		<u>A</u>	mount in 10	0 grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food	L	
Nutrients and Uni	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	0.00			RA	4		0.00			
Energy	kcal	897			RA	4		39			
Energy	kj	3753				4		161			
Protein	g	0.00			RA	4		0.00			
Total lipid (fat)	g	99.50			RA	4		4.28			
Ash	g	0.50			RA	4		0.02			
Carbohydrate, by difference	g	0.00			RA	4		0.00			
Fiber, total dietary	g	0.0			Z	7		0.0			
Sugars, total	g	0.00		0	Z	7		0.00			
Starch	g										
Minerals:	ma	0			D.*	4		0			
Calcium, Ca		0.00			RA RA	4 4		0.00			
Iron, Fe		0.00			RA RA	4		0.00			
Magnesium, Mg Phosphorus, P		0			RA	4		0			
- · · · · ·		0			RA RA	4		0			
Potassium, K		150			RA RA	4		6			
Zinc, Zn	_	0.11			RA.	4		0.00			
Copper, Cu	_	0.000	1		RA.	4		0.000			
Manganese, Mn		0.000	,		NA.	-		0.000			
Selenium, Se		0.0		0	z	7		0.0			
Selenium, Se	g	0.0		Ū	_	,		0.0			
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	mg	0.0			RA	4		0.0			
Thiamin	mg	0.000)		RA	4		0.000			
Riboflavin	mg	0.000)		RA	4		0.000			
Niacin	mg	0.000)		RA	4		0.000			
Pantothenic acid	mg	0.000)		RA	4		0.000			
Vitamin B-6	mg	0.000)		RA	4		0.000			
Folate, total	mcg	0			RA	4		0			
Folic acid	mcg	0		0	Z	7		0			
Folate, food		0			RA	4		0			
Folate, DFE	mcg_DFE	0		0	NC	4		0			
Vitamin B-12		0.00			RA	4		0.00			
Vitamin A, IU	IU	0		0	NC	4		0			
Vitamin A, RAE		0		0	NC	4		0			
Retinol	mcg	0		0	BFFN	4		0			
Vitamin E (alpha-tocopherol)	mg	0.60		0	BFFN	4		0.03			
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D				_							
Vitamin K (phylloquinone)	mcg	0.0		0	BFFN	4		0.0			
Lipids:											
Fatty acids, total saturated	а	39.004	1		RA	4		1.677			
4:0	-	0.000			RA	4		0.000			
6:0		0.000			RA	4		0.000			
8:0	-	0.000			RA	4		0.000			
10:0	-	0.100			RA	4		0.004			
12:0		0.199			RA	4		0.009			
13:0	_										
14:0	_	1.294	1		RA	4		0.056			
15:0	_										
16:0		23.681	L		RA	4		1.018			
17:0											
18:0		13.432	2		RA	4		0.578			
20:0											
22:0	-										
24:0	-										

		<u>Ar</u>	nount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and U	nits	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate		44.874			RA	4		1.930		
14:1	• • • • • • • • • • • • • • • • • • • •									
15:1	• • • • • • • • • • • • • • • • • • • •	0.606						0.445		
16:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	2.686			RA	4		0.115		
17:1		40.004								
18:1 undifferentiated		40.994			RA.	4		1.763		
20:1		0.995			RA	4		0.043		
22:1 undifferentiated	-	0.000			RA	4		0.000		
24:1 c		11.144				4		0.470		
Fatty acids, total polyunsaturated					RA RA	=		0.479		
18:2 undifferentiated	-	10.149 0.995			RA RA	4 4		0.436 0.043		
18:3 undifferentiated	-				RA RA	4				
18:4 20:2 n-6 c.c.	-	0.000			KA	4		0.000		
20:2 n-6 c,c	• • • • • • • • • • • • • • • • • • • •									
20:4 undifferentiated	-	0.000			RA	4		0.000		
20:5 n-3		0.000			RA RA	4		0.000		
20:5 n-3		0.000			RA RA	4		0.000		
		0.000			RA RA	4				
22:6 n-3		0.000			KA	*		0.000		
Fatty acids, total trans Cholesterol		95			RA	4		4		
Phytosterols	• • • • • • • • • • • • • • • • • • • •	95			KA	4		4		
-										
Others:	~				_	-				
Alcohol, ethyl	-	0.0		•	z	7		0.0		
Caffeine		0		0	Z Z	7		0		
Theobromine	mg	0		0	Z	7		0		
Carotenoids:										
Carotene, beta	mcg	0		0	z	7		0.000		
Carotene, alpha	mcg	0		0	z	7		0.000		
Cryptoxanthin, beta	mcg	0		0	Z	7		0.000		
Lycopene	mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000		

Common Measures:

Measure 1 = 4.3g: 1 tsp

Calories Factors: Protein Fat Carbohydrate

Food Group: 04 Fats and Oils

		<u>Aı</u>	mount in 100	0 grams	of edil	le portio	<u>n</u>	Amount in	edible portion	of common
				Number				<u>m</u>	easures of food	<u> </u>
						Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	5.00				4		4.00		
Energy	=	373				4		298		
Energy		1561				4		1249		
Protein		2.00				4		1.60		
Total lipid (fat)	-	1.00				4		0.80		
Ash		3.00		0	NC	4		2.40		
Carbohydrate, by difference		89.00		•	-1.0	4		71.20		
Fiber, total dietary		0.0				4		0.0		
Sugars, total		5.30		0	0	4		4.24		
Starch	=	3.30		ŭ	Ū	•		4.24		
Minerals:										
Calcium, Ca	mg	23				4		18		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	2.00				4		1.60		
Magnesium, Mg	-	0				4		0		
Phosphorus, P	mg	8				4		6		
Potassium, K	mg	2				4		2		
Sodium, Na	mg	1200				4		960		
Zinc, Zn	mg	0.00				4		0.00		
Copper, Cu		0.000)			4		0.000		
Manganese, Mn										
Selenium, Se	mcg	0.0		0	Z	7		0.0		
Vitamins:										
Vitamin C, total ascorbic acid		0.0				4		0.0		
Thiamin	-	0.000				4		0.000 0.000		
Riboflavin		0.000				4		0.000		
Pantothenic acid		0.000				4		0.000		
Vitamin B-6	_	0.000	1			4		0.000		
Folate, total	_	0				4		0		
Folic acid		0		0	z	7		0		
Folate, food		0		0	z	7		0		
Folate, DFE		0		0	NC	4		0		
Vitamin B-12		0.00				4		0.00		
Vitamin A, IU		0				4		0		
Vitamin A, RAE	mcg_RAE	0		0	Z	7		0		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)		0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.0		0	Z	7		0.0		
Lipids:										
Fatty acids, total saturated		0.589				4		0.471		
4:0		0.029				4		0.023		
6:0		0.017				4		0.014		
8:0	-	0.011				4		0.009		
10:0	-	0.026				4		0.021		
12:0	-	0.031				4		0.025		
13:0		0 000				4		0 074		
14:0		0.092				4		0.074		
15:0		0.253				4		0.202		
16:0		0.253	•			4		0.202		
17:0		0.111				4		0 000		
18:0		0.111				4		0.089		
20:0	-									
22:0 24:0	-									

		<u>Ar</u>	nount in 10)0 grams	<u>on</u>	Amount in edible portion of common				
Nutrients and	Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsatura	atedg	0.276				4		0.221		
14:1	g									
15:1	•									
16:1 undifferentiated	-	0.020				4		0.016		
17:1										
18:1 undifferentiated		0.243				4		0.194		
20:1	-	0.000				4		0.000		
22:1 undifferentiated	g	0.000				4		0.000		
24:1 c	g									
Fatty acids, total polyunsaturat	tedg	0.057				4		0.046		
18:2 undifferentiated	g	0.039				4		0.031		
18:3 undifferentiated	g	0.018				4		0.014		
18:4	g	0.000				4		0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000				4		0.000		
20:5 n-3	g	0.000				4		0.000		
22:5 n-3	g	0.000				4		0.000		
22:6 n-3	g	0.000				4		0.000		
Fatty acids, total trans	g									
Cholesterol	mg	2				4		2		
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0				4		0.0		
Caffeine	mg	0		0	Z	7		0		
Theobromine	mg	0		0	z	7		0		
Carotenoids:										
Carotene, beta	mcg	0		0	z	7		0.000		
Carotene, alpha		0		0	Z	7		0.000		
Cryptoxanthin, beta		0		0	Z	7		0.000		
Lycopene		0		0	z	7		0.000		
Lutein + zeaxanthin		0		0	z	7		0.000		

Common Measures:

Measure 1 = 80g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u> 1	mount in 10	00 grams	of edil	ole portio	<u>on</u>		edible portion	
Nutrients and Un	iits	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Proximates:										
Water	_	42.10				1				
Energy		499			NC	4				
Energy		2088				4				
Protein	-	3.30				1				
Total lipid (fat)		55.10				1				
Ash		1.00		0	NR	4				
Carbohydrate, by difference		0.00				1				
Fiber, total dietary		0.0				7				
Sugars, total		0.00		0	Z	7				
Starch	g									
Minerals:										
Calcium, Ca	ma	48				1				
Iron, Fe	-	1.09				1				
Magnesium, Mg		5				1				
Phosphorus, P		34				1				
Potassium, K		71				1				
Sodium, Na		450				1				
Zinc, Zn	mg	0.26				1				
Copper, Cu	mg	0.000)			1				
Manganese, Mn	mg									
Selenium, Se	mcg	1.0		0	BFZN	4				
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0				1				
Thiamin		0.010)			1				
Riboflavin	_	0.070				1				
Niacin	-	0.020)			1				
Pantothenic acid										
Vitamin B-6		0.010)			1				
Folate, total	mcg	1				1				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	1				1				
Folate, DFE	mcg_DFE	1		0	NC	4				
Vitamin B-12		0.13				1				
Vitamin A, IU	IU	1698		0	NC	4				
Vitamin A, RAE	mcg_RAE	465		0	NC	4				
Retinol		456		0	BFFN	4				
Vitamin E (alpha-tocopherol)		1.58		0	BFFN	4				
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		4.0		•						
Vitamin K (phylloquinone)	nicg	4.8		0	BFFN	4				
Lipids:										
Fatty acids, total saturated	g	34.321				4				
4:0	g	1.788	3			4				
6:0	g	1.060)			4				
8:0	g	0.619)			4				
10:0	g	1.380)			4				
12:0		1.550)			4				
13:0										
14:0	-	5.547	,			4				
15:0										
16:0		14.499)			4				
17:0										
18:0		6.682	2			4				
20:0	-									
22:0	-									
24:0	g									

	Ar	nount in 10	00 grams	Amount in edible portion of common					
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
	15.927				4				
Fatty acids, total monounsaturatedg	15.927				4				
15:1g									
16:1 undifferentiatedg	1.237				4				
17:1g	1.237				-				
18:1 undifferentiatedg	13.867				4				
20:1g	0.000				7				
22:1 undifferentiated	0.000				7				
24:1 cg	0.000				•				
Fatty acids, total polyunsaturatedg	2.046				4				
18:2 undifferentiated	1.244				4				
18:3 undifferentiated	0.802				4				
18:4g	0.000				7				
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000				7				
20:5 n-3g	0.000				7				
22:5 n-3g	0.000				7				
22:6 n-3g	0.000				7				
Fatty acids, total transg									
Cholesterolmg	106				4				
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0				7				
Caffeine mg	0		0	Z	7				
Theobrominemg	0		0	Z	7				
Carotenoids:									
Carotene, betamcg	107		0	BFFN	4				
Carotene, alphamcg	0		0	Z	7				
Cryptoxanthin, beta mcg	0		0	Z	7				
Lycopene mcg	0		0	Z	7				
Lutein + zeaxanthin mcg	0		0	Z	7				

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u> 1	mount in 10	00 grams	of edil	ole portio	<u>n</u>		edible portion	
Nutrients and Un	nits	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Proximates:										
Water	g	43.20				1				
Energy	kcal	499			NC	4				
Energy		2088				4				
Protein	-	3.30				1				
Total lipid (fat)		55.10				1				
Ash		0.50		0	NR	4				
Carbohydrate, by difference	g	0.00				1				
Fiber, total dietary	g	0.0				7				
Sugars, total	g	0.00		0	Z	7				
Starch	g									
Minerals:										
Calcium, Ca	ma	48				1				
Iron, Fe	-	1.09				1				
Magnesium, Mg		5				1				
Phosphorus, P		34				1				
Potassium, K		71				1				
Sodium, Na		36				1				
Zinc, Zn	mg	0.26				1				
Copper, Cu	mg	0.000)			1				
Manganese, Mn	mg									
Selenium, Se	mcg	1.0		0	BFZN	4				
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0				1				
Thiamin		0.010)			1				
Riboflavin	-	0.070				1				
Niacin	-	0.020				1				
Pantothenic acid		0.020				_				
Vitamin B-6		0.010)			1				
Folate, total		1				1				
Folic acid		0		0	z	7				
Folate, food		1				1				
Folate, DFE	mcg_DFE	1		0	NC	4				
Vitamin B-12		0.13				1				
Vitamin A, IU	IU	1698		0	NC	4				
Vitamin A, RAE	mcg_RAE	465		0	NC	4				
Retinol	mcg	456		0	BFZN	4				
Vitamin E (alpha-tocopherol)		1.58		0	BFZN	4				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	4.8		0	BFZN	4				
Lipids:										
Fatty acids, total saturated	g	34.321				4				
4:0		1.788	3			4				
6:0		1.060)			4				
8:0	g	0.619)			4				
10:0	g	1.380)			4				
12:0	-	1.550)			4				
13:0	g									
14:0	g	5.547	,			4				
15:0	g									
16:0		14.499)			4				
17:0	g									
18:0		6.682	<u>!</u>			4				
20:0	g									
22:0	g									
24:0	a									

	<u>A</u> 1	mount in 10	Number	Amount in edible portion of common measures of food					
Nutrients and Units	Mean	Std. Error	of Data Points		Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	15.927				4				
14:1g									
15:1g	4 00				_				
16:1 undifferentiatedg	1.237				4				
17:1g	13.867				4				
18:1 undifferentiated					4 7				
20:1g 22:1 undifferentiated	0.000				7				
24:1 cg	0.000	1			,				
	2.046				4				
Fatty acids, total polyunsaturated9 18:2 undifferentiated9	1.244				4				
18:2 undifferentiated	0.802				4				
18:4g	0.000				7				
20:2 n-6 c.cg	0.000				,				
20:3 undifferentiated									
20:4 undifferentiatedg	0.000				7				
20:5 n-3	0.000				7				
20.5 n-3	0.000				7				
22:6 n-3	0.000				7				
Fatty acids, total trans	0.000				,				
Cholesterolg	106				4				
Phytosterolsmg					-				
Others:									
Alcohol, ethylg	0.0				7				
Caffeine mg	0		0	Z	7				
Theobrominemg	0		0	Z	7				
Carotenoids:									
Carotene, betamcg	107		0	BFZN	4				
Carotene, alphamcg	0		0	z	7				
Cryptoxanthin, betamcg	0		0	z	7				
Lycopene mcg	0		0	z	7				
Lutein + zeaxanthin mcg	0		0	Z	7				

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 04 Fats and Oils

		Ai	mount in 10	<u>u grams</u>	of edib	ie portio	<u>on</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food	i	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3	
D											
Proximates: Water	g	15.80				4					
Energy		718				4					
Energy		3004				4					
Protein		0.90				4					
Total lipid (fat)	-	80.70				4					
Ash		2.00		0	0	4					
Carbohydrate, by difference		0.60				4					
Fiber, total dietary		0.0				7					
Sugars, total		0.00		0	CAZN	4					
Starch											
Minerals:	ma	20				4					
Calcium, Ca	-	28 0.09				4					
Iron, FeMagnesium, Mg		0.09				4					
Phosphorus, P		23				4					
Potassium, K	-	37				4					
Sodium, Na	-	28				4					
Zinc, Zn	-	0.02				4					
Copper, Cu		0.005	5			4					
Manganese, Mn											
Selenium, Se		0.5		0	RA	4					
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.1				4					
Thiamin		0.010	1			4					
Riboflavin	-	0.040				4					
Niacin	-	0.030				4					
Pantothenic acid		0.000				-					
Vitamin B-6		0.010)			4					
Folate, total		2				4					
Folic acid		0		0	z	7					
Folate, food		2		0	NC	4					
Folate, DFE		2		0	NC	4					
Vitamin B-12		0.10				4					
Vitamin A, IU	IU	3577		0	NC	4					
Vitamin A, RAE	mcg_RAE	819		0	NC	4					
Retinol	mcg	768		0	CAZN	4					
Vitamin E (alpha-tocopherol)		5.00		0	BFZN	4					
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	70.9		0	CAZN	4					
Lipids:											
Fatty acids, total saturated	g	26.904	ļ			4					
4:0		0.842	!			4					
6:0	g	0.499)			4					
8:0	g	0.290)			4					
10:0	g	0.650)			4					
12:0		0.730)			4					
13:0	g										
14:0		2.747	•			4					
15:0											
16:0		13.412	2			4					
17:0											
18:0	g	7.158	3			4					
20:0	-										
22:0	-										
24:0	q										

	<u>Aı</u>	nount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common		
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	31.832				4				
14:1g									
15:1g									
16:1 undifferentiatedg	0.582				4				
17:1g									
18:1 undifferentiatedg	30.872				4				
20:1g	0.000				7				
22:1 undifferentiatedg	0.000				7				
24:1 cg									
Fatty acids, total polyunsaturated	18.236				4				
18:2 undifferentiatedg	17.110				4				
18:3 undifferentiatedg	1.126				4				
18:4g	0.000				7				
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000				7				
20:5 n-3g	0.000				7				
22:5 n-3g	0.000				7				
22:6 n-3g	0.000				7				
Fatty acids, total transg									
Cholesterolmg	88		0	s	4				
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0				7				
Caffeinemg	0		0	Z	7				
Theobromine mg	0		0	Z	7				
Carotenoids:									
Carotene, betamcg	610		0	CAZN	4				
Carotene, alphamcg	0		0	CAZN	4				
Cryptoxanthin, betamcg	0		0	CAZN	4				
Lycopenemcg	0		0	CAZN	4				
Lutein + zeaxanthinmcg	0		0	CAZN	4				

Common Measures:

Calories Factors: Protein 4.27 Fat 8.84 Carbohydrate 3.87

Food Group: 04 Fats and Oils

NDB No. 42116 Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie

		<u>Aı</u>	mount in 100 grar	ns of edi	ole portio	<u>on</u>	Amount in	edible portion	of common
			Numb	er			<u>m</u>	easures of food	
			of Da	ta Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	74.00			1		181.30	11.10	
Energy	kcal	160			1		392	24	
Energy		669			1		1640	100	
Protein		1.50			1		3.68	0.23	
Total lipid (fat)	g	14.00			1		34.30	2.10	
Ash		3.50	C	NC	4		8.58	0.53	
Carbohydrate, by difference		7.00		NC	4		17.15	1.05	
Fiber, total dietary	g	0.0			7		0.0	0.0	
Sugars, total	g	5.65	C	FLA	4		13.84	0.85	
Starch									
Minerals:	ma	-					15	1	
Calcium, Ca	_	6 0.13			4 4		15 0.32	1 0.02	
Iron, Fe		0.13			4		0.32 5	0.02	
Phosphorus, P		7			4		17	1	
Potassium, K	-	36			4		88	5	
Sodium, Na		1023			1		2506	153	
Zinc, Zn		0.04			4		0.10	0.01	
Copper, Cu		0.000	ı		4		0.000	0.000	
Manganese, Mn									
Selenium, Se		1.6	0	CAZN	4		3.9	0.2	

Vitamins:									
Vitamin C, total ascorbic acid		0.4			4		1.0	0.1	
Thiamin		0.010			4		0.025	0.002	
Riboflavin		0.010			4		0.025	0.002	
Niacin		0.020			4		0.049	0.003	
Pantothenic acid Vitamin B-6		0.030			4		0.074	0.005	
Folate, total		0.030	0	FLA	4		0.074	0.003	
Folic acid		0	0	FLA	4		0	0	
Folate, food	-	0	0	FLA	4		0	0	
Folate, DFE	mca DFE	0	0	NC	4		0	0	
Vitamin B-12		0.07	_		4		0.17	0.01	
Vitamin A, IU		0	0	NC	4		1	0	
Vitamin A, RAE	mcg RAE	0	0	FLA	4		0	0	
Retinol		0	0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)		2.39	0	FLA	4		5.86	0.36	
Tocopherol, beta	mg								
Tocopherol, gamma									
Tocopherol, delta	mg								
Vitamin D		0.000	0	FLA	4		0.000	0.000	
Vitamin K (phylloquinone)	mcg	3.5	0	FLA	4		8.5	0.5	
Lipids:									
Fatty acids, total saturated	ď	2.115			4		5.182	0.317	
4:0		0.007			4		0.017	0.001	
6:0		0.004			4		0.010	0.001	
8:0	-	0.002			4		0.005	0.000	
10:0		0.005			4		0.012	0.001	
12:0	_	0.006			4		0.015	0.001	
13:0	_								
14:0	-	0.035	i		4		0.086	0.005	
15:0								-	
16:0	_	1.475	i		4		3.614	0.221	
17:0									
18:0		0.549	1		4		1.345	0.082	
20:0									
22:0	_								
24:0	~								

NDB No. 42116 Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie

	<u>An</u>	nount in 10	00 grams Number		ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	3.273				4		8.019	0.491	
14:1g									
15:1g									
16:1 undifferentiatedg	0.032				4		0.078	0.005	
17:1g									
18:1 undifferentiatedg	3.197				4		7.833	0.480	
20:1g	0.028				4		0.069	0.004	
22:1 undifferentiatedg	0.000				4		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturatedg	7.994				4		19.585	1.199	
18:2 undifferentiatedg	7.039				4		17.246	1.056	
18:3 undifferentiatedg	0.941				4		2.305	0.141	
18:4g	0.000				4		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000				4		0.000	0.000	
20:5 n-3g	0.000				4		0.000	0.000	
22:5 n-3g	0.000				4		0.000	0.000	
22:6 n-3g	0.000				4		0.000	0.000	
Fatty acids, total transg									
Cholesterolmg	0				7		0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0				7		0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0	
Theobromine mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, betamcg	0		0	FLA	4		0.064	0.004	
Carotene, alphamcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, betamcg	0		0	FLA	4		0.000	0.000	
Lycopenemcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin mcg	0		0	FLA	4		0.000	0.000	

Common Measures:

Measure 1 = 245g: 1 cup Measure 2 = 15.0g: 1 tbsp

Calories Factors: Protein Fat Carbohydrate

Food Group: 04 Fats and Oils

NDB No. 42158 Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free

		<u>A</u> :	mount in 10			le portio	<u>on</u>	Amount in edible portion of common measures of food			
				Number of Data		Source	Confidence	<u>m</u> :	easures of food	_	
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	73.00				8		170.82	10.95		
Energy	kcal	140				8		328	21		
Energy	kj	586				8		1371	88		
Protein	g	1.00				8		2.34	0.15		
Total lipid (fat)	g	8.00				8		18.72	1.20		
Ash	g	2.00		0	NC	4		4.68	0.30		
Carbohydrate, by difference	g	16.00				8		37.44	2.40		
Fiber, total dietary	g	0.0				4		0.0	0.0		
Sugars, total		3.28		0	BFZN	4		7.67	0.49		
Starch	g										
Minerals:											
Calcium, Ca	-	36				4		84	5		
Iron, Fe		0.26				4		0.61	0.04		
Magnesium, Mg		5				4		12	1		
Phosphorus, P		100				4		234	15 7		
Potassium, K		49 932				4		115 2181	, 140		
Sodium, NaZinc, Zn		0.18				4		0.42	0.03		
Copper, Cu		0.000)			4		0.000	0.000		
Manganese, Mn		0.000	,			•		0.000	0.000		
Selenium, Se		1.6		0	CAZN	4		3.7	0.2		
vitamins:											
Vitamin C, total ascorbic acid	mg	0.0				4		0.0	0.0		
Thiamin		0.010)			4		0.023	0.002		
Riboflavin	mg	0.060)			4		0.140	0.009		
Niacin	<u>.</u> mg	0.040)			4		0.094	0.006		
Pantothenic acid	mg										
Vitamin B-6	-	0.020)			4		0.047	0.003		
Folate, total		4		0	BFZN	4		10	1		
Folic acid	_	0		0	BFZN	4		0	0		
Folate, food		4		0	BFZN	4		10	1		
Folate, DFE		4		0	NC	4		10	1		
Vitamin B-12		0.10 67		0	***	4 4		0.23	0.02		
Vitamin A, IU Vitamin A, RAE	mca PAF	18		0	NC BFZN	4		158 42	10 3		
Retinol		17		0	BFZN	4		41	3		
Vitamin E (alpha-tocopherol)		4.92		0	NR	4		11.51	0.74		
Tocopherol, beta		2		·		-			V./4		
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	34.8		0	BFZN	4		81.4	5.2		
<u> ipids:</u>											
Fatty acids, total saturated	g	1.355				4		3.171	0.203		
4:0		0.011				4		0.026	0.002		
6:0	_	0.007				4		0.016	0.001		
8:0	-	0.004				4		0.009	0.001		
10:0	_	0.008				4		0.019	0.001		
12:0	-	0.010	,			4		0.023	0.002		
13:0	_	0.040	,			4		0.000	0.006		
14:0 15:0	_	0.042	•			4		0.098	0.006		
16:0	_	0.841				4		1.968	0.126		
17:0	-	0.041	-			-		1.900	0.120		
18:0		0.425	5			4		0.995	0.064		
20:0						-		2.220	0.001		
22:0	_										
24:0	_										

NDB No. 42158
Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free

	<u>Ar</u>	nount in 100) grams	Amount in edible portion of common					
		ı	Number				<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	3.391				4		7.935	0.509	
14:1g									
15:1g									
16:1 undifferentiatedg	0.038				4		0.089	0.006	
17:1g									
18:1 undifferentiated	3.340				4		7.816	0.501	
20:1g	0.000				4		0.000	0.000	
22:1 undifferentiatedg	0.000				4		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturatedg	2.891				4		6.765	0.434	
18:2 undifferentiatedg	2.680				4		6.271	0.402	
18:3 undifferentiatedg	0.204				4		0.477	0.031	
18:4g	0.000				4		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000				4		0.000	0.000	
20:5 n-3g	0.000				4		0.000	0.000	
22:5 n-3g	0.000				4		0.000	0.000	
22:6 n-3g	0.000				4		0.000	0.000	
Fatty acids, total transg									
Cholesterol mg	0				8		0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0				7		0.0	0.0	
Caffeine mg	0		0	BFZN	4		0	0	
Theobrominemg	0		0	BFZN	4		0	0	
Carotenoids:									
Carotene, betamcg	4		0	BFZN	4		9.639	0.618	
Carotene, alphamcg	2		0	BFZN	4		3.991	0.256	
Cryptoxanthin, betamcg	2		0	BFZN	4		3.528	0.226	
Lycopenemcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthinmcg	49		0	BFZN	4		115.625	7.412	

Common Measures:

Measure 1 = 234g: 1 cup Measure 2 = 15.0g: 1 tbsp

Calories Factors: Protein Fat Carbohydrate

Food Group: 04 Fats and Oils

NDB No. 42157 Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free

		<u>Aı</u>	mount in 100 gr	ams of edi	ole portio	<u>on</u>	Amount in	edible portion	of common
			Nur	nber			<u>m</u>	easures of food	<u> </u>
			of I	Data Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Poi	nts Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:									
Water	q	74.70			1		197.21	12.70	
Energy	=	107			1		282	18	
Energy		448			1		1182	76	
Protein		1.40			1		3.70	0.24	
Total lipid (fat)		2.70			1		7.13	0.46	
Ash		1.20		0 NC	4		3.17	0.20	
Carbohydrate, by difference		20.00		NC	4		52.80	3.40	
Fiber, total dietary		0.0			1		0.0	0.0	
Sugars, total		5.35		0 BFZ1			14.12	0.91	
Starch		0.55		0 2223				0.31	
Staren	9								
<u>Minerals:</u>									
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	36			1		95	6	
Iron, Fe	-	0.25			1		0.66	0.04	
Magnesium, Mg		5			1		13	1	
Phosphorus, P	_	77			1		203	13	
Potassium, K	-	133			1		351	23	
Sodium, Na		1000			1		2640	170	
Zinc, Zn		0.18			1		0.48	0.03	
Copper, Cu		0.000			1		0.000	0.000	
Manganese, Mn				_					
Selenium, Se	mcg	1.6		0 CAZN	4		4.2	0.3	
itamins:									
Vitamin C, total ascorbic acid	ma	0.0			1		0.0	0.0	
Thiamin		0.010	ı		1		0.026	0.002	
Riboflavin		0.060			1		0.158	0.010	
Niacin		0.040			1		0.106	0.007	
Pantothenic acid									
Vitamin B-6		0.020	1		1		0.053	0.003	
Folate, total		6		0 BFZN	4		15	1	
Folic acid		0		0 BFZN	4		0	0	
Folate, food		6		0 BFZN	4		15	1	
Folate, DFE		6		0 NC	4		15	1	
Vitamin B-12	mcq	0.00			1		0.00	0.00	
Vitamin A, IU		3		0 NC	4		9	1	
Vitamin A, RAE	mcg RAE	1		0 BFZN	4		2	0	
Retinol		1		0 BFZN			2	0	
Vitamin E (alpha-tocopherol)		0.67		0 NR	4		1.77	0.11	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)		2.3		0 BFZN	4		6.1	0.4	
<u>.ipids:</u>	a	0.404			4		1 204	2 22:	
Fatty acids, total saturated		0.494			1		1.304	0.084	
4:0		0.007			4		0.018	0.001	
6:0		0.005			4		0.013	0.001	
8:0	-	0.003			4		0.008	0.001	
10:0	-	0.005			4		0.013	0.001	
12:0	-	0.005	1		4		0.013	0.001	
13:0		0.00-					2 222	^ ^^ <i>·</i>	
14:0	-	0.025	1		4		0.066	0.004	
15:0	-								
16:0	-	0.313	1		4		0.826	0.053	
17:0									
18:0	_	0.122			4		0.322	0.021	
20:0	_								
22:0	-								
24:0	g								

NDB No. 42157 Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free

	<u>Ar</u>	nount in 10	00 grams Number		ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Father aids total management of the	0.640				1		1.690	0.109		
Fatty acids, total monounsaturatedg	0.640				1		1.690	0.109		
14:1										
16:1 undifferentiated	0.010				4		0.026	0.002		
17:1g	0.010				-		0.020	0.002		
18:1 undifferentiated	0.620				4		1.637	0.105		
20:1g	0.005				4		0.013	0.001		
22:1 undifferentiatedg	0.000				4		0.000	0.000		
24:1 cg										
Fatty acids, total polyunsaturated9	1.444				1		3.812	0.245		
18:2 undifferentiatedg	1.271				4		3.355	0.216		
18:3 undifferentiatedg	0.171				4		0.451	0.029		
18:4g	0.000				4		0.000	0.000		
20:2 n-6 c,cg										
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.000				4		0.000	0.000		
20:5 n-3g	0.000				4		0.000	0.000		
22:5 n-3g	0.000				4		0.000	0.000		
22:6 n-3g	0.000				4		0.000	0.000		
Fatty acids, total trans										
Cholesterolmg	0				1		0	0		
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0				7		0.0	0.0		
Caffeinemg	0		0	BFZN	4		0	0		
Theobrominemg	0		0	BFZN	4		0	0		
Carotenoids:										
Carotene, betamcg	0		0	BFZN	4		0.357	0.023		
Carotene, alphamcg	0		0	BFZN	4		0.000	0.000		
Cryptoxanthin, betamcg	0		0	BFZN	4		0.321	0.021		
Lycopenemcg	0		0	BFZN	4		0.000	0.000		
Lutein + zeaxanthin mcg	4		0	BFZN	4		11.239	0.724		

Common Measures:

Measure 1 = 264g: 1 cup Measure 2 = 17g: 1 tbsp

Calories Factors: Protein Fat Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u> :	mount in 100	grams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			1	Number				<u>m</u>	easures of food	<u>[</u>	
Nutrients and Uni	its	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	0.00		0		1		0.00	0.00		
Energy		902		0	NC	4		1849	115		
Energy		3774		U	NC	4		7737	483		
		0.00		0		1		0.00	0.00		
Protein (N x 0) Total lipid (fat)		100.00		0		1		205.00	12.80		
		0.00		0		1		0.00	0.00		
Ash		0.00		0		1		0.00	0.00		
Carbohydrate, by difference		0.00		0		4		0.00			
Fiber, total dietary				0	_	7			0.0		
Sugars, total		0.00		U	Z	,		0.00	0.00		
Starch	9										
Minerals:											
Calcium, Ca	mg	0		0		4		0	0		
Iron, Fe	-	0.00		0		4		0.00	0.00		
Magnesium, Mg		0		0		4		0	0		
Phosphorus, P		0		0		4		0	0		
Potassium, K		0		1		1		0	0		
Sodium, Na	mg	0		1		1		0	0		
Zinc, Zn	mg	0.00		0		4		0.00	0.00		
Copper, Cu	mg	0.000)	0		4		0.000	0.000		
Manganese, Mn	mg										
Selenium, Se	mcg	0.2		0	BFZN	4		0.4	0.0		
7*4 *											
<u>/itamins:</u>				•							
Vitamin C, total ascorbic acid	-	0.0		0		4		0.0	0.0		
Thiamin		0.000		0		4		0.000	0.000		
Riboflavin		0.000		0		4		0.000	0.000		
Niacin		0.000		0		4		0.000	0.000		
Pantothenic acid	-	0.000		0		4		0.000	0.000		
Vitamin B-6	-	0.000)	0		4		0.000	0.000		
Folate, total		0		0		4		0	0		
Folic acid		0		0	Z	7		0	0		
Folate, food		0		0		4		0	0		
Folate, DFE		0		0	NC	4		0	0		
Vitamin B-12	mcg	0.00		0		4		0.00	0.00		
Vitamin A, IU		0		0	AS	1		0	0		
Vitamin A, RAE		0		0	AS	1		0	0		
Retinol		0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)		2.70		1		1		5.54	0.35		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D		0.0		•	_	_		0.0			
Vitamin K (phylloquinone)	nicy	0.0		0	Z	7		0.0	0.0		
<u> Lipids:</u>											
Fatty acids, total saturated	g	49.800)	0		1		102.090	6.374		
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		0.900		8 5		1		1.845	0.115		
13:0	-										
14:0	-	3.700	0.42	1 14		1		7.585	0.474		
15:0	-								- /		
16:0		24.900	0.81	9 15		1		51.045	3.187		
17:0				-							
18:0		18.900	0.92	7 15		1		38.745	2.419		
20:0											
22:0	_										
24:0	_										

		<u>Aı</u>	mount in 100 g		of edib	ole portio	<u>on</u>	Amount in edible portion of common measures of food			
				mber		_		<u></u>	easures or roou	•	
			of Std. Error Po	Data D		Source Code	Confidence Code				
Nutrients and Un	nits	Mean	Std. Error	Jilits C	Joue	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	q	41.800	1	0		1		85.690	5.350		
14:1											
15:1	g										
16:1 undifferentiated	g	4.200	0.551	15		1		8.610	0.538		
17:1	-										
18:1 undifferentiated		36.000		15		1		73.800	4.608		
20:1	-	0.300		4		1		0.615	0.038		
22:1 undifferentiated	•	0.000	1	0		1		0.000	0.000		
24:1 c				•							
Fatty acids, total polyunsaturated		4.000		0		1		8.200	0.512		
18:2 undifferentiated		3.100		15		1		6.355	0.397		
18:3 undifferentiated		0.600		9		1 1		1.230	0.077		
18:4		0.000	•	0		1		0.000	0.000		
20:2 n-6 c,c	-										
20:3 undifferentiated	-	0.000		0		1		0.000	0.000		
20:4 undifferentiated	-			0		1		0.000	0.000		
20:5 n-3	-	0.000		0		1		0.000	0.000		
22:5 n-3		0.000		0		1		0.000	0.000		
22:6 n-3		0.000	•	U		_		0.000	0.000		
Fatty acids, total trans		109		•		1		223	1.4		
Cholesterol		0		0		4		0	14 0		
Phytosterols		U		U		-		U	U		
Amino Acids:											
Tryptophan	g	0.000)	0		4		0.000	0.000		
Threonine	g	0.000)	0		4		0.000	0.000		
Isoleucine	g	0.000	1	0		4		0.000	0.000		
Leucine	g	0.000	1	0		4		0.000	0.000		
Lysine	g	0.000	1	0		4		0.000	0.000		
Methionine	g	0.000	1	0		4		0.000	0.000		
Cystine	g	0.000	1	0		4		0.000	0.000		
Phenylalanine	g	0.000	1	0		4		0.000	0.000		
Tyrosine	g	0.000)	0		4		0.000	0.000		
Valine	g	0.000	1	0		4		0.000	0.000		
Arginine	g	0.000)	0		4		0.000	0.000		
Histidine	g	0.000)	0		4		0.000	0.000		
Alanine	g	0.000)	0		4		0.000	0.000		
Aspartic acid	g	0.000)	0		4		0.000	0.000		
Glutamic acid	g	0.000)	0		4		0.000	0.000		
Glycine	g	0.000)	0		4		0.000	0.000		
Proline	g	0.000)	0		4		0.000	0.000		
Serine	g	0.000)	0		4		0.000	0.000		
Hydroxyproline	g										
Others:											
Alcohol, ethyl	а	0.0		0		7		0.0	0.0		
Caffeine	-	0		0	Z	7		0	0		
Theobromine		0		0	Z	7		0	0		
Carotenoids:									-		
	mac	•		•	_	-		0.000	0.000		
Carotene, beta		0		0	z z	7 7		0.000	0.000		
Carotene, alpha		0		0	z z	7		0.000 0.000	0.000 0.000		
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000		
Lycopene Lutein + zeaxanthin		0		0	Z	7		0.000	0.000		
Luteni + zeaxantnin	tiiog			<u> </u>		,		0.000	0.000		

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

NDB No. 04001 Fat, beef tallow

Calories Factors: Protein Fat 9.02 Carbohydrate

Food Group: 04 Fats and Oils

Nutrients and Units Proximates: Water	s		Nu	umber		Amount in 100 grams of edible portion						
Proximates:	s							<u></u>	easures of food	<u>.</u>		
Proximates:	S		of	f Data	Deriv	Source	Confidence					
		Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure		
Water												
water	g	0.20	0.026	3		1		0.41	0.03			
Energy	kcal	900		0	NC	4		1846	115			
Energy	kj	3767				4		7723	482			
Protein (N x 0)	g	0.00		0		1		0.00	0.00			
Total lipid (fat)	g	99.80	0.026	3		1		204.59	12.77			
Ash	9	0.00		0		1		0.00	0.00			
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00			
Fiber, total dietary	g	0.0		0		4		0.0	0.0			
Sugars, total	g	0.00		0	Z	7		0.00	0.00			
Starch	g											
Min and a												
Minerals: Calcium. Ca	ma	0		0		4		0	0			
Iron, Fe		0.00		0		4.		0.00	0.00			
Magnesium, Mg		0.00		0		4		0.00	0.00			
Phosphorus, P		0		0		4		0	0			
Potassium, K		0		0		4		0	0			
Sodium, Na		0		0		4		0	0			
Zinc, Zn	_	0.00		Ö		4		0.00	0.00			
Copper, Cu	_	0.000		0		4		0.000	0.000			
Manganese, Mn												
Selenium, Se		0.2		0	BFZN	4		0.4	0.0			
<u> Vitamins:</u>												
Vitamin C, total ascorbic acid	_	0.0		0		4		0.0	0.0			
Thiamin		0.000		0		4		0.000	0.000			
Riboflavin		0.000		0		4		0.000	0.000			
Niacin		0.000		0		4		0.000	0.000			
Pantothenic acid	-	0.000		0		4		0.000	0.000			
Vitamin B-6	-	0.000		0		4		0.000	0.000			
Folate, total		0		0	_	4		0	0			
Folic acid		0		0	Z	7		0	0			
Folate, food		0		0	***	4		0	0			
Folate, DFE		0		0	NC	4		0	0			
Vitamin B-12	mcg	0.00		0		4 1		0.00 0	0.00			
Vitamin A, IU		0		-	AS	_		-	0			
Vitamin A, RAE		0		0	AS Z	1 7		0	0			
Retinol		2.70		0	Z	4		5.54	0			
Vitamin E (alpha-tocopherol)		2.70		U		4		5.54	0.35			
Tocopherol, beta												
Tocopherol, gamma Tocopherol, delta												
Vitamin D												
Vitamin K (phylloquinone)		0.0		0	z	7		0.0	0.0			
				•	_	•			0.0			
<u> Lipids:</u>												
Fatty acids, total saturated		29.800		0		1		61.090	3.814			
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	-	0.100	0.016	14		1		0.205	0.013			
13:0	-											
14:0		0.900	0.048	62		1		1.845	0.115			
15:0	g											
16:0	g	21.600	0.381	70		1		44.280	2.765			
17:0												
18:0		6.000	0.186	70		1		12.300	0.768			
20:0	-											
22:0	g											

	<u>Ar</u>			Amount in 100 grams of edible portion Number								
				_		<u></u>	easures of food	1				
			Deriv		Confidence							
Nutrients and Units	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3				
Fotty saids total managements of 0	44.700	0		1		91.635	5.722					
Fatty acids, total monounsaturatedg 14:1g	44.700	v		_		91.633	5.722					
15:1g												
16:1 undifferentiatedg	5.700	0.187 70		1		11.685	0.730					
17:1g												
18:1 undifferentiatedg	37.300	0.499 70		1		76.465	4.774					
20:1g	1.100	0.305 12		1		2.255	0.141					
22:1 undifferentiatedg	0.000	0		1		0.000	0.000					
24:1 cg												
Fatty acids, total polyunsaturated	20.900	0		1		42.845	2.675					
18:2 undifferentiatedg	19.500	0.617 70		1		39.975	2.496					
18:3 undifferentiatedg	1.000	0.075 56		1		2.050	0.128					
18:4g	0.000	0		1		0.000	0.000					
20:2 n-6 c,cg												
20:3 undifferentiatedg												
20:4 undifferentiatedg	0.100	0.038 5		1		0.205	0.013					
20:5 n-3g	0.000	0		1		0.000	0.000					
22:5 n-3g	0.000	0		1		0.000	0.000					
22:6 n-3g	0.000	0		1		0.000	0.000					
Fatty acids, total transg												
Cholesterol mg	85	0		1		174	11					
Phytosterolsmg	0	0		4		0	0					
A . A . 1												
Amino Acids:		•										
Tryptophan	0.000	0		4		0.000	0.000					
Threonineg	0.000	0		4		0.000	0.000					
Isoleucine	0.000	0		4		0.000	0.000					
Leucineg	0.000	0		4		0.000	0.000					
Lysineg	0.000	0		4		0.000	0.000					
Methionineg	0.000	0		4		0.000	0.000					
Cystineg	0.000	0		4		0.000	0.000					
Phenylalanineg	0.000	0		4		0.000	0.000					
Tyrosineg	0.000	0		4		0.000	0.000					
Valineg	0.000	0		4		0.000	0.000					
Arginineg	0.000	0		4		0.000	0.000					
Histidineg	0.000	0		4		0.000	0.000					
Alanineg	0.000	0		4		0.000	0.000					
Aspartic acid	0.000	0		4		0.000	0.000					
Glutamic acid	0.000	0		4		0.000	0.000					
Glycineg	0.000	0		4		0.000	0.000					
Prolineg	0.000			4		0.000	0.000					
Serine9	0.000	0		4		0.000	0.000					
Hydroxyproline												
Others:												
Alcohol, ethylg	0.0	0		7		0.0	0.0					
Caffeine mg	0	0	Z	7		0	0					
Theobromine mg	0	0	z	7		0	0					
Carotenoids:												
Carotene, betamcg	0	0	z	7		0.000	0.000					
Carotene, alphamcg	0	0	z	7		0.000	0.000					
Cryptoxanthin, betamcg	0	0	z	7		0.000	0.000					
Lycopene mcg	0	0	z	7		0.000	0.000					
Lutein + zeaxanthin. mcg	0	0	z	7		0.000	0.000					

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

NDB No. 04542 Fat, chicken

Calories Factors: Protein Fat 9.02 Carbohydrate

Food Group: 04 Fats and Oils

		<u>Aı</u>	mount in 100 g	ırams	of edib	ole portio	<u>on</u>	Amount in edible portion of common			
			Nu	ımber	•			<u>m</u>	easures of food	_	
			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	0.20	0.026	3		1		0.03	0.41		
Energy	kcal	900		0	NC	4		115	1846		
Energy	kj	3767				4		482	7723		
Protein (N x 0)	g	0.00		0		1		0.00	0.00		
Total lipid (fat)	g	99.80	0.026	3		1		12.77	204.59		
Ash	g	0.00		0		1		0.00	0.00		
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00		
Fiber, total dietary	g	0.0		0		4		0.0	0.0		
Sugars, total	g	0.00		0	Z	7		0.00	0.00		
Starch	g										
Minerals:											
Calcium, Ca	ma	0		0		4		0	0		
Iron. Fe.	_	0.00		0		4		0.00	0.00		
Magnesium, Mg		0		0		4		0	0		
Phosphorus, P		0		0		4		0	0		
Potassium, K	-	0		0		4		0	0		
Sodium, Na		0		0		4		0	0		
Zinc, Zn	<u>mg</u>	0.00		0		4		0.00	0.00		
Copper, Cu	mg	0.000	1	0		4		0.000	0.000		
Manganese, Mn	<u>mg</u>										
Selenium, Se	mcg	0.2		0	BFZN	4		0.0	0.4		
/itamins:											
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0	0.0		
Thiamin	-	0.000	1	0		4		0.000	0.000		
Riboflavin		0.000		0		4		0.000	0.000		
Niacin		0.000		0		4		0.000	0.000		
Pantothenic acid		0.000		0		4		0.000	0.000		
Vitamin B-6		0.000)	0		4		0.000	0.000		
Folate, total		0		0		4		0	0		
Folic acid		0		0	Z	7		0	0		
Folate, food		0		0		4		0	0		
Folate, DFE		0		0	NC	4		0	0		
Vitamin B-12		0.00		0		4		0.00	0.00		
Vitamin A, IU	IU	0		0	AS	1		0	0		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0		
Retinol	mcg	0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)	mg	2.70		0		4		0.35	5.54		
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D		0.0		•	_	-		0.0			
Vitamin K (phylloquinone)	fricg	0.0		0	Z	7		0.0	0.0		
<u>lipids:</u>											
Fatty acids, total saturated	g	33.200	1	0		1		4.250	68.060		
4:0		0.000	1	0		1		0.000	0.000		
6:0	g	0.000)	0		1		0.000	0.000		
8:0	g	0.000)	0		1		0.000	0.000		
10:0	-	0.000	1	0		1		0.000	0.000		
12:0	g	0.000	1	0		1		0.000	0.000		
13:0											
14:0	g	0.700	0.013	93		1		0.090	1.435		
15:0											
16:0		24.700	0.213	98		1		3.162	50.635		
17:0											
18:0		7.800	0.114	98		1		0.998	15.990		
20:0	_										
22:0	a										

			mount in 100 g			ole portic	<u>on</u>	Amount in edible portion of common measures of food			
				ımber	Deriv	Source	Confidence	<u></u>	<u> </u>		
Nutrients and Unit	s	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3	
F# 11 4 4 1	a	49.300		0		1		6 210	101 065		
Fatty acids, total monounsaturated		49.300		U		1		6.310	101.065		
15:1	_										
16:1 undifferentiated	-	4.000	0.090	98		1		0.512	8.200		
17:1	g										
18:1 undifferentiated	g	44.200	0.290	98		1		5.658	90.610		
20:1		1.100	0.043	91		1		0.141	2.255		
22:1 undifferentiated	•	0.000		0		1		0.000	0.000		
24:1 c											
Fatty acids, total polyunsaturated		12.900		0		1		1.651	26.445		
18:2 undifferentiated		12.000		98		1		1.536	24.600		
18:3 undifferentiated	-	1.000		93		1		0.128	2.050		
18:4	-	0.000		0		1		0.000	0.000		
20:2 n-6 c,c											
20:3 undifferentiated	_					_					
20:4 undifferentiated	_	0.000		0		1		0.000	0.000		
20:5 n-3	_	0.000		0		1		0.000	0.000		
22:5 n-3	-	0.000		0		1		0.000	0.000		
22:6 n-3		0.000		0		1		0.000	0.000		
Fatty acids, total trans		100		•				10	005		
Cholesterol	_	100 0		0		1 4		13	205 0		
Phytosterols	Ing	U		U		4		0	U		
Amino Acids:											
Tryptophan	g	0.000		0		4		0.000	0.000		
Threonine	g	0.000		0		4		0.000	0.000		
Isoleucine	g	0.000		0		4		0.000	0.000		
Leucine	g	0.000		0		4		0.000	0.000		
Lysine	g	0.000		0		4		0.000	0.000		
Methionine	g	0.000		0		4		0.000	0.000		
Cystine	g	0.000		0		4		0.000	0.000		
Phenylalanine	g	0.000		0		4		0.000	0.000		
Tyrosine	g	0.000		0		4		0.000	0.000		
Valine	g	0.000		0		4		0.000	0.000		
Arginine	g	0.000		0		4		0.000	0.000		
Histidine	g	0.000		0		4		0.000	0.000		
Alanine	g	0.000		0		4		0.000	0.000		
Aspartic acid	g	0.000		0		4		0.000	0.000		
Glutamic acid	g	0.000		0		4		0.000	0.000		
Glycine	g	0.000		0		4		0.000	0.000		
Proline	g	0.000		0		4		0.000	0.000		
Serine		0.000		0		4		0.000	0.000		
Hydroxyproline	g										
Others:											
Alcohol, ethyl	q	0.0		0		7		0.0	0.0		
Caffeine		0		0	Z	7		0	0		
Theobromine		0		0	Z	7		0	0		
Carotenoids:	=										
<u> </u>	maa	0		^	_	-		0.000	0.000		
Carotene, beta	_	0		0	z z	7 7		0.000 0.000	0.000		
Carotene, alpha		0		0	z z	7		0.000	0.000 0.000		
Cryptoxanthin, beta		0		0	z Z	7		0.000	0.000		
Lycopene		0		0	z Z	7		0.000	0.000		
Lutein + zeaxanthin	tirea	0		<u> </u>				0.000	0.000		

Common Measures:

Measure 1 = 12.8g: 1 tbsp Measure 2 = 205g: 1 cup NDB No. 04574

Fat, duck

Calories Factors: Protein Fat 8.84 Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u> :	mount in 100 g	grams	of edib	ole 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	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	0.20	0.026	3		1		0.41	0.03		
Energy	kcal	900		0	NC	4		1846	115		
Energy	kj	3767				4		7723	482		
Protein (N x 0)		0.00		0		1		0.00	0.00		
Total lipid (fat)	g	99.80	0.026	3		1		204.59	12.77		
Ash	g	0.00		0		1		0.00	0.00		
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00		
Fiber, total dietary		0.0		0		4		0.0	0.0		
Sugars, total											
Starch											
<u>Minerals:</u>		_		_		_		_	_		
Calcium, Ca	-	0		0		4		0	0		
Iron, Fe	-	0.00		0		4		0.00	0.00		
Magnesium, Mg		0		0		4		0	0		
Phosphorus, P	-	0		0		4		0	0		
Potassium, K	-	0		0		4		0	0		
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	0		0		4		0	0		
Zinc, Zn		0.00		0		4		0.00	0.00		
Copper, Cu											
Manganese, Mn				•				0.4	0.0		
Selenium, Se	mcg	0.2		0	BFZN	4		0.4	0.0		
/itamins:											
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0		
Thiamin	mg	0.000)	0		4		0.000	0.000		
Riboflavin	mg	0.000)	0		4		0.000	0.000		
Niacin		0.000)	0		4		0.000	0.000		
Pantothenic acid		0.000)	0		4		0.000	0.000		
Vitamin B-6	mg	0.000)	0		4		0.000	0.000		
Folate, total	mcg	0		0		4		0	0		
Folic acid	mcg	0		0	Z	7		0	0		
Folate, food		0		0		4		0	0		
Folate, DFE	mcg_DFE	0		0	NC	4		0	0		
Vitamin B-12		0.00		0		4		0.00	0.00		
Vitamin A, IU	IU	0		0		4		0	0		
Vitamin A, RAE		0		0		4		0	0		
Retinol	mcg	0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)	mg	2.70		0		4		5.54	0.35		
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta	mg										
Vitamin D											
Vitamin K (phylloquinone)	mcg										
ipids:											
Fatty acids, total saturated	a	27.700)	0		1		56.785	3.546		
4:0		0.000		0		4		0.000	0.000		
6:0	-	0.000		0		4		0.000	0.000		
8:0		0.000		0		4		0.000	0.000		
10:0	-	0.000		0		4		0.000	0.000		
12:0	•	0.000		6		1		0.000	0.000		
13:0	-			-		•					
14:0		0.500	0.060	21		1		1.025	0.064		
15:0	_			-		•					
16:0		20.700	0.492	21		1		42.435	2.650		
17:0											
18:0		6.100	0.168	21		1		12.505	0.781		
20:0	_										
22:0	-										
24:0	-										

		<u>Ar</u>	nount in 100 g	arams of e	dible portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	its	Mean		Data Der		Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	a	56.700		0	1		116.235	7.258		
14:1		301700		·	_		110.233	7.250		
15:1										
16:1 undifferentiated		2.800	0.257	21	1		5.740	0.358		
17:1	_									
18:1 undifferentiated	g	53.500		0	1		109.675	6.848		
20:1	g	0.100		2	1		0.205	0.013		
22:1 undifferentiated	g	0.000		0	4		0.000	0.000		
24:1 c	g									
Fatty acids, total polyunsaturated	g	11.000		0	1		22.550	1.408		
18:2 undifferentiated	g	9.800	0.536	21	1		20.090	1.254		
18:3 undifferentiated	g	0.500	0.326	6	1		1.025	0.064		
18:4	g	0.000		0	4		0.000	0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated	-									
20:4 undifferentiated	g	0.000		1	1		0.000	0.000		
20:5 n-3	g	0.000		0	4		0.000	0.000		
22:5 n-3	g	0.000		0	4		0.000	0.000		
22:6 n-3	g	0.000		0	4		0.000	0.000		
Fatty acids, total trans	_									
Cholesterol	_	100		0	1		205	13		
Phytosterols	mg	0		0	4		0	0		
Amino Acids:										
Tryptophan	a	0.000		0	4		0.000	0.000		
Threonine		0.000		0	4		0.000	0.000		
Isoleucine		0.000		0	4		0.000	0.000		
Leucine	_	0.000		0	4		0.000	0.000		
Lysine	-	0.000		0	4		0.000	0.000		
Methionine		0.000		0	4		0.000	0.000		
Cystine		0.000		0	4		0.000	0.000		
Phenylalanine	-	0.000		0	4		0.000	0.000		
Tyrosine		0.000		0	4		0.000	0.000		
Valine	-	0.000		0	4		0.000	0.000		
Arginine	g	0.000		0	4		0.000	0.000		
Histidine		0.000		0	4		0.000	0.000		
Alanine	_	0.000		0	4		0.000	0.000		
Aspartic acid	_	0.000		0	4		0.000	0.000		
Glutamic acid		0.000		0	4		0.000	0.000		
Glycine	g	0.000		0	4		0.000	0.000		
Proline		0.000		0	4		0.000	0.000		
Serine	g	0.000		0	4		0.000	0.000		
Hydroxyproline	g									

Common Measures:

Measure 1 = 205g: 1 cup Measure 2 = 12.8g: 1 tbsp

Calories Factors: Protein Fat 8.84 Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u>	mount in 10	0 grams	of edib	Amount in edible portion of common				
				Number				<u>m</u>	easures of food	<u>l</u>
Nutrients and Uni	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	
Energy	kcal	902		0	NC	4		1849	115	
Energy	kj	3774				4		7737	483	
Protein (N x 0)	g	0.00		0		1		0.00	0.00	
Total lipid (fat)	g	100.00		0		1		205.00	12.80	
Ash	g	0.00		0		1		0.00	0.00	
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch										
Minerals:		_		_		_		_	_	
Calcium, Ca		0		0		4		0	0	
Iron, Fe.		0.00		0		4		0.00	0.00	
Magnesium, Mg		0		0		4		0	0	
Phosphorus, P		0		0		4		0	0	
Potassium, K		0		0		4		0	0	
Sodium, Na		0		0		4		0	0	
Zinc, Zn		0.00		0		4		0.00	0.00	
Copper, Cu		0.000	,	0		4		0.000	0.000	
Manganese, Mn		0.2		0	BFZN	4		0.4	0.0	
Selenium, Se	Ilicy	0.2		U	BFZN	4		0.4	0.0	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.000)	0		4		0.000	0.000	
Riboflavin	mg	0.000)	0		4		0.000	0.000	
Niacin	mg	0.000)	0		4		0.000	0.000	
Pantothenic acid	mg	0.000)	0		4		0.000	0.000	
Vitamin B-6	mg	0.000)	0		4		0.000	0.000	
Folate, total	mcg	0		0		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	0		0	AS	1		0	0	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	2.80		0		4		5.74	0.36	
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D						_				
Vitamin K (phylloquinone)	mcg	0.0		0	Z	7		0.0	0.0	
Lipids:										
Fatty acids, total saturated	а	47.300)	0		1		96.965	6.054	
4:0	-	0.000		0		1		0.000	0.000	
6:0		0.000		0		1		0.000	0.000	
8:0	_	0.000		0		1		0.000	0.000	
10:0	_	0.000		0		1		0.000	0.000	
12:0	-	0.000		0		1		0.000	0.000	
13:0										
14:0	-	3.800	0.18	36 64		1		7.790	0.486	
15:0	-									
16:0		21.500	0.29	0 64		1		44.075	2.752	
17:0										
18:0		19.500	0.76	64		1		39.975	2.496	
20:0										
22:0	g									
24:0	a									

		<u>Ar</u>	nount in 10	0 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common				
				Numbe					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	tedg	40.600		0		1		83.230	5.197			
14:1												
15:1	=											
16:1 undifferentiated	=	2.300	0.20	08 31		1		4.715	0.294			
17:1	_					_						
18:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	37.600				1		77.080	4.813			
20:1		0.000		0		1		0.000	0.000			
22:1 undifferentiated	•	0.000		0		1		0.000	0.000			
24:1 c		7.800		0		1		15.990	0.998			
Fatty acids, total polyunsaturate 18:2 undifferentiated		5.500				1		11.275	0.704			
18:3 undifferentiated		2.300				1		4.715	0.294			
18:4		0.000		0		1		0.000	0.000			
20:2 n-6 c.c.	-	0.000		·		-		0.000	0.000			
20:3 undifferentiated												
20:4 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.000		0		1		0.000	0.000			
20:5 n-3	g	0.000		0		1		0.000	0.000			
22:5 n-3	g	0.000		0		1		0.000	0.000			
22:6 n-3	g	0.000		0		1		0.000	0.000			
Fatty acids, total trans	g											
Cholesterol	mg	102		0		1		209	13			
Phytosterols	mg	0		0		4		0	0			
Amino Acids:												
Tryptophan	a	0.000		0		4		0.000	0.000			
Threonine		0.000		0		4		0.000	0.000			
Isoleucine	_	0.000		0		4		0.000	0.000			
Leucine	_	0.000		0		4		0.000	0.000			
Lysine		0.000		0		4		0.000	0.000			
Methionine		0.000		0		4		0.000	0.000			
Cystine		0.000		0		4		0.000	0.000			
Phenylalanine		0.000		0		4		0.000	0.000			
Tyrosine		0.000		0		4		0.000	0.000			
Valine	g	0.000		0		4		0.000	0.000			
Arginine	g	0.000		0		4		0.000	0.000			
Histidine	g	0.000		0		4		0.000	0.000			
Alanine	g	0.000		0		4		0.000	0.000			
Aspartic acid	g	0.000		0		4		0.000	0.000			
Glutamic acid	g	0.000		0		4		0.000	0.000			
Glycine	g	0.000		0		4		0.000	0.000			
Proline		0.000		0		4		0.000	0.000			
Serine		0.000		0		4		0.000	0.000			
Hydroxyproline	g											
Others:												
Alcohol, ethyl	q	0.0		0		7		0.0	0.0			
Caffeine		0		0	Z	7		0	0			
Theobromine		0		0	Z	7		0	0			
Carotenoids:												
	mca	0		0	z	7		0.000	0.000			
Carotene, beta		0		0	z Z	7		0.000	0.000			
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000			
Lycopene		0		0	Z	7		0.000	0.000			
Lutein + zeaxanthin		0		0	Z	7		0.000	0.000			
Luiciii + Zeaxallillilli	y	U		U	4	,		3.000	0.000			

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

NDB No. 04520 Fat, mutton tallow

Calories Factors: Protein Fat 9.02 Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u>	Amount in 100 grams of edible portion						edible portion	of common
			Nu	umber				me	easures of food	
Nutrients and Un	its	Mean	Std. Error P			Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water		0.20	0.026			1		0.41	0.03	0.01
Energy		900		0	NC	4		1846	115	39
Energy		3767				4		7723	482	162
Protein (N x 0)		0.00		0		1		0.00	0.00	0.00
Total lipid (fat)		99.80	0.026			1		204.59	12.77	4.29
Ash		0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference		0.00		0		1		0.00	0.00	0.00
Fiber, total dietary		0.0		0	_	4		0.0	0.0	0.0
Sugars, total		0.00		0	Z	7		0.00	0.00	0.00
Starch	9									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	0
Iron, Fe	mg	0.00		0		4		0.00	0.00	0.0
Magnesium, Mg	mg	0		0		4		0	0	0
Phosphorus, P		0		0		4		0	0	0
Potassium, K		0		0		4		0	0	0
Sodium, Na	-	0		0		4		0	0	0
Zinc, Zn		0.00		0		4		0.00	0.00	0.0
Copper, Cu		0.000)	0		7		0.000	0.000	0.0
Manganese, Mn		0.2		0	BFZN	4		0.4	0.0	
Selenium, Se	Ilicy	0.2		U	BFZN	4		0.4	0.0	0.0
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid		0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000)	0		4		0.000	0.000	0.0
Riboflavin	mg	0.000)	0		4		0.000	0.000	0.0
Niacin	mg	0.000)	0		4		0.000	0.000	0.0
Pantothenic acid	-	0.000		0		4		0.000	0.000	0.00
Vitamin B-6		0.000)	0		4		0.000	0.000	0.00
Folate, total		0		0		4		0	0	0
Folic acid		0		0	Z	7		0	0	0
Folate, food	mcg	0		0		4		0	0	0
Folate, DFE		0		0	NC	4		0	0	0
Vitamin B-12		0.00		0		4		0.00 0	0.00	0.00
Vitamin A, IU		0		0	AS	1		0	0 0	0
Vitamin A, RAE		0		0	AS Z	1 7		0	0	0
Retinol Vitamin E (alpha-tocopherol)		2.90		0	2	4		5.95	0.37	0.1
Tocopherol, beta		2.90		U		-		3.93	0.37	0.12
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0		0	z	7		0.0	0.0	0.0
<u>_ipids:</u>	~	00 400		^				60.070	2 762	
Fatty acids, total saturated		29.400		0		1 4		60.270	3.763	1.2
4:0	-	0.000		0		4		0.000	0.000	0.0
6:0 8:0.		0.000		0		4		0.000 0.000	0.000 0.000	0.0
8:0 10:0		0.000		0		4		0.000	0.000	0.0
12:0	-	0.000				1		0.000	0.000	0.0
13:0		0.000	. 0.031	,		-		0.000	0.000	0.0
14:0		0.900	0.058	32		1		1.845	0.115	0.0
15:0		0.500	0.030	-		-		1.045	0.113	0.0
16:0		20.600	0.520	32		1		42.230	2.637	0.8
17:0	_	_5.550	3.320	-		-			,	0.0
18:0		6.200	0.349	32		1		12.710	0.794	0.2
20:0						_				
22:0	-									
24:0	-									

		<u>Ar</u>	mount in 100 g			ole portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Uni	ts	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	42.900		0		1		87.945	5.491	1.845
14:1	g									
15:1	g									
16:1 undifferentiated	-	6.000	0.297	32		1		12.300	0.768	0.258
17:1										
18:1 undifferentiated	-	35.900		32		1		73.595	4.595	1.544
20:1	g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated	g	0.000		0		4		0.000	0.000	0.000
24:1 c	g									
Fatty acids, total polyunsaturated	g	23.100		0		1		47.355	2.957	0.993
18:2 undifferentiated	g	21.200	0.660	32		1		43.460	2.714	0.912
18:3 undifferentiated	g	1.400	0.079	32		1		2.870	0.179	0.060
18:4		0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c	-									
20:3 undifferentiated	g									
20:4 undifferentiated	-	0.300	0.031	11		1		0.615	0.038	0.013
20:5 n-3	-	0.000		0		4		0.000	0.000	0.000
22:5 n-3	-	0.000		0		4		0.000	0.000	0.000
22:6 n-3	-	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans		0.000		Ū		•		0.000	0.000	0.000
Cholesterol		102		0		1		209	13	4
Phytosterols	-	0		0		4		0	0	0
r ilytosterois		Ü		·		-		O	U	Ū
Amino Acids:										
Tryptophan	g	0.000		0		4		0.000	0.000	0.000
Threonine		0.000		0		4		0.000	0.000	0.000
Isoleucine	-	0.000		0		4		0.000	0.000	0.000
Leucine	-	0.000		0		4		0.000	0.000	0.000
Lysine		0.000		0		4		0.000	0.000	0.000
Methionine		0.000		0		4		0.000	0.000	0.000
Cystine		0.000		0		4		0.000	0.000	0.000
•	-	0.000		0		4		0.000	0.000	0.000
Phenylalanine				0		4				
Tyrosine	-	0.000		0				0.000	0.000	0.000
Valine	-	0.000				4		0.000	0.000	0.000
Arginine		0.000		0		4		0.000	0.000	0.000
Histidine		0.000		0		4		0.000	0.000	0.000
Alanine		0.000		0		4		0.000	0.000	0.000
Aspartic acid		0.000		0		4		0.000	0.000	0.000
Glutamic acid	g	0.000		0		4		0.000	0.000	0.000
Glycine	g	0.000		0		4		0.000	0.000	0.000
Proline	g	0.000		0		4		0.000	0.000	0.000
Serine	g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	0.0
Caffeine		0		0	Z	7		0	0	0
Theobromine		0		0	z	7		0	0	0
Carotenoids:		-		-					•	-
<u> </u>		_				_				
Carotene, beta		0		0	Z	7		0.000	0.000	0.000
Carotene, alpha		0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000	0.000
Lycopene		0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000	0.000	0.000

Common Measures:

Measure 1 = 205g: 1 cup Measure 2 = 12.8g: 1 tbsp Measure 3 = 4.3g: 1 tsp NDB No. 04575 Fat, turkey

Calories Factors: Protein Fat 8.84 Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u>	mount in 100	grams	Amount in edible portion of common					
			N	Number				m	easures of food	
			(of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	0.00		1		1		0.00	0.00	0.00
Energy	-	902		0	NC	4		1966	123	41
Energy		3774				4		8227	513	170
Protein (N x 0)		0.00		1		1		0.00	0.00	0.00
Total lipid (fat)	-	100.00		1		1		218.00	13.60	4.50
Ash		0.00		1		1		0.00	0.00	0.00
Carbohydrate, by difference		0.00		0		1		0.00	0.00	0.00
Fiber, total dietary		0.0		0		4		0.0	0.0	0.0
Sugars, total										
Starch										
<u> Minerals:</u>										
Calcium, Ca	-	0		0		4		0	0	0
Iron, Fe.	-	0.00		0		4		0.00	0.00	0.0
Magnesium, Mg		0		0		4		0 0	0	0
Phosphorus, P	•	0		0		4		0	0	0
Potassium, K		0		0		4		0	0	0
Sodium, NaZinc, Zn		0.00		0		4		0.00	0.00	0.0
Copper, Cu		0.000	1	0		4		0.000	0.000	0.0
Manganese, Mn		0.000		0		4		0.000	0.000	0.0
Selenium, Se		0.0		0	z	7		0.0	0.0	0.0
·										
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid		0.0		0		4		0.0	0.0	0.0
Thiamin	-			_						
Riboflavin		0.000		0		4		0.000	0.000	0.0
Niacin		0.000		0		4		0.000	0.000	0.0
Pantothenic acid		0.000		0		4		0.000	0.000	0.0
Vitamin B-6		0.000	,	0		4		0.000	0.000	0.0
Folate, total		0		0	_	4		0	0	0
Folic acid		0		0	Z	7		0 0	0	0
Folate, food					***	4			0 0	0
Folate, DFE	IIICG_DFE	0		0	NC	4 4		0		-
Vitamin B-12		0.00				4		0.00	0.00	0.0
Vitamin A, IU		100000 30000		1 1		1		218000 65400	13600	4500
Vitamin A, RAE		30000		1		1		65400	4080 4080	1350 1350
Retinol Vitamin E (alpha-tocopherol)		30000		_		1		65400	4000	1350
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		10000.000)	0	T	4		21800.000	1360.000	450.0
Vitamin K (phylloquinone)										
<u> Lipids:</u>				_		_				
Fatty acids, total saturated		22.608	3	0		1		49.285	3.075	1.0
4:0										
6:0										
8:0	-									
10:0										
12:0 13:0										
14:0		3.568	3	2		1		7.778	0.485	0.1
15:0		3.300	-	_		-		7.776	0.403	0.1
16:0		10.630)	2		1		23.173	1.446	0.4
17:0		20.030	-	-		-		23.113	1.440	0.4
18:0	_	2.799	9	2		1		6.102	0.381	0.1
20:0	_	2.193	-	_		-		3.102	0.501	0.1
22:0	_									
24:0	_									

		<u>An</u>	nount in 100 gra		ble portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	5	Mean	of Do	ata Deriv ts Code		Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	46.711)	1		101.830	6.353	2.102
14:1	-	40.711		,	-		101.830	0.333	2.102
15:1									
16:1 undifferentiated		8.309		2	1		18.114	1.130	0.374
17:1	g								
18:1 undifferentiated	g	20.653		2	1		45.024	2.809	0.929
20:1	g	10.422		2	1		22.720	1.417	0.469
22:1 undifferentiated	g	7.328		2	1		15.975	0.997	0.330
24:1 c	g								
Fatty acids, total polyunsaturated	g	22.541)	1		49.139	3.066	1.014
18:2 undifferentiated	g	0.935		2	1		2.038	0.127	0.042
18:3 undifferentiated	g	0.935		2	1		2.038	0.127	0.042
18:4	g	0.935		2	1		2.038	0.127	0.042
20:2 n-6 c,c	g								
20:3 undifferentiated	g								
20:4 undifferentiated	g	0.935		2	1		2.038	0.127	0.042
20:5 n-3	g	6.898		2	1		15.038	0.938	0.310
22:5 n-3	g	0.935		2	1		2.038	0.127	0.042
22:6 n-3	g	10.968		2	1		23.910	1.492	0.494
Fatty acids, total trans	g								
Cholesterol	mg	570		L	1		1243	78	26
Phytosterols	<u>mg</u>								

Common Measures:

Measure 1 = 218g: 1 cup Measure 2 = 13.6g: 1 tbsp Measure 3 = 4.5g: 1 1tsp

Calories Factors: Protein Fat 9.02 Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u>	mount in 100) grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
				Number				me	easures of food		
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	0.00		1		1		0.00	0.00	0.00	
Energy		902		0	NC	4		1966	123	41	
Energy		3774		·	2.0	4		8227	513	170	
Protein (N x 0)		0.00		1		1		0.00	0.00	0.00	
Total lipid (fat)		100.00		1		1		218.00	13.60	4.50	
Ash		0.00		1		1		0.00	0.00	0.00	
		0.00		0		1		0.00		0.00	
Carbohydrate, by difference		0.00		0		4		0.00	0.00	0.00	
Fiber, total dietary		0.0		U		4		0.0	0.0	0.0	
Sugars, total											
Starch	9										
Minerals:											
Calcium, Ca	mg	0		0		4		0	0	0	
Iron, Fe		0.00		0		4		0.00	0.00	0.0	
Magnesium, Mg	mg	0		0		4		0	0	0	
Phosphorus, P		0		0		4		0	0	0	
Potassium, K	mg	0		0		4		0	0	0	
Sodium, Na	mg	0		0		4		0	0	0	
Zinc, Zn	<u>mg</u>	0.00		0		4		0.00	0.00	0.0	
Copper, Cu	mg	0.000)	0		4		0.000	0.000	0.0	
Manganese, Mn	<u>mg</u>	0.000)	0		4		0.000	0.000	0.0	
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0	
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0	
Thiamin		0.000)	0		4		0.000	0.000	0.0	
Riboflavin	mg	0.000)	0		4		0.000	0.000	0.0	
Niacin	_	0.000)	0		4		0.000	0.000	0.0	
Pantothenic acid	<u>mg</u>	0.000		0		4		0.000	0.000	0.0	
Vitamin B-6	-	0.000)	0		4		0.000	0.000	0.0	
Folate, total		0		0		4		0	0	0	
Folic acid	mcg	0		0	Z	7		0	0	0	
Folate, food		0		0		4		0	0	0	
Folate, DFE		0		0	NC	4		0	0	0	
Vitamin B-12		0.00		0		4		0.00	0.00	0.0	
Vitamin A, IU	IU	0		0		4		0	0	0	
Vitamin A, RAE		0		0		4		0	0	0	
Retinol		0		0	Z	7		0	0	0	
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:		21 200		0				46 410	2 205	0.9	
Fatty acids, total saturated		21.290	,	0		1		46.412	2.895	0.9	
4:0 6:0											
8:0	-										
10:0											
12:0		0.157	7	17		1		0.342	0.021	0.0	
13:0		0.13	•	Ξ,		_		0.342	0.021	0.0	
14:0		7.186	5	17		1		15.665	0.977	0.3	
15:0	_	,.100	-	Ξ,		_		13.003	0.311	0.3	
16:0	_	11.704	1	17		1		25.515	1.592	0.5	
17:0	_	11.704	-	Ι,		_		23.313	1.332	0.5	
18:0	_	0.818	3	17		1		1.783	0.111	0.0	
20:0	_	0.016	-	Ξ,		-		1.765	0.111	0.0	
22:0	-										
24:0	-										

		<u>An</u>	nount in 100) grams	Amount in edible portion of common measures of food					
Nutrients and Unit	s	Mean	Std. Error		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Pw il wil		56.564		0		-		102 210	7.602	2.545
Fatty acids, total monounsaturated	-	30.364		U		1		123.310	7.693	2.545
15:1										
16:1 undifferentiated		9.642		17		1		21.020	1.311	0.434
17:1										
18:1 undifferentiated	-	11.955		17		1		26.062	1.626	0.538
20:1	g	13.625		17		1		29.703	1.853	0.613
22:1 undifferentiated	g	20.613		17		1		44.936	2.803	0.928
24:1 c	g									
Fatty acids, total polyunsaturated	g	15.604		0		1		34.017	2.122	0.702
18:2 undifferentiated	g	1.149		17		1		2.505	0.156	0.052
18:3 undifferentiated	g	0.763		17		1		1.663	0.104	0.034
18:4	g	2.305		17		1		5.025	0.313	0.104
20:2 n-6 c,c										
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.289		17		1		0.630	0.039	0.013
20:5 n-3	g	6.273		17		1		13.675	0.853	0.282
22:5 n-3		0.619	0.00			1		1.349	0.084	0.028
22:6 n-3	g	4.206		17		1		9.169	0.572	0.189
Fatty acids, total trans	-									
Cholesterol	_	766		1		1		1670	104	34
Phytosterols	mg									

Common Measures:

Measure 1 = 218g: 1 cup Measure 2 = 13.6g: 1 tbsp Measure 3 = 4.5g: 1 1tsp

Calories Factors: Protein Fat 9.02 Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u>	mount in 100	<u>grams</u>	of edil	ole portio	<u>on</u>	Amount in edible portion of common			
				Number	•			m	easures of food		
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	0.00		1		1		0.00	0.00	0.00	
Energy	-	902		0	NC	4		1966	123	41	
Energy		3774				4		8227	513	170	
Protein (N x 0)	=	0.00		1		1		0.00	0.00	0.00	
Total lipid (fat)		100.00		1		1		218.00	13.60	4.50	
Ash		0.00		1		1		0.00	0.00	0.00	
Carbohydrate, by difference		0.00		0		1		0.00	0.00	0.00	
Fiber, total dietary		0.0		0		4		0.0	0.0	0.0	
Sugars, total											
Starch											
Minerals:	ma	0		^		4		0	^	0	
Calcium, Ca		0.00		0 0		4		0.00	0 0.00	0.0	
Magnesium, Mg	_	0.00		0		4		0.00	0.00	0.0	
Phosphorus, P		0		0		4		0	0	0	
Potassium, K	_	0		0		4		0	0	0	
Sodium, Na		0		0		4		0	0	0	
Zinc, Zn	-	0.00		0		4		0.00	0.00	0.0	
Copper, Cu		0.000)	0		4		0.000	0.000	0.0	
Manganese, Mn	mg	0.000	ס	0		4		0.000	0.000	0.0	
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0	
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid		0.0		0		4		0.0	0.0	0.0	
Thiamin	-	0.000		0		4		0.000	0.000	0.0	
Riboflavin		0.000		0		4		0.000	0.000	0.0	
Niacin	-	0.000		0 0		4		0.000	0.000	0.0	
Pantothenic acid		0.000		0		4 4		0.000 0.000	0.000	0.0	
Vitamin B-6	-	0.000	,	0		4		0.000	0.000 0	0.0	
Folate, total		0		0	z	7		0	0	0	
Folate, food		0		0	4	4		0	0	0	
Folate, DFE		0		0	NC	4		Ö	0	0	
Vitamin B-12		0.00		0	110	4		0.00	0.00	0.0	
Vitamin A, IU		0		0		4		0	0	0	
Vitamin A, RAE		0		0		4		0	0	0	
Retinol		0		0	Z	7		0	0	0	
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma	mg										
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
<u> ipids:</u>											
Fatty acids, total saturated		30.427	7	0		1		66.331	4.138	1.3	
4:0											
6:0 8:0											
10:0	-										
12:0											
13:0											
14:0		7.958	3	4		1		17.348	1.082	0.3	
15:0			-	-		-		2540	1.002		
16:0		15.146	6	4		1		33.018	2.060	0.6	
17:0				=		•			= 7 0 0 0		
18:0	-	3.775	5	4		1		8.230	0.513	0.1	
20:0	-										
22:0	-										
24:0	g										

		<u>Ar</u>	mount in 10	0 grams	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Units		Mean	Std. Error	of Data Points	 Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	26.694		0	1		58.193	3.630	1.201
14:1	-	20.051		ŭ	-		30.133	3.030	1.201
15:1									
16:1 undifferentiated	-	10.482		4	1		22.851	1.426	0.472
17:1	g								
18:1 undifferentiated	g	14.527		4	1		31.669	1.976	0.654
20:1	g	1.332		4	1		2.904	0.181	0.060
22:1 undifferentiated	g	0.352		4	1		0.767	0.048	0.016
24:1 c	g								
Fatty acids, total polyunsaturated	g	34.197		0	1		74.549	4.651	1.539
18:2 undifferentiated	g	2.154		4	1		4.696	0.293	0.097
18:3 undifferentiated	g	1.490		4	1		3.248	0.203	0.067
18:4	g	2.739		4	1		5.971	0.373	0.123
20:2 n-6 c,c	g								
20:3 undifferentiated	g								
20:4 undifferentiated	g	1.169		4	1		2.548	0.159	0.053
20:5 n-3	g	13.168		4	1		28.706	1.791	0.593
22:5 n-3	g	4.915	0.0	00 4	1		10.715	0.668	0.221
22:6 n-3	g	8.562		4	1		18.665	1.164	0.385
Fatty acids, total trans	g								
Cholesterol	mg	521		1	1		1136	71	23
Phytosterols	mg								

Common Measures:

Measure 1 = 218g: 1 cup Measure 2 = 13.6g: 1 tbsp Measure 3 = 4.5g: 1 1tsp

Calories Factors: Protein Fat 9.02 Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u>	mount in 10	0 grams	of edik	ole portio	<u>n</u>		edible portion	
				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
Proximates:										
Water	g	0.00		1		1		0.00	0.00	0.00
Energy	kcal	902		0	NC	4		1849	113	41
Energy	kj	3774				4		7737	472	170
Protein (N x 0)	g	0.00		1		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		1		1		205.00	12.50	4.50
Ash	g	0.00		1		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Min and a										
Minerals: Calcium, Ca	ma	0		0		4		0	0	0
Iron, Fe	-	0.00		0		4 <u>.</u> 1		0.00	0.00	0.00
Magnesium, Mg		0.00		0		4		0.00	0.00	0.00
Phosphorus, P		0		0		4		0	0	0
Potassium, K		0		0		4		0	0	0
Sodium, Na		0		0		4		0	0	0
Zinc, Zn		0.00		0		4		0.00	0.00	0.00
Copper, Cu		0.000)	0		4		0.000	0.000	0.00
Manganese, Mn		0.000		0		4		0.000	0.000	0.00
Selenium, Se		0.0		0	z	7		0.0	0.0	0.0
	•									
Vitamins:										
Vitamin C, total ascorbic acid	-	0.0	_	0		4		0.0	0.0	0.0
Thiamin		0.000		0		4		0.000	0.000	0.00
Riboflavin	-	0.000		0		4		0.000	0.000	0.00
Niacin	_	0.000		0		4		0.000	0.000	0.00
Pantothenic acid	-	0.000		0		4		0.000	0.000	0.00
Vitamin B-6		0.000)	0		4		0.000	0.000	0.00
Folate, total		0		0	_	4		0	0	0
Folic acid		0		0	Z	7		0	0	0
Folate, food		0		0		4 4		0	0	0
Folate, DFE		0.00		0	NC	4		-	0.00	0
Vitamin B-12 Vitamin A, IU		0.00		0		4		0.00	0.00	0.00
		0		0		4		0	0	0
Vitamin A, RAE		0		0	z	7		0	0	0
Vitamin E (alpha-tocopherol)		O		U	2	,		U	U	U
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>										
Fatty acids, total saturated		95.600)	0		1		195.980	11.950	4.30
4:0										
6:0										
8:0 10:0										
12:0	-									
13:0										
14:0	-	9.057	7	1		1		18.567	1.132	0.40
15:0				-		-		20.007		5.20
16:0		35.221	L	1		1		72.203	4.403	1.58
17:0	-			=						
18:0	-	21.133	3	1		1		43.323	2.642	0.95
20:0	-								· · · ·	
22:0	-									

	<u>Amount i</u>	in 100 grams of e		Amount in edible portion of common measures of food			
Nutrients and Units	Mean Std. E		v Source Confidenc e Code Code	e Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.000	0	1	0.000	0.000	0.000	
Fatty acids, total polyunsaturated	0.000	0	1	0.000	0.000	0.000	

Common Measures:

Measure 1 = 205g: 1 cup Measure 2 = 12.5g: 1 tbsp Measure 3 = 4.5g: 1 1tsp

Calories Factors: Protein Fat 9.02 Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u>	mount in 10	<u>u grams</u>	or ean	ole portio	<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	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	0.00		1		1		0.00	0.00	0.00	
Energy	kcal	902		0	NC	4		1966	123	41	
Energy	kj	3774				4		8227	513	170	
Protein (N x 0)	g	0.00		1		1		0.00	0.00	0.00	
Total lipid (fat)	g	100.00		1		1		218.00	13.60	4.50	
Ash	g	0.00		1		1		0.00	0.00	0.00	
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0	
Sugars, total	g										
Starch	g										
Minerals:											
Calcium, Ca	mg	0		0		4		0	0	0	
Iron, Fe	-	0.00		0		4		0.00	0.00	0.00	
Magnesium, Mg	mg	0		0		4		0	0	0	
Phosphorus, P	mg	0		0		4		0	0	0	
Potassium, K	-	0		0		4		0	0	0	
Sodium, Na		0		0		4		0	0	0	
Zinc, Zn		0.00		0		4		0.00	0.00	0.00	
Copper, Cu		0.000		0		4		0.000	0.000	0.00	
Manganese, Mn	-	0.000)	0	_	4		0.000	0.000	0.00	
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0	
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	_	0.0		0		4		0.0	0.0	0.0	
Thiamin	-	0.000		0		4		0.000	0.000	0.00	
Riboflavin	_	0.000		0		4		0.000	0.000	0.00	
Niacin	-	0.000		0		4		0.000	0.000	0.00	
Pantothenic acid		0.000		0		4		0.000	0.000	0.00	
Vitamin B-6		0.000)	0		4		0.000	0.000	0.00	
Folate, total		0		0 0	-	4 7		0 0	0	0	
Folic acid		0		0	Z	4		0	0	0	
Folate, food		0		0	NC	4		0	0	0	
Vitamin B-12		0.00		0	NC	4		0.00	0.00	0.00	
Vitamin A, IU		0.00		0		4		0.00	0.00	0.00	
Vitamin A, RAE		0		0		4		Ö	0	0	
Retinol		0		0	z	7		0	0	0	
Vitamin E (alpha-tocopherol)									·	·	
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	g	19.872	2	0		1		43.321	2.703	0.89	
4:0											
6:0	g										
8:0	g										
10:0											
12:0											
13:0	-										
14:0	_	3.280)	1		1		7.150	0.446	0.14	
15:0		_				_					
16:0		9.840)	1		1		21.451	1.338	0.44	
17:0	-	_	_			_			_		
18:0	-	4.245	5	1		1		9.254	0.577	0.19	
20:0 22:0	-										

		An	nount in 100 gran		<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Unit	S	Mean		a Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Father side total management of	α.	29.037	0		1		63.301	3.949	1.307
Fatty acids, total monounsaturated	-	29.037	U		1		63.301	3.949	1.307
15:1									
16:1 undifferentiated		4.823	1		1		10.514	0.656	0.217
17:1									
18:1 undifferentiated	_	16.978	1		1		37.012	2.309	0.764
20:1	g	3.859	1		1		8.413	0.525	0.174
22:1 undifferentiated	g	3.376	1		1		7.360	0.459	0.152
24:1 c	g								
Fatty acids, total polyunsaturated	g	40.324	0		1		87.906	5.484	1.815
18:2 undifferentiated	g	1.543	1		1		3.364	0.210	0.069
18:3 undifferentiated	g	1.061	1		1		2.313	0.144	0.048
18:4	g	2.798	1		1		6.100	0.381	0.126
20:2 n-6 c,c	g								
20:3 undifferentiated	g								
20:4 undifferentiated	g	0.675	1		1		1.472	0.092	0.030
20:5 n-3	g	13.023	1		1		28.390	1.771	0.586
22:5 n-3	g	2.991	1		1		6.520	0.407	0.135
22:6 n-3	g	18.232	1		1		39.746	2.480	0.820
Fatty acids, total trans	g								
Cholesterol	mg	485	1		1		1057	66	22
Phytosterols	mg								

Common Measures:

Measure 1 = 218g: 1 cup Measure 2 = 13.6g: 1 tbsp Measure 3 = 4.5g: 1 1tsp

Calories Factors: Protein Fat 9.02 Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u>	mount in 10	0 grams	of edib	ole portio	<u>n</u>	Amount in	edible portion	of common
				Number				<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	q	0.00		1		1		0.00	0.00	0.00
Energy	-	902		0	NC	4		1966	123	41
Energy		3774		•		4		8227	513	170
Protein (N x 0)		0.00		1		1		0.00	0.00	0.00
		100.00		1		1		218.00	13.60	4.50
Total lipid (fat)		0.00		1		1		0.00		0.00
Ash						_			0.00	
Carbohydrate, by difference		0.00		0		1		0.00	0.00	0.00
Fiber, total dietary		0.0		0		4		0.0	0.0	0.0
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	0
Iron, Fe	-	0.00		0		4		0.00	0.00	0.0
Magnesium, Mg		0		0		4		0	0	0
Phosphorus, P		0		0		4		0	0	0
Potassium, K	mg	0		0		4		0	0	0
Sodium, Na	mg	0		0		4		0	0	0
Zinc, Zn		0.00		0		4		0.00	0.00	0.0
Copper, Cu		0.000)	0		4		0.000	0.000	0.0
Manganese, Mn		0.000)	0		4		0.000	0.000	0.0
Selenium, Se		0.0		0	z	7		0.0	0.0	0.0
/itamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin		0.000)	0		4		0.000	0.000	0.0
Riboflavin		0.000)	0		4		0.000	0.000	0.0
Niacin	-	0.000)	0		4		0.000	0.000	0.0
Pantothenic acid	_	0.000		0		4		0.000	0.000	0.0
Vitamin B-6		0.000)	0		4		0.000	0.000	0.0
Folate, total	-	0		0		4		0	0	0
Folic acid		0		0	Z	7		0	0	0
Folate, food		0		0		4		0	0	0
Folate, DFE		0		0	NC	4		0	0	0
Vitamin B-12		0.00		0		4		0.00	0.00	0.0
Vitamin A, IU		0		0		4		0	0	0
Vitamin A, RAE	mca RAF	0		0		4		0	0	Ö
Retinol		0		0	z	7		0	0	0
		U		U	2	,		O	U	U
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta		332.000	,	0	т	4		723.760	45.152	14.9
Vitamin D Vitamin K (phylloquinone)		332.000	,	U	т	4		723.760	45.152	14.9
ipids:										
Fatty acids, total saturated	а	29.892	2	0		1		65.165	4.065	1.3
4:0										
6:0	-									
8:0										
10:0										
12:0		0.103	3	2		1		0.225	0.014	0.0
13:0				_		-			0.021	
14:0	-	6.525	5	2		1		14.225	0.887	0.2
15:0	-	0.525	-	_		-			0.007	٠.٤
16:0	-	16.646	5	2		1		36.288	2.264	0.7
17:0	-	20.040	-	_		-		30.200	2.204	0.7
18:0	-	3.887	7	2		1		8.474	0.529	0.1
20:0	-	3.08	•	_		-		0.4/4	0.529	0.1
22:0	-									
44.U	9									

		<u>An</u>	nount in 100 gram	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Unit	:s	Mean	of Data Std. Error Points		Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	33.841	0	1		73.773	4.602	1.523
14:1	_	33.041	v	-		73.773	4.002	1.323
15:1								
16:1 undifferentiated		7.514	2	1		16.381	1.022	0.338
17:1	g							
18:1 undifferentiated	g	14.752	2	1		32.159	2.006	0.664
20:1	g	5.986	2	1		13.049	0.814	0.269
22:1 undifferentiated	g	5.589	2	1		12.184	0.760	0.252
24:1 c	g							
Fatty acids, total polyunsaturated	g	31.867	0	1		69.470	4.334	1.434
18:2 undifferentiated	g	2.014	2	1		4.391	0.274	0.091
18:3 undifferentiated	g	1.327	2	1		2.893	0.180	0.060
18:4	g	3.025	2	1		6.595	0.411	0.136
20:2 n-6 c,c	g							
20:3 undifferentiated	g							
20:4 undifferentiated	g	1.756	2	1		3.828	0.239	0.079
20:5 n-3	g	10.137	2	1		22.099	1.379	0.456
22:5 n-3	g	1.973	2	1		4.301	0.268	0.089
22:6 n-3	g	10.656	2	1		23.230	1.449	0.480
Fatty acids, total trans	g							
Cholesterol	mg	710	1	1		1548	97	32
Phytosterols	mg							

Common Measures:

Measure 1 = 218g: 1 cup Measure 2 = 13.6g: 1 tbsp Measure 3 = 4.5g: 1 1tsp

Calories Factors: Protein Fat 9.02 Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u> 1	mount in 100	<u>0 grams</u>	of edil	ole portio	<u>on</u>	Amount in edible portion of common			
			l	Number				<u>m</u>	easures of food	_	
				of Data	Deriv	Source	Confidence				
Nutrients and Unit	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	0.00				1		0.00	0.00		
Energy	kcal	884				1		1927	120		
Energy	kj	3699				1		8063	503		
Protein	g	0.00				7		0.00	0.00		
Total lipid (fat)	g	100.00				1		218.00	13.60		
Ash	g	0.00		0	Z	7		0.00	0.00		
Carbohydrate, by difference		0.00				7		0.00	0.00		
Fiber, total dietary	g	0.0				7		0.0	0.0		
Sugars, total	g	0.00		0	Z	7		0.00	0.00		
Starch	g										
Minerals:											
Calcium, Ca		0				4		0	0		
Iron, Fe.	-	0.00				4		0.00	0.00		
Magnesium, Mg		0				4		0 0	0 0		
Phosphorus, P		0				4		0	0		
Potassium, KSodium, Na		0				4		0	0		
Zinc, Zn		0.00				4		0.00	0.00		
Copper, Cu		0.000)			4		0.000	0.000		
Manganese, Mn		0.000	,			-		0.000	0.000		
Selenium, Se		0.0		0	z	7		0.0	0.0		
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0				7		0.0	0.0		
Thiamin	mg	0.000)			7		0.000	0.000		
Riboflavin	mg	0.000)			7		0.000	0.000		
Niacin	mg	0.000)			7		0.000	0.000		
Pantothenic acid	_										
Vitamin B-6	_	0.000)			7		0.000	0.000		
Folate, total		0			_	7		0	0		
Folic acid		0		0	Z	7		0	0		
Folate, food		0		^	170	7		0	0		
Folate, DFE		0		0	NC	4 7		0	0		
Vitamin B-12		0.00				-		0.00	0.00 0		
Vitamin A, IU Vitamin A, RAE	mca PAF	0		0	AS	4 1		0	0		
Retinol		0		0	AS Z	7		0	0		
Vitamin E (alpha-tocopherol)		17.50		0	NR	4		38.15	2.38		
Tocopherol, beta		17.50		Ū	MIX	•		30.13	2.30		
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		0.0		0	z	7		0.0	0.0		
Lipids:											
Fatty acids, total saturated		9.400				1		20.492	1.278		
4:0		0.000				1		0.000	0.000		
6:0		0.000				1		0.000	0.000		
8:0	-	0.000				1		0.000	0.000		
10:0	-	0.000				1		0.000	0.000		
12:0	-	0.000	,			1		0.000	0.000		
13:0		0 000				-		0.000	0 000		
14:0	-	0.000	,			1		0.000	0.000		
15:0		5.300	1			1		11 554	0.701		
16:0		5.300	,			1		11.554	0.721		
17:0		4.100	1			1		0 020	0 550		
18:0		4.100	,			1		8.938	0.558		
20:0	-										
22:0 24:0	-										

		<u>Ar</u>	nount in 10	0 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
				Number	Deriv	Source	Confidence	<u>m</u>	easures of food		
Nutrients and Units	i	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated		20.200				1		44.036	2.747		
14:1	-										
15:1 16:1 undifferentiated		0.000				1		0.000	0.000		
16:1 undifferentiated		0.000				_		0.000	0.000		
18:1 undifferentiated		20.200				1		44.036	2.747		
20:1	-	0.000				1		0.000	0.000		
22:1 undifferentiated		0.000				1		0.000	0.000		
24:1 c		0.000				-		0.000	0.000		
Fatty acids, total polyunsaturated	-	66.000				1		143.880	8.976		
18:2 undifferentiated		12.700				1		27.686	1.727		
18:3 undifferentiated.	-	53.300				1		116.194	7.249		
18:4		0.000				1		0.000	0.000		
20:2 n-6 c,c											
20:3 undifferentiated											
20:4 undifferentiated	g	0.000				1		0.000	0.000		
20:5 n-3	g	0.000				1		0.000	0.000		
22:5 n-3	g	0.000				1		0.000	0.000		
22:6 n-3	g	0.000				1		0.000	0.000		
Fatty acids, total trans	g										
Cholesterol	mg	0				7		0	0		
Phytosterols	mg										
Others:											
Alcohol, ethyl	g	0.0				7		0.0	0.0		
Caffeine	mg	0		0	Z	7		0	0		
Theobromine	mg	0		0	Z	7		0	0		
Carotenoids:											
Carotene, beta	mcg	0		0	z	7		0.000	0.000		
Carotene, alpha	-	0		0	z	7		0.000	0.000		
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000		
Lycopene		0		0	Z	7		0.000	0.000		
Lutein + zeaxanthin	mcg	0		0	z	7		0.000	0.000		

Common Measures:

Measure 1 = 218g: 1 cup Measure 2 = 13.6g: 1 tbsp

Calories Factors: Protein Fat Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u>	mount in 10	0 grams	of edil	ole portio	<u>n</u>		edible portion	
				Number				<u>m</u>	easures of food	<u>l</u>
Nutrients and Uni	its	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	
Energy	kcal	902		0	NC	4		1849	115	
Energy	kj	3774				4		7737	483	
Protein (N x 0)	g	0.00		0		1		0.00	0.00	
Total lipid (fat)	g	100.00		0		1		205.00	12.80	
Ash	g	0.00		0		1		0.00	0.00	
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
3.61										
Minerals:	ma	0		1		4		0	0	
Calcium, Ca		0.00		1 0		4		0.00	0 0.00	
Iron, Fe		0.00		1		4		0.00	0.00	
Phosphorus, P		0		0		4		0	0	
Potassium, K		Ö		3		1		0	0	
Sodium, Na		0		3		1		0	0	
Zinc, Zn		0.11		1		4		0.23	0.01	
Copper, Cu		0.000)	0		4		0.000	0.000	
Manganese, Mn		0.000		0		4		0.000	0.000	
Selenium, Se		0.2		2	A	1		0.4	0.0	
•	•									
Vitamins:										
Vitamin C, total ascorbic acid	-	0.0		0		4		0.0	0.0	
Thiamin		0.000		0		4		0.000	0.000	
Riboflavin		0.000		0		4		0.000	0.000	
Niacin	_	0.000		0		4		0.000	0.000	
Pantothenic acid	-	0.000		0		4		0.000	0.000	
Vitamin B-6		0.000)	0		4		0.000	0.000	
Folate, total		0		0 0	Z	4 7		0 0	0 0	
Folic acid		0		0	Z	4		0	0	
Folate, foodFolate, DFE		0		0	NC	4		0	0	
		0.00		0	NC	4		0.00	0.00	
Vitamin B-12 Vitamin A, IU		0.00		0	AS	1		0.00	0.00	
		0		0	AS	1		0	0	
Vitamin A, RAE		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	-	0.60		1	A	1		1.23	0.08	
Tocopherol, beta		0.00		1	A	1		0.00	0.00	
Tocopherol, gamma		0.00		1	A	1		0.00	0.00	
Tocopherol, delta		0.00		1	A	1		0.00	0.00	
Vitamin D		0.00		_		_		0.00	0.00	
Vitamin K (phylloquinone)		0.0		0	z	7		0.0	0.0	
<u>Lipids:</u>										
Fatty acids, total saturated	-	39.200		0		1		80.360	5.018	
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		0.100				1		0.205	0.013	
12:0		0.200	0.08	37 22		1		0.410	0.026	
13:0	-	1 200				4		0.665	0.166	
14:0	_	1.300	0.06	8 33		1		2.665	0.166	
15:0		22 000		95 38		1		40 700	2 046	
16:0		23.800	0.29	,, 38		1		48.790	3.046	
17:0		13.500	0.43	35 38		1		27 675	1 700	
18:0		13.300	0.43	,, ,,		1		27.675	1.728	
20:0 22:0										
7.7. U	9									

		<u>Ar</u>	nount in 100 g			ole portio	<u>n</u>		edible portion o	of common
			Nι	ımber	-			<u>m</u>	easures of food	
					Deriv	Source	Confidence			
Nutrients and l	Units	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturat	g	45.100		0		1		92.455	5.773	
15:1 16:1 undifferentiated	g	2.700	0.270	36		1		5.535	0.346	
17:1 18:1 undifferentiated	g	41.200	0.532	38		1		84.460	5.274	
20:1 22:1 undifferentiated	g	1.000 0.000	0.210	7 0		1		2.050 0.000	0.128 0.000	
Fatty acids, total polyunsaturate	edg	11.200 10.200	0.243	0 38		1 1		22.960 20.910	1.434 1.306	
18:2 undifferentiated	g	1.000	0.107	29 0		1		2.050 0.000	0.128 0.000	
18:4 20:2 n-6 c,c 20:3 undifferentiated	g	0.000		U		1		0.000	0.000	
20:4 undifferentiated	g	0.000		0		1 1		0.000	0.000	
22:5 n-3	g	0.000		0		1		0.000	0.000	
Fatty acids, total trans	g	95		0		1		195	12	
Phytosterols	-	0		0		4		0	0	
Amino Acids:	_									
Tryptophan Threonine		0.000		0		4 4		0.000 0.000	0.000 0.000	
Isoleucine	-	0.000		0		4		0.000	0.000	
Leucine	-	0.000		0		4		0.000	0.000	
Lysine		0.000		0		4		0.000	0.000	
Methionine	g	0.000		0		4		0.000	0.000	
Cystine	g	0.000		0		4		0.000	0.000	
Phenylalanine	g	0.000		0		4		0.000	0.000	
Tyrosine		0.000		0		4		0.000	0.000	
Valine		0.000		0		4		0.000	0.000	
Arginine		0.000		0		4		0.000	0.000	
Histidine	-	0.000		0		4		0.000	0.000	
Alanine		0.000		0		4		0.000	0.000	
Aspartic acid		0.000		0		4		0.000	0.000	
Glutamic acid		0.000		0		4		0.000	0.000	
Glycine	-	0.000		•		4		0.000	0.000	
Proline	-	0.000		0		4		0.000	0.000	
Serine Hydroxyproline		0.000		U		4		0.000	0.000	
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	
Caffeine	mg	0		0	Z	7		0	0	
Theobromine	mg	0		0	Z	7		0	0	
Carotenoids:										
Carotene, beta		0		0	Z	7		0.000	0.000	
Carotene, alpha		0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta		0		0	z	7		0.000	0.000	
Lycopene		0		0	z	7		0.000	0.000	
Lutein + zeaxanthin	rncg	0		0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

NDB No. 04002

Lard

Calories Factors: Protein Fat 9.02 Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u> 1	mount in 100 g	rams	of edik	ole portio	<u>n</u>	Amount in	edible portion	of common
			Nu	mber				m	easures of food	<u>.</u>
					Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	49.66	0.207	6	A	1				
Energy	_	424		0	NC	4				
Energy		1776		0	NC	4				
Protein (N x 6.38)		0.20	0.043	6	A	1				
Total lipid (fat)		47.53	0.115	6	A	1				
Ash		1.75	0.086	6	A	1				
Carbohydrate, by difference		0.86		0	NC	4				
Fiber, total dietary		0.0		0	Z	7				
Sugars, total										
Starch										
Minerals:										
Calcium, Ca	-	4	0.217	6	A	1				
Iron, Fe.	• • • • • • • • • • • • • • • • • • • •	0.21	0.077	5	A	1				
Magnesium, Mg		1	0.019	6	A	1				
Phosphorus, P	•	4 36	0.325 1.292	6 6	A A	1 1				
Potassium, K	_	646	32.791	6	A	1				
Sodium, NaZinc, Zn		0.06	0.021	6	A	1				
Copper, Cu		0.008		6	A	1				
Manganese, Mn		0.000		5	A	1				
Selenium, Se		0.0	0.000	3	A	1				
•										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.0		0	Z	7				
Thiamin	_	0.000		3	A	1				
Riboflavin		0.019		3	A	1				
Niacin	_	0.000		3	A	1				
Pantothenic acid		0.001		1	A	1				
Vitamin B-6	-	0.001		3	A	1				
Folate, total		2 0	0.061	3 0	A Z	1 7				
Folic acid		2	0.061		Z A	1				
Folate, food		2	0.061	3 0	NC	4				
Folate, DFE		2		U	NC	4				
Vitamin B-12 Vitamin A, IU										
Vitamin A, RAE										
Retinol										
Vitamin E (alpha-tocopherol)		3.94	0.045	6	A	1				
Tocopherol, beta				-		_				
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	101.3	2.657	6	A	1				
<u>Lipids:</u>		0.700		•	***					
Fatty acids, total saturated		8.792		0 6	NC A	4 1				
4:0		0.000		6		1				
6:0		0.000		6	A A	1				
8:0 10:0		0.000		6	A	1				
12:0		0.000		6	A	1				
13:0	-	0.000	0.000	J	A	_				
14:0	-	0.038	0.001	6	A	1				
15:0	-	0.000		6	A	1				
16:0	-	4.862		6	A	1				
17:0	•	0.049		6	A	1				
18:0		3.425		6	A	1				
20:0		0.162		6	A	1				
		0.185		6	A	1				
22:0	(1									

	<u>Ar</u>	nount in 100 N	grams umber		ole portic	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Std. Error P			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	16.416		0	NC	4					
14:1g	0.000	0.000	6	A	1					
15:1g										
16:1 undifferentiatedg	0.034		0	AS	1					
16:1 cg	0.034	0.001	6	A	1					
16:1 tg	0.000	0.000	6	A	1					
17:1g										
18:1 undifferentiatedg	16.316		0	AS	1					
18:1 cg	11.894	0.434	6	A	1					
18:1 tg	4.422	0.442		A	1					
20:1g	0.066	0.003		A	1					
22:1 undifferentiatedg	0.000	0.000		A	1					
24:1 cg	0.000	0.000	6	A	1					
Fatty acids, total polyunsaturatedg	20.235		0	NC	4					
18:2 undifferentiatedg	17.886		0	AS	1					
18:2 n-6 c,cg	17.355	0.938	6	A	1					
18:2 CLAsg										
18:2 c,tg										
18:2 t,cg										
18:2 t,tg			_							
18:2 ig	0.532	0.319	6	A	1					
18:2 t not further definedg			_							
18:3 undifferentiatedg	2.121		0	AS	1					
18:4g	0.000		6	A	1					
20:2 n-6 c,cg	0.228	0.026		A	1					
20:3 undifferentiatedg	0.000	0.000	6	A	1					
20:4 undifferentiatedg	0.000	0.000	6	A	1					
20:5 n-3g	0.000	0.000	6 6	A	1 1					
22:5 n-3g	0.000	0.000		A	_					
22:6 n-3g	0.000		6	A	1					
Fatty acids, total trans	4.422		0	NC NC	4 4					
Fatty acids, total trans-monoenoic9	4.422		U	NC	4					
Fatty acids, total trans-polyenoic9	1	0.070	3	A	1					
Cholesterolmg	1	0.070	3	A	1					
Phytosterolsmg Stigmasterolmg	20	0.521	6	A	1					
Campesterolmg	22	0.521	6	A	1					
Beta-sitosterol mg	62	1.070		A	1					
Deta-sitosteroiiiig	02	1.070	0	A	1					

Common Measures:

Calories Factors: Protein 4.27 Fat 8.84 Carbohydrate 3.87

Food Group: 04 Fats and Oils

Refuse: 0%

		A	mount in 100			ole portic	o <u>n</u>		edible portion of easures of food	
Nutrients and Un	its	Mean		Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	90.69		2	A	1		211.31	13.24	
Energy	kcal	44		0	NC	4		103	6	
Energy	kj	184		0	NC	4		430	27	
Protein	g	0.10		2	A	1		0.23	0.01	
Total lipid (fat)		3.04		2	A	1		7.08	0.44	
Ash	g	1.83		2	A	1		4.27	0.27	
Carbohydrate, by difference		4.34		0	NC	4		10.10	0.63	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total		0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	8		2	A	1		18	1	
Iron, Fe	mg	0.08		2	A	1		0.19	0.01	
Magnesium, Mg		1		2	A	1		3	0	
Phosphorus, P	_	2		2	A	1		5	0	
Potassium, K		36		2	A	1		85	5	
Sodium, Na		580 0.07		2 2	A A	1 1		1350 0.16	85 0.01	
Zinc, Zn Copper, Cu	_	0.000	1	2	A	1		0.16	0.000	
Manganese, Mn		0.000		2	A	1		0.000	0.000	
Selenium, Se		0.0		1	A	1		0.0	0.0	
Vitamins: Vitamin C, total ascorbic acid	ma	0.0		0	Z	7		0.0	0.0	
Thiamin	_	1.011		1	A	1		2.356	0.148	
Riboflavin	-	0.000		1	A	1		0.000	0.000	
Niacin		0.883		1	A	1		2.057	0.129	
Pantothenic acid	-	0.271		1	A	1		0.631	0.040	
Vitamin B-6		0.001	L	1	A	1		0.002	0.000	
Folate, total		0		0	z	7		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food		0		0	Z	7		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	3307		_		4		7705	483	
Vitamin A, RAE	mcg_RAE	993		0	NC	4		2314	145	
Retinol		993 0.52		0 2	NC A	4 1		2314 1.21	145 0.08	
Vitamin E (alpha-tocopherol) Tocopherol, beta		0.52		2	A	1		1.21	0.08	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.1		2	A	1		0.1	0.0	
Lipids:										
Fatty acids, total saturated	g	2.128	3	0	NC	4		4.958	0.311	
4:0		0.000		2	A	1		0.000	0.000	
6:0		0.000)	2	A	1		0.000	0.000	
8:0	g	0.000)	2	A	1		0.000	0.000	
10:0	g	0.000)	2	A	1		0.000	0.000	
12:0		0.009	•	2	A	1		0.020	0.001	
13:0	-			_		_		_		
14:0	-	0.028	3	2	A	1		0.064	0.004	
15:0	-	0 050	,	^	-	4		0.001	0.100	
16:0	_	0.953	•	2	A	1		2.221	0.139	
17:0 18:0		1.126	5	2	A	1		2.624	0.164	
20:0	-	0.012		2	A	1		0.028	0.002	
22:0	_	0.011		_		-		3.020	0.002	

	<u>A</u>	mount in 100 gran Numb		<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean		a Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
24:0g								
Fatty acids, total monounsaturatedg	0.356	0	NC	4		0.829	0.052	
14:1g								
15:1g								
16:1 undifferentiatedg	0.000	2	A	1		0.000	0.000	
17:1g								
18:1 undifferentiatedg	0.178		AS	1		0.415	0.026	
18:1 cg	0.010		A	1		0.023	0.001	
18:1 tg	0.168		A	1		0.392	0.025	
20:1g	0.000		A	1		0.000	0.000	
22:1 undifferentiatedg	0.000	2	A	1		0.000	0.000	
24:1 cg								
Fatty acids, total polyunsaturated	0.422		NC	4		0.984	0.062	
18:2 undifferentiatedg	0.376		AS	1		0.877	0.055	
18:2 n-6 c,cg	0.376	2	A	1		0.877	0.055	
18:2 CLAsg								
18:2 c,tg								
18:2 t,cg								
18:2 t,tg								
18:2 i								
18:2 t not further definedg	0.046	0	AS	1		0 100	0.007	
18:3 undifferentiated	0.000		AS A	1		0.108 0.000	0.007 0.000	
	0.000	2	A	_		0.000	0.000	
20:2 n-6 c,c								
20:4 undifferentiated	0.000	2	A	1		0.000	0.000	
20:5 n-3g	0.000		A	1		0.000	0.000	
22:5 n-3g	0.000		A	1		0.000	0.000	
22:6 n-3g	0.000		A	1		0.000	0.000	
Fatty acids, total trans9	0.168		NC	4		0.392	0.025	
Fatty acids, total trans-monoenoic9	0.168		NC	4		0.392	0.025	
Fatty acids, total trans-polyenoicg	0.200	•		-		0.332	0.023	
Cholesterolmg	0	2	A	1		1	0	
Phytosterolsmg								
Stigmasterolmg	1	2	A	1		1	0	
Campesterolmg	1	2	A	1		2	0	
Beta-sitosterolmg	2	2	A	1		4	0	
Others:				_				
Alcohol, ethyl	0.0	0	z -	7		0.0	0.0	
Caffeine mg	0	0	Z	7		0	0	
Theobromine mg	0	0	Z	7		0	0	
<u>Carotenoids:</u>								
Carotene, betamcg	0	0	Z	7		0.000	0.000	
Carotene, alphamcg	0	0	Z	7		0.000	0.000	
Cryptoxanthin, beta mcg	0	0	Z	7		0.000	0.000	
Lycopenemcg	0	0	Z	7		0.000	0.000	
Lutein + zeaxanthin mcg	0	0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 233g: 1 cup Measure 2 = 14.6g: 1 tbsp

Calories Factors: Protein 4.27 Fat 8.84 Carbohydrate 3.87

NDB No. 04631

Margarine spread, fat-free, tub

Food Group: 04 Fats and Oils

NDB No. 04629 Margarine, 70% vegetable oil spread, soybean and soybean(hydrogenated)

		<u>Aı</u>	mount in 100	grams	s of edil	ole portio	<u>n</u>		edible portion	
			N	umbe	r			<u>m</u>	easures of food	<u>l</u>
			0	f Data	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	27.41	0.444	10	A	1		3.84		
Energy	kcal	619			NC	4		87		
Energy	kj	2589			NC	4		362		
Protein (N x 6.38)	g	0.21	0.049	10	A	1		0.03		
Total lipid (fat)	g	69.40	1.237	10	A	1		9.72		
Ash	g	1.85	0.065	10	A	1		0.26		
Carbohydrate, by difference	g	1.13			NC	4		0.16		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minanaka										
Minerals:	ma	7	1.023	10	A	1		1		
Calcium, Ca	_	0.12	0.004	10	A A	1		0.02		
Magnesium, Mg	_	2	0.004	10	A	1		0.02		
Phosphorus, P		10	0.957		A	1		1		
Potassium, K		46	5.735		A	1		6		
Sodium, Na		700	8.591	10	A	1		98		
Zinc, Zn		0.06	0.019	10	A	1		0.01		
Copper, Cu	-	0.00	0.013	10	A	-		0.01		
Manganese, Mn		0.014		1	A	1		0.002		
Selenium, Se	_	0.011		-		-		0.002		
Scientini, Sc	9									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-									
Thiamin	-	0.052		1	A	1		0.007		
Riboflavin		0.025	0.004	5	A	1		0.004		
Niacin										
Pantothenic acid		0.001		4	A	1		0.000		
Vitamin B-6	-	0.003		1	A	1		0.000		
Folate, total		1	0.106	3	A	1		0		
Folic acid		0		0	Z	7		0		
Folate, food		1	0.106		A	1		0		
Folate, DFE		1		0	NC	4		0		
Vitamin B-12										
Vitamin A, IU										
Vitamin A, RAE										
Retinol										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
	- 3									
<u>Lipids:</u>										
Fatty acids, total saturated		12.623			NC	4		1.767		
4:0										
6:0										
8:0										
10:0		2 222	0.000	10	-			0 000		
12:0	_	0.000	0.000	10	A	1		0.000		
13:0	-	2 211	2 222	^	-			0.000		
14:0	-	0.041		8	A	1		0.006		
15:0	-	0.000			A	1		0.000		
16:0	-	7.005		10	A	1		0.981		
17:0	-	0.000			A	1		0.000		
18:0	-	5.085		10	A	1		0.712		
20:0		0.233 0.258			A A	1		0.033		
22:0			0.002			1		0.036		

		<u>Aı</u>	mount in 100 N	grams umbei		<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units		Mean		f Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	а	36.733			NC	4		5.143		
14:1		0.000		10	A	1		0.000		
15:1										
16:1 undifferentiated		0.000			AS	1		0.000		
16:1 c	-	0.000	0.000	10	A	1		0.000		
16:1 t		0.000	0.000	10	A	1		0.000		
17:1	g									
18:1 undifferentiated		36.733			AS	1		5.143		
18:1 c	g	17.506	0.462	10	A	1		2.451		
18:1 t	g	19.227	0.039	10	A	1		2.692		
20:1	g	0.000	0.000	10	A	1		0.000		
22:1 undifferentiated	g	0.000	0.000	10	A	1		0.000		
24:1 c	g	0.000	0.000	10	A	1		0.000		
Fatty acids, total polyunsaturated		16.299			NC	4		2.282		
18:2 undifferentiated		14.723			AS	1		2.061		
18:2 n-6 c,c	g	13.656	0.267	10	A	1		1.912		
18:2 CLAs										
18:2 c,t	g									
18:2 t,c	g									
18:2 t,t	g									
18:2 i	g	1.067	0.618	10	A	1		0.149		
18:2 t not further defined	g									
18:3 undifferentiated	g	1.575			AS	1		0.221		
18:4	g									
20:2 n-6 c,c	g	0.000	0.000	10	A	1		0.000		
20:3 undifferentiated	g	0.000	0.000	10	A	1		0.000		
20:4 undifferentiated	g	0.000	0.000	10	A	1		0.000		
20:5 n-3	g	0.000	0.000	10	A	1		0.000		
22:5 n-3	g	0.000	0.000	10	A	1		0.000		
22:6 n-3	g									
Fatty acids, total trans	g	19.227			NC	4		2.692		
Fatty acids, total trans-monoenoic	g	19.227			NC	4		2.692		
Fatty acids, total trans-polyenoic										
Cholesterol	mg	0	0.000	6	A	1		0		
Phytosterols										
Stigmasterol	mg	25	0.757	6	A	1		3		
Campesterol		31	0.304	6	A	1		4		
Beta-sitosterol	mg	81	2.067	6	A	1		11		

Common Measures:

Measure 1 = 14.0g: 1 tbsp

Calories Factors: Protein 4.27 Fat 8.84 Carbohydrate 3.87

Food Group: 04 Fats and Oils

NDB No. 04628 Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils

		<u>A</u>	mount in 100 gr			ole portio	<u>on</u>		edible portion	
				nber		_		<u>m</u>	easures of food	<u>.</u>
							Confidence			
Nutrients and Uni	its	Mean	Std. Error Poi	ints	Code	Code	Code	Measure 1	Measure 2	Measure :
Proximates:										
Water	g	17.17	0.077	8	A	1		2.40		
Energy	kcal	705		0	NC	4		99		
Energy	kj	2948		0	NC	4		413		
Protein	g	0.18	0.001	4	A	1		0.02		
Total lipid (fat)	g	78.77	0.700	8	A	1		11.03		
Ash		1.94	0.024	8	A	1		0.27		
Carbohydrate, by difference		1.94		0	NC	4		0.27		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	mg	3	0.166	8	A	1		0		
Iron, Fe	-	0.12	0.015	8	A	1		0.02		
Magnesium, Mg		1	0.030	8	A	1		0		
Phosphorus, P	mg	5	0.202	8	A	1		1		
Potassium, K	mg	18	0.862	6	A	1		2		
Sodium, Na	-	654	19.966	8	A	1		92		
Zinc, Zn		0.11	0.021	8	A	1		0.01		
Copper, Cu										
Manganese, Mn										
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.012	2	1	A	1		0.002		
Riboflavin	mg	0.000		4	A	1		0.000		
Niacin	-	0.003		4	A	1		0.000		
Pantothenic acid		0.000		4	A	1		0.000		
Vitamin B-6		0.000)	1	A	1		0.000		
Folate, total		1		2	A	1		0		
Folic acid		0 1		0 2	Z	7 1		0		
Folate, food		1		0	A NC	4		0		
Vitamin B-12		1		U	NC	4		U		
Vitamin A, IU										
Vitamin A, RAE										
Retinol										
Vitamin E (alpha-tocopherol)		6.23	0.638	8	A	1		0.87		
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D					_	_				
Vitamin K (phylloquinone)	mcg	75.0	9.109	16	A	1		10.5		
Lipids:	~	14 50		^				0.000		
Fatty acids, total saturated		14.787		0 8	NC	4		2.070		
4:0		0.000		8	A A	1 1		0.000 0.000		
6:0 8:0		0.000		8	A A	1		0.000		
10:0	-	0.000		8	A	1		0.000		
12:0	_	0.000		8	A	1		0.000		
13:0	_	0.000	. 0.000	-		-		3.000		
14:0	_	0.069	0.003	8	A	1		0.010		
15:0	-	0.000		8	A	1		0.000		
16:0		8.135		8	A	1		1.139		
17:0	_	0.000		8	A	1		0.000		
18:0		6.047	0.117	8	A	1		0.847		
20:0	g	0.263	0.006	8	A	1		0.037		
22:0	q	0.271	0.007	8	A	1		0.038		

		<u>Ar</u>	nount in 100 g	rams	of edil	ole portic	<u>on</u>	Amount in edible portion of common			
			Ni	mber					easures of food		
					Deriv	Source	Confidence			_	
Nutrients and Unit	s	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3	
24:0	g	0.000	0.000	8	A	1		0.000			
Fatty acids, total monounsaturated	g	37.201		0	NC	4		5.208			
14:1	g	0.000	0.000	8	A	1		0.000			
15:1	g										
16:1 undifferentiated	g	0.000		0	AS	1		0.000			
16:1 c	-	0.000	0.000	8	A	1		0.000			
16:1 t		0.000	0.000	8	A	1		0.000			
17:1	_										
18:1 undifferentiated	-	37.201		0	AS	1		5.208			
18:1 c	-	17.515	0.439	8	A	1		2.452			
18:1 t		19.686	0.415	8	A	1		2.756			
20:1		0.000	0.000	8	A	1		0.000			
22:1 undifferentiated		0.000	0.000	8	A	1		0.000			
24:1 c	-	0.000	0.000	8	A	1		0.000			
	-	23.097	0.000	0	NC	4		3.234			
Fatty acids, total polyunsaturated				0	AS	1		2.923			
18:2 undifferentiated	-	20.877	0.746	8	AS A	1					
18:2 n-6 c,c	_	20.174	0.746	8	A	1		2.824			
18:2 CLAs	_										
18:2 c,t	_										
18:2 t,c											
18:2 t,t	-		0.160		_	_					
18:2 i		0.703	0.162	8	A	1		0.098			
18:2 t not further defined				_							
18:3 undifferentiated		2.220		0	AS	1		0.311			
18:4		0.000		8	A	1		0.000			
20:2 n-6 c,c	_	0.000	0.000	8	A	1		0.000			
20:3 undifferentiated	g	0.000	0.000	8	A	1		0.000			
20:4 undifferentiated	g	0.000	0.000	8	A	1		0.000			
20:5 n-3	g	0.000	0.000	8	A	1		0.000			
22:5 n-3	g	0.000	0.000	8	A	1		0.000			
22:6 n-3	g	0.000		8	A	1		0.000			
Fatty acids, total trans	g	19.686		0	NC	4		2.756			
Fatty acids, total trans-monoenoic	g	19.686		0	NC	4		2.756			
Fatty acids, total trans-polyenoic											
Cholesterol		0	0.000	4	A	1		0			
Phytosterols											
Stigmasterol		28	1.105	4	A	1		4			
Campesterol		41	2.622	4	A	1		6			
Beta-sitosterol.		117	14.160	4	A	1		16			

Common Measures:

Measure 1 = 14.0g: 1 tbsp

Calories Factors: Protein 4.27 Fat 8.84 Carbohydrate 3.87

Food Group: 04 Fats and Oils

NDB No. 04665 Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated), for flaky pastries

		<u>A</u>	mount in 100 g	grams o	of edib	le portio	<u>n</u>	Amount in	edible portion	of common
			Nı	umber				me	easures of food	
				f Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error P			Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	15.80		0	BFZN	4		2.21		
	_	714		0	LC	8		100		
Energy		2989		0	LC	8		418		
Energy	=									
Protein		1.90		0	BFZN	4		0.27		
Total lipid (fat)		80.20		1	PAK	1		11.23		
Ash		2.00		0	BFZN	4		0.28		
Carbohydrate, by difference		0.00		0	BFZN	4		0.00		
Fiber, total dietary		0.0		0	BFZN	4		0.0		
Sugars, total	g	0.00		0	BFZN	4		0.00		
Starch	g									
Minorals:										
Minerals: Calcium, Ca	ma	66		0	BFZN	4		9		
Iron, Fe	-	0.00		0	BFZN	4		0.00		
	-	6		0	BFZN	4		1		
Magnesium, Mg Phosphorus, P		51		0	BFZN	4		7		
1 ,	•	94		0	BFZN	4		13		
Potassium, K		879		0	LC	8		123		
Sodium, Na		0.00		0	BFZN	4		0.00		
Zinc, Zn		0.00	,	0	BFZN	4		0.000		
Copper, Cu		0.000	,	U	DF 4N	4		0.000		
Manganese, Mn		0.0		0	DEGN	4		0.0		
Selenium, Se	Ilicy	0.0		U	BFZN	4		0.0		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.4		0	BFZN	4		0.0		
Thiamin	mg	0.022	2	0	BFZN	4		0.003		
Riboflavin	mg	0.081	L	0	BFZN	4		0.011		
Niacin		0.050)	0	BFZN	4		0.007		
Pantothenic acid	_	0.187	7	0	BFZN	4		0.026		
Vitamin B-6		0.019)	0	BFZN	4		0.003		
Folate, total	_	3		0	BFZN	4		0		
Folic acid		0		0	BFZN	4		0		
Folate, food		3		0	BFZN	4		0		
Folate, DFE	mca DFE	3		0	NC	4		0		
Vitamin B-12		0.21		0	BFZN	4		0.03		
Vitamin A, IU		4286		0	LC	8		600		
Vitamin A, RAE		1032		0	NC	4		144		
Retinol		981		0	NR	4		137		
Vitamin E (alpha-tocopherol)		4.60		0	BFZN	4		0.64		
Tocopherol, beta		4.00		·	21 211	•		0.04		
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		106.2		0	BFZN	4		14.9		
				•		-				
<u>Lipids:</u>										
Fatty acids, total saturated	g	20.442		0	NC	4		2.862		
4:0		0.000		1	A	1		0.000		
6:0	g	0.000)	1	A	1		0.000		
8:0	g	0.000)	1	A	1		0.000		
10:0	g	0.000)	1	A	1		0.000		
12:0	g	0.052	2	1	A	1		0.007		
13:0	g									
14:0	g	0.121	L	1	A	1		0.017		
15:0	g	0.038	3	1	A	1		0.005		
16:0		9.604	l	1	A	1		1.344		
17:0		0.107		1	A	1		0.015		
18:0	-	9.959		1	A	1		1.394		
20:0	-	0.284		1	A	1		0.040		
	-	0.277		1	A	1		0.039		
22:0										

	<u>Aı</u>	mount in 10	0 grams	<u>on</u>	Amount in edible portion of common measures of food				
Nutrients and Units	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	46.692		0	NC	4		6.537		
14:1g									
15:1g					_				
16:1 undifferentiatedg	0.061		0	AS	1		0.009		
16:1 cg	0.061		1	A	1		0.009		
16:1 tg									
17:1g									
18:1 undifferentiatedg	46.631		0	AS	1		6.528		
18:1 cg	25.077		1	A	1		3.511		
18:1 tg	21.554		1	A	1		3.018		
20:1g	0.000		1	A	1		0.000		
22:1 undifferentiatedg	0.000		1	A	1		0.000		
24:1 cg									
Fatty acids, total polyunsaturated9	9.265		0	NC	4		1.297		
18:2 undifferentiatedg	8.478		0	AS	1		1.187		
18:2 n-6 c,cg	5.759		1	A	1		0.806		
18:2 CLAsg									
18:2 c,tg									
18:2 t,cg									
18:2 t,tg									
18:2 ig	2.719		1	A	1		0.381		
18:2 t not further definedg									
18:3 undifferentiatedg	0.786		0	AS	1		0.110		
18:4g	0.000		1	A	1		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		1	A	1		0.000		
20:5 n-3g	0.000		1	A	1		0.000		
22:5 n-39	0.000		1	A	1		0.000		
22:6 n-3g	0.000		1	A	1		0.000		
Fatty acids, total transg	24.747		0	NC	4		3.465		
Fatty acids, total trans-monoenoicg	21.554		0	NC	4		3.018		
Fatty acids, total trans-polyenoicg	3.193		0	NC	4		0.447		
Cholesterolmg	0		0	LC	8		0		
Phytosterolsmg									
Others:									
Alcohol, ethyl	0.0		0	BFZN	4		0.0		
Caffeine mg	0		0	BFZN	4		0		
Theobrominemg	0		0	BFZN	4		0		
Carotenoids:	·		·		-		•		
Carotene, betamcg	610		0	BFZN	4		85.400		
Carotene, alphamcg	0		0	BFZN	4		0.000		
Cryptoxanthin, beta mcg	0		0	BFZN	4		0.000		
Lycopenemcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin mcg	•		•		-		2.000		

Common Measures:

Measure 1 = 14.0g: 1 tbsp

Calories Factors: Protein Fat Carbohydrate

Food Group: 04 Fats and Oils

NDB No. 04668 Margarine, industrial, soy (partially hydrogenated) and soy, use for baking, sauces and candy

		<u>A</u>	mount in 100 g	grams c	of edib	le portio	<u>n</u>	Amount in edible portion of common		
			Nı	umber				me	easures of food	
				f Data [Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	15.80		0	BFZN	4		35.87		0.74
Energy		714		0	LC	8		1621		34
Energy		3017		0	BFZN	4		6848		142
Protein		1.90		0	BFZN	4		4.31		0.09
Total lipid (fat)		80.00		1	PAK	1		181.60		3.76
Ash		2.00		0	BFZN	4		4.54		0.09
Carbohydrate, by difference		0.00		0	BFZN	4		0.00		0.00
Fiber, total dietary		0.0		0	BFZN	4		0.0		0.0
Sugars, total		0.00		0	BFZN	4		0.00		0.00
Starch		0.00		·	21211	-		0.00		0.00
Starcii	9									
<u>Minerals:</u>										
Calcium, Ca	-	66		0	BFZN	4		150		3
Iron, Fe	-	0.00		0	BFZN	4		0.00		0.0
Magnesium, Mg		6		0	BFZN	4		13		0
Phosphorus, P	-	51		0	BFZN	4		116		2
Potassium, K		94		0	BFZN	4		214		4
Sodium, Na		886		0	LC	8		2011		42
Zinc, Zn		0.00		0	BFZN	4		0.00		0.0
Copper, Cu		0.000)	0	BFZN	4		0.000		0.0
Manganese, Mn		0.0		•				0.0		
Selenium, Se	mcg	0.0		0	BFZN	4		0.0		0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0	BFZN	4		0.8		0.0
Thiamin	mg	0.022	2	0	BFZN	4		0.050		0.0
Riboflavin	mg	0.081	L	0	BFZN	4		0.184		0.0
Niacin		0.050)	0	BFZN	4		0.114		0.0
Pantothenic acid	mg	0.187	7	0	BFZN	4		0.424		0.0
Vitamin B-6	mg	0.019	•	0	BFZN	4		0.043		0.0
Folate, total	mcg	3		0	BFZN	4		6		0
Folic acid	mcg	0		0	BFZN	4		0		0
Folate, food	mcg	3		0	BFZN	4		7		0
Folate, DFE	mcg_DFE	3		0	NC	4		7		0
Vitamin B-12		0.21		0	BFZN	4		0.48		0.0
Vitamin A, IU	IU	3571		0	LC	8		8107		168
Vitamin A, RAE	mcg_RAE	819		0	BFZN	4		1859		38
Retinol		768		0	BFZN	4		1743		36
Vitamin E (alpha-tocopherol)	mg	4.60		0	BFZN	4		10.44		0.2
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	106.2		0	BFZN	4		241.1		5.0
Lipids:										
Fatty acids, total saturated	q	16.321	L	0	NC	4		37.048		0.7
4:0		0.000		1	A	1		0.000		0.0
6:0	-	0.000		1	A	1		0.000		0.0
8:0		0.000		1	A	1		0.000		0.0
10:0		0.000		1	A	1		0.000		0.0
12:0		0.179		1	A	1		0.407		0.0
13:0	-	2 · = · •								
14:0	-	0.106	5	1	A	1		0.240		0.0
15:0	-	0.038		1	A	1		0.086		0.0
16:0		8.912		1	A	1		20.231		0.4
17:0		0.091		1	A	1		0.207		0.0
18:0	-	6.465		1	A	1		14.676		0.3
20:0	-	0.260		1	A	1		0.591		0.0
22:0	-	0.269		1	A	1		0.610		0.0
	g g	0.203	•	-	-1	_		0.010		0.0

	<u>An</u>	nount in 10		Amount in edible portion of common measures of food					
			Number of Data		Source	Confidence	<u></u>	<u> </u>	
Nutrients and Units	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	37.460		0	NC	4		85.035		1.761
14:19	37.400		Ü	NC	-		65.035		1.761
15:1g									
16:1 undifferentiatedg	0.053		0	AS	1		0.120		0.002
16:1 cg	0.053		1	A	1		0.120		0.002
16:1 tg									
17:1g									
18:1 undifferentiatedg	37.323		0	AS	1		84.723		1.754
18:1 cg	18.353		1	A	1		41.661		0.863
18:1 tg	18.970		1	A	1		43.062		0.892
20:1g	0.084		1	A	1		0.192		0.004
22:1 undifferentiatedg	0.000		1	A	1		0.000		0.000
24:1 cg	22.422		0	NC	4		50.898		1.054
Fatty acids, total polyunsaturatedg 18:2 undifferentiatedg	19.665		0	AS	1		44.640		0.924
18:2 n-6 c,c9	18.400		1	A	1		41.769		0.924
18:2 CLAsg	10.400		_		_		41.769		0.865
18:2 CLASg									
18:2 t,cg									
18:2 t,tg									
18:2 ig	1.265		1	A	1		2.871		0.059
18:2 t not further definedg									
18:3 undifferentiatedg	2.757		0	AS	1		6.258		0.130
18:4g	0.000		1	A	1		0.000		0.000
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		1	A	1		0.000		0.000
20:5 n-3g	0.000		1	A	1		0.000		0.000
22:5 n-3g	0.000		1	A	1		0.000		0.000
22:6 n-3g	0.000		1	A	1		0.000		0.000
Fatty acids, total transg	20.578		0	NC	4		46.711		0.967
Fatty acids, total trans-monoenoicg	18.970		0	NC	4		43.062		0.892
Fatty acids, total trans-polyenoicg	1.608		0	NC	4		3.649		0.076
Cholesterol mg	0		0	LC	8		0		0
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	BFZN	4		0.0		0.0
Caffeine mg	0		0	BFZN	4		0		0
Theobromine mg	0		0	BFZN	4		0		0
Carotenoids:									
Carotene, betamcg	610		0	BFZN	4		1384.700		28.670
Carotene, alphamcg	0		0	BFZN	4		0.000		0.000
Cryptoxanthin, betamcg	0		0	BFZN	4		0.000		0.000
Lycopenemcg	0		0	BFZN	4		0.000		0.000
Lutein + zeaxanthinmcg	0		0	BFZN	4		0.000		0.000

Common Measures:

Measure 1 = 227g: 1 cup Measure 3 = 4.7g: 1 tsp

Calories Factors: Protein Fat Carbohydrate

Food Group: 04 Fats and Oils

NDB No. 04065 Margarine, regular, hard, corn (hydrogenated and regular)

		<u>A</u> 1	mount in 100 g	grams	Amount in edible portion of common					
			Nι	umbei	•			<u>m</u>	easures of food	<u>l</u>
			of	f Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	15.70	0.194	93		1		0.74	17.74	
Energy	kcal	719		0	NC	4		34	812	
Energy	kj	3007		0		4		141	3398	
Protein (N x 6.38)	g	0.90	0.077	34		1		0.04	1.02	
Total lipid (fat)	g	80.50	0.026	572		1		3.78	90.97	
Ash	g	2.00	0.031	61		1		0.09	2.26	
Carbohydrate, by difference	g	0.90		0	NC	4		0.04	1.02	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g	0.00		0	CAZN	4		0.00	0.00	
Starch	g									
3.61										
Minerals:	ma	20		^		4		1	24	
Calcium, Ca	-	30 0.00		0		1 4		1 0.00	34 0.00	
, , , , , , , , , , , , , , , , , , , ,	• • • • • • • • • • • • • • • • • • • •	3		0		1		0.00	3	
Magnesium, Mg Phosphorus, P		23		0		1		1	3 26	
Potassium, K	-	42		0		1		2	48	
Sodium. Na		943	9.459			1		44	1066	
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.00	9.439	0		4		0.00	0.00	
Copper, Cu		0.000	1	0	BFZN	4		0.000	0.000	
Manganese, Mn		0.000	•	·	21 211	•		0.000	0.000	
Selenium, Se	_	0.0		0	z	7		0.0	0.0	
•										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.2		0		1		0.0	0.2	
Thiamin	_	0.010		0		1		0.000	0.011	
Riboflavin		0.037		0		1		0.002	0.042	
Niacin	-	0.023		0		1		0.001	0.026	
Pantothenic acid	_	0.084		0		1		0.004	0.095	
Vitamin B-6		0.009)	0		1		0.000	0.010	
Folate, total		1		0		1		0	1	
Folic acid		0		0	Z	7		0	0	
Folate, food	mcg	1		0		1		0	1	
Folate, DFE		1		0	NC	4		0	1	
Vitamin B-12		0.10		0		1		0.00	0.11	
Vitamin A, IU		3571		0	ML	5		168	4035	
Vitamin A, RAE		819		0	NC	4		38	925	
Retinol		768		0	CAZN	4		36	868	
Vitamin E (alpha-tocopherol)		11.60	2.167	6		1		0.55	13.11	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin K (phylloquinone)		1.5		0	BFFN	4		0.1	1.8	
vitamin K (phynodumone)	9	1.5		·	DIII	•		0.1	1.0	
<u>Lipids:</u>										
Fatty acids, total saturated	g	14.000)	0		1		0.658	15.820	
4:0	g	0.000)	0		4		0.000	0.000	
6:0	g	0.000)	0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	-	0.000		0		4		0.000	0.000	
12:0		0.000)	0		4		0.000	0.000	
13:0										
14:0	g	0.100	0.035	6		1		0.005	0.113	
15:0										
16:0	g	9.200	0.207	22		1		0.432	10.396	
17:0										
18:0		4.800	0.155	22		1		0.226	5.424	
20:0	-									
22:0	-									
24:0	g									

	<u>Ar</u>	nount in 100 g		Amount in edible portion of common measures of food						
Nutrients and	Unito	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Nutrients and	Units	Weari	Std. Ellor	Omico		Oouc	Couc	Weasure 1	WiedSure 2	Wedsure 3
Fatty acids, total monounsatur	ated Q	38.800		0		1		1.824	43.844	
14:1	g									
15:1 16:1 undifferentiated	_	0.000		0		4		0.000	0.000	
17:1	_									
18:1 undifferentiated	_	38.800	0.479	22		1		1.824	43.844	
20:1		0.000		0		4		0.000	0.000	
22:1 undifferentiated	•	0.000		0		4		0.000	0.000	
24:1 cFatty acids, total polyunsaturat		24.100		0		1		1.133	27.233	
18:2 undifferentiated		23.700	0.465	22		1		1.114	26.781	
18:3 undifferentiated		0.400	0.035	21		1		0.019	0.452	
18:4		0.000		0		4		0.000	0.000	
20:2 n-6 c,c	• • • • • • • • • • • • • • • • • • • •			-		=		,,,,,		
20:3 undifferentiated	_									
20:4 undifferentiated	g	0.000		0		4		0.000	0.000	
20:5 n-3	g	0.000		0		4		0.000	0.000	
22:5 n-3	g	0.000		0		4		0.000	0.000	
22:6 n-3	g	0.000		0		4		0.000	0.000	
Fatty acids, total trans	g									
Cholesterol	-	0		0		4		0	0	
Phytosterols	mg	570	33.000	7		1		27	644	
Amino Acids:										
Tryptophan	g	0.012		0		1		0.001	0.014	
Threonine		0.039		0		1		0.002	0.044	
Isoleucine	g	0.052		0		1		0.002	0.059	
Leucine	g	0.084		0		1		0.004	0.095	
Lysine	g	0.068		0		1		0.003	0.077	
Methionine	g	0.021		0		1		0.001	0.024	
Cystine	g	0.008		0		1		0.000	0.009	
Phenylalanine	g	0.041		0		1		0.002	0.046	
Tyrosine	g	0.041		0		1		0.002	0.046	
Valine		0.057		0		1		0.003	0.064	
Arginine	g	0.031		0		1		0.001	0.035	
Histidine	_	0.023		0		1		0.001	0.026	
Alanine	_	0.029		0		1		0.001	0.033	
Aspartic acid		0.065		0		1		0.003	0.073	
Glutamic acid		0.179		0		1		0.008	0.202	
Glycine	g	0.018		0		1		0.001	0.020	
Proline		0.083		0		1		0.004	0.094	
Serine		0.046		0		1		0.002	0.052	
Hydroxyproline	g									
Others:	a	2.2		^	_	-		0.0	0.0	
Alcohol, ethyl		0.0		0	Z	7		0.0	0.0	
Caffeine										
Theobromine Carotenoids:	g									
	maa	61.0		^	a			20 672	680 300	
Carotene, beta	-	610		0	CAZN	4		28.670	689.300	
Carotene, alpha	-	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta		0		0	CAZN CAZN	4 4		0.000 0.000	0.000 0.000	
LycopeneLutein + zeaxanthin		0		0	CAZN	4		0.000	0.000	
Lutem + zeaxantnin		U		U	CAZN	4		0.000	0.000	

Common Measures:

Measure 1 = 4.7g: 1 tsp Measure 2 = 113g: 1 stick NDB No. 04065

Margarine, regular, hard, corn (hydrogenated and regular)

Calories Factors: Protein 4.27 Fat 8.84 Carbohydrate 3.87

Food Group: 04 Fats and Oils

		<u>Aı</u>	nount in 100 g	Amount in edible portion of common						
			Nu	ımber	•			<u>m</u>	easures of food	<u>.</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	15.70	0.194	93		1		0.74	17.74	
Energy	kcal	719		0	NC	4		34	812	
Energy	kj	3007				4		141	3398	
Protein (N x 6.38)	g	0.90	0.077	34		1		0.04	1.02	
Total lipid (fat)	g	80.50	0.026	572		1		3.78	90.97	
Ash	g	2.00	0.031	61		1		0.09	2.26	
Carbohydrate, by difference	g	0.90		0	NC	4		0.04	1.02	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g	0.00		0	CAZN	4		0.00	0.00	
Starch	g									
3.47										
Minerals:	ma	20		•		4		1	24	
Calcium, Ca	_	30 0.00		0		1 4		1 0.00	34 0.00	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	3		0		4 1		0.00	0.00 3	
Magnesium, Mg Phosphorus, P		23		0		1		1	3 26	
Potassium, K	_	42		0		1		2	48	
Sodium, Na	_	943	9.459			1		44	1066	
Zinc, Zn	-	343	3.433	557		-			1000	
Copper, Cu										
Manganese, Mn										
Selenium, Se	-	0.0		0	z	7		0.0	0.0	
•										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.2		0		1		0.0	0.2	
Thiamin		0.010		0		1		0.000	0.011	
Riboflavin	=	0.037		0		1		0.002	0.042	
Niacin	-	0.023		0		1		0.001	0.026	
Pantothenic acid	=	0.084		0		1		0.004	0.095	
Vitamin B-6	-	0.009		0		1		0.000	0.010	
Folate, total		1		0		1		0	1	
Folic acid		0		0	Z	7		0	0	
Folate, food		1		0		1		0	1	
Folate, DFE		1		0	NC	4		0	1	
Vitamin B-12		0.10		0		1		0.00	0.11	
Vitamin A, IU		3577		0	NC	4		168	4042	
Vitamin A, RAE		819		0	NC	4		38	925	
Retinol		768		0	CAZN	4		36	868	
Vitamin E (alpha-tocopherol)		11.60		0		4		0.55	13.11	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)										
vitamin K (phynodumone)	g									
<u>Lipids:</u>										
Fatty acids, total saturated	g	13.200		0		1		0.620	14.916	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	-	0.000		0		4		0.000	0.000	
12:0		0.000		0		4		0.000	0.000	
13:0								_		
14:0		0.000	0.026	3		1		0.000	0.000	
15:0										
16:0		9.000	0.164	6		1		0.423	10.170	
17:0	_							_		
18:0	-	4.200	0.125	6		1		0.197	4.746	
20:0	_									
22:0	q									

	<u>Ar</u>	nount in 100 gra	Amount in edible portion of common						
		Num		0	Confidence	measures of food			
Nutrients and Units	Mean	Std. Error Poir	ata Deriv its Code	Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	45.800		0	1		2.153	51.754		
14:1	I			_		2.100	021.701		
16:1 undifferentiated	0.000		0	4		0.000	0.000		
18:1 undifferentiated	45.800		6	1		2.153	51.754		
20:1	0.000		0 0	4 4		0.000 0.000	0.000 0.000		
24:1 c	18.000		0	1		0.846	20.340		
18:2 undifferentiated Sundifferentiated Sundiffe	0.200		6 0	1		0.832	20.001		
18:4	I		0	4		0.000	0.000		
20:3 undifferentiated Substitution Substitut	0.000		0	4		0.000	0.000		
20:5 n-3	0.000		0	4		0.000	0.000		
22:6 n-3	I		0	4		0.000	0.000		
Cholesterolr Phytosterolsr			0 2	4 1		0 27	0 6 4 5		
Amino Acids:			•	_					
Tryptophan S Threonine S			0 0	1 1		0.001 0.002	0.014 0.044		
Isoleucine			0 0	1 1		0.002 0.004	0.059 0.095		
Lysine			0 0	1 1		0.003 0.001	0.077 0.024		
Cystine	0.008		0 0	1 1		0.000 0.002	0.009 0.046		
Tyrosine	0.041		0	1 1		0.002	0.046 0.064		
Arginine	0.031		0 0	1 1		0.001 0.001	0.035 0.026		
Alanine	0.029		0	1 1		0.001 0.003	0.033 0.073		
Glutamic acid	0.179		0	1 1		0.008 0.001	0.202		
Proline	0.083		0	1 1		0.004 0.002	0.094 0.052		
Hydroxyproline9				_			0.002		
Carotenoids:	cq 610		0 CAZN	4		28.670	689.300		
Carotene, beta mo	og 0		0 CAZN	4		0.000	0.000		
Cryptoxanthin, beta mo	og 0		0 CAZN	4		0.000	0.000		
Lutein + zeaxanthinmo	og 0		0 CAZN	4		0.000	0.000		

Common Measures:

Measure 1 = 4.7g: 1 tsp Measure 2 = 113g: 1 stick

Calories Factors: Protein 4.27 Fat 8.84 Carbohydrate 3.87

NDB No. 04071

Margarine, regular, hard, corn (hydrogenated)

Food Group: 04 Fats and Oils

NDB No. 04067 Margarine, regular, hard, corn and soybean (hydrogenated) and cottonseed (hydrogenated), with salt

		<u>A</u> 1	mount in 100 g	Amount in edible portion of common						
			Nι	ımber	•			<u>m</u>	easures of food	
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	15.70	0.194	93		1		0.74	17.74	
Energy	-	719	0.134	0	NC	4		34	812	
63		3007		U	NC	4		141	3398	
Energy			0 077	34		1				
Protein (N x 6.38)		0.90	0.077			1		0.04	1.02	
Total lipid (fat)		80.50	0.026	572		1		3.78	90.97	
Ash		2.00	0.031	61				0.09	2.26	
Carbohydrate, by difference		0.90		0	NC	4		0.04	1.02	
Fiber, total dietary		0.0		0		4		0.0	0.0	
Sugars, total		0.00		0	CAZN	4		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	30		0		1		1	34	
Iron, Fe		0.00		0		4		0.00	0.00	
Magnesium, Mg	-	3		0		1		0	3	
Phosphorus, P		23		0		1		1	26	
Potassium, K	-	42		0		1		2	48	
Sodium, Na		943	9.459	337		1		44	1066	
Zinc, Zn		0.00		0		4		0.00	0.00	
Copper, Cu										
Manganese, Mn										
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
/itaming.										
Vitamins:	ma	0.0		•		1		0.0	0.0	
Vitamin C, total ascorbic acid		0.2		0				0.0	0.2	
Thiamin	-	0.010		0		1 1		0.000	0.011	
Riboflavin		0.037		0				0.002	0.042	
Niacin	-	0.023		0		1 1		0.001	0.026	
Pantothenic acid		0.084		0		1		0.004 0.000	0.095	
Vitamin B-6	-	1	'	0		1		0.000	0.010	
Folate, total		0		0	z	7		0	1 0	
Folic acid		1		0	Z	1		0	1	
Folate, food		1		0	NG	4		0	1	
Folate, DFE		0.10		0	NC	1				
Vitamin B-12				0	***	4		0.00	0.11	
Vitamin A, IU		3577 819		0	NC	4		168 38	4042 925	
Vitamin A, RAE				0	NC	4				
Retinol		768	1.235	7	CAZN	1		36 0.52	868	
Vitamin E (alpha-tocopherol)		11.00	1.235	,		1		0.52	12.43	
Tocopherol, beta										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
	9									
<u> Lipids:</u>										
Fatty acids, total saturated		15.000		0		1		0.705	16.950	
4:0		0.000		0		4		0.000	0.000	
6:0		0.000		0		4		0.000	0.000	
8:0	-	0.000		0		4		0.000	0.000	
10:0	•	0.000		0		4		0.000	0.000	
12:0	-	0.300	0.016	283		1		0.014	0.339	
13:0	-							_		
14:0	-	0.200	0.007	291		1		0.009	0.226	
15:0	-									
16:0		9.600	0.056	292		1		0.451	10.848	
17:0	-									
18:0	-	5.000	0.032	292		1		0.235	5.650	
20:0	-									
22:0	g									

	<u>Aı</u>	mount in 100 gr	Amount in edible portion of common measures of food					
			nber Data De	ariv Source	Confidence	1111	easures or roou	
Nutrients and Units	Mean	Std. Error Poi			Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	36.800		0	1		1.730	41.584	
14:1	9							
16:1 undifferentiated	0.000		0	4		0.000	0.000	
18:1 undifferentiated		0.060	164	1		1.730	41.584	
20:1	0.000		0	4		0.000	0.000	
22:1 undifferentiated			0	4		0.000	0.000	
24:1 c				_				
Fatty acids, total polyunsaturated			0	1		1.180	28.363	
18:2 undifferentiated			292	1		1.166	28.024	
18:3 undifferentiated			287	1		0.014	0.339	
18:4			0	4		0.000	0.000	
20:2 n-6 c,c								
20:3 undifferentiated			0	4		0.000	0.000	
20:5 n-3	•		0	4		0.000	0.000	
22:5 n-3			0	4		0.000	0.000	
22:6 n-3	•		0	4		0.000	0.000	
Fatty acids, total trans						0.000	0.000	
Cholesterolr			0	4		0	0	
Phytosterolsr	•	20.000	6	1		20	480	
Amino Acids:								
Tryptophan	0.012		0	1		0.001	0.014	
Threonine			0	1		0.001	0.014	
Isoleucine			0	1		0.002	0.059	
Leucine			0	1		0.004	0.095	
Lysine	•		0	1		0.003	0.077	
Methionine			0	1		0.001	0.024	
Cystine			0	1		0.000	0.009	
PhenylalanineQ			0	1		0.002	0.046	
Tyrosine			0	1		0.002	0.046	
Valine			0	1		0.003	0.064	
Arginine	0.031		0	1		0.001	0.035	
Histidine			0	1		0.001	0.026	
Alanine	0.029		0	1		0.001	0.033	
Aspartic acid	0.065		0	1		0.003	0.073	
Glutamic acid	0.179		0	1		0.008	0.202	
Glycine			0	1		0.001	0.020	
Proline	0.083		0	1		0.004	0.094	
Serine			0	1		0.002	0.052	
HydroxyprolineQ								
Carotenoids:								
Carotene, betamo				AZN 4		28.670	689.300	
Carotene, alphamo				AZN 4		0.000	0.000	
Cryptoxanthin, beta				AZN 4		0.000	0.000	
Lycopenemo				AZN 4		0.000	0.000	
Lutein + zeaxanthinmo	cg 0		0 C	AZN 4		0.000	0.000	

Common Measures:

Measure 1 = 4.7g: 1 tsp Measure 2 = 113g: 1 stick

Calories Factors: Protein 4.27 Fat 8.84 Carbohydrate 3.87

NDB No. 04067

Margarine, regular, hard, corn and soybean (hydrogenated) and cottonseed (hydrogenated), with salt

Food Group: 04 Fats and Oils

NDB No. 04068 Margarine, regular, hard, corn and soybean (hydrogenated) and cottonseed (hydrogenated), without salt

		<u>Aı</u>	mount in 100			le portio	<u>on</u>		edible portion	
				umber				<u>m</u> :	easures of food	<u>l</u>
					Deriv		Confidence			
Nutrients and Uni	ts	Mean	Std. Error F	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	18.50		2		1		0.87	20.91	
Energy	kcal	714		0	NC	4		34	807	
Energy	kj	2987				4		140	3376	
Protein (N x 6.38)		0.50		2		1		0.02	0.57	
Total lipid (fat)		80.30	0.084			1		3.77	90.74	
Ash		0.20		2		1		0.01	0.23	
Carbohydrate, by difference		0.50		0	NC	4		0.02	0.57	
Fiber, total dietary		0.0		0		4		0.0	0.0	
Sugars, total		0.00		0	CAZN	4		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	17		0		1		1	20	
Iron, Fe.	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	2		0		1		0	2	
Phosphorus, P		13		0		1		1	15	
Potassium, K		25		0		1		1	28	
Sodium, Na	-	2	0.566			1		0	2	
Zinc, Zn		0.00		0		4		0.00	0.00	
Copper, Cu		0.000		0	BFZN	4		0.000	0.000	
Manganese, Mn		0.000		0	BFZN	4 7		0.000	0.000	
Selenium, Se	fricg	0.0		U	Z	,		0.0	0.0	
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.1		0		1		0.0	0.1	
Thiamin	_	0.006	i	0		1		0.000	0.007	
Riboflavin		0.021		0		1		0.001	0.024	
Niacin	_	0.013		0		1		0.001	0.015	
Pantothenic acid		0.049		0		1		0.002	0.055	
Vitamin B-6	-	0.005	1	0		1		0.000	0.006	
Folate, total		1 0		0	z	1 7		0 0	1 0	
Folic acid		1		0	4	1		0	1	
Folate, DFE		1		0	NC	4		0	1	
Vitamin B-12		0.06		0	NC	1		0.00	0.06	
Vitamin A, IU		3577		0	NC	4		168	4042	
Vitamin A, RAE		819		0	NC	4		38	925	
Retinol		768		0	CAZN	4		36	868	
Vitamin E (alpha-tocopherol)		11.60		0		4		0.55	13.11	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	15.000		0		1		0.705	16.950	
4:0		0.000		0		4		0.000	0.000	
6:0		0.000		0		4		0.000	0.000	
8:0	_	0.000	1	0		4		0.000	0.000	
10:0	g	0.000	1	0		4		0.000	0.000	
12:0	g	0.300	0.016	283		1		0.014	0.339	
13:0	g									
14:0	g	0.200	0.007	291		1		0.009	0.226	
15:0										
16:0		9.500	0.057	292		1		0.447	10.735	
17:0				_						
18:0		5.000	0.032	292		1		0.235	5.650	
20:0	_									
22:0	g									

NDB No. 04068 Margarine, regular, hard, corn and soybean (hydrogenated) and cottonseed (hydrogenated), without salt

		<u>Aı</u>	mount in 100 gra		ble portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and	Units	Mean		ata Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturat		36.700		0	1		1.725	41.471	
15:1 16:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.000		0	4		0.000	0.000	
17:1	-	0.000		·	-		0.000	0.000	
18:1 undifferentiated	-	36.700	0.070 1	64	1		1.725	41.471	
20:1	g	0.000		0	4		0.000	0.000	
22:1 undifferentiated	g	0.000		0	4		0.000	0.000	
24:1 c	g								
Fatty acids, total polyunsaturate	dg	25.000		0	1		1.175	28.250	
18:2 undifferentiated		24.700		92	1		1.161	27.911	
18:3 undifferentiated	g	0.300		87	1		0.014	0.339	
18:4	_	0.000		0	4		0.000	0.000	
20:2 n-6 c,c	_								
20:3 undifferentiated				_					
20:4 undifferentiated	_	0.000		0	4		0.000	0.000	
20:5 n-3	-	0.000		0	4		0.000	0.000	
22:5 n-3		0.000		0	4		0.000	0.000	
22:6 n-3		0.000		0	4		0.000	0.000	
Fatty acids, total trans		•		•			•	•	
Cholesterol		0		0	4		0	0	
Phytosterols	nig	265		0	4		12	299	
Amino Acids:									
Tryptophan	g	0.007		0	1		0.000	0.008	
Threonine	g	0.022		0	1		0.001	0.025	
Isoleucine	g	0.030		0	1		0.001	0.034	
Leucine	g	0.049		0	1		0.002	0.055	
Lysine	g	0.039		0	1		0.002	0.044	
Methionine	g	0.012		0	1		0.001	0.014	
Cystine	g	0.005		0	1		0.000	0.006	
Phenylalanine	g	0.024		0	1		0.001	0.027	
Tyrosine	g	0.024		0	1		0.001	0.027	
Valine	g	0.033		0	1		0.002	0.037	
Arginine	g	0.018		0	1		0.001	0.020	
Histidine	g	0.013		0	1		0.001	0.015	
Alanine		0.017		0	1		0.001	0.019	
Aspartic acid	g	0.038		0	1		0.002	0.043	
Glutamic acid	-	0.104		0	1		0.005	0.118	
Glycine	g	0.011		0	1		0.001	0.012	
Proline	-	0.048		0	1		0.002	0.054	
Serine		0.027		0	1		0.001	0.031	
Hydroxyproline	g								
Others:									
Alcohol, ethyl	q	0.0		0 z	7		0.0	0.0	
Caffeine	-								
Theobromine									
Carotenoids:	•								
Carotene, beta	mca	610		0 CAZN	1 4		28.670	689.300	
Carotene, alpha		0		0 CAZI			0.000	0.000	
Cryptoxanthin, beta		0		0 CAZN			0.000	0.000	
Lycopene		0		0 CAZN			0.000	0.000	
		•		CAZI			3.000	0.000	

Common Measures:

Measure 1 = 4.7g: 1 tsp Measure 2 = 113g: 1 stick

Margarine, regular, hard, corn and soybean (hydrogenated) and cottonseed (hydrogenated), without salt

Calories Factors: Protein 4.27 Fat 8.84 Carbohydrate 3.87

Food Group: 04 Fats and Oils

NDB No. 04089 Margarine, regular, hard, safflower and soybean (hydrogenated and regular) and cottonseed (hydrogenated)

		<u>Aı</u>	mount in 100 gr	rams of	t edib	le portio	<u>n</u>	Amount in	edible portion	of common
			Nur	nber				<u>m</u>	easures of food	
			of I	Data D	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Poi	ints C	ode	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	15.70	0.194	93		1		0.74	17.74	
Energy	_	719	0.151	0	NC	4		34	812	
0.		3007		U	NC	4		141	3398	
Energy			0 077	34		1				
Protein (N x 6.38)		0.90	0.077			1		0.04	1.02 90.97	
Total lipid (fat)		80.50		572		1		3.78		
Ash		2.00	0.031	61				0.09	2.26	
Carbohydrate, by difference		0.90		0	NC	4		0.04	1.02	
Fiber, total dietary		0.0		0		4		0.0	0.0	
Sugars, total		0.00		0	CAZN	4		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	30		0		1		1	34	
Iron, Fe		0.00		0		4		0.00	0.00	
Magnesium, Mg	mg	3		0		1		0	3	
Phosphorus, P		23		0		1		1	26	
Potassium, K	-	42		0		1		2	48	
Sodium, Na		943	9.459	337		1		44	1066	
Zinc, Zn		0.00		0		4		0.00	0.00	
Copper, Cu										
Manganese, Mn										
Selenium, Se		0.0		0	Z	7		0.0	0.0	
Vitamins:										
	ma	0.2		0		1		0.0	0.2	
Vitamin C, total ascorbic acid		0.2		0		1		0.000	0.2	
ThiaminRiboflavin	-	0.010		0		1		0.000	0.042	
		0.037		0		1		0.002	0.042	
Niacin Pantothenic acid	-	0.023		0		1		0.001	0.026	
Vitamin B-6		0.009		0		1		0.004	0.010	
Folate, total	-	1	,	0		1		0.000	1	
,		0		0	z	7		0	0	
Folic acidFolate, food		1		0	4	1		0	1	
Folate, DFE		1		0	NC	4		0	1	
		0.10		0	NC	1		0.00	0.11	
Vitamin B-12		3577		0	NC	4		168	4042	
Vitamin A, IU Vitamin A, RAE		819		0	NC	4		38	925	
*		768			CAZN	4		36 36		
Retinol		16.40		1	CAZN	1		0.77	868 18.53	
Vitamin E (alpha-tocopherol)		16.40		1		1		0.77	18.53	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin K (phylloquinone)										
<u> Lipids:</u>	_			•		_			.	
Fatty acids, total saturated		14.400		0		1		0.677	16.272	
4:0		0.000		0		4		0.000	0.000	
6:0	-	0.000		0		4		0.000	0.000	
8:0	-	0.000		0		4		0.000	0.000	
10:0	•	0.000		0		4		0.000	0.000	
12:0		0.000	1	0		4		0.000	0.000	
13:0	-					_				
14:0	-	0.200	1	1		1		0.009	0.226	
15:0	-					_				
16:0	-	7.700	1	1		1		0.362	8.701	
17:0	-			_						
18:0	-	6.500	1	1		1		0.306	7.345	
20:0	-									
22:0	g									

	<u>A</u>	mount in 100 grams		e portio	<u>n</u>	Amount in edible portion of common measures of food		
		Numbe		0	Camfidanaa	1118	2434163 01 1004	
Nutrients and Units	Mean	Std. Error Points		Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	30.300	0		1		1.424	34.239	
14:1g								
15:1g	0.000			1		0.000	0.006	
16:1 undifferentiated	0.200	1		1		0.009	0.226	
18:1 undifferentiated	30.100	1		1		1.415	34.013	
20:1g	0.000			4		0.000	0.000	
22:1 undifferentiatedg	0.000			4		0.000	0.000	
24:1 cg		_		_				
Fatty acids, total polyunsaturated	32.300	0		1		1.518	36.499	
18:2 undifferentiated	32.000	1		1		1.504	36.160	
18:3 undifferentiatedg	0.200	1		1		0.009	0.226	
18:4g	0.000	0		4		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000			4		0.000	0.000	
20:5 n-3g	0.000			4		0.000	0.000	
22:5 n-3g	0.000			4		0.000	0.000	
22:6 n-3g	0.000	0		4		0.000	0.000	
Fatty acids, total transg	_					_		
Cholesterol mg	0 235	0 1		4 1		0	0	
Phytosterolsmg	235	Τ.		1		11	266	
Amino Acids:								
Tryptophang	0.012	. 0		1		0.001	0.014	
Threonineg	0.039	0		1		0.002	0.044	
Isoleucineg	0.052	0		1		0.002	0.059	
Leucineg	0.084			1		0.004	0.095	
Lysineg	0.068			1		0.003	0.077	
Methionineg	0.021			1		0.001	0.024	
Cystineg	0.008			1		0.000	0.009	
Phenylalanineg	0.041			1		0.002	0.046	
Tyrosine	0.041 0.057			1 1		0.002	0.046	
	0.037			1		0.003 0.001	0.064 0.035	
Arginine	0.031			1		0.001	0.035	
Alanine	0.029			1		0.001	0.028	
Aspartic acid	0.065			1		0.003	0.033	
Glutamic acid	0.179			1		0.008	0.202	
Glycineg	0.018			1		0.001	0.020	
Proline	0.083			1		0.004	0.094	
Serineg	0.046			1		0.002	0.052	
Hydroxyprolineg								
Carotenoids:								
Carotene, betamcg	610	0	CAZN	4		28.670	689.300	
Carotene, alphamcg	0	0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta mcg	0	0	CAZN	4		0.000	0.000	
Lycopene mcg	0	0	CAZN	4		0.000	0.000	
Lutein + zeaxanthinmcg	0	0	CAZN	4		0.000	0.000	

Common Measures:

Measure 1 = 4.7g: 1 tsp Measure 2 = 113g: 1 stick

Margarine, regular, hard, safflower and soybean (hydrogenated and regular) and cottonseed (hydrogenated)

Food Group: 04 Fats and Oils

NDB No. 04078 Margarine, regular, hard, safflower and soybean (hydrogenated)

		<u>A</u> 1	mount in 100 g	rams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber	•			<u>m</u>	easures of food	_	
			of	Data	Deriv	Source	Confidence				
Nutrients and Unit	s	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates: Water	a	15.70	0.194	93		1		0.74	17.74		
Energy		719	***	0	NC	4		34	812		
Energy		3007		•		4		141	3398		
Protein (N x 6.38)		0.90	0.077	34		1		0.04	1.02		
Total lipid (fat)	_	80.50	0.026	572		1		3.78	90.97		
Ash		2.00	0.020	61		1		0.09	2.26		
Carbohydrate, by difference		0.90	0.031	0	NC	4		0.04	1.02		
Fiber, total dietary		0.90		0	NC	4		0.0	0.0		
Sugars, total		0.00		0	CAZN			0.00	0.00		
<u> </u>		0.00		U	CAZN	4		0.00	0.00		
Starch	9										
Minerals:											
Calcium, Ca	mg	30		0		1		1	34		
Iron, Fe		0.00		0		4		0.00	0.00		
Magnesium, Mg	mg	3		0		1		0	3		
Phosphorus, P	-	23		0		1		1	26		
Potassium, K		42		0		1		2	48		
Sodium, Na		943	9.459			1		44	1066		
Zinc, Zn		0.00		0		4		0.00	0.00		
Copper, Cu											
Manganese, Mn											
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0		
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.2		0		1		0.0	0.2		
Thiamin		0.010)	0		1		0.000	0.011		
Riboflavin		0.037		0		1		0.002	0.042		
Niacin		0.023	1	0		1		0.001	0.026		
Pantothenic acid	-	0.084		0		1		0.004	0.095		
Vitamin B-6		0.009	1	0		1		0.000	0.010		
Folate, total	mcg	1		0		1		0	1		
Folic acid	mcg	0		0	Z	7		0	0		
Folate, food	mcg	1		0		1		0	1		
Folate, DFE	mcg_DFE	1		0	NC	4		0	1		
Vitamin B-12		0.10		0		1		0.00	0.11		
Vitamin A, IU		3577		0	NC	4		168	4042		
Vitamin A, RAE	mcg_RAE	819		0	NC	4		38	925		
Retinol	mcg	768		0	CAZN	4		36	868		
Vitamin E (alpha-tocopherol)	mg	17.80		1		1		0.84	20.11		
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta	-										
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	g	13.800	1	0		1		0.649	15.594		
4:0		0.000	1	0		4		0.000	0.000		
6:0		0.000	1	0		4		0.000	0.000		
8:0	g	0.000	1	0		4		0.000	0.000		
10:0	g	0.000	1	0		4		0.000	0.000		
12:0	g	0.400	0.100	3		1		0.019	0.452		
13:0	g										
14:0	g	0.200	0.059	8		1		0.009	0.226		
15:0	g										
16:0	g	7.000	0.305	8		1		0.329	7.910		
17:0	g										
18:0	g	6.100	0.269	8		1		0.287	6.893		
20:0	g										
20.0											

		<u>Aı</u>	mount in 100			ole portio	<u>n</u>	Amount in edible portion of common measures of food		
				umber		_		1110	easures or roou	
Nutrients and U	Inits	Mean	Std. Error P		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate		31.700		0		1		1.490	35.821	
15:1	g	0.100	0.050	5		1		0.005	0.113	
17:1 18:1 undifferentiated	g	31.700		8		1		1.490	35.821	
20:1	_	0.000		0		4		0.000	0.000	
22:1 undifferentiated 24:1 c	•	0.000		0		4		0.000	0.000	
Fatty acids, total polyunsaturated	lg	31.400		0		1		1.476	35.482	
18:2 undifferentiated	g	31.300	1.112	8		1		1.471	35.369	
18:3 undifferentiated	g	0.200	0.055	5		1		0.009	0.226	
18:4	g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0		4		0.000	0.000	
20:5 n-3	g	0.000		0		4		0.000	0.000	
22:5 n-3	g	0.000		0		4		0.000	0.000	
22:6 n-3	g	0.000		0		4		0.000	0.000	
Fatty acids, total trans	g									
Cholesterol	mg	0		0		4		0	0	
Phytosterols		203		1		1		10	229	
Amino Acids:										
Tryptophan	g	0.012		0		1		0.001	0.014	
Threonine		0.039		0		1		0.002	0.044	
Isoleucine	_	0.052		0		1		0.002	0.059	
Leucine		0.084		0		1		0.004	0.095	
Lysine	-	0.068		0		1		0.003	0.077	
Methionine		0.021		0		1		0.001	0.024	
Cystine		0.008		0		1		0.000	0.009	
Phenylalanine		0.041		0		1		0.002	0.046	
Tyrosine		0.041		0		1		0.002	0.046	
Valine	-	0.057		0		1		0.003	0.064	
Arginine		0.031		0		1		0.001	0.035	
Histidine		0.023		0		1		0.001	0.026	
Alanine		0.029		0		1		0.001	0.033	
Aspartic acid		0.065		0		1		0.003	0.033	
Glutamic acid	-	0.179		ō		1		0.008	0.202	
Glycine		0.018		0		1		0.001	0.020	
Proline		0.083		0		1		0.004	0.094	
Serine		0.046		ō		1		0.002	0.052	
Hydroxyproline				-		_		, .	0.002	
Carotenoids:										
Carotene, beta	mcg	610		0	CAZN	4		28.670	689.300	
Carotene, alpha		0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta		0		0	CAZN	4		0.000	0.000	
Lycopene		0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin		0		0	CAZN	4		0.000	0.000	

Common Measures:

Measure 1 = 4.7g: 1 tsp Measure 2 = 113g: 1 stick

Margarine, regular, hard, safflower and soybean (hydrogenated)

Food Group: 04 Fats and Oils

NDB No. 04079 Margarine, regular, hard, safflower and soybean (hydrogenated) and cottonseed (hydrogenated)

		<u>A</u> 1	mount in 100 g	grams	of ear	le portio	<u>n</u>	Amount in edible portion of common			
			Nu	ımbeı	•			<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	a	15.70	0.194	93		1		0.74	17.74		
Energy	-	719	0.131	0	NC	4		34	812		
0.		3007		U	NC	4		141	3398		
Energy			0 077	24		-					
Protein (N x 6.38)		0.90	0.077	34		1		0.04	1.02		
Total lipid (fat)		80.50	0.026	572		1		3.78	90.97		
Ash		2.00	0.031	61		1		0.09	2.26		
Carbohydrate, by difference		0.90		0	NC	4		0.04	1.02		
Fiber, total dietary		0.0		0		4		0.0	0.0		
Sugars, total		0.00		0	CAZN	4		0.00	0.00		
Starch	g										
Minerals:											
Calcium. Ca	mq	30		0		1		1	34		
Iron. Fe.	• • • • • • • • • • • • • • • • • • • •	0.00		0		4		0.00	0.00		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	3		0		1		0	3		
Phosphorus, P		23		0		1		1	26		
Potassium, K	-	42		0		1		2	48		
Sodium, Na		943	9.459			1		44	1066		
Zinc, Zn		0.00	3.433	0		4		0.00	0.00		
Copper, Cu		0.00		·		•		0.00	0.00		
Manganese, Mn.											
Selenium, Se		0.0		0	z	7		0.0	0.0		
·	9			·	-	•		• • •	0.0		
<u> Vitamins:</u>											
Vitamin C, total ascorbic acid		0.2		0		1		0.0	0.2		
Thiamin		0.010		0		1		0.000	0.011		
Riboflavin		0.037		0		1		0.002	0.042		
Niacin	-	0.023		0		1		0.001	0.026		
Pantothenic acid		0.084		0		1		0.004	0.095		
Vitamin B-6	-	0.009)	0		1		0.000	0.010		
Folate, total	mcg	1		0		1		0	1		
Folic acid		0		0	Z	7		0	0		
Folate, food		1		0		1		0	1		
Folate, DFE	mcg_DFE	1		0	NC	4		0	1		
Vitamin B-12	mcg	0.10		0		1		0.00	0.11		
Vitamin A, IU	IU	3577		0	NC	4		168	4042		
Vitamin A, RAE	mcg_RAE	819		0	NC	4		38	925		
Retinol	mcg	768		0	CAZN	4		36	868		
Vitamin E (alpha-tocopherol)	mg	17.80		0		4		0.84	20.11		
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta	mg										
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	а	13.300)	0		1		0.625	15.029		
4:0		0.000		0		4		0.023	0.000		
6:0	-	0.000		0		4		0.000	0.000		
8:0		0.000		0		4		0.000	0.000		
10:0	-	0.000		0		4		0.000	0.000		
12:0	•	0.000		0		4		0.000	0.000		
13:0		0.000	•			-		3.000	0.000		
14:0	-	0.200	0.044	4		1		0.009	0.226		
15:0	_	0.200	0.044	4		1		0.009	0.226		
16:0	-	7.600	0.686	4		1		0.357	8.588		
	-	7.800	0.000	4		1		0.357	8.588		
17:0	-	E E00	0 010			1		0.250	6 015		
18:0	-	5.500	0.818	4		1		0.259	6.215		
20:0	-										
22:0 24:0	-										

	<u>Ar</u>	nount in 100 grams		<u>on</u>	Amount in edible portion of common measures of food		
		Number of Data		Confidence			•
Nutrients and Units	Mean	Std. Error Points		Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg		0	1		1.081	25.990	
14:1							
15:1g 16:1 undifferentiatedg		0	4		0.000	0.000	
17:1		· ·	•		0.000	0.000	
18:1 undifferentiated		0.554 4	1		1.081	25.990	
20:1g		0	4		0.000	0.000	
22:1 undifferentiatedg		0	4		0.000	0.000	
24:1 cg							
Fatty acids, total polyunsaturated9		0	1		1.913	45.991	
18:2 undifferentiatedg		1.973 4	1		1.908	45.878	
18:3 undifferentiatedg	0.100	0.019 4	1		0.005	0.113	
18:4g	0.000	0	4		0.000	0.000	
20:2 n-6 c,cg							
20:3 undifferentiatedg							
20:4 undifferentiatedg		0	4		0.000	0.000	
20:5 n-3g		0	4		0.000	0.000	
22:5 n-3g		0	4		0.000	0.000	
22:6 n-3g		0	4		0.000	0.000	
Fatty acids, total trans		•			•	•	
Cholesterol	-	0	4		0 12	0 299	
Phytosterolsn	ig 265	U	4		12	299	
Amino Acids:							
Tryptophang	0.012	0	1		0.001	0.014	
Threonineg			1		0.002	0.044	
Isoleucineg			1		0.002	0.059	
Leucineg		0	1		0.004	0.095	
Lysine9			1		0.003	0.077	
Methionineg		0	1		0.001	0.024	
Cystine			1		0.000	0.009	
Phenylalanine		0	1		0.002	0.046	
Tyrosine		0	1 1		0.002	0.046	
Valine		0	1		0.003 0.001	0.064 0.035	
Histidine		0	1		0.001	0.035	
Alanine			1		0.001	0.020	
Aspartic acid			1		0.001	0.033	
Glutamic acid			1		0.008	0.202	
Glycine 9		0	1		0.001	0.020	
Proline		0	1		0.004	0.094	
Serine			1		0.002	0.052	
Hydroxyproline							
Carotenoids:							
Carotene, betamc	eg 610	0	CAZN 4		28.670	689.300	
Carotene, alpha mo		0	CAZN 4		0.000	0.000	
Cryptoxanthin, beta mc		0	CAZN 4		0.000	0.000	
Lycopenemc	g 0	0	CAZN 4		0.000	0.000	
Lutein + zeaxanthin mo	cg 0	0	CAZN 4		0.000	0.000	

Common Measures:

Measure 1 = 4.7g: 1 tsp Measure 2 = 113g: 1 stick

Margarine, regular, hard, safflower and soybean (hydrogenated) and cottonseed (hydrogenated)

Food Group: 04 Fats and Oils

NDB No. 04080 Margarine, regular, hard, soybean (hydrogenated and regular)

		<u>Aı</u>	mount in 100 g	rams	of edib	le portio	<u>n</u>	Amount in edible portion of common		
			Nu	mbei	r			<u>m</u>	easures of food	
			of	Data	Deriv	Source	Confidence			
Nutrients and Unit	5	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
n										
Proximates: Water	а	15.70	0.194	93		1		0.74	17.74	
Energy		719		0	NC	4		34	812	
Energy		3007				4		141	3398	
Protein (N x 6.38)		0.90	0.077	34		1		0.04	1.02	
Total lipid (fat)	_	80.50	0.026	572		1		3.78	90.97	
Ash		2.00	0.031	61		1		0.09	2.26	
Carbohydrate, by difference		0.90		0	NC	4		0.04	1.02	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g	0.00		0	CAZN	4		0.00	0.00	
Starch	g									
Minopola										
Minerals: Calcium, Ca	ma	30		0		1		1	34	
Iron, Fe	_	0.00		0		4		0.00	0.00	
Magnesium, Mg		3		0		1		0.00	3	
Phosphorus, P		23		0		1		1	26	
Potassium, K	-	42		0		1		2	48	
Sodium, Na		943	9.459	337		1		44	1066	
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.2		0		1		0.0	0.2	
Thiamin		0.010		0		1		0.000	0.011	
Riboflavin		0.037		0		1		0.002	0.042	
Niacin		0.023		0		1		0.001	0.026	
Pantothenic acid	-	0.084		0		1		0.004	0.095	
Vitamin B-6	mg	0.009		0		1		0.000	0.010	
Folate, total	mcg	1		0		1		0	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food		1		0		1		0	1	
Folate, DFE		1		0	NC	4		0	1	
Vitamin B-12		0.10		0		1		0.00	0.11	
Vitamin A, IU	IU	3577		0	NC	4		168	4042	
Vitamin A, RAE		819		0	NC	4		38	925	
Retinol		768		0	CAZN	4		36	868	
Vitamin E (alpha-tocopherol)	-	3.10		0		4		0.15	3.50	
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
	·······									
<u>Lipids:</u>				_		_				
Fatty acids, total saturated		13.100		0		1		0.616	14.803	
4:0		0.000		0		4		0.000	0.000	
6:0		0.000		0		4		0.000 0.000	0.000 0.000	
8:0 10:0.	-	0.000		0		4		0.000	0.000	
12:0		0.000		0		4		0.000	0.000	
13:0	0	0.000		J		-		0.000	0.000	
14:0	-	0.100		2		1		0.005	0.113	
15:0		5.100		-		-		2.005	0.113	
16:0	-	8.100	0.067	9		1		0.381	9.153	
17:0	-									
18:0	-	4.900	0.202	9		1		0.230	5.537	
20:0	-									

		<u>Aı</u>	mount in 100			ole portio	<u>n</u>		edible portion of	
			-	lumber	Deriv	Source	Confidence	<u>m</u>	easures of 1000	i
Nutrients and	Units	Mean	Std. Error			Code	Confidence	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	ated 0	37.600		0		1		1.767	42.488	
14:1	g			-		_		2	12.100	
16:1 undifferentiated 17:1	g	0.000	1	0		4		0.000	0.000	
18:1 undifferentiated		37.600	0.147	9		1		1.767	42.488	
20:1	g	0.000	1	0		4		0.000	0.000	
22:1 undifferentiated 24:1 c	•	0.000	1	0		4		0.000	0.000	
Fatty acids, total polyunsaturat		26.200	1	0		1		1.231	29.606	
18:2 undifferentiated		24.300				1		1.142	27.459	
18:3 undifferentiated		1.900				1		0.089	2.147	
	-	0.000		0		4		0.089	0.000	
18:4		0.000	•	U		4		0.000	0.000	
20:2 n-6 c,c	_									
20:3 undifferentiated										
20:4 undifferentiated		0.000		0		4		0.000	0.000	
20:5 n-3	_	0.000		0		4		0.000	0.000	
22:5 n-3	g	0.000		0		4		0.000	0.000	
22:6 n-3	g	0.000)	0		4		0.000	0.000	
Fatty acids, total trans	g									
Cholesterol	mg	0		0		4		0	0	
Phytosterols	mg	219	9.204	l 6		1		10	247	
Amino Acids:										
	a	0.012		0		1		0.001	0.014	
Tryptophan				0		1				
Threonine	_	0.039						0.002	0.044	
Isoleucine	-	0.052		0		1		0.002	0.059	
Leucine	_	0.084		0		1		0.004	0.095	
Lysine		0.068		0		1		0.003	0.077	
Methionine	-	0.021		0		1		0.001	0.024	
Cystine		0.008	1	0		1		0.000	0.009	
Phenylalanine	g	0.041	•	0		1		0.002	0.046	
Tyrosine	g	0.041		0		1		0.002	0.046	
Valine	g	0.057	,	0		1		0.003	0.064	
Arginine	g	0.031		0		1		0.001	0.035	
Histidine	g	0.023	}	0		1		0.001	0.026	
Alanine		0.029	1	0		1		0.001	0.033	
Aspartic acid		0.065	i	0		1		0.003	0.073	
Glutamic acid	_	0.179		0		1		0.008	0.202	
Glycine		0.018		0		1		0.001	0.020	
Proline		0.083		o		1		0.004	0.094	
Serine		0.046		Ö		1		0.002	0.052	
Hydroxyproline		0.010	•	·		_		0.002	0.032	
Carotenoids:	<i>3</i>									
·		65.0		_	a	_		00.570	606 000	
Carotene, beta		610		0	CAZN	4		28.670	689.300	
Carotene, alpha		0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta		0		0	CAZN	4		0.000	0.000	
Lycopene		0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin	mcg	0		0	CAZN	4		0.000	0.000	

Common Measures:

Measure 1 = 4.7g: 1 tsp Measure 2 = 113g: 1 stick

Margarine, regular, hard, soybean (hydrogenated and regular)

Food Group: 04 Fats and Oils

		<u>A</u> 1	mount in 100 g	rams	of edib	le portio	<u>on</u>	Amount in edible portion of common		
			Nu	ımbeı	•			<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
D										
Proximates: Water	a	15.70	0.194	93		1		0.74	17.74	
Energy		719		0	NC	4		34	812	
Energy		3007		·		4		141	3398	
Protein (N x 6.38)		0.90	0.077	34		1		0.04	1.02	
Total lipid (fat)		80.50	0.026	572		1		3.78	90.97	
Ash		2.00	0.031	61		1		0.09	2.26	
Carbohydrate, by difference		0.90	0.002	0	NC	4		0.04	1.02	
Fiber, total dietary		0.0		0		4		0.0	0.0	
Sugars, total		0.00		0	CAZN			0.00	0.00	
Starch		0.00		U	CAZI	-		0.00	0.00	
Starcii	9									
Minerals:										
Calcium, Ca	-	30		0		1		1	34	
Iron, Fe		0.00		0		4		0.00	0.00	
Magnesium, Mg		3		0		1		0	3	
Phosphorus, P	_	23		0		1		1	26	
Potassium, K		42		0		1		2	48	
Sodium, Na		943	9.459			1		44	1066	
Zinc, Zn		0.00		0		4		0.00	0.00	
Copper, Cu										
Manganese, Mn										
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.2		0		1		0.0	0.2	
Thiamin		0.010)	0		1		0.000	0.011	
Riboflavin		0.037		0		1		0.002	0.042	
Niacin		0.023		0		1		0.001	0.026	
Pantothenic acid	_	0.084		0		1		0.004	0.095	
Vitamin B-6		0.009		0		1		0.000	0.010	
Folate, total	_	1		0		1		0	1	
Folic acid		0		0	z	7		0	0	
Folate, food		1		0		1		0	1	
Folate, DFE		1		0	NC	4		0	1	
Vitamin B-12		0.10		0		1		0.00	0.11	
Vitamin A, IU		3577		0	NC	4		168	4042	
Vitamin A, RAE		819		0	NC	4		38	925	
Retinol		768		0	CAZN	4		36	868	
Vitamin E (alpha-tocopherol)		3.10		1		1		0.15	3.50	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	_									
Vitamin K (phylloquinone)										
Lipids:		16 700		•					40.054	
Fatty acids, total saturated		16.700		0		1		0.785	18.871	
4:0		0.000		0		4		0.000	0.000	
6:0		0.000		0		4		0.000	0.000	
8:0	-	0.000		0		4		0.000	0.000	
10:0	•	0.000		0		4		0.000	0.000	
12:0		0.000	,	U		4		0.000	0.000	
13:0	-	0.000				-		0.000	2 222	
14:0	-	0.200	0.080	4		1		0.009	0.226	
15:0	-	0.600	0.615			1		0 451	10.040	
16:0	_	9.600	0.615	4		1		0.451	10.848	
17:0	-		0 100			-		0.004	7 705	
18:0	-	6.900	0.103	4		1		0.324	7.797	
20:0	-									
22:0	9 g									

	<u>Aı</u>	mount in 100 grams		ortion		edible portion of easures of food	
		Numbe			<u> </u>	easures or 1000	
Nutrients and Units	Mean	of Data Std. Error Points		urce Confidence ode Code	Measure 1	Measure 2	Measure 3
		_					
Fatty acids, total monounsaturated	39.300	0		1	1.847	44.409	
16:1 undifferentiated	0.200	1		1	0.009	0.226	
18:1 undifferentiatedg	39.100	1.521 4		1	1.838	44.183	
20:1g	0.000	0		4	0.000	0.000	
22:1 undifferentiatedg	0.000	0		4	0.000	0.000	
24:1 cg							
Fatty acids, total polyunsaturatedg	20.900	0		1	0.982	23.617	
18:2 undifferentiatedg	19.400	1.179 4		1	0.912	21.922	
18:3 undifferentiatedg	1.500	0.420 4		1	0.071	1.695	
18:4g	0.000	0		4	0.000	0.000	
20:2 n-6 c,cg							
20:3 undifferentiatedg							
20:4 undifferentiatedg	0.000	0		4	0.000	0.000	
20:5 n-3g	0.000	0		4	0.000	0.000	
22:5 n-3g	0.000	0		4	0.000	0.000	
22:6 n-3g	0.000	0		4	0.000	0.000	
Fatty acids, total trans							
Cholesterolm	g 0	0		4	0	0	
Phytosterolsm		1		1	7	165	
Amino Acids:							
Tryptophang	0.012			1	0.001	0.014	
Threonineg	0.039			1	0.002	0.044	
Isoleucineg	0.052			1	0.002	0.059	
Leucineg	0.084			1	0.004	0.095	
Lysineg	0.068			1	0.003	0.077	
Methionineg	0.021			1	0.001	0.024	
Cystineg	0.008			1	0.000	0.009	
Phenylalanineg	0.041			1	0.002	0.046	
Tyrosineg	0.041			1	0.002	0.046	
Valineg	0.057	0		1	0.003	0.064	
Arginineg	0.031	0		1	0.001	0.035	
Histidineg	0.023	0		1	0.001	0.026	
Alanineg	0.029	0		1	0.001	0.033	
Aspartic acidg	0.065	0		1	0.003	0.073	
Glutamic acid	0.179	0		1	0.008	0.202	
Glycineg	0.018	0		1	0.001	0.020	
Prolineg	0.083			1	0.004	0.094	
Serineg	0.046	0		1	0.002	0.052	
Hydroxyprolineg							
Carotenoids:							
Carotene, betamc		0	CAZN	4	28.670	689.300	
Carotene, alpha mc	g 0	0	CAZN	4	0.000	0.000	
Cryptoxanthin, beta mc		0	CAZN	4	0.000	0.000	
Lycopenemc		0	CAZN	4	0.000	0.000	
Lutein + zeaxanthin mc	g 0	0	CAZN	4	0.000	0.000	

Common Measures:

Measure 1 = 4.7g: 1 tsp Measure 2 = 113g: 1 stick

Margarine, regular, hard, soybean (hydrogenated)

Food Group: 04 Fats and Oils

NDB No. 04074 Margarine, regular, hard, soybean (hydrogenated) and corn and cottonseed (hydrogenated)

		<u>Aı</u>	nount in 100 g	<u>rams</u>	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber	•			<u>m</u>	easures of food	<u>l</u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Unit	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	15.70	0.194	93		1		0.74	17.74		
Energy	kcal	719		0	NC	4		34	812		
Energy	kj	3007				4		141	3398		
Protein (N x 6.38)	g	0.90	0.077	34		1		0.04	1.02		
Total lipid (fat)	g	80.50	0.026	572		1		3.78	90.97		
Ash	g	2.00	0.031	61		1		0.09	2.26		
Carbohydrate, by difference	g	0.90		0	NC	4		0.04	1.02		
Fiber, total dietary	g	0.0		0		4		0.0	0.0		
Sugars, total	g	0.00		0	CAZN	4		0.00	0.00		
Starch	g										
Ainerals:											
Calcium, Ca	mg	30		0		1		1	34		
Iron, Fe	_	0.00		0		4		0.00	0.00		
Magnesium, Mg	_	3		0		1		0	3		
Phosphorus, P		23		0		1		1	26		
Potassium, K	mg	42		0		1		2	48		
Sodium, Na	mg	943	9.459	337		1		44	1066		
Zinc, Zn		0.00		0		4		0.00	0.00		
Copper, Cu	_										
Manganese, Mn						_					
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0		
/itamins:											
Vitamin C, total ascorbic acid	mg	0.2		0		1		0.0	0.2		
Thiamin	mg	0.010		0		1		0.000	0.011		
Riboflavin	mg	0.037		0		1		0.002	0.042		
Niacin	mg	0.023		0		1		0.001	0.026		
Pantothenic acid	mg	0.084		0		1		0.004	0.095		
Vitamin B-6	mg	0.009		0		1		0.000	0.010		
Folate, total		1		0		1		0	1		
Folic acid		0		0	Z	7		0	0		
Folate, food		1		0		1		0	1		
Folate, DFE		1		0	NC	4		0	1		
Vitamin B-12	mcg	0.10		0		1		0.00	0.11		
Vitamin A, IU		3577		0	NC	4		168	4042		
Vitamin A, RAE		819		0	NC	4 4		38	925		
Retinol		768 3.10		0	CAZN	4		36 0.15	868 3.50		
Vitamin E (alpha-tocopherol)		3.10		U		4		0.15	3.50		
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
<u> Lipids:</u>	~	10 000		•				0.001			
Fatty acids, total saturated		19.800		0		1 4		0.931 0.000	22.374 0.000		
4:0 6:0	-	0.000		0		4		0.000	0.000		
8:0		0.000		0		4		0.000	0.000		
10:0	-	0.000		0		4		0.000	0.000		
12:0	•	0.000		0		4		0.000	0.000		
13:0	-	2.200		-		-		2.000	0.000		
14:0		0.300		2		1		0.014	0.339		
15:0	-										
16:0		10.900		2		1		0.512	12.317		
17:0											
18:0		8.600		2		1		0.404	9.718		
20:0	g										
22:0											

	<u>A</u>	mount in 100 grams		rtion	Amount in edible portion of common measures of food			
		Number		Canfidanaa	<u></u>	<u> </u>		
Nutrients and Units	Mean	of Data Std. Error Points		ce Confidence de Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	32.000	0	1		1.504	36.160		
14:1								
15:1	0.000	0	4		0.000	0.000		
16:1 undifferentiatedg 17:1g	0.000	U	4		0.000	0.000		
18:1 undifferentiatedg	32.000	2	1		1.504	36.160		
20:1g	0.000		4		0.000	0.000		
22:1 undifferentiatedg	0.000		4		0.000	0.000		
24:1 cg								
Fatty acids, total polyunsaturated	25.100	0	1		1.180	28.363		
18:2 undifferentiatedg	23.600	2	1		1.109	26.668		
18:3 undifferentiatedg	1.500	2	1		0.071	1.695		
18:4g	0.000	0	4		0.000	0.000		
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000		4		0.000	0.000		
20:5 n-3g	0.000		4		0.000	0.000		
22:5 n-3g	0.000		4		0.000	0.000		
22:6 n-3g	0.000	0	4		0.000	0.000		
Fatty acids, total trans	•	•			•	•		
Cholesterol mg	0 265	0	4		0 12	0 299		
Phytosterolsmg	265	U	4		12	299		
Amino Acids:								
Tryptophang	0.012	0	1		0.001	0.014		
Threonineg	0.039		1		0.002	0.044		
Isoleucineg	0.052		1		0.002	0.059		
Leucineg	0.084		1		0.004	0.095		
Lysineg	0.068		1		0.003	0.077		
Methionineg	0.021		1		0.001	0.024		
Cystineg	0.008		1		0.000	0.009		
Phenylalanine	0.041		1		0.002	0.046		
Tyrosine	0.041 0.057		1		0.002 0.003	0.046 0.064		
Arginine	0.031		1		0.003	0.064		
Histidine	0.023		1		0.001	0.035		
Alanineg	0.029		1		0.001	0.033		
Aspartic acidg	0.065		1		0.003	0.073		
Glutamic acid	0.179		1		0.008	0.202		
Glycineg	0.018	0	1		0.001	0.020		
Prolineg	0.083		1		0.004	0.094		
Serineg	0.046		1		0.002	0.052		
Hydroxyprolineg								
Carotenoids:								
Carotene, beta mcg	610	0	CAZN 4		28.670	689.300		
Carotene, alphamcg	0	0	CAZN 4		0.000	0.000		
Cryptoxanthin, betamcg	0	0	CAZN 4		0.000	0.000		
Lycopene mcg	0	0	CAZN 4		0.000	0.000		
Lutein + zeaxanthinmcg	0	0	CAZN 4		0.000	0.000		

Common Measures:

Measure 1 = 4.7g: 1 tsp Measure 2 = 113g: 1 stick

Margarine, regular, hard, soybean (hydrogenated) and corn and cottonseed (hydrogenated)

Food Group: 04 Fats and Oils

NDB No. 04075 Margarine, regular, hard, soybean (hydrogenated) and cottonseed

		<u>A</u> 1	mount in 100 g	rams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			Nu	ımbeı	r			<u>m</u>	easures of food	<u>.</u>	
						Source	Confidence				
Nutrients and Unit	s	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
D											
Proximates: Water	g	15.70	0.194	93		1		0.74	17.74		
Energy		719		0	NC	4		34	812		
Energy		3007				4		141	3398		
Protein (N x 6.38)		0.90	0.077	34		1		0.04	1.02		
Total lipid (fat)		80.50	0.026	572		1		3.78	90.97		
Ash		2.00	0.031	61		1		0.09	2.26		
Carbohydrate, by difference	g	0.90		0	NC	4		0.04	1.02		
Fiber, total dietary	g	0.0		0		4		0.0	0.0		
Sugars, total	g	0.00		0	CAZN	4		0.00	0.00		
Starch	g										
Minerals:											
Calcium, Ca	ma	30		0		1		1	34		
Iron, Fe	-	0.00		0		4		0.00	0.00		
Magnesium, Mg		3		0		1		0	3		
Phosphorus, P		23		0		1		1	26		
Potassium, K	-	42		0		1		2	48		
Sodium, Na		943	9.459	337		1		44	1066		
Zinc, Zn	mg	0.00		0		4		0.00	0.00		
Copper, Cu	mg										
Manganese, Mn	mg										
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0		
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.2		0		1		0.0	0.2		
Thiamin		0.010)	0		1		0.000	0.011		
Riboflavin		0.037	,	0		1		0.002	0.042		
Niacin		0.023	3	0		1		0.001	0.026		
Pantothenic acid	mg	0.084	ļ	0		1		0.004	0.095		
Vitamin B-6	mg	0.009)	0		1		0.000	0.010		
Folate, total	mcg	1		0		1		0	1		
Folic acid	mcg	0		0	Z	7		0	0		
Folate, food		1		0		1		0	1		
Folate, DFE		1		0	NC	4		0	1		
Vitamin B-12		0.10		0		1		0.00	0.11		
Vitamin A, IU		3577		0	NC	4		168	4042		
Vitamin A, RAE		819		0	NC	4		38	925		
Retinol		768		0	CAZN	4		36	868		
Vitamin E (alpha-tocopherol)		6.10		1		1		0.29	6.89		
Tocopherol, beta											
Tocopherol, gamma Tocopherol, delta											
Vitamin D	-										
Vitamin K (phylloquinone)											
<u>Lipids:</u>						_					
Fatty acids, total saturated		16.300		0		1		0.766	18.419		
4:0		0.000		0		4		0.000	0.000		
6:0		0.000		0		4		0.000	0.000		
8:0 10:0	_	0.000		0		4		0.000 0.000	0.000 0.000		
12:0	•	0.000		0		4		0.000	0.000		
13:0	_	0.000	•	3		-		3.000	0.000		
14:0	_	0.100	0.036	7		1		0.005	0.113		
15:0	_	3.130	2.050	•		-		0.005	0.110		
16:0	_	10.000	0.578	7		1		0.470	11.300		
17:0	_		· -					,			
18:0	_	6.200	0.417	7		1		0.291	7.006		
20:0	_										
	-										

	<u>Aı</u>	mount in 100 grams		le portio	<u>n</u>	Amount in edible portion of common measures of food			
		Numbe		0	Camfidanaa	<u></u>	<u> </u>		
Nutrients and Units	Mean	Std. Error Points	Deriv Code	Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	40.700	0		1		1.913	45.991		
14:1									
15:1g	0 000			4		0.000	0.000		
16:1 undifferentiated	0.000	0		4		0.000	0.000		
18:1 undifferentiated	40.700	3.306 7		1		1.913	45.991		
20:1g	0.000			4		0.000	0.000		
22:1 undifferentiatedg	0.000			4		0.000	0.000		
24:1 cg		_		=					
Fatty acids, total polyunsaturatedg	19.900	0		1		0.935	22.487		
18:2 undifferentiatedg	19.200	2.419 7		1		0.902	21.696		
18:3 undifferentiatedg	0.700	0.176 7		1		0.033	0.791		
18:4g	0.000	0		4		0.000	0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000			4		0.000	0.000		
20:5 n-3g	0.000			4		0.000	0.000		
22:5 n-3g	0.000			4		0.000	0.000		
22:6 n-3g	0.000	0		4		0.000	0.000		
Fatty acids, total transg	_					_	_		
Cholesterol mg	0 219	0 1		4 1		0	0		
Phytosterolsmg	219	Τ.		1		10	247		
Amino Acids:									
Tryptophang	0.012	. 0		1		0.001	0.014		
Threonineg	0.039	0		1		0.002	0.044		
Isoleucineg	0.052	0		1		0.002	0.059		
Leucineg	0.084			1		0.004	0.095		
Lysineg	0.068			1		0.003	0.077		
Methionineg	0.021			1		0.001	0.024		
Cystine9	0.008			1		0.000	0.009		
Phenylalanine	0.041			1		0.002	0.046		
Tyrosineg	0.041			1		0.002	0.046		
Valine	0.057			1 1		0.003	0.064		
Arginine	0.031 0.023			1		0.001 0.001	0.035 0.026		
Histidine	0.023			1		0.001	0.028		
Aspartic acid	0.023			1		0.001	0.033		
Glutamic acid	0.179			1		0.008	0.202		
Glycineg	0.018			1		0.001	0.020		
Prolineg	0.083			1		0.004	0.094		
Serine	0.046			1		0.002	0.052		
Hydroxyprolineg									
Carotenoids:									
Carotene, betamcg	610	0	CAZN	4		28.670	689.300		
Carotene, alphamcg	0	0	CAZN	4		0.000	0.000		
Cryptoxanthin, betamcg	0	0	CAZN	4		0.000	0.000		
Lycopene mcg	0	0	CAZN	4		0.000	0.000		
Lutein + zeaxanthinmcg	0	0	CAZN	4		0.000	0.000		

Common Measures:

Measure 1 = 4.7g: 1 tsp Measure 2 = 113g: 1 stick

Margarine, regular, hard, soybean (hydrogenated) and cottonseed

Food Group: 04 Fats and Oils

NDB No. 04076 Margarine, regular, hard, soybean (hydrogenated) and cottonseed (hydrogenated)

		<u>A</u>	mount in 100 g	rams	or earn	ie portio	<u>n</u>	Amount in edible portion of common			
			Nu	mbei	r			<u>m</u>	easures of food		
						Source	Confidence				
Nutrients and Units		Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
D											
Proximates: Water	q	15.70	0.194	93		1		0.74	17.74		
Energy		719		0	NC	4		34	812		
Energy		3007				4		141	3398		
Protein (N x 6.38)		0.90	0.077	34		1		0.04	1.02		
Total lipid (fat)	-	80.50	0.026	572		1		3.78	90.97		
Ash		2.00	0.031	61		1		0.09	2.26		
Carbohydrate, by difference		0.90		0	NC	4		0.04	1.02		
Fiber, total dietary		0.0		0		4		0.0	0.0		
Sugars, total		0.00		0	CAZN			0.00	0.00		
Starch		0.00		·	011211	-		0.00	0.00		
Survi	9										
Minerals:											
Calcium, Ca	_	30		0		1		1	34		
Iron, Fe		0.00		0		4		0.00	0.00		
Magnesium, Mg		3		0		1		0	3		
Phosphorus, P	-	23		0		1		1	26		
Potassium, K		42		0		1		2	48		
Sodium, Na		943	9.459			1		44	1066		
Zinc, Zn		0.00		0		4		0.00	0.00		
Copper, Cu											
Manganese, Mn	mg										
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0		
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.2		0		1		0.0	0.2		
Thiamin		0.010)	0		1		0.000	0.011		
Riboflavin		0.017		0		1		0.002	0.042		
Niacin		0.023		0		1		0.001	0.026		
Pantothenic acid	-	0.084		0		1		0.004	0.095		
Vitamin B-6		0.009		0		1		0.000	0.010		
Folate, total	-	1		0		1		0	1		
Folic acid		0		0	z	7		0	0		
Folate, food		1		0	-	1		0	1		
Folate, DFE		1		0	NC	4		0	1		
Vitamin B-12		0.10		0	110	1		0.00	0.11		
Vitamin A, IU		3577		0	NC	4		168	4042		
Vitamin A, RAE		819		0	NC	4		38	925		
Retinol		768		0	CAZN	4		36	868		
Vitamin E (alpha-tocopherol)		7.80	1.154	14	CAZI	1		0.37	8.81		
		7.00	1.134			-		0.57	0.01		
Tocopherol, beta Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		93.0		1	CAZN	4		4.4	105.1		
vitamini ix (phynoquinone)	9	33.0		_	011211	-			100.1		
<u>Lipids:</u>											
Fatty acids, total saturated	g										
4:0	g	0.000)	0		4		0.000	0.000		
6:0	g	0.000)	0		4		0.000	0.000		
8:0		0.000		0		4		0.000	0.000		
10:0	-	0.000		0		4		0.000	0.000		
12:0		0.000)	0		4		0.000	0.000		
13:0	g										
14:0	g	0.100	0.010	32		1		0.005	0.113		
15:0	g										
16:0	g	9.100	0.258	36		1		0.428	10.283		
17:0	g										
			0.171	36		1		0.277	6.667		
18:0	g	5.900	0.1/1	50		-		0	0.007		
18:0 20:0		5.900	0.171	50		-		0.2	0.007		

	<u>A</u> 1	mount in 100 grams		ole portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	47.300	0		1		2.223	53.449	
14:1g								
15:1g								
16:1 undifferentiatedg	0.000	0		4		0.000	0.000	
17:1	47.300	0.820 36		1		2.223	F2 440	
18:1 undifferentiated	0.000			4		0.000	53.449 0.000	
20:1g 22:1 undifferentiatedg	0.000			4		0.000	0.000	
24:1 cg	0.000	U		7		0.000	0.000	
Fatty acids, total polyunsaturated9	14.600	0		1		0.686	16.498	
18:2 undifferentiatedg	13.700			1		0.644	15.481	
18:3 undifferentiatedg	0.800			1		0.038	0.904	
18:4g	0.000			4		0.000	0.000	
20:2 n-6 c.cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0		4		0.000	0.000	
20:5 n-3g	0.000	0		4		0.000	0.000	
22:5 n-3g	0.000	0		4		0.000	0.000	
22:6 n-3g	0.000	0		4		0.000	0.000	
Fatty acids, total transg								
Cholesterolmg	0	0		4		0	0	
Phytosterolsmg	171	2		1		8	193	
Amino Acids:								
Tryptophang	0.012	2 0		1		0.001	0.014	
Threonineg	0.039	0		1		0.002	0.044	
Isoleucineg	0.052	2 0		1		0.002	0.059	
Leucineg	0.084	0		1		0.004	0.095	
Lysineg	0.068	0		1		0.003	0.077	
Methionineg	0.021	. 0		1		0.001	0.024	
Cystineg	0.008	0		1		0.000	0.009	
Phenylalanineg	0.041	. 0		1		0.002	0.046	
Tyrosineg	0.041			1		0.002	0.046	
Valineg	0.057			1		0.003	0.064	
Arginineg	0.031			1		0.001	0.035	
Histidineg	0.023			1		0.001	0.026	
Alanineg	0.029			1		0.001	0.033	
Aspartic acid	0.065			1		0.003	0.073	
Glutamic acidg	0.179			1 1		0.008	0.202	
Glycine	0.018			_		0.001	0.020	
Prolineg Serineg	0.083			1 1		0.00 4 0.002	0.094 0.052	
Hydroxyproline	0.046	U		1		0.002	0.052	
Carotenoids:	610	•	a			00 670	600 200	
Carotene, beta mcg	610 0	0	CAZN CAZN	4 4		28.670 0.000	689.300 0.000	
Cryptovanthin beta mcg	0	0	CAZN	4		0.000	0.000	
Cryptoxanthin, betamcg Lycopenemcg	0	0	CAZN	4		0.000	0.000	
Lycopeneiilog	J	U	CAZIN			0.000		

Common Measures:

Measure 1 = 4.7g: 1 tsp Measure 2 = 113g: 1 stick

Margarine, regular, hard, soybean (hydrogenated) and cottonseed (hydrogenated)

Food Group: 04 Fats and Oils

NDB No. 04082 Margarine, regular, hard, soybean (hydrogenated) and palm (hydrogenated and regular)

		<u>Aı</u>	mount in 100 g	rams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber	,			<u>me</u>	easures of food		
			of	Data	Deriv	Source	Confidence				
Nutrients and Un	its	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	15.70	0.194	93		1		0.74	17.74		
Energy	kcal	719		0	NC	4		34	812		
Energy	kj	3007				4		141	3398		
Protein (N x 6.38)	g	0.90	0.077	34		1		0.04	1.02		
Total lipid (fat)	g	80.50	0.026	572		1		3.78	90.97		
Ash		2.00	0.031	61		1		0.09	2.26		
Carbohydrate, by difference	g	0.90		0	NC	4		0.04	1.02		
Fiber, total dietary	g	0.0		0		4		0.0	0.0		
Sugars, total	g	0.00		0	CAZN	4		0.00	0.00		
Starch	g										
va: 1											
Minerals:	ma	30		0		1		1	24		
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	0.00		0		4		0.00	3 4 0.00		
Iron, Fe		3		0		1		0.00	3		
Magnesium, Mg Phosphorus, P		23		0		1		1	3 26		
Potassium, K		42		0		1		2	48		
Sodium, Na		943	9.459	337		1		44	1066		
Zinc, Zn	-	0.00	3.433	0		4		0.00	0.00		
Copper, Cu	-	0.00		·		•		0.00	0.00		
Manganese, Mn											
Selenium, Se		0.0		0	z	7		0.0	0.0		
· ·											
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	-	0.2		0		1		0.0	0.2		
Thiamin		0.010		0		1		0.000	0.011		
Riboflavin		0.037		0		1		0.002	0.042		
Niacin		0.023		0		1		0.001	0.026		
Pantothenic acid	_	0.084		0		1		0.004	0.095		
Vitamin B-6	-	0.009	1	0		1		0.000	0.010		
Folate, total		1		0	_	1		0	1		
Folic acid		0		0	Z	7		0	0		
Folate, food		1		0		1		0	1		
Folate, DFE		1		0	NC	4		0	1		
Vitamin B-12	mcg	0.10		0		1		0.00	0.11		
Vitamin A, IU		3577		0	NC	4		168	4042		
Vitamin A, RAE		819		0	NC	4		38	925		
Retinol		768		0	CAZN	4		36	868		
Vitamin E (alpha-tocopherol)	_	3.10		0		4		0.15	3.50		
Tocopherol, beta Tocopherol, gamma											
Tocopherol, deltaVitamin D											
Vitamin K (phylloquinone)											
<u>Lipids:</u>											
Fatty acids, total saturated		17.500		0		1		0.823	19.775		
4:0		0.000		0		4		0.000	0.000		
6:0	-	0.000		0		4		0.000	0.000		
8:0	-	0.000		0		4		0.000	0.000		
10:0	•	0.000		0		4		0.000	0.000		
12:0	-	0.000	1	0		4		0.000	0.000		
13:0		_		_		_			_		
14:0	-	0.000)	0		4		0.000	0.000		
15:0	-			_							
16:0	-	13.600	1	1		1		0.639	15.368		
17:0		_				_			_		
18:0		3.900	1	1		1		0.183	4.407		
20:0											
22:0	g										

	<u>A</u>	mount in 100 grams		ortion	Amount in edible portion of common measures of food		
		Number			<u></u>	2434163 01 1004	
Nutrients and Units	Mean	of Data Std. Error Points		rce Confidence de Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	31.200	0	:	1	1.466	35.256	
14:1g							
15:1g	0.000	•		4	0.000	0.000	
16:1 undifferentiated	0.000	0	,	4	0.000	0.000	
18:1 undifferentiated	31.200	1		1	1.466	35.256	
20:1g	0.000			4	0.000	0.000	
22:1 undifferentiatedg	0.000			4	0.000	0.000	
24:1 cg		•		_			
Fatty acids, total polyunsaturated	28.200	0	:	1	1.325	31.866	
18:2 undifferentiatedg	25.900	1	:	1	1.217	29.267	
18:3 undifferentiated	2.300	0		1	0.108	2.599	
18:4g	0.000	0		4	0.000	0.000	
20:2 n-6 c,cg							
20:3 undifferentiatedg							
20:4 undifferentiatedg	0.000			4	0.000	0.000	
20:5 n-3g	0.000			4	0.000	0.000	
22:5 n-3g	0.000			4	0.000	0.000	
22:6 n-3g	0.000	0		4	0.000	0.000	
Fatty acids, total transg	_					_	
Cholesterol mg	0	0 1		4 1	0	0	
Phytosterolsmg	136	1		L	6	154	
Amino Acids:							
Tryptophan9	0.012	0	:	1	0.001	0.014	
Threonineg	0.039	0		1	0.002	0.044	
Isoleucineg	0.052	0		1	0.002	0.059	
Leucine9	0.084			1	0.004	0.095	
Lysineg	0.068			1	0.003	0.077	
Methionineg	0.021			1	0.001	0.024	
Cystineg	0.008			1	0.000	0.009	
Phenylalanineg	0.041			1	0.002	0.046	
Tyrosine	0.041 0.057			1 1	0.002	0.046	
•	0.037			1	0.003 0.001	0.064 0.035	
Arginine	0.023			1	0.001	0.035	
Alanine	0.029			1	0.001	0.020	
Aspartic acid	0.065			1	0.001	0.033	
Glutamic acidg	0.179			<u>.</u> 1	0.008	0.202	
Glycine	0.018			- 1	0.001	0.020	
Proline	0.083			1	0.004	0.094	
Serineg	0.046			1	0.002	0.052	
Hydroxyprolineg							
Carotenoids:							
Carotene, beta mcg	610	0	CAZN	4	28.670	689.300	
Carotene, alphamcg	0	0	CAZN	4	0.000	0.000	
Cryptoxanthin, betamcg	0	0	CAZN	4	0.000	0.000	
Lycopene mcg	0	0		4	0.000	0.000	
Lutein + zeaxanthin mcg	0	0	CAZN	4	0.000	0.000	

Common Measures:

Measure 1 = 4.7g: 1 tsp Measure 2 = 113g: 1 stick

Margarine, regular, hard, soybean (hydrogenated) and palm (hydrogenated and regular)

Food Group: 04 Fats and Oils

NDB No. 04077 Margarine, regular, hard, soybean (hydrogenated) and palm (hydrogenated)

		<u>Aı</u>	mount in 100 g	rams	of edib	le portio	<u>n</u>	Amount in edible portion of common		
			Nu	mber	•			<u>m</u>	easures of food	
			of	Data	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
D										
Proximates: Water	a	15.70	0.194	93		1		0.74	17.74	
Energy		719		0	NC	4		34	812	
Energy		3007				4		141	3398	
Protein (N x 6.38)		0.90	0.077	34		1		0.04	1.02	
Total lipid (fat)		80.50	0.026	572		1		3.78	90.97	
Ash		2.00	0.031	61		1		0.09	2.26	
Carbohydrate, by difference		0.90		0	NC	4		0.04	1.02	
Fiber, total dietary		0.0		0		4		0.0	0.0	
Sugars, total		0.00		0	CAZN	4		0.00	0.00	
Starch										
Minerals:	m~	20		^				•	24	
Calcium, Ca	-	30		0		1 4		1	34	
Iron, Fe		0.00 3		0		4 1		0.00 0	0.00 3	
Phosphorus, P		23		0		1		1	26	
Potassium, K	-	42		0		1		2	48	
Sodium, Na		943	9.459			1		44	1066	
Zinc, Zn		0.00	3.433	0		4		0.00	0.00	
Copper, Cu		0.00		·		-		0.00	0.00	
Manganese, Mn										
Selenium, Se		0.0		0	z	7		0.0	0.0	
¥7:4										
<u>Vitamins:</u>				_				0.0		
Vitamin C, total ascorbic acid		0.2		0		1 1		0.0	0.2	
Thiamin		0.010 0.037		0		1		0.000 0.002	0.011	
Riboflavin		0.037		0		1		0.002	0.042 0.026	
Niacin Pantothenic acid	-	0.023		0		1		0.001	0.026	
Vitamin B-6		0.009		0		1		0.000	0.010	
Folate, total	-	1	•	0		1		0.000	1	
Folic acid		0		0	z	7		0	0	
Folate, food		1		0	_	1		0	1	
Folate, DFE		1		0	NC	4		0	1	
Vitamin B-12		0.10		0		1		0.00	0.11	
Vitamin A, IU		3577		0	NC	4		168	4042	
Vitamin A, RAE		819		0	NC	4		38	925	
Retinol		768		0	CAZN	4		36	868	
Vitamin E (alpha-tocopherol)		3.10		0		4		0.15	3.50	
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	15.100	1	0		1		0.710	17.063	
4:0		0.000	1	0		4		0.000	0.000	
6:0	g	0.000)	0		4		0.000	0.000	
8:0		0.000	1	0		4		0.000	0.000	
10:0	g	0.000	1	0		4		0.000	0.000	
12:0	g	0.000	1	1		1		0.000	0.000	
13:0	g									
14:0	g	0.200)	1		1		0.009	0.226	
15:0	g									
16:0	-	10.200	1.481	4		1		0.479	11.526	
17:0	_									
18:0	_	4.600	0.155	4		1		0.216	5.198	
20:0	_									
22:0	g									

	<u>A</u> 1	mount in 100 grams		e portio	<u>n</u>	Amount in edible portion of common measures of food			
		Number			Canfidanaa	<u>x</u>	<u> </u>		
Nutrients and Units	Mean	of Data Std. Error Points		Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	32.000	0		1		1.504	36.160		
14:1g									
15:1	0 100			1		0.005	0 112		
16:1 undifferentiatedg 17:1g	0.100	1		1		0.005	0.113		
18:1 undifferentiated	31.900	0.467 4		1		1.499	36.047		
20:1g	0.000			4		0.000	0.000		
22:1 undifferentiated	0.000			4		0.000	0.000		
24:1 cg		•		_					
Fatty acids, total polyunsaturatedg	29.800	0		1		1.401	33.674		
18:2 undifferentiatedg	26.800	1.540 4		1		1.260	30.284		
18:3 undifferentiatedg	3.000	0.253 4		1		0.141	3.390		
18:4g	0.000	0		4		0.000	0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000			4		0.000	0.000		
20:5 n-3g	0.000			4		0.000	0.000		
22:5 n-3g	0.000			4		0.000	0.000		
22:6 n-3g	0.000	0		4		0.000	0.000		
Fatty acids, total trans9	_			_		_			
Cholesterol mg	0	0		4 1		0	0		
Phytosterolsmg	165	2		1		8	186		
Amino Acids:									
Tryptophan9	0.012	0		1		0.001	0.014		
Threonineg	0.039	0		1		0.002	0.044		
Isoleucineg	0.052	0		1		0.002	0.059		
Leucineg	0.084			1		0.004	0.095		
Lysineg	0.068			1		0.003	0.077		
Methionineg	0.021			1		0.001	0.024		
Cystineg	0.008			1		0.000	0.009		
Phenylalanine	0.041			1		0.002	0.046		
Tyrosine	0.041			1		0.002	0.046		
Valineg	0.057			1 1		0.003	0.064		
Arginine	0.031 0.023			1		0.001 0.001	0.035 0.026		
Histidine	0.023			1		0.001	0.026		
Aspartic acid	0.029			1		0.001	0.033		
Glutamic acid	0.179			1		0.003	0.202		
Glycine	0.018			1		0.008	0.020		
Proline	0.083			1		0.004	0.094		
Serineg	0.046			1		0.002	0.052		
Hydroxyproline									
Carotenoids:									
Carotene, beta mcg	610	0	CAZN	4		28.670	689.300		
Carotene, alphamcg	0	0	CAZN	4		0.000	0.000		
Cryptoxanthin, beta mcg	0	0	CAZN	4		0.000	0.000		
Lycopene mcg	0	0	CAZN	4		0.000	0.000		
Lutein + zeaxanthinmcg	0	0	CAZN	4		0.000	0.000		

Common Measures:

Measure 1 = 4.7g: 1 tsp Measure 2 = 113g: 1 stick

Margarine, regular, hard, soybean (hydrogenated) and palm (hydrogenated)

Food Group: 04 Fats and Oils

NDB No. 04083 Margarine, regular, hard, soybean (hydrogenated), cottonseed (hydrogenated), and soybean

		<u>A</u> 1	mount in 100 g	rams	of edib	le 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 Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	15.70	0.194	93		1		0.74	17.74	
	_	719	0.194	0	NC	4		34	812	
Energy		3007		U	NC	4		141	3398	
Energy						-				
Protein (N x 6.38)		0.90	0.077	34		1		0.04	1.02	
Total lipid (fat)		80.50	0.026	572		1		3.78	90.97	
Ash		2.00	0.031	61		1		0.09	2.26	
Carbohydrate, by difference		0.90		0	NC	4		0.04	1.02	
Fiber, total dietary		0.0		0		4		0.0	0.0	
Sugars, total	g	0.00		0	CAZN	4		0.00	0.00	
Starch	g									
Minorals:										
<u>Minerals:</u> Calcium, Ca	ma	30		0		1		1	34	
Iron. Fe.	-	0.00		0		4		0.00	0.00	
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	3		0		1		0.00	3	
Phosphorus, P		23		0		1		1	3 26	
• '	-	42		0		1		2	48	
Potassium, K		943		0		1		44	1066	
Sodium, Na		0.00		0		4		0.00	0.00	
Zinc, Zn		0.00		U		4		0.00	0.00	
Copper, Cu										
Manganese, Mn		0.0		0	z	7		0.0	0.0	
Selenium, Se	Ilicg	0.0		U	Z	,		0.0	0.0	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.2		0		1		0.0	0.2	
Thiamin	mg	0.010)	0		1		0.000	0.011	
Riboflavin		0.037	1	0		1		0.002	0.042	
Niacin	mg	0.023	3	0		1		0.001	0.026	
Pantothenic acid	mg	0.084	Į	0		1		0.004	0.095	
Vitamin B-6		0.009)	0		1		0.000	0.010	
Folate, total	-	1		0		1		0	1	
Folic acid		0		0	Z	7		0	0	
Folate, food		1		0		1		0	1	
Folate, DFE		1		0	NC	4		0	1	
Vitamin B-12		0.10		0		1		0.00	0.11	
Vitamin A, IU		3577		0	NC	4		168	4042	
Vitamin A, RAE		819		0	NC	4		38	925	
Retinol		768		0	CAZN	4		36	868	
Vitamin E (alpha-tocopherol)		3.10		2	CILLI	1		0.15	3.50	
Tocopherol, beta		3.10		-		_		0.13	3.30	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u> ipids:</u>										
Fatty acids, total saturated	g	15.600		0		1		0.733	17.628	
4:0		0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	-	0.000		0		4		0.000	0.000	
10:0	•	0.000		0		4		0.000	0.000	
12:0	g	0.000)	0		4		0.000	0.000	
13:0	g									
14:0	g	0.200)	2		1		0.009	0.226	
15:0	g									
16:0	g	9.200	0.649	4		1		0.432	10.396	
17:0	g									
18:0	g	6.200	0.430	4		1		0.291	7.006	
20:0	g									
22:0	a									

	<u>Aı</u>	mount in 100 gran		ble portio	<u>on</u>	Amount in edible portion of common measures of food			
		Numb	er ta Deriv	Source	Confidence				
Nutrients and Units	Mean	Std. Error Point		Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated9	41.200	0		1		1.936	46.556		
14:1g									
15:1	0.000	0		4		0.000	0.000		
16:1 undifferentiatedg 17:1g	0.000	·		4		0.000	0.000		
18:1 undifferentiated	41.200	0.874 4		1		1.936	46.556		
20:1g	0.000			4		0.000	0.000		
22:1 undifferentiatedg	0.000			4		0.000	0.000		
24:1 cg		_		=					
Fatty acids, total polyunsaturatedg	20.200	0		1		0.949	22.826		
18:2 undifferentiatedg	19.000	0.433 4		1		0.893	21.470		
18:3 undifferentiatedg	1.100	0.315 4		1		0.052	1.243		
18:4g	0.000	0		4		0.000	0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000			4		0.000	0.000		
20:5 n-3g	0.000			4		0.000	0.000		
22:5 n-3g	0.000			4		0.000	0.000		
22:6 n-3g	0.000	0		4		0.000	0.000		
Fatty acids, total trans9	_	_				_	_		
Cholesterol mg	0	01 065 4		4		0	0		
Phytosterolsmg	208	21.865 4		1		10	235		
Amino Acids:									
Tryptophang	0.012	0		1		0.001	0.014		
Threonineg	0.039	0		1		0.002	0.044		
Isoleucineg	0.052	0		1		0.002	0.059		
Leucineg	0.084	0		1		0.004	0.095		
Lysineg	0.068			1		0.003	0.077		
Methionineg	0.021			1		0.001	0.024		
Cystineg	0.008			1		0.000	0.009		
Phenylalanineg	0.041			1		0.002	0.046		
Tyrosine9	0.041			1		0.002	0.046		
Valineg	0.057			1		0.003	0.064		
Arginine	0.031			1 1		0.001	0.035		
Histidine	0.023 0.029			1		0.001 0.001	0.026 0.033		
Alanine	0.029			1		0.001	0.033		
Aspartic acid9 Glutamic acid	0.065			1		0.003	0.073		
Glycineg	0.018			1		0.001	0.020		
Prolineg	0.010			1		0.001	0.020		
Serine	0.046			1		0.002	0.052		
Hydroxyprolineg		_							
Carotenoids:									
Carotene, betamcg	610	0	CAZN	4		28.670	689.300		
Carotene, alphamcg	0	0				0.000	0.000		
Cryptoxanthin, betamcg	0	0				0.000	0.000		
Lycopenemcg	0	0				0.000	0.000		
Lutein + zeaxanthinmcg	0	0	CAZN	4		0.000	0.000		

Common Measures:

Measure 1 = 4.7g: 1 tsp Measure 2 = 113g: 1 stick

Margarine, regular, hard, soybean (hydrogenated), cottonseed (hydrogenated), and soybean

Food Group: 04 Fats and Oils

NDB No. 04081 Margarine, regular, hard, soybean, soybean (hydrogenated), and cottonseed (hydrogenated)

										of common
			Nι	ımber	•			<u>m</u>	easures of food	
			of	Data	Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	15.70	0.194	93		1		0.74	17.74	
	-	719	0.194	0	NC	4		34	812	
Energy		3007		U	NC	4		141	3398	
Energy						-				
Protein (N x 6.38)		0.90	0.077	34		1		0.04	1.02	
Total lipid (fat)		80.50	0.026	572		1		3.78	90.97	
Ash		2.00	0.031	61		1		0.09	2.26	
Carbohydrate, by difference		0.90		0	NC	4		0.04	1.02	
Fiber, total dietary		0.0		0		4		0.0	0.0	
Sugars, total		0.00		0	CAZN	4		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	30		0		1		1	34	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.00		0		4		0.00	0.00	
Magnesium, Mg		3		0		1		0	3	
Phosphorus, P		23		0		1		1	26	
Potassium, K	_	42		0		1		2	48	
Sodium, Na		943	9.459	337		1		44	1066	
Zinc, Zn		0.00		0		4		0.00	0.00	
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.2		0		1		0.0	0.2	
Thiamin		0.010)	0		1		0.000	0.011	
Riboflavin		0.010		0		1		0.002	0.042	
Niacin		0.023		0		1		0.001	0.026	
Pantothenic acid	-	0.084		0		1		0.004	0.095	
Vitamin B-6		0.009		0		1		0.000	0.010	
Folate, total	-	1		0		1		0	1	
Folic acid		0		0	z	7		0	0	
Folate, food		1		0	_	1		0	1	
Folate, DFE		1		0	NC	4		0	1	
Vitamin B-12		0.10		0		1		0.00	0.11	
Vitamin A, IU		3577		0	NC	4		168	4042	
Vitamin A, RAE		819		0	NC	4		38	925	
Retinol		768		0	CAZN	4		36	868	
Vitamin E (alpha-tocopherol)		12.40		0	011211	4		0.58	14.01	
Tocopherol, beta				·		-		0.00		
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
ipids:										
Fatty acids, total saturated	a	15.600)	0		1		0.733	17.628	
4:0		0.000		0		4		0.000	0.000	
6:0		0.000		0		4		0.000	0.000	
8:0		0.000		0		4		0.000	0.000	
10:0	-	0.000		0		4		0.000	0.000	
12:0	•	0.300		-		1		0.014	0.339	
13:0	-	2.200				_		2.02.	0.000	
14:0	-	0.200	0.013	119		1		0.009	0.226	
15:0						-		2		
16:0	-	9.100	0.078	119		1		0.428	10.283	
17:0	-	2.200	2.2.0			_		3	20.200	
	a	6.000	0.045	119		1		0.282	6.780	
17.0	-	6.000	0.045	119		1		0.282	6.780	

	<u>Aı</u>	mount in 100 grams Number		le portio	<u>n</u>		edible portion o	of common
		of Data		Source	Confidence			
Nutrients and Units	Mean	Std. Error Points		Code	Code	Measure 1	Measure 2	Measure 3
	26 100					4 605	40 500	
Fatty acids, total monounsaturatedg 14:1g	36.100	0		1		1.697	40.793	
15:1g								
16:1 undifferentiatedg	0.000	0		4		0.000	0.000	
17:1g								
18:1 undifferentiatedg	35.900	0.127 52		1		1.687	40.567	
20:1g	0.200	0.050 22		1		0.009	0.226	
22:1 undifferentiatedg	0.000	0		4		0.000	0.000	
24:1 cg								
Fatty acids, total polyunsaturatedg	25.300			1		1.189	28.589	
18:2 undifferentiatedg	22.500			1		1.058	25.425	
18:3 undifferentiatedg	2.800			1		0.132	3.164	
18:4g	0.000	0		4		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiated	0.000	0		4		0.000	0 000	
20:4 undifferentiated	0.000			4		0.000 0.000	0.000 0.000	
20:5 n-3g 22:5 n-3g	0.000			4		0.000	0.000	
22:6 n-3g	0.000			4		0.000	0.000	
Fatty acids, total trans	0.000	•		•		0.000	0.000	
Cholesterolg	0	0		4		0	0	
Phytosterolsmg	172	1		1		8	194	
Amino Acids:		•		_				
Tryptophang	0.012			1 1		0.001	0.014	
Threonine	0.039 0.052			1		0.002 0.002	0.044 0.059	
Isoleucine	0.032			1		0.002	0.059	
Lysineg	0.069			1		0.004	0.033	
Methionine	0.021			1		0.003	0.024	
Cystineg	0.008			1		0.000	0.009	
Phenylalanineg	0.041			1		0.002	0.046	
Tyrosine	0.041			1		0.002	0.046	
Valine 9	0.057			1		0.003	0.064	
Arginine	0.031	. 0		1		0.001	0.035	
Histidine9	0.023	0		1		0.001	0.026	
Alanineg	0.029	0		1		0.001	0.033	
Aspartic acidg	0.065	0		1		0.003	0.073	
Glutamic acid	0.179	0		1		0.008	0.202	
Glycineg	0.018	0		1		0.001	0.020	
Prolineg	0.083			1		0.004	0.094	
Serineg	0.046	0		1		0.002	0.052	
Hydroxyprolineg								
<u>Carotenoids:</u>								
Carotene, betamcg	610	0	CAZN	4		28.670	689.300	
Carotene, alphamcg	0	0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta	0 0	0	CAZN CAZN	4 4		0.000 0.000	0.000 0.000	
Lycopenemcg Lutein + zeaxanthinmcg	0	0	CAZN	4		0.000	0.000	
Luteni - zeaxantinii	•	•	CAZN	7		0.000	0.000	

Common Measures:

Measure 1 = 4.7g: 1 tsp Measure 2 = 113g: 1 stick

Calories Factors: Protein 4.27 Fat 8.84 Carbohydrate 3.87

Margarine, regular, hard, soybean, soybean (hydrogenated), and cottonseed (hydrogenated)

Food Group: 04 Fats and Oils

NDB No. 04521 Margarine, regular, hard, sunflower and soybean (hydrogenated) and cottonseed (hydrogenated)

		<u>Aı</u>	mount in 100 gr	rams c	of edib	le portio	<u>n</u>	Amount in	edible portion	of common
			Nur	mber				<u>m</u>	easures of food	
			of I	Data I	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error Po	ints (Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	15.70	0.194	93		1		0.74	17.74	
Energy		719		0	NC	4		34	812	
Energy		3007				4		141	3398	
Protein (N x 6.38)		0.90	0.077	34		1		0.04	1.02	
Total lipid (fat)		80.50		572		1		3.78	90.97	
Ash		2.00	0.031	61		1		0.09	2.26	
Carbohydrate, by difference		0.90	0.031	0	NC	4		0.04	1.02	
		0.90		0	NC	4		0.0	0.0	
Fiber, total dietary		0.00		0	CAZN	4		0.00		
Sugars, total		0.00		U	CAZN	4		0.00	0.00	
Starch	9									
Minerals:										
Calcium, Ca	mg	30		0		1		1	34	
Iron, Fe	_	0.00		0		4		0.00	0.00	
Magnesium, Mg		3		0		1		0	3	
Phosphorus, P		23		0		1		1	26	
Potassium, K	-	42		0		1		2	48	
Sodium, Na		943	9.459	337		1		44	1066	
Zinc, Zn		0.00		0		4		0.00	0.00	
Copper, Cu		0.000	ı	0		4		0.000	0.000	
Manganese, Mn										
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamina										
Vitamins:	m a	0.0		•				0.0		
Vitamin C, total ascorbic acid		0.2		0		1		0.0	0.2	
Thiamin		0.010		0		1		0.000	0.011	
Riboflavin		0.037		0		1		0.002	0.042	
Niacin	-	0.023		0		1		0.001	0.026	
Pantothenic acid		0.084		0		1		0.004	0.095 0.010	
Vitamin B-6	-	1		0		1		0.000 0	1	
Folate, total		0		0	z	7		0	0	
Folic acid		1		0	Z	1		0	1	
Folate, food	IIICY	1			NO	4		0		
Folate, DFE				0	NC				1	
Vitamin B-12		0.10		0		1		0.00	0.11	
Vitamin A, IU		3577		-	NC	4		168	4042	
Vitamin A, RAE		819		0	NC	4		38	925	
Retinol		768		0	CAZN	4		36	868	
Vitamin E (alpha-tocopherol)		11.00		0		4		0.52	12.43	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)		103.3		0	CAZN	4		4.9	116.7	
vitanini K (phynoquinone)	Illog	103.3		U	CAZN	-		4.9	110.7	
Lipids:										
Fatty acids, total saturated	g	11.900		0		1		0.559	13.447	
4:0	g	0.000	ı	0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.100		1		1		0.005	0.113	
15:0	g									
16:0	g	7.200		1		1		0.338	8.136	
17:0	g									
18:0	g	4.600		1		1		0.216	5.198	
20:0	g									
22:0	g									
24:0	0									

NDB No. 04521 Margarine, regular, hard, sunflower and soybean (hydrogenated) and cottonseed (hydrogenated)

		<u>Aı</u>	mount in 10			ole portio	<u>on</u>		edible portion of easures of food	
Nutrients and Unit	:s	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		28.500		0		1		1.340	32.205	
14:1	-									
15:1	_	0 000		0		1		2 000	0 000	
16:1 undifferentiated		0.000		0		1		0.000	0.000	
17:1	_	28.500		1		1		1 240	32 205	
								1.340	32.205	
20:1	-	0.000		0		1		0.000	0.000	
22:1 undifferentiated	•	0.000		0		1		0.000	0.000	
24:1 c		36 600		0		1		1 700	41 250	
Fatty acids, total polyunsaturated		36.600		0		1		1.720	41.358	
18:2 undifferentiated		36.500		1		1		1.716	41.245	
18:3 undifferentiated		0.100		1		1		0.005	0.113	
18:4	-	0.000		0		1		0.000	0.000	
20:2 n-6 c,c	-									
20:3 undifferentiated				•		_				
20:4 undifferentiated	-	0.000		0		1		0.000	0.000	
20:5 n-3	-	0.000		0		1		0.000	0.000	
22:5 n-3		0.000		0		1		0.000	0.000	
22:6 n-3		0.000		0		1		0.000	0.000	
Fatty acids, total trans		_		_				_	_	
Cholesterol		0		0		4		0	0	
Phytosterols	mg	425		0		4		20	480	
Amino Acids:										
Tryptophan	a	0.012		0		1		0.001	0.014	
Threonine		0.039		0		1		0.001	0.014	
Isoleucine	_	0.052		0		1		0.002	0.059	
Leucine		0.032		0		1		0.002	0.039	
Lysine		0.068		0		1		0.004	0.033	
Methionine		0.021		0		1		0.001	0.024	
Cystine		0.008		0		1		0.001	0.024	
Phenylalanine	_	0.041		0		1		0.002	0.046	
Tyrosine		0.041		0		1		0.002	0.046	
Valine	-	0.041		0		1		0.002	0.046	
		0.037		0		1		0.003	0.064	
Arginine		0.031		0		1		0.001	0.035	
Histidine	-	0.023		0		1		0.001		
Alanine				0		1			0.033	
Aspartic acid		0.065				1		0.003	0.073	
Glutamic acid	-	0.179		0				0.008	0.202	
Glycine		0.018		0		1		0.001	0.020	
Proline	_	0.083		0		1		0.004	0.094	
Serine		0.046		0		1		0.002	0.052	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	q	0.0		0		4		0.0	0.0	
Caffeine	-	0		0	z	7		0	0	
Theobromine		0		0	z	7		0	0	
Carotenoids:	9	-		-	_			ŭ	·	
Carotenoius.										
Carotene, beta	mcg	610		0	CAZN	4		28.670	689.300	
Carotene, alpha		0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta		0		0	CAZN	4		0.000	0.000	
Lycopene		0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin	mcg	0		0	CAZN	4		0.000	0.000	

Common Measures:

Measure 1 = 4.7g: 1 tsp

Measure 2 = 113g: 1 stick

Margarine, regular, hard, sunflower and soybean (hydrogenated) and cottonseed (hydrogenated)

Calories Factors: Protein 4.27 Fat 8.84 Carbohydrate 3.87

Food Group: 04 Fats and Oils

NDB No. 04105 Margarine, regular, liquid, soybean (hydrogenated and regular) and cottonseed

		<u>A</u>	mount in 100 g	rams	of edib	le portio	<u>n</u>	Amount in	edible portion	of common
			Nu	mber	•			<u>m</u>	easures of food	
					Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	а	15.80	0.384	8		1		35.87	2.24	0.74
Energy	-	721	0.001	0	NC	4		1637	102	34
Energy		3017		0	110	4		6848	428	142
Protein (N x 6.38)	=	1.90		1		1		4.31	0.27	0.09
, ,	=	80.60	0.157	10		1		182.96	11.45	3.79
Total lipid (fat)		2.00	0.137	6		1		4.54	0.28	0.09
Ash		0.00	0.026	0		1		0.00		0.09
Carbohydrate, by difference				0		4			0.00	
Fiber, total dietary		0.0						0.0	0.0	0.0
Sugars, total		0.00		0	CAZN	4		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	66		0		1		150	9	3
Iron, Fe	_	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg	-	6		0		1		13	1	0
Phosphorus, P		51		0		1		116	7	2
Potassium, K	•	94		0		1		214	13	4
Sodium, Na		781		2		1		1773	111	37
Zinc, Zn		0.00		0		4		0.00	0.00	0.00
Copper, Cu		0.000)	0		4		0.000	0.000	0.00
Manganese, Mn										
Selenium, Se		0.0		0	z	7		0.0	0.0	0.0
·	•••••									
Vitamins:										
Vitamin C, total ascorbic acid		0.4		0		1		0.8	0.1	0.0
Thiamin	-	0.022		0		1		0.050	0.003	0.00
Riboflavin		0.081		0		1		0.184	0.012	0.00
Niacin	-	0.050		0		1		0.114	0.007	0.00
Pantothenic acid		0.187		0		1		0.424	0.027	0.00
Vitamin B-6	-	0.019	9	0		1		0.043	0.003	0.00
Folate, total		3		0		1		6	0	0
Folic acid		0		0	Z	7		0	0	0
Folate, food	mcg	3		0		1		7	0	0
Folate, DFE		3		0	NC	4		7	0	0
Vitamin B-12		0.21		0		1		0.48	0.03	0.01
Vitamin A, IU		3577		0	NC	4		8120	508	168
Vitamin A, RAE		819		0	NC	4		1859	116	38
Retinol	mcg	768		0	CAZN	4		1743	109	36
Vitamin E (alpha-tocopherol)	mg	4.60	2.211	4		1		10.44	0.65	0.22
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	106.2		0	CAZN	4		241.1	15.1	5.0
Lipids:										
Fatty acids, total saturated	a	13.200)	0		1		29.964	1.874	0.62
4:0		0.000		0		1		0.000	0.000	0.00
6:0		0.000		0		1		0.000	0.000	0.00
8:0		0.000		0		1		0.000	0.000	0.00
10:0		0.000		0		1		0.000	0.000	0.00
12:0		0.000		0		1		0.000	0.000	0.00
13:0	-	0.000	,	Ū		-		0.000	0.000	0.00
14:0	-	0.100	0.001	3		1		0.227	0.014	0.00
15:0	-	0.100	. 0.001	,		-		V.ZZ1	0.014	0.00
16:0	-	8.600	0.360	4		1		19.522	1.221	0.40
17:0		8.000	, 0.300	-1		_		19.522	1.221	0.40
		4.600	0.624	4		1		10.442	0.653	0.21
18:0	9	4.000	0.024	-2		_		10.442	0.033	0.21
20:0	a									
20:0 22:0	-									

		<u>Ar</u>	nount in 100 g			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
			Nι	ımber	•			<u>m</u>	easures of food		
					Deriv	Source	Confidence				
Nutrients and	Units	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
P	. 1 ~	00 100		0		1				1 20	
Fatty acids, total monounsatura	g	28.100		U		1		63.787	3.990	1.32	
15:1 16:1 undifferentiated	g	0.000		0		1		0.000	0.000	0.00	
17:1 18:1 undifferentiated	-	28.100	0.907	4		1		63.787	3.990	1.32	
20:1	g	0.000		0		1		0.000	0.000	0.00	
22:1 undifferentiated 24:1 c	-	0.000		0		1		0.000	0.000	0.00	
Fatty acids, total polyunsaturat		35.800		0		1		81.266	5.084	1.68	
18:2 undifferentiated		33.400	1.048	4		1		75.818	4.743	1.57	
18:3 undifferentiated		2.400	1.305	4		1		5.448	0.341	0.11	
18:4		0.000	, -	0		1		0.000	0.000	0.00	
20:2 n-6 c.c.	-										
20:3 undifferentiated											
20:4 undifferentiated	-	0.000		0		1		0.000	0.000	0.00	
20:5 n-3		0.000		0		1		0.000	0.000	0.00	
22:5 n-3	-	0.000		0		1		0.000	0.000	0.00	
22:6 n-3	-	0.000		0		1		0.000	0.000	0.00	
Fatty acids, total trans											
Cholesterol		0		0		4		0	0	0	
Phytosterols	_	174	7.948	4		1		395	25	8	
,											
Amino Acids:											
Tryptophan		0.027		0		1		0.061	0.004	0.00	
Threonine		0.086		0		1		0.195	0.012	0.00	
Isoleucine	-	0.115		0		1		0.261	0.016	0.00	
Leucine		0.186		0		1		0.422	0.026	0.00	
Lysine		0.151		0		1		0.343	0.021	0.00	
Methionine		0.048		0		1		0.109	0.007	0.00	
Cystine	-	0.018		0		1		0.041	0.003	0.00	
Phenylalanine		0.092		0		1		0.209	0.013	0.00	
Tyrosine	-	0.092		0		1		0.209	0.013	0.00	
Valine		0.127		0		1		0.288	0.018	0.00	
Arginine		0.069		0		1		0.157	0.010	0.00	
Histidine	-	0.052		0		1		0.118	0.007	0.00	
Alanine		0.066		0		1		0.150	0.009	0.00	
Aspartic acid		0.144		0		1		0.327	0.020	0.00	
Glutamic acid	=	0.398		0		1		0.903	0.057	0.01	
Glycine		0.040		0		1		0.091	0.006	0.00	
Proline	=	0.184		0		1		0.418	0.026	0.00	
Serine		0.103		0		1		0.234	0.015	0.00	
Hydroxyproline	g										
Others:											
Alcohol, ethyl		0.0		0		7		0.0	0.0	0.0	
Caffeine		0		0	Z	7		0	0	0	
Theobromine	mg	0		0	Z	7		0	0	0	
Carotenoids:											
Carotene, beta		610		0	CAZN	4		1384.700	86.620	28.670	
Carotene, alpha		0		0	CAZN	4		0.000	0.000	0.000	
Cryptoxanthin, beta		0		0	CAZN	4		0.000	0.000	0.000	
Lycopene		0		0	CAZN	4		0.000	0.000	0.000	
Lutein + zeaxanthin	iica	0		0	CAZN	4		0.000	0.000	0.000	

Common Measures:

Measure 1 = 227g: 1 cup

Measure 2 = 14.2g: 1 tbsp

Measure 3 = 4.7g: 1 tsp

Margarine, regular, liquid, soybean (hydrogenated and regular) and cottonseed

Calories Factors: Protein 4.27 Fat 8.84 Carbohydrate 3.87

Food Group: 04 Fats and Oils

NDB No. 04610 Margarine, regular, stick, composite, 80% fat, with salt

		<u>A</u> 1	mount in 100 gr	ams of e	lible port	<u>ion</u>	Amount in	edible portion	of common
			Nun	nber			<u>m</u>	easures of food	<u> </u>
			of [Data Der	v Sourc	e Confidence			
Nutrients and Uni	its	Mean	Std. Error Poi				Measure 1	Measure 2	Measure
Proximates:									
Water	g	17.17	0.077	8	1		2.40	2.44	0.8
Energy	kcal	705		0 N	C 4		99	100	33
Energy	kj	2948		0 N	C 4		413	419	139
Protein	g	0.18	0.001	4	1		0.02	0.03	0.0
Total lipid (fat)	g	78.77	0.700	8 2	1		11.03	11.18	3.7
Ash	g	1.94	0.024	8	1		0.27	0.28	0.0
Carbohydrate, by difference	g	1.94		0 N	C 4		0.27	0.28	0.0
Fiber, total dietary	g	0.0			. 7		0.0	0.0	0.0
Sugars, total		0.00		0 C#	ZN 4		0.00	0.00	0.0
Starch									
<u> Iinerals:</u>									
Calcium, Ca	-	3	0.166	8 A			0		0
Iron, Fe	_	0.12	0.015	8 A			0.02		0.0
Magnesium, Mg		1	0.030	8 A			0		0
Phosphorus, P	mg	5	0.202	8 A			1		0
Potassium, K	mg	18	0.862	6 A			2		1
Sodium, Na	mg	654	19.966	8 A	1		92	93	31
Zinc, Zn	mg	0.11	0.021	8 A	1		0.01	0.02	0.0
Copper, Cu	mg	0.000	1	BF	N 4		0.000	0.000	0.0
Manganese, Mn	mg								
Selenium, Se	mcg	0.0		0 z	7		0.0	0.0	0.0
<u>itamins:</u>									
Vitamin C, total ascorbic acid		0.0		0 z			0.0		0.0
Thiamin	-	0.012		1 A			0.002		0.0
Riboflavin	mg	0.000	0.000	4 A	1		0.000	0.000	0.0
Niacin	_	0.003	0.003	4 A	1		0.000	0.000	0.0
Pantothenic acid		0.000		4 A	1		0.000	0.000	0.0
Vitamin B-6	_	0.000		1 A	1		0.000	0.000	0.0
Folate, total	mcg	1		2 A	1		0	0	0
Folic acid		0		0 z	7		0	0	0
Folate, food	mcg	1		2 A	1		0	0	0
Folate, DFE	mcg_DFE	1		0 N	4		0	0	0
Vitamin B-12	mcg	0.10		0 0	4		0.01	0.01	0.0
Vitamin A, IU	IU	3577		0 N	4		501	508	168
Vitamin A, RAE	mcg_RAE	819		0 N	4		115	116	38
Retinol		768		0 CA	N 4		108	109	36
Vitamin E (alpha-tocopherol)		6.23	0.638	8 A	1		0.87	0.89	0.2
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)		93.0		1 CA	N 4		13.0	13.2	4.4
<u>ipids:</u>									
Fatty acids, total saturated	g	14.787		0 N	4		2.070	2.100	0.0
4:0	g	0.000		8 2	1		0.000	0.000	0.0
6:0	g	0.000	1	8 A	1		0.000	0.000	0.0
8:0	g	0.000	1	8 A	1		0.000	0.000	0.0
10:0	g	0.000	ı	8 A	1		0.000	0.000	0.0
12:0	-	0.000	0.000	8 A	1		0.000	0.000	0.0
13:0	-								
14:0	-	0.069	0.003	8 A	1		0.010	0.010	0.0
15:0	-	0.000		8 A			0.000		0.
16:0		8.135		8 2			1.139		0.
17:0		0.000		8 4			0.000		0
18:0	-	6.047		8 4			0.847		0.:
	-	0.263		8 4					0.2
20:0	-						0.037		
22:0 24:0		0.271 0.000		8 <i>2</i> 8			0.038 0.000	0.039	0.0

	<u>Aı</u>	mount in 100 gr		f edib	le portio	<u>on</u>	Amount in edible portion of common measures of food			
			nber		_		<u></u>	<u> </u>		
Nutrients and Units	Mean	of I Std. Error Poi	Data Dints C		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	37.201		0	NC	4		5.208	5.283	1.748	
14:1g	0.000	0.000	8	A	1		0.000	0.000	0.000	
15:1g										
16:1 undifferentiatedg	0.000		0	A	1		0.000	0.000	0.000	
16:1 cg										
16:1 t9										
17:19			_		_					
18:1 undifferentiatedg	37.201		0	A	1		5.208	5.283	1.748	
18:1 cg										
18:1 tg			•	_	_					
20:1g	0.000		8	A	1		0.000	0.000	0.000	
22:1 undifferentiatedg	0.000		8	A	1		0.000	0.000	0.000	
24:1 cg	0.000 23.097		8	A	1 4		0.000	0.000	0.000	
Fatty acids, total polyunsaturated				NC			3.234	3.280	1.086	
18:2 undifferentiatedg	20.877		0	AS	1		2.923	2.965	0.981	
18:2 n-6 c,cg										
18:2 CLAs										
18:2 c,tg										
18:2 t,cg 18:2 t,tg										
18:2 i,										
18:2 t not further definedg										
18:3 undifferentiatedg	2.220		0	AS	1		0.311	0.315	0.104	
18:4g	0.000		0	z	7		0.000	0.000	0.000	
20:2 n-6 c,cg	0.000		8	A	1		0.000	0.000	0.000	
20:3 undifferentiatedg	0.000		8	A	1		0.000	0.000	0.000	
20:4 undifferentiatedg	0.000		8	A	1		0.000	0.000	0.000	
20:5 n-3g	0.000		8	A	1		0.000	0.000	0.000	
22:5 n-3g	0.000		8	A	1		0.000	0.000	0.000	
22:6 n-3	0.000		0	z	7		0.000	0.000	0.000	
Fatty acids, total trans9	19.686		0	NC	4		2.756	2.795	0.925	
Fatty acids, total trans-monoenoic9	19.686		0	NC	4		2.756	2.795	0.925	
Fatty acids, total trans-polyenoicg	15.000		·	-10	•		2.750	2.755	0.323	
Cholesterolmg	0	0.000	4	A	1		0	0	0	
Phytosterolsmg							-	•		
Stigmasterolmg	28	1.105	4	A	1		4	4	1	
Campesterol mg	41	2.622	4	A	1		6	6	2	
Beta-sitosterol. mg	117	14.160	4	A	1		16	17	6	
•										
Others:										
Alcohol, ethylg	0.0			Z	7		0.0	0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	0	
Theobromine mg	0		0	Z	7		0	0	0	
Carotenoids:										
Carotene, beta mcg	610			CAZN	4		85.400	86.620	28.670	
Carotene, alpha mcg	0			CAZN	4		0.000	0.000	0.000	
Cryptoxanthin, beta mcg	0			CAZN	4		0.000	0.000	0.000	
Lycopene mcg	0			CAZN	4		0.000	0.000	0.000	
Lutein + zeaxanthin mcg	0		0 (CAZN	4		0.000	0.000	0.000	

Common Measures:

Measure 1 = 14.0g: 1 tbsp Measure 2 = 14.2g: 1 tbsp Measure 3 = 4.7g: 1 tsp

Calories Factors: Protein 4.27 Fat 8.84 Carbohydrate 3.87

Margarine, regular, stick, composite, 80% fat, with salt

Food Group: 04 Fats and Oils

		<u>Aı</u>	mount in 10	00 grams	of edib	le portio	<u>n</u>		edible portion	
				Number	•			<u>m</u>	easures of food	_
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	17.50			BFZN	4		39.73	2.49	0.88
Energy	kcal	719			BFZN	4		1632	102	36
Energy	kj	3008				4		6829	427	150
Protein	g	0.90			BFZN	4		2.04	0.13	0.05
Total lipid (fat)	g	80.50			BFZN	4		182.74	11.43	4.03
Ash		0.20			BFZN	4		0.45	0.03	0.01
Carbohydrate, by difference	g	0.90			BFZN	4		2.04	0.13	0.05
Fiber, total dietary		0.0			Z	7		0.0	0.0	0.0
Sugars, total		0.00		0	CAZN	4		0.00	0.00	0.00
Starch	g									
Ainerals:										
Calcium. Ca	mg	17			BFZN	4		39	2	1
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.00			BFZN	4		0.00	0.00	0.00
Magnesium, Mg	-	2			BFZN	4		5	0	0
Phosphorus, P		13			BFZN	4		30	2	1
Potassium, K	-	25			BFZN	4		57	4	1
Sodium, Na		2			BFZN	4		5	0	0
Zinc, Zn	mg	0.00			BFZN	4		0.00	0.00	0.00
Copper, Cu	mg	0.000	1		BFZN	4		0.000	0.000	0.00
Manganese, Mn										
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
/itamins:										
Vitamin C, total ascorbic acid	ma	0.1			BFZN	4		0.2	0.0	0.0
Thiamin	-	0.006	i		BFZN	4		0.014	0.001	0.00
Riboflavin	_	0.021			BFZN	4		0.048	0.003	0.00
Niacin		0.013			BFZN	4		0.030	0.002	0.00
Pantothenic acid	-									
Vitamin B-6	_	0.005	i		BFZN	4		0.011	0.001	0.00
Folate, total		1			BFZN	4		2	0	0
Folic acid		0		0	Z	7		0	0	0
Folate, food	mcg	1			BFZN	4		2	0	0
Folate, DFE	mcg_DFE	1		0	NC	4		2	0	0
Vitamin B-12		0.06			BFZN	4		0.14	0.01	0.00
Vitamin A, IU	IU	3577		0	NC	4		8119	508	179
Vitamin A, RAE	mcg_RAE	819		0	NC	4		1859	116	41
Retinol	mcg	768		0	CAZN	4		1743	109	38
Vitamin E (alpha-tocopherol)	mg	5.00		0	BFZN	4		11.35	0.71	0.25
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D				_					10.0	
Vitamin K (phylloquinone)	mcg	93.0		1	CAZN	4		211.1	13.2	4.7
<u> Lipids:</u>										
Fatty acids, total saturated	g	15.520	ı		RA	4		35.230	2.204	0.77
4:0		0.000	ı		RA	4		0.000	0.000	0.00
6:0	g	0.000	1		RA	4		0.000	0.000	0.00
8:0	g	0.000	ı		RA	4		0.000	0.000	0.00
10:0	g	0.000			RA	4		0.000	0.000	0.00
12:0	g	0.000			RA	4		0.000	0.000	0.00
13:0	g									
14:0	g	0.180			RA	4		0.409	0.026	0.00
15:0	g									
16:0	g	9.100			RA	4		20.657	1.292	0.45
17:0	g									
18:0	g	6.180			RA	4		14.029	0.878	0.30
20:0	g									
	g									

	<u>Ar</u>	nount in 10	00 grams Number		ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	39.020			RA	4		88.575	5.541	1.951	
14:1g	33.020				-		00.575	3.341	1.551	
15:1 9										
16:1 undifferentiated	0.180			RA	4		0.409	0.026	0.009	
17:1g										
18:1 undifferentiatedg	38.690			RA	4		87.826	5.494	1.935	
20:1g	0.100			RA	4		0.227	0.014	0.005	
22:1 undifferentiatedg	0.030			RA	4		0.068	0.004	0.002	
24:1 cg										
Fatty acids, total polyunsaturatedg	22.340			RA	4		50.712	3.172	1.117	
18:2 undifferentiatedg	20.560			RA	4		46.671	2.920	1.028	
18:3 undifferentiatedg	1.760			RA	4		3.995	0.250	0.088	
18:4g	0.000			RA	4		0.000	0.000	0.000	
20:2 n-6 c,cg										
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.000			RA	4		0.000	0.000	0.000	
20:5 n-3g	0.000			RA	4		0.000	0.000	0.000	
22:5 n-3g	0.000			RA	4		0.000	0.000	0.000	
22:6 n-3g	0.000			RA	4		0.000	0.000	0.000	
Fatty acids, total transg										
Cholesterolmg	0			BFZN	4		0	0	0	
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0			Z	7		0.0	0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	0	
Theobrominemg	0		0	Z	7		0	0	0	
Carotenoids:										
Carotene, beta	610		0	CAZN	4		1384.700	86.620	30.500	
Carotene, alphamcg	0		0	CAZN	4		0.000	0.000	0.000	
Cryptoxanthin, beta mcg	0		0	CAZN	4		0.000	0.000	0.000	
Lycopenemcg	0		0	CAZN	4		0.000	0.000	0.000	
Lutein + zeaxanthin mcg	0		0	CAZN	4		0.000	0.000	0.000	

Common Measures:

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

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

Calories Factors: Protein Fat Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u> :	mount in 10	00 grams	of edib	le portio	<u>n</u>		edible portion	
				Number	-			<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	16.20			BFZN	4		36.77	2.30	
Energy	kcal	716			BFZN	4		1625	102	
Energy	kj	2996				4		6800	425	
Protein (N x 6.25)	g	0.80			BFZN	4		1.82	0.11	
Total lipid (fat)	g	80.40			BFZN	4		182.51	11.42	
Ash	g	2.00			BFZN	4		4.54	0.28	
Carbohydrate, by difference	g	0.60		0	NC	4		1.36	0.09	
Fiber, total dietary		0.0			Z	7		0.0	0.0	
Sugars, total		0.00		0	CAZN	4		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	ma	26			BFZN	4		59	4	
Iron, Fe	-	0.00			BFZN	4		0.00	0.00	
Magnesium, Mg	-	2			BFZN	4		5	0	
Phosphorus, P		20			BFZN	4		45	3	
Potassium, K	-	38			BFZN	4		86	5	
Sodium, Na		1079			BFZN	4		2449	153	
Zinc, Zn	mg	0.00			BFZN	4		0.00	0.00	
Copper, Cu	mg	0.000)		BFZN	4		0.000	0.000	
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.1			BFZN	4		0.2	0.0	
Thiamin	-	0.009			BFZN	4		0.020	0.001	
Riboflavin	-	0.032			BFZN	4		0.020	0.005	
Niacin	-	0.020			BFZN	4		0.045	0.003	
Pantothenic acid	-	0.020			22 221	-		0.010	0.000	
Vitamin B-6	-	0.008	1		BFZN	4		0.018	0.001	
Folate, total	_	1			BFZN	4		2	0	
Folic acid		0		0	Z	7		0	0	
Folate, food	-	1			BFZN	4		2	0	
Folate, DFE		1		0	NC	4		2	0	
Vitamin B-12		0.08			BFZN	4		0.18	0.01	
Vitamin A, IU	IU	3577		0	NC	4		8119	508	
Vitamin A, RAE		819		0	NC	4		1859	116	
Retinol	mcg	768		0	CAZN	4		1743	109	
Vitamin E (alpha-tocopherol)	mg	5.00		0	BFZN	4		11.35	0.71	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	93.0		1	CAZN	4		211.1	13.2	
Lipids:										
Fatty acids, total saturated	q	12.970)		RA	4		29.442	1.842	
4:0		0.000)		RA	4		0.000	0.000	
6:0		0.000	1		RA	4		0.000	0.000	
8:0	g	0.000	1		RA	4		0.000	0.000	
10:0	g	0.000)		RA	4		0.000	0.000	
12:0	_	0.000)		RA	4		0.000	0.000	
13:0	g									
14:0	g	0.100)		RA	4		0.227	0.014	
15:0										
16:0	g	8.390)		RA	4		19.045	1.191	
17:0	g									
18:0	g	4.410)		RA	4		10.011	0.626	
20:0	g									
22:0	g									
24:0	а									

		<u>Ar</u>	mount in 10	0 grams		ole portio	<u>en</u>	Amount in edible portion of common measures of food			
Nutrients and U	Inits	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturate		36.060			RA	4		81.856	5.121		
14:1											
15:1	_										
16:1 undifferentiated	_	0.020			RA	4		0.045	0.003		
17:1											
18:1 undifferentiated	_	35.890			RA	4		81.470	5.096		
20:1	-	0.100			RA	4		0.227	0.014		
22:1 undifferentiated	•	0.030			RA	4		0.068	0.004		
24:1 c						_					
Fatty acids, total polyunsaturated		27.850			RA	4		63.220	3.955		
18:2 undifferentiated	• • • • • • • • • • • • • • • • • • • •	26.500			RA	4		60.155	3.763		
18:3 undifferentiated	-	1.330			RA	4		3.019	0.189		
18:4	-	0.000			RA	4		0.000	0.000		
20:2 n-6 c,c											
20:3 undifferentiated	• • • • • • • • • • • • • • • • • • • •					_					
20:4 undifferentiated	-	0.000			RA	4		0.000	0.000		
20:5 n-3		0.000			RA	4		0.000	0.000		
22:5 n-3	_	0.000			RA	4		0.000	0.000		
22:6 n-3		0.000			RA	4		0.000	0.000		
Fatty acids, total trans								_	_		
Cholesterol		0			BFZN	4		0	0		
Phytosterols	mg										
Others:											
Alcohol, ethyl	g	0.0			Z	7		0.0	0.0		
Caffeine	mg	0		0	Z	7		0	0		
Theobromine	mg	0		0	z	7		0	0		
Carotenoids:											
Carotene, beta	mcg	610		0	CAZN	4		1384.700	86.620		
Carotene, alpha		0		0	CAZN	4		0.000	0.000		
Cryptoxanthin, beta		0		0	CAZN	4		0.000	0.000		
Lycopene		0		0	CAZN	4		0.000	0.000		
Lutein + zeaxanthin		0		0	CAZN	4		0.000	0.000		

Common Measures:

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

Calories Factors: Protein 4.27 Fat 8.84 Carbohydrate 3.87

Food Group: 04 Fats and Oils

		<u>A</u> :	mount in 10	<u>0 grams</u>	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			1	Number				<u>m</u>	easures of food	<u>l</u>	
				of Data		Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	18.10			BFZN	4		41.09	2.57		
Energy	kcal	716			BFZN	4		1625	102		
Energy		2996				4		6800	425		
Protein	g	0.80			BFZN	4		1.82	0.11		
Total lipid (fat)	g	80.40			BFZN	4		182.51	11.42		
Ash	g	0.20			BFZN	4		0.45	0.03		
Carbohydrate, by difference	g	0.50			BFZN	4		1.14	0.07		
Fiber, total dietary		0.0			Z	7		0.0	0.0		
Sugars, total		0.00		0	CAZN	4		0.00	0.00		
Starch											
<u> Minerals:</u>											
Calcium, Ca	_	26			BFZN	4		59	4		
Iron, Fe	_	0.00			BFZN	4		0.00	0.00		
Magnesium, Mg		2			BFZN	4		5	0		
Phosphorus, P		20			BFZN	4		45	3		
Potassium, K		38			BFZN	4		86	5		
Sodium, Na		28			BFZN	4		64	4		
Zinc, Zn		0.00			BFZN	4		0.00	0.00		
Copper, Cu		0.000)		BFZN	4		0.000	0.000		
Manganese, Mn											
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0		
itamins:											
Vitamin C, total ascorbic acid	ma	0.1			BFZN	4		0.2	0.0		
Thiamin	_	0.009)		BFZN	4		0.020	0.001		
Riboflavin		0.032			BFZN	4		0.073	0.005		
Niacin		0.020			BFZN	4		0.045	0.003		
Pantothenic acid	_	0.020	•		21 211	•		0.045	0.003		
Vitamin B-6	-	0.008	ł		BFZN	4		0.018	0.001		
Folate, total		1			BFZN	4		2	0		
Folic acid		0		0	Z	7		0	0		
Folate, food		1		·	BFZN	4		2	0		
Folate, DFE		1		0	NC	4		2	0		
Vitamin B-12		0.08		·	BFZN	4		0.18	0.01		
Vitamin A, IU		3577		0	NC	4		8119	508		
Vitamin A, RAE		819		0	NC	4		1859	116		
Retinol		768		0	CAZN	4		1743	109		
Vitamin E (alpha-tocopherol)		5.00		0	BFZN	4		11.35	0.71		
Tocopherol, beta	=	3.00		·	21 211	•		11.55	0.71		
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		93.0		1	CAZN	4		211.1	13.2		
vitanini K (phynoquinone)	9	33.0		_	021221	-			-5		
<u> Lipids:</u>											
Fatty acids, total saturated	g	12.970)		RA	4		29.442	1.842		
4:0	g	0.000)		RA	4		0.000	0.000		
6:0	g	0.000)		RA	4		0.000	0.000		
8:0	_	0.000)		RA	4		0.000	0.000		
10:0		0.000			RA	4		0.000	0.000		
12:0	g	0.000)		RA	4		0.000	0.000		
13:0	g										
14:0	g	0.100)		RA	4		0.227	0.014		
15:0	g										
16:0	g	8.390)		RA	4		19.045	1.191		
17:0	g										
18:0	g	4.410)		RA	4		10.011	0.626		
20:0											
22:0	_										
24:0	-										

		<u>Ar</u>	mount in 10	00 grams Number		ole portio	<u>n</u>		edible portion of easures of food	
Nutrients and	Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura		36.060			RA	4		81.856	5.121	
14:1										
15:1		_								
16:1 undifferentiated	-	0.020			RA	4		0.045	0.003	
17:1	-					_				
18:1 undifferentiated	-	35.890			RA	4		81.470	5.096	
20:1		0.100			RA	4		0.227	0.014	
22:1 undifferentiated	•	0.030			RA	4		0.068	0.004	
24:1 c										
Fatty acids, total polyunsaturate		27.850			RA	4		63.220	3.955	
18:2 undifferentiated	• • • • • • • • • • • • • • • • • • • •	26.500			RA	4		60.155	3.763	
18:3 undifferentiated		1.330			RA	4		3.019	0.189	
18:4	_	0.000			RA	4		0.000	0.000	
20:2 n-6 c,c										
20:3 undifferentiated	• • • • • • • • • • • • • • • • • • • •									
20:4 undifferentiated	_	0.000			RA	4		0.000	0.000	
20:5 n-3	• • • • • • • • • • • • • • • • • • • •	0.000			RA	4		0.000	0.000	
22:5 n-3	-	0.000			RA	4		0.000	0.000	
22:6 n-3	_	0.000			RA	4		0.000	0.000	
Fatty acids, total trans										
Cholesterol		0			BFZN	4		0	0	
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0			Z	7		0.0	0.0	
Caffeine	mg	0		0	Z	7		0	0	
Theobromine	mg	0		0	Z	7		0	0	
Carotenoids:										
Carotene, beta	mcg	610		0	CAZN	4		1384.700	86.620	
Carotene, alpha	mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta		0		0	CAZN	4		0.000	0.000	
Lycopene	mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin		0		0	CAZN	4		0.000	0.000	

Common Measures:

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

Calories Factors: Protein Fat Carbohydrate

Food Group: 04 Fats and Oils

NDB No. 04132 Margarine, regular, unspecified oils, with salt added

		<u>Aı</u>	mount in 100 g	grams	of edib	le portio	<u>n</u>		edible portion	
			Nι	ımbeı	•			<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	15.70	0.194	93		1		0.74	17.74	
Energy	kcal	719		0	NC	4		34	812	
Energy	kj	3007				4		141	3398	
Protein (N x 6.38)	g	0.90	0.077	34		1		0.04	1.02	
Total lipid (fat)	g	80.50	0.026	572		1		3.78	90.97	
Ash	g	2.00	0.031	61		1		0.09	2.26	
Carbohydrate, by difference	g	0.90		0	NC	4		0.04	1.02	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g	0.00		0	CAZN	4		0.00	0.00	
Starch	g									
Minorals										
Minerals: Calcium, Ca	ma	30		0		1		1	34	
Iron, Fe	-	0.06		0		1		0.00	0.07	
Magnesium, Mg	-	3		0		1		0.00	3	
Phosphorus, P		23		0		1		1	26	
Potassium, K	-	42		0		1		2	48	
Sodium. Na		943	9.459			1		44	1066	
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.00		0		4		0.00	0.00	
Copper, Cu		0.000		0		4		0.000	0.000	
Manganese, Mn										
Selenium, Se		0.0		0	z	7		0.0	0.0	
¥7:4										
<u>Vitamins:</u>		0.0		•				0.0		
Vitamin C, total ascorbic acid	-	0.2		0		1 1		0.0	0.2	
Thiamin	-	0.010		0		1		0.000	0.011	
Riboflavin	=	0.037		0		1		0.002	0.042	
Niacin	-	0.023 0.084		0		1		0.001 0.004	0.026	
Pantothenic acid	=	0.084		0		1		0.004	0.095 0.010	
Vitamin B-6Folate, total		1		0		1		0.000	1	
Folic acid		0		0	z	7		0	0	
Folate, food		1		0	4	1		0	1	
Folate, DFE	mca DEE	1		0	NC	4		0	1	
Vitamin B-12		0.10		0	NC	1		0.00	0.11	
Vitamin A, IU		3577		0	NC	4		168	4042	
Vitamin A, RAE		819		0	NC	4		38	925	
Retinol		768		0	CAZN	4		36	868	
Vitamin E (alpha-tocopherol)		9.00		0		4		0.42	10.17	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	93.0		1	CAZN	4		4.4	105.1	
I inide:										
Lipids: Fatty acids, total saturated	0	15.800		0		1		0.743	17.854	
		0.000		0		1		0.000	0.000	
4:0 6:0		0.000		0		1		0.000	0.000	
8:0		0.000		0		1		0.000	0.000	
10:0	_	0.000		0		1		0.000	0.000	
12:0	-	0.000		0		1		0.000	0.000	
13:0		0.000		•		-		0.000	0.000	
14:0		0.200	0.018	16		1		0.009	0.226	
15:0		30	2.020	_•		_		2.003	3.223	
16:0		9.700	0.618	17		1		0.456	10.961	
17:0	-	200				=				
18:0		5.900	0.390	17		1		0.277	6.667	
20:0				-						
22:0	_									
24:0	_									

	<u>Aı</u>	mount in 100 g			ole portio	<u>on</u>		edible portion	of common
		Nu	ımbeı	r			<u>m</u>	easures of food	
				Deriv	Source	Confidence			
Nutrients and Units	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	35.800		0		1		1.683	40.454	
15:1	0.000		0		1		0.000	0.000	
18:1 undifferentiated	35.800		17		1		1.683	40.454	
20:1g	0.000		0		1		0.000	0.000	
22:1 undifferentiatedg 24:1 cg	0.000		0		1		0.000	0.000	
Fatty acids, total polyunsaturated	25.400		0		1		1.194	28.702	
18:2 undifferentiatedg	24.300	1.844	17		1		1.142	27.459	
18:3 undifferentiatedg	1.100	0.233	17		1		0.052	1.243	
18:4g	0.000		0		1		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0		1		0.000	0.000	
20:5 n-3g	0.000		0		1		0.000	0.000	
22:5 n-3g	0.000		0		1		0.000	0.000	
22:6 n-3g	0.000		0		1		0.000	0.000	
Fatty acids, total transg									
Cholesterolmg	0		0		4		0	0	
Phytosterols mg	265		0		4		12	299	
Amino Acids:									
Tryptophang	0.012		0		1		0.001	0.014	
Threonineg	0.039		0		1		0.002	0.044	
Isoleucineg	0.052		0		1		0.002	0.059	
Leucine9	0.084		0		1		0.004	0.095	
Lysineg	0.068		0		1		0.003	0.077	
Methionineg	0.021		0		1		0.001	0.024	
Cystineg	0.008		0		1		0.000	0.009	
Phenylalanineg	0.041		0		1		0.002	0.046	
Tyrosineg	0.041		0		1		0.002	0.046	
Valineg	0.057		0		1		0.003	0.064	
Arginineg	0.031		0		1		0.001	0.035	
Histidine	0.023		0		1		0.001	0.026	
Alanineg	0.029		0		1		0.001	0.033	
Aspartic acidg	0.065		0		1		0.003	0.073	
Glutamic acidg	0.179		0		1		0.008	0.202	
Glycine9	0.018		0		1		0.001	0.020	
Prolineg	0.083		0		1		0.004	0.094	
Serineg	0.046		0		1		0.002	0.052	
Hydroxyproline									
Others:									
Alcohol, ethylg	0.0		0		7		0.0	0.0	
Caffeinemg	0		0	Z	7		0	0	
Theobrominemg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, betamcg	610		0	CAZN	4		28.670	689.300	
Carotene, alphamcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta mcg	0		0	CAZN	4		0.000	0.000	
Lycopene mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin mcg	0		0	CAZN	4		0.000	0.000	

Common Measures:

Measure 1 = 4.7g: 1 tsp

Measure 2 = 113g: 1 stick

Margarine, regular, unspecified oils, with salt added

Calories Factors: Protein 4.27 Fat 8.84 Carbohydrate 3.87

Food Group: 04 Fats and Oils

NDB No. 04131 Margarine, regular, unspecified oils, without added salt

		<u>Aı</u>	mount in 100 gra	ms of edi	ole portic	<u>on</u>	Amount in	edible portion	of common
			Num	ber			<u>m</u>	easures of food	<u> </u>
					Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Poin		Code	Code	Measure 1	Measure 2	Measure 3
Duranian									
Proximates: Water	q	18.50		2	1		0.87	20.91	
Energy		714		0	4		34	807	
Energy		2987			4		140	3376	
Protein (N x 6.38)		0.50		2	1		0.02	0.57	
Total lipid (fat)		80.30	0.080	6	1		3.77	90.74	
Ash		0.20		2	1		0.01	0.23	
Carbohydrate, by difference		0.50		0	4		0.02	0.57	
Fiber, total dietary		0.0		0	7		0.0	0.0	
Sugars, total		0.00		O CAZI	1 4		0.00	0.00	
Starch									
Minerals:					_		_	0.5	
Calcium, Ca	-	17)	1		1	20	
Iron, Fe.		0.00)	4		0.00	0.00	
Magnesium, Mg		2 13)	1 1		0 1	2 15	
Phosphorus, P Potassium, K	-	13 25)	1		1	15 28	
Sodium, Na		25		4	1		0	20	
Zinc, Zn		0.00		<u>-</u>)	4		0.00	0.00	
Copper, Cu		0.000)	4		0.000	0.000	
Manganese, Mn		0.000)	4		0.000	0.000	
Selenium, Se		0.0) z	7		0.0	0.0	
·									
<u>Vitamins:</u>				_					
Vitamin C, total ascorbic acid		0.1)	1		0.0	0.1	
Thiamin		0.006)	1		0.000	0.007	
Riboflavin		0.021)	1 1		0.001	0.024	
Niacin	-	0.013 0.049)	1		0.001	0.015	
Pantothenic acid Vitamin B-6		0.049)	1		0.002 0.000	0.055 0.006	
	_	1)	1		0.000	1	
Folate, totalFolic acid		0)) z	7		0	0	
Folate, food		1)	1		0	1	
Folate, DFE		1) NC	4		0	1	
Vitamin B-12		0.06)	1		0.00	0.06	
Vitamin A, IU		3577) NC	4		168	4042	
Vitamin A, RAE		819) NC	4		38	925	
Retinol		768) CAZN	4		36	868	
Vitamin E (alpha-tocopherol)		12.80)	4		0.60	14.46	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)	mcg	93.0		L CAZN	4		4.4	105.1	
Lipids:									
Fatty acids, total saturated	g	15.000)	1		0.705	16.950	
4:0		0.000)	1		0.000	0.000	
6:0		0.000)	1		0.000	0.000	
8:0		0.000)	1		0.000	0.000	
10:0		0.000)	1		0.000	0.000	
12:0	-	0.300		L	1		0.014	0.339	
13:0	-								
14:0	g	0.200		L	1		0.009	0.226	
15:0	g								
16:0	g	9.500		L	1		0.447	10.735	
17:0	g								
18:0	g	5.000		L	1		0.235	5.650	
20:0	g								
22:0	_								
24:0	g								

Nutrients and Units		Amount in			le portio	<u>n</u>		edible portion of	of common
Nutrients and Units Mean Std. Error Points Code Code Code Measure 1 Measure 2							m	easures of 1000	
Fatty acids, total monounsaturated 9 36.700 0 1 1.725 41.471 14-1 9 15-1 9 16-1 undifferentiated 9 0.000 0 1 0.000 0.000 17-1 9 0.000 0 1 1.725 41.471 18-1 undifferentiated 9 36.700 1 1 1.725 41.471 20-1 9 0.000 0 1 0.000 0.000 22-1 undifferentiated 9 0.000 0 1 0.000 0.000 22-1 undifferentiated 9 0.000 0 1 1.75 28.250 Fatty acids, total polyumsurated 9 25.000 0 1 1.175 28.250 18-2 undifferentiated 9 0.300 1 1 1.161 27.911 18-3 undifferentiated 9 0.300 1 1 1.661 27.911 18-3 undifferentiated 9 0.300 1 1 0.000 0.000 20-2 16-6 c. 9 20-3 undifferentiated 9 0.000 0 1 0.000 0.000 20-2 3-6 c. 9 20-3 undifferentiated 9 0.000 0 1 0.000 0.000 22-5 1-3 9 0.000 0 1 0.000 0.000 22-5 1-3 9 0.000 0 1 0.000 0.000 22-5 1-3 9 0.000 0 1 0.000 0.000 22-5 1-3 9 0.000 0 1 0.000 0.000 22-5 1-3 9 0.000 0 1 0.000 0.000 22-5 1-3 9 0.000 0 1 0.000 0.000 23-5 1-3 9 0.000 0 1 0.000 0.000 24-5 1-3 9 0.000 0 1 0.000 0.000 25-5 0 4 0 2 29 Fatty acids, total trans. 9 Cholesterol Propipular 9 0.007 0 1 0.000 0.000 Fatty acids, total trans. 9 Typicplam 9 0.007 0 1 0.000 0.000 Fatty acids, total trans. 9 Cholesterol 9 0.030 0 1 0.000 0.000 Fatty acids, total trans. 9 Typicplam 9 0.002 0 1 0.000 0.000 Fatty acids, total trans. 9 Typicplam 9 0.002 0 1 0.000 0.000 Fatty acids, total trans. 9 Typicplam 9 0.002 0 1 0.000 0.000 Fatty acids, total trans. 9 Typicplam 9 0.002 0 1 0.000 0.000 Fatty acids, total trans. 9 Typicplam 9 0.002 0 1 0.000 0.000 Fatty acids, total trans. 9 Typicplam 9 0.002 0 1 0.000 0.000 Fatty acids, total trans. 9 Typicplam 9 0.002 0 1 0.000 0.000 Fatty acids, total trans. 9 Typicplam 9 0.000 0 1 0.000 0.000 Fatty acids, total trans. 9 Typicplam 9 0.000 0 1 0.000 0.000 Fatty acids, total trans. 9 Typicplam 9 0.000 0 1 0.000 0.000 Fatty acids, total trans. 9 Typicplam 9 0.000 0 1 0.000 0.000 Fatty acids, total trans. 9 Typicplam 9 0.000 0 1 0.000 0.000 Fatty acids, total trans. 9 Typicplam 9 0.000 0 1 0.000 0.000 Fatty acids, total trans. 9 Typicplam 9 0.000 0 0 1 0.000 0.000 Fa									
14	Nutrients and Units M	ean Std. Erro	or Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
14	is total managesturated	36 700	0		1		1 725	41 471	
16.1 undifferentiated	g	70.700	v		-		1.725	41.4/1	
Restricted	ndifferentiated9	0.000	0		1		0.000	0.000	
22.1 undifferentiated. g g g g g g g g g	ndifferentiated9						1.725	41.471	
Fatty acids, total polyunsaturated	-								
Fatty acids, total polyunsaturated. 9	<u> </u>	0.000	0		1		0.000	0.000	
18.2 undifferentiated. 9		5 000	0		1		1 175	29 250	
18.3 undifferentiated	, p,								
18:4.									
20.2 n 6 c c. 9 20.3 undifferentiated. 9 0.000 0 1 0.000 0.000 20.5 n 3. 9 0.000 0 1 0.000 0.000 20.5 n 3. 9 0.000 0 1 0.000 0.000 22.5 n 3. 9 0.000 0 1 0.000 0.000 22.5 n 3. 9 0.000 0 1 0.000 0.000 22.5 n 3. 9 0.000 0 1 0.000 0.000 22.5 n 3. 9 0.000 0 1 0.000 0.000 22.5 n 3. 9 0.000 0 1 0.000 0.000 22.5 n 3. 9 0.000 0 0 0 0 0 0 0 0	-								
20.3 undifferentiated	-	0.000	U		1		3.000	0.000	
20.4 undifferentiated	,								
20.5 n-3 g 0.000 0 1 0.000 0.000 22.5 n-3 g 0.000 0 1 0.000 0.000 22.5 n-3 g 0.000 0 1 0.000 0.000 Faty acids, total trans g 0 4 0 0 0 Phytosterols mg 265 0 4 0 0 0 Phytosterols mg 265 0 4 0 0 0 0 1 12 299 0 0 1 0 0 0 0 1 0 0 0 0 0 1 0 0 0 0 0 0 1 0 0 1 0 0 1 0 0 1 0 0 1 0 0 1 0 0 1 0 0 1 0 0 1 0 0		0.000	n		1		0.000	0.000	
22:5 n-3. 9 0.000 0 1 0.000 0.000 22:6 n-3. 9 0.000 0 1 0.000 0.000 Patty acids, total trans. 9 Cholesterol. mg 0 0 4 0 0 0 Phytosterols. mg 265 0 4 12 299 Cholesterol. mg 265 0 4 12 299 Amino Acids: Trytosterols. Trytosterols. Trytosterols. 9 0.007 0 1 0.000 0.008 Threonine. .9 0.022 0 1 0.001 0.025 1soleucine. .9 0.039 0 1 0.001 0.055 1,591 0.002 0.055 1 0.002 0.055 1,591 0.002 0.055 1 0.002 0.055 1 0.001 0.002 0.055 1,591 0.001 0.001 0.002 </td <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>									
Part	-								
Patty acids, total trans									
Cholesterol. mg 0 4 0 0 Phytosterols. mg 265 0 4 12 299 Amino Acids: Tryptopham 9 0.007 0 1 0.000 0.008 Threonine. 9 0.022 0 1 0.001 0.025 Isoleucine. 9 0.030 0 1 0.001 0.034 Leucine. 9 0.039 0 1 0.002 0.054 Lysine. 9 0.039 0 1 0.002 0.054 Methionine. 9 0.012 0 1 0.002 0.044 Cysine. 9 0.012 0 1 0.001 0.014 Cysine. 9 0.024 0 1 0.001 0.027 Tyrosine. 9 0.024 0 1 0.001 0.027 Valine. 9 0.033 0 1 0.001							0.000	0.000	
Phytosterols mg 265 0 4 12 299 Amino Acids: Tryptophan 9 0.007 0 1 0.000 0.008 Throonine 9 0.022 0 1 0.001 0.031 Isoleucine 9 0.030 0 1 0.002 0.055 Lysine 9 0.039 0 1 0.002 0.044 Methionine 9 0.039 0 1 0.002 0.044 Methionine 9 0.012 0 1 0.001 0.01 Lysine 9 0.005 0 1 0.001 0.01 Cystine 9 0.005 0 1 0.001 0.002 Phenylalanine 9 0.024 0 1 0.001 0.027 Tyrosine 9 0.024 0 1 0.001 0.027 Valine 9 0.033 0 1 </td <td></td> <td>0</td> <td>0</td> <td></td> <td>4</td> <td></td> <td>0</td> <td>0</td> <td></td>		0	0		4		0	0	
Amino Acids: Tryptophan 9 0.007 0 1 0.000 0.008 Threonine 9 0.022 0 1 0.001 0.025 Isoleucine 9 0.030 0 1 0.001 0.025 Isoleucine 9 0.049 0 1 0.002 0.055 Leucine 9 0.049 0 1 0.002 0.055 Lysine 9 0.039 0 1 0.002 0.044 Methionine 9 0.012 0 1 0.001 0.014 Cystine 9 0.012 0 1 0.001 0.016 Phenylalanine 9 0.024 0 1 0.001 0.027 Tyrosine 9 0.024 0 1 0.001 0.027 Valine 9 0.018 0 1 0.001 0.020 Hysidine 9 0.018 0 1 <t< td=""><td></td><td>55</td><td></td><td></td><td>4</td><td></td><td>12</td><td>299</td><td></td></t<>		55			4		12	299	
Tryptophan .9 0.007 0 1 0.000 0.008 Threonine 9 0.022 0 1 0.001 0.025 Isoleucine 9 0.030 0 1 0.001 0.034 Leucine 9 0.049 0 1 0.002 0.055 Lysine 9 0.039 0 1 0.002 0.044 Methionine 9 0.012 0 1 0.001 0.014 Cystine 9 0.012 0 1 0.001 0.014 Cystine 9 0.024 0 1 0.001 0.027 Tyrosine 9 0.024 0 1 0.001 0.027 Tyrosine 9 0.033 0 1 0.001 0.027 Valine 9 0.033 0 1 0.001 0.020 Histidine 9 0.013 0 1 0.001 0.01	<u> </u>								
Threonine g 0.022 0 1 0.001 0.25 Isoleucine g 0.030 0 1 0.001 0.034 Leucine g 0.049 0 1 0.002 0.052 Lysine g 0.039 0 1 0.002 0.044 Methionine g 0.012 0 1 0.001 0.014 Cystine g 0.012 0 1 0.001 0.014 Cystine g 0.005 0 1 0.001 0.014 Cystine g 0.024 0 1 0.001 0.027 Tyrosine g 0.024 0 1 0.001 0.027 Valine g 0.033 0 1 0.001 0.027 Valine g 0.018 0 1 0.001 0.02 Histidine g 0.013 0 1 0.001 0.015 <td><u>cids:</u></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>	<u>cids:</u>								
Soleucine	ang								
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Methionine g 0.012 0 1 0.001 0.014 Cystine g 0.005 0 1 0.000 0.066 Phenylalanine g 0.024 0 1 0.001 0.027 Tyrosine g 0.024 0 1 0.001 0.027 Valine g 0.033 0 1 0.001 0.022 Arginine g 0.018 0 1 0.001 0.022 Histidine g 0.013 0 1 0.001 0.022 Alanine g 0.013 0 1 0.001 0.015 Alanine g 0.017 0 1 0.001 0.019 Aspartic acid g 0.017 0 1 0.002 0.043 Glutamic acid g 0.104 0 1 0.005 0.118 Glycine g 0.048 0 1 0.001 0									
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Histidine g 0.013 0 1 0.001 0.015 Alanine g 0.017 0 1 0.001 0.019 Aspartic acid g 0.038 0 1 0.002 0.043 Glutamic acid g 0.104 0 1 0.005 0.118 Glycine g 0.011 0 1 0.001 0.012 Proline g 0.048 0 1 0.002 0.054 Serine g 0.027 0 1 0.001 0.031 Hydroxyproline g 0.027 0 1 0.001 0.031 Others: Alcohol, ethyl g 0.0 0 7 0.0 0 Caffeine mg 0 0 2 7 0 0 Theobromine mg 0 0 2 7 0 0									
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Aspartic acid g 0.038 0 1 0.002 0.043 Glutamic acid g 0.104 0 1 0.005 0.118 Glycine g 0.011 0 1 0.001 0.012 Proline g 0.048 0 1 0.002 0.054 Serine g 0.027 0 1 0.001 0.031 Hydroxyproline g 0 0 7 0.0 0 0.0 Cothers: Alcohol, ethyl g 0 0 7 0 0 0 Caffeine mg 0 0 z 7 0 0 0 Theobromine mg 0 0 z 7 0 0 0									
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Order G 0.048 0 1 0.002 0.054 Serine g 0.027 0 1 0.001 0.031 Hydroxyproline g 0 0 7 0.0 0.0 Caffeine mg 0 0 2 7 0 0 Theobromine mg 0 0 z 7 0 0	acidg							0.118	
Serine g 0.027 0 1 0.001 0.031 Hydroxyproline g Others: Alcohol, ethyl g 0.0 0 7 0.0 0.0 Caffeine mg 0 0 z 7 0 0 Theobromine mg 0 0 z 7 0 0			•		_				
Hydroxyproline g Others: Alcohol, ethyl g 0.0 0 7 0.0 0.0 0 0 Caffeine mg 0 0 z 7 0 </td <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>									
Others: Section 1 Output Out		0.027	0		1		0.001	0.031	
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	orolineg								
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									
Caffeine mg 0 0 z 7 0 0 Theobromine mg 0 0 z 7 0 0	ethylg	0.0	0		7		0.0	0.0	
Theobromine		0	0	z	7		0	0	
Carotenoids:		0	0	z	7		0	0	
	ids:								
Carotene, beta	heta mca 6	10	n	CAZN	4		28.670	689.300	
Carotene, alpha mcg 0 0 CAZN 4 0.000 0.000	• • • • • • • • • • • • • • • • • • • •								
Cryptoxanthin, beta					_				
Lycopene									
Lutein + zeaxanthin									

Common Measures:

Measure 1 = 4.7g: 1 tsp

Measure 2 = 113g: 1 stick

Margarine, regular, unspecified oils, without added salt

Calories Factors: Protein 4.27 Fat 8.84 Carbohydrate 3.8

Food Group: 04 Fats and Oils

		<u>Aı</u>	mount in 10	0 grams	of edib	le portio	<u>n</u>		edible portion	
				Number				<u>m</u>	easures of food	<u>l</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	-	78.80				1		189.12	11.82	
Energy	kcal	175				4		420	26	
Energy		732				4		1757	110	
Protein (N x 0)	-	0.00				8		0.00	0.00	
Total lipid (fat)	g	19.50				1		46.80	2.93	
Ash		1.30		0	0	4		3.12	0.20	
Carbohydrate, by difference		0.40		0	BFZN			0.96	0.06	
Fiber, total dietary		0.0				7		0.0	0.0	
Sugars, total		0.00		0	CAZN	4		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	0				4		0	0	
Iron, Fe	-	0.00				4		0.00	0.00	
Magnesium, Mg	-	1				4		2	0	
Phosphorus, P		14				4		34	2	
Potassium, K	mg	25				4		60	4	
Sodium, Na	mg	733				8		1759	110	
Zinc, Zn	mg	0.00				4		0.00	0.00	
Copper, Cu	mg	0.000)			4		0.000	0.000	
Manganese, Mn										
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0				4		0.0	0.0	
Thiamin	-	0.000)			4		0.000	0.000	
Riboflavin	-	0.000				4		0.000	0.000	
Niacin		0.000)			4		0.000	0.000	
Pantothenic acid	-									
Vitamin B-6	mg	0.000)			4		0.000	0.000	
Folate, total	mcg	0				4		0	0	
Folic acid		0		0	Z	7		0	0	
Folate, food		0				4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	0.00				4		0.00	0.00	
Vitamin A, IU		3577		0	NC	4		8584	536	
Vitamin A, RAE		819		0	NC	4		1965	123	
Retinol		768		0	CAZN	4		1843	115	
Vitamin E (alpha-tocopherol)	mg	4.50		0	NR	4		10.80	0.68	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		70.0		•	_			170.0	10.6	
Vitamin K (phylloquinone)	nicg	70.9		8	A	1		170.2	10.6	
<u> ipids:</u>										
Fatty acids, total saturated	g	2.870)			1		6.888	0.431	
4:0		0.000)			4		0.000	0.000	
6:0	g	0.000)			4		0.000	0.000	
8:0	g	0.000)			4		0.000	0.000	
10:0	g	0.000)			4		0.000	0.000	
12:0	g	0.000)			4		0.000	0.000	
13:0	g									
14:0	g	0.000)			4		0.000	0.000	
15:0										
16:0		2.030)			4		4.872	0.305	
17:0										
18:0	-	0.840)			4		2.016	0.126	
20:0	-									
22:0	n									

		<u>An</u>	nount in 10	00 grams Number		ole portio	<u>n</u>		edible portion of easures of food	
Nutrients and l	Jnits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate		7.480				4		17.952	1.122	
14:1	• • • • • • • • • • • • • • • • • • • •									
15:1	• • • • • • • • • • • • • • • • • • • •									
16:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.000				4		0.000	0.000	
17:1	-					_				
18:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	7.450				4		17.880	1.118	
20:1		0.040				4		0.096	0.006	
22:1 undifferentiated	-	0.000				4		0.000	0.000	
24:1 c										
Fatty acids, total polyunsaturated		8.040				4		19.296	1.206	
18:2 undifferentiated		7.840				4		18.816	1.176	
18:3 undifferentiated		0.160				4		0.384	0.024	
18:4	-	0.000				4		0.000	0.000	
20:2 n-6 c,c	• • • • • • • • • • • • • • • • • • • •									
20:3 undifferentiated	• • • • • • • • • • • • • • • • • • • •									
20:4 undifferentiated		0.000				4		0.000	0.000	
20:5 n-3		0.000				4		0.000	0.000	
22:5 n-3		0.000				4		0.000	0.000	
22:6 n-3	-	0.000				4		0.000	0.000	
Fatty acids, total trans										
Cholesterol	• • • • • • • • • • • • • • • • • • • •	0				7		0	0	
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0				7		0.0	0.0	
Caffeine	mg	0		0	Z	7		0	0	
Theobromine	mg	0		0	Z	7		0	0	
Carotenoids:										
Carotene, beta	mcg	610		0	CAZN	4		1464.000	91.500	
Carotene, alpha	mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta		0		0	CAZN	4		0.000	0.000	
Lycopene		0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin		0		0	CAZN	4		0.000	0.000	

Common Measures:

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

Calories Factors: Protein Fat 9.02 Carbohydrate

Food Group: 04 Fats and Oils

Refuse: 0%

		A	mount in 10			le portic	on .		edible portion o	of common
Nutrients and Uni	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	_	78.80		0	BFZN	4		161.54	10.09	
Energy		175		0	BFZN			359	22	
Energy		732		0	BFZN			1501	94	
Protein	_	0.00		0	BFZN			0.00	0.00	
Total lipid (fat)		19.50		0	BFZN	4		39.98	2.50	
Ash		1.30		0	BFZN			2.67	0.17	
Carbohydrate, by difference		0. 4 0 0.0		0	BFZN BFZN			0.82 0.0	0.05 0.0	
Fiber, total dietary		0.00		0	BFZN			0.00	0.00	
Sugars, totalStarch		0.00		U	DFZN	4		0.00	0.00	
Starcii	9									
Minerals:										
Calcium, Ca		0		0	BFZN	4		0	0	
Iron, Fe		0.00		0	BFZN	4		0.00	0.00	
Magnesium, Mg		1		0	BFZN	4		2	0	
Phosphorus, P	-	14 25		0 0	BFZN BFZN	4 4		29 51	2 3	
Potassium, K Sodium, Na		0		0	BFZN Z	4 7		0	0	
Zinc, Zn		0.00		0	BFZN	4		0.00	0.00	
Copper, Cu	_	0.000	1	0	BFZN	4		0.000	0.000	
Manganese, Mn										
Selenium, Se	_	0.0		0	BFZN	4		0.0	0.0	
¥7:4										
Vitamins:	ma ar			•				0.0		
Vitamin C, total ascorbic acid	_	0.0		0 0	BFZN BFZN	4 4		0.0 0.000	0.0 0.000	
ThiaminRiboflavin.	-	0.000		0	BFZN	4		0.000	0.000	
Niacin	• • • • • • • • • • • • • • • • • • • •	0.000		0	BFZN	4		0.000	0.000	
Pantothenic acid	-	0.000		·	21 211	•		0.000	0.000	
Vitamin B-6		0.000)	0	BFZN	4		0.000	0.000	
Folate, total		0		0	BFZN	4		0	0	
Folic acid		0		0	BFZN	4		0	0	
Folate, food		0		0	BFZN	4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12		0.00		0	BFZN	4		0.00	0.00	
Vitamin A, IU		3577		0	BFZN	4		7332	458	
Vitamin A, RAE		819		0	BFZN	4		1679	105	
Retinol		768		0	BFZN	4		1574	98	
Vitamin E (alpha-tocopherol)	=	4.50		0	BFZN	4		9.23	0.58	
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		93.0		0	BFZN	4		190.7	11.9	
Linida										
Lipids:	a	2.870		0	BFZN	4		E 004	0 267	
Fatty acids, total saturated4:0		0.000		0	BFZN	4		5.88 4 0.000	0.367 0.000	
6:0		0.000		0	BFZN	4		0.000	0.000	
8:0		0.000		0	BFZN	4		0.000	0.000	
10:0	_	0.000		0	BFZN	4		0.000	0.000	
12:0		0.000		0	BFZN	4		0.000	0.000	
13:0										
14:0	g	0.000)	0	BFZN	4		0.000	0.000	
15:0	g									
16:0	-	2.030	1	0	BFZN	4		4.162	0.260	
17:0	-			_		_				
18:0	_	0.840	1	0	BFZN	4		1.722	0.108	
20:0										
22:0	9									

	<u>Ar</u>	nount in 10	0 grams	Amount in edible portion of common					
			Number of Data		Source	Confidence	<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
24:0g	7.480		0	BFZN	4		15 224	0.057	
Fatty acids, total monounsaturatedg	7.480		U	BFZN	4		15.334	0.957	
14:1g									
15:1g	0.000		0	DEGN			0.000	0.000	
16:1 undifferentiatedg 17:1g	0.000		U	BFZN	4		0.000	0.000	
17:1g 18:1 undifferentiatedg	7.450		0	BFZN	4		15.273	0.954	
_	0.040		0	BFZN	4		0.082	0.954	
20:1g	0.040		0	BFZN	4			0.005	
22:1 undifferentiatedg	0.000		U	BFZN	4		0.000	0.000	
24:1 cg	0.040		0	DEGN			16 400	1 000	
Fatty acids, total polyunsaturatedg	8.040			BFZN	4		16.482	1.029	
18:2 undifferentiated	7.840 0.160		0	BFZN BFZN	4 4		16.072 0.328	1.004 0.020	
18:3 undifferentiatedg			0		4				
18:4g	0.000		U	BFZN	4		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiated	0.000		0	BFZN	4		0.000	0.000	
20:4 undifferentiatedg			0		4				
20:5 n-3g	0.000		0	BFZN	=		0.000	0.000	
22:5 n-3g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3g	0.000		U	BFZN	4		0.000	0.000	
Fatty acids, total transg	•		•				•	•	
Cholesterol mg	0		0	BFZN	4		0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	BFZN	4		0.0	0.0	
Caffeinemg	0		0	BFZN	4		0	0	
Theobromine mg	0		0	BFZN	4		0	0	
Carotenoids:									
Carotene, betamcg	610		0	BFZN	4		1250.500	78.080	
Carotene, alpha mcg	0		0	BFZN	4		0.000	0.000	
Cryptoxanthin, betamcg	0		0	BFZN	4		0.000	0.000	
Lycopenemcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthinmcg	0		0	BFZN	4		0.000	0.000	

Common Measures:

Measure 1 = 205g: 1 cup Measure 2 = 12.8g: 1 tbsp

Calories Factors: Protein Fat Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u> :	mount in 100	grams	of edib	le portio	<u>n</u>		edible portion	
			Nu	umber	r			<u>m</u>	easures of food	_
			of	f Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	39.23	2.015	4	JA	6		89.84	5.61	
Energy	kcal	518		0	NC	4		1186	74	
Energy		2167		0	NC	4		4963	310	
Protein (N x 6.25)	g	0.60		2		1		1.37	0.09	
Total lipid (fat)	g	58.34	1.710	4	JA	6		133.59	8.34	
Ash	g	1.70		2		1		3.89	0.24	
Carbohydrate, by difference	g	0.14		0	NC	4		0.32	0.02	
Fiber, total dietary		0.0		0		4		0.0	0.0	
Sugars, total		0.00		0	CAZN	4		0.00	0.00	
Starch										
Minerals:		64		_		_		46	•	
Calcium, Ca	-	21		0		1		48	3	
Iron, Fe.	• • • • • • • • • • • • • • • • • • • •	0.00		0		4		0.00	0.00	
Magnesium, Mg		2		0		1		4	0	
Phosphorus, P	-	16		0		1		37	2	
Potassium, K	-	30		0		1		68	4	
Sodium, Na	-	785		0	BFZN	4		1798	112	
Zinc, Zn	_	0.00		U	DEGN	4 4		0.00	0.00	
Copper, Cu		0.000	,		BFZN	4		0.000	0.000	
Manganese, Mn Selenium, Se		0.0		0	z	7		0.0	0.0	
Seienium, Se	Illog	0.0		U	2	,		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0		1		0.3	0.0	
Thiamin	mg	0.007	•	0		1		0.016	0.001	
Riboflavin	mg	0.026	5	0		1		0.060	0.004	
Niacin	<u>mg</u>	0.016	5	0		1		0.037	0.002	
Pantothenic acid	mg	0.059)	0		1		0.135	0.008	
Vitamin B-6	mg	0.006	5	0		1		0.014	0.001	
Folate, total	mcg	1		0		1		2	0	
Folic acid		0		0	Z	7		0	0	
Folate, food	mcg	1		0		1		2	0	
Folate, DFE	mcg_DFE	1		0	NC	4		2	0	
Vitamin B-12		0.07		0		1		0.15	0.01	
Vitamin A, IU		3571		0	ML	5		8178	511	
Vitamin A, RAE	mcg_RAE	819		0	NC	4		1876	117	
Retinol		768		0	CAZN	4		1759	110	
Vitamin E (alpha-tocopherol)	mg	5.00		0		4		11.45	0.72	
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	101.3	2.657	6	A	1		231.9	14.5	
Lipids:										
Fatty acids, total saturated	а	10.399)	0	NC	4		23.813	1.487	
4:0		0.000		0		4		0.000	0.000	
6:0		0.000		0		4		0.000	0.000	
8:0	-	0.000		0		4		0.000	0.000	
10:0	-	0.000		0		4		0.000	0.000	
12:0	-	0.000		2	A	1		0.000	0.000	
13:0										
14:0		0.046	i	2	A	1		0.105	0.007	
15:0		0.000		2	A	1		0.000	0.000	
16:0		5.628		2	A	1		12.888	0.805	
17:0		0.064		2	A	1		0.147	0.009	
18:0	-	4.183		2	A	1		9.578	0.598	
20:0	-	0.191		2	A	1		0.437	0.027	
22:0	-	0.206		2	A	1		0.473	0.030	
24:0	-	0.081		2	A	1		0.186	0.012	

	<u>A</u> 1	mount in 100	0 grams	of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
			Number				<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	27.429		0	NC	4		62.813	3.922	
14:19	0.000		2	A	1		0.000	0.000	
15:1g	0.000	•	_		-		0.000	0.000	
16:1 undifferentiatedg	0.045	;	0	AS	1		0.103	0.006	
16:1 c	0.045		2	A	1		0.103	0.006	
16:1 tg	0.000		2	A	1		0.000	0.000	
17:1g	0.000	•	_		-		0.000	0.000	
18:1 undifferentiatedg	27.315		0	AS	1		62.551	3.906	
18:1 cg	13.727		2	A	1		31.436	1.963	
18:1 tg	13.587		2	A	1		31.115	1.943	
20:1g	0.069		2	A	1		0.159	0.010	
22:1 undifferentiatedg	0.000		2	A	1		0.000	0.000	
	0.000		2	A	1		0.000		
24:1 c	15.348		0	NC	4		35.147	0.000	
Fatty acids, total polyunsaturated9	13.580		0	AS	1			2.195	
18:2 undifferentiated	12.940		2	AS	1		31.098 29.633	1.942 1.850	
18:2 n-6 c,cg	12.940	,	2	A	1		29.633	1.850	
18:2 CLAsg									
18:2 c,tg									
18:2 t,cg									
18:2 t,tg	0 630	•	2		1		1 464	0.001	
18:2 ig	0.639	•	2	A	1		1.464	0.091	
18:2 t not further definedg	1.525		^	3.0	1		2 400	0.010	
18:3 undifferentiated			0	AS Z	1 7		3.492	0.218	
18:4g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c	0.243						0.557	0.035	
20:3 undifferentiated	0.000		2	A	1		0.000	0.000	
20:4 undifferentiatedg	0.000		2	A -	1		0.000	0.000	
20:5 n-3g	0.000		2	A	1		0.000	0.000	
22:5 n-3g	0.000		2	A	1		0.000	0.000	
22:6 n-3g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans	13.587		0	NC	4		31.114	1.943	
Fatty acids, total trans-monoenoicg	13.587	'	0	NC	4		31.114	1.943	
Fatty acids, total trans-polyenoicg							_		
Cholesterolmg	0		0		4		0	0	
Phytosterolsmg			_						
Stigmasterolmg	21		2	A -	1		49	3	
Campesterolmg	24		2	A	1		55	3	
Beta-sitosterolmg	67		2	A	1		154	10	
Others:									
Alcohol, ethylg	0.0			z	7		0.0	0.0	
Caffeinemg	0		0	z	7		0	0	
Theobromine mg	0		0	z	7		0	0	
Carotenoids:	· ·		•	_	•		-	ŭ	
Carotene, beta mcg	610		0	CAZN	4		1396.900	87.230	
Carotene, alphamcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, betamcg	0		0	CAZN	4		0.000	0.000	
Lycopene mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthinmcg	0		0	CAZN	4		0.000	0.000	

Common Measures:

Measure 1 = 229g: 1 cup Measure 2 = 14.3g: 1 tbsp

Calories Factors: Protein 3.87 Fat 8.84 Carbohydrate 4.27

Margarine, vegetable oil spread, 60% fat, stick

Food Group: 04 Fats and Oils

		<u>A</u> 1	mount in 100	<u>grams</u>	of edib	le portio	<u>on</u>	Amount in edible portion of common			
			ı	Number	•			<u>m</u> e	easures of food	<u>l</u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure :	
Proximates:											
Water		39.23		0	BFZN	4					
Energy		519		0	NC	4					
Energy	kj	2170		0	NC	4					
Protein (N x 6.25)	g	0.60		0	BFZN	4					
Total lipid (fat)	g	58.34		0	BFZN	4					
Ash	-	1.70		0	BFZN	4					
Carbohydrate, by difference	g	0.14		0	BFZN	4					
Fiber, total dietary	g	0.0			Z	7					
Sugars, total	g	0.00		0	BFZN	4					
Starch	g										
<u>Minerals:</u>											
Calcium, Ca	-	21		0	BFZN	4					
Iron, Fe	-	0.00		0	BFZN	4					
Magnesium, Mg	-	2		0	BFZN	4					
Phosphorus, P		16		0	BFZN	4					
Potassium, K		30		0	BFZN	4					
Sodium, Na	mg	2			BFZN	4					
Zinc, Zn	mg	0.00		0	BFZN	4					
Copper, Cu		0.000)	0	BFZN	4					
Manganese, Mn											
Selenium, Se	mcg	0.0		0	z	7					
Vitamins:											
Vitamin C, total ascorbic acid	-	0.1		0	BFZN	4					
Thiamin	-	0.007		0	BFZN	4					
Riboflavin	-	0.026		0	BFZN	4					
Niacin	-	0.016		0	BFZN	4					
Pantothenic acid		0.059		0	BFZN	4					
Vitamin B-6	-	0.006	•	0	BFZN	4					
Folate, total		1		0	BFZN	4					
Folic acid		0		0	Z	7					
Folate, food		1		0	BFZN	4					
Folate, DFE		1		0	NC	4					
Vitamin B-12		0.07		0	BFZN	4					
Vitamin A, IU		3571		0	BFZN	4					
Vitamin A, RAE		819		0	BFZN	4					
Retinol		768		0	BFZN	4 4					
Vitamin E (alpha-tocopherol)		5.00		0	BFZN	4					
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, deltaVitamin D											
Vitamin K (phylloquinone)		101.3	2.65	7 6	A	1					
Lipids:	-										
Fatty acids, total saturated	g	10.399)	0	BFZN	4					
4:0		0.000)	0	BFZN	4					
6:0	g	0.000)	0	BFZN	4					
8:0		0.000)	0	BFZN	4					
10:0		0.000)	0	BFZN	4					
12:0	g	0.000)	0	BFZN	4					
13:0											
14:0		0.046	5	0	BFZN	4					
15:0		0.000		0	BFZN	4					
16:0		5.628		0	BFZN	4					
17:0	_	0.064		0	BFZN	4					
18:0		4.183		0	BFZN	4					

	<u>Ar</u>	nount in 100 gram	s of edil	Amount in edible portion of common					
			Numb	er			<u>m</u>	easures of food	_
					Source	Confidence			
Nutrients and Un	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
20:0	g	0.191	0	BFZN	4				
22:0	-	0.206	0	BFZN	4				
24:0	-	0.081	0	BFZN	4				
Fatty acids, total monounsaturated.		27.429	0	BFZN	4				
14:1		0.000	0	BFZN	4				
15:1			_						
16:1 undifferentiated		0.045	0	BFZN	4				
16:1 c		0.045	0	BFZN	4				
16:1 t	-	0.000	0	BFZN	4				
17:1	-	0.7.04.5							
18:1 undifferentiated	-	27.315	0	BFZN	4				
18:1 c	-	13.727	0	BFZN	4				
18:1 t		13.587	0	BFZN	4				
20:1	-	0.069	0	BFZN	4				
22:1 undifferentiated		0.000	0	BFZN	4				
24:1 c		0.000	0	BFZN	4				
Fatty acids, total polyunsaturated		15.348	0	BFZN	4				
18:2 undifferentiated	_	13.580	0	BFZN	4				
18:2 n-6 c,c	•	12.940	0	BFZN	4				
18:2 CLAs	-								
18:2 c,t									
18:2 t,c	-								
18:2 t,t	-	0.620	•						
18:2 i		0.639	0	BFZN	4				
18:2 t not further defined	_	1 505	0	DEGN					
18:3 undifferentiated		1.525 0.000	0	BFZN BFZN	4 4				
18:4		0.243	0	BFZN	4				
20:2 n-6 c,c 20:3 undifferentiated		0.243	0	BFZN	4				
20:4 undifferentiated		0.000	0	BFZN	4				
20:5 n-3	-	0.000	0	BFZN	4				
20:5 n-3	_	0.000	0	BFZN	4				
22:6 n-3	-	0.000	0	BFZN	4				
Fatty acids, total trans		13.587	0	BFZN	4				
Fatty acids, total trans-monoence		13.587	0	BFZN	4				
Fatty acids, total trans-polyenoi		13.367	Ū	JE UN	-				
Cholesterol	-	0	0	BFZN	4				
Phytosterols	_	•	Ü		-				
Stigmasterol		21	0	BFZN	4				
Campesterol		24	0	BFZN	4				
Beta-sitosterol		67	0	BFZN	4				
	3	- -	·		-				
Others:									
Alcohol, ethyl		0.0		Z	7				
Caffeine		0	0	Z	7				
Theobromine	mg	0	0	Z	7				
Carotenoids:									
Carotene, beta		610	0	BFZN	4				
Carotene, alpha		0	0	BFZN	4				
Cryptoxanthin, beta		0	0	BFZN	4				
Lycopene		0	0	BFZN	4				
Lutein + zeaxanthin	mcg	0	0	CAZN	4				

Common Measures:

Calories Factors: Protein 3.87 Fat 8.84 Carbohydrate 4.27

NDB No. 04619 Margarine, vegetable oil spread, 60% fat, stick, no salt

Food Group: 04 Fats and Oils

		Amount in 100 grams of edible portion						Amount in edible portion of common		
				Number	•			<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Units		Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	38.13		1	A	1		87.32	1.83	
Energy	kcal	531		0	NC	4		1216	25	
Energy	kj	2222		0	NC	4		5088	107	
Protein (N x 6.25)	g	0.60			BFZN	4		1.37	0.03	
Total lipid (fat)	g	60.00		1	A	1		137.40	2.88	
Ash	g	1.70			BFZN	4		3.89	0.08	
Carbohydrate, by difference	g	0.00			BFZN	4		0.00	0.00	
Fiber, total dietary	g	0.0			Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Min and a										
Minerals:	ma	21			BFZN	4		48	1	
Calcium, Ca Iron, Fe	_	0.00			BFZN	4		0.00	0.00	
Magnesium, Mg	_	2			BFZN	4		5	0.00	
Phosphorus, P		16			BFZN	4		3 37	1	
Potassium, K	_	30			BFZN	4		69	1	
Sodium. Na	-	785		0	BFZN	4		1798	38	
Zinc, Zn		0.00		Ū	BFZN	4		0.00	0.00	
Copper, Cu	-	0.000)		BFZN	4		0.000	0.000	
Manganese, Mn		0.000	,		21 211	•		0.000	0.000	
Selenium, Se		0.0		0	z	7		0.0	0.0	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	_	0.1			BFZN	4		0.2	0.0	
Thiamin	-	0.007			BFZN	4		0.016	0.000	
Riboflavin	-	0.026			BFZN	4		0.060	0.001	
Niacin	_	0.016	5		BFZN	4		0.037	0.001	
Pantothenic acid	_		_							
Vitamin B-6	_	0.006	5		BFZN	4		0.014	0.000	
Folate, total		1			BFZN	4		2	0	
Folic acid	-	0		0	Z	7		0	0	
Folate, food		1		0	BFZN	4		2	0	
Folate, DFE		1		0	NC	4		2	0	
Vitamin B-12		0.07			BFZN	4		0.16	0.00	
Vitamin A, IU		3571			ML	5		8178	171	
Vitamin A, RAE		819		0	NC	4		1876	39	
Retinol		768		0	CAZN	4		1759	37	
Vitamin E (alpha-tocopherol)		5.00		0	BFZN	4		11.45	0.24	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)		101.3	2.65	57 6	A	1		231.9	4.9	
vitanini K (phynoquinone)	IIIO9	101.5	2.0.	, ,		-		231.3	4.5	
<u>Lipids:</u>										
Fatty acids, total saturated	g	9.685	5	0	NC	4		22.179	0.465	
4:0	g	0.000)		RA	4		0.000	0.000	
6:0	g	0.000)		RA	4		0.000	0.000	
8:0	g	0.000)		RA	4		0.000	0.000	
10:0	-	0.000			RA	4		0.000	0.000	
12:0	-	0.000)	0	RA	4		0.000	0.000	
13:0										
14:0		0.053		1	A	1		0.120	0.003	
15:0		0.000)	1	A	1		0.000	0.000	
16:0	g	5.999		1	A	1		13.738	0.288	
17:0	g	0.064	l	1	A	1		0.146	0.003	
18:0	g	3.062	2	1	A	1		7.011	0.147	
20:0	g	0.189	•	1	A	1		0.432	0.009	
22:0	g	0.233	3	1	A	1		0.534	0.011	
24:0	~	0.086	;	1	A	1		0.198	0.004	

	<u>A</u> 1	mount in 100 g	Amount in edible portion of common						
			umber				measures of food		
Nutrients and Units	Mean	of Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
F-14	13.116		0	NC	4		30.036	0.630	
Fatty acids, total monounsaturatedg 14:1g	0.000		1	A	1		0.000	0.000	
14:1g 15:1g	0.000	,	1	A	_		0.000	0.000	
16:1 undifferentiatedg	0.051		0	AS	1		0.117	0.002	
16:1 c	0.051		1	A	1		0.117	0.002	
16:1 tg	0.000		1	A	1		0.000	0.002	
17:1g	0.000	•	_	A	_		0.000	0.000	
17.1	13.065		0	AS	1		29.919	0.627	
18:1 cg	12.882		1	A	1		29.499	0.618	
18:1 t	0.183		1	A	1		0.419	0.009	
-	0.183		1	A	1		0.419	0.009	
20:1g	0.000		1	A	1		0.200		
22:1 undifferentiated			1	A	1			0.000	
24:1 c	0.000						0.000	0.000	
Fatty acids, total polyunsaturated9	33.410		0	NC	4		76.509	1.604	
18:2 undifferentiatedg	29.644		0	AS	1		67.885	1.423	
18:2 n-6 c,cg	29.306)	1	A	1		67.110	1.407	
18:2 CLAsg									
18:2 c,tg									
18:2 t,cg									
18:2 t,tg			_	_	_				
18:2 ig	0.338	3	1	A	1		0.774	0.016	
18:2 t not further definedg									
18:3 undifferentiatedg	3.766		0	AS	1		8.624	0.181	
18:4g	0.000			RA	4		0.000	0.000	
20:2 n-6 c,cg	0.614		1	A	1		1.407	0.029	
20:3 undifferentiatedg	0.000		1	A	1		0.000	0.000	
20:4 undifferentiatedg	0.000)	1	A	1		0.000	0.000	
20:5 n-3g	0.000)	1	A	1		0.000	0.000	
22:5 n-3g	0.000)	1	A	1		0.000	0.000	
22:6 n-3g	0.000)		RA	4		0.000	0.000	
Fatty acids, total trans9	0.183	3	0	NC	4		0.419	0.009	
Fatty acids, total trans-monoenoic9	0.183	3	0	NC	4		0.419	0.009	
Fatty acids, total trans-polyenoicg									
Cholesterolmg	1		1	A	1		3	0	
Phytosterolsmg									
Stigmasterolmg	28		1	A	1		63	1	
Campesterolmg	33		1	A	1		75	2	
Beta-sitosterolmg	82		1	A	1		187	4	
0.4									
Others:				_	_		•		
Alcohol, ethylg	0.0		_	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobrominemg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta mcg	610		0	CAZN	4		1396.900	29.280	
Carotene, alpha mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, betamcg	0		0	CAZN	4		0.000	0.000	
Lycopene mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthinmcg	0		0	CAZN	4		0.000	0.000	

Common Measures:

Measure 1 = 229g: 1 cup Measure 2 = 4.8g: 1 tsp

Calories Factors: Protein 3.87 Fat 8.84 Carbohydrate 4.27

Margarine, vegetable oil spread, 60% fat, tub/bottle

Food Group: 04 Fats and Oils

		<u>Aı</u>	mount in 10	<u>0 grams</u>	of edib	le portio	<u>on</u>	Amount in edible portion of common			
				Number	•			m	easures of food		
						Source	Confidence				
Nutrients and Un	ite	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3	
Nutrients and on		Weari	Ota. Error					Wedsure 1	Measure 2	Measure	
Proximates:											
Water	g	38.13		0	BFZN	4					
Energy	kcal	531		0	BFZN	4					
Energy	kj	2221		0	BFZN	4					
Protein (N x 6.25)	g	0.60		0	BFZN	4					
Total lipid (fat)	g	60.00		0	BFZN	4					
Ash	g	1.30		0	NC	4					
Carbohydrate, by difference	g	0.00		0	BFZN	4					
Fiber, total dietary	g	0.0			Z	7					
Sugars, total	g	0.00		0	BFZN	4					
Starch	g										
Minerals:											
Calcium, Ca	mg	21		0	BFZN	4					
Iron, Fe	_	0.00		0	BFZN	4					
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	2		0	BFZN	4					
Phosphorus, P		16		0	BFZN	4					
Potassium, K	mg	30		0	BFZN	4					
Sodium, Na	mg	28			BFZN	4					
Zinc, Zn	mg	0.00		0	BFZN	4					
Copper, Cu	mg	0.000	1	0	BFZN	4					
Manganese, Mn	mg										
Selenium, Se	mcg	0.0		0	Z	7					
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.1		0	BFZN	4					
Thiamin	_	0.007		0	BFZN	4					
Riboflavin		0.026		0	BFZN	4					
Niacin		0.016	i	0	BFZN	4					
Pantothenic acid											
Vitamin B-6		0.006	i	0	BFZN	4					
Folate, total	mcg	1		0	BFZN	4					
Folic acid	mcg	0		0	Z	7					
Folate, food	mcg	1		0	BFZN	4					
Folate, DFE	mcg_DFE	1		0	NC	4					
Vitamin B-12		0.07		0	BFZN	4					
Vitamin A, IU	IU	3571		0	BFZN	4					
Vitamin A, RAE	mcg_RAE	819		0	NC	4					
Retinol	mcg	768		0	BFZN	4					
Vitamin E (alpha-tocopherol)	mg	5.00		0	BFZN	4					
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	101.3	2.65	57 6	A	1					
Lipids:											
Fatty acids, total saturated	g	9.685	i	0	BFZN	4					
4:0	g	0.000)	0	BFZN	4					
6:0	g	0.000)	0	BFZN	4					
8:0	g	0.000)	0	BFZN	4					
10:0	g	0.000	1	0	BFZN	4					
12:0	g	0.000)	0	BFZN	4					
13:0	g										
14:0	g	0.053	1	0	BFZN	4					
15:0	-	0.000	1	0	BFZN	4					
16:0		5.999	1	0	BFZN	4					
17:0	g	0.064		0	BFZN	4					
18:0	g	3.062		0	BFZN	4					
20:0	g	0.189	1	0	BFZN	4					
22:0	g	0.233	1	0	BFZN	4					

	<u>Aı</u>	nount in 10	00 grams	of edib	le portic	<u>on</u>	Amount in edible portion of common			
			Number				<u>m</u>	easures of food	<u> </u>	
					Source	Confidence				
Nutrients and Units	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3	
24:0g	0.086		0	BFZN	4					
Fatty acids, total monounsaturatedg	13.116		0	BFZN	4					
14:1g	0.000		0	BFZN	4					
15:1g										
16:1 undifferentiatedg	0.051		0	BFZN	4					
16:1 cg	0.051		0	BFZN	4					
16:1 tg	0.000		0	BFZN	4					
17:1g										
18:1 undifferentiatedg	13.065		0	BFZN	4					
18:1 cg	12.882		0	BFZN	4					
18:1 tg	0.183		0	BFZN	4					
20:1g	0.087		0	BFZN	4					
22:1 undifferentiatedg	0.000		0	BFZN	4					
24:1 cg	0.000		0	BFZN	4					
Fatty acids, total polyunsaturated	33.410		0	BFZN	4					
18:2 undifferentiatedg	29.644		0	BFZN	4					
18:2 n-6 c,cg	29.306		0	BFZN	4					
18:2 CLAsg										
18:2 c,tg										
18:2 t,cg										
18:2 t,tg										
18:2 ig	0.338		0	BFZN	4					
18:2 t not further defined9										
18:3 undifferentiatedg	3.766		0	BFZN	4					
18:4g	0.000		0	BFZN	4					
20:2 n-6 c,cg	0.614		0	BFZN	4					
20:3 undifferentiatedg	0.000		0	BFZN	4					
20:4 undifferentiatedg	0.000		0	BFZN	4					
20:5 n-3g	0.000		0	BFZN	4					
22:5 n-3g	0.000		0	BFZN	4					
22:6 n-3g	0.000		0	BFZN	4					
Fatty acids, total trans	0.183		0	BFZN	4					
Fatty acids, total trans-monoenoicg	0.183		0	BFZN	4					
Fatty acids, total trans-polyenoicg										
Cholesterolmg	1		0	BFZN	4					
Phytosterolsmg										
Stigmasterolmg	28		0	BFZN	4					
Campesterolmg	33		0	BFZN	4					
Beta-sitosterolmg	82		0	BFZN	4					
Others:										
	0.0				7					
Alcohol, ethyl	0.0		0	Z Z	7					
Theobromine mg	0		0	Z	7					
• • • • • • • • • • • • • • • • • • • •	U		U	z	,					
Carotenoids:	610		0	ינסמם	4					
Carotene, beta mcg	0 910		0	BFZN	4					
Carotene, alpha mcg			0	BFZN	4					
Cryptoxanthin, beta mcg	0		0	BFZN	4					
Lycopene mcg	0		0	BFZN	4					
Lutein + zeaxanthin mcg	0		0	CAZN	4					

Common Measures:

Calories Factors: Protein 3.87 Fat 8.84 Carbohydrate 4.27

Food Group: 04 Fats and Oils

NDB No. 04614 Margarine, vegetable oil spread, stick/tub/bottle, 60% fat

		<u>A</u>	mount in 100	grams	or ean	ole portio	<u>on</u>	Amount in edible portion of common			
			Nu	umber				<u>m</u>	easures of food	•	
			of	f Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error P			Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	_	38.68		0	RA	4		88.58	5.53	1.86	
Energy		526		0	RA	4		1204	75	25	
Energy		2199		0	RA	4		5036	315	106	
Protein (N x 6.25)	_	0.60		0	RA	4		1.37	0.09	0.0	
Total lipid (fat)		59.17		0	RA	4		135.49	8.46	2.84	
Ash		1.70		0	RA	4		3.89	0.24	0.0	
Carbohydrate, by difference		0.00		0	NC	4		0.00	0.00	0.0	
Fiber, total dietary		0.0		0	RA	4		0.0	0.0	0.0	
Sugars, total		0.00		0	RA	4		0.00	0.00	0.00	
Starch	9										
<u>Minerals:</u>											
Calcium, Ca	mg	21		0	RA	4		48	3	1	
Iron, Fe	-	0.00		0	RA	4		0.00	0.00	0.0	
Magnesium, Mg		2		0	RA	4		4	0	0	
Phosphorus, P	mg	16		0	RA	4		37	2	1	
Potassium, K		30		0	RA	4		68	4	1	
Sodium, Na		785		0	RA	4		1798	112	38	
Zinc, Zn		0.00		0	RA	4		0.00	0.00	0.0	
Copper, Cu		0.000)	0	RA	4		0.000	0.000	0.0	
Manganese, Mn				_							
Selenium, Se	mcg	0.0		0	RA	4		0.0	0.0	0.0	
<u>'itamins:</u>											
Vitamin C, total ascorbic acid		0.1		0	RA	4		0.2	0.0	0.0	
Thiamin	_	0.007		0	RA	4		0.016	0.001	0.0	
Riboflavin		0.026		0	RA	4		0.060	0.004	0.0	
Niacin	_	0.016		0	RA	4		0.037	0.002	0.0	
Pantothenic acid		0.030		0	RA	4		0.068	0.004	0.0	
Vitamin B-6	_	0.006	5	0	RA	4		0.014	0.001	0.0	
Folate, total		1		0	RA	4		2	0	0	
Folic acid		0		0	RA	4		0	0	0	
Folate, food		1		0	RA	4		2	0	0	
Folate, DFE		1		0	NC	4		2	0	0	
Vitamin B-12		0.07		0	RA	4		0.16	0.01	0.0	
Vitamin A, IU		3571		0	RA	4		8178	511	171	
Vitamin A, RAE		819		0	NC	4		1876	117	39	
Retinol		768		0	RA	4		1759	110	37	
Vitamin E (alpha-tocopherol)		5.00		0	RA	4		11.45	0.72	0.2	
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta Vitamin D											
Vitamin K (phylloquinone)		101.3	2.657	6	A	1		231.9	14.5	4.9	
.ipids: Fatty acids, total saturated	a	10.042	•	0	RA	4		22.996	1.436	0.4	
4:0		0.000		0	RA RA	4		0.000	0.000	0.4	
6:0		0.000		0	RA	4		0.000	0.000	0.0	
8:0		0.000		0	RA	4		0.000	0.000	0.0	
10:0	• • • • • • • • • • • • • • • • • • • •	0.000		0	RA	4		0.000	0.000	0.0	
12:0		0.000		0	RA	4		0.000	0.000	0.0	
13:0	-	3.000		•		-		2.000	2.000	0.0	
14:0	-	0.049)	0	RA	4		0.113	0.007	0.0	
15:0		0.000		0	RA	4		0.000	0.000	0.0	
16:0	-	5.813		0	RA	4		13.313	0.831	0.2	
17:0		0.064		0	RA	4		0.147	0.009	0.2	
18:0	-	3.622		0	RA	4		8.295	0.518	0.1	
20:0	-	0.190		0	RA	4		0.435	0.027	0.0	
22:0	-	0.190		0	RA	4		0.503	0.027	0.0	
24:0		0.220		0	RA RA	4		0.192	0.031	0.0	

		<u>Ar</u>	nount in 10	00 grams	of edil	ole portic	<u>on</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food		
						Source	Confidence				
Nutrients and U	nits	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	lg	20.316		0	RA	4		46.524	2.905	0.975	
14:1	g	0.000		0	RA	4		0.000	0.000	0.000	
15:1	-										
16:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.048		0	RA	4		0.110	0.007	0.002	
16:1 c	-	0.048		0	RA	4		0.110	0.007	0.002	
16:1 t	•	0.000		0	RA	4		0.000	0.000	0.000	
17:1	-										
18:1 undifferentiated	-	20.190		0	RA	4		46.234	2.887	0.969	
18:1 c		13.305		0	RA	4		30.467	1.903	0.639	
18:1 t	-	6.885		0	RA	4		15.767	0.985	0.330	
20:1	-	0.078		0	RA	4		0.179	0.011	0.004	
22:1 undifferentiated		0.000		0	RA	4		0.000	0.000	0.000	
24:1 c		0.000		0	RA	4		0.000	0.000	0.000	
Fatty acids, total polyunsaturated.		24.686		0	RA	4		56.531	3.530	1.185	
18:2 undifferentiated		21.612		0	RA	4		49.491	3.090	1.037	
18:2 n-6 c,c		21.123		0	RA	4		48.372	3.021	1.014	
18:2 CLAs											
18:2 c,t											
18:2 t,c											
18:2 t,t		0.400		•						0.000	
18:2 i		0.489		0	RA	4		1.119	0.070	0.023	
18:2 t not further defined		2.645		•		4		6.058	0 270	0 107	
18:3 undifferentiated	_	0.000		0	RA RA	4			0.378	0.127	
18:4		0.429		0	RA RA	4		0.000	0.000	0.000 0.021	
20:2 n-6 c,c		0.429		0	RA	4		0.982 0.000	0.061 0.000	0.021	
20:3 undifferentiated 20:4 undifferentiated	-	0.000		0	RA RA	4		0.000	0.000	0.000	
20:5 n-3	-	0.000		0	RA RA	4		0.000	0.000	0.000	
20:5 n-3		0.000		0	RA RA	4		0.000	0.000	0.000	
22:6 n-3		0.000		0	RA.	4		0.000	0.000	0.000	
		6.885		0	RA.	4		15.767	0.985	0.330	
Fatty acids, total trans		6.885		0	RA RA	4		15.767	0.985	0.330	
Fatty acids, total trans-monoen		0.003		U	KA	4		15.767	0.985	0.330	
Fatty acids, total trans-polyeno Cholesterol		1		0	RA	4		2	0	0	
Phytosterols		_		U	NA.	-		2	U	U	
Stigmasterol		25		0	RA	4		56	4	1	
Campesterol		28		0	RA	4		65	4	1	
Beta-sitosterol		74		0	RA	4		170	11	4	
Beta-sitosteroi	9			·		-		270		-	
Others:											
Alcohol, ethyl	g	0.0		0	RA	4		0.0	0.0	0.0	
Caffeine	mg	0		0	RA	4		0	0	0	
Theobromine	mg	0		0	RA	4		0	0	0	
Carotenoids:											
Carotene, beta		610		0	RA	4		1396.900	87.230	29.280	
Carotene, alpha		0		0	RA	4		0.000	0.000	0.000	
Cryptoxanthin, beta		0		0	RA	4		0.000	0.000	0.000	
Lycopene		0		0	RA	4		0.000	0.000	0.000	
Lutein + zeaxanthin	mcg	0		0	RA	4		0.000	0.000	0.000	

Common Measures:

Measure 1 = 229g: 1 cup Measure 2 = 14.3g: 1 tbsp Measure 3 = 4.8g: 1 tsp

Calories Factors: Protein 3.87 Fat 8.84 Carbohydrate 4.27

Margarine, vegetable oil spread, stick/tub/bottle, 60% fat

Food Group: 04 Fats and Oils

NDB No. 04585 Margarine-butter blend, 60% corn oil margarine and 40% butter

		<u>A</u> :	mount in 100	grams	of edib	le portio	<u>n</u>		edible portion	
			N	lumber				<u>m</u> e	easures of food	
Nutrients and Un	its	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	15.77		1		1		2.24	35.80	0.79
Energy	kcal	718		0	NC	4		102	1630	36
Energy		3004				4		427	6819	150
Protein (N x 6.38)	g	0.88		1		1		0.12	2.00	0.04
Total lipid (fat)		80.70		1		1		11.46	183.19	4.04
Ash		2.00		1		1		0.28	4.54	0.10
Carbohydrate, by difference		0.65		0	NC	4		0.09	1.48	0.03
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total		0.00		0	CAZN	4		0.00	0.00	0.00
Starch										
	_									
Minerals:				_		_		_		_
Calcium, Ca		28		1		1		4	64	1
Iron, Fe		0.06		1		1		0.01	0.14	0.0
Magnesium, Mg		2		1		1		0	5	0
Phosphorus, P		23		1		1		3	52	1
Potassium, K		36		1		1		5	82	2
Sodium, Na		897		1		1		127	2036	45
Zinc, Zn	-	0.02	_	0		1		0.00	0.05	0.0
Copper, Cu		0.006		0		1		0.001	0.014	0.0
Manganese, Mn		0.002	2	0		1		0.000	0.005	0.0
Selenium, Se	mcg	0.4		0	RK	4		0.1	0.9	0.0
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.1		1		1		0.0	0.2	0.0
Thiamin	-	0.008	3	1		1		0.001	0.018	0.0
Riboflavin		0.035	5	1		1		0.005	0.079	0.0
Niacin		0.031	L	1		1		0.004	0.070	0.0
Pantothenic acid	_	0.050)	1		1		0.007	0.114	0.0
Vitamin B-6	-	0.006	6	1		1		0.001	0.014	0.0
Folate, total		2		1		1		0	5	0
Folic acid		0		0	Z	7		0	0	0
Folate, food		2		1		1		0	5	0
Folate, DFE		2		0	NC	4		0	5	0
Vitamin B-12		0.06		1		1		0.01	0.14	0.0
Vitamin A, IU	IU	3577		0	NC	4		508	8120	179
Vitamin A, RAE		819		0	NC	4		116	1859	41
Retinol		768		0	CAZN	4		109	1743	38
Vitamin E (alpha-tocopherol)		3.92		0	0	4		0.56	8.90	0.2
Tocopherol, beta	-									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	103.6		0	CAZN	4		14.7	235.1	5.2
• • •										
<u>Lipids:</u>	~			_		_		4 000		
Fatty acids, total saturated		28.442		0		1		4.039	64.563	1.4
4:0		1.069		1		1		0.152	2.427	0.0
6:0	-	0.631		1		1		0.090	1.432	0.0
8:0	-	0.367		1		1		0.052	0.833	0.0
10:0	-	0.825		1 1		1 1		0.117	1.873	0.0
12:0		0.927	ı	1		1		0.132	2.104	0.0
13:0	-	2 201		1		1		0.400	7 675	
14:0	-	3.381	L	1		1		0.480	7.675	0.1
15:0	-	14 000		-				0 000	00 455	^ -
16:0	-	14.308	•	1		1		2.032	32.479	0.7
17:0	-		-	-				0.00=	15 540	
18:0	-	6.935	•	1		1		0.985	15.742	0.3
20:0	-									
22:0	y									

	<u>Aı</u>	mount in 100 gram		ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Number of Data Std. Error Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	32.760	0		1		4.652	74.365	1.638	
14:1g									
15:1g				_					
16:1 undifferentiatedg	0.743	1		1		0.106	1.687	0.037	
17:1	20.01			_					
18:1 undifferentiatedg	32.016			1		4.546	72.676	1.601	
20:1g	0.000			1		0.000	0.000	0.000	
22:1 undifferentiatedg	0.000	0		1		0.000	0.000	0.000	
24:1 cg		_							
Fatty acids, total polyunsaturated9	15.947			1		2.264	36.200	0.797	
18:2 undifferentiatedg	15.224			1		2.162	34.558	0.761	
18:3 undifferentiatedg	0.723			1		0.103	1.641	0.036	
18:4g	0.000	0		1		0.000	0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000	0		1		0.000	0.000	0.000	
20:5 n-3g	0.000	0		1		0.000	0.000	0.000	
22:5 n-3g	0.000	0		1		0.000	0.000	0.000	
22:6 n-3g	0.000	0		1		0.000	0.000	0.000	
Fatty acids, total trans									
Cholesterolmg	88	1		1		12	200	4	
Phytosterolsmg		1		1		49	776	17	
Amino Acids:									
Tryptophang	0.012			1		0.002	0.027	0.001	
Threonineg	0.038			1		0.005	0.086	0.002	
Isoleucineg	0.051			1		0.007	0.116	0.003	
Leucineg	0.082			1		0.012	0.186	0.004	
Lysineg	0.067	0		1		0.010	0.152	0.003	
Methionineg	0.021	0		1		0.003	0.048	0.001	
Cystineg	0.008	0		1		0.001	0.018	0.000	
Phenylalanineg	0.040	0		1		0.006	0.091	0.002	
Tyrosineg	0.040	0		1		0.006	0.091	0.002	
Valineg	0.056	0		1		0.008	0.127	0.003	
Arginineg	0.030	0		1		0.004	0.068	0.002	
Histidine 9	0.023	0		1		0.003	0.052	0.001	
Alanine	0.029	0		1		0.004	0.066	0.001	
Aspartic acid	0.064	0		1		0.009	0.145	0.003	
Glutamic acid. 9	0.176			1		0.025	0.400	0.009	
Glycine	0.018			1		0.003	0.041	0.001	
Proline 9	0.081			1		0.012	0.184	0.001	
•	0.046			1		0.012	0.104	0.004	
Serine	0.040	U		_		0.007	0.104	0.002	
Hydroxyprolineg									
Others:									
Alcohol, ethylg	0.0	0		4		0.0	0.0	0.0	
Caffeine mg	0	0	z	7		0	0	0	
Theobromine mg	0	0	Z	7		0	0	0	
Carotenoids:									
		=		_			100:		
Carotene, beta mcg	610	0	CAZN	4		86.620	1384.700	30.500	
Carotene, alpha mcg	0	0	CAZN	4		0.000	0.000	0.000	
Cryptoxanthin, beta mcg	0	0	CAZN	4		0.000	0.000	0.000	
Lycopene mcg	0	0	CAZN	4		0.000	0.000	0.000	
Lutein + zeaxanthin mcg	0	0	CAZN	4		0.000	0.000	0.000	

Common Measures:

Measure 1 = 14.2g: 1 tbsp Measure 2 = 227g: 1 cup Measure 3 = 5.0g: 1 tsp

Margarine-butter blend, 60% corn oil margarine and 40% butter

Calories Factors: Protein 4.27 Fat 8.84 Carbohydrate 3.87

Food Group: 04 Fats and Oils

NDB No. 04655 Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries

		<u>A</u>	mount in 100 g	rams o	f edib	le portio	<u>n</u>	Amount in	edible portion	of common
			Nu	ımber				me	easures of food	
				Data D	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	28.00		0	0	4		3.92		
Energy	kcal	628		0	NC	4		88		
Energy	kj	2626		0	NC	4		368		
Protein (N x 6.25)	g	0.00		0	LC	8		0.00		
Total lipid (fat)	g	71.00		1	PAK	1		9.94		
Ash	g	1.00		0	0	4		0.14		
Carbohydrate, by difference	g	0.00		0	LC	8		0.00		
Fiber, total dietary	g	0.0		0	BFZN	4		0.0		
Sugars, total	g	0.00		0	BFZN	4		0.00		
Starch	g									
M:										
Minerals:	ma	0		0	BFZN	4		0		
Calcium, Ca	-	0.00			BFZN	4		0.00		
Magnesium, Mg	-	0.00			BFZN	4		0.00		
Phosphorus, P		0			BFZN	4		0		
Potassium, K	-	0			BFZN	4		0		
Sodium, Na		864		0	LC	8		121		
Zinc, Zn		0.00			BFZN	4		0.00		
Copper, Cu		0.000)		BFZN	4		0.000		
Manganese, Mn										
Selenium, Se		0.0		0	BFZN	4		0.0		
57*4										
Vitamins:				•						
Vitamin C, total ascorbic acid		0.0			BFZN	4		0.0		
Thiamin	-	0.000			BFZN	4		0.000		
Riboflavin		0.000			BFZN	4		0.000		
Niacin	-	0.000)	0	BFZN	4		0.000		
Pantothenic acid Vitamin B-6		0.000	,	0	BFZN	4		0.000		
Folate, total		0.000	,		BFZN	4		0.000		
Folic acid		0			BFZN	4		0		
Folate, food		0			BFZN	4		0		
Folate, DFE		0		0	NC	4		0		
Vitamin B-12		0.00			BFZN	4		0.00		
Vitamin A, IU		0		0	LC	8		0		
Vitamin A, RAE	mca RAE	0			BFZN	4		0		
Retinol		0			BFZN	4		0		
Vitamin E (alpha-tocopherol)		0.80			BFZN	4		0.11		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	43.0		0	BFZN	4		6.0		
[inide.										
Lipids:	0	22.869	1	0	NC	4		3.202		
Fatty acids, total saturated		0.000		1	A	1		0.000		
4:0 6:0		0.000		1	A	1		0.000		
8:0		0.000		1	A	1		0.000		
10:0	-	0.000		1	A	1		0.000		
12:0	-	0.033		1	A	1		0.005		
13:0	-	0.03.	-	-	**	-		0.005		
14:0	-	0.147	1	1	A	1		0.021		
15:0	-	0.14		1	A	1		0.021		
16:0	-	9.296		1	A	1		1.301		
17:0		0.101		1	A	1		0.014		
18:0	-	12.754		1	A	1		1.786		
20:0	-	0.265		1	A	1		0.037		
22:0	-	0.239		1	A	1		0.037		
66.0	9	0.23	•	-	44	_		0.033		

	<u>A</u> 1	mount in 100			ole portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	37.243		0	NC	4		5.214		
14:1g							0.221		
15:1g									
16:1 undifferentiatedg	0.054		0	AS	1		0.008		
16:1 cg	0.054		1	A	1		0.008		
16:1 tg									
17:1g									
18:1 undifferentiatedg	37.189		0	AS	1		5.207		
18:1 cg	19.650		1	A	1		2.751		
18:1 tg	17.539		1	A	1		2.456		
20:1g	0.000		1	A	1		0.000		
22:1 undifferentiatedg	0.000		1	A	1		0.000		
24:1 cg									
Fatty acids, total polyunsaturatedg	7.512		0	NC	4		1.052		
18:2 undifferentiatedg	6.755		0	AS	1		0.946		
18:2 n-6 c,cg	5.491		1	A	1		0.769		
18:2 CLAsg									
18:2 c,tg									
18:2 t,cg									
18:2 t,tg									
18:2 ig	1.265		1	A	1		0.177		
18:2 t not further definedg									
18:3 undifferentiatedg	0.757		0	AS	1		0.106		
18:4g	0.000		1	A	1		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		1	A	1		0.000		
20:5 n-3g	0.000		1	A	1		0.000		
22:5 n-3	0.000		1	A	1		0.000		
22:6 n-3g	0.000		1	A	1		0.000		
Fatty acids, total transg	19.068		0	NC	4		2.669		
Fatty acids, total trans-monoenoicg	17.539		0	NC	4		2.456		
Fatty acids, total trans-polyenoicg	1.528		0	NC	4		0.214		
Cholesterolmg	0		0	LC	8		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	BFZN	4		0.0		
Caffeine mg	0		0	BFZN	4		0		
Theobromine mg	0		0	BFZN	4		0		
Carotenoids:	-		-				-		
Carotene, betamcg	0		0	BFZN	4		0.000		
Carotene, alpha mcg	0		0	BFZN	4		0.000		
Cryptoxanthin, betamcg	0		0	BFZN	4		0.000		
Lycopene mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthinmcg	0		0	BFZN	4		0.000		

Common Measures:

Measure 1 = 14.0g: 1 tbsp

Calories Factors: Protein Fat 8.84 Carbohydrate

Food Group: 04 Fats and Oils

NDB No. 04107 Margarine-like spread, (approximately 40% fat), corn (hydrogenated and regular)

		<u>A</u> :	mount in 100 g	grams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			Nι	ımber				m	easures of food		
					Deriv	Source	Confidence				
Nutrients and Un	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	58.10	0.543	16		1		134.79	2.79		
Energy	_	345	0.545	0	NC	4		801	17		
0,5				U	NC	4		3351			
Energy		1444				-			69		
Protein (N x 6.38)	=	0.50	0.070	11		1		1.16	0.02		
Total lipid (fat)		38.80	0.063	183		1		90.02	1.86		
Ash		2.20	0.083	10		1		5.10	0.11		
Carbohydrate, by difference		0.40		0	NC	4		0.93	0.02		
Fiber, total dietary	g	0.0		0		4		0.0	0.0		
Sugars, total	g	0.00		0	CAZN	4		0.00	0.00		
Starch	g										
Minorals											
Minerals: Calcium. Ca	ma	18		0		1		41	1		
Iron, Fe		0.00		0		4		0.00	0.00		
Magnesium, Mg	-	2		0		1		4	0.00		
Phosphorus, P		14		0		1		32	1		
•	-	25		0		1		59	1		
Potassium, K		960	5.715			1		2226	46		
Sodium, Na		0.00	5.715	0		4		0.00	0.00		
Zinc, Zn		0.00		U		4		0.00	0.00		
Copper, Cu											
Manganese, Mn		0.0		•	_	-		0.0	0.0		
Selenium, Se	riicg	0.0		0	Z	7		0.0	0.0		
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	mg	0.1		0		1		0.2	0.0		
Thiamin	mg	0.006	5	0		1		0.014	0.000		
Riboflavin	mg	0.022	?	0		1		0.051	0.001		
Niacin	mg	0.013	3	0		1		0.030	0.001		
Pantothenic acid	-	0.051		0		1		0.118	0.002		
Vitamin B-6		0.005	5	0		1		0.012	0.000		
Folate, total	-	1		0		1		2	0		
Folic acid		0		0	Z	7		0	0		
Folate, food		1		0		1		2	0		
Folate, DFE		1		0	NC	4		2	0		
Vitamin B-12		0.06		0		1		0.13	0.00		
Vitamin A, IU		3577		0	NC	4		8298	172		
Vitamin A, RAE		819		0	NC	4		1900	39		
Retinol		768		0	CAZN	4		1782	37		
		4.00		0	CAZI	4		9.28	0.19		
Vitamin E (alpha-tocopherol)		4.00		U		-		3.20	0.19		
Tocopherol, beta Tocopherol, gamma											
Tocopherol, delta											
Vitamin D Vitamin K (phylloquinone)		93.0		1	CAZN	4		215.8	4.5		
vitamini ix (phynoquinone)	9	33.0		_	011211	-		220.0	1.5		
<u>Lipids:</u>											
Fatty acids, total saturated	g	6.400)	0		1		14.848	0.307		
4:0	g	0.000)	0		4		0.000	0.000		
6:0	g	0.000)	0		4		0.000	0.000		
8:0	g	0.000)	0		4		0.000	0.000		
10:0	g	0.000)	0		4		0.000	0.000		
12:0	g	0.100	0.010	131		1		0.232	0.005		
13:0	-										
14:0	-	0.100	0.008	131		1		0.232	0.005		
15:0	-										
16:0	-	4.300	0.036	135		1		9.976	0.206		
17:0											
18:0	-	1.900	0.017	135		1		4.408	0.091		
20:0	-								- · · · · -		
22:0	-										
24:0	-										

		<u>An</u>	nount in 100 gra		ble portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and	Units	Mean	Num of D Std. Error Poir	ata Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatur	ated 0	14.500		0	1		33.640	0.696	
14:1							33.313	0.000	
15:1									
16:1 undifferentiated	g	0.000		0	4		0.000	0.000	
17:1									
18:1 undifferentiated		14.500	0.072	96	1		33.640	0.696	
20:1		0.000		0	4		0.000	0.000	
22:1 undifferentiated	_	0.000		0	4		0.000	0.000	
24:1 c	•								
Fatty acids, total polyunsatura		16.300		0	1		37.816	0.782	
18:2 undifferentiated		16.100	0.062 1	35	1		37.352	0.773	
18:3 undifferentiated		0.200		33	1		0.464	0.010	
18:4		0.000		0	4		0.000	0.000	
20:2 n-6 c.c.									
20:3 undifferentiated	• • • • • • • • • • • • • • • • • • • •								
20:4 undifferentiated		0.000		0	4		0.000	0.000	
20:5 n-3		0.000		0	4		0.000	0.000	
22:5 n-3	_	0.000		0	4		0.000	0.000	
22:6 n-3	_	0.000		0	4		0.000	0.000	
Fatty acids, total trans	• • • • • • • • • • • • • • • • • • • •								
Cholesterol		0		0	4		0	0	
Phytosterols		270	87.204	4	1		626	13	
mino Acids:									
Tryptophan	а	0.007		0	1		0.016	0.000	
Threonine		0.023		0	1		0.053	0.001	
Isoleucine	_	0.031		0	1		0.072	0.001	
Leucine	-	0.050		0	1		0.116	0.002	
Lysine	_	0.040		0	1		0.093	0.002	
Methionine		0.013		0	1		0.030	0.001	
Cystine		0.005		0	1		0.012	0.000	
Phenylalanine		0.005		0	1		0.012	0.001	
Tyrosine		0.025		0	1		0.058	0.001	
Valine	_	0.023		0	1		0.030	0.002	
Arginine	• • • • • • • • • • • • • • • • • • • •	0.018		0	1		0.042	0.001	
Histidine		0.014		0	1		0.032	0.001	
Alanine	_	0.014		0	1		0.032	0.001	
Aspartic acid		0.018		0	1		0.092	0.001	
Glutamic acid		0.107		0	1		0.248	0.002	
Glycine		0.107		0	1		0.248	0.003	
Proline	=	0.011		0	1		0.114	0.001	
Serine	-	0.028		0	1		0.065	0.001	
Hydroxyproline		0.026		-	-		5.005	0.001	
Carotenoids:									
Carotene, beta	mca	610		0 CAZN	r 4		1415.200	29.280	
*	_	910		O CAZN			0.000	0.000	
Carotene, alpha Cryptoxanthin, beta		0		0 CAZN			0.000	0.000	
Lycopene		0		0 CAZN			0.000	0.000	
Lutein + zeaxanthin		0		0 CAZN			0.000	0.000	
Lucin - Zearanunn				CAZI	· •		3.000	3.000	

Common Measures:

Measure 1 = 232g: 1 cup Measure 2 = 4.8g: 1 tsp

Calories Factors: Protein 4.27 Fat 8.84 Carbohydrate 3.87

Margarine-like spread, (approximately 40% fat), corn (hydrogenated and regular)

Food Group: 04 Fats and Oils

NDB No. 04109 Margarine-like spread, (approximately 40% fat), soybean (hydrogenated)

		Ai	mount in 100 g	rams	of edib	le portio	<u>on</u>	Amount in edible portion of common		
			Nu	mber				<u>m</u> :	easures of food	
			of	Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	58.10	0.543	16		1		134.79	2.79	
Energy	-	345	0.015	0	NC	4		801	17	
Energy		1444		·		4		3351	69	
Protein (N x 6.38)		0.50	0.070	11		1		1.16	0.02	
Total lipid (fat)		38.80	0.063	183		1		90.02	1.86	
Ash		2.20	0.083	10		1		5.10	0.11	
Carbohydrate, by difference		0.40		0	NC	4		0.93	0.02	
Fiber, total dietary		0.0		0		4		0.0	0.0	
Sugars, total		0.00		0	CAZN	4		0.00	0.00	
Starch	-	0.00		·	011211	-		0.00	0.00	
Starch	9									
Minerals:										
Calcium, Ca	-	18		0		1		41	1	
Iron, Fe		0.00		0		4		0.00	0.00	
Magnesium, Mg		2		0		1		4	0	
Phosphorus, P	-	14		0		1		32	1	
Potassium, K	-	25		0		1		59	1	
Sodium, Na	-	960	5.715	0		1 4		2226	46	
Zinc, Zn		0.00		U		4		0.00	0.00	
Copper, Cu										
Manganese, Mn Selenium. Se		0.0		0	z	7		0.0	0.0	
Seienium, Se	nicg	0.0		U	4	,		0.0	0.0	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.1		0		1		0.2	0.0	
Thiamin	<u>mg</u>	0.006	;	0		1		0.014	0.000	
Riboflavin	mg	0.022	!	0		1		0.051	0.001	
Niacin	<u>mg</u>	0.013	1	0		1		0.030	0.001	
Pantothenic acid	mg	0.051		0		1		0.118	0.002	
Vitamin B-6	mg	0.005	i	0		1		0.012	0.000	
Folate, total	mcg	1		0		1		2	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food		1		0		1		2	0	
Folate, DFE		1		0	NC	4		2	0	
Vitamin B-12		0.06		0		1		0.13	0.00	
Vitamin A, IU		3577		0	NC	4		8298	172	
Vitamin A, RAE	mcg_RAE	819		0	NC	4		1900	39	
Retinol		768		0	CAZN	4		1782	37	
Vitamin E (alpha-tocopherol)		0.80		1		1		1.86	0.04	
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	93.0		1	CAZN	4		215.8	4.5	
Lipids:										
Fatty acids, total saturated	а	6.500)	0		1		15.080	0.312	
4:0		0.000		0		4		0.000	0.000	
6:0	-	0.000		0		4		0.000	0.000	
8:0	-	0.000		0		4		0.000	0.000	
10:0	-	0.000		0		4		0.000	0.000	
12:0	-	0.000		0		4		0.000	0.000	
13:0										
14:0		0.000	1	0		4		0.000	0.000	
15:0										
16:0		4.300)	2		1		9.976	0.206	
17:0										
18:0		2.200	1	2		1		5.104	0.106	
20:0									- /	
22:0	-									
24:0	-									

	<u>Aı</u>	mount in 100 gran		ole portio	<u>n</u>		edible portion	
		Numb	er			<u>m</u>	easures of food	
			a Deriv	Source	Confidence			
Nutrients and Units	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	16.700	0		1		38.744	0.802	
14:1				_		301711	0.002	
16:1 undifferentiated	0.000	0		4		0.000	0.000	
18:1 undifferentiated	16.700	2		1		38.744	0.802	
20:1g	0.000	0		4		0.000	0.000	
22:1 undifferentiatedg	0.000	0		4		0.000	0.000	
24:1 cg								
Fatty acids, total polyunsaturated	13.800	0		1		32.016	0.662	
18:2 undifferentiatedg	12.900	2		1		29.928	0.619	
18:3 undifferentiatedg	0.900	2		1		2.088	0.043	
18:4g	0.000	0		4		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0		4		0.000	0.000	
20:5 n-3g	0.000	0		4		0.000	0.000	
22:5 n-3g	0.000	0		4		0.000	0.000	
22:6 n-3g	0.000	0		4		0.000	0.000	
Fatty acids, total trans9								
Cholesterolmg	0	0		4		0	0	
Phytosterolsmg	190	2		1		441	9	
Amino Acids:								
<u> </u>	0.007	0		1		0.016	0.000	
Tryptophan	0.007			1		0.053	0.001	
Isoleucineg	0.023			1		0.033	0.001	
Leucine	0.051			1		0.116	0.001	
Lysine	0.040			1		0.093	0.002	
•	0.013			1		0.030	0.002	
Methionine	0.015			1		0.012	0.001	
Cystine	0.005			1		0.012	0.000	
Phenylalanine	0.025			1		0.058	0.001	
Tyrosine	0.025			1		0.038	0.001	
_	0.014			1		0.042	0.002	
Arginine	0.018			1		0.042	0.001	
Histidine	0.014			1		0.042	0.001	
Alanine	0.018			1				
Aspartic acid	0.039			1		0.090	0.002	
Glutamic acid	0.107			1		0.248 0.026	0.005	
Glycine				1			0.001	
Proline	0.049 0.028			1		0.114 0.065	0.002 0.001	
Hydroxyproline	0.028	U		1		0.065	0.001	
Carotenoids:								
Carotene, beta mcg	610	0	CAZN	4		1415.200	29.280	
Carotene, alphamcg	0	0	CAZN	4		0.000	0.000	
Cryptoxanthin, betamcg	0	0	CAZN	4		0.000	0.000	
Lycopenemcg	0	0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin mcg	0	0	CAZN	4		0.000	0.000	

Common Measures:

Measure 1 = 232g: 1 cup Measure 2 = 4.8g: 1 tsp

Calories Factors: Protein 4.27 Fat 8.84 Carbohydrate 3.87

Margarine-like spread, (approximately 40% fat), soybean (hydrogenated)

Food Group: 04 Fats and Oils

NDB No. 04112 Margarine-like spread, (approximately 40% fat), soybean (hydrogenated) and cottonseed

		<u>A</u> :	mount in 100 g	rams	of edib	le portio	<u>n</u>	Amount in	edible portion	of common
			Nui	mber				m	easures of food	
					Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	58.10	0.543	16		1		134.79	2.79	
Energy	_	345	0.545	0	NC	4		801	17	
63				U	NC	4		3351		
Energy	=	1444				-			69	
Protein (N x 6.38)	=	0.50	0.070	11		1		1.16	0.02	
Total lipid (fat)		38.80		183		1		90.02	1.86	
Ash		2.20	0.083	10		1		5.10	0.11	
Carbohydrate, by difference		0.40		0	NC	4		0.93	0.02	
Fiber, total dietary		0.0		0		4		0.0	0.0	
Sugars, total	g	0.00		0	CAZN	4		0.00	0.00	
Starch	g									
Minerals:										
Calcium. Ca	ma	18		0		1		41	1	
Iron, Fe		0.00		0		4		0.00	0.00	
Magnesium, Mg	-	2		0		1		4	0.00	
Phosphorus, P		14		0		1		32	1	
Potassium, K	-	25		0		1		59	1	
Sodium, Na		960	5.715			1		2226	46	
Zinc, Zn		0.00	3.713	0		4		0.00	0.00	
Copper, Cu		0.00		U		-		0.00	0.00	
Manganese, Mn										
Selenium, Se		0.0		0	z	7		0.0	0.0	
Scienium, Se	1110g	0.0		Ü	_	,		0.0	0.0	
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.1		0		1		0.2	0.0	
Thiamin	mg	0.006	5	0		1		0.014	0.000	
Riboflavin	mg	0.022	?	0		1		0.051	0.001	
Niacin	<u>mg</u>	0.013	3	0		1		0.030	0.001	
Pantothenic acid	mg	0.051		0		1		0.118	0.002	
Vitamin B-6	mg	0.005	i	0		1		0.012	0.000	
Folate, total	mcg	1		0		1		2	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		1		2	0	
Folate, DFE		1		0	NC	4		2	0	
Vitamin B-12		0.06		0		1		0.13	0.00	
Vitamin A, IU		3577		0	NC	4		8298	172	
Vitamin A, RAE		819		0	NC	4		1900	39	
Retinol		768		0	CAZN	4		1782	37	
Vitamin E (alpha-tocopherol)		2.70		1		1		6.26	0.13	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		93.0		1	CAZN	4		215.8	4.5	
	_									
Lipids:				_		_				
Fatty acids, total saturated		8.300		0		1		19.256	0.398	
4:0	-	0.000		0		4		0.000	0.000	
6:0	_	0.000		0		4		0.000	0.000	
8:0	-	0.000		0		4		0.000	0.000	
10:0	_	0.000		0		4		0.000	0.000	
12:0	-	0.000)	0		4		0.000	0.000	
13:0	-									
14:0	_	0.100)	1		1		0.232	0.005	
15:0	_									
16:0		6.100)	1		1		14.152	0.293	
17:0	_									
18:0	g	2.200)	1		1		5.104	0.106	
20:0	g									
22:0	g									
24:0	а									

		<u>Aı</u>	mount in 10			ole portio	<u>n</u>	Amount in edible portion of common measures of food			
				Number		_		<u>me</u>	easures of food		
Nutrients and U	Jnits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
E-marida total management	-1 a	14.200		0		1		32.944	0.682		
Fatty acids, total monounsaturate 14:1	g	14.200		U		1		32.944	0.682		
16:1 undifferentiated	g	0.100		1		1		0.232	0.005		
18:1 undifferentiated		14.200		1		1		32.944	0.682		
20:1	-	0.000		0		4		0.000	0.000		
22:1 undifferentiated	•	0.000		0		4		0.000	0.000		
24:1 c	g										
Fatty acids, total polyunsaturated		14.500		0		1		33.640	0.696		
18:2 undifferentiated		14.300		1		1		33.176	0.686		
18:3 undifferentiated	-	0.200		1		1		0.464	0.010		
18:4	g	0.000		0		4		0.000	0.000		
20:2 n-6 c,c	g										
20:3 undifferentiated	-										
20:4 undifferentiated	g	0.000		0		4		0.000	0.000		
20:5 n-3	g	0.000		0		4		0.000	0.000		
22:5 n-3	g	0.000		0		4		0.000	0.000		
22:6 n-3	g	0.000		0		4		0.000	0.000		
Fatty acids, total trans	g										
Cholesterol	mg	0		0		4		0	0		
Phytosterols	mg	70		1		1		162	3		
Amino Acids:											
Tryptophan	a	0.007		0		1		0.016	0.000		
Threonine		0.023		0		1		0.010	0.001		
Isoleucine	-	0.023		0		1		0.033	0.001		
Leucine	-	0.051		0		1		0.116	0.001		
Lysine	-	0.040		0		1		0.093	0.002		
•		0.013		0		1		0.030	0.002		
Methionine	-			0		1		0.012	0.001		
Cystine		0.005		0		1		0.012			
Phenylalanine		0.025		0		1			0.001		
Tyrosine	-	0.025		0		1		0.058	0.001		
Valine		0.034		-		1		0.079	0.002		
Arginine		0.018		0		1		0.042	0.001		
Histidine		0.014		0 0		1		0.032	0.001		
Alanine		0.018						0.042	0.001		
Aspartic acid	_	0.039		0		1 1		0.090	0.002		
Glutamic acid		0.107		0 0				0.248	0.005		
Glycine		0.011				1		0.026	0.001		
Proline	-	0.049		0		1		0.114	0.002		
Serine		0.028		0		1		0.065	0.001		
Hydroxyproline	y										
Carotenoids: Carotene, beta	mca	610		0	CAZN	4		1415.200	29.280		
Carotene, alpha		0		0	CAZN	4		0.000	0.000		
Cryptoxanthin, beta		0		0	CAZN	4		0.000	0.000		
Lycopene		0		0	CAZN	4		0.000	0.000		
Lutein + zeaxanthin		Ö		0	CAZN	4		0.000	0.000		

Common Measures:

Measure 1 = 232g: 1 cup Measure 2 = 4.8g: 1 tsp

Calories Factors: Protein 4.27 Fat 8.84 Carbohydrate 3.87

Margarine-like spread, (approximately 40% fat), soybean (hydrogenated) and cottonseed

Food Group: 04 Fats and Oils

NDB No. 04110 Margarine-like spread, (approximately 40% fat), soybean (hydrogenated) and cottonseed (hydrogenated)

		<u>A</u> 1	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>.</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	58.10	0.543	16		1		134.79	2.79	
Energy	kcal	345		0	NC	4		801	17	
Energy	kj	1444				4		3351	69	
Protein (N x 6.38)	g	0.50	0.070	11		1		1.16	0.02	
Total lipid (fat)	g	38.80	0.063	183		1		90.02	1.86	
Ash	g	2.20	0.083	10		1		5.10	0.11	
Carbohydrate, by difference	g	0.40		0	NC	4		0.93	0.02	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g	0.00		0	CAZN	4		0.00	0.00	
Starch	g									
Minorals										
Minerals: Calcium, Ca	ma	18		0		1		41	1	
Iron, Fe	_	0.00		0		4		0.00	0.00	
Magnesium, Mg	_	2		0		1		4	0.00	
Phosphorus, P		14		0		1		32	1	
Potassium, K	_	25		0		1		59	1	
Sodium. Na		960	5.715			1		2226	46	
Zinc, Zn		0.00		0		4		0.00	0.00	
Copper, Cu	-									
Manganese, Mn										
Selenium, Se		0.0		0	z	7		0.0	0.0	
¥7:4										
<u>Vitamins:</u>		0.1		^				0.0		
Vitamin C, total ascorbic acid	_	0.1	_	0		1 1		0.2	0.0	
Thiamin	-	0.006		0		1		0.014	0.000	
Riboflavin	-	0.022		0		1		0.051	0.001	
Niacin	_	0.013 0.051		0		1		0.030 0.118	0.001	
Pantothenic acid	-	0.051		0		1		0.118	0.002 0.000	
Vitamin B-6Folate, total	-	1	,	0		1		2	0.000	
Folic acid		0		0	z	7		0	0	
Folate, food		1		0	4	1		2	0	
Folate, DFE		1		0	NC	4		2	0	
Vitamin B-12		0.06		0	110	1		0.13	0.00	
Vitamin A, IU		3577		0	NC	4		8298	172	
Vitamin A. RAE		819		0	NC	4		1900	39	
Retinol		768		0	CAZN	4		1782	37	
Vitamin E (alpha-tocopherol)		8.60		1		1		19.95	0.41	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	93.0		1	CAZN	4		215.8	4.5	
Linida										
Lipids:	0	7 200	,	0		1		16.704	0.346	
Fatty acids, total saturated4:0		7.200 0.000		0		4		0.000	0.000	
6:0		0.000		0		4		0.000	0.000	
8:0		0.000		0		4		0.000	0.000	
10:0	-	0.000		0		4		0.000	0.000	
12:0	_	0.000		0		4		0.000	0.000	
13:0		3.000	-	٠		•		0.000	0.000	
14:0		0.000)	1		1		0.000	0.000	
15:0		3.000		_		_		2.000	2.000	
16:0		4.400	0.075	3		1		10.208	0.211	
17:0	_		2.27	-		=			- · -	
18:0		2.800	0.139	3		1		6.496	0.134	
20:0				-						
22:0	-									
24:0	-									

		<u>Aı</u>	mount in 100		<u>on</u>	Amount in edible portion of common measures of food				
				Number		_		<u> </u>	easures or roou	•
Nutrients and U	nits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate	g	18.400		0		1		42.688	0.883	
15:1 16:1 undifferentiated 17:1	g	0.000		0		4		0.000	0.000	
18:1 undifferentiated		18.400	1.36	i0 3		1		42.688	0.883	
20:1	g	0.000		0		4		0.000	0.000	
22:1 undifferentiated	_	0.000		0		4		0.000	0.000	
24:1 c	•									
Fatty acids, total polyunsaturated		11.400		0		1		26.448	0.547	
18:2 undifferentiated		10.700	1.17	6 3		1		24.824	0.514	
18:3 undifferentiated		0.700				1		1.624	0.034	
18:4	_	0.000		0		4		0.000	0.000	
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated		0.000		0		4		0.000	0.000	
20:5 n-3		0.000		0		4		0.000	0.000	
22:5 n-3	-	0.000		0		4		0.000	0.000	
22:6 n-3	-	0.000		0		4		0.000	0.000	
Fatty acids, total trans								0.000	0.000	
Cholesterol	_	0		0		4		0	0	
Phytosterols		106	13.54			1		246	5	
1 11,100.0010101111111111111111111111111									_	
Amino Acids:										
Tryptophan	g	0.007		0		1		0.016	0.000	
Threonine	g	0.023		0		1		0.053	0.001	
Isoleucine	g	0.031		0		1		0.072	0.001	
Leucine	g	0.050		0		1		0.116	0.002	
Lysine	g	0.040		0		1		0.093	0.002	
Methionine	g	0.013		0		1		0.030	0.001	
Cystine	g	0.005		0		1		0.012	0.000	
Phenylalanine	g	0.025		0		1		0.058	0.001	
Tyrosine	g	0.025		0		1		0.058	0.001	
Valine	g	0.034		0		1		0.079	0.002	
Arginine	g	0.018		0		1		0.042	0.001	
Histidine	g	0.014		0		1		0.032	0.001	
Alanine	g	0.018		0		1		0.042	0.001	
Aspartic acid	g	0.039		0		1		0.090	0.002	
Glutamic acid		0.107		0		1		0.248	0.005	
Glycine		0.011		0		1		0.026	0.001	
Proline		0.049		0		1		0.114	0.002	
Serine	_	0.028		0		1		0.065	0.001	
Hydroxyproline	g									
Carotenoids:										
Carotene, beta	mcq	610		0	CAZN	4		1415.200	29.280	
Carotene, alpha		0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta		0		0	CAZN	4		0.000	0.000	
Lycopene		0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin		0		0	CAZN	4		0.000	0.000	

Common Measures:

Measure 1 = 232g: 1 cup Measure 2 = 4.8g: 1 tsp

Calories Factors: Protein 4.27 Fat 8.84 Carbohydrate 3.87

Margarine-like spread, (approximately 40% fat), soybean (hydrogenated) and cottonseed (hydrogenated)

Food Group: 04 Fats and Oils

NDB No. 04108 Margarine-like spread, (approximately 40% fat), soybean (hydrogenated) and palm (hydrogenated and regular)

		<u>A</u> :	mount in 100 g	grams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			Nu	ımbeı				m	easures of food		
					Deriv	Source	Confidence				
Nutrients and Un	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	58.10	0.543	16		1		134.79	2.79		
Energy	_	345	0.545	0	NC	4		801	17		
63				U	NC	4		3351			
Energy	=	1444				-			69		
Protein (N x 6.38)	=	0.50	0.070	11		1		1.16	0.02		
Total lipid (fat)		38.80	0.063	183		1		90.02	1.86		
Ash		2.20	0.083	10		1		5.10	0.11		
Carbohydrate, by difference		0.40		0	NC	4		0.93	0.02		
Fiber, total dietary		0.0		0		4		0.0	0.0		
Sugars, total	g	0.00		0	CAZN	4		0.00	0.00		
Starch	g										
Minerals:											
Calcium. Ca	ma	18		0		1		41	1		
Iron, Fe		0.00		0		4		0.00	0.00		
Magnesium, Mg	-	2		0		1		4	0		
Phosphorus, P		14		0		1		32	1		
Potassium, K	-	25		0		1		59	1		
Sodium, Na		960	5.715			1		2226	46		
Zinc, Zn		0.00	3.713	0		4		0.00	0.00		
5		0.00		Ü		-		0.00	0.00		
Copper, Cu											
Manganese, Mn		0.0		0	z	7		0.0	0.0		
Selenium, Se	Ilicy	0.0		U	Z	,		0.0	0.0		
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	mg	0.1		0		1		0.2	0.0		
Thiamin	mg	0.006	;	0		1		0.014	0.000		
Riboflavin	mg	0.022	!	0		1		0.051	0.001		
Niacin	mg	0.013	1	0		1		0.030	0.001		
Pantothenic acid	mg	0.051		0		1		0.118	0.002		
Vitamin B-6		0.005	i	0		1		0.012	0.000		
Folate, total	-	1		0		1		2	0		
Folic acid		0		0	Z	7		0	0		
Folate, food		1		0		1		2	0		
Folate, DFE		1		0	NC	4		2	0		
Vitamin B-12		0.06		0		1		0.13	0.00		
Vitamin A, IU		3577		0	NC	4		8298	172		
Vitamin A, RAE		819		0	NC	4		1900	39		
Retinol		768		0	CAZN	4		1782	37		
Vitamin E (alpha-tocopherol)		4.00		0	CAZI	4		9.28	0.19		
		4.00		Ü		-		9.20	0.19		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D Vitamin K (phylloquinone)		93.0		1	CAZN	4		215.8	4.5		
	9	33.0		-		•			4.5		
<u>Lipids:</u>											
Fatty acids, total saturated	g	10.100		0		1		23.432	0.485		
4:0	g	0.000	1	0		4		0.000	0.000		
6:0	g	0.000)	0		4		0.000	0.000		
8:0	g	0.000	1	0		4		0.000	0.000		
10:0	g	0.000)	0		4		0.000	0.000		
12:0	g	0.000)	1		1		0.000	0.000		
13:0	g										
14:0	-	0.100	0.001	3		1		0.232	0.005		
15:0	-										
16:0	-	7.700	0.454	3		1		17.864	0.370		
17:0											
18:0	-	1.600	0.055	3		1		3.712	0.077		
20:0	-										
22:0	-										
24:0	-										

	<u>Aı</u>	mount in 100 gram		<u>n</u>	Amount in edible portion of common measures of food			
		Numbe		0	Canfidanaa	<u></u>	<u>easures or 100a</u>	
Nutrients and Units	Mean	Std. Error Points	Deriv Code	Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	14.100	0		1		32.712	0.677	
14:1g								
15:1g	0 000	1		1		0.000	0.000	
16:1 undifferentiated	0.000	1		_		0.000	0.000	
17:1g 18:1 undifferentiatedg	14.100	0.102 3		1		32.712	0.677	
20:1g	0.000			4		0.000	0.000	
22:1 undifferentiatedg	0.000			4		0.000	0.000	
24:1 cg	0.000	v		-		0.000	0.000	
Fatty acids, total polyunsaturated9	12.800	0		1		29.696	0.614	
18:2 undifferentiatedg	12.100	0.493 3		1		28.072	0.581	
18:3 undifferentiatedg	0.700	0.079 3		1		1.624	0.034	
18:4g	0.000	0		4		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0		4		0.000	0.000	
20:5 n-3g	0.000	0		4		0.000	0.000	
22:5 n-3g	0.000			4		0.000	0.000	
22:6 n-3g	0.000	0		4		0.000	0.000	
Fatty acids, total trans9		_				_		
Cholesterolmg	0	0		4		0	0	
Phytosterolsmg	130	2		1		302	6	
Amino Acids:								
Tryptophang	0.007	0		1		0.016	0.000	
Threonineg	0.023	0		1		0.053	0.001	
Isoleucineg	0.031	0		1		0.072	0.001	
Leucineg	0.050	0		1		0.116	0.002	
Lysineg	0.040			1		0.093	0.002	
Methionineg	0.013			1		0.030	0.001	
Cystineg	0.005			1		0.012	0.000	
Phenylalanineg	0.025			1		0.058	0.001	
Tyrosineg	0.025			1		0.058	0.001	
Valineg	0.034			1		0.079	0.002	
Arginine	0.018			1 1		0.042	0.001	
Histidine	0.014 0.018			1		0.032 0.042	0.001 0.001	
Alanine	0.018			1		0.042	0.001	
Aspartic acid	0.039			1		0.090	0.002	
Glycineg	0.011			1		0.026	0.003	
Prolineg	0.011			1		0.114	0.001	
Serine	0.028			1		0.065	0.001	
Hydroxyprolineg								
Carotenoids:								
Carotene, betamcg	610	0	CAZN	4		1415.200	29.280	
Carotene, alphamcg	0	0	CAZN	4		0.000	0.000	
Cryptoxanthin, betamcg	0	0	CAZN	4		0.000	0.000	
Lycopene mcg	0	0	CAZN	4		0.000	0.000	
Lutein + zeaxanthinmcg	0	0	CAZN	4		0.000	0.000	

Common Measures:

Measure 1 = 232g: 1 cup Measure 2 = 4.8g: 1 tsp

Calories Factors: Protein 4.27 Fat 8.84 Carbohydrate 3.87

Margarine-like spread, (approximately 40% fat), soybean (hydrogenated) and palm (hydrogenated and regular)

Food Group: 04 Fats and Oils

NDB No. 04128 Margarine-like spread, (approximately 40% fat), unspecified oils

		<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	_
			of	Data	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	а	58.10	0.543	16		1		27.89	134.79	
Energy		345		0	NC	4		166	801	
Energy.		1444		0	110	4		693	3351	
Protein (N x 6.38)		0.50	0.070	11		1		0.24	1.16	
Total lipid (fat)	-	38.80	0.063	183		1		18.62	90.02	
Ash		2.20	0.083	103		1		1.06	5.10	
Carbohydrate, by difference		0.40	0.005	0	NC	4		0.19	0.93	
		0.40		0	NC	4		0.19	0.93	
Fiber, total dietary				0	C3 737					
Sugars, total		0.00		U	CAZN	4		0.00	0.00	
Starch	9									
Minerals:										
Calcium, Ca	mg	18		0		1		9	41	
Iron, Fe	mg	0.00		0		4		0.00	0.00	
Magnesium, Mg		2		0		1		1	4	
Phosphorus, P	mg	14		0		1		7	32	
Potassium, K	mg	25		0		1		12	59	
Sodium, Na	mg	960	5.715	107		1		461	2226	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg	0.000)	0		4		0.000	0.000	
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.1		0		1		0.0	0.2	
Thiamin		0.006	:	0		1		0.003	0.014	
Riboflavin		0.000		0		1		0.003	0.051	
Niacin		0.013		0		1		0.006	0.030	
Pantothenic acid	_	0.013		0		1		0.024	0.118	
Vitamin B-6		0.005		0		1		0.002	0.012	
Folate, total	_	1	•	0		1		0	2	
Folic acid		0		0	z	7		Ö	0	
Folate, food		1		0	-	1		0	2	
Folate, DFE	mca DFF	1		0	NC	4		Ö	2	
Vitamin B-12		0.06		0	110	1		0.03	0.13	
Vitamin A, IU		3577		0	NC	4		1717	8298	
Vitamin A, RAE		819		0	NC	4		393	1900	
Retinol		768		0	CAZN	4		369	1782	
Vitamin E (alpha-tocopherol)		4.00		0	CAZI	4		1.92	9.28	
Tocopherol, beta		4.00		·		-		1.52	3.20	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		93.0		1	CAZN	4		44.6	215.8	
<u>Lipids:</u>										
Fatty acids, total saturated		7.700		0		1		3.696	17.864	
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	_	0.100	J	2		1		0.048	0.232	
13:0	_	0								
14:0	_	0.100	0.025	4		1		0.048	0.232	
15:0	_			_		_			40	
16:0		5.400	0.709	5		1		2.592	12.528	
17:0				-		_				
10.0		2.100	0.195	5		1		1.008	4.872	
18:0		2.100	0.133	•		_			1.0.2	
18:0	g	2.100	0.133	•		_			1.072	

		<u>A</u> 1	mount in 100 g	grams umbei		ole portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and L	Jnits	Mean		f Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate	edg	15.700		0		1		7.536	36.424	
14:1 15:1	_									
16:1 undifferentiated	g	0.100		2		1		0.048	0.232	
18:1 undifferentiated	g	15.600		5		1		7.488	36.192	
20:1 22:1 undifferentiated		0.000		0 0		1 1		0.000 0.000	0.000 0.000	
24:1 c		12 000		•		1		6 604	20.016	
Fatty acids, total polyunsaturated 18:2 undifferentiated		13.800 13.200		0 5		1		6.624 6.336	32.016 30.624	
18:3 undifferentiated		0.500	0.145	5		1		0.240	1.160	
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	g	0.000		0		1		0.000	0.000	
22:6 n-3		0.000		0		1		0.000	0.000	
Fatty acids, total trans		0		0				0	•	
CholesterolPhytosterols	-	150		0		4 4		72	0 348	
,	9	-50		·		-		,-	310	
Amino Acids:	~	0.007		^				0.003	0.016	
Tryptophan Threonine		0.007 0.023		0		1 1		0.003 0.011	0.016 0.053	
Isoleucine	_	0.023		0		1		0.015	0.072	
Leucine	-	0.050		0		1		0.024	0.116	
Lysine		0.040		0		1		0.019	0.093	
Methionine	g	0.013		0		1		0.006	0.030	
Cystine	_	0.005		0		1		0.002	0.012	
Phenylalanine		0.025		0		1		0.012	0.058	
Tyrosine	_	0.025		0		1		0.012	0.058	
Valine		0.034 0.018		0		1 1		0.016 0.009	0.079	
Arginine Histidine		0.018		0		1		0.009	0.042 0.032	
Alanine	_	0.014		0		1		0.009	0.042	
Aspartic acid		0.039		0		1		0.019	0.090	
Glutamic acid		0.107		0		1		0.051	0.248	
Glycine		0.011		0		1		0.005	0.026	
Proline	-	0.049		0		1		0.024	0.114	
Serine	g	0.028		0		1		0.013	0.065	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	
Caffeine	mg	0		0	Z	7		0	0	
Theobromine	mg	0		0	Z	7		0	0	
Carotenoids:										
Carotene, beta	mcg	610		0	CAZN	4		292.800	1415.200	
Carotene, alpha		0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta		0		0	CAZN	4		0.000	0.000	
Lycopene		0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin	g	<u> </u>		0	CAZN	4		0.000	0.000	

Common Measures:

Measure 1 = 48g: 1 tablespoon Measure 2 = 232g: 1 cup

Margarine-like spread, (approximately 40% fat), unspecified oils

Calories Factors: Protein 4.27 Fat 8.84 Carbohydrate 3.8

Food Group: 04 Fats and Oils

		<u>Aı</u>	mount in 10	u grams	ot edib	ie portic	<u>on</u>		edible portion	
				Number				<u>m</u>	easures of food	<u> </u>
						Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	27.80				4				
Energy	-	621				4				
Energy		2598				4				
Protein (N x 6.25)		0.29		0	0	4				
Total lipid (fat)		70.00				4				
Ash		1.91		0	NC	4				
Carbohydrate, by difference	g	0.00				4				
Fiber, total dietary	g	0.0				4				
Sugars, total	g	0.00		0	CAZN	4				
Starch	g									
Minerals:										
Calcium, Ca	mg	21				4				
Iron, Fe	•	0.00				4				
Magnesium, Mg		2				4				
Phosphorus, P		16				4				
Potassium, K		30				4				
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	994				4				
Zinc, Zn		0.00				4				
Copper, Cu Manganese, Mn		0.000				4				
Selenium, Se		0.0		0	z	7				
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.1				4				
Thiamin		0.010	ı			4				
Riboflavin	-	0.030				4				
Niacin		0.020				4				
Pantothenic acid	_									
Vitamin B-6	mg	0.010	ı			4				
Folate, total	mcg	1				4				
Folic acid	mcg	0		0	Z	7				
Folate, food		1				4				
Folate, DFE		1		0	NC	4				
Vitamin B-12		0.07				4				
Vitamin A, IU	IU	3577		0	NC	4				
Vitamin A, RAE		819		0	NC	4				
Retinol		768 7.80		0	CAZN NR	4 4				
Vitamin E (alpha-tocopherol) Tocopherol, beta		7.80		U	NK	4				
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		93.0		1	CAZN	4				
Lipids:										
Fatty acids, total saturated	g	10.641				4				
4:0		0.000				7				
6:0	g	0.000				7				
8:0	-	0.000				7				
10:0	-	0.000				7				
12:0	-	0.000				7				
13:0						_				
14:0		0.043				4				
15:0										
16:0		6.488				4				
17:0		4 01 4				4				
18:0		4.014				4				
20:0	-									
22:0 24:0	-									

	<u>Aı</u>	mount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	33.053				4				
14:1g	33.033				•				
15:19									
16:1 undifferentiatedg	0.000				7				
17:1g									
18:1 undifferentiatedg	33.053				4				
20:1g	0.000				7				
22:1 undifferentiatedg	0.000				7				
24:1 cg									
Fatty acids, total polyunsaturated	23.226				4				
18:2 undifferentiatedg	22.667				4				
18:3 undifferentiatedg	0.489				4				
18:4g	0.000				7				
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000				7				
20:5 n-3g	0.000				7				
22:5 n-3g	0.000				7				
22:6 n-3g	0.000				7				
Fatty acids, total transg									
Cholesterolmg	0				4				
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0				4				
Caffeine mg	0		0	Z	7				
Theobromine mg	0		0	Z	7				
Carotenoids:									
Carotene, beta mcg	610		0	CAZN	4				
Carotene, alpha mcg	0		0	CAZN	4				
Cryptoxanthin, betamcg	0		0	CAZN	4				
Lycopene mcg	0		0	CAZN	4				
Lutein + zeaxanthinmcg	0		0	CAZN	4				

Common Measures:

Calories Factors: Protein 4.27 Fat 8.84 Carbohydrate 3.87

Food Group: 04 Fats and Oils

NDB No. 04674 Margarine-like spread, SMART BALANCE Light Buttery Spread

GFA Brands

Refuse: 0%

		<u>A</u>	mount in 10	00 grams	of edik	<u>on</u>	Amount in edible portion of common			
					Deriv	Source	Confidence	<u>m</u>	easures of food	
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	60.80		0	MC	9		8.51		
Energy	kcal	337		0	MC	9		47		
Energy		1410		0	MC	9		197		
Protein (N x 6.38)		0.00		0	MC	9		0.00		
Total lipid (fat) (1)	g	37.20		0	MC	9		5.21		
Ash	g	1.68		0	MC	9		0.24		
Carbohydrate, by difference	g	0.00		0	MC	9		0.00		
Fiber, total dietary		0.0		0	MC	9		0.0		
Sugars, total	g	0.00		0	MC	9		0.00		
Starch										
Minerals:										
Calcium, Ca	ma									
Iron, Fe	_									
Magnesium, Mg	_									
Phosphorus, P		1		0	MC	9		0		
Potassium, K	mg	26		0	MC	9		4		
Sodium, Na	mg	640		0	MC	9		90		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Lipids:										
Fatty acids, total saturated	g	10.820)	0	MC	9		1.515		
Fatty acids, total monounsaturated.	g	14.220)	0	MC	9		1.991		
Fatty acids, total polyunsaturated	g	9.950)	0	MC	9		1.393		
Fatty acids, total trans	g	0.390)	0	MC	9		0.055		
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 14.0g: 1 tablespoon

Footnotes

1 contains 1.571 g omega-3 fatty acids

Calories Factors: Protein Fat Carbohydrate

Food Group: 04 Fats and Oils

NDB No. 04677

Margarine-like spread, SMART BALANCE Omega Plus Spread (with plant sterols & fish oil)

GFA Brands

Refuse: 0%

	<u>A</u>	mount in 10	00 grams	of edil	<u>on</u>	Amount in edible portion of common			
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Proximates:									
Waterg	27.10		0	MC	9		3.79		
Energykcal	605		0	MC	9		85		
Energykj	2531		0	MC	9		354		
Protein (N x 6.38)g	0.00		0	MC	9		0.00		
Total lipid (fat) (1)g	66.80		0	MC	9		9.35		
Ashg	1.96		0	MC	9		0.27		
Carbohydrate, by difference	0.00		0	MC	9		0.00		
Fiber, total dietaryg	0.0		0	MC	9		0.0		
Sugars, total	0.00		0	MC	9		0.00		
Starchg	0.00		· ·	110			0.00		
Minerals:									
Calcium, Camg									
Iron, Femg									
Magnesium, Mgmg									
Phosphorus, Pmg	23		0	MC	9		3		
Potassium, Kmg	71		0	MC	9		10		
Sodium. Namg	729		0	MC	9		102		
Zinc, Znmg	,25		•	110	•		102		
Copper, Cumg									
Manganese, Mnmg									
Selenium, Semcg									
Lipids:									
	19.350		0	MC	9		2.709		
Fatty acids, total saturatedg	25.31		0	MC	9		3.543		
Fatty acids, total monounsaturatedg	18.140		0	MC MC	9		3.543 2.540		
Fatty acids, total polyunsaturated9	0.670		0	MC MC	9		2.540 0.094		
Fatty acids, total trans	0.670	,	0		9		0.094		
Cholesterol mg	3		0	MC MC	9				
Phytosterolsmg	0		0		9		0		
Stigmasterol mg	-		-	MC	_		0		
Campesterol mg	0 3		0	MC	9 9		0		
Beta-sitosterolmg	3		0	MC	9		0		

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

Common Measures:

Measure 1 = 14.0g: 1 tablespoon

Footnotes

1 contains 3.982 g omega-3 fatty acids of which 1.071 g are long chain fatty acids

Calories Factors: Protein Fat Carbohydrate

Food Group: 04 Fats and Oils

Margarine-like spread, SMART BALANCE Regular Buttery Spread

GFA Brands

Refuse: 0%

	<u>A</u>	Amount in 100 grams of edible portion						Amount in edible portion of common			
		Std. Error		Deriv		Confidence	_	easures of food	_		
Nutrients and Units	Mean			Code	Code	Code	Measure 1	Measure 2	Measure 3		
Durationators											
Proximates: Water	a 30.80		0	MC	9		4.31				
Energy			0	MC	9		85				
Energy			0	MC	9		354				
Protein (N x 6.38)			0	MC	9		0.00				
Total lipid (fat) (1)	-		0	MC	9		9.37				
Ash			0	MC	9		0.18				
Carbohydrate, by difference			0	MC	9		0.00				
Fiber, total dietary			0	MC	9		0.0				
Sugars, total	.0		0	MC	9		0.00				
Starch	•										
Minerals:											
Calcium, Ca	ma										
Iron. Fe.											
Magnesium, Mg											
Phosphorus, P			0	MC	9		1				
Potassium, K	mg 28		0	MC	9		4				
Sodium, Na	mg 646		0	MC	9		90				
Zinc, Zn	mg										
Copper, Cu	.mg										
Manganese, Mn	•										
Selenium, Se	mcg										
Lipids:											
Fatty acids, total saturated	g 19.510)	0	MC	9		2.731				
Fatty acids, total monounsaturated	g 25.640)	0	MC	9		3.590				
Fatty acids, total polyunsaturated			0	MC	9		2.478				
Fatty acids, total trans)	0	MC	9		0.099				
Cholesterol			0	MC	9		0				
Phytosterols	mg										

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

Common Measures:

Measure 1 = 14.0g: 1 tablespoon

Footnotes

1 contains 2.841 g omega-3 fatty acids

Calories Factors: Protein Fat Carbohydrate

Food Group: 04 Fats and Oils

Margarine-like spread, SMART BEAT Smart Squeeze

GFA Brands

Refuse: 0%

		<u>A</u>	Amount in 100 grams of edible portion						Amount in edible portion of common		
Nutrients and Units		Mean	Std. Error			Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	<u>I</u> Measure 3	
Nutrients and Uni	its	Wean	Sta. Error	1 Onits	Code	Code	Code	weasure 1	Measure 2	Measure 3	
D • • •											
Proximates: Water	a	87.91		0	мс	9		12.31			
Energy		47		0	MC	9		7			
Energy		197		0	MC	9		28			
Protein (N x 6.38)		0.00		0	MC	9		0.00			
Total lipid (fat) (1)	-	2.10		0	MC	9		0.29			
Ash		2.45		0	MC	9		0.34			
Carbohydrate, by difference		7.10		0	MC	9		0.99			
Fiber, total dietary		0.0		0	MC	9		0.0			
Sugars, total		1.00		0	MC	9		0.14			
Starch	_	2.00		·		•		V.21			
Minerals:	ma										
Calcium, CaIron, Fe											
Magnesium, Mg											
Phosphorus, P		0		0	MC	9		0			
Potassium, K		26		0	MC	9		4			
Sodium, Na		829		0	MC	9		116			
Zinc, Zn	-										
Copper, Cu	-										
Manganese, Mn	mg										
Selenium, Se	mcg										
Lipids:											
Fatty acids, total saturated	a	0.310)	0	MC	9		0.043			
Fatty acids, total monounsaturated	_	0.470		0	MC	9		0.066			
Fatty acids, total polyunsaturated		1.180		0	MC	9		0.165			
Fatty acids, total trans		0.040)	0	MC	9		0.006			
Cholesterol		0		0	MC	9		0			
Phytosterols											

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

Common Measures:

Measure 1 = 14.0g: 1 tablespoon

Footnotes

1 contains 0.164 g omega-3 fatty acids

Calories Factors: Protein Fat Carbohydrate

Food Group: 04 Fats and Oils

GFA Brands

Refuse: 0%

		<u>A</u> 1	mount in 10	00 grams	of edik	Amount in edible portion of common				
Nutrients and Units			Std. Error		Deriv	Source Code	Confidence Code	_	easures of food	<u>l</u>
		Mean			Code			Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	80.83		0	MC	9		11.32		
Energy	kcal	158		0	MC	9		22		
Energy		661		0	MC	9		93		
Protein (N x 6.38)		0.00		0	MC	9		0.00		
Total lipid (fat) (1)		17.10		0	MC	9		2.39		
Ash		1.91		0	MC	9		0.27		
Carbohydrate, by difference	g	0.00		0	MC	9		0.00		
Fiber, total dietary		0.0		0	MC	9		0.0		
Sugars, total		0.00		0	MC	9		0.00		
Starch										
Minerals:										
Calcium, Ca	ma									
Iron, Fe.	_									
Magnesium, Mg	-									
Phosphorus, P		0		0	MC	9		0		
Potassium, K	mg	12		0	MC	9		2		
Sodium, Na	mg	755		0	MC	9		106		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn										
Selenium, Se	mcg									
Lipids:										
Fatty acids, total saturated	g	2.220)	0	MC	9		0.311		
Fatty acids, total monounsaturated	g	7.600)	0	MC	9		1.064		
Fatty acids, total polyunsaturated	g	3.980)	0	MC	9		0.557		
Fatty acids, total trans	g	2.450	1	0	MC	9		0.343		
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 14.0g: 1 tablespoon

Footnotes

1 contains 0.779 g omega-3 fatty acids

Calories Factors: Protein Fat Carbohydrate

Food Group: 04 Fats and Oils

NDB No. 04106 Margarine-like spread, approximately 60% fat, tub, soybean (hydrogenated) and cottonseed (hydrogenated)

		<u>A</u>	mount in 100 gra	ms of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
			Num	ber			m	easures of food	
				ata Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Poin	ts Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:									
Water	g	37.00		2	1		84.73	1.78	
Energy	kcal	540		0 NC	4		1236	26	
Energy	kj	2258			4		5170	108	
Protein (N x 6.38)	g	0.60		2	1		1.37	0.03	
Total lipid (fat)	g	60.80		2	1		139.23	2.92	
Ash	g	1.70		2	1		3.89	0.08	
Carbohydrate, by difference	g	0.00		0	1		0.00	0.00	
Fiber, total dietary	g	0.0		0	4		0.0	0.0	
Sugars, total		0.00		CAZN	1 4		0.00	0.00	
Starch									
Minerals:		64			_		46	_	
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	21)	1 4		48	1	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.00)	4 1		0.00	0.00	
Magnesium, Mg					1		4	0	
Phosphorus, P	_	16 30)	1		37 68	1 1	
Potassium, K		994)	4		2276	48	
Sodium, Na		0.00)	4		0.00	0.00	
Zinc, Zn Copper, Cu		0.00		,	4		0.00	0.00	
• • •									
Manganese, Mn Selenium, Se		0.0) z	7		0.0	0.0	
Scienium, Sc	9	0.0		, -	•		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.1)	1		0.3	0.0	
Thiamin	mg	0.007	,)	1		0.016	0.000	
Riboflavin	mg	0.026	5)	1		0.060	0.001	
Niacin	mg	0.016	5)	1		0.037	0.001	
Pantothenic acid	mg	0.059)	1		0.135	0.003	
Vitamin B-6	-	0.006)	1		0.014	0.000	
Folate, total	mcg	1)	1		2	0	
Folic acid		0) z	7		0	0	
Folate, food		1)	1		2	0	
Folate, DFE		1) NC	4		2	0	
Vitamin B-12		0.07)	1		0.15	0.00	
Vitamin A, IU		3577) NC	4		8191	172	
Vitamin A, RAE		819) NC	4		1875	39	
Retinol		768) CAZN	4		1759	37	
Vitamin E (alpha-tocopherol)		5.00)	4		11.45	0.24	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D		02.0			,		212.0	4 -	
Vitamin K (phylloquinone)	mcg	93.0		L CAZN	4		213.0	4.5	
<u> Lipids:</u>									
Fatty acids, total saturated	g	12.000))	1		27.480	0.576	
4:0		0.000)	4		0.000	0.000	
6:0	-	0.000)	4		0.000	0.000	
8:0	-	0.000))	4		0.000	0.000	
10:0	g	0.000))	4		0.000	0.000	
12:0	-	0.100)	2	1		0.229	0.005	
13:0	-								
14:0	-	0.400)	2	1		0.916	0.019	
15:0	g								
16:0	-	7.700)	2	1		17.633	0.370	
17:0									
18:0	g	3.800)	2	1		8.702	0.182	
20:0	g								
22:0	-								
	g								

		<u>Aı</u>	mount in 10			ole portio	<u>n</u>	Amount in edible portion of common measures of food			
				Number				<u>m</u> :	easures of food		
Nutrients and Unit	s	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated 14:1	g	38.900		0		1		89.081	1.867		
16:1 undifferentiated	g	0.000		0		4		0.000	0.000		
18:1 undifferentiated	-	38.900		2		1		89.081	1.867		
20:1	g	0.000		0		4		0.000	0.000		
22:1 undifferentiated	g	0.000		0		4		0.000	0.000		
24:1 c	g										
Fatty acids, total polyunsaturated	g	7.100		0		1		16.259	0.341		
18:2 undifferentiated	g	7.000		2		1		16.030	0.336		
18:3 undifferentiated	g	0.200		2		1		0.458	0.010		
18:4	g	0.000		0		4		0.000	0.000		
20:2 n-6 c,c	g										
20:3 undifferentiated	g										
20:4 undifferentiated	g	0.000		0		4		0.000	0.000		
20:5 n-3	g	0.000		0		4		0.000	0.000		
22:5 n-3	g	0.000		0		4		0.000	0.000		
22:6 n-3	g	0.000		0		4		0.000	0.000		
Fatty acids, total trans	g										
Cholesterol	mg	0		0		4		0	0		
Phytosterols	mg	159		2		1		364	8		
Amino Acido											
Amino Acids:		0.008		0		1		0.018	0.000		
Tryptophan		0.008		0		1		0.018	0.000 0.001		
Threonine	-	0.027		0		1		0.082			
Isoleucine	_	0.059		0		1		0.135	0.002		
Leucine	_			0		1			0.003		
Lysine		0.048 0.015		0		1		0.110 0.034	0.002		
Methionine	_			0		1		0.014	0.001 0.000		
Cystine		0.006 0.029		0		1		0.014			
Phenylalanine				0		1			0.001		
Tyrosine	_	0.029		0		1		0.066	0.001		
Valine		0.040		0		1		0.092	0.002		
Arginine		0.022		0		1		0.050	0.001		
Histidine		0.016		0		1		0.037	0.001		
Alanine		0.021				1		0.048	0.001		
Aspartic acid	-	0.045 0.126		0 0		1		0.103	0.002		
Glutamic acid								0.289	0.006		
Glycine		0.013		0		1		0.030	0.001		
Proline	_	0.058 0.033		0 0		1 1		0.133 0.076	0.003 0.002		
Serine Hydroxyproline		0.033		U		1		0.076	0.002		
	9										
Carotenoids: Carotene, beta	mcg	610		0	CAZN	4		1396.900	29.280		
Carotene, alpha		0		0	CAZN	4		0.000	0.000		
Cryptoxanthin, beta		0		0	CAZN	4		0.000	0.000		
Lycopene		0		0	CAZN	4		0.000	0.000		
Lutein + zeaxanthin		0		0	CAZN	4		0.000	0.000		

Common Measures:

Measure 1 = 229g: 1 cup Measure 2 = 4.8g: 1 tsp

Calories Factors: Protein 4.27 Fat 8.84 Carbohydrate 3.87

NDB No. 04106

Margarine-like spread, approximately 60% fat, tub, soybean (hydrogenated) and cottonseed (hydrogenated)

Food Group: 04 Fats and Oils

		<u>Aı</u>	mount in 100	0 grams	of edib	le portio	<u>on</u>	Amount in	edible portion	of common
				Number	•			<u>m</u>	easures of food	<u> </u>
				of Data		Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	91.00			RA	4		13.65		
Energy	kcal	43			NC	4		6		
Energy	kj	180				4		27		
Protein		1.50			RA	4		0.23		
Total lipid (fat)		3.00			RA	4		0.45		
Ash		2.00			BFZN	4		0.30		
Carbohydrate, by difference		2.50			NC	4		0.38		
Fiber, total dietary		0.0			Z	7		0.0		
Sugars, total		0.00		0	CAZN	4		0.00		
Starch										
<u>Minerals:</u>										
Calcium, Ca	-	38			RA	4		6		
Iron, Fe.		0.03			RA	4		0.00		
Magnesium, Mg		4			RA	4		1		
Phosphorus, P	-	30 50			RA BA	4 4		5 8		
Potassium, K		833			RA LC	4 8		8 125		
Sodium, NaZinc, Zn		0.14			RA.	4		0.02		
Copper, Cu		0.14	1		RA RA	4		0.02		
Manganese, Mn		0.000	,		NA.	-		0.001		
Selenium, Se		0.0		0	z	7		0.0		
Scientini, Sc	9			·	-	•		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3			RA	4		0.0		
Thiamin	-	0.010)		RA	4		0.002		
Riboflavin	mg	0.040)		RA	4		0.006		
Niacin	mg	0.030)		RA	4		0.005		
Pantothenic acid										
Vitamin B-6		0.010)		RA	4		0.002		
Folate, total		2			RA	4		0		
Folic acid		0		0	Z	7		0		
Folate, food		2			RA	4		0		
Folate, DFE	mcg_DFE	2		0	NC	4		0		
Vitamin B-12		0.11			RA	4		0.02		
Vitamin A, IU		3571			ML	5		536		
Vitamin A, RAE		819		0	NC	4		123		
Retinol		768		0	CAZN	4		115		
Vitamin E (alpha-tocopherol)		5.00		0	BFZN	4		0.75		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)		0.3		1	A	1		0.0		
vitanini K (phynoquinone)	nog	0.5		-		-		0.0		
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.416	5		RA	4		0.062		
4:0	g	0.003	3		RA	4		0.000		
6:0	g	0.000)		RA	4		0.000		
8:0	g	0.001	L		RA	4		0.000		
10:0		0.001	L		RA	4		0.000		
12:0		0.001	L		RA	4		0.000		
13:0	g									
14:0	-	0.005	5		RA	4		0.001		
15:0	g									
16:0	g	0.343	3		RA	4		0.051		
17:0	g									
18:0	g	0.060)		RA	4		0.009		
20:0	g									
22:0	g									
24:0	~									

	<u>Ar</u>	mount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common			
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.740			RA	4		0.111			
14:1g							V			
15:1 9										
16:1 undifferentiated	0.002			RA	4		0.000			
17:1g										
18:1 undifferentiated	0.737			RA	4		0.111			
20:1g	0.000			RA	4		0.000			
22:1 undifferentiatedg	0.000			RA	4		0.000			
24:1 cg										
Fatty acids, total polyunsaturated	1.764			RA	4		0.265			
18:2 undifferentiatedg	1.742			RA	4		0.261			
18:3 undifferentiatedg	0.001			RA	4		0.000			
18:4g	0.000			RA	4		0.000			
20:2 n-6 c,cg										
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.000			RA	4		0.000			
20:5 n-3g	0.000			RA	4		0.000			
22:5 n-3g	0.000			RA	4		0.000			
22:6 n-3g	0.000			RA	4		0.000			
Fatty acids, total transg										
Cholesterol mg	1			RA	4		0			
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0			Z	7		0.0			
Caffeinemg	0		0	Z	7		0			
Theobrominemg	0		0	Z	7		0			
Carotenoids:										
Carotene, betamcg	610		0	CAZN	4		91.500			
Carotene, alphamcg	0		0	CAZN	4		0.000			
Cryptoxanthin, beta mcg	0		0	CAZN	4		0.000			
Lycopenemcg	0		0	CAZN	4		0.000			
Lutein + zeaxanthin mcg	0		0	CAZN	4		0.000			

Common Measures:

Measure 1 = 15.0g: 1 tbsp

Calories Factors: Protein 4.27 Fat 8.84 Carbohydrate 3.87

Food Group: 04 Fats and Oils

		<u>A</u>	mount in 10	00 grams	of edib	le portio	<u>on</u>		edible portion	
				Number				<u>m</u>	easures of food	<u>l</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	28.00		0	MC	9				
Energy	kcal	630		0	MC	9				
Energy	kj	2636				9				
Protein	g	0.30		0	MC	9				
Total lipid (fat)	g	70.00		0	MC	9				
Ash	g	2.00		0	MC	9				
Carbohydrate, by difference	g	0.50		0	MC	9				
Fiber, total dietary	g	0.0		0	MC	9				
Sugars, total	g	0.00		0	CAZN	4				
Starch	g									
Minerals:	ma	20		^	P==					
Calcium, Ca	_	20 0.01		0 0	BFZN	4 4				
Iron, Fe	_	0.01		0	BFZN BFZN	4				
Magnesium, Mg Phosphorus, P		16		0	BFZN	4				
Potassium, K	-	25		0	BFZN	4				
Sodium. Na	-	590		0	MC	9				
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.10		0	BFZN	4				
Copper, Cu		0.002	•	0	BFZN	4				
Manganese, Mn		0.002	_		DI DI	-				
Selenium, Se		0.0		0	BFZN	4				
	···········									
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid	_	0.1		0	BFZN	4				
Thiamin	-	0.005		0	BFZN	4				
Riboflavin		0.020		0	BFZN	4				
Niacin	_	0.010)	0	BFZN	4				
Pantothenic acid	-			_						
Vitamin B-6		0.050)	0	BFZN	4				
Folate, total		1		0	BFZN	4				
Folic acid		0		0	Z	7				
Folate, food		1 1		0 0	BFZN	4 4				
Folate, DFE		0.06			NC					
Vitamin B-12				0	BFZN	4				
Vitamin A, IU		3577 819		0 0	NC NC	4 4				
Vitamin A, RAE				0		4				
Retinol		768		0	CAZN	4				
Vitamin E (alpha-tocopherol)		5.00		U	BFZN	4				
Tocopherol, damma										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		93.0		1	CAZN	4				
	U									
Lipids:	_			_						
Fatty acids, total saturated		13.300		0	BFZN	4				
4:0		0.000		0	BFZN	4				
6:0		0.000		0	BFZN	4				
8:0	-	0.000		0	BFZN	4				
10:0		0.000		0	BFZN	4				
12:0	-	0.000	,	0	BFZN	4				
13:0		0 000		^	DEEL					
14:0		0.000	,	0	BFZN	4				
15:0		0.000		^	DEEL					
16:0		9.800	,	0	BFZN	4				
17:0		3.500	,	0	BFZN	4				
18:0		3.500	,	U	Df ZN	4				
20:0	-									
22:0	g									

	<u>Ar</u>	nount in 10	00 grams	Amount in edible portion of common					
			Number				<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fetter with total management of the	39.900		0	BFZN	4				
Fatty acids, total monounsaturatedg	39.900		U	DF 4N	4				
15:1									
16:1 undifferentiated 9	0.700		0	BFZN	4				
17:1g									
18:1 undifferentiatedg	39.200		0	BFZN	4				
20:1g	0.000		0	BFZN	4				
22:1 undifferentiatedg	0.000		0	BFZN	4				
24:1 cg									
Fatty acids, total polyunsaturated	14.000		0	BFZN	4				
18:2 undifferentiatedg	12.600		0	BFZN	4				
18:3 undifferentiatedg	1.400		0	BFZN	4				
18:4g	0.000		0	BFZN	4				
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	BFZN	4				
20:5 n-3g	0.000		0	BFZN	4				
22:5 n-3g	0.000		0	BFZN	4				
22:6 n-3g	0.000		0	BFZN	4				
Fatty acids, total transg									
Cholesterol mg	0		0	MC	9				
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7				
Caffeine mg	0		0	Z	7				
Theobromine mg	0		0	Z	7				
Carotenoids:									
Carotene, beta mcg	610		0	CAZN	4				
Carotene, alpha mcg	0		0	CAZN	4				
Cryptoxanthin, betamcg	0		0	CAZN	4				
Lycopene mcg	0		0	CAZN	4				
Lutein + zeaxanthin mcg	0		0	CAZN	4				

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u> 1	mount in 10	00 grams	of edib	le portio	<u>on</u>	Amount in edible portion of common			
Nutrients and Uni	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3	
Proximates:											
Water	g	57.80				4					
Energy	kcal	356				4					
Energy	kj	1490				4					
Protein	g	0.60				4					
Total lipid (fat)	g	40.00				4					
Ash	g	1.60		0	0	4					
Carbohydrate, by difference	g	0.00				4					
Fiber, total dietary	g	0.0				4					
Sugars, total	g	0.00		0	CAZN	4					
Starch	g										
Minerals:	ma	01									
Calcium, Ca	-	21				4					
Iron, Fe		0.00 2				4					
Magnesium, Mg						4					
Phosphorus, P		16 30				4					
Potassium, K		994				4					
Sodium, Na						4					
Zinc, Zn		0.00				4					
Copper, Cu		0.000	•			4					
Manganese, Mn		0.0		0	z	7					
Selenium, Se	Ilicy	0.0		U	4	,					
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.1				4					
Thiamin	mg	0.010)			4					
Riboflavin	mg	0.030)			4					
Niacin	mg	0.020)			4					
Pantothenic acid	mg										
Vitamin B-6	mg	0.010)			4					
Folate, total	mcg	1				4					
Folic acid	mcg	0		0	Z	7					
Folate, food		1				4					
Folate, DFE	mcg_DFE	1		0	NC	4					
Vitamin B-12		0.07				4					
Vitamin A, IU	IU	3577		0	NC	4					
Vitamin A, RAE	mcg_RAE	819		0	NC	4					
Retinol	mcg	768		0	CAZN	4					
Vitamin E (alpha-tocopherol)		5.00		0	BFZN	4					
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	93.0		1	CAZN	4					
Lipids:											
Fatty acids, total saturated	а	6.081				4					
4:0		0.000				7					
6:0		0.000				7					
8:0		0.000				7					
10:0		0.000				7					
12:0	-	0.000				7					
13:0	-										
14:0		0.025	i			4					
15:0	-										
16:0		3.707	,			4					
17:0											
18:0		2.294	ļ			4					
20:0											
22:0	-										
24:0	-										

	<u>Aı</u>	mount in 10	00 grams Number		ole portic	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	18.887				4					
14:1g	10.007				-					
15:1										
16:1 undifferentiated	0.000				7					
17:1g										
18:1 undifferentiatedg	18.887				4					
20:1g	0.000				7					
22:1 undifferentiatedg	0.000				7					
24:1 cg										
Fatty acids, total polyunsaturated	13.272				4					
18:2 undifferentiatedg	12.953				4					
18:3 undifferentiatedg	0.279				4					
18:4g	0.000				7					
20:2 n-6 c,cg										
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.000				7					
20:5 n-3g	0.000				7					
22:5 n-3g	0.000				7					
22:6 n-3g	0.000				7					
Fatty acids, total trans										
Cholesterolmg	0				4					
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0				4					
Caffeinemg	0		0	z	7					
Theobrominemg	0		0	z	7					
Carotenoids:										
Carotene, betamcg	610		0	CAZN	4					
Carotene, alphamcg	0		0	CAZN	4					
Cryptoxanthin, betamcg	0		0	CAZN	4					
Lycopene mcg	0		0	CAZN	4					
Lutein + zeaxanthinmcg	0		0	CAZN	4					

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 04 Fats and Oils

NDB No. 04627 Margarine-like spread, reduced calorie, about 40% fat, made with yogurt, tub, salted

		<u>A</u> 1	mount in 10	00 grams	of edib	le portio	<u>on</u>		edible portion	
				Number				<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	59.00		0	MC	9				
Energy	kcal	330		0	MC	9				
Energy	kj	1381				9				
Protein		2.00		0	MC	9				
Total lipid (fat)	g	35.00		0	MC	9				
Ash		2.00		0	MC	9				
Carbohydrate, by difference		2.00		0	NC	4				
Fiber, total dietary		0.0		0	MC	9				
		0.00		0	CAZN	4				
Sugars, total		0.00		U	CAZN	*				
Starch	g									
Minerals:										
Calcium, Ca	mq	50		0	BFZN	4				
Iron. Fe.	-	0.02		0	BFZN	4				
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	5		0	BFZN	4				
Phosphorus, P		39		0	BFZN	4				
Potassium, K		64		0	BFZN	4				
Sodium. Na	_	630		0	MC	9				
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.24		0	BFZN	4				
Copper, Cu		0.004	ı	0	BFZN	4				
Manganese, Mn	-	0.004	•	· ·	DI ZI	-				
Selenium, Se		1.0		0	BFZN	4				
Selemum, Se	1110g	1.0		· ·	DI ZI	-				
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.2		0	BFZN	4				
Thiamin	mg	0.010)	0	BFZN	4				
Riboflavin	mg	0.060)	0	BFZN	4				
Niacin		0.030)	0	BFZN	4				
Pantothenic acid	-									
Vitamin B-6	_	0.010)	0	BFZN	4				
Folate, total		3		0	BFZN	4				
Folic acid		0		0	Z	7				
Folate, food		3		0	BFZN	4				
Folate, DFE		3		0	NC	4				
Vitamin B-12		0.15		0	BFZN	4				
Vitamin A, IU		3577		0	NC	4				
		819		0	NC	4				
Vitamin A, RAE		768		0	CAZN	4				
Retinol						_				
Vitamin E (alpha-tocopherol)		5.00		0	BFZN	4				
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		00.0			a					
Vitamin K (phylloquinone)	mcg	93.0		1	CAZN	4				
_ipids:										
Fatty acids, total saturated	a	7.000)	0	BFZN	4				
4:0		0.000		0	BFZN	4				
6:0		0.000		0	BFZN	4				
8:0		0.000		0	BFZN	4				
	_	0.000		0	BFZN	4				
10:0	_			0	BFZN	4				
12:0	-	0.000	,	U	BF ZN	4				
13:0				_						
14:0		0.000)	0	BFZN	4				
15:0				_		_				
16:0		5.950)	0	BFZN	4				
17:0										
18:0		1.050)	0	BFZN	4				
20:0	g									
22:0	g									
24:0	g									

NDB No. 04627 Margarine-like spread, reduced calorie, about 40% fat, made with yogurt, tub, salted

	<u>Ar</u>	nount in 10	0 grams	of edib	Amount in edible portion of common				
			Number	,			<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Esternida tatal managamental	g 9.800		0	BFZN	4				
Fatty acids, total monounsaturated	•		U	DE ZN	7				
15:1	-								
16:1 undifferentiated	•		0	BFZN	4				
17:1	•								
18:1 undifferentiated	=		0	BFZN	4				
20:1	•		0	BFZN	4				
22:1 undifferentiated			0	BFZN	4				
24:1 c									
Fatty acids, total polyunsaturated			0	BFZN	4				
18:2 undifferentiated			0	BFZN	4				
18:3 undifferentiated	=		0	BFZN	4				
18:4	g 0.000		0	BFZN	4				
20:2 n-6 c,c									
20:3 undifferentiated	g								
20:4 undifferentiated	g 0.000		0	BFZN	4				
20:5 n-3	g 0.000		0	BFZN	4				
22:5 n-3	g 0.000		0	BFZN	4				
22:6 n-3	g 0.000		0	BFZN	4				
Fatty acids, total trans	g								
Cholesterol	mg 0		0	MC	9				
Phytosterols	mg								
Others:									
Alcohol, ethylg	0.0		0	Z	7				
Caffeine	ng 0		0	Z	7				
Theobromine m	ng 0		0	Z	7				
Carotenoids:									
Carotene, beta	ncg 610		0	CAZN	4				
Carotene, alpha	ncg 0		0	CAZN	4				
Cryptoxanthin, beta			0	CAZN	4				
Lycopene	ncg 0		0	CAZN	4				
Lutein + zeaxanthin	ncg 0		0	CAZN	4				

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 04 Fats and Oils

		<u>Ai</u>	mount in 10	<u>u grams</u>	of ealb	le portio	<u>on</u>		edible portion of	
				Number				<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	30.00				1				
Energy	kcal	534				1				
Energy		2234				1				
Protein	g	0.00				1				
Total lipid (fat)	g	52.00				1				
Ash	g	1.30		0	0	4				
Carbohydrate, by difference	g	16.70			NC	4				
Fiber, total dietary	g	0.0				1				
Sugars, total	g	0.00		0	CAZN	4				
Starch	g									
Mr. 1										
Minerals:	ma	0				1				
Calcium, Ca	-	0.00				1				
Magnesium, Mg		0.00				1				
Phosphorus, P		16				4				
Potassium, K	_	30				4				
Sodium, Na	_	542				1				
Zinc, Zn		0.00				1				
Copper, Cu		0.000)			1				
Manganese, Mn										
Selenium, Se	mcg	0.0		0	Z	7				
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0				1				
Thiamin		0.000	1			1				
Riboflavin	_	0.000				1				
Niacin		0.000				1				
Pantothenic acid		0.000				-				
Vitamin B-6	_	0.000)			1				
Folate, total		0				1				
Folic acid		0		0	Z	7				
Folate, food		0				1				
Folate, DFE	mcg_DFE	0		0	NC	4				
Vitamin B-12		0.00				1				
Vitamin A, IU	IU	3577		0	NC	4				
Vitamin A, RAE	mcg_RAE	819		0	NC	4				
Retinol		768		0	CAZN	4				
Vitamin E (alpha-tocopherol)		5.00		0	BFZN	4				
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		93.0		1	CAZN	4				
Vitamin K (phylloquinone)	Ilicy	93.0		_	CAZN	4				
<u>Lipids:</u>										
Fatty acids, total saturated	g	8.350)			1				
4:0	g	0.000)			7				
6:0	g	0.000)			7				
8:0	-	0.000				7				
10:0		0.000				4				
12:0		0.000)			4				
13:0	-									
14:0		0.000)			4				
15:0										
16:0		5.270)			4				
17:0										
18:0		3.080)			4				
20:0	-									
22:0										

	<u>A</u> 1	mount in 10	Number			_	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Std. Error	of Data Points		Code	Confidence Code	Measure 1	Measure 2	Measure 3	
	45.000									
Fatty acids, total monounsaturated9	17.000				1					
14:1g										
15:1g 16:1 undifferentiatedg	0.000				4					
16:1 undifferentiatedg	0.000				4					
18:1 undifferentiated	16.900				4					
20:1g	0.100				4					
22:1 undifferentiated	0.000				4					
24:1 cg	0.000				-					
Fatty acids, total polyunsaturatedg	23.800				1					
18:2 undifferentiatedg	20.870				4					
18:3 undifferentiated	2.930				4					
18:4g	0.000				4					
20:2 n-6 c.cg	0.000				•					
20:3 undifferentiated 9										
20:4 undifferentiated 9	0.000				4					
20:5 n-3g	0.000				7					
22:5 n-3g	0.000				7					
22:6 n-3g	0.000				7					
Fatty acids, total transg										
Cholesterolmg	0				7					
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0				7					
Caffeine mg	0		0	Z	7					
Theobrominemg	0		0	Z	7					
Carotenoids:										
Carotene, betamcg	610		0	CAZN	4					
Carotene, alphamcg	0		0	CAZN	4					
Cryptoxanthin, beta mcg	0		0	CAZN	4					
Lycopene mcg	0		0	CAZN	4					
Lutein + zeaxanthin mcg	0		0	CAZN	4					

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u> 1	mount in 10	0 grams	of edil	ole portio	<u>n</u>		edible portion	
				Number	•			<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	21.70				1		51.86	3.26	
Energy	kcal	688				1		1644	103	
Energy	kj	2879				1		6880	432	
Protein	g	0.00				1		0.00	0.00	
Total lipid (fat)	g	77.80				1		185.94	11.67	
Ash	g	0.40		0	NC	4		0.96	0.06	
Carbohydrate, by difference	g	0.30		0	NC	4		0.72	0.05	
Fiber, total dietary	g	0.0				1		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
<i>r</i> : 1										
Minerals:	ma	7				4		17	1	
Calcium, Ca	_	0.23				1 1		17 0.55	1 0.03	
Iron, Fe	_	1				1		0.55	0.03	
Magnesium, Mg Phosphorus, P		25				1		60	4	
• •	_	14				1		33	2	
Potassium, K		486				1		1162	73	
Zinc, Zn	-	0.13				1		0.31	0.02	
Copper, Cu		0.000)			1		0.000	0.000	
Manganese, Mn.		0.000	•			-		0.000	0.000	
Selenium, Se		1.6		0	CAZN	4		3.8	0.2	
·				•		_				
<u>'itamins:</u>										
Vitamin C, total ascorbic acid	_	0.0				1		0.0	0.0	
Thiamin	-	0.010				1		0.024	0.002	
Riboflavin		0.060				1		0.143	0.009	
Niacin		0.010)			1		0.024	0.002	
Pantothenic acid	-									
Vitamin B-6		0.010)			1		0.024	0.002	
Folate, total		0		•	_	1		0	0	
Folic acid		0		0	Z	7		0	0	
Foliate, food		0 0		0	170	1 4		0	0	
Folate, DFE		0.00		U	NC			0 0.00	0	
Vitamin B-12				•		1 1			0.00	
Vitamin A, IU		0 0		0	AS AS	1		0	0 0	
Vitamin A, RAE		0		0	AS Z	7		0	0	
Retinol		11.79		0	NR	4		28.18		
Vitamin E (alpha-tocopherol)		11.79		U	NK	4		20.10	1.77	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)		24.7		0	BFZN	4		59.1	3.7	
	-5			-		•		· -	- / -	
<u> ipids:</u>						_				
Fatty acids, total saturated		10.784				4		25.774	1.618	
4:0		0.000				7		0.000	0.000	
6:0		0.000				7		0.000	0.000	
8:0	-	0.000				7		0.000	0.000	
10:0	-	0.000				7		0.000	0.000	
12:0	-	0.000	ı			7		0.000	0.000	
13:0		0 000	,			-		0.000	0 000	
14:0		0.000	,			7		0.000	0.000	
15:0		7.357	,			4		17 503	1 104	
16:0		1.351	•			4		17.583	1.104	
17:0		2 050	,			4		7 055	0 442	
18:0	_	2.952	<u> </u>			4		7.055	0.443	
20:0	-									
22:0	g g									

		<u>Ar</u>	nount in 10	00 grams	of edib	<u>n</u>	Amount in edible portion of common			
				Number of Data	Doriv	Source	Confidence	m	easures of food	_
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		18.026				4		43.082	2.704	
14:1	-									
15:1		0.000				7		0.000	0.000	
		0.000				,		0.000	0.000	
17:1 18:1 undifferentiated		18.026				4		43.082	2.704	
20:1	_	0.000				7		0.000	0.000	
22:1 undifferentiated		0.000				7		0.000	0.000	
24:1 c		0.000				,		0.000	0.000	
Fatty acids, total polyunsaturated		45.539				4		108.838	6.831	
18:2 undifferentiated		40.569				4		96.960	6.085	
18:3 undifferentiated	-	4.970				4		11.878	0.746	
18:4		0.000				7		0.000	0.000	
20:2 n-6 c,c	-									
20:3 undifferentiated										
20:4 undifferentiated	g	0.000				7		0.000	0.000	
20:5 n-3		0.000				7		0.000	0.000	
22:5 n-3	g	0.000				7		0.000	0.000	
22:6 n-3	g	0.000				7		0.000	0.000	
Fatty acids, total trans	g									
Cholesterol		0				7		0	0	
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0				7		0.0	0.0	
Caffeine	mg	0		0	Z	7		0	0	
Theobromine	mg	0		0	Z	7		0	0	
Carotenoids:										
Carotene, beta	mcg	0		0	z	7		0.000	0.000	
Carotene, alpha	_	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta		0		0	z	7		0.000	0.000	
Lycopene		0		0	z	7		0.000	0.000	
Lutein + zeaxanthin	mcg	0		0	z	7		0.000	0.000	

Common Measures:

Measure 1 = 239g: 1 cup Measure 2 = 15.0g: 1 tbsp

Calories Factors: Protein 4.36 Fat 8.84 Carbohydrate 3.8

Food Group: 04 Fats and Oils

		<u>A</u> :	mount in 10	<u>0 grams</u>	of edib	le portio	<u>n</u>		edible portion	
			I	Number				<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	62.70				4		140.45	8.78	
Energy	kcal	231				4		517	32	
Energy	kj	967				4		2165	135	
Protein	g	0.30				4		0.67	0.04	
Total lipid (fat)	g	19.20				4		43.01	2.69	
Ash	g	1.80				4		4.03	0.25	
Carbohydrate, by difference	g	16.00				4		35.84	2.24	
Fiber, total dietary	g	0.0				7		0.0	0.0	
Sugars, total	g	0.00		0	BFZN	4		0.00	0.00	
Starch	g									
Minorals										
Minerals: Calcium, Ca	ma	0				7		0	0	
Iron, Fe	-	0.00				7		0.00	0.00	
Magnesium, Mg	-	0.00				7		0.00	0.00	
Phosphorus, P		0				7		0	0	
Potassium, K	-	10				4		22	1	
Sodium. Na		110				4		246	15	
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.11				4		0.25	0.02	
Copper, Cu		0.000)			4		0.000	0.000	
Manganese, Mn		0.000				7		0.000	0.000	
Selenium, Se		1.6		0	CAZN	4		3.6	0.2	
	•••••									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.0				4		0.0	0.0	
Thiamin	-	0.000				4		0.000	0.000	
Riboflavin		0.010				4		0.022	0.001	
Niacin	-	0.000)			4		0.000	0.000	
Pantothenic acid	-									
Vitamin B-6	-	0.000	,			4		0.000	0.000	
Folate, total		0		0	BFZN	4		0	0 0	
Folic acid		0		0 0	BFZN	4 4		0		
Folate, food		0		0	BFZN NC	4		0	0 0	
Folate, DFE		0.06		U	NC	4		0.13	0.01	
Vitamin B-12		0.06		0	NC	4		0.13	0.01	
Vitamin A, IU Vitamin A, RAE		0		0	BFZN	4		0	0	
		0		0	BFZN	4		0	0	
Retinol Vitamin E (alpha-tocopherol)		6.43		U	DF ZN	4		14.40	0.90	
Tocopherol, beta		0.45				-		14.40	0.90	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		24.7		0	BFZN	4		55.4	3.5	
<u>Lipids:</u>										
Fatty acids, total saturated		3.300				4		7.392	0.462	
4:0		0.000				4		0.000	0.000	
6:0		0.000				4		0.000	0.000	
8:0	-	0.000				4		0.000	0.000	
10:0	-	0.000				4		0.000	0.000	
12:0	-	0.000)			4		0.000	0.000	
13:0										
14:0	-	0.000	J			4		0.000	0.000	
15:0		0 465								
16:0		2.400	,			4		5.376	0.336	
17:0		0.000	,			4		0.011	0.100	
18:0		0.900	,			4		2.016	0.126	
20:0	-									
22:0	-									
24:0	g									

		<u>Ar</u>	mount in 10	00 grams Number		ole portic	<u>on</u>	Amount in edible portion of common measures 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 monounsaturate		4.500				4		10.080	0.630		
14:1											
15:1	-										
16:1 undifferentiated		0.000				4		0.000	0.000		
17:1		4 500				4		10 000	0.630		
18:1 undifferentiated 20:1		4.500				4		10.080	0.630		
20:1 22:1 undifferentiated	-	0.000				4		0.000 0.000	0.000 0.000		
		0.000				4		0.000	0.000		
24:1 c		10.600				4		23.744	1.484		
Fatty acids, total polyunsaturated						4					
18:2 undifferentiated	-	9.000 1.600				4		20.160 3.584	1.260 0.224		
18:3 undifferentiated	-					4					
18:4 20:2 n-6 c.c.	-	0.000				4		0.000	0.000		
20:3 undifferentiated											
20:4 undifferentiated	-	0.000				4		0.000	0.000		
20:5 n-3		0.000				4		0.000	0.000		
20.5 n-3	• • • • • • • • • • • • • • • • • • • •	0.000				4		0.000	0.000		
22:6 n-3	-	0.000				4		0.000	0.000		
Fatty acids, total trans	• • • • • • • • • • • • • • • • • • • •	0.000				-		0.000	0.000		
Cholesterol		24				4		54	3		
Phytosterols	• • • • • • • • • • • • • • • • • • • •	24				-		34	3		
Others:	······										
Alcohol, ethyl	a	0.0				7		0.0	0.0		
Caffeine	_	0.0		0	BFZN	4		0	0.0		
Theobromine	_	0		0	BFZN	4		0	0		
Carotenoids:		ŭ		v	DI DIN	-		Č	ŭ		
Carotene, beta	mca	0		0	BFZN	4		0.000	0.000		
Carotene, alpha		0		0	BFZN	4		0.000	0.000		
Cryptoxanthin, beta		0		0	BFZN	4		0.000	0.000		
Lycopene		0		0	BFZN	4		0.000	0.000		
Lutein + zeaxanthin	-	0		0	BFZN	4		0.000	0.000		
Lutem - Zeazantinii		<u> </u>			DI DIN	-		0.000	0.000		

Common Measures:

Measure 1 = 224g: 1 cup Measure 2 = 14.0g: 1 tbsp

Calories Factors: Protein Fat Carbohydrate

Food Group: 04 Fats and Oils

		Al	mount in 10	<u>Ju grams</u>	of edit	ie portio	<u>n</u>		edible portion	
				Number	•			<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Units	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	56.04		0	FLM	4		134.50	8.41	
Energy	kcal	322		0	FLM	4		773	48	
Energy		1348		0	FLM	4		3235	202	
Protein		5.84		0	FLM	4		14.01	0.88	
Total lipid (fat)	-	31.54		0	FLM	4		75.69	4.73	
Ash		2.83		0	FLM	4		6.80	0.43	
Carbohydrate, by difference		3.75		0	FLM	4		9.00	0.56	
Fiber, total dietary		1.1		0	FLM	4		2.5	0.2	
Sugars, total		1.41		0	FLM	4		3.39	0.21	
Starch				•		-		3.33	0.21	
Starcii	9									
<u> 1 dinerals:</u>										
Calcium, Ca	mg	53				4		127	8	
Iron, Fe	mg	0.27				4		0.65	0.04	
Magnesium, Mg	mg	52				4		125	8	
Phosphorus, P	mg	49				4		118	7	
Potassium, K	mg	66				4		158	10	
Sodium, Na	mg	773		0	LC	8		1856	116	
Zinc, Zn	mg	0.40				4		0.96	0.06	
Copper, Cu	mg	0.090)			4		0.216	0.014	
Manganese, Mn	mg	0.366	5	0	FLM	4		0.879	0.055	
Selenium, Se	mcg	1.6		0	CAZN	4		3.8	0.2	
7•.										
<u>'itamins:</u>										
Vitamin C, total ascorbic acid	_	0.0				4		0.0	0.0	
Thiamin		0.050				4		0.120	0.008	
Riboflavin		0.040				4		0.096	0.006	
Niacin		0.090				4		0.216	0.014	
Pantothenic acid		0.138		0	FLM	4		0.331	0.021	
Vitamin B-6	-	0.020)			4		0.048	0.003	
Folate, total		8				4		19	1	
Folic acid		0		0	NC	4		0	0	
Folate, food		8		0	NC	4		19	1	
Folate, DFE		8		0	NC	4		19	1	
Vitamin B-12		0.00				4		0.00	0.00	
Vitamin A, IU		43		0	FLM	4		102	6	
Vitamin A, RAE		2		0	FLM	4		5	0	
Retinol		0		0	FLM	4		0	0	
Vitamin E (alpha-tocopherol)	mg	2.68		0	FLM	4		6.42	0.40	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg	55.9		0	FLM	4		134.3	8.4	
inide										
ipids:	~	0 001		^	TT 14			7.010	0.438	
Fatty acids, total saturated		2.921		0	FLM FLM	4 4				
4:0		0.000		0		4		0.000	0.000	
6:0	_	0.000			FLM			0.000	0.000	
8:0	_	0.000		0	FLM	4 4		0.000	0.000	
10:0	-	0.000			FLM			0.000	0.000	
12:0		0.000	,	0	FLM	4		0.000	0.000	
13:0		0 000	,	^	TOT 3.5			0.050	^ ^^ <i>·</i>	
14:0		0.023	•	0	FLM	4		0.056	0.004	
15:0				•						
16:0	-	2.121	L	0	FLM	4		5.092	0.318	
4 = 0	α .									
17:0	_		_	_	_	_				
18:0	g	0.776	5	0	FLM	4		1.862	0.116	
	g g	0.776	5	0	FLM	4		1.862	0.116	

	<u>Am</u>	ount in 10	00 grams Number		ole portio	<u>on</u>		edible portion of easures of food	of common
Nutrients and Units	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	5.246		0	FLM	4		12.591	0.787	
14:1g	3.240		U	FIM	7		12.591	0.767	
15:1									
16:1 undifferentiated9	0.044		0	FLM	4		0.107	0.007	
17:1g									
18:1 undifferentiated	4.887		0	FLM	4		11.728	0.733	
20:1g	0.094		0	FLM	4		0.225	0.014	
22:1 undifferentiatedg	0.221		0	FLM	4		0.531	0.033	
24:1 cg									
Fatty acids, total polyunsaturated	16.590		0	FLM	4		39.815	2.488	
18:2 undifferentiatedg	14.578		0	FLM	4		34.988	2.187	
18:3 undifferentiatedg	2.011		0	FLM	4		4.827	0.302	
18:4g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	FLM	4		0.000	0.000	
20:5 n-3g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total transg									
Cholesterolmg	0				7		0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0				7		0.0	0.0	
Caffeine mg	0		0	FLM	4		0	0	
Theobromine mg	0		0	FLM	4		0	0	
Carotenoids:									
Carotene, beta	23		0	FLM	4		54.344	3.397	
Carotene, alphamcg	0		0	FLM	4		0.032	0.002	
Cryptoxanthin, betamcg	6		0	FLM	4		14.010	0.876	
Lycopene mcg	0		0	FLM	4		0.000	0.000	
Lutein + zeaxanthin mcg	21		0	FLM	4		51.407	3.213	

Common Measures:

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

Calories Factors: Protein Fat Carbohydrate

Food Group: 04 Fats and Oils

				grams			Amount in edible portion of common			
			N	lumber				me	easures of food	
				of Data		Source	Confidence			
Nutrients and Units	6	Mean	Std. Error F	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	56.00				4		129.36	8.18	
Energy	kcal	333				1		769	49	
Energy	kj	1393				1		3218	203	
Protein	g	0.90				1		2.08	0.13	
Total lipid (fat)	g	33.30				1		76.92	4.86	
Ash	g	3.10		0	NC	4		7.16	0.45	
Carbohydrate, by difference	g	6.70			NC	4		15.48	0.98	
Fiber, total dietary	g	0.0				7		0.0	0.0	
Sugars, total	g	0.00		0	BFZN	4		0.00	0.00	
Starch	g									
<i>r</i> : 1										
Minerals:	ma	^						^	^	
Calcium, Ca	-	0 0.00				4 4		0 0.00	0 0.00	
Iron, Fe	-	0.00				4		0.00	0.00	
Magnesium, Mg		0				4		0	0	
Phosphorus, P Potassium, K	-	67				1		155	10	
Sodium, Na	-	733				1		1693	107	
Zinc, Zn		0.00				4		0.00	0.00	
Copper, Cu		0.000)			4		0.000	0.000	
Manganese, Mn		0.000	,			•		0.000	0.000	
Selenium, Se		1.6		0	CAZN	4		3.7	0.2	
<u>'itamins:</u>										
Vitamin C, total ascorbic acid		0.0				4		0.0	0.0	
Thiamin		0.000				4		0.000	0.000	
Riboflavin		0.000				4		0.000	0.000	
Niacin		0.000)			4		0.000	0.000	
Pantothenic acid										
Vitamin B-6		0.000)			4		0.000	0.000	
Folate, total		0		_		4		0	0	
Folic acid		0		0	BFZN	4		0	0	
Folate, food		0		•	***	4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12		0.00		•		4		0.00	0.00	
Vitamin A, IU	IU	0		0	AS	1		0	0	
Vitamin A, RAE		0		0	AS	1		0	0	
Retinol		0		0	Z NR	7 4		0 14.85	0	
Vitamin E (alpha-tocopherol)		6.43		U	NR	4		14.85	0.94	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin K (phylloquinone)		24.7		0	BFZN	4		57.2	3.6	
				-		=				
<u> Lipids:</u>										
Fatty acids, total saturated		4.618				4		10.668	0.674	
4:0	-	0.000				4		0.000	0.000	
6:0		0.000				4		0.000	0.000	
8:0		0.000				4		0.000	0.000	
10:0	-	0.000				4		0.000	0.000	
12:0	-	0.000)			4		0.000	0.000	
13:0	-							0 000		
14:0	-	0.000	J			4		0.000	0.000	
15:0	-	2 1-2								
16:0	-	3.150)			4		7.277	0.460	
	g									
17:0	~									
18:0	-	1.264	l			4		2.920	0.185	
	g	1.264	l			4		2.920	0.185	

		<u>Aı</u>	mount in 10	Number	•		_	Amount in edible portion of common measures 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 monounsaturate		7.707				4		17.803	1.125		
14:1	• • • • • • • • • • • • • • • • • • • •										
15:1	• • • • • • • • • • • • • • • • • • • •					_					
16:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.000				4		0.000	0.000		
17:1	-	7 707						17 000	1 105		
18:1 undifferentiated		7.707				4		17.803	1.125		
20:1	-	0.000				4		0.000	0.000		
22:1 undifferentiated	•	0.000				4		0.000	0.000		
24:1 c		10 500				4		45 045	0.047		
Fatty acids, total polyunsaturated		19.500				-		45.045	2.847		
18:2 undifferentiated	• • • • • • • • • • • • • • • • • • • •	17.372 2.128				4 4		40.129	2.536		
18:3 undifferentiated	_					4		4.916	0.311		
18:4	-	0.000				4		0.000	0.000		
20:2 n-6 c,c											
20:3 undifferentiated 20:4 undifferentiated	-	0.000				4		0.000	0.000		
20:5 n-3		0.000				4		0.000			
		0.000				4		0.000	0.000 0.000		
22:5 n-3	_	0.000				4					
22:6 n-3		0.000				4		0.000	0.000		
Fatty acids, total trans Cholesterol		0				7		0	0		
Phytosterols	• • • • • • • • • • • • • • • • • • • •	U				,		U	U		
Others:	a	0.0				7		0.0	0.0		
Alcohol, ethyl		0.0		0	z	7		0.0	0.0		
Theobromine		0		0	Z	7		0	0		
Carotenoids:	y	U		U	4	,		U	U		
' <u> </u>	mag	0		0		7		0.000	0.000		
Carotene, beta		0		0	Z Z	7 7		0.000	0.000		
Carotene, alpha		0		0	z z	7		0.000	0.000		
Cryptoxanthin, beta		-		0	_			0.000	0.000		
Lycopene		0		0	Z Z	7		0.000	0.000		
Lutein + zeaxanthin	ücg	U		0	z	7		0.000	0.000		

Common Measures:

Measure 1 = 231g: 1 cup Measure 2 = 14.6g: 1 tbsp

Calories Factors: Protein Fat Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u> 1	mount in 10	u grams	ot edik	ole portic	<u>on</u>	Amount in	edible portion o	of common
				Number	•			<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure :
Proximates: Water	g	0.00			RA	4				
Energy	-	889			RA	4				
Energy		3720				4				
Protein		0.00			RA	4				
Total lipid (fat)	g	98.59			RA	4				
Ash		1.40			RA	4				
Carbohydrate, by difference		0.00			RA	4				
Fiber, total dietary		0.0			Z	7				
Sugars, total		0.00		0	Z	7				
Starch										
M:l										
Minerals:	ma	0			RA	4				
Calcium, Ca	-	0.00			RA RA	4				
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	0			RA	4				
Phosphorus, P		0			RA	4				
Potassium, K	-	0			RA	4				
Sodium, Na	-	545			RA	4				
Zinc, Zn		0.00			RA	4				
Copper, Cu		0.000)		RA	4				
Manganese, Mn	-									
Selenium, Se	mcg	0.0		0	Z	7				
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0			RA	4				
Thiamin		0.000	1		RA	4				
Riboflavin	-	0.000			RA	4				
Niacin		0.000			RA	4				
Pantothenic acid										
Vitamin B-6	-	0.000)		RA	4				
Folate, total.		0			RA	4				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	0			RA	4				
Folate, DFE	mcg_DFE	0		0	NC	4				
Vitamin B-12	mcg	0.00			RA	4				
Vitamin A, IU	IU	0		0	NC	4				
Vitamin A, RAE		0		0	NC	4				
Retinol		0		0	BFFN	4				
Vitamin E (alpha-tocopherol)		0.59		0	BFFN	4				
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)		0.0		0	BFFN	4				
vitanini K (phynoquinone)	Illog	0.0		U	DEFN	-				
<u>Lipids:</u>										
Fatty acids, total saturated		44.790			RA	4				
4:0		0.000			RA	4				
6:0		0.000			RA	4				
8:0	-	0.000			RA	4				
10:0		0.033			RA	4				
12:0		0.362	<u>!</u>		RA	4				
13:0										
14:0	-	2.892	<u>'</u>		RA	4				
15:0										
16:0		23.071	L		RA	4				
17:0		16 50								
18:0		16.794	ŀ		RA	4				
20:0 22:0	_									
	(1									

	<u>Aı</u>	mount in 10	00 grams Number	<u>on</u>	Amount in edible portion of common measures of food				
Nutrients and Units	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	41.770			RA	4				
14:1g									
15:1g	2 004								
16:1 undifferentiated	3.024			RA	4				
17:1g	37.728			RA	4				
18:1 undifferentiated					4				
20:1g 22:1 undifferentiatedg	0.427			RA RA	4				
24:1 cg	0.000			RA	4				
Fatty acids, total polyunsaturated9	7.560			RA	4				
18:2 undifferentiatedg	6.179			RA RA	4				
18:2 undifferentiated	1.282			RA RA	4				
18:3 undifferentiated	0.000			RA RA	4				
20:2 n-6 c.c	0.000			KA	4				
20:3 undifferentiated									
20:4 undifferentiated	0.000			RA	4				
20:5 n-3	0.000			RA.	4				
20.5 li-5	0.000			RA	4				
22:5 n-3	0.000			RA RA	4				
Fatty acids, total trans	0.000			NA.	-				
Cholesterolg	101			RA	4				
Phytosterols mg	101			IVI	-				
Others:									
Alcohol, ethylg	0.0			Z	7				
Caffeine mg	0		0	Z	7				
Theobrominemg	0		0	Z	7				
Carotenoids:									
Carotene, betamcg	0		0	z	7				
Carotene, alphamcg	0		0	z	7				
Cryptoxanthin, betamcg	0		0	z	7				
Lycopene mcg	0		0	z	7				
Lutein + zeaxanthin mcg	0		0	z	7				

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u>	mount in 10	0 grams	of edib	ole portio	<u>n</u>		edible portion	
				Number				<u>m</u>	easures of food	<u>l</u>
Nutrients and Uni	its	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure :
Proximates:										
Water	g	0.00				4		0.00	0.00	
Energy	kcal	884				4		1927	120	
Energy	kj	3699				4		8063	503	
Protein	g	0.00				4		0.00	0.00	
Total lipid (fat)		100.00				4		218.00	13.60	
Ash		0.00		0	RA	4		0.00	0.00	
Carbohydrate, by difference		0.00				4		0.00	0.00	
Fiber, total dietary		0.0				4		0.0	0.0	
Sugars, total		0.00		0	RA	4		0.00	0.00	
Starch										
Minerals:										
Calcium, Ca		0				4		0	0	
Iron, Fe		0.00				4		0.00	0.00	
Magnesium, Mg		0				4		0	0	
Phosphorus, P		0				4		0	0	
Potassium, K		0				4		0	0	
Sodium, Na		0				4		0	0	
Zinc, Zn		0.00				4		0.00	0.00	
Copper, Cu		0.000)			4		0.000	0.000	
Manganese, Mn						_				
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0				4		0.0	0.0	
Thiamin	-	0.000)			4		0.000	0.000	
Riboflavin		0.000				4		0.000	0.000	
Niacin	-	0.000				4		0.000	0.000	
Pantothenic acid	_					_				
Vitamin B-6	_	0.000)			4		0.000	0.000	
Folate, total	-	0				4		0	0	
Folic acid		0		0	RA	4		0	0	
Folate, food		0		0	RA	4		0	0	
Folate, DFE		0		0	NC	4		0	0	
Vitamin B-12		0.00				4		0.00	0.00	
Vitamin A, IU		0				4		0	0	
Vitamin A, RAE		0		0	NC	4		0	0	
Retinol		0		0	RA	4		0	0	
Vitamin E (alpha-tocopherol)		15.09		0	RA	4		32.89	2.05	
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	141.3		0	RA	4		308.0	19.2	
[::::a										
Lipids:	~	7 000						4.7.000	4 065	
Fatty acids, total saturated		7.830				4		17.069	1.065	
4:0		0.000				4		0.000	0.000	
6:0		0.000				4		0.000	0.000	
8:0	-	0.000				4		0.000	0.000	
10:0 12:0		0.000				4		0.000 0.000	0.000 0.000	
13:0		0.000	•			4		0.000	0.000	
14:0	-	0.010	1			А		0.022	0.001	
14:0 15:0	-	0.010	,			4		0.022	0.001	
16:0	-	4.630	1			4		10.093	0.630	
17:0		4.030	•			-		10.093	0.630	
		2.000	1			4		4.360	0.272	
18:0		2.000	•			4		4.300	0.272	
20:0 22:0	-									
7.7. U	9									

	<u>Ar</u>	nount in 10	0 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	55.340				4		120.641	7.526	
14:1									
15:1	0.200				4		0.436	0.027	
16:1 undifferentiatedg	0.200				4		0.436	0.027	
18:1 undifferentiated	52.770				4		115.039	7.177	
20:1g	1.530				4		3.335	0.208	
22:1 undifferentiated	0.540				4		1.177	0.208	
24:1 cg	0.540				-		1.177	0.073	
Fatty acids, total polyunsaturated9	32.430				4		70.697	4.410	
18:2 undifferentiatedg	23.370				4		50.947	3.178	
18:3 undifferentiated	9.050				4		19.729	1.231	
18:4g	0.000				4		0.000	0.000	
20:2 n-6 c,cg	0.000				-		0.000	0.000	
20:3 undifferentiated									
20:4 undifferentiatedg	0.000				4		0.000	0.000	
20:5 n-3g	0.000				4		0.000	0.000	
22:5 n-3g	0.000				4		0.000	0.000	
22:6 n-3	0.000				4		0.000	0.000	
Fatty acids, total transg									
Cholesterolmg	0				7		0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0				7		0.0	0.0	
Caffeine mg	0		0	RA	4		0	0	
Theobromine mg	0		0	RA	4		0	0	
<u>Carotenoids:</u>									
Carotene, betamcg	0		0	RA	4		0.000	0.000	
Carotene, alphamcg	0		0	RA	4		0.000	0.000	
Cryptoxanthin, betamcg	0		0	RA	4		0.000	0.000	
Lycopenemcg	0		0	RA	4		0.000	0.000	
Lutein + zeaxanthin mcg	0		0	RA	4		0.000	0.000	

Common Measures:

Measure 1 = 218g: 1 cup Measure 2 = 13.6g: 1 tbsp

Calories Factors: Protein Fat Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u> :	mount in 100	0 grams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			ı	Number				<u>m</u>	easures of food	<u>l</u>	
Nutrients and Uni	its	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	0.00				1		0.00	0.00		
Energy	kcal	884				1		1980	124		
Energy		3699				1		8285	518		
Protein		0.00				1		0.00	0.00		
Total lipid (fat)		100.00				1		224.00	14.00		
Ash		0.00		0	BFZN	4		0.00	0.00		
Carbohydrate, by difference		0.00				1		0.00	0.00		
Fiber, total dietary		0.0				7		0.0	0.0		
Sugars, total		0.00		0	BFZN	4		0.00	0.00		
Starch		0.00		·	21211	-		0.00	0.00		
Starcii	9										
Minerals:											
Calcium, Ca	mg	0				1		0	0		
Iron, Fe	mg	0.00				1		0.00	0.00		
Magnesium, Mg		0				1		0	0		
Phosphorus, P	mg	0				1		0	0		
Potassium, K	mg	0				1		0	0		
Sodium, Na	mg	0				1		0	0		
Zinc, Zn	mg	0.00				1		0.00	0.00		
Copper, Cu	mg	0.000)			1		0.000	0.000		
Manganese, Mn	mg										
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0		
/itamins:											
	ma	0.0				1		0.0	0.0		
Vitamin C, total ascorbic acid	-		,			1					
Thiamin		0.000				1		0.000 0.000	0.000		
Riboflavin		0.000				1		0.000	0.000		
Niacin		0.000	,			_		0.000	0.000		
Pantothenic acid Vitamin B-6	-	0.000	`			1		0.000	0.000		
Folate, total		0.000	,	0	BFZN	4		0.000	0.000		
Folic acid		0		0	BFZN	4		0	0		
		0		0	BFZN	4		0	0		
Folate, food		0		0	NC NC	4		0	0		
Vitamin B-12		0.00		U	NC	1		0.00	0.00		
Vitamin A, IU		0.00		0	NC	4		0.00	0.00		
Vitamin A, RAE		0		0	BFZN	4		0	0		
		0		0	BFZN	4		0	0		
Retinol		20.22		0	NR	4		45.29	2.83		
Vitamin E (alpha-tocopherol)	-	20.22		U	NK	4		45.29	2.83		
Tocopherol, beta											
Tocopherol, gamma											
Vitamin D											
Vitamin K (phylloquinone)		24.7		0	BFZN	4		55.4	3.5		
vitamini ič (pirynoquinone)	9			·		-		55.1	0.0		
<u> ipids:</u>											
Fatty acids, total saturated	g	9.300)			1		20.832	1.302		
4:0		0.000)			1		0.000	0.000		
6:0	g	0.000)			1		0.000	0.000		
8:0	g	0.000)			1		0.000	0.000		
10:0	-	0.000)			1		0.000	0.000		
12:0	g	0.000)			1		0.000	0.000		
13:0	g										
14:0	g	0.000)			1		0.000	0.000		
15:0	g										
16:0	g	7.600)			1		17.024	1.064		
17:0	g										
18:0	g	1.700)			1		3.808	0.238		
20:0	g										
22:0	g										
24:0	a										

	Ar	nount in 10	00 grams	of edib	ole portio	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	41.800				1		93.632	5.852	
14:1g									
15:1g									
16:1 undifferentiatedg	0.100				1		0.224	0.014	
17:1g									
18:1 undifferentiatedg	40.500				1		90.720	5.670	
20:1g	0.900				1		2.016	0.126	
22:1 undifferentiatedg	0.300				1		0.672	0.042	
24:1 cg									
Fatty acids, total polyunsaturatedg	44.600				1		99.904	6.244	
18:2 undifferentiatedg	39.500				1		88.480	5.530	
18:3 undifferentiatedg	5.100				1		11.424	0.714	
18:4g	0.000				1		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000				1		0.000	0.000	
20:5 n-3g	0.000				1		0.000	0.000	
22:5 n-3g	0.000				1		0.000	0.000	
22:6 n-3g	0.000				1		0.000	0.000	
Fatty acids, total transg									
Cholesterolmg	0				7		0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0				7		0.0	0.0	
Caffeine mg	0		0	BFZN	4		0	0	
Theobrominemg	0		0	BFZN	4		0	0	
Carotenoids:									
Carotene, betamcg	0		0	BFZN	4		0.000	0.000	
Carotene, alpha mcg	0		0	BFZN	4		0.000	0.000	
Cryptoxanthin, betamcg	0		0	BFZN	4		0.000	0.000	
Lycopene mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin mcg	0		0	BFZN	4		0.000	0.000	

Common Measures:

Measure 1 = 224g: 1 cup Measure 2 = 14.0g: 1 tbsp

Calories Factors: Protein Fat Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u>	mount in 10	<u>0 grams</u>	of edit	ole portio	<u>on</u>	Amount in edible portion of common			
				Number	•			<u>m</u>	easures of food		
						Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3	
Proximates: Water	g	0.00				4					
Energy	-	884				4					
Energy		3699				4					
Protein	-	0.00				7					
Total lipid (fat)	_	100.00				1					
Ash		0.00		0	NC	4					
Carbohydrate, by difference		0.00				7					
Fiber, total dietary		0.0				7					
Sugars, total		0.00		0	RA	4					
Starch											
S 											
Minerals:											
Calcium, Ca	-	0				4					
Iron, Fe	_	0.13				4					
Magnesium, Mg		0				4					
Phosphorus, P	_	0				4					
Potassium, K		0				4					
Sodium, Na		0 0.02				4					
Zinc, Zn		0.02	,			4					
Copper, Cu		0.000		0	RA	4					
Selenium, Se	_	0.000	,	0	Z	7					
Selemum, Se	nog	0.0		U	2	,					
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0				7					
Thiamin	mg	0.000)			7					
Riboflavin	mg	0.000)			7					
Niacin	mg	0.000)			7					
Pantothenic acid	mg	0.000)	0	RA	4					
Vitamin B-6	mg	0.000)			7					
Folate, total	mcg	0		0	RA	4					
Folic acid	mcg	0		0	RA	4					
Folate, food		0		0	RA	4					
Folate, DFE		0		0	NC	4					
Vitamin B-12		0.00				7					
Vitamin A, IU	IU	0		0	RA	4					
Vitamin A, RAE		0		0	RA	4					
Retinol		0		0	RA	4					
Vitamin E (alpha-tocopherol)		14.78		0	RA	4					
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D		21 0		•							
Vitamin K (phylloquinone)	nicg	21.0		0	RA	4					
Lipids:											
Fatty acids, total saturated	g	14.367	7			4					
4:0		0.000)			4					
6:0		0.000)			4					
8:0	g	0.000)			4					
10:0	g	0.000)			4					
12:0	g	0.000)			4					
13:0	g										
14:0		0.033	3			4					
15:0	g										
16:0		10.467	,			4					
17:0	g										
18:0	g	2.067	,			4					
20:0	g										
22:0	g										
24:0	α										

	<u>Ar</u>	mount in 10	00 grams Number		ole portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	48.033				4				
14:1g	10.000				-				
15:1g									
16:1 undifferentiated	0.300				4				
17:1g									
18:1 undifferentiatedg	47.167				4				
20:1g	0.533				4				
22:1 undifferentiatedg	0.000				4				
24:1 cg									
Fatty acids, total polyunsaturatedg	33.033				4				
18:2 undifferentiated	32.633				4				
18:3 undifferentiatedg	0.433				4				
18:4g	0.000				4				
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000				4				
20:5 n-3g	0.000				4				
22:5 n-3g	0.000				4				
22:6 n-3g	0.000				4				
Fatty acids, total transg									
Cholesterolmg	0				7				
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0				7				
Caffeine mg	0		0	RA	4				
Theobromine mg	0		0	RA	4				
Carotenoids:									
Carotene, betamcg	0		0	RA	4				
Carotene, alphamcg	0		0	RA	4				
Cryptoxanthin, betamcg	0		0	RA	4				
Lycopenemcg	0		0	RA	4				
Lutein + zeaxanthin mcg	0		0	RA	4				

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 04 Fats and Oils

NDB No. 04643
Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying

		<u>A</u>	mount in 10	0 grams	of edib	le portio	<u>on</u>	Amount in edible portion of common			
				Number	•			<u>m</u>	easures of food		
				of Data		Source	Confidence				
Calcium, Ca	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Provimetos											
	g	0.00		0	BFZN	4		0.00	0.00	0.00	
	_	884		0	NC	4		120	1927	40	
03		3766		0	NC	4		512	8209	169	
0.		0.00		0	BFZN	4		0.00	0.00	0.00	
		100.00		1	PAK	1		13.60	218.00	4.50	
Ash	g	0.00		0	BFZN	4		0.00	0.00	0.00	
Carbohydrate, by difference	g	0.00		0	BFZN	4		0.00	0.00	0.00	
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0	0.0	
Sugars, total	g	0.00		0	BFZN	4		0.00	0.00	0.00	
Starch	g										
Minerals:											
	_	0		0	BFZN	4		0	0	0	
*		0.00		0	BFZN	4		0.00	0.00	0.00	
		0		0 0	BFZN	4		0 0	0	0	
		0		0	BFZN BFZN	4 4		0	0 0	0	
		0		0	BFZN	4		0	0	0	
· · · · · · · · · · · · · · · · · · ·	-	0.00		0	BFZN	4		0.00	0.00	0.00	
-		0.000)	0	BFZN	4		0.000	0.000	0.00	
		0.000		0	BFZN	4		0.000	0.000	0.00	
-		0.0		0	BFZN	4		0.0	0.0	0.0	
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		0	BFZN	4		0.0	0.0	0.0	
Thiamin	mg	0.000)	0	BFZN	4		0.000	0.000	0.00	
Riboflavin	mg	0.000)	0	BFZN	4		0.000	0.000	0.00	
	-	0.000		0	BFZN	4		0.000	0.000	0.00	
		0.000		0	BFZN	4		0.000	0.000	0.00	
	_	0.000)	0	BFZN	4		0.000	0.000	0.00	
		0		0	BFZN	4		0	0	0	
		0		0	BFZN	4		0	0	0	
		0		0	BFZN	4		0	0	0	
		0		0	NC	4		0	0	0	
		0.00		0	BFZN	4		0.00	0.00	0.00	
		0		0	BFZN	4		0	0	0	
		0 0		0 0	BFZN BFZN	4 4		0	0	0	
		17.10		0	BFZN	4		2.33	37.28	0.77	
		0.02		0	BFZN	4		0.00	0.03	0.00	
-		30.35		0	BFZN	4		4.13	66.16	1.37	
		0.97		0	BFZN	4		0.13	2.11	0.04	
•								***			
		122.0		0	BFZN	4		16.6	265.9	5.5	
Lipids:											
Fatty acids, total saturated		7.615		0	NC	4		1.036	16.600	0.34	
4:0	-	0.000		1	A	1		0.000	0.000	0.00	
6:0		0.000		1	A	1		0.000	0.000	0.00	
8:0		0.000		1	A	1		0.000	0.000	0.00	
10:0		0.000		1	A	1		0.000	0.000	0.00	
12:0		0.037	,	1	A	1		0.005	0.081	0.00	
13:0	_	0.00	=	-	7	1		0.000	0 144	0.00	
14:0	_	0.066		1	A	1		0.009	0.144	0.00	
15:0	-	0.037		1	A	1 1		0.005	0.081	0.00	
16:0	-	4.134		1 1	A	1		0.562	9.011	0.18	
17:0		0.048		1	A A	1		0.006	0.104	0.00	
18:0		2.249 0.727		1	A A	1		0.306 0.099	4.903	0.10	
20:0				1	A A	1			1.586		
22:0 24:0	_	0.317	•	1	A	1		0.043	0.691	0.01	

	<u>A</u> 1	mount in 10	0 grams		ole portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	62.093		0	NC	4		8.445	135.363	2.794
14:1g									
15:1g					_				
16:1 undifferentiatedg	0.218		0	AS	1		0.030	0.475	0.010
16:1 cg	0.218		1	A	1		0.030	0.475	0.010
16:1 tg									
17:1g									
18:1 undifferentiatedg	60.754		0	AS	1		8.262	132.443	2.734
18:1 cg	60.592		1	A	1		8.240	132.090	2.727
18:1 tg	0.162		1	A	1		0.022	0.353	0.007
20:1g	1.122		1	A	1		0.153	2.445	0.050
22:1 undifferentiatedg	0.000		1	A	1		0.000	0.000	0.000
24:1 cg									
Fatty acids, total polyunsaturatedg	25.588		0	NC	4		3.480	55.781	1.151
18:2 undifferentiatedg	17.915		0	AS	1		2.436	39.054	0.806
18:2 n-6 c,cg	17.734		1	A	1		2.412	38.659	0.798
18:2 CLAsg									
18:2 c,tg									
18:2 t,cg									
18:2 t,tg									
18:2 ig	0.181		1	A	1		0.025	0.394	0.008
18:2 t not further definedg									
18:3 undifferentiatedg	6.397		0	AS	1		0.870	13.946	0.288
18:4g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		1	A	1		0.000	0.000	0.000
20:5 n-3g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-39	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans9	1.618		0	NC	4		0.220	3.528	0.073
Fatty acids, total trans-monoenoic9	0.162		0	NC	4		0.022	0.353	0.007
Fatty acids, total trans-polyenoicg	1.457		0	NC	4		0.198	3.175	0.066
Cholesterol mg	0		0	BFZN	4		0	0	0
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	BFZN	4		0.0	0.0	0.0
	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine mg Theobromine mg	0		0	BFZN	4		0	0	0
Carotenoids:	U		U	DE ZIN	-		J	J	U
	•		•					0.00-	
Carotene, beta mcg	0		0	BFZN	4		0.000	0.000	0.000
Carotene, alphamcg	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta mcg	0		0	BFZN	4		0.000	0.000	0.000
Lycopene mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin mcg	0		0	BFZN	4		0.000	0.000	0.000

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup Measure 3 = 4.5g: 1 teaspoon

Calories Factors: Protein Fat 8.84 Carbohydrate

Food Group: 04 Fats and Oils

NDB No. 04661 Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners

		<u>A</u> :	mount in 10	0 grams	of edib	le portio	<u>on</u>		Amount in edible portion of common			
				Number				<u>m</u>	easures of food	_		
				of Data	Deriv	Source	Confidence					
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	0.15 1917 8023 0.00 216.91 0.03 0.00 0.00 0.00 0.00 0.00 0.00 0.0	Measure 3		
Proximates:												
Water	g	0.07		1	A	1		0.01	0.15	0.00		
Energy	kcal	880		0	NC	4		120	1917	40		
Energy	kj	3680		0	NC	4		501	8023	166		
Protein (N x 6.25)	g	0.00		1	A	1		0.00	0.00	0.00		
Total lipid (fat)	g	99.50		1		1		13.53	216.91	4.48		
Ash		0.01		1	A	1		0.00	0.03	0.00		
Carbohydrate, by difference	g	0.00		0	BFZN	4		0.00	0.00	0.00		
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0	0.0		
Sugars, total	g	0.00		0	BFZN	4		0.00	0.00	0.00		
Starch	g											
Minerals:												
Calcium. Ca	ma	1		1	A	1		0	2	0		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.15		1	A	1		0.02		0.01		
Magnesium, Mg	-	0.13		1	A	1		0.02		0.01		
Phosphorus, P		0		1	A	1		0		0		
Potassium, K	_	2		1	A	1		0		0		
Sodium. Na	-	7		1	A	1		1	14	0		
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.04		1	A	1		0.01	0.08	0.00		
Copper, Cu	-	0.000)	1	A	1		0.000	0.000	0.00		
Manganese, Mn		0.000)	1	A	1		0.000	0.000	0.00		
Selenium, Se		0.0		0	BFZN	4		0.0	0.0	0.0		
Vitamina												
Vitamins:		0.0		•				0.0				
Vitamin C, total ascorbic acid	_	0.0		0	BFZN	4 4		0.0		0.0		
Thiamin		0.000		0	BFZN BFZN	4		0.000 0.000				
Riboflavin		0.000		0	BFZN	4		0.000		0.00		
Niacin	-	0.000		0	BFZN	4		0.000		0.00		
Pantothenic acid Vitamin B-6	_	0.000		0	BFZN	4		0.000		0.00		
	_	0.000	,	0	BFZN	4		0.000		0.00		
Folic acid		0		0	BFZN	4		0		0		
Folate, food		0		0	BFZN	4		0		0		
Folate, DFE		0		0	NC	4		Ö	•	0		
Vitamin B-12		0.00		0	BFZN	4		0.00	-	0.00		
Vitamin A, IU		0.00		0	BFZN	4		0.00		0.00		
Vitamin A, RAE	mca RAF	0		0	BFZN	4		0		0		
Retinol		0		0	BFZN	4		0		0		
Vitamin E (alpha-tocopherol)		0.09		0	BFZN	4		0.01		0.00		
Tocopherol, beta		0.00		0	BFZN	4		0.00		0.00		
Tocopherol, gamma		0.20		0	BFZN	4		0.03		0.01		
Tocopherol, delta		0.00		0	BFZN	4		0.00		0.00		
Vitamin D												
Vitamin K (phylloquinone)		0.5		0	BFZN	4		0.1	1.1	0.0		
Lipids:												
Fatty acids, total saturated	a	93.536		0	NC	4		12.721	203 aua	4.20		
4:0	_	0.060		1	A	1		0.008		0.00		
6:0	-	0.634		1	A	1		0.086		0.00		
8:0		7.574		1	A	1		1.030		0.34		
10:0		5.539		1	A	1		0.753		0.24		
12:0		44.216		1	A	1		6.013		1.99		
13:0									-			
14:0	_	16.411	L	1	A	1		2.232	35.777	0.73		
15:0	_											
16:0	-	8.561	L	1	A	1		1.164	18.664	0.38		
17:0	_			=	=			. = + -		2.30		
18:0	-	10.397	,	1	A	1		1.414	22.666	0.46		
20:0	_	0.144		1	A	1		0.020	0.313	0.00		
22:0	-			-		_						
24:0	-											

		Ar	mount in 10	0 grams	of edil	ole portic	o <u>n</u>		Amount in edible portion of common		
				Number				<u>m</u>	easures of food		
Nutrients and Units	i	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated		0.267		0	NC	4		0.036	0.581	0.012	
14:1 15:1											
16:1 undifferentiated	-	0.000		1	A	1		0.000	0.000	0.000	
17:1	-	0.000		-		_		0.000	0.000	0.000	
18:1 undifferentiated		0.267		0	AS	1		0.036	0.581	0.012	
18:1 c	g	0.000		1	A	1		0.000	0.000	0.000	
18:1 t	g	0.267		1	A	1		0.036	0.581	0.012	
20:1		0.000		1	A	1		0.000	0.000	0.000	
22:1 undifferentiated		0.000		1	A	1		0.000	0.000	0.000	
24:1 c											
Fatty acids, total polyunsaturated		0.000		0	NC AS	4 1		0.000 0.000	0.000 0.000	0.000	
18:2 undifferentiated	-	0.000		1	AS A	1		0.000	0.000	0.000	
18:2 CLAs		0.000		_	•	-		0.000	0.000	0.000	
18:2 c.t	-										
18:2 t.c.	-										
18:2 t.t											
18:2 i	-										
18:2 t not further defined	g										
18:3 undifferentiated	g	0.000		1	A	1		0.000	0.000	0.000	
18:4	g	0.000		1	A	1		0.000	0.000	0.000	
20:2 n-6 c,c	g										
20:3 undifferentiated	g										
20:4 undifferentiated	g	0.000		1	A	1		0.000	0.000	0.000	
20:5 n-3		0.000		1	A	1		0.000	0.000	0.000	
22:5 n-3		0.000		1	A	1		0.000	0.000	0.000	
22:6 n-3		0.000		1	A	1		0.000	0.000	0.000	
Fatty acids, total trans		0.267		0	NC	4		0.036	0.581	0.012	
Fatty acids, total trans-monoenoic.		0.267		0	NC	4		0.036	0.581	0.012	
Fatty acids, total trans-polyenoic Cholesterol		0.000 0		0 0	NC BFZN	4 4		0.000 0	0.000 0	0.000	
Phytosterols	•	86		0	BFZN	4		12	187	4	
Filytosterois		00		Ū	DE ZIN	-		12	107	•	
Amino Acids:											
Tryptophan	g	0.000		0	BFZN	4		0.000	0.000	0.000	
Threonine		0.000		0	BFZN	4		0.000	0.000	0.000	
Isoleucine	-	0.000		0	BFZN	4		0.000	0.000	0.000	
Leucine	-	0.000		0	BFZN	4		0.000	0.000	0.000	
Lysine		0.000		0	BFZN	4		0.000	0.000	0.000	
Methionine	-	0.000		0	BFZN	4		0.000	0.000	0.000	
Cystine		0.000		0	BFZN	4		0.000	0.000	0.000	
Phenylalanine		0.000 0.000		0 0	BFZN BFZN	4 4		0.000 0.000	0.000 0.000	0.000	
Tyrosine Valine		0.000		0	BFZN	4		0.000	0.000	0.000	
Arginine		0.000		0	BFZN	4		0.000	0.000	0.000	
Histidine	-	0.000		0	BFZN	4		0.000	0.000	0.000	
Alanine		0.000		0	BFZN	4		0.000	0.000	0.000	
Aspartic acid		0.000		0	BFZN	4		0.000	0.000	0.000	
Glutamic acid		0.000		0	BFZN	4		0.000	0.000	0.000	
Glycine		0.000		0	BFZN	4		0.000	0.000	0.000	
Proline	-	0.000		0	BFZN	4		0.000	0.000	0.000	
Serine	_	0.000		0	BFZN	4		0.000	0.000	0.000	
Hydroxyproline											
Others:	0	0.0		0	BFZN			0.0	0 0	0 0	
Alcohol, ethyl		0.0		0	BFZN	4 4		0.0 0	0.0 0	0.0 0	
Caffeine		0		0	BFZN	4		0	0	0	
Theobromine	9	U		U	DE AN	*		U	U	U	
! <u></u> -											
Carotene, beta		0		0	BFZN	4		0.000	0.000	0.000	
Carotene, alpha		0		0	BFZN	4		0.000	0.000	0.000	
Cryptoxanthin, beta		0		0	BFZN	4		0.000	0.000	0.000	
Lycopene		0		0	BFZN	4		0.000	0.000	0.000	
Lutein + zeaxanthin	iiica	0		0	BFZN	4		0.000	0.000	0.000	

NDB No. 04661

Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

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

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp Measure 2 = 218g: 1 cup Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein Fat 8.84 Carbohydrate

Food Group: 04 Fats and Oils

NDB No. 04646 Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts

		<u>A</u>	mount in 100 grar	ns of edib	ole portic	<u>on</u>	Amount in	edible portion	of common
			Numb	er			<u>m</u>	easures of food	
				ta Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Point	s Code	Code	Code		Measure	
Proximates:									
Water	g	0.00	O	BFZN	4		0.00	0.00	0.00
Energy	kcal	884	O	NC	4		120	1927	40
Energy		3699	O	NC	4		503	8063	166
Protein	g	0.00	O	BFZN	4		0.00	0.00	0.00
Total lipid (fat)	g	100.00	1	PAK	1		13.60	218.00	4.50
Ash	g	0.00	0	BFZN	4		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00	O	BFZN	4		0.00	0.00	0.00
Fiber, total dietary	g	0.0	0	BFZN	4		0.0	0.0	0.0
Sugars, total	g	0.00	O	BFZN	4		0.00	0.00	0.00
Starch	g								
of: 1									
Minerals:	ma	0	0	Dmarr	A		•	0	0
Calcium, Ca	-	0.04	0		4 4				0.00
Magnesium, Mg	-	0.04	0		4				0.0
Phosphorus, P		0	0		4		-		0
Potassium, K	•	0	0		4				0
Sodium, Na		0	0		4				0
Zinc, Zn	-	0.00	0		4		0.00		0.00
Copper, Cu		0.000) 0	BFZN	4		0.000		0.00
Manganese, Mn		0.000) 0	BFZN	4		0.000	0.000	0.0
Selenium, Se		0.0	0	BFZN	4		0.0	0.0	0.0
Vitamina									
Vitamins:	ma	0.0	0	DEEN			0.0	0.0	0.0
Vitamin C, total ascorbic acid		0.0			4 4				0.0
ThiaminRiboflavin	_	0.000			4				0.00
Niacin		0.000			4				0.00
Pantothenic acid	_	0.000			4				0.00
Vitamin B-6		0.000			4				0.00
Folate, total	-	0	, 0		4				0
Folic acid		0	0		4				0
Folate, food		0	0		4				0
Folate, DFE		0	0		4				0
Vitamin B-12		0.00	0	BFZN	4		0.00	0.00	0.00
Vitamin A, IU		0	0	BFZN	4		0	0	0
Vitamin A, RAE		0	0	BFZN	4		0	0	0
Retinol		0	0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol)		0.09	0	BFZN	4		0.01	0.20	0.00
Tocopherol, beta		0.00	0	BFZN	4		0.00	0.00	0.00
Tocopherol, gamma	mg	0.20	0	BFZN	4		0.03	0.44	0.0
Tocopherol, delta	mg	0.00	0	BFZN	4		0.00	0.00	0.0
Vitamin D									
Vitamin K (phylloquinone)	Ilicg	0.5	0	BFZN	4		0.1	1.1	0.0
Lipids:	0	96 000		NC	4		11 606	107 405	2 0
Fatty acids, total saturated		86.002 0.060			1				3.8° 0.0
4:0 6:0		0.060			1				0.0
8:0	-	8.212			1				0.0
10:0	-	5.594			1				0.3
12:0		43.749			1				1.9
13:0			_	==	_		3.553	30.0.2	,
14:0		16.760) 1	A	1		2.279	36.537	0.7
15:0		0.000			1				0.0
16:0	-	8.400			1				0.3
17:0		0.000			1				0.0
18:0		2.478			1				0.1
20:0		0.000			1		0.000	0.000	0.0
22:0		0.000			1		0.000	0.000	0.0
24:0	-								
	-								

		<u>Ar</u>	nount in 10	0 grams	of edib	le portio	<u>on</u>	Amount in	Amount in edible portion of common			
				Number	,			<u>m</u>	easures of food			
Nutrients and Units		Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3		
Fatty acids, total monounsaturated		5.935		0	NC	4		0.807	12.939	0.267		
14:1	_											
15:1	-	0.000		•	3.0			0.000	0.000	0.000		
16:1 undifferentiated		0.000		0 1	AS A	1 1		0.000	0.000	0.000		
16:1 c 16:1 t		0.000		1	A	1		0.000	0.000	0.000		
17:1												
18:1 undifferentiated	-	5.935		0	AS	1		0.807	12.939	0.267		
18:1 c	_	5.935		1	A	1		0.807	12.939	0.267		
18:1 t	•	0.000		1	A	1		0.000	0.000	0.000		
20:1	_	0.000		1	A	1		0.000	0.000	0.000		
22:1 undifferentiated		0.000		1	A	1		0.000	0.000	0.000		
24:1 c												
Fatty acids, total polyunsaturated	-	1.657		0	NC	4		0.225	3.612	0.075		
18:2 undifferentiated		1.657		0	AS	1		0.225	3.612	0.075		
18:2 n-6 c.c		1.657		1	A	1		0.225	3.612	0.075		
18:2 CLAs	_			_	-	•				,,		
18:2 c,t	_											
18:2 t,c												
18:2 t,t												
18:2 i		0.000		1	A	1		0.000	0.000	0.000		
18:2 t not further defined												
18:3 undifferentiated	-	0.000		0	AS	1		0.000	0.000	0.000		
18:4	-	0.000		1	A	1		0.000	0.000	0.000		
20:2 n-6 c,c												
20:3 undifferentiated												
20:4 undifferentiated	g	0.000		1	A	1		0.000	0.000	0.000		
20:5 n-3	g	0.000		1	A	1		0.000	0.000	0.000		
22:5 n-3	g	0.000		1	A	1		0.000	0.000	0.000		
22:6 n-3	g	0.000		1	A	1		0.000	0.000	0.000		
Fatty acids, total trans	g	0.000		0	NC	4		0.000	0.000	0.000		
Fatty acids, total trans-monoenoic		0.000		0	NC	4		0.000	0.000	0.000		
Fatty acids, total trans-polyenoic	g	0.000		0	NC	4		0.000	0.000	0.000		
Cholesterol	mg	0		0	BFZN	4		0	0	0		
Phytosterols	mg	86		0	BFZN	4		12	187	4		
Amino Acids:												
Tryptophan	g	0.000		0	BFZN	4		0.000	0.000	0.000		
Threonine	g	0.000		0	BFZN	4		0.000	0.000	0.000		
Isoleucine	g	0.000		0	BFZN	4		0.000	0.000	0.000		
Leucine	g	0.000		0	BFZN	4		0.000	0.000	0.000		
Lysine		0.000		0	BFZN	4		0.000	0.000	0.000		
Methionine	g	0.000		0	BFZN	4		0.000	0.000	0.000		
Cystine	g	0.000		0	BFZN	4		0.000	0.000	0.000		
Phenylalanine		0.000		0	BFZN	4		0.000	0.000	0.000		
Tyrosine	g	0.000		0	BFZN	4		0.000	0.000	0.000		
Valine	g	0.000		0	BFZN	4		0.000	0.000	0.000		
Arginine	g	0.000		0	BFZN	4		0.000	0.000	0.000		
Histidine	g	0.000		0	BFZN	4		0.000	0.000	0.000		
Alanine	g	0.000		0	BFZN	4		0.000	0.000	0.000		
Aspartic acid	g	0.000		0	BFZN	4		0.000	0.000	0.000		
Glutamic acid	g	0.000		0	BFZN	4		0.000	0.000	0.000		
Glycine	g	0.000		0	BFZN	4		0.000	0.000	0.000		
Proline		0.000		0	BFZN	4		0.000	0.000	0.000		
Serine		0.000		0	BFZN	4		0.000	0.000	0.000		
Hydroxyproline	g											
Others:						_						
Alcohol, ethyl		0.0		0	BFZN	4		0.0	0.0	0.0		
Caffeine		0		0	BFZN	4		0	0	0		
Theobromine	mg	0		0	BFZN	4		0	0	0		
Carotenoids:												
Carotene, beta	mcg	0		0	BFZN	4		0.000	0.000	0.000		
	-	0 0		0 0	BFZN BFZN	4 4		0.000 0.000	0.000 0.000	0.000		

	<u>A</u>	mount in 100 grams		Amount in edible portion of common measures of food				
Nutrients and Units	Mean	of Data Std. Error Points			Confidence Code	Measure 1	Measure 2	Measure 3
Lycopenemcg Lutein + zeaxanthinmcg	0 0	0	BFZN BFZN	4 4		0.000	0.000	0.000

Common Measures:

Measure 1 = 13.6g: 1 tbsp Measure 2 = 218g: 1 cup Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein Fat 8.84 Carbohydrate

Food Group: 04 Fats and Oils

		<u>Aı</u>	mount in 100	grams	of edib	le portio	<u>n</u>		edible portion	
			N	lumber				<u>m</u>	easures of food	
Nutrients and Un	its	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	0.08		1	A	1		0.01	0.17	0.00
Energy	kcal	884		0	NC	4		120	1927	40
Energy	kj	3699		0	NC	4		503	8063	166
Protein (N x 6.25)	g	0.00		1	A	1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		1	PAK	1		13.60	218.00	4.50
Ash	g	0.01		1	A	1		0.00	0.03	0.00
Carbohydrate, by difference	g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total	g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch	g									
Minerals:	ma	2		1	7.	1		0	4	0
Calcium, Ca		0.15		1 1	A A	1 1		0.02	4 0.32	0.03
Iron, Fe		0.15		1	A A	1		0.02	0.32	0.0
		0		1	A	1		0	0	0
Phosphorus, P Potassium, K		1		1	A A	1		0	2	0
-		6		1	A	1		1	12	0
Sodium, NaZinc, Zn		0.04		1	A	1		0.01	0.08	0.0
Copper, Cu		0.000	1	1	A	1		0.000	0.000	0.0
Manganese, Mn		0.000		1	A	1		0.000	0.000	0.0
Selenium, Se		0.00	,	0	BFZN	4		0.0	0.0	0.0
Scientini, Sc	9	0.0		Ů	DI DI	•		0.0	0.0	0.0
<u>/itamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin	mg	0.000)	0	BFZN	4		0.000	0.000	0.0
Riboflavin	mg	0.000)	0	BFZN	4		0.000	0.000	0.0
Niacin	mg	0.000)	0	BFZN	4		0.000	0.000	0.0
Pantothenic acid	mg	0.000)	0	BFZN	4		0.000	0.000	0.0
Vitamin B-6	mg	0.000)	0	BFZN	4		0.000	0.000	0.0
Folate, total	mcg	0		0	BFZN	4		0	0	0
Folic acid	mcg	0		0	BFZN	4		0	0	0
Folate, food		0		0	BFZN	4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12		0.00		0	BFZN	4		0.00	0.00	0.0
Vitamin A, IU	IU	0		0	BFZN	4		0	0	0
Vitamin A, RAE		0		0	BFZN	4		0	0	0
Retinol	mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	3.81		0	BFZN	4		0.52	8.31	0.1
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	24.7		0	BFZN	4		3.4	53.9	1.1
Lipids:										
Fatty acids, total saturated	g	88.209	•	0	NC	4		11.996	192.296	3.9
4:0	_	0.063		1	A	1		0.009	0.137	0.0
6:0		0.318		1	A	1		0.043	0.693	0.0
8:0	-	3.760		1	A	1		0.511	8.196	0.1
10:0	_	3.291		1	A	1		0.448	7.174	0.1
12:0		44.702		1	A	1		6.079	97.450	2.0
13:0	-									
14:0	-	14.094	Į.	1	A	1		1.917	30.725	0.6
15:0	-							. , = .	/	
16:0	_	7.664	1	1	A	1		1.042	16.707	0.3
17:0										
18:0	-	14.319)	1	A	1		1.947	31.214	0.6
20:0	_	0.000		1	A	1		0.000	0.000	0.0
22:0	_			_		-			0.000	
24:0	_									

Nutrients and Units Nutrients Nutrie			<u>Ar</u>	nount in 10	0 grams	of edib	ole portio	<u>on</u>		edible portion of	of common
Nutrients and Units					Number				<u>m</u>	easures of food	
First selfs, tool menomentation					of Data	Deriv	Source	Confidence			
14-1	Nutrients and Units		Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
14-4											
15.1	Fatty acids, total monounsaturated	g	5.705		0	NC	4		0.776	12.437	0.257
Feb Description Description Feb Description Descri											
17-1					_		_				
In the control of t		_	0.000		1	A	1		0.000	0.000	0.000
18.1			5 705		0	ΔC	1		0 776	12 427	0.257
Test		_									
201											
24 1		-									
24 C.			0.000		1	A	1		0.000	0.000	0.000
SEZ MINITERPRINATE SEZ NO											
18.2 16.6 16.0 17.0	Fatty acids, total polyunsaturated	g	0.000		0	NC	4		0.000	0.000	0.000
18.2 CL A. 9	18:2 undifferentiated	g	0.000			AS			0.000	0.000	0.000
No. Company Company			0.000		1	A	1		0.000	0.000	0.000
18-2 tc.											
18.2 tt	*										
18.2 i											
18.2 tnot further defined. 9											
18.3 midiferentiated. g 0.000 1 A 1 0.000 0.00											
18-4.			0.000		1	A	1		0.000	0.000	0.000
202 pc c c											
203 undifferentiated		-									
Decision	,	-									
2.5 n-3.	20:4 undifferentiated	g	0.000		1	A	1		0.000	0.000	0.000
Party acids, total trans	20:5 n-3	g	0.000		1	A	1		0.000	0.000	0.000
Patty acids, total trans	22:5 n-3	g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans-monenoic	22:6 n-3	g	0.000			A	1		0.000	0.000	0.000
Faity acids, total trans-polyenoic	Fatty acids, total trans	g									
Cholesterol. mg 95 0 BFZN 4 0 0 0 0 0 0 0 0 0											
Physosterols mg 95 0 BFZN 4 13 207 4											
Marino Acids:		-									
Tryptophan.	Phytosterols	_. mg	95		Ü	BFZN	4		13	207	4
Threonine	Amino Acids:										
Soleucine	Tryptophan	g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine	Threonine	g	0.000		0	BFZN	4		0.000	0.000	0.000
Lysine	Isoleucine	g	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine 9 0.000 0 BFZN 4 0.000 0.000 0.000 Cystine 9 0.000 0 BFZN 4 0.000 0.000 0.000 Phenylalanine 9 0.000 0 BFZN 4 0.000 0.000 0.000 Tyrosine 9 0.000 0 BFZN 4 0.000 0.000 0.000 Valine 9 0.000 0 BFZN 4 0.000 0.000 0.000 Arginine 9 0.000 0 BFZN 4 0.000 0.000 0.000 Histidine 9 0.000 0 BFZN 4 0.000 0.000 0.000 Alanine 9 0.000 0 BFZN 4 0.000 0.000 0.000 Alanine 9 0.000 0 BFZN 4 0.000 0.000 0.000 Glutaria 9 0.000 0	Leucine	g	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine. 9 0.000 0 BFZN 4 0.000 0.000 0.000 Phenylalanine. 9 0.000 0 BFZN 4 0.000 0.000 0.000 Tyrosine. 9 0.000 0 BFZN 4 0.000 0.000 0.000 Valine. 9 0.000 0 BFZN 4 0.000 0.000 0.000 Arginine. 9 0.000 0 BFZN 4 0.000 0.000 0.000 Histidine. 9 0.000 0 BFZN 4 0.000 0.000 0.000 Alanine. 9 0.000 0 BFZN 4 0.000 0.000 0.000 Alsaritia exid. 9 0.000 0 BFZN 4 0.000 0.000 0.000 Glycine. 9 0.000 0 BFZN 4 0.000 0.000 0.000 Proline. 9 0.000					0		4				
Phenylalanine 9 0.000 0 BFZN 4 0.000 0.000 0.000 Tyrosine 9 0.000 0 BFZN 4 0.000 0.000 0.000 Valine 9 0.000 0 BFZN 4 0.000 0.000 0.000 Arginine 9 0.000 0 BFZN 4 0.000 0.000 0.000 Histidine 9 0.000 0 BFZN 4 0.000 0.000 0.000 Alanine 9 0.000 0 BFZN 4 0.000 0.000 0.000 Aspartic acid 9 0.000 0 BFZN 4 0.000 0.000 0.000 Glutamic acid 9 0.000 0 BFZN 4 0.000 0.000 0.000 Glycine 9 0.000 0 BFZN 4 0.000 0.000 0.000 Proline 9 0.000	Methionine	g			0		4				
Tyrosine. 9 0.000 0 BFZN 4 0.000 0.000 0.000 Valine. 9 0.000 0 BFZN 4 0.000 0.000 0.000 Arginine. 9 0.000 0 BFZN 4 0.000 0.000 0.000 Histidine 9 0.000 0 BFZN 4 0.000 0.000 0.000 Alanine 9 0.000 0 BFZN 4 0.000 0.000 0.000 Aspartic acid. 9 0.000 0 BFZN 4 0.000 0.000 0.000 Glutamic acid. 9 0.000 0 BFZN 4 0.000 0.000 0.000 Glycine 9 0.000 0 BFZN 4 0.000 0.000 0.000 Proline 9 0.000 0 BFZN 4 0.000 0.000 0.000 Berine 9 0 0	=										
Valine 9 0.000 0 BFZN 4 0.000 0.000 0.000 Arginine. 9 0.000 0 BFZN 4 0.000 0.000 0.000 Histidine. 9 0.000 0 BFZN 4 0.000 0.000 0.000 Alanine. 9 0.000 0 BFZN 4 0.000 0.000 0.000 Aspartic acid. 9 0.000 0 BFZN 4 0.000 0.000 0.000 Glutamic acid. 9 0.000 0 BFZN 4 0.000 0.000 0.000 Glycine 9 0.000 0 BFZN 4 0.000 0.000 0.000 Glycine 9 0.000 0 BFZN 4 0.000 0.000 0.000 Serine 9 0.000 0 BFZN 4 0.000 0.00 0.000 Hydroxyproline 9 0 <td></td>											
Arginine. 9 0.000 0 BFZN 4 0.000 0.000 0.000 Histidine. 9 0.000 0 BFZN 4 0.000 0.000 0.000 Alanine. 9 0.000 0 BFZN 4 0.000 0.000 0.000 Aspartic acid. 9 0.000 0 BFZN 4 0.000 0.000 0.000 Glycine. 9 0.000 0 BFZN 4 0.000 0.000 0.000 Proline. 9 0.000 0 BFZN 4 0.000 0.000 0.000 Proline. 9 0.000 0 BFZN 4 0.000 0.000 0.000 Serine. 9 0.000 0 BFZN 4 0.000 0.000 0.000 Serine. 9 0.00 0 BFZN 4 0.00 0.0 0 0 0 0 0 0	-										
Histidine g 0.000 0 BFZN 4 0.000 0.000 0.000 Alanine g 0.000 0 BFZN 4 0.000 0.000 0.000 Aspartic acid g 0.000 0 BFZN 4 0.000 0.000 0.000 Glutamic acid g 0.000 0 BFZN 4 0.000 0.000 0.000 Glycine g 0.000 0 BFZN 4 0.000 0.000 0.000 Proline g 0.000 0 BFZN 4 0.000 0.000 0.000 Serine g 0.000 0 BFZN 4 0.000 0.000 0.000 Bydroxyproline g 0 0 BFZN 4 0.00 0.00 0.00 Carliere mg 0 0 BFZN 4 0.0 0 0 0 Carleine mg 0 0 </td <td></td>											
Alanine. g 0.000 0 BFZN 4 0.000 0.000 0.000 Aspartic acid. g 0.000 0 BFZN 4 0.000 0.000 0.000 Glutamic acid. g 0.000 0 BFZN 4 0.000 0.000 0.000 Glycine. g 0.000 0 BFZN 4 0.000 0.000 0.000 Proline. g 0.000 0 BFZN 4 0.000 0.000 0.000 Serine. g 0.000 0 BFZN 4 0.000 0.000 0.000 Hydroxyproline. g 0 0 BFZN 4 0.000 0.00 0.000 Caffeine. mg 0 0 BFZN 4 0 0 0 0 Caffeine. mg 0 0 BFZN 4 0 0 0 0 Carotene, elsa. mcg 0<		-									
Aspartic acid. 9 0.000 0 BFZN 4 0.000 0.000 0.000 Glutamic acid. 9 0.000 0 BFZN 4 0.000 0.000 0.000 Glycine. 9 0.000 0 BFZN 4 0.000 0.000 0.000 Proline. 9 0.000 0 BFZN 4 0.000 0.000 0.000 Serine. 9 0.000 0 BFZN 4 0.000 0.000 0.000 Hydroxyproline. 9 0.000 0 BFZN 4 0.000 0.000 0.000 Hydroxyproline. 9 0 0 BFZN 4 0.0 0											
Glutamic acid g 0.000 0 BFZN 4 0.000 0.000 0.000 Glycine g 0.000 0 BFZN 4 0.000 0.000 0.000 Proline g 0.000 0 BFZN 4 0.000 0.000 0.000 Serine g 0.000 0 BFZN 4 0.000 0.000 0.000 Hydroxyproline g 0 0 BFZN 4 0.000 0.000 0.000 Hydroxyproline g 0 0 BFZN 4 0.0 0.0 0.000 Hydroxyproline g 0 0 BFZN 4 0.0 0.0 0.0 Cartenes mg 0 0 BFZN 4 0.0 0 0 0 Cartenoids: Cartenoids: Cartenoids: Cartenoids: 4 0.000 0.000 0.000 0.000 0.000 0.000 0.000		-									
Glycine g 0.000 0 BFZN 4 0.000 0.000 0.000 Proline g 0.000 0 BFZN 4 0.000 0.000 0.000 Serine g 0.000 0 BFZN 4 0.000 0.000 0.000 Hydroxyproline g 0 0 BFZN 4 0.00 0.00 0.00 Carbens g 0.0 0 BFZN 4 0.0 0 0 0 Carbenoids: Carotene, beta mcg 0 BFZN 4 0.000 0.000 0.000 Carotene, beta mcg 0 BFZN 4 0.000 0.000 0.000 Carotene, alpha mcg 0 BFZN 4 0.000 0.000 0.000 Cryptoxanthin, beta mcg 0 BFZN 4 0.000 0.000 0.000 Lycopene mcg 0 0 BFZN											
Proline g 0.000 0 BFZN 4 0.000 0.000 0.000 Serine g 0.000 0 BFZN 4 0.000 0.000 0.000 Hydroxyproline g Others: Alcohol, ethyl g 0.0 0 0.0											
Serine g 0.000 0 BFZN 4 0.000 0.000 0.000 Hydroxyproline g Others: Alcohol, ethyl g 0.0 0 0.0 0											
Hydroxyproline 9 Others: Alcohol, ethyl 9 0.0 0 BFZN 4 0.0 0.0 0.0 Caffeine mg 0 0 BFZN 4 0 0 0 Theobromine mg 0 0 BFZN 4 0 0 0 Carotenoids: Carotene, beta mcg 0 BFZN 4 0.000 0.000 0.000 Carotene, alpha mcg 0 BFZN 4 0.000 0.000 0.000 Cryptoxanthin, beta mcg 0 BFZN 4 0.000 0.000 0.000 Lycopene mcg 0 BFZN 4 0.000 0.000 0.000											
Alcohol, ethyl. g 0.0 0 BFZN 4 0.0 0.0 0.0 Caffeine. mg 0 0 BFZN 4 0 0 0 Theobromine. mg 0 0 BFZN 4 0 0 0 Caroteneids: Carotene, beta. mcg 0 0 BFZN 4 0.000 0.000 0.000 Carotene, alpha. mcg 0 0 BFZN 4 0.000 0.000 0.000 Cryptoxanthin, beta. mcg 0 0 BFZN 4 0.000 0.000 0.000 Lycopene. mcg 0 0 BFZN 4 0.000 0.000 0.000		_									
Caffeine. mg 0 0 BFZN 4 0 0 0 Theobromine. mg 0 0 BFZN 4 0 0 0 Carotene, beta. mcg 0 0 BFZN 4 0.000 0.000 0.000 Carotene, alpha. mcg 0 0 BFZN 4 0.000 0.000 0.000 Cryptoxanthin, beta. mcg 0 0 BFZN 4 0.000 0.000 0.000 Lycopene. mcg 0 0 BFZN 4 0.000 0.000 0.000	Others:										
Theobromine mg 0 0 BFZN 4 0 0 0 Carotenoids: Carotene, beta mcg 0 0 BFZN 4 0.000 0.000 0.000 Carotene, alpha mcg 0 0 BFZN 4 0.000 0.000 0.000 Cryptoxanthin, beta mcg 0 0 BFZN 4 0.000 0.000 0.000 Lycopene mcg 0 0 BFZN 4 0.000 0.000 0.000	Alcohol, ethyl	.g								0.0	0.0
Carotenoids: Carotene, beta. mcg 0 0 BFZN 4 0.000 0.000 0.000 Carotene, alpha. mcg 0 0 BFZN 4 0.000 0.000 0.000 Cryptoxanthin, beta. mcg 0 0 BFZN 4 0.000 0.000 0.000 Lycopene. mcg 0 0 BFZN 4 0.000 0.000 0.000											
Carotene, beta. mcg 0 0 BFZN 4 0.000 0.000 0.000 Carotene, alpha. mcg 0 0 BFZN 4 0.000 0.000 0.000 Cryptoxanthin, beta. mcg 0 0 BFZN 4 0.000 0.000 0.000 Lycopene. mcg 0 0 BFZN 4 0.000 0.000 0.000		mg	0		0	BFZN	4		0	0	0
Carotene, alpha	Carotenoids:										
Carotene, alpha	Carotene, beta	mcg	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta mcg 0 0 BFZN 4 0.000 0.000 0.000 Lycopene mcg 0 0 BFZN 4 0.000 0.000 0.000			0		0	BFZN	4		0.000	0.000	0.000
Lycopene			0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin	Lycopene	mcg				BFZN			0.000	0.000	0.000
	Lutein + zeaxanthin	mcg	0		0	BFZN	4		0.000	0.000	0.000

Oil, industrial, palm kernel (hydrogenated), filling fat

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

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

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp Measure 2 = 218g: 1 cup Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein Fat 8.84 Carbohydrate

Food Group: 04 Fats and Oils

NDB No. 04654
Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening

		<u>A</u>	mount in 100 gra	ms of edib	le portic	<u>on</u>	Amount in	edible portion	of common
			Num	ber			<u>m</u>	easures of food	<u>[</u>
			of D	ata Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Poin	ts Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	0.00		0 BFZN	4		0.00	0.00	0.00
Energy	kcal	884		0 NC	4		120	1927	40
Energy	kj	3699		0 NC	4		503	8063	166
Protein (N x 6.25)	g	0.00		0 BFZN	4		0.00	0.00	0.00
Total lipid (fat)	g	100.00		1 PAK	1		13.60	218.00	4.50
Ash	g	0.00		0 BFZN	4		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0 BFZN	4		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0 BFZN	4		0.0	0.0	0.0
Sugars, total	g	0.00		0 BFZN	4		0.00	0.00	0.00
Starch	g								
Minanala									
Minerals: Calcium, Ca	ma	0) BFZN	4		0	0	0
Iron, Fe	_	0.00		D BFZN	4		0.00	0.00	0.00
Magnesium, Mg	-	0.00		D BFZN	4		0.00	0.00	0.00
Phosphorus, P		0		DIEN D BFZN	4		0	0	Ö
Potassium, K	•	0) BFZN	4		0	0	0
Sodium, Na		0) BFZN	4		0	0	0
Zine, Zn	_	0.00) BFZN	4		0.00	0.00	0.00
Copper, Cu		0.000)) BFZN	4		0.000	0.000	0.00
Manganese, Mn									
Selenium, Se	mcg	0.0) BFZN	4		0.0	0.0	0.0
Vitamina									
<u>Vitamins:</u>	ma m) BFZN			0.0		
Vitamin C, total ascorbic acid		0.0			4		0.0	0.0 0.000	0.0
Thiamin	-	0.000		O BFZN O BFZN	4 4		0.000 0.000		
Riboflavin		0.000		D BFZN	4		0.000	0.000 0.000	0.00
Niacin Pantothenic acid	-	0.000		D BFZN	4		0.000	0.000	0.00
Vitamin B-6		0.000		D BFZN	4		0.000	0.000	0.00
Folate, total	-	0.000		D BFZN	4		0.000	0.000	0.00
Folic acid		0		DIEN D BFZN	4		Ö	Ö	Ö
Folate, food		0		DIEN D BFZN	4		0	0	0
Folate, DFE	mca DFE	0) NC	4		0	0	0
Vitamin B-12		0.00) BFZN	4		0.00	0.00	0.00
Vitamin A, IU		0) BFZN	4		0	0	0
Vitamin A, RAE		0) BFZN	4		0	0	0
Retinol		0) BFZN	4		0	0	0
Vitamin E (alpha-tocopherol)		12.10) BFZN	4		1.65	26.38	0.54
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D	IU								
Vitamin K (phylloquinone)	<u>mcg</u>	24.7) BFZN	4		3.4	53.9	1.1
Lipids:									
Fatty acids, total saturated	a	25.883	1) NC	4		3.520	56.425	1.16
4:0		0.000		l A	1		0.000	0.000	0.00
6:0		0.000		 1 A	1		0.000	0.000	0.00
8:0		0.000		1 A	1		0.000	0.000	0.00
10:0.		0.000		 1 A	1		0.000	0.000	0.00
12:0		0.037		 1 A	1		0.005	0.081	0.00
13:0	-								
14:0	-	0.170)	1 A	1		0.023	0.370	0.00
15:0	_	0.037		 1 A	1		0.005	0.081	0.00
16:0		13.017		 1 A	1		1.770	28.378	0.58
17:0		0.133		 1 A	1		0.018	0.290	0.00
18:0	_	11.770		 1 A	1		1.601	25.658	0.53
20:0	_	0.354		 1 A	1		0.048	0.772	0.01
	-								
22:0	q	0.365)	l A	1		0.050	0.795	0.01

		Ar	nount in 100			le portic	<u>on</u>		edible portion of	f common
				Number		_		<u>m</u>	easures of food	
Nutrients and Unit	ts	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	59.133		0	NC	4		8.042	128.910	2.661
14:1		33.133		Ū	NC	-		0.042	120.910	2.001
15:1										
16:1 undifferentiated	-	0.076		0	AS	1		0.010	0.165	0.003
16:1 c		0.076		1	A	1		0.010	0.165	0.003
16:1 t										
17:1		59.020		0	AS	1		8.027	128.663	2.656
18:1 c	-	31.734		1	A	1		4.316	69.181	1.428
18:1 t	•	27.285		1	A	1		3.711	59.482	1.228
20:1		0.037		1	A	1		0.005	0.081	0.002
22:1 undifferentiated		0.000		1	A	1		0.000	0.000	0.000
24:1 c										
Fatty acids, total polyunsaturated		10.305		0	NC	4		1.401	22.464	0.464
18:2 undifferentiated		9.610		0	AS	1		1.307	20.949	0.432
18:2 n-6 c,c	-	6.619		1	A	1		0.900	14.430	0.298
18:2 CLAs										
18:2 c,t 18:2 t,c	_									
18:2 t,t										
18:2 i		2.991		1	A	1		0.407	6.519	0.135
18:2 t not further defined										
18:3 undifferentiated	g	0.162		0	AS	1		0.022	0.353	0.007
18:4		0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c										
20:3 undifferentiated				_	_	_				
20:4 undifferentiated		0.000		1 1	A	1 1		0.000	0.000	0.000
20:5 n-3 22:5 n-3	-	0.000 0.000		1	A A	1		0.000 0.000	0.000 0.000	0.000
22:6 n-3		0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans		30.809		0	NC	4		4.190	67.163	1.386
Fatty acids, total trans-monoenoi		27.285		0	NC	4		3.711	59.482	1.228
Fatty acids, total trans-polyenoic.		3.524		0	NC	4		0.479	7.681	0.159
Cholesterol	mg	0		0	BFZN	4		0	0	0
Phytosterols	mg	152		0	BFZN	4		21	331	7
Amino Acids:										
Tryptophan		0.000		0	BFZN	4		0.000	0.000	0.000
Threonine	-	0.000 0.000		0 0	BFZN BFZN	4 4		0.000	0.000 0.000	0.000
Isoleucine	-	0.000		0	BFZN	4		0.000	0.000	0.000
Lysine	-	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine		0.000		0	BFZN	4		0.000	0.000	0.000
Cystine		0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine	-	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine	g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine	g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine	g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine		0.000		0	BFZN	4		0.000	0.000	0.000
Alanine		0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid		0.000		0 0	BFZN	4		0.000	0.000	0.000
Glutamic acid		0.000		0	BFZN BFZN	4 4		0.000 0.000	0.000 0.000	0.000
Proline	_	0.000		0	BFZN	4		0.000	0.000	0.000
Serine		0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline		0.000		ŭ		-		0.000	0.000	0.000
Others:	0	0.0		^	DEE:-	4		2.2	2.2	
Alcohol, ethyl		0.0		0 0	BFZN BFZN	4 4		0.0	0.0 0	0.0 0
Theobromine		0		0	BFZN	4		0	0	0
Carotenoids:	ฮ	ŭ		•		-		ŭ	·	·
<u> </u>	moa	^		^	DEE:-	4		0.000	0.000	0.000
Carotene, beta Carotene, alpha		0		0 0	BFZN BFZN	4 4		0.000 0.000	0.000 0.000	0.000 0.000
Cryptoxanthin, beta	-	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxandini, octa	y	U		J	2N	-		0.000	0.000	0.000

Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening

	<u>A</u>	mount in 100 gran		<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	of Dat Std. Error Points			Confidence Code	Measure 1	Measure 2	Measure 3
Lycopenemcg Lutein + zeaxanthinmcg	0	0	BFZN BFZN	4		0.000 0.000	0.000	0.000

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp Measure 2 = 218g: 1 cup Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein Fat 8.84 Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u>	mount in 100	grams	of edil	ole portio	<u>on</u>	Amount in	edible portion	of common
			N	Number	-			<u>m</u>	easures of food	<u> </u>
			(of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	0.00		2	A	1		0.00	0.00	0.00
Energy	-	884		0	NC	4		119	1909	40
Energy		3699		0	NC	4		499	7989	166
Protein (N x 0)		0.00		2	A	1		0.00	0.00	0.00
Total lipid (fat)	-	100.00		0		1		13.50	216.00	4.50
Ash		0.00		2	A	1		0.00	0.00	0.00
Carbohydrate, by difference		0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary		0.0		0	нс	4		0.0	0.00	0.0
Sugars, total		0.00		0	z	7		0.00	0.00	0.00
Starch		0.00		Ū		,		0.00	0.00	0.00
Staten	9									
<u>Minerals:</u>										
Calcium, Ca	-	1		2	A	1		0	2	0
Iron, Fe	-	0.66		2	A	1		0.09	1.42	0.0
Magnesium, Mg		0		2	A	1		0	0	0
Phosphorus, P	•	0		2	A	1		0	0	0
Potassium, K		1		2	A	1		0	2	0
Sodium, Na	-	3		2	A	1		0	6	0
Zinc, Zn		0.00		2	A	1		0.00	0.00	0.0
Copper, Cu		0.000		2	A	1		0.000	0.000	0.0
Manganese, Mn		0.000)	2	A	1		0.000	0.000	0.0
Selenium, Se	mcg	0.0		2	A	1		0.0	0.0	0.0
Vitamins:	ma	0.0		•				0.0	0.0	0.0
Vitamin C, total ascorbic acid		0.0	,	0 0		4 4		0.0 0.000	0.0 0.000	0.0
Thiamin	_	0.000		0		4		0.000	0.000	
		0.000		0		4		0.000	0.000	0.0
Niacin Pantothenic acid	_	0.000		0		4		0.000	0.000	0.0
Vitamin B-6		0.000		0		4		0.000	0.000	0.0
	-	0.000	,	0		4		0.000	0.000	0.0
Folate, total		0		0	z	7		0	0	0
Folate, food		0		0	4	4		0	0	0
Folate, DFE		0		0	NC	4		0	0	0
Vitamin B-12		0.00		0	NC	4		0.00	0.00	0.0
Vitamin A, IU		0.00		0		4		0.00	0.00	0.0
Vitamin A, RAE		0		0	AS	1		0	0	0
Retinol		0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)		14.35	1.53		A	1		1.94	30.99	0.6
		0.11	0.052		A	1		0.01	0.24	0.0
Tocopherol, beta Tocopherol, gamma		0.83	0.184		A	1		0.11	1.80	0.0
Tocopherol, delta		0.00	0.000		A	1		0.00	0.00	0.0
Vitamin D		0.00	0.000	0 0	A	-		0.00	0.00	0.0
Vitamin K (phylloquinone)		60.2		2	A	1		8.1	130.0	2.7
Lipids:										
Fatty acids, total saturated	g	13.454	1	0	NC	4		1.816	29.061	0.6
4:0		0.000)	2	A	1		0.000	0.000	0.0
6:0	g	0.000)	2	A	1		0.000	0.000	0.0
8:0	g	0.000)	2	A	1		0.000	0.000	0.0
10:0	g	0.000)	2	A	1		0.000	0.000	0.0
12:0	g	0.000)	2	A	1		0.000	0.000	0.0
13:0	g									
14:0	g	0.000)	2	A	1		0.000	0.000	0.0
15:0	g									
16:0		10.930)	2	A	1		1.475	23.608	0.4
17:0		0.000)	2	A	1		0.000	0.000	0.0
18:0	g	1.981	L	2	A	1		0.267	4.279	0.0
20:0		0.416	5	2	A	1		0.056	0.897	0.0
22:0		0.128		2	A	1		0.017	0.276	0.0
24:0		0.000		2	A	1		0.000	0.000	0.0

		<u>Aı</u>	mount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and	Units	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsatura	itedg	73.901		0	NC	4		9.977	159.626	3.326	
14:1	_	0.000		2	A	1		0.000	0.000	0.000	
15:1	-	1 150		•	_					0.050	
16:1 undifferentiated	_	1.158 0.137		2 2	A A	1 1		0.156	2.500	0.052	
17:1 18:1 undifferentiated		72.294		2	A	1		0.018 9.760	0.296 156.155	0.006 3.253	
20:1	•	72.294 0.313		2	A A	1				0.014	
	_			2	A	1		0.042	0.675		
22:1 undifferentiated	_	0.000			А	1		0.000	0.000	0.000	
Fatty acids, total polyunsaturate	edg	10.003		0	NC	4		1.350	21.606	0.450	
18:2 undifferentiated	g	9.211		2	A	1		1.243	19.895	0.414	
18:3 undifferentiated	g	0.793		2	A	1		0.107	1.712	0.036	
18:4	g	0.000		2	A	1		0.000	0.000	0.000	
20:2 n-6 c,c	g										
20:3 undifferentiated	g										
20:4 undifferentiated		0.000		2	A	1		0.000	0.000	0.000	
20:5 n-3		0.000		2	A	1		0.000	0.000	0.000	
22:5 n-3		0.000		2	A	1		0.000	0.000	0.000	
22:6 n-3		0.000		2	A	1		0.000	0.000	0.000	
Fatty acids, total trans											
Cholesterol	-	0		0		4		0	0	0	
Phytosterols	mg	221	41.9	23 13		1		30	477	10	
Amino Acids:											
Tryptophan	g	0.000		0		4		0.000	0.000	0.000	
Threonine	g	0.000		0		4		0.000	0.000	0.000	
Isoleucine	g	0.000		0		4		0.000	0.000	0.000	
Leucine	g	0.000		0		4		0.000	0.000	0.000	
Lysine	g	0.000		0		4		0.000	0.000	0.000	
Methionine	g	0.000		0		4		0.000	0.000	0.000	
Cystine	g	0.000		0		4		0.000	0.000	0.000	
Phenylalanine	g	0.000		0		4		0.000	0.000	0.000	
Tyrosine	g	0.000		0		4		0.000	0.000	0.000	
Valine	g	0.000		0		4		0.000	0.000	0.000	
Arginine	g	0.000		0		4		0.000	0.000	0.000	
Histidine	g	0.000		0		4		0.000	0.000	0.000	
Alanine	g	0.000		0		4		0.000	0.000	0.000	
Aspartic acid	g	0.000		0		4		0.000	0.000	0.000	
Glutamic acid	g	0.000		0		4		0.000	0.000	0.000	
Glycine	g	0.000		0		4		0.000	0.000	0.000	
Proline	g	0.000		0		4		0.000	0.000	0.000	
Serine	g	0.000		0		4		0.000	0.000	0.000	
Hydroxyproline	g										
Others:											
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	0.0	
Caffeine		0		0	Z	7		0	0	0	
Theobromine	mg	0		0	Z	7		0	0	0	
Carotenoids:	_										
Carotene, beta	mcg	0		0	Z	7		0.000	0.000	0.000	
Carotene, alpha		0		0	z	7		0.000	0.000	0.000	
Cryptoxanthin, beta		0		0	z	7		0.000	0.000	0.000	
Lycopene		0		0	z	7		0.000	0.000	0.000	
Lutein + zeaxanthin		0		0	Z	7		0.000	0.000	0.000	

Common Measures:

Measure 1 = 13.5g: 1 tablespoon

Measure 2 = 216g: 1 cup Measure 3 = 4.5g: 1 tsp

Oil, olive, salad or cooking

Calories Factors: Protein Fat 8.84 Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u> :	mount in 100	grams	of edil	ole portio	<u>n</u>	Amount in	edible portion	of common
			N	umber				m	easures of food	
			0	f Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error P			Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	0.00		0		1		0.00	0.00	0.00
Energy	-	884		0	NC	4		119	1909	40
Energy		3699		0	нс	4		499	7989	166
Protein (N x 0)		0.00		0		1		0.00	0.00	0.00
Total lipid (fat)	_	100.00		0		1		13.50	216.00	4.50
Ash		0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference		0.00		0		1		0.00	0.00	0.00
Fiber, total dietary		0.0		0		4		0.0	0.00	0.0
Sugars, total		0.00		0	z	7		0.00	0.00	0.00
Starch		0.00		Ū		,		0.00	0.00	0.00
Starcii	9									
Minerals:								_		
Calcium, Ca	-	0	0.024	9		1		0	0	0
Iron, Fe	_	0.03	0.004	9		1		0.00	0.06	0.0
Magnesium, Mg		0	0.017			1		0	0	0
Phosphorus, P	•	0		0		4		0	0	0
Potassium, K		0	0.004	6		1		0	0	0
Sodium, Na	-	0	0.037			1		0	0	0
Zinc, Zn		0.01		1		1		0.00	0.02	0.0
Copper, Cu		0.000)	0		4		0.000	0.000	0.0
Manganese, Mn				•	_	-		0.0	0.0	
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000)	0		4		0.000	0.000	0.0
Riboflavin	mg	0.000)	0		4		0.000	0.000	0.0
Niacin	<u>mg</u>	0.000)	0		4		0.000	0.000	0.0
Pantothenic acid	mg	0.000)	0		4		0.000	0.000	0.0
Vitamin B-6	mg	0.000)	0		4		0.000	0.000	0.0
Folate, total	mcg	0		0		4		0	0	0
Folic acid		0		0	Z	7		0	0	0
Folate, food	mcg	0		0	Z	7		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	0.0
Vitamin A, IU		0		0		4		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	15.69	0.395	6	A	1		2.12	33.90	0.7
Tocopherol, beta		0.46	0.036		A	1		0.06	0.99	0.0
Tocopherol, gamma	mg	15.91	0.749	6	A	1		2.15	34.35	0.7
Tocopherol, delta	mg	1.37	0.166	6	A	1		0.18	2.95	0.0
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.7		1	A	1		0.1	1.6	0.0
Lipids:										
Fatty acids, total saturated	q	16.900)	0		1		2.282	36.504	0.7
4:0		0.000		0		1		0.000	0.000	0.0
6:0		0.000		0		1		0.000	0.000	0.0
8:0		0.000		0		1		0.000	0.000	0.0
10:0	-	0.000		0		1		0.000	0.000	0.0
12:0		0.000		0		1		0.000	0.000	0.0
13:0										
14:0		0.100	0.092	4		1		0.014	0.216	0.0
15:0	-			=		-		3.42.	0.220	
16:0	•	9.500	0.233	15		1		1.283	20.520	0.4
17:0	•	2.200				-				
18:0	-	2.200	0.165	15		1		0.297	4.752	0.0
20:0		1.400		0		1		0.189	3.024	0.0
22:0		2.800		0		1		0.378	6.048	0.1
24:0		0.900		0		1		0.122	1.944	0.0

	<u>Aı</u>	mount in 100 gr		lible portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean		nber Data Deri Ints Code		Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	46.200		0	1		6.237	99.792	2.079	
15:1	0.100	0.072	4	1		0.014	0.216	0.005	
17:1	44 .800		15 14	1 1		6.048	96.768	2.016 0.059	
20:1	0.000		0	1		0.176 0.000	2.808 0.000	0.000	
Fatty acids, total polyunsaturated	32.000 32.000		0 15	1 1		4.320 4.320	69.120 69.120	1.440 1.440	
18:3 undifferentiated	0.000		0	1 1		0.000	0.000	0.000	
20:2 n-6 c,c									
20:4 undifferentiated	0.000 0.000		0	1 1		0.000 0.000	0.000 0.000	0.000 0.000	
22:5 n-3g 22:6 n-3g	0.000 0.000		0	1 1		0.000 0.000	0.000 0.000	0.000 0.000	
Fatty acids, total trans	0 207	43.078	0	4 1		0	0	0	
Phytosterolsmg Amino Acids:	207	43.078	8	1		28	447	9	
Tryptophang	0.000		0	4 4		0.000	0.000	0.000	
Threonine	0.000		0	4		0.000	0.000	0.000	
Leucine 9 Lysine 9 Methionine 9	0.000 0.000 0.000		0	4 4 4		0.000	0.000	0.000	
Cystine	0.000		0	4		0.000	0.000	0.000	
Tyrosine	0.000		0	4		0.000	0.000	0.000	
Arginine	0.000		0	4 4		0.000	0.000	0.000	
Alanine	0.000 0.000		0	4 4		0.000 0.000	0.000 0.000	0.000 0.000	
Glutamic acid	0.000 0.000		0	4 4		0.000 0.000	0.000 0.000	0.000 0.000	
Proline	0.000 0.000		0	4 4		0.000 0.000	0.000 0.000	0.000 0.000	
Hydroxyprolineg Others:									
Alcohol, ethyl	0.0		0 z 0 z	7 7		0.0	0.0	0.0	
Theobrominemg Carotenoids:	0		0 z	7		0	0	0	
Carotene, betamcg	0		0 z	7		0.000	0.000	0.000	
Carotene, alphamcg Cryptoxanthin, betamcg	0 0 0		0 z 0 z 0 z	7 7 7		0.000	0.000	0.000	
Lycopenemcg Lutein + zeaxanthinmcg	0		0 z 0 z	7		0.000 0.000	0.000 0.000	0.000 0.000	

Common Measures:

Measure 1 = 13.5g: 1 tablespoon

Measure 2 = 216g: 1 cup Measure 3 = 4.5g: 1 tsp

Oil, peanut, salad or cooking

Calories Factors: Protein Fat 8.84 Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u> :	mount in 100) grams	of edil	ole portio	<u>on</u>		edible portion	
			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	g	0.00		0		1		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		120	1927	40
Energy	kj	3699		0		4		503	8063	166
Protein (N x 0)	g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		0		1		13.60	218.00	4.50
Ash		0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	ma	0		0		4		0	0	0
Iron. Fe.	-	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	0		0		4		0.00	0	0.00
Phosphorus, P		0		0		4		0	0	0
Potassium, K	-	0		0		4		0	0	0
Sodium, Na	-	0		0		4		0	0	0
Zinc, Zn	-	0.00		0		4		0.00	0.00	0.00
Copper, Cu		0.000)	0		4		0.000	0.000	0.00
Manganese, Mn										
Selenium, Se		0.0		0	z	7		0.0	0.0	0.0
Vitamina										
Vitamins:				0				0.0		
Vitamin C, total ascorbic acid	-	0.0				4		0.0	0.0	0.0
Thiamin	-	0.000		0		4		0.000	0.000	0.00
Riboflavin		0.000		0		_		0.000	0.000	0.00
Niacin	-	0.000		0		4 4		0.000 0.000	0.000	0.00
Pantothenic acid		0.000		0		4		0.000	0.000 0.000	0.00
Vitamin B-6		0.000	,	0	z	7		0.000	0.000	0.000
Foliate, total		0		0	Z	7		0	0	0
Folic acid		0		0	Z	7		0	0	0
Folate, foodFolate, DFE		0		0	NC	4		0	0	0
Vitamin B-12		0.00		0	NC	4		0.00	0.00	0.00
Vitamin B-12 Vitamin A, IU		0.00		0	AS	1		0.00	0.00	0.00
Vitamin A, RAE	mca PAF	0		0	NC	4		0	0	0
Retinol		0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)		1.40	0.09		4	1		0.19	3.05	0.06
Tocopherol, beta		1.40	0.03	, ,		-		0.13	3.03	0.00
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)		13.6	2.62	1 7	A	1		1.8	29.6	0.6
<u>Lipids:</u>				_		_				
Fatty acids, total saturated		14.200		0		1		1.931	30.956	0.63
4:0		0.000		0		1		0.000	0.000	0.00
6:0	-	0.000		0		1		0.000	0.000	0.00
8:0		0.000		0		1		0.000	0.000	0.00
10:0	-	0.000		0		1		0.000	0.000	0.00
12:0		0.000	,	0		1		0.000	0.000	0.00
13:0		0 000	,	^		4		0.000	2 222	0.00
14:0		0.000	,	0		1		0.000	0.000	0.00
15:0		0.000		0 07				1 010	10 400	0.10
16:0	-	8.900	0.37	8 37		1		1.210	19.402	0.40
17:0		4 000		0 27		1		0.653	10 464	0.01
18:0		4.800	, 0.22	0 37		1		0.653	10.464	0.21
20:0	-									
22:0	y									

	<u>Ar</u>	nount in 100 g	rams of e	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean		Data De		Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	39.700		0	1		5.399	86.546	1.787
14:1g								
15:1g	0.000	0.005	20			0.007	0.426	0.000
16:1 undifferentiatedg	0.200	0.035	32	1		0.027	0.436	0.009
17:1	39.300	0.659	38	1		F 24F	05 674	1.769
18:1 undifferentiated	0.200	0.639	11	1		5.345 0.027	85.674	0.009
20:1	0.200	0.047	0	1		0.027	0.436 0.000	0.009
22:1 undifferentiatedg	0.000		U	1		0.000	0.000	0.000
24:1 c	41.700		0	1		5.671	90.906	1.877
Fatty acids, total polyunsaturated	41.700	0.677	38	1		5.617	90.906	1.859
18:2 undifferentiated	0.300	0.058	23	1		0.041	0.654	0.014
18:3 undifferentiated	0.000	0.056	0	1		0.041	0.654	0.014
20:2 n-6 c.c	0.000		U	_		0.000	0.000	0.000
20:3 undifferentiatedg								
20:4 undifferentiated	0.000		0	1		0.000	0.000	0.000
20:5 n-3g	0.000		0	1		0.000	0.000	0.000
20.5 n-3g	0.000		0	1		0.000	0.000	0.000
22:5 n-3g 22:6 n-3g	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans	0.000		Ü	-		0.000	0.000	0.000
Cholesterolg	0		0	4		0	0	0
Phytosterolsmg	865		0	1		118	1886	39
1 hytosterois	003		·	-		110	1000	33
Amino Acids:								
Tryptophang	0.000		0	4		0.000	0.000	0.000
Threonineg	0.000		0	4		0.000	0.000	0.000
Isoleucineg	0.000		0	4		0.000	0.000	0.000
Leucineg	0.000		0	4		0.000	0.000	0.000
Lysineg	0.000		0	4		0.000	0.000	0.000
Methionineg	0.000		0	4		0.000	0.000	0.000
Cystineg	0.000		0	4		0.000	0.000	0.000
Phenylalanineg	0.000		0	4		0.000	0.000	0.000
Tyrosineg	0.000		0	4		0.000	0.000	0.000
Valineg	0.000		0	4		0.000	0.000	0.000
Arginineg	0.000		0	4		0.000	0.000	0.000
Histidine	0.000		0	4		0.000	0.000	0.000
Alanineg	0.000		0	4		0.000	0.000	0.000
Aspartic acidg	0.000		0	4		0.000	0.000	0.000
Glutamic acidg	0.000		0	4		0.000	0.000	0.000
Glycineg	0.000		0	4		0.000	0.000	0.000
Prolineg	0.000		0	4		0.000	0.000	0.000
Serineg	0.000		0	4		0.000	0.000	0.000
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0		0	z 7		0.0	0.0	0.0
Caffeine mg	0		0	z 7		0	0	0
Theobromine mg	0		0	z 7		0	0	0
Carotenoids:								
Carotene, betamcg	0		0	z 7		0.000	0.000	0.000
Carotene, alphamcg	0			z 7		0.000	0.000	0.000
Cryptoxanthin, betamcg	0			z 7		0.000	0.000	0.000
Lycopene mcg	0			z 7		0.000	0.000	0.000

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup Measure 3 = 4.5g: 1 tsp

Oil, sesame, salad or cooking

Calories Factors: Protein Fat 8.84 Carbohydrate

Food Group: 04 Fats and Oils

Refuse: 0%

		<u>A</u> i	mount in 100) grams	of edil	ole portio	<u>on</u>		edible portion	
			ı	Number	•			<u>m</u>	easures of food	<u> </u>
				of Data		Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	0.00		0		1		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		120	1927	40
Energy	kj	3699				4		503	8063	166
Protein (N x 0)	g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		0		1		13.60	218.00	4.50
Ash	g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	-	0	0.02			1		0	0	0
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.02	0.00			1		0.00	0.04	0.00
Magnesium, Mg		0	0.02			1		0	0	0
Phosphorus, P		0	0.05	5 10 0		1		0 0	1 0	0
Potassium, K		0		1		4 1		0	0	0
Sodium, NaZinc, Zn	-	0.00		1		1		0.00	0.00	0.00
Copper, Cu	_	0.000	1	0		4		0.000	0.000	0.00
Manganese, Mn		0.000	,	·		-		0.000	0.000	0.00
Selenium, Se		0.0		0	z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin		0.000)	0		4		0.000	0.000	0.00
Riboflavin		0.000)	0		4		0.000	0.000	0.00
Niacin	<u>mg</u>	0.000)	0		4		0.000	0.000	0.00
Pantothenic acid	mg	0.000)	0		4		0.000	0.000	0.00
Vitamin B-6	mg	0.000)	0		4		0.000	0.000	0.00
Folate, total	mcg	0		0	Z	7		0	0	0
Folic acid		0		0	Z	7		0	0	0
Folate, food		0		0	Z	7		0	0	0
Folate, DFE		0		0	NC	4		0	0	0
Vitamin B-12		0.00		0		4		0.00	0.00	0.00
Vitamin A, IU		0		0	AS	1		0	0	0
Vitamin A, RAE		0		0	NC Z	4 7		0 0	0	0
Vitamin E (alpha-tocopherol)		9.21	1.78		JA	6		1.25	0 20.09	0.41
Tocopherol, beta	 ma	9.21	1.70	, 80	JA	0		1.25	20.09	0.41
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		197.6	18.98	8 35	A	1		26.9	430.7	8.9
Lipids:										
Fatty acids, total saturated	g	14.400)	0		1		1.958	31.392	0.64
4:0	g	0.000)	0		1		0.000	0.000	0.00
6:0	g	0.000)	0		1		0.000	0.000	0.00
8:0	-	0.000		0		1		0.000	0.000	0.00
10:0	-	0.000		0		1		0.000	0.000	0.00
12:0		0.000	0.03	8 11		1		0.000	0.000	0.00
13:0				_						
14:0		0.100	0.01	7 27		1		0.014	0.218	0.00
15:0						_				=
16:0	-	10.300	0.13	9 68		1		1.401	22.454	0.4
17:0		2 000		2 60		4		A	0.001	
18:0		3.800	0.06	3 68		1		0.517	8.284	0.1
20:0	-									
22:0 24:0	-									

	<u>A</u>	mount in 100 g	grams umber	of edil	ole portio	<u>on</u>		edible portion of easures of food	of common
Nutrients and Units	Mean		Data		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated)	0		1		3.169	50.794	1.049
14:1	-								
15:1	-				_				
16:1 undifferentiated	-	0.045	29		1		0.027	0.436	0.009
17:1	-	0.292	70		1		2 101	40.704	1.026
18:1 undifferentiated	-		18		1		3.101 0.027	49.704 0.436	0.009
20:1 22:1 undifferentiated.			0		1		0.027	0.436	0.009
	•	•	U		1		0.000	0.000	0.000
24:1 cFatty acids, total polyunsaturated		1	0		1		7.874	126.222	2.606
18:2 undifferentiated	0		70		1		6.936	111.180	2.295
18:3 undifferentiated	0		66		1		0.935	14.824	0.306
18:4			0		1		0.923	0.000	0.000
20:2 n-6 c.c.	0	•	Ū		-		0.000	0.000	0.000
20:3 undifferentiated									
20:4 undifferentiated	-)	0		1		0.000	0.000	0.000
20:5 n-3	0		0		1		0.000	0.000	0.000
22:5 n-3	-		0		1		0.000	0.000	0.000
22:6 n-3	_		0		1		0.000	0.000	0.000
Fatty acids, total trans			-		_		0.000	0.000	
Cholesterol			0		4		0	0	0
Phytosterols	5	33.841	14		1		34	545	11
1 117 00 50 10 10							0.1	0.10	
Amino Acids:									
Tryptophan			0		4		0.000	0.000	0.000
Threonine	-		0		4		0.000	0.000	0.000
Isoleucine	-		0		4		0.000	0.000	0.000
Leucine			0		4		0.000	0.000	0.000
Lysine			0		4		0.000	0.000	0.000
Methionine			0		4		0.000	0.000	0.000
Cystine	-		0		4		0.000	0.000	0.000
Phenylalanine			0		4		0.000	0.000	0.000
Tyrosine	-		0		4		0.000	0.000	0.000
Valine	-		0		4		0.000	0.000	0.000
Arginine			0		4		0.000	0.000	0.000
Histidine	-		0		4		0.000	0.000	0.000
Alanine			0		4		0.000	0.000	0.000
Aspartic acid			0		4		0.000	0.000	0.000
Glutamic acid	=		0		4		0.000	0.000	0.000
Glycine			0		4		0.000	0.000	0.000
Proline			0		4		0.000	0.000	0.000
Serine		1	0		4		0.000	0.000	0.000
Hydroxyproline	9								
Others:							_		
Alcohol, ethyl			0	Z	7		0.0	0.0	0.0
Caffeine			0	Z	7		0	0	0
Theobromine	mg 0		0	Z	7		0	0	0
<u>Carotenoids:</u>									
Carotene, beta	mcg 0		0	z	7		0.000	0.000	0.000
Carotene, alpha			0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta			0	z	7		0.000	0.000	0.000
Lycopene			0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin			0	Z	7		0.000	0.000	0.000

Common Measures:

Measure 1 = 13.6g: 1 tbsp Measure 2 = 218g: 1 cup Measure 3 = 4.5g: 1 tsp

Oil, soybean, salad or cooking

Calories Factors: Protein Fat 8.84 Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u> :	mount in 100) grams	of edib	le portio	<u>n</u>		edible portion	
			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	a	0.00		0		1		0.00	0.00	0.00
Energy	_	884		0	NC	4		120	40	1927
Energy		3699		0	1.0	4		503	166	8063
Protein (N x 0)		0.00		0		1		0.00	0.00	0.00
Total lipid (fat)		100.00		0		1		13.60	4.50	218.00
Ash		0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference		0.00		0		1		0.00	0.00	0.00
Fiber, total dietary		0.0		0		4		0.0	0.0	0.0
Sugars, total		0.00		0	z	7		0.00	0.00	0.00
Starch		0.00		·	_	•		0.00	0.00	0.00
Starcii	9									
<u>Minerals:</u>										
Calcium, Ca		0		0		4		0	0	0
Iron, Fe	-	0.00		0		4		0.00	0.00	0.0
Magnesium, Mg		0		0		4		0	0	0
Phosphorus, P		0		0		4		0	0	0
Potassium, K		0		0		4		0	0	0
Sodium, Na	-	0		0		4		0	0	0
Zinc, Zn	-	0.00		0		4		0.00	0.00	0.0
Copper, Cu		0.000)	0		4		0.000	0.000	0.0
Manganese, Mn										
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
/itamins:										
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0	0.0	0.0
Thiamin	-	0.000)	0		4		0.000	0.000	0.0
Riboflavin		0.000		0		4		0.000	0.000	0.0
Niacin		0.000		0		4		0.000	0.000	0.0
Pantothenic acid		0.000		0		4		0.000	0.000	0.0
Vitamin B-6	-	0.000		0		4		0.000	0.000	0.0
Folate, total	_	0		0	z	7		0	0	0
Folic acid		0		0	z	7		0	0	0
Folate, food		0		0	z	7		0	0	0
Folate, DFE		0		0	NC	4		0	0	0
Vitamin B-12		0.00		0		4		0.00	0.00	0.0
Vitamin A, IU		0		0	AS	1		0	0	0
Vitamin A, RAE		0		0	NC	4		0	0	0
Retinol		0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)		8.10		0		1		1.10	0.36	17.6
Tocopherol, beta	_									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D.										
Vitamin K (phylloquinone)		24.7	5.83	1 69	JO	11		3.4	1.1	53.9
<u> ipids:</u>										
Fatty acids, total saturated	-	14.900		0		1		2.026	0.671	32.4
4:0		0.000		0		1		0.000	0.000	0.0
6:0	-	0.000		0		1		0.000	0.000	0.0
8:0	-	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	-	0.10		0 10						• -
14:0	_	0.100	0.03	0 13		1		0.014	0.005	0.2
15:0	-					_				
16:0		9.800	0.17	1 40		1		1.333	0.441	21.3
17:0						_				
18:0		5.000	0.35	2 40		1		0.680	0.225	10.9
20:0	-									
22:0	a									

		<u>Ar</u>	nount in 100 g			ole portic	<u>on</u>		edible portion	
			Nu	mber				<u>m</u>	easures of food	
					Deriv	Source	Confidence			
Nutrients and	Units	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsature	atedg	43.000		0		1		5.848	1.935	93.740
14:1 15:1	=									
16:1 undifferentiated	g	0.400	0.143	8		1		0.054	0.018	0.872
17:1 18:1 undifferentiated	-	42.500	0.645	43		1		5.780	1.913	92.650
20:1	g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated	g	0.000		0		1		0.000	0.000	0.000
24:1 c				_						
Fatty acids, total polyunsatural		37.600		0		1		5.114	1.692	81.968
18:2 undifferentiated		34.900	0.704	43		1		4.746	1.571	76.082
18:3 undifferentiated		2.600	0.158	39		1		0.354	0.117	5.668
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		4		0	0	0
Phytosterols	mg	132		0		1		18	6	288
Amino Acids:										
Tryptophan	g	0.000		0		4		0.000	0.000	0.000
Threonine		0.000		0		4		0.000	0.000	0.000
Isoleucine	_	0.000		0		4		0.000	0.000	0.000
Leucine	g	0.000		0		4		0.000	0.000	0.000
Lysine		0.000		0		4		0.000	0.000	0.000
Methionine		0.000		0		4		0.000	0.000	0.000
Cystine		0.000		0		4		0.000	0.000	0.000
Phenylalanine	_	0.000		0		4		0.000	0.000	0.000
Tyrosine		0.000		0		4		0.000	0.000	0.000
Valine	_	0.000		0		4		0.000	0.000	0.000
Arginine	g	0.000		0		4		0.000	0.000	0.000
Histidine		0.000		0		4		0.000	0.000	0.000
Alanine	g	0.000		0		4		0.000	0.000	0.000
Aspartic acid	g	0.000		0		4		0.000	0.000	0.000
Glutamic acid		0.000		0		4		0.000	0.000	0.000
Glycine	g	0.000		0		4		0.000	0.000	0.000
Proline	g	0.000		0		4		0.000	0.000	0.000
Serine		0.000		0		4		0.000	0.000	0.000
Hydroxyproline										
Others										
Others:	0	0.0		0	z	7		0.0	0.0	0.0
Alcohol, ethyl		0.0		0	Z	7		0.0	0.0	0.0
Theobromine	-	0		0	Z	7		0	0	0
		U		J	4	,		U	U	U
Carotenoids:		_		_	_	_				
Carotene, beta		0		0	z	7		0.000	0.000	0.000
Carotene, alpha		0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000	0.000
Lycopene		0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin	riicg	0		0	Z	7		0.000	0.000	0.000

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 4.5g: 1 tsp Measure 3 = 218g: 1 cup

Oil, soybean, salad or cooking, (hydrogenated)

Calories Factors: Protein Fat 8.84 Carbohydrate

Food Group: 04 Fats and Oils

NDB No. 04543 Oil, soybean, salad or cooking, (hydrogenated) and cottonseed

Refuse: 0%

		<u>A</u>	mount in 100	<u>grams</u>	of ean	ole portio	<u>on</u>		edible portion	
			I	Number	•			<u>m</u>	easures of food	
				of Data		Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	0.00		0		1		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		120	1927	40
Energy	kj	3699		0		4		503	8063	166
Protein (N x 0)	g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		0		1		13.60	218.00	4.50
Ash	g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	-	0		0		4		0	0	0
Iron, Fe	-	0.00		0 0		4		0.00 0	0.00	0.0
Magnesium, Mg Phosphorus, P		0		0		4		0	0	0
Potassium, K		0		0		4		0	0	0
Sodium, Na		0		0		4		0	0	0
Zinc, Zn		0.00		0		4		0.00	0.00	0.0
Copper, Cu		0.000)	0		4		0.000	0.000	0.0
Manganese, Mn						-				
Selenium, Se		0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000)	0		4		0.000	0.000	0.0
Riboflavin		0.000)	0		4		0.000	0.000	0.0
Niacin		0.000		0		4		0.000	0.000	0.0
Pantothenic acid		0.000		0		4		0.000	0.000	0.0
Vitamin B-6	_	0.000)	0		4		0.000	0.000	0.0
Folate, total		0		0	Z	7		0	0	0
Folic acid		0		0	Z	7		0	0	0
Folate, food	IIICG	0		0	Z	7		0 0	0	0
Folate, DFE		0.00		0	NC	4 4		0.00	0 0.00	0
Vitamin B-12 Vitamin A, IU		0.00		0		4		0.00	0.00	0.0
Vitamin A, RAE		0		0	NC	4		0	0	0
Retinol		0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)		12.10		0		4		1.65	26.38	0.5
Tocopherol, beta	ma			·		-		2.00	20.00	0.0
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	24.7	5.83	1 69	JO	11		3.4	53.9	1.1
Lipids:				_						_
Fatty acids, total saturated		18.000		0		1		2.448	39.240	0.8
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		0.300	0.05	9 8		1		0.041	0.654	0.0
14:0 15:0		0.300	, 0.05	ه د.		_		0.041	U.654	0.0
16:0		14.000	0.64	4 11		1		1.904	30.520	0.6
17:0		14.000	. 0.04			-		1.504	50.520	0.6
18:0		3.700	0.26	2 11		1		0.503	8.066	0.1
20:0						-		2.000	0.000	··-
22:0	_									
24:0	_									

		<u>Ar</u>	nount in 100 g		of edil	ole portio	<u>on</u>		edible portion o	
Nutrients and U	Inits	Mean			Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
		00.500		•						
Fatty acids, total monounsaturate		29.500		0		1		4.012	64.310	1.328
15:1	-			_		_				
16:1 undifferentiated	_	0.200	0.046	7		1		0.027	0.436	0.009
17:1 18:1 undifferentiated	-	29.300	1.206	16		1		3.985	63.874	1.319
20:1	_	0.000	1.200	0		1		0.000	0.000	0.000
22:1 undifferentiated	-	0.000		0		1		0.000	0.000	0.000
24:1 c	•	0.000		•		-		0.000	0.000	0.000
Fatty acids, total polyunsaturated		48.100		0		1		6.542	104.858	2.165
18:2 undifferentiated		45.300	0.888	16		1		6.161	98.754	2.039
18:3 undifferentiated		2.800	0.398	16		1		0.381	6.104	0.126
18:4	_	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0		1		0.000	0.000	0.000
20:5 n-3	g	0.000		0		1		0.000	0.000	0.000
22:5 n-3	g	0.000		0		1		0.000	0.000	0.000
22:6 n-3	g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans	g									
Cholesterol	mg	0		0		4		0	0	0
Phytosterols	mg	152		0		4		21	331	7
Amino Acids:										
Tryptophan	а	0.000		0		4		0.000	0.000	0.000
Threonine		0.000		0		4		0.000	0.000	0.000
Isoleucine	-	0.000		0		4		0.000	0.000	0.000
Leucine		0.000		0		4		0.000	0.000	0.000
Lysine		0.000		0		4		0.000	0.000	0.000
Methionine		0.000		0		4		0.000	0.000	0.000
Cystine		0.000		0		4		0.000	0.000	0.000
Phenylalanine	-	0.000		0		4		0.000	0.000	0.000
Tyrosine		0.000		0		4		0.000	0.000	0.000
Valine		0.000		0		4		0.000	0.000	0.000
Arginine	g	0.000		0		4		0.000	0.000	0.000
Histidine	g	0.000		0		4		0.000	0.000	0.000
Alanine	g	0.000		0		4		0.000	0.000	0.000
Aspartic acid	g	0.000		0		4		0.000	0.000	0.000
Glutamic acid	g	0.000		0		4		0.000	0.000	0.000
Glycine	g	0.000		0		4		0.000	0.000	0.000
Proline	g	0.000		0		4		0.000	0.000	0.000
Serine	g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline	g									
Others:										
Alcohol, ethyl	а	0.0		0	z	7		0.0	0.0	0.0
Caffeine		0		0	z	7		0	0	0
Theobromine	-	0		0	z	7		0	0	0
Carotenoids:	······································									
Carotene, beta	mca	0		0	z	7		0.000	0.000	0.000
Carotene, alpha		0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000	0.000
Lycopene		0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin		0		0	z	7		0.000	0.000	0.000

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup Measure 3 = 4.5g: 1 tsp

Oil, soybean, salad or cooking, (hydrogenated) and cottonseed

Calories Factors: Protein Fat 8.84 Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u> :	mount in 10	0 grams	of edib	le portio	<u>on</u>		edible portion	
				Number				<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		120	1927	40
Energy	kj	3699		0		4		503	8063	166
Protein (N x 0)	g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		0		1		13.60	218.00	4.50
Ash		0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch	g									
Minerals:										
Vilnerals: Calcium. Ca	ma	0		0		4		0	0	0
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg	-	0.00		0		4		0.00	0.00	0.00
Phosphorus, P		0		0		4		0	0	0
Potassium, K	-	0		0		4		0	0	0
Sodium, Na		0		0		4		0	0	0
Zinc, Zn	-	0.00		0		4		0.00	0.00	0.00
Copper, Cu		0.000)	0		4		0.000	0.000	0.00
Manganese, Mn										
Selenium, Se		0.0		0	z	7		0.0	0.0	0.0
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.0		0		4		0.0	0.0	0.0
Thiamin		0.000		0		4		0.000	0.000	0.00
Riboflavin		0.000		0		4		0.000	0.000	0.00
Niacin	-	0.000		0		4		0.000	0.000	0.00
Pantothenic acid		0.000		0		4		0.000	0.000	0.00
Vitamin B-6		0.000)	0		4		0.000	0.000	0.00
Folate, total		0		0		4		0	0	0
Folic acid		0		0	BFZN	4		0	0	0
Folate, food		0		0	z	7		0	0	0
Folate, DFE		-		0	NC	4		0	0	0
Vitamin B-12		0.00		0		4		0.00	0.00	0.00
Vitamin A, IU	IU	0		-	***	4		0	0	0
Vitamin A, RAE		0		0 0	NC	4 4		0	0	
Retinol			6.30		BFZN	1		4.64	0	0 1.53
Vitamin E (alpha-tocopherol)		34.10	6.30	00 3		1		4.64	74.34	1.53
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D	 II I									
Vitamin K (phylloquinone)		7.1	1.80	03 8	A	1		1.0	15.4	0.3
<u>Lipids:</u>										
Fatty acids, total saturated		6.203		0	MA	12		0.844	13.523	0.27
4:0	-	0.000		0	MA	12		0.000	0.000	0.00
6:0	-	0.000		0	MA	12		0.000	0.000	0.00
8:0		0.000		0	MA	12		0.000	0.000	0.00
10:0	-	0.000		0	MA	12		0.000	0.000	0.00
12:0		0.000	,	0	MA	12		0.000	0.000	0.00
13:0		0 000	,	^	143	10		0.000	0.000	0.00
14:0		0.000	,	0	MA	12		0.000	0.000	0.00
15:0		4 000	,	^		10		0 500	0.040	2 - 2
16:0		4.288	•	0	MA	12		0.583	9.348	0.19
17:0		1 015		0	MA	12		0.060	A 175	0.00
18:0		1.915	,	U	MA	12		0.260	4.175	0.08
20:0	-									
22:0	y									

		<u>Aı</u>	mount in 10			ole portio	<u>on</u>		edible portion	
				Number				m	easures of food	•
				of Data			Confidence			
Nutrients and I	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturat	edg	14.355		0	MA	12		1.952	31.294	0.646
14:1 15:1	-									
16:1 undifferentiated	g	0.000		0	MA	12		0.000	0.000	0.000
17:1 18:1 undifferentiated	-	14.355		0	MA	12		1.952	31.294	0.646
20:1	-	0.000		0	MA	12		0.000	0.000	0.000
22:1 undifferentiated		0.000		0	MA	12		0.000	0.000	0.000
24:1 c	-									
Fatty acids, total polyunsaturate		74.623		0	MA	12		10.149	162.678	3.358
18:2 undifferentiated	g	74.623		0	MA	12		10.149	162.678	3.358
18:3 undifferentiated	g	0.000		0	MA	12		0.000	0.000	0.000
18:4	g	0.000		0	MA	12		0.000	0.000	0.000
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0	MA	12		0.000	0.000	0.000
20:5 n-3	g	0.000		0	MA	12		0.000	0.000	0.000
22:5 n-3	g	0.000		0	MA	12		0.000	0.000	0.000
22:6 n-3	g	0.000		0	MA	12		0.000	0.000	0.000
Fatty acids, total trans	g									
Cholesterol	mg	0		0		4		0	0	0
Phytosterols	mg	444		0		1		60	968	20
Amino Asida										
Amino Acids:	σ.	0.000		0		4		0.000	0.000	0.000
Tryptophan		0.000		0		4		0.000	0.000	0.000
Threonine Isoleucine	-	0.000		0		4		0.000	0.000	0.000
Leucine	-	0.000		0		4		0.000	0.000	0.000
Lysine		0.000		0		4		0.000	0.000	0.000
Methionine		0.000		0		4		0.000	0.000	0.000
Cystine		0.000		0		4		0.000	0.000	0.000
Phenylalanine	-	0.000		0		4		0.000	0.000	0.000
Tyrosine		0.000		0		4		0.000	0.000	0.000
Valine	-	0.000		0		4		0.000	0.000	0.000
Arginine	-	0.000		0		4		0.000	0.000	0.000
Histidine		0.000		0		4		0.000	0.000	0.000
Alanine	-	0.000		0		4		0.000	0.000	0.000
Aspartic acid		0.000		0		4		0.000	0.000	0.000
Glutamic acid		0.000		0		4		0.000	0.000	0.000
Glycine	-	0.000		0		4		0.000	0.000	0.000
Proline		0.000		0		4		0.000	0.000	0.000
Serine		0.000		0		4		0.000	0.000	0.000
Hydroxyproline		0.000		•		-		0.000	0.000	0.000
	g									
Others:	a	0.0		0	ייסט פ	4		0.0	0 0	0.0
Alcohol, ethyl		0.0		0 0	BFZN BFZN	4 4		0.0	0.0	0.0
Caffeine		0		0	BFZN	4		0	0 0	0 0
Theobromine		U		U	DE 4N	4		U	U	U
Carotenoids:	mea	0		0	יניסק	4		0.000	0.000	0.000
Carotene, beta		0		0	BFZN BFZN	4		0.000	0.000	0.000
Carotene, alpha		0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta		0		0	BFZN	4		0.000	0.000	0.000
	11104	U		U	עום פיב			0.000	0.000	0.000

Common Measures:

Measure 1 = 13.6g: 1 cup

Measure 2 = 218g: 1 tbsp

Measure 3 = 4.5g: 1 1tsp

Oil, vegetable safflower, salad or cooking, linoleic, (over 70%)

Calories Factors: Protein Fat 8.84 Carbohydrate

Food Group: 04 Fats and Oils

NDB No. 04511
Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)

Refuse: 0%

		<u>Aı</u>	mount in 10	<u>0 grams</u>	of edib	le portic	<u>on</u>		edible portion	
				Number				<u>m</u>	easures of food	_
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	=	0.00		0		1		0.00	0.00	0.00
Energy		884		0	NC	4		120	1927	40
Energy		3699		0		4		503	8063	166
Protein (N x 0)		0.00		0		1		0.00	0.00	0.00
Total lipid (fat)		100.00		0		1		13.60	218.00	4.50
Ash		0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference		0.00		0		1		0.00	0.00	0.00
Fiber, total dietary		0.0		0		4		0.0	0.0	0.0
Sugars, total		0.00		0	BFZN	4		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	0
Iron, Fe	mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg	mg	0		0		4		0	0	0
Phosphorus, P	mg	0		0		4		0	0	0
Potassium, K	mg	0		0		4		0	0	0
Sodium, Na	mg	0		0		4		0	0	0
Zinc, Zn		0.00		0		4		0.00	0.00	0.00
Copper, Cu		0.000		0	BFZN	4		0.000	0.000	0.00
Manganese, Mn		0.000		0	BFZN	4		0.000	0.000	0.00
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin		0.000	ı	0		4		0.000	0.000	0.00
Riboflavin	-	0.000	ı	0		4		0.000	0.000	0.00
Niacin		0.000	ı	0		4		0.000	0.000	0.00
Pantothenic acid	mg	0.000	ı	0		4		0.000	0.000	0.00
Vitamin B-6	mg	0.000	ı	0		4		0.000	0.000	0.00
Folate, total	mcg	0		0		4		0	0	0
Folic acid		0		0	BFZN	4		0	0	0
Folate, food	mcg	0		0		4		0	0	0
Folate, DFE		0		0	NC	4		0	0	0
Vitamin B-12		0.00		0		4		0.00	0.00	0.00
Vitamin A, IU		0		0		4		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol		0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	34.10		0		4		4.64	74.34	1.53
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		- 1		•				1.0	4- 4	
Vitamin K (phylloquinone)	mcg	7.1		0	BFZN	4		1.0	15.4	0.3
<u>Lipids:</u>										
Fatty acids, total saturated	g	6.203	1	0	MA	12		0.844	13.523	0.27
4:0		0.000	1	0	MA	12		0.000	0.000	0.00
6:0	g	0.000	1	0	MA	12		0.000	0.000	0.00
8:0	g	0.000	1	0	MA	12		0.000	0.000	0.00
10:0	g	0.000	1	0	MA	12		0.000	0.000	0.00
12:0	g	0.000	1	0	MA	12		0.000	0.000	0.00
13:0	g									
14:0	g	0.000	ı	0	MA	12		0.000	0.000	0.00
15:0	g									
16:0	α .	4.288		0	MA	12		0.583	9.348	0.19

NDB No. 04511
Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)

		<u>Aı</u>	mount in 10	<u>0 grams</u>	of edil	ole portio	<u>n</u>	Amount in	edible portion	of common
				Number	,			me	easures of food	
						Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
18:0	а	1.915		0	MA	12		0.260	4.175	0.08
20:0 22:0.	g									
24:0	-									
Fatty acids, total monounsaturated		74.646		0	MA	12		10.152	162.728	3.35
14:1 15:1	-									
16:1 undifferentiated	-	0.000		0	MA	12		0.000	0.000	0.00
17:1										
18:1 undifferentiated	-	74.646		0	MA	12		10.152	162.728	3.35
20:1	-	0.000		0	MA	12		0.000	0.000	0.00
22:1 undifferentiated 24:1 c		0.000		0	MA	12		0.000	0.000	0.00
Fatty acids, total polyunsaturated		14.350		0	MA	12		1.952	31.283	0.64
18:2 undifferentiated	-	14.350		0	MA	12		1.952	31.283	0.64
18:3 undifferentiated		0.000		0	MA	12		0.000	0.000	0.00
18:4	g	0.000		0	MA	12		0.000	0.000	0.00
20:2 n-6 c,c	-									
20:3 undifferentiated	-	0.000		•		10				0.00
20:4 undifferentiated 20:5 n-3	-	0.000		0 0	MA MA	12 12		0.000 0.000	0.000	0.00
20.5 n-3		0.000		0	MA	12		0.000	0.000	0.00
22:6 n-3	-	0.000		0	MA	12		0.000	0.000	0.00
Fatty acids, total trans										
Cholesterol	mg	0		0		4		0	0	0
Phytosterols	mg	444		0		4		60	968	20
Amino Acids:										
Tryptophan		0.000		0		4		0.000	0.000	0.00
Threonine	-	0.000		0		4		0.000	0.000	0.00
Isoleucine		0.000		0 0		4 4		0.000	0.000	0.00
Leucine	-	0.000		0		4		0.000 0.000	0.000	0.00
Methionine		0.000		0		4		0.000	0.000	0.00
Cystine		0.000		0		4		0.000	0.000	0.00
Phenylalanine		0.000		0		4		0.000	0.000	0.00
Tyrosine	g	0.000		0		4		0.000	0.000	0.00
Valine		0.000		0		4		0.000	0.000	0.00
Arginine		0.000		0		4		0.000	0.000	0.00
HistidineAlanine		0.000		0		4		0.000	0.000 0.000	0.00
Aspartic acid	-	0.000		0		4		0.000	0.000	0.00
Glutamic acid		0.000		0		4		0.000	0.000	0.00
Glycine		0.000		0		4		0.000	0.000	0.00
Proline	g	0.000		0		4		0.000	0.000	0.00
Serine		0.000		0		4		0.000	0.000	0.00
Hydroxyproline	g									
Others:										
Alcohol, ethyl		0.0		0	z	7		0.0	0.0	0.0
Caffeine		0		0	BFZN	4		0	0	0
Theobromine	mg	0		0	BFZN	4		0	0	0
Carotenoids:										
Carotene, beta		0		0	BFZN	4		0.000	0.000	0.000
Carotene, alpha		0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta		0		0 0	BFZN BFZN	4 4		0.000	0.000 0.000	0.000
Lycopene Lutein + zeaxanthin		0		0	BFZN	4		0.000	0.000	0.000

Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)

Mean

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

Std. Error Points Code

of Data Deriv Source Confidence

Code Code

Measure 1 Measure 2

Measure 3

food, or similar food.

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Nutrients and Units

Measure 2 = 218g: 1 cup Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein Fat 8.84 Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u>	mount in 100	0 grams	of edil	ole portio	<u>n</u>		edible portion	
			I	Number				<u>m</u>	easures of food	
				of Data		Source	Confidence			
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		0.00		0		1		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		120	1927	40
Energy	kj	3699		0		4		503	8063	166
Protein (N x 0)		0.00		0		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		0		1		13.60	218.00	4.50
Ash		0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference		0.00		0		1		0.00	0.00	0.00
Fiber, total dietary		0.0		0		4		0.0	0.0	0.0
Sugars, total		0.00		0	Z	7		0.00	0.00	0.00
Starch	9									
Minerals:										
Calcium, Ca	mq	0		0		4		0	0	0
Iron, Fe		0.00		ō		4		0.00	0.00	0.00
Magnesium, Mg		0		0		4		0	0	0
Phosphorus, P		0		0		4		0	0	0
Potassium, K	-	0		0		4		0	0	0
Sodium, Na		0		0		4		0	0	0
Zinc, Zn		0.00		0		4		0.00	0.00	0.00
Copper, Cu	mg	0.000)	0		4		0.000	0.000	0.000
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
	ma	0.0		0		4		0.0	0.0	0.0
Vitamin C, total ascorbic acid	-					4				0.0
Thiamin		0.000		0		4		0.000 0.000	0.000	
Riboflavin		0.000		0		4		0.000	0.000 0.000	0.000
Niacin Pantothenic acid	-	0.000		0		4		0.000	0.000	0.000
Vitamin B-6		0.000		0		4		0.000	0.000	0.000
	_	0.000	,	0	z	7		0.000	0.000	0.000
Folate, total		0		0	z	7		0	0	0
Folate, food		0		0	z	7		0	0	0
Folate, DFE	mcg DFF	0		0	NC	4		0	0	0
Vitamin B-12		0.00		0	NC	4		0.00	0.00	0.00
Vitamin A, IU		0.00		0	AS	1		0.00	0.00	0.00
Vitamin A, RAE		0		0	NC	4		0	0	0
Retinol		0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	_	39.20		0		1		5.33	85.46	1.76
Tocopherol, beta		33.20		·		-		3.33	03.40	1.70
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		7.0		0	T	4		1.0	15.3	0.3

<u>Lipids:</u>				_		_				
Fatty acids, total saturated		8.200		0		1		1.115	17.876	0.369
4:0		0.000		0		1		0.000	0.000	0.000
6:0	-	0.000		0		1		0.000	0.000	0.000
8:0	-	0.000		0		1 1		0.000	0.000	0.000
10:0	-	0.000		0		1		0.000 0.000	0.000 0.000	0.000
12:0 13:0	-	0.000	,	U		1		0.000	0.000	0.000
13:0	-	0.000	0.00	6 23		1		0.000	0 000	0.000
	-	0.000	, 0.00	·u 23		1		0.000	0.000	0.000
15:0		6.500	0.07	4 91		1		0.884	14.170	0.293
16:0 17:0		0.500	. 0.07	-z 31		-		0.004	14.1/0	0.29.
18:0		1.700	0.07	7 90		1		0.231	3.706	0.07
20:0		1.700	. 0.07	, 30		1		0.231	3.706	0.07
22:0	-									
44.U	y									

		<u>Ar</u>	nount in 10	0 grams	of edil	ole portio	<u>on</u>	Amount in	edible portion	of common
				Number					easures of food	
Nutrients and	d Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatu	rated Q	69.900		0		1		9.506	152.382	3.146
14:1										
15:1	g									
16:1 undifferentiated	g	0.600	0.02	5 89		1		0.082	1.308	0.027
17:1	-									
18:1 undifferentiated		69.400	0.42			1		9.438	151.292	3.123
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		17 400		•						0.700
Fatty acids, total polyunsatura		17.400	0.00	0		1 1		2.366	37.932	0.783
18:2 undifferentiated		17.400	0.39			1		2.366	37.932	0.783
18:3 undifferentiated	_	0.000		0		1		0.000	0.000	0.000
18:4 20:2 n-6 c.c		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
20:5 n-3	-	0.000		0		1		0.000	0.000	0.000
22:6 n-3	_	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans	_	0.000		·		-		0.000	0.000	0.000
Cholesterol		0		0		4		0	0	0
Phytosterols	_	266		0		4		36	580	12
1 II y to sterois									333	
Amino Acids:										
Tryptophan	g	0.000		0		4		0.000	0.000	0.000
Threonine	_	0.000		0		4		0.000	0.000	0.000
Isoleucine	_	0.000		0		4		0.000	0.000	0.000
Leucine		0.000		0		4		0.000	0.000	0.000
Lysine		0.000		0		4		0.000	0.000	0.000
Methionine		0.000		0		4		0.000	0.000	0.000
Cystine		0.000		0		4		0.000	0.000	0.000
Phenylalanine		0.000		0		4		0.000	0.000	0.000
Tyrosine	_	0.000		0		4		0.000	0.000	0.000
Valine	-	0.000		0		4		0.000	0.000	0.000
Arginine		0.000		0		4		0.000	0.000	0.000
Histidine	_	0.000		0		4		0.000	0.000	0.000
Alanine		0.000		0		4		0.000	0.000	0.000
Aspartic acid		0.000		0		4		0.000	0.000	0.000
Glutamic acid	_	0.000		0		4		0.000	0.000	0.000
Glycine		0.000		0		4		0.000	0.000	0.000
Proline		0.000		0		4		0.000	0.000	0.000
Serine		0.000		U		4		0.000	0.000	0.000
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine	mg	0		0	Z	7		0	0	0
Theobromine	mg	0		0	Z	7		0	0	0
Carotenoids:										
Carotene, beta	mca	0		0	z	7		0.000	0.000	0.000
Carotene, alpha		0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta		0		0	z	7		0.000	0.000	0.000
Lycopene		0		0	z	7		0.000	0.000	0.000
7 · · F	mcg	0		0	z	7		0.000	0.000	0.000

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup Measure 3 = 4.5g: 1 tsp NDB No. 04529 Oil, vegetable, almond

Calories Factors: Protein Fat 8.84 Carbohydrate

Food Group: 04 Fats and Oils

		Amount in 100 grams of edible portion					Amount in edible portion of common			
		Number					<u>m</u>	easures of food	ı	
			c	of Data	Deriv	Source	Confidence			
Nutrients and Units		Mean	Std. Error F	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	q	0.00		0		1		0.00	0.00	0.00
Energy	_	884		0	NC	4		120	1927	40
Energy		3699		0		4		503	8063	166
Protein (N x 0)		0.00		0		1		0.00	0.00	0.00
Total lipid (fat)		100.00		0		1		13.60	218.00	4.5
Ash		0.00		0		1		0.00	0.00	0.0
Carbohydrate, by difference		0.00		0		1		0.00	0.00	0.0
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.0
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	0
Iron, Fe	mg	0.00		0		4		0.00	0.00	0.0
Magnesium, Mg		0		0		4		0	0	0
Phosphorus, P	•	0		0		4		0	0	0
Potassium, K		0		0		4		0	0	0
Sodium, Na		0		0		4		0	0	0
Zinc, Zn		0.00		0		4		0.00	0.00	0.0
Copper, Cu										
Manganese, Mn		0.0		0	z	7		0.0	0.0	0.0
·	g	0.0		Ū		,		0.0	0.0	0.0
Vitamins:	ma	0.0		0		4		0.0	0.0	0.0
Vitamin C, total ascorbic acid Thiamin		0.00	1	0		4		0.000	0.00	0.0
Riboflavin		0.000		0		4		0.000	0.000	0.0
Niacin		0.000		0		4		0.000	0.000	0.0
Pantothenic acid	-	0.000		0		4		0.000	0.000	0.0
Vitamin B-6		0.000		0		4		0.000	0.000	0.0
Folate, total	-	0		0	Z	7		0	0	0
Folic acid		0		0	z	7		0	0	0
Folate, food	mcg	0		0	Z	7		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12		0.00		0		4		0.00	0.00	0.0
Vitamin A, IU	IU	0		0	AS	1		0	0	0
Vitamin A, RAE		0		0	NC	4		0	0	0
Retinol		0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	4.00		0		1		0.54	8.72	0.1
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
_ipids: Fatty acids, total saturated	q	6.300)	0		1		0.857	13.734	0.2
4:0		0.000		0		4		0.000	0.000	0.0
6:0		0.000		0		4		0.000	0.000	0.0
8:0	-	0.000		0		4		0.000	0.000	0.0
10:0	_	0.000		0		4		0.000	0.000	0.0
12:0	g	0.000)	0		4		0.000	0.000	0.0
13:0	g									
14:0	g									
15:0	-									
16:0	-	5.800	0.117	54		1		0.789	12.644	0.2
17:0	-									
18:0	_	0.500	0.057	53		1		0.068	1.090	0.0
20:0	_									
22:0	q									

		<u>Ar</u>	mount in 100 g	<u>grams</u> umber	Amount in edible portion of common measures of food					
Nutrients and Unit	nits	Mean		Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	q	60.000		0		1		8.160	130.800	2.700
14:1	g									
15:1						_				
16:1 undifferentiated	-	1.500	0.071	51		1		0.204	3.270	0.068
17:1 18:1 undifferentiated	-	58.500	0.763	54		1		7.956	127.530	2.633
20:1	-	0.000	0.763	0		4		0.000	0.000	0.000
22:1 undifferentiated	-	0.000		0		4		0.000	0.000	0.000
24:1 c	•	0.000		·		-		0.000	0.000	0.000
Fatty acids, total polyunsaturated		29.300		0		1		3.985	63.874	1.319
18:2 undifferentiated		29.300	0.688	54		1		3.985	63.874	1.319
18:3 undifferentiated		0.000		0		4		0.000	0.000	0.000
18:4	g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0		4		0.000	0.000	0.000
20:5 n-3	g	0.000		0		4		0.000	0.000	0.000
22:5 n-3	g	0.000		0		4		0.000	0.000	0.000
22:6 n-3	g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans										
Cholesterol	_	0		0		4		0	0	0
Phytosterols	mg	266		0		4		36	580	12
Amino Acids:										
Tryptophan	g	0.000		0		4		0.000	0.000	0.000
Threonine		0.000		0		4		0.000	0.000	0.000
Isoleucine	g	0.000		0		4		0.000	0.000	0.000
Leucine	g	0.000		0		4		0.000	0.000	0.000
Lysine	g	0.000		0		4		0.000	0.000	0.000
Methionine	g	0.000		0		4		0.000	0.000	0.000
Cystine	g	0.000		0		4		0.000	0.000	0.000
Phenylalanine	g	0.000		0		4		0.000	0.000	0.000
Tyrosine	g	0.000		0		4		0.000	0.000	0.000
Valine	g	0.000		0		4		0.000	0.000	0.000
Arginine	g	0.000		0		4		0.000	0.000	0.000
Histidine	g	0.000		0		4		0.000	0.000	0.000
Alanine	g	0.000		0		4		0.000	0.000	0.000
Aspartic acid	g	0.000		0		4		0.000	0.000	0.000
Glutamic acid	g	0.000		0		4		0.000	0.000	0.000
Glycine	g	0.000		0		4		0.000	0.000	0.000
Proline	g	0.000		0		4		0.000	0.000	0.000
Serine	g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline	g									
Others:										
Alcohol, ethyl	q	0.0		0	z	7		0.0	0.0	0.0
Caffeine	-	0		0	Z	7		0	0	0
Theobromine		0		0	Z	7		0	0	0
Carotenoids:										
	mca	0		0	z	7		0.000	0.000	0.000
Carotene, beta		0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta		0		0	z	7		0.000	0.000	0.000
		0		0	Z	7		0.000	0.000	0.000
Lycopene										

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup Measure 3 = 4.5g: 1 tsp

Oil, vegetable, apricot kernel

Calories Factors: Protein Fat 8.84 Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u>	mount in 10	0 grams	of edik	ole portio	<u>n</u>	Amount in	edible portion	of common
				Number				<u>m</u> e	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water		0.00		0		1		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		120	1927	40
Energy	kj	3699				4		503	8063	166
Protein (N x 0)	g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		0		1		13.60	218.00	4.50
Ash	g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minorals										
Minerals: Calcium, Ca	ma	0		0		4		0	0	0
Iron, Fe		0.00		0		4		0.00	0.00	0.00
Magnesium, Mg		0		0		4		0	0	0
Phosphorus, P		0		0		4		0	0	0
Potassium, K	-	0		0		4		0	0	0
Sodium, Na		0		0		4		0	0	0
Zinc, Zn		0.00		0		4		0.00	0.00	0.00
Copper, Cu	mg									
Manganese, Mn										
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
	ma	0.0		0		4		0.0	0.0	0.0
Vitamin C, total ascorbic acid Thiamin	_	0.000	,	0		4		0.000	0.000	0.00
Riboflavin	-	0.000		0		4		0.000	0.000	0.00
Niacin		0.000		0		4		0.000	0.000	0.00
Pantothenic acid	-	0.000		0		4		0.000	0.000	0.00
Vitamin B-6		0.000		0		4		0.000	0.000	0.00
Folate, total	_	0	•	0	z	7		0	0	0
Folic acid		0		0	z	7		0	0	0
Folate, food		0		0	z	7		0	0	0
Folate, DFE		0		0	NC	4		0	0	0
Vitamin B-12		0.00		0		4		0.00	0.00	0.00
Vitamin A, IU	IU	0		0	AS	1		0	0	0
Vitamin A, RAE		0		0	NC	4		0	0	0
Retinol		0		0	z	7		0	0	0
Vitamin E (alpha-tocopherol)		19.10		0		4		2.60	41.64	0.86
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	a	81.200)	0		1		11.043	177.016	3.65
4:0		0.000		0		4		0.000	0.000	0.00
6:0		0.200				1		0.027	0.436	0.00
8:0		6.000				1		0.816	13.080	0.27
10:0	-	5.500				1		0.748	11.990	0.24
12:0	•	43.500				1		5.916	94.830	1.95
13:0	-								- /	
14:0	-	15.000	0.3	68 6		1		2.040	32.700	0.67
15:0	-									
16:0	-	8.200	0.1	83 6		1		1.115	17.876	0.36
17:0	_									
18:0	-	2.800	0.1	97 6		1		0.381	6.104	0.12
20:0										
	The second secon									

	<u>A</u>	mount in 100 gr		lible portic	<u>on</u>		edible portion of easures of food	_
Nutrients and Units	Mean		nber Data Deri Ints Cod		Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated)	0	1		1.550	24.852	0.513
15:1	-)	2	1		0.000	0.000	0.000
17:1	g	0.505		_				
18:1 undifferentiated 20:1	-		6 0	1 4		1.550 0.000	24.852 0.000	0.513 0.000
22:1 undifferentiated			0	4		0.000	0.000	0.000
24:1 c	•	,	U	*		0.000	0.000	0.000
Fatty acids, total polyunsaturated)	0	1		0.218	3.488	0.072
18:2 undifferentiated		0.284	6	1		0.218	3.488	0.072
18:3 undifferentiated	g 0.000)	0	4		0.000	0.000	0.000
18:4	g 0.000)	0	4		0.000	0.000	0.000
20:2 n-6 c,c	g							
20:3 undifferentiated								
20:4 undifferentiated	-		0	4		0.000	0.000	0.000
20:5 n-3	-		0	4		0.000	0.000	0.000
22:5 n-3	-		0	4		0.000	0.000	0.000
22:6 n-3	=)	0	4		0.000	0.000	0.000
Fatty acids, total trans			0	4		0	0	0
CholesterolPhytosterols	0		0	4		13	207	4
Filytosterois	ing 25		· ·	-		13	207	-
Amino Acids:								
Tryptophan			0	4		0.000	0.000	0.000
Threonine	-		0	4		0.000	0.000	0.000
Isoleucine			0	4		0.000	0.000	0.000
Leucine	-		0	4		0.000	0.000	0.000
Lysine			0	4		0.000	0.000	0.000
Methionine			0	4 4		0.000	0.000	0.000
Cystine	-		0	4		0.000 0.000	0.000 0.000	0.000
Phenylalanine			0	4		0.000	0.000	0.000
TyrosineValine			0	4		0.000	0.000	0.000
Arginine			0	4		0.000	0.000	0.000
Histidine.			0	4		0.000	0.000	0.000
Alanine	0		0	4		0.000	0.000	0.000
Aspartic acid			0	4		0.000	0.000	0.000
Glutamic acid.			0	4		0.000	0.000	0.000
Glycine			0	4		0.000	0.000	0.000
Proline			0	4		0.000	0.000	0.000
Serine			0	4		0.000	0.000	0.000
Hydroxyproline	-							
Othors								
Others:	g 0.0		0 z	7		0.0	0 0	0.0
Alcohol, ethyl	•		0 z 0 z	7		0.0	0.0 0	0.0
Theobromine	0		0 Z	7		0	0	0
Carotenoids:	9		, <u>,</u>	,		·	J	Ū
			_	_				
Carotene, beta			0 z	7		0.000	0.000	0.000
Carotene, alpha			0 z	7		0.000	0.000	0.000
Cryptoxanthin, beta			0 Z	7		0.000	0.000	0.000
Lycopene			0 z	7		0.000	0.000	0.000
Lutein + zeaxanthin	mcg 0		0 z	7		0.000	0.000	0.000

Common Measures:

Measure 1 = 13.6g: 1 tbsp Measure 2 = 218g: 1 cup Measure 3 = 4.5g: 1 tsp NDB No. 04534 Oil, vegetable, babassu

Calories Factors: Protein Fat 8.82 Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u>	mount in 100	<u>grams</u>	of edik	le portio	<u>n</u>		edible portion	
			N	umber				<u>m</u>	easures of food	
Nutrients and Un	its	Mean	o Std. Error P		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates: Water	a	0.00		0		1		0.00	0.00	0.00
Energy	=	884		0		4		120	1927	40
Energy		3699		0		4		503	8063	166
Protein (N x 0)		0.00		0		1		0.00	0.00	0.00
Total lipid (fat)		100.00		0		1		13.60	218.00	4.50
Ash		0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference		0.00		0		4		0.00	0.00	0.00
Fiber, total dietary		0.0		0		7		0.0	0.0	0.0
Sugars, total		0.00		0	z	7		0.00	0.00	0.00
Starch		0.00		Ū		,		0.00	0.00	0.00
Starcii	9									
<u>Minerals:</u>										
Calcium, Ca		0		0		4		0	0	0
Iron, Fe		0.00		0		4		0.00	0.00	0.0
Magnesium, Mg		0		0		4		0	0	0
Phosphorus, P		0		0		4		0	0	0
Potassium, K		0		0		4		0	0	0
Sodium, Na		0		0		4		0	0	0
Zinc, Zn		0.00		0		4		0.00	0.00	0.00
Copper, Cu		0.000		0		4		0.000	0.000	0.00
Manganese, Mn		0.000)	0		4		0.000	0.000	0.00
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0	0.0	0.0
Thiamin	_	0.000)	0		4		0.000	0.000	0.00
Riboflavin		0.000		0		4		0.000	0.000	0.00
Niacin		0.000)	0		4		0.000	0.000	0.00
Pantothenic acid	-	0.000)	0		4		0.000	0.000	0.00
Vitamin B-6	_	0.000		0		4		0.000	0.000	0.00
Folate, total		0		0	z	7		0	0	0
Folic acid		0		0	z	7		0	0	0
Folate, food		0		0	z	7		0	0	0
Folate, DFE		0		0	NC	4		0	0	0
Vitamin B-12		0.00		0		4		0.00	0.00	0.0
Vitamin A, IU		0		0	AS	1		0	0	0
Vitamin A, RAE		0		0	NC	4		0	0	0
Retinol		0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)		1.80	0.316	6		1		0.24	3.92	0.08
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	24.7	5.831	69	JO	11		3.4	53.9	1.1
11.3										
<u> Lipids:</u>	_			•		_		0.440	100 110	
Fatty acids, total saturated		59.700		0		1 1		8.119	130.146	2.6
4:0		0.000		0		1		0.000	0.000	0.0
6:0	-	0.000		-				0.000	0.000	0.0
8:0		0.000		0		1		0.000	0.000	0.0
10:0		0.000				1 1		0.000	0.000	0.0
12:0	-	0.000	0.003	49		T		0.000	0.000	0.0
13:0	-	0 100	0.007	1 41		1		0.014	0.010	
14:0	-	0.100	0.007	141		1		0.014	0.218	0.0
15:0	_	05 400		154				2	FF 000	
16:0		25.400	0.120	154		1		3.454	55.372	1.1
17:0	_	00				_			=	
18:0	_	33.200	0.101	154		1		4.515	72.376	1.4
20:0	_									
22:0	g									

		<u>Aı</u>	mount in 100 g		f edib	le portio	<u>n</u>		edible portion of easures of food	
Nutrients and L	Jnits	Mean		mber Data D oints C		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate		32.900		0		1		4.474	71.722	1.481
14:1	-									
15:1	-					_				
16:1 undifferentiated	-	0.200	0.019	108		1		0.027	0.436	0.009
17:1	-	20 600	0 101	154		1		4 424	71 000	1 467
18:1 undifferentiated	-	32.600 0.000		154 21		1		4.434	71.068	1.467
20:1	-							0.000	0.000	0.000
22:1 undifferentiated	•	0.000		0		1		0.000	0.000	0.000
24:1 c		2 000		0		1		0.400	6 540	0 125
Fatty acids, total polyunsaturated		3.000				1		0.408	6.540	0.135
18:2 undifferentiated		2.800		154				0.381	6.104	0.126
18:3 undifferentiated	=	0.100		117		1		0.014	0.218	0.005
18:4	-	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c	-									
20:3 undifferentiated		0.000		•						
20:4 undifferentiated	-	0.000		0		1		0.000	0.000	0.000
20:5 n-3	=	0.000		0		1		0.000	0.000	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		7		0	0	0
Phytosterols	Ing	201		0		1		27	438	9
Amino Acids:										
Tryptophan	g	0.000		0		4		0.000	0.000	0.000
Threonine		0.000		0		4		0.000	0.000	0.000
Isoleucine	-	0.000		0		4		0.000	0.000	0.000
Leucine	q	0.000		0		4		0.000	0.000	0.000
Lysine	-	0.000		0		4		0.000	0.000	0.000
Methionine		0.000		0		4		0.000	0.000	0.000
Cystine		0.000		0		4		0.000	0.000	0.000
Phenylalanine	-	0.000		0		4		0.000	0.000	0.000
Tyrosine		0.000		0		4		0.000	0.000	0.000
Valine		0.000		0		4		0.000	0.000	0.000
Arginine	=	0.000		0		4		0.000	0.000	0.000
Histidine		0.000		0		4		0.000	0.000	0.000
Alanine		0.000		0		4		0.000	0.000	0.000
Aspartic acid	=	0.000		0		4		0.000	0.000	0.000
Glutamic acid	_	0.000		0		4		0.000	0.000	0.000
Glycine		0.000		0		4		0.000	0.000	0.000
Proline		0.000		0		4		0.000	0.000	0.000
Serine		0.000		0		4		0.000	0.000	0.000
Hydroxyproline		0.000		·		-		0.000	0.000	0.000
Trydroxypronne	9									
Others:										
Alcohol, ethyl	g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine	mg	0		0	Z	7		0	0	0
Theobromine	mg	0		0	Z	7		0	0	0
Carotenoids:										
Carotene, beta	mca	0		0	z	7		0.000	0.000	0.000
Carotene, alpha		0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000	0.000
Lycopene		0		0	Z	7		0.000	0.000	0.000
		0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin	y	U		U	2	,		0.000	0.000	0.000

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup Measure 3 = 4.5g: 1 tsp

Oil, vegetable, cocoa butter

Calories Factors: Protein Fat 8.84 Carbohydrate

Food Group: 04 Fats and Oils

NDB No. 04518
Oil, vegetable, corn, industrial and retail, all purpose salad or cooking

		<u>A</u>	mount in 100 gı	ams of ed	ible portion	<u>on</u>	Amount in	edible portion	of common
			Nur	nber			m	easures of food	
				Data Deri	/ Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po			Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	0.00		0	1		0.00	0.00	0.00
Energy	kcal	884		0 N	2 4		120	1927	40
Energy		3699		0	4		503	8063	166
Protein (N x 0)		0.00		0	1		0.00	0.00	0.00
Total lipid (fat)	-	100.00		0	1		13.60	218.00	4.50
Ash		0.00		0	1		0.00	0.00	0.00
Carbohydrate, by difference		0.00		0	1		0.00	0.00	0.00
Fiber, total dietary		0.0		0	4		0.0	0.0	0.0
Sugars, total		0.00		0 z	7		0.00	0.00	0.00
Starch									
Minerals:		_		_	_		_	_	_
Calcium, Ca		0		0	4		0	0	0
Iron, Fe	-	0.00		0	4		0.00	0.00	0.00
Magnesium, Mg		0		0	4		0	0	0
Phosphorus, P	•	0		0	4		0	0	0
Potassium, K		0		0	4 4		0	0	0
Sodium, Na		0		0	-		0	0	0
Zinc, Zn		0.00		0	4		0.00	0.00	0.00
Copper, Cu		0.000	J	0	4		0.000	0.000	0.00
Manganese, Mn		0.0		0 z	7		0.0	0.0	0.0
Selenium, Se	fficg	0.0		0 z	,		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.0		0	4		0.0	0.0	0.0
Thiamin	mg	0.000)	0	4		0.000	0.000	0.00
Riboflavin	mg	0.000)	0	4		0.000	0.000	0.00
Niacin		0.000)	0	4		0.000	0.000	0.00
Pantothenic acid	mg	0.000)	0	4		0.000	0.000	0.00
Vitamin B-6		0.000)	0	4		0.000	0.000	0.00
Folate, total	mcg	0		0	4		0	0	0
Folic acid		0		0 z	7		0	0	0
Folate, food		0		0 z	7		0	0	0
Folate, DFE	mcg_DFE	0		0 NC	4		0	0	0
Vitamin B-12		0.00		0	4		0.00	0.00	0.00
Vitamin A, IU		0		0	4		0	0	0
Vitamin A, RAE	mcg_RAE	0		0 AS	1		0	0	0
Retinol		0		0 z	7		0	0	0
Vitamin E (alpha-tocopherol)		14.30	1.040	46	1		1.94	31.17	0.64
Tocopherol, beta									
Tocopherol, gamma	mg								
Tocopherol, delta	mg								
Vitamin D	IU								
Vitamin K (phylloquinone)	mcg	1.9	0.294	13 A	1		0.3	4.2	0.1
Lipids:									
	a	12.948	2	0 NC	4		1.761	28.227	0.58
Fatty acids, total saturated4:0		0.000		1 JA			0.000	0.000	0.00
6:0	_	0.000		1 JA			0.000	0.000	0.00
8:0		0.000		1 JA			0.000	0.000	0.00
10:0		0.000		1 JA			0.000	0.000	0.00
12:0		0.000		2 JA			0.000	0.000	0.00
13:0	_	3.000	-	_ 04	·		0.000	0.000	0.00
14:0	_	0.024	1	2 ја	. 6		0.003	0.051	0.00
15:0	-	0.000		1 A	1		0.003	0.001	0.00
16:0		10.579		2 JA			1.439	23.063	0.47
17:0		0.067		1 A			0.009	0.145	0.47
18:0	-	1.848		1 A 2 JA			0.009	4.029	0.00
20:0	-	0.431		2 JA			0.251	0.939	0.08
	_			1 A	1		0.009	0.000	0.00
22:0	ď	0.000							

		<u>Ar</u>	nount in 10	0 grams	of edil	ole portic	<u>on</u>	Amount in	edible portion of	of common
				Number				<u>m</u>	easures of food	i
				of Data		Source	Confidence			
Nutrients and Units		Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	27.576		0	NC	4		3.750	60.116	1.241
14:1	g									
15:1	-									
16:1 undifferentiated		0.114		0	AS	1		0.015	0.248	0.005
16:1 c	-	0.114		1	A	1		0.015	0.248	0.005
16:1 t 17:1										
18:1 undifferentiated	-	27.333		0	AS	1		3.717	59.586	1.230
18:1 c		27.333		1	A	1		3.717	59.586	1.230
18:1 t	-	0.000		1	A	1		0.000	0.000	0.000
20:1	g	0.129		1	JA	6		0.018	0.282	0.006
22:1 undifferentiated	-	0.000		1	JA	6		0.000	0.000	0.000
24:1 c										
Fatty acids, total polyunsaturated		54.677		0	NC	4		7.436	119.195	2.460
18:2 undifferentiated		53.515		0 1	AS	1 1		7.278	116.663	2.408
18:2 n-6 c,c		53.230		1	A	1		7.239	116.041	2.395
18:2 CLAs 18:2 c.t	-									
18:2 t.c	-									
18:2 t.t	-									
18:2 i	g	0.286		1	A	1		0.039	0.623	0.013
18:2 t not further defined	g									
18:3 undifferentiated	g	1.161		0	A	1		0.158	2.532	0.052
18:4	-	0.000		1	JA	6		0.000	0.000	0.000
20:2 n-6 c,c	-									
20:3 undifferentiated	-	0.000				_				0.000
20:4 undifferentiated	-	0.000 0.000		1 1	JA JA	6 6		0.000	0.000 0.000	0.000 0.000
20:5 n-3	-	0.000		1	JA	6		0.000	0.000	0.000
22:6 n-3		0.000		1	JA	6		0.000	0.000	0.000
Fatty acids, total trans		0.286		0	NC	4		0.039	0.623	0.013
Fatty acids, total trans-monoenoic		0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic		0.286		0	NC	4		0.039	0.623	0.013
Cholesterol	mg	0		0		4		0	0	0
Phytosterols	mg	968	84.0	91 8		1		132	2110	44
Amino Acids:										
Tryptophan		0.000		0		4		0.000	0.000	0.000
Threonine		0.000 0.000		0 0		4		0.000	0.000 0.000	0.000
Isoleucine		0.000		0		4		0.000	0.000	0.000 0.000
Lysine	-	0.000		0		4		0.000	0.000	0.000
Methionine	-	0.000		0		4		0.000	0.000	0.000
Cystine		0.000		0		4		0.000	0.000	0.000
Phenylalanine		0.000		0		4		0.000	0.000	0.000
Tyrosine		0.000		0		4		0.000	0.000	0.000
Valine	g	0.000		0		4		0.000	0.000	0.000
Arginine	g	0.000		0		4		0.000	0.000	0.000
Histidine		0.000		0		4		0.000	0.000	0.000
Alanine		0.000		0		4		0.000	0.000	0.000
Aspartic acid		0.000		0		4		0.000	0.000	0.000
Glutamic acid		0.000		0 0		4 4		0.000	0.000	0.000
GlycineProline		0.000 0.000		0		4		0.000 0.000	0.000 0.000	0.000 0.000
Serine	-	0.000		0		4		0.000	0.000	0.000
Hydroxyproline		0.000		Ů		•		0.000	0.000	0.000
Others:										
Alcohol, ethyl	.g	0.0		0		7		0.0	0.0	0.0
Caffeine		0		0	z	7		0	0	0
Theobromine		0		0	z	7		0	0	0
Carotenoids:										
Carotene, beta	mca	0		0	z	7		0.000	0.000	0.000
Carotene, alpha		0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta	-	Ö		0	Z	7		0.000	0.000	0.000
21,120000000000000000000000000000000000	3	•		•	-	•				

	Δ	mount in 100	<u>) grams</u> Number		ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean		of Data	Deriv		Confidence Code	Measure 1	Measure 2	Measure 3	
Lycopenemcg Lutein + zeaxanthinmcg	0 0		0 0	z z	7 7		0.000 0.000	0.000	0.000	

Common Measures:

Measure 1 = 13.6g: 1 tbsp Measure 2 = 218g: 1 cup Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein Fat 8.84 Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u>	mount in 100	grams	of edil	ole portio	<u>n</u>		edible portion	
			N	Number	•			<u>m</u>	easures of food	_
			•	of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		120	1927	40
Energy	kj	3699		0		4		503	8063	166
Protein (N x 0)	g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		0		1		13.60	218.00	4.50
Ash		0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Vilnerals: Calcium, Ca	ma	0		0		4		0	0	0
Iron, Fe	-	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg	-	0.00		0		4		0.00	0.00	0.00
Phosphorus, P		0		0		4		0	0	0
Potassium, K	-	Ö		0		4		0	0	0
Sodium. Na.		0		0		4		0	0	0
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.00		0		4		0.00	0.00	0.00
Copper, Cu		0.000)	0		4		0.000	0.000	0.000
Manganese, Mn										
Selenium, Se		0.0		0	z	7		0.0	0.0	0.0
	-									
Vitamins:										
Vitamin C, total ascorbic acid	-	0.0		0		4		0.0	0.0	0.0
Thiamin	-	0.000		0		4		0.000	0.000	0.000
Riboflavin		0.000		0		4		0.000	0.000	0.000
Niacin	-	0.000		0		4		0.000	0.000	0.000
Pantothenic acid	-	0.000		0		4		0.000	0.000	0.000
Vitamin B-6		0.000)	0	_	4		0.000	0.000	0.000
Folate, total		0		0	z	7		0	0	0
Folic acid		0		0 0	z z	7 7		0 0	0	0
Folate, food		0		0	NC	4		0	0	
Folate, DFE		0.00		0	NC	4		0.00	0.00	0
Vitamin B-12 Vitamin A, IU		0.00		0	AS	1		0.00	0.00	0.00
Vitamin A, IU Vitamin A, RAE	med DAE	0		0	NC	4		0	0	0
Retinol		0		0	NC Z	7		0	0	0
Vitamin E (alpha-tocopherol)		35.30	3.37		4	1		4.80	76.95	1.59
Tocopherol, beta		33.30	3.37	0 23		_		4.00	70.93	1.59
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)		24.7	5.83	1 69	JO	11		3.4	53.9	1.1
Lipids:	a	25 000	1	0		1		2 F00	E6 460	1.16
Fatty acids, total saturated		25.900		0		1		3.522	56.462	0.000
4:0		0.000		0		1		0.000	0.000 0.000	0.000
6:0 8:0	-	0.000		0		1		0.000 0.000	0.000	0.000
10:0	-	0.000		0		1		0.000	0.000	0.000
12:0	_	0.000		0		1		0.000	0.000	0.00
13:0		0.000	•	U		1		0.000	0.000	0.000
14:0		0.800	0.01	6 115		1		0.109	1.744	0.03
15:0		0.800	0.01			-		0.109	1./44	0.03
16:0		22.700) 0.19	8 121		1		3.087	49.486	1.02
17:0	-	22.700	0.19			-		5.007	49.400	1.02
18:0		2.300) 0.04	4 121		1		0.313	5.014	0.10
20:0		2.500	. 0.04			-		0.313	3.014	0.10
22:0	-									
24:0	-									

		<u>Ar</u>	nount in 100 g		of edik	ole portio	<u>on</u>		edible portion of easures of food	
Nutrients and Un	its	Mean		umber f Data oints		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
		17.800		0		1		0 401	20.004	0.001
Fatty acids, total monounsaturated		17.800		U		1		2.421	38.804	0.801
15:1	-									
16:1 undifferentiated	-	0.800	0.031	120		1		0.109	1.744	0.036
17:1 18:1 undifferentiated		17.000	0.259	124		1		2.312	37.060	0.765
20:1	_	0.000	0.239	0		1		0.000	0.000	0.000
22:1 undifferentiated	-	0.000		0		1		0.000	0.000	0.000
24:1 c	•	0.000		Ū		-		0.000	0.000	0.000
Fatty acids, total polyunsaturated		51.900		0		1		7.058	113.142	2.336
18:2 undifferentiated		51.500	0.357	123		1		7.004	112.270	2.318
18:3 undifferentiated		0.200	0.030	59		1		0.027	0.436	0.009
18:4	g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.100	0.015	48		1		0.014	0.218	0.005
20:5 n-3	g	0.000		0		1		0.000	0.000	0.000
22:5 n-3	g	0.000		0		1		0.000	0.000	0.000
22:6 n-3	g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans	g									
Cholesterol		0		0		4		0	0	0
Phytosterols	mg	324	14.738	9		1		44	706	15
Amino Acids:										
Tryptophan	q	0.000		0		4		0.000	0.000	0.000
Threonine		0.000		0		4		0.000	0.000	0.000
Isoleucine	-	0.000		0		4		0.000	0.000	0.000
Leucine	g	0.000		0		4		0.000	0.000	0.000
Lysine		0.000		0		4		0.000	0.000	0.000
Methionine		0.000		0		4		0.000	0.000	0.000
Cystine	g	0.000		0		4		0.000	0.000	0.000
Phenylalanine	g	0.000		0		4		0.000	0.000	0.000
Tyrosine	g	0.000		0		4		0.000	0.000	0.000
Valine	g	0.000		0		4		0.000	0.000	0.000
Arginine	g	0.000		0		4		0.000	0.000	0.000
Histidine	g	0.000		0		4		0.000	0.000	0.000
Alanine	g	0.000		0		4		0.000	0.000	0.000
Aspartic acid	g	0.000		0		4		0.000	0.000	0.000
Glutamic acid	g	0.000		0		4		0.000	0.000	0.000
Glycine	g	0.000		0		4		0.000	0.000	0.000
Proline	g	0.000		0		4		0.000	0.000	0.000
Serine	g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline	g									
Others:										
Alcohol, ethyl	q	0.0		0	z	7		0.0	0.0	0.0
Caffeine	-	0		0	z	7		0	0	0
Theobromine		0		0	z	7		0	0	0
Carotenoids:										
Carotene, beta	mca	0		0	z	7		0.000	0.000	0.000
Carotene, beta		0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000	0.000
Lycopene		0		0	Z	7		0.000	0.000	0.000

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup Measure 3 = 4.5g: 1 tsp

Oil, vegetable, cottonseed, salad or cooking

Calories Factors: Protein Fat 8.84 Carbohydrate

Food Group: 04 Fats and Oils

Nutrients and Units Proximates: Water	kcal kj 9 9 9 9 9 9 9	0.00 884 3699 0.00 100.00 0.00 0.00	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	me Measure 1	Measure 2	Measure
Proximates: Water	kcal kj 9 9 9 9 9 9 9	0.00 884 3699 0.00 100.00 0.00		of Data Points	Deriv Code	Code		Measure 1	Measure 2	Measure
Proximates: Water	kcal kj 9 9 9 9 9 9 9	0.00 884 3699 0.00 100.00 0.00	Std. Error	0 0 0		1	Code	Measure 1	Measure 2	Measure
Water	kcal kj 9 9 9 9 9 9 9	884 3699 0.00 100.00 0.00 0.00		0 0 0	NC					
Water	kcal kj 9 9 9 9 9 9 9	884 3699 0.00 100.00 0.00 0.00		0 0 0	NC					
Energy	kcal kj 9 9 9 9 9 9 9	884 3699 0.00 100.00 0.00 0.00		0 0 0	NC			0.00	0.00	0.00
Energy	kj 9 9 9 9 9 9 9	3699 0.00 100.00 0.00 0.00		0	NC			120	1927	40
Protein (N x 0)	9 9 9 9 9 9 9 9	0.00 100.00 0.00 0.00		0		4		503	8063	166
Total lipid (fat)	g g g g g g	100.00 0.00 0.00 0.0				1		0.00		0.00
Ash	g g g g g	0.00 0.00 0.0		U		1		13.60	0.00 218.00	4.5
Carbohydrate, by difference	g g g g	0.00		0		1		0.00	0.00	0.0
Fiber, total dietary. Sugars, total	g g g	0.0		0		1		0.00		0.0
Sugars, total	g g mg			0		4		0.00	0.00 0.0	0.0
Starch C 1inerals: Calcium, Ca r Calcium, Ca r r Iron, Fe r r Magnesium, Mg r r Phosphorus, P r r Potassium, K r r Sodium, Na r r Copper, Cu r r Manganese, Mn r r Selenium, Se r r Vitamins: Vitamins: r Vitamin C, total ascorbic acid r Thiadrin r r Riboflavin r r Niacin r r Pantothenic acid r r Vitamin B-6 r r Folate, total r r	g mg	0.00		0	z	7				0.0
Iinerals: Calcium, Ca	mg			U	Z	,		0.00	0.00	0.0
Calcium, Ca.	•									
Iron, Fe	•									
Magnesium, Mg		0		0		4		0	0	0
Phosphorus, P. r Potassium, K. r Sodium, Na. r Zinc, Zn. r Copper, Cu. r Manganese, Mn. r Selenium, Se. r Yitamins: r Vitamin C, total ascorbic acid r Thiamin. r Riboflavin. r Niacin. r Pantothenic acid. r Vitamin B-6. r Folate, total. r	-	_		_		_		_	_	_
Potassium, K. Sodium, Na. Zinc, Zn. Copper, Cu. Manganese, Mn. Selenium, Se. Vitamins: Vitamin C, total ascorbic acid Thiamin. Riboflavin. Niacin. Pantothenic acid. Vitamin B-6. Folate, total.		0		0		4		0	0	0
Sodium, Na		0		0		4		0	0	0
Zinc, Zn	-	0		0		4		0	0	0
Copper, Cu		0		0		4		0	0	0
Manganese, Mn		0.00		0		4		0.00	0.00	0.0
Selenium, Se. " İtamins: " Vitamin C, total ascorbic acid " Thiamin " Riboflavin " Niacin " Pantothenic acid " Vitamin B-6 " Folate, total "										
itamins: Vitamin C, total ascorbic acid		0.0		•	_	7		0.0	0.0	
Vitamin C, total ascorbic acid r Thiamin r Riboflavin r Niacin r Pantothenic acid r Vitamin B-6 r Folate, total r	nicg	0.0		0	Z	,		0.0	0.0	0.0
Thiamin Riboflavin Niacin Pantothenic acid Vitamin B-6 Folate, total	ma	0.0		0		4		0.0	0.0	0.0
Riboflavin		0.000	`	0		4		0.000	0.000	0.0
Niacin r Pantothenic acid r Vitamin B-6 r Folate, total r		0.000		0		4		0.000	0.000	0.0
Pantothenic acidr Vitamin B-6r Folate, totalr		0.000		0		4		0.000	0.000	0.0
Vitamin B-6r Folate, totalr		0.000		0		4		0.000	0.000	0.0
Folate, totalr		0.000		0		4		0.000	0.000	0.0
-	-	0.000	,	0	z	7		0.000	0.000	0.
		0		0	z	, 7		0	0	0
Folic acidr Folate, foodr		0		0	z	7		0	0	0
Folate, DFE		0		0	NC	4		0	0	0
Vitamin B-12r	mca	0.00		0	2.0	4		0.00	0.00	0.0
Vitamin A, IU		0		0	AS	1		0	0	0
Vitamin A, RAEr	mca RAE	0		0	NC	4		0	0	0
Retinolr		0		0	z	7		0	0	0
Vitamin E (alpha-tocopherol)r		0.60		0		4		0.08	1.31	0.0
Tocopherol, betar										
Tocopherol, gammar										
Tocopherol, deltar										
Vitamin Dl										
Vitamin K (phylloquinone)r										
ipids:										
Fatty acids, total saturated		53.200		0		1		7.235	115.976	2.
4:0		0.000		0		4		0.000	0.000	0.0
6:0		0.000		0		4		0.000	0.000	0.0
8:0	_	0.000		0		4		0.000	0.000	0.0
10:0	_	0.000		0		4		0.000	0.000	0.0
12:0	-	0.000)	0		4		0.000	0.000	0.0
13:0	-		_							
14:0	•	0.900)	1		1		0.122	1.962	0.
15:0	-		_							
16:0	_	9.600)	1		1		1.306	20.928	0.
17:0	_					_		_		
18:0		32.700)	1		1		4.447	71.286	1.
20:0	_									
22:0	g									

		<u>Ar</u>	mount in 10	00 grams	of edil	ole portio	<u>n</u>	Amount in	edible portion	of common
				Number					easures of food	
Nutrients and U	Jnits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty saids total manayyastywat	ad Q	38.700		0		1		5.263	84.366	1.742
Fatty acids, total monounsaturate 14:1		38.700		Ū		-		5.263	64.300	1.742
15:1	g									
16:1 undifferentiated	g	0.000		0		4		0.000	0.000	0.000
17:1	g									
18:1 undifferentiated	g	38.700		1		1		5.263	84.366	1.742
20:1	g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated	g	0.000		0		4		0.000	0.000	0.000
24:1 c	g									
Fatty acids, total polyunsaturated	ilg	3.800		0		1		0.517	8.284	0.171
18:2 undifferentiated	g	3.800		1		1		0.517	8.284	0.171
18:3 undifferentiated	g	0.000		0		4		0.000	0.000	0.000
18:4	g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	-	0.000		0		4		0.000	0.000	0.000
20:5 n-3		0.000		0		4		0.000	0.000	0.000
22:5 n-3	g	0.000		0		4		0.000	0.000	0.000
22:6 n-3	g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans	g									
Cholesterol	mg	0		0		4		0	0	0
Phytosterols	mg	95		0		4		13	207	4
Amino Acids:										
Tryptophan	a	0.000		0		4		0.000	0.000	0.000
Threonine		0.000		0		4		0.000	0.000	0.000
Isoleucine	-	0.000		0		4		0.000	0.000	0.000
Leucine	-	0.000		0		4		0.000	0.000	0.000
Lysine		0.000		0		4		0.000	0.000	0.000
Methionine		0.000		0		4		0.000	0.000	0.000
Cystine		0.000		0		4		0.000	0.000	0.000
Phenylalanine		0.000		0		4		0.000	0.000	0.000
Tyrosine		0.000		0		4		0.000	0.000	0.000
Valine	-	0.000		0		4		0.000	0.000	0.000
Arginine	-	0.000		0		4		0.000	0.000	0.000
Histidine	-	0.000		0		4		0.000	0.000	0.000
Alanine	-	0.000		0		4		0.000	0.000	0.000
Aspartic acid		0.000		0		4		0.000	0.000	0.000
Glutamic acid	-	0.000		0		4		0.000	0.000	0.000
Glycine	=	0.000		0		4		0.000	0.000	0.000
Proline		0.000		0		4		0.000	0.000	0.000
Serine	-	0.000		0		4		0.000	0.000	0.000
Hydroxyproline		0.000		•		-		0.000	0.000	0.000
Trydroxypronne	9									
Others:										
Alcohol, ethyl		0.0		0	Z	7		0.0	0.0	0.0
Caffeine	mg	0		0	Z	7		0	0	0
Theobromine	mg	0		0	Z	7		0	0	0
Carotenoids:										
Carotene, beta	mcg	0		0	z	7		0.000	0.000	0.000
Carotene, alpha		0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta		0		0	z	7		0.000	0.000	0.000
Lycopene		0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin	mca	0		0	Z	7		0.000	0.000	0.000

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup Measure 3 = 4.5g: 1 tsp

Oil, vegetable, cupu assu

Calories Factors: Protein Fat 8.62 Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u>	mount in 100	grams	or ean	ne portio	<u>'n</u>	Amount in	edible portion of	of common
			N	Number				<u>m</u>	easures of food	i
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	g	0.00		0		1		0.00	0.00	0.0
Energy	_	884		0	NC	4		120	1927	40
Energy	kj	3699		0		4		503	8063	166
Protein (N x 0)	g	0.00		0		1		0.00	0.00	0.0
Total lipid (fat)		100.00		0		1		13.60	218.00	4.5
Ash		0.00		0		1		0.00	0.00	0.0
Carbohydrate, by difference		0.00		0		1		0.00	0.00	0.0
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.0
Starch	g									
Ainerals:										
Calcium, Ca	mg	0		0		4		0	0	0
Iron, Fe	mg	0.00		0		4		0.00	0.00	0.0
Magnesium, Mg		0		0		4		0	0	0
Phosphorus, P	•	0		0		4		0	0	0
Potassium, K		0		0		4		0	0	0
Sodium, Na	_	0		0		4		0	0	0
Zinc, Zn		0.00		0		4		0.00	0.00	0.0
Copper, Cu										
Manganese, Mn		0.0		0	Z	7		0.0	0.0	0.0
	illog	0.0		Ū	4	,		0.0	0.0	0.0
Vitamins:	ma	0.0		0		4		0.0	0.0	0.0
Vitamin C, total ascorbic acid Thiamin		0.000	1	0		4		0.000	0.000	0.0
Riboflavin	-	0.000		0		4		0.000	0.000	0.0
Niacin		0.000		0		4		0.000	0.000	0.0
Pantothenic acid	-	0.000		0		4		0.000	0.000	0.0
Vitamin B-6		0.000		0		4		0.000	0.000	0.0
Folate, total	-	0		0	z	7		0	0	0
Folic acid		0		0	Z	7		0	0	0
Folate, food		0		0	z	7		0	0	0
Folate, DFE		0		0	NC	4		0	0	0
Vitamin B-12		0.00		0		4		0.00	0.00	0.0
Vitamin A, IU	IU	0		0	AS	1		0	0	0
Vitamin A, RAE		0		0	NC	4		0	0	0
Retinol		0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	28.80		0		4		3.92	62.78	1.3
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
ipids:										
Fatty acids, total saturated	а	9.600)	0		1		1.306	20.928	0.4
4:0		0.000		0		4		0.000	0.000	0.0
6:0		0.000		0		4		0.000	0.000	0.0
8:0		0.000		0		4		0.000	0.000	0.0
10:0	_	0.000		0		4		0.000	0.000	0.0
12:0	•	0.000		0		4		0.000	0.000	0.0
13:0	g									
14:0	-	0.100	0.01	6 10		1		0.014	0.218	0.0
15:0	g									
16:0	g	6.700	0.14	0 19		1		0.911	14.606	0.3
17:0	_									
18:0	_	2.700	0.19	1 19		1		0.367	5.886	0.3
20:0	_									
22:0	a									

		<u>Ar</u>	nount in 10	0 grams	of edil	ole portio	<u>on</u>	Amount in	edible portion	of common
				Numbe	='	_			easures of food	
Nutrients and	d Units	Mean	Std. Error	of Data Points		Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatu	urated Q	16.100		0		1		2.190	35.098	0.725
14:1										
15:1	• • • • • • • • • • • • • • • • • • • •									
16:1 undifferentiated	-	0.300	0.16	3 3		1		0.041	0.654	0.014
17:1 18:1 undifferentiated	-	15.800	0.58	1 19		1		2.149	34.444	0.711
20:1		0.000	0.56	0		4		0.000	0.000	0.000
22:1 undifferentiated		0.000		0		4		0.000	0.000	0.000
24:1 c	•	0.000		v		-		0.000	0.000	0.000
Fatty acids, total polyunsatura		69.900		0		1		9.506	152.382	3.146
18:2 undifferentiated		69.600	0.69	3 19		1		9.466	151.728	3.132
18:3 undifferentiated		0.100	0.06	1 13		1		0.014	0.218	0.005
18:4	g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0		4		0.000	0.000	0.000
20:5 n-3	-	0.000		0		4		0.000	0.000	0.000
22:5 n-3	-	0.000		0		4		0.000	0.000	0.000
22:6 n-3	-	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans								_	_	
Cholesterol	-	0		0		4		0	0	0
Phytosterols	mg	180		0		4		24	392	8
Amino Acids:										
Tryptophan	g	0.000		0		4		0.000	0.000	0.000
Threonine	g	0.000		0		4		0.000	0.000	0.000
Isoleucine	g	0.000		0		4		0.000	0.000	0.000
Leucine		0.000		0		4		0.000	0.000	0.000
Lysine		0.000		0		4		0.000	0.000	0.000
Methionine		0.000		0		4		0.000	0.000	0.000
Cystine		0.000		0		4		0.000	0.000	0.000
Phenylalanine		0.000		0		4		0.000	0.000	0.000
Tyrosine	-	0.000		0		4		0.000	0.000	0.000
Valine	-	0.000		0		4		0.000	0.000	0.000
Arginine		0.000		0		4		0.000	0.000	0.000
Histidine	-	0.000 0.000		0		4 4		0.000 0.000	0.000 0.000	0.000
Alanine		0.000		0		4		0.000	0.000	0.000
Glutamic acid	-	0.000		0		4		0.000	0.000	0.000
Glycine	-	0.000		0		4		0.000	0.000	0.000
Proline		0.000		0		4		0.000	0.000	0.000
Serine		0.000		0		4		0.000	0.000	0.000
Hydroxyproline		0.000		·		•		0.000	0.000	0.000
2 2.										
Others:				_	_	_				
Alcohol, ethyl		0.0		0	z	7		0.0	0.0	0.0
Caffeine	-	0		0	z	7		0	0	0
Theobromine	IIIg	0		0	Z	7		0	0	0
Carotenoids:										
Carotene, beta		0		0	Z	7		0.000	0.000	0.000
Carotene, alpha		0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta		0		0	z	7		0.000	0.000	0.000
Lycopene		0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000	0.000	0.000

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup Measure 3 = 4.5g: 1 tsp

Oil, vegetable, grapeseed

Calories Factors: Protein Fat 8.84 Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u>	mount in 100	grams	ot edik	pie portio	<u>on</u>		edible portion	
			ı	Number	•			<u>m</u>	easures of food	
				of Data		Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	0.00		0		1		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		120	1927	40
Energy	kj	3699		0		4		503	8063	166
Protein (N x 0)	g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		0		1		13.60	218.00	4.50
Ash	g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	-	0		0		4		0	0	0
Iron, Fe	-	0.00		0 0		4 4		0.00	0.00	0.00
Magnesium, Mg		0		0		4		0	0	0
Phosphorus, P Potassium, K		0		0		4		0	0	0
Sodium, Na		0		0		4		0	0	0
Zinc, Zn		0.00		0		4		0.00	0.00	0.00
Copper, Cu		0.00		•		-		0.00	0.00	0.0
Manganese, Mn										
Selenium, Se		0.0		0	z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid		0.0		0		4		0.0	0.0	0.0
Thiamin		0.000		0		4		0.000	0.000	0.00
Riboflavin		0.000		0		4		0.000	0.000	0.00
Niacin		0.000		0		4		0.000	0.000	0.00
Pantothenic acid		0.000		0		4		0.000	0.000	0.00
Vitamin B-6	_	0.000)	0	_	4 7		0.000	0.000	0.00
Folate, total		0		0 0	z z	7		0	0 0	0
Folic acid		0		0	Z	7		0	0	0
Folate, food		0		0	NC	4		0	0	0
Vitamin B-12		0.00		0	NC	4		0.00	0.00	0.00
Vitamin A, IU		0		0	AS	1		0.00	0.00	0.00
Vitamin A, RAE		0		0	NC	4		0	0	0
Retinol		0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)		47.20		0	_	4		6.42	102.90	2.12
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
<u>Lipids:</u>			_			_				
Fatty acids, total saturated		7.400		0		1		1.006	16.132	0.3
4:0		0.000		0		4		0.000	0.000	0.00
6:0	-	0.000		0		4		0.000	0.000	0.00
8:0	-	0.000		0 0		4 4		0.000	0.000	0.00
10:0 12:0	•	0.000		7		4 1		0.000	0.000 0.000	0.00
13:0	-	0.000	•	,		-		0.000	0.000	0.00
14:0		0.100	0.04	2 12		1		0.014	0.218	0.0
15:0		0.100	0.04	_ 14		-		0.014	0.210	0.00
16:0		5.200) 0.05	5 111		1		0.707	11.336	0.2
17:0		3.200	0.05	J 111		1		0.707	11.330	0.2
18:0		2.000) 0.05	4 110		1		0.272	4.360	0.0
20:0	-	2.000	0.03			-		J.212	4.500	0.0
22:0	-									
24:0	-									

		<u>Ar</u>	nount in 100	grams	of edil	ole portio	<u>n</u>		edible portion	
				umber				<u>m</u>	easures of food	•
Nutrients and	d Units	Mean	Std. Error		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatu	rated Q	78.000		0		1		10.608	170.040	3.510
14:1										
15:1	g									
16:1 undifferentiated	=	0.200	0.010	104		1		0.027	0.436	0.009
17:1	-	77 000	0.000					40 504	1.00 .01	2 501
18:1 undifferentiated		77.800 0.000	0.299			1 1		10.581	169.604	3.501 0.000
20:1			0.003	0		4		0.000	0.000	
22:1 undifferentiated	•	0.000		U		4		0.000	0.000	0.000
24:1 c		10.200		0		1		1.387	22.236	0.459
Fatty acids, total polyunsatura 18:2 undifferentiated		10.200	0.318			1		1.374	22.236	0.455
18:3 undifferentiated		0.000	0.006			1		0.000	0.000	0.000
18:4	=	0.000	0.000	0		4		0.000	0.000	0.000
20:2 n-6 c,c		0.000		U		-		0.000	0.000	0.000
20:3 undifferentiated	-									
20:4 undifferentiated		0.000		0		4		0.000	0.000	0.000
20:5 n-3	=	0.000		0		4		0.000	0.000	0.000
22:5 n-3	-	0.000		0		4		0.000	0.000	0.000
22:6 n-3	=	0.000		Ö		4		0.000	0.000	0.000
Fatty acids, total trans	=			-		_		0.000	0.000	
Cholesterol		0		0		4		0	0	0
Phytosterols	_	120		0		4		16	262	5
	•									
Amino Acids:										
Tryptophan		0.000		0		4		0.000	0.000	0.000
Threonine	-	0.000		0		4		0.000	0.000	0.000
Isoleucine	_	0.000		0		4		0.000	0.000	0.000
Leucine		0.000		0		4		0.000	0.000	0.000
Lysine		0.000		0		4		0.000	0.000	0.000
Methionine		0.000		0		4		0.000	0.000	0.000
Cystine		0.000		0		4		0.000	0.000	0.000
Phenylalanine		0.000		0		4		0.000	0.000	0.000
Tyrosine	_	0.000		0		4 4		0.000	0.000	0.000
Valine	-	0.000		0		4		0.000 0.000	0.000	0.000
Arginine		0.000		0		4		0.000	0.000 0.000	0.000
Histidine	_	0.000		0		4		0.000	0.000	0.000
Alanine		0.000		0		4		0.000	0.000	0.000
Glutamic acid	• • • • • • • • • • • • • • • • • • • •	0.000		0		4		0.000	0.000	0.000
Glycine	_	0.000		0		4		0.000	0.000	0.000
*				_		4				
Proline		0.000		0		4		0.000	0.000	0.000
Serine Hydroxyproline		0.000		U		-		0.000	0.000	0.000
пушохургонне	9									
Others:										
Alcohol, ethyl	g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine	<u>mg</u>	0		0	Z	7		0	0	0
Theobromine	mg	0		0	Z	7		0	0	0
<u>Carotenoids:</u>										
Carotene, beta	mcq	0		0	z	7		0.000	0.000	0.000
Carotene, alpha		0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta		0		0	z	7		0.000	0.000	0.000
Lycopene		0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin		0		0	z	7		0.000	0.000	0.000

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup Measure 3 = 4.5g: 1 tsp NDB No. 04532 Oil, vegetable, hazelnut

Calories Factors: Protein Fat 8.84 Carbohydrate

Food Group: 04 Fats and Oils

NDB No. 04645
Oil, vegetable, industrial, canola (partially hydrogenated) oil for deep fat frying

		<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>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0	BFZN	4		0.00	0.00	0.00
Energy	kcal	884		0	BFZN	4		120	1927	40
Energy	kj	3699		0	BFZN	4		503	8063	166
Protein	g	0.00		0	BFZN	4		0.00	0.00	0.00
Total lipid (fat)	g	100.00		1	PAK	1		13.60	218.00	4.50
Ash		0.00		0	BFZN	4		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary		0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total		0.00		0	BFZN	4		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium. Ca	mg	0		0	BFZN	4		0	0	0
Iron, Fe		0.00		0	BFZN	4		0.00	0.00	0.00
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	0		0	BFZN	4		0	0	0
Phosphorus, P		0		0	BFZN	4		0	0	0
Potassium, K	mg	0		0	BFZN	4		0	0	0
Sodium, Na	mg	0		0	BFZN	4		0	0	0
Zinc, Zn	<u>mg</u>	0.00		0	BFZN	4		0.00	0.00	0.00
Copper, Cu	mg	0.000		0	BFZN	4		0.000	0.000	0.00
Manganese, Mn		0.000)	0	BFZN	4		0.000	0.000	0.00
Selenium, Se	mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin	-	0.000)	0	BFZN	4		0.000	0.000	0.00
Riboflavin		0.000)	0	BFZN	4		0.000	0.000	0.00
Niacin		0.000)	0	BFZN	4		0.000	0.000	0.00
Pantothenic acid	mg	0.000)	0	BFZN	4		0.000	0.000	0.00
Vitamin B-6	mg	0.000)	0	BFZN	4		0.000	0.000	0.00
Folate, total	mcg	0		0	BFZN	4		0	0	0
Folic acid	mcg	0		0	BFZN	4		0	0	0
Folate, food		0		0	BFZN	4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12		0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, IU	IU	0		0	BFZN	4		0	0	0
Vitamin A, RAE		0		0	BFZN	4		0	0	0
Retinol		0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol)		17.10		0	BFZN	4		2.33	37.28	0.77
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)		122.0		0	BFZN	4		16.6	265.9	5.5
Lipids:										
Fatty acids, total saturated	а	10.117	,	0	NC	4		1.376	22.055	0.45
4:0		0.000		1	A	1		0.000	0.000	0.00
6:0		0.000		1	A	1		0.000	0.000	0.00
8:0	_	0.000		1	A	1		0.000	0.000	0.00
10:0	_	0.000		1	A	1		0.000	0.000	0.00
12:0	-	0.000		1	A	1		0.000	0.000	0.00
13:0										
14:0		0.066	5	1	A	1		0.009	0.144	0.00
15:0		0.047		1	A	1		0.006	0.103	0.00
16:0		5.101		1	A	1		0.694	11.120	0.23
17:0	_	0.076		1	A	1		0.010	0.166	0.00
18:0	_	3.831		1	A	1		0.521	8.352	0.17
	_	0.641		1	A	1		0.087	1.398	0.02
20:0	y	0.041	•	-		-		0.007	1.390	0.02

	<u>Ar</u>	nount in 100 g	rams	of edib	le portio	<u>n</u>	Amount in	edible portion of	of common
			mber Data	Deriv	Source	Confidence		easures of food	
Nutrients and Units	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	71.075		0	NC	4		9.666	154.944	3.198
14:1g									
15:1g									
16:1 undifferentiatedg	0.218		0	AS	1		0.030	0.475	0.01
16:1 cg	0.218		1	A	1		0.030	0.475	0.010
16:1 tg									
17:1g									
18:1 undifferentiatedg	70.081		0	AS	1		9.531	152.775	3.15
18:1 cg	47.292		1	A	1		6.432	103.097	2.12
18:1 tg	22.789		1	A	1		3.099	49.679	1.02
20:1g	0.777		1	A	1		0.106	1.693	0.03
22:1 undifferentiatedg	0.000		1	A	1		0.000	0.000	0.00
24:1 cg									
Fatty acids, total polyunsaturated	14.038		0	NC	4		1.909	30.602	0.63
18:2 undifferentiatedg	12.543		0	AS	1		1.706	27.344	0.56
18:2 n-6 c,cg	8.781		1	A	1		1.194	19.143	0.39
18:2 CLAsg									
18:2 c.tg									
18:2 t.cg									
18:2 t.t									
18:2 ig	3.762		1	A	1		0.512	8.201	0.16
18:2 t not further defined									
18:3 undifferentiated	1.028		0	AS	1		0.140	2.241	0.04
18:4g	0.000		1	A	1		0.000	0.000	0.00
20:2 n-6 c.c									
20:3 undifferentiatedg									
20:4 undifferentiated	0.000		1	A	1		0.000	0.000	0.00
20:5 n-3	0.000		1	А	1		0.000	0.000	0.00
22:5 n-3	0.000		1	A	1		0.000	0.000	0.00
22:6 n-3g	0.000		1	A	1		0.000	0.000	0.00
Fatty acids, total trans	27.017		0	NC	4		3.674	58.897	1.21
Fatty acids, total trans-monoenoic9	22.789		0	NC	4		3.099	49.679	1.02
Fatty acids, total trans-polyenoicg	4.228		0	NC	4		0.575	9.218	0.19
Cholesterolg	4.220		٠		-		0.575	3.210	0.13
Phytosterolsmg									

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 teaspoon

Calories Factors: Protein Fat Carbohydrate

Food Group: 04 Fats and Oils

NDB No. 04644 Oil, vegetable, industrial, canola for salads, woks and light frying

		<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>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0	BFZN	4		0.00	0.00	0.00
Energy	kcal	884		0	BFZN	4		120	40	1927
Energy	kj	3699		0	BFZN	4		503	166	8063
Protein	g	0.00		0	BFZN	4		0.00	0.00	0.00
Total lipid (fat)	g	100.00		1	PAK	1		13.60	4.50	218.00
Ash		0.00		0	BFZN	4		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total	g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium. Ca	ma	0		0	BFZN	4		0	0	0
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.00		0	BFZN	4		0.00	0.00	0.00
Magnesium, Mg	-	0		0	BFZN	4		0.00	0	0.00
Phosphorus, P		0		0	BFZN	4		0	0	0
Potassium, K	-	0		0	BFZN	4		0	0	0
Sodium. Na.		0		0	BFZN	4		0	0	0
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.00		0	BFZN	4		0.00	0.00	0.00
Copper, Cu	-	0.000)	0	BFZN	4		0.000	0.000	0.00
Manganese, Mn		0.000)	0	BFZN	4		0.000	0.000	0.00
Selenium, Se		0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:		0.0		•				0.0		
Vitamin C, total ascorbic acid	_	0.0		0 0	BFZN	4 4		0.0	0.0	0.0
Thiamin		0.000		0	BFZN BFZN	4		0.000 0.000	0.000	
Riboflavin		0.000		0	BFZN	4		0.000	0.000 0.000	0.00
Niacin Pantothenic acid	-	0.000		0	BFZN	4		0.000	0.000	0.00
Vitamin B-6	_	0.000		0	BFZN	4		0.000	0.000	0.00
Folate, total	_	0.000	,	0	BFZN	4		0	0.000	0.00
Folic acid		Ö		0	BFZN	4		Ö	0	0
Folate, food		0		0	BFZN	4		0	0	0
Folate, DFE		0		0	NC	4		0	0	0
Vitamin B-12		0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, IU		0		0	BFZN	4		0	0	0
Vitamin A, RAE	mca RAE	0		0	BFZN	4		0	0	0
Retinol		0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol)		17.10		0	BFZN	4		2.33	0.77	37.28
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	122.0		0	BFZN	4		16.6	5.5	265.9
Lipids:										
Fatty acids, total saturated	a	7.758	1	0	NC	4		1.055	0.349	16.91
4:0		0.000		1	A	1		0.000	0.000	0.00
6:0		0.000		1	A	1		0.000	0.000	0.00
8:0	-	0.000		1	A	1		0.000	0.000	0.00
10:0		0.000		1	A	1		0.000	0.000	0.00
12:0	-	0.037		1	A	1		0.005	0.002	0.08
13:0				_		-				2.30
14:0		0.066	5	1	A	1		0.009	0.003	0.14
15:0		0.037		1	A	1		0.005	0.002	0.08
16:0		4.191		1	A	1		0.570	0.189	9.13
17:0	_	0.057		1	A	1		0.008	0.003	0.12
18:0	_	2.306		1	A	1		0.314	0.104	5.02
20:0	_	0.727		1	A	1		0.099	0.033	1.58
22:0	_	0.336		1	A	1		0.046	0.015	0.73
24:0	-	2.550	-	-		-		0.040	3.013	0.75

	<u>Aı</u>	nount in 10	0 grams		ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
	61 150		•	***				0.750	122 206	
Fatty acids, total monounsaturated9 14:1	61.150		0	NC	4		8.316	2.752	133.306	
16:1 undifferentiatedg	0.284		0	AS	1		0.039	0.013	0.620	
16:1 cg	0.284		1	A	1		0.039	0.013	0.620	
16:1 tg	0.201		_		_		0.033	0.013	0.020	
17:1g										
18:1 undifferentiatedg	59.782		0	AS	1		8.130	2.690	130.325	
18:1 cg	59.496		1	A	1		8.091	2.677	129.701	
18:1 tg	0.286		1	A	1		0.039	0.013	0.623	
20:1g	1.083		1	A	1		0.147	0.049	2.362	
22:1 undifferentiatedg	0.000		1	A	1		0.000	0.000	0.000	
24:1 cg	0.000		_		_		0.000	0.000	0.000	
Fatty acids, total polyunsaturated9	26.397		0	NC	4		3.590	1.188	57.546	
18:2 undifferentiatedg	18.762		0	AS	1		2.552	0.844	40.902	
18:2 n-6 c,cg	18.572		1	A	1		2.526	0.836	40.487	
18:2 CLAsg	20.0.2		_		_		2.520	0.050	101107	
18:2 c.tg										
18:2 t,cg										
18:2 t,tg										
18:2 ig	0.190		1	A	1		0.026	0.009	0.415	
18:2 t not further definedg			_		_		****			
18:3 undifferentiatedg	6.340		0	AS	1		0.862	0.285	13.822	
18:4g	0.000		1	A	1		0.000	0.000	0.000	
20:2 n-6 c,cg										
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.000		1	A	1		0.000	0.000	0.000	
20:5 n-3g	0.000		1	A	1		0.000	0.000	0.000	
22:5 n-3	0.000		1	A	1		0.000	0.000	0.000	
22:6 n-3g	0.000		1	A	1		0.000	0.000	0.000	
Fatty acids, total transg	1.771		0	NC	4		0.241	0.080	3.861	
Fatty acids, total trans-monoenoic9	0.286		0	NC	4		0.039	0.013	0.623	
Fatty acids, total trans-polyenoicg	1.485		0	NC	4		0.202	0.067	3.238	
Cholesterolmg	0		0	BFZN	4		0	0	0	
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0		0	BFZN	4		0.0	0.0	0.0	
Caffeine mg	0		0	BFZN	4		0	0	0	
Theobromine mg	0		0	BFZN	4		0	0	0	
Carotenoids:										
Carotene, betamcg	0		0	BFZN	4		0.000	0.000	0.000	
Carotene, alphamcg	0		0	BFZN	4		0.000	0.000	0.000	
Cryptoxanthin, betamcg	0		0	BFZN	4		0.000	0.000	0.000	
Lycopenemcg	0		0	BFZN	4		0.000	0.000	0.000	
Lutein + zeaxanthin mcg	0		0	BFZN	4		0.000	0.000	0.000	
Edicin - Zeazantinii					-		0.000	0.000	0.000	

Common Measures:

Measure 1 = 13.6g: 1 tablespoon Measure 2 = 4.5g: 1 teaspoon Measure 3 = 218g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 04 Fats and Oils

NDB No. 04659
Oil, vegetable, industrial, coconut, confection fat, typical basis for ice cream coatings

		<u>A</u>	mount in 100	<u>u grams</u>	ot edib	ie portio	<u>on</u>		edible portion	
			I	Number				<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	a	0.08		1	A	1		0.01	0.17	0.00
Energy	-	884		0	NC	4		120	1927	40
Energy		3699		0	NC	4		503	8063	166
Protein (N x 6.25)	=	0.00		1	A	1		0.00	0.00	0.00
Total lipid (fat)		100.00		1	PAK	1		13.60	218.00	4.50
Ash		0.01		1	A	1		0.00	0.03	0.00
Carbohydrate, by difference		0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary		0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total		0.00		0	BFZN	4		0.00	0.00	0.00
Starch	_									
Minerals:										
Calcium, Ca	_	2		1	A	1		0	4	0
Iron, Fe		0.15		1	A	1		0.02	0.32	0.0
Magnesium, Mg		0		1	A	1		0	0	0
Phosphorus, P		0		1	A	1		0	0	0
Potassium, K		2		1	A	1		0	4	0
Sodium, Na	_	5		1 1	A A	1 1		1	11	0
Zinc, Zn		0.04	,	1	A	1		0.01 0.000	0.08 0.000	0.0
Copper, Cu		0.000		1	A	1		0.000	0.000	0.0
Selenium, Se		0.0	,	0	BFZN	4		0.0	0.0	0.0
/itamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin	mg	0.000)	0	BFZN	4		0.000	0.000	0.0
Riboflavin	mg	0.000)	0	BFZN	4		0.000	0.000	0.0
Niacin	mg	0.000)	0	BFZN	4		0.000	0.000	0.0
Pantothenic acid	mg	0.000)	0	BFZN	4		0.000	0.000	0.0
Vitamin B-6	-	0.000)	0	BFZN	4		0.000	0.000	0.0
Folate, total	mcg	0		0	BFZN	4		0	0	0
Folic acid		0		0	BFZN	4		0	0	0
Folate, food		0		0	BFZN	4		0	0	0
Folate, DFE		0		0	NC	4		0	0	0
Vitamin B-12		0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, IU		0		0	BFZN	4		0	0	0
Vitamin A, RAE		0		0	BFZN	4		0	0	0
Retinol		0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol)		0.09		0	BFZN BFZN	4		0.01	0.20	0.00
Tocopherol, beta		0.00 0.20		0	BFZN	4		0.00 0.03	0.00 0. 44	0.00
Tocopherol, gamma Tocopherol, delta		0.20		0	BFZN	4		0.03	0.00	0.0
Vitamin D		0.00		U	DE ZN	•		0.00	0.00	0.00
Vitamin K (phylloquinone)		0.5		0	BFZN	4		0.1	1.1	0.0
.ipids:										
Fatty acids, total saturated	g	86.503	3	0	NC	4		11.764	188.576	3.8
4:0	-	0.063		1	A	1		0.009	0.138	0.0
6:0		0.752		1	A	1		0.102	1.638	0.0
8:0		7.889		1	A	1		1.073	17.198	0.3
10:0		5.596		1	A	1		0.761	12.198	0.2
12:0		44.482	2	1	A	1		6.049	96.970	2.0
13:0	-			_	_	_				
14:0	-	16.659	•	1	A	1		2.266	36.317	0.7
15:0	-				_	_			3 =	-
16:0	-	8.182	2	1	A	1		1.113	17.837	0.3
17:0	-			_	_	_				
18:0	-	2.843		1	A	1		0.387	6.198	0.1
20:0	-	0.037	<i>'</i>	1	A	1		0.005	0.081	0.0
22:0 24:0	-									

		<u> </u>	Amount in 10	00 grams	of edib	ole portic	<u>on</u>	Amount in edible portion of common			
				Number					easures of food		
Nutrients and Units		Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated 14:1		5.68	1	0	NC	4		0.773	12.385	0.256	
15:1											
16:1 undifferentiated	_	0.00	0	1	A	1		0.000	0.000	0.000	
17:1	_	5 60		0					10 005	0.056	
18:1 undifferentiated	-	5.68 5.68		1	AS A	1 1		0.773 0.773	12.385 12.385	0.256 0.256	
18:1 t	-	0.00		1	A	1		0.000	0.000	0.000	
20:1	g	0.00	0	1	A	1		0.000	0.000	0.000	
22:1 undifferentiated		0.00	0	1	A	1		0.000	0.000	0.000	
24:1 c			_								
Fatty acids, total polyunsaturated		1.45 1.45		0 0	NC AS	4 1		0.197 0.197	3.162 3.162	0.065 0.065	
18:2 undifferentiated		1.45	-	1	AS A	1		0.197	3.162	0.065	
18:2 CLAs	-	2.10		_		_		0.157	3.102	0.003	
18:2 c,t	_										
18:2 t,c	g										
18:2 t,t	-										
18:2 i	_										
18:3 undifferentiated	-	0.00	0	1	A	1		0.000	0.000	0.000	
18:4	-	0.00		1	A	1		0.000	0.000	0.000	
20:2 n-6 c,c	_										
20:3 undifferentiated	_										
20:4 undifferentiated	_	0.00		1	A	1		0.000	0.000	0.000	
20:5 n-3	_	0.00		1 1	A A	1 1		0.000 0.000	0.000 0.000	0.000 0.000	
22:6 n-3		0.00		1	A	1		0.000	0.000	0.000	
Fatty acids, total trans		0.00		0	NC	4		0.000	0.000	0.000	
Fatty acids, total trans-monoenoic		0.00	0	0	NC	4		0.000	0.000	0.000	
Fatty acids, total trans-polyenoic	_	0.00	0	0	NC	4		0.000	0.000	0.000	
Cholesterol	_	0		0	BFZN	4		0	0	0	
Phytosterols	mg	86		0	BFZN	4		12	187	4	
Amino Acids:	~	0.00	•	•				0.000			
Tryptophan Threonine.		0.00		0 0	BFZN BFZN	4 4		0.000 0.000	0.000	0.000 0.000	
Isoleucine		0.00		0	BFZN	4		0.000	0.000	0.000	
Leucine	_	0.00		0	BFZN	4		0.000	0.000	0.000	
Lysine	g	0.00	0	0	BFZN	4		0.000	0.000	0.000	
Methionine	-	0.00		0	BFZN	4		0.000	0.000	0.000	
Cystine		0.00		0	BFZN	4		0.000	0.000	0.000	
Phenylalanine		0.00		0 0	BFZN BFZN	4 4		0.000 0.000	0.000	0.000 0.000	
TyrosineValine		0.00		0	BFZN	4		0.000	0.000 0.000	0.000	
Arginine		0.00		0	BFZN	4		0.000	0.000	0.000	
Histidine	_	0.00		0	BFZN	4		0.000	0.000	0.000	
Alanine	g	0.00	0	0	BFZN	4		0.000	0.000	0.000	
Aspartic acid		0.00		0	BFZN	4		0.000	0.000	0.000	
Glutamic acid	-	0.00		0	BFZN	4		0.000	0.000	0.000	
Glycine Proline		0.00		0 0	BFZN BFZN	4 4		0.000 0.000	0.000 0.000	0.000 0.000	
Serine	-	0.00		0	BFZN	4		0.000	0.000	0.000	
Hydroxyproline				-		_					
Others:											
Alcohol, ethyl	g	0.0		0	BFZN	4		0.0	0.0	0.0	
Caffeine		0		0	BFZN	4		0	0	0	
Theobromine	mg	0		0	BFZN	4		0	0	0	
Carotenoids:											
Carotene, beta		0		0	BFZN	4		0.000	0.000	0.000	
Carotene, alpha		0		0	BFZN	4		0.000	0.000	0.000	
Cryptoxanthin, beta		0		0 0	BFZN BFZN	4 4		0.000 0.000	0.000 0.000	0.000 0.000	
LycopeneLutein + zeaxanthin		0		0	BFZN	4		0.000	0.000	0.000	
Zatom · Zouzumiliii	9	ū		•		-					

Oil, vegetable, industrial, coconut, confection fat, typical basis for ice cream coatings

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

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

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp Measure 2 = 218g: 1 cup Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein Fat 8.84 Carbohydrate

Food Group: 04 Fats and Oils

NDB No. 04642 Oil, vegetable, industrial, mid-oleic, sunflower, principal uses frying and salad dressings

		<u>A</u>	mount in 100 g	rams of ed	ible porti	<u>on</u>	Amount in edible portion of common			
			Nu	mber			m	easures of food	<u> </u>	
				Data Deri	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	ints Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	0.00		0 BF:	N 4		0.00	0.00	0.00	
Energy	kcal	884		0 N	4		120	40	1927	
Energy	kj	3699		0 N	4		503	166	8063	
Protein	g	0.00		0 BF:	N 4		0.00	0.00	0.00	
Total lipid (fat)	g	100.00		1 PA	K 1		13.60	4.50	218.00	
Ash	g	0.00		0 BF:	N 4		0.00	0.00	0.00	
Carbohydrate, by difference	g	0.00		0 BF:	N 4		0.00	0.00	0.00	
Fiber, total dietary		0.0		0 BF:	N 4		0.0	0.0	0.0	
Sugars, total	g	0.00		0 BF:	N 4		0.00	0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0 BFZ	N 4		0	0	0	
Iron, Fe	-	0.03		0 BFZ			0.00	0.00	0.07	
Magnesium, Mg	-	0		0 BFZ	N 4		0	0	0	
Phosphorus, P		0		0 BFZ	N 4		0	0	0	
Potassium, K	mg	0		0 BFZ	N 4		0	0	0	
Sodium, Na	mg	0		0 BFZ	N 4		0	0	0	
Zinc, Zn	mg	0.00		0 BFZ	N 4		0.00	0.00	0.00	
Copper, Cu	mg									
Manganese, Mn										
Selenium, Se	mcg	0.0		0 BFZ	N 4		0.0	0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0 BFZ	N 4		0.0	0.0	0.0	
Thiamin		0.000)	0 BFZ	N 4		0.000	0.000	0.00	
Riboflavin	-	0.000)	0 BFZ	N 4		0.000	0.000	0.00	
Niacin	mg	0.000)	0 BFZ	N 4		0.000	0.000	0.00	
Pantothenic acid	mg	0.000)	0 BFZ	N 4		0.000	0.000	0.00	
Vitamin B-6	mg	0.000)	0 BFZ	N 4		0.000	0.000	0.00	
Folate, total	mcg	0		0 BFZ	N 4		0	0	0	
Folic acid		0		0 BFZ			0	0	0	
Folate, food		0		0 BFZ			0	0	0	
Folate, DFE		0		0 NC	4		0	0	0	
Vitamin B-12		0.00		0 BFZ			0.00	0.00	0.00	
Vitamin A, IU		0		0 BFZ			0	0	0	
Vitamin A, RAE		0		0 BFZ			0	0	0	
Retinol		0		0 BFZ 0 BFZ			0 5.59	0	0	
Vitamin E (alpha-tocopherol)		41.08		0 BFZ	N 4		5.59	1.85	89.55	
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		5.4		0 BFZ	N 4		0.7	0.2	11.8	
Lipids:	~	0.000	,	0 170			1 005	0.405	10.64	
Fatty acids, total saturated		9.009		0 NC	4 1		1.225	0.405	19.64 0.00	
4:0				1 A	1		0.000	0.000		
6:0 8:0		0.000		1 A	1		0.000 0.000	0.000 0.000	0.00	
10:0	-	0.000		1 A	1		0.000	0.000	0.00	
12:0	-	0.000		1 A	1		0.000	0.000	0.00	
13:0	_	0.000	•	. A	1		3.000	0.000	0.00	
14:0	_	0.057	7	1 A	1		0.008	0.003	0.12	
15:0	-	0.000		1 A	1		0.000	0.003	0.00	
16:0	-	4.219		1 A	1		0.574	0.190	9.19	
17:0		0.037		1 A	1		0.005	0.002	0.08	
18:0	-	3.564		1 A	1		0.485	0.160	7.77	
20:0	•	0.297		1 A	1		0.040	0.013	0.64	
22:0	_	0.836		1 A	1		0.114	0.038	1.82	
	g				_				= . , =	

	<u>An</u>	nount in 10	00 grams Number		ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	57.334		0	NC	4		7.797	2.580	124.989	
14:1g										
15:1g										
16:1 undifferentiatedg	0.095		0	AS	1		0.013	0.004	0.206	
16:1 cg	0.095		1	A	1		0.013	0.004	0.206	
16:1 tg										
17:1g	F7 000		0					0.566	104 200	
18:1 undifferentiated	57.029 57.029		1	AS A	1 1		7.756 7.756	2.566 2.566	124.322 124.322	
18:1 tg	0.000		1	A	1		0.000	0.000	0.000	
20:1g	0.211		1	A	1		0.029	0.009	0.460	
22:1 undifferentiatedg	0.000		1	A	1		0.000	0.000	0.000	
24:1 cg			_		_		0.000	0.000		
Fatty acids, total polyunsaturatedg	28.962		0	NC	4		3.939	1.303	63.136	
18:2 undifferentiatedg	28.924		0	AS	1		3.934	1.302	63.055	
18:2 n-6 c,cg	28.705		1	A	1		3.904	1.292	62.578	
18:2 CLAsg										
18:2 c,tg										
18:2 t,cg										
18:2 t,tg										
18:2 ig	0.219		1	A	1		0.030	0.010	0.477	
18:2 t not further definedg	0 007		0						0.001	
18:3 undifferentiated	0.037		1	AS A	1 1		0.005 0.000	0.002 0.000	0.081 0.000	
18:4	0.000		1	A	_		0.000	0.000	0.000	
20:3 undifferentiatedg										
20:4 undifferentiated	0.000		1	A	1		0.000	0.000	0.000	
20:5 n-3g	0.000		1	A	1		0.000	0.000	0.000	
22:5 n-3	0.000		1	A	1		0.000	0.000	0.000	
22:6 n-3g	0.000		1	A	1		0.000	0.000	0.000	
Fatty acids, total transg	0.219		0	NC	4		0.030	0.010	0.477	
Fatty acids, total trans-monoenoicg	0.000		0	NC	4		0.000	0.000	0.000	
Fatty acids, total trans-polyenoic9	0.219		0	NC	4		0.030	0.010	0.477	
Cholesterolmg	0		0	BFZN	4		0	0	0	
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0		0	BFZN	4		0.0	0.0	0.0	
Caffeine mg	0		0	BFZN	4		0	0	0	
Theobrominemg	0		0	BFZN	4		0	0	0	
Carotenoids:										
Carotene, beta mcg	0		0	BFZN	4		0.000	0.000	0.000	
Carotene, alphamcg	0		0	BFZN	4		0.000	0.000	0.000	
Cryptoxanthin, betamcg	0		0	BFZN	4		0.000	0.000	0.000	
Lycopenemcg	0		0	BFZN	4		0.000	0.000	0.000	
Lutein + zeaxanthin mcg	0		0	BFZN	4		0.000	0.000	0.000	

Common Measures:

Measure 1 = 13.6g: 1 tablespoon Measure 2 = 4.5g: 1 teaspoon Measure 3 = 218g: 1 cup

Calories Factors: Protein Fat 8.84 Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u> :	mount in 10	0 grams	of edib	le portio	<u>on</u>		edible portion	
				Number				<u>m</u>	easures of food	<u>.</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		0.04		1	A	1		0.01	0.09	0.00
Energy		880		0	NC	4		120	1917	40
Energy	kj	3680		0	NC	4		501	8023	166
Protein (N x 6.25)		0.00		1	A	1		0.00	0.00	0.00
Total lipid (fat)		99.50		1	A	1		13.53	216.91	4.48
Ash		0.01		1	A	1		0.00	0.03	0.00
Carbohydrate, by difference		0.00		0	BFZN			0.00	0.00	0.00
Fiber, total dietary		0.0		0	BFZN			0.0	0.0	0.0
Sugars, total		0.00		0	BFZN	4		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	1		1	A	1		0	2	0
Iron, Fe	_	0.15		1	A	1		0.02	0.32	0.01
Magnesium, Mg	_	0		1	A	1		0	0	0
Phosphorus, P		0		1	A	1		0	0	0
Potassium, K	mg	4		1	A	1		1	8	0
Sodium, Na	mg	6		1	A	1		1	13	0
Zinc, Zn	mg	0.04		1	A	1		0.01	0.08	0.00
Copper, Cu	mg	0.000)	1	A	1		0.000	0.000	0.00
Manganese, Mn		0.000)	1	A	1		0.000	0.000	0.00
Selenium, Se	mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin	-	0.000)	0	BFZN	4		0.000	0.000	0.00
Riboflavin		0.000		0	BFZN	4		0.000	0.000	0.00
Niacin		0.000		0	BFZN	4		0.000	0.000	0.00
Pantothenic acid	_	0.000		0	BFZN	4		0.000	0.000	0.00
Vitamin B-6	-	0.000)	0	BFZN	4		0.000	0.000	0.00
Folate, total	-	0		0	BFZN	4		0	0	0
Folic acid		0		0	BFZN	4		0	0	0
Folate, food		0		0	BFZN	4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12		0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, IU	IU	0		0	BFZN	4		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	BFZN	4		0	0	0
Retinol		0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	3.81		0	BFZN	4		0.52	8.31	0.17
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)		24.7		0	BFZN	4		3.4	53.9	1.1
Lipids:	a	71 444		^	***			0 716	155 545	2.65
Fatty acids, total saturated		71.444		0 1	NC A	4 1		9.716	155.747	3.21
4:0 6:0		0.042 0.236		1	A A	1		0.006 0.032	0.092	0.00
8:0	-	2.682		1	A	1		0.032	0.515 5.846	0.01
10:0	-	1.999		1	A	1		0.365	4.357	0.12
12:0	-	23.231		1	A	1		3.159	50.644	1.04
13:0		25.251	-	-	Α.	-		3.133	30.044	1.04
14:0		7.423	3	1	A	1		1.009	16.181	0.33
15:0		,		-		-		1.009	10.101	0.33
16:0		29.450)	1	A	1		4.005	64.202	1.32
17:0	-	_5.450		-		-		4.005	34.202	1.52.
18:0	-	6.080)	1	A	1		0.827	13.254	0.27
20:0	-	0.300		1	A	1		0.041	0.654	0.01
22:0	-	2.200		-		_		3.041	0.054	0.01
24:0	-									

		Amount in 100 grams of edible portion							Amount in edible portion of common		
			Number					measures of food			
Nutrients and Units	Mea	an	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
F # 11 4 4 1	a 16	. 700		0	170			0.600	40.051	0.007	
Fatty acids, total monounsaturated	g	702		U	NC	4		2.680	42.951	0.887	
15:1	.g (0.000		1	A	1		0.000	0.000	0.000	
17:1 18:1 undifferentiated		702		0	AS	1		2.680	42.951	0.887	
18:1 c		702		1	A	1		2.680	42.951	0.887	
18:1 t		0.000		1	A	1		0.000	0.000	0.000	
20:1	g (0.000		1	A	1		0.000	0.000	0.000	
22:1 undifferentiated		0.000		1	A	1		0.000	0.000	0.000	
24:1 c											
Fatty acids, total polyunsaturated		3.247		0	NC	4		0.442	7.079	0.146	
18:2 undifferentiated		3.247		0	AS	1		0.442	7.079	0.146	
18:2 n-6 c,c	5	3.247		1	A	1		0.442	7.079	0.146	
18:2 CLAs	-										
18:2 c,t											
18:2 t,c											
18:2 t,t	=										
18:2 i	=										
18:2 t not further defined	-	0.000		1	A	1		0.000	0.000	0.000	
18:3 undifferentiated	=	0.000		1	A	1		0.000	0.000 0.000	0.000	
18:4 20:2 n-6 c.c.	-	.000		_	A	_		0.000	0.000	0.000	
20:3 undifferentiated											
20:4 undifferentiated	-	0.000		1	A	1		0.000	0.000	0.000	
20:5 n-3	-	0.000		1	A	1		0.000	0.000	0.000	
22:5 n-3	-	0.000		1	A	1		0.000	0.000	0.000	
22:6 n-3		0.000		1	A	1		0.000	0.000	0.000	
Fatty acids, total trans		0.000		0	NC	4		0.000	0.000	0.000	
Fatty acids, total trans-monoenoic		0.000		0	NC	4		0.000	0.000	0.000	
Fatty acids, total trans-polyenoic		0.000		0	NC	4		0.000	0.000	0.000	
Cholesterol				0	BFZN	4		0	0	0	
Phytosterols	-	5		0	BFZN	4		13	207	4	
-											
Amino Acids:											
Tryptophan		0.000		0	BFZN	4		0.000	0.000	0.000	
Threonine		0.000		0	BFZN	4		0.000	0.000	0.000	
Isoleucine		0.000		0	BFZN	4		0.000	0.000	0.000	
Leucine		0.000		0	BFZN	4		0.000	0.000	0.000	
Lysine	. •	0.000		0	BFZN	4		0.000	0.000	0.000	
Methionine	=	0.000		0	BFZN	4		0.000	0.000	0.000	
Cystine		0.000		0	BFZN	4		0.000	0.000	0.000	
Phenylalanine		0.000		0	BFZN	4 4		0.000	0.000	0.000	
Tyrosine		0.000		0	BFZN			0.000	0.000	0.000	
Valine		0.000			BFZN	4 4		0.000	0.000	0.000	
ArginineHistidine	•	0.000		0 0	BFZN BFZN	4		0.000 0.000	0.000 0.000	0.000 0.000	
Alanine		0.000		0	BFZN	4		0.000	0.000	0.000	
Aspartic acid		0.000		0	BFZN	4		0.000	0.000	0.000	
Glutamic acid		0.000		0	BFZN	4		0.000	0.000	0.000	
Glycine		0.000		0	BFZN	4		0.000	0.000	0.000	
Proline		0.000		0	BFZN	4		0.000	0.000	0.000	
Serine.		0.000		0	BFZN	4		0.000	0.000	0.000	
Hydroxyproline				·		-			3.333	0.000	
Others:											
Alcohol, ethyl	g	0.0		0	BFZN	4		0.0	0.0	0.0	
Caffeine)		0	BFZN	4		0	0	0	
Theobromine!	=)		0	BFZN	4		0	0	0	
Carotenoids:											
	mca (^	DEGA			0 000	0 000	0.000	
Carotone alpha	3			0 0	BFZN BFZN	4 4		0.000 0.000	0.000 0.000	0.000	
Carotene, alpha	3			0	BFZN BFZN	4		0.000	0.000	0.000	
Cryptoxanthin, beta	3			0	BFZN	4		0.000	0.000	0.000	
Lycopene	3			0	BFZN	4		0.000	0.000	0.000	
Lutein + zeaxanthin	y (•		U	DE VIN	-		0.000	0.000	0.000	

Oil, vegetable, industrial, palm and palm kernel, filling fat

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

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

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp Measure 2 = 218g: 1 cup Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein Fat 8.84 Carbohydrate

Food Group: 04 Fats and Oils

NDB No. 04660 Oil, vegetable, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy

		Amount in 100 grams of edible portion							Amount in edible portion of common		
				Number				measures of food			
				of Data	Deriv	Source	Confidence				
Nutrients and Units		Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	0.04		1	A	1		0.01	0.09	0.00	
Energy	kcal	884		0	NC	4		120	1927	40	
Energy	kj	3699		0	NC	4		503	8063	166	
Protein (N x 6.25)	g	0.00		1	A	1		0.00	0.00	0.00	
Total lipid (fat)	g	100.00		1	PAK	1		13.60	218.00	4.50	
Ash		0.01		1	A	1		0.00	0.03	0.00	
Carbohydrate, by difference	g	0.00		0	BFZN	4		0.00	0.00	0.00	
Fiber, total dietary		0.0		0	BFZN	4		0.0	0.0	0.0	
Sugars, total	g	0.00		0	BFZN	4		0.00	0.00	0.00	
Starch	g										
Minerals:											
Calcium, Ca	mg	1		1	A	1		0	2	0	
Iron, Fe	_	0.15		1	A	1		0.02	0.32	0.01	
Magnesium, Mg	_	0		1	A	1		0	0	0	
Phosphorus, P		0		1	A	1		0	0	0	
Potassium, K	•	2		1	A	1		0	3	0	
Sodium, Na		6		1	A	1		1	12	0	
Zinc, Zn	mg	0.04		1	A	1		0.01	0.08	0.00	
Copper, Cu	mg	0.000)	1	A	1		0.000	0.000	0.00	
Manganese, Mn		0.000)	1	A	1		0.000	0.000	0.00	
Selenium, Se	mcg	0.0		0	BFZN	4		0.0	0.0	0.0	
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		0	BFZN	4		0.0	0.0	0.0	
Thiamin	-	0.000)	0	BFZN	4		0.000	0.000	0.00	
Riboflavin		0.000		0	BFZN	4		0.000	0.000	0.00	
Niacin		0.000)	0	BFZN	4		0.000	0.000	0.00	
Pantothenic acid	_	0.000)	0	BFZN	4		0.000	0.000	0.00	
Vitamin B-6	-	0.000)	0	BFZN	4		0.000	0.000	0.00	
Folate, total	mcg	0		0	BFZN	4		0	0	0	
Folic acid		0		0	BFZN	4		0	0	0	
Folate, food	mcg	0		0	BFZN	4		0	0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0	
Vitamin B-12		0.00		0	BFZN	4		0.00	0.00	0.00	
Vitamin A, IU		0		0	BFZN	4		0	0	0	
Vitamin A, RAE		0		0	BFZN	4		0	0	0	
Retinol		0		0	BFZN	4		0	0	0	
Vitamin E (alpha-tocopherol)	mg	3.81		0	BFZN	4		0.52	8.31	0.17	
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D Vitamin K (phylloquinone)		24.7		0	BFZN	4		3.4	53.9	1.1	
<u>Lipids:</u>											
Fatty acids, total saturated		88.965		0	NC	4		12.099	193.943	4.00	
4:0		0.073		1	A	1		0.010	0.159	0.00	
6:0	-	0.325		1	A	1		0.044	0.708	0.01	
8:0		3.895		1	A	1		0.530	8.491	0.17	
10:0	-	3.322		1	A	1		0.452	7.241	0.14	
12:0		45.314	•	1	A	1		6.163	98.785	2.03	
13:0		12 014	:	1	A	1		1 002	20 222	0.60	
14:0		13.916	,	1	A	1		1.893	30.336	0.62	
15:0		7.353	1	1	A	1		1 000	16 020	0.33	
16:0	-	1.333	,	1	A	1		1.000	16.030	0.33	
17:0	-	14.561		1	A	1		1.980	31.742	0.65	
18:0 20:0	-	0.207		1	A A	1		0.028	0.450	0.65	
22:0	-	0.207	•	1	r.	_		0.028	0.450	0.00	
24:0	-										

		<u>A</u>	mount in 10	Amount in edible portion of common						
		Number						measures of food		
				of Data		Source	Confidence			
Nutrients and Units		Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		4.934	Į.	0	NC	4		0.671	10.756	0.222
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000)	1	A	1		0.000	0.000	0.000
17:1										
18:1 undifferentiated	g	4.934	l	0	AS	1		0.671	10.756	0.222
18:1 c	g	1.254	l	1	A	1		0.170	2.733	0.056
18:1 t	g	3.680)	1	A	1		0.501	8.023	0.166
20:1	g	0.000)	1	A	1		0.000	0.000	0.000
22:1 undifferentiated	g	0.000)	1	A	1		0.000	0.000	0.000
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.000)	0	NC	4		0.000	0.000	0.000
18:2 undifferentiated	g	0.000)	0	AS	1		0.000	0.000	0.000
18:2 n-6 c,c	g	0.000)	1	A	1		0.000	0.000	0.000
18:2 CLAs	g									
18:2 c,t	g									
18:2 t,c	g									
18:2 t,t	g									
18:2 i	g									
18:2 t not further defined	g									
18:3 undifferentiated	g	0.000)	1	A	1		0.000	0.000	0.000
18:4	g	0.000)	1	A	1		0.000	0.000	0.000
20:2 n-6 c.c	-									
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.000)	1	A	1		0.000	0.000	0.000
20:5 n-3	-	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3	-	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3	-	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans		3.680		0	NC	4		0.501	8.023	0.166
Fatty acids, total trans-monoenoic		3.680		0	NC	4		0.501	8.023	0.166
Fatty acids, total trans-monochoic		0.000		0	NC	4		0.000	0.000	0.000
Cholesterol		0	,	0	BFZN	4		0.000	0	0.000
Phytosterols	_	95		0	BFZN	4		13	207	4
Amino Acids:	9			·		-				-
Tryptophan	0	0.000	1	0	BFZN	4		0.000	0.000	0.000
31 1	_			0		4		0.000		
Threonine		0.000			BFZN				0.000	0.000
Isoleucine	_	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine		0.000		0	BFZN	4		0.000	0.000	0.000
Lysine	-	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine	•	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine		0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine	g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine		0.000		0	BFZN	4		0.000	0.000	0.000
Valine	g	0.000)	0	BFZN	4		0.000	0.000	0.000
Arginine	g	0.000)	0	BFZN	4		0.000	0.000	0.000
Histidine	g	0.000)	0	BFZN	4		0.000	0.000	0.000
Alanine	g	0.000)	0	BFZN	4		0.000	0.000	0.000
Aspartic acid	g	0.000)	0	BFZN	4		0.000	0.000	0.000
Glutamic acid	g	0.000)	0	BFZN	4		0.000	0.000	0.000
Glycine	g	0.000)	0	BFZN	4		0.000	0.000	0.000
Proline	g	0.000)	0	BFZN	4		0.000	0.000	0.000
Serine	g	0.000)	0	BFZN	4		0.000	0.000	0.000
Hydroxyproline	9									
Others:										
Alcohol, ethyl		0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine	mg	0		0	BFZN	4		0	0	0
Theobromine	mg	0		0	BFZN	4		0	0	0
Carotenoids:										
Carotene, beta	щcg	0		0	BFZN	4		0.000	0.000	0.000
Carotene, alpha		0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta		0		0	BFZN	4		0.000	0.000	0.000
Lycopene		0		0	BFZN	4		0.000	0.000	0.000
Lycopene										

NDB No. 04660

Oil, vegetable, industrial, palm kernel (hydrogenated), used for whipped toppings, non-dairy

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Measure 3

Number

of Data Deriv Source Confidence

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

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp Measure 2 = 218g: 1 cup Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein Fat 8.84 Carbohydrate

Food Group: 04 Fats and Oils

NDB No. 04658
Oil, vegetable, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product

		<u>A</u>	mount in 100	u grams	ot eaib	ie portio	<u>on</u>	Amount in edible portion of common			
			I	Number				<u>m</u>	easures of food		
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	0.04		1	A	1		0.01	0.09	0.00	
Energy	_	884		0	NC	4		120	1927	40	
Energy		3699		0	NC	4		503	8063	166	
0.		0.00		1	A	1		0.00	0.00	0.00	
Protein (N x 6.25)	-	100.00		1	PAK	1		13.60	218.00	4.50	
Total lipid (fat)						1					
Ash		0.01		1	A			0.00	0.03	0.00	
Carbohydrate, by difference		0.00		0	BFZN	4		0.00	0.00	0.00	
Fiber, total dietary		0.0		0	BFZN	4		0.0	0.0	0.0	
Sugars, total	g	0.00		0	BFZN	4		0.00	0.00	0.00	
Starch	g										
Minerals:											
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	1		1	A	1		0	3	0	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.15		1	A	1		0.02	0.32	0.0	
Magnesium, Mg	mg	0		1	A	1		0	0	0	
Phosphorus, P	mg	0		1	A	1		0	0	0	
Potassium, K	mg	1		1	A	1		0	2	0	
Sodium, Na	mg	6		1	A	1		1	13	0	
Zinc, Zn	<u>mg</u>	0.04		1	A	1		0.01	0.08	0.00	
Copper, Cu	mg	0.000)	1	A	1		0.000	0.000	0.0	
Manganese, Mn	mg	0.000)	1	A	1		0.000	0.000	0.0	
Selenium, Se	mcg	0.0		0	BFZN	4		0.0	0.0	0.0	
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		0	BFZN	4		0.0	0.0	0.0	
Thiamin	mg	0.000)	0	BFZN	4		0.000	0.000	0.0	
Riboflavin		0.000)	0	BFZN	4		0.000	0.000	0.0	
Niacin		0.000)	0	BFZN	4		0.000	0.000	0.0	
Pantothenic acid		0.000)	0	BFZN	4		0.000	0.000	0.0	
Vitamin B-6		0.000)	0	BFZN	4		0.000	0.000	0.00	
Folate, total	-	0		0	BFZN	4		0	0	0	
Folic acid		0		0	BFZN	4		0	0	0	
Folate, food		0		0	BFZN	4		0	0	0	
Folate, DFE		0		0	NC	4		0	0	0	
Vitamin B-12		0.00		0	BFZN	4		0.00	0.00	0.00	
Vitamin A, IU		0.00		0	BFZN	4		0.00	0	0	
Vitamin A, RAE		0		0	BFZN	4		0	0	0	
Retinol		0		0	BFZN	4		0	0	0	
				0		4				-	
Vitamin E (alpha-tocopherol)	Ilig	3.81		U	BFZN	4		0.52	8.31	0.1	
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D Vitamin K (phylloquinone)		24.7		0	BFZN	4		3.4	53.9	1.1	
	9			ŭ	DI DI	•		3.4	33.9		
Lipids:		02 61/	4	0	NC	4		12 505	201 000	4.1	
Fatty acids, total saturated		92.614		1	NC A	1		12.595	201.898		
4:0		0.077						0.011	0.169	0.0	
6:0	_	0.258		1	A	1		0.035	0.563	0.0	
8:0	-	3.260		1	A	1		0.443	7.107	0.1	
10:0		3.157		1	A	1		0.429	6.882	0.1	
12:0		48.445	•	1	A	1		6.589	105.611	2.1	
13:0			_			_					
14:0		16.205	5	1	A	1		2.204	35.327	0.7	
15:0	g										
16:0	g	7.696	6	1	A	1		1.047	16.777	0.3	
17:0	g										
18:0	g	13.477	7	1	A	1		1.833	29.380	0.6	
20:0	g	0.037	7	1	A	1		0.005	0.081	0.0	

		<u>Ar</u>	nount in 10	0 grams	of edib	Amount in edible portion of common				
				Number					easures of food	
Nutrients and Units	Me	an	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	0	L.271		0	NC	4		0.173	2.770	0.057
15:1 16:1 undifferentiated	-	0.000		1	A	1		0.000	0.000	0.000
17:1 18:1 undifferentiated		L.271		0	AS	1		0.173	2.770	0.057
18:1 c		L.271		1	A	1		0.173	2.770	0.057
18:1 t	-	0.000		1	A	1		0.000	0.000	0.000
20:1	g (0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated	g (0.000		1	A	1		0.000	0.000	0.000
24:1 c										
Fatty acids, total polyunsaturated		0.037		0	NC	4		0.005	0.081	0.002
18:2 undifferentiated	0	0.037		0	AS	1		0.005	0.081	0.002
18:2 n-6 c,c	0	0.037		1	A	1		0.005	0.081	0.002
18:2 CLAs 18:2 c.t.	-									
18:2 t.c										
18:2 t.t										
18:2 i										
18:2 t not further defined	-									
18:3 undifferentiated	g (0.000		1	A	1		0.000	0.000	0.000
18:4	g (0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c	g									
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.000		1	A	1		0.000	0.000	0.000
20:5 n-3	-	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3		0.000		1	A	1		0.000	0.000	0.000
22:6 n-3		0.000 0.000		1 0	A NC	1 4		0.000	0.000	0.000 0.000
Fatty acids, total trans	0	0.000		0	NC NC	4		0.000 0.000	0.000 0.000	0.000
Fatty acids, total trans-monoenoic Fatty acids, total trans-polyenoic		0.000		0	NC NC	4		0.000	0.000	0.000
Cholesterol)		0	BFZN	4		0.000	0	0
Phytosterols	=			0	BFZN	4		13	207	4
-	•									
Amino Acids:	a .	0.000		0	BFZN	4		0.000	0.000	0.000
Tryptophan		0.000		0	BFZN	4		0.000	0.000	0.000
Threonine Isoleucine	0	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine	0	0.000		0	BFZN	4		0.000	0.000	0.000
Lysine		0.000		0	BFZN	4		0.000	0.000	0.000
Methionine	. •	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine	-	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine	g (0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine	g (0.000		0	BFZN	4		0.000	0.000	0.000
Valine	g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine	•	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine		0.000		0	BFZN	4		0.000	0.000	0.000
Alanine		0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid		0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid	0	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine Proline		0.000 0.000		0 0	BFZN BFZN	4 4		0.000	0.000	0.000 0.000
Serine		0.000		0	BFZN	4		0.000	0.000 0.000	0.000
Hydroxyproline				Ů	DI ZIN	-		0.000	0.000	0.000
Others:										
Alcohol, ethyl	g. (0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine	mg ()		0	BFZN	4		0	0	0
Theobromine!	mg ()		0	BFZN	4		0	0	0
Carotenoids:										
Carotene, beta	mcg ()		0	BFZN	4		0.000	0.000	0.000
Carotene, alpha	3)		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta)		0	BFZN	4		0.000	0.000	0.000
Lycopene)		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin	mcg ()		0	BFZN	4		0.000	0.000	0.000

NDB No. 04658

Oil, vegetable, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

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

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp Measure 2 = 218g: 1 cup Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein Fat 8.84 Carbohydrate

Food Group: 04 Fats and Oils

NDB No. 04657 Oil, vegetable, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter

		<u>A</u> :	mount in 10	0 grams	of edib	le portio	<u>on</u>		edible portion	_
				Number				<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.05		1	A	1		0.01	0.11	0.00
Energy	kcal	884		0	NC	4		120	1927	40
Energy	kj	3699		0	NC	4		503	8063	166
Protein (N x 6.25)	g	0.00		1	A	1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		1	PAK	1		13.60	218.00	4.50
Ash		0.01		1	A	1		0.00	0.03	0.00
Carbohydrate, by difference	g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary		0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total	g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	1		1	A	1		0	3	0
Iron, Fe	_	0.15		1	A	1		0.02	0.32	0.01
Magnesium, Mg	_	0		1	A	1		0	0	0
Phosphorus, P		0		1	A	1		0	0	0
Potassium, K	mg	1		1	A	1		0	2	0
Sodium, Na		6		1	A	1		1	13	0
Zinc, Zn	mg	0.08		1	A	1		0.01	0.16	0.00
Copper, Cu	mg	0.000)	1	A	1		0.000	0.000	0.00
Manganese, Mn		0.000)	1	A	1		0.000	0.000	0.00
Selenium, Se	mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin	-	0.000)	0	BFZN	4		0.000	0.000	0.00
Riboflavin		0.000		0	BFZN	4		0.000	0.000	0.00
Niacin		0.000		0	BFZN	4		0.000	0.000	0.00
Pantothenic acid	_	0.000		0	BFZN	4		0.000	0.000	0.00
Vitamin B-6	-	0.000		0	BFZN	4		0.000	0.000	0.00
Folate, total	-	0		0	BFZN	4		0	0	0
Folic acid		0		0	BFZN	4		0	0	0
Folate, food		0		0	BFZN	4		0	0	0
Folate, DFE		0		0	NC	4		0	0	0
Vitamin B-12		0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, IU	IU	0		0	BFZN	4		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	BFZN	4		0	0	0
Retinol		0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	3.81		0	BFZN	4		0.52	8.31	0.17
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)		24.7		0	BFZN	4		3.4	53.9	1.1
									33.3	
<u>Lipids:</u>										
Fatty acids, total saturated		93.701		0	NC	4		12.743	204.268	4.21
4:0		0.069		1	A	1		0.009	0.150	0.00
6:0	-	0.321		1	A	1		0.044	0.700	0.01
8:0	-	3.873		1	A	1		0.527	8.444	0.17
10:0	-	3.125		1	A	1		0.425	6.813	0.14
12:0		42.515	•	1	A	1		5.782	92.682	1.91
13:0		14 700	,	4	3	4		0.010	20.001	2
14:0		14.782	•	1	A	1		2.010	32.224	0.66
15:0		0 177	,	4	3	4		1 111	17 01 0	0.00
16:0	-	8.173	•	1	A	1		1.111	17.816	0.36
17:0	-	20 525	•	4	3	4		2 000	44 075	0.00
18:0	-	20.585		1 1	A A	1 1		2.800	44.875	0.92
20:0	-	0.258	,	1	A	1		0.035	0.563	0.01
22:0 24:0	-									

		<u>Ar</u>	nount in 10	00 grams	of edib	le portic	<u>on</u>		edible portion of	f common
				Number				<u>me</u>	easures of food	
Nutrients and Units		Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		0.257		0	NC	4		0.035	0.561	0.012
14:1										
15:1		0.000		1	A	1		0.000	0.000	0.000
17:1		0.000		_		_		0.000	0.000	0.000
18:1 undifferentiated		0.257		0	AS	1		0.035	0.561	0.012
18:1 c	g	0.000		1	A	1		0.000	0.000	0.000
18:1 t	•	0.257		1	A	1		0.035	0.561	0.012
20:1	-	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated	_	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated		0.000		0	NC	4		0.000	0.000	0.000
18:2 undifferentiated		0.000		0	AS	1		0.000	0.000	0.000
18:2 n-6 c,c		0.000		1	A	1		0.000	0.000	0.000
18:2 CLAs	g									
18:2 c,t	g									
18:2 t,c	-									
18:2 t,t	_									
18:2 i 18:2 t not further defined										
18:3 undifferentiated	_	0.000		1	A	1		0.000	0.000	0.000
18:4	-	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c.c.	-									
20:3 undifferentiated	-									
20:4 undifferentiated	g	0.000		1	A	1		0.000	0.000	0.000
20:5 n-3		0.000		1	A	1		0.000	0.000	0.000
22:5 n-3		0.000		1	A	1		0.000	0.000	0.000
22:6 n-3		0.000		1 0	A NC	1 4		0.000	0.000	0.000
Fatty acids, total trans		0.257 0.257		0	NC NC	4		0.035 0.035	0.561 0.561	0.012 0.012
Fatty acids, total trans-monoenoic Fatty acids, total trans-polyenoic		0.237		0	NC	4		0.000	0.000	0.000
Cholesterol		0		0	BFZN	4		0	0	0
Phytosterols		95		0	BFZN	4		13	207	4
Amino Acids:										
Tryptophan	a	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine		0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine		0.000		0	BFZN	4		0.000	0.000	0.000
Leucine	_	0.000		0	BFZN	4		0.000	0.000	0.000
Lysine	g	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine	g	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine		0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine		0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine	=	0.000		0 0	BFZN BFZN	4 4		0.000	0.000 0.000	0.000
ValineArginine		0.000		0	BFZN	4		0.000 0.000	0.000	0.000 0.000
Histidine	•	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine	_	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid		0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid	g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine	_	0.000		0	BFZN	4		0.000	0.000	0.000
Proline		0.000		0	BFZN	4		0.000	0.000	0.000
Serine	_	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline	9									
Others:										
Alcohol, ethyl	g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine		0		0	BFZN	4		0	0	0
Theobromine	mg	0		0	BFZN	4		0	0	0
<u>Carotenoids:</u>										
Carotene, beta		0		0	BFZN	4		0.000	0.000	0.000
Carotene, alpha		0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta		0		0	BFZN	4		0.000	0.000	0.000
Lycopene		0 0		0 0	BFZN	4 4		0.000	0.000	0.000
Lutein + zeaxanthin	iica	U		U	BFZN	4		0.000	0.000	0.000

NDB No. 04657

Oil, vegetable, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

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

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp Measure 2 = 218g: 1 cup Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein Fat 8.84 Carbohydrate

Food Group: 04 Fats and Oils

NDB No. 04656 Oil, vegetable, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter

		<u>Aı</u>	mount in 10	0 grams	of edib	le portio	<u>n</u>		edible portion	
				Number				<u>m</u>	easures of food	<u>.</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.05		1	A	1		0.01	0.11	0.00
Energy	kcal	884		0	NC	4		120	1927	40
Energy	kj	3699		0	NC	4		503	8063	166
Protein (N x 6.25)	g	0.00		1	A	1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		1	PAK	1		13.60	218.00	4.50
Ash		0.01		1	A	1		0.00	0.03	0.00
Carbohydrate, by difference	g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary		0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total	g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium. Ca	mg	1		1	A	1		0	3	0
Iron, Fe		0.29		1	A	1		0.04	0.63	0.01
Magnesium, Mg	_	0		1	A	1		0	0	0
Phosphorus, P		0		1	A	1		0	0	0
Potassium, K	mg	2		1	A	1		0	5	0
Sodium, Na	mg	6		1	A	1		1	13	0
Zinc, Zn	<u>mg</u>	0.04		1	A	1		0.01	0.08	0.00
Copper, Cu	mg	0.000)	1	A	1		0.000	0.000	0.00
Manganese, Mn		0.000)	1	A	1		0.000	0.000	0.00
Selenium, Se	mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mα	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin	-	0.000)	0	BFZN	4		0.000	0.000	0.00
Riboflavin		0.000		0	BFZN	4		0.000	0.000	0.00
Niacin		0.000		0	BFZN	4		0.000	0.000	0.00
Pantothenic acid	_	0.000		0	BFZN	4		0.000	0.000	0.00
Vitamin B-6	-	0.000		0	BFZN	4		0.000	0.000	0.00
Folate, total	-	0		0	BFZN	4		0	0	0
Folic acid		0		0	BFZN	4		0	0	0
Folate, food		0		0	BFZN	4		0	0	0
Folate, DFE		0		0	NC	4		0	0	0
Vitamin B-12		0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, IU	IU	0		0	BFZN	4		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	BFZN	4		0	0	0
Retinol		0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	3.81		0	BFZN	4		0.52	8.31	0.17
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D Vitamin K (phylloquinone)		24.7		0	BFZN	4		3.4	53.9	1.1
Vitamin K (pnylloquinone)	ilicg	24.7		U	DF ZN	4		3.4	55.9	1.1
<u>Lipids:</u>										
Fatty acids, total saturated	g	87.558	3	0	NC	4		11.908	190.876	3.94
4:0	g	0.076	5	1	A	1		0.010	0.165	0.00
6:0	g	0.156	i	1	A	1		0.021	0.341	0.00
8:0	g	2.493		1	A	1		0.339	5.434	0.11
10:0	_	3.109		1	A	1		0.423	6.778	0.14
12:0		53.428	3	1	A	1		7.266	116.472	2.40
13:0										
14:0	g	18.921	-	1	A	1		2.573	41.248	0.85
15:0										
16:0	g	7.472	?	1	A	1		1.016	16.289	0.33
17:0	-									
18:0	-	1.866		1	A	1		0.254	4.069	0.08
20:0	-	0.037	,	1	A	1		0.005	0.081	0.00
22:0	n									

	<u> </u>	mount in 10	00 grams	of edib	ole portic	<u>on</u>	Amount in edible portion of common			
				Number					easures of food	
Nutrients and Units		Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			_							
Fatty acids, total monounsaturated		5.40	6	0	NC	4		0.735	11.786	0.243
15:1										
16:1 undifferentiated	-	0.00	0	1	A	1		0.000	0.000	0.000
17:1	-	5.40	c	0	AS	1		0.725	11 706	0.243
18:1 undifferentiated	-	5.40		1	AS	1		0.735 0.735	11.786 11.786	0.243
18:1 t	-	0.00		1	A	1		0.000	0.000	0.000
20:1		0.00	0	1	A	1		0.000	0.000	0.000
22:1 undifferentiated		0.00	0	1	A	1		0.000	0.000	0.000
24:1 c			_							
Fatty acids, total polyunsaturated		0.83 0.83		0 0	NC AS	4 1		0.113 0.113	1.817 1.817	0.038 0.038
18:2 undifferentiated		0.83		1	AS	1		0.113	1.817	0.038
18:2 CLAs	-	0.00	-	_		_		0.113	1.017	0.050
18:2 c,t	-									
18:2 t,c	g									
18:2 t,t	-									
18:2 i 18:2 t not further defined	-									
18:2 t not further defined	-	0.00	0	1	A	1		0.000	0.000	0.000
18:4	-	0.00		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c	-									
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.00		1	A	1		0.000	0.000	0.000
20:5 n-3 22:5 n-3	-	0.00		1 1	A A	1 1		0.000	0.000 0.000	0.000 0.000
22:6 n-3		0.00		1	A	1		0.000	0.000	0.000
Fatty acids, total trans		0.00		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-monoenoic		0.00	0	0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic	-	0.00	0	0	NC	4		0.000	0.000	0.000
Cholesterol	-	0		0	BFZN	4		0	0	0
Phytosterols	mg	95		0	BFZN	4		13	207	4
Amino Acids:			_							
Tryptophan		0.00		0	BFZN	4		0.000	0.000	0.000
Threonine Isoleucine		0.00		0 0	BFZN BFZN	4 4		0.000	0.000 0.000	0.000 0.000
Leucine	-	0.00		0	BFZN	4		0.000	0.000	0.000
Lysine		0.00		0	BFZN	4		0.000	0.000	0.000
Methionine	g	0.00	0	0	BFZN	4		0.000	0.000	0.000
Cystine		0.00		0	BFZN	4		0.000	0.000	0.000
Phenylalanine		0.00		0	BFZN	4		0.000	0.000	0.000
TyrosineValine		0.00		0 0	BFZN BFZN	4 4		0.000 0.000	0.000 0.000	0.000 0.000
Arginine		0.00		0	BFZN	4		0.000	0.000	0.000
Histidine	-	0.00		0	BFZN	4		0.000	0.000	0.000
Alanine	-	0.00	0	0	BFZN	4		0.000	0.000	0.000
Aspartic acid	g	0.00	0	0	BFZN	4		0.000	0.000	0.000
Glutamic acid	-	0.00		0	BFZN	4		0.000	0.000	0.000
Glycine		0.00		0	BFZN	4		0.000	0.000	0.000
ProlineSerine	-	0.00		0 0	BFZN BFZN	4 4		0.000 0.000	0.000 0.000	0.000 0.000
Hydroxyproline		0.00	O	Ū	DF ZN	-		0.000	0.000	0.000
Others:										
Alcohol, ethyl	q	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine		0		0	BFZN	4		0	0	0
Theobromine		0		0	BFZN	4		0	0	0
Carotenoids:										
Carotene, beta	mcg	0		0	BFZN	4		0.000	0.000	0.000
Carotene, alpha	.mcg	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta		0		0	BFZN	4		0.000	0.000	0.000
Lycopene		0		0 0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin	.iiicA	U		U	BFZN	4		0.000	0.000	0.000

NDB No. 04656

Oil, vegetable, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

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

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp Measure 2 = 218g: 1 cup Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein Fat 8.84 Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u>	mount in 100 grai	ns of edib	ole portio	<u>on</u>	Amount in edible portion of common			
			Numb	er			<u>m</u>	easures of food	<u></u>	
				ta Deriv	Source	Confidence				
Nutrients and Un	its	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	0.00	(BFZN	4		0.00	0.00	0.00	
Energy	kcal	884	(NC	4		120	1927	40	
Energy	kj	3699	(NC	4		503	8063	166	
Protein (N x 6.25)	g	0.00	(BFZN	4		0.00	0.00	0.00	
Total lipid (fat)	g	100.00	1	PAK	1		13.60	218.00	4.50	
Ash	g	0.00	(BFZN	4		0.00	0.00	0.00	
Carbohydrate, by difference	g	0.00	(BFZN	4		0.00	0.00	0.00	
Fiber, total dietary	g	0.0	(BFZN	4		0.0	0.0	0.0	
Sugars, total	g	0.00	(BFZN	4		0.00	0.00	0.00	
Starch	g									
Min analas										
Minerals:	ma	0	C	BFZN	4		0	0	0	
Calcium, Ca Iron, Fe	-	0.00	0		4		0.00	0.00	0.00	
Magnesium, Mg	-	0.00	0		4		0.00	0.00	0.00	
Phosphorus, P		0	C		4		0	0	0	
Potassium, K	•	0	C		4		0	0	0	
Sodium, Na		0	C		4		0	0	0	
Zine, Zn		0.00	- C		4		0.00	0.00	0.00	
Copper, Cu		0.000) (BFZN	4		0.000	0.000	0.00	
Manganese, Mn										
Selenium, Se		0.0	C	BFZN	4		0.0	0.0	0.0	
· ·										
Vitamins:										
Vitamin C, total ascorbic acid		0.0	0		4		0.0	0.0	0.0	
Thiamin	-	0.000			4		0.000	0.000	0.000	
Riboflavin		0.000			4		0.000	0.000	0.000	
Niacin	-	0.000			4		0.000	0.000	0.00	
Pantothenic acid		0.000			4		0.000	0.000	0.00	
Vitamin B-6	-	0.000			4		0.000	0.000	0.00	
Folate, total		0	C		4		0	0	0	
Folic acid		0 0	C		4 4		0	0	0	
Folate, food	IIICY	0	0				0 0	0	-	
Folate, DFE					4			0 0.00	0	
Vitamin B-12		0.00	0		4 4		0.00 0		0.00	
Vitamin A, IU		0	0		4		0	0	0	
Vitamin A, RAE		0			4		0	•	-	
Retinol		8.10	0		4		1.10	0 17.66	0 0.36	
Vitamin E (alpha-tocopherol)		8.10		DF 4N	4		1.10	17.00	0.36	
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		24.7	C	BFZN	4		3.4	53.9	1.1	
<u>Lipids:</u>										
Fatty acids, total saturated		24.750			4		3.366	53.956	1.114	
4:0		0.000			1		0.000	0.000	0.00	
6:0		0.000			1		0.000	0.000	0.00	
8:0		0.000			1		0.000	0.000	0.000	
10:0		0.000			1		0.000	0.000	0.00	
12:0	-	0.000) 1	A	1		0.000	0.000	0.00	
13:0	-	0.10		-	4		2 22 4	2 222	0.000	
14:0	_	0.104			1		0.014	0.226	0.00	
15:0		0.037			1		0.005	0.081	0.00	
16:0		11.178			1		1.520	24.368	0.50	
17:0	_	0.124			1		0.017	0.269	0.00	
18:0	_	12.589			1		1.712	27.444	0.56	
20:0	-	0.354			1		0.048	0.772	0.01	
22:0	-	0.365	5 1	A	1		0.050	0.795	0.01	
24:0	g									

		<u>Ar</u>	nount in 10	0 grams	Amount in edible portion of common					
				Number	,			<u>m</u>	easures of food	
Nutrients and Units		Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		61.248		0	NC	4		8.330	133.520	2.756
14:1	_									
15:1	_					_				
16:1 undifferentiated	-	0.085		0	AS	1		0.012	0.186	0.004
16:1 c		0.085		1	A	1		0.012	0.186	0.004
16:1 t	_									
17:1 18:1 undifferentiated	-	61.125		0	AS	1		8.313	133.253	2.751
18:1 c	_	31.487		1	A	1		4.282	68.641	1.417
18:1 t	•	29.638		1	A	1		4.031	64.612	1.334
20:1	_	0.037		1	A	1		0.005	0.081	0.002
22:1 undifferentiated	-	0.000		1	A	1		0.000	0.000	0.002
24:1 c	-	0.000		_		_		0.000	0.000	0.000
Fatty acids, total polyunsaturated	_	9.295		0	NC	4		1.264	20.263	0.418
18:2 undifferentiated		8.591		0	AS	1		1.168	18.727	0.387
18:2 thidirecthiated		4.562		1	A	1		0.620	9.945	0.205
18:2 CLAs	_			=	==	_		3.020	2.2.3	
18:2 c.t	_									
18:2 t.c										
18:2 t,t	_									
18:2 i		4.029		1	A	1		0.548	8.782	0.181
18:2 t not further defined										
18:3 undifferentiated	g	0.209		0	AS	1		0.028	0.456	0.009
18:4	g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		1	A	1		0.000	0.000	0.000
20:5 n-3	g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3	g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3	g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans	g	34.162		0	NC	4		4.646	74.473	1.537
Fatty acids, total trans-monoenoic	g	29.638		0	NC	4		4.031	64.612	1.334
Fatty acids, total trans-polyenoic	g	4.524		0	NC	4		0.615	9.861	0.204
Cholesterol	mg	0		0	BFZN	4		0	0	0
Phytosterols	mg	132		0	BFZN	4		18	288	6
Amino Acids:										
Tryptophan	g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine	g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine	g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine	g	0.000		0	BFZN	4		0.000	0.000	0.000
Lysine		0.000		0	BFZN	4		0.000	0.000	0.000
Methionine	g	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine	g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine		0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine	g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine	g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine	g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine	g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine	g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid		0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid	_	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine		0.000		0	BFZN	4		0.000	0.000	0.000
Proline		0.000		0	BFZN	4		0.000	0.000	0.000
Serine		0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline	9									
Others:						_				
Alcohol, ethyl		0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine		0		0	BFZN	4		0	0	0
Theobromine	mg	0		0	BFZN	4		0	0	0
Carotenoids:										
Carotenoius.										
Carotenoius:	mcg	0		0	BFZN	4		0.000	0.000	0.000
	-	0 0		0 0	BFZN BFZN	4 4		0.000 0.000	0.000	0.000

	<u>A</u>	mount in 100 gra	ole portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	of Da Std. Error Point	 	Confidence Code	Measure 1	Measure 2	Measure 3
Lycopenemcg Lutein + zeaxanthinmcg	0	(4		0.000 0.000	0.000	0.000

Common Measures:

Measure 1 = 13.6g: 1 tbsp Measure 2 = 218g: 1 cup Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein Fat 8.84 Carbohydrate

Food Group: 04 Fats and Oils

NDB No. 04653
Oil, vegetable, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry

		<u>A</u> :	mount in 10	0 grams	of edib	le portio	<u>on</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food	<u> </u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	0.00		0	BFZN	4		0.00	0.00	0.00	
Energy	kcal	884		0	NC	4		120	1927	40	
Energy	kj	3699		0	NC	4		503	8063	166	
Protein (N x 6.25)	g	0.00		0	BFZN	4		0.00	0.00	0.00	
Total lipid (fat)	g	100.00		1	PAK	1		13.60	218.00	4.50	
Ash		0.00		0	BFZN	4		0.00	0.00	0.00	
Carbohydrate, by difference	g	0.00		0	BFZN	4		0.00	0.00	0.00	
Fiber, total dietary		0.0		0	BFZN	4		0.0	0.0	0.0	
Sugars, total	g	0.00		0	BFZN	4		0.00	0.00	0.00	
Starch	g										
Minerals:											
Calcium. Ca	ma	0		0	BFZN	4		0	0	0	
Iron, Fe		0.00		0	BFZN	4		0.00	0.00	0.00	
Magnesium, Mg	-	0		0	BFZN	4		0	0	0	
Phosphorus, P		0		0	BFZN	4		0	0	0	
Potassium, K	mg	0		0	BFZN	4		0	0	0	
Sodium, Na	mg	0		0	BFZN	4		0	0	0	
Zinc, Zn	mg	0.00		0	BFZN	4		0.00	0.00	0.00	
Copper, Cu	mg	0.000)	0	BFZN	4		0.000	0.000	0.00	
Manganese, Mn											
Selenium, Se	mcg	0.0		0	BFZN	4		0.0	0.0	0.0	
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		0	BFZN	4		0.0	0.0	0.0	
Thiamin	-	0.000)	0	BFZN	4		0.000	0.000	0.00	
Riboflavin	-	0.000		0	BFZN	4		0.000	0.000	0.00	
Niacin		0.000		0	BFZN	4		0.000	0.000	0.00	
Pantothenic acid	-	0.000		0	BFZN	4		0.000	0.000	0.00	
Vitamin B-6	-	0.000		0	BFZN	4		0.000	0.000	0.00	
Folate, total		0		0	BFZN	4		0	0	0	
Folic acid		0		0	BFZN	4		0	0	0	
Folate, food		0		0	BFZN	4		0	0	0	
Folate, DFE		0		0	NC	4		0	0	0	
Vitamin B-12		0.00		0	BFZN	4		0.00	0.00	0.00	
Vitamin A, IU	IU	0		0	BFZN	4		0	0	0	
Vitamin A, RAE	mcg_RAE	0		0	BFZN	4		0	0	0	
Retinol		0		0	BFZN	4		0	0	0	
Vitamin E (alpha-tocopherol)	mg	8.10		0	BFZN	4		1.10	17.66	0.36	
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D Vitamin K (phylloquinone)		24.7		0	BFZN	4		3.4	53.9	1.1	
vitanini K (phynoquinone)		24.,		v	21211	•		3.4	33.3	1.1	
<u>Lipids:</u>											
Fatty acids, total saturated		15.341		0	NC	4		2.086	33.443	0.69	
4:0		0.000		1	A	1		0.000	0.000	0.00	
6:0	-	0.000		1	A	1		0.000	0.000	0.00	
8:0		0.000		1	A	1		0.000	0.000	0.00	
10:0	-	0.000		1	A	1		0.000	0.000	0.00	
12:0		0.000)	1	A	1		0.000	0.000	0.00	
13:0		2 22		-	_				2 22=	2 22	
14:0		0.094		1	A	1		0.013	0.205	0.00	
15:0		0.000		1 1	A	1		0.000	0.000	0.00	
16:0		10.154		1	A	1		1.381	22.136	0.45	
17:0	-	0.086			A	1		0.012	0.186	0.00	
18:0	-	4.346		1	A	1		0.591	9.473	0.19	
20:0	-	0.325		1	A	1		0.044	0.709	0.01	
22:0 24:0	-	0.336	•	1	A	1		0.046	0.733	0.01	

		Ar	nount in 100			le portic	<u>on</u>		edible portion of	common
				Number		0	0 5 1	<u>me</u>	<u> </u>	
Nutrients and Unit	s	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	34.630		0	NC	4		4.710	75.493	1.558
14:1		34.030		Ü	NC	-		4.710	75.493	1.556
15:1										
16:1 undifferentiated	g	0.095		0	AS	1		0.013	0.206	0.004
16:1 c		0.095		1	A	1		0.013	0.206	0.004
16:1 t										
17:1		34.535		0	AS	1		4.697	75.287	1.554
18:1 undifferentiated	_	26.228		1	A	1		3.567	57.177	1.180
18:1 t	•	8.308		1	A	1		1.130	18.110	0.374
20:1		0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated	-	0.000		1	A	1		0.000	0.000	0.000
24:1 c	g									
Fatty acids, total polyunsaturated	g	45.228		0	NC	4		6.151	98.596	2.035
18:2 undifferentiated		40.953		0	AS	1		5.570	89.278	1.843
18:2 n-6 c,c	_	38.944		1	A	1		5.296	84.897	1.752
18:2 CLAs										
18:2 c,t 18:2 t,c	-									
18:2 t,t										
18:2 i		2.010		1	A	1		0.273	4.381	0.090
18:2 t not further defined										
18:3 undifferentiated	g	3.837		0	AS	1		0.522	8.364	0.173
18:4	g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated		0.000		1	A	1		0.000	0.000	0.000
20:5 n-3	-	0.000		1 1	A A	1 1		0.000	0.000	0.000
22:5 n-3 22:6 n-3		0.000		1	A	1		0.000	0.000 0.000	0.000 0.000
Fatty acids, total trans	-	10.755		0	NC	4		1.463	23.446	0.484
Fatty acids, total trans-monoenoic		8.308		0	NC	4		1.130	18.110	0.374
Fatty acids, total trans-polyenoic		2.447		0	NC	4		0.333	5.335	0.110
Cholesterol		0		0	BFZN	4		0	0	0
Phytosterols	mg	132		0	BFZN	4		18	288	6
Amino Acids:	~	0.000		0	BFZN	4		0.000	0.000	0.000
Tryptophan Threonine		0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine	_	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine	_	0.000		0	BFZN	4		0.000	0.000	0.000
Lysine	_	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine		0.000		0	BFZN	4		0.000	0.000	0.000
Cystine	g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine		0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine		0.000		0	BFZN	4		0.000	0.000	0.000
Valine	_	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine	_	0.000		0	BFZN	4 4		0.000	0.000	0.000
HistidineAlanine		0.000		0	BFZN BFZN	4		0.000 0.000	0.000 0.000	0.000 0.000
Aspartic acid		0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid		0.000		0	BFZN	4		0.000	0.000	0.000
Glycine		0.000		0	BFZN	4		0.000	0.000	0.000
Proline	g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine	g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline	g									
Others:										
Alcohol, ethyl		0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine		0		0	BFZN	4		0	0	0
Theobromine	11.119	0		0	BFZN	4		0	0	0
<u>Carotenoids:</u>										
Carotene, beta		0		0	BFZN	4		0.000	0.000	0.000
Carotene, alpha	-	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta	iiica	0		0	BFZN	4		0.000	0.000	0.000

	Amount in 100 grams of edible portion Number							
Nutrients and Units	Mean		ta Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Lycopenemcg Lutein + zeaxanthinmcg	0	0		4 4		0.000	0.000 0.000	0.000

Common Measures:

Measure 1 = 13.6g: 1 tbsp Measure 2 = 218g: 1 cup Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein Fat 8.84 Carbohydrate

Food Group: 04 Fats and Oils

NDB No. 04664 Oil, vegetable, industrial, soy (partially hydrogenated), palm, principal uses icings and fillings

Nutrients and Unit Proximates: Water		Mean		lumber of Data	Deriv	Source	Confidence	me	easures of food	
Proximates: Water		Mean	c	of Data	Deriv	Source	Confidence			
Proximates: Water		Mean	Std. Error F			Jource	Commutative			
Water			3ta. 21101 ·	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Water	a									
Energy Protein (N x 6.25) Total lipid (fat)	9	0.00		0	BFZN	4		0.00	0.00	0.00
Protein (N x 6.25) Total lipid (fat)	kcal	884		0	NC	4		120	1927	40
Total lipid (fat)	kj	3699		0	NC	4		503	8063	166
	g	0.00		0	BFZN	4		0.00	0.00	0.00
	g	100.00		1	PAK	1		13.60	218.00	4.50
Ash	g	0.00		0	BFZN	4		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total	g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch	g									
Minamala										
Minerals:	ma	0		0	BFZN	4		0	0	0
Calcium, Ca Iron, Fe	-	0.00		0	BFZN	4		0.00	0.00	0.00
Magnesium, Mg	_	0.00		0	BFZN	4		0.00	0.00	0.00
Phosphorus, P		0		0	BFZN	4		0	0	0
Potassium, K	•	0		0	BFZN	4		0	0	0
Sodium, Na		0		0	BFZN	4		0	0	0
Zinc, Zn		0.00		0	BFZN	4		0.00	0.00	0.00
Copper, Cu		0.000)	0	BFZN	4		0.000	0.000	0.00
Manganese, Mn				-		_				
Selenium, Se		0.0		0	BFZN	4		0.0	0.0	0.0
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin	_	0.000		0	BFZN	4		0.000	0.000	0.00
Riboflavin		0.000		0	BFZN	4		0.000	0.000	0.00
Niacin	_	0.000		0	BFZN	4		0.000	0.000	0.00
Pantothenic acid		0.000		0	BFZN	4		0.000	0.000	0.00
Vitamin B-6	_	0.000)	0	BFZN	4		0.000	0.000	0.00
Folate, total		0		0	BFZN	4		0	0	0
Folic acid		0		0	BFZN	4		0	0	0
Folate, food	mcg	0		0	BFZN	4		0	0	0
Folate, DFE		0		0	NC	4		0	0	0
Vitamin B-12		0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, IU		0		0	BFZN	4		0	0	0
Vitamin A, RAE		0		0	BFZN	4		0	0	0
Retinol		0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol)		8.10		0	BFZN	4		1.10	17.66	0.36
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)		24.7		0	BFZN	4		3.4	53.9	1.1
viamini it (phynoquinone)				-		_			33.3	
<u>Lipids:</u>										
Fatty acids, total saturated	g	28.421		0	NC	4		3.865	61.957	1.279
4:0		0.000		1	A	1		0.000	0.000	0.000
6:0		0.000		1	A	1		0.000	0.000	0.000
8:0		0.000		1	A	1		0.000	0.000	0.00
10:0	-	0.000		1	A	1		0.000	0.000	0.00
12:0		0.056	5	1	A	1		0.008	0.122	0.00
13:0	-					_		_		
14:0	-	0.254		1	A	1		0.035	0.554	0.01
15:0		0.037		1	A	1		0.005	0.081	0.00
16:0		15.833		1	A	1		2.153	34.516	0.71
17:0	-	0.105		1	A	1		0.014	0.228	0.00
18:0	-	11.503		1	A	1		1.564	25.076	0.518
20:0	-	0.354		1	A	1		0.048	0.772	0.01
22:0 24:0	-	0.279	•	1	A	1		0.038	0.607	0.013

Nutrients and Units Fatty acids, total monounsaturated	g g g g g	Mean 59.715 0.104	Std. Error	0	Deriv	Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturated	g g g g g	59.715 0.104 0.104		of Data Points	Deriv Code	Code		Measure 1	Measure 2	Measure 3
14:1	g g g g g	0.104 0.104			NC					
14:1	g g g g g	0.104 0.104			NC					
15:1	g g g g g	0.104				4		8.121	130.180	2.687
16:1 undifferentiated	g g g g	0.104								
16:1 c	g g g g	0.104								
16:1 t	g g g			0	AS	1		0.014	0.227	0.005
17:1	g g g			1	A	1		0.014	0.227	0.005
18:1 undifferentiated	g g									
18:1 c	g			_		_				
18:1 t 20:1	•	59.477		0	AS	1		8.089	129.660	2.676
20:1		31.134		1 1	A	1 1		4.234	67.873	1.401
	-	28.343			A			3.855	61.787	1.275
22:1 undifferentiated	-	0.134		1 1	A A	1 1		0.018	0.293	0.006
24.1	-	0.000		_	A	1		0.000	0.000	0.000
24:1 c	-	7.095		0	NC	4		0.965	15.467	0.319
Fatty acids, total polyunsaturated		6.610		0	AS	1		0.965	14.409	0.319
18:2 undifferentiated		4.210		1	AS	1				
18:2 n-6 c,c	-	4.210		1	A	1		0.573	9.177	0.189
	-									
18:2 c,t										
18:2 t,t	-									
18:2 i		2.400		1	A	1		0.326	5.232	0.108
18:2 t not further defined		2.400		-		-		0.320	3.232	0.100
18:3 undifferentiated	-	0.000		0	AS	1		0.000	0.000	0.000
18:4	-	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c		0.000		_		_		0.000	0.000	0.000
20:3 undifferentiated										
20:4 undifferentiated		0.000		1	A	1		0.000	0.000	0.000
20:5 n-3		0.000		1	A	1		0.000	0.000	0.000
22:5 n-3		0.000		1	A	1		0.000	0.000	0.000
22:6 n-3		0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans	-	31.228		0	NC	4		4.247	68.078	1.405
Fatty acids, total trans-monoenoic		28.343		0	NC	4		3.855	61.787	1.275
Fatty acids, total trans-polyenoic		2.886		0	NC	4		0.392	6.290	0.130
Cholesterol		0		0	BFZN	4		0	0	0
Phytosterols		132		0	BFZN	4		18	288	6
Amino Acids:	~	0.000		•				0.000	0.000	0.000
Tryptophan		0.000		0 0	BFZN BFZN	4 4		0.000 0.000	0.000 0.000	0.000
Threonine.	-	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine						4				
Leucine		0.000		0	BFZN BFZN	4		0.000	0.000	0.000
Lysine		0.000		0	BFZN	4		0.000	0.000 0.000	0.000
Methionine		0.000		0	BFZN	4		0.000	0.000	0.000
Cystine		0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine Tyrosine		0.000		0	BFZN	4		0.000	0.000	0.000
Valine		0.000		0	BFZN	4		0.000	0.000	0.000
Arginine		0.000		0	BFZN	4		0.000	0.000	0.000
Histidine		0.000		0	BFZN	4		0.000	0.000	0.000
Alanine		0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid		0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid		0.000		0	BFZN	4		0.000	0.000	0.000
Glycine	-	0.000		0	BFZN	4		0.000	0.000	0.000
Proline		0.000		0	BFZN	4		0.000	0.000	0.000
Serine		0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline		0.000		v	DIDN	•		0.000	0.000	0.000
Others:										
Alcohol, ethyl	.g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine	mg	0		0	BFZN	4		0	0	0
Theobromine	mg	0		0	BFZN	4		0	0	0
Carotenoids:										
Carotene, beta	mca	0		0	BFZN	4		0.000	0.000	0.000
Carotene, alpha	-	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta	-	0		0	BFZN	4		0.000	0.000	0.000

	<u>A</u>	mount in 100 grams	Amount in edible portion of common measures of food					
Nutrients and Units	Mean	of Data Std. Error Points			Confidence Code	Measure 1	Measure 2	Measure 3
Lycopenemcg Lutein + zeaxanthinmcg	0 0	0	BFZN BFZN	4 4		0.000	0.000	0.000

Common Measures:

Measure 1 = 13.6g: 1 tbsp Measure 2 = 218g: 1 cup Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein Fat 8.84 Carbohydrate

Food Group: 04 Fats and Oils

NDB No. 04651 Oil, vegetable, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor

Proximates:			<u>A</u>	mount in 100 gra	ns of edib	ole portio	<u>on</u>	Amount in edible portion of common		
Nutrients and Units				Numb	er			<u>m</u>	easures of food	<u>l</u>
Paraimatics:				of Da	ta Deriv	Source	Confidence			
Water	Nutrients and Un	its	Mean	Std. Error Point	ts Code	Code	Code	Measure 1	Measure 2	Measure 3
Water	Proximates:									
Foreign	Water	g	0.00	() BFZN	4		0.00	0.00	0.00
Protein	Energy	kcal	884			4		120	1927	40
Total liped (fas)	Energy	kj	3699	() NC	4		503	8063	166
Section Sect		-							0.00	0.00
Carbolydrate, by difference 9 0.00 0	- · · · ·									4.50
Fiber, food alfeidary										0.00
Sugars, total										0.00
Sarch.										
Mincrals: Calcium, Ca.	e ,		0.00	() BFZN	4		0.00	0.00	0.00
Tablemin Ca	Starch	g								
Tablemin Ca	Minerals:									
Iron, Fc.		mg	0	C	BFZN	4		0	0	0
Phosphorus P		_	0.00	C	BFZN	4		0.00	0.00	0.00
Potestian, K.	Magnesium, Mg	mg	-	C	BFZN	4			0	
Sodium Na	Phosphorus, P	mg				4				
	Potassium, K	mg						-		
Copper_Cumg										
Manganese, Mn										0.00
Selenum, Se. meg 0.0 0 BFZN 4 0.0 0.0 0.0			0.000) () BFZN	4		0.000	0.000	0.00
Vitamins: Vitamins C, total ascorbic acid. mg 0.0 0 BEZN 4 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.00 <td></td> <td></td> <td>0.0</td> <td>,</td> <td>DEGN</td> <td></td> <td></td> <td>0.0</td> <td>0.0</td> <td>0.0</td>			0.0	,	DEGN			0.0	0.0	0.0
Vitamin C, total ascorbic acid. mg	Seienium, Se	Ilicy	0.0	•	BEZN	4		0.0	0.0	0.0
Thiamin	Vitamins:									
Riboflavin	Vitamin C, total ascorbic acid	mg	0.0	C	BFZN	4		0.0	0.0	0.0
Nianim	Thiamin	mg	0.000) (BFZN	4		0.000	0.000	0.000
Pantofhenic acid	Riboflavin	mg	0.000) (BFZN	4		0.000	0.000	0.000
Vitamin B-6. mg 0.000 0 BFZN 4 0.000 0.000 0.00 Folate, total. mcg 0 0 BFZN 4 0 <td< td=""><td></td><td>-</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td>0.00</td></td<>		-								0.00
Folate, total										0.00
Folia e, idd.		-								0.00
Folate, food										
Folate, DFE. mcg_DFE 0 0 0 NC 4 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0										
Vitamin B-12. mcg 0.00 0 BFZN 4 0.00 0.00 0.00 Vitamin A, IU. IU 0 0 BFZN 4 0 0 0 0 Retinol. mcg 0 0 BFZN 4 0 0 0 0 Retinol. mcg 8.10 0 BFZN 4 0 0 0 0 Vitamin E (alpha-tocopherol). mg 8.10 0 BFZN 4 0 0 0 0 Tocopherol, beta. mg 7 0 BFZN 4 1.10 17.66 0.3 Tocopherol, gamma. mg 7 0 BFZN 4 3.4 53.9 1.1 Vitamin D IU V 0 BFZN 4 3.4 53.9 1.1 Lipids: T 0 0 0 0 0 0 0 0 0 0 0	Folate, food	mcg								-
Vitamin A, IU						_			-	-
Vitamin A, RAE mcg_RAE 0 0 BFZN 4 0 0 0 Retinol. mcg 0 0 BFZN 4 0 0 0 Vitamin E (alpha-tocopherol) mg 8.10 0 BFZN 4 1.10 17.66 0.3 Tocopherol, beta mg Tocopherol, gamma mg Tocopherol, gamma mg Tocopherol, gamma mg Tocopherol, gamma mg Tocopherol, gamma mg Tocopherol, gamma mg Tocopherol, gamma mg Tocopherol, gamma mg Tocopherol, gamma mg Vitamin D. U Vitamin D. U U U U U U Vitamin D. U U U U U U U U				-						
Retinol. meg 0 0 BFZN 4 0 0 0 Vitamin E (alpha-tocopherol). mg 8 .10 0 BFZN 4 1.10 17.66 0.3 Tocopherol, beta. mg Tocopherol, gamma. mg Tocopherol, delta. mg Vitamin D. IU Vitamin K (phylloquinone). mcg 24.7 0 BFZN 4 3.4 53.9 1.1 Lipids: Eatty acids, total saturated. g 18.101 0 NC 4 2.462 39.461 0.8 4'0. g 0.000 1 A 1 0.000 0.000 0.0 4'0. g 0.000 1 A 1 0.000 0.000 0.0 8:0. g 0.000 1 A 1 0.000 0.000 0.0 10:0. g 0.000 1 A 1			-			_				
Vitamin E (alpha-tocopherol) mg 8.10 0 BFZN 4 1.10 17.66 0.3 Tocopherol, beta mg Tocopherol, gamma mg Tocopherol, delta mg Vitamin D IU Vitamin K (phylloquinone) mcg 24.7 0 BFZN 4 3.4 53.9 1.1 Lipids: Extraction of the phylloquinone of the phylloquinon			-						•	-
Tocopherol, gamma mg Tocopherol, gamma mg Tocopherol, gamma mg Tocopherol, delta mg Vitamin D. IU Vitamin K (phylloquinone) mcg 24.7 0 BFZN 4 3.4 53.9 1.1 Lipids: Fatty acids, total saturated g 18.101 0 NC 4 2.462 39.461 0.8 4.0 g 0.000 1 A 1 0.000 0.000 0.00 6.0 g 0.000 1 A 1 0.000 0.000 0.00 8.0 g 0.000 1 A 1 0.000 0.000 0.00 10:0 g 0.000 1 A 1 0.000 0.000 0.00 10:0 g 0.000 1 A 1 0.000 0.000 0.00 12:0 g 0.000 1 A 1 0.000 0.000 0.00 12:0 g 0.000 1 A 1 0.000 0.000 0.00 13:0 g 0.000 1 A 1 0.000 0.000 0.00 13:0 g 0.000 1 A 1 0.000 0.000 0.00 15:0 g 0.000 1 A 1 0.000 0.000 0.00 15:0 g 0.000 1 A 1 0.000 0.000 0.00 15:0 g 0.000 1 A 1 0.000 0.000 0.00 16:0 g 0.000 1 A 1 0.000 0.000 0.00 16:0 g 0.005 1 A 1 0.000 0.000 0.00 16:0 g 0.005 1 A 1 0.000 0.000 0.00 16:0 g 0.005 1 A 1 0.000 0.000 0.00 18:0 g 0.095 1 A 1 0.000 0.003 0.00 18:0 g 0.095 1 A 1 0.013 0.207 0.0 18:0 g 6.156 1 A 1 0.0837 13.421 0.2 20:0 g 0.402 1 A 1 0.055 0.876 0.0 22:0 g 0.402 1 A 1 0.055 0.876 0.0			-							0.36
Tocopherol, gamma										
Tocopherol, delta	- ·									
Vitamin K (phylloquinone) mcg 24.7 0 BFZN 4 3.4 53.9 1.1 Lipids: Fatty acids, total saturated. g 18.101 0 NC 4 2.462 39.461 0.8 4:0. g 0.000 1 A 1 0.000 0.000 0.00 6:0. g 0.000 1 A 1 0.000 0.000 0.00 8:0. g 0.000 1 A 1 0.000 0.000 0.00 10:0. g 0.000 1 A 1 0.000 0.000 0.00 12:0. g 0.000 1 A 1 0.000 0.000 0.00 13:0. g 0.075 1 A 1 0.010 0.164 0.0 15:0. g 0.000 1 A 1 0.000 0.000 0.0 16:0. g 0.095 <td< td=""><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></td<>										
Lipids: Fatty acids, total saturated. g 18.101 0 NC 4 2.462 39.461 0.8 4:0. g 0.000 1 A 1 0.000 0.000 0.0 6:0. g 0.000 1 A 1 0.000 0.000 0.0 8:0. g 0.000 1 A 1 0.000 0.000 0.0 10:0. g 0.000 1 A 1 0.000 0.000 0.0 12:0. g 0.000 1 A 1 0.000 0.000 0.0 13:0. g 14:0. g 0.075 1 A 1 0.010 0.164 0.0 15:0. g 0.000 1 A 1 0.000 0.000 0.0 16:0. g 10.970 1 A 1 1.492 23.914 0.4 17:0. g 6.156 1 A 1 0.837 13.421 0.2 20:0. g 0.402 1 A 1 0.055 0.876 0.0 22:0. g 0.403 1 <td>Vitamin D</td> <td>IU</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>	Vitamin D	IU								
Fatty acids, total saturated g 18.101 0 NC 4 2.462 39.461 0.8 4:0 g 0.000 1 A 1 0.000 0.000 0.00 6:0 g 0.000 1 A 1 0.000 0.000 0.00 8:0 g 0.000 1 A 1 0.000 0.000 0.00 10:0 g 0.000 1 A 1 0.000 0.000 0.00 12:0 g 0.000 1 A 1 0.000 0.000 0.00 13:0 g 0.000 1 A 1 0.010 0.164 0.0 15:0 g 0.000 1 A 1 0.010 0.164 0.0 16:0 g 10.970 1 A 1 1.492 23.914 0.4 17:0 g 0.095 1 A 1 0.033 <td>Vitamin K (phylloquinone)</td> <td>mcg</td> <td>24.7</td> <td>C</td> <td>BFZN</td> <td>4</td> <td></td> <td>3.4</td> <td>53.9</td> <td>1.1</td>	Vitamin K (phylloquinone)	mcg	24.7	C	BFZN	4		3.4	53.9	1.1
Fatty acids, total saturated g 18.101 0 NC 4 2.462 39.461 0.8 4:0 g 0.000 1 A 1 0.000 0.000 0.00 6:0 g 0.000 1 A 1 0.000 0.000 0.00 8:0 g 0.000 1 A 1 0.000 0.000 0.00 10:0 g 0.000 1 A 1 0.000 0.000 0.00 12:0 g 0.000 1 A 1 0.000 0.000 0.00 13:0 g 0.000 1 A 1 0.010 0.164 0.0 15:0 g 0.000 1 A 1 0.010 0.164 0.0 16:0 g 10.970 1 A 1 1.492 23.914 0.4 17:0 g 0.095 1 A 1 0.033 <td>Linids:</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>	Linids:									
4:0. g 0.000 1 A 1 0.000 0.000 0.000 6:0. g 0.000 1 A 1 0.000 0.000 0.00 8:0. g 0.000 1 A 1 0.000 0.000 0.00 10:0. g 0.000 1 A 1 0.000 0.000 0.00 13:0. g 0.000 1 A 1 0.000 0.000 0.00 13:0. g 0.075 1 A 1 0.010 0.164 0.0 15:0. g 0.000 1 A 1 0.000 0.000 0.0 16:0. g 0.000 1 A 1 1.492 23.914 0.4 17:0. g 0.095 1 A 1 0.013 0.207 0.0 18:0. g 6.156 1 A 1 0.055 0.		а	18.101		NC.	4		2.462	39.461	0.81
6:0. g 0.000 1 A 1 0.000 0.000 0.000 8:0. g 0.000 1 A 1 0.000 0.000 0.00 10:0. g 0.000 1 A 1 0.000 0.000 0.00 12:0. g 0.000 1 A 1 0.000 0.000 0.00 13:0. g 0.075 1 A 1 0.010 0.164 0.0 15:0. g 0.000 1 A 1 0.000 0.000 0.0 16:0. g 10.970 1 A 1 1.492 23.914 0.4 17:0. g 0.095 1 A 1 0.013 0.207 0.0 18:0. g 6.156 1 A 1 0.837 13.421 0.2 20:0. g 0.402 1 A 1 0.055 0.876 0.0 22:0. g 0.403 1 A 1 <td< td=""><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td>0.00</td></td<>										0.00
8:0 g 0.000 1 A 1 0.000 0.000 0.00 10:0 g 0.000 1 A 1 0.000 0.000 0.00 12:0 g 0.000 1 A 1 0.000 0.000 0.00 13:0 g 0.075 1 A 1 0.010 0.164 0.0 15:0 g 0.000 1 A 1 0.000 0.000 0.0 16:0 g 10.970 1 A 1 1.492 23.914 0.4 17:0 g 0.095 1 A 1 0.013 0.207 0.0 18:0 g 6.156 1 A 1 0.837 13.421 0.2 20:0 g 0.402 1 A 1 0.055 0.876 0.0 22:0 g 0.403 1 A 1 0.05		-								0.00
$\begin{array}{cccccccccccccccccccccccccccccccccccc$										0.000
12:0	10:0	g			. А	1				0.00
14:0. g 0.075 1 A 1 0.010 0.164 0.0 15:0. g 0.000 1 A 1 0.000 0.000 0.0 16:0. g 10.970 1 A 1 1.492 23.914 0.4 17:0. g 0.095 1 A 1 0.013 0.207 0.0 18:0. g 6.156 1 A 1 0.837 13.421 0.2 20:0. g 0.402 1 A 1 0.055 0.876 0.0 22:0. g 0.403 1 A 1 0.055 0.879 0.0		_	0.000) 1	. А	1		0.000	0.000	0.00
15:0. g 0.000 1 A 1 0.000 0.000 0.00 16:0. g 10.970 1 A 1 1.492 23.914 0.4 17:0. g 0.095 1 A 1 0.013 0.207 0.0 18:0. g 6.156 1 A 1 0.837 13.421 0.2 20:0. g 0.402 1 A 1 0.055 0.876 0.0 22:0. g 0.403 1 A 1 0.055 0.879 0.0		-								
16:0. g 10.970 1 A 1 1.492 23.914 0.4 17:0. g 0.095 1 A 1 0.013 0.207 0.0 18:0. g 6.156 1 A 1 0.837 13.421 0.2 20:0. g 0.402 1 A 1 0.055 0.876 0.0 22:0. g 0.403 1 A 1 0.055 0.879 0.0	14:0	g	0.075	5 1	. А	1		0.010	0.164	0.00
17:0. g 0.095 1 A 1 0.013 0.207 0.0 18:0. g 6.156 1 A 1 0.837 13.421 0.2 20:0. g 0.402 1 A 1 0.055 0.876 0.0 22:0. g 0.403 1 A 1 0.055 0.879 0.0	15:0	g	0.000					0.000	0.000	0.00
18:0. g 6.156 1 A 1 0.837 13.421 0.2 20:0. g 0.402 1 A 1 0.055 0.876 0.0 22:0. g 0.403 1 A 1 0.055 0.879 0.0	16:0	g	10.970			1		1.492	23.914	0.49
20:0	17:0	g	0.095			1		0.013	0.207	0.00
22:0g 0.403 1 A 1 0.055 0.879 0.0	18:0	g						0.837		0.27
		-								0.01
24:0g			0.403	3 1	. А	1		0.055	0.879	0.018

Amount in 100 grams of edible portion						Amount in edible portion of common				
				Number				<u>m</u>	easures of food	<u>.</u>
Nutrients and Units	s	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		40.262		0	NC	4		5.476	87.771	1.812
14:1	-									
15:1		0.104		•				0.014	0.007	0.005
16:1 undifferentiated	-	0.104		0 1	AS	1 1		0.014	0.227	0.005
16:1 c		0.104		1	A	1		0.014	0.227	0.005
16:1 t	_									
17:1	_	39.928		0	AS	1		F 420	07.040	1 707
18:1 undifferentiated	_					1		5.430	87.042	1.797
18:1 c	_	30.324		1 1	A	1		4.124	66.107	1.365
18:1 t	-	9.603			A			1.306	20.935	0.432
20:1		0.230		1	A	1		0.031	0.502	0.010
22:1 undifferentiated	_	0.000		1	A	1		0.000	0.000	0.000
24:1 c				_						
Fatty acids, total polyunsaturated		36.847		0	NC	4		5.011	80.327	1.658
18:2 undifferentiated	-	34.563		0	AS	1		4.701	75.346	1.555
18:2 n-6 c,c		31.791		1	A	1		4.324	69.305	1.431
18:2 CLAs	-									
18:2 c,t										
18:2 t,c	_									
18:2 t,t	_									
18:2 i	_	2.771		1	A	1		0.377	6.042	0.125
18:2 t not further defined	-									
18:3 undifferentiated	g	1.733		0	AS	1		0.236	3.777	0.078
18:4	g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		1	A	1		0.000	0.000	0.000
20:5 n-3	g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3	g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3	g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans	g	12.927		0	NC	4		1.758	28.180	0.582
Fatty acids, total trans-monoenoic.		9.603		0	NC	4		1.306	20.935	0.432
Fatty acids, total trans-polyenoic		3.324		0	NC	4		0.452	7.245	0.150
Cholesterol		0		0	BFZN	4		0	0	0
Phytosterols	-	132		0	BFZN	4		18	288	6
Amino Acids:										
Tryptophan	g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine	g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine	g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine	g	0.000		0	BFZN	4		0.000	0.000	0.000
Lysine	g	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine		0.000		0	BFZN	4		0.000	0.000	0.000
Cystine		0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine		0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine		0.000		0	BFZN	4		0.000	0.000	0.000
Valine	_	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine	_	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine		0.000		0	BFZN	4		0.000	0.000	0.000
		0.000		0	BFZN	4		0.000	0.000	
Alanine										0.000
Aspartic acid		0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid		0.000		0	BFZN	4		0.000	0.000	0.000
Glycine		0.000		0	BFZN	4		0.000	0.000	0.000
Proline	_	0.000		0 0	BFZN	4		0.000	0.000	0.000
Serine Hydroxyproline	_	0.000		U	BFZN	4		0.000	0.000	0.000
2 21	9									
Others:	a	0.0		0	BFZN	4		0.0	0.0	0.0
Alcohol, ethyl		0.0		0	BFZN	4		0.0	0.0	0.0
		0		0	BFZN	4		0	0	0
Theobromine	!!!! y	U		U	¤r'ZN	4		U	U	U
<u>Carotenoids:</u>										
Carotene, beta	mcg	0		0	BFZN	4		0.000	0.000	0.000
Carotene, octa										
Carotene, alpha		0		0	BFZN	4		0.000	0.000	0.000

Amount in 100 grams of edible portion Number						Amount in edible portion of common measures of food			
Nutrients and Units	Mean	of Data Std. Error Points			Confidence Code	Measure 1	Measure 2	Measure 3	
Lycopenemcg Lutein + zeaxanthinmcg	0 0	0	BFZN BFZN	4 4		0.000	0.000	0.000	

Common Measures:

Measure 1 = 13.6g: 1 tbsp Measure 2 = 218g: 1 cup Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein Fat 8.84 Carbohydrate

Food Group: 04 Fats and Oils

NDB No. 04648
Oil, vegetable, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables

		<u>A</u>	mount in 100 grar	ns of edib	<u>on</u>	Amount in edible portion of common			
			Numb	er			<u>m</u>	easures of food	<u>l</u>
			of Da	ta Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	0.00	C	BFZN	4		0.00	0.00	0.00
Energy	kcal	884	C	NC	4		120	1927	40
Energy	kj	3699	C	NC	4		503	8063	166
Protein	g	0.00	C	BFZN	4		0.00	0.00	0.00
Total lipid (fat)	g	100.00	1	PAK	1		13.60	218.00	4.50
Ash	g	0.00	C	BFZN	4		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00	C		4		0.00	0.00	0.00
Fiber, total dietary	g	0.0	C	BFZN	4		0.0	0.0	0.0
Sugars, total	g	0.00	C	BFZN	4		0.00	0.00	0.00
Starch	g								
Minerals:									
Calcium, Ca	ma	0	0	BFZN	4		0	0	0
Iron, Fe	-	0.00	0		4		0.00	0.00	0.00
Magnesium, Mg	_	0	0		4		0	0	0
Phosphorus, P		0	0		4		0	0	0
Potassium, K	•	0	0	BFZN	4		0	0	0
Sodium, Na		0	0	BFZN	4		0	0	0
Zinc, Zn		0.00	0	BFZN	4		0.00	0.00	0.00
Copper, Cu	mg	0.000) 0	BFZN	4		0.000	0.000	0.00
Manganese, Mn	mg								
Selenium, Se	mcg	0.0	0	BFZN	4		0.0	0.0	0.0
Vitamins:									
	ma	0.0	0	BFZN	4		0.0	0.0	0.0
Vitamin C, total ascorbic acid Thiamin		0.00			4		0.000	0.00	0.00
Riboflavin	-	0.000			4		0.000	0.000	0.000
Niacin		0.000			4		0.000	0.000	0.00
Pantothenic acid	-	0.000			4		0.000	0.000	0.000
Vitamin B-6		0.000			4		0.000	0.000	0.000
Folate, total	-	0	0		4		0	0	0
Folic acid		0	0	BFZN	4		0	0	0
Folate, food		0	0	BFZN	4		0	0	0
Folate, DFE	mcg DFE	0	0	NC	4		0	0	0
Vitamin B-12		0.00	0	BFZN	4		0.00	0.00	0.00
Vitamin A, IU		0	0	BFZN	4		0	0	0
Vitamin A, RAE	mcg_RAE	0	0	BFZN	4		0	0	0
Retinol		0	0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	8.10	0	BFZN	4		1.10	17.66	0.36
Tocopherol, beta	mg								
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D			_						
Vitamin K (phylloquinone)	mcg	24.7	0	BFZN	4		3.4	53.9	1.1
Lipids:									
Fatty acids, total saturated	g	17.683	3 0	NC	4		2.405	38.548	0.79
4:0		0.000) 1	A	1		0.000	0.000	0.00
6:0		0.000		A	1		0.000	0.000	0.000
8:0		0.000) 1	A	1		0.000	0.000	0.00
10:0	g	0.000) 1	A	1		0.000	0.000	0.00
12:0	g	0.000) 1	A	1		0.000	0.000	0.00
13:0	g								
14:0	g	0.094	1	A	1		0.013	0.205	0.004
15:0	g	0.037	1	A	1		0.005	0.081	0.00
16:0	g	10.543	3 1	A	1		1.434	22.983	0.47
17:0	g	0.105	5 1	A	1		0.014	0.228	0.00
18:0	g	6.175	5 1	A	1		0.840	13.462	0.27
20:0	g	0.364	1	A	1		0.049	0.793	0.01
22:0	g	0.365	5 1	A	1		0.050	0.795	0.01
24:0									

Northead 100 P				Number	,			m	easures of food	
No. and and and and and										
Nutrients and Units	i	Mean	Std. Error	of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	41.929		0	NC	4		5.702	91.405	1.887
14:1		11.525		v		-		3.702	31.403	1.007
15:1	_									
16:1 undifferentiated	_	0.095		0	AS	1		0.013	0.206	0.004
16:1 c	-	0.095		1	A	1		0.013	0.206	0.004
16:1 t										
17:1	g									
18:1 undifferentiated	g	41.633		0	AS	1		5.662	90.760	1.873
18:1 c	g	31.620		1	A	1		4.300	68.932	1.423
18:1 t	g	10.013		1	A	1		1.362	21.828	0.451
20:1	g	0.201		1	A	1		0.027	0.439	0.009
22:1 undifferentiated	g	0.000		1	A	1		0.000	0.000	0.000
24:1 c	g									
Fatty acids, total polyunsaturated	g	35.638		0	NC	4		4.847	77.690	1.604
18:2 undifferentiated	g	33.020		0	AS	1		4.491	71.983	1.486
18:2 n-6 c,c	g	30.153		1	A	1		4.101	65.733	1.357
18:2 CLAs	g									
18:2 c,t										
18:2 t,c	_									
18:2 t,t										
18:2 i		2.867		1	A	1		0.390	6.249	0.129
18:2 t not further defined	-			_		_				
18:3 undifferentiated	-	1.942		0	AS	1		0.264	4.234	0.087
18:4		0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c										
20:3 undifferentiated		0.000			_					0.000
20:4 undifferentiated		0.000		1 1	A	1		0.000	0.000	0.000
20:5 n-3		0.000		1	A A	1 1		0.000	0.000	0.000
22:5 n-3		0.000		1		1		0.000	0.000	0.000
22:6 n-3	-	0.000		0	A			0.000	0.000	0.000
Fatty acids, total trans		13.555 10.013		0	NC NC	4 4		1.844 1.362	29.551 21.828	0.610 0.451
Fatty acids, total trans-monoenoic Fatty acids, total trans-polyenoic		3.543		0	NC	4		0.482	7.723	0.451
Cholesterol		0		0	BFZN	4		0.482	0	0.139
Phytosterols		132		0	BFZN	4		18	288	6
Amino Acids:	9	-0-		· ·		-		10	200	· ·
Tryptophan	q	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine		0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine		0.000		0	BFZN	4		0.000	0.000	0.000
Leucine		0.000		0	BFZN	4		0.000	0.000	0.000
Lysine		0.000		0	BFZN	4		0.000	0.000	0.000
Methionine		0.000		0	BFZN	4		0.000	0.000	0.000
Cystine		0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine		0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine		0.000		0	BFZN	4		0.000	0.000	0.000
Valine		0.000		0	BFZN	4		0.000	0.000	0.000
Arginine		0.000		0	BFZN	4		0.000	0.000	0.000
Histidine		0.000		0	BFZN	4		0.000	0.000	0.000
Alanine		0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid		0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid		0.000		0	BFZN	4		0.000	0.000	0.000
Glycine	g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline		0.000		0	BFZN	4		0.000	0.000	0.000
Serine	g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline										
Others:										
Alcohol, ethyl	g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine	mg	0		0	BFZN	4		0	0	0
Theobromine	mg	0		0	BFZN	4		0	0	0
1 HCOOLOHHIIC										
Carotenoids:										
Carotenoids:	mca	n		n	BEZN	4		0 000	0.000	0.000
	-	0		0	BFZN BFZN	4 4		0.000	0.000	0.000

Oil, vegetable, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables

Amount in 100 grams of edible portion Number						Amount in edible portion of common measures of food			
Nutrients and Units	Mean	of Data Std. Error Points			Confidence Code	Measure 1	Measure 2	Measure 3	
Lycopenemcg Lutein + zeaxanthinmcg	0 0	0	BFZN BFZN	4 4		0.000	0.000	0.000	

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp Measure 2 = 218g: 1 cup Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein Fat 8.84 Carbohydrate

Food Group: 04 Fats and Oils

Proximates:	Amount in edible portion of common		
Nutrients and Units	measures of	tood	
Praximates:			
Walter.	1 Measure	e 2 Measure 3	
Energy			
Finergy	0.0	0.00	
Protein	1927	40	
Total lipid (fin)	8063	166	
Ash. 9 0.00 0 BFZN 4 0.0 Carbohydrate, by difference 9 0.00 0 BFZN 4 0.0 Fiber, total detary. 9 0.00 0 BFZN 4 0.0 Sugars, total. 9 0 0.00 0 BFZN 4 0.0 Sugars, total. 9 0 0 0 BFZN 4 0.0 Minerals: Calcium, Ca. mg 0 0 0 BFZN 4 0.0 Magnesium, Mg mg 0 0 0 BFZN 4 0.0 Magnesium, Mg mg 0 0 0 BFZN 4 0.0 Magnesium, Mg mg 0 0 0 BFZN 4 0.0 Magnesium, Mg mg 0 0 0 BFZN 4 0.0 Magnesium, Mg mg 0 0 0 BFZN 4 0.0 Copper, Cu. mg 0 0.00 0 BFZN 4 0.0 Manganese, Mn mg 0 0 0 BFZN 4 0.0 Mn mg 0 0 0 BFZN 4 0.0 Mn mg 0 0 0 BFZN 4 0.0			
Carbohydrate, by difference		•	
Fiber, total dictary			
Sugars, total			
Starch	0.0		
Minerals:	0.0	0.00	
Calcium, Ca.			
Calcium, Ca			
From, Fe.	0	0	
Magnesium, Mg. mg 0 BFZN 4 0 Phosphorus, P. mg 0 0 BFZN 4 0 Potassium, K. mg 0 0 BFZN 4 0 Sodium, Na. mg 0 0 BFZN 4 0 0 Zine, C.n. mg 0 0 BFZN 4 0 0 Copper, Cu. mg 0 0 BFZN 4 0 0 Manganese, Mn. mg 0 0 BFZN 4 0 0 Witamins. mcg 0 0 BFZN 4 0 0 Vitamins. mg 0 0 BFZN 4 0 0 Niacin mg 0 0 BFZN 4 0 0 Niacin mg 0 0 BFZN 4 0 0 Patoricio mg 0 0	0.0	0.00	
Phosphorus, P.	0	0	
Sodium, Na.	1	0	
Zinc, Zin.	0	0	
Copper, Ci	0	0	
Manganese, Mn.			
Selenium, Se. meg 0.0 0 BFZN 4 0.0	0.0	0.00	
Vitamins: Vitamin C, total ascorbic acid mg 0.0 0 BFZN 4 0.0 Thiamin mg 0.000 0 BFZN 4 0.0 Riboflavin mg 0.000 0 BFZN 4 0.0 Niacin mg 0.000 0 BFZN 4 0.0 Pantothenic acid mg 0.000 0 BFZN 4 0.0 Vitamin B-6 mg 0.000 0 BFZN 4 0.0 Folate, food mg 0 0 0 BFZN 4 0 Folate, food mg 0 0 0 BFZN 4 0 Folate, food mg 0 0 BFZN 4 0 Folate, food mg 0 0 BFZN 4 0 Vitamin B-12 mg 0 0 BFZN 4 0 Witamin B-12 mg 0 0			
Vitamin C, total ascorbic acid.	0.0	0.0	
Vitamin C, total ascorbic acid			
Thiamin	0.0	0.0	
Riboflavin mg 0.000 0 BFZN 4 0.0 Niacin mg 0.000 0 BFZN 4 0.0 Pantothenic acid mg 0.000 0 BFZN 4 0.0 Vitamin B-6 mg 0.000 0 BFZN 4 0.0 Folate, foad mcg 0 0 BFZN 4 0 Folate, food mcg 0 0 DFZN 4 0 Vitamin B-12 mcg 0.00 0 BFZN 4 0 Vitamin A, IU IU 0 0 BFZN 4 0 Retinol mcg 9 2.1 0 BFZN 4 26.9		000 0.00	
Niacin mg 0.000 0 BFZN 4 0.0 Pantothenic acid mg 0.000 0 BFZN 4 0.0 Vitamin B-6 mg 0.000 0 BFZN 4 0 Folate, total mcg 0 0 BFZN 4 0 Folate, food mcg 0 0 BFZN 4 0 Folate, food mcg 0 0 BFZN 4 0 Folate, DFE mcg_DFE 0 0 NC 4 0 Vitamin B-12 mcg 0.000 0 BFZN 4 0 Vitamin A, RL mcg 0 0 BFZN 4 0 Retinol mcg, RAE 0 0 BFZN 4 0 Vitamin E (alpha-tocopherol) mg 9.21 0 BFZN 4 26.9 Vitamin E (phylloquinone) mcg 197.6 0 BFZN 4	0.0	000 0.00	
Vitamin B-6 mg 0.000 0 BFZN 4 0.0 Folate, total mcg 0 0 BFZN 4 0 Folate, food mcg 0 0 NC 4 0 Folate, food mcg 0 0 NC 4 0 Folate, food mcg 0 0 NC 4 0 Vitamin F. mcg 0 0 BFZN 4 0 0 Vitamin A, RAE mcg 0 0 BFZN 4 0 0 Vitamin E (alpha-tocopherol) mg 9.21 0 BFZN 4 26.9 Eincopherol, gamma mg 1 0 <td< td=""><td>0.0</td><td>0.00</td></td<>	0.0	0.00	
Folate, total	0.0	0.00	
Folic acid	0.0	0.00	
Folate, food	0	0	
Folate, DFE. mcg_DFE 0 0 NC 4 0.0 Vitamin B-12. mcg 0.00 0 BFZN 4 0.0 Vitamin A, IU IU 0 0 BFZN 4 0.0 Vitamin A, RAE. mcg_RAE 0 0 BFZN 4 0.0 Vitamin E (alpha-tocopherol). mg 9.21 0 BFZN 4 0.0 Vitamin E (alpha-tocopherol). mg 9.21 0 BFZN 4 1.2 Tocopherol, gamma mg Tocopherol, gamma mg Vitamin D IU Vitamin K (phylloquinone). mcg 197.6 0 BFZN 4 26.9 Lipids: Fatty acids, total saturated 9 15.340 0 NC 4 2.0 4:0. 9 0.000 1 A 1 A 1 0.0 6:0. 9 0.000 1 A 1 A 1 0.0 8:0. 9 0.000 1 A 1 A 1 0.0 10:0. 9 0.000 1 A 1 A 1 0.0 10:0. 9 0.000 1 A 1 A 1 0.0 11:0. 1 A 1 1 0.0 11:0. 1 A 1 1 0.0 11:0. 1 A 1 1 0.0	0	0	
Vitamin B-12 mcg 0.00 0 BFZN 4 0.0 Vitamin A, IU IU 0 0 BFZN 4 0 Vitamin A, RAE mcg 0 0 BFZN 4 0 Retinol mcg 0 0 BFZN 4 0 Vitamin E (alpha-tocopherol) mg 9.21 0 BFZN 4 1.2 Tocopherol, beta mg 1 7 7 8 7 8 9 1.2	0	0	
Vitamin A, IU IU 0 0 BFZN 4 0 Vitamin A, RAE mcg_RAE 0 0 BFZN 4 0 Retinol mcg 0 0 BFZN 4 0 Vitamin E (alpha-tocopherol) mg 9.21 0 BFZN 4 1.2 Tocopherol, beta mg 7 0 BFZN 4 1.2 Tocopherol, gamma mg 7 0 BFZN 4 2.6 Vitamin D IU Vitamin K (phylloquinone) mcg 197.6 0 BFZN 4 26.9 Lipids: Etys acids, total saturated 9 15.340 0 NC 4 2.0 4:0 9 0.000 1 A 1 0.0 4:0 9 0.000 1 A 1 0.0 6:0 9 0.000 1 A 1 0.0 8:0 9 0.000	0	0	
Vitamin A, RAE. mcg_RAE 0 0 BFZN 4 0 Retinol. mcg 0 0 BFZN 4 0 Vitamin E (alpha-tocopherol) mg 9.21 0 BFZN 4 1.2 Tocopherol, beta. mg Tocopherol, gamma. mg Tocopherol, delta. mg Vitamin D. IU Vitamin K (phylloquinone) mcg 197.6 0 BFZN 4 26.9 Lipids: Eatry acids, total saturated. g 15.340 0 NC 4 2.0 4 '0. g 0.000 1 A 1 0.0 6:0. g 0.000 1 A 1 0.0 8:0. g 0.000 1 A 1 0.0 10:0. g 0.000 1 A 1 0.0 13:0. g 0.094 1 A	0.0	0.00	
Retinol mcg 0 0 BFZN 4 0 Vitamin E (alpha-tocopherol) mg 9.21 0 BFZN 4 1.2 Tocopherol, betta mg Tocopherol, gamma mg Tocopherol, delta mg U Vitamin D IU Vitamin K (phylloquinone) mcg 197.6 0 BFZN 4 26.9 Lipids: Fatty acids, total saturated g 15.340 0 NC 4 2.0 4:0 g 0.000 1 A 1 0.0 6:0 g 0.000 1 A 1 0.0 8:0 g 0.000 1 A 1 0.0 10:0 g 0.000 1 A 1 0.0 13:0 g 0.094 1 A 1 0.0 15:0 g 0.000 1	0	0	
Vitamin E (alpha-tocopherol) mg 9.21 0 BFZN 4 1.2 Tocopherol, beta mg 1 1.2 <t< td=""><td>0</td><td>0</td></t<>	0	0	
Tocopherol, beta	0	0	
Tocopherol, gamma	5 20.0	09 0.41	
Tocopherol, delta			
Vitamin D. IU Vitamin K (phylloquinone) mcg 197.6 0 BFZN 4 26.9 Lipids: Fatty acids, total saturated g 15.340 0 NC 4 2.0 4:0. g 0.000 1 A 1 0.0 6:0. g 0.000 1 A 1 0.0 8:0. g 0.000 1 A 1 0.0 10:0. g 0.000 1 A 1 0.0 12:0. g 0.000 1 A 1 0.0 13:0. g 0.094 1 A 1 0.0 15:0. g 0.000 1 A 1 0.0 16:0. g 10.410 1 A 1 1.4 17:0. g 0.105 1 A 1 0.0			
Vitamin K (phylloquinone) mcg 197.6 0 BFZN 4 26.9 Lipids: Fatty acids, total saturated g 15.340 0 NC 4 2.0 4:0 g 0.000 1 A 1 0.0 6:0 g 0.000 1 A 1 0.0 8:0 g 0.000 1 A 1 0.0 10:0 g 0.000 1 A 1 0.0 12:0 g 0.000 1 A 1 0.0 13:0 g 0.094 1 A 1 0.0 15:0 g 0.000 1 A 1 0.0 16:0 g 10.410 1 A 1 1.4 17:0 g 0.105 1 A 1 0.0			
Fatty acids, total saturated g 15.340 0 NC 4 2.0 4:0	430.7	7 8.9	
Fatty acids, total saturated g 15.340 0 NC 4 2.0 4:0 g 0.000 1 A 1 0.0 6:0 g 0.000 1 A 1 0.0 8:0 g 0.000 1 A 1 0.0 10:0 g 0.000 1 A 1 0.0 13:0 g 0.000 1 A 1 0.0 15:0 g 0.094 1 A 1 0.0 16:0 g 0.000 1 A 1 0.0 16:0 g 0.000 1 A 1 0.0 16:0 g 0.000 1 A 1 0.0 16:0 g 0.0105 1 A 1 0.0			
4:0. g 0.000 1 A 1 0.0 6:0. g 0.000 1 A 1 0.0 8:0. g 0.000 1 A 1 0.0 10:0. g 0.000 1 A 1 0.0 12:0. g 0.000 1 A 1 0.0 13:0. g 0.094 1 A 1 0.0 15:0. g 0.000 1 A 1 0.0 16:0. g 10.410 1 A 1 1.4 17:0. g 0.105 1 A 1 0.0	36 33.4	441 0.69	
6:0. g 0.000 1 A 1 0.0 8:0. g 0.000 1 A 1 0.0 10:0. g 0.000 1 A 1 0.0 12:0. g 0.000 1 A 1 0.0 13:0. g 0.094 1 A 1 0.0 15:0. g 0.000 1 A 1 0.0 16:0. g 10.410 1 A 1 1.4 17:0. g 0.105 1 A 1 0.0		000 0.00	
8:0 g 0.000 1 A 1 0.0 10:0 g 0.000 1 A 1 0.0 12:0 g 0.000 1 A 1 0.0 13:0 g 0.094 1 A 1 0.0 15:0 g 0.000 1 A 1 0.0 16:0 g 10.410 1 A 1 1.4 17:0 g 0.105 1 A 1 0.0		000 0.00	
10:0 g 0.000 1 A 1 0.0 12:0 g 0.000 1 A 1 0.0 13:0 g 0.094 1 A 1 0.0 15:0 g 0.000 1 A 1 0.0 16:0 g 10.410 1 A 1 1.4 17:0 g 0.105 1 A 1 0.0		000 0.00	
12:0 g 0.000 1 A 1 0.0 13:0 g 14:0 g 0.094 1 A 1 0.0 15:0 g 0.000 1 A 1 0.0 16:0 g 10.410 1 A 1 1.4 17:0 g 0.105 1 A 1 0.0		000 0.00	
13:0		000 0.00	
14:0			
15:0	13 0.:	205 0.00	
16:0		000 0.00	
17:0g 0.105 1 A 1 0.0			
17.00		228 0.00	
18:0g 4.041 1 A 1 0.5		809 0.18	
20:0.		730 0.01	
22:0g 0.355 1 A 1 0.0		775 0.01	

	Amount in 100 grams of edible portion						Amount in edible portion of common			
		N	lumber					easures of food		
					Source	Confidence				
Nutrients and Units	Mean	Std. Error F	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated9	21.701	=	0	NC	4		2.951	47.308	0.977	
15:1g										
16:1 undifferentiatedg	0.123	3	0	AS	1		0.017	0.269	0.006	
16:1 cg	0.123	3	1	A	1		0.017	0.269	0.006	
16:1 t										
17:1g 18:1 undifferentiated	21.541		0	AS	1		2.930	46.958	0.969	
18:1 cg	21.541		1	A	1		2.930	46.958	0.969	
18:1 t	0.000		1	A	1		0.000	0.000	0.000	
20:1g	0.037	•	1	A	1		0.005	0.081	0.002	
22:1 undifferentiatedg	0.000)	1	A	1		0.000	0.000	0.000	
24:1 cg										
Fatty acids, total polyunsaturated9	58.208		0	NC	4		7.916	126.893	2.619	
18:2 undifferentiated	51.296 51.172		0 1	AS A	1 1		6.976	111.826	2.308	
18:2 n-6 c,c	51.172	•	1	A	1		6.959	111.556	2.303	
18:2 CLAS										
18:2 t,cg										
18:2 t,tg										
18:2 ig	0.124	Į.	1	A	1		0.017	0.270	0.006	
18:2 t not further definedg			_		_					
18:3 undifferentiated	6.912		0 1	AS A	1 1		0.940	15.067	0.311	
18:4g 20:2 n-6 c,cg	0.000	,	_	A	1		0.000	0.000	0.000	
20:3 undifferentiatedg										
20:4 undifferentiated	0.000)	1	A	1		0.000	0.000	0.000	
20:5 n-3g	0.000)	1	A	1		0.000	0.000	0.000	
22:5 n-3	0.000)	1	A	1		0.000	0.000	0.000	
22:6 n-3g	0.000		1	A	1		0.000	0.000	0.000	
Fatty acids, total trans	0.124		0	NC	4		0.017	0.270	0.006	
Fatty acids, total trans-monoenoic9	0.000 0.124		0 0	NC NC	4 4		0.000 0.017	0.000 0.270	0.000 0.006	
Fatty acids, total trans-polyenoic9 Cholesterolm		•	0	BFZN	4		0.017	0.270	0.008	
Phytosterolsm	5		0	BFZN	4		34	545	11	
Amino Acids:										
Tryptophan	0.000		0	BFZN BFZN	4 4		0.000 0.000	0.000 0.000	0.000	
Isoleucine	0.000		0	BFZN	4		0.000	0.000	0.000	
Leucine	0.000		0	BFZN	4		0.000	0.000	0.000	
Lysine	0.000		0	BFZN	4		0.000	0.000	0.000	
Methionine	0.000)	0	BFZN	4		0.000	0.000	0.000	
Cystineg	0.000)	0	BFZN	4		0.000	0.000	0.000	
Phenylalanineg	0.000		0	BFZN	4		0.000	0.000	0.000	
Tyrosine	0.000		0	BFZN	4		0.000	0.000	0.000	
Valine	0.000		0 0	BFZN BFZN	4 4		0.000 0.000	0.000 0.000	0.000 0.000	
Arginine	0.000		0	BFZN	4		0.000	0.000	0.000	
Alanine	0.000		0	BFZN	4		0.000	0.000	0.000	
Aspartic acid	0.000		0	BFZN	4		0.000	0.000	0.000	
Glutamic acid	0.000)	0	BFZN	4		0.000	0.000	0.000	
Glycineg	0.000)	0	BFZN	4		0.000	0.000	0.000	
Proline	0.000		0	BFZN	4		0.000	0.000	0.000	
Serine	0.000)	0	BFZN	4		0.000	0.000	0.000	
Hydroxyproline										
Others:										
Alcohol, ethyl	0.0		0	BFZN	4		0.0	0.0	0.0	
Caffeine mg			0	BFZN	4		0	0	0	
Theobromine mg	0		0	BFZN	4		0	0	0	
Carotenoids:										
Carotene, beta mo	-		0	BFZN	4		0.000	0.000	0.000	
Carotene, alpha mc Cryptoxanthin, beta mc	-		0	BFZN BFZN	4 4		0.000 0.000	0.000 0.000	0.000 0.000	
Cryptoxantinii, octa!!!!	9 0		U	DE AN	4		0.000	0.000	5.000	

	<u>A</u>	mount in 100 grams	Amount in edible portion of common measures of food					
Nutrients and Units	Mean	of Data Std. Error Points			Confidence Code	Measure 1	Measure 2	Measure 3
Lycopenemcg Lutein + zeaxanthinmcg	0 0	0	BFZN BFZN	4 4		0.000	0.000	0.000

Common Measures:

Measure 1 = 13.6g: 1 tbsp Measure 2 = 218g: 1 cup Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein Fat 8.84 Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u>	mount in 100	grams	of edib	le portio	<u>n</u>		edible portion	
			N	umber				<u>m</u>	easures of food	
Nutrients and Un	its	Mean	Std. Error P	f Data oints		Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	0.00		0		1		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		120	1927	40
Energy	kj	3699				4		503	8063	166
Protein (N x 0)	g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)		100.00		0		1		13.60	218.00	4.50
Ash		0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference		0.00		0		1		0.00	0.00	0.00
Fiber, total dietary		0.0		0		4		0.0	0.0	0.0
Sugars, total		0.00		0	Z	7		0.00	0.00	0.00
Starch										
Minerals:										
Calcium, Ca		0		0		4		0	0	0
Iron, Fe		0.00		0		4		0.00	0.00	0.0
Magnesium, Mg		0		0		4		0	0	0
Phosphorus, P		0		0		4		0	0	0
Potassium, K		0		0		4		0	0	0
Sodium, Na		0		0		4		0	0	0
Zinc, Zn		0.00		0		4		0.00	0.00	0.0
Copper, Cu										
Manganese, Mn										
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0	0.0	0.0
Thiamin	_	0.000	`	0		4		0.000	0.000	0.0
Riboflavin		0.000		0		4		0.000	0.000	0.00
		0.000		0		4		0.000	0.000	0.00
Niacin		0.000		0		4		0.000	0.000	0.00
Pantothenic acid	_	0.000		0		4		0.000	0.000	0.00
Vitamin B-6		0.000	,	0	z	7		0.000	0.000	0.00
Folate, total		0		0	Z	7		0	0	0
Folic acid		0		0	Z	7		0	0	0
Folate, food		0						0		0
Folate, DFE		-		0	NC	4		-	0	-
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, IU		0		0	AS	1		0	0	0
Vitamin A, RAE	-	0		0	NC	4		0	0	0
Retinol		0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)		0.20		0		4		0.03	0.44	0.0
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	q	90.000)	0		1		12.240	196.200	4.0
4:0		0.000		0		4		0.000	0.000	0.00
6:0		0.000		0		4		0.000	0.000	0.0
8:0	_	0.000		0		4		0.000	0.000	0.0
10:0		0.000		0		4		0.000	0.000	0.0
12:0	•	3.100		1		1		0.422	6.758	0.1
13:0										
14:0	-	82.600)	1		1		11.234	180.068	3.7
15:0	_	32.000		-		-				2.,
16:0	-	4.300)	1		1		0.585	9.374	0.1
17:0	-	1.500		-		-		2.505	3.3,4	
18:0	_	0.000)	0		4		0.000	0.000	0.0
20:0		0.000	•	•		-		0.000	0.000	0.0
22:0	_									
24:0	_									

		<u>Ar</u>	nount in 10	Amount in edible portion of common							
		Number						measures of food			
Nutrients and l	Jnits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturate	ed O	4.800		0		1		0.653	10.464	0.216	
14:1		4.000		ŭ		-		0.055	10.404	0.210	
15:1	g										
16:1 undifferentiated	g	0.000		0		4		0.000	0.000	0.000	
17:1	g										
18:1 undifferentiated	g	4.800		1		1		0.653	10.464	0.216	
20:1	g	0.000		0		4		0.000	0.000	0.000	
22:1 undifferentiated	g	0.000		0		4		0.000	0.000	0.000	
24:1 c	g										
Fatty acids, total polyunsaturated	dg	0.000		0		1		0.000	0.000	0.000	
18:2 undifferentiated	g	0.000		0		4		0.000	0.000	0.000	
18:3 undifferentiated	g	0.000		0		4		0.000	0.000	0.000	
18:4	_	0.000		0		4		0.000	0.000	0.000	
20:2 n-6 c,c	g										
20:3 undifferentiated	_										
20:4 undifferentiated	_	0.000		0		4		0.000	0.000	0.000	
20:5 n-3	_	0.000		0		4		0.000	0.000	0.000	
22:5 n-3	_	0.000		0		4		0.000	0.000	0.000	
22:6 n-3	_	0.000		0		4		0.000	0.000	0.000	
Fatty acids, total trans								_	_		
Cholesterol		0		0		4		0	0	0	
Phytosterols	mg	0		0		4		0	0	0	
Amino Acids:											
Tryptophan	а	0.000		0		4		0.000	0.000	0.000	
Threonine		0.000		0		4		0.000	0.000	0.000	
Isoleucine	-	0.000		0		4		0.000	0.000	0.000	
Leucine	_	0.000		0		4		0.000	0.000	0.000	
Lysine		0.000		0		4		0.000	0.000	0.000	
Methionine		0.000		0		4		0.000	0.000	0.000	
Cystine		0.000		0		4		0.000	0.000	0.000	
Phenylalanine		0.000		0		4		0.000	0.000	0.000	
Tyrosine		0.000		0		4		0.000	0.000	0.000	
Valine	g	0.000		0		4		0.000	0.000	0.000	
Arginine	g	0.000		0		4		0.000	0.000	0.000	
Histidine	g	0.000		0		4		0.000	0.000	0.000	
Alanine	g	0.000		0		4		0.000	0.000	0.000	
Aspartic acid	g	0.000		0		4		0.000	0.000	0.000	
Glutamic acid	g	0.000		0		4		0.000	0.000	0.000	
Glycine	g	0.000		0		4		0.000	0.000	0.000	
Proline		0.000		0		4		0.000	0.000	0.000	
Serine	g	0.000		0		4		0.000	0.000	0.000	
Hydroxyproline	g										
0.4											
Others:	~	2 2		_	_	_		0 0			
Alcohol, ethyl		0.0		0	Z	7		0.0	0.0	0.0	
Caffeine	_	0		0	Z	7		0	0	0	
Theobromine	g	0		0	Z	7		0	0	0	
Carotenoids:	mca	0		٥		7		0.000	0 000	0.000	
Caratana alaha		0		0 0	z z	7		0.000	0.000 0.000	0.000	
Carotene, alpha		0		0	z Z	7		0.000	0.000	0.000	
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000	0.000	
Lycopene		0		0	Z	7		0.000	0.000	0.000	
Lutein + zeaxanthin	y	U		U	4	,		0.000	0.000	0.000	

Common Measures:

Measure 1 = 13.6g: 1 tbsp Measure 2 = 218g: 1 cup Measure 3 = 4.5g: 1 tsp NDB No. 04572

Oil, vegetable, nutmeg butter

Calories Factors: Protein Fat 8.62 Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u> :	mount in 100	grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common		
			1	Number				<u>m</u>	easures of food	<u> </u>
Nutrients and Un	its	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure :
Proximates:										
Water	g	0.00		0		1		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		120	1909	40
Energy	kj	3699				4		503	7989	166
Protein (N x 0)	g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		0		1		13.60	216.00	4.50
Ash	g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary		0.0		0		4		0.0	0.0	0.0
Sugars, total		0.00		0	z	7		0.00	0.00	0.00
Starch										
Minerals:										
Calcium, Ca		0		0		4		0	0	0
Iron, Fe	mg	0.01		1		1		0.00	0.02	0.00
Magnesium, Mg	mg	0		0		4		0	0	0
Phosphorus, P	mg	0		1		1		0	0	0
Potassium, K	mg	0		0		4		0	0	0
Sodium, Na	mg	0		0		4		0	0	0
Zinc, Zn	<u>mg</u>	0.00		0		7		0.00	0.00	0.00
Copper, Cu	mg	0.000)	0		4		0.000	0.000	0.00
Manganese, Mn	<u>mg</u>									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
E7*, *										
Vitamins:										
Vitamin C, total ascorbic acid	-	0.0		0		4		0.0	0.0	0.0
Thiamin		0.000		0		4		0.000	0.000	0.00
Riboflavin		0.000		0		4		0.000	0.000	0.00
Niacin		0.000		0		4		0.000	0.000	0.00
Pantothenic acid	-	0.000		0		4		0.000	0.000	0.00
Vitamin B-6	_	0.000)	0		4		0.000	0.000	0.00
Folate, total		0		0	Z	7		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food		0		0	Z	7		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12		0.00		0		4		0.00	0.00	0.00
Vitamin A, IU	IU	0		0	AS	1		0	0	0
Vitamin A, RAE		0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)		15.94	3.16	0 6	JA	6		2.17	34.43	0.72
Tocopherol, beta	_	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, gamma		0.00		1	A	1		0.00	0.00	0.00
Tocopherol, delta		0.00		1	A	1		0.00	0.00	0.00
Vitamin D										
Vitamin K (phylloquinone)		8.0		1	A	1		1.1	17.3	0.4
	_									
<u>Lipids:</u>										
Fatty acids, total saturated		49.300		0		1		6.705	106.488	2.21
4:0		0.000		0		1		0.000	0.000	0.00
6:0	-	0.000)	0		1		0.000	0.000	0.00
8:0	g	0.000)	0		1		0.000	0.000	0.00
10:0	g	0.000)	0		1		0.000	0.000	0.00
12:0	g	0.100	0.03	8 12		1		0.014	0.216	0.00
13:0	g									
14:0	g	1.000	0.09	0 15		1		0.136	2.160	0.04
15:0	-									
16:0	•	43.500	0.46	4 15		1		5.916	93.960	1.95
17:0	•									
18:0	-	4.300	0.35	2 15		1		0.585	9.288	0.19
20:0	_		2.30.	-		•				
22:0										
24:0										

		<u>Aı</u>	mount in 100 g	Amount in edible portion of common measures of food						
Nutrients and	Units	Mean			Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura		37.000		0		1		5.032	79.920	1.665
15:1	g									
16:1 undifferentiated	g	0.300	0.071	7		1		0.041	0.648	0.014
17:1	g									
18:1 undifferentiated	g	36.600		15		1		4.978	79.056	1.647
20:1	g	0.100	0.072	4		1		0.014	0.216	0.005
22:1 undifferentiated	•	0.000		0		1		0.000	0.000	0.000
24:1 c										
Fatty acids, total polyunsaturat	tedg	9.300		0		1		1.265	20.088	0.419
18:2 undifferentiated	g	9.100	0.419	15		1		1.238	19.656	0.410
18:3 undifferentiated	g	0.200	0.046	9		1		0.027	0.432	0.009
18:4	g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0		1		0.000	0.000	0.000
20:5 n-3	g	0.000		0		1		0.000	0.000	0.000
22:5 n-3	g	0.000		0		1		0.000	0.000	0.000
22:6 n-3	g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans	g									
Cholesterol	mg	0		0		4		0	0	0
Phytosterols	mg									
Amino Acids:										
Tryptophan	0	0.000		0		4		0.000	0.000	0.000
Threonine		0.000		0		4		0.000	0.000	0.000
Isoleucine	-	0.000		0		4		0.000	0.000	0.000
Leucine	• • • • • • • • • • • • • • • • • • • •	0.000		0		4		0.000	0.000	0.000
Lysine	-	0.000		0		4		0.000	0.000	0.000
Methionine		0.000		0		4		0.000	0.000	0.000
Cystine		0.000		0		4		0.000	0.000	0.000
•		0.000		0		4		0.000	0.000	0.000
Phenylalanine Tyrosine		0.000		0		4		0.000	0.000	0.000
•	=	0.000		0		4		0.000	0.000	0.000
ValineArginine		0.000		0		4		0.000	0.000	0.000
Histidine		0.000		0		4		0.000	0.000	0.000
	=	0.000		0		4		0.000	0.000	0.000
Alanine		0.000		0		4		0.000	0.000	0.000
Aspartic acid		0.000		0		4		0.000	0.000	0.000
		0.000		0		4		0.000		0.000
Glycine Proline		0.000		0		4		0.000	0.000 0.000	0.000
	• • • • • • • • • • • • • • • • • • • •	0.000		0		4		0.000	0.000	0.000
Serine	• • • • • • • • • • • • • • • • • • • •	0.000		U		4		0.000	0.000	0.000
Hydroxyproline	9									
Others:										
Alcohol, ethyl	g	0.0		0	z	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:										
<u> </u>	mea	0		0	z	7		0.000	0.000	0.000
Carotene, beta		0		0	Z	7		0.000	0.000	0.000
Cryptovanthin beta		0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000	0.000
Lycopene		0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin	iiicA	U		U	Z	,		0.000	0.000	0.000

Common Measures:

Measure 1 = 13.6g: 1 tbsp Measure 2 = 216g: 1 cup Measure 3 = 4.5g: 1 tsp NDB No. 04055 Oil, vegetable, palm

Calories Factors: Protein Fat 8.84 Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u> :	mount in 100	grams	of edib	le portio	<u>n</u>		edible portion	
			N	lumber				<u>m</u>	easures of food	
Nutrients and Uni	its	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	0.00		0		1		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		120	1927	40
Energy		3699		0		4		503	8063	166
Protein (N x 0)	g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)		100.00		0		1		13.60	218.00	4.50
Ash		0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference		0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total		0.00		0	Z	7		0.00	0.00	0.00
Starch										
Minerals:										
Calcium, Ca		0		0		4		0	0	0
Iron, Fe		0.00		0		4		0.00	0.00	0.0
Magnesium, Mg		0		0		4		0	0	0
Phosphorus, P		0		0		4		0	0	0
Potassium, K		0		0		4		0	0	0
Sodium, Na		0		0		4		0	0	0
Zinc, Zn		0.00		0		4		0.00	0.00	0.0
Copper, Cu										
Manganese, Mn										
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0	0.0	0.0
Thiamin	-	0.000	`	0		4		0.000	0.000	0.0
Riboflavin		0.000		0		4		0.000	0.000	0.00
		0.000		0		4		0.000	0.000	0.00
Niacin		0.000		0		4		0.000	0.000	0.00
Pantothenic acid	-	0.000		0		4		0.000	0.000	0.00
Vitamin B-6		0.000	,	0	z	7		0.000	0.000	0.00
Folate, total		0		0	Z	7		0	0	0
Folic acid		0		0	Z	7		0	0	0
Folate, food		0						0		0
Folate, DFE		-		0	NC	4		-	0	-
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, IU		0		0	AS	1		0	0	0
Vitamin A, RAE	-	0		0	NC	4		0	0	0
Retinol		0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)		11.40		0		4		1.55	24.85	0.5
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	a	13.500)	0		1		1.836	29.430	0.60
4:0		0.000		0		4		0.000	0.000	0.00
6:0	_	0.000		0		4		0.000	0.000	0.0
8:0	_	0.000		0		4		0.000	0.000	0.0
10:0		0.000		0		4		0.000	0.000	0.0
12:0	•	0.000		0		4		0.000	0.000	0.0
13:0	_	0.000	-	Ū		•		0.000	0.000	0.0
14:0	-	0.000)	0		4		0.000	0.000	0.0
15:0	_	0.000	•	U		*		0.000	0.000	0.0
16:0	-	10.600	1	1		1		1.442	23.108	0.4
17:0	-	10.600	•	_		_		1.44∠	23.108	0.4
	_	2 000	`	1		1		0.394	6.322	0.1
18:0		2.900	,	1		1		0.394	0.322	0.1
20:0	_									
22:0	g g									

	<u>Ar</u>	nount in 100 grams	Amount in edible portion of common measures of food					
			Deriv	Source Code	Confidence			•
Nutrients and Units	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	19.700	0		1		2.679	42.946	0.887
14:1g								
15:1g		_						
16:1 undifferentiatedg	0.000	0		4		0.000	0.000	0.000
17:1g	10 700	1		1		0.670	40.046	0.007
18:1 undifferentiated	19.700 0.000	1		4		2.679	42.946	0.887 0.000
20:1g 22:1 undifferentiatedg	0.000	0		4		0.000 0.000	0.000 0.000	0.000
24:1 c	0.000	U		4		0.000	0.000	0.000
Fatty acids, total polyunsaturatedg	62.400	0		1		8.486	136.032	2.808
18:2 undifferentiatedg	62.400	1		1		8.486	136.032	2.808
18:3 undifferentiated	0.000	0		4		0.000	0.000	0.000
18:4	0.000	0		4		0.000	0.000	0.000
20:2 n-6 c.cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0		4		0.000	0.000	0.000
20:5 n-3g	0.000	0		4		0.000	0.000	0.000
22:5 n-3g	0.000	0		4		0.000	0.000	0.000
22:6 n-3g	0.000	0		4		0.000	0.000	0.000
Fatty acids, total trans								
Cholesterol mg	0	0		4		0	0	0
Phytosterols mg	276	0		4		38	602	12
Amino Acids:		•						
Tryptophan	0.000	0		4		0.000	0.000	0.000
Threonine	0.000	0		4 4		0.000 0.000	0.000	0.000
Isoleucine	0.000 0.000	0		4		0.000	0.000 0.000	0.000
Leucine	0.000	0		4		0.000	0.000	0.000
Methionine	0.000	0		4		0.000	0.000	0.000
Cystine	0.000	0		4		0.000	0.000	0.000
Phenylalanine	0.000	0		4		0.000	0.000	0.000
Tyrosine9	0.000	0		4		0.000	0.000	0.000
Valine	0.000	0		4		0.000	0.000	0.000
Arginine	0.000	0		4		0.000	0.000	0.000
Histidine	0.000	0		4		0.000	0.000	0.000
Alanine	0.000			4		0.000	0.000	0.000
Aspartic acid	0.000	0		4		0.000	0.000	0.000
Glutamic acid	0.000	0		4		0.000	0.000	0.000
Glycine	0.000	0		4		0.000	0.000	0.000
Proline	0.000			4		0.000	0.000	0.000
Serine	0.000			4		0.000	0.000	0.000
Hydroxyproline9								
Others:	0.0	0		7		0.0	0.0	0.0
Alcohol, ethyl	0.0	0	Z Z	7			0.0	0.0
Caffeinemg	0	0	Z	7		0	0 0	0
Theobromine mg Carotenoids:	U	U	4	,		U	U	U
	_	_	_	_				
Carotene, beta mcg	0	0	z	7		0.000	0.000	0.000
Carotene, alpha mcg	0	0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta mcg	0	0	Z	7		0.000	0.000	0.000
Lycopene mcg	0	0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin mcg	0	0	Z	7		0.000	0.000	0.000

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup Measure 3 = 4.5g: 1 tsp

Oil, vegetable, poppyseed

Calories Factors: Protein Fat 8.84 Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u> 1	mount in 100) grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common			
				Numbei	r			<u>m</u>	easures of food		
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
Proximates:	2	0.00		0		1		0.00	0.00	0.0	
Water	-	0.00		0		1		0.00	0.00	0.0	
Energy		884 3699		0	NC	4 4		120 503	1927	40 166	
Energy	·=			•		-			8063		
Protein (N x 0)		0.00 100.00		0		1 1		0.00 13.60	0.00 218.00	0.0 4.5	
Total lipid (fat)		0.00		0		1		0.00		0.0	
Ash		0.00		0		1		0.00	0.00	0.0	
Carbohydrate, by difference		0.00		0		4		0.00	0.00 0.0	0.0	
Fiber, total dietary				0	Z	7					
Sugars, total		0.00		U	Z	,		0.00	0.00	0.0	
Starch	9										
<u> Iinerals:</u>											
Calcium, Ca	mg	0		0		4		0	0	0	
Iron, Fe	mg	0.07	0.01			1		0.01	0.15	0.0	
Magnesium, Mg		0		0		4		0	0	0	
Phosphorus, P	mg	0		0		4		0	0	0	
Potassium, K		0		0		4		0	0	0	
Sodium, Na	mg	0		0		4		0	0	0	
Zinc, Zn		0.00		0		4		0.00	0.00	0.0	
Copper, Cu											
Manganese, Mn											
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0	
<u>'itamins:</u>											
Vitamin C, total ascorbic acid		0.0		0		4		0.0	0.0	0.0	
Thiamin	-	0.000		0		4		0.000	0.000	0.0	
Riboflavin	mg	0.000		0		4		0.000	0.000	0.0	
Niacin	-	0.000		0		4		0.000	0.000	0.0	
Pantothenic acid		0.000		0		4		0.000	0.000	0.0	
Vitamin B-6	-	0.000)	0		4		0.000	0.000	0.0	
Folate, total		0		0	Z	7		0	0	0	
Folic acid		0		0	Z	7		0	0	0	
Folate, food		0		0	Z	7		0	0	0	
Folate, DFE		0		0	NC	4		0	0	0	
Vitamin B-12		0.00		0		4		0.00	0.00	0.0	
Vitamin A, IU		0		0	AS	1		0	0	0	
Vitamin A, RAE		0		0	NC	4		0	0	0	
Retinol		0		0	Z	7		0	0	0	
Vitamin E (alpha-tocopherol)		32.30		1		1		4.39	70.41	1.4	
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D Vitamin K (phylloquinone)		24.7	5.83	1 69	JO	11		3.4	53.9	1.1	
	9		0.00	_				5.1	33.3		
ipids: Fatty acids, total saturated	а	19.700)	0		1		2.679	42.946	0.8	
4:0		0.000		0		4		0.000	0.000	0.0	
6:0		0.000		0		4		0.000	0.000	0.0	
8:0	-	0.000		0		4		0.000	0.000	0.0	
10:0	-	0.000		0		4		0.000	0.000	0.0	
12:0	-	0.000		0		4		0.000	0.000	0.0	
13:0	-	2.200		•		-		3.000	0.000	3.	
14:0	-	0.700	0.13	1 28		1		0.095	1.526	0.0	
15:0	-	5.750	0.13			-		0.033	1.520	• • • • • • • • • • • • • • • • • • • •	
16:0	-	16.900	0.36	8 31		1		2.298	36.842	0.	
17:0		_0.500	. 0.50			-			30.042	٠.	
18:0		1.600	0.08	7 29		1		0.218	3.488	0.0	
20:0	_		0.00			-		0.210	3.400	• • • • • • • • • • • • • • • • • • • •	
22:0	-										
24:0	-										

		<u>Ar</u>	nount in 100 g		lible portic	<u>on</u>		edible portion of easures of food	
Nutrients and Un	its	Mean		mber Data Deri ints Cod		Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.	g	39.300		0	1		5.345	85.674	1.769
14:1	-								
15:1				_					
16:1 undifferentiated	_	0.200	0.039	9	1		0.027	0.436	0.009
17:1	-	20 100	0.440	20	-		- 040	05.000	1 760
18:1 undifferentiated	_	39.100	0.449	38	1		5.318	85.238	1.760
20:1	-	0.000		0	4		0.000	0.000	0.000
22:1 undifferentiated	•	0.000		0	4		0.000	0.000	0.000
24:1 c		05.000			_				4
Fatty acids, total polyunsaturated		35.000		0	1		4.760	76.300	1.575
18:2 undifferentiated		33.400	0.403	38	1		4.542	72.812	1.503
18:3 undifferentiated	_	1.600	0.159	34	1		0.218	3.488	0.072
18:4		0.000		0	4		0.000	0.000	0.000
20:2 n-6 c,c	_								
20:3 undifferentiated									
20:4 undifferentiated	_	0.000		0	4		0.000	0.000	0.000
20:5 n-3	-	0.000		0	4		0.000	0.000	0.000
22:5 n-3		0.000		0	4		0.000	0.000	0.000
22:6 n-3	-	0.000		0	4		0.000	0.000	0.000
Fatty acids, total trans							_		
Cholesterol	_	0		0	4		0	0	0
Phytosterols	mg	1190		2	1		162	2594	54
Amino Acids:									
Tryptophan	q	0.000		0	4		0.000	0.000	0.000
Threonine		0.000		0	4		0.000	0.000	0.000
Isoleucine	_	0.000		0	4		0.000	0.000	0.000
Leucine		0.000		0	4		0.000	0.000	0.000
Lysine		0.000		0	4		0.000	0.000	0.000
Methionine		0.000		0	4		0.000	0.000	0.000
Cystine		0.000		0	4		0.000	0.000	0.000
Phenylalanine	_	0.000		0	4		0.000	0.000	0.000
Tyrosine		0.000		0	4		0.000	0.000	0.000
Valine		0.000		0	4		0.000	0.000	0.000
Arginine		0.000		0	4		0.000	0.000	0.000
Histidine		0.000		0	4		0.000	0.000	0.000
Alanine	-	0.000		0	4		0.000	0.000	0.000
Aspartic acid		0.000		0	4		0.000	0.000	0.000
Glutamic acid	-	0.000		0	4		0.000	0.000	0.000
Glycine		0.000		0	4		0.000	0.000	0.000
Proline		0.000		0	4		0.000	0.000	0.000
Serine		0.000		0	4		0.000	0.000	0.000
Hydroxyproline		0.000		· ·	-		0.000	0.000	0.000
пушохургонне	9								
Others:									
Alcohol, ethyl	_	0.0		0 z			0.0	0.0	0.0
Caffeine	mg	0		0 z			0	0	0
Theobromine	mg	0		0 z	7		0	0	0
Carotenoids:									
Carotene, beta	mca	0		0 z	7		0.000	0.000	0.000
Carotene, alpha		0		0 Z			0.000	0.000	0.000
Cryptoxanthin, beta		0		0 z			0.000	0.000	0.000
Lycopene		0		0 Z			0.000	0.000	0.000
	······	•			•			2.000	0.000

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup Measure 3 = 4.5g: 1 tsp

Oil, vegetable, rice bran

Calories Factors: Protein Fat 8.84 Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u>	mount in 100	u grams	of edil	oie portio	<u>n</u>	Amount in	edible portion	of common
			I	Number				<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
<u>Proximates:</u> Water	g	0.00		0		1		0.00	0.00	0.0
Energy	-	884		0	NC	4		120	1927	40
Energy		3699		0		4		503	8063	166
Protein (N x 0)	=	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)		100.00		0		1		13.60	218.00	4.50
Ash		0.00		0		1		0.00	0.00	0.0
Carbohydrate, by difference		0.00		0		1		0.00	0.00	0.0
Fiber, total dietary		0.0		0		4		0.0	0.0	0.0
Sugars, total		0.00		0	Z	7		0.00	0.00	0.0
Starch										
Ainerals:										
Calcium, Ca	mg	0		0		4		0	0	0
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.00		0		4		0.00	0.00	0.0
Magnesium, Mg	-	0		0		4		0	0	0
Phosphorus, P		0		0		4		0	0	0
Potassium, K	mg	0		0		4		0	0	0
Sodium, Na	mg	0		0		4		0	0	0
Zinc, Zn		0.00		0		4		0.00	0.00	0.0
Copper, Cu										
Manganese, Mn				_	_	_				
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
itamins:				_						
Vitamin C, total ascorbic acid		0.0		0		4		0.0	0.0	0.0
Thiamin	_	0.000		0		4		0.000	0.000	0.0
Riboflavin		0.000		0		4 4		0.000	0.000	0.0
Niacin Pantothenic acid	_	0.000		0		4		0.000 0.000	0.000 0.000	0.0
Vitamin B-6		0.000		0		4		0.000	0.000	0.0
Folate, total	_	0.000	,	0	z	7		0.000	0.000	0.0
Folic acid		0		0	z	7		0	0	0
Folate, food		0		0	z	7		0	0	0
Folate, DFE		0		0	NC	4		0	0	0
Vitamin B-12		0.00		0		4		0.00	0.00	0.0
Vitamin A, IU		0		0	AS	1		0	0	0
Vitamin A, RAE		0		0	NC	4		0	0	0
Retinol		0		0	z	7		0	0	0
Vitamin E (alpha-tocopherol)		0.00		0		4		0.00	0.00	0.0
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
<u>.ipids:</u>			_	_		_				
Fatty acids, total saturated		46.600		0		1		6.338	101.588	2.0
4:0		0.000		0		4		0.000	0.000	0.0
6:0		0.000		0		4		0.000	0.000	0.0
8:0	-	0.200		1		1		0.027	0.436	0.0
10:0		0.200		1		1		0.027	0.436	0.0
12:0		1.300	,	1		1		0.177	2.834	0.0
13:0	-	0.100	1	2		1		0.014	0.218	0.0
14:0 15:0	-	0.100	,	2		1		0.014	0.218	0.0
16:0	-	4.400	0.45	6 4		1		0.598	9.592	0.1
17:0	-	4.400	0.43			1		0.596	9.392	0
18:0	-	38.800	1.59	1 4		1		5.277	84.584	1.7
20:0	-	30.000	. 1.59			1		3.211	04.504	1.
22:0	-									
24:0										

		<u>Ar</u>	mount in 10	0 grams	of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
				Numbe		_		<u>m</u>	easures of food	<u> </u>
Nutrients and l	Jnits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturat		44.000		0		1		5.984	95.920	1.980
14:1	_									
15:1	-	0.100						0.014	0.010	0.005
16:1 undifferentiated		0.100		1		1		0.014	0.218	0.005
17:1 18:1 undifferentiated	_	43.500	1.37	75 4		1		5.916	94.830	1.958
20:1	_	0.000		2		1		0.000	0.000	0.000
22:1 undifferentiated		0.000		1		1		0.000	0.000	0.000
24:1 c	•	0.000		-		-		0.000	0.000	0.000
Fatty acids, total polyunsaturate		5.200		0		1		0.707	11.336	0.234
18:2 undifferentiated		4.900				1		0.666	10.682	0.221
18:3 undifferentiated		0.300		2		1		0.041	0.654	0.014
18:4		0.000		0		4		0.000	0.000	0.000
20:2 n-6 c.c.	-	0.000		v		•		3.000	0.000	0.000
20:3 undifferentiated										
20:4 undifferentiated	_	0.000		0		4		0.000	0.000	0.000
20:5 n-3	_	0.000		0		4		0.000	0.000	0.000
22:5 n-3		0.000		0		4		0.000	0.000	0.000
22:6 n-3		0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans										
Cholesterol		0		0		4		0	0	0
Phytosterols		357		0		4		49	778	16
-										
Amino Acids:										
Tryptophan		0.000		0		4		0.000	0.000	0.000
Threonine		0.000		0		4		0.000	0.000	0.000
Isoleucine	_	0.000		0		4		0.000	0.000	0.000
Leucine		0.000		0		4		0.000	0.000	0.000
Lysine		0.000		0		4		0.000	0.000	0.000
Methionine		0.000		0		4		0.000	0.000	0.000
Cystine		0.000		0		4		0.000	0.000	0.000
Phenylalanine		0.000		0		4		0.000	0.000	0.000
Tyrosine		0.000		0		4		0.000	0.000	0.000
Valine		0.000		0		4		0.000	0.000	0.000
Arginine		0.000		0		4		0.000	0.000	0.000
Histidine	-	0.000		0		4		0.000	0.000	0.000
Alanine		0.000		0		4		0.000	0.000	0.000
Aspartic acid		0.000		0		4		0.000	0.000	0.000
Glutamic acid		0.000		0		4		0.000	0.000	0.000
Glycine		0.000		0		4		0.000	0.000	0.000
Proline		0.000		0		4		0.000	0.000	0.000
Serine		0.000		0		4		0.000	0.000	0.000
Hydroxyproline	g									
Others:										
Alcohol, ethyl	a	0.0		0	z	7		0.0	0.0	0.0
Caffeine		0		0	z	7		0	0	0
Theobromine		0		0	z	7		0	0	0
Carotenoids:	9	·		·	_	•		· ·	v	· ·
<u> </u>										
Carotene, beta		0		0	Z	7		0.000	0.000	0.000
Carotene, alpha		0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000	0.000
Lycopene		0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000	0.000	0.000

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup Measure 3 = 4.5g: 1 tsp NDB No. 04536 Oil, vegetable, sheanut

Calories Factors: Protein Fat 8.62 Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u>	mount in 100 g	rams o	of edit	ole 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	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	0.00		1		1		0.00	0.00	0.00	
Energy	kcal	884		0	NC	4		124	1927	40	
Energy	kj	3699		0		4		518	8063	166	
Protein (N x 0)	g	0.00		1		1		0.00	0.00	0.00	
Total lipid (fat)	g	100.00		1		1		14.00	218.00	4.50	
Ash		0.00		1		1		0.00	0.00	0.00	
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0	
Sugars, total		0.00		0	z	7		0.00	0.00	0.00	
Starch											
Minerals:		•		•				•	•	•	
Calcium, Ca	_	0		0		4		0	0	0	
Iron, Fe	-	0.00		0		4		0.00	0.00	0.00	
Magnesium, Mg		-		-		•		-	0	0	
Phosphorus, P	•	0 0		0		4		0 0	0	0	
Potassium, K		0		0		4		0	0	0	
Sodium, Na		0.00		0		4		0.00	0.00	0.00	
Zinc, Zn		0.00	,	0		4		0.000	0.00	0.00	
Copper, Cu		0.000		0		4		0.000	0.000	0.000	
Manganese, Mn Selenium, Se		0.000	,	0	z	7		0.000	0.00	0.000	
Selemum, Se	nog	0.0		U	2	,		0.0	0.0	0.0	
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0	
Thiamin	mg	0.000)	0		4		0.000	0.000	0.000	
Riboflavin	mg	0.000)	0		4		0.000	0.000	0.000	
Niacin	mg	0.000)	0		4		0.000	0.000	0.000	
Pantothenic acid	mg	0.000)	0		4		0.000	0.000	0.000	
Vitamin B-6	mg	0.000)	0		4		0.000	0.000	0.000	
Folate, total	mcg	0		0	Z	7		0	0	0	
Folic acid	mcg	0		0	Z	7		0	0	0	
Folate, food		0		0	Z	7		0	0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0	
Vitamin B-12		0.00		0		4		0.00	0.00	0.00	
Vitamin A, IU		0		0	AS	1		0	0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0	
Retinol		0		0	Z	7		0	0	0	
Vitamin E (alpha-tocopherol)	mg	41.08		8	JA	6		5.75	89.55	1.85	
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta	mg										
Vitamin D											
Vitamin K (phylloquinone)	<u>mcg</u>	5.4	1.938	18	A	1		0.8	11.8	0.2	
Lipids:											
Fatty acids, total saturated	a	9.748	1	0		1		1.365	21.251	0.439	
4:0		3.740	•	·		-		1.505	21.231	0.43.	
6:0											
8:0											
10:0											
12:0											
13:0											
14:0											
15:0		0.800)	1		1		0.112	1.744	0.03	
16:0		3.682		7		1		0.515	8.027	0.16	
17:0	_					•					
18:0	-	4.320)	7		1		0.605	9.418	0.19	
20:0	-	2.020		-		_				0.25	
22:0	-	1.000)	1		1		0.140	2.180	0.04	
24:0	-	2.000		-		_		3.140	2.100	0.04	

		<u>Ar</u>	nount in 10	0 grams Number		ole portio	<u>on</u>		edible portion of easures of food	
Nutrients and Uni	ts	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
P		83.594		•				44 500	100 005	3.762
Fatty acids, total monounsaturated	-	83.394		0		1		11.703	182.235	3.762
14:1	_									
15:1 16:1 undifferentiated										
17:1	-									
18:1 undifferentiated		82.630		7		1		11.568	180.133	3.718
20:1		0.964		6		1		0.135	2.102	0.043
22:1 undifferentiated	-	0.501		•		_		0.133	2.102	0.010
24:1 c										
Fatty acids, total polyunsaturated		3.798		0		1		0.532	8.280	0.171
18:2 undifferentiated		3.606		7		1		0.505	7.861	0.162
18:3 undifferentiated	g	0.192		6		1		0.027	0.419	0.009
18:4	-									
20:2 n-6 c.c										
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	• • • • • • • • • • • • • • • • • • • •	0		0		4		0	0	0
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine	mg	0		0	Z	7		0	0	0
Theobromine	mg	0		0	Z	7		0	0	0
Carotenoids:										
Carotene, beta	mcg	0		0	z	7		0.000	0.000	0.000
Carotene, alpha	mcg	0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta	mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene	mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000	0.000	0.000

Common Measures:

Measure 1 = 14.0g: 1 tbsp Measure 2 = 218g: 1 cup Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein Fat 8.84 Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u> 1	mount in 100	grams	of edik	ole portio	<u>n</u>	Amount in edible portion of common			
			N	lumber				<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	
Proximates: Water	a	0.00		0		1		0.00	0.00	0.00	
Energy		884		0	NC	4		120	1927	40	
Energy		3699		·		4		503	8063	166	
Protein (N x 0)		0.00		0		1		0.00	0.00	0.00	
Total lipid (fat)		100.00		0		1		13.60	218.00	4.50	
Ash		0.00		0		1		0.00	0.00	0.00	
Carbohydrate, by difference		0.00		0		1		0.00	0.00	0.00	
Fiber, total dietary		0.0		0		4		0.0	0.0	0.0	
Sugars, total		0.00		0	z	7		0.00	0.00	0.00	
Starch		0.00		·	_	•		0.00	0.00	0.00	
Staren	9										
<u>Minerals:</u>											
Calcium, Ca		0		1		1		0	0	0	
Iron, Fe		0.03		1		1		0.00	0.07	0.0	
Magnesium, Mg		0		1		1		0	0	0	
Phosphorus, P		0		0		4		0	0	0	
Potassium, K	mg	0		0		4		0	0	0	
Sodium, Na		0		1		1		0	0	0	
Zinc, Zn		0.00		0		4		0.00	0.00	0.00	
Copper, Cu											
Manganese, Mn											
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0	
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0	0.0	0.0	
Thiamin	_	0.000)	0		4		0.000	0.000	0.00	
Riboflavin		0.000		0		4		0.000	0.000	0.00	
Niacin		0.000		0		4		0.000	0.000	0.00	
Pantothenic acid		0.000		0		4		0.000	0.000	0.00	
Vitamin B-6	_	0.000		0		4		0.000	0.000	0.00	
Folate, total		0		0	z	7		0	0	0	
Folic acid		0		0	z	7		0	0	0	
Folate, food		0		0	z	7		0	0	0	
Folate, DFE		0		0	NC	4		0	0	0	
Vitamin B-12		0.00		0		4		0.00	0.00	0.00	
Vitamin A, IU	IU	0		0	AS	1		0	0	0	
Vitamin A, RAE		0		0	NC	4		0	0	0	
Retinol	-	0		0	Z	7		0	0	0	
Vitamin E (alpha-tocopherol)		41.08		8	JA	6		5.59	89.55	1.8	
Tocopherol, beta				•		·		0.00	05.00		
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		5.4	1.938	8 18	A	1		0.7	11.8	0.2	
<u>Lipids:</u>											
Fatty acids, total saturated		10.100		0		1		1.374	22.018	0.4	
4:0		0.000		0		4		0.000	0.000	0.00	
6:0	_	0.000		0		4		0.000	0.000	0.0	
8:0		0.000		0		4		0.000	0.000	0.0	
10:0		0.000		0		4		0.000	0.000	0.0	
12:0		0.000)	0		4		0.000	0.000	0.0	
13:0	_			_		_		_		_	
14:0	-	0.000)	0		4		0.000	0.000	0.0	
15:0	_	_				_					
16:0	_	5.400	0.082	2 45		1		0.734	11.772	0.2	
17:0			_	_							
18:0		3.500	0.093	3 45		1		0.476	7.630	0.1	
20:0 22:0	_										

	<u>A</u>	mount in 100 gran		ble portic	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Numb of Da Std. Error Point	a Deriv		Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated		0		1		6.174	98.972	2.043	
15:1	-								
16:1 undifferentiated	-	0.016 27		1		0.027	0.436	0.009	
17:1								0.000	
18:1 undifferentiated	=			1		6.161	98.754	2.039	
20:1	-			4		0.000	0.000	0.000	
22:1 undifferentiated	•	U		4		0.000	0.000	0.000	
24:1 cFatty acids, total polyunsaturated		0		1		5.454	87.418	1.805	
18:2 undifferentiated				1		5.413	86.764	1.791	
18:3 undifferentiated				1		0.027	0.436	0.009	
18:4				4		0.027	0.000	0.000	
20:2 n-6 c.c.		•		-		0.000	0.000	0.000	
20:3 undifferentiated	=								
20:4 undifferentiated		0		4		0.000	0.000	0.000	
20:5 n-3				4		0.000	0.000	0.000	
22:5 n-3	=			4		0.000	0.000	0.000	
22:6 n-3	0			4		0.000	0.000	0.000	
Fatty acids, total trans		·		•		0.000	0.000	0.000	
Cholesterol		0		4		0	0	0	
Phytosterols	5	0		4		14	218	5	
1 Hytosterois	9	v		•		14	210	3	
Amino Acids:									
Tryptophan	.g 0.000	0		4		0.000	0.000	0.000	
Threonine	g 0.000	0		4		0.000	0.000	0.000	
Isoleucine	g 0.000			4		0.000	0.000	0.000	
Leucine				4		0.000	0.000	0.000	
Lysine	g 0.000			4		0.000	0.000	0.000	
Methionine				4		0.000	0.000	0.000	
Cystine	-			4		0.000	0.000	0.000	
Phenylalanine	.g 0.000	0		4		0.000	0.000	0.000	
Tyrosine				4		0.000	0.000	0.000	
Valine	.g 0.000			4		0.000	0.000	0.000	
Arginine	g 0.000			4		0.000	0.000	0.000	
Histidine				4		0.000	0.000	0.000	
Alanine	.g 0.000	0		4		0.000	0.000	0.000	
Aspartic acid	_	0		4		0.000	0.000	0.000	
Glutamic acid	.g 0.000			4		0.000	0.000	0.000	
Glycine	.g 0.000	0		4		0.000	0.000	0.000	
Proline	.g 0.000			4		0.000	0.000	0.000	
Serine	g 0.000	0		4		0.000	0.000	0.000	
Hydroxyproline	g								
Others:									
Alcohol, ethyl	0.0	0	z	7		0.0	0.0	0.0	
Caffeine		0	z	7		0	0	0	
Theobromine	0	0	z	7		0	0	0	
Carotenoids:	9	·	_	•		·	· ·	· ·	
Carotene, beta		0	Z	7		0.000	0.000	0.000	
Carotene, alpha		0	Z	7		0.000	0.000	0.000	
Cryptoxanthin, beta		0	Z	7		0.000	0.000	0.000	
Lycopene		0	Z	7		0.000	0.000	0.000	
Lutein + zeaxanthin	mcg 0	0	Z	7		0.000	0.000	0.000	

Common Measures:

Measure 1 = 13.6g: 1 tbsp Measure 2 = 218g: 1 cup Measure 3 = 4.5g: 1 tsp

Oil, vegetable, sunflower, linoleic (less than 60%)

Calories Factors: Protein Fat 8.84 Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u>	mount in 100 g	grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	ımber				<u>m</u>	easures of food		
Nutrients and Uni	its	Mean	of Std. Error Po		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	0.00		0		1		0.00	0.00	0.00	
	=	884		0	NC	4		120	1927	40	
Energy		3699		0	NC	4		503	8063	166	
Energy				0		1					
Protein (N x 0)		0.00		-		1		0.00	0.00	0.00	
Total lipid (fat)		100.00		0		_		13.60	218.00	4.50	
Ash		0.00		0		1		0.00	0.00	0.00	
Carbohydrate, by difference		0.00		0		1		0.00	0.00	0.00	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00	
Starch	g										
Minerals:											
Calcium, Ca	ma	0		0		4		0	0	0	
Iron, Fe		0.00		0		4		0.00	0.00	0.0	
Magnesium, Mg		0.00		0		4		0.00	0.00	0.0	
		0		0		4		0	0	0	
Phosphorus, P		0		0		4		0	0	0	
Potassium, K		0		0		4		0	0	0	
Sodium, Na		0.00		0		4		0.00	0.00	0.0	
Zinc, Zn	-		,	0		4					
Copper, Cu		0.000	,	U		4		0.000	0.000	0.0	
Manganese, Mn		0.0		•	_	_		0.0	0.0	0.0	
Selenium, Se	nicg	0.0		0	Z	7		0.0	0.0	0.0	
/itamins:											
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0	
Thiamin	mg	0.000)	0		4		0.000	0.000	0.0	
Riboflavin		0.000)	0		4		0.000	0.000	0.0	
Niacin		0.000)	0		4		0.000	0.000	0.0	
Pantothenic acid		0.000)	0		4		0.000	0.000	0.0	
Vitamin B-6	-	0.000		0		4		0.000	0.000	0.0	
Folate, total	-	0		0	z	7		0	0	0	
Folic acid		0		0	z	7		0	0	0	
Folate, food		0		Ö	z	7		0	0	0	
Folate, DFE		0		0	NC	4		0	0	0	
Vitamin B-12		0.00		0	мс	4		0.00	0.00	0.0	
Vitamin A, IU		0.00		0		4		0	0	0.0	
		0		0	NC	4		0	0	0	
Vitamin A, RAE		0		0	NC Z	7		0			
Retinol		-		8	JA	6		5.59	0	0 1.8	
Vitamin E (alpha-tocopherol)		41.08		8	JA	6		5.59	89.55	1.8	
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D.		E 4	1 020	10				0.7	11.0		
Vitamin K (phylloquinone)	nicg	5.4	1.938	18	A	1		0.7	11.8	0.2	
ipids:											
Fatty acids, total saturated	q	10.300)	0		1		1.401	22.454	0.4	
4:0		0.000		0		1		0.000	0.000	0.0	
6:0		0.000		0		1		0.000	0.000	0.0	
8:0	_	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	•	J		1		0.000	0.000	0.0	
14:0	-	0.000	1	0		1		0.000	0.000	0.0	
		0.000	,	U		1		0.000	0.000	0.0	
15:0	_	E 000	0.040	177		4		0.000	10 000	^ ^	
16:0		5.900	0.049	1//		1		0.802	12.862	0.2	
17:0				1		_				<u> </u>	
18:0		4.500	0.102	177		1		0.612	9.810	0.2	
20:0	_										
22:0	n										

		<u>Aı</u>	mount in 100 g			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
			Nu	umber	r			<u>m</u>	easures of food		
					Deriv	Source	Confidence				
Nutrients and	l Units	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsatur	rated Q	19.500		0		1		2.652	42.510	0.878	
14:1 15:1	g										
16:1 undifferentiated	9	0.000		0		1		0.000	0.000	0.000	
18:1 undifferentiated		19.500	0.425	177		1		2.652	42.510	0.878	
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 polyunsatura		65.700		0		1		8.935	143.226	2.957	
18:2 undifferentiated	g	65.700	0.456	177		1		8.935	143.226	2.957	
18:3 undifferentiated	g	0.000		0		1		0.000	0.000	0.000	
18:4	g	0.000		0		1		0.000	0.000	0.000	
20:2 n-6 c,c	g										
20:3 undifferentiated	g										
20:4 undifferentiated	g	0.000		0		1		0.000	0.000	0.000	
20:5 n-3	g	0.000		0		1		0.000	0.000	0.000	
22:5 n-3	g	0.000		0		1		0.000	0.000	0.000	
22:6 n-3	g	0.000		0		1		0.000	0.000	0.000	
Fatty acids, total trans	g										
Cholesterol	mg	0		0		4		0	0	0	
Phytosterols	mg	100		0		4		14	218	5	
Amino Acids:											
Tryptophan	а	0.000		0		4		0.000	0.000	0.000	
Threonine		0.000		0		4		0.000	0.000	0.000	
Isoleucine	-	0.000		0		4		0.000	0.000	0.000	
Leucine	-	0.000		0		4		0.000	0.000	0.000	
Lysine		0.000		0		4		0.000	0.000	0.000	
Methionine	g	0.000		0		4		0.000	0.000	0.000	
Cystine		0.000		0		4		0.000	0.000	0.000	
Phenylalanine	g	0.000		0		4		0.000	0.000	0.000	
Tyrosine	g	0.000		0		4		0.000	0.000	0.000	
Valine	g	0.000		0		4		0.000	0.000	0.000	
Arginine	g	0.000		0		4		0.000	0.000	0.000	
Histidine	g	0.000		0		4		0.000	0.000	0.000	
Alanine	g	0.000		0		4		0.000	0.000	0.000	
Aspartic acid	g	0.000		0		4		0.000	0.000	0.000	
Glutamic acid	g	0.000		0		4		0.000	0.000	0.000	
Glycine	g	0.000		0		4		0.000	0.000	0.000	
Proline	g	0.000		0		4		0.000	0.000	0.000	
Serine	g	0.000		0		4		0.000	0.000	0.000	
Hydroxyproline	g										
Others:											
Alcohol, ethyl	α	0.0		0	z	7		0.0	0.0	0.0	
Caffeine		0		0	z	7		0	0	0	
Theobromine	-	0		0	z	7		0	0	0	
Carotenoids:		ŭ		·	_	•		-	J	ŭ	
·	maa	0		0	z	7		0.000	0.000	0.000	
Carotene, beta		0		0	z Z	7		0.000	0.000	0.000	
Carotene, alpha Cryptoxanthin, beta		0		0	z Z	7		0.000	0.000	0.000	
Lycopene		0		0	Z	7		0.000	0.000	0.000	
Lycopene Lutein + zeaxanthin		0		0	Z	7		0.000	0.000	0.000	
Lutem - Zearanunn	9							3.000	3.000	0.000	

Common Measures:

Measure 1 = 13.6g: 1 tbsp Measure 2 = 218g: 1 cup Measure 3 = 4.5g: 1 tsp

Oil, vegetable, sunflower, linoleic, (approx. 65%)

Calories Factors: Protein Fat 8.84 Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u> 1	mount in 10	0 grams	of edit	ole portio	<u>n</u>	Amount in edible portion of common			
			1	Number	•			<u>m</u>	easures of food	_	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	0.00		0		1		0.00	0.00	0.00	
Energy	kcal	884		0	NC	4		120	1927	40	
Energy	kj	3699				4		503	8063	166	
Protein (N x 0)	g	0.00		0		1		0.00	0.00	0.00	
Total lipid (fat)	g	100.00		0		1		13.60	218.00	4.50	
Ash	g	0.00		0		1		0.00	0.00	0.00	
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00	
Starch	g										
-	_										
<u>Minerals:</u>		•		_				•	•	•	
Calcium, Ca		0		0		4		0	0	0	
Iron, Fe.	_	0.00		0		4		0.00	0.00	0.00	
Magnesium, Mg		0		0		•		0	0	0	
Phosphorus, P	_	0		0		4		0	0	0	
Potassium, K	_	0		0		4		0	0	0	
Sodium, Na	_	0		0		4		0	0	0	
Zinc, Zn	-	0.00		0		4		0.00	0.00	0.0	
Copper, Cu		0.000		0	BFZN	4		0.000	0.000	0.0	
Manganese, Mn		0.000)	0	BFZN	4		0.000	0.000	0.0	
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0	
<u>'itamins:</u>											
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0	
Thiamin	mg	0.000)	0		4		0.000	0.000	0.0	
Riboflavin	mg	0.000)	0		4		0.000	0.000	0.0	
Niacin	mg	0.000)	0		4		0.000	0.000	0.0	
Pantothenic acid	mg	0.000)	0		4		0.000	0.000	0.0	
Vitamin B-6	mg	0.000)	0		4		0.000	0.000	0.0	
Folate, total	mcg	0		0	Z	7		0	0	0	
Folic acid		0		0	Z	7		0	0	0	
Folate, food		0		0	Z	7		0	0	0	
Folate, DFE		0		0	NC	4		0	0	0	
Vitamin B-12		0.00		0		4		0.00	0.00	0.0	
Vitamin A, IU		0		0	AS	1		0	0	0	
Vitamin A, RAE		0		0	NC	4		0	0	0	
Retinol		0		0	z	7		0	0	0	
Vitamin E (alpha-tocopherol)											
Tocopherol, beta		1.69		2	A	1		0.23	3.68	0.0	
Tocopherol, gamma		9.09		2	A	1		1.24	19.82	0.4	
Tocopherol, delta		2.04		2	A	1		0.28	4.44	0.0	
Vitamin D											
Vitamin K (phylloquinone)	mcg	5.4	1.92	22 21	A	1		0.7	11.8	0.2	
ipids:											
	a	13.000	`	0		1		1 760	20 240	0.5	
Fatty acids, total saturated		0.000		0		4		1.768 0.000	28.340 0.000	0.5	
4:0	-	0.000		0		4		0.000	0.000	0.0	
6:0	-			0		4		0.000	0.000	0.0	
8:0 10:0		0.000		0		4		0.000	0.000	0.0	
12:0		0.000		0		4		0.000	0.000	0.0	
		0.000	•	U		4		0.000	0.000	0.0	
13:0	-	0.000	1	0		4		0.000	0.000	0.0	
14:0		0.000	,	U		4		0.000	0.000	0.0	
15:0	-	7 100	0 10	39 4		1		0.000	15 450	^ ^	
16:0	-	7.100	0.18	9 4		1		0.966	15.478	0.3	
17:0	-	E 500		01 4		1		0.740	11 000		
18:0	-	5.500	0.32	21 4		1		0.748	11.990	0.2	
20:0	-										
22:0 24:0	-										

	<u>Aı</u>	mount in 100 gram		ble portic	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Number of Date Std. Error Points	a Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty saids total management of	46.200	0		1		6.283	100.716	2.079	
Fatty acids, total monounsaturated9		v		-		0.263	100.716	2.079	
15:1g									
16:1 undifferentiatedg	0.000	0		4		0.000	0.000	0.000	
17:19									
18:1 undifferentiatedg		0.115 4		1		6.256	100.280	2.070	
20:1g		0		4		0.000	0.000	0.000	
22:1 undifferentiatedg		0		4		0.000	0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturated9		0		1		4.950	79.352	1.638	
18:2 undifferentiatedg		0.366 4		1		4.801	76.954	1.589	
18:3 undifferentiatedg		0.102 3		1		0.122	1.962	0.041	
18:4g		0		4		0.000	0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg		0		4		0.000	0.000	0.000	
20:5 n-3g		0		4		0.000	0.000	0.000	
22:5 n-3g		0		4		0.000	0.000	0.000	
22:6 n-3g		0		4		0.000	0.000	0.000	
Fatty acids, total trans						_	_	_	
Cholesteroln		0		4		0	0	0	
Phytosterolsn	ng 10	0		4		1	22	0	
Amino Acids:									
Tryptophan9	0.000	0		4		0.000	0.000	0.000	
Threonine		0		4		0.000	0.000	0.000	
Isoleucine	0.000	0		4		0.000	0.000	0.000	
Leucine9	0.000	0		4		0.000	0.000	0.000	
Lysineg		0		4		0.000	0.000	0.000	
Methionineg	0.000	0		4		0.000	0.000	0.000	
Cystineg	0.000	0		4		0.000	0.000	0.000	
Phenylalanine	0.000	0		4		0.000	0.000	0.000	
Tyrosine9	0.000	0		4		0.000	0.000	0.000	
Valine9		0		4		0.000	0.000	0.000	
Arginine9	0.000	0		4		0.000	0.000	0.000	
Histidine9		0		4		0.000	0.000	0.000	
Alanineg	0.000	0		4		0.000	0.000	0.000	
Aspartic acidg	0.000	0		4		0.000	0.000	0.000	
Glutamic acidg	0.000	0		4		0.000	0.000	0.000	
Glycineg	0.000	0		4		0.000	0.000	0.000	
Proline9	0.000	0		4		0.000	0.000	0.000	
Serineg	0.000	0		4		0.000	0.000	0.000	
Hydroxyprolineg									
Othores									
Others:	0.0	0	z	7		0.0	0.0	0.0	
Alcohol, ethyl		0	Z	7		0.0	0.0	0.0	
Theobromine	•	0	Z	7		0	0	0	
<u>Carotenoids:</u>	,	U	4	,		J	J	U	
						_			
Carotene, beta mo		0	Z	7		0.000	0.000	0.000	
Carotene, alpha mo		0	z	7		0.000	0.000	0.000	
Cryptoxanthin, beta mo		0	z	7		0.000	0.000	0.000	
Lycopene mo		0	Z	7		0.000	0.000	0.000	
Lutein + zeaxanthin mo	cg 0	0	Z	7		0.000	0.000	0.000	

Common Measures:

Measure 1 = 13.6g: 1 tbsp Measure 2 = 218g: 1 cup Measure 3 = 4.5g: 1 tsp

Oil, vegetable, sunflower, linoleic, (hydrogenated)

Calories Factors: Protein Fat 8.84 Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u>	mount in 100	grams	of ear	ole portio	<u>n</u>	Amount in	edible portion	of common
			ı	Number				<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
<u>Proximates:</u> Water	g	0.00		0		1		0.00	0.00	0.00
Energy	-	884		0	NC	4		120	1927	40
Energy		3699		0		4		503	8063	166
Protein (N x 0)	=	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)		100.00		0		1		13.60	218.00	4.50
Ash		0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference		0.00		0		1		0.00	0.00	0.0
Fiber, total dietary		0.0		0		4		0.0	0.0	0.0
Sugars, total		0.00		0	Z	7		0.00	0.00	0.00
Starch										
Inerals:										
Calcium, Ca	mg	0		0		4		0	0	0
Iron, Fe	mg	0.00		0		4		0.00	0.00	0.0
Magnesium, Mg	mg	0		0		4		0	0	0
Phosphorus, P	mg	0		0		4		0	0	0
Potassium, K		0		0		4		0	0	0
Sodium, Na		0		0		4		0	0	0
Zinc, Zn		0.00		0		4		0.00	0.00	0.0
Copper, Cu										
Manganese, Mn		0.0		0		7		0.0	0.0	0.0
Selenium, Se	Tricy	0.0		U	Z	,		0.0	0.0	0.0
Vitamins:	ma	0.0		0				0.0		0.0
Vitamin C, total ascorbic acid		0.0		0		4		0.0 0.000	0.0 0.000	0.0
Thiamin	_	0.000		0		4		0.000		
Riboflavin		0.000		0		4		0.000	0.000 0.000	0.0
Niacin Pantothenic acid	_	0.000		0		4		0.000	0.000	0.0
Vitamin B-6		0.000		0		4		0.000	0.000	0.0
Folate, total	_	0	•	0	z	7		0	0	0.0
Folic acid		0		0	z	7		0	0	0
Folate, food		0		0	z	7		0	0	0
Folate, DFE		0		0	NC	4		0	0	0
Vitamin B-12		0.00		0		4		0.00	0.00	0.0
Vitamin A, IU		0		0	AS	1		0	0	0
Vitamin A, RAE		0		0	NC	4		0	0	0
Retinol	mcg	0		0	z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.00		0		4		0.00	0.00	0.0
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
	mog									
_ipids: Fatty acids, total saturated	а	21.100)	0		1		2.870	45.998	0.9
4:0		0.000		0		4		0.000	0.000	0.0
6:0		0.000		0		4		0.000	0.000	0.0
8:0		0.000		0		4		0.000	0.000	0.0
10:0	-	0.000		0		4		0.000	0.000	0.0
12:0	•	0.100		1		1		0.014	0.218	0.0
13:0										
14:0	-	0.100	0.03	3 3		1		0.014	0.218	0.0
15:0	-									
16:0	-	17.500	0.79	4 3		1		2.380	38.150	0.7
17:0	g									
18:0	g	3.100	0.19	7 3		1		0.422	6.758	0.1
20:0	g									
22:0	g									
24:0	g									

		<u>Ar</u>	nount in 10	0 grams	<u>on</u>	Amount in edible portion of common				
				Numbe				<u>m</u>	easures of food	<u>.</u>
Nutrients and l	Jnits	Mean	Std. Error		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturat		51.500		0		1		7.004	112.270	2.318
14:1	-									
15:1		0.500	0.19	96 3		1		0.068	1.090	0 000
16:1 undifferentiated		0.500	0.13	96 3		_		0.068	1.090	0.023
18:1 undifferentiated	_	49.900	1.54	17 3		1		6.786	108.782	2.246
20:1	_	1.000		., 3		1		0.136	2.180	0.045
22:1 undifferentiated		0.000		0		4		0.000	0.000	0.000
24:1 c	•	0.000		·		-		0.000	0.000	0.000
Fatty acids, total polyunsaturate		23.000		0		1		3.128	50.140	1.035
18:2 undifferentiated		22.200				1		3.019	48.396	0.999
18:3 undifferentiated		0.700		1		1		0.095	1.526	0.032
18:4		0.000		0		4		0.000	0.000	0.000
20:2 n-6 c.c		0.000		Ū		•		3.000	0.000	0.000
20:3 undifferentiated	_									
20:4 undifferentiated	_	0.000		0		4		0.000	0.000	0.000
20:5 n-3	_	0.000		0		4		0.000	0.000	0.000
22:5 n-3		0.000		0		4		0.000	0.000	0.000
22:6 n-3		0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans								0.000	0.000	
Cholesterol		0		0		4		0	0	0
Phytosterols		102		0		4		14	222	5
1 ny tosterois										
Amino Acids:										
Tryptophan	g	0.000		0		4		0.000	0.000	0.000
Threonine	g	0.000		0		4		0.000	0.000	0.000
Isoleucine	g	0.000		0		4		0.000	0.000	0.000
Leucine	g	0.000		0		4		0.000	0.000	0.000
Lysine	g	0.000		0		4		0.000	0.000	0.000
Methionine	g	0.000		0		4		0.000	0.000	0.000
Cystine	g	0.000		0		4		0.000	0.000	0.000
Phenylalanine	g	0.000		0		4		0.000	0.000	0.000
Tyrosine		0.000		0		4		0.000	0.000	0.000
Valine	g	0.000		0		4		0.000	0.000	0.000
Arginine	g	0.000		0		4		0.000	0.000	0.000
Histidine	g	0.000		0		4		0.000	0.000	0.000
Alanine	g	0.000		0		4		0.000	0.000	0.000
Aspartic acid	g	0.000		0		4		0.000	0.000	0.000
Glutamic acid		0.000		0		4		0.000	0.000	0.000
Glycine	g	0.000		0		4		0.000	0.000	0.000
Proline	g	0.000		0		4		0.000	0.000	0.000
Serine	g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline	g									
Othors										
Others:	~	0.0		0		7		0.0	0.0	0.0
Alcohol, ethyl	-	0.0		0	z z	7		0.0 0	0.0 0	0.0
Caffeine Theobromine		0		0	Z	7		0	0	0
		U		U	4	,		U	U	U
Carotenoids:										
Carotene, beta		0		0	Z	7		0.000	0.000	0.000
Carotene, alpha		0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000	0.000
Lycopene		0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000	0.000	0.000

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup Measure 3 = 4.5g: 1 tsp NDB No. 04516 Oil, vegetable, teaseed

Calories Factors: Protein Fat 8.84 Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u> :	mount in 100	0 grams	of edil	le portio	<u>n</u>		edible portion	
			I	Number				<u>m</u>	easures of food	<u> </u>
Nutrients and Un	its	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure
D : 4										
Proximates: Water	ď	0.00		0		1		0.00	0.00	0.00
Energy	_	884		0	NC	4		120	1927	40
Energy		3699		0	-1.0	4		503	8063	166
Protein (N x 0)		0.00		0		1		0.00	0.00	0.00
Total lipid (fat)		100.00		0		1		13.60	218.00	4.50
Ash		0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference		0.00		0		1		0.00	0.00	0.00
Fiber, total dietary		0.0		0		4		0.0	0.0	0.0
Sugars, total		0.00		0	z	7		0.00	0.00	0.00
Starch		0.00		·	_	•		0.00	0.00	0.00
Starcii	9									
<u>Minerals:</u>										
Calcium, Ca		0		0		4		0	0	0
Iron, Fe		0.00		0		4		0.00	0.00	0.00
Magnesium, Mg		0		0		4		0	0	0
Phosphorus, P		0		0		4		0	0	0
Potassium, K		0		0		4		0	0	0
Sodium, Na		0		0		4		0	0	0
Zinc, Zn		0.00		0		4		0.00	0.00	0.00
Copper, Cu										
Manganese, Mn						_				
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0	0.0	0.0
Thiamin	_	0.000)	0		4		0.000	0.000	0.00
Riboflavin		0.000		0		4		0.000	0.000	0.00
Niacin		0.000		0		4		0.000	0.000	0.00
Pantothenic acid		0.000		0		4		0.000	0.000	0.00
Vitamin B-6	_	0.000		0		4		0.000	0.000	0.00
Folate, total		0		0	z	7		0	0	0
Folic acid		0		0	z	7		0	0	0
Folate, food		0		0	z	7		0	0	0
Folate, DFE		0		0	NC	4		0	0	0
Vitamin B-12		0.00		0		4		0.00	0.00	0.00
Vitamin A, IU	IU	0		0	AS	1		0	0	0
Vitamin A, RAE		0		0	NC	4		0	0	0
Retinol		0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)		3.80		0		1		0.52	8.28	0.17
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
4 3 1 /	-									
<u>Lipids:</u>										
Fatty acids, total saturated		19.700		0		1		2.679	42.946	0.88
4:0		0.000		0		4		0.000	0.000	0.00
6:0	_	0.000		0		4		0.000	0.000	0.00
8:0		0.000		0		4		0.000	0.000	0.00
10:0	•	0.000		0		4		0.000	0.000	0.00
12:0	_	0.000)	0		4		0.000	0.000	0.00
13:0	-					_				
14:0	_	0.200	0.03	89 4		1		0.027	0.436	0.00
15:0	-					_				_
16:0	-	15.000	1.32	25 5		1		2.040	32.700	0.67
17:0	_			_				_		
18:0		4.400	0.39	3 5		1		0.598	9.592	0.19
20:0	_									
22:0	g									

	<u>A</u>	mount in 100 g		ible portio	<u>n</u>		edible portion of easures of food	
Nutrients and Units	Mean		mber Data Deriv ints Code		Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated			0	1		3.101	49.704	1.026
14:1	-							
15:1	-							
16:1 undifferentiated	-	0.090	4	1		0.068	1.090	0.023
17:1	-	0.007	-				45 540	0.000
18:1 undifferentiated	-		5	1		2.978	47.742	0.986
20:1			0	4		0.000	0.000	0.000
22:1 undifferentiated	-		0	4		0.000	0.000	0.000
24:1 c			•	1			445 550	0 200
Fatty acids, total polyunsaturated			0			7.222	115.758	2.390
18:2 undifferentiated			5	1		6.909	110.744	2.286
18:3 undifferentiated			4	1		0.313	5.014	0.104
18:4	-		0	4		0.000	0.000	0.000
20:2 n-6 c,c	•							
20:3 undifferentiated	-		•					
20:4 undifferentiated	-		0	4		0.000	0.000	0.000
20:5 n-3	-		0	4		0.000	0.000	0.000
22:5 n-3	=		0	4		0.000	0.000	0.000
22:6 n-3			0	4		0.000	0.000	0.000
Fatty acids, total trans			•			•	•	•
Cholesterol	-		0	4		0	0	0 5
Phytosterols	ing 100		U	4		14	218	5
Amino Acids:								
Tryptophan	.g 0.000	ı	0	4		0.000	0.000	0.000
Threonine	.g 0.000	ı	0	4		0.000	0.000	0.000
Isoleucine	.g 0.000	ı	0	4		0.000	0.000	0.000
Leucine	g 0.000	ı	0	4		0.000	0.000	0.000
Lysine		ı	0	4		0.000	0.000	0.000
Methionine	.g 0.000	ı	0	4		0.000	0.000	0.000
Cystine		ı	0	4		0.000	0.000	0.000
Phenylalanine	=	ı	0	4		0.000	0.000	0.000
Tyrosine		ı	0	4		0.000	0.000	0.000
Valine	=	ı	0	4		0.000	0.000	0.000
Arginine	-	1	0	4		0.000	0.000	0.000
Histidine		1	0	4		0.000	0.000	0.000
Alanine	=	1	0	4		0.000	0.000	0.000
Aspartic acid		1	0	4		0.000	0.000	0.000
Glutamic acid	•		0	4		0.000	0.000	0.000
Glycine	-	1	0	4		0.000	0.000	0.000
Proline		1	0	4		0.000	0.000	0.000
Serine	=		0	4		0.000	0.000	0.000
Hydroxyproline	•							
Others:								
Alcohol, ethyl	0.0		0 z	7		0.0	0.0	0.0
Caffeine			0 z	7		0	0	0
Theobrominen			0 z	7		0	0	0
Carotenoids:								
	nca 0		o -	-		0.000	0 000	0.000
Carotene, beta	9		0 z 0 z	7 7		0.000	0.000	0.000
Carotene, alpha	9					0.000	0.000	0.000
Cryptoxanthin, beta	9		0 z 0 z	7 7		0.000	0.000	0.000
Lycopene	3		0 Z	7		0.000	0.000	0.000
Lutein + zeaxanthinn	icg 0		0 Z	,		0.000	0.000	0.000

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup Measure 3 = 4.5g: 1 tsp

Oil, vegetable, tomatoseed

Calories Factors: Protein Fat 8.84 Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u> 1	mount in 100) grams	of edil	ole portio	<u>n</u>		edible portion	
			ı	Number	,			<u>m</u>	easures of food	_
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	-	0.00		0		1		0.00	0.00	0.00
Energy	kcal	884		0	NC	4		120	1927	40
Energy	kj	3699				4		503	8063	166
Protein (N x 0)	g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		0		1		13.60	218.00	4.50
Ash	g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total		0.00		0	Z	7		0.00	0.00	0.00
Starch										
<u>Minerals:</u>		_		_		_			_	_
Calcium, Ca	-	0		0		4		0	0	0
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.00		0		4		0.00	0.00	0.0
Magnesium, Mg		0		0		4		0	0	0
Phosphorus, P	-	0		0		4		0	0	0
Potassium, K	_	0		0		4		0	0	0
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	0		0		4		0	0	0
Zinc, Zn		0.00		0		4		0.00	0.00	0.0
Copper, Cu										
Manganese, Mn				_	_	_				
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
/itamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	_	0.000)	0		4		0.000	0.000	0.0
Riboflavin	_	0.000)	0		4		0.000	0.000	0.0
Niacin		0.000)	0		4		0.000	0.000	0.0
Pantothenic acid		0.000)	0		4		0.000	0.000	0.0
Vitamin B-6		0.000)	0		4		0.000	0.000	0.0
Folate, total		0		0	z	7		0	0	0
Folic acid		0		0	z	7		0	0	0
Folate, food		0		0	z	7		0	0	0
Folate, DFE		0		0	NC	4		0	0	0
Vitamin B-12		0.00		0		4		0.00	0.00	0.0
Vitamin A, IU	IU	0		0	AS	1		0	0	0
Vitamin A. RAE		0		0	NC	4		0	0	0
Retinol	U_	0		0	z	7		0	0	0
Vitamin E (alpha-tocopherol)		0.60		0		4		0.08	1.31	0.0
Tocopherol, beta				-		_				
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
	-									
<u> ipids:</u>				_		_				
Fatty acids, total saturated		85.200		0		1		11.587	185.736	3.8
4:0		0.000		0		4		0.000	0.000	0.0
6:0	-	0.000		0		4		0.000	0.000	0.0
8:0		0.000		0		4		0.000	0.000	0.0
10:0	•	0.000		0		4		0.000	0.000	0.0
12:0	-	12.200	,	1		1		1.659	26.596	0.5
13:0		60 4		_		_		0. 500	100 010	
14:0		63.400	J	1		1		8.622	138.212	2.8
15:0				_		_				
16:0		8.600	,	1		1		1.170	18.748	0.3
17:0	-			_		_				
18:0	-	1.000)	1		1		0.136	2.180	0.0
20:0	-									
22:0	g g									

		<u>Ar</u>	mount in 100		of edit	ole portio	<u>on</u>		edible portion of easures of food	
Nutrients and U	Units	Mean		umber f Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Otal 2.101					ououro :		ououro o
Fatty acids, total monounsaturate	edg	6.700		0		1		0.911	14.606	0.302
14:1	g									
15:1	-									
16:1 undifferentiated	-	0.000		0		4		0.000	0.000	0.000
17:1		6.700		1		1		0 011	14 606	0.302
18:1 undifferentiated 20:1	-	0.000		0		4		0.911 0.000	14.606 0.000	0.302
22:1 undifferentiated		0.000		0		4		0.000	0.000	0.000
24:1 c	•	0.000		U		-		0.000	0.000	0.000
Fatty acids, total polyunsaturated		2.900		0		1		0.394	6.322	0.131
18:2 undifferentiated		2.900		1		1		0.394	6.322	0.131
18:3 undifferentiated		0.000		0		4		0.000	0.000	0.000
18:4	_	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c	_									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0		4		0.000	0.000	0.000
20:5 n-3	g	0.000		0		4		0.000	0.000	0.000
22:5 n-3	g	0.000		0		4		0.000	0.000	0.000
22:6 n-3	g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans	g									
Cholesterol	mg	0		0		4		0	0	0
Phytosterols	mg	95		0		4		13	207	4
Amino Acids:										
Tryptophan	q	0.000		0		4		0.000	0.000	0.000
Threonine		0.000		0		4		0.000	0.000	0.000
Isoleucine	-	0.000		0		4		0.000	0.000	0.000
Leucine	g	0.000		0		4		0.000	0.000	0.000
Lysine	g	0.000		0		4		0.000	0.000	0.000
Methionine		0.000		0		4		0.000	0.000	0.000
Cystine		0.000		0		4		0.000	0.000	0.000
Phenylalanine	g	0.000		0		4		0.000	0.000	0.000
Tyrosine	g	0.000		0		4		0.000	0.000	0.000
Valine	g	0.000		0		4		0.000	0.000	0.000
Arginine	g	0.000		0		4		0.000	0.000	0.000
Histidine	g	0.000		0		4		0.000	0.000	0.000
Alanine	g	0.000		0		4		0.000	0.000	0.000
Aspartic acid	g	0.000		0		4		0.000	0.000	0.000
Glutamic acid	g	0.000		0		4		0.000	0.000	0.000
Glycine	g	0.000		0		4		0.000	0.000	0.000
Proline	g	0.000		0		4		0.000	0.000	0.000
Serine	g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline	g									
Others:										
Alcohol, ethyl	α	0.0		0	z	7		0.0	0.0	0.0
Caffeine	-	0		0	z	7		0	0	0
Theobromine		0		0	z	7		0	0	0
Carotenoids:									· ·	· ·
	me-	•		_	_	_		0.000		
Carotene, beta		0		0	Z	7		0.000	0.000	0.000
Carotene, alpha		0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000	0.000
Lycopene		0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin	iica	0		0	Z	7		0.000	0.000	0.000

Common Measures:

Measure 1 = 13.6g: 1 tbsp Measure 2 = 218g: 1 cup Measure 3 = 4.5g: 1 tsp

Oil, vegetable, ucuhuba butter

Calories Factors: Protein Fat 8.84 Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u>	mount in 100) grams	of edib	ole portio	<u>n</u>	Amount in	edible portion	of common
				Number				me	easures of food	
Nutrients and Un	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water		0.00		0		1		0.00	0.00	0.00
Energy		884		0	NC	4		1927	120	40
Energy	kj	3699		0		4		8063	503	166
Protein (N x 0)		0.00		0		1		0.00	0.00	0.00
Total lipid (fat)	g	100.00		0		1		218.00	13.60	4.50
Ash		0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference		0.00		0		1		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total		0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	0
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.00		0		4		0.00	0.00	0.0
Magnesium, Mg		0		0		4		0	0	0
Phosphorus, P		0		0		4		0	0	0
Potassium, K		0		0		4		0	0	0
Sodium, Na		0		0		4		0	0	0
Zinc, Zn	mg	0.00		0		4		0.00	0.00	0.0
Copper, Cu	mg	0.000)	0		4		0.000	0.000	0.0
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	z	7		0.0	0.0	0.0
/itamins:										
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0	0.0	0.0
Thiamin		0.000)	0		4		0.000	0.000	0.0
Riboflavin		0.000		0		4		0.000	0.000	0.0
Niacin		0.000		0		4		0.000	0.000	0.0
Pantothenic acid		0.000		0		4		0.000	0.000	0.0
Vitamin B-6	-	0.000		0		4		0.000	0.000	0.0
Folate, total		0		0	z	7		0	0	0
Folic acid		0		0	z	7		0	0	0
Folate, food		0		0	z	7		0	0	0
Folate, DFE	mca DFE	0		0	NC	4		0	0	0
Vitamin B-12		0.00		0		4		0.00	0.00	0.0
Vitamin A, IU		0		0	AS	1		0	0	0
Vitamin A, RAE		0		0	NC	4		0	0	0
Retinol		0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)		0.40		0		1		0.87	0.05	0.0
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		15.0		0	T	4		32.7	2.0	0.7
inida										
<u>ipids:</u>	~	0 100		0		1		10 020	1 020	0.4
Fatty acids, total saturated		9.100		0		1		19.838	1.238	0.4
4:0		0.000		0		1		0.000	0.000	0.0
6:0 8:0	-	0.000		0		1		0.000 0.000	0.000 0.000	0.0
8:0 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	•	U		1		0.000	0.000	0.0
14:0		0.000)	0		1		0.000	0.000	0.0
15:0	-	0.000	•	U		1		0.000	0.000	0.0
16:0		7.000	0.28	6 33		1		15.260	0.952	0.3
17:0	-	7.000	0.20			1		13.200	0.332	0.3
18:0		2.000) 13	6 34		1		4.360	0.272	0.0
20:0		2.000	. 0.13	J J4		-		4.300	0.212	0.0
	-									
22:0 24:0	-									

		<u>Ar</u>	nount in 100	grams	<u>n</u>	Amount in edible portion of common				
				lumber					easures of food	
Nutrients and	d Units	Mean	Std. Error		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatu	roted (I	22.800		0		1		49.704	3.101	1.026
14:1				ŭ		_		43.704	3.101	2.020
15:1	g									
16:1 undifferentiated	_	0.100	0.027	7 11		1		0.218	0.014	0.005
17:1	_					_				
18:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	22.200	1.264			1		48.396	3.019	0.999
20:1		0.400	0.268			1		0.872	0.054	0.018
22:1 undifferentiated	•	0.000		0		1		0.000	0.000	0.000
24:1 c		63.300		0		1		127 004	0.600	2.849
Fatty acids, total polyunsatura		52.900	1.208			1		137.994 115.322	8.609 7.194	2.381
18:2 undifferentiated		10.400	0.576			1		22.672	1.414	0.468
18:3 undifferentiated		0.000	0.576	0		1		0.000	0.000	0.468
18:4 20:2 n-6 c.c	_	0.000		U		1		0.000	0.000	0.000
20:3 undifferentiated	_									
20:4 undifferentiated	_	0.000		0		1		0.000	0.000	0.000
20:5 n-3	_	0.000		0		1		0.000	0.000	0.000
22:5 n-3		0.000		0		1		0.000	0.000	0.000
22:6 n-3	_	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans	_	0.000		·		_		0.000	0.000	0.000
Cholesterol		0		0		4		0	0	0
Phytosterols	_	176		0		1		384	24	8
111,100.0010101111111111111111111111111	J									
Amino Acids:										
Tryptophan		0.000		0		4		0.000	0.000	0.000
Threonine	_	0.000		0		4		0.000	0.000	0.000
Isoleucine	_	0.000		0		4		0.000	0.000	0.000
Leucine		0.000		0		4		0.000	0.000	0.000
Lysine		0.000		0		4		0.000	0.000	0.000
Methionine		0.000		0		4		0.000	0.000	0.000
Cystine		0.000		0		4		0.000	0.000	0.000
Phenylalanine		0.000		0		4		0.000	0.000	0.000
Tyrosine	_	0.000		0		4		0.000	0.000	0.000
Valine	=	0.000		0		4		0.000	0.000	0.000
Arginine		0.000		0		4		0.000	0.000	0.000
Histidine	_	0.000		0		4 4		0.000	0.000	0.000
Alanine		0.000				4		0.000	0.000	0.000
Aspartic acid	_	0.000		0 0		4		0.000	0.000	0.000
Glutamic acid	_	0.000 0.000		0		4		0.000 0.000	0.000	0.000
Glycine				-		4			0.000	
Proline		0.000		0		4		0.000	0.000	0.000
Serine Hydroxyproline		0.000		U		-		0.000	0.000	0.000
пушохургонне	9									
Others:										
Alcohol, ethyl	g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine	mg	0		0	Z	7		0	0	0
Theobromine	mg	0		0	Z	7		0	0	0
Carotenoids:										
Carotene, beta	mcq	0		0	z	7		0.000	0.000	0.000
Carotene, alpha		0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta		0		0	z	7		0.000	0.000	0.000
Lycopene		0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin		0		0	z	7		0.000	0.000	0.000

Common Measures:

Measure 1 = 218g: 1 tablespoon

Measure 2 = 13.6g: 1 cup Measure 3 = 4.5g: 1 tsp NDB No. 04528 Oil, vegetable, walnut

Calories Factors: Protein Fat 8.84 Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u>	mount in 10	0 grams	of edil	ole portio	<u>n</u>		edible portion	
				Number	r			<u>m</u>	easures of food	_
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	-	0.00		0		1		0.00	0.00	0.00
Energy		884		0	NC	4		120	1927	40
Energy	kj	3699		0		4		503	8063	166
Protein (N x 0)		0.00		0		1		0.00	0.00	0.00
Total lipid (fat)		100.00		0		1		13.60	218.00	4.50
Ash		0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference		0.00		0		1		0.00	0.00	0.00
Fiber, total dietary		0.0		0		4		0.0	0.0	0.0
Sugars, total		0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	0
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg	_	0		0		4		0	0	0
Phosphorus, P		0		0		4		0	0	0
Potassium, K	-	0		0		4		0	0	0
Sodium, Na	mg	0		0		4		0	0	0
Zinc, Zn	mg	0.00		1		4		0.00	0.00	0.00
Copper, Cu	mg	0.000)	0		4		0.000	0.000	0.000
Manganese, Mn										
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0	0.0	0.0
Thiamin	_	0.000)	0		4		0.000	0.000	0.000
Riboflavin	_	0.000		0		4		0.000	0.000	0.000
Niacin		0.000		0		4		0.000	0.000	0.000
Pantothenic acid	_	0.000		0		4		0.000	0.000	0.000
Vitamin B-6		0.000)	0		4		0.000	0.000	0.000
Folate, total		0		0	Z	7		0	0	0
Folic acid		0		0	Z	7		0	0	0
Folate, food		0		0	Z	7		0	0	0
Folate, DFE		0		0	NC	4		0	0	0
Vitamin B-12		0.00		0		4		0.00	0.00	0.00
Vitamin A, IU	IU	0		0	AS	1		0	0	0
Vitamin A, RAE		0		0	NC	4		0	0	0
Retinol		0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	149.40		0		1		20.32	325.69	6.72
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)		24.7	5.83	81 69	JO	11		3.4	53.9	1.1
Lipids:	a	18.800	1	0		1		2.557	40.984	0.84
Fatty acids, total saturated4:0		0.000		0		1		0.000	0.000	0.84
6:0		0.000		0		1		0.000	0.000	0.000
8:0	-	0.000		0		1		0.000	0.000	0.00
10:0	-	0.000		0		1		0.000	0.000	0.000
12:0	-	0.000		0		1		0.000	0.000	0.00
13:0		5.000		Ū		-		2.000	2.000	0.000
14:0		0.100	0.04	11 7		1		0.014	0.218	0.00
15:0			0.04	•		_		0.014	3.223	3.30
16:0		16.600	0.30	7 13		1		2.258	36.188	0.74
17:0	_					•		. ===		
18:0		0.500	0.04	17 12		1		0.068	1.090	0.02
20:0										
22:0	-									
24:0	-									

		<u>Ar</u>	nount in 100	grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common measures of food			
				umber f Data	Deriv	Source	Confidence	m	easures of 1000		
Nutrients and	Units	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsatura	ited9	15.100		0		1		2.054	32.918	0.680	
14:1											
15:1	_	0.500				_					
16:1 undifferentiated	-	0.500	0.087	13		1		0.068	1.090	0.023	
18:1 undifferentiated		14.600	0.467	13		1		1.986	31.828	0.657	
20:1		0.000	0.407	0		1		0.000	0.000	0.000	
22:1 undifferentiated		0.000		0		1		0.000	0.000	0.000	
24:1 c	•	0.000		ū		_		0.000	0.000	0.000	
Fatty acids, total polyunsaturate		61.700		0		1		8.391	134.506	2.777	
18:2 undifferentiated		54.800	0.322	13		1		7.453	119.464	2.466	
18:3 undifferentiated		6.900	0.360	13		1		0.938	15.042	0.311	
18:4	g	0.000		0		1		0.000	0.000	0.000	
20:2 n-6 c,c	g										
20:3 undifferentiated	g										
20:4 undifferentiated	g	0.000		0		1		0.000	0.000	0.000	
20:5 n-3	g	0.000		0		1		0.000	0.000	0.000	
22:5 n-3	g	0.000		0		1		0.000	0.000	0.000	
22:6 n-3	g	0.000		0		1		0.000	0.000	0.000	
Fatty acids, total trans											
Cholesterol	-	0		0		4		0	0	0	
Phytosterols	mg	553		0		1		75	1206	25	
Amino Acids:											
Tryptophan	q	0.000		0		4		0.000	0.000	0.000	
Threonine		0.000		0		4		0.000	0.000	0.000	
Isoleucine	_	0.000		0		4		0.000	0.000	0.000	
Leucine	_	0.000		0		4		0.000	0.000	0.000	
Lysine		0.000		0		4		0.000	0.000	0.000	
Methionine	g	0.000		0		4		0.000	0.000	0.000	
Cystine	g	0.000		0		4		0.000	0.000	0.000	
Phenylalanine	g	0.000		0		4		0.000	0.000	0.000	
Tyrosine	g	0.000		0		4		0.000	0.000	0.000	
Valine	g	0.000		0		4		0.000	0.000	0.000	
Arginine	g	0.000		0		4		0.000	0.000	0.000	
Histidine	g	0.000		0		4		0.000	0.000	0.000	
Alanine	g	0.000		0		4		0.000	0.000	0.000	
Aspartic acid	g	0.000		0		4		0.000	0.000	0.000	
Glutamic acid	g	0.000		0		4		0.000	0.000	0.000	
Glycine	g	0.000		0		4		0.000	0.000	0.000	
Proline	g	0.000		0		4		0.000	0.000	0.000	
Serine		0.000		0		4		0.000	0.000	0.000	
Hydroxyproline	g										
Others:											
Alcohol, ethyl	q	0.0		0	z	7		0.0	0.0	0.0	
Caffeine	_	0		0	z	7		0	0	0	
Theobromine	mg	0		0	z	7		0	0	0	
Carotenoids:	_										
Carotene, beta	mca	0		0	z	7		0.000	0.000	0.000	
Carotene, alpha	• • • • • • • • • • • • • • • • • • • •	0		0	Z	7		0.000	0.000	0.000	
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000	0.000	
		0		0	Z	7		0.000	0.000	0.000	
Lycopene											

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup Measure 3 = 4.5g: 1 tsp NDB No. 04038 Oil, wheat germ

Calories Factors: Protein Fat 8.84 Carbohydrate

Food Group: 04 Fats and Oils

Refuse: 0%

		<u>A</u>	mount in 100 gran	ns of edil	ole portio	<u>on</u>	Amount in	edible portion	of common
			Numb	er			<u>m</u>	easures of food	
			of Dat	a Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Point		Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	37.00			4		99.53	6.29	
Energy		329	0	NC	4		884	56	
Energy		1376	0	NC	4		3701	234	
		0.00	v	NC	4		0.00	0.00	
Protein	_	20.00			4		53.80		
Total lipid (fat)			0	27.0	4			3.40	
Ash		3.00	0	NC			8.07	0.51	
Carbohydrate, by difference		40.00			4		107.60	6.80	
Fiber, total dietary		0.4	_		4		1.1	0.1	
Sugars, total		38.73	0	FLA	4		104.19	6.58	
Starch	g								
Minerals:		2.6					0.5		
Calcium, Ca		36			4		97	6	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.26			4		0.70	0.04	
Magnesium, Mg	_	5			4		13	1	
Phosphorus, P	•	30			4		81	5	
Potassium, K	_	50			4		135	9	
Sodium, Na		1600			4		4304	272	
Zinc, Zn		0.18			4		0.48	0.03	
Copper, Cu		0.000			4		0.000	0.000	
Manganese, Mn		0.004		FLA	4		0.012	0.001	
Selenium, Se	mcg	1.6	0	CAZN	4		4.3	0.3	
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid	mg	0.0			4		0.0	0.0	
Thiamin	mg	0.010)		4		0.027	0.002	
Riboflavin	mg	0.010)		4		0.027	0.002	
Niacin	mg	0.250)		4		0.673	0.043	
Pantothenic acid	mg	0.001	. 0	FLA	4		0.004	0.000	
Vitamin B-6	mg	0.020)		4		0.054	0.003	
Folate, total	mcg	0	0	FLA	4		0	0	
Folic acid	mcg	0	0	FLA	4		0	0	
Folate, food		0	0	FLA	4		0	0	
Folate, DFE	mcg_DFE	0	0	NC	4		0	0	
Vitamin B-12		0.10			4		0.27	0.02	
Vitamin A, IU	IU	1	0	NC	4		2	0	
Vitamin A, RAE	mcg_RAE	0	0	NC	4		1	0	
Retinol		0	0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)	mg	1.84	0	FLA	4		4.96	0.31	
Tocopherol, beta									
Tocopherol, gamma	mg								
Tocopherol, delta	mg								
Vitamin D	IU	0.054	. 0	FLA	4		0.144	0.009	
Vitamin K (phylloquinone)	mcg	39.5	0	FLA	4		106.2	6.7	
Lipids:									
Fatty acids, total saturated	g	2.980)		4		8.016	0.507	
4:0		0.000)		4		0.000	0.000	
6:0		0.000			4		0.000	0.000	
8:0		0.000			4		0.000	0.000	
10:0	-	0.000			4		0.000	0.000	
12:0	-	0.000			4		0.000	0.000	
13:0									
14:0	-	0.020)		4		0.054	0.003	
15:0									
16:0	-	1.960)		4		5.272	0.333	
17:0									
18:0		1.000)		4		2.690	0.170	
20:0									
22:0	-								

		Aı	mount in 10	00 grams	of edil	<u>n</u>	Amount in	edible portion	of common	
				Number				<u>m</u>	easures of food	
Nutrients and Units		Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
24:0	-	8.600				4		23.134	1 460	
Fatty acids, total monounsaturated		8.800				4		23.134	1.462	
14:1										
15:1		0.080				4		0.215	0.014	
16:1 undifferentiated		0.080	•			4		0.215	0.014	
18:1 undifferentiated		8.500				4		22.865	1.445	
20:1	-	0.000				4		0.000	0.000	
20:1 undifferentiated	-	0.000				4		0.000	0.000	
	-	0.000				4		0.000	0.000	
24:1 c Fatty acids, total polyunsaturated		7.520				4		20.229	1.278	
		6.980				4		18.776	1.278	
18:2 undifferentiated	-	0.520				4		1.399		
	-	0.520				4		0.000	0.088 0.000	
18:4	-	0.000	•			4		0.000	0.000	
20:2 n-6 c,c										
20:3 undifferentiated		0.000				4		0.000	0.000	
20:4 undifferentiated	-					7			0.000	
20:5 n-3	_	0.000				7		0.000	0.000	
22:5 n-3		0.000				•		0.000	0.000	
22:6 n-3		0.000	1			7		0.000	0.000	
Fatty acids, total trans	-	0.5						6 11		
Cholesterol	-	25				4		67	4	
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0				7		0.0	0.0	
Caffeine		0		0	FLA	4		0	0	
Theobromine	_	0		0	FLA	4		0	0	
Carotenoids:										
Carotene, beta	mcg	0		0	FLA	4		0.119	0.008	
Carotene, alpha		0		0	FLA	4		0.051	0.003	
Cryptoxanthin, beta		0		0	FLA	4		0.045	0.003	
Lycopene		0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin	-	1		0	FLA	4		1.471	0.093	

Common Measures:

Measure 1 = 269g: 1 cup Measure 2 = 17g: 1 tbsp

Calories Factors: Protein 2.44 Fat 8.84 Carbohydrate 3.8

Food Group: 04 Fats and Oils

Nutrients and Units	measures of food
Nutrients and Units	9 201.47 9 215 9 900 9 0.51 4 6.91
Proximates:	9 201.47 9 215 9 900 9 0.51 4 6.91
Water.	9 215 9 900 9 0.51 4 6.91
Water	9 215 9 900 9 0.51 4 6.91
Energy	9 900 9 0.51 4 6.91
Energy	9 0.51 4 6.91
Protein .9 0.20 0 MC Total lipid (fat) .9 2.70 0 NR Ash .9 2.60 0 NC Carbohydrate, by difference .9 1.5.50 0 MC Fiber, total dietary .9 1.9 0 MC Starch .9 10.30 0 MC Starch .9 0.12 0 MC Magnesium, de .mg 0.12 0 MC Magnesium, Mg .mg 0.12 0 MC Magnesium, Mg .mg 0.12 0 MC Magnesium, Mg .mg 0.12 0	4 6.91
Ash	
Ash	
Carbohydrate, by difference 9 15.50 0 MC Fiber, total dietary. 9 1.9 0 MC Starch. 9 10.30 0 MC Starch. 9 10.30 0 MC Minerals: Calcium, Ca. mg 6 0 MC Calcium, Ca. mg 6 0 MC Magnesium, Mg. mg 0.12 0 MC Magnesium, Mg. mg 2 0 FLM Phosphorus, P. mg 5 0 MC Potassium, K. mg 49 0 MC Sodium, Na. mg 788 0 MC Zinc, Zn. mg 0.020 0 FLM Copper, Cu. mg 0.022 0 FLM Manganese, Mn. mg 0.022 0 FLM Selenium, Se mcg 0.02 0 FLM Vitamins: <	4 6.66
Fiber, total dietary g 1.9 0 MC Sugars, total g 10.30 0 MC Starch g 10.30 0 MC Starch g 0 0 MC Winerals: Calcium, Ca mg 6 0 MC Iron, Fe mg 0.12 0 MC Magnesium, Mg mg 2 0 FLM Magnesium, Mg mg 2 0 FLM Phosphorus, P mg 5 0 MC Potassium, K mg 49 0 MC Sodium, Na mg 0.05 0 FLM Copper, Cu mg 0.05 0 FLM Copper, Cu mg 0.022 0 FLM Manganese, Mn mg 0.022 0 FLM Manganese, Mn mg 0.022 0 FLM Vitamin Se mcg 0.0<	9 39.68
Sugars, total 9	9 4.9
Starch	9 26.37
Calcium, Ca	
Calcium, Ca	
Iron, Fe	0 15
Magnesium, Mg mg 2 0 FLM Phosphorus, P. mg 5 0 MC Potassium, K. mg 49 0 MC Sodium, Na. mg 788 0 MC Zinc, Zn mg 0.020 0 FLM Copper, Cu mg 0.022 0 FLM Manganese, Mn mg 0.022 0 FLM Manganese, Mn mg 0.022 0 FLM Selenium, Se. mcg 0.3 0 FLM Selenium, Se. mcg 0.3 0 FLM Vitamins. mg 0.00 0 MC Vitamins. mg 0.00 0 FLM Riboflavin. mg 0.000 0 FLM Nication. mg 0.000 0 FLM Nication. mg 0.000 0 FLM Folate, total. mcg 0	9 15 9 0.31
Phosphorus, P. mg 5 0 MC Potassium, K. mg 49 0 MC Sodium, Na. mg 788 0 MC Zinc, Zn. mg 0.05 0 FLM Copper, Cu. mg 0.020 0 FLM Manganese, Mn. mg 0.022 0 FLM Selenium, Se. mcg 0.3 0 FLM Vitamins: Vitamins. W Vitamins. W Vitamins. W C TLM MC TLM C TLM MC TLM C TLM MC TLM C TLM C TLM MC TLM C TLM MC TLM MC TLM C TLM MC TLM MC TLM MC TLM C TLM TLM MC TLM TLM <td>9 0.31 4 6</td>	9 0.31 4 6
Potassium, K. mg 49 0 MC Sodium, Na. mg 788 0 MC Zinc, Zn. mg 0.05 0 FLM Copper, Cu. mg 0.020 0 FLM Manganese, Mn. mg 0.022 0 FLM Selenium, Se. mcg 0.3 0 FLM Selenium, Se. mcg 0.3 0 FLM Vitamins: Witamin Se. mcg 0.0 0 MC Thiamin mg 0.000 0 FLM MC Thiamin mg 0.000 0 FLM MC Thiamin mg 0.000 0 FLM MC Thiamin mg 0.000 0 FLM MC Thiamin Mg 0.000 0 FLM MC Thiamin Mg 0.000 0 FLM Phiamin Phiamin Phiamin Phiamin Flanter, Imagental Angental Angental Angental Angental Angental Angental Angental Angental Angental Angen	9 13
Sodium, Na. mg 788 0 MC Zinc, Zn. mg 0.05 0 FLM Copper, Cu. mg 0.020 0 FLM Manganese, Mn. mg 0.022 0 FLM Selenium, Se. mcg 0.3 0 FLM Selenium, Se. mcg 0.3 0 FLM Vitamins: Vitamin C, total ascorbic acid. mg 0.0 0 MC Thiamin mg 0.000 0 FLM Riboflavin. mg 0.000 0 FLM Niacin. mg 0.000 0 FLM Niacin. mg 0.000 0 FLM Pattothenic acid. mg 0.000 0 FLM Folate, bed. mg 0.000 0 FLM Folate, fodal. mcg 0 0 FLM Folate, fod. mcg 0.00 0 RLM Vitamin	9 125
Zinc, Zn	9 2017
Copper, Cu. mg 0.020 0 FLM Manganese, Mn. mg 0.022 0 FLM Selenium, Se. mcg 0.3 0 FLM Vitamins: Vitamin C, total ascorbic acid. mg 0.0 0 MC Thiamin. mg 0.000 0 FLM Riboflavin. mg 0.000 0 FLM Niacin. mg 0.000 0 FLM Niacin. mg 0.000 0 FLM Niacin. mg 0.000 0 FLM Pantothenic acid. mg 0.000 0 FLM Vitamin B-6. mg 0.000 0 FLM Folate, total. mcg 0 0 FLM Folate, total. mcg 0 0 FLM Folate, food. mcg 0 0 FLM Folate, DFE mcg_DFE 0 0 NC	4 0.12
Manganese, Mn mg 0.022 0 FLM Selenium, Se mcg 0.3 0 FLM Vitamin S. Vitamin C, total ascorbic acid. mg 0.00 0 MC Thiamin mg 0.000 0 FLM Riboflavin mg 0.000 0 FLM Niacin mg 0.000 0 FLM Pantothenic acid. mg 0.000 0 FLM Vitamin mg 0.000 0 FLM Vitamin B-6 mg 0.000 0 FLM Folate, total mcg 0 0 FLM Folate, total mcg 0 0 FLM Folate, food mcg 0 0 FLM Folate, food mcg 0 0 FLM Folate, food mcg 0 0 FLM Vitamin B-12 mcg 0 0 <t< td=""><td>4 0.050</td></t<>	4 0.050
Selenium, Se. mcg 0.3 FLM Vitamins: Vitamin C, total ascorbic acid mg 0.0 0 MC Thiamin. mg 0.000 0 FLM Riboflavin. mg 0.0014 0 FLM Niacin. mg 0.000 0 FLM Pantothenic acid. mg 0.000 0 FLM Polate, cacid. mg 0.000 0 FLM Folate, total. mcg 0 0 FLM Folate, food. mcg 0 0 FLM Vitamin B-12 mcg 0.00 0 FLM Vitamin A, RAE mcg, RAE 0 0 z Vitamin E (alpha-tocopherol) <td>4 0.057</td>	4 0.057
Vitamins: Vitamin C, total ascorbic acid. mg 0.0 MC Thiamin. mg 0.000 0 FLM Riboflavin. mg 0.014 0 FLM Niacin. mg 0.000 0 FLM Pantothenic acid. mg 0.000 0 FLM Pantothenic acid. mg 0.000 0 FLM Folate, acid. mcg 0 0 FLM Folate, total. mcg 0 0 FLM Folate, food. mcg 0 0 FLM Folate, total, acid. mcg 0 0 FLM Vitamin B-12. mcg 0 0 Z Retinol. mcg </td <td>4 0.7</td>	4 0.7
Vitamin C, total ascorbic acid. mg 0.0 MC Thiamin	
Thiamin. mg 0.000 0 FLM Riboflavin. mg 0.014 0 FLM Niacin. mg 0.000 0 FLM Pantothenic acid. mg 0.000 0 FLM Vitamin B-6. mg 0.000 0 FLM Folate, total. mcg 0 0 FLM Folic acid. mcg 0 0 FLM Folate, food. mcg 0 0 NC Vitamin B-12. mcg_DFE 0 0 NC Vitamin A, IU. IU 0 0 AS Vitamin A, RAE. mcg_RAE 0 0 Z Retinol. mg 0.04 0 FLM Tocopherol, beta. mg 0	
Riboflavin mg 0.014 0 FIM Niacin mg 0.000 0 FIM Pantothenic acid mg 0.000 0 FIM Vitamin B-6 mg 0.000 0 FIM Folate, total mcg 0 0 FIM Folic acid mcg 0 0 FIM Folate, food mcg 0 0 NC Vitamin E, fold mcg 0 0 NC Vitamin B-12 mcg 0 0 TIM Vitamin A, RAE mcg_RAE 0 0 Z Retinol mg 0 0 TIM Tocopherol, beta mg 0 0	9 0.0
Niacin	4 0.000 4 0.035
Pantothenic acid mg 0.000 0 FLM Vitamin B-6 mg 0.000 0 FLM Folate, total mcg 0 0 FLM Folic acid mcg 0 0 FLM Folate, food mcg 0 0 FLM Folate, DFE mcg 0 0 NC Vitamin P-12 mcg 0.00 0 FLM Vitamin A, IU IU 0 0 AS Vitamin A, RAE mcg_RAE 0 0 Z Retinol mcg 0 0 Z Vitamin E (alpha-tocopherol) mg 0 0 FLM Tocopherol, beta mg 0 0 FLM Tocopherol, gamma mg 0 0 BFZN Uitamin D IU U U U U N BFZN Lipids: E T 0 0 MC A	4 0.000
Vitamin B-6. mg 0.000 0 FLM Folate, total. mcg 0 0 FLM Folic acid. mcg 0 0 FLM Folate, food. mcg 0 0 FLM Folate, DFE. mcg 0 0 NC Vitamin B-12. mcg 0.000 0 FLM Vitamin A, IU. IU 0 0 AS Vitamin A, RAE. mcg RAE 0 0 Z Retinol. mcg 0 0 Z Vitamin E (alpha-tocopherol). mg 0.04 0 FLM Tocopherol, beta. mg 0 0 FLM Tocopherol, gamma mg 0 0 BFZN Vitamin D. IU U Vitamin K (phylloquinone). mcg 24.7 0 BFZN Lipids: Testry acids, total saturated. g 0.600 0 FLM 6:0. g 0.000	4 0.000
Folate, total. mcg 0 0 FLM Folic acid. mcg 0 0 FLM Folate, food. mcg 0 0 FLM Folate, food. mcg 0 0 0 FLM Folate, DFE. mcg 0 0 0 NC Vitamin B-12 mcg 0.000 0 FLM Vitamin A, IU IU 0 0 0 AS Vitamin A, RAE mcg 0 0 0 Z Retinol mcg 0 0 0 Z Vitamin E (alpha-tocopherol) mg 0.04 0 FLM Tocopherol, beta mg Tocopherol, gamma mg Tocopherol, delta mg Vitamin D IU Vitamin K (phylloquinone) mcg 24.7 0 BFZN Lipids: Fatty acids, total saturated 9 0.600 0 MC 4:0 9 0.000 0 FLM 6:0 9 0.000 0 FLM 8:0 0 9 0.000 0 FLM	4 0.000
Folic acid	4 0
Folate, food. mcg 0 0 FIM Folate, DFE. mcg_DFE 0 0 NC Vitamin B-12. mcg 0.00 0 FIM Vitamin A, IU. IU 0 0 0 AS Vitamin A, RAE mcg_RAE 0 0 Z Retinol. mcg 0.004 0 FIM Tocopherol, beta mg Tocopherol, gamma mg Tocopherol, delta mg Vitamin D IU Vitamin K (phylloquinone) mcg 24.7 0 BFZN Lipids: Fatty acids, total saturated 9 0.000 0 FIM 6:0. 9 0.000 0 FIM 8:0. 9 0.0025 0 FIM	4 0
Folate, DFE. mcg_DFE 0 0 NC Vitamin B-12. mcg 0.00 0 FLM Vitamin A, IU. IU 0 0 0 Z Retinol mcg 0.00 0 Z Vitamin E (alpha-tocopherol) mg 0.00 0 FLM Tocopherol, beta mg Tocopherol, delta mg Vitamin D. IU Vitamin K (phylloquinone) mcg 24.7 0 BFZN Lipids: Fatty acids, total saturated 9 0.000 0 FLM 6:0 9 0.000 0 FLM 6:0 9 0.000 0 FLM 8:0 0.025 0 FLM	4 0
Vitamin B-12 mcg 0.00 0 FLM Vitamin A, IU IU 0 0 AS Vitamin A, RAE mcg_RAE 0 0 Z Retinol mcg 0 0 Z Vitamin E (alpha-tocopherol) mg 0.04 0 FLM Tocopherol, beta mg Tocopherol, gamma mg Tocopherol, gamma mg Vitamin D IU Vitamin D IU U Vitamin K (phylloquinone) mcg 24.7 0 BFZN Lipids: E Fatty acids, total saturated g 0.600 0 MC 4:0. g 0.000 0 FLM 6:0. g 0.000 0 FLM 8:0. g 0.0025 0 FLM	4 0
Vitamin A, IU	4 0.00
Vitamin A, RAE mcg_RAE 0 z Retinol mcg 0 0 z Vitamin E (alpha-tocopherol) mg 0.04 0 FLM Tocopherol, beta mg 1	1 0
Retinol mcg 0 Z Vitamin E (alpha-tocopherol) mg 0.04 0 FLM Tocopherol, beta mg Tocopherol, gamma mg Vitamin D IU Vitamin K (phylloquinone) mcg 24.7 0 BFZN Lipids: Fatty acids, total saturated g 0.600 0 MC 4:0 g 0.000 0 FLM 6:0 g 0.000 0 FLM 8:0 g 0.025 0 FLM	7 0
Vitamin E (alpha-tocopherol) .mg 0.04 0 FLM Tocopherol, beta .mg Tocopherol, gamma .mg Tocopherol, delta .mg Vitamin D .IU Vitamin K (phylloquinone) .mcg 24.7 0 BFZN Lipids: Fatty acids, total saturated .g 0.600 0 MC 4:0 .g 0.000 0 FLM 6:0 .g 0.000 0 FLM 8:0 .g 0.025 0 FLM	7 0
Tocopherol, beta	4 0.11
Tocopherol, delta	
Vitamin D. IU Vitamin K (phylloquinone) mcg 24.7 0 BFZN Lipids: Statty acids, total saturated g 0.600 0 MC 4:0. g 0.000 0 FLM 6:0. g 0.000 0 FLM 8:0. g 0.025 0 FLM	
Vitamin K (phylloquinone) mcg 24.7 0 BFZN Lipids: 	
Lipids: Fatty acids, total saturated .g 0.600 0 MC 4:0 .g 0.000 0 FLM 6:0 .g 0.000 0 FLM 8:0 .g 0.025 0 FLM	
Fatty acids, total saturated.	4 63.3
Fatty acids, total saturated. g 0.600 0 MC 4:0. g 0.000 0 FLM 6:0. g 0.000 0 FLM 8:0. g 0.025 0 FLM	
4:0 g 0.000 0 FLM 6:0 g 0.000 0 FLM 8:0 .g 0.025 0 FLM	9 1.536
6:0	4 0.000
	4 0.000
	4 0.063
10:0g 0.027 0 FLM	4 0.069
12:0g 0.250 0 FLM	4 0.641
13:0g	
14:0g 0.110 0 FLM	4 0.283
15:0g	
16:0g 0.069 0 FLM	4 0.178
17:0g	
18:0g 0.117 0 FLM	
20:0g	4 0.299
22:0g	4 0.299

	<u>Ar</u>	nount in 10	0 grams	of edik	ole portio	<u>on</u>	Amount in	edible portion of	of common
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	1.887		0	FLM	4		4.831		
14:1g									
15:1g									
16:1 undifferentiatedg	0.000		0	FLM	4		0.000		
17:1g									
18:1 undifferentiatedg	1.887		0	FLM	4		4.831		
20:1g	0.000		0	FLM	4		0.000		
22:1 undifferentiatedg	0.000		0	FLM	4		0.000		
24:1 cg									
Fatty acids, total polyunsaturated9	0.063		0	FLM	4		0.161		
18:2 undifferentiatedg	0.043		0	FLM	4		0.111		
18:3 undifferentiatedg	0.019		0	FLM	4		0.049		
18:4g	0.000		0	FLM	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	FLM	4		0.000		
20:5 n-3g	0.000		0	FLM	4		0.000		
22:5 n-3g	0.000		0	FLM	4		0.000		
22:6 n-3g	0.000		0	FLM	4		0.000		
Fatty acids, total transg									
Cholesterolmg	9		0	MC	9		23		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	FLM	4		0.0		
Caffeine mg	0		0	FLM	4		0		
Theobrominemg	0		0	FLM	4		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	7		0.000		
Lycopene mcg	0		0	Z	7		0.000		
Lutein + zeaxanthinmcg	0		0	Z	7		0.000		

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Common Measures:

Measure 1 = 256g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u>	mount in 10			ole portio	<u>n</u>		edible portion e	
Nutrients and Uni	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	81.60		0	MC	9		26.93		
Energy	kcal	62		0	MC	9		20		
Energy		259				9		86		
Protein		1.40		0	MC	9		0.46		
Total lipid (fat)	-	0.90		0	NR	4		0.30		
Ash	_	3.60		0	MC	9		1.19		
Carbohydrate, by difference (1)		11.00		0	MC	9		3.63		
		0.7		0	MC	9		0.2		
Fiber, total dietary				0	MC	9		2.18		
Sugars, total		6.60		U	MC	9		2.18		
Ainerals:										
Calcium, Ca	mg	42		0	MC	9		14		
Iron, Fe.	mg	0.24		0	MC	9		0.08		
Magnesium, Mg										
Phosphorus, P	mg	205		0	MC	9		68		
Potassium, K		115		0	MC	9		38		
Sodium, Na		1302		0	MC	9		430		
Zinc, Zn										
Copper, Cu										
Manganese, Mn										
Selenium, Se										
Vitamins:										
Vitamin C, total ascorbic acid	ma	1.3		0	MC	9		0.4		
Thiamin										
Riboflavin	-									
Niacin	-									
Pantothenic acid										
Vitamin B-6										
Folate, total										
Folate, DFE										
Vitamin B-12	mca =									
Vitamin A, IU	IU	158		0	MC	9		52		
Vitamin A, RAE	mca RAF	200		·				0_		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	-									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	_									
Vitamin K (phylloquinone)										
Lipids:	-									
Fatty acids, total saturated	а	0.500)	0	MC	9		0.165		
Fatty acids, total monounsaturated		2.000	-	-		-				
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol		3		0	MC	9		1		
Phytosterols		-		•	110	-		-		

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Common Measures:

Measure 1 = 33g: 2 tbsp

Footnotes

1 Contains other proximate components.

Salad dressing, KRAFT FREE Fat Free Italian Dressing

Calories Factors: Protein Fat Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u>	mount in 10			ole portio	<u>n</u>		edible portion e	
Nutrients and Uni	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates: Water	q	63.60		0	MC	9		22.26		
Energy		138		0	MC	9		48		
Energy		577				9		202		
Protein		0.70		0	MC	9		0.25		
Total lipid (fat)	_	1.00		0	NR.	4		0.35		
* ' '		3.00		0	MC	9		1.05		
Ash				-		9				
Carbohydrate, by difference (1)		30.60		0	MC			10.71		
Fiber, total dietary		0.6		0	MC	9		0.2		
Sugars, total		6.10		0	MC	9		2.14		
Starch	g									
<u>Minerals:</u>										
Calcium, Ca	-	26		0	MC	9		9		
Iron, Fe		0.06		0	MC	9		0.02		
Magnesium, Mg	_									
Phosphorus, P		79		0	MC	9		28		
Potassium, K		88		0	MC	9		31		
Sodium, Na	mg	1011		0	MC	9		354		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.1		0	MC	9		0.0		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	8		0	MC	9		3		
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.200)	0	MC	9		0.070		
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol		1		0	MC	9		0		
Phytosterols										

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Common Measures:

Measure 1 = 35g: 2 tbsp

Footnotes

1 Contains other proximate components.

Salad dressing, KRAFT FREE Fat Free Ranch Dressing

Calories Factors: Protein Fat Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u>	mount in 10	00 grams Number		ole portio	<u>n</u>		edible portion easures of food	
Nutrients and Un	its	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure :
Proximates:										
Water		73.00		0	MC	9		22.63		
Energy	kcal	170		0	MC	9		53		
Energy	kj	711				9		220		
Protein	g	1.10		0	MC	9		0.34		
Total lipid (fat)	g	14.40		0	NR	4		4.46		
Ash	g	2.10		0	MC	9		0.65		
Carbohydrate, by difference (1)	g	8.00		0	MC	9		2.48		
Fiber, total dietary	g	1.3		0	MC	9		0.4		
Sugars, total	g	4.90		0	MC	9		1.52		
Starch										
Minerals:										
Calcium, Ca	_	28		0	MC	9		9		
Iron, Fe		0.33		0	MC	9		0.10		
Magnesium, Mg	-									
Phosphorus, P		25		0	MC	9		8		
Potassium, K		90		0	MC	9		28		
Sodium, Na		736		0	MC	9		228		
Zinc, Zn	_									
Copper, Cu										
Manganese, Mn										
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.8		0	MC	9		0.6		
Thiamin	-									
Riboflavin	mg									
Niacin	<u>mg</u>									
Pantothenic acid	<u>mg</u>									
Vitamin B-6										
Folate, total										
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	179		0	MC	9		55		
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated		1.300)	0	MC	9		0.403		
Fatty acids, total monounsaturated.										
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol		1		0	MC	9		0		
Phytosterols	mg									

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Common Measures:

Measure 1 = 31g: 2 tbsp

Footnotes

1 Contains other proximate components.

Salad dressing, KRAFT LIGHT DONE RIGHT! Italian Dressing

Calories Factors: Protein Fat Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u>	mount in 10	00 grams Number		ole portio	<u>n</u>		edible portion e	
Nutrients and Unit	ts	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water		61.30		0	MC	9		18.39		
Energy	kcal	256		0	MC	9		77		
Energy	kj	1071				9		321		
Protein	g	1.20		0	MC	9		0.36		
Total lipid (fat)	g	22.80		0	NR	4		6.84		
Ash	g	2.70		0	MC	9		0.81		
Carbohydrate, by difference (1)	g	10.50		0	MC	9		3.15		
Fiber, total dietary	g	0.5		0	MC	9		0.2		
Sugars, total	g	4.20		0	MC	9		1.26		
Starch	g									
Minerals:										
Calcium, Ca		26		0	MC	9		8		
Iron, Fe		0.19		0	MC	9		0.06		
Magnesium, Mg										
Phosphorus, P		155		0	MC	9		47		
Potassium, K		134		0	MC	9		40		
Sodium, Na		1009		0	MC	9		303		
Zinc, Zn	_									
Copper, Cu										
Selenium, Se										
	g									
Vitamins:	ma	0.1		0	мс	9		0.0		
Vitamin C, total ascorbic acid Thiamin		0.1		U	МС	9		0.0		
Riboflavin	_									
Niacin	_									
Pantothenic acid										
Vitamin B-6										
Folate, total										
Folate, DFE										
Vitamin B-12	mcg									
Vitamin A, IU	IU	41		0	MC	9		12		
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated		1.900)	0	MC	9		0.570		
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans				_		_		_		
Cholesterol	mg	28		0	MC	9		8		

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Common Measures:

Measure 1 = 30g: 2 tbsp

Footnotes

1 Contains other proximate components.

Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing

Calories Factors: Protein Fat Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u>	mount in 10	u grams	of edil	ole portio	<u>n</u>	Amount in	edible portion	of common
				Number					easures of food	
						Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water		78.70		0	MC	9		12.59		
Energy	kcal	84		0	MC	9		13		
Energy	kj	351				9		56		
Protein	g	0.20		0	MC	9		0.03		
Total lipid (fat)	g	2.70		0	NR	4		0.43		
Ash	g	1.90		0	MC	9		0.30		
Carbohydrate, by difference (1)	g	15.50		0	MC	9		2.48		
Fiber, total dietary	g	1.9		0	MC	9		0.3		
Sugars, total		10.30		0	MC	9		1.65		
Starch										
Ainerals:										
Calcium, Ca	mg	6		0	MC	9		1		
Iron, Fe	_	0.12		0	MC	9		0.02		
Magnesium, Mg										
Phosphorus, P		5		0	MC	9		1		
Potassium, K		49		0	MC	9		8		
Sodium, Na	_	788		0	MC	9		126		
Zinc, Zn										
Copper, Cu										
Manganese, Mn.										
Selenium, Se	_									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin										
Riboflavin										
Niacin	-									
Pantothenic acid										
Vitamin B-6										
Folate, total										
Folate, DFE										
Vitamin B-12										
Vitamin A, IU		69		0	MC	9		11		
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	_									
Vitamin K (phylloquinone) (2)		83.6		0	MC	9		13.4		
Lipids:										
Fatty acids, total saturated	g	0.600)	0	MC	9		0.096		
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol		9		0	MC	9		1		
Phytosterols	-									

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Common Measures:

Measure 1 = 16g: 1 tbsp

Footnotes

- 1 Contains other proximate components.
- 2 Added nutrient

Salad dressing, KRAFT MIRACLE WHIP FREE Nonfat Dressing

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u>	mount in 10	00 grams Number		ole portio	<u>n</u>		edible portion of easures of food	
Nutrients and Uni	ts	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	63.30		0	MC	9		10.13		
Energy	kcal	231		0	MC	9		37		
Energy		967				9		155		
Protein	g	0.60		0	MC	9		0.10		
Total lipid (fat)	g	18.60		0	NR	4		2.98		
Ash		2.20		0	MC	9		0.35		
Carbohydrate, by difference (1)		14.40		0	MC	9		2.30		
Fiber, total dietary		0.1		0	MC	9		0.0		
Sugars, total		9.90		0	MC	9		1.58		
Starch		3.30		Ů	110	,		1.50		
Minerals:										
Calcium, Ca	mg	5		0	MC	9		1		
Iron, Fe	mg	0.17		0	MC	9		0.03		
Magnesium, Mg	mg									
Phosphorus, P	mg	13		0	MC	9		2		
Potassium, K	mg	23		0	MC	9		4		
Sodium, Na	mg	821		0	MC	9		131		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total										
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	34		0	MC	9		5		
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone) (2)	mcg	83.6		0	MC	9		13.4		
<u>Lipids:</u>										
Fatty acids, total saturated		2.900)	0	MC	9		0.464		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	26		0	MC	9		4		
Phytosterols	mq									

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Common Measures:

Measure 1 = 16g: 1 tbsp

Footnotes

- 1 Contains other proximate components.
- 2 Added nutrient

Salad dressing, KRAFT MIRACLE WHIP LIGHT Dressing

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u>	mount in 10			ole portio	<u>n</u>		edible portion of easures of food	
				Number of Data		Source	Confidence	<u></u>	<u> </u>	
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		81.80		0	MC	9		13.09		
Energy	kcal	70		0	MC	9		11		
Energy	kj	293				9		47		
Protein	g	0.20		0	MC	9		0.03		
Total lipid (fat)	g	2.70		0	NR	4		0.43		
Ash	g	2.20		0	MC	9		0.35		
Carbohydrate, by difference (1)	g	12.40		0	MC	9		1.98		
Fiber, total dietary		2.0		0	MC	9		0.3		
Sugars, total		6.80		0	MC	9		1.09		
Starch										
Minerals:										
Calcium, Ca	mg	6		0	MC	9		1		
Iron, Fe		0.10		0	MC	9		0.02		
Magnesium, Mg	mg									
Phosphorus, P		27		0	MC	9		4		
Potassium, K	mg	50		0	MC	9		8		
Sodium, Na	mg	750		0	MC	9		120		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	-									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6										
Folate, total										
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	99		0	MC	9		16		
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D						•				
* Vitamin K (phylloquinone) (2)	incg	155.1		0	MC	9		24.8		
<u>Lipids:</u>				_						
Fatty acids, total saturated	-	0.500)	0	MC	9		0.080		
Fatty acids, total monounsaturated	_									
Fatty acids, total polyunsaturated										
Fatty acids, total trans				_		_		_		
Cholesterol		10		0	MC	9		2		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 16g: 1 tbsp

Footnotes

- 1 Contains other proximate components.
- 2 Added nutrient

Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u>	mount in 10			ole portio	<u>n</u>		edible portion easures of food	
Nutrients and Uni	ts	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	55.40		0	MC	9		8.31		
Energy	kcal	334		0	MC	9		50		
Energy		1397				9		210		
Protein		0.60		0	MC	9		0.09		
Total lipid (fat)	g	32.90		0	NR	4		4.94		
Ash	_	2.10		0	MC	9		0.32		
Carbohydrate, by difference (1)		8.50		0	MC	9		1.28		
Fiber, total dietary		0.1		0	MC	9		0.0		
Sugars, total		4.20		0	MC	9		0.63		
Starch		4.20		v	мс	,		0.03		
Minerals:										
Calcium, Ca	mg	6		0	MC	9		1		
Iron, Fe	mg	0.20		0	MC	9		0.03		
Magnesium, Mg	mg									
Phosphorus, P		58		0	MC	9		9		
Potassium, K	mg	52		0	MC	9		8		
Sodium, Na	mg	797		0	MC	9		120		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.3		0	MC	9		0.0		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total										
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	185		0	MC	9		28		
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
* Vitamin K (phylloquinone) (2)	mcg	155.1		0	MC	9		23.3		
<u>Lipids:</u>										
Fatty acids, total saturated	g	5.000)	0	MC	9		0.750		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol		35		0	MC	9		5		
Phytosterols										

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Common Measures:

Measure 1 = 15.0g: 1 tbsp

Footnotes

- 1 Contains other proximate components.
- 2 Added nutrient

Salad dressing, KRAFT Mayo Light Mayonnaise

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein Fat Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u>	mount in 10			ole portio	<u>n</u>		edible portion easures of food	
Nutrients and Un	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure
Duovimatos										
Proximates: Water	g	36.80		0	MC	9		10.67		
Energy		510		0	MC	9		148		
Energy		2134				9		619		
Protein		1.40		0	MC	9		0.41		
Total lipid (fat)	-	53.70		0	NR	4		15.57		
Ash		2.60		0	MC	9		0.75		
Carbohydrate, by difference (1)		4.60		0	MC	9		1.33		
		0.3		0	MC	9		0.1		
Fiber, total dietary										
Sugars, total		4.00		0	MC	9		1.16		
Minerals:										
Calcium, Ca	mg	29		0	MC	9		8		
Iron, Fe		0.18		0	MC	9		0.05		
Magnesium, Mg	-									
Phosphorus, P		91		0	MC	9		26		
Potassium, K		49		0	MC	9		14		
Sodium, Na		990		0	MC	9		287		
Zinc, Zn										
Copper, Cu	_									
Manganese, Mn										
Selenium, Se										
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0	MC	9		0.1		
Thiamin										
Riboflavin	-									
Niacin	_									
Pantothenic acid										
Vitamin B-6										
Folate, total										
Folate, DFE										
Vitamin B-12	mcg									
Vitamin A, IU	IU	38		0	MC	9		11		
Vitamin A, RAE	mca RAE									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	_									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	g	8.200)	0	MC	9		2.378		
Fatty acids, total monounsaturated.										
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	28		0	MC	9		8		
Phytosterols	ma									

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Common Measures:

Measure 1 = 29g: 2 tbsp

Footnotes

1 Contains other proximate components.

Salad dressing, KRAFT Ranch Dressing

Calories Factors: Protein Fat Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u>	mount in 10	00 grams	of edil	ole portio	<u>on</u>		edible portion	
				Number				<u>m</u>	easures of food	
Nutrients and Units	S	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		52.70		0	MC	9		16.34		
Energy	kcal	351		0	MC	9		109		
Energy	kj	1469				9		455		
Protein	-	0.30		0	MC	9		0.09		
Total lipid (fat)	g	35.90		0	NR	4		11.13		
Ash	g	4.20		0	MC	9		1.30		
Carbohydrate, by difference (1)	g	5.70		0	MC	9		1.77		
Fiber, total dietary	g	0.5		0	MC	9		0.2		
Sugars, total	g	4.30		0	MC	9		1.33		
Starch	g									
Minerals:										
Calcium, Ca	mg	4		0	MC	9		1		
Iron, Fe	_. mg	0.16		0	MC	9		0.05		
Magnesium, Mg	mg									
Phosphorus, P	mg	14		0	MC	9		4		
Potassium, K		29		0	MC	9		9		
Sodium, Na		1630		0	MC	9		505		
Zinc, Zn	mg									
Copper, Cu										
Manganese, Mn										
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid		0.5		0	MC	9		0.2		
Thiamin	-									
Riboflavin	-									
Niacin										
Pantothenic acid										
Vitamin B-6										
Folate, totalFolate, DFE										
Vitamin B-12										
Vitamin A, IU		36		0	MC	9		11		
Vitamin A, RAE		30		Ū	мс					
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	g	4.000)	0	MC	9		1.240		
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol		0		0	MC	9		0		
Phytosterols	ma									

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Common Measures:

Measure 1 = 31g: 2 tbsp

Footnotes

1 Contains other proximate components.

Salad dressing, KRAFT Zesty Italian Dressing

Calories Factors: Protein Fat Carbohydrate

Food Group: 04 Fats and Oils

NDB No. 43599 Salad dressing, Mayonnaise dressing, diet, no cholesterol

		<u>A</u>	mount in 100 gran	ns of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
			Numb	er			<u>m</u>	easures of food	
					Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	39.90	0	RKA	1		96.56	5.99	
Energy	kcal	390	0	RKI	6		944	59	
Energy		1632	0	RKI	6		3949	245	
Protein	g	0.90	0	RKA	1		2.18	0.14	
Total lipid (fat)	g	33.40	0	RKA	1		80.83	5.01	
Ash	g	1.90	0	RKA	1		4.60	0.29	
Carbohydrate, by difference	g	23.90	0	RKI	6		57.84	3.59	
Fiber, total dietary	g	0.0	0	RKI	6		0.0	0.0	
Sugars, total	g	6.40	0	RKA	1		15.49	0.96	
Starch	g								
Minorals									
Minerals: Calcium, Ca	ma	14	0	RKA	1		34	2	
Iron, Fe	-	0.20	0	RKA	1		0.48	0.03	
Magnesium, Mg		2	0	RKA	1		5	0.03	
Phosphorus, P		26	0	RKA	1		63	4	
Potassium, K	-	9	0	RKA	1		22	1	
Sodium, Na		711	0	RKA	1		1720	107	
Zinc, Zn		0.18	0	RKI	6		0.44	0.03	
Copper, Cu		0.010	0	RKI	6		0.024	0.002	
Manganese, Mn	mg	0.088	3 0	RKI	6		0.213	0.013	
Selenium, Se	mcg	1.6	0	RKI	6		3.9	0.2	
Vitamins:									
Vitamin C, total ascorbic acid	ma	0.0	0	RKI	6		0.0	0.0	
Thiamin		0.013		RKI	6		0.031	0.002	
Riboflavin		0.024		RKI	6		0.051	0.004	
Niacin		0.004		RKI	6		0.010	0.001	
Pantothenic acid	-	0.243		RKI	6		0.588	0.036	
Vitamin B-6		0.017		RKI	6		0.041	0.003	
Folate, total	-	0	0	RKI	6		0	0	
Folic acid		0	0	RKI	6		0	0	
Folate, food		0	0	RKI	6		0	0	
Folate, DFE	mcg_DFE	0	0	NC	4		0	0	
Vitamin B-12		0.21	0	RKI	6		0.50	0.03	
Vitamin A, IU		220	0	NC	4		533	33	
Vitamin A, RAE	mcg_RAE	21	0	NC	4		51	3	
Retinol	mcg	12	0	RKI	6		29	2	
Vitamin E (alpha-tocopherol)	mg	2.06	0	RKA	1		4.99	0.31	
Tocopherol, beta	mg	0.22	0	RKA	1		0.53	0.03	
Tocopherol, gamma		13.38	0	RKA	1		32.38	2.01	
Tocopherol, delta		1.43	0	RKA	1		3.46	0.21	
Vitamin D			_		_				
Vitamin K (phylloquinone)	mcg	42.2	0	RKA	1		102.0	6.3	
<u>Lipids:</u>									
Fatty acids, total saturated	g	5.000	0	RKA	1		12.100	0.750	
4:0	g	0.000	0	RKA	1		0.000	0.000	
6:0	g	0.000	0	RKA	1		0.000	0.000	
8:0	g	0.000	0	RKA	1		0.000	0.000	
10:0	g	0.000		RKA	1		0.000	0.000	
12:0		0.100	0	RKA	1		0.242	0.015	
13:0	-								
14:0		0.000	0	RKA	1		0.000	0.000	
15:0	-								
16:0	-	3.500	0	RKA	1		8.470	0.525	
17:0	-		_		_				
18:0	-	1.400	0	RKA	1		3.388	0.210	
20:0									
22:0	-								
24:0	g								

	<u>Aı</u>	mount in 100 gra		<u>on</u>	Amount in edible portion of common measures of food			
		Numl	er			<u>m</u>	easures of 1000	
			ta Deriv	Source	Confidence			
Nutrients and Units	Mean	Std. Error Poin	s Code	Code	Code	Measure 1	Measure 2	Measure 3
Esta vida tatal managarata d	9.000	(RKA	1		21.780	1.350	
Fatty acids, total monounsaturatedg 14:1g	9.000	,	ANA	1		21.780	1.350	
15:1g								
16:1 undifferentiated	0.000	(RKA	1		0.000	0.000	
17:1g								
18:1 undifferentiated	9.000	(RKA	1		21.780	1.350	
20:1g	0.000	(RKA	1		0.000	0.000	
22:1 undifferentiatedg	0.000	(RKA	1		0.000	0.000	
24:1 cg								
Fatty acids, total polyunsaturated	18.000	(RKA	1		43.560	2.700	
18:2 undifferentiatedg	16.000			1		38.720	2.400	
18:3 undifferentiatedg	2.000			1		4.840	0.300	
18:4g	0.000	(RKA	1		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000			1		0.000	0.000	
20:5 n-3g	0.000			1		0.000	0.000	
22:5 n-3g	0.000			1		0.000	0.000	
22:6 n-3g	0.000	(RKA	1		0.000	0.000	
Fatty acids, total transg								
Cholesterol mg	0	(7		0	0	
Phytosterolsmg	97	(RKA	1		235	15	
Amino Acids:								
Tryptophang	0.013	(RKI	6		0.031	0.002	
Threonineg	0.049	(RKI	6		0.119	0.007	
Isoleucineg	0.052	(RKI	6		0.126	0.008	
Leucineg	0.077	(RKI	6		0.186	0.012	
Lysineg	0.061	(RKI	6		0.148	0.009	
Methionineg	0.023	(RKI	6		0.056	0.003	
Cystineg	0.016	(RKI	6		0.039	0.002	
Phenylalanineg	0.039	(RKI	6		0.094	0.006	
Tyrosineg	0.039	(RKI	6		0.094	0.006	
Valineg	0.055	(RKI	6		0.133	0.008	
Arginineg	0.062	(RKI	6		0.150	0.009	
Histidineg	0.022	(RKI	6		0.053	0.003	
Alanineg	0.045	(RKI	6		0.109	0.007	
Aspartic acidg	0.075	(RKI	6		0.182	0.011	
Glutamic acidg	0.110	(RKI	6		0.266	0.017	
Glycineg	0.027	(RKI	6		0.065	0.004	
Prolineg	0.037	(RKI	6		0.090	0.006	
Serineg	0.075	(RKI	6		0.182	0.011	
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	(RKI	6		0.0	0.0	
Caffeine mg	0	(RKI	6		0	0	
Theobromine mg	0	(RKI	6		0	0	
Carotenoids:								
Carotene, betamcg	94	(RKI	6		226.955	14.067	
Carotene, alphamcg	1	,		6		2.991	0.185	
Cryptoxanthin, beta mcg	27	,		6		65.151	4.038	
Lycopene mcg	0	Č		6		0.000	0.000	
Lutein + zeaxanthin mcg	87	(6		209.561	12.989	

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Common Measures:

Measure 1 = 242g: 1 cup

Measure 2 = 15.0g: 1 tbsp

Salad dressing, Mayonnaise dressing, diet, no cholesterol

Calories Factors: Protein Fat Carbohydrate

Food Group: 04 Fats and Oils

Calcium, Ca mg Iron, Femg Magnesium, Mgmg Phosphorus, P. mg Potassium, K. mg Sodium, Na mg Zinc, Znmg Copper, Cumg Manganese, Mnmg Selenium, Semg	1364 1.8 35.0 2.6 2.0 0.2 2.0 4 0.2 6 25 108 1084 0.2 0.0 1.6	0 0 0 0 0		Deriv	Source Code 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4	Confidence Code	Measure 1 140.88 782 3274 4.32 84.00 6.24 4.80 0.5 4.80 10 0.65 14 60 259 2602 0.48	8.81 49 205 0.27 5.25 0.39 0.30 0.0 0.30	Measure
Proximates: 9 Energy kca Energy kj Protein 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 Iron, Fe. mg mg Magnesium, Mg mg mg Phosphorus, P mg mg Potassium, K mg mg Sodium, Na mg mg Zinc, Zn mg mc Witamins: wc mc Vitamin C, total ascorbic acid mg Thiamin mg mg Riboflavin mg mg Vitamin B-6 mg mg Folic acid mc mc Folate, food mc mc Vitamin A, IU	58.7 326 1364 1.8 35.0 2.6 2.0 0.2 2.0 4 0.2 6 25 108 1084 0.2 0.0	0 0 0 0 0 0	o o	NC NR	Code 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4		140.88 782 3274 4.32 84.00 6.24 4.80 0.5 4.80 10 0.65 14 60 259 2602 0.48	8.81 49 205 0.27 5.25 0.39 0.30 0.0 0.30	Measure 3
Water. 9 Energy. kca Energy. kj Protein. 9 Total lipid (fat). 9 Ash. 9 Carbohydrate, by difference. 9 Fiber, total dietary. 9 Sugars, total. 9 Starch. 9 Minerals: Calcium, Ca. mg Iron, Fe. mg 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 Vitamin C, total ascorbic acid. mg Thiamin. mg Riboflavin. mg Niacin. mg Pantothenic acid. mg Vitamin B-6. mg Folate, total. mc Folate, DFE. mc <	326 1364 1.8 35.0 2.6 2.0 0.2 2.0 4 0.2 6 25 108 1084 0.2 0.0	0 0 0 0 0	0	NR	4 4 4 4 4 4 4 4 4		782 3274 4.32 84.00 6.24 4.80 0.5 4.80 10 0.65 14 60 259 2602 0.48	49 205 0.27 5.25 0.39 0.30 0.0 0.30	
Water 9 Energy kca Energy kj Protein 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 Iron, Fe mg mg Magnesium, Mg mg mg Potassium, K mg mg Sodium, Na mg mg Zinc, Zn mg mg Copper, Cu mg mg Manganese, Mn mg mg Vitamins: mg mg Vitamin C, total ascorbic acid mg Thiamin mg mg Niacin mg pantothenic acid mg Vitamin B-6 mg mg Folate, total mc mc Fo	326 1364 1.8 35.0 2.6 2.0 0.2 2.0 4 0.2 6 25 108 1084 0.2 0.0	0 0 0 0 0	0	NR	4 4 4 4 4 4 4 4 4		782 3274 4.32 84.00 6.24 4.80 0.5 4.80 10 0.65 14 60 259 2602 0.48	49 205 0.27 5.25 0.39 0.30 0.0 0.30	
Energy kj Protein g Total lipid (fat) g Ash g Carbohydrate, by difference g Fiber, total dietary g Sugars, total g Starch g Minerals: Calcium, Ca mg Calcium, Ca mg Iron, Fe mg Magnesium, Mg mg Phosphorus, P mg Potassium, K mg Sodium, Na mg Zinc, Zn mg Copper, Cu mg Manganese, Mn mg Selenium, Se mc Vitamins: vitamin Vitamin C, total ascorbic acid mg Thiamin mg Riboflavin mg Niacin mg Polate, total mc Folate, total mc Folate, food mc Folate, DFE mc Vitamin A, RAE mc	1364 1.8 35.0 2.6 2.0 0.2 2.0 4 0.2 6 25 108 1084 0.2 0.0 1.6	0 0 0 7 0 30	0	NR	4 4 4 4 4 4 4 4 4 4		4.32 84.00 6.24 4.80 0.5 4.80 10 0.65 14 60 259 2602 0.48	205 0.27 5.25 0.39 0.30 0.0 0.30	
Energy kj Protein g Total lipid (fat) g Ash g Carbohydrate, by difference g Fiber, total dietary g Sugars, total g Sugars, total g Sugars, total g 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 mco Vitamins: vitamin Vitamin C, total ascorbic acid mg Thiamin mg Riboflavin mg Niacin mg Polate, total mco Folate, food mco Folate, DFE mco Vitamin B-12 mco Vitamin A, RAE mco	1364 1.8 35.0 2.6 2.0 0.2 2.0 4 0.2 6 25 108 1084 0.2 0.0 1.6	0 0 0 7 0 30	0	NR	4 4 4 4 4 4 4 4		4.32 84.00 6.24 4.80 0.5 4.80 10 0.65 14 60 259 2602 0.48	0.27 5.25 0.39 0.30 0.0 0.30	
Total lipid (fat)	35.0 2.6 2.0 0.2 2.0 4 0.2 6 25 108 1084 0.2 0.0	0 0 0 7 0 30	0	NR	4 4 4 4 4 4 4 4		84.00 6.24 4.80 0.5 4.80 10 0.65 14 60 259 2602 0.48	5.25 0.39 0.30 0.0 0.30 1 0.04 1 4 16	
Total lipid (fat)	2.6 2.0 0.2 2.0 4 0.2 6 25 108 1084 0.2 0.0	0 0 7 0 30	0	NR	4 4 4 4 4 4 4 4		6.24 4.80 0.5 4.80 10 0.65 14 60 259 2602 0.48	0.39 0.30 0.0 0.30 1 0.04 1 4 16	
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 Phosphorus, P mg Potassium, K mg Sodium, Na mg Zinc, Zn mg Manganese, Mn mg Selenium, Se mc Vitamins: Witamin C, total ascorbic acid mg Witamin C, total ascorbic acid 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, RAE mc Retinol mc Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg	2.0 0.2 2.0 4 0.2 6 25 108 1084 0.2 0.0	0 0 7 0 30	0	NR	4 4 4 4 4 4 4 4		4.80 0.5 4.80 10 0.65 14 60 259 2602 0.48	0.30 0.0 0.30 1 0.04 1 4 16	
Fiber, total dietary 9 Sugars, total 9 Starch 9 Minerals:	0.2 2.0 4 0.2 6 25 108 1084 0.2 0.0	0 7 0 30			4 4 4 4 4 4 4		0.5 4.80 10 0.65 14 60 259 2602 0.48	0.0 0.30 1 0.04 1 4 16	
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. mcc Vitamins: wg Vitamin C, total ascorbic acid. mg Riboflavin. mg Niacin. mg Pantothenic acid. mg Vitamin B-6. mg Folate, total. mcc Folic acid. mcc Folate, DFE. mcc Vitamin B-12 mcc Vitamin A, RAE mcc Retinol. mcc Vitamin E (alpha-tocopherol) mg Tocopherol, beta. mg	2.0 4 0.2 6 25 108 1084 0.2 0.0	0 7 0 30			4 4 4 4 4 4		10 0.65 14 60 259 2602 0.48	0.30 1 0.04 1 4 16 163	
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. mcc Vitamins: wg Vitamin C, total ascorbic acid. mg Riboflavin. mg Niacin. mg Pantothenic acid. mg Vitamin B-6. mg Folate, total. mcc Folic acid. mcc Folate, DFE. mcc Vitamin B-12 mcc Vitamin A, RAE mcc Retinol. mcc Vitamin E (alpha-tocopherol) mg Tocopherol, beta. mg	4 0.2 6 25 108 1084 0.2 0.0	7 0 30			4 4 4 4 4 4		10 0.65 14 60 259 2602 0.48	1 0.04 1 4 16 163	
Starch	0.2 6 25 108 1084 0.2 0.0	0 30	0	CAZN	4 4 4 4 4 4		0.65 14 60 259 2602 0.48	0.04 1 4 16 163	
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 mcc Vitamins: wg Vitamin C, total ascorbic acid mg Riboflavin mg Niacin mg Pantothenic acid mg Vitamin B-6 mg Folate, total mcc Folic acid mcc Folate, food mcc Folate, DFE mcc Vitamin B-12 mcc Vitamin A, IU IU Vitamin A, RAE mcc Retinol mcc Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg	0.2 6 25 108 1084 0.2 0.0	0 30	0	CAZN	4 4 4 4 4 4		0.65 14 60 259 2602 0.48	0.04 1 4 16 163	
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 mcc Vitamins: wc Vitamin C, total ascorbic acid mg Riboflavin mg Niacin mg Pantothenic acid mg Vitamin B-6 mg Folate, total mcc Folic acid mcc Folate, food mcc Folate, DFE mcc Vitamin B-12 mcc Vitamin A, IU IU Vitamin A, RAE mcc Retinol mcc Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg	0.2 6 25 108 1084 0.2 0.0	0 30	0	CAZN	4 4 4 4 4 4		0.65 14 60 259 2602 0.48	0.04 1 4 16 163	
Iron, Fe	0.2 6 25 108 1084 0.2 0.0	0 30	0	CAZN	4 4 4 4 4 4		0.65 14 60 259 2602 0.48	0.04 1 4 16 163	
Magnesium, Mg. mg Phosphorus, P. mg Potassium, K. mg Sodium, Na. mg Zinc, Zn. mg Copper, Cu. mg Manganese, Mn. mg Selenium, Se. mcc Vitamins: mg Vitamin C, total ascorbic acid. mg Riboflavin. mg Niacin. mg Pantothenic acid. mg Vitamin B-6. mg Folate, total. mcc Folic acid. mcc Folate, food. mcc Folate, DFE. mcc Vitamin B-12. mcc Vitamin A, IU. IU Vitamin A, RAE. mcc Retinol. mcc Vitamin E (alpha-tocopherol) mg Tocopherol, beta. mg	6 25 108 1084 0.2 0.0	0 30	0	CAZN	-		14 60 259 2602 0.48	1 4 16 163	
Phosphorus, P. mg Potassium, K. mg Sodium, Na. mg Zinc, Zn. mg Copper, Cu. mg Manganese, Mn. mg Selenium, Se. mcc Vitamins: wg Vitamin C, total ascorbic acid. mg Riboflavin. mg Niacin. mg Pantothenic acid. mg Vitamin B-6. mg Folate, total. mcc Folate, food. mcc Folate, Folate, food. mcc Vitamin B-12. mcc Vitamin A, IU. IU Vitamin A, RAE. mcc Retinol. mg Tocopherol, beta. mg	25 108 1084 0.2 0.0 1.6	30	0	CAZN	-		60 259 2602 0.48	4 16 163	
Potassium, K mg Sodium, Na mg Zinc, Zn mg Copper, Cu mg Manganese, Mn mg Selenium, Se mcg Vitamins: wg Vitamin C, total ascorbic acid mg Thiamin mg Riboflavin mg Niacin mg Pantothenic acid mg Vitamin B-6 mg Folate, total mcg Folic acid mcg Folate, Food mcg Folate, DFE mcg Vitamin B-12 mcg Vitamin A, IU IU Vitamin A, RAE mcg Retinol mcg Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg	108 1084 0.2 0.0 1.6	30	0	CAZN	-		259 2602 0.48	16 163	
Sodium, Na. mg Zinc, Zn. mg Copper, Cu. mg Manganese, Mn. mg Selenium, Se. mco Vitamins: Witamins: Vitamin C, total ascorbic acid. mg Thiamin. mg Riboflavin. mg Niacin. mg Pantothenic acid. mg Vitamin B-6. mg Folate, total. mco Folic acid. mco Folate, Food. mco Folate, DFE. mco Vitamin B-12. mco Vitamin A, IU. IU Vitamin A, RAE. mco Retinol. mco Vitamin E (alpha-tocopherol) mg Tocopherol, beta. mg	1084 0.2 0.0 1.6 8.8	30	0	CAZN	-		2602 0.48	163	
Zinc, Zn. mg Copper, Cu. mg Manganese, Mn. mg Selenium, Se. mc Vitamins: Witamin 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 Vitamin A, RAE. mc Retinol. mc Vitamin E (alpha-tocopherol) mg Tocopherol, beta. mg	0.2 0.0 1.6 8.8	30	0	CAZN	-		0.48		
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 Vitamin A, RAE. mc Retinol. mc Vitamin E (alpha-tocopherol) mg Tocopherol, beta. mg	0.0 1.6 8.8	30	0	CAZN	-				
Manganese, Mn. mg Selenium, Se. mcg Vitamins: Vitamin C, total ascorbic acid. mg Thiamin. mg Riboflavin. mg Niacin. mg Pantothenic acid. mg Vitamin B-6. mg Folate, total. mcg Folate, food. mcg Folate, DFE. mcg Vitamin B-12. mcg Vitamin A, IU. IU Vitamin A, RAE. mcg Retinol. mcg Vitamin E (alpha-tocopherol) mg Tocopherol, beta. mg	3 1.6		0	CAZN	-		0.072	0.005	
Vitamins: mcg Vitamins: mg Thiamin. mg Riboflavin mg Niacin. mg Pantothenic acid. mg Vitamin B-6. mg Folate, total. mcg Folic acid. mcg Folate, food. mcg Folate, DFE. mcg Vitamin B-12. mcg Vitamin A, IU. IU Vitamin A, RAE. mcg Retinol. mcg Vitamin E (alpha-tocopherol) mg Tocopherol, beta. mg	8.8		0	CAZN	4		0.072	0.005	
Vitamins: mg Vitamin C, total ascorbic acid	8.8		·	011211			3.8	0.2	
Vitamin C, total ascorbic acid. mg Thiamin. mg Riboflavin. mg Niacin. mg Pantothenic acid. mg Vitamin B-6 mg Folate, total. mcc Folate, food. mcc Folate, Fold. mcc Vitamin B-12 mcc Vitamin B-12 mcc Vitamin A, IU IU Vitamin A, RAE mcc Retinol. mcc Retinol. mcc Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg					-		5.5	V	
Thiamin. mg Riboflavin. mg Niacin. mg Pantothenic acid. mg Vitamin B-6. mg Folate, total. mcc Folic acid. mcc Folate, food. mcc Folate, DFE. mcc Vitamin B-12. mcc Vitamin A, IU. IU Vitamin A, RAE. mcc Retinol. mcc Vitamin E (alpha-tocopherol) mg Tocopherol, beta. mg									
Riboflavin mg Niacin mg Pantothenic acid mg Vitamin B-6 mg Folate, total mcc Folic acid mcc Folate, food mcc Vitamin B-12 mcc Vitamin B-12 mcc Vitamin A, IU IU Vitamin A, RAE mcc Retinol mcc Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg					4		21.1	1.3	
Niacin. mg Pantothenic acid. mg Vitamin B-6. mg Folate, total. mcc Folic acid. mcc Folate, food. mcc Folate, DFE. mcc Vitamin B-12. mcc Vitamin A, IU. IU Vitamin A, RAE. mcc Retinol. mcc Vitamin E (alpha-tocopherol) mg Tocopherol, beta. mg	0.0	40			4		0.096	0.006	
Pantothenic acid. mg Vitamin B-6. mg Folate, total. mcg Folic acid. mcg Folate, food. mcg Vitamin B-12. mcg Vitamin A, IU. IU Vitamin A, RAE. mcg Retinol. mcg Vitamin E (alpha-tocopherol) mg Tocopherol, beta. mg	0.0	20			4		0.048	0.003	
Vitamin B-6 mg Folate, total mcg Folic acid mcg Folate, food mcg Folate, DFE mcg Vitamin B-12 mcg Vitamin A, IU IU Vitamin A, RAE mcg Retinol mcg Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg	0.7	00			4		1.680	0.105	
Folate, total. mcg Folic acid. mcg Folate, food. mcg Folate, DFE. mcg Vitamin B-12. mcg Vitamin A, IU. IU Vitamin A, RAE. mcg Retinol. mcg Vitamin E (alpha-tocopherol) mg Tocopherol, beta. mg									
Folic acid	0.0	80			4		0.192	0.012	
Folate, food. mog Folate, DFE. mog Vitamin B-12. mog Vitamin A, IU. IU Vitamin A, RAE. mog Retinol. mog Vitamin E (alpha-tocopherol) mg Tocopherol, beta. mg			0	BFZN	4		0	0	
Folate, DFE mcg Vitamin B-12 mcg Vitamin A, IU IU Vitamin A, RAE mcg Retinol mcg Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg			0	BFZN	4		0	0	
Vitamin B-12			0	BFZN	4		0	0	
Vitamin A, IU IU Vitamin A, RAE mcg Retinol mcg Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg			0	NC	4		0	0	
Vitamin A, RAE		9			4		0.22	0.01	
Retinolmcc Vitamin E (alpha-tocopherol)mg Tocopherol, betamg	211		0	NC	4		506	32	
Vitamin E (alpha-tocopherol)mg Tocopherol, betamg			0	BFZN	4		26	2	
Tocopherol, betamg		_	0	BFZN	4		10	1	
	4.0	0	0	BFZN	4		9.60	0.60	
i ocopheroi, gammamg									
75 1 1 1 1 1 mm or									
Tocopherol, deltamg									
Vitamin D	69.1		0	BFZN	4		165.8	10.4	
унанин к (рнуноципопе)	, 69.1		U	DF AN	*		103.0	10.4	
<u>Lipids:</u>									
Fatty acids, total saturated	5.4	35			4		13.044	0.815	
4:0g	0.0	13			4		0.031	0.002	
6:0g	0.0	08			4		0.019	0.001	
8:0g	0.0	04			4		0.010	0.001	
10:0g	0.0				4		0.029	0.002	
12:0g	0.0	13			4		0.031	0.002	
13:0g									
14:0g	0.0	86			4		0.206	0.013	
15:0g									
16:0g	3.7	86			4		9.086	0.568	
17:0g									
18:0g	1.4	39			4		3.454	0.216	
20:0g									
22:0g 24:0g									

	<u>Am</u>	ount in 100 grams	Amount in edible portion of common					
		Number	r			<u>m</u> .	easures of food	
Nutrients and Units	Mean	of Data Std. Error Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	8.415			4		20.196	1.262	
14:1g								
15:1g								
16:1 undifferentiatedg	0.111			4		0.266	0.017	
17:1g								
18:1 undifferentiatedg	8.197			4		19.673	1.230	
20:1g	0.067			4		0.161	0.010	
22:1 undifferentiatedg	0.000			4		0.000	0.000	
24:1 cg								
Fatty acids, total polyunsaturated	19.584			4		47.002	2.938	
18:2 undifferentiatedg	17.244			4		41.386	2.587	
18:3 undifferentiatedg	2.304			4		5.530	0.346	
18:4g	0.003			4		0.007	0.000	
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000			4		0.000	0.000	
20:5 n-3g	0.000			4		0.000	0.000	
22:5 n-3g	0.000			4		0.000	0.000	
22:6 n-3g	0.000			4		0.000	0.000	
Fatty acids, total trans								
Cholesterolmg	4			4		10	1	
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0			7		0.0	0.0	
Caffeine mg	0	0	BFZN	4		0	0	
Theobrominemg	0	0	BFZN	4		0	0	
Carotenoids:								
Carotene, betamcg	92	0	BFZN	4		220.000	13.750	
Carotene, alphamcg	0	0	BFZN	4		0.000	0.000	
Cryptoxanthin, betamcg	52	0	BFZN	4		124.800	7.800	
Lycopene mcg	2597	0	BFZN	4		6231.600	389.475	
Lutein + zeaxanthinmcg	29	0	BFZN	4		69.110	4.319	

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

Common Measures:

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

Calories Factors: Protein Fat Carbohydrate

Food Group: 04 Fats and Oils

NDB No. 04140 Salad dressing, blue + roquefort cheese, commercial, regular, without salt

		<u>A</u>	mount in 100) grams	of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
				Number				<u>m</u>	easures of food	<u></u>
				of Data		Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
n · .										
Proximates: Water	а	32.30		0		1		4.85	79.14	
Energy	_	504		0	NC	4		76	1235	
Energy		2109		0		4		316	5166	
Protein (N x 6.25)		4.80		0		1		0.72	11.76	
Total lipid (fat)		52.30		0		1		7.85	128.14	
Ash		0.50		0		1		0.08	1.23	
Carbohydrate, by difference		7.40		0	NC	4		1.11	18.13	
Fiber, total dietary		0.0		0		4		0.0	0.0	
Sugars, total										
Starch										
	0									
Minerals:	m .c-	^-		-		_			4.00	
Calcium, Ca	-	81		0		1		12	198	
Iron, Fe		0.20		0		1		0.03	0.49	
		74		0		1		11	181	
Phosphorus, P Potassium, K		37		0		1		6	91	
Sodium, Na	-	30		0		1		5	74	
Zinc, Zn		30		Ū		-		J		
Copper, Cu										
Manganese, Mn										
Selenium, Se		1.6		0	CAZN	4		0.2	3.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.0		0		1		0.3	4.9	
Thiamin	mg	0.010)	0		1		0.002	0.025	
Riboflavin	mg	0.100)	0		1		0.015	0.245	
Niacin	mg	0.100)	0		1		0.015	0.245	
Pantothenic acid	mg									
Vitamin B-6	-									
Folate, total										
Folate, DFE										
Vitamin B-12				_						
Vitamin A, IU	IU	210		0		1		32	515	
Vitamin A, RAE		63		0	BFZY	4		9	154	
Vitamin E (alpha-tocopherol)										
Tocopherol, gamma										
Tocopherol, delta	-									
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	q	9.900)	0		1		1.485	24.255	
Fatty acids, total monounsaturated										
14:1										
15:1										
16:1 undifferentiated	g									
17:1	g									
18:1 undifferentiated	g	11.800)	0		1		1.770	28.910	
20:1	g									
22:1 undifferentiated										
24:1 c										
Fatty acids, total polyunsaturated		<u> </u>		_		_				
18:2 undifferentiated		23.500)	0		1		3.525	57.575	
18:3 undifferentiated										
18:4										
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated										
20:5 n-3	9									

	<u> </u>	Amount in 10	00 grams Number		Amount in edible portion of common measures of food				
Nutrients and Units	Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3
22:5 n-3g 22:6 n-3g									
Fatty acids, total trans. 9 Cholesterol. mg Phytosterols. mg	17		0		1		3	42	

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

Common Measures:

Measure 1 = 15g: 1 tablespoon Measure 2 = 245g: 1 cup

Calories Factors: Protein 4.36 Fat 8.84 Carbohydrate 3.8

Food Group: 04 Fats and Oils

NDB No. 04539 Salad dressing, blue or roquefort cheese dressing, commercial, regular

		<u>A</u>	mount in 100 gran	s of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
			Numb	er			<u>m</u>	easures of food	<u>l</u>
			of Dat	a Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Point	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	32.30	1		1		4.85	79.14	
Energy	kcal	504	0	NC	4		76	1235	
Energy		2109	0		4		316	5166	
Protein (N x 6.25)	g	4.80	1		1		0.72	11.76	
Total lipid (fat)	g	52.30	0		1		7.85	128.14	
Ash	g	3.20	1		1		0.48	7.84	
Carbohydrate, by difference	g	7.40	0	NC	4		1.11	18.13	
Fiber, total dietary	g	0.0	0		4		0.0	0.0	
Sugars, total	g	3.60	0	FLA	4		0.54	8.81	
Starch	g								
Mr. I									
Minerals:	ma	01	^		4		10	100	
Calcium, Ca	-	81 0.20	0		1 1		12 0.03	198 0.49	
Iron, FeMagnesium, Mg		0.20	0		4		0.03	0.49	
Phosphorus, P		74	0		1		11	181	
Potassium, K	•	74 37	0		4		6	91	
Sodium, Na		1094	0		4		164	2680	
Zinc, Zn		0.27	0		4		0.04	0.65	
Copper, Cu		0.016			1		0.002	0.039	
Manganese, Mn.									
Selenium, Se		1.0	2	A	1		0.2	2.5	
·	_								
Vitamins:			_						
Vitamin C, total ascorbic acid		2.0	0		1		0.3	4.9	
Thiamin		0.010			1		0.002	0.025	
Riboflavin		0.100			1		0.015	0.245	
Niacin	_	0.100			1		0.015	0.245	
Pantothenic acid		0.388			4		0.058	0.951	
Vitamin B-6	_	0.037 28	0 0	FLA	4 4		0.006 4	0.091	
Foliate, total		0	0	FLA	4		0	68 0	
Folic acidFolate, food		28	0	FLA	4		4	68	
Folate, DFE	mcg DFF	28	0	NC NC	4		4	68	
Vitamin B-12		0.27	0	NC	4		0.04	0.67	
Vitamin A, IU		254	0	FLA	4		38	622	
Vitamin A, RAE		67	0	NC	4		10	163	
Retinol		65	0	FLA	4		10	159	
Vitamin E (alpha-tocopherol)		6.00	0		4		0.90	14.70	
Tocopherol, beta			-		=				
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D		12.369	0	FLA	4		1.855	30.303	
Vitamin K (phylloquinone)		91.0	0	FLA	4		13.7	223.0	
Tinia									
Lipids:	0	0.000	^		1		1 405	04 055	
Fatty acids, total saturated		9.900					1.485	24.255	
4:0	_	0.000			1 1		0.000	0.000	
6:0 8:0	•	0.000			1		0.000	0.000	
8:0 10:0.		0.000			1		0.000 0.000	0.000 0.000	
12:0		0.100			1		0.000	0.000	
13:0	-	0.100	, 0		_		0.015	0.245	
14:0		0.600	0		1		0.090	1.470	
15:0	_	0.600	, 0		1		0.090	1.4/0	
16:0		6.500	0		1		0.975	15.925	
17:0		0.500	. •		-		0.575	13.323	
18:0	_	2.400	0		1		0.360	5.880	
20:0	_	2.400	. •		-		0.300	3.880	
22:0	-								
	ت								

	<u>A</u>	mount in 100	grams	of edil	<u>n</u>	Amount in edible portion of common measures of food			
		N	Number	•			<u>m</u> e	easures of food	
			of Data		Source	Confidence			
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	12.300	1	0		1		1.845	30.135	
15:1	0.300	1	0		1		0.045	0.735	
18:1 undifferentiated	11.800		0		1		1.770	28.910	
20:1g	0.000		0		1		0.000	0.000	
22:1 undifferentiatedg 24:1 cg	0.000)	0		1		0.000	0.000	
Fatty acids, total polyunsaturated	27.800)	0		1		4.170	68.110	
18:2 undifferentiatedg	23.500)	0		1		3.525	57.575	
18:3 undifferentiatedg	3.700	1	0		1		0.555	9.065	
18:4g	0.000)	0		1		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000	1	0		1		0.000	0.000	
20:5 n-3g	0.000	1	0		1		0.000	0.000	
22:5 n-3g	0.000	1	0		1		0.000	0.000	
22:6 n-3g	0.000	1	0		1		0.000	0.000	
Fatty acids, total trans									
Cholesterolmg	17		0		4		3	42	
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.070		0		4		0.011	0.172	
	0.176		0		4		0.026	0.172	
Threonine	0.176		0		4		0.028	0.431	
Leucineg	0.233		0		4		0.065	1.056	
Lysine9	0.416		0		4		0.062	1.019	
Methionine	0.416		0		4		0.020	0.321	
Cystineg	0.024		0		4		0.020	0.059	
•	0.024		0		4		0.037	0.598	
Phenylalanine	0.244		0		4		0.044	0.398	
Valineg	0.230		0		4		0.052	0.711	
Arginine	0.349		0		4		0.032	0.899	
	0.133		0		4		0.024	0.390	
Histidineg	0.170		0		4		0.028	0.417	
Alanine	0.144		0		4		0.022	0.333	
Glutamic acid	1.164		0		4		0.175	2.852	
	0.091		0		4		0.014	0.223	
Glycine	0.472		0		4		0.071	1.156	
Serine 9	0.472		0		4		0.038	0.627	
Hydroxyproline	0.230	•	U		-		0.038	0.027	
Others:					_				
Alcohol, ethylg	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, betamcg	19		0	FLA	4		2.799	45.724	
Carotene, alphamcg	4		0	FLA	4		0.652	10.649	
Cryptoxanthin, betamcg	4		0	FLA	4		0.576	9.415	
Lycopene mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin mcg	126		0	FLA	4		18.889	308.514	

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

Common Measures:

Measure 1 = 15g: 1 tablespoon Measure 2 = 245g: 1 cup

Salad dressing, blue or roquefort cheese dressing, commercial, regular

Calories Factors: Protein 4.36 Fat 8.84 Carbohydrate 3.8

Food Group: 04 Fats and Oils

NDB No. 42192 Salad dressing, blue or roquefort cheese dressing, fat-free

		<u>A</u>	mount in 100	grams	of edit	ole portio	<u>n</u>	Amount in edible portion of common			
			N	Number	•			<u>m</u>	easures of food		
			(of Data	Deriv	Source	Confidence				
Nutrients and Unit	s	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	68.00				4		180.20	11.56		
Energy.	_	115				4		305	20		
Energy		481				4		1275	82		
Protein		2.10				4		5.57	0.36		
Total lipid (fat)	-	0.80				4		2.12	0.14		
Ash		3.50		0	NC	4		9.28	0.60		
Carbohydrate, by difference		25.60		•	-1.0	4		67.84	4.35		
Fiber, total dietary		3.4				4		9.0	0.6		
Sugars, total		21.56		0	FLA	4		57.14	3.67		
Starch	-	21.50		Ū	LIM	-		37.14	3.07		
Starcii	9										
Minerals:											
Calcium, Ca	-	72				4		191	12		
Iron, Fe		0.08				4		0.21	0.01		
Magnesium, Mg		9				4		24	2		
Phosphorus, P		107				4		284	18		
Potassium, K		194				4		514	33		
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	799				4		2117	136		
Zinc, Zn		0.22 0.010	,			4 4		0.58 0.027	0.04 0.002		
Copper, Cu		0.010	,			4		0.027	0.002		
Selenium, Se		1.6		0	CAZN	4		4.2	0.3		
Scientum, Sc	9	1.0		Ŭ	CILLI	•			0.5		
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	mg	0.1				4		0.3	0.0		
Thiamin		0.040)			4		0.106	0.007		
Riboflavin	mg	0.100)			4		0.265	0.017		
Niacin		0.030)			4		0.080	0.005		
Pantothenic acid											
Vitamin B-6		0.020)			4		0.053	0.003		
Folate, total		6		0	FLA	4		15	1		
Folic acid		0		0	FLA	4		0	0		
Folate, food		6		0	FLA	4		15	1		
Folate, DFE		6		0	NC	4		15	1		
Vitamin B-12		0.26				4		0.69	0.04		
Vitamin A, IU	IU	11		0	FLA	4		30	2		
Vitamin A, RAE		3 3		0	NC	4		8	1 1		
Retinol Vitamin E (alpha-tocopherol)		0.02		0	FLA FLA	4 4		8 0.06	0.00		
Tocopherol, beta		0.02		U	FLIA	4		0.06	0.00		
Tocopherol, gamma Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		0.0		0	FLA	4		0.1	0.0		
<u>Lipids:</u>											
Fatty acids, total saturated		0.120				4		0.318	0.020		
4:0	-	0.000				7		0.000	0.000		
6:0	-	0.000				7		0.000	0.000		
8:0	-	0.000				7		0.000	0.000		
10:0	-	0.000				7		0.000	0.000		
12:0	-	0.000)			7		0.000	0.000		
13:0	-					_					
14:0		0.008	5			4		0.021	0.001		
15:0											
16:0		0.082	2			4		0.217	0.014		
17:0		0.00									
18:0		0.030)			4		0.080	0.005		
20:0 22:0	-										

NDB No. 42192 Salad dressing, blue or roquefort cheese dressing, fat-free

	Ar	mount in 10	00 grams	Amount in edible portion of common					
			Number				<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.186				4		0.493	0.032	
14:1g									
15:1g									
16:1 undifferentiatedg	0.002				4		0.005	0.000	
17:1g									
18:1 undifferentiatedg	0.182				4		0.482	0.031	
20:1g	0.002				4		0.005	0.000	
22:1 undifferentiatedg	0.000				7		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturatedg	0.462				4		1.224	0.079	
18:2 undifferentiated	0.408				4		1.081	0.069	
18:3 undifferentiatedg	0.054				4		0.143	0.009	
18:4g	0.000				7		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000				7		0.000	0.000	
20:5 n-3g	0.000				7		0.000	0.000	
22:5 n-3g	0.000				7		0.000	0.000	
22:6 n-3g	0.000				7		0.000	0.000	
Fatty acids, total transg									
Cholesterolmg	3				4		8	1	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0				7		0.0	0.0	
Caffeinemg	0		0	FLA	4		0	0	
Theobromine mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, betamcg	1		0	FLA	4		1.616	0.104	
Carotene, alphamcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, betamcg	0		0	FLA	4		0.000	0.000	
Lycopene mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin mcg	0		0	FLA	4		0.000	0.000	

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

Common Measures:

Measure 1 = 265g: 1 cup Measure 2 = 17g: 1 tbsp

Calories Factors: Protein 4.03 Fat 8.84 Carbohydrate 3.8

Food Group: 04 Fats and Oils

NDB No. 42153 Salad dressing, blue or roquefort cheese dressing, reduced calorie

		<u>A</u> 1	mount in 10	0 grams	of edib	le portio	<u>on</u>		edible portion	
Nutrients and Un	nits	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	<u>l</u> Measure 3
Proximates:										
Water	g	77.80		0		1		193.72	12.45	
Energy	kcal	86		0		4		214	14	
Energy	kj	360		0		4		897	58	
Protein		2.10		0		1		5.23	0.34	
Total lipid (fat)	-	2.70		1		1		6.72	0.43	
Ash		4.20		0	NC	4		10.46	0.67	
Carbohydrate, by difference	g	13.20		0	NC	4		32.87	2.11	
Fiber, total dietary	g	0.0		0		1		0.0	0.0	
Sugars, total		3.60		0	BFZN	4		8.96	0.58	
Starch	g									
Minerals:										
Calcium, Ca	mg	68		0		1		169	11	
Iron, Fe		0.14		0		1		0.35	0.02	
Magnesium, Mg		4		0		1		10	1	
Phosphorus, P		47		0		1		117	8	
Potassium, K		51		0		1		127	8	
Sodium, Na		1610		0		1		4009	258	
Zinc, Zn		0.30		0		1		0.75	0.05	
Copper, Cu		0.013	3	0		1		0.032	0.002	
Manganese, Mn		1.6		0	CAZN	4		4.0	0.3	
Selenium, Se	Illog	1.6		U	CAZN	4		4.0	0.3	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.0		0		1		0.0	0.0	
Thiamin		0.010		0		1		0.025	0.002	
Riboflavin	=	0.040		0		1		0.100	0.006	
Niacin	_	0.040)	0		1		0.100	0.006	
Pantothenic acid		0.000		•				0.050		
Vitamin B-6		0.020	,	0 0		1		0.050	0.003 4	
Folic acid		28 0		0	BFZN BFZN	4 4		69 0	0	
Folate, food		28		0	BFZN	4		69	4	
Folate, DFE		28		0	NC	4		69	4	
Vitamin B-12		0.11		0	NC	1		0.27	0.02	
Vitamin A, IU		254		0	NC	4		632	41	
Vitamin A, RAE	mca RAE	67		0	NC	4		166	11	
Retinol		65		0	BFZN	4		161	10	
Vitamin E (alpha-tocopherol)		0.90		0	NR	4		2.24	0.14	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	91.0		0	BFZN	4		226.7	14.6	
Lipids:										
Fatty acids, total saturated	g	0.628	3	0		1		1.564	0.100	
4:0		0.014	Į	0		4		0.035	0.002	
6:0		0.008		0		4		0.020	0.001	
8:0	_	0.005	5	0		4		0.012	0.001	
10:0	-	0.011		0		4		0.027	0.002	
12:0	g	0.012	2	0		4		0.030	0.002	
13:0	g									
14:0	g	0.051		0		4		0.127	0.008	
15:0	g									
16:0	g	0.350)	0		4		0.872	0.056	
17:0	g									
18:0	g	0.167	•	0		4		0.416	0.027	
20:0	g									
22:0	-									
24:0	a									

NDB No. 42153 Salad dressing, blue or roquefort cheese dressing, reduced calorie

		<u>An</u>	ount in 10		Amount in edible portion of common measures of food					
Nutrients and Ur	nits	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		1.092		0		1		2.719	0.175	
14:1										
15:1	-	0.000		0		4		0.050	0.003	
16:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.020		U		4		0.050	0.003	
17:1 18:1 undifferentiated		1.063		0		4		2.647	0.170	
20:1	• • • • • • • • • • • • • • • • • • • •	0.000		0		7		0.000	0.170	
20:1 undifferentiated	-	0.000		0		7		0.000	0.000	
	•	0.000		U		,		0.000	0.000	
24:1 cFatty acids, total polyunsaturated		0.855		0		1		2.129	0.137	
		0.833		0		4		1.965	0.137	
18:2 undifferentiated 18:3 undifferentiated	-	0.789		0		4		0.159	0.126	
18:4	-	0.000		0		7		0.159	0.000	
20:2 n-6 c.c.		0.000		U		,		0.000	0.000	
20:3 undifferentiated	• • • • • • • • • • • • • • • • • • • •									
20:4 undifferentiated		0.000		0		7		0.000	0.000	
20:5 n-3	-	0.000		0		7		0.000	0.000	
20:5 n-3		0.000		0		7		0.000	0.000	
22:5 n-3	-	0.000		0		7		0.000	0.000	
		0.000		U		,		0.000	0.000	
Fatty acids, total trans Cholesterol.		10		0		1		25	2	
Phytosterols	• • • • • • • • • • • • • • • • • • • •	10		U		_		25	2	
Phytosterois										
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	
Caffeine	mg	0		0	BFZN	4		0	0	
Theobromine	mg	0		0	BFZN	4		0	0	
Carotenoids:										
Carotene, beta	mcq	19		0	BFZN	4		46.470	2.986	
Carotene, alpha		4		0	BFZN	4		10.823	0.695	
Cryptoxanthin, beta		4		0	BFZN	4		9.568	0.615	
Lycopene		0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin		126		0	BFZN	4		313.551	20.148	

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

Common Measures:

Measure 1 = 249g: 1 cup Measure 2 = 16g: 1 tbsp

Calories Factors: Protein Fat Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u> :	mount in 10	0 grams	of edib	ole portio	<u>n</u>		edible portion	_
				Number	r			<u>m</u>	easures of food	_
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	79.50				1		194.78	11.93	
Energy	kcal	99				1		243	15	
Energy	kj	414				1		1015	62	
Protein	-	5.10				1		12.50	0.77	
Total lipid (fat)	g	7.20				1		17.64	1.08	
Ash	g	5.30		0	NC	4		12.99	0.80	
Carbohydrate, by difference	g	2.90		0	NC	4		7.11	0.44	
Fiber, total dietary	g	0.0			Z	7		0.0	0.0	
Sugars, total	g	2.82		0	FLA	4		6.91	0.42	
Starch	g									
Minopole										
Minerals: Calcium, Ca	ma	89				1		218	13	
Iron, Fe	-	0.50				1		1.23	0.08	
Magnesium, Mg	-	7				1		1.23	1	
Phosphorus, P		83				1		203	12	
Potassium, K	-	5				1		12	1	
Sodium, Na		1200				1		2940	180	
Zinc, Zn	-	0.25				1		0.61	0.04	
Copper, Cu		0.010)			1		0.025	0.002	
Manganese, Mn						_		****	****	
Selenium, Se		1.6		0	CAZN	4		3.9	0.2	
ŕ	············									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.3				1		0.7	0.0	
Thiamin	-	0.020				1		0.049	0.003	
Riboflavin	mg	0.100				1		0.245	0.015	
Niacin	mg	0.050)			1		0.123	0.008	
Pantothenic acid	-									
Vitamin B-6	-	0.020)			1		0.049	0.003	
Folate, total		3				1		7	0	
Folic acid		0		0	FLA	4		0	0	
Folate, food	mcg	3				1		7	0	
Folate, DFE		3		0	NC	4		7	0	
Vitamin B-12		0.23				1		0.56	0.03	
Vitamin A, IU		3		0	NC	4		8	0	
Vitamin A, RAE		0		0	NC	4		0	0	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		0.25		0	FLA	4		0.62	0.04	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D				•						
Vitamin K (phylloquinone)	nicg	5.4		0	FLA	4		13.1	0.8	
Lipids:										
Fatty acids, total saturated	g	2.575	i			4		6.309	0.386	
4:0		0.069)			4		0.169	0.010	
6:0	-	0.038	3			4		0.093	0.006	
8:0	g	0.026	5			4		0.064	0.004	
10:0	-	0.062	2			4		0.152	0.009	
12:0	g	0.051				4		0.125	0.008	
13:0	g									
14:0		0.352	2			4		0.862	0.053	
15:0										
16:0		1.414	Į.			4		3.464	0.212	
17:0										
18:0		0.496	5			4		1.215	0.074	
20:0										
22:0	-									
24:0	-									

	<u>Ar</u>	nount in 100 gra	ms of edi	Amount in edible portion of common				
		Num of Da		Source	Confidence	<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error Poin	ts Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	1.783			4		4.368	0.267	
14:1g								
15:1	0.000					0.040	0.015	
16:1 undifferentiated	0.099			4		0.243	0.015	
17:1	1.645			4		4 030	0 247	
20:1	0.003			4		4.030 0.007	0.247 0.000	
20:1				4		0.007		
22:1 undifferentiated	0.000			4		0.000	0.000	
Fatty acids, total polyunsaturated9	2.422			4		5.934	0.363	
18:2 undifferentiatedg	2.117			4		5.187	0.318	
18:3 undifferentiated	0.301			4		0.737	0.318	
18:4g	0.000			4		0.737	0.045	
20:2 n-6 c,c	0.000			-		0.000	0.000	
20:3 undifferentiated								
20:4 undifferentiated	0.002			4		0.005	0.000	
20:5 n-3	0.000			4		0.000	0.000	
20:5 n-3	0.000			4		0.000	0.000	
22:6 n-3	0.001			4		0.002	0.000	
Fatty acids, total trans	0.002			-		0.002	0.000	
Cholesterol mg	1			1		2	0	
Phytosterols mg	_			_		_	-	
Others:								
Alcohol, ethylg	0.0			7		0.0	0.0	
Caffeine mg	0) FLA	4		0	0	
Theobromine mg	0) FLA	4		0	0	
Carotenoids:								
Carotene, beta mcg	2) FLA	4		4.832	0.296	
Carotene, alpha mcg	0) FLA	4		0.000	0.000	
Cryptoxanthin, beta mcg	0) FLA	4		0.000	0.000	
Lycopenemcg	0) FLA	4		0.000	0.000	
Lutein + zeaxanthin mcg	0) FLA	4		0.000	0.000	

Common Measures:

Measure 1 = 245g: 1 cup Measure 2 = 15g: 1 tbsp

Calories Factors: Protein Fat Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u>	mount in 10	00 grams	of edit	ole portio	<u>n</u>	Amount in edible portion of common			
Nutrients and Un	iits	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3	
Proximates:											
Water	g	49.30				1					
Energy	kcal	364				1					
Energy		1523				1					
Protein	-	3.20				1					
Total lipid (fat)		36.90				1					
Ash		3.00		0	NC	4					
Carbohydrate, by difference	g	7.60			NC	4					
Fiber, total dietary	g	0.0				1					
Sugars, total	g	4.77		0	FLA	4					
Starch	g										
Minerals:											
Calcium, Ca	ma	99				1					
Iron, Fe	-	0.33				1					
Magnesium, Mg		11				1					
Phosphorus, P		89				1					
Potassium, K		152				1					
Sodium, Na		865				1					
Zinc, Zn		0.34				1					
Copper, Cu		0.009)			1					
Manganese, Mn											
Selenium, Se	mcg	1.6		0	CAZN	4					
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.7				1					
Thiamin		0.030	1			1					
Riboflavin	-	0.030				1					
Niacin	-	0.080				1					
Pantothenic acid		0.000	•			-					
Vitamin B-6		0.040)			1					
Folate, total		3				1					
Folic acid		0		0	FLA	4					
Folate, food		3				1					
Folate, DFE		3		0	NC	4					
Vitamin B-12		0.24				1					
Vitamin A, IU		38		0	BFZN	4					
Vitamin A, RAE	mcg_RAE	10		0	NC	4					
Retinol		10		0	BFZN	4					
Vitamin E (alpha-tocopherol)		3.42		0	FLA	4					
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta	mg										
Vitamin D											
Vitamin K (phylloquinone)	mcg	71.3		0	FLA	4					
Lipids:											
Fatty acids, total saturated	a	5.842	2			4					
4:0		0.011				4					
6:0		0.007				4					
8:0		0.004				4					
10:0		0.007				4					
12:0	-	0.007				4					
13:0	-										
14:0		0.071				4					
15:0	-										
16:0		3.828	3			4					
17:0											
18:0		1.902	2			4					
20:0											
22:0	-										
24:0	-										

	Amount in 100 grams of ed				ole portio	<u>n</u>	Amount in edible portion of commo		
			Number				<u>m</u> e	easures of food	
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	15.774				4				
14:1g									
15:1	0.191				4				
18:1 undifferentiatedg	15.544				4				
20:1g	0.000				4				
22:1 undifferentiatedg	0.000				4				
24:1 cg	13.452				4				
Fatty acids, total polyunsaturatedg 18:2 undifferentiatedg	13.452				4				
18:3 undifferentiatedg	0.925				4				
18:4g	0.000				4				
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.011				4				
20:5 n-3g	0.000				4				
22:5 n-3g	0.000				4				
22:6 n-3g	0.000				4				
Fatty acids, total transg	33				1				
Cholesterolmg Phytosterolsmg	33				_				
Filytosterois									
Others:									
Alcohol, ethylg	0.0				1				
Caffeine mg	0		0 0	Z	7 7				
Theobrominemg	0		U	Z	,				
Carotenoids:									
Carotene, beta mcg	2		0	BFZN	4				
Carotene, alpha mcg	1		0	BFZN	4				
Cryptoxanthin, betamcg	1 0		0	BFZN BFZN	4 4				
Lycopenemcg Lutein + zeaxanthinmcg	29		0	BFZN	4				
Luteni + zeaxantiniiiicg	23		U	DEAN	*				

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u>	mount in 100 g	rams	of edib	ole portic	<u>on</u>	Amount in edible portion of common			
			Nu	mber				m	easures of food		
					Deriv	Source	Confidence				
Nutrients and Uni	ite	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure	
Natificities and offi		Mouri	Ota. Error					Micasare 1	measure 2	Micasarc	
Proximates:											
Water	g	62.50	0.507	3	A	1					
Energy	kcal	225		0	NC	4					
Energy	kj	940		0	NC	4					
Protein	g	1.03	0.880	3	A	1					
Total lipid (fat)	g	17.30	2.099	3	A	1					
Ash	g	2.97	0.069	3	A	1					
Carbohydrate, by difference	g	16.20		0	NC	4					
Fiber, total dietary	g	0.9		2	A	1					
Sugars, total	g	3.28	0.323	3	A	1					
Sucrose	g	1.30	0.625	3	A	1					
Glucose (dextrose)	g	0.69	0.052	3	A	1					
Fructose		0.57	0.033	3	A	1					
Lactose		0.72	0.382	3	A	1					
Maltose	g	0.00	0.000	3	A	1					
Galactose		0.00	0.000	3	A	1					
Starch		6.13	0.018	3	A	1					
X.C. 1											
Minerals:		405		_	_	_					
Calcium, Ca		125	78.092	3	A	1					
Iron, Fe		0.87	0.050	3	A	1					
Magnesium, Mg		6	1.234	3	A	1					
Phosphorus, P		193	38.412	3	A	1					
Potassium, K		132	6.766	3	A	1 1					
Sodium, Na		932	5.897	3	A	1					
Zinc, Zn		0.62 0.162	0.041	3 3	A A	1					
Copper, Cu		0.162		3	A	1					
Manganese, Mn Selenium, Se		2.9	0.006	0	FLA	4					
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.7		2	A	1					
Thiamin		0.022	0.012	3	A	1					
Riboflavin	_	0.027	0.013	3	A	1					
Niacin	_	0.007	,	1	A	1					
Pantothenic acid	_	0.861	0.033	3	A	1					
Vitamin B-6	mg	0.029	0.008	3	A	1					
Folate, total		4	0.718	3	A	1					
Folic acid	mcg	0		0	Z	7					
Folate, food		4	0.718	3	A	1					
Folate, DFE		4		0	NC	4					
Vitamin B-12		0.00	0.000	3	A	1					
Vitamin A, IU		67		0	FLA	4					
Vitamin A, RAE		18		0	FLA	4					
Retinol		17		0	FLA	4					
Vitamin E (alpha-tocopherol)	-	1.60		0	FLA	4					
Tocopherol, beta					_						
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D		4.853	3	0	FLA	4					
Vitamin K (phylloquinone)		34.8		2	A	1					
Lipids:											
Fatty acids, total saturated	g	1.328	3	0	NC	4					
4:0		0.000	0.000	3	A	1					
6:0		0.000	0.000	3	A	1					
8:0	g	0.000	0.000	3	A	1					
10:0		0.000		3	A	1					
12:0		0.000		3	A	1					
13:0											
14:0	-	0.015	0.002	3	A	1					
15:0	-			-	-	-					

	<u>Ar</u>	nount in 100 gr			Amount in edible portion of common measures of food				
		Nur	mber				IIIE	easures or roou	
					Source	Confidence			
Nutrients and Units	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
16:0g	0.842	0.061	3	A	1				
17:0g	0.003	0.003	3	A	1				
18:0g	0.370	0.037	3	A	1				
20:0g	0.061	0.027	3	A	1				
22:0g	0.036	0.008	3	A	1				
24:0g	0.000	0.000	3	A	1				
Fatty acids, total monounsaturatedg	5.422		0	NC	4				
14:1g	0.000	0.000	3	A	1				
15:1g									
16:1 undifferentiatedg	0.022		0	A	1				
16:1 cg	0.022	0.010	3	A	1				
16:1 tg									
17:1g									
18:1 undifferentiatedg	5.289		0	A	1				
18:1 cg	5.289	2.617	3	A	1				
18:1 tg	0.000	0.000	3	A	1				
20:1g	0.111	0.055	3	A	1				
22:1 undifferentiatedg	0.000	0.000	3	A	1				
24:1 cg	0.000	0.000	3	A	1				
Fatty acids, total polyunsaturated9	4.334		0	NC	4				
18:2 undifferentiatedg	0.089		0	A	1				
18:2 n-6 c,cg	3.587	0.254	3	A	1				
18:2 CLAsg									
18:2 c,tg									
18:2 t,cg									
18:2 t,tg									
18:2 ig	0.089	0.030	3	A	1				
18:2 t not further defined									
18:3 undifferentiatedg	0.000		0	Z	7				
18:4g	0.000	0.000	3	A	1				
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		3	A	1				
20:5 n-3g	0.000		3	A	1				
22:5 n-3g	0.000		3	A	1				
22:6 n-3g	0.000	0.000	3	A	1				
Fatty acids, total trans			_	_	_				
Cholesterolmg	21	7.740	3	A	1				
Phytosterolsmg	_		_		_				
Stigmasterolmg	6	3.350	•	A	1				
Campesterolmg	30	11.452	3	A	1				
Beta-sitosterolmg	49	13.175	3	A	1				
Others:									
Alcohol, ethylg	0.0		0	FLA	4				
Caffeine mg	0		0	FLA	4				
Theobromine mg	0		0	FLA	4				
Carotenoids:									
Carotene, betamcg	4		0	FLA	4				
Carotene, alpha mcg	2		0	FLA	4				
Cryptoxanthin, betamcg	2		0	FLA	4				
Lycopene mcg	0		0	FLA	4				
Lutein + zeaxanthin mcg	49		0	FLA	4				

Common Measures:

Calories Factors: Protein Fat Carbohydrate

NDB No. 43215 Salad dressing, buttermilk, lite

Food Group: 04 Fats and Oils

	Amount in 100 grams of edible portion						<u>n</u>	Amount in edible portion of common			
				Number	,			<u>m</u>	easures of food	<u> </u>	
Nutrients and Un	nits	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Proximates:	_					_		22.51			
Water		34.30				1		80.61	5.04		
Energy		528				1		1241	78		
Energy		2209				1		5192	325		
Protein		1.20				1		2.82	0.18		
Total lipid (fat)	g	57.70				1		135.59	8.48		
Ash	g	3.70		0	NC	4		8.70	0.54		
Carbohydrate, by difference	g	3.10			NC	4		7.29	0.46		
Fiber, total dietary	g	0.1				1		0.2	0.0		
Sugars, total	g	1.31		0	FLA	4		3.08	0.19		
Starch	g										
N. 6.											
Minerals:	ma	0.4				4		F.C	4		
Calcium, Ca		24				1		56 0.42	4 0.03		
Iron, Fe.		0.18 2				1 1		0.42 5			
Magnesium, Mg									0		
Phosphorus, P		19				1		45	3		
Potassium, K		29				1		68 2533	4		
Sodium, Na		1078				1			158		
Zinc, Zn		0.11				1 1		0.26	0.02		
Copper, Cu		0.010		•		4		0.024	0.001		
Manganese, Mn		0.020	1	0 0	FLA	4		0.048	0.003		
Selenium, Se	Ilicy	1.6		U	CAZN	4		3.8	0.2		
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	mg	0.0				1		0.0	0.0		
Thiamin	mg	0.010	ı			1		0.024	0.001		
Riboflavin		0.010	ı			1		0.024	0.001		
Niacin	mg	0.040	ı			1		0.094	0.006		
Pantothenic acid	mg	0.008		0	FLA	4		0.018	0.001		
Vitamin B-6	mg	0.000	ı			1		0.000	0.000		
Folate, total	mcg	3		0	FLA	4		7	0		
Folic acid		0		0	FLA	4		0	0		
Folate, food		3		0	FLA	4		7	0		
Folate, DFE		3		0	NC	4		7	0		
Vitamin B-12		0.03				1		0.07	0.00		
Vitamin A, IU		7		0	NC	4		16	1		
Vitamin A, RAE		2		0	NC	4		4	0		
Retinol		1		0	FLA	4		3	0		
Vitamin E (alpha-tocopherol)		5.23		0	FLA	4		12.28	0.77		
Tocopherol, beta											
Tocopherol, gamma	mg										
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	112.0		0	FLA	4		263.3	16.5		
<u>Lipids:</u>						_					
Fatty acids, total saturated	-	8.789				4		20.654	1.292		
4:0	-	0.049				4		0.115	0.007		
6:0	-	0.018				4		0.042	0.003		
8:0	-	0.010				4		0.024	0.001		
10:0		0.025				4		0.059	0.004		
12:0	-	0.033	i			4		0.078	0.005		
13:0	-										
14:0	-	0.168				4		0.395	0.025		
15:0	-					_					
16:0		6.106	1			4		14.349	0.898		
17:0	-					_					
18:0	-	2.242				4		5.269	0.330		
20:0	-										
22:0	-										
24:0	g										

	<u>Aı</u>	mount in 10	00 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common		
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	13.504				4		31.734	1.985	
14:1g	13.304				-		31.734	1.303	
15:1 9									
16:1 undifferentiated	0.130				4		0.306	0.019	
17:1g	0.200				-		0.000	0.025	
18:1 undifferentiated	13.186				4		30.987	1.938	
20:1g	0.113				4		0.266	0.017	
22:1 undifferentiated	0.000				4		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturatedg	32.857				4		77.214	4.830	
18:2 undifferentiated	28.928				4		67.981	4.252	
18:3 undifferentiated	3.867				4		9.087	0.568	
18:4g	0.000				4		0.000	0.000	
20:2 n-6 c.cg									
20:3 undifferentiated									
20:4 undifferentiated	0.000				4		0.000	0.000	
20:5 n-3	0.002				4		0.005	0.000	
22:5 n-3g	0.000				4		0.000	0.000	
22:6 n-3g	0.003				4		0.007	0.000	
Fatty acids, total transg									
Cholesterolmg	2				1		5	0	
Phytosterolsmg									
Others:									
Alcohol, ethyl9	0.0				7		0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0	
Theobrominemg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta mcg	1		0	FLA	4		2.606	0.163	
Carotene, alphamcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, betamcg	0		0	FLA	4		0.000	0.000	
Lycopene mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin mcg	0		0	FLA	4		0.000	0.000	

Common Measures:

Measure 1 = 235g: 1 cup Measure 2 = 14.7g: 1 tbsp

Calories Factors: Protein Fat Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u>	mount in 10	00 grams	of edik	ole portio	<u>n</u>	Amount in edible portion of common			
				Number	•			<u>m</u>	easures of food	<u>.</u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Units	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	73.20				1		175.68	10.98		
Energy	kcal	110				1		264	17		
Energy	kj	460				1		1105	69		
Protein	g	0.30				1		0.72	0.05		
Total lipid (fat)	g	4.40				1		10.56	0.66		
Ash	g	3.50		0	NC	4		8.40	0.53		
Carbohydrate, by difference	g	18.60			NC	4		44.64	2.79		
Fiber, total dietary	g	0.1				1		0.2	0.0		
Sugars, total	g	16.32		0	FLA	4		39.16	2.45		
Starch	g										
Minerals:											
Calcium, Ca	ma	24				1		58	4		
Iron, Fe	_	0.18				1		0.43	0.03		
Magnesium, Mg	_	2				1		5	0		
Phosphorus, P		19				1		46	3		
Potassium, K	_	29				1		70	4		
Sodium, Na		1078				1		2587	162		
Zinc, Zn	-	0.11				1		0.26	0.02		
Copper, Cu		0.010)			1		0.024	0.002		
Manganese, Mn	mg										
Selenium, Se	mcg	1.6		0	CAZN	4		3.8	0.2		
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0				1		0.0	0.0		
Thiamin	_	0.010	1			1		0.024	0.002		
Riboflavin	_	0.010				1		0.024	0.002		
Niacin	_	0.040				1		0.096	0.002		
Pantothenic acid		0.010				_		0.000	0.000		
Vitamin B-6	-	0.000)			1		0.000	0.000		
Folate, total		2				1		5	0		
Folic acid		0		0	FLA	4		0	0		
Folate, food		2				1		5	0		
Folate, DFE	mcg_E	OFE 2		0	NC	4		5	0		
Vitamin B-12		0.03				1		0.07	0.00		
Vitamin A, IU	IU	5		0	NC	4		11	1		
Vitamin A, RAE		RAE 1		0	NC	4		3	0		
Retinol		1		0	FLA	4		3	0		
Vitamin E (alpha-tocopherol)	mg	0.71		0	FLA	4		1.70	0.11		
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D				_		_					
Vitamin K (phylloquinone)	mcg	1.0		0	FLA	4		2.5	0.2		
Lipids:											
Fatty acids, total saturated	g	0.703	3			4		1.687	0.105		
4:0		0.008				4		0.019	0.001		
6:0		0.003				4		0.007	0.000		
8:0	-	0.002	2			4		0.005	0.000		
10:0	g	0.004	l			4		0.010	0.001		
12:0	g	0.006	5			4		0.014	0.001		
13:0	g										
14:0		0.025	5			4		0.060	0.004		
15:0											
16:0	g	0.469	•			4		1.126	0.070		
17:0	g										
10.0	q	0.171	L			4		0.410	0.026		
18:0											
20:0	_										

	<u>An</u>	nount in 10	00 grams Number		ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	1.124				4		2.698	0.169	
14:1g									
15:1g									
16:1 undifferentiatedg	0.014				4		0.034	0.002	
17:1g									
18:1 undifferentiatedg	1.009				4		2.422	0.151	
20:1g	0.024				4		0.058	0.004	
22:1 undifferentiatedg	0.066				4		0.158	0.010	
24:1 cg									
Fatty acids, total polyunsaturated9	2.368				4		5.683	0.355	
18:2 undifferentiatedg	2.060				4		4.944	0.309	
18:3 undifferentiatedg	0.291				4		0.698	0.044	
18:4g	0.001				4		0.002	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000				4		0.000	0.000	
20:5 n-3g	0.005				4		0.012	0.001	
22:5 n-3g	0.000				4		0.000	0.000	
22:6 n-3g	0.008				4		0.019	0.001	
Fatty acids, total trans9									
Cholesterolmg	2				1		5	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0				7		0.0	0.0	
Caffeinemg	0		0	FLA	4		0	0	
Theobrominemg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta mcg	1		0	FLA	4		1.678	0.105	
Carotene, alphamcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, betamcg	0		0	FLA	4		0.000	0.000	
Lycopenemcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin mcg	0		0	FLA	4		0.000	0.000	

Common Measures:

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

Calories Factors: Protein Fat Carbohydrate

Food Group: 04 Fats and Oils

		<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>l</u>
Nutrients and Uni	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure :
Proximates: Water	a	39.90				1		99.75	6.38	
		39.90				1		99.75 975		
Energy									62	
Energy		1632				1		4079	261	
Protein		0.90				1		2.25	0.14	
Total lipid (fat)	g	33.40				1		83.50	5.34	
Ash	g	2.00		0	NC	4		5.00	0.32	
Carbohydrate, by difference	g	23.80			NC	4		59.50	3.81	
Fiber, total dietary	g	0.1				1		0.3	0.0	
Sugars, total	g	20.11		0	FLA	4		50.27	3.22	
Starch	g									
Minerals:						_			_	
Calcium, Ca		14				1		35	2	
Iron, Fe		0.20				1		0.50	0.03	
Magnesium, Mg		2				1		5	0	
Phosphorus, P		26				1		65	4	
Potassium, K	mg	9				1		23	1	
Sodium, Na		710				1		1775	114	
Zinc, Zn		0.18				1		0.45	0.03	
Copper, Cu	mg	0.011	=			1		0.028	0.002	
Manganese, Mn	mg	0.108	3	0	FLA	4		0.269	0.017	
Selenium, Se	mcg	1.6		0	CAZN	4		4.0	0.3	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0				1		0.0	0.0	
*	_	0.010				1		0.025	0.002	
Thiamin						1		0.025		
Riboflavin		0.020							0.003	
Niacin	-	0.000		•		1		0.000	0.000	
Pantothenic acid	-	0.131		0	FLA	4		0.328	0.021	
Vitamin B-6	_	0.020)	_		1		0.050	0.003	
Folate, total		14		0	FLA	4		34	2	
Folic acid		0		0	FLA	4		0	0	
Folate, food		14		0	FLA	4		34	2	
Folate, DFE		14		0	NC	4		34	2	
Vitamin B-12		0.21				1		0.53	0.03	
Vitamin A, IU		63		0	NC	4		157	10	
Vitamin A, RAE	mcg_RAE	17		0	NC	4		41	3	
Retinol.		16		0	FLA	4		40	3	
Vitamin E (alpha-tocopherol)	mg	3.08		0	FLA	4		7.70	0.49	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU	4.675	5	0	FLA	4		11.688	0.748	
Vitamin K (phylloquinone)	mcg	63.7		0	FLA	4		159.1	10.2	
r:-:3										
<u>Lipids:</u>	_					_				
Fatty acids, total saturated		4.900				1		12.250	0.784	
4:0	-	0.000				4		0.000	0.000	
6:0		0.000				4		0.000	0.000	
8:0		0.000				4		0.000	0.000	
10:0	-	0.000				4		0.000	0.000	
12:0	-	0.100)			4		0.250	0.016	
13:0	g									
14:0	g	0.000)			4		0.000	0.000	
15:0	g									
16:0	g	3.500)			4		8.750	0.560	
17:0	_									
18:0	_	1.400)			4		3.500	0.224	
20:0	_									
22:0	_									
24:0	-									

	<u>Aı</u>	nount in 10	00 grams	of edil	ole portio	<u>on</u>		Amount in edible portion of common		
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	9.000				1		22.500	1.440		
14:1g	9.000				_		22.500	1.440		
15:1										
16:1 undifferentiated	0.000				4		0.000	0.000		
17:1g					_					
18:1 undifferentiated	9.000				4		22.500	1.440		
20:1g	0.000				4		0.000	0.000		
22:1 undifferentiatedg	0.000				4		0.000	0.000		
24:1 cg										
Fatty acids, total polyunsaturated	18.000				1		45.000	2.880		
18:2 undifferentiatedg	16.000				4		40.000	2.560		
18:3 undifferentiatedg	2.000				4		5.000	0.320		
18:4g	0.000				4		0.000	0.000		
20:2 n-6 c,cg										
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.000				4		0.000	0.000		
20:5 n-3g	0.000				4		0.000	0.000		
22:5 n-3g	0.000				4		0.000	0.000		
22:6 n-3g	0.000				4		0.000	0.000		
Fatty acids, total transg										
Cholesterolmg	26				1		65	4		
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0				1		0.0	0.0		
Caffeine mg	0		0	FLA	4		0	0		
Theobrominemg	0		0	FLA	4		0	0		
Carotenoids:										
Carotene, betamcg	4		0	FLA	4		9.615	0.615		
Carotene, alphamcg	2		0	FLA	4		4.107	0.263		
Cryptoxanthin, betamcg	1		0	FLA	4		3.631	0.232		
Lycopene mcg	0		0	FLA	4		0.000	0.000		
Lutein + zeaxanthin mcg	48		0	FLA	4		118.992	7.616		

Common Measures:

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

Calories Factors: Protein Fat Carbohydrate

Food Group: 04 Fats and Oils

NDB No. 04120 Salad dressing, french dressing, commercial, regular

		<u>A</u>	mount in 100 gra	ms or ear	DIE POI LIC	<u> </u>	Amount in edible portion of common			
			Num	ber			<u>m</u>	easures of food	<u>l</u>	
			of Da	ata Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Poin	ts Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:		06.56	0.400							
Water	-	36.56		5 A	1		5.85	91.39	4.50	
Energy		457		0 NC 0 NC	4		73	1143	56	
Energy		1913			4		306	4782	235	
Protein (N x 6.25)		0.77		5 A 5 A	1 1		0.12	1.91	0.09	
Total lipid (fat)		44.81 2.29		5 A 5 A	1		7.17 0.37	112.02 5.73	5.51 0.28	
Ash				o A O NC	4					
Carbohydrate, by difference		15.58 0.0		l A	1		2.49 0.0	38.95 0.0	1.92 0.0	
Fiber, total dietary		15.95		1 A	1		2.55		1.96	
Sugars, total		3.89		1 A	1		0.62	39.88	0.48	
Sucrose	9	6.71			1			9.72		
Glucose (dextrose)	9			1 A 1 A	1		1.07	16.77	0.82	
Fructose	9	5.36			1		0.86	13.40	0.66	
Lactose		0.00		1 A 1 A	1		0.00	0.00	0.00	
Maltose		0.00			1		0.00	0.00	0.00	
Galactose		0.00					0.00	0.00	0.00	
Starch	y	0.00		1 A	1		0.00	0.00	0.00	
Minerals:										
Calcium, Ca	mg	24	5.376	5 A	1		4	59	3	
Iron, Fe	mg	0.80	0.082	5 A	1		0.13	1.99	0.10	
Magnesium, Mg	mg	5	0.207	5 A	1		1	13	1	
Phosphorus, P	mg	19		5 A	1		3	48	2	
Potassium, K		67		5 A	1		11	167	8	
Sodium, Na		836		5 A	1		134	2090	103	
Zinc, Zn		0.29		5 A	1		0.05	0.73	0.04	
Copper, Cu		0.000		5 A	1		0.000	0.000	0.00	
Manganese, Mn Selenium, Se		0.021		5 A 2 A	1 1		0.003 0.0	0.051 0.0	0.00	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0)	4		0.0	0.0	0.0	
Thiamin		0.019		2 A	1		0.003	0.048	0.00	
Riboflavin	-	0.053		2 A	1		0.008	0.133	0.00	
Niacin	-	0.188	3	2 A	1		0.030	0.470	0.02	
Pantothenic acid	mg	0.000)	L A	1		0.000	0.000	0.00	
Vitamin B-6	mg	0.000)	L A	1		0.000	0.000	0.00	
Folate, total		0		L A	1		0	0	0	
Folic acid	mcg	0) z	7		0	0	0	
Folate, food	mcg	0		L A	1		0	0	0	
Folate, DFE	mcg_DFE	0) NC	4		0	0	0	
Vitamin B-12		0.14)	4		0.02	0.35	0.02	
Vitamin A, IU		464) NC	4		74	1159	57	
Vitamin A, RAE	mcg_RAE	23) NC	4		4	58	3	
Retinol		0) FLA			0	0	0	
Vitamin E (alpha-tocopherol)	-	5.00)	4		0.80	12.50	0.62	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)		121.4		L A	1		19.4	303.5	14.9	
Lipids:	J			- -	_			230.0		
Fatty acids, total saturated	a	5.648	1) NC	4		0.904	14.119	0.69	
4:0		0.000		2 A	1		0.000	0.000	0.00	
6:0	-	0.000		2 A	1		0.000	0.000	0.00	
8:0		0.000		2 A 2 A	1		0.000	0.000	0.00	
10:0		0.000		2 A	1		0.000	0.000	0.00	
12:0		0.000		2 A	1		0.000	0.000	0.00	
13:0		3.000			1		0.000	0.000	0.00	
14:0		0.000)	2 A	1		0.000	0.000	0.00	
17.U	g g	0.000			-		3.000	0.000	0.00	

NDB No. 04120 Salad dressing, french dressing, commercial, regular

	<u>Aı</u>	mount in 10	0 grams Number		ole portio	<u>on</u>		edible portion o	f common
Nutrients and Units	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0g	4.937		2	A	1		0.790	12.343	0.607
17:0g	0.000		2	A	1		0.000	0.000	0.000
18:0g	0.420		2	A	1		0.067	1.050	0.052
20:0g	0.133		2	A	1		0.021	0.333	0.016
22:0g	0.158		2	A	1		0.025	0.394	0.019
24:0g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturatedg	8.433		0	NC	4		1.349	21.081	1.037
14:1g	0.000		2	A	1		0.000	0.000	0.000
15:1g	0.000		•	_			0.000	0.000	0.000
16:1 undifferentiated	0.000		2	A	1		0.000	0.000	0.000
17:1	8.284		2	A	1		1.325	20.710	1.019
18:1 undifferentiated	0.149		2	A	1				0.018
20:1g 22:1 undifferentiatedg	0.149		2	A A	1		0.024 0.000	0.371 0.000	0.018
22:1 undifferentiatedg	0.000		2	A	_		0.000	0.000	0.000
Fatty acids, total polyunsaturatedg	21.029		0	NC	4		3.365	52.571	2.587
18:2 undifferentiatedg	18.292		2	A	1		2.927	45.730	2.250
18:3 undifferentiatedg	2.737		2	A	1		0.438	6.841	0.337
18:4g	0.000		2	A	1		0.000	0.000	0.000
20:2 n-6 c,c9	0.000		_		_		0.000	0.000	0.000
20:3 undifferentiated9									
20:4 undifferentiated	0.000		2	A	1		0.000	0.000	0.000
20:5 n-3g	0.000		2	A	1		0.000	0.000	0.000
22:5 n-3	0.000		2	A	1		0.000	0.000	0.000
22:6 n-3g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total transg									
Cholesterolmg	0		0		4		0	0	0
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.007		0	FLA	4		0.001	0.018	0.001
Threonineg	0.016		0	FLA	4		0.003	0.010	0.001
Isoleucineg	0.022		0	FLA	4		0.003	0.054	0.002
Leucineg	0.034		0	FLA	4		0.005	0.086	0.004
Lysineg	0.019		0	FLA	4		0.003	0.048	0.002
Methionineg	0.013		0	FLA	4		0.002	0.028	0.001
Cystineg	0.006		0	FLA	4		0.001	0.014	0.001
Phenylalanineg	0.016		0	FLA	4		0.003	0.040	0.002
Tyrosineg	0.007		0	FLA	4		0.001	0.018	0.001
Valineg	0.024		0	FLA	4		0.004	0.060	0.003
Arginineg	0.056		0	FLA	4		0.009	0.140	0.007
Histidineg	0.010		0	FLA	4		0.002	0.026	0.001
Alanineg	0.012		0	FLA	4		0.002	0.029	0.001
Aspartic acidg	0.043		0	FLA	4		0.007	0.108	0.005
Glutamic acidg	0.071		0	FLA	4		0.011	0.178	0.009
Glycineg	0.018		0	FLA	4		0.003	0.044	0.002
Prolineg	0.009		0	FLA	4		0.001	0.022	0.001
Serineg	0.017		0	FLA	4		0.003	0.042	0.002
Hydroxyprolineg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	FLA	4		0	0	0
Theobromine mg	0		0	FLA	4		0	0	0
Carotenoids:									
	232	38.33	37 5	A	1		37.152	580.500	28.561
Carotene, betamcg Carotene, alphamcg	0	30.33	0	Z	7		0.000	0.000	0.000
* *	92	19.70		A	1		14.720	230.000	11.316
Cryptovanthin heta MCG									
Cryptoxanthin, betamcg Lycopenemcg	373	297.24		A	1		59.712	933.000	45.904

NDB No. 04120

Salad dressing, french dressing, commercial, regular

Common Measures:

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

Measure 3 = 12.3g: 1 individual packet

Calories Factors: Protein 2.44 Fat 8.84 Carbohydrate 3.8

Food Group: 04 Fats and Oils

NDB No. 04141 Salad dressing, french dressing, commercial, regular, without salt

		<u>A</u>	mount in 100 gr		of edib	ole portio	<u>on</u>		edible portion	
Nutrionto and Hu	:4-	Maan				Source Code	Confidence Code		Manager 2	-
Nutrients and Un	its	Mean	Sta. Error For	11113	Code	Code	Coue	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	36.56	2.490	5	A	1				
Energy	kcal	459		0	NC	4				
Energy	kj	1919		0	NC	4				
Protein (N x 6.25)	g	0.77	0.132	5	A	1				
Total lipid (fat)	g	44.81	2.449	5	A	1				
Ash	g	2.29	0.119	5	A	1				
Carbohydrate, by difference	g	15.58		0	NC	4				
Fiber, total dietary		0.0		1	A	1				
Sugars, total		15.95		1	A	1				
Sucrose		3.89		1	A	1				
Glucose (dextrose)		6.71		1	A	1				
		5.36		1	A	1				
Fructose		0.00		1	A	1				
Lactose	9	0.00		1	A	1				
Maltose	9									
Galactose		0.00		1	A	1				
Starch	g	0.00		1	A	1				
Minerals:										
Calcium, Ca	ma	24	5.376	5	A	1				
Iron, Fe		0.80	0.082	5	A	1				
Magnesium, Mg		5	0.207	5	A	1				
Phosphorus, P		19	3.658	5	A	1				
Potassium, K		67	6.129	5	A	1				
Sodium, Na		0		0		1				
Zinc, Zn		0.29	0.099	5	A	1				
Copper, Cu		0.000		5	A	1				
Manganese, Mn		0.021		5	A	1				
Selenium, Se		0.0		2	A	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1				
Thiamin	mg	0.019)	2	A	1				
Riboflavin	mg	0.053	3	2	A	1				
Niacin	<u>.</u> mg	0.188	3	2	A	1				
Pantothenic acid	mg	0.000)	1	A	1				
Vitamin B-6	mg	0.000)	1	A	1				
Folate, total		0		1	A	1				
Folic acid		0		0	z	7				
Folate, food		0		1	A	1				
Folate, DFE	mca DFE	0		0	NC	4				
Vitamin B-12		0.00		0	FLA	4				
Vitamin A, IU	-	464		0	NC	4				
Vitamin A, RAE		23		0	NC	4				
Retinol		0		0	FLA	4				
Vitamin E (alpha-tocopherol)		4.12		0	FLA	4				
Tocopherol, beta	-			•		•				
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		121.4		1	A	1				
Lipids:										
Fatty acids, total saturated	g	5.648	3	0	NC	4				
4:0		0.000		2	A	1				
6:0		0.000		2	A	1				
8:0	_	0.000		2	A	1				
10:0	_	0.000		2	A	1				
12:0		0.000		2	A	1				
13:0						-				
14:0		0.000)	2	A	1				
15:0					-	•				

		<u>Ar</u>	mount in 10			ole portio	<u>on</u>		edible portion of easures of food	
Nutrients and U	nits	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
160	0	4.937		2	A	1				
16:0 17:0.		0.000		2	A	1				
18:0		0.420		2	A	1				
20:0		0.133		2	A	1				
22:0		0.158		2	A	1				
24:0	_	0.000		2	A	1				
Fatty acids, total monounsaturated	_	8.433		0	NC	4				
14:1		0.000		2	A	1				
15:1	g									
16:1 undifferentiated	g	0.000		2	A	1				
17:1	g									
18:1 undifferentiated		8.284		2	A	1				
20:1	g	0.149		2	A	1				
22:1 undifferentiated	g	0.000		2	A	1				
24:1 c										
Fatty acids, total polyunsaturated		21.029		0	NC	4				
18:2 undifferentiated	-	18.292		2	A	1				
18:3 undifferentiated		2.737		2	A	1				
18:4		0.000		2	A	1				
20:2 n-6 c,c										
20:3 undifferentiated		0.000		2	A	1				
20:4 undifferentiated 20:5 n-3		0.000		2	A	1				
22:5 n-3	_	0.000		2	A	1				
22:6 n-3		0.000		2	A	1				
Fatty acids, total trans	_	0.000		_		_				
Cholesterol	-	0		0		1				
Phytosterols	-									
Others:										
Alcohol, ethyl	a	0.0		0	FLA	4				
Caffeine		0		0	FLA	4				
Theobromine	-	0		0	FLA	4				
Carotenoids:	o									
Carotene, beta	mcg	232	38.33	37 5	A	1				
Carotene, alpha		0		0	z	7				
Cryptoxanthin, beta		92	19.70	05 5	A	1				
Lycopene		373	297.24	48 5	A	1				
Lutein + zeaxanthin	mcg	0		0	NR	4				

Common Measures:

Calories Factors: Protein 4.36 Fat 8.84 Carbohydrate 3.8

Food Group: 04 Fats and Oils

Proximates: Water			<u>A</u>	mount in 100 gr		of edik	ole portio	<u>n</u>		edible portion	
Nutrients and Units				Nur	nber				<u>m</u>	easures of food	<u>.</u>
Proximates:				of I	Data	Deriv	Source	Confidence			
Mater. 9	Nutrients and Ur	nits	Mean	Std. Error Poi	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Farreys	Proximates:										
Foreign.		_		0.403						166.51	
Protein										337	
Total Implication	Energy	kj	551		0	NC	4		88	1411	
Ash. 9 2 3.5 0.042 3 A 1 0.38 6.02 Carbohydrace. 0 9 32.14 0 0 NC 4 5.14 82.28 Fiber, total distany. 9 2.2 1 A 1 0.3 5.6 Fiber, total distany. 9 16.45 0 0 4 2.26 42.11 1 0.3 5.6 Fiber, total distany. 9 16.45 0 0 4 2.26 42.11 1 0.88 14.08 Sugars, total 9 15.05 2 A 1 0.88 14.08 Ciscore (destroch. 9 9 4.68 2 A 1 0.88 11.09 1 12.93 Fixelose. 9 1 0.85 14.08 12.93 Fixelose. 9 1 0.95 14.99 Fixelose. 9 1 0.95			0.20			A			0.03	0.51	
Carbolydrine_by difference											
Fiber food defany				0.042						6.02	
Sugars, Valual	Carbohydrate, by difference	g									
Sucrose	Fiber, total dietary	g	2.2		1	A	1		0.3	5.6	
Shortweek Shor	Sugars, total	g	16.45			0	_		2.63	42.11	
Fructions	Sucrose	g	5.50		2	A	1		0.88	14.08	
Fructone	Glucose (dextrose)	g	4.68		2	A	1		0.75	11.99	
Lactoox	Fructose	g	5.05		2	A	1		0.81	12.93	
Maltose 9 1, 21 2 A 1 0,19 3, 10 Galactose 9 14, 48 2 A 1 2,32 37, 08 Minerals: Calcium, Ca. mg 5 0,448 3 A 1 1 12 Iron, Fe mg 0,58 0,101 3 A 1 0.09 1,49 Magnesium, Mg mg 0 0.058 3 A 1 0 0 Plosspiorus, F. mg 0 0.058 3 A 1 13 224 Postasum, K. mg 84 4,221 3 A 1 128 2046 Scientin, Na. mg 0,10 0.066 3 A 1 0.02 0.25 Copper, Cu. mg 0,10 0.069 3 A 1 0.02 0.25 Selentim, Sc. mg 0.02 0 1<	Lactose	g									
Minerals:	Maltose	g	1.21		2	A	1		0.19	3.10	
Starch											
Talemin Ca			14.48		2	A	1		2.32	37.08	
Iron, Fc.		ma	_	0.449	2	7	1		1	12	
Magnesium Mg											
Phosphorus, P. mg 0 0.058 3 a 1 0 1 Potassium, K. mg 84 4.213 3 a 1 128 2046 Zoddium, Na. mg 0.10 0.006 3 a 1 0.02 0.25 Copper, Cu. mg 0.121 0.069 3 a 1 0.004 0.060 Manganese, Mn mg 0.024 0.003 3 a 1 0.004 0.066 Selenium, Se mcg 2.0 0 4 1 0.004 0.066 Selenium, Se mmg 0.024 0.003 3 a 1 0.004 0.066 Selenium, Se mmg 0.024 0.003 3 a 1 0.004 0.060 Vitamins mg 0.011 1 A 1 0.0 0 Vitamins (pinchia caid mg 0.021 1 A 1											
Potassium, K.	0 , 0	-									
Sodium, Na.											
Zinc, Zin. mg 0.10 0.006 3 A 1 0.022 0.25 Copper, Cu. mg 0.024 0.069 3 A 1 0.019 0.309 Manganese, Mn. mg 0.024 0.03 3 A 1 0.019 0.030 Selenium, Se. mcg 2.0 0 1 A 1 0.03 5.1 Vitamin, Se. Witamin C, Iodal ascorbic acid. mg 0.01 0 4 0.0 0 0 Thiamin. mg 0.01 1 A 1 0.004 0.067 Niacin. mg 0.01 1 A 1 0.004 0.067 Niacin. mg 0.02 0 FIA 4 0.00 0.028 Niacin. mg 0.02 0 FIA 4 0.00 0.028 Vitamin B. mg 0.002 0 FIA 4 0.00											
Copper, Cu. mg 0.121 0.069 3 A 1 0.019 0.309 Manganese, Mn. mg 0.024 0.033 3 A 1 0.004 0.060 Sclenium, Se. mcg 2.0 1 A 1 0.03 5.1 Vitamins: Vitamins: mg 0.0 0 4 0.0 0 0.028 Riboflavin. mg 0.011 1 A 1 0.004 0.067 Niacin. mg 0.012 1 A 1 0.004 0.067 Niacin. mg 0.012 0 FLA 4 0.004 0.067 Niacin. mg 0.012 0 FLA 4 0.000 0.028 Vitamin B-6. mg 0.002 0 FLA 4 0.000 0.00 Vitamin B-6. mcg 14 1 A 1 2 35 <	· · · · · · · · · · · · · · · · · · ·										
Manganese, Mn mg 0.024 0.003 3 A 1 0.004 0.060 Selenium, Se mcg 2.0 1 A 1 0.004 0.060 Vitamin C, total ascorbic acid. mg 0.0 0 4 0.0 0.0 Thiamin. mg 0.011 1 A 1 0.002 0.028 Riboflavin. mg 0.026 1 A 1 0.002 0.028 Niacin. mg 0.012 0 FLA 4 0.004 0.067 Niacin. mg 0.012 0 FLA 4 0.008 0.067 Vitamin B-6. mg 0.000 0 FLA 4 0.000 0.000 Folate, total mcg 1 1 A 1 2 35 Folate, DEE mcg 14 1 A 1 2 2 35 Vitamin B-12. mcg											
Name											
Vitamin C, total ascorbic acid											
Thiamin	Vitamins:										
Riboflavin	Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Niacin	Thiamin	mg	0.011	L	1	A	1		0.002	0.028	
Pantothenic acid. mg 0.002 0 FLA 4 0.000 0.005 Vitamin B-6 mg 0.000 0 4 0.000 0.000 Folate, total. mcg 14 1 A 1 2 35 Folate, food. mcg 0 0 2 7 0	Riboflavin	mg	0.026	5	1	A	1		0.004	0.067	
Vitamin B-6. mg 0.000 0 4 0.000 0.000 Folate, total mcg 14 1 a 1 2 35 Folica cid. mcg 0 0 Z 7 0 0 Folate, food. mcg 14 1 A 1 2 35 Folate, food. mcg 14 1 A 1 2 35 Folate, food. mcg 14 0 NC 4 2 35 Folate, food. mcg 0.00 0 AS 1 12 193 Folate, food. mcg 0.00 AS 1 12 193 1 Vitamin F.12 mcg 0.00 AS 1 12 193 1 1 1 0 0 0 2 7 0 0 0 0 0 0 0 0 0 0 0 0 <t< td=""><td>Niacin</td><td><u>mg</u></td><td>0.112</td><td>2</td><td>1</td><td>A</td><td>1</td><td></td><td>0.018</td><td>0.287</td><td></td></t<>	Niacin	<u>mg</u>	0.112	2	1	A	1		0.018	0.287	
Folate, total	Pantothenic acid	mg	0.002	2	0	FLA	4		0.000	0.005	
Folic acid.			0.000)						0.000	
Folate, food			14						2		
Folate, DFE. mcg_DFE 14 0 NC 4 2 35 Vitamin B-12 mcg 0.00 0 4 0.00 0.00 Vitamin A, IU. IU 75 0 As 1 12 193 Vitamin A, RAE. mcg_RAE 4 0 NC 4 1 10 Vitamin E (alpha-tocopherol) mg 0.02 0 FLA 4 0.00 0.00 Vitamin E (alpha-tocopherol) mg 0.02 0 FLA 4 0.00 0.05 Tocopherol, beta mg Tocopherol, delta mg Vitamin D. IU Vitamin K (phylloquinone) mcg 0.1 0 FLA 4 0.0 0 0.2 Lipids: Fatty acids, total saturated 9 0.037 0 NC 4 0.00 0.095 4:0. 9 0.000 0 4 0.000 0.000 8:0. 9 0.000 0 4 0.000 0.000 8:0. 9 0.000 0 4 0.000 0.000 10:0. 9 0.000 0 4 0.000 0.000 11:0. 9 0.000 0 4 0.000 0.000 12:0. 9 0.000 0 4 0.000 0.000 12:0. 9 0.000 0 4 0.000 0.000 12:0. 9 0.000 0 4 0.000 0.000 12:0. 9 0.000 0 4 0.000 0.000 12:0. 9 0.000 0 4 0.000 0.000 13:0. 9 14:0. 9 0.000 0.006	Folic acid									0	
Vitamin B-12 mcg 0.00 4 0.00 0.00 Vitamin A, IU IU 75 0 AS 1 12 193 Vitamin A, RAE mcg 0 0 NC 4 1 10 Retinol mcg 0 0 2 7 0 0 Vitamin D mg 0.02 0 FLA 4 0.00 0.05 Tocopherol, beta mg 0 0 FLA 4 0.00 0.05 Tocopherol, gamma mg 0 FLA 4 0.00 0.05 Tocopherol, delta mg 0 FLA 4 0.0 0 0 Vitamin K (phylloquinone) mcg 0.1 0 FLA 4 0.0 0 2 Lipids: Epides Statistical saturated 9 0.000 0 4 0.006 0.095 4-0 9 0.000 0 4			14		1	A	1		_		
Vitamin A, IU IU 75 0 AS 1 12 193 Vitamin A, RAE mcg_RAE 4 0 NC 4 1 10 Retinol mcg 0 0 Z 7 0 0 Vitamin E (alpha-tocopherol) mg 0.02 0 FLA 4 0.00 0.05 Tocopherol, beta mg 7 C FLA 4 0.00 0.05 Tocopherol, gamma mg 7 FLA 4 0.0 0 0 Vitamin D IU Vitamin K (phylloquinone). mcg 0.1 0 FLA 4 0.0 0 2 Lipids: Early acids, total saturated g 0 0.037 0 NC 4 0.006 0.095 4-0 g 0.000 0 4 0.000 0.000 0.000 8-0 g 0.000 0 4 0.000 <td></td> <td></td> <td></td> <td></td> <td></td> <td>NC</td> <td>4</td> <td></td> <td></td> <td></td> <td></td>						NC	4				
Vitamin A, RAE mcg_RAE 4 0 NC 4 1 10 Retinol mcg 0 0 Z 7 0 0 Vitamin E (alpha-tocopherol) mg 0.002 0 FLA 4 0.00 0.05 Tocopherol, beta mg 7 0 FLA 4 0.00 0.05 Tocopherol, delta mg U 0 FLA 4 0.0 0 2 Vitamin D IU U U 0 FLA 4 0.0 0 2 Lipids: Taty acids, total saturated g 0.0037 NC 4 0.006 0.095 0.005 0 0.000 <t< td=""><td></td><td></td><td></td><td></td><td>0</td><td></td><td>4</td><td></td><td>0.00</td><td>0.00</td><td></td></t<>					0		4		0.00	0.00	
Retinol mcg 0 0 z 7 0 0 Vitamin E (alpha-tocopherol) mg 0.02 0 FLA 4 0.00 0.05 Tocopherol, betta mg 7 0 FLA 4 0.00 0.2 Liu Vitamin D mcg 0.1 0 FLA 4 0.0 0.2 Lipids: Fatty acids, total saturated 9 0.037 0 NC 4 0.006 0.095 4:0 9 0.000 0 4 0.000 0.000 6:0 9 0.000 0 4 0.000 0.000 8:0 9 0.000 0 4 0.000 0.000 10:0 9 0.000 0 4 0.000 0.000 12:0 9 0.002 1 A 1 0.000 0.006 13:0 9 0.002 1 <			75		0	AS	1			193	
Vitamin E (alpha-tocopherol) mg 0.02 FIA 4 0.00 0.05 Tocopherol, beta mg Tocopherol, gamma mg Tocopherol, gamma mg Tocopherol, delta mg Tocopherol, delta mg Vitamin C Tocopherol, delta mg Tocopherol, delta mg Tocopherol, delta mg Tocopherol, delta Tocopherol, delta mg Tocopherol, delta Tocopherol, delt					•						
Tocopherol, beta		-									
Tocopherol, gamma mg Vitamin D. IU Uitamin K (phylloquinone). mcg 0.1 O FIA 4 0.00 0.2 Lipids: Fatty acids, total saturated. g 0.037 0 NC 4 0.006 0.095 4:0. g 0.000 0 4 0.000 0.000 6:0. g 0.000 0 4 0.000 0.000 8:0. g 0.000 0 4 0.000 0.000 8:0. g 0.000 0 4 0.000 0.000 10:0. g 0.000 0 4 0.000 0.000 12:0. g 0.002 1 A 1 0.000 0.006 13:0. g 0.002 1 A 1 0.000 0.006	Vitamin E (alpha-tocopherol)	mg	0.02		0	FLA	4		0.00	0.05	
Tocopherol, delta											
Vitamin D. IU Vitamin K (phylloquinone) mcg 0.1 0 FLA 4 0.0 0.2 Lipids: Fatty acids, total saturated 9 0.037 0 NC 4 0.006 0.095 4:0. 9 0.000 0 4 0.000 0.000 6:0. 9 0.000 0 4 0.000 0.000 8:0. 9 0.000 0 4 0.000 0.000 10:0. 9 0.000 0 4 0.000 0.000 12:0. 9 0.002 1 A 1 0.000 0.006 13:0. 9 0.002 1 A 1 0.000 0.006											
Vitamin K (phylloquinone) mcg 0.1 0 FLA 4 0.0 0.2 Lipids: Fatty acids, total saturated g 0.037 0 NC 4 0.006 0.095 4:0 g 0.000 0 4 0.000 0.000 6:0 g 0.000 0 4 0.000 0.000 8:0 g 0.000 0 4 0.000 0.000 10:0 g 0.000 0 4 0.000 0.000 12:0 g 0.002 1 A 1 0.000 0.006 13:0 g 14:0 g 0.002 1 A 1 0.000 0.006											
Lipids: Fatty acids, total saturated g 0.037 0 NC 4 0.006 0.095 4:0			0.1		0	FLA	4		0.0	0.2	
Fatty acids, total saturated g 0.037 0 NC 4 0.006 0.095 4:0 g 0.000 0 4 0.000 0.000 6:0 g 0.000 0 4 0.000 0.000 8:0 g 0.000 0 4 0.000 0.000 10:0 g 0.000 0 4 0.000 0.000 12:0 g 0.002 1 A 1 0.000 0.006 13:0 g 0.002 1 A 1 0.000 0.006		٠			-		-			··-	
4:0 g 0.000 0 4 0.000 0.000 6:0 g 0.000 0 4 0.000 0.000 8:0 g 0.000 0 4 0.000 0.000 10:0 g 0.000 0 4 0.000 0.000 12:0 g 0.002 1 A 1 0.000 0.006 13:0 g 0.002 1 A 1 0.000 0.006		σ	0 03	7	0	NC	4		0.006	0.095	
6:0 g 0.000 0 4 0.000 0.000 8:0 g 0.000 0 4 0.000 0.000 10:0 g 0.000 0 4 0.000 0.000 12:0 g 0.002 1 A 1 0.000 0.006 13:0 g 0.002 1 A 1 0.000 0.006	-					110	4				
8:0 g 0.000 0 4 0.000 0.000 10:0 g 0.000 0 4 0.000 0.000 12:0 g 0.002 1 A 1 0.000 0.006 13:0 g 0.002 1 A 1 0.000 0.006		=			-		4				
10:0 g 0.000 0 4 0.000 0.000 12:0 g 0.002 1 A 1 0.000 0.006 13:0 g 14:0 g 0.002 1 A 1 0.000 0.006		_					4				
12:0					-		<u>-</u> Л				
13:0						75	_				
14:0g 0.002 1 A 1 0.000 0.006			0.002	<u>-</u>	_	A	_		0.000	0.006	
•			0.000)	1	70	1		0.000	0.006	
15:0g		=	0.002	-	-	•	_		0.000	0.006	

		<u>Ar</u>	nount in 10	0 grams Number		ole portio	<u>on</u>		edible portion of easures of food	
Nutrients and	Units	Mean		of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0	g	0.018		1	A	1		0.003	0.047	
17:0										
18:0		0.012		1	A	1		0.002	0.030	
20:0										
22:0		0.002		1	A	1		0.000	0.006	
24:0Fatty acids, total monounsatura		0.002		0	NC	4		0.000	0.006	
14:1		0.141		U	NC	4		0.023	0.361	
15:1	•									
16:1 undifferentiated		0.002		1	A	1		0.000	0.006	
17:1	•	0.009		1	A	1		0.001	0.024	
18:1 undifferentiated		0.049		1	A	1		0.008	0.124	
20:1		0.032		1	A	1		0.005	0.083	
22:1 undifferentiated		0.049		1	A	1		0.008	0.124	
24:1 c	-									
Fatty acids, total polyunsaturate		0.062		0	NC	4		0.010	0.160	
18:2 undifferentiated		0.042		1	A	1		0.007	0.106	
18:3 undifferentiated	g	0.018		1	A	1		0.003	0.047	
18:4	g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c	g	0.002		1	A	1		0.000	0.006	
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0		4		0.000	0.000	
20:5 n-3	g	0.000		0		4		0.000	0.000	
22:5 n-3	g	0.000		0		4		0.000	0.000	
22:6 n-3	-	0.000		0		4		0.000	0.000	
Fatty acids, total trans	_									
Cholesterol	-	0		0		7		0	0	
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	
Caffeine		0		0	FLA	4		0	0	
Theobromine	-	0		0	FLA	4		0	0	
Carotenoids:										
Carotene, beta	mca	38	4.16	3 3	A	1		6.080	97.280	
Carotene, alpha		0	2.10	0	FLA	4		0.000	0.000	
Cryptoxanthin, beta		15		2	A	1		2.320	37.120	
Lycopene		319	12.87		A	1		51.093	817.493	
Lutein + zeaxanthin		0		0	FLA	4		0.000	0.000	

Common Measures:

Measure 1 = 16g: 1 tablespoon Measure 2 = 256g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 04 Fats and Oils

Nutrients and Units			<u>A</u>	mount in 10	0 grams	of edib	le portio	<u>on</u>	Amount in	edible portion of	of common
Nutrients and Units					Number	•			<u>m</u>	easures of food	·
Proximates:					of Data	Deriv	Source	Confidence			
Water	Nutrients and Ur	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Water	Provimatos										
Finergy		g	59.00				1		153.40	9.44	
Finergy	Energy	kcal	200				1		520	32	
Total Iprid (fath)			837				1		2176	134	
Ash.			0.40				1		1.04	0.06	
Carbolydrate, by difference	Total lipid (fat)	g	13.00				1		33.80	2.08	
Fiber, total dictary	Ash	g	0.60		0	NC	4		1.56	0.10	
Sugars, total	Carbohydrate, by difference	g	27.00			NC	4		70.20	4.32	
Nincrais:	Fiber, total dietary	g	0.0				4		0.0	0.0	
Minerals: Calcium, Ca.	Sugars, total	g	25.92		0	BFCN	4		67.38	4.15	
Taleum Ca	Starch	g									
Taleum Ca	M. 1										
Iron Pc.		ma	11				4		20	2	
Magnesium, Mg. mg 0 4 36 2 Phosphorus, P. mg 79 4 205 13 Sodium, Na. mg 1000 4 2600 160 Sodium, Na. mg 0.18 4 0.047 0 Copper, Cu. mg 0.010 4 0.026 0 Copper, Cu. mg 0.071 0 FLA 4 0.026 0 Manganese, Mm. mg 0.071 0 FLA 4 0.02 0 Selenium, Se. mcg 1.6 0 CAZN 4 0.00 0 Vitamine. mg 0.0 4 0.00 0 0 1 1 0.00 0 0 1 0 0.00 0 <td< td=""><td>*</td><td>-</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td>0.06</td><td></td></td<>	*	-								0.06	
Phosphorus P.							4				
Potassium, K.			-				4				
Sodium Na	• .	-					4				
Zinc Zin							4				
Copper, Cu mg 0.010 4 0.026 0 Manganese, Mn mg 0.071 0 FLA 4 0.185 0 Sclenium, Se meg 1.6 0 CAZN 4 0.12 0 Vitamins Witamin C, total ascorbic acid. mg 0.00 4 0.00 0 Ribidavin mg 0.000 4 0.000 0 Ribidavin mg 0.000 4 0.000 0 Pantofice acid mg 0.000 4 0.000 0 Pantofice acid mg 0.000 4 0.069 0 Vitamin B-6 mg 0.000 4 0.069 0 Folate, total mg 0.000 4 4 0 0 Folate, foed mg 2 0 FLA 4 4 0 Folate, foed mg 2 0 PLA 4 4 0 Folate, foed							4			0.03	
Manganese, Mn.			0.010)			4		0.026	0.002	
Vitamins:			0.071	L	0	FLA	4		0.185	0.011	
Vitamin C, total ascorbic acid			1.6		0	CAZN	4		4.2	0.3	
Vitamin C, total ascorbic acid	Vitamina										
Thiamin		ma	0.0						0.0	0.0	
Riboflavin				`			=			0.000	
Niacin							-			0.000	
Pantothenic acid.							-			0.000	
Vitamin B-6. mg 0.000 4 0.000 0.000 Folta total. meg 2 0 FLA 4 4 0 0 Folta total. meg 0 0 FLA 4 0 0 Folate, food. meg 0 0 FLA 4 4 0 0 Folate, food. meg 0 0 FLA 4 4 4 0 0 Folate, food. meg 0 0 FLA 4 4 4 0<		-			0	FLA				0.004	
Folate, total							4			0.000	
Folic acid.		-	2		0	FLA	4		4		
Folate, food			0		0	FLA	4		0	0	
Folate, DFE			2		0	FLA	4		4	0	
Vitamin B-12 mcg 0.00 4 0.00 0. Vitamin A, IU IU 204 0 FLA 4 530 33 Vitamin A, RAE mcg 10 0 FLA 4 0 0 Retinol mcg 0 FLA 4 0 0 0 Vitamin E (alpha-tocopherol) mg 2.86 0 FLA 4 7.44 0 Tocopherol, beta mg 7 7.44 0			2		0	NC	4		4	0	
Vitamin A, RAE mcg_RAE 10 0 FLA 4 26 2 Retinol mcg 0 0 FLA 4 0 0 Vitamin E (alpha-tocopherol) mg 2.86 0 FLA 4 7.44 0 Tocopherol, beta. mg <td< td=""><td></td><td></td><td>0.00</td><td></td><td></td><td></td><td>4</td><td></td><td>0.00</td><td>0.00</td><td></td></td<>			0.00				4		0.00	0.00	
Retinol. mcg 0 FLA 4 0 0 Vitamin E (alpha-tocopherol). mg 2.86 0 FLA 4 7.44 0. Tocopherol, beta. mg			204		0	FLA	4		530	33	
Vitamin E (alpha-tocopherol) mg 2.86 0 FLA 4 7.44 0 Tocopherol, beta mg 7.00 7.	Vitamin A, RAE	mcg_RAE	10		0	FLA	4		26	2	
Tocopherol, beta			0		0	FLA	4		0		
Tocopherol, gamma	Vitamin E (alpha-tocopherol)	mg	2.86		0	FLA	4		7.44	0.46	
Tocopherol, delta	- ·										
Vitamin D. IU Vitamin K (phylloquinone) mcg 4.8 0 FLA 4 12.6 0 Lipids: Fatty acids, total saturated. g 1.872 4 4.867 0 4:0. g 0.000 4 0.000 0 6:0. g 0.000 4 0.000 0 8:0. g 0.000 4 0.000 0 10:0. g 0.000 4 0.000 0 12:0. g 0.000 4 0.000 0 13:0. g 0.013 4 0.034 0 15:0. g 1.339 4 3.481 0 17:0. g 0.494 4 1.284 0											
Vitamin K (phylloquinone) mcg 4.8 0 FLA 4 12.6 0 Lipids: Fatty acids, total saturated .g 1.872 4 4.867 0 4:0 .g 0.000 4 0.000 0 6:0 .g 0.000 4 0.000 0 8:0 .g 0.000 4 0.000 0 10:0 .g 0.000 4 0.000 0 12:0 .g 0.000 4 0.000 0 13:0 .g 0.013 4 0.034 0 15:0 .g 1.339 4 3.481 0 17:0 .g 0.494 4 1.284 0											
Lipids: Fatty acids, total saturated 9 1.872 4 4.867 0 4:0 9 0.000 4 0.000 0 6:0 9 0.000 4 0.000 0 8:0 9 0.000 4 0.000 0 10:0 9 0.000 4 0.000 0 12:0 9 0.000 4 0.000 0 13:0 9 14:0 9 0.013 4 0.034 0 15:0 9 1.339 4 3.481 0 17:0 9 18:0 9 0.494 4 1.284 0			4.0		•				10.6		
Fatty acids, total saturated 9 1.872 4 4.867 0 4:0 9 0.000 4 0.000 0 6:0 9 0.000 4 0.000 0 8:0 9 0.000 4 0.000 0 10:0 9 0.000 4 0.000 0 12:0 9 0.000 4 0.000 0 13:0 9 0.013 4 0.034 0 15:0 9 1.339 4 3.481 0 17:0 9 0.494 4 1.284 0	Vitamin K (phylloquinone)	riicg	4.8		U	FLA	4		12.6	0.8	
4:0. 9 0.000 4 0.000 0.000 6:0. 9 0.000 4 0.000 0.000 8:0. 9 0.000 4 0.000 0.000 10:0. 9 0.000 4 0.000 0.000 12:0. 9 0.000 4 0.034 0.034 13:0. 9 0.013 4 0.034 0.034 15:0. 9 1.339 4 3.481 0.034 17:0. 9 0.494 4 1.284 0.000	Lipids:										
6:0 g 0.000 4 0.000 0.880 0.000 <td>Fatty acids, total saturated</td> <td>g</td> <td>1.872</td> <td>2</td> <td></td> <td></td> <td>4</td> <td></td> <td>4.867</td> <td>0.300</td> <td></td>	Fatty acids, total saturated	g	1.872	2			4		4.867	0.300	
8:0. g 0.000 4 0.000 0 10:0. g 0.000 4 0.000 0 12:0. g 0.000 4 0.000 0 13:0. g 0.013 4 0.034 0 15:0. g 1.339 4 3.481 0 17:0. g 0.494 4 1.284 0	4:0	g	0.000)			4		0.000	0.000	
10:0. 9 0.000 4 0.000 </td <td>6:0</td> <td>g</td> <td>0.000</td> <td>)</td> <td></td> <td></td> <td>4</td> <td></td> <td>0.000</td> <td>0.000</td> <td></td>	6:0	g	0.000)			4		0.000	0.000	
12:0	8:0	g	0.000)			4		0.000	0.000	
13:0 9 14:0 9 0.013 4 0.034 0 15:0 9 16:0 9 1.339 4 3.481 0 17:0 9 18:0 9 0.494 4 1.284 0			0.000)			4			0.000	
14:0 g 0.013 4 0.034 0.034 15:0 g 16:0 g 1.339 4 3.481 0.034 17:0 g 18:0 g 0.494 4 1.284 0.034		-	0.000)			4		0.000	0.000	
15:0		-									
16:0		-	0.013	3			4		0.034	0.002	
17:0		-									
18:0g 0.494 4 1.284 0			1.339	•			4		3.481	0.214	
		-		_			_		<u>.</u>		
700 0		-	0.494	1			4		1.284	0.079	
		-									
22:0		-									

	<u>Aı</u>	mount in 10	Number	Amount in edible portion of common measures of food					
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated9	3.029				4		7.875	0.485	
14:1g									
15:1g 16:1 undifferentiatedg	0.026				4		0.068	0.004	
17:1g	0.026				4		0.068	0.004	
18:1 undifferentiated	2.964				4		7.706	0.474	
20:1g	0.026				4		0.068	0.474	
22:1 undifferentiatedg	0.020				4		0.000	0.000	
24:1 cg	0.000				-		0.000	0.000	
Fatty acids, total polyunsaturatedg	7.527				4		19.570	1.204	
18:2 undifferentiatedg	6.630				4		17.238	1.061	
18:3 undifferentiated	0.884				4		2.298	0.141	
18:4g	0.000				4		0.000	0.000	
20:2 n-6 c.cg									
20:3 undifferentiated									
20:4 undifferentiatedg	0.000				4		0.000	0.000	
20:5 n-3g	0.000				4		0.000	0.000	
22:5 n-3g	0.000				4		0.000	0.000	
22:6 n-3g	0.000				4		0.000	0.000	
Fatty acids, total transg									
Cholesterolmg	0				7		0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0				7		0.0	0.0	
Caffeinemg	0		0	FLA	4		0	0	
Theobromine mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, betamcg	120		0	FLA	4		312.858	19.253	
Carotene, alphamcg	4		0	FLA	4		9.926	0.611	
Cryptoxanthin, betamcg	0		0	FLA	4		0.000	0.000	
Lycopenemcg	3843		0	FLA	4		9992.959	614.951	
Lutein + zeaxanthin mcg	0		0	FLA	4		0.000	0.000	

Common Measures:

Measure 1 = 260g: 1 cup Measure 2 = 16g: 1 tbsp

Calories Factors: Protein Fat Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u>	mount in 100 gra	ns of edik	ole portio	<u>on</u>	Amount in	edible portion	of common
			Num	er			m	easures of food	<u> </u>
				ta Deriv	Source	Confidence			
Nutrients and Un	ito	Mean	Std. Error Poin		Code	Code	Measure 1	Measure 2	Measure 3
Nutrients and On	ils	Weari	Std. Error 1 om	.s couc			WedSure i	WedSure 2	Weasure .
Proximates:									
Water	g	54.28	0.082	B A	1		8.68	141.12	
Energy	kcal	232) NC	4		37	602	
Energy	kj	969) NC	4		155	2520	
Protein (N x 6.25)	g	0.58	0.045	B A	1		0.09	1.52	
Total lipid (fat)	g	13.46	1.312	B A	1		2.15	34.99	
Ash	g	2.40	0.021	B A	1		0.38	6.25	
Carbohydrate, by difference	g	29.28) NC	4		4.68	76.13	
Fiber, total dietary	g	1.1		L A	1		0.2	2.8	
Sugars, total	g	15.95) BFZN	4		2.55	41.48	
Sucrose	g	0.00) z	7		0.00	0.00	
Glucose (dextrose)	g	15.66		L A	1		2.51	40.73	
Fructose		12.49		L A	1		2.00	32.48	
Lactose		0.00) z	7		0.00	0.00	
Maltose	g	0.29		A.	1		0.05	0.76	
Galactose	g	0.00	1) Z	7		0.00	0.00	
Starch	g	0.86		A.	1		0.14	2.24	
Minerals:									
Calcium, Ca	ma	11	1.674	B A	1		2	29	
Iron, Fe		0.87	0.064		1		0.14	2.26	
Magnesium, Mg.		8	0.145		1		1	20	
Phosphorus, P	-	16	1.714		1		3	41	
Potassium, K		107	1.943	B A	1		17	278	
Sodium, Na		804	2.236	B A	1		129	2090	
Zinc, Zn	mg	0.20	0.033	B A	1		0.03	0.52	
Copper, Cu	mg	0.160) :	. А	1		0.026	0.416	
Manganese, Mn		0.110			1		0.018	0.286	
Selenium, Se	mcg	1.6	(CAZN	4		0.3	4.2	
Vitamins:	ma	0.0	,				0.0		
Vitamin C, total ascorbic acid		0.0	(1		4 1		0.0	0.0	
ThiaminRiboflavin	-	0.024			1		0.004 0.008	0.062 0.135	
Niacin	-	0.052			1		0.008	1.214	
Pantothenic acid	-	0.000			4		0.000	0.000	
Vitamin B-6	-	0.055			1		0.009	0.143	
Folate, total		2		FLA	4		0	4	
Folic acid		0			7		0	0	
Folate, food	mcq	2	Č		4		0	4	
Folate, DFE		2	(NC NC	4		0	4	
Vitamin B-12		0.00	()	4		0.00	0.00	
Vitamin A, IU		541	(NC NC	4		87	1406	
Vitamin A, RAE		27	(NC NC	4		4	70	
Retinol	mcg	0	(FLA	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.30	(0	4		0.05	0.78	
Tocopherol, beta	mg								
Tocopherol, gamma	mg								
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)	mcg	4.8	(FLA	4		0.8	12.6	
Lipids:									
Fatty acids, total saturated	g	1.099)	NC NC	4		0.176	2.857	
4:0		0.000		Z	7		0.000	0.000	
6:0	-	0.000) (Z	7		0.000	0.000	
8:0		0.000		Z	7		0.000	0.000	
10:0	g	0.000) (Z	7		0.000	0.000	
12:0		0.000) (Z	7		0.000	0.000	
13:0	g								
14:0	g	0.000)	Z	7		0.000	0.000	
15:0	g								

		<u>Ar</u>	nount in 10	0 grams	of edit	ole portio	<u>n</u>	Amount in	edible portion o	f common
				Number					easures of food	
				of Data		Source	Confidence			
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
16:0	g	0.798		1	A	1		0.128	2.075	
17:0										
18:0	-	0.301		1	A	1		0.048	0.783	
20:0										
22:0 24:0										
Fatty acids, total monounsaturated.		5.898		0	NC	4		0.944	15.335	
14:1		3.030		ŭ		•		0.544	13.333	
15:1										
16:1 undifferentiated	-	0.000		0	z	7		0.000	0.000	
17:1	g									
18:1 undifferentiated	g	5.753		1	A	1		0.920	14.958	
20:1	g	0.145		1	A	1		0.023	0.377	
22:1 undifferentiated		0.000		0	Z	7		0.000	0.000	
24:1 c				_		_				
Fatty acids, total polyunsaturated		5.029		0	NC	4		0.805	13.075	
18:2 undifferentiated		3.859		1	A	1		0.617	10.033	
18:3 undifferentiated	-	1.170		1	A	1		0.187	3.042	
18:4		0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c										
20:3 undifferentiated 20:4 undifferentiated	-	0.000		0	z	7		0.000	0.000	
20:5 n-3	_	0.000		0	Z	7		0.000	0.000	
22:5 n-3	_	0.000		0	z	7		0.000	0.000	
22:6 n-3	-	0.000		0	z	7		0.000	0.000	
Fatty acids, total trans								0.000	0.000	
Cholesterol		0		0		4		0	0	
Phytosterols	mg									
Amino Acids:										
Tryptophan		0.003		0	FLA	4		0.001	0.009	
Threonine	-	0.014		0	FLA	4		0.002	0.036	
Isoleucine	-	0.010		0	FLA	4		0.002	0.025	
LeucineLysine	_	0.015 0.017		0 0	FLA FLA	4 4		0.002 0.003	0.039 0.043	
Methionine		0.017		0	FLA	4		0.003	0.043	
Cystine		0.002		0	FLA	4		0.000	0.007	
Phenylalanine		0.016		0	FLA	4		0.003	0.042	
Tyrosine		0.007		0	FLA	4		0.001	0.018	
Valine		0.010		0	FLA	4		0.002	0.027	
Arginine	-	0.010		0	FLA	4		0.002	0.027	
Histidine	-	0.008		0	FLA	4		0.001	0.020	
Alanine	g	0.026		0	FLA	4		0.004	0.068	
Aspartic acid	g	0.093		0	FLA	4		0.015	0.243	
Glutamic acid	g	0.254		0	FLA	4		0.041	0.660	
Glycine	g	0.008		0	FLA	4		0.001	0.021	
Proline	-	0.011		0	FLA	4		0.002	0.028	
Serine	_	0.015		0	FLA	4		0.002	0.038	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	-	0.0		0		7		0.0	0.0	
Caffeine		0		0	FLA	4		0	0	
Theobromine	mg	0		0	FLA	4		0	0	
Carotenoids:	mec	200	20.05	16 3		4		46 202	752 267	
Carotene, beta		289 0	20.27	76 3 0	A Z	1 7		46.293 0.000	752.267 0.000	
Carotene, alpha Cryptoxanthin, beta		70	2.33		Z A	1		11.253	182.867	
Lycopene		2530	165.12		A	1		404.800	6578.000	
Lutein + zeaxanthin		124	100.12	0	NR.	4		19.787	321.534	
				•		-		• •		

NDB No. 04020

Salad dressing, french dressing, reduced fat

Common Measures:

Measure 1 = 16g: 1 tablespoon Measure 2 = 260g: 1 cup

Calories Factors: Protein 2.44 Fat 8.84 Carbohydrate 3.8

Food Group: 04 Fats and Oils

NDB No. 04142 Salad dressing, french dressing, reduced fat, without salt

		<u>A</u>	mount in 100 gı	rams	of edik	ole portio	<u>n</u>		edible portion	
			Nur	nber				<u>m</u>	easures of food	<u>.</u>
			of I	Data	Deriv	Source	Confidence			
Nutrients and Ur	nits	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	54.28	0.082	3	A	1		8.68	141.12	
Energy	kcal	233		0	NC	4		37	605	
Energy	kj	974		0	NC	4		156	2532	
Protein (N x 6.25)	g	0.58	0.045	3	A	1		0.09	1.52	
Total lipid (fat)	g	13.46	1.312	3	A	1		2.15	34.99	
Ash	g	2.40	0.021	3	A	1		0.38	6.25	
Carbohydrate, by difference	g	29.28		0	NC	4		4.68	76.13	
Fiber, total dietary	g	1.1		1	A	1		0.2	2.8	
Sugars, total	g	28.45		0	AS	1		4.55	73.97	
Sucrose	g	0.00		0	Z	7		0.00	0.00	
Glucose (dextrose)		15.66		1	A	1		2.51	40.73	
Fructose	g	12.49		1	A	1		2.00	32.48	
Lactose	g	0.00		0	Z	7		0.00	0.00	
Maltose	g	0.29		1	A	1		0.05	0.76	
Galactose		0.00		0	z	7		0.00	0.00	
Starch		0.86		1	A	1		0.14	2.24	
Minerals:										
Calcium, Ca	mg	11	1.674	3	A	1		2	29	
Iron, Fe	mg	0.87	0.064	3	A	1		0.14	2.26	
Magnesium, Mg	mg	8	0.145	3	A	1		1	20	
Phosphorus, P		16	1.714	3	A	1		3	41	
Potassium, K	mg	107	1.943	3	A	1		17	278	
Sodium, Na		30		0		1		5	78	
Zinc, Zn		0.20	0.033	3	A	1		0.03	0.52	
Copper, Cu		0.160		1	A	1		0.026	0.416	
Manganese, Mn		0.110)	1	A	1		0.018	0.286	
Selenium, Se	mcg	1.6		0	CAZN	4		0.3	4.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.024	1	1	A	1		0.004	0.062	
Riboflavin	mg	0.052	2	1	A	1		0.008	0.135	
Niacin	mg	0.467	7	1	A	1		0.075	1.214	
Pantothenic acid	mg	0.026	5	0	FLA	4		0.004	0.069	
Vitamin B-6	mg	0.055	5	1	A	1		0.009	0.143	
Folate, total		2		0	NR	4		0	4	
Folic acid		0		0	Z	7		0	0	
Folate, food		2		0	FLA	4		0	4	
Folate, DFE	mcg_DFE	2		0	NC	4		0	4	
Vitamin B-12		0.00		0	FLA	4		0.00	0.00	
Vitamin A, IU	IU	541		0	NC	4		87	1406	
Vitamin A, RAE		27		0	NC	4		4	70	
Retinol		0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)	mg	2.86		0	FLA	4		0.46	7.44	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	4.8		0	FLA	4		0.8	12.6	
<u>Lipids:</u>										
Fatty acids, total saturated		1.099		0	NC	4		0.176	2.857	
4:0	g	0.000		0	Z	7		0.000	0.000	
6:0	g	0.000)	0	Z	7		0.000	0.000	
8:0		0.000)	0	Z	7		0.000	0.000	
10:0	g	0.000)	0	Z	7		0.000	0.000	
12:0	g	0.000)	0	Z	7		0.000	0.000	
13:0	g									
14:0	g	0.000)	0	Z	7		0.000	0.000	
15:0	g									

		<u>An</u>	nount in 100	0 grams Number		ole portio	<u>on</u>		edible portion of easures of food	
Nutrients and l	Jnits	Mean		of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0	g	0.798		1	A	1		0.128	2.075	
17:0 18:0.		0.301		1	A	1		0.048	0.783	
20:0 22:0	g g	0.301		1	A	1		0.046	0.763	
24:0Fatty acids, total monounsaturat	edg	5.898		0	NC	4		0.944	15.335	
15:1 16:1 undifferentiated 17:1	g	0.000		0	z	7		0.000	0.000	
18:1 undifferentiated	•	5.753		1	A	1		0.920	14.958	
20:1	g	0.145		1	A	1		0.023	0.377	
22:1 undifferentiated	g	0.000		0	Z	7		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsaturated	dg	5.029		0	NC	4		0.805	13.075	
18:2 undifferentiated	g	3.859		1	A	1		0.617	10.033	
18:3 undifferentiated	g	1.170		1	A	1		0.187	3.042	
18:4	g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0	Z	7		0.000	0.000	
20:5 n-3	g	0.000		0	Z	7		0.000	0.000	
22:5 n-3	g	0.000		0	Z	7		0.000	0.000	
22:6 n-3	g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans	g									
Cholesterol	mg	0		0		1		0	0	
Phytosterols	mg									
Others:										
Alcohol, ethyl	a	0.0		0	FLA	4		0.0	0.0	
Caffeine		0.0		0	FLA	4		0.0	0.0	
Theobromine	-	0		0	FLA	4		0	0	
Carotenoids:		·		•		-		•	· ·	
Carotene, beta	mca	289	20.27	6 3	A	1		46.293	752.267	
Carotene, alpha	_	0	·	0	z	7		0.000	0.000	
Cryptoxanthin, beta	_	70	2.33		A	1		11.253	182.867	
Lycopene		2530	165.12		A	1		404.800	6578.000	
Lutein + zeaxanthin		124		0	NR	4		19.787	321.534	

Common Measures:

Measure 1 = 16g: 1 tablespoon Measure 2 = 260g: 1 cup

Calories Factors: Protein 4.36 Fat 8.84 Carbohydrate 3.8

Food Group: 04 Fats and Oils

		<u>A</u>	mount in 100	grams	of edib	le portio	<u>n</u>		edible portion	
			N	umber				<u>m</u>	easures of food	<u>l</u>
Nutrients and Units	S	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	24.20		0		1		3.39	53.24	
Energy	kcal	631		0	NC	4		88	1388	
Energy	kj	2640		0		4		370	5807	
Protein (N x 6.25)	g	0.10		0		1		0.01	0.22	
Total lipid (fat)	g	70.20		0		1		9.83	154.44	
Ash	g	1.80		0		1		0.25	3.96	
Carbohydrate, by difference	g	3.40		0	NC	4		0.48	7.48	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	6		0		1		1	13	
Iron, Fe		0.20		0		1		0.03	0.44	
Magnesium, Mg	_			-		_				
Phosphorus, P		3		0		1		0	6	
Potassium, K		24		0		1		3	52	
Sodium, Na	-	658		0		1		92	1448	
Zinc, Zn	_. mg									
Copper, Cu	mg									
Manganese, Mn										
Selenium, Se	mcg	1.6		0	CAZN	4		0.2	3.5	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0		1		0.0	0.0	
Thiamin	-	0.010)	0		1		0.001	0.022	
Riboflavin		0.020		0		1		0.003	0.044	
Niacin		0.130		0		1		0.018	0.286	
Pantothenic acid										
Vitamin B-6	_									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12										
Vitamin A, IU		0		0		1		0	0	
Vitamin A, RAE		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	Illeg									
<u>Lipids:</u>										
Fatty acids, total saturated	g	18.200)	0		1		2.548	40.040	
Fatty acids, total monounsaturated										
14:1	g									
15:1										
16:1 undifferentiated										
17:1		44 0		•		_			00.100	
18:1 undifferentiated		11.900	J	0		1		1.666	26.180	
20:1										
22:1 undifferentiated										
24:1 cFatty acids, total polyunsaturated										
18:2 undifferentiated		36.200)	0		1		5.068	79.640	
18:3 undifferentiated		30.200	•	U		1		3.000	79.040	
18:4										
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated										
20:5 n-3										

	Amount in 100 grams of edible portion Number						Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3	
22:5 n-3g 22:6 n-3g										
Fatty acids, total trans	0		0		1		0	0		

Common Measures:

Measure 1 = 14.0g: 1 tablespoon

Measure 2 = 220g: 1 cup

Calories Factors: Protein 4.36 Fat 8.84 Carbohydrate 3.8

Food Group: 04 Fats and Oils

		<u>A</u>	mount in 100 g	rams of	Amount in edible portion of common					
			Nui	nber	measures of food					
			of	Data De	eriv	Source	Confidence			
Nutrients and Units	its	Mean	Std. Error Po	ints Co	ode	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	24.20		0		1		3.39	53.24	
Energy	-	631		0	NC	4		88	1388	
Energy		2640		0		4		370	5807	
Protein (N x 6.25)	-	0.10		0		1		0.01	0.22	
Total lipid (fat)		70.20		0		1		9.83	154.44	
Ash		1.80		0		1		0.25	3.96	
Carbohydrate, by difference		3.40		0	NC	4		0.48	7.48	
Fiber, total dietary		0.0		0		4		0.0	0.0	
Sugars, total										
Starch										
<u>Minerals:</u>										
Calcium, Ca	-	6		0		1		1	13	
Iron, Fe	_	0.20		0		1		0.03	0.44	
Magnesium, Mg		0		0		4		0	0	
Phosphorus, P	•	3		0		1		0	6	
Potassium, K		24		0		1		3	52	
Sodium, Na		658		0		1		92	1448	
Zinc, Zn		0.00		0		4		0.00	0.00	
Copper, Cu										
Manganese, Mn		1.6			12 521			0.0	2 5	
Selenium, Se	mcg	1.6		0 C	CAZN	4		0.2	3.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.6		0		1		0.1	1.3	
Thiamin	mg	0.010)	0		1		0.001	0.022	
Riboflavin		0.020)	0		1		0.003	0.044	
Niacin		0.130)	0		1		0.018	0.286	
Pantothenic acid	mg	0.000)	0		4		0.000	0.000	
Vitamin B-6	mg	0.000)	0		4		0.000	0.000	
Folate, total	mcg	0		0		4		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12		0.00		0		4		0.00	0.00	
Vitamin A, IU		514		0		1		72	1131	
Vitamin A, RAE		26		0		1		4	57	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	8.00		0		4		1.12	17.60	
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	a	12.600)	0		1		1.764	27.720	
4:0		0.000		0		4		0.000	0.000	
6:0		0.000		0		4		0.000	0.000	
8:0		0.000		0		4		0.000	0.000	
10:0	_	0.000		0		4		0.000	0.000	
12:0	•	0.000		0		4		0.000	0.000	
13:0		2.000	-	-		-		0.000	3.000	
14:0	-	0.200)	0		1		0.028	0.440	
15:0		0.200	-	•		-		0.020	0.440	
16:0	_	9.800)	0		1		1.372	21.560	
17:0	_	2.000	-	-		-		1.5/2	21.500	
18:0	_	2.600)	0		1		0.364	5.720	
20:0	_	2.000	•	·		-		0.504	3.720	
22:0	_									
24:0										

	<u>Ar</u>	nount in 100 grams	Amount in edible portion of common measures of food				
		Numbe of Data	=	Confidence	incasares or look		
Nutrients and Units	Mean	Std. Error Points	Code Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	20.700	0	1		2.898	45.540	
14:1							
15:1	0.200	0	1		0.028	0.440	
16:1 undifferentiated	0.200	U	1		0.028	0.440	
17:1	20.500	0	1		2.870	45.100	
20:1g	0.000	0	4		0.000	0.000	
22:1 undifferentiatedg	0.000	0	4		0.000	0.000	
24:1 cg	0.000	O .	•		0.000	0.000	
Fatty acids, total polyunsaturated9	33.700	0	1		4.718	74.140	
18:2 undifferentiatedg	31.700	0	1		4.438	69.740	
18:3 undifferentiated 9	1.900	0	1		0.266	4.180	
18:4g	0.000	0	4		0.000	0.000	
20:2 n-6 c.cg							
20:3 undifferentiatedg							
20:4 undifferentiatedg	0.000	0	4		0.000	0.000	
20:5 n-3g							
22:5 n-3g	0.000	0	4		0.000	0.000	
22:6 n-3g	0.000	0	4		0.000	0.000	
Fatty acids, total trans							
Cholesterol mg	0	0	4		0	0	
Phytosterolsmg	176	0	4		25	387	
Amino Acids:							
Tryptophan	0.000	0	4		0.000	0.000	
Threonineg	0.000	0	4		0.000	0.000	
Isoleucine	0.000	0	4		0.000	0.000	
Leucineg	0.000	0	4		0.000	0.000	
Lysineg	0.000	0	4		0.000	0.000	
Methionineg	0.000	0	4		0.000	0.000	
Cystine9	0.000	0	4		0.000	0.000	
Phenylalanineg	0.000	0	4		0.000	0.000	
Tyrosineg	0.000	0	4		0.000	0.000	
Valineg	0.000	0	4		0.000	0.000	
Arginineg	0.000	0	4		0.000	0.000	
Histidineg	0.000	0	4		0.000	0.000	
Alanineg	0.000	0	4		0.000	0.000	
Aspartic acidg	0.000	0	4		0.000	0.000	
Glutamic acidg	0.000	0	4		0.000	0.000	
Glycine9	0.000	0	4		0.000	0.000	
Prolineg	0.000	0	4		0.000	0.000	
Serineg	0.000	0	4		0.000	0.000	
Hydroxyprolineg							

Common Measures:

Measure 1 = 14.0g: 1 tablespoon

Measure 2 = 220g: 1 cup

Calories Factors: Protein 4.36 Fat 8.84 Carbohydrate 3.8

Food Group: 04 Fats and Oils

		<u>A</u> 1	mount in 10	0 grams	Amount in edible portion of common					
				Number	•			<u>m</u>	easures of food	_
				of Data	Deriv	Source	Confidence			
Nutrients and Units		Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	29.10				1		71.30	4.37	
Energy	kcal	508				1		1245	76	
Energy	kj	2125				1		5207	319	
Protein	g	1.90				1		4.66	0.29	
Total lipid (fat)	g	49.60				1		121.52	7.44	
Ash		4.00		0	NC	4		9.80	0.60	
Carbohydrate, by difference	g	15.40			NC	4		37.73	2.31	
Fiber, total dietary	g	0.1				1		0.2	0.0	
Sugars, total	g	7.67		0	FLA	4		18.79	1.15	
Starch	g									
Min and a										
Minerals:	ma	34				1		83	5	
Calcium, CaIron, Fe	-	0.35				1		0.86	0.05	
Magnesium, Mg	-	7				1		17	1	
Phosphorus, P		31				1		17 76	5	
Potassium, K	•	58				1		142	9	
Sodium, Na		1083				1		2653	162	
Zinc, Zn	-	0.25				1		0.61	0.04	
Copper, Cu		0.010)			1		0.025	0.002	
Manganese, Mn		0.010	•			-		0.025	0.002	
Selenium, Se		1.6		0	CAZN	4		3.9	0.2	
Scientarii, Sc	9			·	01121	-		3.5	V	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.2				1		0.5	0.0	
Thiamin	-	0.020				1		0.049	0.003	
Riboflavin	mg	0.050				1		0.123	0.008	
Niacin	mg	0.140)			1		0.343	0.021	
Pantothenic acid	-									
Vitamin B-6	-	0.010)			1		0.025	0.002	
Folate, total		4				1		10	1	
Folic acid	_	0		0	FLA	4		0	0	
Folate, food		4				1		10	1	
Folate, DFE		4		0	NC	4		10	1	
Vitamin B-12		0.26				1		0.64	0.04	
Vitamin A, IU		41		0	NC	4		100	6	
Vitamin A, RAE		10		0	NC	4		25	2	
Retinol		10		0	NC	4		25	2	
Vitamin E (alpha-tocopherol)		4.60		0	FLA	4		11.26	0.69	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta			_							
Vitamin D		3.827 96.7	1	0	FLA FLA	4 4		9.377	0.574	
Vitamin K (phylloquinone)	Ilicg	96.7		U	FLA	4		236.8	14.5	
Lipids:										
Fatty acids, total saturated	g	7.426	5			4		18.194	1.114	
4:0		0.019)			4		0.047	0.003	
6:0	g	0.011	-			4		0.027	0.002	
8:0	g	0.007	,			4		0.017	0.001	
10:0	g	0.015	i			4		0.037	0.002	
12:0	g	0.016	5			4		0.039	0.002	
13:0										
14:0	g	0.109)			4		0.267	0.016	
15:0	g									
16:0		5.205	i			4		12.752	0.781	
17:0	g									
18:0		1.933	3			4		4.736	0.290	
20:0	g									
22:0	g									
24:0	а									

	<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	11.588				4		28.391	1.738	
14:1g									
15:1g									
16:1 undifferentiatedg	0.111				4		0.272	0.017	
17:1g									
18:1 undifferentiatedg	11.321				4		27.736	1.698	
20:1g	0.098				4		0.240	0.015	
22:1 undifferentiatedg	0.000				4		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturated9	28.395				4		69.568	4.259	
18:2 undifferentiatedg	25.005				4		61.262	3.751	
18:3 undifferentiated	3.340				4		8.183	0.501	
18:4g	0.000				4		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000				4		0.000	0.000	
20:5 n-3g	0.000				4		0.000	0.000	
22:5 n-3g	0.000				4		0.000	0.000	
22:6 n-3g	0.000				4		0.000	0.000	
Fatty acids, total transg									
Cholesterol mg	40				1		98	6	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0				7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobrominemg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, betamcg	3		0	FLA	4		7.714	0.472	
Carotene, alphamcg	1		0	FLA	4		3.295	0.202	
Cryptoxanthin, beta mcg	1		0	FLA	4		2.913	0.178	
Lycopenemcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin mcg	39		0	FLA	4		95.468	5.845	

Common Measures:

Measure 1 = 245g: 1 cup Measure 2 = 15g: 1 tbsp

Calories Factors: Protein Fat Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u>	mount in 100	<u>0 grams</u>	Amount in edible portion of common					
			ı	Number				<u>m</u>	easures of food	<u>.</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.20		0		1		11.07	176.46	
Energy	kcal	157		0	NC	4		25	400	
Energy	kj	656		0		4		105	1673	
Protein (N x 6.25)	g	4.20		0		1		0.67	10.71	
Total lipid (fat)	g	9.50		0		1		1.52	24.23	
Ash	g	2.40		0		1		0.38	6.12	
Carbohydrate, by difference	g	14.90		0	NC	4		2.38	38.00	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g	9.07		0	RA	4		1.45	23.12	
Starch	g									
Min analas										
Minerals:	ma	84		0		1		13	214	
Calcium, Ca Iron, Fe	_	0.50		0		1		0.08	1.28	
Magnesium, Mg	_	8		0		4		1	20	
Phosphorus, P		87		0		1		14	222	
Potassium, K	•	121		0		1		14	309	
Sodium, Na		734		0		1		117	1872	
Zinc, Zn	_	0.35		0		4		0.06	0.89	
Copper, Cu		0.010)	0		4		0.002	0.026	
Manganese, Mn		0.010	•	·		-		0.002	0.020	
Selenium, Se		1.6		0	CAZN	4		0.3	4.1	
· ·										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	_	0.6		0		1		0.1	1.5	
Thiamin	_	0.060		0		1		0.010	0.153	
Riboflavin	<u>-</u>	0.150		0		1		0.024	0.383	
Niacin	_	0.250		0		1		0.040	0.638	
Pantothenic acid	<u>-</u>	0.000		0		4		0.000	0.000	
Vitamin B-6		0.030)	0		4		0.005	0.077	
Folate, total		17		0	RA	4		3	44	
Folic acid		7		0	RA	4		1	17	
Folate, food	mcg	11		0	RA	4		2	27	
Folate, DFE		22		0	NC	4		4	56	
Vitamin B-12		0.35		0		4		0.06	0.89	
Vitamin A, IU		171		0	RA	4		27	437	
Vitamin A, RAE		50		0	RA	4		8	127	
Retinol		49		0	RA	4		8	126	
Vitamin E (alpha-tocopherol)		0.80		0	RA	4		0.13	2.04	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)		13.8		0	RA	4		2.2	35.3	
	g	20.0		·		-			33.3	
<u>Lipids:</u>										
Fatty acids, total saturated	g	2.900)	0		1		0.464	7.395	
4:0		0.100		0		1		0.016	0.255	
6:0	-	0.000		0		1		0.000	0.000	
8:0	-	0.000		0		1		0.000	0.000	
10:0	-	0.100		0		1		0.016	0.255	
12:0		0.100)	0		1		0.016	0.255	
13:0										
14:0		0.200)	0		1		0.032	0.510	
15:0										
16:0		1.600)	0		1		0.256	4.080	
17:0										
18:0		0.800)	0		1		0.128	2.040	
20:0	-									
22:0	-									
24:0	g									

	<u>Aı</u>	mount in 100		of edib	ole portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Units		Mean		lumber of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		3.800		0		1		0.608	9.690	
15:116:1 undifferentiated	g	0.100		0		1		0.016	0.255	
17:1	9	3.700		0		1		0.592	9.435	
20:1 undifferentiated	g	0.000 0.000		0 0		1 1		0.000 0.000	0.000 0.000	
24:1 cFatty acids, total polyunsaturated.	g	2.100		0		1		0.336	5.355	
18:2 undifferentiated	g	2.000 0.100		0		1		0.320 0.016	5.100 0.255	
18:4 20:2 n-6 c,c 20:3 undifferentiated	9	0.000		0		1		0.000	0.000	
20:4 undifferentiated	g	0.000		0 0		1 1		0.000	0.000	
22:5 n-3	g	0.000		0		1		0.000	0.000	
Fatty acids, total trans	g	57		0		4		9	145	
Phytosterols	mg	24		0		4		4	61	
Amino Acids: Tryptophan	g	0.160		0		4		0.026	0.408	
Threonine		0.500 0.654		0 0		4 4		0.080 0.105	1.275 1.668	
LeucineLysine		0.999 0.793		0 0		4 4		0.160 0.127	2.547 2.022	
Methionine		0.301 0.162		0 0		4 4		0.048 0.026	0.768 0.413	
Phenylalanine Tyrosine		0.552 0.485		0 0		4 4		0.088 0.078	1.408 1.237	
ValineArginine		0.736 0.510		0 0		4 4		0.118 0.082	1.877 1.301	
HistidineAlanine	g	0.275 0. 4 73		0 0		4 4		0.0 44 0.076	0.701 1.206	
Aspartic acidGlutamic acid	g	0.915 1.865		0		4		0.146 0.298	2.333	
GlycineProline	g	0.281 0.777 0.678		0 0 0		4 4 4		0.045 0.124 0.108	0.717 1.981 1.729	
Serine Hydroxyproline		0.676		O		4		0.108	1.729	
Others: Alcohol, ethyl	g	0.0		0		7		0.0	0.0	
Caffeine Theobromine		0 0		0 0	RA RA	4 4		0 0	0 0	
Carotenoids:		_			_					
Carotene, alpha	mcg	3		0	RA RA	4		0.517	8.238 0.008	
Cryptoxanthin, betaLycopene	mcg	1 0		0	RA RA	4		0.216 0.000	3.446 0.000	
Lutein + zeaxanthin	mcg	50		0	RA	4		8.010	127.662	

Common Measures:

Measure 1 = 16g: 1 tablespoon Measure 2 = 255g: 1 cup NDB No. 04134

Salad dressing, home recipe, cooked

Calories Factors: Protein 4.36 Fat 8.84 Carbohydrate 3.8

Food Group: 04 Fats and Oils

Water.	Confidence Code	7.58 72 300 0.00	Measure 2	Measure 3
Nutrients and Units		7.58 72 300 0.00	118.50	Measure 3
Proximates:	Code	7.58 72 300 0.00	118.50	Measure 3
Energy		72 300 0.00		
Energy		72 300 0.00		
Finergy		300 0.00	1122	
Protein (N x 6.25)		0.00		
Total lipid (fat)			4694	
Ash			0.00	
Carbohydrate, by difference 9		8.02	125.25	
Fiber, total dietary		0.00	0.00	
Sugars, total		0.40	6.25	
Starch		0.0	0.0	
Minerals:		0.40	6.25	
Calcium, Ca				
Calcium, Ca				
Iron, Fe		0	0	
Magnesium, Mg		0.00	0.00	
Phosphorus, P.		0.00	0.00	
Potassium, K. mg 8 0 1 Sodium, Na. mg 1 0 1 Zinc, Zn. mg 0.000 0 4 Copper, Cu. mg 0.000 0 4 Manganese, Mn. mg Selenium, Se. mcg 1.6 0 CAZN 4 Vitamins: Vitamins: Vitamin C, total ascorbic acid mg 0.00 0 4 Riboflavin mg 0.000 0 4 Riboflavin mg 0.000 0 4 Niacin mg 0.000 0 4 Pantothenic acid mg 0.000 0 4 Vitamin B-6 mg 0.000 0 4 Foliate, total mcg 0 0 FLC 4 Folate, food mcg 0 0 FLC 4 Vitamin B-12<		0	0	
Sodium, Na		1	19	
Zinc, Zn. mg 0.00 0 4 Copper, Cu. mg 0.000 0 4 Manganese, Mn. mg 0.000 0 4 Selenium, Se. mcg 1.6 0 CAZN 4 Vitamins: Total ascorbic acid. mg 0.0 0 4 Vitamin C, total ascorbic acid. mg 0.000 0 4 Thiamin. mg 0.000 0 4 Riboflavin. mg 0.000 0 4 Niacin. mg 0.000 0 4 Pantothenic acid. mg 0.000 0 4 Vitamin B-6. mg 0.000 0 4 Folate, total. mcg 0 0 FLC 4 Folate, total. mcg 0 0 FLC 4 Folate, total. mcg 0 0 FLC 4 Volate, OFE. mcg 0 0		0	1	
Copper, Cu mg 0.000 0 4 Manganese, Mn mg 1.6 0 CAZN 4 Vitamins: Vitamins: wg 1.6 0 CAZN 4 Vitamin S. Vitamin C, total ascorbic acid. mg 0.000 0 4 Riboflavin. mg 0.000 0 4 Niacin. mg 0.000 0 4 Niacin. mg 0.000 0 4 Pantothenic acid. mg 0.000 0 4 Vitamin B-6. mg 0.000 0 4 Folate, total. mcg 0 0 FLC 4 Folate, total. mcg 0 0 FLC 4 Folate, food. mcg 0 0 FLC 4 Folate, food. mcg 0 NC 4 Vitamin B-12. mcg 0 NC 4 <		0.00	0.00	
Manganese, Mn mg Selenium, Se mcg 1.6 0 CAZN 4 Vitamins: Vitamin C, total ascorbic acid mg 0.00 0 4 Thiamin mg 0.000 0 4 Riboflavin mg 0.000 0 4 Niacin mg 0.000 0 4 Pantothenic acid mg 0.000 0 4 Pantothenic acid mg 0.000 0 4 Vitamin B-6 mg 0.000 0 4 Folate, total mcg 0 0 FLC 4 Folate, total mcg 0 0 FLC 4 Folate, food mcg 0 0 FLC 4 Folate, food mcg 0 NC 4 Vitamin B-12 mcg 0 NC 4 Vitamin A, RAE mcg 0 NC 4 <		0.000	0.000	
Selenium, Se. mcg 1.6 0 CAZN 4 Vitamins: Vitamin C, total ascorbic acid mg 0.00 0 4 Thiamin. mg 0.000 0 4 Riboflavin. mg 0.000 0 4 Niacin. mg 0.000 0 4 Pantothenic acid. mg 0.000 0 4 Vitamin B-6. mg 0.000 0 4 Folate, total. mcg 0 0 4 Folate, total. mcg 0 0 FLC 4 Folate, food. mcg 0 0 FLC 4 Folate, food. mcg 0 0 FLC 4 Folate, food. mcg 0 0 FLC 4 Vitamin B-12 mcg 0.00 0 4 Vitamin A, RAE mcg_RAE 0 0 NC 4 Retinol. mcg				
Vitamin S: Vitamin C, total ascorbic acid. mg 0.0 4 Thiamin. mg 0.000 0 4 Riboflavin. mg 0.000 0 4 Niacin. mg 0.000 0 4 Pantothenic acid. mg 0.000 0 4 Pantothenic acid. mg 0.000 0 4 Vitamin B-6. mg 0.000 0 4 Folate, total. mcg 0 0 4 Folate, food. mcg 0 0 FLC 4 Folate, pod. mcg 0 0 NC 4 Vitamin B-12 mcg 0 0 NC 4 Vitamin A, IU. IU 0		0.3	4.0	
Vitamin C, total ascorbic acid. mg 0.0 4 Thiamin. mg 0.000 0 4 Riboflavin. mg 0.000 0 4 Niacin. mg 0.000 0 4 Pantothenic acid. mg 0.000 0 4 Pantothenic acid. mg 0.000 0 4 Vitamin B-6. mg 0.000 0 4 Folate, total. mcg 0 0 4 Folic acid. mcg 0 0 FLC 4 Folate, food. mcg 0 0 FLC 4 Vitamin B-12. mcg 0.00 0 4 Vitamin B-12. mcg 0 NC 4 Vi				
Thiamin. mg 0.000 0 4 Riboflavin. mg 0.000 0 4 Niacin. mg 0.000 0 4 Pantothenic acid. mg 0.000 0 4 Vitamin B-6. mg 0.000 0 4 Folate, total. mcg 0 0 FLC 4 Folic acid. mcg 0 0 FLC 4 Folate, food. mcg 0 0 NC 4 Vitamin B-12. mcg 0.00 0 4 Vitamin A, IU. IU 0 NC 4 Retinol. mcg_RAE 0 0 FLC 4 Vitamin E (alpha-tocopherol). mg 4.61 0				
Riboflavin mg 0.000 0 4 Niacin mg 0.000 0 4 Pantothenic acid mg 0.000 0 4 Vitamin B-6 mg 0.000 0 4 Folate, total mcg 0 0 FLC 4 Folic acid mcg 0 0 FLC 4 Folate, food mcg 0 0 FLC 4 Vitatin, food mcg 0 0 NC 4 Vitamin B-12 mcg 0 0 0 4 Vitamin A, RAE mcg_RAE 0 0 NC 4 Retinol mcg 0 0 FLC 4 Vitamin E (alpha-tocopherol) mg 0 FLC 4 Tocopherol, delta mg <t< td=""><td></td><td>0.0</td><td>0.0</td><td></td></t<>		0.0	0.0	
Niacin mg 0.000 0 4 Pantothenic acid mg 0.000 0 4 Vitamin B-6 mg 0.000 0 4 Folate, total mcg 0 0 FLC 4 Folic acid mcg 0 0 FLC 4 Folate, food mcg 0 0 NC 4 Vitamin B-12 mcg 0.00 0 0 4 Vitamin B-12 mcg 0 0 NC 4 Retinol mcg 0 0 FLC 4 Vitamin E (alpha-tocopherol) mg 0 FLC 4 Tocopherol, delta </td <td></td> <td>0.000</td> <td>0.000</td> <td></td>		0.000	0.000	
Pantothenic acid mg 0.000 0 4 Vitamin B-6 mg 0.000 0 4 Folate, total mcg 0 0 4 Folic acid mcg 0 0 FLC 4 Folate, food mcg 0 0 FLC 4 Folate, food mcg 0 0 FLC 4 Folate, food mcg 0 0 NC 4 Folate, food mcg 0 0 NC 4 Folate, food mcg 0 0 NC 4 Vitamin B-12 mcg 0 0 0 4 Vitamin A, IU IU 0 0 NC 4 Retinol mcg 0 0 FLC 4 Vitamin E (alpha-tocopherol) mg 4.61 0 FLC 4 Tocopherol, gamma mg 0 FLC 4 Lipids:		0.000	0.000	
Vitamin B-6 mg 0.000 0 4 Folate, total. mcg 0 0 4 Folic acid. mcg 0 0 FLC 4 Folate, food. mcg 0 0 FLC 4 Folate, food. mcg 0 0 NC 4 Vitamin B-12. mcg 0 0 0 A Vitamin A, IU. IU 0 0 NC 4 Retinol. mcg 0 0 FLC 4 Retinol. mcg 0 0 FLC 4 Tocopherol, beta. mg 0 FLC 4 Tocopherol, delta. mg Vitamin K (phylloquinone) mcg 98.8 0		0.000	0.000	
Folate, total. mcg 0 0 0 FLC 4 Folic acid. mcg 0 0 0 FLC 4 Folate, food. mcg 0 0 0 FLC 4 Folate, food. mcg 0 0 0 FLC 4 Folate, DFE. mcg_DFE 0 0 NC 4 Vitamin B-12 mcg 0.000 0 4 Vitamin A, IU IU 0 0 0 A Retinol mcg 0 0 NC 4 Retinol mcg 0 0 FLC 4 Vitamin E (alpha-tocopherol) mg 4.61 0 FLC 4 Vitamin D mg Tocopherol, delta mg Vitamin D IU Vitamin K (phylloquinone) mcg 98.8 0 FLC 4 Lipids: Fatty acids, total saturated 9 9.100 0 1 4:0 9 0.000 0 1 6:0 9 0.000 0 1 8:0 0 9 0.000 0 1		0.000	0.000	
Folic acid		0.000	0.000	
Folate, food. mcg 0 0 FLC 4 Folate, DFE. mcg_DFE 0 0 0 NC 4 Vitamin B-12. mcg 0.00 0 0 4 Vitamin A, IU. IU 0 0 0 NC 4 Retinol. mcg 0 0 NC 4 Retinol. mcg 0 0 FLC 4 Vitamin E (alpha-tocopherol) mg 4.61 0 FLC 4 Tocopherol, beta. mg Tocopherol, gamma. mg Tocopherol, delta. mg Vitamin D. IU Vitamin K (phylloquinone) mcg 98.8 0 FLC 4 Lipids: Fatty acids, total saturated. 9 9.100 0 1 4:0. 9 0.000 0 1 8:0. 9 0.000 0 1		0	0	
Folate, DFE		0	0	
Vitamin B-12 mcg 0.00 0 4 Vitamin A, IU IU 0 0 4 Vitamin A, RAE mcg_RAE 0 0 NC 4 Retinol mcg 0 0 FLC 4 Vitamin E (alpha-tocopherol) mg 4.61 0 FLC 4 Tocopherol, beta mg 7 Tocopherol, gamma mg 7 Tocopherol, delta mg Vitamin D UU Vitamin K (phylloquinone) mcg 98.8 0 FLC 4 Lipids: Testty acids, total saturated g 9.100 0 1 1 4:0 g 0.000 0 1 1 6:0 g 0.000 0 1 8:0 g 0.000 0 1 1 1 1		0	0	
Vitamin A, IU		0	0	
Vitamin A, RAE mcg_RAE 0 NC 4 Retinol mcg 0 0 FLC 4 Vitamin E (alpha-tocopherol) mg 4 . 61 0 FLC 4 Tocopherol, beta mg 7 0 FLC 4 Tocopherol, gamma mg 0 VITAMIN Completed 0 FLC 4 Vitamin D IU Vitamin K (phylloquinone) mcg 98 . 8 0 FLC 4 Lipids: Fatty acids, total saturated g 9 . 100 0 1 1 4:0 g 0 . 000 0 1 1 6:0 g 0 . 000 0 1 1 8:0 g 0 . 000 0 1		0.00	0.00	
Retinol mcg 0 FLC 4 Vitamin E (alpha-tocopherol) mg 4 · 61 0 FLC 4 Tocopherol, beta mg Tocopherol, gamma mg Vitamin D IU Vitamin K (phylloquinone) mcg 98 · 8 0 FLC 4 Lipids: Fatty acids, total saturated g 9 · 100 0 1 4:0 g 0 · 000 0 1 6:0 g 0 · 000 0 1 8:0 g 0 · 000 0 1		-	0	
Vitamin E (alpha-tocopherol) mg 4 . 61 0 FLC 4 Tocopherol, beta mg Tocopherol, gamma mg Tocopherol, delta mg Vitamin D IU Vitamin K (phylloquinone) mcg 98 . 8 0 FLC 4 Lipids: Fatty acids, total saturated g 9 . 100 0 1 4:0 g 0 . 000 0 1 6:0 g 0 . 000 0 1 8:0 g 0 . 000 0 1		0 0		
Tocopherol, beta		-	0	
Tocopherol, gamma		0.74	11.52	
Tocopherol, delta				
Vitamin D. IU Vitamin K (phylloquinone) mcg 98.8 0 FLC 4 Lipids: Fatty acids, total saturated g 9.100 0 1 4:0. g 0.000 0 1 6:0. g 0.000 0 1 8:0. g 0.000 0 1				
Vitamin K (phylloquinone) mcg 98.8 0 FLC 4 Lipids: Fatty acids, total saturated g 9.100 0 1 4:0 g 0.000 0 1 6:0 g 0.000 0 1 8:0 g 0.000 0 1				
Lipids: Fatty acids, total saturated .g 9.100 0 1 4:0 .g 0.000 0 1 6:0 .g 0.000 0 1 8:0 .g 0.000 0 1		15.8	247.0	
Fatty acids, total saturated.				
4:0 .g 0.000 0 1 6:0 .g 0.000 0 1 8:0 .g 0.000 0 1				
6:0g 0.000 0 1 8:0g 0.000 0 1		1.456	22.750	
8:0g 0.000 0 1		0.000	0.000	
		0.000	0.000	
		0.000	0.000	
10:0g 0.000 0 1		0.000	0.000	
12:0g 0.000 0 1		0.000	0.000	
13:0g				
14:0g 0.200 0 1		0.032	0.500	
15:0g		1 100	15 500	
16:0g 7.000 0 1		1.120	17.500	
17:0		2 224	4 ==-	
18:0g 1.900 0 1		0.304	4.750	
20:0g				
22:0g 24:0g				

	<u>A</u>	mount in 100		of edib	ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean		umber f Data oints		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Nutriones and office		Otal Elloi					measure r	mododio 2	mousure o	
Fatty acids, total monounsaturated)	0		1		2.368	37.000		
14:1	=									
15:1	-		_		_					
16:1 undifferentiated	=)	0		1		0.016	0.250		
17:1	_		•					0.6 750		
18:1 undifferentiated			0		1		2.352	36.750		
20:1	-		0		1		0.000	0.000		
22:1 undifferentiated	•)	0		1		0.000	0.000		
24:1 c			•		1		2 056	60.050		
Fatty acids, total polyunsaturated			0		1		3.856	60.250 56.750		
18:2 undifferentiated			0		1		3.632 0.224	36.750		
18:3 undifferentiated			0		1		0.224			
18:4	=	,	U		_		0.000	0.000		
20:2 n-6 c,c	=									
20:3 undifferentiated	=		0		1		0.000	0.000		
20:4 undifferentiated	0		0		1					
20:5 n-3	-		0		1		0.000	0.000		
22:5 n-3			0		1		0.000	0.000		
22:6 n-3		,	U		_		0.000	0.000		
Fatty acids, total trans			^				0	0		
Cholesterol	5		0		4 4					
Phytosterols	iig 66		U		4		11	165		
Amino Acids:										
Tryptophan	_g 0.000)	0		4		0.000	0.000		
Threonine	.g 0.000)	0		4		0.000	0.000		
Isoleucine	.g 0.000)	0		4		0.000	0.000		
Leucine	_g 0.000)	0		4		0.000	0.000		
Lysine	_g 0.000)	0		4		0.000	0.000		
Methionine)	0		4		0.000	0.000		
Cystine	g 0.000)	0		4		0.000	0.000		
Phenylalanine	g 0.000)	0		4		0.000	0.000		
Tyrosine)	0		4		0.000	0.000		
Valine	g 0.000)	0		4		0.000	0.000		
Arginine	g 0.000)	0		4		0.000	0.000		
Histidine)	0		4		0.000	0.000		
Alanine	g 0.000)	0		4		0.000	0.000		
Aspartic acid	g 0.000)	0		4		0.000	0.000		
Glutamic acid)	0		4		0.000	0.000		
Glycine)	0		4		0.000	0.000		
Proline)	0		4		0.000	0.000		
Serine	=)	0		4		0.000	0.000		
Hydroxyproline	=									
Others:										
Alcohol, ethyl	g 0.0		0		7		0.0	0.0		
Caffeine	•		0	FLC	4		0	0		
Theobromine			0	FLC	4		0	0		
	9		·	120	-		Ŭ	v		
<u>Carotenoids:</u>										
Carotene, beta			0	FLC	4		0.000	0.000		
Carotene, alpha			0	FLC	4		0.000	0.000		
Cryptoxanthin, beta			0	FLC	4		0.000	0.000		
Lycopene			0	FLC	4		0.000	0.000		
Lutein + zeaxanthin	mcg 0		0	FLC	4		0.000	0.000		

Common Measures:

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

Salad dressing, home recipe, vinegar and oil

Calories Factors: Protein 4.36 Fat 8.84 Carbohydrate 3.8

Food Group: 04 Fats and Oils

NDB No. 04114 Salad dressing, italian dressing, commercial, regular

		<u>A</u>	mount in 100 g	rams c	of edit	ole portic	<u>on</u>	Amount in	edible portion	of common
			Nu	mber				m	easures of food	<u>l</u>
				Data I	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure :
Proximates:										
Water	-	56.40	2.842	6	A	1		8.29	132.53	
Energy		291		0	NC	4		43	685	
Energy	kj	1219		0	NC	4		179	2865	
Protein (N x 6.25)		0.38	0.034	6	A	1		0.06	0.90	
Total lipid (fat)		28.37	0.731	6	A	1		4.17	66.66	
Ash		4.42	0.137	6	A	1		0.65	10.39	
Carbohydrate, by difference		10.43		0	NC	4		1.53	24.52	
Fiber, total dietary		0.0		2	A	1		0.0	0.0	
Sugars, total		8.32		2	A	1		1.22	19.55	
Sucrose	g	0.00		2	A	1		0.00	0.00	
Glucose (dextrose)		4.68		2	A	1		0.69	11.01	
Fructose	g	3.64		2	A	1		0.53	8.54	
Lactose	g	0.00		2	A	1		0.00	0.00	
Maltose	g	0.00		2	A	1		0.00	0.00	
Galactose	g	0.00		2	A	1		0.00	0.00	
Starch	g	0.00		2	A	1		0.00	0.00	
Minerals:										
Calcium, Ca	ma	7	1.463	6	A	1		1	17	
Iron, Fe		0.63	0.083	6	A	1		0.09	1.47	
Magnesium, Mg.		3	0.189	6	A	1		0	7	
Phosphorus, P	-	9	0.807	6	A	1		1	22	
Potassium, K		48	3.760	6	A	1		7	113	
Sodium, Na		1654	47.394	6	A	1		243	3887	
Zinc, Zn	mg	0.13	0.025	6	A	1		0.02	0.31	
Copper, Cu	mg	0.000	0.000	6	A	1		0.000	0.000	
Manganese, Mn	mg	0.017	7 0.017	6	A	1		0.002	0.039	
Selenium, Se	mcg	2.0	2.000	3	A	1		0.3	4.7	
Vitamins:		0.0		•				0.0		
Vitamin C, total ascorbic acid		0.0 0.013	3 0.002	0 3	A	4 1		0.0 0.002	0.0 0.030	
ThiaminRiboflavin	_	0.013		3	A	1		0.002	0.049	
Niacin	-	0.000		3	A	1		0.000	0.000	
Pantothenic acid		0.000		2	A	1		0.000	0.000	
Vitamin B-6	-	0.060		2	A	1		0.009	0.140	
Folate, total		0		2	A	1		0	0	
Folic acid		0		0	z	7		0	0	
Folate, food	mcg	0		2	A	1		0	0	
Folate, DFE		0		0	NC	4		0	0	
Vitamin B-12		0.00		2	A	1		0.00	0.00	
Vitamin A, IU	IU	36		0	NC	4		5	84	
Vitamin A, RAE		2		0	NC	4		0	4	
Retinol	mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)	mg	5.00		0		4		0.74	11.75	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	56.0		0	FLA	4		8.2	131.6	
<u>Lipids:</u>										
Fatty acids, total saturated	g	4.474		0	NC	4		0.658	10.514	
4:0		0.000		3	A	1		0.000	0.000	
6:0		0.000		3	A	1		0.000	0.000	
8:0	-	0.000		3	A	1		0.000	0.000	
10:0		0.000		3	A	1		0.000	0.000	
12:0		0.000	0.000	3	A	1		0.000	0.000	
13:0	g									
14:0	_	0.000	0.000	3	A	1		0.000	0.000	

NDB No. 04114 Salad dressing, italian dressing, commercial, regular

	<u>Aı</u>	mount in 100 g Nu	rams mbe		ole portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	of Std. Error Po		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0g	3.298	0.144	3	A	1		0.485	7.750	
17:0g	0.000	0.000	3	A	1		0.000	0.000	
18:0g	0.953	0.246	3	A	1		0.140	2.240	
20:0g	0.073		3	A	1		0.011	0.171	
22:0g	0.150		3	A	1		0.022	0.353	
24:0g	0.000		3	A	1		0.000	0.000	
Fatty acids, total monounsaturatedg	6.315		0	NC	4		0.928	14.841	
14:1g	0.000		3	A	1		0.000	0.000	
15:1g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiatedg	0.000		3	A	1 1		0.000	0.000	
17:1g	0.000		3 3	A A	1		0.000	0.000	
18:1 undifferentiated	6.315 0.000		3	A A	1		0.928 0.000	14.841 0.000	
20:1g 22:1 undifferentiatedg	0.000		3	A	1		0.000	0.000	
24:1 cg	0.000	0.000	3	A	-		0.000	0.000	
Fatty acids, total polyunsaturated	12.941		0	NC	4		1.902	30.411	
18:2 undifferentiated	11.527		3	A	1		1.695	27.089	
18:3 undifferentiated9	1.413		3	A	1		0.208	3.321	
18:4g	0.000		3	A	1		0.000	0.000	
20:2 n-6 c.cg									
20:3 undifferentiated									
20:4 undifferentiatedg	0.000	0.000	3	A	1		0.000	0.000	
20:5 n-3g	0.000	0.000	3	A	1		0.000	0.000	
22:5 n-3g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total transg									
Cholesterolmg	0		0	A	1		0	0	
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.000		0	A	1		0.000	0.000	
Threonineg	0.000		0	A	1		0.000	0.000	
Isoleucineg	0.000		0	A	1		0.000	0.000	
Leucineg	0.000		0	A	1		0.000	0.000	
Lysineg	0.000		0	A	1		0.000	0.000	
Methionineg	0.000		0	A	1		0.000	0.000	
Cystineg	0.000		0	A	1		0.000	0.000	
Phenylalanine	0.000		0	A	1		0.000	0.000	
Tyrosine	0.000		0	A	1		0.000	0.000	
Valine	0.000		0	A	1		0.000	0.000	
Arginine	0.000		0	A A	1 1		0.000 0.000	0.000 0.000	
Alanineg	0.000		0	A A	1		0.000		
Aspartic acid	0.000		0	A	1		0.000	0.000 0.000	
Aspartic acid9 Glutamic acid	0.000		0	A	1		0.008	0.000	
Glycine	0.000		0	A	1		0.000	0.131	
Proline	0.000		0	A	1		0.000	0.000	
Serine	0.000		0	A	1		0.000	0.000	
Hydroxyproline								0.000	
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0	0.0	
Caffeinemg	0		0	FLA	4		0	0	
Theobrominemg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, betamcg	21	7.719	6	A	1		3.014	48.175	
Carotene, alphamcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta mcg	2	1.833	6	A	1		0.269	4.308	
Lycopenemcg	16	10.172	6	A	1		2.352	37.600	
Lutein + zeaxanthin mcg	0		0	NR	4		0.000	0.000	

Salad dressing, italian dressing, commercial, regular

Common Measures:

Measure 1 = 14.7g: 1 tbsp Measure 2 = 235g: 1 cup

Calories Factors: Protein 2.44 Fat 8.84 Carbohydrate 3.8

Food Group: 04 Fats and Oils

NDB No. 04143 Salad dressing, italian dressing, commercial, regular, without salt

		<u>A</u>	mount in 100 g	rams	of edil	ole portio	<u>on</u>	Amount in	edible portion	of common
			Nu	mber					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	56.40	2.842	6	A	1		8.29	132.53	
Energy		292	2.012	0	NC	4		43	686	
Energy		1222		0	NC	4		180	2872	
Protein (N x 6.25)		0.38	0.034	6	A	1		0.06	0.90	
Total lipid (fat)	-	28.37	0.731	6	A	1		4.17	66.66	
Ash		4.42	0.137	6	A	1		0.65	10.39	
Carbohydrate, by difference		10.43	0.137	0	NC	4		1.53	24.52	
Fiber, total dietary		0.0		2	A	1		0.0	0.0	
		8.32		2	A	1		1.22		
Sugars, total		0.00		2	A	1		0.00	19.55	
Sucrose	9								0.00	
Glucose (dextrose)	g	4.68		2	A	1		0.69	11.01	
Fructose	g	3.64		2	A	1		0.53	8.54	
Lactose	g	0.00		2	A	1		0.00	0.00	
Maltose		0.00		2	A	1		0.00	0.00	
Galactose		0.00		2	A	1		0.00	0.00	
Starch	g	0.00		2	A	1		0.00	0.00	
Minerals:										
Calcium, Ca	ma	7	1.463	6	A	1		1	17	
Iron, Fe		0.63	0.083	6	A	1		0.09	1.47	
Magnesium, Mg		3	0.189	6	A	1		0.03	7	
Phosphorus, P		9	0.807	6	A	1		1	22	
Potassium, K		48	3.760	6	A	1		7	113	
Sodium, Na		30	3.700	0		1		4	71	
Zinc, Zn		0.13	0.025	6	A	1		0.02	0.31	
Copper, Cu		0.000		6	A	1		0.000	0.000	
Manganese, Mn		0.017		6	A	1		0.002	0.039	
Selenium, Se		2.0	2.000	3	A	1		0.3	4.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	-	0.013		3	A	1		0.002	0.030	
Riboflavin		0.021		3	A	1		0.003	0.049	
Niacin	-	0.000		3	A	1		0.000	0.000	
Pantothenic acid	-	0.000		2	A	1		0.000	0.000	
Vitamin B-6		0.060)	2	A	1		0.009	0.140	
Folate, total		0		2	A	1		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food		0		2	A	1		0	0	
Folate, DFE		0		0	NC	4		0	0	
Vitamin B-12	_	0.00		2	A	1		0.00	0.00	
Vitamin A, IU		36		0	NC	4		5	84	
Vitamin A, RAE		2		0	NC	4		0	4	
Retinol		0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)		2.61		0	FLA	4		0.38	6.14	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D				•						
Vitamin K (phylloquinone)	mcg	56.0		0	FLA	4		8.2	131.6	
Lipids:										
Fatty acids, total saturated	q	4.474	ı	0	NC	4		0.658	10.514	
4:0		0.000		3	A	1		0.000	0.000	
6:0		0.000		3	A	1		0.000	0.000	
8:0	-	0.000		3	A	1		0.000	0.000	
10:0	-	0.000		3	A	1		0.000	0.000	
12:0	_	0.000		3	A	1		0.000	0.000	
13:0		3.000		-		-		0.000	2.000	
14:0		0.000	0.000	3	A	1		0.000	0.000	
15:0		0.000	. 0.000	-	••	-		3.000	0.000	

		<u>Ar</u>	mount in 100	grams	of edil	ole portio	<u>on</u>	Amount in	edible portion	of common
				umbei	Deriv	Source	Confidence	<u>m</u>	easures of food	
Nutrients and U	Jnits	Mean	Std. Error P			Code	Code	Measure 1	Measure 2	Measure 3
16:0	g	3.298	0.144	3	A	1		0.485	7.750	
17:0	g	0.000	0.000	3	A	1		0.000	0.000	
18:0	g	0.953	0.246	3	A	1		0.140	2.240	
20:0	g	0.073	0.036	3	A	1		0.011	0.171	
22:0		0.150	0.019	3	A	1		0.022	0.353	
24:0	g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total monounsaturate	edg	6.315		0	NC	4		0.928	14.841	
14:1		0.000	0.000	3	A	1		0.000	0.000	
15:1	g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated		0.000	0.000	3	A	1		0.000	0.000	
17:1	g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated	g	6.315	0.130	3	A	1		0.928	14.841	
20:1	g	0.000	0.000	3	A	1		0.000	0.000	
22:1 undifferentiated	g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c										
Fatty acids, total polyunsaturated		12.941		0	NC	4		1.902	30.411	
18:2 undifferentiated		11.527	1.332	3	A	1		1.695	27.089	
18:3 undifferentiated	_	1.413	0.356	3	A	1		0.208	3.321	
18:4	g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c.c	g									
20:3 undifferentiated	-									
20:4 undifferentiated	g	0.000	0.000	3	A	1		0.000	0.000	
20:5 n-3	g	0.000	0.000	3	A	1		0.000	0.000	
22:5 n-3	g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3	g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans	g									
Cholesterol	mg	67		0		1		10	157	
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	FLA	4		0.0	0.0	
Caffeine		0		0	FLA	4		0	0	
Theobromine		0		0	FLA	4		0	0	
Carotenoids:	-									
Carotene, beta	mcg	21	7.719	6	A	1		3.014	48.175	
Carotene, alpha	mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta		2	1.833	6	A	1		0.269	4.308	
Lycopene		16	10.172	6	A	1		2.352	37.600	
Lutein + zeaxanthin		0		0	NR	4		0.000	0.000	

Common Measures:

Measure 1 = 14.7g: 1 tablespoon

Measure 2 = 235g: 1 cup

Calories Factors: Protein 4.36 Fat 8.84 Carbohydrate 3.8

Food Group: 04 Fats and Oils

		<u>A</u>	mount in 100 g	grams	of edib	ole portio	<u>n</u>		edible portion	
			Nu	ımber	•			<u>m</u>	easures of food	_
					Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water		85.95	0.925	3	A	1		12.03	198.53	
Energy		47		0	NC	4		7	108	
Energy		195		0	NC	4		27	451	
Protein	-	0.97	0.178	3	A	1		0.14	2.23	
Total lipid (fat)		0.87	0.051	3 3	A	1 1		0.12	2.00	
Ash		3.47 8.75	0.089	0	A NC	4		0.49 1.23	8.01	
Carbohydrate, by difference		0.6		2	A.	1		0.1	20.22 1.4	
Sugars, total		8.85		2	A	1		1.24	20.43	
Sucrose		0.29		2	A	1		0.04	0.66	
Glucose (dextrose)		2.82		2	A	1		0.39	6.50	
		5.59		2	A	1		0.78	12.92	
FructoseLactose		0.00		2	A	1		0.00	0.00	
Maltose	g	0.15		2	A	1		0.02	0.34	
Galactose	g	0.00		2	A	1		0.00	0.00	
Starch		2.58		2	A	1		0.36	5.96	
<u>Minerals:</u>										
Calcium, Ca	-	30	6.854	3	A	1		4	69	
Iron, Fe.		0.40	0.070	3	A	1		0.06	0.92	
Magnesium, Mg		5 109	0.291 54.871	3 3	A A	1 1		1 15	10 252	
Phosphorus, P Potassium, K		109	5.068	3	A	1		14	236	
Sodium, Na		1129	35.455	3	A	1		158	2608	
Zinc, Zn		0.36	0.108	3	A	1		0.05	0.82	
Copper, Cu		0.116	0.036	3	A	1		0.016	0.269	
Manganese, Mn		0.032	0.012	3	A	1		0.004	0.074	
Selenium, Se	mcg	2.0		1	A	1		0.3	4.6	
<u>/itamins:</u>										
Vitamin C, total ascorbic acid		0.4				1		0.1	0.9	
Thiamin		0.031		1	A	1		0.004	0.072	
Riboflavin		0.053		1	A	1		0.007	0.122	
Niacin	-	0.135		1	A	1		0.019	0.312	
Pantothenic acid	-	0.000		1 1	A A	1 1		0.000	0.000	
Vitamin B-6Folate, total		0.000 12	,	1	A	1		0.000 2	0.000 27	
Folic acid		0		0	z	7		0	0	
Folate, food		12		1	A	1		2	27	
Folate, DFE		12		0	NC	4		2	27	
Vitamin B-12		0.31		1	A	1		0.04	0.71	
Vitamin A, IU		77		0	NC	4		11	177	
Vitamin A, RAE		4		0	NC	4		1	9	
Retinol	mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.76		0	NR	4		0.11	1.76	
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)		1.6		0	FLA	4		0.2	3.6	
ipids:	9	1.0		•		-		V. -	5.0	
Fatty acids, total saturated	q	0.295	5	0	NC	4		0.041	0.681	
4:0		0.000		0	z	7		0.000	0.000	
6:0	_	0.000		0	z	7		0.000	0.000	
8:0	_	0.000		0	z	7		0.000	0.000	
10:0	_	0.003	3	2	A	1		0.000	0.006	
				2	A	-		0.001	0 000	
12:0	g	0.010)		A	1		0.001	0.022	
12:0 13:0		0.010		1 2	A	1		0.000	0.022	

		<u>Aı</u>	mount in 100	0 grams	of edil	ole portio	<u>n</u>	Amount in	edible portion of	of common
			1	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
16:0	a	0.151		2	A	1		0.021	0.348	
17:0		0.004		2	A	1		0.001	0.009	
18:0		0.071		2	A	1		0.010	0.164	
20:0	-	0.011		1	A	1		0.002	0.025	
22:0		0.003		2	A	1		0.000	0.006	
24:0	g									
Fatty acids, total monounsaturate	edg	0.235		0	NC	4		0.033	0.543	
14:1	g	0.005		2	A	1		0.001	0.010	
15:1										
16:1 undifferentiated		0.009		2	A	1		0.001	0.020	
17:1		0.009		2	A	1		0.001	0.021	
18:1 undifferentiated		0.210		2	A	1		0.029	0.485	
20:1	-	0.000		0	Z	7		0.000	0.000	
22:1 undifferentiated	-	0.003		2	A	1		0.000	0.007	
24:1 c										
Fatty acids, total polyunsaturated		0.192		0 2	NC A	4 1		0.027 0.023	0. 444 0.377	
18:2 undifferentiated	-	0.163 0.027		2	A A	1		0.023	0.377	
18:3 undifferentiated		0.027		0	Z	7		0.004	0.062	
20:2 n-6 c.c	-	0.000		U	4	,		0.000	0.000	
20:3 undifferentiated		0.002		1	A	1		0.000	0.005	
20:4 undifferentiated		0.000		0	z	7		0.000	0.000	
20:5 n-3	-	0.000		0	z	7		0.000	0.000	
22:5 n-3	-	0.000		0	z	7		0.000	0.000	
22:6 n-3		0.000		0	z	7		0.000	0.000	
Fatty acids, total trans	-									
Cholesterol	-	2		1	A	1		0	4	
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0				7		0.0	0.0	
Caffeine	mg	0		0	FLA	4		0	0	
Theobromine		0		0	FLA	4		0	0	
Carotenoids:										
Carotene, beta	mcg	40	11.28	9 3	A	1		5.647	93.170	
Carotene, alpha	-	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta		11	6.06	4 3	A	1		1.493	24.640	
Lycopene	mcg	5	5.00		A	1		0.700	11.550	
Lutein + zeaxanthin	mcg	0		0	NR	4		0.000	0.000	

Common Measures:

Measure 1 = 14.0g: 1 tbsp Measure 2 = 231g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u> 1	mount in 10	0 grams	of edib	le portio	<u>n</u>		edible portion	
				Number	•			<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.00				4		151.20	9.80	
Energy	kcal	200				8		432	28	
Energy	kj	837				8		1807	117	
Protein	g	0.30				4		0.65	0.04	
Total lipid (fat)	g	20.00				4		43.20	2.80	
Ash	g	3.00		0	NC	4		6.48	0.42	
Carbohydrate, by difference	g	6.70				8		14.47	0.94	
Fiber, total dietary		0.2				8		0.4	0.0	
Sugars, total	g	1.94		0	FLA	4		4.20	0.27	
Starch	g									
Minerals:										
Calcium, Ca	ma	6				4		13	1	
Iron. Fe.	-	0.13				4		0.28	0.02	
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	2				4		4	0	
Phosphorus, P		7				4		15	1	
Potassium, K	•	33				8		71	5	
Sodium, Na		1421				8		3069	199	
Zinc, Zn	mg	0.04				4		0.09	0.01	
Copper, Cu	mg	0.005	i			4		0.011	0.001	
Manganese, Mn	mg	0.020)	0	FLA	4		0.042	0.003	
Selenium, Se	mcg	1.6		0	CAZN	4		3.5	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.4				4		0.9	0.1	
Thiamin	_	0.010	1			4		0.022	0.001	
Riboflavin	-	0.010				4		0.022	0.001	
Niacin	=	0.020				4		0.043	0.003	
Pantothenic acid	_	0.000		0	FLA	4		0.000	0.000	
Vitamin B-6	-	0.030				4		0.065	0.004	
Folate, total	-	3		0	FLA	4		6	0	
Folic acid		0		0	FLA	4		0	0	
Folate, food		3		0	FLA	4		6	0	
Folate, DFE		3		0	NC	4		6	0	
Vitamin B-12		0.07				4		0.15	0.01	
Vitamin A, IU	IU	0		0	FLA	4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	FLA	4		0	0	
Retinol	mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.59		0	FLA	4		1.26	0.08	
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		10 5		•				07.1		
Vitamin K (phylloquinone)	nicg	12.5		0	FLA	4		27.1	1.8	
Lipids:										
Fatty acids, total saturated	g	2.880)			4		6.221	0.403	
4:0	g	0.000)			4		0.000	0.000	
6:0	g	0.000)			4		0.000	0.000	
8:0	g	0.000	1			4		0.000	0.000	
10:0		0.000				4		0.000	0.000	
12:0		0.000)			4		0.000	0.000	
13:0										
14:0		0.020)			4		0.043	0.003	
15:0										
16:0		2.060)			4		4.450	0.288	
17:0	-	_				_		_	_	
18:0	-	0.760	1			4		1.642	0.106	
20:0	-									
22:0	-									
24:0	g									

	<u>An</u>	nount in 10	Number			_	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	4.660				4		10.066	0.652	
14:1g	4.000				-		10.000	0.652	
15:1g									
16:1 undifferentiated	0.040				4		0.086	0.006	
17:1g					_				
18:1 undifferentiatedg	4.560				4		9.850	0.638	
20:1g	0.040				4		0.086	0.006	
22:1 undifferentiatedg	0.000				4		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturated	11.580				8		25.013	1.621	
18:2 undifferentiatedg	10.200				4		22.032	1.428	
18:3 undifferentiatedg	1.360				4		2.938	0.190	
18:4g	0.000				4		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000				4		0.000	0.000	
20:5 n-3g	0.000				4		0.000	0.000	
22:5 n-3g	0.000				4		0.000	0.000	
22:6 n-3g	0.000				4		0.000	0.000	
Fatty acids, total transg									
Cholesterolmg	0				7		0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0				7		0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0	
Theobromine mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, betamcg	0		0	FLA	4		0.000	0.000	
Carotene, alphamcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, betamcg	0		0	FLA	4		0.000	0.000	
Lycopene mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin mcg	0		0	FLA	4		0.000	0.000	

Common Measures:

Measure 1 = 216g: 1 cup Measure 2 = 14.0g: 1 tbsp

Calories Factors: Protein Fat Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u>	mount in 100 g	rams (of edib	ole portio	<u>on</u>	Amount in	edible portion	of common
			Nu	mber				m	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	84.68	0.158	3	A	1		12.70	203.23	
Energy		75		0	NC	4		11	180	
Energy		313		0	NC	4		47	752	
Protein (N x 6.25)		0.47	0.046	3	A	1		0.07	1.12	
Total lipid (fat)		6.38	1.376	3	A	1		0.96	15.31	
Ash		3.90	0.087	3	A	1		0.59	9.37	
Carbohydrate, by difference		4.57		0	NC	4		0.69	10.97	
Fiber, total dietary	g	0.0		1	A	1		0.0	0.0	
Sugars, total		4.55		1	A	1		0.68	10.92	
Sucrose	g	0.00		1	A	1		0.00	0.00	
Glucose (dextrose)	g	2.31		1	A	1		0.35	5.54	
Fructose	g	2.24		1	A	1		0.34	5.39	
Lactose	g	0.00		1	A	1		0.00	0.00	
Maltose	g	0.00		1	A	1		0.00	0.00	
Galactose		0.00		1	A	1		0.00	0.00	
Starch		0.00		1	A	1		0.00	0.00	
Minl.										
Minerals:	ma	9	0.040	2				4	21	
Calcium, Ca		0.65	0.240	3 3	A	1		1 0.10	21 1.55	
Iron, Fe		4	0.068 0.153	3	A A	1 1		0.10 1	1.55	
Magnesium, Mg Phosphorus, P		11	0.153	3	A	1		2	26	
Potassium, K		85	7.117	3	A	1		13	203	
Sodium, Na		1366	42.782	3	A	1		205	3278	
Zinc, Zn		0.19	0.007	3	A	1		0.03	0.46	
Copper, Cu		0.000		3	A	1		0.000	0.000	
Manganese, Mn		0.000	0.000	3	A	1		0.000	0.000	
Selenium, Se		8.0		1	A	1		1.2	19.2	
Vitamins:		0.0		•				0.0		
Vitamin C, total ascorbic acid		0.0		0	_	4		0.0	0.0	
Thiamin	_	0.000		1 1	A A	1 1		0.000 0.002	0.000	
Riboflavin	_	0.000		1	A	1		0.002	0.036 0.000	
Niacin Pantothenic acid	-	0.000		1	A	1		0.000	0.000	
Vitamin B-6	-	0.070		1	A	1		0.000	0.168	
Folate, total		0.070	,	1	A	1		0.011	0.100	
Folic acid		0		0	z	7		0	0	
Folate, food	mca	0		1	A	1		0	0	
Folate, DFE		0		0	NC	4		0	0	
Vitamin B-12		0.00		1	A	1		0.00	0.00	
Vitamin A, IU	_	12		0	NC	4		2	29	
Vitamin A, RAE		1		0	NC	4		0	1	
Retinol		0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.20		0	0	4		0.03	0.48	
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg	12.5		0	FLA	4		1.9	30.1	
<u>Lipids:</u>										
Fatty acids, total saturated		0.451		0	NC	4		0.068	1.082	
4:0	-	0.000		2	A	1		0.000	0.000	
6:0	-	0.000		2	A	1		0.000	0.000	
8:0	-	0.000		2	A	1		0.000	0.000	
10:0	-	0.000		2	A	1		0.000	0.000	
12:0		0.000)	2	A	1		0.000	0.000	
13:0				_	_	_		_	_	
14:0		0.000	1	2	A	1		0.000	0.000	

	<u>Aı</u>	mount in 10	0 grams	of edik	ole portio	<u>on</u>		edible portion o	f common
			Number	•			me	easures of food	
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0g	0.318		2	A	1		0.048	0.763	
17:0g	0.000		2	A	1		0.000	0.000	
18:0g	0.133	i	2	A	1		0.020	0.319	
20:0g	0.000	1	2	A	1		0.000	0.000	
22:0g	0.000	1	2	A	1		0.000	0.000	
24:0g	0.000	1	2	A	1		0.000	0.000	
Fatty acids, total monounsaturatedg	2.190		0	NC	4		0.328	5.255	
14:1g	0.000		2	A	1		0.000	0.000	
15:1g									
16:1 undifferentiatedg	0.000		2	A	1		0.000	0.000	
17:1g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiatedg	2.190		2	A	1		0.328	5.255	
20:1g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiatedg	0.000		2	A	1		0.000	0.000	
24:1 cg	1 704		•	270	4		0.056	4 000	
Fatty acids, total polyunsaturated9	1.704		0 2	NC A	1		0.256	4.088	
18:2 undifferentiated	0.366		2	A	1		0.201 0.055	3.210 0.878	
18:4	0.000		2	A	1		0.000	0.878	
20:2 n-6 c,cg	0.000		2		_		0.000	0.000	
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		2	A	1		0.000	0.000	
20:5 n-3g	0.000		2	A	1		0.000	0.000	
20.5 n-3	0.000		2	A	1		0.000	0.000	
22:6 n-3	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans	0.000		_		_		0.000	0.000	
Cholesterolmg	6	0.2	78 3		1		1	14	
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.006		0	FLA	4		0.001	0.014	
Threonineg	0.012		0	FLA	4		0.002	0.028	
Isoleucineg	0.016		0	FLA	4		0.002	0.040	
Leucineg	0.024		0	FLA	4		0.004	0.058	
Lysineg	0.018		0	FLA	4		0.003	0.043	
Methionineg	0.008		0	FLA	4		0.001	0.018	
Cystineg	0.006		0	FLA	4		0.001	0.014	
Phenylalanineg	0.013		0	FLA	4		0.002	0.031	
Tyrosineg	0.008		0	FLA	4		0.001	0.018	
Valineg	0.017		0	FLA	4		0.003	0.040	
Arginineg	0.051		0	FLA	4		0.008	0.123	
Histidine	0.008		0	FLA	4 4		0.001	0.019	
Alanine	0.010		0	FLA	4		0.001	0.024	
Aspartic acid	0.032		0	FLA			0.005	0.076	
Glutamic acid	0.068 0.015		0	FLA FLA	4 4		0.010 0.002	0.163	
Glycine	0.013		0	FLA	4		0.002	0.036	
Proline	0.011		0	FLA	4		0.002	0.027 0.031	
Hydroxyproline	0.013	'	U	FLIA	-		0.002	0.031	
Others:									
Alcohol, ethyl	0.0		0	FLA	4		0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0.0	
Theobromine mg	0		0	FLA	4		Ö	0	
Carotenoids:	-		-		•		•	-	
Carotene, betamcg	7	7.3	33 3	A	1		1.100	17.600	
Carotene, alphamcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, betamcg	0	0.0		A	1		0.000	0.000	
Lycopene mcg	0	0.0		A	1		0.000	0.000	
Lutein + zeaxanthin mcg	0		0	NR	4		0.000	0.000	

Salad dressing, italian dressing, reduced fat

Common Measures:

Measure 1 = 15.0g: 1 tablespoon

Measure 2 = 240g: 1 cup

Calories Factors: Protein 2.44 Fat 8.84 Carbohydrate 3.8

Food Group: 04 Fats and Oils

NDB No. 04144 Salad dressing, italian dressing, reduced fat, without salt

		<u>A</u>	mount in 100 g	rams	of edil	ole portio	<u>on</u>	Amount in edible portion of common			
			Nu	mber				m	easures of food	<u> </u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure :	
Proximates: Water	g	84.68	0.158	3	A	1		12.70	203.23		
Energy	kcal	76		0	NC	4		11	182		
Energy		317		0	NC	4		48	761		
Protein (N x 6.25)		0.47	0.046	3	A	1		0.07	1.12		
Total lipid (fat)		6.38	1.376	3	A	1		0.96	15.31		
Ash		3.90	0.087	3	A	1		0.59	9.37		
Carbohydrate, by difference	g	4.57		0	NC	4		0.69	10.97		
Fiber, total dietary	g	0.0		1	A	1		0.0	0.0		
Sugars, total		4.55		1	A	1		0.68	10.92		
Sucrose	g	0.00		1	A	1		0.00	0.00		
Glucose (dextrose)	g	2.31		1	A	1		0.35	5.54		
Fructose	g	2.24		1	A	1		0.34	5.39		
Lactose	g	0.00		1	A	1		0.00	0.00		
Maltose	g	0.00		1	A	1		0.00	0.00		
Galactose		0.00		1	A	1		0.00	0.00		
Starch		0.00		1	A	1		0.00	0.00		
Minerals:											
Calcium, Ca		9	0.240	3	A	1		1	21		
Iron, Fe		0.65	0.068	3	A	1		0.10	1.55		
Magnesium, Mg		4	0.153	3	A	1		1	10		
Phosphorus, P		11	0.267	3	A	1		2	26		
Potassium, K		85	7.117	3	A	1		13	203		
Sodium, Na		30		0		1		5	72		
Zinc, Zn		0.19	0.007	3	A	1		0.03	0.46		
Copper, Cu		0.000		3	A	1		0.000	0.000		
Manganese, Mn Selenium, Se		0.000 8.0	0.000	3 1	A A	1 1		0.000 1.2	0.000 19.2		
Vitamins:				_		_					
Vitamin C, total ascorbic acid	ma	0.0		0		1		0.0	0.0		
Thiamin		0.000)	1	A	1		0.000	0.000		
Riboflavin	-	0.015		1	A	1		0.002	0.036		
Niacin	-	0.000		1	A	1		0.000	0.000		
Pantothenic acid		0.000		1	A	1		0.000	0.000		
Vitamin B-6	_	0.070		1	A	1		0.011	0.168		
Folate, total		0		1	A	1		0	0		
Folic acid		0		0	Z	7		0	0		
Folate, food	mca	0		1	A	1		0	0		
Folate, DFE		0		0	NC	4		0	0		
Vitamin B-12		0.00		1	A	1		0.00	0.00		
Vitamin A, IU	-	12		0	NC	4		2	29		
Vitamin A, RAE		1		0	NC	4		0	1		
Retinol		0		Ō	FLA	4		0	0		
Vitamin E (alpha-tocopherol)		0.59		0	FLA	4		0.09	1.40		
Tocopherol, beta		0.00		·		-		0.05			
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		12.5		0	FLA	4		1.9	30.1		
Lipids:											
Fatty acids, total saturated	g	0.451	L	0	NC	4		0.068	1.082		
4:0	g	0.000)	2	A	1		0.000	0.000		
6:0	g	0.000)	2	A	1		0.000	0.000		
8:0	g	0.000)	2	A	1		0.000	0.000		
10:0	g	0.000)	2	A	1		0.000	0.000		
12:0	g	0.000)	2	A	1		0.000	0.000		
13:0											
14:0		0.000)	2	A	1		0.000	0.000		
15:0											

		<u>Ar</u>	nount in 100			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and	Units	Mean	-	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
160	_	0.318		2	A	1			0.700		
16:0	=	0.318		2	A	1		0.048 0.000	0.763 0.000		
17:0		0.000		2	A	1		0.000	0.000		
18:0				_		_					
20:0		0.000		2 2	A	1 1		0.000	0.000		
22:0	•	0.000		2	A A	1		0.000	0.000		
24:0	-	0.000		0		4		0.000	0.000		
Fatty acids, total monounsatura		2.190 0.000		2	NC A	1		0.328 0.000	5.255		
14:1	-	0.000		2	A	1		0.000	0.000		
15:1 16:1 undifferentiated	-	0.000		2	A	1		0.000	0.000		
17:1	-	0.000		2	A	1		0.000	0.000		
18:1 undifferentiated		2.190		2	A	1		0.000	5.255		
20:1	• • • • • • • • • • • • • • • • • • • •	0.000		2	A	1		0.328	0.000		
22:1 undifferentiated	-	0.000		2	A	1		0.000	0.000		
24:1 c	• • • • • • • • • • • • • • • • • • • •	0.000		2	A	_		0.000	0.000		
Fatty acids, total polyunsaturat	-	1.704		0	NC	4		0.256	4.088		
18:2 undifferentiated		1.338		2	A	1		0.201	3.210		
18:3 undifferentiated		0.366		2	A	1		0.201	0.878		
18:4	-	0.000		2	A	1		0.000	0.000		
20:2 n-6 c.c		0.000		_		-		0.000	0.000		
20:3 undifferentiated	-										
20:4 undifferentiated	-	0.000		2	A	1		0.000	0.000		
20:5 n-3		0.000		2	A	1		0.000	0.000		
22:5 n-3		0.000		2	A	1		0.000	0.000		
22:6 n-3		0.000		2	A	1		0.000	0.000		
Fatty acids, total trans	-	0.000		_		-		0.000	0.000		
Cholesterol		6		0		1		1	14		
Phytosterols								-			
Others:											
Alcohol, ethyl	a	0.0		0	FLA	4		0.0	0.0		
Caffeine		0		0	FLA	4		0	0		
Theobromine	-	0		0	FLA	4		0	0		
Carotenoids:	-								-		
Carotene, beta	mcg	7	7.33	3 3	A	1		1.100	17.600		
Carotene, alpha	_	0		0	z	7		0.000	0.000		
Cryptoxanthin, beta		0	0.00	0 3	A	1		0.000	0.000		
Lycopene		0	0.00	0 3	A	1		0.000	0.000		
Lutein + zeaxanthin		0		0	NR	4		0.000	0.000		

Common Measures:

Measure 1 = 15.0g: 1 tablespoon

Measure 2 = 240g: 1 cup

Calories Factors: Protein 4.36 Fat 8.84 Carbohydrate 3.8

Food Group: 04 Fats and Oils

NDB No. 43329 Salad dressing, mayonnaise and mayonnaise-type, low calorie

		<u>Aı</u>	mount in 100 gi	rams of	edible	e portioi	<u>n</u>	Amount in	edible portion	of common
			Nur	mber				<u>m</u>	easures of food	<u> </u>
			of	Data De	riv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	ints Co	de	Code	Code	Measure 1	Measure 2	Measure
D										
Proximates: Water	а	54.30				1		125.98	7.87	
Energy	-	263		0	NC	4		609	38	
Energy		1099			NC	4		2550	159	
Protein (N x 6.25)	=	0.90		·		1		2.09	0.13	
Total lipid (fat)		19.00				1		44.08	2.75	
Ash		2.00		0	NC	4		4.64	0.29	
Carbohydrate, by difference		23.90			NC	4		55.45	3.47	
Fiber, total dietary		0.0				7		0.0	0.0	
Sugars, total		4.34		2	A	1		10.07	0.63	
Starch				_		-		20.07	0.03	
Starcii	9									
<u>Minerals:</u>										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	14				1		32	2	
Iron, Fe	_	0.26	0.060		JA	6		0.60	0.04	
Magnesium, Mg		2	0.217		JA	6		4	0	
Phosphorus, P	_	30	4.383		JA	6		70	4	
Potassium, K		24	15.367		JA	6		57	4	
Sodium, Na		691	18.550		JA 	6		1604	100	
Zinc, Zn		0.18	0.001	4	JA	6		0.42	0.03	
Copper, Cu		0.001	-			4		0.002	0.000	
Manganese, Mn		1.0						2 7	0.0	
Selenium, Se	mcg	1.6		0 C.	AZN	4		3.7	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0				4		0.0	0.0	
Thiamin	mg	0.010)			4		0.023	0.001	
Riboflavin	mg	0.020)			4		0.046	0.003	
Niacin		0.000)			4		0.000	0.000	
Pantothenic acid	mg	0.066	5	2	A	1		0.153	0.010	
Vitamin B-6	mg	0.020)			4		0.046	0.003	
Folate, total	mcg	6				4		14	1	
Folic acid	mcg	0		2	A	1		0	0	
Folate, food	mcg	6				4		14	1	
Folate, DFE	mcg_DFE	6		0 :	NC	4		14	1	
Vitamin B-12		0.21				4		0.49	0.03	
Vitamin A, IU	IU	220		0 :	NC	4		511	32	
Vitamin A, RAE	mcg_RAE	21		0 :	NC	4		49	3	
Retinol		12		0 B	FZN	4		28	2	
Vitamin E (alpha-tocopherol)		3.07	0.243	3	A	1		7.13	0.45	
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg	24.7		0 B	FZN	4		57.4	3.6	
inide										
Lipids:	ď	2.962	•			4		6.872	0.429	
Fatty acids, total saturated		0.000				4		0.000	0.429	
6:0	-	0.000				4		0.000	0.000	
8:0	-	0.000				4		0.000	0.000	
10:0		0.000				4		0.000	0.000	
12:0		0.000				4		0.000	0.000	
13:0	-	0.000	•			-		0.000	0.000	
14:0	-	0.022	•			4		0.051	0.003	
15:0	-	0.022	-			•		0.031	0.003	
16:0	-	2.120)			4		4.918	0.307	
17:0		2.120	•					4.510	0.507	
18:0		0.777	,			4		1.803	0.113	
20:0		0.777						1.005	0.113	
22:0	-									
44.V	9									

NDB No. 43329
Salad dressing, mayonnaise and mayonnaise-type, low calorie

		<u>Ar</u>	nount in 10	00 grams	of edik	ole portio	<u>on</u>	Amount in edible portion of common			
				Number	Doriv	Source	Confidence	m	easures of food		
Nutrients and Un	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated.	-	4.628				4		10.737	0.671		
14:1											
15:1											
16:1 undifferentiated		0.076				4		0.176	0.011		
17:1		4.494				4		10 400	0.650		
						4		10.426	0.652		
20:1	-	0.039				4		0.090	0.006		
22:1 undifferentiated 24:1 c	•	0.000				4		0.000	0.000		
Fatty acids, total polyunsaturated	-	10.396				4		24.119	1.507		
18:2 undifferentiated	-	9.151				4		24.119	1.327		
18:3 undifferentiated		1.203				4		2.791	0.174		
18:4		0.000				4		0.000	0.174		
20:2 n-6 c,c		0.000				-		0.000	0.000		
20:3 undifferentiated											
20:4 undifferentiated		0.019				4		0.044	0.003		
20:5 n-3	-	0.001				4		0.002	0.000		
22:5 n-3	-	0.001				4		0.002	0.000		
22:6 n-3	-	0.005				4		0.012	0.001		
Fatty acids, total trans		0.003				-		0.012	0.001		
Cholesterol		26				1		60	4		
Phytosterols		20				-		00	•		
Others:											
Alcohol, ethyl	g	0.0				7		0.0	0.0		
Caffeine	mg	0		0	Z	7		0	0		
Theobromine	mg	0		0	Z	7		0	0		
Carotenoids:											
Carotene, beta	mcg	94		0	BFZN	4		217.577	13.599		
Carotene, alpha		1		0	BFZN	4		2.867	0.179		
Cryptoxanthin, beta		27		0	BFZN	4		62.459	3.904		
Lycopene	mcg	0		0	BFZN	4		0.000	0.000		
Lutein + zeaxanthin		87		0	BFZN	4		200.901	12.556		

Common Measures:

Measure 1 = 232g: 1 cup Measure 2 = 14.5g: 1 tbsp

Calories Factors: Protein 4.36 Fat 8.84 Carbohydrate 3.8

Food Group: 04 Fats and Oils

		<u>A</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	
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
n : /										
Proximates: Water	q	39.90	2.403	11		1		5.87	93.77	
Energy		390		0	NC	4		57	916	
Energy		1631		0		4		240	3832	
Protein (N x 6.25)		0.90	0.050	11		1		0.13	2.12	
Total lipid (fat)		33.40	0.412	124		1		4.91	78.49	
Ash		1.90	0.156	11		1		0.28	4.47	
Carbohydrate, by difference		23.90		0	NC	4		3.51	56.17	
Fiber, total dietary		0.0		0		4		0.0	0.0	
Sugars, total		6.40		1		1		0.94	15.04	
Starch										
Minerals:										
Calcium, Ca	-	14		0		1		2	33	
Iron, Fe		0.20		0		1		0.03	0.47	
Magnesium, Mg		2		1		1		0	5	
Phosphorus, P	_	26		0		1		4	61	
Potassium, K		9	10 546	0		1		1	21	
Sodium, Na		711 0.18	10.546	76 0		1 4		104 0.03	1670 0. 4 2	
Zinc, Zn		0.18		0		4		0.03	0.42	
Copper, Cu		0.010		0	FLA	4		0.013	0.024	
Selenium, Se		1.6	•	0	CAZN	4		0.013	3.8	
Scientini, Sc	9	1.0		·	OHEN	-		0.2	3.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin		0.013	3	0		4		0.002	0.031	
Riboflavin	mg	0.024	ļ	0		4		0.004	0.056	
Niacin	_	0.004		0		4		0.001	0.009	
Pantothenic acid		0.243		0		4		0.036	0.571	
Vitamin B-6	-	0.017	1	0		4		0.002	0.040	
Folate, total		6		0		4		1	15	
Folic acid		0		0	Z	7		0	0	
Folate, food	mcg	6		0		4		1	15	
Folate, DFE		6		0	NC	4		1	15	
Vitamin B-12		0.21		0		4		0.03	0.49	
Vitamin A, IU		220		0		1		32	517	
Vitamin A, RAE		21 12		0	NC	4 4		3 2	50	
Retinol				1	FLA A	1			29 4.84	
Vitamin E (alpha-tocopherol)		2.06 0.22		1	A.	1		0.30 0.03		
Tocopherol, beta		13.38		1	A	1		1.97	0.52 31.44	
Tocopherol, gamma Tocopherol, delta		13.38		1	A	1		0.21	31.44	
Vitamin D		1.45		-	A	-		0.21	3.30	
Vitamin K (phylloquinone)		42.2		2	A	1		6.2	99.1	
<u>Lipids:</u>										
Fatty acids, total saturated		4.900		0		1		0.720	11.515	
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		0 117		1 1		0.000	0.000	
12:0		0.100	0.009	11/		1		0.015	0.235	
13:0	-	0.000	0.005	100		4		0.000	2 222	
14:0		0.000	0.005	120		1		0.000	0.000	
15:0	-	3.500	0.053	127		1		0.515	8.225	
16:0	-	3.500	0.053	121		1		0.515	8.223	
17:0 18:0	-	1.400	0.024	127		1		0.206	3.290	
	_	1.400	0.024	121		_		0.206	3.290	
20:0 22:0										
24:0	-									
∠4.U	9									

		<u>Aı</u>	mount in 100	grams		ole portic	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Unit	s	Mean		f Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
En livel and		0.000		^		1		1 202	01 150		
Fatty acids, total monounsaturated		9.000		0		1		1.323	21.150		
15:1	_										
16:1 undifferentiated	-	0.000		0		1		0.000	0.000		
17:1	-										
18:1 undifferentiated	_	9.000	0.176	73		1		1.323	21.150		
20:1	g	0.000		0		1		0.000	0.000		
22:1 undifferentiated	g	0.000		0		1		0.000	0.000		
24:1 c	g										
Fatty acids, total polyunsaturated	g	18.000		0		1		2.646	42.300		
18:2 undifferentiated	g	16.000	0.211	127		1		2.352	37.600		
18:3 undifferentiated	g	2.000	0.050			1		0.294	4.700		
18:4	g	0.000		0		1		0.000	0.000		
20:2 n-6 c,c	g										
20:3 undifferentiated											
20:4 undifferentiated	_	0.000		0		1		0.000	0.000		
20:5 n-3	-	0.000		0		1		0.000	0.000		
22:5 n-3		0.000		0		1		0.000	0.000		
22:6 n-3		0.000		0		1		0.000	0.000		
Fatty acids, total trans											
Cholesterol		26		2		1		4	61		
Phytosterols	mg	97		2		1		14	228		
Amino Acids:											
Tryptophan	g	0.013		0		4		0.002	0.031		
Threonine		0.049		0		4		0.007	0.115		
Isoleucine	_	0.052		0		4		0.008	0.122		
Leucine	g	0.077		0		4		0.011	0.181		
Lysine		0.061		0		4		0.009	0.143		
Methionine		0.023		0		4		0.003	0.054		
Cystine	g	0.016		0		4		0.002	0.038		
Phenylalanine	g	0.039		0		4		0.006	0.092		
Tyrosine	g	0.039		0		4		0.006	0.092		
Valine	g	0.055		0		4		0.008	0.129		
Arginine	g	0.062		0		4		0.009	0.146		
Histidine	g	0.022		0		4		0.003	0.052		
Alanine	g	0.045		0		4		0.007	0.106		
Aspartic acid	g	0.075		0		4		0.011	0.176		
Glutamic acid	g	0.110		0		4		0.016	0.259		
Glycine	g	0.027		0		4		0.004	0.063		
Proline	g	0.037		0		4		0.005	0.087		
Serine	g	0.075		0		4		0.011	0.176		
Hydroxyproline	g										
Others:											
Alcohol, ethyl	ď	0.0		0	z	7		0.0	0.0		
Caffeine		0		0	z	7		0	0		
Theobromine		0		0	z	7		0	0		
Carotenoids:	9	Ů		Ū	-	,		Ü	v		
				_	_	_					
Carotene, beta		94		0	FLA	4		13.786	220.390		
Carotene, alpha		1		0	FLA	4		0.182	2.904		
Cryptoxanthin, beta		27		0	FLA	4		3.958	63.267		
Lycopene		0		0	FLA	4		0.000	0.000		
Lutein + zeaxanthin	mcg	87		0	FLA	4		12.730	203.499		

Common Measures:

Measure 1 = 14.7g: 1 tablespoon

Measure 2 = 235g: 1 cup

Salad dressing, mayonnaise type, regular, with salt

Calories Factors: Protein 4.36 Fat 8.84 Carbohydrate 3.8

Food Group: 04 Fats and Oils

		<u>A</u>	mount in 100) grams	of edib	ole portio	<u>n</u>		edible portion	
			ı	Number	•			<u>m</u>	easures of food	
			•	of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	79.60		1		1		11.94	191.04	
Energy	kcal	97		0	NC	4		14	232	
Energy	kj	404		0		4		61	970	
Protein (N x 6.25)	g	2.10		1		1		0.32	5.04	
Total lipid (fat)	g	5.10		1		1		0.77	12.24	
Ash	g	2.10		1		1		0.32	5.04	
Carbohydrate, by difference	g	11.10		0	NC	4		1.67	26.64	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minorals										
Minerals: Calcium, Ca	ma	72		0		4		11	173	
Iron, Fe	_	0.50		0		4		0.08	1.20	
Magnesium, Mg	_	7		0		4		1	17	
Phosphorus, P		, 57		0		4		9	137	
Potassium, K	•	97		0		4		15	233	
Sodium. Na		504		1		1		76	1210	
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.25		0		4		0.04	0.60	
Copper, Cu		0.010)	0	A	1		0.002	0.024	
Manganese, Mn		0.001		0	RA	4		0.000	0.002	
Selenium, Se		1.6		0	CAZN	4		0.2	3.8	
7.										
Vitamins:				•						
Vitamin C, total ascorbic acid	_	0.3	_	0		4		0.1	0.8	
Thiamin	-	0.024		0		4		0.004	0.058	
Riboflavin	-	0.097		0		4		0.015	0.233	
Niacin	_	0.054		0		4		0.008	0.130	
Pantothenic acid	-	0.194		0		4		0.029	0.466	
Vitamin B-6	-	0.021	L	0		-		0.003	0.050	
Folate, total		3		0	_	4		0	7	
Folic acid		0 3		0	Z	7		0 0	0 7	
Folate, food		3		0 0	NC	4 4		0	7	
Folate, DFE		0.23		0	NC			0.04	0.56	
Vitamin B-12 Vitamin A, IU		13		0		4 4		0.04 2		
Vitamin A, IUVitamin A, RAE		4		0	NC	4		1	31 9	
Retinol		4		0	NC NC	4		1	9	
Vitamin E (alpha-tocopherol)		0.40		0	NC	4		0.06	0.96	
Tocopherol, beta		0.40		U		7		0.00	0.90	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>			_							
Fatty acids, total saturated		2.800		0		1		0.420	6.720	
4:0		0.000		0		4		0.000	0.000	
6:0		0.000		0		4		0.000	0.000	
8:0	-	0.000		0		4		0.000	0.000	
10:0	-	0.000		0		4		0.000	0.000	
12:0	-	0.100	J	2		1		0.015	0.240	
13:0		0 465		_		-		2 222	2 222	
14:0		0.400	J	2		1		0.060	0.960	
15:0		1 000	,	2		1		0 100	0.000	
16:0		1.200	,	2		1		0.180	2.880	
17:0		1 000	,	2		1		0 150	0 400	
18:0		1.000	,	2		1		0.150	2.400	
20:0	-									
22:0	-									
24:0	9									

	<u>A</u>	mount in 100 grams		le portio	<u>n</u>	Amount in edible portion of common measures of food			
		Number of Data		Source	Confidence	<u></u>			
Nutrients and Units	Mean	Std. Error Points		Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	1.700	0		1		0.255	4.080		
14:1g									
15:1g									
16:1 undifferentiatedg	0.000	0		4		0.000	0.000		
17:1g				_					
18:1 undifferentiated	1.700			1		0.255	4.080		
20:1g	0.000			4 4		0.000	0.000		
22:1 undifferentiatedg	0.000	0		4		0.000	0.000		
24:1 c	0.300	0		1		0.045	0.700		
Fatty acids, total polyunsaturated				1		0.045	0.720		
18:2 undifferentiated	0.200			1		0.030	0.480		
18:3 undifferentiated	0.100			4		0.015	0.240		
18:4g	0.000	U		4		0.000	0.000		
20:2 n-6 c,c									
20:4 undifferentiated	0.000	0		4		0.000	0.000		
20:5 n-3g	0.000			4		0.000	0.000		
20:5 n-3g	0.000			4		0.000	0.000		
22:5 n-3g	0.000			4		0.000	0.000		
	0.000	· ·		-		0.000	0.000		
Fatty acids, total transg Cholesterolg	43	1		1		6	103		
Phytosterolsmg	6	0		4		1	14		
	·	·		-		-			
Amino Acids:		_							
Tryptophang	0.030			4		0.005	0.072		
Threonineg	0.095			4		0.014	0.228		
Isoleucineg	0.127			4		0.019	0.305		
Leucine9	0.206			4		0.031	0.494		
Lysineg	0.166			4		0.025	0.398		
Methionineg	0.053			4		0.008	0.127		
Cystineg	0.019			4		0.003	0.046		
Phenylalanineg	0.101			4		0.015	0.242		
Tyrosineg	0.101			4		0.015	0.242		
Valineg	0.141			4		0.021	0.338		
Arginineg	0.076			4		0.011	0.182		
Histidine	0.057			4		0.009	0.137		
Alanine	0.072			4		0.011	0.173		
Aspartic acid	0.159			4		0.024	0.382		
Glutamic acid	0.439			4		0.066	1.054		
Glycine	0.049			4		0.007	0.118		
Proline	0.203 0.114			4		0.030 0.017	0.487 0.274		
Serine	0.114	. 0		4		0.017	0.2/4		
Hydroxyprolineg									
Others:									
Alcohol, ethylg	0.0	0	Z	7		0.0	0.0		
Caffeine mg	0	0	Z	7		0	0		
Theobromine mg	0	0	Z	7		0	0		

Common Measures:

Measure 1 = 15.0g: 1 tablespoon

Measure 2 = 240g: 1 cup

Calories Factors: Protein 4.36 Fat 8.84 Carbohydrate 3.8

Food Group: 04 Fats and Oils

		<u>A</u> 1	mount in 100 g	rams	of edib	le portio	<u>on</u>		edible portion	_
			Nu	ımber	r			<u>m</u>	easures of food	_
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	62.70	0.617	3		1		9.41	150.48	
Energy	kcal	232		0	NC	4		35	556	
Energy	kj	969		0		4		145	2326	
Protein (N x 6.25)	g	0.30	0.250	3		1		0.05	0.72	
Total lipid (fat)	g	19.20	4.909	3		1		2.88	46.08	
Ash	g	1.80	0.367	3		1		0.27	4.32	
Carbohydrate, by difference	g	16.00		0	NC	4		2.40	38.40	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g	6.00		0	BFZN	4		0.90	14.40	
Starch	g									
Minerals:										
Calcium, Ca	ma	0		0		4		0	0	
Iron, Fe	-	0.00		0		4		0.00	0.00	
Magnesium, Mg	-	0		0		4		0	0	
Phosphorus, P		0		0		4		0	0	
Potassium, K	-	10		0		4		2	24	
Sodium, Na	mg	497		1		1		75	1193	
Zinc, Zn	mg	0.11		1		1		0.02	0.26	
Copper, Cu	mg	0.010)	0		4		0.002	0.024	
Manganese, Mn										
Selenium, Se	mcg	1.6		0	CAZN	4		0.2	3.8	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0	0.0	
Thiamin	-	0.000)	0		4		0.000	0.000	
Riboflavin	-	0.000		0		4		0.000	0.000	
Niacin	=	0.000)	0		4		0.000	0.000	
Pantothenic acid	mg	0.000)	0		4		0.000	0.000	
Vitamin B-6	mg	0.000)	0		4		0.000	0.000	
Folate, total	mcg	0		0		4		0	0	
Folic acid		0		0	Z	7		0	0	
Folate, food	mcg	0		0		4		0	0	
Folate, DFE		0		0	NC	4		0	0	
Vitamin B-12		0.00		0		4		0.00	0.00	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE		0		0	NC	4		0	0	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		2.00		0		4		0.30	4.80	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)		42.2		0	BFZN	4		6.3	101.2	
vitanini K (phynodunione)	g			·		-		0.0	101.2	
<u>Lipids:</u>										
Fatty acids, total saturated		3.300		0		1		0.495	7.920	
4:0		0.000		0		1		0.000	0.000	
6:0		0.000		0		1		0.000	0.000	
8:0	-	0.000		0		1		0.000	0.000	
10:0	-	0.000		0		1		0.000	0.000	
12:0		0.000	,	0		1		0.000	0.000	
13:0 14:0		0.000	1	1		1		0.000	0.000	
		0.000	,	_		1		0.000	0.000	
15:0 16:0		2.400	0.651	3		1		0.360	5.760	
17:0		2.400	0.031	,		-		3.300	3.700	
18:0		0.900	0.252	3		1		0.135	2.160	
20:0		3.500	0.232	-		_		3.133	2.100	
22:0	-									
24:0	-									

		<u>A</u> 1	mount in 100			ole portio	<u>on</u>		edible portion of easures of food	
				umbei of Data	r Deriv	Source	Confidence	<u> </u>	easures or roou	
Nutrients and Unit	s	Mean	Std. Error F			Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	q	4.500	ı	0		1		0.675	10.800	
14:1										
15:1	-			_		_				
16:1 undifferentiated	-	0.000		2		1		0.000	0.000	
18:1 undifferentiated		4.500	1.146	3		1		0.675	10.800	
20:1	-	0.000		0		1		0.000	0.000	
22:1 undifferentiated		0.000		0		1		0.000	0.000	
24:1 c	•									
Fatty acids, total polyunsaturated		10.600	ı	0		1		1.590	25.440	
18:2 undifferentiated	g	9.000	2.351	. 3		1		1.350	21.600	
18:3 undifferentiated	g	1.600	0.414	3		1		0.240	3.840	
18:4	g	0.000	1	0		1		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	_									
20:4 undifferentiated	_	0.000		0		1		0.000	0.000	
20:5 n-3	_	0.000		0		1		0.000	0.000	
22:5 n-3	-	0.000		0		1		0.000	0.000	
22:6 n-3		0.000		0		1		0.000	0.000	
Fatty acids, total trans		24		2		1		4	58	
CholesterolPhytosterols	_	62		2		1		9	149	
T Hytosterois	9	02		_		-		,	143	
Amino Acids:										
Tryptophan		0.000		0		4		0.000	0.000	
Threonine	-	0.000		0		4		0.000	0.000	
Isoleucine	-	0.000		0		4		0.000	0.000	
Leucine		0.000		0		4 4		0.000	0.000	
Lysine		0.000		0		4		0.000 0.000	0.000	
Methionine		0.000		0		4		0.000	0.000 0.000	
CystinePhenylalanine	-	0.000		0		4		0.000	0.000	
Tyrosine		0.000		0		4		0.000	0.000	
Valine	-	0.000		0		4		0.000	0.000	
Arginine	-	0.000		0		4		0.000	0.000	
Histidine		0.000		0		4		0.000	0.000	
Alanine	-	0.000	ı	0		4		0.000	0.000	
Aspartic acid		0.000	ı	0		4		0.000	0.000	
Glutamic acid	g	0.000	1	0		4		0.000	0.000	
Glycine	g	0.000	1	0		4		0.000	0.000	
Proline	g	0.000	1	0		4		0.000	0.000	
Serine	g	0.000		0		4		0.000	0.000	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	
Caffeine	mg	0		0	BFZN	4		0	0	
Theobromine	mg	0		0	BFZN	4		0	0	
Carotenoids:										
Carotene, beta	mcg	0		0	BFZN	4		0.000	0.000	
Carotene, alpha		0		0	BFZN	4		0.000	0.000	
Cryptoxanthin, beta		0		0	BFZN	4		0.000	0.000	
Lycopene		0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin	mcg	0		0	BFZN	4		0.000	0.000	

Common Measures:

Measure 1 = 15.0g: 1 tablespoon

Measure 2 = 240g: 1 cup

Salad dressing, mayonnaise, imitation, soybean

Calories Factors: Protein 4.36 Fat 8.84 Carbohydrate 3.8

Food Group: 04 Fats and Oils

NDB No. 04029 Salad dressing, mayonnaise, imitation, soybean without cholesterol

		<u>A</u> 1	mount in 100 g	rams	of edik	ole portio	<u>n</u>	Amount in	edible portion	of common
			Nu	mber				m	easures of food	
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Durationatory										
Proximates: Water	g	34.60	3.851	3		1		4.88	77.85	
Energy		482		0	NC	4		68	1084	
Energy		2016		0		4		284	4537	
Protein (N x 6.25)		0.10	0.106	3		1		0.01	0.23	
Total lipid (fat)		47.70	2.691	3		1		6.73	107.33	
Ash		1.80	0.380	3		1		0.25	4.05	
Carbohydrate, by difference		15.80		0	NC	4		2.23	35.55	
Fiber, total dietary		0.0		0		4		0.0	0.0	
Sugars, total		6.00		0	0	4		0.85	13.50	
Starch										
Minerals:		•		•				•	•	
Calcium, Ca	_	0		0		4		0	0	
Iron, Fe		0.01		0		4		0.00 0	0.02 0	
Magnesium, Mg		0		-		4		0	0	
Phosphorus, P Potassium, K	-	10		0		4		0 1	23	
Sodium, Na		353		1		1		50	794	
Zinc, Zn		0.11		0		4		0.02	0.25	
Copper, Cu		0.001		0		4		0.000	0.002	
Manganese, Mn		0.002	•	·		-		0.000	0.002	
Selenium, Se		1.6		0	CAZN	4		0.2	3.6	
Vitamins:										
Vitamin C, total ascorbic acid		0.0		0		4		0.0	0.0	
Thiamin		0.000		0		4		0.000	0.000	
Riboflavin		0.000		0		4		0.000	0.000	
Niacin	-	0.000		0		4 4		0.000	0.000	
Pantothenic acid		0.000		-		4		0.000	0.000	
Vitamin B-6	-	0.000	,	0		4		0.000 0	0.000 0	
Foliate, total		0		0	z	7		0	0	
Folic acidFolate, food		0		0	4	4		0	0	
Folate, DFE	mcg DEE	0		0	NC	4		0	0	
Vitamin B-12		0.00		0	NC	4		0.00	0.00	
Vitamin A, IU		0.00		0		4		0.00	0.00	
Vitamin A, RAE		0		0	AS	1		0	0	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		5.00		0	-	4		0.71	11.25	
Tocopherol, beta				-		_		***-		
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		42.2		0	BFZN	4		5.9	94.8	
Linida										
Lipids:	a	7 500	•	0		1		1 050	16.875	
Fatty acids, total saturated		7.500 0.000		0		1		1.058 0.000	0.000	
4:0 6:0		0.000		0		1		0.000	0.000	
8:0	-	0.000		0		1		0.000	0.000	
10:0		0.000		0		1		0.000	0.000	
12:0		0.000		1		1		0.000	0.000	
13:0	-	0.000		-		-		3.000	0.000	
14:0	_	0.000)	1		1		0.000	0.000	
15:0	_	2.200				_		3.000	0.000	
16:0	_	5.500	0.533	3		1		0.776	12.375	
17:0				-		•		-		
18:0		2.000	0.191	3		1		0.282	4.500	
20:0										
22:0	_									
24:0	-									

	<u>A</u>	mount in 100 g		edible portic	<u>on</u>		edible portion o	of common
			mber		0 51	1111	easures or roou	
Nutrients and Units	Mean	Std. Error Po	Data De pints Co		Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		1	0	1		1.481	23.625	
14:1	-							
15:1	-		0	1		0.000	0.000	
17:1	-		U	-		0.000	0.000	
18:1 undifferentiated		0.594	3	1		1.481	23.625	
20:1	-		0	1		0.000	0.000	
22:1 undifferentiated			0	1		0.000	0.000	
24:1 c	•							
Fatty acids, total polyunsaturated)	0	1		3.892	62.100	
18:2 undifferentiated		1.560	3	1		3.243	51.750	
18:3 undifferentiated	.g 4.600	0.362	3	1		0.649	10.350	
18:4	g 0.000)	0	1		0.000	0.000	
20:2 n-6 c,c	g							
20:3 undifferentiated	-							
20:4 undifferentiated	-		0	1		0.000	0.000	
20:5 n-3	-		0	1		0.000	0.000	
22:5 n-3	=		0	1		0.000	0.000	
22:6 n-3		1	0	1		0.000	0.000	
Fatty acids, total trans							_	
Cholesterol	=		2	1		0	0	
Phytosterols	_mg 216		2	1		30	486	
Amino Acids:								
Tryptophan	.g 0.000)	0	4		0.000	0.000	
Threonine	g 0.000)	0	4		0.000	0.000	
Isoleucine	g 0.000)	0	4		0.000	0.000	
Leucine	.g 0.000	1	0	4		0.000	0.000	
Lysine	.g 0.000	1	0	4		0.000	0.000	
Methionine	g 0.000	1	0	4		0.000	0.000	
Cystine	g 0.000	1	0	4		0.000	0.000	
Phenylalanine	.g 0.000)	0	4		0.000	0.000	
Tyrosine	-		0	4		0.000	0.000	
Valine	-		0	4		0.000	0.000	
Arginine			0	4		0.000	0.000	
Histidine	-		0	4		0.000	0.000	
Alanine			0	4		0.000	0.000	
Aspartic acid			0	4		0.000	0.000	
Glutamic acid	-		0	4		0.000	0.000	
Glycine	-		0	4		0.000	0.000	
Proline	-		0	4 4		0.000 0.000	0.000	
Serine		•	U	4		0.000	0.000	
	9							
Others:	_		_	_				
Alcohol, ethyl			0	7		0.0	0.0	
Caffeine			0	z 7		0	0	
Theobromine	ng 0		0	z 7		0	0	
Carotenoids:								
Carotene, beta	mcg 0		0	z 7		0.000	0.000	
Carotene, alpha			0	z 7		0.000	0.000	
Cryptoxanthin, beta			0	z 7		0.000	0.000	
Lycopene			0	z 7		0.000	0.000	
Lutein + zeaxanthin	incg 0		0	z 7		0.000	0.000	

Common Measures:

Measure 1 = 14.1g: 1 tablespoon

Measure 2 = 225g: 1 cup

Salad dressing, mayonnaise, imitation, soybean without cholesterol

Calories Factors: Protein 4.36 Fat 8.84 Carbohydrate 3.8

Food Group: 04 Fats and Oils

lite mayonnaise **Refuse:** 0%

		<u>A</u>	mount in 100 g	<u>ırams</u> ımber		ole portic	<u>on</u>		edible portion of easures of food	
						Source	Confidence	<u></u>		•
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	55.91	0.368	3	A	1				
Energy		324		0	NC	4				
Energy		1356		0	NC	4				
Protein (N x 6.25)		0.88	0.096	3	A	1				
Total lipid (fat)		33.09 1.91	0.099 0.101	3 3	A A	1 1				
Ash Carbohydrate, by difference		8.20	0.101	0	NC	4				
Fiber, total dietary		0.0		0	FLA	4				
Sugars, total		4.34		2	A	1				
Sucrose		2.79		2	A	1				
Glucose (dextrose)		0.70		2	A	1				
Fructose	g	0.85		2	A	1				
Lactose	g	0.00		2	A	1				
Maltose	g	0.00		2	A	1				
Galactose		0.00		2	A	1				
Starch	g	3.01		2	A	1				
Minerals:										
Calcium, Ca		8	0.361	3	A	1				
Iron, Fe		0.32	0.006	3	A	1				
Magnesium, Mg		2 35	0.067 5.904	3 3	A A	1 1				
Phosphorus, P Potassium, K		35 40	2.434	3	A	1				
Sodium, Na		673	48.011	3	A	1				
Zine, Zn		0.18	0.017	3	A	1				
Copper, Cu		0.112	0.000	3	A	1				
Manganese, Mn	mg	0.006	5	0	FLA	4				
Selenium, Se	mcg	2.6		2	A	1				
Vitamins:										
Vitamin C, total ascorbic acid		0.0		2	A	1				
Thiamin		0.018		2	A	1				
Riboflavin	-	0.000		2	A	1				
Niacin Pantothenic acid		0.000		2	A A	1 1				
Vitamin B-6	-	0.000		2	A	1				
Folate, total		4	,	0	FLA	4				
Folic acid		0		2	A	1				
Folate, food		4		0	FLA	4				
Folate, DFE	mcg_DFE	4		0	NC	4				
Vitamin B-12		0.00		2	A	1				
Vitamin A, IU		220		0	BFZN	4				
Vitamin A, RAE		21		0	BFZN	4				
Retinol		12	0 242	0	BFZN	4 1				
Vitamin E (alpha-tocopherol) Tocopherol, beta		3.07 0.28	0.243 0.020	3 3	A A	1				
Tocopherol, gamma		23.04	1.871	3	A	1				
Tocopherol, delta		6.79	0.509	3	A	1				
Vitamin D										
Vitamin K (phylloquinone)	mcg	24.7		0	BFZN	4				
Lipids:										
Fatty acids, total saturated	g	5.209)	0	NC	4				
4:0		0.000	0.000	3	A	1				
6:0		0.000		3	A	1				
8:0		0.000		3	A	1				
10:0	_	0.000		3	A	1				
12:0	_	0.000	0.000	3	A	1				
13:0 14:0	_	0.028	0.000	3	A	1				
15:0	_	0.026	, 0.000	3	•	_				

	<u>Aı</u>	mount in 100 grams	s of edi	Amount in edible portion of common					
		Numbe	er			measures of food			
				Source	Confidence				
Model and and Halfe		Std. Error Points		Code	Code				
Nutrients and Units	Mean	Std. Error Politis	Code	Code	Code	Measure 1	Measure 2	Measure 3	
16:0g	3.483	0.046 3	A	1					
17:0g	0.036	0.005 3	A	1					
18:0g	1.389	0.028 3	A	1					
20:0g	0.159	0.041 3	A	1					
22:0g	0.113	0.002 3	A	1					
24:0g	0.000	0.000 3	A	1					
Fatty acids, total monounsaturatedg	8.067	0	NC	4					
14:1g	0.000	0.000 3	A	1					
15:1g									
16:1 undifferentiatedg	0.052	0	A	1					
16:1 cg	0.052	0.003 3	A	1					
16:1 tg									
17:1g									
18:1 undifferentiated	8.015	0	A	1					
18:1 cg	8.015		A	1					
18:1 tg	0.000	0.000 3	A	1					
20:1g	0.068		A	1					
22:1 undifferentiatedg	0.000		A	1					
24:1 cg	0.000		A	1					
Fatty acids, total polyunsaturated9	17.953		NC	4					
18:2 undifferentiatedg	16.035		NC	4					
18:2 n-6 c,cg	15.791		A	1					
18:2 CLAsg	0.137	0.042 3	A	1					
18:2 c,tg									
18:2 t,cg									
18:2 t,tg									
18:2 ig	0.107	0.041 3	A	1					
18:2 t not further definedg		•		_					
18:3 undifferentiatedg	1.918		AS	1					
18:4g	0.000	0.000 3	A	1					
20:2 n-6 c,cg									
20:3 undifferentiated	0 000	0 000 0	_						
20:4 undifferentiatedg	0.000		A	1					
20:5 n-3g	0.000		A	1					
22:5 n-3g	0.000		A A	1 1					
22:6 n-3	0.000 0.137		NC	4					
Fatty acids, total trans	0.137		NC NC	4					
Fatty acids, total trans-monoenoic9	0.137		NC	4					
Fatty acids, total trans-polyenoicg Cholesterolmg	35	2.470 3	A A	1					
	<i>33</i>	2.4/0 3	A	1					
Phytosterolsmg Stigmasterolmg	21	1.237 3	A	1					
9	19	1.885 3	A	1					
Campesterolmg Beta-sitosterolmg	48	3.036 3	A	1					
Deta-situstetuiIlig	40	3.030 3	A	1					
Others:									
Alcohol, ethylg	0.0	0	Z	7					
Caffeine mg	0	0	FLA	4					
Theobrominemg	0	0	FLA	4					
Carotenoids:									
Carotene, betamcg	94	0	BFZN	4					
Carotene, alphamcg	1	0	BFZN						
Cryptoxanthin, betamcg	27	0	BFZN						
Lycopenemcg	0	0	BFZN						
Lutein + zeaxanthin mcg	87	0	BFZN	4					

Common Measures:

Salad dressing, mayonnaise, light

Calories Factors: Protein 4.36 Fat 8.84 Carbohydrate 3.38

Food Group: 04 Fats and Oils

NDB No. 04026 Salad dressing, mayonnaise, soybean and safflower oil, with salt

Nutrients and Units Proximates: 9 Water	Mean 15.30 al 717 2999 1.10 79.40 1.50 2.70 0.0	0.400 0.000 0.000	25 0 0	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	•
Proximates: g Water	15.30 al 717 2999 1.10 79.40 1.50	Std. Error F	25 0 0	Code	Code		Measure 1	Measure 2	Measure 3
Proximates: g Water	15.30 al 717 2999 1.10 79.40 1.50	Std. Error F	25 0 0	Code	Code		Measure 1	Measure 2	Measure 3
Water. .g Energy. kc Energy. kj Protein (N x 6.25). .g	al 717 2999 1.10 79.40 1.50 2.70	0.000	0	NC	1				
Water g Energy kc Energy kj Protein (N x 6.25) g	al 717 2999 1.10 79.40 1.50 2.70	0.000	0	NC	1				
Energy kc Energy kj Protein (N x 6.25) g	al 717 2999 1.10 79.40 1.50 2.70	0.000	0	NC			2.11	33.66	
Energykj Protein (N x 6.25)g	2999 1.10 79.40 1.50 2.70	0.000	0	2.0	4		99	1577	
Protein (N x 6.25)g	1.10 79.40 1.50 2.70	0.000			4		414	6598	
-	79.40 1.50 2.70	0.000			1		0.15	2.42	
	1.50 2.70		678		1		10.96	174.68	
Ash	2.70	0.200			1		0.21	3.30	
Carbohydrate, by difference)	0	NC	4		0.37	5.94	
Fiber, total dietary	0.0		0		4		0.0	0.0	
Sugars, total	0.00	1	0	z	7		0.00	0.00	
Starch	0.00		·	_	•		0.00	0.00	
Staten9									
Minerals:									
Calcium, Camg			0		1		2	40	
Iron, Femg)	0		1		0.07	1.10	
Magnesium, Mgmg			0		4		0	2	
Phosphorus, Pmg			0		1		4	62	
Potassium, Kmg			0		1		5	75	
Sodium, Namg		2.420			1		78	1250	
Zine, Znmg		!	1		4		0.02	0.26	
Copper, Cumg									
Manganese, Mnmg									
Selenium, Semo	ng 1.6		0	CAZN	4		0.2	3.5	
Vitamins:									
Vitamin C, total ascorbic acidmg	0.0		0		4		0.0	0.0	
Thiamin mg	•	10	0		1		0.000	0.000	
Riboflavinmg			0		4		0.000	0.000	
Niacin mg			0		4		0.001	0.011	
Pantothenic acid mg	•		0		4		0.041	0.653	
Vitamin B-6mg			0		4		0.080	1.269	
Folate, total mo		•	0		4		1	17	
Folic acidma			0	z	7		0	0	
Folate, foodmo			0	_	4		1	17	
Folate, DFEmo	5		0	NC	4		1	17	
Vitamin B-12mo		;	0		4		0.04	0.56	
Vitamin A, IUIU	280	•	0		1		39	616	
Vitamin A, RAEmo			0		1		12	185	
Retinolmo			o	NR	4		12	185	
Vitamin E (alpha-tocopherol)mg		1	0		4		3.04	48.40	
Tocopherol, betamg			Ū		•		3.01	40.40	
Tocopherol, gammamg									
Tocopherol, deltamg									
Vitamin DIU									
Vitamin K (phylloquinone)mo		5.831	69	JO	11		3.4	54.4	
<u>Lipids:</u>									
Fatty acids, total saturated9	8.60		0		1		1.187	18.920	
4:0g	0.00		0		4		0.000	0.000	
6:0g	0.00		0		4		0.000	0.000	
8:0g	0.00		0		4		0.000	0.000	
10:0g	0.00		0		4		0.000	0.000	
12:0g	0.00	0	2		1		0.000	0.000	
13:0g		_							
14:0g	0.10	0	2		1		0.014	0.220	
15:0g									
16:0g	6.10	0	2		1		0.842	13.420	
17:0g		_							
18:0g	2.40	0	2		1		0.331	5.280	
20:0g									
22:0g									
24:0g									

	<u>A</u> ı	mount in 100 grams		Amount in edible portion of common					
			Numbe		measures of food				
						Confidence			
Nutrients and	Units	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturat	tod (I	13.000	0		1		1.794	28.600	
14:1	g	13.000	Ç		-		1.754	20.000	
16:1 undifferentiated	g	0.000	0		4		0.000	0.000	
18:1 undifferentiated	g	13.000			1 4		1.79 4 0.000	28.600 0.000	
22:1 undifferentiated	g	0.000			4		0.000	0.000	
Fatty acids, total polyunsaturate	edg	55.000			1 1		7.590	121.000	
18:2 undifferentiated	g	52.000 3.000	2		1		7.176 0.414	114.400 6.600	
18:4	g	0.000	0		4		0.000	0.000	
20:3 undifferentiated	g	0.000			4		0.000	0.000	
20:5 n-3	g	0.000	0		4		0.000	0.000	
22:6 n-3Fatty acids, total trans	g	0.000 59			4		0.000	0.000	
CholesterolPhytosterols		347	0		4		48	763	
Amino Acids:			_						
Tryptophan		0.017 0.055			1 1		0.002 0.008	0.037 0.121	
ThreonineIsoleucine	-	0.065			1		0.009	0.143	
Leucine	-	0.095			1		0.003	0.209	
Lysine	-	0.072			1		0.010	0.158	
Methionine		0.035			1		0.005	0.077	
Cystine		0.023			1		0.003	0.051	
Phenylalanine	-	0.057			1		0.008	0.125	
Tyrosine		0.046			1		0.006	0.101	
Valine	-	0.074			1		0.010	0.163	
Arginine	-	0.072			1		0.010	0.158	
Histidine		0.026			1		0.004	0.057	
Alanine		0.061			1		0.008	0.134	
Aspartic acid		0.094			1		0.013	0.207	
Glutamic acid	-	0.143			1		0.020	0.315	
Glycine		0.037			1		0.020	0.081	
Proline		0.044	•		1		0.005	0.081	
	-	0.088			1		0.012		
Serine		0.066	0		1		0.012	0.194	
Hydroxyproline Others:	y								
Alcohol, ethyl	a	0.0	0	Z	7		0.0	0.0	
Caffeine		0	0	z	7		0	0	
Theobromine	-	0	0	z	7		0	0	
Carotenoids:	J	-	•					-	
Carotene, beta	mcg	0	0	z	7		0.000	0.000	
Carotene, alpha	mcg	0	0	Z	7		0.000	0.000	
Cryptoxanthin, beta		0	0	Z	7		0.000	0.000	
Lycopene	mcg	0	0	Z	7		0.000	0.000	
Lutein + zeaxanthin		0	0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 13.8g: 1 tablespoon

Measure 2 = 220g: 1 cup

Salad dressing, mayonnaise, soybean and safflower oil, with salt

Calories Factors: Protein 4.36 Fat 8.84 Carbohydrate 3.8

Food Group: 04 Fats and Oils

NDB No. 04025 Salad dressing, mayonnaise, soybean oil, with salt

		Amount in 100 grams of edible portion							Amount in edible portion of common			
			Nu	mber				m	easures of food			
					Deriv	Source	Confidence					
Nutrients and Un	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure		
Proximates:												
Water	-	15.30	0.395	25		1		2.11	33.66	2.14		
Energy		717		0	NC	4		99	1577	100		
Energy	' - '	2999		0		4		414	6598	420		
Protein (N x 6.25)	-	1.10	0.000	25		1		0.15	2.42	0.15		
Total lipid (fat)		78.20	0.554	6	A	1		10.79	172.05	10.95		
Ash		1.50	0.053	25		1		0.21	3.30	0.21		
Carbohydrate, by difference		3.90		0	NC	4		0.54	8.57	0.55		
Fiber, total dietary		0.0		0		4		0.0	0.0	0.0		
Sugars, total		0.48		0	FLA	4		0.07	1.05	0.07		
Starch	9											
Minerals:												
Calcium, Ca	-	18		0		1		2	40	3		
Iron, Fe	_	0.50		0		1		0.07	1.10	0.0		
Magnesium, Mg		1		0		4		0	2	0		
Phosphorus, P	•	28		0		1		4	62	4		
Potassium, K	_	34		0		1		5	75	5		
Sodium, Na		568	2.424	408		1		78	1250	80		
Zinc, Zn		0.16		1		4		0.02	0.35	0.0		
Copper, Cu		0.010	1	0		4		0.001	0.022	0.0		
Manganese, Mn		1 7	0 421	1 =		1		0.2	2.7	0.0		
Selenium, Se	Tricg	1.7	0.431	15	A	1		0.2	3.7	0.2		
Vitamins:												
Vitamin C, total ascorbic acid		0.0		0		4		0.0	0.0	0.0		
Thiamin	-	0.000		0		1		0.000	0.000	0.0		
Riboflavin		0.000		0		1		0.000	0.000	0.0		
Niacin	-	0.005		0		4		0.001	0.011	0.0		
Pantothenic acid		0.217		0		4		0.030	0.477	0.0		
Vitamin B-6	-	0.577 8		0		4 4		0.080	1.269	0.0		
Folate, total		0		0				1 0	17	1 0		
Folic acid		8		0	FLA	4 4			0			
Folate, food	IIICY	8		0	27.0	4		1 1	17	1		
Folate, DFE				-	NC	_			17	1		
Vitamin B-12		0.26 280		0		4 1		0.04 39	0.56	0.0		
Vitamin A, IU				0	27.0				616	39		
Vitamin A, RAE		81		0	NC	4 4		11	177	11		
Retinol		80	0.070	6	FLC			11	176	11		
Vitamin E (alpha-tocopherol)		5.22	0.372	6	A	1		0.72	11.49	0.7		
Tocopherol, beta		0.32 35.24	0.022 2.256	6	A	1		0.04	0.70	0.0 4.9		
Tocopherol, gamma		7.54	0.531	6	A A	1		4.86 1.04	77.52 16.60	1.0		
Tocopherol, deltaVitamin D		7.54	0.551	0	•	_		1.04	10.60	1.0		
Vitamin K (phylloquinone)		42.2		2	A	1		5.8	92.7	5.9		
Lipids:												
Fatty acids, total saturated	g	11.885	i	0	NC	4		1.640	26.146	1.6		
4:0		0.000		6	A	1		0.000	0.000	0.0		
6:0	-	0.000		6	A	1		0.000	0.000	0.0		
8:0		0.000		6	A	1		0.000	0.000	0.0		
10:0	-	0.000	0.000	6	A	1		0.000	0.000	0.0		
12:0		0.000		6	A	1		0.000	0.000	0.0		
13:0	-											
14:0	-	0.068	0.003	6	A	1		0.009	0.150	0.0		
15:0	-											
16:0	•	7.905	0.083	6	A	1		1.091	17.391	1.1		
17:0	-	0.074		6	A	1		0.010	0.163	0.0		
18:0		3.254	0.043	6	A	1		0.449	7.159	0.4		
20:0		0.292		6	A	1		0.040	0.642	0.0		
22:0		0.291		6	A	1		0.040	0.640	0.0		
24:0		0.000		6	A	1		0.000	0.000	0.0		

	<u>Ar</u>	nount in 100 <u>c</u> Nւ	grams umber	of edik	ole portion	Amount in edible portion of common measures of food			
Nutrients and Units	Mean		Data		Source Confidence Code Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	19.598		0	NC	4	2.705	43.116	2.744	
14:1g	0.000	0.000	6	A	1	0.000	0.000	0.000	
15:1g									
16:1 undifferentiatedg	0.110		0	AS	1	0.015	0.243	0.015	
16:1 cg	0.110	0.006	6	A	1	0.015	0.243	0.015	
16:1 tg									
17:1g	0.000	0.000	6	A	1	0.000	0.000	0.000	
18:1 undifferentiatedg	19.385		0	AS	1	2.675	42.647	2.714	
18:1 cg	19.385	0.673	6	A	1	2.675	42.647	2.714	
18:1 tg	0.000 0.103	0.000 0.035	6 6	A A	1 1	0.000 0.014	0.000 0.226	0.000 0.014	
20:1g 22:1 undifferentiatedg	0.103	0.000	6	A	1	0.000	0.226	0.000	
24:1 cg	0.000	0.000	6	A	1	0.000	0.000	0.000	
Fatty acids, total polyunsaturatedg	42.674	0.000	0	NC	4	5.889	93.884	5.974	
18:2 undifferentiated	37.678		0	AS	1	5.200	82.891	5.275	
18:2 n-6 c,cg	37.404	0.421	6	A	1	5.162	82.289	5.237	
18:2 CLAsg	0.000	0.000	6	A	1	0.000	0.000	0.000	
18:2 c,tg									
18:2 t,cg									
18:2 t,tg			_	_					
18:2 ig	0.274	0.089	6	A	1	0.038	0.603	0.038	
18:2 t not further defined	4.997		0	AS	1	0.690	10.993	0.700	
18:3 n-6 c,c,cg	4.557		Ü	AS	-	0.030	10.993	0.700	
18:3ig									
18:4g	0.000	0.000	6	A	1	0.000	0.000	0.000	
20:2 n-6 c,cg	0.000	0.000	6	A	1	0.000	0.000	0.000	
20:3 undifferentiatedg	0.000	0.000	6	A	1	0.000	0.000	0.000	
20:3 n-3g									
20:3 n-6g			_	_					
20:4 undifferentiatedg	0.000	0.000	6	A	1	0.000	0.000	0.000	
20:4 n-3									
20:5 n-3g	0.000	0.000	6	A	1	0.000	0.000	0.000	
22:5 n-3g	0.000	0.000	6	A	1	0.000	0.000	0.000	
22:6 n-3g	0.000	0.000	6	A	1	0.000	0.000	0.000	
Fatty acids, total trans	0.274		0	NC	4	0.038	0.603	0.038	
Fatty acids, total trans-monoenoicg	0.000		0	NC	4	0.000	0.000	0.000	
Fatty acids, total trans-polyenoicg	0.274		0	NC	4	0.038	0.603	0.038	
Cholesterolmg	38	4.380	3	A	1	5	83	5	
Phytosterolsmg	223	20.000	10		1	31	491	31	
Stigmasterolmg	39	1.600	3	A	1	5	85	5	
Campesterolmg	39 102	4.671	3 3	A A	1 1	5	86	5 14	
Beta-sitosterolmg	102	6.657	3	A	1	14	225	14	
Amino Acids:									
Tryptophang	0.017		0		1	0.002	0.037	0.002	
Threonineg	0.055		0		1	0.008	0.121	0.008	
Isoleucineg	0.065		0		1 1	0.009	0.143	0.009	
Leucine	0.095 0.072		0 0		1	0.013 0.010	0.209	0.013	
Lysineg Methionineg	0.072		0		1	0.010	0.158 0.077	0.010 0.005	
Cystineg	0.033		0		1	0.003	0.051	0.003	
Phenylalanineg	0.057		0		1	0.008	0.125	0.008	
Tyrosineg	0.046		0		1	0.006	0.101	0.006	
Valineg	0.074		0		1	0.010	0.163	0.010	
Arginineg	0.072		0		1	0.010	0.158	0.010	
Histidineg	0.026		0		1	0.004	0.057	0.004	
Alanineg	0.061		0		1	0.008	0.134	0.009	
Aspartic acidg	0.094		0		1	0.013	0.207	0.013	
Glutamic acid	0.143		0		1	0.020	0.315	0.020	
Glycine	0.037		0		1	0.005	0.081	0.005	
Proline	0.044 0.088		0		1 1	0.006 0.012	0.097	0.006	
acture U	0.088		U		1	0.012	0.194	0.012	

		<u>on</u>	Amount in edible portion of common							
				Number		0	0 6 - 1	m	easures of food	•
Nutrients and	d Units	Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	0.0
Caffeine		0		0	FLC	4		0	0	0
Theobromine	mg	0		0	FLC	4		0	0	0
Carotenoids:										
Carotene, beta	mcg	6		0	FLC	4		0.802	12.787	0.814
Carotene, alpha	mcg	0		0	FLC	4		0.000	0.000	0.000
Cryptoxanthin, beta		5		0	FLC	4		0.710	11.314	0.720
Lycopene	mcg	0		0	FLC	4		0.000	0.000	0.000
Lutein + zeaxanthin	mcg	190		0	FLC	4		26.284	419.024	26.665

Common Measures:

Measure 1 = 13.8g: 1 tablespoon

Measure 2 = 220g: 1 cup Measure 3 = 14.0g: 1 tbsp

Calories Factors: Protein 4.36 Fat 8.85 Carbohydrate 3.68

Food Group: 04 Fats and Oils

NDB No. 04145 Salad dressing, mayonnaise, soybean oil, without salt

		<u>A</u> 1	mount in 10	00 grams	of edit	ne portio	<u>on</u>	Amount in	edible portion	of common
				Number	r				easures of food	
						Source	Confidence			
Nutrients and Units	6	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
D										
Proximates: Water	a	16.70		0		4		2.30	36.74	
Energy		717		0	NC	4		99	1577	
Energy		2999		0	2.0	4		414	6598	
Protein (N x 6.25)	-	1.10		0		1		0.15	2.42	
Total lipid (fat)	-	79.40		0		1		10.96	174.68	
Ash		0.10		0		4		0.01	0.22	
Carbohydrate, by difference		2.70		0	NC	4		0.37	5.94	
Fiber, total dietary		0.0		0		4		0.0	0.0	
Sugars, total										
Starch										
	0									
Minerals:										
Calcium, Ca		18		0		1		2	40	
Iron, Fe		0.50		0		1		0.07	1.10	
Magnesium, Mg						_		_		
Phosphorus, P		28		0		1		4	62	
Potassium, K	-	34		0		1 1		5 4	75	
Sodium, Na		30		U		1		4	66	
Zinc, Zn Copper, Cu										
Manganese, Mn										
Selenium, Se		1.6		0	CAZN	4		0.2	3.5	
Scientini, Sc		1.0		·	CILLIN	-		0.2	3.3	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin		0.000)	0		1		0.000	0.000	
Riboflavin		0.000		0		1		0.000	0.000	
Niacin		0.000)	0		1		0.000	0.000	
Pantothenic acid										
Vitamin B-6	-									
Folate, total										
Folate, DFE										
Vitamin B-12		280		0				39	61.6	
Vitamin A, IU Vitamin A, RAE		280 84		0		1 1		12	616 185	
Vitamin E (alpha-tocopherol)		04		U		_		12	105	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)										
<u>Lipids:</u>										
Fatty acids, total saturated		11.800		0		1		1.628	25.960	
Fatty acids, total monounsaturated		22.700)	0		1		3.133	49.940	
14:1										
15:1		0 100		•						
16:1 undifferentiated		0.100	,	0		1		0.014	0.220	
17:1		22 500		0		1		2 105	40 500	
18:1 undifferentiated		22.500 0.100		0		1		3.105	49.500	
20:1 undifferentiated		0.100	,	U		1		0.014	0.220	
24:1 c	-									
Fatty acids, total polyunsaturated		37.100)	0		1		5.120	81.620	
18:2 undifferentiated		37.100		0		1		5.120	81.620	
18:3 undifferentiated		4.200		0		1		0.580	9.240	
18:4		4.200	•	J		-		0.560	3.240	
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated										
20:5 n-3										

	<u> </u>	Amount in 100 grams Number	Amount in edible portion of common measures of food				
Nutrients and Units	Mean	of Data Std. Error Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:5 n-3g							
22:6 n-3	59	0	1		8	130	

Common Measures:

Measure 1 = 13.8g: 1 tablespoon

Measure 2 = 220g: 1 cup

Calories Factors: Protein 4.36 Fat 8.84 Carbohydrate 3.8

Food Group: 04 Fats and Oils

NDB No. 42137 Salad dressing, peppercorn dressing, commercial, regular

		<u>Aı</u>	mount in 10			le portio	<u>on</u>	Amount in edible portion of common measures of food			
				Number				<u>m</u> :	easures of food	<u> </u>	
Nutrients and Uni	ts	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Proximates:	~	21 00						4 07			
Water	=	31.90				4 1		4.27 76	8.29		
Energy		564 2360				1		76 316	147		
Energy		1.20				1		0.16	614 0.31		
Protein Total lipid (fat)		61.40				1		8.23	15.96		
Ash		2.00		0	NC	4		0.27	0.52		
Carbohydrate, by difference		3.50		Ū	NC	4		0.47	0.32		
Fiber, total dietary		0.0			110	7		0.0	0.0		
Sugars, total		2.45		0	BFZN	4		0.33	0.64		
Starch		2.10		•		-		0.00	0.04		
Staren	9										
Minerals:											
Calcium, Ca		22				1		3	6		
Iron, Fe		0.35				1		0.05	0.09		
Magnesium, Mg		2				4 4		0	1 7		
Phosphorus, P		26 176				4		3 24	46		
Potassium, K		176 1065				4 1		24 143	46 277		
Zinc, Zn	-	0.18				4		0.02	0.05		
Copper, Cu		0.10	1			4		0.02	0.003		
Manganese, Mn	-	0.010				•		0.001	0.003		
Selenium, Se		1.6		0	CAZN	4		0.2	0.4		
Vitamins:											
Vitamin C, total ascorbic acid		0.6				1		0.1	0.2		
Thiamin		0.000				1		0.000	0.000		
Riboflavin		0.000				1 1		0.000 0.000	0.000		
Niacin Pantothenic acid	-	0.000	,			1		0.000	0.000		
Vitamin B-6		0.070	1			4		0.009	0.018		
Folate, total	-	4	•	0	BFZN	4		0	1		
Folic acid		0		0	BFZN	4		0	0		
Folate, food	-	4		0	BFZN	4		0	1		
Folate, DFE		4		0	NC	4		0	1		
Vitamin B-12		0.12				4		0.02	0.03		
Vitamin A, IU		38		0	NC	4		5	10		
Vitamin A, RAE	mcg_RAE	10		0	BFZN	4		1	3		
Retinol		10		0	BFZN	4		1	3		
Vitamin E (alpha-tocopherol)		4.73		0	BFZN	4		0.63	1.23		
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D		105.0						1.0			
Vitamin K (phylloquinone)	mcg	125.2		0	BFZN	4		16.8	32.6		
<u>Lipids:</u>											
Fatty acids, total saturated	g	10.527	•			1		1.411	2.737		
4:0		0.128	3			4		0.017	0.033		
6:0	g	0.048	3			4		0.006	0.012		
8:0	g	0.026	5			4		0.003	0.007		
10:0	-	0.064				4		0.009	0.017		
12:0	-	0.087	,			4		0.012	0.023		
13:0	-										
14:0	-	0.352	?			4		0.047	0.092		
15:0	-										
16:0	-	7.062	!			4		0.946	1.836		
17:0		0									
18:0		2.570	,			4		0.344	0.668		
20:0	-										
22:0	g g										

	<u>Aı</u>	mount in 10	Number			_	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	14.840				1		1.989	3.858		
14:1g										
15:1g	0.229				4		0 021	0.060		
16:1 undifferentiated	0.229				4		0.031	0.060		
17:1	14.386				4		1.928	3.740		
20:1g	0.120				4		0.016	0.031		
22:1 undifferentiated	0.001				4		0.016	0.031		
24:1 cg	0.001				-		0.000	0.000		
Fatty acids, total polyunsaturatedg	32.972				1		4.418	8.573		
18:2 undifferentiatedg	29.006				4		3.887	7.542		
18:3 undifferentiated	3.861				4		0.517	1.004		
18:4g	0.000				4		0.000	0.000		
20:2 n-6 c.cg	0.000				-		0.000	0.000		
20:3 undifferentiated 9										
20:4 undifferentiated 9	0.037				4		0.005	0.010		
20:5 n-3g	0.001				4		0.000	0.000		
22:5 n-3g	0.000				4		0.000	0.000		
22:6 n-3g	0.010				4		0.001	0.003		
Fatty acids, total trans										
Cholesterolmg	49				1		7	13		
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0				7		0.0	0.0		
Caffeinemg	0		0	BFZN	4		0	0		
Theobrominemg	0		0	BFZN	4		0	0		
Carotenoids:										
Carotene, betamcg	2		0	BFZN	4		0.315	0.610		
Carotene, alphamcg	1		0	BFZN	4		0.134	0.261		
Cryptoxanthin, betamcg	1		0	BFZN	4		0.119	0.230		
Lycopene mcg	0		0	BFZN	4		0.000	0.000		
Lutein + zeaxanthin mcg	29		0	BFZN	4		3.891	7.550		

Common Measures:

Measure 1 = 13.4g: 1 tbsp Measure 2 = 26.0g: 1 fl oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u>	mount in 100 g	<u>rams</u>	of edil	ole portic	<u>on</u>	Amount in edible portion of common			
			Nu	mber				m	easures of food	<u></u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	-	38.18	2.808	3	A	1					
Energy		484		0	NC	4					
Energy	kj	2026		0	NC	4					
Protein	g	1.03	0.880	3	A	1					
Total lipid (fat)	g	51.39	3.542	3	A	1					
Ash	g	2.71	0.192	3	A	1					
Carbohydrate, by difference	g	6.69		0	NC	4					
Fiber, total dietary	g	0.7		2	A	1					
Sugars, total	g	2.45	0.535	3	A	1					
Sucrose	g	1.50	0.717	3	A	1					
Glucose (dextrose)	g	0.48	0.065	3	A	1					
Fructose		0.40	0.148	3	A	1					
Lactose		0.07	0.000	3	A	1					
Maltose	g	0.00	0.000	3	A	1					
Galactose		0.00	0.000	3	A	1					
Starch		1.77	0.134	3	A	1					
Starcii	9	2.,,	0.151			-					
Minerals:											
Calcium, Ca	mg	31	4.801	3	A	1					
Iron, Fe	mg	0.62	0.145	3	A	1					
Magnesium, Mg	mg	5	0.887	3	A	1					
Phosphorus, P	mg	161	32.146	3	A	1					
Potassium, K	mg	62	7.526	3	A	1					
Sodium, Na	mg	816	87.617	3	A	1					
Zinc, Zn	mg	0.40	0.028	3	A	1					
Copper, Cu	mg	0.043	0.006	3	A	1					
Manganese, Mn	mg	0.042	0.009	3	A	1					
Selenium, Se	mcg	2.4		0	FLA	4					
Vitamins:											
Vitamin C, total ascorbic acid		3.4		2	A	1					
Thiamin	-	0.096		3	A	1					
Riboflavin	-	0.055		3	A	1					
Niacin	-	0.007		3	A	1					
Pantothenic acid	-	0.798		3	A	1					
Vitamin B-6		0.023		3	A	1					
Folate, total	-	4	0.617	3	A	1					
Folic acid		0		0	Z	7					
Folate, food		4	0.617	3	A	1					
Folate, DFE	mcg_DFE	4		0	NC	4					
Vitamin B-12	mcg	0.33	0.000	3	A	1					
Vitamin A, IU	IU	38		0	FLA	4					
Vitamin A, RAE	mcg_RAE	10		0	FLA	4					
Retinol	mcg	10		0	FLA	4					
Vitamin E (alpha-tocopherol)	mg	4.73		0	FLA	4					
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D	IU	2.852	2	0	FLA	4					
Vitamin K (phylloquinone)	mcg	125.2		2	A	1					
Lipids:											
Fatty acids, total saturated	g	8.019)	0	NC	4					
4:0		0.000	0.000	3	A	1					
6:0		0.000		3	A	1					
8:0	g	0.000	0.000	3	A	1					
10:0		0.000		3	A	1					
12:0		0.000		3	A	1					
13:0											
14:0	_	0.047	0.002	3	A	1					
15:0	_			-	-	-					

		<u>A</u> 1	mount in 10	00 grams	of edil	ole portic	<u>on</u>	Amount in	edible portion of	of common
				Number	•				easures of food	
						Source	Confidence			
Nutrients and Units		Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
16:0	g	5.321	0.5	58 3	A	1				
17:0	-	0.059	0.0	06 3	A	1				
18:0	g	2.248	0.2		A	1				
20:0	-	0.168			A	1				
22:0	•	0.177			A	1				
24:0 Fatty acids, total monounsaturated	-	0.000 11.394		00 3 0	A NC	1 4				
14:1		0.000			A	1				
15:1	_									
16:1 undifferentiated		0.065	i	0	AS	1				
16:1 c		0.065	0.0	05 3	A	1				
16:1 t										
17:1	_	10 007	,	0	AS					
18:1 undifferentiated		10.987 10.987		0 61 3	AS A	1 1				
18:1 t	-	0.000			A	1				
20:1	-	0.343			A	1				
22:1 undifferentiated	g	0.000	0.0	00 3	A	1				
24:1 c	g	0.000	0.0	00 3	A	1				
Fatty acids, total polyunsaturated		28.329		0	NC	4				
18:2 undifferentiated		25.267		0	AS	1				
18:2 n-6 c,c	-	24.887	2.5	69 3	A	1				
18:2 CLAs 18:2 c.t	-									
18:2 t.c	-									
18:2 t.t	_									
18:2 i	-	0.380	0.2	07 3	A	1				
18:2 t not further defined	g									
18:3 undifferentiated	_	3.063		0	A	1				
18:4		0.000	0.0	00 3	A	1				
20:2 n-6 c,c 20:3 undifferentiated										
20:4 undifferentiated		0.000	0.0	00 3	A	1				
20:5 n-3		0.000			A	1				
22:5 n-3		0.000	0.0	00 3	A	1				
22:6 n-3	g	0.000	0.0	00 3	A	1				
Fatty acids, total trans					_					
Cholesterol		33	1.9	31 3	A	1				
Phytosterols	iiig									
Amino Acids: Tryptophan	а	0.000	1	0	A	1				
Threonine		0.290		0	A	1				
Isoleucine		0.256		0	A	1				
Leucine		0.481	•	0	A	1				
Lysine	g	0.503	1	0	A	1				
Methionine	-	0.220		0	A	1				
Cystine		0.000		0	A	1				
Phenylalanine		0.342 0.261		0	A A	1 1				
TyrosineValine		0.201		0	A	1				
Arginine		0.456		0	A	1				
Histidine	-	0.230		0	A	1				
Alanine	g	0.248	1	0	A	1				
Aspartic acid	g	0.581		0	A	1				
Glutamic acid	g	2.431		0	A	1				
Glycine		0.175		0	A	1				
Proline		0.405		0	A A	1 1				
Serine		0.314	•	U	A	1				
	9									
Others: Alcohol, ethyl	q	0.0		0	FLA	4				
Caffeine		0		0	FLA	4				
Theobromine	-	0		0	FLA	4				

	<u>A</u>	mount in 100 grams Number		Amount in me				
Nutrients and Units	Mean	of Data Std. Error Points			Confidence Code	Measure 1	Measure 2	Measure 3
Carotenoids:								
Carotene, betamcg	2	0	FLA	4				
Carotene, alphamcg	1	0	FLA	4				
Cryptoxanthin, betamcg	1	0	FLA	4				
Lycopenemcg	0	0	FLA	4				
Lutein + zeaxanthin mcg	29	0	FLA	4				

Common Measures:

Calories Factors: Protein 4.36 Fat 8.84 Carbohydrate 3.8

Food Group: 04 Fats and Oils

		<u>A</u>	mount in 100 g	rams	of edik	ole portio	<u>on</u>	Amount in edible portion of common		
			Nu	mber				<u>m</u>	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Un	nits	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	68.33	3.899	3	A	1		9.57		
Energy	kcal	119		0	NC	4		17		
Energy	kj	497		0	NC	4		70		
Protein	-	0.25	0.053	3	A	1		0.03		
Total lipid (fat)		1.92	0.329	3	A	1		0.27		
Ash		3.00	0.176	3	A	1		0.42		
Carbohydrate, by difference		26.51		0	NC	4		3.71		
Fiber, total dietary		0.1		0	FLA	4		0.0		
Sugars, total		5.35	0.917	3	A	1		0.75		
Sucrose		1.57	0.748	3	A	1		0.22		
Glucose (dextrose)	g	1.91	0.477	3	A	1		0.27		
Fructose	g	0.42	0.187	3	A	1		0.06		
Lactose	g	0.07	0.000	3	A	1		0.01		
Maltose		1.38	0.670	3	A	1		0.19		
Galactose		0.00	0.000	3	A	1		0.00		
Starch	g	4.99	0.481	3	A	1		0.70		
Minerals: Calcium. Ca	ma	50	11.647	3	A	1		7		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	1.05	0.183	3	A	1		0.15		
Magnesium, Mg		8	1.649	3	A	1		1		
Phosphorus, P		113	19.985	3	A	1		16		
Potassium, K		111	6.888	3	A	1		16		
Sodium, Na		755	59.255	3	A	1		106		
Zinc, Zn	mg	0.40		2	A	1		0.06		
Copper, Cu	mg	0.195	0.137	3	A	1		0.027		
Manganese, Mn	mg	0.111	0.048	3	A	1		0.016		
Selenium, Se	mcg	0.8		0	FLA	4		0.1		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0	0.000	3	A	1		0.0		
Thiamin	-	0.030		3	A	1		0.004		
Riboflavin		0.025		3	A	1		0.003		
Niacin		0.007		3	A	1		0.001		
Pantothenic acid		0.771		3	A	1		0.108		
Vitamin B-6		0.024 6	0.000 2.217	3 3	A A	1 1		0.003 1		
Folate, total		0	2.217	0	Z	7		0		
Folic acid		6	2.217	3	A	1		1		
Folate, food		6	2.21/	0	NC	4		1		
Vitamin B-12		0.00	0.000	3	A	1		0.00		
Vitamin A, IU	-	3	0.000	0	FLA	4		0.00		
Vitamin A, RAE		1		0	FLA	4		0		
Retinol		1		0	FLA	4		Ö		
Vitamin E (alpha-tocopherol)		0.18		0	FLA	4		0.03		
Tocopherol, beta				-		=				
Tocopherol, gamma	-									
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.3		2	A	1		0.3		
<u> Lipids:</u>			_							
Fatty acids, total saturated		0.447		0	NC	4		0.063		
4:0		0.000		3	A	1		0.000		
6:0	_	0.000		3	A	1		0.000		
8:0	-	0.000		3	A	1		0.000		
10:0		0.000		3	A	1		0.000		
12:0		0.000	0.000	3	A	1		0.000		
13:0		0 00-		_	-			•		
14:0 15:0		0.037	0.032	3	A	1		0.005		

		<u>,</u>	Amount	in 100	gram:	s of edil	ole portic	<u>on</u>	Amount in	edible portion o	f common
					Numbe				_	easures of food	
Nutrients and Units		Mean	Std.			Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0	-	0.24		0.09		A	1		0.034		
17:0		0.00 0.15		0.00		A A	1 1		0.001		
18:0 20:0.		0.00		0.12		A	1		0.021 0.001		
22:0		0.00		0.00		A	1		0.001		
24:0	•	0.00		0.00	0 3	A	1		0.000		
Fatty acids, total monounsaturated	g	0.38	8		0	NC	4		0.054		
14:1											
15:1		0.00	6		0	AS	1		0.001		
16:1 c		0.00		0.00		A	1		0.001		
16:1 t			_				_				
17:1											
18:1 undifferentiated	g	0.37			0	AS	1		0.052		
18:1 c	_	0.35		0.08		A	1		0.050		
18:1 t		0.01		0.01		A	1		0.002		
20:1 22:1 undifferentiated	-	0.00		0.00		A A	1 1		0.001 0.001		
24:1 c	-	0.00		0.00		A	1		0.001		
Fatty acids, total polyunsaturated		0.69		0.00	0	NC	4		0.098		
18:2 undifferentiated		0.62	2		0	AS	1		0.087		
18:2 n-6 c,c	g	0.61	1	0.19	8 3	AS	1		0.086		
18:2 CLAs											
18:2 c,t											
18:2 t,c											
18:2 t,t 18:2 i		0.01	0	0.00	6 3	A	1		0.001		
18:2 t not further defined		0.02	. •	0.00			-		0.002		
18:3 undifferentiated	g	0.07	6		0	AS	1		0.011		
18:4	g	0.00	0	0.00	0 3	A	1		0.000		
20:2 n-6 c,c											
20:3 undifferentiated		0.00	.0	0.00	0 3	A	1		0.000		
20:5 n-3		0.00		0.00		A	1		0.000		
22:5 n-3		0.00		0.00		A	1		0.000		
22:6 n-3	g	0.00	0	0.00	0 3	A	1		0.000		
Fatty acids, total trans	g	0.02	1		0	NC	4		0.003		
Fatty acids, total trans-monoenoic		0.01			0	NC	4		0.002		
Fatty acids, total trans-polyenoic		0.01 7	.0	4.38	0 9 3	NC A	4 1		0.001		
CholesterolPhytosterols		,		4.30	9 3	A	1		1		
Amino Acids:											
Tryptophan	g	0.00			0	A	1		0.000		
Threonine		0.05			0	A	1		0.007		
Isoleucine		0.05			0	A A	1 1		0.007 0.014		
LeucineLysine		0.09			0	A	1		0.014		
Methionine		0.03			0	A	1		0.005		
Cystine		0.00	0		0	A	1		0.000		
Phenylalanine	g	0.10	9		0	A	1		0.015		
Tyrosine		0.04			0	A	1		0.006		
Valine	_	0.04			0	A	1		0.006		
Arginine		0.07			0	A A	1 1		0.010 0.006		
HistidineAlanine	_	0.02			0	A	1		0.006		
Aspartic acid		0.11			0	A	1		0.016		
Glutamic acid		0.50			0	A	1		0.071		
Glycine		0.02	9		0	A	1		0.004		
Proline		0.09			0	A	1		0.013		
Serine	-	0.05	1		0	A	1		0.007		
Hydroxyproline	g										
Others: Alcohol, ethyl	g	0.0			0	FLA	4		0.0		

	<u>A</u>	mount in 100 g	grams o	Amount in edible portion of common					
Nutrients and Units	Mean				Source Code	Confidence Code	measure 1	easures of food Measure 2	Measure 3
Caffeine mg	0		0	FLA	4		0		
Theobromine mg	0		0	FLA	4		0		
<u>Carotenoids:</u>									
Carotene, beta mcg	0		0	FLA	4		0.019		
Carotene, alphamcg	0		0	FLA	4		0.000		
Cryptoxanthin, betamcg	0		0	FLA	4		0.017		
Lycopenemcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin mcg	4		0	FLA	4		0.596		

Common Measures:

Measure 1 = 14.0g: 1 tablespoon

Calories Factors: Protein 4.36 Fat 8.84 Carbohydrate 3.8

Food Group: 04 Fats and Oils

		<u>A</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	oints	Code	Code	Code	Measure 1	Measure 2	Measure
roximates:										
Water	g	62.50	0.507	3	A	1				
Energy	kcal	219		0	NC	4				
Energy	kj	916		0	NC	4				
Protein	g	1.03	0.880	3	A	1				
Total lipid (fat)	g	17.30	2.099	3	A	1				
Ash	g	2.97	0.069	3	A	1				
Carbohydrate, by difference	g	16.20		0	NC	4				
Fiber, total dietary	g	0.9		2	A	1				
Sugars, total		3.28	0.323	3	A	1				
Sucrose		1.30	0.625	3	A	1				
Glucose (dextrose)	g	0.69	0.052	3	A	1				
Fructose	g	0.57	0.033	3	A	1				
Lactose	g	0.72	0.382	3	A	1				
Maltose	g	0.00	0.000	3	A	1				
Galactose	g	0.00	0.000	3	A	1				
Starch	g	6.13	0.018	3	A	1				
Ainerals:										
Calcium, Ca	mg	125	78.092	3	A	1				
Iron, Fe		0.87	0.050	3	A	1				
Magnesium, Mg	mg	6	1.234	3	A	1				
Phosphorus, P	<u>mg</u>	193	38.412	3	A	1				
Potassium, K		132	6.766	3	A	1				
Sodium, Na		932	5.897	3	A	1				
Zinc, Zn		0.62	0.041	3	A	1				
Copper, Cu		0.162		3	A	1				
Manganese, Mn		0.053	0.006	3 0	A FLA	1 4				
Selenium, Se	Ilicy	2.9		U	FLA	4				
<u>'itamins:</u>										
Vitamin C, total ascorbic acid	mg	0.7		2	A	1				
Thiamin	-	0.022		3	A	1				
Riboflavin		0.027		3	A	1				
Niacin		0.007		1	A	1				
Pantothenic acid		0.861		3	A	1				
Vitamin B-6		0.029		3	A	1				
Folate, total		4	0.718	3	A Z	1 7				
Folic acid		0 4	0.718	0 3	Z A	1				
Folate, food		4	0.718	0		4				
Folate, DFE Vitamin B-12		0.00	0.000	3	NC A	1				
Vitamin A, IU	-	67	0.000	0	FLA	4				
Vitamin A, RAE		18		0	FLA	4				
Retinol		17		0	FLA	4				
Vitamin E (alpha-tocopherol)		1.60		0	FLA	4				
Tocopherol, beta		1.00		·		•				
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		4.853	3	0	FLA	4				
Vitamin K (phylloquinone)	mcg	34.8		2	A	1				
ipids:										
Fatty acids, total saturated	g	1.328	3	0	NC	4				
4:0		0.000	0.000	3	A	1				
6:0		0.000	0.000	3	A	1				
8:0	g	0.000	0.000	3	A	1				
10:0	g	0.000	0.000	3	A	1				
12:0		0.000	0.000	3	A	1				
40.0	~									
13:0	9									

		<u>Ar</u>	nount in 100			ole portic	<u>on</u>		edible portion o	f common
				umbe		C	Confidence	<u></u>		
Nutrients and Unit	ts	Mean	Std. Error P			Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0	g	0.842	0.061	3	A	1				
17:0		0.003	0.003		A	1				
18:0		0.370	0.037		A	1				
20:0	-	0.061	0.027		A	1				
22:0	•	0.036	0.008		A A	1 1				
24:0 Fatty acids, total monounsaturated	-	0.000 5.422	0.000	0	NC	4				
14:1	-	0.000	0.000		A	1				
15:1	-	0.000	0.000			-				
16:1 undifferentiated	-	0.022		0	A	1				
16:1 c		0.022	0.010	3	A	1				
16:1 t	g									
17:1	-									
18:1 undifferentiated		5.289		0	A	1				
18:1 c		5.289	2.617		A	1				
18:1 t		0.000	0.000		A	1				
20:1		0.111 0.000	0.055		A A	1 1				
22:1 undifferentiated 24:1 c		0.000	0.000		A A	1				
Fatty acids, total polyunsaturated	-	4.334	0.000	0	NC	4				
18:2 undifferentiated		3.676		0	AS	1				
18:2 n-6 c.c	-	3.587	0.254	3	A	1				
18:2 CLAs	-									
18:2 c,t	g									
18:2 t,c	-									
18:2 t,t	-									
18:2 i	-	0.089	0.030	3	A	1				
18:2 t not further defined 18:3 undifferentiated	-	0.658		0	AS	1				
18:4	-	0.658	0.000		AS A	1				
20:2 n-6 c.c.	-	0.000	0.000			-				
20:3 undifferentiated	-									
20:4 undifferentiated		0.000	0.000	3	A	1				
20:5 n-3	g	0.000	0.000	3	A	1				
22:5 n-3	g	0.000	0.000		A	1				
22:6 n-3		0.000	0.000	3	A	1				
Fatty acids, total trans	-			_		_				
Cholesterol		21	7.740	3	A	1				
Phytosterols										
Amino Acids:										
Tryptophan		0.000		0	A	1				
Threonine		0.317		0	A	1				
Isoleucine		0.315		0	A	1				
Leucine		0.557 0.572		0	A A	1 1				
Lysine Methionine		0.372		0	A	1				
Cystine	-	0.237		0	A	1				
Phenylalanine	_	0.532		0	A	1				
Tyrosine		0.296		0	A	1				
Valine		0.273		0	A	1				
Arginine	g	0.505		0	A	1				
Histidine		0.276		0	A	1				
Alanine		0.281		0	A	1				
Aspartic acid		0.565		0	A	1				
Glutamic acid		2.507		0	A	1				
Glycine		0.184		0	A	1 1				
Proline Serine	_	0.496 0.348		0	A A	1				
Hydroxyproline	_	0.348		J	A	1				
	J									
Others:	~	2 2		_		,				
Alcohol, ethyl		0.0 0		0	FLA	4 4				
CaffeineTheobromine	_	0		0	FLA FLA	4				
i neodioninie		J		3	FIL	-				

		<u>A</u>	mount in 100 gram	s of edil	Amount in edible portion of common				
			Number of Date	er a Deriv	measures of food				
Nutrients and	I Units	Mean	Std. Error Points			Code	Measure 1	Measure 2	Measure 3
Carotenoids:									
Carotene, beta	mcg	4	0	FLA	4				
Carotene, alpha	mcg	2	0	FLA	4				
Cryptoxanthin, beta	mcg	2	0	FLA	4				
Lycopene	mcg	0	0	FLA	4				
Lutein + zeaxanthin		49	0	FLA	4				

Common Measures:

Calories Factors: Protein 4.36 Fat 8.84 Carbohydrate 3.8

Food Group: 04 Fats and Oils

		<u>A</u>	mount in 100 gram	s of edil	ole portio	<u>on</u>	Amount in	edible portion	of common
			Numbe	r			m	easures of food	<u>.</u>
			of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	34.50	1		1		5.18	84.53	
Energy	kcal	494	0	NC	4		74	1210	
Energy		2067	0		4		310	5064	
Protein (N x 6.25)	g	1.60	1		1		0.24	3.92	
Total lipid (fat)	g	50.80	1		1		7.62	124.46	
Ash	g	2.70	1		1		0.41	6.62	
Carbohydrate, by difference	g	10.40	0	NC	4		1.56	25.48	
Fiber, total dietary	g	0.0	0		4		0.0	0.0	
Sugars, total	g	10.40	0	NC	4		1.56	25.48	
Starch	g								
MC 1									
Minerals:	ma	10	^		4		2	47	
Calcium, Ca	-	19 0.60	0		1 1		3 0.09	47 1.47	
Iron, Fe		2	0		4		0.09	1.47	
Phosphorus, P		2 37	0		1		6	4 91	
Potassium, K	-	157	0		1		24	385	
Sodium, Na		868	0		1		130	2127	
Zinc, Zn		0.43	1		1		0.06	1.05	
Copper, Cu		0.010			1		0.002	0.025	
Manganese, Mn		0.027		FLA	4		0.004	0.067	
Selenium, Se		1.6	0	CAZN	4		0.2	3.9	
	_								
Vitamins:			_						
Vitamin C, total ascorbic acid		6.0	0		1		0.9	14.7	
Thiamin		0.050			1 1		0.008 0.008	0.123	
Riboflavin		0.600			1		0.008	0.123 1.470	
Niacin Pantothenic acid	-	0.400			4		0.090	0.980	
Vitamin B-6		0.030			4		0.005	0.980	
Folate, total	-	10	0		4		2	25	
Folic acid		0	0	z	7		0	0	
Folate, food		10	0	-	4		2	25	
Folate, DFE	mca DFE	10	0	NC	4		2	25	
Vitamin B-12		0.30	0		4		0.05	0.74	
Vitamin A, IU		302	0	FLA	4		45	740	
Vitamin A, RAE		15	0	NC	4		2	37	
Retinol		0	0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)		4.02	0	FLA	4		0.60	9.86	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)	mcg	84.5	0	FLA	4		12.7	207.1	
I inide:									
Lipids: Fatty acids, total saturated	a	7.300	0		1		1.095	17.885	
4:0		0.000			1		0.000	0.000	
6:0		0.000			1		0.000	0.000	
8:0	_	0.000			1		0.000	0.000	
10:0		0.000			1		0.000	0.000	
12:0	_	0.000			1		0.000	0.000	
13:0	-	,,,,,	·		-				
14:0	-	0.000	0		1		0.000	0.000	
15:0	-								
16:0	-	5.200	0		1		0.780	12.740	
17:0									
18:0	-	1.900	0		1		0.285	4.655	
20:0	-								
22:0	-								
	g								

		<u>A</u> 1	mount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food		
				Number of Data	Deriv	Source	Confidence	<u>m</u> .	easures of food	
Nutrients and U	Inits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate	:dg	11.800		0		1		1.770	28.910	
14:1	_									
16:1 undifferentiated	g	0.100		0		1		0.015	0.245	
17:1 18:1 undifferentiated	-	11.600		0		1		1.740	28.420	
20:1	g	0.100		0		1		0.015	0.245	
22:1 undifferentiated	g	0.000		0		1		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsaturated	lg	29.400		0		1		4.410	72.030	
18:2 undifferentiated	g	25.900		0		1		3.885	63.455	
18:3 undifferentiated	g	3.500		0		1		0.525	8.575	
18:4	g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	-									
20:4 undifferentiated	g	0.000		0		1		0.000	0.000	
20:5 n-3	-	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	-	18		0		4		3	44	
Phytosterols	mg									
Amino Acids:										
Tryptophan	а	0.024		0		4		0.004	0.059	
Threonine		0.087		0		4		0.013	0.213	
Isoleucine	_	0.092		0		4		0.014	0.225	
Leucine	_	0.136		0		4		0.020	0.333	
Lysine	-	0.108		0		4		0.016	0.265	
Methionine		0.041		0		4		0.006	0.100	
Cystine		0.028		0		4		0.004	0.069	
Phenylalanine		0.070		0		4		0.011	0.172	
Tyrosine		0.070		0		4		0.011	0.172	
Valine	_	0.098		0		4		0.015	0.240	
Arginine	-	0.111		0		4		0.017	0.272	
Histidine		0.038		0		4		0.006	0.093	
Alanine	-	0.080		0		4		0.012	0.196	
Aspartic acid		0.134		0		4		0.020	0.328	
Glutamic acid		0.196		0		4		0.029	0.480	
Glycine		0.048		0		4		0.007	0.118	
Proline	-	0.067		0		4		0.010	0.164	
Serine		0.133		0		4		0.020	0.326	
Hydroxyproline										
Others:										
Alcohol, ethyl	a	0.0		0		7		0.0	0.0	
Caffeine		0		0	FLA	4		0	0.0	
Theobromine	_	0		0	FLA	4		0	0	
Carotenoids:	J	-		-	·	-		-	•	
Carotene, beta	mea	181		0	FLA	4		27.153	443.495	
Carotene, alpha		1		0	FLA	4		0.094	1.529	
Cryptoxanthin, beta		0		0	FLA	4		0.094	0.000	
Lycopene		628		0	FLA	4		94.269	1539.720	
Lutein + zeaxanthin		0		0	FLA	4		0.000	0.000	

Common Measures:

Measure 1 = 15g: 1 tbsp Measure 2 = 245g: 1 cup NDB No. 04015

Salad dressing, russian dressing

Calories Factors: Protein 3.4 Fat 8.84 Carbohydrate 3.8

Food Group: 04 Fats and Oils

		<u>A</u>	mount in 100 gra	ms of edil	ole portio	<u>on</u>	Amount in	edible portion	of common
			Num	ber			<u>m</u>	easures of food	<u></u>
					Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Poin	ts Code	Code	Code	Measure 1	Measure 2	Measure 3
D									
Proximates: Water	а	65.00	0.143	3	1		10.40	169.00	
Energy		141		0 NC	4		23	368	
Energy		592		0	4		95	1538	
Protein (N x 6.25)		0.50	0.069	3	1		0.08	1.30	
Total lipid (fat)	-	4.00		3	1		0.64	10.40	
Ash		2.90		3	1		0.46	7.54	
Carbohydrate, by difference		27.60		0 NC	4		4.42	71.76	
Fiber, total dietary		0.3		0	4		0.0	0.8	
Sugars, total		21.87		O BFZI	1 4		3.50	56.86	
Starch									
Minerals:									
Calcium, Ca	-	19)	1		3	49	
Iron, Fe		0.60)	1		0.10	1.56	
Magnesium, Mg		0)	4		0	1	
Phosphorus, P	-	37 157)	1		6	96	
Potassium, K		157)	1 1		25 139	408	
Sodium, Na		868 0.10)	4		0.02	2257 0.26	
Zinc, Zn Copper, Cu		0.10)	4		0.002	0.26	
Manganese, Mn		0.010	,	,	4		0.002	0.026	
Selenium, Se		1.6) CAZN	4		0.3	4.2	
Scientini, Sc	9	1.0		011111	-		0.5		
Vitamins:									
Vitamin C, total ascorbic acid	mg	6.0)	4		1.0	15.6	
Thiamin		0.007	,)	4		0.001	0.018	
Riboflavin	mg	0.013	3)	4		0.002	0.034	
Niacin	-	0.002)	4		0.000	0.005	
Pantothenic acid		0.135)	4		0.022	0.351	
Vitamin B-6	-	0.009)	4		0.001	0.023	
Folate, total		3)	4		1	9	
Folic acid		0) Z	7		0	0	
Folate, food	mcg	3)	4		1	9	
Folate, DFE		3) NC	4		1	9	
Vitamin B-12		0.12)	4		0.02	0.30	
Vitamin A, IU		33) NC	4		5	87	
Vitamin A, RAE		2) NC	4		0	4	
Retinol		0 0.40) FLA	4 4		0.06	0 1.04	
Vitamin E (alpha-tocopherol)		0.40	,	,	4		0.06	1.04	
Tocopherol, beta Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)		6.7) BFFN	4		1.1	17.3	
·									
<u>Lipids:</u>				_			_		
Fatty acids, total saturated		0.600)	1		0.096	1.560	
4:0	-	0.000)	1		0.000	0.000	
6:0		0.000)	1		0.000	0.000	
8:0		0.000)	1		0.000	0.000	
10:0	-	0.000)	1		0.000	0.000	
12:0	-	0.000	,)	1		0.000	0.000	
13:0	-	0.000)	1		0.000	0.000	
14:0		0.000	,	,	1		0.000	0.000	
15:0	-	0.400	,)	1		0.064	1.040	
16:0		0.400	,	,	1		0.064	1.040	
17:0		0.200	,)	1		0.032	0.520	
18:0 20:0		0.200	'	•	1		0.032	0.520	
22:0	-								
44.U	y								

	<u>A</u> 1	mount in 100			ole portio	<u>on</u>		edible portion	
		-	Number of Data		Sauraa	Confidence	<u>m</u> :	easures of food	•
Nutrients and Units	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.900		0		1		0.144	2.340	
14:1g			•		_		V	2.510	
15:1g									
16:1 undifferentiatedg	0.000		0		1		0.000	0.000	
17:1g					_				
18:1 undifferentiated	0.900		0		1		0.144	2.340	
20:1g	0.000		0 0		1 1		0.000 0.000	0.000 0.000	
22:1 undifferentiatedg 24:1 cg	0.000		U		1		0.000	0.000	
Fatty acids, total polyunsaturated9	2.300		0		1		0.368	5.980	
18:2 undifferentiatedg	2.000		0		1		0.320	5.200	
18:3 undifferentiatedg	0.300		0		1		0.048	0.780	
18:4	0.000		0		1		0.000	0.000	
20:2 n-6 c.cg									
20:3 undifferentiated									
20:4 undifferentiated	0.000		0		1		0.000	0.000	
20:5 n-3g	0.000		0		1		0.000	0.000	
22:5 n-3	0.000		0		1		0.000	0.000	
22:6 n-3g	0.000		0		1		0.000	0.000	
Fatty acids, total transg									
Cholesterolmg	6	0.32	4 3		1		1	16	
Phytosterolsmg	10		0		4		2	26	
Amino Acidos									
Amino Acids:	0.007		0		4		0.001	0.010	
Tryptophan	0.007		0		4		0.001	0.018 0.070	
Threonine	0.027		0		4		0.004	0.075	
Leucine	0.043		0		4		0.003	0.075	
Lysine9	0.034		0		4		0.007	0.088	
Methionineg	0.013		0		4		0.002	0.034	
Cystineg	0.009		0		4		0.001	0.023	
Phenylalanineg	0.022		0		4		0.004	0.057	
Tyrosineg	0.022		0		4		0.004	0.057	
Valine 9	0.030		0		4		0.005	0.078	
Arginine	0.035		0		4		0.006	0.091	
Histidine	0.012		0		4		0.002	0.031	
Alanineg	0.025		0		4		0.004	0.065	
Aspartic acidg	0.042		0		4		0.007	0.109	
Glutamic acid	0.061		0		4		0.010	0.159	
Glycineg	0.015		0		4		0.002	0.039	
Prolineg	0.021		0		4		0.003	0.055	
Serineg	0.041		0		4		0.007	0.107	
Hydroxyprolineg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0	
Theobromine mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, betamcg	20		0	FLA	4		3.148	51.157	
Carotene, alpha mcg	1		0	FLA	4		0.100	1.623	
Cryptoxanthin, betamcg	0		0	FLA	4		0.000	0.000	
Lycopene mcg	628		0	FLA	4		100.553	1633.989	
Lutein + zeaxanthin mcg	0		0	FLA	4		0.000	0.000	

Common Measures:

Measure 1 = 16g: 1 tablespoon Measure 2 = 260g: 1 cup NDB No. 04022

Salad dressing, russian dressing, low calorie

Calories Factors: Protein 2.44 Fat 8.84 Carbohydrate 3.8

Food Group: 04 Fats and Oils

		<u>A</u> 1	mount in 100 g	rams	of edib	le portio	<u>n</u>		edible portion	
			Nu	ımber	•			<u>m</u>	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	39.20	3.740	6		1		5.88	96.04	
Energy	kcal	443		0	NC	4		66	1086	
Energy	kj	1854		0		4		278	4542	
Protein (N x 6.25)	g	3.10	1.288	6		1		0.47	7.60	
Total lipid (fat)	g	45.20	4.899	6		1		6.78	110.74	
Ash	g	3.90	0.223	6		1		0.59	9.56	
Carbohydrate, by difference	g	8.60		0	NC	4		1.29	21.07	
Fiber, total dietary	g	1.0		0		4		0.2	2.5	
Sugars, total	g	8.32		0	BFZN	4		1.25	20.38	
Starch	g									
3.61										
Minerals:	ma	10		•		4		2	47	
Calcium, Ca	_	19 0.60		0		4 4		3 0.09	47 1.47	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.60		0		4		0.09	1.47	
Magnesium, Mg Phosphorus, P		37		0		4		6	0 91	
1 ,	•	157		0		4		24	385	
Potassium, K Sodium. Na		1000		0		1		150	2450	
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.10		0		4		0.02	0.25	
Copper, Cu		0.000	1	0	BFZN	4		0.02	0.000	
Manganese, Mn		0.000	•	·	DI ZIN	-		0.000	0.000	
Selenium, Se		1.6		0	CAZN	4		0.2	3.9	
Scientini, Sc						_				
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.0		0		4		0.0	0.0	
Thiamin	-	0.000		0		4		0.000	0.000	
Riboflavin	mg	0.000		0		4		0.000	0.000	
Niacin	<u>mg</u>	0.000		0		4		0.000	0.000	
Pantothenic acid	=	0.000		0		4		0.000	0.000	
Vitamin B-6		0.000)	0		4		0.000	0.000	
Folate, total		0		0		4		0	0	
Folic acid		0		0	Z	7		0	0	
Folate, food	mcg	0		0		4		0	0	
Folate, DFE		0		0	NC	4		0	0	
Vitamin B-12		0.00		0		4		0.00	0.00	
Vitamin A, IU		36		0	NC	4		5	87	
Vitamin A, RAE		2		0	NC	4		0	4	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		5.00		0		4		0.75	12.25	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)		56.0		0	BFZN	4		8.4	137.2	
vitamin K (phynoquinone)	g	30.0		·	21 211	•		0.4	137.2	
<u>Lipids:</u>										
Fatty acids, total saturated	g	6.200)	0		1		0.930	15.190	
4:0	g	0.000)	0		4		0.000	0.000	
6:0	g	0.000)	0		4		0.000	0.000	
8:0	g	0.000)	0		4		0.000	0.000	
10:0	-	0.000		0		4		0.000	0.000	
12:0		0.000)	0		4		0.000	0.000	
13:0										
14:0	g	0.000)	0		4		0.000	0.000	
15:0										
16:0	g	4.200	0.466	6		1		0.630	10.290	
17:0										
18:0	g	1.900	0.230	6		1		0.285	4.655	
20:0	_									
22:0	g									
24:0	_									

		<u>A</u> 1	mount in 100			ole portio	<u>on</u>		edible portion of easures of food	
				ımber f Data	Deriv	Source	Confidence	<u> </u>	easules of lood	
Nutrients and	Units	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	ıtedg	11.900		0		1		1.785	29.155	
14:1	_									
15:1	_	0.000		•		4		0.000	0.000	
16:1 undifferentiated	_	0.000		0		4		0.000	0.000	
18:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	11.900	1.343	6		1		1.785	29.155	
20:1	_	0.000		0		4		0.000	0.000	
22:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.000		0		4		0.000	0.000	
24:1 c	•									
Fatty acids, total polyunsaturate		25.100		0		1		3.765	61.495	
18:2 undifferentiated	g	23.200	2.518	6		1		3.480	56.840	
18:3 undifferentiated	g	2.000	0.312	6		1		0.300	4.900	
18:4	g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	_									
20:4 undifferentiated		0.000		0		4		0.000	0.000	
20:5 n-3	_	0.000		0		4		0.000	0.000	
22:5 n-3		0.000		0		4		0.000	0.000	
22:6 n-3	_	0.000		0		4		0.000	0.000	
Fatty acids, total trans		0	0.000	_				0	•	
CholesterolPhytosterols	-	U	0.000	6		1		U	0	
Fliytosterois										
Amino Acids:										
Tryptophan	g	0.047		0		4		0.007	0.115	
Threonine	g	0.049		0		4		0.007	0.120	
Isoleucine	_	0.047		0		4		0.007	0.115	
Leucine	-	0.082		0		4		0.012	0.201	
Lysine		0.142		0		4		0.021	0.348	
Methionine		0.029		0		4		0.004	0.071	
Cystine		0.000		0		4		0.000	0.000	
Phenylalanine		0.086 0.102		0		4 4		0.013 0.015	0.211	
Tyrosine Valine	_	0.102		0		4		0.010	0.250 0.167	
Arginine		0.399		0		4		0.010	0.187	
Histidine		0.031		0		4		0.005	0.978	
Alanine	-	0.000		0		4		0.000	0.000	
Aspartic acid		0.000		0		4		0.000	0.000	
Glutamic acid	_	0.461		0		4		0.069	1.129	
Glycine	_	0.000		0		4		0.000	0.000	
Proline		0.000		0		4		0.000	0.000	
Serine	_	0.000		0		4		0.000	0.000	
Hydroxyproline										
Others:										
Alcohol, ethyl	a	0.0		0	BFZN	4		0.0	0.0	
Caffeine		0		0	BFZN	4		0.0	0.0	
Theobromine		0		0	BFZN	4		0	0	
Carotenoids:	g	-		-		-		-	•	
<u> </u>	maa	0.1		^	D==			2 075	E0 005	
Caratana alaha		21 0		0	BFZN BFZN	4 4		3.075 0.000	50.225 0.000	
Carotene, alpha Cryptoxanthin, beta	-	2		0	BFZN	4		0.000	4.492	
		16		0	BFZN	4		2.400	39.200	
LycopeneLutein + zeaxanthin		0		0	BFZN	4		0.000	0.000	
Luteni + Zeardiitiiii	y			0	DE ZIN	-		0.000	0.000	

Common Measures:

Measure 1 = 15g: 1 tablespoon Measure 2 = 245g: 1 cup NDB No. 04016

Salad dressing, sesame seed dressing, regular

Calories Factors: Protein 4.03 Fat 8.84 Carbohydrate 3.8

Food Group: 04 Fats and Oils

		<u>A</u>	mount in 10	00 grams	of edik	ole portic	<u>on</u>		edible portion	
				Number	•			<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Ur	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		95.70				1		239.25	15.31	
Energy		15				1		38	2	
Energy		63				1		157	10	
Protein	-	0.10				1		0.25	0.02	
Total lipid (fat)		0.00				7		0.00	0.00	
Ash		0.50		0	0	4		1.25	0.08	
Carbohydrate, by difference		3.70			NC	4		9.25	0.59	
Fiber, total dietary	g	0.0			Z	7		0.0	0.0	
Sugars, total	g	3.70		0	NR	4		9.25	0.59	
Sucrose		0.05		0	FLA	4		0.12	0.01	
Glucose (dextrose)	g									
Fructose	g									
Lactose	g									
Maltose	g									
Galactose										
Starch										
Minerals:										
Calcium, Ca		4				1		10	1	
Iron, Fe		0.04				1		0.10	0.01	
Magnesium, Mg		3				1		8	0	
Phosphorus, P		3				1		8	0	
Potassium, K		33				1		83	5	
Sodium, Na		208				1		520	33	
Zinc, Zn		0.02				1		0.05	0.00	
Copper, Cu		0.010				1		0.025	0.002	
Manganese, Mn		0.060)	0	FLA	4		0.150	0.010	
Selenium, Se	mcg	1.6		0	CAZN	4		4.0	0.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	8.1				1		20.3	1.3	
Thiamin	mg	0.010)			1		0.025	0.002	
Riboflavin	mg	0.000)			1		0.000	0.000	
Niacin	mg	0.060)			1		0.150	0.010	
Pantothenic acid	mg	0.027	,	0	FLA	4		0.067	0.004	
Vitamin B-6	mg	0.010)			1		0.025	0.002	
Folate, total		2		0	FLA	4		6	0	
Folic acid	mcg	0		0	FLA	4		0	0	
Folate, food		2		0	FLA	4		6	0	
Folate, DFE		2		0	NC	4		6	0	
Vitamin B-12		0.00				7		0.00	0.00	
Vitamin A, IU		0		0	z	7		0	0	
Vitamin A, RAE		0		0	NC	4		0	0	
Retinol		0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)		2.56		0	FLA	4		6.41	0.41	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	39.6		0	FLA	4		99.1	6.3	
<u>Lipids:</u>						_			2 222	
Fatty acids, total saturated		0.000		_		7		0.000	0.000	
4:0		0.000		0		4		0.000	0.000	
6:0	_	0.000		0		4		0.000	0.000	
8:0		0.000		0		4		0.000	0.000	
10:0		0.000		0		4		0.000	0.000	
12:0		0.000)	0		4		0.000	0.000	
13:0										
14:0	-	0.000)	0		4		0.000	0.000	
15:0	g									

		<u>Aı</u>	mount in 10	00 grams Number		ole portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Ur	nits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0	g	0.000		0		4		0.000	0.000	
17:0 18:0		0.000		0		4		0.000	0.000	
20:0 22:0	g g									
Fatty acids, total monounsaturated	lg	0.000				7		0.000	0.000	
15:1 16:1 undifferentiated 17:1	g	0.000		0		4		0.000	0.000	
18:1 undifferentiated	•	0.000		0		4		0.000	0.000	
20:1	•	0.000		0		4		0.000	0.000	
22:1 undifferentiated		0.000		0		4		0.000	0.000	
24:1 c	_									
Fatty acids, total polyunsaturated		0.000				7		0.000	0.000	
18:2 undifferentiated		0.000		0		4		0.000	0.000	
18:3 undifferentiated	-	0.000		0		4		0.000	0.000	
18:4	_	0.000		0		4		0.000	0.000	
20:2 n-6 c,c	_									
20:3 undifferentiated										
20:4 undifferentiated		0.000		0		4		0.000	0.000	
20:5 n-3		0.000		0		4		0.000	0.000	
22:5 n-3		0.000		0		4		0.000	0.000	
22:6 n-3		0.000		0		4		0.000	0.000	
Fatty acids, total trans	g									
Cholesterol		0				7		0	0	
Phytosterols										
Othors										
Others:	a	0.0				7		0.0	0.0	
Alcohol, ethyl		0.0		0	FLA	4		0.0 0	0.0	
Caffeine	-	0		0	FLA	4		0	0 0	
Theobromine Carotenoids:	g	U		U	r LA	4		U	U	
		_		_	_	_				
Carotene, beta	-	0		0	Z	7		0.000	0.000	
Carotene, alpha		0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000	
Lycopene		0		0	z	7		0.000	0.000	
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000	0.000	

Common Measures:

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

Calories Factors: Protein Fat Carbohydrate

Food Group: 04 Fats and Oils

NDB No. 04635 Salad dressing, thousand island dressing, fat-free

		<u>A</u>	mount in 100 gr	ams of	edible	portio	<u>n</u>	Amount in edible portion of common			
			Nur	nber					easures of food		
			of I	Data De	riv S	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Poi	ints Co	de	Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	n	66.14	0.074	3	A	1		10.58	169.32		
Energy		132	0.074	0	NC	4		21	339		
Energy		554		0	NC	4		89	1417		
Protein		0.55	0.075	3	A	1		0.09	1.40		
Total lipid (fat)	-	1.45	0.049	3	A	1		0.23	3.71		
Ash		2.59	0.029	3	A	1		0.41	6.64		
Carbohydrate, by difference		29.27	0.025	0	NC	4		4.68	74.93		
Fiber, total dietary		3.3		2	A	1		0.5	8.5		
Sugars, total		16.83		2	A	1		2.69	43.07		
Sucrose		2.72		2	A	1		0.44	6.97		
Sucrose	9	6.42		2	A	1		1.03	16.43		
Glucose (dextrose)	9	6.58		2	A	1		1.05	16.84		
Fructose		0.15		2	A	1		0.02	0.38		
Lactose	9	0.15		2	A	1		0.02	2.46		
Maltose		0.00		2	A	1		0.13	0.00		
GalactoseStarch		11.75		2	A	1		1.88	30.08		
Starcn	9	11.75		2	A	1		1.00	30.08		
Minerals:											
Calcium, Ca	mg	11	2.817	3	A	1		2	29		
Iron, Fe	mg	0.28	0.021	3	A	1		0.05	0.72		
Magnesium, Mg	mg	4	0.321	3	A	1		1	10		
Phosphorus, P	mg	1	0.133	3	A	1		0	3		
Potassium, K	mg	122	3.928	3	A	1		20	313		
Sodium, Na	mg	729	8.576	3	A	1		117	1865		
Zinc, Zn		0.09	0.015		A	1		0.01	0.24		
Copper, Cu		0.178			A	1		0.028	0.456		
Manganese, Mn		0.021	0.006		A	1		0.003	0.054		
Selenium, Se	mcg	2.0		2	A	1		0.3	5.1		
Vitamins: Vitamin C, total ascorbic acid	ma	0.0		1	A	1		0.0	0.0		
Thiamin		0.236	;		A	1		0.038	0.603		
Riboflavin	-	0.049			A	1		0.008	0.124		
Niacin	-	0.261			A	1		0.042	0.668		
Pantothenic acid	-	0.000			A	1		0.000	0.000		
Vitamin B-6	_	0.000			A	1		0.000	0.000		
Folate, total		12			A	1		2	31		
Folic acid		0		0	Z	7		0	0		
Folate, food	mca	12			A.	1		2	31		
Folate, DFE		12		0 1	NC	4		2	31		
Vitamin B-12		0.00			A	1		0.00	0.00		
Vitamin A, IU	-	11			NC.	4		2	28		
Vitamin A, RAE		1			NC.	4		0	1		
Retinol		0			LA	4		0	0		
Vitamin E (alpha-tocopherol)		0.75		0 1	NR	4		0.12	1.92		
Tocopherol, beta	_										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		3.7		2	A	1		0.6	9.5		
<u>Lipids:</u>											
Fatty acids, total saturated	g	0.198	3	0 1	NC.	4		0.032	0.507		
4:0		0.000)	0	Z	7		0.000	0.000		
6:0	g	0.000)	0	Z	7		0.000	0.000		
8:0	_	0.000)	0	Z	7		0.000	0.000		
10:0	_	0.000)	0	Z	7		0.000	0.000		
12:0	-	0.001	L	1	A	1		0.000	0.003		
13:0											
14:0		0.002	2	1	A	1		0.000	0.005		
15:0											

		<u>Ar</u>	nount in 10	0 grams	of edil	ole portio	<u>on</u>	Amount in edible portion 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
16:0	a	0.129		1	A	1		0.021	0.330	
17:0		0.002		1	A	1		0.000	0.005	
18:0		0.052		1	A	1		0.008	0.133	
20:0	g	0.006		1	A	1		0.001	0.015	
22:0		0.004		1	A	1		0.001	0.010	
24:0	g	0.002		1	A	1		0.000	0.005	
Fatty acids, total monounsaturat	edg	0.342		0	NC	4		0.055	0.876	
14:1										
15:1	g									
16:1 undifferentiated	g	0.007		1	A	1		0.001	0.018	
17:1	g	0.009		1	A	1		0.001	0.023	
18:1 undifferentiated	g	0.285		1	A	1		0.046	0.730	
20:1	g	0.018		1	A	1		0.003	0.046	
22:1 undifferentiated	g	0.023		1	A	1		0.004	0.059	
24:1 c										
Fatty acids, total polyunsaturate	dg	0.630		0	NC	4		0.101	1.613	
18:2 undifferentiated	-	0.538		1	A	1		0.086	1.377	
18:3 undifferentiated	g	0.088		1	A	1		0.014	0.225	
18:4	g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c		0.004		1	A	1		0.001	0.010	
20:3 undifferentiated	-									
20:4 undifferentiated	_	0.000		0	Z	7		0.000	0.000	
20:5 n-3	-	0.000		0	Z	7		0.000	0.000	
22:5 n-3		0.000		0	z	7		0.000	0.000	
22:6 n-3	-	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans	-	_								
Cholesterol	_	5		1	A	1		1	12	
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0				7		0.0	0.0	
Caffeine		0		0	FLA	4		0	0	
Theobromine		0		0	FLA	4		0	0	
Carotenoids:										
Carotene, beta	mca	0	0.00	0 3	A	1		0.000	0.000	
Carotene, alpha	-	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta		13	6.55		A	1		2.080	33.280	
Lycopene		1587	77.98		A	1		253.920	4062.720	
Lutein + zeaxanthin		0		0	NR	4		0.000	0.000	

Common Measures:

Measure 1 = 16g: 1 tbsp Measure 2 = 256g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u>	mount in 100 gra	Amount in edible portion of common					
			Num	ber			<u>m</u>	easures of food	<u> </u>
			of D	ata Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Poir	nts Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	60.73	0.139	3 A	1		9.11	148.78	
Energy	kcal	204		0 NC	4		31	500	
Energy		853		0 NC	4		128	2091	
Protein (N x 6.25)	g	0.87	0.262	3 A	1		0.13	2.14	
Total lipid (fat)	g	13.15	0.179	3 A	1		1.97	32.22	
Ash	g	3.07	0.004	3 A	1		0.46	7.51	
Carbohydrate, by difference		22.19		0 NC	4		3.33	54.36	
Fiber, total dietary	g	1.3		2 A	1		0.2	3.2	
Sugars, total		17.31		2 A	1		2.60	42.42	
Sucrose		0.80		2 A	1		0.12	1.96	
Glucose (dextrose)	g	9.11		2 A	1		1.37	22.32	
Fructose (dextrose)		6.90		2 A	1		1.03	16.90	
Lactose		0.00		2 A	1		0.00	0.00	
Maltose	5 a	0.50		2 A	1		0.08	1.23	
Galactose		0.00		2 A	1		0.00	0.00	
Starch		4.92		2 A	1		0.74	12.05	
	9				_		• • • • • • • • • • • • • • • • • • • •	12.03	
Minerals:									
Calcium, Ca	mg	16		3 A	1		2	40	
Iron, Fe	mg	0.93		3 A	1		0.14	2.28	
Magnesium, Mg		7		3 A	1		1	18	
Phosphorus, P		14		3 A	1		2	35	
Potassium, K		202		3 A	1		30	495	
Sodium, Na		831		3 A	1		125	2036	
Zinc, Zn		0.19		3 A	1		0.03	0.47	
Copper, Cu		0.000		3 A	1		0.000	0.000	
Manganese, Mn		0.120		3 A	1		0.018	0.294	
Selenium, Se	mcg	0.0		2 A	1		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.0		1 A	1		0.0	0.0	
Thiamin	mg	0.049)	2 A	1		0.007	0.119	
Riboflavin		0.043	3	2 A	1		0.006	0.104	
Niacin	mg	0.437	•	2 A	1		0.066	1.071	
Pantothenic acid	mg	0.000)	1 A	1		0.000	0.000	
Vitamin B-6	mg	0.000)	1 A	1		0.000	0.000	
Folate, total	mcg	0		1 A	1		0	0	
Folic acid	mcg	0		0 z	7		0	0	
Folate, food	mcg	0		1 A	1		0	0	
Folate, DFE	mcg_DFE	0		0 NC	4		0	0	
Vitamin B-12		0.00		1 A	1		0.00	0.00	
Vitamin A, IU	IU	311		0 NC	4		47	762	
Vitamin A, RAE		16		0 NC	4		2	38	
Retinol	mcg	0		0 FLA	4		0	1	
Vitamin E (alpha-tocopherol)	mg	1.00		0 NC	4		0.15	2.45	
Tocopherol, beta									
Tocopherol, gamma	mg								
Tocopherol, delta	mg								
Vitamin D	IU								
Vitamin K (phylloquinone)	mcg	27.7		0 FLA	4		4.1	67.7	
Lipids:	a	0.746	:	0 NC	4		0.112	1.828	
Fatty acids, total saturated		0.746		0 NC 2 A	1				
4:0				2 A 2 A	1		0.000	0.000	
6:0	-	0.000		2 A 2 A	1		0.000	0.000	
8:0	-	0.000		2 A 2 A	1		0.000	0.000	
10:0	-			2 A 2 A	1		0.000	0.000	
12:0 13:0	-	0.000	,	_ A	1		0.000	0.000	

	<u>Aı</u>	mount in 10			ole portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0g	0.000		2	A	1		0.000	0.000	
15:0g									
16:0g	0.524		2	A	1		0.079	1.283	
17:0g	0.000		1	A	1		0.000	0.000	
18:0g	0.223		2	A	1		0.033	0.545	
20:0g	0.000		2	A	1		0.000	0.000	
22:0g	0.000		2	A	1		0.000	0.000	
24:0g	0.000		2 0	A NC	1 4		0.000	0.000	
Fatty acids, total monounsaturatedg	6.468 0.000		2	A.	1		0.970 0.000	15.845 0.000	
14:1g 15:1g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiatedg	0.000		2	A	1		0.000	0.000	
17:1g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated	6.285		2	A	1		0.943	15.398	
20:1g	0.183		2	A	1		0.027	0.447	
22:1 undifferentiated	0.000		2	A	1		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturated	2.692		0	NC	4		0.404	6.594	
18:2 undifferentiatedg	1.955		2	A	1		0.293	4.789	
18:3 undifferentiated9	0.737		2	A	1		0.111	1.806	
18:4g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		2	A	1		0.000	0.000	
20:5 n-3g	0.000		2	A	1		0.000	0.000	
22:5 n-3g	0.000		2	A	1		0.000	0.000	
22:6 n-3g	0.000		2	A	1		0.000	0.000	
Fatty acids, total transg									
Cholesterol mg	1		1	A	1		0	3	
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.000		0	A	1		0.000	0.000	
Threonineg	0.000		0	A	1		0.000	0.000	
Isoleucineg	0.000		0	A	1		0.000	0.000	
Leucineg	0.000		0	A	1		0.000	0.000	
Lysineg	0.000		0	A	1		0.000	0.000	
Methionineg	0.000		0	A	1		0.000	0.000	
Cystineg	0.000		0	A	1		0.000	0.000	
Phenylalanineg	0.000		0	A	1		0.000	0.000	
Tyrosineg	0.000		0	A	1		0.000	0.000	
Valineg	0.000		0	A	1		0.000	0.000	
Arginineg	0.000		0	A	1		0.000	0.000	
Histidine	0.000		0	A	1		0.000	0.000	
Alanineg	0.000		0	A	1		0.000	0.000	
Aspartic acid	0.000		0	A	1		0.000	0.000	
Glutamic acid	0.142		0	A	1 1		0.021	0.349	
Glycineg	0.000		0	A A	1		0.000	0.000	
Proline	0.000		0	A	1		0.000 0.000	0.000 0.000	
Serine	0.000		U	A	1		0.000	0.000	
nydroxypronne9									
Others:									
Alcohol, ethylg	0.0		0	FLA	4		0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0	
Theobromine mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, betamcg	154		2	A	1		23.025	376.075	
Carotene, alphamcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, betamcg	65		2	A	1		9.750	159.250	
Lycopene mcg	3097		2	A	1		464.475	7586.425	
Lutein + zeaxanthin mcg	100		0	NR	4		14.925	243.775	

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

NDB No. 04023

Salad dressing, thousand island dressing, reduced fat

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Measure 2

Measure 3

Nutrients and Units

Std. Error Points Code Code Code Mean Measure 1

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

Common Measures:

Measure 1 = 15g: 1 tablespoon Measure 2 = 245g: 1 cup

Calories Factors: Protein 3.9 Fat 8.84 Carbohydrate 3.8

Food Group: 04 Fats and Oils

NDB No. 04017 Salad dressing, thousand island, commercial, regular

		<u>A</u>	mount in 100 g	rams o	f edik	Amount in 100 grams of edible portion					
			Nu	mber				m	easures of food		
			of	Data D	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	46.51	1.369	6	A	1		116.28	7.44		
Energy		370	2.555	0	NC	4		925	59		
Energy		1548		0	NC	4		3870	248		
Protein (N x 6.25)		1.09	0.023	6	A	1		2.73	0.17		
Total lipid (fat)		35.06	0.791	6	A	1		87.66	5.61		
Ash		2.69	0.044	6	A	1		6.73	0.43		
Carbohydrate, by difference		14.64		0	NC	4		36.60	2.34		
Fiber, total dietary		0.8		2	A	1		1.9	0.1		
Sugars, total		15.18		2	A	1		37.94	2.43		
Sucrose		6.40		2	A	1		15.99	1.02		
Glucose (dextrose)	g	4.78		2	A	1		11.96	0.77		
Fructose	9 a	4.00		2	A	1		9.99	0.64		
		0.00		2	A	1		0.00	0.00		
LactoseMaltose	9 a	0.00		2	A	1		0.00	0.00		
Galactose		0.00		2	A	1		0.00	0.00		
Starch		0.00		2	A	1		0.00	0.00		
Sur OII	9	3.00		_		-		5.50	0.00		
Minerals:											
Calcium, Ca		17	0.692	6	A	1		43	3		
Iron, Fe		1.18	0.089	6	A	1		2.96	0.19		
Magnesium, Mg		8	0.217	6	A	1		19	1		
Phosphorus, P		27	0.735	6	A	1		68	4		
Potassium, K		107	2.622	6	A	1		268	17		
Sodium, Na		863	21.246	6	A	1		2158	138		
Zinc, Zn		0.26	0.017	6	A	1		0.65	0.04		
Copper, Cu		0.000		6	A	1		0.000	0.000		
Manganese, Mn		0.040 1.5	0.025	6 2	A A	1 1		0.100 3.8	0.006 0.2		
Selenium, Se	Tricg	1.5		2	A	1		3.6	0.2		
Vitamins: Vitamin C, total ascorbic acid	ma	0.0		2	A	1		0.0	0.0		
Thiamin		1.445	1.213	3	A	1		3.613	0.231		
Riboflavin	-	0.058		3	A	1		0.144	0.009		
Niacin	=	0.418		3	A	1		1.044	0.067		
Pantothenic acid	-	0.000		2	A	1		0.000	0.000		
Vitamin B-6		0.000		2	A	1		0.000	0.000		
Folate, total		0.000	,	2	A	1		0.000	0.000		
Folic acid		0		0	Z	7		0	0		
Folate, food	mca	0		2	A	1		0	0		
Folate, DFE		0		0	NC	4		0	0		
Vitamin B-12		0.00		2	A	1		0.00	0.00		
Vitamin A, IU	-	211		0	NC	4		527	34		
Vitamin A, RAE		14		0	NC	4		35	2		
Retinol		4		0	FLA	4		11	1		
Vitamin E (alpha-tocopherol)		4.00		0		4		10.00	0.64		
Tocopherol, beta		4.00		Ü		-		10.00	0.04		
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		69.1		1	A	1		172.7	11.1		
Lipids:											
Fatty acids, total saturated	a	5.092	2	0	NC	4		12.729	0.815		
4:0		0.000		4	A	1		0.000	0.000		
6:0	_	0.000		4	A	1		0.000	0.000		
8:0	_	0.000		4	A	1		0.000	0.000		
10:0	_	0.000		4	A	1		0.000	0.000		
12:0	_	0.000		4	A	1		0.000	0.000		
13:0		3.000	. 0.000	-	-	-		0.000	0.000		
14:0		0.000	0.000	4	A	1		0.000	0.000		
15:0		3.000	. 0.000	-		-		0.000	0.000		

NDB No. 04017 Salad dressing, thousand island, commercial, regular

		<u>An</u>	nount in 100	grams	of edik	ole portic	<u>on</u>	Amount in edible portion of common		
			Number					measures of food		
Nutrients and U	nits	Mean	of Std. Error P		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0	g	3.516	0.087	4	A	1		8.789	0.562	
17:0		0.000	0.000	4	A	1		0.000	0.000	
18:0		1.341	0.029	4	A	1		3.351	0.214	
20:0		0.122	0.004	4	A	1		0.304	0.019	
22:0		0.114	0.002	4	A	1		0.285	0.018	
24:0		0.000 7.881	0.000	4 0	A NC	1 4		0.000 19.703	0.000 1.261	
Fatty acids, total monounsaturated		0.000	0.000	4	A.	1		0.000	0.000	
15:1	_	0.000	0.000	-		-		0.000	0.000	
16:1 undifferentiated	_	0.000	0.000	4	A	1		0.000	0.000	
17:1	_	0.000	0.000	4	A	1		0.000	0.000	
18:1 undifferentiated		7.727	0.344	4	A	1		19.318	1.236	
20:1		0.154	0.004	4	A	1		0.385	0.025	
22:1 undifferentiated	g	0.000	0.000	4	A	1		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsaturated.	g	18.220		0	NC	4		45.549	2.915	
18:2 undifferentiated	_	15.869	0.348	4	A	1		39.672	2.539	
18:3 undifferentiated		2.351	0.063	4	A	1		5.877	0.376	
18:4		0.000	0.000	4	A	1		0.000	0.000	
20:2 n-6 c,c										
20:3 undifferentiated		0.000	0 000		_				2 222	
20:4 undifferentiated	_	0.000	0.000	4	A A	1 1		0.000	0.000 0.000	
20:5 n-322:5 n-3		0.000	0.000	4 4	A	1		0.000 0.000		
22:6 n-3		0.000	0.000	4	A	1		0.000	0.000 0.000	
Fatty acids, total trans	-	0.000	0.000	-	A	_		0.000	0.000	
Cholesterol		26		2	A	1		65	4	
Phytosterols										
Amino Acids:										
Tryptophan	g	0.000		0	A	1		0.000	0.000	
Threonine	g	0.000		0	A	1		0.000	0.000	
Isoleucine	g	0.000		0	A	1		0.000	0.000	
Leucine		0.000		0	A	1		0.000	0.000	
Lysine	•	0.000		0	A	1		0.000	0.000	
Methionine		0.000		0	A	1		0.000	0.000	
Cystine		0.000		0	A	1		0.000	0.000	
Phenylalanine		0.000		0	A	1 1		0.000	0.000	
Tyrosine				0	A A	1		0.000	0.000	
Valine	•	0.000		0	A A	1		0.000 0.000	0.000 0.000	
Arginine Histidine	-	0.000		0	A	1		0.000	0.000	
Alanine	-	0.000		0	A	1		0.000	0.000	
Aspartic acid		0.110		0	A	1		0.275	0.018	
Glutamic acid		0.250		0	A	1		0.626	0.040	
Glycine		0.000		0	A	1		0.000	0.000	
Proline		0.000		0	A	1		0.000	0.000	
Serine	-	0.000		0	A	1		0.000	0.000	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	-	0.0		0	FLA	4		0.0	0.0	
Caffeine	-	0		0	FLA	4		0	0	
Theobromine	mg	0		0	FLA	4		0	0	
Carotenoids:										
Carotene, beta		92	6.726	6	A	1		229.167	14.667	
Carotene, alpha		0	2 25-	0	z	7		0.000	0.000	
Cryptoxanthin, beta		52 2597	3.276 163.390	6 6	A A	1 1		130.000 6491.250	8.320 415.440	
Lycopene		2597 29	103.390	0	A FLA	4		71.990	4.607	
Lutein + zeaxanthin	g	23		U	E TH	4		71.990	4.00/	

NDB No. 04017

Salad dressing, thousand island, commercial, regular

Common Measures:

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

Calories Factors: Protein 4.03 Fat 8.84 Carbohydrate 3.8

Food Group: 04 Fats and Oils

NDB No. 04030 Sandwich spread, with chopped pickle, regular, unspecified oils

		<u>A</u> 1	mount in 100 g	rams	Amount in edible portion of common					
			Nu	mber	•			m	easures of food	<u></u>
						Source	Confidence			
Nutrients and Un	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	99.96 953 3988 2.21 83.30 4.90 54.88 1.0 37.18 34 0.49 5 64 86 2450 1.98 0.025 3.9 0.0 0.025 0.049 0.025 0.000 0.049 15 15 15 0.51 547 54 32 9.80 60.6	Measure 3
Duranian										
Proximates: Water	g	40.80	1.148	6		1		6.12	99.96	
Energy		389		0	NC	4		58		
Energy		1628		0		4		244	3988	
Protein (N x 6.25)		0.90	0.106	7		1		0.14	2.21	
Total lipid (fat)		34.00	1.570	7		1		5.10	83.30	
Ash		2.00	0.140	7		1		0.30	4.90	
Carbohydrate, by difference		22.40		0	NC	4		3.36	54.88	
Fiber, total dietary		0.4		0		4		0.1	1.0	
Sugars, total	g	15.18		0	BFZN	4		2.28	37.18	
Starch										
Mr. I										
Minerals:	ma	1.4		•				2	24	
Calcium, Ca	_	14 0.20		0		4 4		2 0.03		
Iron, FeMagnesium, Mg		2		0		4		0.03		
Phosphorus, P		26		0		4		4		
Potassium, K	•	35		0		4		5		
Sodium, Na		1000		0		4		150		
Zinc, Zn		0.81		0		4		0.12		
Copper, Cu		0.010)	0		4		0.002		
Manganese, Mn										
Selenium, Se		1.6		0	CAZN	4		0.2	3.9	
Vitamins:										
Vitamin C, total ascorbic acid		0.0		0		4		0.0		
Thiamin		0.010		0		4		0.002		
Riboflavin		0.020		0		4 4		0.003		
Niacin		0.010		0		4		0.002 0.000		
Pantothenic acid		0.000		0		4		0.003		
Vitamin B-6 Folate, total	-	6		0		4		1		
Folic acid		0		0	z	7		0		
Folate, food		6		0	2	4		1		
Folate, DFE	mca DFF	6		0	NC	4		1		
Vitamin B-12		0.21		0	110	4		0.03		
Vitamin A, IU		223		0	NC	4		33		
Vitamin A, RAE		22		0	NC	4		3		
Retinol		13		0	NC	4		2		
Vitamin E (alpha-tocopherol)		4.00		0		4		0.60		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	24.7		0	BFZN	4		3.7	60.6	
Lipids:										
	a	5.100	1	0		1		0.765	12 495	
Fatty acids, total saturated4:0		0.000		0		1		0.703		
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	0.000	
15:0										
16:0	-	3.900	0.202	8		1		0.585	9.555	
17:0										
18:0		1.200	0.080	8		1		0.180	2.940	
20:0										
22:0	-									
24:0	~									

		<u>Aı</u>	mount in 100	grams umbei		ole portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and	Units	Mean		f Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturat	tod (I	7.400		0		1		1.110	18.130	
14:1	g	7.400		v		-		1.110	10.130	
15:1	g	0.000		0		1		0.000	0.000	
17:1 18:1 undifferentiated	g	7.400		8		1		1.110	18.130	
20:1 22:1 undifferentiated	g	0.000 0.000		0 0		1 1		0.000 0.000	0.000 0.000	
24:1 cFatty acids, total polyunsaturate		20.000		0		1		3.000	49.000	
18:2 undifferentiated		18.100 1.900		8 8		1 1		2.715 0.285	44.345 4.655	
18:4 20:2 n-6 c.c.	_	0.000		0		1		0.000	0.000	
20:3 undifferentiated	_	0.000		0		1		0.000	0.000	
20:5 n-3 22:5 n-3	g	0.000		0		1 1		0.000	0.000	
22:6 n-3 Fatty acids, total trans	g	0.000		0		1		0.000	0.000	
CholesterolPhytosterols	mg	76 75	5.857	7 0		1 4		11 11	186 184	
Amino Acids:	g	,3		v		-		11	104	
Tryptophan		0.013		0		4		0.002	0.032	
ThreonineIsoleucine	_	0.049 0.052		0 0		4 4		0.007 0.008	0.120 0.127	
Leucine		0.077		0		4		0.012	0.189	
Lysine		0.061 0.023		0		4 4		0.009 0.003	0.149	
Methionine		0.023		0		4		0.003	0.056 0.039	
Phenylalanine	_	0.039		0		4		0.002	0.096	
Tyrosine		0.039		0		4		0.006	0.096	
Valine	_	0.055		0		4		0.008	0.135	
Arginine	g	0.062		0		4		0.009	0.152	
Histidine		0.022		0		4		0.003	0.054	
Alanine	g	0.045		0		4		0.007	0.110	
Aspartic acid	g	0.075		0		4		0.011	0.184	
Glutamic acid	g	0.110		0		4		0.017	0.270	
Glycine	g	0.027		0		4		0.004	0.066	
Proline	g	0.037		0		4		0.006	0.091	
Serine	g	0.075		0		4		0.011	0.184	
Hydroxyproline	g									
Others:										
Alcohol, ethyl		0.0		0		7		0.0	0.0	
Caffeine		0		0	Z	7		0	0	
Theobromine	mg	0		0	Z	7		0	0	
Carotenoids:										
Carotene, beta	-	94		0	BFZN	4		14.067	229.769	
Carotene, alpha		1		0	BFZN	4		0.185	3.028	
Cryptoxanthin, beta		27		0	BFZN	4		4.038	65.959	
Lycopene		0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin	mcg	87		0	BFZN	4		12.989	212.159	

Common Measures:

Measure 1 = 15g: 1 tablespoon Measure 2 = 245g: 1 cup

Sandwich spread, with chopped pickle, regular, unspecified oils

Calories Factors: Protein 3.92 Fat 8.84 Carbohydrate 3.8

Food Group: 04 Fats and Oils

NDB No. 04546 Shortening bread, soybean (hydrogenated) and cottonseed

		<u>A</u> 1	mount in 100	grams	of edik	le portio	<u>n</u>	Amount in edible portion of common			
			Ni	umber				<u>m</u>	easures of food		
			0	f Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	0.00		0		1		0.00	0.00		
Energy	kcal	884		0	NC	4		113	1812		
Energy		3699		0		4		473	7582		
Protein (N x 0)	g	0.00		0		1		0.00	0.00		
Total lipid (fat)	g	100.00		0		1		12.80	205.00		
Ash	g	0.00		0		1		0.00	0.00		
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00		
Fiber, total dietary	g	0.0		0		4		0.0	0.0		
Sugars, total	g										
Starch	g										
M:											
Minerals:	ma	0		0		4		0	0		
Calcium, Ca Iron, Fe	-	0.00		0		4		0.00	0.00		
Magnesium, Mg		0.00		0		4		0.00	0.00		
Phosphorus, P		0		0		4		0	0		
Potassium, K	-	0		0		4		0	0		
Sodium, Na		0		0		4		0	0		
Zinc, Zn		0.00		0		4		0.00	0.00		
Copper, Cu		0.000)	0	BFZN	4		0.000	0.000		
Manganese, Mn		0.000)	0	BFZN	4		0.000	0.000		
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0		
Vitamins:											
	ma	0.0		0		4		0.0	0.0		
Vitamin C, total ascorbic acid Thiamin		0.000	1	0		4		0.000	0.000		
Riboflavin		0.000		0		4		0.000	0.000		
Niacin		0.000		0		4		0.000	0.000		
Pantothenic acid	-	0.000		0		4		0.000	0.000		
Vitamin B-6		0.000		0		4		0.000	0.000		
Folate, total	-	0		0		4		0	0		
Folic acid		0		0	z	7		0	0		
Folate, food		0		0		4		0	0		
Folate, DFE	mcg_DFE	0		0	NC	4		0	0		
Vitamin B-12		0.00		0		4		0.00	0.00		
Vitamin A, IU		0		0		4		0	0		
Vitamin A, RAE	mcg_RAE	0		0		4		0	0		
Retinol		0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)	mg	8.00		0		4		1.02	16.40		
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	fileg										
Lipids:											
Fatty acids, total saturated	g	22.000)	0		1		2.816	45.100		
4:0	g	0.000)	0		4		0.000	0.000		
6:0	g	0.000)	0		4		0.000	0.000		
8:0	g	0.000)	0		4		0.000	0.000		
10:0	-	0.000		0		4		0.000	0.000		
12:0	-	0.000)	0		4		0.000	0.000		
13:0											
14:0	-	0.000)	0		4		0.000	0.000		
15:0			_	_		_					
16:0		10.400	0.386	7		1		1.331	21.320		
17:0	-			_		_					
18:0		11.600	1.595	7		1		1.485	23.780		
20:0	-										
22:0											

	<u>Aı</u>	mount in 100 gram		ole portio	<u>on</u>	Amount in edible portion of common measures of food			
		Numb				<u> </u>	easures or roou		
Nutrients and Units	Mean	of Dat Std. Error Points	a Deriv S Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	33.000	0		1		4.224	67.650		
15:1	0.000	0		4		0.000	0.000		
18:1 undifferentiated	33.000	3.373 7		1		4.224	67.650		
20:1	0.000			4		0.000	0.000		
22:1 undifferentiated	0.000			4		0.000	0.000		
24:1 c	0.000	· ·		•		0.000	0.000		
Fatty acids, total polyunsaturated9	40.600	0		1		5.197	83.230		
18:2 undifferentiatedg	36.700			1		4.698	75.235		
18:3 undifferentiated	4.000			1		0.512	8.200		
18:4g	0.000			4		0.000	0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000	0		4		0.000	0.000		
20:5 n-3g	0.000	0		4		0.000	0.000		
22:5 n-3g	0.000			4		0.000	0.000		
22:6 n-3g	0.000			4		0.000	0.000		
Fatty acids, total trans									
Cholesterolmg	0	0		4		0	0		
Phytosterolsmg	200	0		4		26	410		
Amino Acids:									
Tryptophan9	0.000			4		0.000	0.000		
Threonineg	0.000			4		0.000	0.000		
Isoleucineg	0.000			4		0.000	0.000		
Leucine9	0.000			4		0.000	0.000		
Lysineg	0.000			4		0.000	0.000		
Methionineg	0.000			4		0.000	0.000		
Cystineg	0.000			4		0.000	0.000		
Phenylalanineg	0.000			4		0.000	0.000		
Tyrosineg	0.000			4		0.000	0.000		
Valineg	0.000			4		0.000	0.000		
Arginineg	0.000			4		0.000	0.000		
Histidineg	0.000			4		0.000	0.000		
Alanineg	0.000			4		0.000	0.000		
Aspartic acidg	0.000			4		0.000	0.000		
Glutamic acidg	0.000			4		0.000	0.000		
Glycine	0.000			4		0.000	0.000		
Proline	0.000			4		0.000	0.000		
Serine	0.000	0		4		0.000	0.000		
Hydroxyprolineg									
Others:									
Alcohol, ethylg	0.0	0	Z	7		0.0	0.0		
Caffeine mg									
Theobrominemg									

Common Measures:

Measure 1 = 12.8g: 1 tablespoon

Measure 2 = 205g: 1 cup

Calories Factors: Protein Fat 8.84 Carbohydrate

Food Group: 04 Fats and Oils

NDB No. 04548 Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)

		<u>A</u> :	mount in 100 g	rams o	of edik	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber					easures of food		
				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	0.00		1	A	1		0.00	0.00		
Energy		884		0	NC	4		113	1812		
Energy		3699				4		473	7582		
Protein (N x 0)		0.00		0		1		0.00	0.00		
Total lipid (fat)		100.00	0.000	6	A	1		12.80	205.00		
Ash		0.00		0		1		0.00	0.00		
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00		
Fiber, total dietary	g	0.0		0		4		0.0	0.0		
Sugars, total	g	0.00		0	Z	7		0.00	0.00		
Starch	g										
Min analas											
Minerals: Calcium, Ca	ma	0		0		4		0	0		
Iron, Fe	-	0.00		0		4		0.00	0.00		
Magnesium, Mg		0.00		0		4		0.00	0.00		
Phosphorus, P		0		0		4		0	0		
Potassium, K	_	0		0		4		0	0		
Sodium, Na		0		0		4		0	0		
Zinc, Zn		0.00		0		4		0.00	0.00		
Copper, Cu		0.000	1	0		4		0.000	0.000		
Manganese, Mn											
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0		
Vitamins											
Vitamins:	ma	0.0		0		4		0.0	0.0		
Vitamin C, total ascorbic acid Thiamin		0.000		0		4		0.000	0.000		
Riboflavin		0.000		0		4		0.000	0.000		
Niacin		0.000		0		4		0.000	0.000		
Pantothenic acid	_	0.000		0		4		0.000	0.000		
Vitamin B-6		0.000		0		4		0.000	0.000		
Folate, total	_	0		0	z	7		0	0		
Folic acid		0		0	Z	7		0	0		
Folate, food		0		0	Z	7		0	0		
Folate, DFE	mcg_DFE	0		0	NC	4		0	0		
Vitamin B-12		0.00		0		4		0.00	0.00		
Vitamin A, IU		0		0	AS	1		0	0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0		
Retinol		0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)	mg	0.80	0.804	7	A	1		0.10	1.65		
Tocopherol, beta	mg	0.00	0.000	6	A	1		0.00	0.00		
Tocopherol, gamma		29.44	5.320	7	A	1		3.77	60.36		
Tocopherol, delta		16.68	3.339	7	A	1		2.14	34.20		
Vitamin D											
Vitamin K (phylloquinone)	mcg	43.0		1	CAZN	4		5.5	88.2		
Lipids:											
Fatty acids, total saturated	g	27.200)	0		1		3.482	55.760		
4:0		0.000		0		1		0.000	0.000		
6:0	-	0.000		0		1		0.000	0.000		
8:0	-	0.000)	0		1		0.000	0.000		
10:0	g	0.000)	0		1		0.000	0.000		
12:0		0.100	1	1		1		0.013	0.205		
13:0	g										
14:0	g	0.400	1	1		1		0.051	0.820		
15:0	•										
16:0	•	18.000	1.629	3		1		2.304	36.900		
17:0	-			_							
18:0	-	8.800	2.903	3		1		1.126	18.040		
20:0											
22:0	-										
24:0	g										

	Aı	mount in 100 g			ole portio	<u>n</u>	Amount in edible portion of common measures of food		
			ımber		_		<u> </u>	easures or roou	
Nutrients and Units	Mean	of Std. Error Po		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	54.200		0		1		6.938	111.110	
14:1g 15:1g									
16:1 undifferentiatedg 17:1g	0.000		0		1		0.000	0.000	
18:1 undifferentiatedg	54.200 0.000		3 0		1 1		6.938 0.000	111.110 0.000	
22:1 undifferentiated	0.000		0		1		0.000	0.000	
Fatty acids, total polyunsaturatedg	14.100		0		1		1.805	28.905	
18:2 undifferentiatedg 18:3 undifferentiatedg	13.100 1.100		3 1		1 1		1.677 0.141	26.855 2.255	
18:4g 20:2 n-6 c,cg	0.000		0		1		0.000	0.000	
20:3 undifferentiated	0.000		0		1		0.000	0.000	
20:5 n-3	0.000		0		1 1		0.000	0.000	
22:6 n-3g	0.000		0		1		0.000	0.000	
Fatty acids, total transg Cholesterolmg	0		0		4		0	0	
Phytosterolsmg	200		0		4		26	410	
Amino Acids:			•				0.000		
Tryptophan	0.000		0		4 4		0.000 0.000	0.000 0.000	
Isoleucineg	0.000		0		4		0.000	0.000	
Leucineg	0.000		0		4		0.000	0.000	
Lysineg	0.000		0		4 4		0.000	0.000	
Methionine	0.000		0		4		0.000 0.000	0.000	
Cystine	0.000		0		4		0.000	0.000	
Phenylalanine	0.000		0		4		0.000	0.000	
Tyrosine	0.000		0		4		0.000	0.000	
Arginine9	0.000		0		4		0.000	0.000	
Histidine	0.000		0		4		0.000	0.000	
Alanine	0.000		0		4		0.000	0.000	
	0.000		0		4		0.000	0.000	
Aspartic acid	0.000		0		4		0.000	0.000	
Glutamic acid	0.000		0		4		0.000	0.000	
Glycineg	0.000		0		4		0.000	0.000	
Proline	0.000		0		4		0.000		
Serine	0.000		U		4		0.000	0.000	
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobrominemg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta mcg	0		0	Z	7		0.000	0.000	
Carotene, alphamcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, betamcg	0		0	Z	7		0.000	0.000	
Lycopene mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin mcg	0		0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 12.8g: 1 tbsp Measure 2 = 205g: 1 cup

Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)

Calories Factors: Protein Fat 8.82 Carbohydrate

Food Group: 04 Fats and Oils

NDB No. 04551 Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)

		<u>A</u>	mount in 100 g	rams c	of edik	ole portio	<u>on</u>	Amount in edible portion of common			
			Nu	mber				<u>m</u>	easures of food		
			of	Data [Deriv	Source	Confidence				
Nutrients and Un	its	Mean	Std. Error Po	oints (Code	Code	Code	Measure 1	Measure 2	Measure	
D											
Proximates: Water	а	0.00		1	A	1		0.00	0.00		
Energy	-	884		0	NC	4		113	1812		
Energy		3699		•	2.0	4		473	7582		
Protein (N x 0)		0.00		0		1		0.00	0.00		
Total lipid (fat)		100.00	0.000	6	A	1		12.80	205.00		
Ash		0.00	0.000	0		1		0.00	0.00		
Carbohydrate, by difference		0.00		0		1		0.00	0.00		
Fiber, total dietary		0.0		0		4		0.0	0.00		
Sugars, total		0.00		0	z	7		0.00	0.00		
Starch		0.00		Ū		,		0.00	0.00		
Starcii	9										
<u>Minerals:</u>											
Calcium, Ca	mg	0		0		4		0	0		
Iron, Fe	mg	0.00		0		4		0.00	0.00		
Magnesium, Mg	mg	0		0		4		0	0		
Phosphorus, P	mg	0		0		4		0	0		
Potassium, K	mg	0		0		4		0	0		
Sodium, Na	mg	0		0		4		0	0		
Zinc, Zn	mg	0.00		0		4		0.00	0.00		
Copper, Cu	mg	0.000)	0		4		0.000	0.000		
Manganese, Mn	mg										
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0		
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0	0.0		
Thiamin		0.000	1	0		4		0.000	0.000		
Riboflavin		0.000		0		4		0.000	0.000		
Niacin		0.000		0		4		0.000	0.000		
Pantothenic acid		0.000		0		4		0.000	0.000		
Vitamin B-6		0.000		0		4		0.000	0.000		
Folate, total	-	0.000	,	0	z	7		0.000	0.000		
Folic acid		0		0	Z	7		0	0		
Folate, food		0		0	Z	7		0	0		
Folate, DFE	meg DEE	0		0	NC	4		0	0		
		0.00		0	NC	4		0.00	0.00		
Vitamin B-12		0.00		0	AS	1		0.00	0.00		
Vitamin A, IU		0		0		4		0	0		
Vitamin A, RAE		0		0	NC Z	4 7		0			
Retinol				0					0		
Vitamin E (alpha-tocopherol)		1.95		J	RA	4		0.25	4.00		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D Vitamin K (phylloquinone)		43.0		1	CAZN	4		5.5	88.2		
rx (phynoquilone)		-5.0		_		-		2.3	00.2		
<u> Lipids:</u>											
Fatty acids, total saturated	g	91.300		0		1		11.686	187.165		
4:0		0.000		0		1		0.000	0.000		
6:0	_	0.000		0		1		0.000	0.000		
8:0		4.300		3		1		0.550	8.815		
10:0		4.300		3		1		0.550	8.815		
12:0	-	35.800	3.295	3		1		4.582	73.390		
13:0											
14:0	_	14.400	1.421	3		1		1.843	29.520		
15:0	_										
16:0		10.700	0.599	3		1		1.370	21.935		
17:0	g										
18:0	g	21.900	5.376	3		1		2.803	44.895		
20:0	g										
22:0	g										
24:0	a										

NDB No. 04551 Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)

		<u>Aı</u>	nount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
				Number		Carras	Confidence	111	easures or roou		
Nutrients and Units		Mean	Std. Error	of Data Points		Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fotty saids total managements	a	2.200		0		1		0.282	4.510		
Fatty acids, total monounsaturated		2.200		O		-		0.282	4.510		
15:1	-										
16:1 undifferentiated	-	0.000		0		1		0.000	0.000		
17:1	g										
18:1 undifferentiated	g	2.200	0.31	.6 3		1		0.282	4.510		
20:1		0.000		0		1		0.000	0.000		
22:1 undifferentiated	•	0.000		0		1		0.000	0.000		
24:1 c											
Fatty acids, total polyunsaturated		1.000		0		1		0.128	2.050		
18:2 undifferentiated		1.000		1		1		0.128	2.050		
18:3 undifferentiated	-	0.000		0		1		0.000	0.000		
18:4	-	0.000		0		1		0.000	0.000		
20:2 n-6 c,c											
20:3 undifferentiated	-	0.000		•		1		0.000	0.000		
20:4 undifferentiated		0.000		0 0		1		0.000	0.000		
20:5 n-3	-	0.000		0		1		0.000	0.000		
22:5 n-3	-	0.000		0		1		0.000	0.000		
22:6 n-3		0.000		U		_		0.000	0.000		
Fatty acids, total trans		0		0		4		0	0		
CholesterolPhytosterols	-	86		0		4		11	176		
Filytosterois		00		Ū		-		11	170		
Amino Acids:											
Tryptophan	g	0.000		0		4		0.000	0.000		
Threonine	g	0.000		0		4		0.000	0.000		
Isoleucine	-	0.000		0		4		0.000	0.000		
Leucine		0.000		0		4		0.000	0.000		
Lysine		0.000		0		4		0.000	0.000		
Methionine		0.000		0		4		0.000	0.000		
Cystine	-	0.000		0		4		0.000	0.000		
Phenylalanine		0.000		0		4		0.000	0.000		
Tyrosine	-	0.000		0		4		0.000	0.000		
Valine	-	0.000		0		4		0.000	0.000		
Arginine		0.000		0		4		0.000	0.000		
Histidine	-	0.000		0		4		0.000	0.000		
Alanine		0.000		0		4		0.000	0.000		
Aspartic acid		0.000		0		4		0.000	0.000		
Glutamic acid	-	0.000		0		4		0.000	0.000		
Glycine	-	0.000		0		-		0.000	0.000		
Proline		0.000		0 0		4 4		0.000	0.000		
Serine		0.000		U		4		0.000	0.000		
Hydroxyproline	9										
Others:	~	2 2		•	_	_		0 0	2 2		
Alcohol, ethyl		0.0		0	Z Z	7 7		0.0	0.0		
Caffeine		0		0 0	z z			0	0		
Theobromine	!!!9	0		U	z	7		U	0		
Carotenoids:											
Carotene, beta	mcg	0		0	Z	7		0.000	0.000		
Carotene, alpha		0		0	Z	7		0.000	0.000		
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000		
Lycopene		0		0	Z	7		0.000	0.000		
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000	0.000		

Common Measures:

Measure 1 = 12.8g: 1 tbsp Measure 2 = 205g: 1 cup

Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)

Calories Factors: Protein Fat 8.84 Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u>	mount in 10	0 grams	of edik	ole portio	<u>n</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food	_	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	0.00		0		1		0.00	0.00		
Energy	kcal	900		0	NC	4		115	1845		
Energy	kj	3766				4		482	7719		
Protein (N x 0)	g	0.00		0		1		0.00	0.00		
Total lipid (fat)	g	100.00		0		1		12.80	205.00		
Ash	g	0.00		0		1		0.00	0.00		
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00		
Fiber, total dietary	g	0.0		0		4		0.0	0.0		
Sugars, total	g										
Starch	g										
Minerals:											
Calcium, Ca	ma	0		0		4		0	0		
Iron, Fe	_	0.00		0		4		0.00	0.00		
Magnesium, Mg	_	0.00		0		4		0.00	0.00		
Phosphorus, P		0		0		4		0	0		
Potassium, K	_	0		0		4		0	0		
Sodium. Na		0		0		4		0	0		
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.00		0		4		0.00	0.00		
Copper, Cu											
Manganese, Mn											
Selenium, Se		0.0		0	Z	7		0.0	0.0		
Vitamins:											
Vitamin C, total ascorbic acid	_	0.0		0		4		0.0	0.0		
Thiamin	-	0.000		0		4		0.000	0.000		
Riboflavin	=	0.000		0		4		0.000	0.000		
Niacin	_	0.000		0		4		0.000	0.000		
Pantothenic acid	-	0.000		0		4		0.000	0.000		
Vitamin B-6		0.000	,	0		4		0.000 0	0.000		
Folate, total		0		0	Z	7		0	0 0		
Folic acid		0		0	Z	4		0	0		
Folate, food		0		0	NC	4		0	0		
Folate, DFE		0.00		0	NC	4		0.00	0.00		
Vitamin B-12		0.00		0		4		0.00	0.00		
Vitamin A, IU Vitamin A. RAE		0		0		4		0	0		
Retinol		0		0	z	7		0	0		
Vitamin E (alpha-tocopherol)		4.00		0	-	4		0.51	8.20		
Tocopherol, beta		4.00		Ū		-		0.51	0.20		
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
<u>Lipids:</u>	~	44.000		•					22.245		
Fatty acids, total saturated		44.900		0		1 4		5.747	92.045		
4:0		0.000		0		4		0.000	0.000		
6:0	-			0		4		0.000	0.000		
8:0	-	0.000		-		4		0.000	0.000		
10:0	•	0.000		0		4		0.000 0.000	0.000 0.000		
12:0	-	0.000	,	U		4		0.000	0.000		
13:0 14:0		3.400	1	1		1		0.435	6.970		
		3.400	,	1		_		0.435	6.970		
15:0 16:0		24.500	1	1		1		3.136	50.225		
	-	24.500	•	_		1		3.130	30.225		
17:0 18:0		17.000	1	1		1		2.176	34.850		
20:0	-	17.000	•			_		2.1/0	34.030		
	-										
22:0	g										

		<u>Ar</u>	nount in 100 g	grams of e umber	dible portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	its	Mean		f Data Der		Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	a	38.500		0	1		4.928	78.925		
14:1		30.300		U	-		4.920	76.925		
15:1										
16:1 undifferentiated		4.300		1	1		0.550	8.815		
17:1	-									
18:1 undifferentiated	-	34.200		1	1		4.378	70.110		
20:1	g	0.000		0	4		0.000	0.000		
22:1 undifferentiated	g	0.000		0	4		0.000	0.000		
24:1 c	•									
Fatty acids, total polyunsaturated		8.800		0	1		1.126	18.040		
18:2 undifferentiated		8.300		1	1		1.062	17.015		
18:3 undifferentiated	g	0.500		1	1		0.064	1.025		
18:4	g	0.000		0	4		0.000	0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0	4		0.000	0.000		
20:5 n-3	g	0.000		0	4		0.000	0.000		
22:5 n-3	g	0.000		0	4		0.000	0.000		
22:6 n-3	g	0.000		0	4		0.000	0.000		
Fatty acids, total trans	g									
Cholesterol	mg	100		0	4		13	205		
Phytosterols	mg	32		0	4		4	66		
Amino Acids:										
	0	0.000		0	4		0.000	0.000		
Tryptophan		0.000		0	4		0.000	0.000		
Threonine Isoleucine		0.000		0	4		0.000	0.000		
Leucine	-	0.000		0	4		0.000	0.000		
Lysine	_	0.000		0	4		0.000	0.000		
Methionine		0.000		0	4		0.000	0.000		
Cystine		0.000		0	4		0.000	0.000		
Phenylalanine	_	0.000		0	4		0.000	0.000		
Tyrosine		0.000		0	4		0.000	0.000		
Valine	_	0.000		0	4		0.000	0.000		
Arginine	_	0.000		0	4		0.000	0.000		
Histidine		0.000		0	4		0.000	0.000		
Alanine	-	0.000		0	4		0.000	0.000		
Aspartic acid	-	0.000		0	4		0.000	0.000		
Glutamic acid		0.000		0	4		0.000	0.000		
Glycine	-	0.000		0	4		0.000	0.000		
Proline		0.000		0	4		0.000	0.000		
	_									
Serine		0.000		0	4		0.000	0.000		

Common Measures:

Measure 1 = 12.8g: 1 tbsp Measure 2 = 205g: 1 cup

Calories Factors: Protein Fat 9.02 Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u> :	mount in 10	0 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
				Number	•			<u>m</u>	easures of food	<u> </u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	0.00		0		1		0.00	0.00		
Energy	kcal	884		0	NC	4		113	1812		
Energy	kj	3699				4		473	7582		
Protein (N x 0)		0.00		0		1		0.00	0.00		
Total lipid (fat)		100.00		0		1		12.80	205.00		
Ash		0.00		0		1		0.00	0.00		
Carbohydrate, by difference		0.00		0		1		0.00	0.00		
Fiber, total dietary		0.0		0		4		0.0	0.0		
Sugars, total		0.0		·		-		0.0	0.0		
Starch											
Starcn	9										
Ainerals:											
Calcium, Ca	mg	0		0		4		0	0		
Iron, Fe	_	0.00		0		4		0.00	0.00		
Magnesium, Mg	_	0		0		4		0	0		
Phosphorus, P		0		0		4		0	0		
Potassium, K	•	0		0		4		0	0		
Sodium, Na		0		0		4		0	0		
Zinc, Zn	-	0.00		0		4		0.00	0.00		
Copper, Cu				-		_					
Manganese, Mn											
Selenium, Se		0.0		0	z	7		0.0	0.0		
Scientini, Sc	9	0.0		·	_	•		0.0	• • • • • • • • • • • • • • • • • • • •		
<u>/itamins:</u>											
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0		
Thiamin	mg	0.000)	0		4		0.000	0.000		
Riboflavin	mg	0.000)	0		4		0.000	0.000		
Niacin		0.000)	0		4		0.000	0.000		
Pantothenic acid	mg	0.000)	0		4		0.000	0.000		
Vitamin B-6		0.000)	0		4		0.000	0.000		
Folate, total		0		0		4		0	0		
Folic acid		0		0	z	7		0	0		
Folate, food		0		0		4		0	0		
Folate, DFE		0		0	NC	4		0	0		
Vitamin B-12		0.00		0		4		0.00	0.00		
Vitamin A, IU	III	0		0		4		0	0		
Vitamin A. RAE		0		0		4		0	Ö		
Retinol		Ö		0	z	7		0	0		
		19.00		0	2	4		2.43	38.95		
Vitamin E (alpha-tocopherol)		19.00		U		4		2.43	36.93		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	<u>mo</u> y										
<u> ipids:</u>											
Fatty acids, total saturated	g	47.500)	0		1		6.080	97.375		
4:0		0.000		0		4		0.000	0.000		
6:0		0.000		0		4		0.000	0.000		
8:0		0.000		0		4		0.000	0.000		
10:0		0.000		0		4		0.000	0.000		
12:0.	•	0.000		0		4		0.000	0.000		
13:0		2.200		-		-		2.000	0.000		
14:0	-	0.000)	0		4		0.000	0.000		
15:0	-	3.000	-	Ū		-		0.000	0.000		
16:0		40.600	1.83	13 4		1		5.197	83.230		
		-20.000	. 1.0.	-5 -		-		3.131	33.230		
17:0 18:0		6.900	0.76	67 4		1		0.883	14.145		
	-	0.900	, 0.70	J, 4		1		0.883	14.143		
20:0	-										
22:0	g g										

		<u>Ar</u>	mount in 100	grams o	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	its	Mean		f Data [Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	40.600		0	1		5.197	83.230	
14:1		40.000		Ū	-		3.197	63.230	
15:1									
16:1 undifferentiated		0.000		0	4		0.000	0.000	
17:1	-								
18:1 undifferentiated	-	40.600	1.714	4	1		5.197	83.230	
20:1	g	0.000		0	4		0.000	0.000	
22:1 undifferentiated	g	0.000		0	4		0.000	0.000	
24:1 c	g								
Fatty acids, total polyunsaturated	g	7.500		0	1		0.960	15.375	
18:2 undifferentiated	g	7.500	2.186	4	1		0.960	15.375	
18:3 undifferentiated	g	0.000		0	4		0.000	0.000	
18:4	g	0.000		0	4		0.000	0.000	
20:2 n-6 c,c	g								
20:3 undifferentiated	g								
20:4 undifferentiated	g	0.000		0	4		0.000	0.000	
20:5 n-3	g	0.000		0	4		0.000	0.000	
22:5 n-3	g	0.000		0	4		0.000	0.000	
22:6 n-3	g	0.000		0	4		0.000	0.000	
Fatty acids, total trans	g								
Cholesterol	mg	0		0	4		0	0	
Phytosterols	mg	49		0	4		6	100	
Amino Acids:									
Tryptophan	a	0.000		0	4		0.000	0.000	
Threonine		0.000		0	4		0.000	0.000	
Isoleucine		0.000		0	4		0.000	0.000	
Leucine	_	0.000		0	4		0.000	0.000	
Lysine	-	0.000		0	4		0.000	0.000	
Methionine		0.000		0	4		0.000	0.000	
Cystine		0.000		0	4		0.000	0.000	
Phenylalanine	-	0.000		0	4		0.000	0.000	
Tyrosine		0.000		0	4		0.000	0.000	
Valine	-	0.000		0	4		0.000	0.000	
Arginine	-	0.000		0	4		0.000	0.000	
Histidine		0.000		0	4		0.000	0.000	
Alanine	_	0.000		0	4		0.000	0.000	
Aspartic acid	-	0.000		0	4		0.000	0.000	
Glutamic acid		0.000		0	4		0.000	0.000	
Glycine	-	0.000		0	4		0.000	0.000	
Proline		0.000		0	4		0.000	0.000	
Serine	-	0.000		0	4		0.000	0.000	
Hydroxyproline				-	-			0.000	

Common Measures:

Measure 1 = 12.8g: 1 tbsp Measure 2 = 205g: 1 cup

Calories Factors: Protein Fat 8.84 Carbohydrate

Food Group: 04 Fats and Oils

NDB No. 04552 Shortening frying (heavy duty), soybean (hydrogenated), linoleic (30%) stabilizers with silicon

		<u>A</u> :	mount in 100	grams	of edit	ole portio	<u>on</u>	Amount in edible portion of common			
			N	umber				<u>m</u>	easures of food	<u>l</u>	
			0	f Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	0.00		1	A	1		0.00	0.00		
Energy	kcal	884		0	NC	4		113	1812		
Energy	kj	3699				4		473	7582		
Protein (N x 0)	g	0.00		0		1		0.00	0.00		
Total lipid (fat)	g	100.00	0.000	6	A	1		12.80	205.00		
Ash	g	0.00		0		1		0.00	0.00		
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00		
Fiber, total dietary	g	0.0		0		4		0.0	0.0		
Sugars, total	g	0.00		0	Z	7		0.00	0.00		
Starch	g										
M:l											
Minerals:	ma	0		0		4		0	0		
Calcium, Ca Iron, Fe	_	0.00		0		4		0.00	0.00		
Magnesium, Mg	_	0.00		0		4		0.00	0.00		
Phosphorus, P		0		0		4		0	0		
Potassium, K	_	0		0		4		0	0		
Sodium, Na		Ö		0		4		0	0		
Zinc, Zn	-	0.00		0		4		0.00	0.00		
Copper, Cu		0.00		Ū		•		0.00	0.00		
Manganese, Mn											
Selenium, Se		0.0		0	z	7		0.0	0.0		
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	_	0.0		0		4		0.0	0.0		
Thiamin	-	0.000		0		4		0.000	0.000		
Riboflavin	-	0.000		0		4		0.000	0.000		
Niacin	_	0.000		0		4		0.000	0.000		
Pantothenic acid	-	0.000		0		4		0.000	0.000		
Vitamin B-6	-	0.000)	0	_	4		0.000	0.000		
Folate, total		0		0	Z	7		0	0		
Folic acid		0		0	z	7		0	0		
Folate, food		0		0	Z	7		0	0		
Folate, DFE		0		0	NC	4		0	0		
Vitamin B-12		0.00		0		4		0.00	0.00		
Vitamin A, IU		0		0	AS	1		0	0		
Vitamin A, RAE		0		0	NC	4		0	0		
Retinol		0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)		0.80	0.804	7	A	1		0.10	1.65		
Tocopherol, beta		0.00	0.000		A	1		0.00	0.00		
Tocopherol, gamma		29.44	5.320		A A	1 1		3.77	60.36		
Tocopherol, delta		16.68	3.339	7	A	1		2.14	34.20		
Vitamin D Vitamin K (phylloquinone)		43.0		1	CAZN	4		5.5	88.2		
vitamin K (phynoquinone)	inog	43.0		_	CAZIN	-		3.3	00.2		
<u>Lipids:</u>											
Fatty acids, total saturated	g	18.400)	0		1		2.355	37.720		
4:0		0.000		0		4		0.000	0.000		
6:0		0.000		0		4		0.000	0.000		
8:0		0.000		0		4		0.000	0.000		
10:0	-	0.000		0		4		0.000	0.000		
12:0		0.000)	0		4		0.000	0.000		
13:0											
14:0	-	0.000)	0		4		0.000	0.000		
15:0	-	·		_		_					
16:0	-	10.200	0.331	8		1		1.306	20.910		
17:0	-			_		_		_			
18:0	-	8.300	0.226	8		1		1.062	17.015		
20:0	-										
22:0	a										

		Amount in			ole portion	<u>n</u>	Amount in edible portion of common measures of food			
			Numbe				1110	easures or roou		
				Deriv		Confidence				
Nutrients and Units	Mear	Std. Err	or Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
E-marida tatal managaratan d	g 43 .	700	0		1		5.594	89.585		
Fatty acids, total monounsaturated	g	700	Ū		•		3.394	69.363		
15:1	g 0.	000	0		4		0.000	0.000		
17:1	g 43.		.519 8		1		5.594	89.585		
20:1		000	0		4		0.000	0.000		
22:1 undifferentiated	•	000	0		4		0.000	0.000		
Fatty acids, total polyunsaturated		500	0		1		4.288	68.675		
18:2 undifferentiated	0		.453 8		1		3.981	63.755		
18:3 undifferentiated		400 0	.213 8		1		0.307	4.920		
18:4	g 0.	000	0		4		0.000	0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated		000	0		4		0.000	0.000		
20:5 n-3	-	000	0		4		0.000	0.000		
22:5 n-3		000	0		4		0.000	0.000		
22:6 n-3		000	0		4		0.000	0.000		
Fatty acids, total trans			•				0	•		
CholesterolPhytosterols	5		0		4 4		17	0 271		
Filytosterois	ing 132		U		*		17	2/1		
Amino Acids:										
Tryptophan	0	000	0		4		0.000	0.000		
Threonine		000	0		4		0.000	0.000		
Isoleucine		000	0		4		0.000	0.000		
Leucine	-	000	0		4 4		0.000	0.000		
Lysine		000 000	0		4		0.000 0.000	0.000		
Methionine		000	0		4		0.000	0.000 0.000		
Phenylalanine		000	0		4		0.000	0.000		
Tyrosine		000	0		4		0.000	0.000		
Valine	0	000	0		4		0.000	0.000		
Arginine		000	0		4		0.000	0.000		
Histidine		000	0		4		0.000	0.000		
Alanine		000	0		4		0.000	0.000		
Aspartic acid		000	0		4		0.000	0.000		
Glutamic acid	g 0.	000	0		4		0.000	0.000		
Glycine	g 0.	000	0		4		0.000	0.000		
Proline	g 0.	000	0		4		0.000	0.000		
Serine	g 0.	000	0		4		0.000	0.000		
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g 0.	0	0	z	7		0.0	0.0		
Caffeine			0	z	7		0	0		
Theobromine			0	z	7		0	0		
Carotenoids:										
Carotene, beta	mca 0		0	z	7		0.000	0.000		
Carotene, alpha	9		0	Z	7		0.000	0.000		
Cryptoxanthin, beta	9		0	Z	7		0.000	0.000		
Lycopene			0	z	7		0.000	0.000		
Lutein + zeaxanthin			0	z	7		0.000	0.000		

Common Measures:

Measure 1 = 12.8g: 1 tbsp Measure 2 = 205g: 1 cup

Shortening frying (heavy duty), soybean (hydrogenated), linoleic (30%) stabilizers with silicon

Calories Factors: Protein Fat 8.84 Carbohydrate

Food Group: 04 Fats and Oils

NDB No. 04560 Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)

		<u>A</u> :	mount in 100 g	grams	of edil	ole portio	<u>on</u>		edible portion	
			Nι	umber				<u>m</u>	easures of food	<u>l</u>
			of	f Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		1	A	1		0.00	0.00	
Energy	kcal	884		0	NC	4		113	1812	
Energy	kj	3699				4		473	7582	
Protein (N x 0)	g	0.00		0		1		0.00	0.00	
Total lipid (fat)	g	100.00	0.000	6	A	1		12.80	205.00	
Ash	g	0.00		0		1		0.00	0.00	
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	
Fiber, total dietary		0.0		0		4		0.0	0.0	
Sugars, total		0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0		4		0	0	
Iron, Fe	-	0.00		0		4		0.00	0.00	
Magnesium, Mg	-	0		0		4		0	0	
Phosphorus, P		0		0		4		0	0	
Potassium, K	-	0		0		4		0	0	
Sodium, Na	-	0		0		4		0	0	
Zinc, Zn	<u>mg</u>	0.00		0		4		0.00	0.00	
Copper, Cu	mg									
Manganese, Mn										
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0	0.0	
Thiamin	-	0.000)	0		4		0.000	0.000	
Riboflavin	-	0.000)	0		4		0.000	0.000	
Niacin	mg	0.000)	0		4		0.000	0.000	
Pantothenic acid	mg	0.000)	0		4		0.000	0.000	
Vitamin B-6	mg	0.000)	0		4		0.000	0.000	
Folate, total	mcg	0		0	Z	7		0	0	
Folic acid		0		0	Z	7		0	0	
Folate, food		0		0	Z	7		0	0	
Folate, DFE		0		0	NC	4		0	0	
Vitamin B-12		0.00		0		4		0.00	0.00	
Vitamin A, IU		0		0	AS	1		0	0	
Vitamin A, RAE		0		0	NC	4		0	0	
Retinol		0		0	z	7		0	0	
Vitamin E (alpha-tocopherol)		0.80	0.804	7	A	1		0.10	1.65	
Tocopherol, beta		0.00 29.44	0.000 5.320	6 7	A A	1 1		0.00 3.77	0.00 60.36	
Tocopherol, gamma Tocopherol, delta		16.68	3.339	7	A	1		2.14	34.20	
Vitamin D		10.00	3.339	,	•	-		2.14	34.20	
Vitamin K (phylloquinone)		43.0		1	CAZN	4		5.5	88.2	
Vitamin K (phynodumone)	9	10.0		_	011211	-		0.0	00.2	
<u>Lipids:</u>										
Fatty acids, total saturated		21.100		0		1		2.701	43.255	
4:0	_	0.000		0		4		0.000	0.000	
6:0	•	0.000		0		4		0.000	0.000	
8:0		0.000		0		4		0.000	0.000	
10:0	-	0.000		0		4		0.000	0.000	
12:0		0.000	,	U		4		0.000	0.000	
13:0	-	0.000		0		4		0 000	0.000	
14:0 15:0		0.000	,	U		4		0.000	0.000	
16:0	_	10.900)	1		1		1.395	22.345	
17:0	_	10.500	•	-		-		1.393	22.343	
18:0	-	10.200)	1		1		1.306	20.910	
20:0	-	10.200	•	-		-		1.300	20.910	
22:0	-									
24:0	-									

	<u>Aı</u>	mount in 100 gram		ole portic	<u>on</u>	Amount in edible portion of common measures of food		
		Numbe		_		<u>m</u> e	easures of food	
Nutrients and Units	Mean	of Dat Std. Error Points	a Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	73.700	0		1		9.434	151.085	
14:1g								
15:1g	0.000			4		0.000	0.000	
16:1 undifferentiated	0.000	0		4		0.000	0.000	
17:1g 18:1 undifferentiatedg	73.700	1		1		9.434	151.085	
	0.000			4		0.000		
20:1g 22:1 undifferentiatedg	0.000			4		0.000	0.000 0.000	
<u> </u>	0.000	U		4		0.000	0.000	
24:1 c	0.400	0		1		0.051	0.000	
Fatty acids, total polyunsaturated9	0.400			1		0.051 0.038	0.820 0.615	
18:2 undifferentiated	0.300			1				
18:3 undifferentiatedg	0.100			4		0.013 0.000	0.205 0.000	
18:4g	0.000	U		4		0.000	0.000	
20:2 n-6 c,c								
	0.000	0		4		0.000	0.000	
20:4 undifferentiated	0.000			4				
20:5 n-3g	0.000			4		0.000 0.000	0.000 0.000	
22:5 n-3g	0.000			4				
22:6 n-3g	0.000	U		*		0.000	0.000	
Fatty acids, total trans	0	0		4		0	0	
Cholesterolmg	181	0		4		23	371	
Phytosterolsmg	101	· ·		-		23	3/1	
Amino Acids:								
Tryptophang	0.000	0		4		0.000	0.000	
Threonineg	0.000	0		4		0.000	0.000	
Isoleucineg	0.000	0		4		0.000	0.000	
Leucineg	0.000	0		4		0.000	0.000	
Lysineg	0.000	0		4		0.000	0.000	
Methionineg	0.000	0		4		0.000	0.000	
Cystineg	0.000	0		4		0.000	0.000	
Phenylalanineg	0.000	0		4		0.000	0.000	
Tyrosineg	0.000	0		4		0.000	0.000	
Valineg	0.000	0		4		0.000	0.000	
Arginineg	0.000	0		4		0.000	0.000	
Histidineg	0.000	0		4		0.000	0.000	
Alanineg	0.000	0		4		0.000	0.000	
Aspartic acidg	0.000	0		4		0.000	0.000	
Glutamic acid	0.000			4		0.000	0.000	
Glycineg	0.000	0		4		0.000	0.000	
Prolineg	0.000	0		4		0.000	0.000	
Serineg	0.000			4		0.000	0.000	
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0	Z	7		0.0	0.0	
Caffeine mg	0	0	Z	7		0	0	
Theobrominemg	0	0	Z	7		0	0	
Carotenoids:								
Carotene, beta mcg	0	0	z	7		0.000	0.000	
Carotene, alpha mcg	0	0	z	7		0.000	0.000	
Cryptoxanthin, betamcg	0	0	z	7		0.000	0.000	
Lycopene mcg	0	0	z	7		0.000	0.000	
Lutein + zeaxanthin mcg	0	0	z	7		0.000	0.000	

Common Measures:

Measure 1 = 12.8g: 1 tbsp Measure 2 = 205g: 1 cup

Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)

Calories Factors: Protein Fat 8.84 Carbohydrate

Food Group: 04 Fats and Oils

NDB No. 04547 Shortening frying (regular), soybean (hydrogenated) and cottonseed (hydrogenated)

		<u>A</u>	mount in 100 g	rams o	of edik	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber				<u>m</u>	easures of food		
				Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	0.00		1	A	1		0.00	0.00		
Energy	kcal	884		0	NC	4		113	1812		
Energy	kj	3699		0		4		473	7582		
Protein (N x 0)	g	0.00		0		1		0.00	0.00		
Total lipid (fat)	g	100.00	0.000	6	A	1		12.80	205.00		
Ash		0.00		0		1		0.00	0.00		
Carbohydrate, by difference		0.00		0		1		0.00	0.00		
Fiber, total dietary		0.0		0		4		0.0	0.0		
Sugars, total		0.00		0	z	7		0.00	0.00		
Starch		0.00		·	_	•		0.00	0.00		
Starcii	9										
Minerals:											
Calcium, Ca	mg	0		0		4		0	0		
Iron, Fe.	mg	0.00		0		4		0.00	0.00		
Magnesium, Mg	_	0		0		4		0	0		
Phosphorus, P		0		0		4		0	0		
Potassium, K	•	0		0		4		0	0		
Sodium, Na		0		0		4		0	0		
Zinc, Zn		0.00		0		4		0.00	0.00		
Copper, Cu											
Manganese, Mn											
Selenium, Se		0.0		0	z	7		0.0	0.0		
Scientini, Sc	9	0.0		·	_	•		0.0	0.0		
<u> Vitamins:</u>											
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0		
Thiamin	mg	0.000)	0		4		0.000	0.000		
Riboflavin	mg	0.000)	0		4		0.000	0.000		
Niacin	mg	0.000)	0		4		0.000	0.000		
Pantothenic acid		0.000)	0		4		0.000	0.000		
Vitamin B-6		0.000)	0		4		0.000	0.000		
Folate, total	-	0		0	Z	7		0	0		
Folic acid		0		0	z	7		0	0		
Folate, food		0		0	z	7		0	0		
Folate, DFE		0		0	NC	4		0	0		
Vitamin B-12		0.00		0		4		0.00	0.00		
Vitamin A, IU		0		0	AS	1		0.00	0		
Vitamin A, RAE		0		0	NC	4		0	0		
5		0		0	Z	7		0	0		
Retinol			0.004	7							
Vitamin E (alpha-tocopherol)		0.80	0.804	,	A	1		0.10	1.65		
Tocopherol, beta		0.00	0.000	6	A	1		0.00	0.00		
Tocopherol, gamma		29.44	5.320	7	A	1		3.77	60.36		
Tocopherol, delta		16.68	3.339	7	A	1		2.14	34.20		
Vitamin D											
Vitamin K (phylloquinone)	mcg	43.0		1	CAZN	4		5.5	88.2		
<u>.ipids:</u>		15 400		•				1 0=1	04		
Fatty acids, total saturated		15.400		0		1		1.971	31.570		
4:0		0.000		0		4		0.000	0.000		
6:0		0.000		0		4		0.000	0.000		
8:0		0.000		0		4		0.000	0.000		
10:0		0.000		0		4		0.000	0.000		
12:0	-	0.000)	0		4		0.000	0.000		
13:0	_										
14:0	g	0.000)	0		4		0.000	0.000		
15:0	g										
16:0	g	9.600	0.604	5		1		1.229	19.680		
17:0	g										
18:0	g	5.800	0.981	5		1		0.742	11.890		
20:0	g										
22:0											
24:0	a										

	<u>Ar</u>	mount in 100 gr		ible portion	1	Amount in edible portion of common measures of food		
		Nun	ber			<u>m</u>	easures of food	
			ata Deriv		Confidence			
Nutrients and Units	Mean	Std. Error Poi	nts Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	58.200		0	1		7.450	119.310	
15:1	0.000		0	4		0.000	0.000	
18:1 undifferentiated	58.200		7 0	1 4		7.450	119.310	
22:1 undifferentiatedg	0.000 0.000		0	4		0.000 0.000	0.000 0.000	
24:1 cg Fatty acids, total polyunsaturatedg	22.000		0	1		2.816	45.100	
18:2 undifferentiated	21.200 0.800		7 5	1 1		2.714 0.102	43.460 1.640	
18:4g 20:2 n-6 c.cg	0.000		0	4		0.000	0.000	
20:3 undifferentiated	0.000		0	4		0.000	0.000	
20:5 n-3g	0.000		0	4		0.000	0.000	
22:5 n-3g 22:6 n-3g	0.000 0.000		0	4 4		0.000 0.000	0.000 0.000	
Fatty acids, total trans	0		0	4		0	0	
Phytosterolsmg	200		0	4		26	410	
Amino Acids:								
Tryptophan	0.000 0.000		0	4 4		0.000 0.000	0.000 0.000	
Isoleucineg	0.000		0	4		0.000	0.000	
Leucine	0.000 0.000		0	4 4		0.000 0.000	0.000 0.000	
Methionineg	0.000		0	4		0.000	0.000	
Cystine	0.000 0.000		0	4 4		0.000 0.000	0.000 0.000	
Tyrosineg	0.000		0	4		0.000	0.000	
Valine	0.000		0	4 4		0.000	0.000	
Arginine	0.000		0	4		0.000	0.000 0.000	
Alanineg	0.000		0	4		0.000	0.000	
Aspartic acid	0.000 0.000		0	4 4		0.000 0.000	0.000 0.000	
Glycineg	0.000		0	4		0.000	0.000	
Proline	0.000 0.000		0	4		0.000 0.000	0.000 0.000	
Hydroxyprolineg								
Others:				_				
Alcohol, ethyl	0.0 0		0 z 0 z	7 7		0.0	0.0 0	
Theobrominemg	0		0 z	7		0	0	
Carotenoids:								
Carotene, beta mcg	0		0 z 0 z	7 7		0.000	0.000	
Carotene, alphamcg Cryptoxanthin, betamcg	0		0 z	7		0.000	0.000	
Lycopene mcg	0		0 z	7		0.000	0.000	
Lutein + zeaxanthin mcg	0		0 z	7		0.000	0.000	

Common Measures:

Measure 1 = 12.8g: 1 tablespoon

Measure 2 = 205g: 1 cup

Shortening frying (regular), soybean (hydrogenated) and cottonseed (hydrogenated)

Calories Factors: Protein Fat 8.84 Carbohydrate

Food Group: 04 Fats and Oils

NDB No. 04559 Shortening household soybean (hydrogenated) and palm

		<u>A</u>	mount in 100	grams)	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
			1	Numbei	•			<u>m</u>	easures of food		
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	0.00		1		1		0.00	0.00		
Energy	kcal	884		0	NC	4		113	1812		
Energy		3699				4		473	7582		
Protein (N x 0)	g	0.00		1		1		0.00	0.00		
Total lipid (fat)	g	100.00		1		1		12.80	205.00		
Ash	g	0.00		1		1		0.00	0.00		
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00		
Fiber, total dietary	g	0.0		0		4		0.0	0.0		
Sugars, total	g										
Starch	g										
Minanala											
Minerals: Calcium, Ca	ma	0		0		4		0	0		
Iron, Fe	-	0.00		0		4		0.00	0.00		
Magnesium, Mg		0		0		4		0.00	0		
Phosphorus, P		0		0		4		0	0		
Potassium, K	_	0		o		4		0	0		
Sodium, Na		0		0		4		0	0		
Zinc, Zn		0.00		0		4		0.00	0.00		
Copper, Cu		0.000	ס	0		4		0.000	0.000		
Manganese, Mn	mg	0.000)	0		4		0.000	0.000		
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0		
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0	0.0		
Thiamin		0.000	า	0		4		0.000	0.000		
Riboflavin		0.000		0		4		0.000	0.000		
Niacin		0.000		0		4		0.000	0.000		
Pantothenic acid	_	0.000		0		4		0.000	0.000		
Vitamin B-6		0.000		0		4		0.000	0.000		
Folate, total	-	0		0		4		0	0		
Folic acid		0		0	Z	7		0	0		
Folate, food		0		0		4		0	0		
Folate, DFE	mcg_DFE	0		0	NC	4		0	0		
Vitamin B-12		0.00		0		4		0.00	0.00		
Vitamin A, IU		0		0		4		0	0		
Vitamin A, RAE	mcg_RAE	0		0		4		0	0		
Retinol	mcg	0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D Vitamin K (phylloquinone)											
vitamin K (pnylloquinone)	Tricg										
Lipids:											
Fatty acids, total saturated	g	25.020)	0		1		3.203	51.291		
4:0	g	0.000)	0		4		0.000	0.000		
6:0	g	0.000)	0		4		0.000	0.000		
8:0	-	0.100		1		1		0.013	0.205		
10:0		0.100		1		1		0.013	0.205		
12:0	-	0.400	0.26	2 3		1		0.051	0.820		
13:0	-			_		_					
14:0	-	0.240	J	2		1		0.031	0.492		
15:0	-	14 040		•		4		1 707	20 700		
16:0	-	14.040	,	2		1		1.797	28.782		
17:0		10.740	n	2		1		1.375	22.017		
18:0 20:0		10.740	,	2		1		1.3/5	22.01/		
22:0	-										
44.0	g g										

	<u>Ar</u>	nount in 100 grams		<u>on</u>	Amount in edible portion of common measures of food			
		Number of Data		Confidence	<u></u>	easures or roou		
Nutrients and Units	Mean	Std. Error Points	Code Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated9	42.510	0	1		5.441	87.146		
14:19								
15:1g			_					
16:1 undifferentiatedg		2	1		0.013	0.205		
17:1		•	1		- 404	06 554		
18:1 undifferentiated		2	-		5.404	86.551		
20:1		2	1		0.024	0.390		
22:1 undifferentiated		0	4		0.000	0.000		
Fatty acids, total polyunsaturated9		0	1		3.410	54.612		
18:2 undifferentiatedg		2	1		3.220	51.578		
18:3 undifferentiatedg		2	1		0.189	3.034		
18:4g	0.000	0	4		0.000	0.000		
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0	4		0.000	0.000		
20:5 n-3g	0.000	0	4		0.000	0.000		
22:5 n-3g	0.000	0	4		0.000	0.000		
22:6 n-3g	0.000	0	4		0.000	0.000		
Fatty acids, total transg								
Cholesteroln	ng 0	0	4		0	0		
Phytosterolsn	ng 148	1	1		19	303		
Amino Acids:								
Tryptophan		0	4		0.000	0.000		
Threonine9		0	4		0.000	0.000		
Isoleucineg		0	4		0.000	0.000		
Leucine9		0	4		0.000	0.000		
Lysineg		0	4		0.000	0.000		
Methionineg		0	4		0.000	0.000		
Cystineg		0	4		0.000	0.000		
Phenylalanine		0	4		0.000	0.000		
Tyrosineg		0	4		0.000	0.000		
Valineg		0	4		0.000	0.000		
Arginine9		0	4		0.000	0.000		
Histidine		0	4		0.000	0.000		
Alanineg		0	4		0.000	0.000		
Aspartic acid		0	4		0.000	0.000		
Glutamic acid		0	4		0.000	0.000		
Glycine		0	4		0.000	0.000		
Proline		0	4		0.000	0.000		
Serine		0	4		0.000	0.000		
Hydroxyproline9								

Common Measures:

Measure 1 = 12.8g: 1 tbsp Measure 2 = 205g: 1 cup

Calories Factors: Protein Fat 8.84 Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u> :	mount in 10	0 grams	of edil	ole portio	<u>n</u>		edible portion	
				Number	•			<u>m</u>	easures of food	_
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		0		1		0.00	0.00	
Energy	kcal	900		0	NC	4		115	1845	
Energy	kj	3766				4		482	7719	
Protein (N x 0)	g	0.00		0		1		0.00	0.00	
Total lipid (fat)	g	100.00		0		1		12.80	205.00	
Ash	g	0.00		0		1		0.00	0.00	
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	0		0		4		0	0	
Iron, Fe	_	0.00		0		4		0.00	0.00	
Magnesium, Mg	_	0.00		0		4		0.00	0.00	
Phosphorus, P		0		0		4		0	0	
Potassium, K	_	Ö		0		4		0	0	
Sodium. Na		0		0		4		0	0	
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.00		0		4		0.00	0.00	
Copper, Cu		0.00		·		-		0.00	0.00	
Manganese, Mn										
Selenium, Se		0.0		0	z	7		0.0	0.0	
·	•									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	_	0.0		0		4		0.0	0.0	
Thiamin	_	0.000		0		4		0.000	0.000	
Riboflavin	-	0.000		0		4		0.000	0.000	
Niacin	_	0.000		0		4		0.000	0.000	
Pantothenic acid	-	0.000		0		4		0.000	0.000	
Vitamin B-6		0.000)	0		4		0.000	0.000	
Folate, total		0		0	_	4		0	0	
Folic acid		0		0	Z	7		0	0	
Folate, food		0		0		4		0	0	
Folate, DFE		0		0	NC	4		0	0	
Vitamin B-12		0.00		0		4		0.00	0.00	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE	U_	0		0	_	4		0	0	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		1.00		0		4		0.13	2.05	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)										
vitamin K (phynodumone)	9									
<u>Lipids:</u>										
Fatty acids, total saturated	g	35.700)	0		1		4.570	73.185	
4:0		0.000		0		4		0.000	0.000	
6:0	-	0.000		0		4		0.000	0.000	
8:0	-	0.000		0		4		0.000	0.000	
10:0	•	0.000		0		4		0.000	0.000	
12:0	-	0.200)	2		1		0.026	0.410	
13:0		·		_		_		<u>.</u> = -		
14:0		1.200)	2		1		0.154	2.460	
15:0										
16:0		19.200	1.19	98 3		1		2.458	39.360	
17:0						_				
18:0	-	14.600	0.24	10 3		1		1.869	29.930	
20:0	-									
22:0	g									

		<u>Ar</u>		grams of umber	edible portic	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Un	its	Mean		f Data D	eriv Source ode Code	Confidence Code	Measure 1	Measure 2	Measure 3	
P	_	40.700		0	1		5 010			
Fatty acids, total monounsaturated.		40.700		U	1		5.210	83.435		
14:1	-									
15:1		1 400		2	1		0 170	2 070		
16:1 undifferentiated	-	1.400		2	1		0.179	2.870		
17:1		20.000	1 004	•						
18:1 undifferentiated	-	38.000	1.934	3	1		4.864	77.900		
20:1		0.600		2	1		0.077	1.230		
22:1 undifferentiated		0.000		0	4		0.000	0.000		
24:1 c	• • • • • • • • • • • • • • • • • • • •			_						
Fatty acids, total polyunsaturated		19.200		0	1		2.458	39.360		
18:2 undifferentiated		18.100	0.683	3	1		2.317	37.105		
18:3 undifferentiated		1.000		2	1		0.128	2.050		
18:4	g	0.000		0	4		0.000	0.000		
20:2 n-6 c,c	-									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0	4		0.000	0.000		
20:5 n-3	g	0.000		0	4		0.000	0.000		
22:5 n-3	g	0.000		0	4		0.000	0.000		
22:6 n-3	g	0.000		0	4		0.000	0.000		
Fatty acids, total trans	g									
Cholesterol	mg	56		0	4		7	115		
Phytosterols	mg	13		0	4		2	27		
Amino Acids:										
Tryptophan	g	0.000		0	4		0.000	0.000		
Threonine	g	0.000		0	4		0.000	0.000		
Isoleucine	g	0.000		0	4		0.000	0.000		
Leucine	g	0.000		0	4		0.000	0.000		
Lysine	g	0.000		0	4		0.000	0.000		
Methionine	g	0.000		0	4		0.000	0.000		
Cystine		0.000		0	4		0.000	0.000		
Phenylalanine		0.000		0	4		0.000	0.000		
Tyrosine		0.000		0	4		0.000	0.000		
Valine	-	0.000		0	4		0.000	0.000		
Arginine		0.000		0	4		0.000	0.000		
Histidine	_	0.000		0	4		0.000	0.000		
Alanine		0.000		0	4		0.000	0.000		
Aspartic acid	-	0.000		0	4		0.000	0.000		
Glutamic acid		0.000		0	4		0.000	0.000		
Glycine	_	0.000		0	4		0.000	0.000		
Proline	-	0.000		0	4		0.000	0.000		
Serine		0.000		0	4		0.000	0.000		
	-	0.000		v	-		0.000	0.000		
Hydroxyproline	y									

Common Measures:

Measure 1 = 12.8g: 1 tbsp Measure 2 = 205g: 1 cup

Calories Factors: Protein Fat 9.02 Carbohydrate

Food Group: 04 Fats and Oils

NDB No. 04554 Shortening industrial, soybean (hydrogenated) and cottonseed

		<u>A</u> :	mount in 100 g	<u>rams</u>	of edib	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 3
Proximates:										
Water	g	0.00		1	A	1		0.00	0.00	
Energy	kcal	884		0	NC	4		113	1812	
Energy	kj	3699				4		473	7582	
Protein (N x 0)	g	0.00		0		1		0.00	0.00	
Total lipid (fat)	g	100.00	0.000	6	A	1		12.80	205.00	
Ash	g	0.00		0		1		0.00	0.00	
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Vilnerals: Calcium, Ca	ma	0		0		4		0	0	
Iron, Fe	_	0.00		0		4		0.00	0.00	
Magnesium, Mg	_	0.00		0		4		0.00	0.00	
Phosphorus, P		0		0		4		0	0	
Potassium, K	_	0		0		4		0	0	
Sodium, Na		0		0		4		0	0	
Zinc, Zn	_	0.00		0		4		0.00	0.00	
Copper, Cu		0.000)	0		4		0.000	0.000	
Manganese, Mn										
Selenium, Se		0.0		0	z	7		0.0	0.0	
	•									
Vitamins:										
Vitamin C, total ascorbic acid	_	0.0		0		4		0.0	0.0	
Thiamin	_	0.000		0		4		0.000	0.000	
Riboflavin	-	0.000		0		4		0.000	0.000	
Niacin	_	0.000		0		4		0.000	0.000	
Pantothenic acid	-	0.000		0		4		0.000	0.000	
Vitamin B-6	_	0.000	1	0	_	4		0.000	0.000	
Folate, total		0		0	z	7		0	0	
Folic acid		0		0	z	7		0	0	
Folate, food	IIICG	0		0	Z	7		0	0	
Folate, DFE		0		0	NC	4		0	0	
Vitamin B-12		0.00		0		4		0.00	0.00	
Vitamin A, IU		0		0	AS	1		0	0	
Vitamin A, RAE		0		0	NC	4 7		0	0	
Retinol		-	0.004	7	Z	1		-	0	
Vitamin E (alpha-tocopherol)		0.80	0.804		A			0.10	1.65	
Tocopherol, beta		0.00	0.000	6 7	A	1 1		0.00	0.00	
Tocopherol, gamma		29.44 16.68	5.320 3.339	7	A A	1		3.77 2.14	60.36	
Tocopherol, deltaVitamin D		10.08	3.339	,	A	1		2.14	34.20	
Vitamin D Vitamin K (phylloquinone)		43.0		1	CAZN	4		5.5	88.2	
vitanini K (phynoquinone)	11109	45.0		-	CAZI	-		3.3	00.2	
Lipids:										
Fatty acids, total saturated	g	25.600)	0		1		3.277	52.480	
4:0	-	0.000		0		1		0.000	0.000	
6:0		0.000		0		1		0.000	0.000	
8:0		0.000		0		1		0.000	0.000	
10:0	-	0.000		0		1		0.000	0.000	
12:0		0.000	1	0		1		0.000	0.000	
13:0				-		_		_		
14:0	-	0.500	0.158	6		1		0.064	1.025	
15:0	•					_				
16:0	•	13.000	0.401	22		1		1.664	26.650	
17:0	-					_				
18:0	-	12.100	0.445	22		1		1.549	24.805	
20:0	-									
22:0	a									

	<u>Ar</u>	nount in 100 gran		Amount in edible portion of common measures of food				
		Numb		_		<u></u>	easures or roou	<u>.</u>
Nutrients and Units	Mean	of Date	a Deriv S Code		Confidence Code	Measure 1	Measure 2	Measure 3
Estimated and management of the control of the cont	58.000	0		1		7 404	110 000	
Fatty acids, total monounsaturated9	58.000	U		1		7.424	118.900	
15:1g								
16:1 undifferentiated	0.000	0		1		0.000	0.000	
17:1g								
18:1 undifferentiatedg	58.000	1.046 22		1		7.424	118.900	
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	12.000	0		1		1.536	24.600	
18:2 undifferentiatedg	11.400	1.028 22		1		1.459	23.370	
18:3 undifferentiatedg	0.600	0.171 10		1		0.077	1.230	
18:4g	0.000	0		1		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiated								
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		4		0	0	
Phytosterolsmg	200	0		4		26	410	
Amino Acide								
Amino Acids:	0.000	0		4		0.000	0.000	
Tryptophan	0.000	0		4		0.000	0.000 0.000	
Infeonine	0.000	0		4		0.000	0.000	
	0.000	0		4		0.000	0.000	
Leucine	0.000	0		4		0.000	0.000	
Lysine	0.000	0		4		0.000	0.000	
Methionineg	0.000	0		4		0.000	0.000	
Cystine	0.000	0		4		0.000	0.000	
Phenylalanineg	0.000	0		4		0.000	0.000	
Tyrosine	0.000	0		4		0.000	0.000	
	0.000	0		4		0.000	0.000	
Arginine	0.000	0		4		0.000	0.000	
Histidine	0.000	0		4		0.000		
Alanine	0.000	0		4		0.000	0.000 0.000	
Glutamic acid	0.000	0		4				
Glycine	0.000	0		4		0.000 0.000	0.000	
3	0.000	0		4		0.000	0.000 0.000	
Proline	0.000			4		0.000		
Serine	0.000	U		4		0.000	0.000	
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0	Z	7		0.0	0.0	
Caffeine mg	0	0	Z	7		0	0	
Theobromine mg	0	0	Z	7		0	0	
Carotenoids:								
Carotene, betamcg	0	0	z	7		0.000	0.000	
Carotene, alpha mcg	0	0	z	7		0.000	0.000	
Cryptoxanthin, beta mcg	0	0	z	7		0.000	0.000	
Lycopene mcg	0	0	z	7		0.000	0.000	
Lutein + zeaxanthin mcg	0	0	Z	7		0.000	0.000	

Common Measures:

Measure 1 = 12.8g: 1 tbsp Measure 2 = 205g: 1 cup

Shortening industrial, soybean (hydrogenated) and cottonseed

Calories Factors: Protein Fat 8.84 Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u> :	mount in 10	0 grams	of edil	ole portio	<u>n</u>		edible portion	
				Number				measures of food		<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	0.00		0		1		0.00	0.00	
Energy	kcal	884		0	NC	4		120	1927	
Energy	kj	3699				4		503	8063	
Protein (N x 0)	g	0.00		0		1		0.00	0.00	
Total lipid (fat)	g	100.00		0		1		13.60	218.00	
Ash	g	0.00		0		1		0.00	0.00	
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	0		0		4		0	0	
Iron, Fe	_	0.00		0		4		0.00	0.00	
Magnesium, Mg	_	0		0		4		0	0	
Phosphorus, P		0		0		4		0	0	
Potassium, K	•	0		0		4		0	0	
Sodium, Na	-	0		0		4		0	0	
Zine, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0	0.0	
Thiamin	-	0.000	1	0		4		0.000	0.000	
Riboflavin		0.000		0		4		0.000	0.000	
Niacin		0.000		0		4		0.000	0.000	
Pantothenic acid		0.000		0		4		0.000	0.000	
Vitamin B-6		0.000		0		4		0.000	0.000	
Folate, total		0		0		4		0	0	
Folic acid		0		0	z	7		0	0	
Folate, food		0		0		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12		0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	0		0		4		0	0	
Vitamin A, RAE		0		0		4		0	0	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		19.00		0		4		2.58	41.42	
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	65.500)	0		1		8.908	142.790	
4:0		0.000)	0		4		0.000	0.000	
6:0	-	0.000)	0		4		0.000	0.000	
8:0	g	0.000)	0		4		0.000	0.000	
10:0	g	0.000)	0		4		0.000	0.000	
12:0	-	1.100)	1		1		0.150	2.398	
13:0	g									
14:0		0.900)	1		1		0.122	1.962	
15:0										
16:0	g	36.000)	1		1		4.896	78.480	
17:0	g									
18:0	g	26.200)	1		1		3.563	57.116	
20:0	g									
22:0										

		<u>Ar</u>	mount in 100	<u>0 grams</u> Number		le portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	ts	Mean		of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	a	29.600		0		1		4.026	64.528		
14:1		25.000		Ū		-		4.020	04.520		
15:1											
16:1 undifferentiated		0.000		0		4		0.000	0.000		
17:1	_										
18:1 undifferentiated	-	29.300		1		1		3.985	63.874		
20:1	g	0.000		0		4		0.000	0.000		
22:1 undifferentiated	g	0.000		0		4		0.000	0.000		
24:1 c	g										
Fatty acids, total polyunsaturated		0.500		0		1		0.068	1.090		
18:2 undifferentiated	g	0.500		1		1		0.068	1.090		
18:3 undifferentiated	g	0.000		0		4		0.000	0.000		
18:4	g	0.000		0		4		0.000	0.000		
20:2 n-6 c,c	g										
20:3 undifferentiated	g										
20:4 undifferentiated	g	0.000		0		4		0.000	0.000		
20:5 n-3	g	0.000		0		4		0.000	0.000		
22:5 n-3	g	0.000		0		4		0.000	0.000		
22:6 n-3	g	0.000		0		4		0.000	0.000		
Fatty acids, total trans	g										
Cholesterol	_	0		0		4		0	0		
Phytosterols	mg	49		0		4		7	107		
Amino Acids:											
Tryptophan	а	0.000		0		4		0.000	0.000		
Threonine		0.000		0		4		0.000	0.000		
Isoleucine		0.000		0		4		0.000	0.000		
Leucine	_	0.000		0		4		0.000	0.000		
Lysine	-	0.000		0		4		0.000	0.000		
Methionine		0.000		0		4		0.000	0.000		
Cystine		0.000		0		4		0.000	0.000		
Phenylalanine	-	0.000		0		4		0.000	0.000		
Tyrosine		0.000		0		4		0.000	0.000		
Valine	-	0.000		0		4		0.000	0.000		
Arginine	-	0.000		0		4		0.000	0.000		
Histidine		0.000		0		4		0.000	0.000		
Alanine	_	0.000		0		4		0.000	0.000		
Aspartic acid	_	0.000		0		4		0.000	0.000		
Glutamic acid		0.000		0		4		0.000	0.000		
Glycine	-	0.000		0		4		0.000	0.000		
Proline		0.000		0		4		0.000	0.000		
Serine	-	0.000		0		4		0.000	0.000		
Hydroxyproline	g										

Common Measures:

Measure 1 = 13.6g: 1 tbsp Measure 2 = 218g: 1 cup

Calories Factors: Protein Fat 8.62 Carbohydrate

Food Group: 04 Fats and Oils

		Amount in 100 grams of edible portion						Amount in edible portion of common			
				Number	•			<u>m</u>	easures of food	<u>[</u>	
Nutrients and Units		Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	a	0.00			BFZN	4		0.00	0.00		
Energy		884			RA	4		113	1812		
Energy		3699				4		473	7582		
Protein (N x 6.25)		0.00			BFZN	4		0.00	0.00		
Total lipid (fat)		100.00			RA	4		12.80	205.00		
Ash		0.00			BFZN	4		0.00	0.00		
Carbohydrate, by difference		0.00			BFZN	4		0.00	0.00		
Fiber, total dietary		0.0			z	7		0.0	0.0		
Sugars, total		0.00		0	BFZN	4		0.00	0.00		
Starch											
Minerals:		_			_	_		_	_		
Calcium, Ca		0			BFZN	4		0	0		
Iron, Fe		0.00			BFZN	4		0.00	0.00		
Magnesium, Mg		0			BFZN	4		0	0		
Phosphorus, P		0			BFZN	4		0	0		
Potassium, K		0			BFZN	4		0 0	0		
Sodium, Na		0.00			BFZN	4 4		0.00	0.00		
Zinc, Zn		0.000	,		BFZN BFZN	4		0.000	0.00		
Copper, Cu		0.000	,		BFZN	4		0.000	0.000		
Manganese, Mn Selenium, Se		0.0		0	z	7		0.0	0.0		
Scienium, Sc	1110g	0.0		Ū		,		0.0	0.0		
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0			BFZN	4		0.0	0.0		
Thiamin		0.000)		BFZN	4		0.000	0.000		
Riboflavin	mg	0.000)		BFZN	4		0.000	0.000		
Niacin	mg	0.000)		BFZN	4		0.000	0.000		
Pantothenic acid	-										
Vitamin B-6	_	0.000)		BFZN	4		0.000	0.000		
Folate, total		0			BFZN	4		0	0		
Folic acid	-	0		0	BFZN	4		0	0		
Folate, food		0			BFZN	4		0	0		
Folate, DFE		0		0	NC	4		0	0		
Vitamin B-12		0.00			BFZN	4		0.00	0.00		
Vitamin A, IU		0		•	BFZN	4		0	0		
Vitamin A, RAE		0		0	NC	4		0	0		
Retinol		0	0.0	0 04 7	Z A	7 1		0	-		
Vitamin E (alpha-tocopherol)	-	0.80	0.8					0.10	1.65		
Tocopherol, beta		0.00 29.44	0.0 5.3		A A	1 1		0.00 3.77	0.00		
Tocopherol, gamma		16.68	3.3		A	1		2.14	60.36 34.20		
Tocopherol, delta Vitamin D		10.00	3.3	39 1	A	-		2.14	34.20		
Vitamin K (phylloquinone)		43.0		0	BFZN	4		5.5	88.2		
Lipids:											
Fatty acids, total saturated	g	20.065	5		RA	4		2.568	41.133		
4:0		0.000)		RA	4		0.000	0.000		
6:0		0.000			RA	4		0.000	0.000		
8:0	-	0.000)		RA	4		0.000	0.000		
10:0	g	0.000)		RA	4		0.000	0.000		
12:0	g	0.000)		RA	4		0.000	0.000		
13:0											
14:0	g	0.260)		RA	4		0.033	0.533		
15:0	g										
16:0	g	11.875	5		RA	4		1.520	24.344		
17:0	g										
18:0	g	7.920)		RA	4		1.014	16.236		
20:0	g										
22:0	a										

	<u>Ar</u>	mount in 10	00 grams	Amount in edible portion of common					
Nutrients and Units	Mean	Std Error	Number of Data Deriv Points Code		Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	•
Nutrients and Onits	wean	Siu. Error	1 Omto	Oode	Oode	Code	weasure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	44.620			RA	4		5.711	91.471	
14:1g							0	J	
15:1									
16:1 undifferentiatedg	0.170			RA	4		0.022	0.349	
17:1g									
18:1 undifferentiatedg	44.280			RA	4		5.668	90.774	
20:1g	0.085			RA	4		0.011	0.174	
22:1 undifferentiatedg	0.030			RA	4		0.004	0.062	
24:1 cg									
Fatty acids, total polyunsaturated9	30.875			RA	4		3.952	63.294	
18:2 undifferentiatedg	28.450			RA	4		3.642	58.323	
18:3 undifferentiatedg	2.385			RA	4		0.305	4.889	
18:4g	0.000			RA	4		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000			RA	4		0.000	0.000	
20:5 n-3g	0.000			RA	4		0.000	0.000	
22:5 n-3g	0.000			RA	4		0.000	0.000	
22:6 n-3g	0.000			RA	4		0.000	0.000	
Fatty acids, total transg									
Cholesterolmg	0			Z	7		0	0	
Phytosterols mg									
Others:									
Alcohol, ethylg	0.0			Z	7		0.0	0.0	
Caffeine mg	0		0	BFZN	4		0	0	
Theobromine mg	0		0	BFZN	4		0	0	
Carotenoids:									
Carotene, betamcg	0		0	BFZN	4		0.000	0.000	
Carotene, alphamcg	0		0	BFZN	4		0.000	0.000	
Cryptoxanthin, betamcg	0		0	BFZN	4		0.000	0.000	
Lycopene mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin mcg	0		0	BFZN	4		0.000	0.000	

Common Measures:

Measure 1 = 12.8g: 1 tbsp Measure 2 = 205g: 1 cup

Calories Factors: Protein Fat 8.84 Carbohydrate

Food Group: 04 Fats and Oils

		Amount in 100 grams of edible portion							Amount in edible portion of common			
		Number						<u>m</u>	easures of food			
			c	of Data	Deriv	Source	Confidence					
Nutrients and Units		Mean	Std. Error F	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3		
Proximates:												
Water	g	0.00		0		1		0.00	0.00			
Energy	kcal	900		0	NC	4		115	1845			
Energy		3766		0		4		482	7719			
Protein (N x 0)	g	0.00		0		1		0.00	0.00			
Total lipid (fat)	g	100.00		0		1		12.80	205.00			
Ash	g	0.00		0		1		0.00	0.00			
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00			
Fiber, total dietary	g	0.0		0		4		0.0	0.0			
Sugars, total	g	0.00		0	BFZN	4		0.00	0.00			
Starch	g											
Mr. I												
Minerals:	ma	^		^				0	0			
Calcium, Ca	-	0		0		4 4		0 0.00	0 0.00			
Iron, Fe		0.00		0		4		0.00	0.00			
Phosphorus, P		0		0		4		0	0			
Potassium, K	-	0		0		4		0	0			
Sodium, Na		Ö		0		4		0	0			
Zinc, Zn		0.00		0		4		0.00	0.00			
Copper, Cu		0.000)	0		7		0.000	0.000			
Manganese, Mn												
Selenium, Se		0.0		0	Z	7		0.0	0.0			
·	_											
Vitamins:												
Vitamin C, total ascorbic acid		0.0		0		4		0.0	0.0			
Thiamin		0.000		0		4 4		0.000	0.000			
Riboflavin		0.000		0		4		0.000	0.000			
Niacin		0.000		0		4		0.000 0.000	0.000			
Pantothenic acid		0.000		0		4		0.000	0.000 0.000			
Vitamin B-6 Folate, total	-	0.000	,	0		4		0.000	0.000			
Folic acid		0		0	z	7		0	0			
Folate, food		0		0	4	4		0	0			
Folate, DFE	mca DFF	0		0	NC	4		0	0			
Vitamin B-12		0.00		0	NC	4		0.00	0.00			
Vitamin A, IU		0		0		4		0	0			
Vitamin A, RAE		0		0	NC	4		0	0			
Retinol		0		0	Z	7		0	0			
Vitamin E (alpha-tocopherol)		1.00		0		4		0.13	2.05			
Tocopherol, beta												
Tocopherol, gamma												
Tocopherol, delta												
Vitamin D	IU											
Vitamin K (phylloquinone)	mcg	21.5		0	RA	4		2.8	44.1			
Lipids:												
Fatty acids, total saturated	а	40.300)	0		1		5.158	82.615			
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		0.100		7		1		0.013	0.205			
12:0		0.100		10		1		0.013	0.205			
13:0	-											
14:0	_	1.600	0.132	13		1		0.205	3.280			
15:0	_											
16:0	_	23.000	0.247	20		1		2.944	47.150			
17:0												
18:0		15.200	0.746	20		1		1.946	31.160			
20:0												
22:0	g											
24:0	a											

		<u>Aı</u>	mount in 100 g	Amount in edible portion of common measures of food						
Nutrients and U	nits	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	dg	44.400		0		1		5.683	91.020	
14:1	g									
15:1										
16:1 undifferentiated	_	3.100	0.226	14		1		0.397	6.355	
17:1	-					_				
18:1 undifferentiated	_	40.900		20		1		5.235	83.845	
20:1	-	0.000		0		1		0.000	0.000	
22:1 undifferentiated	•	0.000		0		1		0.000	0.000	
24:1 c		10 000		0		1		1 205	00 245	
Fatty acids, total polyunsaturated.		10.900				1		1.395	22.345	
18:2 undifferentiated		9.700 1.100		20 12		1		1.242 0.141	19.885 2.255	
18:3 undifferentiated				0		1		0.141		
18:4 20:2 n-6 c.c.	-	0.000		U		1		0.000	0.000	
,										
20:3 undifferentiated		0.000		0		1		0.000	0.000	
20:4 undifferentiated 20:5 n-3	_	0.000		0		1		0.000	0.000	
	-	0.000		0		1		0.000	0.000	
22:5 n-3		0.000		0		1		0.000	0.000	
22:6 n-3		0.000		U		_		0.000	0.000	
Fatty acids, total trans Cholesterol		56		0		4		7	115	
Phytosterols		13		0		4		2	27	
Fliytosterois		13		Ū		-		2	21	
Amino Acids:										
Tryptophan	g	0.000		0		4		0.000	0.000	
Threonine	g	0.000		0		4		0.000	0.000	
Isoleucine	g	0.000		0		4		0.000	0.000	
Leucine	g	0.000		0		4		0.000	0.000	
Lysine	g	0.000		0		4		0.000	0.000	
Methionine	g	0.000		0		4		0.000	0.000	
Cystine	g	0.000		0		4		0.000	0.000	
Phenylalanine	g	0.000		0		4		0.000	0.000	
Tyrosine	-	0.000		0		4		0.000	0.000	
Valine		0.000		0		4		0.000	0.000	
Arginine	g	0.000		0		4		0.000	0.000	
Histidine	-	0.000		0		4		0.000	0.000	
Alanine		0.000		0		4		0.000	0.000	
Aspartic acid		0.000		0		4		0.000	0.000	
Glutamic acid	-	0.000		0		4		0.000	0.000	
Glycine	g	0.000		0		4		0.000	0.000	
Proline	_	0.000		0		4		0.000	0.000	
Serine	_	0.000		0		4		0.000	0.000	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	q	0.0		0		7		0.0	0.0	
Caffeine		0		0	BFZN	4		0	0	
Theobromine		0		0	BFZN	4		0	0	
Carotenoids:	=									
	mo~	•		^	D==			0.000	0 000	
Carotene, beta		0		0	BFZN	4 4		0.000 0.000	0.000	
Carotene, alpha Cryptoxanthin, beta		0		0	BFZN BFZN	4		0.000	0.000 0.000	
Lycopene		0		0	BFZN	4		0.000	0.000	
Lycopene Lutein + zeaxanthin		0		0	BFZN	4		0.000	0.000	
Lutem + zeaxantnin	g			- 0	DF 4N	4		0.000	0.000	

Common Measures:

Measure 1 = 12.8g: 1 tablespoon

Measure 2 = 205g: 1 cup

Shortening, household, lard and vegetable oil

Calories Factors: Protein Fat 9.02 Carbohydrate

Food Group: 04 Fats and Oils

NDB No. 04031 Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)

		<u>A</u> 1	mount in 100 g	rams	of edib	<u>on</u>	Amount in edible portion of common			
			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 3
Proximates:										
Water	g	0.00		1	A	1		0.00	0.00	
Energy	kcal	884		0	NC	4		1812	113	
Energy	kj	3699				4		7582	473	
Protein (N x 0)	g	0.00		0		1		0.00	0.00	
Total lipid (fat)	g	100.00	0.000	6	A	1		205.00	12.80	
Ash	g	0.00		0		1		0.00	0.00	
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Vilnerals: Calcium, Ca	ma	0		0		4		0	0	
Iron, Fe	_	0.00		0		4		0.00	0.00	
Magnesium, Mg	_	0.00		0		4		0.00	0.00	
Phosphorus, P		0		0		4		0	0	
Potassium, K	_	0		0		4		0	0	
Sodium, Na		0		0		4		0	0	
Zine, Zn	_	0.00		0		4		0.00	0.00	
Copper, Cu		0.000	1	0		4		0.000	0.000	
Manganese, Mn						_				
Selenium, Se		0.0		0	z	7		0.0	0.0	
·										
Vitamins:										
Vitamin C, total ascorbic acid	_	0.0		0		4		0.0	0.0	
Thiamin	_	0.000		0		4		0.000	0.000	
Riboflavin	-	0.000		0		4		0.000	0.000	
Niacin	_	0.000		0		4		0.000	0.000	
Pantothenic acid	-	0.000		0		4		0.000	0.000	
Vitamin B-6		0.000	1	0	_	4		0.000	0.000	
Folate, total		0		0	z z	7 7		0	0 0	
Folic acid		0		0	Z	7		0	0	
Folate, food	IIICY	0		0	NC	4		0		
Folate, DFE		-		0	NC			•	0 0.00	
Vitamin B-12		0.00		0	3.0	4 1		0.00 0		
Vitamin A, IU		0		0	AS			0	0 0	
Vitamin A, RAE		0		0	NC Z	4 7		0	0	
Retinol		0.80	0.804	7	A	1		1.65	0.10	
Vitamin E (alpha-tocopherol)		0.00	0.000			1		0.00		
Tocopherol, beta		29.44	5.320	6 7	A A	1		60.36	0.00 3.77	
Tocopherol, gamma Tocopherol, delta		16.68	3.339	7	A	1		34.20	2.14	
Vitamin D		10.00	3.339	,	A	_		34.20	2.14	
Vitamin K (phylloquinone)		43.0		1	CAZN	4		88.2	5.5	
				_		_				
<u>Lipids:</u>										
Fatty acids, total saturated		25.000		0		1		51.250	3.200	
4:0		0.000		0		1		0.000	0.000	
6:0		0.000		0		1		0.000	0.000	
8:0		0.000		0		1		0.000	0.000	
10:0	-	0.000		0		1		0.000	0.000	
12:0		0.000	1	0		1		0.000	0.000	
13:0	-					_				
14:0	-	0.400	1	11		1		0.820	0.051	
15:0	•					_				
16:0	•	14.100	0.470	19		1		28.905	1.805	
17:0	-	10 000	0.050	1.0				01 500		
18:0	-	10.600	0.359	19		1		21.730	1.357	
20:0	-									
22:0	g g									

						ole portio	<u>on</u>	Amount in edible portion of common measures of food		
				umber		_		1111	easures or loou	
Nutrients and Unit	s	Mean	Std. Error P		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		44.500		0		1		91.225	5.696	
14:1	-									
15:1 16:1 undifferentiated	_	0.000		0		1		0.000	0.000	
17:1	-	0.000		U		-		0.000	0.000	
18:1 undifferentiated	_	44.500	1.002	19		1		91.225	5.696	
20:1	_	0.000		0		1		0.000	0.000	
22:1 undifferentiated		0.000		0		1		0.000	0.000	
24:1 c	•									
Fatty acids, total polyunsaturated		26.100		0		1		53.505	3.341	
18:2 undifferentiated	g	24.500	1.106	19		1		50.225	3.136	
18:3 undifferentiated		1.600	0.189	17		1		3.280	0.205	
18:4	g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.000		0		1		0.000	0.000	
20:5 n-3	-	0.000		0		1		0.000	0.000	
22:5 n-3	-	0.000		0		1		0.000	0.000	
22:6 n-3		0.000		0		1		0.000	0.000	
Fatty acids, total trans		_		_				_	_	
Cholesterol	-	0		0		4		0	0	
Phytosterols	Ing	200		0		4		410	26	
Amino Acids:										
Tryptophan	g	0.000		0		4		0.000	0.000	
Threonine	g	0.000		0		4		0.000	0.000	
Isoleucine	g	0.000		0		4		0.000	0.000	
Leucine	g	0.000		0		4		0.000	0.000	
Lysine	g	0.000		0		4		0.000	0.000	
Methionine	g	0.000		0		4		0.000	0.000	
Cystine	-	0.000		0		4		0.000	0.000	
Phenylalanine		0.000		0		4		0.000	0.000	
Tyrosine	-	0.000		0		4		0.000	0.000	
Valine	_	0.000		0		4		0.000	0.000	
Arginine		0.000		0		4		0.000	0.000	
Histidine		0.000		0		4		0.000	0.000	
Alanine		0.000		0		4 4		0.000	0.000	
Aspartic acid		0.000		0		4		0.000	0.000	
Glutamic acid	_	0.000		0		4		0.000 0.000	0.000	
Glycine	_	0.000		0		4		0.000	0.000 0.000	
ProlineSerine		0.000		0		4		0.000	0.000	
Hydroxyproline		0.000		U		-		3.000	0.000	
	·······3									
Others:	a	0.0		0	z	7		0.0	0.0	
Alcohol, ethyl Caffeine		0.0		0	Z	7		0.0	0.0	
Theobromine		0		0	Z	7		0	0	
Carotenoids:		ŭ		·	_	•		·	•	
<u> </u>		_		_	_	_				
Carotene, beta	-	0		0	z	7		0.000	0.000	
Carotene, alpha		0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta		0		0	z z	7 7		0.000 0.000	0.000 0.000	
Lycopene		0		0	z Z	7		0.000	0.000	
Lutein + zeaxanthin		0		U	4			0.000	0.000	

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

NDB No. 04031

Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)

Calories Factors: Protein Fat 8.84 Carbohydrate

Food Group: 04 Fats and Oils

NDB No. 04666 Shortening, industrial, soy (partially hydrogenated) and corn for frying

		<u>A</u>	mount in 10	0 grams	of edib	le portic	<u>on</u>	Amount in edible portion of common			
			1	Number	•			<u>m</u>	easures of food		
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
roximates:	~	0.00		0	DEEN	4		0.00	0.00		
Water	-	0.00		0	BFZN	4		0.00	0.00		
Energy		884		0	BFZN	4		113	1812		
Energy		3699		0	BFZN	4		473	7582		
Protein (N x 0)		0.00		0	BFZN	4		0.00	0.00		
Total lipid (fat)	-	100.00		1	PAK	1		12.80	205.00		
Ash		0.00		0	BFZN	4		0.00	0.00		
Carbohydrate, by difference		0.00		0	BFZN	4		0.00	0.00		
Fiber, total dietary		0.0		0	BFZN	4		0.0	0.0		
Sugars, total	g	0.00		0	BFZN	4		0.00	0.00		
Starch	g										
<u> </u>									_		
Calcium, Ca		0		0	BFZN	4		0	0		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.00		0	BFZN	4		0.00	0.00		
Magnesium, Mg		0		0	BFZN	4		0	0		
Phosphorus, P		0		0	BFZN	4		0	0		
Potassium, K		0		0	BFZN	4		0	0		
Sodium, Na		0		0	BFZN	4		0	0		
Zinc, Zn		0.00		0	BFZN	4		0.00	0.00		
Copper, Cu		0.000)	0	BFZN	4		0.000	0.000		
Manganese, Mn											
Selenium, Se	mcg	0.0		0	BFZN	4		0.0	0.0		
itamins:											
Vitamin C, total ascorbic acid		0.0		0	BFZN	4		0.0	0.0		
Thiamin		0.000		0	BFZN	4		0.000	0.000		
Riboflavin		0.000		0	BFZN	4		0.000	0.000		
Niacin		0.000		0	BFZN	4		0.000	0.000		
Pantothenic acid		0.000		0	BFZN	4		0.000	0.000		
Vitamin B-6		0.000)	0	BFZN	4		0.000	0.000		
Folate, total		0		0	BFZN	4		0	0		
Folic acid		0		0	BFZN	4		0	0		
Folate, food		0		0	BFZN	4		0	0		
Folate, DFE		0		0	NC	4		0	0		
Vitamin B-12		0.00		0	BFZN	4		0.00	0.00		
Vitamin A, IU		0		0	BFZN	4		0	0		
Vitamin A, RAE		0		0	BFZN	4		0	0		
Retinol		0		0	BFZN	4		0	0		
Vitamin E (alpha-tocopherol)	mg	0.80		0	BFZN	4		0.10	1.65		
Tocopherol, beta	mg	0.00		0	BFZN	4		0.00	0.00		
Tocopherol, gamma		29.44		0	BFZN	4		3.77	60.36		
Tocopherol, delta	mg	16.68		0	BFZN	4		2.14	34.20		
Vitamin D		42 0		0	DEER	4		E F	00 0		
Vitamin K (phylloquinone)	nog	43.0		U	BFZN	4		5.5	88.2		
ipids: Fatty acids, total saturated	a	17.416	;	0	NC	4		2.229	35.703		
4:0		0.000		1	A	1		0.000	0.000		
6:0		0.000		1	A	1		0.000	0.000		
8:0		0.000		1	A	1		0.000	0.000		
10:0		0.000		1	A	1		0.000	0.000		
12:0		0.000		1	A	1		0.000	0.000		
13:0		0.000		-		-		0.000	0.000		
14:0	-	0.075		1	A	1		0.010	0.154		
15:0	-	0.073		1	A	1		0.010			
16:0	•	10.439		1	A	1			0.076		
	-					1		1.336	21.399		
17:0		0.095		1 1	A A	1		0.012	0.195		
18:0		6.090			A			0.779	12.484		
20:0		0.392		1	A	1		0.050	0.804		
22:0	9	0.288	•	1	A	1		0.037	0.591		

	<u>Ar</u>	nount in 100 gr	ams o	of edib	le portio	<u>on</u>	Amount in	edible portion o	f common
		Nur	nber					easures of food	Common
Nutrients and Units	Mean		Data		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	40.824		0	NC	4		5.225	83.688	
14:1g	10.021		Ū		•		3.223	03.000	
15:1g									
16:1 undifferentiatedg	0.133		0	AS	1		0.017	0.272	
16:1 cg	0.133		1	A	1		0.017	0.272	
16:1 tg 17:1g									
18:1 undifferentiated	40.490		0	AS	1		5.183	83.004	
18:1 cg	30.744		1	A	1		3.935	63.024	
18:1 tg	9.746		1	A	1		1.248	19.980	
20:1g	0.201		1	A	1		0.026	0.413	
22:1 undifferentiatedg	0.000		1	A	1		0.000	0.000	
24:1 cg	36.038		0	NC	4		4 612	73.877	
Fatty acids, total polyunsaturatedg 18:2 undifferentiatedg	38.038		0	AS	1		4.613 4.316	69.116	
18:2 n-6 c.cg	30.372		1	A	1		3.888	62.263	
18:2 CLAsg							3.000	02.200	
18:2 c,tg									
18:2 t,cg									
18:2 t,tg									
18:2 ig	3.343		1	A	1		0.428	6.853	
18:2 t not further definedg 18:3 undifferentiatedg	1.628		0	AS	1		0.208	3.337	
18:4g	0.000		1	A	1		0.208	0.000	
20:2 n-6 c,cg	0.000		_		-		0.000	0.000	
20:3 undifferentiatedg									
20:4 undifferentiated	0.000		1	A	1		0.000	0.000	
20:5 n-3g	0.000		1	A	1		0.000	0.000	
22:5 n-3g	0.000		1	A	1		0.000	0.000	
22:6 n-3	0.000 13.784		1 0	A NC	1 4		0.000 1.764	0.000 28.257	
Fatty acids, total trans	9.746		0	NC	4		1.764	19.980	
Fatty acids, total trans-monochoicg	4.038		0	NC	4		0.517	8.277	
Cholesterolmg	0		0	BFZN	4		0	0	
Phytosterolsmg	200		0	BFZN	4		26	410	
Amino Acids:									
Tryptophang	0.000		0	BFZN	4		0.000	0.000	
Threonineg	0.000		0	BFZN	4		0.000	0.000	
Isoleucine	0.000		0	BFZN BFZN	4 4		0.000 0.000	0.000 0.000	
Leucine	0.000		0	BFZN	4		0.000	0.000	
Methionine9	0.000		0	BFZN	4		0.000	0.000	
Cystineg	0.000		0	BFZN	4		0.000	0.000	
Phenylalanineg	0.000		0	BFZN	4		0.000	0.000	
Tyrosineg	0.000		0	BFZN	4		0.000	0.000	
Valineg	0.000		0	BFZN	4		0.000	0.000	
Arginineg	0.000		0	BFZN	4		0.000	0.000	
Histidineg Alanineg	0.000		0	BFZN BFZN	4 4		0.000 0.000	0.000 0.000	
Aspartic acid	0.000		0	BFZN	4		0.000	0.000	
Glutamic acid9	0.000		0	BFZN	4		0.000	0.000	
Glycineg	0.000		0	BFZN	4		0.000	0.000	
Prolineg	0.000		0	BFZN	4		0.000	0.000	
Serineg	0.000		0	BFZN	4		0.000	0.000	
Hydroxyproline9									
Others:									
Alcohol, ethylg	0.0		0	BFZN	4		0.0	0.0	
Caffeine mg	0		0	BFZN	4		0	0	
Theobromine mg	0		0	BFZN	4		0	0	
<u>Carotenoids:</u>									
Carotene, betamcg	0		0	BFZN	4		0.000	0.000	
Carotene, alpha mcg	0		0	BFZN BFZN	4 4		0.000 0.000	0.000 0.000	
Cryptoxanthin, betamcg	U		U	DF 4N	4		0.000	0.000	

	Δ	mount in 10	0 grams Number	Amount in edible portion of common measures of food					
Nutrients and Units	Mean	Std. Error	of Data	Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Lycopenemcg Lutein + zeaxanthinmcg	0 0		0	BFZN BFZN	4 4		0.000 0.000	0.000 0.000	

Common Measures:

Measure 1 = 12.8g: 1 tbsp Measure 2 = 205g: 1 cup

Calories Factors: Protein Fat 8.84 Carbohydrate

Food Group: 04 Fats and Oils

NDB No. 04667 Shortening, industrial, soy (partially hydrogenated) for baking and confections

		<u>A</u>	mount in 100	grams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			N	umber				me	easures of food		
				f Data		Source	Confidence				
Nutrients and Unit	ts	Mean	Std. Error F	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	0.00		0	BFZN	4		0.00	0.00		
Energy	kcal	884		0	BFZN	4		113	1812		
Energy	kj	3699		0	BFZN	4		473	7582		
Protein (N x 0)	g	0.00		0	BFZN	4		0.00	0.00		
Total lipid (fat)	g	100.00		1	PAK	1		12.80	205.00		
Ash		0.00		0	BFZN	4		0.00	0.00		
Carbohydrate, by difference		0.00		0	BFZN	4		0.00	0.00		
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0		
Sugars, total	g	0.00		0	BFZN	4		0.00	0.00		
Starch	g										
N#: 1											
Minerals:	ma	0		^	DEG	4		0	^		
Calcium, Ca		0.00		0 0	BFZN BFZN	4 4		0.00	0 0.00		
Iron, Fe	_	0.00		0	BFZN	4		0.00	0.00		
Phosphorus, P		0		0	BFZN	4		0	0		
Potassium, K	_	0		0	BFZN	4		0	0		
Sodium, Na		0		0	BFZN	4		0	0		
Zinc, Zn		0.00		0	BFZN	4		0.00	0.00		
Copper, Cu		0.000)	0	BFZN	4		0.000	0.000		
Manganese, Mn											
Selenium, Se		0.0		0	BFZN	4		0.0	0.0		
Vitamina											
Vitamins:		0.0		•				0.0			
Vitamin C, total ascorbic acid		0.0	,	0	BFZN BFZN	4 4		0.0 0.000	0.0 0.000		
ThiaminRiboflavin	-	0.000		0	BFZN	4		0.000	0.000		
Niacin		0.000		0	BFZN	4		0.000	0.000		
Pantothenic acid	-	0.000		0	BFZN	4		0.000	0.000		
Vitamin B-6		0.000		0	BFZN	4		0.000	0.000		
Folate, total	-	0	,	0	BFZN	4		0	0		
Folic acid		0		0	BFZN	4		0	0		
Folate, food		0		0	BFZN	4		0	0		
Folate, DFE	mcg DFE	0		0	NC	4		0	0		
Vitamin B-12		0.00		0	BFZN	4		0.00	0.00		
Vitamin A, IU		0		0	BFZN	4		0	0		
Vitamin A, RAE		0		0	BFZN	4		0	0		
Retinol		0		0	BFZN	4		0	0		
Vitamin E (alpha-tocopherol)		0.80		0	BFZN	4		0.10	1.65		
Tocopherol, beta		0.00		0	BFZN	4		0.00	0.00		
Tocopherol, gamma	mg	29.44		0	BFZN	4		3.77	60.36		
Tocopherol, delta	mg	16.68		0	BFZN	4		2.14	34.20		
Vitamin D											
Vitamin K (phylloquinone)	mcg	43.0		0	BFZN	4		5.5	88.2		
<u>Lipids:</u>											
Fatty acids, total saturated		18.788		0	NC	4		2.405	38.516		
4:0	-	0.000		1	A	1		0.000	0.000		
6:0		0.000		1	A	1		0.000	0.000		
8:0	-	0.000		1	A	1		0.000	0.000		
10:0		0.000		1	A	1		0.000	0.000		
12:0		0.000)	1	A	1		0.000	0.000		
13:0	-		-	_	_	_					
14:0	-	0.094		1	A	1		0.012	0.193		
15:0	•	0.000		1	A	1		0.000	0.000		
16:0	-	10.638		1	A	1		1.362	21.807		
17:0	y	0.114		1	A	1		0.015	0.234		
	~	7 001									
18:0		7.281		1	A	1		0.932	14.926		
	g	7.281 0.316 0.346	5	1 1 1	A A A	1 1 1		0.932 0.040 0.044	0.647 0.709		

		<u>Ar</u>	mount in 10	00 grams	Amount in edible portion of common					
				Number				<u>m</u>	easures of food	_
Nutrients and Units	6	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		71.023		0	NC	4		9.091	145.598	
14:1	_									
15:1				_		_				
16:1 undifferentiated	_	0.057		0	AS	1		0.007	0.116	
16:1 c		0.057		1	A	1		0.007	0.116	
16:1 t	-									
17:1	-	70.067		•					445 404	
18:1 undifferentiated	-	70.967		0 1	AS	1 1		9.084	145.481	
18:1 c	-	30.848		1	A A	1		3.949	63.239	
18:1 t	-	40.118						5.135	82.242	
20:1		0.000		1 1	A A	1 1		0.000	0.000	
22:1 undifferentiated	_	0.000		1	А	1		0.000	0.000	
24:1 c		F 400		^	27.0			0 601	11 070	
Fatty acids, total polyunsaturated		5.400 5.000		0 0	NC	4		0.691	11.070	
18:2 undifferentiated					AS	1		0.640	10.250	
18:2 n-6 c,c		2.667		1	A	1		0.341	5.467	
18:2 CLAs	-									
18:2 c,t	-									
18:2 t,c	-									
18:2 t,t	-			_		_				
18:2 i	-	2.333		1	A	1		0.299	4.783	
18:2 t not further defined	-									
18:3 undifferentiated	-	0.000		0	AS	1		0.000	0.000	
18:4	-	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c	-									
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.000		1	A	1		0.000	0.000	
20:5 n-3	_	0.000		1	A	1		0.000	0.000	
22:5 n-3		0.000		1	A	1		0.000	0.000	
22:6 n-3	g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans	g	42.851		0	NC	4		5.485	87.845	
Fatty acids, total trans-monoenoic.	g	40.118		0	NC	4		5.135	82.242	
Fatty acids, total trans-polyenoic	g	2.733		0	NC	4		0.350	5.603	
Cholesterol	mg	0		0	BFZN	4		0	0	
Phytosterols	mg	200		0	BFZN	4		26	410	
Amino Acids:										
Tryptophan	g	0.000		0	BFZN	4		0.000	0.000	
Threonine	g	0.000		0	BFZN	4		0.000	0.000	
Isoleucine	g	0.000		0	BFZN	4		0.000	0.000	
Leucine	g	0.000		0	BFZN	4		0.000	0.000	
Lysine	g	0.000		0	BFZN	4		0.000	0.000	
Methionine		0.000		0	BFZN	4		0.000	0.000	
Cystine		0.000		0	BFZN	4		0.000	0.000	
Phenylalanine		0.000		0	BFZN	4		0.000	0.000	
Tyrosine		0.000		0	BFZN	4		0.000	0.000	
Valine		0.000		0	BFZN	4		0.000	0.000	
Arginine	-	0.000		0	BFZN	4		0.000	0.000	
Histidine		0.000		0	BFZN	4		0.000	0.000	
Alanine		0.000		0	BFZN	4		0.000	0.000	
Aspartic acid		0.000		0	BFZN	4		0.000	0.000	
Glutamic acid		0.000		0	BFZN	4		0.000	0.000	
Glycine		0.000		0	BFZN	4		0.000	0.000	
Proline		0.000		0	BFZN	4		0.000	0.000	
Serine	_	0.000		0	BFZN	4		0.000	0.000	
Hydroxyproline				-						
Others:										
Alcohol, ethyl	g	0.0		0	BFZN	4		0.0	0.0	
Caffeine		0		0	BFZN	4		0	0	
Theobromine		0		0	BFZN	4		0	0	
Carotenoids:		·		•		-		-	•	
Carotene, beta		0		0	BFZN	4		0.000	0.000	
	mcg	0 0 0		0 0 0	BFZN BFZN BFZN	4 4 4		0.000 0.000 0.000	0.000 0.000 0.000	

Shortening, industrial, soy (partially hydrogenated) for baking and confections

	<u>A</u>	mount in 100 N	grams of ed	ible portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	o Std. Error P			Confidence Code	Measure 1	Measure 2	Measure 3
Lycopenemcg Lutein + zeaxanthinmcg	0 0		0 BFZ			0.000	0.000 0.000	

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

Common Measures:

Measure 1 = 12.8g: 1 tbsp Measure 2 = 205g: 1 cup

Calories Factors: Protein Fat 8.84 Carbohydrate

Food Group: 04 Fats and Oils

NDB No. 04649 Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening

		<u>A</u> :	mount in 10	00 grams	of edib	le portio	<u>on</u>	Amount in edible portion of common			
				Number	,			<u>m</u>	easures of food	<u> </u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	0.00		0	BFZN	4		0.00	0.00	0.00	
Energy	kcal	884		0	NC	4		120	1927	40	
Energy	kj	3699		0	NC	4		503	8063	166	
Protein	g	0.00		0	BFZN	4		0.00	0.00	0.00	
Total lipid (fat)	g	100.00		1	PAK	1		13.60	218.00	4.50	
Ash		0.00		0	BFZN	4		0.00	0.00	0.00	
Carbohydrate, by difference	g	0.00		0	BFZN	4		0.00	0.00	0.00	
Fiber, total dietary	g	0.0		0	BFZN	4		0.0	0.0	0.0	
Sugars, total	g	0.00		0	BFZN	4		0.00	0.00	0.00	
Starch	g										
Minopole											
Minerals: Calcium. Ca	ma	0		0	BFZN	4		0	0	0	
Iron, Fe		0.00		0	BFZN	4		0.00	0.00	0.00	
Magnesium, Mg	_	0.00		0	BFZN	4		0.00	0.00	0.00	
Phosphorus, P		0		0	BFZN	4		0	0	0	
Potassium, K	_	0		0	BFZN	4		0	0	0	
Sodium. Na.		0		0	BFZN	4		0	0	0	
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.00		0	BFZN	4		0.00	0.00	0.00	
Copper, Cu	_	0.000)	0	BFZN	4		0.000	0.000	0.00	
Manganese, Mn											
Selenium, Se		0.0		0	BFZN	4		0.0	0.0	0.0	
•											
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	_	0.0		0	BFZN	4		0.0	0.0	0.0	
Thiamin	_	0.000		0	BFZN	4		0.000	0.000	0.00	
Riboflavin		0.000		0	BFZN	4		0.000	0.000	0.00	
Niacin	_	0.000		0	BFZN	4		0.000	0.000	0.00	
Pantothenic acid	-	0.000		0	BFZN	4		0.000	0.000	0.00	
Vitamin B-6		0.000)	0	BFZN	4		0.000	0.000	0.00	
Folate, total		0		0	BFZN	4		0	0	0	
Folic acid		0		0	BFZN	4		0	0	0	
Folate, food		0		0	BFZN	4		0	0	0	
Folate, DFE		-		0	NC	4		0	0	0	
Vitamin B-12		0.00		0	BFZN	4		0.00	0.00	0.00	
Vitamin A, IU	IU	0		0	BFZN	4		0	0	0	
Vitamin A, RAE		0		0	BFZN	4		0 0	0	0	
Retinol		-		0 0	BFZN	4		•	0	0	
Vitamin E (alpha-tocopherol)		8.10		U	BFZN	4		1.10	17.66	0.36	
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta Vitamin D											
Vitamin K (phylloquinone)		24.7		0	BFZN	4		3.4	53.9	1.1	
Lipids:	a	18.358	,	0	NC	4		2.497	40.021	0.82	
Fatty acids, total saturated		0.000		1	A.	1		0.000	0.000	0.82	
6:0	-	0.000		1	A	1		0.000	0.000	0.00	
8:0	-	0.000		1	A	1		0.000	0.000	0.00	
10:0		0.000		1	A	1		0.000	0.000	0.00	
12:0	-	0.000		1	A	1		0.000	0.000	0.00	
13:0		0.000	•	-	Α.	-		3.000	0.000	0.00	
14:0		0.085	5	1	A	1		0.012	0.185	0.00	
15:0		0.035		1	A	1		0.012	0.185	0.00	
16:0		10.714		1	A	1		1.457	23.355	0.48	
17:0		0.105		1	A	1		0.014	0.228	0.48	
18:0	-	6.709		1	A	1		0.014	14.626	0.30	
20:0	-	0.354		1	A	1		0.912	0.772	0.30	
	-			1	A	1		0.048	0.772	0.01	
22:0 24:0	-	0.355	,	1	A	1		0.048	0.775	0.01	

NDB No. 04649 Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening

		<u>Ar</u>	nount in 10	0 grams	Amount in edible portion of common					
				Number				<u>m</u>	easures of food	
Nutrients and Units	i	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	38.870		0	NC	4		5.286	84.737	1.749
14:1	g									
15:1	_									
16:1 undifferentiated	_	0.104		0	AS	1		0.014	0.227	0.005
16:1 c		0.104		1	A	1		0.014	0.227	0.005
16:1 t	_									
17:1		20.602		•					04.455	1 707
18:1 undifferentiated	_	38.603		0	AS	1		5.250	84.155	1.737
18:1 c	•	29.315		1 1	A	1 1		3.987	63.906	1.319
18:1 t	_	9.289			A			1.263	20.250	0.418
20:1	-	0.163		1 1	A A	1 1		0.022	0.355	0.007
22:1 undifferentiated	_	0.000		1	A			0.000	0.000	0.000
24:1 c	_	38.009		0	NC	4		5.169	82.859	1.710
Fatty acids, total polyunsaturated				0	AS	1				
18:2 undifferentiated		34.829 32.239		1	AS A	1		4.737 4.384	75.928 70.280	1.567 1.451
18:2 n-6 c,c 18:2 CLAs	_	32.239		1	A	1		4.384	70.280	1.451
	_									
18:2 c,t 18:2 t,c										
18:2 t,t	_									
18:2 i		2.591		1	A	1		0.352	5.647	0.117
18:2 t not further defined		2.331		-		-		0.552	3.017	0.117
18:3 undifferentiated	_	2.485		0	AS	1		0.338	5.417	0.112
18:4	_	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c		0.000		_		_		0.000	0.000	0.000
20:3 undifferentiated										
20:4 undifferentiated		0.000		1	A	1		0.000	0.000	0.000
20:5 n-3		0.000		1	A	1		0.000	0.000	0.000
22:5 n-3		0.000		1	A	1		0.000	0.000	0.000
22:6 n-3		0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans	_	12.574		0	NC	4		1.710	27.412	0.566
Fatty acids, total trans-monoenoic		9.289		0	NC	4		1.263	20.250	0.418
Fatty acids, total trans-polyenoic		3.285		0	NC	4		0.447	7.162	0.148
Cholesterol		0		0	BFZN	4		0	0	0
Phytosterols		132		0	BFZN	4		18	288	6
Amino Acids:										
Tryptophan	_	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine	_	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine		0.000		0	BFZN	4		0.000	0.000	0.000
Leucine		0.000		0	BFZN	4		0.000	0.000	0.000
Lysine		0.000		0	BFZN	4		0.000	0.000	0.000
Methionine		0.000		0	BFZN	4		0.000	0.000	0.000
Cystine		0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine		0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine		0.000		0	BFZN	4		0.000	0.000	0.000
Valine		0.000		0	BFZN	4		0.000	0.000	0.000
Arginine		0.000		0	BFZN	4		0.000	0.000	0.000
Histidine		0.000		0	BFZN	4		0.000	0.000	0.000
Alanine		0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid		0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid	_	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine		0.000		0	BFZN	4		0.000	0.000	0.000
Proline		0.000		0	BFZN	4		0.000	0.000	0.000
Serine		0.000		0	BFZN	4		0.000	0.000	0.000
Others:										
Alcohol, ethyl	a	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine		0		0	BFZN	4		0	0.0	0
Theobromine		0		0	BFZN	4		0	0	Ö
Carotenoids:	9	ŭ		ŭ		•		·	•	ŭ
Carotenoius.										
Carotene, beta	_	0		0	BFZN	4		0.000	0.000	0.000
Carotene, beta Carotene, alpha Cryptoxanthin, beta	mcg	0 0 0		0 0 0	BFZN BFZN BFZN	4 4 4		0.000 0.000 0.000	0.000 0.000 0.000	0.000

	<u>A</u>	mount in 100 gi	ams of edil	Amount in edible portion of common measures of food				
Nutrients and Units	Mean		Data Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Lycopenemcg Lutein + zeaxanthinmcg	0 0		0 BFZN 0 BFZN	4 4		0.000	0.000 0.000	0.000 0.000

Common Measures:

Measure 1 = 13.6g: 1 tbsp Measure 2 = 218g: 1 cup Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein Fat 8.84 Carbohydrate

Food Group: 04 Fats and Oils

Nutrients and Units Proximates: Water	s	Mean		Number of Data				<u>m</u>	easures of food	•
Proximates: WaterEnergy	s	Mean		of Data						
Water			Std. Error	Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Water										
Energy	q	0.00				4		0.00	0.00	
	_	894			RA	4		114	1833	
Energy		3740				4		479	7668	
Protein		0.00				4		0.00	0.00	
Total lipid (fat)		100.00			RA	4		12.80	205.00	
Ash		0.00				4		0.00	0.00	
Carbohydrate, by difference		0.00				4		0.00	0.00	
Fiber, total dietary		0.0			z	7		0.0	0.0	
Sugars, total		0.00		0	BFZN	4		0.00	0.00	
Starch		0.00		·	DI ZIN	-		0.00	0.00	
Starcii	9									
<u> Minerals:</u>										
Calcium, Ca	mg	0				4		0	0	
Iron, Fe	<u>mg</u>	0.00				4		0.00	0.00	
Magnesium, Mg	mg	0				4		0	0	
Phosphorus, P	mg	0				4		0	0	
Potassium, K	mg	0				4		0	0	
Sodium, Na	mg	0				4		0	0	
Zinc, Zn	mg	0.00				4		0.00	0.00	
Copper, Cu	mg	0.000)			4		0.000	0.000	
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
	ma	0.0						0.0	0.0	
Vitamin C, total ascorbic acid	-					4				
Thiamin		0.000				4		0.000 0.000	0.000	
Riboflavin		0.000				4		0.000	0.000 0.000	
Niacin	-	0.000	,			4		0.000	0.000	
Pantothenic acid	-	0.000				4		0.000	0.000	
Vitamin B-6	-	0.000	,			4		0.000	0.000	
Folic acid		0		0	BFZN	4		0	0	
	-	0		0	BFZN	4		0	0	
Folate, foodFolate, DFE		0		0	NC NC	4		0	0	
Vitamin B-12		0.00		U	NC	4		0.00	0.00	
		0.00				4		0.00	0.00	
Vitamin A, IU Vitamin A, RAE		0		0	NC	4		0	0	
		0		0	BFZN	4		0	0	
Retinol		0.80		0	BFZN	4		0.10	1.65	
Vitamin E (alpha-tocopherol)	-	0.00		0		4		0.10	0.00	
Tocopherol, beta		29.44		0	BFZN BFZN	4		3.77	60.36	
Tocopherol, gamma Tocopherol, delta		16.68		0	BFZN	4		2.14	34.20	
Vitamin D		10.00		U	DF ZN	-		2.14	34.20	
Vitamin K (phylloquinone)		43.0		0	BFZN	4		5.5	88.2	
Lipids:										
Fatty acids, total saturated	g	23.950)		A	1		3.066	49.098	
4:0	g	0.000)		A	1		0.000	0.000	
6:0	g	0.000)		A	1		0.000	0.000	
8:0	g	0.000)		A	1		0.000	0.000	
10:0	_	0.000)		A	1		0.000	0.000	
12:0	g	0.090)		A	1		0.012	0.185	
13:0	g									
14:0	g	0.130)		A	1		0.017	0.267	
15:0	g									
16:0	g	11.060)		A	1		1.416	22.673	
17:0	g									
18:0		12.210)		A	1		1.563	25.031	
20:0										
22:0	g									

	<u>An</u>	nount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common		
Note to the send that's	M	Std. Error	Number of Data		Source Code	Confidence Code	_	easures of food	•
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Oode	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	59.560			A	1		7.624	122.098	
14:1	33.300			n	-		7.024	122.096	
15:1									
16:1 undifferentiated	0.050			A	1		0.006	0.103	
17:1g	0.000				_		0.000	0.100	
18:1 undifferentiated	59.440			A	1		7.608	121.852	
20:1g	0.040			A	1		0.005	0.082	
22:1 undifferentiatedg	0.000			A	1		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturatedg	12.090			A	1		1.548	24.785	
18:2 undifferentiatedg	11.950			A	1		1.530	24.498	
18:3 undifferentiated	0.140			A	1		0.018	0.287	
18:4g	0.000			A	1		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000			A	1		0.000	0.000	
20:5 n-3g	0.000			A	1		0.000	0.000	
22:5 n-3g	0.000			A	1		0.000	0.000	
22:6 n-3g	0.000			A	1		0.000	0.000	
Fatty acids, total transg									
Cholesterol mg	0			RA	4		0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0			Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, betamcg	0		0	BFZN	4		0.000	0.000	
Carotene, alpha mcg	0		0	BFZN	4		0.000	0.000	
Cryptoxanthin, beta mcg	0		0	BFZN	4		0.000	0.000	
Lycopene mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin mcg	0		0	BFZN	4		0.000	0.000	

Common Measures:

Measure 1 = 12.8g: 1 tbsp Measure 2 = 205g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 04 Fats and Oils

NDB No. 04595 Shortening, multipurpose, soybean (hydrogenated) and palm (hydrogenated)

		<u>A</u>	mount in 100 gram	s of edi	ole portio	<u>on</u>	Amount in edible portion of common			
			Numbe	er			<u>m</u>	easures of food	<u></u>	
			of Dat	a Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	0.00	1		1		0.00	0.00		
Energy	kcal	884	0	NC	4		113	1812		
Energy		3699			4		473	7582		
Protein (N x 0)	g	0.00	1		1		0.00	0.00		
Total lipid (fat)	g	100.00	1		1		12.80	205.00		
Ash	g	0.00	1		1		0.00	0.00		
Carbohydrate, by difference	g	0.00	0		1		0.00	0.00		
Fiber, total dietary	g	0.0	0		4		0.0	0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	0	0		4		0	0		
Iron, Fe	-	0.00	0		4		0.00	0.00		
Magnesium, Mg		0	0		4		0	0		
Phosphorus, P		0	0		4		0	0		
Potassium, K	-	0	0		4		0	0		
Sodium, Na		0	0		4		0	0		
Zinc, Zn	mg	0.00	0		4		0.00	0.00		
Copper, Cu	mg	0.000	0		4		0.000	0.000		
Manganese, Mn		0.000			4		0.000	0.000		
Selenium, Se	mcg	0.0	0	Z	7		0.0	0.0		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0	0		4		0.0	0.0		
Thiamin		0.000			4		0.000	0.000		
Riboflavin		0.000			4		0.000	0.000		
Niacin		0.000			4		0.000	0.000		
Pantothenic acid	-	0.000			4		0.000	0.000		
Vitamin B-6		0.000	0		4		0.000	0.000		
Folate, total	-	0	0		4		0	0		
Folic acid		0	0	Z	7		0	0		
Folate, food	mcg	0	0		4		0	0		
Folate, DFE	mcg_DFE	0	0	NC	4		0	0		
Vitamin B-12	mcg	0.00	0		4		0.00	0.00		
Vitamin A, IU		0	0		4		0	0		
Vitamin A, RAE		0	0		4		0	0		
Retinol		0	0	Z	7		0	0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
vitanini K (phynodunione)	g									
<u>Lipids:</u>										
Fatty acids, total saturated		30.423	0		1		3.894	62.367		
4:0	-									
6:0					_					
8:0		0.101			1		0.013	0.207		
10:0		0.101			1 1		0.013	0.207		
12:0		0.403	. 1		1		0.052	0.826		
13:0 14:0	_	0.403	3 1		1		0.052	0.826		
15:0	_	0.403	, 1		_		0.052	0.826		
16:0	_	19.442	2 1		1		2.489	39.856		
17:0	-	17.742			-		2.403	33.030		
18:0	_	9.973	3 1		1		1.277	20.445		
20:0	-	/-	-		-			_0.445		
22:0	_									
24:0	-									

NDB No. 04595 Shortening, multipurpose, soybean (hydrogenated) and palm (hydrogenated)

	<u>Ar</u>	mount in 100 grams	of edible portio	<u>on</u>	Amount in edible portion of common			
		Number of Data	Deriv Source	Confidence	<u>m</u>	easures of food		
Nutrients and Units	Mean	Std. Error Points	Code Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	50.973	0	1		6.525	104.495		
14:19	30.373	v	-		0.323	104.493		
15:1								
16:1 undifferentiated. 9								
17:1g								
18:1 undifferentiated	50.973	1	1		6.525	104.495		
20:1g								
22:1 undifferentiatedg								
24:1 cg								
Fatty acids, total polyunsaturated9	14.204	0	1		1.818	29.118		
18:2 undifferentiatedg	13.600	1	1		1.741	27.880		
18:3 undifferentiatedg	0.604	1	1		0.077	1.238		
18:4g								
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg								
20:5 n-3g								
22:5 n-3g								
22:6 n-3g								
Fatty acids, total trans9								
Cholesterol m	•	0	4		0	0		
Phytosterols m	g							

Common Measures:

Measure 1 = 12.8g: 1 tbsp Measure 2 = 205g: 1 cup

Calories Factors: Protein Fat 8.84 Carbohydrate

Food Group: 04 Fats and Oils

NDB No. 04587 Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed

		<u>A</u> 1	mount in 100 g	grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
			Nι	umber	•			<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	0.00		1	A	1		0.00	0.00		
Energy	kcal	884		0	NC	4		113	1812		
Energy	kj	3699				4		473	7582		
Protein (N x 0)		0.00		1		1		0.00	0.00		
Total lipid (fat)	g	100.00	0.000	6	A	1		12.80	205.00		
Ash		0.00		1		1		0.00	0.00		
Carbohydrate, by difference		0.00		0		1		0.00	0.00		
Fiber, total dietary		0.0		0		4		0.0	0.0		
Sugars, total		0.00		0	z	7		0.00	0.00		
Starch		0.00		•	_	•		0.00	0.00		
Starcii	9										
Minerals:											
Calcium, Ca	mg	0		0		4		0	0		
Iron, Fe	mg	0.00		0		4		0.00	0.00		
Magnesium, Mg	mg	0		0		4		0	0		
Phosphorus, P		0		0		4		0	0		
Potassium, K	mg	0		0		4		0	0		
Sodium, Na	mg	0		0		4		0	0		
Zinc, Zn	mg	0.00		0		4		0.00	0.00		
Copper, Cu	mg	0.000)	0		4		0.000	0.000		
Manganese, Mn		0.000)	0		4		0.000	0.000		
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0		
7*4											
/itamins:				_		_					
Vitamin C, total ascorbic acid	-	0.0		0		4		0.0	0.0		
Thiamin	-	0.000		0		4		0.000	0.000		
Riboflavin		0.000		0		4		0.000	0.000		
Niacin		0.000		0		4		0.000	0.000		
Pantothenic acid		0.000		0		4		0.000	0.000		
Vitamin B-6	-	0.000)	0		4		0.000	0.000		
Folate, total		0		0	Z	7		0	0		
Folic acid		0		0	Z	7		0	0		
Folate, food		0		0	Z	7		0	0		
Folate, DFE	mcg_DFE	0		0	NC	4		0	0		
Vitamin B-12		0.00		0		4		0.00	0.00		
Vitamin A, IU	IU	0		0	AS	1		0	0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0		
Retinol	mcg	0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)	mg	0.80	0.804	7	A	1		0.10	1.65		
Tocopherol, beta		0.00	0.000	6	A	1		0.00	0.00		
Tocopherol, gamma	mg	29.44	5.320	7	A	1		3.77	60.36		
Tocopherol, delta		16.68	3.339	7	A	1		2.14	34.20		
Vitamin D											
Vitamin K (phylloquinone)	mcg	43.0		1	CAZN	4		5.5	88.2		
11.3											
<u>lipids:</u>	_					_			50 100		
Fatty acids, total saturated	-	28.843	3	0		1		3.692	59.128		
4:0	-										
6:0	_										
8:0	_										
10:0	-										
12:0	_										
13:0	_	0.450		1		1		0.050	0 000		
14:0	_	0.450	,	1		1		0.058	0.923		
15:0		00 000	•					0.004	45 051		
16:0		23.392	:	1		1		2.994	47.954		
17:0		F 00-							40		
18:0		5.001	-	1		1		0.640	10.252		
20:0											
22:0	~										

NDB No. 04587 Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed

	An	nount in 100 gr	ams of ed	<u>n</u>	Amount in edible portion of common			
Nutrients and Units	Mean	Nun of E Std. Error Poi	ata Deriv		Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	29.583		0	1		3.787	60.645	
14:1g								
15:1g 16:1 undifferentiatedg	0.230		1	1		0.029	0.472	
17:1g	0.230		-	-		0.023	0.472	
18:1 undifferentiated	29.353		1	1		3.757	60.174	
20:1g						5.757	001271	
22:1 undifferentiated								
24:1 cg								
Fatty acids, total polyunsaturated	37.174		0	1		4.758	76.207	
18:2 undifferentiatedg	33.984		1	1		4.350	69.667	
18:3 undifferentiatedg	3.190		1	1		0.408	6.540	
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								
Cholesterolmg	0		0	4		0	0	
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0		0 z	7		0.0	0.0	
Caffeine mg	0		0 z	7		0	0	
Theobromine mg	0		0 z	7		0	0	
Carotenoids:								
Carotene, betamcg	0		0 z	7		0.000	0.000	
Carotene, alphamcg	0		0 Z	7		0.000	0.000	
Cryptoxanthin, beta mcg	0		0 z	7		0.000	0.000	
Lycopene mcg	0		0 z	7		0.000	0.000	
Lutein + zeaxanthin mcg	0		0 z	7		0.000	0.000	

Common Measures:

Measure 1 = 12.8g: 1 tbsp Measure 2 = 205g: 1 cup

Calories Factors: Protein Fat 8.84 Carbohydrate

Food Group: 04 Fats and Oils

NDB No. 04586 Shortening, special purpose for cakes and frostings, soybean (hydrogenated)

		<u>A</u> 1	mount in 10	u grams	ot edil	ole portic	<u>on</u>	Amount in edible portion of common			
			!	Number	-			<u>m</u>	easures of food	_	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Droximatos											
Proximates: Water	a	0.00		1	A	1		0.00	0.00		
Energy	_	884		0	NC	4		113	1812		
Energy		3699				4		473	7582		
Protein (N x 0)		0.00		1		1		0.00	0.00		
Total lipid (fat)		100.00	0.00		A	1		12.80	205.00		
Ash	_	0.00		1		1		0.00	0.00		
Carbohydrate, by difference		0.00		0		1		0.00	0.00		
Fiber, total dietary		0.0		0		4		0.0	0.0		
Sugars, total		0.00		0	Z	7		0.00	0.00		
Starch											
Minerals:											
Calcium, Ca	-	0		0		4		0	0		
Iron, Fe	-	0.00		0		4		0.00	0.00		
Magnesium, Mg		0		0		4		0	0		
Phosphorus, P		0		0		4		0 0	0 0		
Potassium, K		0		0 0		4		0	0		
Sodium, NaZinc, Zn		0.00		0		4		0.00	0.00		
Copper, Cu		0.000	1	0		4		0.000	0.000		
Manganese, Mn		0.000		0		4		0.000	0.000		
Selenium, Se		0.0	,	0	Z	7		0.0	0.0		
/itamins:											
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0		
Thiamin		0.000)	0		4		0.000	0.000		
Riboflavin		0.000		0		4		0.000	0.000		
Niacin		0.000		0		4		0.000	0.000		
Pantothenic acid		0.000		0		4		0.000	0.000		
Vitamin B-6	-	0.000)	0		4		0.000	0.000		
Folate, total		0		0	Z	7		0	0		
Folic acid		0		0	Z	7		0	0		
Folate, food		0		0	Z	7		0	0		
Folate, DFE		0		0	NC	4		0	0		
Vitamin B-12		0.00		0		4 1		0.00 0	0.00		
Vitamin A, IU Vitamin A, RAE		0		0	AS NC	4		0	0		
Retinol		0		0	NC Z	7		0	0		
Vitamin E (alpha-tocopherol)		0.80	0.80		A	1		0.10	1.65		
Tocopherol, beta	9	0.00	0.00		A	1		0.10	0.00		
Tocopherol, gamma		29.44	5.32		A	1		3.77	60.36		
Tocopherol, delta		16.68	3.32		A	1		2.14	34.20		
Vitamin D		20.00	3.33			_		2.11	34.20		
Vitamin K (phylloquinone)		43.0		1	CAZN	4		5.5	88.2		
<u> </u>											
Fatty acids, total saturated		20.001	L	0		1		2.560	41.002		
4:0											
6:0	_										
8:0	-										
10:0											
12:0											
13:0 14:0											
15:0	-										
16:0		9.666	5	1		1		1.237	19.815		
17:0		2.000	-	-		-		1.231	19.013		
18:0		10.335	5	1		1		1.323	21.187		
20:0		10.550	-	-		-		2.323			
22:0											
24:0											

NDB No. 04586 Shortening, special purpose for cakes and frostings, soybean (hydrogenated)

		<u>Ar</u>	nount in 10	00 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
				Number of Data		Source	Confidence	measures of food			
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	_	36.555		0		1		4.679	74.938		
14:1	-										
15:1 16:1 undifferentiated											
	_										
17:1 18:1 undifferentiated		36.555		1		1		4.679	74.938		
20:1		30.333		1		1		4.079	14.530		
22:1 undifferentiated	_										
24:1 c											
Fatty acids, total polyunsaturated		37.991		0		1		4.863	77.882		
18:2 undifferentiated		35.790		1		1		4.581	73.370		
18:3 undifferentiated		2.201		1		1		0.282	4.512		
18:4	•	2.201		_		-		0.202	1.512		
20:2 n-6 c.c.	-										
20:3 undifferentiated.	-										
20:4 undifferentiated											
20:5 n-3	-										
22:5 n-3	_										
22:6 n-3											
Fatty acids, total trans	g										
Cholesterol		0		0		4		0	0		
Phytosterols	mg										
Others:											
Alcohol, ethyl	g	0.0		0	Z	7		0.0	0.0		
Caffeine	mg	0		0	Z	7		0	0		
Theobromine	mg	0		0	Z	7		0	0		
Carotenoids:											
Carotene, beta	mcg	0		0	z	7		0.000	0.000		
Carotene, alpha		0		0	z	7		0.000	0.000		
Cryptoxanthin, beta		0		0	z	7		0.000	0.000		
Lycopene	mcg	0		0	z	7		0.000	0.000		
Lutein + zeaxanthin		0		0	z	7		0.000	0.000		

Common Measures:

Measure 1 = 12.8g: 1 tbsp Measure 2 = 205g: 1 cup

Calories Factors: Protein Fat 8.84 Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u>	mount in 100	<u>grams</u>	of edil	ole portio	<u>on</u>	Amount in edible portion of common			
			I	Number	•			<u>m</u>	easures of food	i	
				of Data		Source	Confidence				
Nutrients and Unit	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	0.00		1		1		0.00	0.00	0.00	
Energy	kcal	884		0	NC	4		124	1927	40	
Energy	kj	3699				4		518	8063	166	
Protein (N x 0)	g	0.00		1		1		0.00	0.00	0.00	
Total lipid (fat)	g	100.00		1		1		14.00	218.00	4.50	
Ash	g	0.00		1		1		0.00	0.00	0.00	
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0	
Sugars, total	g										
Starch	g										
Minerals:											
Calcium, Ca	_	0		0		4		0	0	0	
Iron, Fe.	_	0.00		0		4 4		0.00	0.00	0.00	
Magnesium, Mg		0		0		4		0 0	0	0 0	
Phosphorus, P Potassium, K	_	0		0 0		4		0	0	0	
Sodium, Na		0		0		4		0	0	0	
Zinc, Zn		0.00		0		4		0.00	0.00	0.00	
Copper, Cu		0.000)	0		4		0.000	0.000	0.00	
Manganese, Mn		0.000		0		4		0.000	0.000	0.00	
Selenium, Se		0.0		0	z	7		0.0	0.0	0.0	
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0	
Thiamin	mg	0.000)	0		4		0.000	0.000	0.00	
Riboflavin	mg	0.000)	0		4		0.000	0.000	0.00	
Niacin	mg	0.000)	0		4		0.000	0.000	0.00	
Pantothenic acid	mg	0.000		0		4		0.000	0.000	0.00	
Vitamin B-6	-	0.000)	0		4		0.000	0.000	0.00	
Folate, total		0		0		4		0	0	0	
Folic acid		0		0	Z	7		0	0	0	
Folate, food		0		0		4		0	0	0	
Folate, DFE		0		0	NC	4		0	0	0	
Vitamin B-12		0.00		0		4		0.00	0.00	0.00	
Vitamin A, IU		0		0		4		0	0	0	
Vitamin A, RAE		0		0 0	Z	4 7		0 0	0	0	
Vitamin E (alpha-tocopherol)		U		U	4	,		U	U	U	
Tocopherol, beta	 ma										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
Lipids:											
Fatty acids, total saturated	g	11.560)	0		1		1.618	25.201	0.52	
4:0											
6:0	_										
8:0	_										
10:0	-										
12:0 13:0											
14:0	_										
15:0	_										
16:0	_	10.900)	2		1		1.526	23.762	0.49	
17:0	-	10.500	-	_		-		1.520	23.702	0.43	
18:0		0.660)	2		1		0.092	1.439	0.03	
20:0		5.000	-	-		-		0.032	1.433	0.00	
22:0	_										
24:0	-										

		<u>Ar</u>	nount in 100 gram	s of edible port	ion	Amount in edible portion of common			
			Numbe of Data	er a Deriv Sourc	e Confidence	<u>m</u>	easures of food		
Nutrients and Units	5	Mean	Std. Error Points	Code Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated		70.554	0	1		9.878	153.808	3.175	
14:1									
15:1		2.665	2	1		0.373	5.810	0.120	
17:1		2.003	2	_		0.373	3.810	0.120	
18:1 undifferentiated.		67.889	2	1		9.504	147.998	3.055	
20:1	• • • • • • • • • • • • • • • • • • • •								
22:1 undifferentiated									
24:1 c	g								
Fatty acids, total polyunsaturated	g	13.486	0	1		1.888	29.399	0.607	
18:2 undifferentiated	g	12.530	2	1		1.754	27.315	0.564	
18:3 undifferentiated	g	0.957	2	1		0.134	2.086	0.043	
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	-								
Phytosterols	mg								

Common Measures:

Measure 1 = 14.0g: 1 tbsp Measure 2 = 218g: 1 cup Measure 3 = 4.5g: 1 1tsp

Calories Factors: Protein Fat 8.84 Carbohydrate

Food Group: 04 Fats and Oils

low erucic acid rapeseed oil

		<u>A</u>	mount in 100	grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common		
			N	lumber					easures of food	
					Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error F	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	g	0.00		1		1		0.00	0.00	0.00
Energy		884		0	NC	4		124	1927	40
Energy		3699		0	NC	4		518	8063	166
Protein (N x 0)		0.00		1		1		0.00	0.00	0.00
Total lipid (fat)		100.00		1		1		14.00	218.00	4.50
Ash		0.00		1		1		0.00	0.00	0.00
Carbohydrate, by difference		0.00		0		1		0.00	0.00	0.00
Fiber, total dietary		0.0		0		4		0.0	0.0	0.0
Sugars, total		0.00		0	z	7		0.00	0.00	0.00
Starch										
Minerals:	_									
Calcium, Ca	ma	0		0		4		0	0	0
Iron, Fe	_	0.00		ō		4		0.00	0.00	0.00
Magnesium, Mg		0		Ō		4		0	0	0
Phosphorus, P		0		0		4		0	0	0
Potassium, K	-	0		Ō		4		0	0	0
Sodium, Na		0		0		4		0	0	0
Zinc, Zn		0.00		0		4		0.00	0.00	0.00
Copper, Cu		0.000)	0		4		0.000	0.000	0.00
Manganese, Mn.		0.000		0		4		0.000	0.000	0.00
Selenium, Se		0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000)	0		4		0.000	0.000	0.00
Riboflavin	mg	0.000)	0		4		0.000	0.000	0.00
Niacin	mg	0.000)	0		4		0.000	0.000	0.00
Pantothenic acid	mg	0.000)	0		4		0.000	0.000	0.00
Vitamin B-6	mg	0.000)	0		4		0.000	0.000	0.00
Folate, total	mcg	0		0	Z	7		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food		0		0	Z	7		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12		0.00		0		4		0.00	0.00	0.00
Vitamin A, IU	IU	0		0	AS	1		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	0
Retinol		0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	17.10	1.506	5 7	A	1		2.39	37.28	0.77
Tocopherol, beta		0.02	0.016	5 7	A	1		0.00	0.03	0.00
Tocopherol, gamma	mg	30.35	3.104	1 7	A	1		4.25	66.16	1.37
Tocopherol, delta	mg	0.97	0.098	3 7	A	1		0.14	2.11	0.04
Vitamin D										
Vitamin K (phylloquinone)	mcg	122.0	3.157	7 4	A	1		17.1	265.9	5.5
Lipids:			_							
Fatty acids, total saturated		7.100		0		1		0.994	15.478	0.32
4:0	-	0.000		0		1		0.000	0.000	0.00
6:0		0.000		0		1		0.000	0.000	0.00
8:0	_	0.000		0		1		0.000	0.000	0.00
10:0		0.000		0		1		0.000	0.000	0.00
12:0		0.000	J	0		1		0.000	0.000	0.00
13:0	-			_		_				
14:0		0.000	J	0		1		0.000	0.000	0.00
15:0	_		_			_				_
16:0	_	4.000)	45		1		0.560	8.720	0.18
17:0	_		_			_		_		_
18:0	_	1.800		45		1		0.252	3.924	0.08
20:0		0.700		1		1		0.098	1.526	0.03
22:0	-	0.400		1		1		0.056	0.872	0.01
24:0	g	0.200)	1		1		0.028	0.436	0.00

		<u>Ar</u>	nount in 10			Amount in 100 grams of edible portion Number								
Nutrients and Un	its	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3				
Fatty acids, total monounsaturated.		58.900		0		1		8.246	128.402	2.651				
14:1														
15:1		0.000		00				0.000	0 426	0.000				
16:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.200		22		1		0.028	0.436	0.009				
17:1 18:1 undifferentiated	-	56.100		45		1		7.854	122.298	2.525				
20:1		1.700		22		1		7.854 0.238	3.706	0.077				
22:1 undifferentiated	_	0.600		45		1		0.238	1.308	0.077				
24:1 c	•	0.600		45		1		0.064	1.306	0.027				
Fatty acids, total polyunsaturated		29.600		0		1		4.144	64.528	1.332				
18:2 undifferentiated		20.300		45		1		2.842	44.254	0.914				
18:3 undifferentiated	• • • • • • • • • • • • • • • • • • • •	9.300		45		1		1.302	20.274	0.419				
18:4	-	0.000		0		1		0.000	0.000	0.000				
20:2 n-6 c.c.	-	0.000		Ū		-		0.000	0.000	0.000				
20:3 undifferentiated														
20:4 undifferentiated	_	0.000		0		1		0.000	0.000	0.000				
20:5 n-3		0.000		0		1		0.000	0.000	0.000				
22:5 n-3		0.000		0		1		0.000	0.000	0.000				
22:6 n-3		0.000		0		1		0.000	0.000	0.000				
Fatty acids, total trans				•		_		0.000	0.000					
Cholesterol	-	0		0		4		0	0	0				
Phytosterols	• • • • • • • • • • • • • • • • • • • •													
Others:														
Alcohol, ethyl	q	0.0		0	z	7		0.0	0.0	0.0				
Caffeine	-	0		0	z	7		0	0	0				
Theobromine	_	0		0	z	7		0	0	0				
Carotenoids:														
Carotene, beta	mcg	0		0	Z	7		0.000	0.000	0.000				
Carotene, alpha	-	0		0	z	7		0.000	0.000	0.000				
Cryptoxanthin, beta		0		0	z	7		0.000	0.000	0.000				
Lycopene		0		0	z	7		0.000	0.000	0.000				
Lutein + zeaxanthin		0		0	z	7		0.000	0.000	0.000				

Common Measures:

Measure 1 = 14.0g: 1 tbsp Measure 2 = 218g: 1 cup Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein Fat 8.84 Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u>	mount in 10	0 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
				Number	•			<u>m</u>	easures of food	<u> </u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	0.00		1		1		0.00	0.00	0.00	
Energy	kcal	862		0	NC	4		117	1879	39	
Energy	kj	3607				4		490	7862	162	
Protein (N x 0)	g	0.00		0		4		0.00	0.00	0.00	
Total lipid (fat)	g	100.00		1		1		13.60	218.00	4.50	
Ash	g	0.00		1		1		0.00	0.00	0.00	
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00	
Starch	g										
Minerals:											
Calcium, Ca	ma	0		1		1		0	0	0	
Iron. Fe.	-	0.04		1		1		0.01	0.09	0.00	
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	0.04		1		1		0.01	0.03	0.00	
Phosphorus, P		0		1		1		0	0	0	
Potassium, K	-	0		1		1		0	0	0	
Sodium. Na		0		1		1		0	0	0	
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.00		1		1		0.00	0.00	0.00	
Copper, Cu	-	0.000)	0		4		0.000	0.000	0.00	
Manganese, Mn		0.000)	0		4		0.000	0.000	0.00	
Selenium, Se		0.0		0	Z	7		0.0	0.0	0.0	
Vitamina											
Vitamins:	ma ar							0.0			
Vitamin C, total ascorbic acid	-	0.0		1 1		1 1		0.0	0.0	0.0	
Thiamin	-	0.000		1		1		0.000 0.000	0.000		
Riboflavin		0.000		1		1		0.000	0.000 0.000	0.00	
Niacin	-	0.000		1		1		0.000	0.000	0.00	
Pantothenic acid Vitamin B-6	-	0.000		1		1		0.000	0.000	0.00	
	-	0.000	,	1		1		0.000	0.000	0.00	
Folic acid		0		0	z	7		0	0	0	
Folate, food		0		1		1		0	0	0	
Folate, DFE		0		0	NC	4		Ö	0	0	
Vitamin B-12		0.00		1	МС	1		0.00	0.00	0.00	
Vitamin A, IU		0.00		0	AS	1		0.00	0	0.00	
Vitamin A, RAE		0		0	AS	1		0	0	0	
Retinol		0		0	Z	7		0	0	0	
Vitamin E (alpha-tocopherol)		0.09		1	A	1		0.01	0.20	0.00	
Tocopherol, beta		0.00		1	A	1		0.00	0.00	0.00	
Tocopherol, gamma		0.20		1	A	1		0.03	0.44	0.01	
Tocopherol, delta		0.00		1	A	1		0.00	0.00	0.00	
Vitamin D											
Vitamin K (phylloquinone)		0.5		1	A	1		0.1	1.1	0.0	
Lipids:	~	06 506		•				11 764	100 570	2 00	
Fatty acids, total saturated	-	86.500 0.000		0 0		1 1		11.764	188.570	3.89 0.00	
4:0		0.600		19		1		0.000 0.082	0.000 1.308	0.00	
6:0 8:0		7.500		19 19		1		1.020	16.350	0.02	
10:0		6.000		19		1		0.816	13.080	0.33	
12:0	_	44.600		19		1		6.066	97.228	2.00	
13:0		44.000	-			-		0.000	31.220	2.00	
14:0	-	16.800)	19		1		2.285	36.624	0.75	
15:0	-	_0.000				-		2.203	30.024	0.75	
16:0	-	8.200)	19		1		1.115	17.876	0.36	
17:0		5.200				-			_,,	0.50	
18:0	_	2.800)	19		1		0.381	6.104	0.12	
20:0	-					-		3.301	0.104		
22:0	_										
24:0	_										

		<u>Ar</u>	nount in 10	00 grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
				Number		_			easures of food		
Nutrients and	Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsature	ated 0	5.800		0		1		0.789	12.644	0.261	
14:1											
15:1	_										
16:1 undifferentiated	-	0.000		0		1		0.000	0.000	0.000	
17:1		5.800		19		1		0.789	12.644	0.261	
18:1 undifferentiated 20:1		0.000		0		1		0.789	0.000	0.201	
22:1 undifferentiated		0.000		0		1		0.000	0.000	0.000	
24:1 c	•	0.000		Ū		-		0.000	0.000	0.000	
Fatty acids, total polyunsaturat		1.800		0		1		0.245	3.924	0.081	
18:2 undifferentiated		1.800		19		1		0.245	3.924	0.081	
18:3 undifferentiated		0.000		0		1		0.000	0.000	0.000	
18:4	g	0.000		0		1		0.000	0.000	0.000	
20:2 n-6 c,c	g										
20:3 undifferentiated	g										
20:4 undifferentiated	g	0.000		0		1		0.000	0.000	0.000	
20:5 n-3	g	0.000		0		1		0.000	0.000	0.000	
22:5 n-3	-	0.000		0		1		0.000	0.000	0.000	
22:6 n-3	_	0.000		0		1		0.000	0.000	0.000	
Fatty acids, total trans								_	_		
Cholesterol		0		1		1		0	0	0	
Phytosterols	mg	86	1.5	61 19		1		12	187	4	
Amino Acids:											
Tryptophan	g	0.000		0		1		0.000	0.000	0.000	
Threonine	-	0.000		0		1		0.000	0.000	0.000	
Isoleucine	_	0.000		0		1		0.000	0.000	0.000	
Leucine		0.000		0		1		0.000	0.000	0.000	
Lysine		0.000		0		1		0.000	0.000	0.000	
Methionine		0.000		0		1		0.000	0.000	0.000	
Cystine		0.000		0		1		0.000	0.000	0.000	
Phenylalanine		0.000		0 0		1 1		0.000	0.000	0.000	
TyrosineValine	-	0.000 0.000		0		1		0.000 0.000	0.000 0.000	0.000	
Arginine	_	0.000		0		1		0.000		0.000	
Histidine	_	0.000		0		1		0.000	0.000 0.000	0.000	
Alanine	_	0.000		0		1		0.000	0.000	0.000	
Aspartic acid		0.000		0		1		0.000	0.000	0.000	
Glutamic acid	_	0.000		0		1		0.000	0.000	0.000	
Glycine		0.000		0		1		0.000	0.000	0.000	
Proline		0.000		0		1		0.000	0.000	0.000	
Serine	_	0.000		0		1		0.000	0.000	0.000	
Hydroxyproline											
Othous.											
Others:	a	0.0		0		7		0.0	0.0	0.0	
Alcohol, ethyl		0.0		0	Z	7		0.0	0.0	0.0	
Theobromine	_	0		0	Z	7		0	0	0	
Carotenoids:	g	· ·		v		,		ŭ	· ·	Ū	
				_	_	_					
Carotene, beta		0		1 0	A Z	1 7		0.000 0.000	0.000 0.000	0.000	
Carotene, alpha Cryptoxanthin, beta		0		0	Z	7		0.000	0.000	0.000	
	iiicA	U		U	4	,		0.000	0.000	0.000	
Lycopene	mca	0		0	Z	7		0.000	0.000	0.000	

Common Measures:

Measure 1 = 13.6g: 1 tbsp Measure 2 = 218g: 1 cup Measure 3 = 4.5g: 1 tsp NDB No. 04047 Vegetable oil, coconut

Calories Factors: Protein Fat 8.62 Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u>	mount in 100	grams	of edil	ole portio	<u>on</u>	Amount in	edible portion	of common
			ı	Number				m	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	0.00		1		1		0.00	0.00	0.00
Energy	-	884		0	NC	4		124	1927	40
Energy		3699				4		518	8063	166
Protein (N x 0)	=	0.00		1		1		0.00	0.00	0.00
Total lipid (fat)		100.00		1		1		14.00	218.00	4.50
Ash		0.00		1		1		0.00	0.00	0.00
Carbohydrate, by difference		0.00		0		1		0.00	0.00	0.00
Fiber, total dietary		0.0		0		4		0.0	0.0	0.0
Sugars, total										
Starch										
Minerals:	ma	0		^		4		0	^	0
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	0.00		0		4		0.00	0 0.00	0.0
Magnesium, Mg	_	0.00		0		4		0.00	0.00	0.0
Phosphorus, P		0		0		4		0	0	0
Potassium, K	_	0		0		4		0	0	0
Sodium, Na		0		0		4		0	0	0
Zinc, Zn		0.00		0		4		0.00	0.00	0.0
Copper, Cu		0.000)	0		4		0.000	0.000	0.0
Manganese, Mn	mg	0.000)	0		4		0.000	0.000	0.0
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	_	0.000		0		4		0.000	0.000	0.0
Riboflavin		0.000		0		4		0.000	0.000	0.00
Niacin	_	0.000		0		4		0.000	0.000	0.0
Pantothenic acid		0.000		0		4		0.000	0.000	0.0
Vitamin B-6	-	0.000)	0		4		0.000	0.000	0.0
Folate, total		0 0		0	z	4 7		0 0	0	0 0
Folic acid		0		0	Z	4		0	0	0
Folate, DFE		0		0	NC	4		0	0	0
Vitamin B-12		0.00		0	NC	4		0.00	0.00	0.0
Vitamin A, IU		0.00		0		4		0.00	0	0.0
Vitamin A, RAE		0		0		4		0	0	0
Retinol		0		0	z	7		0	0	0
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
<u>Lipids:</u>										
Fatty acids, total saturated		11.582	2	0		1		1.621	25.249	0.5
4:0										
6:0										
8:0	-									
10:0 12:0										
13:0										
14:0		1.388	3	2		1		0.194	3.026	0.0
15:0		1.500	-	2		-		0.134	5.020	0.0
16:0		3.750)	2		1		0.525	8.175	0.1
17:0		3.730	-	_		_		0.323	0.173	V.1
18:0	-	1.119	9	2		1		0.157	2.439	0.0
20:0	-			=		•			,	•
22:0	-									
24:0	-									

	<u>Aı</u>	nount in 100 grams	<u>on</u>		edible portion		
		Numbe of Data	r ı Deriv Source	Confidence	<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error Points		Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	59.187	0	1		8.286	129.028	2.663
14:1g							
15:1	0.216	2	1		0.030	0.471	0.010
18:1 undifferentiated	11.607	2	1		1.625	25.303	0.522
20:1g	6.190	2	1		0.867	13.494	0.279
22:1 undifferentiatedg	41.175	2	1		5.765	89.762	1.853
24:1 cg							
Fatty acids, total polyunsaturated9	21.230	0	1		2.972	46.281	0.955
18:2 undifferentiatedg	15.332	2	1		2.146	33.424	0.690
18:3 undifferentiated	5.899	2	1		0.826	12.860	0.265
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							
Phytosterolsmg							

Common Measures:

Measure 1 = 14.0g: 1 tbsp Measure 2 = 218g: 1 cup Measure 3 = 4.5g: 1 1tsp

Calories Factors: Protein Fat 8.84 Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u>	mount in 100 g	grams o	or ear	ole portio	<u>n</u>	Amount in edible portion of common			
			Nι	umber				m	easures of food	<u> </u>	
				f Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	q	0.00		1		1		0.00	0.00	0.0	
Energy		884		0	NC	4		120	1927	40	
Energy		3699				4		503	8063	166	
Protein (N x 0)		0.00		1		1		0.00	0.00	0.0	
Total lipid (fat)		100.00		1		1		13.60	218.00	4.5	
Ash		0.00		1		1		0.00	0.00	0.0	
		0.00		0		1		0.00	0.00	0.0	
Carbohydrate, by difference		0.00		0		4		0.00		0.0	
Fiber, total dietary					_				0.0		
Sugars, total		0.00		0	Z	7		0.00	0.00	0.0	
Starch	g										
<u> Minerals:</u>											
Calcium, Ca	mg	0		0		4		0	0	0	
Iron, Fe	mg	0.00		0		4		0.00	0.00	0.0	
Magnesium, Mg	mg	0		0		4		0	0	0	
Phosphorus, P	mg	0		0		4		0	0	0	
Potassium, K	mg	0		0		4		0	0	0	
Sodium, Na	mg	0		0		4		0	0	0	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	0.0	
Copper, Cu		0.000)	0		4		0.000	0.000	0.0	
Manganese, Mn		0.000)	0		4		0.000	0.000	0.0	
Selenium, Se		0.0		0	Z	7		0.0	0.0	0.0	
/itamins:											
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0	
Thiamin		0.000)	0		4		0.000	0.000	0.0	
Riboflavin		0.000		0		4		0.000	0.000	0.0	
Niacin		0.000		0		4		0.000	0.000	0.0	
Pantothenic acid	-	0.000		0		4		0.000	0.000	0.0	
Vitamin B-6		0.000		0		4		0.000	0.000	0.0	
Folate, total	-	0	•	0	z	7		0	0.000	0	
Folic acid		0		0	z	7		0	0	0	
Folate, food		0		0	z	7		0	0	0	
Folate, DFE		0		0	NC	4		0	0	0	
Vitamin B-12		0.00		0	NC	4		0.00	0.00	0.0	
Vitamin A, IU		0.00		0		4		0.00	0.00	0.0	
Vitamin A, RAE	med DAE	0		0	NC	4		0	0	0	
		0		0	Z	7		0	0	0	
Retinol		14.40		0	NR	4		1.96	31.39		
Vitamin E (alpha-tocopherol)		14.40		U	NR	4		1.96	31.39	0.6	
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D Vitamin K (phylloquinone)		24.7	5.831	69	JO	11		3.4	53.9	1.1	
vitanini k (phynodunione)	Illog	24.7	3.031	03	00			3.4	33.9	1	
<u> ipids:</u>				_		_					
Fatty acids, total saturated		19.620)	0		1		2.668	42.772	0.8	
4:0											
6:0											
8:0											
10:0											
12:0		0.390)	238		1		0.053	0.850	0.0	
13:0	_										
14:0	_	0.240)	238		1		0.033	0.523	0.0	
15:0	-										
16:0	-	16.670)	238		1		2.267	36.341	0.7	
17:0	-										
18:0	g	1.050)	238		1		0.143	2.289	0.0	
20:0	g										
22:0	g										
24:0	-										

	<u>Am</u>	ount in 100 gram		ole portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean S	of Data Std. Error Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
	25 110	•					======	1 500
Fatty acids, total monounsaturated9	35.110	0		1		4.775	76.540	1.580
14:1g 15:1g								
16:1 undifferentiated	0.200	238		1		0.027	0.436	0.009
17:1	0.200	230		-		0.027	0.450	0.003
18:1 undifferentiated	34.900	238		1		4.746	76.082	1.571
20:1				_			70.002	
22:1 undifferentiated								
24:1 cg								
Fatty acids, total polyunsaturatedg	40.870	0		1		5.558	89.097	1.839
18:2 undifferentiatedg	39.080	238		1		5.315	85.194	1.759
18:3 undifferentiatedg	1.790	238		1		0.243	3.902	0.081
18:4g								
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg								
20:5 n-3g								
22:5 n-3g								
22:6 n-3g								
Fatty acids, total trans								
Cholesterolmg	0	0		4		0	0	0
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	Z	7		0.0	0.0	0.0
Caffeine mg	0	0	Z	7		0	0	0
Theobromine mg	0	0	Z	7		0	0	0
Carotenoids:								
Carotene, betamcg	0	0	Z	7		0.000	0.000	0.000
Carotene, alpha mcg	0	0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta mcg	0	0	Z	7		0.000	0.000	0.000
Lycopenemcg	0	0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin mcg	0	0	Z	7		0.000	0.000	0.000

Common Measures:

Measure 1 = 13.6g: 1 tbsp Measure 2 = 218g: 1 cup Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein Fat 8.84 Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u>	mount in 100 gr	ams of e	dible porti	<u>on</u>	Amount in edible portion of common			
			Nun	nber			measures of food			
			of [Data Der	v Source	Confidence				
Nutrients and Un	its	Mean	Std. Error Poi	nts Cod	e Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water		0.00		1	1		0.00	0.00	0.00	
Energy	kcal	862		0 N	C 4		117	1879	233	
Energy	kj	3607		0	4		490	7862	974	
Protein (N x 0)		0.00		0	4		0.00	0.00	0.00	
Total lipid (fat)	g	100.00		1	1		13.60	218.00	27.00	
Ash		0.00		1	1		0.00	0.00	0.00	
Carbohydrate, by difference		0.00		0	1		0.00	0.00	0.00	
Fiber, total dietary		0.0		0	4		0.0	0.0	0.0	
Sugars, total		0.00		0	z 7		0.00	0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	0		1	1		0	0	0	
Iron, Fe		0.00		1	1		0.00	0.00	0.00	
Magnesium, Mg		0		1	1		0	0	0	
Phosphorus, P		0		1	1		0	0	0	
Potassium, K	mg	0		1	1		0	0	0	
Sodium, Na	mg	0		1	1		0	0	0	
Zinc, Zn		0.00		1	1		0.00	0.00	0.00	
Copper, Cu		0.000		0	4		0.000	0.000	0.00	
Manganese, Mn		0.000)	0	4		0.000	0.000	0.00	
Selenium, Se	mcg	0.0		0 z	7		0.0	0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	1		0.0	0.0	0.0	
Thiamin	mg	0.000)	1	1		0.000	0.000	0.00	
Riboflavin		0.000)	1	1		0.000	0.000	0.00	
Niacin	mg	0.000)	1	1		0.000	0.000	0.00	
Pantothenic acid	mg	0.000)	1	1		0.000	0.000	0.00	
Vitamin B-6	mg	0.000)	1	1		0.000	0.000	0.00	
Folate, total		0		0 z			0	0	0	
Folic acid		0		0 z			0	0	0	
Folate, food		0		0 z			0	0	0	
Folate, DFE		0		0 N			0	0	0	
Vitamin B-12		0.00		1	1		0.00	0.00	0.00	
Vitamin A, IU		0		0 A			0	0	0	
Vitamin A, RAE		0		0 N			0	0	0	
Retinol	_	0 3.81		0 z			0 0.52	0	0 1.03	
Vitamin E (alpha-tocopherol)		3.81		0 N	R 4		0.52	8.31	1.03	
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		24.7	5.831	69 J	11		3.4	53.9	6.7	
	_									
Lipids:				_	_					
Fatty acids, total saturated		81.500		0	1 1		11.084	177.670	22.00	
4:0		0.000		0	1		0.000	0.000	0.00	
6:0 8:0	-	0.200 3.300		14 14	1		0.027 0.449	0.436 7.194	0.05 0.89	
8:0		3.300		14	1		0.449	7.194 8.066	0.89	
12:0	-	47.000		14	1		6.392	102.460	12.69	
13:0	-	-27.000	•		-		3.372	102.400	12.03	
14:0	-	16.400)	14	1		2.230	35.752	4.42	
15:0	_	_0.400	-		-		2.250	33.732	7.42	
16:0	-	8.100)	14	1		1.102	17.658	2.18	
17:0	_				_		102	2000		
18:0	-	2.800)	14	1		0.381	6.104	0.7	
20:0	-				_					
22:0	-									
24:0	-									

		<u>Ar</u>	mount in 10	00 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
				Number		_			easures of food		
Nutrients and U	Jnits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
F-44	- J	11.400		0		1		1.550	24.852	3.078	
Fatty acids, total monounsaturate 14:1		11.400		Ū		-		1.550	24.652	3.076	
15:1	g										
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	0.000	
17:1	g										
18:1 undifferentiated	g	11.400		14		1		1.550	24.852	3.078	
20:1	g	0.000		0		1		0.000	0.000	0.000	
22:1 undifferentiated	g	0.000		0		1		0.000	0.000	0.000	
24:1 c	g										
Fatty acids, total polyunsaturated	ilg	1.600		0		1		0.218	3.488	0.432	
18:2 undifferentiated	g	1.600		14		1		0.218	3.488	0.432	
18:3 undifferentiated	g	0.000		0		1		0.000	0.000	0.000	
18:4	-	0.000		0		1		0.000	0.000	0.000	
20:2 n-6 c,c	• • • • • • • • • • • • • • • • • • • •										
20:3 undifferentiated	g										
20:4 undifferentiated	-	0.000		0		1		0.000	0.000	0.000	
20:5 n-3		0.000		0		1		0.000	0.000	0.000	
22:5 n-3	g	0.000		0		1		0.000	0.000	0.000	
22:6 n-3	g	0.000		0		1		0.000	0.000	0.000	
Fatty acids, total trans	g										
Cholesterol	mg	0		1		1		0	0	0	
Phytosterols	mg	95	0.0	00 14		1		13	207	26	
Amino Acids:											
Tryptophan	a	0.000		0		1		0.000	0.000	0.000	
Threonine		0.000		0		1		0.000	0.000	0.000	
Isoleucine	-	0.000		0		1		0.000	0.000	0.000	
Leucine	-	0.000		0		1		0.000	0.000	0.000	
Lysine		0.000		0		1		0.000	0.000	0.000	
Methionine		0.000		0		1		0.000	0.000	0.000	
Cystine		0.000		0		1		0.000	0.000	0.000	
Phenylalanine		0.000		0		1		0.000	0.000	0.000	
Tyrosine		0.000		0		1		0.000	0.000	0.000	
Valine	-	0.000		0		1		0.000	0.000	0.000	
Arginine	-	0.000		0		1		0.000	0.000	0.000	
Histidine	-	0.000		0		1		0.000	0.000	0.000	
Alanine	-	0.000		0		1		0.000	0.000	0.000	
Aspartic acid		0.000		0		1		0.000	0.000	0.000	
Glutamic acid	-	0.000		0		1		0.000	0.000	0.000	
	=	0.000		0		1		0.000	0.000	0.000	
Glycine											
Proline		0.000		0		1 1		0.000	0.000	0.000	
Serine		0.000		U		1		0.000	0.000	0.000	
Hydroxyproline	g										
Others:											
Alcohol, ethyl	g	0.0		0	Z	7		0.0	0.0	0.0	
Caffeine		0		0	Z	7		0	0	0	
Theobromine	mg	0		0	Z	7		0	0	0	
Carotenoids:											
Carotene, beta	mcg	0		0	z	7		0.000	0.000	0.000	
Carotene, alpha		0		0	z	7		0.000	0.000	0.000	
Cryptoxanthin, beta		0		0	z	7		0.000	0.000	0.000	
Lycopene		0		0	z	7		0.000	0.000	0.000	
Lutein + zeaxanthin		0		0	z	7		0.000	0.000	0.000	

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 27g: 2 tbsp (1/8 cup)

NDB No. 04513

Vegetable oil, palm kernel

Calories Factors: Protein Fat 8.62 Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u> :	mount in 100 g	grams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			Nι	umber				<u>m</u>	easures of food	<u> </u>	
Nutrients and Un	its	Mean	Std. Error	f Data oints		Source Code	Confidence Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	0.00		1		1		0.00	0.00	0.00	
Energy	kcal	763		0	NC	4		104	1663	34	
Energy		3192		0		4		434	6959	144	
Protein (N x 0)	g	0.00		0		4		0.00	0.00	0.00	
Total lipid (fat)	g	100.00		1		1		13.60	218.00	4.50	
Ash	g	0.00		0		4		0.00	0.00	0.00	
Carbohydrate, by difference	g	0.00		0		1		0.00	0.00	0.00	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0	
Sugars, total	g	0.00		0	BFZN	4		0.00	0.00	0.00	
Starch	g										
of: 1											
Minerals:	ma	0		1		1		0	0	0	
Calcium, Ca		0.00		1		1		0.00	0.00	0.00	
Magnesium, Mg		0.00		1		1		0.00	0.00	0.00	
Phosphorus, P		0		1		1		0	0	0	
Potassium, K		0		1		1		0	0	0	
Sodium, Na		0		1		1		0	0	0	
Zinc, Zn		0.00		1		1		0.00	0.00	0.00	
Copper, Cu		0.000)	0		4		0.000	0.000	0.00	
Manganese, Mn		0.000		0		4		0.000	0.000	0.00	
Selenium, Se		0.0		0	z	7		0.0	0.0	0.0	
7*4											
Vitamins:				_		_					
Vitamin C, total ascorbic acid	-	0.0		1		1		0.0	0.0	0.0	
Thiamin		0.000		1 1		1 1		0.000	0.000	0.00	
Riboflavin		0.000		1		1		0.000	0.000	0.00	
Niacin	_	0.000		1		1		0.000 0.000	0.000 0.000	0.00	
Pantothenic acid Vitamin B-6	-	0.000		1		1		0.000	0.000	0.00	
Folate, total		0.000	,	1		1		0.000	0.000	0.00	
Folic acid		0		0	z	7		0	0	0	
Folate, food		0		1	4	1		0	0	0	
Folate, DFE		0		0	NC	4		0	0	0	
Vitamin B-12		0.00		1	NC	1		0.00	0.00	0.00	
Vitamin A, IU		0		0	NC	4		0	0	0.00	
Vitamin A, RAE		0		0	NC	4		0	0	0	
Retinol		0		0	BFZN	4		0	0	0	
Vitamin E (alpha-tocopherol)		9.21		0	BFZN	4		1.25	20.09	0.4	
Tocopherol, beta	• • • • • • • • • • • • • • • • • • • •	3.22		·	22 220	-		2.20		0.1.	
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	197.6		0	BFZN	4		26.9	430.7	8.9	
11.3											
Lipids:	~	15 005		•				2 041	20 711	0.6	
Fatty acids, total saturated		15.005 0.000		0		1 1		2.041 0.000	32.711 0.000	0.6	
4:0 6:0		0.000		0		1		0.000	0.000	0.00	
8:0	-	0.000		0		1		0.000	0.000	0.00	
10:0	-	0.000		0		1		0.000	0.000	0.00	
12:0	-	0.000		0		1		0.000	0.000	0.0	
13:0	-	0.000	•	J		-		0.000	0.000	0.0	
14:0	-	0.101	L	4		1		0.014	0.220	0.0	
15:0	_	0.101		-		-		0.014	0.220	0.0	
16:0	-	11.984	1	4		1		1.630	26.125	0.5	
17:0	_			-		-			_0.123		
18:0	-	2.920)	4		1		0.397	6.366	0.1	
20:0	-	,	-	-		-		0.55,	2.300	0.1	
22:0	-										
24:0	-										

	<u>Amo</u>	ount in 100 grams Number		le portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean S	of Data Std. Error Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	10.977	0		1		1.493	23.930	0.494
14:1g								
15:1g								
16:1 undifferentiatedg	0.403	4		1		0.055	0.879	0.018
17:1g								
18:1 undifferentiatedg	10.574	4		1		1.438	23.051	0.476
20:1g	0.000	4		1		0.000	0.000	0.000
22:1 undifferentiatedg	0.000	0		1		0.000	0.000	0.000
24:1 cg								
Fatty acids, total polyunsaturated	45.318	0		1		6.163	98.793	2.039
18:2 undifferentiatedg	40.182	4		1		5.465	87.597	1.808
18:3 undifferentiatedg	5.136	4		1		0.698	11.196	0.231
18:4g	0.000	0		1		0.000	0.000	0.000
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0		1		0.000	0.000	0.000
20:5 n-3g	0.000	0		1		0.000	0.000	0.000
22:5 n-3g	0.000	0		1		0.000	0.000	0.000
22:6 n-3g	0.000	0		1		0.000	0.000	0.000
Fatty acids, total transg	_			_		_	_	_
Cholesterol mg	0	1		1		0	0	0
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	0.0
Caffeine mg	0	0	Z	7		0	0	0
Theobrominemg	0	0	Z	7		0	0	0
Carotenoids:								
Carotene, beta mcg	0	0	BFZN	4		0.000	0.000	0.000
Carotene, alpha mcg	0	0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta mcg	0	0	BFZN	4		0.000	0.000	0.000
Lycopene mcg	0	0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin mcg	0	0	BFZN	4		0.000	0.000	0.000

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein Fat 7.63 Carbohydrate

Food Group: 04 Fats and Oils

		<u>A</u> :	mount in 10	0 grams	of edib	le portio	<u>n</u>	Amount in edible portion of common		
				Number				<u>m</u>	easures of food	_
				of Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	-	44.70				1		92.53	5.81	
Energy		465				4		963	60	
Energy	kj	1946				4		4027	253	
Protein	_	0.00				8		0.00	0.00	
Total lipid (fat)		53.00				1		109.71	6.89	
Ash		2.30		0	NC	4		4.76	0.30	
Carbohydrate, by difference		0.00				1		0.00	0.00	
Fiber, total dietary		0.0				7		0.0	0.0	
Sugars, total		0.00		0	BFZN	4		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	6				4		12	1	
Iron, Fe		0.04				4		0.08	0.01	
Magnesium, Mg	_	0				4		0	0	
Phosphorus, P		10				4		21	1	
Potassium, K	_	6				4		12	1	
Sodium, Na	mg	581				1		1203	76	
Zinc, Zn	mg	0.01				1		0.02	0.00	
Copper, Cu	mg	0.001	=			1		0.002	0.000	
Manganese, Mn										
Selenium, Se	mcg	0.5		0	RA	4		1.0	0.1	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0				7		0.0	0.0	
Thiamin	_	0.000)			4		0.000	0.000	
Riboflavin	-	0.010				4		0.021	0.001	
Niacin		0.010)			4		0.021	0.001	
Pantothenic acid	_									
Vitamin B-6	_	0.000)			4		0.000	0.000	
Folate, total	mcg	1				4		2	0	
Folic acid		0		0	BFZN	4		0	0	
Folate, food		1				4		2	0	
Folate, DFE	mcg_DFE	1		0	NC	4		2	0	
Vitamin B-12		0.00				4		0.00	0.00	
Vitamin A, IU		3577		0	NC	4		7404	465	
Vitamin A, RAE		819		0	NC	4		1695	106	
Retinol		768		0	BFZN	4		1590	100	
Vitamin E (alpha-tocopherol)	mg	9.20		0	NR	4		19.04	1.20	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		61.1		•				106.4	7.0	
Vitamin K (phylloquinone)	riicg	61.1		0	BFFN	4		126.4	7.9	
Lipids:										
Fatty acids, total saturated	g	17.880)			4		37.012	2.324	
4:0	g	0.710)			4		1.470	0.092	
6:0	g	0.460)			4		0.952	0.060	
8:0	g	0.300)			4		0.621	0.039	
10:0	g	0.660				4		1.366	0.086	
12:0	-	0.760)			4		1.573	0.099	
13:0										
14:0	g	2.130)			4		4.409	0.277	
15:0										
16:0		9.020)			4		18.671	1.173	
17:0										
18:0		4.000)			4		8.280	0.520	
20:0	-									
22:0	-									
24:0	g									

	<u>Aı</u>	mount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common		
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	20.770				4		42.994	2.700	
14:19									
15:1g	0.410						0.040	0.050	
16:1 undifferentiated	0.410				4		0.849	0.053	
17:1g	20 160						41 701	0 601	
18:1 undifferentiated	20.160				4		41.731	2.621	
20:1g	0.000				4		0.000	0.000	
22:1 undifferentiatedg	0.000				4		0.000	0.000	
24:1 cg	11.150				4		23.081	1.450	
Fatty acids, total polyunsaturatedg					4		23.081	1.450	
18:2 undifferentiated	10.690				4				
18:3 undifferentiatedg	0.460 0.000				4		0.952 0.000	0.060 0.000	
18:4g	0.000				4		0.000	0.000	
20:2 n-6 c,c									
20:4 undifferentiated	0.000				4		0.000	0.000	
20:5 n-3g	0.000				4		0.000	0.000	
20:5 n-3g	0.000				4		0.000	0.000	
22:6 n-3	0.000				4		0.000	0.000	
Fatty acids, total trans	0.000				-		0.000	0.000	
Cholesterolg	54				1		112	7	
Phytosterolsmg	34				-		112	,	
Others:									
Alcohol, ethylg	0.0				7		0.0	0.0	
Caffeinemg	0		0	BFZN	4		0	0	
Theobromine mg	0		0	BFZN	4		0	0	
Carotenoids:									
Carotene, beta mcg	610		0	BFZN	4		1262.700	79.300	
Carotene, alphamcg	0		0	BFZN	4		0.000	0.000	
Cryptoxanthin, beta mcg	0		0	BFZN	4		0.000	0.000	
Lycopenemcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin mcg	0		0	BFZN	4		0.000	0.000	

Common Measures:

Measure 1 = 207g: 1 cup Measure 2 = 13.0g: 1 tbsp

Calories Factors: Protein Fat Carbohydrate

Food Group: 04 Fats and Oils

		<u>Aı</u>	mount in 10	00 grams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
Nutrients and Un	iits	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	easures of food Measure 2	<u>l</u> Measure 3	
Proximates:											
Water	g	46.00				4					
Energy	kcal	450				4					
Energy	kj	1883				4					
Protein	-	1.00				4					
Total lipid (fat)	g	50.00				4					
Ash	g	2.00		0	NC	4					
Carbohydrate, by difference	g	1.00				4					
Fiber, total dietary	g	0.0				7					
Sugars, total	g	0.00		0	BFZN	4					
Starch	g										
Minerals:											
Calcium, Ca	ma	28				4					
Iron, Fe	-	0.09				4					
Magnesium, Mg		2				4					
Phosphorus, P		23				4					
Potassium, K		37				4					
Sodium, Na		607				4					
Zinc, Zn		0.02				4					
Copper, Cu		0.005				4					
Manganese, Mn		0.003				•					
Selenium, Se		0.5		0	RA	4					
Scientini, Sc	9	0.0		•		-					
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid		0.1				4					
Thiamin		0.010				4					
Riboflavin	-	0.040)			4					
Niacin		0.030)			4					
Pantothenic acid											
Vitamin B-6		0.010)			4					
Folate, total		2				4					
Folic acid		0		0	BFZN	4					
Folate, food		2				4					
Folate, DFE		2		0	NC	4					
Vitamin B-12		0.10				4					
Vitamin A, IU	IU	3571				4					
Vitamin A, RAE		819		0	NC	4					
Retinol		768		0	BFZN	4					
Vitamin E (alpha-tocopherol)		5.70		0	NR	4					
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	57.6		0	BFFN	4					
Lipids:											
Fatty acids, total saturated	g	16.669)			4					
4:0		0.522				4					
6:0	g	0.309)			4					
8:0	g	0.180)			4					
10:0	g	0.403	1			4					
12:0	_	0.452				4					
13:0	g										
14:0	g	1.702				4					
15:0	g										
16:0		8.310)			4					
17:0	g										
18:0		4.435	i			4					
20:0											
22:0	-										
24:0	_										

	<u>Aı</u>	mount in 10	Number	Amount in edible portion of common measures of food					
Nutrients and Units	Mean	Std. Error	of Data Points		Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	19.722				4				
14:1g									
15:1g	0.261				4				
16:1 undifferentiated	0.361				4				
17:1	19.128				4				
_					7				
20:1g	0.000				7				
22:1 undifferentiatedg	0.000				,				
24:1 cg	11.299				4				
Fatty acids, total polyunsaturatedg	10.601				4				
18:2 undifferentiated	0.698				4				
18:3 undifferentiatedg	0.698				7				
18:4g	0.000				,				
20:2 n-6 c,cg 20:3 undifferentiatedg									
20:3 undifferentiated	0.000				7				
20:4 undifferentiated	0.000				7				
	0.000				7				
22:5 n-3	0.000				7				
	0.000				,				
Fatty acids, total trans	71				4				
Phytosterolsmg	/1				4				
Others:									
Alcohol, ethylg	0.0				7				
Caffeine mg	0		0	BFZN	4				
Theobrominemg	0		0	BFZN	4				
Carotenoids:									
Carotene, betamcg	610		0	BFZN	4				
Carotene, alpha mcg	0		0	BFZN	4				
Cryptoxanthin, betamcg	0		0	BFZN	4				
Lycopene mcg	0		0	BFZN	4				
Lutein + zeaxanthin mcg	0		0	BFZN	4				

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 04 Fats and Oils

		<u>Aı</u>	mount in 10	00 grams	Amount in edible portion of common					
			Std. Error		Deriv	Source Code	Confidence Code		easures of food	_
Nutrients and Un	iits	Mean	Sta. Error	Folilis	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	56.00				4				
Energy	kcal	362				4				
Energy	kj	1515				4				
Protein	-	1.00				4				
Total lipid (fat)	g	40.00				4				
Ash	g	2.00		0	NC	4				
Carbohydrate, by difference	g	1.00				4				
Fiber, total dietary	g	0.0				7				
Sugars, total	g	0.00		0	BFZN	4				
Starch	g									
Minerals:										
	ma	24				4				
Calcium, CaIron, Fe	-	0.04				4				
Magnesium, Mg		2				4				
Phosphorus, P		20				4				
Potassium, K		36				4				
Sodium, Na		786				4				
Zinc, Zn		0.01				4				
Copper, Cu		0.002				4				
Manganese, Mn										
Selenium, Se	mcg	0.5		0	RA	4				
Vitamina										
Vitamins:	ma	0.1								
Vitamin C, total ascorbic acid		0.1				4				
Thiamin		0.010				4				
Riboflavin	-	0.030				4				
Niacin Pantothenic acid		0.020				4				
Vitamin B-6		0.010				4				
Folate, total		1				4				
Folic acid		0		0	BFZN	4				
Folate, food		1		•	22 221	4				
Folate, DFE		1		0	NC	4				
Vitamin B-12		0.09				4				
Vitamin A, IU		3571			ML	5				
Vitamin A, RAE	mcg RAE	819		0	NC	4				
Retinol		768		0	BFZN	4				
Vitamin E (alpha-tocopherol)		4.47		0	NR	4				
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	46.1		0	BFFN	4				
Lipids:										
Fatty acids, total saturated	a	7.238				4				
4:0		0.026				4				
6:0		0.015				4				
8:0		0.009				4				
10:0	-	0.020				4				
12:0	-	0.023				4				
13:0	-					•				
14:0	-	0.130)			4				
15:0	-									
16:0		4.458				4				
17:0										
18:0		2.538				4				
20:0										
22:0	-									
24:0	-									

	Ar	mount in 10	00 grams	Amount in edible portion of common					
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	18.438				4				
14:1g									
15:1g									
16:1 undifferentiated	0.018				4				
17:1g	18.408								
18:1 undifferentiated					4 7				
20:1g	0.000				7				
22:1 undifferentiatedg	0.000				,				
24:1 cg	12.573				4				
Fatty acids, total polyunsaturatedg	12.573				4				
18:2 undifferentiated	0.549				4				
	0.549				7				
18:4g 20:2 n-6 c.cg	0.000				,				
20:3 undifferentiated									
20:4 undifferentiatedg	0.000				7				
20:5 n-3g	0.000				7				
20:5 n-3g	0.000				7				
22:6 n-3g	0.000				7				
Fatty acids, total trans	0.000				,				
Cholesterolg	0				4				
Phytosterolsmg	U				•				
Others:									
Alcohol, ethylg	0.0				7				
Caffeine mg	0		0	BFZN	4				
Theobrominemg	0		0	BFZN	4				
Carotenoids:									
Carotene, betamcg	610		0	BFZN	4				
Carotene, alphamcg	0		0	BFZN	4				
Cryptoxanthin, betamcg	0		0	BFZN	4				
Lycopenemcg	0		0	BFZN	4				
Lutein + zeaxanthin mcg	0		0	BFZN	4				

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 04 Fats and Oils