z	7		0				
Vitamin E (alpha-tocopherol)												
Tocopherol, beta												
Tocopherol, gamma												
Tocopherol, delta Vitamin D												
Vitamin K (phylloquinone)												
<u>Lipids:</u>			_									
Fatty acids, total saturated		0.057	7	0		1		0.106				
4:0												
6:0												
8:0	-											
10:0												
12:0 13:0												
14:0		0.001	i	0		1		0.002				
15:0		0.001	-	J		_		0.002				
16:0		0.051	1	0		1		0.095				
17:0		0.051	-	U		1		0.033				
18:0		0.004	4	0		1		0.007				
20:0		0.004	-	3		-		0.007				
22:0	_											
24:0	_											

	<u>Ar</u>	mount in 100 grams	Amount in edible portion of common measures of food				
			Deriv Source		<u></u>	casares or room	
Nutrients and Units	Mean	Std. Error Points	Code Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.065	0	1		0.121		
14:1g							
15:1g							
16:1 undifferentiatedg	0.001	0	1		0.002		
17:1g							
18:1 undifferentiatedg	0.064	0	1		0.119		
20:1g							
22:1 undifferentiated							
24:1 c							
Fatty acids, total polyunsaturated	0.056	0	1		0.104		
18:2 undifferentiatedg	0.046	0	1		0.086		
18:3 undifferentiated	0.010	0	1		0.019		
18:4g							
20:2 n-6 c,cg							
20:3 undifferentiated							
20:4 undifferentiated							
20:5 n-3							
22:5 n-3g							
22:6 n-3g							
Fatty acids, total trans							
Cholesterolmg	0	0	z 7		0		
Phytosterolsmg							
Amino Acids:							
Tryptophang	0.028	0	1		0.052		
Threonine	0.085	0	1		0.158		
Isoleucine	0.103	0	1		0.192		
Leucineg	0.197	0	1		0.366		
Lysineg	0.086	0	1		0.160		
Methionineg	0.056	0	1		0.104		
Cystineg	0.049	0	1		0.091		
Phenylalanine9	0.127	0	1		0.236		
Tyrosineg	0.080	0	1		0.149		
Valineg	0.145	0	1		0.270		
Arginine9	0.198	0	1		0.368		
Histidine	0.056	0	1		0.104		
Alanineg	0.138	0	1		0.257		
Aspartic acid9	0.224	0	1		0.417		
Glutamic acid	0.464	0	1		0.863		
Glycineg	0.108	0	1		0.201		
Prolineg	0.112	0	1		0.208		
Serineg							
	0.125	0	1		0.233		

## **Common Measures:**

Measure 1 = 186g: 1 cup

Calories Factors: Protein 3.82 Fat 8.37 Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

		<u>Aı</u>	mount in 100 g	rams	of edil	ole portio	<u>n</u>		edible portion	
			Nu	mber	r			<u>m</u>	easures of food	<u>l</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	12.89	0.477	16		1		25.14		
Energy	kcal	360		0	NC	4		702		
Energy	kj	1506				4		2937		
Protein (N x 5.95)	g	6.61	0.197	18		1		12.89		
Total lipid (fat)	g	0.58	0.058	6		1		1.13		
Ash	g	0.58	0.044	17		1		1.13		
Carbohydrate, by difference	g	79.34		0	NC	4		154.71		
Fiber, total dietary	g	1.4		0		1		2.7		
Sugars, total	g									
Starch	g									
W:										
Minerals: Calcium, Ca	ma	9		2		1		18		
Iron. Fe.	-	4.36	0.800	3		1		8.50		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	35	0.000	2		1		68		
Phosphorus, P		108	5.412	4		1		211		
Potassium, K	-	86	5.551	5		1		168		
Sodium, Na	-	1		2		1		2		
Zinc, Zn	-	1.16		2		1		2.26		
Copper, Cu		0.110		2		1		0.215		
Manganese, Mn	<u>mg</u>	1.100		2		1		2.145		
Selenium, Se	mcg	15.1	5.193	7	A	1		29.4		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0		
Thiamin	_	0.578	0.030	3		1		1.127		
Riboflavin		0.048		5		1		0.094		
Niacin		5.093		3		1		9.931		
Pantothenic acid		1.342		2		1		2.617		
Vitamin B-6	-	0.145		2		1		0.283		
Folate, total	-	231		0	s	4		450		
Folic acid		222		0	NC	4		433		
Folate, food		9		2		1		18		
Folate, DFE		386		0	NC	4		753		
Vitamin B-12		0.00		0	z	7		0.00		
Vitamin A, IU		0		0		4		0		
Vitamin A, RAE		0		0		4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.11		0		1		0.21		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	q	0.158		0		1		0.308		
4:0										
6:0										
8:0	g									
10:0	g									
12:0										
13:0	g									
14:0	g	0.003		0		1		0.006		
15:0	g									
16:0	g	0.141		0		1		0.275		
17:0	-									
18:0	g	0.011		0		1		0.021		
20:0	g									
	g									

		<u>Ar</u>	nount in 10			ole portio	<u>n</u>		edible portion o	f common
				Number				<u>me</u>	easures of food	
Nutrients and Uni	ts	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	0.181		0		1		0.353		
14:1										
15:1	g									
16:1 undifferentiated	g	0.002		0		1		0.004		
17:1	g									
18:1 undifferentiated	g	0.179		0		1		0.349		
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.155		0		1		0.302		
18:2 undifferentiated	g	0.128		0		1		0.250		
18:3 undifferentiated	g	0.027		0		1		0.053		
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3										
22:5 n-3	g									
22:6 n-3										
Fatty acids, total trans	_									
Cholesterol	_	0		0	Z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	а	0.077		0		1		0.150		
Threonine		0.236		0		1		0.460		
Isoleucine		0.285		0		1		0.556		
Leucine	-	0.546		0		1		1.065		
Lysine	_	0.239		0		1		0.466		
Methionine		0.155		0		1		0.302		
Cystine	_	0.135		0		1		0.263		
Phenylalanine		0.353		0		1		0.688		
Tyrosine		0.221		0		1		0.431		
Valine	-	0.403		0		1		0.786		
Arginine	_	0.551		0		1		1.074		
Histidine.		0.155		0		1		0.302		
Alanine		0.383		0		1		0.747		
Aspartic acid	_	0.621		0		1		1.211		
Glutamic acid	_	1.288		0		1		2.512		
Glycine		0.301		0		1		0.587		
Proline	-	0.311		0		1		0.606		
Serine		0.347		0		1		0.677		
Hydroxyproline	_									

## **Common Measures:**

Measure 1 = 195g: 1 cup

Calories Factors: Protein 3.82 Fat 8.37 Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

		<u>Aı</u>	mount in 100 g	rams	of edit	ole portio	<u>n</u>		edible portion	
			Nu	mber	r			<u>m</u>	easures of food	<u>l</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	12.89	0.477	16		1		25.14		
Energy	kcal	360		0	NC	4		702		
Energy	kj	1506				4		2937		
Protein (N x 5.95)	g	6.61	0.197	18		1		12.89		
Total lipid (fat)	g	0.58	0.058	6		1		1.13		
Ash		0.58	0.044	17		1		1.13		
Carbohydrate, by difference	g	79.34		0	NC	4		154.71		
Fiber, total dietary	g									
Sugars, total										
Starch	9									
Minerals:										
Calcium, Ca	mg	9		2		1		18		
Iron, Fe	_	0.80		1		1		1.56		
Magnesium, Mg	mg	35		2		1		68		
Phosphorus, P	_	108	5.412	4		1		211		
Potassium, K		86	5.551	5		1		168		
Sodium, Na	-	1		2		1		2		
Zinc, Zn		1.16		2		1		2.26		
Copper, Cu		0.110		2		1		0.215		
Manganese, Mn		1.100		2		1		2.145		
Selenium, Se	IIICY									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.070		1		1		0.137		
Riboflavin		0.048	0.012	5		1		0.094		
Niacin		1.600		1		1		3.120		
Pantothenic acid	=	1.342		2		1		2.617		
Vitamin B-6	_	0.145		2		1		0.283		
Folate, total		9		2	_	1		18		
Folic acid		0 9		0 2	Z	7 1		0		
Folate, food		9		0	NC	4		18 18		
Folate, DFEVitamin B-12		0.00		0	NC Z	7		0.00		
Vitamin A, IU		0.00		U	4	,		0.00		
Vitamin A, RAE										
Retinol										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.158		0		1		0.308		
4:0										
6:0										
8:0	g									
10:0	-									
12:0	-									
13:0	-			_		_				
14:0	-	0.003		0		1		0.006		
15:0	-	0 1 1 1		•						
16:0	-	0.141		0		1		0.275		
17:0	-	0 011		0		1		0 021		
18:0 20:0	-	0.011		U		1		0.021		
20:0	-									
24:0										

		<u>Ar</u>	nount in 10			ole portio	<u>n</u>		edible portion o	f common
				Number				<u>me</u>	easures of food	
Nutrients and Uni	ts	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	0.181		0		1		0.353		
14:1										
15:1	g									
16:1 undifferentiated	g	0.002		0		1		0.004		
17:1	g									
18:1 undifferentiated	g	0.179		0		1		0.349		
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.155		0		1		0.302		
18:2 undifferentiated	g	0.128		0		1		0.250		
18:3 undifferentiated	g	0.027		0		1		0.053		
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3										
22:5 n-3	g									
22:6 n-3										
Fatty acids, total trans	_									
Cholesterol	-	0		0	Z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	а	0.077		0		1		0.150		
Threonine		0.236		0		1		0.460		
Isoleucine		0.285		0		1		0.556		
Leucine	-	0.546		0		1		1.065		
Lysine	_	0.239		0		1		0.466		
Methionine		0.155		0		1		0.302		
Cystine	_	0.135		0		1		0.263		
Phenylalanine		0.353		0		1		0.688		
Tyrosine		0.221		0		1		0.431		
Valine	-	0.403		0		1		0.786		
Arginine	_	0.551		0		1		1.074		
Histidine.		0.155		0		1		0.302		
Alanine		0.383		0		1		0.747		
Aspartic acid	_	0.621		0		1		1.211		
Glutamic acid	_	1.288		0		1		2.512		
Glycine		0.301		0		1		0.587		
Proline	-	0.311		0		1		0.606		
Serine		0.347		0		1		0.677		
Hydroxyproline	_									

## **Common Measures:**

Measure 1 = 195g: 1 cup

Calories Factors: Protein 3.82 Fat 8.37 Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

		<u>A</u> 1	mount in 100	grams	of edit	ole portio	<u>n</u>		edible portion	
			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
Proximates:										
Water	g	68.53		0		1		127.47		
Energy	kcal	130		0	NC	4		242		
Energy	kj	544				4		1012		
Protein (N x 5.95)	g	2.36		0		1		4.39		
Total lipid (fat)	g	0.19		0		1		0.35		
Ash	g	0.20		0		1		0.37		
Carbohydrate, by difference	g	28.73		0	NC	4		53.44		
Fiber, total dietary	g									
Sugars, total.	g									
Starch	g									
Minerals:	ma	1		^		4		2		
Calcium, Ca	-	1.46		0		1 1		2 2.72		
Iron, Fe	-	8		0		1		2.72 15		
Phosphorus, P		33		0		1		61		
Potassium, K	_	26		0		1		48		
Sodium, Na	_	0		0		1		0		
Zinc, Zn	-	0.40		0		1		0.74		
Copper, Cu		0.072	•	0		1		0.134		
Manganese, Mn		0.357		0		1		0.664		
Selenium, Se		7.5	0.459		A	1		14.0		
	········									
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.0		0		1		0.0		
Thiamin	-	0.164		0		1		0.305		
Riboflavin		0.016		0		1		0.030		
Niacin		1.493		0		1		2.777		
Pantothenic acid	-	0.397		0		1		0.738		
Vitamin B-6	_	0.059	)	0		1		0.110		
Folate, total		59		0	BFSY	4		110		
Folic acid		57 2		0	NC	4		106 4		
Folate, food		99		0	NC	1 4		184		
Folate, DFE		0.00		0	NC Z	7		0.00		
Vitamin B-12 Vitamin A, IU		0.00		0	Z	1		0.00		
Vitamin A, RAE		0		0		1		0		
Retinol		0		0	z	7		0		
Vitamin E (alpha-tocopherol)		Ū		Ū		,		Ü		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:	~	0.051		0		1		0.095		
Fatty acids, total saturated		0.051	•	U		_		0.095		
6:0	-									
8:0	_									
10:0										
12:0										
13:0										
14:0	-	0.001		0		1		0.002		
15:0										
16:0		0.046	5	0		1		0.086		
17:0										
18:0	_	0.003	3	0		1		0.006		
20:0	_									
22:0	_									
24:0	_									

	<u>A</u>	mount in 100 gr	ams of ec	lible portic	<u>on</u>		edible portion o	f common
Nutrients and Units	Mean		Data Deri		Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.058		0	1		0.108		
14:1g	0.056		U	_		0.108		
15:1g								
16:1 undifferentiated	0.001		0	1		0.002		
17:1g	0.001		· ·	-		0.002		
18:1 undifferentiated	0.058		0	1		0.108		
20:1	0.030		Ü	-		0.108		
22:1 undifferentiated								
22:1 undifferentiated								
Fatty acids, total polyunsaturated9	0.050	1	0	1		0.093		
18:2 undifferentiatedg	0.041		0	1		0.033		
18:3 undifferentiatedg	0.009		0	1		0.017		
18:4g	0.003	,	U	-		0.017		
20:2 n-6 c.c								
20:3 undifferentiatedg								
20:4 undifferentiated								
20:5 n-3g								
20.5 n-3g								
22:6 n-3g								
Fatty acids, total trans								
Cholesterolmg	0		0 z	7		0		
Phytosterols mg	v		0 2	,		Ü		
1 hytosterois								
Amino Acids:								
Tryptophang	0.027		0	1		0.050		
Threonineg	0.084		0	1		0.156		
Isoleucineg	0.102		0	1		0.190		
Leucineg	0.195	i	0	1		0.363		
Lysineg	0.085	i	0	1		0.158		
Methionineg	0.056	;	0	1		0.104		
Cystineg	0.048		0	1		0.089		
Phenylalanine9	0.126	i	0	1		0.234		
Tyrosineg	0.079	)	0	1		0.147		
Valineg	0.144		0	1		0.268		
Arginineg	0.197		0	1		0.366		
Histidine	0.056	i	0	1		0.104		
Alanineg	0.137		0	1		0.255		
Aspartic acidg	0.222		0	1		0.413		
Glutamic acid	0.460	1	0	1		0.856		
Glycineg	0.108		0	1		0.201		
Proline	0.111		0	1		0.206		
Serineg	0.124		0	1		0.231		
Hydroxyproline								

## **Common Measures:**

Measure 1 = 186g: 1 cup

Calories Factors: Protein 3.82 Fat 8.37 Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

		<u>A</u> 1	mount in 10	0 grams	of edil	ole portio	<u>n</u>		edible portion	
				Number	•			<u>m</u> :	easures of food	<u>l</u>
Nutrients and Uni	ts	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates: Water	а	68.53		0		1		140.49		
Energy		130		0	NC	4		267		
Energy		544		•	-1.0	4		1115		
Protein (N x 5.95)		2.36		0		1		4.84		
Total lipid (fat)		0.19		0		1		0.39		
Ash	_	0.20		0		1		0.41		
Carbohydrate, by difference		28.73		0	NC	4		58.90		
Fiber, total dietary		20.75		·	110	-		30.30		
Sugars, total										
Starch										
Starcn	g									
<u>Minerals:</u>										
Calcium, Ca	mg	1		0		1		2		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.20		1		1		0.41		
Magnesium, Mg	mg	8		0		1		16		
Phosphorus, P	mg	33		0		1		68		
Potassium, K	mg	26		0		1		53		
Sodium, Na	-	0		0		1		0		
Zinc, Zn		0.40		0		1		0.82		
Copper, Cu		0.072		0		1		0.148		
Manganese, Mn		0.357	7	0		1		0.732		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0		
Thiamin	-	0.020	)	1		1		0.041		
Riboflavin		0.016	5	0		1		0.033		
Niacin		0.400	)	1		1		0.820		
Pantothenic acid		0.397	7	0		1		0.814		
Vitamin B-6	mg	0.059	)	0		1		0.121		
Folate, total	mcg	2		0		1		4		
Folic acid		0		0	Z	7		0		
Folate, food	mcg	2		0		1		4		
Folate, DFE		2		0	NC	4		4		
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin A, IU	IU									
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	g									
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.051	L	0		1		0.105		
4:0										
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	-									
14:0		0.001	L	0		1		0.002		
15:0	-									
16:0	-	0.046	5	0		1		0.094		
17:0	-									
18:0		0.003	3	0		1		0.006		
20:0	-									
22:0	g									

Nutrients and Units   Nutrients   Nutrie			<u>Ar</u>	mount in 10			ole portic	<u>on</u>		edible portion o	of common
Fatty acids, total monounsaturated					of Data	Deriv			<u></u>	<u> </u>	
141	Nutrients and Units		Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
14-1	Fatty acids total monounsaturated	q	0.058		0		1		0.119		
1-1											
1-1	15:1	g									
18:1 undifferentiated			0.001		0		1		0.002		
201		-									
201	18:1 undifferentiated	g	0.058		0		1		0.119		
22-1 undifferentiated		-									
Fatty acids, total polyunsaturated											
Fatty acids, total polyunsaturated											
18:2 undifferentiated       9       0.041       0       1       0.084         18:3 undifferentiated       9       0.009       0       1       0.018         18:4			0.050		0		1		0.103		
18.3 undifferentiated.       9       0.009       0       1       0.018         18.4			0.041		0		1		0.084		
18.4       9         20.2 n-6 c,c       9         20.3 undifferentiated       9         20.4 undifferentiated       9         20.5 n-3       9         22.5 n-3       9         22.5 n-3       9         22.6 n-3       9         Fatty acids, tolt rans       9         Cholesterol       mg       0       0       z       7       0         Phytosterols       mg       0       1       0.055         Tryptophan       9       0.027       0       1       0.055         Threonine       9       0.102       0       1       0.172         Isoleucine       9       0.195       0       1       0.209         Leucine       9       0.195       0       1       0.172         Isoleucine       9       0.085       0       1       0.174         Methionine       9       0.056       0       1       0.115         Cystine       9       0.048       0       1       0.198         Phenylalanine       9       0.126       0       1       0.258         Tyrosine       9       0		•	0.009		0		1		0.018		
20.2 n c c c		-									
20.3 undifferentiated.   9   20.5 undifferentiated.   9   22.5 undifferentiated.   9   22.5 undifferentiated.   9   20.5 undifferentiated.   20.5 un											
20:4 undifferentiated   9   20:5 n -3   9   9   22:5 n -3   9   9   22:5 n -3   9   9   9   9   9   9   9   1   9   9											
20:5 n-3											
22:5 n-3       9         22:6 n-3       9         Fatty acids, total trans       9         Cholesterol.       mg       0       0       z       7       0         Phytosterols         Manino Acids:         Tryptophan.       9       0.027       0       1       0.055         Threonine.       9       0.084       0       1       0.172         Isoleucine.       9       0.102       0       1       0.209         Leucine.       9       0.195       0       1       0.400         Lysine.       9       0.085       0       1       0.174         Methionine.       9       0.085       0       1       0.115         Cystine.       9       0.048       0       1       0.115         Cystine.       9       0.048       0       1       0.15         Cystine.       9       0.048       0       1       0.258         Tyrosine.       9       0.048       0       1       0.258         Tyrosine.       9       0.197       0       1       0.255         Arginine.       9		-									
Paty acids, total trans											
Fatty acids, total trans         9           Cholesterol.         mg         0         z         7         0           Phytosterols           Amino Acids:           Tryptophan         9         0.027         0         1         0.055           Threonine         9         0.084         0         1         0.209           Leucine         9         0.102         0         1         0.209           Leucine         9         0.195         0         1         0.400           Lysine         9         0.085         0         1         0.174           Methionine         9         0.056         0         1         0.115           Cystine         9         0.048         0         1         0.194           Phenylalanine         9         0.126         0         1         0.258           Tyrosine         9         0.174         0         1         0.258           Tyrosine         9         0.197         0         1         0.295           Arginine         9         0.197         0         1         0.215           Alanine         9 <td></td> <td>-</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>		-									
Cholesterol.         mg         0         z         7           Phytosterols.         mg         0         z         7           Amino Acids:         Tryptophan.         9         0.027         0         1         0.055           Threonine.         9         0.084         0         1         0.172           Isoleucine.         9         0.102         0         1         0.209           Leucine.         9         0.195         0         1         0.400           Lysine.         9         0.085         0         1         0.174           Methionine.         9         0.056         0         1         0.115           Cystine.         9         0.048         0         1         0.098           Phenylalanine.         9         0.126         0         1         0.258           Tyrosine.         9         0.144         0         1         0.162           Valine.         9         0.144         0         1         0.295           Arginine.         9         0.157         0         1         0.281           Alanine.         9         0.127         0         1		-									
Phytosterols   mg			0		0	Z	7		0		
Tryptophan         g         0.027         0         1         0.055           Threonine         g         0.084         0         1         0.172           Isoleucine         g         0.102         0         1         0.209           Leucine         g         0.195         0         1         0.400           Lysine         g         0.085         0         1         0.174           Methionine         g         0.056         0         1         0.115           Cystine         g         0.048         0         1         0.098           Phenylalanine         g         0.126         0         1         0.258           Tyrosine         g         0.079         0         1         0.162           Valine         g         0.144         0         1         0.295           Arginine         g         0.197         0         1         0.404           Histidine         g         0.137         0         1         0.281           Aspartic acid         g         0.222         0         1         0.455           Glutamic acid         g         0.108         0	Phytosterols	mg									
Threonine         9         0.084         0         1         0.172           Isoleucine         9         0.102         0         1         0.209           Leucine         9         0.195         0         1         0.400           Lysine         9         0.085         0         1         0.174           Methionine         9         0.056         0         1         0.115           Cystine         9         0.048         0         1         0.098           Phenylalanine         9         0.126         0         1         0.258           Tyrosine         9         0.126         0         1         0.162           Valine         9         0.144         0         1         0.295           Arginine         9         0.197         0         1         0.404           Histidine         9         0.056         0         1         0.115           Alanine         9         0.137         0         1         0.281           Aspartic acid         9         0.460         0         1         0.455           Glutamic acid         9         0.108         0 <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	Tryptophan	g	0.027		0		1		0.055		
Leucine       9       0.195       0       1       0.400         Lysine       9       0.085       0       1       0.174         Methionine       9       0.056       0       1       0.115         Cystine       9       0.048       0       1       0.098         Phenylalanine       9       0.126       0       1       0.258         Tyrosine       9       0.079       0       1       0.162         Valine       9       0.144       0       1       0.295         Arginine       9       0.197       0       1       0.404         Histidine       9       0.056       0       1       0.115         Alanine       9       0.137       0       1       0.281         Aspartic acid       9       0.222       0       1       0.455         Glutamic acid       9       0.460       0       1       0.943         Glycine       9       0.108       0       1       0.221         Proline       9       0.111       0       1       0.228         Serine       9       0.124       0       1       0.254 <td>Threonine</td> <td>g</td> <td>0.084</td> <td></td> <td>0</td> <td></td> <td>1</td> <td></td> <td>0.172</td> <td></td> <td></td>	Threonine	g	0.084		0		1		0.172		
Lysine       9       0.085       0       1       0.174         Methionine       9       0.056       0       1       0.115         Cystine       9       0.048       0       1       0.098         Phenylalanine       9       0.126       0       1       0.258         Tyrosine       9       0.079       0       1       0.162         Valine       9       0.144       0       1       0.295         Arginine       9       0.197       0       1       0.404         Histidine       9       0.056       0       1       0.115         Alanine       9       0.137       0       1       0.281         Aspartic acid       9       0.222       0       1       0.455         Glutamic acid       9       0.460       0       1       0.943         Glycine       9       0.108       0       1       0.221         Proline       9       0.111       0       1       0.228         Serine       9       0.124       0       1       0.254	Isoleucine	g	0.102		0		1		0.209		
Methionine       g       0.056       0       1       0.115         Cystine       g       0.048       0       1       0.098         Phenylalanine       g       0.126       0       1       0.258         Tyrosine       g       0.079       0       1       0.162         Valine       g       0.144       0       1       0.295         Arginine       g       0.197       0       1       0.404         Histidine       g       0.056       0       1       0.115         Alanine       g       0.137       0       1       0.281         Aspartic acid       g       0.222       0       1       0.455         Glutamic acid       g       0.460       0       1       0.943         Glycine       g       0.108       0       1       0.221         Proline       g       0.111       0       1       0.228         Serine       g       0.124       0       1       0.254	Leucine	g	0.195		0		1		0.400		
Cystine       9       0.048       0       1       0.098         Phenylalanine       9       0.126       0       1       0.258         Tyrosine       9       0.079       0       1       0.162         Valine       9       0.144       0       1       0.295         Arginine       9       0.197       0       1       0.404         Histidine       9       0.056       0       1       0.115         Alanine       9       0.137       0       1       0.281         Aspartic acid       9       0.222       0       1       0.455         Glutamic acid       9       0.460       0       1       0.943         Glycine       9       0.108       0       1       0.221         Proline       9       0.111       0       1       0.228         Serine       9       0.124       0       1       0.254	Lysine	g	0.085		0		1		0.174		
Phenylalanine       g       0.126       0       1       0.258         Tyrosine       g       0.079       0       1       0.162         Valine       g       0.144       0       1       0.295         Arginine       g       0.197       0       1       0.404         Histidine       g       0.056       0       1       0.115         Alanine       g       0.137       0       1       0.281         Aspartic acid       g       0.222       0       1       0.455         Glutamic acid       g       0.460       0       1       0.943         Glycine       g       0.108       0       1       0.221         Proline       g       0.111       0       1       0.228         Serine       g       0.124       0       1       0.254	Methionine	g	0.056		0		1		0.115		
Phenylalanine.       9       0.126       0       1       0.258         Tyrosine.       9       0.079       0       1       0.162         Valine.       9       0.144       0       1       0.295         Arginine.       9       0.197       0       1       0.404         Histidine.       9       0.056       0       1       0.115         Alanine.       9       0.137       0       1       0.281         Aspartic acid.       9       0.222       0       1       0.455         Glutamic acid.       9       0.460       0       1       0.943         Glycine.       9       0.108       0       1       0.221         Proline.       9       0.111       0       1       0.228         Serine.       9       0.124       0       1       0.254	Cystine	g	0.048		0		1		0.098		
Tyrosine         g         0.079         0         1         0.162           Valine         g         0.144         0         1         0.295           Arginine         g         0.197         0         1         0.404           Histidine         g         0.056         0         1         0.115           Alanine         g         0.137         0         1         0.281           Aspartic acid         g         0.222         0         1         0.455           Glutamic acid         g         0.460         0         1         0.943           Glycine         g         0.108         0         1         0.221           Proline         g         0.111         0         1         0.228           Serine         g         0.124         0         1         0.254	2		0.126		0		1		0.258		
Valine.       g       0.144       0       1       0.295         Arginine.       g       0.197       0       1       0.404         Histidine.       g       0.056       0       1       0.115         Alanine.       g       0.137       0       1       0.281         Aspartic acid.       g       0.222       0       1       0.455         Glutamic acid.       g       0.460       0       1       0.943         Glycine.       g       0.108       0       1       0.221         Proline.       g       0.111       0       1       0.228         Serine.       g       0.124       0       1       0.254	<u> </u>		0.079		0		1		0.162		
Arginine       9       0.197       0       1       0.404         Histidine       9       0.056       0       1       0.115         Alanine       9       0.137       0       1       0.281         Aspartic acid       9       0.222       0       1       0.455         Glutamic acid       9       0.460       0       1       0.943         Glycine       9       0.108       0       1       0.221         Proline       9       0.111       0       1       0.228         Serine       9       0.124       0       1       0.254	-		0.144		0		1		0.295		
Histidine       g       0.056       0       1       0.115         Alanine       g       0.137       0       1       0.281         Aspartic acid       g       0.222       0       1       0.455         Glutamic acid       g       0.460       0       1       0.943         Glycine       g       0.108       0       1       0.221         Proline       g       0.111       0       1       0.228         Serine       g       0.124       0       1       0.254			0.197		0		1		0.404		
Alanine       g       0.137       0       1       0.281         Aspartic acid       g       0.222       0       1       0.455         Glutamic acid       g       0.460       0       1       0.943         Glycine       g       0.108       0       1       0.221         Proline       g       0.111       0       1       0.228         Serine       g       0.124       0       1       0.254	9		0.056		0		1		0.115		
Aspartic acid       9       0.222       0       1       0.455         Glutamic acid       9       0.460       0       1       0.943         Glycine       9       0.108       0       1       0.221         Proline       9       0.111       0       1       0.228         Serine       9       0.124       0       1       0.254		-			0		1		0.281		
Glutamic acid.       g       0.460       0       1       0.943         Glycine.       g       0.108       0       1       0.221         Proline.       g       0.111       0       1       0.228         Serine.       g       0.124       0       1       0.254		-			0		1		0.455		
Glycine       g       0.108       0       1       0.221         Proline       g       0.111       0       1       0.228         Serine       g       0.124       0       1       0.254			0.460		0		1		0.943		
Proline       g       0.111       0       1       0.228         Serine       g       0.124       0       1       0.254		-									
Serine	,	-			0		1		0.228		
· · · · · · · · · · · · · · · · · · ·		-									
		-			-		-				

## **Common Measures:**

Measure 1 = 205g: 1 cup

Calories Factors: Protein 3.82 Fat 8.37 Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

		<u>Aı</u>	mount in 100 g	rams	of edil	ole portio	<u>n</u>		edible portion	
			Nu	mbei	r			<u>m</u>	easures of food	<u>l</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	13.29	0.675	9		1		26.58		
Energy	kcal	358		0	NC	4		716		
Energy	kj	1498				4		2996		
Protein (N x 5.95)	g	6.50	0.134	11		1		13.00		
Total lipid (fat)	g	0.52	0.043	5		1		1.04		
Ash	g	0.54	0.036	10		1		1.08		
Carbohydrate, by difference	g	79.15		0	NC	4		158.30		
Fiber, total dietary	g	2.8		0		1		5.6		
Sugars, total	g									
Starch	g									
Minanala										
Minerals: Calcium, Ca	ma	3		2		1		6		
Iron. Fe.	-	4.23		1		4		8.46		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	23		2		1		46		
Phosphorus, P		95		2		1		190		
Potassium, K	-	76	1.168	3		1		152		
Sodium. Na.	-	1		2		1		2		
Zinc, Zn	mg	1.10		2		1		2.20		
Copper, Cu		0.210	1	2		1		0.420		
Manganese, Mn	mg	1.037	0.085	3		1		2.074		
Selenium, Se	mcg	15.1	5.193	7	A	1		30.2		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		1		4		0.0		
Thiamin	-	0.565		1		4		1.130		
Riboflavin		0.048		1		4		0.096		
Niacin		4.113		1		4		8.226		
Pantothenic acid		1.287		2		1		2.574		
Vitamin B-6	-	0.171		3		1		0.342		
Folate, total	-	231		0	s	4		462		
Folic acid		225		0	NC	4		450		
Folate, food		6		2		1		12		
Folate, DFE		389		0	NC	4		777		
Vitamin B-12		0.00		0	z	7		0.00		
Vitamin A, IU		0		0		1		0		
Vitamin A, RAE		0		0		1		0		
Retinol		0		0	z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	rncg									
Lipids:										
Fatty acids, total saturated	g	0.140	1	0		1		0.280		
4:0										
6:0										
8:0										
10:0										
12:0										
13:0	-									
14:0	-	0.003	1	19		1		0.006		
15:0	-									
16:0	g	0.125	i	19		1		0.250		
17:0	-									
18:0	g	0.010	1	19		1		0.020		
20:0	-									
22:0	a									

		<u>Ar</u>	mount in 100			ole portic	<u>on</u>		edible portion o	f common
				Number		Source	Confidence	<u></u>	<u> </u>	
Nutrients and Units		Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	0.161		0		1		0.322		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.002		19		1		0.004		
17:1	g									
18:1 undifferentiated	g	0.159		19		1		0.318		
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.138		0		1		0.276		
18:2 undifferentiated		0.114		19		1		0.228		
18:3 undifferentiated	g	0.024		19		1		0.048		
18:4	g									
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated	g									
20:5 n-3	-									
22:5 n-3	g									
22:6 n-3	-									
Fatty acids, total trans	-									
Cholesterol		0		0	Z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.075		0		1		0.150		
Threonine		0.233		0		1		0.466		
Isoleucine	-	0.281		0		1		0.562		
Leucine	-	0.538		0		1		1.076		
Lysine	-	0.235		0		1		0.470		
Methionine	-	0.153		0		1		0.306		
Cystine		0.133		0		1		0.266		
2		0.133		0		1		0.696		
Phenylalanine		0.348		0		1		0.434		
Tyrosine		0.217		0		1		0.434		
Valine		0.397		0		1		1.084		
Arginine		0.542		0		1		0.306		
Histidine	-	0.153		0		1		0.306		
Alanine	-			0		1		1.222		
Aspartic acid		0.611		0		1				
Glutamic acid	-	1.268		0		1		2.536		
Glycine	-	0.296		-		_		0.592		
Proline	-	0.306		0		1		0.612		
Serine	-	0.342		0		1		0.684		
Hydroxyproline	y									

## **Common Measures:**

Measure 1 = 200g: 1 cup

Calories Factors: Protein 3.82 Fat 8.37 Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

		<u>Aı</u>	mount in 100 g	rams	of edib	ole portio	<u>n</u>	Amount in	edible portion	of common
			Nu	mber	•			<u>m</u>	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	13.29	0.675	9		1		26.58		
Energy	kcal	358		0	NC	4		716		
Energy	kj	1498				4		2996		
Protein (N x 5.95)		6.50	0.134	11		1		13.00		
Total lipid (fat)		0.52	0.043	5		1		1.04		
Ash		0.54	0.036	10		1		1.08		
Carbohydrate, by difference		79.15		0	NC	4		158.30		
Fiber, total dietary										
Sugars, total										
Starch										
Minerals:		_		_		_		-		
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	3		2		1		6		
Iron, Fe		0.80		0		1 1		1.60		
Magnesium, Mg		23		2		_		46		
Phosphorus, P	-	95 76	1 160	2		1 1		190 152		
Potassium, K Sodium, Na		1	1.168	2		1		152 2		
Zinc, Zn	-	1.10		2		1		2.20		
Copper, Cu		0.210	1	2		1		0.420		
Manganese, Mn		1.037		3		1		2.074		
Selenium, Se		2.00.	0.000	•		_		2.0.1		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.0		0		4		0.0		
Thiamin		0.070		0		1		0.140		
Riboflavin		0.048		0		4		0.096		
Niacin	-	1.600		0		1		3.200		
Pantothenic acid		1.287		2		1		2.574		
Vitamin B-6	-	0.171	0.017	3		1		0.342		
Folate, total		6 0		2 0	_	1 7		12 0		
Folic acid		6		2	Z	1		12		
Folate, food	meg DEE	6		0	NC	4		12		
Folate, DFE		0.00		0	NC Z	7		0.00		
Vitamin B-12 Vitamin A, IU		0.00		U	4	,		0.00		
Vitamin A, RAE										
Retinol										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
I inide:										
Lipids:	a	0.140	•	0		1		0.280		
Fatty acids, total saturated		0.140	,	U		1		0.280		
6:0										
8:0	_									
10:0										
12:0										
13:0	_									
14:0		0.003	3	0		1		0.006		
15:0										
16:0		0.125	<b>i</b>	0		1		0.250		
17:0										
18:0		0.010	)	0		1		0.020		
20:0										
22:0										
24:0	a									

		<u>Ar</u>	nount in 10	00 grams	of edil	ole portio	<u>n</u>		edible portion o	of common
				Number		0	0	<u>m</u>	easures of food	
Nutrients and Units	5	Mean	Std. Error	of Data Points		Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	0.161		0		1		0.322		
14:1										
15:1	_	0.002		0		1		0.004		
17:1	_	0.002		U		-		0.004		
18:1 undifferentiated.		0.159		0		1		0.318		
20:1										
22:1 undifferentiated	-									
24:1 c										
Fatty acids, total polyunsaturated	g	0.138		0		1		0.276		
18:2 undifferentiated	g	0.114		0		1		0.228		
18:3 undifferentiated	g	0.024		0		1		0.048		
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated										
20:5 n-3										
22:5 n-3	-									
22:6 n-3										
Fatty acids, total trans	_	0		0	z	7		0		
Phytosterols	-	· ·		U	4	,		U		
1 llytosterois	9									
Amino Acids:										
Tryptophan	g	0.075		0		1		0.150		
Threonine		0.233		0		1		0.466		
Isoleucine	-	0.281		0		1		0.562		
Leucine	-	0.538		0		1		1.076		
Lysine		0.235		0		1		0.470		
Methionine	_	0.153		0		1		0.306		
Cystine		0.133		0		1 1		0.266		
Phenylalanine		0.348		0		1		0.696		
Tyrosine	-	0.217		-		_		0.434		
Valine	-	0.397 0.542		0		1 1		0.794 1.084		
ArginineHistidine		0.542		0		1		0.306		
Alanine		0.153		0		1		0.306		
Aspartic acid	-	0.611		0		1		1.222		
Glutamic acid	-	1.268		0		1		2.536		
Glycine		0.296		0		1		0.592		
Proline	-	0.306		0		1		0.612		
Serine		0.342		0		1		0.684		
Hydroxyproline	-	0.542		•		-		3.001		

## **Common Measures:**

Measure 1 = 200g: 1 cup

Calories Factors: Protein 3.82 Fat 8.37 Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

		<u>Aı</u>	mount in 100 gı	rams o	of edib	le portio	<u>n</u>		edible portion	
			Nur	nber				<u>m</u>	easures of food	_
			of I	Data D	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	ints C	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	71.74	0.509	3		1		144.91		
Energy	kcal	122		0	NC	4		246		
Energy	kj	510				4		1031		
Protein (N x 5.85)	g	2.54	0.109	3		1		5.13		
Total lipid (fat)	g	2.82	0.152	3		1		5.70		
Ash	g	1.47	0.094	3		1		2.97		
Carbohydrate, by difference	g	21.43		0	NC	4		43.29		
Fiber, total dietary	g	2.5		0		4		5.1		
Sugars, total	g									
Starch	g									
M:										
Minerals: Calcium, Ca	ma	8	0.072	3		1		16		
Iron, Fe	_	0.94	0.029	3		1		1.90		
Magnesium, Mg	_	12	1.844	3		1		24		
Phosphorus, P		37	1.848	3		1		75		
Potassium, K	•	42	3.780	3		1		85		
Sodium, Na	_	568		0		4		1147		
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.28	0.012	3		1		0.57		
Copper, Cu		0.020	0.020	3		1		0.040		
Manganese, Mn	mg	0.209	0.011	3		1		0.422		
Selenium, Se	mcg									
Vitamins:										
	ma	0.2		0		4		0.4		
Vitamin C, total ascorbic acid Thiamin	_	0.2		2		1		0.4		
Riboflavin		0.123		2		1		0.156		
Niacin		1.780		2		1		3.596		
Pantothenic acid		0.287		3		1		0.580		
Vitamin B-6	-	0.097		2		1		0.196		
Folate, total		44		0	BFSY	4		89		
Folic acid		37		0	NC	4		75		
Folate, food		7		2		1		14		
Folate, DFE		70		0	NC	4		141		
Vitamin B-12		0.06		0		4		0.12		
Vitamin A, IU		0		0		4		0		
Vitamin A, RAE		0		0		4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	nicg									
Lipids:										
Fatty acids, total saturated	g	0.541		0		1		1.093		
4:0										
6:0	-									
8:0										
10:0										
12:0										
13:0	-									
14:0	-	0.007		0		1		0.014		
15:0										
16:0		0.371		0		1		0.749		
17:0				_						
18:0		0.161		0		1		0.325		
20:0	-									
22:0	g									

		<u>Ar</u>	mount in 100		of edik	<u>on</u>	Amount in edible portion of common measures of food			
				Number		_		<u></u>	easures or roou	
Nutrients and Units		Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	1.119		0		1		2.260		
14:1	g									
15:1										
16:1 undifferentiated	-	0.001		0		1		0.002		
17:1	g									
18:1 undifferentiated	g	1.118		0		1		2.258		
20:1	g									
22:1 undifferentiated	g									
24:1 c										
Fatty acids, total polyunsaturated	g	0.947		0		1		1.913		
18:2 undifferentiated		0.903		0		1		1.824		
18:3 undifferentiated	g	0.044		0		1		0.089		
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg	1		0		4		2		
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.031		0		1		0.063		
Threonine		0.081		0		1		0.164		
Isoleucine		0.105		0		1		0.212		
Leucine	-	0.196		0		1		0.396		
Lysine	-	0.075		0		1		0.152		
Methionine	-	0.052		0		1		0.105		
Cystine		0.054		0		1		0.109		
Phenylalanine		0.131		0		1		0.265		
Tyrosine		0.090		0		1		0.182		
Valine		0.137		0		1		0.102		
Arginine		0.166		0		1		0.335		
Histidine		0.057		0		1		0.115		
Alanine	-	0.037		0		1		0.113		
	-	0.120		0		1		0.242		
Aspartic acidGlutamic acid		0.187		0		1		1.327		
GlycineGlycine	-	0.657		0		1		0.206		
Proline		0.102		0		1		0.206		
	-	0.181		0		1		0.366		
Serine	-	0.128		U		1		0.259		
Hydroxyproline	y									

## **Common Measures:**

Measure 1 = 202g: 1 cup

Calories Factors: Protein 3.87 Fat 8.37 Carbohydrate 4.14

Food Group: 20 Cereal Grains and Pasta

		<u>Aı</u>	mount in 100 g	rams	of edil	ole portio	<u>n</u>		edible portion	
			Nu	mber	•			<u>m</u>	easures of food	<u>l</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	7.13	0.279	16		1		11.62		
Energy	kcal	368		0	NC	4		600		
Energy	kj	1540				4		2510		
Protein (N x 5.85)	g	9.37	0.314	16		1		15.27		
Total lipid (fat)	g	2.44	0.674	16		1		3.98		
Ash	g	5.75	0.340	16		1		9.37		
Carbohydrate, by difference	g	75.32		0	NC	4		122.77		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
of: 1										
Minerals:	ma	46	6 054	1.4		1		75		
Calcium, Ca	_	46 3.98	6.954 0.366	14		1 1		75 6.49		
Iron, Fe	_	3.98 40	1.562	14 14		1		6.49 65		
Magnesium, Mg Phosphorus, P		158	8.505	14		1		258		
Potassium, K	-	209	16.351	14		1		341		
Sodium, Na	-	1866	136.697	14		1		3042		
Zinc, Zn	_	1.21	0.048	14		1		1.97		
Copper, Cu		0.275		14		1		0.448		
Manganese, Mn.		1.040		14		1		1.695		
Selenium, Se		31.9	0.074	0	FLA	4		52.0		
Scientini, Sc	9	52.5		·		-		52.10		
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid	_	0.6	0.583	12		1		1.0		
Thiamin	_	0.760		14		1		1.239		
Riboflavin	mg	0.271		14		1		0.442		
Niacin	mg	7.012		14		1		11.430		
Pantothenic acid	-	0.675		15		1		1.100		
Vitamin B-6	-	0.145	0.011	14		1		0.236		
Folate, total		208		0	FLA	4		339		
Folic acid		175		0	NC	4		285		
Folate, food		33	5.012	14		1		54		
Folate, DFE		331		0	NC	4		539		
Vitamin B-12		0.20		13		1		0.33		
Vitamin A, IU		0		0		4		0		
Vitamin A, RAE		0		0	_	4		0		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
vitamin K (phylloquillone)	Illog									
<u>_ipids:</u>										
Fatty acids, total saturated	g	0.440	)	0		1		0.717		
4:0	g									
6:0	-									
8:0										
10:0										
12:0	-									
13:0	-			_		_				
14:0	-	0.005	)	0		1		0.008		
15:0				_		_		_		
16:0		0.400	)	0		1		0.652		
17:0	-	_		_		_				
18:0	-	0.028	3	0		1		0.046		
20:0	-									
22:0	g									

		<u>Ar</u>	nount in 100 g		<u>on</u>	Amount in edible portion of common measures of food			
				mber	0	0 5 -1	<u></u>	<u>easures or 100a</u>	
Nutrients and Units	i	Mean	Std. Error Po			Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	0.642		0	1		1.046		
14:1	g								
15:1									
16:1 undifferentiated	-	0.002		0	1		0.003		
17:1	g								
18:1 undifferentiated	g	0.640		0	1		1.043		
20:1	g								
22:1 undifferentiated	g								
24:1 c	g								
Fatty acids, total polyunsaturated	g	0.966		0	1		1.575		
18:2 undifferentiated	g	0.913		0	1		1.488		
18:3 undifferentiated	g	0.053		0	1		0.086		
18:4	g								
20:2 n-6 c,c	g								
20:3 undifferentiated	g								
20:4 undifferentiated	g								
20:5 n-3	g								
22:5 n-3	g								
22:6 n-3	g								
Fatty acids, total trans	g								
Cholesterol	mg	2	0.312	12	1		3		
Phytosterols	mg								
Amino Acids:									
Tryptophan	a	0.114		0	1		0.186		
Threonine		0.299		0	1		0.487		
Isoleucine		0.386		0	1		0.629		
Leucine	-	0.722		0	1		1.177		
Lysine	-	0.275		0	1		0.448		
Methionine	-	0.191		0	1		0.311		
Cystine		0.200		0	1		0.326		
Phenylalanine		0.482		0	1		0.786		
Tyrosine		0.482		0	1		0.538		
Valine		0.504		0	1		0.822		
Arginine		0.612		0	1		0.998		
Histidine		0.012		0	1		0.339		
Alanine	-	0.440		0	1		0.717		
	-	0.440		0	1		1.123		
Aspartic acidGlutamic acid		2.420		0	1		3.945		
Glycine	-	0.376		0	1		0.613		
Proline		0.576		0	1		1.086		
	_	0.472		0	1		0.769		
Serine	-	0.472		U	1		0.769		
Hydroxyproline	y								

## **Common Measures:**

Measure 1 = 163g: 1 cup

Calories Factors: Protein 3.87 Fat 8.37 Carbohydrate 4.14

Food Group: 20 Cereal Grains and Pasta

		Al	mount in 100	grams	or earn	ie portio	<u>u</u>	Amount in	edible portion	of common
			N	umber					easures of food	
Nutrients and Un	its	Mean	Std. Error P			Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	10.95		2		1		18.51		
Energy	kcal	335		0	NC	4		566		
Energy	kj	1402				4		2369		
Protein (N x 5.83)	g	14.76		2		1		24.94		
Total lipid (fat)	g	2.50		2		1		4.23		
Ash	g	2.02		2		1		3.41		
Carbohydrate, by difference	g	69.76		0	NC	4		117.89		
Fiber, total dietary	g	14.6		0		4		24.7		
Sugars, total	g	1.04		0	BFZN	4		1.76		
Starch	g									
Minerals:										
Calcium, Ca	ma	33	1.500	4		1		56		
Iron, Fe	-	2.67	0.150			1		4.51		
Magnesium, Mg	_	121	2.250			1		204		
Phosphorus, P		374	1.749			1		632		
Potassium, K		264	13.250			1		446		
Sodium, Na		6	0.400	4		1		10		
Zinc, Zn	mg	3.73	0.215	4		1		6.30		
Copper, Cu	mg	0.450	0.015	4		1		0.761		
Manganese, Mn	mg	2.680	0.070	4		1		4.529		
Selenium, Se	mcg	35.3		0	BFSN	4		59.7		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0		
Thiamin	_	0.316	:	0		4		0.534		
Riboflavin		0.251		0		4		0.424		
Niacin		4.270		0		4		7.216		
Pantothenic acid		1.456		0		4		2.461		
Vitamin B-6	-	0.294		1		1		0.497		
Folate, total		60		0		4		101		
Folic acid		0		0	z	7		0		
Folate, food		60		0		4		101		
Folate, DFE	mcg DFE	60		0	NC	4		101		
Vitamin B-12		0.00		0	z	7		0.00		
Vitamin A, IU		11		0	NC	4		18		
Vitamin A, RAE		1		0	NC	4		1		
Retinol		0		0	z	7		0		
Vitamin E (alpha-tocopherol)	mg	1.28		0		1		2.16		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	5.9		0	BFZN	4		10.0		
Lipids:										
Fatty acids, total saturated	g	0.287	,	0		1		0.485		
4:0		0.000		0		1		0.000		
6:0		0.000		0		1		0.000		
8:0	-	0.000		0		1		0.000		
10:0	-	0.000		0		1		0.000		
12:0		0.000		0		1		0.000		
13:0										
14:0		0.003	1	21		1		0.005		
15:0										
16:0		0.271	i	21		1		0.458		
17:0										
18:0	-	0.009	1	21		1		0.015		
20:0	-									
22:0	g									
24:0	a									

		<u>Aı</u>	mount in 10			ole portio	<u>on</u>		edible portion	
				Number				<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturat		0.303		0		1		0.512		
15:1	g									
16:1 undifferentiated	g	0.010		21		1		0.017		
17:1	g									
18:1 undifferentiated	g	0.280		21		1		0.473		
20:1	g	0.013		21		1		0.022		
22:1 undifferentiated	g	0.000		0		1		0.000		
24:1 c	g									
Fatty acids, total polyunsaturate	edg	1.115		0		1		1.884		
18:2 undifferentiated		0.958		21		1		1.619		
18:3 undifferentiated	g	0.157		21		1		0.265		
18:4	g	0.000		0		1		0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0		1		0.000		
20:5 n-3	g	0.000		0		1		0.000		
22:5 n-3	g	0.000		0		1		0.000		
22:6 n-3	g	0.000		0		1		0.000		
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.154		5		1		0.260		
Threonine		0.532		18		1		0.899		
Isoleucine	-	0.549		18		1		0.928		
Leucine	-	0.980		18		1		1.656		
Lysine	-	0.605		18		1		1.022		
Methionine		0.248		16		1		0.419		
Cystine		0.329		4		1		0.556		
Phenylalanine		0.674		18		1		1.139		
Tyrosine		0.339		9		1		0.573		
Valine	-	0.747		18		1		1.262		
Arginine	• • • • • • • • • • • • • • • • • • • •	0.813		16		1		1.374		
Histidine		0.367		17		1		0.620		
Alanine	-	0.711		9		1		1.202		
Aspartic acid		1.177		9		1		1.989		
Glutamic acid		3.661		9		1		6.187		
Glycine	-	0.701		10		1		1.185		
Proline		1.491		8		1		2.520		
Serine	-	0.681		9		1		1.151		
Hydroxyproline		0.001		-		-				
Try droxy promie										
Others:										
Alcohol, ethyl		0.0		0		7		0.0		
Caffeine	<u>mg</u>	0		0	Z	7		0		
Theobromine	mg	0		0	Z	7		0		
<u>Carotenoids:</u>										
Carotene, beta	mca	7		0	BFZN	4		10.985		
Carotene, alpha		0		0	Z	7		0.000		
Cryptoxanthin, beta	_	0		0	Z	7		0.000		
Lycopene		0		0	z	7		0.000		
	mcg	210		0	BFZN	4		354.900		

## **Common Measures:**

Measure 1 = 169g: 1 cup

NDB No. 20062

Rye

Calories Factors: Protein 3.05 Fat 8.37 Carbohydrate 3.86

Food Group: 20 Cereal Grains and Pasta

		<u>A</u>	mount in 10	0 grams	of edik	ole portio	<u>n</u>	Amount in	edible portion	of common
				Numbei	-			m	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	11.07		2		1		14.17		
Energy	kcal	324		0	NC	4		415		
Energy	kj	1356				4		1735		
Protein (N x 5.83)		14.03		2		1		17.96		
Total lipid (fat)	-	2.69		2		1		3.44		
Ash		3.47		2		1		4.44		
Carbohydrate, by difference		68.74		0	NC	4		87.99		
Fiber, total dietary		22.6		0		1		28.9		
Sugars, total		1.04		1		1		1.33		
Starch				_		_		_,		
Starcii	9									
<u> Iinerals:</u>										
Calcium, Ca	mg	56		2		1		72		
Iron, Fe	mg	6.45		2		1		8.26		
Magnesium, Mg	mg	248		2		1		317		
Phosphorus, P	mg	632		2		1		809		
Potassium, K	mg	730		2		1		934		
Sodium, Na	mg	1		2		1		1		
Zinc, Zn	mg	5.62		2		1		7.19		
Copper, Cu	mg	0.750	)	2		1		0.960		
Manganese, Mn	mg	6.730	)	2		1		8.614		
Selenium, Se	mcg	35.7		0	BFZN	4		45.7		
itamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin		0.316	5	2		1		0.404		
Riboflavin	-	0.251	L	2		1		0.321		
Niacin		4.270	)	2		1		5.466		
Pantothenic acid	-	1.456		2		1		1.864		
Vitamin B-6		0.443	3	2		1		0.567		
Folate, total	-	60	11.88	84 6		1		77		
Folic acid		0		0	z	7		0		
Folate, food		60	11.88	34 6		1		77		
Folate, DFE	mca DFE	60		0	NC	4		77		
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin A, IU		11		0	AS	1		14		
Vitamin A, RAE		1		0	AS	1		1		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)		1.41		0	-	1		1.80		
		1.41		Ū		-		1.00		
Tocopherol, gamma										
Tocopherol, delta  Vitamin D										
Vitamin K (phylloquinone)		5.9		1	A	1		7.6		
				=	==	_				
ipids: Fatty acids, total saturated	а	0.309	)	0		1		0.396		
4:0		0.000		0		1		0.000		
6:0		0.000		0		1		0.000		
8:0	-	0.000		0		1		0.000		
10:0	-	0.000		0		1		0.000		
12:0	-	0.000		0		1		0.000		
	-	0.000	,	U		1		0.000		
13:0	-	0.003	1	0		1		0.004		
14:0		0.003	,	U		1		0.004		
15:0		0.000	,	^						
16:0		0.292	•	0		1		0.374		
17:0	-			_		_				
18:0	-	0.010	)	0		1		0.013		
20:0	-									
22:0	g									

		<u>Aı</u>	nount in 10	0 grams	of edil	ole portio	<u>on</u>		edible portion o	of common
				Number				<u>m</u>	easures of food	
Nutrients and	Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	tedg	0.326		0		1		0.417		
14:1	g									
15:1	_									
16:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.011		0		1		0.014		
17:1	-			_		_				
18:1 undifferentiated	=	0.301		0		1		0.385		
20:1	-	0.014		0		1		0.018		
22:1 undifferentiated	•	0.000		0		1		0.000		
24:1 cFatty acids, total polyunsaturate		1.200		0		1		1.536		
18:2 undifferentiated		1.031		0		1		1.320		
18:3 undifferentiated		0.169		0		1		0.216		
18:4		0.000		0		1		0.216		
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		0		0	z	7		0		
Phytosterols										
-	······ J									
Amino Acids:										
Tryptophan		0.159		0		1		0.204		
Threonine	_	0.486		0		1		0.622		
Isoleucine		0.541		0		1		0.692		
Leucine	-	0.970		0		1		1.242		
Lysine		0.486		0		1		0.622		
Methionine		0.209		0		1		0.268		
Cystine		0.277		0		1		0.355		
Phenylalanine		0.710		0		1		0.909		
Tyrosine	-	0.277		0		1		0.355		
Valine		0.703		0		1 1		0.900		
Arginine	_	0.635		0		1		0.813		
Histidine	-	0.313		0		1		0.401		
Alanine		0.580		0 0		1		0.742 1.235		
Aspartic acid		0.965		0		1		5.011		
Glutamic acid	-	3.915 0.534		0		1		0.684		
Proline		1.501		0		1		1.921		
Serine	-	0.763		0		1		0.977		
Hydroxyproline	-	0.763		U		_		0.311		
Trydroxypronne	У									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0		
Caffeine		0		0	Z	7		0		
Theobromine	mg	0		0	Z	7		0		
Carotenoids:										
Carotene, beta	mca	7		1	A	1		8.320		
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		210		1	A	1		268.800		

## **Common Measures:**

Measure 1 = 128g: 1 cup

NDB No. 20063 Rye flour, dark

Calories Factors: Protein 2.96 Fat 8.37 Carbohydrate 3.78

Food Group: 20 Cereal Grains and Pasta

		<u>A</u>	mount in 100 g	grams	ot earp	le portio	<u>n</u>	Amount in	edible portion	of common
			Nı	umber				m	easures of food	
				f Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure
rathents and on		Moun	ota. Error					measure r	measure 2	measare
Proximates:										
Water	g	8.78		2		1		8.96		
Energy	kcal	367		0	NC	4		374		
Energy	kj	1536				4		1566		
Protein (N x 5.83)	g	8.39		2		1		8.56		
Total lipid (fat)	g	1.36		2		1		1.39		
Ash	g	1.24		2		1		1.26		
Carbohydrate, by difference	g	80.23		0	NC	4		81.83		
Fiber, total dietary	g	14.6		0		1		14.9		
Sugars, total	g	1.04		0	BFZN	4		1.06		
Starch	g									
Ainorals:										
<u>Minerals:</u> Calcium, Ca	ma	21		2		1		21		
Iron, Fe	_	1.80		2		1		1.84		
Magnesium, Mg	-	70		2		1		71		
Phosphorus, P		194		2		1		198		
Potassium, K	•	233		2		1		238		
Sodium, Na		2		2		1		2		
Zinc, Zn		1.75		2		1		1.79		
Copper, Cu		0.250	)	2		1		0.255		
Manganese, Mn.		1.970		2		1		2.009		
Selenium, Se		35.7		0	BFZN	4		36.4		
·										
<u>/itamins:</u>										
Vitamin C, total ascorbic acid		0.0		0		4		0.0		
Thiamin		0.331		2		1		0.338		
Riboflavin		0.090		2		1		0.092		
Niacin	-	0.800		2		1		0.816		
Pantothenic acid		0.665		2		1		0.678		
Vitamin B-6	-	0.234	1	2		1		0.239		
Folate, total		22		2		1		22		
Folic acid		0		0	Z	7		0		
Folate, food	mcg	22		2		1		22		
Folate, DFE		22		0	NC	4		22		
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin A, IU		0		0		4		0		
Vitamin A, RAE		0		0	NC	4		0		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)		0.43		0		1		0.44		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		F ^		^	Ducer	4		6.0		
Vitamin K (phylloquinone)	nicg	5.9		0	BFZN	4		6.0		
<u> Lipids:</u>										
Fatty acids, total saturated	g	0.145	5	0		1		0.148		
4:0		0.000	)	0		1		0.000		
6:0	g	0.000	)	0		1		0.000		
8:0	g	0.000	)	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	_	0.001	L	0		1		0.001		
15:0	-									
16:0		0.137	7	0		1		0.140		
17:0										
18:0	-	0.005	5	0		1		0.005		
20:0	-									
22:0	-									
24:0	_									

		<u>A</u> 1	mount in 100	0 grams	of edil	ole portio	<u>on</u>		edible portion o	f common
			I	Number				<u>m</u> :	easures of food	
Nutrients and U	Inits	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate	edg	0.153	ı	0		1		0.156		
14:1	g									
15:1	-									
16:1 undifferentiated	-	0.005	i	0		1		0.005		
17:1	• • • • • • • • • • • • • • • • • • • •									
18:1 undifferentiated	_	0.142		0		1		0.145		
20:1	-	0.006		0		1		0.006		
22:1 undifferentiated	•	0.000	)	0		1		0.000		
24:1 c										
Fatty acids, total polyunsaturated		0.565		0		1		0.576		
18:2 undifferentiated		0.485		0		1		0.495		
18:3 undifferentiated	_	0.080		0		1		0.082		
18:4	_	0.000	1	0		1		0.000		
20:2 n-6 c,c	-									
20:3 undifferentiated				_		_				
20:4 undifferentiated	_	0.000		0		1		0.000		
20:5 n-3	-	0.000		0		1		0.000		
22:5 n-3		0.000		0		1		0.000		
22:6 n-3		0.000	1	0		1		0.000		
Fatty acids, total trans						_		_		
Cholesterol		0		0	Z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	q	0.095	i	0		1		0.097		
Threonine		0.291		0		1		0.297		
Isoleucine	-	0.324		0		1		0.330		
Leucine	-	0.580		0		1		0.592		
Lysine	-	0.291		0		1		0.297		
Methionine		0.125		0		1		0.128		
Cystine		0.165		0		1		0.168		
Phenylalanine		0.424		0		1		0.432		
Tyrosine		0.165		0		1		0.168		
Valine	_	0.420		0		1		0.428		
Arginine	-	0.380		0		1		0.388		
Histidine		0.187		0		1		0.191		
Alanine	-	0.347		0		1		0.354		
Aspartic acid		0.577		0		1		0.589		
Glutamic acid		2.340		0		1		2.387		
Glycine		0.319		0		1		0.325		
Proline		0.898		0		1		0.916		
Serine	-	0.456		0		1		0.465		
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	0		0	z	7		0.000		
Carotene, alpha		0		0	z	7		0.000		
Cryptoxanthin, beta		0		0	z	7		0.000		
Lycopene		0		0	z	7		0.000		
Lutein + zeaxanthin		210		0	BFZN	4		214.200		

## **Common Measures:**

Measure 1 = 102g: 1 cup

NDB No. 20065 Rye flour, light

Calories Factors: Protein 3.41 Fat 8.37 Carbohydrate 4.07

Food Group: 20 Cereal Grains and Pasta

		<u>Aı</u>	mount in 100	grams	of edib	le portio	<u>n</u>		edible portion	
			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 3
Proximates:										
Water		9.85	0.245	7		1		10.05		
Energy	kcal	354		0	NC	4		361		
Energy		1481				4		1511		
Protein (N x 5.83)		9.39	0.366	7		1		9.58		
Total lipid (fat)		1.77	0.151	7		1		1.81		
Ash		1.50	0.237	4		1		1.53		
Carbohydrate, by difference		77.49		0	NC	4		79.04		
Fiber, total dietary		14.6		0		1		14.9		
Sugars, total		1.04		0	BFZN	4		1.06		
Starch	g									
Minerals:										
Calcium, Ca	mg	24	2.336	6		1		24		
Iron, Fe		2.12	0.511	6		1		2.16		
Magnesium, Mg		75	18.931	6		1		77		
Phosphorus, P		207	44.149	6		1		211		
Potassium, K		340	32.942	6		1		347		
Sodium, Na		3	0.933	6		1		3		
Zinc, Zn	mg	1.99	0.414	6		1		2.03		
Copper, Cu	mg	0.287	0.049	6		1		0.293		
Manganese, Mn	mg	5.460	)	2		1		5.569		
Selenium, Se	mcg	35.7		1	A	1		36.4		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0		
Thiamin	-	0.0	0.015	6		1		0.293		
Riboflavin		0.287		6		1		0.116		
Niacin		1.727		6		1		1.762		
Pantothenic acid		0.492		2		1		0.502		
Vitamin B-6	-	0.268		3		1		0.302		
Folate, total	-	19	0.023	2		1		19		
Folic acid		0		0	z	7		0		
Folate, food		19		2	-	1		19		
Folate, DFE		19		0	NC	4		19		
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin A, IU	II.J	0		0	-	4		0		
Vitamin A, RAE		0		0	AS	1		0		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)		0.79		0	_	1		0.81		
Tocopherol, beta		05		·		-		0.02		
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		5.9		0	BFZN	4		6.0		
<u>Lipids:</u>								_		
Fatty acids, total saturated		0.198		0		1		0.202		
4:0		0.000		0		1		0.000		
6:0	_	0.000		0		1		0.000		
8:0	-	0.000		0		1		0.000		
10:0		0.000		0		1		0.000		
12:0		0.000	1	0		1		0.000		
13:0	-			_				_		
14:0	-	0.002		0		1		0.002		
15:0		_		_		_				
16:0		0.187		0		1		0.191		
17:0	-			_						
18:0	_	0.006	i	0		1		0.006		
20:0	_									
22:0										

	<u>Aı</u>	mount in 100 gran		ble portio	<u>on</u>		edible portion	
		Numb	er			m	easures of food	
		of Da	ta Deriv	Source	Confidence			
Nutrients and Units	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.208	0		1		0.212		
15:1g								
16:1 undifferentiatedg	0.007	0		1		0.007		
17:1g								
18:1 undifferentiatedg	0.192	0		1		0.196		
20:1g	0.009	0		1		0.009		
22:1 undifferentiatedg	0.000	0		1		0.000		
24:1 cg								
Fatty acids, total polyunsaturatedg	0.767	0		1		0.782		
18:2 undifferentiatedg	0.659	0		1		0.672		
18:3 undifferentiatedg	0.108	0		1		0.110		
18:4g	0.000	0		1		0.000		
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0		1		0.000		
20:5 n-3g	0.000	0		1		0.000		
22:5 n-3g	0.000	0		1		0.000		
22:6 n-3g	0.000	0		1		0.000		
Fatty acids, total transg								
Cholesterolmg	0	0	Z	7		0		
Phytosterolsmg								
Amino Acids:		•		_				
Tryptophan	0.106			1		0.108		
Threonine	0.325			1		0.332		
Isoleucine	0.362			1		0.369		
Leucineg	0.649			1		0.662		
Lysineg	0.325			1		0.332		
Methionineg	0.140			1		0.143		
Cystineg	0.185			1		0.189		
Phenylalanineg	0.475			1		0.485		
Tyrosineg	0.185			1		0.189		
Valineg	0.470			1		0.479		
Arginineg	0.425			1		0.434		
Histidineg	0.209			1		0.213		
Alanineg	0.388			1		0.396		
Aspartic acidg	0.646			1		0.659		
Glutamic acidg	2.621			1		2.673		
Glycine9	0.358			1		0.365		
Proline	1.005			1		1.025		
Serineg	0.511	0		1		0.521		
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0		
Caffeine mg	0	0	z	7		0		
Theobromine mg	0	0	z	7		0		
	v	v	_	•		·		
Carotenoids:								
Carotene, betamcg	0	0	Z	7		0.000		
Carotene, alphamcg	0	0	Z	7		0.000		
Cryptoxanthin, betamcg	0	0	Z	7		0.000		
Lycopene mcg	0	0	Z	7		0.000		
Lutein + zeaxanthin mcg	210	0	BFZN	1 4		214.200		

## **Common Measures:**

Measure 1 = 102g: 1 cup

NDB No. 20064 Rye flour, medium

Calories Factors: Protein 3.23 Fat 8.37 Carbohydrate 3.99

Food Group: 20 Cereal Grains and Pasta

		<u>A</u> 1	mount in 100 g	rams	of edik	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber				measures of food			
					Deriv	Source	Confidence				
Nutrients and Un	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	12.67	1.013	3		1		21.16			
Energy	kcal	360		0	NC	4		601			
Energy	kj	1506				4		2515			
Protein (N x 5.7)	g	12.68	0.184	16		1		21.18			
Total lipid (fat)	g	1.05		2		1		1.75			
Ash	g	0.77	0.026	45		1		1.29			
Carbohydrate, by difference	g	72.83		0	NC	4		121.63			
Fiber, total dietary	g	3.9		0		1		6.5			
Sugars, total											
Starch	g										
<u>Minerals:</u>						_		00			
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	17	0.510	4		1		28			
Iron, Fe.	_	4.36 47	5.656	2		1 1		7.28			
Magnesium, Mg				6		_		78			
Phosphorus, P	_	136	12.522	4		1		227			
Potassium, K		186	9.879	4		1		311			
Sodium, Na		1	0.246	4		1		2			
Zinc, Zn		1.05	0.078	4		1		1.75			
Copper, Cu		0.189		4		1		0.316			
Manganese, Mn		0.619	0.021	<b>4</b> 0		1 4		1.034			
Selenium, Se	riicg	89.4		U	BFZN	4		149.3			
<u>itamins:</u>											
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0			
Thiamin	mg	0.811	L	2		1		1.354			
Riboflavin	mg	0.571	L	2		1		0.954			
Niacin	<u>mg</u>	5.990	)	2		1		10.003			
Pantothenic acid	mg	0.580	)	2		1		0.969			
Vitamin B-6	mg	0.103	0.004	4		1		0.172			
Folate, total	mcg	183		0	BFZN	4		306			
Folic acid		111		0	NC	4		185			
Folate, food	mcg	72		2		1		120			
Folate, DFE	mcg_DFE	261		0	NC	4		435			
Vitamin B-12	mcg	0.00		0	Z	7		0.00			
Vitamin A, IU		0		0		4		0			
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0			
Retinol		0		0	Z	7		0			
Vitamin E (alpha-tocopherol)	mg	0.26		0		1		0.43			
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta	mg										
Vitamin D	IU										
Vitamin K (phylloquinone)	mcg										
ipids:											
Fatty acids, total saturated	g	0.150	)	0		1		0.251			
4:0		0.000		0	z	7		0.000			
6:0		0.000		0	z	7		0.000			
8:0	-	0.000		0	z	7		0.000			
10:0	-	0.000		0	z	7		0.000			
12:0	-	0.000		0	z	7		0.000			
13:0				-	-						
14:0	-	0.002	2	1		1		0.003			
15:0		3.002		-		-		0.005			
16:0		0.131	L	1		1		0.219			
17:0		0.232		_		-		3.223			
18:0		0.017	1	1		1		0.028			
20:0		5.017		-		-		0.028			
22:0	-										
24:0	-										

		<u>Aı</u>	mount in 10	0 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common			
				Number		0	Confidence		easures of food		
Nutrients and Unit	s	Mean	Std. Error			Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	a	0.124		0		1		0.207			
14:1	g	0.124		Ū		-		0.207			
15:1	g	0.000		0	z	7		0.000			
17:1 18:1 undifferentiated	_	0.124		1		1		0.207			
20:1	_	0.000		0	z	7		0.207			
22:1 undifferentiated		0.000		0	z	7		0.000			
24:1 c	•	0.000		Ū		•		0.000			
Fatty acids, total polyunsaturated		0.430		0		1		0.718			
18:2 undifferentiated		0.393		1		1		0.718			
18:3 undifferentiated	-	0.037		1		1		0.062			
18:4		0.007		0	z	7		0.002			
20:2 n-6 c,c		0.000		Ū		•		0.000			
20:3 undifferentiated											
20:4 undifferentiated	-	0.000		0	z	7		0.000			
20:5 n-3		0.000		0	z	7		0.000			
22:5 n-3		0.000		0	z	7		0.000			
22:6 n-3	_	0.000		0	z	7		0.000			
Fatty acids, total trans		0.000		v	_	,		0.000			
Cholesterol		0		0	z	7		0			
Phytosterols		·		ŭ	_	•		·			
,											
Amino Acids:											
Tryptophan		0.162		2		1		0.271			
Threonine	g	0.335		6		1		0.559			
Isoleucine		0.490		6		1		0.818			
Leucine		0.867		6		1		1.448			
Lysine		0.243		6		1		0.406			
Methionine		0.198		6		1		0.331			
Cystine		0.358		6		1		0.598			
Phenylalanine	_	0.616		6		1		1.029			
Tyrosine		0.333		6		1		0.556			
Valine		0.540		6		1		0.902			
Arginine	-	0.467		6		1		0.780			
Histidine		0.257		6		1		0.429			
Alanine		0.372		6		1		0.621			
Aspartic acid	-	0.518		6		1		0.865			
Glutamic acid		4.571		6		1		7.634			
Glycine		0.401		6		1		0.670			
Proline	-	1.395		6		1		2.330			
Serine		0.598		6		1		0.999			
Hydroxyproline	g										
Others:											
Alcohol, ethyl	g	0.0		0	z	7		0.0			
Caffeine											
Theobromine	-										

#### **Common Measures:**

Measure 1 = 167g: 1 cup

Calories Factors: Protein 4.05 Fat 8.37 Carbohydrate 4.12

**Food Group:** 20 Cereal Grains and Pasta USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>Aı</u>	mount in 100 g	rams o	of edik	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber				measures of food			
				Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	12.67	1.013	3		1		21.16			
Energy	kcal	360		0	NC	4		601			
Energy	kj	1506				4		2515			
Protein (N x 5.7)	g	12.68	0.184	16		1		21.18			
Total lipid (fat)	g	1.05		2		1		1.75			
Ash		0.77	0.026	45		1		1.29			
Carbohydrate, by difference		72.83		0	NC	4		121.63			
Fiber, total dietary		3.9		0		1		6.5			
Sugars, total											
Starch											
Starcii	9										
<u> Iinerals:</u>											
Calcium, Ca	mg	17	0.510	4		1		28			
Iron, Fe	<u>mg</u>	1.23		1		1		2.05			
Magnesium, Mg	mg	47	5.656	6		1		78			
Phosphorus, P		136	12.522	4		1		227			
Potassium, K	mg	186	9.879	4		1		311			
Sodium, Na		1	0.246	4		1		2			
Zinc, Zn		1.05	0.078	4		1		1.75			
Copper, Cu		0.189	0.004	4		1		0.316			
Manganese, Mn		0.619	0.021	4		1		1.034			
Selenium, Se											
itamins:											
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0			
Thiamin		0.280	)	1		1		0.468			
Riboflavin		0.080	)	1		1		0.134			
Niacin		3.310		1		1		5.528			
Pantothenic acid	-	0.580		2		1		0.969			
Vitamin B-6		0.103		4		1		0.172			
Folate, total	-	72		2		1		120			
Folic acid		0		0	Z	7		0			
Folate, food		72		2	_	1		120			
Folate, DFE	mca DFF	72		0	NC	4		120			
Vitamin B-12		0.00		0	Z	7		0.00			
Vitamin A, IU		0.00		0	2	7		0.00			
Vitamin A, RAE		0		0		7		0			
Retinol		0		0	z	7		0			
		U		U	4	,		U			
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D Vitamin K (phylloquinone)											
ipids: Fotty soids, total astyrotod	a	0.150	•	0		1		0.251			
Fatty acids, total saturated		0.150		0		1		0.251			
4:0		0.000		0		1		0.000			
6:0		0.000		0		1					
8:0	<del>-</del>			-				0.000			
10:0	-	0.000		0		1		0.000			
12:0	-	0.000	,	0		1		0.000			
13:0	-			_		_					
14:0	-	0.002	!	1		1		0.003			
15:0	-										
16:0		0.131		1		1		0.219			
17:0											
18:0		0.017	,	1		1		0.028			
20:0											
22:0	g										
24:0	g										

		<u>Aı</u>	mount in 100 gram	Amount in edible portion of common measures of food				
			Numbe			<u> </u>	easures or roou	•
Nutrients and Ur	nits	Mean	of Data Std. Error Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
	_	0.124	0	1				
Fatty acids, total monounsaturated	g	0.124	U	1		0.207		
15:1 16:1 undifferentiated 17:1	g	0.000	0	1		0.000		
18:1 undifferentiated	-	0.124	1	1		0.207		
20:1		0.000		1		0.000		
22:1 undifferentiated		0.000		1		0.000		
24:1 c	-	0.000	O .	_		0.000		
Fatty acids, total polyunsaturated		0.430	0	1		0.718		
18:2 undifferentiated		0.393		1		0.718		
18:3 undifferentiated	-	0.037		1		0.062		
18:4	-	0.000		1		0.002		
20:2 n-6 c.c	-	0.000	· ·	-		0.000		
20:3 undifferentiated	-							
20:4 undifferentiated		0.000	0	1		0.000		
20:5 n-3	-	0.000		1		0.000		
22:5 n-3		0.000		1		0.000		
22:6 n-3	-	0.000		1		0.000		
Fatty acids, total trans		0.000	·	_		0.000		
Cholesterol		0	0	7		0		
Phytosterols		·	•	•		·		
-	······ <b>3</b>							
Amino Acids:								
Tryptophan		0.162		1		0.271		
Threonine	-	0.335		1		0.559		
Isoleucine		0.490		1		0.818		
Leucine		0.867		1		1.448		
Lysine		0.243		1		0.406		
Methionine		0.198		1		0.331		
Cystine		0.358		1		0.598		
Phenylalanine		0.616		1		1.029		
Tyrosine	-	0.333		1		0.556		
Valine		0.540		1		0.902		
Arginine		0.467		1		0.780		
Histidine		0.257		1		0.429		
Alanine	-	0.372		1		0.621		
Aspartic acid		0.518		1		0.865		
Glutamic acid		4.571		1		7.634		
Glycine	<del>-</del>	0.401		1		0.670		
Proline		1.395		1		2.330		
Serine	-	0.598	6	1		0.999		
Hydroxyproline	g							
Others:	_		_	_		•		
Alcohol, ethyl		0.0	0	7		0.0		
Caffeine	-							
Theobromine	mg							

#### **Common Measures:**

Measure 1 = 167g: 1 cup

Calories Factors: Protein 4.05 Fat 8.37 Carbohydrate 4.12

**Food Group:** 20 Cereal Grains and Pasta USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>Aı</u>	mount in 100 gran	Amount in edible portion of common						
			Numb	er			measures of food			
					Source	Confidence				
Nutrients and Unit	s	Mean	Std. Error Point		Code	Code	Measure 1	Measure 2	Measure 3	
Duovimatos										
Proximates: Water	q	9.20	1		1		17.66			
Energy	_	339	0	NC	4		651			
Energy		1418	·		4		2723			
Protein (N x 6.25)		11.30	0.292 4		1		21.70			
Total lipid (fat)		3.30	1		1		6.34			
Ash		1.57	0.209 4		1		3.01			
Carbohydrate, by difference		74.63	0	NC	4		143.29			
Fiber, total dietary		, 1, 00	·		-		210125			
Sugars, total										
Starch										
Starcii	9									
Minerals:										
Calcium, Ca	-	28	0		4		54			
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	4.40	0		4		8.45			
Magnesium, Mg										
Phosphorus, P		287	0		4		551			
Potassium, K	-	350	0		4		672			
Sodium, Na		6	0		4		12			
Zinc, Zn										
Copper, Cu										
Manganese, Mn										
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0		4		0.0			
Thiamin	mg	0.237	0.014 3		1		0.455			
Riboflavin	mg	0.142	0.012 3		1		0.273			
Niacin	<u>mg</u>	2.927	0.615 3		1		5.620			
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total										
Folate, DFE										
Vitamin B-12		0.00	0	Z	7		0.00			
Vitamin A, IU		0	0		4		0			
Vitamin A, RAE		0	0		4		0			
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	•									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	Ilicg									
Lipids:										
Fatty acids, total saturated	g	0.457	0		1		0.877			
4:0	g									
6:0	g									
8:0	g									
10:0										
12:0		0.007	5		1		0.013			
13:0			_							
14:0		0.009	5		1		0.017			
15:0			_		_					
16:0		0.407	5		1		0.781			
17:0			_		_					
18:0	-	0.035	5		1		0.067			
20:0										
22:0										
24:0		0 000	^		1		1 007			
Fatty acids, total monounsaturated		0.993	0		1		1.907			
14:1										

		<u>Ar</u>	nount in 10	00 grams Number	•		<u>n</u> Confidence	Amount in edible portion of common measures of food		
Nutrients and Unit	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	g	0.029		5		1		0.056		
17:1	_			_						
18:1 undifferentiated	_	0.964		5		1		1.851		
20:1										
22:1 undifferentiated	_									
24:1 cFatty acids, total polyunsaturated		1.370		0		1		2.630		
18:2 undifferentiated	-	1.305		5		1		2.506		
18:3 undifferentiated		0.065		5		1		0.125		
18:4	_	0.003		•		-		0.123		
20:2 n-6 c.c.										
20:3 undifferentiated	_									
20:4 undifferentiated										
20:5 n-3										
22:5 n-3										
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.124		14		1		0.238		
Threonine		0.346		63		1		0.664		
Isoleucine		0.433		63		1		0.831		
Leucine		1.491		65		1		2.863		
Lysine		0.229		69		1		0.440		
Methionine		0.169		64		1		0.324		
Cystine	_	0.127		51		1		0.244		
Phenylalanine		0.546		63		1		1.048		
Tyrosine		0.321		63		1		0.616		
Valine		0.561		53		1		1.077		
Arginine	g	0.355		64		1		0.682		
Histidine		0.246		63		1		0.472		
Alanine	g	1.033		62		1		1.983		
Aspartic acid	g	0.743		62		1		1.427		
Glutamic acid	g	2.439		62		1		4.683		
Glycine	g	0.346		62		1		0.664		
Proline	g	0.852		62		1		1.636		
Serine	g	0.462		60		1		0.887		
Hydroxyproline	g									

# **Common Measures:**

Measure 1 = 192g: 1 cup

Calories Factors: Protein .91 Fat 8.37 Carbohydrate 4.03

Food Group: 20 Cereal Grains and Pasta

		<u>Aı</u>	mount in 100 g	grams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
				ımber		_		<u>m</u>	easures of food	_	
Nutrients and Uni	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	65.99	0.750	38		1		92.39			
Energy	kcal	141		0	NC	4		197			
Energy	kj	590				4		826			
Protein (N x 5.7)		4.77	0.114	29		1		6.68			
Total lipid (fat)	g	0.67	0.024	29		1		0.94			
Ash		0.24	0.044	27		1		0.34			
Carbohydrate, by difference		28.34		0	NC	4		39.68			
Fiber, total dietary		1.7		0		4		2.4			
Sugars, total		0.65	0.048	11	JO	11		0.91			
Starch	g										
Minerals:											
Calcium, Ca	mg	7	0.417	45		1		10			
Iron, Fe		1.40	0.065	46		1		1.96			
Magnesium, Mg		18	1.289	46		1		25			
Phosphorus, P		54	2.800	45		1		76			
Potassium, K	mg	31	1.571	46		1		43			
Sodium, Na	mg	100		1		1		140			
Zinc, Zn	-	0.53	0.036	46		1		0.74			
Copper, Cu		0.098		37		1		0.137			
Manganese, Mn		0.285		46		1		0.399			
Selenium, Se	mcg	21.3	0.810	67	A	1		29.8			
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0			
Thiamin	-	0.204	0.010	29		1		0.286			
Riboflavin		0.098	0.005	29		1		0.137			
Niacin		1.672	0.093	29		1		2.341			
Pantothenic acid		0.112	0.009	32		1		0.157			
Vitamin B-6	mg	0.035	0.005	29		1		0.049			
Folate, total	mcg	77	3.028	12	A	1		108			
Folic acid	mcg	66	2.758	12	A	1		92			
Folate, food		12	0.770	12	AS	1		16			
Folate, DFE	mcg_DFE	123		0	NC	4		173			
Vitamin B-12		0.00		0	Z	7		0.00			
Vitamin A, IU		0		0	NC	4		0			
Vitamin A, RAE		0		0	NC	4		0			
Retinol		0		0	Z	7		0			
Vitamin E (alpha-tocopherol)	• • • • • • • • • • • • • • • • • • • •	0.06	0.006	4	A	1		0.08			
Tocopherol, beta		0.03	0.003	4	A	1		0.05			
Tocopherol, gamma		0.48	0.021	4	A	1 1		0.67			
Tocopherol, delta		0.00	0.000	4	A	1		0.00			
Vitamin D Vitamin K (phylloquinone)		0.1	0.113	3	A	1		0.2			
Vitamin K (phynoquinone)	nicg	0.1	0.113	,		_		0.2			
<u>Lipids:</u>											
Fatty acids, total saturated	g	0.095	i	0		1		0.133			
4:0	g										
6:0	-										
8:0	-										
10:0	-										
12:0	-										
13:0	-	0.00-		^							
14:0	-	0.001		0		1		0.001			
15:0		0 000		^				0			
16:0	-	0.083	i	0		1		0.116			
17:0		0 011		•		4		0.015			
18:0		0.011		0		1		0.015			
20:0											
22:0 24:0	-										

		<u>Aı</u>	mount in 10		Amount in edible portion of common measures of food					
				Number of Data	Deriv		Confidence			
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.	g	0.079		0		1		0.111		
14:1	-									
15:1	-									
16:1 undifferentiated	-									
17:1 18:1 undifferentiated		0.079		0		1		0.111		
20:1	-	0.079		U		1		0.111		
22:1 undifferentiated	-									
24:1 c	-									
Fatty acids, total polyunsaturated		0.273		0		1		0.382		
18:2 undifferentiated		0.249		0		1		0.349		
18:3 undifferentiated	-	0.024		0		1		0.034		
18:4	g									
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated										
20:5 n-3										
22:5 n-3										
22:6 n-3 Fatty acids, total trans										
Cholesterol		0		0	z	7		0		
Phytosterols		v		Ū		•		Ū		
T flytosterois	9									
Amino Acids:										
Tryptophan		0.061		0		1		0.085		
Threonine		0.126		0		1		0.176		
Isoleucine	-	0.184		0		1		0.258		
Leucine		0.326		0		1 1		0.456		
Lysine		0.091 0.074		0		1		0.127 0.104		
Methionine	-	0.134		0		1		0.104		
Phenylalanine		0.134		0		1		0.323		
Tyrosine		0.125		0		1		0.175		
Valine		0.203		0		1		0.284		
Arginine		0.176		0		1		0.246		
Histidine	_	0.097		0		1		0.136		
Alanine		0.140		0		1		0.196		
Aspartic acid	-	0.195		0		1		0.273		
Glutamic acid		1.718		0		1		2.405		
Glycine	g	0.151		0		1		0.211		
Proline	g	0.524		0		1		0.734		
Serine	_	0.225		0		1		0.315		
Hydroxyproline	g									
Others:										
Alcohol, ethyl	q	0.0		0	z	7		0.0		
Caffeine		0		0	z	7		0		
Theobromine		0		0	z	7		0		
Carotenoids:	=									
	mcc	0		0	BFSN	4		0.081		
Carotene, beta		0		0	BFSN	4		0.038		
Cryptoxanthin, beta		0		0	BFSN	4		0.054		
Lycopene		o		0	BFSN	4		0.000		
Lutein + zeaxanthin		7		0	BFSN	4		9.801		

## **Common Measures:**

Measure 1 = 140g: 1 cup

NDB No. 20321

Spaghetti, cooked, enriched, with added salt

Calories Factors: Protein 3.91 Fat 8.37 Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

		<u>Aı</u>	mount in 100 g	ırams	of edil	ole portio	<u>n</u>		edible portion	
			Nu	ımber	r			<u>m</u>	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	65.99	0.750	38		1		92.39		
Energy	kcal	141		0	NC	4		197		
Energy	kj	590				4		826		
Protein (N x 5.7)	g	4.77	0.114	29		1		6.68		
Total lipid (fat)	g	0.67	0.024	29		1		0.94		
Ash	g	0.24	0.044	27		1		0.34		
Carbohydrate, by difference	g	28.34		0	NC	4		39.68		
Fiber, total dietary	g	1.7		0		1		2.4		
Sugars, total	g	0.65	0.048	11	JO	11		0.91		
Starch	g									
Minerals:										
Calcium, Ca	ma	7	0.417	45		1		10		
Iron, Fe	-	1.40	0.065	46		1		1.96		
Magnesium, Mg	-	18	1.289	46		1		25		
Phosphorus, P		54	2.800	45		1		76		
Potassium, K	-	31	1.571	46		1		43		
Sodium, Na	-	1	0.122	33		1		1		
Zinc, Zn	mg	0.53	0.036	46		1		0.74		
Copper, Cu	mg	0.098	0.004	37		1		0.137		
Manganese, Mn	<u>mg</u>	0.285		46		1		0.399		
Selenium, Se	mcg	21.3	0.810	67	A	1		29.8		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0		
Thiamin	-	0.204	0.010	29		1		0.286		
Riboflavin	-	0.098		29		1		0.137		
Niacin		1.672	0.093	29		1		2.341		
Pantothenic acid	-	0.112	0.009	32		1		0.157		
Vitamin B-6	-	0.035	0.005	29		1		0.049		
Folate, total	mcg	77	3.028	12	A	1		108		
Folic acid		66	2.758	12	A	1		92		
Folate, food	mcg	12	0.770	12	AS	1		16		
Folate, DFE	mcg_DFE	123		0	NC	4		173		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU		0		0	NC	4		0		
Vitamin A, RAE		0		0	NC	4		0		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)		0.06	0.006	4	A	1		0.08		
Tocopherol, beta		0.03	0.003	4	A	1		0.05		
Tocopherol, gamma		0.48	0.021	4	A	1		0.67		
Tocopherol, delta		0.00	0.000	4	A	1		0.00		
Vitamin D				_	_	_				
Vitamin K (phylloquinone)	mcg	0.1	0.113	3	A	1		0.2		
Lipids:										
Fatty acids, total saturated	g	0.095	i	0		1		0.133		
4:0		0.000		0		1		0.000		
6:0		0.000	1	0		1		0.000		
8:0		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	g									
14:0	g	0.001		0		1		0.001		
15:0	g									
16:0	g	0.083		0		1		0.116		
17:0	g									
18:0	g	0.011		0		1		0.015		
20:0										
22:0	g									
24:0	g									

		<u>A</u> 1	mount in 10			ole portic	<u>on</u>	_	edible portion o	f common
				Number	-			<u>m</u>	easures of food	
Nutrients and	Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatur	atedg	0.079		0		1		0.111		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000		
17:1	_									
18:1 undifferentiated	_	0.079		0		1		0.111		
20:1		0.000		0		1		0.000		
22:1 undifferentiated	g	0.000		0		1		0.000		
24:1 c	g									
Fatty acids, total polyunsatura	tedg	0.273		0		1		0.382		
18:2 undifferentiated		0.249		0		1		0.349		
18:3 undifferentiated	g	0.024		0		1		0.034		
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	g	0.000		0		1		0.000		
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.061		0		1		0.085		
Threonine		0.126		0		1		0.176		
Isoleucine	-	0.184		0		1		0.258		
Leucine	-	0.326		0		1		0.456		
Lysine	-	0.091		0		1		0.127		
Methionine		0.074		0		1		0.104		
Cystine		0.134		0		1		0.188		
Phenylalanine		0.231		0		1		0.323		
Tyrosine		0.125		0		1		0.323		
Valine	-	0.203		0		1		0.284		
Arginine	-	0.176		0		1		0.246		
Histidine	-	0.097		0		1		0.136		
Alanine		0.140		0		1		0.136		
Aspartic acid		0.140		0		1		0.196		
Glutamic acid		1.718		0		1		2.405		
		0.151		0		1		0.211		
Glycine		0.151		0		1		0.211		
Proline	-	0.324		0		1		0.734		
Serine		0.225		U		1		0.313		
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:										
	mea	0		0	BFSN	4		0.081		
Carotene, beta Carotene, alpha		0		0	BFSN	4		0.081		
, ·	_	0		0	BFSN	4		0.054		
Cryptoxanthin, beta		0		0	BFSN			0.000		
Lycopene		7		0	BFSN	4		9.801		
Lutein + zeaxanthin	tirch			U	DE SN	4		9.001		

## **Common Measures:**

Measure 1 = 140g: 1 cup

NDB No. 20121

Spaghetti, cooked, enriched, without added salt

Calories Factors: Protein 3.91 Fat 8.37 Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

		<u>Aı</u>	mount in 100 g	rams	of edib	ole portio	<u>n</u>	Amount in edible portion of common		
			Nu	mber				<u>m</u>	easures of food	<u>l</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Un	nits	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water		65.99	0.750	38		1		92.39		
Energy		141		0	NC	4		197		
Energy		590				4		826		
Protein (N x 5.7)		4.77	0.114	29		1		6.68		
Total lipid (fat)		0.67	0.024	29		1		0.94		
Ash		0.24	0.044	27		1		0.34		
Carbohydrate, by difference		28.34		0	NC	4		39.68		
Fiber, total dietary										
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	mg	7	0.417	45		1		10		
Iron. Fe.	_	0.50	/	1		1		0.70		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	18	1.289	46		1		25		
Phosphorus, P		54	2.800	45		1		76		
Potassium, K	_	31	1.571	46		1		43		
Sodium, Na	_	100		1		1		140		
Zinc, Zn	mg	0.53	0.036	46		1		0.74		
Copper, Cu	mg	0.098	0.004	37		1		0.137		
Manganese, Mn	mg	0.285	0.015	46		1		0.399		
Selenium, Se	mcg	21.3	0.810	67	A	1		29.8		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0		
Thiamin	_	0.020		1		1		0.028		
Riboflavin	-	0.020		1		1		0.028		
Niacin		0.400		1		1		0.560		
Pantothenic acid		0.112		32		1		0.157		
Vitamin B-6	_	0.035		29		1		0.049		
Folate, total	_	7	0.886	22		1		10		
Folic acid		0		0	z	7		0		
Folate, food		7	0.886	22		1		10		
Folate, DFE		7		0	NC	4		10		
Vitamin B-12		0.00		0	z	7		0.00		
Vitamin A, IU										
Vitamin A, RAE										
Retinol	mcg									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.095		0		1		0.133		
4:0										
6:0										
8:0	-									
10:0	g									
12:0	g									
13:0	-									
14:0		0.001		0		1		0.001		
15:0	-									
16:0	_	0.083		0		1		0.116		
17:0	-									
18:0	_	0.011		0		1		0.015		
20:0	_									
22:0	g									
24:0	g									

		<u>Aı</u>	nount in 10			ole portio	<u>n</u>		edible portion o	f common
				Number		_		<u>m</u>	easures of food	
Nutrients and Un	its	Mean	Std. Error	of Data Points		Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.	g	0.079		0		1		0.111		
14:1	g									
15:1	g									
16:1 undifferentiated	g									
17:1	g									
18:1 undifferentiated	g	0.079		0		1		0.111		
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated		0.273		0		1		0.382		
18:2 undifferentiated	g	0.249		0		1		0.349		
18:3 undifferentiated	g	0.024		0		1		0.034		
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3										
Fatty acids, total trans	-									
Cholesterol	_	0		0	z	7		0		
Phytosterols	mg									
Amino Acids:	_			•		_				
Tryptophan	-	0.061		0		1		0.085		
Threonine	_	0.126		0		1		0.176		
Isoleucine	_	0.184		0		1		0.258		
Leucine		0.326		0		1		0.456		
Lysine		0.091		0		1		0.127		
Methionine	_	0.074		0		1		0.104		
Cystine		0.134		0		1		0.188		
Phenylalanine		0.231		0		1 1		0.323		
Tyrosine		0.125		-		1		0.175		
Valine		0.203		0		1		0.284		
Arginine	-	0.176		0		_		0.246		
Histidine	_	0.097		0		1		0.136		
Alanine	_	0.140		0		1 1		0.196		
Aspartic acid	-	0.195		0		1		0.273		
Glutamic acid		1.718				1		2.405		
Glycine	-	0.151		0		1		0.211 0.734		
Proline	_	0.524				1				
Serine	_	0.225		0		1		0.315		
Hydroxyproline	y									

## **Common Measures:**

Measure 1 = 140g: 1 cup

Calories Factors: Protein 3.91 Fat 8.37 Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

		<u>Aı</u>	mount in 100 g	ırams	of edil	ole portio	<u>n</u>		edible portion	
			Nu	mber	•			<u>m</u>	easures of food	<u>l</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	65.99	0.750	38		1		92.39		
Energy	kcal	141		0	NC	4		197		
Energy	kj	590				4		826		
Protein (N x 5.7)	g	4.77	0.114	29		1		6.68		
Total lipid (fat)	g	0.67	0.024	29		1		0.94		
Ash	g	0.24	0.044	27		1		0.34		
Carbohydrate, by difference	g	28.34		0	NC	4		39.68		
Fiber, total dietary	g	1.7		0		1		2.4		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	7	0.417	45		1		10		
Iron. Fe.	-	0.50		1		1		0.70		
Magnesium, Mg		18	1.289	46		1		25		
Phosphorus, P		54	2.800	45		1		76		
Potassium, K	-	31	1.571	46		1		43		
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	1	0.122	33		1		1		
Zinc, Zn		0.53	0.036	46		1		0.74		
Copper, Cu	mg	0.098		37		1		0.137		
Manganese, Mn		0.285		46		1		0.399		
Selenium, Se	mcg	21.3	0.810	67	A	1		29.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	_	0.020	)	1		1		0.028		
Riboflavin	-	0.020	1	1		1		0.028		
Niacin	mg	0.400	)	1		1		0.560		
Pantothenic acid	mg	0.112	0.009	32		1		0.157		
Vitamin B-6	mg	0.035	0.005	29		1		0.049		
Folate, total		7	0.886	22		1		10		
Folic acid		0		0	Z	7		0		
Folate, food		7	0.886	22		1		10		
Folate, DFE		7		0	NC	4		10		
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin A, IU		0		0		7		0		
Vitamin A, RAE		0		0	_	7		0		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:	~			_		_				
Fatty acids, total saturated		0.095		0		1 1		0.133		
4:0		0.000		0		1		0.000 0.000		
6:0		0.000		0		1		0.000		
8:0 10:0	-	0.000		0		1		0.000		
12:0	_	0.000		0		1		0.000		
13:0	-	0.000		Ü		-		0.000		
14:0	-	0.001		0		1		0.001		
15:0	_	0.001		-		-		0.001		
16:0		0.083	1	0		1		0.116		
17:0										
18:0		0.011		0		1		0.015		
20:0										
22:0	-									
24:0	g									

		Amo	ount in 100 grams Numbei		<u>ortion</u>	Amount in edible portion of common measures of food		
Nutrients and Unit	s	Mean S	of Data Std. Error Points		rce Confidence de Code	Measure 1	Measure 2	Measure 3
		0.070						
Fatty acids, total monounsaturated		0.079	0	1	<u> </u>	0.111		
14:1 15:1	_							
16:1 undifferentiated		0.000	0	1	ı	0.000		
17:1		0.000	Ů	-	-	0.000		
18:1 undifferentiated	-	0.079	0	1	L	0.111		
20:1		0.000	0	-		0.000		
22:1 undifferentiated	-	0.000	0	-		0.000		
24:1 c	•	0.000	•	-	-	0.000		
Fatty acids, total polyunsaturated		0.273	0	1	L	0.382		
18:2 undifferentiated		0.249	0	1		0.349		
18:3 undifferentiated		0.024	0	1		0.034		
18:4		0.000	0	1		0.000		
20:2 n-6 c.c.								
20:3 undifferentiated	_							
20:4 undifferentiated		0.000	0	1	L	0.000		
20:5 n-3	_	0.000	0	1	L	0.000		
22:5 n-3		0.000	0	1	L	0.000		
22:6 n-3		0.000	0	1	L	0.000		
Fatty acids, total trans	-							
Cholesterol		0	0	z	1	0		
Phytosterols	mg							
Amino Acids:	~	0.061	•		ı	0.005		
Tryptophan		0.061	0	1		0.085		
Threonine		0.126	0	1		0.176		
Isoleucine	_	0.184	0	1		0.258		
Leucine	-	0.326	-		=	0.456		
Lysine	_	0.091	0	1	=	0.127		
Methionine		0.074	-		=	0.104		
Cystine		0.134	0	1		0.188		
Phenylalanine		0.231	0			0.323		
Tyrosine		0.125	0			0.175		
Valine		0.203	0	1		0.284		
Arginine		0.176	0	1		0.246		
Histidine	_	0.097	0			0.136		
Alanine		0.140	0			0.196		
Aspartic acid		0.195 1.718	0	1		0.273 2.405		
Glutamic acid	-	0.151	0					
Glycine			0	1		0.211		
Proline	=	0.524 0.225	0			0.73 <b>4</b> 0.315		
Serine	_	0.225	U	-	<u>.</u>	0.315		
11yuroxypronne	9							
Others:								
Alcohol, ethyl	g	0.0	0	7	7	0.0		
Caffeine	mg							
Theobromine	mg							

### **Common Measures:**

Measure 1 = 140g: 1 cup

Calories Factors: Protein 3.91 Fat 8.37 Carbohydrate 4.12

**Food Group:** 20 Cereal Grains and Pasta USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>Aı</u>	mount in 100 g	rams	of edil	ole portio	<u>n</u>	Amount in	edible portion	of common
			Nu	mber				m	easures of food	<u> </u>
					Deriv	Source	Confidence			
Nutrients and Uni	ite	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure
Nutrients and On	its	Weari	Stu. Ellol 1	Jt.3	Jour	Ocac	Jour	Weasure i	Weasure 2	Weasure
Proximates:										
Water	g	10.25	0.233	57		1		5.84		
Energy	kcal	371		0	NC	4		211		
Energy	kj	1552				4		885		
Protein (N x 5.7)	g	12.78	0.161	70		1		7.28		
Total lipid (fat)	g	1.58	0.064	47		1		0.90		
Ash	g	0.70	0.014	58		1		0.40		
Carbohydrate, by difference	g	74.69		0	NC	4		42.57		
Fiber, total dietary	g	2.4		0		1		1.4		
Sugars, total	g	1.77		5	A	1		1.01		
Starch	g									
Minerals:	ma	10	0 544	E 4		4		10		
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	18 3.86	0.544 0.142	54 67		1 1		10 2.20		
Iron, Fe		3.86 48	1.981	67 47		1				
Magnesium, Mg				47		1		27 86		
Phosphorus, P	•	150 162	4.516 3.566	41 90		1		86 92		
Potassium, K		162 7	3.566 0.520	90 87		1		92 4		
Sodium, Na		1.21	0.520	36		1		0.69		
Zinc, Zn Copper, Cu		0.254		36		1		0.145		
Manganese, Mn		0.234		32		1		0.396		
Selenium, Se		62.2	3.130	23	A	1		35.5		
Scienium, Se	g	02.2	3.130	23		-		33.3		
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	1.029	0.030	61		1		0.587		
Riboflavin	mg	0.444	0.011	122		1		0.253		
Niacin	<u>mg</u>	7.508	0.408	63		1		4.280		
Pantothenic acid	mg	0.431	0.026	27		1		0.246		
Vitamin B-6	mg	0.106	0.007	29		1		0.060		
Folate, total	mcg	278		13	A	1		158		
Folic acid	mcg	260		0	NC	4		148		
Folate, food		18	1.430	30		1		10		
Folate, DFE	mcg_DFE	460		0	NC	4		262		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU		0	0.000	7		1		0		
Vitamin A, RAE	mcg_RAE	0	0.000	7		1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.09		4	A	1		0.05		
Tocopherol, beta	mg	0.06		4	A	1		0.03		
Tocopherol, gamma	mg	0.73		4	A	1		0.41		
Tocopherol, delta	mg	0.01		4	A	1		0.00		
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.2		1	A	1		0.1		
Lipids:										
Fatty acids, total saturated	a	0.225		0		1		0.128		
4:0		0.225		0		1		0.128		
6:0		0.000		0		1		0.000		
8:0	-	0.000		0		1		0.000		
10:0		0.000		0		1		0.000		
12:0		0.000		0		1		0.000		
13:0		0.000		3		-		0.000		
14:0	_	0.003		0		1		0.002		
	_	0.003		J		_		0.002		
15:0	_	0 107		0		1		0.112		
16:0		0.197		U		1		0.112		
17:0	_	0.005		0		1		0 014		
18:0		0.025		U		1		0.014		
20:0										
22:0	g g									

		<u>Ar</u>	mount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food		
				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
Fatty acids, total monounsaturated		0.186		0		1		0.106		
14:1	_									
15:1	-	0.000		^		1		0.000		
16:1 undifferentiated	-	0.000		0		1		0.000		
17:1	-	0 106		^		1		0 106		
18:1 undifferentiated	-	0.186		0				0.106		
20:1		0.000		0		1		0.000		
22:1 undifferentiated	•	0.000		0		1		0.000		
24:1 c										
Fatty acids, total polyunsaturated		0.647		0		1		0.369		
18:2 undifferentiated		0.591		0		1		0.337		
18:3 undifferentiated		0.056		0		1		0.032		
18:4	g	0.000		0		1		0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0		1		0.000		
20:5 n-3	g	0.000		0		1		0.000		
22:5 n-3	g	0.000		0		1		0.000		
22:6 n-3		0.000		0		1		0.000		
Fatty acids, total trans										
Cholesterol		0		0	z	7		0		
Phytosterols										
1 lly tosterois										
Amino Acids:										
Tryptophan	g	0.164		0		1		0.093		
Threonine	g	0.338		0		1		0.193		
Isoleucine	g	0.494		0		1		0.282		
Leucine	g	0.874		0		1		0.498		
Lysine	g	0.245		0		1		0.140		
Methionine		0.199		0		1		0.113		
Cystine		0.361		0		1		0.206		
Phenylalanine		0.621		0		1		0.354		
Tyrosine		0.336		0		1		0.192		
Valine	-	0.545		0		1		0.311		
Arginine		0.471		0		1		0.268		
_		0.259		0		1		0.148		
Histidine	-			0		1				
Alanine		0.375				1		0.214		
Aspartic acid		0.522		0				0.298		
Glutamic acid	-	4.609		0		1		2.627		
Glycine		0.404		0		1		0.230		
Proline	=	1.406		0		1		0.801		
Serine	-	0.602		0		1		0.343		
Hydroxyproline	g									
Others:										
Alcohol, ethyl	a	0.0		0		7		0.0		
, ,	_	0.0		0	z	7		0.0		
Caffeine		0		0	Z	7				
Theobromine	!!!!Y	U		U	z	,		0		
<u>Carotenoids:</u>										
Carotene, beta	mcg	0		0	BFZN	4		0.086		
Carotene, alpha		0		0	BFZN	4		0.040		
Cryptoxanthin, beta		0		0	BFZN	4		0.057		
Lycopene		0		0	BFZN	4		0.000		
-,-vp•	mcg	18		0	BFZN	4		10.334		

## **Common Measures:**

Measure 1 = 57g: 2 oz

NDB No. 20120

Spaghetti, dry, enriched

Calories Factors: Protein 3.91 Fat 8.37 Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

		<u>Aı</u>	mount in 100 g	ırams	of edib	le portio	<u>n</u>		edible portion	
			Nu	mber	•			<u>m</u>	easures of food	<u>.</u>
Nutrients and Un	its	Mean	of Std. Error Po			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:		10.25	0.233	57		1		5.84		
Water		371	0.233	0	NC	4		211		
Energy		1552		U	NC	4		885		
Energy		12.78	0.161	70		1		7.28		
Protein (N x 5.7)		1.58	0.161	47		1		0.90		
Total lipid (fat)		0.70	0.014	58		1		0.40		
Ash		74.69	0.014	0	NC	4		42.57		
Carbohydrate, by difference		2.4		0	BFZN	4		1.4		
Fiber, total dietary		2.4		U	BFZN	4		1.4		
Sugars, total										
Starch	9									
Minerals:										
Calcium, Ca	mg	18	0.544	54		1		10		
Iron, Fe		1.30		1		1		0.74		
Magnesium, Mg	mg	48	1.981	47		1		27		
Phosphorus, P		150	4.516	41		1		86		
Potassium, K	mg	162	3.566	90		1		92		
Sodium, Na	mg	7	0.520	87		1		4		
Zinc, Zn	<u>mg</u>	1.21	0.057	36		1		0.69		
Copper, Cu	mg	0.254	0.014	36		1		0.145		
Manganese, Mn	mg	0.694	0.032	32		1		0.396		
Selenium, Se	mcg	62.2	3.130	23	A	1		35.5		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0		
Thiamin	-	0.090		1		1		0.051		
Riboflavin		0.060		1		1		0.031		
Niacin		1.700		1		1		0.969		
Pantothenic acid		0.431		27		1		0.246		
Vitamin B-6	-	0.106		29		1		0.060		
Folate, total	-	18	1.430	30		1		10		
Folic acid		0	1.450	0	z	7		0		
Folate, food		18	1.430	30	_	1		10		
Folate, DFE		18	2.150	0	NC	4		10		
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin A, IU	IU	0	0.000	7	_	1		0		
Vitamin A, RAE		0	0.000	7		1		0		
Retinol		0		0	z	7		0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	-									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
r · · · ·										
Lipids:	~	0.225		•				0 100		
Fatty acids, total saturated		0.225	1	0		1		0.128		
4:0	-									
6:0										
8:0 10:0										
12:0										
13:0										
14:0		0.003		0		1		0.002		
15:0		5.003		•		-		0.002		
16:0		0.197		0		1		0.112		
17:0		0.20,		•		-		J.112		
18:0	-	0.025		0		1		0.014		
20:0	-	5.025		•		-		0.014		
22:0	-									
	g									

	<u>A</u> 1	mount in 100 gram		ble portic	<u>on</u>	Amount in edible portion of common measures of food		
		Numbe of Data		Source	Confidence	<u> </u>	easures or roou	
Nutrients and Units	Mean	Std. Error Points		Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.186	5 0		1		0.106		
14:1g								
15:1g								
16:1 undifferentiatedg								
17:1g								
18:1 undifferentiatedg	0.186	0		1		0.106		
20:1g								
22:1 undifferentiatedg								
24:1 cg								
Fatty acids, total polyunsaturatedg	0.647	0		1		0.369		
18:2 undifferentiatedg	0.591	. 0		1		0.337		
18:3 undifferentiatedg	0.056	0		1		0.032		
18:4g								
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg								
20:5 n-3g								
22:5 n-3g								
22:6 n-3g								
Fatty acids, total transg								
Cholesterolmg	0	0	Z	7		0		
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.164	0		1		0.093		
Threonineg	0.338			1		0.193		
Isoleucineg	0.494	0		1		0.282		
Leucine9	0.874	0		1		0.498		
Lysineg	0.245			1		0.140		
Methionineg	0.199			1		0.113		
Cystineg	0.361	. 0		1		0.206		
Phenylalanineg	0.621			1		0.354		
Tyrosine9	0.336	0		1		0.192		
Valineg	0.545	0		1		0.311		
Arginineg	0.471			1		0.268		
Histidineg	0.259			1		0.148		
Alanineg	0.375			1		0.214		
Aspartic acidg	0.522			1		0.298		
Glutamic acidg	4.609			1		2.627		
Glycineg	0.404			1		0.230		
Prolineg	1.406			1		0.801		
Serineg	0.602	2 0		1		0.343		
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0	z	7		0.0		
Caffeine mg								
Theobromine mg								

## **Common Measures:**

Measure 1 = 57g: 2 oz

Calories Factors: Protein 3.91 Fat 8.37 Carbohydrate 4.12

**Food Group:** 20 Cereal Grains and Pasta USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u> 1	mount in 100 gr	ams of e	lible portion	<u>on</u>	Amount in	edible portion	of common
			Nur	nber			<u>m</u>	easures of food	<u>l</u>
			of I	Data Deri	v Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Poi	nts Cod	e Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	59.73	3.346	4	1		83.62		
Energy	=	164	3.340	0 N			230		
0.		686		0 1	4		961		
Energy			0.756		=				
Protein (N x 5.7)		8.08	0.756	4	1		11.31		
Total lipid (fat)		0.21	0.096	7	1		0.29		
Ash		0.31	0.030	4	1		0.43		
Carbohydrate, by difference		31.66		0 N			44.32		
Fiber, total dietary		1.7		0	4		2.4		
Sugars, total									
Starch	g								
Minerals:									
Calcium. Ca	ma	10	1.443	4	1		14		
Iron, Fe		0.72	0.255	4	1		1.01		
Magnesium, Mg	_	30	6.998	3	1		42		
Phosphorus, P		50	24.913	3	1		70		
Potassium, K	_	42	1.695	3	1		59		
Sodium, Na		5	0.806	3	1		7		
Zinc, Zn		0.50	0.060	3	1		0.70		
Copper, Cu		0.084		3	1		0.118		
Manganese, Mn		0.417		1	1		0.584		
Selenium, Se		25.2		0 BF:			35.3		
ŕ									
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid		0.0		0	4		0.0		
Thiamin		0.298		5	1		0.417		
Riboflavin		0.161		5	1		0.225		
Niacin	_	1.837		3	1		2.572		
Pantothenic acid		0.286		4	1		0.400		
Vitamin B-6	-	0.064	0.007	3	1		0.090		
Folate, total		82		0 BF			115		
Folic acid		71		0 N			99		
Folate, food	mcg	11	4.376	3	1		15		
Folate, DFE		132		0 N			184		
Vitamin B-12		0.00		0 z			0.00		
Vitamin A, IU		0		0	4		0		
Vitamin A, RAE		0		0	4		0		
Retinol		0		0 z	7		0		
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)	nicg								
<u>Lipids:</u>									
Fatty acids, total saturated	g	0.032	2	0	1		0.045		
4:0		0.000	)	0	1		0.000		
6:0		0.000	)	0	1		0.000		
8:0	g	0.000	)	0	1		0.000		
10:0	-	0.000	)	0	1		0.000		
12:0	g	0.000	)	0	1		0.000		
13:0									
14:0	-	0.000	)	0	1		0.000		
15:0	-								
16:0	-	0.028	3	0	1		0.039		
17:0									
18:0		0.003	3	0	1		0.004		
20:0									
	g								

	<u>A</u> 1	nount in 100 grams Numbe		<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean		Deriv Source	Confidence Code	Measure 1	Measure 2	Measure 3
F	0.026	0	1		0.006		
Fatty acids, total monounsaturatedg	0.026	0	1		0.036		
15:1g							
16:1 undifferentiatedg	0.000	0	1		0.000		
17:1g	0.000	·	_		0.000		
18:1 undifferentiated	0.026	0	1		0.036		
20:1g	0.000		1		0.000		
22:1 undifferentiatedg	0.000		1		0.000		
24:1 cg							
Fatty acids, total polyunsaturatedg	0.095	0	1		0.133		
18:2 undifferentiatedg	0.086		1		0.120		
18:3 undifferentiatedg	0.009		1		0.013		
18:4g	0.000		1		0.000		
20:2 n-6 c.cg							
20:3 undifferentiatedg							
20:4 undifferentiatedg	0.000	0	1		0.000		
20:5 n-3g	0.000	0	1		0.000		
22:5 n-3g	0.000	0	1		0.000		
22:6 n-3g	0.000	0	1		0.000		
Fatty acids, total trans9							
Cholesterol mg	0	0	z 7		0		
Phytosterolsmg							
Amino Asida							
Amino Acids:	0 103	0	1		0.144		
Tryptophan9	0.103 0.228		1		0.144		
Threonine			1				
Isoleucine	0.319 0.557		1		0.447 0.780		
Leucine			1		0.780		
Lysine	0.191 0.129		1				
Methionine	0.129		1		0.181 0.308		
Cystine	0.220		1		0.547		
Phenylalanine	0.391		1		0.347		
Tyrosine	0.220		1		0.496		
Valine			1				
Arginine	0.315		1		0.441 0.237		
Histidine	0.169 0.259		1		0.237		
Alanine	0.259		1		0.514		
	2.782		1		3.895		
Glutamic acid	0.269		1		0.377		
Proline 9	0.848		1		1.187		
Serine	0.383		1		0.536		
Hydroxyproline	0.363	0	1		0.550		
тустохургонис							
Others:							
Alcohol, ethylg	0.0	0	7		0.0		
Caffeine mg							
Theobromine mg							

### **Common Measures:**

Measure 1 = 140g: 1 cup

Calories Factors: Protein 3.91 Fat 8.37 Carbohydrate 4.12

**Food Group:** 20 Cereal Grains and Pasta USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>Aı</u>	mount in 100 g	rams	of edik	ole portio	<u>n</u>	Amount in	edible portion	of common
			Nu	mber				m	easures of food	<u>I</u>
					Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	59.73	3.346	4		1		83.62		
Energy	_	164	3.340	0	NC	4		230		
Energy		686		U	NC	4		961		
03	=			1		=				
Protein (N x 5.7)		8.86	0.000	1		1		12.40		
Total lipid (fat)		0.21	0.096	7		1		0.29		
Ash		0.31	0.030	4		1		0.43		
Carbohydrate, by difference		30.88		0	NC	4		43.23		
Fiber, total dietary		2.0		0		4		2.8		
Sugars, total										
Starch	g									
Minavala										
Minerals: Calcium, Ca	ma	10	1.443	4		1		14		
Iron. Fe.	-	0.72	0.255	4		1		1.01		
Magnesium, Mg		30	6.998	3		1		42		
Phosphorus, P		50	24.913	3		1		70		
Potassium, K	_	42	1.695	3		1		59		
Sodium, Na		5	0.806	3		1		7		
Zinc, Zn		0.50	0.060	3		1		0.70		
Copper, Cu		0.084		3		1		0.118		
Manganese, Mn		0.417		1		1		0.584		
Selenium, Se		25.2		0	BFSN	4		35.3		
Selemum, Se	nicg	25.2		U	DE SN	-		33.3		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.298	0.020	5		1		0.417		
Riboflavin		0.161	0.009	5		1		0.225		
Niacin	mg	1.837	0.168	3		1		2.572		
Pantothenic acid	mg	0.286	0.073	4		1		0.400		
Vitamin B-6		0.064	0.007	3		1		0.090		
Folate, total	-	82		0	BFSY	4		115		
Folic acid		71		0	NC	4		99		
Folate, food		11	4.376	3		1		15		
Folate, DFE	mca DFE	132		0	NC	4		184		
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin A, IU		0		0	_	4		0		
Vitamin A, RAE		0		0		4		0		
Retinol		0		0	z	7		0		
Vitamin E (alpha-tocopherol)		ŭ		Ů	-	•		ŭ		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
vitanini K (priyrioquinone)	niog									
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.032	2	0		1		0.045		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0		0.000	)	0		1		0.000		
15:0										
16:0		0.028	3	0		1		0.039		
17:0										
18:0	-	0.003	3	0		1		0.004		
20:0	-									
22:0	-									
24:0	-									

		<u>Aı</u>	nount in 10			ole portio	<u>n</u>		edible portion o	of common
				Number				<u>m</u>	easures of food	
Nutrients and Un	its	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.	g	0.026		0		1		0.036		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000		
17:1	g									
18:1 undifferentiated	g	0.026		0		1		0.036		
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.095		0		1		0.133		
18:2 undifferentiated	g	0.086		0		1		0.120		
18:3 undifferentiated	g	0.009		0		1		0.013		
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.103		0		1		0.144		
Threonine		0.228		0		1		0.319		
Isoleucine		0.228		0		1		0.447		
Leucine	-	0.557		0		1		0.780		
	_	0.191		0		1		0.760		
Lysine Methionine		0.191		0		1		0.181		
	-	0.129		0		1		0.308		
Cystine		0.220		0		1		0.547		
Phenylalanine		0.391		0		1		0.547		
Tyrosine	-			0		1				
Valine	_	0.354 0.315		0		1		0.496 0.441		
Arginine				-		1				
Histidine		0.169		0		1		0.237		
Alanine	_	0.259		0		1		0.363		
Aspartic acid	_	0.367		-		_		0.514		
Glutamic acid		2.782		0		1		3.895		
Glycine	-	0.269		0		1		0.377		
Proline		0.848		0		1		1.187		
Serine	_	0.383		0		1		0.536		
Hydroxyproline	g									

## **Common Measures:**

Measure 1 = 140g: 1 cup

Calories Factors: Protein 3.91 Fat 8.37 Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

		<u>A</u> 1	mount in 100 g	ırams	of edik	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
Proximates:										
Water	g	9.23	0.620	14		1		5.26		
Energy	kcal	375		0	NC	4		214		
Energy	kj	1569				4		894		
Protein (N x 5.7)	g	19.86	0.618	17		1		11.32		
Total lipid (fat)	g	2.23	0.249	20		1		1.27		
Ash	g	1.12	0.082	14		1		0.64		
Carbohydrate, by difference	g	67.56		0	NC	4		38.51		
Fiber, total dietary	g									
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	mg	39	5.526	19		1		22		
Iron, Fe	-	4.15	0.334	19		1		2.37		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	65	12.843	6		1		37		
Phosphorus, P		163	44.753	5		1		93		
Potassium, K	-	201	26.503	6		1		115		
Sodium, Na	-	8	2.167	10		1		5		
Zinc, Zn		1.79	0.290	6		1		1.02		
Copper, Cu	mg	0.278		6		1		0.158		
Manganese, Mn		0.910	0.251	3		1		0.519		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	_	1.187	0.059	19		1		0.677		
Riboflavin	-	0.475	0.022	20		1		0.271		
Niacin	mg	7.654	0.503	18		1		4.363		
Pantothenic acid	mg	0.684	0.085	4		1		0.390		
Vitamin B-6	mg	0.178	0.030	5		1		0.101		
Folate, total	mcg	278		0	BFZN	4		158		
Folic acid	mcg	258		0	NC	4		147		
Folate, food		20	5.073	5		1		11		
Folate, DFE		458		0	NC	4		261		
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin A, IU		0		0		4		0		
Vitamin A, RAE		0		0	NC	4		0		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:	_			_		_				
Fatty acids, total saturated		0.328		0		1		0.187		
4:0 6:0										
8:0 10:0										
12:0										
13:0										
14:0	-	0.004		0		1		0.002		
15:0	-			-		=		3.00=		
16:0	-	0.291		0		1		0.166		
17:0				-		=				
18:0		0.032		0		1		0.018		
20:0										
22:0	-									
24:0	-									

		<u>Ar</u>	mount in 10			ole portic	<u>on</u>		edible portion o	of common
				Number of Data		Source	Confidence	1111	easures or roou	
Nutrients and Units	;	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	0.271		0		1		0.154		
14:1	g									
15:1	g									
16:1 undifferentiated	-	0.001		0		1		0.001		
17:1	g									
18:1 undifferentiated	g	0.270		0		1		0.154		
20:1	g									
22:1 undifferentiated	g									
24:1 c										
Fatty acids, total polyunsaturated	g	0.986		0		1		0.562		
18:2 undifferentiated		0.893		0		1		0.509		
18:3 undifferentiated	g	0.093		0		1		0.053		
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	q	0.254		0		1		0.145		
Threonine		0.561		0		1		0.320		
Isoleucine	-	0.784		0		1		0.447		
Leucine	-	1.369		0		1		0.780		
Lysine	-	0.470		0		1		0.268		
Methionine	-	0.317		0		1		0.181		
Cystine		0.540		0		1		0.308		
Phenylalanine		0.962		0		1		0.548		
Tyrosine		0.540		0		1		0.308		
Valine		0.871		0		1		0.496		
Arginine		0.774		0		1		0.441		
Histidine		0.415		0		1		0.237		
Alanine	-	0.413		0		1		0.364		
Aspartic acid	-	0.902		0		1		0.514		
Glutamic acid		6.840		0		1		3.899		
Glycine	-	0.662		0		1		0.377		
Proline	-	2.084		0		1		1.188		
	-	0.941		0		1		0.536		
Serine	-	0.941		U		_		0.536		
Hydroxyproline	9									

## **Common Measures:**

Measure 1 = 57g: 2 oz

Calories Factors: Protein 3.91 Fat 8.37 Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

		<u>Aı</u>	nount in 100 g	ırams	of edib	ole portio	<u>n</u>		edible portion	
			Nu	mber	r			<u>m</u>	easures of food	<u>.</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	9.23	0.620	14		1		5.26		
Energy	kcal	374		0	NC	4		213		
Energy	kj	1565				4		892		
Protein (N x 5.7)	g	21.78		1		1		12.41		
Total lipid (fat)	g	2.23	0.249	20		1		1.27		
Ash	g	1.12	0.082	14		1		0.64		
Carbohydrate, by difference	g	65.65		0	NC	4		37.42		
Fiber, total dietary	g	2.4		0		4		1.4		
Sugars, total	g									
Starch	g									
Minerals:										
Vimerais: Calcium, Ca	ma	39	5.526	19		1		22		
Iron. Fe.	-	4.15	0.334	19		1		2.37		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	65	12.843	6		1		37		
Phosphorus, P		163	44.753	5		1		93		
Potassium, K	-	201	26.503	6		1		115		
Sodium, Na	_	8	2.167	10		1		5		
Zinc, Zn	mg	1.79	0.290	6		1		1.02		
Copper, Cu	mg	0.278	0.053	6		1		0.158		
Manganese, Mn	<u>mg</u>	0.910	0.251	3		1		0.519		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0		
Thiamin	-	1.187	0.059	19		1		0.677		
Riboflavin		0.475		20		1		0.271		
Niacin		7.654		18		1		4.363		
Pantothenic acid		0.684		4		1		0.390		
Vitamin B-6	-	0.178		5		1		0.101		
Folate, total		278		0	BFZN	4		158		
Folic acid		258		0	NC	4		147		
Folate, food		20	5.073	5		1		11		
Folate, DFE		458		0	NC	4		261		
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin A, IU		0		0		4		0		
Vitamin A, RAE		0		0	NC	4		0		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D.										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.328		0		1		0.187		
4:0										
6:0										
8:0	g									
10:0										
12:0										
13:0	-									
14:0	g	0.004		0		1		0.002		
15:0	g									
16:0		0.291		0		1		0.166		
17:0										
18:0	g	0.032		0		1		0.018		
20:0	_									
22:0	a									

Fatty acids, fotal monounsaturated			<u>A</u>	mount in 10	0 grams	of edil	ole portic	<u>on</u>	Amount in	edible portion of	of common
Nutrients and Units   Mean   Std. Error   Points   Code   Code   Code   Code   Code   Measure 1   Measure 2   Measure 1					Number				<u>m</u>	easures of food	
Nutrients and Units   Mean   Std. Error   Points   Code   Code   Code   Measure 1   Measure 2   Measure 1							Source	Confidence			
14:1	Nutrients and Un	its	Mean	Std. Error					Measure 1	Measure 2	Measure 3
14:1											
15:1	-		0.271	-	0		1		0.154		
16:1 undifferentiated.   9		_									
17:1.											
18:1 undifferentiated		-	0.001	=	0		1		0.001		
20:1		-									
22:1 undifferentiated		-	0.270	)	0		1		0.154		
24:1 c.       9         Fatty acids, total polyunsaturated.       9       0.893       0       1       0.509         18:3 undifferentiated.       9       0.093       0       1       0.053         18:4.       9       0.093       0       1       0.053         18:4.       9       0.02 n-6 c.       9       9         20:3 undifferentiated.       9       20:4 undifferentiated.       9         20:5 n-3.       9       22:5 n-3.       9         22:5 n-3.       9       22:5 n-3.       9         22:5 n-3.       9       22:5 n-3.       9         Patty acids, total trans.       9       0       2       7       0         Phytosterols.       mg       0       2       7       0         Typtophan.       9       0.254       0       1       0.145         Threonine.       9       0.561       0       1       0.447         Leucine.       9       0.784       0       1       0.447         Leucine.       9       0.470       0       1       0.780         Lysine.       9       0.317       0       1       0.181 <td></td> <td>-</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>		-									
Fatty acids, total polyunsaturated		-									
RS2 undifferentiated					_		_		_		
18:3 undifferentiated       9       0.093       0       1       0.053         18:4       9       20:2 n-6 c,c.       9         20:3 undifferentiated       9       20:4 undifferentiated       9         20:5 n-3       9       22:5 n-3       9         22:5 n-3       9       22:6 n-3       9         Fatty acids, total trans       9       0       0       z       7       0         Phytosterols       mg       0       1       0.145         Tryptophan       9       0.254       0       1       0.320         Isoleucine       9       0.561       0       1       0.447         Leucine       9       0.784       0       1       0.780         Lysine       9       0.540       0       1											
18:4       9         20:2 n-6 c,c.       9         20:3 undifferentiated.       9         20:4 undifferentiated.       9         20:5 n-3.       9         22:5 n-3.       9         22:6 n-3.       9         Fatty acids, total trans.       9         Cholesterol.       mg       0       z       7       0         Phytosterols.       mg       0       z       7       0         Amino Acids:         Tryptophan.       9       0.561       0       1       0.145         Threonine.       9       0.561       0       1       0.320         Isoleucine.       9       0.784       0       1       0.447         Levine.       9       0.784       0       1       0.780         Lysine.       9       0.470       0       1       0.780         Lysine.       9       0.540       0       1       0.308         Wethionine.       9       0.540       0       1       0.308         Phenylalanine.       9       0.540       0       1       0.548         Tyrosine.       9       0.87		•									
20:2 n-6 c,c		_	0.093	3	0		1		0.053		
20:3 undifferentiated											
20:4 undifferentiated	5										
20:5 n-3       9         22:6 n-3       9         Fatty acids, total trans.       9         Cholesterol.       mg       0       0       z       7       0         Phytosterols.         Mamino Acids:         Tryptophan.       9       0.254       0       1       0.145         Threonine.       9       0.561       0       1       0.320         Isoleucine.       9       0.784       0       1       0.447         Leucine.       9       1.369       0       1       0.780         Lysine.       9       0.470       0       1       0.268         Methionine.       9       0.317       0       1       0.181         Cystine.       9       0.540       0       1       0.308         Phenylalanine.       9       0.540       0       1       0.548         Tyrosine.       9       0.540       0       1       0.308         Valine.       9       0.871       0       1       0.496         Arginine.       9       0.774       0       1       0.441		-									
22:5 n-3       9         22:6 n-3       9         Cholesterol       mg       0       0       z       7       0         Phytosterols         mg         Amino Acids:         Tryptophan       9       0.254       0       1       0.145         Threonine       9       0.561       0       1       0.320         Isoleucine       9       0.784       0       1       0.447         Leucine       9       1.369       0       1       0.780         Lysine       9       0.470       0       1       0.268         Methionine       9       0.317       0       1       0.181         Cystine       9       0.540       0       1       0.308         Phenylalanine       9       0.540       0       1       0.308         Valine       9       0.871       0       1       0.496         Arginine       9       0.774       0       1       0.496         O       0       1       0.496         O       0       1       0.496         O		-									
22:6 n-3       9         Fatty acids, total trans       9         Cholesterol       mg       0       0       z       7       0         Phytosterols         Amino Acids:         Trytophan       9       0.254       0       1       0.145         Threonine       9       0.561       0       1       0.320         Isoleucine       9       0.784       0       1       0.447         Leucine       9       1.369       0       1       0.780         Lysine       9       0.470       0       1       0.268         Methionine       9       0.317       0       1       0.181         Cystine       9       0.540       0       1       0.548         Phenylalanine       9       0.962       0       1       0.548         Tyrosine       9       0.871       0       1       0.308         Valine       9       0.871       0       1       0.496         Arginine       9       0.774       0       1       0.441											
Fatty acids, total trans		-									
Cholesterol.       mg       0       0       z       7       0         Phytosterols.       mg         Amino Acids:         Tryptophan.       g       0.254       0       1       0.145         Threonine.       g       0.561       0       1       0.320         Isoleucine.       g       0.784       0       1       0.447         Leucine.       g       1.369       0       1       0.780         Lysine.       g       0.470       0       1       0.268         Methionine.       g       0.317       0       1       0.181         Cystine.       g       0.540       0       1       0.308         Phenylalanine.       g       0.540       0       1       0.548         Tyrosine.       g       0.540       0       1       0.308         Valine.       g       0.871       0       1       0.496         Arginine.       g       0.774       0       1       0.441		_									
Phytosterols.         mg           Amino Acids:           Tryptophan.         9         0.254         0         1         0.145           Threonine.         9         0.561         0         1         0.320           Isoleucine.         9         0.784         0         1         0.447           Leucine.         9         1.369         0         1         0.780           Lysine.         9         0.470         0         1         0.268           Methionine.         9         0.317         0         1         0.181           Cystine.         9         0.540         0         1         0.308           Phenylalanine.         9         0.962         0         1         0.548           Tyrosine.         9         0.540         0         1         0.308           Valine.         9         0.871         0         1         0.496           Arginine.         9         0.774         0         1         0.441			•		•	_	_		•		
Amino Acids:       Tryptophan     9     0.254     0     1     0.145       Threonine     9     0.561     0     1     0.320       Isoleucine     9     0.784     0     1     0.447       Leucine     9     1.369     0     1     0.780       Lysine     9     0.470     0     1     0.268       Methonine     9     0.317     0     1     0.181       Cystine     9     0.540     0     1     0.308       Phenylalanine     9     0.962     0     1     0.548       Tyrosine     9     0.540     0     1     0.308       Valine     9     0.871     0     1     0.496       Arginine     9     0.774     0     1     0.441		_	U		U	z	,		U		
Tryptophan       g       0.254       0       1       0.145         Threonine       g       0.561       0       1       0.320         Isoleucine       g       0.784       0       1       0.447         Leucine       g       1.369       0       1       0.780         Lysine       g       0.470       0       1       0.268         Methionine       g       0.317       0       1       0.181         Cystine       g       0.540       0       1       0.308         Phenylalanine       g       0.962       0       1       0.548         Tyrosine       g       0.540       0       1       0.308         Valine       g       0.871       0       1       0.496         Arginine       g       0.774       0       1       0.441	Phytosterols	Ing									
Threonine       9       0.561       0       1       0.320         Isoleucine       9       0.784       0       1       0.447         Leucine       9       1.369       0       1       0.780         Lysine       9       0.470       0       1       0.268         Methionine       9       0.317       0       1       0.181         Cystine       9       0.540       0       1       0.308         Phenylalanine       9       0.962       0       1       0.548         Tyrosine       9       0.540       0       1       0.308         Valine       9       0.871       0       1       0.496         Arginine       9       0.774       0       1       0.441	Amino Acids:										
Isoleucine       9       0.784       0       1       0.447         Leucine       9       1.369       0       1       0.780         Lysine       9       0.470       0       1       0.268         Methionine       9       0.317       0       1       0.181         Cystine       9       0.540       0       1       0.308         Phenylalanine       9       0.962       0       1       0.548         Tyrosine       9       0.540       0       1       0.308         Valine       9       0.871       0       1       0.496         Arginine       9       0.774       0       1       0.441	Tryptophan	g	0.254	<u>L</u>	0		1		0.145		
Leucine       9       1.369       0       1       0.780         Lysine       9       0.470       0       1       0.268         Methionine       9       0.317       0       1       0.181         Cystine       9       0.540       0       1       0.308         Phenylalanine       9       0.962       0       1       0.548         Tyrosine       9       0.540       0       1       0.308         Valine       9       0.871       0       1       0.496         Arginine       9       0.774       0       1       0.441	Threonine	g	0.561		0		1		0.320		
Leucine       9       1.369       0       1       0.780         Lysine       9       0.470       0       1       0.268         Methionine       9       0.317       0       1       0.181         Cystine       9       0.540       0       1       0.308         Phenylalanine       9       0.962       0       1       0.548         Tyrosine       9       0.540       0       1       0.308         Valine       9       0.871       0       1       0.496         Arginine       9       0.774       0       1       0.441		-	0.784	Į	0		1		0.447		
Lysine       9       0.470       0       1       0.268         Methionine       9       0.317       0       1       0.181         Cystine       9       0.540       0       1       0.308         Phenylalanine       9       0.962       0       1       0.548         Tyrosine       9       0.540       0       1       0.308         Valine       9       0.871       0       1       0.496         Arginine       9       0.774       0       1       0.441			1.369	)	0		1		0.780		
Cystine     9     0.540     0     1     0.308       Phenylalanine     9     0.962     0     1     0.548       Tyrosine     9     0.540     0     1     0.308       Valine     9     0.871     0     1     0.496       Arginine     9     0.774     0     1     0.441	Lysine	g	0.470	)	0		1		0.268		
Phenylalanine       g       0.962       0       1       0.548         Tyrosine       g       0.540       0       1       0.308         Valine       g       0.871       0       1       0.496         Arginine       g       0.774       0       1       0.441	Methionine	g	0.317	1	0		1		0.181		
Phenylalanine.       g       0.962       0       1       0.548         Tyrosine.       g       0.540       0       1       0.308         Valine.       g       0.871       0       1       0.496         Arginine.       g       0.774       0       1       0.441	Cystine	g	0.540	)	0		1		0.308		
Tyrosine       g       0.540       0       1       0.308         Valine       g       0.871       0       1       0.496         Arginine       g       0.774       0       1       0.441	-		0.962	2	0		1		0.548		
Valine	2		0.540	)	0		1		0.308		
Tighino	Valine	g	0.871		0		1		0.496		
	Arginine	g	0.774	Į	0		1		0.441		
			0.415	<b>i</b>	0		1		0.237		
Alanineg 0.638 0 1 0.364	Alanine	g	0.638	3	0		1		0.364		
Aspartic acid		_	0.902	2	0		1		0.514		
Glutamic acid	-		6.840	)	0		1		3.899		
Glycine		_	0.662	2	0		1		0.377		
Proline	Proline	g	2.084	Į	0		1		1.188		
Serineg 0.941 0 1 0.536	Serine	g	0.941	=	0		1		0.536		
Hydroxyproline		-									

## **Common Measures:**

Measure 1 = 57g: 2 oz

Calories Factors: Protein 3.91 Fat 8.37 Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

		<u>A</u>	mount in 100	<u>grams</u>	ot edit	ole portic	<u>on</u>	Amount in	edible portion of	of common
			ı	Number				m	easures of food	
						Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:	0	68.14		1		1		95.40		
Water	_			0	***	1				
Energy		130		U	NC	4 4		182 761		
Energy		544								
Protein (N x 5.72)		4.58		1 1		1 1		6.41		
Total lipid (fat)		0.63				1		0.88		
Ash		0.50		1 0	***	4		0.70		
Carbohydrate, by difference Fiber, total dietary	g	26.15		U	NC	4		36.61		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	30		1		1		42		
Iron, Fe	-	1.04		1		1		1.46		
Magnesium, Mg	mg	62		1		1		87		
Phosphorus, P		108		1		1		151		
Potassium, K		58		1		1		81		
Sodium, Na	-	14		1		1		20		
Zinc, Zn		1.08		1		1		1.51		
Copper, Cu		0.205		1		1		0.287		
Manganese, Mn		1.504	1	1		1		2.106		
Selenium, Se	mcg	22.1		0	BFSN	4		30.9		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.0	_	0		4		0.0		
Thiamin	-	0.097		1		1		0.136		
Riboflavin		0.103		1		1		0.144		
Niacin		1.530		1		1 1		2.142		
Pantothenic acid		0.183		2 1		1		0.256 0.134		
Vitamin B-6.	-	12	•	1		4		0.134 17		
Foliate, total		0		0	z	7		0		
Folate, food		12		1	2	4		17		
Folate, DFE		12		0	NC	4		17		
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin A, IU		152		0	-	4		213		
Vitamin A, RAE		8		0		4		11		
Retinol		0		0	z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.091	L	0		1		0.127		
4:0	g									
6:0	-									
8:0										
10:0										
12:0										
13:0		0 000		^						
14:0		0.002	4	0		1		0.003		
15:0		0.000		^						
16:0		0.078	5	0		1		0.109		
17:0	-			_		_				
18:0	_	0.011	L	0		1		0.015		
20:0	-									
22:0	9									

		<u>Aı</u>	mount in 10			ole portic	<u>on</u>		edible portion of easures of food	
				Number		Source	Confidence	<u></u>	<u> </u>	
Nutrients and Unit	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	0.072		0		1		0.101		
14:1										
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000		
17:1	g									
18:1 undifferentiated	g	0.072		0		1		0.101		
20:1	g	0.000		0		1		0.000		
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.257		0		1		0.360		
18:2 undifferentiated	g	0.227		0		1		0.318		
18:3 undifferentiated		0.030		0		1		0.042		
18:4	g									
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol		0		0	Z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	а	0.058		0		1		0.081		
Threonine		0.123		0		1		0.172		
Isoleucine		0.177		0		1		0.248		
Leucine		0.312		0		1		0.437		
Lysine		0.094		0		1		0.132		
Methionine	-	0.071		0		1		0.099		
Cystine	-	0.126		0		1		0.176		
Phenylalanine		0.220		0		1		0.308		
Tyrosine		0.122		0		1		0.171		
Valine	-	0.122		0		1		0.274		
Arginine		0.170		0		1		0.238		
Histidine		0.093		0		1		0.130		
Alanine	•	0.137		0		1		0.192		
Aspartic acid	-	0.198		0		1		0.132		
Glutamic acid		1.619		0		1		2.267		
Glycine	-	0.146		0		1		0.204		
Proline	-	0.488		0		1		0.683		
Serine	•	0.488		0		1		0.305		
Hydroxyproline	-	0.210		Ü		-		0.505		
11yuroxypromic	9									

# **Common Measures:**

Measure 1 = 140g: 1 cup

Calories Factors: Protein 3.86 Fat 8.37 Carbohydrate 4.11

**Food Group:** 20 Cereal Grains and Pasta USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>Ar</u>	mount in 100 g	grams	of edib	ole portio	<u>n</u>		edible portion	
			Nι	umber	•			<u>m</u>	easures of food	
Nutrients and Uni	its	Mean	Std. Error P			Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	8.34	0.384	3		1		4.75		
Energy	kcal	372		0	NC	4		212		
Energy		1556				4		887		
Protein (N x 5.72)	g	13.35	0.374	4		1		7.61		
Total lipid (fat)	g	1.57	0.189	3		1		0.89		
Ash		1.93	0.052	3		1		1.10		
Carbohydrate, by difference		74.81		0	NC	4		42.64		
Fiber, total dietary	g	10.6		0		1		6.0		
Sugars, total		0.13		0	RA	4		0.08		
Starch										
Minerals:	ma	F.0		_				22		
Calcium, Ca		58 2.13	6.057	3 2		1 1		33 1.21		
Iron, Fe			0 414			1				
Magnesium, Mg Phosphorus, P		174 332	8.414 18.397	3 3		1		99 189		
		376	40.845	3		1		214		
Potassium, K		36	11.646	3		1		214		
Sodium, NaZinc, Zn		2.76	0.115	3		1		1.57		
Copper, Cu		0.499		3		1		0.284		
Manganese, Mn		2.645		3		1		1.508		
Selenium, Se		63.5	0.333	0	BFSN	4		36.2		
Scientini, Sc	9	00.0		·	22 321	-		33.2		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.0		0		4		0.0		
Thiamin		0.373		4		1		0.213		
Riboflavin		0.196		4		1		0.112		
Niacin		4.550		1		1		2.594		
Pantothenic acid	_	1.214		4		1		0.692		
Vitamin B-6	-	0.323	0.020	3		1		0.184		
Folate, total		48		2		1		27		
Folic acid		0		0	Z	7		0		
Folate, food		48		2		1		27		
Folate, DFE		48		0	NC	4		27		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU		461		0		4		263		
Vitamin A, RAE		23		0	NC	4		13		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	_	0.64		0	RA	4		0.36		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)		151.5		0	RA	4		86.3		
vitamin K (pnylloquinone)	nicg	151.5		U	KA	4		00.3		
<u> Lipids:</u>										
Fatty acids, total saturated	g	0.226		0		1		0.129		
4:0	g	0.000		0		1		0.000		
6:0	g	0.000		0		1		0.000		
8:0	_	0.000		0		1		0.000		
10:0		0.000		0		1		0.000		
12:0	-	0.000		0		1		0.000		
13:0	-									
14:0	-	0.004		0		1		0.002		
15:0	g									
16:0	g	0.196		0		1		0.112		
17:0	-									
18:0	-	0.026		0		1		0.015		
20:0	g									
22:0										

		<u>A</u> 1	mount in 10	00 grams	of edil	ole portio	<u>on</u>		edible portion of	
				Number	•			<u>m</u>	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	0.181		0		1		0.103		
14:1										
15:1	g									
16:1 undifferentiated	••••••	0.001	=	0		1		0.001		
17:1										
18:1 undifferentiated	-	0.180		0		1		0.103		
20:1		0.000		0		1		0.000		
22:1 undifferentiated	•	0.000	)	0		1		0.000		
24:1 c						_				
Fatty acids, total polyunsaturated		0.641		0		1		0.365		
18:2 undifferentiated		0.566		0		1		0.323		
18:3 undifferentiated		0.074		0		1		0.042		
18:4		0.000	)	0		1		0.000		
20:2 n-6 c,c	-									
20:3 undifferentiated 20:4 undifferentiated	-	0.000		0		1		0.000		
		0.000		0		1		0.000		
20:5 n-3	-	0.000		0		1		0.000		
22:5 n-322:6 n-3		0.000		0		1		0.000		
Fatty acids, total trans		0.000	•	U		_		0.000		
Cholesterol		0		0	z	7		0		
Phytosterols		ŭ		·	_	,		v		
1 Hytosterois										
Amino Acids:										
Tryptophan		0.170		0		1		0.097		
Threonine	-	0.360		0		1		0.205		
Isoleucine		0.516		0		1		0.294		
Leucine	=	0.911		0		1		0.519		
Lysine		0.273		0		1		0.156		
Methionine		0.208		0		1		0.119		
Cystine		0.369		0		1 1		0.210		
Phenylalanine		0.642		0		1		0.366		
Tyrosine	=	0.355		0		1		0.202 0.326		
Valine		0.572 0.495		0		1		0.326		
Histidine	-	0.495		0		1		0.282		
Alanine	=	0.399		0		1		0.227		
Aspartic acid		0.577		0		1		0.329		
Glutamic acid		4.726		0		1		2.694		
Glycine	_	0.425		0		1		0.242		
Proline		1.424		0		1		0.812		
Serine	=	0.635		0		1		0.362		
Hydroxyproline	-			-		_				
Others:								_		
Alcohol, ethyl	_	0.0		0		7		0.0		
Caffeine		0		0	Z	7		0		
Theobromine	g	0		0	Z	7		0		
Carotenoids:										
Carotene, beta	mcg	277		0	BNA	4		157.662		
Carotene, alpha		0		0	BNA	4		0.000		
Cryptoxanthin, beta		0		0	BNA	4		0.000		
Lycopene		0		0	RA	4		0.000		
Lutein + zeaxanthin	mcg	3470		0	RA	4		1977.665		

## **Common Measures:**

Measure 1 = 57g: 2 oz

NDB No. 20126 Spaghetti, spinach, dry

Calories Factors: Protein 3.86 Fat 8.37 Carbohydrate 4.11

Food Group: 20 Cereal Grains and Pasta

		<u>Aı</u>	mount in 100 g	<u>rams</u>	of edib	le portion	<u>1</u>		edible portion	
			Nu	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	-	67.15	0.349	5		1		94.01		
Energy		124		0	NC	4		174		
Energy		519		_		4		726		
Protein (N x 5.83)		5.33	0.658	5		1		7.46		
Total lipid (fat)		0.54	0.222	5		1		0.76		
Ash		0.44	0.026	5		1		0.62		
Carbohydrate, by difference		26.54		0	NC	4		37.16		
Fiber, total dietary		4.5		0		4		6.3		
Sugars, total		0.80		0	BFZN	4		1.12		
Starch	g									
Minerals:										
Calcium, Ca	mg	15	1.472	5		1		21		
Iron, Fe		1.06	0.178	5		1		1.48		
Magnesium, Mg		30	9.238	5		1		42		
Phosphorus, P		89	15.799	4		1		125		
Potassium, K	mg	44	7.817	5		1		62		
Sodium, Na	mg	3	0.380	5		1		4		
Zinc, Zn	mg	0.81	0.167	6		1		1.13		
Copper, Cu	mg	0.167	0.047	6		1		0.234		
Manganese, Mn	<u>mg</u>	1.379	1	2		1		1.931		
Selenium, Se	mcg	25.9		0	BFSN	4		36.3		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0		
Thiamin	-	0.108	0.005	6		1		0.151		
Riboflavin		0.045		6		1		0.063		
Niacin		0.707		4		1		0.990		
Pantothenic acid		0.419		5		1		0.587		
Vitamin B-6	-	0.079		4		1		0.111		
Folate, total	-	5	1.381	3		1		7		
Folic acid		0	2.502	0	z	7		0		
Folate, food		5	1.381	3	_	1		7		
Folate, DFE		5	2.502	0	NC	4		7		
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin A, IU	IU	3		0	NC	4		5		
Vitamin A, RAE		0		0	NC	4		0		
Retinol		0		0	z	7		0		
Vitamin E (alpha-tocopherol)		0.30		0	BFZN	4		0.42		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.7		0	BFZN	4		0.9		
Lipids:	~	0.000		•		1		0 120		
Fatty acids, total saturated		0.099		0		1 1		0.139		
4:0		0.000		0		1		0.000		
6:0	-	0.000		0		1		0.000		
8:0	-	0.000		-				0.000		
10:0 12:0.		0.000		0		1 1		0.000 0.000		
13:0		0.000	•	U		1		0.000		
13:0 14:0	-	0.001		0		1		0.001		
	=	0.001	•	U		1		0.001		
15:0		0.092		0		1		0 100		
16:0		0.092	•	J		_		0.129		
17:0	-	0.005	:	0		1		0.007		
18:0	-	0.005	•	U		1		0.007		
20:0	-									
22:0	y									

		<u>A</u> 1	mount in 10	00 grams	of edil	ole portic	<u>on</u>	_	edible portion o	f common
				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 monounsatur	ratedg	0.075		0		1		0.105		
14:1	g									
15:1	_									
16:1 undifferentiated	_	0.002		0		1		0.003		
17:1	_									
18:1 undifferentiated	_	0.073		0		1		0.102		
20:1		0.000		0		1		0.000		
22:1 undifferentiated	g	0.000		0		1		0.000		
24:1 c	g									
Fatty acids, total polyunsatura	tedg	0.213		0		1		0.298		
18:2 undifferentiated	g	0.203		0		1		0.284		
18:3 undifferentiated	g	0.010		0		1		0.014		
18:4	g	0.000		0		1		0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0		1		0.000		
20:5 n-3	g	0.000		0		1		0.000		
22:5 n-3	•	0.000		0		1		0.000		
22:6 n-3		0.000		0		1		0.000		
Fatty acids, total trans										
Cholesterol		0		0	z	7		0		
Phytosterols	• • • • • • • • • • • • • • • • • • • •	·		•	_	•		·		
1 Hytosterois										
Amino Acids:										
Tryptophan	g	0.069		0		1		0.097		
Threonine	g	0.143		0		1		0.200		
Isoleucine	g	0.207		0		1		0.290		
Leucine	g	0.364		0		1		0.510		
Lysine	g	0.118		0		1		0.165		
Methionine	g	0.086		0		1		0.120		
Cystine	g	0.111		0		1		0.155		
Phenylalanine	g	0.265		0		1		0.371		
Tyrosine	g	0.139		0		1		0.195		
Valine	g	0.231		0		1		0.323		
Arginine	g	0.188		0		1		0.263		
Histidine	_	0.125		0		1		0.175		
Alanine	_	0.166		0		1		0.232		
Aspartic acid		0.240		0		1		0.336		
Glutamic acid		1.847		0		1		2.586		
Glycine	• • • • • • • • • • • • • • • • • • • •	0.193		0		1		0.270		
Proline		0.568		0		1		0.795		
Serine	_	0.260		0		1		0.364		
Hydroxyproline		0.200		·		-		0.301		
Trydroxypronne	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:	•									
	ma	_		•	<b></b>			0 ===		
Carotene, beta	-	2		0	BFZN	4		2.716		
Carotene, alpha	_	0		0	BFZN	4		0.000		
Cryptoxanthin, beta		0		0	BFZN	4		0.000		
Lycopene		0		0	BFZN	4		0.000		
Lutein + zeaxanthin	mcg	81		0	BFZN	4		112.758		

## **Common Measures:**

Measure 1 = 140g: 1 cup

NDB No. 20125

Spaghetti, whole-wheat, cooked

Calories Factors: Protein 3.59 Fat 8.37 Carbohydrate 3.78

Food Group: 20 Cereal Grains and Pasta

		<u>Ar</u>	mount in 100 g	ırams	of edib	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Un	its	Mean			Deriv	Source Code	Confidence Code	Measure 1	easures of food  Measure 2	<u>l</u> Measure
- Traditionic and On		ou.i	Otal 21101					mododio i		mououro
Proximates:										
Water		7.34	0.828	8		1		4.18		
Energy	kcal	348		0	NC	4		198		
Energy	kj	1456				4		830		
Protein (N x 5.83)	g	14.63	0.781	7		1		8.34		
Total lipid (fat)	g	1.40	0.345	8		1		0.80		
Ash	g	1.60	0.079	8		1		0.91		
Carbohydrate, by difference	g	75.03		0	NC	4		42.77		
Fiber, total dietary	g									
Sugars, total	g									
Starch										
<u>Minerals:</u>			_	_		_				
Calcium, Ca		40	5.575	7		1		23		
Iron, Fe		3.63	0.288	7		1		2.07		
Magnesium, Mg		143	10.035	7		1		82		
Phosphorus, P		258	36.228	6		1		147		
Potassium, K		215	43.128	7		1		123		
Sodium, Na	-	8	1.858	7		1		5		
Zinc, Zn	_	2.37	0.284	7		1		1.35		
Copper, Cu		0.454		8		1		0.259		
Manganese, Mn		3.055	0.734	4		1		1.741		
Selenium, Se	mcg	73.0		0	BFSN	4		41.6		
Vitamins:										
Vitamin C, total ascorbic acid	mα	0.0		0		4		0.0		
Thiamin	-	0.488	0.034	7		1		0.278		
Riboflavin		0.143		7		1		0.082		
Niacin		5.130		6		1		2.924		
Pantothenic acid		0.984		5		1		0.561		
Vitamin B-6	_	0.223		6		1		0.127		
Folate, total	-	57	7.296	6		1		32		
Folic acid		0	7.250	0	z	7		0		
Folate, food		57	7.296	6	-	1		32		
Folate, DFE		57	7.230	0	NC	4		32		
Vitamin B-12		0.00		0	z	7		0.00		
Vitamin A, IU	III	0.00		0		4		0.00		
Vitamin A, RAE		0		0		4		0		
Retinol		0		0	z	7		0		
Vitamin E (alpha-tocopherol)		Ū		Ü		,		Ü		
Tocopherol, beta	• • • • • • • • • • • • • • • • • • • •									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
vitanini K (phynoquinone)	9									
Lipids:										
Fatty acids, total saturated	g	0.258		0		1		0.147		
4:0	g									
6:0	g									
8:0	g									
10:0										
12:0										
13:0										
14:0	g	0.002		0		1		0.001		
15:0	g									
16:0	g	0.240		0		1		0.137		
17:0	g									
18:0	g	0.013		0		1		0.007		
20:0	g									
22:0	g									
24:0	а									

		<u>Aı</u>	mount in 10	0 grams	of edil	ole portio	Amount in ealble portion of comm							
			I	Number				measures of food						
Nutrients and U	nits	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3				
Fatty acids, total monounsaturate	J 0	0.195		0		1		0.111						
14:1	-	0.195	•	U		1		0.111						
15:1														
16:1 undifferentiated		0.005	3	0		1		0.003						
17:1		0.000	•	·		-		0.000						
18:1 undifferentiated	-	0.190	)	0		1		0.108						
20:1								***						
22:1 undifferentiated	_													
24:1 c	_													
Fatty acids, total polyunsaturated	-	0.556	5	0		1		0.317						
18:2 undifferentiated		0.529	)	0		1		0.302						
18:3 undifferentiated	g	0.027	,	0		1		0.015						
18:4	g													
20:2 n-6 c,c	g													
20:3 undifferentiated														
20:4 undifferentiated	g													
20:5 n-3	g													
22:5 n-3	g													
22:6 n-3	g													
Fatty acids, total trans														
Cholesterol	_	0		0	Z	7		0						
Phytosterols	mg													
Amino Acids:														
Tryptophan	g	0.188	3	0		1		0.107						
Threonine		0.392	2	0		1		0.223						
Isoleucine	g	0.570	)	0		1		0.325						
Leucine	g	0.999	)	0		1		0.569						
Lysine	g	0.324	ļ	0		1		0.185						
Methionine	g	0.236	5	0		1		0.135						
Cystine	g	0.306	5	0		1		0.174						
Phenylalanine	g	0.728	3	0		1		0.415						
Tyrosine	g	0.382	?	0		1		0.218						
Valine	g	0.635	5	0		1		0.362						
Arginine	g	0.517	•	0		1		0.295						
Histidine	g	0.344	ļ	0		1		0.196						
Alanine	-	0.457		0		1		0.260						
Aspartic acid		0.660		0		1		0.376						
Glutamic acid		5.073		0		1		2.892						
Glycine	-	0.530		0		1		0.302						
Proline	-	1.561		0		1		0.890						
Serine	-	0.713	3	0		1		0.406						
Hydroxyproline	g													

## **Common Measures:**

Measure 1 = 57g: 2 oz

Calories Factors: Protein 3.59 Fat 8.37 Carbohydrate 3.78

Food Group: 20 Cereal Grains and Pasta

		<u>A</u>	mount in 100	0 grams	of edib	le portio	<u>n</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
Proximates:										
Water	g	10.99		2		1		16.70		
Energy	kcal	358		0	NC	4		544		
Energy	kj	1498				4		2277		
Protein (N x 6.25)	g	0.19		2		1		0.29		
Total lipid (fat)	g	0.02		2		1		0.03		
Ash	g	0.11		2		1		0.17		
Carbohydrate, by difference	g	88.69		0	NC	4		134.81		
Fiber, total dietary	g	0.9		0		1		1.4		
Sugars, total	g	3.35		0	BFSN	4		5.10		
Starch	g									
Min and las										
Minerals:	ma	20		2		1		30		
Calcium, Ca		1.58		2		1		2.40		
Magnesium, Mg		1.56		2		1		2.40		
Phosphorus, P		7		2		1		11		
Potassium, K		11		2		1		17		
Sodium, Na		1		2		1		2		
Zinc, Zn		0.12		2		1		0.18		
Copper, Cu		0.020	)	2		1		0.030		
Manganese, Mn		0.110		2		1		0.167		
Selenium, Se		0.8		5	A	1		1.2		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.0	_	0		4		0.0		
Thiamin		0.004		2		1		0.006		
Riboflavin		0.000		2		1		0.000		
Niacin		0.000		2		1		0.000		
Pantothenic acid	_	0.135		2		1		0.205		
Vitamin B-6	-	0.008	3	2		1		0.012		
Folate, total		4		2	_	1		6		
Folic acid		0		0	Z	7		0 6		
Folate, food		4		2	***	1		6		
Folate, DFE		4 0.00		0	NC Z	<b>4</b> 7				
Vitamin B-12	IIICG	0.00		0	Z	4		0.00 0		
Vitamin A, IU		0		0	AS	1		0		
Vitamin A, RAE		0		0	AS Z	7		0		
Retinol		0.00		0	Z	7		0.00		
Vitamin E (alpha-tocopherol)		0.00		U	Z	,		0.00		
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0		0	z	7		0.0		
<u> Lipids:</u>										
Fatty acids, total saturated		0.005		0		4		0.008		
4:0		0.000		0		4		0.000		
6:0	_	0.000		0		4		0.000		
8:0	_	0.000		0		4		0.000		
10:0		0.000		0		4		0.000		
12:0		0.000	ט	0		4		0.000		
13:0			_	_		_		_		
14:0		0.000	J	0		4		0.000		
15:0			_			_				
16:0		0.005	ō	0		4		0.008		
17:0	_		_	_		_				
18:0	_	0.000	)	0		4		0.000		
20:0	_									
22:0										

		<u>Ar</u>	nount in 10	0 grams	of edil	<u>on</u>	Amount in edible portion of common			
				Number	•			<u>m</u>	easures of food	
Nutrients and Unit	iits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.		0.005		0		4		0.008		
14:1	-									
15:1				_						
16:1 undifferentiated	-	0.000		0		4		0.000		
17:1	_									
18:1 undifferentiated		0.005		0		4		0.008		
20:1		0.000		0		4		0.000		
22:1 undifferentiated	•	0.000		0		4		0.000		
24:1 c										
Fatty acids, total polyunsaturated		0.003		0		4		0.005		
18:2 undifferentiated		0.002		0		4		0.003		
18:3 undifferentiated		0.001		0		4		0.002		
18:4		0.000		0		4		0.000		
20:2 n-6 c,c	-									
20:3 undifferentiated	-			_						
20:4 undifferentiated		0.000		0		4		0.000		
20:5 n-3		0.000		0		4		0.000		
22:5 n-3		0.000		0		4		0.000		
22:6 n-3		0.000		0		4		0.000		
Fatty acids, total trans						_		_		
Cholesterol	-	0		0	Z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.003		23		1		0.005		
Threonine		0.004		23		1		0.006		
Isoleucine	-	0.004		23		1		0.006		
Leucine		0.006		23		1		0.009		
Lysine	_	0.006		23		1		0.009		
Methionine		0.002		23		1		0.003		
Cystine		0.004		20		1		0.006		
Phenylalanine		0.004		23		1		0.006		
Tyrosine		0.002		23		1		0.003		
Valine	_	0.005		23		1		0.008		
Arginine		0.019		23		1		0.029		
Histidine		0.003		23		1		0.005		
Alanine		0.005		22		1		0.008		
Aspartic acid		0.003		22		1		0.017		
Glutamic acid		0.029		22		1		0.044		
Glycine	-	0.029		22		1		0.006		
Proline		0.004		22		1		0.008		
		0.005		22		1		0.008		
Serine Hydroxyproline		0.003		22		_		0.008		
пушохургонне	9									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0		
Caffeine	mg	0		0	Z	7		0		
Theobromine		0		0	z	7		0		
Carotenoids:										
	mcc	0		0	z	7		0.000		
Caratana almha		0		0	z Z	7		0.000		
Carotene, alpha		0		0	z Z	7				
Cryptoxanthin, beta		-		•				0.000		
Lycopene		0		0	Z	7		0.000		
Lutein + zeaxanthin	iiicā	0		0	Z	7		0.000		

## **Common Measures:**

Measure 1 = 152g: 1 cup

NDB No. 20068 Tapioca, pearl, dry

Calories Factors: Protein 2.78 Fat 8.37 Carbohydrate 4.03

Food Group: 20 Cereal Grains and Pasta

		<u>Aı</u>	mount in 100 gr	rams of	edib	le portio	<u>n</u>	Amount in	edible portion	Amount in edible portion of common			
			Nur	nber				<u>m</u>	easures of food	<u>.</u>			
							Confidence						
Nutrients and Units		Mean	Std. Error Poi	ints C	ode	Code	Code	Measure 1	Measure 2	Measure			
Proximates:													
Water		10.51	0.657	3		1		20.18					
Energy		336		0	NC	4		645					
Energy		1406	0.640			4		2699					
Protein (N x 5.83)		13.05	2.618	3		1		25.06					
Total lipid (fat)		2.09 2.23	0.162 0.137	3 3		1 1		4.01 4.28					
Ash		72.13	0.137	0	NC	4		138.49					
Carbohydrate, by difference		72.13		U	NC	4		138.49					
Fiber, total dietary													
Sugars, total													
Starcn	9												
<u> Minerals:</u>													
Calcium, Ca	mg	37	4.097	6		1		71					
Iron, Fe	mg	2.57	0.252	6		1		4.93					
Magnesium, Mg	mg	130	12.513	6		1		250					
Phosphorus, P		358	25.503	6		1		687					
Potassium, K		332	11.955	6		1		637					
Sodium, Na	-	5	1.119	6		1		10					
Zinc, Zn		3.45	0.480	6		1		6.62					
Copper, Cu		0.457		6		1		0.877					
Manganese, Mn		3.210	0.242	6		1		6.163					
Selenium, Se	Ilicy												
<u>Vitamins:</u>													
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0					
Thiamin	mg	0.416	i	2		1		0.799					
Riboflavin	mg	0.134	Į.	2		1		0.257					
Niacin	mg	1.430	)	2		1		2.746					
Pantothenic acid	mg	1.323	3	2		1		2.540					
Vitamin B-6		0.138	3	2		1		0.265					
Folate, total		73		2		1		140					
Folic acid		0		0	Z	7		0					
Folate, food	mcg	73		2		1		140					
Folate, DFE		73		0	NC	4		140					
Vitamin B-12		0.00		0	Z	7		0.00					
Vitamin A, IU		0		0		4		0					
Vitamin A, RAE		0		0		4		0					
Retinol		0		0	Z	7		0					
Vitamin E (alpha-tocopherol)	-	0.90		0		1		1.73					
Tocopherol, beta													
Tocopherol, gamma Tocopherol, delta													
Vitamin D													
Vitamin K (phylloquinone)													
<u>Lipids:</u>													
Fatty acids, total saturated		0.366	5	0		1		0.703					
4:0													
6:0	-	2 2 -		10		_		0 00=					
8:0	-	0.018	5	13		1		0.035					
10:0		0 01 4	1	12		4		0 007					
12:0		0.014	ı	13		1		0.027					
13:0	-	0.000	•	12		1		0.017					
14:0	-	0.009	,	13		1		0.017					
15:0	-	0 074	1	12		1		0 506					
16:0	-	0.274	•	13		1		0.526					
17:0	-	0.031		13		1		0 060					
18:0	-	0.031	•	13		_		0.060					
20:0													
22:0 24:0													

	<u>Ar</u>	nount in 10	00 grams	of edil	ole portio	<u>n</u>	Amount in	of common		
				Number				<u>m</u>	easures of food	
Nutrients and Uni	ts	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	0.211		0		1		0.405		
14:1	g									
15:1	g									
16:1 undifferentiated	-	0.018		13		1		0.035		
17:1										
18:1 undifferentiated		0.178		13		1		0.342		
20:1	_	0.015		13		1		0.029		
22:1 undifferentiated										
24:1 c	•									
Fatty acids, total polyunsaturated	-	0.913		0		1		1.753		
18:2 undifferentiated		0.853		13		1		1.638		
18:3 undifferentiated		0.061		13		1		0.117		
18:4	-									
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated										
20:5 n-3										
22:5 n-3	_									
22:6 n-3										
Fatty acids, total trans	-	0		0	Z	7		•		
Cholesterol	_	U		U	Z	,		0		
Phytosterols	IIIY									
Amino Acids:										
Tryptophan	g	0.157		4		1		0.301		
Threonine	g	0.405		46		1		0.778		
Isoleucine	g	0.479		27		1		0.920		
Leucine	g	0.911		27		1		1.749		
Lysine	g	0.365		46		1		0.701		
Methionine	g	0.204		107		1		0.392		
Cystine	g	0.275		8		1		0.528		
Phenylalanine	g	0.638		108		1		1.225		
Tyrosine		0.383		12		1		0.735		
Valine		0.609		27		1		1.169		
Arginine	g	0.671		27		1		1.288		
Histidine	g	0.311		27		1		0.597		
Alanine	g	0.486		9		1		0.933		
Aspartic acid	g	0.785		9		1		1.507		
Glutamic acid	g	4.006		9		1		7.692		
Glycine	g	0.559		15		1		1.073		
Proline	g	1.184		9		1		2.273		
Serine	g	0.593		9		1		1.139		
Hydroxyproline	g									

# **Common Measures:**

Measure 1 = 192g: 1 cup

Calories Factors: Protein 3.32 Fat 8.37 Carbohydrate 3.82

**Food Group:** 20 Cereal Grains and Pasta USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>Aı</u>	mount in 100 g	ırams	of edib	ole portio	<u>n</u>		edible portion	
				mber				<u>m</u>	easures of food	<u>.</u>
Nutrients and Un	iits	Mean	of Std. Error Po			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	10.01	0.202	6		1		13.01		
Energy	kcal	338		0	NC	4		439		
Energy	kj	1414				4		1838		
Protein (N x 5.83)	g	13.18	0.787	7		1		17.13		
Total lipid (fat)	g	1.81	0.157	7		1		2.35		
Ash	g	1.85	0.053	6		1		2.41		
Carbohydrate, by difference	g	73.14		0	NC	4		95.08		
Fiber, total dietary	g	14.6		0		1		19.0		
Sugars, total	g									
Starch	g									
M:										
Minerals: Calcium, Ca	ma	35	2.081	6		1		46		
Iron, Fe		2.59	0.097	7		1		3.37		
Magnesium, Mg		153	4.355	6		1		199		
Phosphorus, P		321	30.362	7		1		417		
Potassium, K		466	16.784	6		1		606		
Sodium, Na		2	0.275	6		1		3		
Zinc, Zn		2.66	0.043	6		1		3.46		
Copper, Cu	_	0.559	0.020	6		1		0.727		
Manganese, Mn		4.185	0.245	3		1		5.441		
Selenium, Se	mcg									
Vitamins:										
	ma	0.0		0		4		0.0		
Vitamin C, total ascorbic acid	_	0.0	0.035	6		1		0.491		
ThiaminRiboflavin		0.378		6		1		0.172		
Niacin		2.860		6		1		3.718		
Pantothenic acid		2.167		6		1		2.817		
Vitamin B-6	_	0.403		5		1		0.524		
Folate, total	-	74	6.362	8		1		96		
Folic acid		0		0	z	7		0		
Folate, food		74	6.362	8		1		96		
Folate, DFE	mcq DFE	74		0	NC	4		96		
Vitamin B-12		0.00		0	z	7		0.00		
Vitamin A, IU	IU	0		0		4		0		
Vitamin A, RAE		0		0		4		0		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)		0.90		0		4		1.17		
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	а	0.318		0		1		0.413		
4:0								***		
6:0										
8:0		0.015		0		1		0.020		
10:0	-									
12:0		0.012		0		1		0.016		
13:0	g									
14:0	g	0.008		0		1		0.010		
15:0	g									
16:0	g	0.238		0		1		0.309		
17:0	g									
18:0	g	0.027		0		1		0.035		
20:0	g									
22:0	g									
24:0	g									

	<u>A</u> 1	mount in 100 gram		ole portic	<u>on</u>		edible portion easures of food	
		Numbe		_		<u></u>	easures or 1000	<u>.</u>
Nutrients and Units	Mean	of Data Std. Error Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg 14:1g	0.183	0		1		0.238		
15:1	0.016	0		1		0.021		
17:1	0.154	. 0		1		0.200		
20:1	0.134			1		0.200		
20:1	0.013	0		1		0.017		
Fatty acids, total polyunsaturatedg	0.794	. 0		1		1.032		
18:2 undifferentiatedg	0.741			1		0.963		
18:3 undifferentiated	0.053			1		0.069		
18:4g	0.055	,		-		0.005		
20:2 n-6 c.cg								
20:3 undifferentiatedg								
20:4 undifferentiated								
20:5 n-3								
22:5 n-3g								
22:6 n-3g								
Fatty acids, total transg								
Cholesterol mg	0	0	Z	7		0		
Phytosterolsmg								
amino Acids:								
Tryptophang	0.158			1		0.205		
Threonineg	0.409			1		0.532		
Isoleucineg	0.484	0		1		0.629		
Leucineg	0.920			1		1.196		
Lysineg	0.369			1		0.480		
Methionineg	0.206			1		0.268		
Cystineg	0.278			1		0.361		
Phenylalanineg	0.644			1		0.837		
Tyrosineg	0.387			1		0.503		
Valineg	0.615			1		0.800		
Arginineg	0.678			1		0.881		
Histidineg	0.314			1		0.408		
Alanineg	0.491			1		0.638		
Aspartic acidg	0.794			1		1.032		
Glutamic acidg	4.048			1		5.262		
Glycineg	0.565			1		0.735		
Prolineg	1.196			1		1.555		
Serineg	0.599	0		1		0.779		
Hydroxyproline9								
thers:								
Alcohol, ethylg	0.0	0	Z	7		0.0		
Caffeinemg								
Theobrominemg								

## **Common Measures:**

Measure 1 = 130g: 1 cup

Calories Factors: Protein 3.32 Fat 8.37 Carbohydrate 3.82

**Food Group:** 20 Cereal Grains and Pasta USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u>	mount in 100	grams	of edit	ole portio	<u>on</u>	Amount in	edible portion of	of common
			ı	Number	•			<u>m</u> :	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	q	8.20		1	MA	12				
Energy	_	370		1	MC	9				
Energy		1548		0	MC	9				
Protein		75.16		1	MA	12				
Total lipid (fat)	-	1.85		1	MA	12				
Ash	-	1.00		1	MA	12				
Carbohydrate, by difference		13.79		0	NC	4				
Fiber, total dietary		0.6		1	MA	12				
Sugars, total		0.00		0	z	7				
Starch										
Suici	9									
Minerals:										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	142		1	MA	12				
Iron, Fe	-	5.20		1	MA	12				
Magnesium, Mg		25		0	BFZN	4				
Phosphorus, P	-	260		1	MA	12				
Potassium, K		100		1	MA	12				
Sodium, Na		29		1	MA	12				
Zinc, Zn		0.85		0	BFZN	4				
Copper, Cu		0.182	2	0	BFZN	4				
Manganese, Mn										
Selenium, Se	mcg	39.7		0	BFZN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	BFZN	4				
Thiamin	mg	0.000	)	0	Z	7				
Riboflavin	mg	0.000	)	0	Z	7				
Niacin	<u>mg</u>	0.000	)	0	Z	7				
Pantothenic acid	mg	0.000	)	0	Z	7				
Vitamin B-6	mg	0.000	)	0	Z	7				
Folate, total	mcg	0		0	Z	7				
Folic acid	mcg	0		0	Z	7				
Folate, food		0		0	Z	7				
Folate, DFE	mcg_DFE	0		0	NC	4				
Vitamin B-12	mcg	0.00		0	Z	7				
Vitamin A, IU	IU	0		0	Z	7				
Vitamin A, RAE	mcg_RAE	0		0	Z	7				
Retinol		0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg	0.00		0	Z	7				
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	<u>m</u> cg	0.0		0	Z	7				
Lipids:										
Fatty acids, total saturated	g	0.272	2	0	BFFN	4				
4:0		0.000	)	0	BFFN	4				
6:0	_	0.000	)	0	BFFN	4				
8:0	-	0.000		0	BFFN	4				
10:0		0.000		0	BFFN	4				
12:0		0.000		0	BFFN	4				
13:0										
14:0		0.001	L	0	BFFN	4				
15:0										
16:0		0.243	3	0	BFFN	4				
17:0										
18:0		0.011	L	0	BFFN	4				
20:0				-						
22:0	_									
24:0	_									

	<u>Ar</u>	nount in 100	grams	of edib	le portio	<u>on</u>		edible portion of	common
		-		Deriv	Source Code	Confidence		easures of food	
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated			0	BFFN	4				
14:1									
15:1			0	BFFN	4				
16:1 undifferentiated			U	BFFN	4				
17:1			0	BFFN	4				
20:1			0	BFFN	4				
22:1 undifferentiated			0	BFFN	4				
24:1 c	,		U	BEEN	-				
Fatty acids, total polyunsaturated			0	BFFN	4				
18:2 undifferentiated			0	BFFN	4				
18:3 undifferentiated			0	BFFN	4				
18:4			0	BFFN	4				
20:2 n-6 c.c.			Ū	DIII	-				
20:3 undifferentiated.									
20:4 undifferentiated.			0	BFFN	4				
20:5 n-3			0	BFFN	4				
22:5 n-3			0	BFFN	4				
22:6 n-3			0	BFFN	4				
Fatty acids, total trans									
Cholesterol			0	z	7				
Phytosterolsr	•								
•	_								
Others:			_	_	_				
Alcohol, ethylg	0.0		0	Z	7				
Caffeine me			0	Z	7				
Theobromine me	g 0		0	Z	7				
<u>Carotenoids:</u>									
Carotene, beta	cg 0		0	Z	7				
Carotene, alpham	cg 0		0	Z	7				
Cryptoxanthin, betam	cg 0		0	Z	7				
Lycopenem			0	Z	7				
Lutein + zeaxanthinm	cg 0		0	Z	7				

# **Common Measures:**

Calories Factors: Protein Fat Carbohydrate

Food Group: 20 Cereal Grains and Pasta

		Ai	mount in 100 g	grams	or ear	le portio	<u>on</u>	Amount in	edible portion	of common
			Nu	ımbei	•			<u>m</u>	easures of food	<u> </u>
						Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error P			Code	Code	Measure 1	Measure 2	Measure :
Proximates:										
Water	-	9.89	0.680	15		1		5.74		
Energy		216		0	NC	4		125		
Energy		904				4		524		
Protein (N x 6.31)		15.55	0.523	13		1		9.02		
Total lipid (fat)		4.25	0.211	11		1 1		2.47 3.36		
Ash		5.79 64.51	0.246	13 0	NG	4		3.36 37.42		
Carbohydrate, by difference		42.8		0	NC	1		24.8		
Fiber, total dietary Sugars, total		0.41		0	BFZN	4		0.24		
Starch	-	0.41		U	DF ZN	-		0.24		
Minerals:										
Calcium, Ca	ma	73	7.008	4		1		42		
Iron, Fe	_	10.57	1.200	5		1		6.13		
Magnesium, Mg	•	611	75.506	4		1		354		
Phosphorus, P		1013	92.602	3		1		588		
Potassium, K		1182	123.940	4		1		686		
Sodium, Na		2	0.855	4		1		1		
Zinc, Zn	mg	7.27	0.632	4		1		4.22		
Copper, Cu		0.998		4		1		0.579		
Manganese, Mn		11.500	6.184	4		1		6.670		
Selenium, Se	mcg	77.6		2	A	1		45.0		
Vitamins:	ma	0.0		0		4		0.0		
Vitamin C, total ascorbic acid Thiamin		0.0 0.523	0.052	0 4		1		0.0 0.303		
Riboflavin		0.523		3		1		0.335		
Niacin		13.578		5		1		7.875		
Pantothenic acid		2.181		4		1		1.265		
Vitamin B-6		1.303	0.328	5		1		0.756		
Folate, total	_	79	13.385	4		1		46		
Folic acid		0		0	Z	7		0		
Folate, food		79	13.385	4		1		46		
Folate, DFE	mcg_DFE	79		0	NC	4		46		
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin A, IU		9		1	A	1		5		
Vitamin A, RAE		0		1	A	1		0		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	1.49		0		1		0.86		
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		1.9		0	BFZN	4		1.1		
Lipids:										
Fatty acids, total saturated	g	0.630	)	0		1		0.365		
4:0		0.000	)	0		1		0.000		
6:0	-	0.000		0		1		0.000		
8:0	-	0.000		0		1		0.000		
10:0		0.000		0		1		0.000		
12:0		0.002	2	8		1		0.001		
13:0		0.005	,			4		2 222		
14:0		0.007	•	8		1		0.004		
15:0		0.556	:	8		1		0.322		
16:0 17:0		0.556	•	o		_		0.322		
18:0	-	0.037	7	8		1		0.021		
20:0	-	0.037		·		-		J.021		
22:0	-									
24:0	-									

Fatty acids, total monounsaturated	0.637 0.017 0.619 0.000 0.000 2.212 2.039 0.167 0.000 0.005 0.000 0.000 0.000	Std. Error	Number of Data Points  0  8  8  0  0  0  8  8  0  0	Deriv	1 1 1 1 1 1 1 1 1	Confidence Code	0.369 0.010 0.359 0.000 0.000	Measure 2	Measure 3
Fatty acids, total monounsaturated. 9 14:1. 9 15:1. 9 16:1 undifferentiated. 9 17:1. 9 18:1 undifferentiated. 9 20:1. 9 22:1 undifferentiated. 9 24:1 c. 9 Fatty acids, total polyunsaturated. 9 18:2 undifferentiated. 9 18:3 undifferentiated. 9 18:4. 9 20:2 n-6 c,c. 9 20:3 undifferentiated. 9 20:4 undifferentiated. 9 20:5 n-3. 9 22:5 n-3. 9 22:6 n-3. 9 Fatty acids, total trans. 9 Cholesterol. mg Phytosterols. mg  Amino Acids:  Tryptophan. 9 Threonine. 9 Isoleucine. 9 Leucine. 9 Leysine. 9 Methionine. 9 Cystine. 9 Phenylalanine 9 Tyrosine. 9	0.637 0.017 0.619 0.000 0.000 2.212 2.039 0.167 0.000 0.005 0.000 0.000	Std. Error	Points  0  8  8  0  0  0  8  8  8		1 1 1 1 1 1 1 1 1		0.369 0.010 0.359 0.000 0.000	Measure 2	Measure 3
Fatty acids, total monounsaturated. 9 14:1. 9 15:1. 9 16:1 undifferentiated. 9 17:1. 9 18:1 undifferentiated. 9 20:1. 9 22:1 undifferentiated. 9 24:1 c. 9 Fatty acids, total polyunsaturated. 9 18:2 undifferentiated. 9 18:3 undifferentiated. 9 18:4. 9 20:2 n-6 c,c. 9 20:3 undifferentiated. 9 20:4 undifferentiated. 9 20:5 n-3. 9 22:5 n-3. 9 22:6 n-3. 9 Fatty acids, total trans. 9 Cholesterol. mg Phytosterols. mg  Amino Acids:  Tryptophan. 9 Threonine. 9 Isoleucine. 9 Leucine. 9 Leysine. 9 Methionine. 9 Cystine. 9 Phenylalanine 9 Tyrosine. 9	0.637 0.017 0.619 0.000 0.000 2.212 2.039 0.167 0.000 0.005 0.000 0.000	Std. Error	0 8 8 0 0	Code	1 1 1 1 1 1	Code	0.369 0.010 0.359 0.000 0.000	Measure 2	Measure 3
14:1       9         15:1       9         16:1 undifferentiated       9         17:1       9         18:1 undifferentiated       9         20:1       9         22:1 undifferentiated       9         24:1 c       9         Fatty acids, total polyunsaturated       9         18:2 undifferentiated       9         18:3 undifferentiated       9         18:4       9         20:2 n-6 c,c       9         20:3 undifferentiated       9         20:4 undifferentiated       9         20:5 n-3       9         22:5 n-3       9         22:6 n-3       9         Fatty acids, total trans       9         Cholesterol       mg         Phytosterols       mg         Amino Acids:         Tryptophan       9         Isoleucine       9         Leucine       9         Lysine       9         Methionine       9         Cystine       9         Phenylalanine       9         Tyrosine       9	0.017 0.619 0.000 0.000 2.212 2.039 0.167 0.000		8 8 0 0		1 1 1 1		0.010 0.359 0.000 0.000		
14:1	0.017 0.619 0.000 0.000 2.212 2.039 0.167 0.000		8 8 0 0		1 1 1 1		0.010 0.359 0.000 0.000		
15:1	0.619 0.000 0.000 2.212 2.039 0.167 0.000		8 0 0		1 1 1 1		0.359 0.000 0.000		
16:1 undifferentiated       9         17:1       9         18:1 undifferentiated       9         20:1       9         22:1 undifferentiated       9         24:1 c       9         Fatty acids, total polyunsaturated       9         18:2 undifferentiated       9         18:3 undifferentiated       9         18:4       9         20:2 n-6 c,c       9         20:3 undifferentiated       9         20:4 undifferentiated       9         20:5 n-3       9         22:5 n-3       9         22:6 n-3       9         Fatty acids, total trans       9         Cholesterol       mg         Phytosterols       mg         Amino Acids:       Tryptophan       9         Threonine       9         Isoleucine       9         Leucine       9         Lysine       9         Methionine       9         Cystine       9         Phenylalanine       9         Tyrosine       9	0.619 0.000 0.000 2.212 2.039 0.167 0.000		8 0 0		1 1 1 1		0.359 0.000 0.000		
17:1       9         18:1 undifferentiated       9         20:1       9         22:1 undifferentiated       9         24:1 c       9         Fatty acids, total polyunsaturated       9         18:2 undifferentiated       9         18:3 undifferentiated       9         18:4       9         20:2 n-6 c,c       9         20:3 undifferentiated       9         20:4 undifferentiated       9         20:5 n-3       9         22:5 n-3       9         22:6 n-3       9         Fatty acids, total trans       9         Cholesterol       mg         Phytosterols       mg         Phytosterols       mg         Tryptophan       9         Isoleucine       9         Leucine       9         Leyine       9         Methionine       9         Cystine       9         Phenylalanine       9         Tyrosine       9	0.619 0.000 0.000 2.212 2.039 0.167 0.000		8 0 0		1 1 1 1		0.359 0.000 0.000		
18:1 undifferentiated       9         20:1       9         22:1 undifferentiated       9         24:1 c       9         Fatty acids, total polyunsaturated       9         18:2 undifferentiated       9         18:3 undifferentiated       9         18:4       9         20:2 n-6 c,c       9         20:3 undifferentiated       9         20:4 undifferentiated       9         20:5 n-3       9         22:5 n-3       9         22:6 n-3       9         Fatty acids, total trans       9         Cholesterol       mg         Phytosterols       mg         Amino Acids:       Tryptophan       9         Threonine       9         Isoleucine       9         Leucine       9         Lysine       9         Methionine       9         Cystine       9         Phenylalanine       9         Tyrosine       9	0.000 0.000 2.212 2.039 0.167 0.000 0.005 0.005		0 0 0 8 8		1 1 1		0.000		
20:1.       9         22:1 undifferentiated.       9         Fatty acids, total polyunsaturated       9         18:2 undifferentiated.       9         18:3 undifferentiated.       9         18:4.       9         20:2 n-6 c,c.       9         20:3 undifferentiated.       9         20:4 undifferentiated.       9         20:5 n-3       9         22:5 n-3       9         22:6 n-3       9         Fatty acids, total trans.       9         Cholesterol       mg         Phytosterols       mg         Amino Acids:       Tryptophan       9         Threonine       9         Isoleucine       9         Leucine       9         Lysine       9         Methionine       9         Cystine       9         Phenylalanine       9         Tyrosine       9	0.000 0.000 2.212 2.039 0.167 0.000 0.005 0.005		0 0 0 8 8		1 1 1		0.000		
22:1 undifferentiated.       g         24:1 c	0.000 2.212 2.039 0.167 0.000 0.005 0.000		0 0 8 8		1 1 1		0.000		
24:1 c.       9         Fatty acids, total polyunsaturated       9         18:2 undifferentiated       9         18:3 undifferentiated       9         18:4       9         20:2 n-6 c,c.       9         20:3 undifferentiated       9         20:4 undifferentiated       9         20:5 n-3       9         22:5 n-3       9         22:6 n-3       9         Fatty acids, total trans       9         Cholesterol       mg         Phytosterols       mg         Amino Acids:       Tryptophan       9         Threonine       9         Isoleucine       9         Leucine       9         Lysine       9         Methionine       9         Cystine       9         Phenylalanine       9         Tyrosine       9	2.212 2.039 0.167 0.000 0.005 0.000 0.000		0 8 8		1 1				
Fatty acids, total polyunsaturated	2.039 0.167 0.000 0.005 0.000 0.000		8 8		1		1 203		
18:2 undifferentiated       9         18:3 undifferentiated       9         18:4       9         20:2 n-6 c,c       9         20:3 undifferentiated       9         20:4 undifferentiated       9         20:5 n-3       9         22:5 n-3       9         22:6 n-3       9         Fatty acids, total trans       9         Cholesterol       mg         Phytosterols       mg         Amino Acids:       Tryptophan         Tryptophan       9         Isoleucine       9         Leucine       9         Lysine       9         Methionine       9         Cystine       9         Phenylalanine       9         Tyrosine       9	2.039 0.167 0.000 0.005 0.000 0.000		8 8		1				
18:3 undifferentiated.       g         18:4	0.167 0.000 0.005 0.000 0.000		8				1.183		
18:4	0.000 0.005 0.000 0.000				- 1				
20:2 n-6 c,c	0.005 0.000 0.000		U		1 1		0.097		
20:3 undifferentiated.       9         20:4 undifferentiated.       9         20:5 n-3.       9         22:5 n-3.       9         22:6 n-3.       9         Fatty acids, total trans.       9         Cholesterol.       mg         Phytosterols.       mg         Amino Acids:       Tryptophan         Tryptophan       9         Isoleucine.       9         Leucine.       9         Lysine.       9         Methionine       9         Cystine.       9         Phenylalanine.       9         Tyrosine.       9	0.000				1		0.000		
20:4 undifferentiated.       9         20:5 n-3.       9         22:6 n-3.       9         22:6 n-3.       9         Fatty acids, total trans.       9         Cholesterol.       mg         Phytosterols.       mg         Amino Acids:       Tryptophan         Tryptophan       9         Isoleucine.       9         Leucine.       9         Lysine.       9         Methionine.       9         Cystine.       9         Phenylalanine.       9         Tyrosine.       9	0.000								
20:5 n-3	0.000		8		1		0.003		
22:5 n-3       9         22:6 n-3       9         Fatty acids, total trans       9         Cholesterol       mg         Phytosterols       mg         Amino Acids:       Tryptophan         Tryptophan       9         Isoleucine       9         Leucine       9         Lysine       9         Methionine       9         Cystine       9         Phenylalanine       9         Tyrosine       9	0.000		0		1		0.003		
22:6 n-3       9         Fatty acids, total trans       9         Cholesterol       mg         Phytosterols       mg         Amino Acids:       Tryptophan         Tryptophan       9         Isoleucine       9         Leucine       9         Lysine       9         Methionine       9         Cystine       9         Phenylalanine       9         Tyrosine       9					1		0.000		
Fatty acids, total trans       9         Cholesterol       mg         Phytosterols       mg         Amino Acids:       Tryptophan         Tryptophan       9         Isoleucine       9         Leucine       9         Lysine       9         Methionine       9         Cystine       9         Phenylalanine       9         Tyrosine       9	0.000		0		1		0.000		
Cholesterol.         mg           Phytosterols.         mg           Amino Acids:         Tryptophan.           Tryptophan.         9           Isoleucine.         9           Leucine.         9           Lysine.         9           Methionine.         9           Cystine.         9           Phenylalanine.         9           Tyrosine.         9			0		1		0.000		
Phytosterols         mg           Amino Acids:         Tryptophan         g           Threonine         g           Isoleucine         g           Leucine         g           Lysine         g           Methionine         g           Cystine         g           Phenylalanine         g           Tyrosine         g	0		0	Z	7		0		
Amino Acids:         Tryptophan       g         Threonine       g         Isoleucine       g         Leucine       g         Lysine       g         Methionine       g         Cystine       g         Phenylalanine       g         Tyrosine       g	U		U	Z	,		U		
Tryptophan       9         Threonine       9         Isoleucine       9         Leucine       9         Lysine       9         Methionine       9         Cystine       9         Phenylalanine       9         Tyrosine       9									
Threonine       9         Isoleucine       9         Leucine       9         Lysine       9         Methionine       9         Cystine       9         Phenylalanine       9         Tyrosine       9									
Threonine.       9         Isoleucine.       9         Leucine.       9         Lysine.       9         Methionine.       9         Cystine.       9         Phenylalanine.       9         Tyrosine.       9	0.282		2		1		0.164		
Leucine       9         Lysine       9         Methionine       9         Cystine       9         Phenylalanine       9         Tyrosine       9	0.500		12		1		0.290		
Lysine       9         Methionine       9         Cystine       9         Phenylalanine       9         Tyrosine       9	0.486		12		1		0.282		
Lysine       9         Methionine       9         Cystine       9         Phenylalanine       9         Tyrosine       9	0.928		12		1		0.538		
Methionine	0.600		12		1		0.348		
Cystine	0.234		12		1		0.136		
Phenylalanine	0.371		12		1		0.215		
Tyrosineg	0.595		12		1		0.345		
77.1	0.436		12		1		0.253		
Valineg	0.726		12		1		0.421		
Arginineg	1.087		12		1		0.630		
Histidine	0.430		12		1		0.249		
Alanineg	0.765		12		1		0.444		
Aspartic acidg	1.130		12		1		0.655		
Glutamic acid	2.874		12		1		1.667		
Glycine	0.898		12		1		0.521		
Prolineg	0.882		12		1		0.512		
Serine	0.684		12		1		0.397		
Hydroxyproline									
2 21									
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	6		1	A	1		3.190		
Carotene, alphamcg	0		0	Z	7		0.000		
Cryptoxanthin, beta mcg	-		0	z	7		0.000		
Lycopenemcg	0		0	Z	7		0.000		
Lutein + zeaxanthin mcg 24	0		1	A	1		139.200		

### **Common Measures:**

Measure 1 = 58g: 1 cup

NDB No. 20077 Wheat bran, crude

Calories Factors: Protein 1.82 Fat 8.37 Carbohydrate 2.35

Food Group: 20 Cereal Grains and Pasta

		Ar	mount in 100 g	rams	of edit	<u>n</u>	Amount in edible portion of common measures of food			
			Nu	ımber	r			<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	11.92	0.184	72		1		14.90		
Energy	kcal	364		0	NC	4		455		
Energy		1523				4		1904		
Protein (N x 5.7)		10.33	0.131	61		1		12.91		
Total lipid (fat)		0.98	0.038	29		1		1.23		
Ash	g	0.47	0.015	61		1		0.59		
Carbohydrate, by difference	g	76.31		0	NC	4		95.39		
Fiber, total dietary	g	2.7		0		1		3.4		
Sugars, total		0.27		3	A	1		0.33		
Starch										
Minerals:						_		1.0		
Calcium, Ca	-	15	0.370	113		1		19		
Iron, Fe.	-	4.64	0.074	23		1		5.80		
Magnesium, Mg		22	0.586	129 47		1 1		28 135		
Phosphorus, P	_	108 107	2.395 2.696	47 94		1		135 134		
Potassium, K	_	2	0.226	94 82		1		3		
Zinc, Zn	-	0.70	0.226	136		1		0.88		
Copper, Cu		0.144		49		1		0.180		
Manganese, Mn		0.682		48		1		0.853		
Selenium, Se		33.9	3.192	46	A	1		42.4		
· ·						_				
Vitamins:										
Vitamin C, total ascorbic acid	-	0.0		0		4		0.0		
Thiamin	-	0.785		36		1		0.981		
Riboflavin	mg	0.494		32		1		0.618		
Niacin	mg	5.904		19		1		7.380		
Pantothenic acid	_	0.438		10		1		0.548		
Vitamin B-6	_	0.044		45		1		0.055		
Folate, total		183	5.778	9	A	1		229		
Folic acid		154	5.638	9	A	1		193		
Folate, food		29	1.441	9	AS	1		37		
Folate, DFE		291		0	NC	4		364		
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin A, IU		0		1	A	1		0		
Vitamin A, RAE		0		1	A	1		0		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)		0.06	0.008	9	A	1		0.07		
Tocopherol, beta		0.07	0.012	9	A	1		0.08		
Tocopherol, gamma		0.38	0.123	9	A A	1 1		0.48		
Tocopherol, delta		0.02	0.003	9	A	1		0.02		
Vitamin D Vitamin K (phylloquinone)		0.3		1	A	1		0.4		
vitamin K (phynoquinone)		0.5		-		-		V. 4		
<u> Lipids:</u>										
Fatty acids, total saturated		0.155		0		1		0.194		
4:0		0.000		0		1		0.000		
6:0		0.000		0		1		0.000		
8:0		0.000		0		1		0.000		
10:0		0.000		0		1		0.000		
12:0		0.000		0		1		0.000		
13:0	_			_		_		_		
14:0		0.000		0		1		0.000		
15:0	_	_				_		_		
16:0	_	0.148		10		1		0.185		
17:0	_					_				
	a	0.007		10		1		0.009		
18:0	-									
18:0 20:0 22:0.	g									

		<u>A</u>	mount in 10	0 grams	of edil	ole portio	<u>on</u>	_	edible portion o	f common
				Number	•			<u>m</u>	easures of food	
Nutrients and	Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura		0.087		0		1		0.109		
14:1	_									
15:1	-					_				
16:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.000		0		1		0.000		
17:1	_	0.087		10		1		0.109		
18:1 undifferentiated	_	0.000		0		1		0.109		
20:1 22:1 undifferentiated		0.000		0		1		0.000		
	_	0.000		U		1		0.000		
24:1 c		0.413		0		1		0 516		
Fatty acids, total polyunsaturat		0.413		10		1		0.516 0.489		
18:2 undifferentiated		0.391		10		1		0.489		
18:3 undifferentiated		0.022		0		1		0.028		
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		
20:5 n-3	_	0.000		0		1		0.000		
22:6 n-3	-	0.000		0		1		0.000		
Fatty acids, total trans		0.000		U		_		0.000		
Cholesterol		0		0	z	7		0		
Phytosterols	-	U		U	2	,		U		
Fliytosterois										
Amino Acids:										
Tryptophan	g	0.127		39		1		0.159		
Threonine	g	0.281		67		1		0.351		
Isoleucine	g	0.357		68		1		0.446		
Leucine	g	0.710		68		1		0.888		
Lysine	g	0.228		69		1		0.285		
Methionine	g	0.183		67		1		0.229		
Cystine	g	0.219		63		1		0.274		
Phenylalanine	g	0.520		58		1		0.650		
Tyrosine	g	0.312		56		1		0.390		
Valine	-	0.415		58		1		0.519		
Arginine	g	0.417		51		1		0.521		
Histidine	g	0.230		51		1		0.288		
Alanine	g	0.332		49		1		0.415		
Aspartic acid	g	0.435		49		1		0.544		
Glutamic acid	g	3.479		49		1		4.349		
Glycine	g	0.371		49		1		0.464		
Proline	g	1.198		49		1		1.498		
Serine	g	0.516		49		1		0.645		
Hydroxyproline	g									
Others:										
Alcohol, ethyl	а	0.0		0		7		0.0		
Caffeine		0.0		0	z	7		0.0		
Theobromine	<del>-</del>	Ö		0	Z	7		0		
Carotenoids:		v		v	_	•		•		
Carotene, beta		0		1	A	1		0.188		
Carotene, alpha		0		1	A	1		0.088		
Cryptoxanthin, beta		0		1	A	1		0.125		
Lycopene		0		1	A	1		0.000		
Lutein + zeaxanthin	mcg	18		1	A	1		22.663		

### **Common Measures:**

Measure 1 = 125g: 1 cup

NDB No. 20081

Wheat flour, white, all-purpose, enriched, bleached

Calories Factors: Protein 4.05 Fat 8.37 Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

Nutrients and Units  Proximates: Water	kcal kj g g g g g g 	11.92 364 1523 10.33 0.98 0.47 76.31 2.7			Deriv	Source Code	Confidence Code	14.90 455 1904 12.91	Measure 2	Measure
Proximates:  Water Energy Energy Protein (N x 5.7) Total lipid (fat) Ash Carbohydrate, by difference Fiber, total dietary Sugars, total. Starch  Minerals: Calcium, Ca Iron, Fe Magnesium, Mg Phosphorus, P Potassium, K	kcal kj g g g g g g 	11.92 364 1523 10.33 0.98 0.47 76.31	0.184 0.131 0.038	72 0 61 29 61 0	NC	1 4 4 1		14.90 455 1904	Measure 2	Measure
Proximates:  Water Energy Energy Protein (N x 5.7) Total lipid (fat) Ash Carbohydrate, by difference Fiber, total dietary Sugars, total. Starch  Minerals: Calcium, Ca Iron, Fe Magnesium, Mg Phosphorus, P Potassium, K	kcal kj g g g g g g 	11.92 364 1523 10.33 0.98 0.47 76.31	0.184 0.131 0.038	72 0 61 29 61 0	NC	1 4 4	Code	14.90 455 1904	Measure 2	Measure
Water Energy Energy Protein (N x 5.7) Total lipid (fat) Ash Carbohydrate, by difference Fiber, total dietary Sugars, total Starch Winerals: Calcium, Ca Iron, Fe Magnesium, Mg Phosphorus, P Potassium, K	kcal kj g g g g g g 	364 1523 10.33 0.98 0.47 76.31	0.131 0.038	0 61 29 61 0		4 4 1		455 1904		
Water Energy Energy Protein (N x 5.7) Total lipid (fat) Ash Carbohydrate, by difference Fiber, total dietary Sugars, total Starch Winerals: Calcium, Ca Iron, Fe Magnesium, Mg Phosphorus, P Potassium, K	kcal kj g g g g g g 	364 1523 10.33 0.98 0.47 76.31	0.131 0.038	0 61 29 61 0		4 4 1		455 1904		
Energy Protein (N x 5.7) Total lipid (fat) Ash Carbohydrate, by difference Fiber, total dietary Sugars, total Starch.  Minerals: Calcium, Ca Iron, Fe Magnesium, Mg Phosphorus, P Potassium, K	kj g g g g g g g	1523 10.33 0.98 0.47 76.31	0.038	61 29 61 0		4 1		1904		
Protein (N x 5.7)	g g g g g g g 	10.33 0.98 0.47 76.31	0.038	29 61 0	NC	1				
Total lipid (fat)	g g g g g g g	0.98 0.47 76.31	0.038	29 61 0	NC			12.91		
Ash Carbohydrate, by difference Fiber, total dietary Sugars, total Starch  Inerals: Calcium, Ca Iron, Fe Magnesium, Mg Phosphorus, P Potassium, K	g g g g g mg	0.47 76.31		61 0	NC	1				
Carbohydrate, by difference	g g g g mg	76.31	0.015	0	NC			1.23		
Fiber, total dietary  Sugars, total  Starch  Iinerals: Calcium, Ca Iron, Fe Magnesium, Mg Phosphorus, P Potassium, K	g g mg mg				NC	1		0.59		
Sugars, total Starch.  1inerals: Calcium, Ca. Iron, Fe. Magnesium, Mg. Phosphorus, P. Potassium, K.	g g mg mg	2.7		0	740	4		95.39		
Starch	g mg mg					4		3.4		
Ainerals: Calcium, Ca	mg mg									
Calcium, Ca Iron, Fe	mg									
Calcium, Ca	mg									
Iron, Fe	mg	252		1		1		315		
Magnesium, Mg	-	252 4.64	0.074	23		1		5.80		
Phosphorus, P		22	0.586	129		1		28		
Potassium, K		108	2.395	47		1		135		
*	-	107	2.696	94		1		134		
Dourani, i tannini	-	2	0.226	82		1		3		
Zinc, Zn	-	0.70	0.020	136		1		0.88		
Copper, Cu		0.144	0.006	49		1		0.180		
Manganese, Mn		0.682	0.030	48		1		0.853		
Selenium, Se										
/itamina										
<u>/itamins:</u>		0.0		•				0.0		
Vitamin C, total ascorbic acid	-	0.0 0.785	0.015	0 36		4 1		0.0		
ThiaminRiboflavin	-	0.785	0.015 0.016	30		1		0.981 0.618		
Niacin	-	5.904	0.123	19		1		7.380		
Pantothenic acid		0.438	0.123	10		1		0.548		
Vitamin B-6	-	0.044	0.003	45		1		0.055		
Folate, total		183	0.003	0	BFZN	4		229		
Folic acid		154		0	BFZN	4		193		
Folate, food		29		0	BFZN	4		37		
Folate, DFE		291		0	NC	4		364		
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin A, IU		0		0		4		0		
Vitamin A, RAE		0		0	AS	1		0		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)		0.06		0	BFZN	4		0.07		
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
<u> </u>										
Fatty acids, total saturated	a	0.155		0		1		0.194		
4:0		0.133		·		-		0.134		
6:0										
8:0										
10:0										
12:0										
13:0	-									
14:0										
15:0										
16:0		0.148		10		1		0.185		
17:0										
18:0	g	0.007		10		1		0.009		
20:0	g									
22:0	g									

		<u>Aı</u>	mount in 10			ole portic	<u>on</u>		edible portion of easures of food	
				Number		Source	Confidence	<u></u>	easures or roou	i
Nutrients and Unit	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	0.087		0		1		0.109		
14:1	g									
15:1	g									
16:1 undifferentiated	g									
17:1	g									
18:1 undifferentiated	g	0.087		10		1		0.109		
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.413		0		1		0.516		
18:2 undifferentiated		0.391		10		1		0.489		
18:3 undifferentiated	g	0.022		10		1		0.028		
18:4	g									
20:2 n-6 c.c	-									
20:3 undifferentiated	-									
20:4 undifferentiated	-									
20:5 n-3	-									
22:5 n-3	g									
22:6 n-3	-									
Fatty acids, total trans	-									
Cholesterol	-	0		0	Z	7		0		
Phytosterols	-									
Amino Acids:										
	a	0.127		39		1		0.159		
Tryptophan Threonine		0.127		67		1		0.351		
		0.357		68		1		0.446		
Isoleucine	_	0.337		68		1		0.446		
Leucine				69		1		0.888		
Lysine		0.228				1				
Methionine		0.183		67				0.229		
Cystine		0.219		63		1 1		0.274		
Phenylalanine	-	0.520		58		1		0.650		
Tyrosine		0.312		56		1		0.390		
Valine		0.415		58		_		0.519		
Arginine		0.417		51		1		0.521		
Histidine		0.230		51		1		0.288		
Alanine	_	0.332		49		1		0.415		
Aspartic acid		0.435		49		1		0.544		
Glutamic acid	-	3.479		49		1		4.349		
Glycine	_	0.371		49		1		0.464		
Proline	_	1.198		49		1		1.498		
Serine		0.516		49		1		0.645		
Hydroxyproline	g									

### **Common Measures:**

Measure 1 = 125g: 1 cup

Calories Factors: Protein 4.05 Fat 8.37 Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

		<u>Ar</u>	mount in 100 g	grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common measures of food			
			Nu	ımber	r			<u>m</u>	easures of food	<u> </u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	11.92	0.184	72		1		14.90			
Energy	kcal	364		0	NC	4		455			
Energy		1523				4		1904			
Protein (N x 5.7)	g	10.33	0.131	61		1		12.91			
Total lipid (fat)	g	0.98	0.038	29		1		1.23			
Ash	g	0.47	0.015	61		1		0.59			
Carbohydrate, by difference	g	76.31		0	NC	4		95.39			
Fiber, total dietary	g	2.7		0		4		3.4			
Sugars, total		0.27		3	A	1		0.33			
Starch											
<u>Minerals:</u>						_					
Calcium, Ca	-	15	0.370	113		1		19			
Iron, Fe	-	4.64	0.074	23		1		5.80			
Magnesium, Mg		22	0.586	129		1		28			
Phosphorus, P	•	108	2.395	47		1		135			
Potassium, K	-	107	2.696	94		1		134			
Sodium, Na	-	2	0.226	82		1		3			
Zinc, Zn		0.70	0.020	136		1 1		0.88			
Copper, Cu		0.144		49				0.180			
Manganese, Mn		0.682		48		1 1		0.853			
Selenium, Se	Ilicy	33.9	3.192	46	A	1		42.4			
<u>/itamins:</u>											
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0			
Thiamin	mg	0.785	0.015	36		1		0.981			
Riboflavin	mg	0.494	0.016	32		1		0.618			
Niacin	mg	5.904	0.123	19		1		7.380			
Pantothenic acid	mg	0.438	0.093	10		1		0.548			
Vitamin B-6	mg	0.044	0.003	45		1		0.055			
Folate, total	mcg	183	5.778	9	A	1		229			
Folic acid		154	5.638	9	A	1		193			
Folate, food	mcg	29	1.441	9	AS	1		37			
Folate, DFE	mcg_DFE	291		0	NC	4		364			
Vitamin B-12		0.00		0	Z	7		0.00			
Vitamin A, IU	IU	2		1	A	1		2			
Vitamin A, RAE		0		1	A	1		0			
Retinol	mcg	0		0	Z	7		0			
Vitamin E (alpha-tocopherol)	mg	0.23		2	A	1		0.28			
Tocopherol, beta		0.14		2	A	1		0.18			
Tocopherol, gamma	mg	1.25		2	A	1		1.56			
Tocopherol, delta	mg	0.00		2	A	1		0.00			
Vitamin D											
Vitamin K (phylloquinone)	mcg	0.3		0	BFZN	4		0.4			
ipids:											
Fatty acids, total saturated	0	0.155		0		1		0.194			
•	-	0.133		0	BFZN	4		0.194			
4:0 6:0		0.000		0	BFZN	4		0.000			
8:0		0.000		0	BFZN	4		0.000			
		0.000		0	BFZN	4		0.000			
10:0		0.000		0	BFZN	4		0.000			
12:0		0.000		J	DE UN	*		0.000			
14:0	-	0.000		0	BFZN	4		0.000			
	-	0.000		U	DE AN	*		0.000			
15:0	-	0.148		10		1		0.185			
16:0	-	0.148		10		1		0.185			
17:0 18:0	-	0.007		10		1		0.009			
	=	0.007		10		1		0.009			
20:0											
22:0	y										

		<u>Ar</u>	nount in 10	00 grams	of edib	ole portic	<u>on</u>		edible portion	
				Number	•			<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Ur	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		0.087		0		1		0.109		
14:1	_									
15:1	-									
16:1 undifferentiated	-	0.000		0	BFZN	4		0.000		
17:1	-					_				
18:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.087		10		1		0.109		
20:1		0.000		0	BFZN	4		0.000		
22:1 undifferentiated	•	0.000		0	BFZN	4		0.000		
24:1 c										
Fatty acids, total polyunsaturated	g	0.413		0		1		0.516		
18:2 undifferentiated		0.391		10		1		0.489		
18:3 undifferentiated	g	0.022		10		1		0.028		
18:4		0.000		0	BFZN	4		0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0	BFZN	4		0.000		
20:5 n-3	q	0.000		0	BFZN	4		0.000		
22:5 n-3	-	0.000		0	BFZN	4		0.000		
22:6 n-3		0.000		0	BFZN	4		0.000		
Fatty acids, total trans		0.000		•		-		0.000		
Cholesterol		0		0	z	7		0		
Phytosterols		v		· ·	-	,		Ū		
Phytosterois										
Amino Acids:										
Tryptophan	q	0.127		39		1		0.159		
Threonine		0.281		67		1		0.351		
Isoleucine	-	0.357		68		1		0.446		
Leucine		0.710		68		1		0.888		
Lysine		0.228		69		1		0.285		
Methionine		0.183		67		1		0.229		
Cystine		0.219		63		1		0.274		
•		0.520		58		1		0.650		
Phenylalanine		0.312		56		1		0.390		
Tyrosine	_									
Valine		0.415		58		1		0.519		
Arginine		0.417		51		1		0.521		
Histidine	_	0.230		51		1		0.288		
Alanine		0.332		49		1		0.415		
Aspartic acid		0.435		49		1		0.544		
Glutamic acid	_	3.479		49		1		4.349		
Glycine	g	0.371		49		1		0.464		
Proline	g	1.198		49		1		1.498		
Serine	g	0.516		49		1		0.645		
Hydroxyproline	g									
Others:										
Alcohol, ethyl		0.0		0	Z	7		0.0		
Caffeine		0		0	Z	7		0		
Theobromine	mg	0		0	Z	7		0		
Carotenoids:										
Carotene, beta	mca	1		1	A	1		1.088		
Carotene, alpha	-	0		1	A	1		0.275		
Cryptoxanthin, beta		0		1	A	1		0.273		
21	-	0		1	A	1		0.000		
Lycopene										
Lutein + zeaxanthin	iind	79		1	A	1		98.188		

### **Common Measures:**

Measure 1 = 125g: 1 cup

NDB No. 20581

Wheat flour, white, all-purpose, enriched, unbleached

Calories Factors: Protein 4.05 Fat 8.37 Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

		<u>Ar</u>	nount in 100 g	grams	of edib	le portio	<u>n</u>		edible portion	
			Nu	ımbeı	r			<u>m</u>	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	10.59	0.196	34		1		13.24		
Energy	kcal	354		0	NC	4		443		
Energy	kj	1481				4		1851		
Protein (N x 5.7)	g	9.89	0.149	37		1		12.36		
Total lipid (fat)	g	0.97	0.036	29		1		1.21		
Ash	g	4.33	0.045	32		1		5.41		
Carbohydrate, by difference	g	74.22		0	NC	4		92.78		
Fiber, total dietary	g	2.7		0		4		3.4		
Sugars, total	g	0.22		1	AI	13		0.28		
Starch	g									
Minerals:										
Calcium, Ca	ma	338	9.355	30		1		423		
Iron, Fe	-	4.67	0.140	7		1		5.84		
Magnesium, Mg	-	19	0.299	5		1		24		
Phosphorus, P		595	38.500	14		1		744		
Potassium, K	_	124	5.756	11		1		155		
Sodium, Na	-	1270	39.347	12		1		1588		
Zinc, Zn	•	0.62	0.095	5		1		0.78		
Copper, Cu		0.112	0.009	5		1		0.140		
Manganese, Mn	mg	1.000		1		1		1.250		
Selenium, Se	mcg	34.4		0	BFSN	4		43.0		
Vitamins:										
	ma	0.0		0		4		0.0		
Vitamin C, total ascorbic acid Thiamin	-	0.674	0.010	34		1		0.843		
Riboflavin	-	0.674		34		1		0.518		
Niacin		5.832		43		1		7.290		
Pantothenic acid	-	0.438		0		4		0.548		
Vitamin B-6	_	0.050		1		1		0.063		
Folate, total	_	196	14.075	3	A	1		245		
Folic acid		158	18.248	3	A	1		198		
Folate, food		38	5.840	3	AS	1		48		
Folate, DFE		307		0	NC	4		384		
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin A, IU		0		0	NC	4		0		
Vitamin A, RAE		0		0	NC	4		0		
Retinol		0		0	z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.05		1	A	1		0.06		
Tocopherol, beta	mg	0.04		1	A	1		0.05		
Tocopherol, gamma	mg	0.32		1	A	1		0.40		
Tocopherol, delta		0.00		1	A	1		0.00		
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.3		0	BFZN	4		0.4		
Lipids:										
Fatty acids, total saturated	а	0.154		0		1		0.193		
4:0		0.000		0		1		0.000		
6:0		0.000		0		1		0.000		
8:0		0.000		0		1		0.000		
10:0		0.000		0		1		0.000		
12:0		0.000		0		1		0.000		
13:0										
14:0	_	0.000		0		1		0.000		
15:0	_									
16:0	-	0.147		0		1		0.184		
17:0	_									
18:0	-	0.007		0		1		0.009		
20:0	-			-						
22:0										
24:0	-									

		<u>Aı</u>	nount in 10	00 grams	of edil	ole portic	<u>on</u>		edible portion o	f common
				Number	•			<u>m</u>	easures of food	
Nutrients and l	Jnits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturat	edg	0.086		0		1		0.108		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000		
17:1	-									
18:1 undifferentiated	g	0.086		0		1		0.108		
20:1		0.000		0		1		0.000		
22:1 undifferentiated	g	0.000		0		1		0.000		
24:1 c	g									
Fatty acids, total polyunsaturate	dg	0.410		0		1		0.513		
18:2 undifferentiated		0.388		0		1		0.485		
18:3 undifferentiated	g	0.022		0		1		0.028		
18:4	g	0.000		0		1		0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0		1		0.000		
20:5 n-3	g	0.000		0		1		0.000		
22:5 n-3	g	0.000		0		1		0.000		
22:6 n-3	g	0.000		0		1		0.000		
Fatty acids, total trans										
Cholesterol		0		0	Z	7		0		
Phytosterols	mg									
,	•									
Amino Acids:										
Tryptophan	g	0.121		0		1		0.151		
Threonine	g	0.269		0		1		0.336		
Isoleucine	g	0.342		0		1		0.428		
Leucine	g	0.680		0		1		0.850		
Lysine	g	0.219		0		1		0.274		
Methionine	g	0.175		0		1		0.219		
Cystine	g	0.210		0		1		0.263		
Phenylalanine	g	0.498		0		1		0.623		
Tyrosine	g	0.298		0		1		0.373		
Valine	g	0.397		0		1		0.496		
Arginine	g	0.399		0		1		0.499		
Histidine	g	0.220		0		1		0.275		
Alanine	g	0.317		0		1		0.396		
Aspartic acid		0.416		0		1		0.520		
Glutamic acid		3.330		0		1		4.163		
Glycine	g	0.356		0		1		0.445		
Proline		1.146		0		1		1.433		
Serine	-	0.494		0		1		0.618		
Hydroxyproline										
Others:	_			_		_		• •		
Alcohol, ethyl		0.0		0		7		0.0		
Caffeine		0		0	z	7		0		
Theobromine	<u>m</u> g	0		0	z	7		0		
Carotenoids:										
Carotene, beta	mcq	0		0	BFZN	4		0.188		
Carotene, alpha		0		0	BFZN	4		0.088		
Cryptoxanthin, beta		0		0	BFZN	4		0.125		
Lycopene		0		0	BFZN	4		0.000		
Lutein + zeaxanthin		18		0	BFZN	4		22.663		

### **Common Measures:**

Measure 1 = 125g: 1 cup

NDB No. 20082

Wheat flour, white, all-purpose, self-rising, enriched

Calories Factors: Protein 4.05 Fat 8.37 Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

		<u>Ar</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>
							Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		11.92	0.184	72		1		14.90		
Energy	kcal	364		0	NC	4		455		
Energy	kj	1523				4		1904		
Protein (N x 5.7)		10.33	0.131	61		1		12.91		
Total lipid (fat)		0.98	0.038	29		1		1.23		
Ash		0.47	0.015	61		1		0.59		
Carbohydrate, by difference		76.31		0	NC	4		95.39		
Fiber, total dietary		2.7		1		4		3.4		
Sugars, total		0.27		0	BFZN	4		0.33		
Starch	g									
Minerals:										
Calcium, Ca	mg	15	0.370	113		1		19		
Iron, Fe		1.17	2.27	1		1		1.46		
Magnesium, Mg		22	0.586			1		28		
Phosphorus, P		108	2.395	47		1		135		
Potassium, K		107	2.696	94		1		134		
Sodium, Na		2	0.226	82		1		3		
Zinc, Zn	mg	0.70	0.020	136		1		0.88		
Copper, Cu	mg	0.144	0.006	49		1		0.180		
Manganese, Mn	mg	0.682		48		1		0.853		
Selenium, Se	mcg	33.9	3.192	46	A	1		42.4		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0		
Thiamin	_	0.120	)	1		1		0.150		
Riboflavin		0.040		1		1		0.050		
Niacin		1.250	)	1		1		1.563		
Pantothenic acid		0.438	0.093	10		1		0.548		
Vitamin B-6	mg	0.044	0.003	45		1		0.055		
Folate, total	mcg	26	3.672	15		1		33		
Folic acid	mcg	0		0	Z	7		0		
Folate, food		26	3.672	15		1		33		
Folate, DFE	mcg_DFE	26		0	NC	4		33		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU	IU	0		0	NC	4		0		
Vitamin A, RAE		0		0	NC	4		0		
Retinol.	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	-	0.06		0	BFZN	4		0.07		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		0.3		0	BFZN	4		0.4		
Vitamin K (phylloquinone)	Tricg	0.3		U	BFZN	4		0.4		
Lipids:										
Fatty acids, total saturated	g	0.155	i	0		1		0.194		
4:0	g	0.000	)	0		1		0.000		
6:0	g	0.000	)	0		1		0.000		
8:0	g	0.000	)	0		1		0.000		
10:0	g	0.000	)	0		1		0.000		
12:0	-	0.000	1	0		1		0.000		
13:0	-									
14:0	g	0.000	1	0		1		0.000		
15:0										
16:0	g	0.148		10		1		0.185		
17:0	-									
18:0	_	0.007		10		1		0.009		
20:0	g									
22:0										

		<u>A</u> 1	mount in 10	0 grams	of edil	ole portio	<u>on</u>		edible portion o	of common
				Number				<u>m</u> :	easures of food	
Nutrients and l	Jnits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturat		0.087		0		1		0.109		
14:1	-									
15:1	• • • • • • • • • • • • • • • • • • • •									
16:1 undifferentiated		0.000		0		1		0.000		
17:1	-					_				
18:1 undifferentiated	-	0.087		10		1		0.109		
20:1		0.000		0		1		0.000		
22:1 undifferentiated	-	0.000		0		1		0.000		
24:1 c						_				
Fatty acids, total polyunsaturated		0.413		0		1		0.516		
18:2 undifferentiated		0.391		10		1		0.489		
18:3 undifferentiated		0.022		10		1		0.028		
18:4	-	0.000		0		1		0.000		
20:2 n-6 c,c	-									
20:3 undifferentiated	_	0.000		^				0.000		
20:4 undifferentiated		0.000		0		1		0.000		
20:5 n-3	-	0.000		0		1		0.000		
22:5 n-3	_	0.000		0		1		0.000		
22:6 n-3		0.000		0		1		0.000		
Fatty acids, total trans		•			_	_		•		
Cholesterol	_	0		0	Z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.127		39		1		0.159		
Threonine		0.281		67		1		0.351		
Isoleucine	-	0.357		68		1		0.446		
Leucine	-	0.710		68		1		0.888		
Lysine	-	0.228		69		1		0.285		
Methionine		0.183		67		1		0.229		
Cystine		0.219		63		1		0.274		
Phenylalanine		0.520		58		1		0.650		
Tyrosine		0.312		56		1		0.390		
Valine	-	0.415		58		1		0.519		
Arginine	-	0.417		51		1		0.521		
Histidine		0.230		51		1		0.288		
Alanine	-	0.332		49		1		0.415		
Aspartic acid		0.435		49		1		0.544		
Glutamic acid	-	3.479		49		1		4.349		
Glycine		0.371		49		1		0.464		
Proline		1.198		49		1		1.498		
Serine	-	0.516		49		1		0.645		
Hydroxyproline						_				
Others:										
Alcohol, ethyl		0.0		0		7		0.0		
Caffeine	mg	0		0	Z	7		0		
Theobromine	mg	0		0	Z	7		0		
Carotenoids:										
Carotene, beta	mca	0		0	BFZN	4		0.188		
Carotene, alpha	_	0		0	BFZN	4		0.088		
Cryptoxanthin, beta		0		0	BFZN	4		0.125		
Lycopene		0		0	BFZN	4		0.000		
Lutein + zeaxanthin		18		0	BFZN	4		22.663		

### **Common Measures:**

Measure 1 = 125g: 1 cup

NDB No. 20481

Wheat flour, white, all-purpose, unenriched

Calories Factors: Protein 4.05 Fat 8.37 Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

		<u>Ar</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	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	13.36	0.104	67		1		18.30		
Energy	kcal	361		0	NC	4		495		
Energy	kj	1510				4		2069		
Protein (N x 5.7)	g	11.98	0.095	65		1		16.41		
Total lipid (fat)	g	1.66	0.038	9		1		2.27		
Ash	g	0.47	0.005	65		1		0.64		
Carbohydrate, by difference	g	72.53		0	NC	4		99.37		
Fiber, total dietary	g	2.4		0		1		3.3		
Sugars, total	g	0.31		0	BFZN	4		0.42		
Starch	g									
Minorals:										
Minerals: Calcium, Ca	ma	15	0.476	163		1		21		
Iron, Fe		4.41	0.470	1		4		6.04		
Magnesium, Mg		25	0.450	160		1		34		
Phosphorus, P		97	2.621	11		1		133		
Potassium, K		100	2.509	81		1		137		
Sodium, Na		2	0.047	74		1		3		
Zinc, Zn	mg	0.85	0.023	177		1		1.16		
Copper, Cu	mg	0.182	0.008	35		1		0.249		
Manganese, Mn	mg	0.792	0.029	55		1		1.085		
Selenium, Se	mcg	39.7	4.335	15	A	1		54.4		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0		
Thiamin	_	0.812	0.032	12		1		1.112		
Riboflavin		0.512		15		1		0.701		
Niacin		7.554		9		1		10.349		
Pantothenic acid	-	0.438		0		4		0.600		
Vitamin B-6	-	0.037	0.003	46		1		0.051		
Folate, total	_	183	1.000	3	A	1		251		
Folic acid		150	2.333	3	A	1		206		
Folate, food		33	2.404	3	AS	1		45		
Folate, DFE	mcg_DFE	288		0	NC	4		395		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU	IU	2		1	A	1		2		
Vitamin A, RAE	mcg_RAE	0		1	A	1		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	-	0.40		2	A	1		0.55		
Tocopherol, beta		0.20		2	A	1		0.27		
Tocopherol, gamma		1.44		2	A	1		1.97		
Tocopherol, delta		0.00		2	A	1		0.00		
Vitamin D				•						
Vitamin K (phylloquinone)	mcg	0.3		0	BFZN	4		0.4		
Lipids:										
Fatty acids, total saturated	g	0.244		0		1		0.334		
4:0		0.000	ı	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	1	0		1		0.000		
12:0		0.000	1	0		1		0.000		
13:0	g									
14:0	_	0.001		79		1		0.001		
15:0	_									
16:0	_	0.218		79		1		0.299		
17:0	-									
18:0		0.010		79		1		0.014		
20:0										
22:0	a									

		<u>A</u> 1	mount in 10			ole portio	<u>on</u>		edible portion o	f common
Nutrients and Units	<b>.</b>	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	0.140		0		1		0.192		
14:1	-									
15:1		0.005		79		1		0.007		
17:1		0.003		19		1		0.007		
18:1 undifferentiated	-	0.135		79		1		0.185		
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 polyunsaturated		0.727		0		1		0.996		
18:2 undifferentiated		0.685		79		1		0.938		
18:3 undifferentiated		0.043		79		1		0.059		
18:4	_	0.000		0		1		0.000		
20:2 n-6 c,c	-									
20:3 undifferentiated 20:4 undifferentiated	-	0.000		0		1		0.000		
20:5 n-3		0.000		0		1		0.000		
22:5 n-3		0.000		0		1		0.000		
22:6 n-3	-	0.000		0		1		0.000		
Fatty acids, total trans						_		0.000		
Cholesterol		0		0	z	7		0		
Phytosterols	_									
A										
Amino Acids:	~	0 120		13		1		0 100		
Tryptophan		0.139 0.320		23		1		0.190 0.438		
ThreonineIsoleucine	-	0.320		23		1		0.438		
Leucine	-	0.828		23		1		1.134		
Lysine	-	0.231		23		1		0.316		
Methionine		0.210		22		1		0.288		
Cystine		0.269		22		1		0.369		
Phenylalanine		0.591		23		1		0.810		
Tyrosine		0.328		23		1		0.449		
Valine	g	0.502		23		1		0.688		
Arginine	g	0.416		23		1		0.570		
Histidine	g	0.254		23		1		0.348		
Alanine	g	0.366		23		1		0.501		
Aspartic acid	-	0.484		23		1		0.663		
Glutamic acid		4.198		23		1		5.751		
Glycine		0.410		23		1		0.562		
Proline		1.409		23		1		1.930		
Serine		0.580		23		1		0.795		
Hydroxyproline	g									
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	mcg	1		1	A	1		1.096		
Carotene, alpha		0		1	A	1		0.288		
Cryptoxanthin, beta		0		1	A	1		0.466		
Lycopene	mcg	0		1	A	1		0.000		
Lutein + zeaxanthin		79		1	A	1		107.997		

### **Common Measures:**

Measure 1 = 137g: 1 cup

NDB No. 20083

Wheat flour, white, bread, enriched

Calories Factors: Protein 4.05 Fat 8.37 Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

		<u>Ar</u>	nount in 100 g	ırams	of edib	le portio	<u>n</u>		edible portion	
			Nu	ımber	r			<u>m</u>	easures of food	<u>1</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	12.51	0.180	25		1		17.14		
Energy	kcal	362		0	NC	4		496		
Energy	kj	1515				4		2075		
Protein (N x 5.7)	g	8.20	0.079	21		1		11.23		
Total lipid (fat)	g	0.86	0.037	5		1		1.18		
Ash	g	0.39	0.013	35		1		0.53		
Carbohydrate, by difference	g	78.03		0	NC	4		106.90		
Fiber, total dietary	g	1.7		0		1		2.3		
Sugars, total	g	0.31		0	BFZN	4		0.42		
Starch	g									
Minerals:										
Calcium, Ca	ma	14	0.461	63		1		19		
Iron, Fe	-	7.32	0.401	2		1		10.03		
Magnesium, Mg	-	16	0.802	77		1		22		
Phosphorus, P		85	4.918	16		1		116		
Potassium, K	•	105	4.130	41		1		144		
Sodium, Na		2	0.091	38		1		3		
Zinc, Zn	-	0.62	0.041	72		1		0.85		
Copper, Cu		0.139	0.007	23		1		0.190		
Manganese, Mn	mg	0.634	0.039	29		1		0.869		
Selenium, Se	mcg	4.9	0.408	6	A	1		6.7		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0		
Thiamin	-	0.892		2		1		1.222		
Riboflavin	-	0.430		2		1		0.589		
Niacin		6.790		2		1		9.302		
Pantothenic acid	-	0.458		3		1		0.627		
Vitamin B-6	_	0.033		25		1		0.045		
Folate, total	_	186	17.704	3	A	1		254		
Folic acid		138	18.782	3	A	1		190		
Folate, food		47	2.906	3	AS	1		65		
Folate, DFE		282		0	NC	4		387		
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin A, IU		0		1	A	1		0		
Vitamin A, RAE		0		0	AS	1		0		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.02		2	A	1		0.02		
Tocopherol, beta		0.01		2	A	1		0.01		
Tocopherol, gamma	mg	0.08		2	A	1		0.11		
Tocopherol, delta		0.00		2	A	1		0.00		
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.3		0	BFZN	4		0.4		
Lipids:										
Fatty acids, total saturated	a	0.127		0		1		0.174		
4:0		0.000		0		1		0.000		
6:0		0.000		0		1		0.000		
8:0		0.000		0		1		0.000		
10:0		0.000		0		1		0.000		
12:0	_	0.000		0		1		0.000		
13:0										
14:0	_	0.001		0		1		0.001		
15:0	_									
16:0	-	0.114		0		1		0.156		
17:0	_									
18:0	-	0.005		0		1		0.007		
20:0	-									
22:0										
24:0	-									

		<u>A</u> 1	mount in 10			ole portic	<u>on</u>	_	edible portion o	of common
				Number	•			<u>m</u>	easures of food	
Nutrients and	Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturat		0.073	}	0		1		0.100		
14:1	_									
15:1										
16:1 undifferentiated	_	0.003	1	0		1		0.004		
17:1	_									
18:1 undifferentiated	_	0.070		0		1		0.096		
20:1		0.000		0		1		0.000		
22:1 undifferentiated	_	0.000	)	0		1		0.000		
24:1 c										
Fatty acids, total polyunsaturate		0.379		0		1		0.519		
18:2 undifferentiated		0.357		0		1		0.489		
18:3 undifferentiated		0.022		0		1		0.030		
18:4		0.000	1	0		1		0.000		
20:2 n-6 c,c	_									
20:3 undifferentiated	_									
20:4 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.000		0		1		0.000		
20:5 n-3		0.000		0		1		0.000		
22:5 n-3		0.000		0		1		0.000		
22:6 n-3		0.000	)	0		1		0.000		
Fatty acids, total trans		_				_		_		
Cholesterol	-	0		0	Z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	q	0.118	1	6		1		0.162		
Threonine		0.227		7		1		0.311		
Isoleucine	_	0.311		7		1		0.426		
Leucine	_	0.558		7		1		0.764		
Lysine	_	0.285		7		1		0.390		
Methionine		0.138		7		1		0.189		
Cystine		0.178		7		1		0.244		
Phenylalanine		0.388		7		1		0.532		
Tyrosine		0.234		7		1		0.321		
Valine	_	0.360		7		1		0.493		
Arginine	• • • • • • • • • • • • • • • • • • • •	0.314		7		1		0.430		
Histidine	_	0.167		7		1		0.229		
Alanine	_	0.247	,	7		1		0.338		
Aspartic acid	_	0.342		7		1		0.469		
Glutamic acid	_	2.710		7		1		3.713		
Glycine	<del>-</del>	0.278		7		1		0.381		
Proline		0.913		7		1		1.251		
Serine	_	0.432		7		1		0.592		
Hydroxyproline		0.132				-		,		
	J									
Others:	~			•		_		0 0		
Alcohol, ethyl		0.0		0	_	7		0.0		
Caffeine		0		0	Z	7		0		
Theobromine	g	0		0	Z	7		0		
Carotenoids:										
Carotene, beta	mcg	0		1	A	1		0.082		
Carotene, alpha	-	0		1	A	1		0.014		
Cryptoxanthin, beta	mcg	0		1	A	1		0.274		
Lycopene		0		1	A	1		0.000		
Lutein + zeaxanthin		3		1	A	1		3.480		

### **Common Measures:**

Measure 1 = 137g: 1 cup unsifted, dipped

NDB No. 20084

Wheat flour, white, cake, enriched

Calories Factors: Protein 4.05 Fat 8.37 Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

		<u>Aı</u>	nount in 100 g	rams	of edit	ole portio	<u>n</u>		edible portion	
			Nu	mber				<u>m</u> e	easures of food	<u>!</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	10.08	0.068	25		1		11.19		
Energy	kcal	405		0	NC	4		450		
Energy	kj	1695				4		1881		
Protein (N x 5.7)	g	9.66	0.049	25		1		10.72		
Total lipid (fat)	g	10.63	0.083	25		1		11.80		
Ash	g	2.49	0.053	25		1		2.76		
Carbohydrate, by difference	g	67.14		0	NC	4		74.53		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
viinerais: Calcium, Ca	ma	205	11.402	25		1		228		
Iron. Fe.	-	7.05	11.402	1		1		7.83		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	21		1		1		23		
Phosphorus, P		210		1		1		233		
Potassium, K	•	100	2.789	4		1		111		
Sodium, Na	-	677	49.467	4		1		751		
Zinc, Zn	mg	0.64		0		4		0.71		
Copper, Cu	mg	0.100		1		1		0.111		
Manganese, Mn	mg	0.614		0		4		0.682		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0		
Thiamin	-	0.735	0.023	27		1		0.816		
Riboflavin	-	0.493		27		1		0.547		
Niacin		5.820		27		1		6.460		
Pantothenic acid		0.394		0		4		0.437		
Vitamin B-6	-	0.040		1		1		0.044		
Folate, total		136		0	FLA	4		151		
Folic acid		112		0	NC	4		125		
Folate, food		24		0		4		26		
Folate, DFE		215		0	NC	4		238		
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin A, IU		0		0		4		0		
Vitamin A, RAE		0		0		4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D.										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	4.100		0		1		4.551		
4:0										
6:0	_									
8:0	g									
10:0		0.010		0		1		0.011		
12:0		0.021		0		1		0.023		
13:0	g									
14:0	g	0.132		0		1		0.147		
15:0	-									
16:0	-	2.557		0		1		2.838		
17:0	-									
18:0		1.379		0		1		1.531		
20:0	-									
22:0	a									

		<u>Aı</u>	nount in 10	00 grams	of edil	ole portio	<u>n</u>		edible portion o	of common
				Number		_		<u>m</u>	easures of food	
Nutrients and Uni	its	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	4.541		0		1		5.041		
14:1	g									
15:1	_									
16:1 undifferentiated	-	0.271		0		1		0.301		
17:1										
18:1 undifferentiated		4.270		0		1		4.740		
20:1	_									
22:1 undifferentiated										
24:1 c	-	1 500		^		-		1		
Fatty acids, total polyunsaturated		1.522		0		1 1		1.689		
18:2 undifferentiated	_	1.399 0.123		0		1		1.553		
18:3 undifferentiated		0.123		U		_		0.137		
18:4	-									
20:2 n-6 c,c 20:3 undifferentiated										
20:4 undifferentiated										
20:5 n-3										
22:5 n-3										
22:6 n-3	_									
Fatty acids, total trans										
Cholesterol	-	0		0	z	7		0		
Phytosterols	-									
Amino Acids:										
Tryptophan	a	0.119		0		1		0.132		
Threonine		0.263		0		1		0.132		
Isoleucine		0.203		0		1		0.232		
Leucine	_	0.664		0		1		0.737		
Lysine	-	0.213		0		1		0.236		
Methionine		0.171		0		1		0.190		
Cystine	_	0.205		0		1		0.228		
Phenylalanine		0.486		0		1		0.539		
Tyrosine		0.291		0		1		0.323		
Valine	_	0.388		0		1		0.431		
Arginine	-	0.390		0		1		0.433		
Histidine		0.215		0		1		0.239		
Alanine		0.310		0		1		0.344		
Aspartic acid	-	0.407		0		1		0.452		
Glutamic acid	g	3.253		0		1		3.611		
Glycine		0.347		0		1		0.385		
Proline	g	1.120		0		1		1.243		
Serine	g	0.483		0		1		0.536		
Hydroxyproline	g									

### **Common Measures:**

Measure 1 = 111g: 1 cup

Calories Factors: Protein 4.05 Fat 8.37 Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

		<u>Ar</u>	mount in 100 g	rams	of edit	ole portio	<u>n</u>		edible portion	
			Nu	mber	•			<u>m</u>	easures of food	<u> </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	10.27	0.453	15		1		12.32		
Energy	kcal	339		0	NC	4		407		
Energy		1418				4		1702		
Protein (N x 5.83)		13.70	0.456	16		1		16.44		
Total lipid (fat)	g	1.87	0.040	10		1		2.24		
Ash	g	1.60	0.053	14		1		1.92		
Carbohydrate, by difference	g	72.57		0	NC	4		87.08		
Fiber, total dietary	g	12.2		0		1		14.6		
Sugars, total		0.41	0.030	3		1		0.49		
Starch										
Minerals:	me	2.4	2 .2.	^				4-1		
Calcium, Ca	-	34	2.484	8		1		41		
Iron, Fe	-	3.88 138	0.059 1.898	8 6		1 1		4.66		
Magnesium, Mg						1		166		
Phosphorus, P	-	346 405	3.784 16.273	6 7		1		415 486		
Potassium, K	-	405 5	16.273	7		1		486 6		
Zinc, Zn	-	2.93	0.185	11		1		3.52		
Copper, Cu		0.382		11		1		0.458		
Manganese, Mn		3.799		10		1		4.559		
Selenium, Se		70.7	8.175	3	A	1		84.8		
Scientifi, Sci				_		_				
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.0		0		4		0.0		
Thiamin	-	0.447		20		1		0.536		
Riboflavin	-	0.215		20		1		0.258		
Niacin		6.365		8		1		7.638		
Pantothenic acid	-	1.008		2		1		1.210		
Vitamin B-6	-	0.341		3		1		0.409		
Folate, total		44	4.194	7	_	1		53		
Folic acid		0		0	Z	7		0		
Folate, food		44	4.194	7		1		53		
Folate, DFE		44		0	NC	4		53		
Vitamin B-12		0.00		0	z	7		0.00		
Vitamin A, IU		9 0		0	AS	1		11		
Vitamin A, RAE		0		0	AS Z	1 7		1 0		
Retinol		0.82		1	Z	1		0.98		
Vitamin E (alpha-tocopherol)		0.82		1		1		0.98		
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		1.9		2	A	1		2.2		
<u> Lipids:</u>										
Fatty acids, total saturated		0.322		0		1		0.386		
4:0		0.000		0		1		0.000		
6:0		0.000		0		1		0.000		
8:0		0.018		0		1		0.022		
10:0	-	0.000		0		1		0.000		
12:0		0.000		0		1		0.000		
13:0		2 222		•						
14:0		0.003		0		1		0.004		
15:0		0 051		•						
16:0		0.271		0		1		0.325		
17:0	-	0 01-		^		4		0.010		
18:0	-	0.015		0		1		0.018		
20:0 22:0	-									
	C)									

		<u>Ar</u>	mount in 10	0 grams	of edil	ole portio	<u>n</u>		edible portion	
				Number				<u>m</u>	easures of food	
Nutrients and Un	nite	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Nutrients and Off	iits	Weali	Stu. Elloi					weasure i	Weasure 2	Weasure 5
Fatty acids, total monounsaturated.	a	0.232		0		1		0.278		
14:1	g	0.151		· ·		_		0.270		
15:1	_	0.010		•				0.016		
16:1 undifferentiated	_	0.013		0		1		0.016		
17:1	_	0.219		^		1		0.000		
18:1 undifferentiated	_			0		1		0.263		
20:1	_	0.000		0				0.000		
22:1 undifferentiated	•	0.000		0		1		0.000		
24:1 c		0.770		^		1		0 005		
Fatty acids, total polyunsaturated		0.779		0		1		0.935		
18:2 undifferentiated		0.738		0		1		0.886		
18:3 undifferentiated		0.038		0		1		0.046		
18:4		0.000		U		1		0.000		
20:2 n-6 c,c	_									
20:3 undifferentiated 20:4 undifferentiated	_	0.002		0		1		0.002		
				0		1				
20:5 n-3	_	0.000				_		0.000		
22:5 n-3		0.000		0 0		1 1		0.000		
22:6 n-3		0.000		U		1		0.000		
Fatty acids, total trans		0		0	Z	7		0		
Cholesterol		U		U	Z	,		U		
Phytosterols	III									
Amino Acids:										
Tryptophan	g	0.212		12		1		0.254		
Threonine		0.395		25		1		0.474		
Isoleucine	g	0.508		25		1		0.610		
Leucine	g	0.926		25		1		1.111		
Lysine	g	0.378		26		1		0.454		
Methionine		0.212		26		1		0.254		
Cystine		0.317		20		1		0.380		
Phenylalanine		0.646		25		1		0.775		
Tyrosine		0.400		24		1		0.480		
Valine	-	0.618		25		1		0.742		
Arginine		0.642		26		1		0.770		
Histidine		0.317		26		1		0.380		
Alanine		0.487		24		1		0.584		
Aspartic acid		0.703		25		1		0.844		
Glutamic acid		4.325		24		1		5.190		
Glycine	-	0.552		23		1		0.662		
Proline		1.422		23		1		1.706		
Serine	=	0.646		23		1		0.775		
Hydroxyproline	-									
2 2.										
Others:										
Alcohol, ethyl		0.0		0		7		0.0		
Caffeine		0		0	Z	7		0		
Theobromine	mg	0		0	Z	7		0		
Carotenoids:										
Carotene, beta	mcg	5		1	A	1		6.360		
Carotene, alpha	-	0		0	Z	7		0.000		
Cryptoxanthin, beta		0		0	z	7		0.000		
Lycopene		0		0	z	7		0.000		
-, -, -, -, -, -, -, -, -, -, -, -, -, -	٠	220		1	A	1		264.000		

### **Common Measures:**

Measure 1 = 120g: 1 cup

NDB No. 20080 Wheat flour, whole-grain

Calories Factors: Protein 3.59 Fat 8.37 Carbohydrate 3.78

Food Group: 20 Cereal Grains and Pasta

		Amount in 100 grams of edible portion							Amount in edible portion of common		
			Number					<u>m</u> e	measures of food		
						Source	Confidence				
Nutrients and Units		Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	13.36	0.104	67		1			18.30		
Energy	kcal	361		0	NC	4			495		
Energy	kj	1511		0	NC	4			2071		
Protein (N x 5.7)		11.98	0.095	65		1			16.41		
Total lipid (fat)	g	1.66	0.038	9		1			2.27		
Ash		0.47	0.005	65		1			0.64		
Carbohydrate, by difference		72.53		0	NC	4			99.37		
Fiber, total dietary		2.4		0		1			3.3		
Sugars, total		0.31		0	BFZN	4			0.42		
Starch	g										
Minerals:											
Calcium, Ca	mg	15	0.476	163		1			21		
Iron, Fe		0.90		0		4			1.23		
Magnesium, Mg	mg	25	0.450	160		1			34		
Phosphorus, P		97	2.621	11		1			133		
Potassium, K	mg	100	2.509	81		1			137		
Sodium, Na		2	0.047	74		1			3		
Zinc, Zn		0.85	0.023	177		1			1.16		
Copper, Cu		0.182		35		1			0.249		
Manganese, Mn		0.792		55	_	1			1.085		
Selenium, Se	nicg	39.7	4.335	15	A	1			54.4		
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		0		4			0.0		
Thiamin	mg	0.080	1	0		4			0.110		
Riboflavin	mg	0.060	1	0		4			0.082		
Niacin		1.000		0		4			1.370		
Pantothenic acid	-	0.438		0		4			0.600		
Vitamin B-6	-	0.037	0.003	46		1			0.051		
Folate, total		33		0	NR	4			45		
Folic acid		0		0	Z	7			0		
Folate, food		33 33		0	BFZN	4 4			45		
Folate, DFE		0.00		0	NC Z	7			45 0.00		
Vitamin B-12 Vitamin A, IU	Ilicg	2		0	NC	4			2		
Vitamin A, RAE		0		0	NC	4			0		
Retinol		0		0	Z	7			0		
Vitamin E (alpha-tocopherol)		0.40		0	BFZN	4			0.55		
Tocopherol, beta				-		=					
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	0.3		0	BFZN	4			0.4		
Lipids:											
Fatty acids, total saturated	а	0.244		0		1			0.334		
4:0		0.000		0		1			0.000		
6:0		0.000		0		1			0.000		
8:0	_	0.000		0		1			0.000		
10:0	-	0.000		0		1			0.000		
12:0	-	0.000	ı	0		1			0.000		
13:0	g										
14:0		0.001		79		1			0.001		
15:0	g										
16:0	g	0.218		79		1			0.299		
17:0	-										
18:0	_	0.010		79		1			0.014		
20:0	_										
22:0	g										

		Amount in 100 grams of edible portion							Amount in edible portion of common measures of food		
Nutrients and Units				Number				measures of food			
	nits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	d q	0.140		0		1			0.192		
14:1	g										
15:1	-					_					
16:1 undifferentiated	-	0.005		79		1			0.007		
17:1	-	0.105		70					0.105		
18:1 undifferentiated	-	0.135		79		1			0.185		
20:1	-	0.000		0		1			0.000		
22:1 undifferentiated		0.000		0		1			0.000		
24:1 c		0.707		•							
Fatty acids, total polyunsaturated.		0.727		0 79		1 1			0.996		
18:2 undifferentiated		0.685		79 79		1			0.938		
18:3 undifferentiated		0.043				1			0.059		
18:4	-	0.000		0		1			0.000		
20:2 n-6 c,c	-										
20:3 undifferentiated		0.000		0		1			0.000		
20:4 undifferentiated	-	0.000		0		1			0.000		
20:5 n-3	-			0		1					
22:5 n-3		0.000		0		1			0.000		
22:6 n-3	_	0.000		U		1			0.000		
Fatty acids, total trans		0		0	Z	7			0		
Cholesterol		U		U	Z	,			U		
Phytosterols	IIIg										
Amino Acids:											
Tryptophan	g	0.139		13		1			0.190		
Threonine	g	0.320		23		1			0.438		
Isoleucine	g	0.444		23		1			0.608		
Leucine	g	0.828		23		1			1.134		
Lysine	g	0.231		23		1			0.316		
Methionine	g	0.210		22		1			0.288		
Cystine	g	0.269		22		1			0.369		
Phenylalanine	g	0.591		23		1			0.810		
Tyrosine	g	0.328		23		1			0.449		
Valine	g	0.502		23		1			0.688		
Arginine	g	0.416		23		1			0.570		
Histidine	g	0.254		23		1			0.348		
Alanine	g	0.366		23		1			0.501		
Aspartic acid		0.484		23		1			0.663		
Glutamic acid		4.198		23		1			5.751		
Glycine		0.410		23		1			0.562		
Proline		1.409		23		1			1.930		
Serine	g	0.580		23		1			0.795		
Hydroxyproline	-										
	_										
Others:						_					
Alcohol, ethyl		0.0		0	z	7			0.0		
Caffeine		0		0	z	7			0		
Theobromine	<u>m</u> g	0		0	Z	7			0		
Carotenoids:											
Carotene, beta		1		0	BFZN	4			1.096		
Carotene, alpha		0		0	BFZN	4			0.288		
Cryptoxanthin, beta		0		0	BFZN	4			0.466		
Lycopene		0		0	BFZN	4			0.000		
Lutein + zeaxanthin	mcg	79		0	BFZN	4			107.997		

### **Common Measures:**

Measure 2 = 137g: 1 cup unsifted, dipped

NDB No. 20129

Wheat flours, bread, unenriched

Calories Factors: Protein 4.05 Fat 8.37 Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

		<u>Aı</u>	mount in 100 g	grams	Amount in edible portion of common					
			Nι	umber	•			<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 3
Proximates:										
Water	a	11.12	0.864	10		1		12.79		
Energy		360		0	NC	4		414		
Energy		1506				4		1732		
Protein (N x 5.8)	· -	23.15	1.447	7		1		26.62		
Total lipid (fat)		9.72	0.403	8		1		11.18		
Ash		4.21	0.121	9		1		4.84		
Carbohydrate, by difference		51.80		0	NC	4		59.57		
Fiber, total dietary		13.2		0		1		15.2		
Sugars, total				·		_		20.2		
Starch										
Starcii	9									
Minerals:										
Calcium, Ca	mg	39	1.242	6		1		45		
Iron, Fe		6.26	0.905	7		1		7.20		
Magnesium, Mg		239	14.360	6		1		275		
Phosphorus, P		842	18.808	6		1		968		
Potassium, K	mg	892	41.171	6		1		1026		
Sodium, Na		12	3.569	6		1		14		
Zinc, Zn		12.29	0.670	6		1		14.13		
Copper, Cu		0.796		6		1		0.915		
Manganese, Mn		13.301	2.224	9	_	1		15.296		
Selenium, Se	mcg	79.2		1	A	1		91.1		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0		
Thiamin	_	1.882	0.189	7		1		2.164		
Riboflavin	_	0.499	0.059	7		1		0.574		
Niacin		6.813	1.221	7		1		7.835		
Pantothenic acid		2.257	0.141	6		1		2.596		
Vitamin B-6		1.300	0.190	7		1		1.495		
Folate, total	mcg	281	22.507	10		1		323		
Folic acid		0		0	Z	7		0		
Folate, food	mcg	281	22.507	10		1		323		
Folate, DFE	mcg_DFE	281		0	NC	4		323		
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin A, IU	IU	0		0		4		0		
Vitamin A, RAE		0		0		4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	q	1.665	i	0		1		1.915		
4:0				-						
6:0										
8:0										
10:0	g									
12:0										
13:0										
14:0		0.013	1	7		1		0.015		
15:0										
16:0		1.587		7		1		1.825		
17:0										
18:0	-	0.055	i	7		1		0.063		
20:0	g									
22:0	g									
24:0	a									

		<u>Ar</u>	nount in 10			ole portic	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	ts	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated		1.365		0		1		1.570			
14:1											
15:1				_							
16:1 undifferentiated	-	0.034		7		1		0.039			
17:1	-			_		_					
18:1 undifferentiated	-	1.332		7		1		1.532			
20:1	-										
22:1 undifferentiated	-										
24:1 c	-										
Fatty acids, total polyunsaturated		6.010		0		1		6.912			
18:2 undifferentiated		5.287		7		1		6.080			
18:3 undifferentiated	-	0.723		7		1		0.831			
18:4	-										
20:2 n-6 c,c	-										
20:3 undifferentiated	-										
20:4 undifferentiated											
20:5 n-3	-										
22:5 n-3	-										
22:6 n-3	-										
Fatty acids, total trans	-	0		0	z	7		0			
Cholesterol		U		U	Z	,		U			
Phytosterols											
Amino Acids:											
Tryptophan	g	0.317		3		1		0.365			
Threonine	g	0.968		13		1		1.113			
Isoleucine	g	0.847		13		1		0.974			
Leucine	g	1.571		13		1		1.807			
Lysine	g	1.468		13		1		1.688			
Methionine	g	0.456		13		1		0.524			
Cystine	g	0.458		13		1		0.527			
Phenylalanine	g	0.928		13		1		1.067			
Tyrosine	g	0.704		12		1		0.810			
Valine	g	1.198		13		1		1.378			
Arginine	g	1.867		13		1		2.147			
Histidine	g	0.643		13		1		0.739			
Alanine	g	1.477		12		1		1.699			
Aspartic acid	g	2.070		12		1		2.381			
Glutamic acid	g	3.995		12		1		4.594			
Glycine	g	1.424		12		1		1.638			
Proline		1.231		12		1		1.416			
Serine	g	1.102		12		1		1.267			
Hydroxyproline	g										

# **Common Measures:**

Measure 1 = 115g: 1 cup

Calories Factors: Protein 3.59 Fat 8.37 Carbohydrate 3.78

Food Group: 20 Cereal Grains and Pasta

		<u>Ar</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		
			of	f Data	Deriv	Source	Confidence				
Nutrients and Un	iits	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	10.94	0.309	31		1		21.00			
Energy	kcal	339		0	NC	4		651			
Energy	kj	1418				4		2723			
Protein (N x 5.83)	g	13.68	0.272	28		1		26.27			
Total lipid (fat)	g	2.47	0.066	18		1		4.74			
Ash	g	1.78	0.016	38		1		3.42			
Carbohydrate, by difference	g	71.13		0	NC	4		136.57			
Fiber, total dietary	g										
Sugars, total	g										
Starch	g										
Minarala											
Minerals:	ma	34	1.527	37		1		65			
Calcium, Ca Iron, Fe		3.52	1.527	2		1		6.76			
Magnesium, Mg		144	3.058	39		1		276			
Phosphorus, P		508	20.742	37		1		975			
Potassium, K	-	431	10.204	37		1		828			
Sodium, Na		2	0.487	9		1		4			
Zinc, Zn		4.16	0.177	37		1		7.99			
Copper, Cu		0.553	0.041	37		1		1.062			
Manganese, Mn		3.012	0.249	30		1		5.783			
Selenium, Se	mcg	89.4		1	A	1		171.6			
Vitamins:											
	ma	0.0		0		4		0.0			
Vitamin C, total ascorbic acid Thiamin	_	0.0	0.013	30		1		0.804			
Riboflavin	-	0.121		30		1		0.804			
Niacin		6.738		30		1		12.937			
Pantothenic acid		0.935		0		4		1.795			
Vitamin B-6		0.419		31		1		0.804			
Folate, total	_	43	0.027	0		4		83			
Folic acid		0		0	z	7		0			
Folate, food		43		0		4		83			
Folate, DFE		43		0	NC	4		83			
Vitamin B-12		0.00		0	z	7		0.00			
Vitamin A, IU		0		0		4		0			
Vitamin A, RAE		0		0		4		0			
Retinol	mcg	0		0	Z	7		0			
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	g	0.454		0		1		0.872			
4:0											
6:0											
8:0	g										
10:0	g										
12:0											
13:0											
14:0	g	0.003	i	29		1		0.006			
15:0											
16:0		0.422		29		1		0.810			
17:0	-										
18:0	-	0.022		29		1		0.042			
20:0	-										
22:0	-										
24:0	g										

		<u>Ar</u>	nount in 10	00 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common measures of food			
				Number	r			<u>m</u>	easures of food		
Nutrients and Units		Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	g	0.344		0		1		0.660			
14:1											
15:1	g										
16:1 undifferentiated	g	0.009		29		1		0.017			
17:1	g										
18:1 undifferentiated	g	0.335		29		1		0.643			
20:1	g										
22:1 undifferentiated	g										
24:1 c	g										
Fatty acids, total polyunsaturated	g	0.978		0		1		1.878			
18:2 undifferentiated	g	0.930		29		1		1.786			
18:3 undifferentiated	g	0.048		29		1		0.092			
18:4	g										
20:2 n-6 c.c											
20:3 undifferentiated	g										
20:4 undifferentiated	g										
20:5 n-3	g										
22:5 n-3	g										
22:6 n-3	g										
Fatty acids, total trans	g										
Cholesterol	mg	0		0	Z	7		0			
Phytosterols	mg										
Amino Acids:											
Tryptophan		0.176		7		1		0.338			
Threonine	-	0.366		9		1		0.703			
Isoleucine	g	0.533		9		1		1.023			
Leucine		0.934		9		1		1.793			
Lysine	g	0.303		9		1		0.582			
Methionine	-	0.221		8		1		0.424			
Cystine	-	0.286		7		1		0.549			
Phenylalanine		0.681		9		1		1.308			
Tyrosine	-	0.357		8		1		0.685			
Valine	-	0.594		9		1		1.140			
Arginine		0.483		9		1		0.927			
Histidine	-	0.322		9		1		0.618			
Alanine	-	0.427		9		1		0.820			
Aspartic acid		0.617		9		1		1.185			
Glutamic acid	-	4.743		9		1		9.107			
Glycine	-	0.495		9		1		0.950			
Proline	-	1.459		9		1		2.801			
Serine	-	0.667		9		1		1.281			
Hydroxyproline	<b>g</b>										

# **Common Measures:**

Measure 1 = 192g: 1 cup

Calories Factors: Protein 3.59 Fat 8.37 Carbohydrate 3.78

Food Group: 20 Cereal Grains and Pasta

		<u>Aı</u>	mount in 100 g	grams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			Nu	ımber	r			<u>m</u>	easures of food	<u>l</u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	12.76	0.307	38		1		24.50			
Energy	kcal	329		0	NC	4		632			
Energy	kj	1377				4		2643			
Protein (N x 5.83)	g	15.40	0.308	56		1		29.57			
Total lipid (fat)	g	1.92	0.101	5		1		3.69			
Ash	g	1.89	0.044	31		1		3.63			
Carbohydrate, by difference	g	68.03		0	NC	4		130.62			
Fiber, total dietary	g	12.2		0		4		23.4			
Sugars, total	g	0.41		0	BFZN	4		0.78			
Starch	g										
Minarals											
Minerals: Calcium, Ca	ma	25	0.699	106		1		48			
Iron, Fe	-	3.60	0.062	87		1		6.91			
Magnesium, Mg	-	124	3.939	106		1		238			
Phosphorus, P		332	14.278	21		1		637			
Potassium, K	-	340	13.548	71		1		653			
Sodium, Na		2	0.085	70		1		4			
Zinc, Zn	-	2.78	0.046	106		1		5.34			
Copper, Cu	mg	0.410	0.008	72		1		0.787			
Manganese, Mn	mg	4.055	0.091	51		1		7.786			
Selenium, Se	mcg	70.7		0	BFZN	4		135.7			
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0			
Thiamin	-	0.504	0.082	19		1		0.968			
Riboflavin	-	0.110		19		1		0.211			
Niacin		5.710		2		1		10.963			
Pantothenic acid	-	0.935		2		1		1.795			
Vitamin B-6	_	0.336		5		1		0.645			
Folate, total	_	43		2		1		83			
Folic acid		0		0	Z	7		0			
Folate, food		43		2		1		83			
Folate, DFE		43		0	NC	4		83			
Vitamin B-12		0.00		0	Z	7		0.00			
Vitamin A, IU		9		0	BFZN	4		17			
Vitamin A, RAE		0		0	BFZN	4		1			
Retinol	mcg	0		0	Z	7		0			
Vitamin E (alpha-tocopherol)	mg	1.01		0	BFZN	4		1.94			
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D				_		_		<u>.</u> -			
Vitamin K (phylloquinone)	mcg	1.9		0	BFZN	4		3.6			
Lipids:											
Fatty acids, total saturated	q	0.314		0		1		0.603			
4:0		0.000		0		1		0.000			
6:0		0.000		0		1		0.000			
8:0		0.000		0		1		0.000			
10:0	_	0.000		0		1		0.000			
12:0	-	0.000		83		1		0.000			
13:0											
14:0		0.004		83		1		0.008			
15:0											
16:0		0.283		83		1		0.543			
17:0											
18:0	_	0.014		83		1		0.027			
20:0	_										
22:0	_										
24:0	_										

		<u>Aı</u>	nount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
				Number	•			<u>m</u>	easures of food		
Nutrients and U	nits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated		0.303		0		1		0.582			
14:1	_										
15:1	-										
16:1 undifferentiated	-	0.066		83		1		0.127			
17:1	-					_					
18:1 undifferentiated	_	0.236		83		1		0.453			
20:1	-	0.000		0		1		0.000			
22:1 undifferentiated	•	0.000		0		1		0.000			
24:1 c						_					
Fatty acids, total polyunsaturated.		0.765		0		1		1.469			
18:2 undifferentiated		0.727		83		1		1.396			
18:3 undifferentiated		0.036		83		1		0.069			
18:4		0.000		0		1		0.000			
20:2 n-6 c,c											
20:3 undifferentiated	-					_					
20:4 undifferentiated		0.002		83		1		0.004			
20:5 n-3	-	0.000		0		1		0.000			
22:5 n-3		0.000		0		1		0.000			
22:6 n-3		0.000		0		1		0.000			
Fatty acids, total trans		_		_	_	_		_			
Cholesterol		0		0	Z	7		0			
Phytosterols	mg										
Amino Acids:											
Tryptophan	а	0.195		4		1		0.374			
Threonine		0.433		9		1		0.831			
Isoleucine	-	0.541		9		1		1.039			
Leucine		1.038		9		1		1.993			
Lysine		0.404		10		1		0.776			
Methionine		0.230		10		1		0.442			
Cystine		0.404		5		1		0.776			
Phenylalanine		0.724		10		1		1.390			
Tyrosine		0.441		9		1		0.847			
Valine	_	0.679		9		1		1.304			
Arginine		0.702		10		1		1.348			
Histidine		0.330		10		1		0.634			
Alanine		0.555		9		1		1.066			
Aspartic acid		0.808		10		1		1.551			
Glutamic acid		4.946		10		1		9.496			
Glycine	-	0.621		9		1		1.192			
Proline		1.680		9		1		3.226			
	<del>-</del>	0.663		9		1		1.273			
Serine Hydroxyproline	-	0.663		9		1		1.273			
riydroxypronne	9										
Others:											
Alcohol, ethyl	g	0.0		0		7		0.0			
Caffeine	mg	0		0	Z	7		0			
Theobromine		0		0	z	7		0			
Carotenoids:	-										
		_		_				10 150			
Carotene, beta		5		0	BFZN	4		10.176			
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	incg	220		0	BFZN	4		422.400			

# **Common Measures:**

Measure 1 = 192g: 1 cup

NDB No. 20071 Wheat, hard red spring

Calories Factors: Protein 3.59 Fat 8.37 Carbohydrate 3.78

Food Group: 20 Cereal Grains and Pasta

		Ai	mount in 100 g	rams	of edib	ie portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber				<u>m</u>	easures of food	<u> </u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure	
Proximates:						_					
Water	-	13.10	0.278	31		1		25.15			
Energy		327		0	NC	4		628			
Energy		1368	0.476			4		2627			
Protein (N x 5.83)		12.61	0.176	47		1		24.21			
Total lipid (fat)		1.54 1.57	0.097 0.025	6 34		1 1		2.96 3.01			
Ash			0.025	0	NG	4		136.67			
Carbohydrate, by difference		71.18 12.2		0	NC	4		23.4			
Fiber, total dietary		0.41		0	BFZN	4		0.78			
Sugars, total	-	0.41		U	BFZN	4		0.78			
Starch	9										
Minerals:											
Calcium, Ca	mg	29	0.576	87		1		56			
Iron, Fe.	• • • • • • • • • • • • • • • • • • • •	3.19	0.079	63		1		6.12			
Magnesium, Mg		126	3.309	87		1		242			
Phosphorus, P		288	12.275	27		1		553			
Potassium, K		363	8.262	61		1		697			
Sodium, Na		2	0.153	58		1		4			
Zinc, Zn	_	2.65	0.050	86		1		5.09			
Copper, Cu		0.434		62		1		0.833			
Manganese, Mn		3.985	0.092	41		1		7.651			
Selenium, Se	mcg	70.7		0	BFZN	4		135.7			
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0			
Thiamin	mg	0.383	0.005	17		1		0.735			
Riboflavin	mg	0.115	0.008	17		1		0.221			
Niacin	mg	5.464	0.182	5		1		10.491			
Pantothenic acid	mg	0.954	0.065	5		1		1.832			
Vitamin B-6	-	0.300	0.024	9		1		0.576			
Folate, total	mcg	38	2.812	5		1		73			
Folic acid		0		0	Z	7		0			
Folate, food		38	2.812	5		1		73			
Folate, DFE		38		0	NC	4		73			
Vitamin B-12		0.00		0	Z	7		0.00			
Vitamin A, IU		9		0	NC	4		17			
Vitamin A, RAE		0		0	NC	4		1			
Retinol		0		0	Z	7		0			
Vitamin E (alpha-tocopherol)	Ilig	1.01		1		1		1.94			
Tocopherol, beta											
Tocopherol, gamma Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		1.9		0	BFZN	4		3.6			
				-				- · <del>-</del>			
<u>Lipids:</u>								_			
Fatty acids, total saturated		0.269		0		1		0.516			
4:0		0.000		0		1		0.000			
6:0	-	0.000		0		1		0.000			
8:0	-	0.015		133		1		0.029			
10:0		0.000		0		1		0.000			
12:0		0.000		0		1		0.000			
13:0		0 001		122		4		0.000			
14:0		0.001		133		1		0.002			
15:0		0.004		122		1		0 440			
16:0		0.234		133		1		0.449			
17:0	-	0.013		122		1		0 035			
18:0	-	0.013		133		1		0.025			
20:0	-										
22:0 24:0	-										

		<u>Ar</u>	nount in 10	0 grams	of edik	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	rotod (I	0.200		0		1		0.384		
14:1		0.200		Ů		•		0.364		
15:1	_									
16:1 undifferentiated	_	0.008		133		1		0.015		
17:1	_									
18:1 undifferentiated	g	0.192		133		1		0.369		
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 polyunsatura	itedg	0.627		0		1		1.204		
18:2 undifferentiated	g	0.600		133		1		1.152		
18:3 undifferentiated		0.027		133		1		0.052		
18:4	g	0.000		0		1		0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0		1		0.000		
20:5 n-3	g	0.000		0		1		0.000		
22:5 n-3	g	0.000		0		1		0.000		
22:6 n-3	g	0.000		0		1		0.000		
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mg									
Amino Acids:				_		_				
Tryptophan		0.160		6		1		0.307		
Threonine	-	0.365		6		1		0.701		
Isoleucine	-	0.458		6		1		0.879		
Leucine		0.854		6		1		1.640		
Lysine		0.335		6		1 1		0.643		
Methionine		0.201		6				0.386		
Cystine		0.322		6		1		0.618		
Phenylalanine		0.592		6		1		1.137		
Tyrosine		0.387		6		1		0.743		
Valine	-	0.556		6		1		1.068		
Arginine		0.595		6		1		1.142		
Histidine		0.285		6		1		0.547		
Alanine		0.450		6		1		0.864		
Aspartic acid		0.640		6		1		1.229		
Glutamic acid		3.998		5		1		7.676		
Glycine		0.528		5		1		1.014		
Proline		1.289		5		1		2.475		
Serine		0.586		5		1		1.125		
Hydroxyproline	9									
Others:										
Alcohol, ethyl	q	0.0		0		7		0.0		
Caffeine		0		0	z	7		0		
Theobromine		0		0	z	7		0		
Carotenoids:	······································									
	w	_		•	<b>D</b>			10 150		
Carotene, beta		5		0	BFZN	4		10.176		
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	ijcg	220		0	BFZN	4		422.400		

# **Common Measures:**

Measure 1 = 192g: 1 cup

NDB No. 20072 Wheat, hard red winter

Calories Factors: Protein 3.59 Fat 8.37 Carbohydrate 3.78

Food Group: 20 Cereal Grains and Pasta

Proximates:	Amount in edible portion of common			
Nutrients and Units	<u>me</u>	easures of food	<u>1</u>	
Proximates:				
Water.	easure 1	Measure 2	Measure 3	
Energy				
Energy	18.37			
Protein (N x 5.83)	657			
Total lipid (fat)	747			
Ash. 9 1.52 0.053 11 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	21.72			
Carbohydrate, by difference 9 75.90 0 NC 4 144 Fiber, total dietary 9 12.2 0 BFZN 4 2 Starch. 9  Minerals:  Calcium, Ca.	3.28			
Fiber, total dietary	2.92			
Sugars, total	145.73			
Starch	23.4			
Minerals:   Calcium, Ca.	0.78			
Ealeium Ca.				
Calcium, Ca.				
Front   Fron	61			
Magnesium, Mg.         mg         93         10.920         11         1         17           Phosphorus, P.         mg         355         15.546         11         1         68           Potassium, K.         mg         432         21.371         11         1         82           Sodium, Na.         mg         2         0         4           Zine, Zn.         mg         3.33         0.377         11         1           Copper, Cu.         mg         0.363         0.046         11         1           Manganese, Mn.         mg         0.363         0.046         11         1           Manganese, Mn.         mg         0.362         0.04         11         1           Manganese, Mn.         mg         0.362         0.04         11         1           Manganese, Mn.         mg         0.362         0.04         11         1           Manganese, Mn.         mg         0.00         0         4         0         4           Vitamins C, total ascorbic acid.         mg         0.00         0         4         1         1         1         1         1         1         1         1	8.76			
Phosphorus, P.	8.76 179			
Potassium, K.	682			
Sodium, Na	829			
Zinc, Zn	4			
Copper, Cu	6.39			
Manganese, Mn.         mg         3.821         0.320         11         1           Selenium, Se.         mog         8         8         8         8         8         8         8         8         8         4         8         1	0.697			
Selenium, Se.   mcg	7.336			
VitaminS:         Vitamin C, total ascorbic acid.        mg         0.0         4           Thiamin        mg         0.387         0.014         11         1           Riboflavin        mg         0.108         0.003         11         1           Niacin        mg         0.108         0.003         11         1           Pantothenic acid        mg         0.954         0         4           Vitamin B-6        mg         0.368         0.042         11         1           Folate, total        mcg         38         0         4         77           Folate, total        mcg         0         0         2         7         1           Folate, food        mcg         38         0         4         77         7         1         1         1         1         7         7         1         4         77         7         1         1         1         7         7         1         4         77         7         1         1         1         7         7         1         4         7         7         1         1         1         1         7         1				
Vitamin C, total ascorbic acid				
Thiamin				
Riboflavin	0.0			
Niacin.         mg         4.381         0.194         11         1           Pantothenic acid.         mg         0.954         0         4           Vitamin B-6.         mg         0.368         0.042         11         1           Folate, total         mcg         38         0         4         7.           Folate, food.         mcg         0         0         Z         7           Folate, DFE.         mcg_DFE         38         0         NC         4         7.           Vitamin B-12.         mcg         0.00         0         Z         7         0           Vitamin A, IU.         U         9         0         NC         4         1           Vitamin E (alpha-tocopherol).         mg         1.01         1         1         1           Tocopherol, deta.         mg         NC         4         1	0.743			
Pantothenic acid. mg 0 0.954 0 4 Vitamin B-6. mg 0.368 0.042 11 1 Folate, total. mcg 38 0.042 11 1 Folate, total. mcg 38 0 0 4 Folate, total. mcg 38 0 0 2 7 Folate, food. mcg 38 0 0 4 Folate, DFE mcg_DFE 38 0 NC 4 Vitamin B-12 mcg 0.00 0 2 7 Vitamin A, IU. U 9 0 NC 4 Retinol. mcg 0 DFE NGBEN 0 NC 0	0.207			
Vitamin B-6.         mg         0.368         0.042         11         1           Folate, total.         mcg         38         0         4         7:           Folate, total.         mcg         0         0         2         7         6           Folate, food.         mcg         38         0         4         7.         7           Folate, DFE.         mcg         DFE         38         0         NC         4         7.           Folate, DFE.         mcg         D.000         0         Z         7         7           Vitamin B-12.         mcg         0.000         0         Z         7         1           Vitamin A, RAE         mcg_RAE         0         NC         4         1*         1           Vitamin E (alpha-tocopherol)         mg         1.01         1	8.412			
Folate, total	1.832			
Folic acid	0.707			
Folate, food	72			
Folate, DFE	0			
Vitamin B-12         mcg         0.00         0         z         7           Vitamin A, IU         IU         9         0         NC         4         1'           Vitamin A, RAE         mcg         0         0         z         7         1           Retinol         mcg         0         0         z         7         1         1           Vitamin E (alpha-tocopherol)         mg         1.01         1				
Vitamin A, IU         IU         9         0         NC         4         1'           Vitamin A, RAE         mcg         0         0         NC         4         1'           Retinol         mcg         0         0         Z         7         0           Vitamin E (alpha-tocopherol)         mg         1.01         1<				
Vitamin A, RAE       mcg RAE       0       0 NC       4         Retinol       mcg       0       0 Z 7         Vitamin E (alpha-tocopherol)       mg       1.01       1       1         Tocopherol, beta       mg       1.01       1       1       1         Tocopherol, gamma       mg       Tocopherol, delta       mg       Vitamin D       IU       U       U       Vitamin K (phylloquinone)       mcg       1.9       BFZN       4       4       Lipids:       E       E       E       Tocopherol, delta       mg       Vitamin D       U <td< td=""><td>0.00</td><td></td><td></td></td<>	0.00			
Retinol.       mcg       0       0       z       7         Vitamin E (alpha-tocopherol)       mg       1.01       1       1         Tocopherol, beta.       mg       1.01       1       1         Tocopherol, gamma       mg       7       0       1       0				
Vitamin E (alpha-tocopherol)       mg       1.01       1       1         Tocopherol, beta       mg       1.01       1       1         Tocopherol, gamma       mg       1.00       1       1       1         Tocopherol, delta       mg       1.9       0       BFZN       4         Vitamin D.       IU         Vitamin K (phylloquinone)       mcg       1.9       0       BFZN       4         Lipids:         Fatty acids, total saturated       9       0.277       0       1       1       1         4:0       9       0.000       0       Z       7       0       1       4       1<	1 0			
Tocopherol, beta mg Tocopherol, gamma. mg Tocopherol, delta. mg Vitamin D. IU Vitamin K (phylloquinone). mcg 1.9 0 BFZN 4  Lipids:  Fatty acids, total saturated g 0.277 0 1 4:0. g 0.000 0 Z 7 6:0. g 0.000 0 Z 7 8:0. g 0.000 0 Z 7 10:0. g 0.000 0 Z 7 10:0. g 0.000 0 Z 7 12:0. g 0.000 0 Z 7 13:0. g 14:0. g 0.000 0 Z 7 13:0. g 14:0. g 0.000 0 Z 7 15:0. g 0.000 0 Z 7	1.94			
Tocopherol, gamma	1.94			
Tocopherol, delta				
Vitamin D.     IU       Vitamin K (phylloquinone).     mcg     1.9     0 BFZN 4       Lipids:       Fatty acids, total saturated     g     0.277     0 1     1       4:0				
Vitamin K (phylloquinone)     mcg     1.9     0 BFZN     4       Lipids:       Fatty acids, total saturated     9     0.277     0     1       4:0     9     0.000     0     z     7       6:0     9     0.000     0     z     7       8:0     9     0.000     0     z     7       10:0     9     0.000     0     z     7       12:0     9     0.000     0     z     7       13:0     9       14:0     9     0.000     0     z     7       15:0     9       16:0     9     0.261     8     1       17:0     9				
Lipids:     Fatty acids, total saturated     9     0.277     0     1       4:0	3.6			
Fatty acids, total saturated       9       0.277       0       1         4:0	5.0			
4:0       g       0.000       0       z       7         6:0       g       0.000       0       z       7         8:0       g       0.000       0       z       7         10:0       g       0.000       0       z       7         12:0       g       0.000       0       z       7         13:0       g         14:0       g       0.000       0       z       7         15:0       g         16:0       g       0.261       8       1         17:0       g				
6:0.	0.532			
8:0	0.000			
10:0	0.000			
12:0	0.000			
13:0	0.000			
14:0	0.000			
15:0.				
16:0	0.000			
17:09				
	0.501			
40.0				
	0.031			
20:0g				
22:0g 24:0g				

	<u>An</u>	nount in 10	00 grams	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 monounsaturatedg	0.203		0		1		0.390		
14:1g									
15:1g									
16:1 undifferentiated	0.000		0	z	7		0.000		
17:1g									
18:1 undifferentiatedg	0.203		8		1		0.390		
20:1g	0.000		0	Z	7		0.000		
22:1 undifferentiatedg	0.000		0	Z	7		0.000		
24:1 cg									
Fatty acids, total polyunsaturated9	0.750		0		1		1.440		
18:2 undifferentiatedg	0.715		8		1		1.373		
18:3 undifferentiatedg	0.035		8		1		0.067		
18:4g	0.000		0	Z	7		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	Z	7		0.000		
20:5 n-3g	0.000		0	Z	7		0.000		
22:5 n-3g	0.000		0	Z	7		0.000		
22:6 n-3g	0.000		0	Z	7		0.000		
Fatty acids, total trans									
Cholesterol mg	0		0	Z	7		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	z	7		0.0		
Caffeine mg	0		0	z	7		0		
Theobromine mg	0		0	z	7		0		
Carotenoids:									
Carotene, betamcg	5		0	BFZN	4		10.176		
Carotene, alphamcg	0		0	Z	7		0.000		
Cryptoxanthin, betamcg	0		0	z	7		0.000		
Lycopene mcg	0		0	z	7		0.000		
Lutein + zeaxanthinmcg	220		0	BFZN	4		422.400		

# **Common Measures:**

Measure 1 = 192g: 1 cup

Calories Factors: Protein 3.59 Fat 8.37 Carbohydrate 3.78

Food Group: 20 Cereal Grains and Pasta

		<u>Aı</u>	mount in 100	grams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			N	umbe	r				easures of food		
						Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	12.17	0.310	22		1		20.45			
Energy	kcal	331		0	NC	4		556			
Energy	kj	1385				4		2327			
Protein (N x 5.83)	g	10.35	0.111	20		1		17.39			
Total lipid (fat)		1.56		2		1		2.62			
Ash	g	1.68	0.018	8		1		2.82			
Carbohydrate, by difference		74.24		0	NC	4		124.72			
Fiber, total dietary		12.5		0	BFCN	4		21.0			
Sugars, total											
Starch											
Starcii	9										
Minerals:											
Calcium, Ca	mg	27	1.158	54		1		45			
Iron, Fe	mg	3.21	0.098	48		1		5.39			
Magnesium, Mg	mg	126	4.550	53		1		212			
Phosphorus, P	mg	493	57.721	4		1		828			
Potassium, K	mg	397	10.666	30		1		667			
Sodium, Na		2	0.136	31		1		3			
Zinc, Zn		2.63	0.091	53		1		4.42			
Copper, Cu	_	0.450	0.017	34		1		0.756			
Manganese, Mn		4.391	0.118	34		1		7.377			
Selenium, Se	_										
ŕ	-										
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	_	0.0		0		4		0.0			
Thiamin	_	0.394	0.007	11		1		0.662			
Riboflavin	mg	0.096	0.006	11		1		0.161			
Niacin	mg	4.800	1	1		1		8.064			
Pantothenic acid	mg	0.850	1	1		1		1.428			
Vitamin B-6	mg	0.272	0.053	3		1		0.457			
Folate, total	mcg	41		1		1		69			
Folic acid	mcg	0		0	Z	7		0			
Folate, food	mcg	41		1		1		69			
Folate, DFE		41		0	NC	4		69			
Vitamin B-12		0.00		0	Z	7		0.00			
Vitamin A, IU	IU -	0		0		4		0			
Vitamin A, RAE		0		0		4		0			
Retinol		0		0	z	7		0			
Vitamin E (alpha-tocopherol)		-		-							
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
<u>Lipids:</u>											
Fatty acids, total saturated	g	0.289	1	0		1		0.486			
4:0	g										
6:0	g										
8:0	g										
10:0	g										
12:0											
13:0	g										
14:0	g	0.002	!	0		1		0.003			
15:0	g										
16:0		0.271		0		1		0.455			
17:0	g										
18:0		0.014	ŀ	0		1		0.024			
20:0											
22:0	-										
24:0	-										

		<u>Aı</u>	mount in 100			ole portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Uni	ts	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	0.178		0		1		0.299		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.008		0		1		0.013		
17:1	g									
18:1 undifferentiated	-	0.170		0		1		0.286		
20:1	-									
22:1 undifferentiated										
24:1 c										
Fatty acids, total polyunsaturated		0.656		0		1		1.102		
18:2 undifferentiated	-	0.628		0		1		1.055		
18:3 undifferentiated	g	0.028		0		1		0.047		
18:4	g									
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated										
20:5 n-3	-									
22:5 n-3										
22:6 n-3										
Fatty acids, total trans								_		
Cholesterol		0		0	Z	7		0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g									
Threonine	g	0.342		7		1		0.575		
Isoleucine	g	0.396		7		1		0.665		
Leucine	g	0.763		7		1		1.282		
Lysine	g	0.315		7		1		0.529		
Methionine	g	0.174		7		1		0.292		
Cystine	g	0.300		1		1		0.504		
Phenylalanine	g	0.508		6		1		0.853		
Tyrosine	g	0.327		7		1		0.549		
Valine	g	0.498		7		1		0.837		
Arginine	g	0.522		7		1		0.877		
Histidine	g	0.256		1		1		0.430		
Alanine	g	0.412		1		1		0.692		
Aspartic acid		0.557		1		1		0.936		
Glutamic acid	g	3.663		1		1		6.154		
Glycine	g	0.455		1		1		0.764		
Proline		1.166		1		1		1.959		
Serine	g	0.540		1		1		0.907		
Hydroxyproline										
Others:										
Alcohol, ethyl	g	0.0		0	z	7		0.0		
Caffeine				-	_	•				
Theobromine										

# **Common Measures:**

Measure 1 = 168g: 1 cup

Calories Factors: Protein 3.59 Fat 8.37 Carbohydrate 3.78

**Food Group:** 20 Cereal Grains and Pasta USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<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>	easures of food	<u>l</u>	
						Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	10.42	0.140	126		1		17.51			
Energy	kcal	340		0	NC	4		571			
Energy	kj	1423				4		2390			
Protein (N x 5.83)	g	10.69	0.148	124		1		17.96			
Total lipid (fat)	g	1.99	0.018	98		1		3.34			
Ash	g	1.54	0.019	125		1		2.59			
Carbohydrate, by difference	g	75.36		0	NC	4		126.60			
Fiber, total dietary	g	12.7		0	BFCN	4		21.3			
Sugars, total	g	0.41		0	BFZN	4		0.68			
Starch	g										
Minanalar											
Minerals: Calcium, Ca	ma	34	0.951	122		1		57			
Iron, Fe	-	5.37	0.323			1		9.02			
Magnesium, Mg		90	2.518			1		151			
Phosphorus, P		402	14.690			1		675			
Potassium, K		435	7.261			1		731			
Sodium, Na		2	7.201	0		4		3			
Zinc, Zn		3.46	0.185			1		5.81			
Copper, Cu	-	0.426				1		0.716			
Manganese, Mn		3.406				1		5.722			
Selenium, Se											
•											
Vitamins:				_							
Vitamin C, total ascorbic acid	_	0.0		0		4		0.0			
Thiamin		0.410				1		0.689			
Riboflavin		0.107				1		0.180			
Niacin		4.766				1		8.007			
Pantothenic acid	-	0.850		0		4		1.428			
Vitamin B-6	-	0.378	0.008			1		0.635			
Folate, total		41		0	_	4		68			
Folic acid		0		0	Z	7		0			
Folate, food		41		0	***	4		68			
Folate, DFE		41		0	NC	4		68			
Vitamin B-12		0.00 9		0	Z	7 4		0.00			
Vitamin A, IU		0		-	NC	_		15			
Vitamin A, RAE		0		0	NC Z	4 7		1 0			
Retinol		1.01		1	Z	1		1.70			
Vitamin E (alpha-tocopherol) Tocopherol, beta	_	1.01		_		1		1.70			
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		1.9		0	BFZN	4		3.1			
<u>Lipids:</u>											
Fatty acids, total saturated		0.368		0		1		0.618			
4:0	_	0.000		0	Z	7		0.000			
6:0	-	0.000		0	Z	7		0.000			
8:0		0.000		0	Z	7		0.000			
10:0		0.000		0	Z	7		0.000			
12:0		0.000	1	0	Z	7		0.000			
13:0	-							_			
14:0		0.003	•	103		1		0.005			
15:0		_				_					
16:0		0.346	i	103		1		0.581			
17:0								_			
18:0		0.018		103		1		0.030			
20:0	_										
22:0	0										

	<u>An</u>	nount in 10	00 grams	Amount in edible portion of common					
			Number				measures of food		
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.227		0		1		0.381		
14:1g			-		_		0.002		
15:1g									
16:1 undifferentiatedg	0.010		103		1		0.017		
17:1g									
18:1 undifferentiatedg	0.217		103		1		0.365		
20:1g	0.000		0	Z	7		0.000		
22:1 undifferentiatedg	0.000		0	Z	7		0.000		
24:1 cg									
Fatty acids, total polyunsaturated9	0.837		0		1		1.406		
18:2 undifferentiatedg	0.800		103		1		1.344		
18:3 undifferentiatedg	0.036		103		1		0.060		
18:4g	0.000		0	Z	7		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	Z	7		0.000		
20:5 n-3g	0.000		0	Z	7		0.000		
22:5 n-3g	0.000		0	Z	7		0.000		
22:6 n-3g	0.000		0	Z	7		0.000		
Fatty acids, total transg									
Cholesterolmg	0		0	Z	7		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	z	7		0.0		
Caffeine mg	0		0	z	7		0		
Theobromine mg	0		0	z	7		0		
Carotenoids:									
Carotene, betamcg	5		0	BFZN	4		8.904		
Carotene, alphamcg	0		0	Z	7		0.000		
Cryptoxanthin, beta mcg	0		0	z	7		0.000		
Lycopenemcg	0		0	z	7		0.000		
Lutein + zeaxanthinmcg	220		0	BFZN	4		369.600		

# **Common Measures:**

Measure 1 = 168g: 1 cup

Calories Factors: Protein 3.59 Fat 8.37 Carbohydrate 3.78

Food Group: 20 Cereal Grains and Pasta

		<u>Aı</u>	mount in 100 g	Amount in edible portion of common						
			Nu	mber	measures of food					
			of	Data	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure
Proximates:				_						
Water	-	47.75	3.578	8		1		51.57		
Energy		198		0	NC	4		214		
Energy		828		_		4		895		
Protein (N x 5.83)		7.49	0.382	8		1 1		8.09		
Total lipid (fat)	=	1.27 0.96	0.106 0.055	8 8		1		1.37 1.04		
AshCarbohydrate, by difference		42.53	0.055	0	NC	4		45.93		
Fiber, total dietary		1.1		0	NC	4		1.2		
Sugars, total		1.1		U		7		1.2		
Starch	-									
Starcii	9									
Minerals:										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	28	1.973	8		1		30		
Iron, Fe	-	2.14	0.119	8		1		2.31		
Magnesium, Mg		82	3.214	8		1		89		
Phosphorus, P	-	200	10.970	8		1		216		
Potassium, K	-	169	18.038	8		1		183		
Sodium, Na	-	16 1 65	1.570	8		1 1		17 1.78		
Zinc, Zn Copper, Cu	-	1.65 0.261	0.123	8 8		1		1.78 0.282		
Manganese, Mn	-	1.858		8		1		2.007		
Selenium, Se		42.5	0.197	0	BFSN	4		45.9		
	y			•	OH	-		-3.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.6	0.448	8		1		2.8		
Thiamin	-	0.225		8		1		0.243		
Riboflavin	_	0.155		8		1		0.167		
Niacin	-	3.087		8		1		3.334		
Pantothenic acid		0.947		8		1		1.023		
Vitamin B-6		0.265	0.012	8		1		0.286		
Folate, total		38		0	_	4		41		
Folic acid		0		0	Z	7		0		
Folate, food		38 38		0	NC	4 4		41 41		
Folate, DFE		0.00		0	NC Z	7		0.00		
Vitamin B-12 Vitamin A, IU		0.00		0	Z	4		0.00		
Vitamin A, RAE		0		0		4		0		
Retinol		0		0	z	7		0		
Vitamin E (alpha-tocopherol)	-	U		v	-	,		•		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids: Fatty acids, total saturated	a	0.206	•	0		1		0.222		
4:0		0.000		0		1		0.000		
6:0		0.000		0		1		0.000		
8:0	-	0.000		0		1		0.000		
10:0		0.000		0		1		0.000		
12:0	-	0.000		0		1		0.000		
13:0	-					•				
14:0		0.000	1	0		1		0.000		
15:0										
16:0		0.194	l .	0		1		0.210		
17:0										
18:0		0.012	!	0		1		0.013		
20:0										
22:0										
24:0										

		<u>Aı</u>	nount in 100 grams	Amount in edible portion of common measures of food					
			Numbe		_		<u> </u>	easures or roou	
Nutrients and Unit	s	Mean	of Data Std. Error Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
P	_	0.151	0		1		0.150		
Fatty acids, total monounsaturated	g	0.151	U		1		0.163		
15:1 16:1 undifferentiated 17:1	g	0.000	0		1		0.000		
18:1 undifferentiated	-	0.151	0		1		0.163		
20:1		0.000	0		1		0.000		
22:1 undifferentiated		0.000	0		1		0.000		
24:1 c	-	0.000	· ·		_		0.000		
Fatty acids, total polyunsaturated		0.557	0		1		0.602		
18:2 undifferentiated		0.537	0		1		0.573		
18:3 undifferentiated	-	0.026	•		1		0.028		
18:4	_	0.020	0		1		0.000		
20:2 n-6 c.c.	-	0.000	v		-		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	v		-		0.000		
Cholesterol		0	0	Z	7		0		
Phytosterols		•	-	_	•		-		
-									
Amino Acids:	<b>a</b>	0.115	4		1		0.124		
Tryptophan		0.113	4		1		0.124		
Threonine	-	0.234	4		1		0.274		
Isoleucine		0.287	4		1		0.548		
Leucine		0.307	=		1		0.348		
Lysine		0.245			1		0.265		
Methionine		0.116	4		1		0.125		
Cystine		0.134	4		1		0.145		
Phenylalanine		0.330	=		1		0.378		
Tyrosine	-	0.275	4		1		0.297		
Valine		0.361			1				
Arginine		0.425			1		0.459 0.212		
Histidine					1				
Alanine	-	0.295	4 4		1		0.319 0.489		
Aspartic acid		0.453	4		1		0.489 2.021		
Glutamic acid		1.871 0.306	-		1				
Glycine		0.306	4		1		0.330 0.728		
Proline		0.674	4		1		0.728		
Serine	-	0.341	4		1		0.368		
2 24									
Others:	a	0.0	0		7		0.0		
Alcohol, ethyl		0.0	0		,		0.0		
Caffeine	tiig								

## **Common Measures:**

Measure 1 = 108g: 1 cup

Calories Factors: Protein 3.59 Fat 8.37 Carbohydrate 3.78

**Food Group:** 20 Cereal Grains and Pasta USDA National Nutrient Database for Standard Reference, Release 17 (2004)

	Amount in 100 grams of edible portion						edible portion			
			Nι	umber	•			<u>m</u>	easures of food	_
			of	f Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	73.93	0.860	11		1		121.25		
Energy	kcal	101		0	NC	4		166		
Energy		423				4		693		
Protein (N x 6.25)	g	3.99	0.289	8		1		6.54		
Total lipid (fat)	g	0.34	0.019	11		1		0.56		
Ash	g	0.40	0.019	8		1		0.66		
Carbohydrate, by difference	g	21.34		0	NC	4		35.00		
Fiber, total dietary	g	1.8	0.100	4	A	1		3.0		
Sugars, total	g	0.73		0	AS	1		1.20		
Sucrose	g	0.33	0.067	4	A	1		0.55		
Glucose (dextrose)		0.20		1	A	1		0.33		
Fructose	g	0.20		1	A	1		0.33		
Lactose	g									
Maltose										
Galactose										
Starch										
Minerals:										
Calcium, Ca	ma	3	0.568	5		1		5		
Iron, Fe		0.60	0.102	5		1		0.98		
Magnesium, Mg		32	4.026	5		1		52		
Phosphorus, P		82	6.035	5		1		134		
Potassium, K		101	20.048	5		1		166		
Sodium, Na		3	0.277	5		1		5		
Zinc, Zn		1.34	0.105	5		1		2.20		
Copper, Cu		0.121	0.013	5		1		0.198		
Manganese, Mn		0.282	2	2		1		0.462		
Selenium, Se		0.8		0	BFSN	4		1.3		
¥7:4										
Vitamins:	ma	0.0		0				0.0		
Vitamin C, total ascorbic acid Thiamin		0.052	0.005	0 5		4 1		0.085		
Riboflavin		0.032		5		1		0.143		
Niacin		1.287		3		1		2.111		
Pantothenic acid	•	0.154		4		1		0.253		
Vitamin B-6		0.135		4		1		0.233		
Folate, total		26	3.515	3		1		43		
Folic acid		0	3.313	0	z	7		0		
Folate, food		26	3.515	3	4	1		43		
Folate, DFE		26	3.313	0	NC	4		43		
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin A, IU		3		0	NC	4		4		
Vitamin A, RAE		0		0	NC	4		0		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)		0.24		0	BFSN	4		0.39		
Tocopherol, beta		0.24		O	DISK	-		0.55		
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.5		0	BFSN	4		0.9		
	···· •									
<u>Lipids:</u>								_		
Fatty acids, total saturated		0.049		0		1		0.080		
4:0		0.000		0		1		0.000		
6:0	-	0.000		0		1		0.000		
8:0	-	0.000		0		1		0.000		
10:0		0.000		0		1		0.000		
12:0		0.000	)	0		1		0.000		
13:0										
14:0		0.000		0		1		0.000		

	<u>A</u>	mount in 10	00 grams	of edik	Amount in edible portion of common				
	Number						measures of food		
					Source	Confidence			
Nutrients and Units	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
16:0g	0.046	;	0		1		0.075		
17:0g									
18:0g	0.003	1	0		1		0.005		
20:0g									
22:0g									
24:0g									
Fatty acids, total monounsaturated	0.050	1	0		1		0.082		
14:1g									
15:1	0.000		0		1		0.000		
16:1 undifferentiatedg	0.000		U		1		0.000		
18:1 undifferentiatedg	0.050	,	0		1		0.082		
20:1g	0.000		0		1		0.000		
22:1 undifferentiated	0.000		0		1		0.000		
24:1 cg									
Fatty acids, total polyunsaturated	0.213	<b>;</b>	0		1		0.349		
18:2 undifferentiatedg	0.119	)	0		1		0.195		
18:3 undifferentiatedg	0.095	i	0		1		0.156		
18:4g	0.000	)	0		1		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0		1		0.000		
20:5 n-3g	0.000		0		1		0.000		
22:5 n-3g	0.000		0		1		0.000		
22:6 n-3g	0.000	1	0		1		0.000		
Fatty acids, total transg  Cholesterolg  mg	0		0	z	7		0		
Phytosterols mg	· ·		· ·	4	,		Ü		
Amino Acids:									
Tryptophan9	0.049	,	0		1		0.080		
Threonineg	0.127		0		1		0.208		
Isoleucine	0.167		0		1		0.274		
Leucine	0.276		0		1		0.453		
Lysineg	0.170	1	0		1		0.279		
Methionine9	0.119	)	0		1		0.195		
Cystineg	0.047		0		1		0.077		
Phenylalanineg	0.195		0		1		0.320		
Tyrosineg	0.169		0		1		0.277		
Valineg	0.232		0		1		0.380		
Arginine9	0.308		0		1		0.505		
Histidine	0.104		0		1		0.171		
Alanine	0.223		0 0		1 1		0.366		
Aspartic acid	0.384 0.695		0		1		0.630 1.140		
Glycineg	0.182		0		1		0.298		
Proline	0.140		0		1		0.230		
Serineg	0.211		0		1		0.346		
Hydroxyprolineg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0		
Caffeine mg	0		0	z	7		0		
Theobromine mg	0		0	z	7		0		
Carotenoids:									
Carotene, betamcg	2		0	BFSN	4		2.525		
Carotene, alphamcg	0		0	BFSN	4		0.000		
Cryptoxanthin, betamcg	0		0	BFSN	4		0.000		
Lycopenemcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthinmcg	64		0	BFSN	4		104.826		

NDB No. 20089
Wild rice, cooked
Common Measures:
Measure 1 = 164g: 1 cup

Calories Factors: Protein 3.55 Fat 8.37 Carbohydrate 3.95

Food Group: 20 Cereal Grains and Pasta

		<u>A</u> 1	mount in 100 g		Amount in edible portion of common					
			Nu	mber				<u>me</u>	easures of food	<u>l</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	7.76	0.226	40		1		12.42		
Energy		357		0	NC	4		571		
Energy		1494				4		2390		
Protein (N x 6.25)		14.73	0.258	43		1		23.57		
Total lipid (fat)		1.08	0.126	10		1		1.73		
Ash		1.53	0.055	10		1		2.45		
Carbohydrate, by difference		74.90		0	NC	4		119.84		
Fiber, total dietary		6.2		0		1		9.9		
Sugars, total		2.50		0	T	4		4.00		
Sucrose		0.67		3		1		1.07		
Glucose (dextrose)										
Fructose										
Lactose	g									
Maltose	g									
Galactose										
Starch										
	-									
Minerals:						_				
Calcium, Ca		21	3.346	41		1		34		
Iron, Fe		1.96	0.108	40		1		3.14		
Magnesium, Mg		177	8.782	41		1		283		
Phosphorus, P		433	11.935	40		1 1		693		
Potassium, K		<b>42</b> 7 7	11.327	41		1		683		
Sodium, Na		, 5.96	1.342	7 41		1		11 9.54		
Zinc, Zn		0.524		41		1		9.54 0.838		
Copper, Cu		1.329		38		1		2.126		
Selenium, Se		2.8	0.032	2	A	1		4.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.115	0.012	40		1		0.184		
Riboflavin	mg	0.262	0.013	40		1		0.419		
Niacin	<u>mg</u>	6.733	0.188	40		1		10.773		
Pantothenic acid	mg	1.074	0.235	7		1		1.718		
Vitamin B-6		0.391	0.096	6		1		0.626		
Folate, total		95	11.608	5		1		152		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	95	11.608	5		1		152		
Folate, DFE		95		0	NC	4		152		
Vitamin B-12	• • • • • • • • • • • • • • • • • • • •	0.00		0	Z	7		0.00		
Vitamin A, IU		19		1		1		30		
Vitamin A, RAE		1		1		1		2		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)		0.82		0	BFZN	4		1.31		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		1 0		^	D==			2.0		
Vitamin K (phylloquinone)	riicg	1.9		0	BFZN	4		3.0		
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.156	5	0		1		0.250		
4:0		0.000		0		1		0.000		
6:0		0.000	)	0		1		0.000		
8:0	-	0.000		0		1		0.000		
10:0		0.000		0		1		0.000		
12:0		0.000		0		1		0.000		
13:0										
14:0		0.000	)	0		1		0.000		
15:0										

Nutrients and Units		<u>A</u> 1	mount in 100 gram		Amount in edible portion of common measures of food					
Nutrients and Units    Mean   Std. Error Points   Code   Code   Code   Measure 1   Measure 2   Measure 3			Numbe	-	_		illeasures of food			
17-0	Nutrients and Units	Mean					Measure 1	Measure 2	Measure 3	
17-0										
18.0	16:0g	0.145	1		1		0.232			
200.	=									
2-2-0	18:0g	0.011	1		1		0.018			
24-0.	20:0g									
Fathy acids, total monounstrated										
1-1		0.450			_					
15-1		0.159	0		1		0.254			
16-1   undifferentiated										
17-1		0.000	0		1		0 000			
181 undifferentiated 9 0.000 0 1 1 0.000 221 undifferentiated 9 0.000 0 1 1 0.000 221 undifferentiated 9 0.000 0 1 1 0.000 231 undifferentiated 9 0.077 1 1 1 0.62 182 undifferentiated 9 0.377 1 1 1 0.603 183 undifferentiated 9 0.300 1 1 0.603 183 undifferentiated 9 0.000 0 1 0.000 202 n 6 c, 9 203 undifferentiated 9 0.000 0 1 1 0.000 203 n 6 c, 9 204 undifferentiated 9 0.000 0 1 0.000 205 n 6 c, 9 205 undifferentiated 9 0.000 0 0 1 0.000 225 n 3 9 0.000 0 0 1 0.000 225 n 3 9 0.000 0 0 1 0.000 225 n 3 9 0.000 0 0 1 0.000 225 n 3 9 0.000 0 0 1 0.000 225 n 3 9 0.000 0 0 1 0.000 225 n 3 9 0.000 0 0 1 0.000 227 n 3 9 0.000 0 0 1 0.000 228 n 3 9 0.000 0 0 1 0.000 229 n 3 9 0.000 0 0 1 0.000 229 n 3 9 0.000 0 0 1 0.000 229 n 3 9 0.000 0 0 1 0.000 229 n 3 9 0.000 0 0 1 0.000 220 n 3 9 0.000 0 0 1 0.000 221 n 3 9 0.000 0 0 1 0.000 222 n 3 9 0.000 0 0 1 0.000 223 n 3 9 0.000 0 0 1 0.000 224 n 3 9 0.000 225 n 3 9 0.000 0 0 1 0.000 225 n 3 9 0.000 0 0 1 0.000 225 n 3 9 0.000 0 0 1 0.000 225 n 3 9 0.000 0 0 1 0.000 225 n 3 9 0.000 227 n 0.0000 228 n 1 0.0000 229 n 1 0.0000 220 n 1 0.0000 225 n 1 0.0000 225 n 1 0.0000 225 n 1 0.0000 225 n 1 0.0000 226 n 1 0.0000 227 n 0.00000 228 n 1 0.0000 228 n 1 0.0000 229 n 0.0000 229 n 0.0000 229 n 0.0000 220 n 0.00000 220 n 0.00000 220 n 0.00000 220 n 0.000000 220 n 0.00000  220 n 0.00000000 220 n 0.00000000000000000000000000000000		0.000	· ·		-		0.000			
201	=	0.159	1		1		0.254			
241		0.000	0		1		0.000			
Fathy acids, fotal polyunsaturated	22:1 undifferentiatedg	0.000	0		1		0.000			
18.2 undifficentiated	24:1 cg									
183 undifferentiated. 9 0.300 1 1 0.480  18-4. 9 0.000 0 1 0.000  18-4. 9 0.000  20-20-6-c. 9	Fatty acids, total polyunsaturated	0.676					1.082			
184										
20.2 n.d. cf. c.										
203 undifferentiated		0.000	0		1		0.000			
20-1 undifferentiated										
20.5 n-3	=	0 000	0		1		0.000			
22.5 n 3										
22.6 n 3										
Fatty acids, total trans.   9	=									
Cholesterol.   mg   mg   mg   mg   mg   mg   mg   m			-		_		0.000			
Phytosterols		0	0	Z	7		0			
Tryptophan	Phytosterolsmg									
Threonine	Amino Acids:									
Soleucine	Tryptophan9	0.179	8				0.286			
Leucine										
Lysine	<del>_</del>									
Methionine         9         0.438         8         1         0.701           Cystine         9         0.174         4         1         0.278           Phenylalanie         9         0.721         8         1         0.278           Phenylalanie         9         0.622         8         1         0.995           Valine         9         0.858         7         1         1.373           Arginine         9         0.858         7         1         1.373           Arginine         9         0.384         8         1         0.614           Alainie         9         0.384         8         1         0.614           Alainie         9         0.825         8         1         1.320           Aspartic acid         9         1.419         8         1         1.320           Aspartic acid         9         2.555         8         1         1.075           Oliverie         9         0.672         8         1         1.075           Proline         9         0.519         8         1         1.245           Hydroxyproline         9         0.78         7	=									
Cystine         9         0.174         4         1         0.278           Phenylalanine         9         0.721         8         1         1.154           Tyrosine         9         0.622         8         1         0.995           Valine         9         0.858         7         1         1.373           Arginine         9         1.136         8         1         1.818           Histidine         9         0.384         8         1         0.614           Alanine         9         0.825         8         1         1.320           Aspartic acid         9         1.419         8         1         2.270           Glutamic acid         9         2.565         8         1         1.04           Glycine         9         0.672         8         1         1.075           Proline         9         0.519         8         1         1.075           Hydroxyproline         9         0.778         8         1         1.245           Hydroxyproline         9         0         0         7         0           Caffeine         mg         0         0         z<										
Phenylalanine         g         0.721         8         1         1.154           Tyrosine         g         0.622         8         1         0.995           Valine         g         0.858         7         1         1.373           Arginine         g         0.136         8         1         1.818           Histidine         g         0.384         8         1         0.614           Alanine         g         0.825         8         1         1.320           Aspartic acid         g         1.419         8         1         2.270           Glutamic acid         g         1.419         8         1         1.075           Glycine         g         0.672         8         1         1.075           Proline         g         0.519         8         1         0.830           Serine         g         0.778         8         1         1.245           Hydroxyproline         g         0         7         0.0           Others:           Alcohol, ethyl         g         0         0         7         0           Carfeine         mg         0										
Tyrosine         9         0.622         8         1         0.995           Valine         9         0.858         7         1         1.373           Arginine         9         1.136         8         1         1.818           Histidine         9         0.384         8         1         0.614           Alanine         9         0.825         8         1         1.320           Aspartic acid         9         1.419         8         1         2.270           Glutamic acid         9         2.565         8         1         4.104           Glycine         9         0.672         8         1         1.075           Proline         9         0.519         8         1         0.830           Serine         9         0.519         8         1         1.245           Hydroxyproline         9         0.778         8         1         1.245           Hydroxyproline         9         0         0         2         7         0           Others:           Alcohol, ethyl         9         0         0         2         7         0 <td< td=""><td>=</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></td<>	=									
Valine         9         0.858         7         1         1.373           Arginine         9         1.136         8         1         1.818           Histidine         9         0.384         8         1         0.614           Alanine         9         0.825         8         1         1.320           Aspartic acid         9         1.419         8         1         2.270           Glutamic acid         9         2.565         8         1         4.104           Glycine         9         0.672         8         1         1.075           Proline         9         0.519         8         1         0.830           Serine         9         0.778         8         1         1.245           Hydroxyproline         9         0.778         8         1         1.245           Hydroxyproline         9         0.0         7         0.0           Caffeine         mg         0         2         7         0           Caffeine         mg         0         2         7         0           Carotene, beta         mcg         0         8         4         18.240 <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>										
Arginine       9       1.136       8       1       1.818         Histidine       9       0.384       8       1       0.614         Alanine       9       0.825       8       1       1.320         Aspartic acid       9       1.419       8       1       2.270         Glutamic acid       9       2.565       8       1       4.104         Glycine       9       0.672       8       1       1.075         Proline       9       0.519       8       1       0.830         Serine       9       0.778       8       1       1.245         Hydroxyproline       9       0.778       8       1       1.245         Hydroxyproline       9       0       0       7       0.0         Caffeine       9       0       0       7       0       0         Caffeine       mg       0       0       2       7       0       0         Carotenoids:       1       0       BNA       4       18.240         Carotene, alpha       mcg       0       BNA       4       0.000         Cryptoxanthin, beta       mcg <td< td=""><td>-</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></td<>	-									
Histidine       9       0.384       8       1       0.614         Alanine       9       0.825       8       1       1.320         Aspartic acid       9       1.419       8       1       2.270         Glutamic acid       9       2.565       8       1       4.104         Glycine       9       0.672       8       1       0.075         Proline       9       0.519       8       1       0.830         Serine       9       0.778       8       1       1.245         Hydroxyproline       9       0.778       8       1       1.245         Hydroxyproline       9       0.0       7       0.0         Caffeine       9       0.0       0       7       0.0         Caffeine       mg       0       0       2       7       0         Carotene, em       mg       0       0       2       7       0         Carotene, beta       mcg       11       0       8nA       4       18.240         Carotene, alpha       mcg       0       0       8nA       4       0.000         Cryptoxanthin, beta       mcg					1					
Aspartic acid					1					
Glutamic acid. 9 9 2.565 8 1 4.104 Glycine. 9 0.672 8 1 1.075 Proline. 9 0.519 8 1 0.830 Serine. 9 0.778 8 1 1.245 Hydroxyproline. 9  Cothers:  Alcohol, ethyl 9 0.0 0 7 0.0 Caffeine mg 0 0 0 z 7 0.0 Theobromine. mg 0 0 z 7 0.0  Carotene, beta mcg 11 0 BNA 4 18.240 Carotene, alpha mcg 0 0 BNA 4 0.000 Cryptoxanthin, beta mcg 0 0 BNA 4 0.000 Lycopene. mcg 0 0 BNA 4 0.000	Alanineg	0.825	8		1		1.320			
Glycine         g         0.672         8         1         1.075           Proline         g         0.519         8         1         0.830           Serine         g         0.778         8         1         1.245           Hydroxyproline         g         0.77         0.0           Centers:           Alcohol, ethyl         g         0.0         7         0.0           Caffeine         mg         0         z         7         0           Theobromine         mg         0         z         7         0           Carotene, beta         mg         0         z         7         0           Carotene, beta         mcg         11         0         BNA         4         18.240           Carotene, alpha         mcg         0         BNA         4         0.000           Cryptoxanthin, beta         mcg         0         BNA         4         0.000           Lycopene         mcg         0         BFZN         4         0.000	•	1.419								
Proline         g         0.519         8         1         0.830           Serine         g         0.778         8         1         1.245           Hydroxyproline         g         0.77         0.0           Carleine         mg         0         0         7         0.0           Caffeine         mg         0         0         z         7         0           Theobromine         mg         0         0         z         7         0           Carotene, beta         mg         0         0         z         7         0           Carotene, beta         mcg         11         0         BNA         4         18.240           Carotene, alpha         mcg         0         0         BNA         4         0.000           Cryptoxanthin, beta         mcg         0         BNA         4         0.000           Lycopene         mcg         0         BFZN         4         0.000	<del>_</del>									
Serine       g       0.778       8       1       1.245         Hydroxyproline       g       0.77       0.0         Chers:         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       11       0       BNA       4       18.240         Carotene, alpha       mcg       0       0       BNA       4       0.000         Cryptoxanthin, beta       mcg       0       BNA       4       0.000         Lycopene       mcg       0       BFZN       4       0.000	-									
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         0         bana         4         18.240           Carotene, alpha         mcg         0         BNA         4         0.000           Cryptoxanthin, beta         mcg         0         BNA         4         0.000           Lycopene         mcg         0         BFZN         4         0.000	<del>_</del>									
Others:           Alcohol, ethyl.         g         0.0         7         0.0           Caffeine.         mg         0         z         7         0           Theobromine.         mg         0         z         7         0           Carotenelodis:         Carotene, beta.         mcg         11         0         BNA         4         18.240           Carotene, alpha.         mcg         0         0         BNA         4         0.000           Cryptoxanthin, beta.         mcg         0         BNA         4         0.000           Lycopene.         mcg         0         BFZN         4         0.000	<del>_</del>	0.778	8		1		1.245			
Alcohol, ethyl.       9       0.0       0       7       0.0         Caffeine	nyaroxyproune9									
Caffeine.         mg         0         0         z         7         0           Theobromine.         mg         0         0         z         7         0           Carotenoids:         Carotene, beta.         mcg         11         0         BNA         4         18.240           Carotene, alpha         mcg         0         0         BNA         4         0.000           Cryptoxanthin, beta         mcg         0         0         BNA         4         0.000           Lycopene         mcg         0         0         BFZN         4         0.000										
Theobromine         mg         0         0         z         7         0           Carotenoids:         Carotene, beta										
Carotenoids:           Carotene, beta										
Carotene, beta         mcg         11         0         BNA         4         18.240           Carotene, alpha         mcg         0         0         BNA         4         0.000           Cryptoxanthin, beta         mcg         0         0         BNA         4         0.000           Lycopene         mcg         0         0         BFZN         4         0.000		0	0	Z	7		0			
Carotene, alpha         mcg         0         BNA         4         0.000           Cryptoxanthin, beta         mcg         0         0         BNA         4         0.000           Lycopene         mcg         0         0         BFZN         4         0.000		4.4	•				10.040			
Cryptoxanthin, beta         mcg         0         0         BNA         4         0.000           Lycopene         mcg         0         0         BFZN         4         0.000										
Lycopenemcg										
7.1.										
LUICH - ALGAGIIIII UIOQ ZZV V DEZIN T DIZ. UUU	Lutein + zeaxanthin mcg	220	0	BFZN	4		352.000			

NDB No. 20088 Wild rice, raw

**Common Measures:** 

Measure 1 = 160g: 1 cup

Calories Factors: Protein 3.55 Fat 8.37 Carbohydrate 3.95

Food Group: 20 Cereal Grains and Pasta