		<u>A</u> 1	mount in 100 g	ırams	of edib	le portio	<u>n</u>		edible portion	_
			Nu	mber	•			<u>m</u>	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	42.90		1		1		77.22		
Energy	kcal	323		0	NC	4		581		
Energy	kj	1351				4		2433		
Protein (N x 6.06)	g	10.64	0.433	3		1		19.15		
Total lipid (fat)	g	21.50	0.765	3		1		38.70		
Ash	g	2.10		1		1		3.78		
Carbohydrate, by difference	g	22.86		0	NC	4		41.15		
Fiber, total dietary	g	0.5		0		4		0.9		
Sugars, total	g	0.70		0	FLA	4		1.26		
Starch	g									
Minerals:										
Calcium, Ca	mg	86		2		1		155		
Iron, Fe	_	2.20		2		1		3.96		
Magnesium, Mg	_	14		1		1		25		
Phosphorus, P		272		1		1		490		
Potassium, K	-	178		2		1		320		
Sodium, Na	-	634	64.091	3		1		1141		
Zinc, Zn	mg	1.20		1		1		2.16		
Copper, Cu	mg	0.058		1		1		0.104		
Manganese, Mn	mg	0.175	i	1		4		0.315		
Selenium, Se	mcg	19.0		0	RK	4		34.2		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		1		1		0.0		
Thiamin	_	0.280	1	2		1		0.504		
Riboflavin	-	0.250		2		1		0.450		
Niacin		2.000		2		1		3.600		
Pantothenic acid	_	0.850		1		1		1.530		
Vitamin B-6	-	0.110	1	1		1		0.198		
Folate, total	-	36		0	RK	4		65		
Folic acid		14		0	NC	4		25		
Folate, food		22		1		1		40		
Folate, DFE		46		0	NC	4		82		
Vitamin B-12		0.76		1		1		1.37		
Vitamin A, IU	IU	353		0	FLA	4		635		
Vitamin A, RAE	mcg_RAE	89		0	FLA	4		161		
Retinol	mcg	86		0	FLA	4		155		
Vitamin E (alpha-tocopherol)	mg	1.58		0	FLA	4		2.85		
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	rncg	8.0		0	FLA	4		14.4		
Lipids:										
Fatty acids, total saturated	g	8.320	ı	0		1		14.976		
4:0		0.000	1	0		1		0.000		
6:0	g	0.000	1	0		1		0.000		
8:0	g	0.080	1	1		1		0.144		
10:0	g	0.100		1		1		0.180		
12:0		0.810		1		1		1.458		
13:0										
14:0	g	0.540		1		1		0.972		
15:0	g									
16:0	g	4.050	1	1		1		7.290		
17:0	g									
18:0	-	2.620	1	1		1		4.716		
20:0	-									
22:0	_									

		<u>Aı</u>	mount in 10	0 grams	of edil	ole portic	<u>on</u>	Amount in edible portion of common measures of food		
				Number	•			<u>m</u>	easures of food	
Nutrients and I	Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturat	edg	9.110		0		1		16.398		
14:1	=									
15:1	_									
16:1 undifferentiated		0.460		1		1		0.828		
17:1	-									
18:1 undifferentiated	=	8.540		1		1		15.372		
20:1		0.090		1		1		0.162		
22:1 undifferentiated	-	0.000		0		1		0.000		
24:1 c										
Fatty acids, total polyunsaturate		2.470		0		1		4.446		
18:2 undifferentiated		2.260		1		1		4.068		
18:3 undifferentiated		0.140		1		1		0.252		
18:4	=	0.000		0		1		0.000		
20:2 n-6 c,c	-									
20:3 undifferentiated	_									
20:4 undifferentiated		0.080		1		1		0.144		
20:5 n-3		0.000		0		1		0.000		
22:5 n-3	_	0.000		0		1		0.000		
22:6 n-3		0.000		0		1		0.000		
Fatty acids, total trans										
Cholesterol	_	168	6.5	38 3		1		302		
Phytosterols	mg									
Amino Acids:										
Tryptophan	q	0.137		0		1		0.247		
Threonine		0.437		0		1		0.787		
Isoleucine	_	0.513		0		1		0.923		
Leucine	_	0.836		0		1		1.505		
Lysine	_	0.664		0		1		1.195		
Methionine		0.274		0		1		0.493		
Cystine		0.186		0		1		0.335		
Phenylalanine		0.500		0		1		0.900		
Tyrosine		0.377		0		1		0.679		
Valine	_	0.585		0		1		1.053		
Arginine	_	0.593		0		1		1.067		
Histidine	_	0.276		0		1		0.497		
Alanine		0.539		0		1		0.970		
Aspartic acid		0.855		0		1		1.539		
Glutamic acid		1.959		0		1		3.526		
Glycine	• • • • • • • • • • • • • • • • • • • •	0.462		0		1		0.832		
Proline		0.671		0		1		1.208		
Serine	_	0.595		0		1		1.071		
Hydroxyproline		0.555		·		-		1.071		
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0		
Caffeine	mg	0		0	FLA	4		0		
Theobromine	<u>mg</u>	0		0	FLA	4		0		
Carotenoids:										
Carotene, beta	mca	38		0	FLA	4		69.156		
Carotene, alpha		0		0	FLA	4		0.029		
Cryptoxanthin, beta		3		0	FLA	4		4.830		
Lycopene		0		0	FLA	4		0.000		
	mcg	103		0	FLA	4		184.776		

Common Measures:

Measure 1 = 180g: 1 biscuit

NDB No. 21005

Breakfast items, biscuit with egg and sausage

Calories Factors: Protein 4.13 Fat 8.8 Carbohydrate 3.95

Food Group: 21 Fast Foods

		<u>A</u>	mount in 10	00 grams	of edil	ole portic	<u>on</u>	Amount in edible portion of common			
				Number	-			<u>m</u>	easures of food		
						Source	Confidence				
Nutrients and Units	;	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	-	52.51		0		1		77.71			
Energy		277		0	NC	4		410			
Energy		1159				4		1715			
Protein (N x 6.19)	-	12.12		1		1		17.94			
Total lipid (fat)	g	19.21		1		1		28.43			
Ash	9	1.78		0		1		2.63			
Carbohydrate, by difference	g	14.37		0	NC	4		21.27			
Fiber, total dietary	g										
Sugars, total	g										
Starch	g										
Minerals:											
Calcium, Ca	mg	93		1		1		138			
Iron, Fe	-	3.58		1		1		5.30			
Magnesium, Mg	-	17		0		4		25			
Phosphorus, P		152		0		4		225			
Potassium, K	-	207		1		1		306			
Sodium, Na		600		1		1		888			
Zinc, Zn	-	1.89		0		4		2.80			
Copper, Cu		0.072	2	0		4		0.107			
Manganese, Mn		0.165	5	0		4		0.244			
Selenium, Se		21.2		0	RK	4		31.4			
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.1		1		1		0.1			
Thiamin		0.240)	1		1		0.355			
Riboflavin		0.350		1		1		0.518			
Niacin		2.070		1		1		3.064			
Pantothenic acid	_	0.730		0		4		1.080			
Vitamin B-6		0.120		0		4		0.178			
Folate, total	-	38		0	RK	4		56			
Folic acid		19		0	NC	4		28			
Folate, food		19		0	-1.0	4		28			
Folate, DFE	mca DFF	51		0	NC	4		76			
Vitamin B-12		0.95		0	-1.0	4		1.41			
Vitamin A, IU		476		0		1		704			
Vitamin A, RAE		139		0	NC	4		206			
Retinol		138		0	NC	4		204			
Vitamin E (alpha-tocopherol)		130		•		•		204			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
Lipids:	. .										
Fatty acids, total saturated	a	5.810)	0		1		8.599			
Fatty acids, total monounsaturated		7.910		0		1		11.707			
Fatty acids, total polyunsaturated		3.950		1		1		5.846			
Fatty acids, total trans		3.550	•	-		-		3.040			
Cholesterol	-	184		1		1		272			
Phytosterols				-		-		_,_			
Amino Acids:											
Tryptophan	q	0.155	;	0		1		0.229			
Threonine		0.505		0		1		0.747			
Isoleucine	-	0.589		0		1		0.872			
Leucine	-	0.965		0		1		1.428			
Lysine		0.799		0		1		1.183			
Methionine		0.793		0		1		0.460			
Cystine		0.200		0		1		0.296			
Cysuiie	9	0.200	,	U		_		0.290			

Breakfast items, biscuit with egg and steak

	<u>Amount</u>	in 100 grams of ed	dible portion	Amount in edible portion of common		
Nutrients and Units	Mean Std. E	Number of Data Deri Error Points Cod	v Source Confidence e Code Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Phenylalanineg	0.560	0	1	0.829		
Tyrosineg	0.433	0	1	0.641		
Valineg	0.662	0	1	0.980		
Arginineg	0.685	0	1	1.014		
Histidine	0.339	0	1	0.502		
Alanine	0.629	0	1	0.931		
Aspartic acidg	0.999	0	1	1.479		
Glutamic acidg	2.148	0	1	3.179		
Glycineg	0.503	0	1	0.744		
Prolineg	0.705	0	1	1.043		
Serineg	0.633	0	1	0.937		
Hydroxyprolineg						

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

Common Measures:

Measure 1 = 148g: 1 biscuit

Calories Factors: Protein 4.23 Fat 8.82 Carbohydrate 3.94

Food Group: 21 Fast Foods

		<u>A</u> 1	mount in 10) grams	of edib	ole portio	<u>n</u>		edible portion	
			I	Numbe	•			<u>m</u>	easures of food	_
				of Data	Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	50.72	2.13	0 5		1		68.47		
Energy	kcal	264		0	NC	4		356		
Energy	kj	1105				4		1491		
Protein (N x 6.02)		7.66	0.09	2 4		1		10.34		
Total lipid (fat)		13.90		1		1		18.77		
Ash		1.02		2		1		1.38		
Carbohydrate, by difference		26.70		0	NC	4		36.05		
Fiber, total dietary										
Sugars, total										
Starch										
Starch	9									
Minerals:										
Calcium, Ca	mg	54		2		1		73		
Iron, Fe	mg	1.40		2		1		1.89		
Magnesium, Mg		12		2		1		16		
Phosphorus, P	mg	108		2		1		146		
Potassium, K	mg	131		1		1		177		
Sodium, Na	mg	380		2		1		513		
Zinc, Zn	<u>mg</u>	0.44		2		1		0.59		
Copper, Cu	mg	0.048	3	2		1		0.065		
Manganese, Mn	mg	0.155	5	2		1		0.209		
Selenium, Se	mcg	15.5		0	BFZN	4		20.9		
Vitamins:										
	ma	0.1		1		4		0.1		
Vitamin C, total ascorbic acid	-	0.1		1		1		0.581		
ThiaminRiboflavin		0.430		1		1		0.500		
Niacin	=	2.900		1		1		3.915		
Pantothenic acid	_	0.400				1		0.540		
Vitamin B-6	-	0.400				1		0.054		
Folate, total		54	0.01	0	BFZN	4		73		
Folic acid		32		0	NC	4		43		
Folate, food		22	9.01		NC	1		30		
Folate, DFE		76	9.01	0	NC	4		103		
Vitamin B-12		0.27		1	NC	1		0.36		
Vitamin A, IU		350		1		1		473		
Vitamin A, RAE		101		0	NC	4		136		
Retinol		100		0	NC	4		135		
Vitamin E (alpha-tocopherol)		100		Ū	NC	-		133		
Tocopherol, beta	_									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
	5									
<u>Lipids:</u>								_		
Fatty acids, total saturated	-	5.740		1		4		7.749		
Fatty acids, total monounsaturated		5.240		1		4		7.074		
Fatty acids, total polyunsaturated		1.810)	1		4		2.444		
Fatty acids, total trans				_		_				
Cholesterol	-	86		1		1		116		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.106	5	0		1		0.143		
Threonine		0.300)	0		1		0.405		
Isoleucine	-	0.394		0		1		0.532		
Leucine	-	0.605		0		1		0.817		
Lysine		0.375		0		1		0.506		
Methionine		0.182		0		1		0.246		
Cystine		0.148		0		1		0.200		

	Amount	t in 100 grams of	f edible portio	<u>n</u>	Amount in edible portion of common		
Nutrients and Units	Mean Std.	Number of Data D Error Points C	eriv Source ode Code	Confidence Code	measure 1	easures of food Measure 2	Measure 3
Phenylalanineg	0.397	0	1		0.536		
Tyrosineg	0.256	0	1		0.346		
Valineg	0.463	0	1		0.625		
Arginineg	0.384	0	1		0.518		
Histidineg	0.174	0	1		0.235		
Alanineg	0.346	0	1		0.467		
Aspartic acidg	0.571	0	1		0.771		
Glutamic acidg	1.659	0	1		2.240		
Glycineg	0.265	0	1		0.358		
Prolineg	0.572	0	1		0.772		
Serineg	0.472	0	1		0.637		
Hydroxyprolineg							

Common Measures:

Measure 1 = 135g: 2 slices

Calories Factors: Protein 4.18 Fat 8.85 Carbohydrate 4.07

Food Group: 21 Fast Foods

		<u>A</u>	mount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common		
				Number					easures of food	
Nutrients and U	nits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	55.50		1	A	1		369.63	92.69	
Energy	kcal	231		0	NC	4		1538	386	
Energy	kj	967				4		6437	1614	
Protein		10.00		1	A	1		66.60	16.70	
Total lipid (fat)		12.40		1	A	1		82.58	20.71	
Ash	_	2.20		1	A	1		14.65	3.67	
Carbohydrate, by difference	-	19.90		0	NC	4		132.53	33.23	
Fiber, total dietary										
Sugars, total										
Starch										
Minerals:										
Calcium, Ca	mg	168		1	A	1		1119	281	
Iron, Fe	mg									
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	458		1	A	1		3050	765	
Zinc, Zn	-									
Copper, Cu	-									
Manganese, Mn										
Selenium, Se	mcg									
Lipids:										
Fatty acids, total saturated	g	4.860		1	A	1		32.368	8.116	
Fatty acids, total monounsaturated	dg	4.560		1	A	1		30.370	7.615	
Fatty acids, total polyunsaturated.	g	1.450)	1	A	1		9.657	2.422	
Fatty acids, total trans	g									
Cholesterol	-	22		1	A	1		147	37	
Phytosterols	mg									
Carotenoids:										
Carotene, beta	mcg	200		1	A	1		1332.000	334.000	
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Lycopene	mcg									
Lutein + zeaxanthin	mcg									

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

Common Measures:

Measure 1 = 666g: 1 package yields

Measure 2 = 167g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 21 Fast Foods

		<u>A</u> 1	mount in 10	00 grams	of edib	ole portio	<u>n</u>		edible portion	
				Number				<u>m</u>	easures of food	_
				of Data	Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	53.38		1		1		32.03		
Energy	kcal	266		0	NC	4		160		
Energy	kj	1113				4		668		
Protein (N x 6.25)	q	18.75		1		1		11.25		
Total lipid (fat)		17.25		1		1		10.35		
Ash		2.10		1		1		1.26		
Carbohydrate, by difference		8.52		0	NC	4		5.11		
Fiber, total dietary		0.4		0		4		0.2		
Sugars, total										
Starch										
Starcii	9									
Minerals:										
Calcium, Ca	mg	337		1		1		202		
Iron, Fe	mg	1.86		1		1		1.12		
Magnesium, Mg	mg	42		1		1		25		
Phosphorus, P	mg	378		1		1		227		
Potassium, K	mg	270		1		1		162		
Sodium, Na	mg	819		1		1		491		
Zinc, Zn	mg	3.54		1		1		2.12		
Copper, Cu	mg	0.610)	1		1		0.366		
Manganese, Mn	mg	0.470)	1		1		0.282		
Selenium, Se	mcg	42.1		0	RK	4		25.3		
¥7:4										
Vitamins:				•						
Vitamin C, total ascorbic acid	_	0.3		0		4		0.2		
Thiamin		0.092		0		4		0.055		
Riboflavin	=	0.125		0		4		0.075		
Niacin	-	1.943		0		4		1.166		
Pantothenic acid	_	0.450		0		4		0.270		
Vitamin B-6		0.249)	0		4		0.149		
Folate, total		41		0	RK	4		25		
Folic acid		25		0	NC	4		15		
Folate, food		16		0		4		10		
Folate, DFE		59		0	NC	4		35		
Vitamin B-12		7.33		0		4		4.40		
Vitamin A, IU		522		0		4		313		
Vitamin A, RAE		155		0	NC	4		93		
Retinol		155		0	NC	4		93		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	a	3.740)	0		1		2.244		
Fatty acids, total monounsaturated	_	7.180		0		1		4.308		
Fatty acids, total polyunsaturated		5.130		0		1		3.078		
Fatty acids, total trans		3.130	•	Ü		-		5.076		
Cholesterol		137		0		4		82		
Phytosterols	-	13,		U		-		32		
,										
Amino Acids:										
Tryptophan	g	0.258		0		1		0.155		
Threonine	g	0.750		0		1		0.450		
Isoleucine	g	0.912	?	0		1		0.547		
Leucine	g	1.476	5	0		1		0.886		
Lysine	g	1.524	ļ	0		1		0.914		
Methionine	g	0.513	3	0		1		0.308		
Cystine	a	0.231		0		1		0.139		

	<u>Am</u>	ount in 10	0 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common		
Nutrients and Units	Mean S	Std. Error		a Deriv		Confidence Code	mo Measure 1	easures of food Measure 2	Measure 3
Phenylalanine	0.813		0		1		0.488		
Tyrosineg	0.618		0		1		0.371		
Valineg	0.909		0		1		0.545		
Arginineg	1.539		0		1		0.923		
Histidine	0.384		0		1		0.230		
Alanineg	1.029		0		1		0.617		
Aspartic acidg	1.854		0		1		1.112		
Glutamic acidg	3.294		0		1		1.976		
Glycineg	1.059		0		1		0.635		
Prolineg	0.717		0		1		0.430		
Serineg	0.792		0		1		0.475		
Hydroxyprolineg									

Common Measures:

Measure 1 = 60g: 1 cake

Calories Factors: Protein 4.27 Fat 8.9 Carbohydrate 3.81

Food Group: 21 Fast Foods

		<u>Aı</u>	mount in 100 g	rams	of edil	le portio	<u>n</u>		edible portion	
			Nu	mber				<u>m</u>	easures of food	_
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	53.57	1.297	12		1		48.75		
Energy	kcal	232		0	NC	4		211		
Energy	kj	971				4		883		
Protein (N x 6.11)	g	14.66	1.406	13		1		13.34		
Total lipid (fat)	g	12.29	0.798	11		1		11.18		
Ash		2.51		1		1		2.28		
Carbohydrate, by difference	g	16.97		0	NC	4		15.44		
Fiber, total dietary	g	0.5		0		4		0.5		
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	mg	18	2.487	9		1		16		
Iron, Fe	_	2.11	0.881	9		1		1.92		
Magnesium, Mg	-	24	1.835	9		1		22		
Phosphorus, P		171	18.745	9		1		156		
Potassium, K	-	320	29.066	9		1		291		
Sodium, Na		532	82.923	8		1		484		
Zinc, Zn	mg	0.44	0.048	9		1		0.40		
Copper, Cu	mg	0.045	0.002	8		1		0.041		
Manganese, Mn		0.185	0.031	9		1		0.168		
Selenium, Se	mcg	9.1		0	RK	4		8.3		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0		
Thiamin	_	0.109	ı	1		1		0.099		
Riboflavin	-	0.106		0		4		0.096		
Niacin		2.102		0		4		1.913		
Pantothenic acid		0.199		2		1		0.181		
Vitamin B-6		0.102		2		1		0.093		
Folate, total	-	17		0	RK	4		15		
Folic acid		4		0	NC	4		4		
Folate, food		13		0		1		12		
Folate, DFE		20		0	NC	4		18		
Vitamin B-12	mcg	1.11		2		1		1.01		
Vitamin A, IU	IU	38		0		4		35		
Vitamin A, RAE	mcg_RAE	11		0	NC	4		10		
Retinol		11		0	NC	4		10		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	nicg									
<u>Lipids:</u>										
Fatty acids, total saturated	g	2.820	1	0		1		2.566		
4:0										
6:0										
8:0	-									
10:0	-									
12:0	-									
13:0		0 100		_		-				
14:0	-	0.130		1		1		0.118		
15:0	-	0.000		-		-				
16:0		2.260		1		1		2.057		
17:0	-			_		_				
18:0	-	0.430		1		1		0.391		
20:0	-									
22:0	g g									

		<u>Ar</u>	mount in 100		ole portio	<u>n</u>	Amount in edible portion of common measures of food		
				Number	Source	Confidence	<u></u>	<u> </u>	
Nutrients and Unit	ts	Mean	Std. Error		 Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	2.580		0	1		2.348		
14:1	g								
15:1	g								
16:1 undifferentiated	-								
17:1	g								
18:1 undifferentiated		2.580		1	1		2.348		
20:1	g								
22:1 undifferentiated	-								
24:1 c									
Fatty acids, total polyunsaturated	g	6.270		0	1		5.706		
18:2 undifferentiated	g	5.780		1	1		5.260		
18:3 undifferentiated	g	0.490		1	1		0.446		
18:4	g								
20:2 n-6 c,c	g								
20:3 undifferentiated	g								
20:4 undifferentiated	-								
20:5 n-3	g								
22:5 n-3	-								
22:6 n-3	-								
Fatty acids, total trans	-								
Cholesterol	_	34		1	1		31		
Phytosterols	mg								
Amino Acids:									
Tryptophan		0.168		0	1		0.153		
Threonine		0.626		0	1		0.570		
Isoleucine	-	0.676		0	1		0.615		
Leucine		1.190		0	1		1.083		
Lysine		1.247		0	1		1.135		
Methionine		0.417		0	1		0.379		
Cystine		0.175		0	1		0.159		
Phenylalanine	_	0.602		0	1		0.548		
Tyrosine		0.494		0	1		0.450		
Valine		0.760		0	1		0.692		
Arginine		0.852		0	1		0.775		
Histidine		0.425		0	1		0.387		
Alanine	_	0.847		0	1		0.771		
Aspartic acid		1.422		0	1		1.294		
Glutamic acid	_	2.514		0	1		2.288		
Glycine	-	0.688		0	1		0.626		
Proline	_	0.664		0	1		0.604		
Serine		0.628		0	1		0.571		
Hydroxyproline	g								

Common Measures:

Measure 1 = 91g: 1 fillet

Calories Factors: Protein 4.1 Fat 8.77 Carbohydrate 3.78

Food Group: 21 Fast Foods

		<u>Aı</u>	mount in 100 g	rams o	of edik	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber				<u>m</u>	easures of food	_	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	ints (Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	46.54	2.099	5		1		263.88	33.04		
Energy	kcal	255		0	NC	4		1446	181		
Energy	kj	1067				4		6049	758		
Protein (N x 6.14)	g	14.26	0.808	6		1		80.85	10.12		
Total lipid (fat)	g	9.80	0.635	3		1		55.57	6.96		
Ash	g	1.42	0.283	3		1		8.05	1.01		
Carbohydrate, by difference	g	27.98		0	NC	4		158.65	19.87		
Fiber, total dietary	g										
Sugars, total	g										
Starch	g										
K * 1											
<u>Minerals:</u>	ma	91	3.362	3		1		516	65		
Calcium, Ca	-	1.32	0.123	3		1		7.48	0.94		
Magnesium, Mg	-	1.32	0.123	3		1		68	9		
Phosphorus, P		106	16.205	3		1		601	75		
Potassium, K	•	215	10.203	1		4		1219	153		
Sodium, Na	-	376	9.615	3		1		2132	267		
Zine, Zn	-	0.73	0.067	3		1		4.14	0.52		
Copper, Cu		0.090	0.006	3		1		0.510	0.064		
Manganese, Mn		0.140	0.006	3		1		0.794	0.099		
Selenium, Se	mcg	18.4		0	RK	4		104.3	13.1		
7itamina											
<u>/itamins:</u>	ma #1	0.0	1 056	•				12.0			
Vitamin C, total ascorbic acid	-	2.3	1.856	3 3		1 1		13.0 1.077	1.6 0.135		
Thiamin		0.190 0.330		3		1		1.871	0.135		
Riboflavin		4.290		3		1		24.324	3.046		
Niacin Pantothenic acid	-	0.350		3		1		1.985	0.249		
Vitamin B-6	-	0.080		3		1		0.454	0.057		
Folate, total	-	52	0.007	0	RK	4		295	37		
Folic acid		19		0	RA	4		108	13		
Folate, food		33		0	NC	4		187	23		
Folate, DFE		65		0	NC	4		370	46		
Vitamin B-12		0.26	0.001	3		1		1.47	0.18		
Vitamin A, IU		397		1		4		2251	282		
Vitamin A, RAE		74		0	NC	4		420	53		
Retinol		65		0	NC	4		369	46		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma	mg										
Tocopherol, delta	mg										
Vitamin D											
Vitamin K (phylloquinone)	mcg										
ipids:											
Fatty acids, total saturated	a	3.149		0		1		17.855	2.236		
4:0		3.113		Ū		-		17.055	2.250		
6:0											
8:0	-	0.020	1	3		1		0.113	0.014		
10:0	_	0.048		3		1		0.272	0.034		
12:0		0.050		3		1		0.284	0.036		
13:0	-										
14:0	g	0.164		3		1		0.930	0.116		
15:0	g										
16:0	g	1.767		3		1		10.019	1.255		
17:0	g										
18:0	g	1.072		3		1		6.078	0.761		
20:0	g										
22:0	α										

		<u>Aı</u>	nount in 100 gra		<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	its	Mean		ata Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	q	4.422		0	1		25.073	3.140	
14:1									
15:1	_								
16:1 undifferentiated	g	0.226		3	1		1.281	0.160	
17:1	g								
18:1 undifferentiated	g	4.191		3	1		23.763	2.976	
20:1	g								
22:1 undifferentiated		0.005		3	1		0.028	0.004	
24:1 c									
Fatty acids, total polyunsaturated	•	1.641		0	1		9.304	1.165	
18:2 undifferentiated		1.583		3	1		8.976	1.124	
18:3 undifferentiated		0.058		3	1		0.329	0.041	
18:4									
20:2 n-6 c,c									
20:3 undifferentiated									
20:4 undifferentiated	g								
20:5 n-3	-								
22:5 n-3	g								
22:6 n-3	-								
Fatty acids, total trans	g								
Cholesterol		20		1	4		113	14	
Phytosterols	<u>mg</u>								
Amino Acids:				_	_				
Tryptophan		0.167		0	1		0.947	0.119	
Threonine		0.474		0	1		2.688	0.337	
Isoleucine		0.595		0	1		3.374	0.422	
Leucine		1.159		0	1		6.572	0.823	
Lysine	-	1.024		0	1		5.806	0.727	
Methionine	-	0.325		0	1		1.843	0.231	
Cystine		0.144		0	1		0.816	0.102	
Phenylalanine		0.671		0	1		3.805	0.476	
Tyrosine	-	0.634		0	1		3.595	0.450	
Valine		0.739		0	1		4.190	0.525	
Arginine	g	0.588		0	1		3.334	0.417	
Histidine	•	0.439		0	1		2.489	0.312	
Alanine	g	0.462		0	1		2.620	0.328	
Aspartic acid	g	0.904		0	1		5.126	0.642	
Glutamic acid	g	3.463		0	1		19.635	2.459	
Glycine	g	0.381		0	1		2.160	0.271	
Proline	g	1.361		0	1		7.717	0.966	
Serine	g	0.722		0	1		4.094	0.513	
Hydroxyproline	g								

Common Measures:

Measure 1 = 567g: 1 pizza (12" dia)

Measure 2 = 71g: 1 slice

Calories Factors: Protein 4.09 Fat 8.84 Carbohydrate 3.93

Food Group: 21 Fast Foods

		<u>A</u>	mount in 10	<u>u grams</u>	ot edil	ole portio	<u>on</u>	Amount in	edible portion of	of common
				Number				m	easures of food	_
						Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	50.06			RA	4		68.08		
Energy	kcal	274			RA	4		373		
Energy	kj	1145			RA	4		1557		
Protein	g	8.53			RA	4		11.61		
Total lipid (fat)	g	16.23			RA	4		22.08		
Ash	g	1.77			RA	4		2.40		
Carbohydrate, by difference	g	23.46			RA	4		31.90		
Fiber, total dietary		0.6			RA	4		0.8		
Sugars, total										
Starch	=									
Minerals:										
Calcium, Ca	mg	60			RA	4		81		
Iron, Fe		2.13			RA	4		2.90		
Magnesium, Mg	mg	14			RA	4		19		
Phosphorus, P		285			RA	4		388		
Potassium, K	mg	175			RA	4		238		
Sodium, Na		655			RA	4		891		
Zinc, Zn	mg	0.73			RA	4		0.99		
Copper, Cu	mg	0.045	5		RA	4		0.062		
Manganese, Mn	mg	0.192	2		RA	4		0.260		
Selenium, Se	mcg	20.1			RA	4		27.4		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.1			RA	4		0.1		
Thiamin	-	0.223	3		RA	4		0.304		
Riboflavin		0.358	3		RA	4		0.487		
Niacin		1.583	3		RA	4		2.153		
Pantothenic acid	<u>mg</u>	0.654			RA	4		0.890		
Vitamin B-6	_	0.082	2		RA	4		0.112		
Folate, total	mcg	42			RA	4		58		
Folic acid		24			RA	4		33		
Folate, food		19		0	NC	4		25		
Folate, DFE		59		0	NC	4		81		
Vitamin B-12		0.46			RA	4		0.63		
Vitamin A, IU		456			RA	4		620		
Vitamin A, RAE		132		0	NC	4		180		
Retinol		131		0	NC	4		178		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	nicg									
L ipids: Fatty acids, total saturated	a	3.477	,		RA	4		4.728		
4:0		0.014			RA	4		0.019		
6:0	_	0.009			RA.	4		0.019		
8:0	_	0.003			RA	4		0.012		
10:0	-	0.007			RA	4		0.009		
12:0		0.015			RA	4		0.020		
13:0	_	0.010	-					0.020		
14:0		0.078	3		RA	4		0.107		
15:0	-	0.076	-		IVA.	-		0.107		
16:0		2.294	ı		RA	4		3.119		
		2.294	•		r.m	*		3.113		
17:0		1.048	1		RA	4		1.425		
18:0		1.048	•		r.m	*		1.423		
20:0										
22:0 24:0										

		<u>Aı</u>	mount in 100 gra Num		ole portio	<u>on</u>		edible portion of easures of food	
Nutrients and Uni	ts	Mean		ata Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
E-maraida tatal manananatan da	σ.	6.671		RA	4		9.073		
Fatty acids, total monounsaturated		6.671		KA	4		9.073		
15:1									
16:1 undifferentiated		0.164		RA	4		0.223		
17:1									
18:1 undifferentiated		6.494		RA	4		8.832		
20:1		0.012		RA	4		0.016		
22:1 undifferentiated	-	0.001		RA	4		0.001		
24:1 c	•								
Fatty acids, total polyunsaturated		4.706		RA	4		6.401		
18:2 undifferentiated		4.359		RA	4		5.928		
18:3 undifferentiated		0.271		RA	4		0.369		
18:4		0.000		RA	4		0.000		
20:2 n-6 c.c									
20:3 undifferentiated	_								
20:4 undifferentiated		0.059		RA	4		0.080		
20:5 n-3	g	0.002		RA	4		0.002		
22:5 n-3	g	0.000		RA	4		0.000		
22:6 n-3	g	0.015		RA	4		0.021		
Fatty acids, total trans	g								
Cholesterol	mg	180		RA	4		245		
Phytosterols	mg	13		RA	4		18		
amino Acids:									
Tryptophan	а	0.105		RA	4		0.142		
Threonine		0.352		RA	4		0.479		
Isoleucine	_	0.416		RA	4		0.565		
Leucine	_	0.690		RA	4		0.938		
Lysine	-	0.487		RA	4		0.662		
Methionine		0.226		RA	4		0.307		
Cystine		0.182		RA	4		0.247		
Phenylalanine		0.440		RA	4		0.599		
Tyrosine		0.323		RA	4		0.439		
Valine	_	0.468		RA	4		0.636		
Arginine		0.442		RA	4		0.601		
Histidine		0.199		RA	4		0.271		
Alanine		0.396		RA	4		0.539		
Aspartic acid		0.685		RA	4		0.932		
Glutamic acid	_	1.685		RA	4		2.291		
Glycine		0.282		RA	4		0.383		
Proline	• • • • • • • • • • • • • • • • • • • •	0.572		RA	4		0.778		
	-	0.554		RA	4		0.753		
Serine	_								
Serine	_								
Serine	g	0.0		D -	4		0.0		
Serine	g	0.0		RA	4		0.0		

Common Measures:

Measure 1 = 136g: 1 biscuit

Calories Factors: Protein Fat Carbohydrate

Food Group: 21 Fast Foods

		_	mount in 100 g	granic	<u></u>	Amount in edible portion of common				
			Nu	umber	r			<u>m</u>	easures of food	<u>l</u>
			Of	f Data	Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error P			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	a	46.67		1		4		70.01		
Energy	_	305		0	NC	4		458		
Energy		1276		·	2.0	4		1914		
Protein (N x 6.12)		11.33	0.087	3		1		17.00		
Total lipid (fat)	_	20.73	1.812			1		31.10		
Ash		2.40		1		4		3.60		
Carbohydrate, by difference		19.06		3		9		28.59		
Fiber, total dietary		0.5		0		4		0.8		
		0.88		0	FLA	4		1.31		
Sugars, total		0.88		U	FLA	4		1.31		
Starch	9									
Minerals:										
Calcium, Ca	mg	126		2		1		189		
Iron, Fe	mg	2.49		2		1		3.74		
Magnesium, Mg	mg	16		1		4		24		
Phosphorus, P	mg	159		1		4		239		
Potassium, K	mg	167		1		1		251		
Sodium, Na	mg	666	56.244	3		1		999		
Zinc, Zn	mg	1.09		1		4		1.64		
Copper, Cu	mg	0.075	5	1		4		0.113		
Manganese, Mn	<u>mg</u>	0.186	5	1		4		0.279		
Selenium, Se	mcg	20.6		0	RK	4		30.9		
/itamins:										
Vitamin C, total ascorbic acid	ma	1.8		2		1		2.7		
Thiamin	-	0.090)	2		1		0.135		
Riboflavin	-	0.150		2		1		0.225		
Niacin		1.600		2		1		2.400		
Pantothenic acid	-	0.810		1		4		1.215		
Vitamin B-6	_	0.090		1		4		0.135		
Folate, total	_	40	•	0	RK	4		60		
Folic acid		20		0	NC	4		30		
Folate, food		20		0		4		30		
Folate, DFE		54		0	NC	4		81		
Vitamin B-12		0.69		1		4		1.04		
Vitamin A, IU		247		0	FLA	4		370		
Vitamin A, RAE		71		0	FLA	4		107		
Retinol		71		0	FLA	4		106		
Vitamin E (alpha-tocopherol)		1.31		0	FLA	4		1.96		
Tocopherol, beta		1.51		Ū		•		1.50		
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		2.7		0	FLA	4		4.1		
<u> ipids:</u>										
Fatty acids, total saturated		5.300		0		4		7.950		
4:0		0.013		0		4		0.020		
6:0		0.008		0		4		0.012		
8:0	_	0.006		0		4		0.009		
10:0	_	0.022		0		4		0.033		
12:0		0.022	2	0		4		0.033		
13:0			_	_						
14:0		0.147	1	0		4		0.221		
15:0		_	_	_		_				
16:0		3.416	Ď	0		4		5.124		
	a									
17:0	_									
18:0	g	1.647	,	0		4		2.471		
	g g	1.647	7	0		4		2.471		

		<u>Aı</u>	mount in 10	00 grams	of edil	ole portic	<u>on</u>		edible portion o	of common
				Number	•			<u>m</u>	easures of food	
				of Data		Source	Confidence			
Nutrients and	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura		8.960		0		4		13.440		
14:1		0.500		Ū		•		13.440		
15:1	-									
16:1 undifferentiated	-	0.357		0		4		0.536		
17:1	-									
18:1 undifferentiated	g	8.587		0		4		12.881		
20:1	g	0.011		0		4		0.017		
22:1 undifferentiated	g	0.001		0		4		0.002		
24:1 c	g									
Fatty acids, total polyunsaturat	tedg	4.980		0		4		7.470		
18:2 undifferentiated		4.551		0		4		6.827		
18:3 undifferentiated	g	0.341		0		4		0.512		
18:4	g	0.000		0		4		0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated	-									
20:4 undifferentiated		0.069		0		4		0.104		
20:5 n-3	-	0.001		0		4		0.002		
22:5 n-3	•••••••••••••••••••••••••••••••••••••••	0.000		0		4		0.000		
22:6 n-3	g	0.014		0		4		0.021		
Fatty acids, total trans	g									
Cholesterol	mg	235	32.5	33 3		1		353		
Phytosterols	mg									
Amino Acids:										
Tryptophan	а	0.144		0		1		0.216		
Threonine		0.453		0		1		0.680		
Isoleucine	-	0.548		0		1		0.822		
Leucine	-	0.875		0		1		1.313		
Lysine	-	0.683		0		1		1.025		
Methionine		0.281		0		1		0.422		
Cystine		0.196		0		1		0.294		
Phenylalanine		0.540		0		1		0.810		
Tyrosine		0.396		0		1		0.594		
Valine	-	0.635		0		1		0.953		
Arginine	-	0.624		0		1		0.936		
Histidine	-	0.287		0		1		0.431		
Alanine	-	0.559		0		1		0.839		
Aspartic acid		0.890		0		1		1.335		
Glutamic acid		2.036		0		1		3.054		
Glycine	g	0.513		0		1		0.770		
Proline		0.727		0		1		1.091		
Serine	g	0.624		0		1		0.936		
Hydroxyproline	g									
Others:	~	2.2		^		-		0.0		
Alcohol, ethyl	-	0.0		0	TOT 2	7		0.0		
Caffeine		0		0	FLA FLA	4 4		0		
Theobromine	9	U		U	r.TA	4		U		
Carotenoids:										
Carotene, beta	mcg	4		0	FLA	4		6.747		
Carotene, alpha	mcg	0		0	FLA	4		0.021		
Cryptoxanthin, beta	mcg	4		0	FLA	4		5.912		
Lycopene	mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin	mcg	149		0	FLA	4		223.266		

Common Measures:

Measure 1 = 150g: 1 biscuit

NDB No. 21003

Fast foods, biscuit, with egg and bacon

Calories Factors: Protein 4.18 Fat 8.8 Carbohydrate 3.94

Food Group: 21 Fast Foods

		<u>Aı</u>	mount in 10	0 grams	of edib	le portio	<u>n</u>		edible portion	
				Number				<u>m</u> e	easures of food	<u>l</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	54.66		1		4		104.95		
Energy	kcal	230		0	NC	4		442		
Energy	kj	962				4		1848		
Protein (N x 6.09)	g	10.64		2		1		20.43		
Total lipid (fat)	g	14.08		2		1		27.03		
Ash	g	2.31		1		4		4.44		
Carbohydrate, by difference	g	15.79		2		9		30.32		
Fiber, total dietary	g	0.4		0		4		0.8		
Sugars, total	g	0.83		0	FLA	4		1.60		
Starch	g									
M:										
Minerals:	ma	115		1		1		221		
Calcium, Ca	_	2.37		1		1		4.55		
Magnesium, Mg	_	16		1		4		4.55 31		
Phosphorus, P		165		1		4		317		
Potassium, K	_	166		1		1		319		
Sodium, Na		720		2		1		1382		
Zinc, Zn	-	1.16		1		4		2.23		
Copper, Cu		0.072	•	1		4		0.138		
Manganese, Mn		0.159		1		4		0.305		
Selenium, Se		19.2		0	RK	4		36.9		
•										
<u>/itamins:</u>										
Vitamin C, total ascorbic acid	_	0.0		1		1		0.0		
Thiamin	-	0.350		1		1		0.672		
Riboflavin		0.310		1		1		0.595		
Niacin		1.040		1		1		1.997		
Pantothenic acid	-	0.870		1		4		1.670		
Vitamin B-6	-	0.140)	1		4		0.269		
Folate, total		34		0	RK	4		65		
Folic acid		17		0	NC	4		33		
Folate, food		17		0		4		33		
Folate, DFE		46		0	NC	4		88		
Vitamin B-12		0.62		1		4		1.19		
Vitamin A, IU		455		0	FLA	4		874		
Vitamin A, RAE		123		0	FLA	4		237		
Retinol		121		0	FLA	4		232		
Vitamin E (alpha-tocopherol)		1.19		0	FLA	4		2.29		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin K (phylloquinone)		4.8		0	FLA	4		9.2		
viamini k (phynodumone)	9			·		-		7.2		
<u> Lipids:</u>										
Fatty acids, total saturated	g	3.080		0		4		5.914		
4:0		0.015		0		4		0.029		
6:0		0.009		0		4		0.017		
8:0	-	0.007		0		4		0.013		
10:0		0.014		0		4		0.027		
12:0		0.015	5	0		4		0.029		
13:0			_	_		_				
14:0		0.075	•	0		4		0.144		
15:0				_		_		_		
16:0		2.043	5	0		4		3.923		
17:0	-			_		_				
18:0	-	0.890)	0		4		1.709		
20:0	-									
22:0	а									

		<u>A</u>	mount in 10	00 grams	of edil	ole portio	<u>on</u>		edible portion o	of common
				Number	-			<u>m</u>	easures of food	
Nutrients and	I Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatur	atedg	5.710	ı	0		4		10.963		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.168		0		4		0.323		
17:1	g									
18:1 undifferentiated	g	5.530	ı	0		4		10.618		
20:1	g	0.012		0		4		0.023		
22:1 undifferentiated	g	0.001		0		4		0.002		
24:1 c	g									
Fatty acids, total polyunsatura	ted	4.010	ı	0		4		7.699		
18:2 undifferentiated		3.691		0		4		7.087		
18:3 undifferentiated	g	0.243		0		4		0.467		
18:4	g	0.000		0		4		0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated	-									
20:4 undifferentiated	g	0.061		0		4		0.117		
20:5 n-3	g	0.002		0		4		0.004		
22:5 n-3	g	0.000	1	0		4		0.000		
22:6 n-3	g	0.016	i	0		4		0.031		
Fatty acids, total trans	g									
Cholesterol	mg	156		2		1		300		
Phytosterols	mg									
Amino Acids:										
	0	0.142		0		1		0.273		
Tryptophan Threonine		0.456		0		1		0.876		
Isoleucine	_	0.521		0		1		1.000		
Leucine	_	0.863		0		1		1.657		
Lysine	_	0.722		0		1		1.386		
Methionine		0.281		0		1		0.540		
		0.196		0		1		0.376		
Cystine		0.196		0		1		0.376		
Phenylalanine Tyrosine		0.383		0		1		0.735		
2	_	0.564		0		1		1.083		
Valine	-	0.620		0		1				
Arginine	_	0.820		0		1		1.190 0.597		
Histidine	_	0.556		0		1		1.068		
Alanine		0.556		0		1		1.741		
Aspartic acid		1.974		0		1		3.790		
Glutamic acid		0.439		0		1		0.843		
Glycine				-		_		1.190		
Proline	_	0.620		0 0		1 1				
Serine		0.575	1	U		1		1.104		
Hydroxyproline	9									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0		
Caffeine	=	0		0	FLA	4		0		
Theobromine	-	0		0	FLA	4		0		
Carotenoids:	-									
·	m	00		^				E4 C40		
Carotene, beta		28 0		0	FLA	4		54.640		
Carotene, alpha		-		0	FLA	4		0.021		
Cryptoxanthin, beta		6		0	FLA	4		11.586		
Lycopene		0		0	FLA	4		0.000		
Lutein + zeaxanthin	iiicā	226		0	FLA	4		433.318		

Common Measures:

Measure 1 = 192g: 1 biscuit

NDB No. 21004

Fast foods, biscuit, with egg and ham

Calories Factors: Protein 4.15 Fat 8.8 Carbohydrate 3.94

Food Group: 21 Fast Foods

		<u>A</u> 1	mount in 10	0 grams	of edil	ole portio	<u>n</u>		edible portion	
				Number	•			<u>m</u>	easures of food	<u>l</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	41.20		1		1		59.33		
Energy	kcal	331		0	NC	4		477		
Energy		1385				4		1994		
Protein (N x 6.19)		11.29		1		1		16.26		
Total lipid (fat)		21.80		1		1		31.39		
Ash		2.50		1		1		3.60		
Carbohydrate, by difference		23.21		0	NC	4		33.42		
Fiber, total dietary										
Sugars, total										
Starch										
Starcii	9									
Minerals:										
Calcium, Ca	mg	114		1		1		164		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	1.77		1		1		2.55		
Magnesium, Mg	mg	14		1		1		20		
Phosphorus, P	mg	319		1		1		459		
Potassium, K	mg	160		1		1		230		
Sodium, Na	mg	875		1		1		1260		
Zinc, Zn	mg	1.07		1		1		1.54		
Copper, Cu	mg	0.052	2	1		1		0.075		
Manganese, Mn	mg	0.177	7	1		4		0.255		
Selenium, Se	mcg	24.7		0	RK	4		35.6		
litaming.										
<u>Vitamins:</u>	ma m							1.0		
Vitamin C, total ascorbic acid	-	1.1		1		1		1.6		
Thiamin	-	0.210		1 1		1 1		0.302		
Riboflavin		0.300						0.432		
Niacin		1.600		1		1		2.304		
Pantothenic acid	_	0.820		1		1		1.181		
Vitamin B-6	_	0.070	,	1		1		0.101		
Folate, total		37		0	RK	4		53		
Folic acid		11		0	NC	4		16		
Folate, food		26		1	***	1		37		
Folate, DFE		45		0	NC	4		64		
Vitamin B-12		0.73		1		1		1.05		
Vitamin A, IU		450		1		1		648		
Vitamin A, RAE		132		0	NC	4		189		
Retinol		131		0	NC	4		189		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	nicg									
<u> ipids:</u>										
Fatty acids, total saturated	g	7.915	5	0		1		11.398		
4:0										
6:0	g									
8:0	g	0.159)	1		1		0.229		
10:0		0.235	5	1		1		0.338		
12:0		1.284	ı	1		1		1.849		
13:0	-									
14:0	_	1.045	5	1		1		1.505		
15:0	_									
16:0	-	4.678	3	1		1		6.736		
17:0										
18:0	_	0.316	5	1		1		0.455		
20:0	_									
22:0										
24:0										

		<u>Ar</u>	mount in 10			<u>on</u>	Amount in edible portion of common measures of food			
				Number		Cauras	Confidence	<u></u>	<u> </u>	•
Nutrients and Units	S	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	9.879		0		1		14.226		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.474		1		1		0.683		
17:1	g									
18:1 undifferentiated	g	9.264		1		1		13.340		
20:1	g	0.068		1		1		0.098		
22:1 undifferentiated										
24:1 c										
Fatty acids, total polyunsaturated	•	2.427		0		1		3.495		
18:2 undifferentiated		2.236		1		1		3.220		
18:3 undifferentiated		0.101		1		1		0.145		
18:4										
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated		0.091		1		1		0.131		
20:5 n-3	_									
22:5 n-3										
22:6 n-3	_									
Fatty acids, total trans										
Cholesterol		181		1		1		261		
Phytosterols	• • • • • • • • • • • • • • • • • • • •									
•										
Amino Acids:										
Tryptophan	g	0.148		0		1		0.213		
Threonine	g	0.430		0		1		0.619		
Isoleucine	g	0.536		0		1		0.772		
Leucine	g	0.894		0		1		1.287		
Lysine	g	0.770		0		1		1.109		
Methionine	g	0.281		0		1		0.405		
Cystine	g	0.168		0		1		0.242		
Phenylalanine	g	0.544		0		1		0.783		
Tyrosine		0.441		0		1		0.635		
Valine	g	0.637		0		1		0.917		
Arginine		0.584		0		1		0.841		
Histidine	-	0.321		0		1		0.462		
Alanine	-	0.492		0		1		0.708		
Aspartic acid	-	0.837		0		1		1.205		
Glutamic acid		2.090		0		1		3.010		
Glycine	-	0.436		0		1		0.628		
Proline	•	0.815		0		1		1.174		
FIGURE										
Serine	a	0.600		0		1		0.864		

Common Measures:

Measure 1 = 144g: 1 biscuit

Calories Factors: Protein 4.22 Fat 8.8 Carbohydrate 3.94

Food Group: 21 Fast Foods

		<u>A</u> 1	mount in 100 g	rams c	of edik	le portio	<u>n</u>	Amount in edible portion of common			
			Nui	mber				<u>m</u> e	easures of food	<u>[</u>	
			of	Data I	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	ints (Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	28.40		1		1		32.09			
Energy	kcal	342		0	NC	4		386			
Energy		1431				4		1617			
Protein (N x 5.98)	g	11.85	0.838	4		1		13.39			
Total lipid (fat)	g	16.30	1.265	4		1		18.42			
Ash	g	4.70		1		1		5.31			
Carbohydrate, by difference	g	38.75		0	NC	4		43.79			
Fiber, total dietary	g	0.7		0		4		0.8			
Sugars, total		0.81		0	FLA	4		0.91			
Starch											
Minerals:		1.40	10.000			_		1.00			
Calcium, Ca	_	142	19.383	4		1		160			
Iron, Fe.	_	2.41	0.387	4		1		2.72			
Magnesium, Mg Phosphorus, P		20 490		1 1		1 1		23 554			
1 ,	•	174	14.834	4		1		197			
Potassium, K	-	1268	141.692	4		1		1433			
Zinc, Zn	-	1.46	141.692	1		1		1.65			
Copper, Cu		0.032	•	1		1		0.036			
Manganese, Mn		0.320		1		1		0.362			
Selenium, Se		17.1	,	0	RK	4		19.3			
Scientini, Sc.				-		-					
<u> Vitamins:</u>											
Vitamin C, total ascorbic acid	_	0.1		1		1		0.1			
Thiamin	-	0.450		4		1		0.509			
Riboflavin		0.280		4		1		0.316			
Niacin		3.080		4		1		3.480			
Pantothenic acid	-	0.360		1		1		0.407			
Vitamin B-6	-	0.120)	1		1		0.136			
Folate, total		34		0	RK	4		38			
Folic acid		27		0	NC	4		31			
Foliate, food		7		1	***	1		8			
Folate, DFE		53		0	NC	4		60			
Vitamin B-12		0.03		1		1		0.03			
Vitamin A, IU		118		0	FLA	4		133			
Vitamin A, RAE		27 25		0 0	FLA FLA	4 4		31 29			
Retinol		25 1.47		0	FLA	4		1.66			
Vitamin E (alpha-tocopherol)		1.4/		U	FLA	4		1.00			
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		6.3		0	FLA	4		7.1			
<u> ipids:</u>											
Fatty acids, total saturated		10.096		0		1		11.408			
4:0		0.000		0		1		0.000			
6:0		0.000		0		1		0.000			
8:0	-	0.363		1		1		0.410			
10:0	-	0.346		1		1		0.391			
12:0		2.997	•	1		1		3.387			
13:0	-	1 000	•	1		4		1 446			
14:0		1.280	1	1		1		1.446			
15:0		0 0	•	1				0.550			
16:0		2.357	•	1		1		2.663			
17:0	-	0.644	1	1		1		2 000			
18:0	-	2.644	ı	1		1		2.988			
20:0	-										
22:0 24:0	-										

	<u>Ar</u>	nount in 100 gram	s of edible porti	<u>on</u>		edible portion o	f common
		Numbe	er		<u>m</u>	easures of food	
Nutrients and Units	Mean	of Data Std. Error Points		Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	4.277	0	1		4.833		
14:1g							
15:1g							
16:1 undifferentiatedg	0.182	1	1		0.206		
17:1g							
18:1 undifferentiatedg	4.064	1	1		4.592		
20:1g	0.000		1		0.000		
22:1 undifferentiatedg	0.000	0	1		0.000		
24:1 cg							
Fatty acids, total polyunsaturatedg	0.918	0	1		1.037		
18:2 undifferentiatedg	0.808		1		0.913		
18:3 undifferentiatedg	0.081	1	1		0.092		
18:4g	0.000	0	1		0.000		
20:2 n-6 c,cg							
20:3 undifferentiated		-					
20:4 undifferentiatedg	0.029		1		0.033		
20:5 n-3g	0.000		1		0.000		
22:5 n-3g	0.000	0	1		0.000		
22:6 n-3g	0.000	0	1		0.000		
Fatty acids, total transg							
Cholesterolm	=	4.737 3	1		25		
Phytosterolsm	g						
Amino Acids:							
Tryptophang	0.147	0	1		0.166		
Threonineg	0.481	0	1		0.544		
Isoleucine	0.513	0	1		0.580		
Leucine	0.937	0	1		1.059		
Lysine	0.818	0	1		0.924		
Methionine	0.289		1		0.327		
Cystineg	0.196		1		0.221		
Phenylalanine	0.547	0	1		0.618		
Tyrosine	0.400	0	1		0.452		
Valine 9	0.533		1		0.602		
Arginine	0.680		1		0.768		
Histidine	0.382	0	1		0.432		
Alanine	0.604	0	1		0.683		
Aspartic acid	0.957	0	1		1.081		
Glutamic acid	2.558	0	1		2.891		
Glycine	0.549	-	1		0.620		
Proline	0.794	0	1		0.897		
Serine	0.734		1		0.602		
Hydroxyproline	0.333	v	-		3.002		
Others:							
Alcohol, ethylg	0.0	0	7		0.0		
Caffeinemg		0	FLA 4		0		
Theobrominemg	0	0	FLA 4		0		
Carotenoids:							
Carotene, betamc	g 20	0	FLA 4		22.584		
Carotene, alphamc	•	0	FLA 4		0.031		
Cryptoxanthin, betamc	-	0	FLA 4		0.044		
		0	FLA 4		0.000		
Lycopene mcc			FLA 4				

Common Measures:

Measure 1 = 113g: 1 biscuit

NDB No. 21008

Fast foods, biscuit, with ham

Calories Factors: Protein 4.03 Fat 8.67 Carbohydrate 3.95

Food Group: 21 Fast Foods

		<u>Aı</u>	mount in 100 gr	rams o	of edib	le portio	<u>n</u>		edible portion	
			Nur	nber				<u>m</u> e	easures of food	<u>l</u>
			of I	Data D	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Poi	ints C	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	29.30		2		1		36.33		
Energy	kcal	391		0	NC	4		485		
Energy	kj	1636				4		2029		
Protein (N x 5.87)	g	9.77	0.619	4		1		12.11		
Total lipid (fat)	g	25.63	1.142	4		1		31.78		
Ash	g	3.00		2		1		3.72		
Carbohydrate, by difference	g	32.29		0	NC	4		40.04		
Fiber, total dietary	g	1.1		0		4		1.4		
Sugars, total	g	0.67		0	FLA	4		0.84		
Starch	g									
are a										
Minerals:	ma	100	17 060	4		1		100		
Calcium, Ca	-	103 2.08	17.968 0.354	4 4		1		128 2.58		
Iron, Fe	-	2.08 16	0.354	2		1		2.58		
Magnesium, Mg Phosphorus, P		360		2		1		446		
Potassium, K	•	160	19.386	4		1		198		
Sodium, Na	-	864	67.493	4		1		1071		
Zinc, Zn	-	1.25	07.493	2		1		1.55		
Copper, Cu		0.040		2		1		0.050		
Manganese, Mn		0.040		1		1		0.360		
Selenium, Se		18.7		0	RK	4		23.2		
Scientifi, Sci				-		_				
<u>/itamins:</u>										
Vitamin C, total ascorbic acid	-	0.1		1		1		0.1		
Thiamin	-	0.320		4		1		0.397		
Riboflavin		0.230		4		1		0.285		
Niacin		2.640		4		1		3.274		
Pantothenic acid	-	0.290		2		1		0.360		
Vitamin B-6	-	0.090		2		1		0.112		
Folate, total		37		0	RK	4		46		
Folic acid		30		0	NC	4		37		
Folate, food		7		2		1		9		
Folate, DFE		58		0	NC	4		72		
Vitamin B-12		0.41		2		1		0.51		
Vitamin A, IU		45		0	FLA	4		56		
Vitamin A, RAE		10		0	FLA	4		13		
Retinol		10		0	FLA	4		12		
Vitamin E (alpha-tocopherol)		1.10		0	FLA	4		1.36		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin K (phylloquinone)		5.0		0	FLA	4		6.2		
viamin K (phynodumone)	9	0.0		·		-		V		
<u> ipids:</u>										
Fatty acids, total saturated	g	11.468		0		1		14.220		
4:0		0.000		0		1		0.000		
6:0	-	0.115		2		1		0.143		
8:0	-	0.223		2		1		0.277		
10:0	-	0.206		2		1		0.255		
12:0		1.951		2		1		2.419		
13:0				_		_				
14:0		0.901		2		1		1.117		
15:0				_		_				
16:0		4.477		2		1		5.551		
17:0	-			_		_				
18:0	-	3.412		2		1		4.231		
20:0	-									
22:0	a									

		<u>A</u> 1	mount in 10			ble portic	<u>on</u>	Amount in edible portion of common		
				Number	•			measures of food		
Nutrients and	Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	atedg	10.339		0		1		12.820		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.485		2		1		0.601		
17:1	_									
18:1 undifferentiated	g	9.699		2		1		12.027		
20:1		0.120		2		1		0.149		
22:1 undifferentiated	g	0.000		0		1		0.000		
24:1 c	g									
Fatty acids, total polyunsaturat	tedg	2.440		0		1		3.026		
18:2 undifferentiated		2.188		2		1		2.713		
18:3 undifferentiated	g	0.214		2		1		0.265		
18:4	g	0.000		0		1		0.000		
20:2 n-6 c,c	_									
20:3 undifferentiated	-									
20:4 undifferentiated	g	0.038		2		1		0.047		
20:5 n-3	g	0.000		0		1		0.000		
22:5 n-3	g	0.000		0		1		0.000		
22:6 n-3	g	0.000		0		1		0.000		
Fatty acids, total trans	g									
Cholesterol	mg	28	4.6	84 4		1		35		
Phytosterols	<u>mg</u>									
Amino Acids:										
Tryptophan	a	0.113		0		1		0.140		
Threonine		0.345		0		1		0.428		
Isoleucine	-	0.343		0		1		0.485		
Leucine	-	0.724		0		1		0.898		
Lysine	-	0.523		0		1		0.649		
Methionine		0.323		0		1		0.260		
Cystine		0.150		0		1		0.186		
Phenylalanine		0.431		0		1		0.534		
Tyrosine		0.318		0		1		0.394		
Valine	-	0.443		0		1		0.549		
Arginine	-	0.483		0		1		0.599		
Histidine	-	0.463		0		1		0.322		
Alanine	-	0.430		0		1		0.533		
Aspartic acid		0.430		0		1		0.533		
Glutamic acid	-	2.398		0		1		2.974		
		0.458		0		1		0.568		
Glycine		0.458		0		1		1.049		
Proline	-	0.455		0		1		0.564		
Serine		0.455		U		1		0.304		
Hydroxyproline	9									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0		
Caffeine	mg	0		0	FLA	4		0		
Theobromine	mg	0		0	FLA	4		0		
Carotenoids:										
<u> </u>	moa	8		^	pr r			9.370		
Carotene, beta	_	8		0	FLA	4 4				
Carotene, alpha		0		0	FLA	4		0.028 0.040		
Cryptoxanthin, beta		0		-	FLA FLA	4		0.040		
Lycopene				0						
Lutein + zeaxanthin	iiicā	6		U	FLA	4		7.307		

Common Measures:

Measure 1 = 124g: 1 biscuit

NDB No. 21009

Fast foods, biscuit, with sausage

Calories Factors: Protein 4.01 Fat 8.75 Carbohydrate 3.95

Food Group: 21 Fast Foods

		<u>A</u> 1	mount in 100 g	rams o	of edik	ole portio	<u>n</u>	Amount in edible portion of common		
			Nui	mber				<u>m</u>	easures of food	<u> </u>
			of	Data I	Deriv	Source	Confidence			
Nutrients and Units	S	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	12.65		2		1		7.59		
Energy	_	405		0	NC	4		243		
		1695		Ū	МС	4		1017		
Energy			0.240	•		1				
Protein (N x 6.09)		4.57	0.342	3		_		2.74		
Total lipid (fat)		16.84	0.733	3		1		10.10		
Ash		1.00		2		1		0.60		
Carbohydrate, by difference		64.95		0	NC	4		38.97		
Fiber, total dietary										
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	42		2		1		25		
Iron, Fe	_	2.15		2		1		1.29		
Magnesium, Mg		27		2		1		16		
Phosphorus, P		146		2		1		88		
Potassium, K	-	139		2		1		83		
Sodium, Na		255	15.790	3		1		153		
Zinc, Zn		0.92	13.790	1		1		0.55		
Copper, Cu		0.000	1	2		1		0.000		
Manganese, Mn		0.181		6		1		0.109		
Selenium, Se		6.3	0.033	0	BFZN	4		3.8		
Selemum, Se		0.5		Ü	DI ZIN	-		3.0		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	5.3		2		1		3.2		
Thiamin	mg	0.120)	2		1		0.072		
Riboflavin	mg	0.210)	2		1		0.126		
Niacin	<u>mg</u>	0.970)	2		1		0.582		
Pantothenic acid	mg	0.550)	1		4		0.330		
Vitamin B-6	mg	0.040)	1		4		0.024		
Folate, total	mcg	29		0	BFZN	4		17		
Folic acid	mcg	22		0	NC	4		13		
Folate, food	mcg	7		0		4		4		
Folate, DFE	mcg_DFE	44		0	NC	4		27		
Vitamin B-12		0.26		1		4		0.16		
Vitamin A, IU	IU	18		2		1		11		
Vitamin A, RAE		5		0	NC	4		3		
Retinol		5		0	NC	4		3		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	<u>mcg</u>									
Linida										
Lipids:	a	5.220	1	1		1		3.132		
Fatty acids, total saturated		6.377		1		1				
Fatty acids, total monounsaturated		4.398		1		1		3.826 2.639		
Fatty acids, total polyunsaturated		4.396	3	1		1		2.639		
Fatty acids, total trans		16						10		
Cholesterol. Phytosterols		16		1		1		10		
Phytosterols	¹¹¹ 9									
Amino Acids:										
Tryptophan	g	0.057	1	0		1		0.034		
Threonine	g	0.158	3	0		1		0.095		
Isoleucine	g	0.199	•	0		1		0.119		
Leucine	g	0.339)	0		1		0.203		
Lysine		0.223	3	0		1		0.134		
Methionine		0.082	2	0		1		0.049		
Cystine		0.060		0		1		0.036		

		Amo	ount in 100 grams	Amount in edible portion of common measures of food					
			Number of Data						
Nutrients a	and Units	Mean S	td. Error Points		Code	Code	Measure 1	Measure 2	Measure 3
Phenylalanine	g	0.207	0		1		0.124		
Tyrosine		0.167	0		1		0.100		
Valine	g	0.236	0		1		0.142		
Arginine	g	0.176	0		1		0.106		
Histidine	g	0.100	0		1		0.060		
Alanine	g	0.151	0		1		0.091		
Aspartic acid	g	0.287	0		1		0.172		
Glutamic acid	g	1.038	0		1		0.623		
Glycine	g	0.131	0		1		0.079		
Proline	g	0.396	0		1		0.238		
Serine	g	0.214	0		1		0.128		
Hydroxyproline	g								
Others:									
Alcohol, ethyl	g								
Caffeine		2	0	BFZN	4		1		
Theobromine	mg	79	0	BFZN	4		47		

Common Measures:

Measure 1 = 60g: 1 brownie (2" square)

Calories Factors: Protein 3.71 Fat 8.74 Carbohydrate 3.71

Food Group: 21 Fast Foods

		<u>Aı</u>	mount in 100 g	ırams	of edib	<u>n</u>	Amount in edible portion of common			
				mber				<u>m</u>	easures of food	<u> </u>
Nutrients and Un	its	Mean	of Std. Error Po			Source Code	Confidence Code	Measure 1	Measure 2	Measure :
Proximates:										
Water	g	52.53	1.681	7		1		113.99		
Energy	kcal	206		0	NC	4		447		
Energy	kj	862				4		1870		
Protein (N x 5.88)	g	6.48	0.145	7		1		14.06		
Total lipid (fat)	g	6.22	0.417	7		1		13.50		
Ash	g	1.85	0.047	7		1		4.01		
Carbohydrate, by difference	g	32.92		0	NC	4		71.44		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minamala										
Minerals: Calcium, Ca	ma	52	7.447	7		1		113		
Iron, Fe	-	2.08	0.206	7		1		4.51		
Magnesium, Mg		40	0.732	7		1		87		
Phosphorus, P		45	3.682	7		1		98		
Potassium, K		301	13.129	7		1		653		
Sodium, Na		454	38.455	7		1		985		
Zinc, Zn		0.70	0.053	6		1		1.52		
Copper, Cu	-	0.174		6		1		0.378		
Manganese, Mn		0.400		7		1		0.868		
Selenium, Se		10.1		0	RK	4		21.9		
·	••••••									
Vitamins:				_						
Vitamin C, total ascorbic acid	-	0.9	0.337	7		1		2.0		
Thiamin		0.290		7		1		0.629		
Riboflavin		0.280		7		1		0.608		
Niacin		1.870		7		1		4.058		
Pantothenic acid	-	0.920		7		1		1.996		
Vitamin B-6	-	0.140	0.018	7		1		0.304		
Folate, total		40		0	RK	4		87		
Folic acid		31		0	RA	4		67		
Folate, food		9		0	NC	4		20		
Folate, DFE		62		0	NC	4		134		
Vitamin B-12	mcg	0.50	0.111	7		1 1		1.09		
Vitamin A, IU		153	44.633	3	270	_		332		
Vitamin A, RAE		8		0	NC Z	4 7		17 0		
Retinol		U		U	Z	,		U		
Vitamin E (alpha-tocopherol)	-									
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>										
Fatty acids, total saturated		3.174		0		1		6.888		
4:0	-									
6:0										
8:0										
10:0										
12:0										
13:0		0.230		-1		1		0.400		
14:0		0.230		1		1		0.499		
15:0		1 065		1		1		4 004		
16:0		1.965	1	1		1		4.264		
17:0	-	0 000		-1		4		0 107		
18:0	-	0.980		1		1		2.127		
20:0 22:0	-									
	(1									

		<u>Ar</u>	mount in 10		Amount in edible portion of common measures of food					
					Deriv		Confidence	<u></u>	sasares or roou	
Nutrients and Unit	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	2.184		0		1		4.739		
14:1				·		_		4.755		
15:1	_									
16:1 undifferentiated										
17:1	-									
18:1 undifferentiated		2.184		1		1		4.739		
20:1				_		_				
22:1 undifferentiated	-									
24:1 c	-									
Fatty acids, total polyunsaturated		0.551		0		1		1.196		
18:2 undifferentiated		0.439		1		1		0.953		
18:3 undifferentiated		0.112		1		1		0.243		
18:4	•	0.112		-		-		0.245		
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	-	2		1		1		4		
Phytosterols	_							_		
Amino Acids:										
Tryptophan	g	0.079		0		1		0.171		
Threonine		0.244		0		1		0.529		
Isoleucine	g	0.270		0		1		0.586		
Leucine	-	0.504		0		1		1.094		
Lysine		0.343		0		1		0.744		
Methionine		0.107		0		1		0.232		
Cystine	g	0.098		0		1		0.213		
Phenylalanine		0.351		0		1		0.762		
Tyrosine	_	0.192		0		1		0.417		
Valine		0.319		0		1		0.692		
Arginine		0.359		0		1		0.779		
Histidine		0.172		0		1		0.373		
Alanine		0.255		0		1		0.553		
Aspartic acid	-	0.610		0		1		1.324		
Glutamic acid		1.469		0		1		3.188		
Glycine	_	0.251		0		1		0.545		
Proline	-	0.463		0		1		1.005		
Serine	-	0.351		0		1		0.762		
Hydroxyproline				-		-		22.52		
11ydroxypromic	y									

Common Measures:

Measure 1 = 217g: 2 pieces

Calories Factors: Protein 3.68 Fat 8.37 Carbohydrate 3.96

Food Group: 21 Fast Foods

		<u>Aı</u>	mount in 100 g		Amount in edible portion of common					
			Nu	mber	•			<u>m</u>	easures of tood	<u>!</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	measures of foo	Measure	
Proximates:										
Water		53.91	0.950	15		1		100.27		
Energy	kcal	203		0	NC	4		378		
Energy		849				4				
Protein (N x 6.11)	-	8.10	0.312	15		1				
Total lipid (fat)	g	6.29	0.209	15		1				
Ash		2.15	0.054	15		1				
Carbohydrate, by difference	g	29.55		0	NC	4		54.96		
Fiber, total dietary										
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	ma	115	11.049	15		1		214		
Iron, Fe	_	1.22	0.214	15		1				
Magnesium, Mg	_	43	2.727	15		1				
Phosphorus, P		97	8.336	15		1				
Potassium, K	-	267	16.373	15		1				
Sodium, Na	-	627	40.154	15		1				
Zinc, Zn	mg	0.88	0.071	15		1		1.64		
Copper, Cu	mg	0.189	0.024	14		1		0.352		
Manganese, Mn	mg	0.232	0.015	15		1		0.432		
Selenium, Se	mcg	9.1		0	RK	4		16.9		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.9	0.267	5		1		1 7		
Thiamin	_	0.120		5		1				
Riboflavin	_	0.120		5		1				
Niacin		1.920		5		1				
Pantothenic acid	_	0.860		5		1				
Vitamin B-6	-	0.130		5		1				
Folate, total	-	40		0	RK	4				
Folic acid		23		0	RA	4				
Folate, food		17		0	NC	4		32		
Folate, DFE		56		0	NC	4		104		
Vitamin B-12		0.48	0.073	5		1		0.89		
Vitamin A, IU		672		2		1		1250		
Vitamin A, RAE		53		0	NC	4		99		
Retinol		23		0	NC	4		43		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	rncg									
_ipids:										
Fatty acids, total saturated	g	3.682	!	0		1		6.849		
4:0										
6:0										
8:0	g									
10:0	g	0.000)	2		1		0.000		
12:0	g	0.146	i	2		1		0.272		
13:0	g									
14:0	g	0.372	!	2		1		0.692		
15:0	g									
16:0	-	2.187	•	2		1		4.068		
17:0										
18:0	g	0.978	1	2		1		1.819		
20:0	g									

		<u>Aı</u>	mount in 10		ole portic	<u>on</u>	Amount in edible portion of common measures of food		
				Number	Source	Confidence	<u></u>	<u> </u>	
Nutrients and Uni	ts	Mean	Std. Error		Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	1.335		0	1		2.483		
14:1	g								
15:1	g								
16:1 undifferentiated	g								
17:1	g								
18:1 undifferentiated	g	1.335		2	1		2.483		
20:1	g								
22:1 undifferentiated	g								
24:1 c									
Fatty acids, total polyunsaturated	g	0.959		0	1		1.784		
18:2 undifferentiated		0.848		2	1		1.577		
18:3 undifferentiated	g	0.111		2	1		0.206		
18:4	g								
20:2 n-6 c,c	g								
20:3 undifferentiated	g								
20:4 undifferentiated	g								
20:5 n-3	g								
22:5 n-3	g								
22:6 n-3	g								
Fatty acids, total trans	g								
Cholesterol	mg	15		2	1		28		
Phytosterols	mg								
Amino Acids:									
Tryptophan		0.095		0	1		0.177		
Threonine		0.272		0	1		0.506		
Isoleucine	-	0.382		0	1		0.711		
Leucine		0.634		0	1		1.179		
Lysine		0.492		0	1		0.915		
Methionine		0.156		0	1		0.290		
Cystine		0.081		0	1		0.151		
Phenylalanine	_	0.394		0	1		0.733		
Tyrosine		0.289		0	1		0.538		
Valine		0.423		0	1		0.787		
Arginine		0.355		0	1		0.660		
Histidine		0.229		0	1		0.426		
Alanine	_	0.259		0	1		0.482		
Aspartic acid		0.612		0	1		1.138		
Glutamic acid	_	1.971		0	1		3.666		
Glycine	-	0.213		0	1		0.396		
Proline	_	0.697		0	1		1.296		
Serine		0.416		0	1		0.774		
Hydroxyproline	g								

Common Measures:

Measure 1 = 186g: 2 pieces

Calories Factors: Protein 3.76 Fat 8.71 Carbohydrate 3.98

Food Group: 21 Fast Foods

		<u>A</u>	mount in 100 g	grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
				ımber				<u>m</u>	easures of food	_	
No. 4	14		of Std. Error Po			Source Code	Confidence Code	Mana			
Nutrients and Un	its	Mean	Std. Error	omis	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	54.37	0.830	17		1		110.91			
Energy	kcal	202		0	NC	4		412			
Energy	kj	845				4		1724			
Protein (N x 5.92)		8.03	0.157	17		1		16.38			
Total lipid (fat)	g	7.19	0.419	17		1		14.67			
Ash	g	1.94	0.032	17		1		3.96			
Carbohydrate, by difference		28.47		0	NC	4		58.08			
Fiber, total dietary	g										
Sugars, total	g										
Starch	g										
Minerals:											
Calcium, Ca	ma	49	4.154	17		1		100			
Iron, Fe	-	2.23	0.100	17		1		4.55			
Magnesium, Mg	-	35	0.642	17		1		71			
Phosphorus, P		56	2.877	17		1		114			
Potassium, K		284	14.916	17		1		579			
Sodium, Na		512	14.481	17		1		1044			
Zinc, Zn	mg	1.67	0.296	17		1		3.41			
Copper, Cu	mg	0.163	0.007	13		1		0.333			
Manganese, Mn	mg	0.384	0.034	17		1		0.783			
Selenium, Se	mcg	9.0		0	RK	4		18.4			
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.6	0.218	17		1		1.2			
Thiamin	-	0.220		17		1		0.449			
Riboflavin		0.350		17		1		0.714			
Niacin		2.150	0.046	17		1		4.386			
Pantothenic acid		0.920	0.064	17		1		1.877			
Vitamin B-6	mg	0.140	0.008	17		1		0.286			
Folate, total	mcg	47		0	RK	4		96			
Folic acid	mcg	29		0	RA	4		59			
Folate, food		18		0	NC	4		37			
Folate, DFE	mcg_DFE	67		0	NC	4		137			
Vitamin B-12	mcg	0.57	0.054	17		1		1.16			
Vitamin A, IU	IU	100	20.923	8		1		204			
Vitamin A, RAE		5		0	NC	4		10			
Retinol	mcg	0		0	Z	7		0			
Vitamin E (alpha-tocopherol)	-										
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	g										
<u>Lipids:</u>											
Fatty acids, total saturated	g	3.729	•	0		1		7.607			
4:0											
6:0											
8:0											
10:0		0.040		4		1		0.082			
12:0		0.090)	4		1		0.184			
13:0	-			_		_					
14:0		0.422	2	4		1		0.861			
15:0	-			_		_					
16:0	-	2.144	l	4		1		4.374			
17:0	-			_		_					
18:0	-	1.033	5	4		1		2.107			
20:0	-										
22:0	g g										

		<u>An</u>	nount in 10		ole portio	<u>n</u>	Amount in edible portion of common		
				Number			<u>m</u>	easures of food	
Nutrients and Un	its	Mean	Std. Error	of Data Points	 Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.	g	2.632		0	1		5.369		
14:1	g								
15:1	g								
16:1 undifferentiated	g								
17:1	g								
18:1 undifferentiated	g	2.632		4	1		5.369		
20:1	g								
22:1 undifferentiated	g								
24:1 c	-								
Fatty acids, total polyunsaturated		0.473		0	1		0.965		
18:2 undifferentiated	g	0.405		4	1		0.826		
18:3 undifferentiated	g	0.068		4	1		0.139		
18:4									
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									
Fatty acids, total trans	-								
Cholesterol	_	16	6.32	20 3	1		33		
Phytosterols	mg								
Amino Acids:					_				
Tryptophan	_	0.094		0	1		0.192		
Threonine	-	0.273		0	1		0.557		
Isoleucine	-	0.304		0	1		0.620		
Leucine		0.556		0	1		1.134		
Lysine	-	0.362		0	1		0.738		
Methionine	-	0.121		0	1		0.247		
Cystine		0.121		0	1		0.247		
Phenylalanine		0.391		0	1		0.798		
Tyrosine		0.222		0	1		0.453		
Valine		0.351		0	1		0.716		
Arginine	-	0.407		0	1		0.830		
Histidine		0.197		0	1		0.402		
Alanine	-	0.296		0	1		0.604		
Aspartic acid	-	0.715		0	1		1.459		
Glutamic acid		2.083		0	1		4.249		
Glycine	_	0.288		0	1		0.588		
Proline	-	0.573		0	1		1.169		
Serine	-	0.395		0	1		0.806		
Hydroxyproline	g								

Common Measures:

Measure 1 = 204g: 2 pieces

Calories Factors: Protein 3.64 Fat 8.37 Carbohydrate 3.97

Food Group: 21 Fast Foods

		<u>Aı</u>	mount in 100 g	rams o	of edik	ole portio	<u>n</u>	Amount in edible portion of common			
			Nui	mber				measures of food			
				Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates: Water	a	51.89	1.652	7		1		119.87			
Energy.	_	220	1.052	0	NC	4		508			
0.		920		U	NC	4		2126			
Energy			0.070	7		=					
Protein (N x 6.14)	_	9.73	0.279	7		1		22.48			
Total lipid (fat)		7.71	0.489	7		1		17.81			
Ash		2.09	0.037	7		1		4.83			
Carbohydrate, by difference		28.58		0	NC	4		66.02			
Fiber, total dietary											
Sugars, total	g										
Starch	g										
Minerals:											
Calcium. Ca	ma	46	9.617	7		1		106			
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	2.12	0.270	7		1		4.90			
Magnesium, Mg	_	36	3.421	7		1		83			
Phosphorus, P		61	4.211	7		1		141			
Potassium, K	-	284	19.880	7		1		656			
Sodium, Na	_	578	26.833	7		1		1335			
Zinc, Zn		1.66	0.324	7		1		3.83			
Copper, Cu		0.163		6		1		0.377			
Manganese, Mn		0.163		7		1		0.832			
Selenium, Se		13.2	0.000	0	RK	4		30.5			
Selemum, Se	11109	13.2		Ü	Idi	-		30.3			
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	mg	0.8	0.392	7		1		1.8			
Thiamin	mg	0.230	0.034	7		1		0.531			
Riboflavin	mg	0.360	0.031	7		1		0.832			
Niacin	mg	2.340	0.122	7		1		5.405			
Pantothenic acid	mg	0.970	0.076	7		1		2.241			
Vitamin B-6	mg	0.160	0.012	7		1		0.370			
Folate, total	mcg	50		0	RK	4		116			
Folic acid		18		0	NC	4		42			
Folate, food		32		0		4		74			
Folate, DFE	mcg DFE	63		0	NC	4		145			
Vitamin B-12		0.75	0.104	7		1		1.73			
Vitamin A, IU		275	61.265	3		1		635			
Vitamin A, RAE		14		0	NC	4		32			
Retinol		0		0	Z	7		0			
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
<u>Lipids:</u>											
Fatty acids, total saturated	g	3.600)	0		1		8.316			
4:0											
6:0	g										
8:0											
10:0											
12:0											
13:0	-										
14:0		0.351	-	1		1		0.811			
15:0	g										
16:0	g	2.248	3	1		1		5.193			
17:0	g										
18:0	g	1.002	!	1		1		2.315			
20:0	g										
22:0	g										
24:0	g										

		Ar	nount in 10	00 grams Number		oie portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	ts	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure	
Fatty acids, total monounsaturated	g	3.038		0		1		7.018			
14:1											
15:1	g										
16:1 undifferentiated	g										
17:1	g										
18:1 undifferentiated	g	3.038		1		1		7.018			
20:1	g										
22:1 undifferentiated	g										
24:1 c											
Fatty acids, total polyunsaturated		0.529		0		1		1.222			
18:2 undifferentiated	g	0.490		1		1		1.132			
18:3 undifferentiated		0.039		1		1		0.090			
18:4	g										
20:2 n-6 c,c	-										
20:3 undifferentiated											
20:4 undifferentiated	g										
20:5 n-3	-										
22:5 n-3	-										
22:6 n-3											
Fatty acids, total trans	-										
Cholesterol	mg	21		1		1		49			
Phytosterols	mg										
amino Acids:	_					_					
Tryptophan		0.117		0		1 1		0.270			
Threonine	-	0.358		-		_		0.827			
Isoleucine	-	0.388		0		1		0.896			
Leucine		0.727		0		1		1.679			
Lysine		0.594		0		1		1.372			
Methionine		0.190		0		1		0.439			
Cystine	-	0.127		0		1		0.293			
Phenylalanine	-	0.425		0		1		0.982			
Tyrosine		0.288		0		1		0.665			
Valine		0.445		0		1		1.028			
Arginine	-	0.558		0		1		1.289			
Histidine		0.269		0		1		0.621			
Alanine		0.486		0		1		1.123			
Aspartic acid		0.802		0		1		1.853			
Glutamic acid		2.057		0		1		4.752			
Glycine	-	0.532		0		1		1.229			
Proline	g	0.648		0		1		1.497			
Serine	g	0.428		0		1		0.989			
Hydroxyproline	g										

Common Measures:

Measure 1 = 231g: 2 pieces

Calories Factors: Protein 4.02 Fat 8.73 Carbohydrate 3.97

Food Group: 21 Fast Foods

		<u>Aı</u>	mount in 100 g		of edil	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber				<u>m</u>	easures of food	<u>l</u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	64.94	1.040	4		1		131.83			
Energy	kcal	163		0		1		331			
Energy	kj	682				1		1384			
Protein (N x 6.17)	g	7.18	0.425	4		1		14.58			
Total lipid (fat)	g	6.55	0.240	4		1		13.30			
Ash	g	1.77	0.090	4		1		3.59			
Carbohydrate, by difference	g	19.55		0	NC	4		39.69			
Fiber, total dietary	g										
Sugars, total	g										
Starch	g										
Minerals:											
viinerais: Calcium, Ca	ma	64	5.825	4		1		130			
Iron. Fe.	-	1.84	0.193	4		1		3.74			
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	25	0.566	4		1		51			
Phosphorus, P		69	4.259	4		1		140			
Potassium, K	•	202	44.924	4		1		410			
Sodium, Na	-	488	15.267	4		1		991			
Zinc, Zn	-	1.16	0.048	4		1		2.35			
Copper, Cu		0.162	0.046	4		1		0.329			
Manganese, Mn	mg	0.195	0.014	4		1		0.396			
Selenium, Se	mcg	8.7		0	RK	4		17.7			
litaming											
Vitamins:	ma	2.5	0.733	4		1		5.1			
Vitamin C, total ascorbic acid Thiamin	-	0.150		4		1		0.305			
Riboflavin	-	0.150		4		1		0.711			
Niacin		1.900		4		1		3.857			
Pantothenic acid	-	0.820		4		1		1.665			
Vitamin B-6	-	0.110		4		1		0.223			
Folate, total	-	37		0	RK	4		75			
Folic acid		7		0	NC	4		14			
Folate, food		30		0		4		61			
Folate, DFE		42		0	NC	4		85			
Vitamin B-12		0.54	0.076	4		1		1.10			
Vitamin A, IU		394		2		1		800			
Vitamin A, RAE		74		0	NC	4		150			
Retinol	mcg	65		0	NC	4		132			
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	nicg										
<u> Lipids:</u>											
Fatty acids, total saturated	g	3.522		0		1		7.150			
4:0											
6:0	g										
8:0											
10:0		0.022		1		1		0.045			
12:0	_	0.145	i	1		1		0.294			
13:0	g										
14:0	-	0.571		1		1		1.159			
15:0	-										
16:0	-	1.854		1		1		3.764			
17:0	-										
18:0		0.931		1		1		1.890			
20:0	-										
22:0	g										

		<u>Aı</u>	mount in 10		ole portio	<u>on</u>	Amount in edible portion of common measures of food		
				Number	Cauraa	Confidence	<u></u>	<u> </u>	
Nutrients and Unit	ts	Mean	Std. Error		 Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	2.196		0	1		4.458		
14:1	g								
15:1	g								
16:1 undifferentiated	g								
17:1	g								
18:1 undifferentiated	g	2.196		1	1		4.458		
20:1	g								
22:1 undifferentiated	g								
24:1 c									
Fatty acids, total polyunsaturated	g	0.502		0	1		1.019		
18:2 undifferentiated	g	0.451		1	1		0.916		
18:3 undifferentiated	g	0.051		1	1		0.104		
18:4	g								
20:2 n-6 c,c	g								
20:3 undifferentiated	g								
20:4 undifferentiated	g								
20:5 n-3	g								
22:5 n-3	g								
22:6 n-3	g								
Fatty acids, total trans	-								
Cholesterol.	_	61		1	1		124		
Phytosterols	mg								
Amino Acids:									
Tryptophan		0.086		0	1		0.175		
Threonine		0.261		0	1		0.530		
Isoleucine	-	0.324		0	1		0.658		
Leucine		0.564		0	1		1.145		
Lysine		0.459		0	1		0.932		
Methionine		0.144		0	1		0.292		
Cystine		0.081		0	1		0.164		
Phenylalanine	_	0.334		0	1		0.678		
Tyrosine		0.241		0	1		0.489		
Valine		0.363		0	1		0.737		
Arginine		0.370		0	1		0.751		
Histidine		0.204		0	1		0.414		
Alanine	_	0.298		0	1		0.605		
Aspartic acid		0.569		0	1		1.155		
Glutamic acid	_	1.536		0	1		3.118		
Glycine	-	0.296		0	1		0.601		
Proline	_	0.547		0	1		1.110		
Serine		0.346		0	1		0.702		
Hydroxyproline	g								

Common Measures:

Measure 1 = 203g: 2 pieces

Calories Factors: Protein 3.96 Fat 8.72 Carbohydrate 3.97

Food Group: 21 Fast Foods

Nutrients and Units			<u>A</u> :	mount in 100 g	rams	s of edil	ole portic	<u>on</u>	Amount in edible portion of common			
Nutrients and Units				Nu	mbe	r			<u>m</u>	easures of food	<u>[</u>	
Nutrients and Units							Source	Confidence				
Valer	Nutrients and Unit	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Mater.												
Excrgy		n	55 77	0 811	8		1		187 39			
Faregry		-		0.011								
Protein (N s 613)	0.				U							
Total Iprid (April				0.000								
Ash												
Carbolydrate, by difference G Sagues, total girary Galcium Galcium	- · · ·											
Fiber, Intel dictary				0.051								
Sugars, total 9	Carbohydrate, by difference	g	25.35		0	NC	4		85.18			
Ninerals:												
Minerals:	Sugars, total	g										
Calcium, Ca.	Starch	g										
Edelum Ca	Minorals											
Iron, Fc.		ma	96	6 151	ρ		1		280			
Magnesium, Mg.		-										
Phosphorus P.	, , , , , , , , , , , , , , , , , , , ,	• • • • • • • • • • • • • • • • • • • •										
Potassium K.							_					
Sodium, Na.	• '	-					_					
Zinc, Zin	*						_					
Copper, Cu. mg 0.175 0.051 7 1 0.588 Manganese, Mn. mg 0.242 0.008 8 1 0.813 Sclenium, Se. mcg 13.2 0 nk 4 44.4 Vitamis: Vitamin C, total ascorbic acid. mg 0.160 0.025 8 1 0.538 Riboflavin. mg 0.360 0.022 8 1 0.538 Riboflavin. mg 0.360 0.022 8 1 1.210 Niacin. mg 0.360 0.022 8 1 1.7694 Pantohenic acid. mg 0.860 0.108 8 1 0.403 Paticiania. mg 0.120 0.009 8 1 0.403 Foliate, food. mg 4.3 0 NC 4 155 Foliate, food. mg 4.3 0 NC 4 179 Vitamin A, IU.	-											
Manganese, Mn. mg 0.242 0.008 8 1 0.813 Selentium, Se. mcg 13.2 0.08 8 1 0.813 Vitamin C, total ascorbic acid mg 2.0 0.577 8 1 6.7 Thiamin. mg 0.360 0.025 8 1 0.538 Riboflavin. mg 0.360 0.022 8 1 1.220 Niacin. mg 0.360 0.095 8 1 7.664 Pantohenic acid. mg 0.860 0.108 8 1 0.403 Plant Christ. mg 0.120 0.009 8 1 0.403 Foltac, total. mcg 49 0 RK 4 165 Foltac, total. mcg 46 0 NC 4 144 Foltac, total. mcg 45 0.057 8 1 1.98 Vitamin B-12 mcg <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<>	•											
Selenium, Se												
Vitamins: Vitamins C, total ascorbic acid. mg 2.0 0.577 8 1 6.7 Thiamin. mg 0.160 0.025 8 1 0.538 Riboflavin. mg 0.360 0.022 8 1 0.538 Riboflavin. mg 0.360 0.022 8 1 0.640 Pantothenic acid. mg 0.860 0.108 8 1 0.403 Pantothenic acid. mg 0.860 0.108 8 1 0.403 Polate, ford. mg 0.120 0.009 8 1 0.403 Foliac, ford. mcg 49 0 RK 4 165 Foliac, ford. mcg 43 0 NC 4 144 Foliac, ford. mcg. DFE 53 0 NC 4 179 Vitamin B-12 mcg. DFE 55 0 NC 4 183 Rétinol. mcg. TAS 55	2			2 0.008		שמ						
Vitamin C, total ascorbic acid	Seienium, Se	nicg	13.2		U	KK	4		44.4			
Thiamin	Vitamins:											
Riboflavin	Vitamin C, total ascorbic acid	mg	2.0	0.577	8		1		6.7			
Niacin	Thiamin	mg	0.160	0.025	8		1		0.538			
Pantothenic acid	Riboflavin	mg	0.360	0.022	8		1		1.210			
Vitamin B-6. mg 0.120 0.009 8 1 0.403 Folate, total. mcg 49 0 RK 4 165 Folace, total. mcg 6 0 NC 4 120 Folate, DFE. mcg 43 0 NC 4 114 Folate, DFE. mcg 0.59 0.057 8 1 1.98 Vitamin B-12. mcg 0.59 0.057 8 1 1.98 Vitamin A, RAE. mcg_RAE 55 0 NC 4 183 Retinol. mcg 37 0 NC 4 124 Vitamin E (alpha-tocopherol). mg 124 124 124 Vitamin E (alpha-tocopherol). mg 100 NC 4 124 Vitamin E (alpha-tocopherol). mg 100 100 100 100 100 100 100 100 100 100 100 100 100	Niacin	mg	2.290	0.095	8		1		7.694			
Vitamin B-6. mg 0.120 0.009 8 1 0.403 Folate, total. mcg 49 0 RK 4 165 Folate, total. mcg 6 0 NC 4 20 Folate, DFE. mcg 43 0 NC 4 114 Folate, DFE. mcg 0.59 0.057 8 1 1.98 Vitamin B-12. mcg 0.59 0.057 8 1 1.98 Vitamin A, RAE mcg 8.5 0 NC 4 183 Retinol. mcg 37 0 NC 4 183 Retinol. mcg 37 0 NC 4 124 Vitamin E (alpha-tocopherol). mg 10 NC 4 124 124 Vitamin E (alpha-tocopherol). mg 10 1 11.196 11.196 12.196 12.196 12.196 12.196 12.196 12.196	Pantothenic acid	mg	0.860	0.108	8		1		2.890			
Folate, total			0.120	0.009	8		1		0.403			
Folic acid		-	49		0	RK	4		165			
Folate, food.			6		0	NC	4		20			
Folate, DFE			43		0		4		144			
Vitamin B-12 mcg 0.59 0.057 8 1 1.98 Vitamin A, IU IU 475 162.918 4 1 1596 Vitamin A, RAE mcg 55 0 NC 4 183 Retinol mcg 37 0 NC 4 124 Vitamin E (alpha-tocopherol) mg 7 0 NC 4 124 Vitamin E (alpha-tocopherol) mg 7 0 NC 4 124 Vitamin E (alpha-tocopherol) mg 7 0 NC 4 124 Tocopherol, delta mg 7 0 1	Folate DFE	mcq DFE	53		0	NC	4		179			
Vitamin A, IU IU 475 162.918 4 1 1596 Vitamin A, RAE mcg_RAE 55 0 NC 4 183 Retinol. mcg 37 0 NC 4 124 Vitamin E (alpha-tocopherol). mg 7 124 124 Tocopherol, beta. mg 7 124 124 Tocopherol, delta. mg 7 124 124 Vitamin D. IU 124 124 124 Vitamin K (phylloquinone). mcg 1 11.196 Lipids: Fatty acids, total saturated. g 3 .332 0 1 11.196 4-0. 9 3 .332 0 1 11.196 4-0. 9 8:0. 9 10.0. 9 12.0. 1 1 1.196 14:0. 9 0 .247 4 1 0 .830 1 15:0. 9 1 .932			0.59	0.057	8		1		1.98			
Vitamin A, RAE mcg_RAE 55 0 NC 4 183 Retinol. mcg 37 0 NC 4 124 Vitamin E (alpha-tocopherol). mg Tocopherol, beta. mg Tocopherol, beta. mg Tocopherol, gamma mg Tocopherol, delta. mg Tocopherol, delta. mg Vitamin D. IU U <td< td=""><td></td><td></td><td>475</td><td></td><td></td><td></td><td>1</td><td></td><td>1596</td><td></td><td></td></td<>			475				1		1596			
Retinol. mcg 37 0 NC 4 124 Vitamin E (alpha-tocopherol). mg Tocopherol, gamma. mg Tocopherol, gamma. mg Vitamin D. IU Vitamin K (phylloquinone). mcg Lipids: Fatty acids, total saturated. g 3.332 0 1 11.196 4:0. g 6:0. g 8:0. g 10:0. g 12:0. g 13:0. g 14:0. g 0.247 4 1 0.830 15:0. g 16:0. g 1.932 4 1 6.492 17:0. g 18:0. g 1.153 4 1 3.874						NC	4					
Vitamin E (alpha-tocopherol)												
Tocopherol, beta												
Tocopherol, gamma												
Tocopherol, delta	-											
Vitamin D. IU Lipids: Fatty acids, total saturated. g 3.332 0 1 11.196 4:0. 9 6:0. 9 8:0. 9 10:0. 9 12:0. 9 13:0. 9 14:0. 9 0.247 4 1 0.830 15:0. 9 16:0. 9 1.932 4 1 6.492 17:0. 9 18:0. 9 1.153 4 1 3.874 20:0. 9												
Vitamin K (phylloquinone) mcg Lipids: Tatty acids, total saturated 9 3 . 332 0 1 . 11.196 4:0 9 9 8:0 9 9 10:0 9 0 . 247 4 1 0 . 830 15:0 9 1 . 9 16:0 9 1 . 932 4 1 6 . 492 17:0 9 18:0 9 1 . 153 4 1 3 . 874 20:0 9 1 . 153 4 1 3 . 874												
Lipids: Fatty acids, total saturated 9 3.332 0 1 11.196 4:0 9 6:0 9 8:0 9 10:0 9 12:0 9 13:0 9 14:0 9 0.247 4 1 0.830 15:0 9 16:0 9 1.932 4 1 6.492 17:0 9 18:0 9 1.153 4 1 3.874 20:0 9												
Fatty acids, total saturated 9 3.332 0 1 11.196 4:0		-J										
4:0												
6:0			3.332	2	0		1		11.196			
8:0												
10:0 9 12:0 9 13:0 9 14:0 9 0.247 4 1 0.830 15:0 9 16:0 9 1.932 4 1 6.492 17:0 9 18:0 9 1.153 4 1 3.874 20:0 9												
12:0												
13:0 9 14:0 9 0.247 4 1 0.830 15:0 9 16:0 9 1.932 4 1 6.492 17:0 9 18:0 9 1.153 4 1 3.874 20:0 9												
14:0 g 0.247 4 1 0.830 15:0 g 16:0 g 1.932 4 1 6.492 17:0 g 18:0 g 1.153 4 1 3.874 20:0 g												
15:0.			_	_			_					
16:0			0.247	7	4		1		0.830			
17:0												
18:0g 1.153 4 1 3.874 20:0g	16:0	g	1.932	2	4		1		6.492			
20:0g	17:0	g										
	18:0	g	1.153	3	4		1		3.874			
22.0	20:0	g										
22'10 y	22:0	g										

	<u>Ar</u>	mount in 100 gr	Amount in edible portion of common					
		Nun	nber			<u>m</u>	easures of food	
Nutrients and Units	Mean	of I Std. Error Poi			Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	2.515		0	1		8.450		
14:1g								
15:1g								
16:1 undifferentiatedg								
17:1g								
18:1 undifferentiatedg	2.515		4	1		8.450		
20:1g								
22:1 undifferentiatedg								
24:1 cg								
Fatty acids, total polyunsaturated	0.377		0	1		1.267		
18:2 undifferentiatedg	0.377		4	1		1.267		
18:3 undifferentiatedg								
18:4g								
20:2 n-6 c.cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg								
20:5 n-3g								
22:5 n-3g								
22:6 n-3g								
Fatty acids, total transg								
Cholesterolmg	47		2	1		158		
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.118		0	1		0.396		
Threonineg	0.330		0	1		1.109		
Isoleucineg	0.441		0	1		1.482		
Leucineg	0.766		0	1		2.574		
Lysineg	0.537		0	1		1.804		
Methionineg	0.186		0	1		0.625		
Cystineg	0.121		0	1		0.407		
Phenylalanine	0.495		0	1		1.663		
Tyrosineg	0.335		0	1		1.126		
Valine9	0.498		0	1		1.673		
Arginine	0.443		0	1		1.488		
Histidine	0.268		0	1		0.900		
Alanineg	0.325		0	1		1.092		
Aspartic acidg	0.716		0	1		2.406		
Glutamic acid	2.400		0	1		8.064		
Glycineg	0.294		0	1		0.988		
Prolineg	0.866		0	1		2.910		
Serineg	0.512		0	1		1.720		
Hydroxyprolineg								

Common Measures:

Measure 1 = 336g: 2 pieces

Calories Factors: Protein 3.82 Fat 8.61 Carbohydrate 3.97

Food Group: 21 Fast Foods

		<u>Aı</u>	mount in 100 g		of edik	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber				<u>me</u>	easures of food	<u>l</u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	49.61	2.638	7		1		109.14			
Energy	kcal	238		0		1		524			
Energy	kj	996				1		2191			
Protein (N x 6.09)	g	12.09	0.745	7		1		26.60			
Total lipid (fat)	g	9.46	0.869	7		1		20.81			
Ash	g	2.24	0.093	7		1		4.93			
Carbohydrate, by difference	g	26.60		0	NC	4		58.52			
Fiber, total dietary	g										
Sugars, total	g										
Starch	g										
Minorals:											
Minerals: Calcium, Ca	ma	38	4.617	7		1		84			
Iron. Fe.	_	2.77	0.176	7		1		6.09			
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	37	2.047	7		1		81			
Phosphorus, P		79	5.472	7		1		174			
Potassium, K	•	336	36.537	7		1		739			
Sodium, Na	_	678	33.132	7		1		1492			
Zinc, Zn	-	2.15	0.220	7		1		4.73			
Copper, Cu		0.186	0.022	7		1		0.409			
Manganese, Mn	mg	0.357	0.012	7		1		0.785			
Selenium, Se	mcg	16.7		0	RK	4		36.7			
Vitaming.											
Vitamins:	ma	0.5	0.161	7		1		1.1			
Vitamin C, total ascorbic acid Thiamin	-	0.5		7		1		0.242			
Riboflavin	-	0.110		7		1		0.924			
Niacin.		2.930		, 7		1		6.446			
Pantothenic acid		1.360		7		1		2.992			
Vitamin B-6	_	0.140		7		1		0.308			
Folate, total	_	59		0	RK	4		130			
Folic acid		41		0	NC	4		90			
Folate, food		18		0		4		40			
Folate, DFE		88		0	NC	4		193			
Vitamin B-12		0.89	0.126	7		1		1.96			
Vitamin A, IU		126		2		1		277			
Vitamin A, RAE		6		0	NC	4		14			
Retinol		0		0	Z	7		0			
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	g	4.754		0		1		10.459			
4:0											
6:0	_										
8:0	g										
10:0	g										
12:0	_										
13:0	_										
14:0	_	0.414		3		1		0.911			
15:0	_										
16:0	g	2.590		3		1		5.698			
17:0	_										
18:0	g	1.750		3		1		3.850			
20:0	_										
22:0	а										

		<u>An</u>	nount in 10		ole portio	<u>n</u>	Amount in edible portion of common			
				Number			<u>m</u>	easures of food		
Nutrients and Un	nits	Mean	Std. Error	of Data Points	 Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated.	g	3.368		0	1		7.410			
14:1	g									
15:1	g									
16:1 undifferentiated	g									
17:1	g									
18:1 undifferentiated	g	3.368		3	1		7.410			
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.388		0	1		0.854			
18:2 undifferentiated	g	0.350		3	1		0.770			
18:3 undifferentiated	g	0.039		3	1		0.086			
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated										
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3										
Fatty acids, total trans	-									
Cholesterol	-	29	13.1	10 3	1		64			
Phytosterols	mg									
Amino Acids:	_	0.445		•						
Tryptophan	-	0.147		0	1		0.323			
Threonine	-	0.449		0	1		0.988			
Isoleucine	-	0.482		0	1		1.060			
Leucine		0.909		0	1		2.000			
Lysine	-	0.782		0	1		1.720			
Methionine	-	0.256		0	1		0.563			
Cystine		0.155		0	1 1		0.341			
Phenylalanine		0.494		0 0	1		1.087			
Tyrosine		0.367		-	_		0.807			
Valine		0.548		0	1 1		1.206			
Arginine	_	0.712		0	1		1.566 0.763			
Histidine		0.347			1					
Alanine	-	0.663		0	1		1.459			
Aspartic acid	-	0.945		0	1		2.079			
Glutamic acid		2.582			1		5.680			
Glycine	-	0.746		0	1 1		1.641 1.813			
Proline	-	0.824			1					
Serine	-	0.500		0	1		1.100			
Hydroxyproline	g									

Common Measures:

Measure 1 = 220g: 2 pieces

Calories Factors: Protein 4.11 Fat 8.76 Carbohydrate 3.95

Food Group: 21 Fast Foods

Proximates:	Amount in edible portion of common			
Nutrients and Units	<u>meası</u>	ures of food		
Proximates:				
Water	asure 1 M	leasure 2	Measure	
Water.				
Energy	09.44			
Protein (N x 609)	26			
Total lipid (fai)	83			
Ash.	21.51			
Carbohydrate, by difference	16.54			
Fiber, total dietary	4.06			
Sugars, total	49.45			
Ninerals:				
Calcium, Ca				
Calcium, Ca				
Tron, Fe.	86			
Magnesium, Mg. mg 30 1.359 16 1 60 Phosphorus, P. mg 70 3.153 16 1 143 Potassium, K. mg 248 18.287 16 1 498 Sodium, Na. mg 555 17.767 16 1 111 Zinc, Zn. mg 0.157 0.013 12 1 0 Copper, Cu. mg 0.157 0.013 12 1 0 Manganese, Mn. mg 0.371 0.041 16 1 0 Manganese, Mn. mg 0.371 0.041 16 1 0 Witamin Se. mcg 11.9 0 RK 4 22 Vitamins. Vitamin Se. mcg 0.200 0.221 16 1 1 1 Vitamin Se. mg 0.400 0.018 16 1 1 12 Vitamin Se.	4.44			
Phosphorus, P.	60			
Sodium, Na.	41			
Zinc, Zn	98			
Copper, Cu. mg 0.157 0.013 12 1 0 Manganese, Mn mg 0.371 0.041 16 1 0 Selenium, Se mcg 11.9 0 RK 4 23 Vitamines "Vitamines Vitamin C, total ascorbic acid mg 0.8 0.213 16 1 <				
Manganese, Mn. mg 0.371 0.041 16 1 0 Selenium, Se mcg 11.9 0 RK 4 23 Vitamins: Vitamins: Vitamins C, total ascorbic acid mg 0.8 0.213 16 1 1 1 Thiamin mg 0.200 0.021 16 1 0 1	4.32			
Selenium, Se. mog 11.9 0	0.316			
Vitamins: Vitamin C, total ascorbic acid. mg 0.8 0.213 16 1 1 Thiamin. mg 0.200 0.021 16 1 0 Riboflavin. mg 0.400 0.018 16 1 0 Niacin. mg 0.400 0.018 16 1 0 Pantothenic acid. mg 0.930 0.064 16 1 1 Pantothenic acid. mg 0.930 0.054 16 1 1 Pantothenic acid. mg 0.930 0.054 16 1 1 0 Pantothenic acid. mg 0.930 0.064 16 1 1 0 0 0 16 1 1 0	0.746			
Vitamin C, total ascorbic acid mg 0.8 0.213 16 1 1 Thiamin mg 0.200 0.021 16 1 0 Riboflavin mg 0.400 0.018 16 1 0 Riboflavin mg 0.400 0.018 16 1 0 Niacin mg 0.530 0.064 16 1 0 Pantothenic acid mg 0.930 0.054 16 1 0 Pantothenic acid mg 0.150 0.006 16 1 0 0 Pantothenic acid mg 0.150 0.006 16 1 0 0 0 0 16 1 0 <t< td=""><td>23.9</td><td></td><td></td></t<>	23.9			
Vitamin C, total ascorbic acid mg 0.8 0.213 16 1 1 Thiamin mg 0.200 0.021 16 1 0 Riboflavin mg 0.400 0.018 16 1 0 Niacin mg 0.400 0.018 16 1 0 Pantothenic acid mg 0.930 0.064 16 1 0 Pantothenic acid mg 0.150 0.006 16 1 0 Vitamin B-6 mg 0.150 0.006 16 1 0 Folate, total mcg 48 0 RK 4 96 Folate, total mcg 30 0 NC 4 66 Folate, total mcg 18 0 NC 4 34 Folate, food mcg 18 0 NC 4 34 Vitamin B-12 mcg 0.64 0.053 16 1				
Thiamin	1.6			
Riboflavin mg 0.400 0.018 16 1 0 Niacin mg 2.530 0.064 16 1 5 Pantothenic acid mg 0.930 0.054 16 1 1 5 Pantothenic acid mg 0.930 0.054 16 1 1 1 Vitamin B-6 mg 0.150 0.006 16 1 0 1 1 0 Folate, total mcg 48 0 NC 4 96 66 60 1 36 66 66 60 66 66 60 7 7 4 36 66 60 7	0.402			
Pantothenic acid	0.804			
Vitamin B-6. mg 0.150 0.006 16 1 Control of the part of the p	5.085			
Folate, total	1.869			
Folic acid	0.302			
Folate, food. mcg 18 0 4 36 Folate, DFE	96			
Folate, DFE. mcg_DFE 69 0 NC 4 139 Vitamin B-12 mcg 0.64 0.053 16 1 1 Vitamin A, IU	60			
Vitamin B-12 mcg 0.64 0.053 16 1 1 Vitamin A, IU IU 230 66.498 8 1 462 Vitamin A, RAE mcg_RAE 12 0 NC 4 23 Retinol mcg 0 0 z 7 0 Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg Tocopherol, gamma mg Tocopherol, delta mg Tocopherol, delta mg Vitamin D IU Vitamin K (phylloquinone) mcg IU Vitamin K (phylloquinone) mcg Image: Secondary of the company of th	36			
Vitamin A, IU. IU 230 66.498 8 1 462 Vitamin A, RAE. mcg_RAE 12 0 NC 4 23 Retinol. mcg 0 0 z 7 0 Vitamin E (alpha-tocopherol). mg Tocopherol, beta. mg Tocopherol, gamma. mg Vitamin D. IU Vitamin K (phylloquinone). mcg Lipids: Fatty acids, total saturated. g 3.980 0 1 8 4:0. g 6:0. g 8:0. g 10:0. g 12:0. g 13:0. g				
Vitamin A, RAE mcg_RAE 12 0 NC 4 23 Retinol mcg 0 0 z 7 0 Vitamin E (alpha-tocopherol) mg 7 0 0 0 z 7 0 0 Tocopherol, gamma mg 7 0	1.29			
Retinol				
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. g 3.980 0 1 8 4:0 9 6:0. 9 8:0. 9 10:0. 9 12:0. 9 13:0. 9	23			
Tocopherol, beta	0			
Tocopherol, gamma				
Tocopherol, delta				
Vitamin D				
Vitamin K (phylloquinone) mcg Lipids: Section of the property of the pr				
Lipids: Fatty acids, total saturated				
Fatty acids, total saturated				
4:0 g 6:0 g 8:0 g 10:0 g 12:0 g 13:0 g				
6:0	8.000			
8:0				
10:0g 12:0g 13:0g				
12:0g 13:0g				
13:0g				
	0.601			
15:0g				
	4.609			
17:0g				
	2.790			
20:0g				
22:0g				

		<u>An</u>	ount in 100		ble portion		Amount in edible portion of common			
				umber			<u>m</u>	easures of food		
Nutrients and U	nits	Mean	otd. Error P	f Data Deriv oints Code		Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	dg	3.022		0	1		6.074			
14:1										
15:1	g									
16:1 undifferentiated	g									
17:1	g									
18:1 undifferentiated	g	3.022		4	1		6.074			
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated.	g	0.485		0	1		0.975			
18:2 undifferentiated	g	0.451		4	1		0.907			
18:3 undifferentiated	g	0.034		4	1		0.068			
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated										
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3										
Fatty acids, total trans	_									
Cholesterol	_	27	2.241	4	1		54			
Phytosterols	mg									
Amino Acids:		0 120		•			0.001			
Tryptophan	_	0.130		0	1		0.261			
Threonine	-	0.409		0	1		0.822			
Isoleucine	-	0.432		0	1		0.868			
Leucine		0.810		0	1 1		1.628			
Lysine		0.733		0	1		1.473			
Methionine	-	0.230		-	1		0.462			
Cystine		0.130		0	1		0.261			
Phenylalanine		0.427		0	1		0.858			
Tyrosine		0.325		-	_		0.653			
Valine		0.490		0	1 1		0.985			
Arginine	-	0.650		0	1		1.307 0.629			
Histidine		0.313			1		1.226			
Alanine	-	0.610		0	1					
Aspartic acid	-	0.886		0	1		1.781			
Glutamic acid		2.193			1		4.408			
Glycine	_	0.684 0.680		0	1		1.375 1.367			
Proline	-				1					
Serine	-	0.436		0	1		0.876			
Hydroxyproline	g									

Common Measures:

Measure 1 = 201g: 2 pieces

Calories Factors: Protein 4.06 Fat 8.75 Carbohydrate 3.93

Food Group: 21 Fast Foods

		<u>Aı</u>	mount in 100) grams	of edil	ole portio	<u>n</u>		edible portion	
				Numbe	r			<u>m</u>	easures of food	_
				of Data	Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	55.19	0.64	5 8		1		167.78		
Energy	kcal	208		0		1		632		
Energy		870				1		2646		
Protein (N x 6.14)	g	13.46	0.59	0 8		1		40.92		
Total lipid (fat)	g	8.15	0.19	3 8		1		24.78		
Ash	g	2.24	0.05	3 8		1		6.81		
Carbohydrate, by difference		20.96		0	NC	4		63.72		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	73	4.80	9 8		1		222		
Iron, Fe		2.57	0.09			1		7.81		
Magnesium, Mg	_	23	0.68	8 8		1		70		
Phosphorus, P	mg	104	4.90	7 8		1		316		
Potassium, K	mg	219	16.34	1 8		1		666		
Sodium, Na		688	18.24			1		2092		
Zinc, Zn	_	2.60	0.32			1		7.90		
Copper, Cu		0.119				1		0.362		
Manganese, Mn		0.200	0.00			1		0.608		
Selenium, Se	mcg	11.0		0	RK	4		33.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.2	0.38	3 8		1		3.6		
Thiamin	mg	0.200	0.04	1 8		1		0.608		
Riboflavin	mg	0.410	0.02	1 8		1		1.246		
Niacin	mg	2.740				1		8.330		
Pantothenic acid	_	0.990				1		3.010		
Vitamin B-6	-	0.120	0.01			1		0.365		
Folate, total		46		0	RK	4		140		
Folic acid		27		0	NC	4 4		82 58		
Folate, foodFolate, DFE		19 65		0	NC	4		58 197		
Vitamin B-12		0.68	0.05		NC	1		2.07		
Vitamin A, IU		320	60.15			1		973		
Vitamin A, RAE		65	00.13	0	NC	4		198		
Retinol		59		0	NC	4		179		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	-									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	3.420)	1		1		10.397		
Fatty acids, total monounsaturated		3.267		1		1		9.932		
Fatty acids, total polyunsaturated		0.732		1		1		2.225		
Fatty acids, total trans	g									
Cholesterol		56		2		1		170		
Phytosterols	<u>mg</u>									
Amino Acids:										
Tryptophan	а	0.162		0		1		0.492		
Threonine		0.495		0		1		1.505		
Isoleucine	_	0.574		0		1		1.745		
Leucine	-	1.032		0		1		3.137		
Lysine		0.920		0		1		2.797		
Methionine		0.289		0		1		0.879		
Cystine		0.147		0		1		0.447		

		Ar	nount in 10	0 grams	of edil	ole portio	<u>n</u>		edible portion	
Nutrients and l	Jnits	Mean	Std. Error		Deriv		Confidence Code	<u>mo</u> Measure 1	Measure 2	Measure 3
Phenylalanine		0.554		0		1		1.684		
Tyrosine		0.436		0		1		1.325		
Valine	g	0.642		0		1		1.952		
Arginine	g	0.756		0		1		2.298		
Histidine	g	0.397		0		1		1.207		
Alanine	g	0.686		0		1		2.085		
Aspartic acid	g	1.054		0		1		3.204		
Glutamic acid	g	2.851		0		1		8.667		
Glycine	g	0.739		0		1		2.247		
Proline	g	0.947		0		1		2.879		
Serine	g	0.574		0		1		1.745		
Hydroxyproline										

Common Measures:

Measure 1 = 304g: 2 pieces

Calories Factors: Protein 4.08 Fat 8.76 Carbohydrate 3.92

Food Group: 21 Fast Foods

		<u>Aı</u>	mount in 100 g	rams	of edib	ole portio	<u>n</u>	Amount in	edible portion	of common
			Nu	mber				<u>m</u> e	easures of food	Ĺ
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	35.63	2.114	10		1		55.23	26.37	
Energy	kcal	312		0		1		484	231	
Energy	kj	1305				1		2023	966	
Protein (N x 5.74)	g	3.38	0.275	10		1		5.24	2.50	
Total lipid (fat)	g	12.87	1.043	10		1		19.95	9.52	
Ash	g	0.85	0.025	10		1		1.32	0.63	
Carbohydrate, by difference	g	47.27		0	NC	4		73.27	34.98	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minanala										
Minerals: Calcium, Ca	ma	21	3.042	10		1		33	16	
Iron, Fe	_	1.45	0.099	10		1		2.25	1.07	
Magnesium, Mg		10	0.730	10		1		16	7	
Phosphorus, P		20	2.218	9		1		31	15	
Potassium, K	-	141	62.419	10		1		219	104	
Sodium, Na		286	29.626	10		1		443	212	
Zinc, Zn		0.54	0.171	10		1		0.84	0.40	
Copper, Cu		0.110	0.014	8		1		0.171	0.081	
Manganese, Mn	mg	0.175	0.006	10		1		0.271	0.130	
Selenium, Se	mcg	9.3		0	RK	4		14.4	6.9	
Vitamins:										
Vitamin C, total ascorbic acid	ma	1.0	0.329	10		1		1.6	0.7	
Thiamin		0.230		10		1		0.357	0.170	
Riboflavin		0.240		10		1		0.372	0.178	
Niacin		2.510		10		1		3.891	1.857	
Pantothenic acid	-	1.280		10		1		1.984	0.947	
Vitamin B-6		0.100	0.048	10		1		0.155	0.074	
Folate, total	_	33		0	RK	4		51	24	
Folic acid		28		0	NC	4		43	21	
Folate, food	mcg	5		0		4		8	4	
Folate, DFE	mcg_DFE	53		0	NC	4		82	39	
Vitamin B-12		0.69	0.090	10		1		1.07	0.51	
Vitamin A, IU		548	165.608	4		1		849	406	
Vitamin A, RAE	mcg_RAE	28		0	NC	4		43	20	
Retinol	mcg	0		0	NC	4		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	riicg									
Lipids:										
Fatty acids, total saturated	g	6.175	;	0		1		9.571	4.570	
4:0	g									
6:0	g									
8:0										
10:0										
12:0										
13:0		0.00	1			-			2 22=	
14:0		0.304	ı	1		1		0.471	0.225	
15:0		3.236	:	1		1		E 016	2 205	
16:0		3.236	,	1		1		5.016	2.395	
17:0 18:0	_	2.635		1		1		4.084	1.950	
20:0	_	2.033	•	-		-		4.004	1.950	
22:0	_									
44.V										

		<u>Ar</u>	mount in 100		of edib	le portio	<u>on</u>		Amount in edible portion of common measures of food		
				lumber		_		<u></u>	sasures or roou		
Nutrients and Unit	:s	Mean	Std. Error P			Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated		4.621		0		1		7.163	3.420		
14:1	-										
15:1											
16:1 undifferentiated	-										
17:1											
18:1 undifferentiated		4.621		1		1		7.163	3.420		
20:1	_										
22:1 undifferentiated	-										
24:1 c	_					_					
Fatty acids, total polyunsaturated		1.426		0		1		2.210	1.055		
18:2 undifferentiated		1.426		1		1		2.210	1.055		
18:3 undifferentiated	•										
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.		5		2		1		8	4		
Phytosterols		3		-		-		Ü	•		
Amino Acids:											
Tryptophan	a	0.041		0		1		0.064	0.030		
Threonine		0.091		0		1		0.141	0.067		
Isoleucine		0.117		0		1		0.181	0.087		
Leucine		0.228		0		1		0.353	0.169		
Lysine	-	0.078		Ö		1		0.121	0.058		
Methionine		0.059		0		1		0.091	0.044		
Cystine		0.071		0		1		0.110	0.053		
Phenylalanine	-	0.167		0		1		0.259	0.124		
Tyrosine		0.100		0		1		0.155	0.074		
Valine		0.135		0		1		0.209	0.100		
Arginine		0.135		0		1		0.209	0.100		
Histidine		0.075		0		1		0.116	0.056		
Alanine		0.108		0		1		0.167	0.080		
Aspartic acid	-	0.168		0		1		0.260	0.124		
Glutamic acid		1.109		0		1		1.719	0.821		
Glycine		0.120		0		1		0.186	0.089		
Proline		0.382		0		1		0.592	0.283		
Serine	-	0.166		0		1		0.257	0.123		
Hydroxyproline											

Common Measures:

Measure 1 = 155g: 1 burrito, large Measure 2 = 74g: 1 burrito, small

Calories Factors: Protein 4 Fat 8.9 Carbohydrate 3.9

Food Group: 21 Fast Foods

NDB No. 21100 Fast foods, cheeseburger, large, double patty, with condiments and vegetables

		<u>Aı</u>	mount in 10	0 gram	s of edil	ole portic	<u>on</u>	Amount in edible portion of common		
				Numbe	r			<u>m</u>	easures of food	<u>i</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Units		Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	51.09	0.9	33 13		1		131.81		
Energy	kcal	273		0		1		704		
Energy	kj	1142				1		2947		
Protein (N x 6.2)		14.72	0.3			1		37.98		
Total lipid (fat)		16.92	0.3			1		43.65		
Ash		1.90	0.0			1		4.90		
Carbohydrate, by difference		15.37		0	NC	4		39.65		
Fiber, total dietary										
Sugars, total										
Starcii	9									
Minerals:								_		
Calcium, Ca	_	93	9.0			1		240		
Iron, Fe.		2.29	0.1			1 1		5.91		
Magnesium, Mg		20 153	0.5 6.3			1		52 395		
Phosphorus, P Potassium, K		231	6.4			1		395 596		
Sodium, Na		445	19.0			1		1148		
Zinc, Zn	-	2.59	0.1			1		6.68		
Copper, Cu		0.080	0.0	04 12		1		0.206		
Manganese, Mn		0.123	}	1		4		0.317		
Selenium, Se	mcg	11.2		0	RK	4		28.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		2		1		1.0		
Thiamin	mg	0.140	0.0	08 14		1		0.361		
Riboflavin		0.190	0.0	10 14		1		0.490		
Niacin	-	2.810				1		7.250		
Pantothenic acid	-	0.330		1		4		0.851		
Vitamin B-6	_	0.160	1	1		4		0.413		
Folate, total		29		0	RK	4 4		75 26		
Folic acidFolate, food		10 19		0	NC	4		26 49		
Folate, DFE		36		0	NC	4		93		
Vitamin B-12		1.32		1		4		3.41		
Vitamin A, IU		135		1		1		348		
Vitamin A, RAE	mcg_RAE	24		0	NC	4		62		
Retinol	mcg	21		0	NC	4		54		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
	3									
Lipids:	~	6.850						17 672		
Fatty acids, total saturated		6.726		1 1		1 1		17.673 17.353		
Fatty acids, total monounsaturated Fatty acids, total polyunsaturated		1.821		1		1		4.698		
Fatty acids, total trans				_		-		1.050		
Cholesterol		55	4.0	28 3		1		142		
Phytosterols	mg									
Amino Acids:										
Tryptophan		0.183		0		1		0.472		
Threonine		0.568		0		1		1.465		
Isoleucine	-	0.627		0		1 1		1.618		
Leucine		1.159 1.126		0		1		2.990 2.905		
Lysine Methionine		0.328		0		1		2.905 0.846		
Cystine		0.320		0		1		0.392		

NDB No. 21100

Fast foods, cheeseburger, large, double patty, with condiments and vegetables

	Amount in	100 grams of edi	ble portion	Amount in	edible portion	of common
Nutrients and Units	Mean Std. Er	Number of Data Deriv ror Points Code	Source Confidence Code Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Phenylalanine 9 Tyrosine 9 Valine 9 Arginine 9 Histidine 9 Alanine 9 Aspartic acid 9 Glutamic acid 9 Glycine 9 Proline 9 Serine 9 Hydroxyproline 9	0.601 0.482 0.731 0.881 0.458 0.815 1.211 2.764 0.900 0.950 0.539	0 0 0 0 0 0 0 0	1 1 1 1 1 1 1 1 1 1	1.551 1.244 1.886 2.273 1.182 2.103 3.124 7.131 2.322 2.451 1.391		

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

Common Measures:

Measure 1 = 258g: 1 sandwich

Calories Factors: Protein 4.2 Fat 8.92 Carbohydrate 3.95

Food Group: 21 Fast Foods

		<u>Aı</u>	mount in 100 g	rams	of edib	ole portio	<u>n</u>	Amount in edible portion of common		
			Nu	ımber	•			m	easures of food	<u> </u>
					Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	52.50	1.027	9		1		114.98		
	_	257	1.027	0		1		563		
Energy		1075		U		1		2355		
Energy			0.510							
Protein (N x 6.2)		12.87	0.513	15		1		28.19		
Total lipid (fat)		15.04	0.422	15		1		32.94		
Ash		2.06	0.068	9		1		4.51		
Carbohydrate, by difference	g	17.53		0	NC	4		38.39		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
of: 1										
<u>Minerals:</u>		•						006		
Calcium, Ca	_	94	8.411	14		1		206		
Iron, Fe		2.13	0.103	14		1		4.66		
Magnesium, Mg		20	0.765	8		1		44		
Phosphorus, P	-	142	8.446	10		1		311		
Potassium, K		203	6.229	14		1		445		
Sodium, Na		506	22.522	15		1		1108		
Zinc, Zn		2.10	0.171	9		1		4.60		
Copper, Cu		0.085		8		1		0.186		
Manganese, Mn		0.142	0.019	3		1		0.311		
Selenium, Se	mcg	17.1		0	RK	4		37.4		
Vitamins:										
Vitamin C, total ascorbic acid	ma	3.6	1.968	8		1		7.9		
Thiamin		0.180		14		1		0.394		
Riboflavin	-	0.210		14		1		0.460		
Niacin		3.370		14		1		7.380		
Pantothenic acid	-	0.330		4		1		0.723		
		0.130		4		1		0.723		
Vitamin B-6	_		0.011							
Folate, total		37		0	RK	4		81		
Folic acid		24		0	NC	4		53		
Folate, food	mcg	13	1.202	3		1		28		
Folate, DFE		54		0	NC	4		118		
Vitamin B-12		1.17	0.033	4		1		2.56		
Vitamin A, IU		280	46.818	9		1		613		
Vitamin A, RAE		64		0	NC	4		140		
Retinol		60		0	NC	4		131		
Vitamin E (alpha-tocopherol)	mg	0.54		0		1		1.18		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
	a	6.867	,	0		1		15 030		
Fatty acids, total saturated				3		1		15.039		
4:0	-	0.139						0.304		
6:0	_	0.155		3		1		0.339		
8:0	_	0.043		3		1		0.094		
10:0	-	0.105		3		1		0.230		
12:0		0.132	?	3		1		0.289		
13:0	_									
14:0	g	0.731	=	3		1		1.601		
15:0	g									
16:0	g	3.353	3	3		1		7.343		
17:0										
18:0		1.877	,	3		1		4.111		
20:0										
22:0	_									
24:0	_									

		<u>Ar</u>	nount in 10		ole portio	<u>n</u>		edible portion o	f common
				Number			<u>m</u>	easures of food	
Nutrients and Uni	its	Mean	Std. Error	of Data Points	 Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	5.758		0	1		12.610		
14:1									
15:1	-			_	_				
16:1 undifferentiated	-	0.588		3	1		1.288		
17:1					_				
18:1 undifferentiated		4.960		3	1		10.862		
20:1	_	0.042		3	1		0.092		
22:1 undifferentiated									
24:1 c	•	2 2		•	_		0.000		
Fatty acids, total polyunsaturated	_	0.925		0	1		2.026		
18:2 undifferentiated		0.716		3	1		1.568		
18:3 undifferentiated		0.178		3	1		0.390		
18:4	-								
20:2 n-6 c,c									
20:3 undifferentiated		0 001		_	1				
20:4 undifferentiated		0.031		3	1		0.068		
20:5 n-3	-								
22:5 n-3									
22:6 n-3	_								
Fatty acids, total trans Cholesterol	-	40	2.6	43 10	1		88		
Phytosterols	-	40	2.0	45 10	-		00		
T ifytosterois	9								
Amino Acids:									
Tryptophan	g	0.162		0	1		0.355		
Threonine	g	0.480		0	1		1.051		
Isoleucine	g	0.548		0	1		1.200		
Leucine	g	1.009		0	1		2.210		
Lysine	g	0.968		0	1		2.120		
Methionine	g	0.284		0	1		0.622		
Cystine	g	0.133		0	1		0.291		
Phenylalanine	g	0.542		0	1		1.187		
Tyrosine	g	0.440		0	1		0.964		
Valine	g	0.648		0	1		1.419		
Arginine	g	0.725		0	1		1.588		
Histidine	g	0.401		0	1		0.878		
Alanine	g	0.652		0	1		1.428		
Aspartic acid	g	1.013		0	1		2.218		
Glutamic acid	g	2.554		0	1		5.593		
Glycine	g	0.702		0	1		1.537		
Proline	g	0.901		0	1		1.973		
Serine	g	0.494		0	1		1.082		
Hydroxyproline	g								

Common Measures:

Measure 1 = 219g: 1 sandwich

Calories Factors: Protein 4.2 Fat 8.92 Carbohydrate 3.95

Food Group: 21 Fast Foods

NDB No. 21099 Fast foods, cheeseburger, large, single patty, with ham, condiments and vegetables

		<u>A</u> :	mount in 10	0 grams	of edil	ole portio	<u>on</u>		edible portion	
				Number				<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	50.05		1		1		127.13		
Energy	kcal	293		0		1		744		
Energy	kj	1226				1		3114		
Protein (N x 6.2)		15.55		2		1		39.50		
Total lipid (fat)		18.97		2		1		48.18		
Ash		2.42		1		4		6.15		
Carbohydrate, by difference		14.83		2		9		37.67		
Fiber, total dietary										
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	mg	119		1		4		302		
Iron, Fe.	-	1.98		1		4		5.03		
Magnesium, Mg	-	20		1		4		51		
Phosphorus, P	mg	209		1		4		531		
Potassium, K	mg	212		1		4		538		
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	674		2		1		1712		
Zinc, Zn		2.61		1		4		6.63		
Copper, Cu		0.097		1		4		0.246		
Manganese, Mn		0.147	•	1		4		0.373		
Selenium, Se	Tricg	12.8		0	RK	4		32.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.9		1		4		7.4		
Thiamin	mg	0.210)	1		4		0.533		
Riboflavin	mg	0.220)	1		4		0.559		
Niacin		3.610)	1		4		9.169		
Pantothenic acid		0.410		1		4		1.041		
Vitamin B-6	-	0.150)	1		4		0.381		
Folate, total		31		0	RK	4		79		
Folic acid		11		0	NC	4		28		
Folate, food		20		0	***	4		51 98		
Folate, DFE		39 1.13		0 1	NC	4 4		98 2.87		
Vitamin B-12 Vitamin A, IU		199		1		4		505		
Vitamin A, RAE		33		0	NC	4		83		
Retinol		27		0	NC	4		69		
Vitamin E (alpha-tocopherol)						_				
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	a	8.317	,	1		1		21.125		
Fatty acids, total monounsaturated		7.429		1		1		18.870		
Fatty acids, total polyunsaturated		1.516		1		1		3.851		
Fatty acids, total trans										
Cholesterol		48		2		1		122		
Phytosterols										
Amino Acids:										
Tryptophan	а	0.196	;	0		1		0.498		
Tryptopnan Threonine		0.196		0		1		1.516		
Isoleucine		0.597		0		1		1.702		
Leucine	-	1.232		0		1		3.129		
Lysine		1.197		0		1		3.040		
Methionine		0.354		0		1		0.899		
Cystine		0.171		0		1		0.434		

NDB No. 21099

Fast foods, cheeseburger, large, single patty, with ham, condiments and vegetables

	Amount in	n 100 grams of e	dible portion	Amount in	edible portion	of common
Nutrients and Units	Mean Std. Er	Number of Data Deri _{Tor} Points Cod	v Source Confidence e Code Code		easures of food Measure 2	Measure 3
Phenylalanineg	0.662	0	1	1.681		
Tyrosineg	0.532	0	1	1.351		
Valine	0.773	0	1	1.963		
Arginine	0.901	0	1	2.289		
Histidineg	0.499	0	1	1.267		
Alanineg	0.810	0	1	2.057		
Aspartic acidg	1.244	0	1	3.160		
Glutamic acidg	2.975	0	1	7.557		
Glycineg	0.850	0	1	2.159		
Prolineg	1.046	0	1	2.657		
Serineg	0.657	0	1	1.669		
Hydroxyprolineg						

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

Common Measures:

Measure 1 = 254g: 1 sandwich

Calories Factors: Protein 4.2 Fat 8.92 Carbohydrate 3.95

Food Group: 21 Fast Foods

		<u>A</u>	mount in 10	00 grams	of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
				Number	•			<u>m</u>	easures of food	<u>l</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Units		Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	43.40		1		1		69.44		
Energy		288		0		1		461		
Energy		1205				1		1928		
Protein (N x 6.2)		13.83		1		1		22.13		
Total lipid (fat)		13.51		1		1		21.62		
Ash	=	1.60		1		1		2.56		
Carbohydrate, by difference		27.66		0	NC	4		44.26		
Fiber, total dietary										
Sugars, total										
Starch										
N#: 1	_									
Minerals: Calcium, Ca	ma	140		1		4		224		
Iron. Fe.	_	2.31		1		4		3.70		
Magnesium, Mg	•	21		1		4		34		
Phosphorus, P	-	211		1		4		338		
Potassium, K		178		1		4		285		
Sodium, Na		557		1		4		891		
Zinc, Zn	-	2.72		1		4		4.35		
Copper, Cu		0.088	3	1		4		0.141		
Manganese, Mn		0.190)	1		4		0.304		
Selenium, Se	mcg	21.3		0	RK	4		34.1		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		1		4		0.0		
Thiamin	-	0.210)	1		4		0.336		
Riboflavin		0.240		1		4		0.384		
Niacin	_	3.760		1		4		6.016		
Pantothenic acid		0.410		1		4		0.656		
Vitamin B-6	-	0.140)	1		4		0.224		
Folate, total	_	44		0	RK	4		70		
Folic acid		21		0	NC	4		34		
Folate, food	mcg	23		0		4		37		
Folate, DFE		59		0	NC	4		94		
Vitamin B-12		1.20		1		4		1.92		
Vitamin A, IU	IU	173		1		4		277		
Vitamin A, RAE		52		0	NC	4		83		
Retinol		52		0	NC	4		83		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
Vitamin K (phylloquinone)	incg									
<u>Lipids:</u>										
Fatty acids, total saturated		5.943		1		1		9.509		
Fatty acids, total monounsaturated		5.208		1		1		8.333		
Fatty acids, total polyunsaturated		1.143	3	1		1		1.829		
Fatty acids, total trans										
Cholesterol	-	50		1		1		80		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.174	Į.	0		1		0.278		
Threonine		0.508	3	0		1		0.813		
Isoleucine		0.589)	0		1		0.942		
Leucine	g	1.086	5	0		1		1.738		
Lysine		1.008	3	0		1		1.613		
Methionine		0.303	3	0		1		0.485		
Cystine	a	0.147	,	0		1		0.235		

	Amount in	n 100 grams of ed	ible portion	Amount in	edible portion	of common
Nutrients and Units	Mean Std. Er	Number of Data Deriv ror Points Code	Source Confidence Code Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Phenylalanine 9 Tyrosine 9 Valine 9 Arginine 9 Histidine 9 Alanine 9 Aspartic acid 9 Glutamic acid 9 Glycine 9 Proline 9 Serine 9	0.591 0.468 0.698 0.769 0.426 0.691 1.046 2.776 0.749 1.012	0 0 0 0 0 0 0 0	1 1 1 1 1 1 1 1 1	0.946 0.749 1.117 1.230 0.682 1.106 1.674 4.442 1.198 1.619 0.867		

Common Measures:

Measure 1 = 160g: 1 sandwich

Calories Factors: Protein 4.2 Fat 8.92 Carbohydrate 3.95

Food Group: 21 Fast Foods

NDB No. 21095
Fast foods, cheeseburger, regular, double patty and bun, with condiments and vegetables

		<u>Aı</u>	mount in 100 g	rams	of edil	ole portio	<u>on</u>	Amount in edible portion of common		
			Nu	mber	•			<u>m</u>	easures of food	<u>l</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	46.56	0.469	13		1		106.16		
Energy		285		0		1		650		
Energy		1192				1		2719		
Protein (N x 6.2)	g	13.04	0.252	10		1		29.73		
Total lipid (fat)	g	15.47	0.395	10		1		35.27		
Ash	g	1.63	0.099	8		1		3.72		
Carbohydrate, by difference	g	23.30		0	NC	4		53.12		
Fiber, total dietary										
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	mg	74	7.980	8		1		169		
Iron, Fe	-	2.07	0.176	8		1		4.72		
Magnesium, Mg		16	1.579	8		1		36		
Phosphorus, P		153	11.545	7		1		349		
Potassium, K	-	171 404	16.193 46.710	6 8		1 1		390 921		
Sodium, NaZinc, Zn	-	1.81	0.194	8		1		4.13		
Copper, Cu		0.071		6		1		0.162		
Manganese, Mn	-	0.120		5		1		0.274		
Selenium, Se		17.3		0	RK	4		39.4		
Vitamina										
Vitamins: Vitamin C, total ascorbic acid	ma	1.2	0.075	5		1		2.7		
Thiamin		0.250		7		1		0.570		
Riboflavin	-	0.190		7		1		0.433		
Niacin	-	3.660		7		1		8.345		
Pantothenic acid	-	0.280	0.094	4		1		0.638		
Vitamin B-6	mg	0.120	0.007	7		1		0.274		
Folate, total	mcg	40		0	RK	4		91		
Folic acid		25		0	NC	4		57		
Folate, food		15	1.795	9		1		34		
Folate, DFE		58		0	NC	4		131		
Vitamin B-12		0.91 163	0.040 31.822	5 5		1 1		2.07 372		
Vitamin A, IU Vitamin A, RAE	mca PAF	34	31.822	0	NC	4		78		
Retinol		31		0	NC	4		76 71		
Vitamin E (alpha-tocopherol)		0.87		0		1		1.98		
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
<u>Lipids:</u>										
Fatty acids, total saturated	g	5.600	1	0		1		12.768		
4:0										
6:0		0.102		5		1		0.233		
8:0	-	0.028		5		1		0.064		
10:0	-	0.040		5		1		0.091		
12:0		0.060	•	5		1		0.137		
13:0 14:0	-	0.447	,	5		1		1.019		
15:0		0.44/		3		1		1.019		
16:0		3.034		5		1		6.918		
17:0		5.054		-		-		3.510		
18:0		1.641		5		1		3.741		
20:0										
22:0										
24:0	g									

	<u>Aı</u>	mount in 100 grams		Amount in edible portion of common measures of food			
		Number			<u> </u>	easures of 1000	
Nutrients and Units	Mean	of Data Std. Error Points	Deriv Sourc		Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	5.543	0	1		12.638		
14:1							
15:1g							
16:1 undifferentiatedg	0.457	5	1		1.042		
17:1g							
18:1 undifferentiatedg	4.931	5	1		11.243		
20:1g	0.043	5	1		0.098		
22:1 undifferentiatedg							
24:1 cg							
Fatty acids, total polyunsaturatedg	2.792	0	1		6.366		
18:2 undifferentiatedg	2.465	5	1		5.620		
18:3 undifferentiatedg	0.285	5	1		0.650		
18:4g							
20:2 n-6 c,cg							
20:3 undifferentiatedg							
20:4 undifferentiatedg	0.043	5	1		0.098		
20:5 n-3g							
22:5 n-3g							
22:6 n-3g							
Fatty acids, total transg							
Cholesterolmg	41	0.402 4	1		93		
Phytosterolsmg							
Amino Acids:							
Tryptophang	0.164	0	1		0.374		
Threonineg	0.482	0	1		1.099		
Isoleucineg	0.558	0	1		1.272		
Leucineg	1.023	0	1		2.332		
Lysineg	0.949	0	1		2.164		
Methionineg	0.286	0	1		0.652		
Cystineg	0.139	0	1		0.317		
Phenylalanineg	0.558	0	1		1.272		
Tyrosineg	0.440		1		1.003		
Valineg	0.661		1		1.507		
Arginineg	0.728		1		1.660		
Histidineg	0.402		1		0.917		
Alanineg	0.652		1		1.487		
Aspartic acidg	0.989		1		2.255		
Glutamic acidg	2.615		1		5.962		
Glycineg	0.705		1		1.607		
Prolineg	0.949		1		2.164		
Serineg	0.511	0	1		1.165		
Hydroxyprolineg							

Common Measures:

Measure 1 = 228g: 1 sandwich

Calories Factors: Protein 4.2 Fat 8.92 Carbohydrate 3.95

Food Group: 21 Fast Foods

		<u>A</u>	mount in 100 g	rams	Amount in edible portion of common					
			Nu	ımber				measures of food		
				Data	Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	42.37	0.991	3		1		65.67		
Energy	-	295	****	0		1		457		
Energy		1234		·		1		1913		
Protein (N x 6.2)		17.85		1		1		27.67		
Total lipid (fat)		18.37	0.999	4		1		28.47		
Ash		2.39	0.555	1		4		3.70		
Carbohydrate, by difference		14.23		0	NC	4		22.06		
Fiber, total dietary		14.23		U	NC	-		22.00		
Sugars, total										
9 ,										
Starch	9									
<u>Minerals:</u>										
Calcium, Ca	mg	150		1		4		233		
Iron, Fe	mg	2.20		1		4		3.41		
Magnesium, Mg	mg	21		1		4		33		
Phosphorus, P	mg	241		1		4		374		
Potassium, K	mg	199		1		4		308		
Sodium, Na	mg	410		1		1		636		
Zinc, Zn	mg	3.20		1		4		4.96		
Copper, Cu	mg	0.084	l	1		4		0.130		
Manganese, Mn	mg	0.151	L	1		4		0.234		
Selenium, Se	mcg	20.7		0	RK	4		32.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0		
Thiamin		0.160)	1		4		0.248		
Riboflavin	_	0.240)	1		4		0.372		
Niacin		3.880)	1		4		6.014		
Pantothenic acid	_	0.400)	1		4		0.620		
Vitamin B-6		0.160)	1		4		0.248		
Folate, total	-	44		0	RK	4		68		
Folic acid		25		0	NC	4		39		
Folate, food		19		0		4		29		
Folate, DFE	mcg DFE	62		0	NC	4		95		
Vitamin B-12		1.49		1		4		2.31		
Vitamin A, IU		214		1		4		332		
Vitamin A, RAE		64		0	NC	4		99		
Retinol		64		0	NC	4		99		
Vitamin E (alpha-tocopherol)		0.77		0		1		1.19		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	а	8.385	5	1		1		12.997		
Fatty acids, total monounsaturated		7.102		1		1		11.008		
Fatty acids, total polyunsaturated	-	1.235		1		1		1.914		
Fatty acids, total trans				_		-				
Cholesterol		71	9.588	4		1		110		
Phytosterols	-							•		
Amino Acids:										
Tryptophan		0.227		0		1		0.352		
Threonine		0.676		0		1		1.048		
Isoleucine	g	0.769		0		1		1.192		
Leucine	g	1.428		0		1		2.213		
Lysine	g	1.393		0		1		2.159		
Methionine	g	0.406	5	0		1		0.629		
Cystine	a	0.178	3	0		1		0.276		

	<u>Amount</u>	in 100 grams of ed	ible portion	Amount in edible portion of common		
		Number	measures of food			
Nutrients and Units	Mean Std. E	of Data Deri	V Source Confidence e Code Code	Measure 1	Measure 2	Measure 3
Phenylalanineg	0.754	0	1	1.169		
Tyrosineg Valineg	0.627 0.910	0 0	1 1	0.972 1.411		
Arginine	1.028 0.573	0 0	1 1	1.593 0.888		
Alanine	0.924	0	1 1	1.432		
Glutamic acid	3.405 1.002	0	1	5.278 1.553		
Proline	1.252 0.682	0	1	1.941 1.057		

Common Measures:

Measure 1 = 155g: 1 sandwich

Calories Factors: Protein 4.2 Fat 8.92 Carbohydrate 3.95

Food Group: 21 Fast Foods

		<u>A</u> 1	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>	
				of Data	Deriv	Source	Confidence				
Nutrients and Units	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	51.20		1		1		84.99			
Energy	kcal	251		0		1		417			
Energy	kj	1050				1		1743			
Protein (N x 6.2)	g	12.80		1		1		21.25			
Total lipid (fat)	g	12.70		1		1		21.08			
Ash		2.10		1		1		3.49			
Carbohydrate, by difference	g	21.20		0	NC	4		35.19			
Fiber, total dietary	g										
Sugars, total	g										
Starch	g										
Minopole											
Minerals: Calcium, Ca	ma	103		1		1		171			
Iron, Fe	-	2.06		1		1		3.42			
Magnesium, Mg	_	18		1		1		30			
Phosphorus, P		146		1		1		242			
Potassium, K		202		1		1		335			
Sodium, Na		633		1		1		1051			
Zinc, Zn	mg	2.10		1		1		3.49			
Copper, Cu	mg	0.090)	1		1		0.149			
Manganese, Mn	mg	0.180)	1		1		0.299			
Selenium, Se	mcg	14.2		0	RK	4		23.6			
Vitamins:											
Vitamin C, total ascorbic acid	ma	1.0		1		1		1.7			
Thiamin	-	0.210)	1		1		0.349			
Riboflavin		0.170		1		1		0.282			
Niacin	-	4.850		1		1		8.051			
Pantothenic acid	_	0.260		1		1		0.432			
Vitamin B-6	_	0.110)	1		1		0.183			
Folate, total	-	37		0	RK	4		61			
Folic acid		23		0	NC	4		38			
Folate, food	mcg	14		1		1		23			
Folate, DFE	mcg_DFE	53		0	NC	4		88			
Vitamin B-12	mcg	1.16		1		1		1.93			
Vitamin A, IU	IU	240		1		1		398			
Vitamin A, RAE		43		0	NC	4		71			
Retinol	mcg	37		0	NC	4		61			
Vitamin E (alpha-tocopherol)	_										
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D Vitamin K (phylloquinone)											
v italiili K (phylioquinone)	inog										
<u>Lipids:</u>											
Fatty acids, total saturated	-	5.251		1		1		8.717			
Fatty acids, total monounsaturated		4.704		1		1		7.809			
Fatty acids, total polyunsaturated		1.601		1		1		2.658			
Fatty acids, total trans	-										
Cholesterol		36		1		1		60			
Phytosterols	mg										
Amino Acids:											
Tryptophan	g	0.161		0		1		0.267			
Threonine		0.483		0		1		0.802			
Isoleucine	-	0.549		0		1		0.911			
Leucine	-	1.013		0		1		1.682			
Lysine		0.989		0		1		1.642			
Methionine		0.287	1	0		1		0.476			
Cystine		0.128		0		1		0.212			

NDB No. 21093

Fast foods, cheeseburger, regular, double patty, with condiments and vegetables

	Amo	unt in 100 grams	Amount in edible portion of common				
Nutrients and Units	Mean St	Number of Data td. Error Points	Deriv Source	Confidence Code	measure 1	easures of food Measure 2	Measure 3
Phenylalanineg	0.539	0	1		0.895		
Tyrosineg	0.444	0	1		0.737		
Valineg	0.648	0	1		1.076		
Arginineg	0.731	0	1		1.213		
Histidineg	0.407	0	1		0.676		
Alanineg	0.658	0	1		1.092		
Aspartic acidg	1.018	0	1		1.690		
Glutamic acidg	2.475	0	1		4.109		
Glycineg	0.710	0	1		1.179		
Prolineg	0.883	0	1		1.466		
Serineg	0.487	0	1		0.808		
Hydroxyprolineg							

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

Common Measures:

Measure 1 = 166g: 1 sandwich

Calories Factors: Protein 4.2 Fat 8.92 Carbohydrate 3.95

Food Group: 21 Fast Foods

		<u>Aı</u>	mount in 100 g		<u>n</u>	Amount in edible portion of common				
			Nu	mber				<u>m</u>	easures of food	_
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	47.66	0.623	41		1		53.86		
Energy	kcal	261		0		1		295		
Energy	kj	1092				1		1234		
Protein (N x 6.11)	g	14.12	0.326	33		1		15.96		
Total lipid (fat)	g	12.52	0.430	26		1		14.15		
Ash	g	2.22	0.082	21		1		2.51		
Carbohydrate, by difference	g	23.48		0	NC	4		26.53		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Vimerais: Calcium, Ca	ma	98	7.967	23		1		111		
Iron, Fe	_	2.15	0.112	23		1		2.43		
Magnesium, Mg	_	18	0.992	19		1		20		
Phosphorus, P		156	7.239	21		1		176		
Potassium, K		197	7.379	19		1		223		
Sodium, Na	_	545	32.896	23		1		616		
Zinc, Zn	mg	1.85	0.100	19		1		2.09		
Copper, Cu	mg	0.089	0.011	18		1		0.101		
Manganese, Mn	mg	0.156	0.018	9		1		0.176		
Selenium, Se	mcg	17.5		0	RK	4		19.8		
Vitamins:										
Vitamin C, total ascorbic acid	ma	1.7	0.472	7		1		1.9		
Thiamin	_	0.220		16		1		0.249		
Riboflavin	-	0.200		16		1		0.226		
Niacin		3.290		16		1		3.718		
Pantothenic acid	_	0.280		4		1		0.316		
Vitamin B-6	_	0.100		4		1		0.113		
Folate, total	_	48		0	RK	4		54		
Folic acid		32		0	NC	4		36		
Folate, food		16	1.086	15		1		18		
Folate, DFE		70		0	NC	4		80		
Vitamin B-12		0.83	0.021	4		1		0.94		
Vitamin A, IU		409	65.462	8		1		462		
Vitamin A, RAE		76		0	NC	4		85		
Retinol	mcg	66		0	NC	4		75		
Vitamin E (alpha-tocopherol)	mg	0.47		0		1		0.53		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D.										
Vitamin K (phylloquinone)	mcg									
<u>Lipids:</u>										
Fatty acids, total saturated	g	5.582	2	0		1		6.308		
4:0										
6:0	g	0.084	l	3		1		0.095		
8:0		0.042	<u> </u>	3		1		0.047		
10:0	g	0.098	3	3		1		0.111		
12:0	g	0.118	3	3		1		0.133		
13:0	g									
14:0	g	0.616	5	3		1		0.696		
15:0										
16:0		2.823	3	3		1		3.190		
17:0										
18:0		1.552	2	3		1		1.754		
20:0	g									
22:0	n									

	<u>A</u> 1	nount in 100 grams		Amount in edible portion of common			
		Number			<u>m</u>	easures of food	
Nutrients and Units	Mean	of Data Std. Error Points	Deriv Source Code Code		Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	4.732	0	1		5.347		
14:1							
15:1g							
16:1 undifferentiatedg	0.471	3	1		0.532		
17:1g							
18:1 undifferentiatedg	4.098	3	1		4.631		
20:1g	0.037	3	1		0.042		
22:1 undifferentiatedg							
24:1 cg							
Fatty acids, total polyunsaturatedg	0.965	0	1		1.090		
18:2 undifferentiatedg	0.782	3	1		0.884		
18:3 undifferentiatedg	0.163	3	1		0.184		
18:4g							
20:2 n-6 c,cg							
20:3 undifferentiatedg							
20:4 undifferentiatedg	0.021	3	1		0.024		
20:5 n-3g							
22:5 n-3g							
22:6 n-3g							
Fatty acids, total trans							
Cholesterolmg	33	1.991 7	1		37		
Phytosterols mg							
Amino Acids:							
Tryptophang	0.178	0	1		0.201		
Threonineg	0.511	0	1		0.577		
Isoleucineg	0.601	0	1		0.679		
Leucineg	1.103	0	1		1.246		
Lysineg	0.971	0	1		1.097		
Methionineg	0.303	0	1		0.342		
Cystineg	0.162		1		0.183		
Phenylalanineg	0.617	0	1		0.697		
Tyrosineg	0.469	0	1		0.530		
Valineg	0.719	0	1		0.812		
Arginineg	0.765	0	1		0.864		
Histidineg	0.425	0	1		0.480		
Alanineg	0.682	0	1		0.771		
Aspartic acidg	1.040	0	1		1.175		
Glutamic acid	3.033	0	1		3.427		
Glycineg	0.735	0	1		0.831		
Prolineg	1.096	0	1		1.238		
Serine	0.576	0	1		0.651		
Hydroxyprolineg							

Common Measures:

Measure 1 = 113g: 1 sandwich

Calories Factors: Protein 4.12 Fat 8.8 Carbohydrate 3.95

Food Group: 21 Fast Foods

		<u>A</u> 1	mount in 10	0 grams	<u>n</u>	Amount in edible portion of common				
				Number	•			<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	55.20		1		1		85.01		
Energy	kcal	233		0		1		359		
Energy	kj	975				1		1501		
Protein (N x 6.11)	g	11.58		2		1		17.83		
Total lipid (fat)	g	12.85		2		1		19.79		
Ash	g	2.10		1		1		3.23		
Carbohydrate, by difference	g	18.27		0	NC	4		28.14		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:	ma	110		1		4		102		
Calcium, Ca	-	118 1.72		1 1		1 1		182 2.65		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	1.72		1		1		2.65		
Magnesium, Mg Phosphorus, P		140		1		1		26 216		
Potassium, K	-	149		1		1		229		
Sodium, Na	-	634		2		1		976		
Zinc, Zn	_	1.70		1		1		2.62		
Copper, Cu		0.080	1	1		1		0.123		
Manganese, Mn.		0.190		1		1		0.293		
Selenium, Se		13.3	,	0	RK	4		20.5		
·						=				
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid	_	1.5		1		1		2.3		
Thiamin	_	0.210		1		1		0.323		
Riboflavin		0.150		1		1		0.231		
Niacin		4.140		1		1		6.376		
Pantothenic acid	-	0.220		1		1		0.339		
Vitamin B-6	-	0.100)	1		1		0.154		
Folate, total		42		0	RK	4		65		
Folic acid		28		0	NC	4		43		
Folate, food		14		1		1		22		
Folate, DFE		62		0	NC	4		95		
Vitamin B-12		0.80		1		1		1.23		
Vitamin A, IU		280		1		1		431		
Vitamin A, RAE		53		0	NC	4		82		
Retinol		47		0	NC	4		72		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
vitamini K (phynodumone)	9									
<u> Lipids:</u>										
Fatty acids, total saturated		5.966	5	0		1		9.188		
4:0										
6:0	-									
8:0										
10:0		0.119	2	1		1		0 100		
12:0		0.119	7	1		T		0.183		
13:0		0 71	•	-		1		1 100		
14:0		0.716	,	1		T		1.103		
15:0	-	2 000	2	1		1		4 FO4		
16:0	-	2.983	,	T		T		4.594		
17:0	-	1.790	1	1		1		2 757		
18:0	-	1.790	,	1		1		2.757		
20:0	-									
22:0	g g									

	<u>Aı</u>	mount in 100 gra	ms of edi	Amount in edible portion of common				
		Num	ber			<u>m</u>	easures of food	
Nutrients and Units	Mean	of D Std. Error Poir			Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	4.654		0	1		7.167		
14:1g								
15:1g	0.477			1		0 725		
16:1 undifferentiatedg	0.477		1	1		0.735		
17:1g	4.176		1	1		6 421		
18:1 undifferentiated	4.176		1	1		6.431		
20:1								
22:1 undifferentiated								
24:1 c	0.955		0	1		1 471		
Fatty acids, total polyunsaturated9	0.955		0 1	1		1.471 0.919		
18:2 undifferentiated	0.597		1 1	1				
18:3 undifferentiated	0.358		1	1		0.551		
18:4g								
20:2 n-6 c,c								
-								
20:4 undifferentiated								
20.5 n-3g								
22:6 n-3g								
Fatty acids, total trans								
Cholesterolg	34		2	1		52		
Phytosterolsmg	34		_	-		32		
Amino Acids:								
	0.146		0	1		0.225		
Tryptophan	0.146		0	1		0.225		
	0.419		0	1		0.645		
Isoleucine	0.493		0	1		1.388		
Leucineg	0.901		0	1		1.388		
Lysineg	0.794		0	1		0.379		
Methionineg	0.246		0	1		0.202		
Cystine	0.131		0	1		0.202		
Phenylalanine	0.383		0	1		0.779		
Tyrosine	0.588		0	1		0.906		
Valine	0.588		0	1		0.964		
Arginine			0	1				
Histidine	0.349 0.557		0	1		0.537 0.858		
Alanine	0.557		0	1		1.329		
Aspartic acid	2.503		0	1		3.855		
Glutamic acid	0.601		0	1		0.926		
Prolineg	0.801		0	1		1.372		
Serine	0.891		0	1		0.727		
	0.4/2		U	_		0.727		
Hydroxyproline								

Common Measures:

Measure 1 = 154g: 1 sandwich

Calories Factors: Protein 4.12 Fat 8.8 Carbohydrate 3.95

Food Group: 21 Fast Foods

		<u>A</u> :	mount in 10	00 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common		
				Number	•			<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Units	5	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		54.10		1		1		164.46		
Energy	kcal	262		0		1		796		
Energy	kj	1096				1		3332		
Protein (N x 6.2)	g	18.44		2		1		56.06		
Total lipid (fat)	g	16.76		2		1		50.95		
Ash	g	1.91		1		1		5.81		
Carbohydrate, by difference	g	8.78		0	NC	4		26.69		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:		66		_		_		000		
Calcium, Ca	_	93		1		1		283		
Iron, Fe.	-	2.73		1		1		8.30		
Magnesium, Mg	_	20		1		4		61		
Phosphorus, P	_	178		1		1		541		
Potassium, K		270		1		1		821		
Sodium, Na		399		2		1		1213		
Zinc, Zn		3.58		1		1		10.88		
Copper, Cu		0.085		1		4		0.258		
Manganese, Mn		0.116	•	1		4		0.353		
Selenium, Se	mcg	8.4		0	RK	4		25.5		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.9		1		1		2.7		
Thiamin	_	0.200	1	1		1		0.608		
Riboflavin	-	0.210		1		1		0.638		
Niacin		3.770		1		1		11.461		
Pantothenic acid	_	0.380		1		4		1.155		
Vitamin B-6	-	0.200		1		4		0.608		
Folate, total		23		0	RK	4		70		
Folic acid		6		0	NC	4		18		
Folate, food		17		0		4		52		
Folate, DFE		27		0	NC	4		83		
Vitamin B-12		1.94		1	110	4		5.90		
Vitamin A, IU		118		1		1		359		
Vitamin A, RAE		35		0	NC	4		106		
Retinol		35		0	NC	4		106		
Vitamin E (alpha-tocopherol)		33		Ū	NC	-		100		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
vitamini K (pirynoquinone)										
<u> </u>										
Fatty acids, total saturated	g	7.140		1		1		21.706		
Fatty acids, total monounsaturated	g	7.080)	1		1		21.523		
Fatty acids, total polyunsaturated	g	1.037	1	1		1		3.152		
Fatty acids, total trans	g									
Cholesterol	mg	53		2		1		161		
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.229	1	0		1		0.696		
Threonine		0.732		0		1		2.225		
Isoleucine		0.732		0		1		2.225		
	_	1.469		0		1		2.405 4.466		
Leucine				0		1				
Lysine		1.454				1		4.420		
Methionine		0.419		0				1.274		
Cystine	9	0.187	,	0		1		0.568		

	Amount	in 100 grams of ed	Amount in edible portion of common			
Nutrients and Units	Mean Std. E	Number of Data Deri rror Points Cod	v Source Confidence e Code Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Phenylalanineg	0.744	0	1	2.262		
Tyrosineg	0.601	0	1	1.827		
Valineg	0.916	0	1	2.785		
Arginineg	1.148	0	1	3.490		
Histidineg	0.580	0	1	1.763		
Alanineg	1.077	0	1	3.274		
Aspartic acidg	1.556	0	1	4.730		
Glutamic acidg	3.290	0	1	10.002		
Glycineg	1.202	0	1	3.654		
Prolineg	1.133	0	1	3.444		
Serineg	0.753	0	1	2.289		
Hydroxyproline						

Common Measures:

Measure 1 = 304g: 1 sandwich

Calories Factors: Protein 4.2 Fat 8.92 Carbohydrate 3.95

Food Group: 21 Fast Foods

Nutrients and Units Proximates: Water	cal j l	Mean 47.31 283 1184 13.25 16.18	of Std. Error Po		Deriv	Source Code	Confidence Code	Measure 1	easures of food Measure 2	<u>l</u> Measure :
Proximates: Section Water C. Energy Je Protein (N x 6.15) C. Total lipid (fat) C. Ash C. Carbohydrate, by difference C. Fiber, total dietary C. Sugars, total C. Starch C. Minerals: Iron, Fe r Magnesium, Ca r r Iron, Fe r r Magnesium, Mg r r Phosphorus, P r r Potassium, K r r Sodium, Na r r Zinc, Zn r r Copper, Cu r r Manganese, Mn r r Vitamins: Vitamin C, total ascorbic acid r Thiamin r r Riboflavin r r Pantothenic acid r r Vitamin B-6 r r	cal j l	47.31 283 1184 13.25 16.18	0.772	oints 27				Measure 1	Measure 2	Measure 3
Proximates: Section Water C. Energy Je Protein (N x 6.15) C. Total lipid (fat) C. Ash C. Carbohydrate, by difference C. Fiber, total dietary C. Sugars, total C. Starch C. Minerals: Iron, Fe r Magnesium, Ca r r Iron, Fe r r Magnesium, Mg r r Phosphorus, P r r Potassium, K r r Sodium, Na r r Zinc, Zn r r Copper, Cu r r Manganese, Mn r r Vitamins: Vitamin C, total ascorbic acid r Thiamin r r Riboflavin r r Pantothenic acid r r Vitamin B-6 r r	cal j l	47.31 283 1184 13.25 16.18	0.772	27	Code	Code	Code	Measure 1	Measure 2	Measure 3
Water	cal j l	283 1184 13.25 16.18								
Energy	cal j l	283 1184 13.25 16.18								
Energy	j - 	1184 13.25 16.18		^		1		86.10		
Protein (N x 6.15)	 	13.25 16.18		U		1		515		
Total lipid (fat)	 	16.18				1		2155		
Ash	l I		0.538	20		1		24.12		
Carbohydrate, by difference	I		0.891	13		1		29.45		
Fiber, total dietary		2.00		1		1		3.64		
Sugars, total	l	21.26		0	NC	4		38.69		
Starch C Minerals: Calcium, Ca										
Minerals: Calcium, Ca										
Calcium, Ca										
Calcium, Ca										
Iron, Fe	na	33	4.937	11		1		60		
Magnesium, Mg	_	2.57	0.441	12		1		4.68		
Phosphorus, P	_	19	2.331	12		1		35		
Potassium, K		128	9.120	12		1		233		
Sodium, Na	-	194	15.630	9		1		353		
Zinc, Zn	-	526	50.378	14		1		957		
Manganese, Mn	ng	1.03	0.179	11		1		1.87		
Selenium, Se r Vitamins: r Vitamin C, total ascorbic acid r Thiamin r Riboflavin r Niacin r Pantothenic acid r Vitamin B-6 r	ng	0.127	0.030	9		1		0.231		
Vitamins:	ng	0.260	0.038	10		1		0.473		
Vitamin C, total ascorbic acid. r Thiamin. r Riboflavin. r Niacin. r Pantothenic acid. r Vitamin B-6. r	ncg	22.2		0	RK	4		40.4		
Vitamin C, total ascorbic acid. r Thiamin. r Riboflavin. r Niacin. r Pantothenic acid. r Vitamin B-6. r										
Thiamin r Riboflavin r Niacin r Pantothenic acid r Vitamin B-6 r	na	4.9		1		1		8.9		
Riboflavinr Niacinr Pantothenic acidr Vitamin B-6r	_	0.180	0.026	3		1		0.328		
Niacinr Pantothenic acidr Vitamin B-6r	-	0.130		3		1		0.237		
Pantothenic acidr Vitamin B-6r		3.740		3		1		6.807		
Vitamin B-6r	_	0.330		2		1		0.601		
	-	0.110		2		1		0.200		
	-	55		0	RK	4		100		
Folic acidr		39		0	NC	4		71		
Folate, foodr		16	1.755	14		1		29		
Folate, DFEr		82		0	NC	4		150		
Vitamin B-12r		0.21		2		1		0.38		
Vitamin A, IUl		55		1		1		100		
Vitamin A, RAEr		17		0	NC	4		31		
Retinolr		17		0	NC	4		31		
Vitamin E (alpha-tocopherol)r	ng									
Tocopherol, betar	ng									
Tocopherol, gammar										
Tocopherol, deltar										
Vitamin DI										
Vitamin K (phylloquinone)r	ncg									
Lipids:										
Fatty acids, total saturated		4.685		0		1		8.527		
4:0										
6:0										
8:0	1									
10:0		0.003		1		1		0.005		
12:0		0.006		1		1		0.011		
13:0										
14:0		0.160		1		1		0.291		
15:0										
16:0		3.018		1		1		5.493		
17:0										
18:0		1.408		1		1		2.563		
20:0										
22:09										

		<u>Ar</u>	nount in 100			<u>n</u>		edible portion o	f common	
			!	Number				<u>m</u>	easures of food	
Nutrients and Uni	ts	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	5.720		0		1		10.410		
14:1	g									
15:1	g									
16:1 undifferentiated	-	0.541		1		1		0.985		
17:1										
18:1 undifferentiated		5.128		1		1		9.333		
20:1	-									
22:1 undifferentiated										
24:1 c	-			•						
Fatty acids, total polyunsaturated		4.606		0 1		1 1		8.383		
18:2 undifferentiated	-	4.000 0.527		1		1		7.280		
18:3 undifferentiated		0.527		1		1		0.959		
18:4	-									
20:2 n-6 c,c 20:3 undifferentiated										
20:4 undifferentiated		0.079		1		1		0.144		
20:5 n-3		0.073		-		-		0.144		
22:5 n-3										
22:6 n-3	-									
Fatty acids, total trans										
Cholesterol	-	33	2.33	9 7		1		60		
Phytosterols	_									
Amino Acids:										
	0	0.155		0		1		0.282		
Tryptophan Threonine		0.133		0		1		0.282		
Isoleucine		0.525		0		1		1.212		
Leucine	-	0.000		0		1		1.780		
Lysine	-	0.958		0		1		1.744		
Methionine		0.334		0		1		0.608		
Cystine		0.183		0		1		0.333		
Phenylalanine		0.554		0		1		1.008		
Tyrosine		0.418		0		1		0.761		
Valine	-	0.659		0		1		1.199		
Arginine	-	0.743		0		1		1.352		
Histidine		0.383		0		1		0.697		
Alanine	•	0.670		0		1		1.219		
Aspartic acid	g	1.077		0		1		1.960		
Glutamic acid		2.440		0		1		4.441		
Glycine	g	0.622		0		1		1.132		
Proline		0.732		0		1		1.332		
Serine	g	0.504		0		1		0.917		
Hydroxyproline	g									

Common Measures:

Measure 1 = 182g: 1 sandwich

Calories Factors: Protein 4.18 Fat 8.88 Carbohydrate 3.95

Food Group: 21 Fast Foods

		<u>A</u> :	mount in 10	00 grams	of edil	ole portio	<u>n</u>		edible portion	
				Number	r			<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Units	5	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	_	46.01		1		4		104.90		
Energy		277		0		1		632		
Energy	kj	1159				1		2642		
Protein (N x 6.17)	g	12.90		2		1		29.41		
Total lipid (fat)	g	17.00		2		1		38.76		
Ash	g	2.10		1		4		4.79		
Carbohydrate, by difference	g	18.24		2		9		41.59		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:	ma	110		_				050		
Calcium, Ca	-	113		1		4		258		
Iron, Fe	-	1.59		1		4		3.63		
Magnesium, Mg	-	19		1		4		43		
Phosphorus, P	-	178		1 1		4		406		
Potassium, K		146		2		4		333		
Sodium, Na		543		1		1 4		1238 2.90		
Zinc, Zn		1.27 0.075		1		4		2.90 0.171		
Copper, Cu		0.075		1		4		0.171		
Manganese, Mn		21.1	'	0	RK	4		48.1		
Selenium, Se	Tricg	21.1		U	KK	4		40.1		
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	1.3		1		4		3.0		
Thiamin	mg	0.180)	1		4		0.410		
Riboflavin	mg	0.200)	1		4		0.456		
Niacin	mg	3.980)	1		4		9.074		
Pantothenic acid	mg	0.590)	1		4		1.345		
Vitamin B-6	mg	0.180)	1		4		0.410		
Folate, total	mcg	48		0	RK	4		109		
Folic acid		28		0	NC	4		64		
Folate, food	mcg	20		0		4		46		
Folate, DFE	mcg_DFE	68		0	NC	4		154		
Vitamin B-12		0.20		1		4		0.46		
Vitamin A, IU	IU	272		1		4		620		
Vitamin A, RAE		72		0	NC	4		164		
Retinol	mcg	70		0	NC	4		160		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
	a	5.460	1	1		1		12.449		
Fatty acids, total saturated Fatty acids, total monounsaturated		5.460		1		1		13.650		
		4.363		1		1		9.948		
Fatty acids, total polyunsaturated Fatty acids, total trans		4.503	•	1		1		3.340		
Cholesterol	_	34		2		1		78		
Phytosterols	-	34		2		1		70		
-										
Amino Acids:										
Tryptophan		0.152		0		1		0.347		
Threonine		0.474		0		1		1.081		
Isoleucine	_	0.601		0		1		1.370		
Leucine		0.955		0		1		2.177		
Lysine	g	0.924		0		1		2.107		
Methionine	g	0.308	3	0		1		0.702		
Cystine	g	0.168	3	0		1		0.383		

	Amou	nt in 100 grams of	<u>n</u>	Amount in edible portion of common			
		Number			m	easures of food	•
Nutrients and Units	Mean Sto	of Data D I. Error Points C	eriv Source ode Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanineg	0.553	0	1		1.261		
Tyrosine	0.441 0.647	0 0	1 1		1.005 1.475		
Arginine	0.695 0.376	0 0	1 1		1.585 0.857		
Alanine	0.607 0.978	0 0	1 1		1.384 2.230		
Glutamic acid	2.469 0.649	0 0	1 1		5.629 1.480		
Proline 9 Serine 9 Hydroxyproline 9	0.903 0.526	0 0	1 1		2.059 1.199		

Common Measures:

Measure 1 = 228g: 1 sandwich

Calories Factors: Protein 4.19 Fat 8.9 Carbohydrate 3.94

Food Group: 21 Fast Foods

NDB No. 21229
Fast foods, chicken, breaded and fried, boneless pieces, plain

nuggets Refuse: 0%

		<u>n</u>	Amount in	edible portion	of common					
			Nu	mbei	r			m	easures of food	
					Deriv	Source	Confidence			
Nutrients and Units	5	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	47.08	0.632	4	A	1		45.20	30.13	75.34
Energy	kcal	297		0	NC	4		285	190	475
Energy	kj	1243		0	NC	4		1193	795	1988
Protein		15.59	0.469	4	A	1		14.96	9.98	24.94
Total lipid (fat)	g	18.82	0.453	4	A	1		18.07	12.05	30.12
Ash	g	2.19	0.048	4	A	1		2.10	1.40	3.50
Carbohydrate, by difference	g	16.32		0	NC	4		15.66	10.44	26.10
Fiber, total dietary	g	0.9	0.026	4	A	1		0.9	0.6	1.5
Sugars, total		0.88		0	NR	4		0.84	0.56	1.40
Sucrose	g	0.15	0.000	4	A	1		0.14	0.10	0.24
Glucose (dextrose)	g	0.15	0.000	4	A	1		0.14	0.10	0.24
Fructose	g	0.15	0.000	4	A	1		0.14	0.10	0.24
Lactose	g	0.15	0.000	4	A	1		0.14	0.10	0.24
Maltose	g	0.28	0.075	4	A	1		0.27	0.18	0.45
Galactose										
Starch										
Minerals:										
Calcium, Ca	ma	14	0.165	4	A	1		14	9	23
Iron, Fe	_	0.83	0.105	4	A	1		0.80	0.53	1.33
Magnesium, Mg		25	0.033	4	A	1		24	16	40
Phosphorus, P		289	9.170	4	A	1		277	185	462
Potassium, K		261	2.799	4	A	1		251	167	418
Sodium, Na		574	21.176	4	A	1		551	367	918
Zinc, Zn		0.91	0.070	4	A	1		0.88	0.58	1.46
Copper, Cu		0.081		4	A	1		0.078	0.052	0.13
Manganese, Mn		0.113		4	A	1		0.108	0.072	0.18
Selenium, Se		17.2	1.673	4	A	1		16.5	11.0	27.5
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.6	0.048	4	A	1		0.6	0.4	0.9
Thiamin	mg	0.092	0.006	4	A	1		0.089	0.059	0.14
Riboflavin	mg	0.204	0.009	4	A	1		0.196	0.131	0.32
Niacin	mg	5.985	0.112	4	A	1		5.746	3.830	9.57
Pantothenic acid	mg	1.182	0.075	4	A	1		1.135	0.756	1.89
Vitamin B-6	mg	0.148	0.005	4	A	1		0.142	0.095	0.23
Folate, total	mcg	11	1.000	4	A	1		11	7	18
Folic acid	mcg	5	0.479	4	A	1		5	3	8
Folate, food	mcg	6	0.629	4	AS	1		6	4	9
Folate, DFE		15		0	NC	4		14	9	23
Vitamin B-12		0.33	0.000	4	A	1		0.32	0.21	0.53
Vitamin A, IU	IU	16		0	BFZN	4		15	10	25
Vitamin A, RAE		5		0	BFZN	4		4	3	7
Retinol		5		0	BFZN	4		4	3	7
Vitamin E (alpha-tocopherol)		1.12	0.184	4	A	1		1.08	0.72	1.79
Tocopherol, beta		0.05	0.020	4	A	1		0.05	0.04	0.09
Tocopherol, gamma		3.56	1.187	4	A	1		3.42	2.28	5.70
Tocopherol, delta	-	1.22	0.325	4	A	1		1.18	0.78	1.96
Vitamin D										
Vitamin K (phylloquinone)	mcg	7.0	2.711	4	A	1		6.8	4.5	11.3
Lipids:				_		_				_
Fatty acids, total saturated		4.022		4	NC	4		3.861	2.574	6.43
4:0		0.000		0	BFZN	4		0.000	0.000	0.00
6:0	-	0.000		0	BFZN	4		0.000	0.000	0.00
8:0		0.000		4	A	1		0.000	0.000	0.00
	a	0.000	0.000	4	A	1		0.000	0.000	0.00
10:0	-									
12:0	g	0.000	0.000	4	A	1		0.000	0.000	0.00
	g g	0.000		4	A A	1		0.000	0.000	0.00

		<u>An</u>		mber		_	Amount in edible portion of common measures of food			
Nutrients and	Units	Mean	of Std. Error Po		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0	q	2.747	0.120	4	A	1		2.638	1.758	4.396
17:0	-	0.010	0.004	4	A	1		0.010	0.006	0.016
18:0		1.132	0.040	4	A	1		1.087	0.725	1.812
20:0	g	0.040	0.000	4	A	1		0.038	0.026	0.064
22:0	-	0.042	0.003	4	A	1		0.041	0.027	0.068
24:0	g	0.005	0.005	4	A	1		0.005	0.003	0.008
Fatty acids, total monounsatural	tedg	7.977	0.274	4	NC	4		7.658	5.106	12.764
14:1		0.000	0.000	4	A	1		0.000	0.000	0.000
15:1	g	0.000	0.000	4	A	1		0.000	0.000	0.000
16:1 undifferentiated	g	0.437	0.042	4	A	1		0.420	0.280	0.700
17:1	g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:1 undifferentiated	g	7.458	0.238	4	A	1		7.159	4.773	11.932
20:1	g	0.082	0.003	4	A	1		0.079	0.053	0.132
22:1 undifferentiated	g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:1 c										
Fatty acids, total polyunsaturate	ed9	5.320	0.261	4	NC	4		5.107	3.405	8.512
18:2 undifferentiated		4.990	0.256	4	A	1		4.790	3.194	7.984
18:3 undifferentiated	g	0.245	0.019	4	A	1		0.235	0.157	0.392
18:4	g	0.025	0.015	4	A	1		0.024	0.016	0.040
20:2 n-6 c.c	g	0.007	0.005	4	A	1		0.007	0.005	0.012
20:3 undifferentiated	g	0.002	0.002	4	A	1		0.002	0.002	0.004
20:4 undifferentiated	g	0.050	0.000	4	A	1		0.048	0.032	0.080
20:5 n-3	g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:5 n-3	g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:6 n-3		0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total trans	g									
Cholesterol	mg	55	1.819	4	A	1		53	35	88
Phytosterols	mg									
Others:										
Alcohol, ethyl	0	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine	-	0.0		0	BFZN	4		0.0	0.0	0.0
Theobromine	-	0		0	BFZN	4		0	0	0
Carotenoids:	9	v		Ū	DE AN	-		Ü	U	U
	mca	0		0	BFZN	4		0.028	0.019	0.046
Carotene, beta		0		0	BFZN	4		0.028	0.019	0.046
Carotene, alpha Cryptoxanthin, beta		0		0	BFZN	4		0.006	0.004	0.011
		0		0	BFZN	4		0.024	0.016	0.040
Lycopene	mca	2		0	BFZN	4		1.529	1.019	2.548
Lutein + zeaxanthin	liicg	2		U	BrzN	4		1.529	1.019	∠.548

Common Measures:

Measure 1 = 96g: 6 pieces Measure 2 = 64g: 4 pieces Measure 3 = 160g: 10 pieces

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 21 Fast Foods

Refuse: 23% Bone

		<u>Aı</u>	mount in 100 g			ole portio	<u>on</u>		edible portion	
				mber				<u>m</u>	easures of food	<u>.</u>
Nutrients and Un	its	Mean	of Std. Error Po			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:	a	48.99	0.445	50		1		72.51		
Water Energy		291	0.445	0	NC	4		431		
Energy		1218		U	NC	4		1802		
Protein (N x 6.25)		20.32	0.217	54		1		30.07		
Total lipid (fat)		18.04	0.264	54		1		26.70		
Ash		2.05	0.050	49		1		3.03		
Carbohydrate, by difference		10.61	0.000	0	NC	4		15.70		
Fiber, total dietary		10.01		·	110	•		13.70		
Sugars, total										
Starch										
Minerals:										
Calcium, Ca	ma	24	4.081	6		1		36		
Iron, Fe	-	1.08	0.030	6		1		1.60		
Magnesium, Mg		25	0.000	2		1		37		
Phosphorus, P		162		1		1		240		
Potassium, K		301		2		1		445		
Sodium, Na		510	29.877	9		1		755		
Zinc, Zn	mg	2.19		2		1		3.24		
Copper, Cu	mg	0.080	1	2		1		0.118		
Manganese, Mn	mg	0.086	i	2		1		0.127		
Selenium, Se	mcg	23.7		0	BFZN	4		35.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0		
Thiamin	-	0.090		50		1		0.133		
Riboflavin	-	0.290		51		1		0.429		
Niacin		4.870		51		1		7.208		
Pantothenic acid		1.660		47		1		2.457		
Vitamin B-6	_	0.220	0.007	4 7 0		1 4		0.326		
Folic acid		17 11		0	FLA NC	4		25 16		
Folate, food		6	0.332	47	NC	1		9		
Folate, DFE		25	0.332	0	NC	4		37		
Vitamin B-12		0.56	0.035	47		1		0.83		
Vitamin A, IU		150	0.000	1		1		222		
Vitamin A, RAE		45		0	NC	4		67		
Retinol		45		0	NC	4		67		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated		4.763	1	0		1		7.049		
4:0										
6:0	-									
8:0 10:0										
12:0		0.019	1	1		1		0.028		
13:0						•				
14:0	-	0.108		1		1		0.160		
15:0										
16:0	-	3.231		1		1		4.782		
17:0	-									
18:0	g	1.405	i	1		1		2.079		
20:0	g									
22:0	g									
24:0	q									

Nutrients and Units Nutrients and Units Nutrients and Units Std. Error Points Code Code Code Code Neasure 1 Neasure 2 Neasure 3			<u>Ar</u>	nount in 10		of edik	<u>on</u>	Amount in edible portion of common measures of food			
Faty acids, total monounstituated						Deriv	Source	Confidence			
14	Nutrients and Unit	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
15	Fatty acids, total monounsaturated	g	7.385		0		1		10.930		
16 undifferentiated		-									
17-1					_		_				
18:1 undifferentiated. 9 6.718 1 1 9.943 20:1 20:1 21:		-	0.579		1		1		0.857		
20-1			6 710								
22-1 undifferentiated		-	6.718		1		1		9.943		
24:1 c 9 Faty acids, total polyunsaturated. 9 4.272 0 1 6.323 18:2 undifferentiated. 9 3.890 1 1 5.757 18:3 undifferentiated. 9 0.206 1 1 0.305 18:4. 9 0.20			0.000								
Fatty acids, total polyunsaturated			0.088		1		1		0.130		
18.2 undifferentiated 9 3.890 1 1 0.305 18.3 undifferentiated 9 0.206 1 1 0.305 18.4 9 9 0.20 undifferentiated 9 20.4 undifferentiated 9 0.108 1 1 0.160 20.5 n-3 9 0.010 1 1 0.028 22.5 n-3 9 0.040 1 1 0.059 Fatty acids, total rns 9 0.040 1 1 0.059 Fatty acids, total rns 9 10.942 5 1 166 Phytosterols mg 112 10.942 5 1 166 Phytosterols mg 1 1.942 5 1 166 Phytosterols mg 1 1.942 5 1 166 Phytosterols mg 0 2.28 0 1 1.22 1 Tryptophan 9 0.819 0		•	4 070		•				6 202		
183 undifferentiated 9 0.206 1 1 0.305 184. 9 20.2 n-6 c. 9 203 undifferentiated 9 0.108 1 1 0.160 205 n-3. 9 0.010 1 1 0.015 22:5 n-3. 9 0.040 1 1 0.059 Faty acids, total trans 9 0.040 1 1 0.059 Faty acids, total trans 9 0.040 1 1 0.059 Faty acids, total trans 9 0.040 1 1 0.059 Faty acids, total trans 9 0.040 1 1 166 Phytosterols mg 112 10.942 5 1 166 Phytosterols mg 1 0.942 5 1 166 Phytosterols mg 1 0.942 5 1 166 Phytosterols mg 0 1 0.337 1 1.212 Isolacide 9 0.819 0 1 1.462 <											
18:4.											
202 n 6 c c			0.206		1		1		0.303		
203 undifferentiated. g 204 undifferentiated. g 0.108 1 1 0.160 20.5 n-3											
20:4 undifferentiated 9 0.108 1 1 0.160 20:5 n-3 9 0.019 1 1 0.028 22:5 n-3 9 0.040 1 1 0.059 Faty acids, total trans 9 0.040 1 1 0.059 Faty acids, total trans 9 0.040 1 166 0.059 Phytosterols mg 112 10.942 5 1 166 Phytosterols mg 1 1.66 1.037 <td></td>											
20.5 n-3.			0.108		1		1		0 160		
22:5 n-3 9 0.019 1 1 0.028 22:6 n-3 9 0.040 1 1 0.059 Fatty acids, total trans 9 10.942 5 1 166 Phytosterol mg 112 10.942 5 1 166 Amino Acids: Tryptophan 9 0.228 0 1 0.337 Threonine 9 0.819 0 1 1.212 Isoleucine 9 0.988 0 1 1.462 Leucine 9 1.466 0 1 1.462 Leucine 9 1.570 0 1 2.324 Methionine 9 0.527 0 1 0.780 Cystine 9 0.283 0 1 0.419 Phenylalanine 9 0.800 0 1 1.184 Tyrosine 9 0.650 0 1 1.443		-									
22:6 n-3. 9 0.040 1 1 0.059 Fatty acids, total trans. 9 Cholesterol. mg 112 10.942 5 1 166 Phytosterols. mg Amino Acids: Tryptophan. 9 0.228 0 1 0.337 Threonine. 9 0.819 0 1 1.212 Isoleucine. 9 0.988 0 1 1.212 Isoleucine. 9 0.988 0 1 1.462 Leucine. 9 1.466 0 1 2.170 Lysine. 9 1.570 0 1 2.324 Methionine. 9 0.527 0 1 0.419 Phenylalanine. 9 0.800 0 1 0.419 Phenylalanine. 9 0.650 0 1 1.184 Tyrosine. 9 0.597 0 1					_		_				
Fatty acids, total trans g 112 10.942 5 1 166 Phytosterols mg Amino Acids: Tryptophan g 0.228 0 1 0.337 Threonine g 0.819 0 1 1.212 Isoleucine g 0.819 0 1 1.462 Leucine g 0.988 0 1 1.462 Leucine g 0.988 0 1 1.462 Leucine g 1.466 0 1 2.170 Lysine g 1.570 0 1 2.324 Methionine g 0.527 0 1 0.780 Cystine g 0.823 0 1 0.419 Phenylalanine g 0.800 0 1 1.184 Tyrosine g 0.850 0 1 1.443 Arginie		-									
Cholesterol. mg 112 10.942 5 1 166 Phytosterols. mg Amino Acids: Trypophan. 9 0.228 0 1 0.337 Threonine. 9 0.819 0 1 1.212 Isoleucine. 9 0.988 0 1 1.462 Leucine. 9 0.988 0 1 2.170 Lysine. 9 1.570 0 1 2.170 Lysine. 9 0.527 0 1 0.780 Cystine. 9 0.527 0 1 0.419 Phenylalanine. 9 0.823 0 1 1.184 Tyrosine. 9 0.650 0 1 1.843 Histidine. 9 0.975 0 1 1.443 Arginine. 9 1.545 0 1 1.843 Histidine.		-			_		_		0.000		
Phytosterols	2	-	112	10.94	42 5		1		166		
Amino Acids: Tryptophan 9 0.228 0 1 0.337 Threonine 9 0.819 0 1 1.212 Isoleucine 9 0.988 0 1 1.462 Leucine 9 1.466 0 1 2.170 Lysine 9 1.570 0 1 2.324 Methionine 9 0.527 0 1 0.780 Cystine 9 0.283 0 1 0.419 Phenylalanine 9 0.800 0 1 1.184 Tyrosine 9 0.650 0 1 0.962 Valine 9 0.975 0 1 1.443 Arginine 9 0.582 0 1 0.843 Histidine 9 0.582 0 1 0.843 Alanine 9 1.154 0 1 1.708 Aspartic acid 9 1.749 0 1 4.677 Glycine 9 1.287											
Tryptophan 9 0.228 0 1 0.337 Threonine 9 0.819 0 1 1.212 Isoleucine 9 0.988 0 1 1.462 Leucine 9 1.466 0 1 2.170 Lysine 9 1.570 0 1 2.324 Methionine 9 0.527 0 1 0.780 Cystine 9 0.283 0 1 0.419 Phenylalanine 9 0.800 0 1 1.184 Tyrosine 9 0.650 0 1 0.962 Valine 9 0.975 0 1 1.443 Arginine 9 1.245 0 1 1.843 Histidine 9 0.582 0 1 0.861 Alanine 9 1.749 0 1 1.708 Aspartic acid 9 3.160 0 1											
Threonine 9 0.819 0 1 1.212 Isoleucine 9 0.988 0 1 1.462 Leucine 9 1.466 0 1 2.170 Lysine 9 1.570 0 1 2.324 Methionine 9 0.527 0 1 0.780 Cystine 9 0.283 0 1 0.419 Phenylalanine 9 0.800 0 1 1.184 Tyrosine 9 0.650 0 1 0.962 Valine 9 0.975 0 1 1.443 Arginine 9 0.582 0 1 1.843 Histidine 9 0.582 0 1 0.861 Alanine 9 1.154 0 1 1.708 Aspartic acid 9 3.160 0 1 4.677 Glycine 9 1.287 0 1 <td></td> <td></td> <td>0.000</td> <td></td> <td>•</td> <td></td> <td></td> <td></td> <td>0 227</td> <td></td> <td></td>			0.000		•				0 227		
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Lysine 9 1.570 0 1 2.324 Methionine 9 0.527 0 1 0.780 Cystine 9 0.283 0 1 0.419 Phenylalanine 9 0.800 0 1 1.184 Tyrosine 9 0.650 0 1 0.962 Valine 9 0.975 0 1 1.443 Arginine 9 1.245 0 1 1.843 Histidine 9 0.582 0 1 0.861 Alanine 9 1.154 0 1 1.708 Aspartic acid 9 1.749 0 1 2.589 Glutamic acid 9 3.160 0 1 4.677 Glycine 9 1.287 0 1 1.905 Proline 9 1.063 0 1 1.573 Serine 9 0.738 0 1 1.092		-									
Methionine 9 0.527 0 1 0.780 Cystine 9 0.283 0 1 0.419 Phenylalanine 9 0.800 0 1 1.184 Tyrosine 9 0.650 0 1 0.962 Valine 9 0.975 0 1 1.443 Arginine 9 1.245 0 1 1.843 Histidine 9 0.582 0 1 0.861 Alanine 9 1.154 0 1 1.708 Aspartic acid 9 1.749 0 1 2.589 Glutamic acid 9 3.160 0 1 4.677 Glycine 9 1.287 0 1 1.905 Proline 9 1.063 0 1 1.573 Serine 9 0.738 0 1 1.092					-		_				
Cystine 9 0.283 0 1 0.419 Phenylalanine 9 0.800 0 1 1.184 Tyrosine 9 0.650 0 1 0.962 Valine 9 0.975 0 1 1.443 Arginine 9 1.245 0 1 1.843 Histidine 9 0.582 0 1 0.861 Alanine 9 1.154 0 1 1.708 Aspartic acid 9 1.749 0 1 2.589 Glutamic acid 9 3.160 0 1 4.677 Glycine 9 1.287 0 1 1.905 Proline 9 1.063 0 1 1.573 Serine 9 0.738 0 1 1.092	-										
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Tyrosine 9 0.650 0 1 0.962 Valine 9 0.975 0 1 1.443 Arginine 9 1.245 0 1 1.843 Histidine 9 0.582 0 1 0.861 Alanine 9 1.154 0 1 1.708 Aspartic acid 9 1.749 0 1 2.589 Glutamic acid 9 3.160 0 1 4.677 Glycine 9 1.287 0 1 1.905 Proline 9 1.063 0 1 1.573 Serine 9 0.738 0 1 1.092	3	-			-		_				
Valine 9 0.975 0 1 1.443 Arginine 9 1.245 0 1 1.843 Histidine 9 0.582 0 1 0.861 Alanine 9 1.154 0 1 1.708 Aspartic acid 9 1.749 0 1 2.589 Glutamic acid 9 3.160 0 1 4.677 Glycine 9 1.287 0 1 1.905 Proline 9 1.063 0 1 1.573 Serine 9 0.738 0 1 1.092					-		_				
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Histidine		-					_				
Alanine. 9 1.154 0 1 1.708 Aspartic acid. 9 1.749 0 1 2.589 Glutamic acid. 9 3.160 0 1 4.677 Glycine. 9 1.287 0 1 1.905 Proline. 9 1.063 0 1 1.573 Serine. 9 0.738 0 1 1.092	C	_			-		_				
Aspartic acid. 9 1.749 0 1 2.589 Glutamic acid. 9 3.160 0 1 4.677 Glycine. 9 1.287 0 1 1.905 Proline. 9 1.063 0 1 1.573 Serine. 9 0.738 0 1 1.092		-									
Glutamic acid 9 3.160 0 1 4.677 Glycine 9 1.287 0 1 1.905 Proline 9 1.063 0 1 1.573 Serine 9 0.738 0 1 1.092											
Glycine g 1.287 0 1 1.905 Proline g 1.063 0 1 1.573 Serine g 0.738 0 1 1.092	-										
Proline g 1.063 0 1 1.573 Serine g 0.738 0 1 1.092					-		_				
Serine	-										
		-									

Common Measures:

Measure 1 = 148g: 2 pieces

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 21 Fast Foods

Refuse: 21% Bone

		<u>A</u> 1	mount in 100 g	rams	ot edik	ole portio	<u>on</u>	Amount in	edible portion	of common
			Nu	ımber	•			<u>m</u>	easures of food	<u>l</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	45.70	0.624	51		1		74.49		
Energy	-	303		0	NC	4		494		
Energy		1268				4		2066		
Protein (N x 6.25)	g	21.91	0.315	59		1		35.71		
Total lipid (fat)	g	18.11	0.371	57		1		29.52		
Ash	g	2.27	0.062	48		1		3.70		
Carbohydrate, by differenceFiber, total dietary		12.01		0	NC	4		19.58		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	37	5.666	8		1		60		
Iron, Fe	_	0.91	0.129	8		1		1.48		
Magnesium, Mg		23		2		1		37		
Phosphorus, P		188		1		1		306		
Potassium, K		347	0=	1		1		566		
Sodium, NaZinc, Zn		598 0.95	35.189	13 2		1 1		975 1.55		
Copper, Cu	_	0.95	•	1		1		0.101		
Manganese, Mn		0.002		2		1		0.155		
Selenium, Se		21.7		0	BFZN	4		35.4		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.0		1		1		0.0		
Thiamin		0.090		52 52		1 1		0.147		
Riboflavin		7.350		52 52		1		0.293 11.981		
Pantothenic acid		1.590		46		1		2.592		
Vitamin B-6		0.350		46		1		0.571		
Folate, total	_	18		0	FLA	4		29		
Folic acid		13		0	NC	4		21		
Folate, food		5	0.322	45		1		8		
Folate, DFE		27		0	NC	4		44		
Vitamin B-12		0.41	0.021	46		1		0.67		
Vitamin A, IU		118		1		1		192		
Vitamin A, RAE		35 35		0	NC NC	4 4		57 57		
Retinol Vitamin E (alpha-tocopherol)		35		U	NC	4		57		
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	4.812	<u>!</u>	0		1		7.844		
4:0										
6:0										
8:0	-									
10:0		0 00		4						
12:0		0.012	1	1		1		0.020		
13:0 14:0		0.106	;	1		1		0.173		
15:0		0.106	•	_		-		0.1/3		
16:0	-	3.272	<u>.</u>	1		1		5.333		
17:0	-	3.272	-	-		•		3.333		
18:0	-	1.422	<u>!</u>	1		1		2.318		
20:0	-									
22:0	-									
24:0	g									

		<u>Ar</u>	nount in 10	00 grams	of edil	ole portio	<u>n</u>		edible portion of	of common
				Number		_		<u>m</u>	easures of food	
Nutrients and Un	its	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.	g	7.502		0		1		12.228		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.533		1		1		0.869		
17:1	g									
18:1 undifferentiated	g	6.863		1		1		11.187		
20:1	g									
22:1 undifferentiated		0.106		1		1		0.173		
24:1 c	g									
Fatty acids, total polyunsaturated	g	4.163		0		1		6.786		
18:2 undifferentiated	g	3.840		1		1		6.259		
18:3 undifferentiated	g	0.214		1		1		0.349		
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated		0.083		1		1		0.135		
20:5 n-3	g	0.001		1		1		0.002		
22:5 n-3	g	0.001		1		1		0.002		
22:6 n-3	g	0.023		1		1		0.037		
Fatty acids, total trans										
Cholesterol	-	91	5.5	02 9		1		148		
Phytosterols	mg									
Amino Acids:										
Tryptophan	0	0.245		0		1		0.399		
J1 1	_	0.245		0		1		1.439		
Threonine	-	1.066		0		1		1.439		
Isoleucine						1				
Leucine	_	1.581		0		1		2.577		
Lysine	-	1.693		0		1		2.760 0.926		
Methionine		0.568		0		1				
Cystine	-	0.305		0		1		0.497		
Phenylalanine		0.862		-				1.405		
Tyrosine	-	0.701		0		1		1.143		
Valine	_	1.052		0		1		1.715		
Arginine		1.343		0		1		2.189		
Histidine		0.628		0		1		1.024		
Alanine	_	1.245		0		1		2.029		
Aspartic acid		1.886		0		1		3.074		
Glutamic acid		3.407		0		1		5.553		
Glycine	-	1.388		0		1		2.262		
Proline	_	1.146		0		1		1.868		
Serine		0.796		0		1		1.297		
Hydroxyproline	g									

Common Measures:

Measure 1 = 163g: 2 pieces

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 21 Fast Foods

		<u>A</u> 1	mount in 100 gr	rams of	f edib	le portio	<u>n</u>		edible portion	
			Nur	nber				<u>me</u>	easures of food	<u>l</u>
			of I	Data D)eriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	ints C	ode	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	76.70	1.742	6		1		194.05		
Energy	kcal	101		0	NC	4		256		
Energy	kj	423				4		1069		
Protein (N x 6.23)	g	9.73	0.998	6		1		24.62		
Total lipid (fat)	g	3.27	0.402	5		1		8.27		
Ash	g	1.64	0.026	3		1		4.15		
Carbohydrate, by difference	g	8.67		0	NC	4		21.94		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minorala.										
<u>Minerals:</u> Calcium, Ca	ma	27	1.409	6		1		68		
Iron. Fe.	_	2.05	0.349	6		1		5.19		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	18	1.423	5		1		46		
Phosphorus, P		78	9.963	5		1		197		
Potassium, K	_	273	10.833	5		1		691		
Sodium, Na	_	398	24.269	6		1		1007		
Zinc, Zn	-	1.41	0.090	6		1		3.57		
Copper, Cu		0.235	0.103	3		1		0.595		
Manganese, Mn	mg	0.157	0.022	3		1		0.397		
Selenium, Se	mcg	17.4		0	RK	4		44.0		
/itamins:										
Vitamin C, total ascorbic acid	ma	0.6	0.282	4		1		1.5		
Thiamin	-	0.050		4		1		0.127		
Riboflavin	-	0.450		4		1		1.139		
Niacin		0.980		4		1		2.479		
Pantothenic acid		1.420		1		4		3.593		
Vitamin B-6	_	0.130		2		1		0.329		
Folate, total	_	18		0	RK	4		46		
Folic acid		6		0	NC	4		15		
Folate, food		12		2		1		30		
Folate, DFE		22		0	NC	4		56		
Vitamin B-12		0.45		2		1		1.14		
Vitamin A, IU		657	95.037	3		1		1662		
Vitamin A, RAE		33		0	NC	4		83		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D				•	_	_				
Vitamin K (phylloquinone)	mcg	2.0		0	A	1		5.1		
<u> Lipids:</u>										
Fatty acids, total saturated	g	1.356	i	0		1		3.431		
4:0										
6:0										
8:0	g									
10:0	g	0.012		1		1		0.030		
12:0	-	0.008		1		1		0.020		
13:0	g									
14:0	_	0.082		1		1		0.207		
15:0	_									
16:0		0.969)	1		1		2.452		
17:0	_									
18:0	_	0.285	i	1		1		0.721		
20:0										
22:0	g									

		<u>Aı</u>	nount in 10	00 grams	of edil	<u>n</u>		edible portion o	f common	
				Number		_		<u>m</u>	easures of food	
Nutrients and Un	its	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.	g	1.347		0		1		3.408		
14:1										
15:1	_									
16:1 undifferentiated	-	0.047		1		1		0.119		
17:1										
18:1 undifferentiated		1.300		1		1		3.289		
20:1	_									
22:1 undifferentiated										
24:1 c	_	0.209		0		1		0 500		
Fatty acids, total polyunsaturated		0.209		1		1		0.529 0.304		
18:2 undifferentiated	_	0.120		1		1		0.304		
18:4		0.069		1		1		0.225		
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	-	53		2		1		134		
Phytosterols	mg									
Amino Acids:										
Tryptophan	п	0.116		0		1		0.293		
Threonine		0.392		0		1		0.293		
Isoleucine		0.403		0		1		1.020		
Leucine	-	0.735		0		1		1.860		
Lysine	-	0.727		0		1		1.839		
Methionine		0.190		0		1		0.481		
Cystine	_	0.100		0		1		0.253		
Phenylalanine		0.400		0		1		1.012		
Tyrosine		0.283		0		1		0.716		
Valine	-	0.459		0		1		1.161		
Arginine	-	0.610		0		1		1.543		
Histidine		0.284		0		1		0.719		
Alanine		0.540		0		1		1.366		
Aspartic acid	-	1.007		0		1		2.548		
Glutamic acid	-	1.708		0		1		4.321		
Glycine		0.582		0		1		1.472		
Proline	g	0.443		0		1		1.121		
Serine	g	0.406		0		1		1.027		
Hydroxyproline	g									

Common Measures:

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

Calories Factors: Protein 3.77 Fat 8.96 Carbohydrate 3.99

Food Group: 21 Fast Foods

		<u>A</u> 1	mount in 10	00 grams	of edil	ole portio	<u>n</u>		edible portion	
				Number	•			<u>m</u>	easures of food	<u>l</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water		50.68		2		1		88.18		
Energy	kcal	244		0		1		425		
Energy	kj	1021				1		1776		
Protein (N x 6.08)	g	11.27		2		1		19.61		
Total lipid (fat)	g	11.31		2		1		19.68		
Ash	g	2.14		2		1		3.72		
Carbohydrate, by difference	g	24.60		0	NC	4		42.80		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
W:										
<u>Minerals:</u> Calcium, Ca	ma	36		2		1		63		
Iron, Fe	_	2.61		2		1		4.54		
Magnesium, Mg	_	36		2		1		63		
Phosphorus, P		71		2		1		124		
Potassium, K	•	337		2		1		586		
Sodium, Na	-	523		2		1		910		
Zinc, Zn	_	2.85		2		1		4.96		
Copper, Cu		0.243	3	1		1		0.423		
Manganese, Mn		0.320)	2		1		0.557		
Selenium, Se		13.6		0	RK	4		23.7		
/itaming.										
Vitamins:	ma	2.7		2				4.7		
Vitamin C, total ascorbic acid	_	0.280	,	2		1 1		4.7 0.487		
Thiamin	_	0.280		2		1		0.487		
Riboflavin		3.320		2		1		5.777		
Niacin Pantothenic acid		1.180		2		1		2.053		
Vitamin B-6	-	0.160		2		1		0.278		
Folate, total	-	48	,	0	RK	4		84		
Folic acid		30		0	NC	4		52		
Folate, food		18		0	110	4		31		
Folate, DFE		69		0	NC	4		120		
Vitamin B-12		0.87		2		1		1.51		
Vitamin A, IU		84		1		1		146		
Vitamin A, RAE		4		0	NC	4		7		
Retinol		0		0	NC	4		0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	q	4.888	3	0		1		8.505		
4:0										
6:0										
8:0	g									
10:0	g	0.027	7	1		1		0.047		
12:0	g	0.027	7	1		1		0.047		
13:0	g									
14:0	g	0.591	L	1		1		1.028		
15:0	g									
16:0	-	2.693	3	1		1		4.686		
17:0										
18:0		1.551	L	1		1		2.699		
20:0	-									
22:0	q									

		<u>Aı</u>	mount in 10	0 grams	of edil	ole portio	<u>on</u>	Amount in	edible portion of	f common
				Number				me	easures of food	
						Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		4.635		0		1		8.065		
14:1	-									
15:1										
16:1 undifferentiated	-									
17:1	-	4.635		1		1		8.065		
18:1 undifferentiated	-	4.635		1		1		8.065		
20:1 22:1 undifferentiated	_									
	_									
24:1 cFatty acids, total polyunsaturated		0.653		0		1		1.136		
18:2 undifferentiated		0.604		1		1		1.136		
18:3 undifferentiated	-	0.049		1		1		0.085		
18:4	•	0.043		1		1		0.085		
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	-	5		1		1		9		
Phytosterols	_									
Amino Acids:										
Tryptophan	g	0.137		0		1		0.238		
Threonine	g	0.436		0		1		0.759		
Isoleucine	g	0.465		0		1		0.809		
Leucine	g	0.870		0		1		1.514		
Lysine	g	0.773		0		1		1.345		
Methionine	g	0.247		0		1		0.430		
Cystine	g	0.141		0		1		0.245		
Phenylalanine	g	0.464		0		1		0.807		
Tyrosine	g	0.349		0		1		0.607		
Valine	g	0.527		0		1		0.917		
Arginine	g	0.688		0		1		1.197		
Histidine	g	0.332		0		1		0.578		
Alanine	g	0.642		0		1		1.117		
Aspartic acid	g	0.899		0		1		1.564		
Glutamic acid		2.273		0		1		3.955		
Glycine	g	0.727		0		1		1.265		
Proline	g	0.747		0		1		1.300		
Serine	g	0.467		0		1		0.813		
Hydroxyproline	g									

Common Measures:

Measure 1 = 174g: 1 chimichanga

Calories Factors: Protein 3.94 Fat 8.8 Carbohydrate 4.08

Food Group: 21 Fast Foods

		<u>A</u> 1	mount in 10	0 grams	of edil	ole portio	<u>n</u>		edible portion	
			I	Number	•			<u>m</u>	easures of food	<u>l</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	52.70		2		1		96.44		
Energy	kcal	242		0		1		443		
Energy	kj	1013				1		1853		
Protein (N x 6.13)	g	10.96		2		1		20.06		
Total lipid (fat)	g	12.81		2		1		23.44		
Ash	g	2.04		2		1		3.73		
Carbohydrate, by difference	g	21.49		0	NC	4		39.33		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:	ma	120		•		4		226		
Calcium, Ca	_	130 2.10		2 2		1 1		238 3.84		
Iron, Fe	-	33		2		1		3.84 60		
Phosphorus, P		102		2		1		187		
Potassium, K	-	111		2		1		203		
Sodium, Na	-	523		2		1		957		
Zinc, Zn	-	1.84		2		1		3.37		
Copper, Cu		0.192	•	2		1		0.351		
Manganese, Mn		0.267		2		1		0.489		
Selenium, Se		12.6		0	RK	4		23.1		
·										
<u>/itamins:</u>				_						
Vitamin C, total ascorbic acid	_	1.5		2		1		2.7		
Thiamin	-	0.210		2		1		0.384		
Riboflavin		0.470		2		1		0.860		
Niacin		2.550		2		1		4.667		
Pantothenic acid	-	0.980		2		1		1.793		
Vitamin B-6	-	0.120	,	2 0		1		0.220		
Folate, total		50 32		0	RK NC	4 4		92 59		
Folic acid		18		0	NC	4		33		
Folate, DFE		72		0	NC	4		132		
Vitamin B-12		0.71		2	NC	1		1.30		
Vitamin A, IU		295		1		1		540		
Vitamin A, RAE		72		0	NC	4		132		
Retinol		69		0	NC	4		126		
Vitamin E (alpha-tocopherol)				·	2.0	-				
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
inide										
Lipids:	a	6.108	,	0		1		11.178		
Fatty acids, total saturated		0.100	,	U		_		11.178		
6:0										
8:0	-									
10:0										
12:0										
13:0										
14:0	-	0.459	•	1		1		0.840		
15:0	-									
16:0		3.157	7	1		1		5.777		
17:0										
18:0	-	2.492	2	1		1		4.560		
20:0	-									
22:0	-									
24:0	-									

		<u>Ar</u>	nount in 10	0 grams	of edil	ole portio	<u>on</u>		edible portion o	of common
				Number				<u>m</u>	easures of food	
Nutrients and Uni	its	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	5.155		0		1		9.434		
14:1										
15:1										
16:1 undifferentiated	-									
17:1	-									
18:1 undifferentiated		5.155		1		1		9.434		
20:1	g									
22:1 undifferentiated										
24:1 c										
Fatty acids, total polyunsaturated	g	0.398		0		1		0.728		
18:2 undifferentiated	g	0.398		1		1		0.728		
18:3 undifferentiated										
18:4	g									
20:2 n-6 c,c	_									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg	28		1		1		51		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.132		0		1		0.242		
Threonine	g	0.397		0		1		0.727		
Isoleucine	g	0.481		0		1		0.880		
Leucine	g	0.858		0		1		1.570		
Lysine	g	0.722		0		1		1.321		
Methionine	g	0.239		0		1		0.437		
Cystine	g	0.127		0		1		0.232		
Phenylalanine	g	0.474		0		1		0.867		
Tyrosine	g	0.366		0		1		0.670		
Valine	g	0.538		0		1		0.985		
Arginine	g	0.588		0		1		1.076		
Histidine	g	0.320		0		1		0.586		
Alanine	g	0.527		0		1		0.964		
Aspartic acid		0.790		0		1		1.446		
Glutamic acid		2.375		0		1		4.346		
Glycine		0.565		0		1		1.034		
Proline	g	0.851		0		1		1.557		
Serine	-	0.486		0		1		0.889		
Hydroxyproline										

Common Measures:

Measure 1 = 183g: 1 chimichanga

Calories Factors: Protein 4.1 Fat 8.78 Carbohydrate 3.94

Food Group: 21 Fast Foods

		<u>A</u>	mount in 100 gra	ms of edi	ble portic	<u>on</u>	Amount in	edible portion	of common
			Num	ber			<u>m</u>	easures of food	<u>l</u>
				ata Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Poir	ts Code	Code	Code	Measure 1	Measure 2	Measure :
Proximates:									
Water	g	54.24		2	1		103.06		
Energy	kcal	223		0	1		424		
Energy	kj	933			1		1773		
Protein (N x 5.97)	g	9.53		2	1		18.11		
Total lipid (fat)	g	10.07		2	1		19.13		
Ash	g	2.07		2	1		3.93		
Carbohydrate, by difference	g	24.09		0 NC	4		45.77		
Fiber, total dietary	g								
Sugars, total	g								
Starch	g								
3.61									
Minerals:	ma	27		,	4		70		
Calcium, Ca	_	37 2.20		2 2	1 1		70 4.18		
Iron, Fe	_	34		<u>2</u> 2	1		4.18 65		
Phosphorus, P		59		2	1		112		
Potassium, K	_	323		2	1		614		
Sodium, Na		615		2	1		1169		
Zinc, Zn	-	1.59		2	1		3.02		
Copper, Cu		0.145		2	1		0.276		
Manganese, Mn		0.324		2	1		0.616		
Selenium, Se		12.8) RK	4		24.3		
	_								
Vitamins:				_	_				
Vitamin C, total ascorbic acid		0.2		2	1		0.4		
Thiamin		0.150		2	1		0.285		
Riboflavin		0.350		2	1		0.665		
Niacin		2.810		2	1		5.339		
Pantothenic acid		1.150		2	1		2.185		
Vitamin B-6	-	0.120		2	1		0.228		
Folate, total		48) RK	4		91		
Folic acid		30) NC	4		57 34		
Folate, food	IIICG	18 69			4 4		34 131		
Folate, DFE		0.57		NC	1		1.08		
Vitamin B-12		138		z L	1		262		
Vitamin A, IU		7			4		13		
Vitamin A, RAERetinol		0) NC	7		0		
Vitamin E (alpha-tocopherol)		O		, 4	,		U		
	=								
Tocopherol, beta Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)									
	············								
<u>Lipids:</u>									
Fatty acids, total saturated		4.354)	1		8.273		
4:0									
6:0									
8:0		0.024	•	i	1		0.046		
10:0				L L	1 1		0.046		
12:0		0.024	•	L	1		0.046		
13:0	-	0 504	:	Ĺ	1		0 000		
14:0	-	0.526	•	L	1		0.999		
15:0	-	2.399	1	Ĺ	1		A 550		
16:0	-	2.395	,	L	1		4.558		
17:0	-	1.381		L	1		2.624		
18:0 20:0	-	1.381	<u>.</u>	L	1		2.024		
22:0	-								
	u								

		<u>Ar</u>	mount in 10		ole portio	<u>on</u>		edible portion o	f common
				Number	_		<u> </u>	easures or roou	
Nutrients and Unit	5	Mean	Std. Error		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	4.128		0	1		7.843		
14:1	g								
15:1									
16:1 undifferentiated	-								
17:1									
18:1 undifferentiated		4.128		1	1		7.843		
20:1	-								
22:1 undifferentiated	-								
24:1 c	-								
Fatty acids, total polyunsaturated	g	0.582		0	1		1.106		
18:2 undifferentiated	g	0.538		1	1		1.022		
18:3 undifferentiated	g	0.044		1	1		0.084		
18:4	g								
20:2 n-6 c,c	g								
20:3 undifferentiated	g								
20:4 undifferentiated	g								
20:5 n-3	g								
22:5 n-3	g								
22:6 n-3	g								
Fatty acids, total trans	g								
Cholesterol	mg	5		1	4		10		
Phytosterols	mg								
Amino Acids:	_			•					
Tryptophan		0.118		0	1		0.224		
Threonine		0.364		0	1		0.692		
Isoleucine	_	0.388		0	1		0.737		
Leucine		0.728		0	1		1.383		
Lysine		0.637		0	1		1.210		
Methionine		0.203		0	1		0.386		
Cystine		0.121		0	1		0.230		
Phenylalanine	-	0.396		0	1		0.752		
Tyrosine		0.292		0	1		0.555		
Valine	_	0.440		0	1		0.836		
Arginine	g	0.576		0	1		1.094		
Histidine		0.279		0	1		0.530		
Alanine	g	0.531		0	1		1.009		
Aspartic acid		0.796		0	1		1.512		
Glutamic acid		2.062		0	1		3.918		
Glycine	g	0.594		0	1		1.129		
Proline	g	0.632		0	1		1.201		
Serine	g	0.402		0	1		0.764		
Hydroxyproline	g								

Common Measures:

Measure 1 = 190g: 1 chimichanga

Calories Factors: Protein 3.98 Fat 9.02 Carbohydrate 3.92

Food Group: 21 Fast Foods

		<u>A</u> 1	mount in 10	0 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common		
				Number	•			<u>m</u>	easures of food	<u>!</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	59.19		2		1		106.54		
Energy	kcal	202		0		1		364		
Energy	kj	845				1		1521		
Protein (N x 6.14)	g	8.15		2		1		14.67		
Total lipid (fat)	g	9.75		2		1		17.55		
Ash	g	1.65		2		1		2.97		
Carbohydrate, by difference	g	21.26		0	NC	4		38.27		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:	ma	101		•		4		21.0		
Calcium, Ca	-	121 1.75		2 2		1 1		218 3.15		
Iron, Fe		23		2		1		3.15 41		
Phosphorus, P		23 81		2		1		41 146		
Potassium, K	-	183		2		1		329		
Potassium, K Sodium, Na	-	183 497		2		1		329 895		
Zinc, Zn	_	2.57		2		1		4.63		
Copper, Cu		0.313	3	1		1		0.563		
Manganese, Mn		0.217		2		1		0.391		
Selenium, Se		13.7		0	RK	4		24.7		
ŕ										
<u>Vitamins:</u>				_		_				
Vitamin C, total ascorbic acid	_	1.0		2		1		1.8		
Thiamin	_	0.130		2		1		0.234		
Riboflavin		0.530		2		1		0.954		
Niacin		1.920		2		1		3.456		
Pantothenic acid	-	0.820		2		1		1.476		
Vitamin B-6	-	0.090)	2		1		0.162		
Folate, total		50		0	RK	4		90		
Folic acid		32 18		0	NC	4		58 32		
Folate, food		18 72		0 0	NC	4 4		130		
Folate, DFEVitamin B-12		0.71		2	NC	1		1.28		
Vitamin A, IU		390		1		1		702		
Vitamin A, RAE		28		0	NC	4		50		
Retinol		10		0	NC	4		18		
Vitamin E (alpha-tocopherol)				·		-				
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
inide										
Lipids:	a	4.649	2	0		1		8.368		
Fatty acids, total saturated		4.043	•	U		_		0.300		
6:0	-									
8:0	-									
10:0										
12:0										
13:0	-									
14:0	-	0.349	•	1		1		0.628		
15:0	-									
16:0	-	2.402	2	1		1		4.324		
17:0										
18:0	-	1.897	7	1		1		3.415		
20:0	-									
22:0	-									
24:0	-									

Nutrients and Units Mean Std. Error Points Code Code Code Code Code Measure 1 Measure 2 Measure 3			<u>Ar</u>	mount in 10			ole portio	<u>on</u>		edible portion o	f common
141	Nutrients and Units	;	Mean		of Data	Deriv					Measure 3
141											
15-1			3.923		0		1		7.061		
16 undifferentiated	14:1	g									
17-1											
18.1 undifferentiated		-									
20-1											
22.1 undifferentiated			3.923		1		1		7.061		
Fatty acids, total polyunsaturated	20:1	g									
Fatty acids, total polyunsaturated		-									
18.2 undifferentiated. g 18.3 undifferentiated. g 18.4											
18.3 undifferentiated									0.545		
18.4	18:2 undifferentiated	g	0.303		1		1		0.545		
202 n-6 c.c. 9 203 undifferentiated. 9 204 undifferentiated. 9 205 n-3. 9 225 n-3. 9 226 n-3. 9 Faty acids, total trans. 9 Faty acids, total trans. 9 Phytosterols. mg Zmino Acids: Tryptophan. 9 0.097 0 1 0.175 Threonine. 9 0.288 0 1 0.518 Isoleucine. 9 0.332 0 1 0.598 Leucine. 9 0.605 0 1 1.089 Lysine. 9 0.500 0 1 0.900 Methionine. 9 0.166 0 1 0.299 Cystine. 9 0.100 0 1 0.180 Phenylalanine. 9 0.254 0 1 0.616 Tyrosine. 9 0.342 0 1 0.673		•									
20.3 undifferentiated. 9 20.4 undifferentiated. 9 20.5 n-3. 9 22.5 n-3. 9 22.5 n-3. 9 Fatty acids, total trans. 9 Fhytosterols. mg 28 1 4 50 Phytosterols. mg Amino Acids: Tryptophan. 9 0.097 0 1 0.175 Threonine 9 0.288 0 1 0.518 Isoleucine 9 0.332 0 1 0.518 Isoleucine 9 0.605 0 1 0.598 Leucine 9 0.605 0 1 0.598 Leucine 9 0.500 0 1 0.899 Lysine 9 0.106 0 1 0.990 Wethionine 9 0.166 0 1 0.990 Cystine 9 0.106 0 1 0.299 Cystine 9 0.100 0 1 0.299 Cystine 9 0.100 0 1 0.299 Cystine 9 0.100 0 1 0.598 Throughlainine 9 0.342 0 1 0.518 Phenylalanine 9 0.342 0 1 0.599 Cystine 9 0.100 0 1 0.599 Cystine 9 0.100 0 1 0.599 Cystine 9 0.100 0 1 0.599 Tyrosine 9 0.342 0 1 0.616 Tyrosine 9 0.342 0 1 0.616 Tyrosine 9 0.342 0 1 0.616 Tyrosine 9 0.254 0 1 0.657 Valine 9 0.374 0 1 0.675 Valine 9 0.374 0 1 0.673 Arginine 9 0.438 0 1 0.788 Histidine 9 0.392 0 1 0.400 Alanine 9 0.392 0 1 0.410 Alanine 9 0.392 0 1 0.410 Alanine 9 0.392 0 1 1 0.706 Aspartia acid 9 0.619 0 1 1.114 Glutamic acid 9 0.619 0 1 0.760 Proline 9 0.593 0 1 1 0.760 Proline 9 0.593 0 1 1 0.760		-									
20.4 undifferentiated. 9 20.5 n - 3 9 22.5 n - 3 9 22.5 n - 3 9 22.6 n - 3 9 9 24.6 n - 3 9 9 9 9 9 9 9 9 9	,	•									
20.5 n-3.		•									
22:5 n-3 9 22:6 n-3 9 Fatty acids total trans. 9 Cholesterol. mg 28 1 4 50 Phytosterols. Mmino Acids: Tryptopham 9 0.097 0 1 0.175 Threonine. 9 0.288 0 1 0.518 Isoleucine. 9 0.332 0 1 0.598 Leucine. 9 0.605 0 1 0.899 Lysine. 9 0.500 0 1 0.900 Methionine. 9 0.166 0 1 0.299 Cystine. 9 0.166 0 1 0.299 Cystine. 9 0.342 0 1 0.616 Tyrosine. 9 0.342 0 1 0.616 Tyrosine. 9 0.254 0 1 0.673 Ariginine. 9 0.438 0 1 0.673 Histidin		•									
22:6 n-3 g Fatty acids, total trans. g Cholesterol. mg 28 1 4 50 Phytosterols. mg Amino Acids: Tryptophan g 0.097 0 1 0.175 Threonine g 0.288 0 1 0.598 Louine g 0.332 0 1 0.598 Leucine g 0.605 0 1 1.089 Lysine g 0.500 0 1 0.900 Methionine g 0.166 0 1 0.299 Cystine g 0.100 0 1 0.180 Phenylalanine g 0.342 0 1 0.616 Tyrosine g 0.254 0 1 0.616 Tyrosine g 0.438 0 1 0.673 Arginine g 0.438		•									
Fatty acids, total trans g Cholesterol mg 28 1 4 50 Phytosterols Rmg Amino Acids: Tryptophan g 0.097 0 1 0.175 Threonine g 0.288 0 1 0.518 Isoleucine g 0.332 0 1 0.598 Leucine g 0.605 0 1 0.909 Methionine g 0.500 0 1 0.900 Methionine g 0.166 0 1 0.299 Cystine g 0.166 0 1 0.180 Phenylalanine g 0.342 0 1 0.616 Tyrosine g 0.254 0 1 0.673 Arginine g 0.438 0 1 0.7788 Histidine g 0.422 0 1 0.706		-									
Cholesterol. mg 28 1 4 50 Phytosterols. Amino Acids: Trypophan. 9 0.097 0 1 0.175 Threonine. 9 0.288 0 1 0.518 Isoleucine. 9 0.332 0 1 0.598 Leucine. 9 0.605 0 1 0.990 Leucine. 9 0.500 0 1 0.900 Methionine. 9 0.166 0 1 0.299 Cystine. 9 0.100 0 1 0.180 Phenylalanine. 9 0.342 0 1 0.616 Tyrosine. 9 0.374 0 1 0.673 Arginine. 9 0.438 0 1 0.788 Histidine. 9 0.438 0 1 0.706 Aspartic acid. 9 0.619 0		•									
Phytosterols. mg											
Amino Acids: Tryptophan 9 0.097 0 1 0.175 Threonine 9 0.288 0 1 0.518 Isoleucine 9 0.332 0 1 0.598 Leucine 9 0.605 0 1 1.089 Lysine 9 0.500 0 1 0.900 Methionine 9 0.166 0 1 0.299 Cystine 9 0.100 0 1 0.180 Phenylalanine 9 0.342 0 1 0.616 Tyrosine 9 0.254 0 1 0.457 Valine 9 0.374 0 1 0.673 Arginine 9 0.438 0 1 0.788 Histidine 9 0.322 0 1 0.706 Aspartic acid 9 0.619 0 1 1.114 Glutamic acid 9 0.422 0 1 0.760 Proline 9			28		1		4		50		
Tryptophan 9 0.097 0 1 0.175 Threonine 9 0.288 0 1 0.518 Isoleucine 9 0.332 0 1 0.598 Leucine 9 0.605 0 1 1.089 Lysine 9 0.500 0 1 0.900 Methionine 9 0.166 0 1 0.299 Cystine 9 0.100 0 1 0.180 Phenylalanine 9 0.342 0 1 0.616 Tyrosine 9 0.254 0 1 0.457 Valine 9 0.374 0 1 0.457 Valine 9 0.438 0 1 0.788 Histidine 9 0.228 0 1 0.706 Aspartic acid 9 0.619 0 1 0.706 Aspartic acid 9 0.422 0 <	Phytosterols	_. mg									
Threonine 9 0.288 0 1 0.518 Isoleucine 9 0.332 0 1 0.598 Leucine 9 0.605 0 1 1.089 Lysine 9 0.500 0 1 0.900 Methionine 9 0.166 0 1 0.299 Cystine 9 0.100 0 1 0.180 Phenylalanine 9 0.342 0 1 0.616 Tyrosine 9 0.342 0 1 0.457 Valine 9 0.374 0 1 0.457 Valine 9 0.438 0 1 0.788 Histidine 9 0.438 0 1 0.410 Alanine 9 0.392 0 1 0.706 Aspartic acid 9 0.619 0 1 1.114 Glutanic acid 9 0.422 0	Amino Acids:										
Soleucine	Tryptophan	g	0.097		0		1		0.175		
Leucine g 0.605 0 1 1.089 Lysine g 0.500 0 1 0.900 Methionine g 0.166 0 1 0.299 Cystine g 0.100 0 1 0.180 Phenylalanine g 0.342 0 1 0.616 Tyrosine g 0.254 0 1 0.457 Valine g 0.374 0 1 0.673 Arginine g 0.438 0 1 0.788 Histidine g 0.228 0 1 0.788 Histidine g 0.392 0 1 0.706 Aspartic acid g 0.619 0 1 1.114 Glutamic acid g 1.840 0 1 3.312 Glycine g 0.593 0 1 0.760 Proline g 0.593 0 1 0.630	Threonine	g	0.288		0		1		0.518		
Lysine 9 0.500 0 1 0.900 Methionine 9 0.166 0 1 0.299 Cystine 9 0.100 0 1 0.180 Phenylalanine 9 0.342 0 1 0.616 Tyrosine 9 0.254 0 1 0.457 Valine 9 0.374 0 1 0.673 Arginine 9 0.438 0 1 0.788 Histidine 9 0.228 0 1 0.410 Alanine 9 0.392 0 1 0.706 Aspartic acid 9 0.619 0 1 1.114 Glutamic acid 9 1.840 0 1 3.312 Glycine 9 0.422 0 1 0.760 Proline 9 0.593 0 1 0.630	Isoleucine	g	0.332		0		1		0.598		
Methionine g 0.166 0 1 0.299 Cystine g 0.100 0 1 0.180 Phenylalanine g 0.342 0 1 0.616 Tyrosine g 0.254 0 1 0.457 Valine g 0.374 0 1 0.673 Arginine g 0.438 0 1 0.788 Histidine g 0.228 0 1 0.410 Alanine g 0.392 0 1 0.706 Aspartic acid g 0.619 0 1 1.114 Glycine g 0.422 0 1 0.760 Proline g 0.593 0 1 0.760 Serine g 0.350 0 1 0.630	Leucine	g	0.605		0		1		1.089		
Cystine. 9 0.100 0 1 0.180 Phenylalanine. 9 0.342 0 1 0.616 Tyrosine. 9 0.254 0 1 0.457 Valine. 9 0.374 0 1 0.673 Arginine. 9 0.438 0 1 0.788 Histidine. 9 0.228 0 1 0.410 Alanine. 9 0.392 0 1 0.706 Aspartic acid. 9 0.619 0 1 1.114 Glycine. 9 0.422 0 1 3.312 Glycine. 9 0.422 0 1 0.760 Proline. 9 0.593 0 1 1.067 Serine. 9 0.350 0 1 0.630	Lysine	g	0.500		0		1		0.900		
Phenylalanine g 0.342 0 1 0.616 Tyrosine g 0.254 0 1 0.457 Valine g 0.374 0 1 0.673 Arginine g 0.438 0 1 0.788 Histidine g 0.228 0 1 0.410 Alanine g 0.392 0 1 0.706 Aspartic acid g 0.619 0 1 1.114 Glutamic acid g 1.840 0 1 3.312 Glycine g 0.422 0 1 0.760 Proline g 0.593 0 1 1.067 Serine g 0.350 0 1 0.630	Methionine	g	0.166		0		1		0.299		
Tyrosine g 0.254 0 1 0.457 Valine g 0.374 0 1 0.673 Arginine g 0.438 0 1 0.788 Histidine g 0.228 0 1 0.410 Alanine g 0.392 0 1 0.706 Aspartic acid g 0.619 0 1 1.114 Glutamic acid g 1.840 0 1 3.312 Glycine g 0.422 0 1 0.760 Proline g 0.593 0 1 1.067 Serine g 0.350 0 1 0.630	Cystine	g	0.100		0		1		0.180		
Valine 9 0.374 0 1 0.673 Arginine 9 0.438 0 1 0.788 Histidine 9 0.228 0 1 0.410 Alanine 9 0.392 0 1 0.706 Aspartic acid 9 0.619 0 1 1.114 Glutamic acid 9 1.840 0 1 3.312 Glycine 9 0.422 0 1 0.760 Proline 9 0.593 0 1 1.067 Serine 9 0.350 0 1 0.630	Phenylalanine	g	0.342		0		1		0.616		
Valine 9 0.374 0 1 0.673 Arginine 9 0.438 0 1 0.788 Histidine 9 0.228 0 1 0.410 Alanine 9 0.392 0 1 0.706 Aspartic acid 9 0.619 0 1 1.114 Glutamic acid 9 1.840 0 1 3.312 Glycine 9 0.422 0 1 0.760 Proline 9 0.593 0 1 1.067 Serine 9 0.350 0 1 0.630	Tyrosine	g	0.254		0		1		0.457		
Arginine 9 0.438 0 1 0.788 Histidine 9 0.228 0 1 0.410 Alanine 9 0.392 0 1 0.706 Aspartic acid 9 0.619 0 1 1.114 Glutamic acid 9 1.840 0 1 3.312 Glycine 9 0.422 0 1 0.760 Proline 9 0.593 0 1 1.067 Serine 9 0.350 0 1 0.630	2		0.374		0		1		0.673		
Histidine 9 0.228 0 1 0.410 Alanine 9 0.392 0 1 0.706 Aspartic acid 9 0.619 0 1 1.114 Glutamic acid 9 1.840 0 1 3.312 Glycine 9 0.422 0 1 0.760 Proline 9 0.593 0 1 1.067 Serine 9 0.350 0 1 0.630			0.438		0		1		0.788		
Alanine			0.228		0		1		0.410		
Aspartic acid. 9 0.619 0 1 1.114 Glutamic acid. 9 1.840 0 1 3.312 Glycine. 9 0.422 0 1 0.760 Proline. 9 0.593 0 1 1.067 Serine. 9 0.350 0 1 0.630			0.392		0		1		0.706		
Glutamic acid g 1.840 0 1 3.312 Glycine g 0.422 0 1 0.760 Proline g 0.593 0 1 1.067 Serine g 0.350 0 1 0.630			0.619		0		1		1.114		
Glycine g 0.422 0 1 0.760 Proline g 0.593 0 1 1.067 Serine g 0.350 0 1 0.630					0		1		3.312		
Proline g 0.593 0 1 1.067 Serine g 0.350 0 1 0.630		-			0		1				
Serine	<u> </u>				0		1				
		-									
TVOIOXVDIONIE	Hydroxyproline								,,		

Common Measures:

Measure 1 = 180g: 1 chimichanga

Calories Factors: Protein 4.09 Fat 8.79 Carbohydrate 3.92

Food Group: 21 Fast Foods

		<u>Aı</u>	mount in 1	00 gram	s of edi	ole portio	<u>on</u>	Amount in	edible portion	of common
				Numb	er				easures of food	
				of Dat	a Deriv	Source	Confidence			
Nutrients and Units	1	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		29.20	1.9			1		33.58		
Energy		392		0	NC	4		451		
Energy		1640 11.15	0.4	94 16		4 1		1886 12.82		
Protein (N x 6.2) Total lipid (fat)		22.96	0.7			1		26.40		
Ash		2.95		2		1		3.39		
Carbohydrate, by difference		33.75		0	NC	4		38.81		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	18	1.6	14 13		1		21		
Iron, Fe	-	2.65	0.5			1		3.05		
Magnesium, Mg		27	1.9			1		31		
Phosphorus, P		207	12.2			1		238		
Potassium, K		231 725	22.5 85.2			1 1		266 834		
Zinc, Zn		1.42	0.1			1		1.63		
Copper, Cu		0.083				1		0.095		
Manganese, Mn		0.268				1		0.308		
Selenium, Se		8.3		0	RK	4		9.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		4		0.0		
Thiamin	-	0.180)	1		4		0.207		
Riboflavin		0.230)	1		4		0.265		
Niacin		2.490)	1		4		2.864		
Pantothenic acid		0.260		1		1		0.299		
Vitamin B-6		0.030)	1		1		0.035		
Folate, total		37 29		0	RK	4 4		43		
Folic acidFolate, food		29 8		1	NC	1		33 9		
Folate, DFE		5 57		0	NC	4		66		
Vitamin B-12		0.96		1		1		1.10		
Vitamin A, IU		106		1		4		122		
Vitamin A, RAE	mcg_RAE	32		0	NC	4		37		
Retinol	mcg	32		0	NC	4		37		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids: Fatty acids, total saturated	a	5.742		1		1		6.603		
Fatty acids, total monounsaturated		9.948		1		1		11.440		
Fatty acids, total polyunsaturated		5.890		1		1		6.774		
Fatty acids, total trans								- · · · -		
Cholesterol	mg	76		1		4		87		
Phytosterols	_. mg									
Amino Acids:										
Tryptophan	g	0.131		0		1		0.151		
Threonine		0.397		0		1		0.457		
Isoleucine	_	0.466		0		1		0.536		
Leucine		0.775		0		1		0.891		
Lysine		0.539 0.227		0		1 1		0.620 0.261		
Methionine		0.227		0		1		0.261		
Cysune	9	0.187		U		_		0.213		

	Amoun	t in 100 grams o	of edible portio	<u>n</u>	Amount in edible portion of common		
Nutrients and Units	Mean Std.	Number of Data C Error Points C	Deriv Source Code Code	Confidence Code	<u>me</u> Measure 1	easures of food Measure 2	Measure 3
Phenylalanineg	0.485	0	1		0.558		
Tyrosineg	0.331	0	1		0.381		
Valineg	0.518	0	1		0.596		
Arginineg	0.608	0	1		0.699		
Histidineg	0.227	0	1		0.261		
Alanineg	0.512	0	1		0.589		
Aspartic acidg	0.793	0	1		0.912		
Glutamic acidg	2.402	0	1		2.762		
Glycineg	0.505	0	1		0.581		
Prolineg	0.795	0	1		0.914		
Serineg	0.554	0	1		0.637		
Hydroxyprolineg							

Common Measures:

Measure 1 = 115g: .75 cup

Calories Factors: Protein 4.25 Fat 8.96 Carbohydrate 4.11

Food Group: 21 Fast Foods

		<u>Aı</u>	mount in 100	grams	of edil	ole portio	<u>n</u>		edible portion	
			N	umber	•			<u>m</u>	easures of food	<u> </u>
					Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.02	0.536	14		1		73.28		
Energy	kcal	148		0		1		147		
Energy	kj	619				1		613		
Protein (N x 6.28)	g	1.47	0.124	16		1		1.46		
Total lipid (fat)	g	11.08	0.735	15		1		10.97		
Ash	g	0.55		2		1		0.54		
Carbohydrate, by difference	g	12.88		0	NC	4		12.75		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	34	2.636	16		1		34		
Iron, Fe		0.73	0.163	16		1		0.72		
Magnesium, Mg	_	9	0.687	15		1		9		
Phosphorus, P	mg	36	3.383	13		1		36		
Potassium, K	mg	179	5.713	11		1		177		
Sodium, Na	mg	270	26.161	17		1		267		
Zinc, Zn		0.20	0.027	15		1		0.20		
Copper, Cu		0.042		15		1		0.042		
Manganese, Mn		0.125	0.015	15		1		0.124		
Selenium, Se	mcg	1.0		0	RK	4		1.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	8.4	7.647	3		1		8.3		
Thiamin	mg	0.040	0.020	3		1		0.040		
Riboflavin	mg	0.030	0.002	3		1		0.030		
Niacin		0.080	0.083	3		1		0.079		
Pantothenic acid		0.150		2		1		0.149		
Vitamin B-6	-	0.110		3		1		0.109		
Folate, total		39	7.234	3		1		39		
Folic acid		0		0	Z	7		0		
Folate, food		39	7.234	3		1		39		
Folate, DFE		39		0	NC	4		39		
Vitamin B-12	mcg	0.18 341		2 1		1 1		0.18 338		
Vitamin A, IU		36		0	NC	4		35		
Vitamin A, RAE Retinol		22		0	NC	4		22		
Vitamin E (alpha-tocopherol)		22		Ū	II.C	-		22		
Tocopherol, beta	_									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	57.0		0	A	1		56.4		
Lipids:										
Fatty acids, total saturated	a	1.622		0		1		1.606		
4:0		1.022		·		-		1.000		
6:0										
8:0										
10:0	-									
12:0										
13:0	g									
14:0	g	0.009	1	2		1		0.009		
15:0	g									
16:0	-	1.156	i	2		1		1.144		
17:0	-									
18:0	-	0.458		2		1		0.453		
20:0										
22:0	a									

	A	mount in 100 grams		<u>on</u>		edible portion o	of common
Nutrients and Units	Mean	Numbe of Data Std. Error Points	Deriv Source	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		0	1		2.420		
14:1	9						
15:1							
16:1 undifferentiated	_	2	1		0.015		
17:1	g						
18:1 undifferentiated	.g 2.429	2	1		2.405		
20:1	g						
22:1 undifferentiated	.g						
24:1 c							
Fatty acids, total polyunsaturated	.g 6.459	0	1		6.394		
18:2 undifferentiated		2	1		5.621		
18:3 undifferentiated	.g 0.781	2	1		0.773		
18:4	g						
20:2 n-6 c,c							
20:3 undifferentiated							
20:4 undifferentiated	.g						
20:5 n-3	g						
22:5 n-3	.g						
22:6 n-3	-						
Fatty acids, total trans	-						
Cholesterol		1	1		5		
Phytosterols	-						
Amino Acids:							
Tryptophan	q 0.018	0	1		0.018		
Threonine			1		0.052		
Isoleucine	-		1		0.068		
Leucine	-		1		0.081		
	-		1		0.031		
Lysine Methionine	=		1		0.020		
			1		0.020		
Cystine			1				
Phenylalanine			1		0.050		
Tyrosine			1		0.032		
Valine			_		0.064		
Arginine			1		0.087		
Histidine	-		1		0.030		
Alanine	-		1		0.055		
Aspartic acid			1		0.141		
Glutamic acid	-		1		0.272		
Glycine	-		1		0.041		
Proline	.g 0.196	0	1		0.194		
Serine	.g 0.081	0	1		0.080		
Hydroxyproline	g						

Common Measures:

Measure 1 = 99g: .75 cup

Calories Factors: Protein 2.9 Fat 8.7 Carbohydrate 3.7

Food Group: 21 Fast Foods

		<u>A</u>	mount in 100 gr	rams c	ot edik	ole portio	<u>on</u>	Amount in edible portion of common		
			Nur	nber				<u>m</u>	easures of food	<u> </u>
					Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Poi	ints (Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	а	3.75	0.277	14		1		2.51		
Energy	=	446		0	NC	4		299		
Energy		1866				4		1250		
Protein (N x 5.7)		6.18	0.258	13		1		4.14		
Total lipid (fat)		13.43	0.602	14		1		9.00		
Ash		1.31	0.051	12		1		0.88		
Carbohydrate, by difference		75.33		0	NC	4		50.47		
Fiber, total dietary										
Sugars, total										
Starch										
Minerals:										
Calcium, Ca	mg	17		2		1		11		
Iron, Fe.	• • • • • • • • • • • • • • • • • • • •	2.20		2		1		1.47		
Magnesium, Mg	-	16		2		1		11		
Phosphorus, P	mg	96		2		1		64		
Potassium, K	mg	84		2		1		56		
Sodium, Na	mg	408	24.412	12		1		273		
Zine, Zn	mg	0.45		2		1		0.30		
Copper, Cu		0.076		2		1		0.051		
Manganese, Mn		0.487		2		1		0.326		
Selenium, Se	mcg	7.0	2.000	4	A	1		4.7		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		1.2	0.643	3		1		0.8		
Thiamin		0.370		3		1		0.248		
Riboflavin		0.360		3		1		0.241		
Niacin		3.670		3		1		2.459		
Pantothenic acid		0.320		3		1		0.214		
Vitamin B-6	_	0.030	0.005	3		1		0.020		
Folate, total		121 88		0	BFZN	4 4		81 59		
Folic acid		33		2	NC	1		22		
Folate, food		33 183		0	NC	4		122		
Vitamin B-12		0.07		2	NC	1		0.05		
Vitamin A, IU		40		1		1		27		
Vitamin A, RAE		10		0	NC	4		6		
Retinol		9		0	NC	4		6		
Vitamin E (alpha-tocopherol)		0.47		0	2.0	1		0.31		
Tocopherol, beta	ma					_				
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
<u>Lipids:</u>										
Fatty acids, total saturated	g	5.272	2	0		1		3.532		
4:0	g									
6:0	g									
8:0	g	0.022		1		1		0.015		
10:0	-	0.010		1		1		0.007		
12:0	_	0.019)	1		1		0.013		
13:0	_		_					_		
14:0	_	0.215	5	1		1		0.144		
15:0										
16:0		3.109	•	1		1		2.083		
17:0										
18:0		1.741	L	1		1		1.166		
20:0										
22:0	a									

		<u>An</u>	nount in 100 gr		ble portio	<u>on</u>	Amount in edible portion of common measures of food			
			Num		Source	Confidence	<u></u>	2434103 01 1004	•	
Nutrients and Units	>	Mean	Std. Error Poi		Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	g	5.649		0	1		3.785			
14:1										
15:1	g									
16:1 undifferentiated		0.409		1	1		0.274			
17:1	g									
18:1 undifferentiated	g	5.200		1	1		3.484			
20:1	g									
22:1 undifferentiated										
24:1 c										
Fatty acids, total polyunsaturated		1.558		0	1		1.044			
18:2 undifferentiated		1.367		1	1		0.916			
18:3 undifferentiated	•	0.168		1	1		0.113			
18:4	_									
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated		0.024		1	1		0.016			
20:5 n-3	_									
22:5 n-3										
22:6 n-3	_									
Fatty acids, total trans	_									
Cholesterol		16	1.725	3	1		11			
Phytosterols	-									
,										
Amino Acids:										
Tryptophan	g	0.081		0	1		0.054			
Threonine	g	0.202		0	1		0.135			
Isoleucine	g	0.261		0	1		0.175			
Leucine	g	0.474		0	1		0.318			
Lysine	g	0.229		0	1		0.153			
Methionine	g	0.127		0	1		0.085			
Cystine	g	0.120		0	1		0.080			
Phenylalanine	g	0.315		0	1		0.211			
Tyrosine		0.216		0	1		0.145			
Valine	-	0.299		0	1		0.200			
Arginine		0.259		0	1		0.174			
Histidine		0.148		0	1		0.099			
Alanine	•	0.216		0	1		0.145			
Aspartic acid	_	0.333		0	1		0.223			
Glutamic acid		1.866		0	1		1.250			
Glycine	-	0.207		0	1		0.139			
Proline	-	0.670		0	1		0.449			
	•	0.329		0	1		0.220			
Serine							0.220			

Common Measures:

Measure 1 = 67g: 1 box

Calories Factors: Protein 4 Fat 8.4 Carbohydrate 4.1

Food Group: 21 Fast Foods

		<u>A</u>	mount in 100 g	rams	of edit	ole portio	<u>n</u>	Amount in edible portion of common		
			Nu	mber				<u>m</u>	easures of food	1
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	5.36	0.677	7		1		2.95		
Energy	_	423	0.07.	0	NC	4		233		
Energy		1770		•		4		973		
Protein (N x 5.84)		5.25	0.281	6		1		2.89		
Total lipid (fat)		22.08	1.181	9		1		12.14		
Ash		1.44	0.082	6		1		0.79		
Carbohydrate, by difference		65.86		0	NC	4		36.22		
Fiber, total dietary		33.33		•	2.0	-		55.22		
Sugars, total										
Starch										
Staren	9									
Minerals:										
Calcium, Ca	_	36	3.142	15		1		20		
Iron, Fe	_	2.68	0.224	16		1		1.47		
Magnesium, Mg		30	1.486	14		1		17		
Phosphorus, P		95	5.765	13		1		52		
Potassium, K		149	10.880	15		1		82		
Sodium, Na		342	17.254	16		1 1		188		
Zinc, Zn	_	0.61 0.335	0.042 0.050	10 14		1		0.34 0.184		
Copper, Cu		0.333		14		1		0.184		
Selenium, Se		6.0	0.690	27	A	1		3.3		
Selenium, Se	1110g	0.0	0.090	21	•	-		3.3		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	1.0	0.577	8		1		0.6		
Thiamin	mg	0.160	0.025	8		1		0.088		
Riboflavin	mg	0.350	0.074	8		1		0.193		
Niacin	<u>mg</u>	2.530	0.386	8		1		1.392		
Pantothenic acid	mg	0.260	0.047	3		1		0.143		
Vitamin B-6	mg	0.050)	2		1		0.028		
Folate, total	mcg	60		0	BFZN	4		33		
Folic acid	mcg	31		0	NC	4		17		
Folate, food		29		2		1		16		
Folate, DFE	mcg_DFE	82		0	NC	4		45		
Vitamin B-12		0.19		2		1		0.10		
Vitamin A, IU		94	33.001	4		1		52		
Vitamin A, RAE	mcg_RAE	20		0	NC	4		11		
Retinol		18		0	NC	4		10		
Vitamin E (alpha-tocopherol)	mg	0.67		0		1		0.37		
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	9.709)	0		1		5.340		
4:0										
6:0										
8:0	g									
10:0										
12:0	g	0.006	5	1		1		0.003		
13:0										
14:0	g	0.174	1	1		1		0.096		
15:0	g									
16:0	-	5.140)	1		1		2.827		
17:0	g									
18:0	-	4.333	3	1		1		2.383		
20:0	-									
22:0	-									
24:0	-									

		<u>Amou</u>	nt in 100 grams Number		portion	<u>n</u>	Amount in edible portion of comn measures of food		
Nutrients and U	Inits	Mean Std	of Data . Error Points	-	ource Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate	od a	9.185	0		1		5.052		
14:1	g	3.103	v		-		3.032		
16:1 undifferentiated	g	0.460	1		1		0.253		
18:1 undifferentiated20:1	g g	8.725	1		1		4.799		
22:1 undifferentiated 24:1 cFatty acids, total polyunsaturated	g	1.865	0		1		1.026		
18:2 undifferentiated		1.697	1		1		0.933		
18:3 undifferentiated	-	0.168	1		1		0.092		
18:4	g						0.002		
20:3 undifferentiated									
20:4 undifferentiated	_								
20:5 n-3									
22:5 n-3									
22:6 n-3Fatty acids, total trans									
Cholesterol		21	2		1		12		
Phytosterols									
Amino Acids:									
Tryptophan	q	0.063	0		1		0.035		
Threonine		0.146	0		1		0.080		
Isoleucine	-	0.175	0		1		0.096		
Leucine	g	0.332	0		1		0.183		
Lysine	g	0.137	0		1		0.075		
Methionine		0.081	0		1		0.045		
Cystine		0.096	0		1		0.053		
Phenylalanine		0.246	0		1		0.135		
Tyrosine	_	0.156	0		1 1		0.086		
Valine		0.218 0.215	0		1		0.120 0.118		
Arginine Histidine		0.107	0		1		0.118		
Alanine	_	0.171	0		1		0.039		
Aspartic acid		0.261	0		1		0.144		
Glutamic acid		1.491	0		1		0.820		
Glycine		0.185	0		1		0.102		
Proline	g	0.505	0		1		0.278		
Serine	-	0.240	0		1		0.132		
Hydroxyproline	g								
Others:									
Alcohol, ethyl									
Caffeine	-	11	0	BFZN	4		6		
Theobromine	mg	83	0	BFZN	4		46		

Common Measures:

Measure 1 = 55g: 1 box

Calories Factors: Protein 3.8 Fat 8.1 Carbohydrate 3.4

Food Group: 21 Fast Foods

		<u>A</u> 1	mount in 10	0 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common		
				Number	•			<u>m</u>	easures of food	<u>l</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	72.05		0		4		105.19		
Energy	kcal	106		0		4		155		
Energy	kj	444				4		648		
Protein (N x 6.25)	g	3.06		0		4		4.47		
Total lipid (fat)	g	2.35		0		4		3.43		
Ash	g	0.65		0		4		0.95		
Carbohydrate, by difference	g	21.88		0		4		31.94		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:	ma	2		^		4				
Calcium, Ca	-	3 0.60		0 0		4		4 0.88		
Iron, Fe	-	28		0		4		0.88 41		
Magnesium, Mg		26 74		0		4		108		
Phosphorus, P Potassium, K	_	74 246		0		4 <u>.</u> A		359		
Potassium, K Sodium, Na	_	246		0		4		29		
Zinc, Zn	-	0.62		0		4		0.91		
Copper, Cu		0.000)	0		4		0.000		
Manganese, Mn		0.000		0		4		0.000		
Selenium, Se		0.7		0	RK	4		1.0		
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid	-	4.7	_	0		4		6.9		
Thiamin	-	0.170		0		4		0.248		
Riboflavin		0.070		0		4		0.102		
Niacin		1.490		0		4		2.175		
Pantothenic acid	_	0.250		0		4		0.365		
Vitamin B-6	_	0.220)	0		4		0.321		
Folate, total		30 0		0	_	4		44		
Folic acid				0	z	7		0		
Folate, food		30 30		0 0	NC	4 4		44 44		
Folate, DFEVitamin B-12		0.00		0	NC	4		0.00		
Vitamin A, IU		268		0		4		391		
Vitamin A, RAE		23		0	NC	4		33		
Retinol		11		0	NC	4		16		
Vitamin E (alpha-tocopherol)				·	2.0	-				
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
<u>_ipids:</u> Fatty acids, total saturated	a	1.125		0		4		1.643		
4:0		0.050		0		1		0.073		
6:0		0.030		0		1		0.045		
8:0		0.031		0		1		0.045		
10:0	_	0.010		0		1		0.020		
12:0	_	0.047		0		1		0.069		
13:0	_	0.01/		•		-		3.000		
14:0	_	0.169	9	0		1		0.247		
15:0	-			-						
16:0		0.555	5	0		1		0.810		
17:0										
18:0		0.214	1	0		1		0.312		
20:0										
22:0	_									
24:0	_									

		<u>Ar</u>	nount in 10	00 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food		
Nutrients and Unit	ts	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	q	0.688		0		4		1.004			
14:1											
15:1											
16:1 undifferentiated	g	0.038		0		1		0.055			
17:1	_										
18:1 undifferentiated		0.650		0		1		0.949			
20:1	g										
22:1 undifferentiated	-										
24:1 c											
Fatty acids, total polyunsaturated	-	0.419		0		4		0.612			
18:2 undifferentiated		0.384		0		1		0.561			
18:3 undifferentiated	-	0.035		0		1		0.051			
18:4	g										
20:2 n-6 c,c	_										
20:3 undifferentiated											
20:4 undifferentiated	g	0.000		0		1		0.000			
20:5 n-3	g										
22:5 n-3	g										
22:6 n-3	g										
Fatty acids, total trans	g										
Cholesterol	mg	4		0		4		6			
Phytosterols	mg										
Amino Acids:											
Tryptophan	g	0.022		0		1		0.032			
Threonine		0.123		0		1		0.180			
Isoleucine	g	0.123		0		1		0.180			
Leucine	-	0.331		0		1		0.483			
Lysine	_	0.131		0		1		0.191			
Methionine		0.064		0		1		0.093			
Cystine	g	0.025		0		1		0.037			
Phenylalanine		0.143		0		1		0.209			
Tyrosine		0.117		0		1		0.171			
Valine	_	0.177		0		1		0.258			
Arginine	_	0.124		0		1		0.181			
Histidine		0.085		0		1		0.124			
Alanine	•	0.280		0		1		0.409			
Aspartic acid	_	0.232		0		1		0.339			
Glutamic acid		0.606		0		1		0.885			
Glycine	_	0.121		0		1		0.177			
Proline		0.278		0		1		0.406			
Serine		0.146		0		1		0.213			
Hydroxyproline	-										

Common Measures:

Measure 1 = 146g: 1 ear

Calories Factors: Protein 2.47 Fat 8.73 Carbohydrate 3.57

Food Group: 21 Fast Foods

		<u>A</u> 1	mount in 10	00 grams	of edib	ole portio	<u>n</u>	Amount in eaible portion of common				
				Number				<u>m</u>	easures of food			
						Source	Confidence					
Nutrients and Units	s	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure		
Proximates:												
Water	g	45.47		1		4		57.75				
Energy	kcal	290		0	NC	4		368				
Energy		1213				4		1541				
Protein (N x 6.12)	q	10.07		2		1		12.79				
Total lipid (fat)		19.45		2		1		24.70				
Ash		2.56		1		4		3.25				
Carbohydrate, by difference		19.14		2		9		24.31				
Fiber, total dietary												
Sugars, total												
Starch												
Starcii	9											
Minerals:												
Calcium, Ca	mg	192		1		4		244				
Iron, Fe	mg	1.73		1		4		2.20				
Magnesium, Mg	mg	17		1		4		22				
Phosphorus, P	mg	274		1		4		348				
Potassium, K	mg	137		1		1		174				
Sodium, Na	mg	434		2		1		551				
Zinc, Zn	mg	1.38		1		4		1.75				
Copper, Cu	mg	0.072	2	1		4		0.091				
Manganese, Mn	mg	0.178	3	1		4		0.226				
Selenium, Se	mcg	19.3		0	RK	4		24.5				
¥7:4												
Vitamins:				_								
Vitamin C, total ascorbic acid	-	0.1		1		4		0.1				
Thiamin		0.150		1		4		0.191				
Riboflavin	-	0.300		1		4		0.381				
Niacin	_	1.190		1		4		1.511				
Pantothenic acid	-	0.830		1		4		1.054				
Vitamin B-6		0.080)	1		4		0.102				
Folate, total		37		0	RK	4		47				
Folic acid		8		0	NC	4		10				
Folate, food		29		0		4		37				
Folate, DFE		43		0	NC	4		54				
Vitamin B-12		0.61		1		4		0.77				
Vitamin A, IU		788		1		4		1001				
Vitamin A, RAE		218		0	NC	4		277				
Retinol		214		0	NC	4		272				
Vitamin E (alpha-tocopherol)	mg											
Tocopherol, beta												
Tocopherol, gamma												
Tocopherol, delta												
Vitamin D												
Vitamin K (phylloquinone)	mcg											
Lipids:												
Fatty acids, total saturated	а	11.075	i	1		1		14.065				
Fatty acids, total monounsaturated	-	5.938		1		1		7.541				
Fatty acids, total polyunsaturated		1.076		1		1		1.367				
Fatty acids, total trans		2.076	•	-		-		1.307				
Cholesterol		170		2		1		216				
Phytosterols	-	1,0		_		-		-10				
,												
Amino Acids:												
Tryptophan		0.145		0		1		0.184				
Threonine	g	0.375		0		1		0.476				
Isoleucine	g	0.499)	0		1		0.634				
Leucine	g	0.846	5	0		1		1.074				
Lysine	g	0.734	ļ	0		1		0.932				
Methionine	g	0.262	?	0		1		0.333				
Cystine	a	0.148	3	0		1		0.188				

	<u>Amour</u>	nt in 100 grams of	<u>on</u>	Amount in edible portion of common			
Nutrients and Units	Mean Std.	Number of Data De Error Points Co		Confidence Code	<u>me</u> Measure 1	Measure 2	Measure 3
Phenylalanine 9 Tyrosine 9 Valine 9 Arginine 9 Histidine 9 Alanine 9 Aspartic acid 9 Glutamic acid 9 Glycine 9 Proline 9 Serine 9	0.522 0.454 0.601 0.481 0.311 0.375 0.704 2.065 0.260 0.841 0.573	0 0 0 0 0 0 0	1 1 1 1 1 1 1 1 1		0.663 0.577 0.763 0.611 0.395 0.476 0.894 2.623 0.330 1.068 0.728		

Common Measures:

Measure 1 = 127g: 1 croissant

Calories Factors: Protein 4.22 Fat 8.82 Carbohydrate 3.99

Food Group: 21 Fast Foods

		<u>Aı</u>	mount in 10	0 grams	of edil	ole portio	<u>n</u>		edible portion	
				Numbe	r			<u>m</u>	easures of food	_
				of Data	Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	43.92		1		4		56.66		
Energy	kcal	320		0	NC	4		413		
Energy	kj	1339				4		1727		
Protein (N x 6.13)	g	12.58	0.68	36 3		1		16.23		
Total lipid (fat)		21.98	0.71	L5 3		1		28.35		
Ash		2.74		1		4		3.53		
Carbohydrate, by difference		18.33		3		9		23.65		
Fiber, total dietary										
Sugars, total										
Starch										
	5									
Minerals:										
Calcium, Ca	-	117		1		1		151		
Iron, Fe	_	1.70		1		1		2.19		
Magnesium, Mg		18		1		4		23		
Phosphorus, P		214		1		1		276		
Potassium, K		156	_	1		1		201		
Sodium, Na		689	44.89			1		889		
Zinc, Zn		1.47	_	1		4		1.90		
Copper, Cu		0.077		1		4		0.099		
Manganese, Mn		0.172	<u> </u>	1		4		0.222		
Selenium, Se	mcg	19.0		0	RK	4		24.5		
Vitamins:										
Vitamin C, total ascorbic acid	ma	1.7		1		4		2.2		
Thiamin	-	0.270)	1		1		0.348		
Riboflavin		0.260		1		1		0.335		
Niacin	-	1.700		1		1		2.193		
Pantothenic acid	_	0.830		1		4		1.071		
Vitamin B-6	-	0.090		1		4		0.116		
Folate, total		35		0	RK	4		45		
Folic acid		8		0	NC	4		10		
Folate, food		27		0		4		35		
Folate, DFE		41		0	NC	4		52		
Vitamin B-12		0.67		1		4		0.86		
Vitamin A, IU		366		1		1		472		
Vitamin A, RAE		110		0	NC	4		142		
Retinol		110		0	NC	4		142		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	_									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
4 , 1 ,	-									
Lipids:	_			-		_				
Fatty acids, total saturated		11.963		1		1		15.432		
Fatty acids, total monounsaturated		7.113		1		1		9.176		
Fatty acids, total polyunsaturated		1.363	5	1		1		1.758		
Fatty acids, total trans	-	1.67	07.0	10 2				015		
Cholesterol		167	27.94	10 3		1		215		
Phytosterols	ing									
Amino Acids:										
Tryptophan	g	0.174	Į.	0		1		0.224		
Threonine		0.470)	0		1		0.606		
Isoleucine	g	0.610)	0		1		0.787		
Leucine	-	1.036	5	0		1		1.336		
Lysine		0.919)	0		1		1.186		
Methionine		0.322	2	0		1		0.415		
Cystine		0.179		0		1		0.231		

	<u>Amoun</u>	t in 100 grams of e	dible portion	Amount in edible portion of common		
Nutrients and Units	Mean Std.	Number of Data Der Error Points Coc	iv Source Confidence le Code Code		easures of food Measure 2	Measure 3
Phenylalanineg	0.632	0	1	0.815		
Tyrosineg	0.544	0	1	0.702		
Valineg	0.735	0	1	0.948		
Arginine9	0.620	0	1	0.800		
Histidineg	0.386	0	1	0.498		
Alanineg	0.497	0	1	0.641		
Aspartic acidg	0.899	0	1	1.160		
Glutamic acidg	2.485	0	1	3.206		
Glycineg	0.390	0	1	0.503		
Prolineg	1.010	0	1	1.303		
Serineg	0.688	0	1	0.888		
Hydroxyprolineg						

Common Measures:

Measure 1 = 129g: 1 croissant

Calories Factors: Protein 4.22 Fat 8.83 Carbohydrate 3.99

Food Group: 21 Fast Foods

		<u>Aı</u>	mount in 10	0 grams	of edil	ole portio	<u>n</u>		edible portion	
				Numbe	•			<u>m</u>	easures of food	<u>[</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	51.14		1		4		77.73		
Energy	kcal	312		0	NC	4		474		
Energy	kj	1305				4		1984		
Protein (N x 6.16)	g	12.45	0.67	4 3		1		18.92		
Total lipid (fat)	g	22.09	4.07	6 3		1		33.58		
Ash	g	2.48		1		4		3.77		
Carbohydrate, by difference	g	15.92		3		9		24.20		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	95		1		1		144		
Iron, Fe	_	1.40		1		1		2.13		
Magnesium, Mg	-	17		1		4		26		
Phosphorus, P		221		1		1		336		
Potassium, K		179		1		1		272		
Sodium, Na	mg	711	10.90	9 3		1		1081		
Zinc, Zn	mg	1.43		1		4		2.17		
Copper, Cu		0.083		1		4		0.126		
Manganese, Mn		0.145	5	1		4		0.220		
Selenium, Se	mcg	17.9		0	RK	4		27.2		
Vitamins:										
Vitamin C, total ascorbic acid	ma	7.5		1		1		11.4		
Thiamin	_	0.340)	1		1		0.517		
Riboflavin		0.200)	1		1		0.304		
Niacin	=	2.100)	1		1		3.192		
Pantothenic acid	mg	0.820)	1		4		1.246		
Vitamin B-6	mg	0.150)	1		4		0.228		
Folate, total	mcg	30		0	RK	4		46		
Folic acid	mcg	6		0	NC	4		9		
Folate, food		24		0		4		36		
Folate, DFE		34		0	NC	4		52		
Vitamin B-12		0.66		1		4		1.00		
Vitamin A, IU		297		1		1		451		
Vitamin A, RAE		86		0	NC	4		130		
Retinol		85		0	NC	4		129		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin K (phylloquinone)										
Vitamini K (phylioquinone)	9									
<u>Lipids:</u>										
Fatty acids, total saturated		11.497		1		1		17.475		
Fatty acids, total monounsaturated		7.495		1		1		11.392		
Fatty acids, total polyunsaturated		1.552	!	1		1		2.359		
Fatty acids, total trans	_	140	21 60	4 2		-		212		
CholesterolPhytosterols		140	21.68	4 3		1		213		
1 Hytosterois										
Amino Acids:										
Tryptophan	g	0.168	3	0		1		0.255		
Threonine	-	0.505		0		1		0.768		
Isoleucine	g	0.594	Į.	0		1		0.903		
Leucine		1.013		0		1		1.540		
Lysine		0.904		0		1		1.374		
Methionine		0.325		0		1		0.494		
Cystine	q	0.202	2	0		1		0.307		

	Amount	in 100 grams of ed	ble portion	Amount in edible portion of common		
Nutrients and Units	Mean Std. E	Number of Data Deriv rror Points Code	Source Confidence Code Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Phenylalanineg	0.606	0	1	0.921		
Tyrosineg	0.481	0	1	0.731		
Valineg	0.665	0	1	1.011		
Arginine9	0.685	0	1	1.041		
Histidine	0.386	0	1	0.587		
Alanineg	0.590	0	1	0.897		
Aspartic acidg	1.003	0	1	1.525		
Glutamic acidg	2.349	0	1	3.570		
Glycineg	0.461	0	1	0.701		
Prolineg	0.811	0	1	1.233		
Serineg	0.651	0	1	0.990		
Hydroxyprolineg						

Common Measures:

Measure 1 = 152g: 1 croissant

Calories Factors: Protein 4.23 Fat 8.88 Carbohydrate 3.99

Food Group: 21 Fast Foods

		<u>A</u>	mount in 10	00 grams	of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
				Numbe	r				easures of food	
						Source	Confidence			
Nutrients and Units	S	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	-	45.87		1		4		73.39		
Energy		327		0	NC	4		523		
Energy	kj	1368				4		2189		
Protein (N x 6.15)	g	12.69	0.5			1		20.30		
Total lipid (fat)	g	23.85	2.9			1		38.16		
Ash	g	2.27		1		4		3.63		
Carbohydrate, by difference	g	15.45		3		9		24.72		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	90		1		1		144		
Iron, Fe	-	1.90		1		1		3.04		
Magnesium, Mg	-	15		1		4		24		
Phosphorus, P		181		1		1		290		
Potassium, K	•	177		1		1		283		
Sodium, Na		697	49.4			1		1115		
Zinc, Zn	-	1.34		1		4		2.14		
Copper, Cu		0.068	1	1		4		0.109		
Manganese, Mn		0.158		1		4		0.253		
Selenium, Se		12.9	•	0	RK	4		20.6		
,	9			-		_				
Vitamins:	ma	0.1		1		4		0.2		
Vitamin C, total ascorbic acid		0.1		1		1		0.992		
Thiamin		0.820		1		1		0.320		
Riboflavin				1		1		4.000		
Niacin	-	2.500 0.820		1		4				
Pantothenic acid				1		4		1.312		
Vitamin B-6	-	0.070	1			=		0.112		
Folate, total		27 3		0	RK	4 4		43		
Folic acid				0	NC	=		5		
Folate, food	mcg	24		0		4		38		
Folate, DFE		29		0	NC	4		47		
Vitamin B-12		0.56		1		4		0.90		
Vitamin A, IU		264		1		1		422		
Vitamin A, RAE		77		0	NC	4		122		
Retinol		76		0	NC	4		122		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	incg									
Lipids:										
Fatty acids, total saturated		11.391		1		1		18.226		
Fatty acids, total monounsaturated		8.908		1		1		14.253		
Fatty acids, total polyunsaturated	g	1.881	•	1		1		3.010		
Fatty acids, total trans	g									
Cholesterol	-	135	23.7	54 3		1		216		
Phytosterols	_{mg}									
Amino Acids:										
Tryptophan	g	0.163	1	0		1		0.261		
Threonine	g	0.493	}	0		1		0.789		
Isoleucine	g	0.592	!	0		1		0.947		
Leucine	g	1.001		0		1		1.602		
Lysine		0.881		0		1		1.410		
Methionine		0.320		0		1		0.512		
Cystine		0.188		0		1		0.301		

	An	nount in 100 grams	<u>on</u>	Amount in edible portion of common			
Nutrients and Units	Mean	Number of Data Std. Error Points	Deriv Source	Confidence Code	Measure 1	easures of food Measure 2	Measure 3
Phenylalanine 9 Tyrosine 9 Valine 9 Arginine 9 Histidine 9 Alanine 9 Aspartic acid 9 Glutamic acid 9 Glycine 9 Proline 9 Serine 9	0.592 0.487 0.691 0.673 0.363 0.584 0.965 2.360 0.499 0.877 0.670	0 0 0 0 0 0 0 0	1 1 1 1 1 1 1 1 1		0.947 0.779 1.106 1.077 0.581 0.934 1.544 3.776 0.798 1.403 1.072		

Common Measures:

Measure 1 = 160g: 1 croissant

Calories Factors: Protein 4.22 Fat 8.89 Carbohydrate 3.99

Food Group: 21 Fast Foods

		<u>Aı</u>	mount in 100 g	rams (of edib	le portio	<u>n</u>	Amount in edible portion of common		
			Nu	mber				<u>m</u>	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	33.80		1		1		30.76		
Energy	kcal	388		0	NC	4		353		
Energy	kj	1623				4		1477		
Protein (N x 6)	g	6.41	0.235	3		1		5.83		
Total lipid (fat)	g	27.06	8.603	3		1		24.62		
Ash	g	1.20		1		1		1.09		
Carbohydrate, by difference	g	31.53		0	NC	4		28.69		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mq	77	13.822	6		1		70		
Iron, Fe.	-	2.03	0.219	6		1		1.85		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	17	1.481	5		1		15		
Phosphorus, P		88	12.062	5		1		80		
Potassium, K	-	128	14.050	5		1		116		
Sodium, Na	-	351	17.769	7		1		319		
Zinc, Zn	mg	0.69	0.088	5		1		0.63		
Copper, Cu	mg	0.095	0.011	5		1		0.086		
Manganese, Mn	mg	0.385	0.018	4		1		0.350		
Selenium, Se	mcg	18.9		0	BFZN	4		17.2		
Vitamins:										
Vitamin C, total ascorbic acid	ma	2.9		1		4		2.6		
Thiamin	_	0.290		2		1		0.264		
Riboflavin	_	0.230		2		1		0.209		
Niacin		2.800		2		1		2.548		
Pantothenic acid	_	0.630	ı	1		4		0.573		
Vitamin B-6	-	0.060	ı	1		4		0.055		
Folate, total	mcg	60		0	BFZN	4		55		
Folic acid		44		0	NC	4		40		
Folate, food	mcg	16		0		4		15		
Folate, DFE	mcg_DFE	91		0	NC	4		83		
Vitamin B-12	mcg	0.25		1		4		0.23		
Vitamin A, IU		170		1		1		155		
Vitamin A, RAE		49		0	NC	4		44		
Retinol		48		0	NC	4		44		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	Tricg									
<u>Lipids:</u>										
Fatty acids, total saturated	g	5.630		0		1		5.123		
4:0										
6:0	-									
8:0										
10:0						_				
12:0	-	0.025		1		1		0.023		
13:0		0 1-0						0.100		
14:0		0.152		1		1		0.138		
15:0	-	0 550						2 420		
16:0	-	3.779	ı	1		1		3.439		
17:0	-	1 674		1		1		1 500		
18:0	-	1.674		1		1		1.523		
20:0	-									
22:0 24:0										

		<u>An</u>	nount in 100 g		ble portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Unit	s	Mean			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		17.144		0	1		15.601		
14:1	-								
15:1									
16:1 undifferentiated	-	0.025		1	1		0.023		
17:1									
18:1 undifferentiated	_	17.118		1	1		15.577		
20:1									
22:1 undifferentiated									
24:1 c									
Fatty acids, total polyunsaturated		2.663		0	1		2.423		
18:2 undifferentiated	g	2.663		1	1		2.423		
18:3 undifferentiated	g								
18:4	g								
20:2 n-6 c,c	g								
20:3 undifferentiated	g								
20:4 undifferentiated	g								
20:5 n-3	g								
22:5 n-3	g								
22:6 n-3	g								
Fatty acids, total trans	g								
Cholesterol		22	10.807	3	1		20		
Phytosterols	mg								
Amino Acids:									
Tryptophan	g	0.080		0	1		0.073		
Threonine	g	0.227		0	1		0.207		
Isoleucine	g	0.291		0	1		0.265		
Leucine	g	0.501		0	1		0.456		
Lysine	g	0.304		0	1		0.277		
Methionine	g	0.141		0	1		0.128		
Cystine	g	0.106		0	1		0.096		
Phenylalanine		0.316		0	1		0.288		
Tyrosine	-	0.239		0	1		0.217		
Valine		0.327		0	1		0.298		
Arginine		0.309		0	1		0.281		
Histidine		0.158		0	1		0.144		
Alanine		0.261		0	1		0.238		
Aspartic acid	_	0.402		0	1		0.366		
Glutamic acid		1.550		0	1		1.411		
Glycine	-	0.200		0	1		0.182		
Proline	-	0.582		0	1		0.530		
Serine	_	0.337		0	1		0.307		
Hydroxyproline		3.337		-	-		0.557		
11yd10Ayp10IIIIe	9								

Common Measures:

Measure 1 = 91g: 1 pastry

Calories Factors: Protein 4.1 Fat 8.8 Carbohydrate 4

Food Group: 21 Fast Foods

		<u>A</u> 1	mount in 100	grams	of edit	ole portio	<u>on</u>	Amount in edible portion of common			
			N	lumber	,			measures of food			
						Source	Confidence				
Nutrients and Unit	ts	Mean	Std. Error F	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	20.90		1		1		18.39			
Energy	-	397		0	NC	4		349			
Energy		1661		·	110	4		1462			
Protein (N x 5.88)		5.46		1		1		4.80			
Total lipid (fat)		19.00		1		1		16.72			
Ash	-	1.40		1		1		1.23			
Carbohydrate, by difference		53.24		0	NC	4		46.85			
Fiber, total dietary		33.24		·	110	•		40.05			
Sugars, total											
Starch	-										
Staten	9										
<u>Minerals:</u>											
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	42		2		1		37			
Iron, Fe	-	2.04		2		1		1.80			
Magnesium, Mg		16		2		1		14			
Phosphorus, P		84		2		1		74			
Potassium, K		109		1		1		96			
Sodium, Na	-	371		2		1		326			
Zinc, Zn		0.55	_	2		1		0.48			
Copper, Cu		0.085 0.420		2 2		1 1		0.075 0.370			
Manganese, Mn		17.0	0.760		A	1		15.0			
Seienium, Se	Tricg	17.0	0.760	, 33	A	1		15.0			
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	mg	2.9		1		1		2.6			
Thiamin	-	0.290		1		1		0.255			
Riboflavin		0.220		1		1		0.194			
Niacin		2.500		1		1		2.200			
Pantothenic acid		0.630		1		4		0.554			
Vitamin B-6	-	0.060)	1		4		0.053			
Folate, total		62		0	BFZN	4		55			
Folic acid		46		0	NC	4		40			
Folate, food		16		0		4		14			
Folate, DFE		94		0	NC	4		83			
Vitamin B-12		0.25		1		4		0.22			
Vitamin A, IU		20		1		4		18			
Vitamin A, RAERetinol		6 5		0 0	NC NC	4 4		5 4			
		5		U	NC	4		4			
Vitamin E (alpha-tocopherol) Tocopherol, beta	ng ma										
Tocopherol, gamma Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
<u>Lipids:</u>											
Fatty acids, total saturated		3.953	3	0		1		3.479			
4:0	-										
6:0											
8:0	-										
10:0		0.018	•	1		1		0.016			
12:0		0.018	,	_		_		0.016			
13:0		0.107	7	1		1		0.004			
14:0		0.107	,	1		1		0.094			
15:0	-	0.650	.	1		4		2 225			
16:0	-	2.653	•	T		1		2.335			
17:0	-	1.175		1		1		1 024			
18:0	-	1.1/5	,	1		1		1.034			
20:0 22:0	-										
7.7.0	y										

		<u>Aı</u>	mount in 10		ole portio	<u>n</u>		edible portion o	f common
				Number	_		m	easures of food	
Nutrients and Un	nits	Mean	Std. Error	of Data Points	 Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	12.037		0	1		10.593		
14:1									
15:1	-				_				
16:1 undifferentiated	_	0.018		1	1		0.016		
17:1		10.010			1		40 555		
18:1 undifferentiated		12.019		1	1		10.577		
20:1	_								
22:1 undifferentiated 24:1 c									
Fatty acids, total polyunsaturated	-	1.870		0	1		1.646		
18:2 undifferentiated		1.870		1	1		1.646		
18:3 undifferentiated	-	1.870		_	_		1.040		
18:4									
20:2 n-6 c,c									
20:3 undifferentiated									
20:4 undifferentiated	_								
20:5 n-3									
22:5 n-3	g								
22:6 n-3	g								
Fatty acids, total trans	g								
Cholesterol	mg	31		1	1		27		
Phytosterols	mg								
Amino Acids:									
Tryptophan	a	0.072		0	1		0.063		
Threonine		0.190		0	1		0.167		
Isoleucine	_	0.243		0	1		0.214		
Leucine	_	0.415		0	1		0.365		
Lysine		0.224		0	1		0.197		
Methionine	g	0.120		0	1		0.106		
Cystine	g	0.110		0	1		0.097		
Phenylalanine		0.277		0	1		0.244		
Tyrosine		0.190		0	1		0.167		
Valine	g	0.278		0	1		0.245		
Arginine	g	0.250		0	1		0.220		
Histidine	g	0.127		0	1		0.112		
Alanine	_	0.214		0	1		0.188		
Aspartic acid	-	0.332		0	1		0.292		
Glutamic acid		1.437		0	1		1.265		
Glycine	-	0.184		0	1		0.162		
Proline	_	0.502		0	1		0.442		
Serine	_	0.306		0	1		0.269		
Hydroxyproline	g								

Common Measures:

Measure 1 = 88g: 1 pastry

Calories Factors: Protein 4 Fat 8.8 Carbohydrate 3.9

Food Group: 21 Fast Foods

		<u>Aı</u>	mount in 100 g	rams	of edik	ole portio	<u>n</u>	Amount in edible portion of common		
			Nu	mber	r			<u>m</u>	easures of food	<u>l</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	29.00	1.578	4		1		27.26		
Energy	kcal	356		0	NC	4		335		
Energy	kj	1490				4		1400		
Protein (N x 5.9)	g	5.06	0.281	6		1		4.76		
Total lipid (fat)	g	16.95	0.791	7		1		15.93		
Ash	g	1.04	0.030	4		1		0.98		
Carbohydrate, by difference	g	47.94		0	NC	4		45.06		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Vimerais: Calcium, Ca	ma	23	4.313	6		1		22		
Iron. Fe.	_	1.49	0.085	7		1		1.40		
Magnesium, Mg		15	1.337	7		1		14		
Phosphorus, P		73	12.380	6		1		69		
Potassium, K	_	117	22.810	5		1		110		
Sodium, Na	_	354	18.801	10		1		333		
Zinc, Zn	-	0.51	0.041	7		1		0.48		
Copper, Cu		0.059	0.017	7		1		0.055		
Manganese, Mn		0.205	0.068	6		1		0.193		
Selenium, Se	mcg	14.8		0	BFZN	4		13.9		
Vitamins:										
Vitamin C, total ascorbic acid	ma	1.7	1.396	10		1		1.6		
Thiamin	-	0.310		10		1		0.291		
Riboflavin	-	0.310		10		1		0.291		
Niacin		1.910		10		1		1.795		
Pantothenic acid		0.630		8		1		0.592		
Vitamin B-6	_	0.060		1		1		0.056		
Folate, total	_	33		0	BFZN	4		31		
Folic acid		17		0	NC	4		16		
Folate, food		16	1.032	8		1		15		
Folate, DFE		45		0	NC	4		42		
Vitamin B-12		0.25		1		4		0.24		
Vitamin A, IU		91		1		4		86		
Vitamin A, RAE		27		0	NC	4		25		
Retinol		27		0	NC	4		25		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	3.527	,	0		1		3.315		
4:0										
6:0										
8:0	-									
10:0										
12:0		0.016	5	1		1		0.015		
13:0	g									
14:0	g	0.095	5	1		1		0.089		
15:0	g									
16:0	g	2.367	7	1		1		2.225		
17:0	g									
18:0	g	1.049	•	1		1		0.986		
20:0	g									
22:0	g									
24:0	g									

		<u>An</u>	nount in 10		ole portio	<u>n</u>	Amount in edible portion of common measures of food		
				Number	_		m	easures of 1000	
Nutrients and Unit	s	Mean	Std. Error	of Data Points	 Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	10.740		0	1		10.096		
14:1									
15:1	-								
16:1 undifferentiated	-	0.016		1	1		0.015		
17:1				_					
18:1 undifferentiated		10.724		1	1		10.081		
20:1	-								
22:1 undifferentiated									
24:1 c	-	1.668		0	1		1.568		
Fatty acids, total polyunsaturated		1.668		1	1		1.568		
18:2 undifferentiated	-	1.000		1	1		1.568		
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	20	1.6	83 4	1		19		
Phytosterols	mg								
Amino Acids:	~	0.067		0	1		0.063		
Tryptophan Threonine		0.067		0	1		0.063		
Isoleucine	-	0.176		0	1		0.165		
Leucine	-	0.225		0	1		0.361		
Lysine		0.207		0	1		0.195		
Methionine	-	0.111		0	1		0.104		
Cystine	-	0.111		0	1		0.104		
Phenylalanine		0.257		0	1		0.242		
Tyrosine		0.176		0	1		0.165		
Valine		0.257		0	1		0.242		
Arginine		0.231		0	1		0.217		
Histidine	-	0.118		0	1		0.111		
Alanine		0.198		0	1		0.186		
Aspartic acid	-	0.309		0	1		0.290		
Glutamic acid	-	1.327		0	1		1.247		
Glycine		0.170		0	1		0.160		
Proline	-	0.463		0	1		0.435		
Serine	-	0.283		0	1		0.266		
Hydroxyproline	-								

Common Measures:

Measure 1 = 94g: 1 pastry

Calories Factors: Protein 4 Fat 8.8 Carbohydrate 3.9

Food Group: 21 Fast Foods

		<u>A</u>	mount in 10	00 grams	of edib	ole portio	<u>n</u>		edible portion	
				Number				<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Units	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	56.30		2		1		82.20		
Energy	kcal	233		0		1		340		
Energy	kj	975				1		1423		
Protein (N x 6.16)	g	10.69		2		1		15.61		
Total lipid (fat)	g	13.30		2		1		19.42		
Ash		1.95		2		1		2.85		
Carbohydrate, by difference	g	17.76		0	NC	4		25.93		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	154		2		1		225		
Iron, Fe	-	2.04		2		1		2.98		
Magnesium, Mg	-	15		2		1		22		
Phosphorus, P		207		2		1		302		
Potassium, K		129		2		1		188		
Sodium, Na		551		2		1		804		
Zinc, Zn	mg	1.13		2		1		1.65		
Copper, Cu	mg	0.075	5	2		1		0.110		
Manganese, Mn	mg	0.150)	2		1		0.219		
Selenium, Se	mcg	23.1		0	RK	4		33.7		
Vitamins:										
Vitamin C, total ascorbic acid	ma	1.0		2		1		1.5		
Thiamin	-	0.180)	2		1		0.263		
Riboflavin		0.390		2		1		0.569		
Niacin	-	1.420		2		1		2.073		
Pantothenic acid	-	0.600		2		1		0.876		
Vitamin B-6	-	0.090)	2		1		0.131		
Folate, total		67		0	RK	4		98		
Folic acid		42		0	NC	4		61		
Folate, food	mcg	25		2		1		37		
Folate, DFE	mcg_DFE	96		0	NC	4		141		
Vitamin B-12	mcg	0.78		2		1		1.14		
Vitamin A, IU	IU	458		2		1		669		
Vitamin A, RAE		138		0	NC	4		201		
Retinol	mcg	138		0	NC	4		201		
Vitamin E (alpha-tocopherol)	-									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	<u>III</u> O9									
<u>Lipids:</u>										
Fatty acids, total saturated	-	4.538		1		1		6.625		
Fatty acids, total monounsaturated		5.662		1		1		8.267		
Fatty acids, total polyunsaturated		1.769)	1		1		2.583		
Fatty acids, total trans										
Cholesterol	-	199		2		1		291		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.149)	0		1		0.218		
Threonine		0.403		0		1		0.588		
Isoleucine	-	0.535		0		1		0.781		
Leucine	-	0.852		0		1		1.244		
Lysine		0.635		0		1		0.927		
Methionine		0.262		0		1		0.383		
Cystine		0.182		0		1		0.266		

	<u>Amount</u>	in 100 grams of ec	lible portion	Amount in edible portion of common			
		Number		measures of food			
Nutrients and Units	Mean Std. E	of Data Deri Error Points Code	v Source Confidence e Code Code	Measure 1	Measure 2	Measure 3	
Phenylalanineg	0.550	0	1	0.803			
Tyrosineg Valineg	0.401 0.642	0 0	1 1	0.585 0.937			
Arginine	0.531 0.281	0 0	1 1	0.775 0.410			
Alanine	0.448 0.776	0	1	0.654 1.133			
Glutamic acid	2.180 0.328	0	1	3.183 0.479			
Proline g Serine g Hydroxyproline g	0.806 0.635	0	1	1.177 0.927			

Common Measures:

Measure 1 = 146g: 1 sandwich

Calories Factors: Protein 4.19 Fat 8.86 Carbohydrate 3.95

Food Group: 21 Fast Foods

		<u>Al</u>	mount in 100 g	rams	of edit	<u>le portio</u>	<u>n</u>	Amount in edible portion of common		
			Nu	mber	r			<u>m</u>	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	66.70	1.294	5		1		62.70		
Energy	kcal	212		0	NC	4		199		
Energy	kj	887				4		834		
Protein (N x 6.26)	g	13.84	0.515	5		1		13.01		
Total lipid (fat)	g	16.18	1.163	6		1		15.21		
Ash	g	1.20	0.058	3		1		1.13		
Carbohydrate, by difference	g	2.08		0	NC	4		1.96		
Fiber, total dietary	g	0.0		0		4		0.0		
Sugars, total	g	1.52		0	FLA	4		1.43		
Starch	g									
Minerals:	ma	57	4.222	6		1		54		
Calcium, Ca	_	2.59	4.222 0.123	6		1		2.43		
Magnesium, Mg	_	14	0.123	4		1		13		
Phosphorus, P		242	10.990	4		1		227		
Potassium, K		147	12.173	6		1		138		
Sodium, Na	-	224	27.433	6		1		211		
Zinc, Zn	-	1.66	0.082	4		1		1.56		
Copper, Cu		0.067	0.009	4		1		0.063		
Manganese, Mn		0.043	0.003	4		1		0.040		
Selenium, Se	mcg	22.5	1.100	33	A	1		21.2		
7itamina.										
Vitamins:		2.2	0.755	_				2.1		
Vitamin C, total ascorbic acid	_	3.3	2.755	3 5		1 1		3.1		
Thiamin	-	0.080 0.520		5		1		0.075 0.489		
Riboflavin		0.320		5		1		0.489		
Niacin Pantothenic acid	_	0.210		3		1		0.197		
Vitamin B-6	-	0.190		3		1		0.884		
Folate, total	-	56	0.011	2		1		53		
Folic acid		0		0	z	7		0		
Folate, food		56		2	_	1		53		
Folate, DFE		56		0	NC	4		53		
Vitamin B-12		1.01	0.045	3		1		0.95		
Vitamin A, IU		889		0	FLA	4		836		
Vitamin A, RAE		223		0	FLA	4		210		
Retinol		214		0	FLA	4		202		
Vitamin E (alpha-tocopherol)		0.96		0		1		0.90		
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D		68.000)	0	T	4		63.920		
Vitamin K (phylloquinone)	mcg	14.6		0	FLA	4		13.7		
Lipids:										
Fatty acids, total saturated	a	6.153	1	0		1		5.784		
4:0		0.000		0		1		0.000		
6:0		0.158		1		1		0.149		
8:0	-	0.048		1		1		0.045		
10:0	-	0.104		1		1		0.098		
12:0		0.134		1		1		0.126		
13:0										
14:0		0.085	i	1		1		0.080		
15:0										
16:0	-	3.909)	1		1		3.674		
17:0	-									
40.0	a	1.522		1		1		1.431		
18:0										
20:0	_									

		<u>Ar</u>	nount in 100 grams	s of edib	ole portio	<u>on</u>	Amount in edible portion of common		
			Numbe	r			<u>m</u>	easures of food	_
			of Data	Deriv	Source	Confidence			
Nutrients and U	nits	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate	dg	5.889	0		1		5.536		
14:1	g								
15:1	g								
16:1 undifferentiated	g	0.515	1		1		0.484		
17:1	-								
18:1 undifferentiated	_	5.374	1		1		5.052		
20:1	-	0.000	0		1		0.000		
22:1 undifferentiated	•	0.000	0		1		0.000		
24:1 c									
Fatty acids, total polyunsaturated		1.969	0		1		1.851		
18:2 undifferentiated		1.649	1		1		1.550		
18:3 undifferentiated	_	0.118	1		1		0.111		
18:4		0.000	0		1		0.000		
20:2 n-6 c,c	_								
20:3 undifferentiated	-								
20:4 undifferentiated	-	0.202	1		1		0.190		
20:5 n-3		0.000	0		1		0.000		
22:5 n-3		0.000	0		1		0.000		
22:6 n-3		0.000	0		1		0.000		
Fatty acids, total trans									
Cholesterol		426	26.645 7		1		400		
Phytosterols	mg								
Amino Acids:									
Tryptophan	q	0.212	0		1		0.199		
Threonine		0.657	0		1		0.618		
Isoleucine	_	0.836	0		1		0.786		
Leucine	-	1.185	0		1		1.114		
Lysine	_	0.913	0		1		0.858		
Methionine		0.427	0		1		0.401		
Cystine		0.307	0		1		0.289		
Phenylalanine		0.750	0		1		0.705		
Tyrosine		0.562	0		1		0.528		
Valine		0.960	0		1		0.902		
Arginine		0.836	0		1		0.786		
Histidine	_	0.325	0		1		0.306		
Alanine		0.763	0		1		0.717		
Aspartic acid		1.311	0		1		1.232		
Glutamic acid		1.773	0		1		1.667		
Glycine		0.438	0		1		0.412		
Proline		0.577	0		1		0.542		
Serine	-	1.002	0		1		0.942		
Hydroxyproline	-								
Others:	_		=		_		•		
Alcohol, ethyl		0.0	0		7		0.0		
Caffeine	-	0	0	FLA	4		0		
Theobromine	<u>m</u> g	0	0	FLA	4		0		
Carotenoids:									
Carotene, beta	mcg	102	0	FLA	4		95.599		
Carotene, alpha	-	0	0	FLA	4		0.000		
Cryptoxanthin, beta		6	0	FLA	4		5.481		
Lycopene		0	0	FLA	4		0.000		
Lutein + zeaxanthin		216	0	FLA	4		202.991		

Common Measures:

Measure 1 = 94g: 2 eggs

NDB No. 21018

Fast foods, egg, scrambled

Calories Factors: Protein 4.35 Fat 8.92 Carbohydrate 3.8

Food Group: 21 Fast Foods

		<u>Aı</u>	mount in 100 gr	rams of	edible po	<u>ortion</u>		edible portion	
			Nur	nber			<u>m</u>	easures of food	<u>l</u>
			of I	Data De	riv Sou	rce Confidence			
Nutrients and Uni	ts	Mean	Std. Error Poi	ints Co	de Co	de Code	Measure 1	Measure 2	Measure
Proximates:									
Water	g	63.23	1.981	7	1	L	103.06		
Energy	kcal	196		0	1	L	319		
Energy	kj	820			1	L	1337		
Protein (N x 6.34)	g	5.91	0.357	7	1	L	9.63		
Total lipid (fat)	g	11.56	1.329	7	1	L	18.84		
Ash	g	1.78	0.046	7	1	L	2.90		
Carbohydrate, by difference	g	17.51		0	NC 4	1	28.54		
Fiber, total dietary	g								
Sugars, total									
Starch	g								
Minerals:									
Calcium, Ca	ma	199	8.593	7	1	L	324		
Iron. Fe.	_	0.81	0.092	7		- [1.32		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	31	0.764	7		L	51		
Phosphorus, P		82	4.756	7	1	L	134		
Potassium, K	_	147	4.459	7	1	L	240		
Sodium, Na	_	481	23.190	7	1	Ĺ	784		
Zinc, Zn	mg	1.54	0.309	7	1	L	2.51		
Copper, Cu	mg	0.159	0.079	5	1	L	0.259		
Manganese, Mn	mg	0.147	0.009	7	1		0.240		
Selenium, Se	mcg	6.2		0	RK 4	1	10.1		
Vitamins:									
Vitamin C, total ascorbic acid	ma	0.6	0.202	7	1	1	1.0		
Thiamin	-	0.050		7	1		0.082		
Riboflavin	-	0.260		7	1		0.424		
Niacin		1.170		7			1.907		
Pantothenic acid	-	0.930		7			1.516		
Vitamin B-6	_	0.240	0.103	7	1	L	0.391		
Folate, total	_	40		0	RK 4	1	65		
Folic acid		19		0	NC 4	1	31		
Folate, food		21		0	4	1	34		
Folate, DFE		53		0	NC 4	1	87		
Vitamin B-12		0.46	0.052	7	1	L	0.75		
Vitamin A, IU	IU	712	568.762	3	1	L	1161		
Vitamin A, RAE	mcg_RAE	61		0	NC 4	1	99		
Retinol	mcg	30		0	NC 4	1	49		
Vitamin E (alpha-tocopherol)	mg								
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)	nicg								
<u>Lipids:</u>									
Fatty acids, total saturated	g	6.496	i	0	1	Ĺ	10.588		
4:0									
6:0	_								
8:0	_	0.925		2		Ĺ	1.508		
10:0		0.264		2		Ĺ	0.430		
12:0	_	0.311		2	1	L	0.507		
13:0	_								
14:0	_	0.996	i	2	1	L	1.623		
15:0	_								
16:0	_	2.547		2	1	L	4.152		
17:0	_			_					
18:0	_	1.454		2	1	L	2.370		
20:0									
22:0	g g								

		<u>Aı</u>	mount in 10		<u>on</u>		edible portion of easures of food			
				Number of Data		Source	Confidence	<u></u>	casares or roou	,
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.	a	3.872		0		1		6.311		
14:1						_		0.022		
15:1										
16:1 undifferentiated	g									
17:1	-									
18:1 undifferentiated		3.872		2		1		6.311		
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.501		0		1		0.817		
18:2 undifferentiated	g	0.449		2		1		0.732		
18:3 undifferentiated	g	0.051		2		1		0.083		
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	-									
Fatty acids, total trans	-									
Cholesterol		27		2		1		44		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.061		0		1		0.099		
Threonine		0.199		0		1		0.324		
Isoleucine	g	0.283		0		1		0.461		
Leucine	g	0.539		0		1		0.879		
Lysine		0.350		0		1		0.571		
Methionine	g	0.126		0		1		0.205		
Cystine	g	0.051		0		1		0.083		
Phenylalanine		0.270		0		1		0.440		
Tyrosine	g	0.239		0		1		0.390		
Valine	g	0.323		0		1		0.526		
Arginine	g	0.233		0		1		0.380		
Histidine	g	0.176		0		1		0.287		
Alanine	g	0.234		0		1		0.381		
Aspartic acid	g	0.404		0		1		0.659		
Glutamic acid	g	1.335		0		1		2.176		
Glycine	g	0.138		0		1		0.225		
Proline	g	0.534		0		1		0.870		
Serine	g	0.290		0		1		0.473		
Hydroxyproline	g									

Common Measures:

Measure 1 = 163g: 1 enchilada

Calories Factors: Protein 4.01 Fat 8.77 Carbohydrate 4.07

Food Group: 21 Fast Foods

		<u>Aı</u>	mount in 100 g		of edik	ole portion	<u>n</u>		edible portion	
			Nu	mber				<u>m</u> e	easures of food	<u>l</u>
						Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water		66.89	1.493	8		1		128.43		
Energy		168		0		1		323		
Energy		703				1		1350		
Protein (N x 5.98)		6.21	0.401	8		1		11.92		
Total lipid (fat)		9.19	0.825	8		1		17.64		
Ash		1.85	0.087	8		1		3.55		
Carbohydrate, by difference		15.87		0	NC	4		30.47		
Fiber, total dietary										
Sugars, total										
Starch	g									
Ainerals:										
Calcium, Ca	mg	119	7.431	7		1		228		
Iron, Fe	_	1.60	0.460	8		1		3.07		
Magnesium, Mg	mg	43	9.685	8		1		83		
Phosphorus, P	mg	87	28.705	8		1		167		
Potassium, K	mg	299	93.283	8		1		574		
Sodium, Na	-	687	179.305	8		1		1319		
Zinc, Zn		1.40	0.157	8		1		2.69		
Copper, Cu		0.270		8		1		0.518		
Manganese, Mn		0.304	0.103	8		1		0.584		
Selenium, Se	mcg	5.1		0	RK	4		9.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7	0.484	7		1		1.3		
Thiamin	-	0.050	0.013	8		1		0.096		
Riboflavin	-	0.210	0.020	8		1		0.403		
Niacin		1.310	0.043	7		1		2.515		
Pantothenic acid	mg	0.750	0.109	8		1		1.440		
Vitamin B-6	mg	0.140	0.012	8		1		0.269		
Folate, total	mcg	35		0	RK	4		67		
Folic acid	mcg	0		0	Z	7		0		
Folate, food		35		0	RK	4		67		
Folate, DFE	mcg_DFE	35		0	NC	4		67		
Vitamin B-12		0.53	0.063	8		1		1.02		
Vitamin A, IU		591	427.793	4		1		1135		
Vitamin A, RAE		51		0	NC	4		97		
Retinol		25		0	NC	4		48		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
v пании к (риуноципопе)	nog									
<u>Lipids:</u>										
Fatty acids, total saturated		4.712		0		1		9.047		
4:0										
6:0	_									
8:0				•						
10:0		0.030		2		1		0.058		
12:0		0.103	1	2		1		0.198		
13:0	_			•		_				
14:0	_	0.605	1	2		1		1.162		
15:0	_	0 0=0		•				4		
16:0	_	2.373	•	2		1		4.556		
17:0	_	1 601		2		1		2 074		
18:0	_	1.601		2		1		3.074		
20:0	_									
22:0	g g									

		<u>Ar</u>	nount in 100	0 grams	of edil	ole portio	<u>n</u>		edible portion o	of common
				Number				<u>m</u>	easures of food	
Nutrients and Ur	nits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	3.201		0		1		6.146		
14:1										
15:1	g									
16:1 undifferentiated	g									
17:1	g									
18:1 undifferentiated	g	3.201		2		1		6.146		
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.723		0		1		1.388		
18:2 undifferentiated	g	0.681		2		1		1.308		
18:3 undifferentiated	g	0.042		2		1		0.081		
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated										
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3										
Fatty acids, total trans	_									
Cholesterol	_	21	9.73	37 3		1		40		
Phytosterols	mg									
Amino Acids:		0.000		•				0 120		
Tryptophan	_	0.069		0		1 1		0.132		
Threonine	_	0.239		-		_		0.459		
Isoleucine	_	0.275		0		1		0.528		
Leucine		0.563		0		1 1		1.081		
Lysine		0.409		0		1		0.785		
Methionine	_	0.136		0		1		0.261		
Cystine		0.069				1		0.132		
Phenylalanine		0.269		0 0		1		0.516		
Tyrosine		0.226		-		_		0.434		
Valine		0.319		0		1 1		0.612		
Arginine	_	0.349		0		1		0.670 0.372		
Histidine	_	0.194				1				
Alanine	_	0.355		0		1		0.682		
Aspartic acid	_	0.527		0		1		1.012		
Glutamic acid		1.308				1		2.511		
Glycine	_	0.304		0		1 1		0.584 0.860		
Proline	_	0.448				1				
Serine	_	0.279		0		1		0.536		
Hydroxyproline	g									

Common Measures:

Measure 1 = 192g: 1 enchilada

Calories Factors: Protein 3.73 Fat 8.79 Carbohydrate 4.07

Food Group: 21 Fast Foods

		<u>Aı</u>	mount in 100 g			ole portio	<u>n</u>		edible portion	
			Nu	mber	•			<u>m</u>	easures of food	<u>!</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water		62.67	0.562	15		1		120.95		
Energy		178		0		1		344		
Energy		745				1		1437		
Protein (N x 6.19)	-	9.27	0.309	15		1		17.89		
Total lipid (fat)		8.33	0.315	15		1		16.08		
Ash		2.22	0.057	15		1		4.28		
Carbohydrate, by difference		17.51		0	NC	4		33.79		
Fiber, total dietary										
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	mg	113	10.143	15		1		218		
Iron, Fe	-	1.24	0.105	15		1		2.39		
Magnesium, Mg	-	37	5.047	15		1		71		
Phosphorus, P		116	3.569	15		1		224		
Potassium, K	-	290	9.041	15		1		560		
Sodium, Na	-	648	48.812	15		1		1251		
Zinc, Zn	<u>mg</u>	1.43	0.076	14		1		2.76		
Copper, Cu	mg	0.140	0.029	14		1		0.270		
Manganese, Mn		0.199	0.002	15		1		0.384		
Selenium, Se	mcg	4.2		0	RK	4		8.1		
Vitamins:										
Vitamin C, total ascorbic acid	ma	2.4	0.693	5		1		4.6		
Thiamin	-	0.090		5		1		0.174		
Riboflavin	-	0.360		5		1		0.695		
Niacin		1.550	0.042	4		1		2.992		
Pantothenic acid	-	0.950	0.172	5		1		1.834		
Vitamin B-6	mg	0.110	0.005	5		1		0.212		
Folate, total	-	49		0	RA	4		95		
Folic acid		18		0	RA	4		35		
Folate, food		31		0	NC	4		60		
Folate, DFE		62		0	NC	4		119		
Vitamin B-12	mcg	0.84	0.081	5		1		1.62		
Vitamin A, IU	IU	526		2		1		1015		
Vitamin A, RAE		46		0	NC	4		89		
Retinol	mcg	24		0	NC	4		46		
Vitamin E (alpha-tocopherol)	<u>mg</u>									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	ilicg									
<u>Lipids:</u>										
Fatty acids, total saturated	g	4.118		0		1		7.948		
4:0										
6:0	g									
8:0										
10:0		0.057		1		1		0.110		
12:0		0.238		1		1		0.459		
13:0	-									
14:0										
15:0	-			_		_				
16:0	-	2.606	i	1		1		5.030		
17:0	-			_		_				
18:0	-	1.217		1		1		2.349		
20:0	-									
22:0	a									

		<u>Aı</u>	mount in 10	00 grams Number	ole portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Units		Mean	Std. Error		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated		3.377		0	1		6.518			
14:1	_									
15:1										
16:1 undifferentiated	-									
17:1	-	2 277					6 510			
18:1 undifferentiated	_	3.377		1	1		6.518			
20:1 undifferentiated										
24:1 c	-									
Fatty acids, total polyunsaturated	-	0.170		0	1		0.328			
18:2 undifferentiated		0.170		Ū	-		0.328			
18:3 undifferentiated	-	0.170		1	1		0.328			
18:4	-	0.170		-	-		0.328			
20:2 n-6 c.c										
20:3 undifferentiated										
20:4 undifferentiated	-									
20:5 n-3	•									
22:5 n-3	•									
22:6 n-3	-									
Fatty acids, total trans	g									
Cholesterol	mg	26		2	1		50			
Phytosterols	mg									
Amino Acider										
Amino Acids:	~	0.102		0	1		0.197			
Tryptophan		0.102		0	1		0.197			
Threonine	-	0.349		0	1		0.874			
Isoleucine		0.407		0	1		1.550			
Leucine	_	0.803		0	1		1.183			
Lysine Methionine		0.013		0	1		0.376			
	_	0.193		0	1		0.181			
CystinePhenylalanine		0.401		0	1		0.131			
Tyrosine	_	0.401		0	1		0.627			
Valine	_	0.323		0	1		0.905			
Arginine		0.506		0	1		0.903			
Histidine		0.280		0	1		0.540			
Alanine		0.488		0	1		0.942			
Aspartic acid		0.788		0	1		1.521			
Glutamic acid		1.849		0	1		3.569			
Glycine	-	0.425		0	1		0.820			
Proline	-	0.634		0	1		1.224			
Serine	-	0.418		0	1		0.807			
Hydroxyproline				-	_		2.007			

Common Measures:

Measure 1 = 193g: 1 enchirito

Calories Factors: Protein 3.98 Fat 8.81 Carbohydrate 3.88

Food Group: 21 Fast Foods

		<u>A</u> 1	mount in 100 g	grams	of edil	ole portio	<u>n</u>		edible portion	
			Nu	ımber	r			<u>m</u>	easures of food	<u>l</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	32.63	1.440	3		1		20.56		
Energy	kcal	300		0	NC	4		189		
Energy	kj	1255				4		791		
Protein (N x 5.72)	g	7.73		2		1		4.87		
Total lipid (fat)	g	9.14	0.476	3		1		5.76		
Ash	g	2.30		2		1		1.45		
Carbohydrate, by difference	g	48.19		0	NC	4		30.36		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minorals										
Minerals:	ma	163		2		1		103		
Calcium, Ca Iron. Fe.	-	2.52		2		1		1.59		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	2.52		2		1		1.59		
Phosphorus, P		135		2		1		85		
Potassium, K	-	110		2		1		69		
Sodium, Na	-	613		2		1		386		
Zinc, Zn	-	0.67		2		1		0.42		
Copper, Cu		0.102	!	2		1		0.064		
Manganese, Mn		0.332	2	2		1		0.209		
Selenium, Se		18.6		0	RK	4		11.7		
Vitaming										
Vitamins:		1.0		•				0.0		
Vitamin C, total ascorbic acid	_	1.2 0.400		2		1 1		0.8		
ThiaminRiboflavin	-	0.400		2		1		0.252 0.315		
		4.150		1		1		2.615		
Niacin Pantothenic acid	_	0.220		1		1		0.139		
Vitamin B-6	-	0.220		2		1		0.139		
Folate, total	-	90	•	0	RK	4		57		
Folic acid		63		0	NC	4		40		
Folate, food		27		1	-1.0	1		17		
Folate, DFE		134		0	NC	4		84		
Vitamin B-12		0.03		2		1		0.02		
Vitamin A, IU		216		2		1		136		
Vitamin A, RAE		50		0	NC	4		32		
Retinol		47		0	NC	4		30		
Vitamin E (alpha-tocopherol)		0.20		0		1		0.13		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	а	3.857	,	0		1		2.430		
4:0		3.037		•		-		2.430		
6:0		0.168	3	4		1		0.106		
8:0		0.067		4		1		0.042		
10:0	-	0.182		4		1		0.115		
12:0	-	0.675		5		1		0.425		
13:0	-			-		_		-		
14:0	-	0.711		4		1		0.448		
15:0	-									
16:0		1.387	,	6		1		0.874		
17:0										
18:0		0.478	1	6		1		0.301		
20:0										
22:0	-									
24:0	-									

		<u>Ar</u>	nount in 100 gra		<u>on</u>		edible portion of easures of food		
Nutrients and Units	ì	Mean	Num of D Std. Error Poir	ata Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	2.432		0	1		1.532		
14:1	g								
15:1	g								
16:1 undifferentiated	g	0.222		4	1		0.140		
17:1	g								
18:1 undifferentiated	g	2.083		6	1		1.312		
20:1	g								
22:1 undifferentiated	g								
24:1 c	g								
Fatty acids, total polyunsaturated	g	2.140		0	1		1.348		
18:2 undifferentiated		1.800		6	1		1.134		
18:3 undifferentiated	g	0.305		5	1		0.192		
18:4	g								
20:2 n-6 c,c									
20:3 undifferentiated									
20:4 undifferentiated		0.035		4	1		0.022		
20:5 n-3	-								
22:5 n-3									
22:6 n-3	-								
Fatty acids, total trans	-								
Cholesterol		20	0.732	4	1		13		
Phytosterols	-								
-									
Amino Acids:									
Tryptophan		0.095		0	1		0.060		
Threonine	g	0.243		0	1		0.153		
Isoleucine	g	0.297		0	1		0.187		
Leucine	g	0.546		0	1		0.344		
Lysine	g	0.256		0	1		0.161		
Methionine	g	0.139		0	1		0.088		
Cystine	g	0.151		0	1		0.095		
Phenylalanine	g	0.384		0	1		0.242		
Tyrosine		0.249		0	1		0.157		
Valine	_	0.341		0	1		0.215		
Arginine		0.331		0	1		0.209		
Histidine		0.178		0	1		0.112		
Alanine	•	0.291		0	1		0.183		
Aspartic acid	-	0.406		0	1		0.256		
Glutamic acid		2.340		0	1		1.474		
Glycine	_	0.291		0	1		0.183		
Proline	-	0.291		0	1		0.103		
	•	0.798		0	1		0.303		
Serine.	_	0.383		U	1		0.241		
Hydroxyproline	g								

Common Measures:

Measure 1 = 63g: 1 muffin

Calories Factors: Protein 3.8 Fat 8.76 Carbohydrate 3.95

Food Group: 21 Fast Foods

Nutrients and Units			Amount	in 100 grams	of edib	ole portio	<u>n</u>		edible portion	
Nutrients and Units				Numbe	r			<u>m</u>	easures of food	<u> </u>
Proximates:				of Data	Deriv	Source	Confidence			
Water	Nutrients and Units	Me	ean Std. E	Error Points	Code	Code	Code	Measure 1	Measure 2	Measure
Energy	mates:									
Facegy	er	3	7.70	1		1		43.36		
Protein (N > 6.13)	gy	al 34	2	0	NC	4		393		
Toral lipid (far)	gy	143	1			4		1646		
Ash. 9 2.50 1 1 2.88 Carbohydrac, by difference 9 25.36 0 NC 4 29.16 Fiber, total detury 9 1.3 0 NC 4 1.5 Sugars, total 9 1.06 0 FLA 4 1.5 Sugars, total 9 1.06 1 FLA 4 1.22 Sugars, total 9 1.06 1 FLA 4 1.22 Sugars, total 9 1.06 1 FLA 4 1.22 Sugars, total 9 1.06 1 TLA 1 1.22 Sugars, total 1 TLA 1 1.24 Sugars, total 1 TLA 1	ein (N x 6.13)	1	3.34	1		1		15.34		
Carbelly difference	l lipid (fat)	2	1.10	1		1		24.27		
Fiber, total dietary			2.50	1		1		2.88		
Sugara, total 9	ohydrate, by difference	2	5.36	0	NC	4		29.16		
Since Sinc	r, total dietary		1.3	0		4		1.5		
Timerals: Calcium, Ca.	rs, total		1.06	0	FLA	4		1.22		
Calcium, Ca. mg	:h									
Calcium, Ca. mg										
Iron, Fc.		n 14	6	1		1		160		
Magnesium Mg. mg 21 1 1 24 Phosphorus, P. mg 162 1 1 186 Possium, K. mg 187 1 1 1036 Sodium, Na. mg 901 1 1 1 1.68 Copper, Cu. mg 0.066 1 1 0.076 0.076 Maganese, Mn. mg 0.191 1 4 0.220 Selenium, Sc. meg 18.5 0 RK 4 21.3 Vitamin Crotal ascorbic acid. mg 1.1 1 1 0.702 1 Witamin B. mg 0.610 1 1 0.702 1 1 0.702 1 1 0.702 1 1 0.702 1 1 0.702 1 1 0.702 1 1 0.702 1 1 0.702 1 1 0.702 1 1 1 0.702 1	· · · · · · · · · · · · · · · · · · ·	0								
Phosphorus P.		0								
Potessium, K. mg 187 1 1 215 Sodium, Na. mg 901 1 1 1036 Zinc, Za. mg 1.46 1 1 1.08 Copper, Cu. mg 0.191 1 4 0.220 Selenium, Sc. mcg 18.5 0 RK 4 21.3 Vitamins, Citol ascorbic acid. mg 1.1 1 1 0.702 Vitamin C. mg 1.1 1 1 0.702 Riboflavin mg 0.610 1 1 0.702 Niacin. mg 0.610 1 1 0.702 Niacin. mg 0.610 1 1 0.702 Patothenic acid mg 0.600 1 1 0.702 Vitamin B-C. mg 0.130 1 1 0.150 Foliae, Fold. mg 0.130 1 1 1 1 Foliae,		•								
Sodium, Na.	. ,	•								
Zinc, Zn. Mg 1.46 1 1 1.68 Copper, Cu. mg 0.066 1 1 0.076 Manganese, Mn. mg 0.191 1 4 0.220 Selenium, Sc. mcg 18.5 0 nx 4 21.3 Vitamin, Sc. mcg 1.1 1 1 0.223 1 Vitamin Sc. mg 0.610 1 1 0.702 1 Riboflavin mg 0.610 1 1 0.702 1 1 0.702 1 1 0.702 1 1 0.702 1 1 0.702 1 1 0.702 1 1 0.702 1 1 0.702 1 1 0.702 1 1 0.702 1 1 0.702 1 1 0.702 1 0.702 1 0.702 1 0.702 1 0.702 1 0.702 1 0.702 <t< td=""><td></td><td>-</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></t<>		-								
Copper, Cu. mg 0.066 1 1 0.076 Manganese, Mn. mg 0.191 1 4 0.220 Sclenium, Se. mcg 18.5 0 RK 4 21.3 Vitamins. Vitamins C, total ascorbic acid mg 1.1 1 1 0.702 Riboflavin. mg 0.610 1 1 0.253 Niacin. mg 0.610 1 1 0.253 Niacin. mg 0.460 1 1 0.529 Vitamin B-6 mg 0.130 1 1 0.150 Folate, total. mcg 58 0 RK 4 67 Folate, food. mcg 16 1 1 1 1 Folate, food. mcg 16 1 1 1 1 Folate, food. mcg 1.5 0 NC 4 101 Vitamin B-12 <t< td=""><td>*</td><td>-</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></t<>	*	-								
Manganese, Mn. mg 0.191 1 4 0.220 Selenium, Sc. mog 18.5 0 RX 4 21.3 Yikamins: Witamin C, total ascorbic acid mg 1.1 1 0.702 Riboflavin mg 0.610 1 1 0.752 Riboflavin mg 0.610 1 1 0.253 Niacin mg 3.600 1 1 0.253 Niacin mg 0.460 1 1 0.529 Plantotheric acid mg 0.130 1 1 0.150 Folate, fold mg 42 0 NC 4 48 Folic acid mg 42 0 NC 4 48 Folate, Fod mg 1 1 1 18 Folate, Fod mg 1 1 1 1 Vitamin A, U. U 330 0 FLA 4 101										
Selenium, Se. mog 18.5 0 RK 4 21.3 İtamins: Vitamin C, total ascorbic acid. mg 1.1 1 1.3 Thiamin. mg 0.610 1 1 0.702 Riboflavin. mg 0.220 1 1 4.140 Pantothenic acid. mg 3.600 1 1 0.529 Vitamin B-6. mg 0.130 1 1 0.529 Vitamin B-6. mg 0.130 1 1 0.150 Folate, total. mcg 58 0 RK 4 67 Folate, total. mcg 58 0 RK 4 67 Folate, total. mcg 16 1 1 18 Folate, total. mcg 0.59 1 1 1 18 Folate, total. mcg 0.59 1 1 1 0.68 Vitamin B-12. mcg	· ·	0								
Vitamin C, total ascorbic acid.	9 -	0			RK	4				
Vitamin C, total ascorbic acid	·	_								
Thiamin		_		_		_				
Riboflavin. mg 0.220 1 1 0.253 Niacin. mg 3.600 1 1 4.140 Pantohenic acid. mg 0.460 1 1 0.529 Vitamin B-6. mg 0.130 1 1 0.150 Folia caid. mcg 58 0 RK 4 67 Folia caid. mcg 42 0 NC 4 48 Folate, food. mcg 16 1 1 18 Folate, DFE. mcgDFE 87 0 NC 4 101 Vitamin B-12. mcg 0.58 1 1 1 0.68 Vitamin A, RL mcg PAE 88 0 FLA 4 379 Vitamin E (alpha-tocopherol) mg 1.10 0 FLA 4 101 Text and Coopherol, beta. mg 1.10 0 FLA 4 3.5 Ipidis: Text yacids, to	· · · · · · · · · · · · · · · · · · ·	_								
Niacin mg 3.600 1 1 4.140 Pantothenic acid mg 0.460 1 1 0.529 Vitamin B-6 mg 0.130 1 1 0.150 Folate, total mcg 58 0 RK 4 67 Folate, total mcg 42 0 NC 4 48 Folate, food mcg 16 1 1 18 Folate, food mcg 16 1 1 18 Folate, DFE mcg 0.59 1 1 0.68 Vitamin B-12 mcg 0.59 1 1 0.68 Vitamin B-12 mcg 88 0 FLA 4 101 Retinol mcg 86 0 FLA 4 127 Tocopherol, beta mg 1.10 0 FLA 4 3.5 Vitamin E (phylloquinone) mcg 3.0 FLA 4		-								
Panothenic acid mg 0.4660 1 1 0.529 Vitamin B-6 mg 0.130 1 1 0.150 Folate, Iotal mcg 58 0 RK 4 67 Folia caid mcg 42 0 NC 4 48 Folate, DFL mcg 16 1 1 18 Folate, DFL mcg 16 1 1 18 Folate, DFL mcg 0.59 1 1 0.68 Vitamin A, IU IU 330 0 FLA 4 379 Vitamin A, RAE mcg R8 0 FLA 4 101 Retinol mcg 86 0 FLA 4 1.27 Tocopherol, beta mg 1.10 0 FLA 4 1.27 Tocopherol, delta mg 3.0 FLA 4 3.5 Jindistribation mcg 3.0 FLA <										
Vitamin B-6. mg 0.130 1 1 0.150 Folate, total mcg 58 0 RK 4 67 Foliac, total mcg 42 0 NC 4 48 Folate, food. mcg 16 1 1 18 Folate, food. mcg 88 0 NC 4 101 Vitamin B-12. mcg 86 0 FLA 4 101 Return II. U 330 0 FLA 4 101 Return II. mcg 86 0 FLA 4 1.27 Tocopherol, beta mg 1.10 FLA 4 3.5 Spide: U V FLA 4 3		_								
Folate, total		-				_				
Folic acid. mcg 42 0 NC 4 48 Folate, food mcg 16 1 1 1 18 Folate, DFE mcg_DFE 87 0 NC 4 101 Vitamin B-12 mcg 0.59 1 1 1 0.68 Vitamin A, IU IU 330 0 FLA 4 379 Vitamin A, RAE mcg_RAE 88 0 FLA 4 999 Vitamin E (alpha-tocopherol) mg 1.10 0 FLA 4 999 Vitamin E (alpha-tocopherol) mg 1.10 0 FLA 4 999 Vitamin D IU Vitamin K (phylloquinone) mcg 3.0 0 FLA 4 3.5 India		-			שת					
Folate, food										
Folate, DFE		· ·			NC					
Vitamin B-12 mcg 0.59 1 1 0.68 Vitamin A, IU IU 330 0 FLA 4 379 Vitamin A, RAE mcg_RAE 88 0 FLA 4 101 Retinol mcg 86 0 FLA 4 99 Vitamin E (alpha-tocopherol) mg 1.10 0 FLA 4 99 Vitamin E (alpha-tocopherol) mg 1.10 0 FLA 4 1.27 Tocopherol, beta mg 1.10 0 FLA 4 1.27 Tocopherol, delta mg 1.00 FLA 4 3.5 Vitamin D IU VI VI 4 3.5 Jinde mcg 3.0 FLA 4 3.5 Jinde Party acids, total saturated 9 8.566 0 1 9.851 9.851 9.851 9.851 9.851 9.851 9.851 9.851 9.851 9.851<		- 0			NC					
Vitamin A, IU IU 330 0 FLA 4 379 Vitamin A, RAE mcg 86 0 FLA 4 101 Retinol mcg 86 0 FLA 4 99 Vitamin E (alpha-tocopherol) mg 1.10 FLA 4 1.27 Tocopherol, beta mg 7 7 7 7 8 9 8 9										
Vitamin A, RAE mcg_RAE 88 0 FLA 4 101 Retinol mcg 86 0 FLA 4 99 Vitamin E (alpha-tocopherol) mg 1.10 0 FLA 4 1.27 Tocopherol, beta mg Tocopherol, delta mg Tocopherol, delta mg Vitamin D U Vitamin M 4 3.5 Vitamin K (phylloquinone) mcg 3.0 0 FLA 4 3.5 Lipids: ***********************************					FLA					
Retinol mcg 86 0 FLA 4 99 Vitamin E (alpha-tocopherol) mg 1.10 0 FLA 4 1.27 Tocopherol, beta mg Tocopherol, delta mg Tocopherol, delta mg Vitamin D. UU Vitamin K (phylloquinone) mcg 3.0 0 FLA 4 3.5 Lipids: Fatty acids, total saturated 9 8.566 0 1 9.851 0.000 6:0 1 0.000 6:0 9 0.000 0 1 0.000 0 1 0.000 0 1 0.000 0 1 0.000 0 1 0.000 0 0.000 0 1 0.000 0 0.000 0 1 0.000 0 0.000 0 1 0.000 0 0.000 0 1 0.000 0 0 1 0.000 0 0.000 0 0.000 <td></td>										
Vitamin E (alpha-tocopherol) mg 1.10 FLA 4 1.27 Tocopherol, beta mg 1.27 1.27 1.27 Tocopherol, gamma mg 1.27 1.27 1.27 Tocopherol, gamma mg 1.27 1.27 1.27 Tocopherol, gamma mg 1.27										
Tocopherol, beta mg Tocopherol, gamma mg Tocopherol, delta mg Vitamin D			1.10	0	FLA	4		1.27		
Tocopherol, gamma										
Vitamin D IU Vitamin K (phylloquinone) mcg 3.0 FLA 4 3.5 sipids: Fatty acids, total saturated. g 8.566 0 1 9.851 4:0 g 0.000 0 1 0.000 6:0 g 0.000 0 1 0.000 8:0 g 0.063 1 1 0.072 10:0 g 0.150 1 1 0.173 12:0 g 0.171 1 1 0.197 13:0 g 0.727 1 1 0.836 15:0 g 4.939 1 1 5.680 17:0 g 2.324 1 1 2.673	-									
Vitamin K (phylloquinone) mcg 3.0 0 FLA 4 3.5 Lipids: Fatty acids, total saturated 9 8.566 0 1 9.851 4:0 9 0.000 0 1 0.000 6:0 9 0.000 0 1 0.000 8:0 9 0.063 1 1 0.072 10:0 9 0.150 1 1 0.173 12:0 9 0.171 1 1 0.197 13:0 9 0.727 1 1 0.836 15:0 9 4.939 1 1 5.680 17:0 9 18:0 9 2.324 1 1 2.673	pherol, delta	g								
Lipids: Fatty acids, total saturated. g 8.566 0 1 9.851 4:0. g 0.000 0 1 0.000 6:0. g 0.000 0 1 0.000 8:0. g 0.063 1 1 0.072 10:0. g 0.150 1 1 0.173 12:0. g 0.171 1 1 0.197 13:0. g 14:0. g 0.727 1 1 0.836 15:0. g 16:0. g 4.939 1 1 5.680 17:0. g 18:0. g 2.324 1 1 2.673										
Fatty acids, total saturated. g 8.566 0 1 9.851 4:0	nin K (phylloquinone)	cg	3.0	0	FLA	4		3.5		
Fatty acids, total saturated. g 8.566 0 1 9.851 4:0	s:									
4:0 9 0.000 0 1 0.000 6:0 9 0.000 0 1 0.000 8:0 9 0.063 1 1 0.072 10:0 9 0.150 1 1 0.173 12:0 9 0.171 1 1 0.197 13:0 9 14:0 9 0.727 1 1 0.836 15:0 9 4.939 1 1 5.680 17:0 9 18:0 9 2.324 1 1 2.673			8.566	0		1		9.851		
6:0 g 0.000 0 1 0.000 8:0 g 0.063 1 1 0.072 10:0 g 0.150 1 1 0.173 12:0 g 0.171 1 1 0.197 13:0 g 0.727 1 1 0.836 15:0 g 0 0.727 1 1 0.836 15:0 g 4.939 1 1 5.680 17:0 g 18:0 g 2.324 1 1 2.673										
8:0 g 0.063 1 1 0.072 10:0 g 0.150 1 1 0.173 12:0 g 0.171 1 1 0.197 13:0 g 0.727 1 1 0.836 15:0 g 4.939 1 1 5.680 17:0 g 18:0 g 2.324 1 1 2.673				0		1				
10:0 9 0.150 1 1 0.173 12:0 9 0.171 1 1 0.197 13:0 9 14:0 9 0.727 1 1 0.836 15:0 9 16:0 9 4.939 1 1 5.680 17:0 9 18:0 9 2.324 1 1 2.673				1		1				
12:0 g 0.171 1 1 0.197 13:0 g 14:0 g 0.727 1 1 0.836 15:0 g 16:0 g 4.939 1 1 5.680 17:0 g 18:0 g 2.324 1 1 2.673				1		1				
13:0				1		1				
14:0										
15:0			0.727	1		1		0.836		
16:0										
18:0g 2.324 1 1 2.673			4.939	1		1		5.680		
	7:0									
20:0g	8:0		2.324	1		1		2.673		
	0:0									
22:0g	2:0									

		<u>A</u> 1	mount in 100 gram	s of edi	ble portio	<u>on</u>		edible portion	
			Numb	er			<u>m</u>	easures of food	
				a Deriv	Source	Confidence			
Nutrients and U	Inits	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate		8.766	0		1		10.081		
15:1									
16:1 undifferentiated	g	0.644	1		1		0.741		
17:1	-	7 027	1		1		0 100		
18:1 undifferentiated	-	7.937 0.126			1		9.128		
20:1	-				1		0.145		
22:1 undifferentiated	•	0.000	U		1		0.000		
24:1 c		2.343	0		1		2.694		
Fatty acids, total polyunsaturated		2.022			1		2.894		
18:2 undifferentiated		0.133			1				
18:3 undifferentiated	=						0.153		
18:4	-	0.000	0		1		0.000		
20:2 n-6 c,c 20:3 undifferentiated	-								
20:4 undifferentiated	-	0.188	1		1		0.216		
20:5 n-3	-	0.000			1		0.000		
		0.000			1		0.000		
22:5 n-3		0.000			1		0.000		
22:6 n-3		0.000	U		_		0.000		
Fatty acids, total trans Cholesterol		51	1		1		59		
Phytosterols		31	_		_		39		
Filytosterois									
Amino Acids:									
Tryptophan	g	0.163	0		1		0.187		
Threonine	g	0.459	0		1		0.528		
Isoleucine	-	0.548	0		1		0.630		
Leucine	g	1.025			1		1.179		
Lysine	g	0.975			1		1.121		
Methionine	g	0.305			1		0.351		
Cystine	g	0.150	0		1		0.173		
Phenylalanine	g	0.598	0		1		0.688		
Tyrosine	g	0.529	0		1		0.608		
Valine	g	0.659	0		1		0.758		
Arginine	-	0.642			1		0.738		
Histidine	g	0.426	0		1		0.490		
Alanine	g	0.527	0		1		0.606		
Aspartic acid	g	0.883	0		1		1.015		
Glutamic acid	g	2.840			1		3.266		
Glycine		0.509			1		0.585		
Proline		1.118			1		1.286		
Serine	• • • • • • • • • • • • • • • • • • • •	0.603	0		1		0.693		
Hydroxyproline	g								
Others:									
Alcohol, ethyl	а	0.0	0		7		0.0		
Caffeine		0	0	FLA	4		0.0		
Theobromine		0	0	FLA	4		0		
Carotenoids:		v	· ·	EHA	7		Ū		
Carotene, beta	_	24	0	FLA	4		28.122		
Carotene, alpha		1	0	FLA	4		1.569		
Cryptoxanthin, beta		1	0	FLA	4		1.489		
Lycopene		1	0	FLA	4		1.403		
Lutein + zeaxanthin	mcg	60	0	FLA	4		69.273		

Common Measures:

Measure 1 = 115g: 1 muffin

NDB No. 21020

Fast foods, english muffin, with cheese and sausage

Calories Factors: Protein 4.12 Fat 8.89 Carbohydrate 3.94

Food Group: 21 Fast Foods

Refuse: 0%

		<u>A</u> :	mount in 10	00 grams	of edik	ole portic	<u>on</u>	Amount in	edible portion	of common
				Number				<u>m</u>	easures of food	<u>l</u>
						Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	56.78		0	MC	9		77.79		
Energy	kcal	211		0	MC	9		289		
Energy	kj	883				9		1209		
Protein	g	12.18		0	MC	9		16.69		
Total lipid (fat)	g	9.19		0	MC	9		12.59		
Ash	g	2.33		0	MC	9		3.19		
Carbohydrate, by difference	g	19.52		0	MC	9		26.74		
Fiber, total dietary	g	1.1		0	MC	9		1.5		
Sugars, total	g	2.01		0	MC	9		2.75		
Starch	g									
Ainerals:										
Calcium, Ca	ma	110		0	MC	9		151		
Iron, Fe		1.78		0	MC	9		2.44		
Magnesium, Mg		17		0	MC	9		23		
Phosphorus, P	-	197		0	MC	9		270		
Potassium, K	-	145		0	MC	9		199		
Sodium, Na		532		0	MC	9		729		
Zinc, Zn	mg	1.14		0	MC	9		1.56		
Copper, Cu	mg	0.051	-	0	MC	9		0.070		
Manganese, Mn	mg	0.009		0	MC	9		0.012		
Selenium, Se	mcg	24.8		0	RK	4		34.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.3		0	MC	9		1.8		
Thiamin	mg	0.361	=	0	MC	9		0.495		
Riboflavin	mg	0.327	,	0	MC	9		0.448		
Niacin	mg	2.434	Į.	0	MC	9		3.335		
Pantothenic acid		0.653	3	0	MC	9		0.895		
Vitamin B-6	mg	0.107	1	0	MC	9		0.147		
Folate, total		50		0	RA	4		69		
Folic acid		18		0	RA	4		25		
Folate, food		32		0	NC	4		44		
Folate, DFE		63		0	NC	4		86		
Vitamin B-12		0.49		0	MC	9		0.67		
Vitamin A, IU		428		0	MC	9		586		
Vitamin A, RAE		129		0	NC	4		177		
Retinol		129		0	NC	4		177		
Vitamin E (alpha-tocopherol)		0.41		0		1		0.56		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta		20.000		•	_			42.040		
Vitamin D Vitamin K (phylloquinone)		32.000	,	0	T	4		43.840		
	g									
_ipids: Fatty acids, total saturated	а	3.405		0	MC	9		4.665		
Fatty acids, total saturated Fatty acids, total monounsaturated		3.405		0	MC	9		4.665		
Fatty acids, total monounsaturated		1.137		0	MC	9		1.558		
Fatty acids, total trans		1.13/		U	PIC	9		1.556		
Cholesterol	_	171		0	MC	9		234		
Phytosterols				ŭ	110	•				

Common Measures:

Measure 1 = 137g: 1 sandwich

NDB No. 21021

Fast foods, english muffin, with egg, cheese, and canadian bacon

Calories Factors: Protein Fat Carbohydrate

Food Group: 21 Fast Foods

		<u>A</u> :	mount in 10	0 grams	of edil	ole portio	<u>n</u>		edible portion	
				Number	•			<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	47.40		1		1		78.21		
Energy	kcal	295		0	NC	4		487		
Energy	kj	1234				4		2037		
Protein (N x 6.17)		13.13		1		1		21.66		
Total lipid (fat)	g	18.70		1		1		30.86		
Ash	g	2.00		1		1		3.30		
Carbohydrate, by difference	g	18.77		0	NC	4		30.97		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
<u>Minerals:</u> Calcium, Ca	ma	119		1		1		196		
Iron. Fe	_	2.10		1		1		3.47		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	18		1		1		30		
Phosphorus, P		174		1		1		287		
Potassium, K	_	178		1		1		294		
Sodium, Na	_	688		1		1		1135		
Zinc, Zn	-	1.43		1		1		2.36		
Copper, Cu		0.072	2	1		1		0.119		
Manganese, Mn		0.181	L	1		1		0.299		
Selenium, Se	mcg	18.8		0	RK	4		31.0		
Vitamins:										
Vitamins: Vitamin C, total ascorbic acid	ma	0.9		1		4		1.5		
Thiamin	-	0.510	,	1		1		0.842		
Riboflavin	-	0.300		1		1		0.495		
Niacin		2.700		1		1		4.455		
Pantothenic acid	-	0.850		1		1		1.403		
Vitamin B-6	_	0.120		1		1		0.198		
Folate, total	_	54		0	RA	4		89		
Folic acid		21		0	RA	4		35		
Folate, food		33		0	NC	4		54		
Folate, DFE		69		0	NC	4		113		
Vitamin B-12		0.83		1		1		1.37		
Vitamin A, IU	IU	400		1		1		660		
Vitamin A, RAE		119		0	NC	4		196		
Retinol	mcg	118		0	NC	4		195		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	g									
Lipids:										
Fatty acids, total saturated		7.525	5	0		1		12.416		
4:0	-									
6:0	-			_		_				
8:0		0.055		1		1		0.091		
10:0		0.127		1		1		0.210		
12:0	-	0.148	•	1		1		0.244		
13:0 14:0	_	0.611		1		1		1.008		
14:0	_	0.011	-	1		_		1.008		
16:0	-	4.469	•	1		1		7.374		
17:0		4.403	•	1		1		7.574		
18:0	_	1.975	5	1		1		3.259		
20:0	_			=		-		2.200		
22:0										
24:0										

	<u>A</u>	mount in 100 gram	s of edible po	Amount in edible portion of common			
		Numbe	r			easures of food	
				ce Confidence	<u> </u>		
Nutrients and Units	Mean	Std. Error Points			Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		0	1		12.748		
14:1	=						
15:1	0		-		0.000		
16:1 undifferentiated	=	5 1	1		0.982		
17:1	=		1		11 505		
18:1 undifferentiated			1		11.507		
20:1	-) 1	1		0.165		
22:1 undifferentiated	•						
24:1 c		2 0	1		3.320		
Fatty acids, total polyunsaturated			1				
			1		3.062 0.112		
18:3 undifferentiated	0	3	1		0.112		
18:4							
20:2 n-6 c,c 20:3 undifferentiated							
20:4 undifferentiated	-) 1	1		0.147		
	=	, 1	_		0.147		
20:5 n-3							
22:5 n-3 22:6 n-3	-						
	=						
Fatty acids, total trans		1	1		274		
Phytosterols	•	-	-		2/4		
1 Hytosterois	9						
Amino Acids:							
Tryptophan	g 0.170	0	1		0.281		
Threonine	g 0.489	0	1		0.807		
Isoleucine	g 0.596	0	1		0.983		
Leucine	g 1.036	0	1		1.709		
Lysine	g 0.947	0	1		1.563		
Methionine	g 0.323	0	1		0.533		
Cystine	g 0.179	0	1		0.295		
Phenylalanine	g 0.615	5 0	1		1.015		
Tyrosine	g 0.526	0	1		0.868		
Valine	g 0.706	0	1		1.165		
Arginine	g 0.666	0	1		1.099		
Histidine	g 0.398	0	1		0.657		
Alanine	g 0.560	0	1		0.924		
Aspartic acid	g 0.949	0	1		1.566		
Glutamic acid	g 2.543	0	1		4.196		
Glycine	g 0.477	0	1		0.787		
Proline	g 0.981	. 0	1		1.619		
Serine	g 0.668	0	1		1.102		
Hydroxyproline	g						

Common Measures:

Measure 1 = 165g: 1 muffin

Calories Factors: Protein 4.19 Fat 8.9 Carbohydrate 3.94

Food Group: 21 Fast Foods

		<u>Aı</u>	mount in 100 g		<u>n</u>	Amount in edible portion of common measures of food				
			Nu	mber				<u>m</u>	easures of tood	!
						Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	_	47.35	0.694	27		1		74.81		
Energy		273		0		1		431		
Energy		1142				1		1805		
Protein (N x 6.07)	_	10.72	0.174	27		1		16.94		
Total lipid (fat)		14.41	0.416	29		1		22.77		
Ash		1.56	0.124	12		1		2.46		
Carbohydrate, by difference		25.96		0	NC	4		41.02		
Fiber, total dietary										
Sugars, total										
Starch	9									
Minerals:										
Calcium, Ca	mg	53	7.339	26		1		84		
Iron, Fe	-	1.65	0.111	26		1		2.61		
Magnesium, Mg	-	21	0.710	25		1		33		
Phosphorus, P		134	6.609	24		1		212		
Potassium, K		215	5.009	25		1		340		
Sodium, Na		389	20.254	28		1		615		
Zinc, Zn	mg	0.63	0.037	24		1		1.00		
Copper, Cu	mg	0.121	0.027	20		1		0.191		
Manganese, Mn	mg	0.231	0.013	17		1		0.365		
Selenium, Se	mcg	50.6		0	RK	4		79.9		
Vitamins:										
Vitamin C, total ascorbic acid	ma	1.8		2		1		2.8		
Thiamin	-	0.210	0.021	12		1		0.332		
Riboflavin	-	0.140		12		1		0.221		
Niacin		2.150		12		1		3.397		
Pantothenic acid	-	0.370		3		1		0.585		
Vitamin B-6	-	0.070		7		1		0.111		
Folate, total	-	54		0	RK	4		85		
Folic acid		26		0	NC	4		41		
Folate, food		28	6.422	6		1		44		
Folate, DFE		72		0	NC	4		114		
Vitamin B-12		0.68	0.065	6		1		1.07		
Vitamin A, IU	IU	69	13.303	6		1		109		
Vitamin A, RAE	mcg_RAE	21		0	NC	4		33		
Retinol	mcg	21		0	NC	4		33		
Vitamin E (alpha-tocopherol)	mg	0.55		0		1		0.87		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	rncg									
Lipids:										
Fatty acids, total saturated	g	3.313		0		1		5.235		
4:0										
6:0	-									
8:0										
10:0	g	0.069	ı	2		1		0.109		
12:0	g	0.042		2		1		0.066		
13:0	g									
14:0	g	0.175	i	2		1		0.277		
15:0	g									
16:0	g	1.910		2		1		3.018		
17:0	g									
18:0	g	1.117		2		1		1.765		
20:0										
22:0	0									

		<u>An</u>	nount in 100 gra		Amount in edible portion of common measures of food				
Nutrients and Units	;	Mean	Numb of Da Std. Error Point	ta Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	4.869	C		1		7.693		
14:1									
15:1	-								
16:1 undifferentiated		0.567	2		1		0.896		
17:1	-								
18:1 undifferentiated		4.302	2		1		6.797		
20:1	-								
22:1 undifferentiated									
24:1 c									
Fatty acids, total polyunsaturated		5.220	C		1		8.248		
18:2 undifferentiated		4.821	2		1		7.617		
18:3 undifferentiated	•	0.399	2		1		0.630		
18:4	-	0.000	_		-		0.050		
20:2 n-6 c,c									
20:3 undifferentiated.									
20:4 undifferentiated									
20:5 n-3	-								
20:5 n-3									
22:6 n-3	-								
Fatty acids, total trans	-								
Cholesterol		35	4.291 8		1		55		
Phytosterols	_	33	4.251		-		33		
1 Hytosterois	9								
Amino Acids:									
Tryptophan	g	0.124	C		1		0.196		
Threonine	g	0.426	C		1		0.673		
Isoleucine	g	0.480	C		1		0.758		
Leucine	q	0.837	C		1		1.322		
Lysine	_	0.770	C		1		1.217		
Methionine	-	0.274	C		1		0.433		
Cystine		0.140	C		1		0.221		
Phenylalanine		0.458	c		1		0.724		
Tyrosine		0.332	C		1		0.525		
Valine		0.552	C		1		0.874		
Arginine		0.583	C		1		0.921		
Histidine		0.383	0		1		0.458		
Alanine	_	0.290	0		1		0.438		
	_	0.369	0		1		1.479		
Aspartic acid			0		1		3.386		
Glutamic acid	-	2.143	0		1				
Glycine	-	0.486	-		_		0.768		
Proline	-	0.620	C		1		0.980		
Serine	-	0.479	С		1		0.757		
Hydroxyproline	g								

Common Measures:

Measure 1 = 158g: 1 sandwich

Calories Factors: Protein 4.11 Fat 8.79 Carbohydrate 3.93

Food Group: 21 Fast Foods

		<u>Aı</u>	mount in 100 g		<u>n</u>		Amount in edible portion of common measures of food Measure 1 Measure 2 Measure 3			
			Nu	mber	•			<u>m</u> e	easures of 1000	<u>l</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	45.18	0.825	29		1		82.68		
Energy	kcal	286		0		1		523		
Energy	kj	1197				1		2190		
Protein (N x 6.11)	g	11.26	0.290	23		1		20.61		
Total lipid (fat)	g	15.63	0.627	24		1		28.60		
Ash	g	1.91	0.048	7		1		3.50		
Carbohydrate, by difference	g	26.03		0	NC	4		47.63		
Fiber, total dietary										
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	ma	101	7.291	15		1		185		
Iron, Fe	_	1.91	0.373	16		1		3.50		
Magnesium, Mg	_	20	1.075	14		1		37		
Phosphorus, P		170	12.054	14		1		311		
Potassium, K		193	12.901	16		1		353		
Sodium, Na	_	513	33.259	19		1		939		
Zinc, Zn	mg	0.64	0.048	12		1		1.17		
Copper, Cu	mg	0.065		12		1		0.119		
Manganese, Mn	mg	0.198	0.021	9		1		0.362		
Selenium, Se	mcg	48.4		0	RK	4		88.6		
Vitamins:										
Vitamin C, total ascorbic acid	mα	1.5	0.405	6		1		2.7		
Thiamin	_	0.250		12		1		0.458		
Riboflavin	-	0.230		13		1		0.421		
Niacin		2.310		12		1		4.227		
Pantothenic acid	_	0.240		5		1		0.439		
Vitamin B-6	_	0.060		5		1		0.110		
Folate, total	_	50		0	RK	4		92		
Folic acid		33		0	NC	4		60		
Folate, food		17	2.883	14		1		31		
Folate, DFE		73		0	NC	4		134		
Vitamin B-12		0.59	0.056	5		1		1.08		
Vitamin A, IU	IU	236	88.146	5		1		432		
Vitamin A, RAE	mcg_RAE	71		0	NC	4		130		
Retinol	mcg	71		0	NC	4		130		
Vitamin E (alpha-tocopherol)	mg	1.00		0		1		1.83		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta		20.25		_	-			22.55		
Vitamin D.		20.000	,	0	T	4		36.600		
Vitamin K (phylloquinone)	mcg									
<u> Lipids:</u>										
Fatty acids, total saturated	g	4.448		0		1		8.140		
4:0										
6:0	g									
8:0	g	0.067		5		1		0.123		
10:0	-	0.045		5		1		0.082		
12:0		0.038		5		1		0.070		
13:0	-									
14:0	g	0.352		5		1		0.644		
15:0										
16:0		2.430)	5		1		4.447		
17:0										
18:0		1.398		5		1		2.558		
20:0	-									
22:0	a									

		<u>Ar</u>	mount in 100 g			Amount in edible portion of common measures of food			
Nutrients and Units	;	Mean			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
		4.874		0	1				
Fatty acids, total monounsaturated		4.8/4		U	1		8.919		
14:1	-								
15:1 16:1 undifferentiated		0.320		5	1		0.586		
	-	0.320		5	1		0.586		
17:1		4 405		5	1		0.061		
18:1 undifferentiated	-	4.405		5	1		8.061		
20:1		0.039			_		0.071		
22:1 undifferentiated	•	0.059		5	1		0.108		
24:1 c					_				
Fatty acids, total polyunsaturated		5.154		0	1		9.432		
18:2 undifferentiated		4.602		5	1		8.422		
18:3 undifferentiated		0.524		5	1		0.959		
18:4	-								
20:2 n-6 c,c	-								
20:3 undifferentiated									
20:4 undifferentiated	-	0.028		5	1		0.051		
20:5 n-3									
22:5 n-3	g								
22:6 n-3	g								
Fatty acids, total trans									
Cholesterol	mg	37	3.179	11	1		68		
Phytosterols	mg								
Amino Acids:									
Tryptophan	g	0.134		0	1		0.245		
Threonine	g	0.435		0	1		0.796		
Isoleucine	g	0.505		0	1		0.924		
Leucine	g	0.893		0	1		1.634		
Lysine		0.849		0	1		1.554		
Methionine	g	0.287		0	1		0.525		
Cystine		0.134		0	1		0.245		
Phenylalanine	-	0.492		0	1		0.900		
Tyrosine		0.383		0	1		0.701		
Valine	_	0.591		0	1		1.082		
Arginine	_	0.591		0	1		1.082		
Histidine		0.324		0	1		0.593		
Alanine		0.553		0	1		1.012		
Aspartic acid	_	0.940		0	1		1.720		
Glutamic acid		2.257		0	1		4.130		
Glycine	•	0.464		0	1		0.849		
Proline		0.404		0	1		1.312		
Serine		0.717		0	1		0.928		
	_	0.507		J	1		0.920		
Hydroxyproline	9								

Common Measures:

Measure 1 = 183g: 1 sandwich

Calories Factors: Protein 4.12 Fat 8.81 Carbohydrate 3.93

Food Group: 21 Fast Foods

		<u>A</u> :	mount in 100	0 grams	of edib	le portio	<u>n</u>		edible portion	
				Number				<u>m</u>	easures of food	
Nutrients and Uni	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	29.96		0		1		42.24		
Energy	kcal	364		0	NC	4		513		
Energy	kj	1523		0		4		2147		
Protein (N x 5.73)	g	5.87		1		1		8.28		
Total lipid (fat)	g	20.60		1		1		29.05		
Ash	g	2.54		0		1		3.58		
Carbohydrate, by difference	g	41.03		0	NC	4		57.85		
Fiber, total dietary	g	1.9		0		4		2.7		
Sugars, total	g	18.72		0	FLA	4		26.40		
Starch	g									
Minavalse										
Minerals: Calcium, Ca	ma	55		1		1		78		
Iron, Fe	-	2.10		1		1		2.96		
Magnesium, Mg		19		0		4		27		
Phosphorus, P		87		1		1		123		
Potassium, K		90		1		1		127		
Sodium, Na		354		1		1		499		
Zinc, Zn		0.66		0		4		0.93		
Copper, Cu		0.192	2	0		4		0.271		
Manganese, Mn		0.155	5	0		4		0.219		
Selenium, Se		16.7		1	BFZN	4		23.5		
Vitamins:										
Vitamin C, total ascorbic acid	-	0.0		0		4		0.0		
Thiamin		0.160		1		1		0.226		
Riboflavin		0.180		1		1		0.254		
Niacin		2.100		1		1		2.961		
Pantothenic acid	-	0.400		0		4		0.564		
Vitamin B-6	-	0.180)	0		4		0.254		
Folate, total		140 78		0 0	FLA FLA	4 4		197 110		
Folic acid		62		0	FLA	4		87		
Folate, foodFolate, DFE		195		0	NC NC	4		87 275		
		0.05		0	NC	4		0.07		
Vitamin B-12 Vitamin A, IU	IIICG	5		0	FLA	4		7		
Vitamin A, RAE		0		0	FLA	4		0		
Retinol		0		0	FLA	4		0		
Vitamin E (alpha-tocopherol)		1.65		0	FLA	4		2.33		
Tocopherol, beta		1.05		U	FLIA	-		2.33		
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		7.5		0	FLA	4		10.5		
Lipids:			_							
Fatty acids, total saturated		3.340		0		4		4.709		
4:0		0.000		0		4		0.000		
6:0	-	0.000		0		4		0.000		
8:0	-	0.000		0		4		0.000		
10:0		0.000		0		4		0.000		
12:0		0.000)	0		4		0.000		
13:0	-			_		_				
14:0		0.021	L	0		4		0.030		
15:0		_	_			_				
16:0		2.154	1	0		4		3.037		
17:0	-			_		_				
18:0	-	1.010)	0		4		1.424		
20:0	-									
22:0	α .									

Nutrients and Units Nutrients and Units Nutrients and Units Nutrients and Units Std. Error Points Code Code Code Nutrients Nutrien		e portion	100 grams o		Amount in edible portion of common measures of food		
Fatly acids, total monounesturated. 9			Number		<u>m</u>	easures of food	
14-1	trients and Units M					Measure 2	Measure 3
141							
15-1		4	0	4	12.648		
16-1 undifficentiated							
17-1	=		•		0.450		
18.1 undifferentiated. 9	=	4	U	4	0.158		
201	=		0	4	10.000		
22-1 undifferentiated							
2-1	=						
Fatty acids, total polyunsaturated	•	4	U	4	0.000		
18.2 undifferentiated. 9			0	4	0.041		
18/3 undifferentiated							
18-4		=		=			
202 n.6 c. 9 203 undifferentiated 9 0.004 0 4 0.006 205 n.3 9 0.000 0 4 0.000 225 n.3 9 0.000 0 4 0.000 0 225 n.3 9 0.000 0 4 0.000 0 225 n.3 9 0.000 0 4 0.000 0 225 n.3 9 0.000 0 0 4 0.000 0 0 0 0 0 0 0 0							
20.3 undifferentiated. 9		4	0	4	0.000		
20.4 undifferentiated	=						
20.5 n-3	=	4	•	4	0.000		
22.5 n-3. g 0.000 0 4 0.000 22.6 n-3. g 0.000 0 4 0.000 22.6 n-3. g 0.000 0 4 0.000 Fatty acids, total trans. g Cholesterol. mg 53 1 1 75 Phytosterols. mg							
Section Sect	=	=		=			
Fatty acids, total trans							
Cholesterol. mg 53 1 1 75 Phytosterols. mg 75 Amino Acids: Tryptophan 9 0.073 0 1 0.103 Threonine 9 0.204 0 1 0.288 Isolewine 9 0.242 0 1 0.341 Lewine 9 0.430 0 1 0.606 Lysine 9 0.230 0 1 0.324 Methionine 9 0.110 0 1 0.155 Cystine 9 0.112 0 1 0.156 Phenylalanine 9 0.291 0 1 0.410 Tyrosine 9 0.198 0 1 0.279 Valine 9 0.267 0 1 0.385 Arginine 9 0.267 0 1 0.376 Histidane 9 0.247 0 1 0.348 </td <td></td> <td>4</td> <td>U</td> <td>4</td> <td>0.000</td> <td></td> <td></td>		4	U	4	0.000		
Phytosterols Mg Phytosterols		_		_			
Amino Acids: Tryptophan		1	1	1	75		
Tryptophan g 0.073 0 1 0.103 Thronine g 0.204 0 1 0.288 Isoleucine g 0.242 0 1 0.341 Leucine g 0.430 0 1 0.606 Lysine g 0.230 0 1 0.324 Methionine g 0.110 0 1 0.155 Cystine g 0.112 0 1 0.158 Phenylalanine g 0.291 0 1 0.279 Valine g 0.291 0 1 0.385 Arginine g 0.267 0 1 0.376 Histidine g 0.247 0	mg						
Tryptophan g 0.073 0 1 0.103 Threonine g 0.204 0 1 0.288 Isoleucine g 0.242 0 1 0.341 Leucine g 0.430 0 1 0.606 Lysine g 0.230 0 1 0.524 Methionine g 0.110 0 1 0.155 Cystine g 0.112 0 1 0.158 Phenylalamine g 0.112 0 1 0.158 Phenylalamine g 0.291 0 1 0.279 Valine g 0.273 0 1 0.385 Arginine g 0.267 0 <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>							
Threonine. g 0.204 0 1 0.288 Isoleucine. g 0.242 0 1 0.341 Leucine. g 0.430 0 1 0.606 Lysine. g 0.230 0 1 0.324 Methionine. g 0.210 0 1 0.155 Cystine. g 0.112 0 1 0.158 Phenylalanine. g 0.291 0 1 0.410 Tyrosine. g 0.198 0 1 0.279 Valine. g 0.273 0 1 0.376 Histidine. g 0.267 0 1 0.376 Histidine. g 0.139 0 1 0.346 Aspartic acid. g 0.247 0 1 0.348 Aspartic acid. g 0.347 0 1 0.320 Glycine. g 0.553 0<	g	1	0	1	0.103		
Isoleucine		1	0	1	0.288		
Leucine 9 0.430 0 1 0.606 Lysine 9 0.230 0 1 0.324 Methionine 9 0.110 0 1 0.155 Cystine 9 0.112 0 1 0.158 Phenylalanine 9 0.291 0 1 0.410 Tyrosine 9 0.198 0 1 0.279 Valine 9 0.198 0 1 0.376 Valine 9 0.267 0 1 0.385 Arginine 9 0.267 0 1 0.376 Histidine 9 0.139 0 1 0.376 Histidine 9 0.247 0 1 0.489 Glutanic acid 9 0.347 0 1 0.489 Glutamic acid 9 0.227 0 1 0.320 Proline 9 0.553 0 1 0.780 Serine 9 0.50 0 7 0.423 <td></td> <td>1</td> <td>0</td> <td>1</td> <td>0.341</td> <td></td> <td></td>		1	0	1	0.341		
Lysine 9 0.230 0 1 0.324 Methionine 9 0.110 0 1 0.155 Cystine 9 0.112 0 1 0.158 Phenylalanine 9 0.291 0 1 0.410 Tyrosine 9 0.198 0 1 0.279 Valine 9 0.267 0 1 0.385 Arginine 9 0.267 0 1 0.376 Histidine 9 0.139 0 1 0.196 Alanine 9 0.247 0 1 0.348 Aspartic acid 9 0.347 0 1 0.489 Glutamic acid 9 0.347 0 1 0.320 Proline 9 0.553 0 1 0.780 Serine 9 0.553 0 1 0.423 Hydroxyproline 9 0.500 0 7 0.0 Caffeine Mg 0 0 FLA 4 </td <td></td> <td>1</td> <td>0</td> <td>1</td> <td>0.606</td> <td></td> <td></td>		1	0	1	0.606		
Methionine g 0.110 0 1 0.155 Cystine g 0.112 0 1 0.158 Phenylalanine g 0.291 0 1 0.410 Tyrosine g 0.198 0 1 0.279 Valine g 0.273 0 1 0.385 Arginine g 0.267 0 1 0.376 Histidine g 0.139 0 1 0.196 Alanine g 0.247 0 1 0.348 Aspartic acid g 0.347 0 1 0.489 Glutamic acid g 1.631 0 1 0.320 Proline g 0.227 0 1 0.320 Proline g 0.553 0 1 0.780 Serine g 0.300 0 7 0.0 Carbine g 0 0 FLA		1	0	1	0.324		
Cystine 9 0.112 0 1 0.158 Phenylalanine 9 0.291 0 1 0.410 Tyrosine 9 0.198 0 1 0.279 Valine 9 0.273 0 1 0.385 Arginine 9 0.267 0 1 0.376 Histidine 9 0.139 0 1 0.196 Alanine 9 0.247 0 1 0.348 Aspartic acid 9 0.347 0 1 0.489 Glutanic acid 9 0.347 0 1 0.489 Glycine 9 0.227 0 1 0.320 Proline 9 0.553 0 1 0.780 Serine 9 0.300 0 1 0.423 Hydroxyproline 9 0 0 7 0.0 Carférine mg 0 0 FLA <td></td> <td>1</td> <td>0</td> <td>1</td> <td>0.155</td> <td></td> <td></td>		1	0	1	0.155		
Phenylalanine g 0.291 0 1 0.410 Tyrosine g 0.198 0 1 0.279 Valine g 0.273 0 1 0.385 Arginine g 0.267 0 1 0.376 Histidine g 0.139 0 1 0.196 Alanine g 0.247 0 1 0.348 Aspartic acid g 0.347 0 1 0.489 Glutamic acid g 1.631 0 1 2.300 Glycine g 0.227 0 1 0.320 Proline g 0.553 0 1 0.780 Serine g 0.300 0 1 0.423 Hydroxyproline g 0 0 7 0.0 Carfeine mg 0 0 FLA 4 0 Theobromine mg 0 0		1	0	1	0.158		
Tyrosine 9 0.198 0 1 0.279 Valine 9 0.273 0 1 0.385 Arginine 9 0.267 0 1 0.376 Histidine 9 0.139 0 1 0.196 Alanine 9 0.247 0 1 0.348 Alspartic acid 9 0.347 0 1 0.489 Glutamic acid 9 0.347 0 1 0.489 Glycine 9 0.227 0 1 0.320 Proline 9 0.553 0 1 0.780 Serine 9 0.300 0 1 0.423 Hydroxyproline 9 0.300 0 7 0.0 Carleine mg 0 0 FIA 4 0 Theobromine mg 0 0 FIA 4 0 Carotene, beta mcg 3		1	0	1			
Valine 9 0.273 0 1 0.385 Arginine 9 0.267 0 1 0.376 Histidine 9 0.139 0 1 0.196 Alanine 9 0.247 0 1 0.348 Aspartic acid 9 0.347 0 1 0.489 Glutamic acid 9 1.631 0 1 2.300 Glycine 9 0.227 0 1 0.320 Proline 9 0.553 0 1 0.780 Serine 9 0.300 0 1 0.423 Hydroxyproline 9 0.300 0 1 0.423 Hydroxyproline 9 0.0 0 7 0.0 Caffeine mg 0 0 FLA 4 0 Theobromine mg 0 0 FLA 4 0 Carotene, beta mcg 3 </td <td></td> <td>1</td> <td>0</td> <td>1</td> <td>0.279</td> <td></td> <td></td>		1	0	1	0.279		
Arginine 9 0.267 0 1 0.376 Histidine 9 0.139 0 1 0.196 Alanine 9 0.247 0 1 0.348 Aspartic acid 9 0.347 0 1 0.489 Glutamic acid 9 1.631 0 1 2.300 Glycine 9 0.227 0 1 0.320 Proline 9 0.553 0 1 0.780 Serine 9 0.300 0 1 0.423 Hydroxyproline 9 0.300 0 1 0.0 Others: Alcohol, ethyl 9 0.0 0 7 0.0 Caffeine mg 0 0 FLA 4 0 Theobromine mg 0 FLA 4 0 Carotene, beta mcg 3 0 FLA 4 3.913	-	1	0	1			
Histidine g 0.139 0 1 0.196 Alanine g 0.247 0 1 0.348 Aspartic acid g 0.347 0 1 0.489 Glutamic acid g 1.631 0 1 2.300 Glycine g 0.227 0 1 0.320 Proline g 0.553 0 1 0.780 Serine g 0.300 0 1 0.423 Hydroxyproline g 0.300 0 1 0.00 Others: Alcohol, ethyl g 0.0 0 7 0.0 Caffeine mg 0 0 FLA 4 0 Theobromine mg 0 0 FLA 4 0 Carotene, beta mcg 3 0 FLA 4 3.913		1	0	1	0.376		
Alanine g 0.247 0 1 0.348 Aspartic acid g 0.347 0 1 0.489 Glutamic acid g 1.631 0 1 2.300 Glycine g 0.227 0 1 0.320 Proline g 0.553 0 1 0.780 Serine g 0.300 0 1 0.423 Hydroxyproline g 0 0 1 0.0 Others: Alcohol, ethyl g 0 0 7 0.0 Caffeine mg 0 0 FLA 4 0 Theobromine mg 0 0 FLA 4 0 Carotene, beta mcg 3 0 FLA 4 3.913		1	0	1			
Aspartic acid. 9 0.347 0 1 0.489 Glutamic acid. 9 1.631 0 1 2.300 Glycine. 9 0.227 0 1 0.320 Proline. 9 0.553 0 1 0.780 Serine. 9 0.300 0 1 0.423 Hydroxyproline. 9 Cthers: Alcohol, ethyl. 9 0.0 0 7 0.0 Caffeine. mg 0 0 0 FLA 4 0 Theobromine. mg 0 0 FLA 4 0 Carotene, beta mcg 3 0 FLA 4 3.913		1	0	1	0.348		
Glutamic acid. 9 1.631 0 1 2.300 Glycine. 9 0.227 0 1 0.320 Proline. 9 0.553 0 1 0.780 Serine. 9 0.300 0 1 0.423 Hydroxyproline. 9 0 0 7 0.0 Caffeine. mg 0 0 FLA 4 0 Carfeine. mg 0 0 FLA 4 0 Carotenoids: Carotene, beta. mcg 3 0 FLA 4 3.913							
Glycine g 0.227 0 1 0.320 Proline g 0.553 0 1 0.780 Serine g 0.300 0 1 0.423 Hydroxyproline g Others: Alcohol, ethyl g 0.0 0 7 0.0 Caffeine mg 0 0 0 FLA 4 0 Theobromine mg 0 0 FLA 4 0 Carotene, beta mcg 3 0 FLA 4 3.913							
Proline	-						
Serine g 0.300 0 1 0.423 Hydroxyproline g Others: Alcohol, ethyl g 0.0 0 7 0.0 Caffeine mg 0 0 FLA 4 0 Theobromine mg 0 0 FLA 4 0 Carotenoids: Carotene, beta mcg 3 0 FLA 4 3.913							
Hydroxyproline 9 Others: 9 0.0 0 7 0.0 Alcohol, ethyl 9 0.0 0 FLA 4 0 Caffeine mg 0 0 FLA 4 0 Theobromine mg 0 0 FLA 4 0 Carotenoids: Carotene, beta mcg 3 0 FLA 4 3.913							
Others: Others: Alcohol, ethyl. g 0.0 0 7 0.0 Caffeine. mg 0 0 FLA 4 0 Theobromine. mg 0 0 FLA 4 0 Carotenoids: Carotene, beta. mcg 3 0 FLA 4 3.913	=	_	· ·	_	0.120		
Alcohol, ethyl. g 0.0 0 7 0.0 Caffeine. mg 0 0 FLA 4 0 Theobromine. mg 0 0 FLA 4 0 Carotenoids: Carotene, beta. mcg 3 0 FLA 4 3.913	E						
Caffeine mg 0 0 FLA 4 0 Theobromine mg 0 0 FLA 4 0 Carotenoids: Carotene, beta mcg 3 0 FLA 4 3.913							
Theobromine mg 0 0 FLA 4 0 Carotenoids: Carotene, beta mcg 3 0 FLA 4 3.913							
Carotenoids: Carotene, beta							
Carotene, beta	mg	4	0	FLA 4	0		
							
······································	mca	4	n	FLA 4	3.913		
Carotene, alpha mcg 0 0 FLA 4 0.025		4	0		0.025		
Cryptoxanthin, beta mcg 0 0 FLA 4 0.099			_				
Lycopene			-				
Lutein + zeaxanthin mcg 4 0 FLA 4 5.786							

Common Measures:

Measure 1 = 141g: 5 pieces

NDB No. 21024

Fast foods, french toast sticks

Calories Factors: Protein 3.61 Fat 8.83 Carbohydrate 3.92

Food Group: 21 Fast Foods

		<u>A</u> 1	mount in 100 g		<u>n</u>		Amount in edible portion of common measures of food			
			Nu	mber				<u>m</u>	easures of food	<u>l</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	_	69.11	0.711	22		1		115.41		
Energy		135		0		1		225		
Energy		565				1		943		
Protein (N x 6.31)	_	6.81	0.181	22		1		11.37		
Total lipid (fat)		4.66	0.335	22		1		7.78		
Ash		2.23	0.054	22		1		3.72		
Carbohydrate, by difference		17.19		0	NC	4		28.71		
Fiber, total dietary										
Sugars, total										
Starch	g									
Ainerals:										
Calcium, Ca	mg	113	5.202	22		1		189		
Iron, Fe	-	1.34	0.091	22		1		2.24		
Magnesium, Mg	mg	51	2.560	22		1		85		
Phosphorus, P		105	10.060	22		1		175		
Potassium, K	mg	362	17.372	22		1		605		
Sodium, Na	-	528	32.908	22		1		882		
Zinc, Zn		1.04	0.048	21		1		1.74		
Copper, Cu	-	0.204		21		1		0.341		
Manganese, Mn		0.301	0.009	22		1		0.503		
Selenium, Se	mcg	1.7		0	RK	4		2.8		
itamins:										
Vitamin C, total ascorbic acid	mg	0.9	0.363	12		1		1.5		
Thiamin	mg	0.080	0.016	11		1		0.134		
Riboflavin	mg	0.200	0.020	12		1		0.334		
Niacin	<u>mg</u>	0.890	0.105	12		1		1.486		
Pantothenic acid	mg	0.660	0.054	12		1		1.102		
Vitamin B-6	_	0.120	0.012	12		1		0.200		
Folate, total		67		1		4		112		
Folic acid		0		0	Z	7		0		
Folate, food		67		1		4		112		
Folate, DFE		67		0	NC	4		112		
Vitamin B-12		0.41	0.043	12		1		0.68		
Vitamin A, IU		273	94.743	5		1		456		
Vitamin A, RAE		21 9		0	NC	4 4		35		
Retinol		9		U	NC	4		15		
Vitamin E (alpha-tocopherol)										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
	_									
<u> ipids:</u>	_					_		4 000		
Fatty acids, total saturated		2.440	•	0		1		4.075		
4:0 6:0										
8:0	_									
10:0		0.027	,	3		1		0.045		
12:0		0.065		3		1		0.109		
13:0				-		=		3.200		
14:0	_	0.241		3		1		0.402		
15:0	-									
16:0	_	1.387	•	3		1		2.316		
17:0	g									
18:0	g	0.721	-	3		1		1.204		
20.0	a									
20:0										

		<u>Ar</u>			f edible porti	<u>on</u>	Amount in edible portion of common measures of food		
				Number			<u> </u>	easures or roou	
Nutrients and Units	;	Mean	Std. Error			e Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	1.567		0	1		2.617		
14:1	g								
15:1									
16:1 undifferentiated	-								
17:1	g								
18:1 undifferentiated		1.567		3	1		2.617		
20:1	g								
22:1 undifferentiated	-								
24:1 c	-								
Fatty acids, total polyunsaturated	g	0.417		0	1		0.696		
18:2 undifferentiated	g	0.344		3	1		0.574		
18:3 undifferentiated	g	0.073		3	1		0.122		
18:4	g								
20:2 n-6 c,c	g								
20:3 undifferentiated	g								
20:4 undifferentiated	-								
20:5 n-3	g								
22:5 n-3	g								
22:6 n-3	g								
Fatty acids, total trans	g								
Cholesterol	mg	22	6.34	1 3	1		37		
Phytosterols	mg								
Amino Acids:									
Tryptophan		0.078		0	1		0.130		
Threonine		0.258		0	1		0.431		
Isoleucine	-	0.307		0	1		0.513		
Leucine		0.523		0	1		0.873		
Lysine	-	0.455		0	1		0.760		
Methionine		0.111		0	1		0.185		
Cystine		0.061		0	1		0.102		
Phenylalanine	_	0.337		0	1		0.563		
Tyrosine		0.210		0	1		0.351		
Valine	-	0.351		0	1		0.586		
Arginine		0.359		0	1		0.600		
Histidine		0.189		0	1		0.316		
Alanine		0.250		0	1		0.418		
Aspartic acid		0.711		0	1		1.187		
Glutamic acid		1.283		0	1		2.143		
Glycine		0.214		0	1		0.357		
Proline	_	0.379		0	1		0.633		
Serine		0.349		0	1		0.583		
Hydroxyproline	g								

Common Measures:

Measure 1 = 167g: 1 cup

Calories Factors: Protein 3.8 Fat 8.76 Carbohydrate 3.99

Food Group: 21 Fast Foods

		<u>Aı</u>	mount in 100	grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common		
				umber				<u>m</u>	easures of food	<u>.</u>
Mushington and He	:40	Mesis	Std. Error P			Source Code	Confidence Code	Magazza 4	Maga: 0	Measure
Nutrients and Un	its	Mean	Sta. Error	Units	Code	Code	Code	Measure 1	Measure 2	weasure
Proximates:										
Water	g	50.80	2.667	4		1		74.17		
Energy	kcal	241		0		1		352		
Energy	kj	1008				1		1472		
Protein (N x 6.13)		14.17	1.044	7		1		20.69		
Total lipid (fat)	g	10.60	0.713	6		1		15.48		
Ash		1.59		2		1		2.32		
Carbohydrate, by difference		22.84		0	NC	4		33.35		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	89	18.245	4		1		130		
Iron, Fe.		2.22	0.309			1		3.24		
Magnesium, Mg		11	0.005	2		1		16		
Phosphorus, P		104		2		1		152		
Potassium, K		199		2		1		291		
Sodium, Na		528	97.337	4		1		771		
Zine, Zn		0.94		2		1		1.37		
Copper, Cu	_	0.125	5	2		1		0.183		
Manganese, Mn		0.095	5	2		1		0.139		
Selenium, Se	mcg	15.8		0	RK	4		23.1		
\$7 : 4 :										
Vitamins:		1.0	1 007					0.0		
Vitamin C, total ascorbic acid	-	1.9	1.097	4		1 1		2.8		
Thiamin		0.210 0.330		3 3		1		0.307 0.482		
Riboflavin		1.840		3 4		1		2.686		
Niacin		0.710		2		1		1.037		
Pantothenic acid Vitamin B-6	_	0.710		2		1		0.204		
	-	52	,	0	RK	4		76		
Folic acid		3		0	NC	4		4		
Folate, food		49		2	NC	1		72		
Folate, DFE		54		0	NC	4		7 <u>2</u> 79		
Vitamin B-12		0.37		2	NC	1		0.54		
Vitamin B-12 Vitamin A, IU	IIICG	219		2		1		320		
Vitamin A, RAE		66		0	NC	4		96		
Retinol		66		0	NC	4		96		
Vitamin E (alpha-tocopherol)		0.20		0	мс	1		0.29		
Tocopherol, beta		0.20		Ū		-		0.23		
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
	····· 3									
<u>Lipids:</u>				_		_		_		
Fatty acids, total saturated		4.409	,	0		1		6.437		
4:0	_									
6:0				_		_				
8:0	_	0.077		2		1		0.112		
10:0	-	0.095		2		1		0.139		
12:0	-	0.085	,	2		1		0.124		
13:0		0.440	,	^				0.647		
14:0	-	0.443	•	2		1		0.647		
15:0	-	0.000	,	0		4		2 607		
16:0	-	2.662	2	2		1		3.887		
17:0	-			_		_		1 -00		
18:0	-	1.048	5	2		1		1.530		
20:0										
22:0	g g									

		<u>An</u>	nount in 100 gra		Amount in edible portion of common measures of food				
			Num		_		<u>m</u>	easures of 1000	
Nutrients and Uni	ts	Mean	of D Std. Error Poir	ata Deriv ts Code		Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	4.615)	1		6.738		
14:1									
15:1	-			_					
16:1 undifferentiated	-	0.516		2	1		0.753		
17:1				_	_				
18:1 undifferentiated		4.099		2	1		5.985		
20:1	-								
22:1 undifferentiated									
24:1 c	-	0.942)	1		1.375		
Fatty acids, total polyunsaturated 18:2 undifferentiated		0.890		2	1		1.375		
18:3 undifferentiated	-	0.052		2	1		0.076		
18:4		0.032		4	-		0.076		
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	40	3.930	1	1		58		
Phytosterols	mg								
Amino Acids									
Amino Acids: Tryptophan	0	0.185)	1		0.270		
Threonine		0.506)	1		0.739		
Isoleucine		0.624)	1		0.739		
Leucine	-	1.142)	1		1.667		
Lysine	-	1.142)	1		1.572		
Methionine		0.333)	1		0.486		
Cystine	_	0.171)	1		0.250		
Phenylalanine		0.680)	1		0.993		
Tyrosine		0.562)	1		0.821		
Valine	-	0.735)	1		1.073		
Arginine	-	0.696)	1		1.016		
Histidine		0.483)	1		0.705		
Alanine		0.552)	1		0.806		
Aspartic acid	-	0.994)	1		1.451		
Glutamic acid	-	3.104)	1		4.532		
Glycine		0.481)	1		0.702		
Proline	-	1.184)	1		1.729		
Serine		0.659)	1		0.962		
Hydroxyproline	-								

Common Measures:

Measure 1 = 146g: 1 sandwich

Calories Factors: Protein 4.13 Fat 8.75 Carbohydrate 3.95

Food Group: 21 Fast Foods

		<u>Aı</u>	mount in 10	0 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common		
				Number	r			<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Units	3	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	_	51.15		2		1		73.14		
Energy		243		0		1		347		
Energy		1017				1		1454		
Protein (N x 6.17)		13.46	0.7			1		19.25		
Total lipid (fat)		11.40	1.0			1		16.30		
Ash		2.35		2		1		3.36		
Carbohydrate, by difference		21.64		0	NC	4		30.95		
Fiber, total dietary										
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	mg	148		2		1		212		
Iron, Fe	-	2.17		2		1		3.10		
Magnesium, Mg	_	18		2		1		26		
Phosphorus, P	mg	242		2		1		346		
Potassium, K	mg	147		2		1		210		
Sodium, Na	mg	703	85.9	35 3		1		1005		
Zine, Zn		1.39		2		1		1.99		
Copper, Cu		0.085		2		1		0.122		
Manganese, Mn		0.170		2		1		0.243		
Selenium, Se	mcg	22.7		0	RK	4		32.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.9		2		1		2.7		
Thiamin	-	0.300	1	2		1		0.429		
Riboflavin	-	0.390	ı	2		1		0.558		
Niacin		2.940	ı	2		1		4.204		
Pantothenic acid	mg	0.660	ı	2		1		0.944		
Vitamin B-6	mg	0.110	ı	2		1		0.157		
Folate, total	mcg	53		0	RK	4		76		
Folic acid		23		0	NC	4		33		
Folate, food		30		2		1		43		
Folate, DFE	mcg_DFE	69		0	NC	4		99		
Vitamin B-12		0.86		2		1		1.23		
Vitamin A, IU		393		2		1		562		
Vitamin A, RAE		116		0	NC	4		165		
Retinol		115		0	NC	4		164		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	Ilicg									
Lipids:										
Fatty acids, total saturated	g	5.175	i	1		1		7.400		
Fatty acids, total monounsaturated	g	4.017		1		1		5.744		
Fatty acids, total polyunsaturated	g	1.182		1		1		1.690		
Fatty acids, total trans	g									
Cholesterol	mg	172	16.4	76 3		1		246		
Phytosterols	_. mg									
Amino Acids:										
Tryptophan	а	0.185		0		1		0.265		
Threonine		0.183		0		1		0.752		
Isoleucine		0.520		0		1		0.732		
Leucine	-	1.099		0		1		1.572		
Lysine		0.982		0		1		1.404		
Methionine		0.345		0		1		0.493		
Cystine		0.203		0		1		0.290		

	Amour	nt in 100 grams	Amount in edible portion of common				
Nutrients and Units	Mean Std.	Number of Data Error Points	Deriv Source		<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Phenylalanineg	0.670	0	1		0.958		
Tyrosineg	0.534	0	1		0.764		
Valineg	0.763	0	1		1.091		
Arginineg	0.709	0	1		1.014		
Histidineg	0.419	0	1		0.599		
Alanineg	0.591	0	1		0.845		
Aspartic acidg	1.040	0	1		1.487		
Glutamic acid	2.585	0	1		3.697		
Glycineg	0.452	0	1		0.646		
Prolineg	0.953	0	1		1.363		
Serine	0.726	0	1		1.038		
Hydroxyprolineg							

Common Measures:

Measure 1 = 143g: 1 sandwich

Calories Factors: Protein 4.21 Fat 8.89 Carbohydrate 3.95

Food Group: 21 Fast Foods

NDB No. 21114
Fast foods, hamburger, large, double patty, with condiments and vegetables

		<u>Aı</u>	mount in 100			Amount in edible portion of common				
			N	umbe	r			<u>m</u>	easures of food	<u>l</u>
			C	f Data	Deriv	Source	Confidence			
Nutrients and Units	•	Mean	Std. Error F	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		53.74	0.980			1		121.45		
Energy		239		0		1		540		
Energy		1000				1		2260		
Protein (N x 6.2)		15.17	0.768			1		34.28		
Total lipid (fat)		11.75	1.554			1		26.56		
Ash		1.52	0.080			1		3.44		
Carbohydrate, by difference		17.82		0	NC	4		40.27		
Fiber, total dietary										
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	mg	45	5.859	10		1		102		
Iron, Fe.	-	2.59	0.220			1		5.85		
Magnesium, Mg	-	22	1.104			1		50		
Phosphorus, P		139	6.750	10		1		314		
Potassium, K	mg	252	9.099	10		1		570		
Sodium, Na	mg	350	17.140	10		1		791		
Zinc, Zn	_{mg}	2.51	0.221	10		1		5.67		
Copper, Cu	mg	0.097	0.006			1		0.219		
Manganese, Mn		0.110)	1		1		0.249		
Selenium, Se	mcg	11.3		0	RK	4		25.5		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.5		1		1		1.1		
Thiamin	-	0.160	0.015			1		0.362		
Riboflavin	-	0.170				1		0.384		
Niacin		3.350	0.247	10		1		7.571		
Pantothenic acid	-	0.240	1	1		1		0.542		
Vitamin B-6	mg	0.240	1	1		1		0.542		
Folate, total		34		0	RK	4		77		
Folic acid		22		0	NC	4		50		
Folate, food	mcg	12		1		1		27		
Folate, DFE	mcg_DFE	49		0	NC	4		112		
Vitamin B-12	mcg	1.80		1		1		4.07		
Vitamin A, IU	IU	45		1		1		102		
Vitamin A, RAE		2		0	NC	4		5		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	nicy									
<u>Lipids:</u>										
Fatty acids, total saturated	g	4.654		1		1		10.518		
Fatty acids, total monounsaturated	g	4.570)	1		1		10.328		
Fatty acids, total polyunsaturated	g	1.237		1		1		2.796		
Fatty acids, total trans	g									
Cholesterol	_	54		2		1		122		
Phytosterols	_. mg									
Amino Acids:										
Tryptophan	q	0.183	1	0		1		0.414		
Threonine		0.599		0		1		1.354		
Isoleucine		0.638		0		1		1.442		
Leucine	-	1.172		0		1		2.649		
Lysine		1.108		0		1		2.504		
Methionine		0.330		0		1		0.746		
Cystine		0.164		0		1		0.371		

NDB No. 21114
Fast foods, hamburger, large, double patty, with condiments and vegetables

	<u>Amount i</u>	n 100 grams of edi	ble portion	Amount in edible portion of common		
Nutrients and Units	Mean Std. E	Number of Data Deriv rror Points Code	Source Confidence Code Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Phenylalanineg	0.599	0	1	1.354		
Tyrosineg	0.448	0	1	1.012		
Valineg	0.729	0	1	1.648		
Arginineg	0.944	0	1	2.133		
Histidineg	0.450	0	1	1.017		
Alanineg	0.903	0	1	2.041		
Aspartic acidg	1.289	0	1	2.913		
Glutamic acid	2.803	0	1	6.335		
Glycineg	1.020	0	1	2.305		
Prolineg	0.898	0	1	2.029		
Serineg	0.612	0	1	1.383		
Hydroxyproline						

Common Measures:

Measure 1 = 226g: 1 sandwich

Calories Factors: Protein 4.2 Fat 8.92 Carbohydrate 3.95

Food Group: 21 Fast Foods

Refuse: 0%

		<u>A</u> 1	mount in 10			ole portic	<u>on</u>	Amount in edible portion of common measures of food		
				Number		_		<u></u>	5434163 01 1004	<u>.</u>
Nutrients and Uni	ts	Mean	Std. Error			Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	51.75		0	MC	9		89.01		
Energy	kcal	248		0	MC	9		427		
Energy	kj	1038				9		1785		
Protein	g	13.43		0	MC	9		23.10		
Total lipid (fat)	g	12.21		0	MC	9		21.00		
Ash	g	1.78		0	MC	9		3.06		
Carbohydrate, by difference	g	21.41		0	MC	9		36.83		
Fiber, total dietary	g	1.2		0	MC	9		2.1		
Sugars, total	g	4.84		0	MC	9		8.32		
Starch	g									
Ainerals:										
Calcium, Ca	ma	78		0	MC	9		134		
Iron, Fe	_	2.41		0	MC	9		4.15		
Magnesium, Mg		20		0	MC	9		34		
Phosphorus, P	-	124		0	MC	9		213		
Potassium, K	-	230		0	MC	9		396		
Sodium, Na	_	425		0	MC	9		731		
Zinc, Zn		2.77		0	MC	9		4.76		
Copper, Cu	mg	0.159)	0	MC	9		0.273		
Manganese, Mn	mg	0.200)	0	MC	9		0.344		
Selenium, Se	mcg									
/itamins:										
Vitamin C, total ascorbic acid	mg	1.5		0	MC	9		2.6		
Thiamin	mg	0.199)	0	MC	9		0.342		
Riboflavin	mg	0.165	5	0	MC	9		0.284		
Niacin	<u>mg</u>	3.815	5	0	MC	9		6.562		
Pantothenic acid		0.302	?	0	MC	9		0.519		
Vitamin B-6	mg	0.143	3	0	MC	9		0.246		
Folate, total	mcg	36		0	MC	9		62		
Folic acid		22		0	RA	4		38		
Folate, food		14		0	NC	4		24		
Folate, DFE		51		0	NC	4		88		
Vitamin B-12		1.50		0	MC	9		2.58		
Vitamin A, IU		64		0	MC	9		110		
Vitamin A, RAE		3		0	NC	4		5		
Retinol		0		0	NC	4		0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
	Illog									
<u> Lipids:</u>	~			_		•		T 000		
Fatty acids, total saturated		4.608		0	MC	9		7.926		
Fatty acids, total monounsaturated		5.411		0	MC	9		9.307		
Fatty acids, total polyunsaturated		0.927	1	0	MC	9		1.594		
Fatty acids, total trans		41		^	240	9		71		
CholesterolPhytosterols		41		0	MC	9		71		

Common Measures:

Measure 1 = 172g: 1 sandwich

NDB No. 21202

Fast foods, hamburger, large, single patty, with condiments

Calories Factors: Protein Fat Carbohydrate

Food Group: 21 Fast Foods

NDB No. 21115
Fast foods, hamburger, large, triple patty, with condiments

		<u>Aı</u>	mount in 10	00 grams	Amount in edible portion of common					
				Numbe	r			<u>m</u>	easures of food	<u>1</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Units		Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	52.37		2		1		135.64		
Energy	kcal	267		0		1		692		
Energy	kj	1117				1		2893		
Protein (N x 6.2)	g	19.30	1.1	38 3		1		49.99		
Total lipid (fat)	g	16.01	0.8			1		41.47		
Ash		1.28		2		1		3.32		
Carbohydrate, by difference		11.04		0	NC	4		28.59		
Fiber, total dietary										
Sugars, total										
Starch	9									
Minerals:										
Calcium, Ca	-	25		2		1		65		
Iron, Fe	-	3.21		2		1		8.31		
Magnesium, Mg	-	21		1		1		54		
Phosphorus, P		152 303		2 2		1 1		394 785		
Potassium, K		275	31.9			1		785		
Zinc, Zn	-	4.15	31.9	, 2		1		10.75		
Copper, Cu		0.076	i	1		1		0.197		
Manganese, Mn		0.090		1		1		0.233		
Selenium, Se		21.5		0	RK	4		55.7		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.5		1		1		1.3		
Thiamin	-	0.120)	2		1		0.311		
Riboflavin		0.210)	2		1		0.544		
Niacin	_	4.230	1	2		1		10.956		
Pantothenic acid		0.260)	1		1		0.673		
Vitamin B-6	mg	0.240)	1		1		0.622		
Folate, total		29		0	RK	4		75		
Folic acid		17		0	NC	4		44		
Folate, food		12		1		1		31		
Folate, DFE		41 1.90		0 1	NC	4		106 4.92		
Vitamin B-12 Vitamin A, IU		61		1		1 1		4.92 158		
Vitamin A, RAE	mca RAF	3		0	NC	4		8		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	-									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
<u>Lipids:</u>										
Fatty acids, total saturated	g	6.147		1		1		15.921		
Fatty acids, total monounsaturated		7.040		1		1		18.234		
Fatty acids, total polyunsaturated		1.059	1	1		1		2.743		
Fatty acids, total trans				00 0				140		
Cholesterol.	-	55	5.1	00 3		1		142		
Phytosterols Amino Acids:	¹¹¹ 9									
Tryptophan	q	0.237		0		1		0.614		
Threonine		0.778		0		1		2.015		
Isoleucine		0.822		0		1		2.129		
Leucine	-	1.522		0		1		3.942		
Lysine		1.482		0		1		3.838		
Methionine		0.433	1	0		1		1.121		
Cystine	g	0.202		0		1		0.523		

	Amount	in 100 grams of ed	ible portion	Amount in edible portion of common		
Nutrients and Units	Mean Std. E	Number of Data Deriv rror Points Code	Source Confidence Code Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Phenylalanineg	0.756	0	1	1.958		
Tyrosineg	0.585	0	1	1.515		
Valineg	0.937	0	1	2.427		
Arginineg	1.242	0	1	3.217		
Histidine	0.588	0	1	1.523		
Alanineg	1.192	0	1	3.087		
Aspartic acidg	1.672	0	1	4.330		
Glutamic acidg	3.384	0	1	8.765		
Glycineg	1.351	0	1	3.499		
Prolineg	1.108	0	1	2.870		
Serineg	0.775	0	1	2.007		
Hydroxyprolineg						

Common Measures:

Measure 1 = 259g: 1 sandwich

Calories Factors: Protein 4.2 Fat 8.92 Carbohydrate 3.95

Food Group: 21 Fast Foods

		<u>A</u>	mount in 100 gra	ıms ot eai	Amount in edible portion of common				
			Num	ber			<u>m</u>	easures of food	<u>I</u>
				ata Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error Poir			Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	41.10		2	1		72.34		
Energy	kcal	309		0	1		544		
Energy		1293			1		2275		
Protein (N x 6.2)	g	17.00		1	1		29.92		
Total lipid (fat)	g	15.85	1.271	3	1		27.90		
Ash		1.65		1	1		2.90		
Carbohydrate, by difference	g	24.39		0 NC	4		42.93		
Fiber, total dietary	g								
Sugars, total	g								
Starch	g								
NC 1									
Minerals:	ma	49		1	4		86		
Calcium, CaIron, Fe	-	49 2.59		1	4		4.56		
Magnesium, Mg	-	2.59		1	4		4.56 37		
Phosphorus, P		133		1	4		234		
Potassium, K	-	206		1	4		363		
Sodium, Na		315		1	1		554		
Zinc, Zn	_	3.25		1	4		5.72		
Copper, Cu		0.095	5	1	4		0.167		
Manganese, Mn	mg	0.160)	1	4		0.282		
Selenium, Se	mcg	22.5		0 RK	4		39.6		
Vitamins:									
Vitamin C, total ascorbic acid	ma	0.0		1	4		0.0		
Thiamin		0.190		1	4		0.334		
Riboflavin		0.210		1	4		0.370		
Niacin		4.690		1	4		8.254		
Pantothenic acid		0.380		1	4		0.669		
Vitamin B-6		0.180)	1	4		0.317		
Folate, total	_	44		0 RK	4		77		
Folic acid		23		0 NC	4		40		
Folate, food	mcg	21		0	4		37		
Folate, DFE	mcg_DFE	60		0 NC	4		106		
Vitamin B-12	mcg	1.66		1	4		2.92		
Vitamin A, IU		0		1	4		0		
Vitamin A, RAE		0		0 NC	4		0		
Retinol		0		0 z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.75		0	1		1.32		
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta		16.000	,	0 т			28.160		
Vitamin D Vitamin K (phylloquinone)		16.000	,	0 T	4		28.160		
Lipids:									
Fatty acids, total saturated	g	5.896	5	1	1		10.377		
Fatty acids, total monounsaturated	_	6.879	•	1	1		12.107		
Fatty acids, total polyunsaturated		1.330)	1	1		2.341		
Fatty acids, total trans									
Cholesterol		56	11.225	3	1		99		
Phytosterols	mg								
Amino Acids:	σ.	0.00	=	0	4		0.000		
Tryptophan		0.206		0	1		0.363		
Threonine		0.666		0	1 1		1.172		
Isoleucine		0.716		0	1		1.260 2.321		
Leucine		1.319		0	1		2.321		
Lysine Methionine		0.370		0	1		2.158 0.651		
Methionine	_	0.370		0	1		0.651		

	<u>Amount</u>	in 100 grams of ed	lible portion	Amount in edible portion of common		
Nutrients and Units	Mean Std. E	Number of Data Deri error Points Cod	v Source Confidence e Code Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Phenylalanineg	0.677	0	1	1.192		
Tyrosineg	0.502	0	1	0.884		
Valineg	0.823	0	1	1.448		
Arginineg	1.053	0	1	1.853		
Histidineg	0.505	0	1	0.889		
Alanineg	1.006	0	1	1.771		
Aspartic acidg	1.415	0	1	2.490		
Glutamic acidg	3.156	0	1	5.555		
Glycineg	1.141	0	1	2.008		
Prolineg	1.039	0	1	1.829		
Serineg	0.694	0	1	1.221		
Hydroxyprolineg						

Common Measures:

Measure 1 = 176g: 1 sandwich

Calories Factors: Protein 4.2 Fat 8.92 Carbohydrate 3.95

Food Group: 21 Fast Foods

NDB No. 21111 Fast foods, hamburger, regular, double patty, with condiments

		<u>Aı</u>	mount in 10	00 gram	s of edil	ole portic	<u>on</u>	Amount in edible portion of common			
				Numbe	r			<u>m</u>	easures of food	<u>l</u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Units		Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure :	
D : 1											
Proximates: Water	a	50.51	0.8	66 8		1		108.60			
Energy		268		0		1		576			
Energy		1121				1		2411			
Protein (N x 6.2)		14.80	0.5	78 8		1		31.82			
Total lipid (fat)		15.10	0.3			1		32.47			
Ash		1.57	0.0	54 8		1		3.38			
Carbohydrate, by difference		18.02		0	NC	4		38.74			
Fiber, total dietary											
Sugars, total											
Starch											
Mr. 1											
Minerals:	ma	43	8.0	76 8		1		92			
Calcium, Ca Iron. Fe.	_	43 2.58	0.1			1		92 5.55			
Magnesium, Mg	•	2.56	0.1			1		45			
Phosphorus, P	-	132	5.7			1		284			
Potassium, K		245	7.9			1		527			
Sodium, Na		345	12.7			1		742			
Zine, Zn	-	2.70	0.1			1		5.81			
Copper, Cu		0.090	0.0	05 8		1		0.194			
Manganese, Mn		0.151		1		4		0.325			
Selenium, Se		20.9		0	RK	4		44.9			
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.5		1		4		1.1			
Thiamin	-	0.160	0.0			1		0.344			
Riboflavin		0.190				1		0.409			
Niacin	_	3.130				1		6.730			
Pantothenic acid		0.360		1		4		0.774			
Vitamin B-6	-	0.170)	1		4		0.366			
Folate, total		39		0	RK	4		84			
Folic acid		18		0	NC	4		39			
Folate, food	mcg	21		0		4		45			
Folate, DFE		52		0	NC	4		111			
Vitamin B-12		1.55		1		4		3.33			
Vitamin A, IU	IU	25		1		4		54			
Vitamin A, RAE	mcg_RAE	1		0	NC	4		3			
Retinol		0		0	Z	7		0			
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	incg										
<u>Lipids:</u>											
Fatty acids, total saturated	g	5.582		1		1		12.001			
Fatty acids, total monounsaturated		6.571		1		1		14.128			
Fatty acids, total polyunsaturated		1.286	i	1		1		2.765			
Fatty acids, total trans											
Cholesterol	-	48		1		4		103			
Phytosterols	mg										
Amino Acids:											
Tryptophan		0.179		0		1		0.385			
Threonine		0.580		0		1		1.247			
Isoleucine	-	0.623		0		1		1.339			
Leucine		1.143		0		1		2.457			
Lysine		1.062		0		1		2.283			
Methionine		0.320		0		1		0.688			
Cystine	g	0.162		0		1		0.348			

NDB No. 21111
Fast foods, hamburger, regular, double patty, with condiments

	<u>Amount i</u>	n 100 grams of ed	ble portion	Amount in edible portion of common			
Nutrients and Units	Mean Std. E	Number of Data Deriv _{Tror} Points Code	Source Confidence Code Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3	
Phenylalanineg	0.589	0	1	1.266			
Tyrosineg	0.437	0	1	0.940			
Valineg	0.714	0	1	1.535			
Arginineg	0.914	0	1	1.965			
Histidineg	0.437	0	1	0.940			
Alanineg	0.873	0	1	1.877			
Aspartic acidg	1.231	0	1	2.647			
Glutamic acidg	2.759	0	1	5.932			
Glycineg	0.988	0	1	2.124			
Prolineg	0.904	0	1	1.944			
Serineg	0.601	0	1	1.292			
Hydroxyprolineg		•					

Common Measures:

Measure 1 = 215g: 1 sandwich

Calories Factors: Protein 4.2 Fat 8.92 Carbohydrate 3.95

Food Group: 21 Fast Foods

		<u>A</u> :	mount in 100 g	grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common		
			Nι	umber				<u>m</u>	easures of food	<u>l</u>
			of	f Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	37.55	0.857	4		1		33.80		
Energy	kcal	305		0		1		275		
Energy	kj	1276			NR	4		1149		
Protein (N x 6.03)	g	13.69		1		1		12.32		
Total lipid (fat)	g	13.13	0.918	5		1		11.82		
Ash	g	1.73		1		1		1.56		
Carbohydrate, by difference	g	33.90		0	NC	4		30.51		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minanala										
Minerals:	ma	70		1		4		63		
Calcium, Ca	_	2.67		1		4		2.40		
Magnesium, Mg	_	21		1		4		19		
Phosphorus, P		114		1		4		103		
Potassium, K	-	161		1		4		145		
Sodium, Na	-	430		1		1		387		
Zine, Zn	_	2.22		1		4		2.00		
Copper, Cu		0.100)	1		4		0.090		
Manganese, Mn		0.237	7	1		4		0.213		
Selenium, Se	mcg	24.1		0	RK	4		21.7		
\$7 : 4 :										
Vitamins:	ma m	0.0						0.0		
Vitamin C, total ascorbic acid	_	0.0		1 1		4 1		0.0		
Thiamin	_	0.370		1		1		0.333 0.270		
Riboflavin		4.130		1		4		3.717		
Niacin Pantothenic acid		0.410		1		4		0.369		
Vitamin B-6	-	0.410		1		1		0.063		
Folate, total	-	59	,	0	RK	4		53		
Folic acid		31		0	NC	4		28		
Folate, food		28		0	2.0	4		25		
Folate, DFE		81		0	NC	4		73		
Vitamin B-12		0.99		1		4		0.89		
Vitamin A, IU		0		1		4		0		
Vitamin A, RAE		0		0	NC	4		0		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)		0.55		0		1		0.50		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D		12.000)	0	T	4		10.800		
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	a	4.601	l	0		1		4.141		
4:0		4.001	-	J		-		4.141		
6:0										
8:0										
10:0		0.073	3	2		1		0.066		
12:0		0.046		2		1		0.041		
13:0	-									
14:0	-	0.375	5	2		1		0.338		
15:0	-									
16:0	-	2.369	•	2		1		2.132		
17:0	-									
18:0		1.615	5	2		1		1.454		
20:0										
22:0										
24:0										

Nutrients and Units Mean Std. Error Points Code Code Code Measure 1 Measure 2 Measure 3			<u>An</u>	nount in 100 gra		ble portio	<u>on</u>	Amount in edible portion of common measures of food		
14-1	Nutrients and Units	i	Mean	of Da	ata Deriv					•
14-1										
15.	-		6.062	()	1		5.456		
16-1 undifferentiated. 9		-								
17-1										
18.1 undifferentiated 9 5.178 2 1 4.660 20:1 9 22:1 undifferentiated 9 1.020 0 1 0.918 Fatty acids, total polyunsaturated 9 1.020 0 1 0.844 18.2 undifferentiated 9 0.938 2 1 0.844 18.4 9 20.2 n.6 c. 9 9 20.2 n.6 c. 9 9 2.00 n.3 9 20.2 undifferentiated 9 9 9 9 20.5 n.3. 9 9 2.25 n.3 9 2.25 n.3. 9 9 2.25 n.3 9 2.25 n.3. 9 2.25 n.3 9 2.25 n.3 9 Phytosterols mg 8 1 35 Cholesterol mg 3.958 f. 1 0 1.51 Thytosterols mg 1 0.151 1.51 Thytosterols mg 0 1 0.151 1.51 Thytosterols 9 0.579 </td <td></td> <td>-</td> <td>0.639</td> <td>:</td> <td>2</td> <td>1</td> <td></td> <td>0.575</td> <td></td> <td></td>		-	0.639	:	2	1		0.575		
201										
22-1 undifferentiated. 9		-	5.178	:	2	1		4.660		
24:1 c 9 1.020 0 1 0.918 18:2 undifferentiated. 9 0.938 2 1 0.844 18:3 undifferentiated. 9 0.082 2 1 0.074 18:4. 9 20:2 n-6 c. 9										
Fatty acids, total polyunsturated. 9 1.020 0 1 0.918 18.2 undifferentiated. 9 0.082 2 1 0.074 18.4 9 20.2 n-6 c.c. 9 20.2 n-6 c.c. 9 20.3 undifferentiated. 9 20.4 undifferentiated. 9 20.5 n-3 9 22.5 n-3 22.5 n-3 22.5 n-3 22.5 n-3 22.5 n-3 22.5 n-3 22.5 n-										
18.2 undifferentiated 9 0.938 2 1 0.844 18.3 undifferentiated 9 0.082 2 1 0.074 18.4. 9 9 0.09 9 9 20.2 undifferentiated 9 20.4 undifferentiated 9 9 20.5 n-3 9 9 22.5 n-3 9 9 9 2.25 n-3 9 9 9 1 35 9 1 18.2 no.5 no.5 no.5 no.5 no.5 no.5 no.5 no.5										
18.3 undifferentiated. 9 0.082 2 1 0.074 18.4. 9 20.2 n.6 c.c. 9 20.3 undifferentiated. 9 20.4 undifferentiated. 9 20.5 n.3. 9 22.5 n.3. 9 22.5 n.3. 9 22.5 n.3. 9 Fatty acids, total trans. 9 9 1 35 Phytosterols. mg 39 3.958 6 1 35 Phytosterols. mg 3 3.958 6 1 0 15 Amino Acids: Tryptosterols. mg 3 3.958 6 1 0 15 Thytosterols. mg 0 1 0 1.0 1 0 14 0 1 0 1			1.020					0.918		
18.4. 9 20.2 n-6 c,c. 9 20.3 undifferentiated. 9 20.4 undifferentiated. 9 20.5 n-3. 9 22.5 n-3. 9 22.5 n-3. 9 22.6 n-3 9 Entry acids tolt rans. 9 Cholesterol. mg 39 39 3.958 6 1 35 Phytosterols. mg Amino Acids: Tryptophan 9 0.168 0 1 0.151 Threonine. 9 0.513 0 1 0.462 Isoleucine. 9 0.579 0 1 0.462 Isoleucine. 9 0.579 0 1 0.521 Leucine. 9 0.884 0 1 0.521 Leucine. 9 0.884 0 1 0.769 Methionine. 9 0.884 0 1 0.769 Methionine. 9 0.282 0 1 0.769 Methionine. 9 0.282 0 1 0.769 Methionine. 9 0.583 0 1 0.254 Cystine. 9 0.573 0 1 0.255 Phytosine. 9 0.583 0 1 0.255 Valine. 9 0.583 0 1 0.556 Phenylalanine 9 0.584 0 1 0.525 Valine. 9 0.674 0 1 0.525 Valine. 9 0.790 0 1 0.525 Valine. 9 0.790 0 1 0.560 Againine 9 0.790 0 1 0.671 Histidine 9 0.384 0 1 0.607 Arginine 9 0.745 0 1 0.671 Histidine 9 0.384 0 1 0.671 Histidine 9 0.384 0 1 0.671 Histidine 9 0.384 0 1 0.671 Histidine 9 0.745 0 1 0.671 Aspartic acid. 9 0.745 0 1 0.950 Glutamic acid. 9 0.745 0 1 0.756 Proline. 9 0.840 0 1 0.756 Proline. 9 0.840 0 1 0.756 Proline. 9 0.840 0 1 0.887 Serine. 9 0.540 0 1 0.887	18:2 undifferentiated	g	0.938	:	2	1		0.844		
20.2 n 6 c c	18:3 undifferentiated	g	0.082	:	2	1		0.074		
20.3 undifferentiated. 9 20.4 undifferentiated. 9 20.5 n-3. 9 22.5 n-3. 9 22.5 n-3. 9 22.6 n-3. 9 Fatty acids, total trans. 9 Fhytosterols. mg Amino Acids: Tryptophan. 9 0.168 0 1 0.151 Threonine. 9 0.513 0 1 0.462 Isoleucine. 9 0.579 0 1 0.462 Leucine. 9 1.049 0 1 0.521 Leucine. 9 1.049 0 1 0.944 Lysine. 9 0.854 0 1 0.769 Methionine. 9 0.282 0 1 0.769 Methionine. 9 0.173 0 1 0.769 Methionine. 9 0.173 0 1 0.554 Cystine. 9 0.173 0 1 0.555 Tyrosine. 9 0.173 0 1 0.555 Tyrosine. 9 0.583 0 1 0.556 Phenylalanine. 9 0.583 0 1 0.555 Valine. 9 0.583 0 1 0.555 Valine. 9 0.594 0 1 0.555 Valine. 9 0.594 0 1 0.555 Valine. 9 0.594 0 1 0.352 Valine. 9 0.594 0 1 0.352 Valine. 9 0.790 0 1 0.711 Histidine. 9 0.384 0 1 0.711 Histidine. 9 0.384 0 1 0.567 Aspartic acid. 9 0.745 0 1 0.950 Glutamic acid. 9 0.840 0 1 0.950 Glutamic acid. 9 0.840 0 1 0.897 Serine. 9 0.997 0 0 1 0.897 Serine. 9 0.997 0 0 1 0.897	18:4	g								
20:4 undifferentiated	20:2 n-6 c,c	g								
20:5 n-3	20:3 undifferentiated	g								
22:5 n-3 9 22:6 n-3 9 Fatty acids, total trans 9 Cholesterol. mg 39 3.958 6 1 35 Phytosterols. Manion Acids: Tryptophan. 9 0.168 0 1 0.151 Threonine. 9 0.513 0 1 0.462 Isoleucine. 9 0.579 0 1 0.521 Leucine. 9 1.049 0 1 0.769 Methionine. 9 0.854 0 1 0.769 Methionine. 9 0.173 0 1 0.254 Cystine. 9 0.173 0 1 0.525 Tyrosine. 9 0.583 0 1 0.525 Tyrosine. 9 0.674 0 1 0.525 Tyrosine. 9 0.790 0 1 0.711 Histidine. </td <td>20:4 undifferentiated</td> <td>g</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>	20:4 undifferentiated	g								
22:6 n-3 9 Faty acids, total trans 9 Cholesterol. mg 39 3.958 6 1 35 Phytosterols. Amino Acids: Tryptophan. 9 0.168 0 1 0.151 Threonine 9 0.513 0 1 0.462 Isoleucine 9 0.513 0 1 0.452 Leucine 9 0.579 0 1 0.521 Leucine 9 0.579 0 1 0.944 Lysine 9 0.854 0 1 0.769 Methionine 9 0.282 0 1 0.254 Cystine 9 0.173 0 1 0.156 Phenylalanine 9 0.583 0 1 0.525 Tyrosine 9 0.391 0 1 0.607 Arginine 9 0.790	20:5 n-3	g								
Fatty acids, total trans 9 Cholesterol. mg 39 3.958 6 1 35 Phytosterols Amino Acids: Tryptophan. 9 0.168 0 1 0.151 Threonine. 9 0.513 0 1 0.462 Isoleucine. 9 0.579 0 1 0.521 Leucine. 9 1.049 0 1 0.944 Lysine. 9 0.854 0 1 0.769 Methionine. 9 0.282 0 1 0.254 Cystine. 9 0.173 0 1 0.156 Phenylalanine. 9 0.583 0 1 0.525 Tyrosine. 9 0.391 0 1 0.607 Arginine. 9 0.790 0 1 0.711 Histidine. 9 0.745 0 1 0.671	22:5 n-3	g								
Cholesterol. mg 39 3.958 6 1 35 Phytosterols. mg 3 3.958 6 1 35 Amino Acids: Tryptophan. 9 0.168 0 1 0.151 Threonine. 9 0.513 0 1 0.462 Isoleucine. 9 0.579 0 1 0.521 Leucine. 9 1.049 0 1 0.944 Lysine. 9 0.854 0 1 0.769 Methionine. 9 0.282 0 1 0.254 Cystine. 9 0.173 0 1 0.156 Phenylalanine. 9 0.583 0 1 0.525 Tyrosine. 9 0.674 0 1 0.507 Arginine. 9 0.674 0 1 0.711 Histidine. 9 0.384 0 1 0.546	22:6 n-3	g								
Phytosterols mg	Fatty acids, total trans	g								
Amino Acids: Tryptophan 9 0.168 0 1 0.151 Threonine 9 0.513 0 1 0.462 Isoleucine 9 0.579 0 1 0.521 Leucine 9 1.049 0 1 0.944 Lysine 9 0.854 0 1 0.769 Methionine 9 0.282 0 1 0.254 Cystine 9 0.173 0 1 0.156 Phenylalanine 9 0.583 0 1 0.525 Tyrosine 9 0.391 0 1 0.525 Tyrosine 9 0.391 0 1 0.525 Valine 9 0.790 0 1 0.607 Arginine 9 0.796 0 1 0.711 Histidine 9 0.745 0 1 0.671 Aspartic acid 9 0.745	Cholesterol	mg	39	3.958	5	1		35		
Tryptophan g 0.168 0 1 0.151 Threonine .g 0.513 0 1 0.462 Isoleucine .g 0.579 0 1 0.521 Leucine .g 1.049 0 1 0.769 Leucine .g 0.854 0 1 0.769 Methionine .g 0.282 0 1 0.254 Cystine .g 0.173 0 1 0.156 Phenylalanine .g 0.583 0 1 0.525 Tyrosine .g 0.391 0 1 0.352 Valine .g 0.674 0 1 0.607 Arginine .g 0.790 0 1 0.711 Histidine .g 0.384 0 1 0.671 Alanine .g 0.745 0 1 0.671 Aspartic acid .g 0.840 0	Phytosterols	_. mg								
Threonine 9 0.513 0 1 0.462 Isoleucine 9 0.579 0 1 0.521 Leucine 9 1.049 0 1 0.944 Lysine 9 0.854 0 1 0.769 Methionine 9 0.282 0 1 0.254 Cystine 9 0.173 0 1 0.156 Phenylalanine 9 0.583 0 1 0.525 Tyrosine 9 0.391 0 1 0.352 Valine 9 0.674 0 1 0.607 Arginine 9 0.790 0 1 0.711 Histidine 9 0.384 0 1 0.346 Alanine 9 0.745 0 1 0.671 Aspartic acid 9 2.976 0 1 0.950 Glutamic acid 9 0.840 0 <t< td=""><td>Amino Acids:</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></t<>	Amino Acids:									
Soleucine	Tryptophan	g	0.168)			0.151		
Leucine 9 1.049 0 1 0.944 Lysine 9 0.854 0 1 0.769 Methionine 9 0.282 0 1 0.254 Cystine 9 0.173 0 1 0.156 Phenylalanine 9 0.583 0 1 0.525 Tyrosine 9 0.391 0 1 0.352 Valine 9 0.674 0 1 0.607 Arginine 9 0.790 0 1 0.711 Histidine 9 0.384 0 1 0.346 Alanine 9 0.745 0 1 0.671 Aspartic acid 9 1.056 0 1 0.950 Glutamic acid 9 2.976 0 1 0.756 Proline 9 0.840 0 1 0.897 Serine 9 0.540 0 1 0.486	Threonine	g	0.513)	1		0.462		
Lysine 9 0.854 0 1 0.769 Methionine 9 0.282 0 1 0.254 Cystine 9 0.173 0 1 0.156 Phenylalanine 9 0.583 0 1 0.525 Tyrosine 9 0.391 0 1 0.352 Valine 9 0.674 0 1 0.607 Arginine 9 0.790 0 1 0.711 Histidine 9 0.384 0 1 0.346 Alanine 9 0.745 0 1 0.671 Aspartic acid 9 1.056 0 1 0.950 Glutamic acid 9 2.976 0 1 0.756 Proline 9 0.840 0 1 0.756 Proline 9 0.540 0 1 0.897 Serine 9 0.540 0 1 0.486	Isoleucine	g	0.579)	1		0.521		
Methionine g 0.282 0 1 0.254 Cystine g 0.173 0 1 0.156 Phenylalanine g 0.583 0 1 0.525 Tyrosine g 0.391 0 1 0.352 Valine g 0.674 0 1 0.607 Arginine g 0.790 0 1 0.711 Histidine g 0.384 0 1 0.346 Alanine g 0.745 0 1 0.671 Aspartic acid g 1.056 0 1 0.950 Glutamic acid g 2.976 0 1 0.756 Glycine g 0.840 0 1 0.756 Proline g 0.997 0 1 0.897 Serine g 0.540 0 1 0.486	Leucine	g	1.049	()	1		0.944		
Cystine g 0.173 0 1 0.156 Phenylalanine g 0.583 0 1 0.525 Tyrosine g 0.391 0 1 0.352 Valine g 0.674 0 1 0.607 Arginine g 0.790 0 1 0.711 Histidine g 0.384 0 1 0.346 Alanine g 0.745 0 1 0.671 Aspartic acid g 1.056 0 1 0.950 Glutamic acid g 2.976 0 1 2.678 Glycine g 0.840 0 1 0.756 Proline g 0.997 0 1 0.897 Serine g 0.540 0 1 0.486	Lysine	g	0.854	()	1		0.769		
Phenylalanine g 0.583 0 1 0.525 Tyrosine g 0.391 0 1 0.352 Valine g 0.674 0 1 0.607 Arginine g 0.790 0 1 0.711 Histidine g 0.384 0 1 0.346 Alanine g 0.745 0 1 0.671 Aspartic acid g 1.056 0 1 0.950 Glutamic acid g 2.976 0 1 2.678 Glycine g 0.840 0 1 0.756 Proline g 0.997 0 1 0.897 Serine g 0.540 0 1 0.486	Methionine	g	0.282	()	1		0.254		
Tyrosine 9 0.391 0 1 0.352 Valine 9 0.674 0 1 0.607 Arginine 9 0.790 0 1 0.711 Histidine 9 0.384 0 1 0.346 Alanine 9 0.745 0 1 0.671 Aspartic acid 9 1.056 0 1 0.950 Glutamic acid 9 2.976 0 1 2.678 Glycine 9 0.840 0 1 0.756 Proline 9 0.997 0 1 0.897 Serine 9 0.540 0 1 0.486	Cystine	g	0.173)	1		0.156		
Valine 9 0.674 0 1 0.607 Arginine 9 0.790 0 1 0.711 Histidine 9 0.384 0 1 0.346 Alanine 9 0.745 0 1 0.671 Aspartic acid 9 1.056 0 1 0.950 Glutamic acid 9 2.976 0 1 2.678 Glycine 9 0.840 0 1 0.756 Proline 9 0.997 0 1 0.897 Serine 9 0.540 0 1 0.486	Phenylalanine	g	0.583)	1		0.525		
Arginine 9 0.790 0 1 0.711 Histidine 9 0.384 0 1 0.346 Alanine 9 0.745 0 1 0.671 Aspartic acid 9 1.056 0 1 0.950 Glutamic acid 9 2.976 0 1 2.678 Glycine 9 0.840 0 1 0.756 Proline 9 0.997 0 1 0.897 Serine 9 0.540 0 1 0.486	Tyrosine	g	0.391)	1		0.352		
Arginine 9 0.790 0 1 0.711 Histidine 9 0.384 0 1 0.346 Alanine 9 0.745 0 1 0.671 Aspartic acid 9 1.056 0 1 0.950 Glutamic acid 9 2.976 0 1 2.678 Glycine 9 0.840 0 1 0.756 Proline 9 0.997 0 1 0.897 Serine 9 0.540 0 1 0.486	2		0.674)	1		0.607		
Histidine g 0.384 0 1 0.346 Alanine g 0.745 0 1 0.671 Aspartic acid g 1.056 0 1 0.950 Glutamic acid g 2.976 0 1 2.678 Glycine g 0.840 0 1 0.756 Proline g 0.997 0 1 0.897 Serine g 0.540 0 1 0.486			0.790)	1		0.711		
Alanine g 0.745 0 1 0.671 Aspartic acid g 1.056 0 1 0.950 Glutamic acid g 2.976 0 1 2.678 Glycine g 0.840 0 1 0.756 Proline g 0.997 0 1 0.897 Serine g 0.540 0 1 0.486	9		0.384)	1		0.346		
Aspartic acid g 1.056 0 1 0.950 Glutamic acid g 2.976 0 1 2.678 Glycine g 0.840 0 1 0.756 Proline g 0.997 0 1 0.897 Serine g 0.540 0 1 0.486		-	0.745)	1		0.671		
Glutamic acid. g 2.976 0 1 2.678 Glycine. g 0.840 0 1 0.756 Proline. g 0.997 0 1 0.897 Serine. g 0.540 0 1 0.486		-	1.056)	1		0.950		
Glycine g 0.840 0 1 0.756 Proline g 0.997 0 1 0.897 Serine g 0.540 0 1 0.486			2.976)	1		2.678		
Proline g 0.997 0 1 0.897 Serine g 0.540 0 1 0.486		-)	1				
Serineg 0.540 0 1 0.486	3	-)	1				
· · · · · · · · · · · · · · · · · · ·		-)	1				
	Hydroxyproline	-				_				

Common Measures:

Measure 1 = 90g: 1 sandwich

Calories Factors: Protein 4.07 Fat 8.81 Carbohydrate 3.95

Food Group: 21 Fast Foods

Refuse: 0%

		<u>Aı</u>	nount in 10	00 grams	of edit	ole portio	<u>n</u>	Amount in edible portion of common			
				Number					easures of food		
Nutrients and Unit	es	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	44.91		0	MC	9		47.60			
Energy	kcal	257		0	MC	9		272			
Energy		1075				9		1140			
Protein	g	11.62		0	MC	9		12.32			
Total lipid (fat)	g	9.22		0	MC	9		9.77			
Ash		2.10		0	MC	9		2.23			
Carbohydrate, by difference		32.31		0	MC	9		34.25			
Fiber, total dietary		2.2		0	MC	9		2.3			
Sugars, total		6.32		0	MC	9		6.70			
Starch		0.32		v	110	-		5.,0			
Starti	9										
<u>Minerals:</u>											
Calcium, Ca	mg	119		0	MC	9		126			
Iron, Fe	mg	2.56		0	MC	9		2.71			
Magnesium, Mg	mg	22		0	MC	9		23			
Phosphorus, P	mg	108		0	MC	9		114			
Potassium, K	mg	237		0	MC	9		251			
Sodium, Na	mg	504		0	MC	9		534			
Zinc, Zn	mg	2.12		0	MC	9		2.25			
Copper, Cu	mg	0.173		0	MC	9		0.183			
Manganese, Mn	mg	0.345		0	MC	9		0.366			
Selenium, Se	mcg	19.5	1.0	85 38	A	1		20.7			
Vitamins:											
Vitamin C, total ascorbic acid	ma	2.1		0	MC	9		2.2			
Thiamin		0.274		0	MC	9		0.290			
Riboflavin	_	0.222		0	MC	9		0.235			
Niacin	-	3.690		0	MC	9		3.911			
Pantothenic acid		0.263		0	MC	9		0.279			
Vitamin B-6		0.111		0	MC	9		0.118			
Folate, total		49		0	MC	9		52			
Folic acid		30		0	RA	4		32			
Folate, food		19		0	NC	4		20			
Folate, DFE		70		0	NC	4		74			
Vitamin B-12		1.03		0	MC	9		1.09			
Vitamin A, IU		70		0	MC	9		74			
Vitamin A, RAE		4		0	NC	4		4			
		0		0	NC	4		0			
Retinol		0.40		0	NC	1		0.42			
Vitamin E (alpha-tocopherol)		0.40		U		1		0.42			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, deltaVitamin D											
Vitamin K (phylloquinone)											
Lipids:											
Fatty acids, total saturated	a	3.361		0	MC	9		3.563			
Fatty acids, total monounsaturated		3.212		0	MC	9		3.405			
		0.948		0	MC	9		1.005			
Fatty acids, total polyunsaturated Fatty acids, total trans		0.948		U	MC	9		1.005			
Cholesterol		28		0	MC	9		30			
Phytosterols		20		U	MC	9		30			

Common Measures:

Measure 1 = 106g: 1 sandwich

NDB No. 21108

Fast foods, hamburger, regular, single patty, with condiments

Calories Factors: Protein Fat Carbohydrate

Food Group: 21 Fast Foods

NDB No. 21109
Fast foods, hamburger, regular, single patty, with condiments and vegetables

		<u>Aı</u>	mount in 10	0 gram	s of edil	ole portic	<u>on</u>	Amount in edible portion of common			
				Numbe	r			<u>m</u>	easures of food	<u>i</u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Units	:	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	49.41	1.2	88 10		1		54.35			
Energy		254		0		1		279			
Energy	kj	1063				1		1169			
Protein (N x 6.03)		11.74	0.4			1		12.91			
Total lipid (fat)	=	12.25	0.5			1		13.48			
Ash		1.78	0.0			1		1.96			
Carbohydrate, by difference		24.81		0	NC	4		27.29			
Fiber, total dietary											
Sugars, total											
Starch	g										
Minerals:											
Calcium, Ca	-	57	8.1			1		63			
Iron, Fe	-	2.39	0.1			1		2.63			
Magnesium, Mg	-	20	0.8			1		22			
Phosphorus, P		113 206	5.4 9.0			1 1		124 227			
Potassium, K		458	21.4			1		504			
Zinc, Zn	-	1.87	0.1			1		2.06			
Copper, Cu		0.093				1		0.102			
Manganese, Mn		0.230		2		1		0.253			
Selenium, Se		18.7		0	RK	4		20.6			
Vitamins:											
Vitamin C, total ascorbic acid	ma	1.5		2		1		1.7			
Thiamin	-	0.210	0.0			1		0.231			
Riboflavin		0.180				1		0.198			
Niacin	-	3.350				1		3.685			
Pantothenic acid		0.270	ı	2		1		0.297			
Vitamin B-6	mg	0.110	1	2		1		0.121			
Folate, total	mcg	47		0	RK	4		52			
Folic acid		30		0	NC	4		33			
Folate, food		17		2		1		19			
Folate, DFE		68		0	NC	4		75			
Vitamin B-12		0.80		2		1		0.88			
Vitamin A, IU Vitamin A, RAE	IU	75 4		2	NC	1 4		83 4			
Retinol		0		0	Z Z	7		0			
Vitamin E (alpha-tocopherol)	-	Ū		Ū		,		Ü			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	g	3.755	i	1		1		4.131			
Fatty acids, total monounsaturated		4.809	ı	1		1		5.290			
Fatty acids, total polyunsaturated		2.343	1	1		1		2.577			
Fatty acids, total trans	g										
Cholesterol	-	24	1.5	28 3		1		26			
Phytosterols	_. mg										
Amino Acids:											
Tryptophan	g	0.142		0		1		0.156			
Threonine		0.438		0		1		0.482			
Isoleucine	g	0.495	i	0		1		0.545			
Leucine	g	0.892		0		1		0.981			
Lysine		0.726		0		1		0.799			
Methionine		0.240		0		1		0.264			
Cystine	g	0.148		0		1		0.163			

NDB No. 21109

Fast foods, hamburger, regular, single patty, with condiments and vegetables

	Amount in	100 grams of ed	ible portion	Amount in edible portion of common			
Nutrients and Units	Mean Std. Erı	Number of Data Deriv or Points Code	Source Confidence Code Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3	
Phenylalanine 9 Tyrosine 9 Valine 9 Arginine 9	0.499 0.333 0.576 0.672	0 0 0 0	1 1 1	0.549 0.366 0.634 0.739			
Histidine 9 Alanine 9 Aspartic acid 9 Glutamic acid 9	0.325 0.633 0.917 2.579	0 0 0	1 1 1	0.358 0.696 1.009 2.837			
Glycine 9 Proline 9 Serine 9 Hydroxyproline 9	0.711 0.841 0.510	0 0 0	1 1 1	0.782 0.925 0.561			

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

Common Measures:

Measure 1 = 110g: 1 sandwich

Calories Factors: Protein 4.07 Fat 8.81 Carbohydrate 3.95

Food Group: 21 Fast Foods

		<u>A</u> 1	mount in 100 g	grams	of edib	ole portio	<u>n</u>		Amount in edible portion of common			
				ımber				<u>m</u>	easures of food			
Nutrients and Un	its	Mean	of Std. Error Po			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3		
Proximates:												
Water	g	53.96	2.617	6		1		52.88				
Energy	kcal	247		0		1		242				
Energy	kj	1033				1		1013				
Protein (N x 5.97)	g	10.60	0.537	12		1		10.39				
Total lipid (fat)	g	14.84	1.301	8		1		14.54				
Ash	g	2.20		2		1		2.16				
Carbohydrate, by difference	g	18.40		0	NC	4		18.03				
Fiber, total dietary	g											
Sugars, total	g											
Starch	g											
Minerals:												
Calcium, Ca	mg	24	4.226	9		1		24				
Iron, Fe	-	2.36	0.272	10		1		2.31				
Magnesium, Mg		13	0.569	9		1		13				
Phosphorus, P	mg	99	2.352	5		1		97				
Potassium, K	mg	146	16.773	7		1		143				
Sodium, Na		684	42.471	14		1		670				
Zinc, Zn	-	2.02	0.336	9		1		1.98				
Copper, Cu		0.078		8		1		0.076				
Manganese, Mn		0.093	0.026	9	DK	1		0.091				
Selenium, Se	nicg	26.5		U	RK	4		26.0				
<u>Vitamins:</u>												
Vitamin C, total ascorbic acid	mg	0.1	0.133	3		1		0.1				
Thiamin		0.240	1	1		1		0.235				
Riboflavin		0.280		3		1		0.274				
Niacin		3.720		3		1		3.646				
Pantothenic acid	-	0.520		3		1		0.510				
Vitamin B-6	-	0.050	0.003	3		1		0.049				
Folate, total		49		0	RK	4		48				
Folic acid		19 30	2 020	0	NC	4 1		19 29				
Folate, foodFolate, DFE		62	3.930	3 0	NC	4		29 61				
Vitamin B-12		0.52	0.228	3	NC	1		0.51				
Vitamin A, IU	III	0.32	0.226	1		4		0.31				
Vitamin A, RAE		0		0	NC	4		0				
Retinol		0		0	Z	7		0				
Vitamin E (alpha-tocopherol)												
Tocopherol, beta	• • • • • • • • • • • • • • • • • • • •											
Tocopherol, gamma												
Tocopherol, delta												
Vitamin D												
Vitamin K (phylloquinone)	mcg											
Lipids:												
Fatty acids, total saturated	g	5.213	1	0		1		5.109				
4:0												
6:0												
8:0	g											
10:0												
12:0												
13:0						_		_				
14:0		0.487		1		1		0.477				
15:0		2 22		-								
16:0		3.028		1		1		2.967				
17:0	_	1 405		1		1		1 467				
18:0 20:0	_	1.497		_		1		1.467				
22:0	_											
24:0	_											

	<u>Ar</u>	nount in 100 grams		<u>on</u>		edible portion o	f common
		Numbe			<u>m</u>	easures of food	
Nutrients and Units	Mean	of Data Std. Error Points		Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	6.993	0	1		6.853		
14:1g							
15:1g							
16:1 undifferentiatedg	0.660	1	1		0.647		
17:1g							
18:1 undifferentiatedg	6.333	1	1		6.206		
20:1g							
22:1 undifferentiatedg							
24:1 cg							
Fatty acids, total polyunsaturated9	1.741	0	1		1.706		
18:2 undifferentiatedg	1.310	1	1		1.284		
18:3 undifferentiatedg	0.432	1	1		0.423		
18:4g							
20:2 n-6 c,cg							
20:3 undifferentiatedg							
20:4 undifferentiatedg							
20:5 n-3g							
22:5 n-3g							
22:6 n-3g							
Fatty acids, total trans							
Cholesterol mg		2.739 5	1		44		
Phytosterols mg)						
Amino Acids:							
Tryptophan	0.098	0	1		0.096		
Threonine 9	0.360	0	1		0.353		
Isoleucine	0.453	0	1		0.444		
Leucineg	0.769	0	1		0.754		
Lysine	0.641	0	1		0.628		
Methionineg	0.199	0	1		0.195		
Cystineg	0.147	0	1		0.144		
Phenylalanine	0.417	0	1		0.409		
Tyrosine	0.282	0	1		0.276		
Valine	0.483	0	1		0.473		
Arginine	0.666	0	1		0.653		
Histidine	0.295	0	1		0.289		
Alanine	0.598	0	1		0.586		
Aspartic acid	0.872	0	1		0.855		
Glutamic acid	2.385	0	1		2.337		
Glycine	0.646	0	1		0.633		
Proline	0.765	0	1		0.750		
Serine	0.481	0	1		0.471		
Hydroxyproline							

Common Measures:

Measure 1 = 98g: 1 sandwich

Calories Factors: Protein 4.02 Fat 8.89 Carbohydrate 3.95

Food Group: 21 Fast Foods

		<u>A</u> :	mount in 100 g	grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
				ımber				<u>m</u>	easures of food	<u> </u>	
Nutrients and Un	its	Mean	of Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure :	
Proximates:											
Water	g	47.80	2.600	3		1		54.49			
Energy	kcal	260		0		1		296			
Energy	kj	1088				1		1240			
Protein (N x 6.1)		11.85	1.449	5		1		13.51			
Total lipid (fat)	g	11.79	1.762	3		1		13.44			
Ash		1.10		1		1		1.25			
Carbohydrate, by difference		27.45		0	NC	4		31.29			
Fiber, total dietary	g										
Sugars, total											
Starch	g										
Minerals:											
Calcium, Ca	mg	17		2		1		19			
Iron, Fe	-	2.88		2		1		3.28			
Magnesium, Mg		9		2		1		10			
Phosphorus, P	mg	168		2		1		192			
Potassium, K	mg	146		1		4		166			
Sodium, Na	mg	421	170.382	3		1		480			
Zinc, Zn		0.68		2		1		0.78			
Copper, Cu		0.090		2		1		0.103			
Manganese, Mn		0.100)	2		1		0.114			
Selenium, Se	mcg	11.4		0	RK	4		13.0			
Vitamins:											
Vitamin C, total ascorbic acid	mg	2.4		1		1		2.7			
Thiamin	-	0.190)	1		4		0.217			
Riboflavin		0.350)	2		1		0.399			
Niacin		3.280)	2		1		3.739			
Pantothenic acid		0.480)	2		1		0.547			
Vitamin B-6	mg	0.040)	2		1		0.046			
Folate, total	mcg	64		0	RK	4		73			
Folic acid	mcg	20		0	NC	4		23			
Folate, food		44		2		1		50			
Folate, DFE		78		0	NC	4		89			
Vitamin B-12	mcg	0.26		2		1		0.30			
Vitamin A, IU		51		1		4		58			
Vitamin A, RAE		3		0	NC	4		3			
Retinol		0		0	Z	7		0			
Vitamin E (alpha-tocopherol)	-										
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, deltaVitamin D											
Vitamin K (phylloquinone)											
ramm x (phynoquillone)	g										
<u>Lipids:</u>											
Fatty acids, total saturated	g	4.258	3	0		1		4.854			
4:0											
6:0											
8:0	-			_							
10:0		0.091		2		1		0.104			
12:0	=	0.025	•	2		1		0.029			
13:0	-	0.00	•	•		4		0.000			
14:0	-	0.235)	2		1		0.268			
15:0	-	2 404	:	2		1		2 024			
16:0	-	2.486	•	2		T		2.834			
17:0	-	1.322	•	2		1		1 507			
18:0	-	1.322	=	2		1		1.507			
20:0 22:0	-										
24:0	-										

		<u>Ar</u>	mount in 10		ole portic	<u>on</u>	Amount in edible portion of common measures of food		
				Number	Source	Confidence	<u></u>	<u> </u>	
Nutrients and Units	3	Mean	Std. Error		 Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	5.785		0	1		6.595		
14:1	g								
15:1	g								
16:1 undifferentiated	-	0.409		2	1		0.466		
17:1	g								
18:1 undifferentiated	g	5.376		2	1		6.129		
20:1	g								
22:1 undifferentiated	g								
24:1 c									
Fatty acids, total polyunsaturated	g	1.042		0	1		1.188		
18:2 undifferentiated		0.918		2	1		1.047		
18:3 undifferentiated	g	0.124		2	1		0.141		
18:4	g								
20:2 n-6 c,c	g								
20:3 undifferentiated									
20:4 undifferentiated	g								
20:5 n-3	g								
22:5 n-3	g								
22:6 n-3	g								
Fatty acids, total trans	g								
Cholesterol	mg	45		1	1		51		
Phytosterols	mg								
Amino Acids:									
Tryptophan	a	0.113		0	1		0.129		
Threonine		0.408		0	1		0.465		
Isoleucine	-	0.497		0	1		0.567		
Leucine	-	0.853		0	1		0.972		
Lysine	-	0.833		0	1		0.831		
Methionine	-	0.723		0	1		0.253		
Cystine		0.222		0	1		0.179		
2		0.157		0	1		0.528		
Phenylalanine		0.463		0	1		0.528		
Tyrosine		0.315		0	1		0.359		
Valine		0.534		0	1		0.836		
Arginine				0	1				
Histidine	-	0.326		0	1		0.372		
Alanine	-	0.657		0	1		0.749		
Aspartic acid		0.995		-	_		1.134		
Glutamic acid	-	2.542		0	1		2.898		
Glycine	-	0.709		0	1		0.808		
Proline	_	0.797		0	1		0.909		
Serine	-	0.525		0	1		0.599		
Hydroxyproline	g								

Common Measures:

Measure 1 = 114g: 1 sandwich

Calories Factors: Protein 3.9 Fat 8.92 Carbohydrate 3.97

Food Group: 21 Fast Foods

		<u>A</u>	mount in 100 g	rams c	Amount in 100 grams of edible portion							
			Nu	ımber				<u>m</u>	easures of food	<u> </u>		
			of	Data I	Deriv	Source	Confidence					
Nutrients and Uni	ts	Mean	Std. Error Po	oints (Code	Code	Code	Measure 1	Measure 2	Measure		
Duovimatos												
Proximates: Water	a	46.70		1		1		81.73				
Energy	_	263		0		1		460				
Energy		1100		·		1		1926				
Protein (N x 6.06)	-	9.60		1		1		16.80				
Total lipid (fat)		10.80		1		1		18.90				
Ash		1.02		1		1		1.79				
Carbohydrate, by difference		31.88		0	NC	4		55.79				
Fiber, total dietary		52.00		·	2.0	-		00.75				
Sugars, total												
Starch												
Starcii	9											
Minerals:												
Calcium, Ca	-	58		1		1		102				
Iron, Fe		3.53		1		1		6.18				
Magnesium, Mg		10		1		1		18				
Phosphorus, P	-	95		1		1		166				
Potassium, K		150		1		4		263				
Sodium, Na		556		1		1		973				
Zinc, Zn		0.75	_	1		1		1.31				
Copper, Cu		0.140		1		1		0.245				
Manganese, Mn		0.110)	1		1		0.193				
Selenium, Se	mcg	12.7		0	RK	4		22.2				
Vitamins:												
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0				
Thiamin		0.160)	1		1		0.280				
Riboflavin		0.400)	1		1		0.700				
Niacin		2.380)	1		1		4.165				
Pantothenic acid		0.770)	1		1		1.348				
Vitamin B-6		0.050)	1		1		0.088				
Folate, total	-	59		0	RK	4		103				
Folic acid		25		0	NC	4		44				
Folate, food		34		1		1		60				
Folate, DFE	mcg DFE	77		0	NC	4		134				
Vitamin B-12		0.25		1		1		0.44				
Vitamin A, IU		118		1		4		207				
Vitamin A, RAE		34		0	NC	4		59				
Retinol		33		0	NC	4		58				
Vitamin E (alpha-tocopherol)												
Tocopherol, beta												
Tocopherol, gamma												
Tocopherol, delta	mg											
Vitamin D	IU											
Vitamin K (phylloquinone)	mcg											
Lipids:												
Fatty acids, total saturated	a	2.949	a	0		1		5.161				
4:0		2.545	•	Ū		-		3.101				
6:0	-											
8:0	-											
10:0												
12:0												
13:0	-											
14:0		0.474	1	1		1		0.830				
15:0	-											
16:0		1.913	3	1		1		3.348				
17:0												
18:0	-	0.562	2	1		1		0.984				
20:0	-					_						
22:0	-											
24:0	-											

		<u>Aı</u>	nount in 10		Amount in edible portion of common				
				Number			<u>m</u> :	easures of food	
Nutrients and Un	its	Mean	Std. Error	of Data Points	 Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.	g	5.205		0	1		9.109		
14:1	g								
15:1	g								
16:1 undifferentiated	g	0.506		1	1		0.886		
17:1	g								
18:1 undifferentiated	g	4.699		1	1		8.223		
20:1	g								
22:1 undifferentiated	g								
24:1 c	g								
Fatty acids, total polyunsaturated	g	1.998		0	1		3.497		
18:2 undifferentiated	g	1.581		1	1		2.767		
18:3 undifferentiated	g	0.417		1	1		0.730		
18:4	g								
20:2 n-6 c,c	g								
20:3 undifferentiated	g								
20:4 undifferentiated	g								
20:5 n-3	g								
22:5 n-3	g								
22:6 n-3	g								
Fatty acids, total trans	g								
Cholesterol	mg	45		1	4		79		
Phytosterols	mg								
Amino Acids:									
Tryptophan	a	0.086		0	1		0.151		
Threonine		0.363		0	1		0.635		
Isoleucine		0.429		0	1		0.751		
Leucine	-	0.423		0	1		1.414		
Lysine	_	0.657		0	1		1.150		
Methionine		0.037		0	1		0.364		
	-	0.135		0	1		0.236		
Cystine		0.133		0	1		0.236		
Phenylalanine				0	1				
Tyrosine	-	0.317		0	1		0.555		
Valine	_	0.458 0.637		0	1		0.802 1.115		
Arginine				0	1				
Histidine		0.290		0	1		0.508		
Alanine	_	0.618		0	1		1.082		
Aspartic acid	_	0.865		-	_		1.514		
Glutamic acid		1.787		0	1		3.127		
Glycine	-	0.578		0	1		1.012		
Proline		0.610		0	1		1.068		
Serine	_	0.448		0	1		0.784		
Hydroxyproline	g								

Common Measures:

Measure 1 = 175g: 1 sandwich

Calories Factors: Protein 4.03 Fat 8.92 Carbohydrate 4.01

Food Group: 21 Fast Foods

		<u>Aı</u>	mount in 100 g	rams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber	•			<u>m</u>	easures of food	<u>l</u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	32.29	2.763	4		1		25.19			
Energy	kcal	329		0		1		257			
Energy	kj	1377				1		1074			
Protein (N x 6.25)	g	6.25	0.426	5		1		4.88			
Total lipid (fat)	g	14.86	2.457	5		1		11.59			
Ash	g	1.86		2		1		1.45			
Carbohydrate, by difference	g	44.74		0	NC	4		34.90			
Fiber, total dietary	g										
Sugars, total	g										
Starch	g										
Minerals:											
Villierais: Calcium, Ca	ma	88	5.423	4		1		69			
Iron, Fe	_	1.83	0.453	4		1		1.43			
Magnesium, Mg	-	21	2.589	4		1		16			
Phosphorus, P		244	49.836	4		1		190			
Potassium, K	-	241	12.981	3		1		188			
Sodium, Na		1237	261.887	4		1		965			
Zinc, Zn	mg	0.55	0.077	4		1		0.43			
Copper, Cu	mg	0.262	0.118	4		1		0.204			
Manganese, Mn	mg	0.342	0.059	4		1		0.267			
Selenium, Se	mcg	10.3		0	BFZN	4		8.0			
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		1		1		0.0			
Thiamin	_	0.000		1		1		0.000			
Riboflavin	-	0.030		1		1		0.023			
Niacin		2.600		1		1		2.028			
Pantothenic acid		0.280		1		1		0.218			
Vitamin B-6		0.130		1		1		0.101			
Folate, total	-	74		0	BFZN	4		58			
Folic acid		47		0	NC	4		37			
Folate, food		27		1		1		21			
Folate, DFE		107		0	NC	4		83			
Vitamin B-12		0.22		1		1		0.17			
Vitamin A, IU	IU -	120		1		4		94			
Vitamin A, RAE		11		0	NC	4		9			
Retinol		6		0	NC	4		5			
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
<u>Lipids:</u>											
Fatty acids, total saturated	g	3.444		0		1		2.686			
4:0											
6:0	-										
8:0	g										
10:0	g	0.042		1		1		0.033			
12:0	g	0.024		1		1		0.019			
13:0	g										
14:0	g	0.070		1		1		0.055			
15:0	g										
16:0	g	1.761		1		1		1.374			
17:0	g										
18:0	g	1.508		1		1		1.176			
20:0	-										
22:0	g										
24:0	g										

	Ar	nount in 100 grams	Amount in edible portion of common measures of food				
Nutrients and Units	Mean	Number of Data Std. Error Points	Deriv Source	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	10.024	0	1		7.819		
14:1g							
15:1g							
16:1 undifferentiatedg	0.238	1	1		0.186		
17:1g							
18:1 undifferentiatedg	9.787	1	1		7.634		
20:1g							
22:1 undifferentiatedg							
24:1 cg							
Fatty acids, total polyunsaturated	0.498		1		0.388		
18:2 undifferentiatedg	0.461	1	1		0.360		
18:3 undifferentiatedg	0.037	1	1		0.029		
18:4g							
20:2 n-6 c,cg							
20:3 undifferentiatedg							
20:4 undifferentiatedg							
20:5 n-3g							
22:5 n-3g							
22:6 n-3g							
Fatty acids, total transg							
Cholesterolmg	173	1	1		135		
Phytosterolsmg							
Amino Acids:							
Tryptophang	0.067	0	1		0.052		
Threonineg	0.258	0	1		0.201		
Isoleucineg	0.291	0	1		0.227		
Leucineg	0.667	0	1		0.520		
Lysineg	0.290	0	1		0.226		
Methionineg	0.153	0	1		0.119		
Cystineg	0.115	0	1		0.090		
Phenylalanine9	0.314	0	1		0.245		
Tyrosineg	0.258	0	1		0.201		
Valineg	0.363	0	1		0.283		
Arginineg	0.329	0	1		0.257		
Histidineg	0.173	0	1		0.135		
Alanine	0.395	0	1		0.308		
Aspartic acidg	0.488	0	1		0.381		
Glutamic acid	1.063	0	1		0.829		
Glycineg	0.223	0	1		0.174		
Prolineg	0.454	0	1		0.354		
Serineg							
Serine	0.350	0	1		0.273		

Common Measures:

Measure 1 = 78g: 5 pieces

Calories Factors: Protein 2.73 Fat 8.84 Carbohydrate 4.03

Food Group: 21 Fast Foods

		<u>Aı</u>	mount in 100 g	rams	of edib	ole portio	<u>n</u>	Amount in edible portion of common		
			Nu	mber	•			<u>m</u>	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	65.47	2.449	4		1		67.43		
Energy	kcal	159		0	NC	4		164		
Energy	kj	665				4		685		
Protein (N x 6.29)	-	3.78	0.222	7		1		3.89		
Total lipid (fat)	g	5.94	1.214	6		1		6.12		
Ash		1.40	0.451	3		1		1.44		
Carbohydrate, by difference	g	23.41		0	NC	4		24.11		
Fiber, total dietary	g	0.1		0		4		0.1		
Sugars, total	g	17.43		0	FLA	4		17.95		
Starch	g									
Minerals:										
Calcium, Ca	ma	149		2		1		153		
Iron, Fe	-	0.15		2		1		0.15		
Magnesium, Mg	-	15		2		1		15		
Phosphorus, P		135		2		1		139		
Potassium, K	-	164		2		1		169		
Sodium, Na		89	18.386	3		1		92		
Zinc, Zn	mg	0.55		2		1		0.57		
Copper, Cu	mg	0.018	3	1		1		0.019		
Manganese, Mn	mg	0.020)	1		1		0.021		
Selenium, Se	mcg	3.7		0	RK	4		3.8		
Vitamins:										
Vitamin C, total ascorbic acid	ma	1.1		2		1		1.1		
Thiamin	-	0.050)	2		1		0.052		
Riboflavin	-	0.250		2		1		0.258		
Niacin		0.300		2		1		0.309		
Pantothenic acid	-	0.260		4		1		0.268		
Vitamin B-6	-	0.060	0.009	4		1		0.062		
Folate, total	-	12		0	RK	4		12		
Folic acid		7		0	NC	4		7		
Folate, food		5	3.055	3		1		5		
Folate, DFE		17		0	NC	4		17		
Vitamin B-12		0.20		2		1		0.21		
Vitamin A, IU	IU	205		0	FLA	4		211		
Vitamin A, RAE	mcg_RAE	58		0	FLA	4		60		
Retinol	mcg	58		0	FLA	4		59		
Vitamin E (alpha-tocopherol)	mg	0.37		0		1		0.38		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta					_					
Vitamin D		8.000)	0	T	4		8.240		
Vitamin K (phylloquinone)	mcg	0.7		0	FLA	4		0.8		
Lipids:										
Fatty acids, total saturated	g	3.429)	0		1		3.532		
4:0		0.000)	0		1		0.000		
6:0	g	0.121		2		1		0.125		
8:0	g	0.046	i	2		1		0.047		
10:0	g	0.115	i	2		1		0.118		
12:0		0.149)	2		1		0.153		
13:0										
14:0		0.501		2		1		0.516		
15:0										
16:0	-	1.500)	2		1		1.545		
17:0	g									
18:0	g	0.868	3	2		1		0.894		
10.0										
20:0	g									

Nutrients and Units		<u>A</u>	mount in 100 grams	s of edible po	rtion	Amount in edible portion of common		
Nutrients and Units			Numbe	r		<u>m</u>	easures of food	
Futy acids, total memoursaturated 9								
141	Nutrients and Units	Mean	Std. Error Points	Code Co	de Code	Measure 1	Measure 2	Measure 3
141								
15-1	Fatty acids, total monounsaturatedg	1.763	0	1		1.816		
161 undifferentiated	14:1g							
17-1	15:1g							
181 undifferentiated	16:1 undifferentiatedg	0.155	2	1	_	0.160		
201	_							
22 mdifferentiated	_							
241 C. 9 Fatty acids, total polyumsaturated. 9 18.2 undifferentiated. 9 18.2 undifferentiated. 9 18.3 undifferentiated. 9 18.4 9 18.4 9 18.4 9 18.4 9 18.4 9 18.4 9 18.5 10 1		0.000				0.000		
Fathy socids, total polyunstranted. 9 0.348 0 1 0.358 18.2 undifferentiated. 9 0.074 2 1 0.076 18.4 undifferentiated. 9 0.000 0 1 0.000 20.2 n.6 c.c. 9 9 0.000 0 1 0.000 20.3 undifferentiated. 9 0.025 2 1 0.026 20.5 n.3 9 0.000 0 1 0.000 22.5 n.3 9 0.000 0 1 0.000 23.5 n.3 9 0.000 0 1 0.000 24.5 n.3 9 0.000 0 1 0.000 25.5 n.3 9 0.000 0 1 0.000 26.0 lesterol. mg 7 0.000 27 0.000 1 0.000 28 0.000 0 1 0.000 29 0.000 0 1 0.000 20 0.000 0 0 1 0.000 20 0.000 0 0 1 0.000 20 0.000 0 0 1 0.000 20 0.000 0 0 1 0.000 20 0.000 0 0 1 0.000 20 0.000 0 0 1 0.000 20 0.000 0 0 1 0.000 20 0.000 0 0 1 0.000 20 0.000 0 0 1 0.000 20 0.000 0 0 1 0.000 20 0.000 0 0 0 1 0.000 20 0.000 0 0 0 1 0.000 20 0.000 0 0 0 0 0 0 20 0.000 0 0 0 0 0 0 20 0.000 0 0 0 0 0 20 0.000 0 0 0 0 0 0 20 0.000 0 0 0 0 0 20 0.000 0 0 0 0 0 0 20 0.000 0 0 0 0 0 0 20 0.000 0 0 0 0 0 0 20 0.000 0 0 0 0 0 20 0.000 0 0 0 0 0 20 0.000 0 0 0 0 0 0 20 0.000 0 0 0 0 0 20 0.000 0 0 0 0 0 0 20 0.000 0 0 0 0 0 0 20 0.000 0 0 0 0 0 20 0.000 0 0 0 0 0 0 20 0.000 0 0 0 0 0 20 0.000 0 0 0 0 0 20 0.000 0	<u> </u>	0.000	0	1	=	0.000		
18.2 undifferentiated. g	24:1 cg							
18.3 undifferentiated. 9	Fatty acids, total polyunsaturatedg	0.348						
184.		0.249				0.256		
20-2 n-6 c.c.	18:3 undifferentiatedg	0.074		1	=	0.076		
203 undifferentiated		0.000	0	1	=	0.000		
20.4 undifferentiated	,							
20.5 n-3	_							
22:5 n-3	_							
22-6 n-3. 9 0.000 0 1 0.000 Fatty acids, total trams. 9 7 6.883 3 1 28 Physicarols. mg 27 6.883 3 1 28 Physicarols. mg 28 28 Physicarols. 9 0.050 0 1 0.052 Threonine. 9 0.155 0 1 0.160 Isoleucine. 9 0.340 0 1 0.233 Leucine. 9 0.340 0 1 0.258 Methionine. 9 0.260 0 1 0.268 Methionine. 9 0.087 0 1 0.090 Cystine. 9 0.039 0 1 0.040 Phenylalanine. 9 0.176 0 1 0.181 Tyosine. 9 0.166 0 1 0.171 Valine. 9 0.230 0 1 0.237 Arginine. 9 0.133 0 1 0.137 Histidine. 9 0.133 0 1 0.137 Histidine. 9 0.122 0 1 0.127 Asparic acid. 9 0.829 0 1 0.267 Glutamia caid. 9 0.839 0 1 0.842 Glycine. 9 0.839 0 1 0.865 Proline. 9 0.359 0 1 0.865 Proline. 9 0.195 0 1 0.201 Hydroxyproline. 9 0.195 0 1 0.201 Hydroxyproline. 9 0.195 0 1 0.201 Hydroxyproline. 9 0.095 0 1 0.201 Hydroxyproline. 9 0 0 0 1 4 0 Others: Carotene, bata. meg 0 0 0 FLA 4 0 0.004 Cypotanthin, bata. meg 0 0 0 FLA 4 0 0.006	• • • • • • • • • • • • • • • • • • • •			-	='	0.000		
Fatty acids, total trans. 9	22:5 n-3g	0.000				0.000		
Cholesterol. mg mg mg mg mg mg mg m	22:6 n-3g	0.000	0	1	-	0.000		
Phytosterols. mg								
Amino Acids: Tryptophan 9 0.050 0 1 0.052 Irrecnine 9 0.155 0 1 0.160 Isoleucine 9 0.207 0 1 0.213 Leucine 9 0.340 0 1 0.268 Methionine 9 0.260 0 1 0.268 Methionine 9 0.087 0 1 0.090 Cystine 9 0.039 0 1 0.040 Phenylalanine 9 0.176 0 1 0.181 Tyrosine 9 0.166 0 1 0.171 Valine 9 0.166 0 1 0.171 Valine 9 0.133 0 1 0.137 Histidine 9 0.133 0 1 0.127 Asparte acid 9 0.123 0 1 0.267 Glutamic acid 9	Cholesterolmg	27	6.883 3	1	-	28		
Tryptophan.	Phytosterolsmg							
Tryptophan.	Amino Acids:							
Threonine		0.050	0	1		0.052		
Soleucine								
Leucine								
Lysine g 0.260 0 1 0.268 Methionine g 0.087 0 1 0.090 Cystine g 0.039 0 1 0.040 Phenylalanine g 0.176 0 1 0.181 Tyrosine g 0.166 0 1 0.171 Valine g 0.230 0 1 0.237 Arginine g 0.133 0 1 0.137 Histdine g 0.097 0 1 0.100 Alanine g 0.097 0 1 0.127 Aspartic acid g 0.259 0 1 0.267 Glutamic acid g 0.817 0 1 0.842 Glycine g 0.833 0 1 0.370 Serine g 0.195 0 1 0.201 Hydroxyproline g 0 7 7<								
Methionine 9 0.087 0 1 0.090 Cystine 9 0.039 0 1 0.040 Phenylalanine 9 0.176 0 1 0.181 Tyrosine 9 0.166 0 1 0.171 Valine 9 0.1230 0 1 0.237 Arginine 9 0.133 0 1 0.137 Histidine 9 0.097 0 1 0.100 Alanine 9 0.123 0 1 0.127 Aspartic acid 9 0.259 0 1 0.267 Glutamic acid 9 0.817 0 1 0.842 Glycine 9 0.083 0 1 0.085 Proline 9 0.359 0 1 0.370 Serine 9 0.195 0 1 0.201 Hydroxyproline 9 0 FIA <	_							
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Phenylalanine g 0.176 0 1 0.181 Tyrosine g 0.166 0 1 0.171 Valine g 0.230 0 1 0.237 Arginine g 0.133 0 1 0.137 Histidine g 0.097 0 1 0.100 Alanine g 0.123 0 1 0.127 Aspartic acid g 0.123 0 1 0.267 Glutamic acid g 0.817 0 1 0.842 Glycine g 0.083 0 1 0.085 Proline g 0.359 0 1 0.370 Serine g 0.195 0 1 0.201 Hydroxyproline g 0 7 0.0 Caffeine mg 0 0 FLA 4 0 Theobromine mg 0 0 FLA								
Tyrosine 9 0.166 0 1 0.171 Valine 9 0.230 0 1 0.237 Arginine 9 0.133 0 1 0.137 Histidine 9 0.097 0 1 0.100 Alanine 9 0.123 0 1 0.127 Aspartic acid 9 0.259 0 1 0.267 Glutamic acid 9 0.817 0 1 0.842 Glycine 9 0.083 0 1 0.085 Proline 9 0.359 0 1 0.370 Serine 9 0.359 0 1 0.370 Serine 9 0.359 0 1 0.201 Hydroxyproline 9 0 1 0.201 Hydroxyproline 9 0 0 FLA 4 0 Carleine mg 0 0 <td< td=""><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></td<>								
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Arginine 9 0.133 0 1 0.137 Histidine 9 0.097 0 1 0.100 Alanine 9 0.123 0 1 0.127 Aspartic acid 9 0.259 0 1 0.267 Glutamic acid 9 0.817 0 1 0.842 Glycine 9 0.083 0 1 0.085 Proline 9 0.359 0 1 0.370 Serine 9 0.195 0 1 0.201 Hydroxyproline 9 0 1 0.201 Chters: Alcohol, ethyl 9 0.0 7 0.0 Caffeine mg 0 0 FLA 4 0 Theobromine mg 0 FLA 4 0 Caroten, beta mcg 8 0 FLA 4 0.004 Cryptoxanthin, beta mcg 0 FLA 4 0.006 Lycopene mcg				-	='			
Histidine								
Alanine 9 0.123 0 1 0.127 Aspartic acid 9 0.259 0 1 0.267 Glutamic acid 9 0.817 0 1 0.842 Glycine 9 0.083 0 1 0.085 Proline 9 0.359 0 1 0.370 Serine 9 0.195 0 1 0.201 Hydroxyproline 9 0 0 1 0.00 Others: Alcohol, ethyl 9 0 0 7 0.0 Caffeine mg 0 0 FIA 4 0 Caffeine mg 0 0 FIA 4 0 Carotenoids: Carotene, beta mcg 8 0 FIA 4 7.925 Carotene, alpha mcg 0 0 FIA 4 0.004 Cryptoxanthin, beta mcg 0 0 FIA 4 0.006 Lycopene mcg <t< td=""><td>-</td><td></td><td></td><td>-</td><td>='</td><td></td><td></td><td></td></t<>	-			-	='			
Aspartic acid. 9 0.259 0 1 0.267 Glutamic acid. 9 0.817 0 1 0.842 Glycine. 9 0.083 0 1 0.085 Proline. 9 0.359 0 1 0.370 Serine. 9 0.195 0 1 0.201 Hydroxyproline. 9 Others: Alcohol, ethyl. 9 0.0 0 FLA 4 0 0.06 Carotene, beta. mcg 8 0 0 FLA 4 0.004 Cryptoxanthin, beta. mcg 0 0 FLA 4 0.006 Lycopene. mcg 0 0 FLA 4 0.006 Lycopene. mcg 0 0 FLA 4 0.006 Cryptoxanthin, beta. mcg 0 0 FLA 4 0.006 Lycopene. mcg 0 0 FLA 4 0.006								
Glutamic acid g 0.817 0 1 0.842 Glycine g 0.083 0 1 0.085 Proline g 0.359 0 1 0.370 Serine g 0.195 0 1 0.201 Hydroxyproline g 0 1 0.201 Cheres: Alcohol, ethyl g 0.0 7 0.0 Caffeine mg 0 FLA 4 0 Theobromine mg 0 FLA 4 0 Carotene, beta mg 8 0 FLA 4 7.925 Carotene, alpha mcg 0 0 FLA 4 0.004 Cryptoxanthin, beta mcg 0 0 FLA 4 0.006 Lycopene mcg 0 0 FLA 4 0.000								
Glycine 9 0.083 0 1 0.085 Proline 9 0.359 0 1 0.370 Serine 9 0.195 0 1 0.201 Hydroxyproline 9 0 1 0.201 Others: Alcohol, ethyl 9 0.0 0 7 0.0 Caffeine mg 0 0 FLA 4 0 Theobromine mg 0 0 FLA 4 0 Carotene, beta mcg 8 0 FLA 4 7.925 Carotene, alpha mcg 0 0 FLA 4 0.004 Cryptoxanthin, beta mcg 0 FLA 4 0.006 Lycopene mcg 0 0 FLA 4 0.000	-							
Proline g 0.359 0 1 0.370 Serine g 0.195 0 1 0.201 Hydroxyproline g 0 1 0.201 Others: Alcohol, ethyl g 0.0 0 7 0.0 Caffeine mg 0 0 FLA 4 0 Theobromine mg 0 0 FLA 4 0 Carotene, beta mcg 8 0 FLA 4 7.925 Carotene, alpha mcg 0 0 FLA 4 0.004 Cryptoxanthin, beta mcg 0 0 FLA 4 0.006 Lycopene mcg 0 0 FLA 4 0.000								
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Others: Alcohol, ethyl. g 0.0 0 7 0.0 Caffeine. mg 0 0 FLA 4 0 Theobromine. mg 0 0 FLA 4 0 Carotene, beta. mcg 8 0 FLA 4 7.925 Carotene, alpha. mcg 0 0 FLA 4 0.004 Cryptoxanthin, beta. mcg 0 0 FLA 4 0.006 Lycopene. mcg 0 0 FLA 4 0.000		0.190	•	-	•	0.201		
Alcohol, ethyl	ттушолургонис9							
Caffeine. mg 0 0 FLA 4 0 Theobromine. mg 0 0 FLA 4 0 Carotenoids: Carotene, beta. mcg 8 0 FLA 4 7.925 Carotene, alpha mcg 0 0 FLA 4 0.004 Cryptoxanthin, beta mcg 0 0 FLA 4 0.006 Lycopene mcg 0 0 FLA 4 0.000								
Theobromine mg 0 FLA 4 0 Carotenoids: Carotene, beta mcg 8 0 FLA 4 7.925 Carotene, alpha mcg 0 0 FLA 4 0.004 Cryptoxanthin, beta mcg 0 0 FLA 4 0.006 Lycopene mcg 0 0 FLA 4 0.000	Alcohol, ethylg							
Carotenoids: Carotene, beta	Caffeine mg				Į.	0		
Carotene, beta mcg 8 0 FLA 4 7.925 Carotene, alpha mcg 0 0 FLA 4 0.004 Cryptoxanthin, beta mcg 0 0 FLA 4 0.006 Lycopene mcg 0 0 FLA 4 0.000	Theobromine mg	0	0	FLA 4	Į.	0		
Carotene, alpha mcg 0 0 FLA 4 0.004 Cryptoxanthin, beta mcg 0 0 FLA 4 0.006 Lycopene mcg 0 0 FLA 4 0.000	Carotenoids:							
Carotene, alpha mcg 0 0 FLA 4 0.004 Cryptoxanthin, beta mcg 0 0 FLA 4 0.006 Lycopene mcg 0 0 FLA 4 0.000	Carotene beta mcg	8	n	FLA 4	Į	7.925		
Cryptoxanthin, beta								
Lycopene mcg 0 0 FLA 4 0.000		•	-					
y ·· [· · · · · · · · · · · · · · · · ·		-	-					
	Lutein + zeaxanthin mcg	1	0			1.059		

Common Measures:

Measure 1 = 103g: 1 cone

NDB No. 21028

Fast foods, ice milk, vanilla, soft-serve, with cone

Calories Factors: Protein 4.2 Fat 8.78 Carbohydrate 3.88

Food Group: 21 Fast Foods

		<u>Aı</u>			Amount in 100 grams of edible portion								
			Nu	mber				<u>m</u>	easures of food	<u>l</u>			
			of	Data [Deriv	Source	Confidence						
Nutrients and Uni	ts	Mean	Std. Error Po	ints (Code	Code	Code	Measure 1	Measure 2	Measure			
Proximates:													
Water	g	40.45	2.053	8		1		45.71					
Energy	kcal	306		0		1		346					
Energy	kj	1280				1		1447					
Protein (N x 6.3)	g	8.05	0.395	8		1		9.10					
Total lipid (fat)	g	16.77	0.858	7		1		18.95					
Ash	g	2.58	0.137	8		1		2.92					
Carbohydrate, by difference	g	32.15		0	NC	4		36.33					
Fiber, total dietary	g												
Sugars, total													
Starch	g												
Minerals:													
Calcium, Ca	ma	241	15.002	8		1		272					
Iron, Fe	_	1.13	0.127	8		1		1.28					
Magnesium, Mg	_	49	1.426	8		1		55					
Phosphorus, P		244	27.838	8		1		276					
Potassium, K	-	152	11.047	8		1		172					
Sodium, Na	-	722	37.131	8		1		816					
Zinc, Zn	mg	1.58	0.151	8		1		1.79					
Copper, Cu	mg	0.124	0.032	8		1		0.140					
Manganese, Mn	mg	0.198	0.008	8		1		0.224					
Selenium, Se	mcg	13.9		0	RK	4		15.7					
Vitamins:													
Vitamin C, total ascorbic acid	ma	1.1	0.361	8		1		1.2					
Thiamin	_	0.170		8		1		0.192					
Riboflavin	_	0.330		8		1		0.373					
Niacin		1.360	0.063	8		1		1.537					
Pantothenic acid	_	1.160	0.108	8		1		1.311					
Vitamin B-6	-	0.180	0.023	8		1		0.203					
Folate, total	mcg	9		1		4		10					
Folic acid		0		0	Z	7		0					
Folate, food	mcg	9		1		4		10					
Folate, DFE	mcg_DFE	9		0	NC	4		10					
Vitamin B-12	mcg	0.73	0.092	8		1		0.82					
Vitamin A, IU		495	76.699	3		1		559					
Vitamin A, RAE		132		0	NC	4		149					
Retinol		128		0	NC	4		145					
Vitamin E (alpha-tocopherol)													
Tocopherol, beta													
Tocopherol, gamma													
Tocopherol, delta													
Vitamin D													
Vitamin K (phylloquinone)	uu												
<u>Lipids:</u>													
Fatty acids, total saturated	g	6.885	5	0		1		7.780					
4:0													
6:0	-												
8:0				_		_							
10:0		0.165		3		1		0.186					
12:0		0.214	ı	3		1		0.242					
13:0	-			2		_		1 000					
14:0	-	0.893	5	3		1		1.009					
15:0	-	2 640	.	3		1		4 100					
16:0	-	3.648	•	3		1		4.122					
17:0	-	1.964	i	3		1		2.219					
18:0 20:0	-	1.964	•	3		1		2.219					
22:0	-												
24:0													

		<u>Ar</u>	mount in 10	00 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food		
Nutrients and Un	iits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated.	g	7.074		0		1		7.994			
14:1											
15:1	g										
16:1 undifferentiated	g										
17:1	g										
18:1 undifferentiated	g	7.074		3		1		7.994			
20:1	g										
22:1 undifferentiated	g										
24:1 c	g										
Fatty acids, total polyunsaturated	g	1.976		0		1		2.233			
18:2 undifferentiated	g	1.803		3		1		2.037			
18:3 undifferentiated	g	0.173		3		1		0.195			
18:4	g										
20:2 n-6 c,c	g										
20:3 undifferentiated	g										
20:4 undifferentiated	g										
20:5 n-3	g										
22:5 n-3	g										
22:6 n-3	g										
Fatty acids, total trans	g										
Cholesterol	mg	16		2		1		18			
Phytosterols	mg										
Amino Acids:											
Tryptophan	-	0.068		0		1		0.077			
Threonine	-	0.291		0		1		0.329			
Isoleucine	-	0.333		0		1		0.376			
Leucine		0.902		0		1		1.019			
Lysine	-	0.332		0		1		0.375			
Methionine	g	0.174		0		1		0.197			
Cystine		0.114		0		1		0.129			
Phenylalanine		0.391		0		1		0.442			
Tyrosine		0.333		0		1		0.376			
Valine		0.429		0		1		0.485			
Arginine	-	0.372		0		1		0.420			
Histidine		0.247		0		1		0.279			
Alanine	g	0.493		0		1		0.557			
Aspartic acid	-	0.540		0		1		0.610			
Glutamic acid	g	1.588		0		1		1.794			
Glycine	-	0.278		0		1		0.314			
Proline	g	0.733		0		1		0.828			
Serine	g	0.395		0		1		0.446			
Hydroxyproline	g										

Common Measures:

Measure 1 = 113g: 1 portion (6-8 nachos)

Calories Factors: Protein 3.73 Fat 8.48 Carbohydrate 4.15

Food Group: 21 Fast Foods

		<u>Aı</u>	mount in 100 g	rams	of edib	ole portio	<u>n</u>	Amount in edible portion of common measures of food			
			Nu	mber							
					Deriv	Source	Confidence				
Nutrients and Unit	ts	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	42.70	1.518	4		1		87.11			
Energy	_	298	1.510	0		1		608			
63		1247		U		1		2544			
Energy			0 201	-		1					
Protein (N x 6.32)		8.24	0.301	5		_		16.81			
Total lipid (fat)		16.74	1.202	5		1 1		34.15 5.85			
Ash		2.87	0.257	4							
Carbohydrate, by difference		29.45		0	NC	4		60.08			
Fiber, total dietary											
Sugars, total											
Starch	9										
Minerals:											
Calcium, Ca	mg	304	52.593	4		1		620			
Iron, Fe	mg	1.20	0.201	4		1		2.45			
Magnesium, Mg	mg	53	5.039	4		1		108			
Phosphorus, P		193	14.626	4		1		394			
Potassium, K	mg	144	19.686	4		1		294			
Sodium, Na	mg	851	43.474	5		1		1736			
Zine, Zn		1.42	0.085	4		1		2.90			
Copper, Cu	mg	0.085		4		1		0.173			
Manganese, Mn		0.215	0.023	4		1		0.439			
Selenium, Se	mcg	6.9		0	RK	4		14.1			
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.5	0.258	4		1		1.0			
Thiamin		0.060	0.003	4		1		0.122			
Riboflavin		0.240	0.046	4		1		0.490			
Niacin		1.390	0.082	4		1		2.836			
Pantothenic acid		1.200	0.165	4		1		2.448			
Vitamin B-6		0.180	0.021	4		1		0.367			
Folate, total	mcg	9		1		4		18			
Folic acid		0		0	Z	7		0			
Folate, food	mcg	9		1		4		18			
Folate, DFE	mcg_DFE	9		0	NC	4		18			
Vitamin B-12		0.50	0.030	4		1		1.02			
Vitamin A, IU	IU	1991	692.961	3		1		4062			
Vitamin A, RAE	mcg_RAE	281		0	NC	4		572			
Retinol		217		0	NC	4		443			
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	rncg										
<u>Lipids:</u>											
Fatty acids, total saturated	g	6.872	2	0		1		14.019			
4:0											
6:0	g										
8:0											
10:0	g	0.165		3		1		0.337			
12:0	g	0.213	3	3		1		0.435			
13:0	-										
14:0	-	0.891	L	3		1		1.818			
15:0	-										
16:0	-	3.641	L	3		1		7.428			
17:0	-										
18:0	_	1.961	L	3		1		4.000			
20:0 22:0	_										

		<u>Aı</u>	mount in 10		Amount in edible portion of common measures of food				
				Number	Cauraa	Confidence	<u></u>	casares or roou	
Nutrients and Un	its	Mean	Std. Error		Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.	g	7.061		0	1		14.404		
14:1	g								
15:1									
16:1 undifferentiated	_								
17:1									
18:1 undifferentiated		7.061		3	1		14.404		
20:1	-								
22:1 undifferentiated	_								
24:1 c									
Fatty acids, total polyunsaturated		1.973		0	1		4.025		
18:2 undifferentiated		1.800		3	1		3.672		
18:3 undifferentiated	•	0.173		3	1		0.353		
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	-	41		2	1		84		
Phytosterols	mg								
Amino Acids:									
Tryptophan	q	0.074		0	1		0.151		
Threonine		0.291		0	1		0.594		
Isoleucine	g	0.365		0	1		0.745		
Leucine	-	0.880		0	1		1.795		
Lysine		0.398		0	1		0.812		
Methionine		0.181		0	1		0.369		
Cystine	g	0.102		0	1		0.208		
Phenylalanine		0.398		0	1		0.812		
Tyrosine	-	0.344		0	1		0.702		
Valine		0.450		0	1		0.918		
Arginine		0.357		0	1		0.728		
Histidine		0.256		0	1		0.522		
Alanine		0.443		0	1		0.904		
Aspartic acid	_	0.541		0	1		1.104		
Glutamic acid		1.690		0	1		3.448		
Glycine	-	0.249		0	1		0.508		
,	-	0.767		0	1		1.565		
Proline	y	0.707		Ū					
Proline	_	0.409		0	1		0.834		

Common Measures:

Measure 1 = 204g: 1 portion (6-8 nachos)

Calories Factors: Protein 3.9 Fat 8.57 Carbohydrate 4.14

Food Group: 21 Fast Foods

		<u>Aı</u>	mount in 100 g	rams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber				measures of food			
					Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates: Water	a	55.96	0.988	4		1		142.70			
Energy	-	223		0		1		569			
Energy		933		ŭ		1		2379			
Protein (N x 6.37)	-	7.76	0.287	5		1		19.79			
, ,	-	12.04	0.287	5		1		30.70			
Total lipid (fat)		2.35				1		5.99			
Ash			0.090	4							
Carbohydrate, by difference		21.89		0	NC	4		55.82			
Fiber, total dietary											
Sugars, total											
Starch	g										
Minerals:											
Calcium. Ca	ma	151	9.197	4		1		385			
Iron. Fe.	• • • • • • • • • • • • • • • • • • • •	1.09	0.082	4		1		2.78			
Magnesium, Mg		38	1.104	4		1		97			
Phosphorus, P		152	13.725	4		1		388			
Potassium, K	-	177	20.074	4		1		451			
Sodium, Na		706	25.481	5		1		1800			
Zinc, Zn		1.43	0.063	4		1		3.65			
Copper, Cu		0.292		4		1		0.745			
Manganese, Mn		0.166		4		1		0.423			
Selenium, Se		5.4	0.000	0	RK	4		13.8			
Selenium, Se	nog	3.4		U	KK	-		13.0			
Vitamins:											
Vitamin C, total ascorbic acid	mg	1.9	0.748	4		1		4.8			
Thiamin	mg	0.090	0.049	4		1		0.230			
Riboflavin	mg	0.270	0.025	4		1		0.689			
Niacin	mg	1.310	0.052	4		1		3.341			
Pantothenic acid	mg	0.990	0.053	4		1		2.525			
Vitamin B-6		0.160	0.011	4		1		0.408			
Folate, total	_	15		1		4		38			
Folic acid		0		0	Z	7		0			
Folate, food		15		1		4		38			
Folate, DFE	mca DFE	15		0	NC	4		38			
Vitamin B-12		0.40	0.010	4		1		1.02			
Vitamin A, IU		1334	0.020	2		1		3402			
Vitamin A, RAE		171		0	NC	4		436			
Retinol		125		Ō	NC	4		319			
Vitamin E (alpha-tocopherol)		123		·	110	-		313			
Tocopherol, beta											
Tocopherol, gamma Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
v ramin is (phynoquinone)	9										
<u>Lipids:</u>											
Fatty acids, total saturated	g	4.897	•	0		1		12.487			
4:0	g										
6:0	g										
8:0	g										
10:0	g	0.190)	1		1		0.485			
12:0	g	0.264	Į.	1		1		0.673			
13:0	g										
14:0	_	0.820)	1		1		2.091			
15:0	_										
16:0	_	2.612	<u> </u>	1		1		6.661			
17:0	_										
18:0	-	1.011		1		1		2.578			
20:0	-										
22:0	-										
24:0	-										

		<u>Aı</u>	nount in 10			<u>on</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food	
Nutrients and Un	iits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.	g	4.306		0		1		10.980		
14:1										
15:1	g									
16:1 undifferentiated	g									
17:1	g									
18:1 undifferentiated	g	4.306		1		1		10.980		
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	2.231		0		1		5.689		
18:2 undifferentiated	g	2.138		1		1		5.452		
18:3 undifferentiated	g	0.093		1		1		0.237		
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	-									
Cholesterol	-	8		2		1		20		
Phytosterols	mg									
Amino Acids:				_						
Tryptophan	-	0.077		0		1		0.196		
Threonine	_	0.279		0		1		0.711		
Isoleucine	_	0.347		0		1		0.885		
Leucine		0.750		0		1		1.913		
Lysine	_	0.438		0		1		1.117		
Methionine	_	0.166		0		1		0.423		
Cystine		0.086		0		1		0.219		
Phenylalanine		0.360		0		1		0.918		
Tyrosine		0.301		0		1		0.768		
Valine		0.414		0		1		1.056		
Arginine	-	0.358		0		1		0.913		
Histidine	_	0.235		0		1		0.599		
Alanine	_	0.390		0		1		0.995		
Aspartic acid	-	0.575		0		1		1.466		
Glutamic acid		1.523		0		1		3.884		
Glycine	-	0.268		0		1		0.683		
Proline	_	0.640		0		1		1.632		
Serine	_	0.374		0		1		0.954		
Hydroxyproline	g									

Common Measures:

Measure 1 = 255g: 1 portion (6-8 nachos)

Calories Factors: Protein 3.83 Fat 8.53 Carbohydrate 4.13

Food Group: 21 Fast Foods

		<u>A</u> 1	mount in 100 g			ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber	r			<u>m</u>	easures of food	<u>l</u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	1.01	0.244	4		1		1.10			
Energy	kcal	543		0		1		592			
Energy	kj	2272				1		2476			
Protein (N x 6.25)	g	6.60	0.150	4		1		7.19			
Total lipid (fat)	g	33.01	1.036	4		1		35.98			
Ash	g	1.22	0.139	4		1		1.33			
Carbohydrate, by difference	g	58.16		0	NC	4		63.39			
Fiber, total dietary	g										
Sugars, total	g										
Starch	g										
Minerals:											
Vimerais: Calcium, Ca	ma	78	2.012	3		1		85			
Iron, Fe	-	2.65	0.308	4		1		2.89			
Magnesium, Mg	-	18	1.764	4		1		20			
Phosphorus, P		30	0.074	4		1		33			
Potassium, K	_	72	0.622	3		1		78			
Sodium, Na	_	403	44.924	3		1		439			
Zinc, Zn	-	0.54	0.010	4		1		0.59			
Copper, Cu		0.143	0.023	4		1		0.156			
Manganese, Mn		0.452	0.011	4		1		0.493			
Selenium, Se	mcg	6.1		0	RK	4		6.6			
Vitamins:											
Vitamins. Vitamin C, total ascorbic acid	ma	7.3	2.480	4		1		8.0			
Thiamin	-	0.170		4		1		0.185			
Riboflavin		0.410		4		1		0.447			
Niacin		3.600		4		1		3.924			
Pantothenic acid		1.740		4		1		1.897			
Vitamin B-6	-	0.160		4		1		0.174			
Folate, total	_	7		1		4		8			
Folic acid		0		0	z	7		0			
Folate, food		7		1		4		8			
Folate, DFE		7		0	NC	4		8			
Vitamin B-12		1.58	0.090	4		1		1.72			
Vitamin A, IU		99		2		1		108			
Vitamin A, RAE		5		0	NC	4		5			
Retinol		0		0	Z	7		0			
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	g	16.707		0		1		18.211			
4:0											
6:0											
8:0	_										
10:0											
12:0	g										
13:0	g										
14:0	g										
15:0	g										
16:0		11.056	i	1		1		12.051			
17:0	g										
18:0	g	5.651		1		1		6.160			
20:0	g										
22:0	~										

		<u>Ar</u>	mount in 10			<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	ts	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	10.864		0		1		11.842		
14:1	g									
15:1										
16:1 undifferentiated	-									
17:1										
18:1 undifferentiated		10.864		1		1		11.842		
20:1	_									
22:1 undifferentiated	-									
24:1 c										
Fatty acids, total polyunsaturated		3.786		0		1		4.127		
18:2 undifferentiated		3.786		1		1		4.127		
18:3 undifferentiated	•									
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		36		1		1		39		
		36		_		1		39		
Phytosterols	III9									
Amino Acids:										
Tryptophan	g	0.047		0		1		0.051		
Threonine	g	0.248		0		1		0.270		
Isoleucine	g	0.236		0		1		0.257		
Leucine	g	0.809		0		1		0.882		
Lysine	g	0.186		0		1		0.203		
Methionine	g	0.138		0		1		0.150		
Cystine	g	0.119		0		1		0.130		
Phenylalanine	g	0.324		0		1		0.353		
Tyrosine	g	0.269		0		1		0.293		
Valine	g	0.335		0		1		0.365		
Arginine	g	0.329		0		1		0.359		
Histidine	g	0.202		0		1		0.220		
Alanine		0.494		0		1		0.538		
Aspartic acid	g	0.459		0		1		0.500		
Glutamic acid	g	1.238		0		1		1.349		
Glycine	g	0.271		0		1		0.295		
Proline	g	0.576		0		1		0.628		
Serine	g	0.313		0		1		0.341		
Hydroxyproline	g									

Common Measures:

Measure 1 = 109g: 1 portion (6-8 nachos)

Calories Factors: Protein 3.45 Fat 8.49 Carbohydrate 4.13

Food Group: 21 Fast Foods

		<u>Aı</u>	mount in 100 g	rams	of edik	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber				<u>m</u>	easures of food	<u>l</u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	37.09	2.519	9		1		30.78			
Energy	kcal	332		0		1		276			
Energy	kj	1389				1		1153			
Protein (N x 6.07)	g	4.46	0.192	10		1		3.70			
Total lipid (fat)	g	18.69	1.410	11		1		15.51			
Ash	g	2.03	0.190	6		1		1.68			
Carbohydrate, by difference	g	37.74		0	NC	4		31.32			
Fiber, total dietary	g										
Sugars, total	g										
Starch	g										
Minerals:	ma	88	12 062	10		1		73			
Calcium, Ca	-	1.02	13.863 0.102	12 13		1 1		0.85			
Iron, Fe	-	1.02 19	0.102	13		1		0.85 16			
Magnesium, Mg Phosphorus, P		104	16.375	10		1		86			
	-	156	16.315	11		1		129			
Potassium, K	-	518	16.315 59.454	15		1		430			
Zinc, Zn	-	0.42	0.016	11		1		0.35			
Copper, Cu		0.083		11		1		0.069			
Manganese, Mn		0.357		7		1		0.296			
Selenium, Se		3.5	44.000	12	A	1		2.9			
Scientifi, Sci						_					
<u> Vitamins:</u>											
Vitamin C, total ascorbic acid	-	0.7		2		1		0.6			
Thiamin	-	0.100		7		1		0.083			
Riboflavin		0.120		7		1		0.100			
Niacin	-	1.110		7		1		0.921			
Pantothenic acid	-	0.240		2		1		0.199			
Vitamin B-6	-	0.070)	2		1		0.058			
Folate, total		66		0	BFZN	4		55			
Folic acid		52		0	NC	4		43			
Folate, food		14		2		1		12			
Folate, DFE		102		0	NC	4		85			
Vitamin B-12		0.15		2		1		0.12			
Vitamin A, IU		10		1		1		8			
Vitamin A, RAE		1		0	NC	4		0			
Retinol		0		0	Z	7		0			
Vitamin E (alpha-tocopherol)		0.40		0		1		0.33			
Tocopherol, beta											
Tocopherol, gamma Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
	9										
<u> zipids:</u>											
Fatty acids, total saturated	g	8.377	1	0		1		6.953			
4:0											
6:0	-										
8:0		0.091		1		1		0.076			
10:0	-	0.034		1		1		0.028			
12:0	-	0.031	•	1		1		0.026			
13:0	-			_		_					
14:0	-	0.530)	1		1		0.440			
15:0	-					_					
16:0	-	4.897	•	1		1		4.065			
17:0			_	_		_					
18:0		2.786)	1		1		2.312			
20:0											
22:0	g g										

		<u>An</u>	ount in 100 gram		le portio	<u>n</u>	Amount in edible portion of common measures of food			
			Numb		_		m	easures of 1000		
Nutrients and Uni	ts	Mean	of Dat Std. Error Points	a Deriv s Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	g	8.013	0		1		6.651			
14:1										
15:1	_									
16:1 undifferentiated	-	0.227	1		1		0.188			
17:1										
18:1 undifferentiated		7.786	1		1		6.462			
20:1	g									
22:1 undifferentiated										
24:1 c	-									
Fatty acids, total polyunsaturated		0.801	0		1		0.665			
18:2 undifferentiated	_	0.672	1		1		0.558			
18:3 undifferentiated		0.129	1		1		0.107			
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	-	17	5.154 5		1		14			
Phytosterols	mg									
Amino Acids:										
Tryptophan	q	0.059	0		1		0.049			
Threonine		0.126	0		1		0.105			
Isoleucine		0.178	0		1		0.148			
Leucine	_	0.292	0		1		0.242			
Lysine	-	0.126	0		1		0.105			
Methionine		0.068	0		1		0.056			
Cystine	-	0.090	0		1		0.075			
Phenylalanine		0.203	0		1		0.168			
Tyrosine		0.131	0		1		0.109			
Valine	_	0.181	0		1		0.150			
Arginine	-	0.271	0		1		0.225			
Histidine		0.091	0		1		0.076			
Alanine		0.144	0		1		0.120			
Aspartic acid	-	0.205	0		1		0.170			
Glutamic acid	-	1.375	0		1		1.141			
Glycine		0.164	0		1		0.136			
Proline	_	0.435	0		1		0.361			
Serine		0.214	0		1		0.178			
Hydroxyproline	-									

Common Measures:

Measure 1 = 83g: 1 portion (8-9 onion rings)

Calories Factors: Protein 3.7 Fat 8.8 Carbohydrate 4

Food Group: 21 Fast Foods

		<u>A</u>	mount in 100 g	grams	of edil	ole portic	<u>on</u>	Amount in edible portion of common			
			Nı	ımbei	r			me	easures of food		
					Deriv	Source	Confidence				
Nutrients and Units	5	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure	
Proximates:	_	45.05		_		_					
Water	-	47.97	4.368	3		1		66.68			
Energy		265		0	NC	4		368			
Energy		1109	0.057	_		4 1		1541			
Protein (N x 6.17)		9.02 12.90	0.957 0.491	6 3		1		12.54 17.93			
Total lipid (fat)		1.41	0.491	2		1		1.96			
Carbohydrate, by difference		28.69		0	NC	4		39.88			
Fiber, total dietary		20.05		Ū	II.C	-		33.00			
Sugars, total											
Starch											
Staren	9										
<u>Minerals:</u>											
Calcium, Ca	-	20	2.134	4		1		28			
Iron, Fe.		3.21	0.201	4		1		4.46			
Magnesium, Mg		17	3.177	4		1		24			
Phosphorus, P	•	141 131	6.566	4 2		1 1		196 182			
Potassium, K		487	185.100	4		1		677			
Zinc, Zn		11.25	4.014	4		1		15.64			
Copper, Cu		0.573		3		1		0.796			
Manganese, Mn		0.305		4		1		0.424			
Selenium, Se		66.3		0	RK	4		92.2			
Vitamins:											
Vitamin C, total ascorbic acid	ma	3.0		1		4		4.2			
Thiamin		0.220)	1		4		0.306			
Riboflavin		0.250)	1		4		0.348			
Niacin	mg	3.180)	1		4		4.420			
Pantothenic acid	_. mg	0.760)	1		1		1.056			
Vitamin B-6	mg	0.020)	1		1		0.028			
Folate, total		22		0	RK	4		31			
Folic acid		13		0	NC	4		18			
Folate, food	mcg	9		1		1		13			
Folate, DFE		31		0	NC	4		43			
Vitamin B-12		0.73		1		1		1.01			
Vitamin A, IU	IU	261 78		1 0		4		363			
Vitamin A, RAE		78 78		0	NC NC	4 4		108 108			
Vitamin E (alpha-tocopherol)		76		U	NC	4		106			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
Lipids:											
Fatty acids, total saturated	g	3.294		1		1		4.579			
Fatty acids, total monounsaturated		4.979		1		1		6.921			
Fatty acids, total polyunsaturated		3.337	,	1		1		4.638			
Fatty acids, total trans				_							
CholesterolPhytosterols	-	78		1		4		108			
•											
Amino Acids: Tryptophan	а	0.107	,	0		1		0.149			
Threonine		0.107		0		1		0.149			
Isoleucine	-	0.380		0		1		0.528			
Leucine	-	0.633		0		1		0.880			
Lysine		0.490		0		1		0.681			
Methionine		0.192		0		1		0.267			
Cystine		0.148		0		1		0.206			

	<u>Amount</u>	in 100 grams of e	lible portion	Amount in edible portion of common measures of food			
		Number					
Nutrients and Units	Mean Std. I	of Data Deri Error Points Cod	v Source Confidence e Code Code	Measure 1	Measure 2	Measure 3	
Phenylalanineg	0.382	0	1	0.531			
Tyrosineg Valineg	0.279 0.412	0 0	1 1	0.388 0.573			
Arginineg	0.532	0	1	0.739			
Histidine	0.184 0.445	0 0	1 1	0.256 0.619			
Aspartic acid	0.692 1.803	0	1	0.962 2.506			
Glycine	0.442	0	1	0.614			
Proline	0.588 0.443	0 0	1 1	0.817 0.616			

Common Measures:

Measure 1 = 139g: 6 pieces

Calories Factors: Protein 4.18 Fat 8.94 Carbohydrate 3.9

Food Group: 21 Fast Foods

		<u>Aı</u>	mount in 100 g	rams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber				<u>m</u>	easures of food	<u> </u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	49.72	1.539	6		1		115.35			
Energy	kcal	224		0	NC	4		520			
Energy	kj	937				4		2174			
Protein (N x 6.05)	g	3.56	0.187	7		1		8.26			
Total lipid (fat)	g	6.03	0.897	5		1		13.99			
Ash	g	1.51	0.245	3		1		3.50			
Carbohydrate, by difference	g	39.18		0	NC	4		90.90			
Fiber, total dietary	g										
Sugars, total	g										
Starch	g										
Minerals:											
Vimerais: Calcium, Ca	ma	55	6.473	4		1		128			
Iron, Fe	_	1.13	0.053	4		1		2.62			
Magnesium, Mg	_	21	6.694	3		1		49			
Phosphorus, P		205	14.621	3		1		476			
Potassium, K	-	108		2		1		251			
Sodium, Na	-	476	32.157	5		1		1104			
Zinc, Zn	mg	0.44	0.125	4		1		1.02			
Copper, Cu	mg	0.065	0.013	3		1		0.151			
Manganese, Mn	mg	0.139	0.011	3		1		0.322			
Selenium, Se	mcg	8.3		0	BFZN	4		19.3			
Vitamins:											
Vitamin C, total ascorbic acid	ma	1.5	0.733	3		1		3.5			
Thiamin	_	0.170		5		1		0.394			
Riboflavin	_	0.240		5		1		0.557			
Niacin		1.460		4		1		3.387			
Pantothenic acid	_	0.290		3		1		0.673			
Vitamin B-6	-	0.050		5		1		0.116			
Folate, total	-	22		0	RK	4		51			
Folic acid		7		0	NC	4		16			
Folate, food		15	7.860	3		1		35			
Folate, DFE		27		0	NC	4		62			
Vitamin B-12		0.10	0.047	4		1		0.23			
Vitamin A, IU		121	1.333	3		1		281			
Vitamin A, RAE		35		0	NC	4		81			
Retinol		35		0	NC	4		81			
Vitamin E (alpha-tocopherol)	mg	0.60		0		1		1.39			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
<u>Lipids:</u>											
Fatty acids, total saturated	g	2.522		0		1		5.851			
4:0											
6:0		0.068		2		1		0.158			
8:0	g	0.029)	2		1		0.067			
10:0	g	0.075	i	2		1		0.174			
12:0	g	0.104		2		1		0.241			
13:0	g										
14:0	g	0.163	1	2		1		0.378			
15:0	g										
16:0		1.114		2		1		2.584			
17:0											
18:0	g	0.716	i	2		1		1.661			
20:0	g										
22:0	~										

		<u>Ar</u>	nount in 100 g		ble portion		Amount in edible portion of common measures of food			
			Nι	umber			<u>m</u>	easures of food		
Nutrients and Un	its	Mean	of Std. Error	f Data Deriv oints Code		Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	g	2.271		0	1		5.269			
14:1	g									
15:1	g									
16:1 undifferentiated	-	0.081		2	1		0.188			
17:1										
18:1 undifferentiated		2.138		2	1		4.960			
20:1	-									
22:1 undifferentiated										
24:1 c	_			_	_					
Fatty acids, total polyunsaturated		0.844		0	1		1.958			
18:2 undifferentiated	_	0.753		2	1		1.747			
18:3 undifferentiated		0.064		2	1		0.148			
18:4	-									
20:2 n-6 c,c										
20:3 undifferentiated		0.027		2	1		0.063			
20:4 undifferentiated 20:5 n-3		0.027		2	1		0.063			
20:5 n-3										
22:6 n-3	-									
Fatty acids, total trans										
Cholesterol	-	25	3.560	5	1		58			
Phytosterols	-									
-										
Amino Acids:										
Tryptophan		0.044		0	1		0.102			
Threonine		0.131		0	1		0.304			
Isoleucine	-	0.166		0	1		0.385			
Leucine	-	0.307		0	1		0.712			
Lysine		0.181		0	1		0.420			
Methionine		0.075		0	1 1		0.174			
Cystine		0.055		0	1		0.128 0.401			
Phenylalanine		0.173		0	1					
Tyrosine	-	0.137 0.195		0	1		0.318 0.452			
Valine	-	0.195		0	1		0.452			
Arginine		0.151		0	1		0.330			
Histidine	•	0.089		0	1		0.206			
Aspartic acid	-	0.140		0	1		0.541			
Aspartic acidGlutamic acid		0.233		0	1		2.014			
Glycine	_	0.110		0	1		0.255			
Proline		0.340		0	1		0.789			
Serine		0.180		0	1		0.418			
Hydroxyproline	-	0.100		•	-		0.410			
тустохургоние	y									

Common Measures:

Measure 1 = 232g: 2 cakes

Calories Factors: Protein 4.04 Fat 8.8 Carbohydrate 3.99

Food Group: 21 Fast Foods

		<u>A</u> 1	mount in 10	00 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
				Number	•			<u>m</u>	easures of food	<u>.</u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Units		Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water		65.75		1		4		194.62			
Energy		160		0		1		474			
Energy	kj	669				1		1982			
Protein (N x 6.35)		4.94		1		1		14.62			
Total lipid (fat)	_	9.71		1		1		28.74			
Ash		1.72		1		4		5.09			
Carbohydrate, by difference		15.71		0	NC	4		46.50			
Fiber, total dietary											
Sugars, total											
Starch	g										
Minerals:											
Calcium, Ca	mg	105		1		4		311			
Iron, Fe	_	1.02		1		4		3.02			
Magnesium, Mg	mg	22		1		4		65			
Phosphorus, P	mg	108		1		4		320			
Potassium, K		394		1		1		1166			
Sodium, Na		129		1		1		382			
Zinc, Zn		0.64		1		4		1.89			
Copper, Cu		0.213		1		4		0.630			
Manganese, Mn		0.174		1		4		0.515			
Selenium, Se	mcg	2.6		0	RK	4		7.7			
Vitamins:											
Vitamin C, total ascorbic acid	mg	8.8		1		4		26.0			
Thiamin	mg	0.080)	1		4		0.237			
Riboflavin	mg	0.070)	1		4		0.207			
Niacin	mg	1.130)	1		4		3.345			
Pantothenic acid		0.440)	1		4		1.302			
Vitamin B-6	_	0.240)	1		4		0.710			
Folate, total		9		1		4		27			
Folic acid		0		0	Z	7		0			
Folate, food		9		1		4		27			
Folate, DFE		9		0	NC	4		27			
Vitamin B-12		0.06		1		4		0.18			
Vitamin A, IU		282		1	***	4		835			
Vitamin A, RAE		85 85		0	NC NC	4 4		252 252			
Retinol Vitamin E (alpha-tocopherol)		65		U	NC	4		252			
Tocopherol, beta											
Tocopherol, gamma	-										
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Yania											
Lipids:	~	3.567		1		1		10.558			
Fatty golds, total saturated		3.615		1		1		10.338			
Fatty acids, total monounsaturated Fatty acids, total polyunsaturated		2.042		1		1		6.044			
Fatty acids, total trans		2.042		1		1		0.044			
Cholesterol		6		1		1		18			
Phytosterols	_	-		=		_		~			
•	-										
Amino Acids:	_			_		_					
Tryptophan		0.064		0		1		0.189			
Threonine		0.167		0		1 1		0.494			
Isoleucine	-	0.256		0		1		0.758			
Leucine		0.391 0.353		0		1		1.157 1.045			
Lysine	y										
Methionine	a	0.106		0		1		0.314			

		<u>Ar</u>	nount in 100	grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common		
Nutrients and	d Units	Mean			Deriv		Confidence Code	me Measure 1	Measure 2	Measure 3
	_									
Phenylalanine		0.233		0		1		0.690		
Tyrosine		0.208		0		1		0.616		
Valine	g	0.295		0		1		0.873		
Arginine	g	0.189		0		1		0.559		
Histidine	g	0.143		0		1		0.423		
Alanine	g	0.136		0		1		0.403		
Aspartic acid	g	0.579		0		1		1.714		
Glutamic acid	g	1.020		0		1		3.019		
Glycine	g	0.100		0		1		0.296		
Proline		0.406		0		1		1.202		
Serine		0.249		0		1		0.737		
Hydroxyproline										

Common Measures:

Measure 1 = 296g: 1 piece

Calories Factors: Protein 3.97 Fat 8.82 Carbohydrate 3.51

Food Group: 21 Fast Foods

NDB No. 21132 Fast foods, potato, baked and topped with cheese sauce and bacon

			Amount in edible portion of common						
		Number				measures of food			
		of Data	Deriv	Source	Confidence				
Vlean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
65.02		1		4		194.41			
151		0		1		451			
632				1		1889			
6.16		2		1		18.42			
8.66		2		1		25.89			
1.72		1		4 9		5.14			
14.86		2		9		44.43			
103		1		4		308			
1.05		1		4 4		3.14			
23		1 1		4		69			
116 394		1		4 1		347 1178			
325		2		1		972			
0.72		1		4		2.15			
0.216		1		4		0.646			
0.169		1		4		0.505			
3.2		0	RK	4		9.6			
9.6		1		4		28.7			
0.090		1 1		4 4		0.269 0.239			
1.330		1		4		3.977			
0.430		1		4		1.286			
0.250		1		4		0.748			
10		1		4		30			
0		0	z	7		0			
10		1		4		30			
10		0	NC	4		30			
0.11		1		4		0.33			
210		1		4		628			
63 63		0 0	NC NC	4 4		188 188			
63		U	NC	4		100			
		_		_					
3.389		1		1		10.133			
3.249 1.589		1 1		1 1		9.715			
1.569		1		1		4.751			
10		2		1		30			
		_		_					
0.078		0		1		0.233			
0.216		0		1		0.646			
0.314		0		1		0.939			
		-							
	0.216	0.216 0.314 0.486 0.450 0.135	0.216 0 0.314 0 0.486 0 0.450 0 0.135 0	0.216 0 0.314 0 0.486 0 0.450 0 0.135 0	0.216 0 1 0.314 0 1 0.486 0 1 0.450 0 1 0.135 0 1	0.216 0 1 0.314 0 1 0.486 0 1 0.450 0 1 0.135 0 1	0.216 0 1 0.646 0.314 0 1 0.939 0.486 0 1 1.453 0.450 0 1 1.346 0.135 0 1 0.404	0.216 0 1 0.646 0.314 0 1 0.939 0.486 0 1 1.453 0.450 0 1 1.346 0.135 0 1 0.404	

NDB No. 21132

Fast foods, potato, baked and topped with cheese sauce and bacon

	<u>Amount</u>	in 100 grams of ed	ible portion	Amount in edible portion of common		
		Number	measures of food			
Nutrients and Units	Mean Std. E	of Data Deriversion Deriversion Points Code	Source Confidence Code Code	Measure 1	Measure 2	Measure 3
Phenylalanineg	0.286	0	1	0.855		
Tyrosineg Valineg	0.251 0.363	0 0	1 1	0.750 1.085		
Arginineg	0.260	0	1	0.777		
Histidine	0.181 0.198	0 0	1 1	0.541 0.592		
Aspartic acid	0.701 1.227	0 0	1 1	2.096 3.669		
Glycineg	0.174	0	1	0.520		
Proline .g Serine .g Hydroxyproline .g	0.487 0.304	0 0	1	1.456 0.909		

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

Common Measures:

Measure 1 = 299g: 1 piece

Calories Factors: Protein 3.77 Fat 8.75 Carbohydrate 3.49

Food Group: 21 Fast Foods

NDB No. 21133
Fast foods, potato, baked and topped with cheese sauce and broccoli

		<u>A</u>	mount in 10	00 grams	of edil	ole portic	<u>on</u>	Amount in edible portion of common			
				Number	•			measures of food			
				of Data	Deriv	Source	Confidence				
Nutrients and Units		Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
D											
Proximates: Water	g	70.04		1		4		237.44			
Energy		119		0		1		403			
Energy		498				1		1688			
Protein (N x 6.33)		4.03		2		1		13.66			
Total lipid (fat)		6.32		2		1		21.42			
Ash		1.61		1		4		5.46			
Carbohydrate, by difference	g	13.74		2		9		46.58			
Fiber, total dietary	g										
Sugars, total	g										
Starch	g										
Minarala											
Minerals: Calcium, Ca	ma	99		1		4		336			
Iron. Fe.	_	0.98		1		4		3.32			
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	23		1		4		78			
Phosphorus, P	_	102		1		4		346			
Potassium, K		425		1		1		1441			
Sodium, Na	_	143		2		1		485			
Zinc, Zn	-	0.60		1		4		2.03			
Copper, Cu		0.191	L	1		4		0.647			
Manganese, Mn	mg	0.237	,	1		4		0.803			
Selenium, Se	mcg	1.7		0	RK	4		5.8			
Vitamins:											
Vitamin C, total ascorbic acid	ma	14.3		1		4		48.5			
Thiamin	-	0.080)	1		4		0.271			
Riboflavin		0.080		1		4		0.271			
Niacin	-	1.060)	1		4		3.593			
Pantothenic acid	-	0.420)	1		4		1.424			
Vitamin B-6	mg	0.230)	1		4		0.780			
Folate, total	mcg	18		1		4		61			
Folic acid		0		0	z	7		0			
Folate, food		18		1		4		61			
Folate, DFE	mcg_DFE	18		0	NC	4		61			
Vitamin B-12		0.10		1		4		0.34			
Vitamin A, IU	IU	500		1		4		1695			
Vitamin A, RAE		79		0	NC	4		268			
Retinol		65		0	NC	4		220			
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, deltaVitamin D											
Vitamin D Vitamin K (phylloquinone)											
vitanini K (phynoquinone)	iiiog										
Lipids:											
Fatty acids, total saturated		2.511		1		1		8.512			
Fatty acids, total monounsaturated		2.265		1		1		7.678			
Fatty acids, total polyunsaturated		1.232	2	1		1		4.176			
Fatty acids, total trans		_		_				00			
Cholesterol.	-	6		1		1		20			
Phytosterols	riig										
Amino Acids:											
Tryptophan		0.051		0		1		0.173			
Threonine		0.136		0		1		0.461			
Isoleucine		0.203		0		1		0.688			
Leucine		0.305		0		1		1.034			
Lysine		0.279		0		1		0.946			
Methionine		0.083		0		1		0.281			
Cystine	g	0.029	,	0		1		0.098			

NDB No. 21133

Fast foods, potato, baked and topped with cheese sauce and broccoli

	<u>Amoun</u>	t in 100 grams of e	dible portion	Amount in edible portion of common		
		Number	measures of food			
Nutrients and Units	Mean Std.	of Data Der Error Points Cod	iv Source Confidence le Code Code	Measure 1	Measure 2	Measure 3
Phenylalanineg	0.183	0	1	0.620		
Tyrosine	0.161 0.235	0 0	1 1	0.5 4 6 0.797		
Arginine	0.160 0.112	0	1 1	0.542 0.380		
Alanineg	0.117	0	1	0.397		
Aspartic acid	0. 4 56 0.801	0	1	1.546 2.715		
Glycine	0.087 0.314	o 0	1 1	0.295 1.064		
Serine	0.197	0	1	0.668		

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

Common Measures:

Measure 1 = 339g: 1 piece

Calories Factors: Protein 3.69 Fat 8.82 Carbohydrate 3.49

Food Group: 21 Fast Foods

NDB No. 21134
Fast foods, potato, baked and topped with cheese sauce and chili

		<u>A</u>	mount in 10	00 grams	of edil	ole portic	<u>on</u>	Amount in edible portion of common			
				Number				measures of food			
				of Data	Deriv	Source	Confidence				
Nutrients and Units		Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3	
D											
Proximates: Water	g	70.08		1		4		276.82			
Energy	-	122		0		1		482			
Energy		510				1		2016			
Protein (N x 6.35)		5.88		2		1		23.23			
Total lipid (fat)		5.53		2		1		21.84			
Ash		1.79		1		4		7.07			
Carbohydrate, by difference	g	14.14		2		9		55.85			
Fiber, total dietary	g										
Sugars, total	g										
Starch	g										
Minorals											
Minerals: Calcium, Ca	ma	104		1		4		411			
Iron. Fe.	-	1.55		1		4		6.12			
Magnesium, Mg		28		1		4		111			
Phosphorus, P		126		1		4		498			
Potassium, K		398		1		1		1572			
Sodium, Na		177		2		1		699			
Zinc, Zn	mg	0.96		1		4		3.79			
Copper, Cu		0.209)	1		4		0.826			
Manganese, Mn		0.171		1		4		0.675			
Selenium, Se	mcg	1.4		0	RK	4		5.5			
Vitamins:											
Vitamin C, total ascorbic acid	mg	8.0		1		4		31.6			
Thiamin	mg	0.070	1	1		4		0.277			
Riboflavin		0.090)	1		4		0.356			
Niacin	mg	1.060)	1		4		4.187			
Pantothenic acid	mg	0.650)	1		4		2.568			
Vitamin B-6	-	0.240)	1		4		0.948			
Folate, total		12		0	RK	4		47			
Folic acid		0		0	Z	7		0			
Folate, food		12		0	RK	4		47			
Folate, DFE		12		0	NC	4		47			
Vitamin B-12		0.06		1		4		0.24			
Vitamin A, IU Vitamin A, RAE	IU	194 47		1 0	170	4 4		766 186			
Retinol		4 / 45		0	NC NC	4		178			
Vitamin E (alpha-tocopherol)		43		U	NC	•		170			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	а	3.300)	1		1		13.035			
Fatty acids, total monounsaturated		1.731		1		1		6.837			
Fatty acids, total polyunsaturated		0.227		1		1		0.897			
Fatty acids, total trans											
Cholesterol		8		2		1		32			
Phytosterols	mg										
Amino Acids:											
Tryptophan	g	0.074		0		1		0.292			
Threonine		0.205		0		1		0.810			
Isoleucine		0.292	!	0		1		1.153			
Leucine	g	0.461		0		1		1.821			
Lysine	g	0.423	1	0		1		1.671			
Methionine	g	0.124		0		1		0.490			
Cystine	g	0.045	;	0		1		0.178			

	<u>Amount</u>	in 100 grams of ed	ible portion	Amount in edible portion of common		
Nutrients and Units	Mean Std. E	Number of Data Deriv Error Points Code	V Source Confidence	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Phenylalanineg	0.269	0	1	1.063		
Tyrosineg	0.231	0	1	0.912		
Valineg	0.336	0	1	1.327		
Arginineg	0.252	0	1	0.995		
Histidineg	0.170	0	1	0.672		
Alanineg	0.193	0	1	0.762		
Aspartic acidg	0.663	0	1	2.619		
Glutamic acidg	1.177	0	1	4.649		
Glycineg	0.163	0	1	0.644		
Prolineg	0.442	0	1	1.746		
Serineg	0.286	0	1	1.130		
Hydroxyprolineg						

Common Measures:

Measure 1 = 395g: 1 piece

Calories Factors: Protein 3.97 Fat 8.81 Carbohydrate 3.51

Food Group: 21 Fast Foods

NDB No. 21135
Fast foods, potato, baked and topped with sour cream and chives

		<u>A</u> 1	mount in 10	00 grams	<u>on</u>	Amount in edible portion of common					
				Number				measures of food			
						Source	Confidence				
Nutrients and Units		Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
D : 1											
Proximates: Water	q	69.45		1		4		209.74			
Energy		130		0		1		393			
Energy		544				1		1643			
Protein (N x 6.29)		2.21		2		1		6.67			
Total lipid (fat)	_	7.39		2		1		22.32			
Ash		1.42		1		4		4.29			
Carbohydrate, by difference		16.56		2		9		50.01			
Fiber, total dietary											
Sugars, total											
Starch											
	_										
Minerals:	ma	25						106			
Calcium, Ca Iron. Fe.	-	35 1.03		1 1		4 4		106 3.11			
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	23		1		4		3.11 69			
Phosphorus, P	-	23 61		1		4		184			
Potassium, K		458		1		1		1383			
Sodium, Na	-	60		2		1		181			
Zinc, Zn	_	0.30		1		4		0.91			
Copper, Cu		0.227	,	1		4		0.686			
Manganese, Mn		0.192		1		4		0.580			
Selenium, Se		1.1		0	RK	4		3.3			
Vitamina											
Vitamins:	ma	11 0		1		4		33.8			
Vitamin C, total ascorbic acid	_	11.2 0.090		1		4		0.272			
ThiaminRiboflavin		0.090		1		4		0.272			
Niacin	_	1.230		1		4		3.715			
Pantothenic acid	-	0.490		1		4		1.480			
Vitamin B-6	-	0.260		1		4		0.785			
Folate, total	-	11	•	1		4		33			
Folic acid		0		0	z	7		0			
Folate, food		11		1		4		33			
Folate, DFE		11		0	NC	4		33			
Vitamin B-12		0.07		1		4		0.21			
Vitamin A, IU		446		1		4		1347			
Vitamin A, RAE	mcg_RAE	88		0	NC	4		264			
Retinol		78		0	NC	4		236			
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta											
Tocopherol, gamma	mg										
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	g	3.315	i	1		1		10.011			
Fatty acids, total monounsaturated		2.607		1		1		7.873			
Fatty acids, total polyunsaturated		1.098	3	1		1		3.316			
Fatty acids, total trans	g										
Cholesterol		8		2		1		24			
Phytosterols	mg										
Amino Acids:											
Tryptophan	q	0.033	3	0		1		0.100			
Threonine		0.085		0		1		0.257			
Isoleucine		0.101		0		1		0.305			
Leucine	-	0.155		0		1		0.468			
Lysine		0.144		0		1		0.435			
Methionine		0.040		0		1		0.121			
Cystine		0.026		0		1		0.079			

	An	nount in 100 grams	of edible porti	<u>on</u>	Amount in edible portion of common		
Nutrients and Units	Mean	Number of Data Std. Error Points	Deriv Source	Confidence	<u>mo</u> Measure 1	easures of food Measure 2	Measure 3
Phenylalanineg	0.099	0	1		0.299		
Tyrosineg	0.087	0	1		0.263		
Valineg	0.129	0	1		0.390		
Arginineg	0.096	0	1		0.290		
Histidineg	0.051	0	1		0.154		
Alanineg	0.070	0	1		0.211		
Aspartic acidg	0.422	0	1		1.274		
Glutamic acidg	0.394	0	1		1.190		
Glycineg	0.061	0	1		0.184		
Prolineg	0.118	0	1		0.356		
Serineg	0.102	0	1		0.308		
Hydroxyprolineg							

Common Measures:

Measure 1 = 302g: 1 piece

Calories Factors: Protein 3.23 Fat 8.82 Carbohydrate 3.5

Food Group: 21 Fast Foods

Refuse: 0%

		<u>Aı</u>	mount in 100 g	grams	Amount in edible portion of common					
			Nι	ımbeı	r			<u>m</u>	easures of food	<u>.</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	35.35	0.250	18	A	1		59.74	47.37	30.05
Energy	kcal	342		0	NC	4		578	458	291
Energy	kj	1431				4		2418	1917	1216
Protein	g	4.30		1	MA	12		7.27	5.76	3.66
Total lipid (fat)	g	18.43	0.098	18	A	1		31.15	24.70	15.67
Ash	g	2.10		1	MA	12		3.55	2.81	1.79
Carbohydrate, by difference	g	39.81		0	NC	4		67.28	53.35	33.84
Fiber, total dietary		3.5		1	MA	12		5.9	4.7	3.0
Sugars, total	g	0.00		1	MA	12		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium. Ca	mg	14		1	MA	12		24	19	12
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.78		1	MA	12		1.32	1.05	0.66
Magnesium, Mg	-	39		1	MA	12		66	52	33
Phosphorus, P		129		1	MA	12		218	173	110
Potassium, K	mg	689		1	MA	12		1164	923	586
Sodium, Na	mg	198		1	MA	12		335	265	168
Zinc, Zn	mg	0.47		1	MA	12		0.79	0.63	0.40
Copper, Cu	mg	0.150		1	MA	12		0.254	0.201	0.12
Manganese, Mn		0.258		1	MA	12		0.436	0.346	0.21
Selenium, Se	mcg	0.6		0	BFZN	4		1.0	0.8	0.5
Vitamins:										
Vitamin C, total ascorbic acid	ma	11.6		1	MA	12		19.6	15.5	9.9
Thiamin	-	0.080)	1	MA	12		0.135	0.107	0.06
Riboflavin	-	0.040	1	0	T	4		0.068	0.054	0.03
Niacin		2.850	1	1	MA	12		4.817	3.819	2.42
Pantothenic acid	mg	0.500	1	1	MA	12		0.845	0.670	0.42
Vitamin B-6	mg	0.358		1	MA	12		0.605	0.480	0.30
Folate, total	mcg	7		0	FLA	4		13	10	6
Folic acid	mcg	0		0	FLA	4		0	0	0
Folate, food		7		0	FLA	4		13	10	6
Folate, DFE	mcg_DFE	7		0	NC	4		13	10	6
Vitamin B-12		0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU		0		1	MA	12		0	0	0
Vitamin A, RAE		0		0	FLA	4		0	0	0
Retinol		0		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol)		1.52		0	FLA	4		2.57	2.04	1.29
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)		4.8		0	FLA	4		8.1	6.4	4.1
<u>Lipids:</u>										
Fatty acids, total saturated		3.850		18	A	1		6.507	5.159	3.27
4:0		0.000		0	z	7		0.000	0.000	0.00
6:0	_	0.000		0	z	7		0.000	0.000	0.00
8:0	_	0.000		0	z z	7 7		0.000	0.000	0.00
10:0	-	0.000		0	z z	7		0.000 0.000	0.000	0.00
12:0 13:0		0.000	•	U	Z	,		0.000	0.000	0.00
14:0		0.005	•	18	A	1		0.008	0.007	0.00
		0.005		18	A	1		0.008	0.007	0.00
15:0		1.922		18	A	1		3.248	2.575	1.63
16:0 17:0	_	0.024		18	A	1		0.041	0.032	0.02
18:0	_	1.772		18	A	1		2.995	2.374	1.50
20:0	_	0.048		18	A	1		0.081	0.064	0.04
22:0	_	0.040		18	A	1		0.081	0.076	0.04
24:0	-	0.037		18	A	1		0.039	0.076	0.04

	Ar	nount in 100	grams	Amount in edible portion of common					
		N	lumber				<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	10.645		18	A	1		17.990	14.264	9.048
14:1g	0.000		18	A	1		0.000	0.000	0.000
15:1g	0.000				-		0.000	0.000	0.000
16:1 undifferentiated	0.009		18	A	1		0.015	0.012	0.008
17:1g									
18:1 undifferentiatedg	10.602		18	A	1		17.917	14.207	9.012
20:1g	0.034		18	A	1		0.057	0.046	0.029
22:1 undifferentiatedg	0.000		18	A	1		0.000	0.000	0.000
24:1 cg									
Fatty acids, total polyunsaturated	3.129		18	A	1		5.288	4.193	2.660
18:2 undifferentiatedg	2.312		18	A	1		3.907	3.098	1.965
18:3 undifferentiatedg	0.141		18	A	1		0.238	0.189	0.120
18:4g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,cg									
20:3 undifferentiatedg	0.000		18	A	1		0.000	0.000	0.000
20:4 undifferentiatedg	0.000		18	A	1		0.000	0.000	0.000
20:5 n-3g	0.000		18	A	1		0.000	0.000	0.000
22:5 n-3g	0.000		18	A	1		0.000	0.000	0.000
22:6 n-3g	0.000		0	Z	7		0.000	0.000	0.000
Fatty acids, total transg									
Cholesterolmg	0		1	MA	12		0	0	0
Phytosterolsmg	0		0	Z	7		0	0	0
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	0		0	z	7		0	0	0
Theobromine mg	0		0	z	7		0	0	0
Carotenoids:									
Carotene, beta	0		0	FLA	4		0.000	0.000	0.000
Carotene, alpha mcg	0		0	FLA	4		0.000	0.000	0.000
Cryptoxanthin, betamcg	0		0	FLA	4		0.000	0.000	0.000
Lycopenemcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin mcg	0		0	FLA	4		0.000	0.000	0.000

Common Measures:

Measure 1 = 169g: 1 large Measure 2 = 134g: 1 medium Measure 3 = 85g: 1 small

Calories Factors: Protein Fat Carbohydrate

Food Group: 21 Fast Foods

		<u>A</u> ı	mount in 100	grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common		
			N	lumbe	r			<u>m</u>	easures of food	<u>l</u>
			(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	79.21	2.476	6		1		63.37		
Energy	kcal	83		0		1		66		
Energy	kj	347				1		278		
Protein (N x 6.25)	g	2.31	0.058	3 3		1		1.85		
Total lipid (fat)	g	1.21	0.211	L 3		1		0.97		
Ash		1.15	0.171	L 4		1		0.92		
Carbohydrate, by difference	g	16.12		0	NC	4		12.90		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	21	1.75	7 5		1		17		
Iron, Fe		0.47	0.067			1		0.38		
Magnesium, Mg		18	2.842			1		14		
Phosphorus, P		55		2		1		44		
Potassium, K		294	46.256	5 4		1		235		
Sodium, Na		227	54.694	1 7		1		182		
Zinc, Zn	mg	0.32	0.035	5 4		1		0.26		
Copper, Cu	mg	0.097	0.020	4		1		0.078		
Manganese, Mn	_. mg	0.117	0.011			1		0.094		
Selenium, Se	mcg	0.5		0	BFZN	4		0.4		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.4		2		1		0.3		
Thiamin	_	0.090	1	1		4		0.072		
Riboflavin		0.050		1		1		0.040		
Niacin	_	1.200		1		1		0.960		
Pantothenic acid	-	0.480		1		4		0.384		
Vitamin B-6	-	0.230)	1		4		0.184		
Folate, total	_	8		1		4		6		
Folic acid		0		0	Z	7		0		
Folate, food	mcg	8		1		4		6		
Folate, DFE	mcg_DFE	8		0	NC	4		6		
Vitamin B-12	mcg	0.05		1		4		0.04		
Vitamin A, IU	IU	41		1		4		33		
Vitamin A, RAE		11		0	NC	4		8		
Retinol	mcg	10		0	NC	4		8		
Vitamin E (alpha-tocopherol)	-									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	incg									
<u>Lipids:</u>										
Fatty acids, total saturated	_	0.479		1		1		0.383		
Fatty acids, total monounsaturated		0.351		1		1		0.281		
Fatty acids, total polyunsaturated		0.292	!	1		1		0.234		
Fatty acids, total trans										
Cholesterol		2		1		4		2		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.035	i	0		1		0.028		
Threonine		0.088		0		1		0.070		
Isoleucine	_	0.104		0		1		0.083		
Leucine	-	0.159		0		1		0.127		
Lysine		0.149		0		1		0.119		
Methionine		0.042		0		1		0.034		
Cystine		0.027		0		1		0.022		

	Amount i	n 100 grams of ed	ible portion	Amount in edible portion of common		
		Number	measures of food			
Nutrients and Units	Mean Std. E	of Data Deriv rror Points Code	Source Confidence Code Code	Measure 1	Measure 2	Measure 3
Phenylalanineg	0.104	0	1	0.083		
Tyrosine	0.091 0.135	0	1 1	0.073 0.108		
Arginine	0.100 0.053 0.072	0	1	0.080 0.042 0.058		
Alanine	0.462 0.407	0	1	0.370 0.326		
Glycine	0.063 0.117	0	1 1	0.050 0.094		
Serine	0.106	0	1	0.085		

Common Measures:

Measure 1 = 80g: .333 cup

Calories Factors: Protein 2.78 Fat 8.84 Carbohydrate 4.03

Food Group: 21 Fast Foods

Nutrients and Units Proximates: Water. Energy. Energy. Protein (N x 6.25) Total lipid (fat) Ash. Carbohydrate, by difference. Fiber, total dietary. Sugars, total. Starch. Minerals: Calcium, Ca. Iron, Fe. Magnesium, Mg.	kcal kj 9 9 9 9 9 9 9	60.14 210 879 2.70 12.80 1.92 22.43			Deriv	1 4 4 1	Confidence Code	43.30 151 633 1.94	Measure 2	Measure
Proximates: Water	kcal kj 9 9 9 9 9 9 9	60.14 210 879 2.70 12.80 1.92	Std. Error Po	3 0 1 1 2	Code	1 4 4 1		43.30 151 633	Measure 2	Measure 3
Proximates: Water	kcal kj 9 9 9 9 9 9 9	60.14 210 879 2.70 12.80 1.92		3 0 1 1 2		1 4 4	Code	43.30 151 633	Measure 2	Measure 3
Water Energy Energy Protein (N x 6.25) Total lipid (fat) Ash Carbohydrate, by difference Fiber, total dietary Sugars, total. Starch Winerals: Calcium, Ca Iron, Fe	kcal kj 9 9 9 9 9 9 9	210 879 2.70 12.80 1.92	4.485	0 1 1 2	NC	4 4 1		151 633		
Energy Energy Protein (N x 6.25) Total lipid (fat) Ash Carbohydrate, by difference Fiber, total dietary Sugars, total. Starch. Vinerals: Calcium, Ca Iron, Fe	kcal kj 9 9 9 9 9 9 9	210 879 2.70 12.80 1.92	4.485	0 1 1 2	NC	4 4 1		151 633		
Energy	kj 9 9 9 9 9 9 9	879 2.70 12.80 1.92		1 1 2	NC	4 1		633		
Protein (N x 6.25)	9 9 9 9 9 9 9	2.70 12.80 1.92		1 2		1				
Total lipid (fat)	9 9 9 9 9 9 g	12.80 1.92		1 2				1 04		
Ash	g g g g g	1.92		2				1.94		
Carbohydrate, by difference	g g g g					1		9.22		
Fiber, total dietary Sugars, total Starch Minerals: Calcium, Ca Iron, Fe	g g g	22.43		0		1		1.38		
Sugars, total	g g				NC	4		16.15		
Starch	g mg									
Minerals: Calcium, Ca Iron, Fe	mg									
Calcium, Ca	-									
Calcium, Ca	-									
Iron, Fe	-	10	0.431	3		1		7		
, , , , , , , , , , , , , , , , , , , ,	IIIU	0.67	0.067	3		1		0.48		
		22	1.923	3		1		16		
Phosphorus, P		96	13.283	3		1		69		
Potassium, K	-	371	40.595	3		1		267		
Sodium, Na	-	403	159.538	3		1		290		
Zinc, Zn	mg	0.30	0.018	3		1		0.22		
Copper, Cu	mg	0.097	0.022	3		1		0.070		
Manganese, Mn	mg	0.153	0.020	3		1		0.110		
Selenium, Se	mcg	0.3		0	BFZN	4		0.2		
Vitamins:										
Vitamin C, total ascorbic acid	ma	7.6		1		1		5.5		
Thiamin	-	0.110		1		1		0.079		
Riboflavin	-	0.020		1		1		0.014		
Niacin		1.490		1		1		1.073		
Pantothenic acid		0.470		1		1		0.338		
Vitamin B-6	-	0.230		1		1		0.166		
Folate, total	-	11		1		1		8		
Folic acid		0		0	z	7		0		
Folate, food		11		1		1		8		
Folate, DFE		11		0	NC	4		8		
Vitamin B-12		0.02		1		1		0.01		
Vitamin A, IU		25		1		1		18		
Vitamin A, RAE		2		0	NC	4		1		
Retinol	mcg	0		0	NC	4		0		
Vitamin E (alpha-tocopherol)	mg	0.17		0		1		0.12		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	q	6.005		0		1		4.324		
4:0										
6:0										
8:0		0.008		1		1		0.006		
10:0		0.006		1		1		0.004		
12:0	-	0.010		1		1		0.007		
13:0	-									
14:0	g	0.380		1		1		0.274		
15:0	g									
16:0	g	3.140		1		1		2.261		
17:0	g									
18:0		2.215		1		1		1.595		
20:0	9									
22:0										

Nutrients and Units		Mean		Number					
Nutrients and Units		Mean		of Data	Course	Confidence	1110	easures of food	
		Mean	Std. Error		Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	5.359		0	1		3.858		
14:1	g								
15:1	g								
16:1 undifferentiated	g	0.501		1	1		0.361		
17:1	g								
18:1 undifferentiated	g	4.731		1	1		3.406		
20:1	g								
22:1 undifferentiated									
24:1 c									
Fatty acids, total polyunsaturated		0.653		0	1		0.470		
18:2 undifferentiated		0.556		1	1		0.400		
18:3 undifferentiated	g	0.095		1	1		0.068		
18:4	-								
20:2 n-6 c,c									
20:3 undifferentiated									
20:4 undifferentiated		0.002		1	1		0.001		
20:5 n-3	-								
22:5 n-3									
22:6 n-3	-								
Fatty acids, total trans	-								
Cholesterol		13		1	1		9		
Phytosterols	_								
•	3								
Amino Acids:									
Tryptophan		0.036		0	1		0.026		
Threonine	g	0.123		0	1		0.089		
Isoleucine	g	0.116		0	1		0.084		
Leucine	g	0.163		0	1		0.117		
Lysine	g	0.143		0	1		0.103		
Methionine	g	0.030		0	1		0.022		
Cystine	g	0.017		0	1		0.012		
Phenylalanine	g	0.115		0	1		0.083		
Tyrosine		0.068		0	1		0.049		
Valine	-	0.137		0	1		0.099		
Arginine		0.128		0	1		0.092		
Histidine		0.045		0	1		0.032		
Alanine	•	0.093		0	1		0.067		
Aspartic acid	_	0.626		0	1		0.451		
Glutamic acid		0.422		0	1		0.304		
Glycine	-	0.098		0	1		0.071		
Proline	-	0.087		0	1		0.063		
Serine	•	0.097		0	1		0.070		
Hydroxyproline		2.037		•	-		0.0.0		

Common Measures:

Measure 1 = 72g: .5 cup

Calories Factors: Protein 2.8 Fat 8.8 Carbohydrate 4

Food Group: 21 Fast Foods

		<u>A</u> 1	mount in 100 g	rams	of edil	ole portio	<u>n</u>		edible portion	
			Nu	mber				<u>m</u>	easures of food	<u>l</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	48.64	0.938	9		1		67.61		
Energy	kcal	249		0		1		346		
Energy	kj	1042				1		1448		
Protein (N x 6.17)	g	15.47	0.571	17		1		21.50		
Total lipid (fat)	g	9.90	0.656	17		1		13.76		
Ash	g	1.93	0.083	8		1		2.68		
Carbohydrate, by difference	g	24.06		0	NC	4		33.44		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	39	5.492	15		1		54		
Iron. Fe.	-	3.04	0.196	15		1		4.23		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	22	1.768	9		1		31		
Phosphorus, P		172	7.986	9		1		239		
Potassium, K	-	227	11.223	14		1		316		
Sodium, Na	-	570	42.248	17		1		792		
Zinc, Zn	mg	2.44	0.317	9		1		3.39		
Copper, Cu	mg	0.070)	1		1		0.097		
Manganese, Mn	mg	0.090)	1		1		0.125		
Selenium, Se	mcg	21.0		0	RK	4		29.2		
Vitamins:										
Vitamin C, total ascorbic acid	ma	1.5	0.748	6		1		2.1		
Thiamin	_	0.270		16		1		0.375		
Riboflavin	-	0.220		16		1		0.306		
Niacin		4.220	0.225	15		1		5.866		
Pantothenic acid		0.600)	1		1		0.834		
Vitamin B-6	mg	0.190	0.017	10		1		0.264		
Folate, total	mcg	41		0	RK	4		57		
Folic acid	mcg	12		0	NC	4		17		
Folate, food		29	4.989	9		1		40		
Folate, DFE	mcg_DFE	49		0	NC	4		69		
Vitamin B-12		0.88	0.118	8		1		1.22		
Vitamin A, IU	IU	151	32.028	12		1		210		
Vitamin A, RAE		8		0	NC	4		10		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
vitanini K (phynoquinone)	nog									
Lipids:										
Fatty acids, total saturated	g	2.594	ļ	0		1		3.606		
4:0										
6:0	-									
8:0				_		_				
10:0		0.015		1 1		1		0.021		
12:0	-	0.157	•	1		1		0.218		
13:0	-	0.223	1	1		1		0.310		
14:0	-	0.223	,	_		1		0.310		
15:0 16:0	-	1.469	1	1		1		2.042		
17:0	-	1.403	•	-		_		2.042		
18:0	-	0.717	,	1		1		0.997		
20:0		0.717		-		-		3.331		
22:0	-									
24:0										

Fatty acids, total monounsaturated	•	Amount in 10	00 grams Numbei	ole portio	<u>n</u>		edible portion of easures of food	of common
14:1	Mean	Std. Error		 Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
15:1	g 4.8	95	0	1		6.804		
16:1 undifferentiated	-							
17:1	-							
18:1 undifferentiated 20:1		35	1	1		0.883		
20:1	•							
22:1 undifferentiated 24:1 c	-	60	1	1		5.921		
24:1 c	-							
Fatty acids, total polyunsaturated	-							
18:2 undifferentiated 18:3 undifferentiated 18:4								
18:3 undifferentiated	-		0	1		1.706		
18:4	-		1	1		1.530		
20:2 n-6 c,c	-	25	1	1		0.174		
20:3 undifferentiated	g							
	g							
20:4 undifferentiated	g							
	g							
20:5 n-3								
22:5 n-3	-							
22:6 n-3	-							
Fatty acids, total trans	-							
Cholesterol	-	1.4	17 7	1		51		
Phytosterols	mg							
amino Acids:								
Tryptophan	a 0.1	76	0	1		0.245		
Threonine			0	1		0.874		
Isoleucine	3		0	1		0.944		
Leucine	•		0	1		1.655		
Lysine	-		0	1		1.544		
Methionine	-		0	1		0.509		
Cystine	5		0	1		0.265		
Phenylalanine	5		0	1		0.881		
Tyrosine	.0		0	1		0.680		
Valine			0	1		1.049		
Arginine			0	1		1.262		
Histidine			0	1		0.680		
Alanine	g 0.41		-	1		1.188		
Aspartic acid		55	0					
Glutamic acid	g 0.8		0					
Glycine	g 0.8	91	0	1		1.794		
Proline	g 0.89 g 1.22 g 2.83	91 13	0	1 1		1.794 3.910		
Serine	g 0.88 g 1.22 g 2.88 g 0.79	91 13 95	0 0	1 1 1		1.794 3.910 1.105		
Hydroxyproline	g 0.8 g 1.2 g 2.8 g 0.7 g 0.8	91 13 95 75	0	1 1		1.794 3.910		

Common Measures:

Measure 1 = 139g: 1 sandwich

Calories Factors: Protein 4.2 Fat 8.95 Carbohydrate 3.95

Food Group: 21 Fast Foods

		<u>A</u> :	mount in 10	0 grams	of edil	ole portio	<u>n</u>		edible portion	
				Number	•			<u>m</u>	easures of food	<u> </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		95.51		1		1		197.71	99.33	
Energy	kcal	16		0	NC	4		33	17	
Energy	kj	67				4		139	70	
Protein (N x 6.25)	g	1.25		2		1		2.59	1.30	
Total lipid (fat)	g	0.07	0.04	11 3		1		0.14	0.07	
Ash	g	0.53		1		4		1.10	0.55	
Carbohydrate, by difference		3.22		2		9		6.67	3.35	
Fiber, total dietary	g									
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	mg	13		2		1		27	14	
Iron, Fe		0.63		2		1		1.30	0.66	
Magnesium, Mg		11		1		4		23	11	
Phosphorus, P	mg	39		1		1		81	41	
Potassium, K	mg	172		2		1		356	179	
Sodium, Na	-	26		2		1		54	27	
Zinc, Zn	-	0.21		1		4		0.43	0.22	
Copper, Cu		0.050		1		4		0.104	0.052	
Manganese, Mn		0.147	'	1		4		0.304	0.153	
Selenium, Se	mcg	0.4		0	RK	4		0.8	0.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	23.2		2		1		48.0	24.1	
Thiamin	mg	0.030)	2		1		0.062	0.031	
Riboflavin	mg	0.050)	2		1		0.104	0.052	
Niacin		0.550		2		1		1.139	0.572	
Pantothenic acid		0.120		1		4		0.248	0.125	
Vitamin B-6	-	0.080)	1		4		0.166	0.083	
Folate, total		37		1	_	4		77	38	
Folic acid		0		0	Z	7		0	0	
Folate, food		37 37		1 0	NC	4 4		77 77	38	
Folate, DFE		0.00		1	NC	4		0.00	38 0.00	
Vitamin B-12 Vitamin A, IU	IIICG	1136		2		1		2352	1181	
Vitamin A, RAE		57		0	NC	4		118	59	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		·		·	_	•		·	v	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	q	0.010)	1		1		0.021	0.010	
Fatty acids, total monounsaturated.	-	0.004		1		1		0.008	0.004	
Fatty acids, total polyunsaturated		0.034		1		1		0.070	0.035	
Fatty acids, total trans	-									
Cholesterol	-	0		2		1		0	0	
Phytosterols										
Amino Acids:										
Tryptophan		0.010		0		1		0.021	0.010	
Threonine	-	0.050		0		1		0.104	0.052	
Isoleucine	_	0.066		0		1		0.137	0.069	
Leucine		0.068		0		1		0.141	0.071	
Lysine		0.069		0		1		0.143	0.072	
Methionine		0.014		0		1		0.029	0.015	
Cystine	g	0.014	ŀ	0		1		0.029	0.015	

	Amount i	n 100 grams of e	dible portion	Amount in	Amount in edible portion of common		
Nutrients and Units	Mean Std. E	Number of Data Der rror Points Cod	iv Source Confidence de Code Code		easures of food Measure 2	Measure 3	
Phenylalanineg	0.046	0	1	0.095	0.048		
Tyrosineg	0.027	0	1	0.056	0.028		
Valineg	0.059	0	1	0.122	0.061		
Arginineg	0.065	0	1	0.135	0.068		
Histidineg	0.022	0	1	0.046	0.023		
Alanineg	0.050	0	1	0.104	0.052		
Aspartic acidg	0.137	0	1	0.284	0.142		
Glutamic acidg	0.228	0	1	0.472	0.237		
Glycineg	0.046	0	1	0.095	0.048		
Prolineg	0.073	0	1	0.151	0.076		
Serineg	0.044	0	1	0.091	0.046		
Hydroxyprolineg							

Common Measures:

Measure 1 = 207g: 1.5 cup Measure 2 = 104g: .75 cup

Calories Factors: Protein 2.47 Fat 8.35 Carbohydrate 3.67

Food Group: 21 Fast Foods

NDB No. 21053 Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg

		<u>Aı</u>	mount in 10	00 grams	of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
				Numbe	r			<u>m</u>	easures of food	<u>1</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Units		Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	90.46		1		4		196.30		
Energy	kcal	47		0	NC	4		102		
Energy	kj	197				4		427		
Protein (N x 6.31)	g	4.04	1.0	10 3		1		8.77		
Total lipid (fat)	g	2.67	0.3			1		5.79		
Ash		0.76		1		4		1.65		
Carbohydrate, by difference		2.19		2		9		4.75		
Fiber, total dietary										
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	mg	46		2		1		100		
Iron, Fe		0.31		2		1		0.67		
Magnesium, Mg		11		1		4		24		
Phosphorus, P		61		1		4		132		
Potassium, K		171	11.0	1		4		371		
Sodium, Na	-	55 0. 4 6	11.0	50 3 1		1 4		119 1.00		
Zinc, Zn Copper, Cu		0.46		1		4		0.089		
Manganese, Mn		0.126		1		4		0.273		
Selenium, Se		3.4		0	RK	4		7.4		
	0									
Vitamins:				•		_				
Vitamin C, total ascorbic acid	-	4.5 0.040		2 2		1 1		9.8 0.087		
ThiaminRiboflavin		0.040		2		1		0.087		
Niacin	_	0.450		2		1		0.174		
Pantothenic acid		0.240		1		4		0.521		
Vitamin B-6	-	0.050		1		4		0.109		
Folate, total	_	39		1		4		85		
Folic acid		0		0	z	7		0		
Folate, food		39		1		4		85		
Folate, DFE	mcg_DFE	39		0	NC	4		85		
Vitamin B-12		0.14		1		4		0.30		
Vitamin A, IU	IU	379		2		1		822		
Vitamin A, RAE		48		0	NC	4		103		
Retinol		34		0	NC	4		74		
Vitamin E (alpha-tocopherol) Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	a	1.371		1		1		2.975		
Fatty acids, total monounsaturated		0.810		1		1		1.758		
Fatty acids, total polyunsaturated		0.219		1		1		0.475		
Fatty acids, total trans										
Cholesterol	mg	45		2		1		98		
Phytosterols	_. mg									
Amino Acids:										
Tryptophan	g	0.047	,	0		1		0.102		
Threonine		0.157		0		1		0.341		
Isoleucine		0.230)	0		1		0.499		
Leucine	g	0.318	:	0		1		0.690		
Lysine		0.276		0		1		0.599		
Methionine		0.092		0		1		0.200		
Cystine	g	0.047	,	0		1		0.102		

NDB No. 21053

Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg

	Amoun	t in 100 grams	of edible portio	<u>on</u>	Amount in edible portion of common		
Nutrients and Units	Mean Std.	Number of Data Error Points	Deriv Source Code Code	Confidence Code	measure 1	easures of food Measure 2	Measure 3
Phenylalanineg	0.191	0	1		0.414		
Tyrosineg	0.152	0	1		0.330		
Valineg	0.243	0	1		0.527		
Arginineg	0.185	0	1		0.401		
Histidineg	0.104	0	1		0.226		
Alanineg	0.153	0	1		0.332		
Aspartic acidg	0.337	0	1		0.731		
Glutamic acidg	0.760	0	1		1.649		
Glycineg	0.106	0	1		0.230		
Prolineg	0.272	0	1		0.590		
Serineg	0.215	0	1		0.467		
Hydroxyprolineg							

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

Common Measures:

Measure 1 = 217g: 1.5 cup

Calories Factors: Protein 3.87 Fat 8.82 Carbohydrate 3.62

Food Group: 21 Fast Foods

		<u>A</u> :	mount in 10	00 grams	of edib	ole portic	<u>on</u>	Amount in	edible portion	of common
				Number	-			<u>m</u>	easures of food	<u>l</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Units		Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
D										
Proximates: Water	q	87.05		1		4		189.77		
Energy	-	48		0	NC	4		105		
Energy		201				4		438		
Protein (N x 6.25)		8.00		1		1		17.44		
Total lipid (fat)		1.00		1		1		2.18		
Ash	g	0.70		1		4		1.53		
Carbohydrate, by difference	g	1.71		0	NC	4		3.73		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	17		1		1		37		
Iron, Fe	-	0.50		1		1		1.09		
Magnesium, Mg		15		1		4		33		
Phosphorus, P	mg	78		1		4		170		
Potassium, K	mg	205		1		4		447		
Sodium, Na	-	96		1		1		209		
Zinc, Zn		0.41		1		4		0.89		
Copper, Cu		0.043		1		4		0.094		
Manganese, Mn		0.114	l	1		4		0.249		
Selenium, Se	mcg	7.1		0	RK	4		15.5		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	8.0		1		1		17.4		
Thiamin	mg	0.050)	1		1		0.109		
Riboflavin	-	0.060)	1		1		0.131		
Niacin		2.700		1		1		5.886		
Pantothenic acid	-	0.270		1		4		0.589		
Vitamin B-6	-	0.200)	1		4		0.436		
Folate, total		31		1	_	4		68		
Folic acid		0		0	Z	7		0		
Folate, food		31 31		1 0	170	4 4		68 68		
Folate, DFE		0.09		1	NC	4		0.20		
Vitamin B-12 Vitamin A, IU		429		1		1		935		
Vitamin A, RAE	mca RAF	24		0	NC	4		52		
Retinol		3		0	NC	4		7		
Vitamin E (alpha-tocopherol)		•		·	2.0	-		•		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.265	5	1		1		0.578		
Fatty acids, total monounsaturated		0.311	L	1		1		0.678		
Fatty acids, total polyunsaturated		0.255	5	1		1		0.556		
Fatty acids, total trans	g									
Cholesterol	-	33		1		1		72		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.091	L	0		1		0.198		
Threonine	g	0.337	1	0		1		0.735		
Isoleucine	g	0.424	l	0		1		0.924		
Leucine	g	0.589)	0		1		1.284		
Lysine		0.663		0		1		1.445		
Methionine	g	0.211		0		1		0.460		
Cystine	g	0.102	2	0		1		0.222		

	Amou	unt in 100 grams	of edible portion	<u>on</u>	Amount in edible portion of common		
Nutrients and Units	Mean Ste	Number of Data d. Error Points	Deriv Source	Confidence Code	measure 1	easures of food Measure 2	Measure 3
Phenylalanineg	0.316	0	1		0.689		
Tyrosineg	0.264	0	1		0.576		
Valineg	0.396	0	1		0.863		
Arginineg	0.475	0	1		1.036		
Histidineg	0.239	0	1		0.521		
Alanineg	0.428	0	1		0.933		
Aspartic acidg	0.732	0	1		1.596		
Glutamic acidg	1.208	0	1		2.633		
Glycineg	0.388	0	1		0.846		
Prolineg	0.325	0	1		0.709		
Serineg	0.273	0	1		0.595		
Hydroxyprolineg							

Common Measures:

Measure 1 = 218g: 1.5 cup

Calories Factors: Protein 4.16 Fat 8.97 Carbohydrate 3.59

Food Group: 21 Fast Foods

NDB No. 21055 Fast foods, salad, vegetable, tossed, without dressing, with pasta and seafood

		<u>Aı</u>	mount in 10	00 grams	of edib	ole portio	<u>on</u>		edible portion	
				Number				<u>m</u>	easures of food	<u>l</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Units		Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	80.37		1		4		335.14		
Energy	kcal	91		0	NC	4		379		
Energy	kj	381				4		1588		
Protein (N x 6.16)		3.94		1		1		16.43		
Total lipid (fat)	=	5.00		1		1		20.85		
Ash		1.12		1		4		4.67		
Carbohydrate, by difference		7.67		0	NC	4		31.98		
Fiber, total dietary										
Sugars, total										
Starch	9									
Minerals:										
Calcium, Ca	mg	17		1		4		71		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.76		1		4		3.17		
Magnesium, Mg	-	12		1		4		50		
Phosphorus, P		49		1		4		204		
Potassium, K		144		1		4		600		
Sodium, Na	_	377		1		1		1572		
Zinc, Zn		0.40		1		4		1.67		
Copper, Cu		0.087		1 1		4 4		0.363		
Manganese, Mn		0.160 10.7	•	0	RK	4		0.667 44.6		
Selenium, Se	Ilicy	10.7		U	KK	4		44.0		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	9.2		1		4		38.4		
Thiamin		0.070)	1		4		0.292		
Riboflavin	mg	0.050)	1		4		0.209		
Niacin	-	0.850		1		4		3.545		
Pantothenic acid	-	0.090		1		4		0.375		
Vitamin B-6	-	0.080)	1		4		0.334		
Folate, total		45		0	RK	4		188		
Folic acid		21		0	NC	4		88		
Folate, food		24 60		0	NC	4 4		100 249		
Folate, DFEVitamin B-12		0.41		1	NC	4		1.71		
Vitamin A, IU		1498		1		4		6247		
Vitamin A, RAE	mca RAF	76		0	NC	4		315		
Retinol		1		0	NC	4		4		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.616	i	1		1		2.569		
Fatty acids, total monounsaturated		1.156		1		1		4.821		
Fatty acids, total polyunsaturated		2.178		1		1		9.082		
Fatty acids, total trans										
Cholesterol		12		1		1		50		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.046	i	0		1		0.192		
Threonine		0.147		0		1		0.613		
Isoleucine		0.179		0		1		0.746		
Leucine	g	0.287		0		1		1.197		
Lysine	g	0.254		0		1		1.059		
Methionine	g	0.088		0		1		0.367		
Cystine	g	0.061		0		1		0.254		

NDB No. 21055

Fast foods, salad, vegetable, tossed, without dressing, with pasta and seafood

	Amount in	100 grams of ed	lible portion	Amount in edible portion of common		
Nutrients and Units	Mean Std. En	Number of Data Deri or Points Code	v Source Confidence e Code Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Phenylalanine 9 Tyrosine 9 Valine 9 Arginine 9 Histidine 9 Alanine 9 Aspartic acid 9 Glutamic acid 9 Glycine 9	0.165 0.118 0.187 0.224 0.092 0.186 0.337 0.829 0.172	0 0 0 0 0 0 0	1 1 1 1 1 1 1 1	0.688 0.492 0.780 0.934 0.384 0.776 1.405 3.457		
Proline 9 Serine 9 Hydroxyproline 9	0.224 0.161	0	1	0.934 0.671		

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

Common Measures:

Measure 1 = 417g: 1.5 cup

Calories Factors: Protein 4.15 Fat 8.8 Carbohydrate 4

Food Group: 21 Fast Foods

		<u>Aı</u>	mount in 10	00 grams	of edil	ole portio	<u>n</u>		edible portion	
				Number	•			<u>m</u>	easures of food	<u>[</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Units	5	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	_	89.10		1		1		210.28		
Energy	kcal	45		0	NC	4		106		
Energy	kj	188				4		444		
Protein (N x 6.25)	g	6.15		2		1		14.51		
Total lipid (fat)	g	1.05		2		1		2.48		
Ash	g	0.90		1		1		2.12		
Carbohydrate, by difference	g	2.80		0	NC	4		6.61		
Fiber, total dietary	g									
Sugars, total										
Starch										
<u>Minerals:</u>		_								
Calcium, Ca	_	25		2		1		59		
Iron, Fe		0.38		2		1		0.90		
Magnesium, Mg		16		1		1		38		
Phosphorus, P	-	68		1		1		160		
Potassium, K		171		1		1		404		
Sodium, Na	_	207		2		1		489		
Zinc, Zn	-	0.54		1		1		1.27		
Copper, Cu		0.068		1		1		0.160		
Manganese, Mn		0.060)	1		4		0.142		
Selenium, Se	mcg	16.2		0	RK	4		38.2		
Vitamins:										
Vitamin C, total ascorbic acid	ma	3.9		2		1		9.2		
Thiamin	-	0.050	1	2		1		0.118		
Riboflavin	-	0.070		2		1		0.165		
Niacin		0.490		2		1		1.156		
Pantothenic acid	-	0.210		1		1		0.496		
Vitamin B-6	_	0.060		1		1		0.142		
Folate, total		37		1		1		87		
Folic acid		0		0	z	7		0		
Folate, food		37		1	_	1		87		
Folate, DFE		37		0	NC	4		87		
Vitamin B-12		1.60		1	-1.0	1		3.78		
Vitamin A, IU		335		2		1		791		
Vitamin A, RAE		17		0	NC	4		40		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)		· ·		·	_	•		·		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
	J									
<u> Lipids:</u>										
Fatty acids, total saturated		0.276		1		1		0.651		
Fatty acids, total monounsaturated		0.348		1		1		0.821		
Fatty acids, total polyunsaturated		0.205	i	1		1		0.484		
Fatty acids, total trans	_									
Cholesterol	-	76		2		1		179		
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.084		0		1		0.198		
Threonine		0.256		0		1		0.604		
Isoleucine		0.230		0		1		0.734		
Leucine	_	0.311		0		1		1.123		
Lysine		0.487		0		1		1.149		
Methionine		0.487		0		1		0.392		
INICHIIOHIIIC	g g	0.186		0		1		0.198		

	Amount	in 100 grams of ed	ible portion	Amount in edible portion of common		
Nutrients and Units	Mean Std. E	Number of Data Deriv rror Points Code	Source Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Phenylalanineg	0.270	0	1	0.637		
Tyrosineg	0.206	0	1	0.486		
Valineg	0.314	0	1	0.741		
Arginineg	0.479	0	1	1.130		
Histidineg	0.126	0	1	0.297		
Alanineg	0.337	0	1	0.795		
Aspartic acidg	0.635	0	1	1.499		
Glutamic acidg	1.028	0	1	2.426		
Glycineg	0.321	0	1	0.758		
Prolineg	0.207	0	1	0.489		
Serineg	0.277	0	1	0.654		
Hydroxyprolineg						

Common Measures:

Measure 1 = 236g: 1.5 cup

Calories Factors: Protein 4.18 Fat 8.92 Carbohydrate 3.7

Food Group: 21 Fast Foods

NDB No. 21057 Fast foods, salad, vegetables tossed, without dressing, with turkey, ham and cheese

		<u>A</u>	mount in 10	00 grams	of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
				Numbe	r			m	easures of food	<u>1</u>
						Source	Confidence			
Nutrients and Units	;	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	82.45		1		4		268.79		
Energy	_	82		0	NC	4		267		
Energy		343		·	-1.0	4		1118		
Protein (N x 6.28)		7.98	0.6	27 3		1		26.01		
Total lipid (fat)		4.93	0.0			1		16.07		
Ash		1.29	0.0	1		4		4.21		
Carbohydrate, by difference		1.45		2		9		4.73		
Fiber, total dietary										
Sugars, total										
Starch										
	5									
Minerals:										
Calcium, Ca	-	72		2		1		235		
Iron, Fe	_	0.60		2		1		1.96		
Magnesium, Mg		15		1		4		49		
Phosphorus, P	_	123		1		4		401		
Potassium, K		123		1		1		401		
Sodium, Na		228	45.5			1		743		
Zinc, Zn		0.96		1		4		3.13		
Copper, Cu		0.051		1		4		0.166		
Manganese, Mn		0.110)	1		4		0.359		
Selenium, Se	mcg	11.3		0	RK	4		36.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	5.0		2		1		16.3		
Thiamin	mg	0.120)	2		1		0.391		
Riboflavin	mg	0.120)	2		1		0.391		
Niacin	mg	1.830)	2		1		5.966		
Pantothenic acid	mg	0.280)	1		4		0.913		
Vitamin B-6	mg	0.130)	1		4		0.424		
Folate, total	mcg	31		1		4		101		
Folic acid		0		0	Z	7		0		
Folate, food	mcg	31		1		4		101		
Folate, DFE	mcg_DFE	31		0	NC	4		101		
Vitamin B-12	mcg	0.26		1		4		0.85		
Vitamin A, IU		323		2		1		1053		
Vitamin A, RAE	mcg_RAE	45		0	NC	4		145		
Retinol	mcg	34		0	NC	4		111		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	<u>mcg</u>									
Lipids:										
Fatty acids, total saturated	g	2.508	3	1		1		8.176		
Fatty acids, total monounsaturated		1.585	5	1		1		5.167		
Fatty acids, total polyunsaturated		0.443	3	1		1		1.444		
Fatty acids, total trans										
Cholesterol		43	7.1	91 3		1		140		
Phytosterols										
Amino Acids:										
Tryptophan	g	0.093	3	0		1		0.303		
Threonine		0.329		0		1		1.073		
Isoleucine	-	0.412		0		1		1.343		
Leucine	_	0.641		0		1		2.090		
Lysine		0.657		0		1		2.142		
Methionine		0.207		0		1		0.675		
Cystine		0.088		0		1		0.287		

NDB No. 21057

Fast foods, salad, vegetables tossed, without dressing, with turkey, ham and cheese

	<u>Amount</u>	in 100 grams of ed	dible portion	Amount in edible portion of common				
		Number		<u>m</u>	measures of food			
Nutrients and Units	Mean Std. I	of Data Deri Error Points Cod	v Source Confidence e Code Code	Measure 1	Measure 2	Measure 3		
Phenylalanineg	0.348	0	1	1.134				
Tyrosine	0.303 0.426	0	1	0.988 1.389				
Arginine	0.456 0.248 0.397	0	1 1	1.487 0.808 1.294				
Aspartic acid	0.698	0	1 1	2.275 4.629				
Glycine	0.314 0.456	0 0	1 1	1.024 1.487				
Serine	0.375	0	1	1.223				

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

Common Measures:

Measure 1 = 326g: 1.5 cup

Calories Factors: Protein 4.15 Fat 8.85 Carbohydrate 3.62

Food Group: 21 Fast Foods

		<u>A</u> 1	mount in 100 g	rams	of edit	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber				<u>m</u>	easures of food	<u>l</u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	48.01	1.799	3		1		69.13			
Energy	kcal	268		0	NC	4		386			
Energy	kj	1121				4		1615			
Protein (N x 6.21)	g	10.94	0.754	4		1		15.75			
Total lipid (fat)	g	13.47	1.096	4		1		19.40			
Ash	g	0.85		1		1		1.22			
Carbohydrate, by difference	g	26.73		0	NC	4		38.49			
Fiber, total dietary	g										
Sugars, total	g										
Starch	g										
Minerals:											
Calcium, Ca	ma	13	1.165	3		1		19			
Iron. Fe.	-	1.42	0.280	3		1		2.04			
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	22	3.575	3		1		32			
Phosphorus, P		203	18.030	3		1		292			
Potassium, K	-	204		2		1		294			
Sodium, Na	-	638	128.292	3		1		919			
Zinc, Zn		0.75	0.165	3		1		1.08			
Copper, Cu	mg	0.150	0.085	3		1		0.216			
Manganese, Mn	mg	0.207	0.083	3		1		0.298			
Selenium, Se	mcg	27.0		0	BFZN	4		38.9			
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		1		1		0.0			
Thiamin	-	0.140)	1		1		0.202			
Riboflavin	-	0.590		1		1		0.850			
Niacin		0.000		1		1		0.000			
Pantothenic acid		0.350		1		1		0.504			
Vitamin B-6	-	0.050)	1		1		0.072			
Folate, total	-	37		0	BFZN	4		53			
Folic acid		9		0	NC	4		13			
Folate, food		28		1		1		40			
Folate, DFE		43		0	NC	4		62			
Vitamin B-12		0.30		1		1		0.43			
Vitamin A, IU	IU	96		1		4		138			
Vitamin A, RAE	mcg_RAE	29		0	NC	4		42			
Retinol	mcg	29		0	NC	4		42			
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	fileg										
<u>Lipids:</u>											
Fatty acids, total saturated	g	3.391	L	0		1		4.883			
4:0	g										
6:0	_										
8:0											
10:0											
12:0											
13:0	-			_		_					
14:0	-	0.040)	1		1		0.058			
15:0	-	<u> </u>		_		_					
16:0		1.739	•	1		1		2.504			
17:0	-			_		_					
18:0	-	1.612	2	1		1		2.321			
20:0	-										
22:0	g g										

		<u>Ar</u>	nount in 10	00 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common		
				Number				<u>m</u>	easures of food	
Nutrients and Uni	ts	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	8.718		0		1		12.554		
14:1										
15:1	g									
16:1 undifferentiated	g	0.202		1		1		0.291		
17:1	g									
18:1 undifferentiated	g	8.517		1		1		12.264		
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.420		0		1		0.605		
18:2 undifferentiated	g	0.284		1		1		0.409		
18:3 undifferentiated	g	0.135		1		1		0.194		
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3										
Fatty acids, total trans	-									
Cholesterol	-	75		1		4		108		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.129		0		1		0.186		
Threonine		0.423		0		1		0.609		
Isoleucine		0.468		0		1		0.674		
Leucine	_	0.770		0		1		1.109		
Lysine	-	0.636		0		1		0.916		
Methionine		0.238		0		1		0.343		
Cystine	-	0.174		0		1		0.251		
Phenylalanine		0.453		0		1		0.652		
Tyrosine		0.343		0		1		0.494		
Valine	_	0.502		0		1		0.723		
Arginine	-	0.671		0		1		0.966		
Histidine		0.220		0		1		0.317		
Alanine		0.562		0		1		0.809		
Aspartic acid	-	0.880		0		1		1.267		
Glutamic acid	-	2.027		0		1		2.919		
Glycine		0.553		0		1		0.796		
Proline	_	0.653		0		1		0.940		
Serine		0.535		0		1		0.770		
Hydroxyproline	-									

Common Measures:

Measure 1 = 144g: 6 pieces

Calories Factors: Protein 4.22 Fat 8.82 Carbohydrate 3.86

Food Group: 21 Fast Foods

		<u>Aı</u>	mount in 100 g	grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common		
				umber				<u>m</u>	easures of food	<u> </u>
Nutrients and Un	its	Mean	of Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure :
Proximates:										
Water	g	47.82	2.779	9		1		78.42		
Energy	kcal	277		0	NC	4		454		
Energy	kj	1159				4		1901		
Protein (N x 6.22)	g	11.51	0.971	11		1		18.88		
Total lipid (fat)	g	15.18	1.120	10		1		24.90		
Ash	g	1.10		1		1		1.80		
Carbohydrate, by difference	g	24.39		0	NC	4		40.00		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minopole										
Minerals: Calcium, Ca	ma	51	6.993	9		1		84		
Iron, Fe	_	1.80	0.380	9		1		2.95		
Magnesium, Mg		24	2.098	9		1		39		
Phosphorus, P		210	50.814	9		1		344		
Potassium, K		112	11.935	8		1		184		
Sodium, Na		882	121.764	9		1		1446		
Zinc, Zn		0.74	0.080	9		1		1.21		
Copper, Cu		0.088	0.011	9		1		0.144		
Manganese, Mn		0.203	0.046	9		1		0.333		
Selenium, Se		41.7		40	A	1		68.4		
¥7:4										
Vitamins:		0.0						0.0		
Vitamin C, total ascorbic acid	-	0.0		1 1		1 1		0.0		
Thiamin		0.130 0.550		1		1		0.213 0.902		
Riboflavin		0.000		1		1		0.902		
Niacin		0.000		1		1		0.476		
Pantothenic acid Vitamin B-6	_	0.290		1		1		0.476		
Folate, total	-	61	,	0	RA	4		100		
Folic acid		32		0	RA RA	4		52		
Folate, food		29		0	NC	4		48		
Folate, DFE		83		0	NC	4		137		
Vitamin B-12		0.09		1	NC	1		0.15		
Vitamin A, IU	III	73		1		4		120		
Vitamin A, RAE		22		0	NC	4		36		
Retinol		22		0	NC	4		36		
Vitamin E (alpha-tocopherol)				·	2.0	-				
Tocopherol, beta	• • • • • • • • • • • • • • • • • • • •									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Tinida.										
Lipids:	0	3.280		0		1		5.379		
Fatty acids, total saturated		3.200	•	U		_		3.379		
6:0	-									
8:0										
10:0										
12:0										
13:0										
14:0		0.063	3	1		1		0.103		
15:0										
16:0		1.628	1	1		1		2.670		
17:0										
18:0	-	1.588	3	1		1		2.604		
20:0	-									
22:0	-									
24:0	-									

		<u>Ar</u>	nount in 10	00 grams Number		ole portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	ts	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure :	
Fatty acids, total monounsaturated	g	10.597		0		1		17.379			
14:1	g										
15:1	-										
16:1 undifferentiated	g	0.310		1		1		0.508			
17:1	g										
18:1 undifferentiated	g	10.286		1		1		16.869			
20:1	g										
22:1 undifferentiated	g										
24:1 c	g										
Fatty acids, total polyunsaturated	g	0.393		0		1		0.645			
18:2 undifferentiated	g	0.368		1		1		0.604			
18:3 undifferentiated	g	0.026		1		1		0.043			
18:4	g										
20:2 n-6 c,c	g										
20:3 undifferentiated	g										
20:4 undifferentiated	g										
20:5 n-3	g										
22:5 n-3	g										
22:6 n-3	g										
Fatty acids, total trans	g										
Cholesterol	mg	122		1		4		200			
Phytosterols	mg										
amino Acids:											
Tryptophan	a	0.154		0		1		0.253			
Threonine		0.134		0		1		0.707			
Isoleucine	-	0.529		0		1		0.868			
		0.874		0		1		1.433			
Leucine	_	0.874		0		1		1.433			
Lysine	-	0.774		0		1		0.477			
Methionine		0.291		0		1		0.477			
Cystine		0.167		0		1		0.274			
Phenylalanine				0		1					
Tyrosine		0.370		0		1		0.607			
Valine	-	0.550						0.902			
Arginine		0.822		0		1 1		1.348			
Histidine		0.239		0		1		0.392			
Alanine		0.572		0		1		0.938			
Aspartic acid		0.992		-		_		1.627			
Glutamic acid	-	2.326		0		1 1		3.815			
Glycine		0.579		0				0.950			
Proline		0.611		0		1		1.002			
Serine		0.520		0		1		0.853			
Hydroxyproline	g										

Common Measures:

Measure 1 = 164g: 1 6-8 shrimp

Calories Factors: Protein 4.23 Fat 8.89 Carbohydrate 3.83

Food Group: 21 Fast Foods

		<u>A</u> :	mount in 10	0 gram	s of edil	ole portic	<u>on</u>	Amount in edible portion of common		
				Numbe	r			<u>m</u>	easures of food	<u>i</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Units		Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	57.80	0.2	36 15		1		131.78		
Energy	kcal	200		0		1		456		
Energy	kj	837				1		1908		
Protein (N x 6.09)	g	9.58	0.7	50 15		1		21.84		
Total lipid (fat)	g	8.17	0.3	74 15		1		18.63		
Ash		2.07	0.1			1		4.72		
Carbohydrate, by difference		22.39		0	NC	4		51.05		
Fiber, total dietary										
Sugars, total										
Starch	9									
Minerals:										
Calcium, Ca	mg	83	12.0			1		189		
Iron, Fe	_	1.10	0.0			1		2.51		
Magnesium, Mg		30	2.5			1		68		
Phosphorus, P		126	11.1			1		287		
Potassium, K		173 724	11.4 91.4			1 1		394 1651		
Sodium, NaZinc, Zn	-	1.13	0.1			1		2.58		
Copper, Cu		0.133				1		0.303		
Manganese, Mn		0.233				1		0.531		
Selenium, Se		13.5		0	RK	4		30.8		
Vitamins:	ma	5.4		1		4		12.3		
Vitamin C, total ascorbic acid Thiamin	-	0.440	,	1		1		1.003		
Riboflavin		0.350		1		1		0.798		
Niacin	-	2.410		1		4		5.495		
Pantothenic acid	_	0.390		1		4		0.889		
Vitamin B-6	mg	0.060)	1		1		0.137		
Folate, total	mcg	38		0	RK	4		87		
Folic acid	mcg	14		0	NC	4		32		
Folate, food		24		0		4		55		
Folate, DFE		48		0	NC	4		109		
Vitamin B-12		0.48		1		4		1.09		
Vitamin A, IU	IU	186		1	***	4		424		
Vitamin A, RAERetinol		31 26		0	NC NC	4 4		71 59		
Vitamin E (alpha-tocopherol)		26		U	NC	4		39		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.986	5	1		1		6.808		
Fatty acids, total monounsaturated		3.608	3	1		1		8.226		
Fatty acids, total polyunsaturated		1.001	-	1		1		2.282		
Fatty acids, total trans	g									
Cholesterol	_	16		1		4		36		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.109)	0		1		0.249		
Threonine		0.326	i	0		1		0.743		
Isoleucine	g	0.396		0		1		0.903		
Leucine		0.697		0		1		1.589		
Lysine		0.565		0		1		1.288		
Methionine		0.192		0		1		0.438		
Cystine	g	0.126	Ď	0		1		0.287		

		<u>Ar</u>	nount in 10	0 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common		
Nutrients and	Units	Mean	Std. Error		Deriv		Confidence Code	<u>mo</u> Measure 1	Measure 2	Measure 3
Phenylalanine	g	0.433		0		1		0.987		
Tyrosine	g	0.329		0		1		0.750		
Valine	g	0.481		0		1		1.097		
Arginine	g	0.445		0		1		1.015		
Histidine	g	0.272		0		1		0.620		
Alanine	g	0.379		0		1		0.864		
Aspartic acid	g	0.640		0		1		1.459		
Glutamic acid	g	2.327		0		1		5.306		
Glycine	g	0.387		0		1		0.882		
Proline	g	0.839		0		1		1.913		
Serine	g	0.455		0		1		1.037		
Hydroxyproline	g									

Common Measures:

Measure 1 = 228g: 1 submarine

Calories Factors: Protein 4.12 Fat 8.85 Carbohydrate 3.94

Food Group: 21 Fast Foods

		<u>Aı</u>	mount in 100	grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common			
			N	umbei	r			<u>m</u>	easures of food	_	
			o	f Data	Deriv	Source	Confidence				
Nutrients and Unit	s	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	58.97	1.494	15		1		127.38			
Energy	kcal	190		0		1		410			
Energy	kj	795				1		1717			
Protein (N x 6.17)	g	13.26	0.896	15		1		28.64			
Total lipid (fat)	g	6.00	1.112	15		1		12.96			
Ash		1.27	0.029	15		1		2.74			
Carbohydrate, by difference	g	20.51		0	NC	4		44.30			
Fiber, total dietary	g										
Sugars, total	g										
Starch	g										
Minerals:											
Calcium, Ca	ma	19	1.091	15		1		41			
Iron, Fe	-	1.30	0.144			1		2.81			
Magnesium, Mg	-	31	3.642			1		67			
Phosphorus, P		89	6.035			1		192			
Potassium, K		153	18.396			1		330			
Sodium, Na		391	37.697	15		1		845			
Zinc, Zn	mg	2.03	0.089	15		1		4.38			
Copper, Cu	mg	0.167	0.013	15		1		0.361			
Manganese, Mn	mg	0.200	0.000			1		0.432			
Selenium, Se	mcg	11.9		0	RK	4		25.7			
Vitamins:											
Vitamin C, total ascorbic acid	ma	2.6		1		4		5.6			
Thiamin	-	0.190	1	1		4		0.410			
Riboflavin		0.190		1		4		0.410			
Niacin	_	2.760		1		4		5.962			
Pantothenic acid	-	0.360		1		4		0.778			
Vitamin B-6	-	0.150)	1		4		0.324			
Folate, total		33		0	RK	4		71			
Folic acid		12		0	NC	4		26			
Folate, food	mcg	21		0		4		45			
Folate, DFE	mcg_DFE	41		0	NC	4		89			
Vitamin B-12	mcg	0.84		1		4		1.81			
Vitamin A, IU	IU	191		1		4		413			
Vitamin A, RAE		14		0	NC	4		29			
Retinol	mcg	5		0	NC	4		11			
Vitamin E (alpha-tocopherol)	-										
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	Illeg										
<u>Lipids:</u>											
Fatty acids, total saturated	g	3.281		1		1		7.087			
Fatty acids, total monounsaturated	g	0.850	1	1		1		1.836			
Fatty acids, total polyunsaturated		1.209	1	1		1		2.611			
Fatty acids, total trans	-										
Cholesterol	-	34		1		4		73			
Phytosterols	mg										
Amino Acids:											
Tryptophan	q	0.150	1	0		1		0.324			
Threonine		0.531		0		1		1.147			
Isoleucine	-	0.578		0		1		1.248			
Leucine	-	1.008		0		1		2.177			
Lysine		0.916		0		1		1.979			
Methionine		0.305		0		1		0.659			
Cystine		0.168		0		1		0.363			

	Amount in 100 grams of edible portion								
Nutrients and Units	Mean Std. E	Number of Data Deri rror Points Cod	v Source Confidence e Code Code		easures of food Measure 2	Measure 3			
Phenylalanineg	0.546	0	1	1.179					
Tyrosineg	0.411	0	1	0.888					
Valineg	0.645	0	1	1.393					
Arginineg	0.759	0	1	1.639					
Histidineg	0.408	0	1	0.881					
Alanineg	0.716	0	1	1.547					
Aspartic acidg	1.092	0	1	2.359					
Glutamic acidg	2.502	0	1	5.404					
Glycineg	0.666	0	1	1.439					
Prolineg	0.774	0	1	1.672					
Serineg	0.544	0	1	1.175					
Hydroxyprolineg									

Common Measures:

Measure 1 = 216g: 1 submarine

Calories Factors: Protein 4.2 Fat 8.95 Carbohydrate 3.95

Food Group: 21 Fast Foods

		<u>A</u> 1	mount in 100			ole portio	<u>n</u>	Amount in edible portion of common		
			N	umbe	r			<u>m</u>	easures of food	<u> </u>
			0	f Data	Deriv	Source	Confidence			
Nutrients and Units	3	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	-	54.31	1.174	17		1		139.03		
Energy		228		0		1		584		
Energy		954				1		2442		
Protein (N x 6.05)		11.60	0.674			1		29.70		
Total lipid (fat)		10.93	0.510	15		1		27.98		
Ash		1.53	0.045			1		3.92		
Carbohydrate, by difference		21.63		0	NC	4		55.37		
Fiber, total dietary										
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	mg	29	1.630	15		1		74		
Iron, Fe	-	1.03	0.111			1		2.64		
Magnesium, Mg	-	31	3.634	15		1		79		
Phosphorus, P	-	86	2.845	15		1		220		
Potassium, K	mg	131	16.641	15		1		335		
Sodium, Na	mg	505	28.566	15		1		1293		
Zinc, Zn	_. mg	0.73	0.023	15		1		1.87		
Copper, Cu	mg	0.167	0.013	15		1		0.428		
Manganese, Mn		0.200	0.000			1		0.512		
Selenium, Se	mcg	23.5		0	RK	4		60.2		
Vitamins:										
Vitamin C, total ascorbic acid	ma	1.4		1		4		3.6		
Thiamin	-	0.180	1	1		4		0.461		
Riboflavin	-	0.130		1		4		0.333		
Niacin		4.430		1		4		11.341		
Pantothenic acid	-	0.730		1		1		1.869		
Vitamin B-6	-	0.090		1		1		0.230		
Folate, total	-	40		0	RK	4		102		
Folic acid		18		0	NC	4		46		
Folate, food		22		0		4		56		
Folate, DFE		53		0	NC	4		135		
Vitamin B-12		0.63		1		1		1.61		
Vitamin A, IU		73		1		4		187		
Vitamin A, RAE		18		0	NC	4		46		
Retinol		17		0	NC	4		44		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	a	2.082	,	1		1		5.330		
Fatty acids, total monounsaturated		5.235		1		1		13.402		
Fatty acids, total polyunsaturated		2.850		1		1		7.296		
Fatty acids, total trans				-		-				
Cholesterol	-	19		1		4		49		
Phytosterols	-			_		-		 -		
,										
Amino Acids:	_			_		_				
Tryptophan		0.134		0		1		0.343		
Threonine		0.462		0		1		1.183		
Isoleucine	-	0.521		0		1		1.334		
Leucine		0.907		0		1		2.322		
Lysine		0.842		0		1		2.156		
Methionine		0.295		0		1		0.755		
Cystine	g	0.150)	0		1		0.384		

	Amount in 100 grams of edible portion									
Nutrients and Units	Mean Std. Er	Number of Data Deriv ror Points Code	Source Confidence Code Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3				
Phenylalanine 9 Tyrosine 9 Valine 9 Arginine 9 Histidine 9 Alanine 9 Aspartic acid 9 Glutamic acid 9 Glycine 9 Proline 9 Serine 9	0.495 0.359 0.596 0.633 0.314 0.619 1.022 2.324 0.531 0.669 0.512	0 0 0 0 0 0 0 0	1 1 1 1 1 1 1 1 1	1.267 0.919 1.526 1.620 0.804 1.585 2.616 5.949 1.359 1.713						

Common Measures:

Measure 1 = 256g: 1 submarine

Calories Factors: Protein 4.09 Fat 8.74 Carbohydrate 3.93

Food Group: 21 Fast Foods

		A	mount in 10	<u>0 grams</u>	of edit	<u>n</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food	<u>[</u>
Nutrients and Unit	:s	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	56.50		1		1		87.58		
Energy	kcal	196		0	NC	4		304		
Energy		820				4		1271		
Protein (N x 6.38)	g	4.71		2		1		7.30		
Total lipid (fat)		5.98		2		1		9.27		
Ash		1.00		1		1		1.55		
Carbohydrate, by difference		31.81		0	NC	4		49.31		
Fiber, total dietary	g	0.0		0		4		0.0		
Sugars, total.										
Starch										
Minerals:	ma	100						100		
Calcium, Ca	_	122 0.14		1		1 1		189		
Iron, Fe		0.14 18		1 1		1		0.22 28		
Magnesium, Mg Phosphorus, P		140		1		1		28 217		
Potassium, K		205		1		1		318		
Sodium, Na		126		2		1		195		
Zinc, Zn		0.53		1		1		0.82		
Copper, Cu	-	0.053	3	1		1		0.082		
Manganese, Mn		0.060		1		1		0.093		
Selenium, Se		3.2		0	RK	4		5.0		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	2.2		1		1		3.4		
Thiamin		0.040		1		1		0.062		
Riboflavin		0.190		1		1		0.295		
Niacin		0.610		1		1		0.946		
Pantothenic acid	_	0.240		1		1		0.372		
Vitamin B-6	-	0.030)	1		1		0.047		
Folate, total		8		1	_	1		12		
Folic acid		0		0	Z	7		0		
Folate, food		8		1		1		12		
Folate, DFE		8		0	NC	4		12		
Vitamin B-12	mcg	0.39		1		1		0.60		
Vitamin A, IU		170		1		1		264		
Vitamin A, RAE		45		0	NC	4		69		
Retinol		43		0	NC	4		67		
Vitamin E (alpha-tocopherol)		0.58		0		1		0.90		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D		8.000	1	0	т	4		12.400		
Vitamin K (phylloquinone)		8.000	,	U	-	*		12.400		
vitanini K (priyrioquinone)										
<u>Lipids:</u>										
Fatty acids, total saturated	g	2.910)	0		1		4.511		
4:0										
6:0		0.110		1		1		0.171		
8:0	-	0.037		1		1		0.057		
10:0	_	0.100		1		1		0.155		
12:0	-	0.131	L	1		1		0.203		
13:0	_									
14:0	_	0.420)	1		1		0.651		
15:0	_									
16:0	-	1.355	5	1		1		2.100		
17:0										
10.0	g	0.639	•	1		1		0.990		
18:0										
20:0 22:0	g									

	<u>Ar</u>	mount in 10			ole portio	<u>n</u>	Amount in edible portion of common measures of food			
				Number of Data		Source	Confidence	<u></u>	<u> </u>	
Nutrients and Unit	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	1.957		0		1		3.033		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.129		1		1		0.200		
17:1	g									
18:1 undifferentiated	g	1.754		1		1		2.719		
20:1	g									
22:1 undifferentiated	g									
24:1 c										
Fatty acids, total polyunsaturated	g	0.653		0		1		1.012		
18:2 undifferentiated		0.552		1		1		0.856		
18:3 undifferentiated	g	0.074		1		1		0.115		
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.028		1		1		0.043		
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg	16		2		1		25		
Phytosterols	mg									
Amino Acids:										
Tryptophan		0.063		0		1		0.098		
Threonine	g	0.202		0		1		0.313		
Isoleucine	g	0.272		0		1		0.422		
Leucine	g	0.439		0		1		0.680		
Lysine	g	0.355		0		1		0.550		
Methionine	g	0.112		0		1		0.174		
Cystine	g	0.041		0		1		0.064		
Phenylalanine	g	0.217		0		1		0.336		
Tyrosine	g	0.217		0		1		0.336		
Valine	g	0.301		0		1		0.467		
Arginine	g	0.162		0		1		0.251		
Histidine	g	0.123		0		1		0.191		
Alanine	g	0.154		0		1		0.239		
Aspartic acid	g	0.340		0		1		0.527		
Glutamic acid		0.939		0		1		1.455		
Glycine	_	0.095		0		1		0.147		
Proline	-	0.434		0		1		0.673		
Serine	•	0.244		0		1		0.378		
Hydroxyproline										

Common Measures:

Measure 1 = 155g: 1 sundae

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 21 Fast Foods

		<u>A</u>	mount in 100 gra	ns of ear	pie portic	<u>on</u>	Amount in edible portion of common			
			Numl	er			m	easures of food	l	
			of Da	ta Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Poin			Code	Measure 1	Measure 2	Measure	
Proximates:										
Water	g	59.70	:	L	1		94.33			
Energy	kcal	180	() NC	4		284			
Energy	kj	753			4		1190			
Protein (N x 6.38)	g	3.57	0.344	5	1		5.64			
Total lipid (fat)	g	5.46	0.859	5	1		8.63			
Ash	g	1.10		L	1		1.74			
Carbohydrate, by difference		30.17	() NC	4		47.67			
Fiber, total dietary		0.0	()	4		0.0			
Sugars, total										
Starch										
Star Cil.	9									
<u> Iinerals:</u>										
Calcium, Ca	-	131	1		1		207			
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.37	1		1		0.58			
Magnesium, Mg	mg	21	1		1		33			
Phosphorus, P	mg	144	1		1		228			
Potassium, K	mg	250	1		1		395			
Sodium, Na	mg	115	2	!	1		182			
Zinc, Zn	mg	0.60	1		1		0.95			
Copper, Cu	mg	0.082	! 1		1		0.130			
Manganese, Mn	<u>mg</u>	0.080) 1		1		0.126			
Selenium, Se	mcg	3.3	(RK	4		5.2			
itamins:										
Vitamin C, total ascorbic acid	mg	1.5	1		1		2.4			
Thiamin	mg	0.040) 1		1		0.063			
Riboflavin		0.190) 1		1		0.300			
Niacin		0.680) 1		1		1.074			
Pantothenic acid	-	0.210) 1		1		0.332			
Vitamin B-6		0.080) 1		1		0.126			
Folate, total	-	6	1		1		9			
Folic acid		0	(Z	7		0			
Folate, food		6	1		1		9			
Folate, DFE		6	(NC NC	4		9			
Vitamin B-12		0.41	1		1		0.65			
Vitamin A, IU		140	1		1		221			
Vitamin A, RAE		37	(4		58			
Retinol		35	(4		55			
Vitamin E (alpha-tocopherol)		0.42			1		0.66			
Tocopherol, beta		V12	`		-		3.00			
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		12.000) (т	4		18.960			
Vitamin K (phylloquinone)			`	-	•		_3.500			
<u>ipids:</u> 5-4	a	2 150			4		F 002			
Fatty acids, total saturated		3.179) (,	1		5.023			
4:0		0.077	,		4		0 115			
6:0		0.073			1		0.115			
8:0	-	0.096			1		0.152			
10:0	-	0.124			1		0.196			
12:0		0.697	' 1	•	1		1.101			
13:0	-				_					
14:0	-	0.471	. 1		1		0.744			
15:0	-									
16:0		0.993	3 1		1		1.569			
17:0										
18:0	_	0.640) 1		1		1.011			
20:0	-									
22:0	α .									

	<u>A</u>	mount in 100 grams	of edible port	ion	Amount in edible portion of common measures of food		
		Numbe			<u>m</u>	easures of food	_
Nutrients and Units	Mean	of Data Std. Error Points		e Confidence e Code	Measure 1	Measure 2	Measure 3
E-though the language track of the	1.475	. 0	1		2.331		
Fatty acids, total monounsaturated9 14:19	1.4/5	·	1		2.331		
15:1	0.081	. 1	1		0.128		
17:1	1.350	1	1		2.133		
20:1							
Fatty acids, total polyunsaturated	0.511 0.445		1 1		0.807 0.703		
18:3 undifferentiatedg	0.445		1		0.703		
18:4							
20:4 undifferentiated	0.015	1	1		0.024		
22:5 n-3							
Fatty acids, total trans	13	2	1		21		
Phytosterolsmg							
mino Acids: Tryptophang	0.045	. 0	1		0.071		
Threonine 9	0.137		1		0.216		
	0.172		1		0.216		
Isoleucine			1		0.272		
Leucineg	0.276		1				
Lysine9	0.224	•	1		0.354		
Methionine	0.066				0.104		
Cystineg	0.032		1		0.051		
Phenylalanineg	0.152		1		0.240		
Tyrosineg	0.143		1		0.226		
Valineg	0.205		1		0.324		
Arginineg	0.132		1		0.209		
Histidineg	0.077		1		0.122		
Alanineg	0.119	0	1		0.188		
Aspartic acidg	0.260	0	1		0.411		
Glutamic acidg	0.607	0	1		0.959		
Glycineg	0.087	0	1		0.137		
Prolineg	0.257	0	1		0.406		
Serineg	0.162	. 0	1		0.256		
Hydroxyprolineg							
others:							
Alcohol, ethylg	_	=			•		
Caffeine mg	1 49	0	RK 4 RK 4		2 77		

Common Measures:

Measure 1 = 158g: 1 sundae

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 21 Fast Foods

		<u>Aı</u>	mount in 100 g	ırams	of edil	ole portio	<u>n</u>	Amount in edible portion of common		
			Nu	mber				<u>m</u>	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	60.90		2		1		93.18		
Energy	kcal	175		0	NC	4		268		
Energy	kj	732				4		1120		
Protein (N x 6.38)	g	4.09	0.003	3		1		6.26		
Total lipid (fat)	g	5.13	0.088	3		1		7.85		
Ash	g	0.70		2		1		1.07		
Carbohydrate, by difference	g	29.18		0	NC	4		44.65		
Fiber, total dietary	g	0.0		0		4		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	105		2		1		161		
Iron, Fe	-	0.21		2		1		0.32		
Magnesium, Mg	-	16		2		1		24		
Phosphorus, P		101		2		1		155		
Potassium, K	•	177		2		1		271		
Sodium, Na	-	60	5.101	3		1		92		
Zinc, Zn	mg	0.43		2		1		0.66		
Copper, Cu	mg	0.050	1	2		1		0.077		
Manganese, Mn	mg	0.110		1		1		0.168		
Selenium, Se	mcg	2.9		0	RK	4		4.4		
Vitamins:										
Vitamin C, total ascorbic acid	ma	1.3	0.219	3		1		2.0		
Thiamin	-	0.040		2		1		0.061		
Riboflavin	-	0.180		2		1		0.275		
Niacin		0.590		2		1		0.903		
Pantothenic acid	-	0.290		2		1		0.444		
Vitamin B-6	-	0.050	1	2		1		0.077		
Folate, total	-	12		2		1		18		
Folic acid		0		0	Z	7		0		
Folate, food		12		2		1		18		
Folate, DFE		12		0	NC	4		18		
Vitamin B-12		0.42		2		1		0.64		
Vitamin A, IU	IU	145		2		1		222		
Vitamin A, RAE	mcg_RAE	37		0	NC	4		56		
Retinol	mcg	35		0	NC	4		54		
Vitamin E (alpha-tocopherol)	mg	0.51		0		1		0.78		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta				_	_	_				
Vitamin D		12.000		0	T	4		18.360		
Vitamin K (phylloquinone)	mcg									
<u> Lipids:</u>										
Fatty acids, total saturated	g	2.444		0		1		3.739		
4:0										
6:0	g	0.072		2		1		0.110		
8:0	g	0.025	i	2		1		0.038		
10:0	g	0.087		2		1		0.133		
12:0	-	0.106	i	2		1		0.162		
13:0										
14:0		0.354		2		1		0.542		
15:0										
16:0		1.152		2		1		1.763		
17:0										
18:0	-	0.528		2		1		0.808		
20:0 22:0	-									

	<u>Ar</u>	nount in 100 gra		ble portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Unit	s	Mean	Num of D Std. Error Poir	ata Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		1.739		0	1		2.661		
14:1	g								
15:1									
16:1 undifferentiated	-	0.093		2	1		0.142		
17:1									
18:1 undifferentiated	g	1.564		2	1		2.393		
20:1	g	0.029		2	1		0.044		
22:1 undifferentiated									
24:1 c	g								
Fatty acids, total polyunsaturated		0.667		0	1		1.021		
18:2 undifferentiated	g	0.594		2	1		0.909		
18:3 undifferentiated	g	0.050		2	1		0.077		
18:4	g								
20:2 n-6 c,c	g								
20:3 undifferentiated	g								
20:4 undifferentiated	g	0.023		2	1		0.035		
20:5 n-3	g								
22:5 n-3									
22:6 n-3	_								
Fatty acids, total trans									
Cholesterol		14	1.222	3	1		21		
Phytosterols	• • • • • • • • • • • • • • • • • • • •								
,									
Amino Acids:									
Tryptophan	g	0.054		0	1		0.083		
Threonine	g	0.174		0	1		0.266		
Isoleucine	g	0.230		0	1		0.352		
Leucine	g	0.373		0	1		0.571		
Lysine	g	0.302		0	1		0.462		
Methionine	g	0.094		0	1		0.144		
Cystine	g	0.036		0	1		0.055		
Phenylalanine		0.185		0	1		0.283		
Tyrosine		0.186		0	1		0.285		
Valine	-	0.255		0	1		0.390		
Arginine		0.142		0	1		0.217		
Histidine	_	0.105		0	1		0.161		
Alanine	_	0.136		0	1		0.208		
Aspartic acid	_	0.321		0	1		0.491		
Glutamic acid		0.805		0	1		1.232		
Glycine	-	0.885		0	1		0.130		
Proline	•	0.366		0	1		0.130		
				0	1				
Serine	-	0.209		U	1		0.320		
Hydroxyproline	9								

Common Measures:

Measure 1 = 153g: 1 sundae

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 21 Fast Foods

		<u>A</u>	mount in 100 g	rams	of edit	le portio	<u>n</u>	Amount in edible portion of common		
			Nu	mber				<u>m</u>	easures of food	<u> </u>
						Source	Confidence			
Nutrients and Un	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	58.40	0.872	48		1		153.59	99.86	
Energy	kcal	216		0		1		568	369	
Energy	kj	904				1		2377	1545	
Protein (N x 6.29)		12.08	0.501	49		1		31.77	20.66	
Total lipid (fat)	g	12.02	0.261	48		1		31.61	20.55	
Ash		1.87	0.060	46		1		4.92	3.20	
Carbohydrate, by difference		15.63		0	NC	4		41.11	26.73	
Fiber, total dietary										
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	mg	129	5.031	48		1		339	221	
Iron, Fe	-	1.41	0.039	48		1		3.71	2.41	
Magnesium, Mg		41	1.427	48		1		108	70	
Phosphorus, P		119	5.199	47		1		313	203	
Potassium, K		277	9.556	47		1		729	474	
Sodium, Na	mg	469	21.369	50		1		1233	802	
Zinc, Zn		2.30	0.085	46		1		6.05	3.93	
Copper, Cu		0.120		41		1		0.316	0.205	
Manganese, Mn		0.257	0.023	46		1		0.676	0.439	
Selenium, Se	mcg	13.7		0	RK	4		36.0	23.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.3	0.189	34		1		3.4	2.2	
Thiamin	-	0.090	0.010	37		1		0.237	0.154	
Riboflavin		0.260	0.017	37		1		0.684	0.445	
Niacin		1.880	0.074	36		1		4.944	3.215	
Pantothenic acid		0.990	0.051	34		1		2.604	1.693	
Vitamin B-6	mg	0.140	0.008	37		1		0.368	0.239	
Folate, total	mcg	40		0	RK	4		105	68	
Folic acid	mcg	26		0	NC	4		68	44	
Folate, food		14	1.555	4		1		37	24	
Folate, DFE		58		0	NC	4		153	100	
Vitamin B-12	mcg	0.61	0.036	36		1		1.60	1.04	
Vitamin A, IU		500	51.029	19		1		1315	855	
Vitamin A, RAE		63		0	NC	4		164	107	
Retinol		45		0	NC	4		118	77	
Vitamin E (alpha-tocopherol)	-									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin K (phylloquinone)										
vitanini K (pnynoquinone)										
Lipids:										
Fatty acids, total saturated	g	6.648	3	0		1		17.484	11.368	
4:0										
6:0										
8:0	-	0.000		7		1		0.000	0.000	
10:0		0.324		7		1		0.852	0.554	
12:0		0.799)	7		1		2.101	1.366	
13:0	_			_		_				
14:0	-	1.017	,	7		1		2.675	1.739	
15:0	-			_		_			. ==	
16:0		2.755	•	7		1		7.246	4.711	
17:0	-	1 75		-		4		4 650	0.000	
18:0	_	1.754	ı	7		1		4.613	2.999	
20:0	-									
22:0	g g									

		<u>Ar</u>	nount in 100 gra		ble portio	<u>on</u>	Amount in edible portion of common measures of food			
			Num		•		<u></u>	<u> </u>		
Nutrients and Units		Mean	Std. Error Poin		Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated		3.846		0	1		10.115	6.577		
14:1	_									
15:1										
16:1 undifferentiated	-									
17:1				_						
18:1 undifferentiated		3.846		7	1		10.115	6.577		
20:1	-									
22:1 undifferentiated	-									
24:1 c	-			_	_					
Fatty acids, total polyunsaturated		0.561		0	1		1.475	0.959		
18:2 undifferentiated		0.512		7	1		1.347	0.876		
18:3 undifferentiated	•	0.049		7	1		0.129	0.084		
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	-	33	4.178 1	2	1		87	56		
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.134		0	1		0.352	0.229		
Threonine		0.447		0	1		1.176	0.764		
Isoleucine		0.565		0	1		1.486	0.966		
Leucine	-	1.039		0	1		2.733	1.777		
Lysine		0.855		0	1		2.249	1.462		
Methionine	-	0.269		0	1		0.707	0.460		
Cystine		0.106		0	1		0.279	0.181		
Phenylalanine		0.517		0	1		1.360	0.884		
Tyrosine	-	0.444		0	1		1.168	0.759		
Valine		0.634		0	1		1.667	1.084		
Arginine	-	0.618		0	1		1.625	1.057		
Histidine		0.373		0	1		0.981	0.638		
Alanine		0.599		0	1		1.575	1.024		
Aspartic acid		0.939		0	1		2.470	1.606		
Glutamic acid		2.383		0	1		6.267	4.075		
Glycine		0.538		0	1		1.415	0.920		
Proline		0.899		0	1		2.364	1.537		
Serine	-	0.542		0	1		1.425	0.927		
Hydroxyproline		0.542		•	_			0.527		
11ydroxypronne	9									

Common Measures:

Measure 1 = 263g: 1 large Measure 2 = 171g: 1 small

Calories Factors: Protein 4.05 Fat 8.78 Carbohydrate 3.97

Food Group: 21 Fast Foods

		<u>A</u> 1	mount in 100 g		of edil	ole portio	<u>n</u>	Amount in edible portion of common		
			Nu	mber				<u>m</u> e	easures of food	<u>.</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	72.35	2.473	9		1		143.25		
Energy	kcal	141		0		1		279		
Energy	kj	590				1		1168		
Protein (N x 6.27)	g	6.68	0.764	10		1		13.23		
Total lipid (fat)	g	7.46	0.652	10		1		14.77		
Ash	g	1.59	0.160	9		1		3.15		
Carbohydrate, by difference	g	11.91		0	NC	4		23.58		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	97	7.379	9		1		192		
Iron. Fe.	_	1.15	0.085	9		1		2.28		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	26	2.146	9		1		51		
Phosphorus, P		72	6.117	9		1		143		
Potassium, K	•	210	26.120	9		1		416		
Sodium, Na	_	385	44.992	10		1		762		
Zinc, Zn	-	1.36	0.213	9		1		2.69		
Copper, Cu		0.113	0.023	8		1		0.224		
Manganese, Mn		0.167	0.015	9		1		0.331		
Selenium, Se	mcg	2.2		0	RK	4		4.4		
Vitamins:										
Vitamin C, total ascorbic acid	ma	1.8	0.612	9		1		3.6		
Thiamin	-	0.050		9		1		0.099		
Riboflavin	-	0.180		9		1		0.356		
Niacin		1.240		9		1		2.455		
Pantothenic acid	-	0.680		9		1		1.346		
Vitamin B-6	_	0.110		9		1		0.218		
Folate, total	_	42		0	RK	4		83		
Folic acid		22		0	NC	4		44		
Folate, food		20		1		1		40		
Folate, DFE		57		0	NC	4		114		
Vitamin B-12		0.32	0.043	9		1		0.63		
Vitamin A, IU		297	66.874	4		1		588		
Vitamin A, RAE		36		0	NC	4		70		
Retinol		25		0	NC	4		50		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	3.446	i	0		1		6.823		
4:0										
6:0										
8:0	g									
10:0	g	0.089)	3		1		0.176		
12:0		0.146	i	3		1		0.289		
13:0	g									
14:0	g	0.493	1	3		1		0.976		
15:0	g									
16:0	g	1.898		3		1		3.758		
17:0	g									
18:0	g	0.820	1	3		1		1.624		
20:0	g									
22:0	g									
24:0										

		<u>An</u>	ount in 100 gra		<u>n</u>	Amount in edible portion of common			
			Num				<u>m</u>	easures of food	
Nutrients and Un	nits	Mean	of D Std. Error Poir	ata Deriv ts Code		Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.	g	2.606)	1		5.160		
14:1	g								
15:1	g								
16:1 undifferentiated	g								
17:1	g								
18:1 undifferentiated	g	2.606		3	1		5.160		
20:1	g								
22:1 undifferentiated	g								
24:1 c	g								
Fatty acids, total polyunsaturated	g	0.883)	1		1.748		
18:2 undifferentiated	g	0.838		3	1		1.659		
18:3 undifferentiated	g	0.045		3	1		0.089		
18:4	g								
20:2 n-6 c,c	g								
20:3 undifferentiated	g								
20:4 undifferentiated									
20:5 n-3	g								
22:5 n-3	_								
22:6 n-3									
Fatty acids, total trans	-			_	_				
Cholesterol		22	5.770	1	1		44		
Phytosterols	mg								
Amino Acids:									
Tryptophan	g	0.075)	1		0.149		
Threonine	g	0.254)	1		0.503		
Isoleucine	g	0.311)	1		0.616		
Leucine	g	0.549)	1		1.087		
Lysine	g	0.486)	1		0.962		
Methionine	g	0.145)	1		0.287		
Cystine	g	0.060)	1		0.119		
Phenylalanine		0.277)	1		0.548		
Tyrosine	g	0.232)	1		0.459		
Valine		0.343)	1		0.679		
Arginine	_	0.357)	1		0.707		
Histidine		0.201)	1		0.398		
Alanine	-	0.339)	1		0.671		
Aspartic acid	-	0.554)	1		1.097		
Glutamic acid		1.291)	1		2.556		
Glycine	-	0.326)	1		0.645		
Proline	-	0.452)	1		0.895		
Serine	-	0.287)	1		0.568		
Hydroxyproline	g								

Common Measures:

Measure 1 = 198g: 1.5 cup

Calories Factors: Protein 4.05 Fat 8.73 Carbohydrate 4.07

Food Group: 21 Fast Foods

		<u>Aı</u>	mount in 100 g		of edib	ole portio	<u>n</u>		edible portion	
			Nu	mber				<u>m</u> e	easures of food	<u>l</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water		76.79	1.609	4		1		200.42		
Energy		111		0		1		290		
Energy		464				1		1212		
Protein (N x 6.28)		6.67	0.608	4		1		17.41		
Total lipid (fat)	-	5.03	0.729	4		1		13.13		
Ash		1.33	0.087	4		1		3.47		
Carbohydrate, by difference		10.18		0	NC	4		26.57		
Fiber, total dietary										
Sugars, total										
Starch	g									
Ainerals:										
Calcium, Ca	mg	94	12.856	4		1		245		
Iron, Fe	_	1.02	0.170	4		1		2.66		
Magnesium, Mg	_	20	1.572	4		1		52		
Phosphorus, P	mg	59	7.754	4		1		154		
Potassium, K	mg	150	37.329	4		1		392		
Sodium, Na	_	339	33.577	4		1		885		
Zinc, Zn		1.26	0.147	4		1		3.29		
Copper, Cu		0.115		4		1		0.300		
Manganese, Mn		0.129	0.010	4		1		0.337		
Selenium, Se	mcg	2.9		0	RK	4		7.6		
Vitamins:										
Vitamin C, total ascorbic acid	ma	1.3	0.725	4		1		3.4		
Thiamin	_	0.060	0.027	4		1		0.157		
Riboflavin	_	0.190	0.026	4		1		0.496		
Niacin		0.970	0.074	4		1		2.532		
Pantothenic acid	mg	0.550	0.055	4		1		1.436		
Vitamin B-6	mg	0.200	0.127	4		1		0.522		
Folate, total	mcg	35		0	RK	4		91		
Folic acid	mcg	11		0	NC	4		29		
Folate, food		24		0		4		63		
Folate, DFE	mcg_DFE	43		0	NC	4		111		
Vitamin B-12		0.28	0.008	4		1		0.73		
Vitamin A, IU		603		2		1		1574		
Vitamin A, RAE		99		0	NC	4		257		
Retinol		82		0	NC	4		214		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
v наши к (риуноципопе)	g									
<u> Lipids:</u>										
Fatty acids, total saturated		2.299	1	0		1		6.000		
4:0										
6:0										
8:0				_		_				
10:0		0.060		3		1		0.157		
12:0		0.097	•	3		1		0.253		
13:0	-			_		_		0 050		
14:0	-	0.329	1	3		1		0.859		
15:0	-	1 000		2		4		2 204		
16:0	-	1.266	•	3		1		3.304		
17:0	-	0 547	,	3		1		1 420		
18:0 20:0		0.547		3		1		1.428		
	-									
22:0 24:0										

	<u>Aı</u>	nount in 10	0 grams		<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	1.739		0		1		4.539		
14:1									
15:1									
16:1 undifferentiated									
17:1g									
18:1 undifferentiated	1.739		3		1		4.539		
20:1g									
22:1 undifferentiated									
24:1 c									
Fatty acids, total polyunsaturatedg	0.589		0		1		1.537		
18:2 undifferentiated	0.559		3		1		1.459		
18:3 undifferentiated	0.030		3		1		0.078		
18:4g	0.000		•		_		0.0.0		
20:2 n-6 c.c									
20:3 undifferentiated									
20:4 undifferentiated									
20:5 n-3									
22:5 n-3									
22:6 n-3g									
Fatty acids, total trans									
Cholesterolmg	2		1		1		5		
Phytosterols mg	_		_		-		J		
Thytosterois									
Amino Acids:									
Tryptophang	0.074		0		1		0.193		
Threonineg	0.248		0		1		0.647		
Isoleucineg	0.313		0		1		0.817		
Leucineg	0.555		0		1		1.449		
Lysineg	0.466		0		1		1.216		
Methionineg	0.139		0		1		0.363		
Cystineg	0.061		0		1		0.159		
Phenylalanineg	0.295		0		1		0.770		
Tyrosine9	0.235		0		1		0.613		
Valineg	0.349		0		1		0.911		
Arginineg	0.338		0		1		0.882		
Histidine	0.199		0		1		0.519		
Alanineg	0.307		0		1		0.801		
Aspartic acidg	0.570		0		1		1.488		
Glutamic acid	1.313		0		1		3.427		
Glycine	0.275		0		1		0.718		
Proline	0.463		0		1		1.208		
Serine	0.306		0		1		0.799		
Hydroxyproline	0.500		ŭ		-		3.733		

Common Measures:

Measure 1 = 261g: 1.5 cup

Calories Factors: Protein 3.83 Fat 8.76 Carbohydrate 4.02

Food Group: 21 Fast Foods

		<u>Aı</u>	mount in 100 g	rams	of edib	ole portio	<u>n</u>	Amount in	edible portion	of common
			Nu	mber	r			m	easures of food	<u> </u>
					Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	66.24	0.927	13		1		95.39		
Energy.	=	155		0		1		223		
Energy		649		·		1		934		
		6.67	0.410	13		1		9.60		
Protein (N x 6.29)		6.85	0.410	13		1		9.86		
Total lipid (fat)				13		1				
Ash		1.83	0.083					2.64		
Carbohydrate, by difference		18.42		0	NC	4		26.52		
Fiber, total dietary										
Sugars, total										
Starch	g									
Minerals:										
Calcium. Ca	ma	146	8.321	13		1		210		
Iron. Fe.	• • • • • • • • • • • • • • • • • • • •	1.31	0.098	13		1		1.89		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	41	1.260	13		1		59		
Phosphorus, P		81	4.585	13		1		117		
Potassium, K	-	280	27.096	13		1		403		
Sodium, Na		377	30.931	13		1		543		
Zinc, Zn	-	1.32	0.202	13		1		1.90		
		0.143		12		1		0.206		
Copper, Cu		0.143		13		1		0.206		
Manganese, Mn		2.4	0.010	0	RK	4		3.5		
Selenium, Se	Ilicy	2.4		U	KK	4		3.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9	0.226	13		1		1.3		
Thiamin	mg	0.070	0.011	13		1		0.101		
Riboflavin	mg	0.230	0.024	13		1		0.331		
Niacin		0.920	0.074	13		1		1.325		
Pantothenic acid	-	0.790	0.059	13		1		1.138		
Vitamin B-6		0.110	0.008	13		1		0.158		
Folate, total	-	30		0	RK	4		43		
Folic acid		0		0	Z	7		0		
Folate, food		30		0	RK	4		43		
Folate, DFE	mca DFF	30		0	NC	4		43		
Vitamin B-12		0.48	0.034	13	140	1		0.69		
Vitamin A, IU		432	142.833	5		1		622		
			142.633		NG	4		45		
Vitamin A, RAE		31		0	NC	4				
Retinol		11		U	NC	4		16		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	а	3.727	,	0		1		5.367		
4:0		527		•		-		2.55.		
6:0										
8:0										
10:0	-	0.169)	3		1		0.243		
12:0		0.103		3		1		0.243		
	-	0.4/4	•	3		1		0.003		
13:0	_	0 533	,	3		1		0.768		
14:0	_	0.533	•	3		1		0.768		
15:0	_	4 =	•	_						
16:0	_	1.722	:	3		1		2.480		
17:0	-			_		_				
18:0	-	0.829	,	3		1		1.194		
20:0	-									
22:0	-									
24:0	g									

		<u>An</u>	nount in 10	0 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common measures of food		
				Number				<u>m</u>	easures of food	
Nutrients and Un	its	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.	g	2.121		0		1		3.054		
14:1	g									
15:1	g									
16:1 undifferentiated	g									
17:1	g									
18:1 undifferentiated	g	2.121		3		1		3.054		
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.520		0		1		0.749		
18:2 undifferentiated	g	0.479		3		1		0.690		
18:3 undifferentiated	g	0.041		3		1		0.059		
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg	21	2.8	69 3		1		30		
Phytosterols	mg									
Amino Acids:										
Tryptophan	-	0.070		0		1		0.101		
Threonine	g	0.245		0		1		0.353		
Isoleucine	g	0.301		0		1		0.433		
Leucine	g	0.574		0		1		0.827		
Lysine	g	0.403		0		1		0.580		
Methionine	g	0.122		0		1		0.176		
Cystine	g	0.067		0		1		0.096		
Phenylalanine	g	0.323		0		1		0.465		
Tyrosine	g	0.231		0		1		0.333		
Valine	g	0.349		0		1		0.503		
Arginine	g	0.323		0		1		0.465		
Histidine	g	0.191		0		1		0.275		
Alanine	g	0.280		0		1		0.403		
Aspartic acid	g	0.606		0		1		0.873		
Glutamic acid	g	1.336		0		1		1.924		
Glycine	g	0.203		0		1		0.292		
Proline	g	0.460		0		1		0.662		
Serine	g	0.334		0		1		0.481		
Hydroxyproline	g									

Common Measures:

Measure 1 = 144g: 1 piece

Calories Factors: Protein 3.58 Fat 8.51 Carbohydrate 3.96

Food Group: 21 Fast Foods

		<u>Aı</u>	mount in 100 gr	ams of	edible	portior	1		edible portion	
			Nur	nber				<u>m</u>	easures of food	<u> </u>
			of I	Data De	riv Sc	ource	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Poi	nts Co	de C	ode	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	70.44	0.633	4		1		158.49		
Energy	kcal	148		0		1		333		
Energy	kj	619				1		1393		
Protein (N x 6.28)	g	7.15	0.179	3		1		16.09		
Total lipid (fat)	g	7.53	0.216	4		1		16.94		
Ash	g	1.70	0.037	4		1		3.83		
Carbohydrate, by difference	g	13.18		0	NC	4		29.66		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	84	3.388	4		1		189		
Iron. Fe.	-	1.09	0.028	4		1		2.45		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	30	1.058	4		1		68		
Phosphorus, P		77	2.837	4		1		173		
Potassium, K	-	218	50.260	4		1		491		
Sodium, Na	-	387	47.749	4		1		871		
Zinc, Zn	_	1.41	0.065	4		1		3.17		
Copper, Cu		0.140	0.019	4		1		0.315		
Manganese, Mn		0.160	0.003	4		1		0.360		
Selenium, Se	mcg	9.3		0	RK	4		20.9		
Vitamins:										
Vitamin C, total ascorbic acid	ma	1.8	0.550	4		1		4.1		
Thiamin	_	0.040		4		1		0.090		
Riboflavin	_	0.040		4		1		0.495		
Niacin		1.270		4		1		2.858		
Pantothenic acid	_	0.830		4		1		1.868		
Vitamin B-6	-	0.110		4		1		0.248		
Folate, total	-	38			RK	4		86		
Folic acid		0		0	z	7		0		
Folate, food		38		0 :	RK	4		86		
Folate, DFE		38		0 :	NC	4		86		
Vitamin B-12		0.50	0.085	4		1		1.13		
Vitamin A, IU		567		2		1		1276		
Vitamin A, RAE		45		0 :	NC	4		100		
Retinol		19		0 :	NC	4		43		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	rncg									
Lipids:										
Fatty acids, total saturated	g	5.100	ı	0		1		11.475		
4:0										
6:0	g									
8:0										
10:0	g	0.556	i	1		1		1.251		
12:0	g	1.231		1		1		2.770		
13:0	g									
14:0	g	1.024		1		1		2.304		
15:0	-									
16:0	-	1.645	i	1		1		3.701		
17:0	-									
18:0		0.643	1	1		1		1.447		
20:0	-									
22:0	a									

		<u>Aı</u>	mount in 10	00 grams	of edil	ole portio	<u>n</u>		edible portion o	f common
				Number				<u>m</u>	easures of food	
Nutrients and U	nits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	lg	1.561		0		1		3.512		
14:1										
15:1	g									
16:1 undifferentiated	g									
17:1	g									
18:1 undifferentiated	g	1.561		1		1		3.512		
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.265		0		1		0.596		
18:2 undifferentiated	g	0.239		1		1		0.538		
18:3 undifferentiated	g	0.026		1		1		0.059		
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated										
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3										
Fatty acids, total trans	-									
Cholesterol	-	33		1		1		74		
Phytosterols	mg									
Amino Acids:	_							0.450		
Tryptophan	-	0.077		0 0		1 1		0.173		
Threonine	-	0.266		-		_		0.599		
Isoleucine	-	0.320		0		1		0.720		
Leucine		0.609		0		1 1		1.370		
Lysine		0.466		0		1		1.049		
Methionine	-	0.143		0		1		0.322		
Cystine		0.071				1		0.160		
Phenylalanine		0.321 0.247		0 0		1		0.722		
Tyrosine				0		1		0.556		
Valine		0.367 0.369		0		1		0.826 0.830		
Arginine	-	0.369		0		1		0.830 0.475		
Histidine	-			0		1		0.475		
Alanine	-	0.343 0.623		0		1		1.402		
Aspartic acid	-	1.408		0		1		3.168		
Glutamic acid		0.290		0		1		0.653		
Glycine	-	0.290		0		1		1.089		
Proline	-	0.484		0		1		0.749		
Serine	-	0.333		U		1		0.749		
Hydroxyproline	y									

Common Measures:

Measure 1 = 225g: 1 piece

Calories Factors: Protein 4.05 Fat 8.73 Carbohydrate 4.08

Food Group: 21 Fast Foods

		<u>Aı</u>	mount in 100 gr		edible	portion	1		edible portion	
			Nur	nber				<u>m</u>	easures of food	<u> </u>
			of I	Data De	riv Sc	ource	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Poi	ints Co	de C	ode	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	62.05	2.050	9		1		101.14		
Energy	kcal	193		0		1		315		
Energy	kj	808				1		1316		
Protein (N x 6.27)	g	11.65	0.905	9		1		18.99		
Total lipid (fat)	g	10.03	0.590	9		1		16.35		
Ash	g	2.30	0.116	9		1		3.75		
Carbohydrate, by difference	g	13.97		0	NC	4		22.77		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Vimerais: Calcium, Ca	ma	133	7.938	9		1		217		
Iron, Fe	_	1.76	0.160	9		1		2.87		
Magnesium, Mg	_	39	4.747	9		1		64		
Phosphorus, P		110	7.040	9		1		179		
Potassium, K	•	351	22.575	9		1		572		
Sodium, Na	-	550	38.000	9		1		897		
Zinc, Zn	mg	2.26	0.264	8		1		3.68		
Copper, Cu	mg	0.162	0.017	8		1		0.264		
Manganese, Mn	mg	0.309	0.011	9		1		0.504		
Selenium, Se	mcg	11.7		0	RK	4		19.1		
Vitamins:										
Vitamin C, total ascorbic acid	ma	1.6	0.551	9		1		2.6		
Thiamin	_	0.060		9		1		0.098		
Riboflavin	_	0.340		9		1		0.554		
Niacin		1.930		9		1		3.146		
Pantothenic acid	_	1.160		9		1		1.891		
Vitamin B-6	-	0.140		9		1		0.228		
Folate, total	-	46			RK	4		75		
Folic acid		37			NC	4		60		
Folate, food		9		0		4		15		
Folate, DFE		72		0	NC	4		117		
Vitamin B-12		0.72	0.065	9		1		1.17		
Vitamin A, IU		437	156.392	4		1		712		
Vitamin A, RAE		31		0	NC	4		51		
Retinol		11		0	NC	4		18		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
<u>Lipids:</u>										
Fatty acids, total saturated	g	6.377		0		1		10.395		
4:0										
6:0	g									
8:0										
10:0		0.387		3		1		0.631		
12:0	-	0.583	l .	3		1		0.950		
13:0	g									
14:0	g	0.890		3		1		1.451		
15:0	-									
16:0	-	2.743	1	3		1		4.471		
17:0	-									
18:0		1.774		3		1		2.892		
20:0	-									
22:0	α .									

		<u>Aı</u>	nount in 10	00 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common measures of food		
				Number				<u>m</u>	easures of food	
Nutrients and Ur	nits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	2.052		0		1		3.345		
14:1										
15:1	g									
16:1 undifferentiated	g									
17:1	g									
18:1 undifferentiated	g	2.052		3		1		3.345		
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.598		0		1		0.975		
18:2 undifferentiated	g	0.541		3		1		0.882		
18:3 undifferentiated	g	0.057		3		1		0.093		
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated										
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3										
Fatty acids, total trans	_									
Cholesterol	_	25		1		1		41		
Phytosterols	mg									
Amino Acids:		0.104		•				0.010		
Tryptophan	_	0.134		0		1 1		0.218		
Threonine	_	0.453		-		_		0.738		
Isoleucine	_	0.511		0		1		0.833		
Leucine		0.970		0		1 1		1.581		
Lysine		0.860		0		1		1.402		
Methionine	_	0.260		0		1		0.424		
Cystine		0.112				1		0.183		
Phenylalanine		0.468		0		1		0.763		
Tyrosine		0.392		-		_		0.639		
Valine		0.580		0 0		1 1		0.945		
Arginine	_	0.678		0		1		1.105 0.588		
Histidine	_	0.361				1				
Alanine	_	0.667		0		1		1.087		
Aspartic acid	_	0.991		0		1		1.615		
Glutamic acid		2.132				1		3.475		
Glycine	_	0.669		0 0		1		1.090		
Proline	_	0.727				1		1.185		
Serine	_	0.485		0		1		0.791		
Hydroxyproline	g									

Common Measures:

Measure 1 = 163g: 1 piece

Calories Factors: Protein 4.12 Fat 8.8 Carbohydrate 4.08

Food Group: 21 Fast Foods

	<u>A</u>	mount in 100 gram	s of edi	ble portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Number of Data	a Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	Measure 2	Measure 3
Proximates:								
Waterg	42.80	1	A	1		109.57	54.78	
Energykcal	287	0	NC	4		735	367	
Energykj	1201			4		3074	1537	
Proteing	10.60	1	A	1		27.14	13.57	
Total lipid (fat)g	13.80	1	A	1		35.33	17.66	
Ash9	2.60	1	A	1		6.66	3.33	
Carbohydrate, by difference	30.20	0	NC	4		77.31	38.66	
Fiber, total dietaryg								
Sugars, totalg								
Starchg								
Minerals:								
Calcium, Camg	219	1	A	1		561	280	
Iron, Femg	2.47	1	A	1		6.32	3.16	
Magnesium, Mgmg								
Phosphorus, Pmg								
Potassium, Kmg								
Sodium, Namg	528	1	A	1		1352	676	
Zinc, Znmg								
Copper, Cumg								
Manganese, Mnmg								
Selenium, Semcg								
Lipids:								
Fatty acids, total saturatedg	5.180) 1	A	1		13.261	6.630	
Fatty acids, total monounsaturatedg	4.960	1	A	1		12.698	6.349	
Fatty acids, total polyunsaturated	1.560	1	A	1		3.994	1.997	
Fatty acids, total transg								
Cholesterolmg	32	1	A	1		82	41	
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:

Measure 1 = 256g: 1 package yields

Measure 2 = 128g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 21 Fast Foods

NDB No. 22543 JACK'S GREAT COMBINATIONS Sausage & Pepperoni Pizza, frozen

Refuse: 0%

		<u>Ar</u>	nount in 10	0 grams		<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	g	50.20		1	A	1		274.59	68.77	
Energy	kcal	254		0	NC	4		1389	348	
Energy	kj	1063				4		5813	1456	
Protein	g	12.70		1	A	1		69.47	17.40	
Total lipid (fat)	g	12.80		1	A	1		70.02	17.54	
Ash	g	2.30		1	A	1		12.58	3.15	
Carbohydrate, by difference		22.00		0	NC	4		120.34	30.14	
Fiber, total dietary										
Sugars, total										
Starch	-									
Minerals:	_									
Calcium, Ca	ma	164		1	A	1		897	225	
Iron, Fe	-			_		_				
Magnesium, Mg										
Phosphorus, P										
Potassium, K										
Sodium, Na	-	517		1	A	1		2828	708	
Zinc, Zn	-									
Copper, Cu	_									
Manganese, Mn										
Selenium, Se	mcg									
Lipids:										
Fatty acids, total saturated	g	4.820		1	A	1		26.365	6.603	
Fatty acids, total monounsaturated		4.470		1	A	1		24.451	6.124	
Fatty acids, total polyunsaturated		1.660		1	A	1		9.080	2.274	
Fatty acids, total trans										
Cholesterol	mg	32		1	A	1		175	44	
Phytosterols	mg									
Carotenoids:										
Carotene, beta	mca	90		1	A	1		492.300	123.300	
Carotene, alpha				=		-				
Cryptoxanthin, beta										
Lycopene										
Lutein + zeaxanthin	-									

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Common Measures:

Measure 1 = 547g: 1 package yields

Measure 2 = 137g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 21 Fast Foods

		<u>A</u>	mount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in	edible portion of	of common
				Number			0 51		easures of food	
Nutrients and U	nits	Mean	Std. Error	of Data Points		Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	47.90		1	A	1		232.79	58.44	
Energy	kcal	265		0	NC	4		1288	323	
Energy		1109				4		5389	1353	
Protein		12.30		1	A	1		59.78	15.01	
Total lipid (fat)		13.20		1	A	1		64.15	16.10	
Ash	_	2.40		1	A	1		11.66	2.93	
Carbohydrate, by difference		24.20		0	NC	4		117.61	29.52	
Fiber, total dietary										
Sugars, total										
Starch										
Minerals:										
Calcium, Ca	mg	181		1	A	1		880	221	
Iron, Fe	mg									
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K										
Sodium, Na	-	502		1	A	1		2440	612	
Zinc, Zn	-									
Copper, Cu	-									
Manganese, Mn										
Selenium, Se	mcg									
<u>Lipids:</u>										
Fatty acids, total saturated	g	5.100)	1	A	1		24.786	6.222	
Fatty acids, total monounsaturated	dg	4.290		1	A	1		20.849	5.234	
Fatty acids, total polyunsaturated.	g	1.700)	1	A	1		8.262	2.074	
Fatty acids, total trans	g									
Cholesterol	mg	33		1	A	1		160	40	
Phytosterols	mg									
Carotenoids:										
Carotene, beta	mcg	80		1	A	1		388.800	97.600	
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Lycopene										
Lutein + zeaxanthin	mcg									

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

Common Measures:

Measure 1 = 486g: 1 package yields

Measure 2 = 122g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 21 Fast Foods

		<u>Aı</u>	mount in 10	00 grams	of edik	<u>n</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food	
Nutrients and Units		Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	51.00		1	A	1		100.98	100.98	
Energy	kcal	248		0	NC	4		491	491	
Energy		1038				4		2055	2055	
Protein		8.50		1	A	1		16.83	16.83	
Total lipid (fat)	g	12.20		1	A	1		24.16	24.16	
Ash	g	2.20		1	A	1		4.36	4.36	
Carbohydrate, by difference	g	26.10		0	NC	4		51.68	51.68	
Fiber, total dietary		1.4		1	A	1		2.8	2.8	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	84		1	A	1		166	166	
Iron, Fe	mg									
Magnesium, Mg										
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	_	626		1	A	1		1239	1239	
Zine, Zn	_									
Copper, Cu										
Manganese, Mn										
Selenium, Se	mcg									
Lipids:										
Fatty acids, total saturated	g	2.880)	1	A	1		5.702	5.702	
Fatty acids, total monounsaturated	g	6.020)	1	A	1		11.920	11.920	
Fatty acids, total polyunsaturated	g	1.550)	1	A	1		3.069	3.069	
Fatty acids, total trans	-									
Cholesterol	mg	13		1	A	1		26	26	
Phytosterols	mg									

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

Common Measures:

Measure 1 = 198g: 1 package yields

Measure 2 = 198g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 21 Fast Foods

	<u>A</u>	mount in 100 gram	s of edil	ole portic	<u>on</u>	Amount in edible portion of common		
Nutrients and Units	Mean	Numbe of Data Std. Error Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Proximates:								
Waterg	48.90	1	A	1		93.89	93.89	
Energykcal	269	0	NC	4		516	516	
Energy kj	1125			4		2161	2161	
Proteing	9.70	1	A	1		18.62	18.62	
Total lipid (fat)g	15.00	1	A	1		28.80	28.80	
Ash9	2.50	1	A	1		4.80	4.80	
Carbohydrate, by difference	23.90	0	NC	4		45.89	45.89	
Fiber, total dietary	1.6	1	A	1		3.1	3.1	
Sugars, total								
Starch								
Minerals:								
Calcium, Camg	106	1	A	1		204	204	
Iron, Femg	100	-		-		201	201	
Magnesium, Mgmg								
Phosphorus, Pmg								
Potassium, Kmg								
Sodium, Namg	636	1	A	1		1221	1221	
Zinc, Znmg								
Copper, Cumg								
Manganese, Mnmg								
Selenium, Semcg								
Lipids:								
Fatty acids, total saturatedg	3.370) 1	A	1		6.470	6.470	
Fatty acids, total monounsaturatedg	7.570) 1	A	1		14.534	14.534	
Fatty acids, total polyunsaturated9	2.030	1	A	1		3.898	3.898	
Fatty acids, total transg								
Cholesterolmg	12	1	A	1		23	23	
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:

Measure 1 = 192g: 1 package yields

Measure 2 = 192g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 21 Fast Foods

		<u>A</u>	mount in 100 g	rams c	of edik	ole portio	<u>n</u>		edible portion	
			Nu	mber				<u>m</u>	easures of food	<u> </u>
			of	Data I	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error Po	ints (Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	32.21	0.946	4	A	1		36.72	55.08	23.84
Energy	kcal	361		0	NC	4		411	616	267
Energy	kj	1508		0	NC	4		1720	2579	1116
Protein	g	3.90	0.210	4	A	1		4.45	6.67	2.89
Total lipid (fat)	g	19.27	0.743	4	A	1		21.97	32.96	14.26
Ash	g	1.75	0.107	4	A	1		2.00	3.00	1.30
Carbohydrate, by difference	g	42.86		0	NC	4		48.86	73.29	31.72
Fiber, total dietary	g	3.8	0.065	4	A	1		4.4	6.6	2.8
Sugars, total										
Sucrose		0.15	0.000	4	A	1		0.17	0.25	0.11
Glucose (dextrose)	g	0.15	0.000	4	A	1		0.17	0.25	0.11
Fructose	g	0.15	0.000	4	A	1		0.17	0.25	0.11
Lactose	g	0.15	0.000	4	A	1		0.17	0.25	0.11
Maltose		0.15	0.000	4	A	1		0.17	0.25	0.11
Galactose	g									
Starch	g	38.60	0.884	4	A	1		44.00	66.01	28.56
Minerals: Calcium, Ca	ma	17	1.869	4	A	1		19	28	12
Iron, Fe		0.88	0.043	4	A	1		1.01	1.51	0.65
Magnesium, Mg		37	1.710	4	A	1		43	64	28
Phosphorus, P		133	5.831	4	A	1		152	227	98
Potassium, K		603	38.443	4	A	1		688	1032	446
Sodium, Na		171	17.036	4	A	1		195	292	126
Zinc, Zn	mg	0.55	0.050	4	A	1		0.63	0.94	0.41
Copper, Cu	mg	0.138	0.031	4	A	1		0.157	0.235	0.10
Manganese, Mn		0.218	0.006	4	A	1		0.248	0.373	0.16
Selenium, Se	mcg	0.4		2	A	1		0.4	0.6	0.3
Vitamins:					_	_				
Vitamin C, total ascorbic acid		2.1	0.644	4	A	1		2.4	3.7	1.6
Thiamin	-	0.173		4 4	A A	1 1		0.197 0.123	0.295	0.12
Riboflavin		2.665		4	A	1		3.038	0.184 4.557	0.080 1.972
Niacin Pantothenic acid		0.805		4	A	1		0.918	1.377	0.59
Vitamin B-6		0.572		4	A	1		0.652	0.978	0.423
Folate, total		8	0.000	4	A	1		9	14	6
Folic acid		Ü	0.000	•		-		,	14	Ü
Folate, food		8	0.000	4	A	1		9	14	6
Folate, DFE		-		-		_		-		-
Vitamin B-12										
Vitamin A, IU		0		0	AS	1		0	0	0
Vitamin A, RAE		0		0	AS	1		0	0	0
Retinol										
Vitamin E (alpha-tocopherol)	mg	0.78	0.035	4	A	1		0.89	1.33	0.58
Tocopherol, beta		0.03	0.003	4	A	1		0.03	0.05	0.02
Tocopherol, gamma	mg	2.60	0.388	4	A	1		2.97	4.45	1.93
Tocopherol, delta	mg	1.43	0.160	4	A	1		1.63	2.45	1.06
Vitamin D Vitamin K (phylloquinone)		16.0	0.588	4	A	1		18.3	27.4	11.9
4 7 1 /	nog	10.0	0.366	-	•	1		10.5	21.4	11.9
Lipids: Fatty acids, total saturated	a	4.327	0.163	4	NC	4		4.933	7.400	3.20
4:0		0.000		4	A	1		0.000	0.000	0.00
6:0	_	0.000		4	A	1		0.000	0.000	0.00
8:0	_	0.000		4	A	1		0.000	0.000	0.00
10:0	_	0.000		4	A	1		0.000	0.000	0.00
12:0	-	0.000		4	A	1		0.000	0.000	0.00
13:0		0.000		-		-		3.000	0.000	0.30
14:0		0.020	0.002	4	A	1		0.023	0.035	0.01
15:0										

	<u>Am</u>	ount in 100 g Nu	<u>rams</u> mbei		<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	of Std. Error Po			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0g	2.195	0.087	4	A	1		2.503	3.754	1.625
17:0g	0.024	0.002	4	A	1		0.027	0.041	0.018
18:0g	1.910	0.072	4	A	1		2.178	3.266	1.413
20:0g	0.082	0.004	4	A	1		0.093	0.140	0.061
22:0g	0.065	0.002	4	A	1		0.074	0.111	0.048
24:0g	0.031	0.001	4	A	1		0.035	0.053	0.023
Fatty acids, total monounsaturatedg	10.138	0.329	4	NC	4		11.557	17.335	7.502
14:1g									
15:1g									
16:1 undifferentiatedg	0.014	0.000	4	AS	1		0.016	0.024	0.010
16:1 cg	0.014	0.000	4	A	1		0.016	0.024	0.010
16:1 tg	****		_		_			****	
17:1g									
18:1 undifferentiated	10.102	0.329	4	AS	1		11.517	17.275	7.476
18:1 cg	6.240	0.194	4	A	1		7.114	10.671	4.618
18:1 t	3.862	0.154	4	A	1		4.403	6.604	2.858
_	0.021	0.154	4	A	1		0.024	0.036	0.016
20:1g					1				
22:1 undifferentiated	0.000	0.000	4	A	1		0.000	0.000	0.000
24:1 cg	2 007	0.050							0.076
Fatty acids, total polyunsaturatedg	3.887	0.259	4	NC	4		4.431	6.647	2.876
18:2 undifferentiatedg	3.719	0.243	4	AS	1		4.240	6.360	2.752
18:2 n-6 c,c9	3.060	0.232	4	A	1		3.488	5.233	2.264
18:2 CLAsg									
18:2 c,tg									
18:2 t,cg									
18:2 t,tg									
18:2 ig	0.659	0.044	4	A	1		0.751	1.127	0.488
18:2 t not further definedg									
18:3 undifferentiatedg	0.168	0.021	4	A	1		0.192	0.287	0.124
18:4g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000	0.000	4	A	1		0.000	0.000	0.000
20:5 n-3g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:5 n-3g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:6 n-3g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total transg	4.521	0.175	4	NC	4		5.154	7.731	3.346
Fatty acids, total trans-monoenoic9	3.862	0.154	4	NC	4		4.403	6.604	2.858
Fatty acids, total trans-polyenoic9	0.659	0.044	4	NC	4		0.751	1.127	0.488
Cholesterol mg							*****	_,	
Phytosterolsmg									
Carotenoids:									
Carotene, betamcg	0		2	A	1		0.000	0.000	0.000
Carotene, alphamcg	0		2	A	1		0.000	0.000	0.000
Cryptoxanthin, beta mcg	0		2	A	1		0.000	0.000	0.000
Lycopenemcg	0		2	A	1		0.000	0.000	0.000
Lutein + zeaxanthinmcg	27		2	A	1		30.210	45.315	19.610

Common Measures:

Measure 1 = 114g: 1 medium Measure 2 = 171g: 1 large

Measure 3 = 74g: 1 small

Footnotes

1 Samples purchased Fall 2001.

NDB No. 21238

McDONALD'S, French Fries (1)

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 21 Fast Foods

		<u>A</u>	mount in 100 g	<u>ırams</u>	of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
			Nu	ımber				me	easures of food	
					Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	_	45.49	0.298	4	A	1		47.76		
Energy	kcal	257		0	NC	4		269		
Energy	kj	1073		0	NC	4		1127		
Protein	g	12.41	0.337	4	A	1		13.04		
Total lipid (fat)	g	9.30	0.493	4	A	1		9.76		
Ash	g	2.00	0.036	4	A	1		2.10		
Carbohydrate, by difference	g	30.80		0	NC	4		32.34		
Fiber, total dietary	g	1.6	0.095	4	A	1		1.7		
Sugars, total										
Sucrose		0.15	0.000	4	A	1		0.16		
Glucose (dextrose)		1.94	0.231	4	A	1		2.03		
		2.16	0.068	4	A	1		2.03		
Fructose		0.18	0.035	4	A	1		0.19		
Lactose	9			4	A A	1				
Maltose		0.56	0.058	4	A	1		0.59		
Galactose					_	_				
Starch	g	21.75	0.350	4	A	1		22.84		
Minerals:										
Calcium, Ca	ma	124	6.343	4	A	1		130		
Iron, Fe		1.70	0.250	4	A	1		1.79		
Magnesium, Mg		24	1.403	4	A	1		25		
Phosphorus, P		107	3.476	4	A	1		112		
Potassium, K		194	4.385	4	A	1		203		
Sodium, Na		478	26.427	4	A	1		502		
Zinc, Zn		1.93	0.117	4	A	1		2.03		
		0.107		4	A	1		0.112		
Copper, Cu		0.107		4	A	1		0.112		
Manganese, Mn Selenium, Se		26.2	4.123	4	A	1		27.5		
Vitamins:										
	ma	0.3	0.000	4	A	1		0.3		
Vitamin C, total ascorbic acid		0.292		4	A	1		0.307		
Thiamin	_	0.292		3	A	1		0.307		
Riboflavin	_					1				
Niacin	• • • • • • • • • • • • • • • • • • • •	4.347		4	A			4.565		
Pantothenic acid	_	0.540		4	A	1		0.567		
Vitamin B-6		0.099		4	A	1		0.104		
Folate, total	_	28	4.173	4	A	1		29		
Folic acid	mcg	21	2.901	4	A	1		22		
Folate, food		7	1.581	4	AS	1		7		
Folate, DFE		42		0	NC	4		44		
Vitamin B-12		1.12	0.086	3	A	1		1.18		
Vitamin A, IU										
Vitamin A, RAE										
Retinol										
Vitamin E (alpha-tocopherol)		0.10	0.012	4	A	1		0.10		
Tocopherol, beta		0.01	0.009	4	A	1		0.01		
Tocopherol, gamma	mg	0.22	0.077	4	A	1		0.23		
Tocopherol, delta		0.09	0.034	4	A	1		0.10		
Vitamin D										
Vitamin K (phylloquinone)	mcg	4.7	1.233	4	A	1		5.0		
Lipids:										
Fatty acids, total saturated	g	3.467	0.104	4	NC	4		3.640		
4:0										
6:0	-									
8:0	-	0.000	0.000	4	A	1		0.000		
10:0	-	0.000		4	A	1		0.000		
12:0	-	0.000		4	A	1		0.000		
13:0	-	3.000	3.000	-		-		0.000		
14:0		0.237	0.010	4	A	1		0.249		
14.0	9	0.23	0.010	-1	A	_		0.249		

		<u>An</u>	nount in 100	grams	of edil	ole portic	<u>on</u>	Amount in edible portion of common		
			•		Deriv	Source	Confidence	<u>m</u>	easures of food	
Nutrients and Unit	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
160	a	1.975	0.05	3 4	A	1		2.074		
16:0		0.085	0.05		A	1		0.089		
17:0 18:0	-	1.122	0.00		A	1		1.179		
20:0	-	0.010	0.00		A	1		0.010		
22:0	-	0.010	0.00		A	1		0.010		
24:0	•	0.000	0.00		A	1		0.000		
Fatty acids, total monounsaturated	-	3.865	0.13		NC	4		4.058		
14:1	-	0.060	0.00		A	1		0.063		
15:1	-	0.000	0.00		A	1		0.000		
16:1 undifferentiated		0.282	0.00		A	1		0.297		
17:1		0.000	0.00		A	1		0.000		
18:1 undifferentiated	-	3.467	0.12		A	1		3.641		
20:1	-	0.037	0.00		A	1		0.039		
22:1 undifferentiated.		0.017	0.00		A	1		0.018		
24:1 c		0.027	0.00	-		_		0.020		
Fatty acids, total polyunsaturated	-	1.212	0.06	8 4	NC	4		1.273		
18:2 undifferentiated		1.020	0.06	8 4	A	1		1.071		
18:3 undifferentiated		0.122	0.00	7 4	A	1		0.129		
18:4		0.042	0.00	3 4	A	1		0.045		
20:2 n-6 c.c		0.010	0.01	0 4	A	1		0.010		
20:3 undifferentiated	-	0.000	0.00	0 4	A	1		0.000		
20:4 undifferentiated	g	0.017	0.00	3 4	A	1		0.018		
20:5 n-3		0.000	0.00	0 4	A	1		0.000		
22:5 n-3		0.000	0.00	0 4	A	1		0.000		
22:6 n-3	-	0.000	0.00	0 4	A	1		0.000		
Fatty acids, total trans										
Cholesterol	mg	26	0.95	0 4	A	1		27		
Phytosterols										

Common Measures:

Measure 1 = 105g: 1 serving

Footnotes

1 Samples purchased Fall 2001.

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 21 Fast Foods

		<u>A</u>	mount in 10	u grams	of ear	ole portic	<u>on</u>	Amount in	edible portion	of common
				Numbei					easures of food	
				of Data		Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	-	50.30		1	A	1		96.07		
Energy		259		0	NC	4		495		
Energy		1084		0	NC	4		2071		
Protein (N x 6.25)		12.17		1	A	1		23.24		
Total lipid (fat)		13.30		1	A	1		25.40		
Ash		1.54		1	A	1		2.94		
Carbohydrate, by difference		22.69		0	NC	4		43.34		
Fiber, total dietary	g	1.4		1	A	1		2.7		
Sugars, total	g									
Sucrose	g	0.15		1	A	1		0.28		
Glucose (dextrose)	g	1.26		1	A	1		2.41		
Fructose		1.43		1	A	1		2.73		
Lactose		0.15		1	A	1		0.28		
Maltose	g	0.39		1	A	1		0.74		
Galactose										
Starch		16.10		1	A	1		30.75		
X										
Minerals:		400		_	_	_		4.05		
Calcium, Ca		103		1	A	1		197		
Iron, Fe		2.07		1	A	1		3.95		
Magnesium, Mg		24		1	A	1		46		
Phosphorus, P		112		1	A	1		214		
Potassium, K		194		1	A	1		371		
Sodium, Na		386		1	A	1		737		
Zinc, Zn		2.38	_	1	A	1		4.55		
Copper, Cu		0.10		1 1	A A	1 1		0.193		
Manganese, Mn Selenium, Se		0.23! 25.3	5	1	A A	1		0.449 48.3		
Scienium, Sc		23.3		_	A	-		40.5		
Vitamins:										
Vitamin C, total ascorbic acid		0.3		1	A	1		0.6		
Thiamin	-	0.23		1	A	1		0.441		
Riboflavin	_	0.22		1	A	1		0.433		
Niacin	• • • • • • • • • • • • • • • • • • • •	3.940	0	1	A	1		7.525		
Pantothenic acid	mg	0.463	3	1	A	1		0.884		
Vitamin B-6		0.07	6	1	A	1		0.145		
Folate, total		22		1	A	1		42		
Folic acid	mcg	17		1	A	1		32		
Folate, food		5		1	AS	1		10		
Folate, DFE		34		0	NC	4		65		
Vitamin B-12		1.23		1	A	1		2.35		
Vitamin A, IU										
Vitamin A, RAE										
Retinol								_		
Vitamin E (alpha-tocopherol)		0.09		1	A	1		0.17		
Tocopherol, beta		0.00		1	A	1		0.00		
Tocopherol, gamma		1.60		1	A	1		3.06		
Tocopherol, delta		0.83		1	A	1		1.59		
Vitamin D						_				
Vitamin K (phylloquinone)	mcg	23.4		1	A	1		44.7		
Lipids:										
Fatty acids, total saturated	q	4.240	0	0	NC	4		8.098		
4:0				-		=		2		
6:0	-									
8:0	-	0.000	0	1	A	1		0.000		
10:0	-	0.000		1	A	1		0.000		
12:0	-	0.000		1	A	1		0.000		
13:0	-	2.20		=		_		3.000		
14:0		0.240	0	1	A	1		0.458		
15:0	-	0.040		1	A	1		0.438		

	<u>Ar</u>	mount in 100 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common		
		Number		0	Confidence	<u>m</u>	easures of food	•
Nutrients and Units	Mean	Std. Error Points		Code	Confidence	Measure 1	Measure 2	Measure 3
16:0g	2.490		A	1		4.756		
17:0g	0.090		A	1		0.172		
18:0g	1.320		A	1		2.521		
20:0g	0.030		A	1		0.057		
22:0g	0.030		A	1		0.057		
24:0g	0.000	1	A	1		0.000		
Fatty acids, total monounsaturatedg	5.070	0	NC	4		9.683		
14:1g	0.060	1	A	1		0.114		
15:1g	0.000	1	A	1		0.000		
16:1 undifferentiatedg	0.290	1	A	1		0.554		
17:1g	0.000	1	A	1		0.000		
18:1 undifferentiatedg	4.650	1	A	1		8.882		
20:1g	0.050	1	A	1		0.096		
22:1 undifferentiatedg	0.020	1	A	1		0.038		
24:1 cg								
Fatty acids, total polyunsaturatedg	4.100	0	NC	4		7.830		
18:2 undifferentiatedg	3.560	1	A	1		6.799		
18:3 undifferentiated9	0.480	1	A	1		0.917		
18:4g	0.040	1	A	1		0.076		
20:2 n-6 c,cg	0.000	1	A	1		0.000		
20:3 undifferentiatedg	0.000	1	A	1		0.000		
20:4 undifferentiatedg	0.020	1	A	1		0.038		
20:5 n-3g	0.000	1	A	1		0.000		
22:5 n-3g	0.000	1	A	1		0.000		
22:6 n-3g	0.000	1	A	1		0.000		
Fatty acids, total trans								
Cholesterolmg	32	1	A	1		61		
Phytosterolsmg								

Common Measures:

Measure 1 = 191g: 1 item

Footnotes

1 Samples purchased Fall 2001.

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 21 Fast Foods

		<u>A</u>	mount in 100) grams	of edil	ole portio	<u>on</u>	Amount in	Amount in edible portion of common			
				Number					easures of food			
				of Data		Source	Confidence					
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure		
Proximates:												
Water	-	50.54		1	A	1		110.68				
Energy		261		0	NC	4		571				
Energy		1091		0	NC	4		2390				
Protein (N x 6.25)		11.94		1	A	1		26.15				
Total lipid (fat)		14.10		1	A	1		30.88				
Ash		1.89		1	A	1		4.14				
Carbohydrate, by difference		21.53		0	NC	4		47.15				
Fiber, total dietary	g	1.4		1	A	1		3.1				
Sugars, total	g											
Sucrose	g	0.32		1	A	1		0.70				
Glucose (dextrose)	g	1.10		1	A	1		2.41				
Fructose		1.30		1	A	1		2.85				
Lactose		0.29		1	A	1		0.63				
Maltose	g	0.25		1	A	1		0.55				
Galactose												
Starch		14.10		1	A	1		30.88				
Minerals:				_		_						
Calcium, Ca		127		1	A	1		278				
Iron, Fe		1.40		1	A	1		3.07				
Magnesium, Mg		25		1	A	1		55				
Phosphorus, P		136		1	A	1		298				
Potassium, K		182		1	A	1		399				
Sodium, Na		485		1	A	1		1062				
Zinc, Zn		2.16	_	1	A	1		4.73				
Copper, Cu		0.13		1	A	1		0.287				
Manganese, Mn		0.212	2	1	A	1 1		0.464				
Selenium, Se	fficg	25.9		1	A	1		56.7				
Vitamins:												
Vitamin C, total ascorbic acid		0.3		1	A	1		0.7				
Thiamin	-	0.184		1	A	1		0.403				
Riboflavin	-	0.20		1	A	1		0.440				
Niacin	• • • • • • • • • • • • • • • • • • • •	3.630		1	A	1		7.950				
Pantothenic acid	_	0.44		1	A	1		0.966				
Vitamin B-6	_	0.170	D	1	A	1		0.372				
Folate, total		27		1	A	1		59				
Folic acid	mcg	18		1	A	1		39				
Folate, food		9		1	AS	1		20				
Folate, DFE		40		0	NC	4		87				
Vitamin B-12		1.27		1	A	1		2.78				
Vitamin A, IU												
Vitamin A, RAE												
Retinol				_	_	_						
Vitamin E (alpha-tocopherol)		0.06		1	A	1		0.13				
Tocopherol, beta		0.00		1	A	1		0.00				
Tocopherol, gamma		1.00		1	A	1		2.19				
Tocopherol, delta		0.87		1	A	1		1.91				
Vitamin D		16 4		1	2	1		35 0				
Vitamin K (phylloquinone)	nicy	16.4		1	A	1		35.9				
<u>Lipids:</u>												
Fatty acids, total saturated	g	4.999	9	0	NC	4		10.949				
4:0												
6:0	g											
8:0	g	0.020	0	1	A	1		0.044				
10:0	g	0.050	0	1	A	1		0.110				
12:0	g	0.060	0	1	A	1		0.131				
13:0	g											
14:0		0.410	0	1	A	1		0.898				
15:0	-	0.050		1	A	1		0.110				

	Amo	unt in 100 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common		
		Number				<u>m</u>	easures of food	
Nutrients and Units	Mean St	of Data d. Error Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0g	2.820	1	A	1		6.176		
17:0g	0.090	1	A	1		0.197		
18:0g	1.450	1	A	1		3.176		
20:0g	0.030	1	A	1		0.065		
22:0g	0.020	1	A	1		0.044		
24:0g	0.000	1	A	1		0.000		
Fatty acids, total monounsaturatedg	5.160	0	NC	4		11.300		
14:1g	0.070	1	A	1		0.153		
15:1g	0.000	1	A	1		0.000		
16:1 undifferentiatedg	0.290	1	A	1		0.635		
17:1g	0.000	1	A	1		0.000		
18:1 undifferentiatedg	4.730	1	A	1		10.359		
20:1g	0.050	1	A	1		0.110		
22:1 undifferentiatedg	0.020	1	A	1		0.044		
24:1 cg								
Fatty acids, total polyunsaturated9	3.880	0	NC	4		8.497		
18:2 undifferentiatedg	3.350	1	A	1		7.336		
18:3 undifferentiated	0.460	1	A	1		1.007		
18:4g	0.050	1	A	1		0.110		
20:2 n-6 c,cg	0.000	1	A	1		0.000		
20:3 undifferentiatedg	0.000	1	A	1		0.000		
20:4 undifferentiatedg	0.020	1	A	1		0.044		
20:5 n-3g	0.000	1	A	1		0.000		
22:5 n-3g	0.000	1	A	1		0.000		
22:6 n-3g	0.000	1	A	1		0.000		
Fatty acids, total transg								
Cholesterol mg	36	1	A	1		78		
Phytosterolsmg								

Common Measures:

Measure 1 = 219g: 1 serving

Footnotes

1 Samples purchased Fall 2001.

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 21 Fast Foods

NDB No. 21231 McDONALD'S, CHICKEN McGRILL (1)

McDonald's Corporation

		<u>A</u>	mount in 100	<u>0 grams</u>	of edit	ole portio	<u>on</u>	Amount in edible portion of common			
			1	Number	,				easures of food		
						Source	Confidence				
Nutrients and Unit	s	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
Nutrionto una omi		Moun	Ota. Error					Wicasare 1	measure 2	Micasarc	
Proximates:											
Water	g	57.70		1	A	1		122.90			
Energy	kcal	198		0	NC	4		422			
Energy	kj	829		0	NC	4		1766			
Protein (N x 6.25)	g	14.46		1	A	1		30.80			
Total lipid (fat)	g	7.40		1	A	1		15.76			
Ash	g	2.00		1	A	1		4.26			
Carbohydrate, by difference	g	18.44		0	NC	4		39.28			
Fiber, total dietary	g	1.3		1	A	1		2.8			
Sugars, total											
Sucrose		0.15		1	A	1		0.32			
Glucose (dextrose)	g	0.88		1	A	1		1.87			
Fructose	g	1.21		1	A	1		2.58			
Lactose	g	0.15		1	A	1		0.32			
Maltose		0.38		1	A	1		0.81			
Galactose	g										
Starch		12.70		1	A	1		27.05			
Minerals:											
Calcium, Ca	ma	82		1	A	1		175			
Iron, Fe		1.12		1	A	1		2.39			
Magnesium, Mg		28		1	A	1		59			
Phosphorus, P		161		1	A	1		343			
Potassium, K		237		1	A	1		505			
Sodium, Na	-	582		1	A	1		1240			
Zinc, Zn	mg	0.57		1	A	1		1.21			
Copper, Cu	mg	0.075	5	1	A	1		0.159			
Manganese, Mn	mg	0.205	5	1	A	1		0.436			
Selenium, Se	mcg	26.7		1	A	1		56.9			
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	_	0.3		1	A	1		0.7			
Thiamin	-	0.176		1	A	1		0.375			
Riboflavin	-	0.169		1	A	1		0.360			
Niacin	-	5.310		1	A	1		11.310			
Pantothenic acid	-	0.767		1 1	A	1 1		1.634			
Vitamin B-6		0.132 27	2	1	A A	1		0.281 58			
Foliate, total				1		1					
Folic acidFolate, food		19 8		1	A As	1		40 17			
Folate, DFE		40		0	NC	4		86			
Vitamin B-12		0.33		1	A	1		0.70			
Vitamin A, IU		0.55		-		-		0.70			
Vitamin A, RAE											
Retinol											
Vitamin E (alpha-tocopherol)		0.40		1	A	1		0.85			
Tocopherol, beta		1.24		1	A	1		2.64			
Tocopherol, gamma		3.70		1	A	1		7.88			
Tocopherol, delta		1.07		1	A	1		2.28			
Vitamin D	IU										
Vitamin K (phylloquinone)	mcg	19.9		1	A	1		42.4			
<u>Lipids:</u>											
Fatty acids, total saturated		1.550	0	0	NC	4		3.300			
4:0											
6:0	-		_								
8:0	-	0.000		1	A	1		0.000			
10:0		0.000		1	A	1		0.000			
12:0	_	0.000	U	1	A	1		0.000			
13:0	g										
14:0	~	0.010	•	1	A	1		0.021			

	<u>Aı</u>	mount in 100 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common		
Nutrients and Units	Mean	Number of Data Std. Error Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
16:0g	1.060	1	A	1		2.258		
17:0g	0.000	1	A	1		0.000		
18:0g	0.440	1	A	1		0.937		
20:0g	0.020	1	A	1		0.042		
22:0g	0.020	1	A	1		0.042		
24:0g	0.000	1	A	1		0.000		
Fatty acids, total monounsaturatedg	2.290	0	NC	4		4.877		
14:1g	0.000	1	A	1		0.000		
15:1g	0.000	1	A	1		0.000		
16:1 undifferentiated	0.070	1	A	1		0.149		
17:1g	0.000	1	A	1		0.000		
18:1 undifferentiated	2.200	1	A	1		4.686		
20:1g	0.020	1	A	1		0.042		
22:1 undifferentiatedg	0.000	1	A	1		0.000		
24:1 cg								
Fatty acids, total polyunsaturatedg	4.130	0	NC	4		8.797		
18:2 undifferentiatedg	3.640	1	A	1		7.753		
18:3 undifferentiated	0.460	1	A	1		0.980		
18:4g	0.000	1	A	1		0.000		
20:2 n-6 c,cg	0.000	1	A	1		0.000		
20:3 undifferentiatedg	0.000	1	A	1		0.000		
20:4 undifferentiatedg	0.030	1	A	1		0.064		
20:5 n-3g	0.000	1	A	1		0.000		
22:5 n-3g	0.000	1	A	1		0.000		
22:6 n-3g	0.000	1	A	1		0.000		
Fatty acids, total trans								
Cholesterol m	g 33	1	A	1		71		
Phytosterolsme	g							

Common Measures:

Measure 1 = 213g: 1 serving

Footnotes

1 Samples purchased Fall 2001.

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 21 Fast Foods

		<u>A</u>	mount in 100	grams	of ear	ole portic	<u>on</u>	Amount in	edible portion	of common
				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
Proximates:										
Water	-	44.68		1	A	1		53.17		
Energy		274		0	NC	4		326		
Energy		1145		0	NC	4		1363		
Protein (N x 6.25)		12.83		1	A	1		15.27		
Total lipid (fat)		12.40		1	A	1		14.76		
Ash		2.40		1	A	1		2.86		
Carbohydrate, by difference		27.69		0	NC	4		32.95		
Fiber, total dietary		1.5		1	A	1		1.8		
Sugars, total				_		_				
Sucrose		0.15		1	A	1		0.18		
Glucose (dextrose)		3.29		1	A	1		3.91		
Fructose		1.85		1	A	1		2.20		
Lactose	g	0.43		1	A	1		0.51		
Maltose		0.55		1	A	1		0.65		
Galactose				_	_	_		00.07		
Starch	g	19.30		1	A	1		22.97		
Minerals:										
Calcium, Ca	mg	184		1	A	1		219		
Iron, Fe		1.47		1	A	1		1.75		
Magnesium, Mg		25		1	A	1		29		
Phosphorus, P	mg	150		1	A	1		179		
Potassium, K	mg	197		1	A	1		234		
Sodium, Na		621		1	A	1		739		
Zinc, Zn		2.05		1	A	1		2.44		
Copper, Cu		0.07		1	A	1		0.089		
Manganese, Mn		0.23	l.	1 1	A A	1 1		0.275		
Selenium, Se	nicg	21.8		1	A	1		25.9		
Vitamins:										
Vitamin C, total ascorbic acid		0.3		1	A	1		0.4		
Thiamin	-	0.29		1	A	1		0.351		
Riboflavin	-	0.158		1	A	1		0.188		
Niacin	• • • • • • • • • • • • • • • • • • • •	4.050		1	A	1		4.820		
Pantothenic acid	-	0.720		1	A	1		0.857		
Vitamin B-6	-	0.07	5	1	A	1		0.089		
Folate, total		26		1	A	1		31		
Folic acid	mcg	19		1	A	1		23		
Folate, food		7		1	AS	1 4		8		
Folate, DFE		39 1.32		0 1	NC A	4 1		47 1.57		
Vitamin B-12 Vitamin A, IU		1.32		1	A	1		1.5/		
Vitamin A, IUVitamin A, RAE										
Retinol										
Vitamin E (alpha-tocopherol)		0.08		1	A	1		0.10		
Tocopherol, beta		0.00		1	A	1		0.00		
Tocopherol, gamma		0.20		1	A	1		0.24		
Tocopherol, delta		0.05		1	A	1		0.06		
Vitamin D										
Vitamin K (phylloquinone)		6.5		1	A	1		7.7		
Linide:										
Lipids:	a	5.219	a	0	NC	4		6.211		
Fatty acids, total saturated		3.21	•	U	NC	4		0.211		
4:0 6:0										
8:0	-	0.040	0	1	A	1		0.047		
10:0	-	0.090		1	A	1		0.107		
12:0	-	0.110		1	A	1		0.131		
13:0	-			=		_		30-		
14:0		0.570	0	1	A	1		0.678		
15:0	-	0.070		1	A	1		0.083		

		<u>Ar</u>	nount in 100 gran	Amount in edible portion of common					
			Numb		_		<u>m</u>	easures of food	<u></u>
Nutrients and Unit	ts	Mean	of Date			Confidence Code	Measure 1	Measure 2	Measure 3
16:0	a	2.750	1	A	1		3.273		
17:0		0.110	1	A	1		0.131		
18:0		1.450	1	A	1		1.726		
20:0	-	0.020	1	A	1		0.024		
22:0	-	0.020	1	A	1		0.024		
24:0	•	0.010	1	A	1		0.012		
Fatty acids, total monounsaturated		4.380	=	NC	4		5.212		
14:1	-	0.080	1	A.	1		0.095		
15:1	-	0.000	1	A	1		0.000		
16:1 undifferentiated		0.310	=	A	1		0.369		
17:1		0.000	1	A	1		0.369		
18:1 undifferentiated	-	3.940	1	A	1		4.689		
20:120:1		0.040	1	A	1		0.047		
22:1 undifferentiated	_	0.010	1	A	1		0.012		
24:1 c		0.010	_		_		0.012		
Fatty acids, total polyunsaturated		1.250	0	NC	4		1.487		
18:2 undifferentiated	-	1.020	1	A	1		1.487		
18:3 undifferentiated		0.130	1	A	1		0.155		
18:4		0.130	1	A	1		0.133		
20:2 n-6 c.c.	-	0.000	1	A	1		0.000		
20:3 undifferentiated		0.010	1	A	1		0.012		
20:4 undifferentiated		0.020	1	A	1		0.012		
20:5 n-3	-	0.020	1	A	1		0.000		
22:5 n-3		0.000	1	A	1		0.000		
22:6 n-3		0.000	1	A	1		0.000		
Fatty acids, total trans	-	0.000	1	A	1		0.000		
Cholesterol		35	1	А	1		42		
Phytosterols	_	33	1	A	1		42		
r iiytostelois									

Common Measures:

Measure 1 = 119g: 1 serving

Footnotes

1 Samples purchased Fall 2001.

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 21 Fast Foods

		<u>A</u>	mount in 100 g	grams	of edit	ole portio	<u>on</u>	Amount in edible portion of common			
			Nı	umber				<u>m</u>	easures of food	_	
			of	f Data	Deriv	Source	Confidence				
Nutrients and Unit	·e	Mean	Std. Error P			Code	Code	Measure 1	Measure 2	Measure	
Nutrients and Office	.5	Weali	Std. Ellol 1	00				Weasure i	Weasure 2	Weasure	
Proximates:											
Water	g	51.06		1	A	1		111.82			
Energy	kcal	245		0	NC	4		536			
Energy	kj	1024		0	NC	4		2243			
Protein (N x 6.25)	g	12.42		1	A	1		27.20			
Total lipid (fat)		11.70		1	A	1		25.62			
Ash	g	2.36		1	A	1		5.17			
Carbohydrate, by difference	g	22.46		0	NC	4		49.19			
Fiber, total dietary	g	1.4		1	A	1		3.1			
Sugars, total											
Sucrose		0.15		1	A	1		0.33			
Glucose (dextrose)		0.94		1	A	1		2.06			
Fructose	g	1.09		1	A	1		2.39			
Lactose	g	0.15		1	A	1		0.33			
Maltose		0.15		1	A	1		0.33			
Galactose											
Starch		17.80		1	A	1		38.98			
	-										
Minerals:				_		_					
Calcium, Ca		78		1	A	1		171			
Iron, Fe		1.23		1	A	1		2.69			
Magnesium, Mg		28		1	A	1		60			
Phosphorus, P	-	161		1 1	A A	1 1		353 449			
Potassium, K	-	205 650		1	A	1					
Sodium, Na	_	1.00		1	A	1		1424 2.19			
Zinc, Zn		0.145	=	1	A A	1		2.19 0.317			
Copper, Cu		0.143		1	A	1		0.558			
Selenium, Se		19.3	,	1	A	1		42.3			
Vitamins:	ma	0.3		1	A	1		0.7			
Vitamin C, total ascorbic acid	_	0.3	,	1	A	1		0.7			
Thiamin	-	0.183		1	A	1		0.350			
Riboflavin	-	5.110		1	A	1		11.191			
Niacin Pantothenic acid	-	0.804		1	A	1		11.191			
Vitamin B-6	-	0.126		1	A	1		0.276			
Folate, total		29	•	1	A	1		64			
		29		1	A	1		44			
Folic acidFolate, food		20 9		1	A AS	1		20			
		43		0	NC	4		94			
Folate, DFE Vitamin B-12		0.33		1	A.	1		0.72			
Vitamin B-12 Vitamin A, IU		0.33		1	A	1		0.72			
Vitamin A, IU Vitamin A, RAE											
Retinol											
Vitamin E (alpha-tocopherol)	-	0.69		1	A	1		1.51			
Tocopherol, beta		1.94		1	A	1		4.25			
Tocopherol, gamma		4.84		1	A	1		10.60			
Tocopherol, delta		1.51		1	A	1		3.31			
Vitamin D		01		-		-		2.31			
Vitamin K (phylloquinone)		4.6		1	A	1		10.1			
	-										
Lipids:	a	2 11/	2	0	NC	4		1 611			
Fatty acids, total saturated		2.119	7	U	NC	4		4.641			
4:0	-										
6:0 8:0	-	0.000	n	1	A	1		0.000			
	-	0.000		1	A	1		0.000			
10:0		0.000		1	A	1					
12:0 13:0	_	0.000	,	1	A	1		0.000			
13.11	y										
14:0		0.010	•	1	A	1		0.022			

	<u>Aı</u>	mount in 100 grams		ole portio	<u>on</u>	Amount in edible portion of common		
		Number				<u>m</u>	easures of food	<u>l</u>
				Source	Confidence			
Nutrients and Units	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
160	1 200		_					
16:0g	1.390		A	1		3.044		
17:0g	0.010		A	1 1		0.022		
18:0g	0.630		A	_		1.379		
20:0g	0.040		A	1		0.087		
22:0g	0.040		A A	1 1		0.087		
24:0g				_		0.000		
Fatty acids, total monounsaturated9	3.740 0.000		NC A	4 1		8.190		
14:1g	0.000		A	1		0.000 0.000		
15:1	0.000		A	1		0.000		
17:1 undifferentiated	0.000		A	1		0.131		
17:1g	3.610		A	1		7.906		
20:1g	0.040		A	1		0.087		
20:1g 22:1 undifferentiated	0.040		A	1		0.065		
22:1 undifferentiated	0.030	1	A			0.065		
Fatty acids, total polyunsaturated	5.470	0	NC	4		11.979		
18:2 undifferentiatedg	4.910	-	A	1		10.753		
18:3 undifferentiated	0.540		A	1		1.183		
18:4g	0.000		A	1		0.000		
20:2 n-6 c.cg	0.000		A	1		0.000		
20:3 undifferentiated	0.000		A	1		0.000		
20:4 undifferentiated	0.020		A	1		0.044		
20:5 n-3	0.020		A	1		0.000		
20:5 n-3g	0.000		A	1		0.000		
22:6 n-3g	0.000		A	1		0.000		
Fatty acids, total trans	3.000	_	A	-		0.000		
Cholesterolg	29	1	A	1		63		
Phytosterolsmg		-		-		05		

Common Measures:

Measure 1 = 219g: 1 serving

Footnotes

1 Samples purchased Fall 2001.

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 21 Fast Foods

NDB No. 21232 McDONALD'S, FILET-O-FISH (1)

McDonald's Corporation

		<u>A</u>	mount in 10	<u>u grams</u>	or ean	ole portic	<u>''''</u>	Amount in edible portion of common			
				Number				m	easures of food	<u></u>	
						Source	Confidence	<u>-</u>			
Northbornto and Harl	4		04-1 5			Code	Code				
Nutrients and Uni	ts	Mean	Std. Error	Politis	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Duovimatori											
Proximates: Water	a	43.38		1	A	1		61.17			
Energy	_	294		0	NC	4		415			
Energy		1231		0	NC	4		1736			
Protein (N x 6.25)		11.36		1	A	1		16.02			
Total lipid (fat)		15.10		1	A	1		21.29			
Ash	=	1.94		1	A	1		2.74			
Carbohydrate, by difference	-	28.22		0	NC	4		39.79			
Fiber, total dietary		1.4		1	A	1		2.0			
Sugars, total				_		_					
Sucrose		0.15		1	A	1		0.21			
		0.83		1	A	1		1.17			
Glucose (dextrose)	9 O	1.09		1	A	1		1.54			
LactoseLactose	9 a	0.15		1	A	1		0.21			
Lactose Maltose		0.13		1	A	1		0.34			
MaltoseGalactose		V.24		-		-		0.54			
Starch		22.60		1	A	1		31.87			
Survii.	9			-		-		52.07			
Minerals:											
Calcium, Ca		109		1	A	1		154			
Iron, Fe		0.65		1	A	1		0.92			
Magnesium, Mg		27		1	A	1		39			
Phosphorus, P	_	131		1	A	1		185			
Potassium, K	_	196		1	A	1		276			
Sodium, Na	-	470		1	A	1		663			
Zinc, Zn		0.56		1	A	1		0.79			
Copper, Cu		0.100		1	A	1		0.141			
Manganese, Mn		0.187	7	1	A	1		0.264			
Selenium, Se	mcg	25.5		1	A	1		36.0			
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.3		1	A	1		0.5			
Thiamin	mg	0.211	1	1	A	1		0.297			
Riboflavin	mg	0.130	0	1	A	1		0.183			
Niacin	mg	2.220	0	1	A	1		3.130			
Pantothenic acid	mg	0.207	7	1	A	1		0.292			
Vitamin B-6	mg	0.043	3	1	A	1		0.060			
Folate, total		21		1	A	1		30			
Folic acid	mcg	17		1	A	1		24			
Folate, food	mcg	4		1	AS	1		6			
Folate, DFE	mcg_DFE	33		0	NC	4		46			
Vitamin B-12		1.08		1	A	1		1.52			
Vitamin A, IU											
Vitamin A, RAE	mcg_RAE										
Retinol	-										
Vitamin E (alpha-tocopherol)		1.17		1	A	1		1.65			
Tocopherol, beta		0.10		1	A	1		0.14			
Tocopherol, gamma		6.56		1	A	1		9.25			
Tocopherol, delta		2.15		1	A	1		3.03			
Vitamin D.				_	_						
Vitamin K (phylloquinone)	mcg	4.9		1	A	1		6.9			
<u>Lipids:</u>											
Fatty acids, total saturated	g	3.319	9	0	NC	4		4.680			
4:0											
6:0											
8:0	g	0.020	0	1	A	1		0.028			
10:0	g	0.040	0	1	A	1		0.056			
12:0		0.040	0	1	A	1		0.056			
13:0	g										
14:0		0.160	0	1	A	1		0.225			
15:0		0.020	0	1	A	1		0.028			

		<u>Ar</u>	nount in 100 gran	<u>on</u>	Amount in edible portion of common				
			Numb of Dat		Source	Confidence	<u>m</u>	easures of food	<u>l</u>
Nutrients and Unit	s	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure 3
16:0	a	2.030	1	A	1		2.862		
17:0		0.020	1	A	1		0.028		
18:0		0.890	1	A	1		1.255		
20:0	-	0.050	1	A	1		0.071		
22:0	-	0.050	1	A	1		0.071		
24:0	•	0.000	1	A	1		0.000		
Fatty acids, total monounsaturated		4.540	0	NC	4		6.401		
14:1	-	0.010	1	A	1		0.014		
15:1	-	0.000	1	A	1		0.000		
16:1 undifferentiated		0.050	1	A	1		0.071		
17:1	g	0.000	1	A	1		0.000		
18:1 undifferentiated	g	4.410	1	A	1		6.218		
20:1	g	0.060	1	A	1		0.084		
22:1 undifferentiated	g	0.010	1	A	1		0.014		
24:1 c	g								
Fatty acids, total polyunsaturated	g	7.190	0	NC	4		10.138		
18:2 undifferentiated	g	6.400	1	A	1		9.024		
18:3 undifferentiated	g	0.750	1	A	1		1.058		
18:4	g	0.040	1	A	1		0.056		
20:2 n-6 c,c	g	0.000	1	A	1		0.000		
20:3 undifferentiated	g	0.000	1	A	1		0.000		
20:4 undifferentiated	g	0.000	1	A	1		0.000		
20:5 n-3	g	0.000	1	A	1		0.000		
22:5 n-3	g	0.000	1	A	1		0.000		
22:6 n-3	g	0.000	1	A	1		0.000		
Fatty acids, total trans									
Cholesterol	mg	32	1	A	1		46		
Phytosterols	<u>mg</u>								

Common Measures:

Measure 1 = 141g: 1 serving

Footnotes

1 Samples purchased Fall 2001.

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 21 Fast Foods

		<u>A</u>	mount in 10	u grams	of edil	ole portic	<u>on</u>	Amount in edible portion of common			
				Numbei					easures of food		
				of Data		Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	-	48.81		1	A	1		83.47			
Energy	kcal	256		0	NC	4		437			
Energy	kj	1070		0	NC	4		1829			
Protein (N x 6.25)	g	15.68		1	A	1		26.81			
Total lipid (fat)	g	11.60		1	A	1		19.84			
Ash	g	1.77		1	A	1		3.03			
Carbohydrate, by difference	g	22.14		0	NC	4		37.86			
Fiber, total dietary	g	1.1		1	A	1		1.9			
Sugars, total											
Sucrose		0.15		1	A	1		0.25			
Glucose (dextrose)		1.14		1	A	1		1.95			
		1.86		1	A	1		3.18			
Fructose		0.15		1	A	1		0.25			
Lactose	9			1	A A	1					
Maltose		0.37		1	A	1		0.63			
Galactose				_	_	_		05 15			
Starch	g	14.90		1	A	1		25.48			
Minerals:											
Calcium, Ca	ma	87		1	A	1		148			
Iron, Fe		1.73		1	A	1		2.96			
Magnesium, Mg		24		1	A	1		41			
Phosphorus, P		121		1	A	1		207			
Potassium, K		225		1	A	1		385			
Sodium, Na		374		1	A	1		640			
Zinc, Zn		3.04		1	A	1		5.20			
		0.101	1	1	A	1		0.173			
Copper, Cu		0.101		1	A	1		0.173			
Manganese, Mn Selenium, Se		24.8	•	1	A	1		42.4			
Vitamins:	ma	0.3		1	A	1		0.6			
Vitamin C, total ascorbic acid			•	1		1					
Thiamin	_	0.160		1	A	1		0.273			
Riboflavin	_	0.201			A			0.344			
Niacin		4.650		1	A	1		7.952			
Pantothenic acid	_	0.394		1	A	1		0.674			
Vitamin B-6		0.148	В	1	A	1		0.253			
Folate, total		22		1	A	1		38			
Folic acid	mcg	13		1	A	1		22			
Folate, food		9		1	AS	1		15			
Folate, DFE		31		0	NC	4		53			
Vitamin B-12		1.66		1	A	1		2.84			
Vitamin A, IU											
Vitamin A, RAE											
Retinol											
Vitamin E (alpha-tocopherol)		0.06		1	A	1		0.10			
Tocopherol, beta	mg	1.12		1	A	1		1.92			
Tocopherol, gamma	mg	0.13		1	A	1		0.22			
Tocopherol, delta		0.02		1	A	1		0.03			
Vitamin D											
Vitamin K (phylloquinone)	mcg	5.0		1	A	1		8.6			
Lipids:											
Fatty acids, total saturated	g	5.030	0	0	NC	4		8.601			
4:0				-		-					
6:0	-										
8:0	-	0.000	0	1	A	1		0.000			
10:0	-	0.000		1	A	1		0.000			
12:0	-	0.000		1	A	1		0.000			
13:0	-	3.000	-	-	Α	-		0.000			
14:0		0.370	n	1	A	1		0.633			
15:0		0.050		1	A	1		0.086			

		<u>Ar</u>	nount in 100 gram	<u>on</u>	Amount in edible portion of common				
			Numbe of Data		Source	Confidence	<u>m</u>	easures of food	<u>l</u>
Nutrients and Unit	s	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
16:0	a	2.880	1	A	1		4.925		
17:0		0.120	1	A	1		0.205		
18:0		1.590	1	A	1		2.719		
20:0	-	0.020	1	A	1		0.034		
22:0	-	0.000	1	A	1		0.000		
24:0	•	0.000	1	A	1		0.000		
Fatty acids, total monounsaturated		5.680	0	NC	4		9.712		
14:1	-	0.100	1	A	1		0.171		
15:1	-	0.000	1	A	1		0.000		
16:1 undifferentiated		0.460	1	A	1		0.787		
17:1	g	0.000	1	A	1		0.000		
18:1 undifferentiated	g	5.080	1	A	1		8.687		
20:1	g	0.040	1	A	1		0.068		
22:1 undifferentiated	g	0.000	1	A	1		0.000		
24:1 c	g								
Fatty acids, total polyunsaturated	g	1.240	0	NC	4		2.120		
18:2 undifferentiated	g	1.050	1	A	1		1.795		
18:3 undifferentiated	g	0.110	1	A	1		0.188		
18:4	g	0.060	1	A	1		0.102		
20:2 n-6 c,c	g	0.000	1	A	1		0.000		
20:3 undifferentiated	g	0.000	1	A	1		0.000		
20:4 undifferentiated	g	0.020	1	A	1		0.034		
20:5 n-3	g	0.000	1	A	1		0.000		
22:5 n-3	g	0.000	1	A	1		0.000		
22:6 n-3	g	0.000	1	A	1		0.000		
Fatty acids, total trans	g								
Cholesterol	mg	40	1	A	1		69		
Phytosterols	<u>mg</u>								

Common Measures:

Measure 1 = 171g: 1 serving

Footnotes

1 Samples purchased Fall 2001.

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 21 Fast Foods

		<u>A</u>	mount in 100	0 grams	of edil	ole portic	<u>on</u>	Amount in edible portion of common			
				Number	-				easures of food		
				of Data		Source	Confidence				
Nutrients and Unit	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	-	48.36		1	A	1		96.24			
Energy		269		0	NC	4		536			
Energy		1127		0	NC	4		2242			
Protein (N x 6.25)		15.21		1	A	1		30.27			
Total lipid (fat)		14.40		1	A	1		28.66			
Ash		2.31		1	A	1		4.60			
Carbohydrate, by difference		19.72		0	NC	4		39.24			
Fiber, total dietary		1.2		1	A	1		2.4			
Sugars, total											
Sucrose		0.15		1	A	1		0.30			
Glucose (dextrose)		0.93		1	A	1		1.85			
Fructose		1.29		1	A	1		2.57			
Lactose	g	0.47		1	A	1		0.94			
Maltose		0.76		1	A	1		1.51			
Galactose											
Starch	g	13.00		1	A	1		25.87			
Minerals:											
Calcium, Ca	mg	179		1	A	1		356			
Iron, Fe.		1.02		1	A	1		2.03			
Magnesium, Mg		26		1	A	1		52			
Phosphorus, P		183		1	A	1		364			
Potassium, K		223		1	A	1		444			
Sodium, Na	mg	591		1	A	1		1176			
Zinc, Zn	mg	2.83		1	A	1		5.63			
Copper, Cu	mg	0.075	5	1	A	1		0.148			
Manganese, Mn	mg	0.163	3	1	A	1		0.324			
Selenium, Se	mcg	24.7		1	A	1		49.2			
Vitamins:											
Vitamin C, total ascorbic acid		0.3		1	A	1		0.7			
Thiamin	-	0.119		1	A	1		0.237			
Riboflavin	-	0.260		1	A	1		0.517			
Niacin	• • • • • • • • • • • • • • • • • • • •	4.050		1	A	1		8.060			
Pantothenic acid	-	0.590		1	A	1		1.174			
Vitamin B-6		0.093	3	1	A	1		0.185			
Folate, total		16		1	A	1		32			
Folic acid	mcg	12		1	A	1		24			
Folate, food		4		1	AS	1		8			
Folate, DFE		24		0	NC	4		49			
Vitamin B-12		1.75		1	A	1		3.48			
Vitamin A, IU											
Vitamin A, RAE											
Retinol		0.00		-	•	1		0.40			
Vitamin E (alpha-tocopherol)		0.20		1	A	1		0.40			
Tocopherol, beta		2.76		1 1	A	1		5.49			
Tocopherol, gamma		0.32		1	A	1 1		0.64			
Tocopherol, delta		0.06		1	A	1		0.12			
Vitamin D Vitamin K (phylloquinone)		4.4		1	A	1		8.8			
	5										
Lipids:	a	6 01/	n	^	370			12 750			
Fatty acids, total saturated		6.910	J	0	NC	4		13.750			
4:0	_										
6:0	_	0.057	n	1	•	1		0 100			
8:0	_	0.050		1	A	1		0.100			
10:0	_	0.110		1	A			0.219			
12:0	_	0.130	J	1	A	1		0.259			
13:0 14:0		0.740	n	1	A	1		1.473			
				1		1		1 /172			

	<u>Aı</u>	mount in 100	grams	of edil	ole portio	<u>n</u>	Amount in	edible portion of	of common
Nutrients and Units	Mean			Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Nutrients and Onits	Mean	Ota: Error					Wicasure 1	Micasure 2	Wicasure 5
16:0	3.700		1	A	1		7.363		
17:0	,		1	A	1		0.279		
18:0			1	A	1		3.841		
20:0	•		1	A	1		0.040		
22:0	•		1	A	1		0.000		
24:0	,		1	A	1		0.000		
Fatty acids, total monounsaturated	•)	0	NC	4		12.099		
14:1)	1	A	1		0.219		
15:1)	1	A	1		0.000		
16:1 undifferentiated		1	1	A	1		0.935		
17:1	0.000	1	1	A	1		0.000		
18:1 undifferentiated	5.450	1	1	A	1		10.845		
20:1	0.050	1	1	A	1		0.100		
22:1 undifferentiated	0.000	1	1	A	1		0.000		
24:1 c]								
Fatty acids, total polyunsaturated	1.290)	0	NC	4		2.566		
18:2 undifferentiated	1.030)	1	A	1		2.050		
18:3 undifferentiated	0.130)	1	A	1		0.259		
18:49	0.080)	1	A	1		0.159		
20:2 n-6 c,c	0.000)	1	A	1		0.000		
20:3 undifferentiated	0.020	1	1	A	1		0.040		
20:4 undifferentiated	0.030	1	1	A	1		0.060		
20:5 n-3	0.000	1	1	A	1		0.000		
22:5 n-3	0.000	1	1	A	1		0.000		
22:6 n-3		1	1	A	1		0.000		
Fatty acids, total trans	}								
Cholesterolr	•		1	A	1		95		
Phytosterolsr	ng								

Common Measures:

Measure 1 = 199g: 1 serving

Footnotes

1 Samples purchased Fall 2001.

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 21 Fast Foods

		<u>A</u> 1	mount in 10	00 grams	<u>n</u>	Amount in edible portion of common				
				Number				<u>m</u>	easures of food	
Nutrients and Ur	nits	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	44.30		1	A	1		88.16	88.16	
Energy	kcal	264		0	NC	4		525	525	
Energy		1105				4		2198	2198	
Protein	g	11.40		1	A	1		22.69	22.69	
Total lipid (fat)	g	9.80		1	A	1		19.50	19.50	
Ash		2.00		1	A	1		3.98	3.98	
Carbohydrate, by difference	g	32.50		0	NC	4		64.68	64.68	
Fiber, total dietary		1.6		1	A	1		3.2	3.2	
Sugars, total										
Starch	-									
Minerals:										
Calcium, Ca	mg	125		1	A	1		249	249	
Iron, Fe		1.81		1	A	1		3.60	3.60	
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	494		1	A	1		983	983	
Zinc, Zn	mg									
Copper, Cu										
Manganese, Mn	_									
Selenium, Se	mcg									
Lipids:										
Fatty acids, total saturated	g	3.690)	1	A	1		7.343	7.343	
Fatty acids, total monounsaturated	lg	3.650)	1	A	1		7.264	7.264	
Fatty acids, total polyunsaturated	g	0.950)	1	A	1		1.891	1.891	
Fatty acids, total trans	g									
Cholesterol	mg	19		1	A	1		38	38	
Phytosterols	mg									

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

Common Measures:

Measure 1 = 199g: 1 package yields

Measure 2 = 199g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 21 Fast Foods

		<u>A</u>	mount in 100 g	rams	of edit	ne portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber				<u>m</u>	easures of food	_	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	46.28	1.360	8	A	1		336.49	209.20	135.61	
Energy	=	268		0	NC	4		1949	1211	785	
Energy		1121		0	NC	4		8153	5069	3286	
Protein		10.36	0.264	8	A	1		75.30	46.82	30.35	
Total lipid (fat)	g	12.28	0.685	8	A	1		89.26	55.49	35.97	
Ash	g	2.06	0.045	8	A	1		14.95	9.30	6.03	
Carbohydrate, by difference	g	29.02		0	NC	4		211.00	131.19	85.04	
Fiber, total dietary	g	2.2	0.080	3	A	1		16.0	9.9	6.4	
Sugars, total											
Sucrose	g	0.31		2	A	1		2.23	1.39	0.90	
Glucose (dextrose)	g	0.93	0.028	4	A	1		6.74	4.19	2.72	
Fructose	g	1.20	0.077	4	A	1		8.74	5.43	3.52	
Lactose	g	0.39	0.003	3	A	1		2.83	1.76	1.14	
Maltose		0.74	0.104	4	A	1		5.39	3.35	2.17	
Galactose			2 22-		_	_		106.06	0		
Starch	9	18.74	0.302	4	A	1		136.26	84.72	54.92	
Minerals:											
Calcium, Ca	mg	179	5.176	8	A	1		1303	810	525	
Iron, Fe	mg	2.27	0.262	8	A	1		16.54	10.28	6.67	
Magnesium, Mg	mg	23	0.334	8	A	1		169	105	68	
Phosphorus, P		179	3.463	8	A	1		1301	809	524	
Potassium, K		152	6.458	8	A	1		1105	687	446	
Sodium, Na		447	8.589	8	A	1		3250	2021	1310	
Zinc, Zn		1.32 0.22	0.038 7 0.019	8 3	A A	1 1		9.62 1.648	5.98 1.025	3.88	
Copper, Cu		0.22		8	A	1		2.117	1.025	0.85	
Selenium, Se		21.5	4.481	4	A	1		156.3	97.2	63.0	
	g			-		-		200.0	2	33.1	
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid		1.2	0.127	3	A	1		9.1	5.6	3.7	
Thiamin	-	0.211		5 5	A A	1 1		1.531	0.952	0.61	
Riboflavin	_	0.258 2.196		5	A	1		1.879 15.966	1.168 9.927	0.75 6.43	
Pantothenic acid	-	0.219		2	A	1		1.592	0.990	0.43	
Vitamin B-6	_	0.083		5	A	1		0.603	0.375	0.24	
Folate, total		38	2.348	8	A	1		277	172	112	
Folic acid	-										
Folate, food		38	2.348	8	A	1		277	172	112	
Folate, DFE	mcg_DFE										
Vitamin B-12		0.78		2	A	1		5.70	3.55	2.30	
Vitamin A, IU											
Vitamin A, RAE											
Retinol											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta Vitamin D											
Vitamin K (phylloquinone)											
<u> ipids:</u>											
Fatty acids, total saturated	_	3.758	0.315	8	NC	4		27.321	16.986	11.03	
4:0											
6:0	-										
8:0	-	^ 111		•		4		0.011	0 -00		
10:0	-	0.112		2 7	A A	1 1		0.814	0.506	0.32 0.44	
12:0	-	0.152	0.005	,	A	1		1.102	0.685	0.44	
13:0 14:0		0.453	0.043	8	A	1		3.296	2.049	1.32	
15:0		0.453	0.043	Ü	•	_		3.290	2.049	1.34	

		<u>Aı</u>	mount in 100 g	grams		ole portic	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	ts	Mean		f Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
16:0	a	2.039	0.145	8	A	1		14.824	9.217	5.975	
17:0											
18:0		1.105	0.134	8	A	1		8.032	4.994	3.237	
20:0											
22:0	g										
24:0											
Fatty acids, total monounsaturated	g	4.205	0.519	8	NC	4		30.571	19.007	12.321	
14:1	g										
15:1	-										
16:1 undifferentiated	_	0.129	0.011	7	A	1		0.941	0.585	0.379	
17:1	•										
18:1 undifferentiated	•	4.092	0.517	8	A	1		29.748	18.495	11.989	
20:1											
22:1 undifferentiated	-										
24:1 c		1 000		•							
Fatty acids, total polyunsaturated		1.826		8	NC	4		13.276	8.254	5.351	
18:2 undifferentiated		1.680		8 7	A	1 1		12.214	7.594	4.922	
18:3 undifferentiated		0.167	0.025	'	A	1		1.214	0.755	0.489	
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		14	0.369	5	A	1		105	65	42	
Phytosterols											
Amino Acids:	-										
Tryptophan	g	0.170		2	A	1		1.232	0.766	0.497	
Threonine	g	0.379		2	A	1		2.755	1.713	1.110	
Isoleucine	g	0.469		2	A	1		3.406	2.118	1.373	
Leucine	g	0.871		2	A	1		6.329	3.935	2.551	
Lysine	g	0.589		2	A	1		4.278	2.660	1.724	
Methionine	g	0.184		2	A	1		1.338	0.832	0.539	
Cystine	g	0.106		2	A	1		0.767	0.477	0.309	
Phenylalanine	g	0.529		2	A	1		3.846	2.391	1.550	
Tyrosine	g	0.320		2	A	1		2.326	1.446	0.938	
Valine		0.596		2	A	1		4.333	2.694	1.746	
Arginine	g	0.398		2	A	1		2.893	1.799	1.166	
Histidine	g	0.279		2	A	1		2.025	1.259	0.816	
Alanine		0.328		2	A	1		2.381	1.480	0.960	
Aspartic acid		0.645		2	A	1		4.686	2.913	1.888	
Glutamic acid		2.852		2	A	1		20.730	12.889	8.355	
Glycine		0.272		2	A	1		1.974	1.227	0.795	
Proline	_	1.243		2	A	1		9.033	5.616	3.641	
Serine		0.558		2	A	1		4.053	2.520	1.633	
Hydroxyproline	g										

Common Measures:

Measure 1 = 727g: 1 package 24 oz pizza Measure 2 = 452g: 1 package 15.1 oz pizza Measure 3 = 293g: 1 package 9.8 oz pizza

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

NDB No. 21224

Pizza, cheese, regular crust, frozen

Food Group: 21 Fast Foods

		<u>A</u>	mount in 100 g	rams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber				m	easures of food		
					Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
- · ·											
Proximates: Water	a	43.46	0.610	4	A	1		362.48	258.61	60.41	
Energy	_	260		0	NC	4		2170	1548	362	
Energy		1088		0	NC	4		9078	6476	1513	
Protein		12.37	0.397	4	A	1		103.13	73.57	17.19	
Total lipid (fat)		8.78	0.484	4	A	1		73.26	52.27	12.21	
Ash		2.48	0.108	4	A	1		20.69	14.76	3.45	
Carbohydrate, by difference		32.91		0	NC	4		274.44	195.79	45.74	
Fiber, total dietary		2.5	0.126	4	A	1		20.8	14.8	3.5	
Sugars, total											
Sucrose											
Glucose (dextrose)	g	1.16	0.161	4	A	1		9.65	6.88	1.61	
Fructose		1.50	0.197	4	A	1		12.55	8.95	2.09	
Lactose											
Maltose	g	2.43	1.203	4	A	1		20.27	14.46	3.38	
Galactose											
Starch		20.46	1.010	4	A	1		170.62	121.73	28.44	
<u>Minerals:</u>											
Calcium, Ca		177	11.942	4	A	1		1473	1051	246	
Iron, Fe		1.77	0.176	4	A	1		14.79	10.55	2.40	
Magnesium, Mg	=	26	1.234	4	A	1		218	156	36	
Phosphorus, P		238	4.691	4	A	1		1985	1416	331	
Potassium, K		175	10.388	4	A	1		1459	1041	243	
Sodium, Na		556	22.427	4	A	1		4635	3307	773	
Zinc, Zn		1.32 0.255	0.070	4 2	A A	1 1		11.00 2.127	7.85 1.517	1.83	
Copper, Cu		0.428		4	A	1		3.565	2.544	0.59	
Manganese, Mn Selenium, Se		34.8	5.266	4	A	1		289.8	206.8	48.3	
Vitamins:											
Vitamin C, total ascorbic acid	mg	1.9		2	A	1		15.8	11.3	2.6	
Thiamin		0.241	0.031	4	A	1		2.008	1.432	0.33	
Riboflavin	-	0.246	0.019	4	A	1		2.050	1.462	0.34	
Niacin	mg	1.985	0.361	4	A	1		16.553	11.809	2.75	
Pantothenic acid	mg	0.256	6	2	A	1		2.131	1.520	0.35	
Vitamin B-6	mg	0.092	0.006	4	A	1		0.765	0.546	0.12	
Folate, total		37	11.296	4	A	1		311	222	52	
Folic acid	mcg										
Folate, food	mcg	37	11.296	4	A	1		311	222	52	
Folate, DFE											
Vitamin B-12	-	0.70	0.044	4	A	1		5.82	4.15	0.97	
Vitamin A, IU											
Vitamin A, RAE											
Retinol	-										
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta Vitamin D											
Vitamin K (phylloquinone)											
ipids:											
Fatty acids, total saturated	g	3.500	0.233	4	NC	4		29.190	20.825	4.80	
4:0											
6:0	_										
8:0	g										
10:0	g	0.122	0.012	3	A	1		1.015	0.724	0.10	
12:0	g	0.164	0.016	4	A	1		1.370	0.977	0.22	
13:0	g										
14:0	g	0.517	7 0.040	4	A	1		4.314	3.078	0.7	
15:0	g										

		<u>An</u>	nount in 100 g Nu	<u>ırams</u> ımbei		ole portic	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	5	Mean	of Std. Error Po			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
16:0	-	1.820	0.127	4	A	1		15.181	10.830	2.530	
17:0	-										
18:0		0.907	0.056	4	A	1		7.564	5.397	1.261	
20:0	-										
22:0											
24:0	_	0 150	0 100		170	4		17 000	10 701	2.988	
Fatty acids, total monounsaturated		2.150	0.190	4	NC	4		17.929	12.791	2.988	
14:1	-										
15:1 16:1 undifferentiated	_	0.121	0.009	3	A	1		1.009	0.720	0.168	
17:1	-	0.121	0.009	,	•	_		1.009	0.720	0.100	
18:1 undifferentiated	•	2.059	0.163	4	A	1		17.172	12.251	2.862	
20:1	•	2.033	0.103	-		-		17.172	12.251	2.002	
22:1 undifferentiated.											
24:1 c											
Fatty acids, total polyunsaturated		1.201	0.212	4	NC	4		10.018	7.147	1.670	
18:2 undifferentiated		1.155	0.185	4	A	1		9.629	6.869	1.605	
18:3 undifferentiated	_	0.187		1	A	1		1.560	1.113	0.260	
18:4											
20:2 n-6 c,c											
20:3 undifferentiated	g										
20:4 undifferentiated	g										
20:5 n-3	g										
22:5 n-3	g										
22:6 n-3	g										
Fatty acids, total trans											
Cholesterol		16	1.238	4	A	1		137	97	23	
Phytosterols	mg										
Amino Acids:											
Tryptophan	g	0.188		2	A	1		1.568	1.119	0.261	
Threonine	g	0.451		2	A	1		3.761	2.683	0.627	
Isoleucine	g	0.576		2	A	1		4.804	3.427	0.801	
Leucine	g	1.077		2	A	1		8.978	6.405	1.496	
Lysine	g	0.649		2	A	1		5.408	3.859	0.901	
Methionine	g	0.207		2	A	1		1.726	1.232	0.288	
Cystine	g	0.131		2	A	1		1.093	0.779	0.182	
Phenylalanine	g	0.661		2	A	1		5.509	3.930	0.918	
Tyrosine	-	0.382		2	A	1		3.182	2.270	0.530	
Valine		0.713		2	A	1		5.942	4.239	0.990	
Arginine		0.474		2	A	1		3.953	2.820	0.659	
Histidine	-	0.330		2	A	1		2.748	1.961	0.458	
Alanine		0.412		2	A	1		3.436	2.451	0.573	
Aspartic acid		0.754		2	A	1		6.284	4.483	1.047	
Glutamic acid		3.727		2	A	1		31.083	22.176	5.181	
Glycine	-	0.345		2	A	1		2.873	2.050	0.479	
Proline		1.557		2	A	1		12.981	9.261	2.164	
Serine		0.684		2	A	1		5.705	4.070	0.951	
Hydroxyproline	g										

Common Measures:

Measure 1 = 834g: 1 package 29.25 oz pizza Measure 2 = 595g: 1 package 19.7 oz pizza

Measure 3 = 139g: 1 serving 6 servings per 29.25 oz package

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

NDB No. 21225

Pizza, cheese, rising crust, frozen

Food Group: 21 Fast Foods

		<u>A</u>	mount in 100 g			ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber	•			<u>m</u>	easures of food	<u>.</u>	
						Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	-	46.71	0.900	5	A	1		333.04	300.81	165.35	
Energy		276		0	NC	4		1965	1775	975	
Energy	kj	1153		0	NC	4		8220	7425	4081	
Protein	-	11.28	0.267	5	A	1		80.42	72.64	39.93	
Total lipid (fat)		14.43	0.177	5	A	1		102.89	92.94	51.09	
Ash	g	2.44	0.090	5	A	1		17.39	15.71	8.63	
Carbohydrate, by difference	g	25.14		0	NC	4		179.25	161.91	89.00	
Fiber, total dietary	g	2.2	0.142	5	A	1		15.7	14.2	7.8	
Sugars, total											
Sucrose	g										
Glucose (dextrose)	g	2.51	0.099	5	A	1		17.91	16.18	8.89	
Fructose	g	1.32	0.107	5	A	1		9.43	8.52	4.68	
Lactose	g										
Maltose	g	0.87	0.093	5	A	1		6.22	5.62	3.09	
Galactose		0.14	0.022	5	A	1		1.00	0.90	0.49	
Starch		19.76	0.846	5	A	1		140.90	127.27	69.96	
Minerals:											
Calcium, Ca		152	11.120	5	A -	1		1086	981	539	
Iron, Fe		1.36	0.079	5	A	1		9.66	8.73	4.80	
Magnesium, Mg	_	25	0.760	5	A	1		176	159	88	
Phosphorus, P		181	11.879	5	A	1		1292	1167	642	
Potassium, K		209	13.378	5 5	A A	1 1		1487	1343	738	
Sodium, Na		555 1.71	17.982	5	A	1		3959 12.21	3575 11.03	1965 6.06	
Zinc, Zn		0.170	0.072 0.011	5	A	1		1.211	11.03	0.601	
Copper, Cu		0.170		5	A	1		2.304	2.081	1.144	
Selenium, Se		9.0	1.422	3	A	1		64.2	58.0	31.9	
	-										
Vitamins:	ma	3.4	0.259	5	A	1		23.9	21.6	11 0	
Vitamin C, total ascorbic acid		0.216		5	A	1		1.537	21.6 1.388	11.9 0.763	
Thiamin	_	0.216		5	A	1		1.660	1.499	0.763	
Riboflavin	-	2.379		5	A	1		16.962	1.499	8.422	
Niacin Pantothenic acid		0.332		5	A	1		2.369	2.139	1.176	
Vitamin B-6		0.332		3	A	1		1.062	0.960	0.527	
Folate, total		34	4.540	5	A	1		239	216	119	
Folic acid		34	4.540	3	•	_		239	216	119	
Folate, food		34	4.540	5	A	1		239	216	119	
Folate, DFE		34	4.540	3	-	-		233	210	113	
Vitamin B-12		0.62	0.054	5	A	1		4.41	3.99	2.19	
Vitamin A, IU		0.02	0.034	•		-			3.33	2.13	
Vitamin A, RAE	mca RAF										
Retinol											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D.											
Vitamin K (phylloquinone)											
Lipids:											
Fatty acids, total saturated	g	4.686	0.166	5	NC	4		33.410	30.177	16.588	
4:0	g										
6:0	g										
8:0	g										
10:0	g	0.112	2	1	A	1		0.799	0.721	0.396	
		0 101	L 0.009	4	A	1		0.861	0.778	0.427	
12:0	g	0.121	0.009	-				0.001	0.770	· · · · · ·	
12:0 13:0	-	0.121	0.009	-	A	1		0.001	0.770	0.12.	

		An	nount in 100	grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common		
Nutrients and Un	its	Mean			Deriv	Source Code	Confidence Code	Measure 1	easures of food Measure 2	Measure 3
16:0	g	2.663	0.044	5	A	1		18.984	17.147	9.426
17:0	g									
18:0	g	1.462	0.074	5	A	1		10.423	9.414	5.175
20:0	g									
22:0	g									
24:0										
Fatty acids, total monounsaturated.	g	5.832	0.242	5	NC	4		41.584	37.559	20.646
14:1	g									
15:1	g									
16:1 undifferentiated		0.273	0.011	5	A	1		1.945	1.757	0.966
17:1	•									
18:1 undifferentiated	•	5.559	0.241	5	A	1		39.639	35.803	19.680
20:1	g									
22:1 undifferentiated										
24:1 c										
Fatty acids, total polyunsaturated	g	2.467	0.266		NC	4		17.588	15.886	8.732
18:2 undifferentiated		2.291	0.226	5	A	1		16.335	14.754	8.110
18:3 undifferentiated	g	0.220	0.056	4	A	1		1.567	1.415	0.778
18:4										
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	16	2.147	3	A	1		116	105	58
Phytosterols	mg									

Common Measures:

Measure 1 = 713g: 1 package 24.2 oz pizza Measure 2 = 644g: 1 package 22.85 oz pizza Measure 3 = 354g: 1 package 10.9 oz pizza

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 21 Fast Foods

Refuse: 0%

Proximates: Water. g 44.24 2 A 1 451.23 394.16 Energy kcal 271 0 NC 4 2768 2418 1 Energy kj 1135 0 NC 4 11581 10116 4 Protein g 12.63 2 A 1 128.82 112.52 Total lipid (fat) g 11.75 2 A 1 119.83 104.68 Ash. g 2.61 2 A 1 26.60 23.23 Carbohydrate, by difference g 2.8.78 0 NC 4 293.53 256.40 5 Fiber, total dietary g 2.3 2 A 1 23.4 20.5 Sugars, total g 3 3.00 2 A 1 30.60 26.73 Fructose g 1.70 2 A 1 17.37			<u>A</u>	mount in 100 g	rams of ed	ible porti	<u>on</u>	Amount in edible portion of common			
Proximates:				Nui	mber			<u>m</u>	easures of food	<u> </u>	
Proximates: Water. 9						Source	Confidence				
Water	Nutrients and Un	iits	Mean	Std. Error Po	ints Code	Code	Code	Measure 1	Measure 2	Measure 3	
Water	Proximates:										
Fancey		g	44.24		2 A	1		451.23	394.16	183.59	
Protein	Energy	kcal	271		0 NO	4		2768	2418	1126	
Total print (sh)	Energy	kj	1135		0 NO	4		11581	10116	4712	
Ash. 9 2 2.61 2 A 1 26.60 23.23 256.40 Carbolydrate, by difference. 9 28.78 0 NC 4 293.53 256.40 Ehec, total dictary. 9 2 2.3 2 A 1 23.4 20.5 Ehec, total dictary. 9 9 2.3 2 A 1 30.60 25.73 Ehec, total dictary. 9 9 3.00 2 A 1 30.60 26.73 Ehec, total dictary. 9 9 3.00 2 A 1 30.60 26.73 Ehec, total dictary. 9 9 3.00 2 A 1 30.60 26.73 Ehec, total dictary. 9 9 3.00 2 A 1 30.60 26.73 Ehec, total dictary. 9 9 3.00 2 A 1 30.60 26.73 Ehec, total dictary. 9 9 3.00 2 A 1 30.60 26.73 Ehec, total dictary. 9 9 3.00 2 A 1 30.60 26.73 Ehec, total dictary. 9 9 3.00 2 A 1 30.60 26.73 Ehec, total dictary. 9 9 3.00 2 A 1 30.60 26.73 Ehec, total dictary. 9 9 3.00 2 A 1 30.60 26.73 Ehec, total dictary. 9 9 3.00 2 A 1 30.60 26.73 Ehec, total dictary. 9 9 3.00 2 A 1 30.60 26.73 Ehec, total dictary. 9 9 3.00 2 A 1 30.60 26.73 Ehec, total dictary. 9 9 3.00 2 Ehec, total dictary. 9 9 3.00 Ehec, total dictary. 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9	Protein	g	12.63		2 A	1		128.82	112.52	52.41	
Carbohydrae, by difference	- · · ·									48.76	
Fiber, total dictary										10.82	
Sugars, total										119.42	
Sucrose Glicures (elegrature) 9			2.3		2 A	1		23.4	20.5	9.5	
Glücose (detrose). 9 3.00 2 A 1 30.60 26.73 Fructose. 9 9 1.70 2 A 1 17.37 15.17 Laciose. 9 Mallose. 9 9 0.16 2 A 1 1.61 1.41 Starch. 9 19.76 2 A 1 1.021.30 176.02 Minerals: Calcium (A											
Fructoce. 9 1.70 2 A 1 17.37 15.17 Lactose. 9	Sucrose	g				_				10.15	
Lacksoc										12.45	
Mallose			1.70		2 A	1		17.37	15.17	7.07	
Calactose	Lactose	g	0.40		2 -	-1		24 42	01 04	9.94	
Starch	Maltose	9								9.94 0.66	
Minerals: Calcium, Ca.	Galactose	g								81.98	
Calcium, Ca	Starcn	y	19.76		2 A	1		201.50	176.02	01.90	
Front Fron	Minerals:										
Magnesium, Mg mg 27 2 A 1 276 241 Phosphorus, P. mg 189 2 A 1 1928 1684 Potassium, K. mg 189 2 A 1 1928 1684 Sodium, Na. mg 640 2 A 1 19.09 16.68 Sodium, Na. mg 640 2 A 1 19.09 16.68 Copper, Cu. mg 0.210 2 A 1 21.42 1.871 Manganess, Mn. mg 0.223 2 A 1 3.13 103.4 Vitamins: Vitamins: 118.3 103.4 Vitamins: Vitamins: 1 42.7 37.3 3 Thamin. mg 0.250 2 A 1 2.950 2.28 1 1 2.96<	Calcium, Ca	mg	155		2 A	1		1584	1383	644	
Phosphorus, P. mg 211 2 A 1 1928 1684 Potassium, K. mg 189 2 A 1 1928 1684 Sodium, Ni. mg 640 2 A 1 6524 5699 2 Zinc, Zn. mg 1.87 2 A 1 19.09 16.68 Copper, Cu. mg 0.210 2 A 1 2.142 1.871 Manganese, Mn. mg 0.323 2 A 1 3.295 2.878 Sclenium, Sc. morg 11.6 1 A 1 3.295 2.878 Sclenium, Sc. morg 11.6 1 A 1 3.295 2.878 Sclenium, Sc. morg 11.6 1 A 1 3.295 2.878 Sclenium, Sc. morg 11.6 1 A 1 3.295 2.878 Sclenium, Sc. morg 11.6 1 A 1 2.191 3.295 2.878 Sclenium, Sc. morg 11.6 1 A 1 2.191 3.295 2.878 Sclenium, Sc. morg 11.6 1 A 1 2.191 3.295 2.878 Sclenium, Sc. morg 0.250 2 A 1 2.550 2.228 Riboflavin. mg 0.250 2 A 1 2.550 2.228 Riboflavin. mg 0.266 2 A 1 2.996 1.831 Niacim. mg 0.435 2 A 1 2.1976 19.197 Pantothenic acid. mg 0.435 2 A 1 21.976 19.197 Pantothenic acid. mg 0.435 2 A 1 4.437 3.876 Vitamin B-6 mg 0.140 1 A 1 1.428 1.247 Folate, total . morg 28 2 A 1 286 249 Folica cid. mg Folate, total . mg Folate, total . mg Tocopherol. mg Vitamin A, IU. U Vitamin A, RAE. mg Retinol. mg Vitamin B 12 mg Tocopherol, delta mg Vitamin D. U Vitamin K (phylloquinone) mg Faty acids, total saturated 9 A 1.92 2 NC 4 42.758 37.351 40. 9 So. 9 So. 9 Ino. 120	Iron, Fe	mg								5.63	
Potassium, K.	Magnesium, Mg	mg								112	
Sodium, Na										874	
Zinc, Zn.	*									784	
Copper, Cu	*									2654 7.77	
Manganese, Mn. mg 0.323 2 A 1 3.295 2.878 Selenium, Se. mcg 11.6 1 A 1 118.3 103.4 Vitamin Security (vitamin C) total ascorbic acid. mg 4.2 2 A 1 42.7 37.3 Thiamin. mg 0.250 2 A 1 2.550 2.228 Riboflavin. mg 0.206 2 A 1 2.996 1.831 Niacin. mg 0.206 2 A 1 2.996 1.831 Niacin. mg 0.435 2 A 1 4.437 3.876 Vitamin B-6. mg 0.140 1 A 1 4.437 3.876 Folate, total. mcg 28 2 A 1 286 249 Folate, pod. mcg 28 2 A 1 8.19 7.15 Vitamin A, IU. U <	5			,						0.87	
Selenium, Se.										1.34	
Vitamins: Vitamin C, total ascorbic acid. mg				•						48.1	
Vitamin C, total ascorbic acid mg 4.2 2 A 1 42.7 37.3 Thiamin mg 0.250 2 A 1 2.550 2.28 Riboflavin mg 0.206 2 A 1 2.096 1.831 Niacin mg 0.205 2 A 1 21.976 19.197 Pantothenic acid mg 0.435 2 A 1 4.437 3.876 Vitamin B-6 mg 0.140 1 A 1 1.428 1.247 Folate, total mcg 28 2 A 1 286 249 Folate, fod mcg 28 2 A 1 8.19 7.15 Vitamin B-12 mcg 0.80 2 A 1 8.19 7.15 Vitamin A, RAE mcg Mc 2 A 1 8.19 7.15 Vitamin C, iela iela mg 1											
Thiamin					_						
Riboflavin	· · · · · · · · · · · · · · · · · · ·									17.4	
Niacin		-								1.03	
Pantothenic acid		-								8.94	
Vitamin B-6. mg 0.140 1 A 1 1.428 1.247 Folac, total. mcg 28 2 A 1 286 249 Folic cid. mcg 28 2 A 1 286 249 Folate, DFE. mcg_DFE mcg_DFE 3 1 8.19 7.15 Vitamin B-12. mcg 0.80 2 A 1 8.19 7.15 Vitamin A, IU. IU IU Vitamin A, RAE mcg_RAE Retinol. mcg N 8.19 7.15 Vitamin E (alpha-tocopherol). mg Tocopherol, beta. mg 7 7 7 7 7 7 7 7 7 7 7 7 7 9 7 8 9 4 1 2 8 9 4 1 2 8 3 3 3 3 3 3 3 3 3 3 3		_								1.80	
Folate, total		-								0.58	
Folic acid										116	
Folate, food											
Folate, DFE	Folate, food	mcg	28		2 A	1		286	249	116	
Vitamin B-12 mcg 0.80 2 A 1 8.19 7.15 Vitamin A, IU IU Vitamin A, RAE mcg_RAE Retinol mcg Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg Tocopherol, gamma mg Vocapherol, delta mg Vitamin D IU Vitamin K (phylloquinone) mcg Lipids: Testry acids, total saturated g 4.192 2 NC 4 42.758 37.351 4:0 g 6:0 g 8:0 9 10:0 g 0.126 1 A 1 1.285 1.123 13:0 g 0.126 1 A 1 1.285 1.123	Folate, DFE	mcg_DFE									
Vitamin A, RAE mcg_RAE Retinol mcg Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg Tocopherol, delta mg Vitamin D IU Vitamin K (phylloquinone) mcg Lipids: Fatty acids, total saturated g 4.192 2 NC 4 42.758 37.351 4:0 g 6:0 g 10:0 g 12:0 g 1:20 g 1:20 g			0.80		2 A	1		8.19	7.15	3.33	
Retinolmcg Vitamin E (alpha-tocopherol)mg Tocopherol, betamg Tocopherol, gammamg Tocopherol, deltamg Vitamin DU Vitamin K (phylloquinone)U Vitamin K (phylloquinone)	Vitamin A, IU	IU									
Vitamin E (alpha-tocopherol) .mg Tocopherol, beta .mg Tocopherol, gamma .mg Vitamin D .lu Vitamin K (phylloquinone) .mcg Lipids: Fatty acids, total saturated .g 4 . 192 2 NC 4 42 . 758 37 . 351 4:0 .g 6:0 .g 8:0 .g 10:0 .g 12:0 .g 0 . 126 1 A 1 1 . 285 1 . 123 13:0 .g											
Tocopherol, beta											
Tocopherol, gamma mg Tocopherol, delta mg Vitamin D											
Tocopherol, delta	-										
Vitamin D											
Vitamin K (phylloquinone) mcg Lipids: Fatty acids, total saturated											
Fatty acids, total saturated.											
4:0	Lipids:										
6:0	,	-	4.192	2	2 NC	4		42.758	37.351	17.39	
8:0		-									
10:0		-									
12:0		-									
13:0g		-	0.10	•							
			0.120	•	1 A	1		1.285	1.123	0.52	
14.U		-	0.40	£	2 -	-		4 242	3 501	1 70	
15:0g		-	0.420	J.	2 A	1		4.340	3.791	1.76	

		<u>Ar</u>	mount in 100 g	grams umber	Amount in edible portion of common measures of food					
Nutrients and Uni	its	Mean		Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0		2.418		2	A	1		24.664	21.544	10.035
17:0	-			_						
18:0	-	1.286		2	A	1		13.112	11.454	5.335
20:0										
22:0										
24:0		4.296		2	NC	4		42 010	20 077	17.828
Fatty acids, total monounsaturated	-	4.296		2	NC	4		43.819	38.277	17.828
14:1										
15:1	-	0.281		2	A	1		2.866	2.504	1.166
17:1		0.261		2	A	1		2.800	2.504	1.100
18:1 undifferentiated		4.015		2	А	1		40.953	35.774	16.662
20:1		4.013		2	A	_		40.933	33.774	10.002
22:1 undifferentiated										
24:1 c										
Fatty acids, total polyunsaturated		1.836		2	NC	4		18.722	16.354	7.617
18:2 undifferentiated		1.669		2	A	1		17.024	14.871	6.926
18:3 undifferentiated		0.167		2	A	1		1.698	1.484	0.691
18:4	-									
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated										
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans										
Cholesterol	mg	19		1	A	1		198	173	81
Phytosterols	mg									

Common Measures:

Measure 1 = 1020g: 1 package 34.98 oz pizza Measure 2 = 891g: 1 package 30.7 oz pizza Measure 3 = 415g: 1 package 14.3 oz pizza

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 21 Fast Foods

		<u>A</u>	mount in 100 g	rams o	Amount in 100 grams of edible portion								
			Nu	mber				<u>m</u>	easures of food	<u> </u>			
			of	Data I	Deriv	Source	Confidence						
Nutrients and Ur	nits	Mean	Std. Error Po	oints (Code	Code	Code	Measure 1	Measure 2	Measure			
Proximates:													
Water	g	42.44	0.550	9	A	1		61.97	181.65				
Energy	kcal	296		0	NC	4		432	1266				
Energy	kj	1237		0	NC	4		1807	5296				
Protein	g	11.21	0.290	9	A	1		16.37	47.99				
Total lipid (fat)	g	15.20	0.278	9	A	1		22.20	65.08				
Ash	g	2.63	0.035	9	A	1		3.84	11.26				
Carbohydrate, by difference	g	28.51		0	NC	4		41.62	122.02				
Fiber, total dietary	g	2.2	0.095	9	A	1		3.2	9.4				
Sugars, total	g												
Sucrose	g	0.34	0.112	4	A	1		0.50	1.45				
Glucose (dextrose)		1.59	0.033	9	A	1		2.32	6.79				
Fructose	g	1.06	0.057	9	A	1		1.54	4.52				
Lactose	g	0.23	0.010	3	A	1		0.34	0.98				
Maltose	g	0.75	0.065	9	A	1		1.10	3.22				
Galactose													
Starch		21.04	0.410	9	A	1		30.72	90.06				
<mark>Iinerals:</mark> Calcium. Ca	ma	151	10.813	9	A	1		220	646				
Iron, Fe	•	2.41	0.173	9	A	1		3.53	10.33				
Magnesium, Mg		24	0.803	9	A	1		34	101				
Phosphorus, P		207	3.979	9	A	1		303	887				
Potassium, K		198	9.048	9	A	1		288	846				
Sodium, Na		618	8.506	9	A	1		902	2644				
Zine, Zn		1.48	0.036	9	A	1		2.16	6.32				
Copper, Cu		0.105	0.015	9	A	1		0.153	0.447				
Manganese, Mn	mg	0.319	0.023	9	A	1		0.466	1.365				
Selenium, Se	mcg	19.6	1.304	9	A	1		28.6	83.9				
<u>'itamins:</u>	m.a	1.0	0.045	•	_								
Vitamin C, total ascorbic acid		1.9	0.245 0.006	9	A	1 1		2.8	8.2 0.960				
ThiaminRiboflavin		0.224		9 9	A A	1		0.327 0.336	0.980				
Niacin		2.470		9	A	1		3.606	10.571				
Pantothenic acid		0.274		5	A	1		0.399	1.171				
Vitamin B-6		0.099		9	A	1		0.145	0.424				
Folate, total		47	2.903	9	A	1		68	199				
Folate, DFE				•		_			155				
Vitamin B-12		0.57	0.039	9	A	1		0.83	2.42				
Vitamin A, IU		209	36.810	4	A	1		305	895				
Vitamin A, RAE		0		3	AS	1		0	0				
Vitamin E (alpha-tocopherol)													
Tocopherol, beta													
Tocopherol, gamma													
Tocopherol, delta	mg												
Vitamin D Vitamin K (phylloquinone)													
ipids:	a	4.792	0.271	9	NC	4		6.997	20.511				
Fatty acids, total saturated4:0		4.192	. 0.2/1	9	MC	4		0.997	20.511				
6:0													
8:0													
10:0													
12:0	_	0.135	0.004	4	A	1		0.197	0.579				
13:0	=	3.230		-		_		0.10,	2.373				
14:0		0.398	0.052	9	A	1		0.581	1.702				
15:0		3.330		-		_			= · · • =				
16:0		2.726	0.113	9	A	1		3.980	11.667				
17:0		_ .		-		=		2.500	,				
18:0	_	1.608	0.099	9	A	1		2.348	6.884				

		<u>Ar</u>				Amount in 100 grams of edible portion Number							
Nutrients and U	Jnits	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3			
20:0	_												
22:0													
24:0	_												
Fatty acids, total monounsaturate		6.865	0.236	5 9	NC	4		10.024	29.384				
14:1	g												
15:1	• • • • • • • • • • • • • • • • • • • •												
16:1 undifferentiated	_	0.257	0.012	9	A	1		0.376	1.101				
17:1													
18:1 undifferentiated	_	6.608	0.242	9	A	1		9.648	28.283				
20:1													
22:1 undifferentiated	g												
24:1 c													
Fatty acids, total polyunsaturated	lg	2.356	0.050) 9	NC	4		3.440	10.084				
18:2 undifferentiated	g	2.161	0.053	3 9	A	1		3.155	9.250				
18:3 undifferentiated	g	0.195	0.015	5 9	A	1		0.284	0.834				
18:4	g												
20:2 n-6 c,c	g												
20:3 undifferentiated	g												
20:4 undifferentiated	g												
20:5 n-3	g												
22:5 n-3	g												
22:6 n-3	g												
Fatty acids, total trans	g												
Cholesterol	mg	15	1.385	5 9	A	1		21	63				
Phytosterols	mg												
Others:													
Alcohol, ethyl	g	0.0		0	z	7		0.0	0.0				
Caffeine	mg												
Theobromine													
Carotenoids:													
Carotene, beta	mcg	0	0.020	3	A	1		0.000	0.000				
Carotene, alpha													
Cryptoxanthin, beta	mcg												
Lycopene													
Lutein + zeaxanthin	mcg												

Common Measures:

Measure 1 = 146g: 1 serving Measure 2 = 428g: 1 pizza

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 21 Fast Foods

		<u>A</u>	mount in 10	0 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common		
				Number	measures of food					
Nutrients and U	nits	Mean	Std. Error			Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	46.00		1	A	1		286.58	70.84	
Energy	kcal	287		0	NC	4		1788	442	
Energy	kj	1201				4		7481	1849	
Protein	g	11.70		1	A	1		72.89	18.02	
Total lipid (fat)		16.30		1	A	1		101.55	25.10	
Ash	g	2.60		1	A	1		16.20	4.00	
Carbohydrate, by difference		23.40		0	NC	4		145.78	36.04	
Fiber, total dietary										
Sugars, total										
Starch	-									
Minerals:										
Calcium, Ca	mg	142		1	A	1		885	219	
Iron, Fe		1.97		1	A	1		12.27	3.03	
Magnesium, Mg										
Phosphorus, P										
Potassium, K										
Sodium, Na	mg	664		1	A	1		4137	1023	
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Lipids:										
Fatty acids, total saturated	g	5.870)	1	A	1		36.570	9.040	
Fatty acids, total monounsaturated	dg	6.600)	1	A	1		41.118	10.164	
Fatty acids, total polyunsaturated.	g	1.660)	1	A	1		10.342	2.556	
Fatty acids, total trans	g									
Cholesterol	mg	24		1	A	1		150	37	
Phytosterols	mg									
Carotenoids:										
Carotene, beta	mcg	90		1	A	1		560.700	138.600	
Carotene, alpha	mcg									
Cryptoxanthin, beta										
Lycopene	mcg									
Lutein + zeaxanthin	mcg									

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

Common Measures:

Measure 1 = 623g: 1 package yields

Measure 2 = 154g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 21 Fast Foods

	<u>A</u>	mount in 100 gram		ble portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Numbe of Data Std. Error Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Waterg	45.00	1	A	1		151.20	75.60	
Energykcal	286	0	NC	4		961	480	
Energykj	1197			4		4021	2010	
Proteing	9.50	1	A	1		31.92	15.96	
Total lipid (fat)g	14.90	1	A	1		50.06	25.03	
Ash9	2.10	1	A	1		7.06	3.53	
Carbohydrate, by differenceg	28.50	0	NC	4		95.76	47.88	
Fiber, total dietary								
Sugars, total								
Starchg								
Minerals:								
Calcium, Camg	91	1	A	1		306	153	
Iron, Femg	2.06	1	A	1		6.92	3.46	
Magnesium, Mgmg								
Phosphorus, Pmg								
Potassium, Kmg								
Sodium, Namg	529	1	A	1		1777	889	
Zinc, Znmg								
Copper, Cumg								
Manganese, Mnmg								
Selenium, Semcg								
Lipids:								
Fatty acids, total saturatedg	4.880) 1	A	1		16.397	8.198	
Fatty acids, total monounsaturatedg	6.410) 1	A	1		21.538	10.769	
Fatty acids, total polyunsaturated	1.660) 1	A	1		5.578	2.789	
Fatty acids, total transg								
Cholesterol mg	17	1	A	1		57	29	
Phytosterols mg								

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Common Measures:

Measure 1 = 336g: 1 package yields

Measure 2 = 168g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 21 Fast Foods

	<u>Ar</u>	mount in 100	grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common		
		= =	lumber		0	0 6 - 1	<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error			Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Waterg	49.80		1	A	1		333.16	64.24	
Energy kcal	261		0	NC	4		1746	337	
Energykj	1092				4		7306	1409	
Proteing	9.30		1	A	1		62.22	12.00	
Total lipid (fat)g	13.80		1	A	1		92.32	17.80	
Ashg	2.30		1	A	1		15.39	2.97	
Carbohydrate, by differenceg	24.80		0	NC	4		165.91	31.99	
Fiber, total dietary									
Sugars, totalg									
Starchg									
Minerals:									
Calcium, Camg	114		1	A	1		763	147	
Iron, Femg	1.97		1	A	1		13.18	2.54	
Magnesium, Mgmg									
Phosphorus, Pmg									
Potassium, Kmg									
Sodium, Namg	546		1	A	1		3653	704	
Zinc, Znmg									
Copper, Cumg									
Manganese, Mnmg									
Selenium, Semcg									
<u>Lipids:</u>									
Fatty acids, total saturatedg	4.860		1	A	1		32.513	6.269	
Fatty acids, total monounsaturated9	5.350		1	A	1		35.792	6.902	
Fatty acids, total polyunsaturated	1.760		1	A	1		11.774	2.270	
Fatty acids, total trans9									
Cholesterol mg	19		1	A	1		127	25	
Phytosterolsmg									

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Common Measures:

Measure 1 = 669g: 1 package yields

Measure 2 = 129g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 21 Fast Foods

	<u>Ar</u>	mount in 10	0 grams	of edik	ole portio	<u>n</u>	Amount in edible portion of common		
			Number		Sauraa	Confidence	<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Waterg	50.90		1	A	1		349.17	69.22	
Energy kcal	253		0	NC	4		1736	344	
Energykj	1059				4		7262	1440	
Proteing	10.00		1	A	1		68.60	13.60	
Total lipid (fat)g	13.30		1	A	1		91.24	18.09	
Ash9	2.40		1	A	1		16.46	3.26	
Carbohydrate, by differenceg	23.40		0	NC	4		160.52	31.82	
Fiber, total dietaryg									
Sugars, totalg									
Starchg									
Minerals:									
Calcium, Camg	164		1	A	1		1125	223	
Iron, Femg	1.68		1	A	1		11.52	2.28	
Magnesium, Mgmg									
Phosphorus, Pmg									
Potassium, Kmg									
Sodium, Namg	543		1	A	1		3725	738	
Zinc, Znmg									
Copper, Cumg									
Manganese, Mnmg									
Selenium, Semcg									
<u>Lipids:</u>									
Fatty acids, total saturatedg	4.480		1	A	1		30.733	6.093	
Fatty acids, total monounsaturated9	5.270		1	A	1		36.152	7.167	
Fatty acids, total polyunsaturated	1.820		1	A	1		12.485	2.475	
Fatty acids, total transg									
Cholesterolmg	17		1	A	1		117	23	
Phytosterolsmg									

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Common Measures:

Measure 1 = 686g: 1 package yields

Measure 2 = 136g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 21 Fast Foods

NDB No. 22554 STOUFFER'S Deluxe French Bread Pizza with Sausage, Pepperoni & Mushroom, frozen

		<u>A</u>	mount in 10	00 grams	of edil	ole portic	<u>on</u>	Amount in edible portion of common		
				Number					easures of food	
Nutrients and Units	s	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	51.70		1	A	1		180.95	90.48	
Energy		245		0	NC	4		858	429	
Energy	kj	1025				4		3588	1794	
Protein	g	9.20		1	A	1		32.20	16.10	
Total lipid (fat)	g	11.80		1	A	1		41.30	20.65	
Ash	g	1.90		1	A	1		6.65	3.33	
Carbohydrate, by difference	g	25.40		0	NC	4		88.90	44.45	
Fiber, total dietary		2.0		1	A	1		7.0	3.5	
Sugars, total										
Starch										
	9									
Minerals:		100		_	_	_		4.60	224	
Calcium, Ca	-	132		1	A	1		462	231	
Iron, Fe	_	1.55		1	A	1		5.43	2.71	
Magnesium, Mg	-									
Phosphorus, P										
Potassium, K		•••		_	_	_				
Sodium, Na		480		1	A	1		1680	840	
Zinc, Zn	•									
Copper, Cu	_									
Manganese, Mn	_									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	•	17.1		1	A	1		59.9	29.9	
Thiamin	• • • • • • • • • • • • • • • • • • • •									
Riboflavin	-									
Niacin	_									
Pantothenic acid	_									
Vitamin B-6	-									
Folate, total										
Folate, DFE										
Vitamin B-12										
Vitamin A, IU		246		1	A	1		861	431	
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
<u>Lipids:</u>										
Fatty acids, total saturated		3.640		1	A	1		12.740	6.370	
Fatty acids, total monounsaturated		4.980		1	A	1		17.430	8.715	
Fatty acids, total polyunsaturated		1.440)	1	A	1		5.040	2.520	
Fatty acids, total trans						_				
Cholesterol		19		1	A	1		67	33	
Phytosterols	!IIIY									
Carotenoids:										
Carotene, beta	_	50		1	A	1		175.000	87.500	
Carotene, alpha										
Cryptoxanthin, beta										
Lycopene										
Lutein + zeaxanthin	iuca									

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NDB No. 22554

STOUFFER'S Deluxe French Bread Pizza with Sausage, Pepperoni & Mushroom, frozen

Common Measures:

Measure 1 = 350g: 1 package yields

Measure 2 = 175g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 21 Fast Foods

		<u>A</u>	mount in 100 g			ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and U	nits	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	50.70		1	A	1		179.48	89.74	
Energy	kcal	253		0	NC	4		896	448	
Energy		1059				4		3747	1874	
Protein	g	10.00		1	A	1		35.40	17.70	
Total lipid (fat)	g	12.70		1	A	1		44.96	22.48	
Ash	_	2.00		1	A	1		7.08	3.54	
Carbohydrate, by difference		24.60		0	NC	4		87.08	43.54	
Fiber, total dietary	-	1.4		1	A	1		5.0	2.5	
Sugars, total	_									
Starch	_									
Minerals:										
Calcium, Ca	mg	87		1	A	1		308	154	
Iron, Fe	-	1.69		1	A	1		5.98	2.99	
Magnesium, Mg										
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	486		1	A	1		1720	860	
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	•									
Selenium, Se	mcg									
ipids:										
Fatty acids, total saturated	g	4.030)	1	A	1		14.266	7.133	
Fatty acids, total monounsaturated	dg	5.240)	1	A	1		18.550	9.275	
Fatty acids, total polyunsaturated.	g	1.580)	1	A	1		5.593	2.797	
Fatty acids, total trans	-									
Cholesterol	mg	21		1	A	1		74	37	
Phytosterols	mg									

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

Common Measures:

Measure 1 = 354g: 1 package yields

Measure 2 = 177g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 21 Fast Foods

NDB No. 21096 Sandwiches and burgers, cheeseburger, large, single meat patty, plain

		<u>A</u>	mount in 100 gr	ams of ed	Amount in edible portion of common				
			Nur	nber			m	easures of food	<u>l</u>
				Data Deri	v Source	Confidence			
Nutrients and Units	5	Mean	Std. Error Poi			Code	Measure 1	Measure 2	Measure
Proximates: Water	a	38.65		2	1		71.50		
Energy	_	329		0	1		609		
63				U	1		2547		
Energy		1377		_					
Protein (N x 6.2)		16.29	0.861	3	1		30.14		
Total lipid (fat)		17.83	1.312	5	1		32.99		
Ash		1.60		1	1		2.96		
Carbohydrate, by difference	g	25.63		0 N	C 4		47.42		
Fiber, total dietary	g								
Sugars, total	g								
Starch	g								
Mr. 1									
Minerals:				•	_		01		
Calcium, Ca	-	49		2	1		91		
Iron, Fe	-	2.95		2	1		5.46		
Magnesium, Mg		21		1	4		39		
Phosphorus, P	-	228		1	4		422		
Potassium, K		348		2	1		644		
Sodium, Na		859	85.453	3	1		1589		
Zinc, Zn		3.00		1	4		5.55		
Copper, Cu	mg	0.085	5	1	4		0.157		
Manganese, Mn	<u>mg</u>	0.167	1	1	4		0.309		
Selenium, Se	mcg	21.0		0 RI	4		38.9		
Vitamins:									
Vitamin C, total ascorbic acid	ma	0.0		1	1		0.0		
		0.260		2	1		0.481		
Thiamin		0.200		2	1		0.574		
Riboflavin				2	1				
Niacin		6.040			4		11.174		
Pantothenic acid		0.400		1	_		0.740		
Vitamin B-6	-	0.150)	1	4		0.278		
Folate, total		40		0 RI			74		
Folic acid		19		0 NO			35		
Folate, food	mcg	21		0	4		39		
Folate, DFE		53		0 NO			99		
Vitamin B-12		1.37		1	4		2.53		
Vitamin A, IU	IU	333		2	1		616		
Vitamin A, RAE	mcg_RAE	100		0 NO	4		185		
Retinol	mcg	100		0 NO	4		185		
Vitamin E (alpha-tocopherol)	mg								
Tocopherol, beta	mg								
Tocopherol, gamma	mg								
Tocopherol, delta	mg								
Vitamin D		12.000)	0 т	4		22.200		
Vitamin K (phylloquinone)									
Cinida.									
Lipids:	~	0.00	•						
Fatty acids, total saturated		8.024		1	1		14.844		
Fatty acids, total monounsaturated		6.887		1	1		12.741		
Fatty acids, total polyunsaturated		1.318	5	1	1		2.438		
Fatty acids, total trans			_ =	_					
Cholesterol		52	7.741	5	1		96		
Phytosterols	mg								
Amino Acids:									
Tryptophan	g	0.205	5	0	1		0.379		
Threonine		0.609)	0	1		1.127		
Isoleucine	-	0.699		0	1		1.293		
Leucine	-	1.295		0	1		2.396		
Lysine		1.240		0	1		2.294		
Methionine		0.365		0	1		0.675		
Cystine	-	0.168		0	1		0.311		

NDB No. 21096 Sandwiches and burgers, cheeseburger, large, single meat patty, plain

	Amount i	n 100 grams of ed	ible portion	Amount in edible portion of common		
Nutrients and Units	Mean Std. E	Number of Data Deriv rror Points Code	/ Source Confidence e Code Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Phenylalanineg	0.691	0	1	1.278		
Tyrosineg	0.565	0	1	1.045		
Valineg	0.827	0	1	1.530		
Arginineg	0.927	0	1	1.715		
Histidine	0.515	0	1	0.953		
Alanineg	0.833	0	1	1.541		
Aspartic acidg	1.263	0	1	2.337		
Glutamic acidg	3.170	0	1	5.865		
Glycineg	0.901	0	1	1.667		
Prolineg	1.161	0	1	2.148		
Serineg	0.628	0	1	1.162		
Hydroxyproline						

Common Measures:

Measure 1 = 185g: 1 sandwich

Calories Factors: Protein 4.2 Fat 8.92 Carbohydrate 3.95

Food Group: 21 Fast Foods

NDB No. 21097 Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments

		<u>A</u>	mount in 10	00 gram	s of edil	ole portic	<u>on</u>	Amount in edible portion of common			
				Numbe	r			measures of food			
						Source	Confidence				
Nutrients and Units	;	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	43.60		1		1		85.02			
Energy	-	312		0		1		608			
Energy		1305				1		2546			
Protein (N x 6.2)		16.41	0.9	60 8		1		32.00			
Total lipid (fat)		18.85	0.8			1		36.76			
Ash		2.10	0.0	1		1		4.10			
		19.04		0	NC	4		37.13			
Carbohydrate, by difference		19.04		U	NC	4		37.13			
Fiber, total dietary											
Sugars, total											
Starch	g										
Minerals:											
Calcium, Ca	mg	83	10.1			1		162			
Iron, Fe	mg	2.43	0.0	74 4		1		4.74			
Magnesium, Mg	mg	23		1		1		45			
Phosphorus, P	mg	205		2		1		400			
Potassium, K	mg	170	52.2	43 4		1		332			
Sodium, Na	mg	535	80.1	13 5		1		1043			
Zinc, Zn	mg	3.50		1		1		6.83			
Copper, Cu	mg	0.081	=	1		1		0.158			
Manganese, Mn	mg	0.170)	1		1		0.332			
Selenium, Se	mcg	16.9		0	RK	4		33.0			
Vitamins:											
Vitamin C, total ascorbic acid	mg	1.1		2		1		2.1			
Thiamin	mg	0.160	0.0	52 4		1		0.312			
Riboflavin		0.210	0.0	23 4		1		0.410			
Niacin		3.400	0.2	95 4		1		6.630			
Pantothenic acid	mg	0.180)	1		1		0.351			
Vitamin B-6	mg	0.160)	1		1		0.312			
Folate, total	mcq	44		0	RK	4		86			
Folic acid		27		0	NC	4		53			
Folate, food		17		1		1		33			
Folate, DFE	mcq DFE	63		0	NC	4		123			
Vitamin B-12		1.20		1		1		2.34			
Vitamin A, IU		208	53.4			1		406			
Vitamin A, RAE		42		0	NC	4		82			
Retinol		38		0	NC	4		74			
Vitamin E (alpha-tocopherol)				-		_		· -			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
Lipids:											
Fatty acids, total saturated	a	8.330)	0		1		16.244			
Fatty acids, total monounsaturated		7.430		0		1		14.489			
Fatty acids, total polyunsaturated		1.390		0		1		2.711			
Fatty acids, total trans		1.550	•	ŭ		-		2./11			
Cholesterol	-	57	11.5	30 7		1		111			
Phytosterols	-	3,	11.5	JU 1		_		111			
Amino Acids:											
Tryptophan	a	0.199)	0		1		0.388			
Threonine		0.133		0		1		1.203			
Isoleucine	-	0.617		0		1		1.357			
	_	1.271		0		1		2.478			
Leucine				0		1					
Lysine		1.239		-		1		2.416			
Methionine		0.365		0				0.712			
Cystine	g	0.169	,	0		1		0.330			

NDB No. 21097 Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments

	Amoun	t in 100 grams of	fedible portion	<u>n</u>	Amount in edible portion of common		
Nutrients and Units	Mean Std.	Number of Data D Error Points C	eriv Source ode Code	Confidence Code	measure 1	easures of food Measure 2	Measure 3
Phenylalanineg	0.683	0	1		1.332		
Tyrosineg	0.551	0	1		1.074		
Valineg	0.826	0	1		1.611		
Arginineg	0.948	0	1		1.849		
Histidineg	0.508	0	1		0.991		
Alanineg	0.852	0	1		1.661		
Aspartic acidg	1.292	0	1		2.519		
Glutamic acidg	3.034	0	1		5.916		
Glycineg	0.956	0	1		1.864		
Prolineg	1.112	0	1		2.168		
Serineg	0.630	0	1		1.229		
Hydroxyprolineg							

Common Measures:

Measure 1 = 195g: 1 sandwich

Calories Factors: Protein 4.2 Fat 8.92 Carbohydrate 3.95

Food Group: 21 Fast Foods

NDB No. 21089 Sandwiches and burgers, cheeseburger, regular, single meat patty, plain

		<u>A</u>	mount in 100 g	rams o	of edik	ole portio	<u>n</u>	Amount in edible portion of common		
			Nu	mber				m	easures of food	
				Data I	Deriv	Source	Confidence			
Nutrients and Units	5	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure :
D : 4										
Proximates: Water	q	37.30	0.603	3		1		38.05		
Energy	-	313		0		1		319		
Energy		1310				1		1336		
Protein (N x 6.11)		14.48		1		1		14.77		
Total lipid (fat)		14.85	0.904	4		1		15.15		
Ash		2.24		0		1		2.28		
Carbohydrate, by difference		31.13		0	NC	4		31.75		
Fiber, total dietary										
Sugars, total										
Starch										
Starch	9									
Minerals:										
Calcium, Ca	-	138		0		4		141		
Iron, Fe	-	2.39		0		4		2.44		
Magnesium, Mg		21		0		4		21		
Phosphorus, P	-	192		0		4		196		
Potassium, K		161		0		4		164		
Sodium, Na	-	490		1		1		500		
Zinc, Zn		2.32		0		4 4		2.37		
Copper, Cu		0.092 0.221		0 0		4		0.094 0.225		
Manganese, Mn		22.2	L	0	RK	4		22.6		
Selemum, Se	mog	22.2		Ü	I	-		22.0		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.390)	1		1		0.398		
Riboflavin	mg	0.390)	1		1		0.398		
Niacin	<u>mg</u>	3.630)	0		4		3.703		
Pantothenic acid	mg	0.420)	0		4		0.428		
Vitamin B-6	mg	0.090)	1		1		0.092		
Folate, total	mcg	53		0	RK	4		54		
Folic acid		27		0	NC	4		28		
Folate, food	mcg	26		0		4		27		
Folate, DFE		72		0	NC	4		73		
Vitamin B-12		0.95		0		4		0.97		
Vitamin A, IU		150		0		4		153		
Vitamin A, RAE		45		0	NC	4		46		
Retinol		45		0	NC	4		46		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta		10.000		•	_			10.040		
Vitamin D		12.000)	0	T	4		12.240		
Vitamin K (phylloquinone)	IIICG									
<u>Lipids:</u>										
Fatty acids, total saturated	g	6.340)	0		4		6.467		
Fatty acids, total monounsaturated		5.660)	0		4		5.773		
Fatty acids, total polyunsaturated		1.510)	0		4		1.540		
Fatty acids, total trans										
Cholesterol	mg	49	5.188	4		1		50		
Phytosterols	mg									
Amino Acids:	_					_				
Tryptophan		0.182		0		1		0.186		
Threonine	-	0.524		0		1		0.534		
Isoleucine	-	0.618		0		1		0.630		
Leucine		1.135		0		1		1.158		
Lysine		0.998		0		1		1.018		
Methionine	~	0.310	١	0		1		0.316		

NDB No. 21089 Sandwiches and burgers, cheeseburger, regular, single meat patty, plain

	Amount	in 100 grams of e	dible portion	Amount in edible portion of common		
Nutrients and Units	Mean Std.	Number of Data Deri Error Points Cod	v Source Confidence e Code Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Phenylalanineg	0.635	0	1	0.648		
Tyrosineg	0.483	0	1	0.493		
Valineg	0.739	0	1	0.754		
Arginineg	0.787	0	1	0.803		
Histidineg	0.438	0	1	0.447		
Alanineg	0.701	0	1	0.715		
Aspartic acidg	1.064	0	1	1.085		
Glutamic acidg	3.102	0	1	3.164		
Glycineg	0.756	0	1	0.771		
Prolineg	1.128	0	1	1.151		
Serineg	0.592	0	1	0.604		
Hydroxyproline						

Common Measures:

Measure 1 = 102g: 1 sandwich

Calories Factors: Protein 4.12 Fat 8.8 Carbohydrate 3.95

Food Group: 21 Fast Foods

NDB No. 21112 Sandwiches and burgers, hamburger, large, single meat patty, plain

		<u>A</u> ı	mount in 100 g	rams c	Amount in edible portion of common					
			Nu	mber				<u>m</u>	easures of food	<u> </u>
				Data [Deriv	Source	Confidence			
Nutrients and Units	s	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	42.10	1.069	3		1		57.68		
Energy	-	311	1.003	0		1		426		
23		1301		U		1		1783		
Energy				_						
Protein (N x 6.2)		16.51		1		1		22.62		
Total lipid (fat)		16.73	1.026	4		1		22.92		
Ash		1.50		1		1		2.06		
Carbohydrate, by difference	g	23.16		0	NC	4		31.73		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:						_				
Calcium, Ca	-	54		0		4		74		
Iron, Fe		2.61		0		4		3.58		
Magnesium, Mg		20		0		4		27		
Phosphorus, P	-	128		0		4		175		
Potassium, K		195		0		4		267		
Sodium, Na		346		1		1		474		
Zinc, Zn		3.00		0		4		4.11		
Copper, Cu		0.095	5	0		4		0.130		
Manganese, Mn		0.178		0		4		0.244		
Selenium, Se	mcg	19.8	1.150	18	A	1		27.1		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0		
Thiamin		0.210	1	0		4		0.288		
Riboflavin		0.210		0		4		0.288		
		4.560		0		4		6.247		
Niacin				0		4				
Pantothenic acid		0.390		-		_		0.534		
Vitamin B-6	-	0.170)	0		4		0.233		
Folate, total		44		0	RK	4		60		
Folic acid		21		0	NC	4		29		
Folate, food	mcg	23		0		4		32		
Folate, DFE		59		0	NC	4		80		
Vitamin B-12		1.50		0		4		2.06		
Vitamin A, IU	IU	0		0		4		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D		16.000)	0	T	4		21.920		
Vitamin K (phylloquinone)	mcg									
I inida.										
Lipids:	~	6 100		^				0.204		
Fatty acids, total saturated		6.120		0		1		8.384		
Fatty acids, total monounsaturated		7.210		0		1		9.878		
Fatty acids, total polyunsaturated		1.560)	0		1		2.137		
Fatty acids, total trans			<u>.</u>	_		_				
Cholesterol		52	2.694	5		1		71		
Phytosterols	_. mg									
Amino Acids:										
Tryptophan	g	0.200)	0		1		0.274		
Threonine		0.639		0		1		0.875		
Isoleucine	_	0.692		0		1		0.948		
Leucine		1.270		0		1		1.740		
Lysine		1.153		0		1		1.580		
Methionine		0.354		0		1		0.485		
Cystine	-	0.354		0		1		0.485		

NDB No. 21112 Sandwiches and burgers, hamburger, large, single meat patty, plain

	<u>Amoun</u>	t in 100 grams of	<u>on</u>	Amount in edible portion of common			
Nutrients and Units	Mean Std.	Number of Data De Error Points Co		Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Phenylalanineg	0.663	0	1		0.908		
Tyrosineg	0.482	0	1		0.660		
Valineg	0.799	0	1		1.095		
Arginineg	1.004	0	1		1.375		
Histidineg	0.482	0	1		0.660		
Alanineg	0.956	0	1		1.310		
Aspartic acidg	1.347	0	1		1.845		
Glutamic acidg	3.150	0	1		4.316		
Glycineg	1.081	0	1		1.481		
Prolineg	1.041	0	1		1.426		
Serineg	0.679	0	1		0.930		
Hydroxyprolineg							

Common Measures:

Measure 1 = 137g: 1 sandwich

Calories Factors: Protein 4.2 Fat 8.95 Carbohydrate 3.95

Food Group: 21 Fast Foods

NDB No. 21113
Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables

		<u>A</u> 1	mount in 100 g	rams o	ot edik	ole portio	<u>on</u>	Amount in edible portion of common			
			Nu	mber				<u>m</u>	easures of food	<u>l</u>	
			of	Data I	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	ints (Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	55.70	0.771	33		1		121.43			
Energy	_	235	0.771	0		1		512			
Energy		983		U		1		2143			
Protein (N x 6.2)	' - '	11.85	0.601	26		1		25.83			
Total lipid (fat)		12.55	0.390	26		1		27.36			
Ash	=	1.56	0.039	22		1		3.40			
Carbohydrate, by difference		18.35	0.033	0	NC	4		40.00			
Fiber, total dietary		18.33		U	NC	-		40.00			
Sugars, total											
Starch	_										
Starcn	g										
<u> Minerals:</u>											
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	44	2.355	28		1		96			
Iron, Fe	-	2.26	0.105	29		1		4.93			
Magnesium, Mg		20	0.753	27		1		44			
Phosphorus, P	_	107	3.401	27		1		233			
Potassium, K	_	220	4.541	27		1		480			
Sodium, Na	_	378	13.038	30		1		824			
Zinc, Zn		2.24	0.136	28		1		4.88			
Copper, Cu	-	0.091		21		1		0.198			
Manganese, Mn		0.160		16	_	1		0.349			
Selenium, Se	mcg	15.4	0.692	28	A	1		33.6			
Vitamins:											
Vitamin C, total ascorbic acid		1.2	0.366	10		1		2.6			
Thiamin	-	0.190		19		1		0.414			
Riboflavin	-	0.170		18		1		0.371			
Niacin	-	3.340		19		1 1		7.281			
Pantothenic acid		0.330		6		1		0.719			
Vitamin B-6.		0.150	0.008	12		4		0.327			
Folate, total		38 21		0	RK	4		83 46			
Folic acid		17	1 012		NC	1		46 37			
Folate, food		53	1.013	19 0	NC	4		37 115			
Folate, DFE		1.09	0.076	12	NC	1		2.38			
Vitamin B-12 Vitamin A, IU		143	17.771	12		1		312			
Vitamin A, RAE	mca PAF	11	17.771	0	NC	4		23			
Retinol		4		0	NC	4		9			
Vitamin E (alpha-tocopherol)	-	-		Ü	NC	-		,			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
Lipids:											
Fatty acids, total saturated	g	4.780)	0		1		10.420			
4:0											
6:0											
8:0	-										
10:0	-	0.020		5		1		0.044			
12:0	_	0.010)	5		1		0.022			
13:0	-										
14:0		0.300)	5		1		0.654			
15:0	_										
16:0	_	2.760)	5		1		6.017			
17:0	_										
18:0	_	1.440)	5		1		3.139			
20:0											
22:0	_										
24:0	g										

NDB No. 21113
Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables

		<u>An</u>	nount in 100 gr		ble portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Unit	s	Mean	Nun of E Std. Error Poi	ata Deriv		Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated		5.240		0	1		11.423			
14:1	-									
15:1										
16:1 undifferentiated	_	0.430		5	1		0.937			
17:1										
18:1 undifferentiated	-	4.650		5	1		10.137			
20:1		0.040		5	1		0.087			
22:1 undifferentiated										
24:1 c	g									
Fatty acids, total polyunsaturated		1.010		0	1		2.202			
18:2 undifferentiated	g	0.880		5	1		1.918			
18:3 undifferentiated	g	0.110		5	1		0.240			
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.020		5	1		0.044			
20:5 n-3	g									
22:5 n-3										
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg	40	2.788	8	1		87			
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.141		0	1		0.307			
Threonine		0.455		0	1		0.992			
Isoleucine	-	0.491		0	1		1.070			
Leucine		0.896		0	1		1.953			
Lysine		0.814		0	1		1.775			
Methionine	-	0.248		0	1		0.541			
Cystine	-	0.134		0	1		0.292			
Phenylalanine		0.134		0	1		1.029			
Tyrosine		0.472		0	1		0.741			
Valine	-	0.540		0	1		1.234			
Arginine		0.300		0	1		1.546			
Histidine	-	0.709		0	1		0.741			
Alanine	-	0.340		0	1		1.474			
	-	0.676		0	1		2.141			
Aspartic acid		2.317		0	1		5.051			
Glutamic acid	-				1					
Glycine	•	0.760		0			1.657			
Proline		0.732		0	1		1.596			
Serine	-	0.481		0	1		1.049			
Hydroxyproline	g									

Common Measures:

Measure 1 = 218g: 1 sandwich

Calories Factors: Protein 4.2 Fat 8.95 Carbohydrate 3.95

Food Group: 21 Fast Foods

NDB No. 21122 Sandwiches and burgers, roast beef sandwich with cheese

		<u>A</u> :	mount in 10	00 grams	of edil	ole portic	<u>on</u>	Amount in edible portion of common			
				Number	•			<u>m</u>	easures of food	<u>l</u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Units		Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure :	
Proximates:											
Water	g	43.50		0		1		76.56			
Energy		269		0		1		473			
Energy		1125				1		1981			
Protein (N x 6.21)		18.31		2		1		32.23			
Total lipid (fat)	-	10.23		2		1		18.00			
Ash	g	2.18		0		1		3.84			
Carbohydrate, by difference	g	25.78		0	NC	4		45.37			
Fiber, total dietary	g										
Sugars, total	g										
Starch	g										
N.C. 1											
Minerals: Calcium, Ca	ma	104		0		4		183			
Iron. Fe	_	2.87		0		4		183 5.05			
Magnesium, Mg	•	23		0		4		40			
Phosphorus, P	-	228		0		4		401			
Potassium, K		196		0		4		345			
Sodium, Na		928		2		1		1633			
Zinc, Zn	-	3.05		0		4		5.37			
Copper, Cu		0.113	3	0		4		0.199			
Manganese, Mn	mg	0.177	,	0		4		0.312			
Selenium, Se	mcg	19.5		0	RK	4		34.3			
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0			
Thiamin	-	0.220)	0		4		0.387			
Riboflavin		0.260		0		4		0.458			
Niacin	_	3.350)	0		4		5.896			
Pantothenic acid	-	0.390)	0		4		0.686			
Vitamin B-6	mg	0.190)	0		4		0.334			
Folate, total	mcg	36		0	RK	4		63			
Folic acid	mcg	13		0	NC	4		23			
Folate, food		23		0		4		40			
Folate, DFE		45		0	NC	4		79			
Vitamin B-12		1.17		0		4		2.06			
Vitamin A, IU	IU	110		0		4		194			
Vitamin A, RAE		33		0	NC	4		58			
Retinol		33		0	NC	4		58			
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
	=										
<u>Lipids:</u>	~	F 100		^				0.000			
Fatty acids, total saturated		5.130 2.080		0 0		1 1		9.029 3.661			
Fatty acids, total monounsaturated		1.990		0		1					
Fatty acids, total polyunsaturated		1.590	,	U		1		3.502			
Fatty acids, total trans		44		2		1		77			
Phytosterols	-	••		_		•		• •			
Amino Acids:	=										
Tryptophan	g	0.212	2	0		1		0.373			
Threonine		0.728	3	0		1		1.281			
Isoleucine		0.805	i	0		1		1.417			
Leucine		1.424	Į.	0		1		2.506			
Lysine	g	1.359)	0		1		2.392			
Methionine	g	0.433	3	0		1		0.762			
Cystine	g	0.215	i	0		1		0.378			

NDB No. 21122 Sandwiches and burgers, roast beef sandwich with cheese

	Amount	in 100 grams of ed	lible portion	Amount in edible portion of common		
Nutrients and Units	Mean Std. I	Number of Data Deri Error Points Cod	v Source Confidence e Code Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Phenylalanineg	0.764	0	1	1.345		
Tyrosineg	0.616	0	1	1.084		
Valineg	0.908	0	1	1.598		
Arginineg	1.038	0	1	1.827		
Histidineg	0.593	0	1	1.044		
Alanineg	0.952	0	1	1.676		
Aspartic acidg	1.480	0	1	2.605		
Glutamic acidg	3.358	0	1	5.910		
Glycineg	0.873	0	1	1.536		
Prolineg	1.111	0	1	1.955		
Serineg	0.755	0	1	1.329		
Hydroxyproline						

Common Measures:

Measure 1 = 176g: 1 sandwich

Calories Factors: Protein 4.22 Fat 8.83 Carbohydrate 3.95

Food Group: 21 Fast Foods

		<u>A</u> 1	mount in 10	0 gram	s of edi	ole portic	<u>on</u>	Amount in edible portion of common			
				Numbe	r			m	easures of food	<u> </u>	
						Source	Confidence				
Nutrients and Units	;	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	51.07	3.0	29 6		1		104.18			
Energy	-	225		0		1		459			
Energy		941				1		1920			
Protein (N x 6.17)		14.87	0.7	00 6		1		30.33			
Total lipid (fat)	-	6.90	0.9			1		14.08			
Ash		1.70	0.0			1		3.47			
Carbohydrate, by difference		25.47	0.0	0	NC	4		51.96			
Fiber, total dietary		23.47		Ū	110	-		31.70			
Sugars, total											
9											
Starch	9										
Minerals:											
Calcium, Ca	-	45	9.9			1		92			
Iron, Fe.	_	2.53	0.3			1		5.16			
Magnesium, Mg		24	1.1			1		49			
Phosphorus, P	_	146	8.8			1		298			
Potassium, K		257	14.4			1		524			
Sodium, Na		391	17.4			1		798			
Zinc, Zn		2.22	0.1			1		4.53			
Copper, Cu		0.108				1		0.220			
Manganese, Mn		0.180)	1		1		0.367			
Selenium, Se	mcg	20.6		0	RK	4		42.0			
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	mg	2.7		1		1		5.5			
Thiamin		0.200				1		0.408			
Riboflavin	mg	0.180	0.0			1		0.367			
Niacin	-	3.580				1		7.303			
Pantothenic acid		0.450		2		1		0.918			
Vitamin B-6	-	0.180)	2		1		0.367			
Folate, total		44		0	RK	4		90			
Folic acid		27		0	RA	4		55			
Folate, food	mcg	17		0	NC	4		35			
Folate, DFE		63		0	NC	4		128			
Vitamin B-12		0.77		2		1		1.57			
Vitamin A, IU		180		1		1		367			
Vitamin A, RAE		10		0	NC	4		20			
Retinol		1		0	NC	4		2			
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D Vitamin K (phylloquinone)											
	III09										
Lipids:	9	1 0=0		^				2 01 5			
Fatty acids, total saturated		1.870		0		1		3.815			
Fatty acids, total monounsaturated		2.620		0		1		5.345			
Fatty acids, total polyunsaturated		1.640	,	0		1		3.346			
Fatty acids, total trans		26						72			
Cholesterol.	_	36		1		1		73			
Phytosterols	¹¹¹										
Amino Acids:	0	0 101		^		•		0.000			
Tryptophan		0.181		0		1		0.369			
Threonine	-	0.590		0		1		1.204			
Isoleucine	_	0.631		0		1		1.287			
Leucine		1.157		0		1		2.360			
Lysine		1.087		0		1		2.217			
Methionine		0.325		0		1		0.663			
Cystine	g	0.164	ŀ	0		1		0.335			

		<u>Ar</u>	nount in 10			ole portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Units		Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanine	q	0.593		0		1		1.210		
Tyrosine		0.443		0		1		0.904		
Valine		0.723		0		1		1.475		
Arginine	=	0.928		0		1		1.893		
Histidine		0.443		0		1		0.904		
Alanine	g	0.887		0		1		1.809		
Aspartic acid	g	1.263		0		1		2.577		
Glutamic acid		2.760		0		1		5.630		
Glycine	g	1.003		0		1		2.046		
Proline	g	0.894		0		1		1.824		
Serine	g	0.607		0		1		1.238		
Hydroxyproline	g									

Common Measures:

Measure 1 = 204g: 1 sandwich

Calories Factors: Protein 4.2 Fat 8.95 Carbohydrate 3.95

Food Group: 21 Fast Foods

		<u>Aı</u>	mount in 100 g	<u>rams</u>	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber				<u>m</u>	easures of food	<u>l</u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	78.73	3.740	3		1		74.79			
Energy	kcal	114		0		1		108			
Energy	kj	477				1		453			
Protein (N x 6.25)	g	1.53	0.328	3		1		1.45			
Total lipid (fat)	g	6.03	2.140	3		1		5.73			
Ash	g	0.18		2		1		0.17			
Carbohydrate, by difference	g	13.53		0	NC	4		12.85			
Fiber, total dietary	g										
Sugars, total	g										
Starch	g										
Minerals:											
Vimerais: Calcium, Ca	ma	14	2.869	4		1		13			
Iron. Fe.	-	0.73	0.258	4		1		0.69			
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	8	2.866	3		1		8			
Phosphorus, P		56	•	2		1		53			
Potassium, K	•	270		1		1		257			
Sodium, Na	-	328	96.903	4		1		312			
Zinc, Zn	mg	0.20	0.037	3		1		0.19			
Copper, Cu	mg	0.079	0.016	3		1		0.075			
Manganese, Mn	mg	0.074	0.034	3		1		0.070			
Selenium, Se	mcg	0.9		0	BFZN	4		0.9			
Vitamins:											
Vitamin C, total ascorbic acid	ma	1.1	0.940	3		1		1.0			
Thiamin	_	0.070		3		1		0.067			
Riboflavin	_	0.070		3		1		0.105			
Niacin		0.270		3		1		0.257			
Pantothenic acid	_	0.370		2		1		0.352			
Vitamin B-6	-	0.150		2		1		0.143			
Folate, total	-	25		2		1		24			
Folic acid		0		0	z	7		0			
Folate, food		25		2		1		24			
Folate, DFE		25		0	NC	4		24			
Vitamin B-12		0.12		2		1		0.11			
Vitamin A, IU		100		1		1		95			
Vitamin A, RAE		30		0	NC	4		29			
Retinol	mcg	30		0	NC	4		29			
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	g	1.030	1	0		1		0.979			
4:0											
6:0	g										
8:0											
10:0		0.030		2		1		0.029			
12:0	g	0.010	1	2		1		0.010			
13:0	g										
14:0	g	0.020	1	2		1		0.019			
15:0	-										
16:0	-	0.660	1	2		1		0.627			
17:0											
18:0		0.280	1	2		1		0.266			
20:0	-										
22:0	a										

		<u>Aı</u>	mount in 100		edible portic	<u>on</u>	Amount in edible portion of common measures of food			
				umber f Data De	riv Source	Confidence	<u></u>	<u> </u>		
Nutrients and Ur	nits	Mean	Std. Error P			Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	g	1.690		0	1		1.606			
14:1	g									
15:1										
16:1 undifferentiated	-	0.120		2	1		0.114			
17:1	• • • • • • • • • • • • • • • • • • • •									
18:1 undifferentiated	-	1.550		2	1		1.473			
20:1										
22:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.020		2	1		0.019			
24:1 c	•									
Fatty acids, total polyunsaturated		3.020		0	1		2.869			
18:2 undifferentiated		2.720		2	1		2.584			
18:3 undifferentiated	g	0.300		2	1		0.285			
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	-	60		2	1		57			
Phytosterols	mg									
Amino Acids:										
Tryptophan	а	0.017		0	1		0.016			
Threonine		0.073		0	1		0.069			
Isoleucine		0.082		0	1		0.078			
Leucine		0.137		0	1		0.130			
Lysine		0.101		0	1		0.096			
Methionine	-	0.036		0	1		0.034			
Cystine	-	0.023		0	1		0.022			
Phenylalanine		0.104		0	1		0.099			
Tyrosine		0.069		0	1		0.066			
Valine	-	0.090		0	1		0.086			
Arginine		0.086		0	1		0.082			
Histidine		0.037		0	1		0.035			
Alanine	•	0.072		0	1		0.068			
Aspartic acid	_	0.233		0	1		0.221			
Glutamic acid		0.209		0	1		0.199			
Glycine	-	0.059		0	1		0.056			
Proline	-	0.065		0	1		0.062			
Serine	•	0.080		0	1		0.076			
Hydroxyproline		2.300		-	-		2.0.3			
11yaroxypromic	9									

Common Measures:

Measure 1 = 95g: .333 cup

Calories Factors: Protein 3.6 Fat 8.9 Carbohydrate 4.06

Food Group: 21 Fast Foods

		<u>Ar</u>	mount in 10	00 grams Numbei		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	48.60		1	A	1		172.04	57.35	
Energy	kcal	269		0	NC	4		952	317	
Energy	kj	1125				4		3984	1328	
Protein	g	11.30		1	A	1		40.00	13.33	
Total lipid (fat)	g	14.60		1	A	1		51.68	17.23	
Ash	g	2.40		1	A	1		8.50	2.83	
Carbohydrate, by difference		23.10		0	NC	4		81.77	27.26	
Fiber, total dietary		1.4		1	A	1		5.0	1.7	
Sugars, total										
Starch	_									
Minerals:										
Calcium, Ca	ma	156		1	A	1		552	184	
Iron, Fe	-									
Magnesium, Mg										
Phosphorus, P										
Potassium, K										
Sodium, Na	mg	617		1	A	1		2184	728	
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	<u>mg</u>									
Selenium, Se	mcg									
Lipids:										
Fatty acids, total saturated	g	5.340		1	A	1		18.904	6.301	
Fatty acids, total monounsaturated	g	4.930		1	A	1		17.452	5.817	
Fatty acids, total polyunsaturated	g	2.040		1	A	1		7.222	2.407	
Fatty acids, total trans	g									
Cholesterol	mg	27		1	A	1		96	32	
Phytosterols	mg									
Carotenoids:										
Carotene, beta	mcg	120		1	A	1		424.800	141.600	
Carotene, alpha		-		Ÿ					-	
Cryptoxanthin, beta										
Lycopene										
Lutein + zeaxanthin	-									

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

Common Measures:

Measure 1 = 354g: 1 package yields

Measure 2 = 118g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 21 Fast Foods

		<u>An</u>	nount in 10	00 grams Numbei		ole portic	<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	46.10		1	A	1		156.74	52.09	
Energy	kcal	276		0	NC	4		938	312	
Energy	kj	1155				4		3926	1305	
Protein	g	12.80		1	A	1		43.52	14.46	
Total lipid (fat)		13.90		1	A	1		47.26	15.71	
Ash	g	2.20		1	A	1		7.48	2.49	
Carbohydrate, by difference		25.00		0	NC	4		85.00	28.25	
Fiber, total dietary										
Sugars, total										
Starch	-									
Minerals:	-									
Calcium, Ca	ma	179		1	A	1		609	202	
Iron, Fe	_			-		_			v_	
Magnesium, Mg										
Phosphorus, P										
Potassium, K										
Sodium, Na	_	488		1	A	1		1659	551	
Zinc, Zn	_									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Lipids:										
Fatty acids, total saturated	g	5.310		1	A	1		18.054	6.000	
Fatty acids, total monounsaturated		4.700		1	A	1		15.980	5.311	
Fatty acids, total polyunsaturated		1.810		1	A	1		6.154	2.045	
Fatty acids, total trans										
Cholesterol	mg	28		1	A	1		95	32	
Phytosterols	mg									
Carotenoids:										
Carotene, beta	mcq	100		1	A	1		340.000	113.000	
Carotene, alpha				=	==	_				
Cryptoxanthin, beta										
Lycopene										
Lutein + zeaxanthin	-									

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

Common Measures:

Measure 1 = 340g: 1 package yields

Measure 2 = 113g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 21 Fast Foods

		<u>Ar</u>	mount in 10	0 grams	of edit	ole portio	<u>on</u>	Amount in edible portion of common			
					Deriv		Confidence	<u>m</u>	easures of food		
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	46.70		1	A	1		284.87	70.98		
Energy	kcal	272		0	NC	4		1659	413		
Energy	kj	1138				4		6942	1730		
Protein	g	11.70		1	A	1		71.37	17.78		
Total lipid (fat)		13.70		1	A	1		83.57	20.82		
Ash	g	2.50		1	A	1		15.25	3.80		
Carbohydrate, by difference		25.40		0	NC	4		154.94	38.61		
Fiber, total dietary											
Sugars, total	=										
Starch											
Minerals:											
Calcium, Ca	mg	179		1	A	1		1092	272		
Iron, Fe	mg										
Magnesium, Mg	mg										
Phosphorus, P	mg										
Potassium, K	mg										
Sodium, Na		572		1	A	1		3489	869		
Zine, Zn											
Copper, Cu	mg										
Manganese, Mn											
Selenium, Se	mcg										
Lipids:											
Fatty acids, total saturated		5.160		1	A	1		31.476	7.843		
Fatty acids, total monounsaturated.		4.690		1	A	1		28.609	7.129		
Fatty acids, total polyunsaturated		1.560		1	A	1		9.516	2.371		
Fatty acids, total trans	-										
Cholesterol	_	27		1	A	1		165	41		
Phytosterols	mg										
Carotenoids:											
Carotene, beta	<u>m</u> cg	0		1	A	1		0.000	0.000		
Carotene, alpha	mcg										
Cryptoxanthin, beta	mcg										
Lycopene	mcg										
Lutein + zeaxanthin	mcg										

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

Common Measures:

Measure 1 = 610g: 1 package yields

Measure 2 = 152g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 21 Fast Foods

		<u>A</u>	mount in 10	00 grams	of edil	ole portic	<u>on</u>	Amount in edible portion of common			
				Number				measures of food			
Nutrients and U	nits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	52.80		1	A	1		340.56	69.70		
Energy	kcal	232		0	NC	4		1496	306		
Energy	kj	971				4		6261	1281		
Protein		10.90		1	A	1		70.31	14.39		
Total lipid (fat)		10.40		1	A	1		67.08	13.73		
Ash	_	2.30		1	A	1		14.84	3.04		
Carbohydrate, by difference		23.60		0	NC	4		152.22	31.15		
Fiber, total dietary											
Sugars, total											
Starch	_										
Minerals:											
Calcium, Ca	mg	152		1	A	1		980	201		
Iron, Fe	mg										
Magnesium, Mg	mg										
Phosphorus, P	mg										
Potassium, K											
Sodium, Na	_	544		1	A	1		3509	718		
Zinc, Zn	-										
Copper, Cu	-										
Manganese, Mn											
Selenium, Se	mcg										
<u>Lipids:</u>											
Fatty acids, total saturated		3.840		1	A	1		24.768	5.069		
Fatty acids, total monounsaturated		3.360		1	A	1		21.672	4.435		
Fatty acids, total polyunsaturated.		1.580)	1	A	1		10.191	2.086		
Fatty acids, total trans	-				_	_					
Cholesterol	_	20		1	A	1		129	26		
Phytosterols	mg										
Carotenoids:											
Carotene, beta	_	110		1	A	1		709.500	145.200		
Carotene, alpha	_										
Cryptoxanthin, beta											
Lycopene											
Lutein + zeaxanthin	mcg										

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

Common Measures:

Measure 1 = 645g: 1 package yields

Measure 2 = 132g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 21 Fast Foods

		<u>Aı</u>	mount in 10	0 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common		
					Deriv		Confidence	_	easures of food	
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	48.60		1	A	1		303.26	60.75	
Energy	kcal	262		0	NC	4		1635	328	
Energy		1096				4		6840	1370	
Protein	g	11.50		1	A	1		71.76	14.38	
Total lipid (fat)	-	13.10		1	A	1		81.74	16.38	
Ash	-	2.30		1	A	1		14.35	2.88	
Carbohydrate, by difference		24.50		0	NC	4		152.88	30.63	
Fiber, total dietary		1.7		1	A	1		10.6	2.1	
Sugars, total	=									
Starch										
Minerals:										
Calcium, Ca	mg	143		1	A	1		892	179	
Iron, Fe	mg									
Magnesium, Mg	mg									
Phosphorus, P										
Potassium, K	_									
Sodium, Na		632		1	A	1		3944	790	
Zinc, Zn										
Copper, Cu	-									
Manganese, Mn										
Selenium, Se	mcg									
Lipids:										
Fatty acids, total saturated		4.870		1	A	1		30.389	6.088	
Fatty acids, total monounsaturated.		4.500		1	A	1		28.080	5.625	
Fatty acids, total polyunsaturated	g	1.840		1	A	1		11.482	2.300	
Fatty acids, total trans	-									
Cholesterol	_	25		1	A	1		156	31	
Phytosterols	mg									
Carotenoids:										
Carotene, beta	mcg	90		1	A	1		561.600	112.500	
Carotene, alpha										
Cryptoxanthin, beta										
Lycopene										
Lutein + zeaxanthin	mcg									

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Common Measures:

Measure 1 = 624g: 1 package yields

Measure 2 = 125g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 21 Fast Foods

		<u>A</u>	mount in 10	00 grams	Amount in edible portion of common						
				Number				measures of food			
				of Data	Deriv	Source	Confidence				
Nutrients and U	Inits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	46.00		1	A	1		261.74	64.86		
Energy	kcal	277		0	NC	4		1576	391		
Energy	kj	1159				4		6595	1634		
Protein	g	8.80		1	A	1		50.07	12.41		
Total lipid (fat)	g	14.10		1	A	1		80.23	19.88		
Ash	g	2.30		1	A	1		13.09	3.24		
Carbohydrate, by difference	g	28.80		0	NC	4		163.87	40.61		
Fiber, total dietary	g										
Sugars, total	g										
Starch											
Minerals:											
Calcium, Ca	mg	101		1	A	1		575	142		
Iron, Fe	<u>mg</u>	2.06		1	A	1		11.72	2.90		
Magnesium, Mg	mg										
Phosphorus, P	mg										
Potassium, K	mg										
Sodium, Na	mg	589		1	A	1		3351	830		
Zinc, Zn	-										
Copper, Cu	-										
Manganese, Mn	-										
Selenium, Se	mcg										
Lipids:											
Fatty acids, total saturated	g	4.070)	1	A	1		23.158	5.739		
Fatty acids, total monounsaturate	:dg	5.150)	1	A	1		29.304	7.262		
Fatty acids, total polyunsaturated	lg	2.990)	1	A	1		17.013	4.216		
Fatty acids, total trans	_										
Cholesterol	mg	11		1	A	1		63	16		
Phytosterols	mg										

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Common Measures:

Measure 1 = 569g: 1 package yields

Measure 2 = 141g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 21 Fast Foods

	<u>A</u> 1	mount in 100 gr	rams	of edib	<u>n</u>	Amount in edible portion of common			
			mber Data		Source	Confidence	<u>m</u> .	easures of food	
Nutrients and Units	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Waterg	44.10		1	A	1		184.78	60.86	
Energykcal	294		0	NC	4		1232	406	
Energykj	1230				4		5154	1698	
Proteing	10.80		1	A	1		45.25	14.90	
Total lipid (fat)g	16.20		1	A	1		67.88	22.36	
Ashg	2.60		1	A	1		10.89	3.59	
Carbohydrate, by differenceg	26.30		0	NC	4		110.20	36.29	
Fiber, total dietaryg									
Sugars, totalg									
Starchg									
Minerals:									
Calcium, Camg	156		1	A	1		654	215	
Iron, Femg	2.02		1	A	1		8.46	2.79	
Magnesium, Mgmg									
Phosphorus, Pmg									
Potassium, Kmg									
Sodium, Namg	604		1	A	1		2531	834	
Zinc, Znmg									
Copper, Cumg									
Manganese, Mnmg									
Selenium, Semcg									
<u>Lipids:</u>									
Fatty acids, total saturatedg	5.530		1	A	1		23.171	7.631	
Fatty acids, total monounsaturatedg	6.580		1	A	1		27.570	9.080	
Fatty acids, total polyunsaturatedg	1.870	1	1	A	1		7.835	2.581	
Fatty acids, total transg			_		_				
Cholesterol mg	23		1	A	1		96	32	
Phytosterolsmg									

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Common Measures:

Measure 1 = 419g: 1 package yields

Measure 2 = 138g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 21 Fast Foods

	<u>A</u>	mount in 100	0 grams	of edit	ole portio	<u>n</u>	Amount in edible portion of common			
		-	Number				measures of food			
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Waterg	43.70		1	A	1		195.34	64.24		
Energykcal	295		0	NC	4		1319	434		
Energykj	1234				4		5517	1814		
Proteing	10.20		1	A	1		45.59	14.99		
Total lipid (fat)g	15.70		1	A	1		70.18	23.08		
Ash9	2.20		1	A	1		9.83	3.23		
Carbohydrate, by difference9	28.20		0	NC	4		126.05	41.45		
Fiber, total dietary										
Sugars, totalg										
Starchg										
Minerals:										
Calcium, Camg	115		1	A	1		514	169		
Iron, Femg	2.14		1	A	1		9.57	3.15		
Magnesium, Mgmg										
Phosphorus, Pmg										
Potassium, Kmg										
Sodium, Namg	489		1	A	1		2186	719		
Zinc, Znmg										
Copper, Cumg										
Manganese, Mnmg										
Selenium, Semcg										
<u>Lipids:</u>										
Fatty acids, total saturatedg	4.670)	1	A	1		20.875	6.865		
Fatty acids, total monounsaturatedg	6.360)	1	A	1		28.429	9.349		
Fatty acids, total polyunsaturated	2.040)	1	A	1		9.119	2.999		
Fatty acids, total transg										
Cholesterolmg	16		1	A	1		72	24		
Phytosterolsmg										

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Common Measures:

Measure 1 = 447g: 1 package yields

Measure 2 = 147g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 21 Fast Foods

	<u>A</u> 1	mount in 100 grams	s of edil	ble portio	<u>n</u>	Amount in edible portion of common		
			Deriv	Source Conf	Confidence	<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:								
Waterg	49.40	1	A	1		232.18	76.57	
Energykcal	258	0	NC	4		1213	400	
Energykj	1079			4		5074	1673	
Proteing	10.20	1	A	1		47.94	15.81	
Total lipid (fat)g	12.90	1	A	1		60.63	20.00	
Ash9	2.30	1	A	1		10.81	3.57	
Carbohydrate, by difference9	25.20	0	NC	4		118.44	39.06	
Fiber, total dietary								
Sugars, totalg								
Starchg								
Minerals:								
Calcium, Camg	137	1	A	1		644	212	
Iron, Femg	1.90	1	A	1		8.93	2.95	
Magnesium, Mgmg								
Phosphorus, Pmg								
Potassium, Kmg								
Sodium, Namg	498	1	A	1		2341	772	
Zinc, Znmg								
Copper, Cumg								
Manganese, Mnmg								
Selenium, Semcg								
Lipids:								
Fatty acids, total saturatedg	4.440	1	A	1		20.868	6.882	
Fatty acids, total monounsaturatedg	5.090	1	A	1		23.923	7.890	
Fatty acids, total polyunsaturated	1.800	1	A	1		8.460	2.790	
Fatty acids, total transg								
Cholesterolmg	18	1	A	1		85	28	
Phytosterolsmg								

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Common Measures:

Measure 1 = 470g: 1 package yields

Measure 2 = 155g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 21 Fast Foods

		<u>A</u>	mount in 10	0 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common		
					Deriv	Source	Confidence	<u>m</u>	easures of food	
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	45.70		1	A	1		213.42	70.38	
Energy	kcal	284		0	NC	4		1326	437	
Energy	kj	1188				4		5549	1830	
Protein	g	9.30		1	A	1		43.43	14.32	
Total lipid (fat)	g	15.10		1	A	1		70.52	23.25	
Ash	g	2.10		1	A	1		9.81	3.23	
Carbohydrate, by difference	g	27.80		0	NC	4		129.83	42.81	
Fiber, total dietary										
Sugars, total	g									
Starch										
Minerals:										
Calcium, Ca	mg	122		1	A	1		570	188	
Iron, Fe	mg	1.65		1	A	1		7.71	2.54	
Magnesium, Mg	mg									
Phosphorus, P										
Potassium, K	-									
Sodium, Na		491		1	A	1		2293	756	
Zine, Zn	-									
Copper, Cu	•									
Manganese, Mn	-									
Selenium, Se	mcg									
<u>Lipids:</u>										
Fatty acids, total saturated	-	5.030		1	A	1		23.490	7.746	
Fatty acids, total monounsaturated.		5.780		1	A	1		26.993	8.901	
Fatty acids, total polyunsaturated		2.260)	1	A	1		10.554	3.480	
Fatty acids, total trans	_									
Cholesterol	-	18		1	A	1		84	28	
Phytosterols	mg									
Carotenoids:										
Carotene, beta	mcg	110		1	A	1		513.700	169.400	
Carotene, alpha										
Cryptoxanthin, beta	mcg									
Lycopene										
Lutein + zeaxanthin	mcg									

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Common Measures:

Measure 1 = 467g: 1 package yields

Measure 2 = 154g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 21 Fast Foods

	<u>Aı</u>	mount in 10	0 grams	Amount in edible portion of common					
			Number				measures of food		
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Waterg	50.90		1	A	1		154.74	77.37	
Energykcal	253		0	NC	4		769	385	
Energykj	1059				4		3218	1609	
Proteing	9.30		1	A	1		28.27	14.14	
Total lipid (fat)g	13.40		1	A	1		40.74	20.37	
Ash9	2.70		1	A	1		8.21	4.10	
Carbohydrate, by differenceg	23.70		0	NC	4		72.05	36.02	
Fiber, total dietaryg									
Sugars, totalg									
Starchg									
Minerals:									
Calcium, Camg	138		1	A	1		420	210	
Iron, Femg	1.75		1	A	1		5.32	2.66	
Magnesium, Mgmg									
Phosphorus, Pmg									
Potassium, Kmg									
Sodium, Namg	685		1	A	1		2082	1041	
Zinc, Znmg									
Copper, Cumg									
Manganese, Mnmg									
Selenium, Semcg									
<u> ipids:</u>									
Fatty acids, total saturatedg	2.910		1	A	1		8.846	4.423	
Fatty acids, total monounsaturatedg	6.780)	1	A	1		20.611	10.306	
Fatty acids, total polyunsaturatedg	1.630)	1	A	1		4.955	2.478	
Fatty acids, total transg									
Cholesterolmg	8		1	A	1		24	12	
Phytosterolsmg									

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Common Measures:

Measure 1 = 304g: 1 package yields

Measure 2 = 152g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 21 Fast Foods

	<u>A</u>	mount in 100 gram		ole portio	<u>on</u>	Amount in edible portion of common		
Nutrients and Units	Mean	Number of Data	Deriv	Source Code	Confidence Code	Measure 1	easures of food Measure 2	Measure 3
Proximates:								
Waterg	51.50	1	A	1		149.35	74.68	
Energykcal	251	0	NC	4		728	364	
Energykj	1050			4		3046	1523	
Proteing	8.80	1	A	1		25.52	12.76	
Total lipid (fat)	13.40	1	A	1		38.86	19.43	
Ash9	2.50	1	A	1		7.25	3.63	
Carbohydrate, by difference	23.80	0	NC	4		69.02	34.51	
Fiber, total dietary								
Sugars, total								
Starchg								
Minerals:								
Calcium, Camg	162	1	A	1		470	235	
Iron, Femg	1.50	1	A	1		4.35	2.18	
Magnesium, Mgmg								
Phosphorus, Pmg								
Potassium, Kmg								
Sodium, Namg	671	1	A	1		1946	973	
Zinc, Znmg								
Copper, Cumg								
Manganese, Mnmg								
Selenium, Semcg								
Lipids:								
Fatty acids, total saturatedg	2.620) 1	A	1		7.598	3.799	
Fatty acids, total monounsaturated	7.150	1	A	1		20.735	10.368	
Fatty acids, total polyunsaturated	1.600	1	A	1		4.640	2.320	
Fatty acids, total trans								
Cholesterol mg	8	1	A	1		23	12	
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:

Measure 1 = 290g: 1 package yields

Measure 2 = 145g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 21 Fast Foods

		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	44.40		1	A	1		94.13	37.74		
Energy	kcal	272		0	NC	4		577	231		
Energy	kj	1138				4		2413	967		
Protein	g	11.00		1	A	1		23.32	9.35		
Total lipid (fat)	g	11.50		1	A	1		24.38	9.78		
Ash	g	2.00		1	A	1		4.24	1.70		
Carbohydrate, by difference	g	31.10		0	NC	4		65.93	26.44		
Fiber, total dietary											
Sugars, total	g										
Starch	g										
Minerals:											
Calcium, Ca	mg										
Iron, Fe	mg										
Magnesium, Mg	mg										
Phosphorus, P	mg										
Potassium, K	mg										
Sodium, Na	mg	491		1	A	1		1041	417		
Zine, Zn	mg										
Copper, Cu											
Manganese, Mn											
Selenium, Se	mcg										

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Common Measures:

Measure 1 = 212g: 1 package yields

Measure 2 = 85g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 21 Fast Foods

		<u>A</u> 1	mount in 10	00 grams	<u>n</u>	Amount in edible portion of common					
				Number		_	0 51	measures of food			
Nutrients and Ur	its	Mean	Std. Error			Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	46.30		1	A	1		98.16	65.28		
Energy	kcal	273		0	NC	4		579	385		
Energy		1142				4		2422	1611		
Protein	g	10.20		1	A	1		21.62	14.38		
Total lipid (fat)	g	13.40		1	A	1		28.41	18.89		
Ash	g	2.10		1	A	1		4.45	2.96		
Carbohydrate, by difference	g	28.00		0	NC	4		59.36	39.48		
Fiber, total dietary		1.6		1	A	1		3.4	2.3		
Sugars, total											
Starch	_										
Minerals:											
Calcium, Ca	mg	73		1	A	1		155	103		
Iron, Fe											
Magnesium, Mg	mg										
Phosphorus, P	mg										
Potassium, K	mg										
Sodium, Na	mg	614		1	A	1		1302	866		
Zinc, Zn	mg										
Copper, Cu											
Manganese, Mn											
Selenium, Se	mcg										
Lipids:											
Fatty acids, total saturated		3.540)	1	A	1		7.505	4.991		
Fatty acids, total monounsaturated		6.550		1	A	1		13.886	9.236		
Fatty acids, total polyunsaturated	g	1.570)	1	A	1		3.328	2.214		
Fatty acids, total trans	g										
Cholesterol	-	22		1	A	1		47	31		
Phytosterols	mg										

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Common Measures:

Measure 1 = 212g: 1 package yields

Measure 2 = 141g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 21 Fast Foods

		<u>A</u>	mount in 10	00 grams	<u>n</u>	Amount in edible portion of common				
				Number				measures of food		
Nutrients and Units		Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	49.10		1	A	1		104.09	69.23	
Energy	kcal	249		0	NC	4		528	351	
Energy	kj	1042				4		2209	1469	
Protein	g	10.00		1	A	1		21.20	14.10	
Total lipid (fat)	g	10.60		1	A	1		22.47	14.95	
Ash	g	1.80		1	A	1		3.82	2.54	
Carbohydrate, by difference	g	28.50		0	NC	4		60.42	40.19	
Fiber, total dietary	g	2.0		1	A	1		4.2	2.8	
Sugars, total	q									
Starch	_									
Minerals:										
Calcium, Ca	mg	72		1	A	1		153	102	
Iron, Fe.	mg									
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	448		1	A	1		950	632	
Zinc, Zn										
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
<u>Lipids:</u>										
Fatty acids, total saturated	g	2.450)	1	A	1		5.194	3.455	
Fatty acids, total monounsaturated	g	5.090)	1	A	1		10.791	7.177	
Fatty acids, total polyunsaturated	g	1.540)	1	A	1		3.265	2.171	
Fatty acids, total trans	g									
Cholesterol	mg	17		1	A	1		36	24	
Phytosterols	mg									

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Common Measures:

Measure 1 = 212g: 1 package yields

Measure 2 = 141g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 21 Fast Foods

		Amount in 100 grams of edible portion							Amount in edible portion of common		
				mber				<u>m</u>	easures of food	<u> </u>	
			Ψ.				Confidence				
Nutrients and Units		Mean	Std. Error Po	Points	Code	Code	Code	Measure 1	Measure 2	Measure :	
Proximates:											
Water	g	72.51	0.899	9		1		189.25			
Energy	kcal	138		0		1		360			
Energy	kj	577				1		1507			
Protein (N x 6.3)		4.78	0.458	9		1		12.48			
Total lipid (fat)	g	8.91	0.437	9		1		23.26			
Ash		1.53	0.091	9		1		3.99			
Carbohydrate, by difference		12.27		0	NC	4		32.02			
Fiber, total dietary	g										
Sugars, total	g										
Starch	g										
Minerals:											
Calcium, Ca	ma	162	13.210	9		1		423			
Iron, Fe	_	0.62	0.037	9		1		1.62			
Magnesium, Mg.		28	1.281	9		1		73			
Phosphorus, P		89	7.332	9		1		232			
Potassium, K		249	11.143	9		1		650			
Sodium, Na		306	31.841	9		1		799			
Zinc, Zn	mg	1.56	0.414	9		1		4.07			
Copper, Cu	mg	0.097	0.010	7		1		0.253			
Manganese, Mn	<u>mg</u>	0.135	0.006	9		1		0.352			
Selenium, Se	mcg	2.7		0	RK	4		7.0			
Vitamins:											
Vitamin C, total ascorbic acid	ma	1.4	0.509	9		1		3.7			
Thiamin	-	0.050		9		1		0.131			
Riboflavin		0.220		9		1		0.574			
Niacin		0.760		9		1		1.984			
Pantothenic acid		0.770		9		1		2.010			
Vitamin B-6	_	0.100	0.005	9		1		0.261			
Folate, total	-	44		0	RK	4		115			
Folic acid		2		0	NC	4		5			
Folate, food		42		0		4		110			
Folate, DFE		45		0	NC	4		118			
Vitamin B-12		0.38	0.042	9		1		0.99			
Vitamin A, IU	IU	671	203.619	5		1		1751			
Vitamin A, RAE	mcg_RAE	80		0	NC	4		209			
Retinol	mcg	56		0	NC	4		146			
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	nicg										
Lipids:											
Fatty acids, total saturated	g	3.780	ı	0		1		9.866			
4:0											
6:0	g										
8:0	g										
10:0		0.120		2		1		0.313			
12:0	g	0.160	ı	2		1		0.418			
13:0	g										
14:0	-	0.510	ı	2		1		1.331			
15:0	-										
16:0	-	2.070		2		1		5.403			
17:0	-										
18:0	g	0.920	ı	2		1		2.401			
20:0	-										
22:0	a										

		Amount in 100 grams of edible portion							Amount in edible portion of common			
				Number	•			measures of food				
Nutrients and Units		Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3		
Fatty acids, total monounsaturated.	g	3.250		0		1		8.483				
14:1												
15:1												
16:1 undifferentiated	g											
17:1	g											
18:1 undifferentiated		3.250		2		1		8.483				
20:1	g											
22:1 undifferentiated	g											
24:1 c												
Fatty acids, total polyunsaturated	g	1.170		0		1		3.054				
18:2 undifferentiated	g	1.110		2		1		2.897				
18:3 undifferentiated		0.060		2		1		0.157				
18:4	g											
20:2 n-6 c,c												
20:3 undifferentiated												
20:4 undifferentiated	g											
20:5 n-3												
22:5 n-3	g											
22:6 n-3	g											
Fatty acids, total trans	g											
Cholesterol	mg	15		2		1		39				
Phytosterols	mg											
Amino Acids:												
Tryptophan	-	0.047		0		1		0.123				
Threonine	_	0.159		0		1		0.415				
Isoleucine	g	0.213		0		1		0.556				
Leucine	g	0.411		0		1		1.073				
Lysine	g	0.259		0		1		0.676				
Methionine	g	0.096		0		1		0.251				
Cystine	g	0.046		0		1		0.120				
Phenylalanine	g	0.207		0		1		0.540				
Tyrosine	g	0.175		0		1		0.457				
Valine	g	0.247		0		1		0.645				
Arginine	g	0.185		0		1		0.483				
Histidine	g	0.129		0		1		0.337				
Alanine	g	0.213		0		1		0.556				
Aspartic acid	g	0.392		0		1		1.023				
Glutamic acid	g	1.027		0		1		2.680				
Glycine	g	0.131		0		1		0.342				
Proline	g	0.378		0		1		0.987				
Serine	g	0.221		0		1		0.577				
Hydroxyproline	g											

Common Measures:

Measure 1 = 261g: 2 pieces

Calories Factors: Protein 3.54 Fat 8.44 Carbohydrate 3.73

Food Group: 21 Fast Foods