NDB No. 35002 Agutuk, fish with shortening (Alaskan ice cream) (Alaska Native)

		<u>Aı</u>	mount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in	edible portion	of common
				Number				<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Units		Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		34.00		1	AI	13				
Energy	kcal	470		0	NC	4				
Energy	.kj	1964		0	NC	4				
Protein (N x 6.25)	.g	9.00		1	AI	13				
Total lipid (fat)	.g	43.50		1	AI	13				
Ash	.g	3.00		0	NP	4				
Carbohydrate, by difference	g	10.50		0	NC	4				
Fiber, total dietary	.g									
Sugars, total	g									
Starch	.g									
Mr. I										
Minerals:	ma									
Calcium, Ca	_	0.20		1	AI	13				
Iron, Fe	_	16		1	AI	13				
Phosphorus, P		134		1	AI	13				
Potassium, K		206		1	AI	13				
Sodium, Na	•	24		1	AI	13				
Zinc, Zn		0.47		1	AI	13				
Copper, Cu		0.030)	1	AI	13				
Manganese, Mn				_						
Selenium, Se										
,										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	_			_						
Thiamin	_	0.060		1	AI	13				
Riboflavin		0.060 1.430		1 1	AI AI	13 13				
NiacinPantothenic acid		1.430		1	AI	13				
Vitamin B-6										
Folate, total										
Folate, DFE										
Vitamin B-12										
Vitamin A, IU		257		1	AI	13				
Vitamin A, RAE	mcq RAE									
Vitamin E (alpha-tocopherol)		4.00		1	AI	13				
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	a	8.600	1	1	AI	13				
Fatty acids, total monounsaturated		15.600		1	AI	13				
Fatty acids, total polyunsaturated		17.300		1	AI	13				
18:2 undifferentiated		0.500		1	AI	13				
18:3 undifferentiated		16.100		1	AI	13				
18:4				=		-				
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated										
20:5 n-3										
22:5 n-3	_									
22:6 n-3										
Fatty acids, total trans										
Cholesterol	.mg	26		1	AI	13				
Phytosterols	ma									

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

Agutuk, fish with shortening (Alaskan ice cream) (Alaska Native)

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Std. Error Points Code Code Code **Nutrients and Units** Mean

Measure 1

Measure 2 Measure 3

food, or similar food.

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

		<u>A</u>	mount in 100	grams	ot edil	ole portio	<u>on</u>		edible portion	
			ı	Number				<u>m</u>	easures of food	_
				of Data		Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	47.30		1	AI	13				
Energy	kcal	353		0	NC	4				
Energy	kj	1479		0	NC	4				
Protein (N x 6.25)		3.40		1	AI	13				
Total lipid (fat)	g	31.80		1	AI	13				
Ash		4.10		0	NP	4				
Carbohydrate, by difference		13.40		0	NC	4				
Fiber, total dietary		0.5		1	AI	13				
Sugars, total	=									
Starch	g									
Minerals:										
Calcium, Ca	mg	8		1	AI	13				
Iron, Fe	-	0.30		1	AI	13				
Magnesium, Mg	mg	7		1	AI	13				
Phosphorus, P	mg	46		1	AI	13				
Potassium, K		70		1	AI	13				
Sodium, Na		21		1	AI	13				
Zinc, Zn		0.18		1	AI	13				
Copper, Cu		0.030		1	AI	13				
Manganese, Mn		0.130)	1	AI	13				
Selenium, Se	Tricg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.9		1	AI	13				
Thiamin		0.040)	1	AI	13				
Riboflavin	mg	0.050)	1	AI	13				
Niacin	_	0.550		1	AI	13				
Pantothenic acid		0.020		1	AI	13				
Vitamin B-6	_	0.010)	1	AI	13				
Folate, total		3		1	AI	13				
Folic acid		3		1	AI	13				
Folate, foodFolate, DFE		3			AI	13				
Vitamin B-12	mcg_Di L									
Vitamin A, IU	III	696		1	AI	13				
Vitamin A, RAE	mca RAE			_						
Retinol										
Vitamin E (alpha-tocopherol)		2.36		1	AI	13				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	7.700)	1	AI	13				
Fatty acids, total monounsaturated	-	14.400)	1	AI	13				
Fatty acids, total polyunsaturated		8.400)	1	AI	13				
18:2 undifferentiated		0.530)	1	AI	13				
18:3 undifferentiated		7.100)	1	AI	13				
18:4										
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated										
20:5 n-3										
22:5 n-3										
22:6 n-3Fatty acids, total trans										
Cholesterol		10		1	AI	13				
Phytosterols				-						

Agutuk, fish/berry with seal oil (Alaskan ice cream) (Alaska Native)

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:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

		<u>A</u>	mount in 100	υ grams	ot edil	ole portio	<u>on</u>		edible portion	
				Number	r			<u>m</u>	easures of food	_
				of Data		Source	Confidence			
Nutrients and Units	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	55.20		1	AI	13				
Energy	kcal	258		0	NC	4				
Energy	kj	1079		0	NC	4				
Protein (N x 6.25)	-	21.70		1	AI	13				
Total lipid (fat)	g	18.60		1	AI	13				
Ash		3.60		0	NP	4				
Carbohydrate, by difference		0.90		0	NC	4				
Fiber, total dietary										
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	mg	16		1	AI	13				
Iron, Fe	_	4.55		1	AI	13				
Magnesium, Mg		20		1	AI	13				
Phosphorus, P	mg	170		1	AI	13				
Potassium, K		228		1	AI	13				
Sodium, Na		95		1	AI	13				
Zinc, Zn		3.83		1	AI	13				
Copper, Cu		0.190		1	AI	13				
Manganese, Mn		0.060)	1	AI	13				
Selenium, Se	Tileg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.2		1	AI	13				
Thiamin		0.180)	1	AI	13				
Riboflavin	mg	0.660)	1	AI	13				
Niacin	-	4.260		1	AI	13				
Pantothenic acid		1.950		1	AI	13				
Vitamin B-6	-	0.230)	1	AI	13				
Folate, total		4		1	AI	13				
Folic acid		4		1	AI	13				
Folate, foodFolate, DFE		4		1	AI	13				
Vitamin B-12	mca_Dr L	4.83		1	AI	13				
Vitamin A, IU	IU	559		1	AI	13				
Vitamin A, RAE										
Retinol										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	Ilicg									
Lipids:										
Fatty acids, total saturated		5.100		1	AI	13				
Fatty acids, total monounsaturated		8.700		1	AI	13				
Fatty acids, total polyunsaturated		3.600		1	AI	13				
18:2 undifferentiated		0.310		1	AI	13				
18:3 undifferentiated		0.510)	1	AI	13				
18:4										
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated										
22:5 n-3										
22:6 n-3										
Fatty acids, total trans										
Cholesterol		89		1	AI	13				
Phytosterols										

Agutuk, meat-caribou (Alaskan ice cream) (Alaska Native)

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:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

		<u>A</u> :	mount in 10	0 grams	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 Units	i	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		90.40		1	AI	13				
Energy	kcal	29		0	NC	4				
Energy	kj	119		0	NC	4				
Protein (N x 6.25)	g	3.80		1	AI	13				
Total lipid (fat)	g	0.50		1	AI	13				
Ash	g	3.10		0	NP	4				
Carbohydrate, by difference	g	2.20		0	NC	4				
Fiber, total dietary	g									
Sugars, total										
Starch										
	_									
Minerals:				-	_	4				
Calcium, Ca	-	47		1	AI	13				
Iron, Fe.		3.30		1	AI	13				
Magnesium, Mg										
Phosphorus, P		100		_						
Potassium, K		102		1	AI	13				
Sodium, Na	•	656		1	AI	13				
Zinc, Zn										
Copper, Cu										
Manganese, Mn										
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	AI	13				
Thiamin	-	0.000)	1	AI	13				
Riboflavin	_	0.200)	1	AI	13				
Niacin		0.000)	1	AI	13				
Pantothenic acid										
Vitamin B-6										
Folate, total										
Folate, DFE										
Vitamin B-12										
Vitamin A, IU		0		1	AI	13				
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	a	0.100	1	1	AI	13				
Fatty acids, total monounsaturated		0.100		1	AI	13				
Fatty acids, total monounsaturated Fatty acids, total polyunsaturated		0.120		1	AI	13				
18:2 undifferentiated	-	0.200		1	AI	13				
18:2 undifferentiated	_	0.000		1	AI	13				
18:4		0.000	•	_	Αı	13				
20:2 n-6 c,c										
20:2 n-6 c,c										
20:4 undifferentiated	-									
20:4 undifferentiated										
20:5 n-3	-									
22:6 n-3	-									
Fatty acids, total trans										
Cholesterol		7		1	AI	13				
CHOICHUI		•		-						

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

Ascidians (tunughnak) (Alaska Native)

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

food, or similar food.

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

Ursus maritimus

Refuse: 0%

		<u>A</u>	mount in 10			ole portio	<u>on</u>		edible portion	
				Number	•			<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.30		1	AI	13				
Energy	kcal	130		0	NC	4				
Energy	kj	545		0	NC	4				
Protein (N x 6.25)	g	25.60		1	AI	13				
Total lipid (fat)	g	3.10		1	AI	13				
Ash	g	1.00		0	NP	4				
Carbohydrate, by difference	g	0.00		0	NC	4				
Fiber, total dietary	g									
Sugars, total										
Starch										
	_									
Minerals:				_		,a =				
Calcium, Ca	-	17		1	AI	13				
Iron, Fe	-	6.10		1	AI	13				
Magnesium, Mg										
Phosphorus, P		40				10				
Potassium, K	• • • • • • • • • • • • • • • • • • • •	40		1	AI	13				
Sodium, Na										
Zinc, Zn	_									
Copper, Cu	_									
Manganese, Mn Selenium. Se	-									
, ,										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	•	2.0		1	AI	13				
Thiamin	-	0.023		1	AI	13				
Riboflavin	-	0.573		1	AI	13				
Niacin		4.000)	1	AI	13				
Pantothenic acid										
Vitamin B-6 Folate, total										
Folate, DFE										
Vitamin B-12										
Vitamin A, IU		1400		1	AI	13				
Vitamin A, RAE	mca RAF	1400		-						
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	-									
Tocopherol, gamma										
Tocopherol, delta	-									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	а	0.630)	1	AI	13				
Fatty acids, total monounsaturated	=	2.000		1	AI	13				
Fatty acids, total polyunsaturated		0.460		1	AI	13				
18:2 undifferentiated		0.010		1	AI	13				
18:3 undifferentiated		0.080		1	AI	13				
18:4		2.000		_						
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated										
20:5 n-3										
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol										
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

Bear, polar, meat, raw (Alaska Native)

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Mean

Measure 1

Measure 2

Measure 3

food, or similar food.

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

Blackberries, raw (Alaska Native)

Rubus spp.

Refuse: 0%

		<u>A</u>	mount in 10	0 grams	of edil	ole portio	<u>on</u>		edible portion	
Nutrients and U	Inits	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	87.00		1	AI	13				
Energy	kcal	55		0	NC	4				
Energy	kj	228		0	NC	4				
Protein (N x 5.3)	g	0.50		1	AI	13				
Total lipid (fat)	g	1.00		1	AI	13				
Ash	g	0.60		0	NP	4				
Carbohydrate, by difference	g	10.90		0	NC	4				
Fiber, total dietary										
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	5		1	AI	13				
Iron, Fe		0.20		1	AI	13				
Magnesium, Mg	mg	4		1	AI	13				
Phosphorus, P		8		1	AI	13				
Potassium, K	mg									
Sodium, Na	mg	1		1	AI	13				
Zinc, Zn	mg	0.10		1	AI	13				
Copper, Cu		0.800		1	AI	13				
Manganese, Mn		0.330)	1	AI	13				
Selenium, Se	mcg									

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

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

Blueberries, frozen (Alaska Native)

Vaccinium alaskanese and Ovalifolium

Refuse: 0%

		<u>A</u>	mount in 10	Number	,		_		edible portion of easures of food	
Nutrients and Uni	its	Mean	Std. Error	of Data Points		Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	88.70		1	AI	13				
Energy	kcal	44		0	NC	4				
Energy	kj	186		0	NC	4				
Protein (N x 5.3)	g	0.70		1	AI	13				
Total lipid (fat)	g	0.00		1	AI	13				
Ash		0.20		0	NP	4				
Carbohydrate, by difference		10.40		0	NC	4				
Fiber, total dietary										
Sugars, total										
Starch	-									
Survii										
Minerals:										
Calcium, Ca	-	15		1	AI	13				
Iron, Fe	mg	1.10		1	AI	13				
Magnesium, Mg	mg									
Phosphorus, P										
Potassium, K	-									
Sodium, Na	-									
Zinc, Zn										
Copper, Cu	-									
Manganese, Mn										
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	2.2		1	AI	13				
Thiamin	-	0.030)	1	AI	13				
Riboflavin		0.100)	1	AI	13				
Niacin		0.400)	1	AI	13				
Pantothenic acid										
Vitamin B-6										
Folate, total										
Folate, DFE	_									
Vitamin B-12										
Vitamin A, IU		163		1	AI	13				
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									

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

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

Prestrict Pres			<u>A</u>	mount in 100 g	ırams	of edil	ole portic	<u>on</u>		edible portion	
Nutrients and Units				Nu	ımber	•			<u>m</u>	easures of food	<u>l</u>
Proximates:				of	Data	Deriv	Source	Confidence			
Energy	Nutrients and Un	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Water	Proximates:										
Faregry		g	31.57	2.012	3	A	1				
Protein	Energy	kcal	330		0	NC	4				
Total Input (Inju.) 9 12.2 2 1.766 3 X 1 Ash. 9 1.25 0.297 3 X 1 Carbohydrac, by difference. 9 48.26 0 NC 4 Fibre, teal dictary. 9 Sugers, total 9 2.03 0.085 3 X 1 Sucrose 9 0.17 0.024 3 X 1 Gilacose (dectrose). 9 0.10 0.002 3 X 1 Lacboe 9 0.00 0.000 3 X 1 Lacboe 9 0.00 0.000 3 X X 1 Matlose. 9 1.76 0.051 3 X 1 Galaciste. 9 0.00 0.000 3 X X 1 Sucrose. 9 0.00 0.000 3 X X 1 Cabetant (X 0.000 0.0	Energy	kj	1380		0	NC	4				
Section Sect	Protein	g	6.69	0.048	3	A	1				
Carbolydran: by difference	Total lipid (fat)	g		1.766		A					
Sugars, total	Ash	g	1.25	0.297							
Sugars, Cotal	Carbohydrate, by difference	g	48.26		0	NC	4				
Success											
Glacose (dextrose)											
Firebose 9 0.00 0.000 3 A 1 1 Lactose 9 0.00 0.000 3 A 1 Mallose 9 1.76 0.051 3 A 1 Galactose 9 0.00 0.000 3 A 1 Starch 9 42.85 0.243 3 A 1 Starch 9 4 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1											
Laciose	Glucose (dextrose)	g									
Malisse	Fructose	g									
Starch 9	Lactose	g									
Minerals: Calcum, Ca.											
Minerals: Calcium, Ca. mg 57 16,459 3 A 1 Iron, Fe mg 4,04 0,285 3 A 1 Magnesium, Mg. mg 18 1,717 3 A 1 Phosphoras, P. mg 172 4,218 3 A 1 Potassium, K. mg 77 4,218 3 A 1 Sodium, Na. mg 0.35 0.085 3 A 1 Zinc, Zn. mg 0.35 0.085 3 A 1 Magnusce, Mn. mg 0.297 0.071 3 A 1 Witamin C, total ascorbic acid mg 0.297 0.071 3 A 1 Witamin C, total ascorbic acid mg 18.6 6.600 3 A 1 Witamin C, total ascorbic acid mg 1.2 0.048 3 A 1 Ribofaivin mg 0.217 <											
Taleium Ca	Starch	g	42.85	0.243	3	A	1				
Taleium Ca	Minerals:										
Magnesium, Mg. mg 18 1,717 3 A 1 Phosphous, P. mg 123 20,444 3 A 1 Potassium, K. mg 77 4,218 3 A 1 Sodiun, Na. mg 92.9 84,143 3 A 1 Coper, Cu. mg 0.035 0.085 3 A 1 Coper, Cu. mg 0.091 0.001 3 A 1 Selenium, Se. mCg 18.6 6.600 3 A 1 Selenium, Se. mCg 18.6 6.600 3 A 1 Vitamin C, total ascorbic acid mg 1 3 A 1 Vitamin C, total ascorbic acid mg 0 0.164 0.015 3 A 1 Pitamin C, total ascorbic acid mg 0.1430 0.069 3 A 1 Niamin C, total ascorbic acid mg 0.0146 <td< td=""><td>Calcium, Ca</td><td>mg</td><td>57</td><td>16.459</td><td>3</td><td>A</td><td>1</td><td></td><td></td><td></td><td></td></td<>	Calcium, Ca	mg	57	16.459	3	A	1				
Phosphorus, P.	Iron, Fe	mg	4.04	0.285	3	A	1				
Potassum K. mg 37	Magnesium, Mg	mg	18	1.717	3	A	1				
Sodium Na.	Phosphorus, P	mg	123	20.444	3	A	1				
Zinc, Zn. Mg 0.35 0.085 3 A 1 Copper, Cu. mg 0.091 0.086 3 A 1 Manganese, Mn. mg 0.297 0.071 3 A 1 Sclenium, Sc. mcg 18.6 6.600 3 A 1 Vitamins; Vitamins; Vitamins mg 0.430 0.069 3 A 1 Vitamin mg 0.430 0.069 3 A 1 Niacim. mg 0.217 0.048 3 A 1 Niacim. mg 0.217 0.048 3 A 1 Niacim. mg 0.164 0.015 3 A 1 Vitamin B6. mg 0.038 0.006 3 A 1 Folate, total mcg 122 12.197 3 A 1 Folate, total mcg 196 0 NC	Potassium, K	mg									
Copper, Cu	*										
Manganese, Mn. mg 0.297 0.071 3 A 1 Sclenium, Sc. meg 18.6 6.600 3 A 1 Vitamine. meg 18.6 6.600 3 A 1 Vitamin C, total ascorbic acid. mg 0.430 0.069 3 A 1 Riboflavin. mg 0.430 0.069 3 A 1 Niacin. mg 0.430 0.881 3 A 1 Piotacin. mg 0.164 0.015 3 A 1 Piotacin. mg 0.164 0.015 3 A 1 Piotacin. mg 0.038 0.006 3 A 1 Folate, total. meg 105 1 A 1 Folate, DE. meg DF6 0 NC 4 Vitamin B-12. meg 0.00 0.000 3 A 1	-										
Note	• • •										
VitaminS: Vitamin C, total ascorbic acid. mg Thiamin. mg 0.430 0.069 3 A 1 Riboflavin. mg 0.217 0.048 3 A 1 Niacin. mg 4.603 0.381 3 A 1 Polate. mg 0.164 0.015 3 A 1 Vitamin B-6. mg 0.038 0.006 3 A 1 Folate. total. mcg 105 1 A 1 Folate. food. mcg 105 1 A 1 Folate. Food. mcg 17 1 As 1 Vitamin B-12. mcg 0.00 0.000 3 A 1 Vitamin A, IU. IU Vitamin A, RAE mcg A 1 A 1 Tocopherol, beta. mg 0.00 0.000 3 A 1 A 1 <	9 -										
Vitamin C, total ascorbic acid	Selenium, Se	Tricg	18.6	6.600	3	A	1				
Thiamin	Vitamins:										
Riboflavin mg	Vitamin C, total ascorbic acid	mg									
Niacin. mg 4 . 603 0 . 381 3 A 1 Pantofhenic acid. mg 0 . 164 0 . 006 3 A 1 Vitamin B-6. mg 0 . 038 0 . 006 3 A 1 Folate, fotal. mcg 122 12 . 197 3 A 1 Folate, fotd. mcg 105 1 A 1 A 1 Folate, fotd. mcg 17 1 AS 1 1 A	Thiamin	mg	0.430	0.069	3	A	1				
Pantothenic acid											
Vitamin B-6. mg 0.038 0.006 3 A 1 Folate, total mcg 122 12.197 3 A 1 Folia caid mcg 105 1 A 1 Folate, food mcg 17 1 AS 1 Folate, food mcg 17 1 AS 1 Folate, food mcg 17 1 AS 1 Folate, food mcg 0 0 NC 4 Vitamin B-12 mcg 0 0 0 NC 4 Vitamin A, IU IU </td <td></td> <td>• • • • • • • • • • • • • • • • • • • •</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>		• • • • • • • • • • • • • • • • • • • •									
Folate, total											
Folic acid. mcg 105 1 A 1 Folate, food. mcg 17 1 AS 1 Folate, DFE mcg_DFE 196 0 NC 4 Vitamin B-12 mcg 0.00 0.000 3 A 1 Vitamin A, IU. U Vitamin A, RAE mcg_RAE Retinol. mcg Vitamin E (alpha-tocopherol) mg 0.00 0.000 3 A 1 Tocopherol, beta mg 0.00 0.000 3 A 1 Tocopherol, gamma mg 0.54 0.164 3 A 1 Tocopherol, gamma mg 0.00 0.000 3 A 1 Tocopherol, delta mg 0.00 0.000 3 A 1 Vitamin C (phylloquinone) mcg 0.8 2 A 1 Lipids: Fatty acids, total saturated g 4.621 0 NC 4 4.0 g 6.0 g 9 6.0 g 9 8.0 g 0.000 0.000 3 A 1 10.0 g 0.000 0.000 3 A 1 11.0 NC 4 12.0 g 0.000 0.000 3 A 1 11.0 NC 4 12.0 g 0.000 0.000 3 A 1 11.0 NC 4 12.0 g 0.000 0.000 3 A 1 11.0 NC 4 12.0 g 0.000 0.000 3 A 1 11.0 NC 4 13.0 G 0.000 0.000 3 A 1 11.0 NC 4 13.0 G 0.000 0.000 3 A 1 11.0 NC 4 13.0 G 0.000 0.000 3 A 1											
Folate, food				12.197							
Folate, DFE											
Vitamin B-12 mcg 0.00 0.000 3 A 1 Vitamin A, IU IU Vitamin A, RAE mcg RAE Retinol mcg 0.00 0.000 3 A 1 Tocopherol, beta mg 0.00 0.000 3 A 1 Tocopherol, gamma mg 0.54 0.164 3 A 1 Tocopherol, delta mg 0.00 0.000 3 A 1 Vitamin D IU Vitamin K (phylloquinone) mcg 0.8 2 A 1 Lipids: Fatty acids, total saturated g 4.621 0 NC 4 4:0 g 9 0.000 0.000 3 A 1 10:0 g 0.000 0.000 3 A 1 10:0 g 0.000 0.000 3 A 1 10:0 g					_		_				
Vitamin A, RU IU Vitamin A, RAE mcg_RAE Retinol mcg Vitamin E (alpha-tocopherol) mg 0.00 0.000 3 A 1 Tocopherol, beta mg 0.00 0.000 3 A 1 Tocopherol, gamma mg 0.54 0.164 3 A 1 Tocopherol, delta mg 0.00 0.000 3 A 1 Vitamin D IU IU Vitamin K (phylloquinone) mcg 0.8 2 A 1 Lipids: Estivacids, total saturated g 4.621 0 NC 4 4:0. g 6.0 g 8:0 g 0.000 0.000 3 A 1 10:0. g 0.000 0.000 3 A 1 10:0. g 0.004 0.004 3 A 1 12:0. g 0.004 0.004 3 A 1 13:0. g 0.238 0.071 </td <td></td> <td></td> <td></td> <td>0.000</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>				0.000							
Vitamin A, RAE		-	0.00	0.000	3	A	1				
Retinol											
Vitamin E (alpha-tocopherol) mg 0.00 0.000 3 A 1 Tocopherol, beta mg 0.00 0.000 3 A 1 Tocopherol, gamma mg 0.54 0.164 3 A 1 Tocopherol, delta mg 0.00 0.000 3 A 1 Vitamin D IU IU Vitamin K (phylloquinone) mcg 0.8 2 A 1 Entity acids, total saturated g 4.621 0 NC 4 4:0 g 6:0 9 8:0 g 0.000 0.000 3 A 1 10:0 g 0.000 0.000 3 A 1 12:0 g 0.004 0.004 3 A 1 13:0 g 0.28 0.071 3 A 1 14:0 g 0.28 0.071 3 A 1											
Tocopherol, beta		-	0.00	0.000	3	A	1				
Tocopherol, gamma mg 0.54 0.164 3 A 1 Tocopherol, delta mg 0.00 0.000 3 A 1 Vitamin D											
Tocopherol, delta mg 0.00 0.000 3 A 1 Vitamin D IU Vitamin K (phylloquinone) mcg 0.8 2 A 1 Lipids: Fatty acids, total saturated g 4.621 0 NC 4 4:0	•										
Vitamin D IU Vitamin K (phylloquinone) mcg 0.8 2 A 1 Lipids: Fatty acids, total saturated g 4.621 0 NC 4 4:0 6:0 8:0 10:0 12:0 13:0 14:0 14:0											
Vitamin K (phylloquinone) mcg 0.8 2 A 1 Lipids: Fatty acids, total saturated g 4.621 0 NC 4 4:0 g 6:0 g 8:0 g 0.000 0.000 3 A 1 10:0 g 0.000 0.000 3 A 1 12:0 g 0.004 0.004 3 A 1 13:0 g 14:0 g 0.238 0.071 3 A 1											
Fatty acids, total saturated.			0.8		2	A	1				
Fatty acids, total saturated.	Linids										
4:0. g 6:0. g 8:0. g 0.000 0.000 3 A 1 10:0. g 0.000 0.000 3 A 1 12:0. g 0.004 0.004 3 A 1 13:0. g 14:0. g 0.238 0.071 3 A 1		a	4 621	1	0	NC	4				
6:0			4.021	-	3	140	-				
8:0											
10:0		_	0.000	0.000	3	A	1				
12:0g 0.004 0.004 3 A 1 13:0g 14:0g 0.238 0.071 3 A 1		_									
13:0g 14:0g 0.238 0.071 3 A 1											
14:0g 0.238 0.071 3 A 1											
		-	0.238	0.071	3	A	1				
		-	0.032		3	A					

	<u>An</u>	nount in 100 N	grams		ole portic	<u>on</u>		edible portion easures of food	
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0g	2.548	0.298		A	1				
17:09	0.101	0.038		A	1				
18:0g	1.676	0.281		A	1				
20:0g	0.022	0.002		A	1				
22:0g	0.000	0.000	0 3	A	1				
24:0g									
Fatty acids, total monounsaturatedg	4.411		0	NC	4				
14:1g	0.032	0.017		A	1				
15:1g	0.000	0.000		A	1				
16:1 undifferentiatedg	0.234	0.038	3	A	1				
17:1g	0.058	0.019	9 3	A	1				
18:1 undifferentiatedg	4.024	0.623	3 3	A	1				
20:1g	0.063	0.003	3 3	A	1				
22:1 undifferentiatedg									
24:1 cg									
Fatty acids, total polyunsaturated	1.055		0	NC	4				
18:2 undifferentiatedg	0.978	0.042	2 3	A	1				
18:3 undifferentiatedg	0.004		3	A	1				
18:3 n-6 c,c,cg	0.004	0.004	4 3	A	1				
18:3ig									
18:4g									
20:2 n-6 c,cg	0.018	0.005	5 3	A	1				
20:3 undifferentiatedg	0.000	0.000	0 3	A	1				
20:3 n-3g									
20:3 n-6g									
20:4 undifferentiatedg	0.000	0.000	0 3	A	1				
20:4 n-3g									
20:4 n-6g									
20:5 n-3g									
22:5 n-3g									
22:6 n-3g									
Fatty acids, total trans									
Cholesterolmg	7	1.250	0 3	A	1				
Phytosterolsmg									

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

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

Previolates: Water			<u>A</u>	mount in 10	00 grams	of edil	ole portic	<u>on</u>		edible portion	
Nutrients and Units					Number	•			<u>m</u>	easures of food	<u>l</u>
Proximates:					of Data	Deriv	Source	Confidence			
Farregy	Nutrients and Un	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Energy	Proximates:										
Foreign No. 25 9	Water	g	52.96		1	A	1				
Protein (N N O O O O O O O O O O O O O O O O O	Energy	kcal	195		0	NC	4				
Total Input (Info	Energy	kj	816		0	NC	4				
Ash	Protein (N x 6.25)	g	4.29		1	A	1				
Carbolydran: by difference	Total lipid (fat)	g	2.21		1	A	1				
Fiber, food dictary. Sugars, food 9 3.74 1 A 1 Sucrosc. 9 2.22 1 A 1 Glucose (dectrose). 9 0.82 1 A 1 Lacrosc. 9 0.90 1 A 1 Lacrosc. 9 0.00 1 A 1 Starch. 9 28.25 1 A 1 Starch. 9 28.25 1 A 1 Starch. 9 28.25 1 A 1 Starch. 9 1.11 1 A 1 Starch. 1 1 1 A 1 Starch. 1	Ash	g	1.07		1	A	1				
Sugers, Suchol	Carbohydrate, by difference	g	39.47		0	NC	4				
Sucrose	Fiber, total dietary	g									
Olicose (destrose)	Sugars, total	g	3.74		1	A	1				
Giuces (decrose). 9 0.82 1 A 1 Fructore. 9 0.70 1 A 1 Lactose. 9 0.70 1 A 1 Lactose. 9 0.00 1 A 1 Maltose. 9 0.00 1 A 1 Galactose. 9 0.00 1 A 1 Maltose. 1 A 1 Magnetium, Mg. mg 5 1 A 1 Magnetium, Mg. mg 55 A 1 A 1 Magnetium, Mg. mg 126 A 1 A 1 Magnetium, Mg. mg 128 A 1 Magnetium, Mg. m	Sucrose	g	2.22		1	A	1				
Fructose			0.82		1	A	1				
Lactons	Fructose	g	0.70		1	A	1				
Malloce 9 0.00 1 A 1 Galactose 9 0.00 1 A 1 Starch 9 28.25 1 A 1 Calciun, Ca mg 5 1 A 1 Iron, Fe mg 1.11 1 A 1 Magnesium, Mg mg 155 1 A 1 Phospiones, P mg 164 1 A 1 Prossium, K mg 320 1 A 1 Victorium, Samerica mg 1.46 1 A 1 Victorium, Samerica mg 0.095 1 A 1 Vitamines mg 0.120 1 A 1 Vitamines mg 0.132 1 A 1 Panotherica scid mg 0.132 1 A 1 Polate, Dela mg 1 A 1 A<	Lactose	g	0.00		1	A	1				
Galactoce 9 0.00 1 A 1 A 1 Starch 9 28.25 1 A 1 Ninerals: Calcium, Ca. mg 5 1 A 1 Magnesium, Mg mg 5 1 A 1 Magnesium, Mg mg 55 1 A 1 Magnesium, Mg mg 55 1 A 1 Magnesium, Mg mg 55 1 A 1 Magnesium, Mg mg 320 1 A 1 Nosdom, NA mg 126 1 A 1 Copper, Cu. mg 1.46 1 A 1 Copper, Cu. mg 0.005 1 A 1 Managase, Mn mg 0.005 1 A 1 Managase, Mn mg 0.003 1 A 1 Selenium, Se mog 11.9 1 A 1 Vitamins: Vitamins C, total ascorbic acid Witamin E, total mg 0.120 1 A 1 Nisicin mg 0.132 1 A 1 Nisicin mg 0.354 1 A 1 Panothenic acid mg 0.354 1 A 1 Panothenic acid mg 0.354 1 A 1 Polace Comper, Cu. mg 0.00 1 A 1 Polace Comper, Cu. mg 1	Maltose	g	0.00		1	A	1				
Shirch S			0.00		1	A	1				
Minerals: Calcium, Ca.					1		1				
Calcium, Ca.											
Internation			_								
Magnesium, Mg. .mg 55 1 A 1 Phosphorus, P. .mg 164 1 A 1 Potassium, K. .mg 320 1 A 1 Sodium, Na. .mg 1.46 1 A 1 Copper, Cu. .mg 0.095 1 A 1 Manganes, Mm. .mg 0.303 1 A 1 Selenium, Se. .mog 11.9 1 A 1 Selenium, Se. .mog 0.120 1 A 1 Vitamin Se. .mog 1 A 1 Vitamin Se. .mog 0.132 1 A 1 Vitamin M. .mg 0.132 1 A 1 A 1 Panotheric acid. .mg 0.354 1 A 1 A 1 A 1 A 1 A 1 A 1 A 1 <t< td=""><td></td><td>-</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></t<>		-									
Phosphorus, P. mg 164 1 A 1 Potassium, K. mg 320 1 A 1 Zinc, Zn. mg 1.46 1 A 1 Zinc, Zn. mg 0.095 1 A 1 Zinc, Zn. mg 0.003 1 A 1 Zinc, Zn. mg 0.004 1 A 1 Zinc, Zn. mg 0.00											
Potassium, K.											
Sodium, Na.											
Zinc, Zn	*										
Copper, Cu	-										
Manganese, Mn	-			_							
Note	• •										
Vitamins: Vitamin C, total ascorbic acid. mg 0.120 1 A 1 Ribalavin. mg 0.120 1 A 1 Ribalavin. mg 0.122 1 A<	ē ,			3							
Vitamin Mg	Selenium, Se	Tricg	11.9		1	A	1				
Thiamin	Vitamins:										
Riboflavin	Vitamin C, total ascorbic acid	mg									
Niacin	Thiamin	mg	0.120	ס	1	A	1				
Pantothenic acid	Riboflavin	mg	0.132	2	1	A	1				
Vitamin B-6 mg Folate, total mcg 98 1 A 1 Folia coid mcg 98 1 A 1 Folate, food mcg 98 1 A 1 Folate, food mcg PS	Niacin	mg	2.490	ס	1	A	1				
Folate, total	Pantothenic acid	mg	0.354	4	1	A	1				
Folic acid	Vitamin B-6	mg									
Folate, food	Folate, total	mcg	98		1	A	1				
Folate, DFE	Folic acid	mcg									
Vitamin B-12 mcg Vitamin A, IU IU Vitamin A, RAE mcg Retinol mcg Vitamin E (alpha-tocopherol) mg 0.00 1 A 1 Tocopherol, beta mg 0.00 1 A 1 Tocopherol, gamma mg 0.00 1 A 1 Tocopherol, delta mg 0.00 1 A 1 Vitamin D IU IU Vitamin K (phylloquinone) mcg 0.3 1 A 1 Einids: Fatty acids, total saturated g 0.353 0 NC 4 4:0 g 6:0 g 8:0 q 1 A 1 1:0. g 0.000 1 A 1 1 1 1 1:0. g 0.000 1 A 1			98		1	A	1				
Vitamin A, RAE IU Vitamin A, RAE mcg Retinol mcg Vitamin E (alpha-tocopherol) mg 0.00 1 A 1 Tocopherol, beta mg 0.00 1 A 1 Tocopherol, gamma mg 0.00 1 A 1 Tocopherol, delta mg 0.00 1 A 1 Vitamin D IU U Vitamin K (phylloquinone) mcg 0.3 1 A 1 Lipids: Testry acids, total saturated g 0.353 0 NC 4 4:0. g 6:0. g 8:0. g 0.000 1 A 1 10:0. g 0.000 1 A 1 12:0. g 0.000 1 A 1 13:0. g 0.000 1 A 1	Folate, DFE	mcg_DFE									
Vitamin A, RAE											
Retinol	Vitamin A, IU	IU									
Retinol	Vitamin A, RAE	mcg_RAE									
Tocopherol, beta. mg 0.00 1 A 1 Tocopherol, gamma. mg 1.33 1 A 1 Tocopherol, delta. mg 0.00 1 A 1 Vitamin D. IU IU Vitamin K (phylloquinone) mcg 0.3 1 A 1 Eipids: Fatty acids, total saturated g 0.353 0 NC 4 4:0. g 0.353 0 NC 4 4:0. g 0.000 1 A 1 8:0. g 0.000 1 A 1 10:0. g 0.000 1 A 1 12:0. g 0.000 1 A 1 13:0. g 0.000 1 A 1 14:0. g 0.000 1 A 1											
Tocopherol, gamma mg 1.33 1 A 1 Tocopherol, delta mg 0.00 1 A 1 Vitamin D U Vitamin K (phylloquinone) mcg 0.3 1 A 1 Eipids: Fatty acids, total saturated g 0.353 0 NC 4 4:0	Vitamin E (alpha-tocopherol)	mg	0.00		1	A	1				
Tocopherol, delta mg 0.00 1 A 1 Vitamin D IU Vitamin K (phylloquinone) mcg 0.3 1 A 1 Lipids: Fatty acids, total saturated g 0.353 0 NC 4 4:0 g 6:0 g 8:0 g 0.000 1 A 1 10:0 g 0.000 1 A 1 11:0 12:0 g 0.000 1 A 1 11:0 g 11:0 g 0.000 1 A 1 11:0 g	Tocopherol, beta	mg	0.00		1	A	1				
Vitamin D IU Vitamin K (phylloquinone) mcg 0.3 1 A 1 Lipids: Fatty acids, total saturated g 0.353 0 NC 4 4:0 g 6:0 g 8:0 g 0.000 1 A 1 10:0 g 0.000 1 A 1 12:0 g 0.000 1 A 1 13:0 g 14:0 g 0.000 1 A 1	Tocopherol, gamma	mg	1.33		1	A	1				
Vitamin K (phylloquinone) mcg 0.3 1 A 1 Lipids: Fatty acids, total saturated g 0.353 0 NC 4 4:0 g 6:0 g 8:0 g 0.000 1 A 1 10:0 g 0.000 1 A 1 12:0 g 0.000 1 A 1 13:0 g 14:0 g 0.000 1 A 1	Tocopherol, delta	mg	0.00		1	A	1				
Lipids: Fatty acids, total saturated g 0.353 0 NC 4 4:0 g 6:0 g 8:0 g 0.000 1 A 1 10:0 g 0.000 1 A 1 12:0 g 0.000 1 A 1 13:0 g 14:0 g 0.000 1 A 1	Vitamin D	IU									
Fatty acids, total saturated. 9 0.353 0 NC 4 4:0. 9 6:0. 9 8:0. 9 0.000 1 A 1 10:0. 9 0.000 1 A 1 12:0. 9 0.000 1 A 1 13:0. 9 14:0. 9 0.000 1 A 1	Vitamin K (phylloquinone)	mcg	0.3		1	A	1				
Fatty acids, total saturated. 9 0.353 0 NC 4 4:0. 9 6:0. 9 8:0. 9 0.000 1 A 1 10:0. 9 0.000 1 A 1 12:0. 9 0.000 1 A 1 13:0. 9 14:0. 9 0.000 1 A 1	Linide										
4:0 9 6:0 9 8:0 9 0.000 1 A 1 10:0 9 0.000 1 A 1 12:0 9 0.000 1 A 1 13:0 9 14:0 9 0.000 1 A 1		а	0.353	3	0	NC	٨				
6:0			0.353	•	U	NC	4				
8:0											
10:0 g 0.000 1 A 1 12:0 g 0.000 1 A 1 13:0 g 0.000 1 A 1 14:0 g 0.000 1 A 1		_	0.000	.	1	7.	1				
12:0											
13:0											
14:0g 0.000 1 A 1			0.000	,	1	A	1				
			0.004	n			1				
15:0g 0.000 1 A 1											

Nutrients and Units Note		<u>Ar</u>	nount in 10			ole portic	<u>on</u>		edible portion of easures of food	
17:0	Nutrients and Units	Mean	Std. Error	of Data	Deriv			_		
17:0										
18:0	16:0g	0.286		1	A					
200		0.000								
220	18:0g	0.048		1	A	1				
240	20:0g	0.012		1	A	1				
Fatty acids, total monounsaturated. 9 0.603 0 NC 4 14:1	22:0g	0.007		1	A	1				
14:1	24:0g									
15:1	Fatty acids, total monounsaturatedg	0.603		0	NC	4				
16:1 undifferentiated	14:1g	0.000		1	A	1				
17:1	15:1g	0.000		1	A	1				
18:1 undifferentiated g 0.595 1 A 1 20:1 g 0.008 1 A 1 22:1 undifferentiated g 0.847 0 NC 4 18:2 undifferentiated g 0.816 1 A 1 18:3 undifferentiated g 0.031 0 A 1 18:3 n-6 c,c,c g 0.000 1 A 1 18:3i g 18:4 g 20:2 n-6 c,c g 0.000 1 A 1 20:3 n-6,c g 0.000 1 A 1 20:3 n-6 g 0.000 1 A 1 20:4 n-3 g 0.000 1 A 1 20:5 n-3 g 9 0.000	16:1 undifferentiatedg	0.000		1	A	1				
20:1	17:1g	0.000		1	A	1				
22:1 undifferentiated	18:1 undifferentiatedg	0.595		1	A	1				
24:1 c	20:1g	0.008		1	A	1				
Fatty acids, total polyunsaturated	22:1 undifferentiatedg									
Fatty acids, total polyunsaturated	24:1 cg									
18:3 undifferentiated		0.847		0	NC	4				
18:3 n-6 c,c,c. 9 0.000 1 A 1 18:3i. 9 18:4. 9 20:2 n-6 c,c. 9 0.000 1 A 1 20:3 undifferentiated. 9 0.000 1 A 1 20:3 n-3. 9 20:3 n-6. 9 20:4 n-6. 9 20:4 n-6. 9 20:5 n-3. 9 22:5 n-3. 9 22:6 n-3. 9 Fatty acids, total trans. 9 Cholesterol. mg	18:2 undifferentiatedg	0.816		1	A	1				
18:3i	18:3 undifferentiatedg	0.031		0	A	1				
18:3i 9 18:4 9 20:2 n-6 c,c 9 0.000 1 A 1 20:3 undifferentiated 9 0.000 1 A 1 20:3 n-3 9 20:4 n-6 9 0.000 1 A 1 20:4 n-3 9 20:5 n-3 9 22:5 n-3 9 22:6 n-3 9 Fatty acids, total trans 9 Cholesterol mg	18:3 n-6 c.c.c	0.000		1	A	1				
18:4										
20:2 n-6 c,c										
20:3 undifferentiated		0.000		1	A	1				
20:3 n-3		0.000		1	A	1				
20:3 n-6. 9 20:4 undifferentiated. 9 0.000 1 A 1 20:4 n-3. 9 20:4 n-6. 9 20:5 n-3. 9 22:5 n-3. 9 22:6 n-3. 9 Fatty acids, total trans. 9 Cholesterol. mg										
20:4 undifferentiated.										
20:4 n-3 g 20:4 n-6 g 20:5 n-3 g 22:5 n-3 g 22:6 n-3 g Fatty acids, total trans g Cholesterol mg		0.000		1	A	1				
20:4 n-6. g 20:5 n-3. g 22:5 n-3. g 22:6 n-3. g Fatty acids, total trans. g Cholesterol. mg										
20:5 n-3 9 22:5 n-3 9 22:6 n-3 9 Fatty acids, total trans 9 Cholesterol mg										
22:5 n-3 9 22:6 n-3 9 Fatty acids, total trans 9 Cholesterol mg										
22:6 n-3										
Fatty acids, total trans										
Cholesterolmg										
	Phytosterolsmg									

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

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

Rangifer tarandus

Refuse: 0%

		<u>A</u>	mount in 10			ole portio	on		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	7.40		1	AI	13				
Energy	kcal	786		0	NC	4				
Energy		3290		0	NC	4				
Protein (N x 6.25)		6.70		1	AI	13				
Total lipid (fat)		84.40		1	AI	13				
Ash		1.50		0	NP	4				
Carbohydrate, by difference		0.00		0	NC	4				
Fiber, total dietary		0.00		•	2.0	-				
Sugars, total	=									
Starch	-									
Minerals:										
Calcium, Ca	ma									
Iron, Fe	-	4.50		1	AI	13				
Magnesium, Mg		4.50		-	nı.	13				
Phosphorus, P		107		1	AI	13				
Potassium, K		107		-	nı.	13				
Sodium, Na	_									
Zinc, Zn	-									
Copper, Cu	_									
Manganese, Mn										
Selenium, Se										
Vitamins:										
Vitamin C. total ascorbic acid	mg									
Thiamin	• • • • • • • • • • • • • • • • • • • •	0.040)	1	AI	13				
Riboflavin	_									
Niacin		0.200)	1	AI	13				
Pantothenic acid.										
Vitamin B-6	• • • • • • • • • • • • • • • • • • • •									
Folate, total	_									
Folate, DFE										
Vitamin B-12										
Vitamin A, IU		240		1	AI	13				
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										

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

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

Caribou, eye, raw (Alaska Native)

Rangifer tarandus

Refuse: 0%

		Amount in 100 grams of edible por Number of Data Deriy Sour					<u>on</u>	measures of food		
Nutrients and Uni	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	57.10		1	AI	13				
Energy	kcal	326		0	NC	4				
Energy	kj	1365		0	NC	4				
Protein (N x 6.25)	g	10.80		1	AI	13				
Total lipid (fat)	g	31.40		1	AI	13				
Ash		0.60		0	NP	4				
Carbohydrate, by difference		0.10		0	NC	4				
Fiber, total dietary										
Sugars, total										
Starch	-									
Minerals:										
Calcium, Ca	ma	19		1	AI	13				
Iron, Fe	_	4.70		1	AI	13				
Magnesium, Mg		4.70		_	AI	13				
Phosphorus, P		58		1	AI	13				
Potassium, K		36		_	AI	13				
Sodium, Na	•									
Zinc, Zn	•									
Copper, Cu	•									
Manganese, Mn	_									
Selenium, Se	_									
,										
Vitamins: Vitamin C, total ascorbic acid	ma									
Thiamin	•	0.010	1	1	AI	13				
Riboflavin	•	0.010		1	AI	13				
Niacin		0.030		1	AI	13				
Pantothenic acid		0.200	•	-	AI	13				
Vitamin B-6	_									
Folate, total	_									
Folate, DFE										
Vitamin B-12										
Vitamin A, IU		400		1	AI	13				
Vitamin A, RAE	mca RAE			=						
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	-									
Vitamin K (phylloquinone)										

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

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

Caribou, liver, raw (Alaska Native)

Rangifer tarandus

Refuse: 0%

	Amount in 100 grams of edible p							Amount in edible portion of common measures of food		
Nutrients and U	Inits	Mean		Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.40		1	AI	13				
Energy	kcal	122		0	NC	4				
Energy	kj	512		0	NC	4				
Protein (N x 6.25)	g	15.00		1	AI	13				
Total lipid (fat)	g	3.90		1	AI	13				
Ash	g	2.90		0	NP	4				
Carbohydrate, by difference	g	6.80		0	NC	4				
Fiber, total dietary										
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	4		1	AI	13				
Iron, Fe		15.70		1	AI	13				
Magnesium, Mg										
Phosphorus, P	mg	282		1	AI	13				
Potassium, K	mg									
Sodium, Na	mg									
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									

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

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

		Amount in 100 grams of edible portion Number					<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Un	its	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	62.50		1	AI	13					
Energy	kcal	260		0	NC	4					
Energy	kj	1088		0	NC	4					
Protein (N x 6.25)	g	13.70		1	AI	13					
Total lipid (fat)	g	22.80		1	AI	13					
Ash		1.00		0	NP	4					
Carbohydrate, by difference		0.00		0	NC	4					
Fiber, total dietary											
Sugars, total											
Starch	-										
Minerals:											
Calcium, Ca	ma	6		1	AI	13					
Iron, Fe	-	2.80		1	AI	13					
Magnesium, Mg		2.00		-	nı.	13					
Phosphorus, P		0		1	AI	13					
Potassium, K		ŭ		-							
Sodium, Na	•										
Zinc, Zn	•										
Copper, Cu	•										
Manganese, Mn	-										
Selenium, Se	-										
Vitamins:											
Vitamin C, total ascorbic acid	mα										
Thiamin	•	0.120)	1	AI	13					
Riboflavin	•		-	=							
Niacin	-										
Pantothenic acid.											
Vitamin B-6	• • • • • • • • • • • • • • • • • • • •										
Folate, total	-										
Folate, DFE											
Vitamin B-12											
Vitamin A, IU		190		1	AI	13					
Vitamin A, RAE											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D	IU										
Vitamin K (phylloquinone)											

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

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

		<u>A</u>	mount in 10	00 grams	of edil	ole portio	<u>on</u>		edible portion	
				Number	•			<u>m</u>	easures of food	<u>l</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	_	89.69		1	A	1				
Energy		44		0	NC	4				
Energy		183		0	NC	4				
Protein (N x 6.25)		0.81		1	A	1				
Total lipid (fat)		0.63		1	A	1				
Ash		0.20		1	A	1				
Carbohydrate, by difference		8.68		0	NC	4				
Fiber, total dietary										
Sugars, total		2.60		1	A	1				
Sucrose		1.15		1	A	1				
Glucose (dextrose)	g	0.60		1	A	1				
Fructose	g	0.74		1	A	1				
Lactose	g	0.00		1	A	1				
Maltose		0.11		1	A	1				
Galactose		0.00		1	A	1				
Starch	g	6.33		1	A	1				
Minerals:										
Calcium, Ca	mg	7		1	A	1				
Iron, Fe		0.95		1	A	1				
Magnesium, Mg		9		1	A	1				
Phosphorus, P		23		1	A	1				
Potassium, K	mg	28		1	A	1				
Sodium, Na	mg	15		1	A	1				
Zinc, Zn	mg	0.19		1	A	1				
Copper, Cu	mg	0.019	•	1	A	1				
Manganese, Mn		0.074	1	1	A	1				
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma									
Thiamin		0.020)	1	A	1				
Riboflavin		0.015	5	1	A	1				
Niacin		0.248	3	1	A	1				
Pantothenic acid	mg	0.030)	1	A	1				
Vitamin B-6	mg	0.033	3	1	A	1				
Folate, total		8		1	A	1				
Folic acid										
Folate, food	mcg	8		1	A	1				
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU									
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E (alpha-tocopherol)		0.00		1	A	1				
Tocopherol, beta		0.00		1	A	1				
Tocopherol, gamma		0.00		1	A	1				
Tocopherol, delta		0.00		1	A	1				
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.0		1	A	1				
Lipids:										
Fatty acids, total saturated	g	0.075	5	0	NC	4				
4:0										
6:0										
8:0	-	0.000)	1	A	1				
10:0		0.000		1	A	1				
12:0		0.000)	1	A	1				
13:0										
14:0	-	0.000)	1	A	1				
	g	0.000		1	A	1				

	<u>Ar</u>	mount in 10			ole portio	<u>on</u>	_	edible portion	
Nutrients and Units	Mean			Deriv	Source Code	Confidence Code	Measure 1	easures of food Measure 2	Measure 3
16:0g	0.061		1	A	1				
17:0g	0.000		1	A	1				
18:0g	0.011		1	A	1				
20:0g	0.002		1	A	1				
22:0g	0.001		1	A	1				
24:0g									
Fatty acids, total monounsaturatedg	0.135		0	NC	4				
14:1g	0.000		1	A	1				
15:1g	0.000		1	A	1				
16:1 undifferentiated	0.002		1	A	1				
17:1g	0.000		1	A	1				
18:1 undifferentiated	0.132		1	A	1				
20:1g	0.001		1	A	1				
22:1 undifferentiated									
24:1 cg									
Fatty acids, total polyunsaturated9	0.151		0	NC	4				
18:2 undifferentiated	0.144		1	A	1				
18:3 undifferentiated	0.007		0	A	1				
18:3 n-6 c,c,cg	0.000		1	A	1				
18:3i									
18:4									
20:2 n-6 c,cg	0.000		1	A	1				
20:3 undifferentiated	0.000		1	A	1				
20:3 n-3g			_		_				
20:3 n-6g									
20:4 undifferentiated	0.000		1	A	1				
20:4 n-3	0.000		_		_				
20:4 n-6									
20:5 n-3g									
22:5 n-3									
22:6 n-3g									
Fatty acids, total trans									
Cholesterolg									
Phytosterolsmg									

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Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

Katharina tunicata

Refuse: 0%

		Amount in 100 grams of edible portion Number of Data Deriy Source Confidence						edible portion of easures of food		
Nutrients and Uni	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	-	78.60		1	AI	13				
Energy		83		0	NC	4				
Energy	kj	346		0	NC	4				
Protein (N x 6.25)	g	17.10		1	AI	13				
Total lipid (fat)	g	1.60		1	AI	13				
Ash	g	2.70		0	NP	4				
Carbohydrate, by difference	g	0.00		0	NC	4				
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	121		1	AI	13				
Iron, Fe	-	16.00		1	AI	13				
Magnesium, Mg										
Phosphorus, P										
Potassium, K										
Sodium, Na	-									
Zinc, Zn	_									
Copper, Cu										
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	AI	13				
Thiamin	_	0.050)	1	AI	13				
Riboflavin		0.340)	1	AI	13				
Niacin	_	4.200)	1	AI	13				
Pantothenic acid										
Vitamin B-6	_									
Folate, total										
Folate, DFE	-									
Vitamin B-12										
Vitamin A, IU		1650		1	AI	13				
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									

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

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

Cloudberry, raw (Alaska Native)

Rubus chamaemorus L.

baked apple berry, salmonberry, yellowberry

Refuse: 0%

		Amount in 100 grams of edible portion Number of Data Deriv Source Confidence					<u>n</u>		edible portion of easures of food	
Nutrients and Uni	its	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure :
Proximates:										
Water	g	87.00		1	AI	13				
Energy	kcal	51		0	NC	4				
Energy		214		0	NC	4				
Protein (N x 5.3)		2.40		1	AI	13				
Total lipid (fat)		0.80		1	AI	13				
Ash		1.20		0	NP	4				
Carbohydrate, by difference		8.60		0	NC	4				
Fiber, total dietary										
Sugars, total	=									
Starch	=									
Minerals:										
Calcium, Ca	ma	18		1	AI	13				
Iron, Fe	-	0.70		1	AI	13				
Magnesium, Mg		0.70		-						
Phosphorus, P	-	35		1	AI	13				
Potassium, K		33		-						
Sodium, Na	•									
Zinc, Zn	•									
Copper, Cu	-									
Manganese, Mn	-									
Selenium, Se										
Vitamins:										
Vitamin C, total ascorbic acid	ma	158.0		1	AI	13				
Thiamin	•	0.050)	1	AI	13				
Riboflavin		0.070		1	AI	13				
Niacin	-	0.900		1	AI	13				
Pantothenic acid					-	-				
Vitamin B-6										
Folate, total	_									
Folate, DFE										
Vitamin B-12										
Vitamin A, IU		210		1	AI	13				
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										

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

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

NDB No. 35028 Cockles (Alaska Native) Clinocardium nuttallii

Refuse: 0%

		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
Nutrients and Units	5	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	78.80		1	AI	13				
Energy		79		0	NC	4				
Energy		331		0	NC	4				
Protein (N x 6.25)		13.50		1	AI	13				
Total lipid (fat)	-	0.70		1	AI	13				
Ash		2.30		0	NP	4				
Carbohydrate, by difference		4.70		0	NC	4				
		4.70		U	NC	4				
Fiber, total dietary										
Sugars, total	_									
Starch	9									
Minerals:										
Calcium, Ca	mg	30		1	AI	13				
Iron, Fe	-	16.20		1	AI	13				
Magnesium, Mg										
Phosphorus, P										
Potassium, K										
Sodium, Na	-									
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn										
Selenium, Se										
Vitamins:										
Vitamin C. total ascorbic acid	ma									
Thiamin		0.010	1	1	AI	13				
Riboflavin	-	0.200		1	AI	13				
Niacin		3.200		1	AI	13				
Pantothenic acid		3.200	,	_	AI	13				
Vitamin B-6	-									
Folate, total	-									
Folate, DFE										
Vitamin B-12										
Vitamin A, IU										
Vitamin A, RAE	mca RAF									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										

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

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

		<u>A</u>	mount in 100	grams	of edib	ole portio	<u>n</u>		edible portion	
Nutrients and Un	its	Mean			Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure :
Proximates:										
Water	g	8.10		1	A	1				
Energy	kcal	386		0	NC	4				
Energy		1616		0	NC	4				
Protein (N x 6.25)	g	9.88		1	A	1				
Total lipid (fat)	g	5.22		1	A	1				
Ash	g	1.86		1	A	1				
Carbohydrate, by difference	g	74.93		0	NC	4				
Fiber, total dietary	g									
Sugars, total	g	5.38		1	A	1				
Sucrose	g	3.38		1	A	1				
Glucose (dextrose)	g	1.00		1	A	1				
Fructose		0.99		1	A	1				
Lactose	g	0.00		1	A	1				
Maltose	g	0.00		1	A	1				
Galactose	g	0.00		1	A	1				
Starch	g	48.18		1	A	1				
Minerals:										
Calcium, Ca	ma	15		1	A	1				
Iron, Fe	_	1.92		1	A	1				
Magnesium, Mg		124		1	A	1				
Phosphorus, P		337		1	A	1				
Potassium, K	mg	511		1	A	1				
Sodium, Na	mg	13		1	A	1				
Zinc, Zn	mg	3.05		1	A	1				
Copper, Cu	mg	0.195		1	A	1				
Manganese, Mn		0.848	3	1	A	1				
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1				
Thiamin	mg	0.200	ס	1	A	1				
Riboflavin	mg	0.068	3	1	A	1				
Niacin	mg	3.300)	1	A	1				
Pantothenic acid	mg	0.380	כ	1	A	1				
Vitamin B-6	-	0.372	2	1	A	1				
Folate, total		77		1	A	1				
Folic acid										
Folate, food		77		1	A	1				
Folate, DFE										
Vitamin B-12										
Vitamin A, IU										
Vitamin A, RAE										
Retinol Vitamin E (alpha-tocopherol)		0.00		1	A	1				
Tocopherol, beta		0.00		1	A	1				
Tocopherol, gamma		0.00		1	A	1				
Tocopherol, delta		0.00		1	A	1				
Vitamin D				_		_				
Vitamin K (phylloquinone)		0.9		1	A	1				
Lipids:										
Fatty acids, total saturated	а	0.820)	0	NC	4				
4:0		3.020	-	J		-				
6:0										
8:0		0.000)	1	A	1				
10:0		0.000		1	A	1				
12:0		0.000		1	A	1				
13:0	_									
14:0	g	0.000)	1	A	1				
15:0	n	0.000)	1	A	1				

		Amount in 100 grams of edible portion Number						edible portion of	common	
Nutrients and Units	Me	an	Std. Error	of Data		Source Code	Confidence Code	me Measure 1	asures of food Measure 2	Measure 3
Nutrients and Onits	IVIC	all	Stu. Elloi					Weasure 1	Wedsule 2	Wieasure 3
16:0	a	0.655		1	A	1				
17:0		0.005		1	A	1				
18:0	-	0.122		1	A	1				
20:0		0.028		1	A	1				
22:0	-	0.010		1	A	1				
24:0	•	0.010		-		-				
Fatty acids, total monounsaturated		1.483		0	NC	4				
14:1	5	0.000		1	A	1				
15:1	-	0.000		1	A	1				
16:1 undifferentiated	-	0.007		1	A	1				
17:1	-	0.000		1	A	1				
18:1 undifferentiated	-	1.458		1	A	1				
20:1		0.018		1	A	1				
22:1 undifferentiated	-	0.010		-		-				
24:1 c										
Fatty acids, total polyunsaturated		1.900		0	NC	4				
18:2 undifferentiated		1.831		1	A	1				
18:3 undifferentiated		0.069		0	A	1				
18:3 n-6 c,c,c		0.000		1	A	1				
18:3i		0.000		1	A	_				
18:4		0.000		1	A	1				
20:2 n-6 c,c		0.000		1	A	1				
20:3 undifferentiated		0.000		_	A	1				
20:3 n-3	-									
20:3 n-6				1						
20:4 undifferentiated		0.000		1	A	1				
20:4 n-3										
20:4 n-6	-									
20:5 n-3										
22:5 n-3										
22:6 n-3										
Fatty acids, total trans										
Cholesterol	-									
Phytosterols	¹¹¹ 9									

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

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

		<u>A</u>	mount in 100	grams	of edil	ole portic	<u>on</u>	Amount in edible portion of common			
			N	umbei	r			<u>m</u>	easures of food	<u>l</u>	
			o	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	8.09	0.436	3	A	1					
Energy	kcal	386		0	NC	4					
Energy	kj	1616		0	NC	4					
Protein	g	9.72	0.227	3	A	1					
Total lipid (fat)	g	5.18	0.374	3	A	1					
Ash	g	1.81	0.143	3	A	1					
Carbohydrate, by difference	g	75.20		0	NC	4					
Fiber, total dietary	g	16.6	0.948	3	A	1					
Sugars, total	g	6.47	0.937	3	A	1					
Sucrose	g	4.35	0.524	3	A	1					
Glucose (dextrose)		1.09	0.238	3	A	1					
Fructose	g	1.04	0.238	3	A	1					
Lactose	g	0.00	0.000	3	A	1					
Maltose	g	0.00	0.000	3	A	1					
Galactose	g	0.00	0.000	3	A	1					
Starch		45.78	2.529	3	A	1					
Minorals											
Minerals: Calcium, Ca	ma	14	2.770	3	A	1					
Iron, Fe		2.29	0.167	3	A	1					
Magnesium, Mg		123	3.480		A	1					
Phosphorus, P	-	312	22.898		A	1					
Potassium, K		532	39.859		A	1					
Sodium, Na		4	0.000		A	1					
Zinc, Zn		3.15	0.274	3	A	1					
Copper, Cu		0.23	0.014	3	A	1					
Manganese, Mn	mg	0.92	0.062	3	A	1					
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		1	A	1					
Thiamin		0.080		1	A	1					
Riboflavin	-	0.06		1	A	1					
Niacin	•	3.310		1	A	1					
Pantothenic acid		0.300		1	A	1					
Vitamin B-6		0.289	9	1	A	1					
Folate, total		100		1	A	1					
Folic acid	mcg	100			_						
Folate, food		100		1	A	1					
Folate, DFEVitamin B-12											
Vitamin A, IU											
Vitamin A, RAE	mca RAF										
Retinol											
Vitamin E (alpha-tocopherol)		0.00		1	A	1					
Tocopherol, beta		0.00		1	A	1					
Tocopherol, gamma		0.00		1	A	1					
Tocopherol, delta		0.00		1	A	1					
Vitamin D											
Vitamin K (phylloquinone)	mcg	0.8		1	A	1					
Lipids:											
Fatty acids, total saturated	g	0.830)	0	NC	4					
4:0											
6:0											
8:0		0.000)	1	A	1					
10:0		0.000)	1	A	1					
12:0	g	0.000)	1	A	1					
13:0	g										
14:0	g	0.000)	1	A	1					
15:0	a	0.000)	1	A	1					

Nutrients and Units		<u>Aı</u>	mount in 100	grams	of edik	ole portio	<u>on</u>		edible portion o	f common
Nutrients and Units			N	lumber				<u>m</u>	easures of food	
Nutrients and Units				of Data	Doriv	Source	Confidence			
17.0	Nutrients and Units	Mean						Measure 1	Measure 2	Measure 3
17.0										
17.0	16:0	0 650		1	7	1				
180		9								
200		•								
22-0. 9 0.011 1 X 1 X 1 24-0. 9 1.483 0 NC 4 14-1. 9 0.000 1 X 1 X 1 15-1. 9 0.000 1 X 1 X 1 15-1. 9 0.000 1 X X 1 15-1. 9 0.000 1 X X 1 17-1. 9 0.000 1 X X 1 18-1 undifferentiated 9 0.018 1 X 1 20-1. 9 0.018 1 X X 1 20-1. 9 0.000 1 X X 1 18-3 undifferentiated 9 0.000 1 X X 1 18-3 undifferentiated 9 0.000 1 X X 1 18-3 undifferentiated 9 0.000 1 X X 1 18-3 0.000 1 X X 1 20-2 0.0000 1 X X 1 20-2 0.000 1 X X 1 20-2 0.000 1 X X 1 20-2 0.0000 1 X		•								
74-0 9 Faily acids, food monousstanted 9 1.483 0 NC 4 18-1 9 0.000 1 A 1 16-1 undifferentated 9 0.007 1 A 1 17-1 9 0.000 1 A 1 18-1 undifferentated 9 0.18 1 A 1 20-1 9 0.18 1 A 1 24-1 c 9 0.18 1 A 1 21-1 undifferentiated 9 1.862 0 NC 4 18-3 undifferentiated 9 0.069 0 A 1 18-3 undifferentiated 9 0.069 0 A 1 18-3 undifferentiated 9 0.000 1 A 1 20-2 undifferentiated 9 0.000 1 A 1 20-3 undifferentiated 9 0.000 1 A 1		=								
Filly acids, total monounsaturated. 9		•		1	A	1				
i 1						_				
15:	-									
Information										
17-1		-								
RS undifferentiated	16:1 undifferentiated	g 0.007			A	1				
201	17:1	g 0.000	1	1	A	1				
221 undifferentiated	18:1 undifferentiated	g 1.458		1	A	1				
241 c. 9 1814 and stotal polymosaturated. 9 182 undifferentiated. 9 18.3 undifferentiated. 9 18.4 undifferentiated. 9 20.2 undifferentiated. 9 20.3 undifferentiated. 9 20.3 undifferentiated. 9 20.4 undifferentiated. 9 20.5 undifferentiated. 9 20.	20:1	g 0.018		1	A	1				
241 c. 9 1814 and stotal polymosaturated. 9 182 undifferentiated. 9 18.3 undifferentiated. 9 18.4 undifferentiated. 9 20.2 undifferentiated. 9 20.3 undifferentiated. 9 20.3 undifferentiated. 9 20.4 undifferentiated. 9 20.5 undifferentiated. 9 20.	22:1 undifferentiated	g								
Fatty acids, total polyunstrutated. 9 1.862 0 NC 4 182 undifferentiated. 9 1.793 1 A 1 183 undifferentiated. 9 0.069 0 A 1 183 undifferentiated. 9 0.000 1 A 1 183 undifferentiated. 9 0.000 1 A 1 183 undifferentiated. 9 0.000 1 A 1 184 1 182 undifferentiated. 9 0.000 1 A 1 A 1 182 undif										
18.2 undifferentiated. 9 0.069 0 A 1 1 1 1 1 1 1 1 1				0	NC	4				
18-3 undifferentiated										
18.3 n-6 e.e. 9 0.000 1 A 1 18.3										
18:3i		•								
184	* *	•		_		_				
202 n-6 c.c.		-								
203 undifferentiated 9 0.000 1 A 1 2 203 n-3 9 203 n-6 9 204 n-6 9 204 undifferentiated 9 0.000 1 A 1 2 204 n-3 9 204 n-6 9 205 n-3 9 205 n-3 9 225 n-3 9 225 n-3 9 226 n-3 9 2 26					_					
20:3 n-3. 9 20:3 n-6. 9 20:4 undifferentiated. 9 20:4 n-3. 9 20:4 n-6. 9 20:5 n-3. 9 22:5 n-3. 9 22:5 n-3. 9 22:5 n-3. 9 22:5 n-3. 9 21:5 n-3. 9 22:5		•								
20:3 n-6. 9 20:4 undifferentiated. 9 20:4 n-7-3. 9 20:4 n-6. 9 20:5 n-3. 9 20:5 n-3. 9 20:5 n-3. 9 20:5 n-3. 9 20:6 n-3. 9 20:7 n-3. 9 20:		-		1	A	1				
20.4 m.differentiated. 9 0.000 1 A 1 A 1 20.4 n-3. 9 20.4 n-6. 9 20.5 n-3. 9 22.5 n-3. 9 22.5 n-3. 9 22.6 n-3. 9 7		-								
20:4 n-3										
20:4 n-6	20:4 undifferentiated	g 0.000		1	A	1				
20:5 n-3. 9 22:5 n-3. 9 22:6 n-3. 9 Fatty acids, total trans. 9 Cholesterol. mg Phytosterols. mg Namino Acids: Tryptophan 9 0.056 1 A 1 Threonine. 9 0.305 1 A 1 Soleucine. 9 0.354 1 A 1 Leucine. 9 0.354 1 A 1 Leucine. 9 0.354 1 A 1 Lysine. 9 0.302 1 A 1 Lysine. 9 0.302 1 A 1 Cystine. 9 0.321 1 A 1 Cystine. 9 0.231 1 A 1 Cystine. 9 0.429 1 A	20:4 n-3	g								
22:5 n-3	20:4 n-6	g								
22:6 n-3 9 Fatty acids, total trans 9 Cholesterol. mg Phytosterols. mg Amino Acids: Tryptophan 9 0.056 1 A 1 Threonine 9 0.305 1 A 1 Isoleucine 9 0.354 1 A 1 Leucine 9 1.044 1 A 1 Leucine 9 0.302 1 A 1 Lysine 9 0.302 1 A 1 Methionine 9 0.231 1 A 1 Phenylalanine 9 0.429 1 A 1 Phenylalanine 9 0.201 1 A 1 Valine 9 0.201 1 A 1 Aginine 9 9 1 A 1 Alanine 9 1 A 1 A 1 Aspartic acid 9 9 1	20:5 n-3	g								
Fatty acids, total trans. 9 Cholesterol. mg Phytosterols. mg Nmino Acids: Tryptophan. 9 0.056 1 A 1 A 1 Threonine. 9 0.305 1 A 1 Isoleucine. 9 0.354 1 A 1 Leucine. 9 0.302 1 A 1 Leucine. 9 0.302 1 A 1 Lysine. 9 0.302 1 A 1 Lysine. 9 0.231 1 A 1 Cystine. 9 0.231 1 A 1 Cystine. 9 0.142 1 A 1 Tyrosine. 9 0.429 1 A 1 Tyrosine. 9 0.429 1 A 1 Tyrosine. 9 0.201 1 A 1 T	22:5 n-3	g								
Cholesterol. mg Numino Acids: Second Secon	22:6 n-3	g								
Cholesterol. mg Numino Acids: Second Secon	Fatty acids, total trans	g								
Amino Acids: Tryptophan. 9 0.056 1 A 1 Threonine. 9 0.305 1 A 1 Isoleucine. 9 0.354 1 A 1 Leucine. 9 1.044 1 A 1 Lysine. 9 0.302 1 A 1 Methionine. 9 0.231 1 A 1 Cystine. 9 0.142 1 A 1 Phenylalanine. 9 0.429 1 A 1 Yaline. 9 0.201 1 A 1 Valine. 9 Arginine. 9 Histidine. 9 Aspartic acid. 9 Glutamic acid. 9 Glycine. 9 Proline. 9 Serine. 9										
Amino Acids: Tryptophan. 9 0.056 1 A 1 Threonine. 9 0.305 1 A 1 Isoleucine. 9 0.354 1 A 1 Leucine. 9 1.044 1 A 1 Lysine. 9 0.302 1 A 1 Methionine. 9 0.231 1 A 1 Cystine. 9 0.142 1 A 1 Phenylalanine. 9 0.429 1 A 1 Yaline. 9 0.201 1 A 1 Valine. 9 Arginine. 9 Histidine. 9 Aspartic acid. 9 Glutamic acid. 9 Glycine. 9 Proline. 9 Serine. 9	Phytosterols	mg								
Tryptophan 9 0.056 1 A 1 Threonine 9 0.305 1 A 1 Isoleucine 9 0.354 1 A 1 Leucine 9 1.044 1 A 1 Lysine 9 0.302 1 A 1 Methionine 9 0.231 1 A 1 Cystine 9 0.142 1 A 1 Phenylalanine 9 0.201 1 A 1 Valine 9 0.201 1 A 1 Valine 9 9 1 A 1 Histidine 9 9 1 A 1 Alanine 9 1 A 1 Glutamic acid 9 9 1 A 1 Froiline 9 1 A 1 A 1 Froiline	,									
Threonine 9 0.305 1 A 1 Isoleucine 9 0.354 1 A 1 Leucine 9 1.044 1 A 1 Lysine 9 0.302 1 A 1 Methionine 9 0.231 1 A 1 Cystine 9 0.142 1 A 1 Phenylalanine 9 0.429 1 A 1 Yoline 9 0.201 1 A 1 Valine 9 9 0.201 1 A 1 Valine 9 9 0.201 1 A 1 Valine 9 9 0.201 1 A 1 Alanine 9 9 1 A 1 A 1 Alanine 9 9 1 A 1 A 1 A 1 A	·									
Isoleucine .g 0.354 1 A 1 Leucine .g 1.044 1 A 1 Lysine .g 0.302 1 A 1 Methionine .g 0.231 1 A 1 Cystine .g 0.142 1 A 1 Phenylalanine .g 0.429 1 A 1 Tyrosine .g 0.201 1 A 1 Valine .g Arginine .g Histidine .g Aspartic acid .g Glycine .g Proline .g Serine .g			i	1	A	1				
Leucine 9 1.044 1 A 1 Lysine 9 0.302 1 A 1 Methionine 9 0.231 1 A 1 Cystine 9 0.142 1 A 1 Phenylalanine 9 0.429 1 A 1 Tyrosine 9 0.201 1 A 1 Valine 9 Arginine 9 Histidine 9 Alanine 9 Glutamic acid 9 Glycine 9 Proline 9 Serine 9			i	1	A	1				
Lysine	Isoleucine	g 0.354		1	A	1				
Methionine 9 0.231 1 A 1 Cystine 9 0.142 1 A 1 Phenylalanine 9 0.429 1 A 1 Tyrosine 9 0.201 1 A 1 Valine 9 9 9 9 9 Histidine 9 <td>Leucine</td> <td>g 1.044</td> <td></td> <td>1</td> <td>A</td> <td>1</td> <td></td> <td></td> <td></td> <td></td>	Leucine	g 1.044		1	A	1				
Methionine 9 0.231 1 A 1 Cystine 9 0.142 1 A 1 Phenylalanine 9 0.429 1 A 1 Tyrosine 9 0.201 1 A 1 Valine 9 9 9 9 9 Histidine 9 <td>Lysine</td> <td>g 0.302</td> <td></td> <td>1</td> <td>A</td> <td>1</td> <td></td> <td></td> <td></td> <td></td>	Lysine	g 0.302		1	A	1				
Cystine. 9 0.142 1 A 1 Phenylalanine. 9 0.429 1 A 1 Tyrosine. 9 0.201 1 A 1 Valine. 9 Arginine. 9 Histidine. 9 9 Alanine. 9 Aspartic acid. 9 Glutamic acid. 9 Glycine. 9 Proline. 9 Serine. 9	= -			1	A	1				
Phenylalanine g 0.429 1 A 1 Tyrosine g 0.201 1 A 1 Valine g Arginine g Histidine g Alanine g Aspartic acid g Glutamic acid g Glycine g Proline g Serine g		-								
Tyrosine 9 0.201 1 A 1 Valine 9 Arginine 9 Histidine 9 Alanine 9 Aspartic acid 9 Glutamic acid 9 Glycine 9 Proline 9 Serine 9		•								
Valine 9 Arginine 9 Histidine 9 Alanine 9 Aspartic acid 9 Glutamic acid 9 Glycine 9 Proline 9 Serine 9	-	-								
Arginine. 9 Histidine. 9 Alanine. 9 Aspartic acid. 9 Glutamic acid. 9 Glycine. 9 Proline. 9 Serine. 9	=	•		-		-				
Histidine		•								
Alanine. 9 Aspartic acid. 9 Glutamic acid. 9 Glycine. 9 Proline. 9 Serine. 9	9									
Aspartic acid. 9 Glutamic acid. 9 Glycine. 9 Proline. 9 Serine. 9										
Glutamic acid 9 Glycine 9 Proline 9 Serine 9		•								
Glycine	-									
Proline g Serine g										
Serineg										
Hydroxyproline										
	Hydroxyproline	g								

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

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Corn, white, steamed (Navajo)

Food Group: 35 Ethnic Foods

		<u>A</u>	mount in 10	<u>u grams</u>	Amount in edible portion of common					
				Number	measures of food					
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	=	5.70		2	A	1				
Energy		398		0	NC	4				
Energy		1666		0	NC	4				
Protein	_	10.40		2	A	1				
Total lipid (fat)		5.44		2	A	1				
Ash		1.54		2	A	1				
Carbohydrate, by difference		76.93		0	NC	4				
Fiber, total dietary		8.7		2	A	1				
Sugars, total		1.81		2	A	1				
Sucrose		1.53		2	A	1				
Glucose (dextrose)	g	0.16		2	A	1				
Fructose	g	0.12		2	A	1				
Lactose		0.00		2	A	1				
Maltose		0.00		2	A	1				
Galactose		0.00		2	A	1				
Starch	g	63.62		2	A	1				
Minerals:										
Calcium, Ca	ma	5		2	A	1				
Iron, Fe		2.91		2	A	1				
Magnesium, Mg		133		2	A	1				
Phosphorus, P	-	354		2	A	1				
Potassium, K		393		2	A	1				
Sodium, Na	mg	7		2	A	1				
Zinc, Zn	mg	2.91		2	A	1				
Copper, Cu	mg	0.21	В	2	A	1				
Manganese, Mn	mg	0.75	8	2	A	1				
Selenium, Se	mcg	11.8		2	A	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		2	A	1				
Thiamin	-	0.28		2	A	1				
Riboflavin	mg	0.10		2	A	1				
Niacin	_	2.02		2	A	1				
Pantothenic acid	_	0.35		2	A	1				
Vitamin B-6	_	0.59	3	2	A	1				
Folate, total		58		2	A	1				
Folic acid	mcg				_	_				
Folate, food		58		2	A	1				
Folate, DFE										
Vitamin B-12 Vitamin A, IU										
Vitamin A, RAE	mca RAF									
Retinol										
Vitamin E (alpha-tocopherol)		0.73		2	A	1				
Tocopherol, beta	=	0.00		2	A	1				
Tocopherol, gamma		3.21		2	A	1				
Tocopherol, delta		0.37		2	A	1				
Vitamin D										
Vitamin K (phylloquinone)		0.0		1	A	1				
Lipids:										
Fatty acids, total saturated	g	0.88	6	0	NC	4				
4:0										
6:0										
8:0		0.00	0	2	A	1				
10:0		0.00		2	A	1				
12:0		0.00		2	A	1				
13:0	-									
14:0	-	0.00	0	2	A	1				
15:0	-	0.00		2	A	1				

		An	nount in 10	0 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of comm				
Nutrients and Unit	:s	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3		
16:0	g	0.713		2	A	1						
17:0	g	0.000		2	A	1						
18:0		0.132		2	A	1						
20:0		0.025		2	A	1						
22:0	-	0.016		2	A	1						
24:0												
Fatty acids, total monounsaturated	-	1.679		0	NC	4						
14:1	-	0.000		2	A	1						
15:1		0.000		2	A	1						
16:1 undifferentiated		0.003		2	A	1						
17:1		0.000		2	A	1						
18:1 undifferentiated	-	1.661		2	A	1						
20:1	-	0.015		2	A	1						
22:1 undifferentiated	-	0.015		_		-						
24:1 c	-											
Fatty acids, total polyunsaturated		2.465		0	NC	4						
18:2 undifferentiated		2.404		2	A	1						
18:3 undifferentiated		0.000		2	A	1						
18:3 n-6 c,c,c	-	0.000		2	A	1						
18:3i		0.000		_	-	-						
18:4												
20:2 n-6 c,c		0.000		2	A	1						
20:3 undifferentiated		0.000		2	A	1						
20:3 thidifferentiated		0.000		2		_						
20:3 n-6 20:4 undifferentiated	-	0.000		2	A	1						
20:4 undifferentiated	-	0.000		2	A	1						
20:4 n-6												
20:4 n-6 20:5 n-3	-											
20:5 n-3	-											
22:5 n-3	-											
Fatty acids, total trans												
Cholesterol												
Phytosterols	-											
r iiytostetois												

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

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

		<u>A</u>	mount in 100) grams	Amount in edible portion of common					
			M	Number	measures of food					
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	-	5.42		1	A	1				
Energy		398		0	NC	4				
Energy		1665		0	NC	4				
Protein (N x 6.25)		10.99		1	A	1				
Total lipid (fat)	-	5.04		1	A	1				
Ash		1.40		1	A	1				
Carbohydrate, by difference		77.14		0	NC	4				
Fiber, total dietary		10.4		1	A	1				
Sugars, total		1.46		1	A	1				
Sucrose		1.16		1	A	1				
Glucose (dextrose)	g	0.18		1	A	1				
Fructose	g	0.11		1	A	1				
Lactose		0.00		1	A	1				
Maltose		0.00		1	A	1				
Galactose		0.00		1	A	1				
Starch	g	60.46		1	A	1				
Minerals:										
Calcium, Ca	mg	11		1	A	1				
Iron, Fe	-	3.79		1	A	1				
Magnesium, Mg	mg	125		1	A	1				
Phosphorus, P	mg	280		1	A	1				
Potassium, K	mg	443		1	A	1				
Sodium, Na	mg	4		1	A	1				
Zinc, Zn	mg	3.24		1	A	1				
Copper, Cu		0.219		1	A	1				
Manganese, Mn		0.64	6	1	A	1				
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid		0.0	•	1	A	1				
Thiamin		0.310		1	A	1				
Riboflavin	_	0.13		1	A A	1				
Niacin	•	2.800		1 1	A A	1 1				
Pantothenic acid	_	0.583		1	A	1				
Vitamin B-6		32	•	1	A	1				
Folate, totalFolic acid		6		1	A	1				
Folate, food	mca	26		1	AS	1				
Folate, DFE		36		0	NC	4				
Vitamin B-12		30		·	110	•				
Vitamin A, IU										
Vitamin A, RAE										
Retinol										
Vitamin E (alpha-tocopherol)		0.37		1	A	1				
Tocopherol, beta		0.00		1	A	1				
Tocopherol, gamma		5.06		1	A	1				
Tocopherol, delta	mg	0.52		1	A	1				
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.4		1	A	1				
Lipids:										
Fatty acids, total saturated	g	0.85	3	0	NC	4				
4:0										
6:0										
8:0	g	0.000	0	1	A	1				
10:0	g	0.000	0	1	A	1				
12:0	g	0.000	0	1	A	1				
13:0	g									
14:0	g	0.000	0	1	A	1				
15:0	a	0.000	0	1	A	1				

	<u>A</u> ı	mount in 100 grams		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
16:0	g 0.671	1	A	1				
17:0	=	1	A	1				
18:0	g 0.133	1	A	1				
20:0	g 0.029	1	A	1				
22:0	g 0.020	1	A	1				
24:0	g							
Fatty acids, total monounsaturated	g 1.532	0	NC	4				
14:1	g 0.000	1	A	1				
15:1	g 0.000	1	A	1				
16:1 undifferentiated	g 0.000	1	A	1				
17:1	g 0.000	1	A	1				
18:1 undifferentiated	g 1.515	1	A	1				
20:1	g 0.017	1	A	1				
22:1 undifferentiated	g							
24:1 c	g							
Fatty acids, total polyunsaturated	g 2.078		NC	4				
18:2 undifferentiated	-		A	1				
18:3 undifferentiated	-		A	1				
18:3 n-6 c,c,c	g 0.000	1	A	1				
18:3i								
18:4								
20:2 n-6 c,c			A	1				
20:3 undifferentiated	=	1	A	1				
20:3 n-3								
20:3 n-6								
20:4 undifferentiated		1	A	1				
20:4 n-3								
20:4 n-6								
20:5 n-3								
22:5 n-3								
22:6 n-3								
Fatty acids, total trans								
Phytosterols								
Pilytosterois	ing							
Amino Acids:								
Tryptophan	g 0.070	1	A	1				
Threonine	g 0.345	1	A	1				
Isoleucine	g 0.404	1	A	1				
Leucine	g 1.375	1	A	1				
Lysine	g 0.319	1	A	1				
Methionine	g 0.258	1	A	1				
Cystine	g 0.217	1	A	1				
Phenylalanine	g 0.543	1	A	1				
Tyrosine	g 0.412	1	A	1				
Valine	g 0.554	1	A	1				
Arginine			A	1				
Histidine	g 0.292	1	A	1				
Alanine	g 0.836	1	A	1				
Aspartic acid	g 0.724	1	A	1				
Glutamic acid	g 2.043	1	A	1				
Glycine	g 0.399	1	A	1				
Proline	g 0.906	1	A	1				
Serine	g 0.510	1	A	1				
Hydroxyproline	g							

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

Common Measures:

Calories Factors:

Cornmeal, white (Navajo)

Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

		<u>A</u>	mount in 10	<u>u grams</u>	Amount in edible portion of common					
				Number	measures of food					
						Source	Confidence			
Nutrients and Uni	te	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Nutrients and Onits		Weali	Stu. Elloi	1 011113 0	0000			Wedsule I	Weasure 2	Weasure 3
Proximates:										
Water	q	10.15		1	A	1				
Energy	=	384		0	NC	4				
Energy		1606		0	NC	4				
Protein (N x 6.25)		9.85		1	A	1				
Total lipid (fat)		5.88		1	A	1				
Ash		1.22		1	A	1				
Carbohydrate, by difference	g	72.90		0	NC	4				
Fiber, total dietary		9.4		1	A	1				
Sugars, total	g	1.56		1	A	1				
Sucrose		1.20		1	A	1				
Glucose (dextrose)		0.22		1	A	1				
Fructose	g	0.15		1	A	1				
Lactose	g	0.00		1	A	1				
Maltose		0.00		1	A	1				
Galactose		0.00		1	A	1				
Starch		61.94		1	A	1				
Minerals:		_		_						
Calcium, Ca		6		1	A	1				
Iron, Fe.		2.99		1	A	1 1				
Magnesium, Mg		107 225		1 1	A A	1				
Phosphorus, P Potassium, K		322		1	A	1				
Sodium, Na		4		1	A	1				
Zinc, Zn		3.10		1	A	1				
Copper, Cu		0.242	2	1	A	1				
Manganese, Mn		0.64		1	A	1				
Selenium, Se		6.0		1	A	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1				
Thiamin	mg	0.300)	1	A	1				
Riboflavin	mg	0.093	3	1	A	1				
Niacin	mg	2.470)	1	A	1				
Pantothenic acid	mg	0.59	5	1	A	1				
Vitamin B-6		0.590	ס	1	A	1				
Folate, total		34		1	A	1				
Folic acid		7		1	A	1				
Folate, food		27		1	AS	1				
Folate, DFE		39		0	NC	4				
Vitamin B-12										
Vitamin A, IU										
Vitamin A, RAE										
Retinol		0.37		1	7.	1				
Vitamin E (alpha-tocopherol)		0.37		1	A A	1				
Tocopherol, beta Tocopherol, gamma		4.86		1	A A	1				
Tocopherol, delta		0.37		1	A	1				
Vitamin D		0.57		-	A	-				
Vitamin K (phylloquinone)		0.2		1	A	1				
Lipids:										
Fatty acids, total saturated	g	1.043	3	0	NC	4				
4:0				-		=				
6:0										
8:0	-	0.000)	1	A	1				
10:0	-	0.000		1	A	1				
12:0	-	0.000		1	A	1				
13:0	-									
14:0	-	0.000)	1	A	1				
15:0	-	0.000		1	A	1				

		<u>Ar</u>	mount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in	edible portion of	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
16:0	g	0.778		1	A	1				
17:0	g	0.000		1	A	1				
18:0	g	0.219		1	A	1				
20:0	_	0.033		1	A	1				
22:0	•	0.013		1	A	1				
24:0										
Fatty acids, total monounsaturated		2.143		0	NC	4				
14:1		0.000		1	A	1				
15:1	-	0.000		1	A	1				
16:1 undifferentiated	_	0.000		1	A	1				
17:1	_	0.000		1	A	1				
18:1 undifferentiated	-	2.126		1	A	1				
20:1		0.017		1	A	1				
22:1 undifferentiated										
24:1 c						_				
Fatty acids, total polyunsaturated		2.352		0	NC	4				
18:2 undifferentiated		2.292		1	A	1				
18:3 undifferentiated	_	0.060		0	A	1				
18:3 n-6 c,c,c		0.000		1	A	1				
18:3i										
18:4		0.000			_					
20:2 n-6 c,c		0.000		1	A	1				
20:3 undifferentiated	-	0.000		1	A	1				
20:3 n-3										
20:3 n-6		0.000			_					
20:4 undifferentiated	-	0.000		1	A	1				
20:4 n-3 20:4 n-6										
20:5 n-3										
20.5 n-3										
22:6 n-3										
Fatty acids, total trans										
Cholesterol										
Phytosterols										
	9									
Amino Acids:				_	_	_				
Tryptophan		0.050		1	A	1				
Threonine		0.307		1	A	1				
Isoleucine		0.370		1	A	1				
Leucine	g	1.275		1	A	1				
Lysine		0.301		1	A	1				
Methionine		0.230		1	A	1				
Cystine		0.184		1	A	1				
Phenylalanine		0.499		1	A	1				
Tyrosine		0.294		1	A	1				
Valine		0.494		1	A	1				
Arginine		0.421		1	A	1				
Histidine		0.265		1	A	1				
Alanine		0.769		1	A	1				
Aspartic acid		0.662		1	A	1				
Glutamic acid	_	1.875		1	A	1				
Glycine		0.360		1	A	1				
Proline		0.854		1	A	1				
Serine		0.471		1	A	1				
Hydroxyproline	g									

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Common Measures:

Calories Factors:

Cornmeal, yellow (Navajo)

Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

Viburnum edule

Refuse: 0%

		<u>A</u>	mount in 10	00 grams	of edil	ole portio	<u>n</u>	Amount in	edible portion	of common
				Number of Data		Source	Confidence	<u>m</u>	easures of food	
Nutrients and Unit	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure :
Proximates:										
Water	g	86.00		1	AI	13				
Energy	kcal	55		0	NC	4				
Energy	kj	232		0	NC	4				
Protein (N x 5.3)	q	1.10		1	AI	13				
Total lipid (fat)		0.20		1	AI	13				
Ash		0.40		0	NP	4				
Carbohydrate, by difference		12.30		0	NC	4				
Fiber, total dietary		6.7		1	AI	13				
		0.7		_	AI	13				
Sugars, total										
Starch	9									
Minerals:										
Calcium, Ca	ma	20		1	AI	13				
Iron, Fe.	-	1.00		1	AI	13				
Magnesium, Mg										
Phosphorus, P		15		1	AI	13				
Potassium, K		140		1	AI	13				
Sodium, Na	•	26		1	AI	13				
Zinc, Zn	-									
Copper, Cu	-									
Manganese, Mn										
Selenium, Se										
Vitamins:										
Vitamin C, total ascorbic acid	mg	15.0		1	AI	13				
Thiamin	_	0.000)	1	AI	13				
Riboflavin		0.010)	1	AI	13				
Niacin	• • • • • • • • • • • • • • • • • • • •	0.900		1	AI	13				
Pantothenic acid	-									
Vitamin B-6	-									
Folate, total	-									
Folate, DFE										
Vitamin B-12										
Vitamin A, IU		1060		1	AI	13				
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										

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

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

Cranberry, low bush or lingenberry, raw (Alaska Native)

Vaccinium vitis-idaea

lingenberry **Refuse:** 0%

		<u>A</u>	mount in 10	00 grams Number		ole portic	<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
Proximates:										
Water	g	86.70		1	AI	13				
Energy	kcal	55		0	NC	4				
Energy	kj	230		0	NC	4				
Protein (N x 5.3)	g	0.40		1	AI	13				
Total lipid (fat)	g	0.50		1	AI	13				
Ash		0.20		0	NP	4				
Carbohydrate, by difference	g	12.20		0	NC	4				
Fiber, total dietary										
Sugars, total										
Starch	-									
Minerals:										
Calcium, Ca	ma	26		1	AI	13				
Iron, Fe	-	0.40		1	AI	13				
Magnesium, Mg		0.40		-	nı.	13				
Phosphorus, P		21		1	AI	13				
Potassium, K				_						
Sodium, Na	•									
Zinc, Zn	•									
Copper, Cu	•									
Manganese, Mn										
Selenium, Se	-									
Vitamins:										
Vitamin C, total ascorbic acid	mg	21.0		1	AI	13				
Thiamin	•	0.020)	1	AI	13				
Riboflavin	-	0.080)	1	AI	13				
Niacin	-	0.400		1	AI	13				
Pantothenic acid										
Vitamin B-6	-									
Folate, total	-									
Folate, DFE										
Vitamin B-12										
Vitamin A, IU	-	90		1	AI	13				
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									

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Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

Deer (venison), sitka, raw (Alaska Native)

Odocoileus spp venison, sitka deer **Refuse:** 0%

		<u>A</u>	mount in 10	00 grams	of edib	ole portio	<u>n</u>		edible portion	
				Number				<u>m</u>	easures of food	•
Nutrients and Unit	s	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water		75.00		1	AI	13				
Energy	kcal	111		0	NC	4				
Energy	kj	463		0	NC	4				
Protein (N x 6.25)	g	21.50		1	AI	13				
Total lipid (fat)	g	2.66		1	AI	13				
Ash	g	0.64		0	NP	4				
Carbohydrate, by difference		0.20		0	NC	4				
Fiber, total dietary										
Sugars, total										
Starch										
Starcii	9									
<u> Minerals:</u>										
Calcium, Ca	_	7		1	AI	13				
Iron, Fe	mg	2.90		1	AI	13				
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg									
Zinc, Zn	<u>mg</u>									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitaming										
Vitamins:	ma	0.0		1	AI	13				
Vitamin C, total ascorbic acid	_			1						
Thiamin	_	0.200			AI	13				
Riboflavin	• • • • • • • • • • • • • • • • • • • •	0.360		1 1	AI	13				
Niacin		6.600	•	1	AI	13				
Pantothenic acid	-									
Vitamin B-6										
Folate, total										
Folate, DFE										
Vitamin B-12		•				10				
Vitamin A, IU	IU	0		1	AI	13				
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	Ilicy									
Lipids:										
Fatty acids, total saturated	g	0.630	1	1	AI	13				
Fatty acids, total monounsaturated	-	0.340		1	AI	13				
Fatty acids, total polyunsaturated		0.350		1	AI	13				
18:2 undifferentiated		0.050		1	AI	13				
18:3 undifferentiated		0.180		1	AI	13				
18:4				=						
20:2 n-6 c.c	-									
20:3 undifferentiated	-									
20:4 undifferentiated										
20:5 n-3										
20.5 n-3	-									
22:6 n-3										
Fatty acids, total trans		18		1	AI	13				

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Deer (venison), sitka, raw (Alaska Native)

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Mean

Measure 1

Measure 2

Measure 3

food, or similar food.

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

Fireweed, young leaves, raw (Alaska Native)

Chamerion angustifolium

Refuse: 0%

		<u>A</u>	mount in 10	00 grams		ole portio	<u>on</u>		edible portion of easures of food	
Nutrients and Un	its	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	87.20		1	AI	13				
Energy	kcal	44		0	NC	4				
Energy	kj	186		0	NC	4				
Protein (N x 5.3)	g	3.00		1	AI	13				
Total lipid (fat)	g	0.80		1	AI	13				
Ash		2.70		0	NP	4				
Carbohydrate, by difference		6.30		0	NC	4				
Fiber, total dietary		6.0		1	AI	13				
Sugars, total										
Starch	_									
Minerals:										
Calcium, Ca	ma	13		1	AI	13				
Iron, Fe	-	2.10		1	AI	13				
Magnesium, Mg		2.10		-						
Phosphorus, P		166		1	AI	13				
Potassium, K		251		1	AI	13				
Sodium. Na	-	50		1	AI	13				
Zine, Zn	• • • • • • • • • • • • • • • • • • • •	30		-						
Copper, Cu										
Manganese, Mn										
Selenium, Se										
Vitamins:										
Vitamin C, total ascorbic acid	ma	99.0		1	AI	13				
Thiamin	-	0.040)	1	AI	13				
Riboflavin	-	0.860		1	AI	13				
Niacin	-	1.400		1	AI	13				
Pantothenic acid				=						
Vitamin B-6	-									
Folate, total	-									
Folate, DFE										
Vitamin B-12										
Vitamin A, IU	-	5720		1	AI	13				
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	-									
Vitamin K (phylloquinone)										

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

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

Dallia pectoralis

Refuse: 0%

		<u>A</u>	mount in 10	00 grams		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
Proximates:										
Water	g	80.10		1	AI	13				
Energy	kcal	82		0	NC	4				
Energy		342		0	NC	4				
Protein (N x 6.25)	g	15.50		1	AI	13				
Total lipid (fat)	g	1.75		1	AI	13				
Ash		1.65		0	NP	4				
Carbohydrate, by difference		1.00		0	NC	4				
Fiber, total dietary										
Sugars, total										
Starch										
Suici	9									
Minerals:										
Calcium, Ca	mg	236		1	AI	13				
Iron, Fe	mg	4.60		1	AI	13				
Magnesium, Mg	mg									
Phosphorus, P		287		1	ΑI	13				
Potassium, K	•									
Sodium, Na	mg									
Zinc, Zn	•									
Copper, Cu	mg									
Manganese, Mn	-									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma									
Thiamin	•	0.010)	1	AI	13				
Riboflavin	•	0.370		1	AI	13				
Niacin		1.900		1	AI	13				
Pantothenic acid			-	_						
Vitamin B-6	-									
Folate, total	-									
Folate, DFE										
Vitamin B-12										
Vitamin A, IU		1202		1	AI	13				
Vitamin A, RAE	mcg RAE									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	-									
Vitamin K (phylloquinone)										

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Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

Fish, devilfish, meat (Alaska Native)

Myoxocephalus Gray Whale Refuse: 0%

		<u>A</u>	Number	i	ble portion Source Confidence		Amount in edible portion of common measures of food			
Nutrients and Uni	its	Mean	Std. Error	of Data Points		Code	Confidence	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	80.80		1	AI	13				
Energy	kcal	97		0	NC	4				
Energy	kj	407		0	NC	4				
Protein (N x 6.25)	g	11.70		1	AI	13				
Total lipid (fat)		5.30		1	AI	13				
Ash	g	1.50		0	NP	4				
Carbohydrate, by difference		0.70		0	NC	4				
Fiber, total dietary										
Sugars, total										
Starch	=									
Starcii	9									
Minerals:										
Calcium, Ca	mg	12		1	AI	13				
Iron, Fe	<u>mg</u>	0.40		1	AI	13				
Magnesium, Mg	mg									
Phosphorus, P	mg	3		1	AI	13				
Potassium, K	mg									
Sodium, Na	mg									
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	-									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	3.0		1	AI	13				
Thiamin	•	0.090)	1	AI	13				
Riboflavin		0.100		1	AI	13				
Niacin	-	1.100		1	AI	13				
Pantothenic acid		1.100		-						
Vitamin B-6										
Folate, total										
Folate, DFE	_									
Vitamin B-12										
Vitamin B-12		1020		1	AI	13				
Vitamin A, RAE	mcg RAE			=						
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										

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

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

Fish, herring eggs on giant kelp, Pacific (Alaska Native)

Clupea harengus pallasi Valenciennes & Macrocystis integrifolia

Refuse: 0%

		<u>A</u>	mount in 10	00 grams		ole portio	<u>on</u>		edible portion deasures of food	
Nutrients and Uni	its	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	_	81.80		1	AI	13				
Energy	kcal	63		0	NC	4				
Energy	kj	263		0	NC	4				
Protein (N x 6.25)	g	11.30		1	AI	13				
Total lipid (fat)	g	0.80		1	AI	13				
Ash		3.50		0	NP	4				
Carbohydrate, by difference		2.60		0	NC	4				
Fiber, total dietary										
Sugars, total										
Starch	-									
Minerals:										
Calcium, Ca	ma	161		1	AI	13				
Iron, Fe	-	3.40		1	AI	13				
Magnesium, Mg		3.40		-	nı.	13				
Phosphorus, P										
Potassium, K										
Sodium, Na	-	61		1	AI	13				
Zinc, Zn	-	01		-						
Copper, Cu	•									
Manganese, Mn										
Selenium, Se	-									
Vitamins:										
Vitamin C, total ascorbic acid	ma									
Thiamin	•	0.100)	1	AI	13				
Riboflavin	•	0.130		1	AI	13				
Niacin		2.700		1	AI	13				
Pantothenic acid		2.700	-	-						
Vitamin B-6	-									
Folate, total	-									
Folate, DFE										
Vitamin B-12										
Vitamin A, IU		89		1	AI	13				
Vitamin A, RAE	mcg RAE									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	-									
Vitamin K (phylloquinone)										

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

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

Fish, herring eggs, Pacific, dry (Alaska Native)

Clupea harengus pallasi Valenciennes

Refuse: 0%

		Amount in 10 Mean Std. Error					_	Amount in edible portion of common measures of food			
Nutrients and Unit	s	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	27.30		1	AI	13					
Energy	kcal	312		0	NC	4					
Energy	kj	1306		0	NC	4					
Protein (N x 6.25)	g	60.40		1	AI	13					
Total lipid (fat)	g	6.60		1	AI	13					
Ash	g	2.90		0	NP	4					
Carbohydrate, by difference	g	2.80		0	NC	4					
Fiber, total dietary											
Sugars, total											
Starch	_										
Minerals:											
Calcium, Ca	ma	29		1	AI	13					
Iron, Fe	-										
Magnesium, Mg											
Phosphorus, P		808		1	AI	13					
Potassium, K											
Sodium, Na	-										
Zinc, Zn											
Copper, Cu	mg										
Manganese, Mn											
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	mg										
Thiamin	mg	0.050)	1	AI	13					
Riboflavin	mg	0.170)	1	AI	13					
Niacin	mg	4.100)	1	AI	13					
Pantothenic acid	mg										
Vitamin B-6	mg										
Folate, total	mcg										
Folate, DFE	mcg_DFE										
Vitamin B-12	mcg										
Vitamin A, IU											
Vitamin A, RAE											
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										

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

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

Clupea harengus pallasi Valenciennes

Refuse: 0%

		<u>A</u>	mount in 10			ole portio	<u>on</u>		edible portion easures of food	
				Number				<u> </u>	easures or 1000	<u>.</u>
				of Data			Confidence			
Nutrients and Units		Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	81.20		1	AI	13				
Energy	kcal	74		0	NC	4				
Energy	kj	308		0	NC	4				
Protein (N x 6.25)	g	9.60		1	AI	13				
Total lipid (fat)	g	1.93		1	AI	13				
Ash		2.80		0	NP	4				
Carbohydrate, by difference		4.47		0	NC	4				
Fiber, total dietary				•		-				
Sugars, total										
9										
Starch	y									
Minerals:				_						
Calcium, Ca	-	19		1	AI	13				
Iron, Fe	-	2.70		1	AI	13				
Magnesium, Mg										
Phosphorus, P	-									
Potassium, K	mg									
Sodium, Na	mg	61		1	AI	13				
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mq	0.6		1	AI	13				
Thiamin	•	0.100)	1	AI	13				
Riboflavin	-	0.120		1	AI	13				
Niacin		1.800		1	AI	13				
Pantothenic acid										
Vitamin B-6										
Folate, total										
Folate, DFE										
Vitamin B-12										
Vitamin A, IU		57		1	AI	13				
Vitamin A, RAE		3,		-						
Vitamin E (alpha-tocopherol)										
(1 1)	-									
Tocopherol, gamma										
1 , 2	-									
Tocopherol, delta	ivg IU									
Vitamin D Vitamin K (phylloquinone)										
Lipids:	ū									
Fatty acids, total saturated	a	0.430)	1	AI	13				
Fatty acids, total saturated	_	0.420		1	AI	13				
Fatty acids, total monounsaturated		0.420		1	AI	13				
		0.710		1	AI	13				
18:2 undifferentiated		0.010		1	AI	13				
18:3 undifferentiated		0.030	•	1	ΑI	13				
18:4										
20:2 n-6 c,c	-									
20:3 undifferentiated										
20:4 undifferentiated										
20:5 n-3										
22:5 n-3										
22:6 n-3	-									
Fatty acids, total trans										
Cholesterol		40		1	AI	13				
Phytosterols	ma									

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

Fish, herring eggs, Pacific, plain (Alaska Native)

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Std. Error Points Code Code Code **Nutrients and Units** Mean

Measure 1

Measure 2

Measure 3

food, or similar food.

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

Fish, herring, Pacific, meat packed in oil, air-dried (Alaska Native)

Clupea harengus pallasi Valenciennes

Refuse: 0%

		<u>A</u>	mount in 10	00 grams Number of Data	i	<u> </u>		Amount in edible portion of common measures of food		
Nutrients and Un	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	18.20		1	AI	13				
Energy	kcal	489		0	NC	4				
Energy	kj	2048		0	NC	4				
Protein (N x 6.25)	g	44.50		1	AI	13				
Total lipid (fat)	g	34.60		1	AI	13				
Ash	g	2.70		0	NP	4				
Carbohydrate, by difference		0.00		0	NC	4				
Fiber, total dietary										
Sugars, total										
Starch.										
Suren										
Minerals:										
Calcium, Ca	mg									
Iron, Fe	mg									
Magnesium, Mg	mg									
Phosphorus, P		684		1	ΑI	13				
Potassium, K	-									
Sodium, Na	_									
Zinc, Zn										
Copper, Cu	-									
Manganese, Mn										
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.010)	1	AI	13				
Riboflavin	mg									
Niacin	mg	2.200)	1	AI	13				
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE										
Vitamin B-12										
Vitamin A, IU	IU	1300		1	AI	13				
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									

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

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

Ophiodon elongatus

Refuse: 0%

		<u>A</u>	mount in 10	00 grams Number		ole portio	<u>on</u>		edible portion easures of food	
Nutrients and Uni	ts	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	-	45.90		1	AI	13				
Energy	kcal	424		0	NC	4				
Energy	kj	1776		0	NC	4				
Protein (N x 6.25)	g	5.60		1	AI	13				
Total lipid (fat)	g	42.00		1	AI	13				
Ash	g	0.50		0	NP	4				
Carbohydrate, by difference	g	6.00		0	NC	4				
Fiber, total dietary										
Sugars, total										
Starch										
Minerals:										
Calcium, Ca	ma	5		1	AI	13				
Iron, Fe	-	1.00		1	AI	13				
Magnesium, Mg		1.00		-						
Phosphorus, P		123		1	AI	13				
Potassium, K		123		-						
Sodium, Na	•									
Zinc, Zn	•									
Copper, Cu	-									
Manganese, Mn	•									
Selenium, Se	_									
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		1	AI	13				
Thiamin	-	0.220)	1	AI	13				
Riboflavin		0.220	•	-						
Niacin		4.200)	1	AI	13				
Pantothenic acid		4.200	•	-						
Vitamin B-6										
Folate, total										
Folate, DFE	_									
Vitamin B-12										
Vitamin A, IU		9100		1	AI	13				
Vitamin A, RAE						-				
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	_									
Vitamin D										
Vitamin K (phylloquinone)										

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

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

Fish, lingcod, meat, raw (Alaska Native)

Ophiodon elongatus

Refuse: 0%

		Amount in 10						Amount in edible portion of common measures of food		
Nutrients and Unit	s	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	80.00		1	AI	13				
Energy	kcal	79		0	NC	4				
Energy	kj	330		0	NC	4				
Protein (N x 6.25)	g	17.90		1	AI	13				
Total lipid (fat)	g	0.80		1	AI	13				
Ash	g	1.30		0	NP	4				
Carbohydrate, by difference	g	0.00		0	NC	4				
Fiber, total dietary										
Sugars, total										
Starch	-									
Minerals:	-									
Calcium, Ca	ma									
Iron, Fe	-									
Magnesium, Mg										
Phosphorus, P										
Potassium, K		433		1	AI	13				
Sodium, Na	-	59		1	AI	13				
Zinc, Zn				_						
Copper, Cu	-									
Manganese, Mn										
Selenium, Se										
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	-	0.110)	1	AI	13				
Riboflavin	-	0.360)	1	AI	13				
Niacin	mg									
Pantothenic acid										
Vitamin B-6										
Folate, total										
Folate, DFE										
Vitamin B-12										
Vitamin A, IU	IU	230		1	AI	13				
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									

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Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

Fish, pike, northern, liver (Alaska Native)

Esox lucius

Refuse: 0%

		Amount in 100 grams of ed Number					<u>on</u>	Amount in	edible portion	of common
Noted and a soul He	.14-	M	Std. Error	of Data	Deriv	Source Code	Confidence Code	_	easures of food	•
Nutrients and Ur	nits	Mean	Std. Error	Politis	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	а	69.80		1	AI	13				
Energy	-	156		0	NC	4				
Energy		651		0	NC	4				
Protein (N x 6.25)		16.60		1	AI	13				
Total lipid (fat)		8.00		1	AI	13				
Ash		1.30		0	NP	4				
		4.30		0	NC	4				
Carbohydrate, by difference		4.30		U	NC	4				
Fiber, total dietary										
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	mg	28		1	AI	13				
Iron, Fe	mg	2.10		1	AI	13				
Magnesium, Mg	mg									
Phosphorus, P	mg	412		1	AI	13				
Potassium, K	mg									
Sodium, Na	mg									
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma									
Thiamin	•	0.100)	1	AI	13				
Riboflavin		0.700		1	AI	13				
Niacin		5.000		1	AI	13				
Pantothenic acid	_									
Vitamin B-6	_									
Folate, total										
Folate, DFE										
Vitamin B-12										
Vitamin A, IU		860		1	AI	13				
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										

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

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

Fish, salmon, king or chinook, kippered, canned (Alaska Native)

Oncorhynchus tshawytscha

Refuse: 0%

		<u>A</u>	mount in 10	Number	•	ble portion Source Confidence		Amount in edible portion of common measures of food		
Nutrients and Un	its	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	51.20		1	AI	13				
Energy	kcal	266		0	NC	4				
Energy	kj	1113		0	NC	4				
Protein (N x 6.25)	g	30.70		1	AI	13				
Total lipid (fat)		15.90		1	AI	13				
Ash		2.20		0	NP	4				
Carbohydrate, by difference		0.00		0	NC	4				
Fiber, total dietary										
Sugars, total										
Starch	=									
	9									
Minerals:				_						
Calcium, Ca	-	38		1 1	AI	13 13				
Iron, Fe		1.70		1	AI	13				
Magnesium, Mg										
Phosphorus, P										
Potassium, K Sodium, Na	-									
Zinc, Zn	-									
Copper, Cu										
Manganese, Mn	-									
Selenium, Se										
•	9									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-			_						
Thiamin	-	0.050		1	AI	13				
Riboflavin	-	0.140		1 1	AI	13				
Niacin		10.900	,	1	AI	13				
Pantothenic acid										
Vitamin B-6										
Folate, total	-									
Folate, DFE										
Vitamin B-12 Vitamin A, IU		50		1	AI	13				
Vitamin A, IU		30		1	Αı	13				
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	-									
Vitamin K (phylloquinone)										

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

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

Fish, salmon, king or chinook, liver (Alaska Native)

Oncorhynchus tshawytscha

Refuse: 0%

		<u>A</u>	mount in 10	00 grams Number		ole portio	<u>on</u>		edible portion easures of food	
Nutrients and Uni	ts	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		69.80		1	AI	13				
Energy		156		0	NC	4				
Energy	kj	651		0	NC	4				
Protein (N x 6.25)	g	16.60		1	AI	13				
Total lipid (fat)	g	8.00		1	AI	13				
Ash	g	1.30		0	NP	4				
Carbohydrate, by difference	g	4.30		0	NC	4				
Fiber, total dietary										
Sugars, total										
Starch										
Minerals:										
Calcium, Ca	ma	28		1	AI	13				
Iron, Fe	-	2.60		1	AI	13				
Magnesium, Mg				_						
Phosphorus, P		412		1	AI	13				
Potassium, K				_						
Sodium, Na	•									
Zinc, Zn	•									
Copper, Cu	-									
Manganese, Mn	•									
Selenium, Se	_									
Vitamins:										
Vitamin C, total ascorbic acid	ma									
Thiamin	•	0.100)	1	AI	13				
Riboflavin	•	0.700		1	AI	13				
Niacin		5.000		1	AI	13				
Pantothenic acid	-	3.000	•	-						
Vitamin B-6										
Folate, total										
Folate, DFE	-									
Vitamin B-12										
Vitamin A, IU		3140		1	AI	13				
Vitamin A, RAE				=						
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										

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

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

Fish, salmon, king or chinook, smoked and canned (Alaska Native)

Oncorhynchus tshawytscha

Refuse: 0%

		<u>A</u>	mount in 10	00 grams Number		ole portio	<u>on</u>		edible portion of easures of food	
Nutrients and Uni	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	-	66.70		1	AI	13				
Energy		150		0	NC	4				
Energy	kj	627		0	NC	4				
Protein (N x 6.25)	g	23.20		1	AI	13				
Total lipid (fat)	g	5.90		1	AI	13				
Ash	g	3.20		0	NP	4				
Carbohydrate, by difference	g	1.00		0	NC	4				
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mα	60		1	AI	13				
Iron, Fe	-	1.80		1	AI	13				
Magnesium, Mg		2.00		_						
Phosphorus, P										
Potassium, K										
Sodium, Na	-									
Zinc, Zn	-									
Copper, Cu										
Manganese, Mn	-									
Selenium, Se										
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	-	0.010)	1	AI	13				
Riboflavin		0.100)	1	AI	13				
Niacin		8.500)	1	AI	13				
Pantothenic acid	-									
Vitamin B-6										
Folate, total										
Folate, DFE	-									
Vitamin B-12										
Vitamin A, IU		319		1	AI	13				
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										

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

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

NDB No. 35067 Fish, salmon, king or chinook, smoked, brined (Alaska Native)

Oncorhynchus tshawytscha

Refuse: 0%

		<u>A</u> 1	mount in 10	<u>0 grams</u>	of edik	ole portio	<u>on</u>		edible portion	
				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
Proximates: Water	а	23.60		1	AI	13				
Energy		441		0	NC	4				
Energy		1846		0	NC	4				
Protein (N x 6.25)		39.90		1	AI	13				
Total lipid (fat)		30.00		1	AI	13				
• • •		3.60		0	NP	4				
Ash										
Carbohydrate, by difference		2.90		0	NC	4				
Fiber, total dietary	g	2.0		1	AI	13				
Sugars, total	g									
Starch	g									
<u> Minerals:</u>										
Calcium, Ca	mg	23		1	AI	13				
Iron, Fe	mg	4.50		1	AI	13				
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg	700		1	AI	13				
Sodium, Na		693		1	AI	13				
Zinc, Zn	•									
Copper, Cu	-									
Manganese, Mn										
Selenium, Se	-									
Seienium, Se	Tricg									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-									
Thiamin		0.060		1	AI	13				
Riboflavin	-	0.280)	1	AI	13				
Niacin	mg	11.800)	1	AI	13				
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total										
Folate, DFE	mcg_DFE									
Vitamin B-12										
Vitamin A, IU		527		1	AI	13				
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma	-									
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
	0									
_ipids: Fatty acids, total saturated	a	6.970)	1	AI	13				
Fatty acids, total monounsaturated		16.900		1	AI	13				
				0		4				
Fatty acids, total polyunsaturated		0.350			NC					
18:2 undifferentiated	-	0.000		1	AI	13				
18:3 undifferentiated		0.350)	1	AI	13				
18:4	-									
20:2 n-6 c,c										
20:3 undifferentiated	-									
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3										
Fatty acids, total trans										
Cholesterol		107		1	AI	13				
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

Fish, salmon, king or chinook, smoked, brined (Alaska Native)

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Std. Error Points Code Code Code **Nutrients and Units** Mean

Measure 1

Measure 2

Measure 3

food, or similar food.

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

Refuse: 0%

		<u>A</u>	mount in 10	00 grams	of edil	ole portio	<u>n</u>	Amount in	edible portion	of common
				Number of Data		Source	Confidence	<u>m</u>	easures of food	,
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	68.80		1	AI	13				
Energy	kcal	170		0	NC	4				
Energy	kj	710		0	NC	4				
Protein (N x 6.25)		15.90		1	AI	13				
Total lipid (fat)		10.60		1	AI	13				
Ash		2.00		0	NP	4				
Carbohydrate, by difference		2.70		0	NC	4				
		2.70		U	NC	-				
Fiber, total dietary										
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	ma									
Iron, Fe	-									
Magnesium, Mg										
Phosphorus, P		46		1	AI	13				
Potassium, K				_						
Sodium, Na										
Zinc, Zn										
Copper, Cu	-									
Manganese, Mn										
Selenium, Se										
5 										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-									
Thiamin	• • • • • • • • • • • • • • • • • • • •	0.130		1	AI	13				
Riboflavin	mg	0.150)	1	AI	13				
Niacin	mg	1.900)	1	AI	13				
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	780		1	AI	13				
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloguinone)										

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

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

Fish, whitefish, broad, head, eyes, cheeks and soft bones (Alaska Native)

Coregonus nasus

sheefish **Refuse:** 0%

		<u>A</u>	mount in 10			ole portic	<u>on</u>		Amount in edible portion of common measures of food			
Nutrients and U	Jnits	Mean	Std. Error		Deriv		Confidence Code	Measure 1	Measure 2	Measure 3		
Proximates:												
Water	g	76.30		1	AI	13						
Energy	kcal	107		0	NC	4						
Energy	kj	447		0	NC	4						
Protein (N x 6.25)	g	18.60		1	AI	13						
Total lipid (fat)	g	3.60		1	AI	13						
Ash	g	1.50		0	NP	4						
Carbohydrate, by difference	g	0.00		0	NC	4						
Fiber, total dietary	g											
Sugars, total	g											
Starch	g											
Minerals:												
Calcium, Ca	mg											
Iron, Fe	mg	3.90		1	AI	13						
Magnesium, Mg	mg											
Phosphorus, P		242		1	AI	13						
Potassium, K	mg											
Sodium, Na	mg											
Zinc, Zn												
Copper, Cu												
Manganese, Mn												
Selenium, Se	mcg											

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

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

Fish, whitefish, broad, liver (Alaska Native)

Coregonus nasus

sheefish **Refuse:** 0%

		mount in 10	00 grams Number		ole portio	<u>on</u>	Amount in edible portion of comm measures of food			
Nutrients and Unit	s	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	76.10		1	AI	13				
Energy	kcal	104		0	NC	4				
Energy	kj	435		0	NC	4				
Protein (N x 6.25)	g	11.00		1	AI	13				
Total lipid (fat)	g	4.40		1	AI	13				
Ash		3.40		0	NP	4				
Carbohydrate, by difference		5.10		0	NC	4				
Fiber, total dietary										
Sugars, total										
Starch	-									
	_									
Minerals: Calcium, Ca	ma	53		1	AI	13				
Iron, Fe	_	8.60		1	AI	13				
Magnesium, Mg		8.00		_	NI.	13				
Phosphorus, P		297		1	AI	13				
Potassium, K		231		_	NI.	13				
Sodium, Na	•									
Zinc, Zn	•									
Copper, Cu	•									
Manganese, Mn	_									
Selenium, Se	_									
ŕ										
Vitamins: Vitamin C, total ascorbic acid	ma									
Thiamin	•	0.180		1	AI	13				
Riboflavin	•	0.180		1	AI	13				
		2.700		1	AI	13				
Niacin Pantothenic acid		2.700	,	1	ΑI	13				
Vitamin B-6	_									
Folate, total	_									
Folate, DFE										
Vitamin B-12										
Vitamin A, IU		1510		1	AI	13				
Vitamin A, RAE	mca RAF	1010		-	A.	13				
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	-									
Vitamin K (phylloquinone)										

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

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

Fish, whitefish, broad, roe (Alaska Native)

Coregonus nasus

sheefish **Refuse:** 0%

		<u>A</u>	mount in 10	00 grams		ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	its	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	83.80		1	AI	13					
Energy	kcal	87		0	NC	4					
Energy		362		0	NC	4					
Protein (N x 6.25)	g	8.00		1	AI	13					
Total lipid (fat)		5.00		1	AI	13					
Ash		0.80		0	NP	4					
Carbohydrate, by difference		2.40		0	NC	4					
Fiber, total dietary											
Sugars, total											
Starch	-										
Staren	9										
Minerals:											
Calcium, Ca	-	54		1	AI	13					
Iron, Fe		0.90		1	AI	13					
Magnesium, Mg											
Phosphorus, P		312		1	ΑI	13					
Potassium, K	•										
Sodium, Na	•										
Zinc, Zn	•										
Copper, Cu	-										
Manganese, Mn	-										
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	mg										
Thiamin	mg	0.150)	1	AI	13					
Riboflavin	mg										
Niacin	mg	1.400)	1	AI	13					
Pantothenic acid											
Vitamin B-6											
Folate, total	mcg										
Folate, DFE	mcg_DFE										
Vitamin B-12	mcg										
Vitamin A, IU		490		1	AI	13					
Vitamin A, RAE											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D	IU										
Vitamin K (phylloquinone)											

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

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

Fish, whitefish, mixed species, raw (Alaska Native)

Coregonus spp.

sheefish **Refuse:** 0%

		<u>A</u>	mount in 10			ole portic	<u>on</u>		edible portion o	f common
Nutrients and Units	S	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	-	72.80		1	AI	13				
Energy		131		0	NC	4				
Energy		546		0	NC	4				
Protein (N x 6.25)	g	18.90		1	AI	13				
Total lipid (fat)		6.10		1	AI	13				
Ash		2.20		0	NP	4				
Carbohydrate, by difference		0.00		0	NC	4				
Fiber, total dietary										
Sugars, total										
Starch	g									
Minerals:	ma									
Calcium, CaIron, Fe	-	0.29		1	AI	13				
Magnesium, Mg		33		1	AI	13				
Phosphorus, P		280		1	AI	13				
Potassium, K		317		1	AI	13				
Sodium. Na	-	51		1	AI	13				
Zinc, Zn	mg	0.99		1	AI	13				
Copper, Cu		0.072	!	1	AI	13				
Manganese, Mn	<u>mg</u>									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma									
Thiamin	_	0.130	1	1	AI	13				
Riboflavin	-	0.130		1	AI	13				
Niacin										
Pantothenic acid	_									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE										
Vitamin B-12										
Vitamin A, IU		540		1	AI	13				
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	-									
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:	_			_	_					
Fatty acids, total saturated		1.370		1	AI	13				
Fatty acids, total monounsaturated	-	2.560		1	AI	13				
Fatty acids, total polyunsaturated 18:2 undifferentiated	-	1.820 0.290		1 1	AI AI	13 13				
18:3 undifferentiated	-	0.240		1	AI	13				
18:4	-	0.240	•	1	A1	13				
20:2 n-6 c.c.										
20:3 undifferentiated	····-									
20:4 undifferentiated										
20:5 n-3										
22:5 n-3	g									
22:6 n-3										
Fatty acids, total trans										
Cholesterol		55		1	AI	13				
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

Fish, whitefish, mixed species, raw (Alaska Native)

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

food, or similar food.

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

Vaccinium alaskaense

Refuse: 0%

		<u>A</u>	mount in 10	00 grams		ole portio	<u>on</u>		edible portion of 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	_	90.70		1	AI	13				
Energy	kcal	37		0	NC	4				
Energy	kj	156		0	NC	4				
Protein (N x 5.3)	g	0.40		1	AI	13				
Total lipid (fat)	g	0.10		1	AI	13				
Ash		0.10		0	NP	4				
Carbohydrate, by difference	g	8.70		0	NC	4				
Fiber, total dietary										
Sugars, total										
Starch	_									
Minerals:										
Calcium, Ca	ma	15		1	AI	13				
Iron, Fe	-	0.30		1	AI	13				
Magnesium, Mg		0.50		-	nı.	13				
Phosphorus, P										
Potassium, K										
Sodium, Na	-	10		1	AI	13				
Zinc, Zn	_			-						
Copper, Cu	•									
Manganese, Mn										
Selenium, Se	-									
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.8		1	AI	13				
Thiamin	•	0.010)	1	AI	13				
Riboflavin	-	0.030		1	AI	13				
Niacin	-	0.300		1	AI	13				
Pantothenic acid										
Vitamin B-6	-									
Folate, total	-									
Folate, DFE										
Vitamin B-12										
Vitamin A, IU	-	79		1	AI	13				
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									

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

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

Hedysarum alpinum

Refuse: 0%

		Amount in 100 grams of edible portion Number				<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	
Proximates:											
Water	g	67.80		1	AI	13					
Energy	kcal	135		0	NC	4					
Energy	kj	566		0	NC	4					
Protein (N x 5.3)	g	5.80		1	AI	13					
Total lipid (fat)	g	2.40		1	AI	13					
Ash	g	1.40		0	NP	4					
Carbohydrate, by difference		22.60		0	NC	4					
Fiber, total dietary											
Sugars, total											
Starch	=										
	-										
Minerals: Calcium, Ca	ma										
Iron, Fe	_										
Magnesium, Mg											
Phosphorus, P		67		1	AI	13					
Potassium, K		07		_	NI.	13					
Sodium, Na	_										
Zinc, Zn	-										
Copper, Cu	_										
Manganese, Mn											
Selenium, Se											
Vitamins:											
Vitamin C, total ascorbic acid	ma	11.0		1	AI	13					
Thiamin	_	0.100)	1	AI	13					
Riboflavin	-	0.100		1	AI	13					
Niacin		1.300		1	AI	13					
Pantothenic acid		2.500	-	_							
Vitamin B-6	_										
Folate, total	_										
Folate, DFE											
Vitamin B-12											
Vitamin A, IU		16		1	AI	13					
Vitamin A, RAE	mcg RAE										
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D	-										
Vitamin K (phylloquinone)											

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

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

Refuse: 0%

		<u>A</u>	mount in 10	00 grams		edible portion				
				Number	•			<u>m</u>	easures of food	<u>l</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	94.66		1	A	1				
Energy	kcal	21		0	NC	4				
Energy		90		0	NC	4				
Protein (N x 6.25)		0.84		1	A	1				
Total lipid (fat)		0.20		1	A	1				
Ash		0.24		1	A	1				
Carbohydrate, by difference	g	4.06		0	NC	4				
Fiber, total dietary		0.3		1	A	1				
Sugars, total		3.36		1	A	1				
Sucrose		0.00		1	A	1				
Glucose (dextrose)		1.30		1	A	1				
Fructose	g	2.06		1	A	1				
Lactose		0.00		1	A	1				
Maltose		0.00		1	A	1				
Galactose		0.00		1	A	1				
Starch		0.00		1	A	1				
Minerals:										
Calcium, Ca		13		1	A	1				
Iron, Fe		0.21		1	A	1				
Magnesium, Mg		10		1	A	1				
Phosphorus, P		9		1	A	1				
Potassium, K		140		1	A	1				
Sodium, Na		11		1	A	1				
Zinc, Zn		0.14	_	1	A	1				
Copper, Cu		0.035		1	A	1				
Manganese, Mn		0.036	•	1	A	1				
Selenium, Se	fficg	0.4		1	A	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg	8.1		1	A	1				
Thiamin	mg	0.020)	1	A	1				
Riboflavin	mg	0.018	3	1	A	1				
Niacin	mg	0.460)	1	A	1				
Pantothenic acid	mg	0.070)	1	A	1				
Vitamin B-6	mg	0.050)	1	A	1				
Folate, total	mcg	20		1	A	1				
Folic acid	mcg									
Folate, food		20		1	A	1				
Folate, DFE	mcg_DFE									
Vitamin B-12										
Vitamin A, IU										
Vitamin A, RAE	mcg_RAE									
Retinol										
Vitamin E (alpha-tocopherol)		0.00		1	A	1				
Tocopherol, beta		0.00		1	A	1				
Tocopherol, gamma		0.00		1	A	1				
Tocopherol, delta		0.00		1	A	1				
Vitamin D										
Vitamin K (phylloquinone)	mcg	4.9		1	A	1				
Amino Acids:										
Tryptophan	g									
Threonine										
Isoleucine										
Leucine										
Lysine										
Methionine										
Cystine										
Phenylalanine										
Tyrosine										

	<u>A</u>	mount in 10	0 grams	of edil	ole portio	<u>n</u>	Amount in	edible portion o	of common	
			Number				measures of food			
Nutrients and Units	Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3	
Valineg										
Arginine9										
Histidineg										
Alanineg										
Aspartic acidg										
Glutamic acidg										
Glycineg										
Prolineg										
Serineg										
II 1 1: 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:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

Refuse: 0%

		<u>A</u> 1	mount in 10		edible portion					
				Number	•			<u>m</u>	easures of food	_
				of Data	Deriv	Source	Confidence			
Nutrients and Units	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	66.00		1	AI	13				
Energy	kcal	155		0	NC	4				
Energy	kj	650		0	NC	4				
Protein (N x 6.25)	-	24.38		1	AI	13				
Total lipid (fat)	g	4.89		1	AI	13				
Ash	g	1.30		0	NP	4				
Carbohydrate, by difference	g	3.43		0	NC	4				
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minl.										
Minerals:	ma	7		1	AI	13				
Calcium, Ca	_	6.77		1	AI	13				
Iron, Fe	-	20		1	AI	13				
Phosphorus, P		129		1	AI	13				
Potassium, K	_	235		1	AI	13				
Sodium, Na		70		1	AI	13				
Zinc, Zn		6.07		1	AI	13				
Copper, Cu		2.789)	1	AI	13				
Manganese, Mn		0.413	3	1	AI	13				
Selenium, Se										

Vitamins:		00.6		_		4.0				
Vitamin C, total ascorbic acid		22.6	_	1	AI	13				
Thiamin		0.196		1	AI	13				
Riboflavin		4.100		1	AI	13				
Niacin	_	10.720		1	AI	13				
Pantothenic acid		4.570		1	AI	13				
Vitamin B-6	_	0.910	,	1 1	AI	13				
Foliate, total		217		1	AI	13				
Folic acid		217		1	AI	13				
Folate, foodFolate, DFE		217		_	AI	13				
Vitamin B-12	mca_br E	71.00		1	AI	13				
Vitamin A, IU	II I	96000		1	AI	13				
Vitamin A, RAE		30000		-						
Retinol										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Linide:										
Lipids: Fatty acids, total saturated	a									
Fatty acids, total monounsaturated	-	0.650)	1	AI	13				
Fatty acids, total polyunsaturated		1.070		1	AI	13				
18:2 undifferentiated		1.070	•	-						
18:3 undifferentiated		0.450)	1	AI	13				
18:4				=						
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated										
20:5 n-3										
22:5 n-3										
22:6 n-3										
Fatty acids, total trans										
Cholesterol		389		1	AI	13				
Phytosterols	ma									

Moose, liver, braised (Alaska Native)

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:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

Refuse: 0%

		<u>A</u>	mount in 10	00 grams		edible portion				
				Number	•			<u>m</u>	easures of food	<u>!</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Un	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		86.67		1	A	1				
Energy		54		0	NC	4				
Energy	kj	226		0	NC	4				
Protein	_	0.66		2	A	1				
Total lipid (fat)		0.49		2	A	1				
Ash		0.44		2	A	1				
Carbohydrate, by difference		11.74		0	NC	4				
Fiber, total dietary		1.1		2	A	1				
Sugars, total		0.19		1	A	1				
Sucrose		0.19		1	A	1				
Glucose (dextrose)	g	0.00		1	A	1				
Fructose	g	0.00		1	A	1				
Lactose	g	0.00		1	A	1				
Maltose	g	0.00		1	A	1				
Galactose	g	0.00		1	A	1				
Starch	g	8.08		2	A	1				
Minerals:										
Calcium, Ca	ma	96		2	A	1				
Iron, Fe		2.92		2	A	1				
Magnesium, Mg		20		2	A	1				
Phosphorus, P		39		2	A	1				
Potassium, K		58		2	A	1				
Sodium, Na		8		2	A	1				
Zine, Zn		0.76		2	A	1				
Copper, Cu		0.048	3	2	A	1				
Manganese, Mn		0.30	5	2	A	1				
Selenium, Se	mcg	0.9		1	A	1				
Vitamina										
<u>Vitamins:</u>	ma	0.0		1	A	1				
Vitamin C, total ascorbic acid		0.0	,	1	A	1				
Thiamin Riboflavin	-	0.020		1	A	1				
Niacin		0.013		1	A	1				
	_	0.28		1	A	1				
Pantothenic acid Vitamin B-6		0.049		1	A	1				
Folate, total		4	,	1	A	1				
Folic acid		•		_	A	_				
Folate, food		4		1	A	1				
Folate, DFE		•			A	_				
Vitamin B-12										
Vitamin A, IU										
Vitamin A, RAE	mca RAF									
Retinol										
Vitamin E (alpha-tocopherol)		0.00		1	A	1				
Tocopherol, beta		0.00		1	A	1				
Tocopherol, gamma		0.00		1	A	1				
Tocopherol, delta		0.00		1	A	1				
Vitamin D		3.30		-		_				
Vitamin K (phylloquinone)		0.0		1	A	1				
	•									
<u>Lipids:</u>				•						
Fatty acids, total saturated		0.074	4	0	NC	4				
4:0										
6:0				_	-	_				
8:0		0.000		1	A	1				
10:0		0.000		1	A	1				
12:0	_	0.000	J	1	A	1				
13:0	_			_	_	_				
14:0	=	0.000		1	A	1				
15:0	g	0.000)	1	A	1				

	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food			
			Number		_		<u>me</u>	<u> </u>		
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
16:0g	0.056	5	1	A	1					
17:0g	0.000)	1	A	1					
18:0g	0.014	ļ	1	A	1					
20:0g	0.002	2	1	A	1					
22:0g	0.002	2	1	A	1					
24:0g										
Fatty acids, total monounsaturatedg	0.109		0	NC	4					
14:1g	0.000		1	A	1					
15:1g	0.000		1	A	1					
16:1 undifferentiatedg	0.000		1	A	1					
17:1g	0.000		1	A	1					
18:1 undifferentiated	0.108		1	A	1					
20:1g	0.001		1	A	1					
22:1 undifferentiatedg										
24:1 cg										
Fatty acids, total polyunsaturated9	0.208		0	NC	4					
18:2 undifferentiatedg	0.202		1	A	1					
18:3 undifferentiatedg	0.006		0	A	1					
18:3 n-6 c,c,cg	0.000)	1	A	1					
18:3i9										
18:49										
20:2 n-6 c,cg	0.000		1	A	1					
20:3 undifferentiatedg	0.000)	1	A	1					
20:3 n-3g										
20:3 n-6g										
20:4 undifferentiatedg	0.000)	1	A	1					
20:4 n-3g										
20:4 n-6g										
20:5 n-3g										
22:5 n-3g										
22:6 n-3g										
Fatty acids, total transg										
Cholesterol mg										
Phytosterolsmg										
Amino Acids:										
Tryptophang										
Threonineg										
Isoleucineg										
Leucineg										
Lysineg										
Methionineg										
Cystineg										
Phenylalanineg										
Tyrosineg										
Valineg										
Arginineg										
Histidineg										
Alanineg										
Aspartic acidg										
Glutamic acidg										
Glycineg										
Prolineg										
Serineg										
Hydroxyprolineg										

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Common Measures:

Calories Factors: Protein Fat Carbohydrate

Mush, blue corn with ash (Navajo)

Food Group: 35 Ethnic Foods

		<u>A</u>	mount in 10	u grams	ot edil	oie portio	<u>on</u>	Amount in	edible portion	of common
				Numbei	•			<u>m</u>	easures of food	<u>l</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	54.00		1	A	1				
Energy	kcal	234		0	NC	4				
Energy	kj	978		0	NC	4				
Protein (N x 6.25)	g	33.43		1	A	1				
Total lipid (fat)	g	11.09		1	A	1				
Ash	g	1.41		1	A	1				
Carbohydrate, by difference	g	0.08		0	NC	4				
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:	ma.	10		-	-	4				
Calcium, Ca		10		1	A	1 1				
Iron, Fe		4.76 31		1 1	A A	1				
Magnesium, Mg Phosphorus, P		272		1	A	1				
Potassium, K	_	409		1	A	1				
Sodium, Na		135		1	A	1				
Zinc, Zn	-	5.93		1	A	1				
Copper, Cu		0.062	2	1	A	1				
Manganese, Mn		0.033		1	A	1				
Selenium, Se		38.0		1	A	1				
•										
Vitamins:										
Vitamin C, total ascorbic acid		0.000			_					
Thiamin		0.060		1	A	1				
Riboflavin		0.300		1 1	A A	1 1				
Niacin		6.520 0.897		1	A	1				
Pantothenic acid Vitamin B-6		0.897		1	A	1				
Folate, total		0.377	•	1	A	1				
Folic acid		Ū		_	A	_				
Folate, food		0		1	A	1				
Folate, DFE		ŭ		-		-				
Vitamin B-12		4.44		1	A	1				
Vitamin A, IU										
Vitamin A, RAE	mcg RAE									
Retinol										
Vitamin E (alpha-tocopherol)		0.80		1	A	1				
Tocopherol, beta		0.00		1	A	1				
Tocopherol, gamma		0.00		1	A	1				
Tocopherol, delta	mg	0.00		1	A	1				
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	0	5.142		0	NC	4				
4:0		3.142	_	U	NC	•				
6:0										
8:0	-	0.000)	1	A	1				
10:0	_	0.012		1	A	1				
12:0		0.010		1	A	1				
13:0										
14:0		0.258	3	1	A	1				
15:0		0.063		1	A	1				
16:0	-	2.474		1	A	1				
17:0	-	0.158		1	A	1				
18:0	-	2.145		1	A	1				
20:0	•	0.022		1	A	1				
22:0	-	0.000		1	A	1				
24:0		2.000		_		-				

		<u>Ar</u>	mount in 10			ole portio	<u>on</u>		edible portion of easures of food	
Nutrients and Units	S	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		4.459		0	NC	4				
14:1		0.012		1	A	1				
15:1	-	0.000		1	A	1				
16:1 undifferentiated	-	0.206		1	A	1				
17:1		0.085		1	A	1				
18:1 undifferentiated	g	4.149		1	A	1				
20:1	g	0.007		1	A	1				
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.814		0	NC	4				
18:2 undifferentiated	g	0.396		1	A	1				
18:3 undifferentiated	g	0.172		0	A	1				
18:3 n-6 c,c,c	g	0.025		1	A	1				
18:3i	g									
18:4	g									
20:2 n-6 c,c	-	0.000		1	A	1				
20:3 undifferentiated		0.000		1	A	1				
20:3 n-3	-									
20:3 n-6										
20:4 undifferentiated		0.074		1	A	1				
20:4 n-3										
20:4 n-6										
20:5 n-3										
22:5 n-3										
22:6 n-3										
Fatty acids, total trans										
Cholesterol		109		1	A	1				
Phytosterols		200		-		_				
1 Hytosterois	9									
Amino Acids:										
Tryptophan	g	0.257		1	A	1				
Threonine	g	1.403		1	A	1				
Isoleucine	g	1.588		1	A	1				
Leucine	g	2.764		1	A	1				
Lysine		2.999		1	A	1				
Methionine		0.918		1	A	1				
Cystine	_	0.348		1	A	1				
Phenylalanine		1.399		1	A	1				
Tyrosine	_	1.162		1	A	1				
Valine		1.678		1	A	1				
	-			1	Δ.	1				
Arginine Histidine		2.178 0.975		1	A	1				
		1.964		1	A	1				
Alanine				1		1				
Aspartic acid		3.122			A					
Glutamic acid		5.167		1	A	1				
Glycine	-	1.651		1	A	1				
Proline	-	1.411		1	A	1				
Serine	-	1.332		1	A	1				
Hydroxyproline	g	0.244		1	A	1				

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Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

Octopus dofleini

Refuse: 0%

		<u>A</u> 1	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>
Nutrients and Uni	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates: Water	a	84.00		1	AI	13				
Energy		62		0	NC	4				
Energy		259		0	NC	4				
Protein (N x 6.25)		12.30		1	AI	13				
Total lipid (fat)		0.80		1	AI	13				
* ' '		1.50		0	NP	4				
Ash				0						
Carbohydrate, by difference		1.40		U	NC	4				
Fiber, total dietary										
Sugars, total										
Starch	g									
<u> Minerals:</u>										
Calcium, Ca	mg	35		1	ΑI	13				
Iron, Fe		4.90		1	ΑI	13				
Magnesium, Mg	-									
Phosphorus, P	mg	158		1	AI	13				
Potassium, K										
Sodium, Na	mg									
Zinc, Zn	mg	1.43		1	AI	13				
Copper, Cu	mg	0.370	ı	1	AI	13				
Manganese, Mn	mg	0.021		1	AI	13				
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid		0.0		1	AI	13				
Thiamin	_	0.030		1	AI	13				
Riboflavin	mg	0.040		1	AI	13				
Niacin	mg	2.000	1	1	AI	13				
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total										
Folate, DFE	mcg_DFE									
Vitamin B-12										
Vitamin A, IU		0		1	AI	13				
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
<u>Lipids:</u>										
Fatty acids, total saturated		0.200		1	AI	13				
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated		0.200		1	AI	13				
Fatty acids, total trans	g									
Cholesterol	mg	41		1	AI	13				
Phytosterols	mg									

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Common Measures:

Calories Factors: Protein Fat Carbohydrate

NDB No. 35054 Octopus (Alaska Native)

Food Group: 35 Ethnic Foods

Erignathus barbatus

Refuse: 0%

		<u>A</u>	mount in 10			ole portio	<u>on</u>		edible portion easures of food	
				Number				<u>m</u> e	<u> </u>	<u>.</u>
				of Data			Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		0.00		1	AI	13				
Energy	kcal	900		0	NC	4				
Energy	kj	3766		0	NC	4				
Protein (N x 6.25)	g	0.00		1	AI	13				
Total lipid (fat)	g	100.00		1	AI	13				
Ash	g	0.00		0	NP	4				
Carbohydrate, by difference	g	0.00		0	NC	4				
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	-	0		1	AI	13				
Iron, Fe	-	0.00		1	AI	13				
Magnesium, Mg										
Phosphorus, P		0		1	AI	13				
Potassium, K										
Sodium, Na										
Zinc, Zn	-									
Copper, Cu	-									
Manganese, Mn Selenium, Se	-									
•	g									
Vitamins: Vitamin C, total ascorbic acid	ma									
Thiamin	•	0.000	`	1	AI	13				
Riboflavin	•	0.000		1	AI	13				
Niacin	-	0.000		1	AI	13				
Pantothenic acid		0.000	•	-						
Vitamin B-6										
Folate, total										
Folate, DFE										
Vitamin B-12										
Vitamin A, IU		5020		1	AI	13				
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:	_	, <u> </u>		_						
Fatty acids, total saturated	-	15.870		1	AI	13				
Fatty acids, total monounsaturated		57.100		1	AI	13				
Fatty acids, total polyunsaturated		26.790		1	AI	13				
18:2 undifferentiated		0.630		1	AI	13				
18:3 undifferentiated	_	1.000)	1	AI	13				
20:2 n-6 c.c.										
20:3 undifferentiated	-									
20:4 undifferentiated										
20:5 n-3										
22:5 n-3	-									
22:6 n-3	_									
Fatty acids, total trans										
Cholesterol										
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

Oil, bearded seal, (oogruk oil) (Alaska Native)

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Std. Error Points Code Code Code **Nutrients and Units** Mean

Measure 1

Measure 2

Measure 3

food, or similar food.

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

Oil, walrus (Alaska Native)

Odohenus rosmarus

Refuse: 0%

		<u>A</u>	mount in 10	00 grams	of edib	ole portio	<u>n</u>	Amount in	edible portion	of common
				Number	,			<u>m</u>	easures of food	<u> </u>
Nutrients and Uni	ts	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure
Traditionic and on		ouii	Otal 2.101					mododio i		ouou.o
Proximates:	a	0.00		1	AI	13				
Water		900		0	NC	4				
Energy		3766		0	NC	4				
Energy										
Protein (N x 6.25)		0.00		1	AI	13				
Total lipid (fat)		100.00		1	AI	13				
Ash		0.00		0	NP	4				
Carbohydrate, by difference	g	0.00		0	NC	4				
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
<u>Minerals:</u>										
Calcium, Ca	mg	0		1	AI	13				
Iron, Fe										
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg									
Zinc, Zn	mg									
Copper, Cu										
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:	ma									
Vitamin C, total ascorbic acid Thiamin		0.000	,	1	AI	13				
	_	0.000		1	AI	13				
Riboflavin	_	0.000		1	AI	13				
Niacin		0.000	,		AI	13				
Pantothenic acid	_									
Vitamin B-6	_									
Folate, totalFolate, DFE										
Vitamin B-12										
Vitamin B-12 Vitamin A. IU	_	2600		1	AI	13				
Vitamin A, IUVitamin A, RAE		2000		1	ΑI	13				
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
ipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol		120		1	AI	13				
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:

Calories Factors: Protein Fat Carbohydrate

Oil, walrus (Alaska Native)

Food Group: 35 Ethnic Foods

		<u>A</u>	mount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in	edible portion	of common
				Number of Data	Deriv	Source	Confidence	<u>m</u>	easures of food	•
Nutrients and Ur	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	0.00		1	AI	13				
Energy	kcal	900		0	NC	4				
Energy		3766		0	NC	4				
Protein (N x 6.25)		0.00		1	AI	13				
Total lipid (fat)		100.00		1	AI	13				
Ash		0.00		0	NP	4				
		0.00		0	NC	4				
Carbohydrate, by difference		0.00		U	NC	4				
Fiber, total dietary										
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	ma	0		1	AI	13				
Iron, Fe.	-	0.00		1	AI	13				
Magnesium, Mg										
Phosphorus, P		0		1	AI	13				
Potassium. K										
Sodium, Na										
Zinc, Zn	•									
Copper, Cu	•									
Manganese, Mn	-									
Selenium, Se	-									
¥7*.	· ·									
Vitamins:	ma									
Vitamin C, total ascorbic acid Thiamin	•	0.000		1		13				
Riboflavin		0.000		1	AI AI	13				
				1						
Niacin	-	0.000	,	1	AI	13				
Pantothenic acid	-									
Vitamin B-6										
Folate, total										
Folate, DFE										
Vitamin B-12				_						
Vitamin A, IU		2310		1	AI	13				
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									

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

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

Balaena mysticetus

Refuse: 0%

		<u>A</u>	mount in 10	00 grams		ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Uni	ts	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.00		1	AI	13				
Energy	kcal	900		0	NC	4				
Energy	kj	3766		0	NC	4				
Protein (N x 6.25)	g	0.00		1	AI	13				
Total lipid (fat)	g	100.00		1	AI	13				
Ash		0.00		0	NP	4				
Carbohydrate, by difference		0.00		0	NC	4				
Fiber, total dietary										
Sugars, total										
Starch	_									
	_									
Minerals:	ma	0		1	AI	13				
Calcium, Ca	-	0.00		1	AI	13				
Iron, Fe		0.00		1	AI	13				
Magnesium, Mg		0		1	AI	13				
Phosphorus, P Potassium, K		U		_	AI	13				
Sodium, Na	•									
· · · · · · · · · · · · · · · · · · ·	•									
Zinc, Zn Copper, Cu	•									
• • •	-									
Manganese, Mn Selenium, Se	-									
,	g									
Vitamins: Vitamin C, total ascorbic acid	ma									
Thiamin	•	0.000	`	1	AI	13				
Riboflavin	•	0.000		1	AI	13				
Niacin		0.000		1	AI	13				
Pantothenic acid		0.000	,	_	Αı	13				
Vitamin B-6	-									
Folate, total	-									
Folate, DFE										
Vitamin B-12										
Vitamin A, IU		2810		1	AI	13				
Vitamin A, RAE	mca RAF			-						
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	-									
Vitamin K (phylloquinone)										

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

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

Tunicata

Refuse: 0%

		<u>A</u>	mount in 10	Number				Amount in edible portion of common measures of food		
Nutrients and Unit	s	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		80.20		1	AI	13				
Energy	kcal	79		0	NC	4				
Energy	kj	331		0	NC	4				
Protein (N x 6.25)	g	11.70		1	AI	13				
Total lipid (fat)	g	2.20		1	AI	13				
Ash	g	2.80		0	NP	4				
Carbohydrate, by difference	g	3.10		0	NC	4				
Fiber, total dietary										
Sugars, total										
Starch	-									
Minerals:										
Calcium, Ca	ma	53		1	AI	13				
Iron, Fe	_	20.70		1	AI	13				
Magnesium, Mg										
Phosphorus, P		103		1	AI	13				
Potassium, K										
Sodium, Na	•									
Zinc, Zn	_									
Copper, Cu	•									
Manganese, Mn	_									
Selenium, Se	-									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	•									
Riboflavin	•	0.100)	1	AI	13				
Niacin	•	0.900)	1	AI	13				
Pantothenic acid	-									
Vitamin B-6	•									
Folate, total	_									
Folate, DFE										
Vitamin B-12										
Vitamin A, IU										
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									

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

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

Owl, horned, meat (Alaska Native)

Bubo virgimianus

Refuse: 0%

		<u>A</u>	mount in 10	00 grams	of edil	ole portio	<u>n</u>		edible portion of	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:										
Water	g	71.30		1	AI	13				
Energy	kcal	136		0	NC	4				
Energy	kj	568		0	NC	4				
Protein (N x 6.25)	g	22.70		1	AI	13				
Total lipid (fat)	g	5.00		1	AI	13				
Ash	g	1.00		0	NP	4				
Carbohydrate, by difference	g	0.00		0	NC	4				
Fiber, total dietary										
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	16		1	AI	13				
Iron, Fe	mg	4.80		1	AI	13				
Magnesium, Mg	mg									
Phosphorus, P	mg	218		1	AI	13				
Potassium, K	mg									
Sodium, Na	mg									
Zinc, Zn	•									
Copper, Cu	•									
Manganese, Mn	•									
Selenium, Se	mcg									

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

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

Rhubarb, wild, leaves (Alaska Native)

Polygenum alaskanum

Refuse: 0%

		<u>A</u>	mount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	ts	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	83.50		1	AI	13					
Energy	kcal	61		0	NC	4					
Energy	kj	255		0	NC	4					
Protein (N x 5.3)		4.20		1	AI	13					
Total lipid (fat)		0.50		1	AI	13					
Ash	=	1.90		0	NP	4					
Carbohydrate, by difference		9.90		0	NC	4					
Fiber, total dietary											
Sugars, total											
Starch	_										
Starcii	9										
Minerals:											
Calcium, Ca	mg										
Iron, Fe	mg										
Magnesium, Mg	mg										
Phosphorus, P	mg	9		1	AI	13					
Potassium, K	mg										
Sodium, Na	mg										
Zinc, Zn	mg										
Copper, Cu	mg										
Manganese, Mn	mg										
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	mg	33.0		1	AI	13					
Thiamin	mg	0.100)	1	AI	13					
Riboflavin	_	13.000)	1	AI	13					
Niacin	mg	0.100)	1	AI	13					
Pantothenic acid	mg										
Vitamin B-6	mg										
Folate, total	mcg										
Folate, DFE	mcg_DFE										
Vitamin B-12											
Vitamin A, IU		4480		1	AI	13					
Vitamin A, RAE											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta	mg										
Vitamin D	IU										
Vitamin K (phylloquinone)	mcg										

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

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

Stichopus californicus

Refuse: 0%

		<u>A</u>	mount in 10	00 grams		ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Uni	its	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	-	80.70		1	AI	13				
Energy	kcal	68		0	NC	4				
Energy	kj	285		0	NC	4				
Protein (N x 6.25)	g	13.00		1	AI	13				
Total lipid (fat)	g	0.40		1	AI	13				
Ash		2.80		0	NP	4				
Carbohydrate, by difference	g	3.10		0	NC	4				
Fiber, total dietary										
Sugars, total										
Starch										
Minerals:										
Calcium, Ca	ma	30		1	AI	13				
Iron, Fe	-	0.60		1	AI	13				
Magnesium, Mg		0.00		_						
Phosphorus, P										
Potassium, K										
Sodium, Na	-									
Zinc, Zn	_									
Copper, Cu	-									
Manganese, Mn										
Selenium, Se										
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	-	0.050)	1	AI	13				
Riboflavin	-	0.940)	1	AI	13				
Niacin		3.200)	1	AI	13				
Pantothenic acid										
Vitamin B-6										
Folate, total	-									
Folate, DFE										
Vitamin B-12	mcg									
Vitamin A, IU	IU	310		1	AI	13				
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta	-									
Vitamin D										
Vitamin K (phylloquinone)	mcg									

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

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

		<u>A</u>	mount in 100	<u>0 grams</u>	of edit	ole portio	<u>on</u>		edible portion	
			I	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	11.60		1	AI	13				
Energy	kcal	351		0	NC	4				
Energy	kj	1469		0	NC	4				
Protein (N x 6.25)		82.60		1	AI	13				
Total lipid (fat)	_	2.30		1	AI	13				
Ash		3.50		0	NP	4				
Carbohydrate, by difference		0.00		0	NC	4				
Fiber, total dietary										
Sugars, total										
Starch										
Minerals:										
Calcium, Ca	-			_						
Iron, Fe	-	49.60		1	AI	13				
Magnesium, Mg	-			_						
Phosphorus, P		784		1	AI	13				
Potassium, K	-									
Sodium, Na	-									
Zinc, Zn										
Copper, Cu										
Manganese, Mn										
Selenium, Se	Thog									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.130)	1	AI	13				
Riboflavin	mg	0.630)	1	AI	13				
Niacin	mg									
Pantothenic acid	-									
Vitamin B-6	-									
Folate, total										
Folate, DFE										
Vitamin B-12		1010		_						
Vitamin A, IU		1310		1	AI	13				
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin D Vitamin K (phylloquinone)										
<u>Lipids:</u>										
Fatty acids, total saturated		0.600		1	AI	13				
Fatty acids, total monounsaturated		1.330		1	AI	13				
Fatty acids, total polyunsaturated		0.370		1	AI	13				
18:2 undifferentiated		0.020		1	AI	13				
18:3 undifferentiated	-	0.030)	1	AI	13				
18:4										
20:2 n-6 c,c	-									
20:3 undifferentiated	-									
20:4 undifferentiated	-									
20:5 n-3										
22:5 n-3										
22:6 n-3.										
Fatty acids, total trans										
CHOICSICIOI										

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

Seal, bearded (oogruk), meat, air-dried (Alaska Native)

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Std. Error Points Code Code Code **Nutrients and Units** Mean

Measure 1

Measure 2

Measure 3

food, or similar food.

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

Erignathus barbatus

Refuse: 0%

		<u>A</u>	mount in 10	00 grams	of edit	ole portio	<u>n</u>		edible portion	
				Number				<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water		69.60		1	AI	13				
Energy	kcal	110		0	NC	4				
Energy	kj	462		0	NC	4				
Protein (N x 6.25)	g	26.70		1	AI	13				
Total lipid (fat)	g	0.40		1	AI	13				
Ash	g	3.30		0	NP	4				
Carbohydrate, by difference	g	0.00		0	NC	4				
Fiber, total dietary	g									
Sugars, total										
Starch										
Minerals:										
Calcium, Ca	mg	10		1	AI	13				
Iron, Fe	mg	12.90		1	AI	13				
Magnesium, Mg	mg									
Phosphorus, P	mg	198		1	AI	13				
Potassium, K	mg									
Sodium, Na	mg									
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-									
Thiamin	-	0.200		1	AI	13				
Riboflavin	-	0.260		1	AI	13				
Niacin	-	5.900)	1	AI	13				
Pantothenic acid	-									
Vitamin B-6	-									
Folate, total										
Folate, DFE										
Vitamin B-12		1.400		_						
Vitamin A, IU		1400		1	AI	13				
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol		100		1	AI	13				
Phytosterols										

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Common Measures:

Calories Factors: Protein Fat Carbohydrate

NDB No. 35056 Seal, bearded (oogruk), meat, raw (Alaska Native)

Food Group: 35 Ethnic Foods

Pusa hispida

Refuse: 0%

		<u>A</u>	mount in 10			ole portio	<u>on</u>		edible portion easures of food	
				Number				m	easures of 1000	<u> </u>
				of Data			Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		74.20		1	AI	13				
Energy	kcal	116		0	NC	4				
Energy	kj	484		0	NC	4				
Protein (N x 6.25)	g	18.60		1	AI	13				
Total lipid (fat)	g	3.30		1	AI	13				
Ash	g	1.00		0	NP	4				
Carbohydrate, by difference	g	2.90		0	NC	4				
Fiber, total dietary	g									
Sugars, total										
Starch										
Minerals:										
Calcium, Ca	mg	13		1	AI	13				
Iron, Fe	mg	13.50		1	AI	13				
Magnesium, Mg	mg									
Phosphorus, P	mg	3		1	AI	13				
Potassium, K	mg									
Sodium, Na	mg									
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.180)	1	AI	13				
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	<u>mg</u>									
Vitamin B-6	-									
Folate, total										
Folate, DFE										
Vitamin B-12										
Vitamin A, IU		36600		1	AI	13				
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)	-									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
Lipids:	····· 3									
Fatty acids, total saturated	g	1.170)	1	AI	13				
Fatty acids, total monounsaturated		1.100		1	AI	13				
Fatty acids, total polyunsaturated		1.030		1	AI	13				
18:2 undifferentiated		0.010		1	AI	13				
18:3 undifferentiated		0.060		1	AI	13				
18:4										
20:2 n-6 c,c	•									
20:3 undifferentiated	g									
20:4 undifferentiated	•									
20:5 n-3	-									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg									
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

Seal, ringed, liver, (Alaska Native)

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Std. Error Points Code Code Code **Nutrients and Units** Mean

Measure 1

Measure 2

Measure 3

food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 35 Ethnic Foods

Pusa hispida

Refuse: 0%

		<u>A</u>	mount in 10			oie portio	<u>on</u>		edible portion easures of food	
				Number				<u>1111</u>	easures or room	<u>.</u>
				of Data			Confidence			
Nutrients and Unit	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	67.40		1	AI	13				
Energy	kcal	142		0	NC	4				
Energy	kj	596		0	NC	4				
Protein (N x 6.25)	g	28.40		1	AI	13				
Total lipid (fat)		3.20		1	AI	13				
Ash		1.00		0	NP	4				
Carbohydrate, by difference		0.00		0	NC	4				
Fiber, total dietary										
Sugars, total										
Starch										
Staten	9									
Minerals:		_				,. <u> </u>				
Calcium, Ca	-	5		1	AI	13				
Iron, Fe	-	19.60		1	AI	13				
Magnesium, Mg				_		,a =				
Phosphorus, P		238		1	AI	13				
Potassium, K										
Sodium, Na	-	11		1	AI	13				
Zinc, Zn	-									
Copper, Cu										
Manganese, Mn										
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	-	0.140)	1	AI	13				
Riboflavin	-	0.530)	1	AI	13				
Niacin										
Pantothenic acid		0.650)	1	AI	13				
Vitamin B-6										
Folate, total										
Folate, DFE										
Vitamin B-12										
Vitamin A, IU		1050		1	AI	13				
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	-									
Tocopherol, gamma										
Tocopherol, delta	-									
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	q	0.820)	1	AI	13				
Fatty acids, total monounsaturated		1.720		1	AI	13				
Fatty acids, total polyunsaturated		0.060		0	NC	4				
18:2 undifferentiated		0.010		1	AI	13				
18:3 undifferentiated	-	0.010		1	AI	13				
18:4	-	0.030	-	-	AI	13				
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated	-									
20:4 undifferentiated										
20:5 n-3										
22:6 n-3										
Fatty acids, total trans										
Cholesterol		90		1	AI	13				
C1101C31C101	a	20		_		-5				

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

Seal, ringed, meat (Alaska Native)

Nutrients and Units

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence Std. Error Points Code Code Code

Measure 1

Measure 2

Measure 3

food, or similar food.

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Mean

Food Group: 35 Ethnic Foods

		<u>A</u> 1	mount in 10	00 grams	of edil	ole portic	<u>on</u>		edible portion	
				Number	•			<u>m</u> e	easures of food	_
Nutrients and Uni	ts	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	84.00		1	AI	13				
Energy	kcal	72		0	NC	4				
Energy		300		0	NC	4				
Protein (N x 6.25)	g	7.40		1	AI	13				
Total lipid (fat)	g	2.20		1	AI	13				
Ash	g	0.80		0	NP	4				
Carbohydrate, by difference	g	5.60		0	NC	4				
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minanala										
Minerals:	ma	35		-1	3.7	13				
Calcium, Ca Iron, Fe		0.50		1 1	AI AI	13 13				
Magnesium, Mg		1		1	AI	13				
Phosphorus, P		112		1	AI	13				
Potassium, K	-	128		1	AI	13				
Sodium, Na	_	30		1	AI	13				
Zinc, Zn				_						
Copper, Cu	_									
Manganese, Mn		0.010)	1	AI	13				
Selenium, Se										
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.3		1	AI	13				
Thiamin		0.070)	1	AI	13				
Riboflavin		0.020)	1	AI	13				
Niacin	mg	2.640)	1	AI	13				
Pantothenic acid		0.010)	1	AI	13				
Vitamin B-6	mg	0.010)	1	AI	13				
Folate, total	mcg	1		1	AI	13				
Folic acid	mcg									
Folate, food		1		1	AI	13				
Folate, DFE	mcg_DFE									
Vitamin B-12										
Vitamin A, IU		40		1	AI	13				
Vitamin A, RAE										
Retinol	-									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma	rng									
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	а	0.500)	1	AI	13				
Fatty acids, total monounsaturated		0.500		-						
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol		12		1	AI	13				
Phytosterols										

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Common Measures:

Soup, fish, homemade (Alaska Native)

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

Rumex articus

Refuse: 0%

		Amount in 100 grams of edible portion Number						_	edible portion of easures of food	
Nutrients and Uni	its	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	89.70		1	AI	13				
Energy	kcal	42		0	NC	4				
Energy		174		0	NC	4				
Protein (N x 6.25)	g	2.30		1	AI	13				
Total lipid (fat)		0.70		1	AI	13				
Ash		0.80		0	NP	4				
Carbohydrate, by difference		6.50		0	NC	4				
Fiber, total dietary										
Sugars, total	_									
Starch	-									
Minerals:										
Calcium, Ca	ma	2		1	AI	13				
Iron, Fe	_	0.80		1	AI	13				
Magnesium, Mg										
Phosphorus, P		55		1	AI	13				
Potassium, K										
Sodium, Na	•									
Zinc, Zn	•									
Copper, Cu	•									
Manganese, Mn	-									
Selenium, Se	-									
Vitamins:										
Vitamin C, total ascorbic acid	mg	68.0		1	AI	13				
Thiamin	mg	0.090)	1	AI	13				
Riboflavin	_	0.540)	1	AI	13				
Niacin	_	1.100)	1	AI	13				
Pantothenic acid	_									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE.	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	11900		1	AI	13				
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	-									
Vitamin D										
Vitamin K (phylloquinone)	mcg									

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Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

		<u>A</u>	mount in 10	0 grams	of edib	ole portic	<u>on</u>		edible portion of	
Nutrients and Uni	ts	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Proximates:										
Water		96.21		1	A	1				
Energy		16		0	NC	4				
Energy	kj	65		0	NC	4				
Protein (N x 6.25)	-	0.31		1	A	1				
Total lipid (fat)	g	0.15		1	A	1				
Ash	g	0.10		1	A	1				
Carbohydrate, by difference	g	3.22		0	NC	4				
Fiber, total dietary	g	1.5		1	A	1				
Sugars, total	g	2.02		1	A	1				
Sucrose	g	0.44		1	A	1				
Glucose (dextrose)		0.69		1	A	1				
Fructose		0.89		1	A	1				
Lactose	a	0.00		1	A	1				
Maltose	9 a	0.00		1	A	1				
Galactose	9	0.00		1	A	1				
Starch		0.00		1	A	1				
Starcii	9	0.00		-		-				
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.010)	1	A	1				
Riboflavin	mg	0.015	5	1	A	1				
Niacin	mg	0.102	2	1	A	1				
Pantothenic acid	mg	0.060)	1	A	1				
Vitamin B-6	mg	0.033	3	1	A	1				
Folate, total	mcg	7		1	A	1				
Folic acid	mcg									
Folate, food	mcg	7		1	A	1				
Folate, DFE	mcg_DFE									
Vitamin B-12										
Vitamin A, IU	IU									
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									

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

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

		<u>A</u>	mount in 10			ole portio	<u>on</u>		edible portion easures of food	
Nutrients and Unit	ts	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	93.35		1	A	1				
Energy	kcal	26		0	NC	4				
Energy		111		0	NC	4				
Protein (N x 6.25)	g	0.52		1	A	1				
Total lipid (fat)		0.20		1	A	1				
Ash		0.29		1	A	1				
Carbohydrate, by difference		5.64		0	NC	4				
Fiber, total dietary										
Sugars, total		3.54		0	NC	4				
Sucrose		0.77		0	0	4				
		1.21		0	0	4				
Glucose (dextrose)		1.56		0	0	4				
Fructose	9	0.00		1	A	1				
Lactose	9	0.00		1	A	1				
Maltose	9			1		1				
Galactose		0.00		1	A A	1				
Starch	9	0.00		1	Α	1				
Ainerals:										
Calcium, Ca	mg	9		1	A	1				
Iron, Fe.	_	0.17		1	A	1				
Magnesium, Mg		10		1	A	1				
Phosphorus, P		12		1	A	1				
Potassium, K		205		1	A	1				
Sodium, Na	mg	20		1	A	1				
Zinc, Zn	mg	0.07		1	A	1				
Copper, Cu	mg	0.017	,	1	A	1				
Manganese, Mn	<u>mg</u>	0.027	7	1	A	1				
Selenium, Se	mcg									
/itaming.										
/itamins: Vitamin C, total ascorbic acid	ma	4.5		1	A	1				
Thiamin	_	0.020	1	1	A	1				
Riboflavin		0.020		1	A	1				
Niacin		0.020		1	A	1				
Pantothenic acid	•	0.170		1	A	1				
	_	0.110		1	A	1				
Vitamin B-6Folate, total		22	,	1	A	1				
		22		_	•	_				
Folic acid		22		1	A	1				
Folate, foodFolate, DFE	med DEE	22		1	A	1				
Vitamin B-12 Vitamin A, IU										
Vitamin A, RAE										
Retinol										
Vitamin E (alpha-tocopherol)		0.00		1	A	1				
Tocopherol, beta		0.00		1	A	1				
- ·		0.00		1	A	1				
Tocopherol, gamma		0.00		1	A	1				
Tocopherol, deltaVitamin D		0.00		1	A	1				
viiamin I I	IU									

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Common Measures:

Calories Factors: Protein Fat Carbohydrate

Squash, Indian, raw (Navajo)

Food Group: 35 Ethnic Foods

Citellus undulatus

Refuse: 0%

		<u>A</u>	mount in 10	00 grams	Amount in edible portion of common measures of food					
Nutrients and U	nits	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.40		1	AI	13				
Energy	kcal	111		0	NC	4				
Energy	kj	466		0	NC	4				
Protein (N x 5.3)	g	19.30		1	AI	13				
Total lipid (fat)	g	3.80		1	AI	13				
Ash	g	1.50		0	NP	4				
Carbohydrate, by difference	g	0.00		0	NC	4				
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg									
Iron, Fe	mg	4.70		1	AI	13				
Magnesium, Mg	mg									
Phosphorus, P	_	175		1	AI	13				
Potassium, K	-									
Sodium, Na	-									
Zinc, Zn	_									
Copper, Cu										
Manganese, Mn										
Selenium, Se	rncg									

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Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

		<u>A</u>	mount in 100	grams	of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
			N	Number				m	easures of food	<u> </u>
				of Data		Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	79.21		2	A	1				
	-	101		0	NC	4				
Energy		422		0	NC	4				
Energy				-						
Protein		8.71		2	A	1				
Total lipid (fat)		3.78		2	A	1				
Ash		0.27		2	A	1				
Carbohydrate, by difference		8.03		0	NC	4				
Fiber, total dietary										
Sugars, total	g	0.21		2	A	1				
Sucrose	g	0.00		2	A	1				
Glucose (dextrose)	g	0.00		2	A	1				
Fructose		0.00		2	A	1				
Lactose		0.00		2	A	1				
Maltose	g	0.21		2	A	1				
Galactose	a	0.00		2	A	1				
Starch		7.77		2	A	1				
Survii				_		_				
Minerals:										
Calcium, Ca	mg	14		2	A	1				
Iron, Fe	mg	1.79		2	A	1				
Magnesium, Mg	mg	8		2	A	1				
Phosphorus, P	mg	63		2	A	1				
Potassium, K	mg	82		2	A	1				
Sodium, Na	mg	46		2	A	1				
Zinc, Zn	mg	1.85		2	A	1				
Copper, Cu	mg	0.053	3	2	A	1				
Manganese, Mn	mg	0.064	4	2	A	1				
Selenium, Se	mcg	10.2		2	A	1				
Vitamins:						_				
Vitamin C, total ascorbic acid		0.0	_	2	A	1				
Thiamin	_	0.06		2	A	1				
Riboflavin	_	0.09		2	A	1				
Niacin	-	2.00		2	A	1				
Pantothenic acid	• • • • • • • • • • • • • • • • • • • •	0.162		2	A	1				
Vitamin B-6		0.043	l.	2	A	1				
Folate, total		41		2	A	1				
Folic acid										
Folate, food	mcg	41		2	A	1				
Folate, DFE										
Vitamin B-12		0.82		2	A	1				
Vitamin A, IU		0		2	AS	1				
Vitamin A, RAE		0		0	AS	1				
Retinol		0		2	A	1				
Vitamin E (alpha-tocopherol)	mg	0.37		2	A	1				
Tocopherol, beta	mg	0.00		2	A	1				
Tocopherol, gamma	mg	0.00		2	A	1				
Tocopherol, delta	mg	0.00		2	A	1				
Vitamin D										
Vitamin K (phylloquinone)	mcg	1.7		1	A	1				
Lipids:										
Fatty acids, total saturated		1.709	9	0	NC	4				
4:0	g									
6:0	-									
8:0	g	0.000		2	A	1				
10:0	g	0.000	0	2	A	1				
12:0	g	0.000	0	2	A	1				
13:0	g									
14:0		0.082	2	2	A	1				
15:0		0.023	1	2	A	1				

	<u>An</u>	nount in 10			ole portio	<u>n</u>		edible portion	
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	easures of food Measure 2	Measure 3
16:0g	0.808		2	A	1				
17:0g	0.056		2	A	1				
18:0g	0.736		2	A	1				
20:0g	0.006		2	A	1				
22:0g	0.000		2	A	1				
24:0g									
Fatty acids, total monounsaturatedg	1.533		0	NC	4				
14:1g	0.000		2	A	1				
15:1g	0.000		2	A	1				
16:1 undifferentiatedg	0.061		2	A	1				
17:1g	0.027		2	A	1				
18:1 undifferentiatedg	1.438		2	A	1				
20:1g	0.007		2	A	1				
22:1 undifferentiatedg									
24:1 cg									
Fatty acids, total polyunsaturated	0.274		0	NC	4				
18:2 undifferentiated	0.193		2	A	1				
18:3 undifferentiatedg	0.007		0	A	1				
18:3 n-6 c.c.c	0.007		2	A	1				
18:3i									
18:4g									
20:2 n-6 c,cg	0.002		2	A	1				
20:3 undifferentiated	0.000		2	A	1				
20:3 n-3g									
20:3 n-6									
20:4 undifferentiated 9	0.013		2	A	1				
20:4 n-3	0.025		_		_				
20:4 n-6g									
20:5 n-3g									
22:5 n-3									
22:6 n-3									
Fatty acids, total trans									
Cholesterolmg	28		2	A	1				

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Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

		<u>A</u>	mount in 100) grams	ot edik	ole portic	<u>on</u>		edible portion	
			ı	Number				<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	_	81.58		1	A	1				
Energy		83		0	NC	4				
Energy		347		0	NC	4				
Protein (N x 6.25)		6.71		1	A	1				
Total lipid (fat)		2.06		1	A	1				
Ash		0.26		1	A	1				
Carbohydrate, by difference	g	9.38		0	NC	4				
Fiber, total dietary	g	2.0		1	A	1				
Sugars, total	g	0.11		1	A	1				
Sucrose	g	0.11		1	A	1				
Glucose (dextrose)		0.00		1	A	1				
Fructose	g	0.00		1	A	1				
Lactose	g	0.00		1	A	1				
Maltose		0.00		1	A	1				
Galactose		0.00		1	A	1				
Starch		6.15		1	A	1				
	_									
Minerals:										
Calcium, Ca		8		1	A	1				
Iron, Fe		0.81		1	A	1				
Magnesium, Mg		20		1	A	1				
Phosphorus, P		82		1	A	1				
Potassium, K		118		1	A	1				
Sodium, Na		45		1	A	1				
Zinc, Zn		1.19	_	1	A	1				
Copper, Cu		0.04		1	A	1				
Manganese, Mn		0.089	9	1 1	A A	1 1				
Selenium, Se	nicg	4.1		1	A	1				
Vitamins:					_	_				
Vitamin C, total ascorbic acid		0.0	•	1	A	1				
Thiamin	_	0.030		1 1	A A	1 1				
Riboflavin	=	0.070				1				
Niacin	-	1.500	U	1	A	1				
Pantothenic acid	-	0.09	1	1	A	1				
Vitamin B-6		0.09.	L	1	A	1				
Folic acid		U		1	A	1				
Folate, food		0		1	A	1				
		U		_		_				
Folate, DFEVitamin B-12		0.64		1	A	1				
Vitamin A, IU		0.04		0	AS	1				
Vitamin A, RAE		0		0	AS	1				
Retinol		0		1	AS	1				
Vitamin E (alpha-tocopherol)	_	0.37		1	A	1				
		0.37		1	A	1				
Tocopherol, beta Tocopherol, gamma		0.00		1	A A	1				
Tocopherol, delta		0.76		1	A	1				
Vitamin D		0.00		1	A	_				
Vitamin K (phylloquinone)		0.7		1	A	1				
	<u>U</u>									
Lipids:	a	0.733	3	0	NC	4				
Fatty acids, total saturated		0.73	٠	U	NC	4				
4:0										
6:0 8:0	_	0.000	n	1	A	1				
	-	0.000		1	A	1				
10:0		0.000		1	A	1				
12:0		0.000	•	1	A	1				
13:0		0.034	4	1	A	1				
14:0										

		<u>A</u>	mount in 100 grar			edible portion			
			Numb of Da	er ta Deriv	Source	Confidence	<u>m</u>	easures of food	
Nutrients and Unit	S	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure 3
16:0	-	0.392		A A	1 1				
17:0 18:0		0.024 0.271			1				
20:0		0.004			1				
22:0	-	0.000			1				
24:0	-								
Fatty acids, total monounsaturated	-	0.897	0	NC	4				
14:1	g	0.003	1	A	1				
15:1	g	0.000	1	A	1				
16:1 undifferentiated	-	0.038		A	1				
17:1		0.016			1				
18:1 undifferentiated		0.835			1				
20:1	-	0.004	1	A	1				
22:1 undifferentiated									
24:1 cFatty acids, total polyunsaturated		0.287	0	NC	4				
18:2 undifferentiated		0.232		A	1				
18:3 undifferentiated	-	0.023		A	1				
18:3 n-6 c.c.c.	-	0.002			1				
18:3i	-								
18:4									
20:2 n-6 c,c	g	0.000	1	A	1				
20:3 undifferentiated	g	0.000	1	A	1				
20:3 n-3	g								
20:3 n-6									
20:4 undifferentiated		0.008	1	A	1				
20:4 n-3	-								
20:4 n-6 20:5 n-3	-								
20:5 n-3									
22:6 n-3									
Fatty acids, total trans									
Cholesterol		13	1	A	1				
Phytosterols	mg								
Amino Acids:									
Tryptophan		0.043			1				
Threonine	-	0.238		A	1				
Isoleucine		0.252		A	1				
Leucine		0.536		A	1				
Lysine		0.435		A A	1 1				
Methionine		0.157 0.074		A	1				
Phenylalanine	-	0.257		A	1				
Tyrosine	_	0.183		A	1				
Valine		0.294		A	1				
Arginine		0.390		A	1				
Histidine		0.164		A	1				
Alanine	g	0.423	1	A	1				
Aspartic acid	g	0.526	1	A	1				
Glutamic acid	g	0.986		A	1				
Glycine	g	0.447			1				
Proline		0.385		A	1				
Serine		0.251	1	A	1				
Hydroxyproline	g								

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Common Measures:

Calories Factors:

Stew, hominy with mutton (Navajo)

Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

		Amount in 100 grams of edible portion						Amount in edible portion of common		
Nutrients and Units		Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	easures of food Measure 2	Measure 3
Proximates:										
Water		86.10		1	AI	13				
Energy		55		0	NC	4				
Energy		230		0	NC	4				
Protein (N x 6.25)	-	6.60		1	AI	13				
Total lipid (fat)		0.50		1	AI	13				
Ash		0.80		0	NP	4				
Carbohydrate, by difference		6.00		0	NC	4				
Fiber, total dietary		0.5		1	AI	13				
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	mg	12		1	AI	13				
Iron, Fe	-	1.52		1	AI	13				
Magnesium, Mg	mg	6		1	AI	13				
Phosphorus, P	mg	16		1	AI	13				
Potassium, K	mg	100		1	AI	13				
Sodium, Na	mg	222		1	AI	13				
Zinc, Zn	mg	0.12		1	AI	13				
Copper, Cu	mg	0.020		1	AI	13				
Manganese, Mn	_. mg	0.090)	1	AI	13				
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	1.0		1	AI	13				
Thiamin	-	0.060	1	1	AI	13				
Riboflavin		0.080		1	AI	13				
Niacin		1.500		1	AI	13				
Pantothenic acid		0.040		1	AI	13				
Vitamin B-6		0.030		1	AI	13				
Folate, total		5		1	AI	13				
Folic acid										
Folate, food		5		1	AI	13				
Folate, DFE										
Vitamin B-12										
Vitamin A, IU		1043		1	AI	13				
Vitamin A, RAE	mcg_RAE									
Retinol										
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.010)	1	AI	13				
Fatty acids, total monounsaturated		0.010)	1	AI	13				
Fatty acids, total polyunsaturated		0.020)	1	AI	13				
18:2 undifferentiated	g	0.010)	1	AI	13				
18:3 undifferentiated		0.020)	1	AI	13				
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3										
22:5 n-3										
22:6 n-3										
Fatty acids, total trans										
Cholesterol										
Phytosterols	mg									

Stew, moose (Alaska Native)

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:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

Proximates:			<u>A</u>	mount in 100	<u>u grams</u>	ot edil	ole portic	<u>on</u>		edible portion	
Nutrients and Units				ı	Number				<u>m</u>	easures of food	_
Proximates:					of Data	Deriv	Source	Confidence			
Water	Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Water.											
Energy											
Energy		_									
Protein (N S o 25)	0.7										
Total prof. [ag											
Ash											
Carbolydrate, by difference											
Fiber, road disclary. Sugars, total Sugars, total O					_						
Sugary (vol.					-						
Sucross											
Solution											
Fractions											
Lackse	Glucose (dextrose)	9									
Maltose. 9 0.00 1 A 1 I A 1 Starch. 9 0.00 1 A 1 I A 1 Starch. 9 6.15 0 T 4 MINERALS. 9 6.1	Fructose	9									
Management Man											
Sarch											
Minerals: Calcium, Ca.											
Calcium, Ca.	Starch	9	6.15		Ü	т	4				
Tron, Fc	Minerals:										
Ton, Fc.		mg	38		1	A	1				
Phosphorus P	*		1.21		1	A	1				
Potassium K.	Magnesium, Mg	mg	21		1	A	1				
Sodium, Na.	Phosphorus, P	mg	111		1	A	1				
Zinc, Zin	Potassium, K	mg	199								
Copper, Cu	Sodium, Na	mg	49								
Manganese, Mn	*										
New Year	• •										
Vitamins: Vitamin C, total ascorbic acid mg 0.0 1 A 1 Thiamin mg 0.030 1 A 1 Riboflavin mg 0.110 1 A 1 Niacin mg 2.000 1 A 1 Pantothenic acid mg 0.270 1 A 1 Vitamin B-6 mg 0.108 1 A 1 Folace, total mcg 18 1 A 1 Folate, food mcg 18 1 A 1 Folate, food mcg 18 1 A 1 Vitamin B-12 mcg 1.16 1 A 1 Vitamin B-12 mcg 1.16 1 A 1 Vitamin A, IU IU 0 AS 1 Retinol mcg 0 1 A 1 Tocopherol, beta mg 0.				7							
Vitamin C, total ascorbic acid. mg 0.0 1 A 1 Thiamin	Seienium, Se	Ilicg	8.4		1	A	1				
Thiamin					_	_	_				
Riboflavin	-			•							
Niacin		-									
Pantothenic acid mg 0.270		=									
Vitamin B-6. mg 0.108 1 A 1 Folac, total. mcg 18 1 A 1 Folac, total. mcg 18 1 A 1 Folate, food. mcg 1 A 1 Folate, food. mcg 1 A 1 Vitamin E, flow. NC 1 A 1 Vitamin A, IU. IU 0 0 AS 1 Retinol. mcg 0 0 AS 1 Retinol. mcg 0 0 AS 1 Tocopherol, beta. mg 0 0 1 A 1 Tocopherol, detta. mg 0 0 NC 4		-									
Folite, total		-									
Folic acid				9							
Folate, food. mcg			10		-	A	-				
Folate, DFE	Folate food	mca	18		1	A	1				
Vitamin B-12 mcg 1.16 1 A 1 Vitamin A, IU IU 0 AS 1 Vitamin A, RAE mcg 0 AS 1 Retinol. mcg 0 1 A 1 Vitamin E (alpha-tocopherol) mg 0.37 1 A 1 Tocopherol, beta. mg 0.00 1 A 1 Tocopherol, gamma. mg 0.00 1 A 1 Vitamin D. IU Vitamin K (phylloquinone). mcg 1.8 1 A 1 Vitamin K (phylloquinone). mcg 1.8 1 A 1 A 1 Lipids: Fatty acids, total saturated. g 1.735 0 NC 4 4:0 g 6:0 g 0.000 1 A 1 10:0 g 0.000 1 A 1 1 1 12:0 <th< td=""><td></td><td></td><td></td><td></td><td>_</td><td></td><td>_</td><td></td><td></td><td></td><td></td></th<>					_		_				
Vitamin A, IU			1.16		1	A	1				
Vitamin A, RAE mcg_RAE 0 AS 1 Retinol mcg 0 1 A 1 Vitamin E (alpha-tocopherol) mg 0.37 1 A 1 Tocopherol, beta mg 0.00 1 A 1 Tocopherol, gamma mg 0.00 1 A 1 Tocopherol, delta mg 0.00 1 A 1 Vitamin D IU IU IU IU IU IV			0		0	AS	1				
Retinol mcg 0 1 A 1 Vitamin E (alpha-tocopherol) mg 0.37 1 A 1 Tocopherol, beta mg 0.00 1 A 1 Tocopherol, gamma mg 0.00 1 A 1 Tocopherol, delta mg 0.00 1 A 1 Vitamin D IU IU Vitamin K (phylloquinone) mcg 1.8 1 A 1 Eipids: Etipids: Fatty acids, total saturated g 1.735 0 NC 4 4:0. g 1.735 0 NC 4 4:0. g 0.000 1 A 1 8:0. g 0.000 1 A 1 10:0. g 0.000 1 A 1 13:0. g 0.000 1 A 1 14:0. g 0.008 1 A 1			0		0	AS	1				
Vitamin E (alpha-tocopherol) mg 0.37 1 A 1 Tocopherol, beta mg 0.00 1 A 1 Tocopherol, gamma mg 0.00 1 A 1 Tocopherol, delta mg 0.00 1 A 1 Vitamin D IU U U U Image: Comparison of the property o			0		1	A	1				
Tocopherol, beta		-	0.37		1	A	1				
Tocopherol, gamma			0.00		1	A	1				
Tocopherol, delta			0.00		1	A	1				
Vitamin K (phylloquinone) mcg 1.8 1 A 1 Lipids: Fatty acids, total saturated 9 1.735 0 NC 4 4:0 9 6:0 9 8:0 9 0.000 1 A 1 10:0 9 0.000 1 A 1 12:0 9 0.000 1 A 1 13:0 9 14:0 9 0.083 1 A 1			0.00		1	A	1				
Lipids: Fatty acids, total saturated. 9 1.735 0 NC 4 4:0			_				_				
Fatty acids, total saturated g 1.735 0 NC 4 4:0 g 6:0 g 8:0 g 0.000 1 A 1 10:0 g 0.000 1 A 1 12:0 g 0.000 1 A 1 13:0 g 14:0 g 0.083 1 A 1	Vitamin K (phylloquinone)	mcg	1.8		1	A	1				
Fatty acids, total saturated g 1.735 0 NC 4 4:0 g 6:0 g 8:0 g 0.000 1 A 1 10:0 g 0.000 1 A 1 12:0 g 0.000 1 A 1 13:0 g 14:0 g 0.083 1 A 1	Lipids:										
4:0		g	1.73	5	0	NC	4				
6:0											
8:0											
10:0		-	0.000	0	1	A	1				
13:0			0.000	0	1	A	1				
14:0g 0.083 1 A 1			0.000	0	1	A	1				
15:0	14:0	g									

		A	mount in 10			ole portic	o <u>n</u>		edible portion o	f common
				Number		_		m	<u> </u>	
							Confidence			
Nutrients and Units		Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
16:0	a	0.869	1	1	A	1				
17:0	-	0.059		1	A	1				
18:0		0.694		1	A	1				
20:0	-	0.007		1	A	1				
22:0		0.006		1	A	1				
24:0	•	0.000		-		_				
Fatty acids, total monounsaturated		1.748	1	0	NC	4				
14:1		0.000		1	A	1				
15:1	_	0.000		1	A	1				
16:1 undifferentiated		0.068		1	A	1				
17:1	_	0.029		1	A	1				
18:1 undifferentiated	-	1.640		1	A	1				
20:1	_	0.011		1	A	1				
22:1 undifferentiated	_	0.011		_		-				
24:1 c										
Fatty acids, total polyunsaturated		0.445	i	0	NC	4				
18:2 undifferentiated		0.310		1	A	1				
18:3 undifferentiated	_	0.062		0	A	1				
18:3 n-6 c.c.c.		0.008		1	A	1				
18:3i	_									
18:4										
20:2 n-6 c.c.		0.000)	1	A	1				
20:3 undifferentiated		0.000		1	A	1				
20:3 n-3	-									
20:3 n-6										
20:4 undifferentiated		0.011		1	A	1				
20:4 n-3	_									
20:4 n-6	-									
20:5 n-3	_									
22:5 n-3	g									
22:6 n-3										
Fatty acids, total trans	g									
Cholesterol	mg	43		1	A	1				
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.057	,	1	A	1				
Threonine	g	0.306	i	1	A	1				
Isoleucine	g	0.336	i	1	A	1				
Leucine	g	0.678	1	1	A	1				
Lysine	g	0.560)	1	A	1				
Methionine		0.211	i	1	A	1				
Cystine		0.090)	1	A	1				
Phenylalanine		0.330	1	1	A	1				
Tyrosine		0.233	1	1	A	1				
Valine		0.385	i	1	A	1				
Arginine	g	0.470	1	1	A	1				
Histidine		0.217	,	1	A	1				
Alanine		0.550	1	1	A	1				
Aspartic acid	g	0.679)	1	A	1				
Glutamic acid		1.241	i	1	A	1				
Glycine		0.553	1	1	A	1				
Proline		0.474	ŀ	1	A	1				
Serine	-	0.314	ŀ	1	A	1				
Hydroxyproline										

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Common Measures:

Calories Factors:

Stew, mutton corn squash (Navajo)

Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

		<u>A</u>	mount in 10	u grams	or ean	ne portic	<u>on</u>		edible portion	
				Number				<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	76.03		2	A	1				
Energy	kcal	112		0	NC	4				
Energy	kj	470		0	NC	4				
Protein		8.82		2	A	1				
Total lipid (fat)	g	3.75		2	A	1				
Ash	g	0.60		2	A	1				
Carbohydrate, by difference	g	10.80		0	NC	4				
Fiber, total dietary	g	2.3		2	A	1				
Sugars, total	g	0.51		2	A	1				
Sucrose	g	0.34		2	A	1				
Glucose (dextrose)		0.09		2	A	1				
Fructose	g	0.07		2	A	1				
Lactose	g	0.00		2	A	1				
Maltose		0.00		2	A	1				
Galactose		0.00		2	A	1				
Starch		6.55		2	A	1				
X										
Minerals:		00		•	_					
Calcium, Ca		22		2	A	1 1				
Iron, Fe		1.10 24		2 2	A A	1				
Magnesium, Mg Phosphorus, P		107		2	A	1				
Potassium, K	-	177		2	A	1				
Sodium, Na		104		2	A	1				
Zinc, Zn		1.55		2	A	1				
Copper, Cu		0.07	5	2	A	1				
Manganese, Mn		0.102		2	A	1				
Selenium, Se		5.0		1	A	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1				
Thiamin	mg	0.030)	1	A	1				
Riboflavin	mg	0.110)	1	A	1				
Niacin	<u>mg</u>	3.020)	1	A	1				
Pantothenic acid	mg	0.400	כ	1	A	1				
Vitamin B-6	mg	0.120	ס	1	A	1				
Folate, total		9		1	A	1				
Folic acid										
Folate, food	mcg	9		1	A	1				
Folate, DFE										
Vitamin B-12										
Vitamin A, IU	IU									
Vitamin A, RAE										
Retinol		0.00				1				
Vitamin E (alpha-tocopherol)		0.00		1 1	A A	1 1				
Tocopherol, beta		0.00		1	A A	1				
Tocopherol, gamma		0.00		1	A A	1				
Tocopherol, delta Vitamin D		0.00		_	A	1				
Vitamin D Vitamin K (phylloquinone)		0.7		1	A	1				
Lipids:	-									
Fatty acids, total saturated	а	1.603	3	0	NC	4				
4:0		1.00.	-	v		•				
6:0										
8:0		0.000)	1	A	1				
10:0		0.000		1	A	1				
12:0		0.000		1	A	1				
13:0	-	3.300	-	-		-				
14:0	-	0.083	3	1	A	1				
15:0	-	0.02		1	A	1				

Stew, steamed corn (Navajo)

		<u>An</u>	nount in 10			ole portio	<u>on</u>		edible portion	
Nutrients and Unit	s	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
16:0	g	0.834		1	A	1				
17:0	g	0.048		1	A	1				
18:0	g	0.609		1	A	1				
20:0	g	0.007		1	A	1				
22:0	g	0.000		1	A	1				
24:0	g									
Fatty acids, total monounsaturated	g	1.497		0	NC	4				
14:1	g	0.004		1	A	1				
15:1	_	0.000		1	A	1				
16:1 undifferentiated		0.069		1	A	1				
17:1		0.025		1	A	1				
18:1 undifferentiated	_	1.391		1	A	1				
20:1	_	0.008		1	A	1				
22:1 undifferentiated	_									
24:1 c	_									
Fatty acids, total polyunsaturated		0.392		0	NC	4				
18:2 undifferentiated		0.272		1	A	1				
18:3 undifferentiated		0.052		0	A	1				
18:3 n-6 c,c,c		0.007		1	A	1				
18:3i				_		_				
18:4										
20:2 n-6 c,c		0.000		1	A	1				
20:3 undifferentiated		0.000		1	A	1				
20:3 n-3	_			_		_				
20:3 n-6.	_									
20:3 II-0		0.015		1	A	1				
20:4 n-3		0.013		-		-				
20:4 n-6.										
20:5 n-3										
22:5 n-3										
22:6 n-3										
Fatty acids, total trans	_									
Cholesterol										
Phytosterols	_									
1 11y to 5 to 1015	9									

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

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

		<u>A</u>	mount in 10	00 grams	of edib	ole portio	<u>on</u>	Amount in	edible portion of	of common
				Number	r			<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	90.00		1	AI	13				
Energy	-	41		0	NC	4				
Energy		170		0	NC	4				
63	·=	3.80		1	AI	13				
Protein (N x 6.25)		0.70		1	AI	13				
Total lipid (fat)		0.70		0	NP	4				
Ash										
Carbohydrate, by difference		4.80		0	NC	4				
Fiber, total dietary		0.1		1	AI	13				
Sugars, total										
Starch	g									
Minerals:										
Calcium. Ca	mg	7		1	AI	13				
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.20		1	AI	13				
Magnesium, Mg	-	5		1	AI	13				
Phosphorus, P		12		1	AI	13				
Potassium, K		84		1	AI	13				
Sodium, Na		72		1	AI	13				
Zinc, Zn	-	0.10		1	AI	13				
Copper, Cu		0.030)	1	AI	13				
Manganese, Mn		0.080		1	AI	13				
Selenium, Se		0.00		-						
ŕ										
Vitamins:						10				
Vitamin C, total ascorbic acid		1.5		1	AI	13				
Thiamin		0.020		1	AI	13				
Riboflavin		0.010		1	AI	13				
Niacin		0.270		1	AI	13				
Pantothenic acid		0.100		1	AI	13				
Vitamin B-6	_	0.060)	1	AI	13				
Folate, total		3		1	AI	13				
Folic acid										
Folate, food		3		1	AI	13				
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	1607		1	AI	13				
Vitamin A, RAE										
Retinol										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	Incg									
Lipids:										
Fatty acids, total saturated	g	0.010)	1	AI	13				
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g	0.020)	1	AI	13				
18:2 undifferentiated	g									
18:3 undifferentiated	g	0.020)	1	AI	13				
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated										
20:4 undifferentiated										
20:5 n-3										
22:5 n-3										
22:6 n-3	g									
Fatty acids, total trans										
Cholesterol										
	mg									

Stew/soup, caribou (Alaska Native)

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 Mea

Measure 1

Measure 2 M

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:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

		<u>A</u>	mount in 100	grams)	of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
				Number				m	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	=	68.10		1	A	1				
Energy	kcal	153		0	NC	4				
Energy	kj	639		0	NC	4				
Protein (N x 6.25)		6.28		1	A	1				
Total lipid (fat)	g	6.12		1	A	1				
Ash	g	1.37		1	A	1				
Carbohydrate, by difference	g	18.12		0	NC	4				
Fiber, total dietary	g	3.1		1	A	1				
Sugars, total	g	0.99		1	A	1				
Sucrose	g	0.40		1	A	1				
Glucose (dextrose)	g	0.21		1	A	1				
Fructose		0.17		1	A	1				
Lactose		0.00		1	A	1				
Maltose	g	0.22		1	A	1				
Galactose	g	0.00		1	A	1				
Starch		12.27		1	A	1				
Minerals:										
Calcium, Ca		29		1	A	1				
Iron, Fe		1.22		1	A	1				
Magnesium, Mg		22		1	A	1				
Phosphorus, P		99		1	A	1				
Potassium, K		131		1 1	A	1 1				
Sodium, Na		427			A					
Zinc, Zn		1.48	•	1 1	A A	1 1				
Copper, Cu		0.063		1	A A	1				
Manganese, Mn Selenium, Se		6.0	4	1	A	1				
Selenium, Se	g	0.0		-	A	-				
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		1.7		1	A	1				
Thiamin	-	0.050		1	A	1				
Riboflavin	-	0.080		1	A	1				
Niacin	-	1.590		1	A	1				
Pantothenic acid	-	0.20		1	A	1				
Vitamin B-6		0.143	3	1	A	1				
Folate, total		15		1	A	1				
Folic acid	mcg			_						
Folate, food	mcg	15		1	A	1				
Folate, DFE				_	_	_				
Vitamin B-12		0.54		1	A	1				
Vitamin A, IU		0		0	AS	1				
Vitamin A, RAE		0		0	AS	1				
Retinol		0		1	A	1				
Vitamin E (alpha-tocopherol)	-	0.00		1	A	1				
Tocopherol, beta		0.00		1	A	1				
Tocopherol, gamma		0.00		1 1	A	1				
Tocopherol, delta		0.00		1	A	1				
Vitamin D Vitamin K (phylloquinone)										
v namni K (pnynoquinone)										
<u>Lipids:</u>										
Fatty acids, total saturated	g	2.39	6	0	NC	4				
4:0	_									
6:0	_									
8:0	_	0.000		1	A	1				
10:0	_	0.000		1	A	1				
12:0	-	0.000	0	1	A	1				
13:0			_							
14:0		0.16		1	A	1				
15:0	q	0.024	4	1	A	1				

		<u>Aı</u>	nount in 10	0 grams	of edil	ole portio	<u>on</u>	Amount in	edible portion o	f common
				Number		_		<u>m</u> e	easures of food	
Nutrients and Units	3	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0	-	1.395		1 1	A	1				
17:0 18:0.	-	0.059 0.7 4 3		1	A A	1 1				
20:0		0.743		1	A	1				
22:0		0.000		1	A	1				
24:0		0.000		_		_				
Fatty acids, total monounsaturated		2.739		0	NC	4				
14:1		0.039		1	A	1				
15:1		0.000		1	A	1				
16:1 undifferentiated	g	0.188		1	A	1				
17:1	g	0.046		1	A	1				
18:1 undifferentiated	-	2.439		1	A	1				
20:1	-	0.027		1	A	1				
22:1 undifferentiated										
24:1 c		0.000		•						
Fatty acids, total polyunsaturated		0.688 0.646		0 1	NC A	4 1				
18:2 undifferentiated		0.046		0	A	1				
18:3 n-6 c.c.c	-	0.000		1	A	1				
18:3i	-	0.000		-		-				
18:4										
20:2 n-6 c,c		0.000		1	A	1				
20:3 undifferentiated		0.000		1	A	1				
20:3 n-3	g									
20:3 n-6	g									
20:4 undifferentiated	g	0.013		1	A	1				
20:4 n-3										
20:4 n-6	-									
20:5 n-3										
22:5 n-3										
22:6 n-3Fatty acids, total trans										
Cholesterol		17		1	A	1				
Phytosterols				_		_				
-										
Amino Acids:										
Tryptophan		0.052		1	A	1				
Threonine		0.239		1 1	A A	1				
Isoleucine	-	0.271 0.568		1	A	1 1				
Lysine	-	0.427		1	A	1				
Methionine		0.150		1	A	1				
Cystine		0.083		1	A	1				
Phenylalanine	•	0.275		1	A	1				
Tyrosine		0.204		1	A	1				
Valine		0.318		1	A	1				
Arginine	g	0.391		1	A	1				
Histidine	g	0.196		1	A	1				
Alanine		0.422		1	A	1				
Aspartic acid		0.556		1	A	1				
Glutamic acid	-	1.029		1	A	1				
Glycine		0.384		1	A	1				
Proline		0.382		1	A	1				
Serine	-	0.273		1	A	1				
Hydroxyproline	g									

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

Common Measures:

Calories Factors:

NDB No. 35147 Tamales (Navajo)

Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

Proximates:			<u>A</u>	mount in 10	u grams	ot edil	ole portic	<u>on</u>	Amount in	edible portion	of common
Nutrients and Units					Numbei	r			<u>m</u>	easures of food	_
Proximates:							Source	Confidence			
Water	Nutrients and Unit	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Energy	Proximates:										
Energy	Water	g	99.70		1	AI	13				
Protein (N × 6.25)	Energy	kcal				NC	4				
Total poly (ap)	Energy	kj	3		0	NC	4				
Ash. 9 0.10 0 NP 4 Carbolydrate, by difference 9 0.20 1 AI 13 Fiber, total dictary 9 Starch 9			0.00			AI	13				
Carbohydrate, by difference	Total lipid (fat)	g									
Fiber, total dictary	Ash	g	0.10								
Sugars, total 9 9 9 9 9 9 9 9 9	Carbohydrate, by difference	g	0.20		1	AI	13				
Surch	Fiber, total dietary	g									
Mincrals: Calcium, Ca.	Sugars, total	g									
Taleum, Ca.	Starch	g									
Calcium, Ca.	Minopole										
Ton, Fe.		ma	2		1	ΔТ	13				
Magnesium, Mg.		_									
Phosphorus, P.	-										
Potasium K.											
Socium Na	• •	_									
Zinc Zn											
Copper, Cu. mg 0.020 1 AT 13 Manganese, Min. mg 0.040 1 AI 13 Witamins: Vitamins: Vitamins. ws Vitamins. mg 0.01 1 AI 13 Riboflavin. mg 0.000 1 AI 13 Niacin. mg 0.000 1 AI 13 Pantothenic acid. mg 0.000 1 AI 13 Patric, total mg 0.000 1 AI 13 Folate, total mgq 1 1 AI 13 Folate, DFE. mcg 1 AI 13 Folate, DFE. mcg 0.00 1 AI 13 Vitamin A, IU. IU. 0 1 AI 13 Vitamin A, RAE. mg 0 0 1 AI 13 Vitamin E, Opherol, beta. mg					1						
Manganese, Mn. mg 0.040 1	-		0.020)	1	AI	13				
Vitamins: Vitamin C, total ascorbic acid. mg 0.3 1 AI 13 Thiamin mg 0.010 1 AI 13 Riboflavin mg 0.000 1 AI 13 Niacin mg 0.000 1 AI 13 Pantothenic acid mg 0.010 1 AI 13 Polate, Cod mg 0.000 1 AI 13 Folate, Lodd mcg 1 1 AI 13 Folate, Food mcg 1 1 AI 13 Folate, Food mcg 0 0 1 AI 13 Folate, Food mcg 0 0 1 AI 13 Folate, Food mcg 0 0 1 AI 13 Vitamin B-12 mcg 0 0 1 AI 13 Vitamin A, Eleman mcg 1 AI 13 13 </td <td>• •</td> <td></td> <td>0.040</td> <td>)</td> <td>1</td> <td>AI</td> <td>13</td> <td></td> <td></td> <td></td> <td></td>	• •		0.040)	1	AI	13				
Vitamin C, total ascorbic acid. mg 0.3 1 AI 13 Thamin. mg 0.010 1 AI 13 Riboflavin. mg 0.000 1 AI 13 Niacin. mg 0.000 1 AI 13 Pantothenic acid. mg 0.010 1 AI 13 Vitamin B-6. mg 0.000 1 AI 13 Folate, food. mcg 1 1 AI 13 Folate, food. mcg 1 1 AI 13 Folate, Fore. mcg 0 0 1 AI 13 Vitamin B-12. mcg 0 0 1 AI 13 Vitamin A, IU. IU. 0 1 AI 13 Vitamin B-12. mg 1 Na 13 Tocopherol, beta. mg 1 Na 13 Tocopherol, beta. mg 0 <td>9</td> <td></td>	9										
Vitamin C, total ascorbic acid	Vitamina										
Thiamin		ma	0.3		- 1	л т	12				
Riboflavin				,							
Niacin											
Pantothenic acid											
Vitamin B-6		-									
Folate, total											
Folic acid		-		,							
Folate, food. meg 1 1 1 1 1 3	-		_		_						
Folate, DFE			1		1	AI	13				
Vitamin B-12											
Vitamin A, IU. IU 0 1 AT 13 Vitamin A, RAE. mcg Netinol. mcg Retinol. mg Tocopherol, beta. mg Tocopherol, beta. mg Tocopherol, delta. mg Vitamin D. IU Vitamin K (phylloquinone). mcg Lipids: Fatty acids, total saturated. 9 0.000 1 AI 13 Fatty acids, total polyunsaturated. 9 0.000 1 AI 13 Fatty acids, total polyunsaturated. 9 0.000 1 AI 13 18:2 undifferentiated. 9 0.000 1 AI 13 18:3 undifferentiated. 9 0.000 1 AI 13 18:4	Vitamin B-12	mcg	0.00		1	AI	13				
Vitamin A, RAE	Vitamin A. IU	IU	0		1	AI	13				
Retinol mcg Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg Tocopherol, gamma mg Tocopherol, delta mg Vitamin D IU Vitamin K (phylloquinone) mcg Lipids: Fatty acids, total saturated 9 0.000 1 AI 13 Fatty acids, total monounsaturated 9 0.000 1 AI 13 Fatty acids, total polyunsaturated 9 0.000 1 AI 13 18:2 undifferentiated 9 0.000 1 AI 13 18:2 undifferentiated 9 0.000 1 AI 13 18:4 13 18:4 9 20:2 n-6 c,c 9 20:3 undifferentiated 9 20:4 undifferentiated 9 20:5 n-3 9 22:6 n-3 9 Fatty acids, total trans 9 Fatty acids, and an	Vitamin A. RAE	mcg RAE									
Tocopherol, beta											
Tocopherol, gamma	Vitamin E (alpha-tocopherol)	mg									
Tocopherol, delta	Tocopherol, beta	mg									
Vitamin D. IU Vitamin K (phylloquinone) meg Lipids: Fatty acids, total saturated g 0.000 1 AI 13 Fatty acids, total polyunsaturated g 0.000 1 AI 13 18:2 undifferentiated g 0.000 1 AI 13 18:3 undifferentiated g 0.000 1 AI 13 18:4 g 20:2 n-6 c,c g 20:3 undifferentiated g 20:4 undifferentiated g 20:5 n-3 g 22:5 n-3 g 22:6 n-3 g Fatty acids, total trans g	Tocopherol, gamma	mg									
Vitamin K (phylloquinone) mcg Lipids:	• .										
Lipids: Fatty acids, total saturated 9 0.000 1 AI 13 Fatty acids, total monounsaturated 9 0.000 1 AI 13 Fatty acids, total polyunsaturated 9 0.000 1 AI 13 18:2 undifferentiated 9 0.000 1 AI 13 18:3 undifferentiated 9 0.000 1 AI 13 18:4 9 20:2 n-6 c,c 9 20:3 undifferentiated 9 20:4 undifferentiated 9 20:5 n-3 9 20:5 n-3 9 22:5 n-3 9 Fatty acids, total trans 9											
Fatty acids, total saturated	Vitamin K (phylloquinone)	mcg									
Fatty acids, total saturated	Lipids:										
Fatty acids, total monounsaturated	· · · · · ·	g	0.000)	1	AI	13				
Fatty acids, total polyunsaturated	2 .										
18:2 undifferentiated			0.000)	1	AI	13				
18:3 undifferentiated					1	AI					
20:2 n-6 c,c			0.000)	1	AI	13				
20:2 n-6 c,c											
20:4 undifferentiated .9 20:5 n-3 .9 22:5 n-3 .9 22:6 n-3 .9 Fatty acids, total trans .9											
20:5 n-3	*										
22:5 n-3	20:4 undifferentiated	g									
22:6 n-3											
Fatty acids, total trans	22:5 n-3	g									
	22:6 n-3	g									
Chalasteral MM 0 1 NT 13											
Phytosterolsmg	Cholesterol		0		1	AI	13				

Tea, tundra, herb and laborador combination (Alaska Native)

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:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

		<u>A</u>	mount in 100	<u>u grams</u>	of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
			1	Number				<u>m</u>	easures of food	<u> </u>
						Source	Confidence			
Nutrients and Uni	ite	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Nutrients and one	113	Wear	Stu. Elloi					Wedsule i	Weasure 2	Measure
Proximates:										
Water	g	39.96		2	A	1				
Energy	kcal	237		0	NC	4				
Energy		993		0	NC	4				
Protein	g	7.28		2	A	1				
Total lipid (fat)	g	0.95		2	A	1				
Ash	g	1.87		2	A	1				
Carbohydrate, by difference	g	49.94		0	NC	4				
Fiber, total dietary	g	2.4		2	A	1				
Sugars, total	g	2.75		2	A	1				
Sucrose	g	0.22		2	A	1				
Glucose (dextrose)		0.15		2	A	1				
Fructose	g	0.00		2	A	1				
Lactose	g	0.00		2	A	1				
Maltose		2.37		2	A	1				
Galactose		0.00		2	A	1				
Starch		43.02		2	A	1				
Mr. I										
Minerals:		70		•	_					
Calcium, Ca		70 3.81		2 2	A	1 1				
Iron, Fe		19		2	A A	1				
Magnesium, Mg Phosphorus, P		146		2	A	1				
Potassium, K		105		2	A	1				
Sodium, Na		482		2	A	1				
Zinc, Zn		0.32		2	A	1				
Copper, Cu		0.102	2	2	A	1				
Manganese, Mn.		0.268	3	2	A	1				
Selenium, Se		16.6		1	A	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1				
Thiamin	mg	0.370)	2	A	1				
Riboflavin	mg	0.114	1	2	A	1				
Niacin	mg	4.125	5	2	A	1				
Pantothenic acid	-	0.170		1	A	1				
Vitamin B-6		0.060)	2	A	1				
Folate, total		98		1	A	1				
Folic acid		87		1	A	1				
Folate, food		11		1	AS	1				
Folate, DFE		159		0	NC	4				
Vitamin B-12										
Vitamin A, IU										
Vitamin A, RAE										
Retinol Vitamin E (alpha-tocopherol)		0.19		2	A	1				
Tocopherol, beta		0.19		2	A	1				
Tocopherol, gamma		0.00		2	A	1				
Tocopherol, delta		0.00		2	A	1				
Vitamin D				_		-				
Vitamin K (phylloquinone)		0.4		2	A	1				
Lipids:										
Fatty acids, total saturated	g	0.296	6	0	NC	4				
4:0										
6:0										
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	-	0.008	3	2	A	1				
15:0	-	0.002		2	A	1				

160			<u>A</u>	mount in 100			ole portio	<u>on</u>	 edible portion of	f common
16:0.	Nutrients and Units	3	Mean	0	f Data	Deriv				Measure 3
170										
170										
18 0		-								
200	- ,	0								
220										
240		-								
Fatly acids, total monounstrated. 9		-	0.004		2	A	1			
14-1			0.105		•					
15-1										
16 undifferentiated		-								
17-		-								
18.1 undifferentiated. 9		-								
20-1										
221 undifferentiated. 9 241 c. 9 241 c. 9 241 c. 9 182 undifferentiated. 9 18.3 méfecentiated. 9 0.000 0 A 1 18.3 méfecentiated. 9 0.000 2 A 1 20.3 undifferentiated. 9 0.000 2 A 1 20.3 undifferentiated. 9 0.000 2 A 1 20.3 n.3. 9 20.3 n.6. 9 20.4 n.6. 9 20.4 n.6. 9 20.5 n.3. 9 22.5 n.3. 9 21.5 n.5 n.9										
241 c. 9 Fatty acids, total polyunsaturated. 9 18.2 undifferentiated. 9 18.3 undifferentiated. 9 18.3 indifferentiated. 9 18.4 indifferentiated. 9 18.4 indifferentiated. 9 18.5 indifferentiated. 9 18.6 indifferentiated. 9 18.6 indifferentiated. 9 18.7 indifferentiated. 9 18.8 indifferentiated. 9 18.9 indifferentiated. 9			0.004		2	A	1			
Fatty acids, total polyunsaturated. 9 0.391 0 NC 4 182 undifferentiated. 9 0.372 2 NA 1 183 undifferentiated. 9 0.000 2 NA 1 183 undifferentiated. 9 0.000 2 NA 1 183 undifferentiated. 9 NA 1 183 undifferentiated. 9 NA 1 183 undifferentiated. 9 NA 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1										
18.2 undifferentiated			0 201		0	NC	4			
18:3 undifferentiated										
183 n-6 c,c,c		-								
18:3i		-								
18.4. 9 20.2 n-6 c,c. 9 9 0.000 2 A 1 20.3 n-3 9 20.3 n-6 9 20.4 undifferentiated. 9 20.4 undifferentiated. 9 20.4 undifferentiated. 9 20.4 n-6 9 20.5 n-3 1	,-,		0.000		2	•	_			
20.2 n-6 c c										
20:3 mdifferentiated 9 0.000 2 A 1 20:3 n-3. 9 20:3 n-6. 9 20:4 undifferentiated 9 0.000 2 A 1 20:4 n-6. 9 20:5 n-3. 10			0 000		2	2	1			
20.3 n-6. 9 20.4 undifferentiated. 9 20.4 undifferentiated. 9 20.4 n.3. 9 20.4 n.6. 9 20.5 n-3. 9 22.5 n-3. 9 22.5 n-3. 9 22.6 n-3. 9 Fatty acids, total trans. 9 Cholesterol mg Phytosterols. mg Amino Acids: Tryptophan. 9 0.060 1 A 1 I A 1 Threonine. 9 0.182 1 A 1 Soleucine. 9 0.530 1 A 1 Leucine. 9 0.530 1 A 1 Leucine. 9 0.530 1 A 1 Lysine. 9 0.157 1 A 1 Lysine. 9 0.157 1 A 1 Lysine. 9 0.157 1 A 1 Lysine. 9 0.166 1 A 1 Lysine. 9 0.166 1 A 1 Cystine. 9 0.283 1 A 1 Cystine. 9 0.283 1 A 1 Cystine. 9 0.283 1 A 1 Cystine. 9 0.227 1 A 1 Cystine. 9 0.226 1 A 1 Cystine. 9 0.226 1 A 1 Cystine. 9 0.227 1 A 1 Cystine. 9 0.2283 1 A 1 Cystine. 9 0.2296 1 A 1										
20/3 n-6		-	0.000		-		-			
20:4 undifferentiated 9 0.000 2 A 1 20:4 n-3 9 20:4 n-6 9 20:5 n-3 9 22:5 n-3 p 22:5 n 23:5 n 24:5 n 24:5 n 24:5 n 24:5 n 24:5 n 24:										
204 n-3.			0.000		2	A	1			
20:4 n-6. 9 20:5 n-3. 9 22:5 n-3. 9 22:6 n-3. 9 Fatty acids, total trans 9 Cholesterol. mg Phytosterols mg Amino Acids: Tryptophan. 9 0.060 1 A 1 A 1 Threonine 9 0.182 1 A 1 Eucline 9 0.530 1 A 1 Eucline 9 0.530 1 A 1 Eucline 9 0.157 1 A 1 Eucline 9 0.157 1 A 1 Eucline 9 0.157 1 A 1 Eucline 9 0.156 1 A 1 Eysine 9 0.166 1 A 1 Eysine 9 0.204 1 A 1 Eysine 9 0.375 1 A 1 Eysine 9 0.375 1 A 1 Eysine 9 0.204			0.000		_		_			
20:5 n-3										
22:5 n-3 9 Fatty acids, total trans. 9 Cholesterol. mg Phytosterols. mg Amino Acids: Tryptophan 9 0.060 1 A 1 Threonine. 9 0.182 1 A 1 Isoleucine. 9 0.286 1 A 1 Leucine. 9 0.530 1 A 1 Lysine. 9 0.157 1 A 1 Methionine. 9 0.122 1 A 1 Cystine. 9 0.166 1 A 1 Phenylalanine. 9 0.375 1 A 1 Yosine. 9 0.204 1 A 1 Valine. 9 0.226 1 A 1 Histidine. 9 0.165 1 A 1 Histidine. 9 0.165 1 A 1 Aspartic acid. 9 0.296 1		-								
22:6 n-3										
Fatty acids, total trans. 9 Cholesterol. mg Phytosterols. mg Amino Acids: Tryptophan 9 0.060 1 A 1 Soleucine. 9 0.182 1 A 1 Soleucine. 9 0.530 1 A 1 Leucine. 9 0.157 1 A 1 Lysine. 9 0.157 1 A 1 Methionine 9 0.122 1 A 1 Cystine. 9 0.166 1 A 1 Cystine. 9 0.166 1 A 1 Tyrosine. 9 0.375 1 A 1 Tyrosine. 9 0.375 1 A 1 Tyrosine. 9 0.396 1 A 1 Tyrosine. 9 0.204 1 A 1 Tyrosine. 9 0.326 1 A 1 Tyrosine. 9 0.326 1 A 1 Tyrosine. 9 0.326 1 A 1 Arginine 9 0.326 1 A 1 Arginine 9 0.227 1 A 1 Alainne. 9 0.227 1 A 1 Alainne. 9 0.296 1 A 1 Glutamic acid. 9 0.296 1 A 1										
Phytosterols. mg										
Amino Acids: Tryptophan. 9 0.060 1 A 1 Threonine 9 0.182 1 A 1 Isoleucine 9 0.286 1 A 1 Leucine 9 0.530 1 A 1 Lysine 9 0.157 1 A 1 Methionine 9 0.122 1 A 1 Cystine 9 0.166 1 A 1 Phenylalanine 9 0.375 1 A 1 Tyrosine 9 0.204 1 A 1 Valine 9 0.326 1 A 1 Arginine 9 0.283 1 A 1 Histidine 9 0.165 1 A 1 Alanine 9 0.227 1 A 1 Aspartic acid 9 0.296 1 A 1 Glutamic acid 9 2.613 1 A 1	Cholesterol	mg								
Tryptophan 9 0.060 1 A 1 Threonine 9 0.182 1 A 1 Isoleucine 9 0.286 1 A 1 Leucine 9 0.530 1 A 1 Lysine 9 0.157 1 A 1 Methionine 9 0.122 1 A 1 Cystine 9 0.166 1 A 1 Phenylalanine 9 0.375 1 A 1 Tyrosine 9 0.204 1 A 1 Valine 9 0.326 1 A 1 Arginine 9 0.283 1 A 1 Alanine 9 0.165 1 A 1 Aspartic acid 9 0.296 1 A 1 Glutamic acid 9 2.613 1 A 1										
Tryptophan 9 0.060 1 A 1 Threonine 9 0.182 1 A 1 Isoleucine 9 0.286 1 A 1 Leucine 9 0.530 1 A 1 Lysine 9 0.157 1 A 1 Methionine 9 0.122 1 A 1 Cystine 9 0.166 1 A 1 Phenylalanine 9 0.375 1 A 1 Tyrosine 9 0.204 1 A 1 Valine 9 0.326 1 A 1 Arginine 9 0.283 1 A 1 Alanine 9 0.165 1 A 1 Aspartic acid 9 0.296 1 A 1 Glutamic acid 9 2.613 1 A 1										
Threonine 9 0.182 1 A 1 Isoleucine 9 0.286 1 A 1 Leucine 9 0.530 1 A 1 Lysine 9 0.157 1 A 1 Methionine 9 0.122 1 A 1 Cystine 9 0.166 1 A 1 Phenylalanine 9 0.375 1 A 1 Tyrosine 9 0.204 1 A 1 Valine 9 0.326 1 A 1 Arginine 9 0.283 1 A 1 Histidine 9 0.165 1 A 1 Alanine 9 0.227 1 A 1 Aspartic acid 9 0.296 1 A 1 Glutamic acid 9 2.613 1 A 1	<u> </u>	a	0.060		1	A	1			
Isoleucine 9 0.286 1 A 1 Leucine 9 0.530 1 A 1 Lysine 9 0.157 1 A 1 Methionine 9 0.122 1 A 1 Cystine 9 0.166 1 A 1 Phenylalanine 9 0.375 1 A 1 Tyrosine 9 0.204 1 A 1 Valine 9 0.326 1 A 1 Arginine 9 0.283 1 A 1 Histidine 9 0.165 1 A 1 Alanine 9 0.227 1 A 1 Aspartic acid 9 0.296 1 A 1 Glutamic acid 9 2.613 1 A 1	- · ·									
Leucine 9 0.530 1 A 1 Lysine 9 0.157 1 A 1 Methionine 9 0.122 1 A 1 Cystine 9 0.166 1 A 1 Phenylalanine 9 0.375 1 A 1 Tyrosine 9 0.204 1 A 1 Valine 9 0.326 1 A 1 Arginine 9 0.283 1 A 1 Histidine 9 0.165 1 A 1 Alanine 9 0.227 1 A 1 Aspartic acid 9 0.296 1 A 1 Glutamic acid 9 2.613 1 A 1		-								
Lysine		-								
Methionine 9 0.122 1 A 1 Cystine 9 0.166 1 A 1 Phenylalanine 9 0.375 1 A 1 Tyrosine 9 0.204 1 A 1 Valine 9 0.326 1 A 1 Arginine 9 0.283 1 A 1 Histidine 9 0.165 1 A 1 Alanine 9 0.227 1 A 1 Aspartic acid 9 0.296 1 A 1 Glutamic acid 9 2.613 1 A 1										
Cystine 9 0.166 1 A 1 Phenylalanine 9 0.375 1 A 1 Tyrosine 9 0.204 1 A 1 Valine 9 0.326 1 A 1 Arginine 9 0.283 1 A 1 Histidine 9 0.165 1 A 1 Alanine 9 0.227 1 A 1 Aspartic acid 9 0.296 1 A 1 Glutamic acid 9 2.613 1 A 1	2									
Phenylalanine 9 0.375 1 A 1 Tyrosine 9 0.204 1 A 1 Valine 9 0.326 1 A 1 Arginine 9 0.283 1 A 1 Histidine 9 0.165 1 A 1 Alanine 9 0.227 1 A 1 Aspartic acid 9 0.296 1 A 1 Glutamic acid 9 2.613 1 A 1		-								
Tyrosine 9 0.204 1 A 1 Valine 9 0.326 1 A 1 Arginine 9 0.283 1 A 1 Histidine 9 0.165 1 A 1 Alanine 9 0.227 1 A 1 Aspartic acid 9 0.296 1 A 1 Glutamic acid 9 2.613 1 A 1	=									
Valine 9 0.326 1 A 1 Arginine 9 0.283 1 A 1 Histidine 9 0.165 1 A 1 Alanine 9 0.227 1 A 1 Aspartic acid 9 0.296 1 A 1 Glutamic acid 9 2.613 1 A 1	-									
Arginine 9 0.283 1 A 1 Histidine 9 0.165 1 A 1 Alanine 9 0.227 1 A 1 Aspartic acid 9 0.296 1 A 1 Glutamic acid 9 2.613 1 A 1	-									
Histidine 9 0.165 1 A 1 Alanine 9 0.227 1 A 1 Aspartic acid 9 0.296 1 A 1 Glutamic acid 9 2.613 1 A 1										
Alanine g 0.227 1 A 1 Aspartic acid g 0.296 1 A 1 Glutamic acid g 2.613 1 A 1	=									
Aspartic acid										
Glutamic acid		-								
	-				1					
O170III0	Glycine		0.268		1	A	1			
Proline	=				1		1			
Serine										
Hydroxyproline										

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Common Measures:

Calories Factors:

Tortilla, includes plain and from mutton sandwich (Navajo)

Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

Walrus, liver, raw (Alaska Native)

Odohenus rosmarus

Refuse: 0%

		<u>A</u>	mount in 10	00 grams Number		ole portio	<u>on</u>		edible portion of easures of food	
Nutrients and Unit	ts	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.50		1	AI	13				
Energy	kcal	125		0	NC	4				
Energy		523		0	NC	4				
Protein (N x 6.25)	g	21.00		1	AI	13				
Total lipid (fat)		3.00		1	AI	13				
Ash		1.00		0	NP	4				
Carbohydrate, by difference		3.50		0	NC	4				
Fiber, total dietary										
Sugars, total										
Starch	-									
Starcii	9									
Minerals:										
Calcium, Ca	mg									
Iron, Fe	mg	14.40		1	AI	13				
Magnesium, Mg	mg									
Phosphorus, P	mg	208		1	AI	13				
Potassium, K	mg									
Sodium, Na	mg									
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	-	0.080)	1	AI	13				
Riboflavin	-	1.910)	1	AI	13				
Niacin										
Pantothenic acid										
Vitamin B-6	• • • • • • • • • • • • • • • • • • • •									
Folate, total	-									
Folate, DFE										
Vitamin B-12										
Vitamin A, IU		81200		1	AI	13				
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										

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

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

Odohenus rosmarus

Refuse: 0%

		<u>A</u>	mount in 10	Number			_		edible portion of easures of food	of common
Nutrients and Unit	s	Mean	Std. Error	of Data Points		Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	58.90		1	AI	13				
Energy	kcal	282		0	NC	4				
Energy	kj	1180		0	NC	4				
Protein (N x 6.25)	g	16.30		1	AI	13				
Total lipid (fat)	g	24.10		1	AI	13				
Ash	g	0.70		0	NP	4				
Carbohydrate, by difference	g	0.00		0	NC	4				
Fiber, total dietary										
Sugars, total										
Starch	_									
Minerals:										
Calcium, Ca	ma									
Iron, Fe	_	9.40		1	AI	13				
Magnesium, Mg		3.10		_						
Phosphorus, P		125		1	AI	13				
Potassium, K										
Sodium, Na	_									
Zinc, Zn	-									
Copper, Cu	_									
Manganese, Mn										
Selenium, Se										
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	-	0.080)	1	AI	13				
Riboflavin	mg	0.320)	1	AI	13				
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6										
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12										
Vitamin A, IU		550		1	AI	13				
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									

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

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

Walrus, meat, dry (Alaska Native)

Odohenus rosmarus

Refuse: 0%

		<u>A</u>	mount in 10	00 grams		ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	ts	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	38.80		1	AI	13					
Energy	kcal	251		0	NC	4					
Energy	kj	1052		0	NC	4					
Protein (N x 6.25)	g	57.00		1	AI	13					
Total lipid (fat)	g	2.60		1	AI	13					
Ash		1.60		0	NP	4					
Carbohydrate, by difference		0.00		0	NC	4					
Fiber, total dietary											
Sugars, total											
Starch	_										
Minerals: Calcium, Ca	ma										
	-	43.00		1	AI	13					
Iron, Fe		43.00		_	AI	13					
Magnesium, Mg		415		1	AI	13					
Phosphorus, P Potassium, K		415		_	AI	13					
Sodium, Na	-										
	-										
Zinc, Zn Copper, Cu	-										
• • •											
Manganese, Mn Selenium, Se											
,											
Vitamins: Vitamin C, total ascorbic acid	ma										
Thiamin	-	0.210		1	AI	13					
	-	0.790		1	AI	13					
Riboflavin		10.100		1	AI	13					
Niacin Pantothenic acid		10.100	•	1	ΑI	13					
Vitamin B-6											
Folate, total	-										
Folate, totalFolate, DFE											
Vitamin B-12											
Vitamin A, IU		410		1	AI	13					
Vitamin A, RAE	mca RAF	-1-0		-	A.	13					
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D	-										
Vitamin K (phylloquinone)											

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

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

		<u>A</u>	mount in 10			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 Units	5	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	65.10		1	AI	13					
Energy	kcal	199		0	NC	4					
Energy	kj	833		0	NC	4					
Protein (N x 6.25)	g	19.20		1	AI	13					
Total lipid (fat)	g	13.60		1	AI	13					
Ash	g	2.10		0	NP	4					
Carbohydrate, by difference		0.00		0	NC	4					
Fiber, total dietary											
Sugars, total											
Starch											
Starch	9										
Minerals:											
Calcium, Ca	mg	18		1	AI	13					
Iron, Fe	-	9.40		1	AI	13					
Magnesium, Mg	mg										
Phosphorus, P		122		1	AI	13					
Potassium, K	mg										
Sodium, Na	mg										
Zine, Zn	mg										
Copper, Cu	mg										
Manganese, Mn	mg										
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	ma										
Thiamin	_	0.180	1	1	AI	13					
Riboflavin	•	0.240		1	AI	13					
Niacin	-	4.800		1	AI	13					
Pantothenic acid	_	4.000	•	-							
Vitamin B-6	_										
Folate, total	_										
Folate, DFE											
Vitamin B-12											
Vitamin A, IU		170		1	AI	13					
Vitamin A, RAE											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma	_										
Tocopherol, delta	-										
Vitamin D											
Vitamin K (phylloquinone)											
	· •										
<u>Lipids:</u>				_							
Fatty acids, total saturated	_	2.570		1	AI	13					
Fatty acids, total monounsaturated		8.420		1	AI	13					
Fatty acids, total polyunsaturated		2.600		1	AI	13					
18:2 undifferentiated		0.050		1	AI	13					
18:3 undifferentiated		0.100)	1	AI	13					
18:4											
20:2 n-6 c,c											
20:3 undifferentiated											
20:4 undifferentiated	_										
20:5 n-3	-										
22:5 n-3											
22:6 n-3											
Fatty acids, total trans		80		1	AI	13					
Cholesterol											

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

Walrus, meat, raw (Alaska Native)

Nutrients and Units

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Std. Error Points Code Code Code Mean

Measure 1

Measure 2

Measure 3

food, or similar food.

Common Measures:

Calories Factors: Protein

Fat Carbohydrate

Food Group: 35 Ethnic Foods

Whale, beluga, eyes, raw (Alaska Native)

Delphinapterus leucas

Refuse: 0%

		Amount in 100 grams of edible portion Number						Amount in edible portion of common measures of food			
Nutrients and U	nits	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	55.10		1	AI	13					
Energy	kcal	291		0	NC	4					
Energy	kj	1217		0	NC	4					
Protein (N x 6.25)	g	19.60		1	AI	13					
Total lipid (fat)	g	23.30		1	AI	13					
Ash	g	1.30		0	NP	4					
Carbohydrate, by difference	g	0.70		0	NC	4					
Fiber, total dietary	g										
Sugars, total	g										
Starch	g										
Minerals:											
Calcium, Ca	mg										
Iron, Fe	mg										
Magnesium, Mg	mg										
Phosphorus, P	mg	187		1	AI	13					
Potassium, K	mg										
Sodium, Na	-										
Zinc, Zn											
Copper, Cu											
Manganese, Mn											
Selenium, Se	mcg										

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

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

Delphinapterus leucas

Refuse: 0%

		<u>A</u>	mount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Un	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	57.50		1	AI	13					
Energy	kcal	271		0	NC	4					
Energy	kj	1135		0	NC	4					
Protein (N x 6.25)		19.00		1	AI	13					
Total lipid (fat)		21.70		1	AI	13					
Ash	=	1.80		0	NP	4					
Carbohydrate, by difference		0.00		0	NC	4					
Fiber, total dietary		0.00		·	2.0	-					
Sugars, total											
Starch	_										
Starcn	9										
Minerals:											
Calcium, Ca	mg	11		1	AI	13					
Iron, Fe	mg	2.80		1	AI	13					
Magnesium, Mg											
Phosphorus, P	mg	153		1	AI	13					
Potassium, K	mg										
Sodium, Na	mg										
Zinc, Zn	mg										
Copper, Cu	mg										
Manganese, Mn	mg										
Selenium, Se	mcg										
Vitamina											
Vitamins:	ma										
Vitamin C, total ascorbic acid Thiamin	•										
Riboflavin	•										
Niacin	•										
Pantothenic acid		57.500	,	1	AI	13					
	-	37.300	,	_	AI	13					
Vitamin B-6 Folate, total											
Folate, DFE	-										
Vitamin B-12											
Vitamin B-12											
Vitamin A, RAE											
Vitamin E (alpha-tocopherol)		930.00		1	AI	13					
Tocopherol, beta		230.00		-							
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
vicanini ix (priyrioquinone)	g										

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

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

Whale, beluga, liver, raw (Alaska Native)

Delphinapterus leucas

Refuse: 0%

		<u>A</u>	mount in 10	0 grams	of edil	<u>on</u>	Amount in edible portion of common			
Nutrients and U	Jnits	Mean			Deriv	Source Code	Confidence Code	m Measure 1	easures of food Measure 2	Measure 3
Proximates:										
Water	g	74.60		1	AI	13				
Energy	kcal	117		0	NC	4				
Energy	kj	488		0	NC	4				
Protein (N x 6.25)	g	18.40		1	AI	13				
Total lipid (fat)	g	3.90		1	AI	13				
Ash	g	1.10		0	NP	4				
Carbohydrate, by difference	g	2.00		0	NC	4				
Fiber, total dietary										
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	11		1	AI	13				
Iron, Fe										
Magnesium, Mg	mg									
Phosphorus, P		230		1	AI	13				
Potassium, K	mg									
Sodium, Na	mg									
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									

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

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

Whale, beluga, meat, air-dried, raw (Alaska Native)

Delphinapterus leucas

Refuse: 0%

		<u>A</u>	mount in 100 gra		ble portic	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and U	Inits	Mean	Numl of Da Std. Error Poin	ita Deriv		Confidence Code	<u>m</u> Measure 1	Measure 2	Measure 3	
Proximates:										
Water		23.30		L AI	13					
Energy		313	1) NC	4					
Energy	kj	1310	1) NC	4					
Protein (N x 6.25)	g	73.10		L AI	13					
Total lipid (fat)	g	2.30		L AI	13					
Ash	g	1.30) NP	4					
Carbohydrate, by difference	g	0.00) NC	4					
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	28	:	AI	13					
Iron, Fe	mg									
Magnesium, Mg	mg									
Phosphorus, P	mg	608	:	. AI	13					
Potassium, K	mg									
Sodium, Na	mg									
Zinc, Zn	_									
Copper, Cu										
Manganese, Mn	_									
Selenium, Se	mcg									

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

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

Delphinapterus leucas

Refuse: 0%

		<u>A</u> 1	mount in 10	00 grams	of edit	le portio	<u>on</u>	Amount in edible portion of common			
					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	
Proximates:											
Water	g	72.50		1	AI	13					
Energy	kcal	111		0	NC	4					
Energy		462		0	NC	4					
Protein (N x 6.25)	g	26.50		1	AI	13					
Total lipid (fat)	g	0.50		1	AI	13					
Ash		0.50		0	NP	4					
Carbohydrate, by difference		0.00		0	NC	4					
Fiber, total dietary											
Sugars, total											
Starch	_										
Minerals:											
Calcium, Ca	mg	7		1	AI	13					
Iron, Fe		25.90		1	AI	13					
Magnesium, Mg	mg										
Phosphorus, P	mg	239		1	AI	13					
Potassium, K	mg										
Sodium, Na	mg										
Zinc, Zn	mg										
Copper, Cu	mg										
Manganese, Mn	mg										
Selenium, Se	mcg										
Lipids:											
Fatty acids, total saturated	g										
Fatty acids, total monounsaturate	edg										
Fatty acids, total polyunsaturated											
Fatty acids, total trans	g										
Cholesterol	mg	80		1	AI	13					
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:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

NDB No. 35086 Whale, bowhead, skin and subcutaneous fat (muktuk) (Alaska Native) Balaena mysticetus

		<u>A</u>	mount in 10	0 grams	of edil	ole portic	<u>on</u>	Amount in edible portion of common			
				Number	•			<u>m</u>	easures of food	•	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	40.00		1	AI	13					
Energy		470		0	NC	4					
Energy		1967		0	NC	4					
Protein (N x 6.25)		12.60		1	AI	13					
Total lipid (fat)		46.10		1	AI	13					
Ash		0.10		0	NP	4					
Carbohydrate, by difference		1.20		0	NC	4					
Fiber, total dietary						_					
Sugars, total											
Starch											
Starcii	9										
Minerals:											
Calcium, Ca	mg	5		1	AI	13					
Iron, Fe	mg										
Magnesium, Mg	mg										
Phosphorus, P	mg	87		1	AI	13					
Potassium, K	mg										
Sodium, Na	mg										
Zinc, Zn	<u>mg</u>										
Copper, Cu	mg										
Manganese, Mn	mg										
Selenium, Se	mcg										
Vitaming											
<u>Vitamins:</u>	ma										
Vitamin C, total ascorbic acid		0.000				10					
Thiamin	_	0.080		1 1	AI	13 13					
Riboflavin Niacin	_	0.020		1	AI AI	13					
	_	0.800	,	1	AI	13					
Pantothenic acid Vitamin B-6	-										
	-										
Folate, totalFolate, DFE											
Vitamin B-12											
Vitamin A, IU		750		1	AI	13					
Vitamin A, RAE		750		_	N.	13					
*											
Vitamin E (alpha-tocopherol) Tocopherol, beta											
Tocopherol, gamma	-										
Tocopherol, delta	_										
Vitamin D											
Vitamin K (phylloquinone)											
Tallini K (phylloquillolic)	9										
<u>Lipids:</u>											
Fatty acids, total saturated	-	6.560		1	AI	13					
Fatty acids, total monounsaturated	g	28.120		1	AI	13					
Fatty acids, total polyunsaturated		7.970		1	AI	13					
18:2 undifferentiated		0.120		1	AI	13					
18:3 undifferentiated	g	0.450)	1	AI	13					
18:4											
20:2 n-6 c,c											
20:3 undifferentiated	-										
20:4 undifferentiated											
20:5 n-3											
22:5 n-3											
22:6 n-3											
Fatty acids, total trans				_							
Cholesterol		54		1	AI	13					
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

Whale, bowhead, skin and subcutaneous fat (muktuk) (Alaska Native)

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

food, or similar food.

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

Whale, bowhead, subcutaneous fat (blubber) (Alaska Native)

Balaena mysticetus

Refuse: 0%

		<u>Aı</u>	mount in 10	00 grams	<u>n</u>	Amount in edible portion of common				
Nutrients and l	Nutrients and Units		Std. Error		Deriv	Source Code	Confidence Code		Measure 2	Measure 3
Proximates:										
Water	g	2.90		1	AI	13				
Energy	kcal	870		0	NC	4				
Energy		3640		0	NC	4				
Protein (N x 6.25)		0.40		1	AI	13				
Total lipid (fat)	-	96.50		1	AI	13				
Ash		0.20		0	NP	4				
Carbohydrate, by difference		0.00		0	NC	4				
Fiber, total dietary		0.00		•		-				
Sugars, total	=									
Starch	-									
	9									
Minerals:										
Calcium, Ca	_	0.50		1	AI	13				
Iron, Fe	_	0.50		1	AI	13				
Magnesium, Mg Phosphorus, P	-	5		1	AI	13				
Potassium, K	_	5		1	AI	13				
Sodium, Na	-									
Zinc, Zn	_									
Copper, Cu										
Manganese, Mn										
Selenium, Se	_									
Lipids:										
Fatty acids, total saturated	а									
Fatty acids, total monounsaturat										
Fatty acids, total polyunsaturate										
Fatty acids, total trans										
Cholesterol		150		1	AI	13				
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:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

NDB No. 35092 Willow, leaves in oil (Alaska Native) Salix pulchra Cham.

Refuse: 0%

		<u>A</u>	mount in 10			ole portic	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and U	Inits	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	28.00		1	AI	13					
Energy	kcal	592		0	NC	4					
Energy	kj	2476		0	NC	4					
Protein (N x 6.25)	g	2.60		1	AI	13					
Total lipid (fat)	g	61.00		1	AI	13					
Ash	g	0.30		0	NP	4					
Carbohydrate, by difference	g	8.10		0	NC	4					
Fiber, total dietary											
Sugars, total	g										
Starch											
Minerals:											
Calcium, Ca	mg										
Iron, Fe	mg	1.30		1	AI	13					
Magnesium, Mg	mg										
Phosphorus, P		58		1	AI	13					
Potassium, K	mg										
Sodium, Na	mg										
Zine, Zn	mg										
Copper, Cu											
Manganese, Mn											
Selenium, Se	mcg										

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

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 35 Ethnic Foods

Willow, young leaves, chopped (Alaska Native)

Salix pulchra Cham.

Refuse: 0%

		<u>A</u>	mount in 10	00 grams Number		ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Unit	s	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water		68.70		1	AI	13					
Energy	kcal	122		0	NC	4					
Energy	kj	509		0	NC	4					
Protein (N x 5.3)	g	6.10		1	AI	13					
Total lipid (fat)	g	1.60		1	AI	13					
Ash		2.90		0	NP	4					
Carbohydrate, by difference		20.70		0	NC	4					
Fiber, total dietary											
Sugars, total											
Starch	_										
	_										
Minerals: Calcium, Ca	ma	130		1	AI	13					
Iron, Fe	-	2.60		1	AI	13					
Magnesium, Mg		2.00		_	N.	13					
Phosphorus, P		126		1	AI	13					
Potassium, K		120		_	N.	13					
Sodium, Na	•										
Zinc, Zn	•										
Copper, Cu	•										
Manganese, Mn	-										
Selenium, Se	-										
,											
Vitamins: Vitamin C, total ascorbic acid	ma	190.0		1	AI	13					
Thiamin	•	190.0		_	AI	13					
	-										
Riboflavin	-	2.300	,	1	AI	13					
Pantothenic acid		2.300	•	_	N.	13					
Vitamin B-6	-										
Folate, total	-										
Folate, DFE											
Vitamin B-12											
Vitamin B-12 Vitamin A, IU		18700		1	AI	13					
Vitamin A, RAE		20700		-	A.	13					
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D	_										
Vitamin K (phylloquinone)											

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